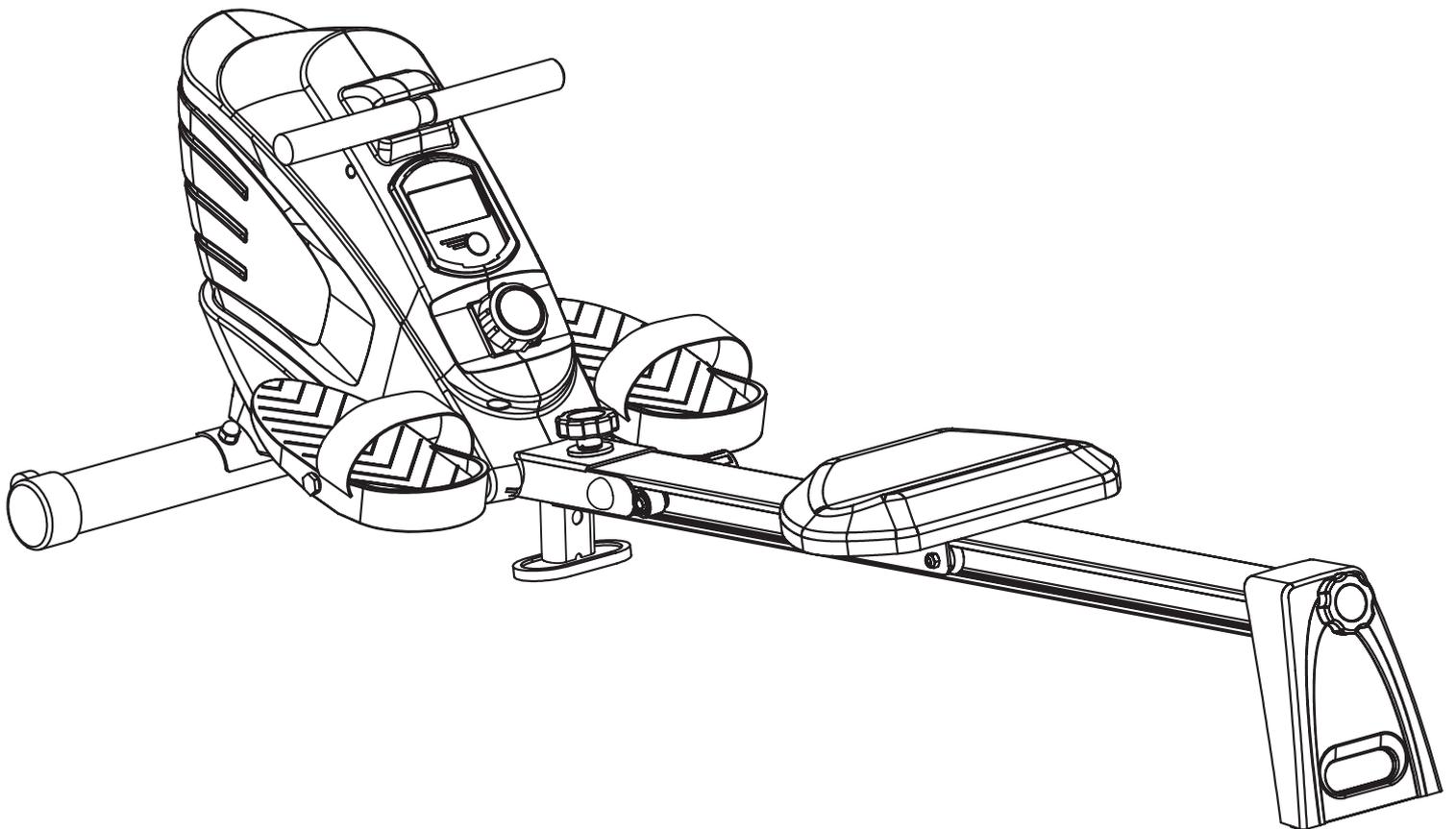


# virtu<sup>fit</sup>

*VirtuFit Row 450 Rowing Machine*

## User manual



<b>Safety instructions</b>	<b>3</b>
<b>Assembly instructions</b>	<b>4-7</b>
<b>Maintenance rower</b>	<b>8</b>
<b>Problem solutions</b>	<b>9</b>
<b>Control panel</b>	<b>10-12</b>
<b>Training instructions</b>	<b>13</b>
<b>Exploded drawing</b>	<b>14</b>
<b>Parts list</b>	<b>15-16</b>

**We suggest that you should consult with your physician or health professional before starting your workout, especially for the age up to 35 old or people with health problems. VirtuFit takes no responsibility for injuries or material damage caused by the use of this product. Read this manual carefully before you start assembling the rowing machine and / or using it.**

## ATTENTION

- Read this manual and follow the instruction carefully before using this Rowing Machine. Make sure that it is properly assembled and tightened before use.
- We recommend having two people for assembling this machine.
- To lubricate all moving parts annually is recommended.
- Do not wear loose clothing to avoid entangling in any moving parts.
- Set up and operate this Rowing Machine on a solid level surface.
- Always wear shoes when using the machine.
- Please keep children and pets away from the machine while it is in use. Do not allow children to play or use the machine. This machine is designed for adults, not children.
- Please maintain your balance while using the machine.
- Stop exercise immediately in case of nausea, shortness of breath, faint, headache, pain, tightness in your chest or any discomfort.
- Do not place fingers or any other objects into the moving parts.
- Prior to any exercise, consult with your physician first to establish the exercise frequency, time and intensity appropriate for your particular age and condition.
- Do not grasp the seat to move the Rowing Machine. The seat will move and it may hurt your hand and fingers.
- This Rowing Machine should be used by only one person at a time, and it is designed for consumer use only.
- Maximum user's weight is 130Kg.

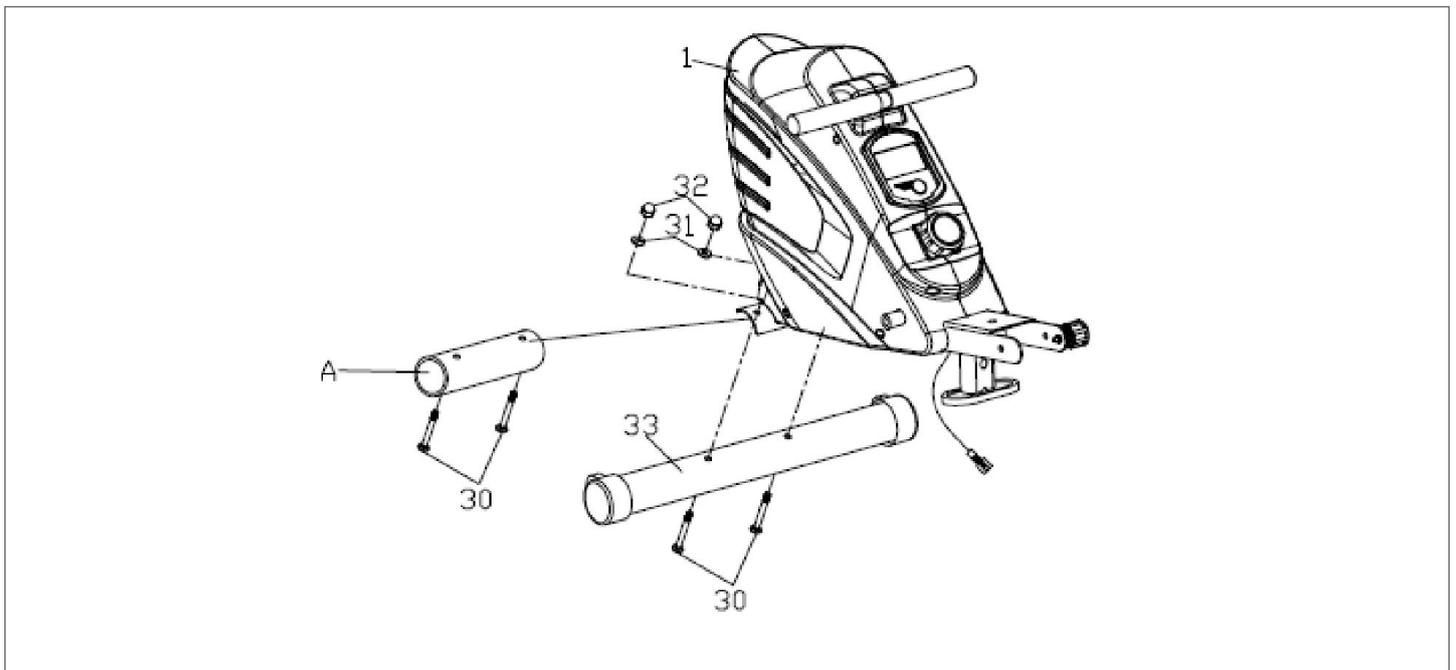
Open the box and remove all parts from the packaging and place them on the floor.

**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.

**Error message:** Make sure that all cables are carefully attached. The adjustable feet are very sensitive and should remain straight. Do you get an error message after mounting your rowing machine? Then you should bend these adjustable feet straight again, this may cause the error message to disappear.

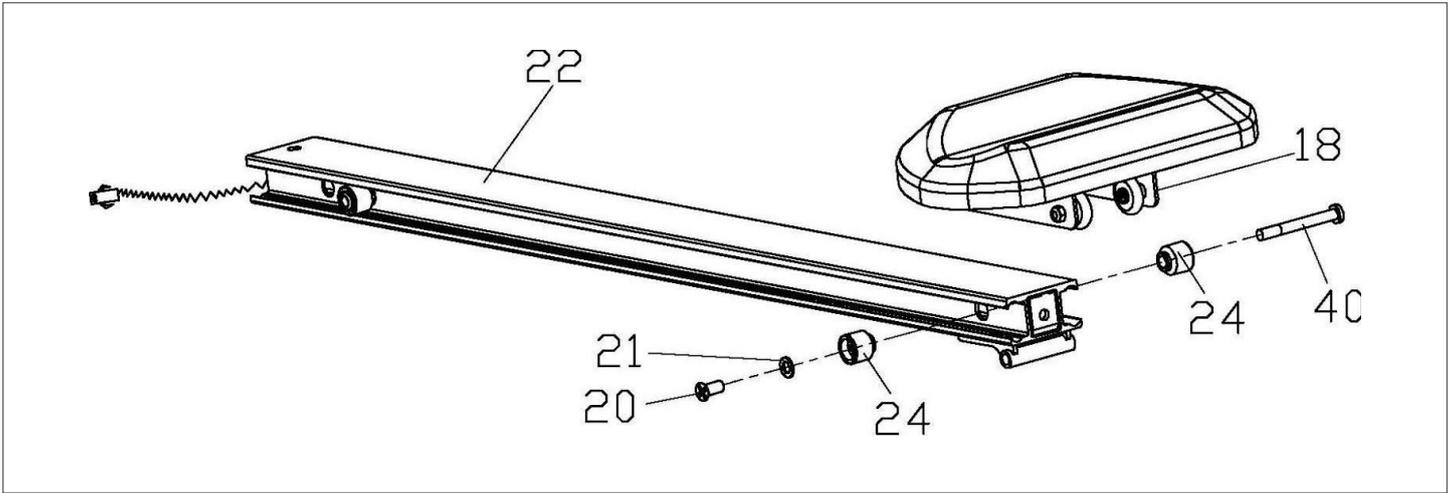
**Allen screws:** Make sure that the Allen key fits properly into the bolt before you apply force to the key. In this way you prevent the head of the socket head from being turned.

## STEP 1



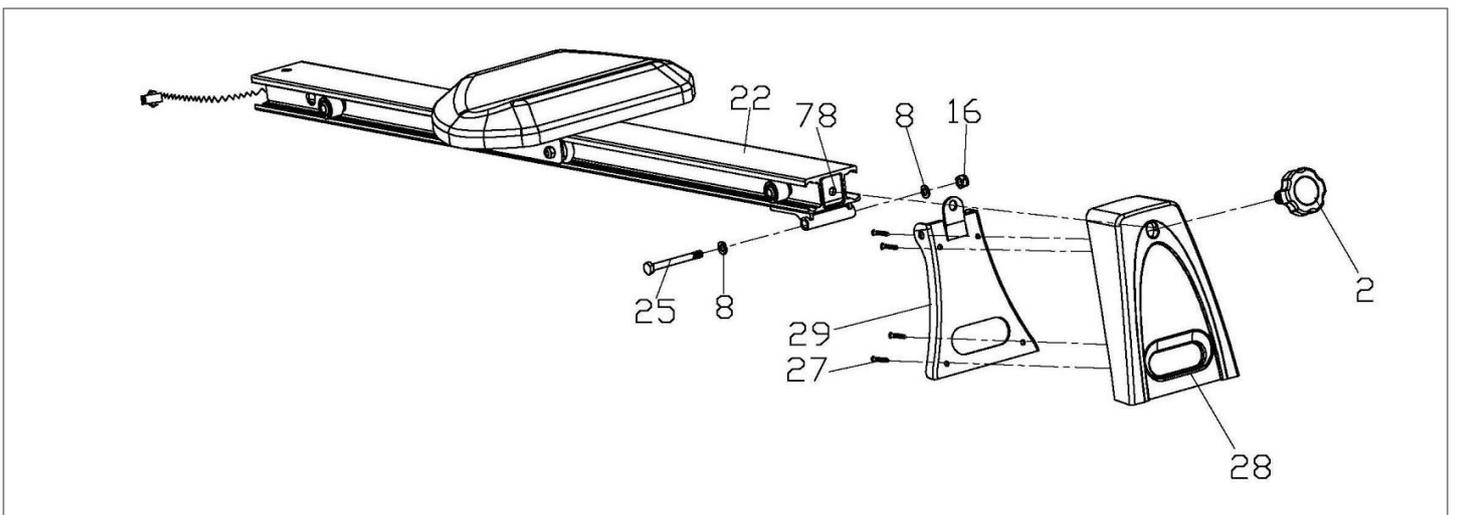
1. Remove the paper tube A ,carriage bolt (30), arc washer (31), and cap nut (32) from the . front bottom tube (33) ;
2. Tighten the front bottom tube (33) to the mainframe (1) with carriage bolt (30), arc washer (31), and cap nut (32).

## STEP 2



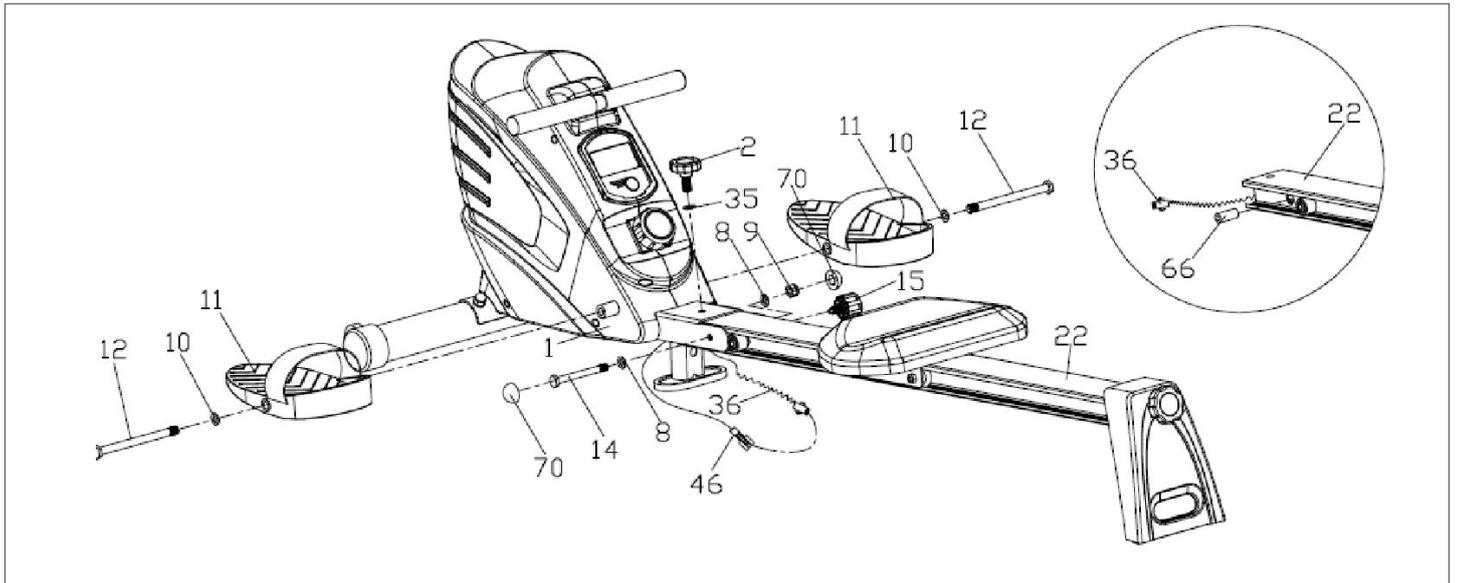
Take off the Cross pan bolt (20), Flat washer (21), Limit valves (24), Limit valves axis (40), then insert the slide rest (18) onto the slide way (22), and then tighten slide rest (18) by Cross pan bolt (20), Flat washer (21), Limit valves (24), Limit valves axis (40).

## 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).

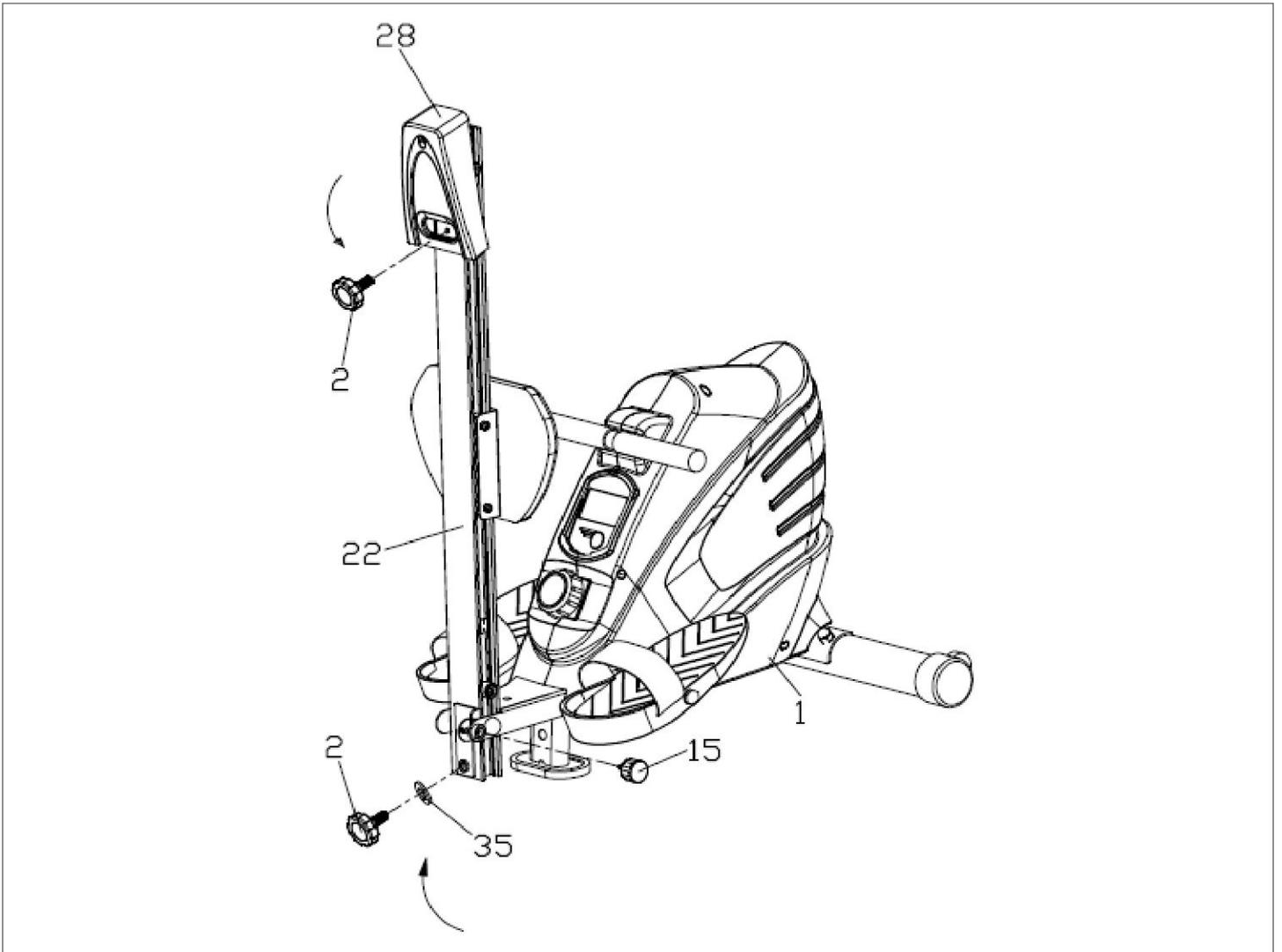
## STEP 4



Connect the Sensor wire (46) and the Sensor splice (36), the cable might be hidden inside the slide. Then 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) and put the cap (70). At last 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).

## STEP 5



The Rowing machine could be folded if you do not use it. First take off the knob (15), and the knob (2), flat washer (35), then fold the slide way (22) and protective guard (28) as the diagram show. Fix the mainframe (1) to the protective guard (28) with knob (2) and flat washer (35).

**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.

### **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.

## DISPLAY FUNCTIONS



<b><u>BUTTON</u></b>	<b><u>FUNCTION EXPLAINING</u></b>
<b><u>MODE</u></b>	Push down to select functions. Push down and hold for 2 seconds to reset all functional value.

## FUNCTIONS

<b><u>FUNCTIONS</u></b>	<b><u>FUNCTION EXPLAINING</u></b>
<b>1. SCAN</b>	When in SCAN position, the meter will rotate through the following functions: time, count, total count, calorie, count/min and (if have)pulse. Each display will be hold for 6 seconds.
<b>2. TIME</b>	Count the rowing time from exercise start to end.
<b>3. COUNT</b>	Count the rowing strokes from start to end.
<b>4. TOTAL COUNT</b>	Count the total rowing strokes from start to end.
<b>5. CALORIES</b>	Count the total calories from rowing start to end.
<b>6. COUNT / MIN</b>	Display current rowing strokes per minute, or the frequency per minute.
<b>7. AUTO ON/OFF &amp; AUTO START/STOP</b>	Without any signal for 4 minutes, the power will turn off automatically. When the stroke is in motion or pressing the button, the monitor is in action.

## SPECIFICATIONS

<b>FUNCTION</b>	AUTO SCAN	Every 6 seconds
	TIME	0:00 ~ 99:59 (MINUTE: Second)
	COUNT	0 ~ 9999
	TOTAL COUNT	0 ~ 9999
	COUNT / MIN	0 ~ 1200
	CALORIES	0 ~ 9999 Kcal
BATTERY TYPE		2 x AA
OPERATING TEMPERATURE		0 °C + 40 °C
STORAGE TEMPERATURE		-10 °C ~ +60 °C

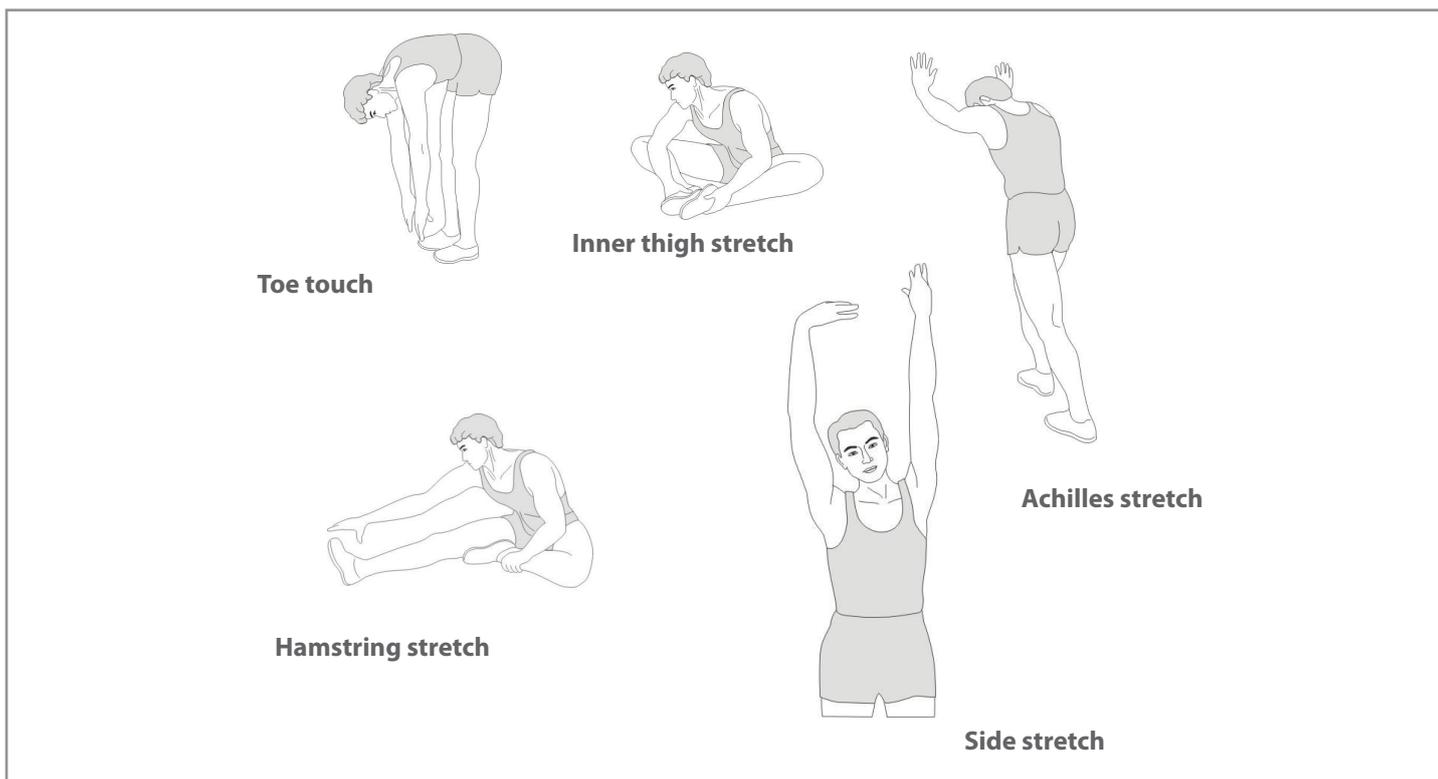
A successful exercise program consists of a warm-up, aerobic exercise, and a cool-down. Do the entire program at least two and preferably three times a week, resting for a day between workouts. After several months, you can increase your workouts to four or five times per week.

## 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.



#	Description	QTY
01	Main frame	1
02	Knob M10*25	2
03	End cap	2
04	Foam grip	2
05	Handlebar	1
06	Computer	1
07	Tension control	1
08	Flat washer D10x2.0xΦ20	4
09	Nylon nut M10	2
10	Flat washer D13x2.0xΦ26	2
11	Pedal	2
12	Bolt M12x155x16	2
13	Saddle	1
14	Bolt M10*100	1
15	Knob M16x1.5	1
16	Nylon nut M8	4
17	Flat washer D8x1.5xΦ16	8
18	Slide rest	1
19	Hexagon bolt M8x30xL10	4
20	Cross pan bolt	2
21	Flat washer d6x1.2xΦ16	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 d8x2xΦ25xR30.5	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 ST3x10	2
38	Rubber pad	1
39	Magnet	1
40	Limit valves axis	2
41	Hexagon bolt M8x20	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	Bushing	1
52	Flywheel	1
53	Magnet board	1
54	Screw ST4.2X18	4
55	Hexagon bolt M6*15	4
56	Arc washer D6	4
57	Flat washer D6x1.0xΦ12	4
58	Pulley	2
59	Screw ST4.2x18	10
60	L/R chain cover	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	Washers D12	1
68	Screw ST3.5*18	10
69	Rotary table cover	37
70	Cap S17	18

#	Description	QTY
71	Rubber pad	4
72	Over lay	2
73	Washers D10	4
74	Eel shaft	1
75	Bolt M8x10	2
76	Bearing 6001Z	4
77	Supporting stand	1
78	L-shape connection strap	1

# virtu-fit

For questions or missing parts please contact your dealer