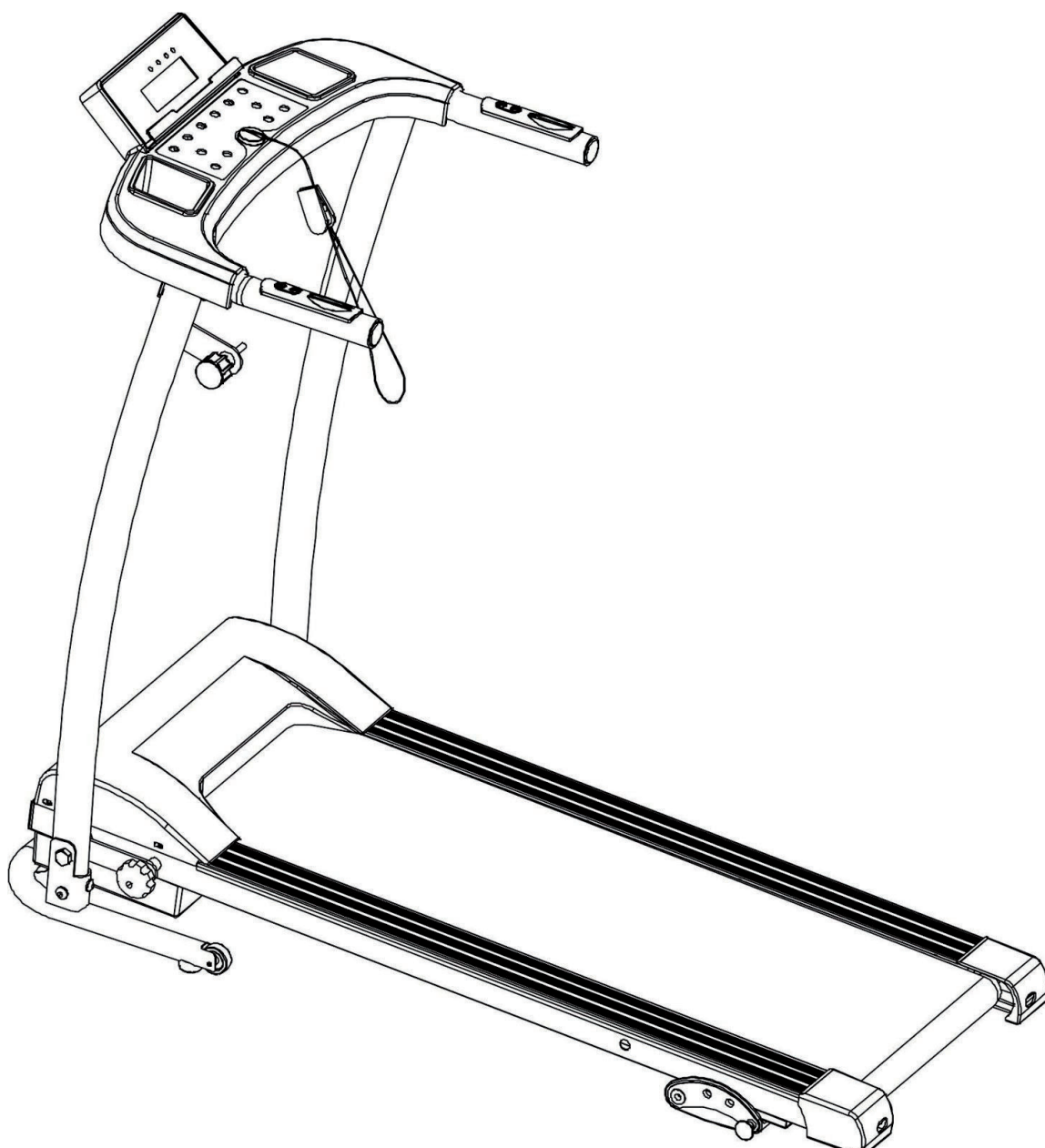


# virtuafit

*TR-75 Treadmill*

## User manual



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## WARNING:

***Now here 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 once-health problem people. We take no responsible for any problems or injuries if you don't following our specification. Treadmill will be carefully assembled and covered the motor shield, then connect to the power.***

## ATTENTION

- Ensuring the safety clamps were attached to the clothing or belts before using the treadmill.
- Please do not insert any items to any part of the equipments, which would damage the equipment.
- Position the treadmill on a clear, level surface. Do not place the treadmill on thick carpet as it may interfere with proper ventilation. Do not place the treadmill near water or outdoors.
- Never start the treadmill while you are standing on the walking belt. After turning the power on and adjusting the speed control, there may be a pause before the walking belt begins to move, always stand on the foot rails on the sides of the frame until the belt is moving.
- Wear appropriate clothing when exercising on the treadmill. Do not wear long, loose fitting clothing that may be caught in the treadmill. Always wear running or aerobic shoes with rubber soles.
- Keep the children and pets away from the treadmill while starting workout.
- Don't exercise in 40 minutes after dinner.
- The equipment is suitable for adults, children need be accompanied with adults while workout.
- You must hold on to the handrails until you become comfortable and familiar with the treadmill when it is your first workout.
- Treadmill is indoor-using equipment, not outdoor-using for avoiding damage. Keep the store-place clean, flat and drying. Prohibiting the other purpose using, only for workout.
- Please purchase the power-line to the distributor or contact with our company directly, for the powerline only equip to the treadmill.

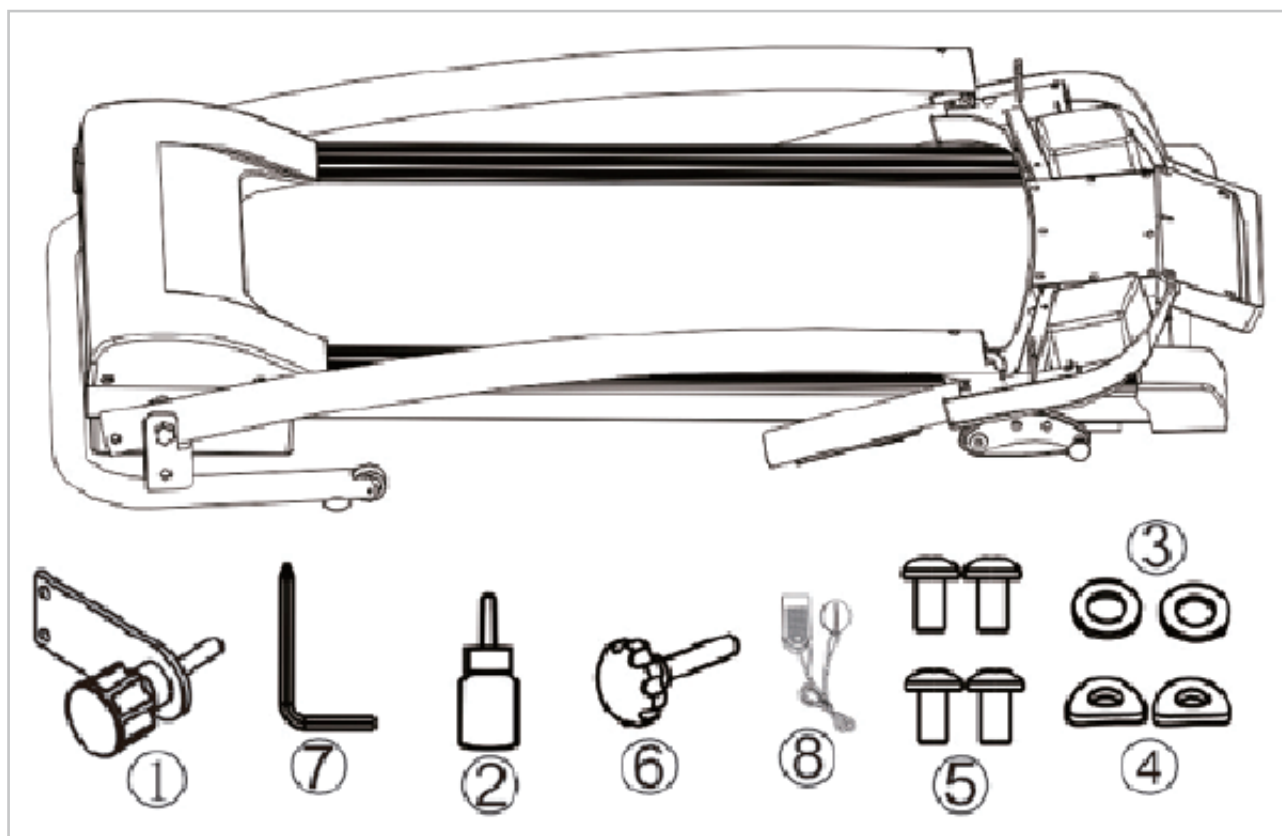
- The treadmill is for indoor and not outdoor use to prevent damage on the product. Keep the storage area dry, clean and flat. It is forbidden to use the device for other purposes than before training.
- Only use the power cable supplied by the supplier for the treadmill. If the cable is missing, please contact our company.
- If the treadmill should suddenly increase in speed due to an electronics failure or the speed being inadvertently increased, the treadmill will come to a sudden stop when the pull pin is disengaged from the console.
- Do not connect line to the middle of cable; do not lengthen cable or change the cable plug; do not put any heavy thing on cable or put the cable near the heat source; forbid using socket with several holes, these may cause fire or people may be hurt by the power.
- Cut off the power when the equipment is not used. When the power is cut off , do not pull the power line to keep the wire unbroken. Insert the plug to the socket with the safety ground circuit, for the power-line is professional equipment. You must contact with the professional people directly while the line is damaged.
- This Treadmill only for home-using, the max user weight is 110 KGS.
- 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 treadmill 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:

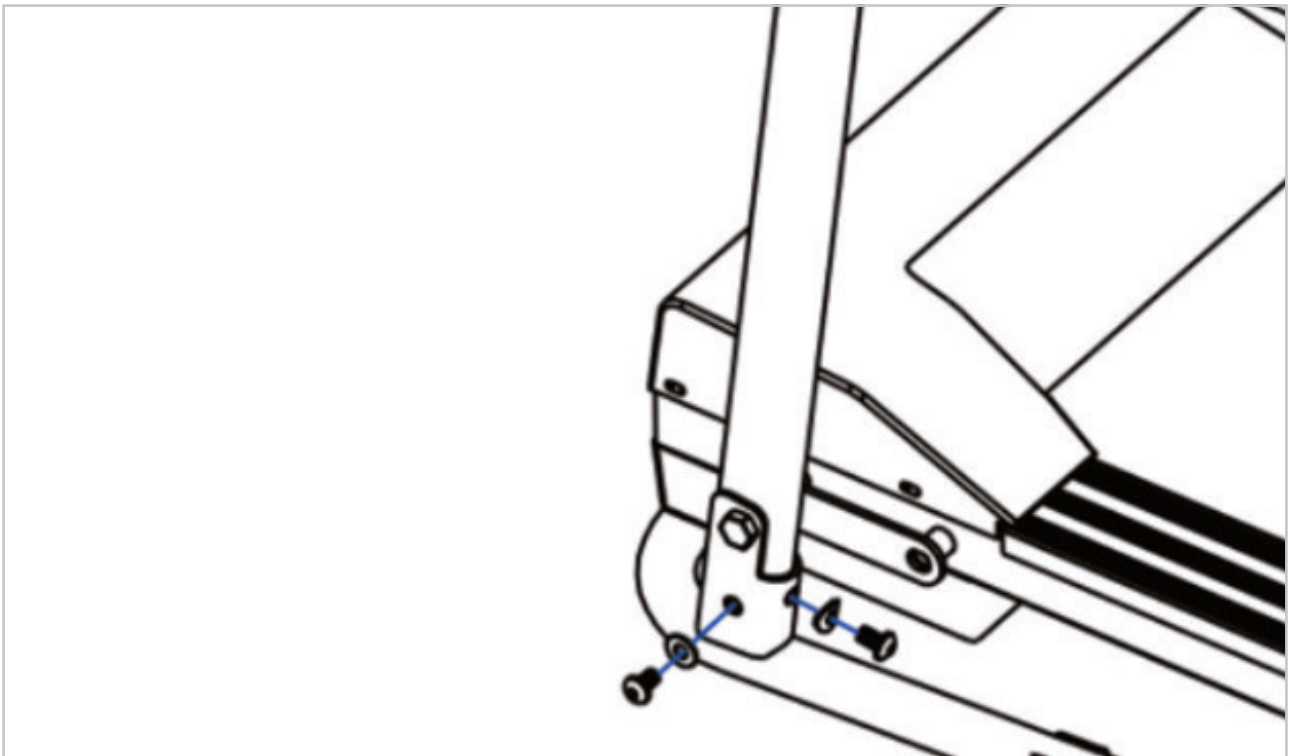


| NUMMER | OMSCHRIJVING   | SPECIFICATIE | AANTAL |
|--------|----------------|--------------|--------|
| 1      | Stretch knob   | M16*55       | 1      |
| 2      | Silicone oil   |              | 1      |
| 3      | Flat washer    | Ø8           | 2      |
| 4      | Spring washer  | Ø8           | 2      |
| 5      | Screw          | M8*15        | 4      |
| 6      | Knob           | M12*20       | 1      |
| 7      | L shape wrench |              | 1      |
| 8      | Safety key     | Rood         | 1      |

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

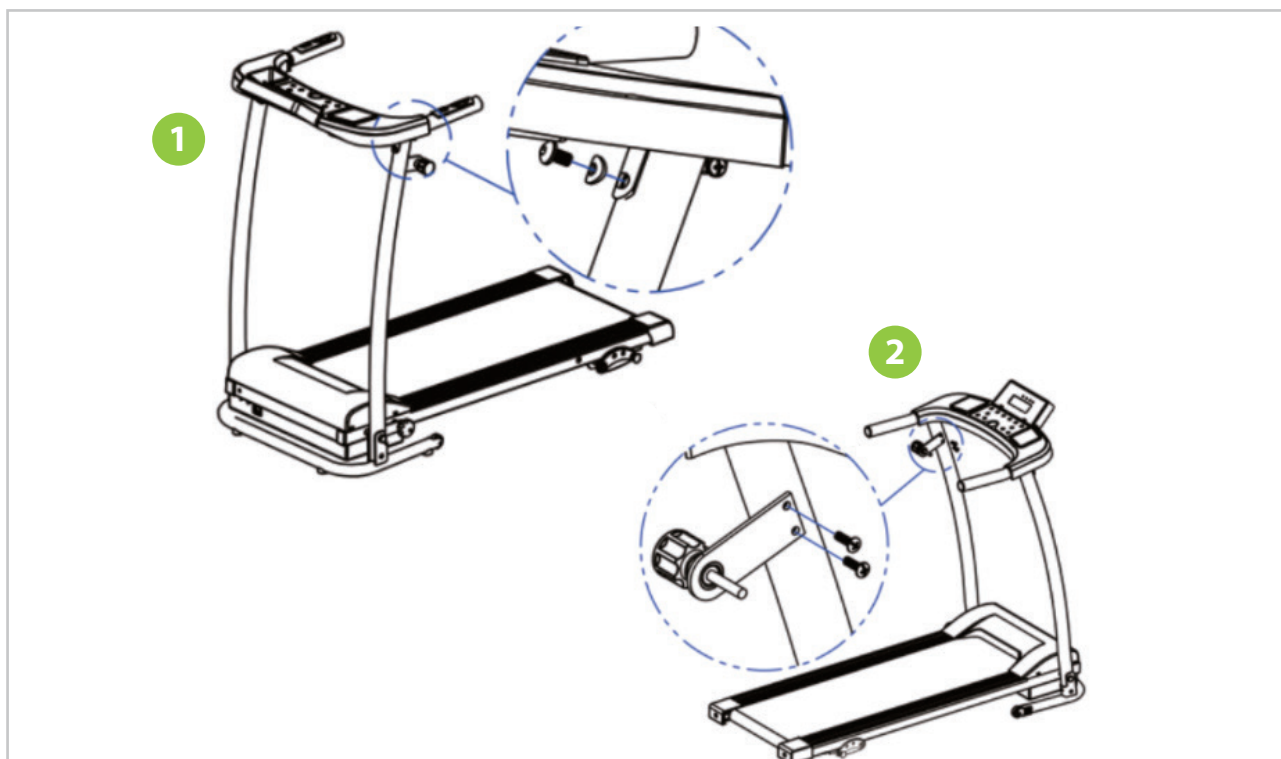
**Socket screws:** The treadmill contains socket screws, make sure that the allen key is firmly in the bolt before you apply force to the key. In this way you prevent the head of the socket head screw from being rotated.

## STEP 1



- Remove 4 screws and 4 corrugated rings from the lower part of the bag and attach the left and right uprights to the base frame.

## STEP 2



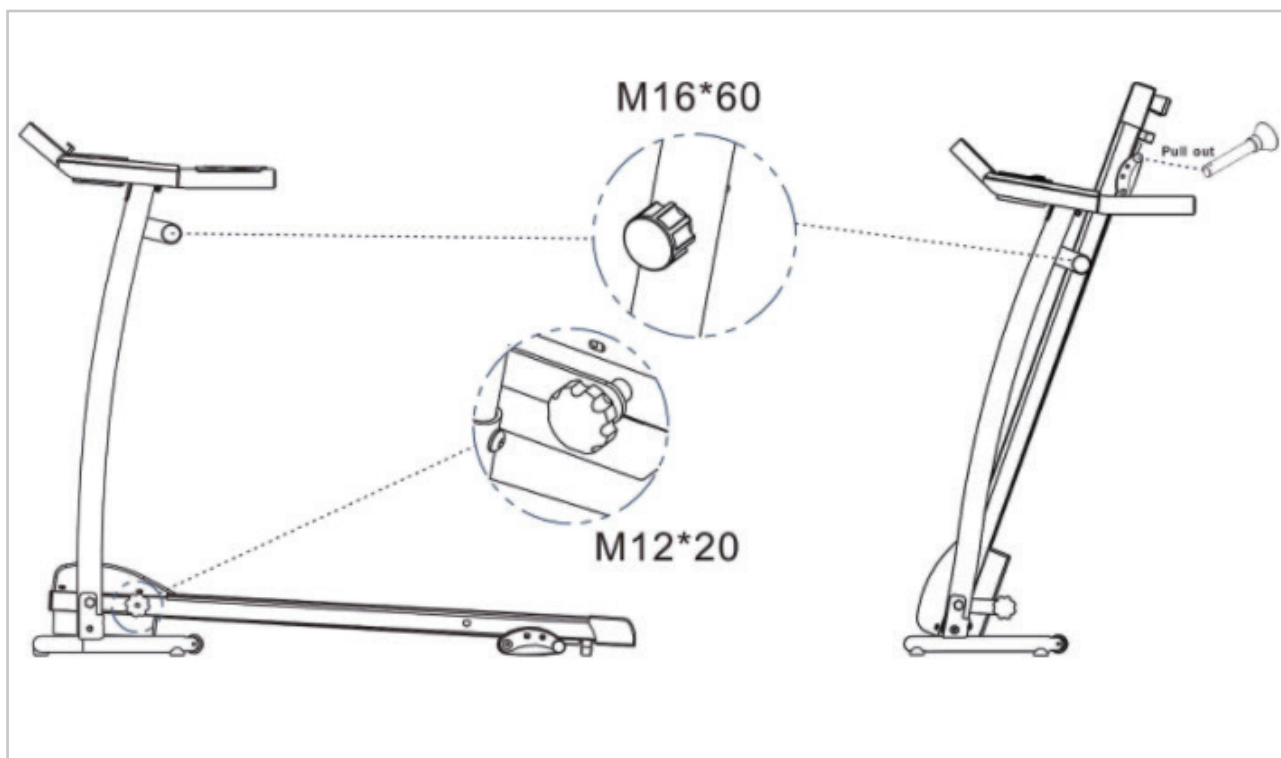
- Fasten the panel with the uprights by M8 screws and M8 washers.  
**PAY ATTENTION:** *Do not press the cables in the uprights during assembly.*
- Secure the pull knob to the left upright.

## STEP 3



- Use the security button to attach the base support to the base frame and place then the safety key in the yellow area on the panel.
- The device is now fully assembled.





If you need to fold the machine, please take off the fix knob (Part serial No. is 6) and put into panel cup-holder. Then fold up the machine and fix by stretch knob (Part serial No. is 1. Please take off the two pins on incline blocks while folding). To spread the machine, just pull the stretch knob, put down the machine, then fix the knob and pins.

## LUBRICATING THE BELT

### RUNNING BELT AND DECK LUBRICATION

This treadmill is equipped with a pre-lubricated, low maintenance deck system. The belt/ deck friction may play a major role in the function and life of your treadmill, thus requiring periodic lubrication. We recommend a periodic inspection of the deck. You need contact with our service center if you find the damage of the deck.

We recommend lubrication of the deck according to the following timetable:

- **Light user** (less than 3 hours/ week) annually
- **Medium user** (3-5 hours/ week) every six months
- **Heavy user** (more than 5 hours/ week) every three months

Best indicator is to lubricate when the walking platform feels dry. We recommend that you buy the lubrication from our distributor or directly to our company.

### ATTENTION:

***Any repair need the professional technician.***

- We suggest that you should cut off the power for 10 minutes after keep running 2 hours, so that it's good for maintain the treadmill.
- For avoiding the slipping during running, the belt not too loose; for avoiding the more abrasion between the roller and belt and maintain the machine's good running ,the belt not too tight. You can adjust the distance between plates and belt, the belt be away from the plates about 50-75 mm on both sides, if the best not too tight and loose.

### We strongly recommend that you do the following

- Switch off and remove the power cable from the wall after every use, especially if children are present.
- Clean your treadmill after use.
- Use a dry cloth to clean the control panel and areas around the power switch. Use a soft clean cloth and cleanser to remove stubborn stains and dirt off the running belt.
- Tighten the running belt once a month.
- Keep your treadmill in a safe dry place away from heat and water.

## USAGE OF SILICONE OIL

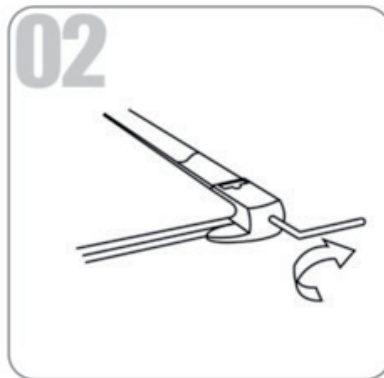
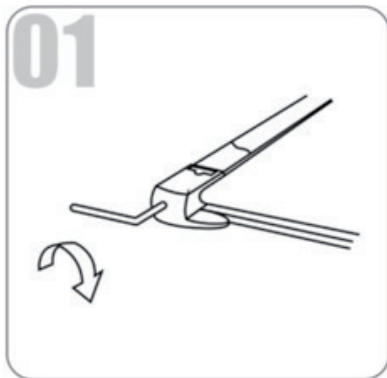
Pull up tightly of the running belt. Then put the silicone oil to running board. Then start the machine to running 3 minutes without loading. It is better to maintain like this every 30 hours working of the machine. This can save lifetime of parts properly.

**We recommend that you do the following:**

- Disconnect the power cord after every use, especially when children are present.
- Clean the treadmill after use.
- Use a dry cloth to cover the control panel and areas around the on/off switch clean.
- Use a soft clean cloth and detergent to remove stubborn stains and dirt from the treadmill.
- Tighten the treadmill once a month.
- Keep your treadmill away from heat and water in a safe, dry place.

***Regular maintenance prolongs the life of your treadmill and prevents injury!***

## RUNNING BELT ADJUSTMENT



### 01. Running belt deviates to left

Start the machine, set speed at 2-3 km/h without a load on the belt, use Allen key to turn the screw 1/4 turn (see fig. 1). Then allow the machine to run without a load for 1-2 minutes. Repeat process until the belt becomes central.

### 02. Running belt deviate to right

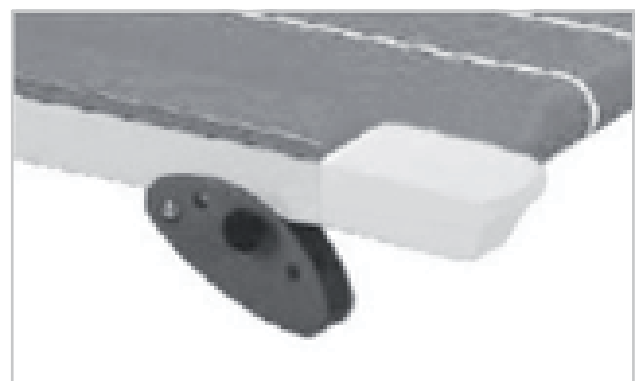
Start the machine, set speed at 2-3 km/h without a load on the belt, use Allen key to turn the screw 1/4 turn (see fig. 2). Then allow the machine to run without a load for 1-2 minutes. Repeat process until the belt becomes central.

### 03. Running belt jam

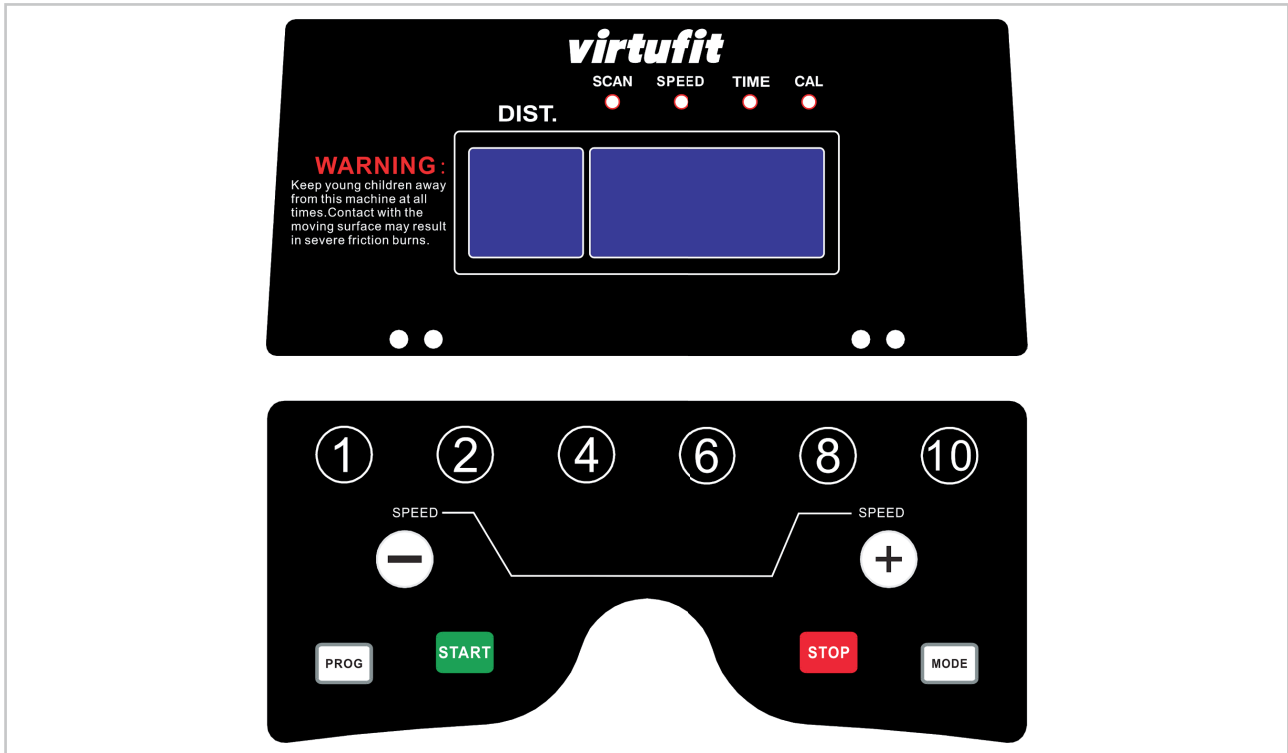
If the running belt is in dead condition, use the Allen key to turn the screw 1/2 a turn both left and right until the jam solved (see fig 3).

## HELLINGSHOEK AANPASSEN

There are incline blocks on both sides of the machine. It has 3-level inclination. Please use the pins to adjust the incline level. Please note the pins must in the same position for both sides while adjusting the lever.



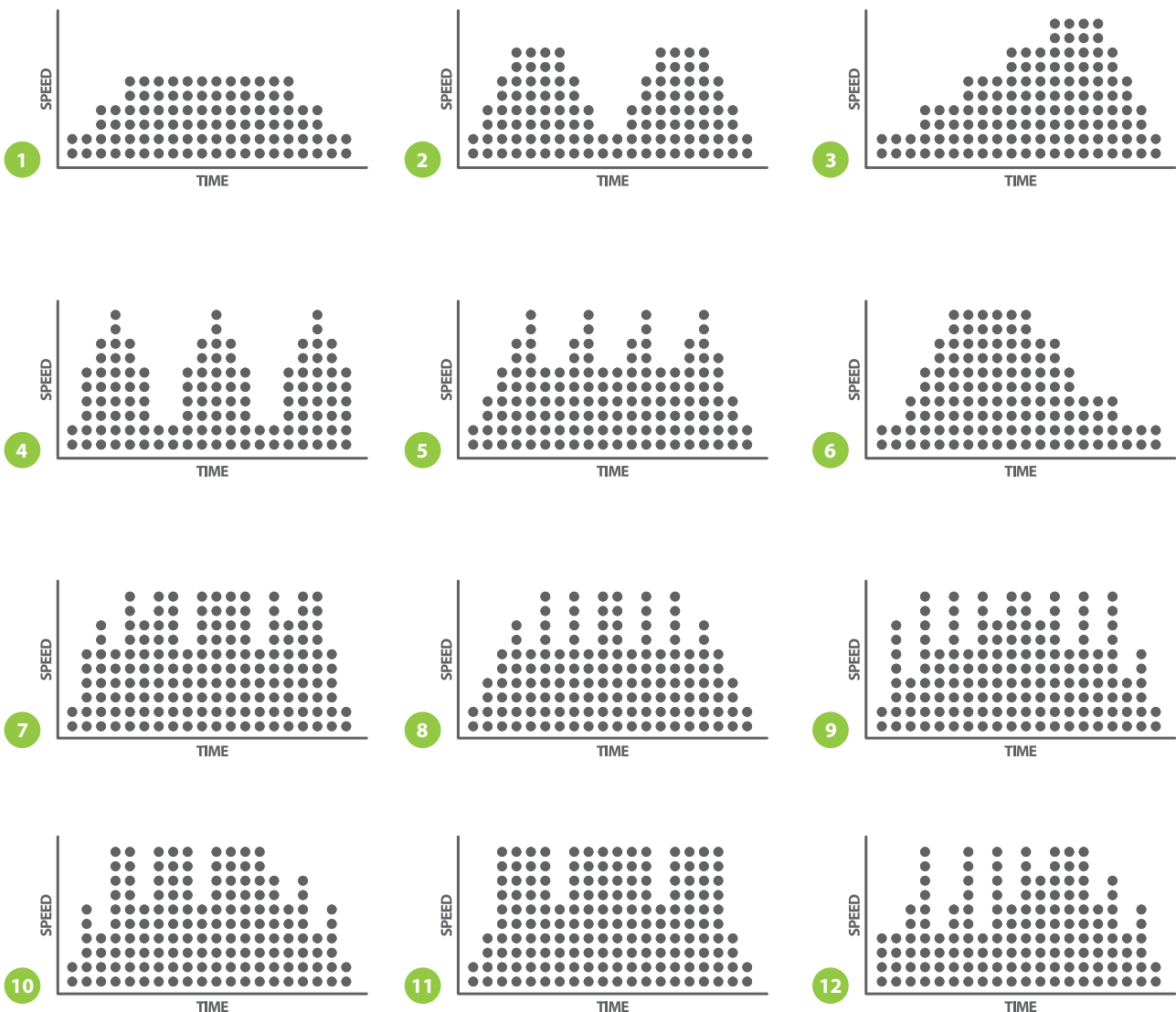
## KEY DEFINITION



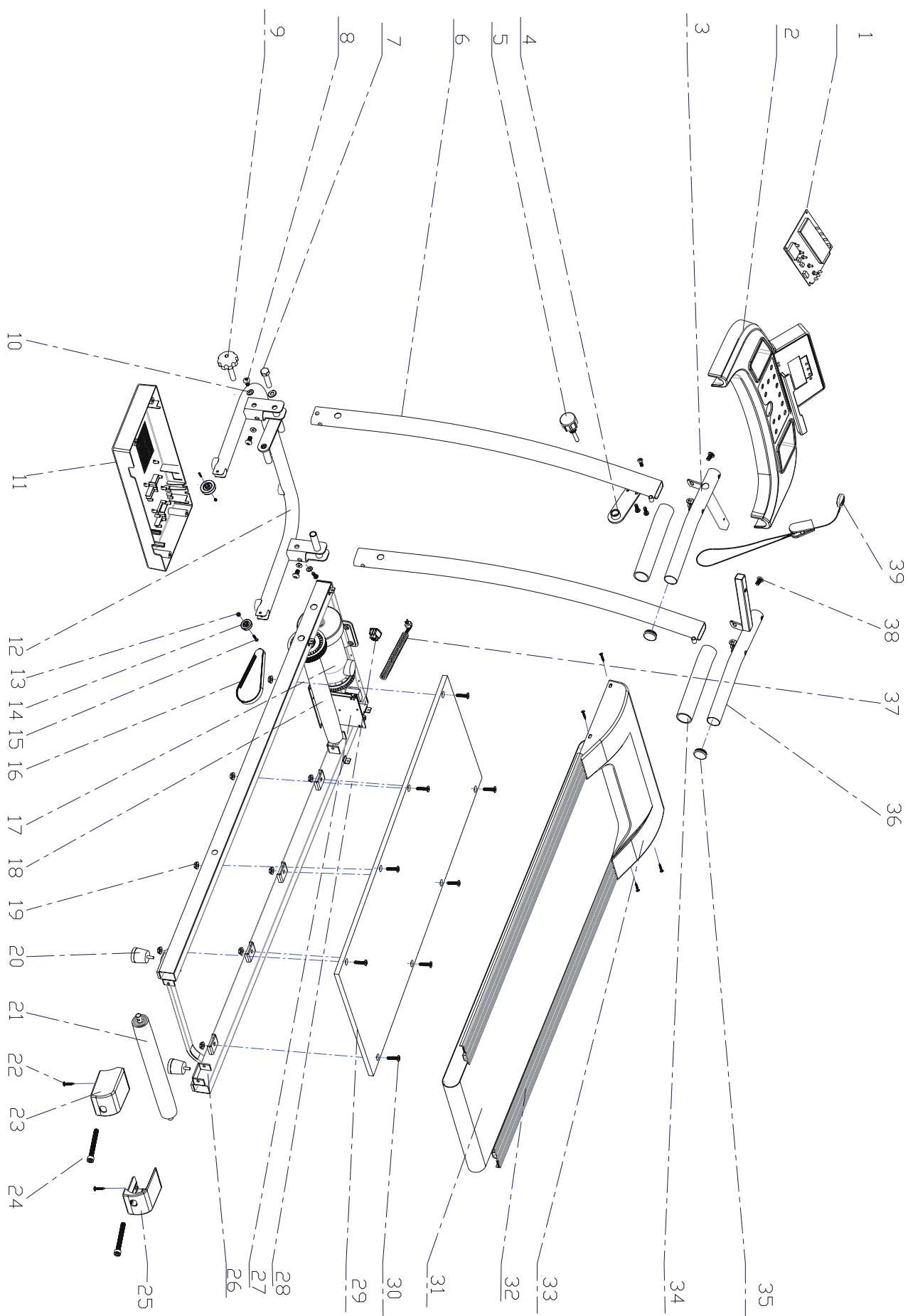
1. Press "START" key, the machine will start by 0,8 km/h after 3 seconds.
2. Press "+" key for speed up and "-" key for low down. The fastest speed is 10,0 km/h and lowest is 0,8 km/h.
3. Press "MODE" key, the screen will show Speed, Time, Calories. And the scan light will light from speed, time, calories every 5 seconds.
4. The treadmill has 12 programs from P1-P12. While on stand-by, press "PROG" to set the programs then press "START" to start the machine.
5. If you need to use auto program, please select it first when the machine is on stand-by.
6. For emergency stop, please pull out the safety key. The machine will stop very slowly. Pull out safety key and the screen will show "ERR", put it back and on it will show "OFF".
7. Touch the heart sensors, the screen will show heart rate frequency.
8. Left handrail has "start/stop" keys. The right handrail has speed shortcut keys + & - to adjust speed.
9. Press "STOP" key to stop the machine after using.

## PROGRAMS

Display monitor has 12 programs from P1-P12. While on standby mode, press "PROG" to set the programs then press "START" to start the machine. For example, after activating the treadmill, press "PROG" immediately to enter the programs. Or press "STOP" 2 times to get in to standby mode. Below you can see the programs. The horizontal line represents time, each dot represents 1,5 minute. The vertical line stands for speed, each dot represents 1km/h. Each program lasts 30 minutes.



While the machine is in use and running, during the auto programs the (-) and (+) keys are not available. If you want to stop the auto programs, select "STOP" or remove the safety key, then turn on again or palce safety key back on. Then select desired speed. For emergency stop, please pull out the safety key. The machine will stop very slowly. Pull out safety key and the screen will show "Err", put it back and on it will show "OFF". Press "STOP" key to stop the machine after using.



| #  | OMSCHRIJVING                     | AANT. |
|----|----------------------------------|-------|
| 01 | Panel board                      | 1     |
| 02 | Panel plastics - ABS             | 1     |
| 03 | Left handle - Q235               | 1     |
| 04 | Stretch knob pad - Q235          | 2     |
| 05 | Stretch knob M16*60              | 1     |
| 06 | Upright tube - Q235              | 2     |
| 07 | Hex screws - M12*70              | 2     |
| 08 | Hex screws - M8*16               | 6     |
| 09 | Fix knob - M12*20                | 1     |
| 10 | Pad - M8                         | 4     |
| 11 | Motor bottom cover - ABS         | 1     |
| 12 | Base tube - Q235                 | 1     |
| 13 | Hex screws - M5*40               | 2     |
| 14 | Wheel                            | 2     |
| 15 | Self lock bolt - M5              | 2     |
| 16 | Strap                            | 1     |
| 17 | Motor                            | 1     |
| 18 | Front roll                       | 1     |
| 19 | Bolt - M8                        | 8     |
| 20 | Foot pad                         | 2     |
| 21 | Back roll                        | 1     |
| 22 | Cross screws with pad - ST4.2*16 | 15    |
| 23 | Left end cap - Nylon             | 1     |
| 24 | Hex screws - M6*55               | 3     |
| 25 | Right end cap - Nylon            | 1     |
| 26 | Running frame - Q235             | 1     |
| 27 | IC board                         | 1     |
| 28 | Switch - ABS                     | 1     |
| 29 | Running board - MDF              | 1     |

| #  | OMSCHRIJVING         | AANT. |
|----|----------------------|-------|
| 30 | Hex screws - M8*25   | 8     |
| 31 | Running belt         | 1     |
| 32 | Side rail            | 2     |
| 33 | Motor up cover - ABS | 1     |
| 34 | Handle cover foam    | 2     |
| 35 | Semi tube plug - ABS | 2     |
| 36 | Right handle - Q235  | 1     |
| 37 | Power cord           | 1     |
| 38 | Hex screws - M6*25   | 2     |
| 39 | Safety key - Rood    | 1     |



| PROBLEM            | REASON                                                                                                   | SOLUTION                                                                                                                                                                                      |
|--------------------|----------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>ERR(OR E00)</b> | Miss to put safety key on panel or the safety key is not properly put on                                 | <ul style="list-style-type: none"> <li>Put safety key in yellow area of panel</li> <li>Err(or E00) still shows or there is no function, change the computer screen/display monitor</li> </ul> |
| <b>E2</b>          | Control board broken or Virtual welding on controlboard                                                  | Replace control board                                                                                                                                                                         |
| <b>E4</b>          | Control board broken                                                                                     | Replace control board                                                                                                                                                                         |
| <b>E5</b>          | Overcurrent protection. Control board short circuit or motor blocked                                     | Open motor cover to check if the motor is broken or blocked, if not please replace control board                                                                                              |
| <b>E6</b>          | Motor broken or motor line fall off                                                                      | Open motor cover and check if the motor is broken or motor line is connected to control board properly. If all is OK, replace control board.                                                  |
| <b>E7</b>          | Communication failures. Lines between control board and panel board are broken or not properly connected | Check the lines between control board and panel board to make sure no broken line and each plug-in points are properly connected. If all is OK, replace control board                         |
| <b>E8</b>          | Over load protection. Excess or user exceeded max load weight                                            | To make sure the user's weight is not exceeded the max load weight. Then reconnect power and re-start the machine. If still shows the error code, replace control board                       |

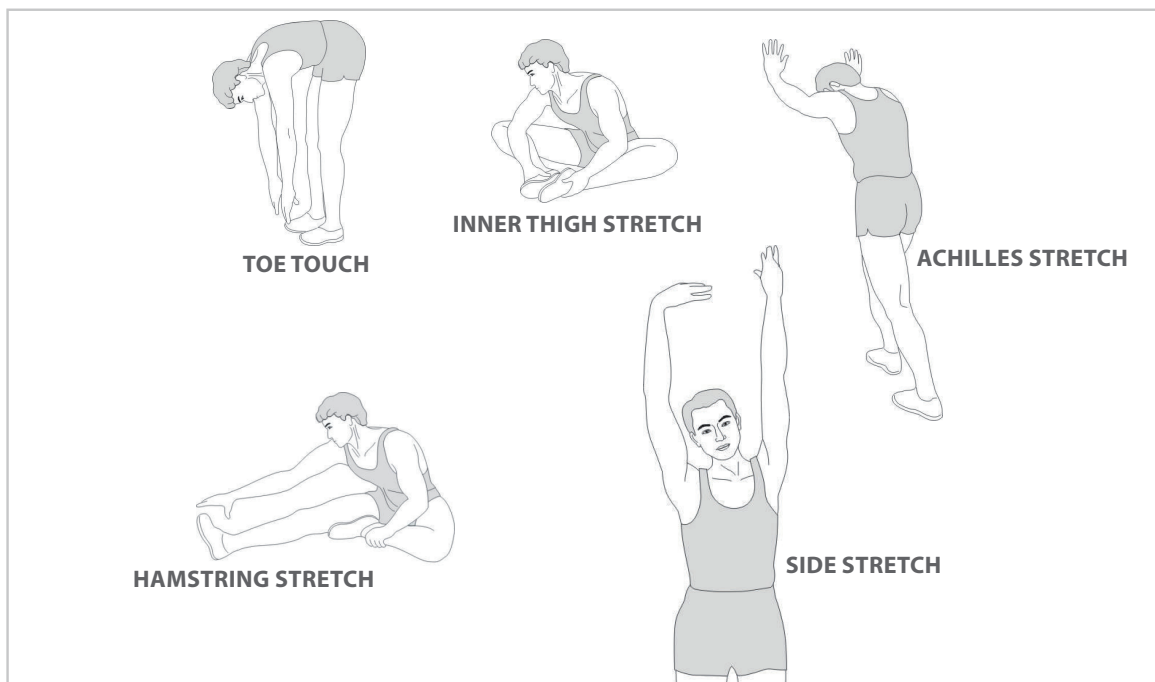
***A successful exercise program consists of a warm-up, aerobic exercise, and a cool-down. Do the entire program at least two and preferably three times a week, resting for a day between workouts. After several months, you can increase your workouts to four or five times per week.***

## 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.*