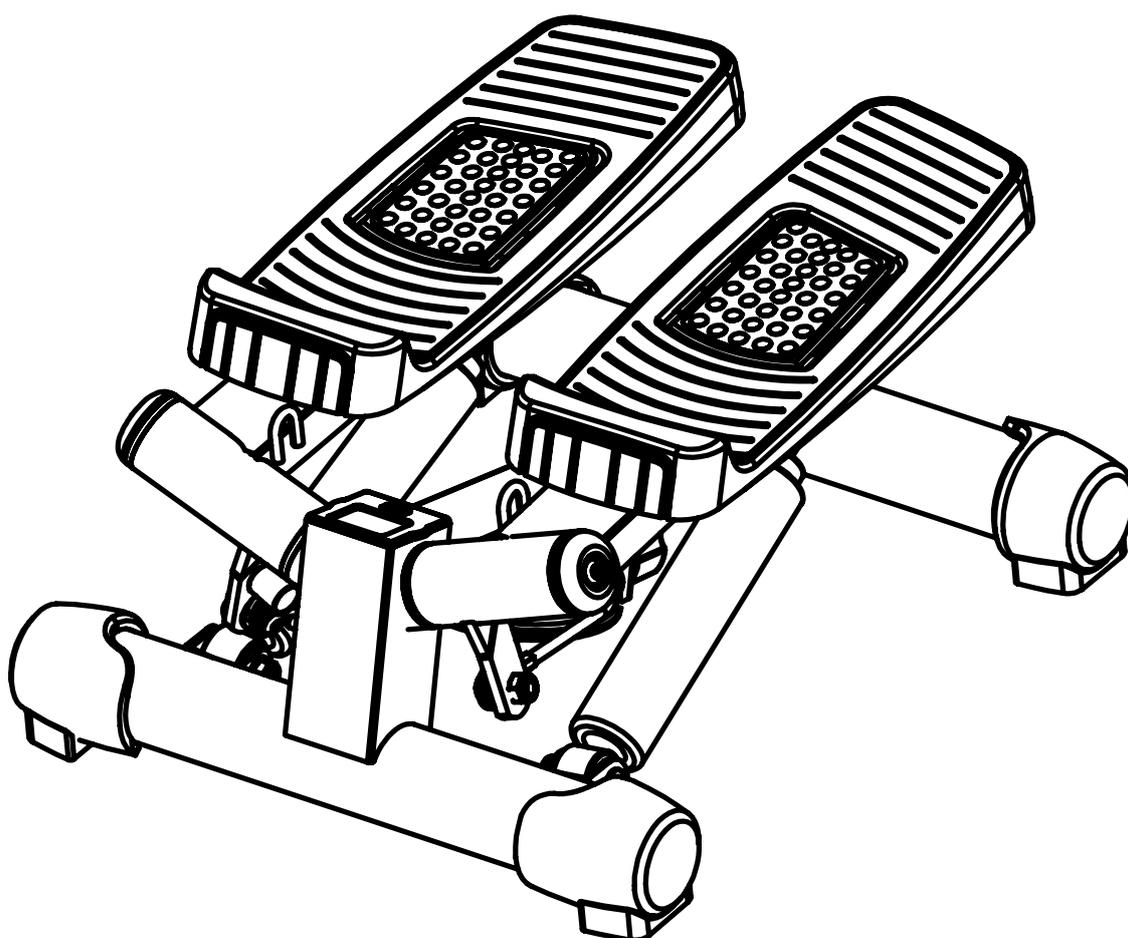


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Lateral Thigh Stepper with computer ST10

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

- Ensure all screws and caps are fastened tightly upon the product is assembled completely.
- Ensure all the spare parts are provided by the manufacturer, unauthorized replacement of spare parts are strictly prohibited
- Ensure the health condition before starting to exercise. To ensure sufficient physical strength, exercise should be done properly, regularly, and gradually.
- Ensure children always use this equipment under adult supervision; otherwise ensure the equipment is kept out of reach of children at all times.
- Ensure to wear proper outfit while using this equipment to avoid any possible dangerous circumstances. Stop using the equipment immediately and lie down for a rest in case of dizziness, pain, nausea or display motion sickness symptoms.
- This equipment accommodates for one (1) person at one time.
- Stop using this equipment in case of any damages are found within the unit.
- This equipment is intended for indoor use only , which is designed for home user and max load user weight is less than 100 KG.
- Ensure all parts of this equipment are completely examined before use especially on the abrasive parts. Replace the defective component immediately in order to maintain the safety level of this equipment. Perform regular checking according to the assembly instructions of this equipment to ensure its safety level at all time.

- 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).

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

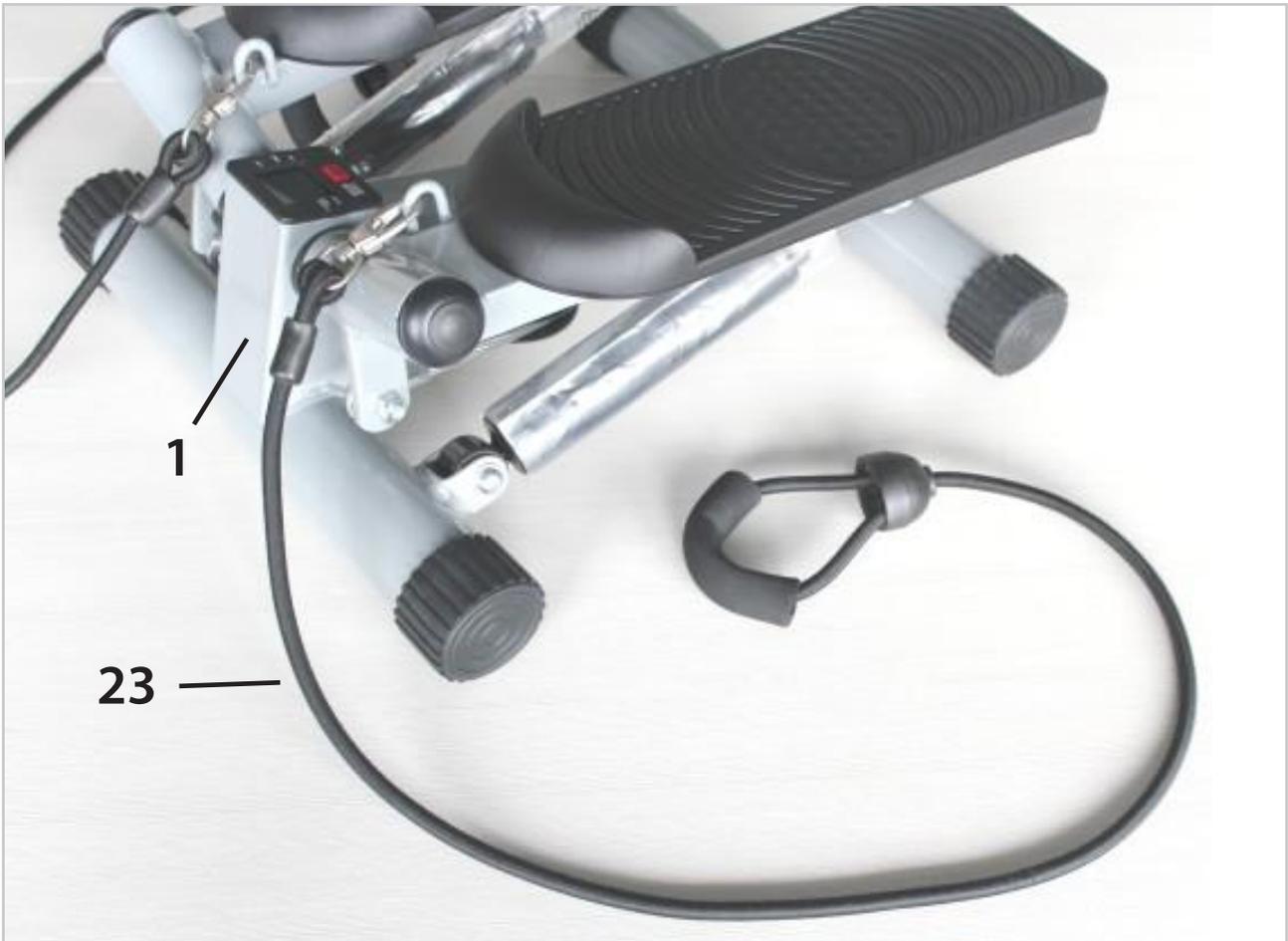
Preparation: Before mounting, ensure that there is sufficient space around the device. Before mounting, check whether all necessary parts are available.

STEP 1



- Take out the Bungee Cord (23).
- Fasten the Bungee Cord (23) with Main Frame (1).

STEP 2



- Make sure the Bungee Cord (23) fasten correctly on main frame (1).

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 if the stepper is 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

BUTTON CELL LR44 BATTERY

The screen uses 1 button cell LR44 battery, which you can replace at the back of the screen. The battery must be installed correctly. If the screen is unreadable or only parts of the image work, follow the next step: Remove the battery and wait 15 seconds, then reinsert the battery correctly.



STEPPER

1. Rotate the adjustment knob to alter the pedal's movement range.
2. Adjust the tension of the adjustment knob to ensure tension wire is well connected for proper function.

COMPUTER

1. The computer will automatically shut off if there is no movement for 4 minutes .
2. The computer will automatically turn on when exercise commences.
3. All functions will automatically stop and a STOP sign will appear on top left corner of the computer when there is no movement for 4 minutes. Functions will recommence when you begin to exercise.



FUNCTIONS

| BUTTON | FUNCTION |
|---------------------|--|
| MODE / RESET | Press MODE / RESET button to select a desired function. Press MODE / RESET for 4 seconds to reset the value. |
| SCAN | Automatically scans each function in sequence. |
| TIME | Displays the total time of the workout session. |
| COUNT | Displays the total number of steps taken during the workout session. |
| REPS/MIN | Displays the repetitions (or strides) per minute during the workout session. |
| CAL | Displays the calories burned during the workout session. NOTE: This is an approximate measurement. |

| # | DESCRIPTION | QTY |
|----|----------------------|-----|
| 1 | Main frame | 1 |
| 2 | End cap (Ø50) | 4 |
| 3 | Pedal frame (L) | 1 |
| 4 | Pedal frame (R) | 1 |
| 5 | Pedal (L/R) | 2 |
| 6 | Bolt M8*25 | 2 |
| 7 | Adjustment knob | 1 |
| 8 | Plastic bushring Ø40 | 4 |
| 9 | Bolt cap | 2 |
| 10 | Bolt M6*20 | 2 |
| 11 | Stopper | 2 |
| 12 | Bolt M5*20mm | 4 |
| 13 | Bolt M6*40mm | 4 |
| 14 | Bolt M5*10mm | 1 |
| 15 | Nut M8 | 4 |
| 16 | Pulley bracket | 1 |
| 17 | Pulley 100 | 1 |
| 18 | Pulley bolt M10*40mm | 1 |
| 19 | Nut M10 | 1 |
| 20 | Cable 355mm | 1 |
| 21 | Oblique bushing Ø38 | 2 |
| 22 | Computer | 1 |
| 23 | Bungee Cord | 2 |
| 24 | Magnet | 1 |

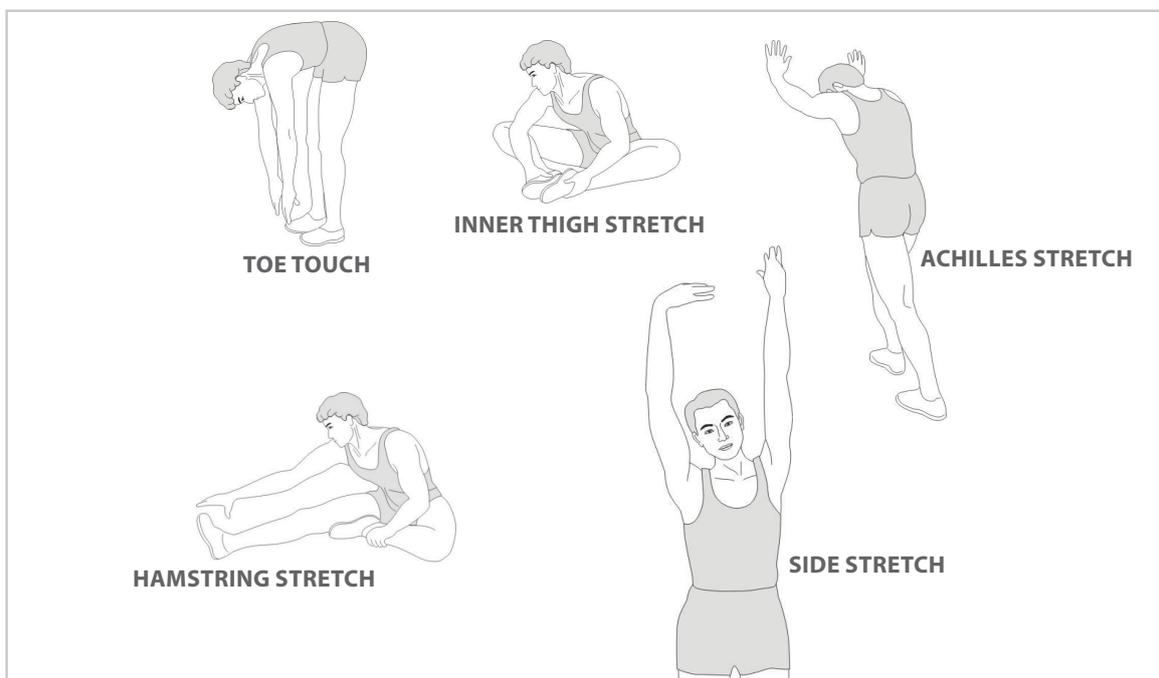
A successful exercise program consists of a warm-up, aerobic exercise, and a cool-down. Do the entire program at least two and preferably three times a week, resting for a day between workouts. After several months, you can increase your workouts to four or five times per week.

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.