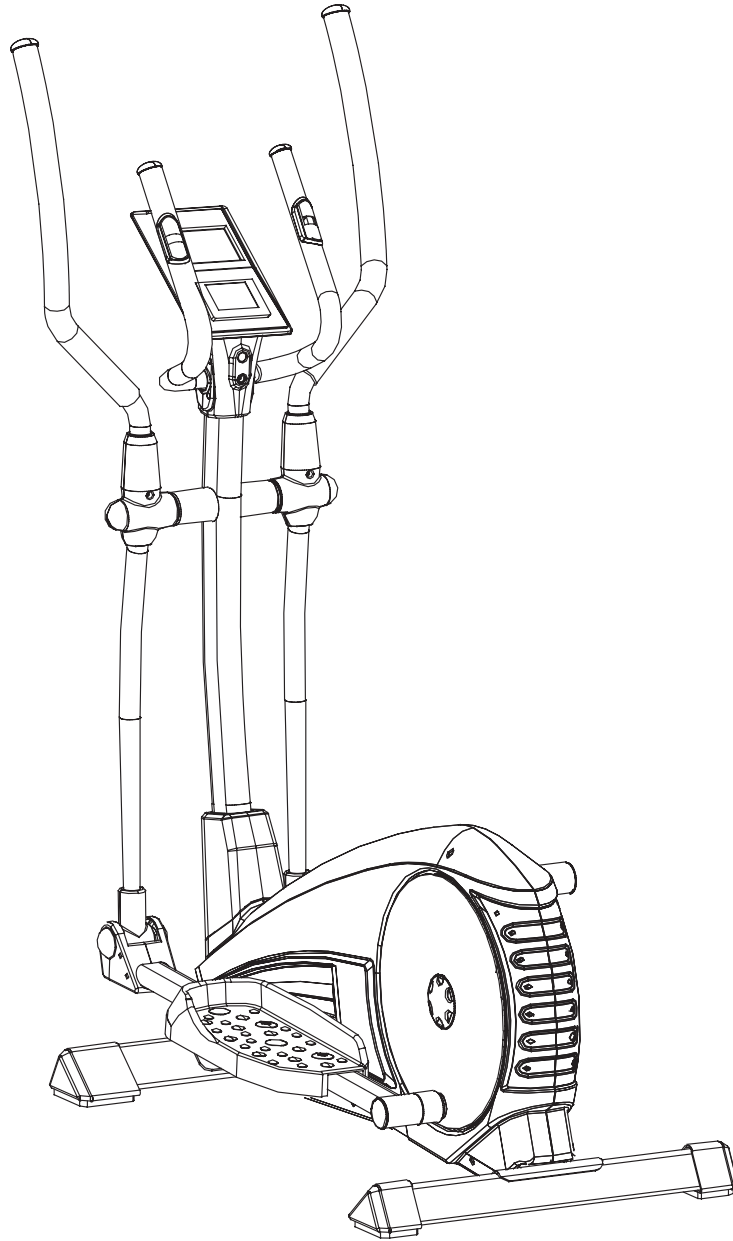




ASSEMBLY MANUAL >



SECA3

Record serial number

Elite Seca 3 Elliptical

Thank you for purchasing the **Elite Seca 3 Elliptical**.

For over 20 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 Seca 3 Elliptical**. Doing so will help to insure that you get the most out of your machine, enjoying a 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

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

(09) 258 9067

Elite Fitness HQ

11 George Bourke Drive
Mt Wellington
Auckland, New Zealand

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IMPORTANT SAFETY INSTRUCTIONS

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.
- 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:

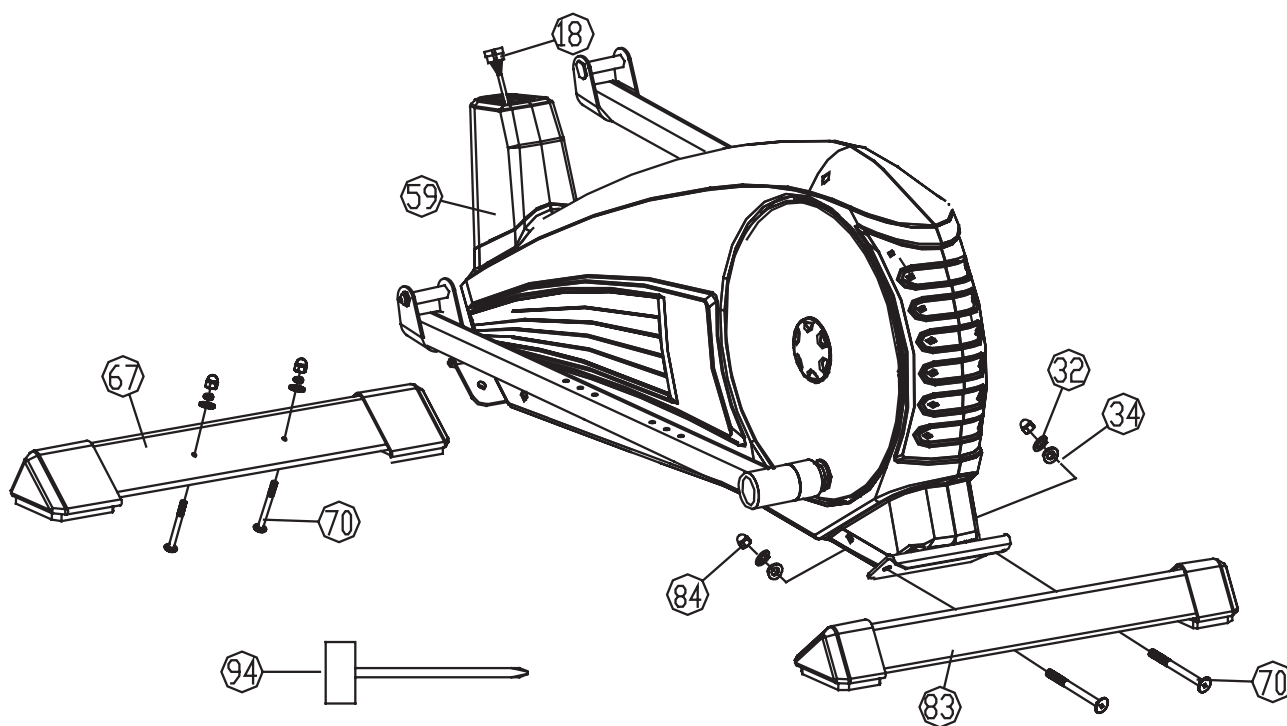
A) This product has been tested in accordance with the requirements of EN 957-1/A1, EN 957-5, standard, Class HA (HOME USE). The maximum load is limited to 120KGS.

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

User Weight Capacity:	120kg
Dimensions:	1265 x 630 x 1620mm
Shipping Weight:	54kg
Net Weight:	51kg
Power Requirements	6V 1.0A

ASSEMBLY INSTRUCTIONS

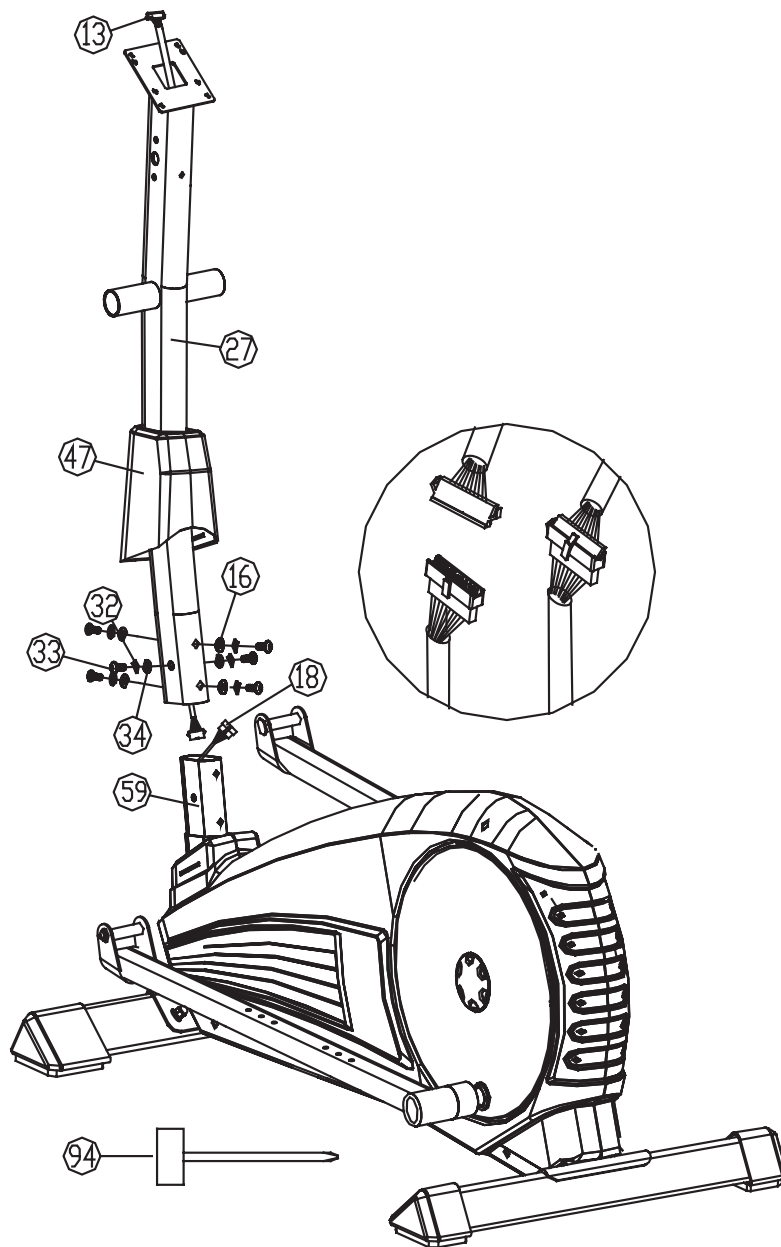


Use numbers as indicated in diagrams to carry out the assembly process.

STEP 1

- Attach the Front Stabiliser (#67) to the Main frame (#59) using 2 x Carriage Bolts (#70) 2 x Flat Washers (#34), 2 x Spring Washers (#32) and 2 x M8 Carriage Nuts (#84).
- Attach the Rear Stabiliser (#83) to the Main frame (#59) using 2 x Carriage Bolts (#70) 2 x Flat Washers (#34), 2 x Spring Washers (#32) and 2 x M8 Carriage Nuts (#84).

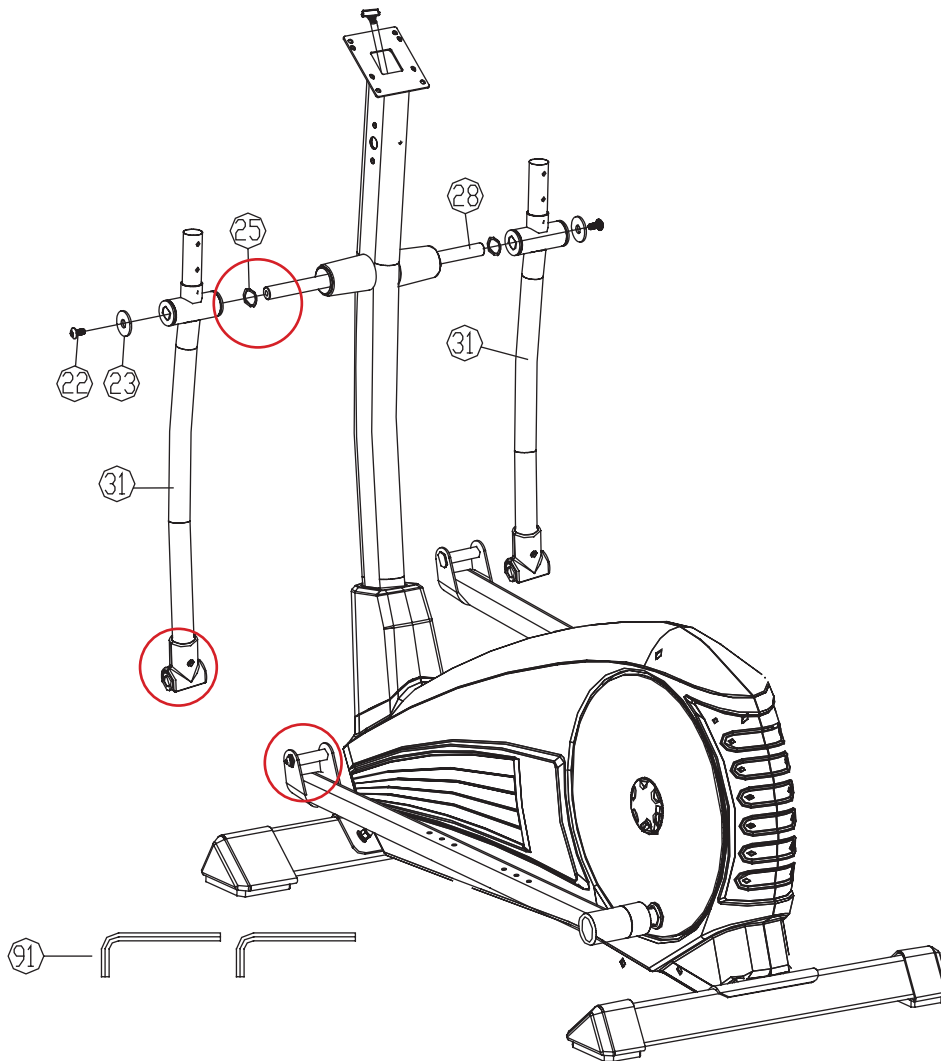
ASSEMBLY INSTRUCTIONS



STEP 2

- Slide the Front Post Cover (#47) over the Front Post (#27).
- Connect the Main Frame Cable to the Front Post Cable.
- Connect the Front Post (#27) to the Main Frame (#59) using 4 x M8 Bolts (#33) 4 X Flat Washers (#34), 4 x Spring Washers (#32) and 4 x Half-round Washers (#16).

ASSEMBLY INSTRUCTIONS

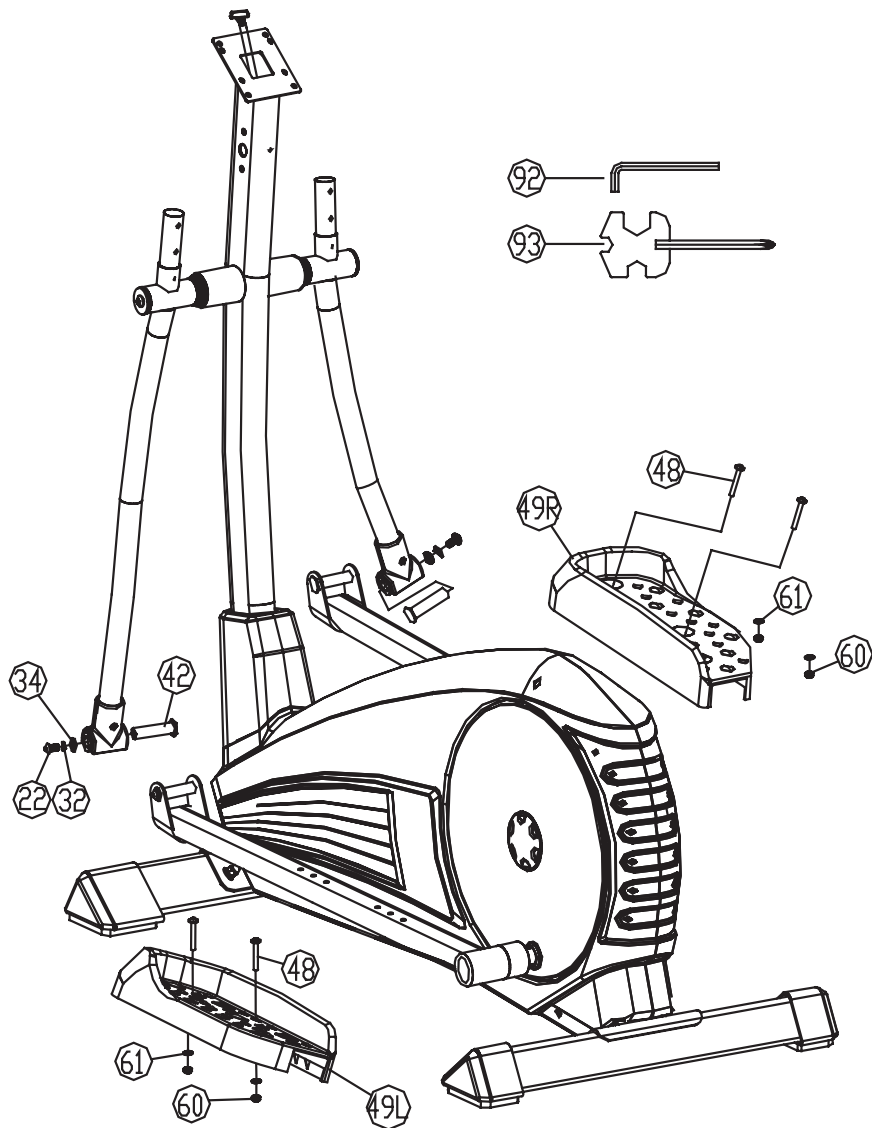


STEP 3

Please note: Lubricate wheel axle and upper arm axle using a multi purpose grease. Refer to red circles on diagram above.

- Attach the top end of the Lower Handlebar L (#31) to the left hand side of the Centre Axis (#28) on the Front Post (#27). Secure using 1 x Wave Washer (#25), 1 x Flat Washer (#23) and 1 x M8 Bolt (#22).
- Attach the top end of the Lower Handlebar R (#31) to the right hand side of the Centre Axis (#28) on the Front Post (#27). Secure using 1 x Wave Washer (#25), 1 x Flat Washer (#23) and 1 x M8 Bolt (#22).

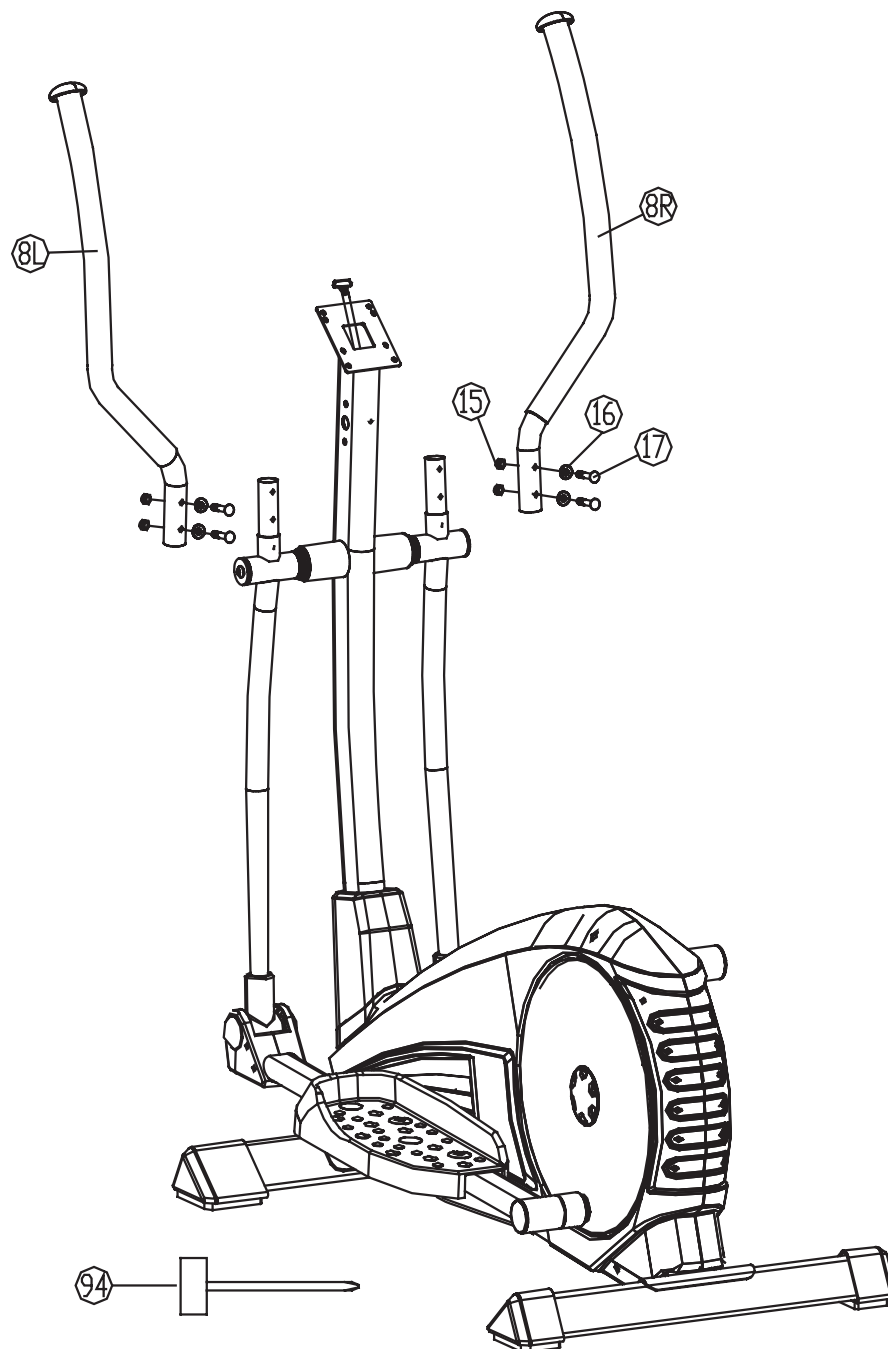
ASSEMBLY INSTRUCTIONS



STEP 4

- Attach the lower end of the Lower Handlebar L (#31) to the left hand side of the Main Frame (#59) using a Axle Bush (#42) on the inner side and a M8 Bolt (#22), Spring Washer (#32) and a Flat Washer (#34) on the outer side.
- Attach the lower end of the Lower Handlebar R (#31) to the right hand side of the Main Frame (#59) using a Bush (#42) on the inner side and a M8 Bolt (#22), Spring Washer (#32) and a Flat Washer (#34) on the outer side.
- Attach the left Pedal (#49L) to the Left Pedal Tube (#56) using 2 x M6 Screws (#48), 2 x Flat Washers (#61) and 2 x Nylon nuts (#60).
- Attach the right Pedal (#49R) to the Right Pedal Tube (#64) using 2 x M6 Screws (#48), 2 x Flat Washers (#61) and 2 x Nylon nuts (#60).

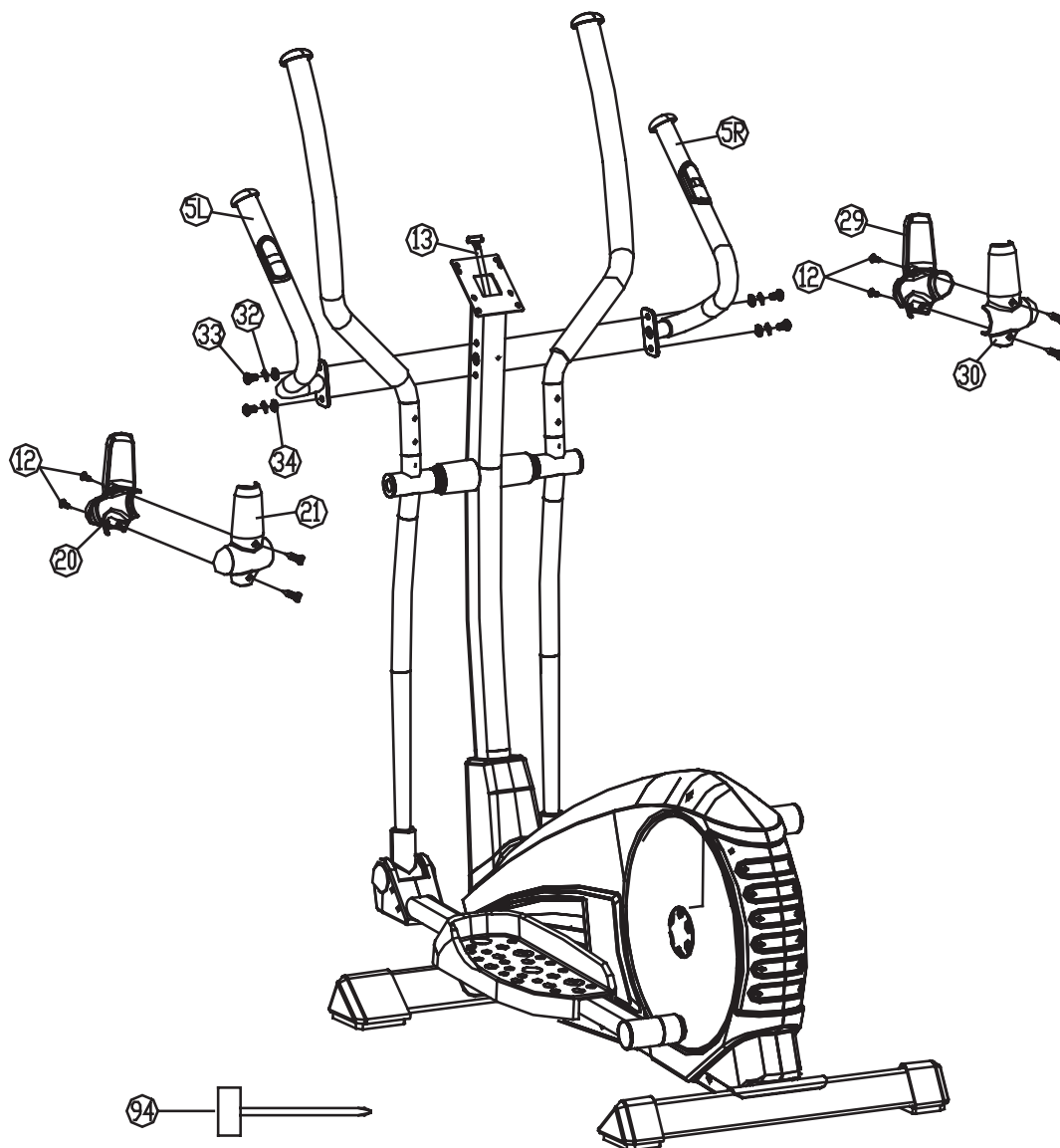
ASSEMBLY INSTRUCTIONS



STEP 5

- Attach the Left and Right Upper Handlebars (#8R/L) using 4 x M8x38 Carriage Bolts (#17), 4 x Half-round Washers (#16) and 4 x M8 Nylon Nuts (#15). Refer to the diagram above.

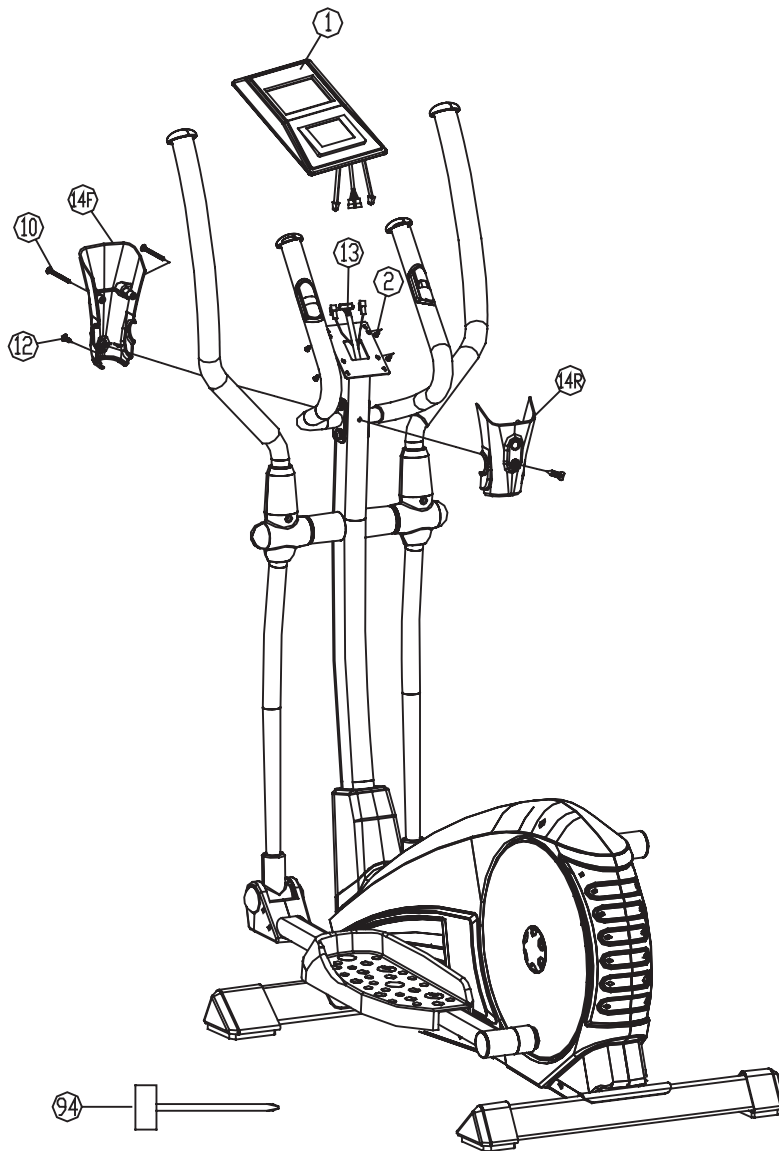
ASSEMBLY INSTRUCTIONS



STEP 6

- Attach the left and right small handlebars (#5) to the Front Post (#27). Secure using 4 x M8 Bolts (#33), 4 x Spring Washers (#32) and 4 x Flat Washers (#34). Refer to the above diagram.
- Attach the Left Lower Arm Covers (#20 & 21) to the Left Lower Handlebar (#31) using 4 x M5 Screw (#5).
- Attach the Right Lower Arm Covers (# 29 & 30) to the Right Lower Handlebar (#31) using 4 x M5 Screw (#4).

ASSEMBLY INSTRUCTIONS



STEP 7

- Connect Upper Computer Wire from Computer (#1) to the Front Post Wire (#13).
- Connect Upper Pulse Wire from Computer (#1) to the Lower Pulse Wire from Handlebar.
- Attach Computer (#1) to the Front Post (#10) using 4 x M5 Screws (#5). Screws are pre-assembled in computer. Refer to the above diagram.
- Attach the front Computer Cover (#14F) using 1 x M5 screw (#12)
- Attach the rear Computer Cover (14R) using 2 x M5 screws (#12) and 2 x Self Taping Screws (#10).

ASSEMBLY INSTRUCTIONS

CONGRATULATIONS

Assembly of your **Elite Seca 3 Elliptical** 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 **Elite Elliptical** and serious injury to users and bystanders and can also compromise the effectiveness of your exercise program.

USER INSTRUCTIONS



SCAN	: Alternates between WATTS/CALORIES and RPM/SPEED. 6 seconds per display.
RPM	: 0-15-999
SPEED	: 0.0-99.9 km/h
TIME	: 0:00-99:59.
DISTANCE	: 0.00-99.99 km
CALORIES	: 0-999.
PULSE	: P-30-240
HEART SYMBOL	: ON / OFF flashes
MANUAL	: 1-16 level
PROGRAM	: P1-P12
WATTS CONSTANT	: 10-350

USER INSTRUCTIONS

PRE-SET USER:

Enter user data (sex / age/ height / weight) to accurately calculate workout feedback.

SELECT

MANUAL/PROGRAMS/ WATT CONSTANT/PERSONAL/FITNESS(OPTION)/H.R.C

User can choose different control modes to start their workout. See below is main description of each control mode.

EXECUTE

MANUAL/PROGRAMS/ WATT CONSTANT/PERSONAL/ FITNESS(OPTION)/H.R.C

Execute selected control mode.

PRE-SET

TIME/DISTANCE/CALORIES/WATTS/HEART RATE

Setting and selecting the users desired function value of the above, the function value display will count down to zero; or if the user does not input any function value, the computer will know your workout is from 0 to end value.

PRESS ENTER/UP/DOWN/START/PAUSE

Use UP / DOWN key to increase / decrease function value.

After setting each function value to press "ENTER" to confirm your setting.

START / PAUSE- Finish previous setting step to press START to start operating; user can press "PAUSE" if they want to pause their workout for a short period of time.

TEST RECOVERY

Press RECOVERY, the computer will calculate your recovery value and will display the results. This uses your preset data and actual workout function value.

FUNCTION DESCRIPTION

- MANUAL: Set the resistance level using the dot matrix display then (if required) set exercise parameters TIME/DISTANCE / CALORIES / PULSE then press START/STOP to START manual program.
- PROGRAM: 12 automatic adjusting programs with control exercise (P1~P12), resistance level can be adjusted during PROGRAM DIAGRAM is flashing.
- WATTS CONSTANT: User can default WATTS value at their desire 10-350 watts between 10~350 watts by using the UP/ DOWN knob. To fix WATTS constant value and then press ST/STOP key. Use WATTS control mode to train yourself in different WATTS's constant.
- PERSONAL: Create your own Program profile through U1~U4 by setting the resistance level for each individual segment. Then the Program will be automatically saved for future use. U0 ENTER can be set the same as U1~U4 but this Program cannot be saved.

USER INSTRUCTIONS

H.R.C HEART RATE CONTROL: Select your target Heart Rate, choose from one of the preset programs 55%, 75% or 90%. Please enter your age into the User Data to ensure that your target heart rate is set correctly. The PULSE display will flash when you have reached your target heart rate according to the Program you have chosen.

55% -- DIET PROGRAM

75% -- HEALTH PROGRAM

90% -- SPORTS PROGRAM

TARGET—USER SET TARGET HEART RATE

Condition	Score	Heart Rate
Excellent	F1	Above 50
Good	F2	40 ~ 49
Average	F3	30 ~ 39
Fair	F4	20 ~ 29
Poor	F5	10 ~ 19
Very Poor	F6	Under 10

RECOVERY:

When you have finished your workout, press RECOVERY. For RECOVERY to function correctly, it needs your Heart Rate input. TIME will count down from 1 minute and then your fitness level from F1 to F6 will be displayed.

NOTE: during RECOVERY, no other displays will operate.

F 1 ~ F6 = RECOVERY HEART RATE LEVEL.

Get the result from F1 - F6 chart above.

OPERATION

When turned on, the computer will default to U1. Select user using the UP/DOWN key, press Enter key to confirm selection. Input user data, sex, age, height, weight into top – right window, press ENTER key to confirm.

Function Control display will flash, indicating you can select the Programs P1-P12 by turning UP/DOWN key and then press ENTER key to confirm. Any of the default values can be changed by pushing the ENTER key until the desired program profile is flashing. Press the ENTER key to confirm.

When the Program and other protocols are entered press START/STOP key and begin your workout.

KEY FUNCTIONS

1. MODE KEY: Function select and confirmation key.
2. UP/DOWN KNOB: Increase and decrease or select option.
3. RESET KEY: Reset all displays to default values.
4. START/STOP KEY: Start/stop key
5. RECOVERY KEY: Fitness test by measuring your recovery rate.

CARE AND MAINTENANCE

WARNING

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

Prolong the life of your elliptical 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 ellipticals powder-coated framework and prevent unnecessary corrosion stains and damage to the structural components from sweat and perspiration. During this time check for any cracks and damage.

Pivot points

No matter what style of elliptical trainer you have there will be areas where the arms and legs rotate on an axle or bolt. These pivot points need to be tightened enough so there is still movement in the desired direction of travel but no sideways movement.

Excessive sideways movement causes knocking noises and extra wear. Crosstrainers with a sealed bearing on the axle do not require greasing however units with a plastic or brass bushing should be greased twice a year with general purpose automotive grease between the axle and bush. This ensures that the moving parts are not rubbing directly on one another and causing wear.

Joins in frame

Areas where the frame is bolted together (e.g. the upright mast to the base or the stabiliser legs to the base) need to be kept really tight. Any movement in these areas can cause knocking or squeaking noises during use. It pays to check once every couple of months that things haven't loosened off. Using a thread-locking compound is encouraged but it's still not a permanent solution, checking on a regular basis is the best bet to keep your machine running as best it possibly can.

LIMITED WARRANTY

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 adjustment of the machine;

The Elliptical should not be:

- A) Plugged into a multi-board plug device. The elliptical 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.

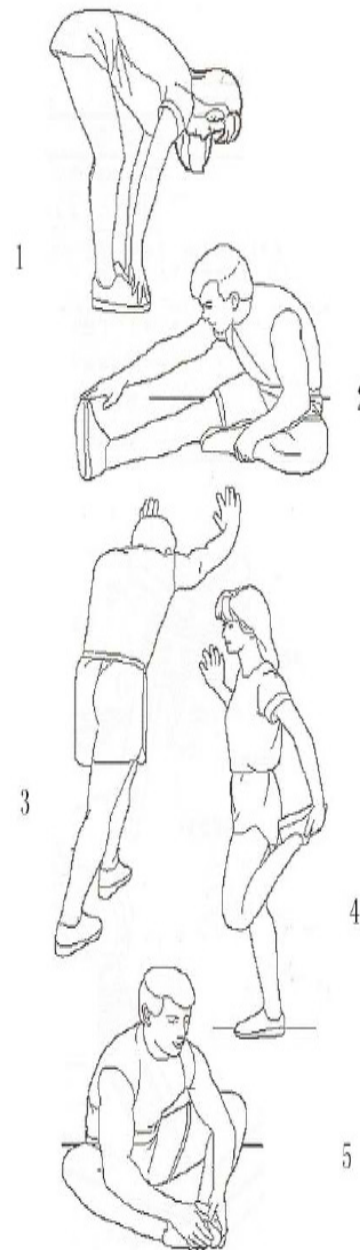
Repair and Maintenance Service

Please contact our Elite Fitness Service Department at eliteservice@elitefitness.co.nz or visit 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
		VO2 Max (Maximum Effort)									
	90%	180	176	171	167	162	158	153	149	140	135
		Anaerobic (Hardcore Training)									
	80%	160	156	152	148	144	140	136	132	124	120
		Aerobic (Cardio Training/Endurance)									
	70%	140	137	133	130	126	123	119	116	109	105
		Weight Control (Fitness/Fat Burn)									
	60%	120	117	114	111	108	105	102	99	93	90
		Moderate Activity (Maintenance/Warm up)									
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)

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

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

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

Example: $220 - 39 = 181$ bpm

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

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

PARTS LIST

We recommend 2 people assist in assembling this unit. Place all parts of the elliptical in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed. Before you start installation, inspect and prepare all parts and screws featured in this manual. When you open the carton, you will find the following parts:

PART NO.	DESCRIPTION	Q'TY
1	Computer	1
2	Computer Screws A3 M5*10mm	4
3	Foam grip STR \varnothing 23*5T*500mm	2
4	Handlebar pulse ABS 12B2	
5	Small handlebar(R/L) Q235 \varnothing 25.4*2T*530mm	1set
6	Self-taping screw A3 ST4*20mm	2
7	Handlebar cap PVC	1
8	Upper handlebar (R/L) Q235 \varnothing 31.8*2T*730mm	1set
9	Foam grip STR \varnothing 30*5T*500mm	2
10	Self-taping screw A3 ST4*16mm	2
11	END CAP ABS	2
12	Srew A3 M5*10Lmm	11
13	Front Post Wire	1
14	Cockpit(F/R) ABS	1set
15	Nylon nut A3 M8	8
16	Half round washer A3 \varnothing 8* \varnothing 19*2mm	8
17	Carriage bolts A3 M8*38mm	4
18	Cable below	1
19	Self-tapping A3 ST4*16mm	4
20	Left moving handlebar cover(front) ABS	1
21	Left moving handlebar cover(back) ABS	1
22	Bolt with glue A3 M8*16mm	4
23	Flat washer A3 \varnothing 8* \varnothing 38*2mm	2
24	Plastic bushing PA+Mos2 \varnothing 38*25mm	6
25	Wave washer 65Mn \varnothing 19*0.3mm	2
26	Centre axis cover ABS	2
27	Front Post Q235 40*80*1.5mm	1
28	Centre axis A3 \varnothing 19*363.5mm	1
29	Right moving handlebar cover(front) ABS	1
30	Right moving handlebar cover(back) ABS	1
31	Lower Handlebar L Q235	2
32	Spring washer 65Mn \varnothing 8	18
33	Bolt A3 M8*16mm	10
34	Flat washer A3 \varnothing 8* \varnothing 19*2mm	20
35	Motor	1
36	Chain cover (L/R) ABS	1set
37	Idle wheel Q235	2

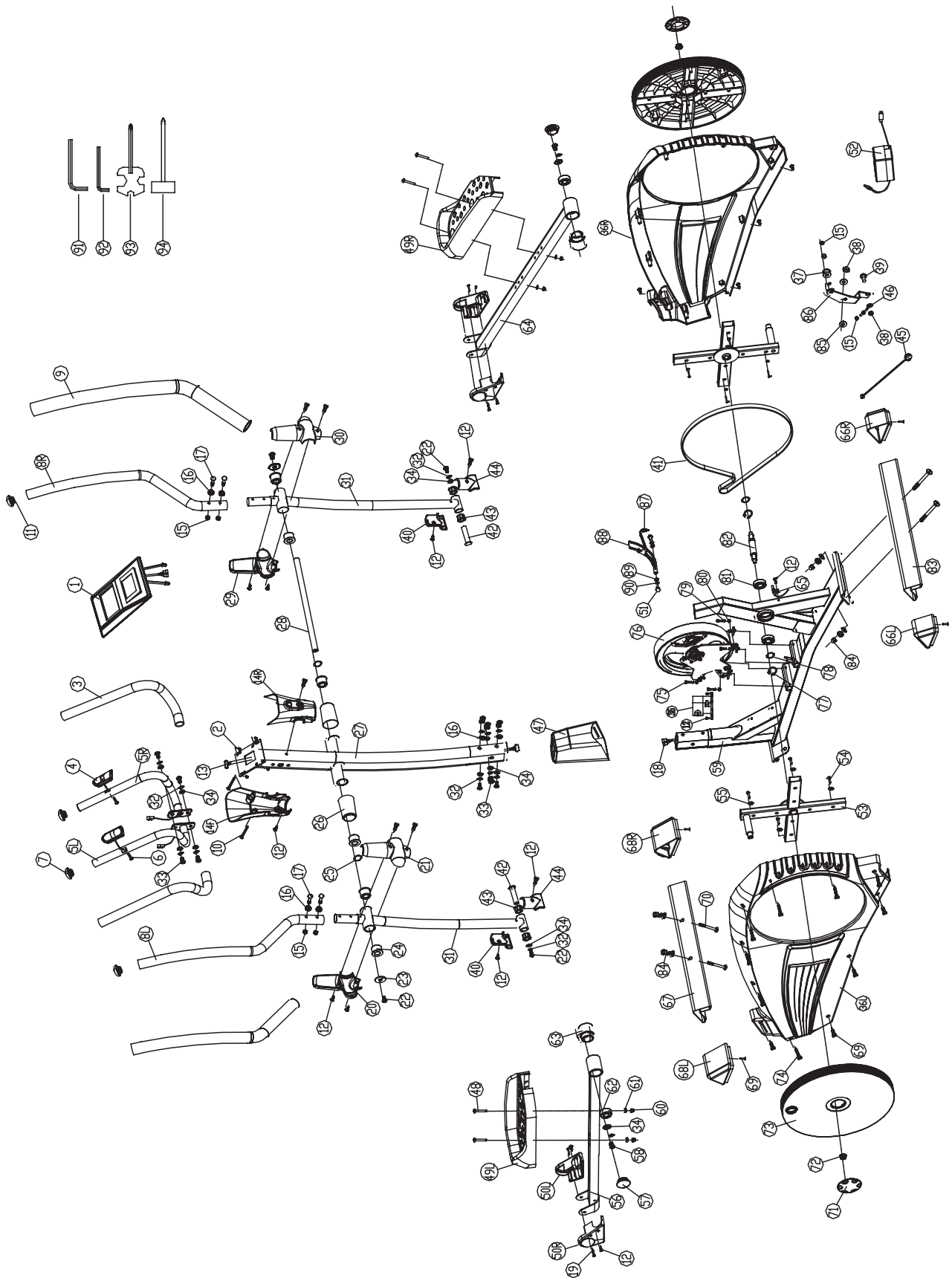
PART NO.	DESCRIPTION	Q'TY
38	Nylon nut M10	2
39	Screw A3 M10	1
40	Front cover for adjustment tube ABS	2
41	Belt	1
42	Axle Bush A3 \varnothing 12*60mm	2
43	Bearing GCR15 6001ZZ	4
44	Back cover for adjustment tube ABS	2
45	DC cable	1
46	Pull rod M6*70mm	1
47	Front Post Cover	1
48	Screw A3 M6*43mm	4
49	Pedal(L/R) PP	1set
50	Foottube cover(L/R) ABS	1
51	Screw 45# M6X16L	2
52	Adaptor 26VAC 2.5A	1
53	Cross bracket Q235	2
54	Self-tapping screw A3 ST5*16mm	16
55	Flat washer A3 \varnothing 5* \varnothing 16*1.5mm	16
56	Left pedal tube Q235	2
57	End cap PP \varnothing 48	2
58	Hex head screw with glue A3 M8*25mm	2
59	Main frame Q235	1
60	Nylon nuts A3 M6	4
61	Flat washer A3 \varnothing 6* \varnothing 13*1mm	4
62	Universal bearing GCR15 2203 2RS	2
63	Plug PP	2
64	Right pedal tube Q235	1
65	Sensor pole	1
66	Rear Stabilizer(L/R) PP	1set
67	Front Stabiliser(L/R) PP	1set
68	Front foottube Q235	1
69	Self-tapping screw A3 3/16" #10*3/4	26
70	Carriage bolt A3 M8*40mm	4
71	Cover for turndisk ABS	2
72	Screw with glue A3 M10	2
73	Plastic disk cover ABS	2
74	Self-tapping screw A3 ST4*50mm	8

PARTS LIST

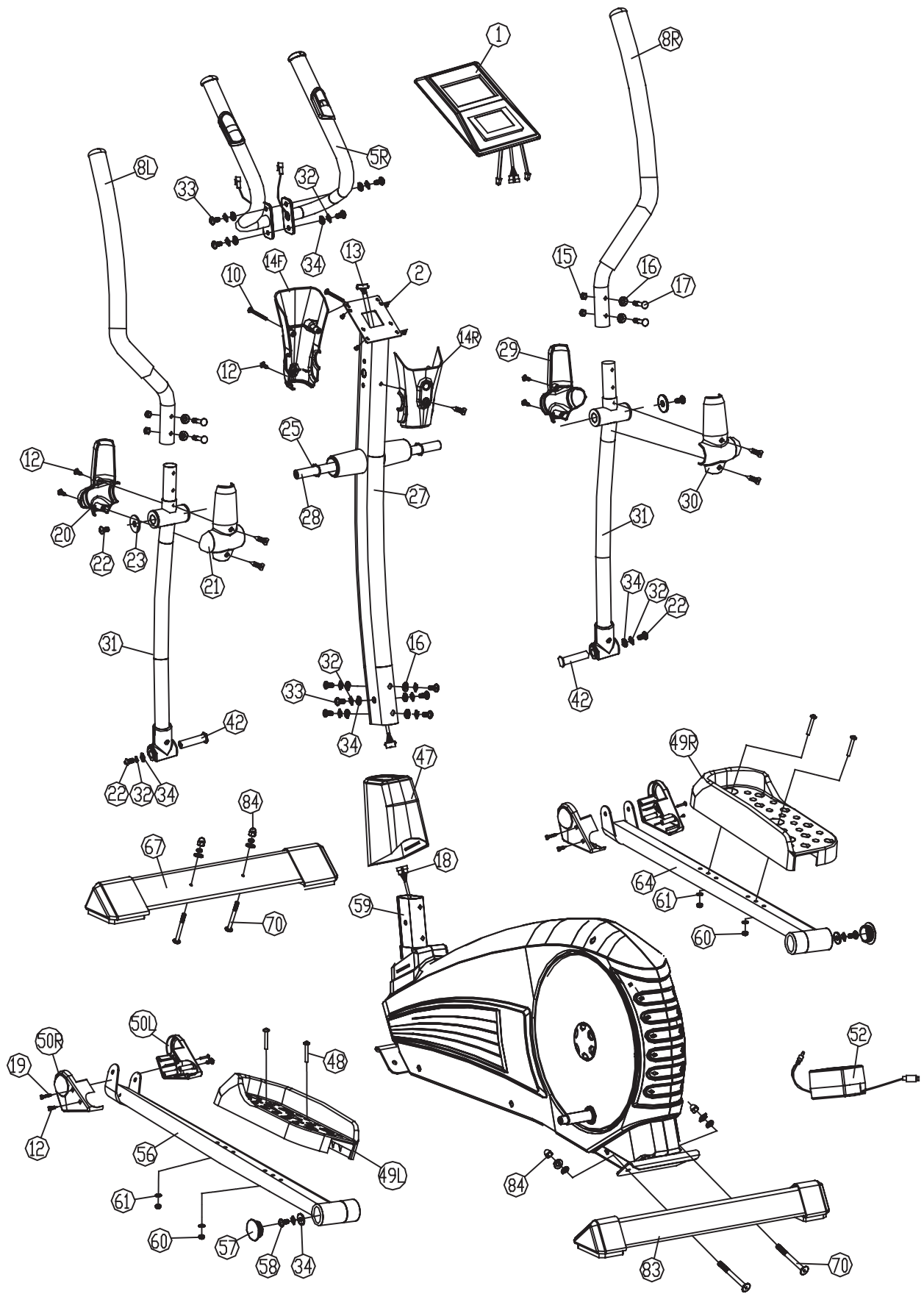
PART NO.	DESCRIPTION	Q'TY
75	Round-head screw A3 M6*16mm	4
76	EMSflywheel HT200	1
77	C-shape buckle 65Mn Ø20	2
78	Wave washer 65Mn Ø20	2
79	Spring washer 65Mn Ø6	4
80	Flat washer A3 Ø6	4
81	Bearing GCR15 6004ZZ	2
82	Axis 40Cr Ø20*120mm	1
83	Rear stabliser Q235	1
84	Carriage nut A3 M8	4

PART NO.	DESCRIPTION	Q'TY
85	Flat washer A3Ø30*Ø10*1mm	1
86	Idle pole A3 5mm	1
87	Spring 65Mn	1
88	Magnet set	1
89	Flat washer Q235	2
90	Spring washer 65Mn	2
91	ALLAN WRENCH A3 6mm	2
92	ALLAN WRENCH A3 5mm	1
93	ALLAN WRENCH A3 10\13\19	1
94	ALLAN WRENCH A3 13\15	1

EXPLODED DRAWING



EXPLODED DRAWING





For more information about our Elite exercise equipment or other brands that we stock for your home, visit www.elitefitness.co.nz

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0800 243 834, www.elitefitness.co.nz

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