

# TRACER 8

Record serial number

*Elite Tracer 8 Elliptical*

Thank you for purchasing the **Elite Tracer 8 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 Tracer 8 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](http://www.elitefitness.co.nz/service)**

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

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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.

— 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 150KGS.

**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.**

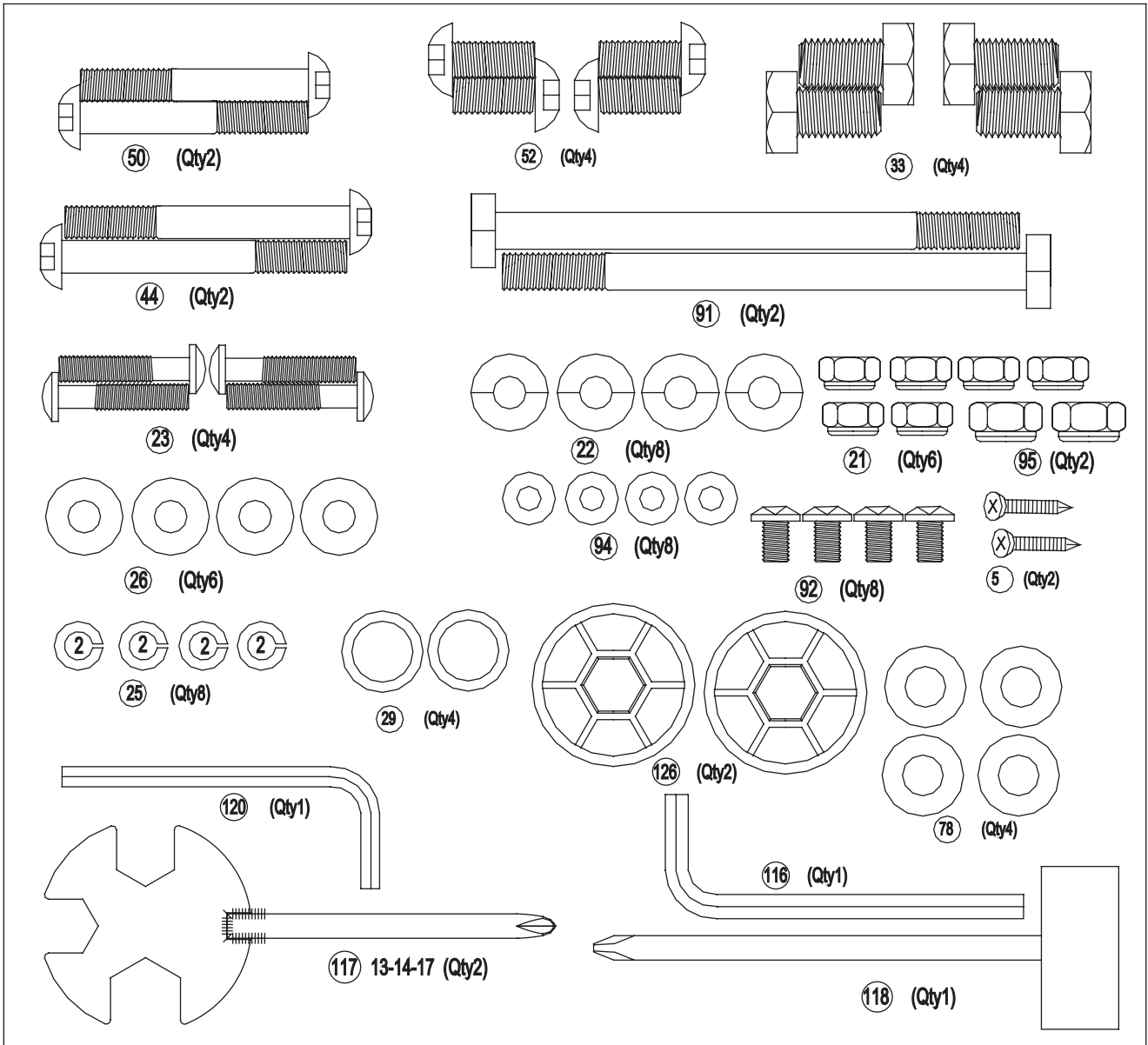
## PRODUCT SPECIFICATIONS

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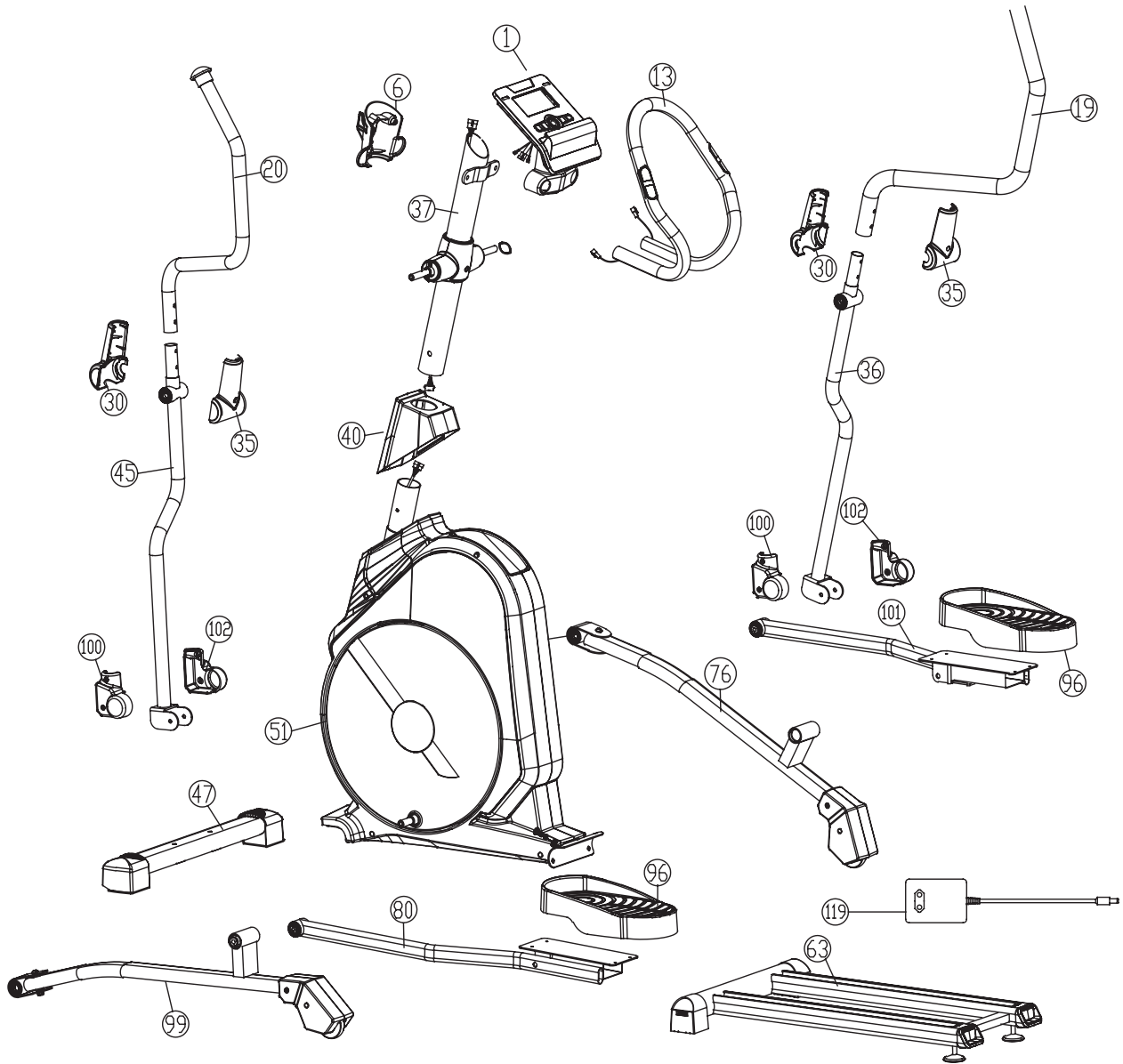
User Weight Capacity:	150kg
Dimensions:	880 x 455 x 990mm
Shipping Weight:	68.4kg
Net Weight:	63.5kg

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# HARDWARE LIST

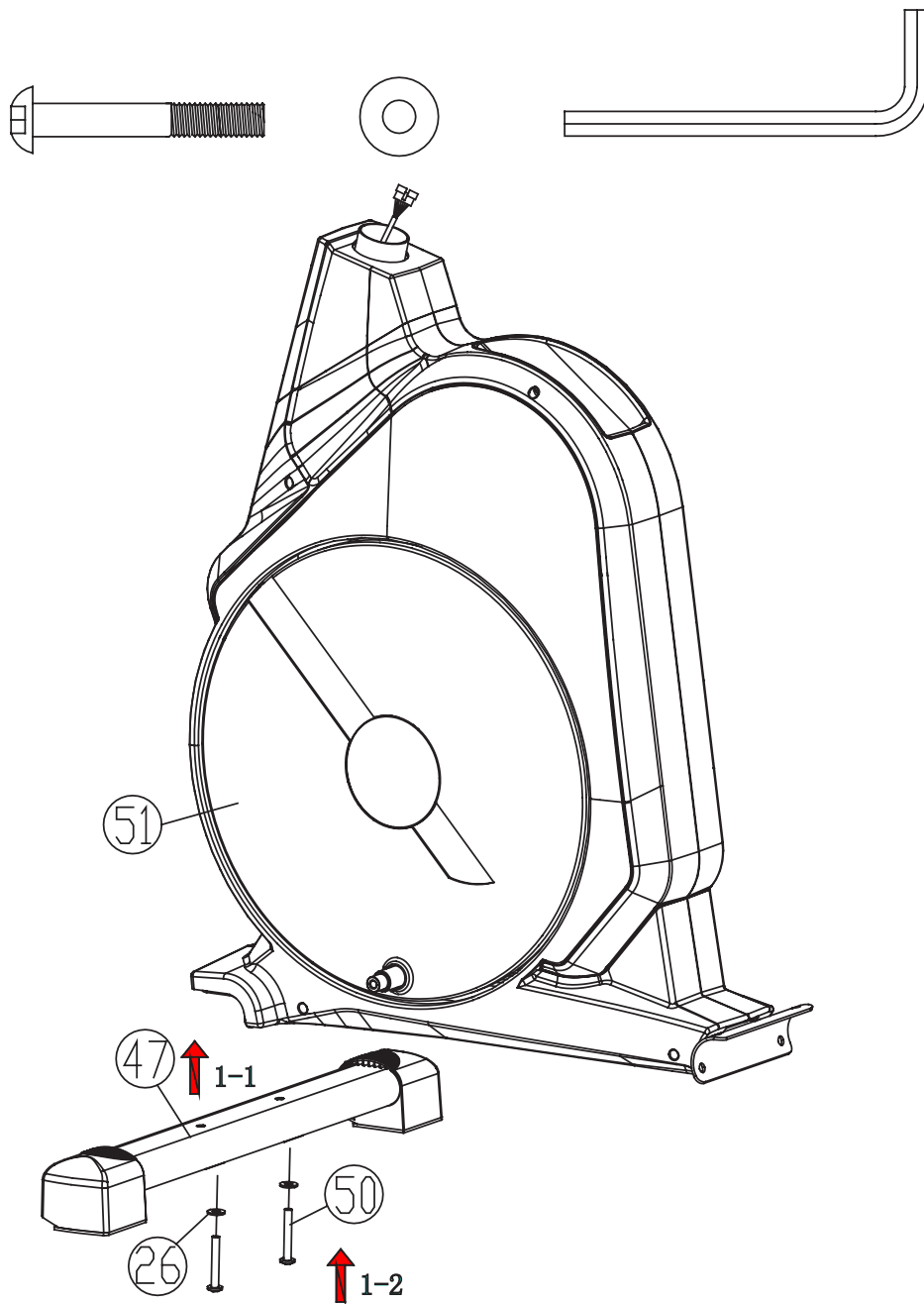


# ASSEMBLY COMPONENTS



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:

# ASSEMBLY INSTRUCTIONS

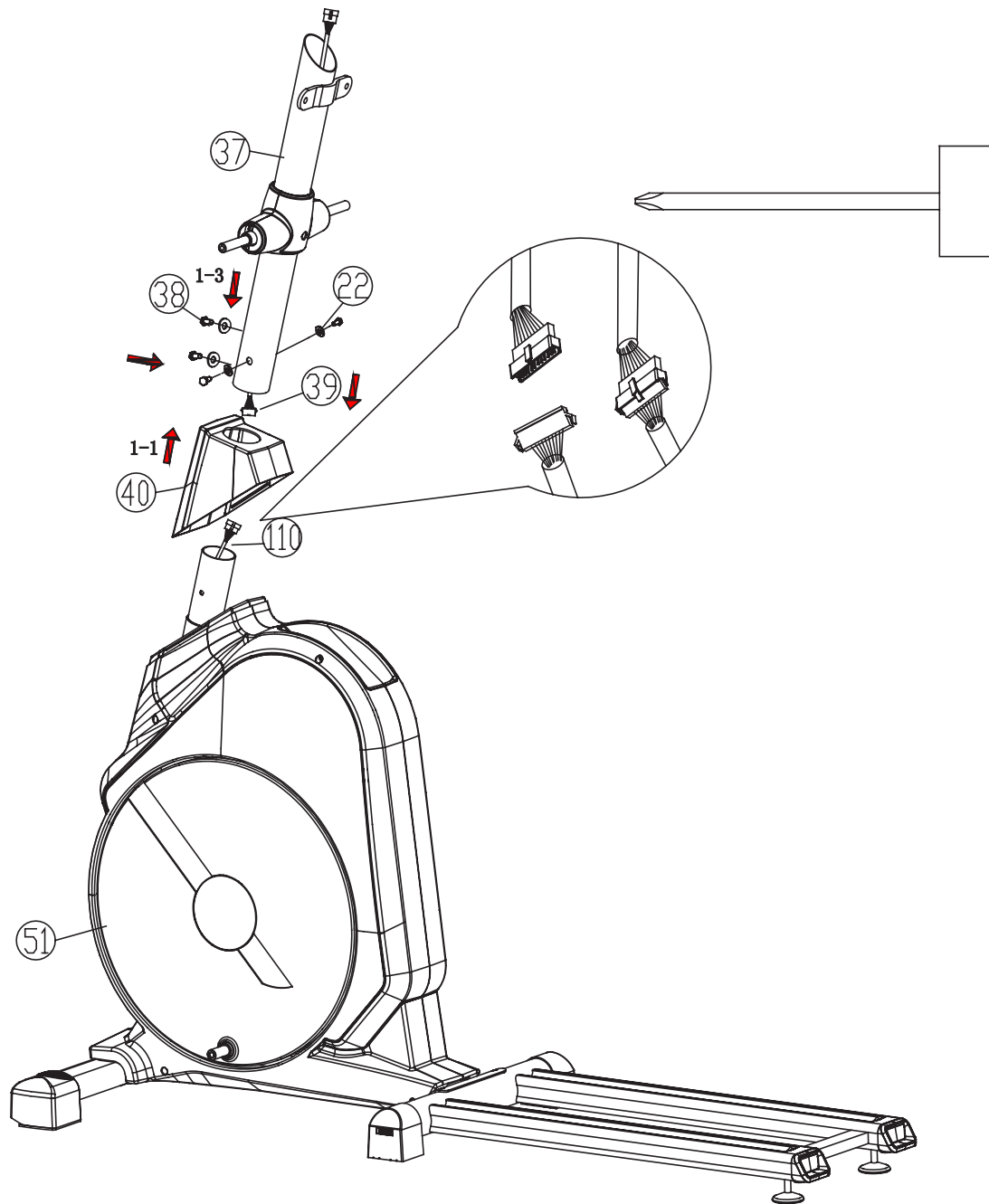


Use numbers as indicated in diagrams to carry out the assembly process.

## STEP 1

- Attach the Front Stabiliser (#47) to the Main frame (#51) using 2 x M8 Bolts (#50) and 2 x Flat washers (#26).
- Attach the Rear Stabiliser (#63) to the Main frame (#51) using 2 x M8 Bolts (#50) and 2 x Flat washers (#26).

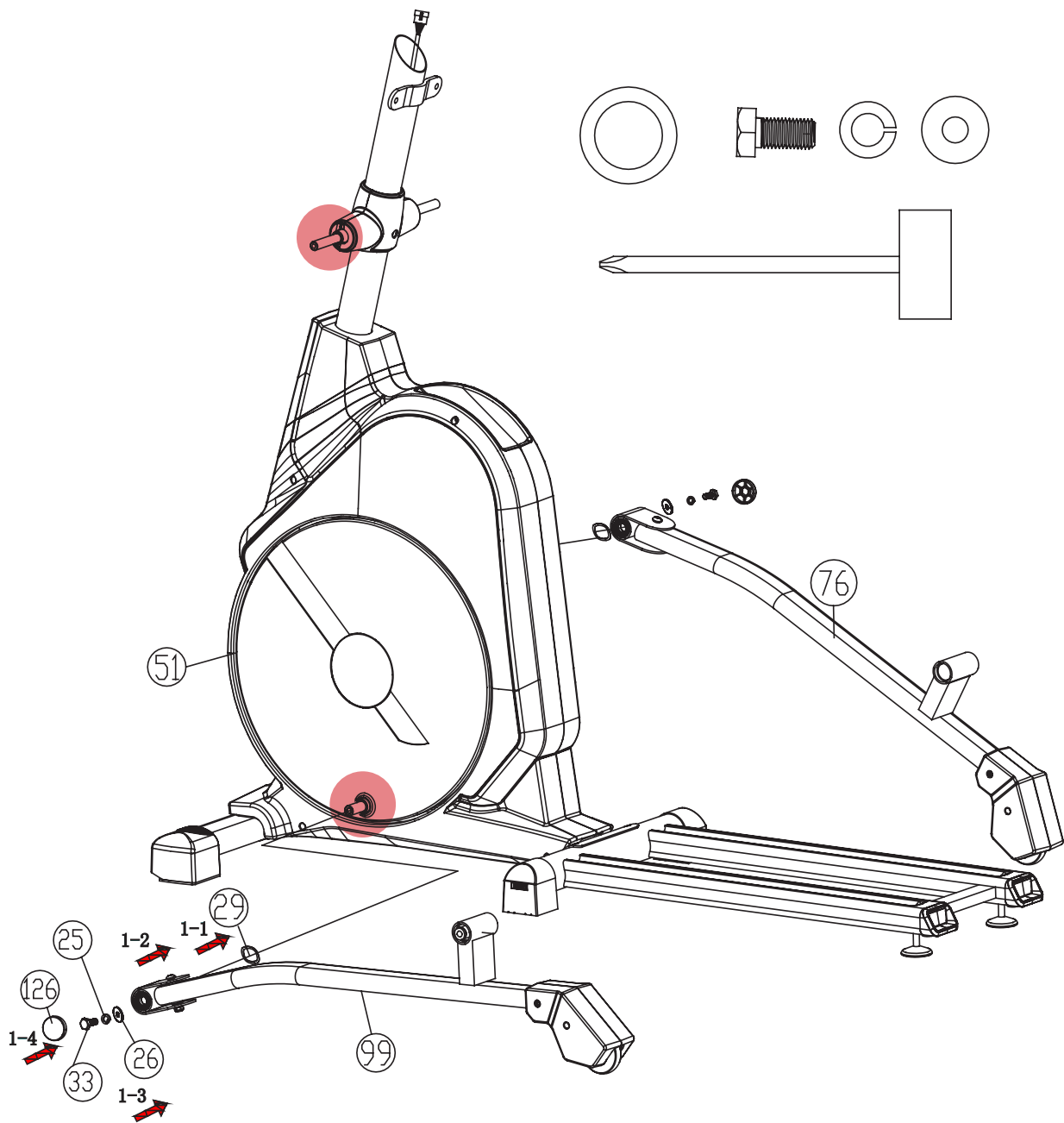
# ASSEMBLY INSTRUCTIONS



## STEP 2

- Slide the Front Post Cover (#40) over the Front Post (#37).
- Connect the Main Frame Cable (#110) to the Front Post Tube Cable (#39).
- Connect the Front Post (#37) to the Main Frame (#51) using 4 x M8 Bolts (#38) and 4 x Flat Semi-circle washers (#22).

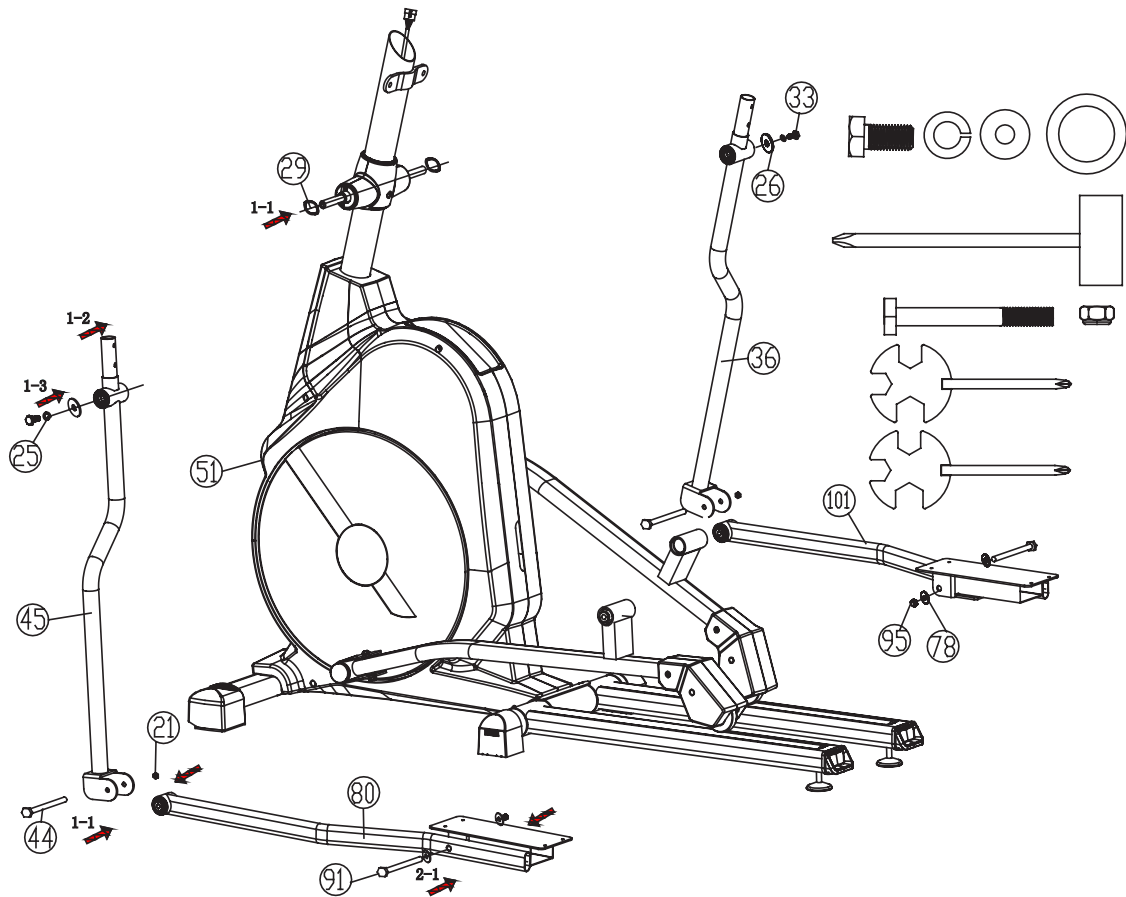
# ASSEMBLY INSTRUCTIONS



## STEP 3

- Attach the left Pedal Tube (#99) to the left side of the Main Frame (#51) using 1 x Wave Washer (#29), 1 x Flat Washer (#26), 1 x Spring Washer (#25), 1 x M8 Bolt (#33) and an End Cap (#126).
- Attach the Right Pedal Tube (#76) to the right side of the Main Frame (#51) using 1 x Wave Washer (#29), 1 x Flat Washer (#26), 1 x Spring Washer (#25), 1 x M8 Bolt (#33) and an End Cap (#126).
- **Please note:** Lubricate wheel axle and upper arm axle using a multi purpose grease. Refer to red circles on diagram above.

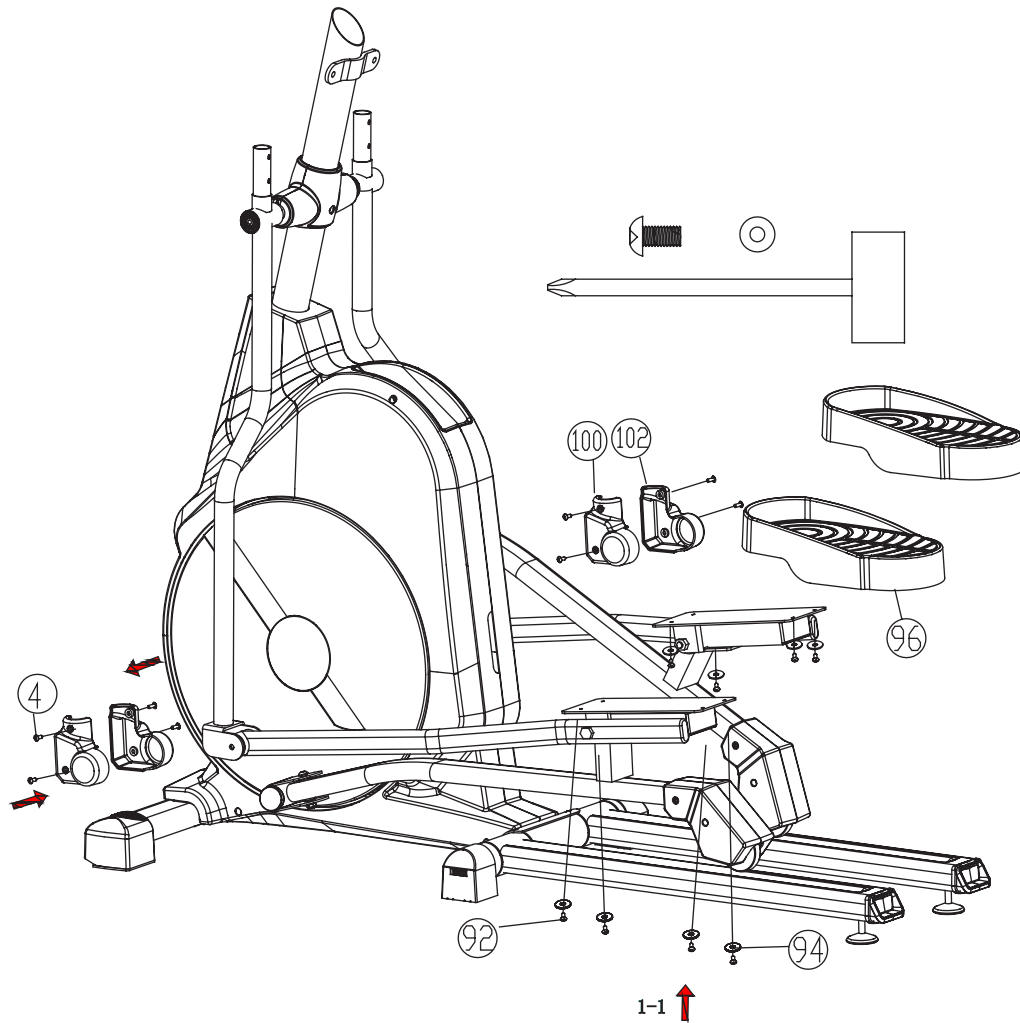
# ASSEMBLY INSTRUCTIONS



## STEP 4

- Attach the Lower Handlebar L (#45) to the left hand side of the Front Post (#37) using 1 x Wave Washer (#29), 1 x Flat Washer (#26), 1 x Spring Washer (#25) and 1 x M8 Bolt (#33).
- Attach the Left Pedal Arm (#80) to Lower Handlebar L (#45) on the left hand side of the Main Frame (#51) using a M8x70 Bolt (#44). On the bottom of the Left Pedal Arm (#80) attach a M10 Bolt (#91) and washer to the outer side, on the inner side attach a Nylon Nut (#95) and a Flat Washer (#78).
- Attach the Lower Handlebar R (#36) to the right hand side of the Front Post (#37) using 1 x Wave Washer (#29), 1 x Flat Washer (#26), 1 x Spring Washer (#25) and 1 x M8 Bolt (#33).
- Attach the Right Pedal Arm (#101) to Lower Handlebar R (#36) on the right hand side of the Main Frame (#51) using a M8x70 Bolt (#44). On the bottom of the Right Pedal Arm (#101) attach a M10 Bolt (#91) and washer to the outer side, on the inner side attach a Nylon Nut (#95) and a Flat Washer (#78).

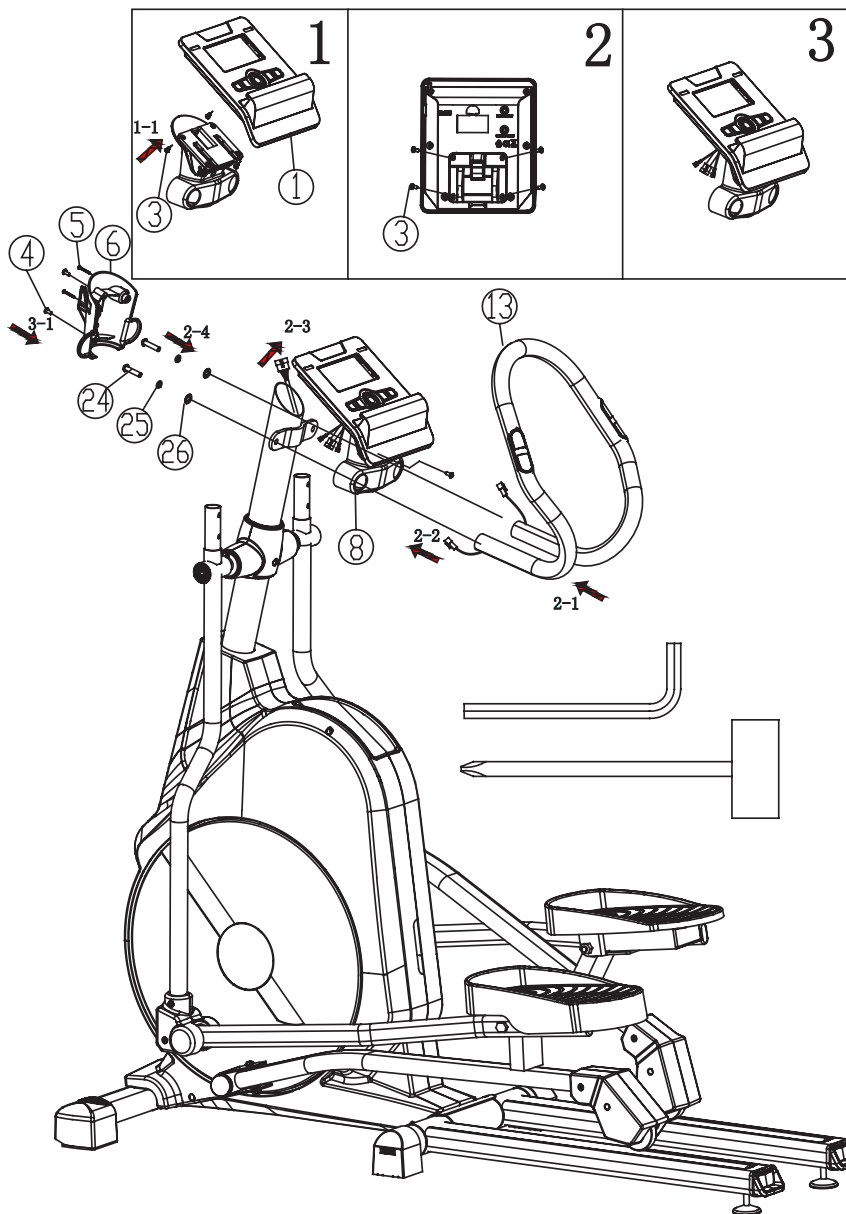
# ASSEMBLY INSTRUCTIONS



## STEP 5

- Attach the left Pedal (#96) to the Left Pedal Weld (#80) using 4 x M6 Screws (#92).
- Attach the right Pedal (#96) to the Right Pedal Weld (#76) using 4 x M6 Screws (#92).
- Attach the Pedal Cover L (#100) to the Left Pedal Weld (#80) using 4 x Screws (#4).
- Attach the Pedal Cover R (#102) to the Right Pedal Weld (#76) using 4 x Screws (#4).

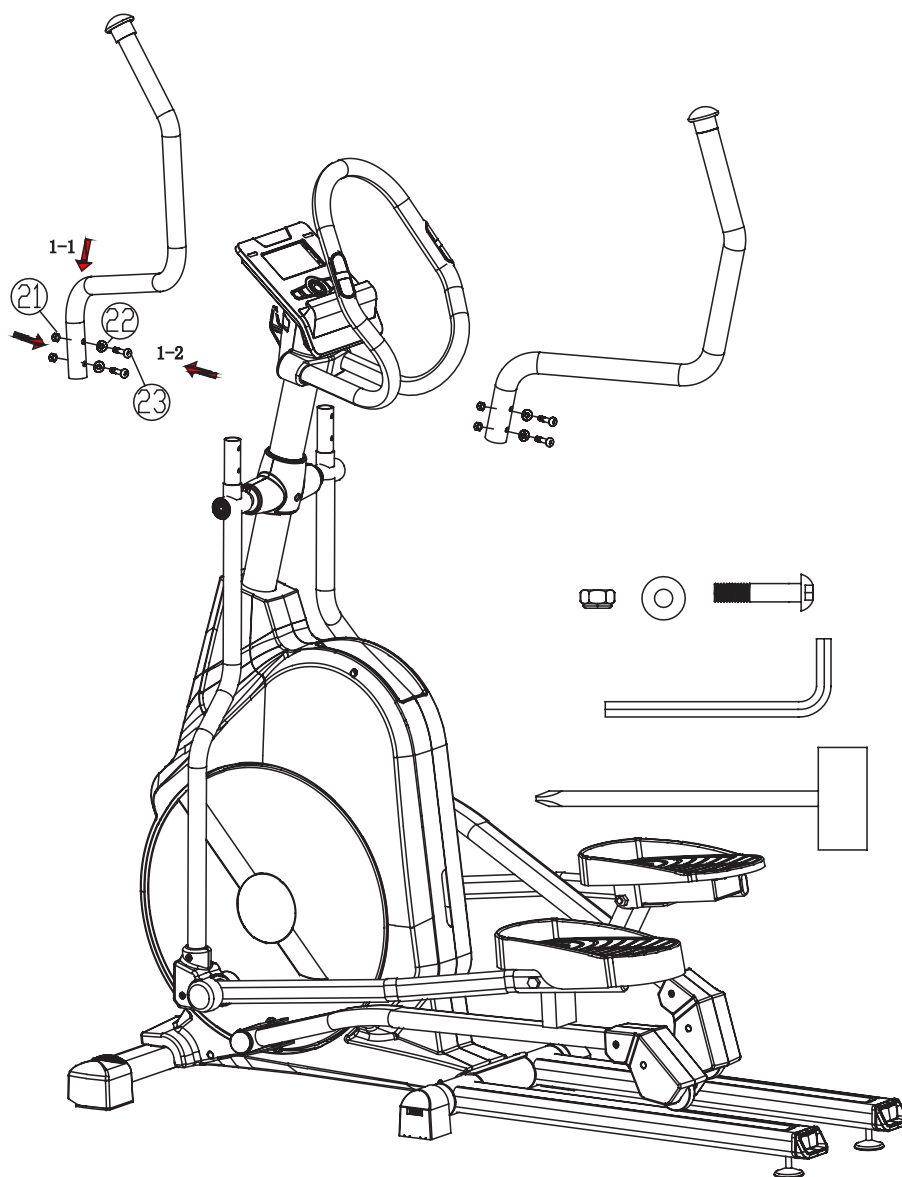
# ASSEMBLY INSTRUCTIONS



## STEP 6

- Connect Upper Computer Wire from Computer (#1) to the Front Post Wire (#37).
- Connect Upper Pulse Wire from Computer (#1) to the Lower Pulse Wire from Handlebar.(#13)
- Attach Computer (#1) and Handlebar (#13) to the Front Post ( #37). Refer to the above diagram.

# ASSEMBLY INSTRUCTIONS

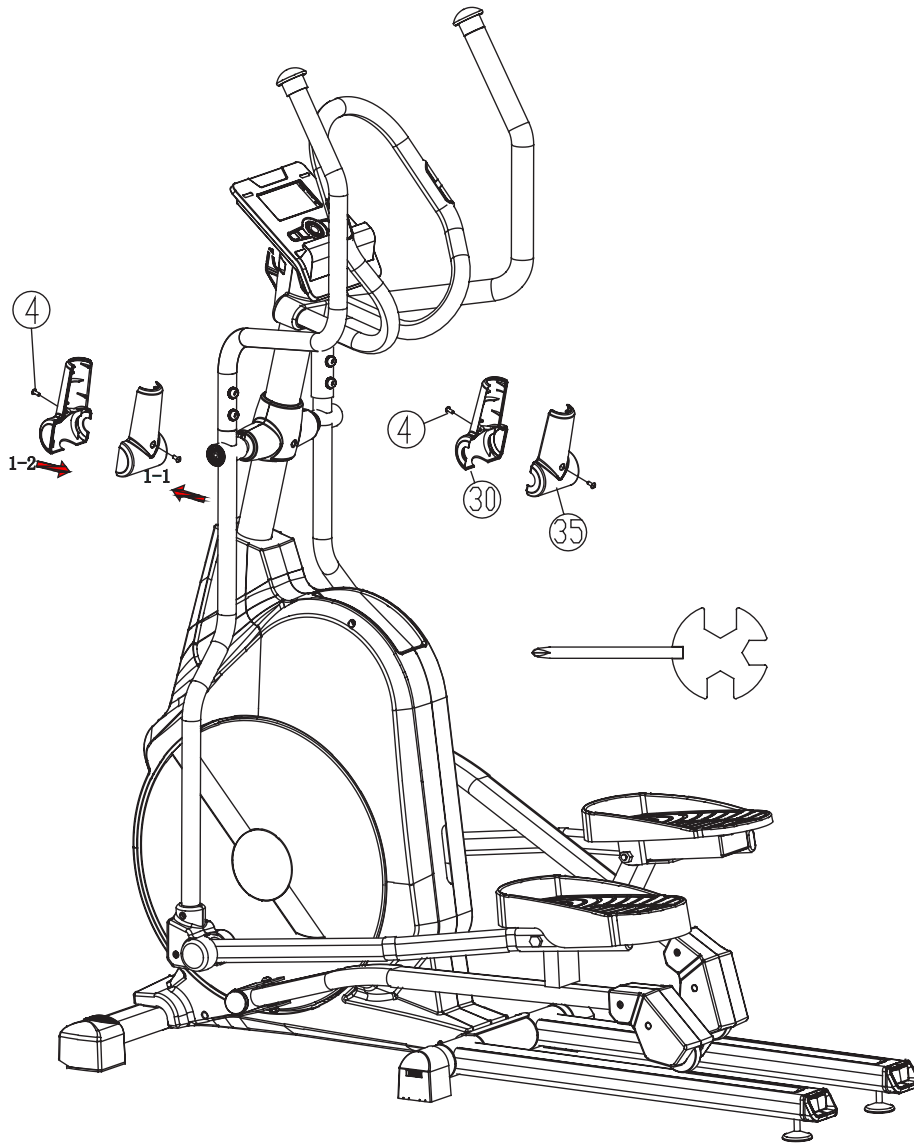


## STEP 7

- Attach the Left and Right Upper Handlebars (#18 & 20) using 4 x M8 Bolts (#23), 4 x Semi-circle Washers (#22) and 4 x Nylon Nuts (#21). Refer to the diagram above.

# ASSEMBLY INSTRUCTIONS

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## STEP 8

- Attach the left and right Upper Covers (# 30 & 35) using 4 x Screws (#4).

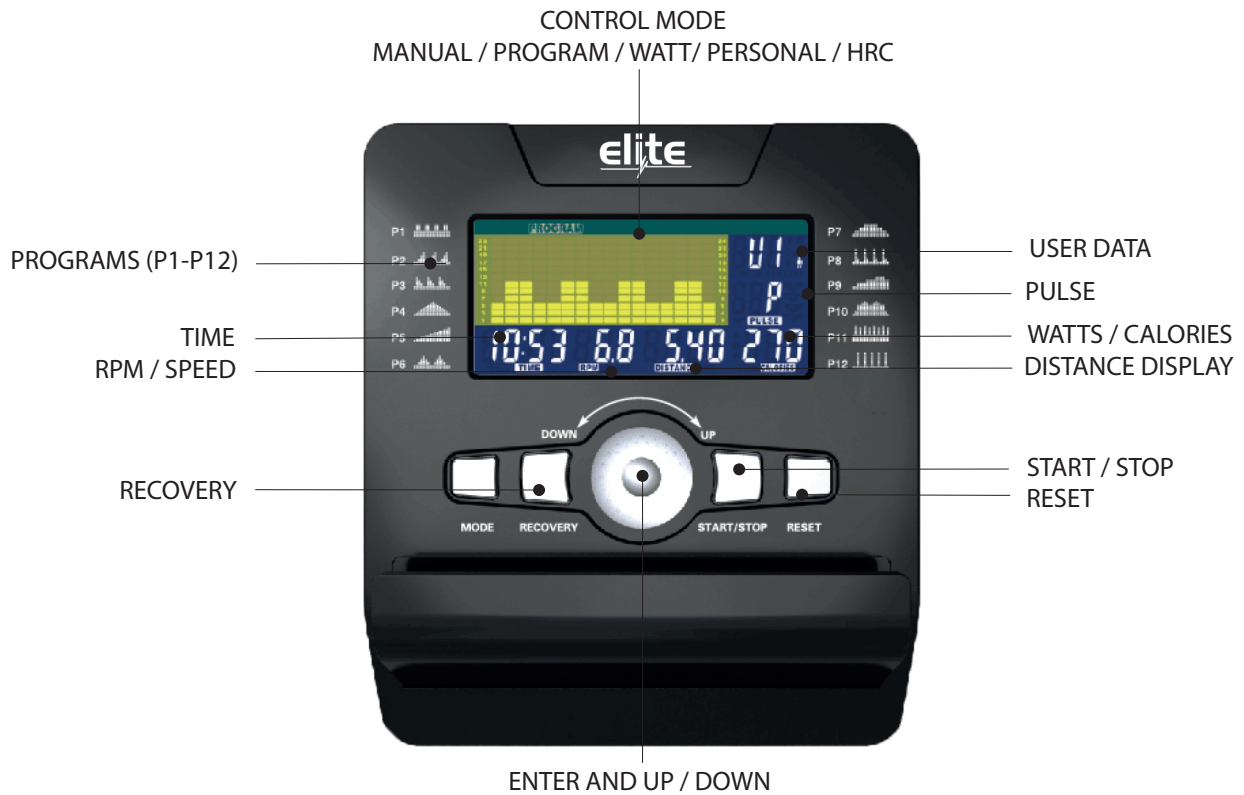
## CONGRATULATIONS

Assembly of your **Elite Tracer 8 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



<b>SCAN</b>	: Alternates between WATTS/CALORIES and RPM/SPEED. 6 seconds per display.
<b>RPM</b>	: 0-15-999
<b>SPEED</b>	: 0.0-99.9 km/h
<b>TIME</b>	: 0:00-99:59.
<b>DISTANCE</b>	: 0.00-99.99 km
<b>CALORIES</b>	: 0-999.
<b>PULSE</b>	:P-30-240
<b>HEART SYMBOL</b>	: ON / OFF flashes
<b>MANUAL</b>	: 1-24 level
<b>PROGRAM</b>	: P1-P12
<b>WATTS CONSTANT</b>	: 10-350

# USER INSTRUCTIONS

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## Default User:

User enters his / her sex / age / height / weight. This is used for an evaluation reference.

## Select Manual / Programming / Constant / Personal / Heart rate control

The user can select different modes for exercising. The following is a description of each main control mode.

- Perform a manual / program / w constant / Personal / heart rate control  
Selected control mode.
- preset time / distance / calories / watts / heart rate  
Function described above. Enter the value users want, the value of the function display will countdown to 0; or the user does not enter these values, but forget to set these values, the machine will know your workout is from 0 to the end value.
- Cycle / down & press Start / Stop  
Circulation + / - this key is used to add / subtract function values.  
After setting the values of each function, press “ENTER” button to confirm your settings.  
Start / Pause - before pressing the start button to complete the settings and start the operation, if you want to pause for some time, you can press the “pause” button.
- Test Reset  
Press the reset button, the machine will be calculated and displayed based on the value of your data and reset the actual value of the user’s exercise.
- Bluetooth  
During initialization, the user can use a Bluetooth app to connect to the machine, it can control the wireless data transmission (only for Android 4.3 or above).
- USB charging  
5.0 charging voltage DC voltage, 3 security, shortcuts, and overload protection.  
Functional Description  
Dot-matrix display settings manually using the resistance level ( if necessary ), and then set the motion parameters, time / distance / calories / heart rate and then press the Start / Stop to start the program manually.
- Program  
12 automatic adjustment program (P1 ~ P12), Resistance level can be adjusted during the program flashes.
- Watt constant  
User with up / down knob between 10 and 350 watts value set their own desired wattage .  
Press the Start / Stop button to confirm watt constant value. Using different watt control mode to exercise their own.

# USER INSTRUCTIONS

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Individual settings for each single individual resistance levels, build your own program files through U1 ~ U4 is . Then the program will be automatically saved for future use . U0 and U1 ~ U4 can set the same , but the program will not be saved.

— H.R.C

Heartbeat control, one of your own target heart rate at a preset program 55%, 75%, or 90% of the selection. Enter your age in the user data , to ensure that your target heart rate is set correctly . According to the program of your choice , when you reach the target heart rate , heart rate window will flash .

— Reset:

After the workout, press the reset button. To reset function properly, you need to enter your heart rate value. Time window will start counting down from 1 minute, and then from your health level will be displayed between F1 ~ F6.

NOTE: During reset, other windows can not be operated.

F 1 ~ F6 = Reset heart rate level Results obtained F6 - from F1.

— operating

1. After power, U1 is the default, but you can adjust the up / down keys to select any of a user to enter, press the ENTER key. In the upper right window, enter the user data, sex, age, height, weight, and then press ENTER to enter.

2. You can adjust the up / down keys to select the program P1-P12, the function control display will flash, then press the ENTER key. Press ENTER key, any of the default values can be changed until your desired program file flashes, then press the ENTER key again.

## Key Function

1. ENTER key: function selection and confirmation key.
2. Up / Down knob: addition and subtraction or select options. Rotation
3. Reset button: Reset all default values are displayed.
4. Start / Stop button: Start / Stop button
5. Reset key: health test by measuring your reset value.
6. Mode: Select and confirm.

## CARE AND MAINTENANCE

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### **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

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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 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.

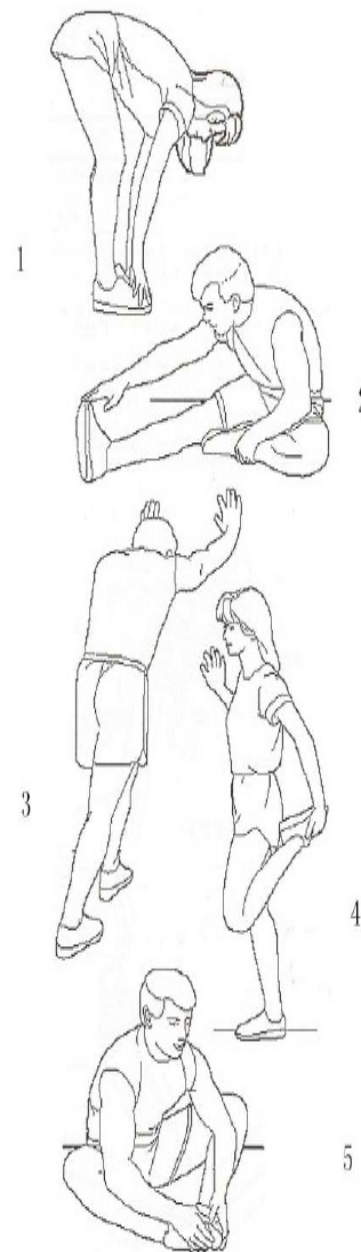
## Repair and Maintenance Service

Please contact our Elite Fitness Service Department at [eliteservice@elitefitness.co.nz](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)

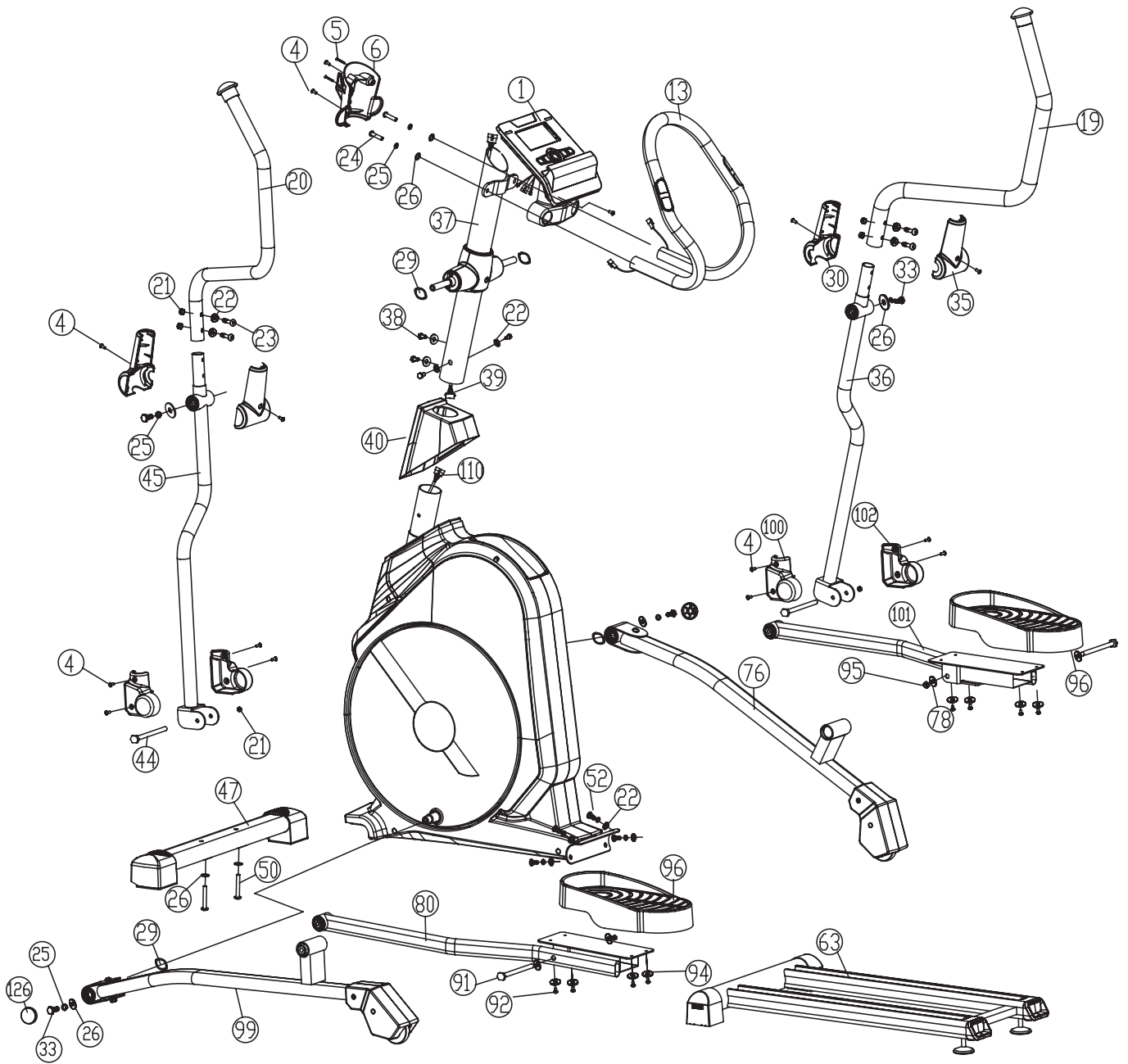
# PARTS LIST

PART NO.	DESCRIPTION	Q'TY	PART NO.	DESCRIPTION	Q'TY
1	Computer 120L	1	33	Bolt M8*P1.25*20L	4
2	Computer fixed mount ABS	1	34	Handrail foam $\phi 23*5T*1400L$	1
3	Screw M5*10L	4	35	Upper handle cover-rear ABS	2
4	Screw M5*12L	19	36	Lower Handlebar R	1
5	Screw ST2.9*20L	2	37	Handle tube Q235	1
6	Cover ABS	1	38	Bolt M8*P1.25*16L 6	4
7	Hook ABS	1	39	Front Post Tube Cable	1
8	Cover ABS	1	40	Front Post Cover	1
9	Screw M6*100L*S20L	1	41	Sleeve $\phi 8*\phi 20*53L$	2
10	Pressure spring $\phi 6.1*\phi 8.2*32.3$	2	42	Bearing 6804	8
11	Tray tube holder-L POM	1	43	C-rings $\phi 18.5*\phi 22.5*1T$	9
12	Nylon nut M6*5.5T	1	44	Bolt M8*70L	2
13	Handlebar $\phi 25.4*2T*1450L$	1	45	Lower Handlebar L	1
14	Handle pulse 12B	2	46	Front end cup-L PP	1
15	Screw ST2.9*30L	2	47	Front stabiliser 1	
16	Handle pulse wire 700L	2	48	Front end cup-R PP	1
17	End cup PVC	2	49	Screw 3/16"*3/4	10
18	Upper handle bar-R $\phi 31.8*1.5T*930$	1	50	Bolt M8*P1.25*55L	3
19	Handle foam $\phi 30*5T*850L$	2	51	Main Frame	1
20	Upper handle bar-L $\phi 31.8*1.5T*930L$	1	52	Screw M8*P1.25*20L	4
21	Nylon nut M8*7T	13	53	Wave washer $\phi 20.5*\phi 30*0.3T$	1
22	Semi-circle washer $\phi 8*\phi 19*2T$	12	54	Flat washer $\phi 20.3*\phi 30*0.5T$	1
23	Bolt M8*P1.25*38L	4	55	Bearing 6004 2RS	2
24	Screw M8*P1.25*25L	2	56	Cross Q235	2
25	Spring washer $\phi 8.1*2.5T$	10	57	Flat washer $\phi 6*\phi 19*2T$	8
26	Flat washer $\phi 8*\phi 19*2T$	7	58	Screw ST3.5*20L	8
27	Cover of handle tube-front ABS	1	59	Nylon nut M10*P1.25*10T	2
28	Cover of handle tube-rear ABS	1	60	Dial ABS	2
29	Wave washer $\phi 15.5*\phi 19.5*0.3T$	4	61	Dial cover ABS	2
30	Cover of upper handle ABS	2	62	End cup PP	2
31	Bearing 6002	4	63	Sliding rail Q235	1
32	Screw ST3.5*16L	2	64	Adjust end cup PVC	2

# PARTS LIST

PART NO.	DESCRIPTION	Q'TY	PART NO.	DESCRIPTION	Q'TY
65	DC wire 550L	1	97	Sleeve $\phi 20 \times 89L$	2
66	Belt pulley $\phi 289$	1	98	Screw ST4.2*50L	8
67	Belt 450J8	1	99	Pedal tube-L Q235	1
68	Screw M5*10L	1	100	Pedal cover-L ABS	2
69	Cable 350L	1	101	Right Pedal Arm	1
70	Screw M8*P1.0*12L	3	102	Pedal cover-R ABS	2
71	End cap PP	2	103	Hexagonal nylon screw M8*P1.25*62L	2
72	Axis $\phi 20 \times 156L$	1	104	Cover of idler wheel -L ABS	2
73	Magnetic control spring $\phi 8.9 \times \phi 15.2 \times 50.4N=4$	1	105	Idler wheel sleeve $\phi 19 \times 15.4L$	4
74	Motor	1	106	Bearing 608	4
75	Speed regulation wire 255L	1	107	Sleeve POM	4
76	Pedal tube-R Q235	1	108	Universal weld Q235	2
77	Single track wheel $\phi 71.8 \times 24W$	2	109	Sleeve $\phi 8 \times \phi 11 \times 4.5t$	4
78	Flat washer $\phi 10 \times \phi 20 \times 2T$	4	110	Main Frame Cable	1
79	Idler post Q235	1	111	Cover of idler wheel-R ABS	2
80	Left Pedal Arm	1	112	Hex screw M6*50L	1
81	Magnetic control set	1	113	Hex screw M8*P1.25*20L	1
82	Cover-L ABS	1	114	Gasket $\phi 8.5 \times \phi 25 \times 0.5T$	1
83	Cover-R ABS	1	115	Bearing 6200	3
84	Screw ST3.9*10L	2	116	Hexagon wrench 6mm	1
85	Bearing 6000 2RS	1	117	Harpoon wrench 13-14-17	2
86	Nut 3/8"-26*7T	2	118	Socket wrench 13-14	1
87	Sleeve $\phi 10 \times \phi 14 \times 6mm$	1	119	Adaptor 9V 1000MA	1
88	Nut 3/8"-26*3.8T	4	120	Hexagon wrench 5mm	1
89	Water bottle cage ABS	1	121	Tray tube holder-R POM	1
90	Flywheel $\phi 280 \times 32W \times 9KG$	1	122	Screw M5*12L	4
91	Bolt M10*130L*S30	2	123	End cap 40*80PP,RAL9023	2
92	Screw M6*10L	8	124	Magnet $\phi 15 \times 4t$	1
93	Axle 3/8"-26*126L	1	125	Screw M8*P1.25*60L*S20L	2
94	Flat washer $\phi 6 \times \phi 19 \times 2T$	8	126	End cap PVC,RAL9023	2
95	Nylon nut M10*	2	127	End cap 20*40PP,RAL9023	1
96	Pedal PP	2			

# EXPLODED DRAWING







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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