virtufit

HTR 2.0 Ergometer Hometrainer

User manual
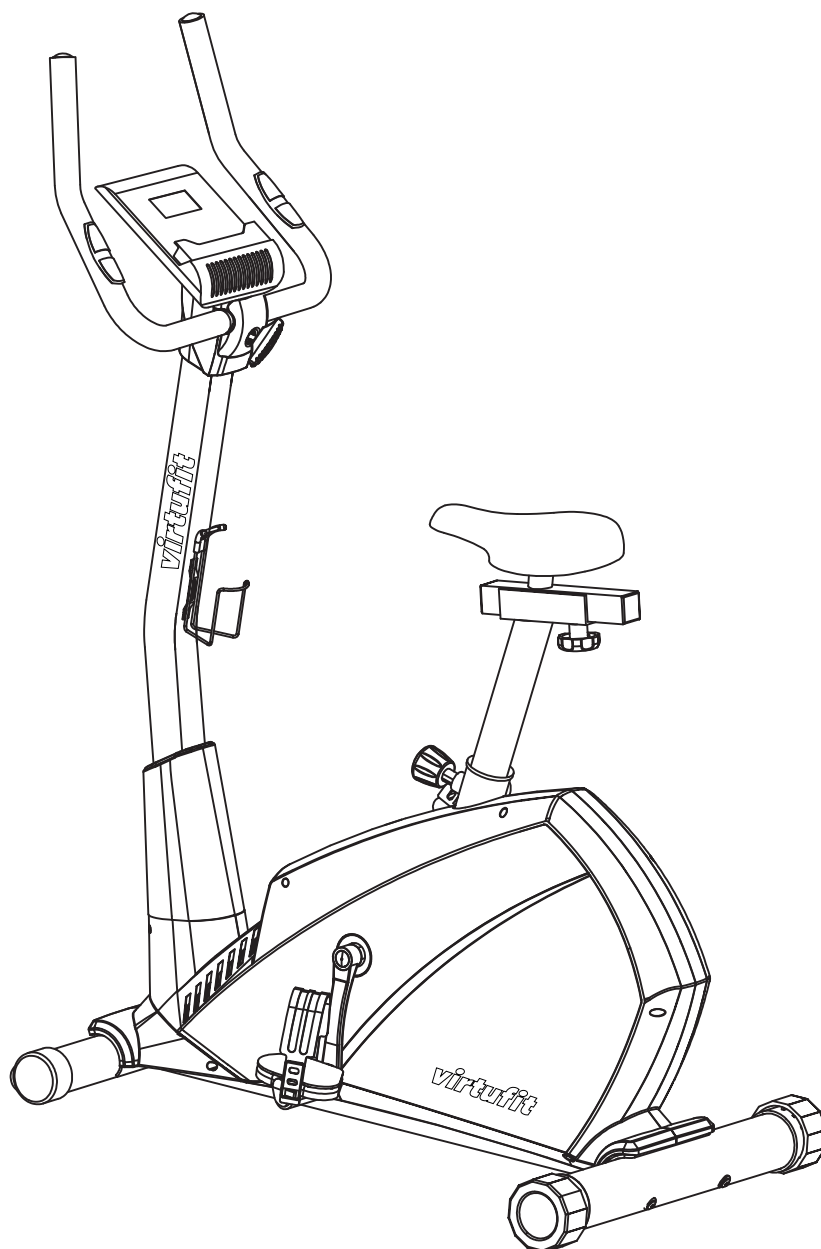
INDEX

SAFETY INSTRUCTIONS

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 150 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).

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

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 device? Then you have to straighten these aluminum legs again, this may cause the error message to disappear.

Socket screws: The device 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
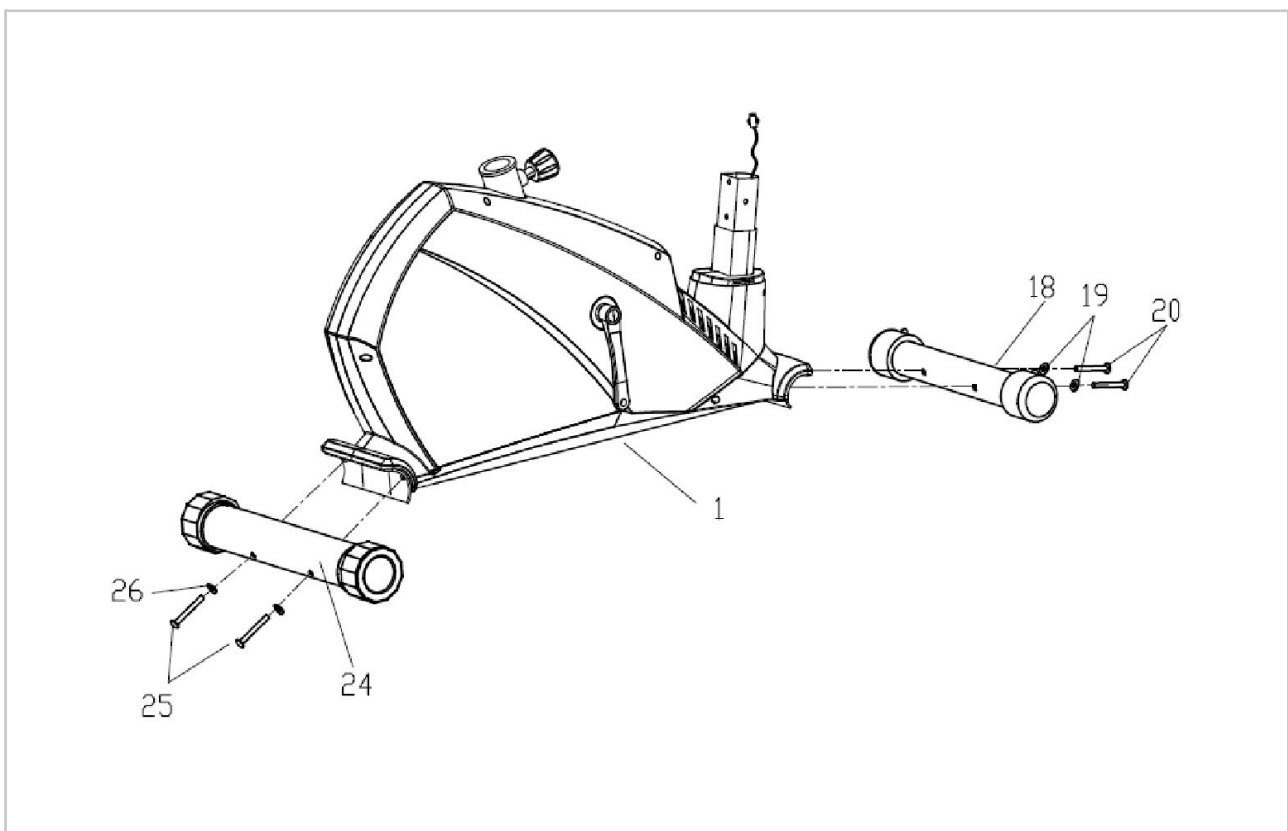
- Attach the front stabilizer (18) to the main frame (1) with the bolts (20) and washer (19).

- Attach the rear stabilizer (24) to the main frame (1) with the bolts (25) and washer (26) as shown.

STEP 2
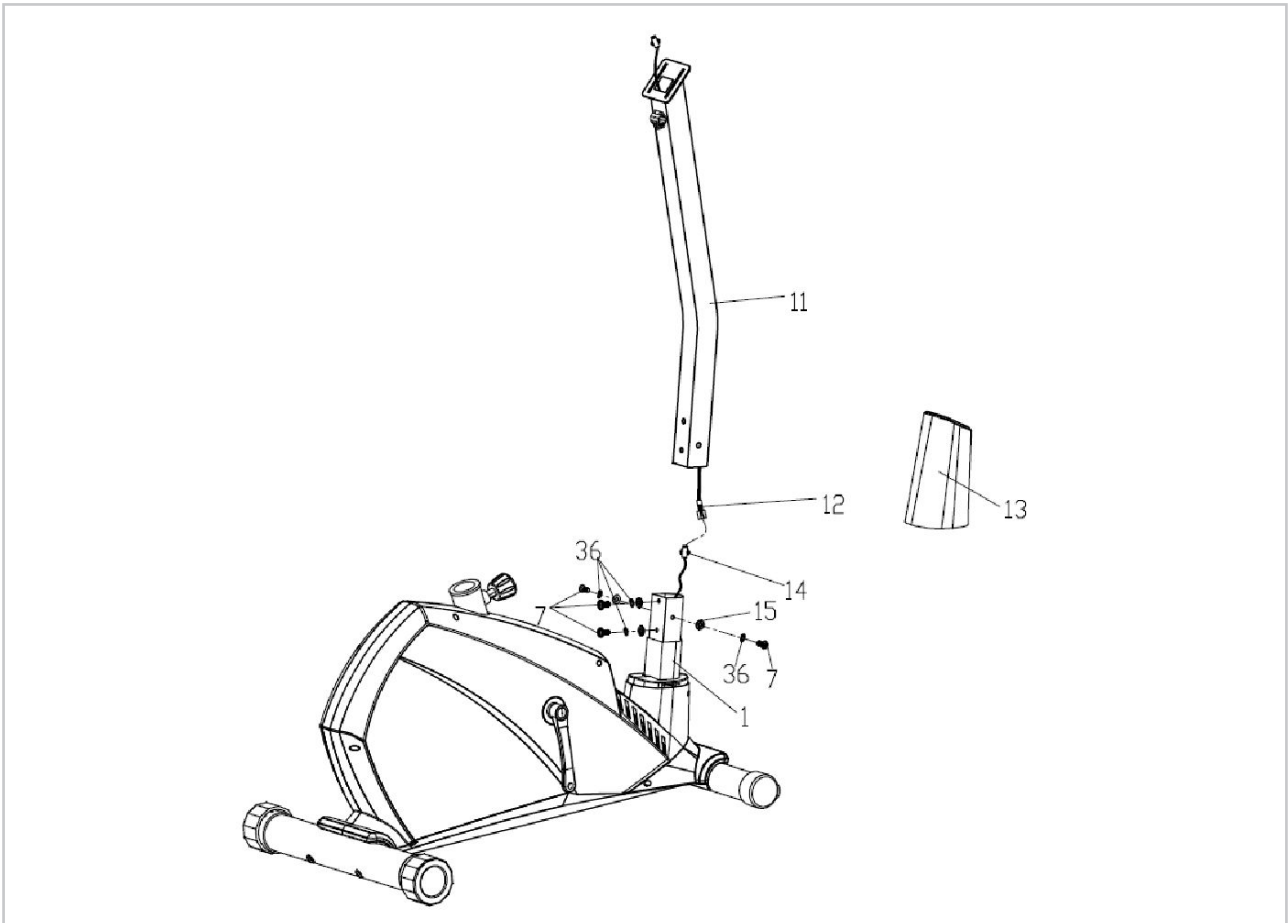
- Slide the protective cover (13) onto the handlebar bracket (11).

- Connect the lower sensor wire (14) to the sensor wire extension (12) and attach then the handlebar bracket (11) on the main frame (1), using the bolts (7), the spring washer (36) and curved ring (15) as shown. Slide the protective cover (13) on the handlebar bracket towards down.
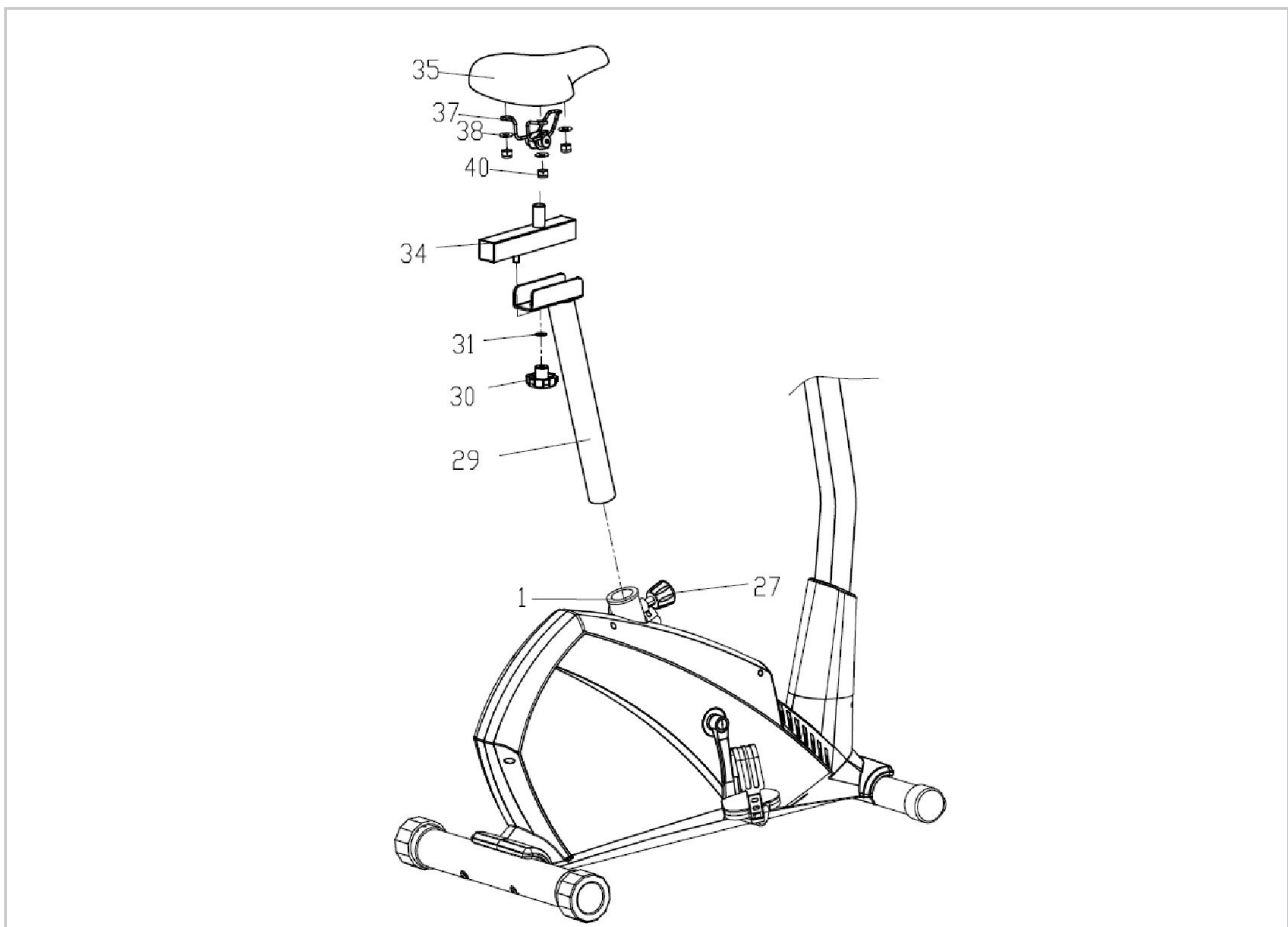
STEP 3
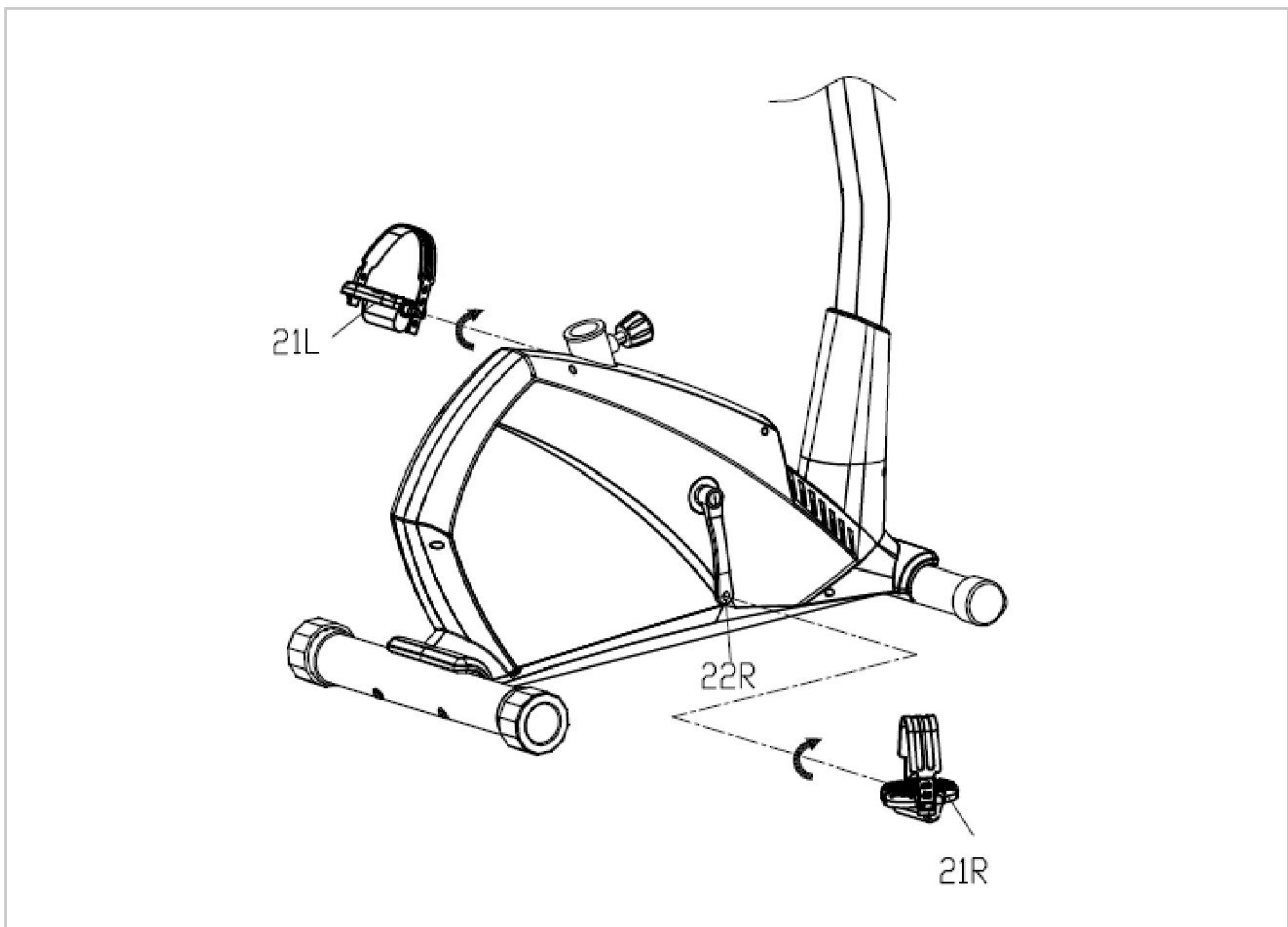
- Attach the pedals (21L / R) to the crank (22L / R), from the position as you would on the exercise bike see. Make sure that the pedals are properly tightened before using the exercise bike.

NOTE! *The pedals are marked with "L" for the left and "R" for the right. To lock the pedals, turn the right pedal clockwise and the left pedal counterclockwise.*

STEP 4

- Place the seat post (29) in the main frame (1), secured with the knob (27) at the correct height as pictured.

- Adjust the position of the horizontal seat post (34) lengthways, then bring the horizontal seat post to vertical seat post (29) and secure with flat washer (31) and knob nut (30) as shown.

- Attach the saddle (35) to the horizontal saddle post (34) through the screw and nut under the saddle with tightening a wrench.

NOTE! *Make sure the saddle (35) is securely attached to the horizontal seat post (34) before you start exercising.*

STEP 5
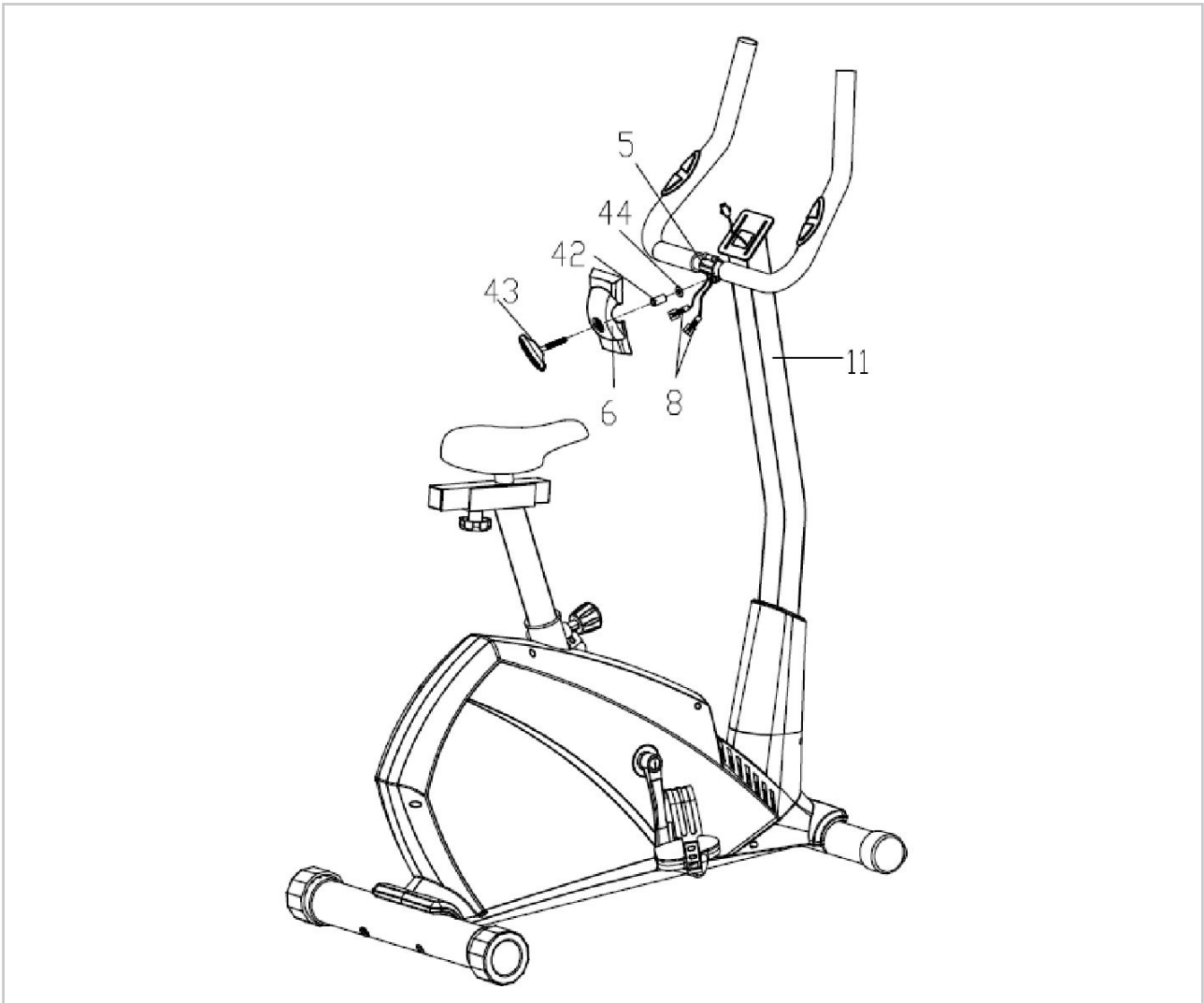
- Thread the wire from the heart rate sensor (8) through the handlebar mount (11) and then through the hole in the computer support at the top. Attach the handlebar (5) to the handlebar bracket (11), put it in a suitable one position and then secure the handle with the dial (43), bolts (42) and spring washer (44).

STEP 6
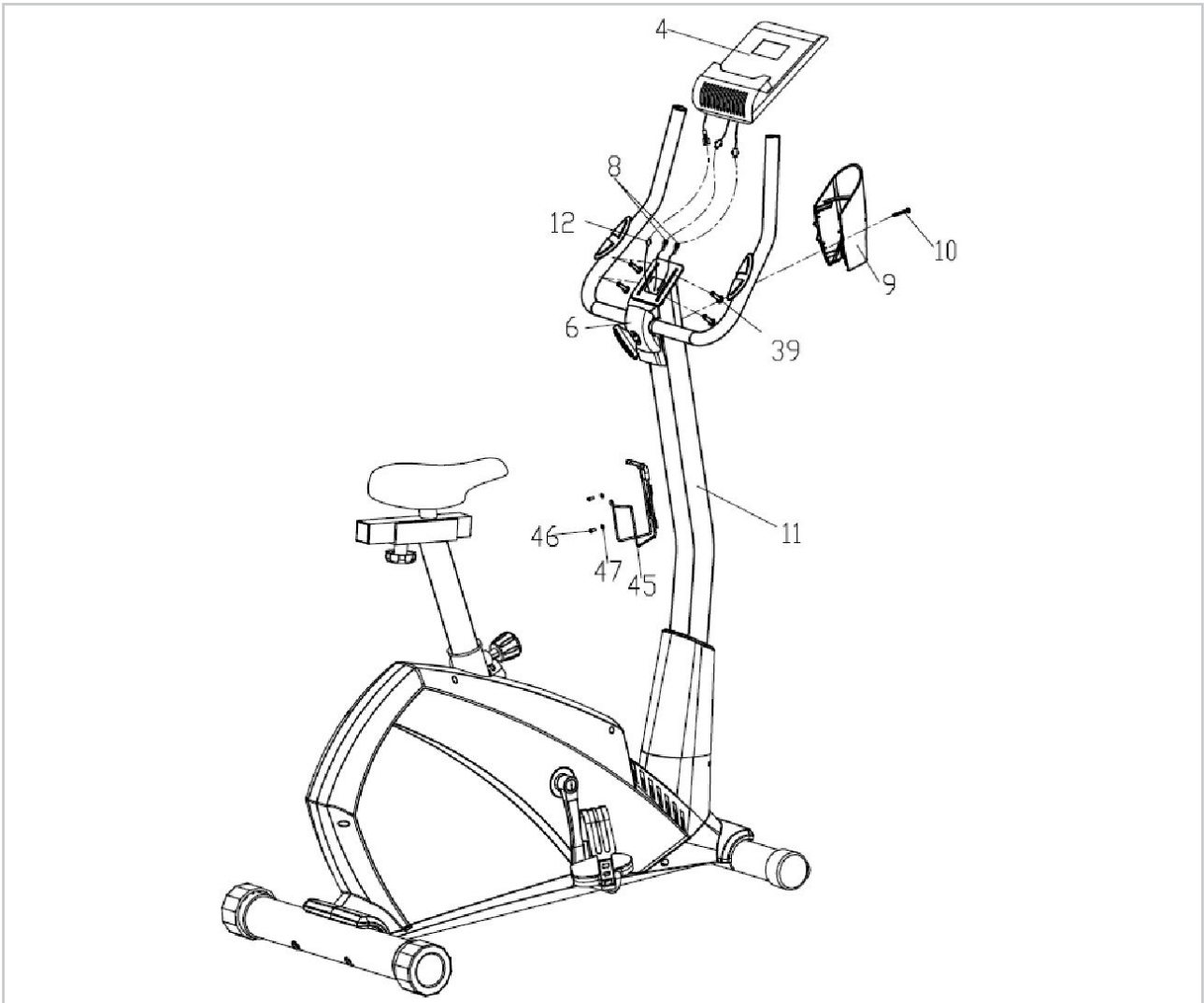
- Connect all wires (8 and 12) to the wires on the computer / display (4) and then connect them to the computer top left (11). Secure the computer with screws (38) as shown.

- Attach the back cover (9) to the armrest (11) and fit the front and back heat the lid (6 and 9) correctly and store it in the crosshead (10) as shown.

- Attach the top of the bottle (45) to the handle (11) and the crosshead lid (46) and washer (47).

ADAPTER
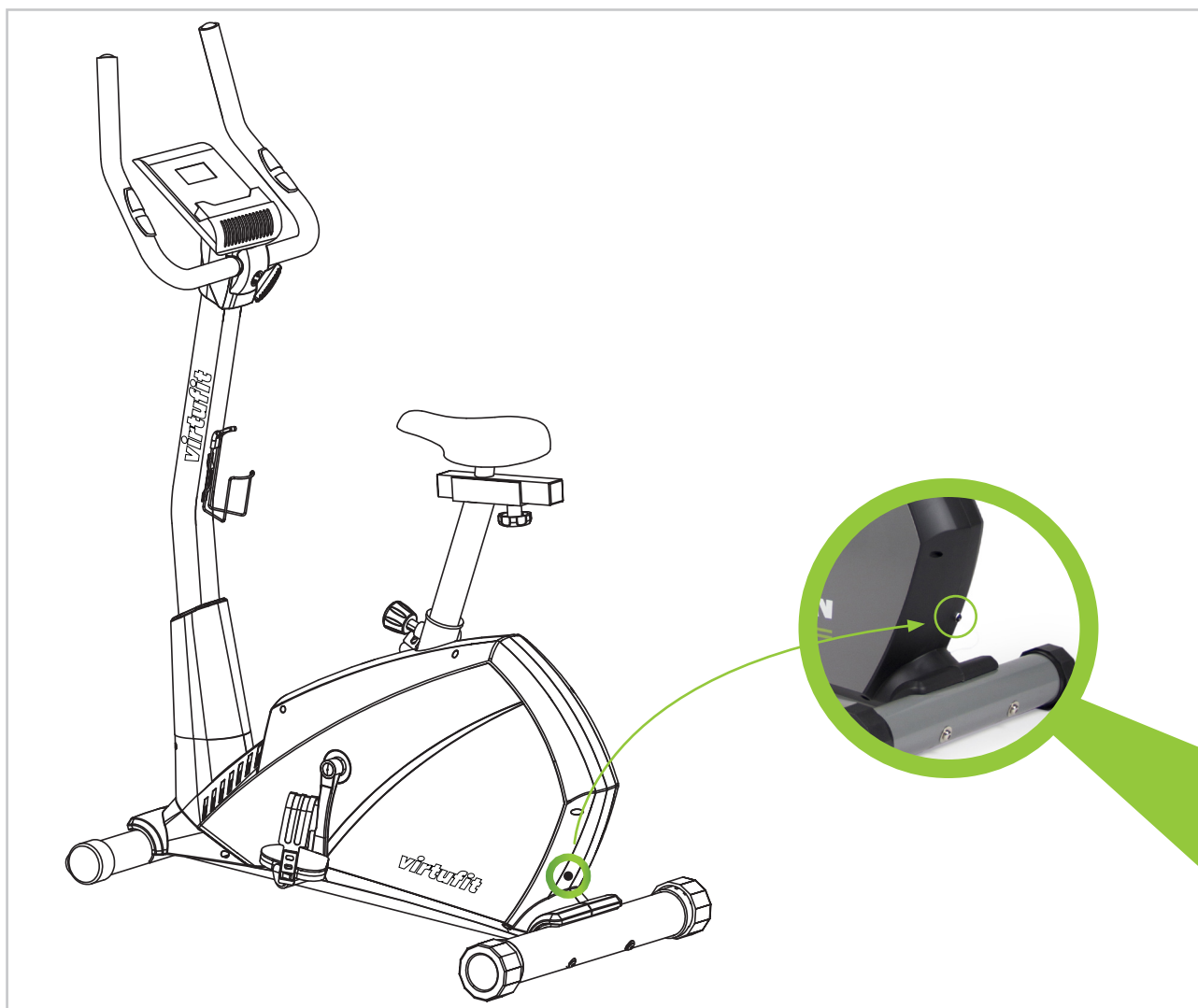
- The adapter connection is located on the back of the device (see image).

- Attach the adapter to the adapter connector and connect to AC power.

- You can now use the exercise bike.

ADJUSTING THE SADDLE

To train effectively, the saddle must be at the correct height. While pedaling, your knees should be slightly bent with the pedals in the lowest position. To adjust the height of the saddle, first loosen the seat post knob. Pull the knob towards you, slide the seat post up or down to the desired position and release the knob. Move the seat post up or down slightly to make sure that the knob is in one of the adjustment holes in the seat post. Then tighten the knob. To adjust the horizontal position of the saddle, first loosen the saddle knob a few turns. Then slide the saddle forward or backward to the desired position and tighten the knob firmly again.

## ADJUSTING THE HANDLEBAR

To adjust the angle of the handles, loosen the dial and move the handles to the desired position. Then tighten the handles by turning the knob.
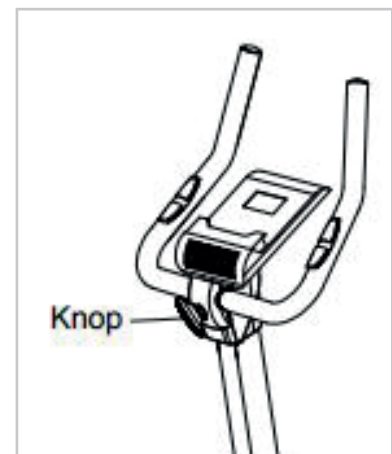
ADJUSTING THE FOOT STRAPS

To adjust the foot straps, first pull the ends of the foot straps off the tabs on the pedals. Adjust the foot straps to the desired position and then press the ends of the foot straps onto the lips.
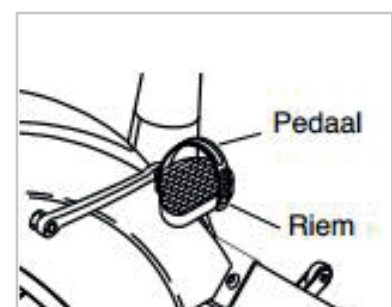
Safe and effective use can only be achieved if the device will be assembled and maintained well. It is your responsibility to ensure that the equipment is regularly maintained. Parts that are already used and / or damaged must be replaced before continuing using. The rower machine may only be used indoors 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 device.

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.

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.

The device beeps

If necessary, lubricate parts with silicone spray. Check that all nuts and bolts are tightened. It may be that a screw is too loose or too tight, this creates friction and makes the device appear to beep. If this is the case, try to find out exactly where the beep comes from and then tighten or loosen this screw. It must always be possible to loosen the screws with your hands. If this is not possible, the screw is too tight.

No resistance

First check whether you can hear the motor running. You will hear the motor running briefly when you increase or decrease the resistance. If you hear the engine running, all electronics are in order, but the V-belt is probably over. You can then open the housing and put the V-belt back on it. If you do not hear the motor running, it is possible that the motor or the display is defective. First check whether the cable running upwards in the pipe is still properly connected.

Ticking sound

It is possible that the flywheel (in the housing) comes against a cable with each pedaling movement. This may be disturbing but will not permanently damage your crosstrainer. To fix this, open the housing and move the cable or fix it with for example a tie wrap.

Heart rate display is not functioning

There can be various reasons for this:
- The sensor cables that run from the heart rate sensor to the display are not properly installed or have become detached during use.
- The sensors may become damp, dirty or greasy. So you have to clean them regularly.

The console is not working

If there is no signal when pedaling, check if the cable is properly attached.

CONSOLE

BUTTON	EXPLANATION
START/STOP	• Start & pause workouts. • Start body fat program. • Only works in stop mode. If you hold down the button for 3 seconds, all function values are reset to zero.
MIN (-)	Decreases the value of the selected functions, for example "time" or "distance", etc. During a workout, you can also decrease the resistance.
PLUS (+)	Increases the value of the selected functions. During a workout, the increase resistance.
ENTER	Om de gewenste waarde of modus te selecteren en in te voeren.
RECOVERY	During exercise, press this button to enter heart rate recovery function when computer displays heart rate reading. Recovery is fitness level 1 to 6 after 1 minute. F1 is the best, and F6 is the toughest.
MODE	Press this button to switch between the different functions: from RPM (revolutions) to SPEED, ODO (total distance traveled) to DIST (distance), WATT (watts) to Calorie (calories) during exercise.

FUNCTIONS

BUTTON	FUNCTION
TIME	The total time from the beginning to the end of the workout is displayed.
SPEED	The speed is displayed during exercise.
DISTANCE	The distance covered in the workout is displayed.
CALORIES	The calories burned from the beginning to the end of the workout.
PULSE	Your heart rate during exercise is displayed when using the heart rate sensors or a heart rate belt.

PROGRAMS

P1 MANUAL PROGRAM

Select "MANUAL" with "+" or "-" key and press "ENTER" key. The "TIME" function will flash so that the value can be set with the "+" or "-" key. Press the "ENTER" key to save the value and go to the next function you want to set. Continue with all desired data and press "START / STOP" to start the workout.

NOTE! *One of the training data will count down to zero (0), it will then make a sound and the workout will stop automatically. Press the "START" button to continue the workout.*

P2 - P14 PRE-PROGRAMMED PROGRAMS

There are 10 pre-programmed programs that are ready to use. All programs have 24 resistance levels. To select a program, choose one of the pre-programmed ones programs with the "+" or "-" key and press "ENTER". First the function "TIME" will flash so that this can be set with the "+" or "-" key. Press the "ENTER" key to save the value and go to the next function you want to set. Continue with all desired data and press "START / STOP" to start the workout. If you enter a value, it will count down during the workout. If you leave it blank, the data will add up until you stop the workout.

NOTE! *One of the workout data will count down to zero (0), it will make a sound and the workout will stop automatically. Press the "START" button to continue the workout.*

P15 WATTAGE PROGRAM

Select "WATT CONTROL PROGRAM" with the "+" or "-" key and press "ENTER". First the function "TIME" will flash so that it can be set with the "+" or "-" key. Press the "ENTER" key to save the value and go to the next function you want to set. Continue with all desired data and press "START / STOP" to start the workout. If you enter a value, it will count down during the workout. If you leave it blank, the data will add up until you stop the workout.

NOTE! *One of the workout data will count down to zero (0), it will make a sound and the workout will stop automatically. Press "START" to continue the workout. The computer automatically adjusts the resistance, depending on the speed, to maintain the constant wattage value. You can use the "-" key to adjust the wattage value while exercising.*

P16 BODY FAT PROGRAM

Select "BODY FAT PROGRAM" with the "+" or "-" key and press "ENTER". "MALE" will blink so that the gender can be adjusted with "+" or "-" key, press "ENTER" "to save the data and go to the next one. "175" for the height (length) will blink. The height can be adjusted with the "+" or "-" key and press "ENTER" "to save the data and go to the next one. "75" before the weight will flash, it can be adjusted with the "+" or "-" key and then press "ENTER" "to save the data and go to the next one. "30" in front of the age will flash, it can be adjusted with the "+" or "-" key and then press "ENTER" "to save the data. Then press "START / STOP" "to calculate your body fat. Make sure to also hold the heart rate sensors to measure your heart rate. After 15 seconds the display shows body fat in%, BMR, BMI and profile type.

NOTE! *There are 9 profile types according to the calculated percentage of fat (FAT%).*

TYPE 1	Range: 5% to 9%
TYPE 2	Range: 10% to 14%
TYPE 3	Range: 15% to 19%
TYPE 4	Range: 20% to 24%
TYPE 5	Range: 25% to 29%
TYPE 6	Range: 30% to 34%
TYPE 7	Range: 35% to 39%
TYPE 8	Range: 40% to 44%
TYPE 9	Range: 45% to 50%

BMR: Basal Metabolism Ratio (metabolisme)
BMI: Body Mass Index

Press the "START / STOP" key to return to the main display.

P17 HEART RATE TARGET PROGRAM

Select "TARGET H.R." with the "+" or "-" key and then press "ENTER" ". The first function "TIME" will flash so that the time can be set with the "+" or "-" key. Press the "ENTER" key to enter the value and go to the next function you want to set. Then continue to set all desired data and press the "START / STOP" "button to start the workout. If you enter a value, it will count down during the workout. If you leave it blank, the data will add up until you stop the workout.

NOTE! *If the heart rate is above or below the target heart rate (± 5), the exercise bike will automatically adjust the resistance. It will take about 10 seconds for the resistance to increase or decrease. One of the workout data will count down to zero, it will make a sound and the workout will stop automatically. Press the "Start" "button to continue the workout.*

P18 - P20 GOAL

Each program corresponds to a specific goal:

P18- 60% TARGET H.R = 60% of (220 age)

P19-75% TARGET H.R = 75% of (220 age)
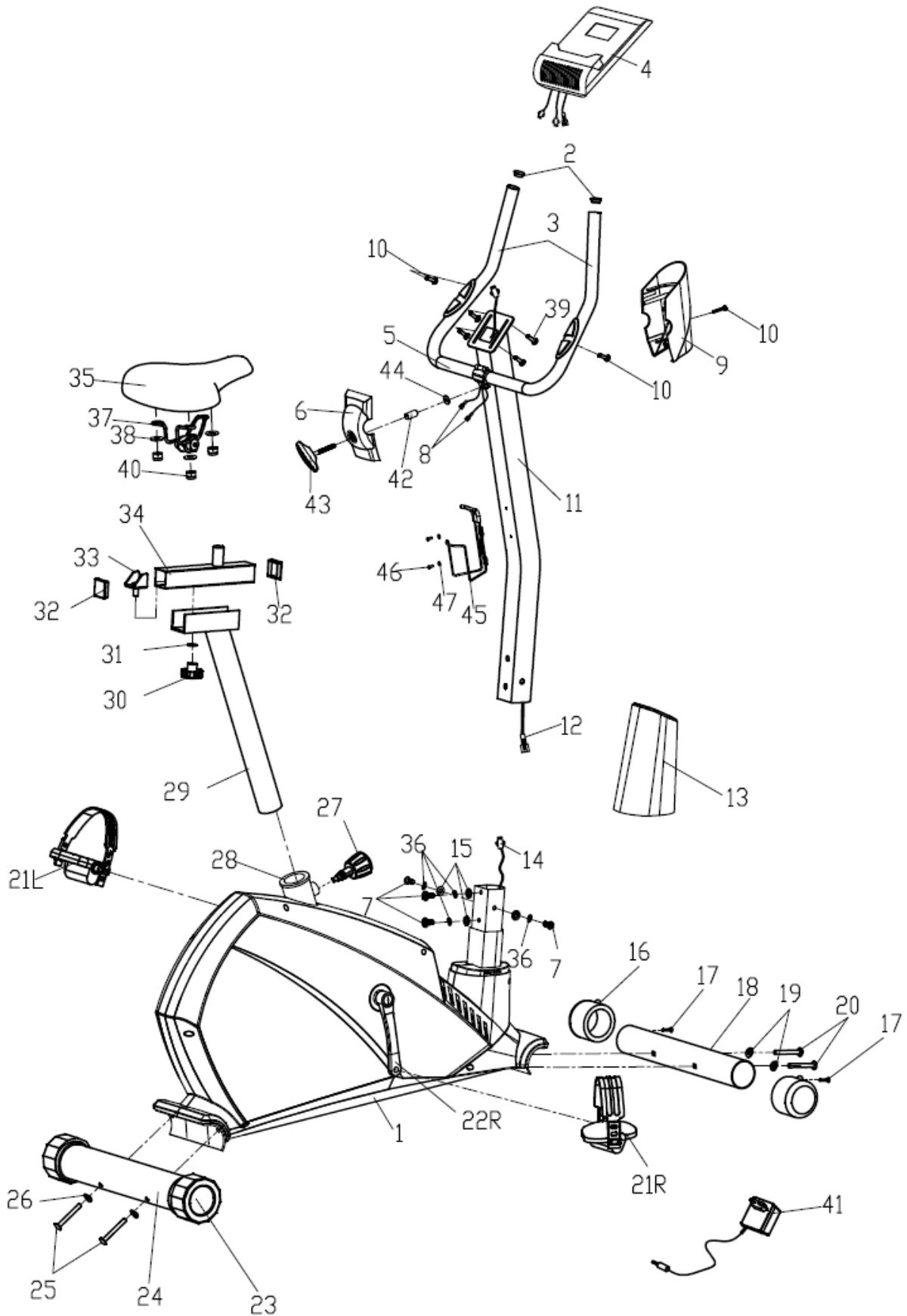
P20- 85% TARGET H.R = 85% of (220 age)

Select a heart rate controlled program with the "+" or "-" button and select it with the "ENTER" "button. The first function "TIME" "will flash so that the time can be set using the" + "or" - "key. Press the "ENTER" key to save the value and go to the next function you want to set. Continue in this way with all the desired data and then press the "START / STOP" "button to start the workout. If you enter a value, it will count down during the workout. If you leave it blank, the data will add up until you stop the workout.

NOTE! *If the heart rate is above or below the target heart rate (± 5), the exercise bike will automatically adjust the resistance. It will take approximately 10 seconds for the resistance to increase or decrease. One of the workout data will count down to zero, it will make a sound and the workout will stop automatically. Press the "START" button to continue the workout. There are four user programs that can be selected as U1 to U4. A user program allows the user to compile his own program that can be used immediately. If you enter a value, it will count down during the workout. If you leave it blank, the data will add up until you stop the workout.*

P21 - P24 USER PROGRAMS

Select a user program with the "+" or "-" key and press "ENTER"". The first function "TIME" will flash so that the time can be set using the "+" or "-" key. Press the "ENTER" key to save the value and go to the next function you want to set. Continue with all the information you want. Once set, level 1 will flash. Use the "+" or "-" key to adjust the level and press "ENTER" "to move to the next column. Do the same for the other columns so that you eventually get through all 10 columns. Then press the "START / STOP" "button to start the workout. If you enter a value, it will count down during the workout. If you leave it blank, the data will add up until you stop the workout.
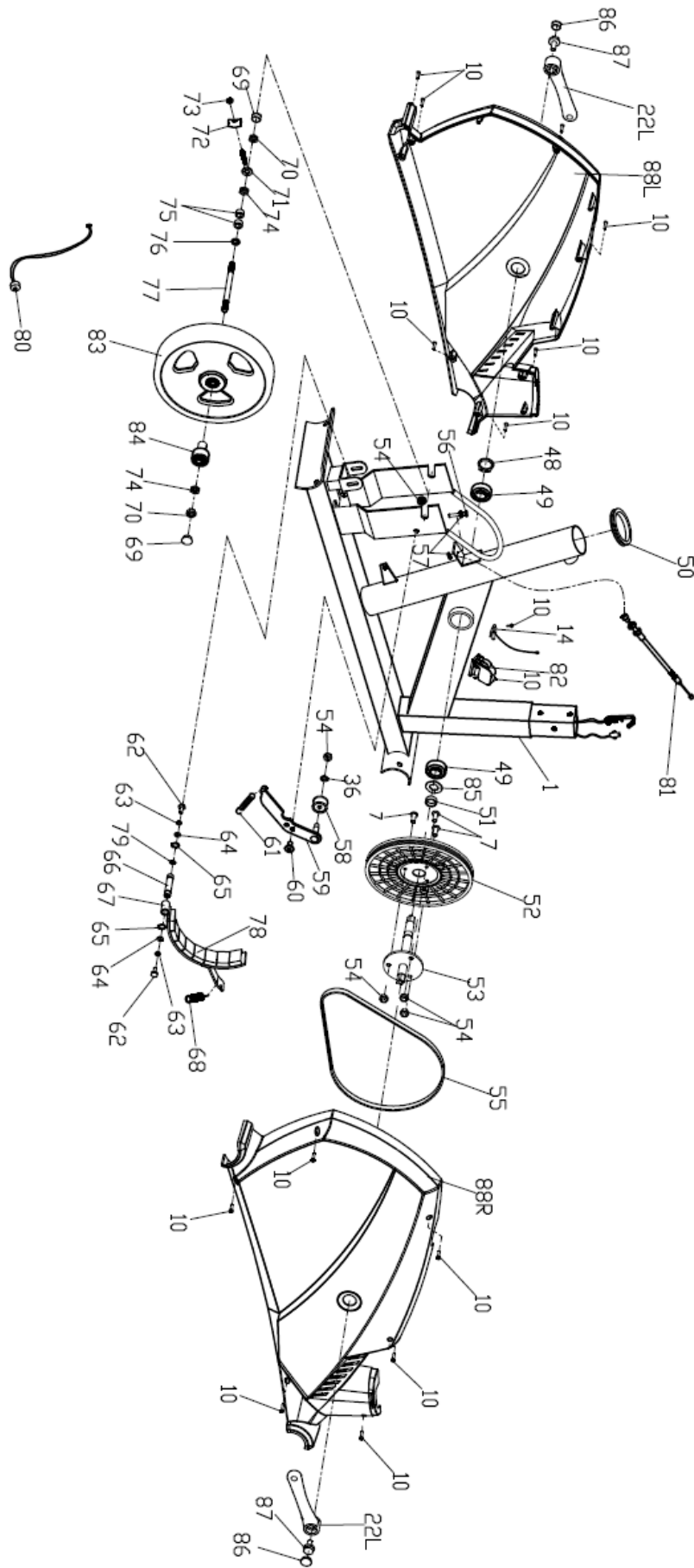
NOTE! *One of the workout data will count down to zero (0), it will make a sound and the workout will stop automatically. Press the "START" button to continue the workout.*

#	DESCRIPTION	QTY	#	DESCRIPTION	QTY
1	Main Frame	1	31	Flat Washer d10	1
2	Round End Cap	2	32	Square End Cap	2
3	Hand grip foam	2	33	U-shaped Slider	1
4	Computer	1	34	Horizontal Saddle Post	1
5	Handlebar	1	35	Saddle	1
6	Front Handlebar Cover	1	36	Spring Washer (D8)	8
7	Allen Bolt (M8X15)	8	37	Saddle bracket	1
8	Pulse Sensor Wire	2	38	Flat Washer	3
9	Rear Handlebar Cover	1	39	Cross Screw M5X10	4
10	Cross Tapping Screw (ST4.2X18)	3	40	Nylon nut	3
11	Handlebar Post	1	41	Adaptor	1
12	Extension Sensor Wire	1	42	Spacer	1
13	Protective Guard	1	43	T-Handle knob	1
14	Lower Sensor Wire	1	44	Flat washer	1
15	Flat Washer d8	4	45	Bottle holder	1
16	Front End Cap	2	46	Cross Tapping Screw	2
17	Cross Tapping Screw ST3.5X10	2	47	Flat washer	2
18	Front Stabilizer	1	48	Spring washer D17	1
19	Arc Washer d8XΦ19X1.5XR30	2	49	Bearing 6203	2
20	Allen Bolt M8XL72	2	50	Bushing Φ22X18 X8	1
21 L/R	Pedal (L/R)	1 pr	51	Spacer	1
22 L/R	Crank(L/R)	1 pr	52	Belt pulley	1
23	Rear End Cap	2	53	Middle axle	1
24	Rear Stabilizer	1	54	Nylon nut M8	5
25	Allen Bolt M8XL90	2	55	Belt	1
26	Arc Washer d8X2 XΦ25 XR39	2	56	Hex bolt M5X60	1
27	Pop-pin Knob M16X1.5X32	1	57	Hex nut M5	2
28	Saddle Post Bushing	1	58	Idler wheel	1
29	Saddle Post	1	59	Idler tube	1
30	Knob Nut M10	1	60	Bolt	1

| #	DESCRIPTION	QTY
61	Spring 1	1
62	Hex bolt M6X15	2
63	Spring washer D6	2
64	Flat washer D6	2
65	Spring washer D12	2
66	Magnetic board axle	1
67	Magnetic board	1
68	Spring 2	1
69	Nut cap	2
70	Hex nut M10X1	2
71	Bolt	1
72	U-shaped washer	1
73	Hex nut M6	1
74	Thin nut M10×1	2
75	Spacer Φ16×Φ10.5×9	2
76	Spacer Φ16×Φ10.5×3	1
77	Flywheel axle	1
78	Magnet	12
79	Wave washer Φ12×Φ15.5×0.3	1
80	Power wire	1
81	Tension Controller wire	1
82	Motor	1
83	Flywheel	1
84	Small belt wheel	1
85	Wave washer Φ17×Φ25×0.3	1
86	Small plastic cover	2
87	Flange bolt M8	2
88 L/R	Chain cover	1pr.

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
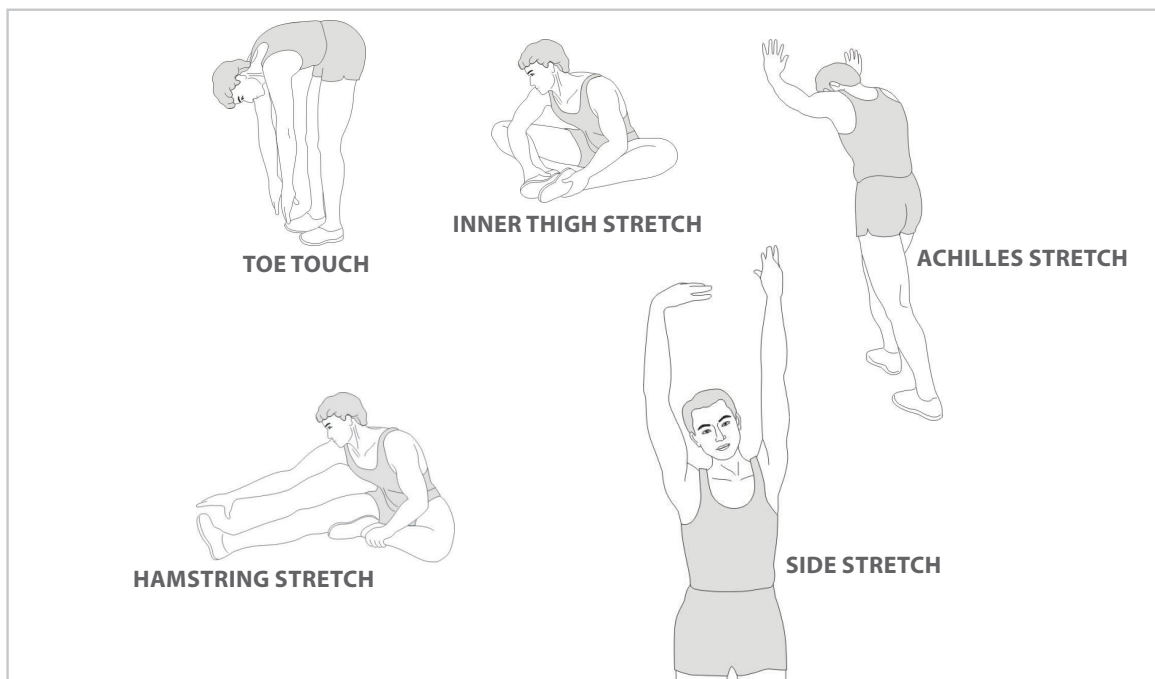
COOLING DOWN

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.