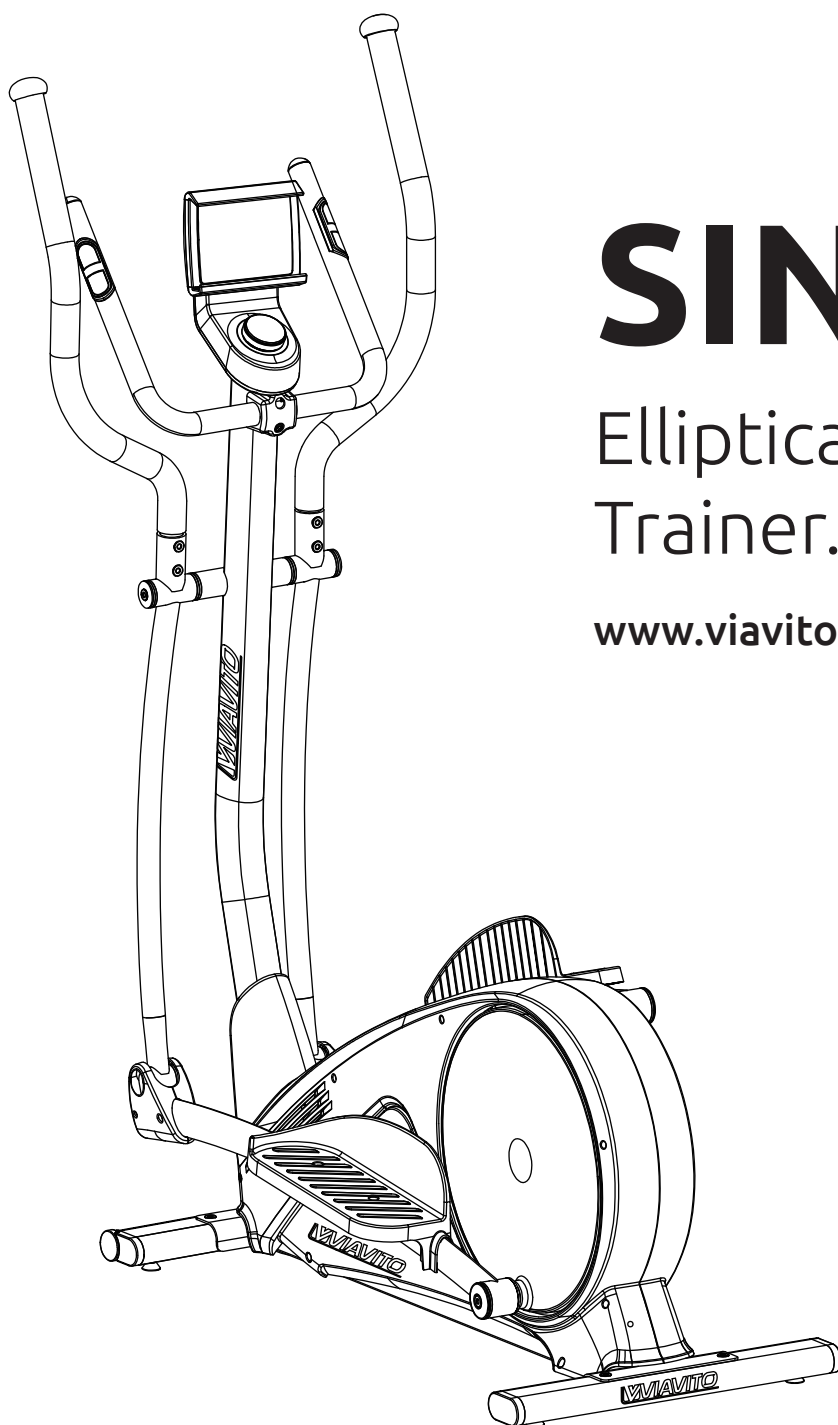


VIAVITO[®]

Owner's Manual.



SINA

Elliptical Cross
Trainer.

www.viavito.com



Congratulations on purchasing your very own **SINA** Elliptical Cross Trainer.

You have chosen a high-quality, safe and innovative piece of exercise equipment as your training partner and we are certain it will keep you motivated on the way to achieving your personal fitness goals.

Please take the time to read this owner's manual as it will help you to get the most out of your new piece of equipment.

For more information, or if you require any assistance please email us at **support@viavito.com**

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Safety Information.

- Please read all the instructions carefully before using this product.
- Retain this manual for future reference.
- The specifications of this product may vary slightly from the illustrations and are subject to change without notice.

Note the following precautions before assembling or operating the machine:

- 01** Assemble the machine exactly as per the instructions in this manual, DO NOT use power tools to assemble it.
- 02** Check all the screws, nuts and other connections before using the machine for the first time and ensure that it has been built correctly and is safe to be used.
- 03** This machine is for indoor, home use only. Position the machine on a clear, dry and level surface. DO NOT position it near water or outdoors, or in a room or building that is not properly insulated such as a garden shed or a garage.
- 04** Place a suitable base (e.g. rubber mat, wooden board etc.) beneath the machine in the assembly area to protect it from dirt.
- 05** Make sure there is sufficient free space around the cross trainer when you set it up.
- 06** Before beginning training, remove all objects within a 2-metre radius of the machine.
- 07** Use the machine only for its intended purpose as described in the manual. This machine is not suitable for therapeutic or medical purposes.
- 08** This machine may only be used by one person at a time.
- 09** Always wear appropriate workout clothing when exercising. Aerobic shoes are required when using this machine.
- 10** Before exercising on this machine, always warm up and do the stretching exercises listed in this manual first.
- 11** When altering any adjustable parts, make sure they are adjusted properly and note the marked maximum position for each part.
- 12** DO NOT use aggressive cleaning products, such as detergents, to clean the machine. Remove drops of sweat from the machine immediately after finishing training.
- 13** Your health can be affected by incorrect or excessive training. Consult a doctor before beginning a training program.
- 14** WARNING! Heart rate monitoring systems may be inaccurate. Over exercising may result in serious injury or death. If you feel faint or experience dizziness, nausea, chest pain, or any other abnormal symptoms STOP EXERCISING IMMEDIATELY AND CONSULT A PHYSICIAN WITHOUT DELAY.
- 15** Disabled persons should not use this machine without a qualified person or physician in attendance.

- 16 Children should be kept away from the machine at all times.
- 17 **WARNING!** Individual human power which is required to carry out an exercise can be different than the mechanical power displayed.
- 18 The machine is equipped with a computer console which can adjust the resistance. Reduce the resistance by turning the control wheel anti-clockwise. Increase the resistance by turning the control wheel clockwise.
- 19 **WARNING!** The machine does not freewheel. The pedals will continue to spin until the flywheel stops. Reduce your pedaling speed in a controlled manner to avoid injury.
- 20 The maximum user weight is 120kg (265lbs). The product weighs 47kg (104lbs). Safety standards: EN/ISO 20957 Class HA.
- 21 **WARNING:** The safety level of the machine can be maintained only if it is examined regularly for damage and wear. Examine the machine carefully before you use it, especially the components most susceptible to wear, e.g., handlebar, cranks, pedals, bearings, and the connection points.
- 22 Stop using the machine immediately if there are any defective components and keep it out of use until you replace the components or it is repaired by a qualified engineer.
- 23 Use only original spare parts for any necessary repairs. Using 3rd party parts will invalidate any warranty.
- 24 **WARNING:** If any of the adjustment devices are left projecting, they could interfere with the user's movement.
- 25 **WARNING!** Inappropriate use of this machine such as while under the influence of drugs or alcohol, not in line with instructions or excessive usage, may result in serious injury or death.

WARNING: Before beginning using this machine or doing any exercise program, consult your doctor. This is especially important for people over the age of 35 or those with pre-existing health problems. Read all instructions before using this elliptical cross trainer.

Viavito assumes no responsibility for personal injury and/or property damage sustained by or through the use of this product.



RECYCLING INFORMATION

Used electrical and electronic equipment (WEEE) should not be mixed with general household waste. For proper treatment, recovery and recycling, please take this product to designated collection points where it will be accepted free of charge. Alternatively, in some countries you may be able to return your products to your local retailer upon purchase of an equivalent new product. Disposing of this product correctly will help save valuable resources and prevent any potential negative effects on human health and the environment, which could otherwise arise from inappropriate waste handling. Please contact your local authority for further details of your nearest designated collection point. Penalties may be applicable for incorrect disposal of this waste, in accordance with your national legislation.



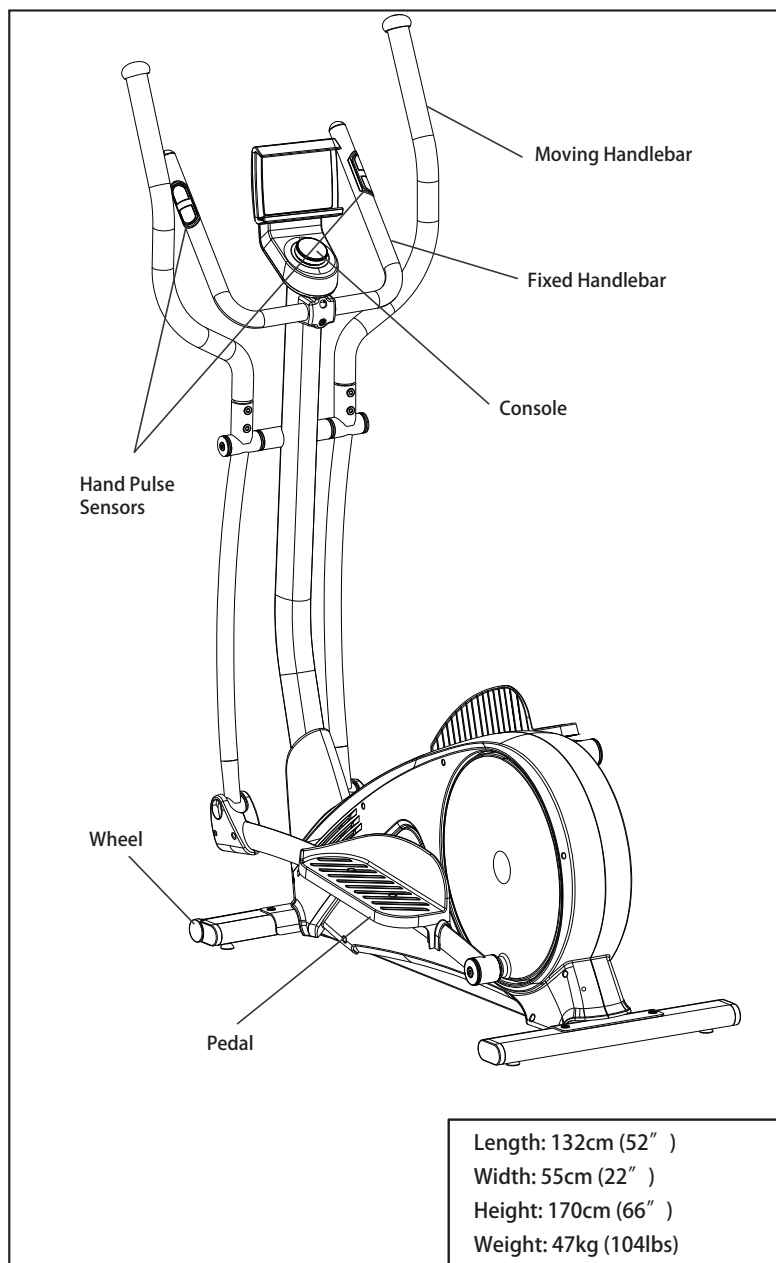
SAFETY STANDARDS

This equipment meets the requirements of European safety directives such as: the Electromagnetic Compatibility (EMC) Directive and the Low Voltage Directive (LVD).



Overview of Your Sina.


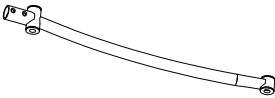




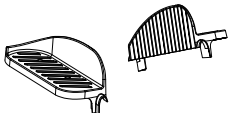


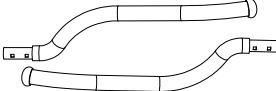
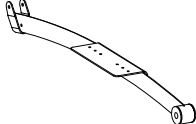
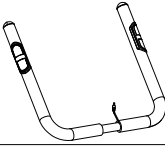
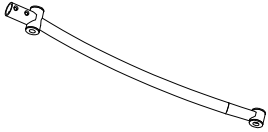

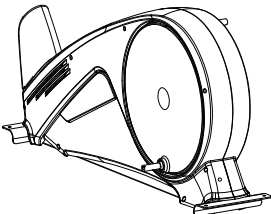
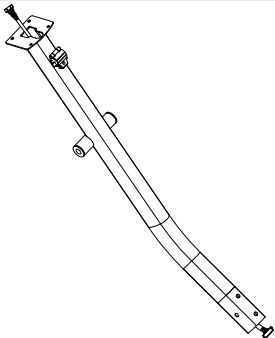
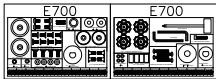

Thank you for selecting the Viavito Sina elliptical cross trainer. This manual will guide you through the assembly process. Please familiarise yourself with the parts labeled in the drawing below and check that they are all present and correct before you begin to assemble your machine.



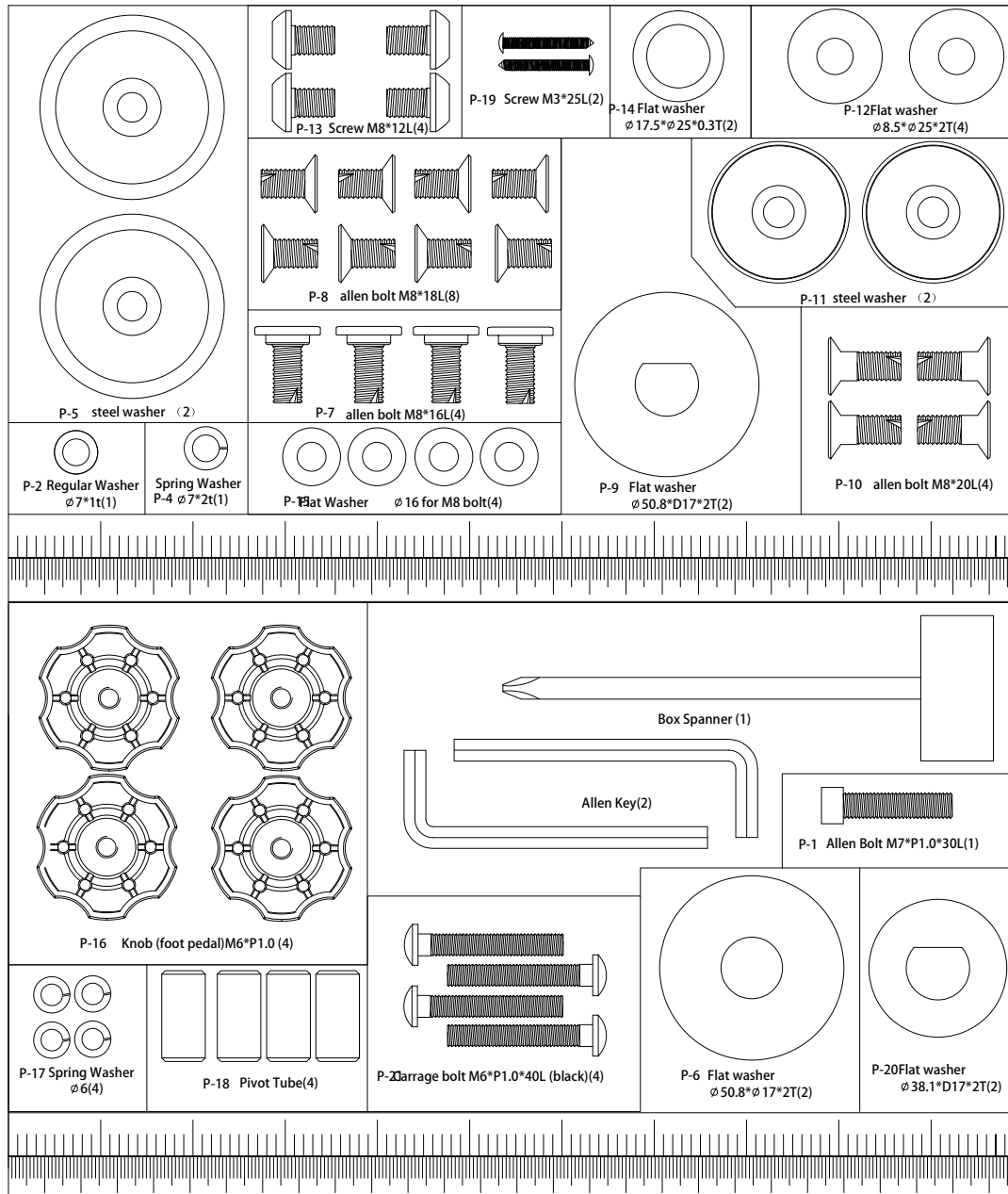
Machine Assembly.

Contents Checklist

Make sure you have the following parts:

	1/1		1/1
	1/1		1/1
	1/1		1/1
	1/1		1/1
	1/1		1/1
	1/1		1/1
	1/1		1/1
	1/1		1/1
	1/1		1/1

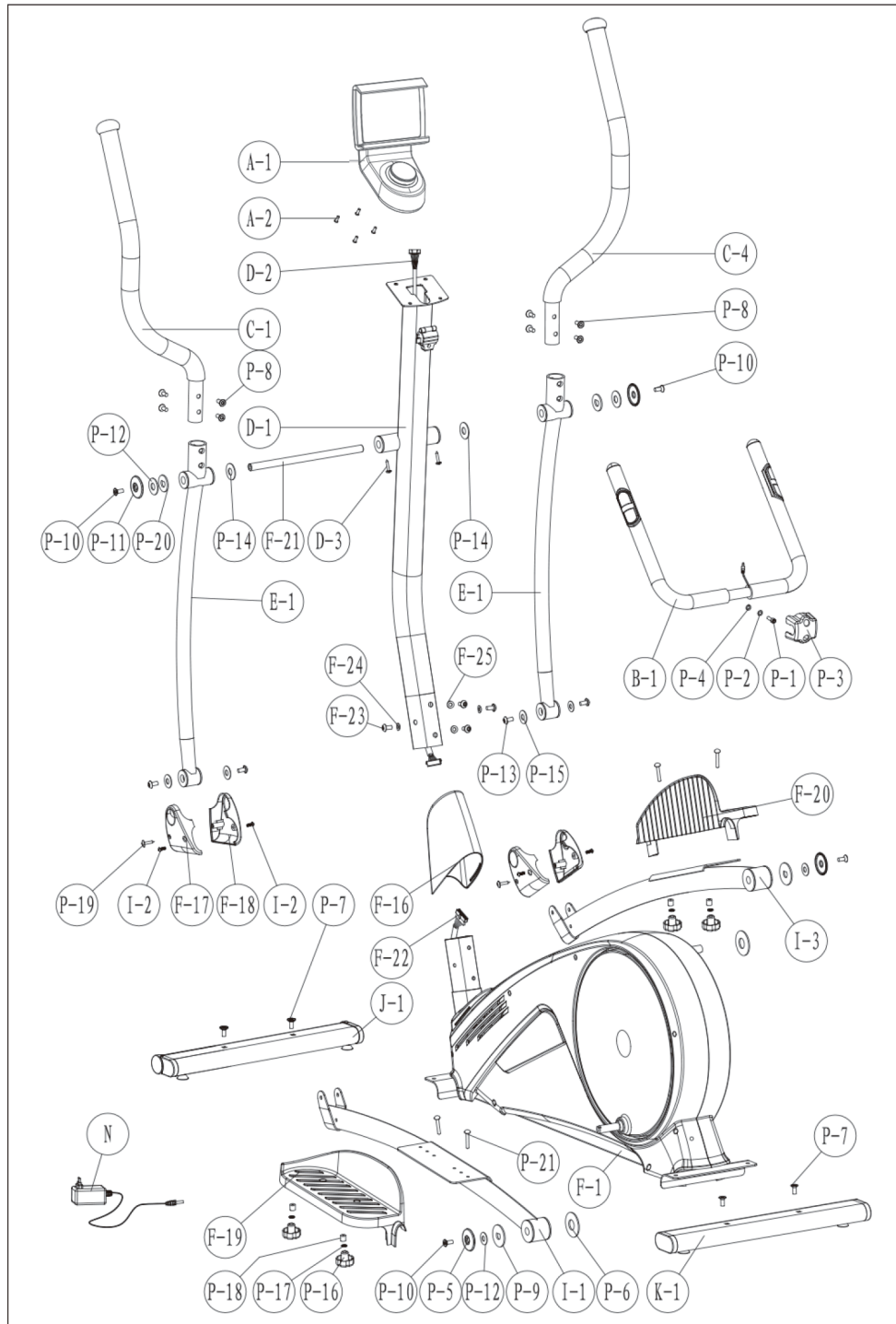
Hardware Pack



Do watch our step-by-step assembly video on YouTube to help you get your cross trainer set up:

<https://youtu.be/xqgXdMBxPfw>

Assembly Diagram

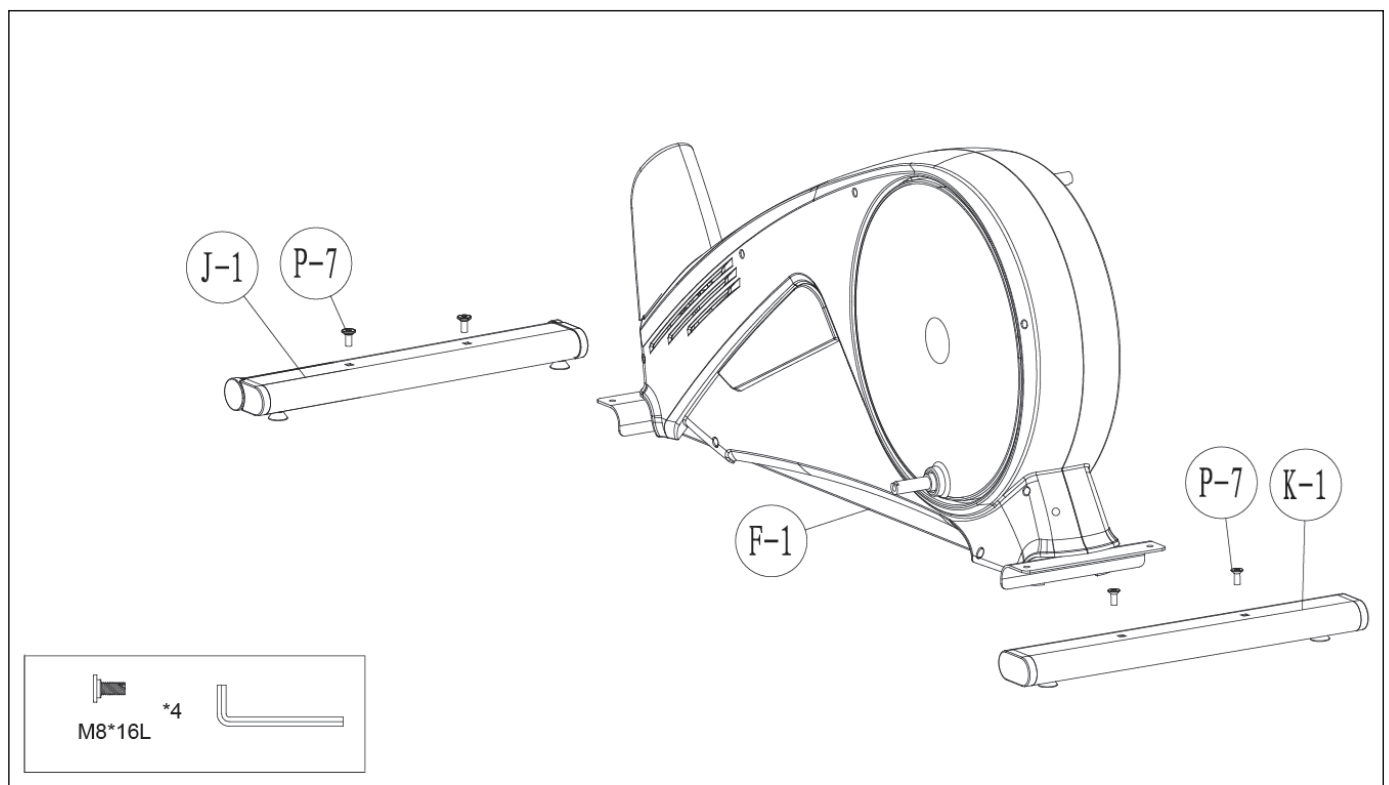


Assembly Instructions

Step One.

01 Attach the front stabiliser (J-1) to the main frame (F-1) using the two Allen bolts (P-7).

02 Attach the rear stabiliser (K-1) to the main frame (F-1) using the two Allen bolts (P-7).



Do watch our step-by-step assembly video on YouTube to help you get your cross trainer set up:

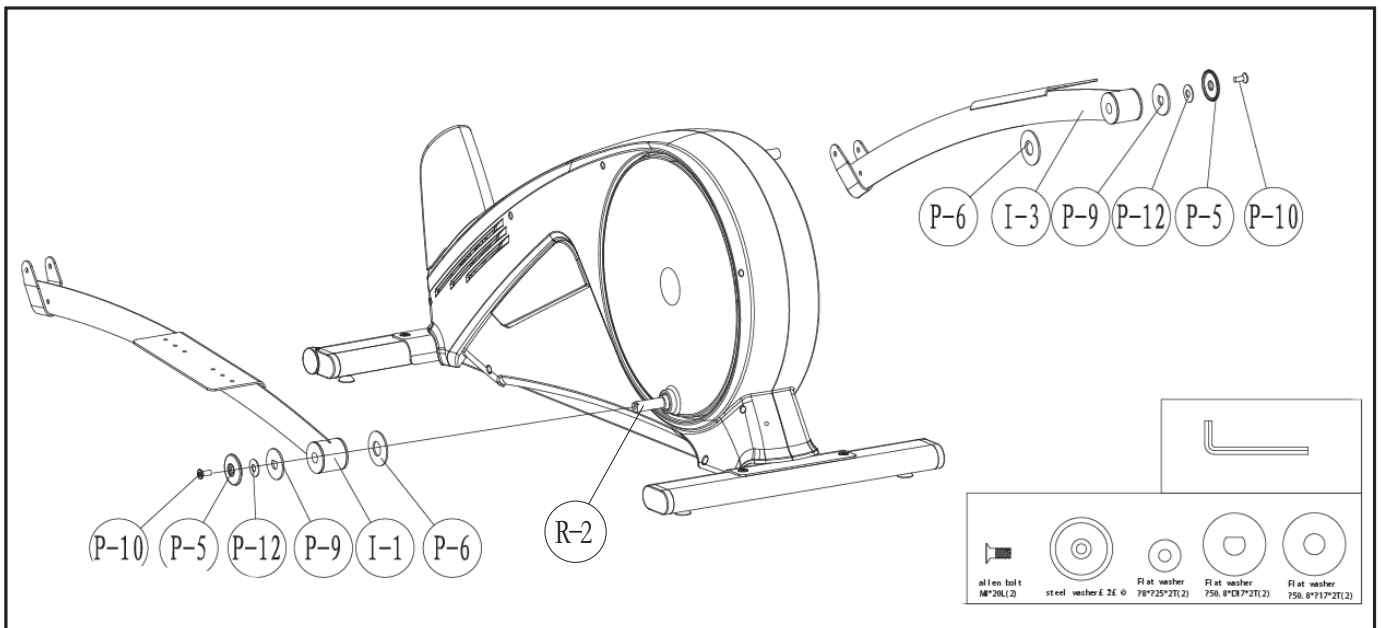
<https://youtu.be/xqgXdMBxPfw>

Step Two.

- 01** To correctly identify the left and the right pedal arm, the inside edge of the pedal plate should be flush with the pedal arm. The outside edge of the pedal plate should overhang the pedal arm as per the diagram below.
- 02** Attach the left pedal arm (I-1) to the pedal fixing (R-2) with the washers and Allen bolt screw, as per the order of the drawing below: first inserting the Allen bolt screw (P-10) through the steel washer (P-5) and placing

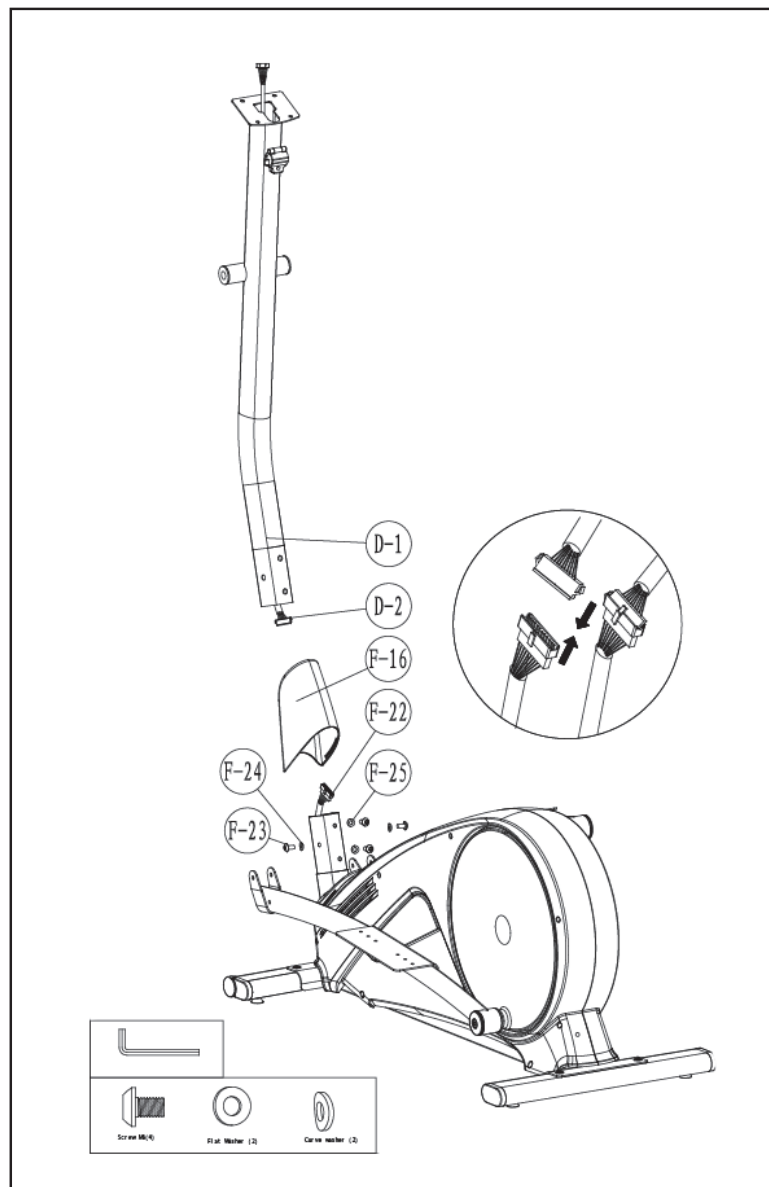
on the flat washer (P-12). Put that to one side, then slide the washer (P-6) and then the left pedal arm (I-1) onto the pedal fixing. Place washer P-9 on next, noting that it will only fit on one way, and then tighten it all in place using the Allen keys that you set aside earlier. Use one of the included Allen keys to screw the pedal arm tight.

- 03** Repeat the same procedure to attach the right pedal arm (I-3).



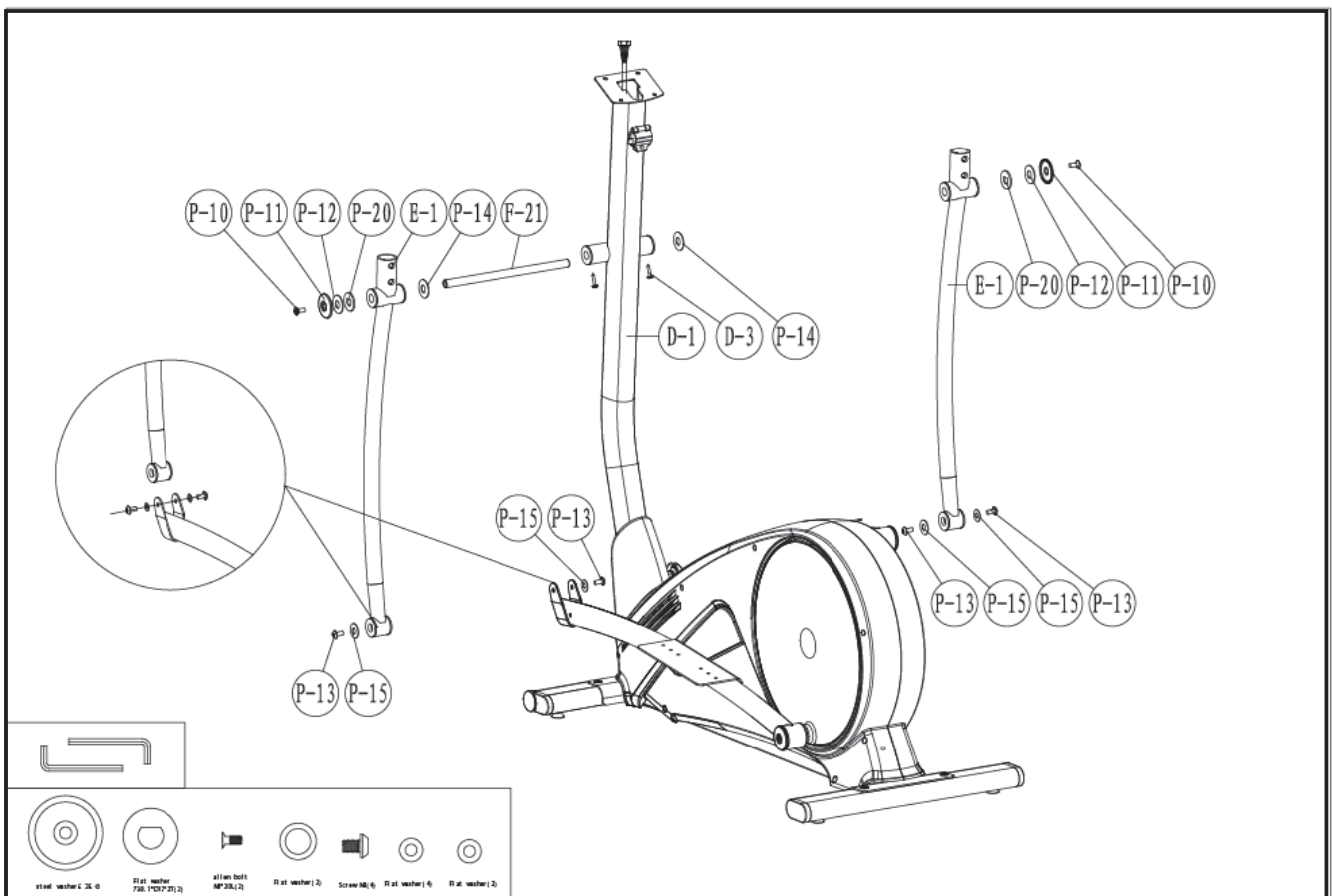
Step Three.

- 01** Take off the handlebar post cover (F-16), and unscrew the pre-assembled Allen bolts & washers (F-23, F-24, F-25) on the handlebar post holder of the main frame.
- 02** Slide the handlebar post cover (F-16) onto the handlebar post (D-1).
- 03** Connect the lower computer cable in the stem of the cross trainer (F-22) to the connection point on the upper computer cable that is in the handlebar post (D-2).
- 04** Slide the handlebar post (D-1) on to the main frame holder and tighten it with the Allen bolts & washers (F-23, F-24, F-25). Ensure the Allen bolts are tightened fully. Make sure that the inside edge of the curved washer is facing the post so that it follows the contour of the curve of the post and that the flat washers are on the flat side of the post. Then slide the handlebar post cover (F-16) down.



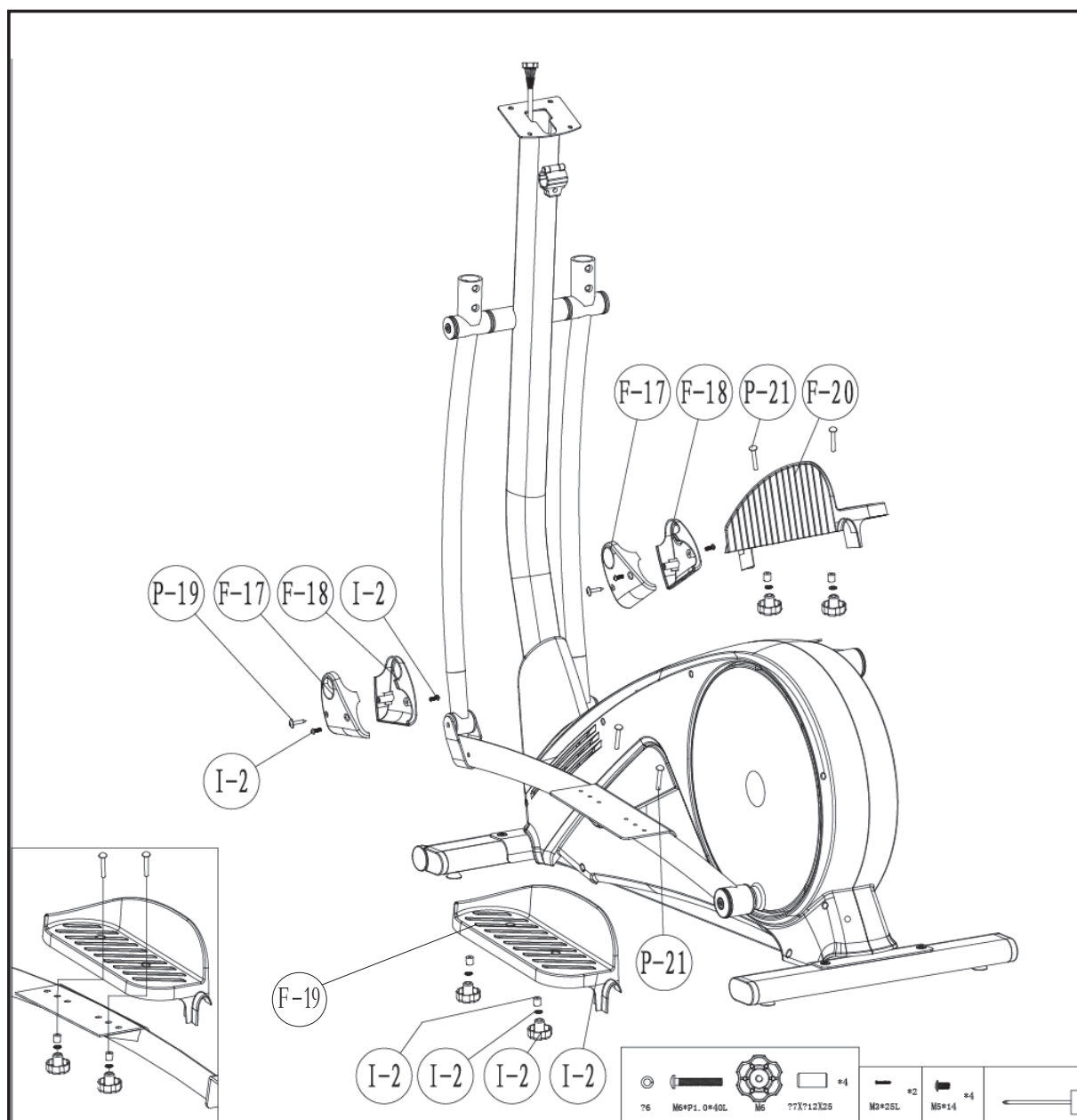
Step Four.

- 01** Unscrew the pre-assembly screws (D-3) from the handlebar post (D-1). These screws should be disposed of. Insert the axle (F-21) through the handlebar post (D-1), keeping it in the centre. The axle should be slightly greasy. If it is dry, apply some light grease to ensure the smooth operation of the handlebars.
- 02** Attach the two lower handlebars (E-1) to the handlebar post (D-1), with the screw & washers (P-10, -P-11, P-12, P-20, P-14) as per the order shown below. The lower handlebars are identical so it does not matter which one is attached to which side. Make sure to assemble them the right way round, with the curve of the handlebar facing forward.
- 03** Attach the two lower handlebars (E-1) to the pedal arms (I-1, I-3), with screws and washers (P-13, P-15).



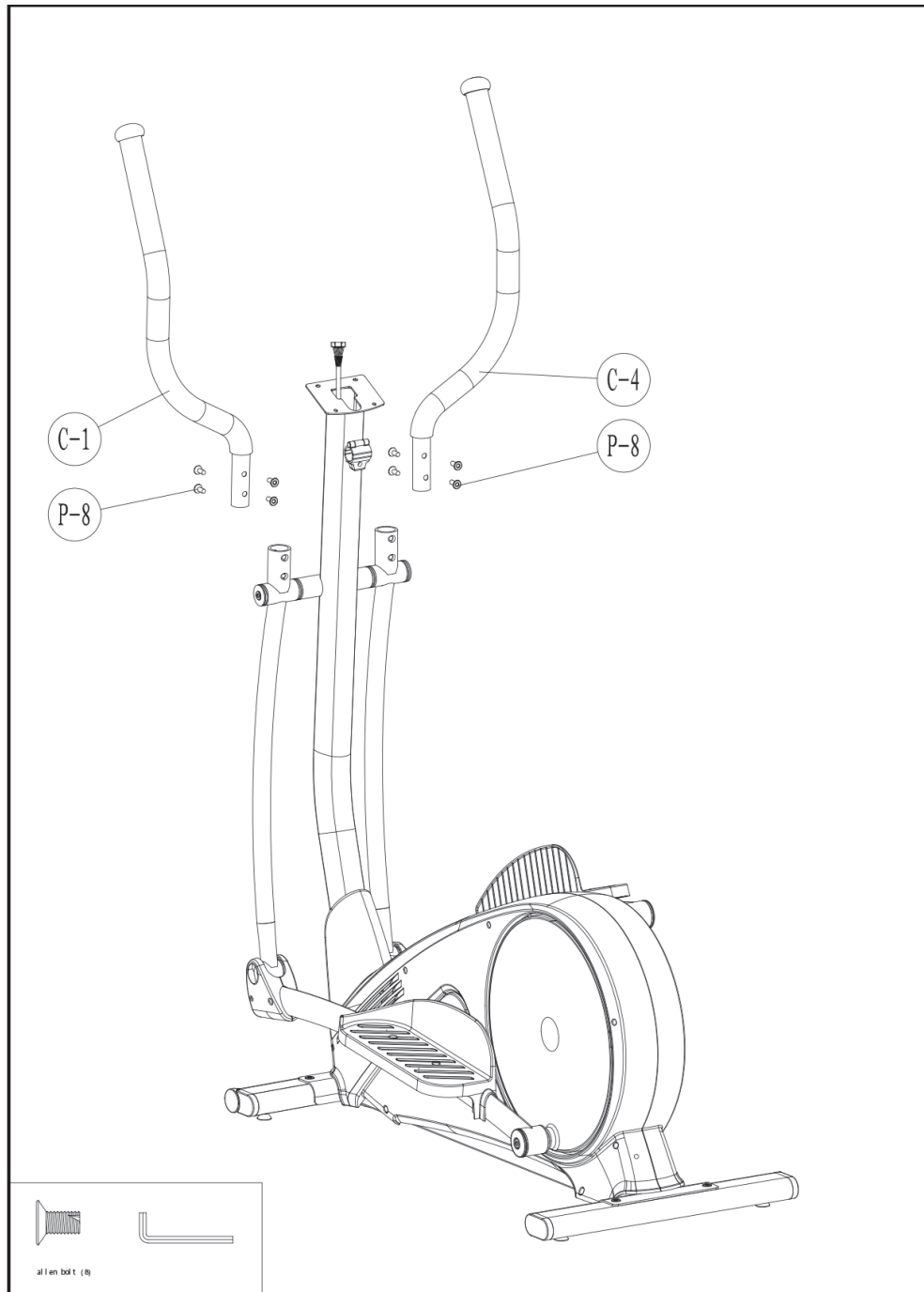
Step Five.

- 01** Unscrew the pre-assembly screws (I-2) on both sides of the pedal arms as per drawing 1. The pedals are labelled left and right for ease of assembly. Make sure the pedals are attached the right way round with the raised side of each pedal at the inside against the machine.
- 02** Attach the pedals (F-19, F-20) to the pedal arms (I-1, I-3), with the knob, washer & bushing (P-16, P-17, P-18). There are three holes at the front of the metal plate and three at the rear so the pedals can be attached in the preferred position.
- 03** Attach the two sides of the pedal arm front covers (F-17, F-18), with the screws (I-2, P-19).



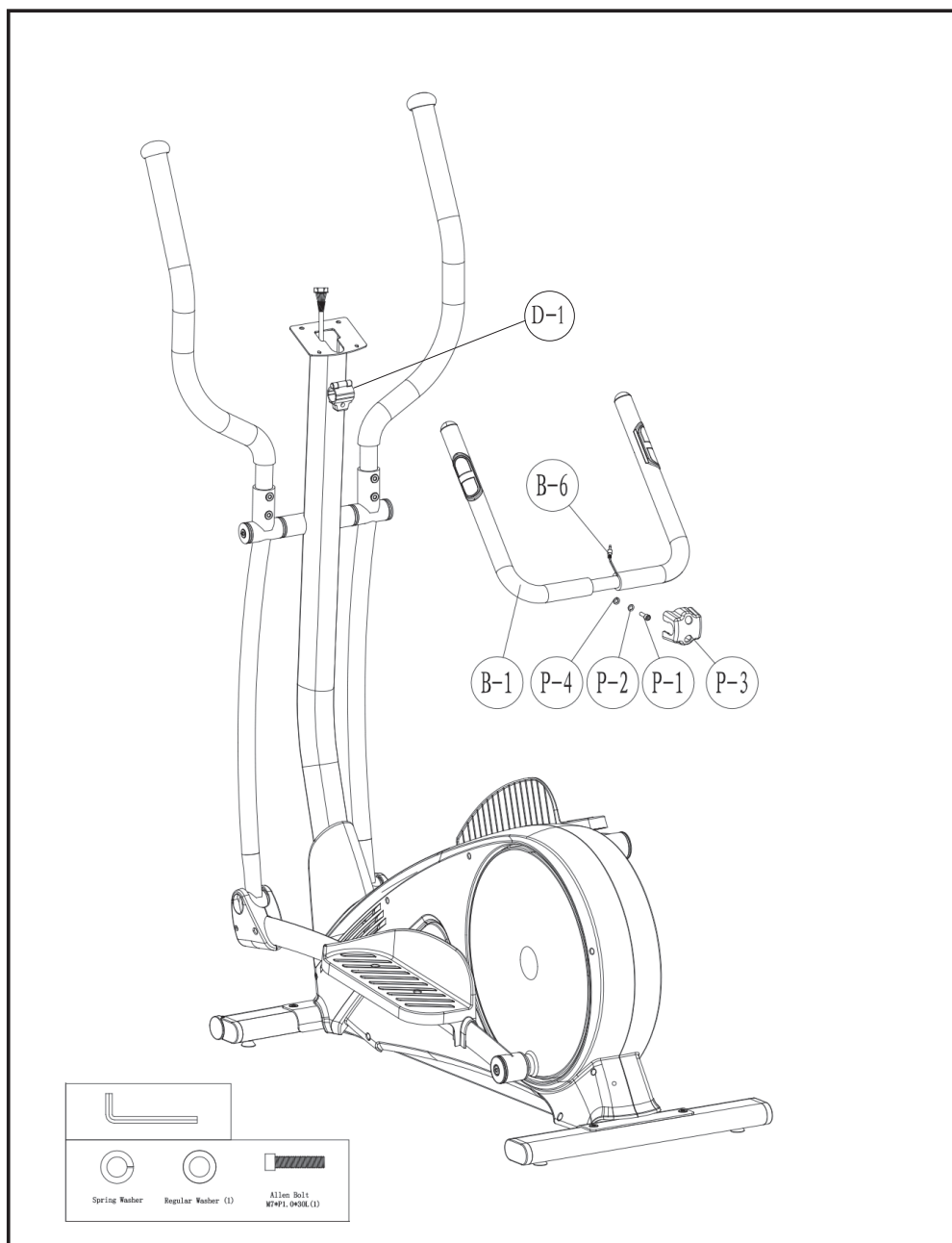
Step Six.

- 01** Attach the two upper handlebars (C-1, C-4), with the 4 screws (P-8) on each side. They are labelled left and right.



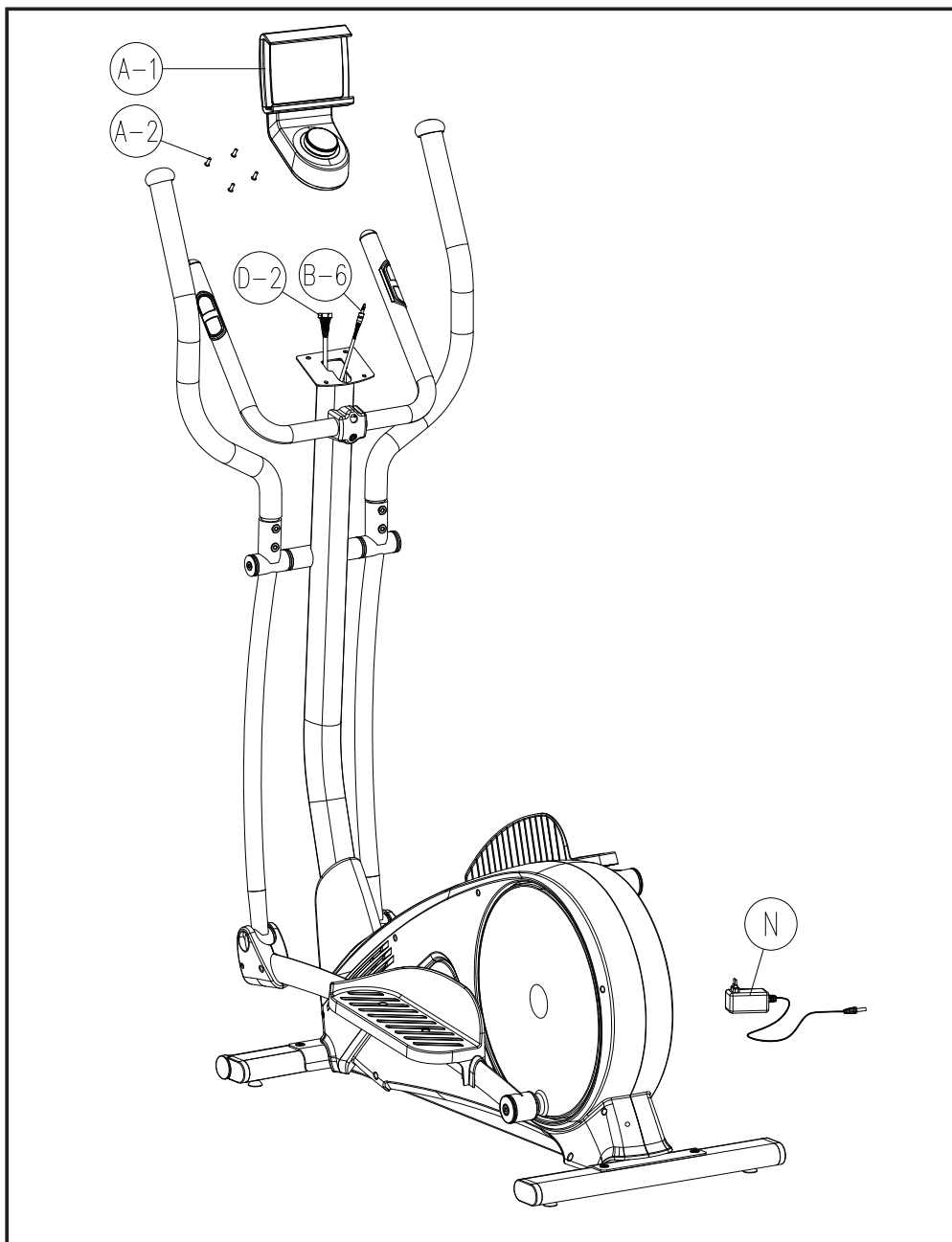
Step Seven.

- 01** Attach the handlebar (B-1) to the handlebar post (D-1), with the screws & washers (P-1, P-2, P-4). Then put the cover (P-3) on.
- 02** Insert the hand pulse sensor cable (B-6) through the hole of the upper right side of the main post. There is a small rubber grommet that the cable slots into via a small slit.
- 03** Once the cable is in position, thread it through the hole in the post and push the rubber grommet into position in the hole. This will hold the cable securely and prevent it from getting damaged.



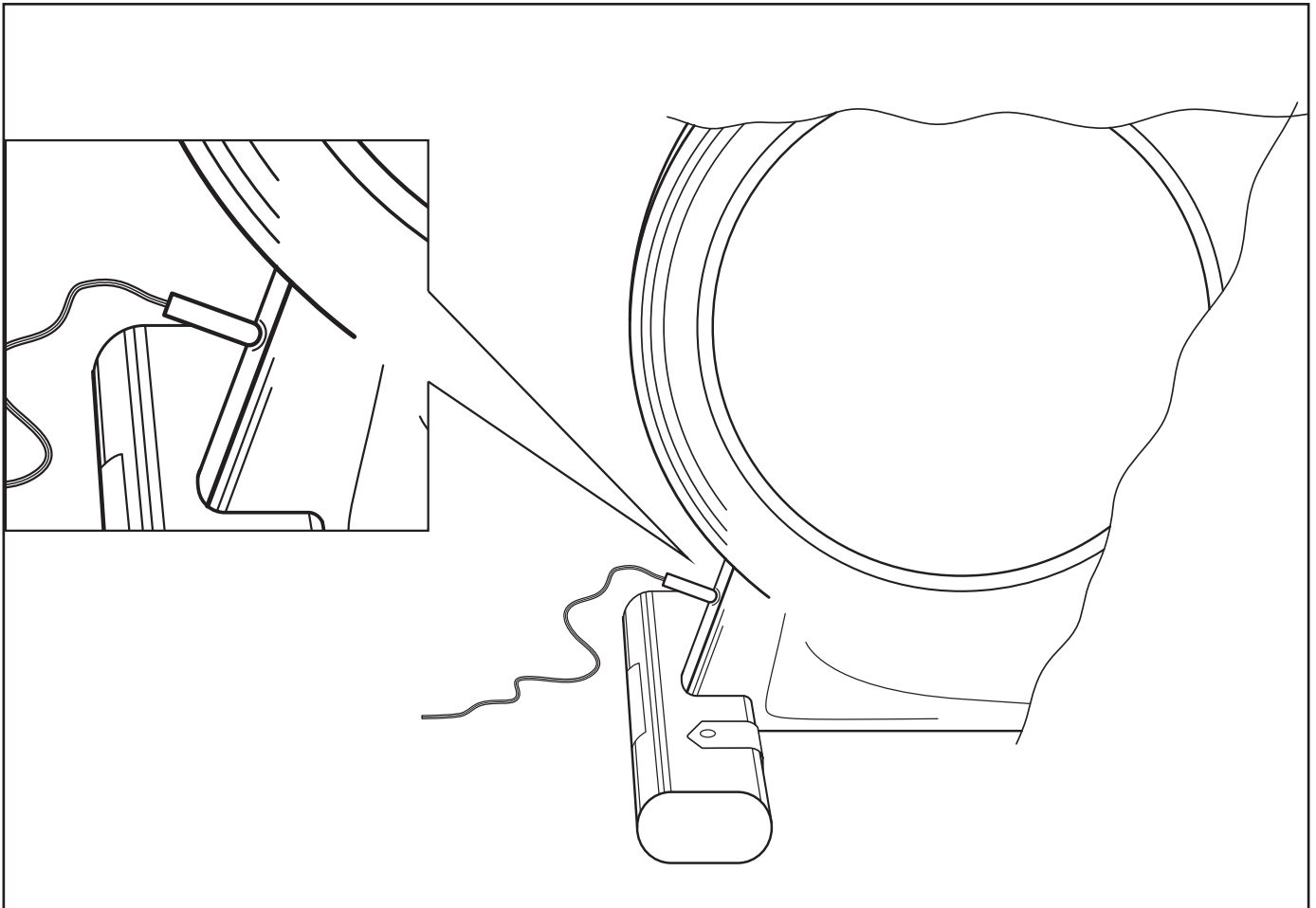
Step Eight.

- 01** Unscrew the 4 screws (A-2) at the back of the computer (A-1).
- 02** Carefully plug the cables (B-6, D-2) into the computer, making sure the holes on cable D-2 are correctly aligned to avoid bending the pins.
- 03** Push any cable slack down into the handlebar post and attach the computer to its bracket with the 4 screws (A-2).



Step Nine.

- 01** Plug the power supply (N) into the DC input socket on the cross trainer which is located at the back of the machine on the frame above the rear stabiliser.



Do watch our step-by-step assembly video on YouTube to help you get your cross trainer set up:

<https://youtu.be/xqgXdMBxPfw>

Before You Use Your Sina.

In order to be stable, the elliptical must be set level on a rigid floor before you use the machine for the first time. To eliminate any rocking motion or movement of the frame on an uneven surface, there are two sets of leg levellers located at the front and rear of the elliptical. Turn the levelling feet located beneath the frame until the machine sits dead level and flat with no rocking movement.

Warning: This product should always be used on a level surface. Using the machine when it is not level on the floor may damage the elliptical. Please make sure your elliptical is not wobbling before working out.

Mounting and Dismounting

To safely get on the elliptical and start exercising, step onto the pedal that is in the lowest position and grasp one of the fixed handles to support yourself as you mount. Then, step up onto the machine positioning your feet on each pedal and take a firm hold of two handles (moving or stationary as desired).

To dismount the elliptical, slow down and wait until the pedals come to a complete stop. Hold the handlebars when getting off the machine. Now, carefully step off the higher pedal and then step off the lower pedal to dismount.

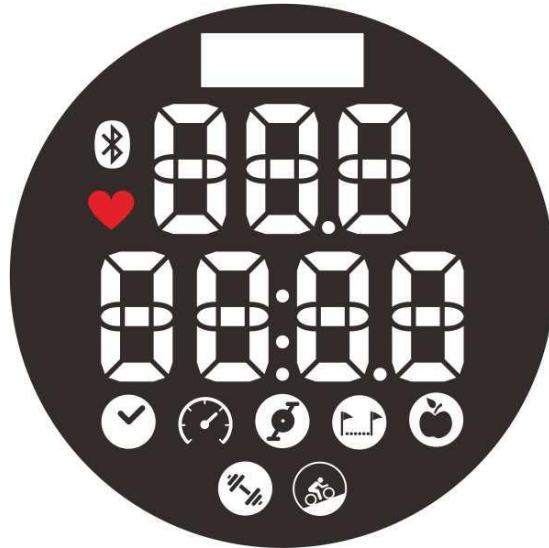
NOTE: This elliptical does not free wheel so the moving parts cannot be stopped immediately. The pedals will continue to spin until the flywheel stops.












Body Positioning

The elliptical is ergonomically designed to help encourage a good posture while exercising. Position your body correctly to achieve better results, train safely and avoid injury. Maintain a good upright posture keeping your back straight and your head held high. To avoid strain in the neck and shoulders, your hands should be positioned at or below shoulder height with a firm, full grip. Ideally, your feet should remain fully in contact with the pedals during your workout to take the pressure off the ankles and knees and enable you to fully engage your leg muscles for the best results.

Console Instructions.



Display Icons

Icon	Operation	Display Data Rane	Setting range
	TIME	00:00~99:59	00:00~99:00 0
	SPEED	0.0~99.9KPH	No
	RPM	0 / 15~999	No
	DISTANCE	0.00~99.99Km	0.00~99.00
	CALORIES	0~9999	0~9990
	WATT	0~999	No
	LOAD	1~16 / 1~32	1~16 / 1~32
	Heart Rate	P , 30~230	P→30~230
	Bluetooth	Lights up when connected to the APP.	No

Turning On

- (1) After the power supply is installed, the BUZZER beeps for one second, while the LCD displays the wheel diameter for 2 seconds after the full display (FIG. 1) and enters the standby mode after the full display (FIG. 2). No matter where the resistance is located, it must return to LOAD=1 and wait for each setting.

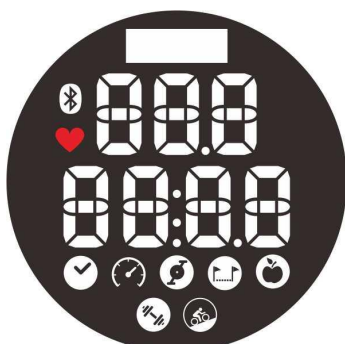


Figure 1



Figure 2

- (2) Enter the standby MODE (Figure 3), press the mode switch to set the target, ▲ or ▼ key can be adjusted for the target value .



Figure 3(Standby mode)

- (3) Quick Start : When the target value is not set, the treadle platform can directly perform the movement.
- (4) Adjust the target value: press the knob to enter the standby mode (Figure 3).
 - i. Adjust the setting value (such as TIME, DISTANCE, CALORIES, PULSE, etc.), press the knob to switch the setting value of TIME(Figure 4), DISTANCE(Figure 5), CALORIES(Figure 6), PULSE(Figure 7), etc. When the knob is reversed (UP/DOWN), the setting value of each function can be adjusted, which has a circular function.



Figure 4(TIME)

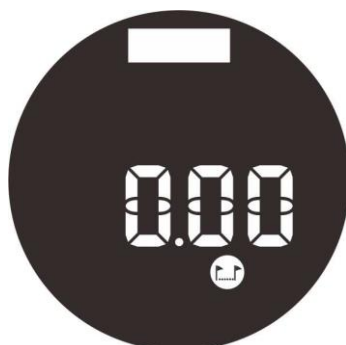


Figure 5(DISTANCE)

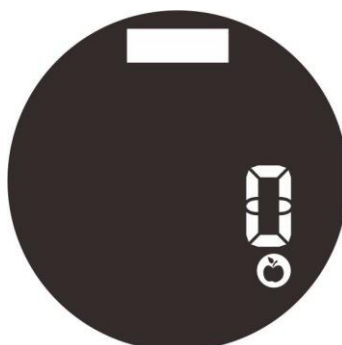


Figure 6(CALORIES)

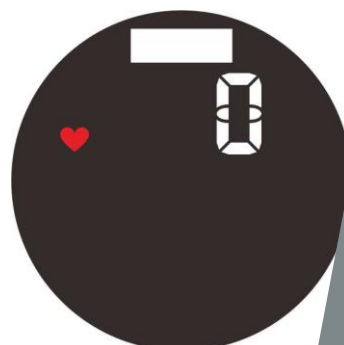


Figure 7(PULSE)

Begin Exercising

(1) Start to move after the treadle platform (each value is shown every 3 seconds in Figure 8-14). During the movement, press the MODE KEY to switch to the locked movement value.



Figure 8(TIME value)



Figure 9(SPEED value)



Figure 10(RPM value)



Figure 11(DISTANCE value)



Figure 12. CALORIES



Figure 13(WATT value)

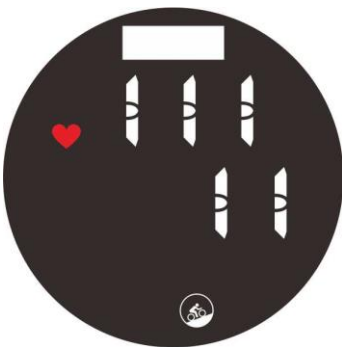


Figure 14(LOAD value)

(2) At the beginning of the movement, adjust the resistance with the knob (UP/DOWN) and display its value. If it is not adjusted for 3 seconds, the previous value will be displayed.

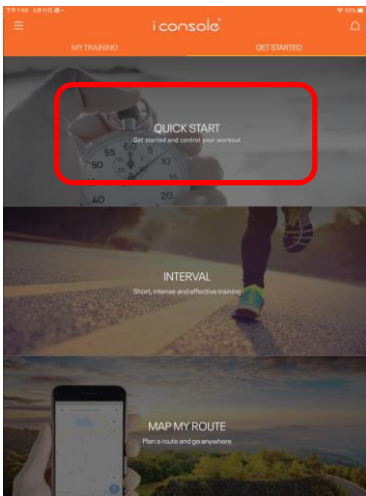
(3) When stopping the trampling platform, the electronic watch is suspended, the motion value maintains the cycle, and the MODE can still switch the target value.

(4) When the target value arrives, the electronic watch is paused, jump back to the target setting value and wait.

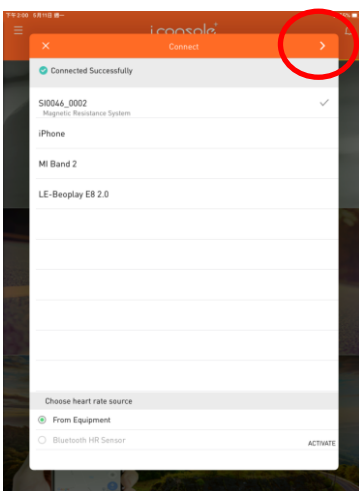
Bluetooth Function:

1. iConsole+ APP Connection steps

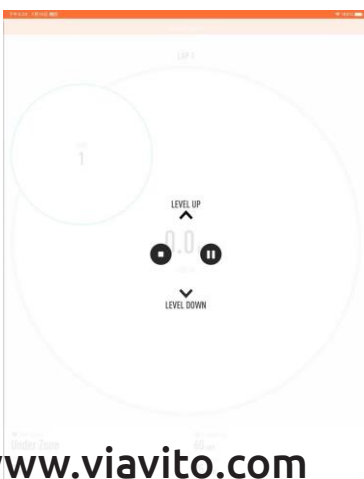
1-1. Open iConsole+ APP to enter into the home page, choose QuickStart or other training mode.



1-2. Select the Bluetooth device, then press the arrow key in the upper right corner to enter the training screen.

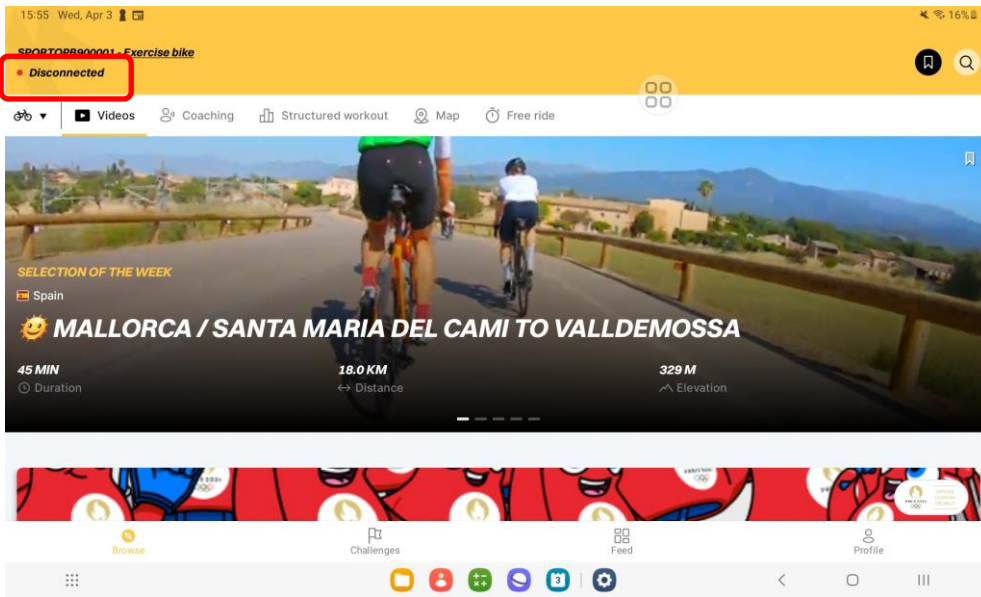


1-3. Press the screen will display the resistance adjustment button, pause button (Stop training) and stop button (End training) .

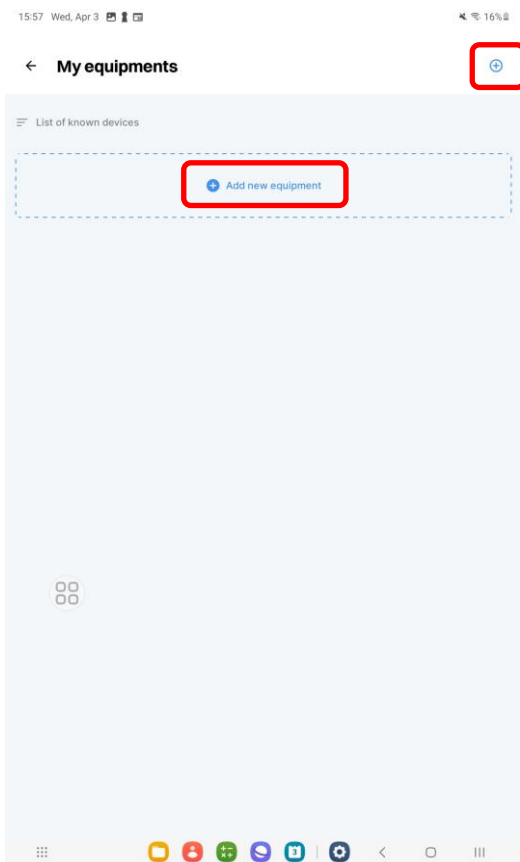


2. Kinomap APP connection steps :

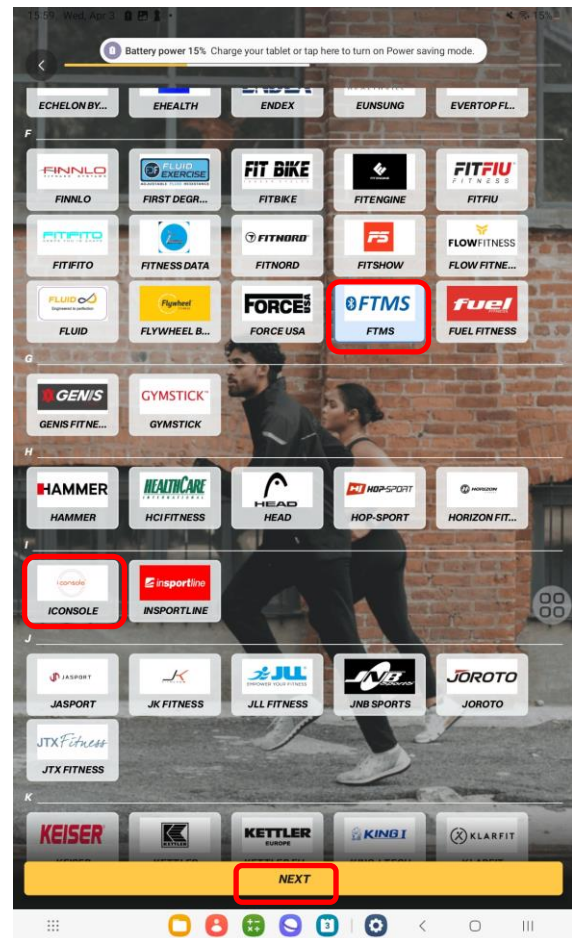
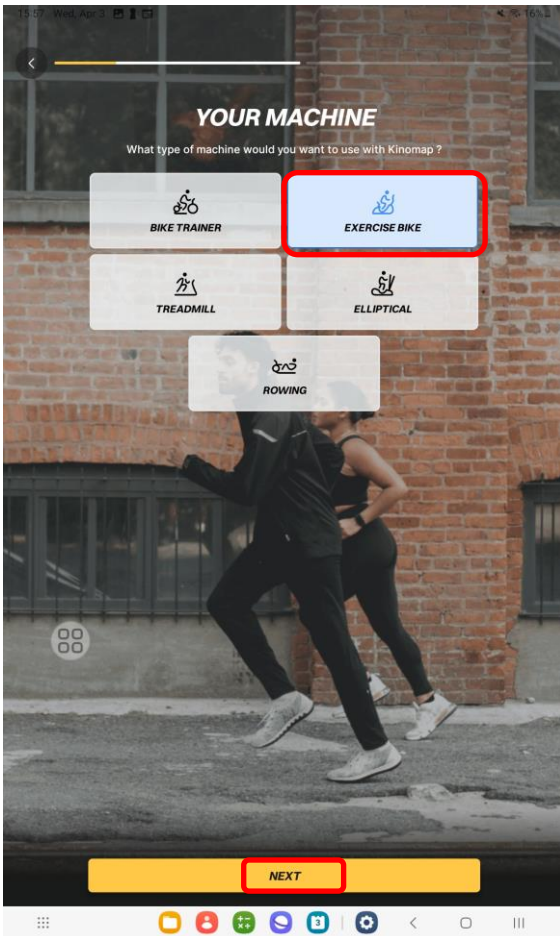
2-1. Open the Kinomap App to enter the home page. Click the button in the upper left corner “Disconnected” to add new devices.



2-2. Click “+Add new equipment” , or then click the "+" symbol in the upper right corner to start adding equipment.



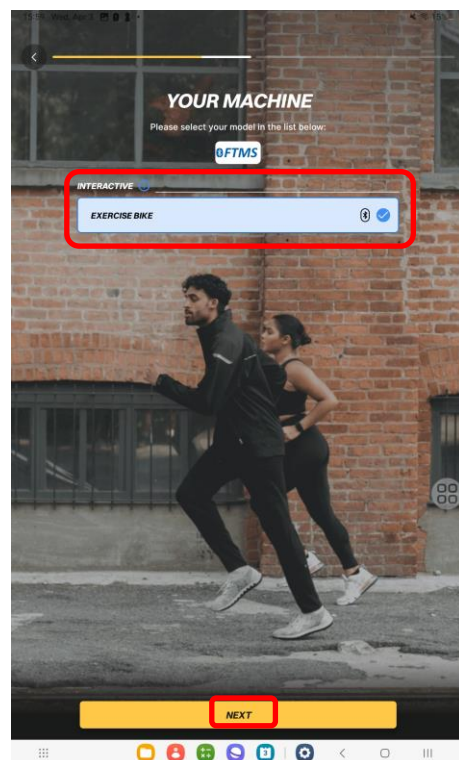
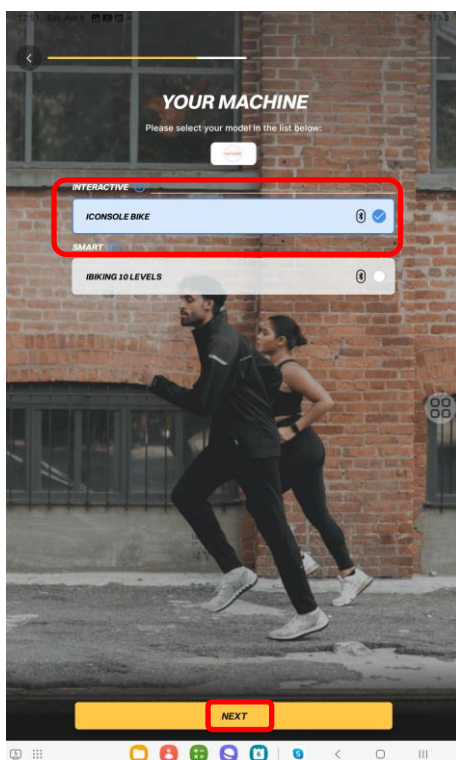
2-3. Click “EXERCISE BIKE” graphics and Click” NEXT” , then enter a variety of brand connection screen, select ICONSOLE or FTMS and Click” NEXT” .

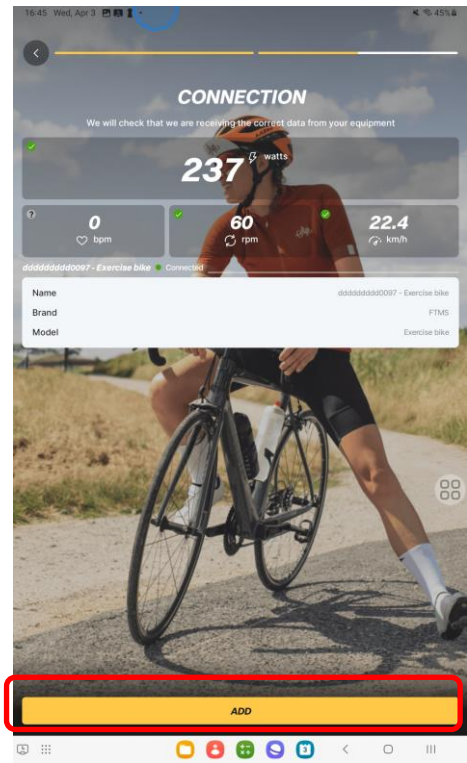
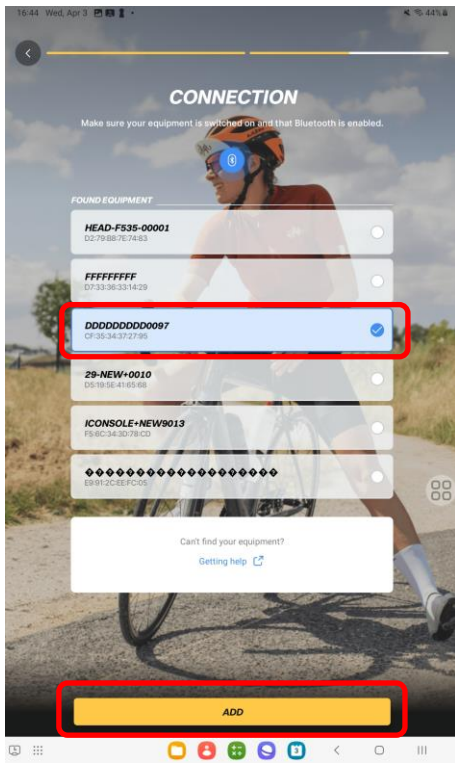


2.4. Select Bluetooth Device.

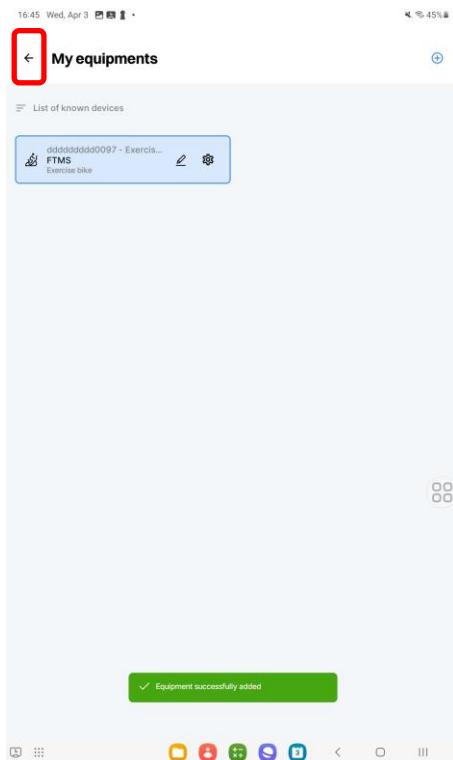
2-4.1 Once the user selected ICONSOLE, click " iConsole bike " , then select the Bluetooth Device and Click” NEXT” .

2-4.2 Once the user selected FTMS,click "Exercise Bike" , then select the Bluetooth Device and Click” NEXT” .

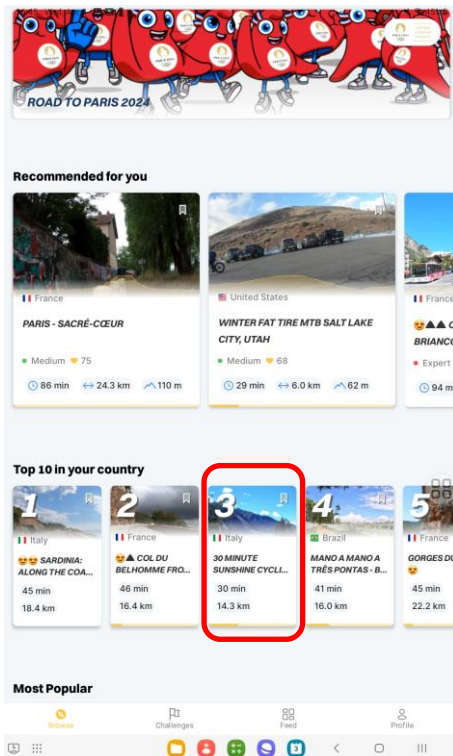




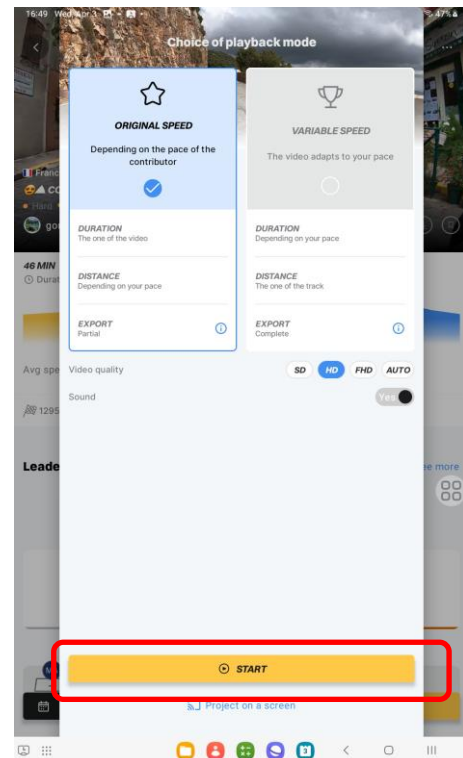
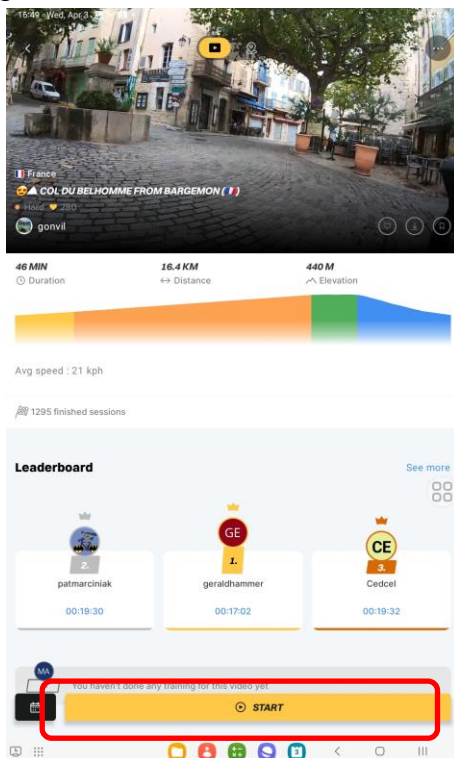
2-4.3 Press the return to the Home page after adding the device.



2-5. To select the training video, you must select the type of Bike and press the button to enter the training screen.



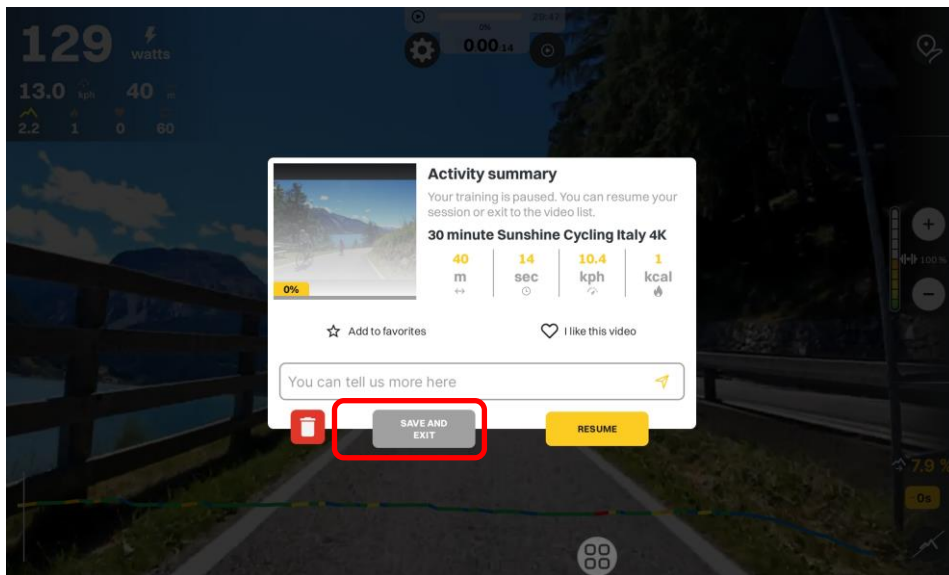
2-6. To select the training video, you must select the type of Bike and press the button to enter the training screen.



2-7. Start pedaling. Pressing the pause button at the top of the screen to stop.

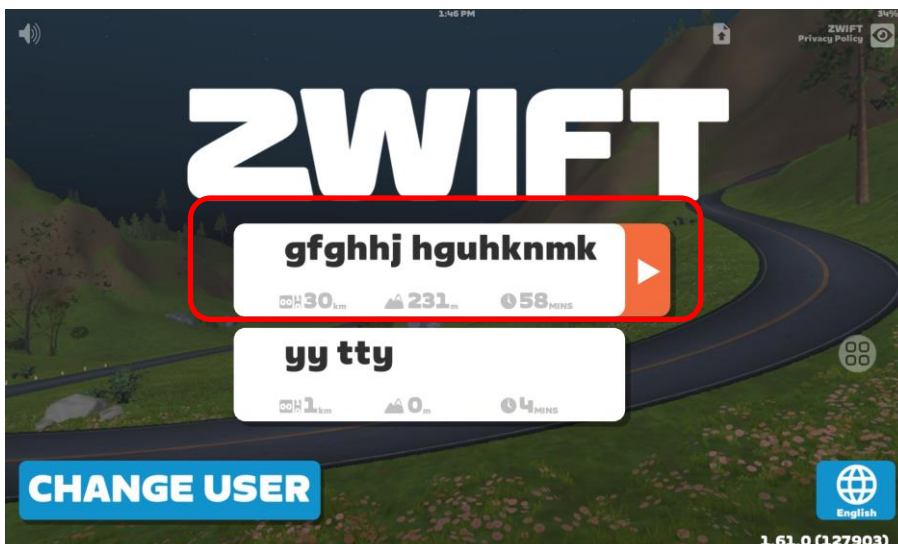


2-8. Enter the pause screen and you can choose to continue or exit to end the training.

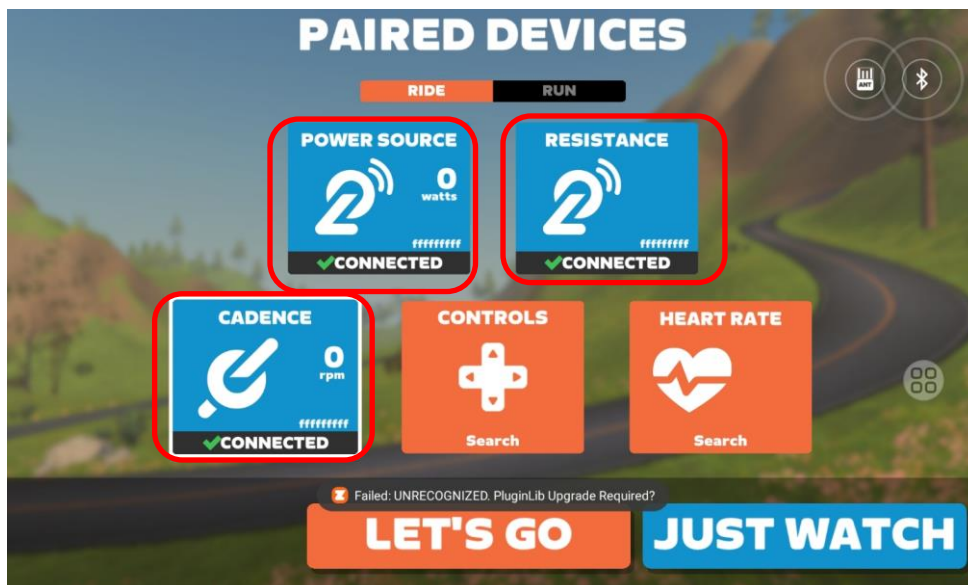


3. Zwift APP connection steps

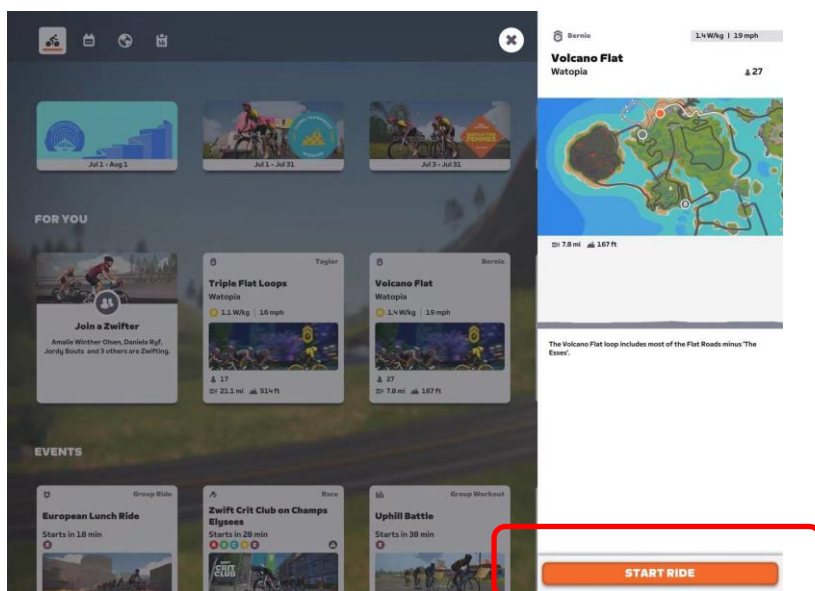
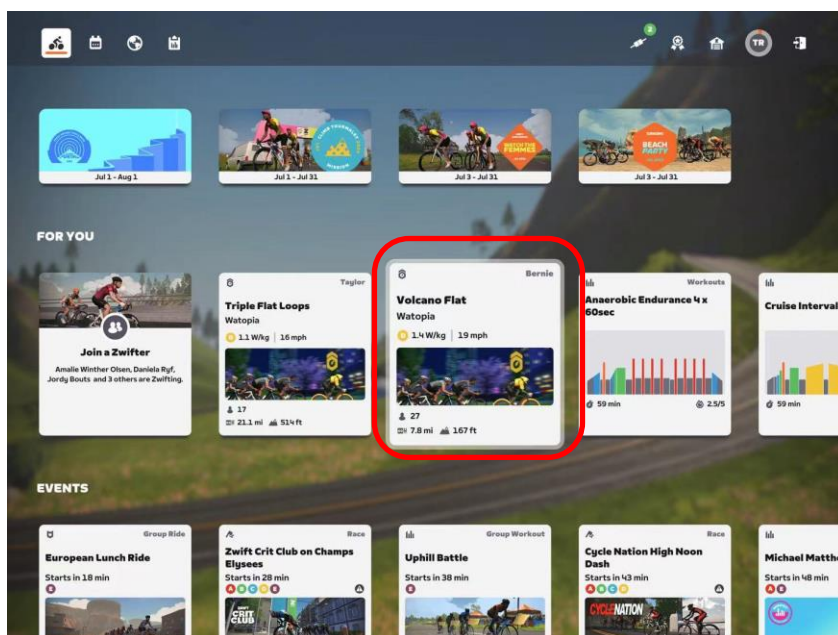
3-1. Open the Zwift app and select the user.



3-2. Enter the device connection screen. Click the Bluetooth device to connect the three devices below, and press the start button to enter.



3-3. Press the START RIDE button to enter the training screen.



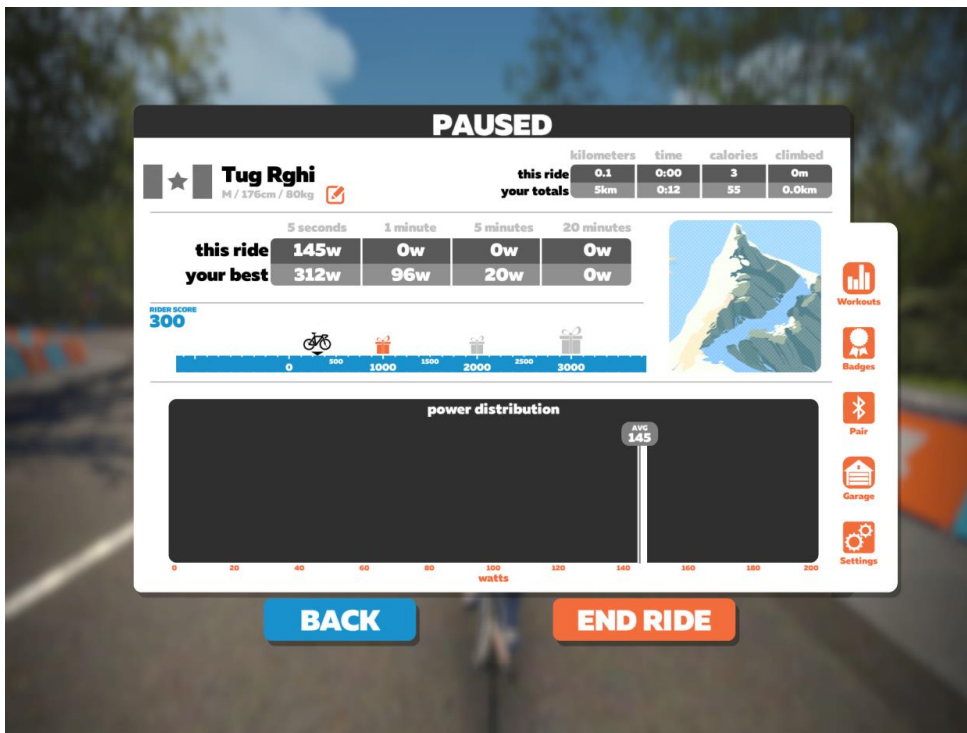
3-4. Enter the training screen to start pedaling.



3-5. Press any part of the screen will appear the option, click the option button in the lower left corner to enter the pause.



3-6. You can choose to continue or end the training.



Conditioning Guidelines.

The following guidelines will help you to plan your exercise program and exercise safely. Remember that proper nutrition and adequate rest are essential for successful results.

WARNING: Before beginning this or any other exercise program consult your doctor. This is especially important for pregnant women and new mothers, all people over the age of 35, and those with medical problems such as heart disease, high or low blood pressure, injuries, joint problems, obesity and asthma.

Why exercise?

Exercise has been proven essential for good health and general wellbeing. Regular exercise will:

- Relieve tension and stress
- Provide enjoyment and fun
- Stimulate the mind
- Help maintain stable weight
- Control appetite
- Boost self-image
- Improve muscle tone and strength
- Improve flexibility
- Lower blood pressure
- Relieve insomnia

Target heart rate

To train effectively you should aim to work in the heart rate zone appropriate to your age as stipulated below. Please note this is a guide and your heart rate at rest and during training is determined by your fitness level and other lifestyle factors as well as your age. If you reach the recommended beats per minute below and feel you're over-exerting yourself stop, rest and when you feel recovered return to exercise at a lower intensity.

	TRAINING ZONE
AGE	MIN/MAX (BPM)
20	133-167
25	132-166
30	130-164
35	129-162
40	127-161
45	125-159
50	124-156
55	122-155
60	121-153
65	119-151
70	118-150
75	117-147
80	115-146
85	114-144

Beginner's Guide to Exercise

If you're beginning an exercise program for the first time or starting a new exercise program, you must check with your doctor that you are fit to do so, particularly if:

- You have been diagnosed with heart problems, high blood pressure or other medical conditions.
- You have not exercised for over a year.
- You are over 35 and do not currently exercise.
- You are pregnant or are a new mother.
- You have diabetes.
- You have chest pain, or experience dizziness or fainting spells.
- You are recovering from an injury or illness.

Workout tips

- Always perform a warm-up and stretching exercises before your workout and a cool-down and stretching exercises at the end.
- Start slowly and build up your time, speed and resistance gradually; doing too much too soon can lead to injuries.
- If you are sore or tired, give yourself a few extra days to recover.

How to begin

- Start with two or three 15-minute sessions per week with a rest day between workouts.
- Warm up for 5 to 10 minutes with gentle movements incorporating the whole body such as walking while swinging your arms in a circle and then stretch the muscles you'll use during your workout.
- Increase the pace and resistance to slightly harder than comfortable and exercise for as long as you can. You may only be able to exercise for a few minutes at a time, but that will change quickly when you exercise regularly.
- End each workout with a 5-minute cool-down with the resistance set to a low level. You should then stretch the muscles you've just worked to develop flexibility, reduce muscle soreness and prevent injury.
- Increase your workout time by a few minutes each week until you can work continuously for 30 minutes per session.
- Don't worry about distance or pace for the first few weeks, focus on endurance and conditioning.

How hard should you work?

When exercising, you should try to stay within your target heart rate (THR) zone. The table on the previous page will tell you the THR for your age. Always be aware of how you feel when you exercise. If you feel dizzy or light-headed, stop immediately and rest.

Stretching Guide

Tips for stretching

- Begin with small mobility exercises of all the joints e.g. simply rotate the ankles, bend the knees and roll your hips. Gradually make the movements larger and faster. This will allow the body's natural lubrication (synovial fluid) to protect the surface of your bones at these joints.
- Always warm up the body before stretching, as this increases blood flow around the body, creating warmth which makes the muscles more supple.
- Start with your legs, and steadily work up the body.
- Each stretch should be held for at least 10 seconds (working up to 20 to 30 seconds) and usually repeated about 2 or 3 times.
- Do not stretch until it hurts. If there's any pain, ease off.
- Don't bounce. Stretching should be gradual and relaxed.
- Don't hold your breath during a stretch.
- Stretch after exercising to prevent muscles from tightening up.
- Stretch at least three times a week to maintain flexibility.

Warm-up and cool-down

A successful cardio-vascular exercise program consists of a full-body 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.

Warm-up

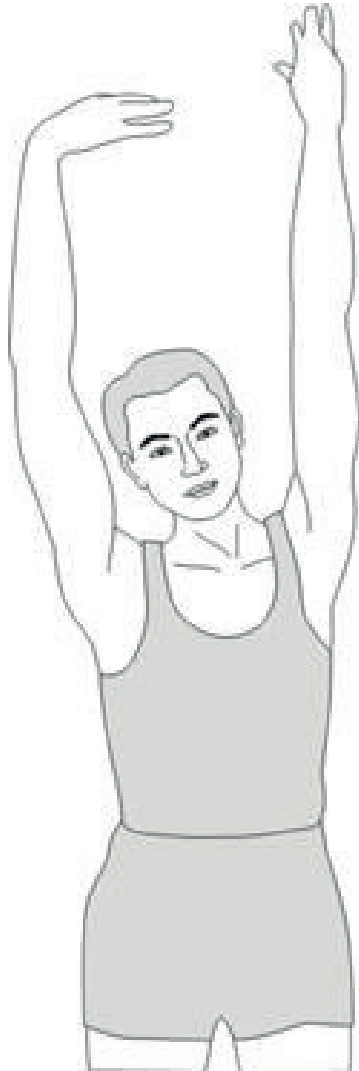
The purpose of warming up is to prepare your body for exercise and to minimise injuries. Warm up for five minutes before strength-training or exercising aerobically. Perform activities that raise your heart rate and warm the working muscles. Activities may include brisk walking, jogging, jumping jacks, jump rope, and running on the spot. Try to incorporate moves that take the joints through their full range of motion.

Stretching

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. Stretching develops flexibility and reduces muscles soreness.

Stretches should be held for 15 to 30 seconds.

Do not bounce or over-stretch. Take your time on each stretch. Gradually take each stretch a little deeper on every out breath to your personal maximum.



Side Stretch



Toe Touch



Inner Thigh stretch



Hamstring Stretch



Calf-Achilles Stretch

COOL-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, allows blood to return to the heart and helps prevent muscle soreness caused by the build-up of lactic acid in the muscles.

Customer Support.

Contact Information

Should you require any assistance regarding this product please gather the following information and then contact us using the details below:

- Serial No. - This can be found on a label on the product itself
- Original purchase date
- Place of purchase
- Information about the place and conditions of use
- Precise description of the issue or defect.

IMPORTANT!! - Please retain your sales receipt. Viavito Customer Care may request proof of purchase to validate eligibility for warranty service. Warranty cover starts from the date shown on the proof of purchase.



<https://www.facebook.com/MyViavito>



<https://instagram.com/Viavito>



<https://twitter.com/MyViavito>

The best way to contact us is via the website: **www.viavito.com**

Viavito

Unit 5 – Mill Square,
Featherstone Road,
Wolverton Mill,
Milton Keynes
MK12 5ZD

Email: **support@viavito.com**

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Viavito Ltd	EN/ISO 20957	SN :			
Unit 5 – Mill Square, Featherstone Road, Wolverton Mill, Milton Keynes MK12 5ZD					

Manufacturer's Warranty

Viavito Ltd warrants this product to be free of defects of material and workmanship, under normal use and conditions, for a period of 24 months from the date of the original purchase.

Warranty extensions may apply to this product subject to registering this product with Viavito. To qualify for this, please complete the warranty registration form on the Viavito website at **www.viavito.com**. Full details of warranty extensions and the Viavito Manufacturer's Warranty are available online at **www.viavito.com**

Terms.

This warranty extends only to the original purchaser and is not transferable. The warranty does not cover:

- 01** Normal wear and tear
- 02** Any changes to upgrade this product from its normal state or use other than as described in the user manual
- 03** Damage resulting from:
 - a) Transport
 - b) Abuse, misuse, failure to follow instructions or improper or abnormal use
 - c) Non-home use - including commercial, professional, or rental purposes
 - d) Repairs not provided by Viavito Ltd
 - e) Accidents, lightning, water, fire, or any other causes beyond the control of Viavito

- f) Improper location including, but not limited to, garden sheds, uninsulated garages, humid, damp, cold, hot, dusty, or outdoor environments, or near water such as swimming pools etc.

Viavito is not responsible or liable for direct, indirect, or consequential losses arising out of or in connection with the use of this product or damages with respect to any loss of property, revenue, profits, enjoyment or use, nor for any costs of removal or installation of this product.

This warranty covers products purchased as new inside the United Kingdom.

In the event of the machine requiring a repair, this may need to be performed at a Viavito authorised repair centre.

This warranty is in addition to and does not in any way affect your statutory rights.

Cardiofitness GmbH & Co.KG
Friedrich-Ebert-Str. 75
51429 Bergisch Gladbach
Email: **service@cardiofitness.de**

Technical Information.

Troubleshooting

If the console behaves abnormally, please unplug the mains adaptor and plug it back in again.

Error Messages.

*The screen displays “- - - - -” “- - - - -” : Not holding the hand pulse sensor correctly.

***E-1** – There is no heart rate signal input detected.

***E-4** – Occurs when FAT% is below 5 or exceeds 50 and BMI result is below 5 or exceeds 50.

Space Required.

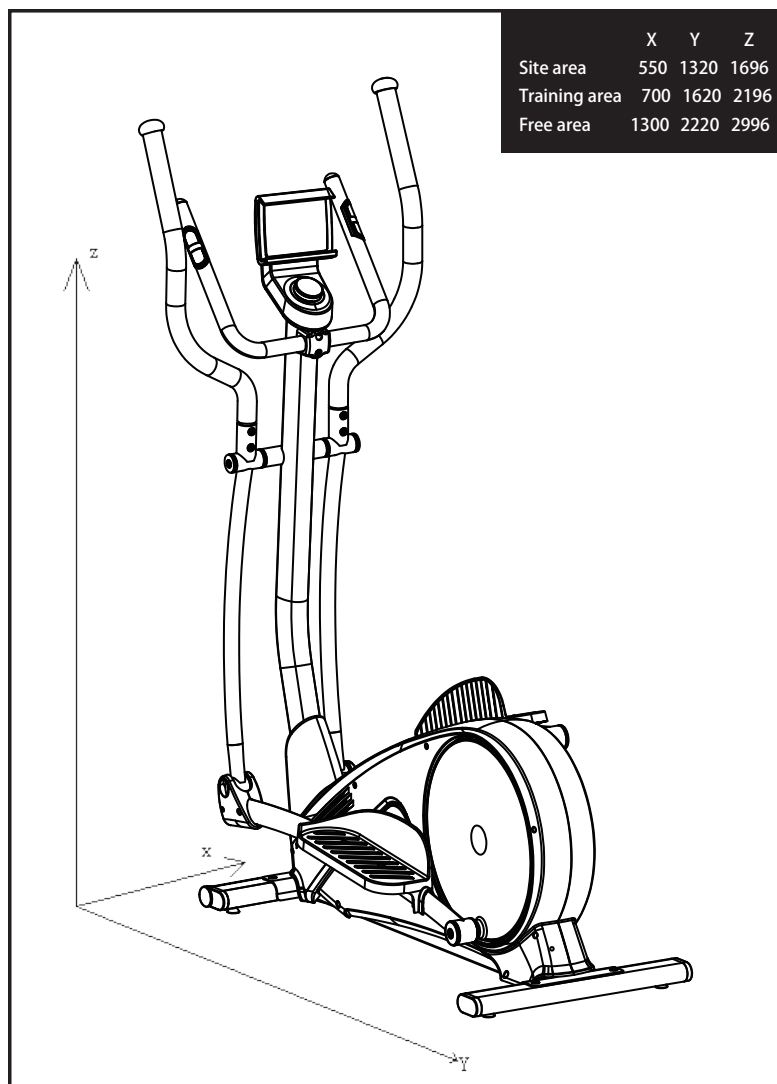
The machine has the following

footprint:

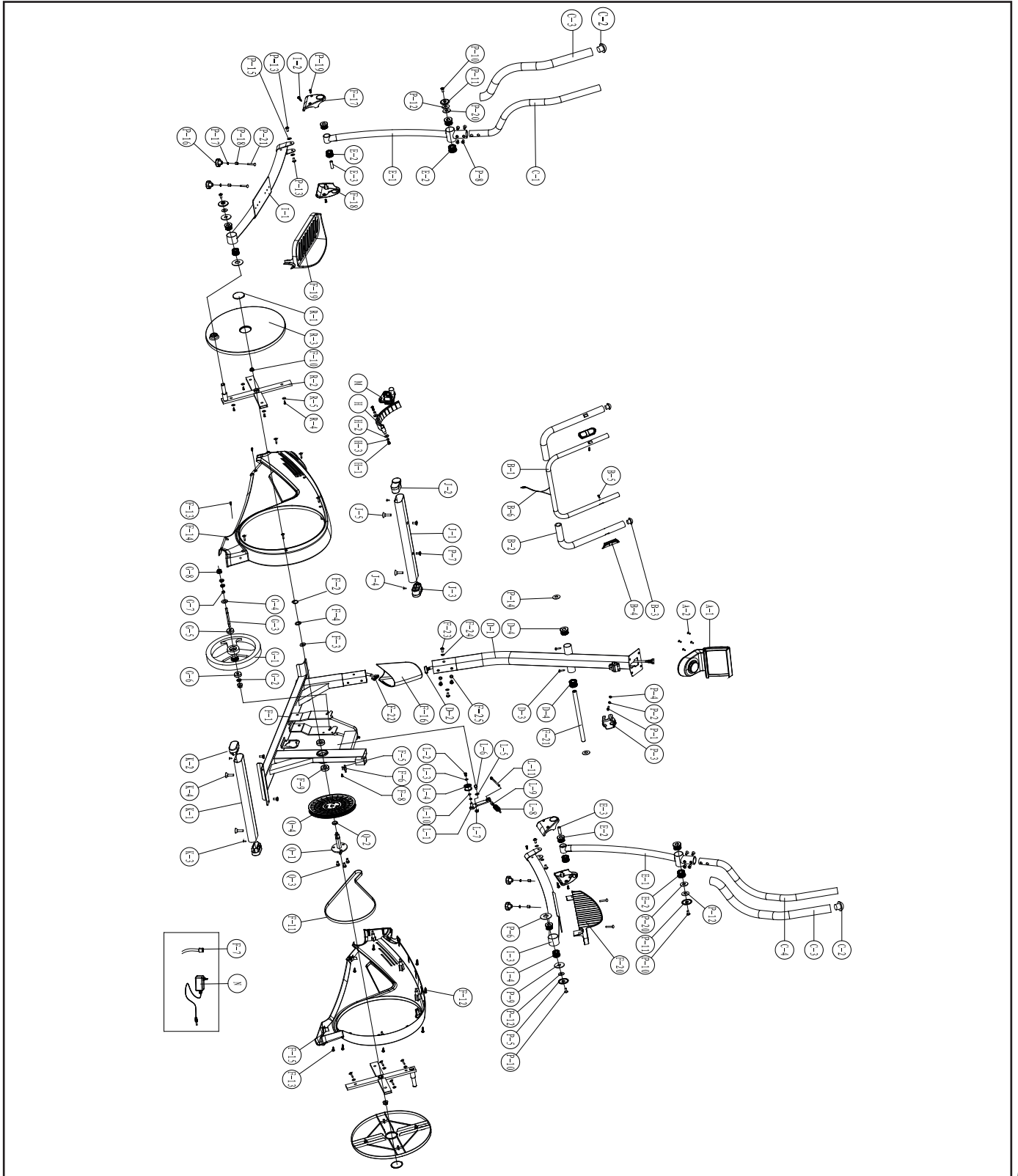
Length=132cm (52")

Width=55cm (22").

Dimensions provided
in the drawing
are in millimetres (mm).



Exploded Diagram



Parts List

No.	DESCRIPTION	Q'TY	
A-1	Computer	1	PCS
A-2	Screw	4	PCS
B	Front Handlebar Set	1	SET
B-1	Front handlebar	1	PCS
B-2	Foam grip	2	PCS
B-3	End cap	2	PCS
B-4	Hand pulse sensor	2	PCS
B-5	Self-tapping Screw M4x20L	2	PCS
B-6	Hand pulse sensor cable	1	PCS
C	Moveable handlebar set (upper)	1	SET
C-1	Upper handlebar, left	1	PCS
C-2	End cap	2	PCS
C-3	Foam grip	2	PCS
C-4	Upper handlebar, right	1	PCS
D	Handlebar Post Set	1	SET
D-1	Handlebar post	1	PCS
D-2	Upper computer cable	1	PCS
D-3	Screw M6xP0.8x15L	2	PCS
D-4	Handlebar axle ubshing	2	PCS
E	Moveable Handlebar Set (lower)	2	SET
E-1	Lower handlebar	2	PCS
E-2	Handlebar axle bushing	4	PCS
E-3	Lower handlebar axle	2	PCS
F-1	Main frame	1	PCS
F-2	C-Clip	1	PCS
F-3	Curved washer	1	PCS
F-4	Flat washer	1	PCS
F-5	Sensor cable	1	PCS
F-6	Sensor bracket	1	PCS
F-7	DC cable	1	PCS
F-8	Screw M4x10L	1	PCS
F-9	Bearing 6004RS	2	PCS

F-10	Pattern nut	2	PCS
F-11	Drive belt	1	PCS
F-12	Self-tapping screw M4x50L	5	PCS
F-13	Self-tapping screw M5x16L	6	PCS
F-14	Side cover, left	1	PCS
F-15	Side cover, right	1	PCS
F-16	Handlebar post cover	1	PCS
F-17	Pedal arm front cover, left	2	PCS
F-18	Pedal arm front cover, right	2	PCS
F-19	Pedal, left	1	PCS
F-20	Pedal, right	1	PCS
F-21	Handlebar fixed axle	1	PCS
F-22	Computer lower cable	1	PCS
F-23	Allen bolt M8xP1.25x20L	4	PCS
F-24	Flat washer	2	PCS
F-25	Semi-circular washer	2	PCS
G	Flywheel set	1	SET
G-1	Flywheel	1	PCS
G-2	Nut	3	PCS
G-3	Flywheel axle	1	PCS
G-4	Flat washer	1	PCS
G-5	Bearing 6000RS	1	PCS
G-6	Bearing 6300RS	1	PCS
G-7	Bushing	1	PCS
G-8	Pattern nut	2	PCS
H	Magnetic brake set	1	SET
H-1	Hex screw M6xP1.0*16L	1	PCS
H-2	Flat washer	1	PCS
H-3	Spring washer	1	PCS
I	Pedal arm set	1	SET
I-1	Pedal arm, left	1	PCS
I-2	Screw M5x14L	4	PCS

I-3	Pedal arm, right	1	PCS
I-4	Handlebar axle bushing	4	PCS
J	Front stabiliser set	1	SET
J-1	Front stabiliser	1	PCS
J-2	Left end cap with transport wheel	1	PCS
J-3	Right end cap with transport wheel	1	PCS
J-4	Drilling screw 3/16" x3/4"	2	PCS
J-5	Adjusting pad	2	PCS
K	Rear stabiliser	1	SET
K-1	Rear stabiliser	1	PCS
K-2	End cap	2	PCS
K-3	Drilling screw 3/16"x11/8"	4	PCS
K-4	Adjusting pad	2	PCS
L	Belt tightener set	1	SET
L-1	Belt tightener frame	1	PCS
L-2	Hex screw M6xP1.0x12L	1	PCS
L-3	Flat washer	1	PCS
L-4	Pulley wheel (incl. 2 bearings)	1	PCS
L-5	Flat washer	1	PCS
L-6	Hex screw M8xP1.25x20L	1	PCS
L-7	Nylon nut M8	1	PCS
L-8	Spring	1	PCS
L-9	Spring bracket	1	PCS
L-10	Curved washer	2	PCS
L-11	Hex screw M6xP1.0x100L	1	PCS
M	Servo motor set	1	SET
M-1	Screw	2	PCS
N	Power supply	1	PCS
P	Hardware kit	1	PCS
P-1	Allen bolt M7xP1.0x30L	1	PCS
P-2	Flat washer	1	PCS
P-3	Handle fixing cover	1	PCS

P-4	Spring washer	1	PCS
P-5	Steel washer	2	PCS
P-6	Flat washer	2	PCS
P-7	Allen bolt M8x16	4	PCS
P-8	Allen bolt M8x12	8	PCS
P-9	Flat washer	2	PCS
P-10	Allen bolt M8x20	4	PCS
P-11	Steel washer	2	PCS
P-12	Flat washer	2	PCS
P-13	Allen bolt M8xP1.25x12L	4	PCS
P-14	Flat washer	2	PCS
P-15	Flat washer	4	PCS
P-16	Pedal knob	4	PCS
P-17	Spring washer	4	PCS
P-18	Bushing	4	PCS
P-19	Self-tapping screw M3x25L	2	PCS
P-20	Flat washer	2	PCS
P-21	Carriage bolt M6xP1.0x40L	4	PCS
P-22	Box spanner	1	PCS
P-23	Allen key	2	PCS
Q	Axle set	1	SET
Q-1	Axle	1	PCS
Q-2	Bushing	1	PCS
Q-3	Hex screw M8xP1.25x12L	3	PCS
Q-4	Drive pulley ϕ 260	1	PCS
R	Round disc set	1	SET
R-1	Round disc cover	2	PCS
R-2	Pedal fixing	2	PCS
R-3	Round disc	2	PCS
R-4	Self-tapping screw M4x14L	8	PCS
R-5	Flat washer	8	PCS