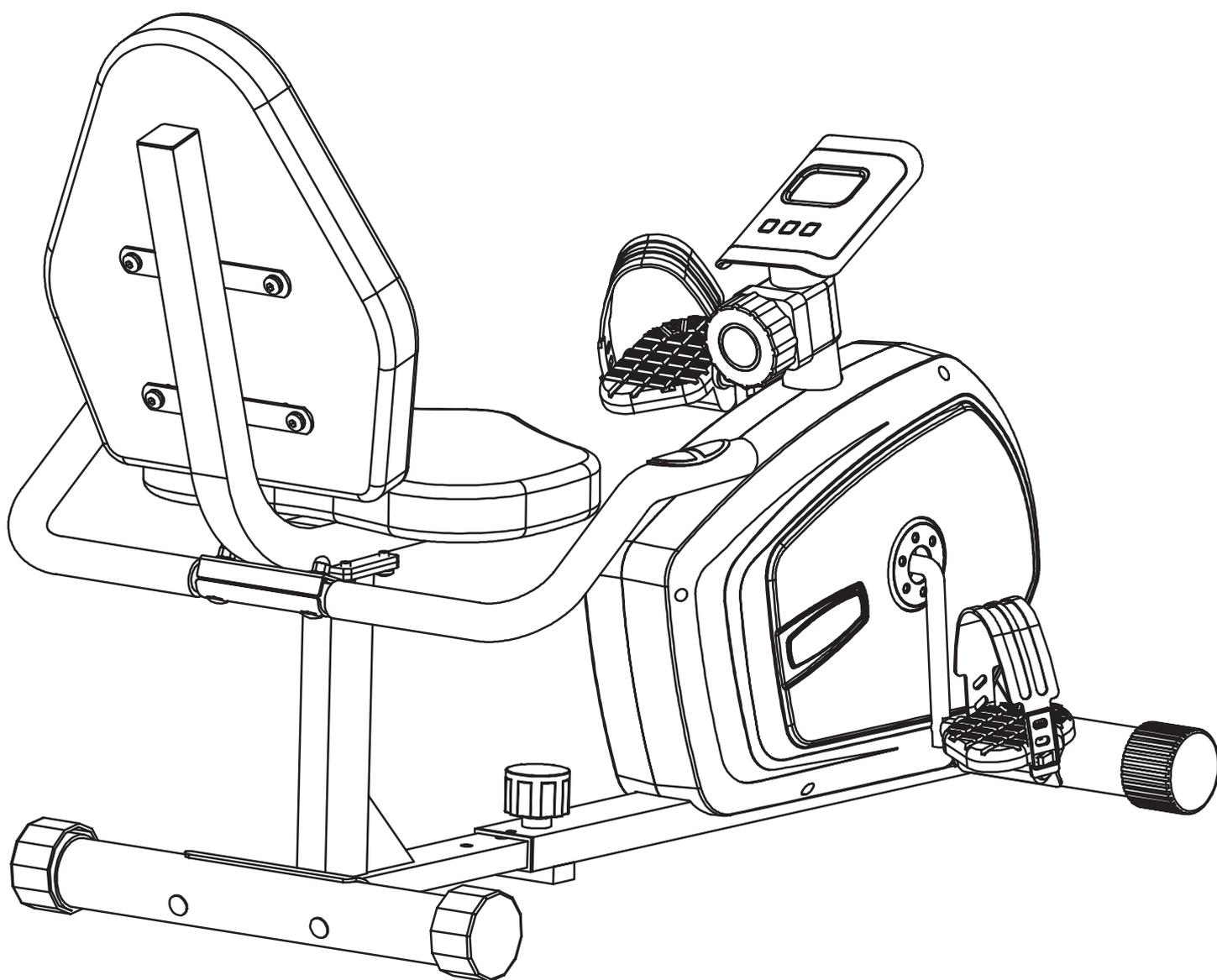


# virtuafit

*RB 1.0 Recumbent Bike*

## User manual



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**WARNING: BEFORE BEGINNING ANY EXERCISE PROGRAM, CONSULT YOUR PHYSICIAN. THIS IS ESPECIALLY IMPORTANT FOR INDIVIDUALS OVER THE AGE OF 35 OR PERSONS WITH PRE-EXISTING HEALTH PROBLEMS. READ ALL INSTRUCTIONS BEFORE USING ANY FITNESS EQUIPMENT. VIRTUFIT TAKES NO RESPONSIBILITY FOR INJURIES OR MATERIAL DAMAGE CAUSED BY USING THIS PRODUCT. BE SURE TO READ THE ENTIRE MANUAL BEFORE YOU ASSEMBLE OR OPERATE YOUR MACHINE. IN PARTICULAR, NOTE THE FOLLOWING SAFETY PRECAUTIONS.**

- Check all the screws, nuts and other connections before using the machine for the first time and ensure that the trainer is in the safe condition.
- Set up the machine in a dry level place and leave it away from moisture and water.
- Place a suitable base (rubber mat) beneath the machine in the area of assembly to avoid dirt.
- Before beginning training, remove all objects within a radius of 2 meters from the machine.
- Do not use aggressive cleaning articles to clean the machine, Only use the supplied tools or suitable tools of your own to assemble the machine or repair any parts of machine. Remove drops of sweat from the machine immediately after finishing training.
- Your health can be affected by incorrect or excessive training. Consult a doctor before beginning a training program. He can define the maximum setting (Pulse. Watts. Duration of training etc) to which you may train yourself and can get precise information during training. This machine is not suitable for therapeutic purpose.
- Only do training on the machine when it is in correct working way. Use only original spare parts for any necessary repairs.
- This machine can be used for only one person's training at a time.
- Wear training clothes and shoes which are suitable for fitness training with the machine. Your training shoes should be appropriate for the trainer.
- If you have a feeling of dizziness, sickness or other abnormal symptoms, please stop training and consult a doctor asap.
- People such as children and handicapped persons should only use the machine in the presence of another person who can give aid and advice.
- The recumbent bike is made for home use and is suitable for users up to 135 kg.

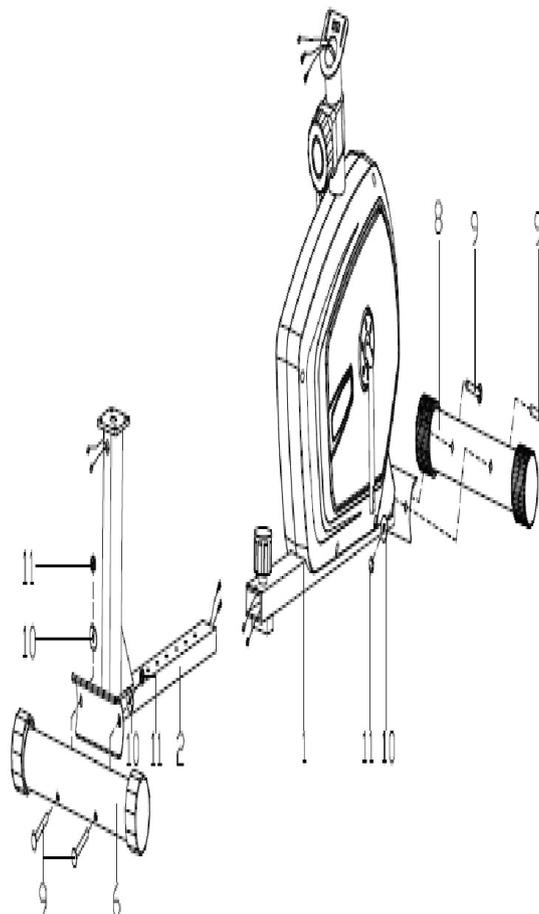
Open the box and remove all parts from the packaging and place them on the floor.

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

**Trappers:** A left-hand trapper is tightened by turning to the left and a right-hand trapper by turning to the right. If you turn the left-hand pedal clockwise, there is a chance that you will damage the thread of this trapper, so that the trapper can no longer be placed on it.

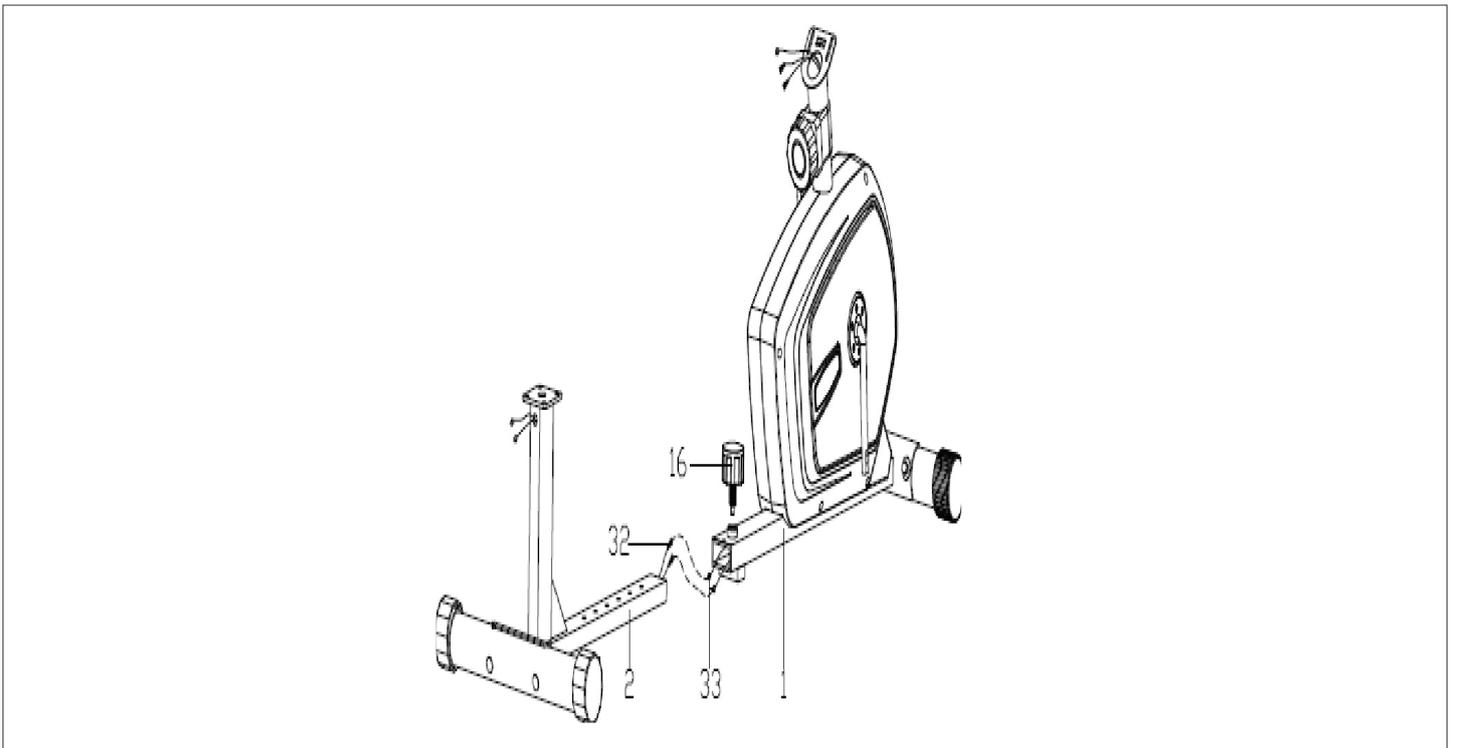
**Hexagon socket screws:** In the recumbent bike there are hex bolts, make sure that the hex key is properly inserted into the bolt before applying force to the key. In this way you prevent the head of the socket head from being turned.

## STEP 1



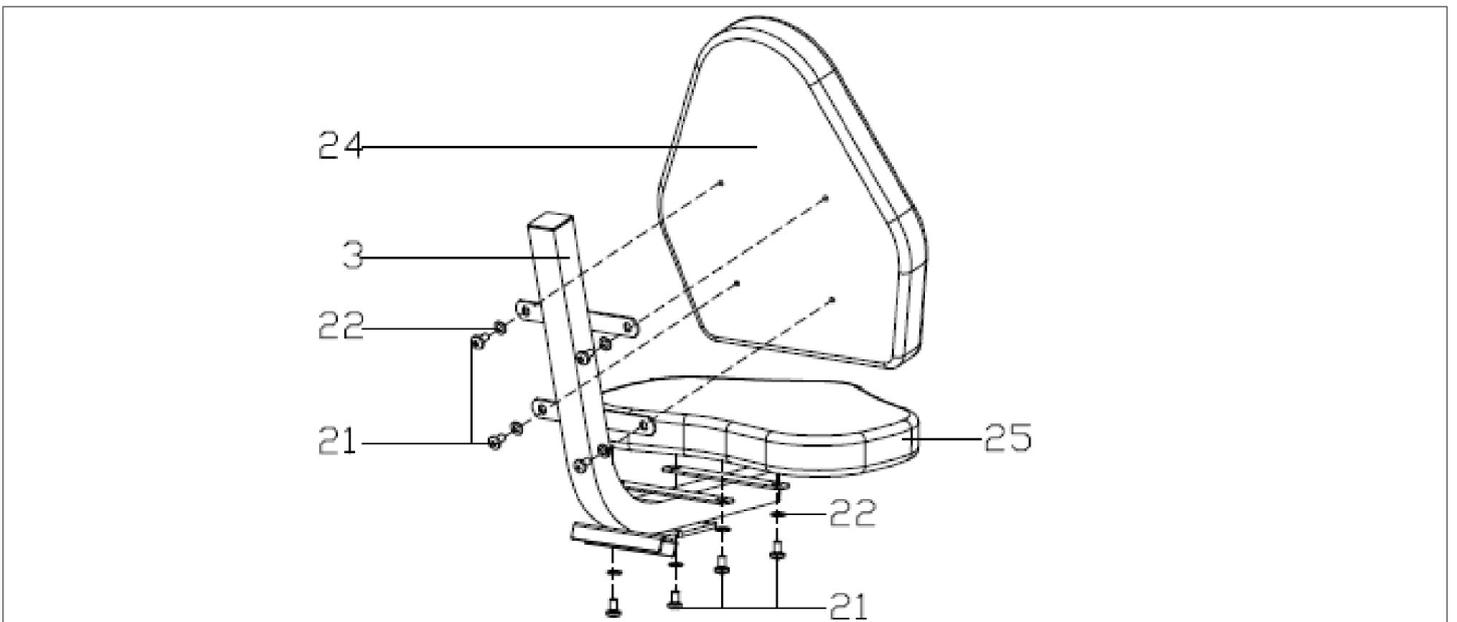
Fix the front stabilizer (8) & the rear stabilizer (6) respectively onto the front main frame (1) the rear main frame (2) with the carriage bolt (9), arc washer (10) and Acorn nut (11).

## STEP 2



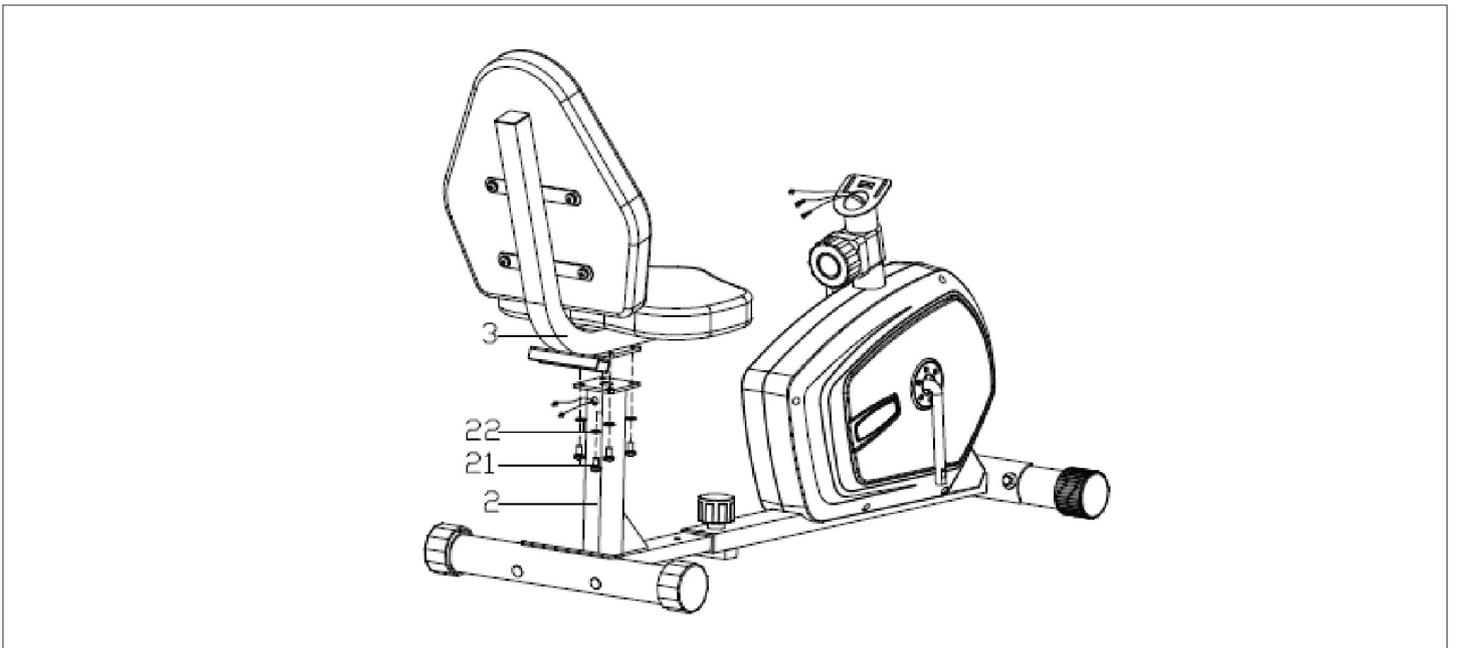
Connect the extension wire (32) (33) well , then pull the knob nut(16) and fix the rear main frame (2) to the front main frame (1) lock it to a suitable position with the knob nut(16)

## STEP 3



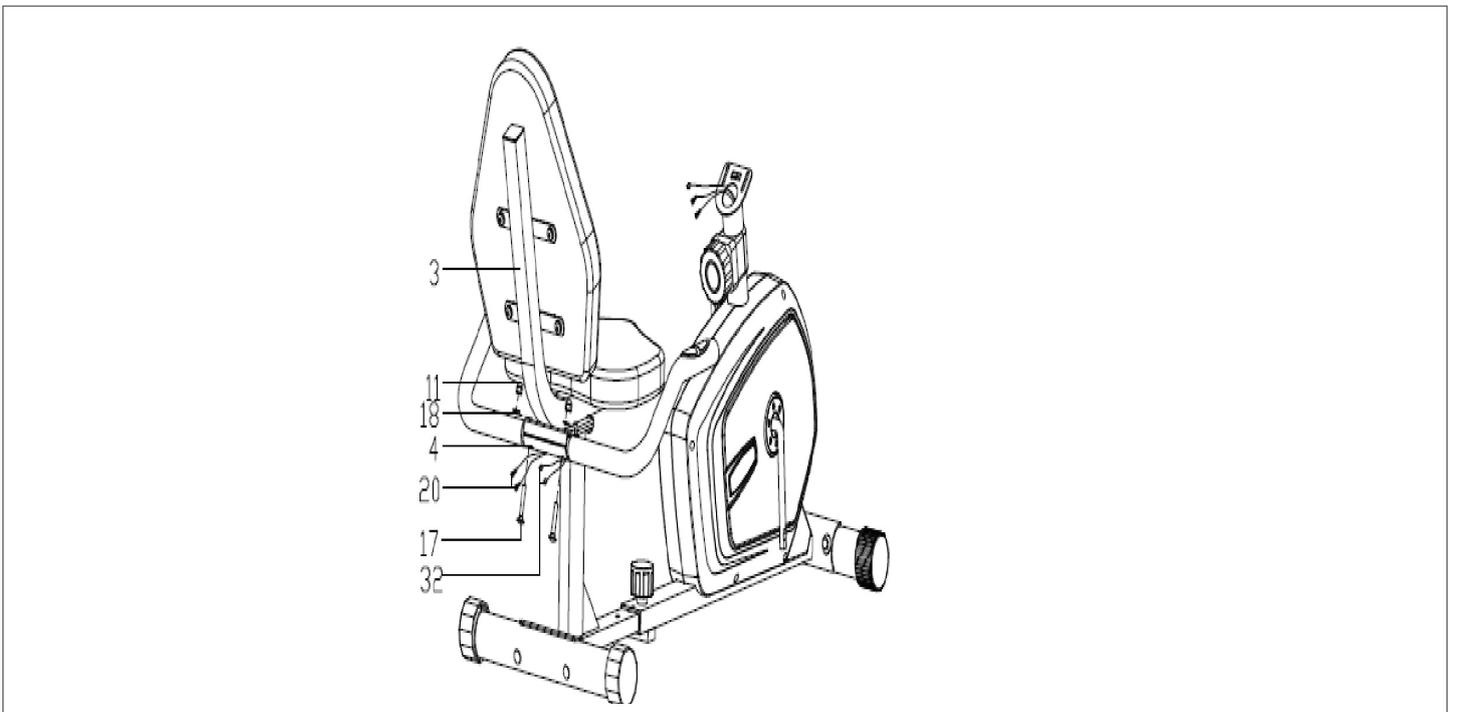
Fix the seat (25) & the backrest (24) onto the seat frame (3) with Inner hex screw (21) and flat washer (22) as shown.

## STEP 4



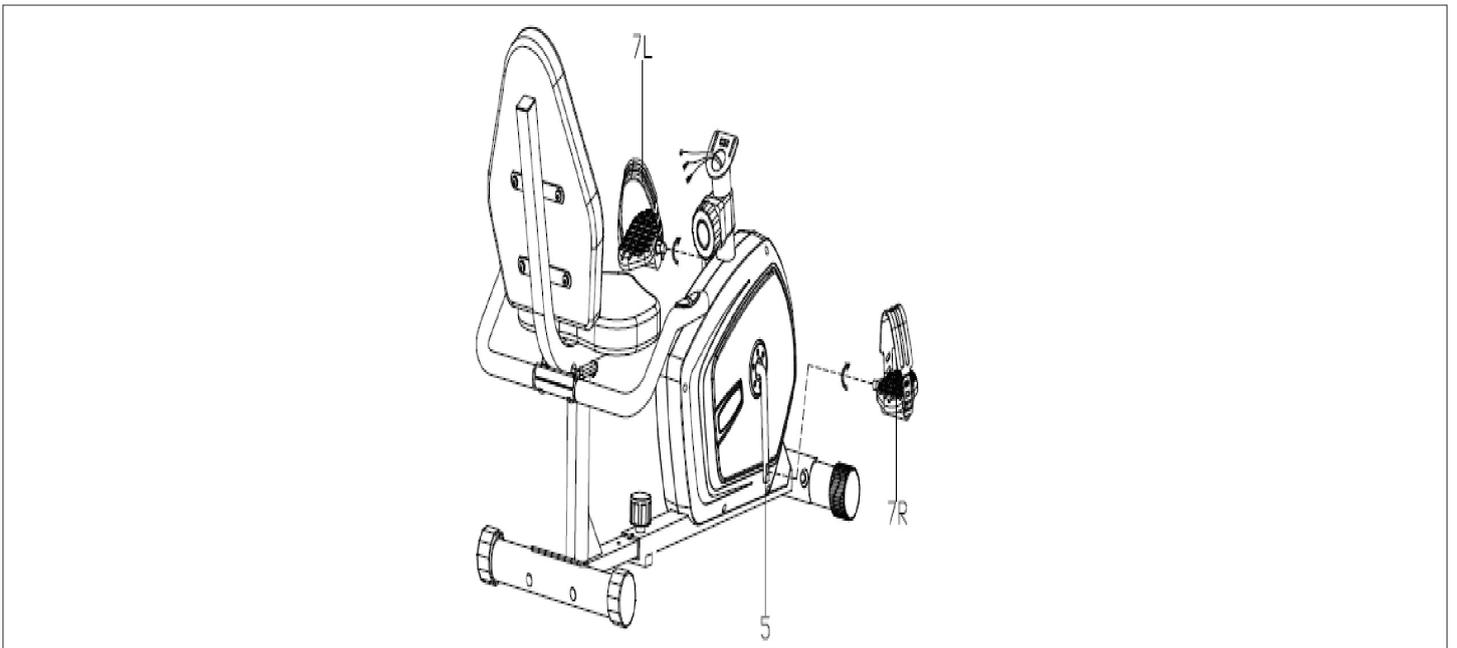
Fix the seat frame (3) onto the rear main frame (2) with Inner hex screw (21) and flat washer (22).

## STEP 5



Connect extension wire (32) with the sensor wire (20), then fix the handlebar(4) on the seat frame(3) with Carriage bolt (17) flat washer(18) and acorn nut (11).

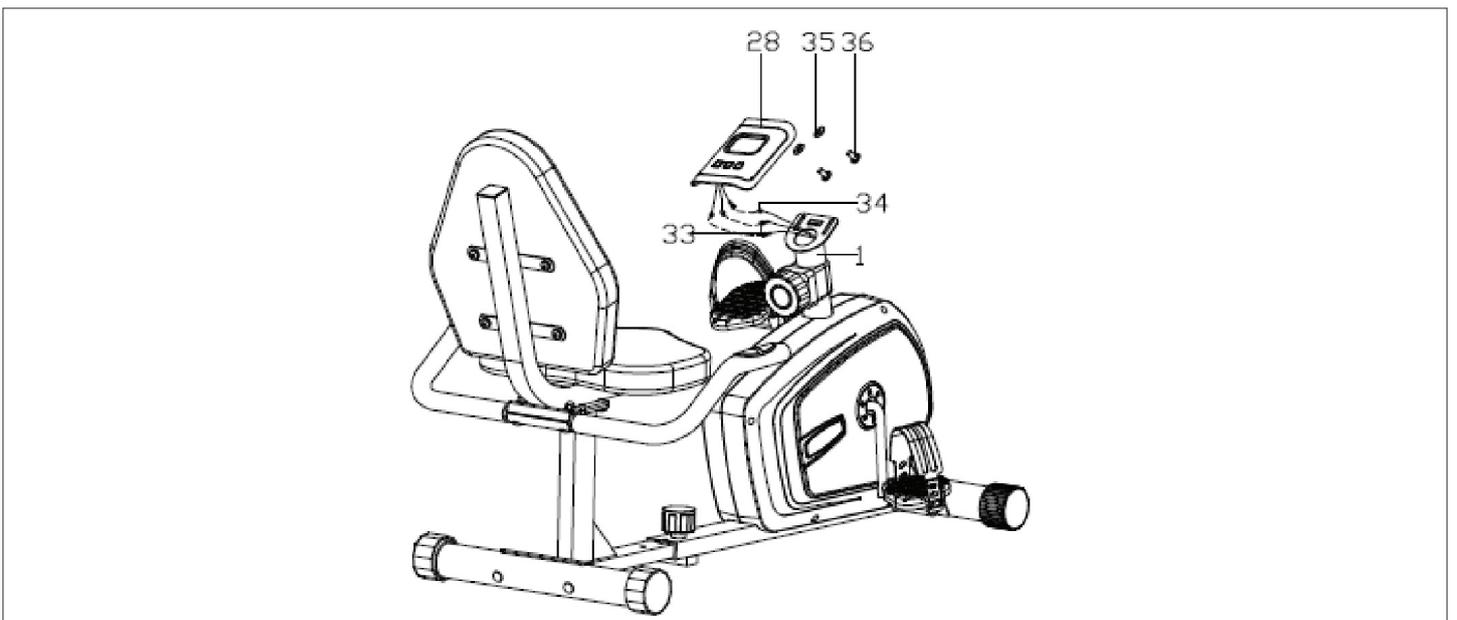
## STEP 6



Attach the pedal (7L/R) to the crank (5) of the front main frame (1).

**NOTE:** Be sure the pedal marked (R) is attached to the crank (R) and tighten in clockwise direction, the pedal marked (L) is attach to the crank (L) and tightened in the counterclockwise direction.

## STEP 7



Connect the extension wire (33) and sensor wire (34) with the wires coming from the meter (28). And then fix the meter (28) on meter bracket of front main frame (1) with the cross screw (36) & flat washer (35).

Regular maintenance is important for optimal operation and to reduce wear. During use, regularly check all parts of the exercise bike and tighten them securely. Replace worn parts immediately by contacting the manufacturer. Use a damp cloth and a little soft soap to clean the recumbent bike.

**IMPORTANT:** keep liquids away from the control panel to prevent damage. Keep the control panel away from direct sunlight.

## PROBLEM SOLUTIONS

### **Squeaky recumbent 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.

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

### **The console doesn't work**

If the console isn't working the batteries may be empty. Replace the batteries.

**Are there any other problems? Please contact your dealer.**

## DISPLAY FUNCTION BUTTONS



MODE

Press "MODE" to select the desired function "TIME", "SPEED", "DISTANCE", "ODOMETER", "CALORIES" en "PULSE"

SET

Set the values for: "TIME", "DISTANCE" and "CALORIES"

CLEAR (RESET)

With this button you can reset the value to zero

ON/OFF (START/STOP)

Start or Stop your workout

AUTO ON/OFF

- The device is switched on as soon as you press any button or when you start cycling
- The device is automatically switched off if you do not use the keys for 4 minutes or you stop exercising.

RESET

By holding down the reset button for 3 seconds you can clear the settings.

MODE

Press the MODE button to select a desired function.

## FUNCTIONS

TIME	Workout time during your exercise Range 0:00 ~ 99:59
SPEED (SPD)	Workout speed during your exercise Range 0.0 ~ 99.9 KM/H
DISTANCE	Workout distance during your exercise Range 0.0 ~ 9999 KM
CALORIES	Burned calories during your exercise Range 0 ~ 999 KCAL
PULSE (PUL)	Heart rate during your exercise 40 ~ 240 BPM
ODOMETER (ODO)	Automatically counts the total distance of all training sessions 0.0 ~ 9999 KM

## EXPLANATION OF THE FUNCTIONS

TIME	Press the MODE button until TIME is displayed. The time measured from the beginning of the exercise is displayed.
SPEED	Press the MODE button until SPEED is displayed. The current speed during the exercise is displayed.
DISTANCE	Press the MODE button until DISTANCE is displayed. The distance traveled during the exercise is displayed.
CALORIES	Press the MODE key until CALORIES is displayed. The number of calories burned during the exercise are displayed.
ODOMETER	Press the MODE button until ODOMETER is displayed. The total distance of all training sessions is displayed.
PULSE	Press the MODE key until PULSE is displayed. Shows your heart rate. To measure your heart rate, place your hands on the two contact surfaces. The most accurate heart rate is displayed after 30 seconds. This measurement can not be taken as a basis for medical treatment.

## SET TRAINING GOALS

### TIME GOAL

- Select the TIME function by pressing the MODE key. To set the time, press the SET button. Press SET to increase the target value. If you have set the time goal, it starts counting automatically.

- Press RESET shortly to reset the time goal. Press MODE to set the next optional target.

### DISTANCE GOAL

- Select the DISTANCE function by pressing the MODE key. To set the distance, press the SET key. Press SET to increase the target value. If you have set the distance goal, it starts counting automatically.

- Press RESET shortly to reset the distance target. Press MODE to set the next optional target.

### CALORIES GOAL

- Select the CALORIES function by pressing the MODE key. To set the number of calories, press the SET button. Press SET to increase the target value. If you set the calories target, it starts counting automatically.

- Press RESET shortly to reset the calorie target. Press MODE to set the next optional target.

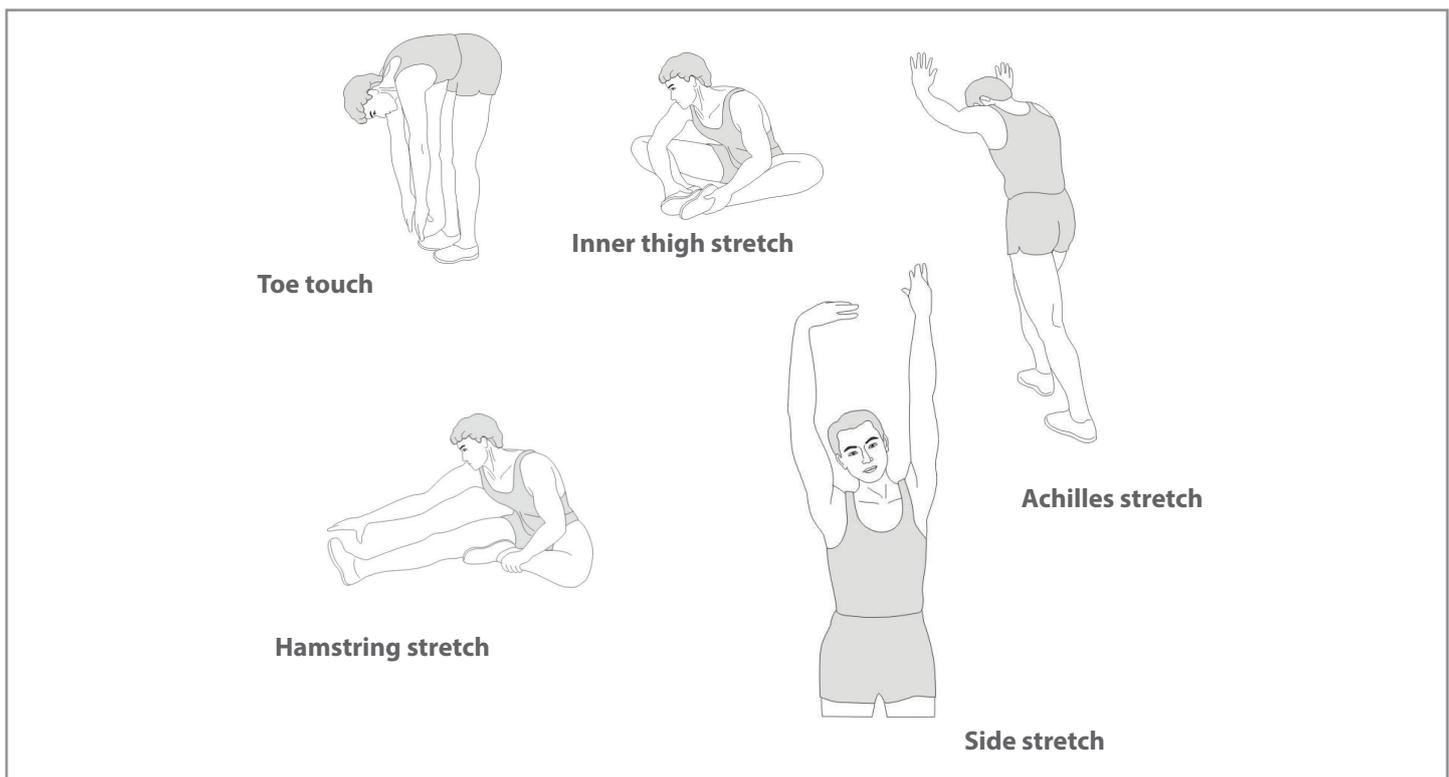
A successful exercise program consists of a warm-up, aerobic exercise, and a cool-down. Do the entire program at least two and preferably three times a week, resting for a day between workouts. After several months, you can increase your workouts to four or five times per week.

## WARM-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.

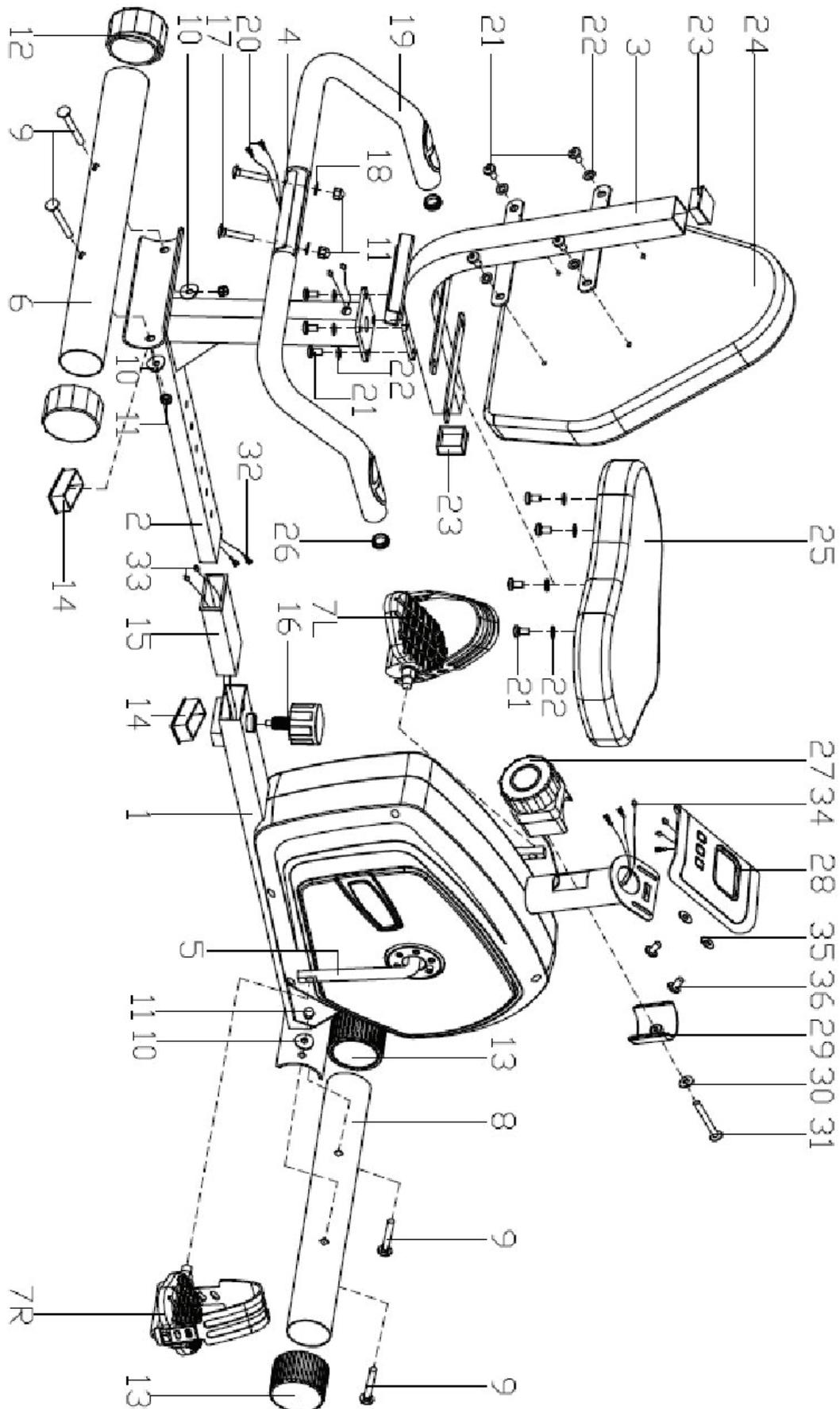
## STRETCHING

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. **DO NOT BOUNCE.**



## 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.



Number	Description	Qty.
1	Front main frame	1
2	Rear main frame	1
3	Seat frame	1
4	Armrest	1 pr.
5	Crank	1 pr.
6	Rear stabilizer	1
7 L/R	Pedal	1 pr.
8	Front stabilizer	1
9L / R	Carriage bolt	4
10	Arc washer	4
11	Acorn nut	6
12	Rear end cap	2
13	Front end cap	2
14	Square end cap	2
15	Bushing	1
16	Knob nut	1
17	Carriage bolt	2
18	Flat washer	2
19	Foam grip	2
20	Pulse wire	2
21	Inner hex screw	12
22	Flat washer	12
23	Square end cap	2
24	Backrest	1
25	Seat	1
26	End cap	2
27	Tension controller	1
28	Meter	1
29	Tension cover	1
30	Flat washer	1
31	Cross screw	1
32	Extension wire	2
33	Extension wire	1
34	Sensor wire	1
35	Flat washer	2
36	Cross tapping screw	2



**For questions or missing parts please contact your dealer.**