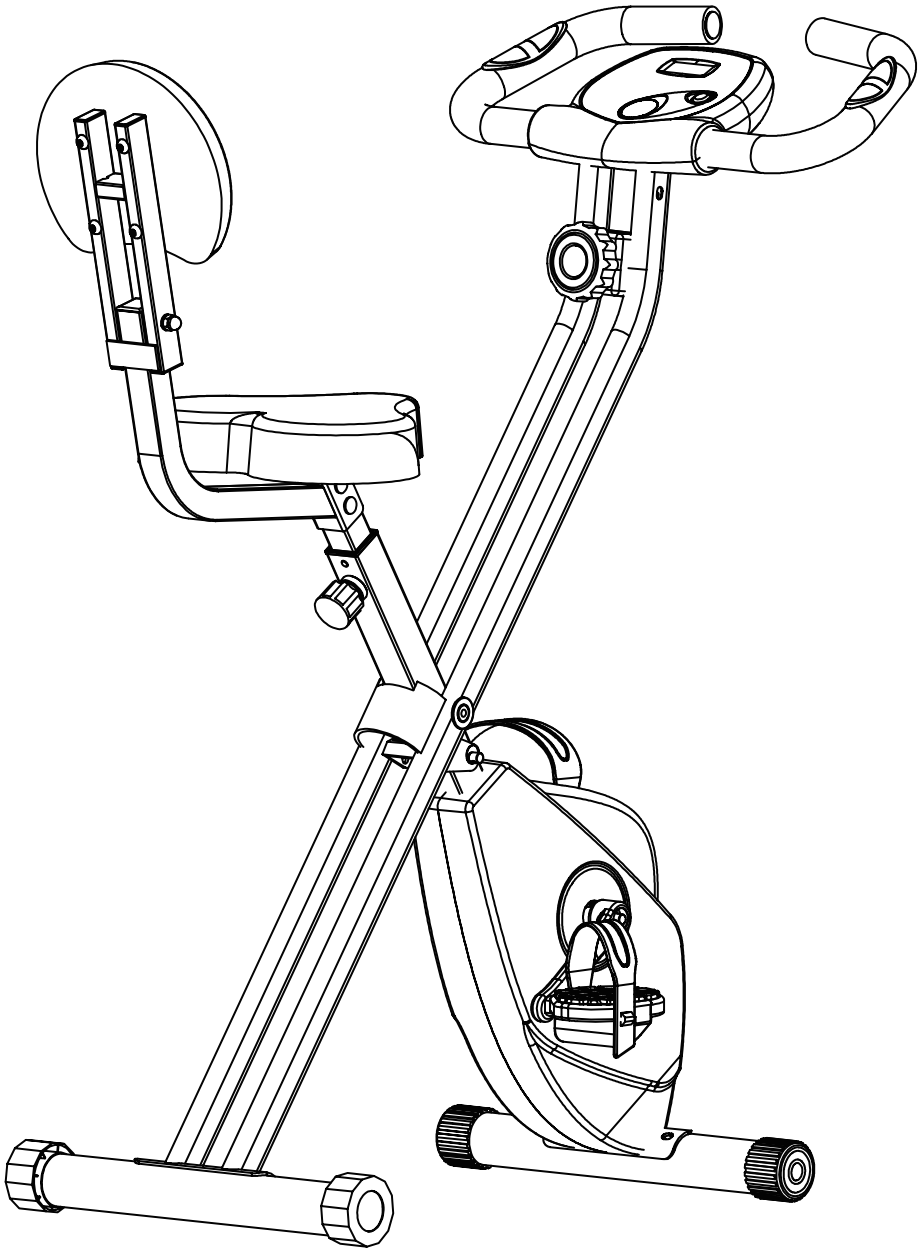
virtufit

Folding Bike with Backrest and Tablet Holder

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.

SAFETY INSTRUCTIONS

- 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 110 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.

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).

TOOLKIT

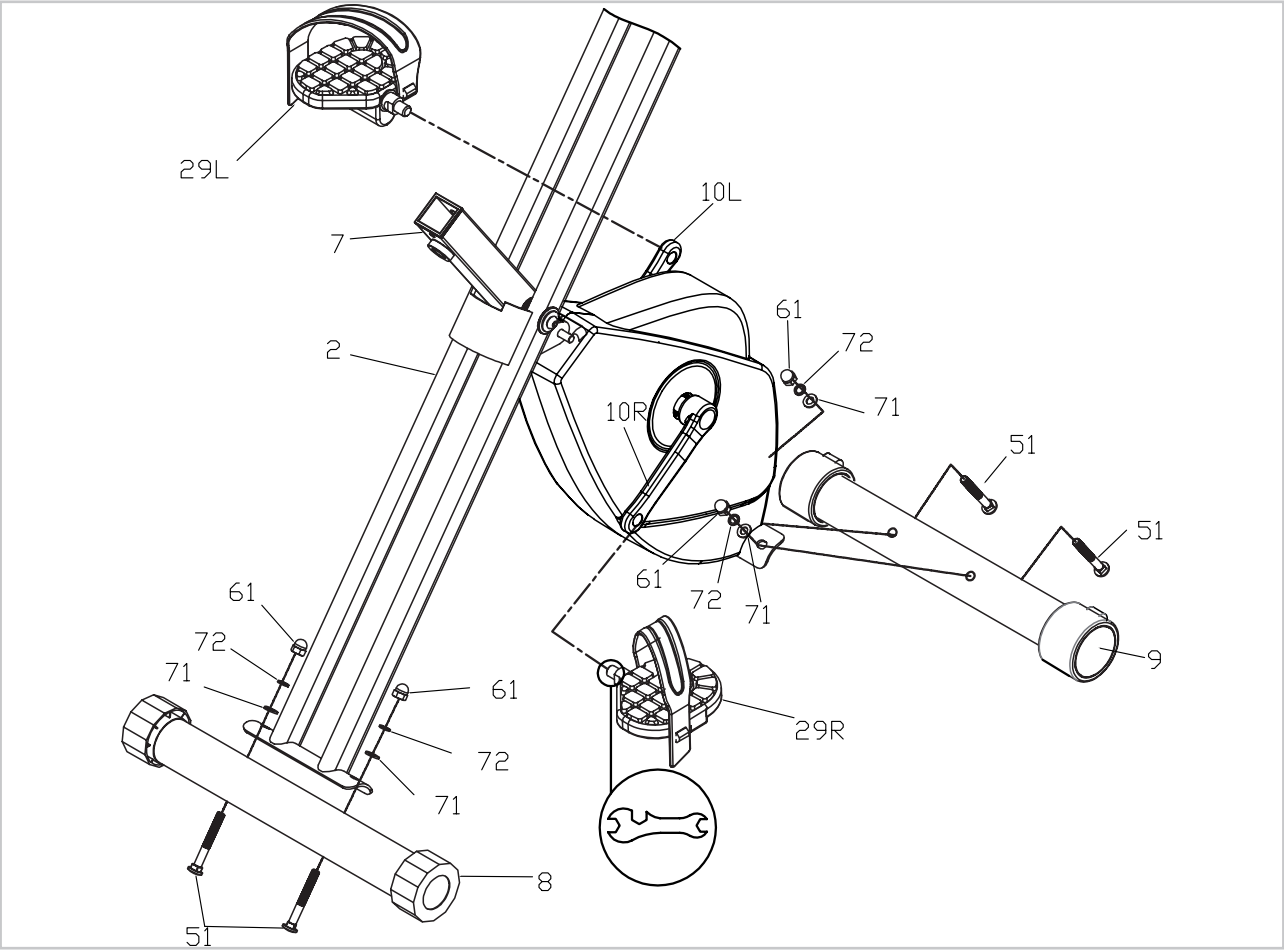
When you open the carton, and you will find the below parts in the carton:

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

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

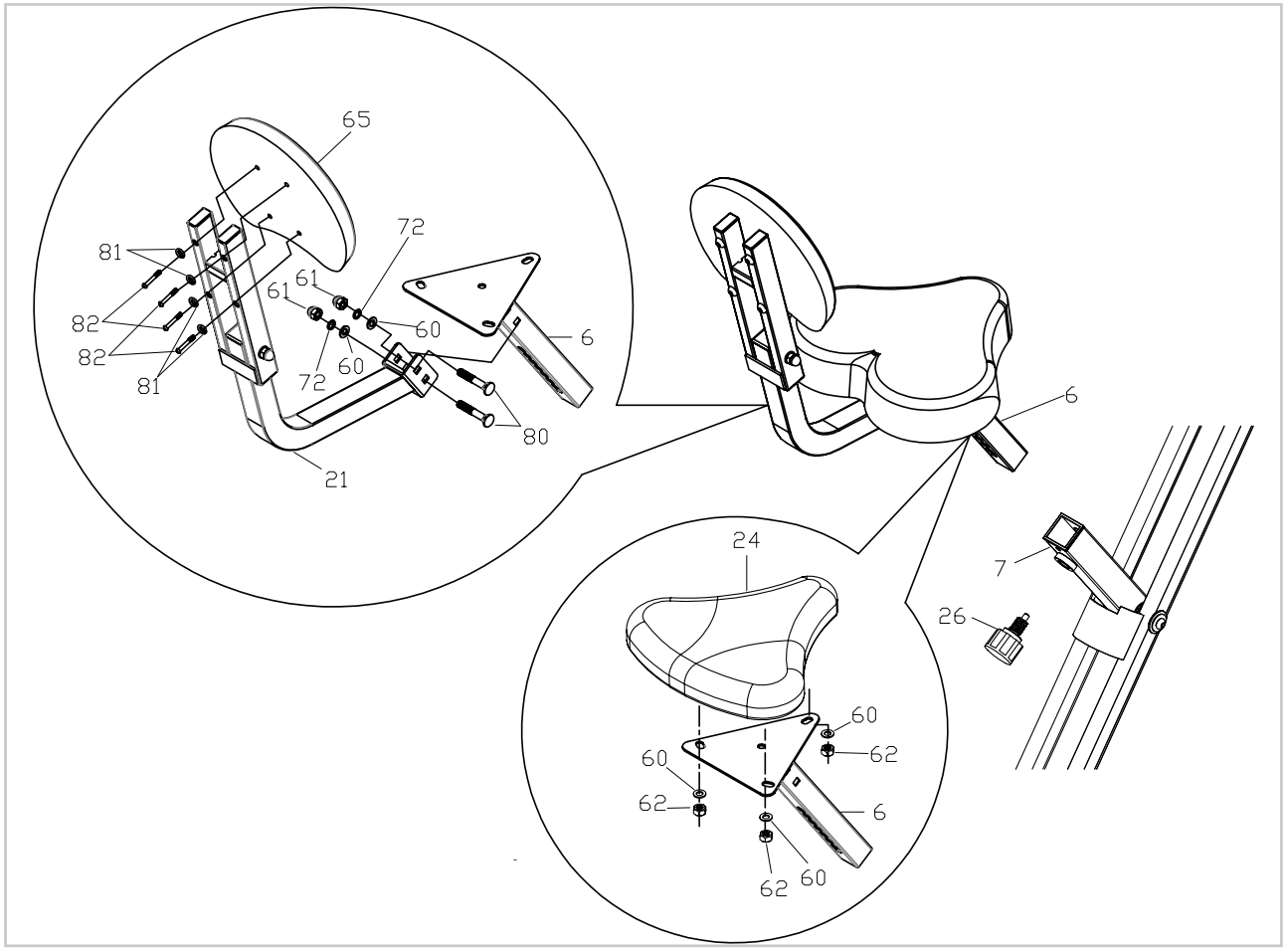
Socket screws: The folding bike contains socket screws, make sure that the allen key is firmly in the bolt before you apply force to the key. In this way you prevent the head of the socket head screw from being rotated.

STEP 1



- Assemble Rear & Front Stabilizer
- Assemble Pedals (L / R).

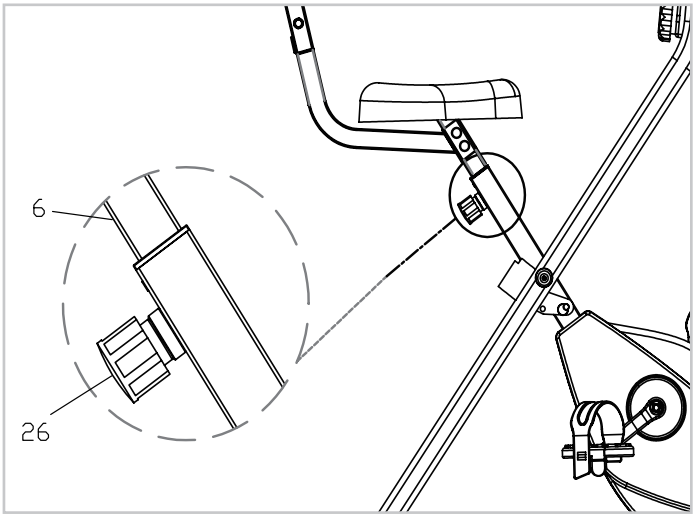
STEP 2



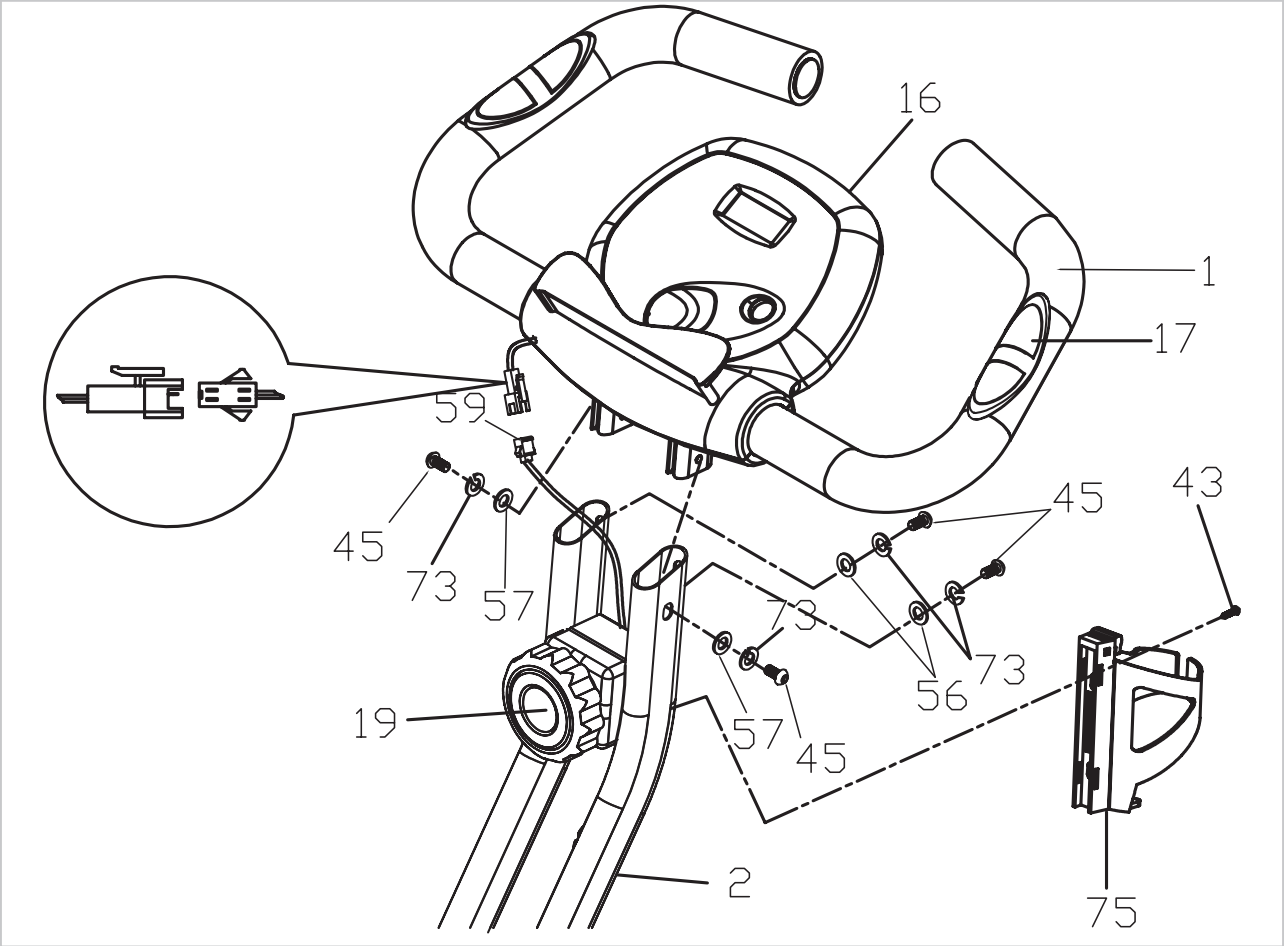
- Assemble Saddle.

Adjust the Saddle

The Saddle Support has “Max” Sign to show the maximum height of Saddle. You should not exceed this height. Unscrew the Seaat Adjustment Knob (26) a couple of turns then pull the knob outwards to release the Seat Support Tube (6). To get the ideal seat height you must adhere to the following guideline; the highest pedal should be near your knee and the saddle should protrude just above your waist.



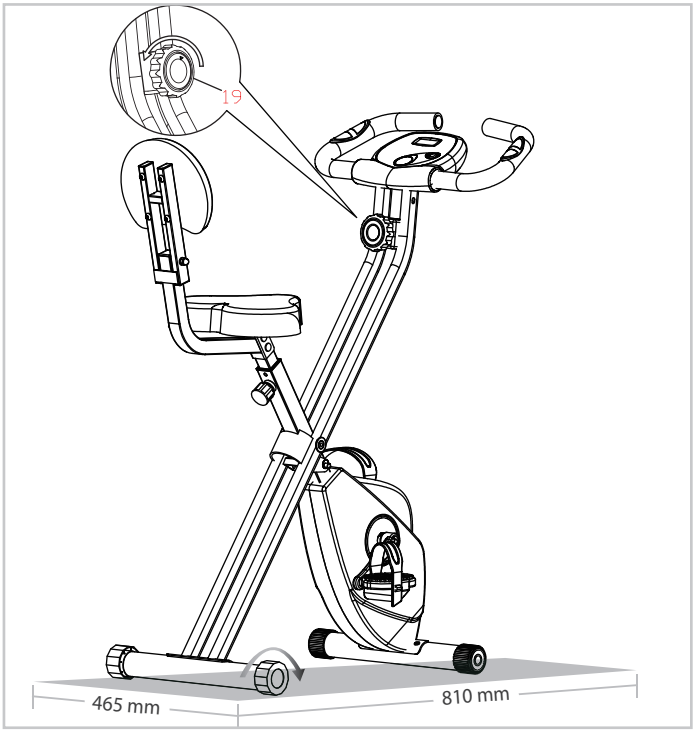
STEP 3



- Assemble Handlebar & Exercise Monitor.

LEVELING THE BIKE

For sucurity and staility, your folding bike has a factory welded frame and once fully assembled correctly, should not need further alignment. However, in the interest of safety, please always ensure that your folding bike is positioned on a solid, flat surface. If necessary, use a rubber mat underneath to reduce the possibility of slipping in use. If you need to make a fine adjustment, simply twist the end of either Rear Frame Stabiliser Adjustable Hex End Cap (27) to compensate for uneven floors.



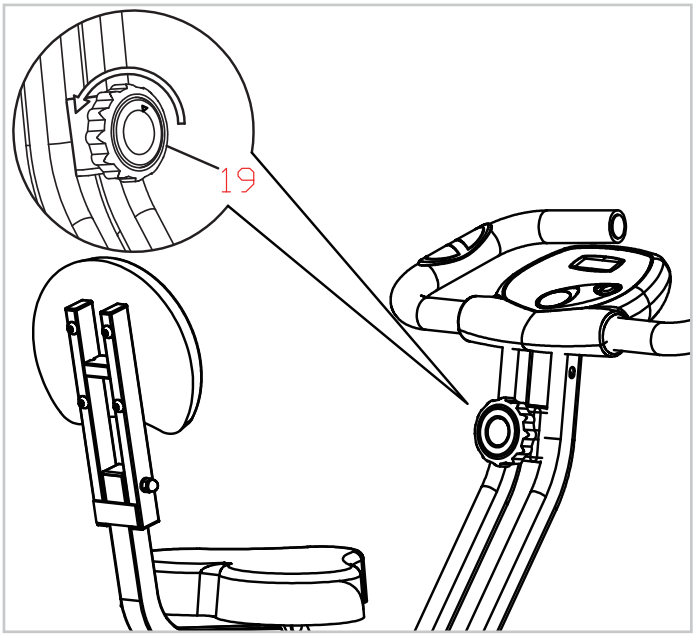
TENSION KNOB

To ensure smoth efficient cycling action, the tension belt braking system on your folding bike has been correctly adjusted by our factory during production.

TENSION KNOB ADJUSTMENT

You could adjust the tension for varied resistance with the Tension Control (19).

NOTE: ***You should begin your "Exercise Period" at the resistance level and speed to suit your needs. Remember to start out slow and easy, and work your way up to the fitness level you desire.***

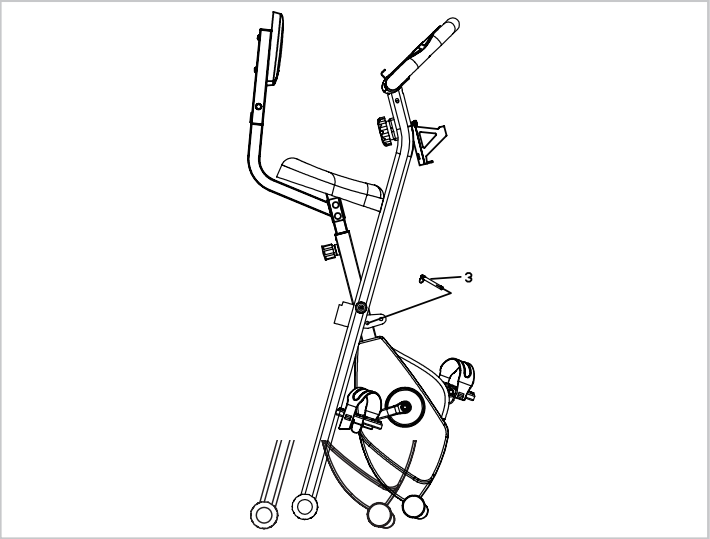


FOLDING INSTRUCTIONS

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.***

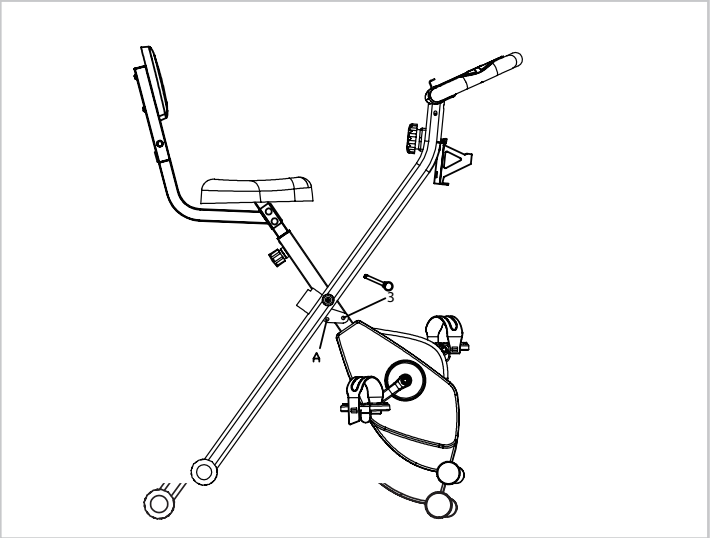
FOLDING

Using the Locking Pin (3) to fold and unfold the bike. When folded, the Locking Pin (3) is in Positon B.



UNFOLDING

Using the Locking Pin (3) to fold and unfold the bike. When in use, the Locking Pin (3) is in Position A.



MAINTENANCE

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 folding bike.

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

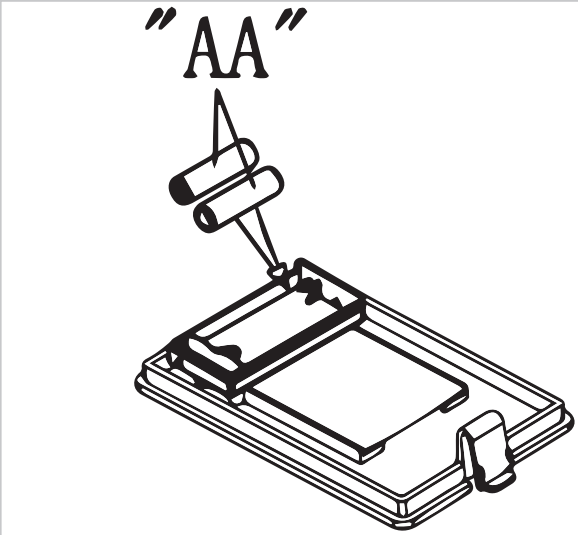
- Inspect all bolts and nuts in connection with moving parts of the device, tighten as required.
- Check the mobility of moving parts and components of the use equipment, silicone spray if necessary.

BATTERY

AA BATTERY

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 dissemble or throw then 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 then usual zinc-coalbatteries.
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.

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.

Folding bike beeps

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

Squeaky exercise bike

First lubricate all rotating parts with silicone spray. It can also be that a screw is tightened too tightly or too loosely, this creates friction and therefore a beep. If this is the case, try to find out exactly where the beep is coming from and then loosen or tighten this screw. The screws should be tightened in such a way that they can always be released by hand.

Ticking noise when pedaling

This is probably caused by one of the pedals. Disassemble the trapper (s) and then reattach them to the device. Be careful, the left-hand trapper has to be turned counterclockwise to tighten, the right-hand trapper clockwise. Tighten the pedals securely. If this does not offer the solution, report this to the supplier.

Heart rate display does not work

This can have various causes.

- The sensor cables running from the heart rate sensor to the display are incorrectly fitted or have come off during use.
- It may be that the sensors have become damp, dirty or greasy, clean them regularly.

The console doesn't work

- Are there any other problems? Please contact your dealer.
- When the display show Drawing D, it means the batteries need to be changed.
- If there is no signal when you pedal, please check if the cable is well connected.

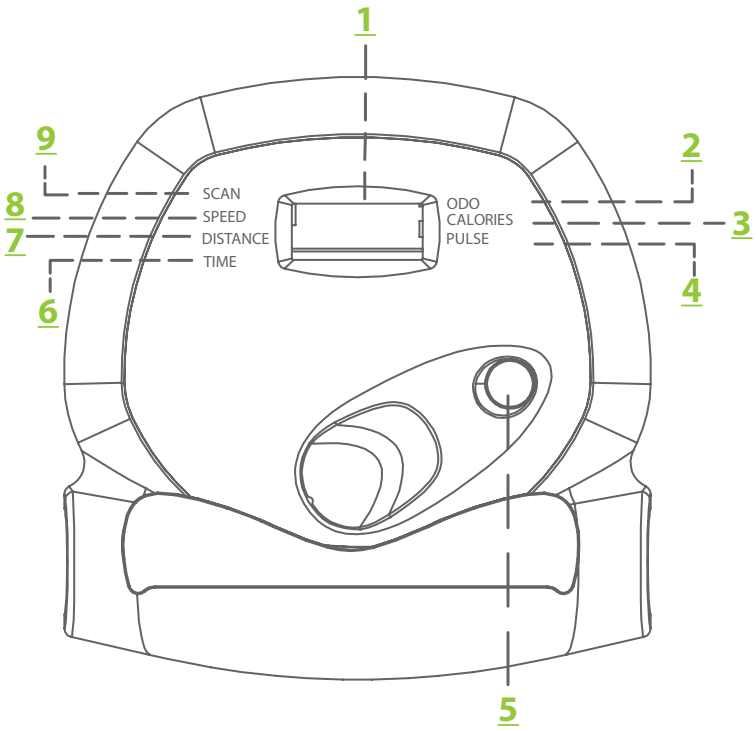
Afbeelding A

Afbeelding B

Afbeelding C

Afbeelding D

CONSOLE



1. MONITOR
2. ODOMETER
3. CALORIES
4. PULSE
5. MODE
6. TIME
7. DISTANCE
8. SPEED
9. SCAN

BUTTON	FUNCTION
SCAN	Changing from function to function every 2 seconds.
MODE	To select dierent functions.
TIME	Workout time during your exercise. 0:00 - 99:59 (minutes).
SPEED	Workout speed during your exercise. 0.0 - 999.9 (KM/H).
DISTANCE	Workout distance during your exercise. 0.0 - 999.9 (KM).
ODOMETER	Automatically counts the total distance of all training. 0 - 9999 (KM).
CALORIES	Burned calories during your exercise. 0.0 - 999.9 (cal).
PULSE	Heart rate during your exercise. 40 - 240 (beats per minute).

FUNCTIONS

BUTTON	FUNCTION
TIME	Press the MODE button until the TIME function is selected. The total cycling time from the beginning to the end of the exercise is displayed.
SPEED	Press the MODE button until the SPEED function is selected. The speed is displayed during training when you start training.
CALORIES	Press the MODE button until the CALORIES function is selected. The total calories from the beginning to the end of the exercise is displayed.
DISTANCE	Press the MODE button until the DISTANCE function is selected. The distance of each workout is displayed when you start training.
ODO	The distance is automatically added when you start training.
PULSE	Press the MODE button until the PULSE function is selected. Hold your hands on the sensor for 3 seconds to display your heart rate.

MONITOR

SCAN: Display changes according to the next diagram every 4 seconds. Automatically display of the following functions in the order shown: TIME---SPEED---DISTANCE---CALORIES---ODO ---PULSE---SCAN

Operation monitor

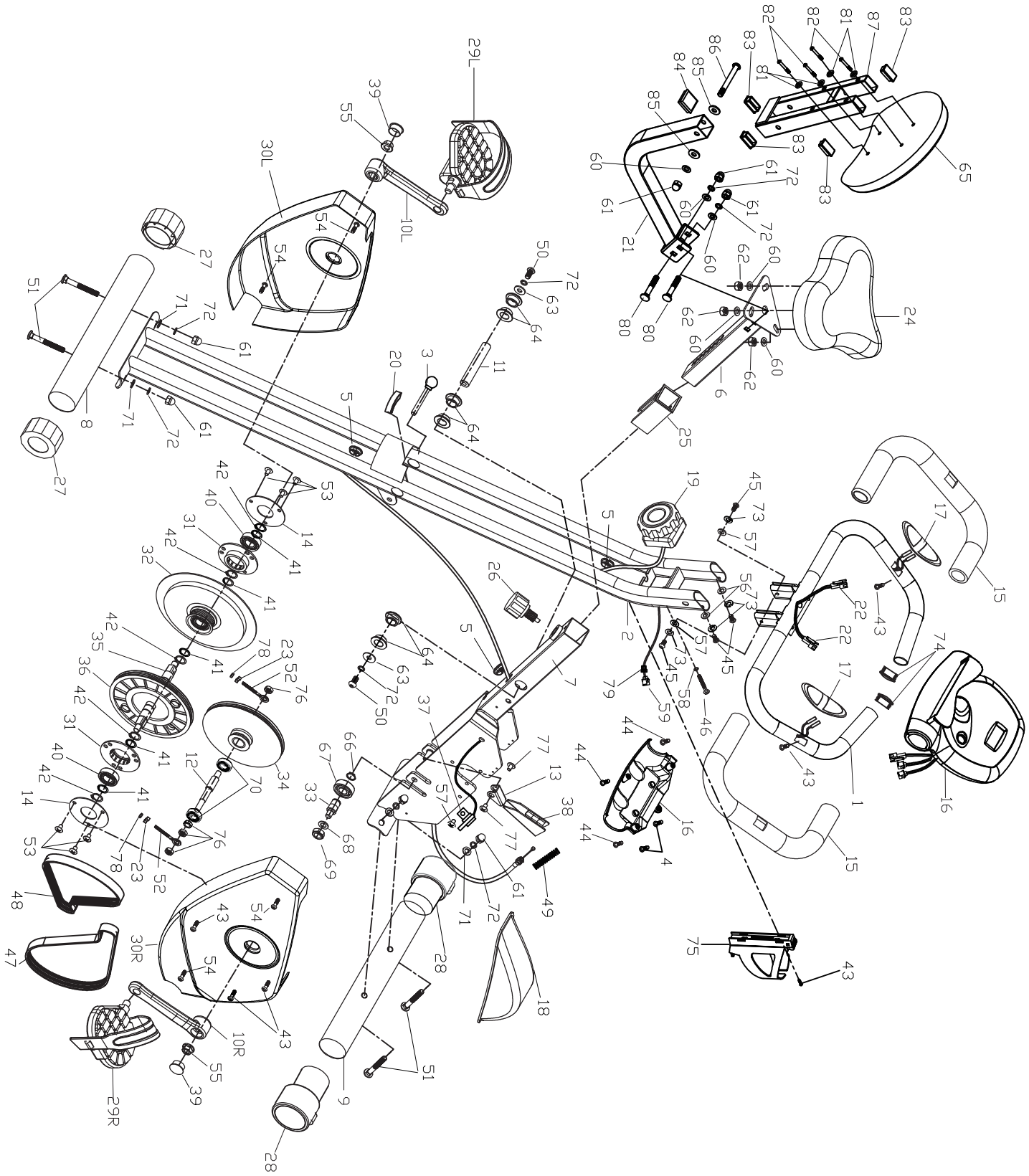
1. When there is no signal for 4 to 5 minutes, the LCD display will turn off automatically.

2. When there is a signal input, the monitor automatically turns on.

3. If you see an improper display on the monitor, please replace the batteries. To ensure a good result, replace the batteries at the same time.

4. The monitor use 2pcs of 1.5v "AAA" batteries.

EXPLODED DRAWING



PARTS LIST

#	DESCRIPTION	QTY
1	Handlebar	1
2	Rear frame	1
3	Locking pin	1
4	Screw M5*10	2
5	Pval line plug 15*20	3
6	Saddle support	1
7	Main frame	1
8	Rear stabilizer	1
9	Front stabilizer	1
10	Crank (R & L)	2
11	Main shaft	1
12	Lower drive wheel shaft	1
13	Magnetic bracket	1
14	Round steel	2
15	Handle grip foam	2
16	Console	1
17	Pulse sensor pad	2
18	Chain cover (U)	1
19	Tension Control Knob	1
20	EVA sticker	1
21	Bracket stem support	1
22	Pulse sensor wire	2
23	Backrest support	1
24	Saddle	1
25	Saddle stem insert	1
26	Seat adjustment knob	1
27	Adjustable hex and cap	2
28	End cap	2
29	Pedal (R & L)	2
30	Chain cover (R & L)	2

#	DESCRIPTION	QTY
31	Pulley brush	2
32	Flywheel	1
33	Pulley bracket	1
34	Lower drive wheel	1
35	Upper drive wheel shaft	1
36	Upper drive wheel	1
37	Sensor bracket	1
38	Magnet	6
39	Crank guard trim	2
40	Bearing	2
41	Waved washer	5
42	Spring washer	5
43	Self-tapping screw M4*25	6
44	Screw M5*15	3
45	Allen screw M6*12	4
46	Screw M5*50	1
47	Drive belt 230J	1
48	Drive belt 220J	1
49	Spring	1
50	Allen screw M8*20	2
51	Carriage bolt M8*65	4
52	Screw M6*40	2
53	Screw M6*12	6
54	Self-tapping screw M4*20	4
55	Nut M10*1.25	2
56	Curved washer M6	2
57	Flat washer M6	2
58	Flat washer	1
59	Sensor wire	1
60	Spring washer	6

PARTS LIST

#	DESCRIPTION	QTY
61	Dome lockut	7
62	Nylon locknut M8	3
63	Flat washer	2
64	Inner bushing	6
65	Backrest	1
66	Lock ring	1
67	Bearing	1
68	Flat washer	1
69	Nylon locknut M10	1
70	Bearing	2
71	Curved washer	4
72	Spring washer	8
73	Spring washer	4
74	Handlebar end cap	2
75	Water bottle holder	1
76	Nut M10*1	4
77	Screw M5*10	2
78	Locknut M6	2
79	Wire plug	1
80	Carriage bolt	2
81	Flat washer	4
82	Screw	4
83	Obling end cap	4
84	Square end cap	1
85	Flat washer	2
86	Allen bolt	1
87	Backrest support	1

TRAINING INSTRUCTIONS

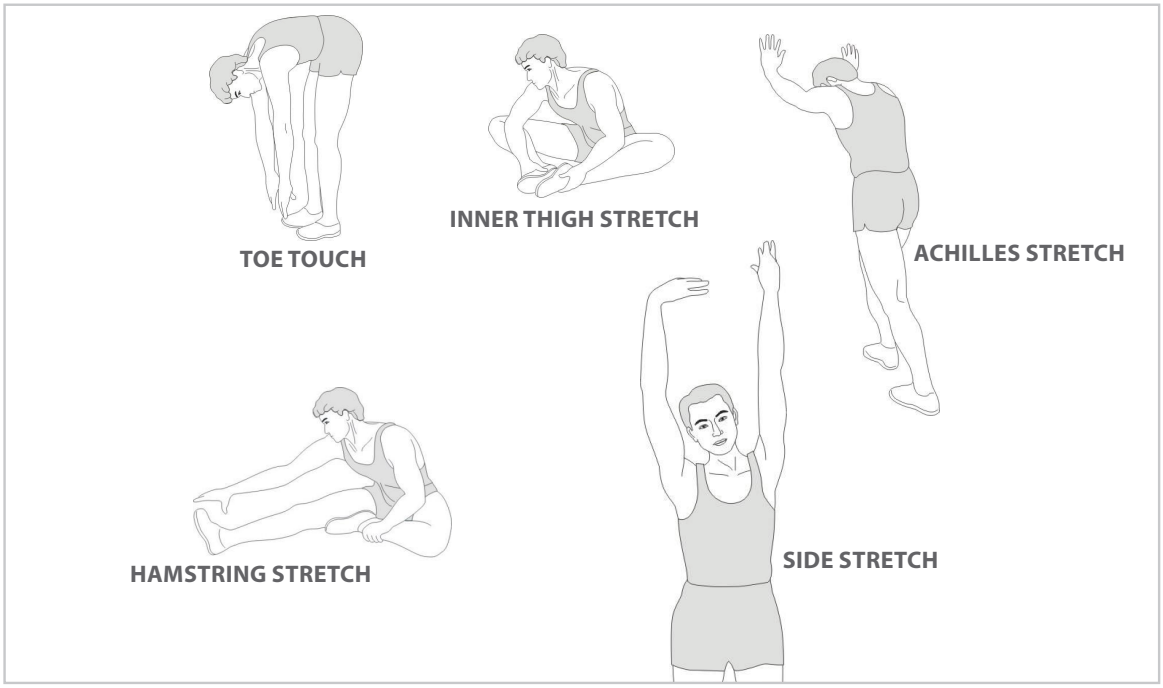
A successful exercise program consists of a warm-up, aerobic exercise, and a cool-down. Do the entire program at least two and preferably three times a week, resting for a day between workouts. After several months, you can increase your workouts to four or five times per week.

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.

For questions or missing parts please contact your dealer.