virtufit

Elite Air Magnetic Rowing Machine

User manual
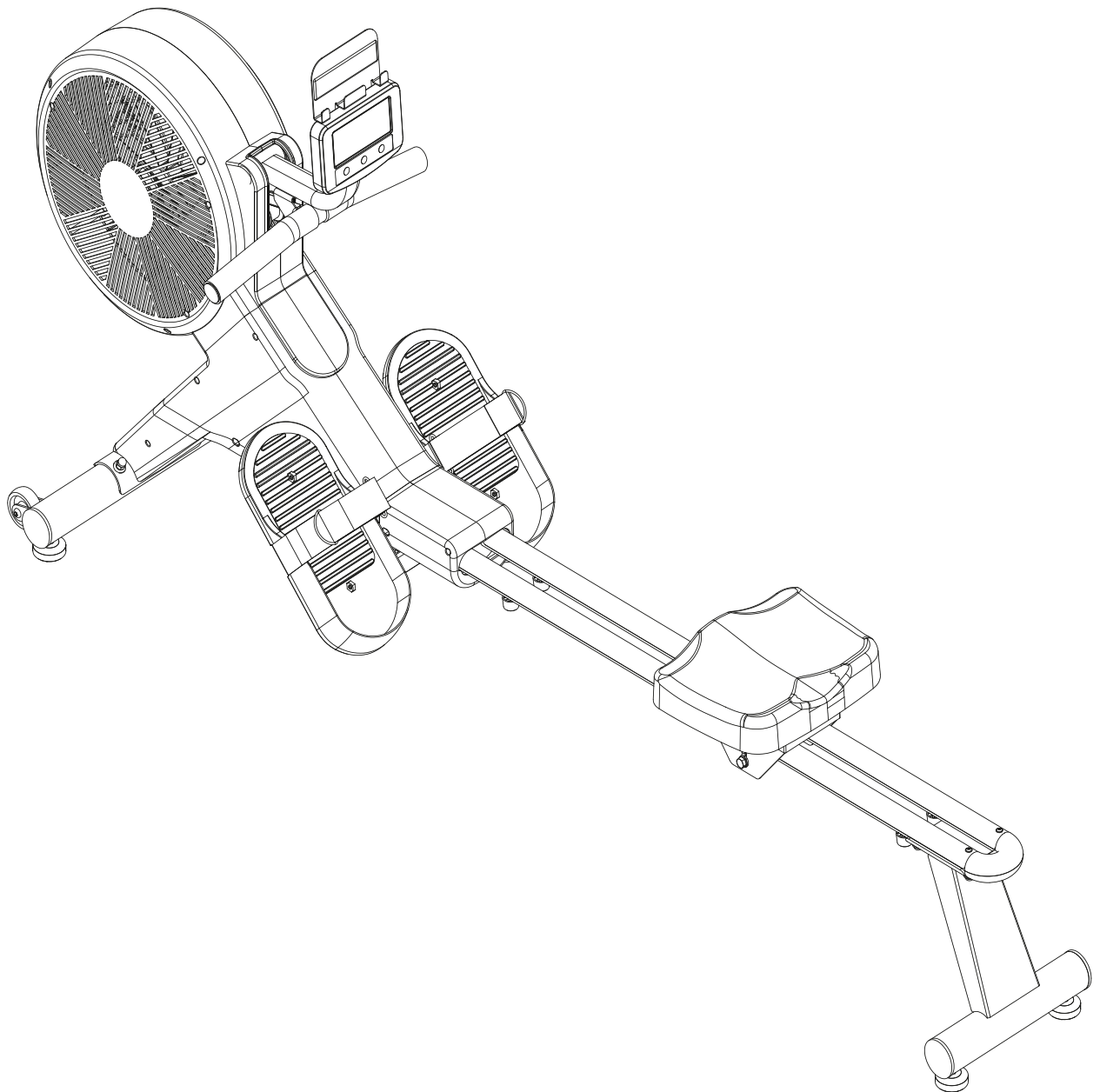
INDEX

WARNING

Before beginning any exercise program consult your physician. This is especially important for people who are over 35 years old or who have pre-existing health problems. Read all instructions before using any fitness equipment. Do not operate this device without properly fitted guards, as the moving parts can present a risk of serious injury if exposed.

ATTENTION

– It is important to read this entire manual before assembling and using the device. Safe and effective use can only be achieved if the device is assembled, maintained and used properly. It is your responsibility to ensure that all users of the device are informed of all warnings and precautions.

– Before starting any exercise program, you should consult your doctor to determine if you have any medical or physical conditions that could put your health and safety at risk, or prevent you from using the device properly. Your doctor's advice is essential if you are taking medication that affects your heart rate, blood pressure or cholesterol level.

– Be aware of your body's signals. Incorrect or excessive exercise can damage your health. Stop exercising if you experience any of the following symptoms: pain, tightness in your chest, irregular heartbeat, extreme shortness of breath, lightheadedness, dizziness or feelings of nausea. If you do experience any of these conditions you should consult your doctor before continuing with your exercise program.

– Keep children and pets away from the device. The device is designed for adult use only.

– Use the device on a solid, flat level surface with a protective cover for your floor or carpet. To ensure safety, the device should have at least 0.5 metres of free space all around it.

– Before using the device, check that the nuts and bolts are securely tightened.

– The safety of the device can only be maintained if it is regularly examined for damage and/or wear and tear.
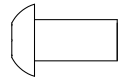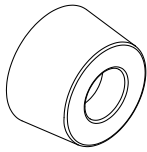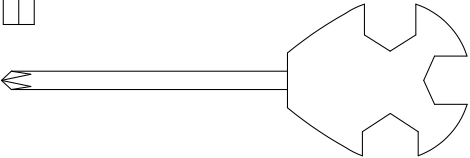
– Always use the device as indicated. If you find any defective components while assembling or checking the device, or if you hear any unusual noises coming from the device during use, stop immediately. Do not use the device until the problem has been rectified.

– Wear suitable clothing while using the device. Avoid wearing loose clothing that may get caught in the device or that may restrict or prevent movement.

– The max user weight is 100 KGS. Braking ability is independent of speed.

– The device is not suitable for therapeutic use.

– Care must be taken when lifting or moving the device so as not to injure your back. Always use proper lifting techniques and/or seek assistance if necessary.

– Please keep the space at least 1 to 2 meter at the end of base frame to escape any accidents!

– Place the device on a clean and flat surface. Do not place the device on a thick carpet.

– The device is for indoor use and not for outdoor use to prevent damage. Keep the storage location dry, clean and flat. It is forbidden to use the device for purposes other than training.

– Only use the machine in an environment with an ambient temperature between 10 °C and 35 °C. Only store the device at an ambient temperature between 5 °C and 45 °C.

Warranty claim is excluded if the cause of the defect is the result of:
– Maintenance assembly and repair work not carried out by an official dealer.
– In the event of improper use, neglect and / or poor maintenance.
– Failure to maintain the device in accordance with the manufacturer's instructions (see the enclosed manual).

TOOLKIT

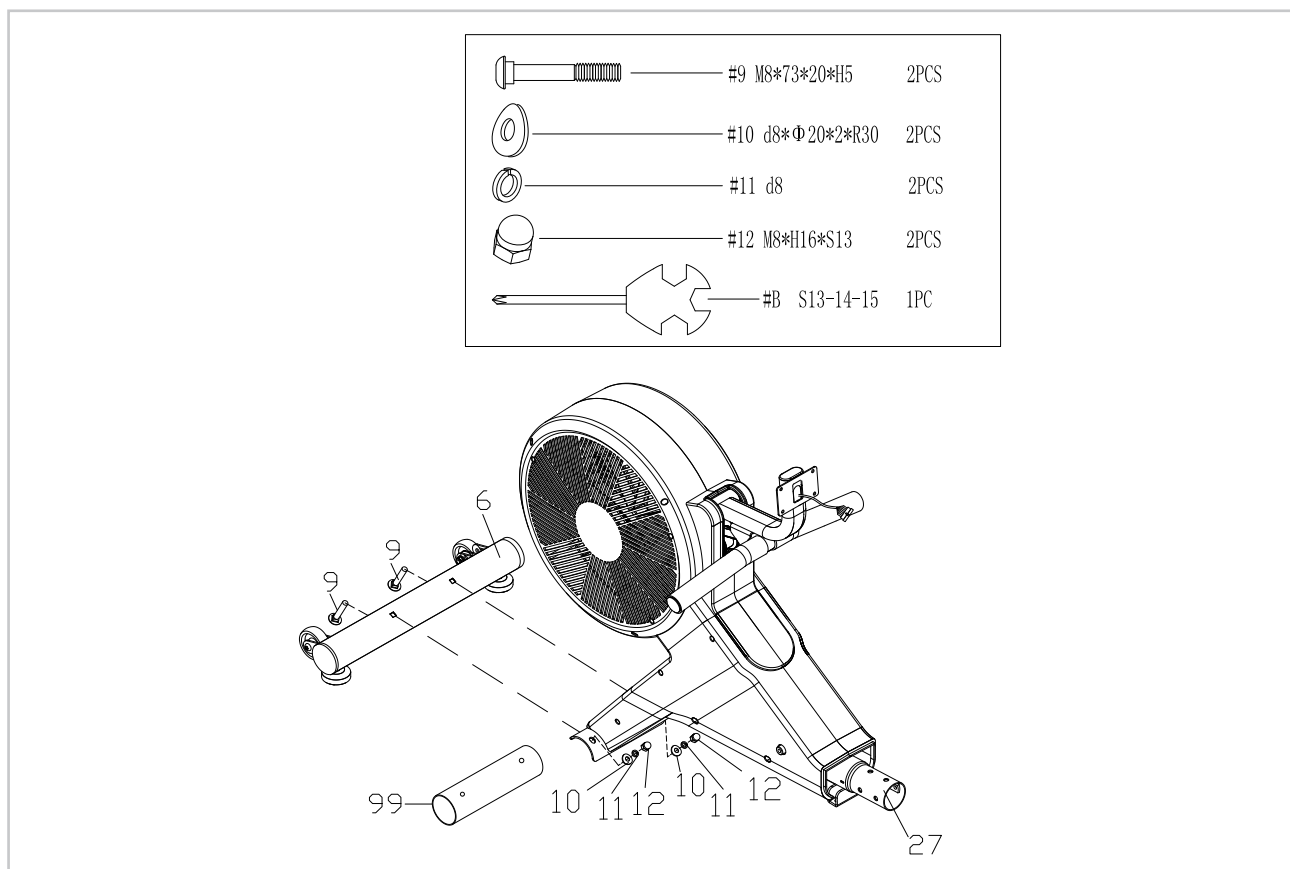**When you open the carton, and you will find the below parts in the carton.**

#3 d8*Φ16*1.5   4PCS

#11 d8   4PCS

#24 M8*20*S5   4PCS

#34 Φ27*Φ23*16*Φ6 2PCS

#35 M6*16*φ10   2PCS

#A   S5 1PC

#B   S13-14-15 1PC

Missing parts: If you think you are missing certain parts in your package, carefully check the styrofoa and the rowing machine. Some parts (bolts, screws, etc.) are already attached to / in the rowing machine.

Error message: Ensure that all cables are carefully attached. The aluminum legs are very sensitive and must remain straight. Do you receive an error message after mounting your rowing machine? Then you have to straighten these aluminum legs again, this may cause the error message to disappear.

Socket screws: The rowing machine contains socket screws, make sure that the allen key is firmly in the bolt before you apply force to the key. In this way you prevent the head of the socket head screw from being rotated.

STEP 1


```
#9  M8*73*20*H5      2PCS
#10 d8*Φ20*2*R30     2PCS
#11 d8               2PCS
#12 M8*H16*S13       2PCS
#B  S13-14-15        1PC
```

- Remove the 2 bolts(9), 2 arch rings(10), 2 spring washers(11) , 2 cap nuts(12) and the paper tube(99) from the main frame(27) with wrench(B), then attach the front stabilizer(6) to the main frame(27) with 2 bolts(9), 2 arc rings(10), 2 spring washers(11) and 2 cap nuts(12) with wrench(B).

STEP 2

#31 M5*10*φ8 2PCS

#34 Φ27*Φ23*16*Φ6 2PCS

#35 M6*16*φ10 2PCS

#B S13-14-15 1PC

40

31

34 35

33
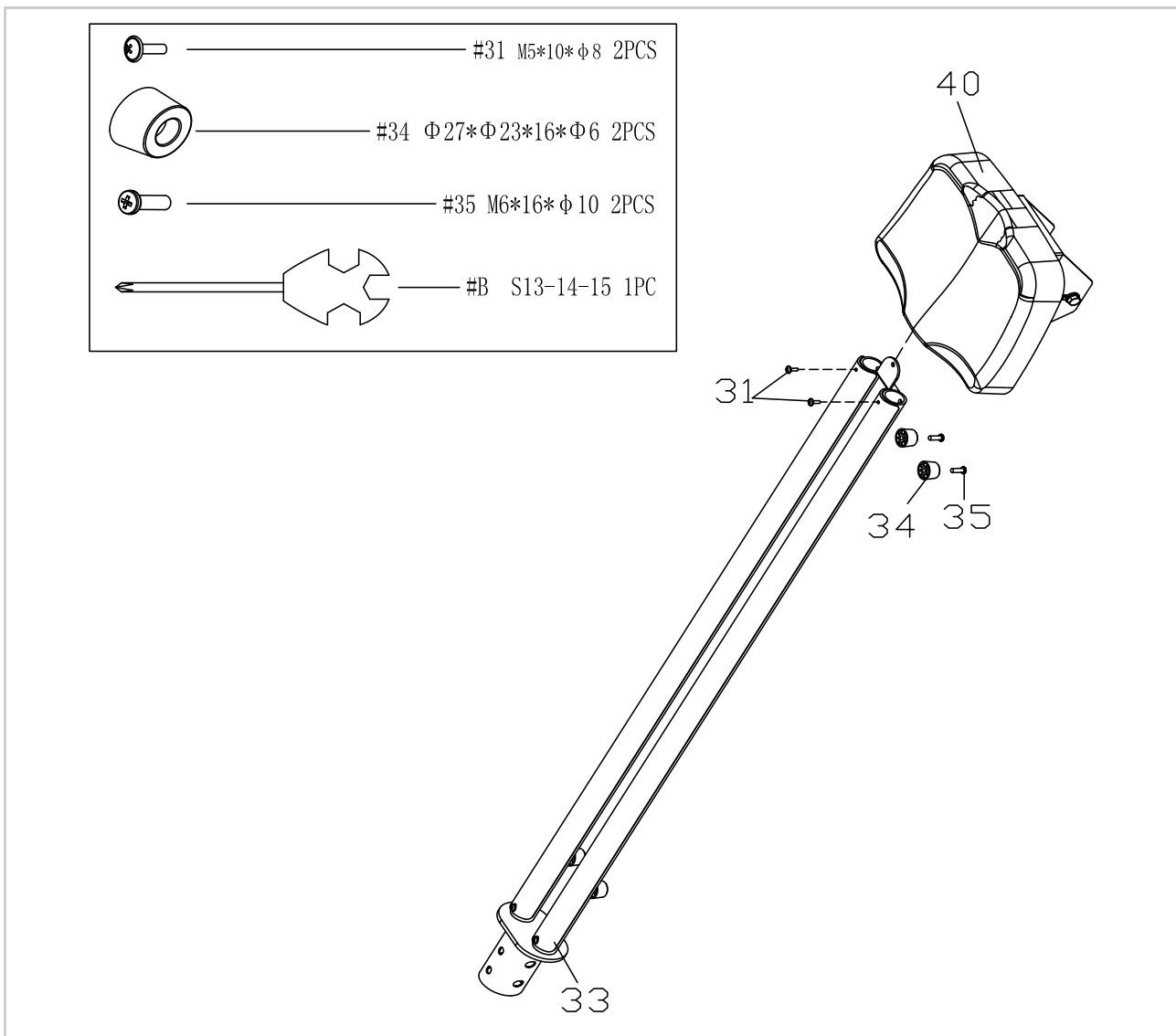
- Remove 2 bolts(31) from rail(33) with wrench(B);

- Insert seat(40) into rail(33);

- Secure rail piece (32) into rail(33) with 2 bolts(31) with key(B);

- Secure limiter(34) in rail(33) with 2 bolts(35) with key(B).

STEP 3

#3 d8*Φ16*1.5   4PCS

#11 d8   4PCS

#24 M8*20*S5   4PCS

#25 ST4.2*16*Φ8   1PCS

#A S5 1PC

#B S13-14-15 1PC

33

36

37
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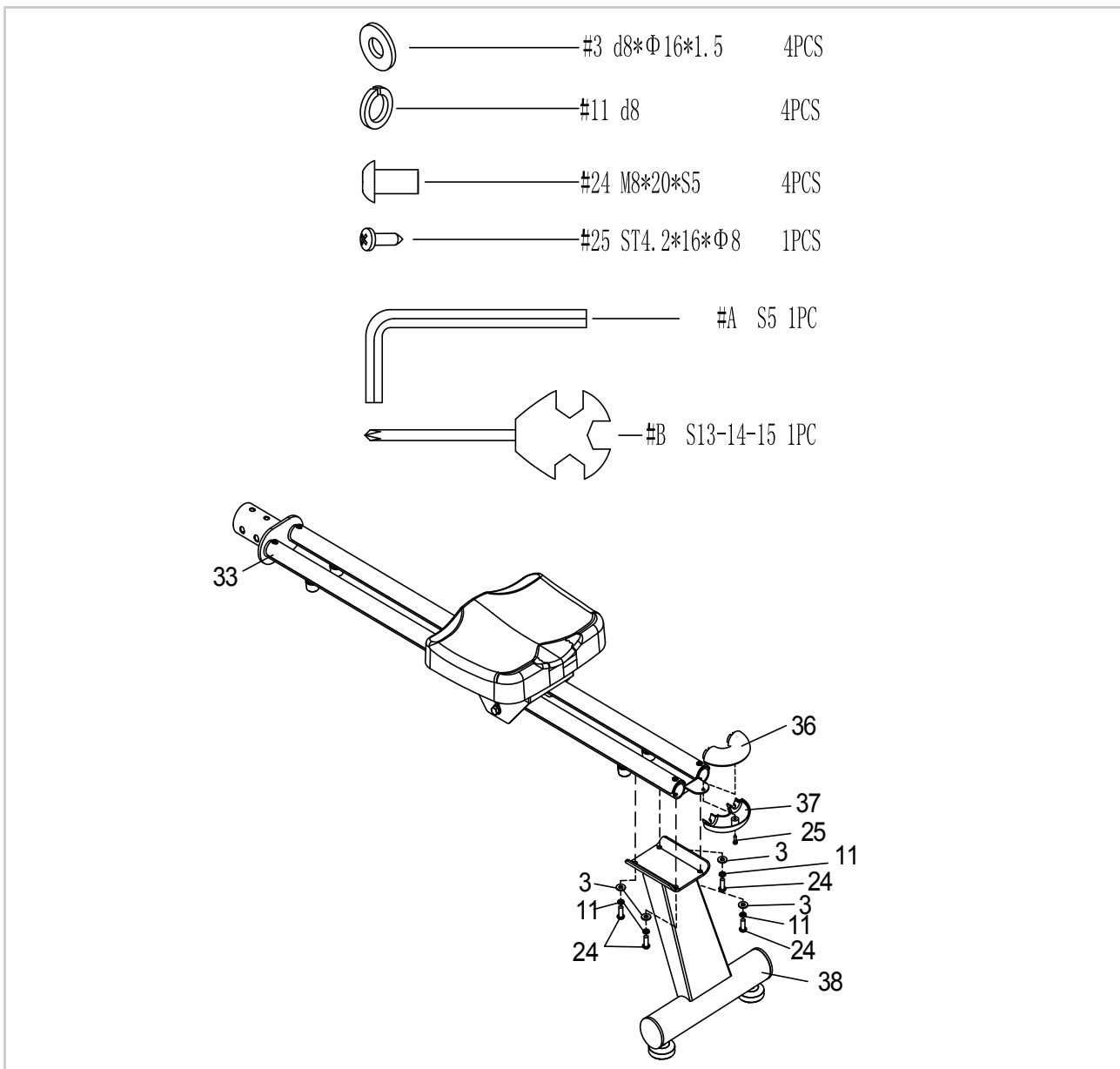
- Remove 1 screw(25) from upper and lower rail cover(36 & 37) using wrench(B);

- Attach the top and bottom cover of the rail(36 & 37) to the rail(33) with 1 screw(25) using key(B);

- Secure the rear support (38) to the bottom of the rail (33) with 4 washers (3), 4 spring washers (11) and 4 bolts (24) using key (A).

STEP 4

#10 d8*Φ20*2*R30   6PCS
#11 d8   6PCS
#24 M8*20*S5   6PCS
#25 ST4.2*16*Φ8   4PCS

#A S5 1PC

#B S13-14-15 1PC
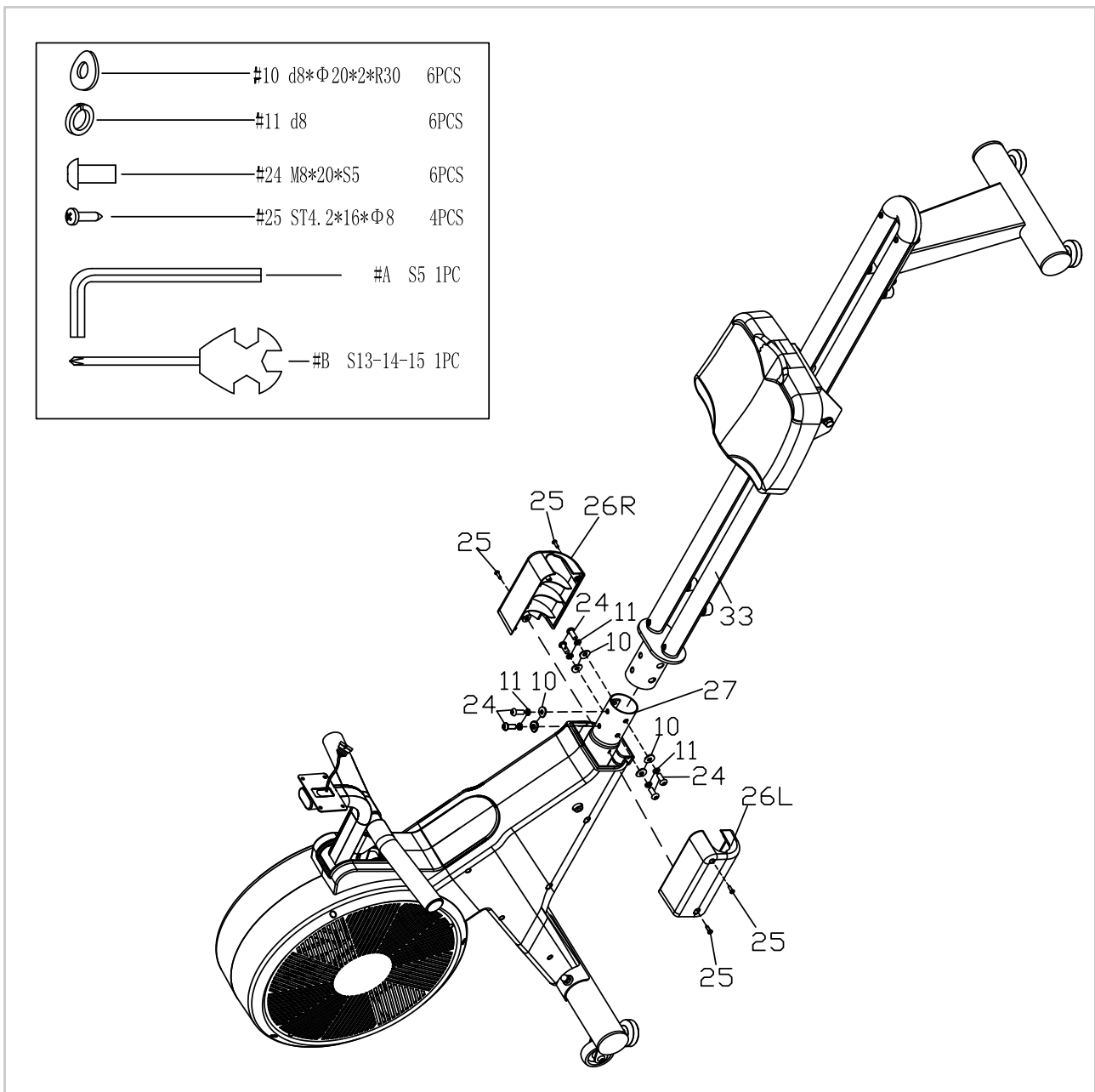
- Take 6 bow washers(10), 6 spring washers(11) and 6 bolts(24) from main frame(27) with wrench(A); Take 4 screws(25) out of cover(26L/R) and main frame(27) with wrench(B);

- Tilt main frame(27) to secure rail(33) into main frame(27), then secure with 6 arch rings(10), 6 spring washers(11) and 6 bolts(24) with wrench(A);

- Secure cover(26L/R) to main frame(27) with 4 screws(25) with wrench(B).

STEP 5

#11 d8　　　　　　　4PCS
#22 M8*20*S13　　　4PCS
#23 d8*Φ20*2　　　4PCS
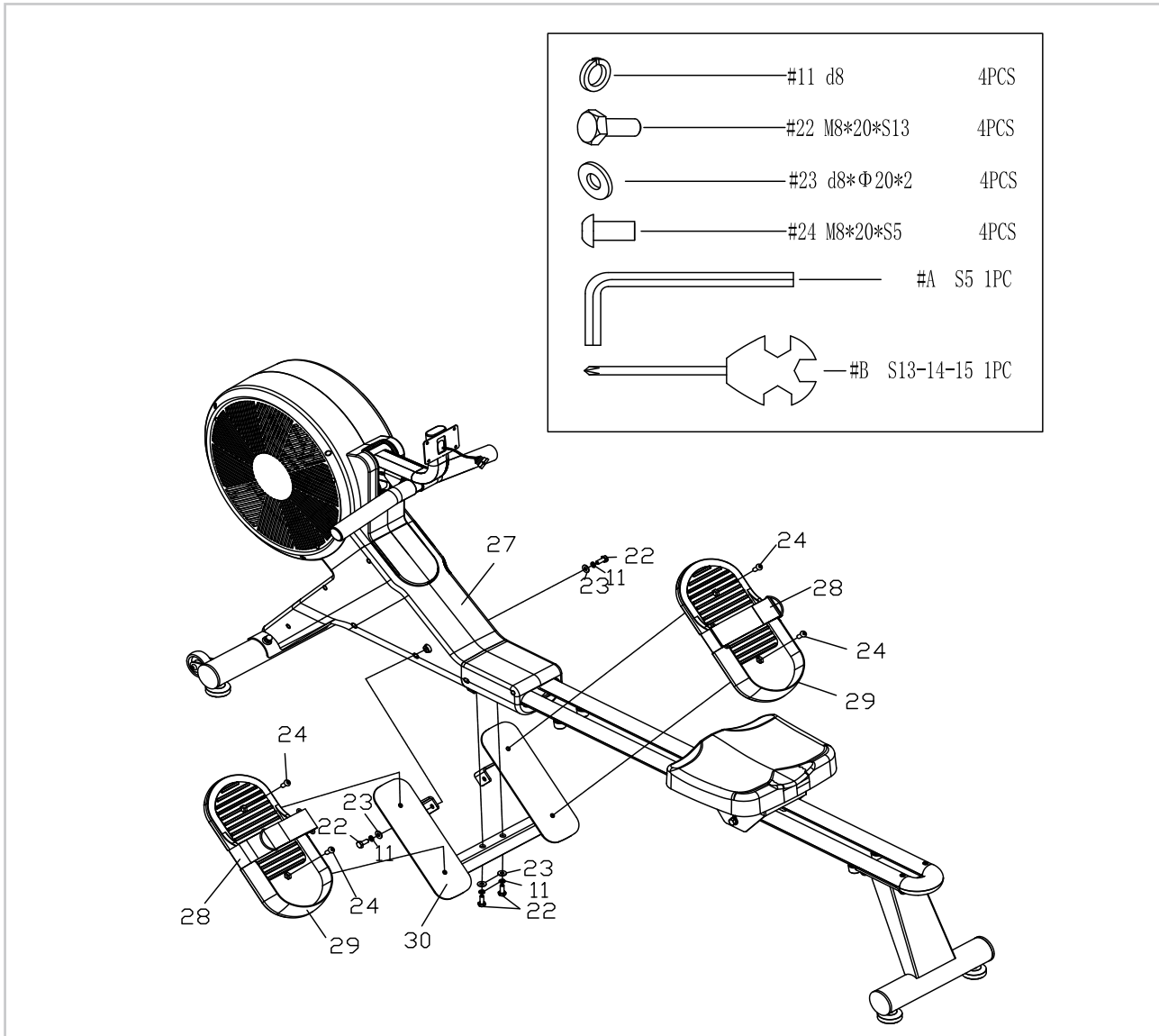#24 M8*20*S5　　　4PCS
#A　S5　1PC
#B　S13-14-15　1PC

- Remove spring 4 washers(11), 4 bolts(22) and 4 washers(23) from main frame(27) with wrench(B);

- Secure pedal plate(30) to main frame(27) with 4 spring washers(11), 4 bolts(22) and 4 washers(23) with key(B);

- Secure the pedal(29) in the pedal plate(30) with 4 bolts(24) with key(A);;

NOTE! The pedal strap(28) must be placed in the long groove located at the bottom of pedal(29), the pedal(29) must not press on the pedal strap(28) so that the pedal strap(29) can move freely up and down.

STEP 6
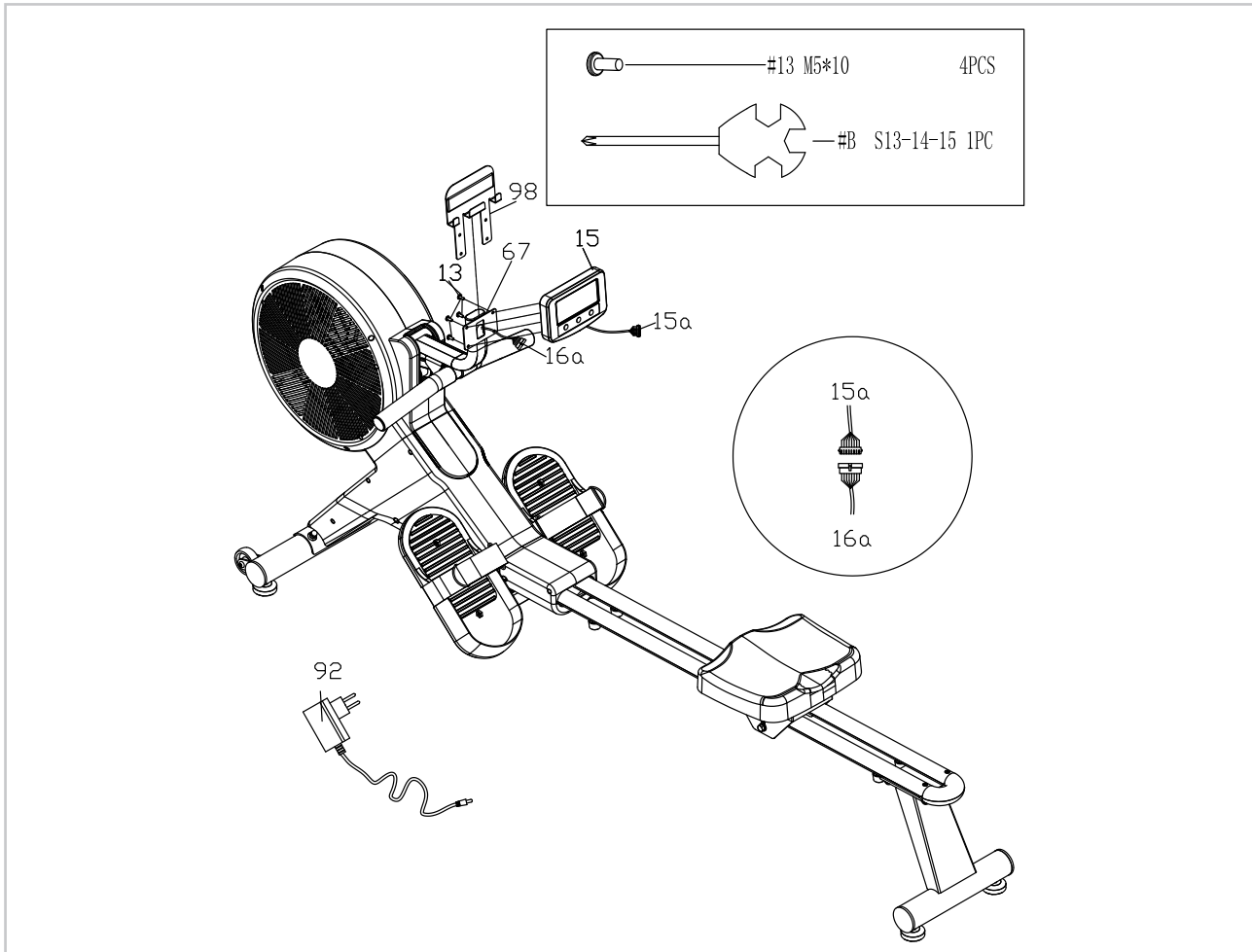
- Press the computer(33) into place(D), remove the computer(33) from the protective cover(43).

- Pull the cable(16a) out of the console connector(67), then connect it to the console wires(15a), Then plug these wires back into the console connector(67);

- Put the console(15) on the tablet holder(98);

- Secure the console(15) and tablet holder(98) to the console post(67) with 4 bolts(15) and wrench(B);

- Connect the adapter cable(92) to the front of the main frame and plug the adapter into an electrical outlet.

    NOTE! Disconnect the power source if you do not use the unit for a long time.

    For more information, visit https://virtufit.nl/service/faq/
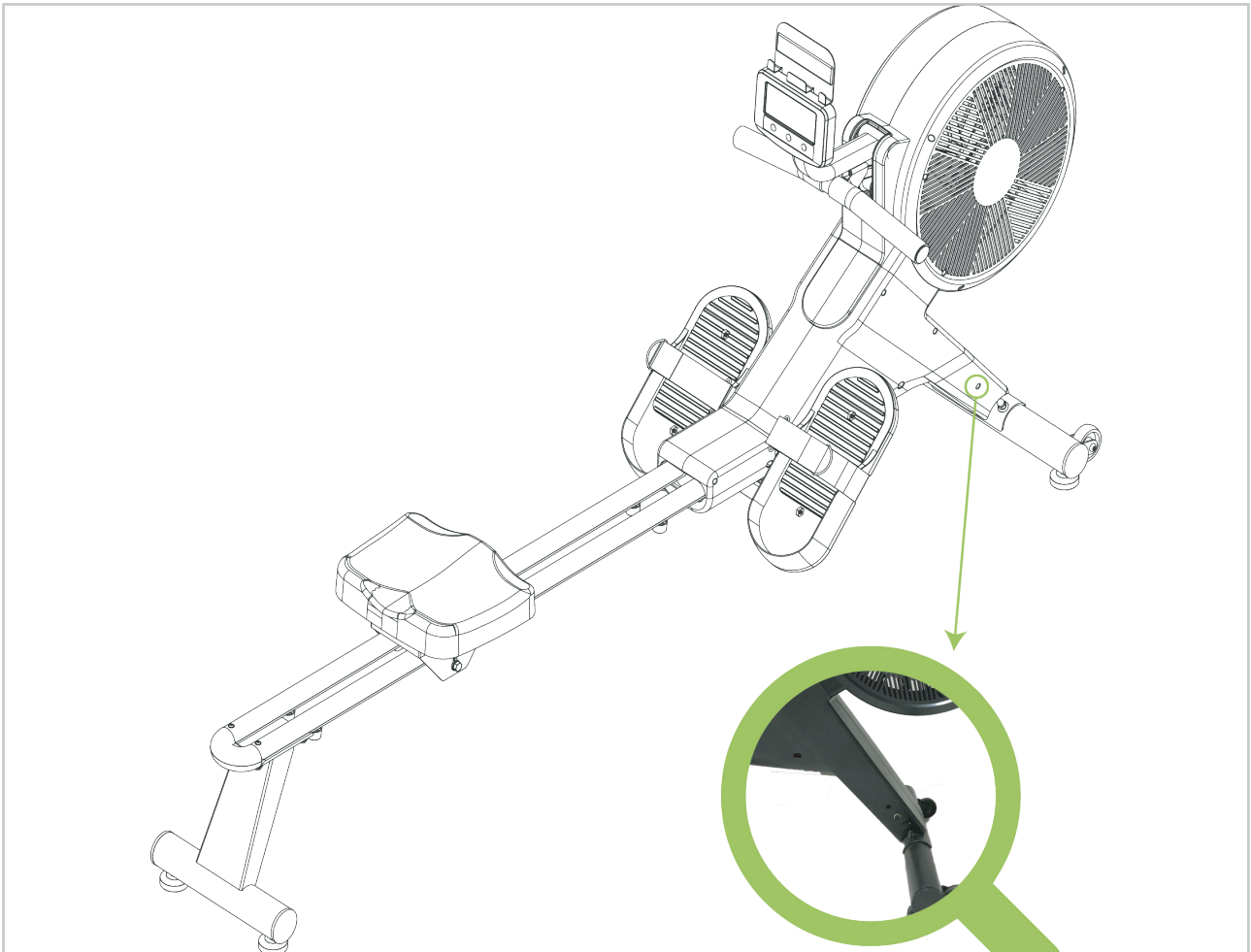
ADAPTER

- The adapter connector is located on the front of the unit (see illustration). Attach the adapter to the adapter jack and connect it to AC power. You can now use the cross trainer.

- Do not use the machine until it has been fully assembled and inspected for proper operation in accordance with the user manual.

- Inspect your machine to make sure that everything is secure and that components are correctly are assembled correctly.

NOTE: *Store your machine in a dry area away from children and high traffic areas as shown in the illustration. Be sure it is secure and cannot fall onto small animals or children.*

MOVING THE ROWING MACHINE

To move the unit, lift the rear stabilizer(38) until the transport wheels on the front stabilizer (6) touch the ground. With the wheels on the ground, you can easily transport the unit to the desired location..

NOTE! *The seat will slip when the machine is upright.*
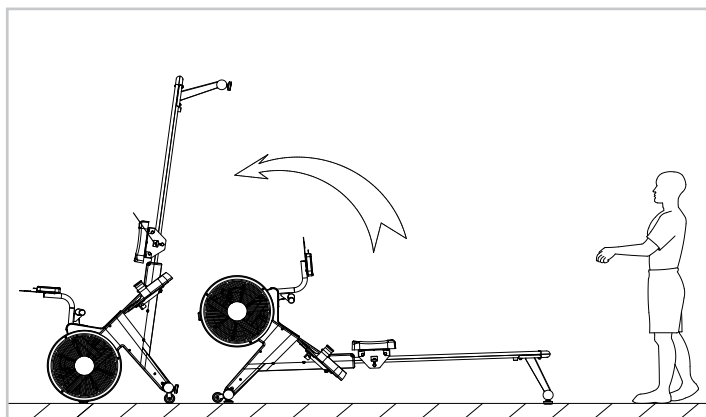
SET PEDALS

The pedal strap is adjustable and can be adjusted to fit the user's foot size.
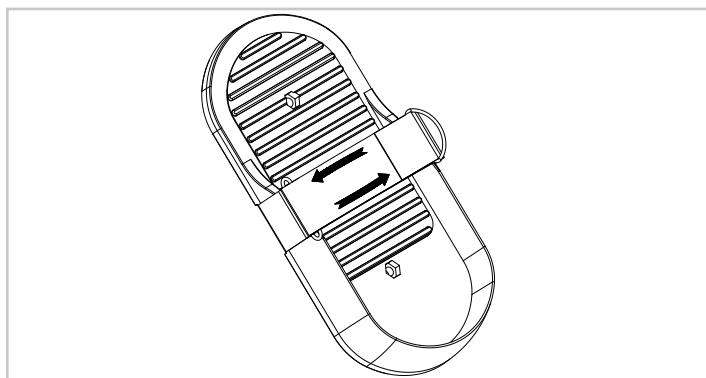
ADJUSTABLE CONSOLE

The console (display) is adjustable so you can train in the right position and see the display at all times.

Safe and effective use can only be achieved if the device will be assembled and maintained well. It is your responsibility to ensure that the equipment is regularly maintained. Parts that are already used and / or damaged must be replaced before continuing using. The rower machine may only be used indoors and stored away, prolonged exposure to weathering and changes in temperature / humidity can have a serious impact on the electrical components and moving parts of the rowing machine.
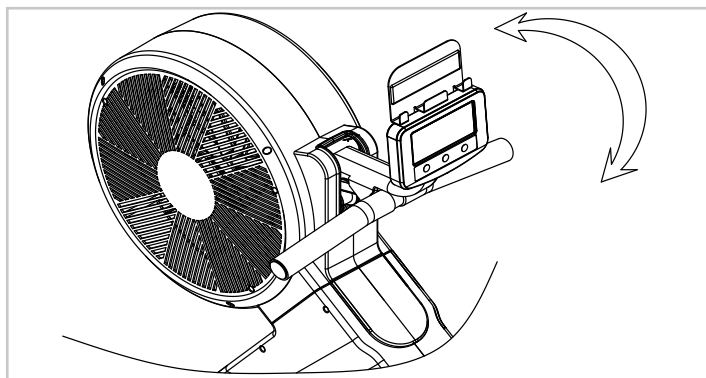
DAILY MAINTENANCE

* Clean and remove sweat after each use Do not use aggressive cleaning agents and ensure that the device remains free of moisture.

* Check that the rail and the wheels under the seat are free from dust and dirt.

SEMI-ANNUAL MAINTENANCE

* Inspect all bolts and nuts in connection with moving parts of the device, tighten as required.

* Check the mobility of moving parts and components of the use equipment, silicone spray if necessary.

CLEANING

WARNING
Before cleaning the machine, please make sure the power has been switched off.

Cleaning: General cleaning of the device will extend the life of the rowing machine. Hold clean the rowing machine by dusting regularly.

In addition, wear clean shoes to reduce the risk of contamination of the rowing machine. Remove the hood at least once a year to vacuum underneath.

Display shows no values

If the display does not show any values, you can try to check the sensor cables and the cables in the back of the display. If this still does not work, you can move the sensor slightly.

Rowing machine beeps

Check that all bolts and nuts are tightened securely. Spray silicone spray if necessary. Also check the wheels under the seat.
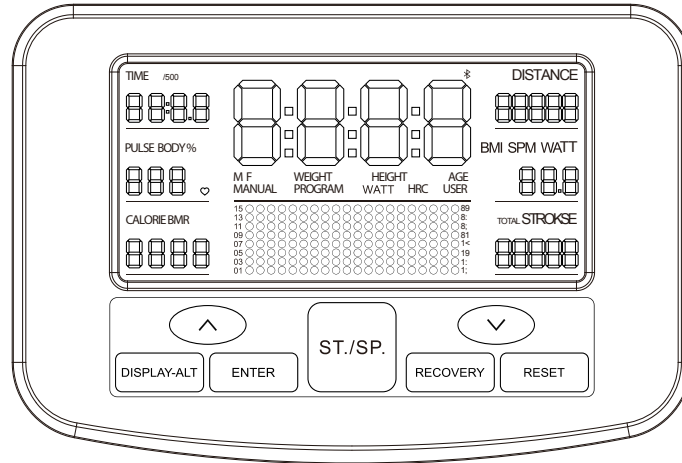
ERROR CODES

CODE	POSSIBLE CAUSES	INSPECTION	SOLUTION
E1	The motor is not operating properly	Motor wiring plug is properly inserted into terminal or not	Connect plug or replace motor
	Cable break in machine	Examine cable for defects	Replace the cable
	The display has no corresponding control signal to the motor		Change the electronic console
E2	After starting the test in body fat test mode, the heart rate monitor is not held by hand as soon as possible		Hold the heart rate monitor by hand within 3 seconds after starting the test
	The display cannot show the heart rate value	Whether a heart rate value is displayed in other modes	If still no heart rate value is displayed in other modes, replace the display; if still no value is displayed, replace the heart rate connector cable

NOTES!

- *This screen must be equipped with a 9V/1A power adapter. When the screen displays abnormally display, unplug and plug it back in.*
- *Without any operation, the console will go into standby mode after five minutes.*

CONSOLE

BUTTON	FUNCTION
DISPLAY-ALT	Select a certain function and shows in the main window.
ENTER	During training: Switch between TIME & TIME/500m, SPM & WATT, STROKES & TOTAL STROKES At rest: Switch between different set items.
ST./SP.	Start/Stop. Press "ST./ST." to stop or start the workout.
RECOVERY	Heart rate recovery test
RESET	Press "RESET" to return the display to the main screen. Press and hold to reset. Return to Manual in any mode (except for U1-U4, WATT and the self-set heart rate value); resting data will be cleared.
∧ ∨	Increase or decrease setting.

Display mode of main window during training:

1. Scan: Display in the following order sequentially for every 6 seconds: TIME -> TIME/500 m -> DISTANCE -> PULSE -> SPM -> WATT -> CALORIE -> STROKES -> TOTAL STROKES.
2. Use the <DISPLAY-ALT> key to select and record a particular function, and then display it in the main window.

Display mode of the left/right small window during training:

Use the <ENTER> key of to switch the display of "TIME -> TIME/500M", "SPM -> WATT", and "STROKES -> TOTAL STROKES". Display of the setting of the 16 resistance forces.

FUNCTIONS

BUTTON	EXPLANATION
TIME	The total rowing time from the beginning to the end of the exercise is displayed TIME/500m Time per 500m: Real-time estimation of the time/500m at the current rowing speed.
DISTANCE	Distance of each workout is displayed when you start exercising.
PULSE	Current heart rate is displayed if detected during exercise.
CALORIE	Total calories from the beginning to the end of the exercise is displayed.
SPM	Stroke rate: number of beats per minute, indicating the stroke rate during exercise.
STROKES	Number of strokes during exercise.
TOTAL STROKES	Total strokes.
WATT	Displays the training wattage.

NOTE! *If there is no movement for more than 4 minutes the console will automatically shut down.*

PROGRAM

MANUAL	(PROGRAM 1) 1 × Train with a program of manual adjustment of equivalent resistance force.
PROGRAM	(PROGRAM 2 ~ 12) 11× Workout with a program of automatic adjustment of resistance force.
BODY FAT	(PROGRAM 13) Test body fat percentage, body mass index and basal metabolic rate.
WATT	(PROGRAM 14) Train with the resistance force regulated by the adjusted wattage.
H.R.C.	(PROGRAM 15 ~ 18) Workout with the resistance power regulated by the heart rate (65%, 75% and 85% are the adjusted heart rate values).
USER PROGRAM	(PROGRAM 19 ~ 22) Workout with user-adjusted resistance force.
RECOVERY	Heart rate recovery test.

MANUAL

1. Press the <ST./SP.> key of to start the exercise, or press the <ENTER> key of to enter setting mode.

2. In the setting mode, press the <ENTER> key from to select the set items in order in order. At this time, the selected items (TIME, DISTANCE, CALORIE, POWER and AGE) will flash.

3. Press the <^> or <v> key to adjust up/down, and press the <ENTER> key of to adjust down. <ENTER> key to select the next item.

4. Exit setup mode automatically after all selections are completed. You can also directly press the <ST./SP.> button to start the exercise in the setting mode.

5. During the exercise, the resistance is automatically adjusted according to the set program. Or you can use the <^> or <v> button to increase/decrease it.

6. If an item (TIME, DISTANCE, CALORIE and PULL) has been set, this item will be displayed during the workout displayed as a downward countdown. When it has counted down to 0, the exercise will automatically stop with an audible "DI DI".

7. During the workout, you can press the <ST./SP.> key to stop the device.Tijdens de training kunt u op de <ST./SP.> toets drukken om het apparaat te stoppen.

PROGRAM (PROGRAM 2-12)

1. Press the <^> or <v> key to select a program.
2. Press the <ST./SP.> key of to start the exercise or press the <ENTER> key of to go to the setting mode.
3. In the setting mode, press the <ENTER> key to select the set items in order. At this time, the selected items (TIME, DISTANCE, CALORIE, POWER and AGE) will flash.
4. Press the <^> or <v> key to adjust up/down, and press the <ENTER> key of to adjust down. <ENTER> key to select the next item.
5. The console automatically exits setup mode after all selections are completed. You can also directly press the <ST./SP.> key to start the exercise in setup mode.
6. During the exercise, the resistance is automatically adjusted to match the set program. You can also use the <^> or <v> key to increase or decrease it.
7. If an item (TIME, DISTANCE, CALORIE and PULL) has been set, this item will be displayed as a countdown during the workout. When the countdown has reached 0, the exercise will automatically stop with a "DI DI" sound.
8. During the exercise, you can press the <ST./SP.> key to stop the device.

BODY FAT (PROGRAM 13)
NOTE! *During this workout, wearing a heart rate chest strap is required.*

1. Press the <ENTER> key to enter the setting mode.
2. In setting mode, the setting order is as follows: GENDER -> HEIGHT -> WEIGHT -> AGE. You can press the <^> or <v> key to adjust the setting upwards/downwards.
3. Press the <ST./SP.> key to start the test; 8 seconds later the instrument will display BMI - Body mass index, FAT% - Body fat percentage, BMR - Basal metabolic rate.
4. For the test, the user must wear a wireless chest strap and keep the heart rate normal and continuously on the display.
5. The test should be performed when the body is relaxed and the heart rate is calm.

BMI (body mass index)

Gender/age	Thin	Normal	Slightly fat	Fat	Fatter
Male ≤ 30	< 14	14 ~ 20	20.1 ~ 25	25.1 ~ 35	> 35
Male > 30	< 17	17 ~ 23	23.1 ~ 28	28.1 ~ 38	> 38
Female ≤ 30	< 17	17 ~ 24	24.1 ~ 30	30.1 ~ 40	> 40
Female > 30	< 20	20 ~ 27	27.1 ~ 33	33.1 ~ 43	> 43

BODY FAT (body fat percentage)

Gender	Low	Medium	Medium/high	High
Male	< 13%	13% - 25.9%	26% - 30%	> 30%
Female	< 23%	23% - 35.9%	36% - 40%	> 40%

BMR (basic metabolic rate, i.e., the average number of calories consumed daily to maintain the basic survival state). Reference value: 1300 ± 100 (22-40 years old).

BODY TYPE (extended type)

B1	B2	B3	B4	B5	B6	B7	B8	B9
Seriously thin	Thin	Slightly thin	Normal and a bit thin	Normal	Normal and a bit fat	Overweight	Fatter	Seriously fat

WATT (PROGRAM 14)

1. Press the <ENTER> key of to enter setting mode.
2. In setting mode, the setting order is as follows: TIME -> DISTANCE -> STROKES -> WATTS. Press the <^> or <v> key for up/down adjustment, press the <ENTER> key from to the next item, and press the <ST./SP.> key of to start the exercise. During the exercise, the resistance force will automatically be adjusted according to the set wattage.
3. If an item (TIME, DISTANCE) is set, this item will be displayed as a countdown. When the countdown has reached 0, the exercise will automatically stop with a sound of "DI DI".
4. During the workout, you can press the <ST./SP.> key to stop the device.

NOTE! *The wattage is determined by both resistance and speed. In this program, the wattage will remain constant, meaning that if the stroke speed is high, the load resistance will decrease, and if the stroke speed is low, the load resistance will increase, to ensure that the wattage remains constant.*
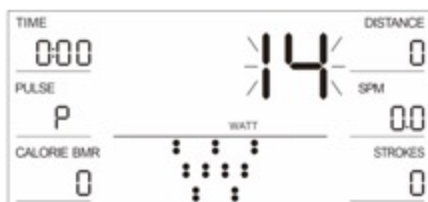
HRC (PROGRAM 15 - 18)

NOTE! *Wearing a heart rate chest strap is required during this workout.*

1. Press the <^> or <v> key to select the target heart rate mode.

2. **PROGRAM 15-17**

   A. Press the <ENTER> key to enter the setting mode.

   B. In setting mode, the setting order is as follows: TIME -> DISTANCE -> CALORIE -> STROKES-> AGE. The default heart rate value is set automatically based on the age. "65%", "75%" and "85%" indicate that the target heart rate values are respectively 65%, 75% and 85% of the default heart rate are.

   C. Press the <^> or <v> button for up/down adjustment.

3. **PROGRAM 18**

   A. Press the <ENTER> button of to enter the setting mode.

   B. In setting mode, the setting order is as follows: TIME -> DISTANCE -> CALORIE -> BEATS -> TARGET HEART RATE.

   C. Press the <^> or <v> key to adjust the setting upwards/downwards.

   D. Press the <ST./SP.> key to start the exercise. During the exercise, the resistance will automatically be adjusted to the target heart rate.

   E. If an item (TIME, DISTANCE and CALORIE) has been set, this item will be displayed during exercise as a countdown. When it has counted down to 0, the workout will stop automatically with a DI DI" sound.

   F. During the workout, you can press the <ST./SP.> key to stop the device.

NOTE! *You should wear a wireless chest strap during exercise. If the device does not detect the heart rate value, the resistance will not change automatically, but the exercise can still continue.*

USER PROGRAM (PROGRAM 19 - 22)

1. Press the <^> or <v> key to select the U1 ~U4 mode.

2. Press the <ST./SP.> key of to start the exercise, or press the <ENTER> key of to go to the setting mode.

3. In setting mode, the setting order is as follows: TIME -> DISTANCE -> CALORIE -> STROKES -> AGE -> RESISTANCE STRENGTH OF EACH COLUMN.

4. Press the <^> or <v> key for up/down adjustment, and press the <ENTER> key to select the next item.

5. Press the <ST./SP.> key of to start the exercise. During exercise, the resistance will automatically be adjusted according to the target heart rate.

6. If an item (TIME, DISTANCE, CALORIE and PULL) is set, this item will be displayed as a countdown during the workout. displayed as a downward countdown during the workout. When it has counted down to 0, the exercise will automatically stop with an audible "DI DI".

7. During the workout, you can press the <ST./SP.> key to stop the device.

RECOVERY

NOTE! *During this workout, wearing a heart rate chest strap is required*

1. During the workout, when the instrument displays the heart rate value, press the <RECOVERY> button to continue tracking the heart rate.

2. When TIME displays "0:60" (seconds), begin counting down in 60 seconds; at this time the system will start the test.

3. When TIME displays count down to "0:00", the main instrument window displays F1 ~ F6, which indicates the level of recovery of the heart rate.

4. It is recommended to test the heart rate during exercise within the range of the aerobic heart rate, so as not to affect the test results if the value is too high or too low.

F1 = 1.0	Best
1.0 < F2 < 2.0	Better
2.0 < F3 < 2.9	Good
3.0 < F4 < 3.9	Normal
4.0 < F5 < 5.9	Slightly poor
F6 = 6.0	Poor

BLUETOOTH APP

1. Turn on the Bluetooth of cell phone or tablet, and launch the FitShow APP, then click "Search for devices".
2. Select the device, and click "Connect". At this time, the Bluetooth icon of on the instrument display will be ON.
3. Enter the practice mode of Scene Selection.
4. Click the "START" button to start the exercise.
5. You can select the function "Control" and allow the APP to control your device and retrieve all the information on the APP.
6. Click the "Stop" button to stop the exercise and upload the information.

NOTE! *If a flashback occurs after connecting to the APP, please reconnect the APP. You can also press the "RESET" button to reset it and then reconnect.*

WEARING A CHEST STRAP

This product is compatible with standard 5.3Khz portable heart rate monitors. During a workout, the heart rate will appear on the display when you are wearing a chest strap. To get an accurate measurement, the chest strap must be in direct contact with your skin. After you put on the chest strap, look at the console for at least 15 seconds. This allows the receiver in the console to recognize the signal from the chest strap.

1. Gently moisten the back of the strap with tap water (Diagram A).
   IMPORTANT! *Do not use deionized water. It does not contain the proper minerals and salts to conduct electrical impulses.*
2. Adjust the strap and fasten it around your chest. The strap should feel tight, not restrictive (Diagram B).
3. Make sure the chest strap is right side up, lies horizontally across your chest and is center of your chest (Diagram C)

Diagram A   Diagram B   Diagram C

4. Wanneer deze stappen zijn voltooid, bent u klaar om uw hartslag te bekijken.

TRAIN ON HEART RATE

WIRELESS HEART RATE MONITOR (5KhZ)

This VirtuFit fitness machine is equipped with a wireless heart rate receiver. For heart rate measurement with a Wireless Heart Rate Monitor, use a heart rate monitor that operates on a 5 kHz frequency. With a wireless heart rate monitor it is important that the electrodes are slightly moist and the heart rate monitor fits well to your body. Refer to your heart rate monitor's user manual for proper instructions. Improper use of the heart rate monitor can cause abnormal readings.

NOTE!

- *A wireless heart rate transmitter does not come standard with this fitness equipment. Contact your dealer for purchasing.*
- *Do not use the wireless heart rate transmitter in combination with the hand pulse sensors to prevent errors.*

WARNING

- Consult a physician if you have a pacemaker, before using a wireless heart rate transmitter.

- If there are more than one heart rate measurement devices in one room, please make sure to keep distance to the other devices to prevent inaccurate measurement or errors.

- Alway try to keep the wireless heart rate transmitter in a close distance of 1 meter from the console.

- Always wear a wireless heart rate transmitter directly on the body under your clothes.

INSTRUCTION

1. QR code scanner app is required to scan the QR code with an Android or IOS phone or tablet. This app can be downloaded in the App Store or Google Play Store.
2. Scan one of the QR codes below to go directly to the place in the App Store or Google Play Store where the app is located and can be downloaded.
3. Scan the QR code on the right to go to the user manual of the app. The manual describes step by step how the app should be connected to the device, how the app works and what the options are.
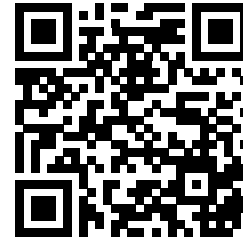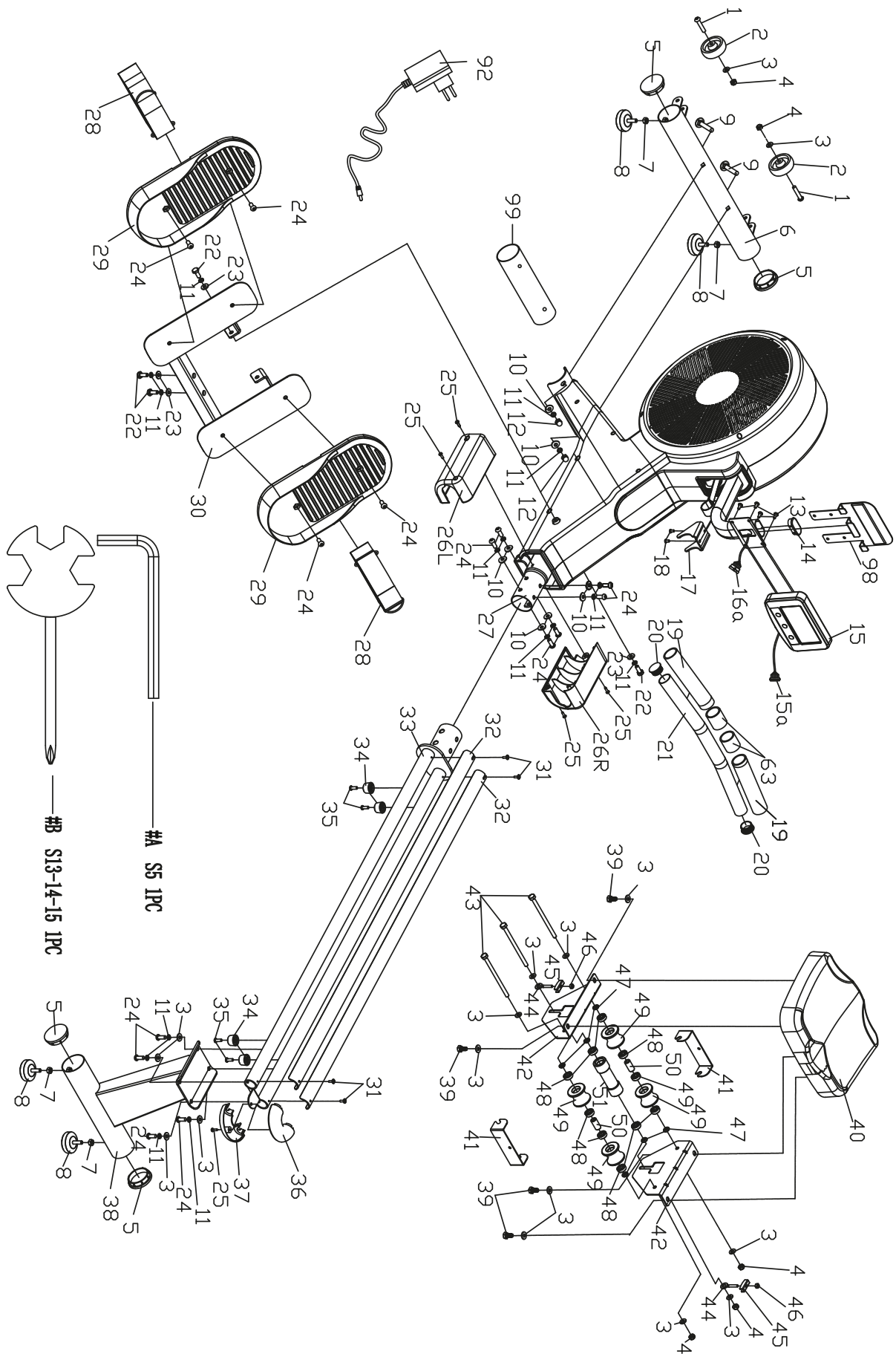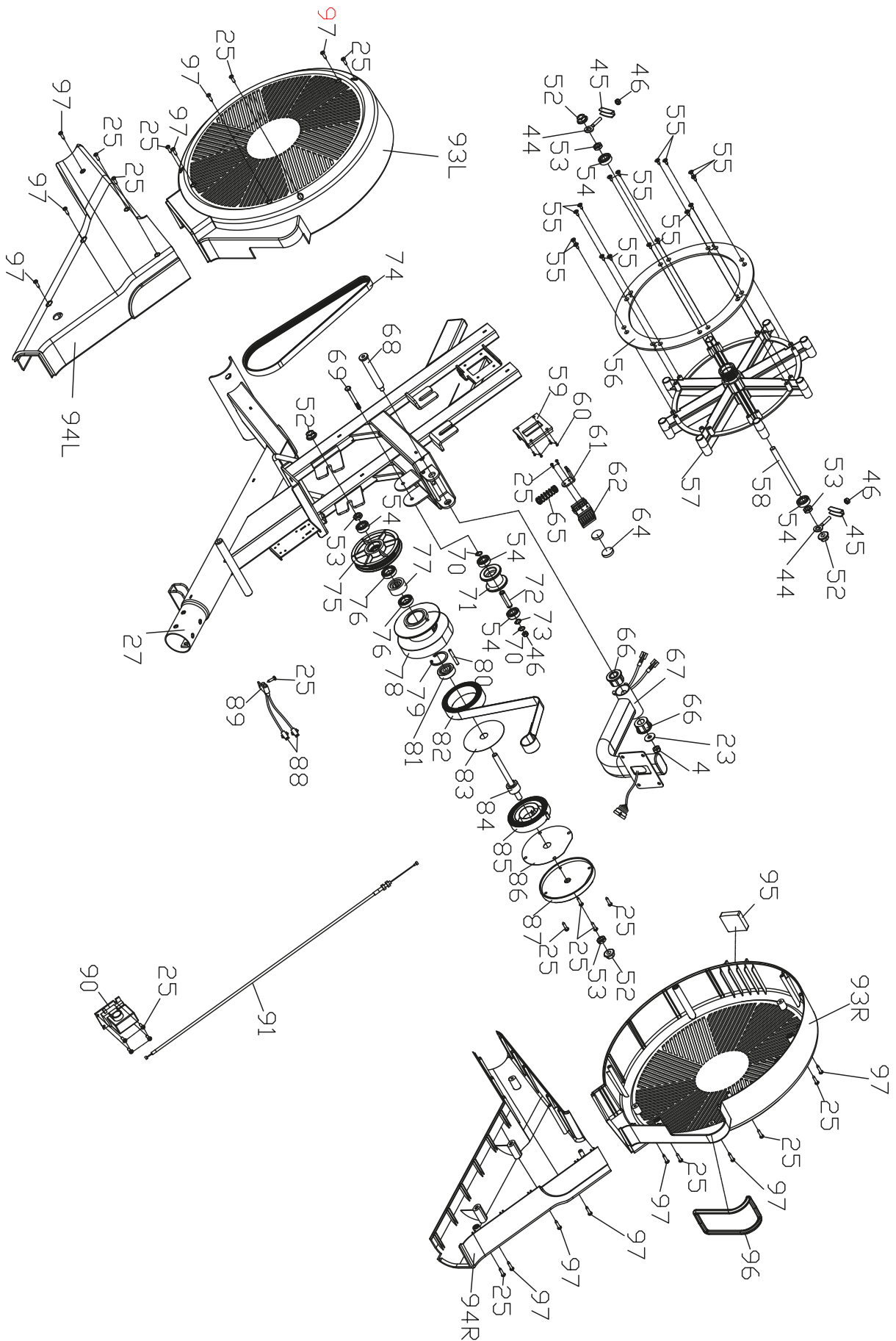
FITSHOW
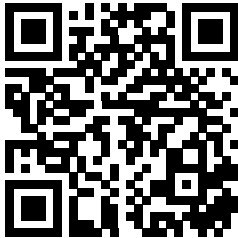
APP STORE
FITSHOW
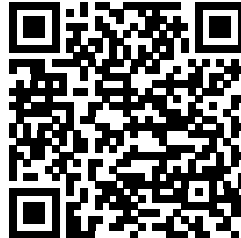
GOOGLE PLAY
FITSHOW

USER MANUAL
FITSHOW

VirtuFit does not provide service for fitness apps such as Kinomap, iConsole, FitShow, etc.
Should you experience any problems with a fitness app, please contact the relevant app developer.

#	DESCRIPTION	QTY	#	DESCRIPTION	QTY
1	Bolt M8*42*15*S6	2	31	Bolt M5*10	4
2	Transportation Wheel	2	32	Rail piece	2
3	Washer d8*Φ16*1.5	16	33	Rail	1
4	Nylon nut M8*H7.5*S13	6	34	Limiter	4
5	End cap Φ60.5*17	4	35	Bolt M6*16*φ10	4
6	Front bottom tube	1	36	Rail upper cover	1
7	Nut M8	4	37	Rail lower cover	1
8	Adjustable foot pad φ52*18	4	38	Rear supporter	1
9	Bolt M8*73*20*H5	2	39	Bolt M8*16*S14	4
10	Arc washer d8*Φ20*2*R30	8	40	Seat	1
11	Spring washer d8	12	41	U baffle plate	2
12	Cap nut M8	2	42	Left support plate of seat	2
13	Bolt M5*10	4	43	Bolt M8*135*15*S14	3
14	End cap	1	44	Chain bolt M6*40*Φ10*2.5	4
15	Computer	1	45	Chain U seat	4
16	Trunk wire	2	46	Nylon nut M6*H6*S10	5
17	Handlebar holder	1	47	Spacer d8*Φ15*4	6
18	Bolt M5×10×Φ8.5	2	48	Bearing 608Z	10
19	Foam grip	2	49	Roller Φ45*38*Φ22	4
20	End cap Φ32*17	2	50	Spacer Φ14*Φ8.3*30	2
21	Handlebar	1	51	Roller Φ33*106*Φ22	1
22	Bolt M8*20*S13	4	52	Nut M10*1*H9.5*S15	4
23	Washer d8*Φ20*2	5	53	Nut M10*1*H5*S17	4
24	Bolt M8*20*S5*φ13	11	54	Bearing 6000-2RS	5
25	Screw ST4.2*16*Φ8	24	55	Screw ST4.2*13*φ7	16
26	Cover L+R	1pair	56	Aluminium sheet	4
27	Main frame	1	57	Fan	1
28	Pedal strap	2	58	Flywheel shaft	1
29	Pedal	2	59	Magnetic Seat	1
30	Pedal plate	1	60	Cross pan head self-drilling screw	4

PARTS LIST

#	DESCRIPTION	QTY
61	Wire seat	1
62	Magnetic plate	1
63	Rubber ring	2
64	Magnet Φ24*5	2
65	Spring Φ1.5*Φ15*63*N12	1
66	Bushing Φ32*3.3*Φ28*16*Φ14	2
67	Computer post	1
68	Knob Φ14*81.5*M8*S6	1
69	Bolt M6*55*15*S10	1
70	Washer d10	2
71	Pulley Φ45*35	1
72	Fixing Axle for Mesh Belt	1
73	Wave washer d10	1
74	Belt	1
75	Belt plate	1
76	Bearing 16003-2RS	2
77	Bearing φ35*d17*16	1
78	Mesh Belt Wheel	1
79	Washer d35	1
80	Fixing Axle for Mesh Belt	1
81	Bearing 6300-2RS	1
82	Mesh Belt	1
83	PC Board for Mesh Belt Wheel	1
84	Axle for Mesh Belt Wheel	1
85	Volute Spring	1
86	Outer PC Board	1
87	Outer Cover for Mesh Belt Wheel	1
88	Sensor	2
89	Sensor holder	1
90	Motor	1

| #	DESCRIPTION	QTY
91	Tension wire	1
92	Adapter	1
93	Front cover L+R	1pair
94	Rear cover L+R	1pair
95	Support pad of Housing	1
96	Rubber ring	1
97	Screw ST4.2*16*φ8	12
98	iPad holder	1
99	Paper tube	1
A	Spanner S5	1
B	Wrench S13-14-15	1

A successful exercise program consists of a warm-up, aerobic exercise, and a cool-down. Do the entire program at least two and preferably three times a week, resting for a day between workouts. After several months, you can increase your workouts to four or five times per week.

WARMING UP

The purpose of warming up is to prepare your body for exercise and to minimize injuries. Warm up for two to five minutes before strength-training or aerobic exercising. Perform activities that raise your heart rate and warm the working muscles. Activities may include brisk walking, jogging, jumping jacks, jump rope, and running in place.

STRETCHEN

Stretching while your muscles are warm after a proper warm-up and again after your strength or aerobic training session is very important. Muscles stretch more easily at these times because of their elevated temperature, which greatly reduces the risk of injury. Stretches should be held for 15 to 30 seconds.

INNER THIGH STRETCH

TOE TOUCH

ACHILLES STRETCH

HAMSTRING STRETCH

SIDE STRETCH
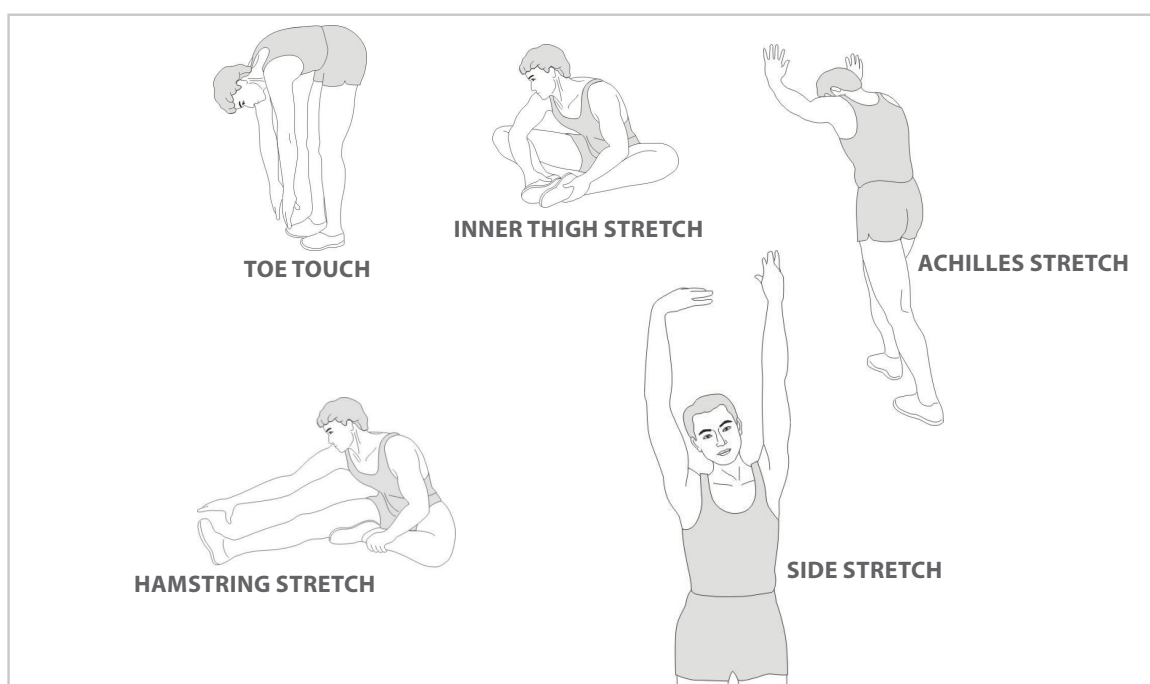
COOLING DOWN

The purpose of cooling down is to return the body to its normal or near normal, resting state at the end of each exercise session. A proper cool-down slowly lowers your heart rate and allows blood to return to the heart.

For questions or missing parts please contact your dealer.