



V4 Minibike with Computer

User Manual



For questions or missing items, please contact Fitness Benelux:



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Important precautions	11
List of parts	12
Assembly	13
Functions	14
Remarks	15
Installing and replacing the battery	15
Maintenance	15
Suggested training guidelines	16

The Virtufit V4 minibike with computer 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 pedal exerciser.

- 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.

No.	Description	Quantity
1	Main body	1
2	Front stabilizer	1
3	Rear stabilizer	1
4	Right pedal	1
5	Left pedal	1
6	Hex bolt M8	4
7	Washer Ø16	4
8	Computer	1
9	Base reinforcement	2
10	Knob	1
11	Knob screw	1
12	Crank-arm	1



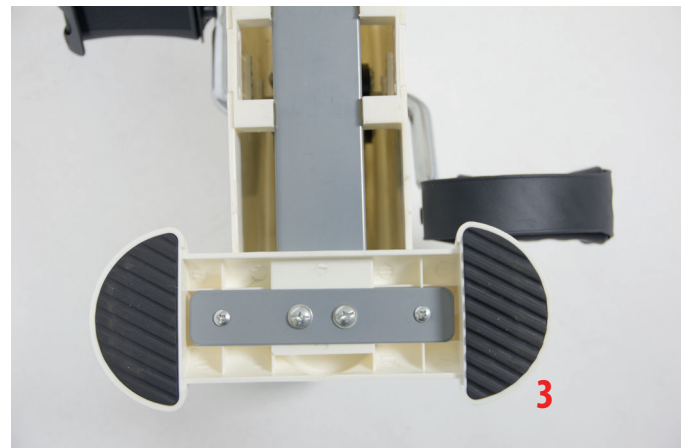
STEP 1

Fix the front stabilizer (2) to the main body (1) with 2 sets of hex bolts (6) and washers (7).



STEP 2

Fix the rear stabilizers (3) to the main body in the same way.



STEP 3

Now fix the pedals (4&5). The right pedal is marked R, connect it to the right end of the crank arm (12). The right pedal should be threaded on clockwise. The left pedal is marked L, it should be threaded on anti-clockwise.





Press the red button to turn on the computer. You can select the desired function by pressing the red button, see the left upper corner of the computer for the functions.

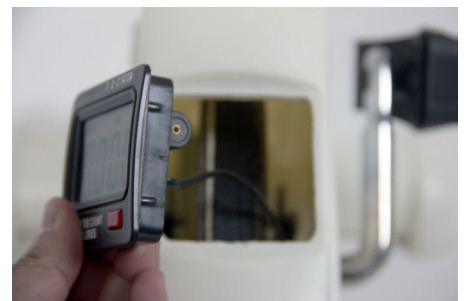
TIME	Displays the time of the training sessions elapsed since the beginning of the training session (number of J)
DISTANCE	Count the distance in meters.
COUNT	Accumulates the number of movements made by cycling (pressing down on the pedals) during the workout sessions.
TOTAL COUNT different replace	Accumulates the numbers of movements made by cycling (pressing down on the pedals) during sessions. This total cannot be reset unless you the battery.
CALS	Estimates the total calorie consumption from the beginning of the exercise.

IMPORTANT: The calculation of calories burned is an estimation and should not be considered medically reliable. We suggest consulting your doctor or dietician to adapt your diet and energy consumption depending on your physical condition, and the sporting activities you intend to be involved in. We also recommend that you consult your doctor prior to beginning any new exercise.

- The functions change automatically after a couple of seconds so that during your session you can keep track of the time, distance, number of exercises and the total estimated calorie consumption. If you prefer one particular function, then press the red button until you have found the desired function and "SCAN" is off the display.
- The display will automatically switch on when you start exercising or when you press the red button.
- The display will automatically turn itself off when a few minutes have passed and no action has been detected.

INSTALLING AND REPLACING THE BATTERY

Remove mechanism from the counter by disconnecting it from its slot (see picture below). The battery compartment is situated behind the counter. Install or replace a 1.5V AAA. Replace the counter.



MAINTENANCE

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

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.

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.

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