

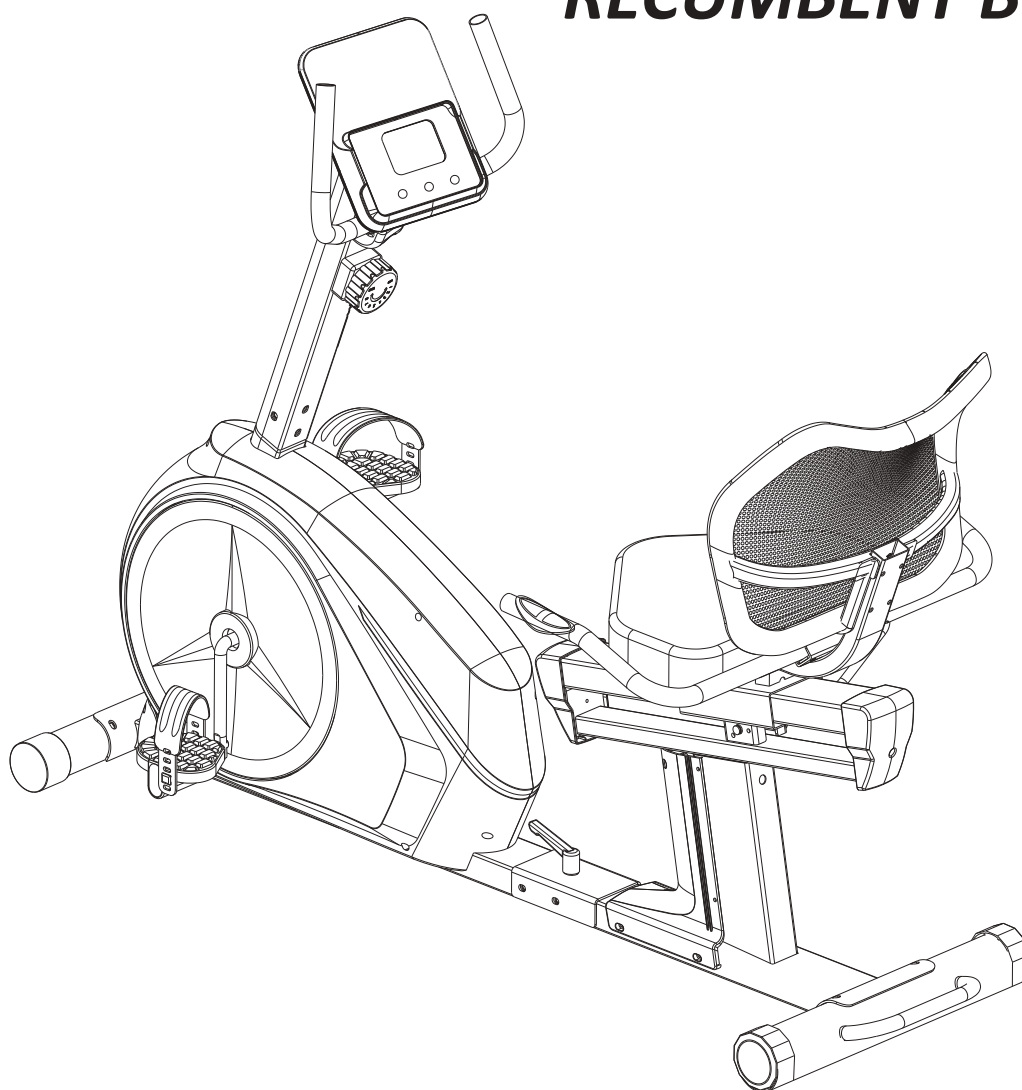


# ASSEMBLY MANUAL



# CELTIC

## RECUMBENT BIKE



**Record serial number**

*Elite Celtic Recumbent Bike*

Thank you for purchasing the **Elite Celtic Recumbent Bike**.

For over 30 years, Elite Fitness™ has been New Zealand's largest supplier of fitness equipment. Our aim and vision is to provide you Elite™ branded products, tested to the highest standard for quality and biomechanics at the best possible price.

Please read through this manual to familiarise yourself with the operation of your new **Elite Celtic Recumbent Bike**. Doing so will help to insure that you get the most out of your machine, enjoying safe and effective workouts ahead.

Even though we go to great efforts to ensure the quality of each product we produce, occasional errors and or omissions do occur. In any event should you find this product to have either a defective or a missing part, please contact us for a replacement.

## **SERVICE & WARRANTY**

For service and warranty assistance please visit:

**[www.elitefitness.co.nz/service](http://www.elitefitness.co.nz/service)**

Online forms are available for Service, Warranty and Parts requests.

(09) 258 9067

### **Elite Fitness HQ**

28 Morrin Road  
St. Johns  
Auckland, New Zealand

[info@elitefitness.co.nz](mailto:info@elitefitness.co.nz)  
0800 2 438 348  
[www.elitefitness.co.nz](http://www.elitefitness.co.nz)

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# IMPORTANT SAFETY INSTRUCTIONS

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The following definition applied to the word “WARNING” when used in this manual:



Used to call attention to POTENTIAL hazards that could result in personal injury or loss of life.

## READ ALL INSTRUCTIONS BEFORE USING THE MACHINE

This product has been designed for home use only. Product liability and warranty conditions will not be applicable to products being subjected to professional use or products being used in a commercial environment. e.g Gym Centre

This exercise machine is built for optimum safety. However, certain precautions apply whenever you operate a piece of exercise equipment. Be sure read the entire manual before you assemble or operate your machine. In particular, note the following safety precautions.

- Read all instructions in this manual before using this equipment.
- Use the machine only for its intended use as described in this Manual.
- Inspect and tighten all the loose parts before this equipment is used.
- Keeps hands away from moving parts.
- Keep children and pets away from the machine at all time. DO NOT leave children unattended in the same room with the machine.
- Before using the machine to exercise, always do stretching exercises to properly warm up.
- Inspect the machine before each use; make sure all of the connections are tightly secured.
- Only one person at a time should use the machine.
- If the user experiences dizziness, nausea, chest pain, or any other abnormal symptoms, STOP the workout at once. **CONSULT A PHYSICIAN IMMEDIATELY.**
- Position the machine on a clear, levelled surface. DO NOT use the machine near water or outdoors.
- Always wear appropriate workout clothing when exercising. DO NOT wear robes or other clothing that could become caught in the machine. Sporting shoes are recommended when using the machine.
- Do not place any sharp object around the machine.
- Disabled persons should not use the machine without a qualified person or physician in attendance.
- Never operate the machine if the machine is not functioning properly.

- Only carry out training work on the equipment when it is in perfect working order. Only use original spare parts in the event of a repair.
- Do not use strong solvents for cleaning, and only use the tools supplied, or suitable ones of your own, for any repairs that may be required. Please dispose of the packaging and any parts that have to be replaced subsequently (all parts for the unit) at suitable collecting points or containers with a view to saving the environment.
- DO NOT extend the seat stem past the warning line “Max” when adjusting the seat height.
- Not for therapeutic use.

**WARNING:** Before beginning any exercise program, consult your physician. This is especially important for persons with pre-existing health problems. The seller assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

**SERVICE HINTS:** The high quality standard of this product only will be kept if you on a regular basis check all screw-connections and moving parts on proper fitting. Damaged parts have to be changed immediately. During the time of repair the product must not be used by anybody.

**IMPORTANT HINTS:**

- A) This product has been tested in accordance with the requirements of EN 957-1/A1, EN 957-5, standard, Class HA (HOME USE). The maximum load is limited to 120 KGS.
- B) Parents should be aware of the risk factor of young children playing on fitness equipment unattended. Make sure that the children are instructed properly in the use of the product and in the controlled execution of the different exercise. Misuse of the product could result in serious injury

## PRODUCT SPECIFICATIONS

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User Weight Capacity:	120 KG
Shipping Weight:	37.8 KG
Net Weight:	35 KG

# PARTS LIST

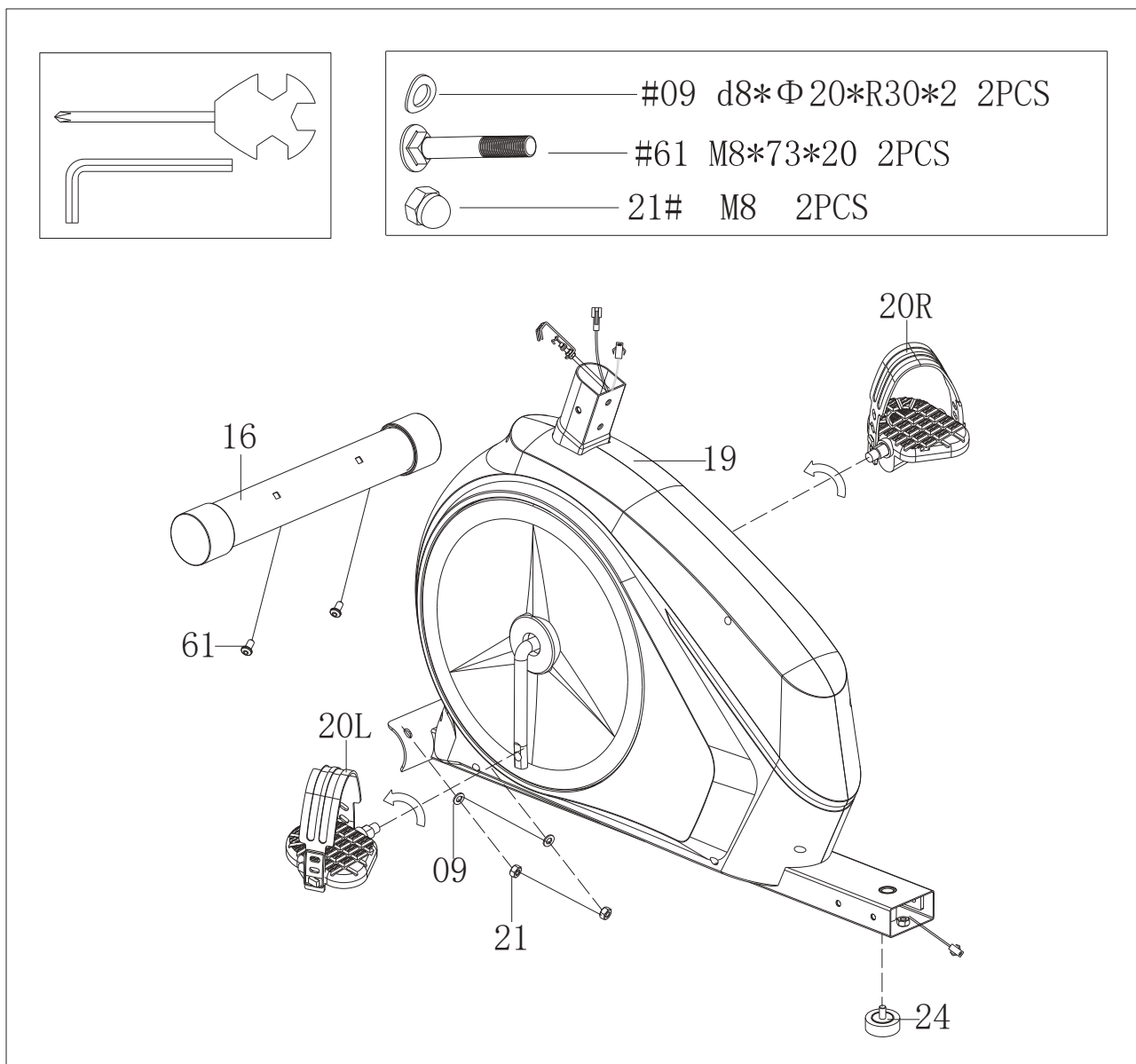
No.	Description	Q'ty	No.	Description	Q'ty
01	Computer	1	36	Screw M8*50*20*S6	4
02	Screw M5*10	4	37	Washer d8*Φ20*2	4
03	End cap Φ25*16	4	38	Strap ring	1
04	Handlebar	1	39	Bushing J100*50*80*40	2
05	Foams Φ23*3*370	2	40	Compression plate	1
06	Handlebar cover 77*54*50	1	41	Boit	2
07	Scre M8*16*S6	16	42	Back bracket	1
08	Spring washer d8	16	43	End cap J50*25*14	2
09	Arc washer d8*Φ20*2*R30	4	44	Rear handlebar	1
10	Support tube	1	45	Pulse	2
11	Handlebar line 3	1	46	Crosshead screw ST4.0*19	2
12	Middle wire	1	47	Foams Φ23*3*400	2
13	Sensor wire	1	48	Handle line	1
14	Handlebar line 2	1	49	Cover plate	1
15	End cap	2	50	Carriage bolt M8*47*20*H5	2
16	Front stabiliser	1	51	Seat	1
17	Crosshead screw ST3.0*10	2	52	Back cushion	1
18	Screw M8*30	2	53	Washer d6*Φ12*1.2	4
19	Main frame	1	54	Spring washer d6	6
20L/R	pedal	2	55	Crosshead screw M6*40	4
21	Domed nut M8*H16*S13	2	56	Knob	1
22L/R	Granks	1	57	Cushion Φ22*Φ18*16*Φ4	2
23	Washer d8*Φ16*1.5	16	58	Washer d4*Φ9*1	2
24	Cushion Φ32*21, step11	1	59	--	--
25	Handle line 1	1	60	Crosshead screw M6*16	4
26	Seat bracket	1	61	Screw M8*50*20*S6	4
27	Plastic cover	2	62	Crosshead screw M5*25	1
28	Crosshead screw ST4.2*19	2	63	Crank cover Φ44*10	2
29	Crosshead screw M4*10*φ7	6	64	Turntable	2
30	Stopples Φ12*11*Φ3	2	65	Crosshead screw ST4.2*16	19
31	Rear stabiliser	1	66L/R	Chain cover	2
32	End cap	2	67	Thin nut	2
33	Hexagon bolt M8*85	2	68	Retaining washer	1
34	--	--	69	Nut 2	1
35	Slip tube	1	70	Collar housing Φ51.6	2

# PARTS LIST

71	Nine parts	2	102	Flywheel	1
72	Washer d12*Φ17*0.5	1	103	Hexagon thin nut M10*1.0*H3	1
73	Nut 1	1	104	Bearing	2
74	Washer d24*Φ40*3	1	105	Hexagon flange nut M10*1.0*H9.5	1
75	Magnet Φ15*7	1	106	Screw	2
76	Belt pulley	1	107	Axle	1
77	Belt 5PJ360	1	108	Bolt grop	2
78	U bracket	1	109	Hexagon nut M6*H5.5*S10	2
79	Screw M8*12*Φ10*5	1	110	Washer d5*Φ20*1.5*R25	1
80	Spring Φ2.5*Φ16*75	1	111	Tension line 2	1
81	Nylon nut M8*H7.5*S13	1	112	Rear seat trim cover	2
82	Wave washer d12*Φ15.5*0.3	1	113	Hexagon thin nut M10*1.0*H2	1
83	Bearing 6001-2RS	2	114	Hexagon nut M10*1.0*H5	1
84	Idler Φ39*Φ34*24	1	115	Washer d12*Φ24*1	1
85	Washer d6*Φ16*1.5	1	116	Eccentric wheel φ25.5*45	1
86	Hexagon bolt M6*12*S10	1	117	Brake shaft	1
87	Crosshead bolt ST4.2*16*Φ7	1	118	Washer d6*Φ16*1.5*R16	2
88	Sensor socket	1	119	Bolt M6*12*S5	2
89	Sensor wire	1	120	Spring φ24*φ18*φ12*78	1
90	Hexagon nut M6*H5*S10	2	121	Brake lever	1
91	Hexagon nut M6*45*S10	1	122	Spring Φ1.5*Φ13.5*48*N13	1
92	magnet 40*25*10	4	123	Lever	1
93	Plastic lattice	1	124	Washer d16*Φ32*2	1
94	Magnetic board	1	125	Slidle tube	1
95	Hexagon bolt M6*16*S10	2	126	Crosshead screw M5*10	2
96	Spring washer d6	2	A	Allen wrench S6	1
97	Washer d6*Φ12*1.2	2	B	Spanner S13-14-15	1
98	Srap ring	2	C	Allen wrench S5	1
99	Magnetic board axle φ 12*61*9*47.4	1			
100	Crosshead screw ST3*10*Φ5.6	5			
101	Tension spring Φ 1.2*Φ10*50*N26	1			

# ASSEMBLY INSTRUCTIONS

## STEP 1

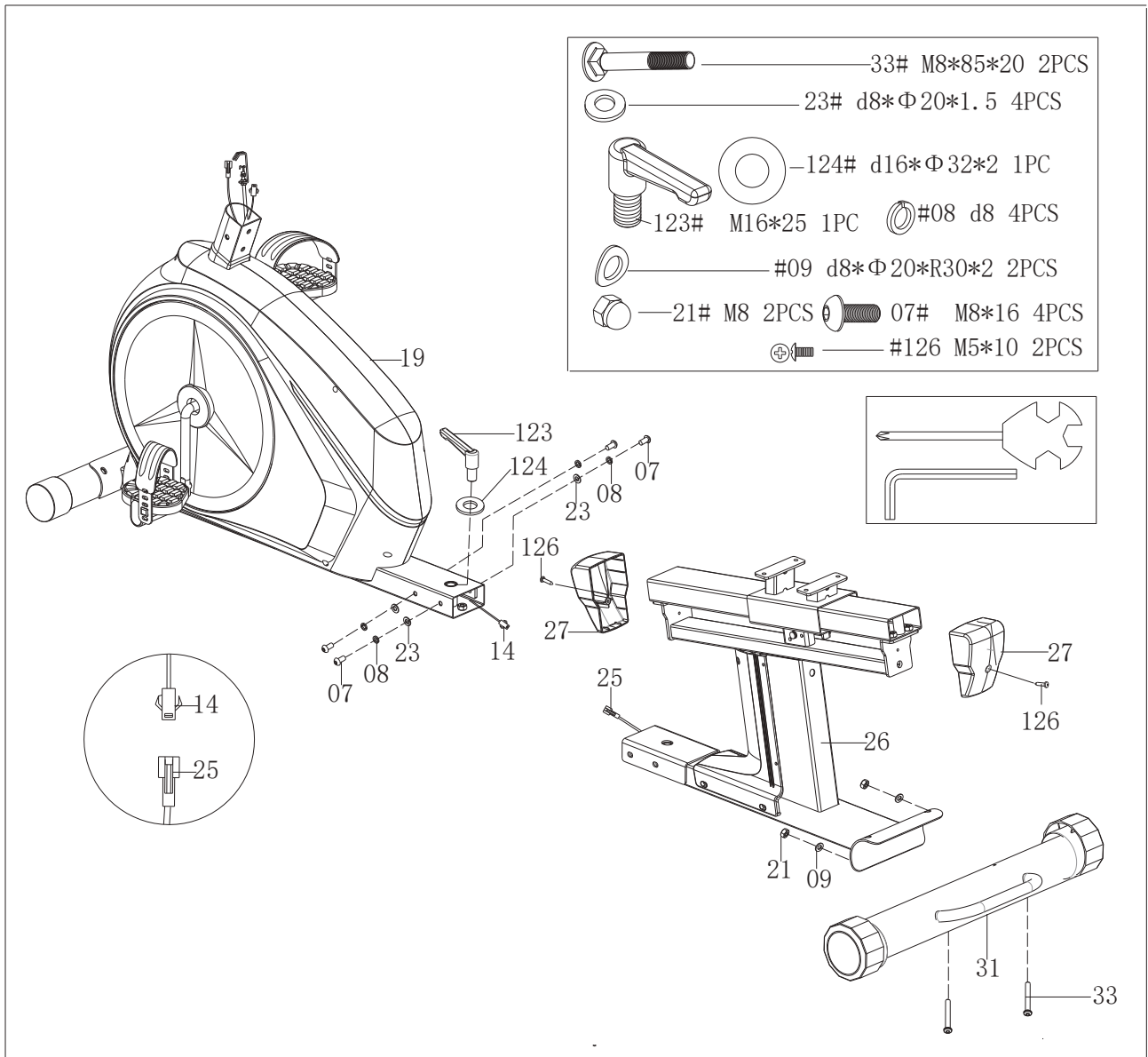


Attach front bottom tube (16) to main frame bond (19) using square neck bolts (61), curved washers (09), and cover nuts (21).

Use a cross wrench to fasten left and right footpegs (20L/R) onto the one-piece crank.

# ASSEMBLY INSTRUCTIONS

## STEP 2



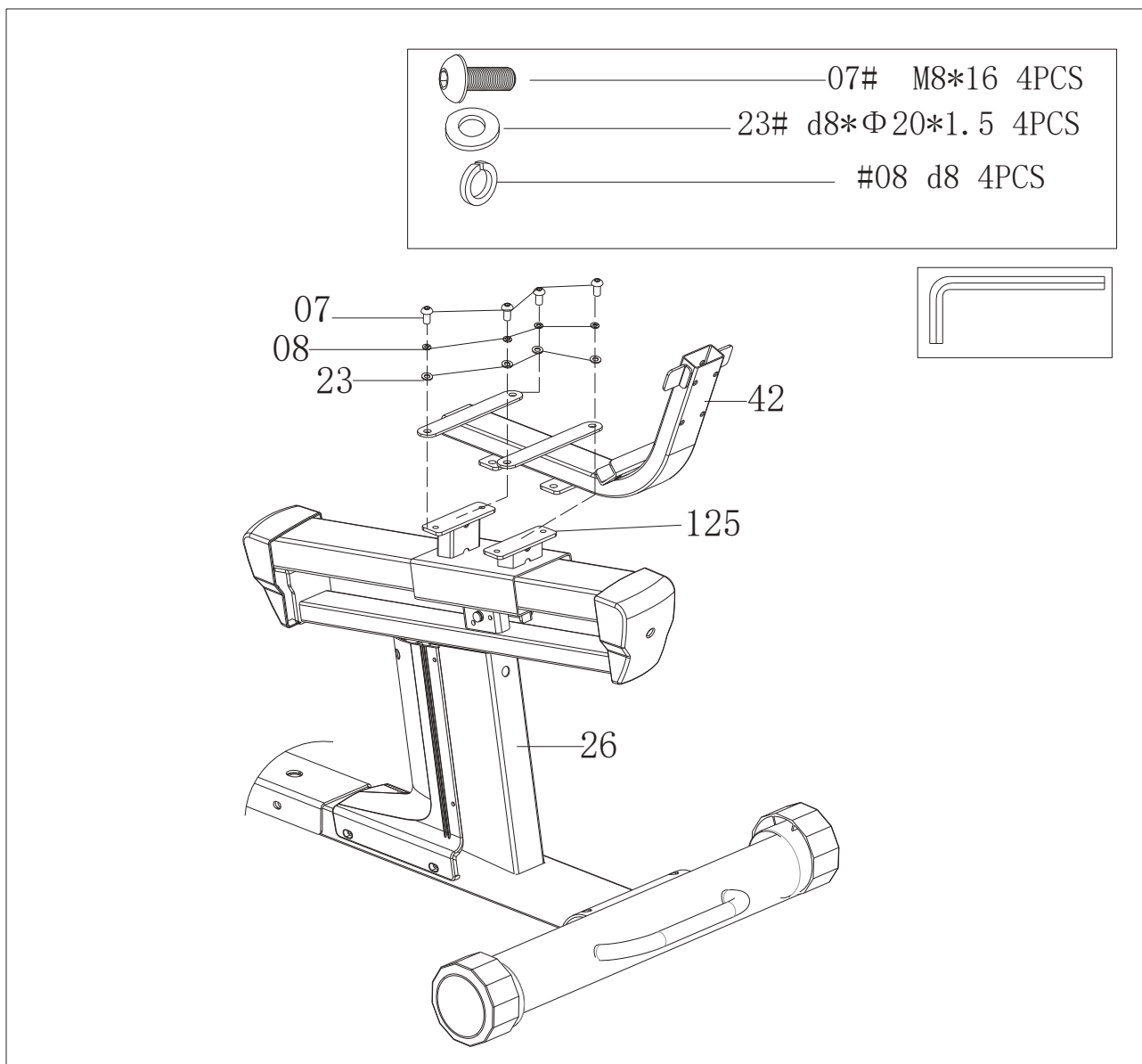
Attach rear bottom tube (31) to rear frame bond (26) using square neck bolts (33), curved washers (09), and cover nuts (21).

Use the cross slot head self-tapping screw (126) to fasten rail guard (27) onto rear frame bond (26).

Connect grip line trunk 2 (14) and grip line trunk 1 (25) by using hexagonal disc head screws (07), elastic pads (08), and washers (23) to secure rear frame bond (26) onto main frame joint (19). Finish by locking it in place with a one-gauge screw (123) and a washer (124).

# ASSEMBLY INSTRUCTIONS

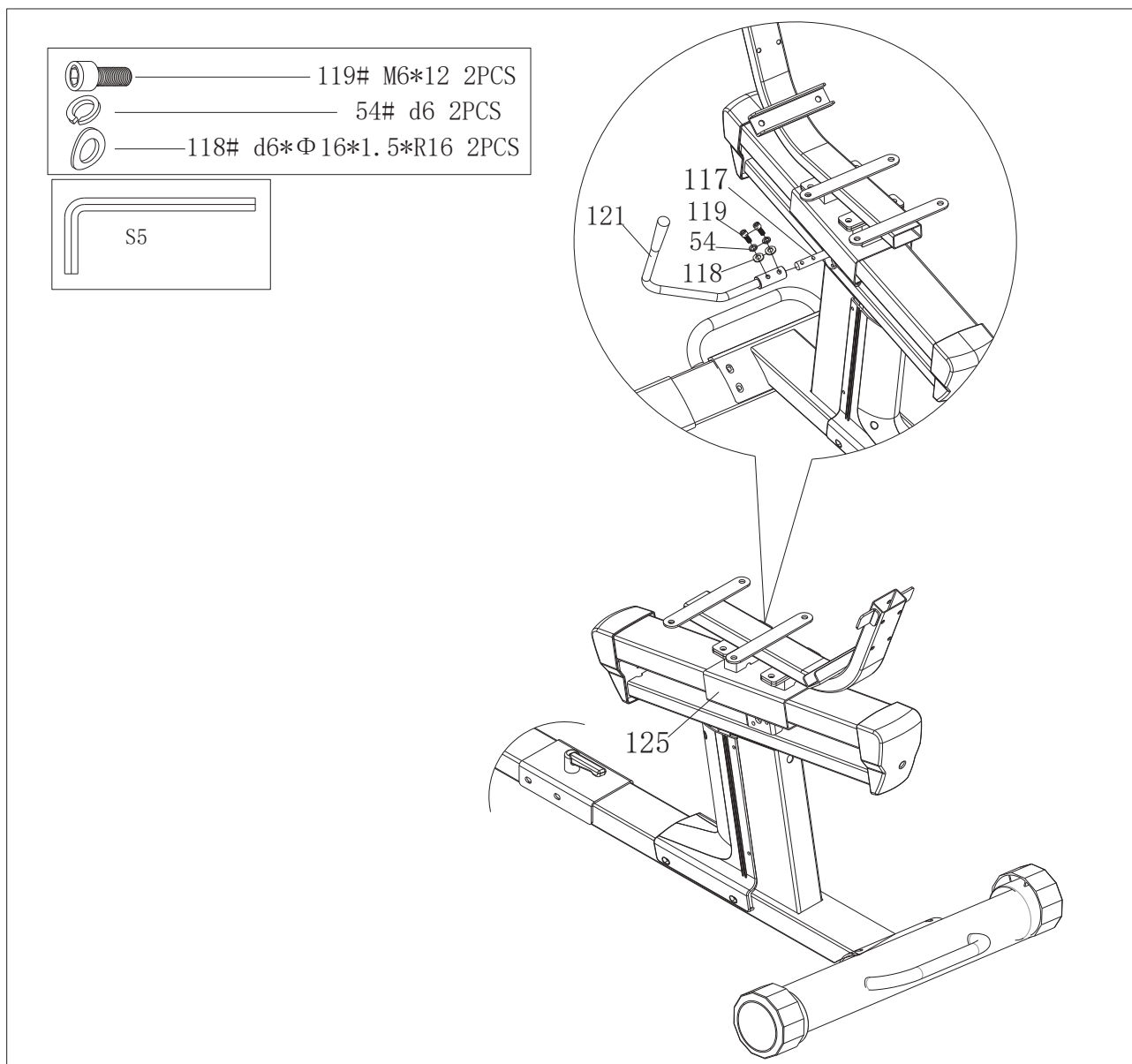
## STEP 3



Use hexagonal disc head screws (07), elastic pads (08), and washers (23) to attach seat frame elbow (42) to slip sleeve joint (125).

# ASSEMBLY INSTRUCTIONS

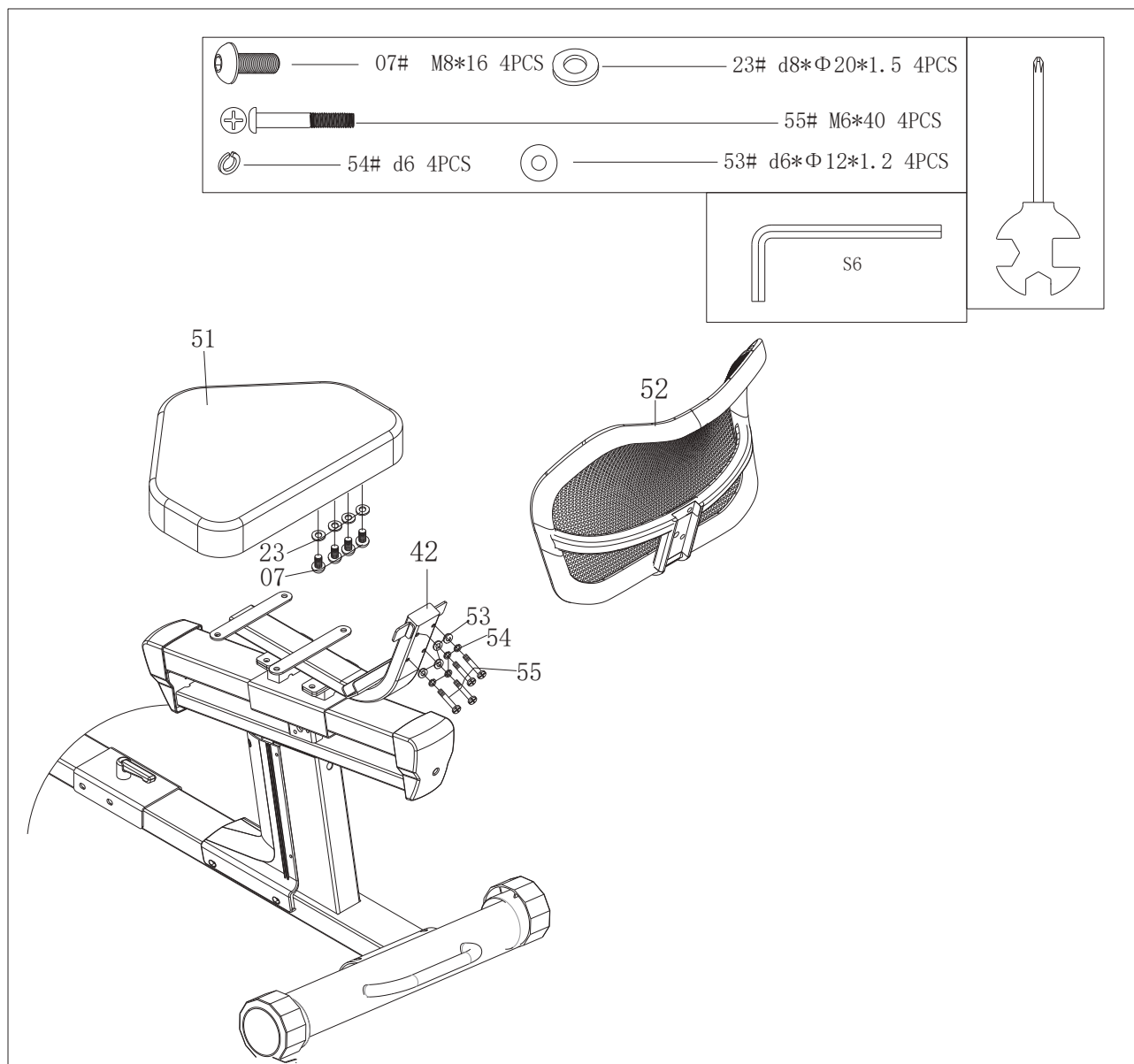
## STEP 4



Use hexagonal cylindrical head screws (119), an elastic pad (54), and a curved washer (118) to attach brake lever bond (121) to brake shaft bond (117).

# ASSEMBLY INSTRUCTIONS

## STEP 5

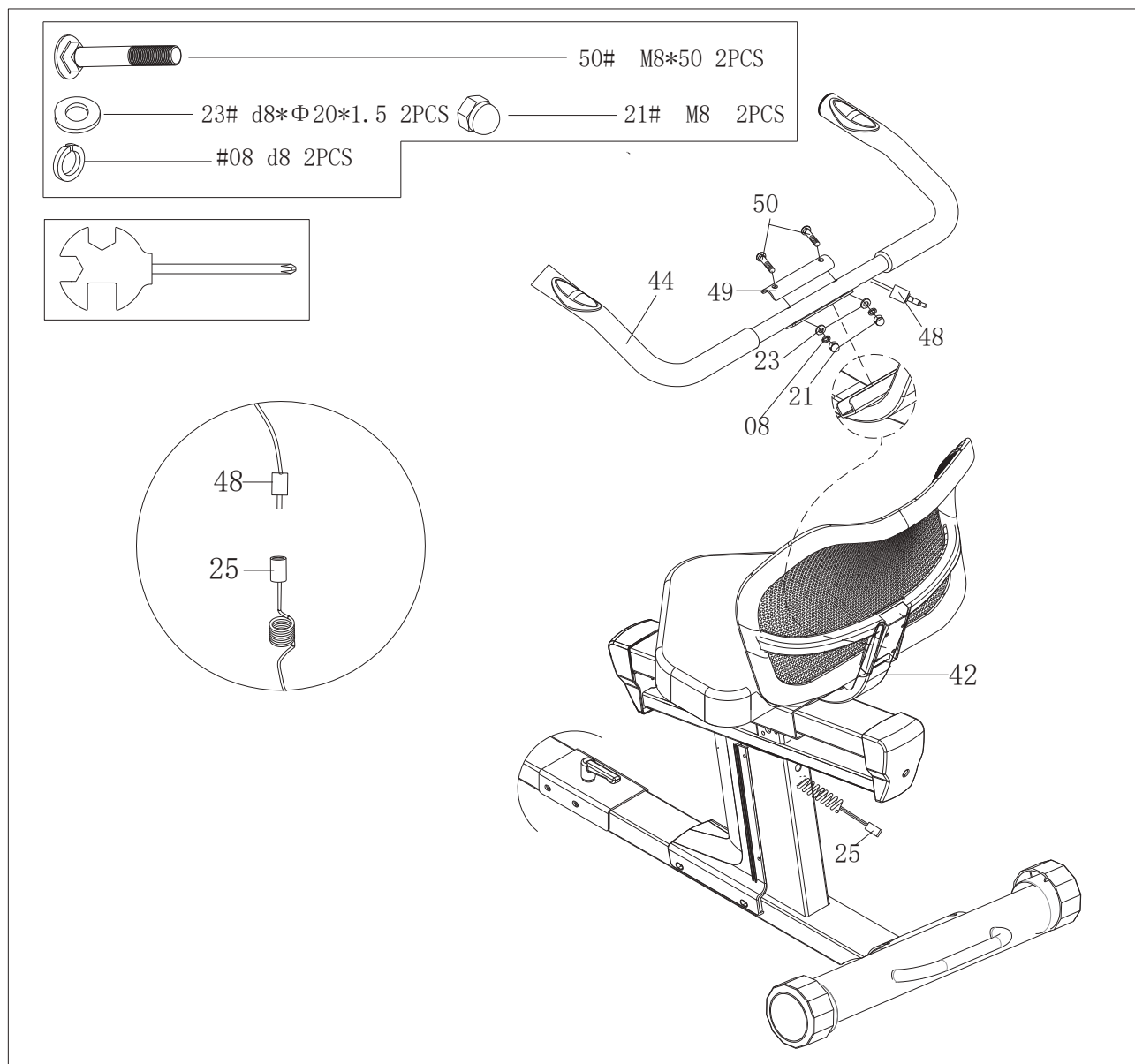


Use hexagonal disc head screws (07) and washers (23) to attach seat cushion (51) to seat frame elbow joint (42).

Fasten mesh backrest (52) to seat frame elbow (42) using cross groove head screws (55), elastic pads (54), and washers (53).

# ASSEMBLY INSTRUCTIONS

## STEP 6

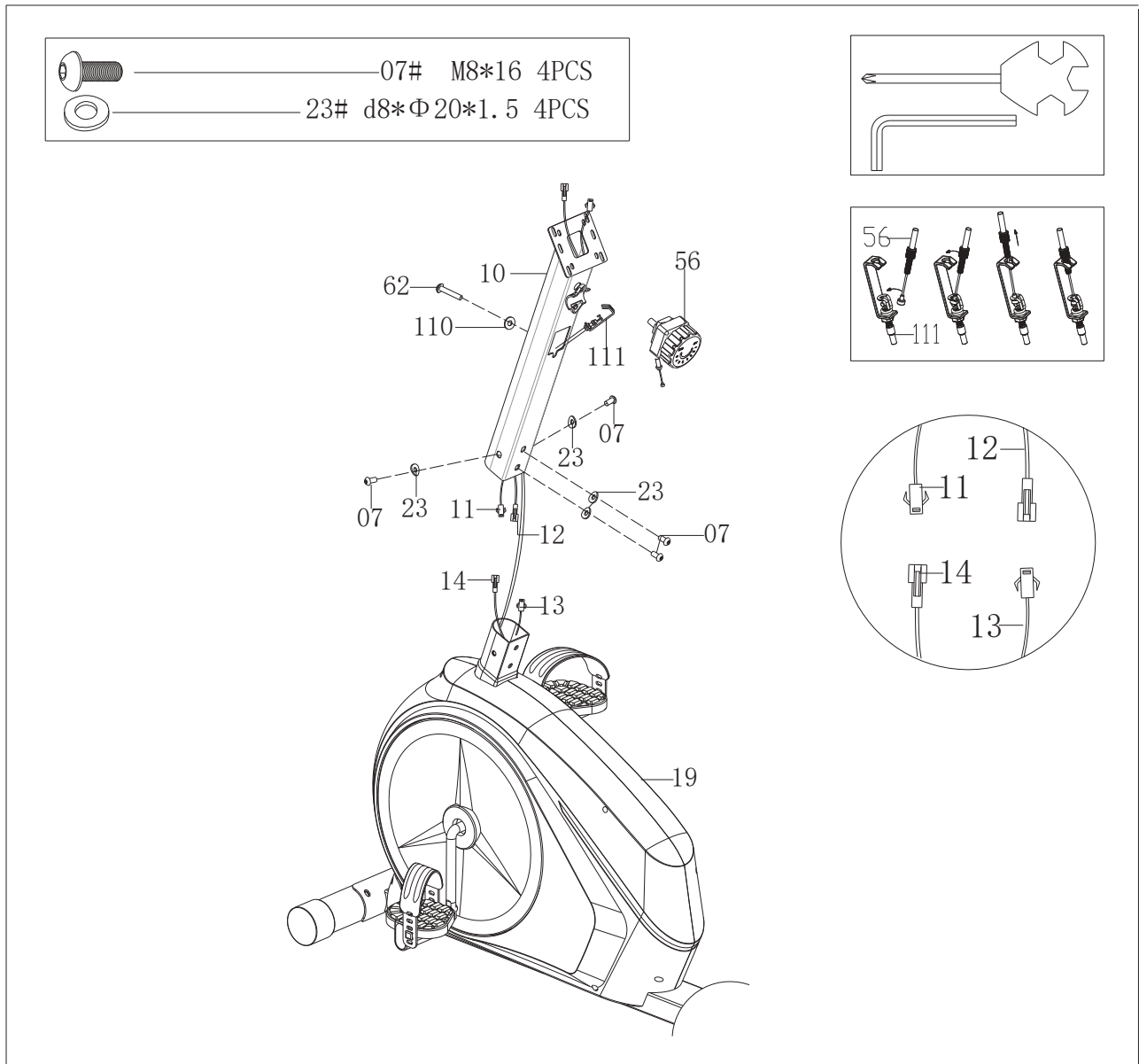


Attach handle (44) to seat frame elbow bond (42).

Enclose it with curved plate (49) and secure it with square neck bolts (50), a washer (23), an elastic pad (08), and a cover nut (21).

# ASSEMBLY INSTRUCTIONS

## STEP 7



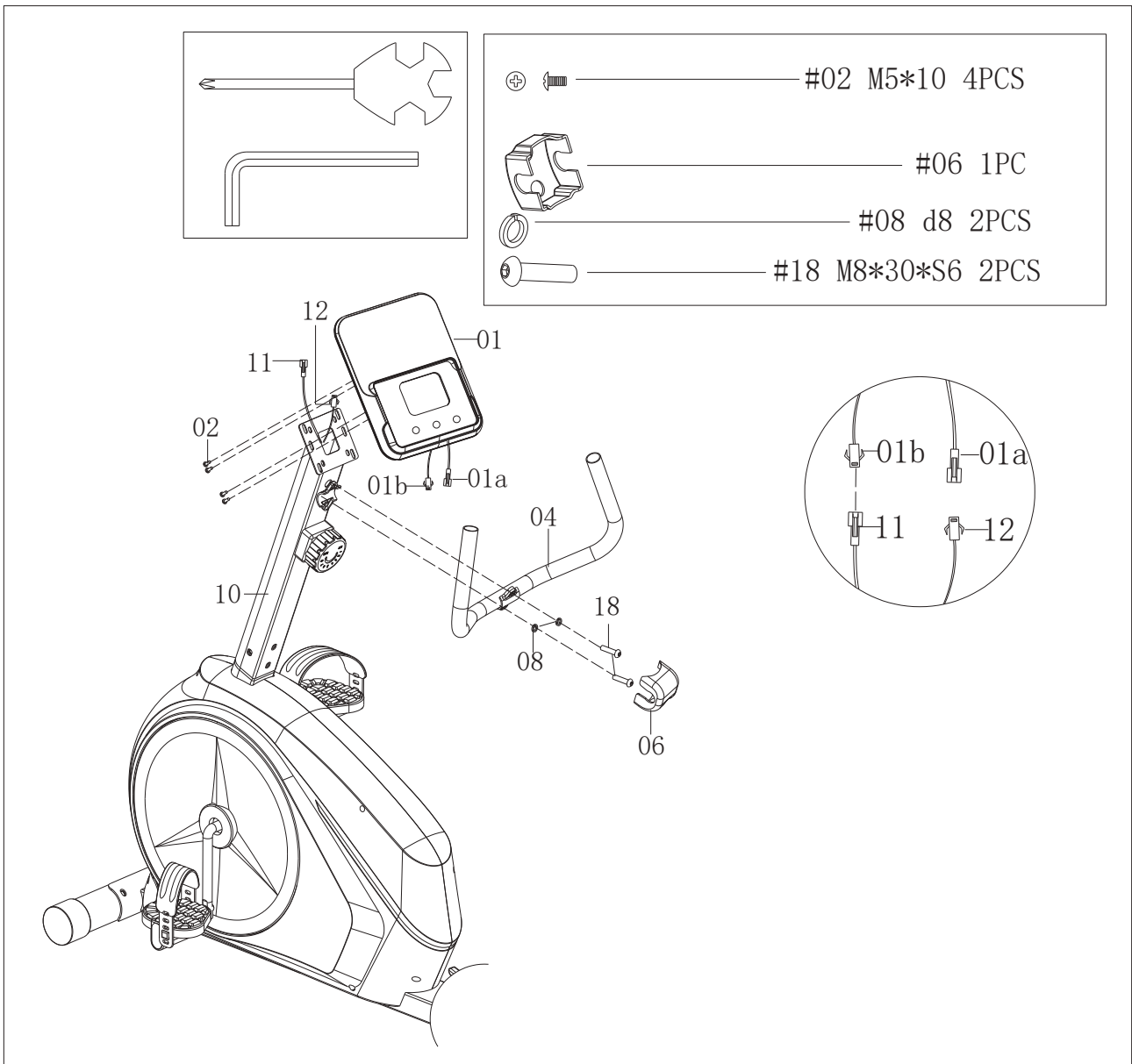
Connect Grip Cable 2 (14) to Grip Cable 3 (11), and then connect Sensor Cable (13) to Induction Trunk Cable (12).

Connect eight levels of fine-tuning (56) to the fine-tuning of the lower line (111).

Use hexagonal disc head screws (07) and washers (23) to secure the riser bond (10) onto the main frame bond (19).

# ASSEMBLY INSTRUCTIONS

## STEP 8



Attach front armrest (04) to riser joint (10) using hexagonal cylindrical head screws (18) and bullet pad (08). Cover it with the gripper (06).

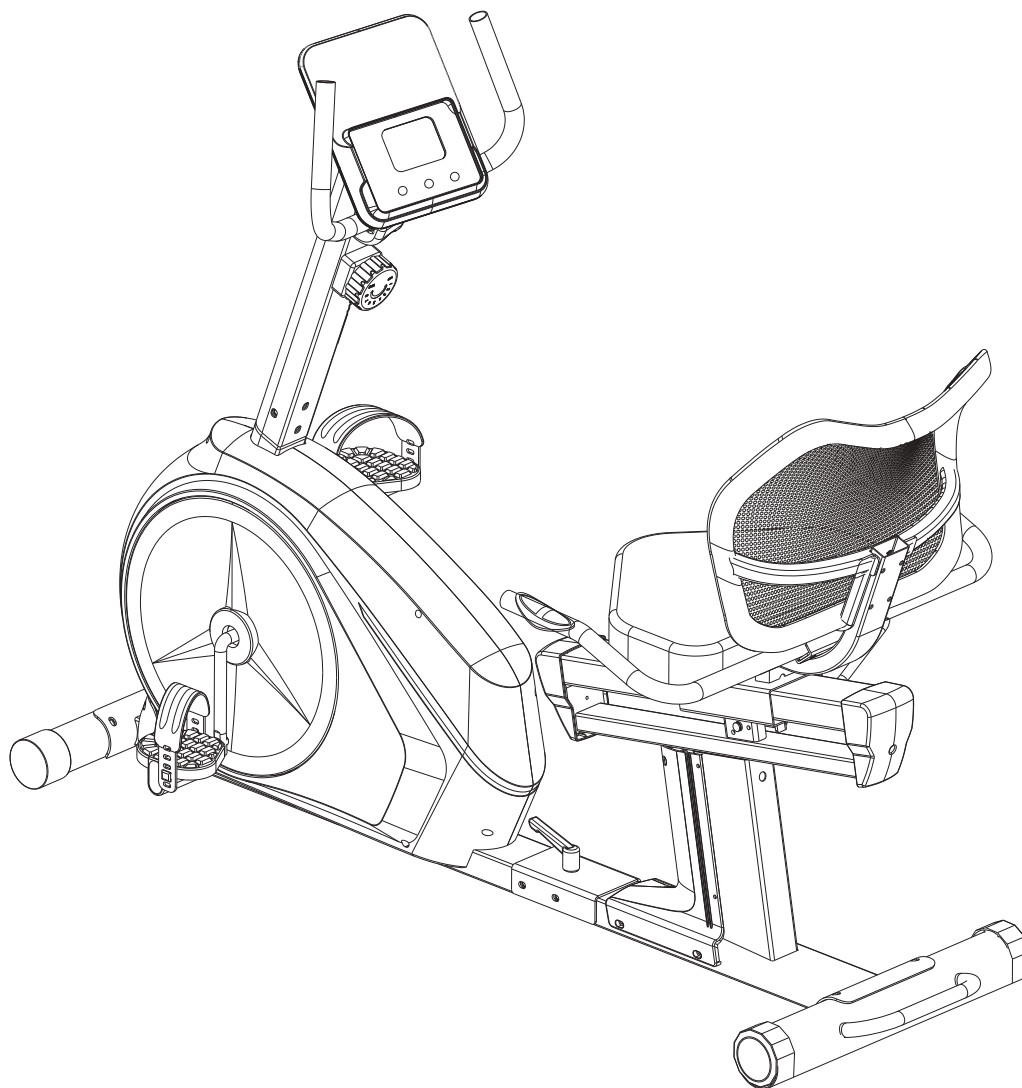
Connect trunk line (12) to electronic meter extrusion line (01a), and connect induction trunk (11) to electronic meter extrusion cable (01b).

Secure electronic watch (01) onto riser joint (10) using cross groove head screws (02).

## ASSEMBLY COMPLETE

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Assembly of your **Elite Celtic Recumbent Bike** is now complete! Be sure to fully inspect your machine before using it for the first time.



### **⚠ WARNING**

Failure to visually check and test and tech the assembly before use can cause damage to the **Celtic Recumbent Bike** and serious injury to users and bystanders and can also compromise the effectiveness of your exercise program.

# CONSOLE USER INSTRUCTIONS

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## Functional Button:

- **MODE:** This key allows you to select and lock onto a specific function.
- **SET:** Used to proceed with data establishment for "TIME," "DISTANCE," "CALORIES," and "PULSE."
- **CLEAR (RESET):** Press this key to reset the value to zero.
- **ON/OFF (START/STOP):** Use this key to pause the signal input.

## Function and Operations:

- **AUTO ON/OFF:** The system activates upon pressing any key or detecting input from the speed sensor. It automatically deactivates when there's no signal input or no key is pressed for approximately 4 minutes.
- **RESET:** Reset the unit by either changing the battery or pressing the MODE key for 3 seconds.
- **MODE:** To choose between SCAN or LOCK mode press the MODE key when the pointer on the desired function begins blinking.
- **TIME:** Press the MODE key until the pointer locks onto TIME. Total workout time will display upon starting exercise.
- **SPEED:** Advance to SPEED by pressing the MODE key. Current speed will display.
- **DISTANCE:** Proceed to DISTANCE by pressing the MODE key. Distance of each workout will display.
- **CALORIE:** Press the MODE key until the pointer locks onto CALORIE. Calories burned will display upon starting exercise.
- **ODOMETER (IF AVAILABLE):** Advance to ODOMETER by pressing the MODE key. Total accumulated distance will display.
- **SCAN:** Automatically displays changes every 4 seconds.
- **BATTERY:** If there's an improper display on the monitor, reinstall the batteries for optimal results.

<b>FUNCTION</b>	AUTO SCAN	Every 4 seconds
	TIME(TMR)	0:00~99:59 (minutes:seconds)
	CURRENT SPEED(SPD)	The maximum pick-up signal is 999.9KM/H or Mile/H
	TRIP DISTANCE(DST)	0~999.9KM or Miles
	CALORIES(CAL)	0~9999cal
	TOTAL DISTANCE(ODO)	0~999.9KM or Miles
BATTERY TYPE		2PCS of SIZE-AAAor UM-4
OPERATING TEMPERATURE		0°C~+40°C (32°F~104°F)
STORAGE TEMPERATURE		-10°C~+60°C(14°F~168°F)



# SETTING YOUR BIKE UP

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Having your bike seat adjusted to the right height is essential for a comfortable ride, efficient pedalling and avoiding injury. There are 2 adjustments located on the seat post. The first is a vertical height adjustment, the second is for horizontal seat position. Although there are many methods and opinions on the optimal saddle setting, the following is a quick and easy method to get started. Further adjustments can be made afterwards to optimise your position and comfort.

## Saddle Height Adjustment

Place your heels on the bike pedals and pedal backward. Your legs should be fully extended with your knees straight. If your hips rock from side to side while pedalling backward, the seat is too high. Place the ball of your foot on the pedal. There should now be a slight bend in your knee when the pedal is at its lowest point. This is a good starting point. Refer to examples below.



## Seat Adjustment

Ensuring you have the most comfortable riding position whilst minimising joint strain is important. Adjusting your seat is simple and can normally be done without needing to get off the bike.

Place your heel on one of the bike pedals and rotate to the furthest point on the pedal stroke (as shown) You may need to remove the toe strap to do this. If the leg is still in the bent position, unlock the seat mechanism and adjust to the fully extended position (Pic.1) – Lock the seat adjustment mechanism in to place.

Moving your foot backwards, place your forefoot on to the pedal in the correct riding position. This should allow for a natural bend in the knee, whilst providing a full 360 degree rotation. If you experience the feeling of reaching for the pedal or sliding down the seat, you may need to make a minor adjustment to the position. Before commencing your workout please reattach and adjust the toe strap correctly to secure your foot firmly on the pedal."

Note: - If you are using the exercycle for injury rehabilitation purposes i.e. Knee Replacements you may need to extend the seat position further than normal to allow for any reduced joint mobility due to swelling and inflammation

## SETTING YOUR BIKE UP

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- Whilst sitting on the seat, bring your left crank arm around and have your helper stop the crank when the pedal is at three o'clock or parallel with the floor. For this measurement to be accurate, your shoes must be correctly positioned on the pedals (the balls of your feet should be over the pedal axles).
- Holding this position, have your helper place the end of the plumb line on the front of your leg, at a point just below the bony protrusion beneath the kneecap.
- The plumb line's weight should hang over your shoe. Check again to ensure that the crank-arm and pedal are level. By looking at the plumb line the knee should be in alignment with the centre spindle or axle of the pedal.
- Adjust the saddle to the correct position then tighten the locking pin.

## CARE AND MAINTENANCE

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Before cleaning or carrying out any maintenance on your exercycle, ensure the power is turned off and the power cord removed from the plug socket.

Prolong the life of your exercycle by performing periodic maintenance checks. Not only does this ensure your machine is in full working order to ensure they continue to run smoothly and reliably, but it will save you service costs in the long run.

### **Cleaning**

General cleaning of the unit after use will protect the bike's powder-coated framework and prevent unnecessary corrosion stains and damage to the structural components from sweat and perspiration.

Please ensure all sweat residue is wiped from any contact points or framework with a damp cloth using a suitable PH neutral detergent in water to avoid salt and corrosion deposits on your equipment. Failure or neglect to maintain and clean sweat residue from the bike frame may affect any frame warranty implied.

### **Frame and Pedals**

Check all nuts and bolts securing the framework, seat and handlebar assemblies are tight.

Ensure the pedals are securely attached to the crank arms. When tightening pay attention to the reverse thread (tightening anti-clockwise) on the left hand pedal assembly, when sitting on the bike. Be careful not to strip or force the pedal thread when tightening.



# LIMITED WARRANTY

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## Warranty Range

Damage in correct maintenance and normal operations (not factitious factors). Warranty card to the original purchaser, shall not be transferred.

## Warranty Time

### *HOME USE*

- 10 Year Frame
- 1 Year Parts and Labour

*The following conditions are not under warranty range:*

- A) As a result of abuse, neglect, accident, or unauthorized modification;
- B) The damage due to incorrect assembly or adjustment of the machine;

*The Spin bike should not be:*

- A) Plugged into a multi-board plug device. The spin bike requires a dedicated power circuit and should be plugged directly into the wall socket.
- B) Used with an extension cord any longer than 1.5m.

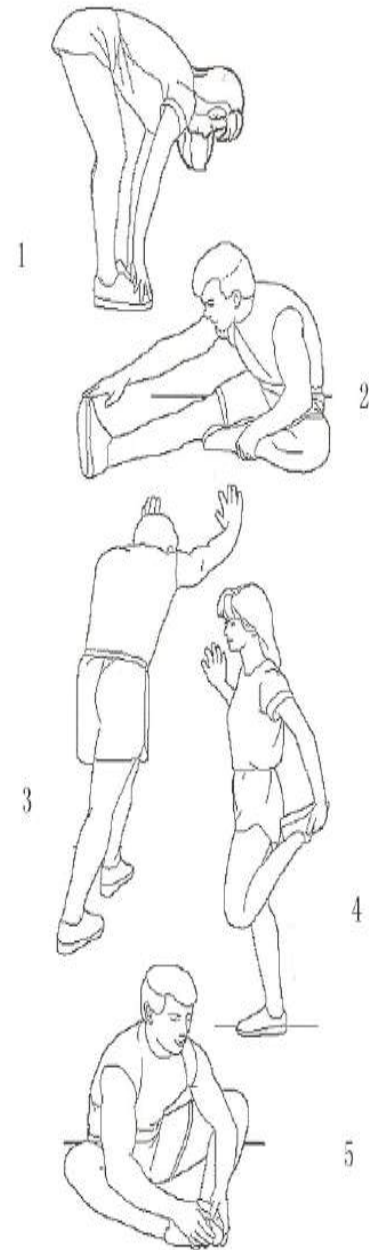
## Repair and Maintenance Service

Please contact our Elite Fitness Service Department at [eliteservice@elitefitness.co.nz](mailto:eliteservice@elitefitness.co.nz) or visit [www.elitefitness.co.nz](http://www.elitefitness.co.nz) for any service related issues or advice on preventative maintenance servicing procedures.

## WARM-UP EXERCISE

Warm up exercise is important in preparing the muscles for activity whilst minimising the risk of injury. You may choose to warm up with a light/brisk walking pace for 5-10 minutes before stopping and performing some simple stretches. (As shown in the pictures below)

- Hamstring Stretch (Standing) Keep your knees slightly bent and slowly lean forward, back and shoulders relaxed, reaching towards your toes. You should feel the tension and slight discomfort in your hamstring muscles. Hold for 15-20 seconds. Repeat 2-3 times.
- Hamstrings Stretches (Seated) Sitting on the floor preferably on a mat, put one leg straight, the other inward and close to the inside of the straight leg. Lean forward from the hips, reaching towards your toes. Hold for 10-15 seconds, and relax. Repeat 3 times for each leg (See picture 2).
- Crus and Feet Tendon Stretches Standing with two hands on the wall or tree, one leg behind. Keeping your legs straight and the heel on the ground, lean forward towards the wall or tree. Hold for 10-15 seconds, and relax. Repeat 3 times for each leg (See picture 3).
- Quadriceps Stretches Keeping your balance with your left hand holding onto a wall or stationery fixture, grasp your right foot with your right hand and stretch your right heel toward your buttocks slowly, until you feel the stretch in the front of your thigh. Hold for 10-15 seconds, and relax. Repeat 3 times for each leg (See picture 4).
- Sartorius (Inner Muscles of the Thigh) Muscle
- Stretches Sitting down with the soles of your feet or shoes together and your knees positioned outward. Pull your feet towards your groin until you can feel the stretch. Hold for 10-15 seconds, and relax. Repeat 3 times (See picture 5).



# TRAINING STAGES

		Exercise Zone									
		AGE									
Beats Per Minute	100%	200	195	190	185	180	175	170	165	155	150
	<b>VO2 Max (Maximum Effort)</b>										
	90%	180	176	171	167	162	158	153	149	140	135
	<b>Anaerobic (Hardcore Training)</b>										
	80%	160	156	152	148	144	140	136	132	124	120
	<b>Aerobic (Cardio Training/Endurance)</b>										
	70%	140	137	133	130	126	123	119	116	109	105
<b>Weight Control (Fitness/Fat Burn)</b>											
60%	120	117	114	111	108	105	102	99	93	90	
<b>Moderate Activity (Maintenance/Warm up)</b>											
50%	100	98	95	93	90	88	85	83	78	75	

Cardiovascular training plays an important part in maintaining a healthy heart and lung function, so it's no surprise we should be paying attention to how quickly our heart beats during exercise. The chart above outlines a range of heart rate training zones determined by the individual's age and workout goals to ensure you train safely and effectively.

Heart Rate can be measured by using the radial (wrist) or carotid (neck) pulse using your index and middle fingers, counting the beats for 10 seconds and multiplying by 6. Alternatively, the use of a Wireless Telemetry Heart Rate strap and watch will give you an accurate Beats Per Minute (BPM) reading.

$220 - \text{AGE} = \text{TMHR}$  (Theoretical Maximum Heart Rate)

$\text{TMHR} \times 85\% = \text{(Upper Training Limit) bpm}$  (Beats per Minute)

$\text{TMHR} \times 65\% = \text{(Lower Training Limit) bpm}$

Note: Contact heart rate may provide inaccurate readings and is designed only as a guide

Example:  $220 - 39 = 181 \text{ bpm}$

$181 \times 85\% (0.85) = 154 \text{ bpm}$  (Upper Training Limit)

$181 \times 65\% (0.65) = 118 \text{ bpm}$  (Lower Training Limit)



For more information about our Elite exercise equipment or other brands that we stock for your home, visit [www.elitefitness.co.nz](http://www.elitefitness.co.nz)

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0800 243 834, [www.elitefitness.co.nz](http://www.elitefitness.co.nz)

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