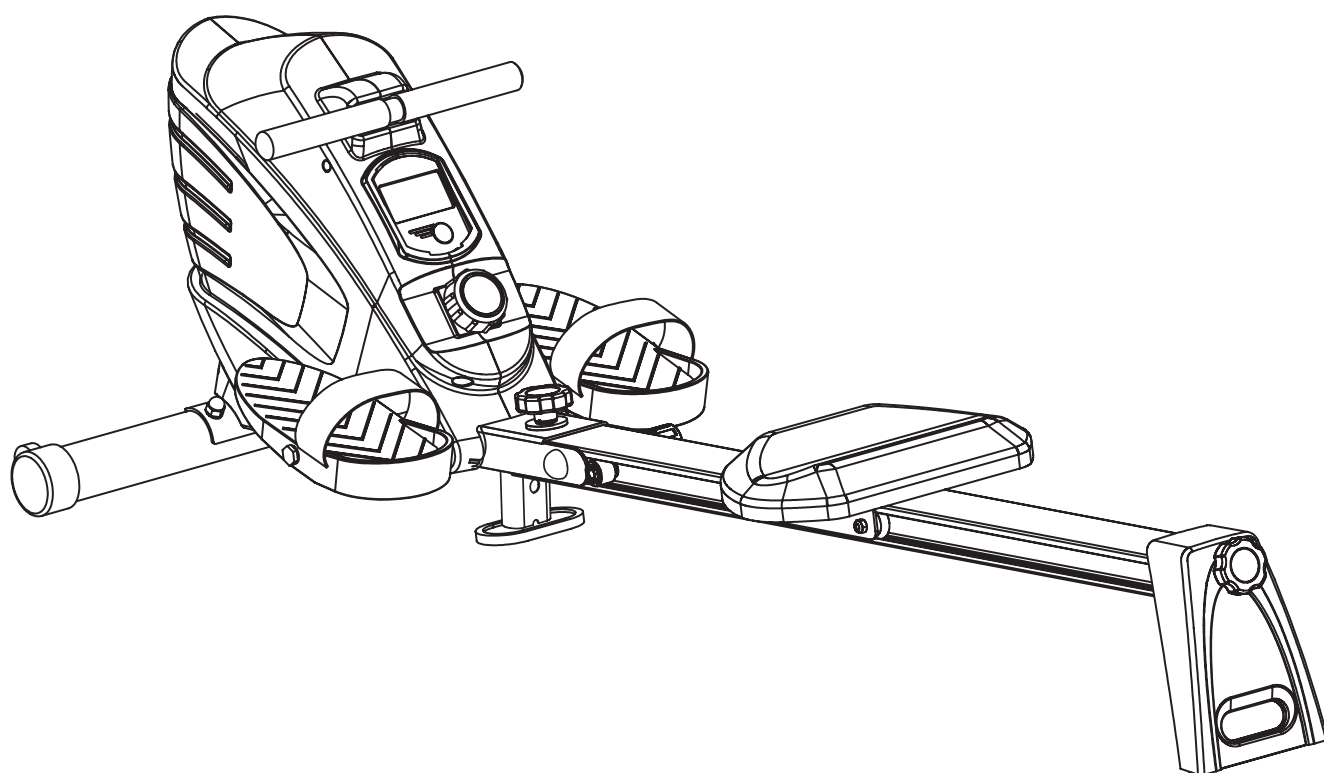


virtuafit

Row Limited Edition Rowing Machine

User Manual



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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 exercise equipment 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 equipment. Safe and effective use can only be achieved if the equipment is assembled, maintained and used properly. It is your responsibility to ensure that all users of the equipment 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 equipment 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 equipment. The equipment is designed for adult use only.
- Use the equipment on a solid, flat level surface with a protective cover for your floor or carpet. To ensure safety, the equipment should have at least 0.5 metres of free space all around it.
- Before using the equipment, check that the nuts and bolts are securely tightened.
- The safety of the equipment can only be maintained if it is regularly examined for damage and/or wear and tear.
- Always use the equipment as indicated. If you find any defective components while assembling or checking the equipment, or if you hear any unusual noises coming from the equipment during use, stop immediately. Do not use the equipment until the problem has been rectified.

- Wear suitable clothing while using the equipment. Avoid wearing loose clothing that may get caught in the equipment or that may restrict or prevent movement.
- The max user weight is 130 KGS. Braking ability is independent of speed.
- The equipment is not suitable for therapeutic use.
- Care must be taken when lifting or moving the equipment 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 equipment 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:

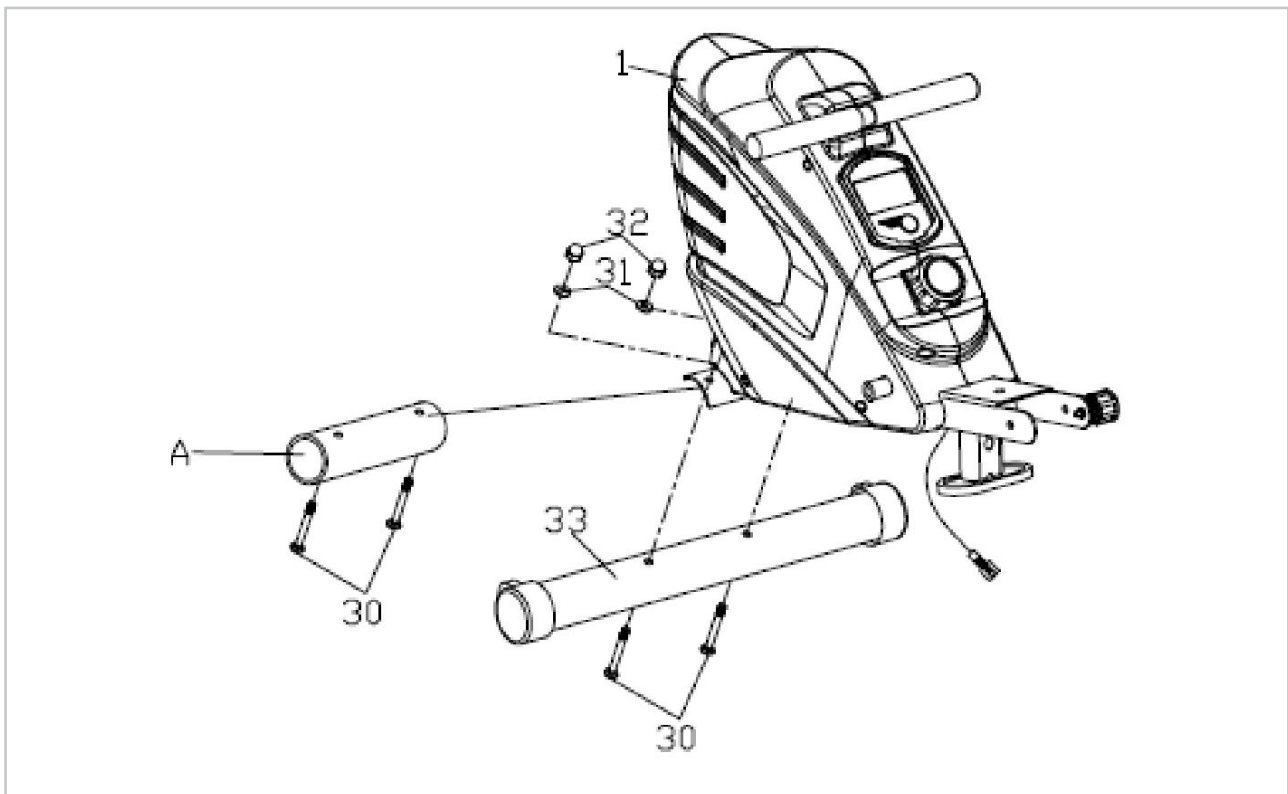
- Maintenance assembly and repair work not carried out by an official dealer.
- In the event of improper use, neglect and / or poor maintenance.
- Failure to maintain the fitness equipment in accordance with the manufacturer's instructions (see the enclosed manual).

Missing parts: If you think you are missing certain parts in your package, carefully check the styrofoam 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.

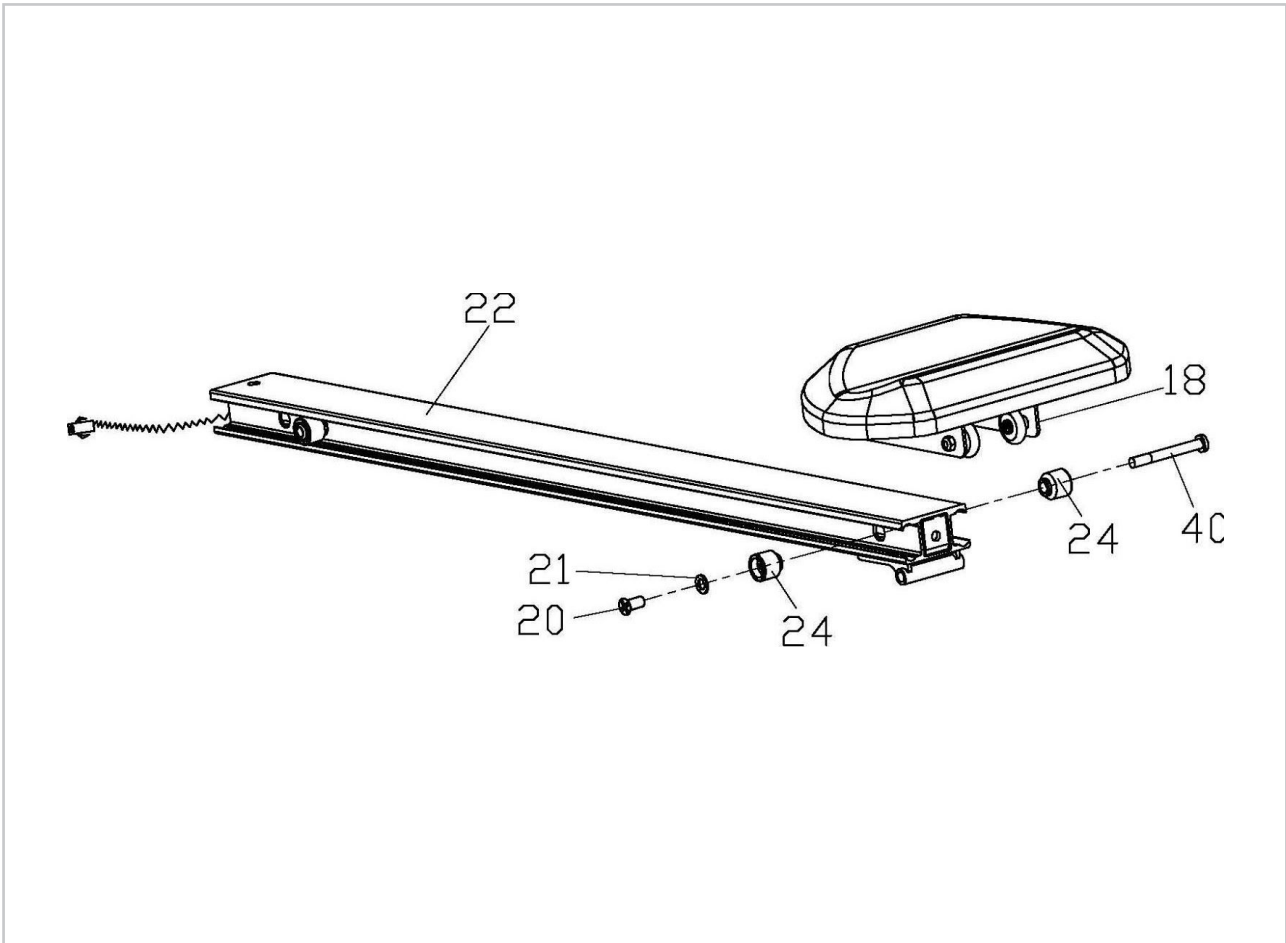
Socket screws: The rowing machine contains socket screws, make sure that the allen key is firmly in the bolt before you apply force to the key. In this way you prevent the head of the socket head screw from being rotated.

STEP 1



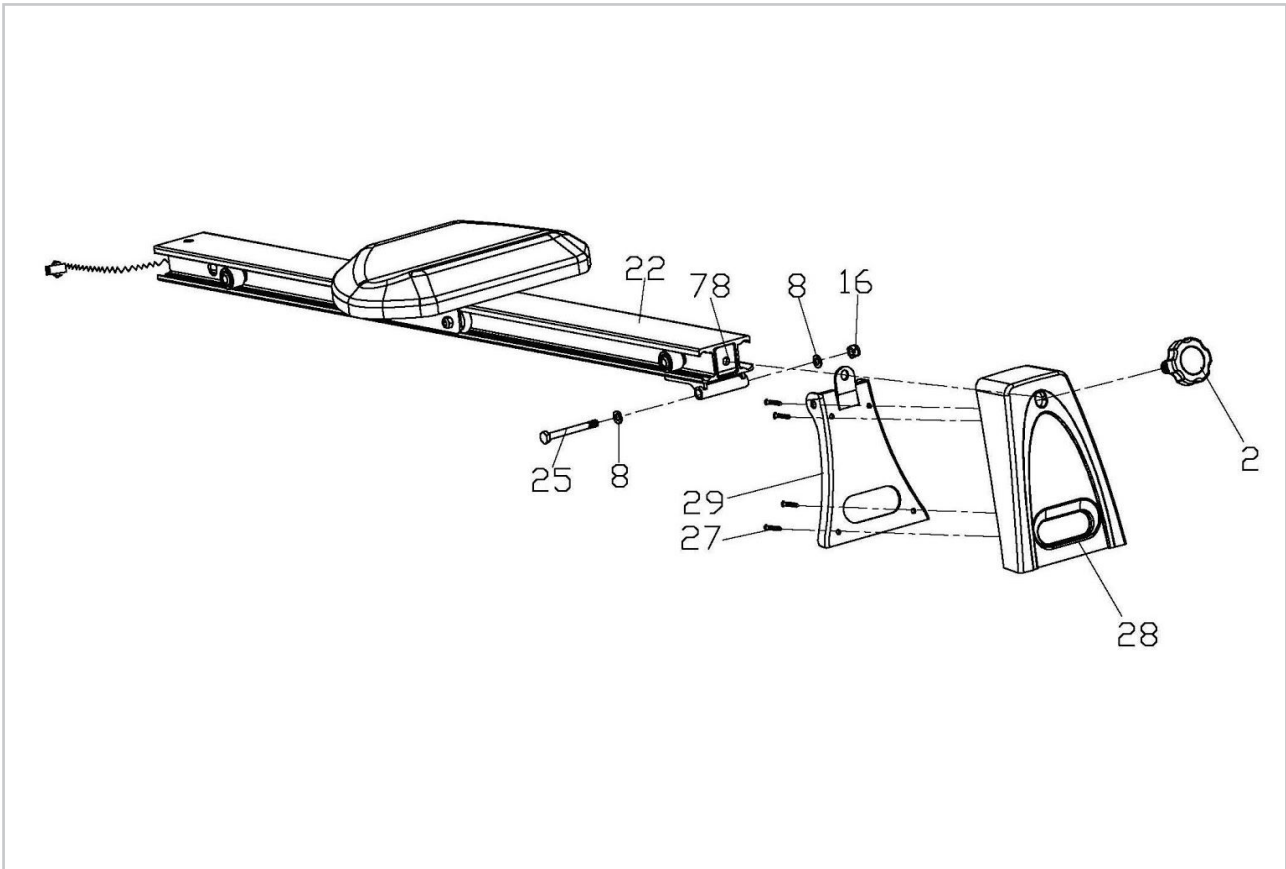
- Remove the paper tube A ,carriage bolt (30), arc washer (31), and cap nut (32) from the . front bottom tube (33).
- Tighten the front bottom tube (33) to the mainframe (1) with carriage bolt (30), arc washer (31), and capnut (32).

STEP 2



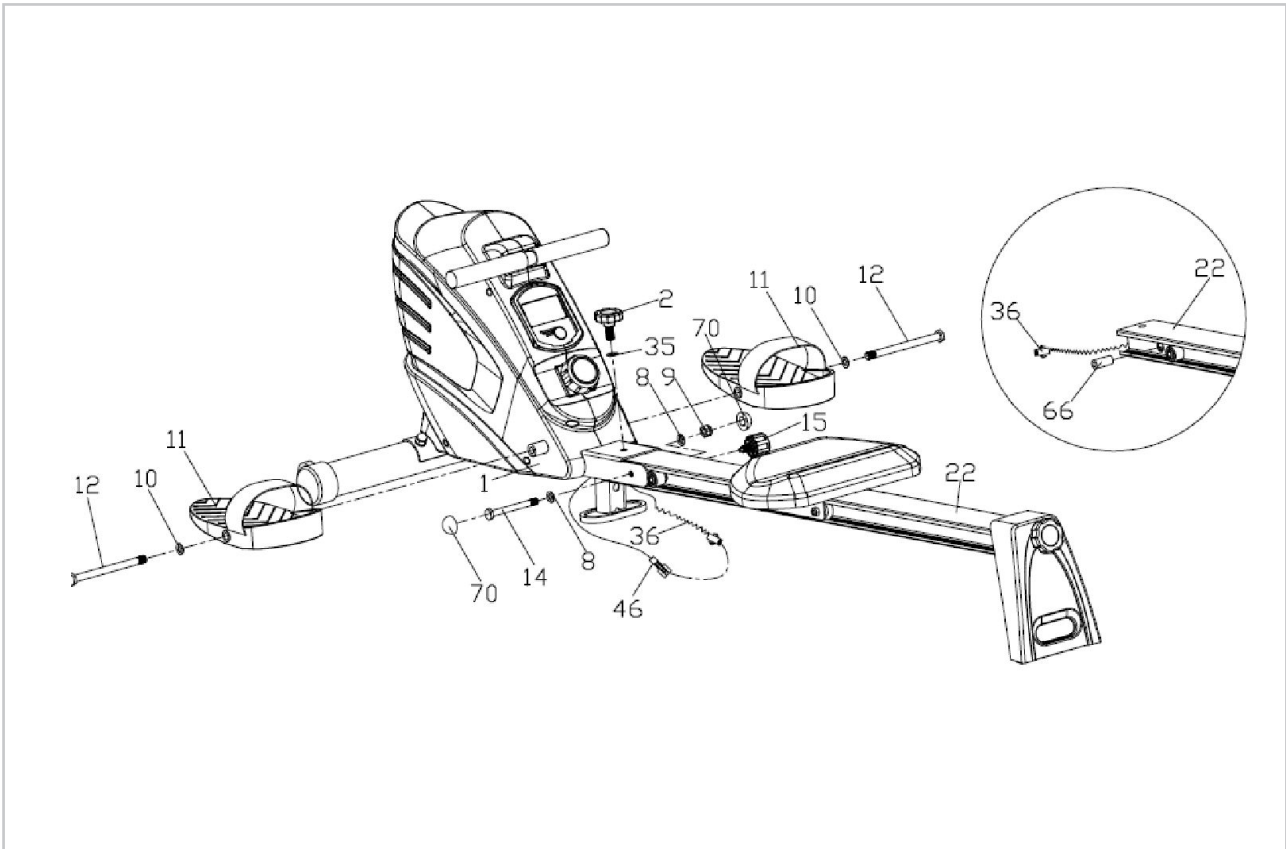
- Take off the Cross pan bolt (20), Flat washer (21), Limit valves (24), Limit valves axis (40), then insert the slide rest (18) onto the slide way (22), and then tighten slide rest (18) by Cross pan bolt (20), Flat washer (21), Limit valves (24), Limit valves axis (40).

STEP 3



- Tighten the stand rail (29) to the Slide way (22) with Hexagon bolt (25), Flat washer (8), Nylon nut (16). Then tighten the protective guard (28) to the Stand rail (29) with Cross pan bolt (27), lock the Stand rail (29) to the L-shape connection strap (78) with Knob (2).

STEP 4

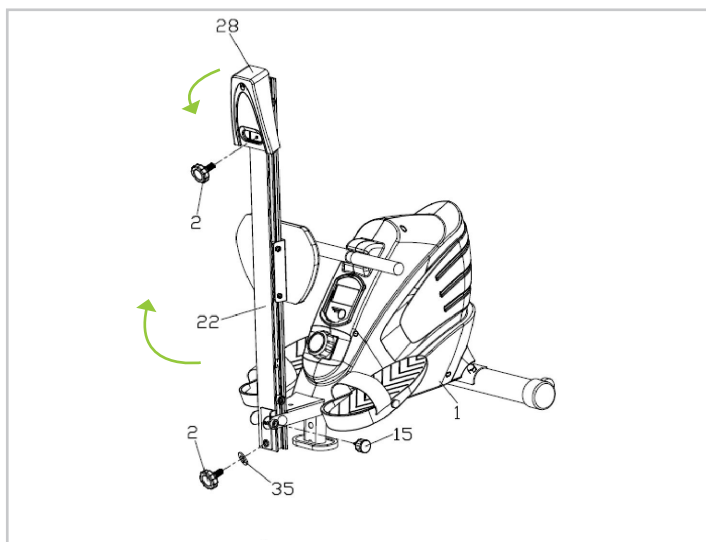


- Connect the Sensor wire (46) and the Sensor splice (36), the cable might be hidden inside the slide
- Insert the Stay pipe (66) through a hole in the Slide way (22), Then tighten the slide way (22) to the mainframe (1) with hexagon bolt (14), Flat washer (8), Nylon nut (9).
- Put the cap (70) on bolt (14).
- Lock it by Knob (2) and Flat washer (35).
- Tighten the pedal (11) to the mainframe (1) with bolt (12), Flat washer (10).
- When folding it, take off the knob (15) and fold the slide way (22).

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.

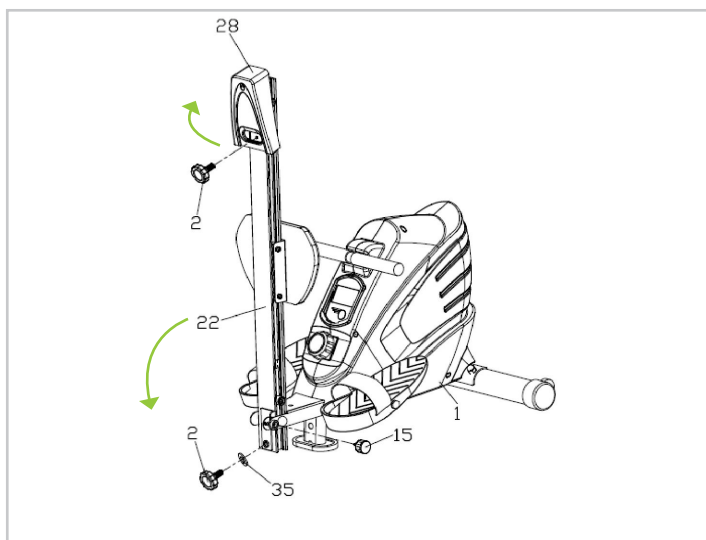
FOLDING

Remove the locking pin (15), the locking pin (2) and the flat washer (35). Then fold up the rails (22) and fold in the protective cover (28). Attach the main frame (1) to the protective cover (28) with the locking pin (2) and flat washer (35).



UNFOLDING

Remove the locking pin (2) and flat washer (35) and detach the main frame (1) from the protective cover (28). Then fold down the rails (22) and unfold the protective cover (28). Attach the locking pin (15), the locking pin (2) and the flat ring (35) so that the rails are properly tightened.



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

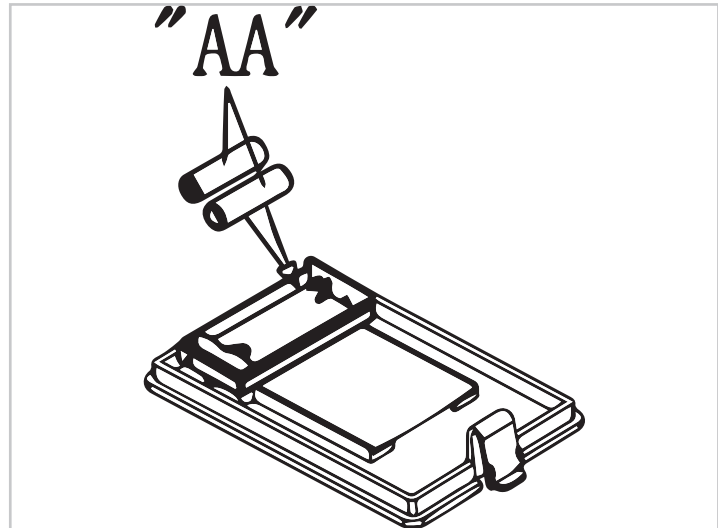
- Inspect all bolts and nuts in connection with moving parts of the device, tighten as required.
- Check the mobility of moving parts and components of the use equipment, silicone spray if necessary.

BATTERY

AA BATTERIJEN

The monitor uses on "AA" battery. You can replace the battery through the back of the unit.

The batteries must be installed correctly. If the screen is unreadable or only parts of the image work, follow the next step: Remove the batteries and wait 15 seconds, then reinsert the batteries correctly.



ADVICE FOR HANDLING BATTERIES

1. Remove the batteries when they are exhausted or if you do not use the product for an extended period of time in order to avoid hazards through leaking batteries.
2. Do not recharge batteries nor disassemble or throw them into fire. Danger of explosion!
3. Pay attention to the polarity (+) and (-). Always replace all the batteries; do not mix old and new batteries, or different battery types.
4. Use preferably alkaline batteries, as they have a longer operation time than usual zinc-carbon batteries.
5. A change of batteries is necessary when the display becomes weaker or completely faded.

CHANGING THE BATTERIES

1. If you see an improper display on the monitor, please replace the batteries to have a good result.
2. Please use 2pcs of 1.5v AA batteries as a power supply.

PROBLEM SOLUTIONS

Display does not work

If the display no longer works, you can replace the batteries. These are at the back of the display.

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.

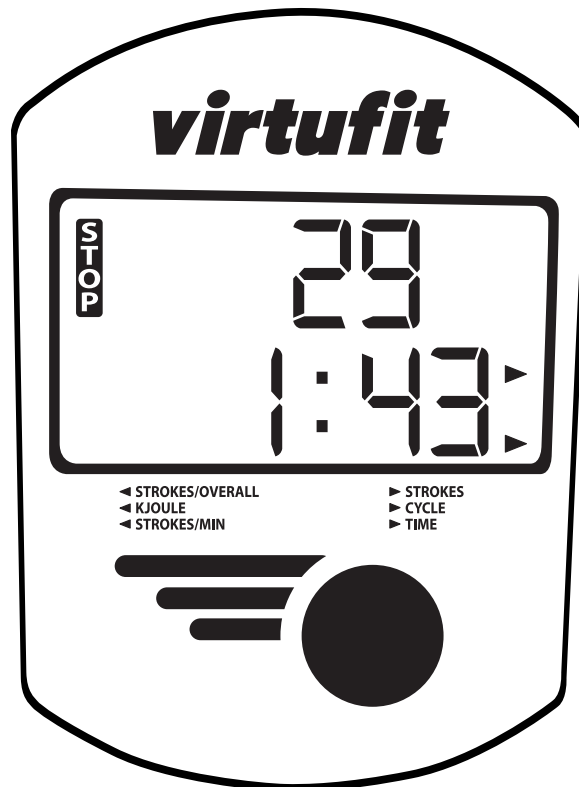
Rowing machine beeps

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

NOTE:

Keep the console away from direct sunlight. Dry the surface of the console when it is covered with drops of sweat. Do not lean on the console. Only touch the display with the tip of your finger. Make sure that your nails or sharp objects do not touch the display.

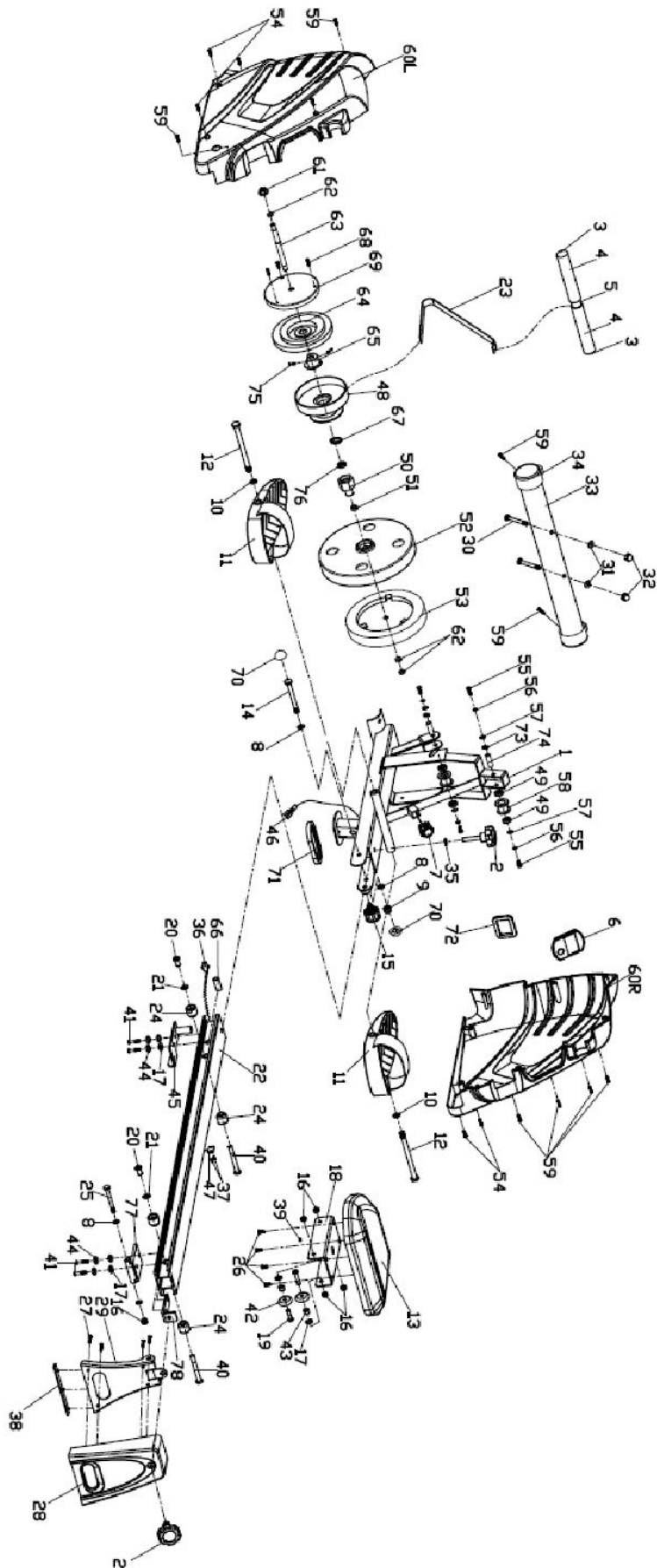
CONSOLE



BUTTON	FUNCTION
MODE	Press "MODE" to select console functions. Push down and hold "MODE" to reset all functional value.

FUNCTIONS

BUTTON	EXPLANATION
SCAN	The following functions are displayed in the SCAN position: TIME, COUNT, TOTAL COUNT, CALORIE, COUNT / MIN.
TIME	Counts rowing time from the beginning of the exercise to the end.
COUNT	Counts the rowing strokes from start to finish.
TOTAL COUNT	Counts the total rowing strokes from start to finish.
CALORIES	Counts total calories from the beginning to the end of rowing.
COUNT/MIN	Displays the current rowing strokes per minute or the frequency per minute.
AUTO ON/ OFF & AUTO START/STOP	Without any signal being transmitted into the monitor for 4 minutes the monitor will enter SLEEP mode automatically. Active training data will be lost. When you start rowing or press the button, the monitor is working again.



#	DESCRIPTION	QTY
1	Main frame	1
2	Knob M10*25	2
3	End cap	2
4	Foam grip	2
5	Handlebar	1
6	Computer	1
7	Tension control	1
8	Flat washer D10*2.0*Φ20	4
9	Nylon nut M10	2
10	Flat washer D13*2.0*Φ26	2
11	Pedal	2
12	Bolt M12*155*16	2
13	Saddle	1
14	Bolt M10*100	1
15	Knob M16*1.5	1
16	Nylon nut M8	4
17	Flat washer D8*1.5*Φ16	8
18	Slide rest	1
19	Bolt M8*30*L10	4
20	Bolt	2
21	Flat washer D6*1.2*Φ16	2
22	Slide way	1
23	Tension belt	1
24	Limit valves	4
25	Hexagon bolt M10*95	1
26	Cross pan bolt M6*12	4
27	Cross pan bolt ST4.2*8	4
28	Protect guard	1
29	Stand rail	1
30	Carriage bolt M8*73	2
31	Arc washer D8*2*Φ25*R30.5	2

#	DESCRIPTION	QTY
32	Cap nut M8	2
33	Front bottom tube	1
34	End cap	2
35	Flat washer	1
36	Sensor splice	1
37	Cross pan bolt ST3*10	2
38	Rubber pad	1
39	Magnet	1
40	Limit valves axis	2
41	Hexagon bolt M8*20	4
42	Roller	4
43	Roller spacer bush	4
44	Spring washer D8	4
45	Connection strap	1
46	Sensor wire	1
47	Sensor	1
48	Rotary plate	1
49	Bearing 6000	4
50	Plug	1
51	Bushring	1
52	Flywheel	1
53	Magnet board	1
54	Screw ST4.2*18	4
55	Hexagon bolt M6*15	4
56	Arc washer D6	4
57	Flat washer D6*1.0*Φ12	4
58	Pulley	2
59	Screw ST4.2*18	10
60	Chain cover (L/R)	1/1
61	Bolt M10*1.0	1
62	Hexagon bolt M10*1.0	3

#	DESCRIPTION	QTY
63	Flywheel axis	1
64	Spring	1
65	Axle	4
66	Stay pipe	3
67	Washer D12	1
68	Screw ST3.5*18	10
69	Rotary table cover	37
70	Cap S17	18
71	Rubber pas	4
72	Overlay	2
73	Washer D10	4
74	Eel shaft	1
75	Bolt M8*10	2
76	Bearing 6001Z	4
77	Supporting stand	1
78	L-shape connection strap	1

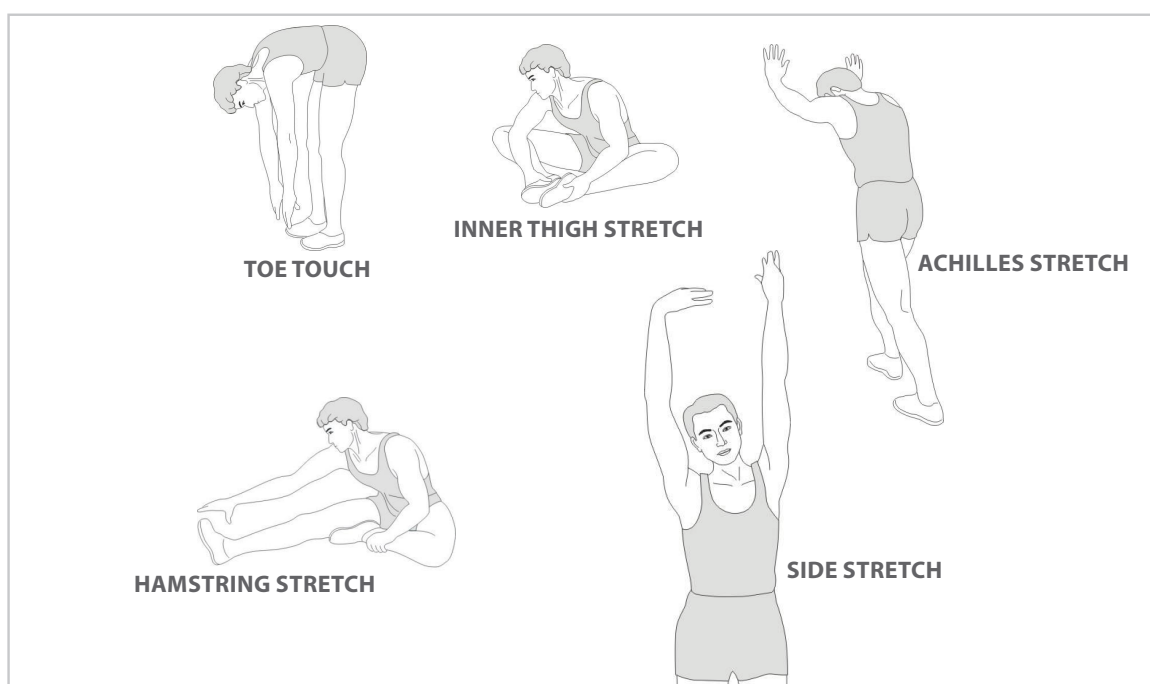
A successful exercise program consists of a warm-up, aerobic exercise, and a cool-down. Do the entire program at least two and preferably three times a week, resting for a day between workouts. After several months, you can increase your workouts to four or five times per week.

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.



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.

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For questions or missing parts please contact your dealer.