



ASSEMBLY MANUAL >



FITLINE 200

RECORD SERIAL NUMBER

Elite Fitline 200 Treadmill

Thank you for purchasing the **Elite Fitline 200 Treadmill**.

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 Fitline 200 Treadmill**. 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.
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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, Retirement Centre, Home Based PT Studio and Physio.

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 100KG.
- 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

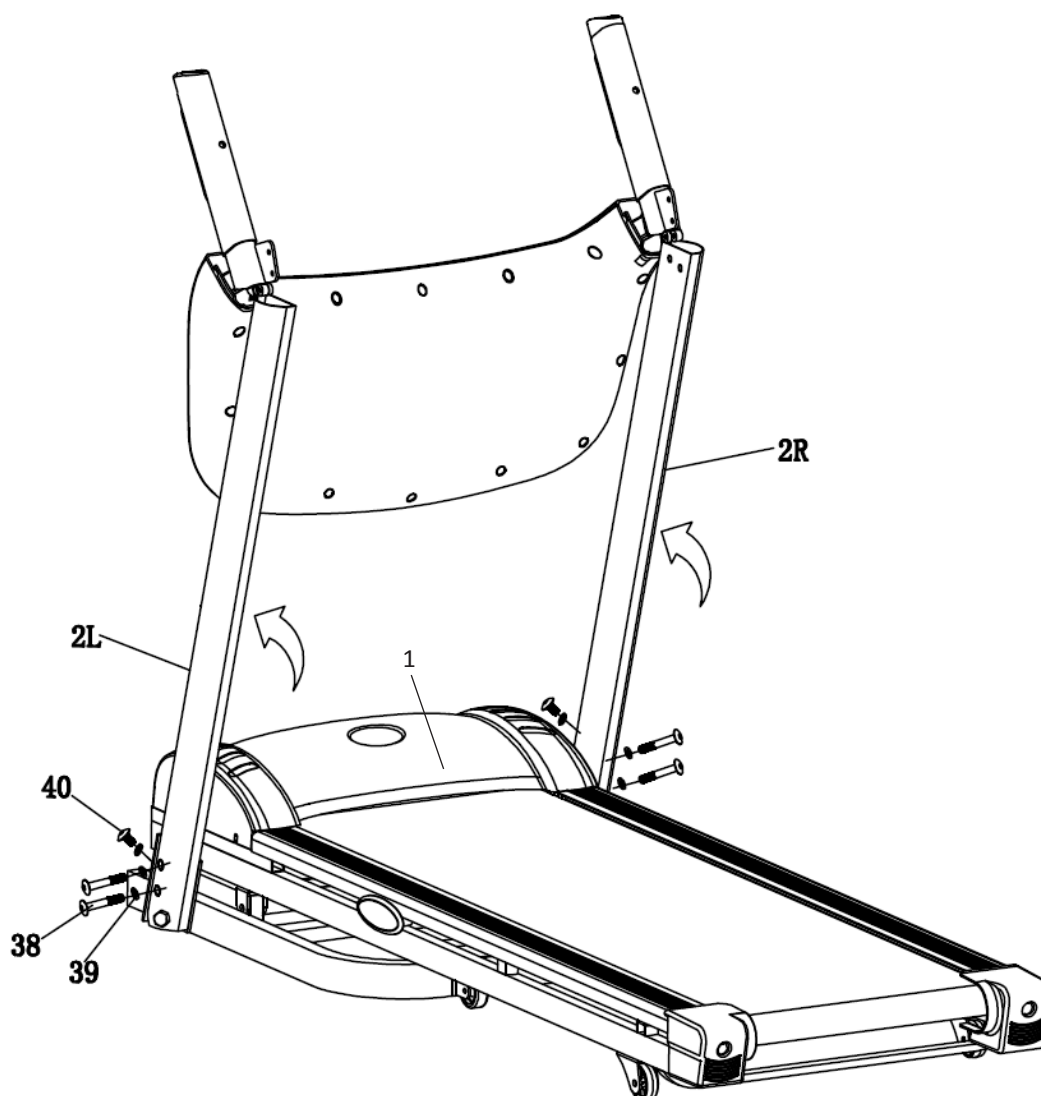
User Weight Capacity:	100kg
Dimensions:	1650 x 750 x 1310mm
Shipping Weight:	63kg
Net Weight:	61kg
Power Requirements	220V

HARDWARE LIST

HARDWARE PACKING LIST			
PART #	DESCRIPTION		QUANTITY (PCS)
	M8X15 MM. BOLT (#40)		6
	M8X45 MM. BOLT (#38)		4
	Ø 3X10 BOLT (#48)		2
	M8 CLOCK WASHER (Ø 15XØ 8.4XT0.8) (#39)		10
	SILICONE OIL (#71)		1
	4X16MM BOLT (#49)		8
	SAFETY KEY		1
	ALLEN WRENCH		1

Please Note: Above is a list of the hardware parts required to assemble this treadmill. Please ensure all parts are included before you begin. Please find tools in the hardware pack to help you assemble this treadmill.

ASSEMBLY INSTRUCTIONS



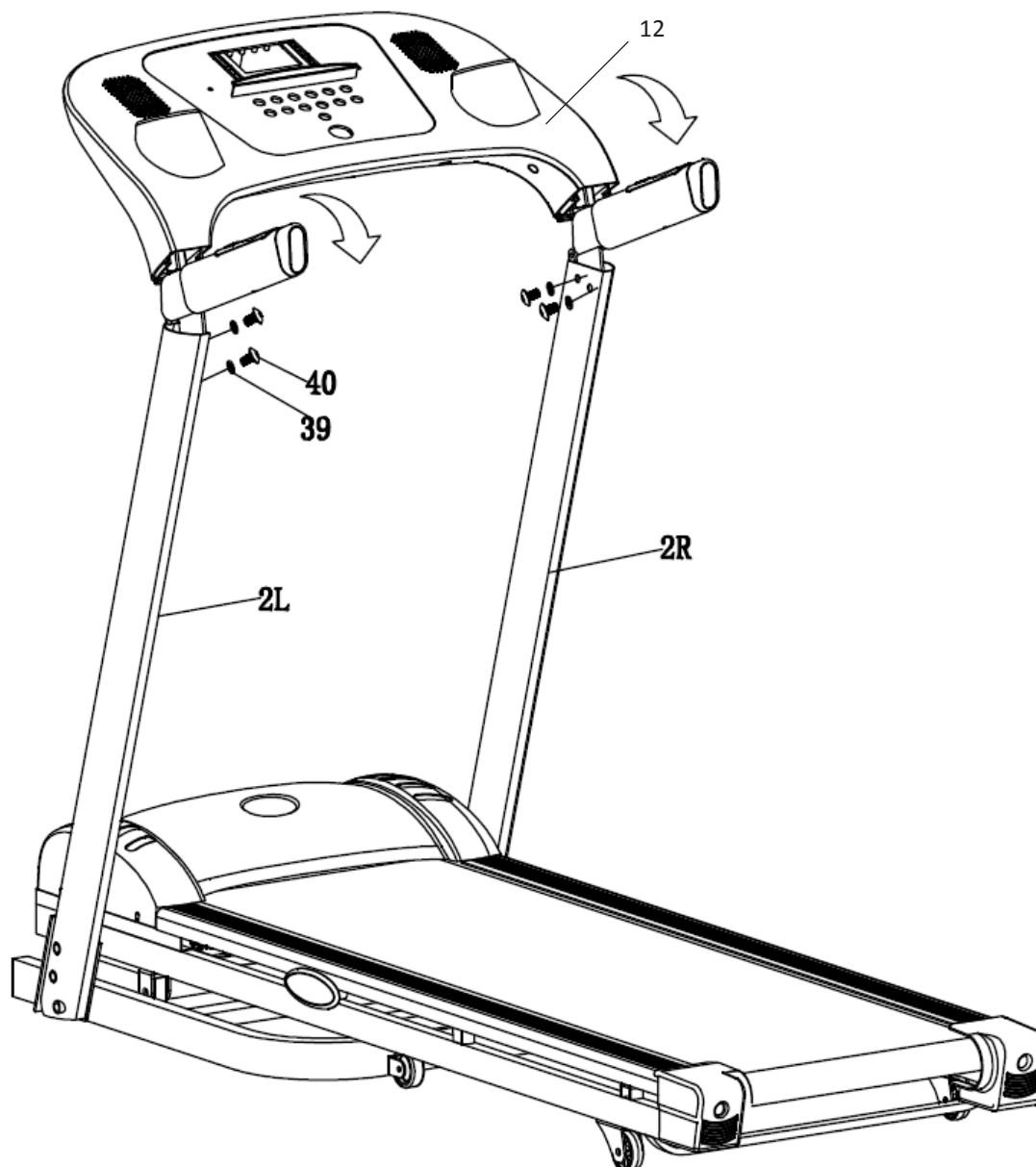
STEP 1

Assemble the posts

- Attach the Left and right Upright Posts (#2 L&R) to the Main Frame (#1) using 4 x M8x45 Bolts (#38), 2 x M8x15 Bolts (#40) and 6 x Flat Washers (#39).

Please Note: do not tighten bolts until they are all place.

ASSEMBLY INSTRUCTIONS

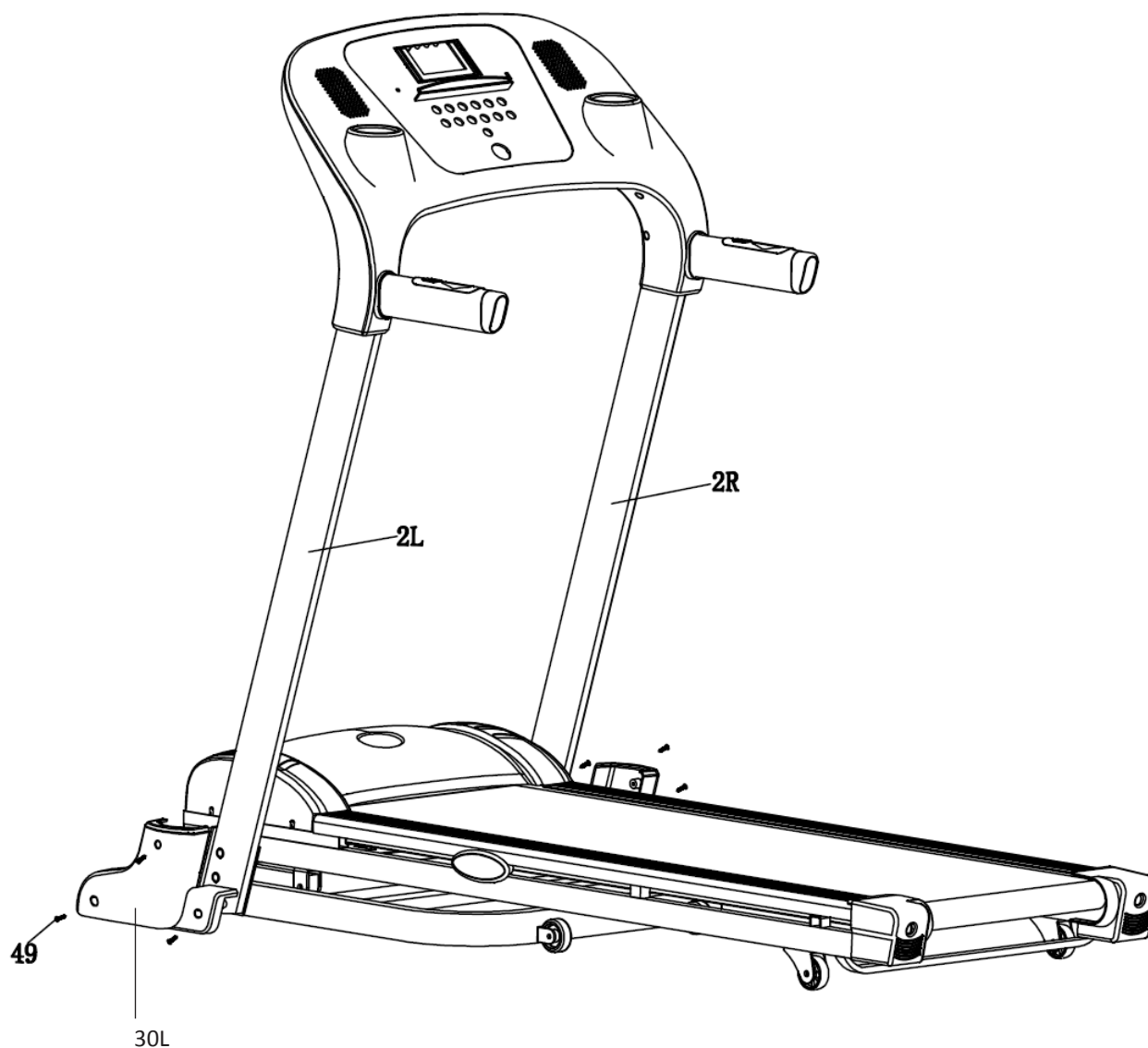


STEP 2

Assemble the console

- Rotate the Handlebar Frame (#12) in a clockwise direction so that both Handlebars slot into the Upright Posts (#2 L&R) as shown above.
- Secure using 4 x M8x15 Bolts (#40) and 4 x Flat Washers (#39).

ASSEMBLY INSTRUCTIONS

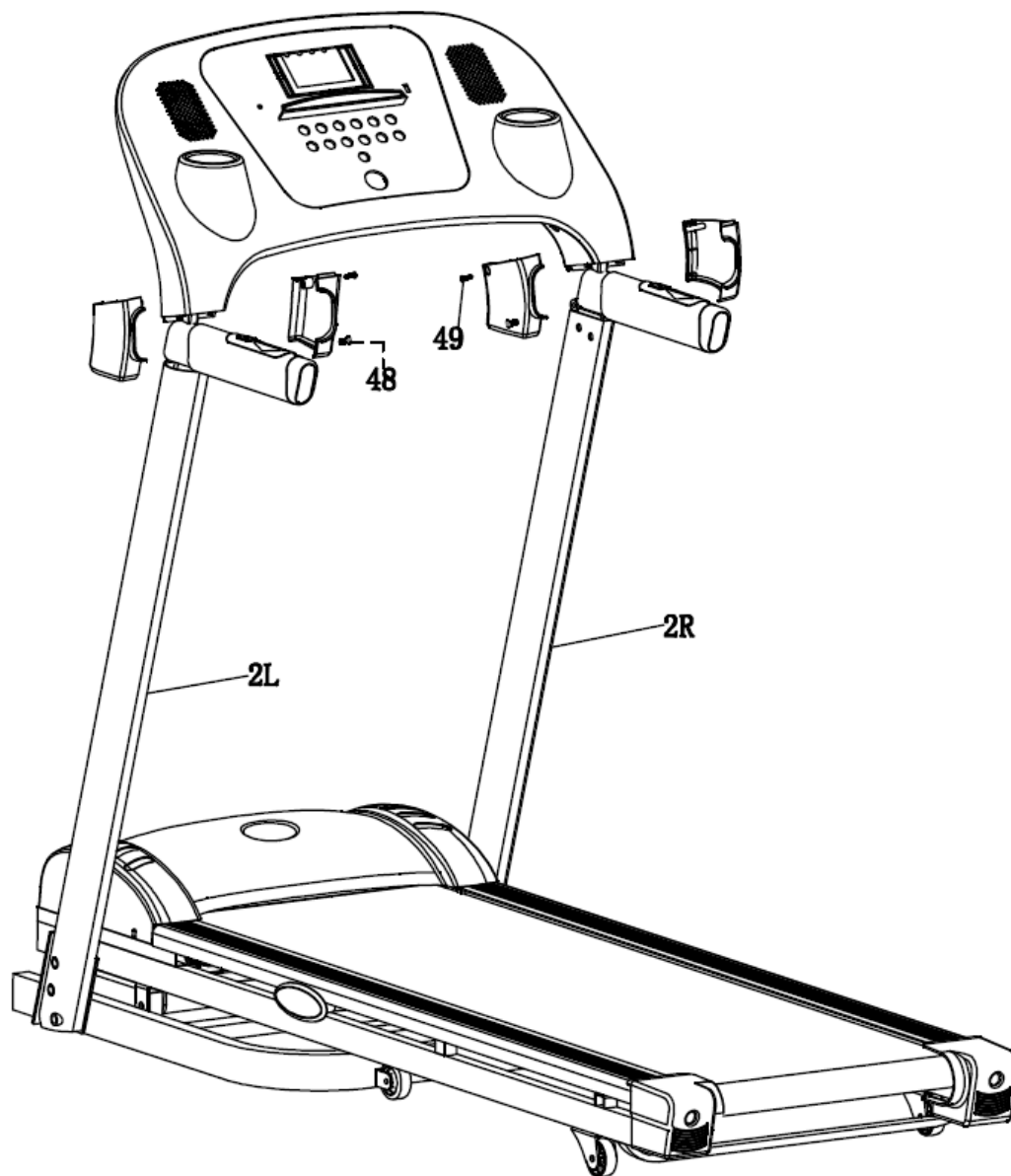


STEP 3

Assemble the Lower Covers

- Using 3 screws (#49) secure the Left Lower Cover (#30) to the Left Upright Post (#2) as shown above.
- Using 3 screws (#49) secure the Right Lower Cover (#30) to the Right Upright Post (#2) as shown above.

ASSEMBLY INSTRUCTIONS



STEP 4

Assemble the Handlebar Covers

- Using a 3x10 Screws (#48) and a Screws (#49) secure the Left Handlebar covers (#36) to the left hand side Handlebar.
- Using a 3x10 Screws (#48) and a Screws (#49) secure the Right Handlebar covers (#37) to the left hand side Handlebar.

ASSEMBLY INSTRUCTIONS

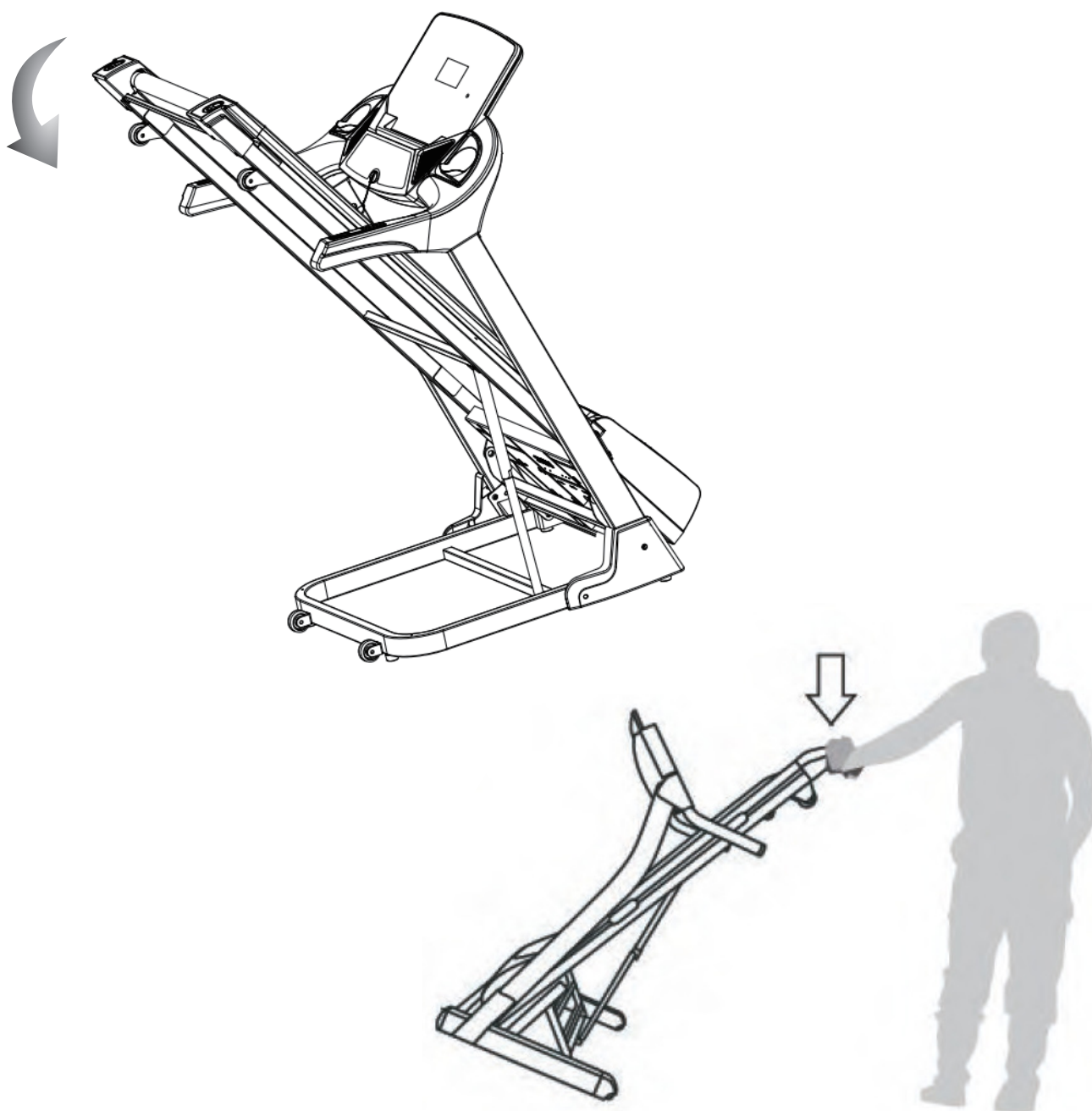
CONGRATULATIONS

Assembly of your **Elite Fitline 200 Treadmill** 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 Fitline 200 Treadmill** and serious injury to users and bystanders and can also compromise the effectiveness of your exercise program.

MOVING AND STORAGE INSTRUCTIONS



FOLDING

- Turn off the treadmill, switch off at the main power switch and pull out the plug.
- Lift the treadmill deck up towards the main console. You should feel the treadmill gas spring system engage.
- To lower the treadmill deck, press the gas spring system in with your foot to disengage the lock. The treadmill deck can now be lowered to the ground

MOVING

The treadmill can then be moved by tilting the treadmill deck towards you onto its transportation wheels.

Caution: please ensure the power cord cable has been disconnected from the treadmill before attempting to move it.

USER INSTRUCTIONS

CONSOLE DISPLAY



KEY FUNCTION:

- **START:** Starts the treadmill. **STOP (Red square):** Stops the treadmill
- **“P”:** Program button, when stopped select a loop (P1,P2,P3, ...P12).
- **“M”:** Mode button, in settings select the countdown time, countdown distance and countdown calories circularly. When choosing the mode, use speed + and speed - to set the countdown data, once finished setting, press the “START” button.
- **SPEED + :** Increase speed button (+). Press to increase speed by 0.1KM/H each time, press and hold to add speed constantly.
- **SPEED - :** Reduce speed button (-). Press to decrease speed by 0.1KM/H each time, press and hold to decrease the speed constantly.
- **ONE STEP SPEED BUTTONS:** 3.6.9., Allows you to select a speed in one step.
- **INCLINE ^:** Increases the incline level
- **INCLINE ∨ :** Decreases the incline level.

USER INSTRUCTIONS

SPEED DISPLAY:

At the setting state, P1-P12 programs will be displayed. At the running state, speed range will be displayed at 0.8-16km/h

COUNTDOWN TIME TRAINING MODE:

At the stopping state, press the "MODE" button and enter the setting state, the time window display will flash, default display is 30:00, press the SPEED +/- button amend the setting value. The setting range is: 5—99 minutes. Press the "START" button and start the treadmill. When the countdown time is at 00:00, the treadmill will stop running automatically.

COUNTDOWN DISTANCE TRAINING MODE:

At the stopping state, press the "MODE" button and enter the setting state, the distance window will flash on the display (default display is 5.0KM), press the SPEED +/- button to amend the setting value, setting range is: 0.5—99.0KM. Press the "START" button to start the treadmill, the treadmill will automatically run at 0.8KM/H, press SPEED +/- to adjust the speed. When countdown distance is at 0.0, the treadmill stop running automatically.

COUNTDOWN CALORIE TRAINING MODE:

At the stopping state, press the "MODE" button 3 times, enter the setting state, the calories window display will flash (default display is 100CAL), press SPEED +/- button to amend setting value, setting range: 20—990CAL. Press "START" button to start treadmill, default speed is 0.8KM/H, press the SPEED +/- to adjust speed. When countdown calories is 0, treadmill will automatically stop.

PUL:

Tests your heart rate when both hands hold the rate sensor. This will show on the display, heart rate range: 50-250 per minute. (Data is for exercise reference only).

INPUT PROGRAM MODE:

The program has 12 modes, P1-P12. Press program key separately to choose your desired program and the time window will flash. Enter setting state, the time window display will flash, default display is 30:00, press the setting range: 5—99 minutes, SPEED +/- button to amend the setting time. Press "START" button to start the treadmill. When the countdown time is 00:00, the treadmill will automatically stop. Press SPEED +/- to change the program data during running.

HRC PROGRAMS:

(This function only for the treadmill with HRC function)

HR1: Program max speed is 8.0km/h, age 30 / default heart rate 124.

HR2: Program max speed is 9.0km/h, age 30 / default heart rate 143.

HR3: Program max speed is 10.0km/h, age 30 / default heart rate 162.

Manually set your age: Press the "MODE" button, the speed window will display 30, use the incline buttons to adjust the age accordingly, age range is 15 - 80. Please refer to heart diagram.

- Once your age is set the system will recommend a heart rate goal, this will be displayed on the console screen. Please note this is only a guide.

USER INSTRUCTIONS

- Once you have entered your age and heart rate press “MODE” to select your time duration. This will default to 10:00. Adjust accordingly using the incline buttons. Time can be set between 5--99 minutes.
- Press “MODE” to enter the waiting time or press “START” to start your workout.
- While using the HRC you can use the incline function however the system will adjust your speed and incline to match your heart rate goal.

HRC1 program				HRC2 program				HRC3program			
Age	Target zone (L-H)			Age	Target zone (L-H)			Age	Target zone (L-H)		
	Lowest	Default	Highest		Lowest	Default	Highest		Lowest	Default	Highest
15	128	133	138	15	149	154	159	15	169	174	179
16	128	133	138	16	148	153	158	16	168	173	178
17	127	132	137	17	147	152	157	17	168	173	178
18	126	131	136	18	147	152	157	18	167	172	177
19	126	131	136	19	146	151	156	19	166	171	176
20	125	130	135	20	145	150	155	20	165	170	175
21	124	129	134	21	144	149	154	21	164	169	174
22	124	129	134	22	144	149	154	22	163	168	173
23	123	128	133	23	143	148	153	23	162	167	172
24	122	127	132	24	142	147	152	24	162	167	172
25	122	127	132	25	141	146	151	25	161	166	171
26	121	126	131	26	141	146	151	26	160	165	170
27	120	125	130	27	140	145	150	27	159	164	169
28	120	125	130	28	139	144	149	28	158	163	168
29	119	124	129	29	138	143	148	29	157	162	167
30	119	124	129	30	138	143	148	30	157	162	167
31	118	123	128	31	137	142	147	31	156	161	166
32	117	122	127	32	136	141	146	32	155	160	165
33	117	122	127	33	135	140	145	33	154	159	164
34	116	121	126	34	135	140	145	34	153	158	163
35	115	120	125	35	134	139	144	35	152	157	162
36	115	120	125	36	133	138	143	36	151	156	161
37	114	119	124	37	132	137	142	37	151	156	161
38	113	118	123	38	132	137	142	38	150	155	160
39	113	118	123	39	131	136	141	39	149	154	159
40	112	117	122	40	130	135	140	40	148	153	158
41	111	116	121	41	129	134	139	41	147	152	157
42	111	116	121	42	129	134	139	42	146	151	156
43	110	115	120	43	128	133	138	43	145	150	155
44	109	114	119	44	127	132	137	44	145	150	155
45	109	114	119	45	126	131	136	45	144	149	154
46	108	113	118	46	126	131	136	46	143	148	153
47	107	112	117	47	125	130	135	47	142	147	152
48	107	112	117	48	124	129	134	48	141	146	151
49	106	111	116	49	123	128	133	49	140	145	150
50	106	111	116	50	123	128	133	50	140	145	150
51	105	110	115	51	122	127	132	51	139	144	149
52	104	109	114	52	121	126	131	52	138	143	148
53	104	109	114	53	120	125	130	53	137	142	147

USER INSTRUCTIONS

54	103	108	113	54	120	125	130	54	136	141	146
55	102	107	112	55	119	124	129	55	135	140	145
56	102	107	112	56	118	123	128	56	134	139	144
57	101	106	111	57	117	122	127	57	134	139	144
58	100	105	110	58	117	122	127	58	133	138	143
59	100	105	110	59	116	121	126	59	132	137	142
60	99	104	109	60	115	120	125	60	131	136	141
61	98	103	108	61	114	119	124	61	130	135	140
62	98	103	108	62	114	119	124	62	129	134	139
63	97	102	107	63	113	118	123	63	128	133	138
64	96	101	106	64	112	117	122	64	128	133	138
65	96	101	106	65	111	116	121	65	127	132	137
66	95	100	105	66	111	116	121	66	126	131	136
67	94	99	104	67	110	115	120	67	125	130	135
68	94	99	104	68	109	114	119	68	124	129	134
69	93	98	103	69	108	113	118	69	123	128	133
70	93	98	103	70	108	113	118	70	123	128	133
71	92	97	102	71	107	112	117	71	122	127	132
72	91	96	101	72	106	111	116	72	121	126	131
73	91	96	101	73	105	110	115	73	120	125	130
74	90	95	100	74	105	110	115	74	119	124	129
75	89	94	99	75	104	109	114	75	118	123	128
76	89	94	99	76	103	108	113	76	117	122	127
77	88	93	98	77	102	107	112	77	117	122	127
78	87	92	97	78	102	107	112	78	116	121	126
79	87	92	97	79	101	106	111	79	115	120	125
80	86	91	96	80	100	105	110	80	114	119	124

USER INSTRUCTIONS

BUILT-IN PROGRAM:

There are 12 build-in programs (P1-P12). To select a program press "PROGRAM", "SPEED" will display "P1-P12", select a program, the "TIME" display will flash, time display will show 30:00. Press "SPEED +/-" to amend running time. Press "START" to commence the selected build-in program. There are 10 levels within the built-in program, the system will make a beeping sound when moving into the next level of the program. The speed will change when the program level changes, at the running state you can press "SPEED+/-" to change the speed. Once a program is complete the machine will make a beeping sound again, the speed will slowly decrease until stopped completely.

QUICK START:

Press the power switch, put the safe key in the correct place.

Press "START" button, wait 3 seconds and for a buzzer sounds, the time display will show a countdown time at the same time. 3 seconds later the machine will start to running at a speed of 0.8km/h. At the running state, press the "SPEED+" "SPEED-" to adjust the speed as desired.

MANUAL MODE:

At the alert state, press "START" button, the machine start running at 0.8km/h, the other display window starts to count data, Press "SPEED +","SPEED-" change the speed.

At the alert state Press "MODE" button to activate countdown time, The "TIME" display will show "30:00" and will flash, press "SPEED+" "SPEED-" setting or adjust running time, time setting range: 5:00-99:00.

At the countdown time mode, press "MODE" to activate distance mode, The "DISTANCE" will display "5.0" and will flash, Press "SPEED+" "SPEED-" to set running distance, distance setting range: 0.5-99.

At the countdown distance mode, press "MODE" to activate calorie mode, "CAL" display "100" and will flash, press "SPEED+" "SPEED-" setting calorie, Calorie setting range: 20-990.

Choose one of the above three modes in settings, then press "START". 3 seconds later the machine will start running, Press "SPEED+" "SPEED-" adjust speed, Press " STOP", the machine stop running.

BODY FAT TEST:

Press "Speed+" "Speed-" button to select "F-1 to F-4" (please reference below list)

Once set, press the "MODE" button, a windows will display "F-5" (Fat test), keep both hands on the hand pulse for 2-3 seconds, your Fat data will be displayed on the screen. Please check whether your height and weight correspond. FAT text is just to measure the inner relationship between height and weight and is not for body proportion.

FAT function only measures the inner relationship between height and weight and does not take body proportions into consideration. FAT texting is suitable for both men and women and is similar to other health indicators. The best FAT data result to have is 20-25% fat, if FAT data is less

USER INSTRUCTIONS

than 19% this indicates you are underweight, if FAT data between 25-29% this indicates you are overweight, if the data more than 30% indicates you are obese.

Note: This data just for reference and is not for medical data.

F-1	Gender	Male Female	
F-2	Age	10-----99	
F-3	Height	100----200	
F-4	Weight	20-----150	
F-5	FAT	<19 %	Underweight
	FAT	20-25 %	Normal weight
	FAT	26-29%	Overweight
	FAT	>30%	Obesity

ERROR SIGNAL

Please check the error Signal display of the window

Er1: Display panel doesn't receive signal

Er 3: Over voltage

Er 4: Over current

Er 5: Over weight

Er 6: Motor connection

Er7: Controller doesn't receive signal

SAFE: Safety protection

EXERCISE PROGRAM

10 PARTS TOTAL 30 MINUTES EACH PROGRAM

PROGRAM	TIME	1	2	3	4	5	6	7	8	9	10
P1	SPEED	2	4	3	4	3	5	4	2	5	3
	INCLINE	1	2	3	3	1	2	2	3	2	2
P2	SPEED	2	5	4	6	4	6	4	2	4	2
	INCLINE	1	2	3	3	2	2	3	4	2	2
P3	SPEED	2	5	4	5	4	5	4	2	3	2
	INCLINE	1	2	2	3	1	2	2	2	2	1
P4	SPEED	3	6	7	5	8	5	9	6	4	3
	INCLINE	2	2	3	3	2	2	4	6	2	2
P5	SPEED	3	6	7	5	8	6	7	6	4	3
	INCLINE	1	2	4	3	2	2	4	5	2	1
P6	SPEED	2	8	6	4	5	9	7	5	4	3
	INCLINE	2	2	6	2	3	4	2	2	2	1
P7	SPEED	2	6	7	4	4	7	4	2	4	2
	INCLINE	4	5	6	6	9	9	10	12	6	3
P8	SPEED	2	4	6	8	7	8	6	2	3	2
	INCLINE	3	5	4	4	3	4	4	3	3	2
P9	SPEED	2	4	5	5	6	5	6	3	3	2
	INCLINE	3	5	4	4	3	4	4	3	3	2
P10	SPEED	2	3	5	3	3	5	3	6	3	3
	INCLINE	4	4	3	6	7	8	8	6	3	3
P11	SPEED	2	6	7	4	4	7	4	2	4	2
	INCLINE	4	5	6	6	9	9	10	12	6	3
P12	SPEED	2	5	5	4	4	6	4	2	3	4
	INCLINE	3	5	6	7	12	9	11	11	6	3

CARE AND MAINTENANCE

WARNING

IMPORTANT INFORMATION

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

At least once a year, the motor cover on your treadmill should be removed and any dust or debris vacuumed up to maintain the smooth operation of the motor and drive system. Contact the Elite Fitness Service Department for further information on servicing your treadmill.

CLEANING

General cleaning the unit will greatly prolong the treadmills working life.

Keep the treadmill clean by dusting regularly. Be sure to clean the exposed parts of the deck surface on both side of the walking belt and also the side rails. Make sure the soles of your shoes are clean, This reduces the build up of foreign material underneath the running belt. The top of the belt can be cleaned with a soapy, damp cloth. Be careful to keep liquid away from the electrical components and underneath the running belt.

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 treadmill frame may affect any frame warranty implied.

LUBRICATION

This treadmill's running belt and deck are equipped with a pre-lubricated, low maintenance deck system. The belt/ deck friction may play a major role in the function and life of your treadmill, thus requiring periodic lubrication. We recommend a periodic inspection of the deck.



We recommend lubrication of the deck according to the following timetable

- Light user (less than 3 hours/ week) annually
- Medium user (3-5 hours/ week) every six months
- Heavy user (more than 5 hours/ week) every three months

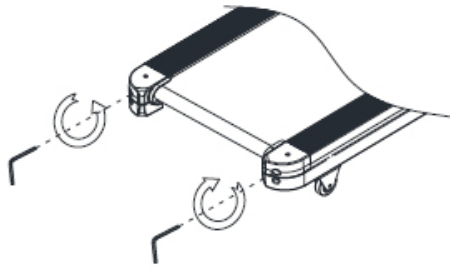
Treadmill lubricating oil can be purchased from your nearest Elite Fitness store or our Service Department.

- In order to maintain and prolong the working life of your treadmill, we suggest you power off the treadmill for 10 minutes after every 2 hours of running use.
- A loose running belt may slip when you are running and may require a small adjustment; if the running belt is over tightened it can affect the performance of the motor and add extra wear to the rollers. For ideal tension, the running belt can be lifted 50-75mm from the central part of the running deck.

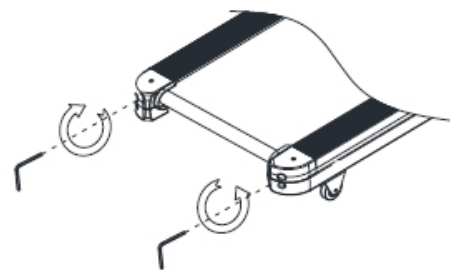
CARE AND MAINTENANCE

BELT ADJUSTMENT

- Place treadmill on a level surface.
- Run the treadmill at 6-8km/h.
- *If the belt has drifted to the right* . With the right adjusting bolt clockwise rotation 1/2 turn, then with the left adjusting bolt anticlockwise 1/2 turn AS PICTURE C
- *If the belt has drifted to the left*. With the left adjusting bolt clockwise rotation 1/2 turn, then with the right adjusting bolt anticlockwise 1/2 turn AS PICTURE D



PICTURE C



PICTURE D

MAINTENANCE LOG

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

Every time you perform maintenance, record the date and if you can, the distance and hours operated.

[illegible]

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
- 5 Years Motor
- 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 running belt and motor belt;

The Treadmill should not be:

- A) Plugged into a multi-board plug device. The treadmill 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.
- C) Lubricated only with manufacturers approved silicone oil, do NOT use: WD40, CRC or any other lubricant. Consult Elite Fitness Service Department for advice or supply of the correct product.

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**

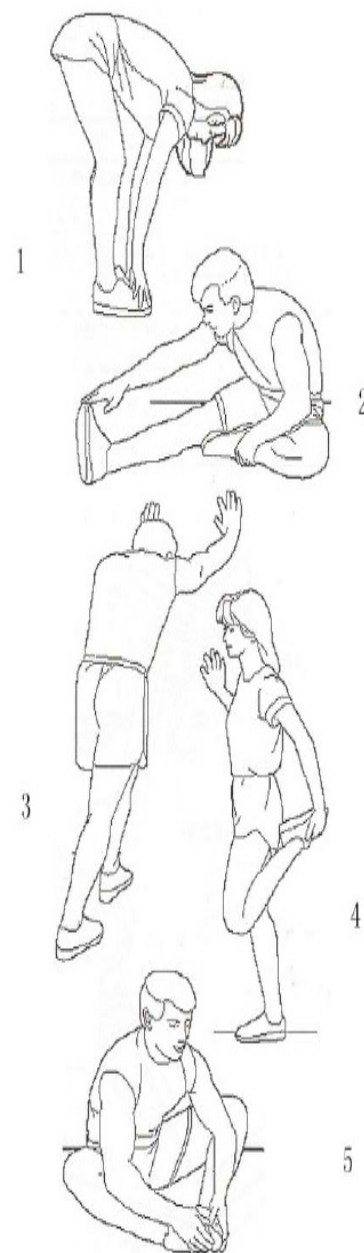
Standing with two hands on the wall or tree, one leg behind. Keeping your legs straight and the heel on the ground, lean forward towards the wall or tree. Hold for 10-15 seconds, and relax. Repeat 3 times for each leg (See picture 3).

- **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: $220 - 39 = 181 \text{ BPM}$

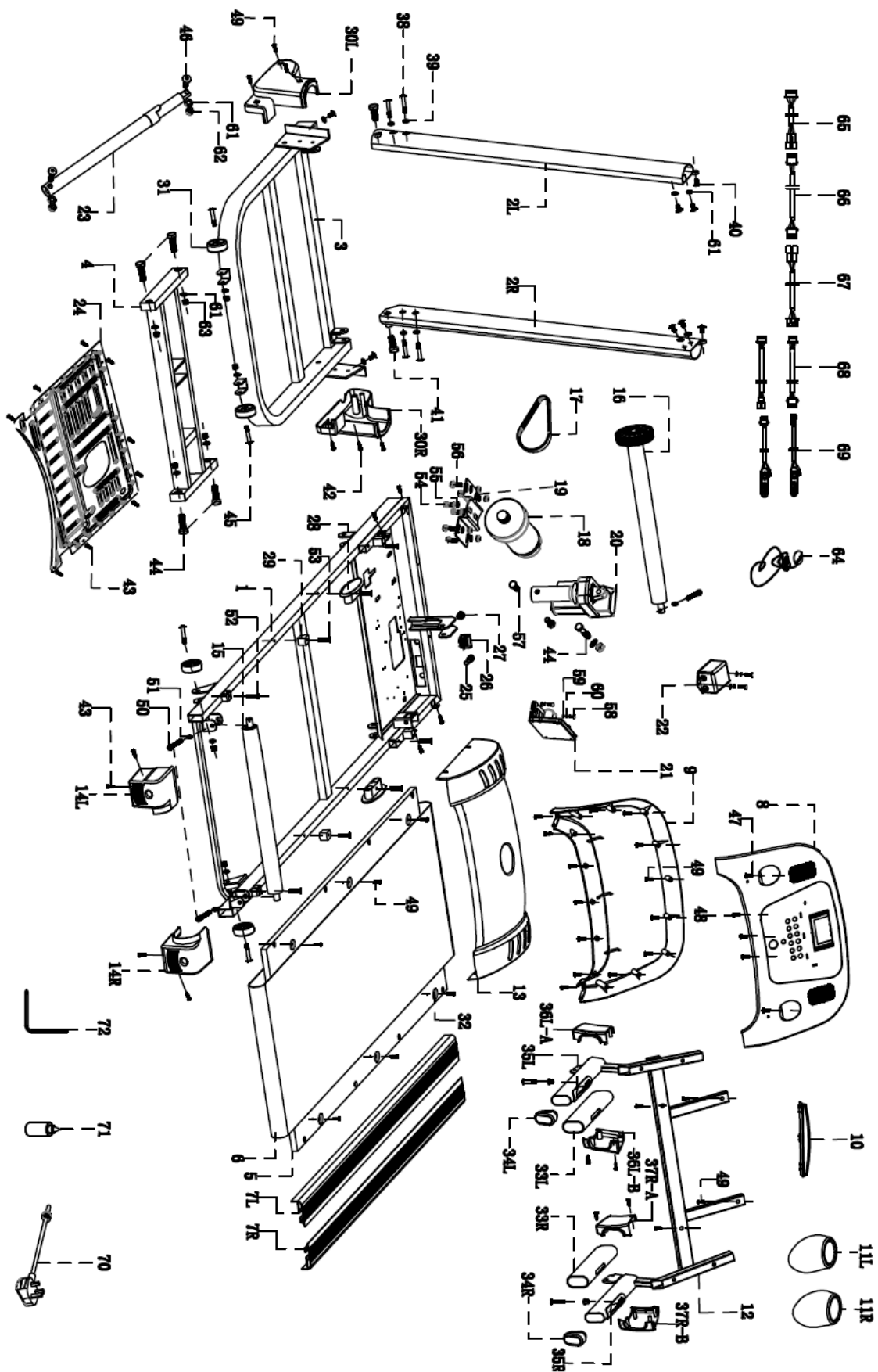
$181 \times 85\% (0.85) = 154 \text{ BPM}$ (Upper Training Limit)

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

PARTS LIST

PART NO.	DESCRIPTION	Q'TY	PART NO.	DESCRIPTION	Q'TY
1	main frame	1	37	handle bar cover R (A/B)	2
2	upright post (L/R)	2	38	bolt M8x45	5
3	base frame	1	39	flat washer	29
4	incline frame	1	40	bolt M8x15	4
5	running deck	1	41	bolt M10 x 50	2
6	running belt	1	42	screw $\phi 4 \times 16$	6
7	side rail (L/R)	2	43	screw $\phi 4 \times 16$	14
8	console cover up	1	44	bolt M10 x 45	5
9	console cover down	1	45	bolt M8x40	4
10	ipad holder	1	46	bolt M8x35	1
11	cup holder (L/R)	2	47	screw $\phi 4 \times 10$	2
12	handle bar frame	1	48	screw $\phi 3 \times 10$	5
13	motor cover	1	49	screw	32
14	end cap (L/R)	2	50	bolt M8x55	3
15	rear roller	1	51	spring washer	3
16	front roller	1	52	bolt M6x25	4
17	motor belt	1	53	bolt M6x45	4
18	motor	1	54	bolt M8x12	2
19	motor base	1	55	spring washer	2
20	incline motor	1	56	bolt M8x20	4
21	controller board	1	57	bolt M10 x16	2
22	filter	1	58	bolt M4x15	3
23	gas spring	1	59	flat washer	3
24	lower cover	1	60	spring washer	3
25	fuse	1	61	flat washer	5
26	switch	1	62	nut m8	10
27	cable lock	1	63	nut M10	5
28	cushion (big)	2	64	safety key	1
29	cushion (small)	2	65	connect cable up	1
30	lower cover (L/R)	2	66	connect cable middle	1
31	moving wheel	4	67	connect cable lower	1
32	side rail fixer	6	68	hand pulse cable	1
33	handle bar foam	2	69	speed cable	1
34	handle bar cap	2	70	plug with cable	1
35	handle pulse	2	71	silicon oil	1
36	handle bar cover L (A/B)	2	72	allen key	1

EXPLODED DRAWING



This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.



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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