virtufit

Ultimate Pro 2i Ergometer Rowing Machine

User manual
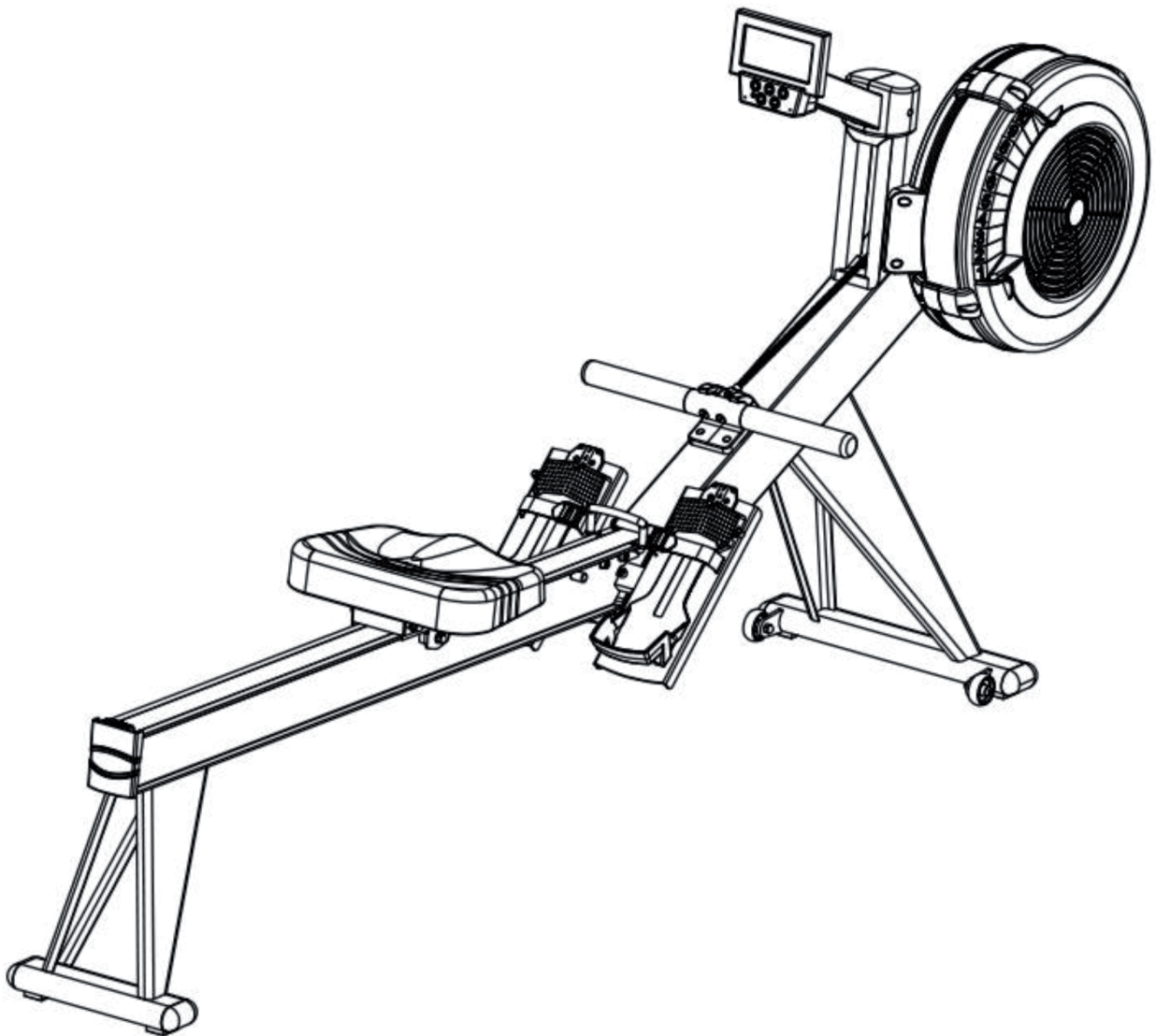
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SAFETY INSTRUCTIONS

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 230 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.

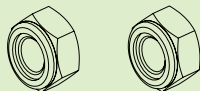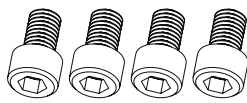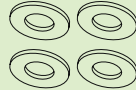**Warranty claim is excluded if the cause of the defect is the result of:**
– Maintenance assembly and repair work not carried out by an official dealer.
– In the event of improper use, neglect and / or poor maintenance.
– Failure to maintain the device in accordance with the manufacturer's instructions (see the enclosed manual).
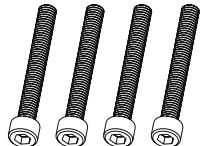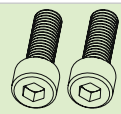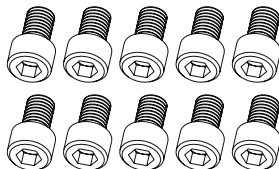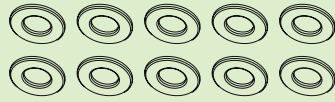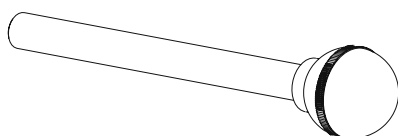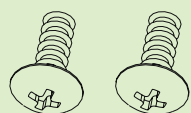
TOOLKIT
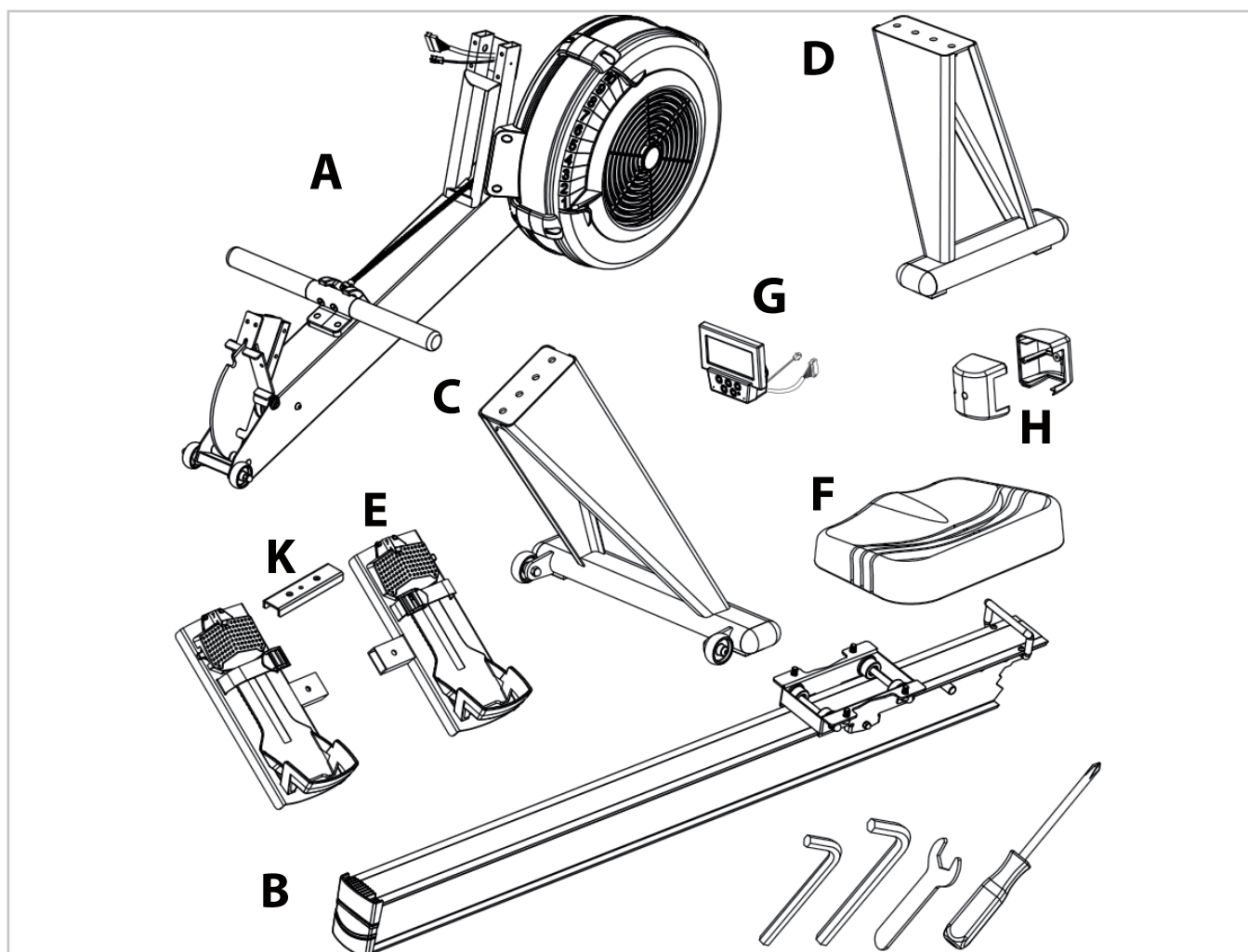
NUMBER	DESCRIPTION
A	Main frame
B	Aluminum rails
C	Front stabilizer
D	Rear stabilizer
E	Pedals
F	Seat
G	Console
H	Console cover

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NUMBER	DESCRIPTION	SHAPE	QTY.
J4	M4 x 12.7 mm Screw		3
J0	M8 Nylon Nut		2
J1	Bolt M10 x 16 mm		4
J2	Washer M10 x 1.5t		4
J3	Bolt M6 x 50 mm		4
J5	Bolt M8 x 25 mm		2
J6	Bolt M8 x 16 mm		10
J7	Washer M8x1.5t		10
J8	Pull pin		1
J9	Screw M4 x 10 mm		2
J10	Spring washer		2

NOTE: Before assembly please lay out ALL pieces accordingly to ensure you are not missing any items

PLEASE BE CAUTIOUS: As some components may be sharp and can cause harm if not handled correctly. Always use safety measurements when assembling any piece of equipment or machinery.

STEP 1
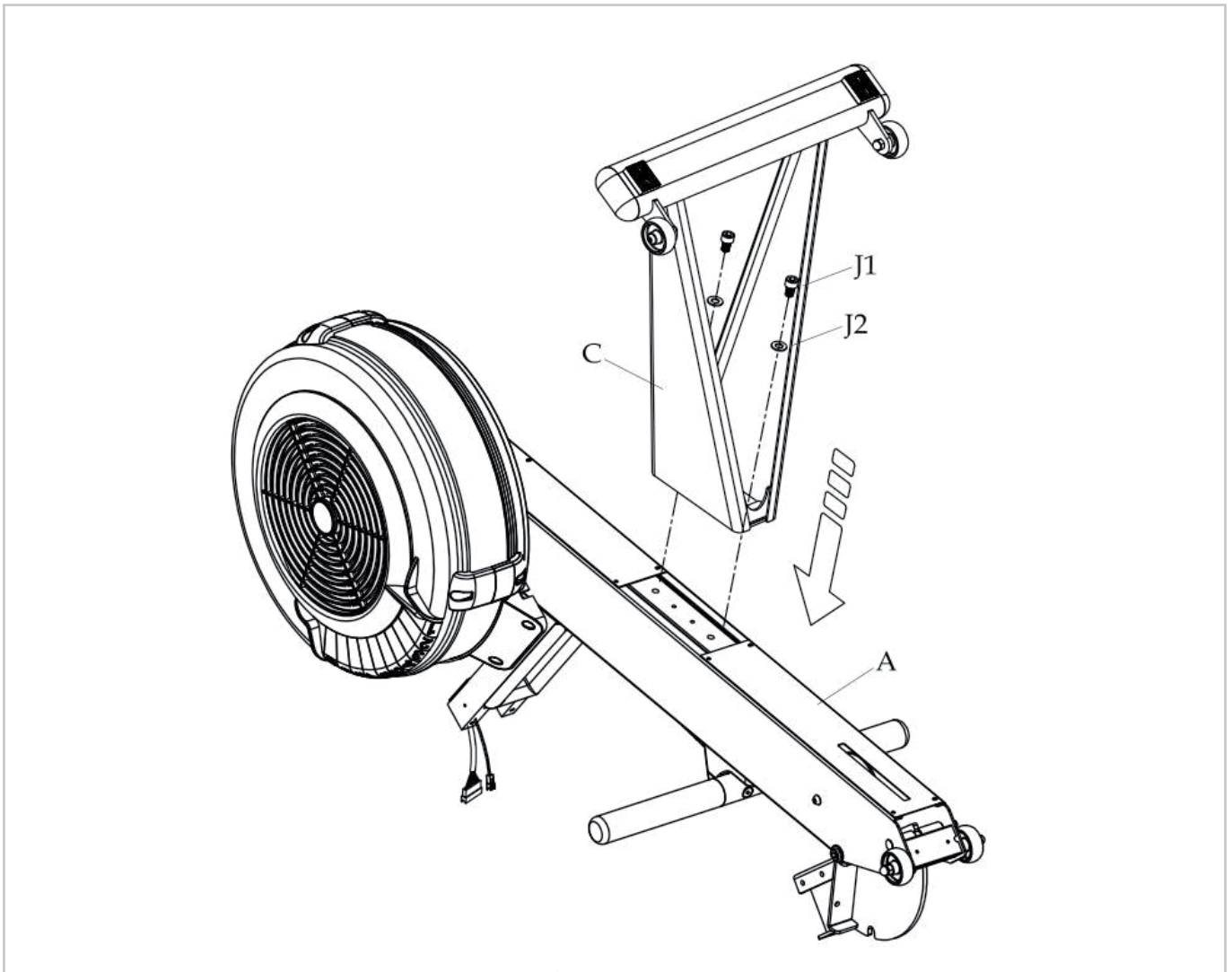
- For best results place Forward Base (A) (Damper Fan) upside down on a soft and secure surface Once this is done, the pre- screwed holes for Forward Base Leg (C) will be visible. To bolt in Forward Base Leg (C) into Forward Base (A), place directly on top of pre-screwed holes. Secure with 2 (J1) Bolt(s) and (J2) Washer(s).

STEP 2
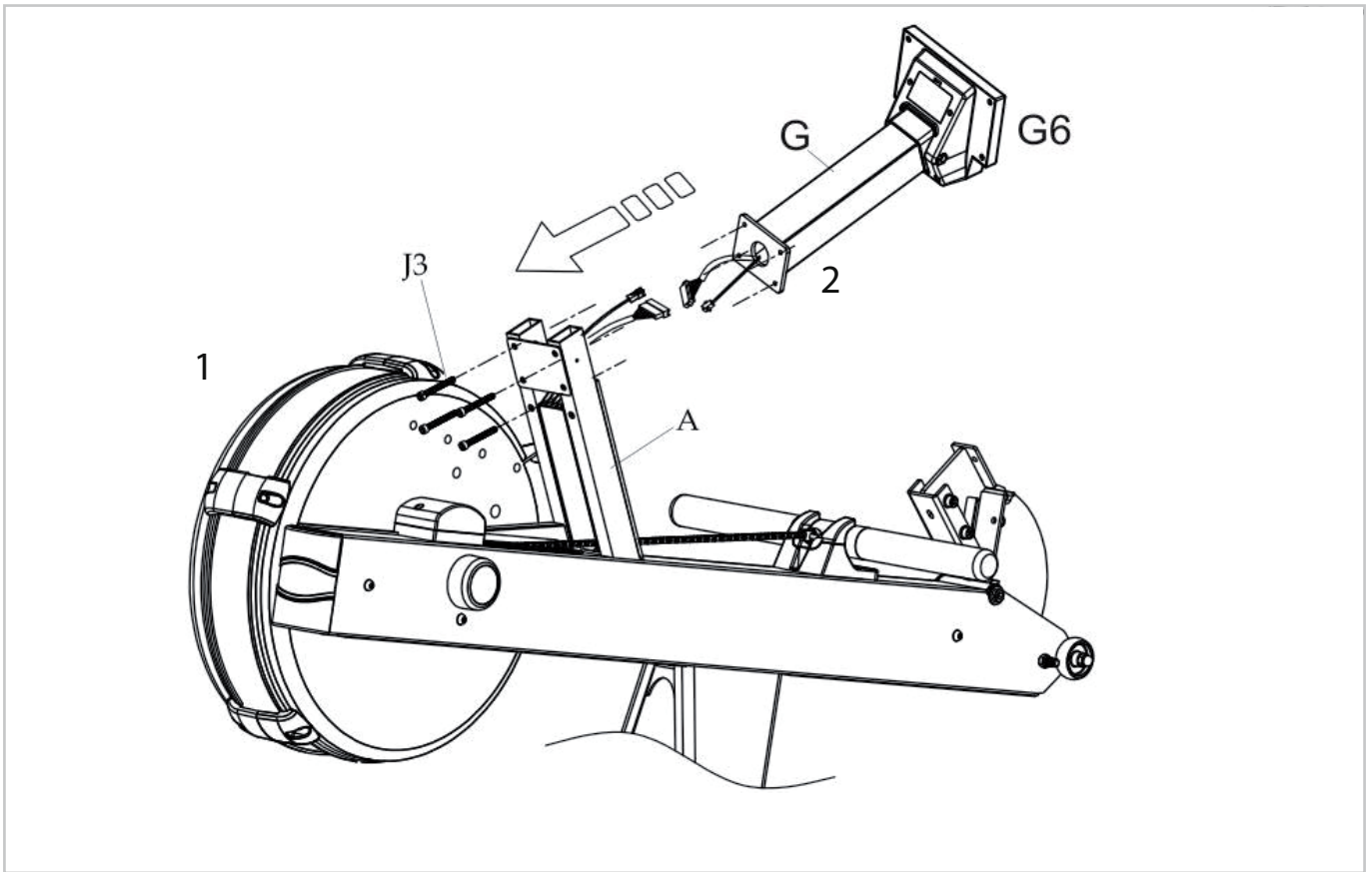
- (1)Please LIGHTLY pull wires so that they do not recede into the stem of Base Leg (A). DO NOT CUT WIRES; wires will connect to console tube when installing console. CAUTION: Please handle with care, as electrical wires are delicate. If wires are handled too aggressively they will dislocate.

- (2)Once wires are connected CAREFULLY secure Console Tube (G) to the stem of Base Leg (A). Please be careful of exposed wire ends. The wires should recede back into stem once connected in order to prevent damage or dislocation.

STEP 3
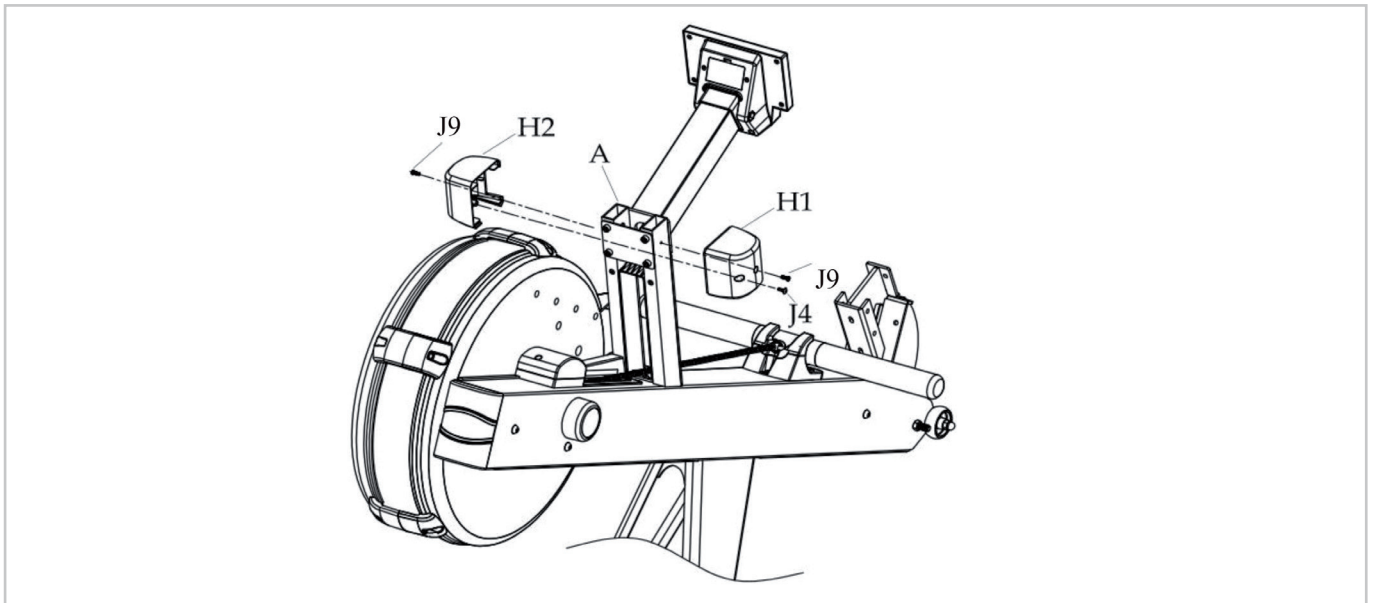
- To finish securing Console (G) onto Forward Base (A) please attach Place Holder (H). Place Holder (H) willbreak up into 2 components (H1) and (H2). These components will rejoin together once attached onto forward Base (A). Once rejoined please secure with 2 screws (J9) and 1 screw(J4).

STEP 4
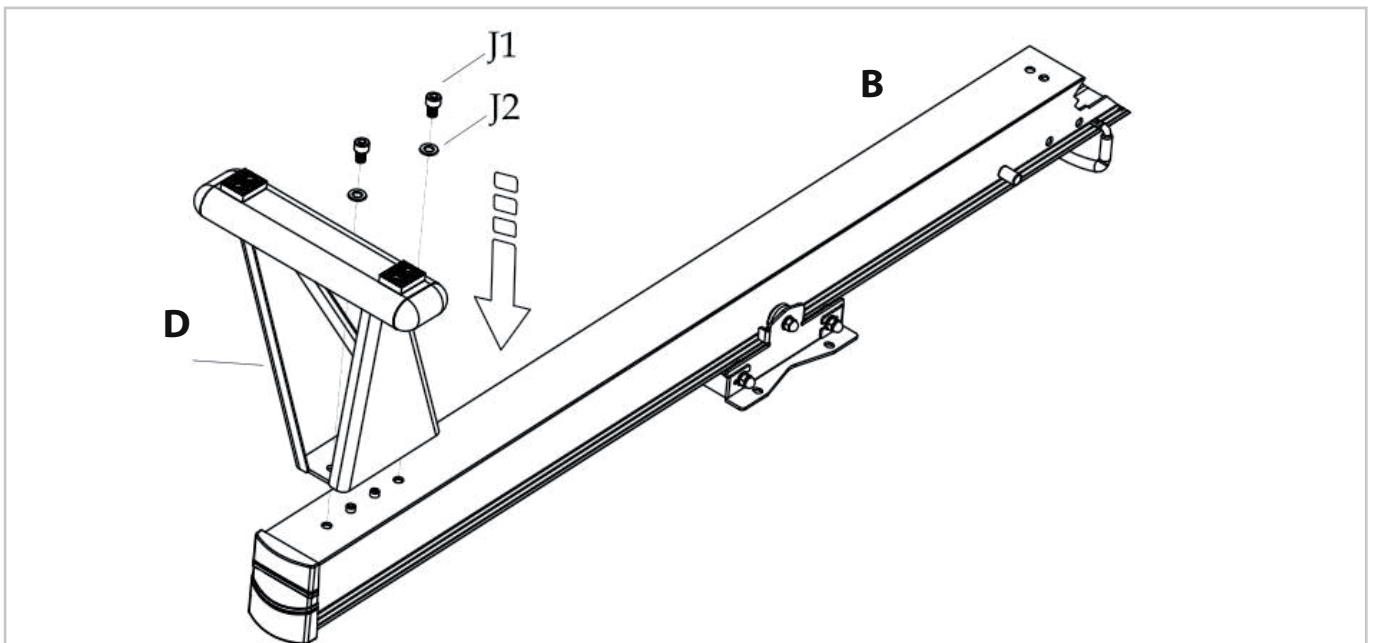
- To install Rear Base Leg (D), face Base Railing (B) face down so that the receiving device for the seat cushion is on the floor. Place Rear Base Leg (D) above the pre-screwed holes of the Base Rail (B). Once placed secure with 2 (J1) Bolt(s) and (J2) washer(s).

STEP 5
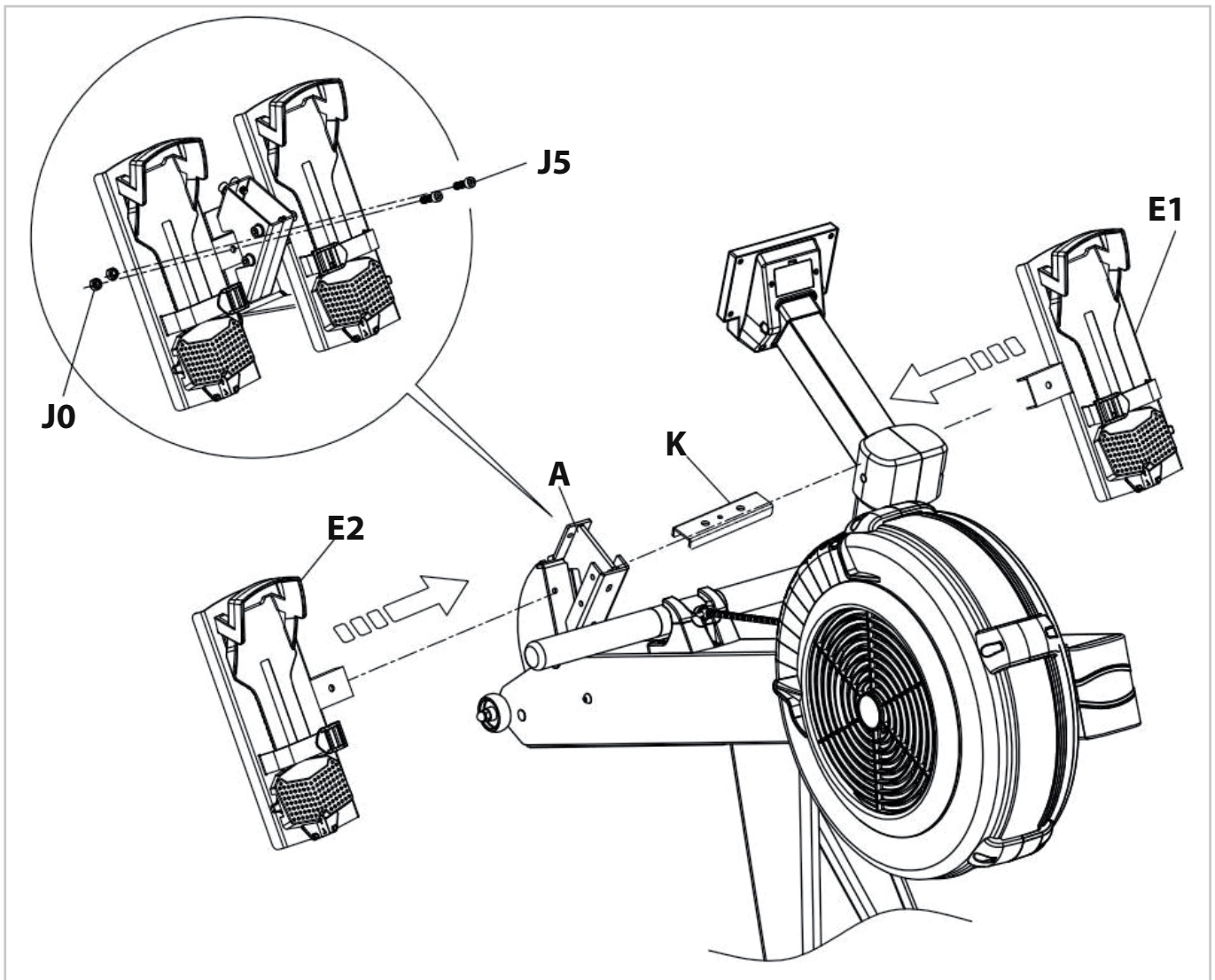
- To install foot pedals (E1) and (E2) into (A) Forward Base join the together by Steel Bracket (K). Steel Bracket (K) should slide into place of Foot Pedal (E1). Once placed secure with 2 (J5) bolts, 2 (J10) spring washers and 2 (J0) nuts.

NOTE: You must install foot pedals before moving forward with the assembly process. Should Step 5 be skipped the Pre-screwed holes on the base railing would cover up the pre screwed holes on the Forward Base leg where the foot pedals are to be installed. So make sure you do not skip step 5.

STEP 6
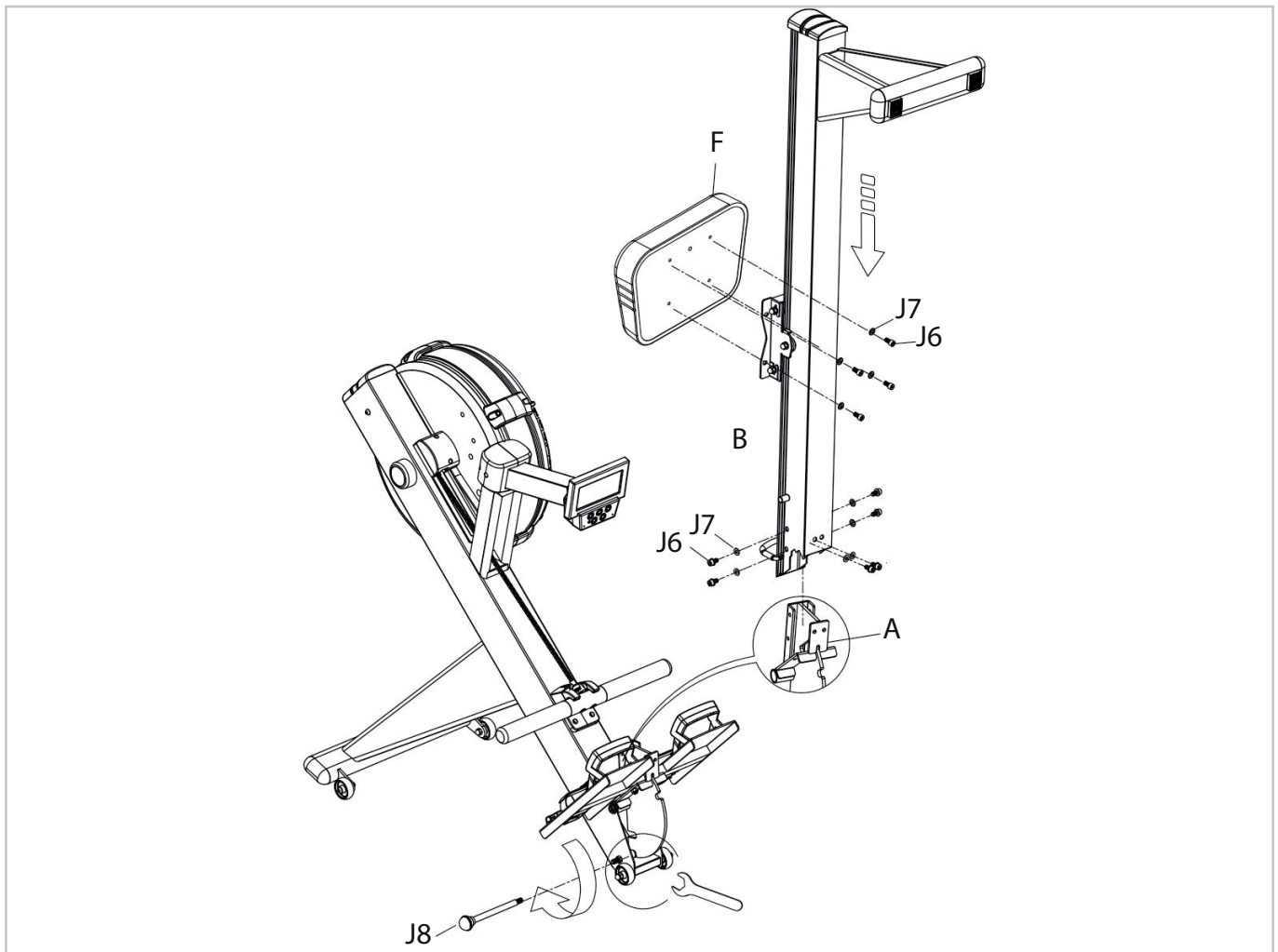
- To install Seating place Seat Cushion (F) above the pre-screwed holes of Base Railing (B). The high angled read end of Seat Cushion (F) should face the back end of Base Railing (B). Secure with 4 Bolts (J6) and 4 washers (J7).

- To install Pull pin (J8) locate the pre-screwed bolt at the end of Forward Base (A) and turn clockwise until the bolt is securely fastened.

- Align Forward Base (A) with Base Railing (B) until the pre-screwed holes are aligned with one another. Secure Forward Base (A) to Base Railing (B) with 4 Bolts (J6) and 4 Washers (J7).

- *NOTE: Please be sure to tighten and secure ALL BOLTS AND WASHERS IN THEIR PLACE TO ENSURE A SOLID AND SECURE foundation to the rower.*

STEP 7
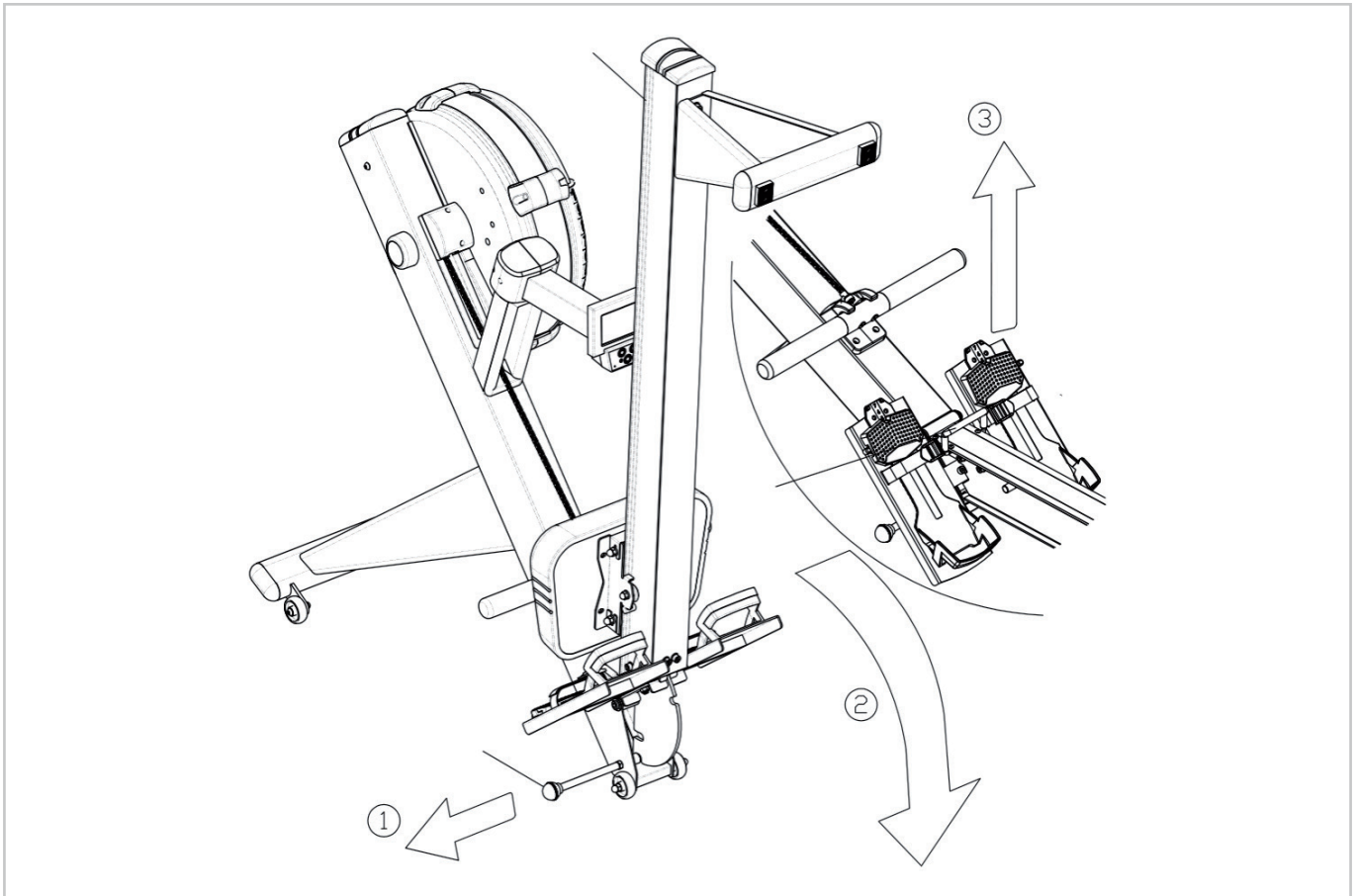
Rower storage

- To fold the VirtuFit Ultimate Pro 2i Ergometer Rowing Machine, simply pull the PULL PIN (J8) while holding the Rail Handle (B21) located between Forward Base (A) and Base Railing (B). Gently set Forward Base (A) down to ground by controlling Rail Handle (B21) gently downwards. This will cause Forward Base (A) to drop down and will allow you to raise Base Railing (B) until it clicks securely into a folded position. When you are ready to unfold the VirtuFit Ultimate Pro 2i Ergometer Rowing Machine again, simply pull on PULL PIN (J8) while holding onto Base Railing (B). Gently set Base Railing (B) onto ground, then use Rail Handle (B21) to pull upwards until rower clicks into unfolded position.

Please use a firm grip on ALL MOVING PARTS when folding the VirtuFit Ultimate Pro 2i Ergometer Rowing Machine. The weight of the rower will cause Forward Base (A) to drop aggressively when folding and will cause Base Railing (B) to drop aggressively when unfolding.

Damper level

Foot height adjuster

Push down to adjust the position of the heel support
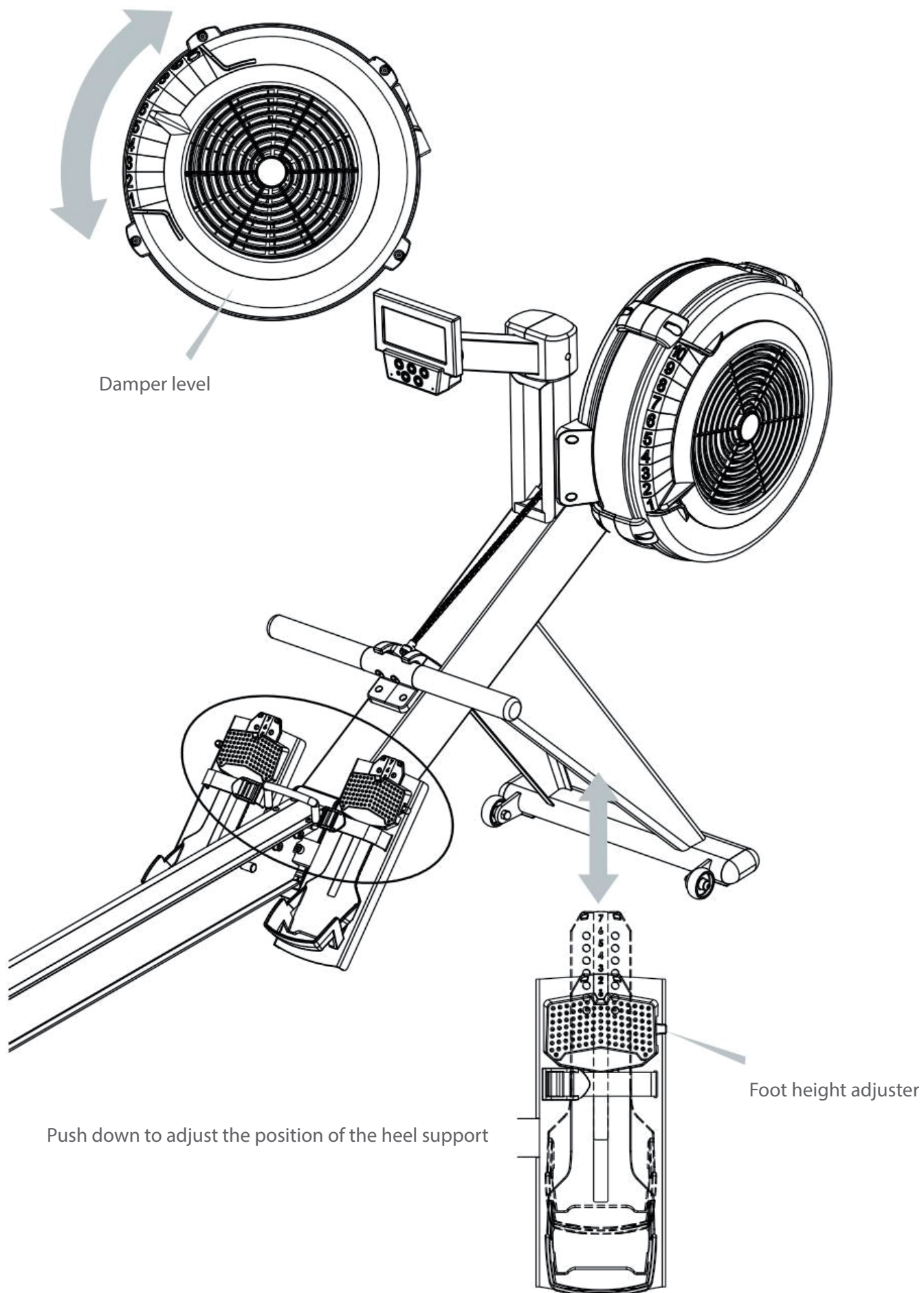
CONSOLE ROWING MACHINE

METERS
Displays total distance
rowed in meters

SPM (Strokes Per Minute)
Displays strokes
per minute (stroke rate)

PULSE
Displays heart rate
when connected to
a heart rate monitor

CALORIES
Displays total calories

WATTS
Displays watts per
pull

STROKES
Displays total number
of strokes

TIME/500M
Displays projected time
needed to complete 500
meters based on current
stroke

TIME
Displays amount of time
spent rowing
(does not count rest)

LARGE TOGGLE DISPLAY FOR 9 PERFORMANCE MEASUREMENTS
Track total workout time in minutes and seconds or toggle between
9 different performance measurements to display at the center of the screen:

AVERAGE 500M PACE

Projected time needed
to complete 500 meters
based on all strokes

AVERAGE METER PER STROKE

Average meters rowed
per stroke

MAX HEART RATE

Maximum heart rate
during workout

CALORIES PER HOUR

Projected calories burned
per hour based on all
pulls during the workout

FORCE CURVE

Graphically represents
how force is applied
during the rowing stroke

MAX WATT

Maximum watts produced
during all strokes

WATT CHART

Graphically represents
watts produced relative
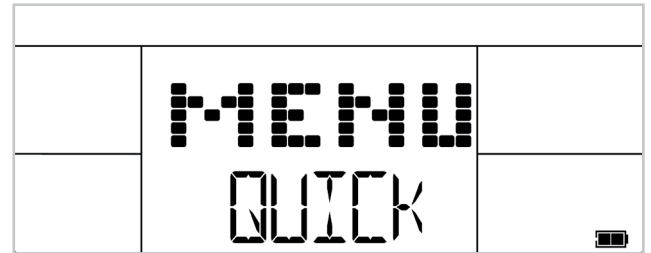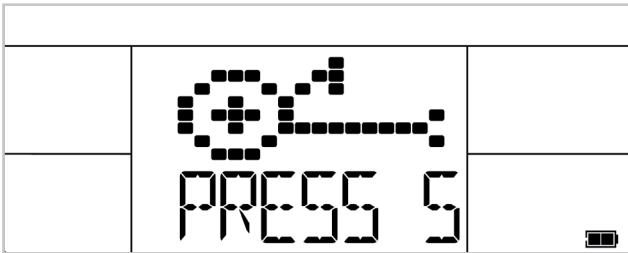to other strokes during
the workout

AVERAGE WATT

Average watts per stroke
based on all strokes

PRE-BUILT PROGRAMS
Toggle through the menu using the up/down arrows to select from the various
pre-built programs: Quick Start, Competition Racing, Interval/Tabdata, Target
Time, Target Calories, Target Strokes or Target Distance

1. Press START to turn on console. You will see "PRESS START TO QUICKSTART OR SELECT PROGRAM" on the meter display

2. To choose QUICKSTART, press again and begin your workout.

3. To choose a program, press the "UP/ DOWN" key to make your program selection between the following programs:
QUICKSTART / RACE / INTERVAL / TIME / DISTANCE / CUSTOM
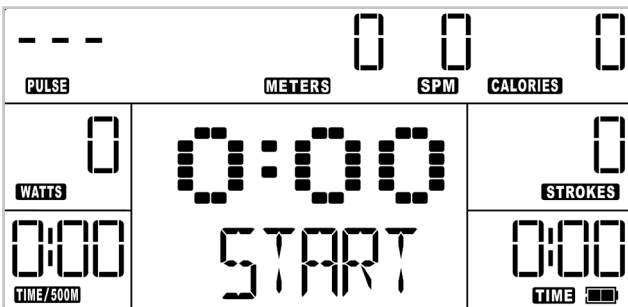
1. QUICKSTART

1. The monitor will default to the QUICKSTART mode when you press "START/STOP" or start rowing and do not choose a program.

2. During use, the monitor will display the following metrics TIME / STROKES / CALORIES / METERS / WATTS / TIME/500M / PULSE / STROKES PER MINUTE (SPM) Each metric will count up in increments.

3. Press the UP / DOWN button to display other metrics such as the TOTAL TIME, AVG / 500M, AVG METER / STROKE, MAX HR, MAX WATT, AVG WATT, CAL / HR, WATT CHART, and FORCE CURVE in the middle window.

4. If you stop rowing, the time shown on the lower right window of the monitor will pause. When you start rowing again, it will continue operating from where you left off.

5. Press the STOP button to pause the monitor.
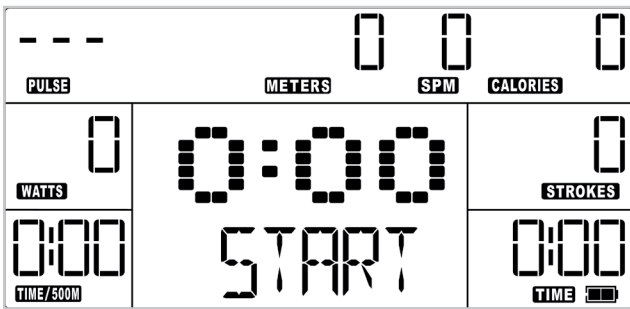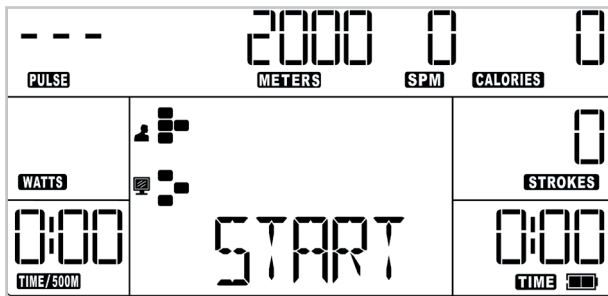
1. QUICK - PROGRAM

1. The monitor will default to the QUICKSTART mode when you press "START/STOP" or start rowing and do not choose a program.

2. During use, the monitor will display the following metrics TIME / STROKES / CALORIES / METERS / WATTS / TIME/500M / PULSE / STROKES PER MINUTE (SPM)

3. Press the UP / DOWN button to display other metrics such as the TOTAL TIME, AVG / 500M, AVG METER / STROKE, MAX HR, MAX WATT, AVG WATT, CAL / HR, WATT CHART, and FORCE CURVE in the middle window

4. If you stop rowing, the time shown on the lower right window of the monitor will pause. When you start rowing again, it will continue operating from where you left off.

5. Press the STOP button to pause the monitor.

2. RACE - PROGRAM
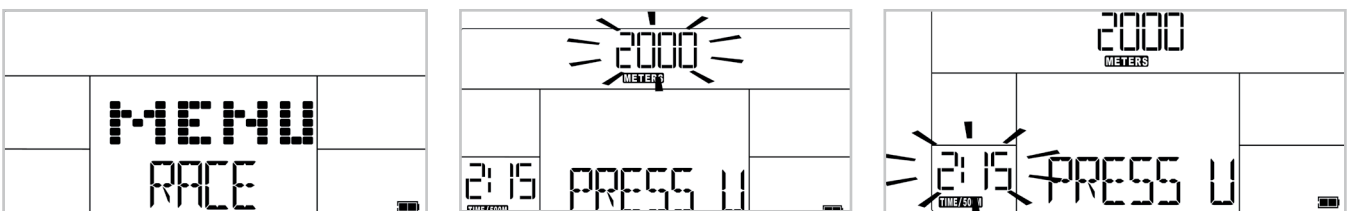
1. In the start menu, use the "UP / DOWN" key to select RACE, and then press the ENTER key to choose the program

2. When you select the RACE program, the program defaults to a 2000 meter distance.

3. You can use the "UP / DOWN" button to change the target race distance. Press the ENTER key when finished. Once your target race distance is set, the program defaults to a 2:15 TIME / 500M setting.

4. You can use the "UP / DOWN" button to change the "TIME / 500M" settings. Press the ENTER key when finished.

5. During the RACE program, the following metrics "TIME / STROKES / CALORIES / WATTS /" will count up. The METERS metric will count down to your target race distance.

6. During the race, the dot matrix will show YOUR position and the COMPUTER's position; the monitor will display the meter distance between the two. After the end of the race, the computer will show either the COMPUTER or YOU as the winner.

7. If you stop rowing, the time shown on the lower right window of monitor will pause. When you start rowing again, it will continue operating from where you left off.

8. Press the STOP button to pause the monitor.

3. INTERVAL - PROGRAM

1. In the start menu, use the "UP / DOWN" key to select INTERVAL, and then press the ENTER key to choose the program.

2. Note that the program has default settings for the number of intervals, work time, rest time, strokes, calories and meters.
You can change any of the defaults with the directions below. At any time, press START or begin rowing to begin the program with the default settings or mix of your changes and default setting.

3. When the user selects the INTERVAL program, the program defaults to 10 intervals.

4. You can use the "UP / DOWN" button to change the number of intervals. Press the ENTER key when you are finished.

5. Once your number of intervals is set, the program will default to 1:00 of work time.

6. You can use the "UP / DOWN" button to change the amount of work time. Press the ENTER key when you are finished.
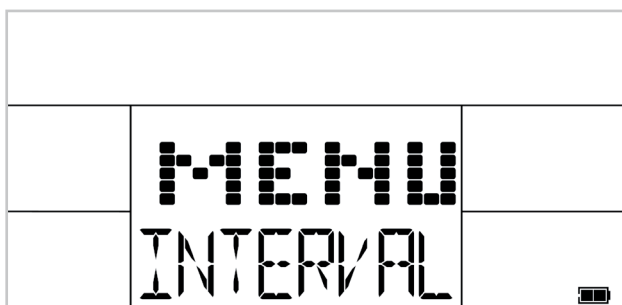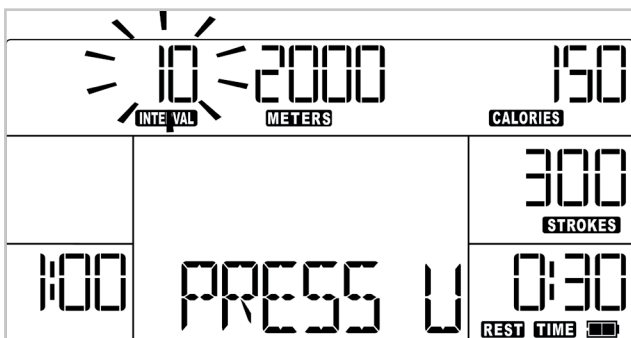
5. During the RACE program, the following metrics "TIME / STROKES / CALORIES / WATTS /" will count up. The METERS metric will count down to your target race distance.

6. During the race, the dot matrix will show YOUR position and the COMPUTER's position; the monitor will display the meter distance between the two. After the end of the race, the computer will show either the COMPUTER or YOU as the winner.

7. If you stop rowing, the time shown on the lower right window of monitor will pause. When you start rowing again, it will continue operating from where you left off.

8. Press the STOP button to pause the monitor.

3. INTERVAL - PROGRAM

1. In the start menu, use the "UP / DOWN" key to select INTERVAL, and then press the ENTER key to choose the program.

2. Note that the program has default settings for the number of intervals, work time, rest time, strokes, calories and meters.
You can change any of the defaults with the directions below. At any time, press START or begin rowing to begin the program with the default settings or mix of your changes and default setting.
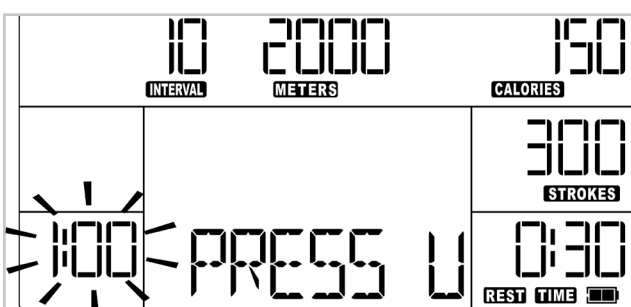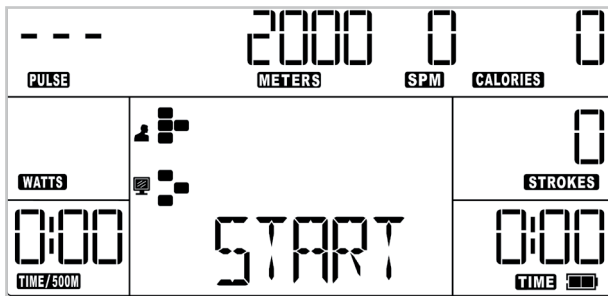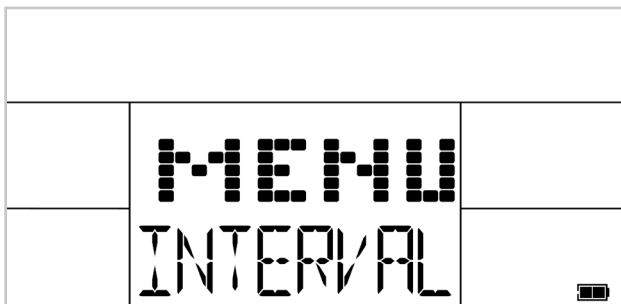
3. When the user selects the INTERVAL program, the program defaults to 10 intervals.

4. You can use the "UP / DOWN" button to change the number of intervals. Press the ENTER key when you are finished.

5. Once your number of intervals is set, the program will default to 1:00 of work time.

6. You can use the "UP / DOWN" button to change the amount of work time. Press the ENTER key when you are finished.

4. TIME – PROGRAM

1. In the start menu, use the "UP / DOWN" key to select TIME, and then press the ENTER key to choose the program.

2. When you select the TIME program, the program defaults to a time of 20 minutes.

3. You can use the "UP / DOWN" button to change the amount of time. Press the ENTER key when finished.

4. During the program, the TIME display on the bottom right will count down to 0:00. The STROKES, CALORIES, and METERS metrics will count up.

5. Press the UP / DOWN button to display other metrics such as the TOTAL TIME, AVG / 500M, AVG METER / STROKE, MAX HR, MAX WATT, AVG WATT, CAL / HR, WATT CHART, and FORCE CURVE in the middle window.

6. If you stop rowing, the time shown on the lower right window of monitor will pause. When you start rowing again, it will continue operating from where you left off.

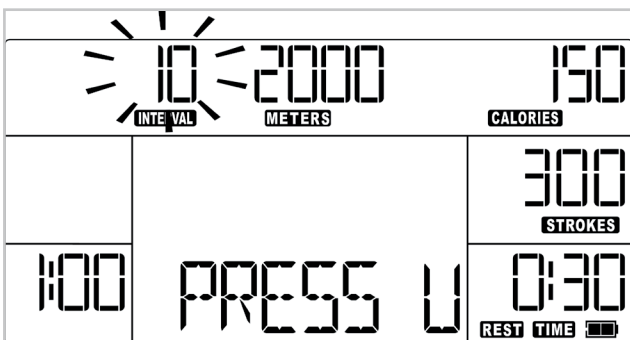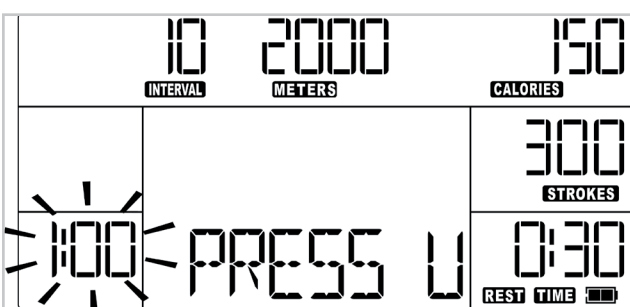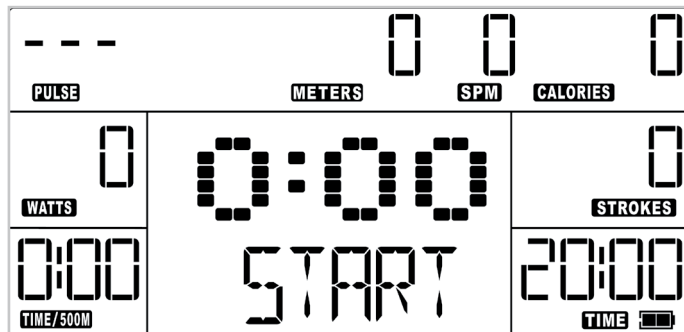7. Press the STOP button to pause the monitor.

5. DISTANCE- PROGRAM

1. In the start menu, use the "UP / DOWN" key to select DISTANCE, and then press the ENTER key to choose the program.

2. When the user selects DISTANCE program, the program will default to a target distance of 2000 meters.

3. GUsers can use the "UP / DOWN" button to change the target distance. Press the ENTER key when finished.
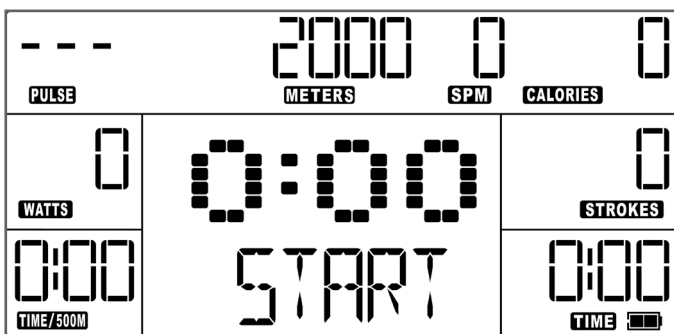
4. Press START key to begin the program. During the program, the METERS display on the top center will count down to zero. The TIME, STROKES, CALORIES displays will count up.

5. Press the UP / DOWN button to display other metrics such as the TOTAL TIME, AVG / 500M, AVG METER / STROKE, MAX HR, MAX WATT, AVG WATT, CAL / HR, WATT CHART, and FORCE CURVE in the middle window.

6. If you stop rowing, the time shown on the lower right window of monitor will pause. When you start rowing again, it will continue operating from where you left off. .

7. Press the STOP button to pause the monitor.

6. CUSTOM – PROGRAM
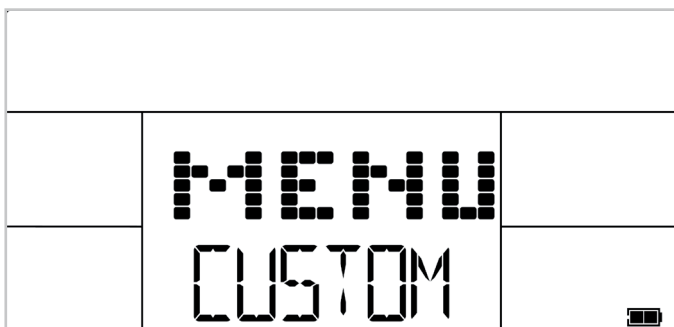
1. In the start menu, use the "UP / DOWN" key to select CUSTOM, and then press the ENTER key to choose the program.

2. Note that the program has default settings for the number of intervals, amount of work time, amount of rest time, strokes, calories, meters. You can change any of the defaults with the directions below. At any time, press START or begin rowing to begin the program with the default settings or mix of your changes and default setting.
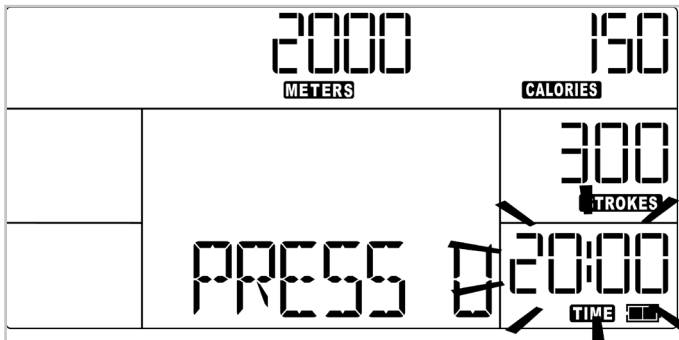
3. When you select the CUSTOM program, the program defaults to a 20:00 minute default time.
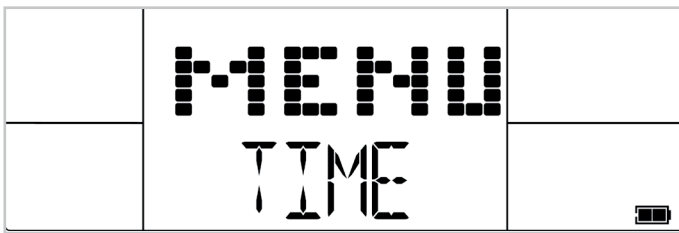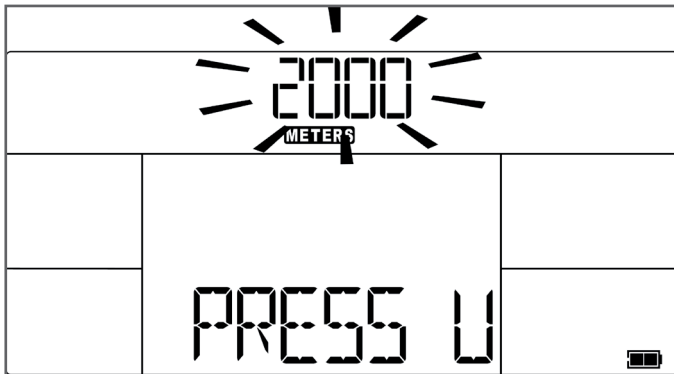
4. Users can use the "UP / DOWN" button to change the amount of time. Press the ENTER key when you are finished.

5. When you select the CUSTOM program, the program defaults to a 20:00 minute default time

6. You can use the "UP / DOWN" button to change the amount of time. Press the ENTER key when you are finished.

7. Once the number of strokes is set, the program will default to 150 calories.

8. You can use the "UP / DOWN" button to change the amount of calories. Press the ENTER key when finished.

9. Once the amount of calories is set, the program will default to 2000 meters.

10. You can use the "UP / DOWN" button to change the amount of meters. Press ENTER key when finished.
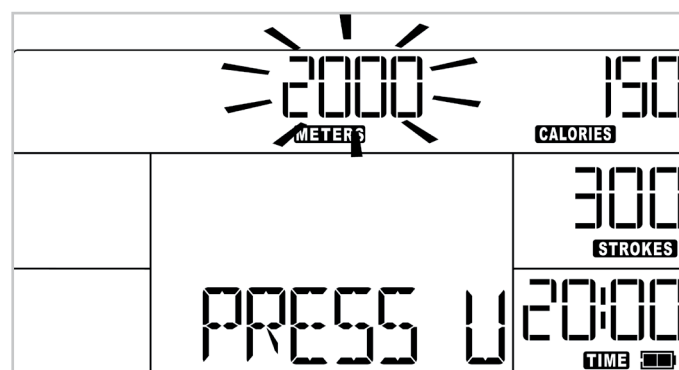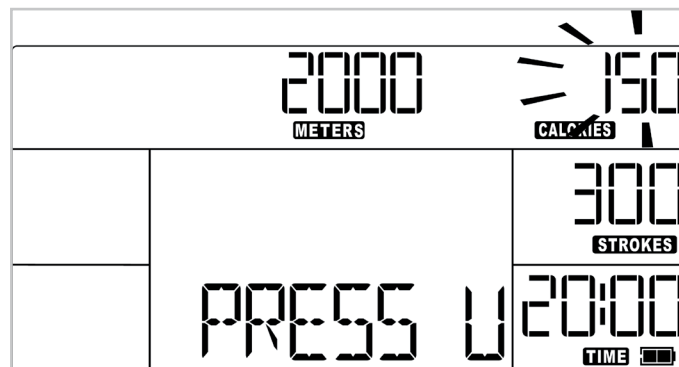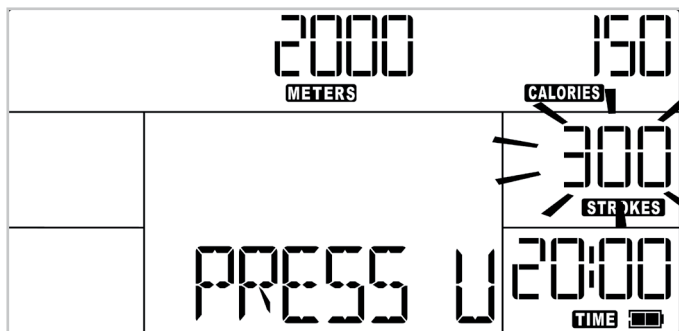
11. During the program, the TIME, STROKES, CALORIES, and METERS displays will count down to zero and will stop at zero.

12. Press the UP / DOWN button to display other metrics such as the TOTAL TIME, AVG / 500M, AVG METER / STROKE, MAX HR, MAX WATT, AVG WATT, CAL / HR, WATT CHART, and FORCE CURVE in the middle window.
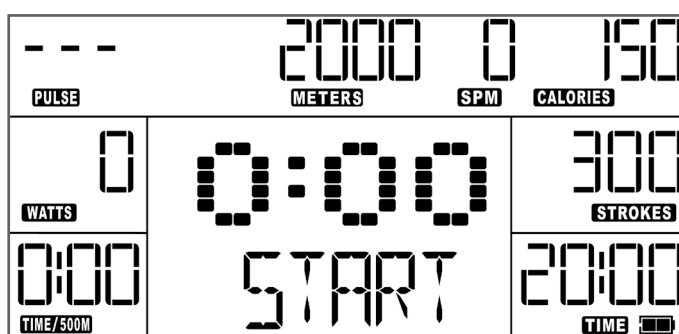
13. If you stop rowing, the time shown on the lower right window of monitor will pause. When you start rowing again, it will continue operating from where you left off.

14. Press the STOP button to pause the monitor.

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.

KINOMAP
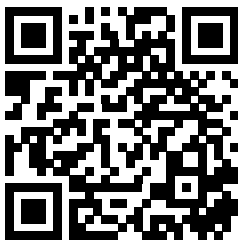
APP STORE
KINOMAP

GOOGLE PLAY
KINOMAP

USER MANUAL
KINOMAP

virtufit

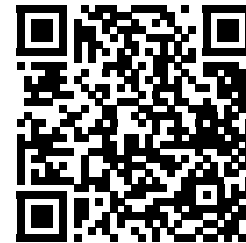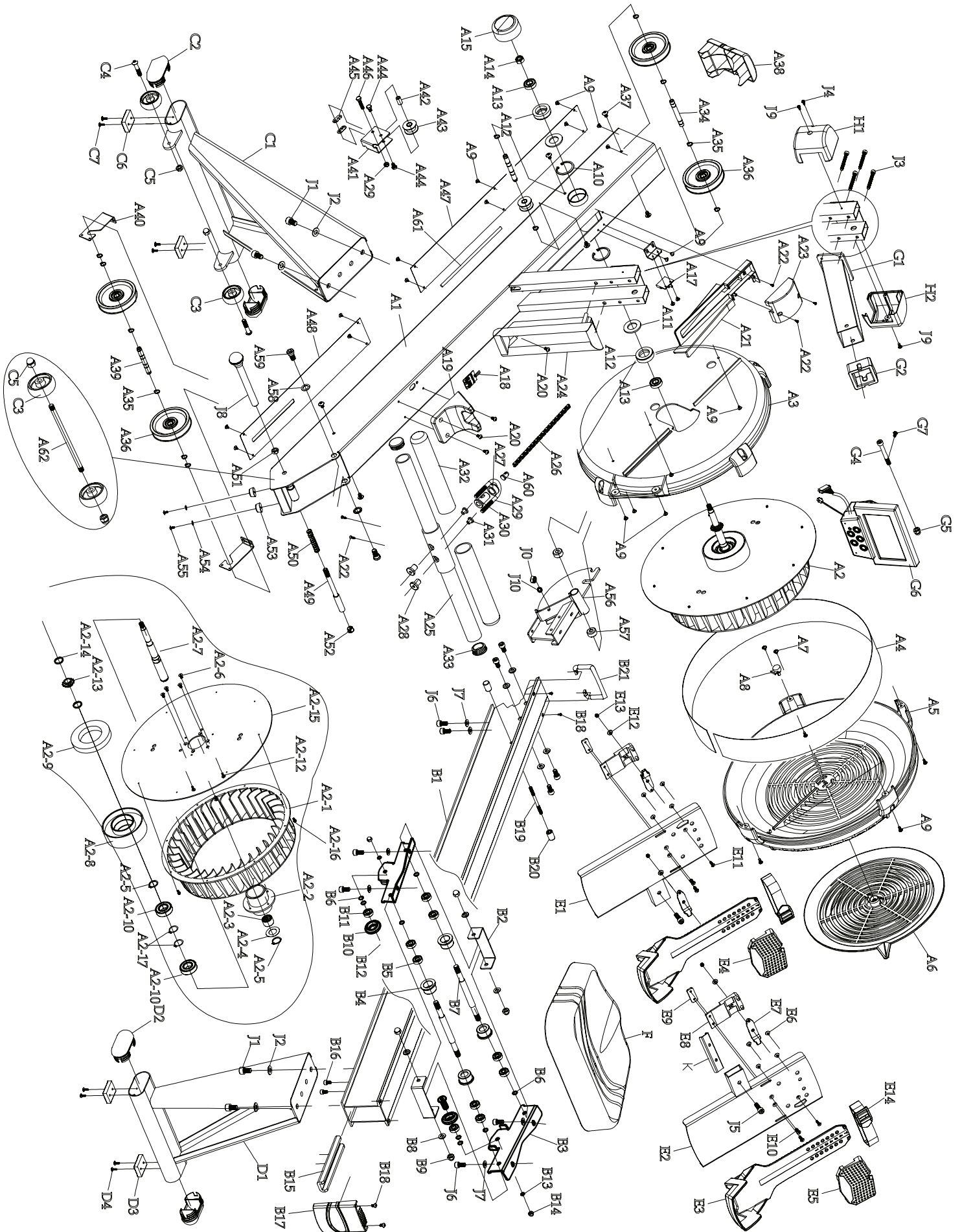| #	DESCRIPTION	QTY.
A1	Main Frame assembly	1
A2	Flywheel fan assembly	1
A2-1	Fan	1
A2-2	Tube	1
A2-3	One-way bearing FC2016	1
A2-4	Iron washer	1
A2-5	S-type buckle S20	2
A2-6	Cap head socket screw M5*10 mm	4
A2-7	Axial of flywheel Φ20x197 mm	1
A2-8	Magnet covering	1
A2-9	Ring magnet Φ100*Φ60*15T	1
A2-10	Bearing BR-6004ZZDKFL	2
A2-12	Tapping screw M4*12 mm	3
A2-13	1/4" Chain gear	1
A2-14	PU washer	2
A2-15	Fan stable bracket Φ430*2.5T	1
A2-16	Tapping screw M4*10 mm	8
A2-17	R-type buckle R42	2
A3	Chain cover (left) ABS	1
A4	'Mesh'	1
A5	Chain cover (right) ABS	1
A6	Adjust disc ABS	1
A7	Tapping screw M4 * 8 mm	2
A8	Variable resistor	1
A9	Tapping screw M4 x 12 mm	21
A10	C-type buckle R40	2
A11	Washer Φ22*Φ44.2*3T	2
A12-1	Rubber Cover 6001	1
A12-2	Rubber Cover 6903	1
A13-1	Bearing BR-6001ZZDKFL	1
A13-2	Bearing BR-6903ZZDKFL	1

#	DESCRIPTION	QTY.
A14	Nylon Insert Lock Nut M10	1
A15	Ring cover ABS	1
A16	Sensor Bracket	1
A17	Sensor	1
A18	Heart rate receiver	1
A19	Handle holder ABS	1
A20	Philip head socket screw M5*10 mm	4
A21	Sensor Base Cover ABS	1
A22	Tapping screw M4*12 mm	5
A23	Sensor cover ABS	1
A24	Outer chain cover ABS	1
A25	Handle-bar Φ31.8	1
A26	1/4" chain	1
A27	Chain connecting spacer SC-2473	1
A28	Evan Nut	2
A29	Chain hook	1
A30	Chain connector	1
A31	T-type nut	2
A32	Hand grip	2
A33	End cap	2
A34	Axial of pulley (front) Φ10*79.8 mm	1
A35	C-type buckle	10
A36	Pulley	4
A37	Philip head socket screw M5*10 mm	4
A38	Main frame Front cap ABS	1
A39	Axial of pulley (back) Φ12.7*76 mm	2
A40	Elastic rope bracket	2
A41	Chain bracket	1
A42	Pulley socket	1
A43	Chain pulley	2
A44	Hexagon head screw M6*10 mm	2

#	DESCRIPTION	QTY.
A45	Trim panel	2
A46	Heaxagon head screw M6*30 mm	1
A47	Main frame bottom board (front)	1
A48	Main frame bottom board (back)	1
A49	Axial of pin Φ12.7*76 mm	1
A50	Spring	1
A51	Nut	1
A52	Plug block	1
A53	Foot pad	1
A54	Washer M4*Φ10*1T	2
A55	Tapping screw M4*10 mm	2
A56	Swivel axial	1
A57	Swivel axial socket Φ21.5*12 mm	2
A58	Washer 1/2*2.0T*Φ23	2
A59	Cap head socket screw M10*16 mm	2
A60	Chain connecting axial	1
A61	Elastic rope	1
A62	Axial of moving wheel Φ8*156 mm	1
B1	Aluminum rail	1
B2	Seat carriage roller cover	2
B3	Seat carriage cover	2
B4	Seat carriage wheel	4
B5	Bearing PR-608ZZ(BMC)	8
B6	Spacer Φ8*Φ12*2 mm	8
B7	Seat carriage axial Φ10*121 mm	2
B8	Washer M8*2.0T*Φ16	4
B9	Lower acorn Nut M8	4
B10	Seat carriage roller	2
B11	Bearing PR-608ZZ(BMC)	2
B12	Even head socket screw M8*20 mm	2

#	DESCRIPTION	QTY
B13	Washer M8*Φ16*2T	2
B14	Lower acorn nut M8	2
B15	Rail upper plate	1
B16	Cap head socket screw M6*10 mm	2
B17	Rail end cap ABS	1
B18	Philip head socket screw M5*10 mm	4
B19	Double head screw Φ5.25*85 mm	1
B20	Seat carriage stopper TPR	2
B21	Rail handle	1
C1	Front stabilizer	1
C2	Flat oval cap 40*80	2
C3	Moving wheel Φ50	4
C4	Philip head socket screw M8*40 mm	2
C5	Lower acorn nut M8	4
C6	Foot pad	2
C7	Tapping screw M4*12 mm	2
D1	Rear stabilizer	1
D2	Flat oval cap 40*80	2
D3	Foot pad 40*32	2
D4	Tapping screw M4*12 mm	2
E1	Left pedal rest	1
E2	Right pedal rest	1
E3	Adjust pedal pad TPE	2
E4	Left pedal rest cover	1
E5	Right pedal rest cover	1
E6	Tapping screw M4*8 mm	8
E7	Set piece	2
E8	Set base	2

#	DESCRIPTION	QTY.
E9	Foot snap	2
E10	Flat head philips screw M5*15 mm	4
E11	Flat head philips screw M4*15 mm	2
E12	Spacer	2
E13	Nylon isert lock nut M4	2
E14	Foot strap	2
F	Seat	1
G1	Console tube	1
G2	Console bracket	1
G3	Console back cover (old design)	1
G4	Cap head socket screw M8*85	1
G5	Nylon acorn nut M8	1
G6	Console	1
G7	Ball head screw M5*10 mm	4
H1	Left display tube cover ABS	1
H2	Right display tube cover ABS	1
J0	Nylon insert lock nut M8	2
J1	Cap head socket screw M10*16 mm	4
J2	Washer M10*1.5T*Φ20	4
J3	Cap head socket screw M6*50 mm	4
J4	Tapping screw M4*12 mm	3
J5	Cap head socket screw M8*35 mm	2
J6	Cap head socket screw M8*16 mm	10
J7	Washer M8*Φ16*1.5T	10
J8	Pull pin	1
J9	Ball head view M4*10 mm	2
J10	Spring washers	2
K	Pedal stable bracket	1

For questions or missing parts please contact your dealer.