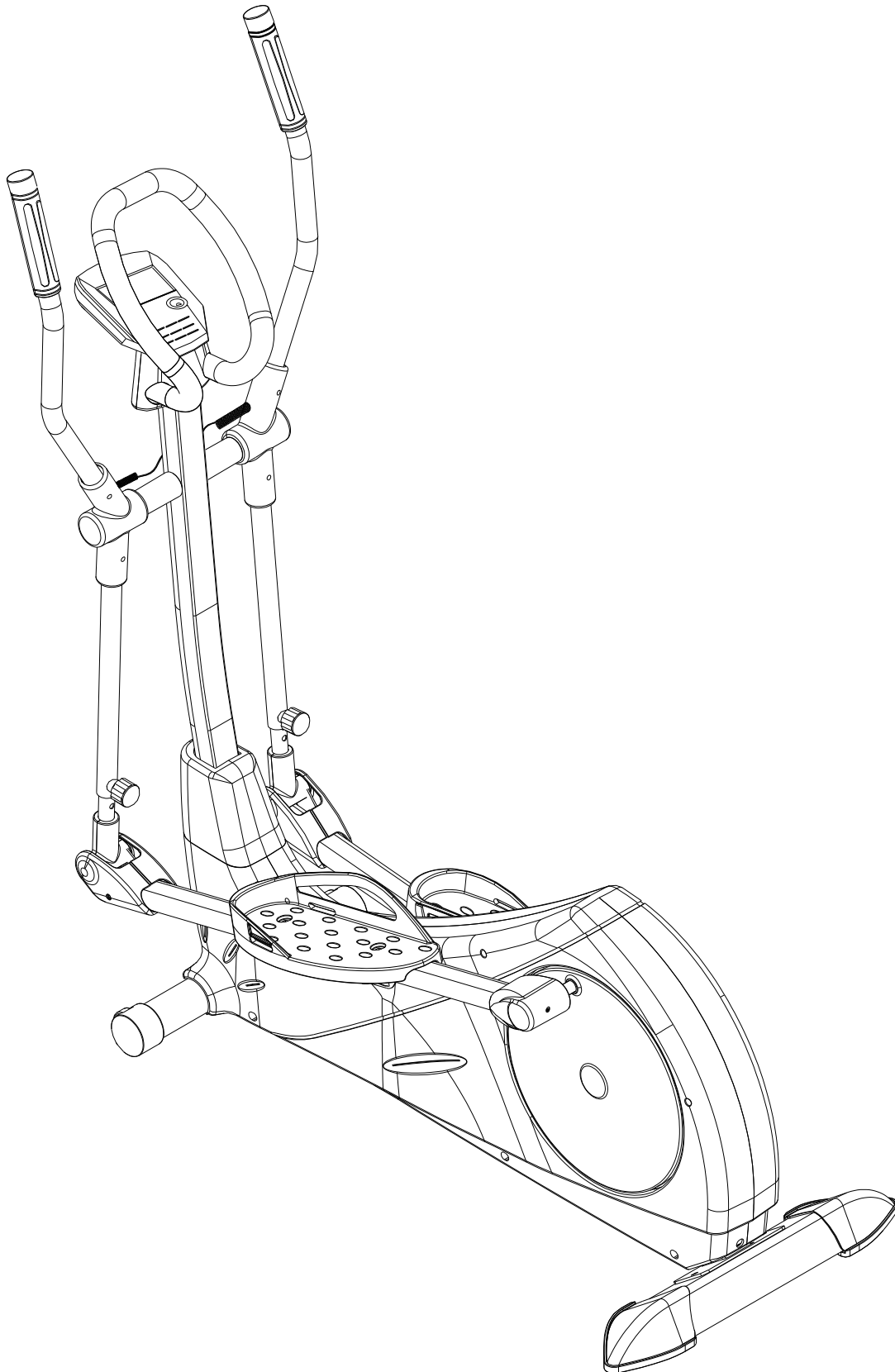


USER MANUAL



FITURA FIT V2™



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.

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 PRECAUTIONS

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 familiarize 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

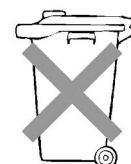
Environmentally friendly, recyclable materials:

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



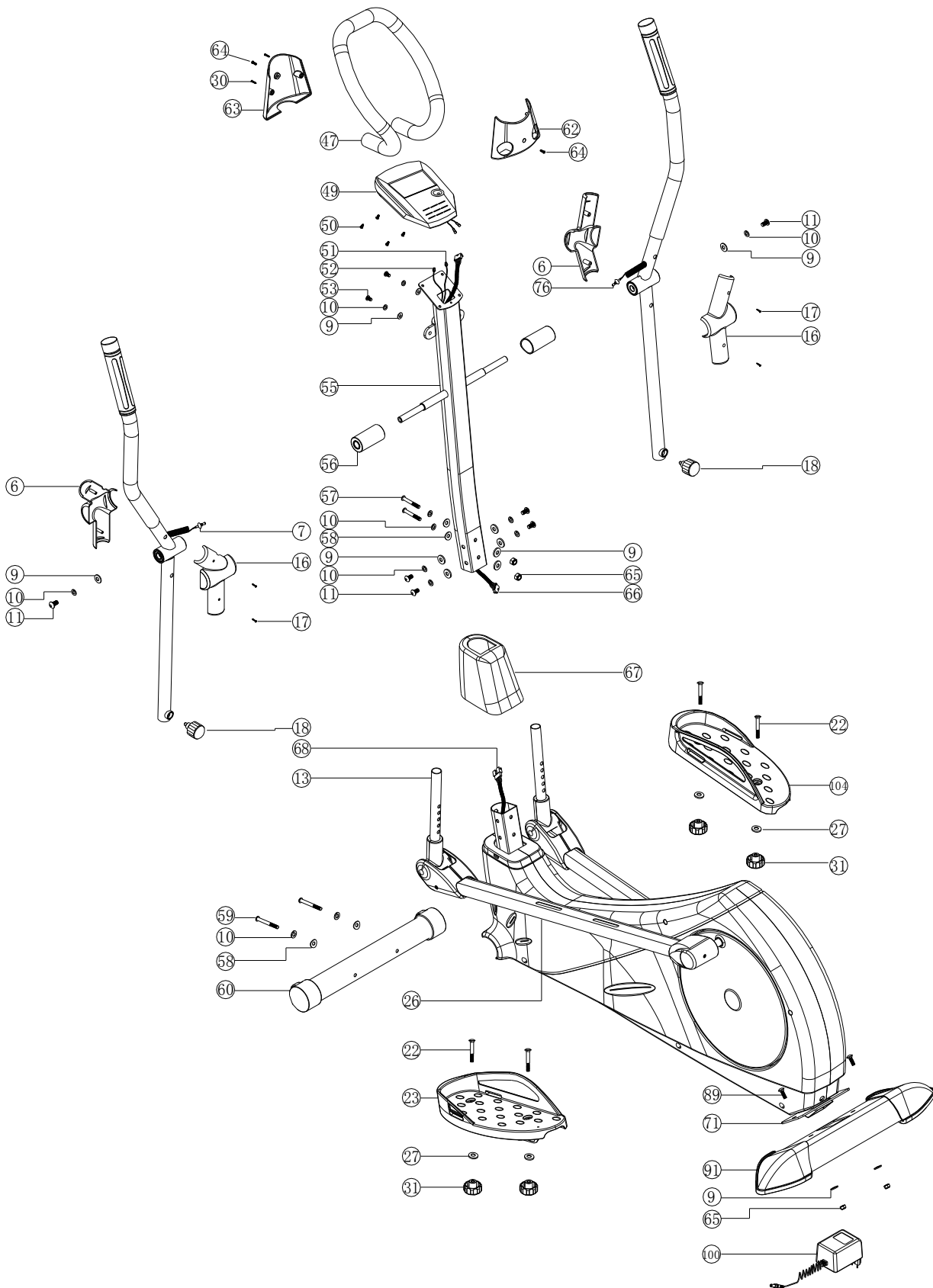
DISPOSAL

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



Assembly

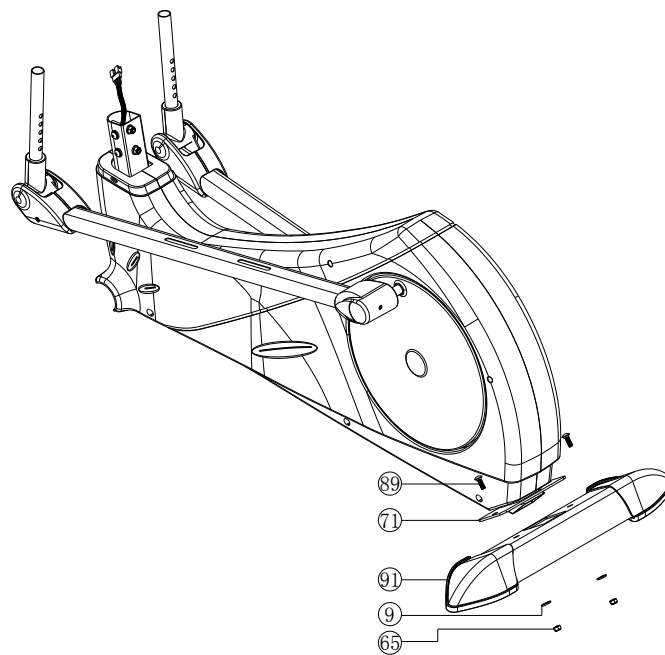
Please refer to the picture as bellow so that you can fix the machine correctly as the No.marked PIC (1)



1.Assembly of rear stabilizer set

a.Attach the rear stabilizer set(91) onto the main frame set(71) at back of the machine.

b.Lock the main frame(71) and rear stabilizer set(91) with screw M8*20(89) by spanner. Then fasten well with flat washer OD20*ID8.5*2.0(9)and M8(subtense13) nylon nut(65)(See pic2)

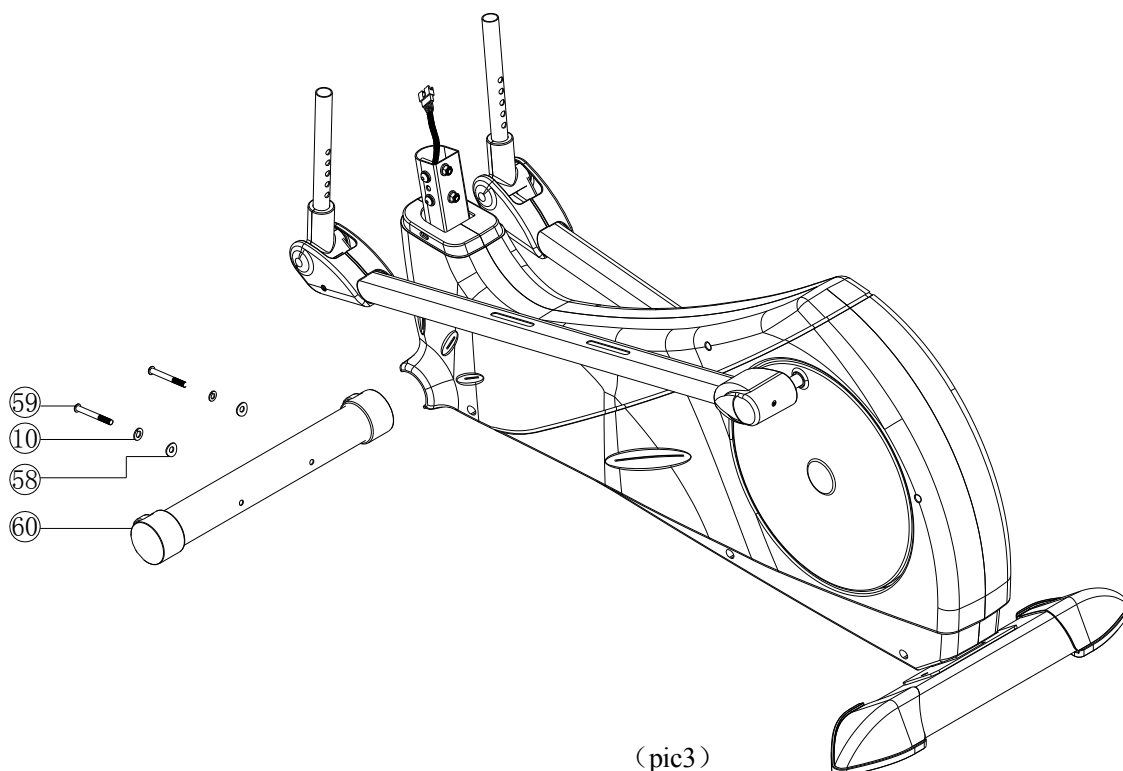


(pic2)

2.Assembly of front stabilizer set

a. Attach the front stabilizer set(60) onto the main frame(71) at front of the machine

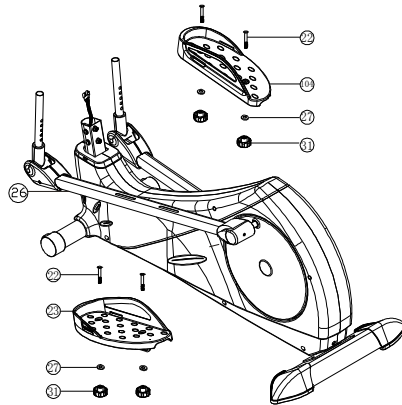
b. Lock the front stabilizer set(60) and main frame set(71) well with screw M8*72(59), M8*2.0 spring washer(10) and arc washer OD16*ID8.5*1.5T by multi-function spanner(see pic3)



(pic3)

3.Assembly of left pedal.

1.Lock the left pedal(23) and pedal tube set(26) with carriage screw M10*50(22) ,flat washer OD20*ID10.5*2.0T(27) and pedal adjustable knob(31), then fasten the carriage screw M10*50(22) well with multi-function spanner.(see pic4)



(pic4)

4.Assembly of right pedal

The way of assembly of right pedal is the same as left pedal.

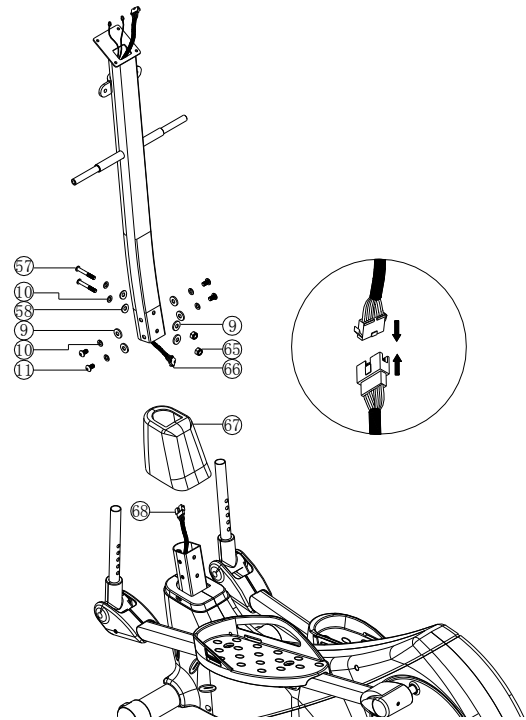
5.Connection of computer post set

a.Take down screw M8*20(11), M8*2.0 spring washer(10), flat washerOD20*ID8.5*2.0T(9), screw M8*70(57), arc washer OD16*ID8.5*1.5T(58) which pre-assembly on the main frame set(71).

b. Insert computer post into computer post cover(67) and move the computer post cover upwards for a certain place. Make sure that screw holes come out. Then connect the sensor wire bellow section(68) with sensor wire upper section(66) well.

c.Lock spring washer M8*2.0(10) and flat washerOD20*ID8.5*2.0T(9) onto the computer post set(55) and main frame set(71) with screw M8*20(11).

d.Lock screw M8*2.0 spring washer(10), arc washerOD16*ID8.5*1.5T(58) onto computer post set(55) and main frame(71) with screw M8*70(57). Then fasten well with flat washerOD20*ID8.5*2.0T(9), M8(subtense13) and nyloncap(65). Then cover well with computer post cover(67).(see pic5)



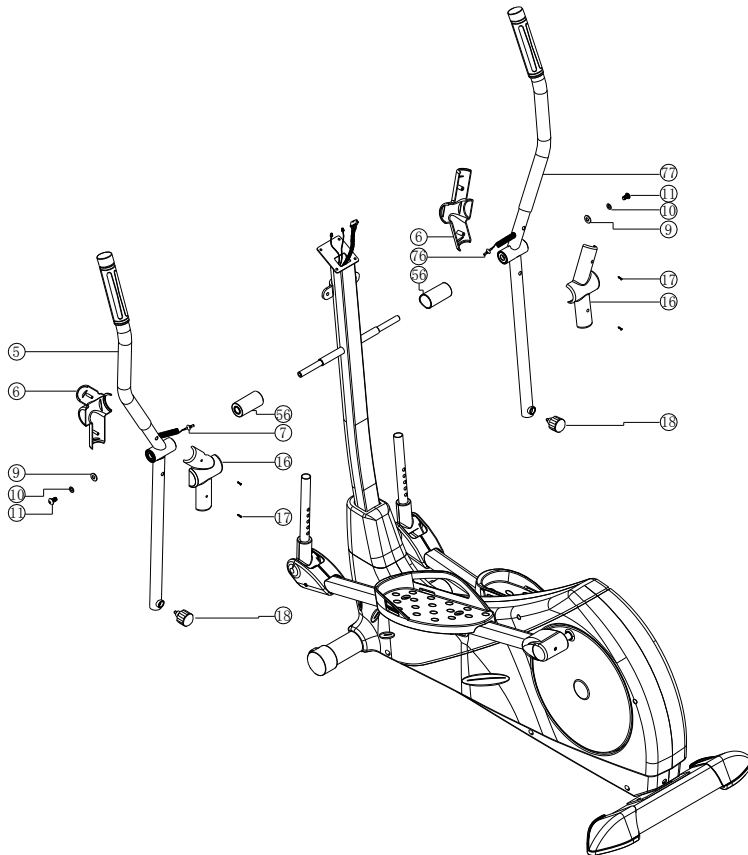
Pic5

6.Connection of left swing bar set

- a.Take down screw M8*20(11), flat washer OD20*ID8.5*2.0T(9), M8*2.0 spring washer(10)and knob(18) on which pre-assembly on the computer post set(55).
- b.Attach the swing bar gap bushing(56) onto computer post set(55), connect the left swing bar set(5) with swing bar gap bushing(56) by screw M8*20(11), M8*2.0 spring washer(10) and flat washer OD20*ID8.5*2.0T(9).
- c.Attach the left swing bar set(5) onto main frame set(71) with knob(18).
- d. Lock the swing bar cover(front)(16) and swing bar cover(back)(6) onto the left swing bar set(5) with screw M4*35(17)(see pic6)

7.Connection of right handle bar set.

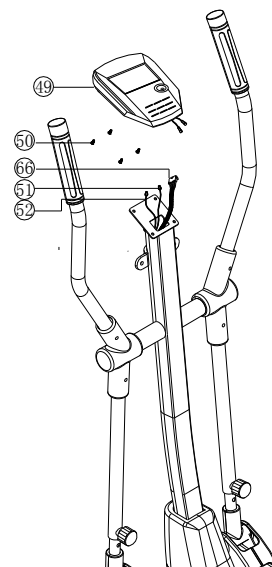
Connection of right swing bar set is the same as left swing bar.



(pic6)

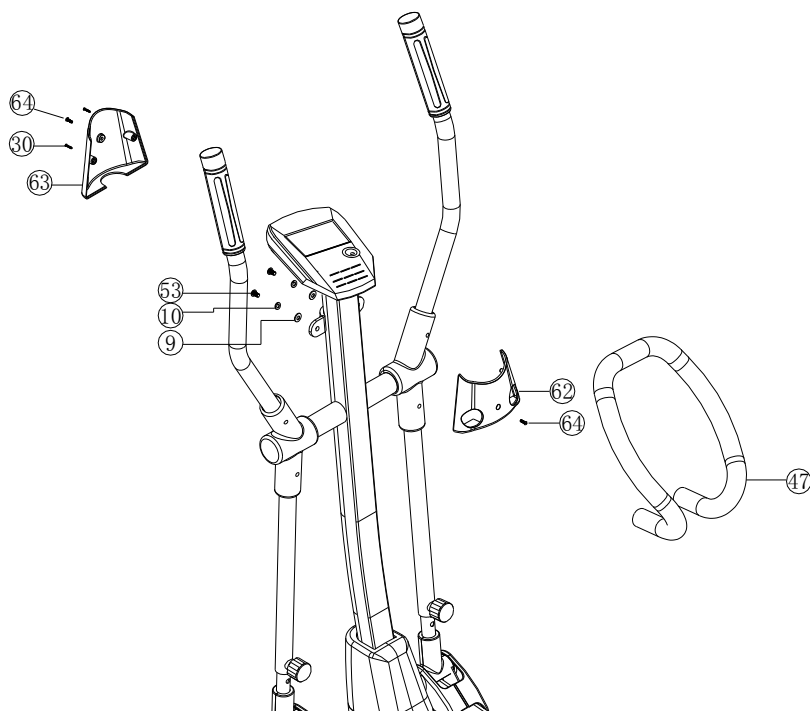
8.Connection of computer

- a.Take down computer fixed screw(50) which pre-assembly at the back of computer(49)
- b.Connect the hand pulse wire(51),(52) with screw on computer and connect the hand pulse wire(66) with sensor wire screw at the back of computer.
- c.Finally attach the computer(49) onto the computer post set fixer(55), fasten well with pre-took screw(50)(see pic7)



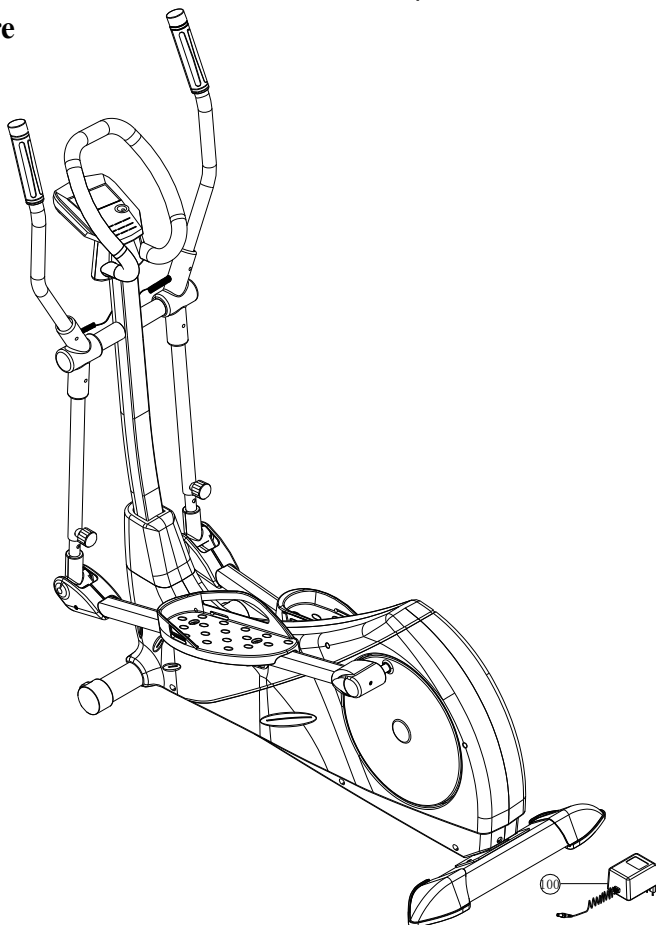
9. Connection of handle bar cover and handle bar set

- a. Take down the screw M8*25(53), M8spring washer(10) and flat washer OD20*ID8.5*2.0(9) which pre-assembly on the handle bar set(47).
- b. Attche the handle bar cover-front(62) onto computer post and fixed with screw M5*16(64); then make the handle bar(47) thrill thought the hole on handle bar cover-front(62) and attached on the fixer of computer post(55); fasten well with pre-took screw(53), asher(10) and flat washer(9).
- c. Fit the handle bar cover-back(63) and handle bar cover-front(62), fasten well with screw M5*16(64) and two screw M4*20(30)(see pic8)

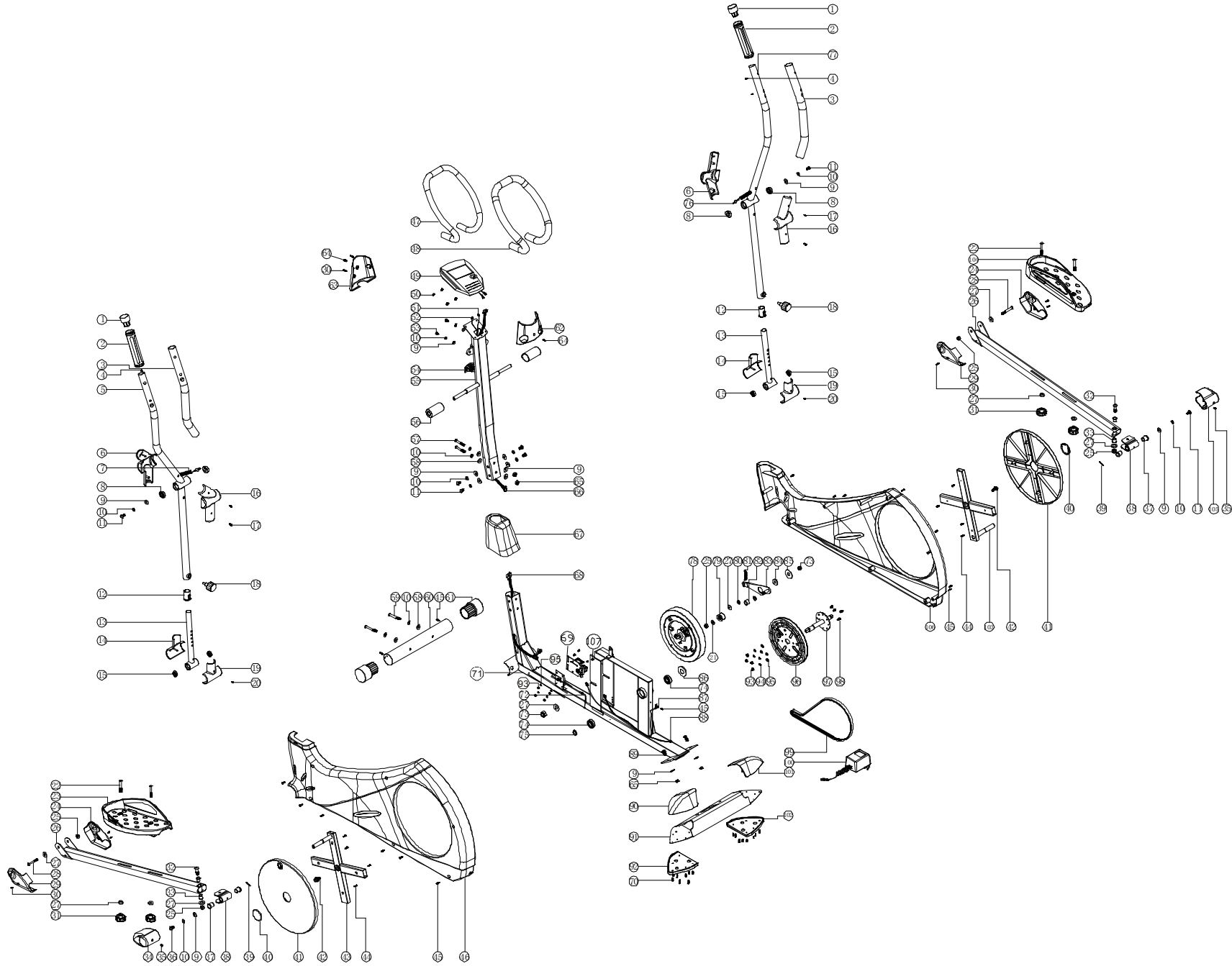


(pic8)

10. Finished picture



Explode picture

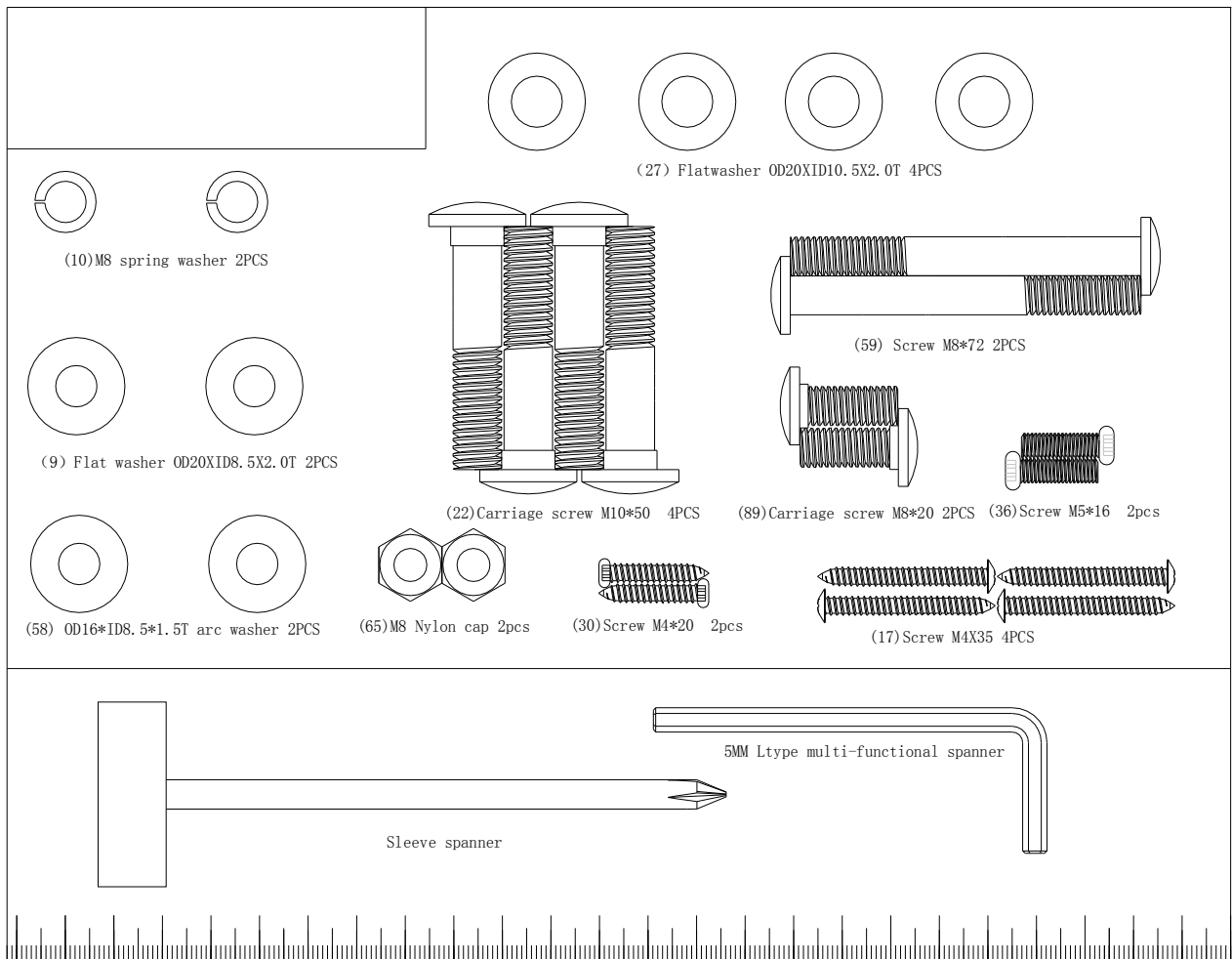


Parts list

NO.	DESCRIPTION	QTY	NO.	DESCRIPTION	QTY
1	Swing bar endcap	2	54	Hand pulse wire base	1
2	Hand pulse	2	55	Computer post set	1
3	Handle bar foam	2	56	Swing bar gap bushing	2
4	Hand pulse screw	4	57	Screw M8*70	2
5	Left swingbar set	1	58	OD16*ID8.5*1.5T arc washer	4
6	Swing bar cover(back)	2	59	M8*72 Screw	2
7	Hand pulse wire1	1	60	Front stabilizer	1
8	6002 (ABEC5) bearing	4	61	Front moving wheel	2
9	Flat washerOD20*ID8.5*2.0T	16	62	Swing bar cover(front)	1
10	M8spring washer	14	63	Swing bar cover(back)	1
11	ScrewM8*20	7	64	M5*16 Screw	2
12	Flexible tube bushing	2	65	M8(subtense13)	4
13	Flexible tube set	2	66	Computer connection wire upper section	1
14	Flexible tube cover(back)	2	67	Computer post bushing	1
15	6000bearing	4	68	Computer connection wire bellow section	1
16	Swing bar cover(front)	2	69	Motor	1
17	ScrewM4*35	4	70	M4*12 Screw	16
18	Knob	2	71	Main frame	1
19	Flexible tube cover(front)	2			
20	ScrewM3*25	2	73	M10(subtense14)nylon cap	2
21	Flat washerOD14*ID10.5*1.5T	2	74	R12 bearing	2
22	Carriage screwM10*50	4	75	Crank axesC type buckle (Φ19)	1
23	Left pedal	1	76	Hand pulse wire2	1
24	Peal tube cover(right)	2	77	Right swing bar set	1
25	M10(subtense14)*6.35Tnylon nut	5	78	Inner magnet set	1
26	Pedal tube set	2	79	Adjustable wheel(6000ABEC5 bearing)	1
27	Flat washerOD20*ID10.5*2.0T	11	80	Fly wheel axes C type buckle(Φ12)	1
28	ScrewM10*72	2	81	Adjustable wheel spring	1
29	Pedal tube cover(left)	2	82	Adjustable wheel gap bushing	1
30	M4*20 Screw	8	83	Adjustable wheel fixed pieces set	1
31	Pedal adjustable knob	4	84	Gap washer	1
32	M10*50 screw	2	85	Wave washer	1
33	Copper bushing	4	86	Belt plate washerOD32*ID19.5*0.8T	1
34	Pedal axes cover(left)	1	87	Hand pulse wire(including sesor and base)	1
35	M5*10 Screw	2	88	Electricity wire	1
36	M8*20 Screw	1	89	Carriage screwM8*20	2
37	Pedal axes bushing	4	90	Rear stabilizer endcap(left)	1
38	Pedal axes set	2	91	Rear stabilizer pieces set	1
39	Wave washerOD21.7*ID16*0.3T	2	92	Rear stabilizer washer(Left)	1
40	Plate hole cover	2	93	M6 Nylon cap	8
41	Crank plate	2	94	M6 Spring washer	4

42	Screw 5/16-18*25	2	95	Flat washer OD16*ID6.5*1.5T	8
43	Left crank square tube set	1	96	Belt plate(including magnet)	1
44	Screw M4*16	8	97	Crank axes set	1
45	Screw M4*20	16	98	M6*18 Screw	4
46	Left cover	1	99	Belt	1
47	Handle bar	1	100	Transformer	1
48	Handle bar foam	1	101	Rear stabilizer endcap(right)	1
49	Computer	1	102	Rear stabilizer washer(right)	1
50	Computer fixed screw	4	103	Right crank square tube set	1
51	Hand pulse wire3	1	104	Right pedal	1
52	Hand pulse wire4	1	105	Pedal axes cover(right)	1
53	Screw M8*25	2	106	Right cover	1
			107	Screw M6*16	4

Tools:



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