virtufit

HTR 3.0i Hometrainer

User manual
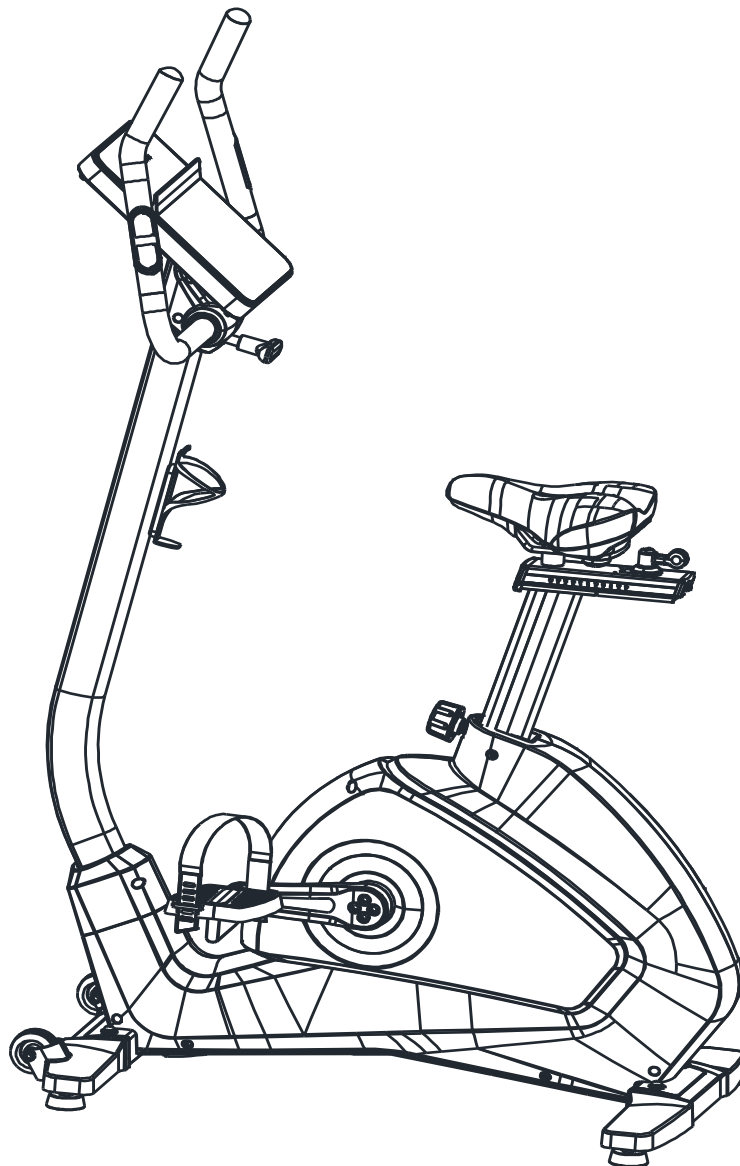
INDEX

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 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).

TOOLKIT

When you open the carton, and you will find the below parts in the carton:
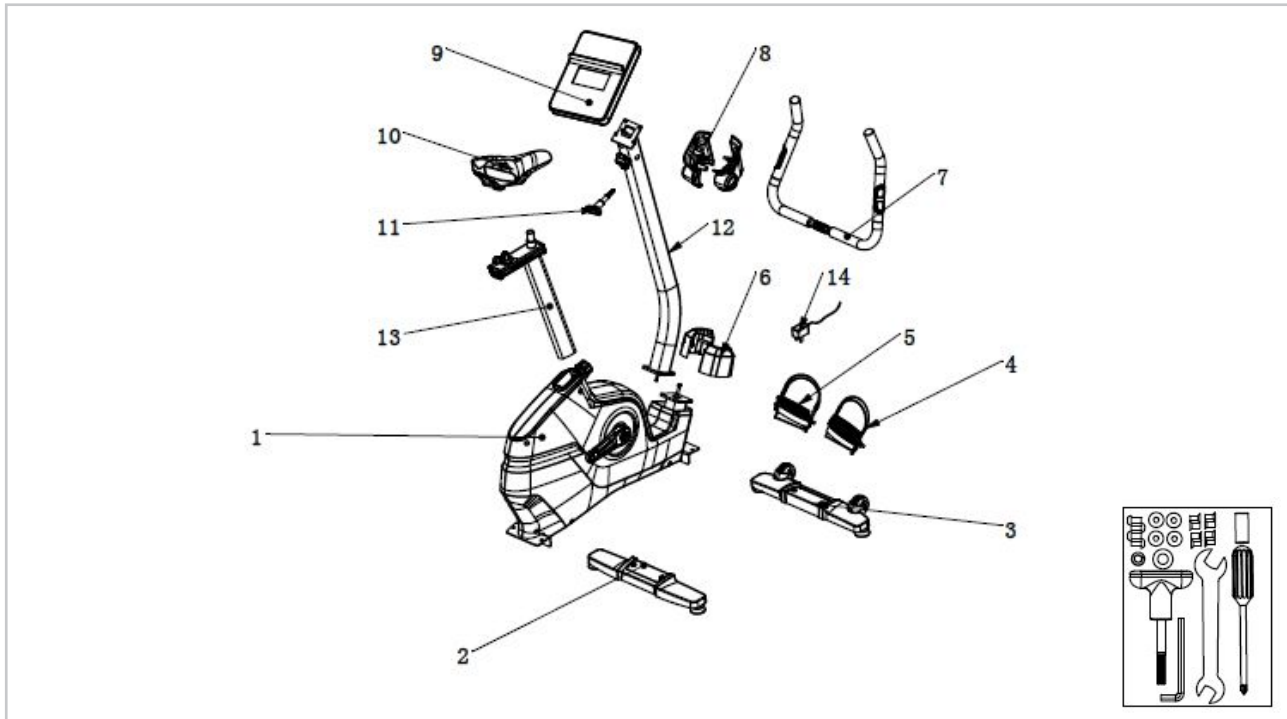
#	DESCRIPTION	QTY	#	DESCRIPTION	QTY
1	Main frame	1	**8**	Column upper plastic part	Each 1
2	Rear feet support	1	**9**	Console	1
3	Front feet support	1	**10**	Saddle	1
4	Pedal R	1	**11**	T-locking latch	1
5	Pedal L	1	**12**	Front support collumn	1
6	Column lower plastic part	Each 1	**13**	Adjustment tube	1
7	Handle	1	**14**	Power line	1

**NOTE!** *Do not connect the appliance to the power before it has been completely assembled.*

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.
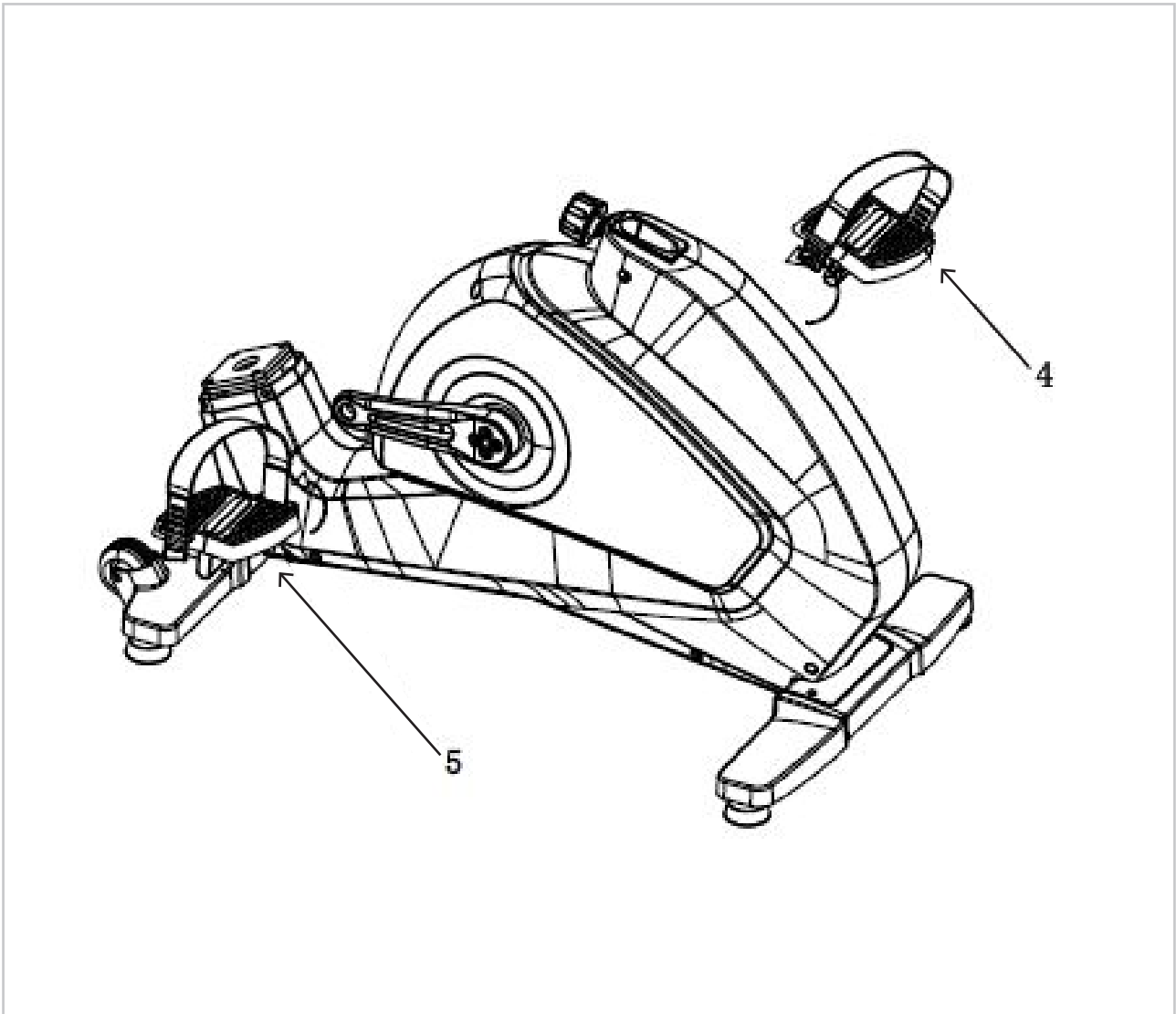
NOTE! *The transport wheels must be mounted on the front of the appliance.*

STEP 1
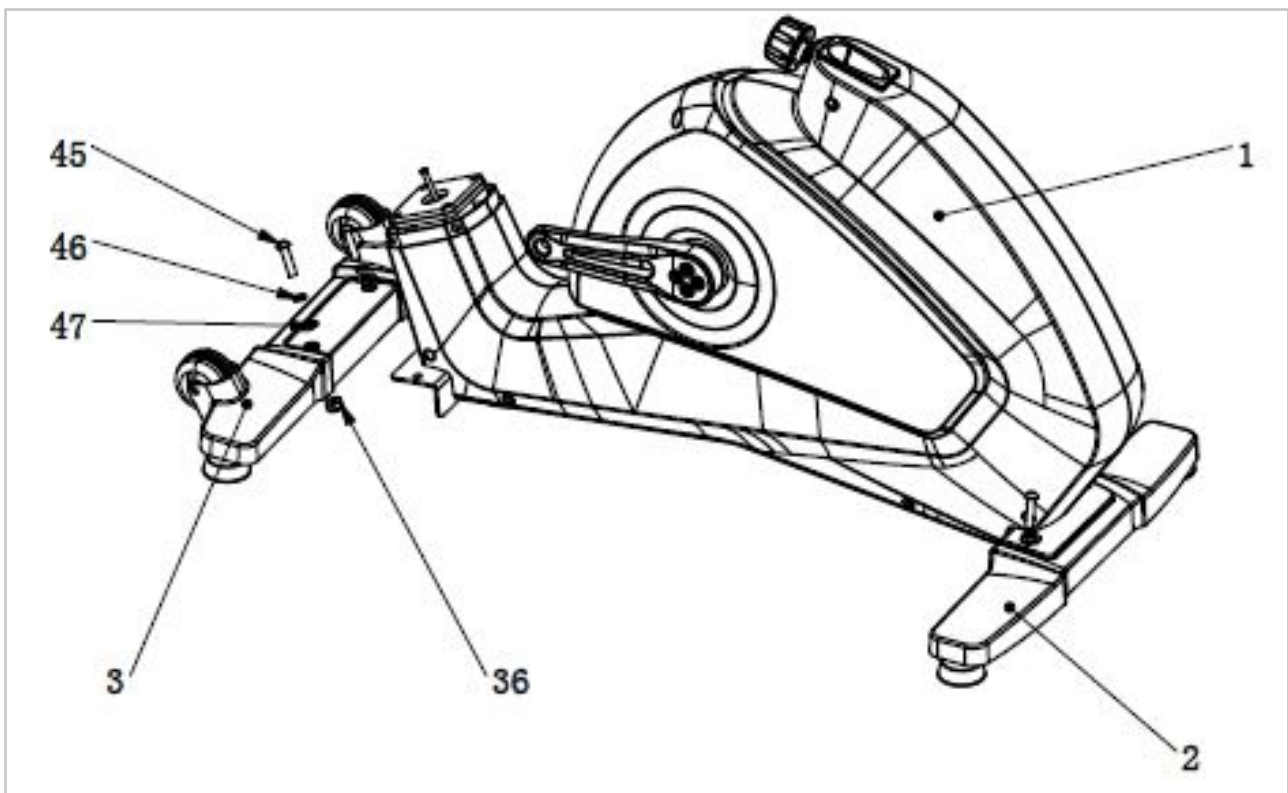
- Take front and rear feet support 2&3 from the package and use 45, 46, 47, 36, screws, spring washers, flat washers, nuts to connect with main frame 1.

STEP 2

- Take pedals 4, 5, and distinguish the left and right part (the mark 'L' is the left, the mark 'R' is the right), and pedals are mounted on the crank according to the direction of rotation shown in the figure, and locked and fixed.
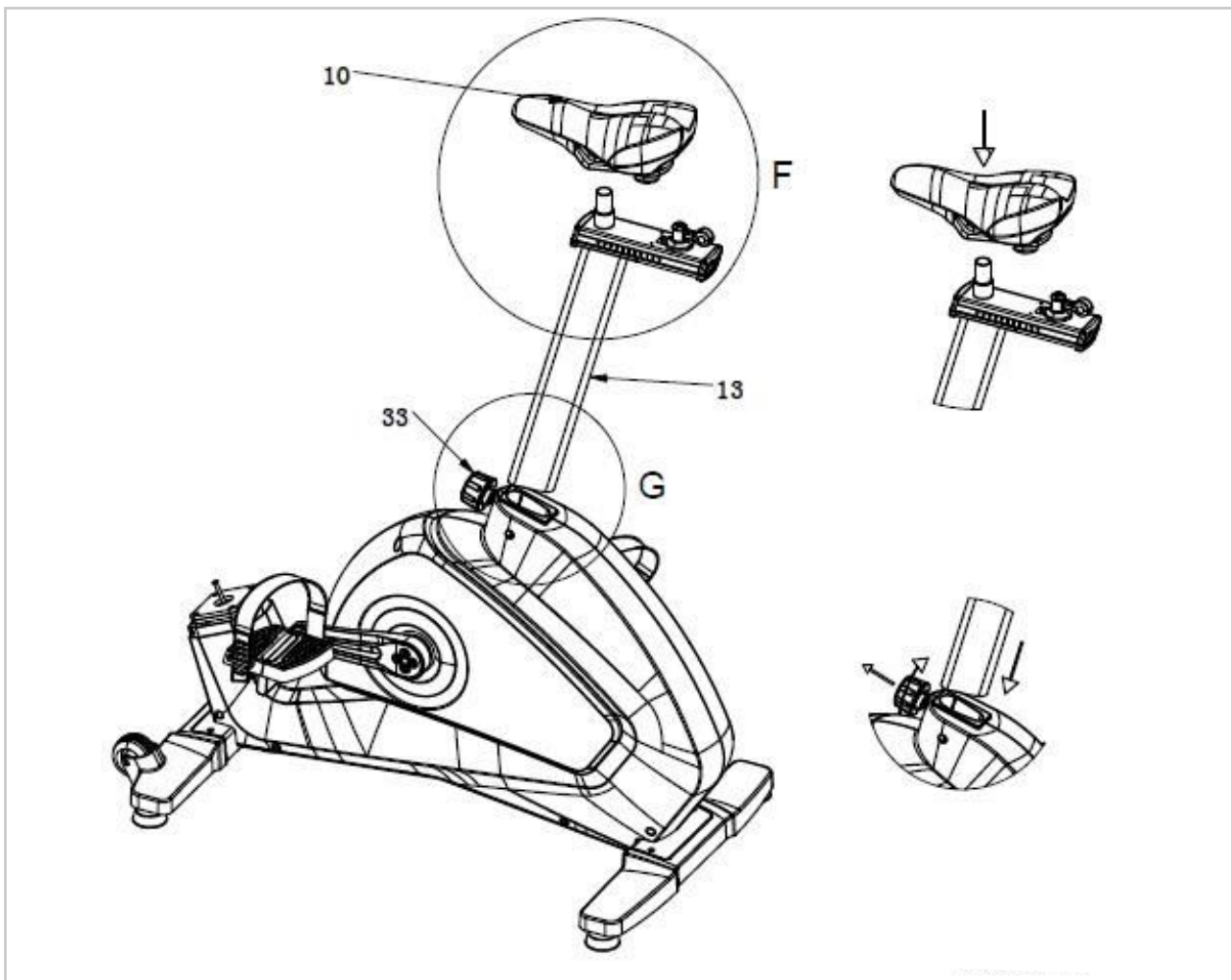
Pedals

You tighten a left pedal by turning the linskom (counterclockwise) and a right pedal by turning it to the right (clockwise). If you turn the left pedal clockwise, then
There is a chance that you will damage the screw thread of this treadle so that the treadle can no longer be put on it!

**NOTE!** *Tighten the pedals firmly!*

STEP 3

- Grab the saddle (10) and saddle post (13).

- First, turn the adjusting pin (33) in the direction shown in the illustration (G) to loosen it and pull it out by hand. Insert the seat post (13) into the hole, adjust it to the correct height, and then tighten the adjustment pin (33). The height of the seat post (13) can be adjusted by loosening the adjustment pin (33), then pulling out the adjustment pin and tightening the adjustment pin to the correct height after adjustment.

- Then mount the saddle (10) on the saddle post (13) as shown in figure (F). Secure the saddle with nuts, which can be attached to the sides.

NOTE! *According to the label on the seat post, the maximum height is when you should stop.*

STEP 4
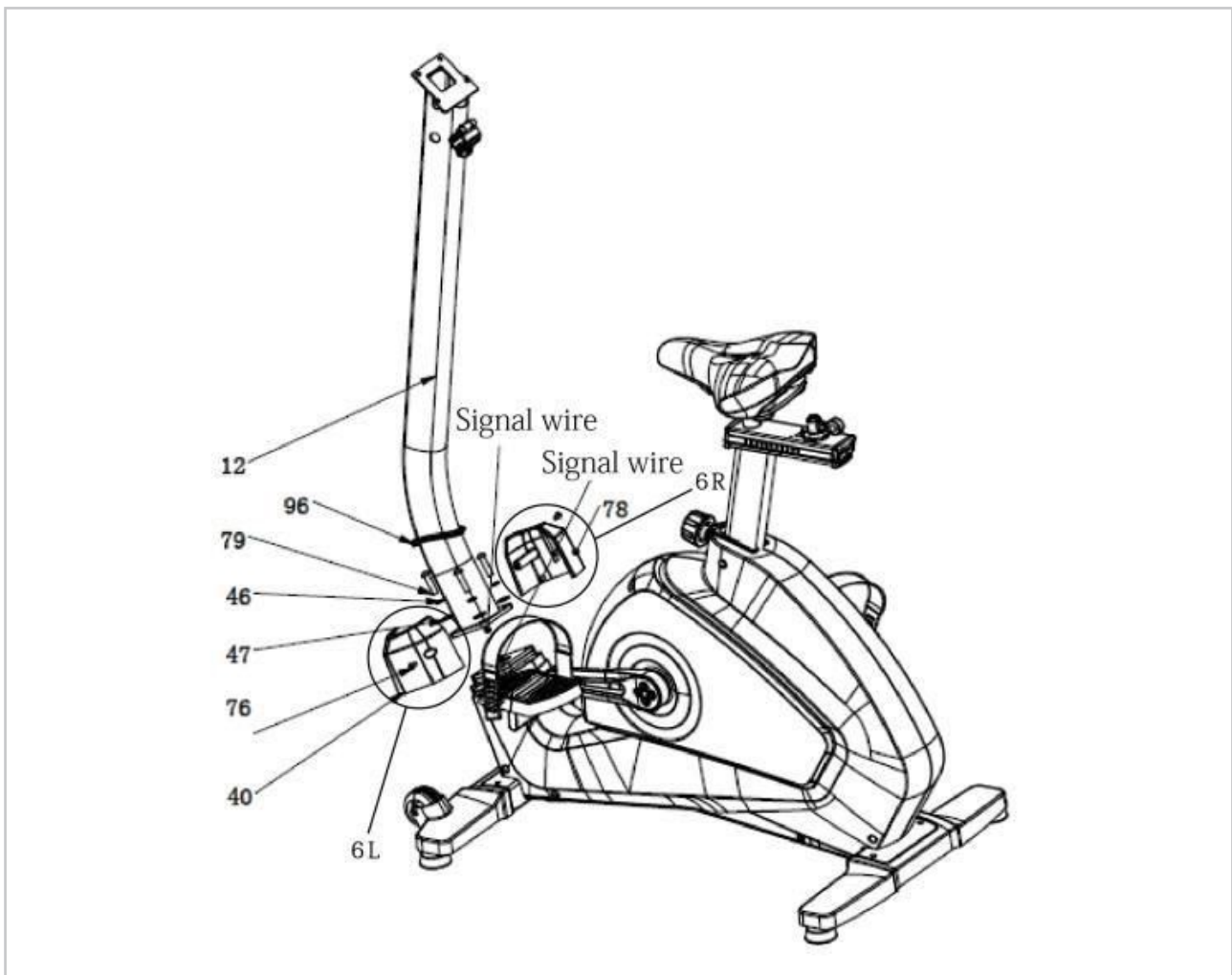
- Grab the column lower plastic part (6) and column upper plastic part (12).

- First install rubber cushion 96 into the front support column 12 and connect the signal wires.

- Then align holes of the front support column 12 with the screw holes of the connecting plate, and use screws 79, the spring pad 46, the flat washer 47 to connect and fix.

- After fixing the front support column 12, install the plastic parts 40, 78 onto the plastic case of the main frame 1, make rubber cushion stuck between plastic case and front support tube, then lock by screws 76.

STEP 5
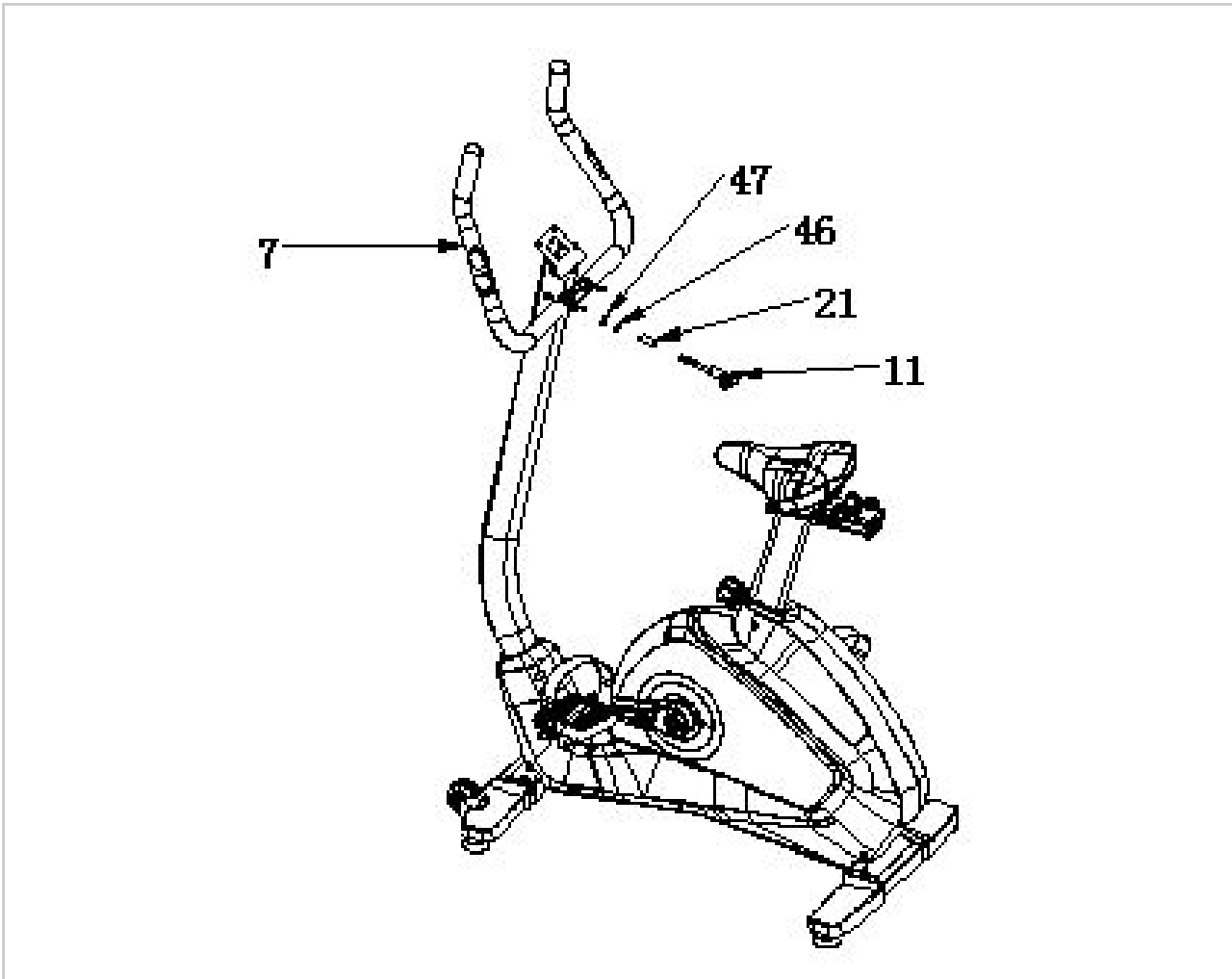
- Grab the column lower plastic handle (7) and column upper plastic T-locking latch (11).

- First put the spacer tube 21, the spring pad 46, and the flat washer 47 on the T-locking latch 11 in order shown in the figure.

- Then adjust the handle 7 to the appropriate position as shown in the figure.

- Finally align the T-locking latch 11 with the screw holes and tighten them.

STEP 6
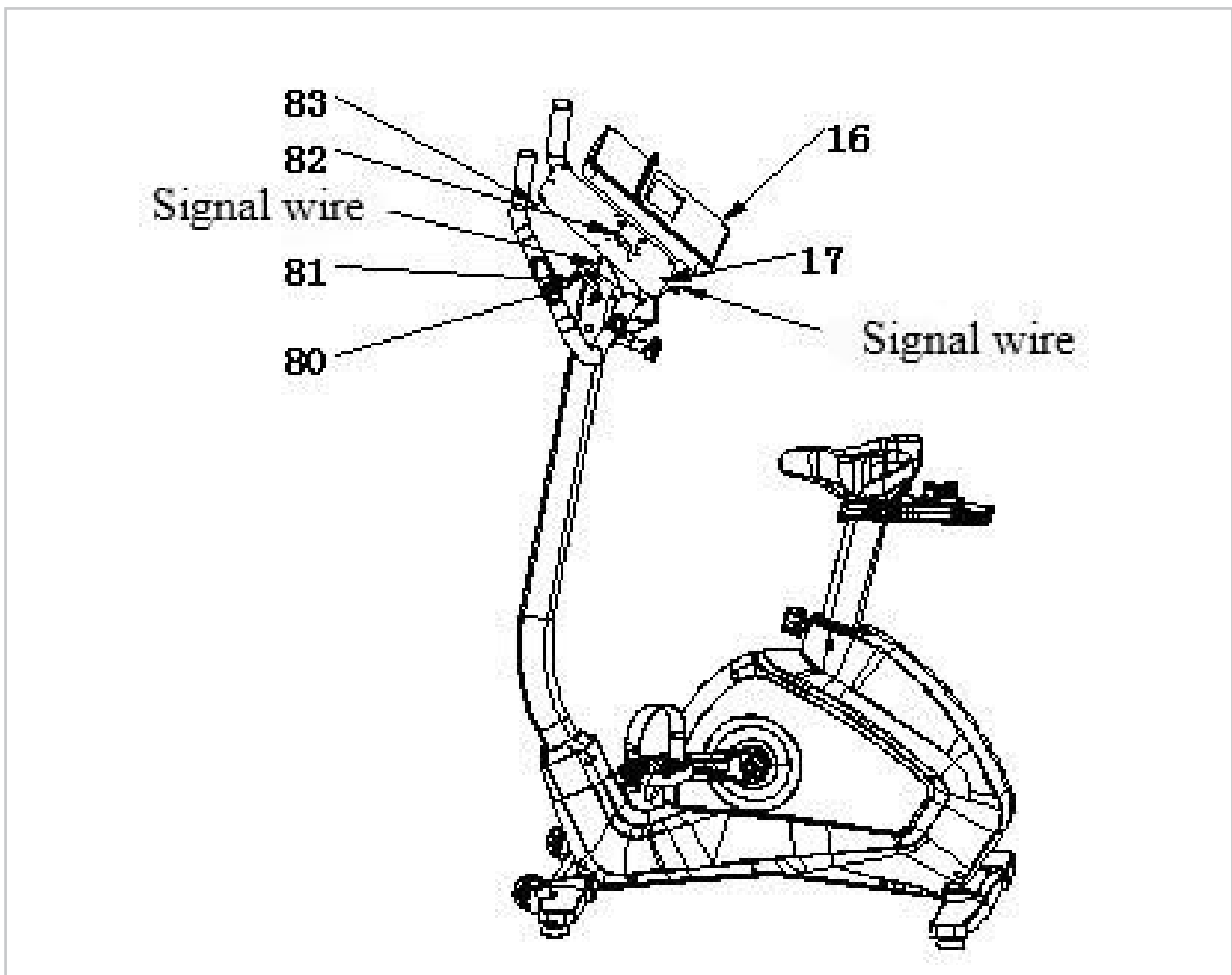
- Grab the console upper case (16) and console rear cover (17).

- First align the screw hole of the console rear cover 17 with the holes of the connecting plate, and screw 80 passes through the flat washer 81 to connect the console rear cover with the connecting plate, and lock by the self-locking nut 82.

- Then connect the signal wire through the connecting plate of the console to the corresponding jack of the console upper case 16.

- Finally align the screw hole of the console upper case 16 with the screw hole of the console rear cover 17, and fasten and fix it with the screw 83.

STEP 7
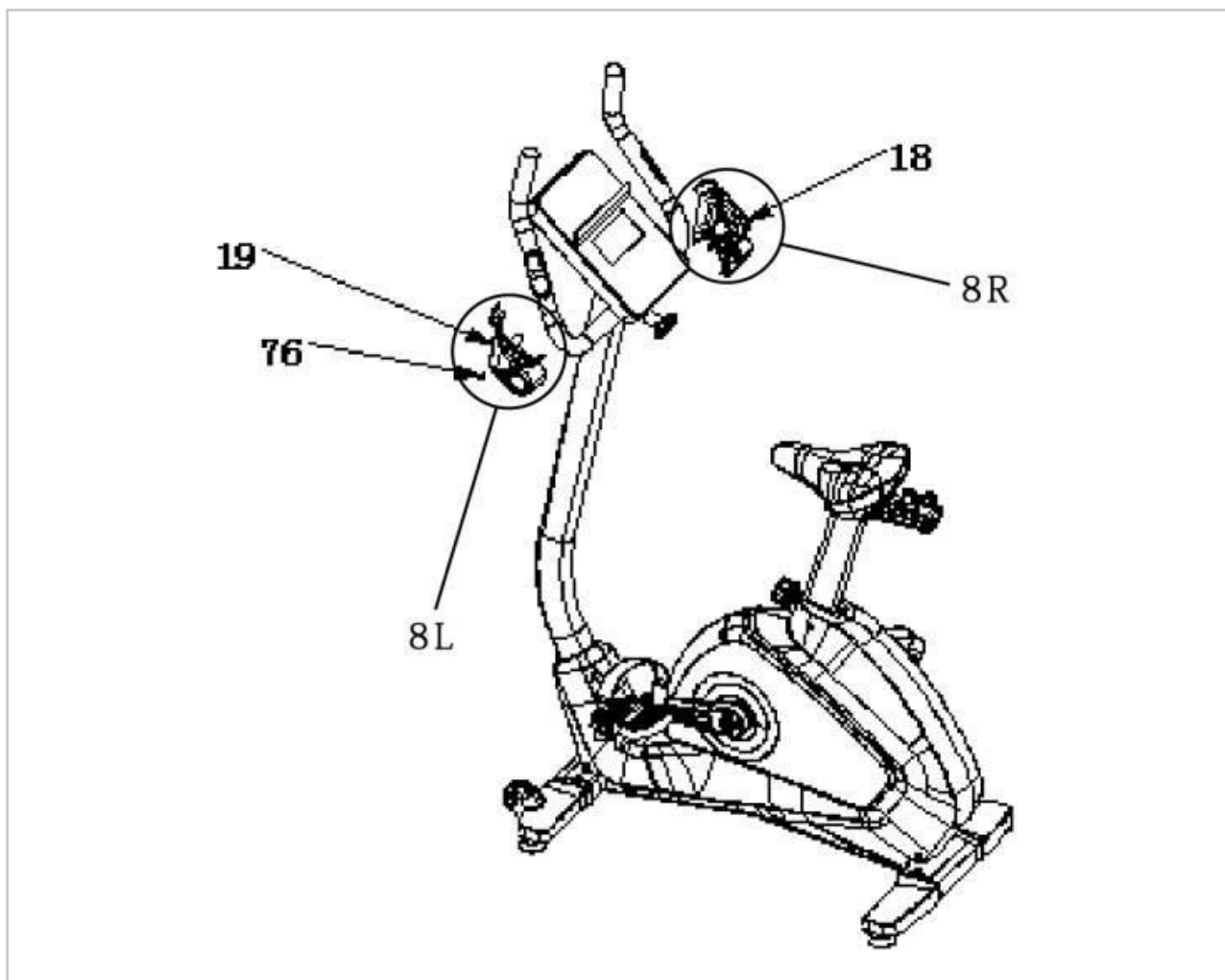
- Grab the column upper plastic parts (8).

- First align the 18 column up plastic part R, 19 column lower plastic part L with the holes of the front
- support column 12.

- Then connect each other, and finally fasten them by screws 76.

STEP 8
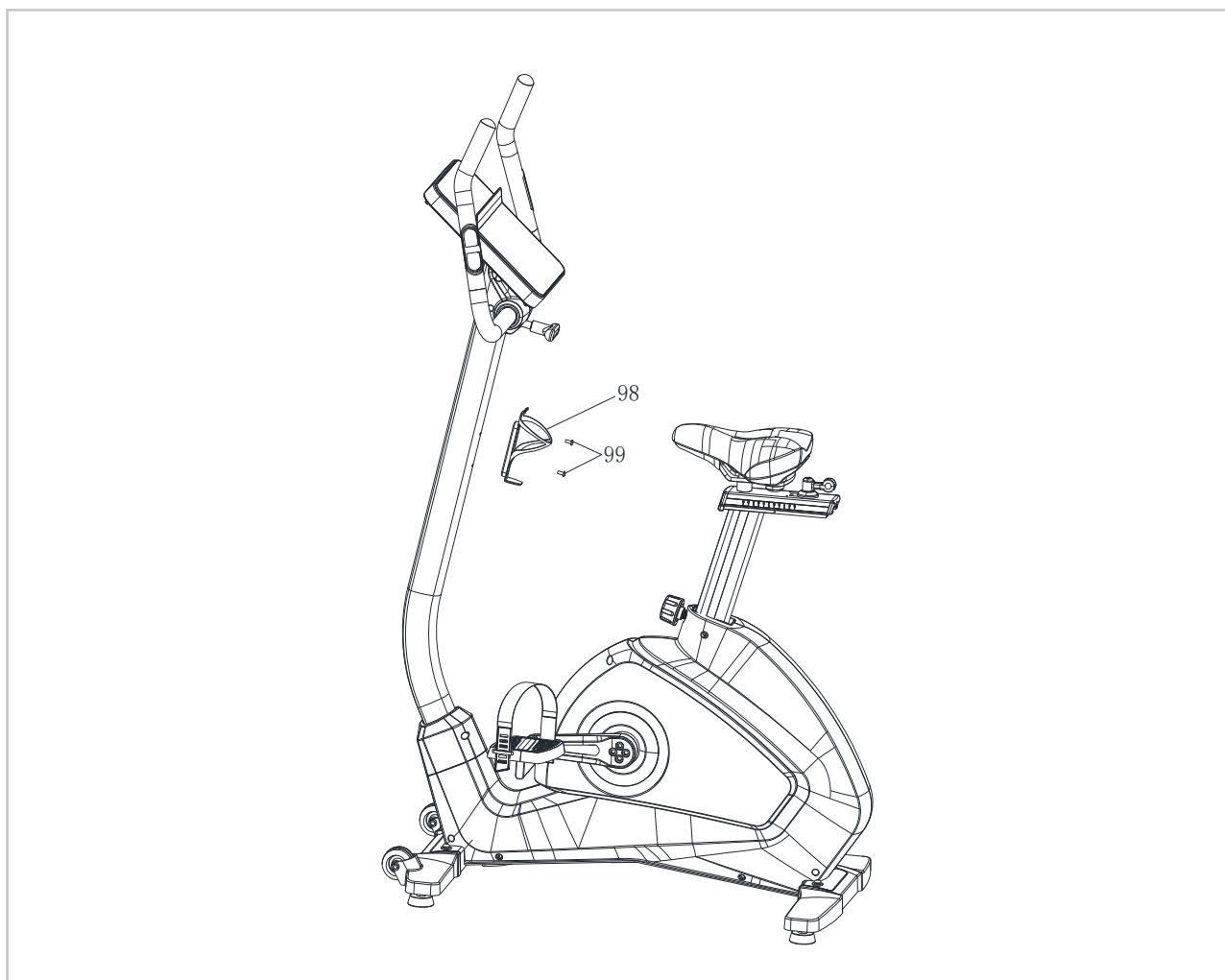
- Grab the column upper plastic parts (8).

- First align the 18 column up plastic part R, 19 column lower plastic part L with the holes of the front
- support column 12.

- Then connect each other, and finally fasten them by screws 76.

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 hometrainer

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

- Inspect your hometrainer to make sure everything is tight and components are correct are mounted.

NOTE! *Switch off the power source if you will not be using the device for a long time!*

LEVELING THE DEVICE

Always make sure that the exercise bike is on a stable surface. If in doubt, you can always place a rubber mat under your exercise bike so that you get more grip on your floor. If you do need to adjust the exercise bike slightly, you can compensate the exercise bike for the uneven surface with a simple turn of the adjustable ends on both sides of the frame.

ADJUSTING THE SADDLE

The saddle bar gives an indication of how high the saddle can be adjusted. You are advised not to go too high as this will make the device unstable. Loosen the knob under the seat and pull the knob out to loosen the seat post. To obtain the ideal seat height, you must observe the following guideline; the highest pedal should be about your knee and the saddle should be just above your waist.

ADJUSTING THE HANDLEBAR

Unlock the button and then adjust the angle of the handlebar to a suitable position.

MOVING THE HOMETRAINER

Om de hometrainer te verplaatsen, druk het stuur naar beneden totdat de transportwielen aan de voorste stabilisator de grond raken. Met de transportwielen op de grond kunt u de hometrainer gemakkelijk naar de gewenste plek vervoeren.

HAND PULSE SENSORS

Hand pulse sensors

This VirtuFit fitness equipment is provided with hand pulse sensors for measuring the heart rate. The hand pulse sensors are located on the handlebars. The hand pulse sensors are only working if they are touched both at the same time for a couple of seconds. For accurate measurement it is important to have slightly moist hands and to use a constant pressure on the sensors. Too dry or too moist hands can result in less accurate measurement of the heart rate.

NOTE! *Do not use the hand pulse sensor in combination with a wireless heart rate transmitter to prevent errors.*

Wireless heart rate monitor (5 kHz)

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 works on a 5 kHz frequency. With a Wireless heart rate monitor it is important that the electrodes are slightly moist and that the heart rate monitor fits well on your body. Refer to your heart rate monitor owner's manual for correct instructions. Incorrect use of the heart rate monitor can cause an abnormal reading.

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.

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.

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 hometrainer. Hold clean the hometrainer by dusting regularly.

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

NOTE! *Use a dry cloth to clean the control panel and areas around the power switch. Use a soft, clean cloth and detergent to remove stubborn stains and dirt from the hometrainer.*

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.

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.

ERROR CODES

E1: **Communication failed**

- Check if the console cable is loose or disconnected from the console.
- Make sure the console cable is loose from the cable puller.
- Check that there is good contact between the top clamp and the bottom clamp of the wire of the console.
- Check if the cable puller is damaged
- Check if the console is damaged
- After turning off the power for 2 minutes, turn on again.

E8: FLASH failure

- After turning off the power for 2 minutes, turn on again.
- If it cannot start, please replace the above EEPROM IC table.

E81: Adjustment error

- Switch on again.
- Replace the cable puller.

E82: Zeroing error

- Switch on again.
- Replace the cable puller.

CONSOLE

BUTTON	FUNCTION
RESET	Press the RESET button for 5 seconds to reset all data. While setting the data, press the RESET button to return to the previous page.
DOWN/UP	Adjust the function value up or down.
START/STOP	Start / stop training from resume training in stop mode.
MODE	Press MODE to select a program.
BODY FAT	During the recording of a heartbeat. Press the BODY FAT button. This will start the function. During an exercise, users can press the BODY FAT button at any time. If this is, you as a user must ensure that the hand pulse sensors are held with both hands to start this test.
PROGRAM	Preset program.
MANUAL	P01-P30: (Fixed programs), U01-U10: (Custom Programs), H01-H03: (Heart rate programs), CONSTANT WATTS: (Energy controlled program).

FUNCTIONS

FUNCTION	DESCRIPTION
TIME	The total riding time from the beginning to the end of the workout is displayed. Time countdown mode, set the desired time, it will then count down to 0.
DISTANCE	The distance of each workout is displayed when you start exercising. The countdown mode for the desired distance, set the desired distance, it will then count down to 0.
CALORIES	Calorie display range: 0.0 ~ 9999. Calories Desired: Set the calorie count you want, it will count down to 0.
SPEED	The speed is displayed during exercise when you start exercising.
RESISTANCE LEVEL	Min. resistance level: 1 Max. resistance level: 32.
PULSE	Keep your hands on the sensor to display your heart rate or use a 5 kHz chest strap. Display range: 40 ~ 220. If no heart rate is detected during the exercise, the PULSE window will show "0".
WATT	Displays the wattage.

OPERATION

START THE WORKOUT

- Start exercise, pedal the machine pedals with both feet, press START/STOP, then TIME, SPEED, DISTANCE, CALORIES function parameters will be calculated from zero.

- If the user wishes to set the desired TIME, DISTANCE, and CALORIES values, they can be set before starting the machine. Setting procedure: Press MODE (mode button) to select the setting mode, and the selected function value will flash. At this time, press up+/-DOWN (increase/decrease) to set the desired value.

- After the value setting is finished, press the START/STOP button to start the machine and start pedaling. The set function parameter value starts counting down. The machine stops automatically until the parameter value counts back to zero.

NOTE!

- *The machine system has a sleep function. When the speed sensing signal is not sensed in about four minutes, the display will go to sleep. Press any key or pedal to wake up the display.*

- *Each machine is equipped with a power adapter. If the machine screen does not display, please confirm that the power adapter is normal.*

PROGRAM

MANUAL PROGRAM

1. Press the MODE button to select the MANUAL mode, the display will show the standard profile of the exercise and the RPM window will show the name of the program "P00", press the MODE button to enter the setting mode. Or don't change the preset values, press START / STOP to start immediately. Or press RESET to return to idle mode.

2. Press the MODE button to change the age. The display shows "AGE" and the window flashes "30". Press +/- to change the age. After the change is completed, press START / STOP to confirm and start the program, or press the MODE button to move on to the next setting.

3. 3. Press the MODE button to change the weight. The display will show "WEIG" and the window will flash "70". Press +/- to change the weight. After the change is completed, press START / STOP to confirm and start the program, or press the MODE button to move on to the next setting.

4. Press the MODE button to change the time. The display shows "TIME". The TIME window flashes at 18:00 (to indicate the time setting). Use the +/- button to change the time. Press the START button to confirm and start the program or press MODE to move to the next setting.

5. Press the MODE button to change the distance. The display shows "DIST". The window flashes 5.00 (indicates the distance, change with the +/- button). When the change is completed, press the START button to confirm and start the program, or press the MODE button to move to the next setting.

6. Press the MODE button to change the calories. The display will show "CAL". The window flashes 200 (indicates the calorie setting, change with the +/- button). When the change is completed, press the START button to confirm and start the program, or press the MODE button to end editing the settings.

7. Setup is complete. You can press START to start the program or press MODE to return to the first option of the settings.

8. Time, distance, and calories can be set at the same time. When the countdown is complete, the program ends. If the countdown is not set, the data will automatically be saved.

P01-P30 PRESET PROGRAMS

1. There are a total of 30 PRESET PROGRAMMES. Press the +/- button to select PROGRAM XX. The display shows the pre-programmed PROFILE. The program name "PXX" is displayed in the RPM window. Press the MODE button to enter the setup mode. Or do not change the preset value, press START / STOP to start the program; or press RESET to return to idle mode.

2. Press the MODE button to change the age. The display shows "AGE" and the window flashes "30". Press +/- to change the age. After the change is completed, press START / STOP to confirm and start the program, or press the MODE button to move to the next setting.

3. Press the MODE button to change the weight. The display will show "WEIG" and the window will flash "70". Press +/- to change the weight. After the change is completed, press START / STOP to confirm and start the program, or press the MODE button to move to the next setting.

4. Press the MODE button to change the time. The display shows "TIME". The TIME window flashes at 18:00 (to indicate the time setting). Use the +/- button to change the time. Press the START button to confirm and start the program or press the MODE button to go to the next setting.

5. Setting is complete. You can press START to start the program or press MODE to return to the first option of the settings.

TARGET HEART RATE PROGRAM

Each program is designed for a specific goal:

In total there are 3 HRC-Programs. The heart rate calculation is:

- HRC 1 = 60% so the TARGET H.R = 60% of (220 age): the default heart rate value is 114
- HRC 2 = 70% so the TARGET H.R = 70% of (220-age): the standard heart rate value is 133
- HRC 3 = 80% so the TARGET H.R = 80% of (220-age): the standard heart rate value is 152

1. Press the +/- button to select HRC MODE. The program name "HXX" is displayed in the RPM window. Press the MODE button to enter the setup mode. Or do not change the preset values, press START / STOP to start immediately; or press RESET to return to idle mode.

2. Press the MODE button to change the age. The display shows "AGE" and the window flashes "30". Press +/- to change the age. After the change is completed, press START / STOP to confirm and start the program, or press the MODE button to move on to the next setting.

3. Press the MODE button to change the weight. The display shows "WEIG" and the window flashes "70". Press +/- to change the weight. After the change is completed, press START / STOP to confirm and start the program, or press the MODE button to move on to the next setting.

4. Press the MODE button to change the time. The display shows "TIME". The TIME window flashes at 18:00 (to indicate the time setting). Use the +/- button to change the time. Press the START button to confirm and start the program.

5. Press the MODE button to change the TARGET HEART RATE value. The display shows "THR", the PULSE window flashes 114 and the +/- button changes the value (the change range is THR-5 <= THR <= THR + 5). After changing, press START / STOP to start the program or press RESET to return to the previous setting.

WATT TARGET PROGRAM

1. Press +/- to select the WATT mode, the display will show the program name "WATT" and press the MODE button to enter the setting mode. Or do not change the preset values, press the START / STOP button to start, or press RESET button to return to idle mode.

2. Press the MODE button to change the gender. The display shows "SEX", and the window shows "0", 0 blinks. Press the +/- button to change the gender. Male is 0, female is 1, after changing, press the MODE button to go to the next setting.

3. Press the MODE button to change the age. The display shows "AGE" and the window flashes "30". Press +/- to change the age. After the change is completed, press START / STOP to confirm and start the program, or press the MODE button to move to the next setting.

4. Press the MODE button to change the weight. The display will show "WEIG" and the window will flash "70". Press +/- to change the weight. After the change is completed, press START / STOP to confirm and start the program, or press the MODE button to move on to the next setting.

5. Press the MODE button to change the time. The display shows "TIME". The TIME window flashes at 18:00 (to indicate the time setting). Use the +/- button to change the time. Press the START button to confirm and start the program.

6. Press the MODE button to change the TARGET WATT. [125] will blink in the WATT window. Press + / - to change the value (each increase or decrease is by 1). After the change is completed, press START / STOP to start the program or press RESET to return to the previous setting.

7. This TARGET WATT function is based on a fixed WATT value as the target motion. During the movement, the load level is determined using the TARGET WATT value and the RPM, referring to the WATT table.

During an exercise, you can press the MODE button to change the exercise manually: RPM /LEVEL -> SPEED / WATT -> SCAN -> RPM / LEVEL.

BODY FAT

1. After pressing the BODY FAT button in idle mode, you will enter BODY FAT mode, and the window will show "BODY FAT".

2. Press the MODE button to change the gender. The display shows "SEX", and the window flashes "0". Press the +/- button to change the gender. Male is 0, female is 1, after changing press the MODE button to go to the next setting.

3. Press the MODE button to change the age. The display shows "AGE" and the window flashes "30". Press +/- to change the age. After the change is completed, press START / STOP to confirm and start the program, or press the MODE button to move to the next setting.

4. Press the MODE button to change the weight. The display will show "WEIG" and the window will flash "70". Press +/- to change the weight. After the change is completed, press START / STOP to confirm and start the program, or press the MODE button to move to the next setting.

5. Press the MODE button to change the length. The display shows "HEIG" and the LEVEL window flashes "170". Press the +/- button to change the value. After the change is completed, press the MODE button to enter RECOVERY mode.

6. First perform the heart rate detection for 10 seconds, the display shows "TESTING", the PULSE indicator lights up, the PULSE window shows the current user heart rate, the TIME window shows a 0:10 countdown, if no heart rate signal is received within 10 seconds, the PULSE window shows 0. After 10 seconds or by pressing the BODY FAT button you will return to the state before the BODY FAT mode was activated and you will hear two beeps.
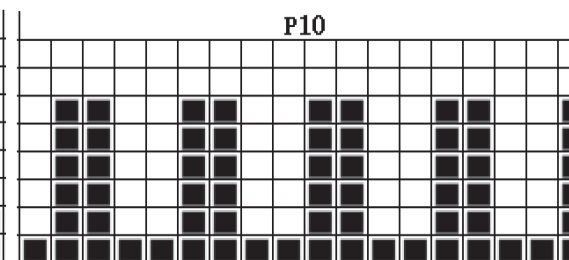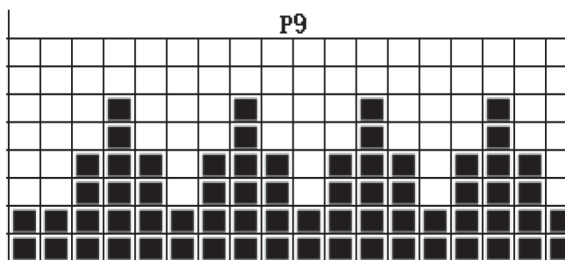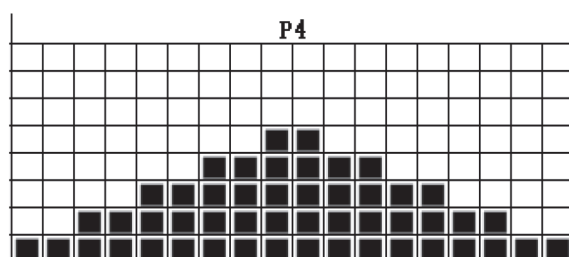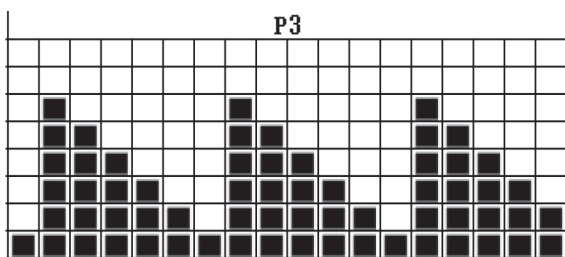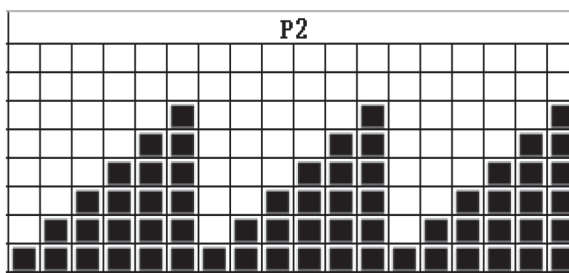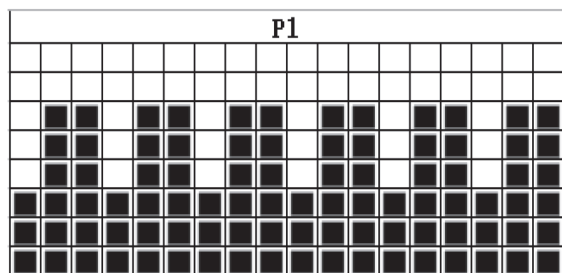
7. If there is a heartbeat within 10 seconds, you will enter the BODY FAT mode of 25 seconds. The TIME window counts down from 0:25 and shows "BODY FAT ". When BODY FAT is counting down, do not select a key for 25 seconds and the heart rate should be stable. After the countdown, the display shows the score. After showing the results for 10 seconds or by pressing the BODY FAT key, you will return to the position before the BODY FAT mode was activated and you will hear two beeps.

8. If there is no heart rate signal received within 25 seconds of the BODY FAT countdown, the PULSE window displays 0. No result is displayed and the window and you will immediately return to the state before BODY FAT mode was activated and you will hear two beeps.

9. BODY FAT is suitable for men and women to provide a basis for changing their weight. The ideal FAT score should be between 20% and 25%.

    • If it is under 20%, it is underweight.

    • If it is between 25% and 29%, it is overweight.
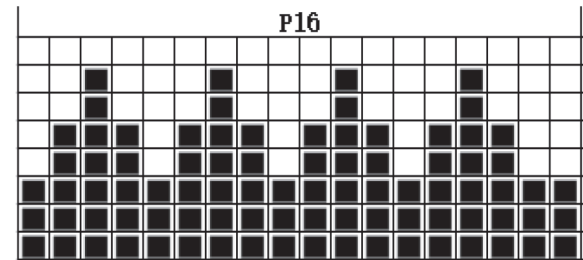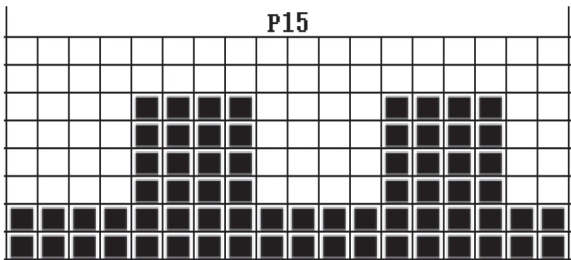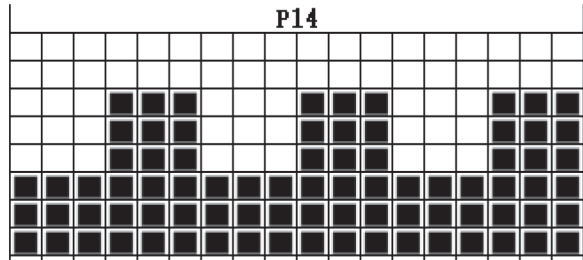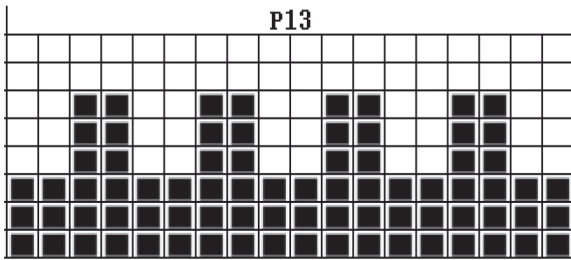
    • If it is more than 30%, it is considered obese.

This information is for reference only and cannot be used as medical information.
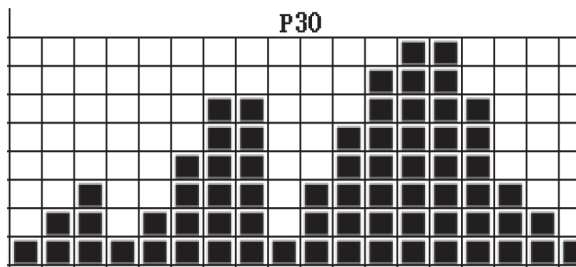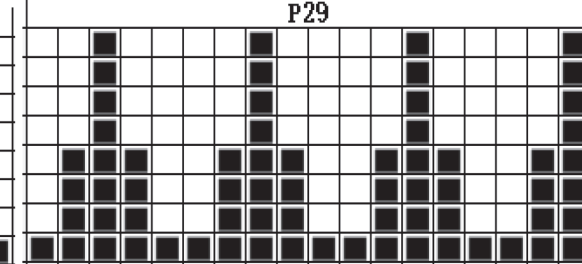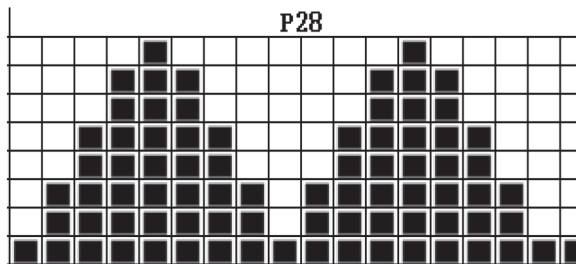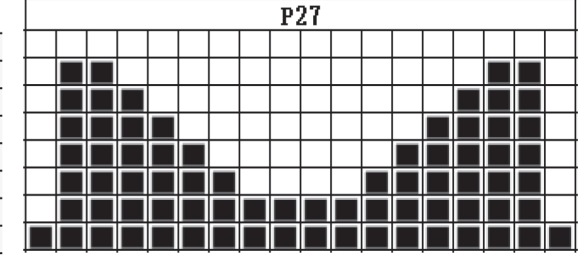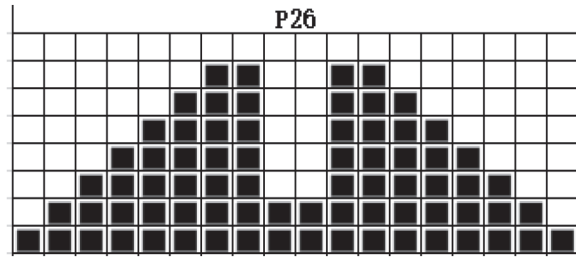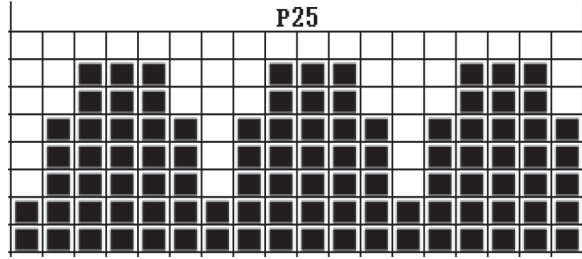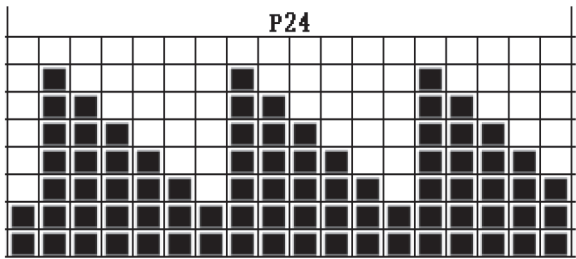
USER PROGRAMS

1. There are 2 USER PROGRAMS, U01-U02. Press the +/- button to select the USER MODE. The display shows the PROFILE. The RPM window displays the program name UXX. Press MODE to enter Setup mode. Or do not change the preset values, press START / STOP to start immediately; or press RESET to return to idle mode.

2. Press the MODE button to change the age. The display shows "AGE" and the window flashes "30". Press +/- to change the age. After the change is completed, press START / STOP to confirm and start the program, or press the MODE button to move to the next setting.

3. Press the MODE button to change the weight. The display will show "WEIG" and the window will flash "70". Press +/- to change the weight. After the change is completed, press START / STOP to confirm and start the program, or press the MODE button to move to the next setting.

4. Press the MODE button to change the time. The display shows "TIME". The TIME window flashes at 18:00 (to indicate the time setting). Use the +/- button to change the time. Press the START button to confirm and start the program or select MODE to return to the first option to change the settings.

PROGRAMS

P1 P2

P3 P4

P5 P6

P7 P8

P9 P10

P11 P12

P13

P14

P15

P16

P17

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APP INSTRUCTIONS

virtufit
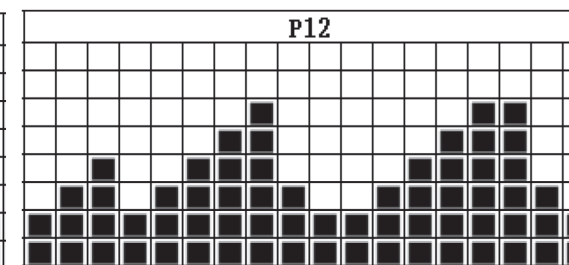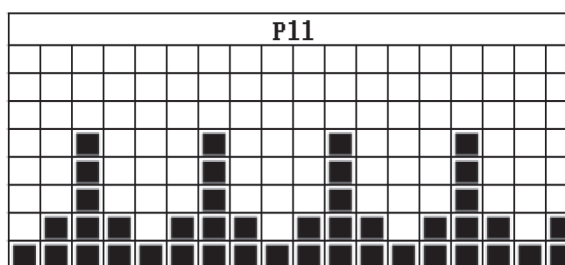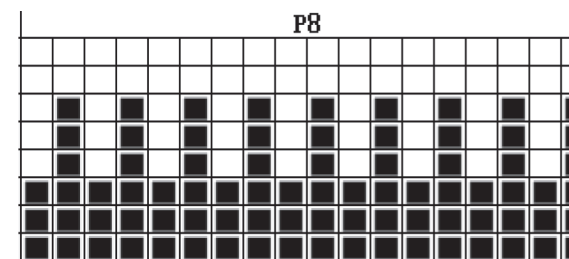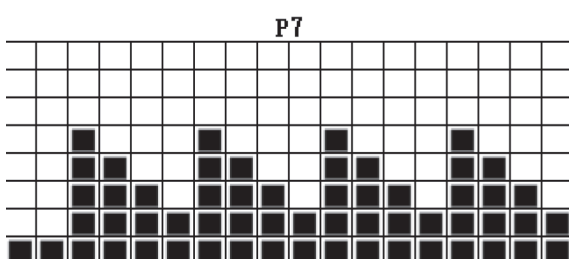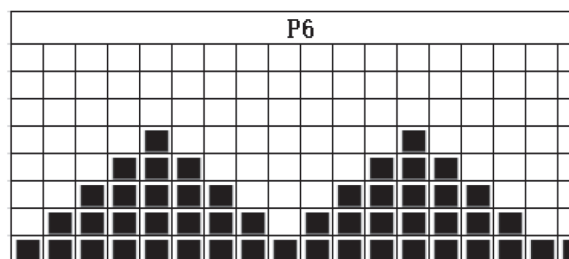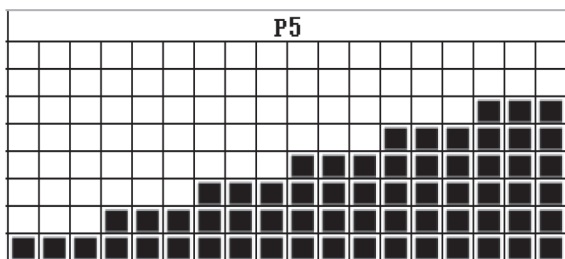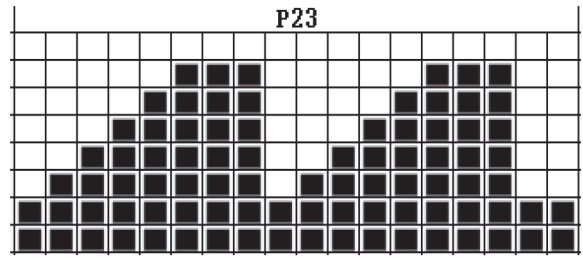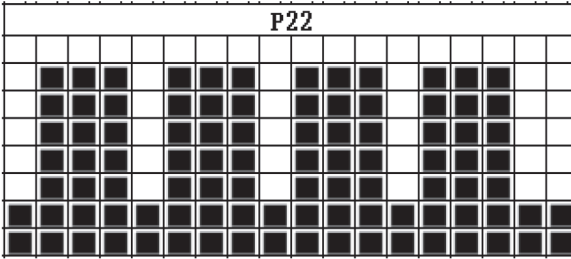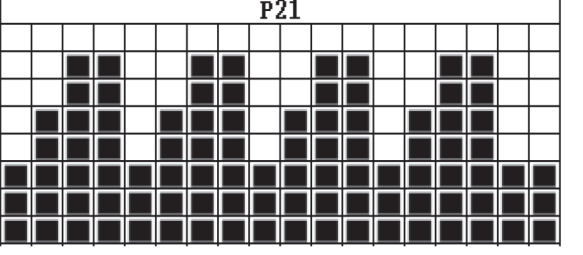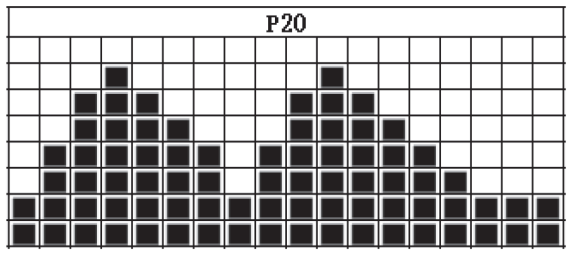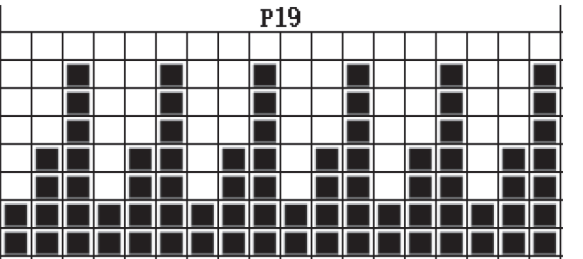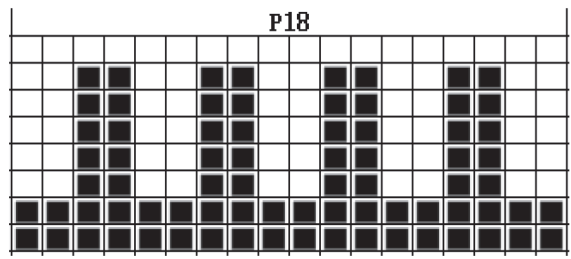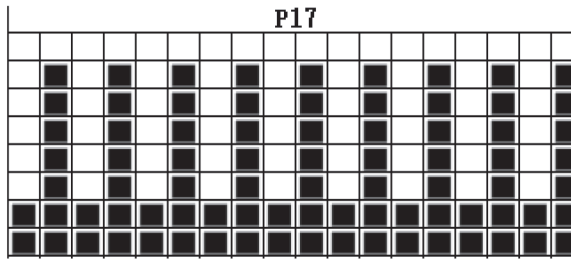
INSTRUCTION

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.

ZWIFT
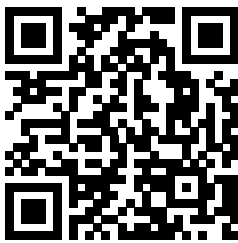
APP STORE	GOOGLE PLAY	USER MANUAL
ZWIFT	ZWIFT	ZWIFT
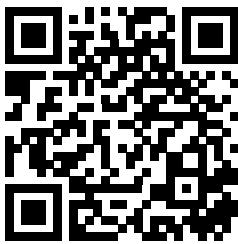
KINOMAP
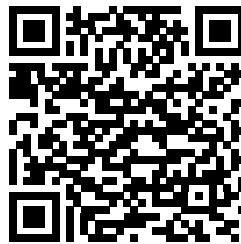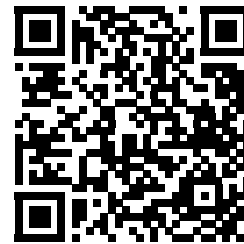
APP STORE	GOOGLE PLAY	USER MANUAL
KINOMAP	KINOMAP	KINOMAP

VirtuFit does not provide service for third-party fitness apps such as Kinomap, iConsole, FitShow etc.. If you encounter any troubles with a third-party fitness app, please contact the app developer.

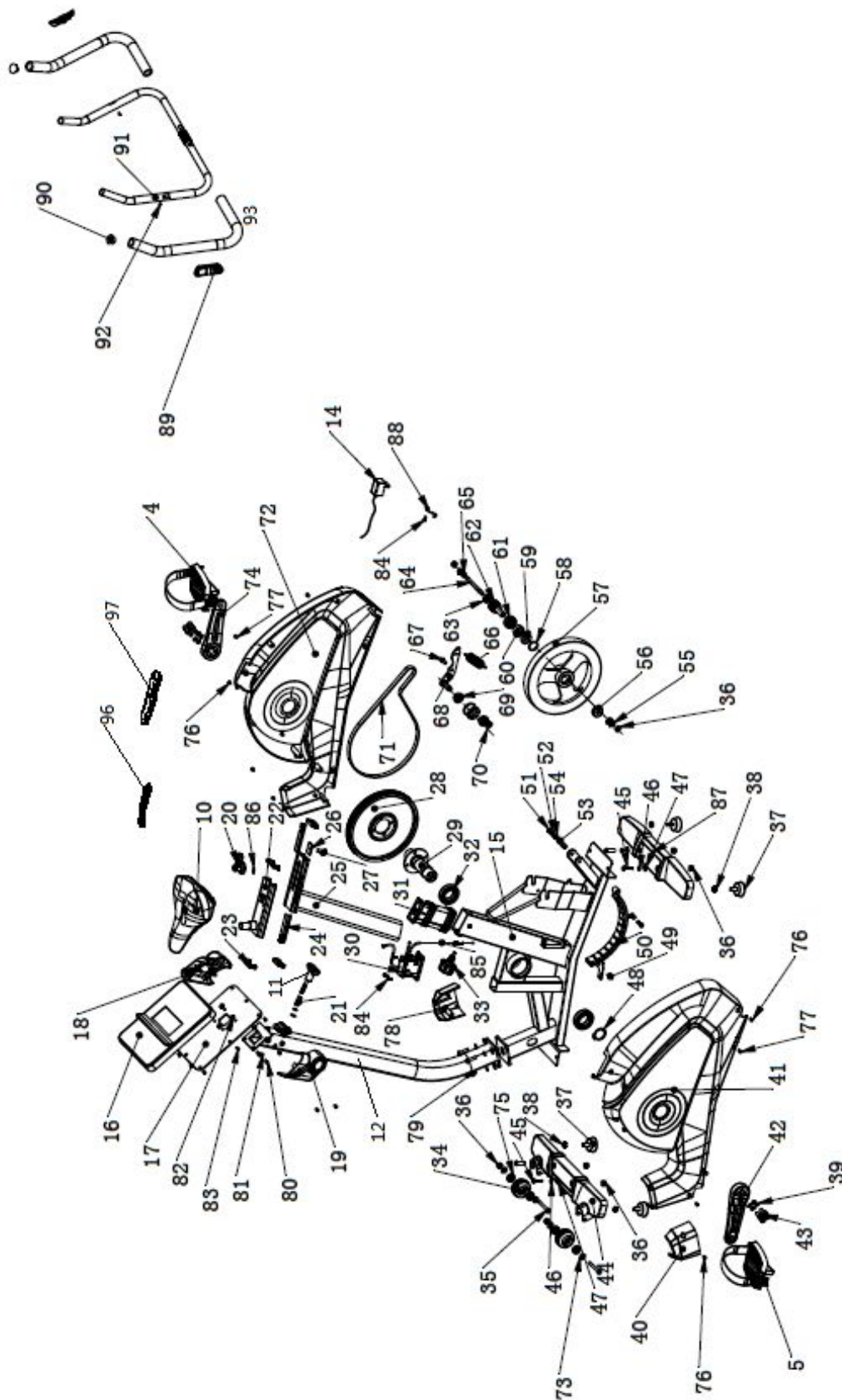| #	DESCRIPTION	QTY	#	DESCRIPTION	QTY
1	Main Frame	1	32	Deep groove axle 6008	2
2	Rear feet suppor	1	33	Adjustment pull pin	1
3	Front feet suppor	1	34	PU wheel	2
4	Pedal R	1	35	Semicircular head hexagon M8*40	2
5	Pedal L	1	36	Self-locking nuts M8	8
6	Column lower plastic part (L/R)	Each 1	37	Leveling feet	4
7	Handle	1	38	Hex nuts M8	4
8	Column upper plastic part (L/R)	Each 1	39	Spring pad M8	8
9	Console	1	40	Column lower plastic part L	1
10	Saddle	1	41	Main frame plastic part L	1
11	T-locking latch	1	42	Crank L	1
12	Front support column	1	43	Cylindrical head hexagon M10*25	8
13	Adjustment tube	1	44	Front foot tube	1
14	Power line	1	45	Semicircular head hexagon M8*25	4
15	Welding main frame	1	46	Spring pad M8	9
16	Console upper case	1	47	Flat washer M8	17
17	Console rear cover	1	48	External spring Φ40	1
18	Column up plastic part R	1	49	Spring Φ1*Φ9*30.8	1
19	Column lower plastic part L	1	50	Magnet resistance set	1
20	Knob	1	51	Semicircular head hexagon M5*15	2
21	Spacer tube Φ13*Φ8.2*30	1	52	Flat washer M5	2
22	Saddle sliding tube	1	53	Small support axle φ12*52	1
23	Decorative plastic part	4	54	External spring Φ10	2
24	Sliding reducer	2	55	Thin nut M8	3
25	Saddle post	1	56	Deep groove axle 6300	1
26	Slider	1	57	Magnet resistance wheel φ280*51.5	1
27	Semicircular head hexagon M10*35	1	58	Inner clip spring Φ35	1
28	Belt wheel Φ260*T25	1	59	One-way axle 6003	1
29	Central axle set	1	60	Inner spacer φ35*φ17*17	1
30	Motor	1	61	Deep groove axle 6203	1
31	Adjustment tube reducer	1	62	Small pulley	1

#	DESCRIPTION	QTY
63	Deep groove axle 6000	1
64	Rear support axle φ10*120	1
65	Limit set φ15*φ10.2*6	1
66	Spring Φ23.5*3.5*70.6	1
67	Semicircular head inner M6*15	1
68	Idler axle	1
69	Deep groove axle 6002	2
70	Hex nuts M12	1
71	Belt 8PJ-1067	1
72	Main frame plastic shell R	1
73	Flat washer M8	2
74	Crank R	1
75	Deep groove axle 608	4
76	Self-tapping screw M4*10	10
77	Semicircular head inner cross-flower screw M5*10 6	6
78	Column lower plastic part R	1
79	Semicircular head inner hexagon screw M8*16	4
80	Semicircular head inner cross-flower screw M5*10	4
81	Flat washer M5	4
82	self- locking nuts M5	4
83	Flat countersunk head inner cross-flower self-tapping screw M3.5*12	8
84	Semicircular head inner cross-flower screw M4*12	5
85	Speed adjustment line	1
86	Nylon washer M10	1
87	Rear foot tube	1
88	Speed tester	1
89	Heart rate piece	2
90	Handle cap	2

| #	DESCRIPTION	QTY
91	Handle main frame	1
92	Self-tapping screw ST5*16	2
93	Handle cotton	2
94	5 mm hexagon wrench	1
95	Multifunctional gadget	1
96	Rubber cushion	1
97	Adjustment tube cushion	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
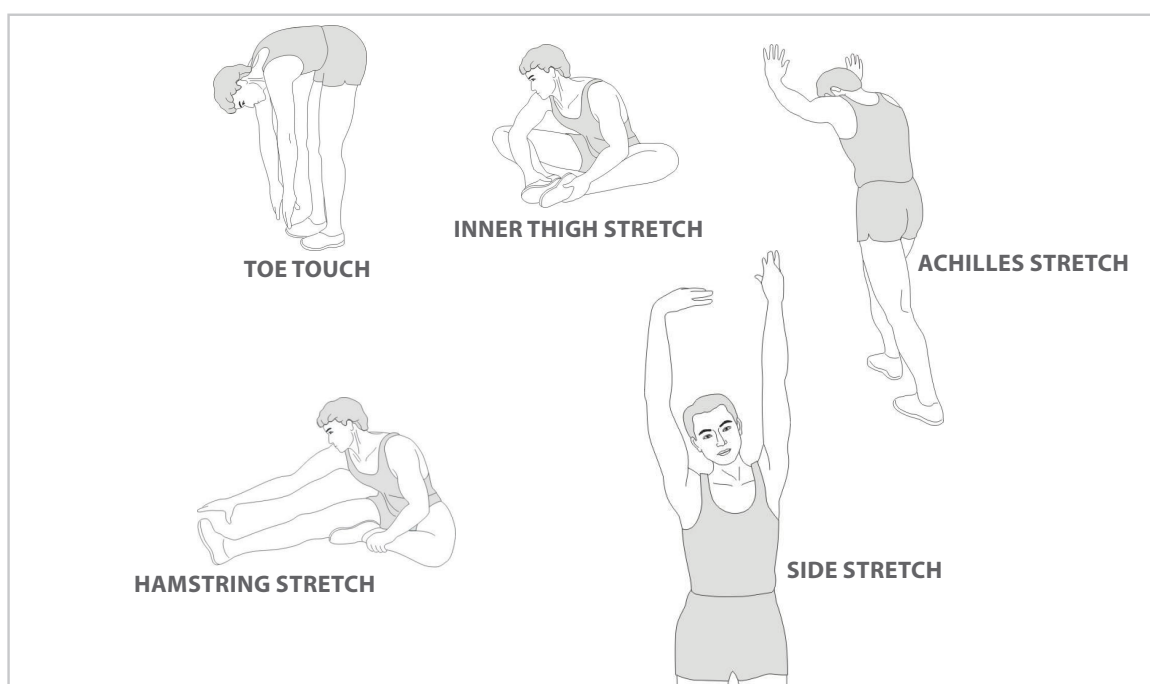
COOLING DOWN

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.