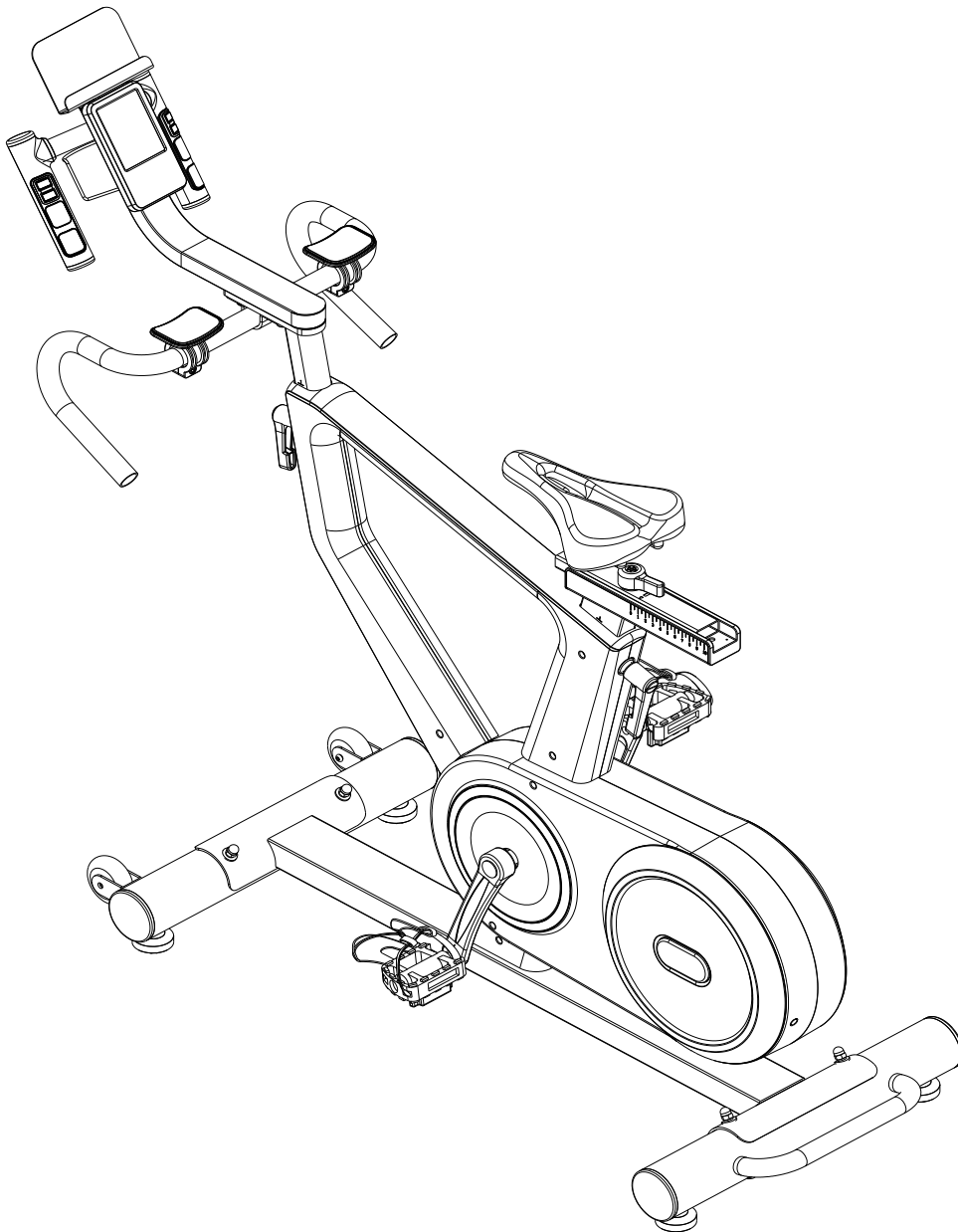


virtuafit

Etappe 2.0i Spinbike

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

- It is important to read this entire manual before assembling and using the equipment. Safe and effective use can only be achieved if the equipment is assembled, maintained and used properly. It is your responsibility to ensure that all users of the equipment are informed of all warnings and precautions.
- Before starting any exercise program, you should consult your doctor to determine if you have any medical or physical conditions that could put your health and safety at risk, or prevent you from using the equipment properly. Your doctor's advice is essential if you are taking medication that affects your heart rate, blood pressure or cholesterol level.
- Consult your GP before starting to exercise on this device. Should you want to exercise regularly and intensively, the approval of your GP would be advisable. This is especially true for users with health problems.
- We recommend that handicapped people should only use the device when a qualified care is present.
- When using the fitness device, wear comfortable clothing and preferably spats or aerobic shoes. Avoid wearing loose clothing which could get caught in the moving parts of the device.
- Stop exercising immediately should you feel unwell or if you feel pain in your joints or muscles. In particular, keep an eye on how your body is responding to the exercise program. Dizziness is a sign that you are exercising too intensively with the device. At the first signs of dizziness, lay down on the ground until you feel better.
- Ensure there are no children nearby when you are exercising on the device. In addition, the device should be showed in a place that children or house pets cannot reach.
- Ensure that only one person at a time uses the fitness device.


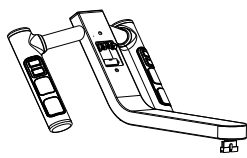
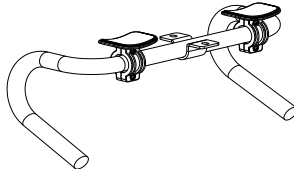

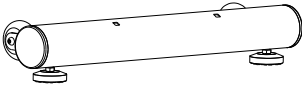
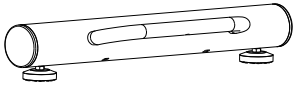
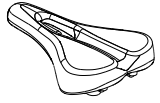
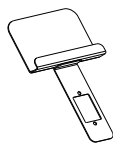
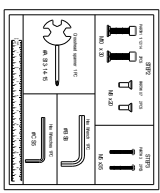
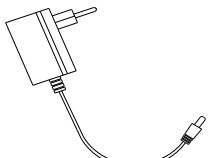
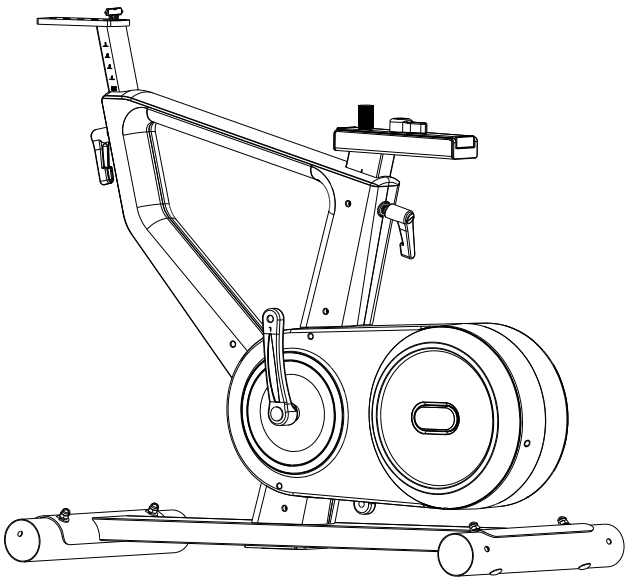

- After the sports device has been set up according to operating instructions, make sure all screws, bolts and nuts are correctly fitted and tightened. Use only attachments recommended and/or supplied by the importer.
- Do not use a device that is damaged or unserviceable.
- Always place the device on a smooth, clean and sturdy surface. Never use near water and make sure there are no pointed objects in the direct vicinity of the fitness device. If necessary, place a protective mat (not included in scope of delivery) to protect your floor underneath the device and keep a free space of at least 0.5m around the device for safety reasons.
- Take care not to put your arms and legs near moving parts. Do not place any material in openings in the device.
- Use the device only for the purpose described in these operating instructions. Use only attachments recommended by the manufacturer.
- The device is made for home use and semi-professional use. The maximum user weight is 130 kg.
- 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).

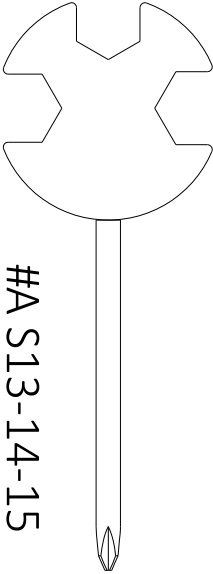
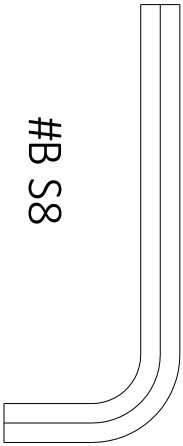
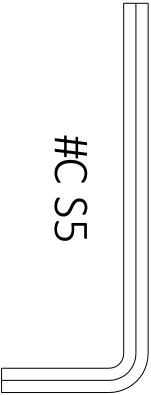
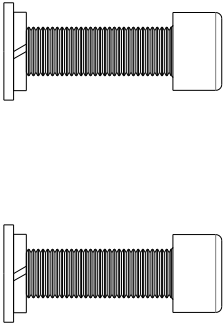

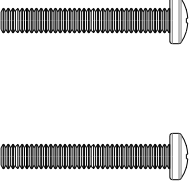
TOOLKIT

When you open the carton, and you will find the below parts in the carton:

		
<p>#1 Display 1PC</p>	<p>#7 Display Post 1PC</p>	<p>#10 Handlebar 1PC</p>
		
<p>#15 Pedal 1pair</p>	<p>#25 Front Stabilizer Assembly 1PC</p>	<p>#30 Rear Stabilizer Assembly 1PC</p>
		
<p>#34 Saddle 1PC</p>	<p>#37 Ipad holder 1PC (Optional)</p>	<p>Bilster Card 1PC</p>
		
<p>#102 Adaptor 1PC</p>		
		
<p>#108 aluminum bottle holder 1PC</p>		
	<p>#28 Mainframe 1PC</p>	

TOOLKIT

When you open the carton, and you will find the below parts in the carton:

 <p>Crosshead spanner 1 PC</p> <p>#A S13-14-15</p>	 <p>Hex Wrench 1PC</p> <p>#B S8</p>  <p>Hex Wrench 1PC</p> <p>#C S5</p>
<p>STEP2</p> <p>PART#11/12/14 2 PCS</p>  <p>M10 X 30</p> <p>PART#107 2 PCS</p>  <p>M8x20</p>	<p>STEP3</p> <p>PART#3 2 PCS</p>  <p>M5x35</p>

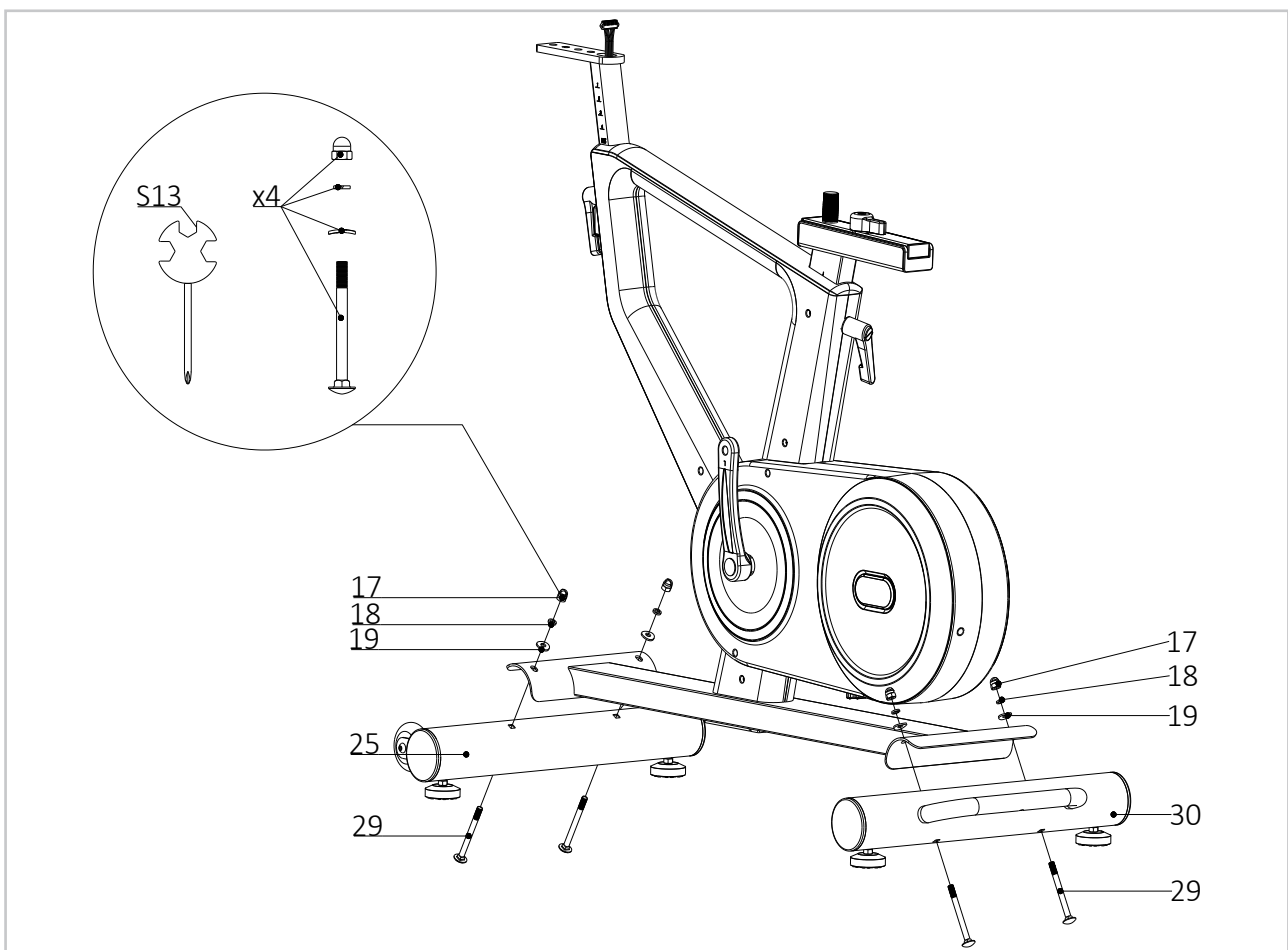


Missing parts: If you think you are missing certain parts in your package, carefully check the styrofoam and the spinbike. Some parts (bolts, screws, etc.) are already attached to / in the spinbike.

Error message: Ensure that all cables are carefully attached. The aluminum legs are very sensitive and must remain straight. Do you receive an error message after mounting your device? Then you have to straighten these aluminum legs again, this may cause the error message to disappear.

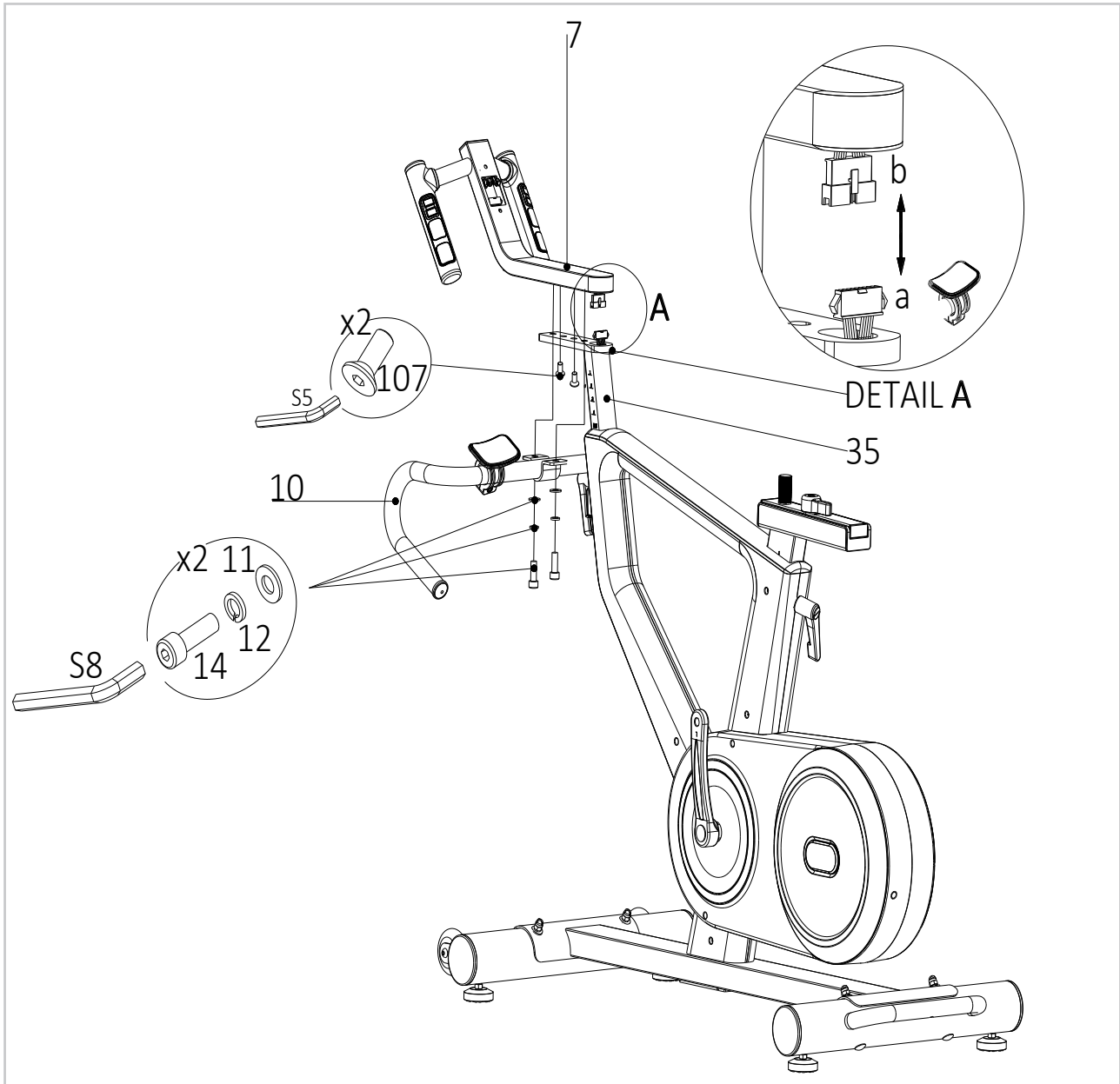
Socket screws: The spinbike contains socket screws, make sure that the allen key is firmly in the bolt before you apply force to the key. In this way you prevent the head of the socket head screw from being rotated.

STEP 1



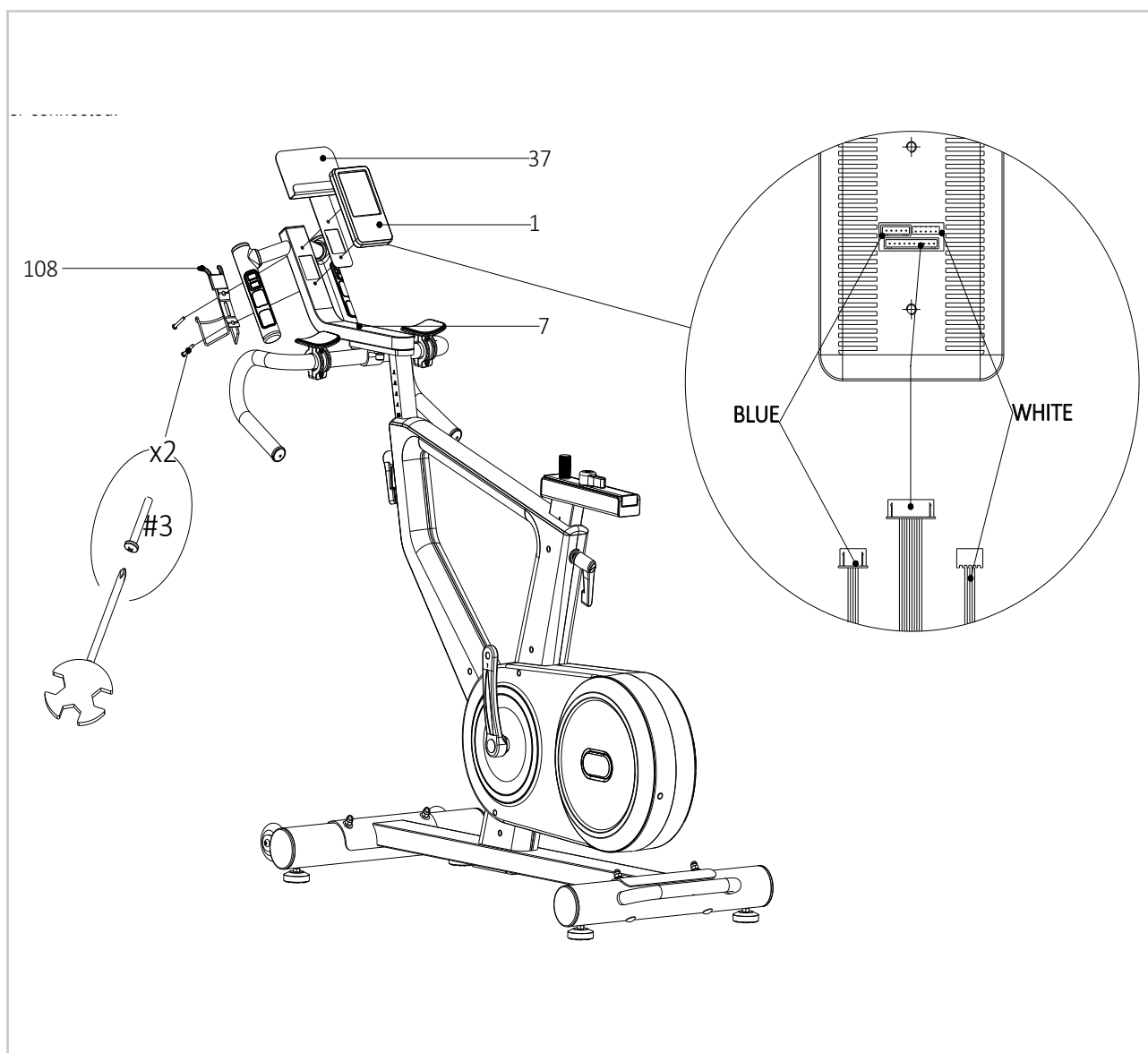
NOTE! Remove the steel tube and attachment parts from the main frame before attaching the front and rear stabilizer. Make sure the transport wheels on the front stabilizer are pointing forward. Attach the stabilizers to the main frame.

STEP 2



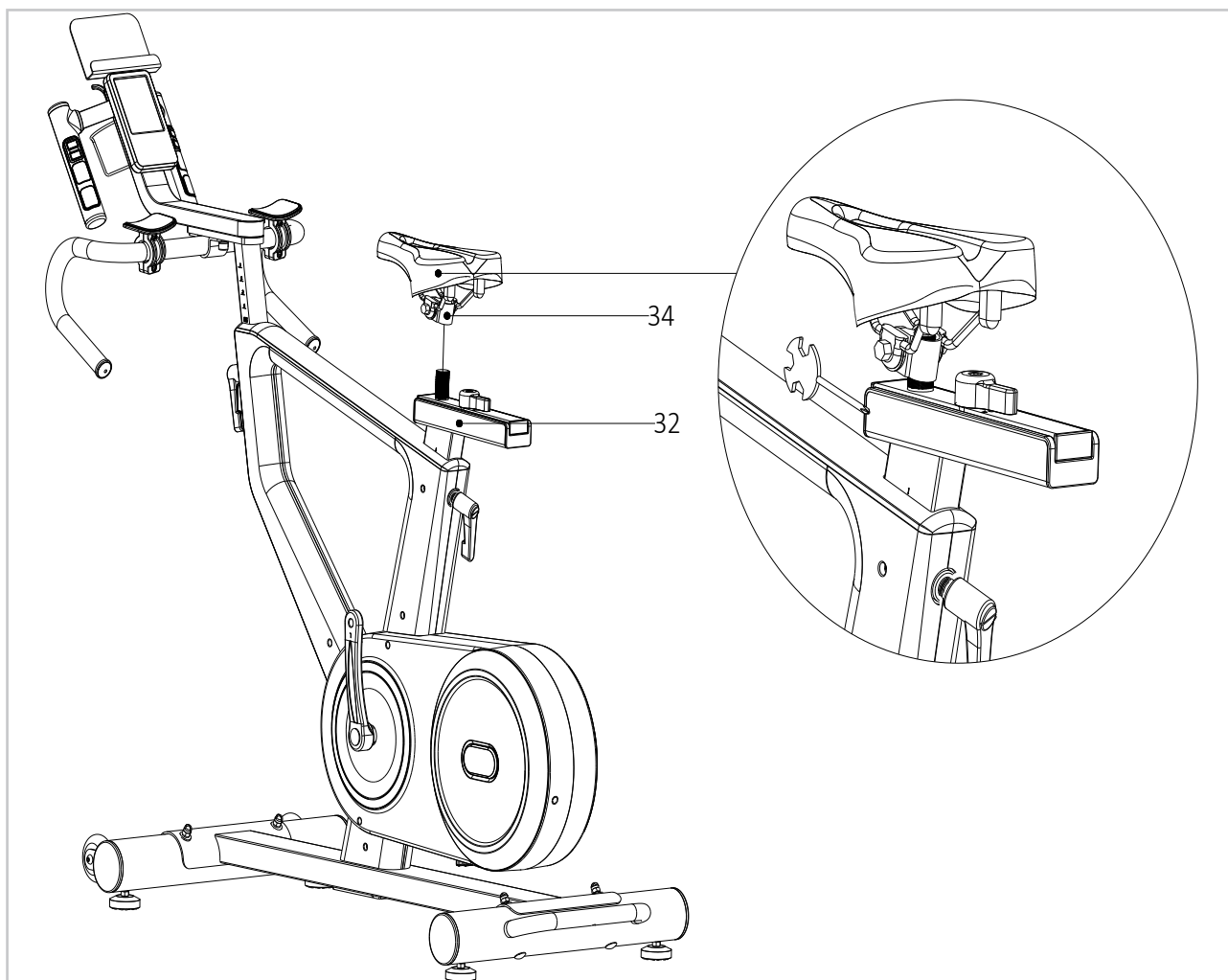
- Connect the sensor cable before attaching the handlebars and back of the meter. Make sure that the cable connectors (a) and (b) do not fall into the tube. Align the clips on the cable connectors and make sure the connectors are locked in place. Do not shorten the cable.
- Attach the console rod (7) first and then the handlebars (10). Make sure the direction of the handlebar (10) is correct.

STEP 3



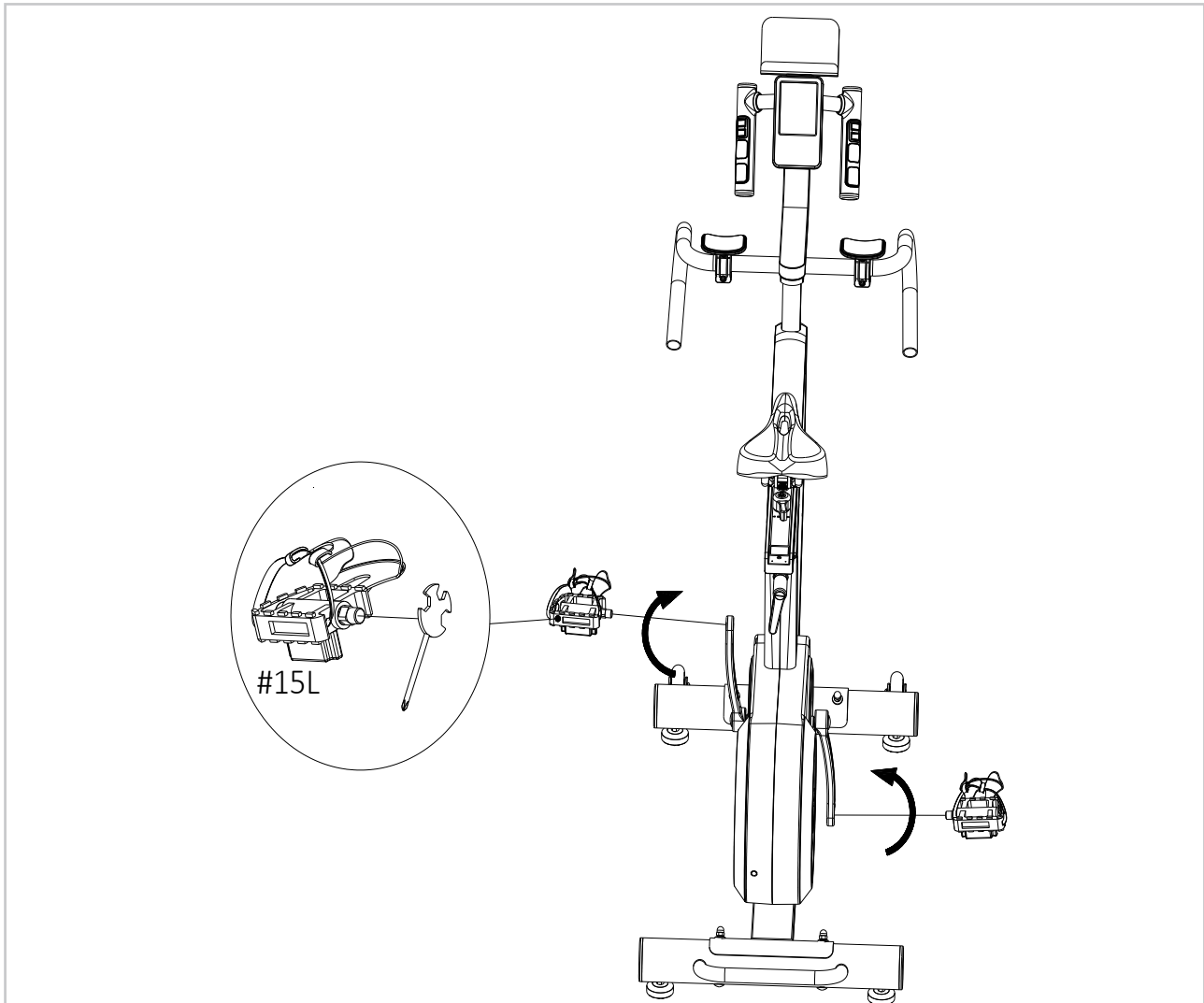
- Before attaching the screen, connect the cables and do not shorten the cables. Push the extra wire down into the back of the screen after it is connected. Install the screen.

STEP 4



- Attach the saddle to the seat post. Secure the saddle firmly with the multi-purpose wrench.

STEP 5



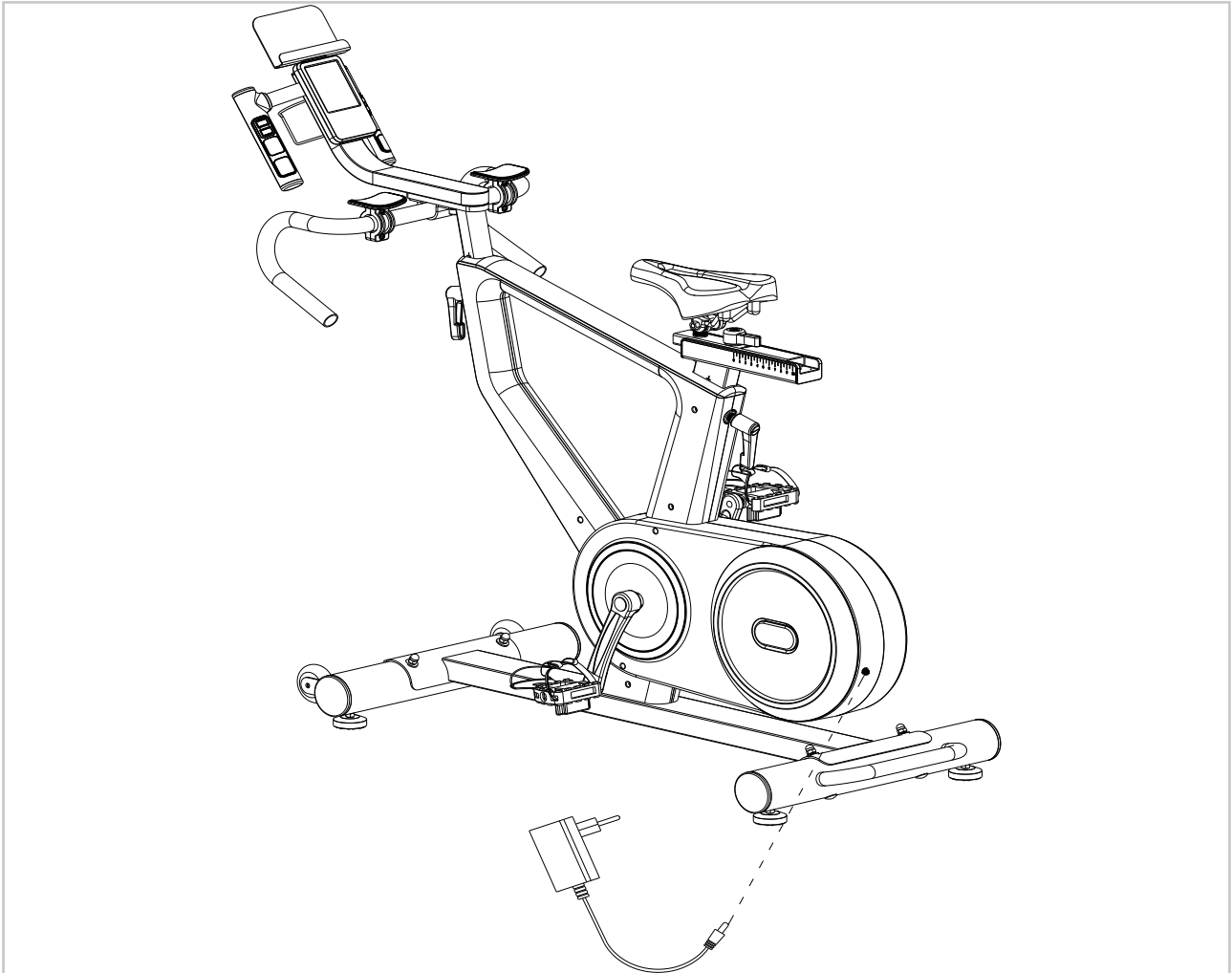
- Installing the pedals.

CAUTION! The left pedal has a reverse thread. Be sure to attach the pedals to the correct side of the bike. The orientation is based on a seated position on the bike. The left pedal has an "L", the right pedal has an "R".

NOTE!

- **Tighten the pedals firmly!**
- **Pedals:** A left pedal is turned to the left and a right pedal is turned to the right. Turn the right pedal clockwise. If you tighten the left pedal clockwise, there is a chance that you may damage the screw thread of the pedal and the pedal can no longer be put on. the pedal can no longer be mounted.

ADAPTER

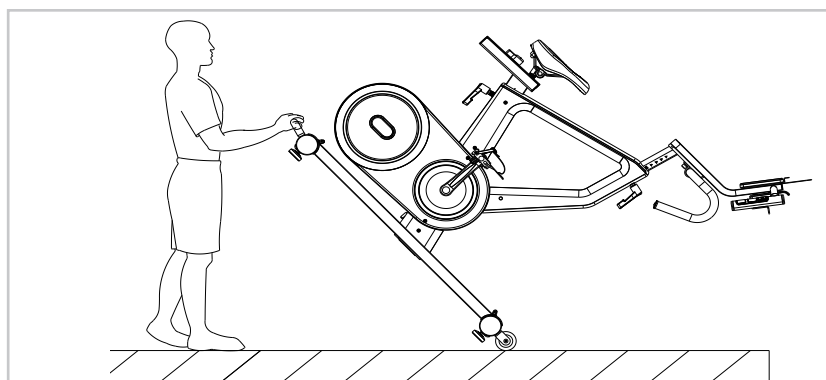


- The adapter connector is located on the back of the unit (see illustration). Attach the adapter to the adapter jack and connect it to AC power. You can now use the spinbike.
- Check that all parts/screws are correctly attached and without play. This will prevent parts from loosening. Do not use until the unit is fully assembled and inspected for proper function and inspected for proper operation in accordance with the User Manual.

NOTE! Turn off the power source when not using the unit for a long period of time.

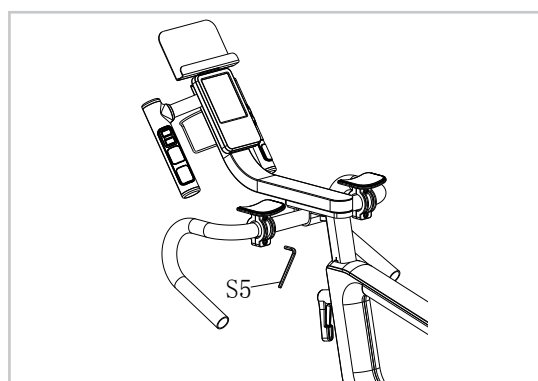
MOVING THE MACHINE

To move the spinning bike, push the handlebars down until the transport wheels on the front stabilizer touch the ground. With the transport wheels on the ground, you can easily transport the spinning bike to the desired location.



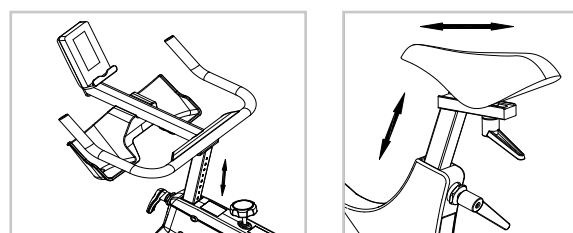
ADJUST ELBOW PADS

Unlock the bolts on Elbow pads by Allen wrench S5, adjust to a comfortable position, then tighten bolts.



ADJUSTING THE HANDLE AND SADDLE

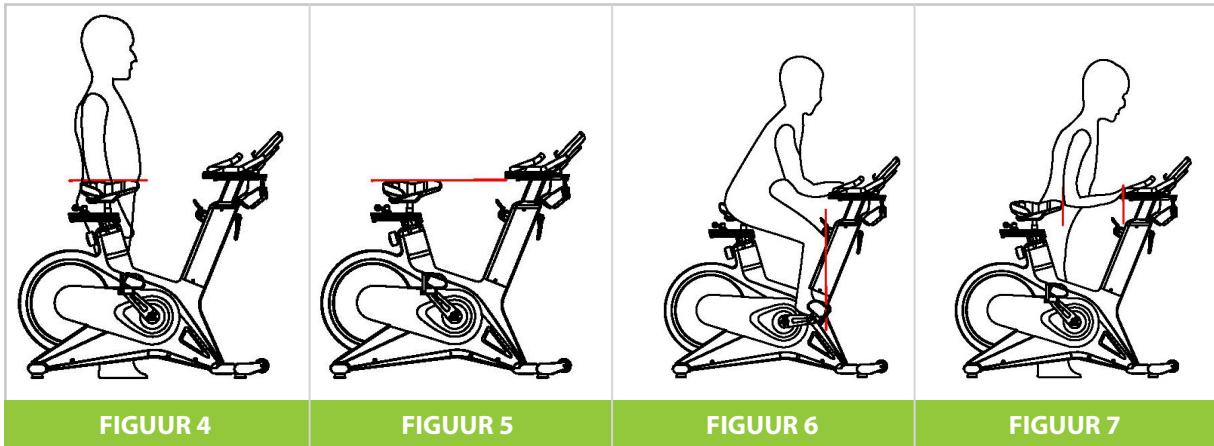
Before exercise, adjust position of the handle and seat according to your height. Rotate the adjustment handle to loosen parts in a counterclockwise direction. Rotate the adjustment handle in the clockwise direction to fix parts. The seat and handle can be adjusted in the direction shown in Figure 3.



FIGUR 3

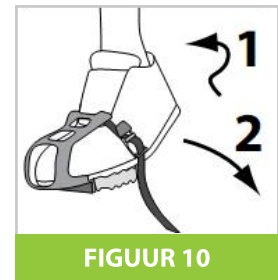
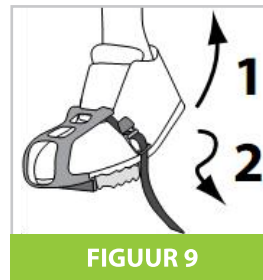
1. Standing upright next to the bicycle, adjusting the bicycle cushion to the buttocks position. As shown in Figure 4.
2. Adjust the height of the handle so that the lowest part of the handle is the same height as the seat cushion. As shown in Figure 5.
3. Adjust the front and rear position of the seat cushion. When the foot is at the forefront, your knee just exceeds your foot, as shown in Figure 6.

- Adjust the handlebar, the distance between the seat cushion and the handlebar is equal to the length of your forearm. As shown in Figure 7.



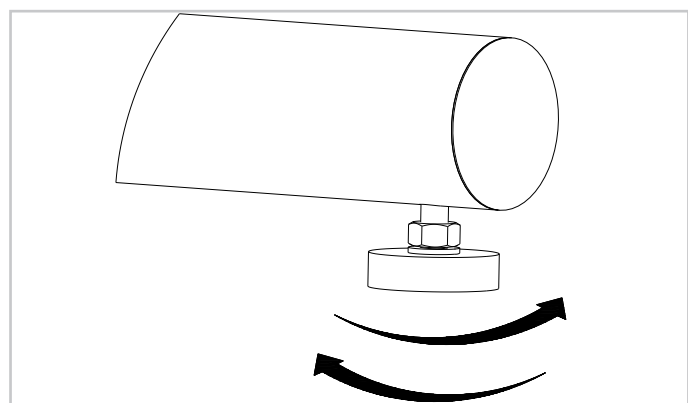
TIGHTEN AND LOOSEN SAFE BELT ON PEDAL

- Put your foot into the pedal and tighten the safe belt upward to the right place as shown in Figure 9.
- When getting off the bike, firstly press the safety button, and then loosen safe belt upwards as shown in Figure 10.

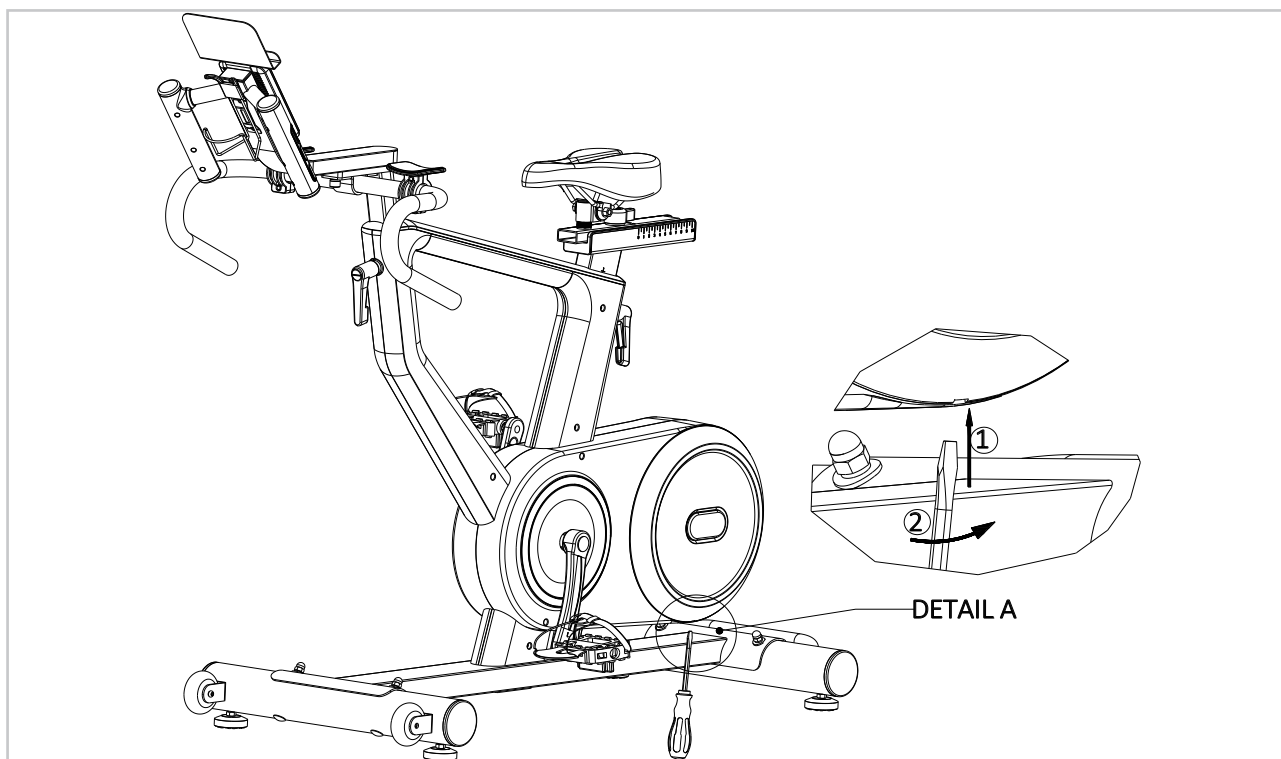


LEVELING

Make sure at all times that the spinning bike is standing on a stable surface. If you are unsure, you can always place a rubber mat under your spinning bike so that you get more grip on your floor. If you do need to adjust the spinning bike slightly, with a simple twist of the adjustable ends of both sides of the frame, you can compensate the spinning bike with the uneven ground.



OPEN THE CHAIN COVER



1. First get ready for a slotted screw driver and a cross screw driver.
2. Second find the hole on the bottom of the chain cover. And then Insert the slotted screwdriver into the hole.
3. Please hold the handlebar of the slotted screw driver and meanwhile pull the plate open slightly.
4. At last remove all of the screws by cross screwdriver.

HAND PULSE SENSORS

Hand pulse sensors

This VirtuFit fitness equipment is provided with hand pulse sensors for measuring the heart rate. The hand pulse sensors are located on the handlebars. The hand pulse sensors are only working if they are touched both at the same time for a couple of seconds. For accurate measurement it is important to have slightly moist hands and to use a constant pressure on the sensors. Too dry or too moist hands can result in less accurate measurement of the heart rate.

NOTE! *Do not use the hand pulse sensor in combination with a wireless heart rate transmitter to prevent errors.*

Wireless heart rate monitor (5kHz)

This VirtuFit fitness machine is equipped with a wireless heart rate receiver. For heart rate measurement with a wireless heart rate monitor, use a heart rate monitor that works on 5kHz. With a wireless heart rate monitor it is important that the electrodes are slightly moist and that the heart rate monitor fits well on your body. Refer to your heart rate monitor owner's manual for correct instructions. Incorrect use of the heart rate monitor can cause an abnormal reading.

NOTE!

- *A wireless heart rate transmitter does not come standard with this fitness equipment. Contact your dealer for purchasing.*
- *Do not use the wireless heart rate transmitter in combination with the hand pulse sensors to prevent errors.*

WARNING

- Consult a physician if you have a pacemaker, before using a wireless heart rate transmitter.
- If there are more than one heart rate measurement devices in one room, please make sure to keep distance to the other devices to prevent inaccurate measurement or errors.
- Always try to keep the wireless heart rate transmitter in a close distance of 1 meter from the console.
- Always wear a wireless heart rate transmitter directly on the body under your clothes.

HET DRAGEN VAN EEN BORSTBAND

This product is compatible with standard 5.3Khz wearable heart rate detector. During a workout, the heart rate features appear on the display when you wear a chest strap. To receive an accurate reading, the chest strap needs to be in direct contact with your skin. After you put on the chest strap, face the display console for a minimum of 15 seconds. This allows the receiver in the console to recognize the signal from the chest strap.

- Carefully dampen the back of the strap with tap water (Diagram A).
NOTE! Do not use deionized water. It does not have the proper minerals and salts to conduct electrical impulses.
- Adjust the strap and fasten it around your chest. The strap should feel snug, not restrictive (Diagram B).
- Make sure that the chest strap is right side up, lies horizontally across your chest, and is centered in the middle of your chest (Diagram C). When these steps are complete, you are ready to view your heart rate.



Diagram A



Diagram B



Diagram C

TARGET HEART RATE (THR)

NOTE! This is only a guideline and performance will depend on the fitness and condition (health) of the person using the device.

How hard should you work?

- When you exercise, you should try to stay within your Target Heart Rate (THR) zone.
- The THR table will give you the THR for your age. This is only a guideline and will depend on the fitness and condition (health) of the person using the machine.
- Always be aware of how you feel when you exercise. If you feel dizzy or lightheaded, stop immediately and rest. If you don't work up a sweat, pick up the pace!

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 spinbike 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 device.

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.

CLEANING

WARNING

Before cleaning the machine, please make sure the power has been switched off.

Cleaning: General cleaning of the device will extend the life of the spinbike. Hold clean the spinbike by dusting regularly.

In addition, wear clean shoes to reduce the risk of contamination of the spinbike. Remove the hood at least once a year to vacuum underneath.

EXTEND SERVICE LIFE

- The upright is secured with Allen screws, make sure that the bolts are tight at all times. If the bolts are not tight enough anymore, this can cause cracking.
- If a main switch is attached to the appliance (on/off), it should always be used after use be turned off.

For more information, visit <https://virtufit.nl/service/faq/>

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.

The device beeps

If necessary, lubricate parts with silicone spray. Check that all nuts and bolts are tightened. It may be that a screw is too loose or too tight, this creates friction and makes the device appear to beep. If this is the case, try to find out exactly where the beep comes from and then tighten or loosen this screw. It must always be possible to loosen the screws with your hands. If this is not possible, the screw is too tight.

Ticking sound

It is possible that the flywheel (in the housing) comes against a cable with each pedaling movement. This may be disturbing but will not permanently damage your spinbike. To fix this, open the housing and move the cable or fix it with for example a tie wrap.

The console is not working

If there is no signal when pedaling, check if the cable is properly attached.

Heart rate display is not functioning

There can be various reasons for this:

- The sensor cables that run from the heart rate sensor to the display are not properly installed or have become detached during use.
- The sensors may become damp, dirty or greasy. So you have to clean them regularly.

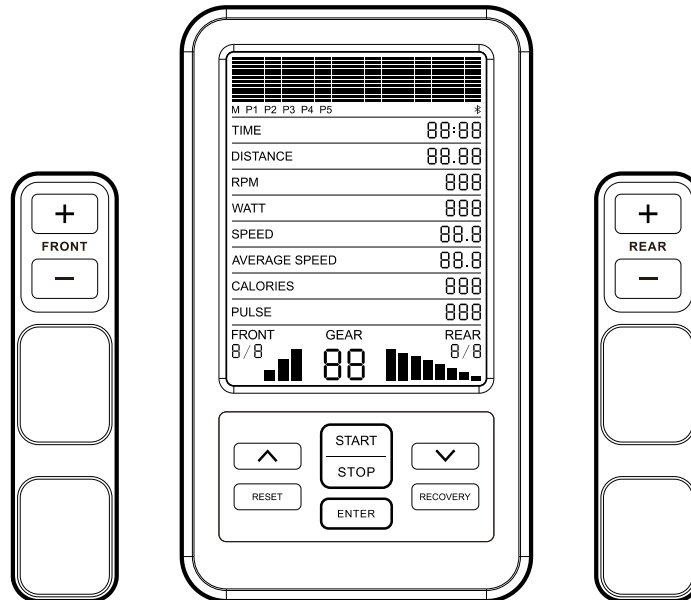
ERROR CODES

CODE	POSSIBLE CAUSES	INSPECTION	SOLUTION
E1	The motor is not operating properly	Motor wiring plug is properly inserted into terminal or not	Connect plug or replace motor
	Cable break in machine	Examine cable for defects	Replace the cable
	The display has no corresponding control signal to the motor		Change the electronic console
E2	After starting the test in body fat test mode, the heart rate monitor is not held by hand as soon as possible		Hold the heart rate monitor by hand within 3 seconds after starting the test
	The display cannot show the heart rate value	Whether a heart rate value is displayed in other modes	If still no heart rate value is displayed in other modes, replace the display; if still no value is displayed, replace the heart rate connector cable

NOTES!

- ***This screen must be equipped with a 9V/1A power adapter. When the screen displays abnormally display, unplug and plug it back in.***
- ***Without any operation, the console will go into standby mode after five minutes.***

CONSOLE



BUTTON	FUNCTION (TOUCHPAD MODEL)
^/v	Up/down Select your program or increase/decrease values.
RESET	Press "RESET" to return the display to the main screen. Press and hold to reset. Return to Manual in any mode (except for U1-U4, FAT, Custom Heart Rate); resting data will be erased.
RECO	Recovery, Heart Rate Recovery test.
ENTER	Confirm value. During Stop mode, toggle each setting item.
ST./SP.	Start/Stop. Press "ST./ST." to stop or start the workout.
+/- FRONT	Increase or decrease front gear (on handlebars left).
+/- REAR	Increase or decrease rear gear (on handlebars on the right).

FUNCTIONS

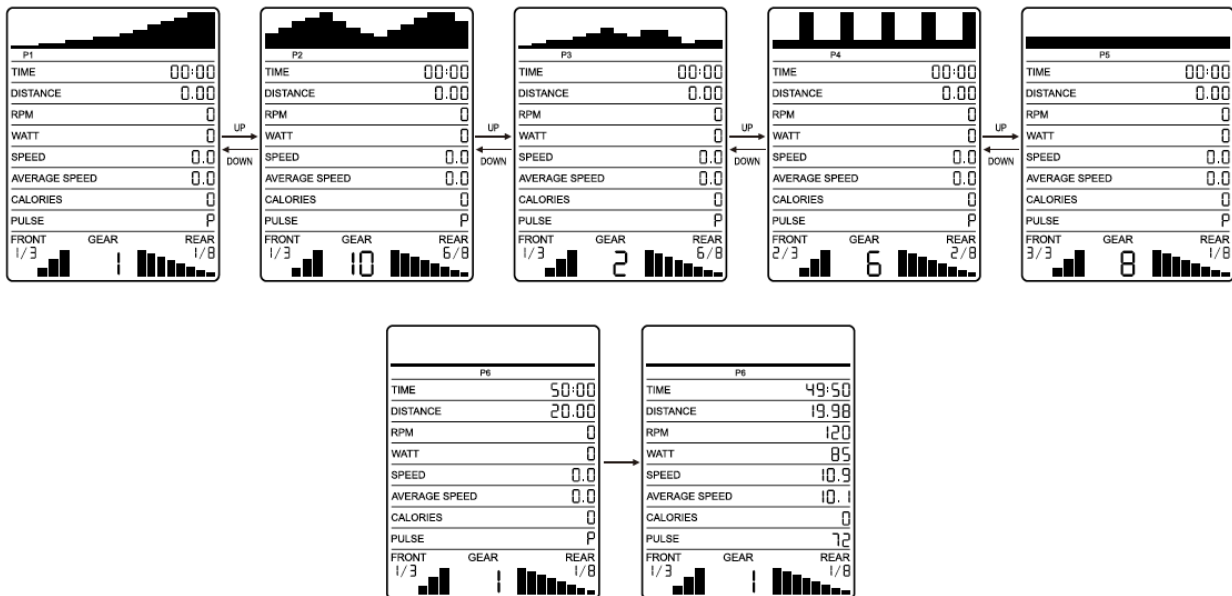
FUNCTION	EXPLANATION
TIME	The total cycling time from the beginning to the end of the exercise is displayed.
SPEED	The speed during the exercise is displayed when you start exercising.
DISTANCE	The distance of each exercise is displayed when you start exercising.
AVERAGE SPEED	Average speed during the entire workout.
CALORIES	Total calories from the beginning to the end of the exercise is displayed.
PULSE	Current heart rate is displayed after 6 seconds, if detected.
RPM	Revolutions per minute.
WATT	Displays workout wattage.
GEAR	24 resistance levels.
FRONT	Front gear 1 - 3.
REAR	Rear gear 1 - 8.

1. Press the <ST./SP.> key to start the exercise.
2. In the set state, press the <ENTER> key to select the set items in order select, and the selected items (time, distance, calories, age) will flash.
3. Press the <^/v> key to adjust up or down, and press the <ENTER> key to select the next item.
4. After all selections are completed, it will automatically exit the set state, or you can directly press the <ST./SP.> key to start in the set state.
5. In the training state, the resistance will be automatically adjusted according to the set program, or you can use the <^/v> key to increase or decrease the value.
6. If a time, distance or calories has been set, this item will be displayed in the training state as a countdown. When the countdown reaches 0, the exercise will automatically stop with a "DI DI" sound.
7. In the exercise state, press the <ST./SP.> key to stop the device.

PROGRAMS

PROGRAMS

1. Press the <^/v> key to select the different program modes: P1 climb mode, P2 mountain mode, P3 highway mode, P4 interval mode, P5 relax mode, P6 circuit mode.
2. Press the <ST./SP.> key to start the workout, or press the <ENTER> key to enter the setting mode.
3. In setup mode, press the <ENTER> key to select the set items in sequence, and the selected items (time, distance, calories, age) will flash (P1-P5), (time, distance) P6.
4. Press the <^/v> key to adjust up or down, and press the <ENTER> key to select the next item.
5. After all selections are completed, it will automatically exit the set state, or you can press the <ST./SP.> key directly to start in the set state.
6. In the training state, the resistance will be automatically adjusted according to the set program, or you can use the <^/v> key to increase or decrease the value.
7. If a time, distance or calories has been set, this item will be displayed in the training state as a countdown. When the countdown reaches 0, the exercise will automatically stop with a "DI DI" sound.
8. In the training mode, press the <ST./SP.> key to stop the unit from running.



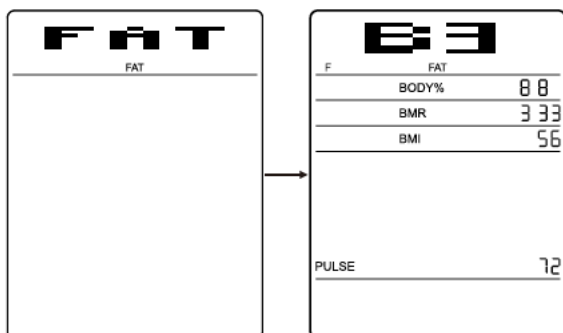
BODY FAT

1. Press the <ENTER> key to enter setting mode.
2. In setting mode, the setting order is: gender -> height -> weight -> age. Press <^/v> to increase or decrease the value.
3. M stands for male; F stands for female.
4. After pressing the <ST./SP.> key for 8 seconds to start the test, the display shows BMI-body mass index, FAT%-body fat percentage, and BMR-basal metabolic rate.

NOTE! Before the test, press the heart rate sensor and keep the heart rate normal in the continuous

display.

5. The test should be performed when the body is relaxed and the heart rate is calm.



6. BMI (body mass index)

Gender/age	Thin	Normal	Slightly fat	Fat	Obese
Male ≤ 30	< 14	14 ~ 20	20.1 ~ 25	25.1 ~ 35	> 35
Male > 30	< 17	17 ~ 23	23.1 ~ 28	28.1 ~ 38	> 38
Female ≤ 30	< 17	17 ~ 24	24.1 ~ 30	30.1 ~ 40	> 40
Female > 30	< 20	20 ~ 27	27.1 ~ 33	33.1 ~ 43	> 43

BODY FAT (vetpercentage)

Gender	Low	Medium	Medium/High	High
Male	< 13%	13% - 25.9%	26% - 30%	> 30%
Female	< 23%	23% - 35.9%	36% - 40%	> 40%

BMR (basisstofwisseling, d.w.z. het gemiddelde aantal calorieën dat dagelijks wordt verbruikt om de basisoverlevingstoestand te handhaven). Referentiewaarde: 1300 ± 100 (22-40 jaar oud).

LICHAAMTYPE (samengesteld figuur)

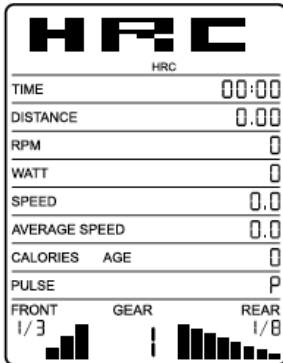
B1	B2	B3	B4	B5	B6	B7	B8	B9
Extremely thin	Thin	Relatively thin	Below normal	Normal	Above normal	Overweight	Obese	Extremely obese

HRC

1. Press the <ENTER> key to enter setting mode. In Setup mode the setting order is: time -> distance -> calories -> target heart rate.
2. Press <^/v> to increase or decrease the value.
3. Press the <ST./SP.> key to start the exercise. The resistance is automatically adjusted to the target heart rate in the exercise state.
4. If a time, distance or calories has been set, this item will be displayed in the training state as a countdown. When the countdown reaches 0, the workout will automatically stop with a "DI DI" sound.

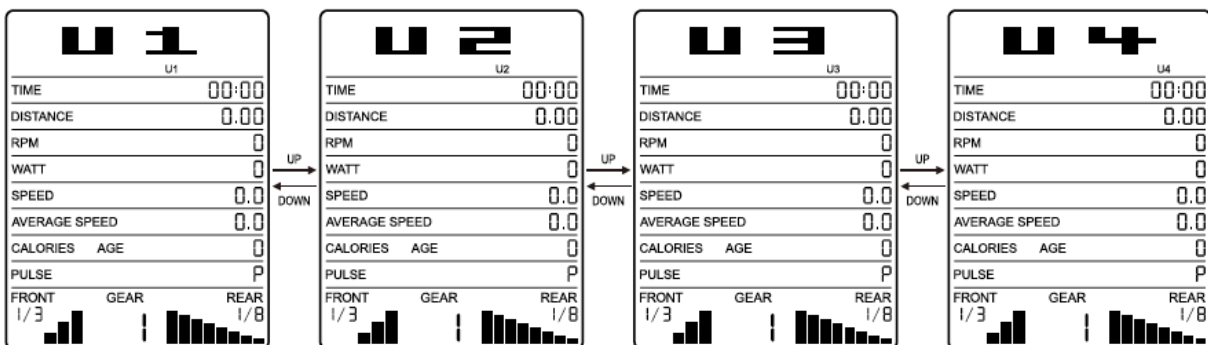
5. In training mode, press the <ST./SP.> key to stop the unit from running.

NOTE! For a better user experience of the HRC function, it is recommended that users wear a wireless chest strap during exercise. If the display does not detect the heart rate value, the resistance will not change automatically, but the exercise can still continue.



USER PROGRAM

1. Press <^/v> to select the U1 - U4 mode.
2. Press <ST./SP.> to start the exercise, or press <ENTER> key to go to the setting mode.
3. In the set state, the setting order is: time -> distance -> calories -> resistance value each column.
4. Press <^/v> to increase or decrease the value and press to go to the next item.
5. Press the <ST./SP.> key to start the workout. During the workout, press <^/v> to increase or decrease the resistance level.
6. If a time, distance or calories has been set, this item will be displayed as a countdown in training mode. When the countdown reaches 0, the exercise will automatically stop with a "DI DI" sound.
7. In the training state, press the <ST./SP.> key to stop the device.

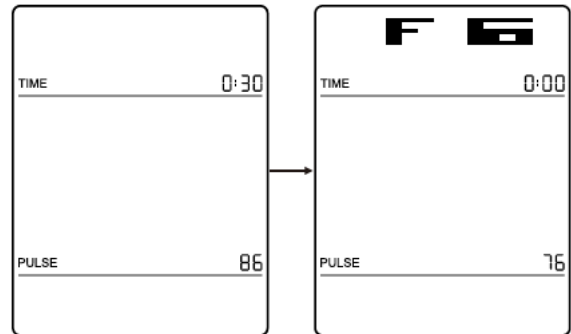


RECOVERY

1. When the display shows the heart rate value in the training mode, press the <RECOVERY> or <RECO> key and monitor the heart rate.
2. TIME displays "0: 60" (seconds), the countdown begins at 60 seconds, and the system begins testing.
3. When the TIME display counts down to "0: 00", the main display window shows F1 ~ F6, which indicates the level of heart rate recovery. It is recommended to test the heart rate value within the

range of the aerobic heart rate value during exercise, so that the test result is not affected if the value is too high or too low.

F1 = 1.0	Optimum
1.0 < F2 < 2.0	Good
2.0 < F3 < 2.9	Relatively good
3.0 < F4 < 3.9	Normal
4.0 < F5 < 5.9	Relatively poor
F6 = 6.0	Poor



PULSE

Training by heart rate, see page 16 of this manual.

AGE	TRAINING ZONE
	MIN-MAX (BPM)
20	133 - 167
25	132 - 166
30	130 - 164
35	129 - 162
40	127 - 161
45	125 - 159
50	124 - 156

AGE	TRAINING ZONE
	MIN-MAX (BPM)
55	122 - 155
60	121 - 153
65	119 - 151
70	118 - 150
75	117 - 147
80	115 - 146
85	114 - 144

BLUETOOTH/APP

1. Turn on the Bluetooth of the cell phone, launch the FitShow APP, and click "Search Device".
2. Select the device and click "Connect". At this time, the Bluetooth icon on the screen will light up.
3. Enter to select the scene exercise mode. The default setting is no scene mode.
4. Click on the "Start" button to start the exercise.
5. You can select "Control" and allow the APP to control your device, and find all the information on the APP.
6. Click the "Stop" button to end the exercise and upload the information.

NOTE! *If a crash occurs after connecting to the APP, please reconnect, or press the RESET button on the display to recover and reconnect.*

INSTRUCTION

1. QR code scanner app is required to scan the QR code with an Android or IOS phone or tablet. This app can be downloaded in the App Store or Google Play Store.
2. Scan one of the QR codes below to go directly to the place in the App Store or Google Play Store where the app is located and can be downloaded.
3. Scan the QR code on the right to go to the user manual of the app. The manual describes step by step how the app should be connected to the device, how the app works and what the options are.

ZWIFT



APP STORE
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GOOGLE PLAY
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USER MANUAL
ZWIFT

FITSHOW



APP STORE
FITSHOW

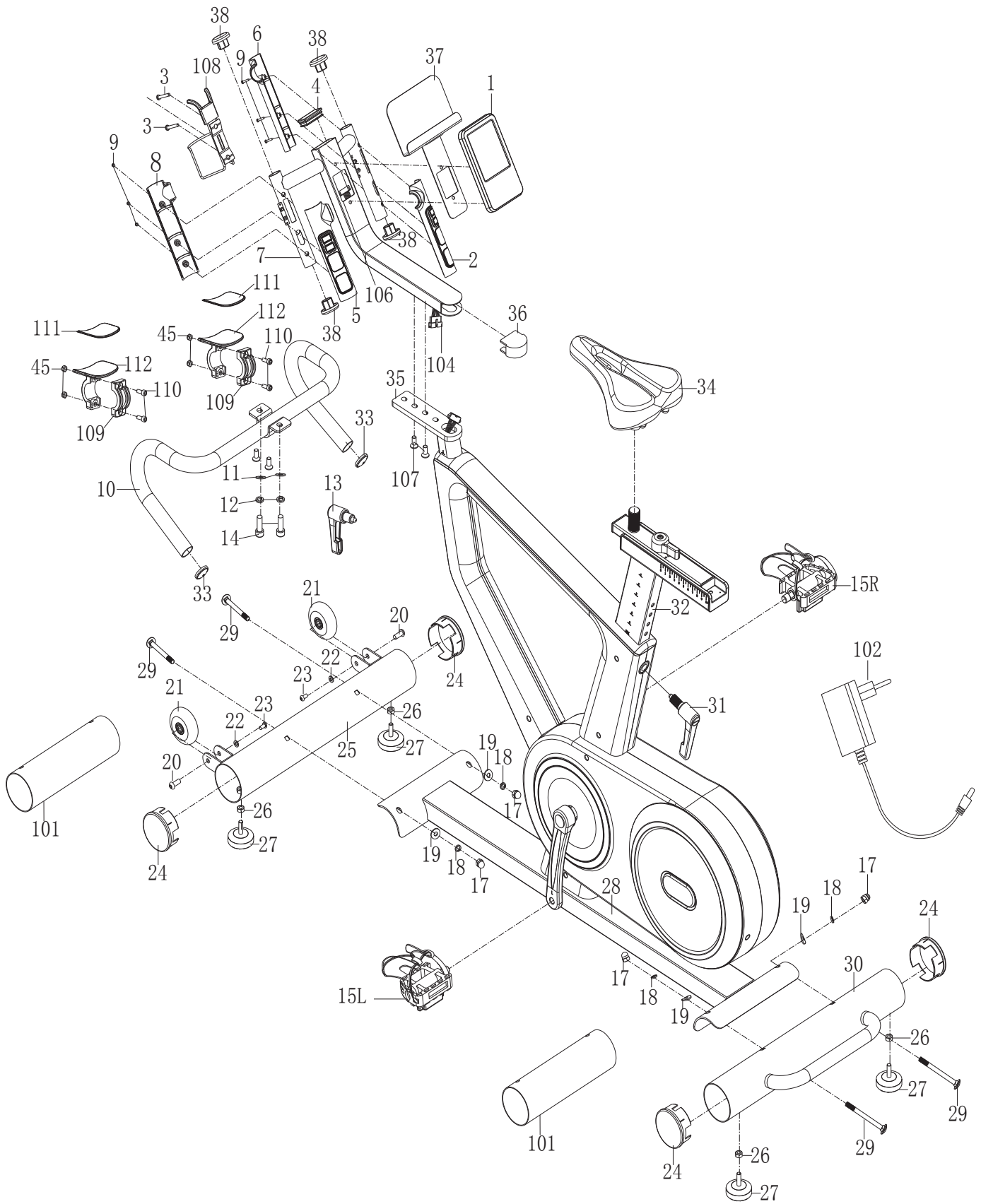


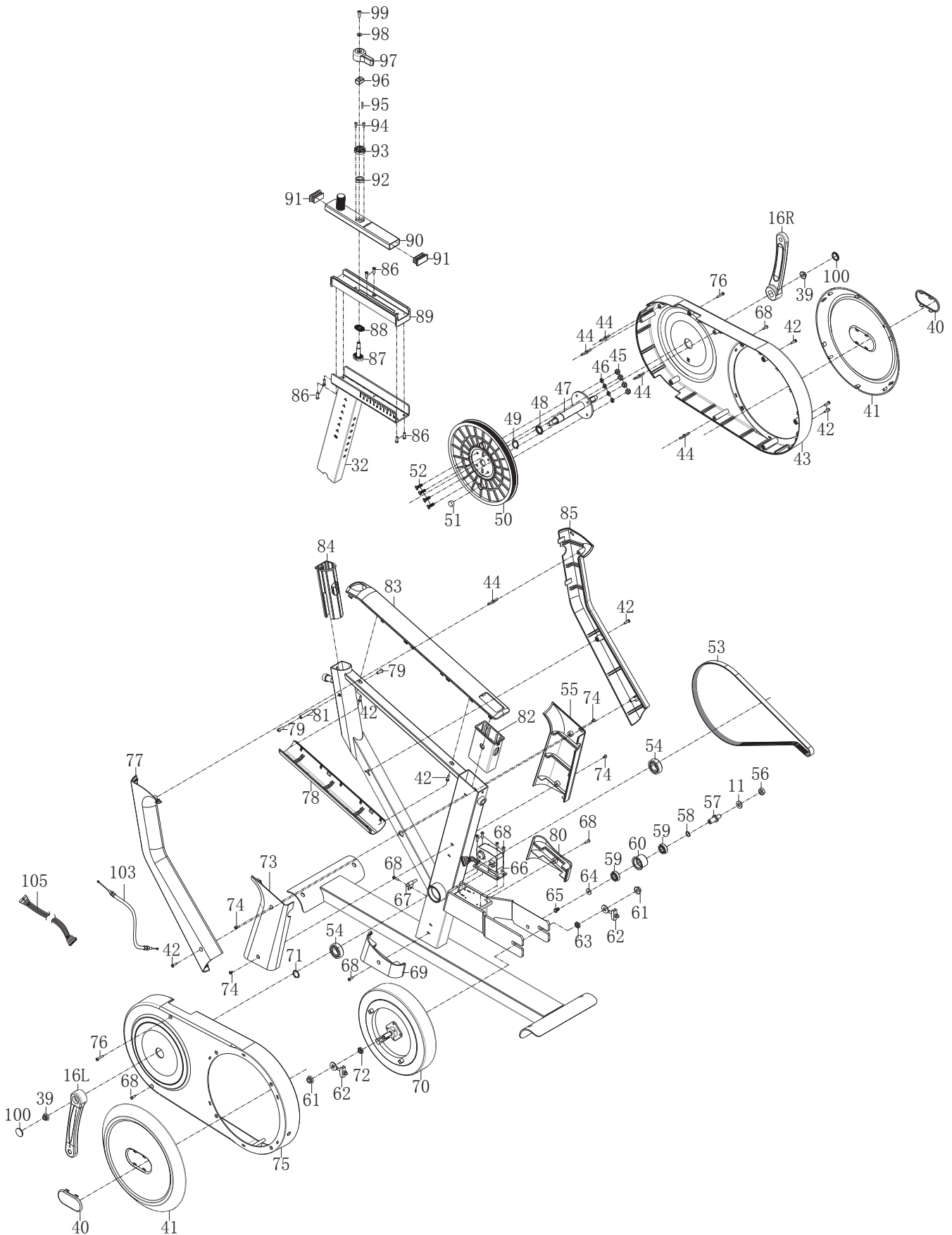
GOOGLE PLAY
FITSHOW



USER MANUAL
FITSHOW

VirtuFit does not provide service for third-party fitness apps such as Kinomap, iConsole, FitShow etc.. If you encounter any troubles with a third-party fitness app, please contact the app developer.





#	DESCRIPTION	QTY
1	Display	1
2	Right handle top cover	1
3	Cross pan head screw M5*35	4
4	Square end cap J50	1
5	Right handle bottom cover	1
6	Left handle top cover	1
7	Display post	1
8	Left handle bottom cover	1
9	Cross head tapping screws ST3*16*Φ5.6	6
10	Handlebar	1
11	Washer d10*φ20*2.0	3
12	Spring washer d10	2
13	L-shaped knob	1
14	Hexagon socket head screw	2
15	Pedal	1pair
16	Crank	1pair
17	Cap nut	4
18	Washer d8	4
19	Arc washer d8*Φ20*2*R38	4
20	Inner hex head bolt Φ7.8*30*M6*15*S5	2
21	Transportation wheel	2
22	Washer d6*Φ12*1.5	2
23	Inner hex pan head bolt M6*12*S5	2
24	Round end cap Φ76	4
25	Front stabilizer	1
26	Nut M8*H5.5*S14	4
27	Adjustable leveling knob	4
28	Mainframe	1
29	Square neck bolt M8*90*20*H5	4
30	Rear stabilizer	1

#	DESCRIPTION	QTY
31	Spring knob	1
32	Saddle post	1
33	End cap D28	2
34	Saddle	1
35	Handlebar post	1
36	Square end cap	1
37	IPAD holder	1
38	Round end cap	2
39	Flange nut M10*1.25*H7.5*S14	2
40	Decoration cover for plastic plate	2
41	Plastic plate	2
42	Cross pan head screw ST4.2*19*Φ8	7
43	Right chain cover	1
44	Connection bar	5
45	Nylon nut	4
46	Spring washer D6	4
47	Middle shaft	1
48	Middle shaft spacer	1
49	Corrugated washer d20*Φ26*0.3	1
50	Belt wheel	1
51	Round magnet	1
52	Bolt M6*16*S10	4
53	Multi-V belt	1
54	Bearing	2
55	Saddle post top right cover	1
56	Nylon nut M10*H9.5*S17	1
57	Free wheel shaft	1
58	Corrugated washer d12*Φ15.5*0.3	1
59	Bearing	2
60	Free wheel	1

#	DESCRIPTION	QTY
61	Flange nut M10*1*H8*S15	2
62	Adjustable chain bolt	2
63	Conical nut M10*1*H5*S17	1
64	Washer d6*Φ16*1.5	1
65	Bolt M6*10*S10	1
66	Motor	1
67	Sensor	1
68	Cross pan head screw ST4.2*16*Φ8	9
69	Saddle post bottom left cover	1
70	Flywheel	1
71	Snap ring d20	1
72	Thin nut M10*1*H5*S17	1
73	Saddle post top left cover	1
74	Cross pan head screw ST4.2*6*φ8	4
75	Left chain cover	1
76	Crosshead self-drill screw ST4.2*25*Φ8	2
77	Left handlebar post cover	1
78	Bottom cover	1
79	Cross pan head screw M5*10*φ10	2
80	Saddle post bottom right cover	1
81	Limitation shaft	1
82	Bush	1
83	Top cover	1
84	D-shaped bush	2
85	Right handlebar post cover	1
86	Cross countersunk screws M5*18*φ8	1
87	Locking block	2
88	Rubber band	1
89	Bottom slider	1
90	Saddle seat	1

#	DESCRIPTION	QTY
91	Square end cap J40	2
92	Rubber pad	1
93	Limitation seat	1
94	Cross pan head screw M4*12*φ7	2
95	Limitation pin	1
96	Lock core	1
97	Locking knob	1
98	Washer d5*φ14*2	1
99	Cross pan head bolt M5*16*Φ10	1
100	Crank cover	2
101	Package tube	2
102	Adaptor	1
103	Resistance wire	1
104	Extension wire 1	1
105	Extension wire 2	1
106	Pulse wire	1
107	Hex socket countersunk head bolts	2
108	Aluminum bottle holder	1
109	Elbow pads	2
110	Bolt M6*15*S5	4
111	Support plate	2
112	Lock block for Elbow pads	2
A	Allen wrench S8	1
B	Multi-function wrench S13-14-15	1
C	Allen wrench S5	1

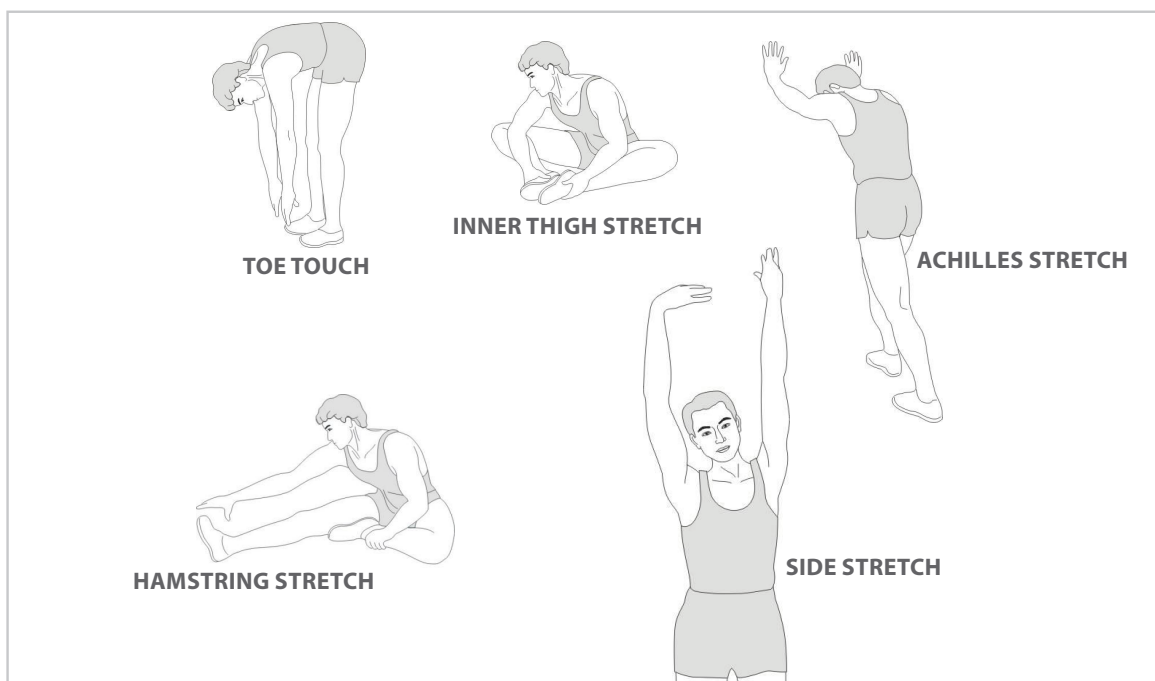
A successful exercise program consists of a warm-up, aerobic exercise, and a cool-down. Do the entire program at least two and preferably three times a week, resting for a day between workouts. After several months, you can increase your workouts to four or five times per week.

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.