

virtu^{fit}

Virtufit VI Mini bike

User manual



For questions or missing items, please contact Fitness Benelux:



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The Virtuufit V1 minibike enables you to exercise where and whenever you'd like. Use the minibike while sitting at home or at work to fortify your bloodcirculation and muscles. The resistance is easily changeable by adjusting the knob.

Warning: To reduce the risk of serious injury, read the following precautions before using the mini bike:

- Read all the instructions in this manual before using the product. Follow all warnings and operating instructions prior to use. Keep this manual for the entire life of the product.
- Do not allow children on or around the machine. Keep children and pets away from the product at all times.
- Keep hands, feet, and loose articles away from moving parts.
- The owner is responsible for ensuring that all users of this product are properly informed as to how to use this product safely.
- This product is intended for domestic use only.
- Do not store this product in a damp place.
- Use this product indoors, preferably away from humidity and dust, on a flat, hard surface and in a space large enough to allow safe access and movement around the product.
- To protect flooring, place a rug under the product. Wear athletic shoes to protect your feet while exercising. We are NOT responsible for wear on flooring.
- DO NOT wear loose or baggy clothing, since it may get caught in the machine. Take off all jewelry.
- If you feel any pain, or if you become dizzy while exercising, stop immediately, rest and consult a physician.

Warning: Before beginning this or any exercise program, consult your physician. This is especially important for persons with pre-existing health problems. Read all instructions before using.

STEP 1

Assemble the product using the screws in the mounting parts bag.



STEP 2

Fix the resistor onto the main frame with screws.



STEP 3

Place the center resistance adjustment knob into the hole and turn it into the resistor to adjust the exercise intensity.



Warning: Before beginning this or any exercise program. Consult your physician. This is especially important for persons over the age 35 or persons with pre-existing health problems. Read all instructions before using. Please sit on a chair when you take exercise with this product, don't just step on the product and put your full weight on it.

Place the product on a level surface, put your feet on the pedals, move clockwise or anticlockwise as desired.



Arm exercises

Place the unit in front of you on a table. Make sure that the unit is firmly positioned and that both bases are on the table top. Sit upright in front of the device and grip the two pedals with your hands. You can turn the pedals forwards or backwards.

Leg exercises

Place the unit in front of your chair on the floor. Place your feet onto the pedals. The distance between the chair and the device should be sufficient to allow you to bend one leg while the other is stretched during exercise. You have the option of pedalling forwards or backwards.

MAINTENANCE

- The product only requires minimal maintenance.
- Avoid contact with water.
- Clean with a slightly damp sponge. Dry with a clean dry cloth.

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