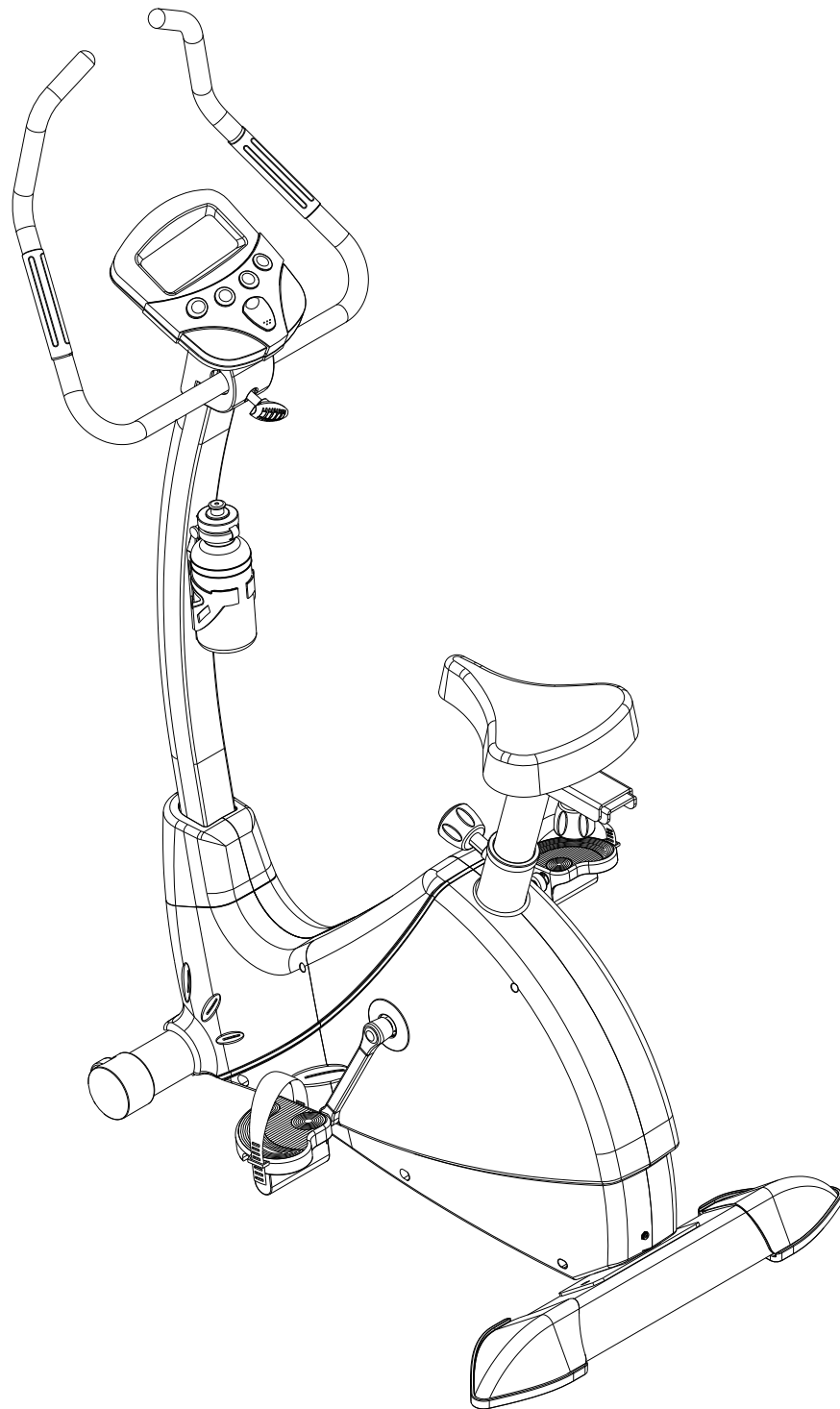


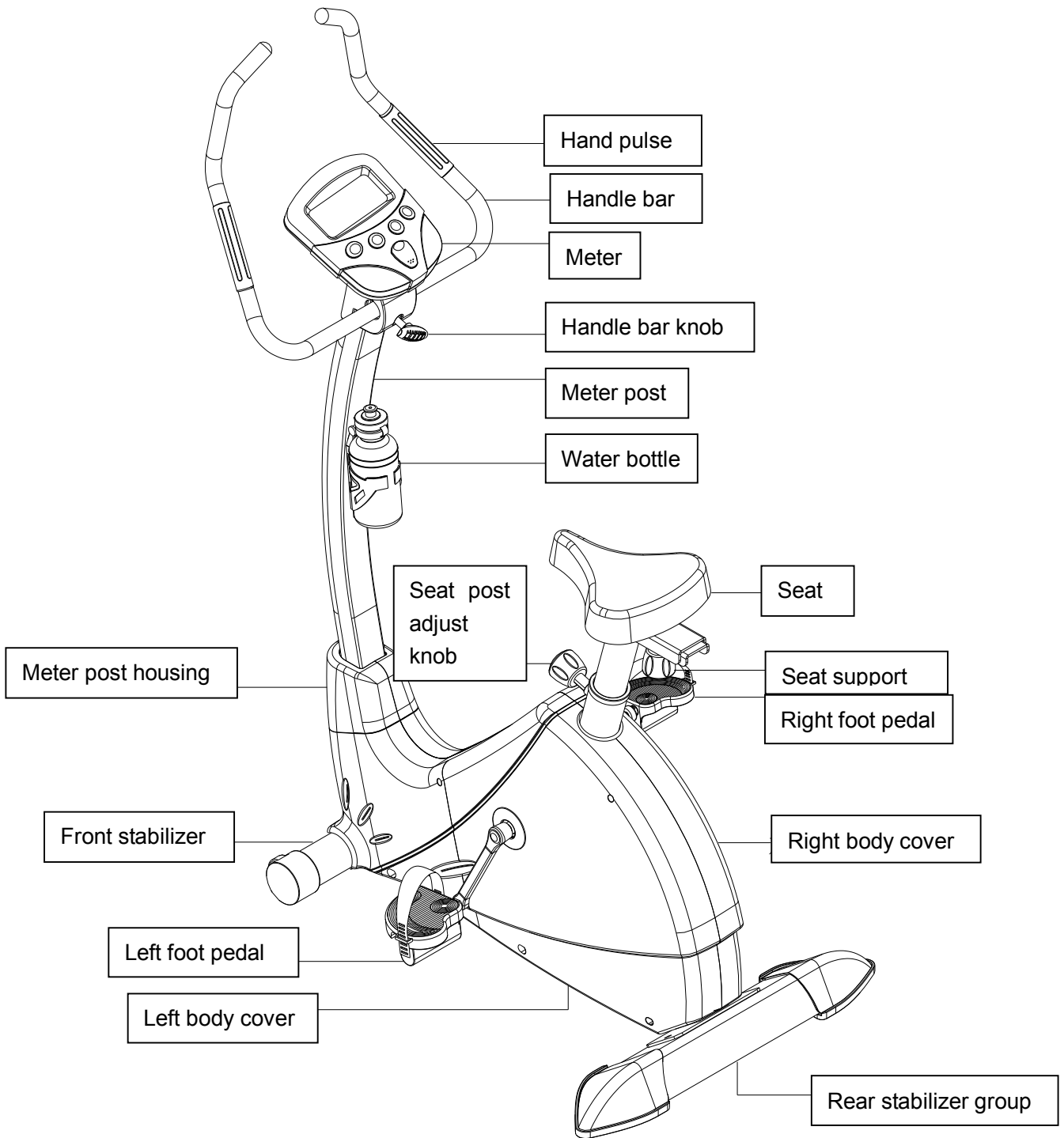
# USER MANUAL



**FITURA COMFORT™**



PLEASE REFER TO THIS MANUAL BEFORE YOU START ASSEMBLING ON THIS ITEM.  
KEEP IT AS FUTURE REFERENCE.



## **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 meters.
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.

## **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 150 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 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.

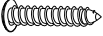


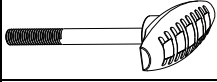

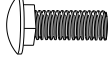





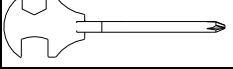


## **Maintenance and use**

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

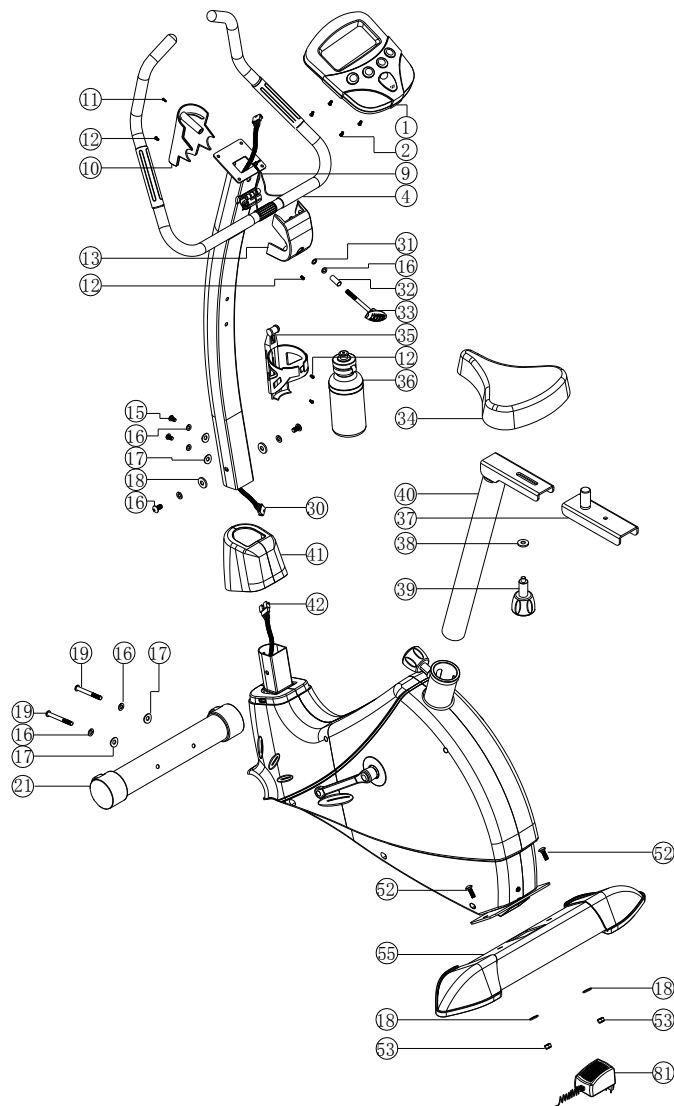
- The equipment requires a regular check-up to prevent physical injury. This means that bolts and nuts should be frequently checked for their proper tightening and that the equipment in general should be checked for cracks and sharp edges etc.
- Defective components must be replaced immediately. If this 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.
- Do not touch any cylinders on the equipment as they become extremely hot during use.

# 1.Parts & Tools

Please review the following photos to identify the tool you will use for assembly.

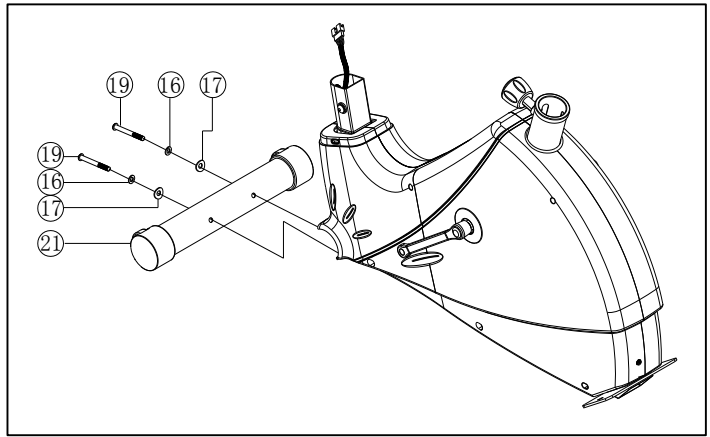
Nr.	Name & Specs	Photo	Qty	Nr.	Name & Specs	Photo	Qty
11	M4*20 cross screw		1	32	handle bar knob tube bushing		1
12	M5*16 round cross screw		4	33	handle bar knob		1
16	M8 spring washer		3	52	M8*20 carriage screw		2
17	M8 arc washer		2	53	M8 nylon cap		2
18	OD20*ID8.5*1.5T flat washer		2		5MM inner hexagon spanner		1
19	M8*72 inner hexagon screw		2		Tri-functional spanner		1
31	OD12*ID8*1.5T flat washer		1		Tum spanner		1

## ASSEMBLY EXPLODED DIAGRAM



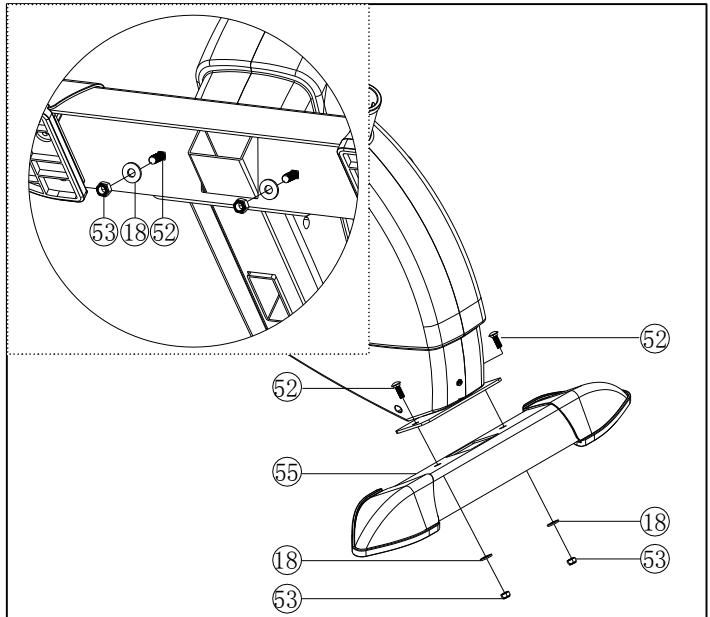
## 2 FRONT STABILIZER

Take the front stabilizer (21) close to the front bottom of main frame. Inert through a M8 spring washer (16), M8 arc washer (17) with an M8\*72 innerhexagon screw (19) and lock the up on the stabilizer.



## 3 REAR STABILIZER GROUP

Attach the rear stabilizer group (55) on the rear bottom of the main frame. Insert through an M8\*20 carriage screw (52) and use OD20\*ID8.5\*2.0T flat washer (18), M8 nylon cap (53) to lock them up.



## 4 PEDALS

Please fix the pedal bondage (23, 78) onto the pedals (24, 79) according to the photo illustration 4-A / 4-B / 4-C

Screw the left pedal (24) with bondage anti-clockwise so that it will get connected firm with left crank (27)

Then screw the right pedal (79) with bondage clockwise so that it will get connected firm with right crank (80).



Photo 4-A

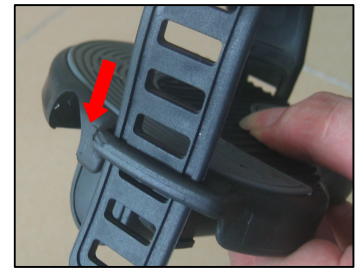


Photo 4-B

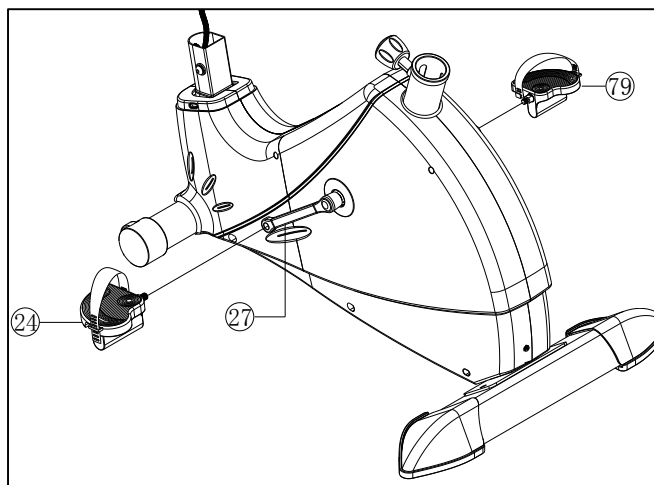
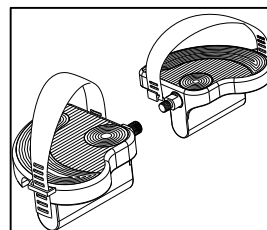


Photo 4-C



## 5 SEAT

First loosen the nuts which are fixed with the seat (34) please refer to photo illustration 5-A. Then slide the seat (34) on the seat group (40). Tighten the loosen nuts.

Pull out the seat post knob (44) and hold on. Insert the seat group (40) into the main frame. Set it on your wanted position and release the seat post knob. Screw it to firm. Please make sure the seat post knob (44) must be inserted through the holes inside the seat post and screwed without any gap.

### SEAT ADJUST

You can adjust your seat forward or backward.

Loosen the seat adjust knob (39) & OD20\*ID10.5\*2.0T flat washer (38).

Then you can move the seat support (37) forward or backward so that seat position could be changed accordingly as your level. Finally tighten the knob again. (Photo 5-B)

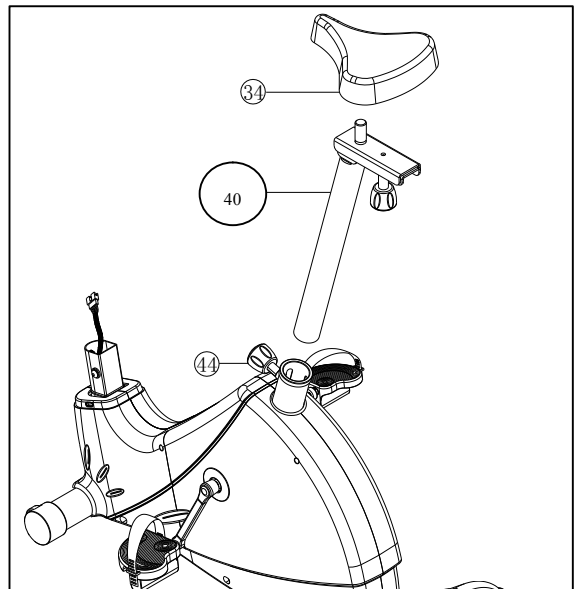


Photo 5-A

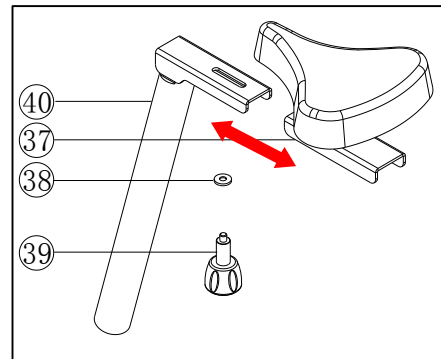
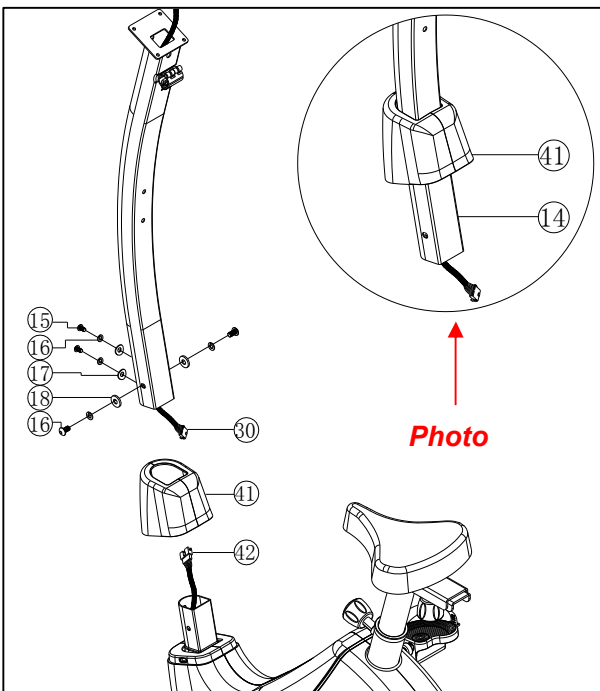


Photo 5-B



## 6 METER POST

Remove the four M8\*20 inner hexagon screws (15), four M8 spring washers (16), two M8 arc washers (17) and two OD20\*ID8.5\*1.5T flat washers (18) which are pre-assembled meter post.

Move the meter post housing (41) at upper position of the meter post (14). Please refer to the Photo 6-A. Then move the meter post (14) close to the lower post. Combine the meter connecting upper wire (30) with meter connecting lower wire (42)

Then insert the meter post into lower post. Lock them with the removed screws & washers.

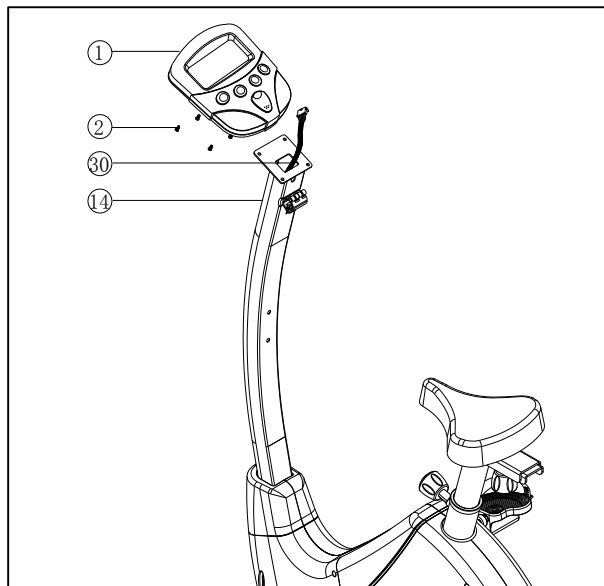
Finally fix the meter post housing on the main frame.

## 7 METER

Remove the meter screws M5\*12 (2) from the back of the meter (1).

Combine the meter connecting upper wire (53) with meter wire at back of the meter.

Attach the meter (1) on the top site of the meter post (14) and use the removed meter screws M5\*12 to lock them up.



## 8 HANDLE BAR & HOUSING.

Put the handle bar (9) into the handle bar fixer. Cover a handle bar rear housing (10) and use an M5\*16 cross screw (12) to lock it.

Cover the handle bar front housing (13). Adjust the handle bar at a proper angle so that you can insert the handle bar knob (33) through handle bar knob tube bushing (32), M8 spring washer (16) and OD12\*ID8\*1.5T (31).. Screw the knob to fix them all up on the handle bar. Please refer to the Photo 8-A.

Then use an M5\*16 cross screw to fix a the handle bar front housing. Use an M4\*20 cross screw to fix together with handle bar front housing (13) and handle bar rear housing (10).

Plug the hand pulse wire (9) into the sensor hole on back side of the meter.

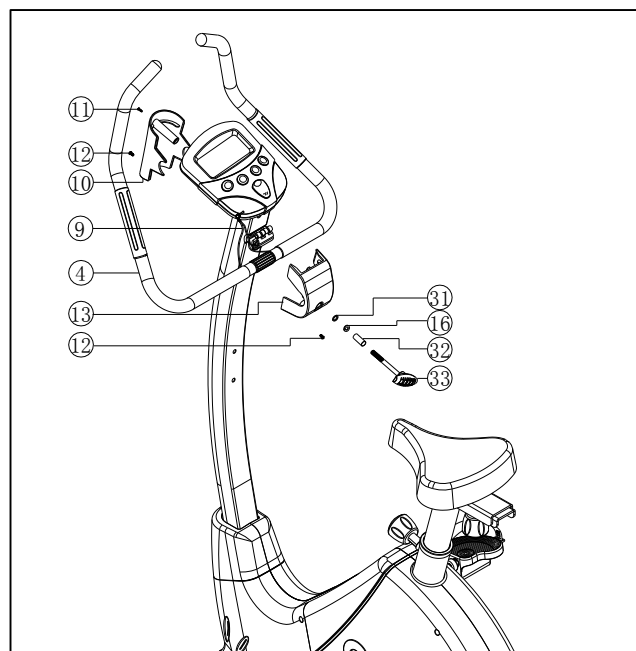
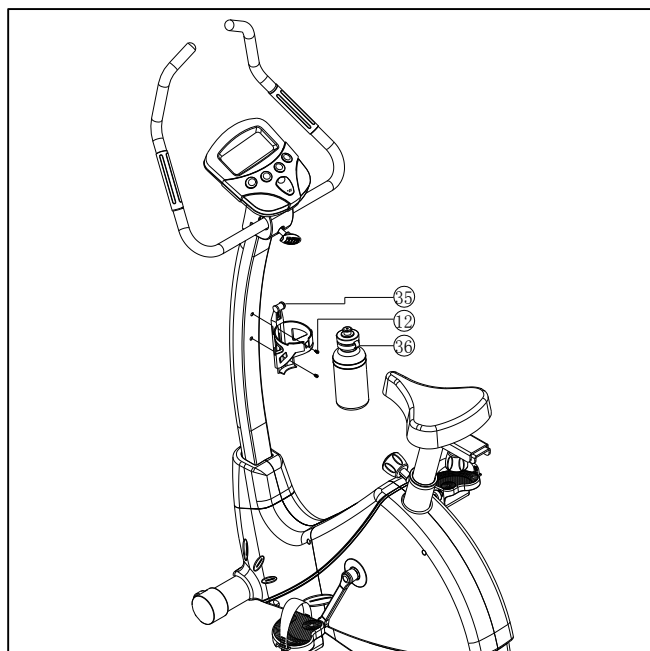


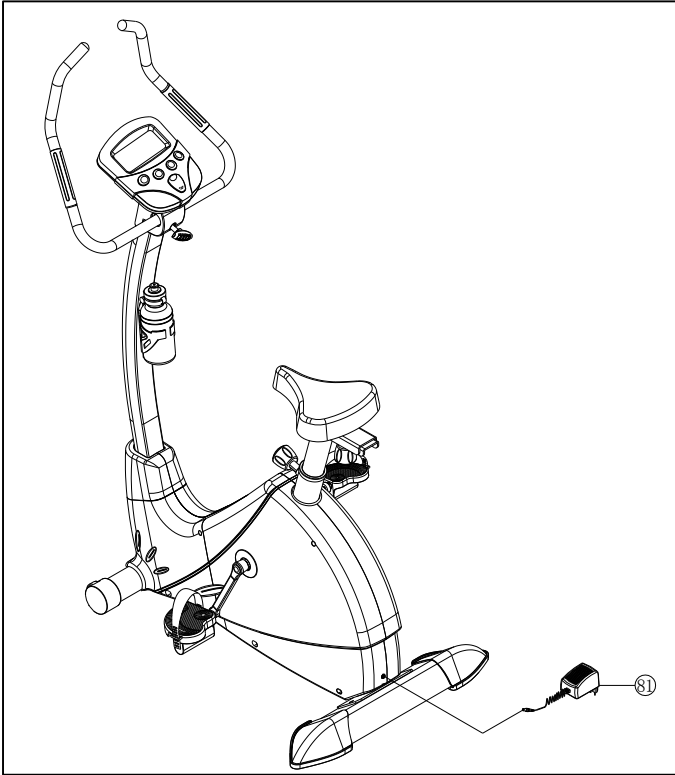
Photo 8-A

## 9 WATER BOTTLE

Attach the water bottle holder (35) on the meter post. Use M5\*16 round cross screw (12) to fix them.

Insert the water bottle (36) into the holder.

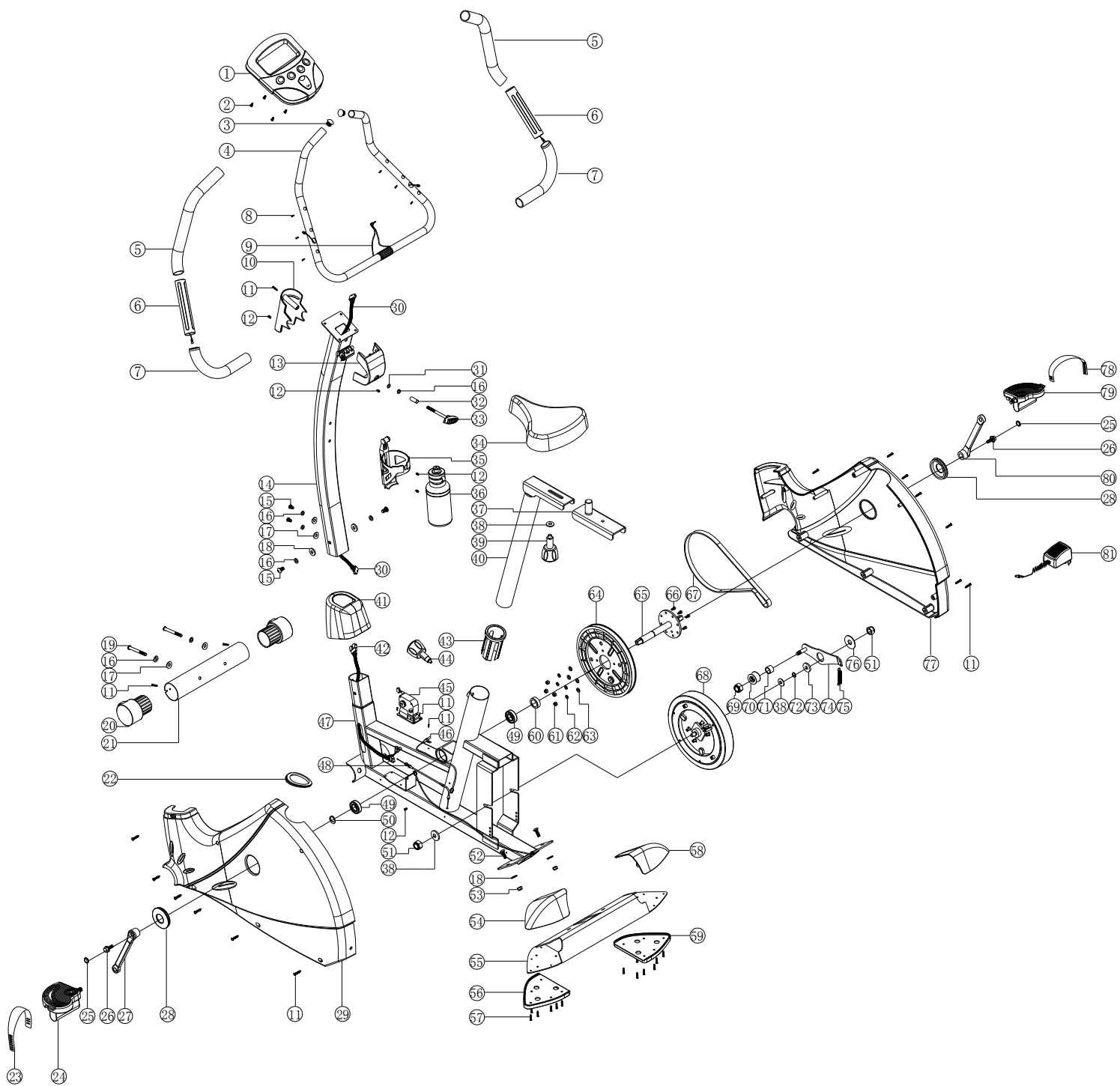




## 10 POWER SUPPLY

Please make sure the transformer is connected with your country's power standard (200-240V~50/60Hz). Meter can be operated immediately only under this power supply.

# EXPLODED DIAGRAM



## PARTS LIST.

NR.	NAME & SPECS	QTY.	NR.	NAME & SPECS	QTY.
1	meter	1	42	meter connecting lower wire	1
2	meter screws M5*12	4	43	seat post bushing	1
3	handle bar end caps	2	44	seat post adjust knob	1
4	handle bar	1	45	motor	1
5	handle bar foam 1	2	46	sensor wire with sensor and fixer	1
6	handle pulse	2	47	main frame	1
7	handle bar foam 2	2	48	moter piano wire	1
8	hand pulse round cross M3*10crew	6	49	bearing R12	2
9	hand pulse wire	1	50	crank axle semicircular wahser with $\Phi$ 19	1
10	handle bar rear housing	1	51	M10*6.35T nylon cap	2
11	M4*20 cross screw	20	52	M8*20 carriage screw	2
12	M5*16 round cross screw	5	53	M8 nylon cap	1
13	handle bar front housing	1	54	rear stabilizer end cap (L)	1
14	meter post	1	55	rear stabilizer group	1
15	M8*20 inner hexagon screw	4	56	rear end cap rubber washer (L)	1
16	M8 srping washer	7	57	M4*12 cross screw	16
17	OD20*ID8.5*1.5T arc washer	4	58	rear stabilizer end cap (R)	1
18	D20*ID8.5*1.5T flat washer	4	59	rear end cap rubber washer (R)	1
19	M8*72 inner hexagon screw	2	60	belt plate gap bushing	1
20	front transportation wheel	2	61	M6 nylon cap	4
21	front stabilizer	1	62	spring washer	4
22	seat post housing	1	63	OD16*ID6.5*1.5T flat washer	4
23	left pedal bandage	1	64	belt plate with magnet sensor	1
24	left pedal	1	65	crank axle group	1
25	crank foot cover	1	66	M6*18 outer hexagon screw	4
26	5/16-18UNC25 outer hexagon screw	2	67	belt	1
27	left crank	1	68	inner magnet group	1
28	crank housing	2	69	nylon cap	1
29	left body cover	1	70	arc adjust wheel with bearing 6000	1
30	meter connection upper wire	1	71	adjust wheel tube bushing	1
31	OD12*ID8*1.5T flat washer	1	72	flywheel axle semicircular with $\Phi$ 12	1
32	handle bar knob tube bushing	1	73	gap washer	1
33	handle bar knob	1	74	adjust wheel fixer	1
34	seat	1	75	adjust spring	1
35	water bottle holder	1	76	curve washer	1
36	water bottle	1	77	right body cover	1
37	seat support	1	78	right pedal bandage	1
38	OD20*ID10.5*2.0T flat washer	4	79	right pedal	1
39	seat adjust knob	1	80	right crank	1
40	seat post	1	81	transformer	1
41	meter post housng	1			

- maximum user weight 150 kg
- 12-14 KG flywheel mass
- Bearings on all joints
- transportation wheels
- several hill programs
- Steel construction
- heart rate sensors