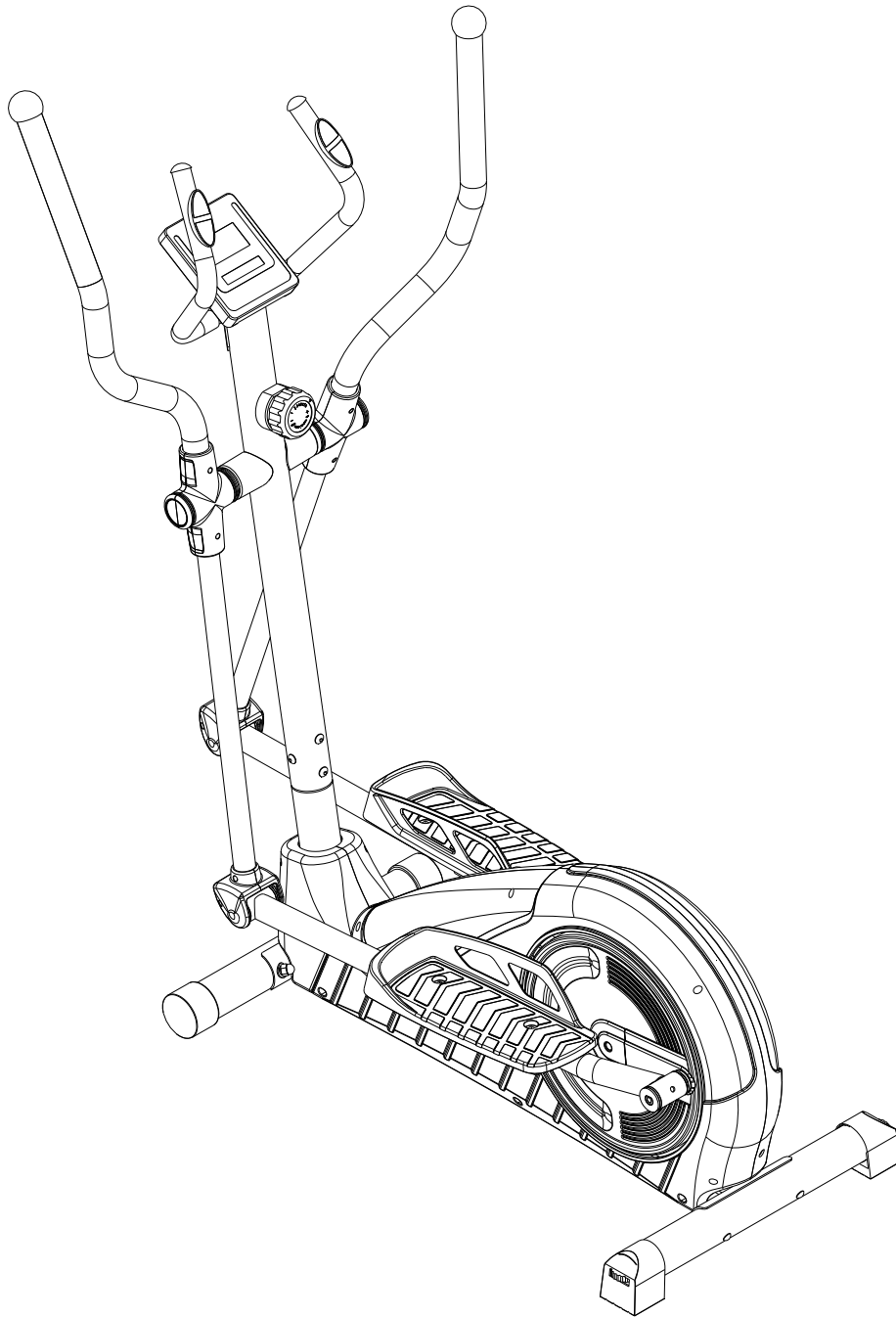


USER MANUAL

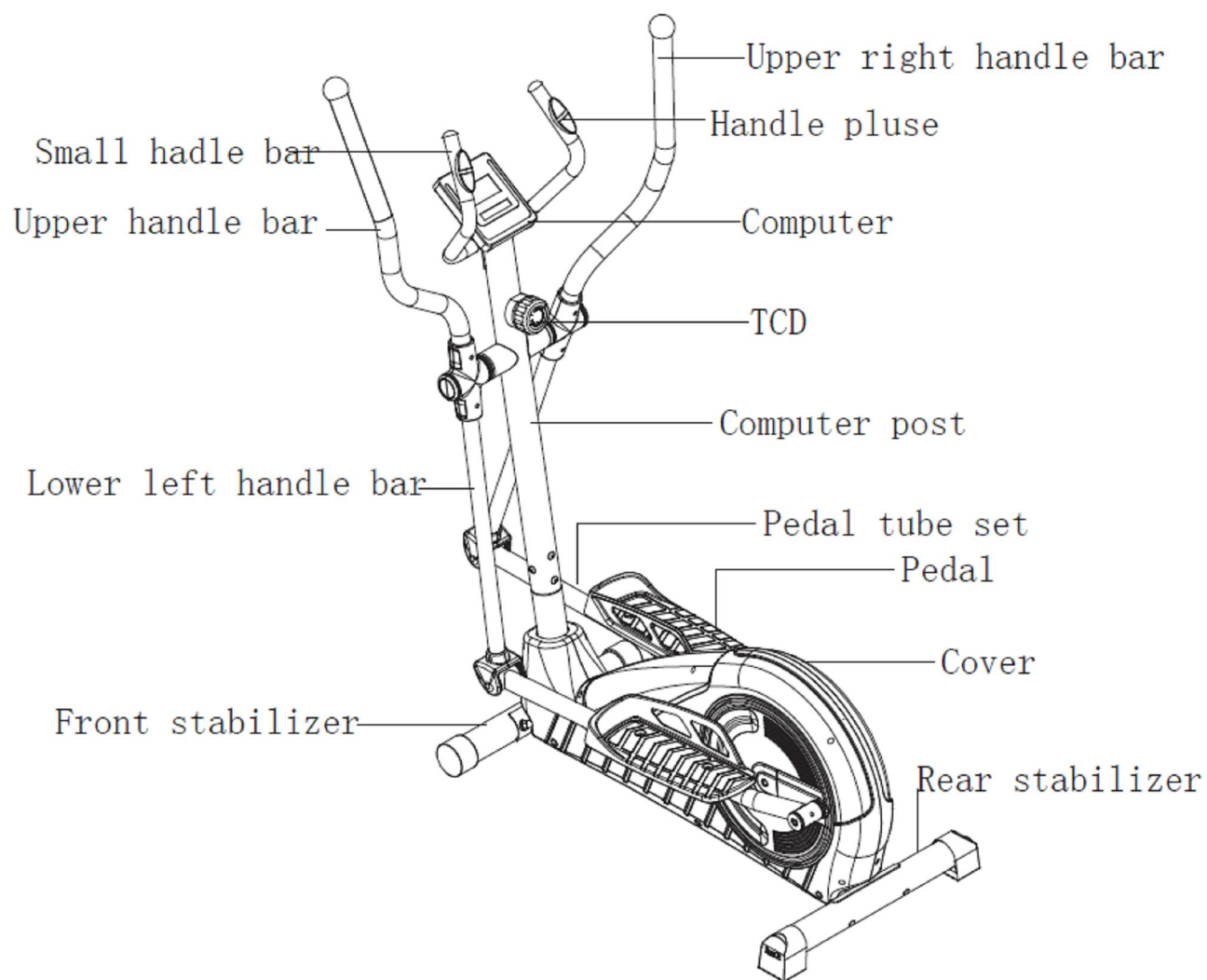


FITURA CTX 2™



PLEASE READ THESE USER INSTRUCTIONS CAREFULLY BEFORE YOU GET ASSEMBLY ON THIS BIKE AND KEEP IT FOR FUTURE REFERENCE.

Over View



General safety instructions

In the design and the production of this fitness equipment, much attention has been paid to safety. Nevertheless, you need at all times to remain conscious of certain safety measures. Make certain that you have carefully read through the whole user manual prior to your use of the equipment. Keep in mind the following points:

1. This equipment has not been designed to be used as a toy and must only be used for the purposes described in this manual. Read the instructions below carefully before using this equipment.
2. Keep children and animals away from the equipment. Children's enthusiasm may well lead to incorrect use of the equipment. If children are allowed to use the equipment, they should only do so under supervision and after receiving instructions regarding its proper use. Under no circumstances should the equipment be used as a toy.
3. Always consult with your physician prior to making use of this equipment or any other fitness equipment.
4. Always wear safe and comfortable clothing when you are using fitness equipment. Preferably, wear sports shoes or aerobic footwear.
5. In the event you should feel faint or suffer other discomforts, stop using the equipment. You also need to stop when you experience pain in or pressure on your joints.
6. Make certain that no more than one user is occupying the equipment at one time. Place the equipment on a level surface; the space required is approximately 2 x 1 metres.
7. Make certain that the equipment has been correctly assembled prior to its use. Ensure that all screws, nuts and bolts have been fitted correctly and tightened properly. Use only the parts that are recommended by the importer and that have been delivered with the equipment.
8. Do not use the equipment if it is damaged or has broken down.
9. Pay attention to how your body reacts after using the equipment. Dizziness is a sign that you worked out too intensely. If you feel dizzy, stretch out on the floor and do not try to get back on your feet until the dizziness has disappeared.
10. Always use the equipment on a level and clean surface. Never use the equipment outdoors or in water.
11. Avoid that your arms and legs come too close to the moving parts. Do not stuff articles inside the existing openings in the equipment.
12. Use this equipment only for the purposes as described in this user manual. Do not use parts that were not recommended by the manufacturer.
13. Ascertain that there are no sharp and pointed objects in the immediate vicinity of the equipment.
14. We advise physically challenged individuals to use this fitness equipment only under the supervision of qualified instructors.
15. The equipment must have come to a complete standstill before stepping down.
16. Use the equipment as laid down in the manual. Misuse of the equipment can lead to physical injuries.
17. This fitness equipment has been produced in accordance with EN-norm 957-5 class HA. Up to maximum user weight: 130kg.
18. This fitness equipment is not suitable for rehabilitation goals.
19. Excessive and incorrect training may result to injuries and health problems.

Warning

Consult with your physician prior to starting your exercises. A frequent and intensive training programme should first be approved by your family physician. This is especially important for individuals above 35 years of age or for those with physical problems. Carefully read through the entire user manual before you start exercising. We are in no wise responsible for personal injury or physical strains and discomforts that are caused by the use of this equipment and cannot be held liable in case of their occurrence. Carefully save these instructions. Incorrect or extreme use may lead to personal injury.

Note: the maximum permissible weight on this equipment is 130 kg.

Assembly

This user manual has been put together in order to simplify the assembly of the equipment and at the same time to explain its correct use. Please make certain to carefully read through this manual. In order to familiarise yourself with the parts of the equipment, we recommend that you carefully study the general reference drawing prior to starting the assembly and the use of the equipment.

Place all parts needed for the assembly on the floor in an orderly manner and remove all packing material. Check the list of parts to verify what items are present. For the actual assembly we make referral to the following pages.

Thank you for your purchase

we thank you for your purchase of this **FITURA** fitness equipment. This equipment will help you in improving your general conditioning and in developing your muscles in the correct way. In addition, you can now enjoy all of these benefits inside your own home.

Maintenance and use

Consult your physician before starting the exercises. A frequent and strenuous workout program must be approved by your physician first.

- The equipment requires a regular check-up to prevent physical injury. This means that bolts and nuts should be frequently checked for their proper tightening and that the equipment in general should be checked for cracks and sharp edges etc.
- Defective components must be replaced immediately. If this is not feasible, the equipment must be put out of order until the required repairs have been made.
- NB! Do not smoke or use fire near the equipment, as some of the plastic components are flammable.
- Do not use the equipment in front of a burning stove and/or fire place.
- Persons suffering from a plastics allergy should consult their physician before using the equipment.
- If you wish to disassemble the device, reverse the procedure given in the assembly instructions.

PACKAGING

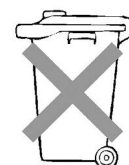
Environmentally friendly, recyclable materials:

- Outer packaging of the cardboard
- Form parts of foamed, CPC-free polystyrene(PS)
- Foils and bag of polyethylene (PE)
- Tension bands of polypropylene (PP)



DISPOSAL

Please undertake environmentally friendly disposal. For further guidance contact your local authority refuse department.



ASSEMBLE:

There are some main parts we had assembled, so that it is easy for you to assemble the item. Please read this instruction very carefully before using the item, please follow up the steps to set up the item.

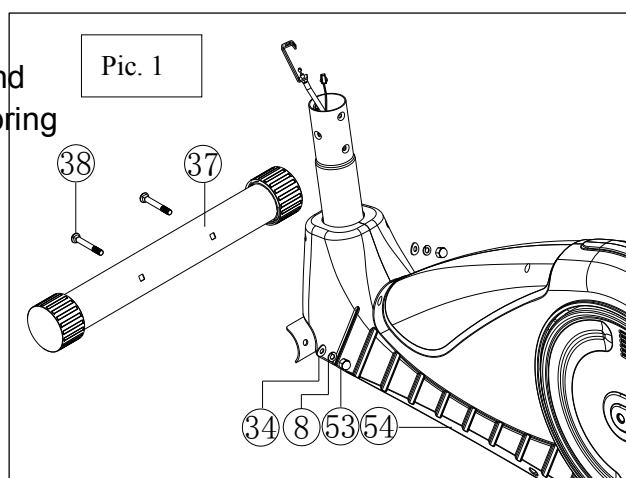
1. Please check all parts.

- Take out all parts from the bags, and lay out.
- Please put the main frame on the flat floor, please keep the main frame fixed.

Attention: please keep enough room around the item(1.5m at least).

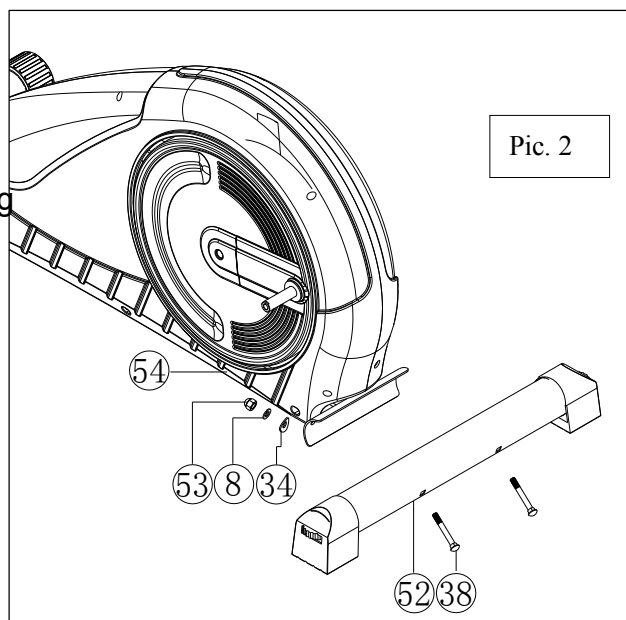
2.. Front stabilizer (refer to Pic.1)

Attach the front stabilizer(37) to the main frame(54), then lock with M8*74 screw(38) and OD20*ID8.5*1.5T arc washer(34),M8*2.0T spring Washer(8) and M8*1.25*15.5T nut.



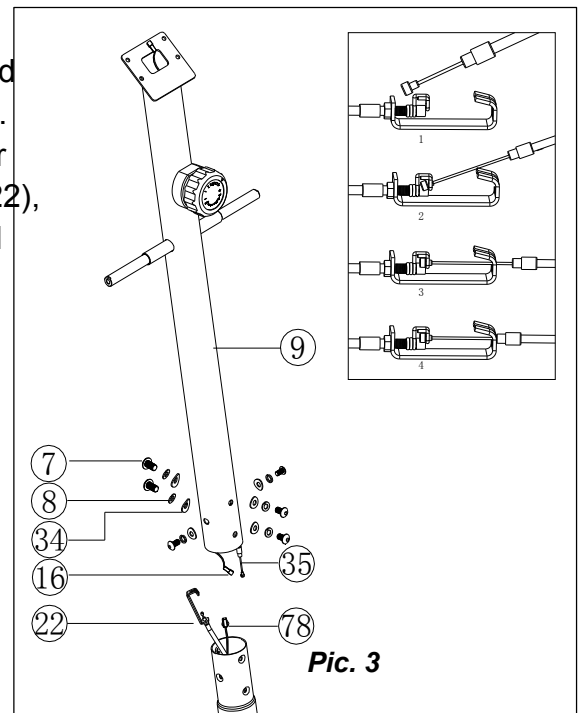
3. Front stabilizer (refer to Pic.1)

Attach the rear stabilizer(52) to the main frame(52), then lock with M8*74 screw(38), OD20*ID8.5*1.5T arc washer(34),M8*20 spring washer(8) and M8*1.25*15.5T nut(53).



4. Computer post(refer to Pic. 3)

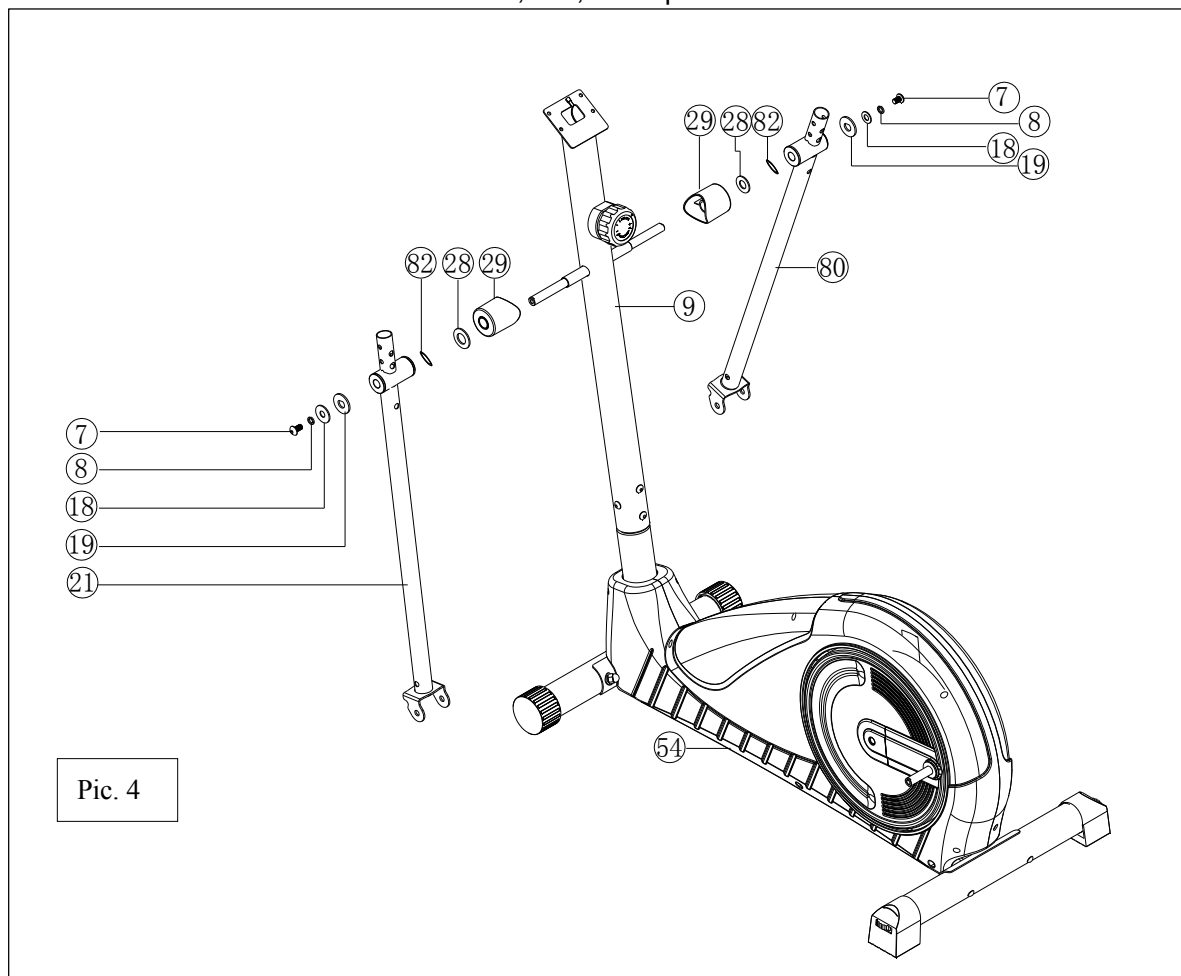
1. Loosed M8*20 screw(7) and M8 spring washer(8), and M8 arc washer that pre-assembled on the main frame.
2. Connect the upper sensor wire(16) to the lower sensor wire(78), then connect upper TCD(16) to lower TCD(22), refer to the pictures(adjust the TCD to the lowest level before connect the TCD, it makes easier to connect)
3. Last, insert the computer post(9) into the main frame, Then lock with the screw and washer loosed before.



5. Lower handle bar(refer to Pic.4)

Loose the D shape washer(19), OD38*ID8.5*2.0T flat washer (18)、M8*2.0T spring washer(8) and M8*20 screw(7) that pre-assembled.

Then insert the handle bar to the handle bar axle, last, lock up with the washer and screw loosed before.



6. Pedal tube set and pedal, lower handle bar cover(refer to Pic. 5)

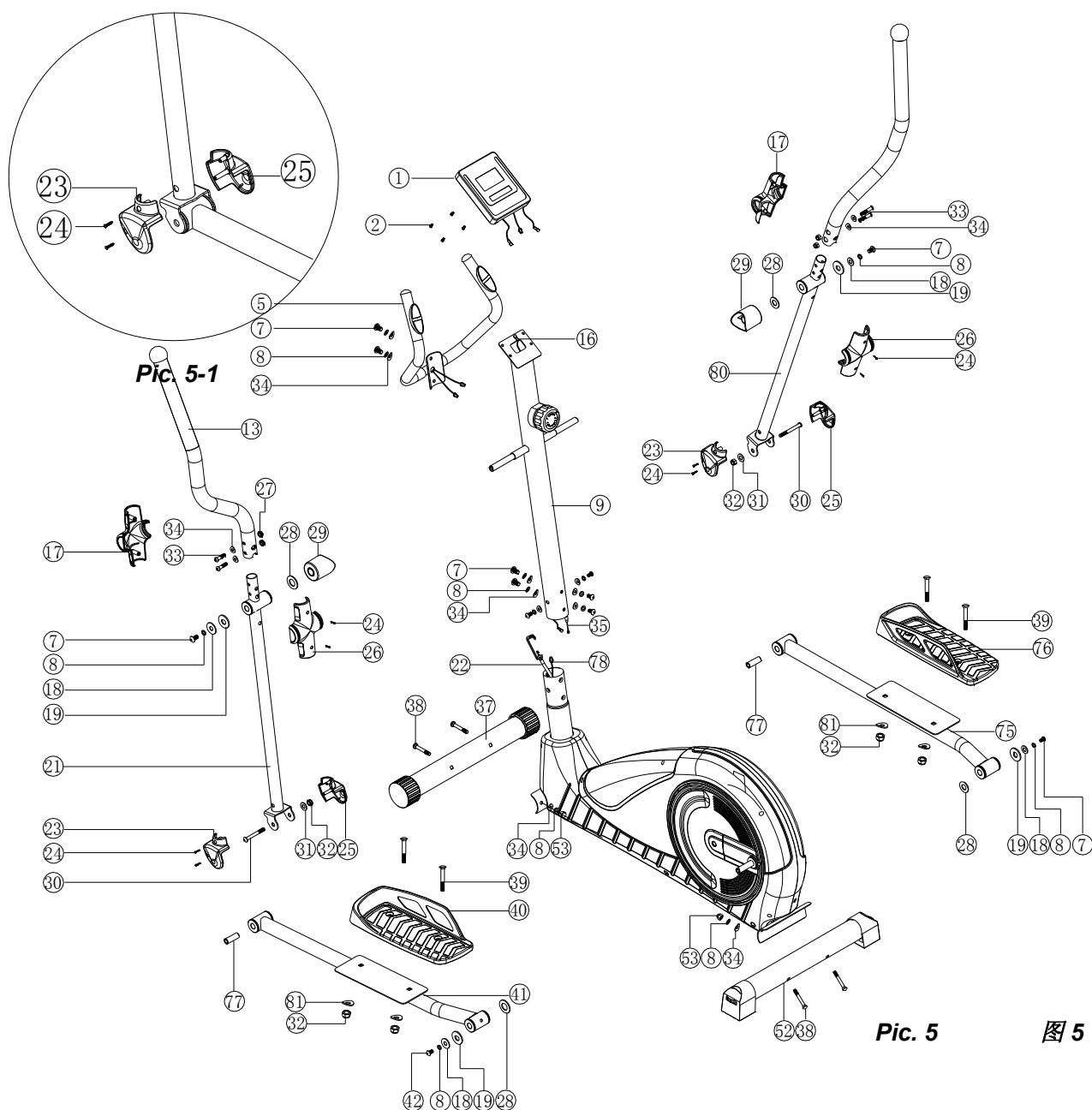
Left and right pedal: Attached the pedal(40,76) to the pedal tube(41,75), then lock with M10*58 screw(39), OD20*ID10.5*2.0T flat washer (31)、M10 arc washer(81), M10*6.35T nylon nut (32) .

Left and right pedal tube set: Loose the M8*20 screw(42,7), M8*2.0T spring washer(8), OD38*ID8.5*2.0T flat washer(18)、D shape washer(19), then attached the pedal tube sets(41,75) to the pedal tube axle, then lock with the screw and washer that loosed before.

Loose M10*76 screw (30) OD20*ID10.5*2.0T flat washer (31) M10*1.5*10T nylon nut (32) , lower handle bar axle bushing(77) had been insert into the pedal tube, use the knife cut the belt, then attach the handle bar axle bushing(77) to the U shape part on the pedal tube set(41,75), then lock with the screw and the washer loosed before.

Lower handle bar cover: attache dthe handle bar cover(23,25) to the pedal tube set respectively, then lock with M3*20 screw(24), refer to Pic. 5-1.

【Noted】 Left pedal and right pedal with the same way.



Pic. 5

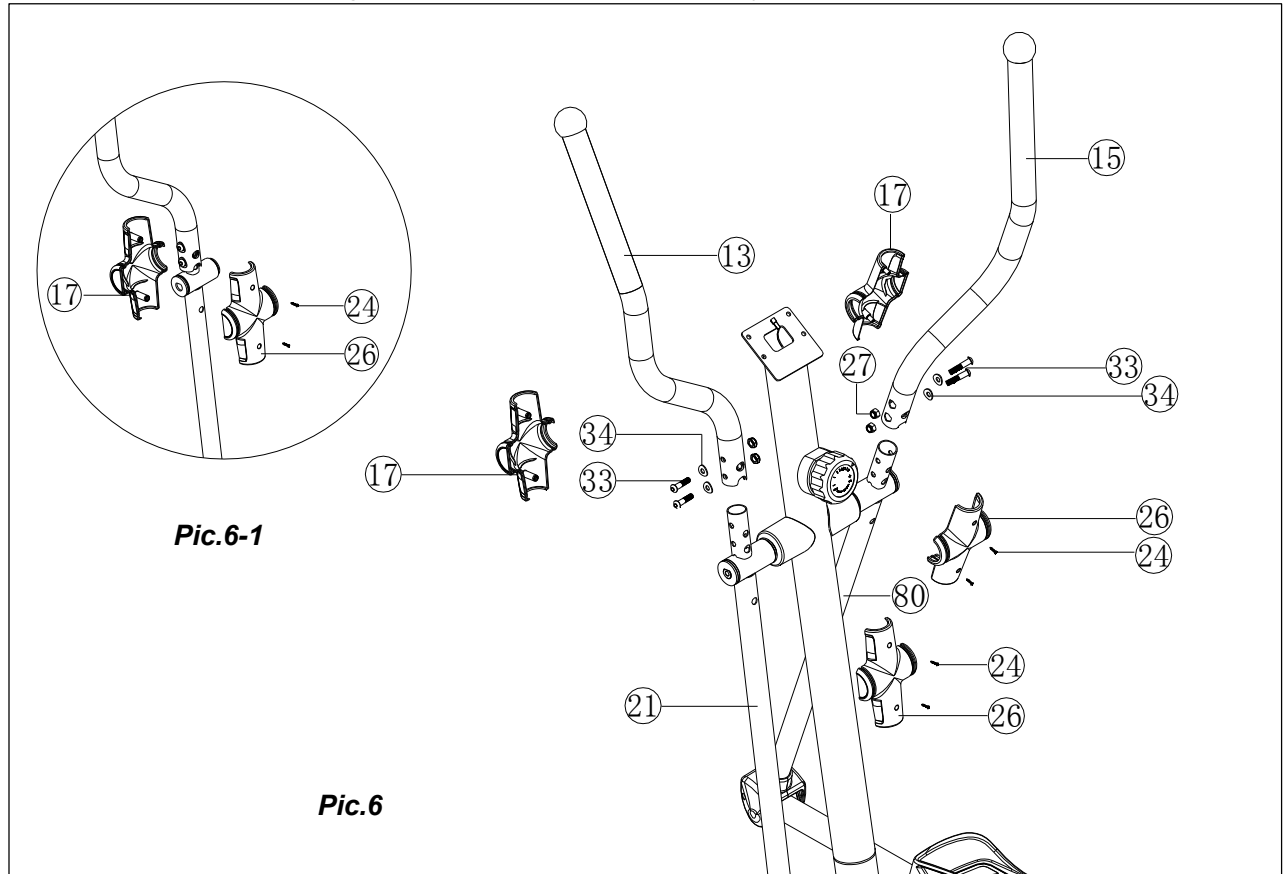
图 5

7. Upper handle bar and handle bar cover(refer to Pic. 6)

Upper handle bar: attached the left and right upper handle bar(13,15) to the lower left and right handle bar(21,80), then lock with M8*36 screw(33), OD20*ID8.5*1.5T arc washer(34) and M8*1.25*6.35T nylon nut(27).

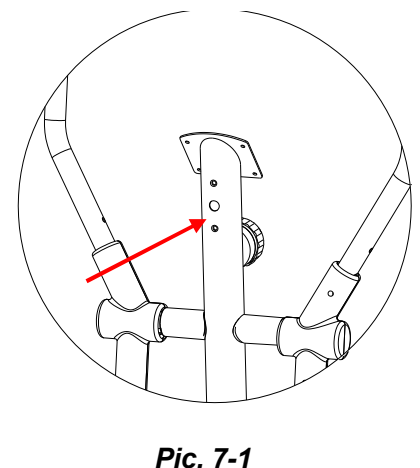
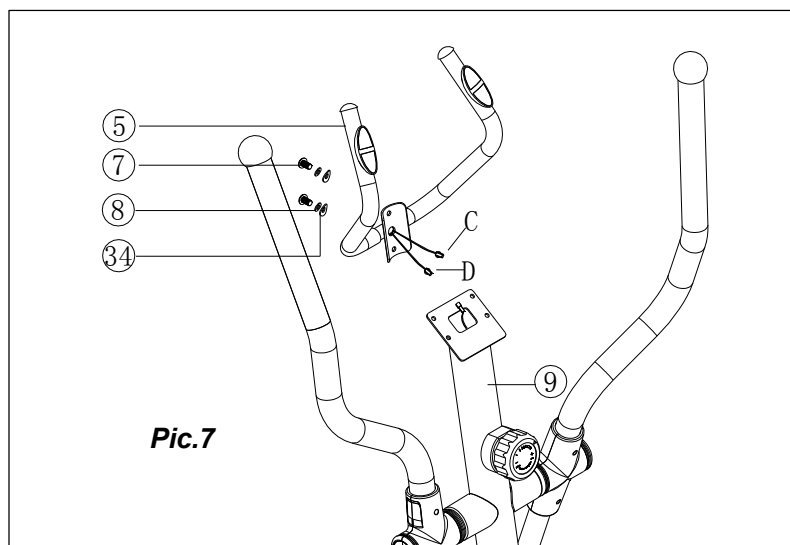
Handle bar cover: attached the handle bar cover(17,26) to the handle bar, then lock it up with M3*20(24), refer to Pic.6-1.

【Noted】 Left handle bar and right handle bar with the same way.



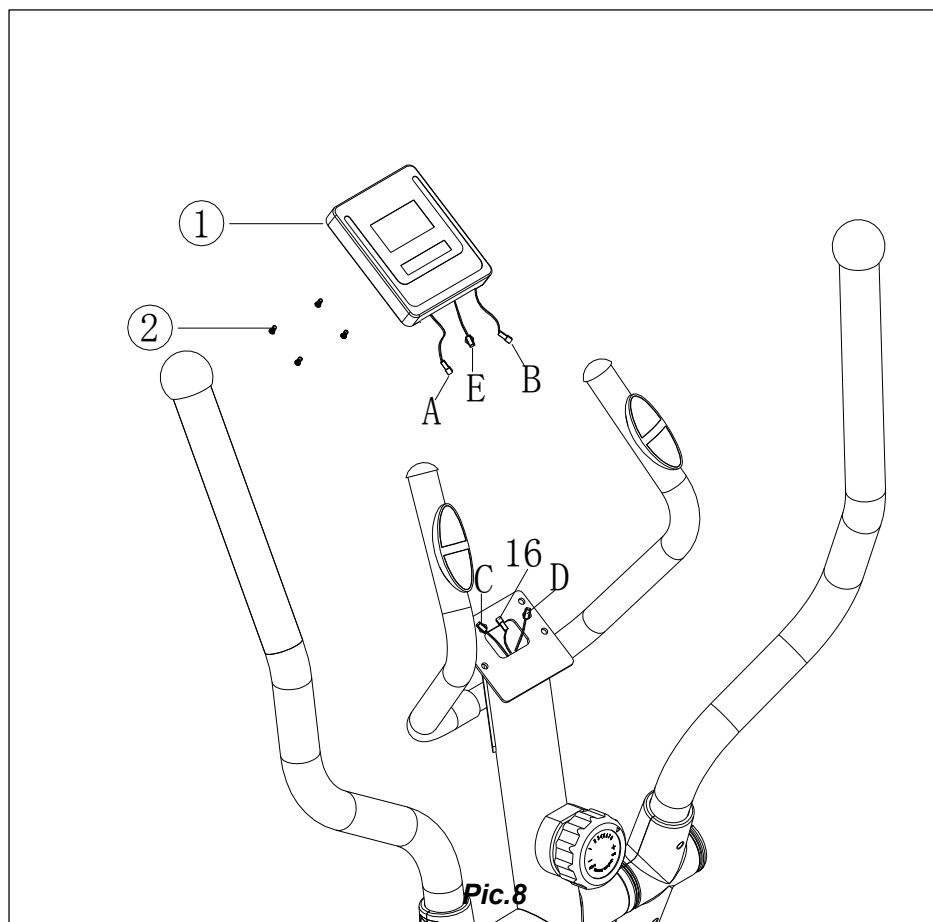
8. Small handle bar

Loose the M8*20 screw(7), M8*2.0T spring washer(8) and OD20.ID8.5*1.5T arc washer(34) that pre-assembled on the computer post(9), then attach the small handle bar to the computer post, insert the plus wire(C,D) into the hole on the computer post, then pass the hole show on Pic. 7-1, then attache the small handle bar to the computer post, then lock it up with the screw and washers that loosed before.

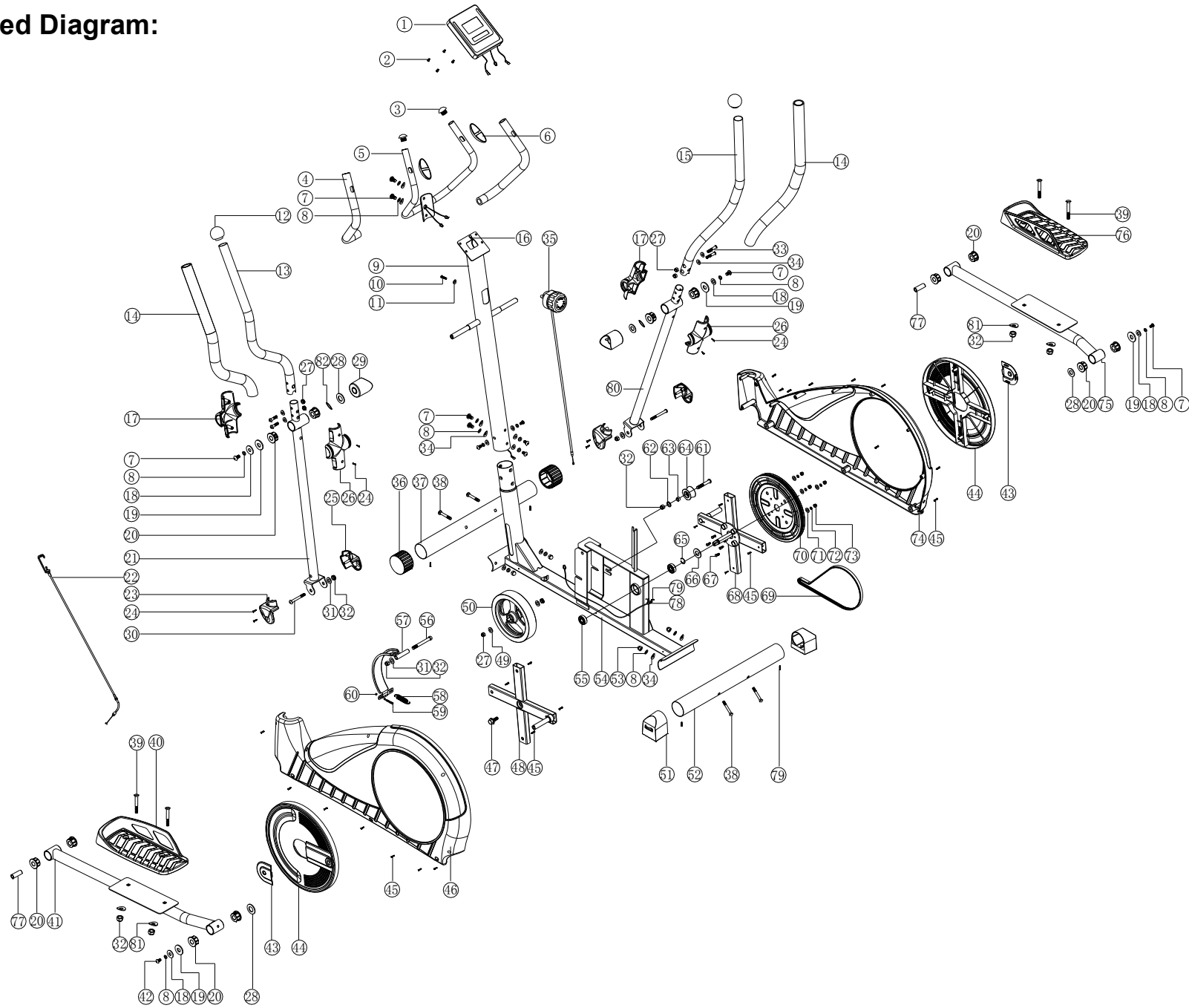


9. Computer

Loose the screw(2) on the back of computer(1) first, then connect the handle pluse wire(A,B) to the handle pluse wire(C,D),then connect the computer sensore wire(E) with the upper sensore wire(16), last, attached the computer to the computer posst and fix it up with the screw loosened before.



Explored Diagram:



Parts lists

NO.	Name & Specification	QTY.	NO.	Name & Specification	QTY.
1	Computer	1	42	M8*20 screw	1
2	M5*12 screw	4	43	Crank cover	2
3	Handle bar end cap	2	44	Crank round plate	2
4	Foam	2	45	M4*20 screw	24
5	Handle bar	1	46	Left cover	1
6	Handle pluse	2	47	5/16-18*25 screw	1
7	M8*20 Screw	11	48	Left crank tube set	1
8	M8*2.0T Spring washer	16	49	OD14*ID8.5*2.0T flat washer	2
9	Computer post	1	50	Flywheel set	1
10	TCD fixer screw	1	51	Adjustable end cap	2
11	TCD fixer arc washer	1	52	Rear stabilizer tube set	1
12	Handle bar end cap	2	53	M8*1.25*15.5T nut	4
13	Upper left handle bar tube set	1	54	Main frame	1
14	Foam	2	55	6003 bearing	2
15	Upper right handle bar tube set	1	56	M10*85 screw	1
16	Upper sensor wire	1	57	Magetic set	1
17	Handle bar cover(rear)	2	58	Spring	1
18	OD38*ID8.5*2.0T flat washer	4	59	5*35 screw	1
19	D shape washer	4	60	M5*0.8*4T screw	2
20	Bushing	4	61	M10*36 screw	1
21	Lower left handle bar tube	1	62	OD14*ID10.5*1.5T Flat washer	1
22	TCD Lower part	1	63	Adjustable wheel bushing	1
23	Lower left handle bar cover	2	64	Adjustable wheel	1
24	M3*20 screw	8	65	C shape washer(for ϕ 17 bearing)	1
25	Lower right handle bar cover	2	66	OD32*ID17.5*0.8T flat washer	1
26	Front handle bar cover	2	67	M6*25 screw	4
27	M8*1.25*6.35T nylon nut	6	68	Right crank tube set	1
28	OD28*ID16.5*2.0T flat washer	4	69	Belt	1
29	Handle bar bushing set	2	70	Belt plate	1
30	M10*76 screw	2	71	OD16*ID6.5*1.5T flat washer	4
31	OD20*ID10.5*2.0T flat washer	4	72	M6*1.5T spring washer	4
32	M10*1.5*10T nylon nut	8	73	M6*1.0*6T Nylon nut	4
33	M8*36 screw	4	74	Right cover	1
34	OD20*ID8.5*1.5T arc washer	16	75	Right pedal tube set	1
35	TCD upper	1	76	Right pedal	1
36	Moving wheel	2	77	Lower handle bar axle bushing	2
37	Front stabilizer tube set	1	78	Lower sensor wire(with round sensor)	1
38	M8*74 screw	4	79	M4*16,10.8 Screw	5
39	M10*58 screw	4	80	Lower right handle bar	1
40	Left pedal	1	81	M10 arc washer	4
41	Left pedal tube set	1	82	OD21.7*ID16*0.3T arc washer	2

- maximum user weight 130 kg
- 18 Kg flywheel mass
- bearings on all joints
- transportation wheels
- magnetic brake system
- Steel construction
- heart rate sensors