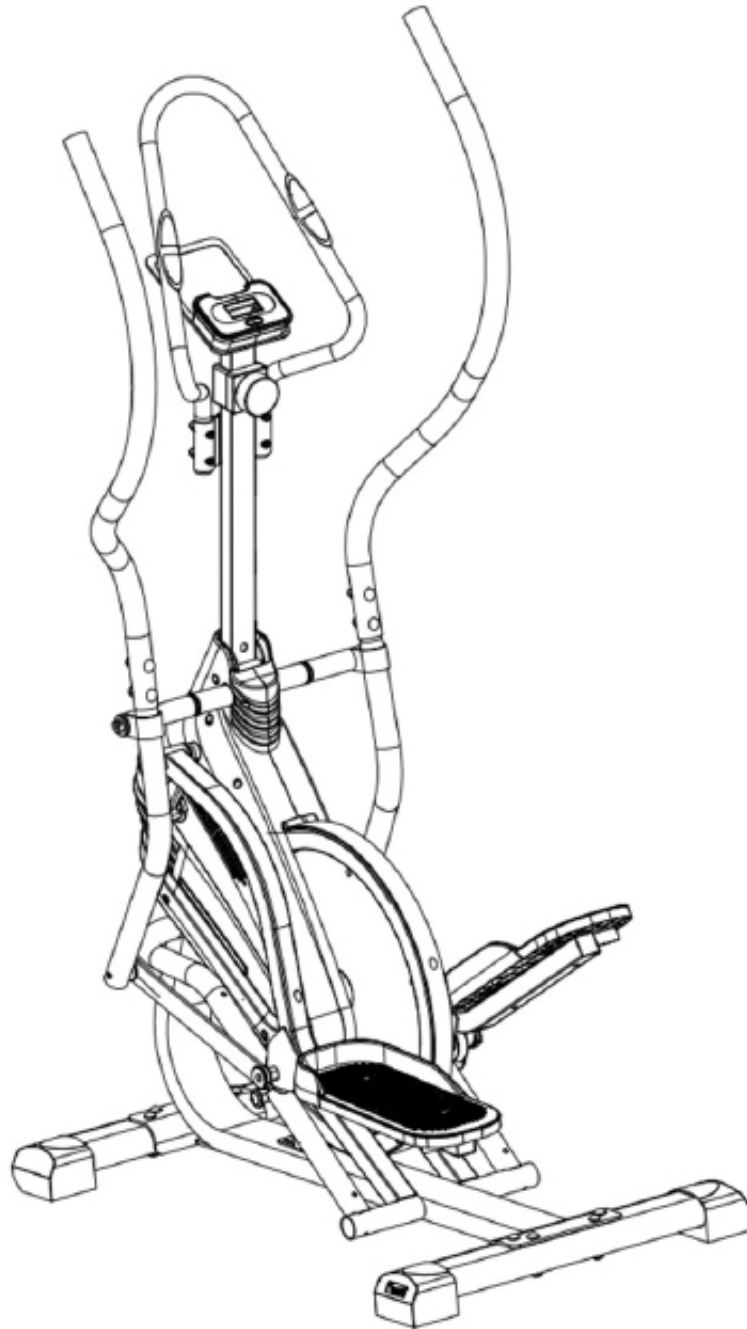




ASSEMBLY MANUAL >



NERO

Record serial number

Elite Nero Elliptical Crosstrainer

Thank you for purchasing the **Elite Nero Elliptical Crosstrainer**.

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 Nero Elliptical Crosstrainer**. 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 effort 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

28 Morrin Road,
St. Johns
Auckland, New Zealand

info@elitefitness.co.nz

0800 243 834


www.elitefitness.co.nz

CONTENTS

Important Safety Instructions	3	Warm-Up Exercises	17
Assembly Instructions	5	Training Stages	18
User Instructions	12	Parts List	19
Care and Maintenance	14	Exploded Drawing	21
Maintenance Log	15		
Limited Warranty	16		

IMPORTANT SAFETY INSTRUCTIONS

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

 **WARNING** Used to call attention to POTENTIAL hazards that could result in personal injury.

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 programme, 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 need 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 130KG.
- B) Parents should be aware of the risk factor of young children playing on fitness equipment unattended. Make sure that children are instructed properly in the use of the product and in the controlled execution of the different exercises. Misuse of the product could result in serious injury.

PRODUCT SPECIFICATIONS

User Weight Capacity: 130 kg

Dimensions: 930 x 640 x 158 cm

Shipping Weight:

Net Weight: 38.5Kg

Power Requirements 2*AAA(1.5V)

ASSEMBLY INSTRUCTIONS

STEP 1: PREPARE

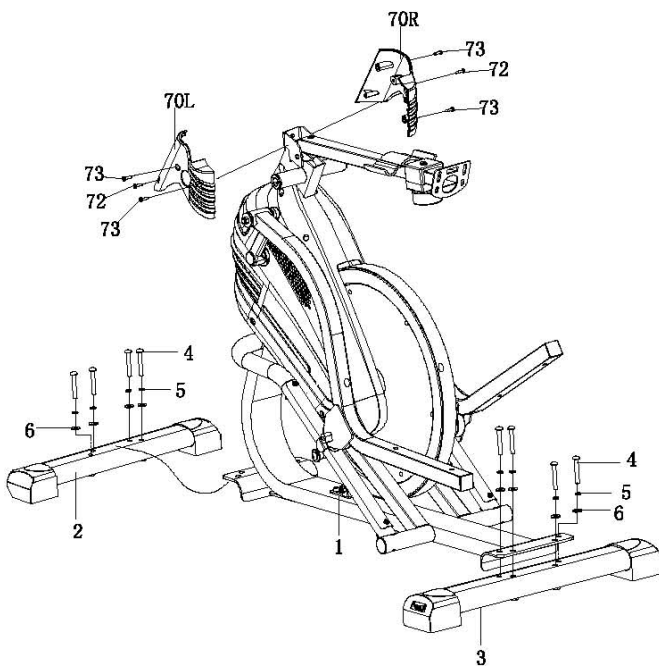
Before you start the installation of your elliptical crosstrainer, make sure that there is enough space around the machine. Please use the tools provided by the manufacturer or appropriate tools provided by the user.

Make sure that all parts are complete before installation. Please check parts list and exploded drawing for reference.

STEP 2:

Attach the Front and Rear stabiliser(2&3) onto the Main Frame(1) using Screw (4), Spring Washer (5) and Flat Washer (6).

Detach Screw (72) and Screw (73) and lock the decoration cover (70L&R) into the Main Frame (1) using Screw (72) and Screw (73). Tighten firmly.

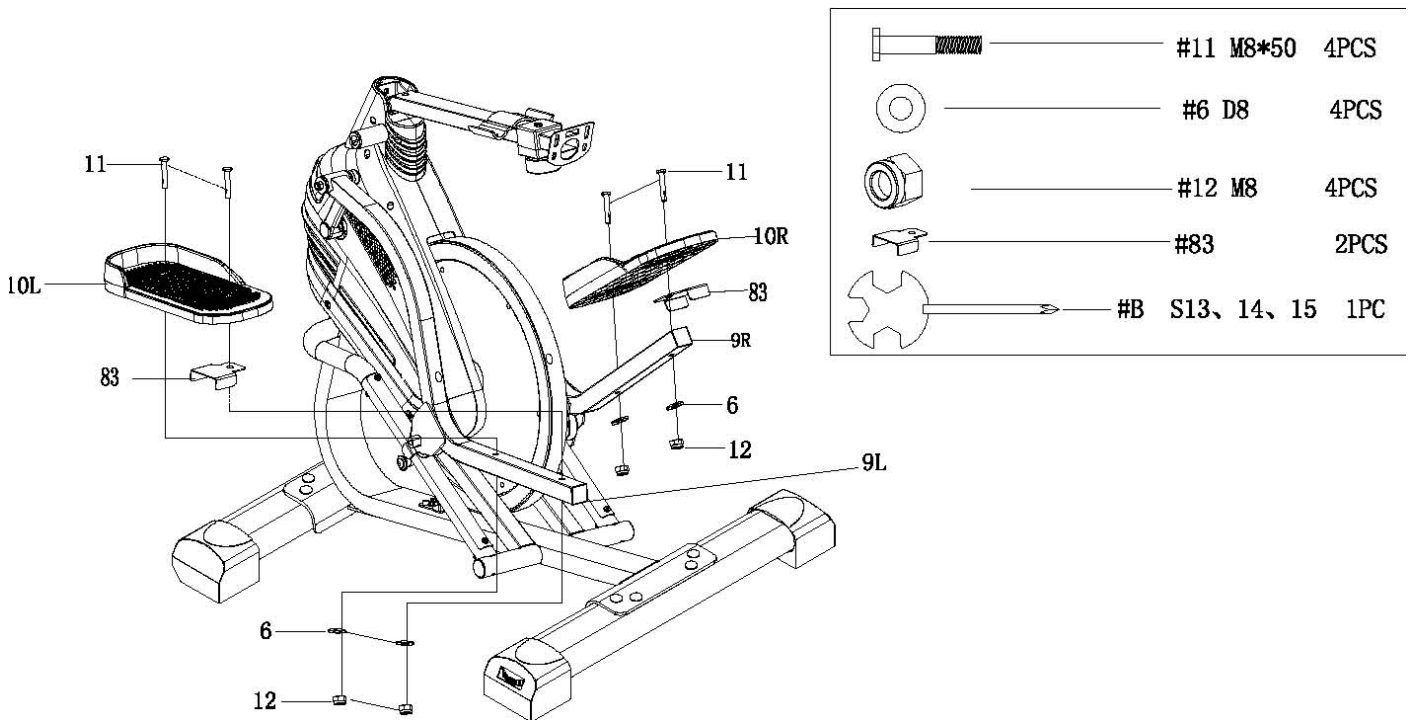


	#72	ST4. 2*20	2PCS
	#73	ST4. 2*12	4PCS
	#4	M8*55	8PCS
	#5	D8	8PCS
	#6	D8	8PCS
	#A	S6	1PC
	#B	S13, 14, 15	1PC

ASSEMBLY INSTRUCTIONS

STEP 3:

Attach the Pedal support bracket (83) together including the left and right pedals (10L/R) to the pedal tube (9L/R) using 2 x M8 x 50mm hex bolts (11), 2 x Flat Washers (6) and 2 x M8 Nyloc Nuts (12). Tighten firmly.

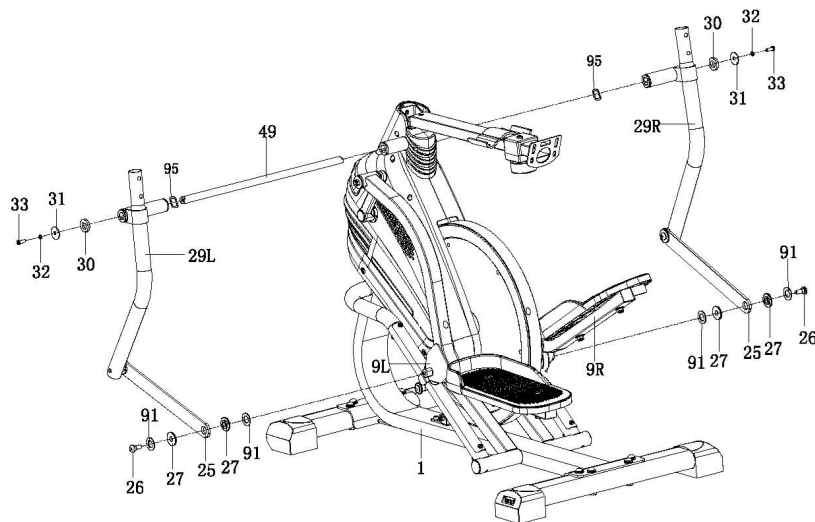
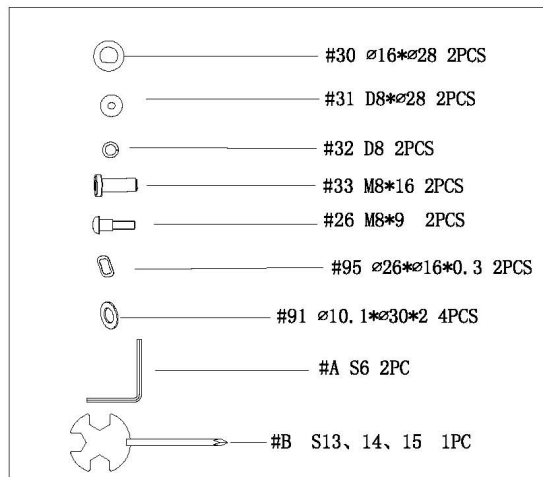


ASSEMBLY INSTRUCTIONS

STEP 4:

Fasten the Left and right swing lever arms (29L/R) to the Main Frame (1) using the Long axle shaft (49), 1 x M8 x 16mm hex bolt (33), 1 x M8 spring washers (32), 1 x M8 Flat Washers (31) and 1 (95) x D-Washers (30) for each side. Tighten firmly.

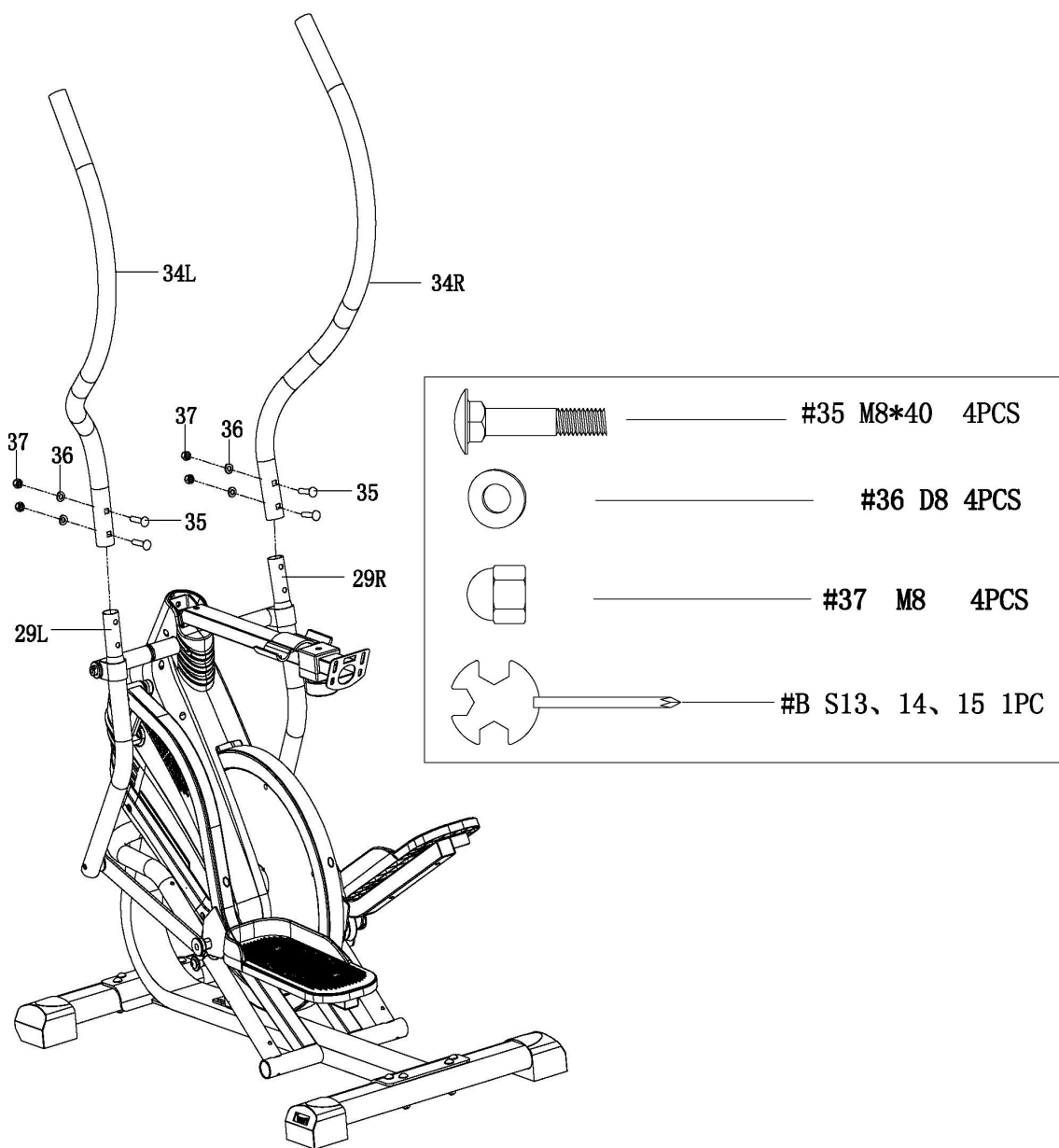
Attach the connector arms (25) to the left and right pedals (9L/R) using 1 x Step Bolts (26) and 2 x bushings (27) each side. Tighten firmly.



ASSEMBLY INSTRUCTIONS

STEP 5:

Attach the Left and Right handrails (34L/R) to the Left and Right Swing Rods (29L/R) using 1 x Square neck bolt (35), 1 x Curved washer (36) and 1 x Cap Nut (37). Ensure the arms are the correct way around. Tighten firmly.

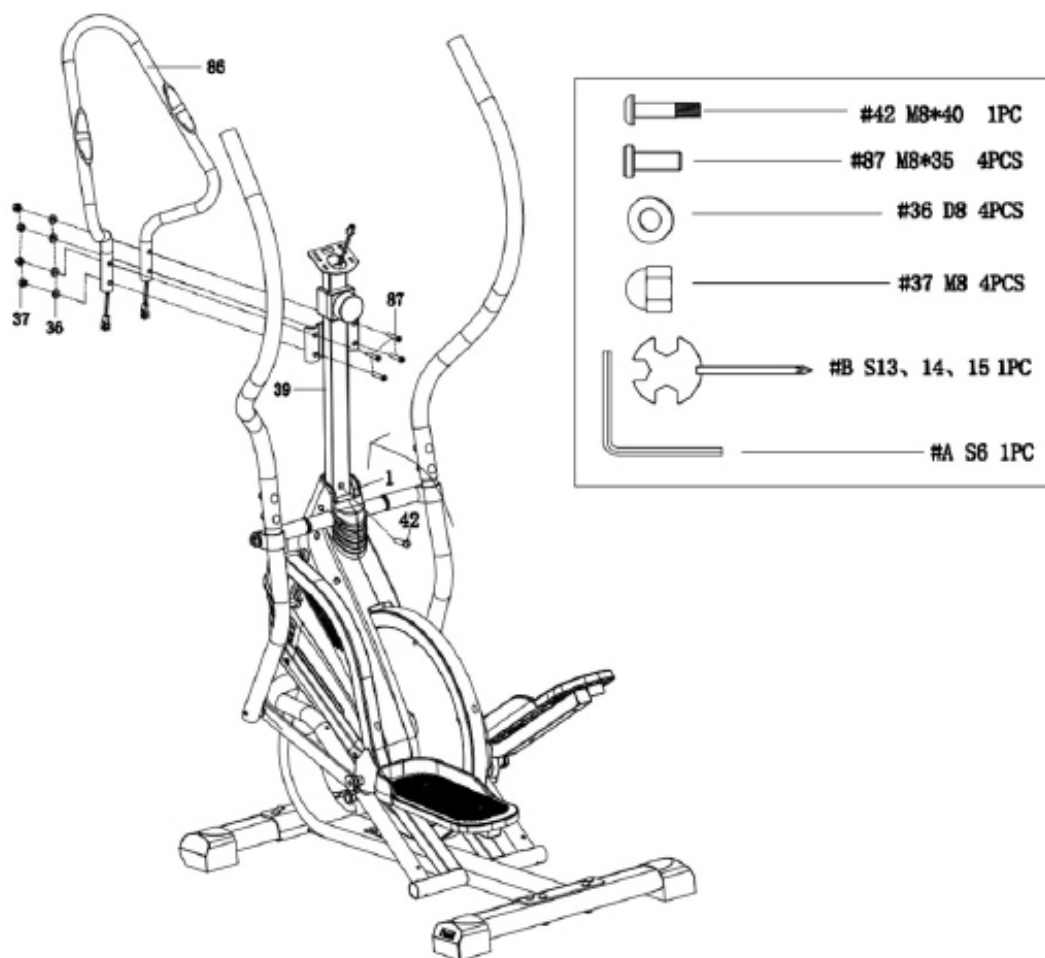


ASSEMBLY INSTRUCTIONS

STEP 6:

Set up the Mid Handlebar Tube Weld(39) in the upright position and secure using 1 x Flat Head Screw (42).

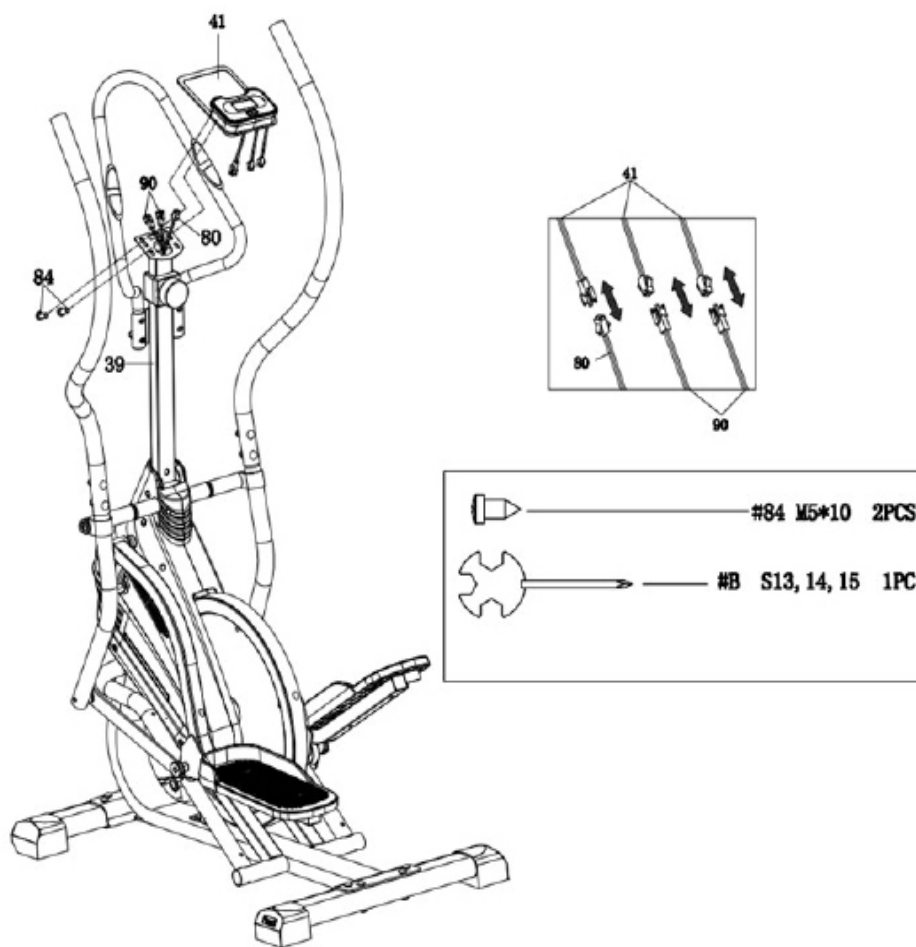
Attach the fixed Handlebar (86) to the Centre Mast (39) using 4 x M8 x 35mm Flat Head screws (87), Arced Washer(36) and Domed Nut(37). Tighten firmly.



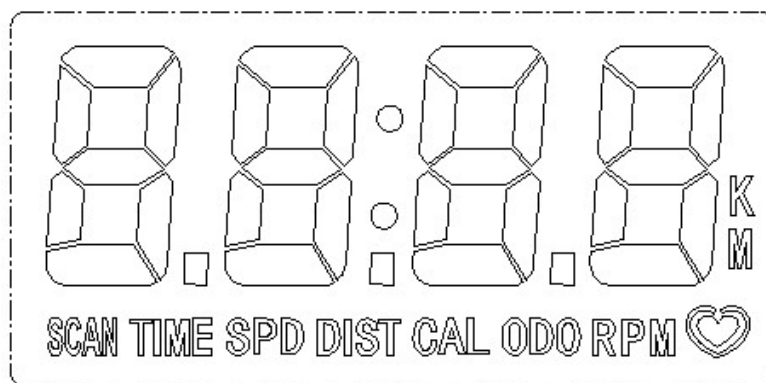
ASSEMBLY INSTRUCTIONS

STEP 7:

Connect the Monitor wire(41) to the Sensor Wire(80) and the Mid-Wire(96). Secure the Monitor(41) to the Mid Hand Tube Weld(39) with Screw(84). Tighten Firmly.



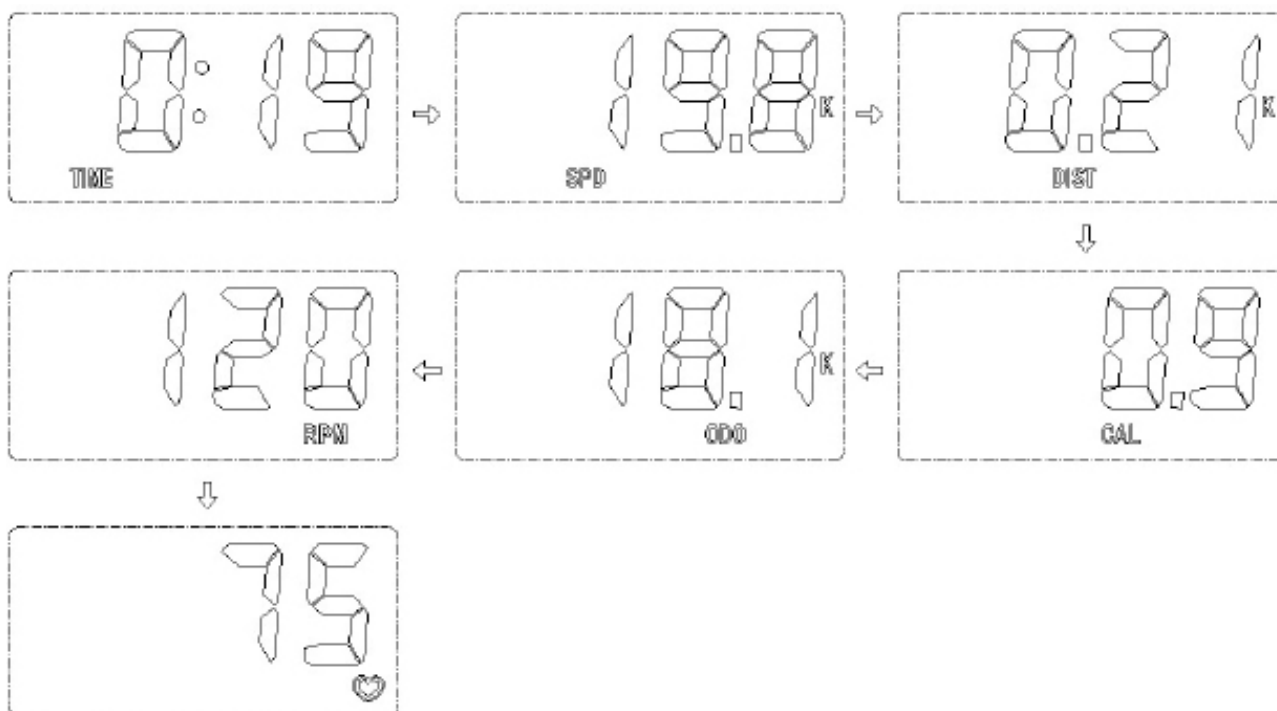
USER MONITOR INSTRUCTIONS



KEY FUNCTION

- This key lets you to select and lock on to a particular function you want.

SCAN→TIME→SPEED(SPD)→DISTANCE(DIST)→CALORIES(CAL)→TOTAL DIST→RPM→PULSE RATE





- Pressing and hold with 3 seconds to reset the value to zero(without TOTAL DIST).

SLEEP MODE

- The system sleep mode automatically when the sensor has no signal input or no keys are pressed for approximately 4 minutes.
- The system turns on when the MODE key is depressed or a signal input from the sensor, in the system sleep mode

FUNCTION:

1. SCAN : Display automatically changes according to the next diagram every 6 seconds. TIME→SPEED→DISTANCE→CALORIES→TOTAL DIST→RPM→PULSE RATE
2. TIME: The total working time will show when starting exercise.
3. SPEED: the current speed will be shown when starting to exercise.
4. DISTANCE: The distance of each workout will be shown when starting to exercise.
5. CALORIE: The calorie burned will be shown when starting exercise
6. TOTAL DISTANCE: The distance with all of the workout will be shown when starting exercise. If the battery is replaced, the value returns to zero.
- 7.RPM: Show the average number of turns per minute of the wheel to measure the speed of the pedal
- 8.PULSE RATE: The current pulse rate will be show when starting exercise.

ASSEMBLY INSTRUCTIONS

CONGRATULATIONS

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

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.

Ensure the roller wheels and wheel tracks are cleaned regularly with a microfibre cloth to ensure dust, debris and corrosion from sweat do not affect the smooth running performance of the elliptical movement.

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
- ALL WARRANTIES BACK-TO-BASE*
- *Return to your nearest Elite Fitness Service Center.

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

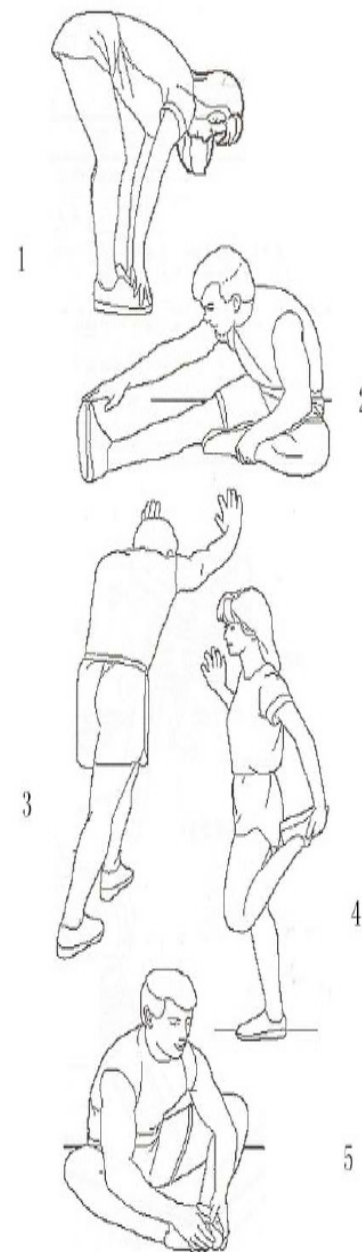
Standing with two hands on the wall or tree, one leg behind. Keeping your legs straight and the heel on the ground, lean forward towards the wall or tree. Hold for 10-15 seconds, and relax. Repeat 3 times for each leg (See picture 3).

— 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)

$\text{TMHR} \times 85\% = \text{(Upper Training Limit) BPM}$

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

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

We recommend 2 people assist in assembling this unit. Place all parts of the exercycle 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	PART NO.	DESCRIPTION	Q'TY
1	Main Frame	1	32	Spring washers D8	2
2	Front Stabiliser	1	33	Screw M8*16	2
3	Rear Stabiliser	1	34L/R	L&R Handlebar	2
4	Screw M8*55	8	35	Bolt M8*40	4
5	Spring washers D8	8	36	Arced Washer D8	8
6	Flat Washer D8*Φ16*1.5	12	37	Domed Nut M8	8
7	Feet Cap	2	38	Handlebar Foam	2
8	Adjust Feet Cap	2	39	Mid Handlebar Tube Weld	1
9L/R	Pedal Tube Weld	2	40	Screw M8*55	1
10L/R	Pedal	2	41	Monitor	1
11	Bolt M8*50	4	42	Screw M8*40	1
12	Nylon nut M8	7	43	Flat Washer Ring D8*Φ28*2	2
13	Axis Cap	10	44L/R	L/R Crank	2
14	Slider Board	2	45	Bearing 6203 zz	2
15	Screw M6*45	4	46	Screw M6*15	4
16	Nylon Nut M6	9	47	Mid Axis	1
17	Round Tube Cap	4	48	Belt wheel	1
18	Screw	2	49	Long axis	1
19	Bearing 6200Z	4	A	Wrench S6	2
20	Slider Wheel	2	B	Wrench S13,14,15	1
21	Bolt M8*12*Φ10*32	2	50	Waved Washer Φ21*Φ17.5*0.3	1
22	Sub Wheel	2	51	Snap Ring D17	2
23	Nylon Nut M10	2	52	Crank Cap	2
24	Square Cap	2	53	Flange Nut M10*1.25	2
25	Connect metal	2	54	Flywheel Axis	1
26	Bolt M8*9*Φ10*16	2	55	Bearing 6000RS	2
27	Sleeve	8			
28	Bolt M8*12*Φ10*16*Φ8*31	2			
29L/R	L&R Swing Rod	2			
30	D-shaped Flat Washer	2			
31	Flat Washer D8*Φ28*2	10			

PARTS

56	Flywheel	1	76	Tension Control	1
57	Hexagon Nut M10	4	77	Tension Control Back Cover	1
58	Chain Bolt	2	78	Screw M5*20	1
59	Flange Nut M10*1	2	79	Belt	1
60	Hexagon Nut M6	6	80	Sensor Wire	1
61	Brake Weld	1	81	Washer $\Phi 8.5 * \Phi 19 * 2$	2
62	Magnetic Metal Board	1	82	Tube Pad	1
63	Square Magnetic	4	83	Pedal Plate	2
64	Brake Fix Seat	1	84	Screw M5*10	2
65	Brake Shock Pad	1	85	Flat Washer Ring D16	2
66	Screw M6*50	2	86	Middle Handlebar	1
67	Spring	1	87	Screw M8*35	4
68	Screw M5*12	2	88	Mid Handlebar Foam	1
69L/R	L&R Chain Cover	2	89	Water Holder	0
70L/R	L&R Decoration Cover	2	90	Hand Pulse Sensor	2
71	Decorative Strip	1	91	Flat Washer Ring $\Phi 10.1 * \Phi 30 * 2$	8
72	Screw ST4.2*20	13	92	Screw M5*10	0
73	Screw ST4.2*12	4	93	Spring Washer D6	4
74	Screw ST4.8*19	2	94	Screw M6*70	1
75	Screw ST4.2*20	5	95	Waved Washer Ring $\Phi 26 * \Phi 16 * 0.3$	2
			96	Mid-Wire	2
			97	Anti-proof Plug	1
			98	Wire plug	1
			99	Screw 4.2*18	2
			100	Inner Tube	2



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

Copyright © 2021 Elite Fitness

Elite Fitness, 28 Morrin Road, St Johns, Auckland, New Zealand.
0800 243 834, www.elitefitness.co.nz

Keep up to date with the latest products, competitions and equipment, follow us on our social media sites.



[@EliteFitnessNZ](https://www.instagram.com/EliteFitnessNZ)

[@EliteFitnessTV](https://www.youtube.com/EliteFitnessTV)