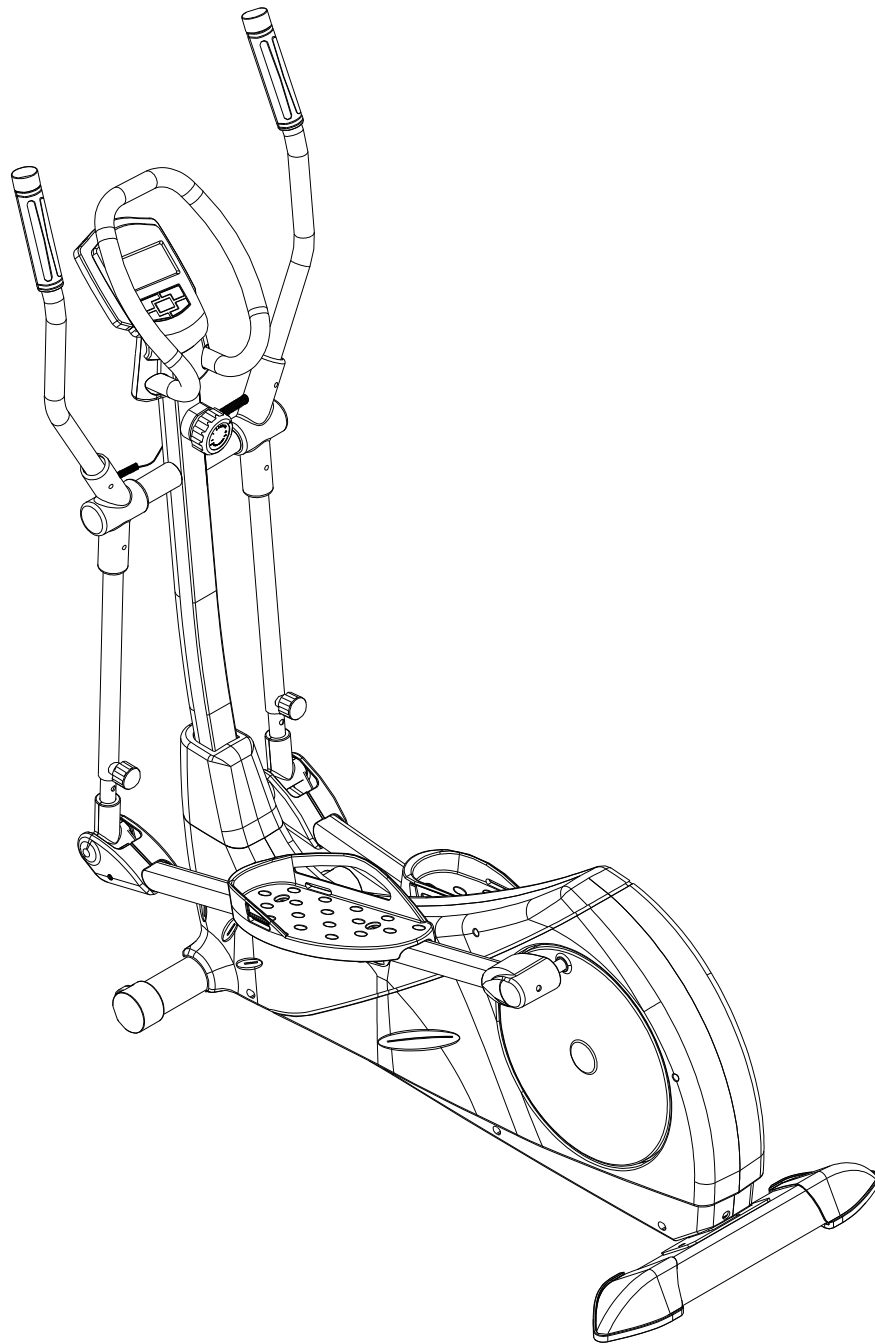


USER MANUAL



FITURA FIT VI™



Dear Customer,

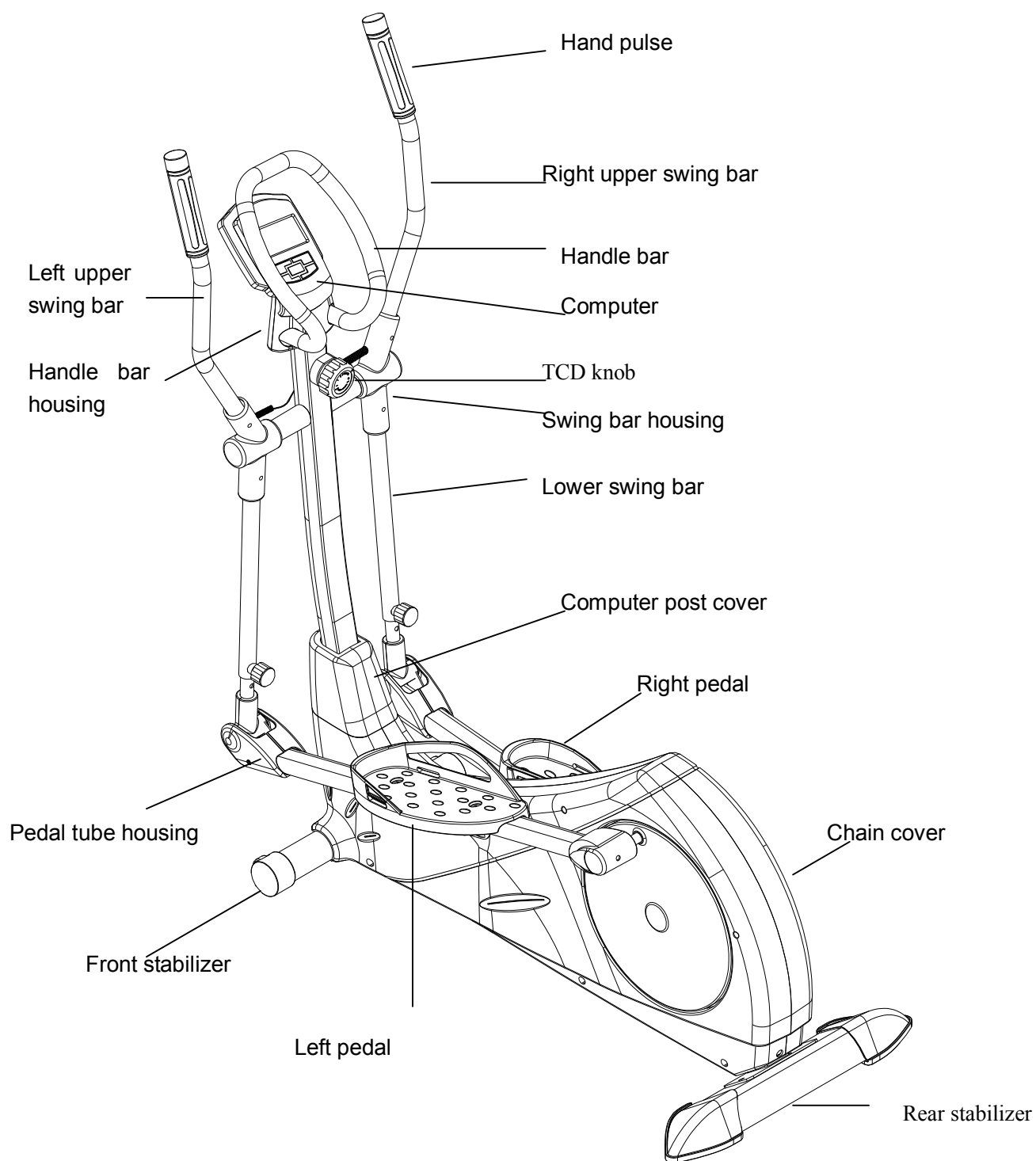
Please read this instruction very carefully before using the item.

Safety Instruction:




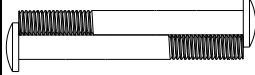
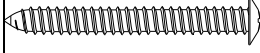
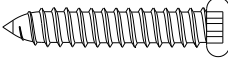
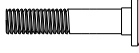


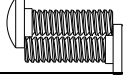
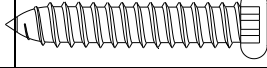
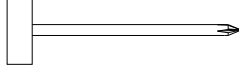

Note the following precaution before assembling or operating the machine.

1. Assemble the machine exactly as the description given in the instruction manual.
2. Check all the screws, nuts and other connections before using the machine for the first time and ensure that the trainer is in the safe condition.
3. Set up and operate the machine in a dry level place. Do not allow moisture or water near the machine.
4. Place a suitable base such as a rubber mat under the machine and keep the area clean from any dirt or other objects.
5. Before beginning training, remove all objects within a radius of 2 meters from the machine.
6. Do not use aggressive cleaning articles to clean the machine, only use the supplied tools or suitable tools of your own to assemble the machine or repair any parts of machine. Remove drops of sweat from the machine immediately after finishing training.
7. Your health can be affected by incorrect or excessive training, consult a doctor or personal trainer before beginning a training program. This machine is not suitable for therapeutic purposes and is designed for home use only.
8. Prior to any training please ensure the machine is in good working order, replace any worn parts as required.
9. Only one person at a time is to use this machine.
10. Use training clothing and suitable shoes while training.
11. If at any time you feel dizziness, sickness or any other physical problems while using the machine please stop training and consult your doctor.
12. Children and handicapped persons should only use the machine in the presence of another person who can give assistance and advice.
13. The power of the machine increases with increasing the speed, and the reverse.
The machine is equipped with adjustable knob which can adjust the resistance.
Reduce the resistance by turning the adjusting knob for the resistance setting towards stage 1.
Increase the resistance by turning the adjusting knob for the resistance setting towards stage 8.
14. The maximum user's weight is 150 kgs.

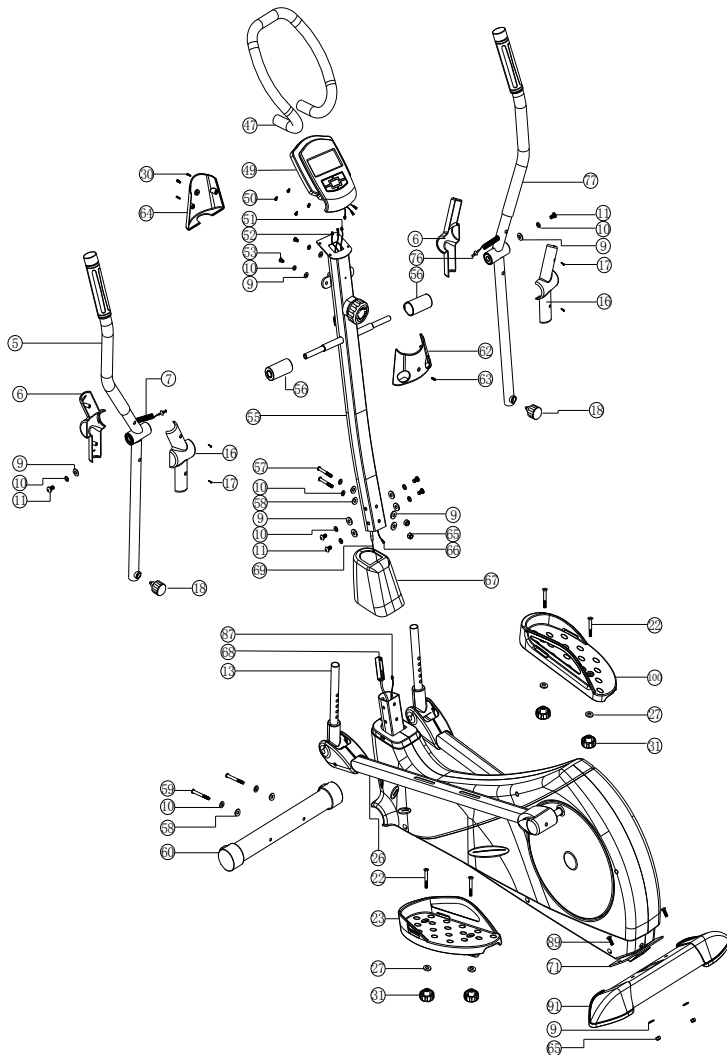
OVERVIEW DRAWING



SMALL PARTS

No.	Name	Picture	Qty	No.	Name	Picture	Qty
9	Flat washer OD20*ID8.5*2.0T		2	58	Arc washer OD16*ID8.5*1.5T		2
10	Spring washer M8*2.0T		2	59	Screw M8*72		2
17	Screw M4*35		4	63	Screw M5*16		2
22	Screw M10*50		4	65	M8 nylon cap		2
27	Flat washer OD20*ID10.5*2.0T		4	89	Screw M8*20		2
30	Screw M4*20		2		Spanner		1
					5MM spanner		1

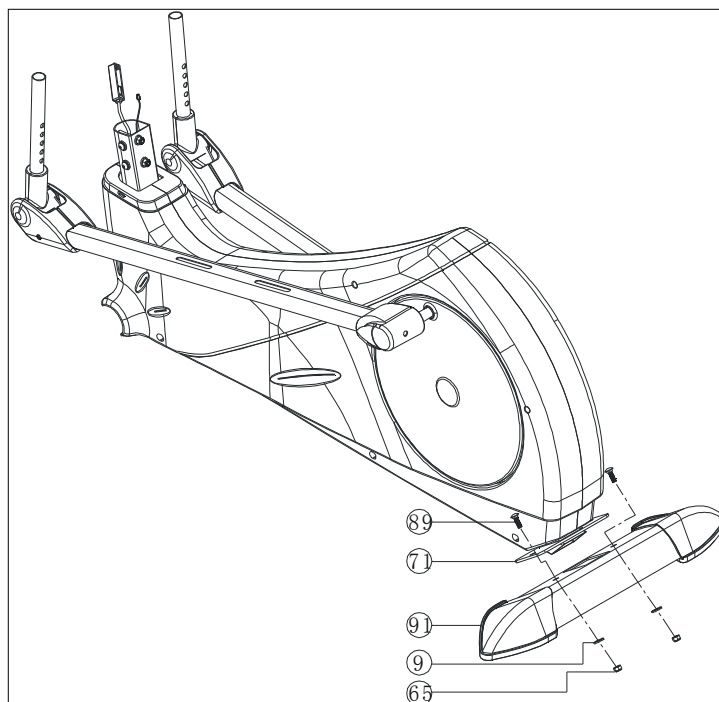
ASSEMBLY INSTRUCTION



Step 1. Please check all the parts.

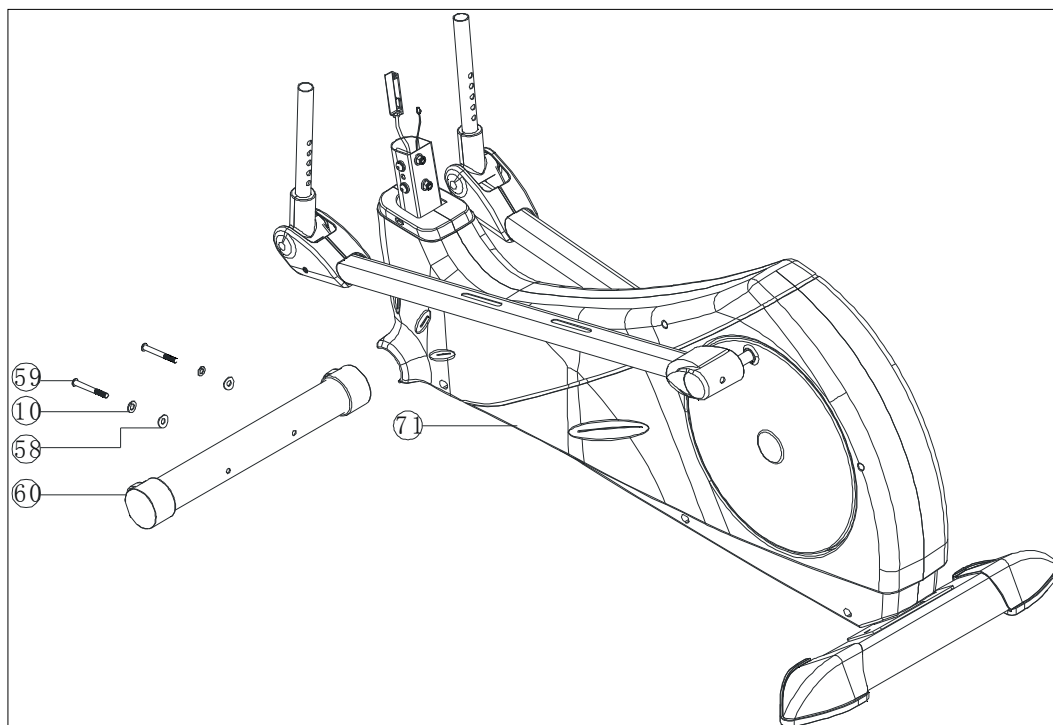
Step 2. Rear stabilizer

- Attach the rear stabilizer (91) to the rear bottom side of the main frame (71), and lock it up with screw M8*20 (89), flat washer OD20*ID8.5*2.0 (9) and M8 Nylon cap (65).



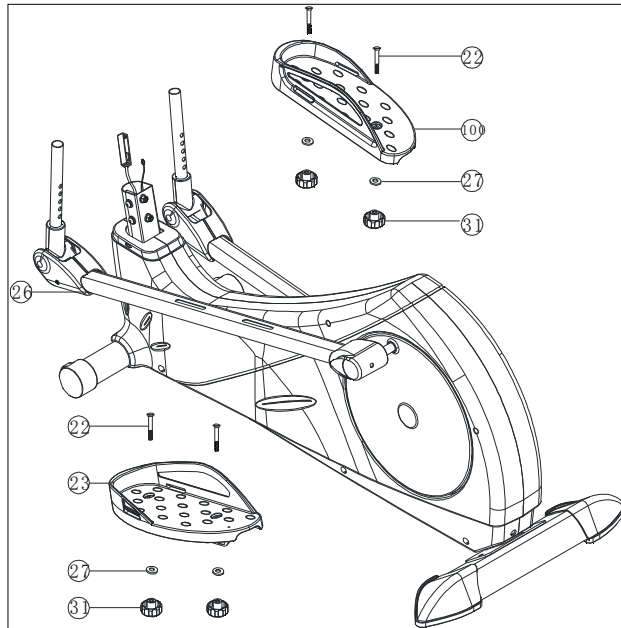
Step 3. Front stabilizer

- Attach the front stabilizer (60) to the front bottom of the main frame (71), lock it up with screw M8*72 (59), spring washer M8*2.0 (10) and arc washer OD16*ID8.5*1.5T (58).



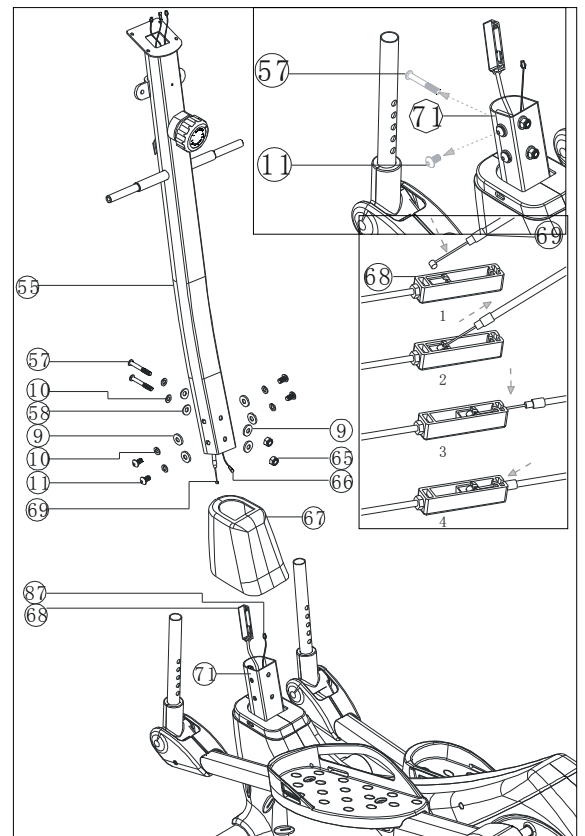
Step 4. Pedal

- Attach the left pedal (23) to the pedal tube (26), lock it up with screw M10*50 (22), flat washer OD20*ID10.5*2.0T (27) and pedal adjust knob (31);
- Attach the right pedal (100) to the pedal tube (26), lock it up with screw M10*50(22), flat washer OD20*ID10.5*2.0T (27) and pedal adjust knob (31) .



Step 5. Computer post

- Remove the screw M8*20 (11), spring washer M8*2.0(10), flat washer OD20*ID8.5*2.0T (9), screw M8*70 (57), and arc washer OD16*ID8.5*1.5T (58) from the main frame (71);
- Put the computer post cover (67) onto the computer post (55) and move it a little upwards to show the screw holes, connect the sensor wire lower section (87) to sensor wire upper section (66), TCD lower section (68) to TCD upper section (69);
- Attach the computer post (55) into the main frame (71), lock it up with screw M8*20(11), spring washer M8*2.0(10), flat washer OD20*ID8.5*2.0T (9) .
- Lock screw M8*70 (57), spring washer M8*2.0 (10), arc washer OD16*ID8.5*1.5T (58) to computer post (55) and main frame (71), and lock flat washer OD20*ID8.5*2.0T (9) and nylon cap M8 (65), then put on the computer post cover (67) .

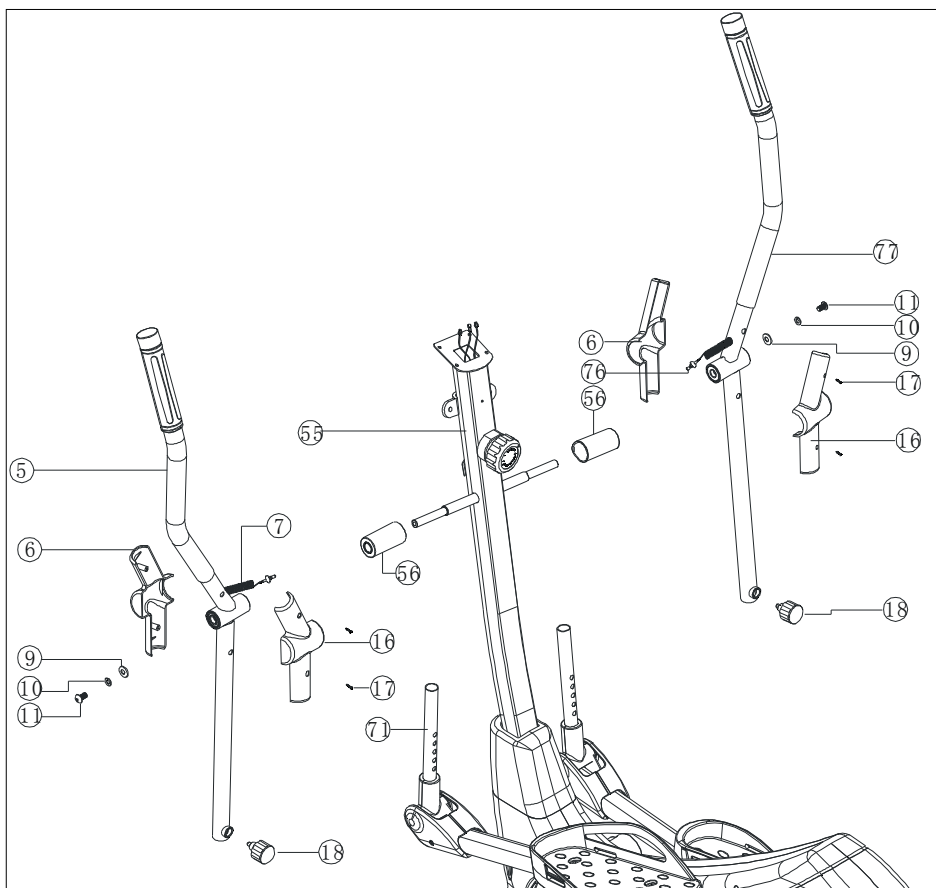


Step 6. Left swing bar

- Remove the screw M8*20 (11), flat washer OD20*ID8.5*2.0T (9), spring washer M8*2.0 (10) and the swing bar adjust knob (18) on the lower section of the left swing bar (5) from the computer post (55);
- Put the swing bar housing (56) onto the computer post (55), attach left swing bar (5) to the swing bar housing (56), lock it up with screw M8*20 (11), spring washer M8*2.0 (10), flat washer OD20*ID8.5*2.0T (9);
- Lock the left swing bar (5) to the main frame (71) with the swing bar adjust knob (18) .
- Lock the front handle bar housing (16), rear handle bar housing (6) to the left swing bar (5) with screw M4*35 (17) .

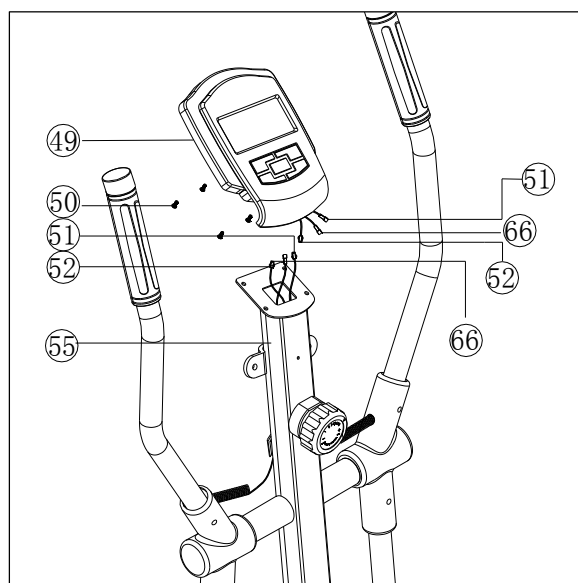
Step 7. Right swing bar

The assembly method is the same as left swing bar.



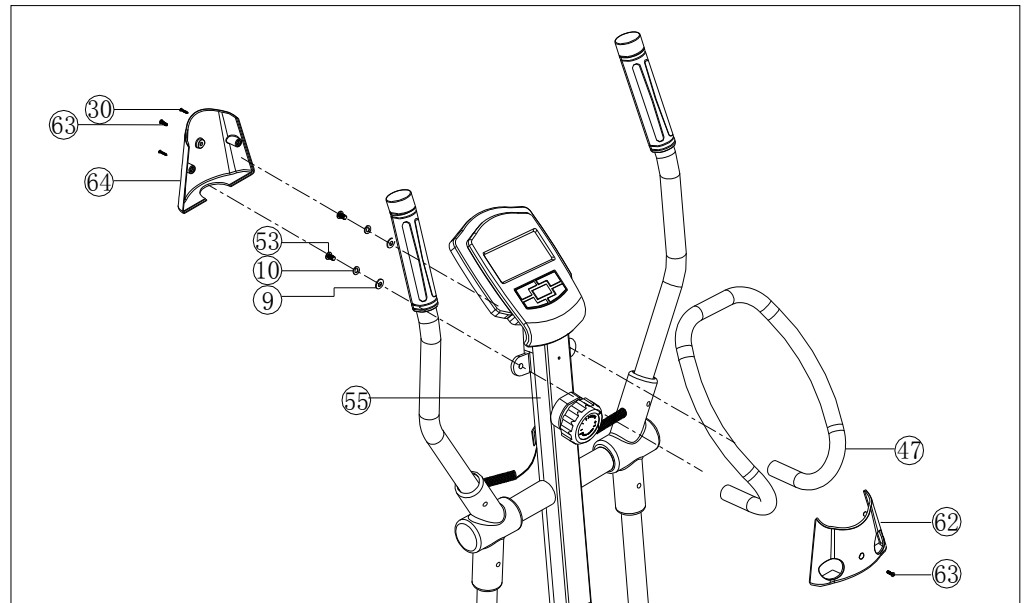
Step 8. Computer

- Remove the screws (50) which are preassembled on the back of computer (49);
- Connect the pulse line (52) and pulse line (52), pulse line (51) and pulse line (51); connect sensor line (66) and sensor line (66) ;
- Attach the computer (49) to the computer post (55), then lock it up with computer screws (50) .

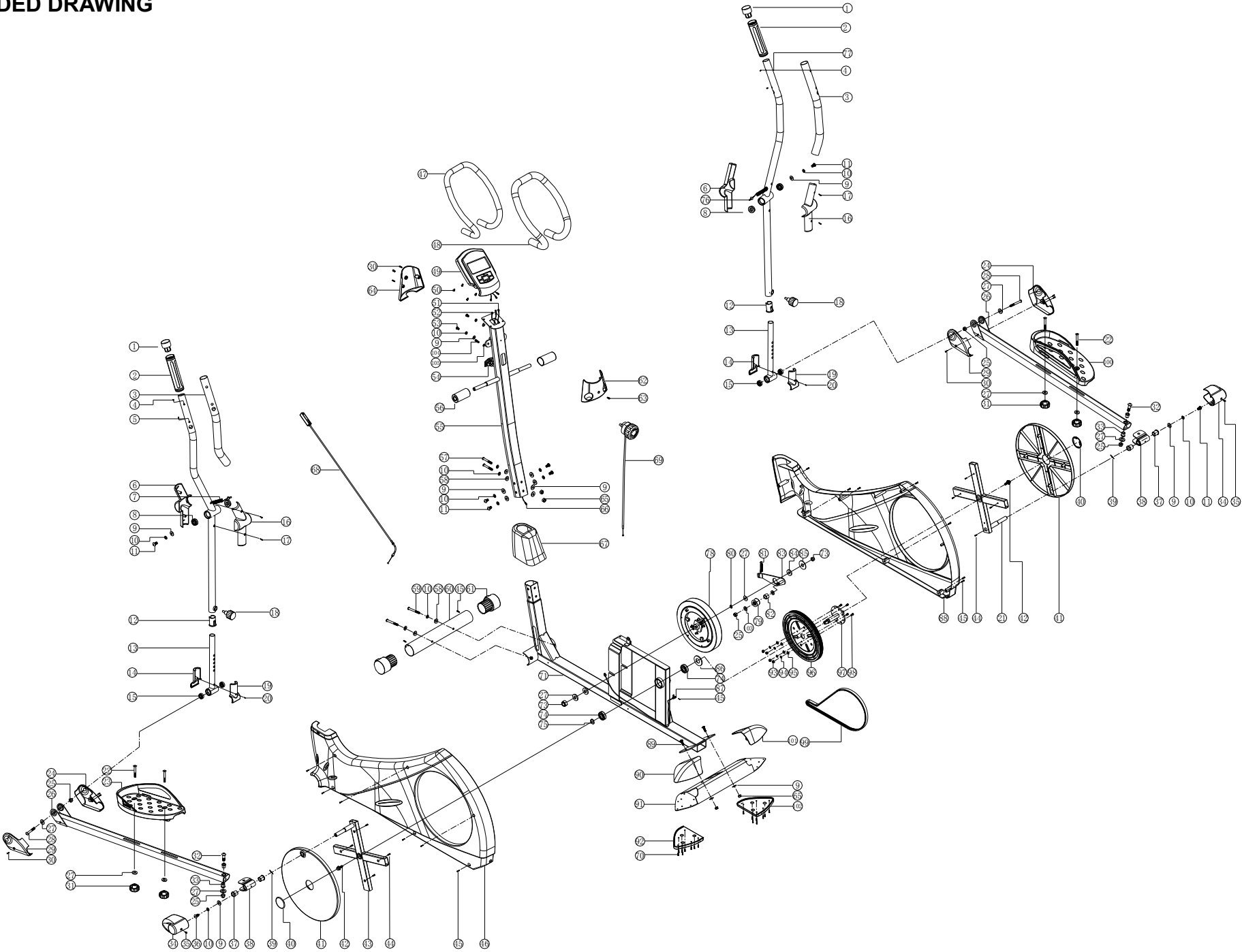


Step 9. Handle bar and Handle bar housing

- Remove from the handle bar (47) the screw M8*25 (53)、spring washer M8 (10) and flat washer OD20*ID8.5*2.0(9);
- Attach the front handle bar housing (62) to the computer post, fix it with a screw M5*16 (63); then put the handle bar (47) through the hole on the front handle bar housing (62), and attach to the computer post (55), lock it up with the screw (53), spring washer (10) and flat washer (9) .
- Match the rear handle bar housing (64) and the front handle bar housing (62), lock with screw M5*16 (63)and two screws M4*20 (30).



EXPLODED DRAWING



PARTS LIST

No.	Name & specification	Qty	No.	Name & specification	Qty
1	Swing bar end cap	2	53	Screw M8*25	2
2	Hand pulse	2	54	Pulse line socket	1
3	Swing bar foam	2	55	Computer post	1
4	Hand pulse screw M3*10	4	56	Swing bar housing	2
5	Left upper swing bar	1	57	Screw M8*70	2
6	Rear swing bar housing	2	58	Arc washer OD16*ID8.5*1.5T	4
7	Pulse line 1	1	59	Screw M8*72	2
8	Bearing 6002(ABEC5)	4	60	Front stabilizer	1
9	Flat washer OD20*ID8.5*2.0T	16	61	Front moving wheel	2
10	Spring washer M8*2.0	14	62	Front handle bar cover	1
11	Screw M8*20	7	63	Screw M5*16	4
12	Extention tube bushing	2	64	Rear handle bar cover	1
13	Extention tube	2	65	M8 nylon cap	4
14	Rear extention tube cover	2	66	Sensor wire upper section	1
15	Bearing 6000	4	67	Computer post cover	1
16	Front swing bar housing	2	68	TCD lower section	1
17	Screw M4*35	4	69	TCD upper section	1
18	Swing bar adjust knob	2	70	Screw M4*12	16
19	Front extention tube cover	2	71	Main frame	1
20	Screw M3*25	2	73	M10 nylon cap	2
21	Crank square tube (R)	1	74	R12 bearing	2
22	Screw M10*50	4	75	Crank axle C button	1
23	Left pedal	1	76	Pulse line 2	1
24	Pedal tube housing (R)	2	77	Right swing bar	1
25	M10 nylon cap	5	78	Inner magnetic system	1
26	Pedal tube	2	79	Adjust wheel	1
27	Flat washer OD20*ID10.5*2.0T	11	80	Flywheel axle	1
28	Screw M10*72	2	81	Adjust wheel spring	1
29	Pedal tube housing (L)	2	82	Adjust wheel gap bushing	1
30	Screw M4*20	8	83	Adjust wheel fixer	1
31	Pedal adjust knob	4	84	Gap washer	1
32	Screw M10*50	2	85	Arc washer	1
33	Copper bushing	4	86	Belt plate washer OD32*ID19.5*0.8T	1
34	Pedal axle cover	2	87	Sensor wire lower section	1
35	Screw M5*10	2	88	Right chain cover	1
36	Screw M8*20	1	89	Screw M8*20	2
37	Pedal axle bushing	4	90	Left rear stabilizer end cap	1
38	Pedal spin axle	2	91	Rear stabilizer	1
39	Wave washer OD21.7*ID16*0.3T	2	92	Left rear stabilizer rubber foot	1
40	Round disc cover	2	93	M6 nylon cap	4
41	Crank round disc	2	94	M6 spring washer	4
42	Screw 5/16-18*25	2	95	Flat washer OD16*ID6.5*1.5T	4

No.	Name & specification	Qty	No.	Name & specification	Qty
43	Crank square tube (L)	1	96	Belt plate	1
44	Screw M4*16	8	97	Crank axle	1
45	Screw M4*20	16	98	Screw M6*18	4
46	Left chain cover	1	99	Belt	1
47	Handle bar	1	100	Right pedal	1
48	Handle bar foam	1	101	Right rear stabilizer end cap	1
49	Computer	1	102	Right rear stabilizer rubber foot	1
50	Computer screw M5*12	4	103	Flat washer OD14*ID10.5*1.5T	2
51	Pulse line 3	1	104	TCD screw	1
52	Pulse line 4	1	105	TCD washer	1

TECHNICAL INFORMATION:

- Heavy duty industrial steel
- Flywheel mass 22 kg
- Maximum user weight 150 kg
- Magnetic brake system.
- Heart rate sensors
- Transportation wheels
- Quality bearings