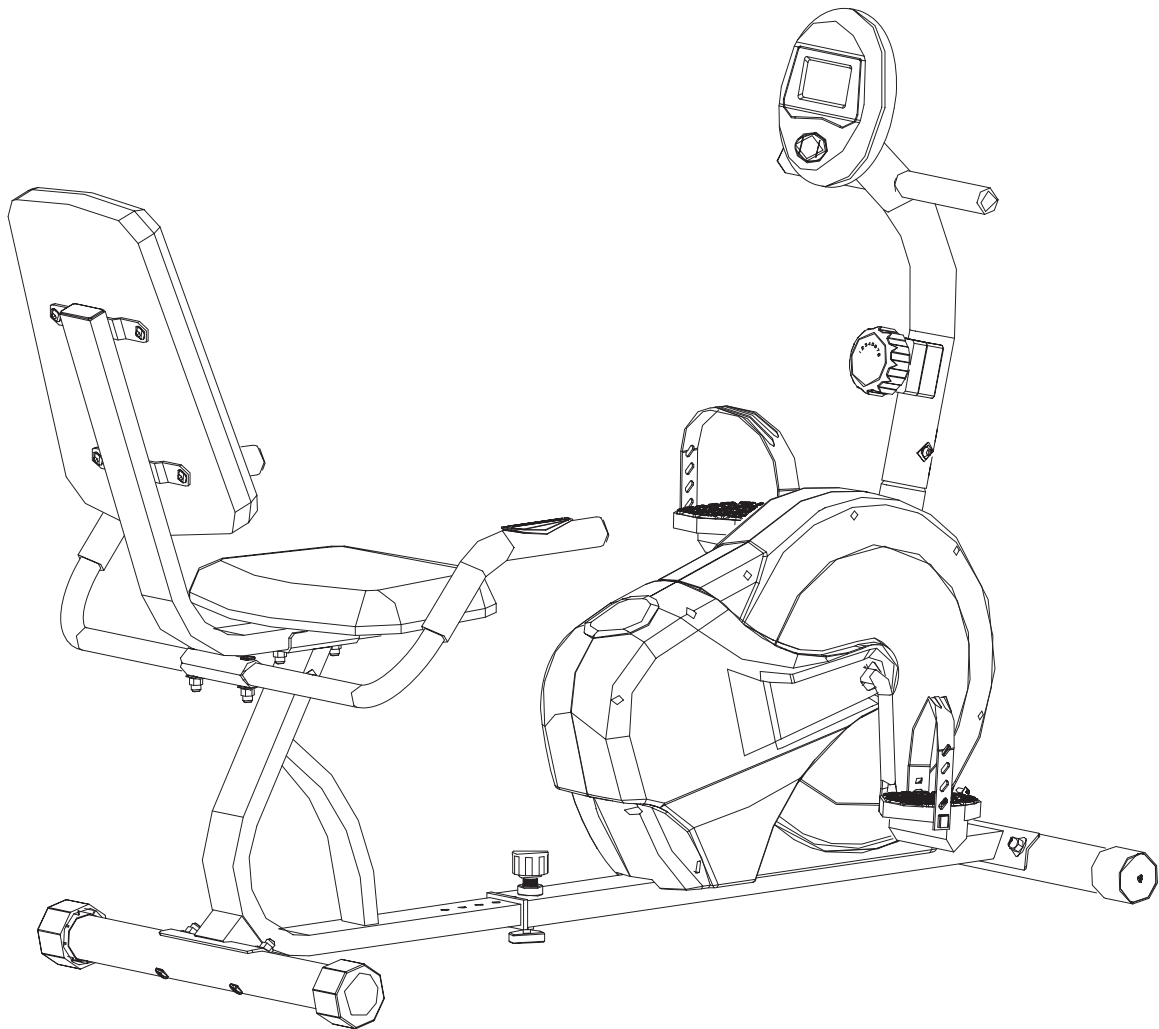




ASSEMBLY MANUAL >



PEGASUS

Record serial number

Elite Pegasus Exercycle (NS-1003R)

Thank you for purchasing the **Elite Pegasus Exercycle**.

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 Pegasus Exercycle**. Doing so will help to ensure that you get the most out of your machine, enjoying safe and effective workouts ahead.

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

SERVICE & WARRANTY

For service and warranty assistance please visit:

www.elitefitness.co.nz/service

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 to 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.
- Keep hands away from moving parts.
- Keep children and pets away from the machine at all times. **DO NOT** leave children unattended in the same room with the machine.
- Before using the machine to exercise, always do stretching exercises to properly warm up.
- Inspect the machine before each use; make sure all of the connections are tightly secured.
- Only one person at a time should use the machine.
- If the user experiences dizziness, nausea, chest pain, or any other abnormal symptoms, **STOP** the workout at once. **CONSULT A PHYSICIAN IMMEDIATELY.**
- Position the machine on a clear, levelled surface. **DO NOT** use the machine near water or outdoors.
- Always wear appropriate workout clothing when exercising. **DO NOT** wear robes or other clothing that could become caught in the machine. Sporting shoes are recommended when using the machine.
- Do not place any sharp object around the machine.
- Disabled persons should not use the machine without a qualified person or physician in attendance.
- Never operate the machine if the machine is not functioning properly.
- Only carry out training work on the equipment when it is in perfect working order. Only use original spare parts in the event of a repair.
- Do not use strong solvents for cleaning, and only use the tools supplied, or suitable ones of your own, for any repairs that may be required. Please dispose of the packaging and any parts that have to be replaced subsequently (all parts for the unit) at suitable collecting points or containers with a view to saving the environment.
- **DO NOT** extend the seat stem past the warning line “Max” when adjusting the seat height.
- Not for therapeutic use.

WARNING: Before beginning any exercise 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 110KGS.
- 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.

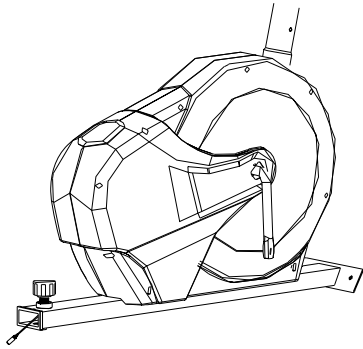
PRODUCT SPECIFICATIONS

User Weight Capacity:	110kg
Dimensions:	1380 x 630 x 940mm
Shipping Weight:	27.5kg
Net Weight:	24.5kg
Power Requirements:	2 x AA Battery

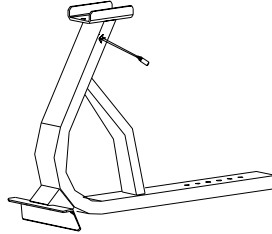
HARDWARE LIST

No.	Description	Identifier	Q'ty
8	Allen Bolt M8 x 16		12
9	Curved Washer Ø8* Ø20		10
13	Carriage Bolt M8 x 60		4
19	Domed Nut M8		8
20	Leverage Knob M8		1
21	Carriage Bolt M8x40		4
22	Washer Ø8* Ø20		2
	Allen Wrench		1
	Crossing Wrench		1

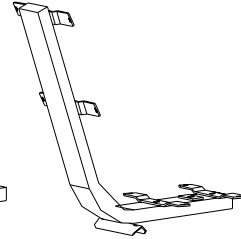
ASSEMBLY COMPONENTS



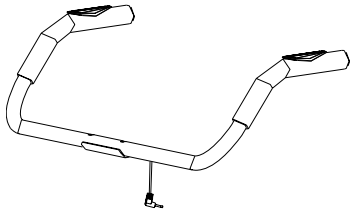
NO:1



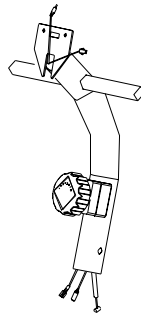
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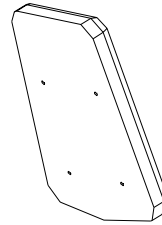
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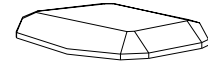
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NO:4



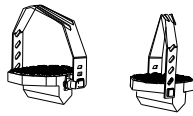
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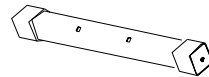
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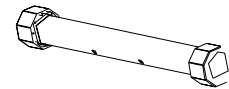
NO:2



NO17L/R



NO:14



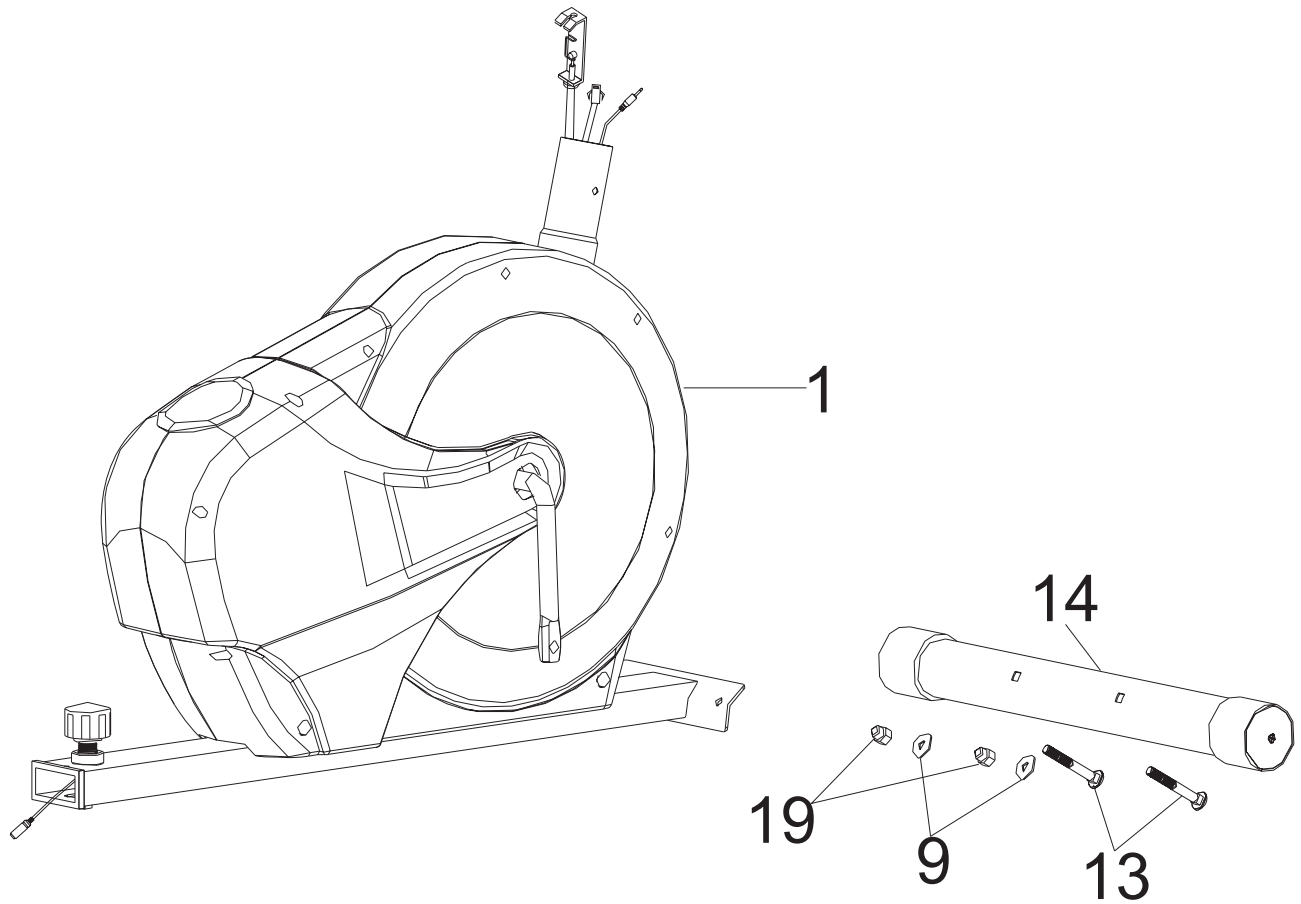
NO:27

Tools Required For Assembling the Machine:

- One Crossing Wrench and Allen Wrench, provided by manufacturer.

NOTE: It is strongly recommended that two or more people assemble this machine to avoid possible injury.

ASSEMBLY INSTRUCTIONS

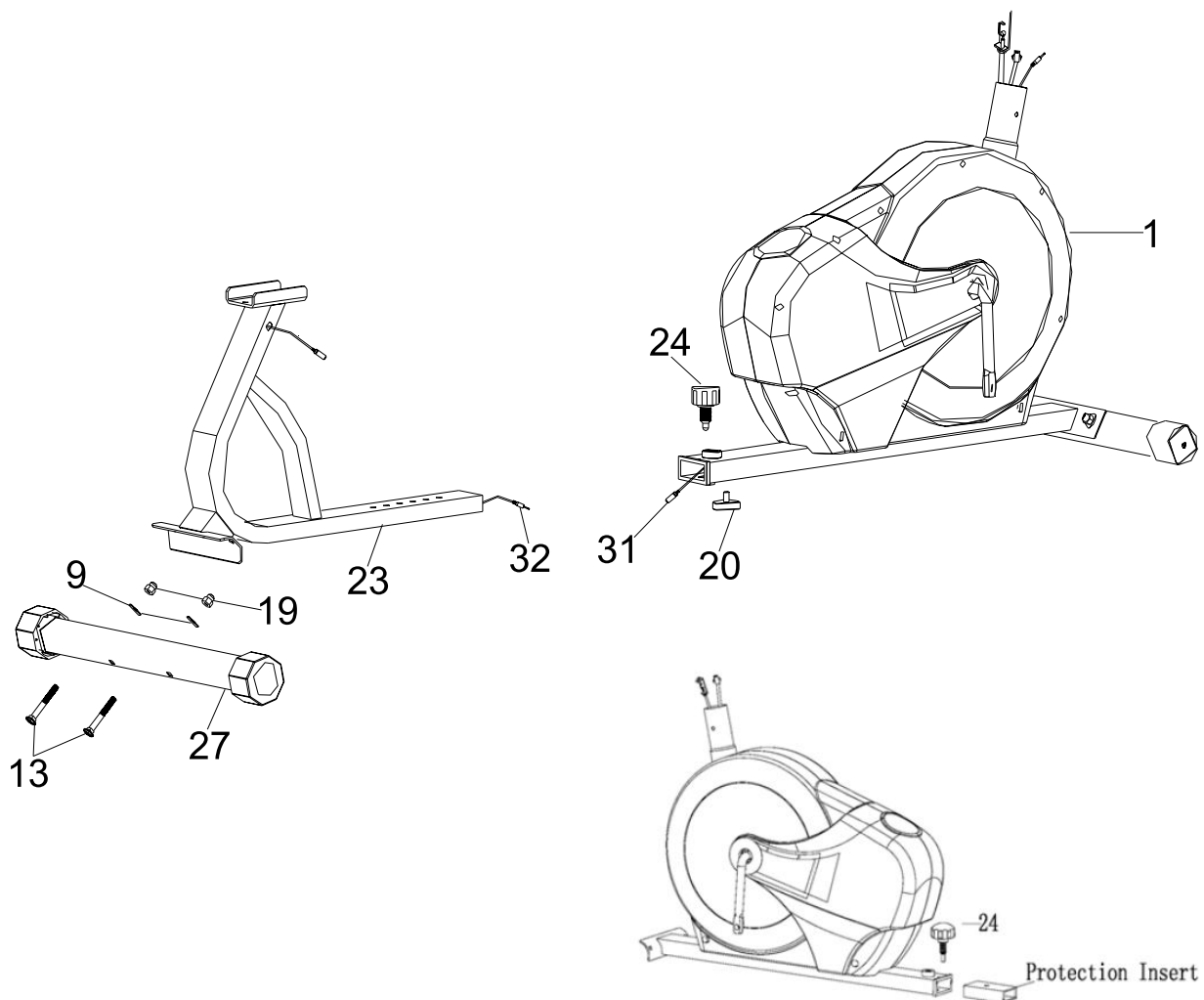


STEP 1

Do not tighten Bolts until instructed to do so.

- Attach the Front Stabilizer (#14) to the Main Frame (#1). Secure it with 2 Carriage Bolts (#13), 2 Curved Washers (#9), and 2 Domed Nut (#19).

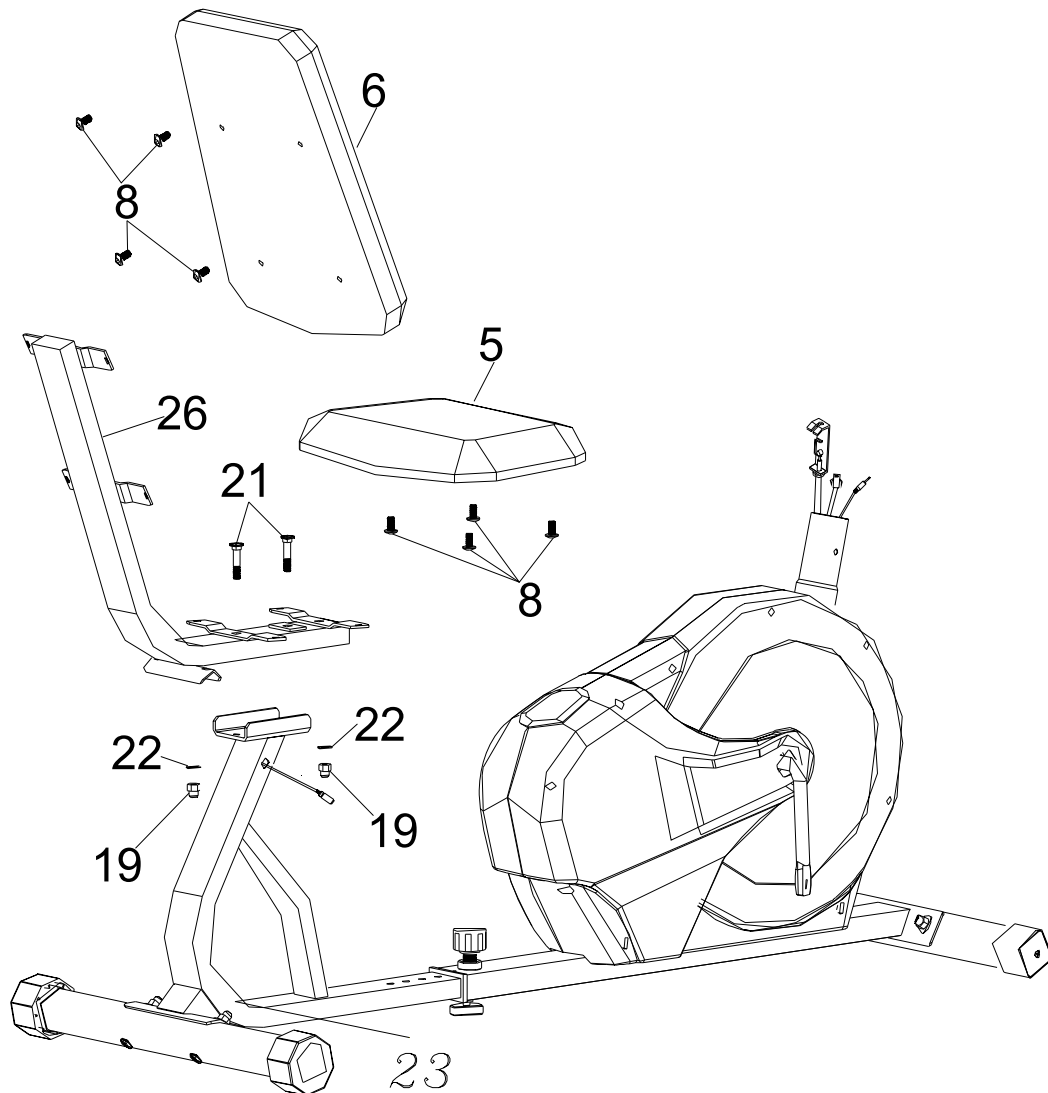
ASSEMBLY INSTRUCTIONS



STEP 2

- Before starting assembly, pull out the Quick Release Knob (#24), remove and dispose the Protection Insert.
- Connect the Middle computer wire 1 (#31) from Main Frame (#1) to the Middle computer wire (#32) from the Sliding Frame (#23).
- Insert the Sliding Frame (#23) into the Main Frame (#1). Thread the Quick Release Knob (#24) through selected hole on Main Frame into Sliding Frame to lock it in position. Thread a Leverage Knob (#20) into the Sliding Frame from bottom. The Leverage Knob needs to touch the floor.
- Attach the Rear Stabilizer (#27) to Sliding Frame (#23). Secure them together with two M8 x 2 3/8" Carriage Bolts (#13), two \varnothing 5/8" Curved Washers (#9), and two M8 Domed Nut (#19).

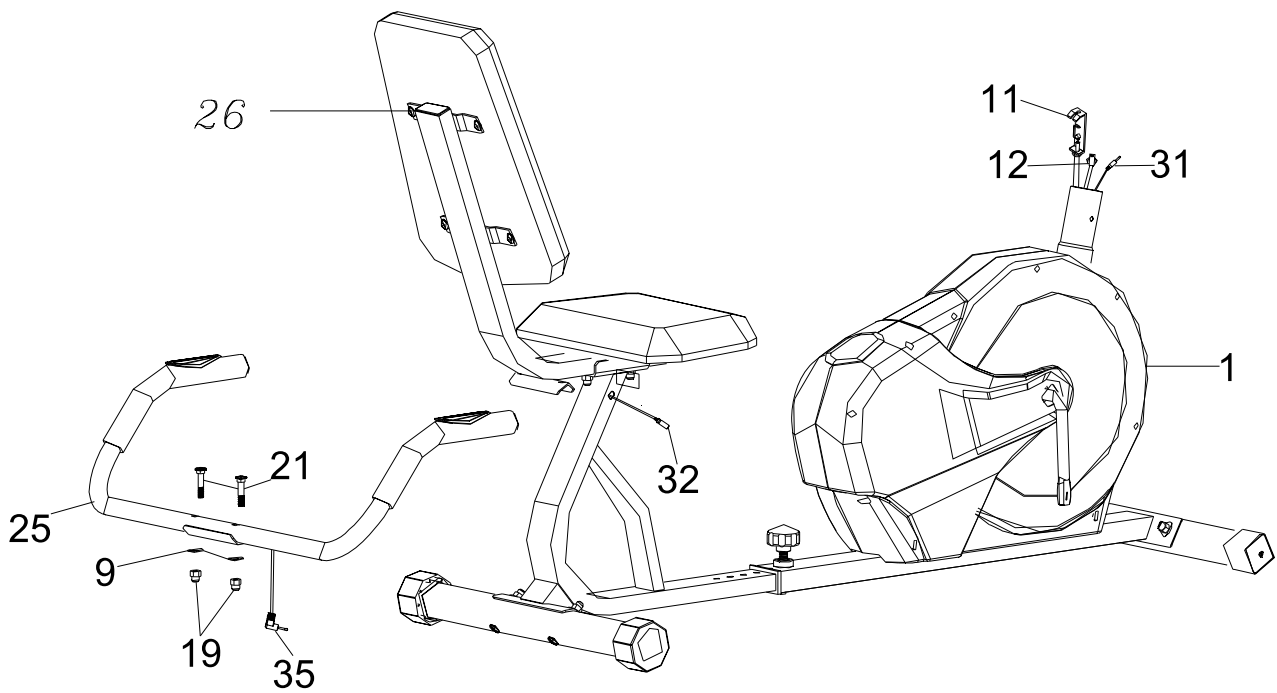
ASSEMBLY INSTRUCTIONS



STEP 3

- Attach the Seat Support (#26) to the bracket on the Sliding Frame (#23). Secure them together with two Carriage Bolts (#21), two Washers (#22), and two Domed Nut (#19).
- Attach the Backrest Board (#6) to the Seat Support. Secure it with four Allen Bolts (#8).
- Attach the Seat (#5) to Seat Support. Secure it with four Allen Bolts (#8).

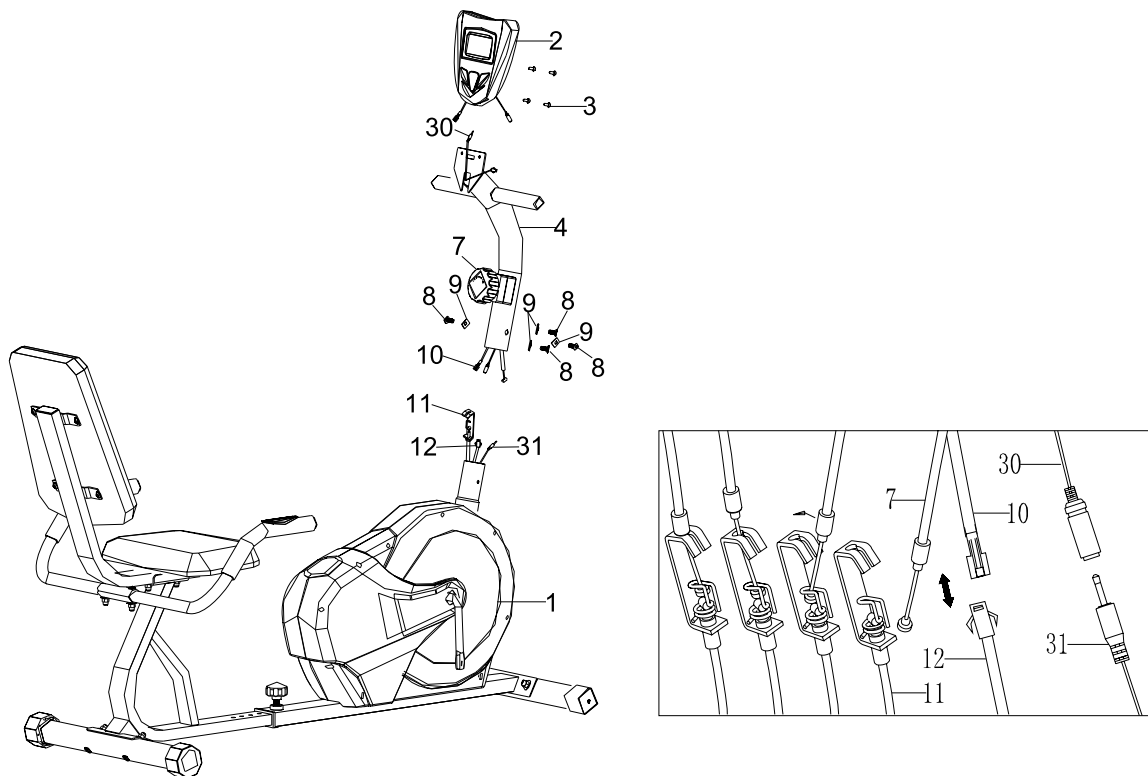
ASSEMBLY INSTRUCTIONS



STEP 4

- Attach the Handle (#25) to Seat Support (#26). Secure it with two Carriage Bolts (#21), two Curved Washers (#9), and two M8 Domed Nut (#19).
- Connect the Lower computer wire (#35) from the Handle to the Middle computer wire2 (#32) from the Sliding Frame.

ASSEMBLY INSTRUCTIONS

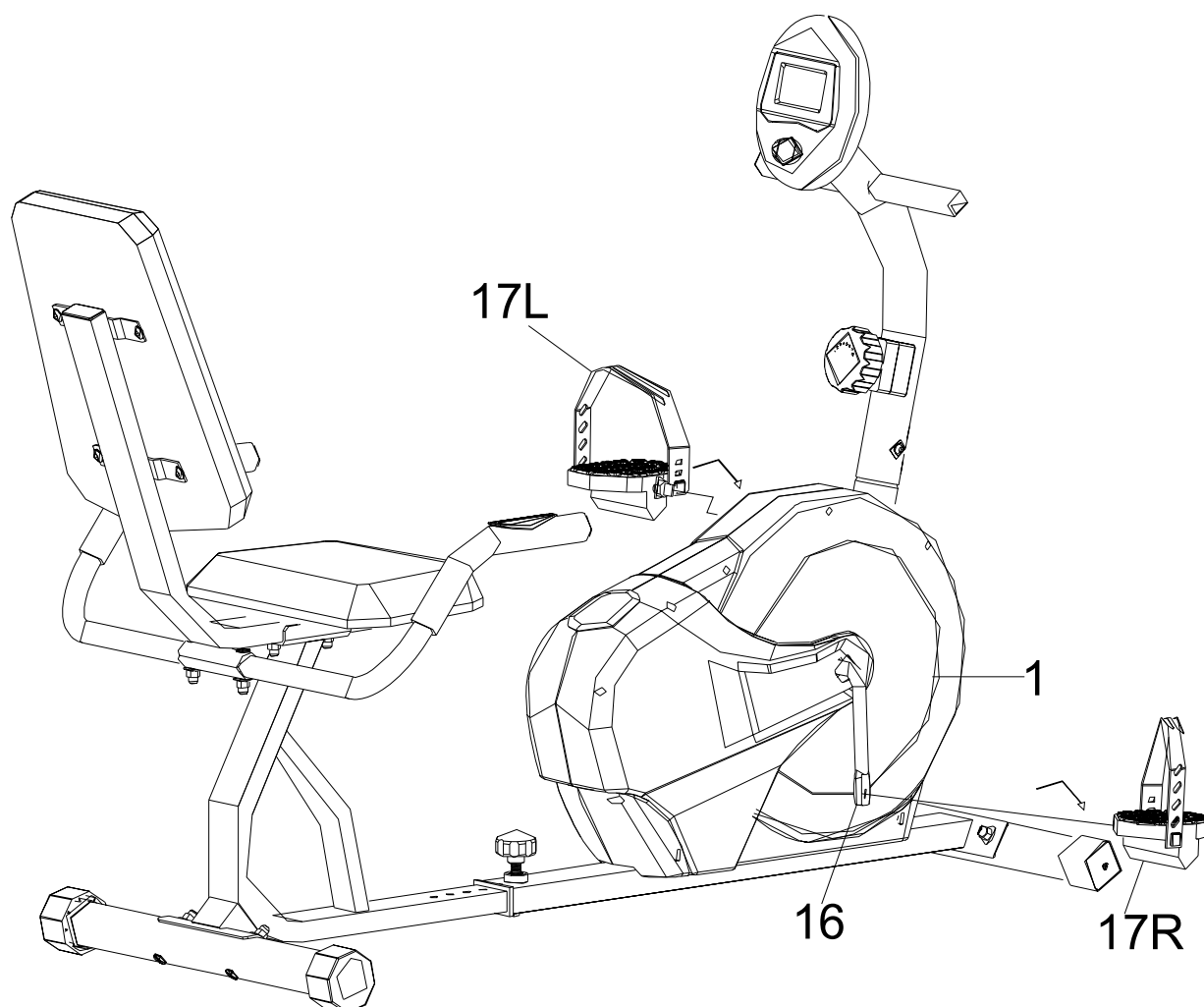


STEP 5

Note: Extra help may be needed to hold the Front Post (#4) while connecting the computer wires, sensor wires, and tension cables.

- Attach the Front Post (#4) to the Main Frame (#1). Connect the Middle computer wire 1 (#31) from Main Frame to the Upper computer wire (#30) from the bottom of Front Post.
- Connect the Lower sensor wire (#12) from Main Frame to the Upper sensor wire (#10) from the Front Post.
- Pull the tension connector from the Tension Control Knob w/cable (#7) and slide in between the opening on the connector holder on the Lower Tension Cable (#11) from Main Frame. Pull the Upper Tension Cable Upward and slide the wire through the slot on the bracket.
- Drop down the Tension Control Knob w/cable so the fitting sits firmly on top of the bracket.
- Secure the Front Post to Main Frame with four Allen Bolts (#8) and four Curved Washers (#9).
- Connect the Upper sensor wire (#10) from Front Post to the Sensor Wire from the Computer (#2). Connect the Upper computer wire (#30) from Front Post to Computer Wire from Computer. Attach the Computer (#2) to the Front Post (#4). Secure it with two Philips Screws (#3) which are pre-assembled on Computer.

ASSEMBLY INSTRUCTIONS



STEP 6

- Thread the left Pedal (#17L) counterclockwise into the left Crank (#16).
- Thread the Right Pedal (#17R) clockwise into the Crank on the other side.

CONGRATULATIONS

Assembly of your **Pegasus Exercycle** is now complete! Be sure to fully inspect your machine before using it for the first time.

WARNING: *Failure to visually check and test the assembly of your exercycle before use can cause damage to the exercycle and injury.*

SEAT ADJUSTMENT



Picture 1 – Leg extended fully with heel on pedal



Picture 2 – Knee bent, forefoot on pedal

Seat Adjustment

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

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

Moving your foot backwards, place your forefoot on to the pedal in the correct riding position (Pic 2). This should allow for a natural bend in the knee, whilst providing a full 360 degree rotation. If you experience the feeling of reaching for the pedal or sliding down the seat, you may need to make a minor adjustment to the position. Before commencing your workout please reattach and adjust the toe strap correctly to secure your foot firmly on the pedal.

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

COMPUTER

AUTO START / STOP

When exercise starts, the monitor will automatically turn on and display the progress. When exercise stops, the monitor will automatically turn off after 8 minutes to save energy. Press "MODE" key, will automatically scan Time, Speed, Distance, Calories, and ODO for every 4 seconds.



DISPLAY:

- Time Display the elapsed time. Max value is up to 99:59
- Speed Display the current speed in miles per hour.
- Distance Display the distance traveled in Miles. Max value is 99.99 miles.
- Calories Display the calorie consumption in cal.
- (ODO) Odometer Display the accumulation of distance from previous and current exercises. Max value is 9999 miles.

PULSE:

Press MODE button until "PULSE" appears. Before measuring your pulse rate, please place your palms of your hands on Both of your contact pads and the monitor will show your current heart beat rate in beats per minute(BPM) on the LCD after 6~7 seconds. Remark: During the process of pulse measurement, because of the contact jamming, the measurement value may be higher than the virtual pulse rate during the first 2~3 seconds, then will return to normal level.

Note: Contact Heart rate sensors are for reference only and may provide inaccurate readings as they are not medically certified devices. If you require accurate heart rate readings for the purpose of training or a medical condition, please consult your Elite Fitness Sales Professional for further advice

REPLACE BATTERY:

- Remove the battery cover on the back of the computer.
- Replace two 1.5V (AA) batteries.
- Make sure the batteries are installed correctly and the polarities are correct.
- If the display is not clear or only partial segments appeared, remove the batteries and wait for 15 seconds before re-install them.
- The battery life is approx. 3 months under normal usage.
- When the batteries are removed, all the functional values will reset to zero.

Note: Please note all values on this computer are approximate and they are for comparison purpose only. Do not use these values for any medical or rehabilitation purpose.

CARE AND MAINTENANCE



WARNING

IMPORTANT INFORMATION

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

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

Cleaning

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

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

Frame and Pedals

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

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

LIMITED WARRANTY

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 ONLY. This bike is not designed for commercial 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.

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**

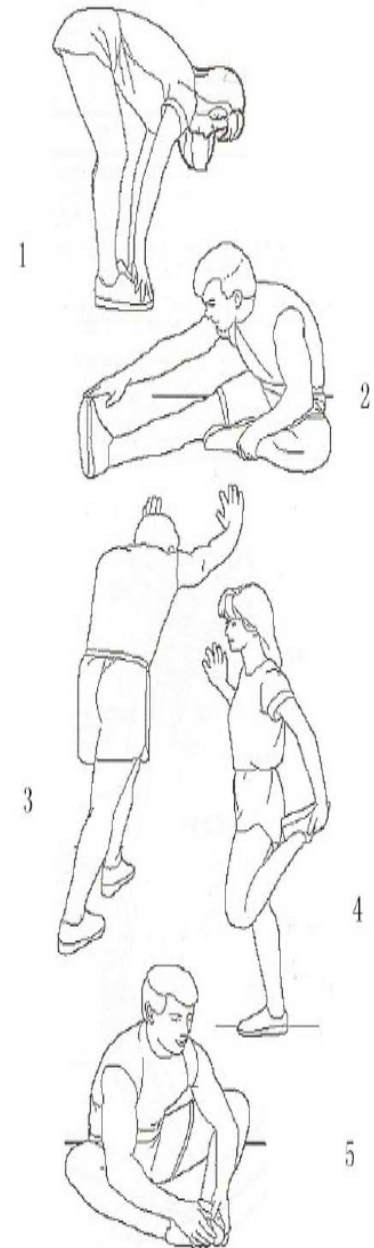
Standing with two hands on the wall or tree, one leg behind. Keeping your legs straight and the heel on the ground, lean forward towards the wall or tree. Hold for 10-15 seconds, and relax. Repeat 3 times for each leg (See picture 3).

— **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

$\text{TMHR} \times 65\% =$ (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)

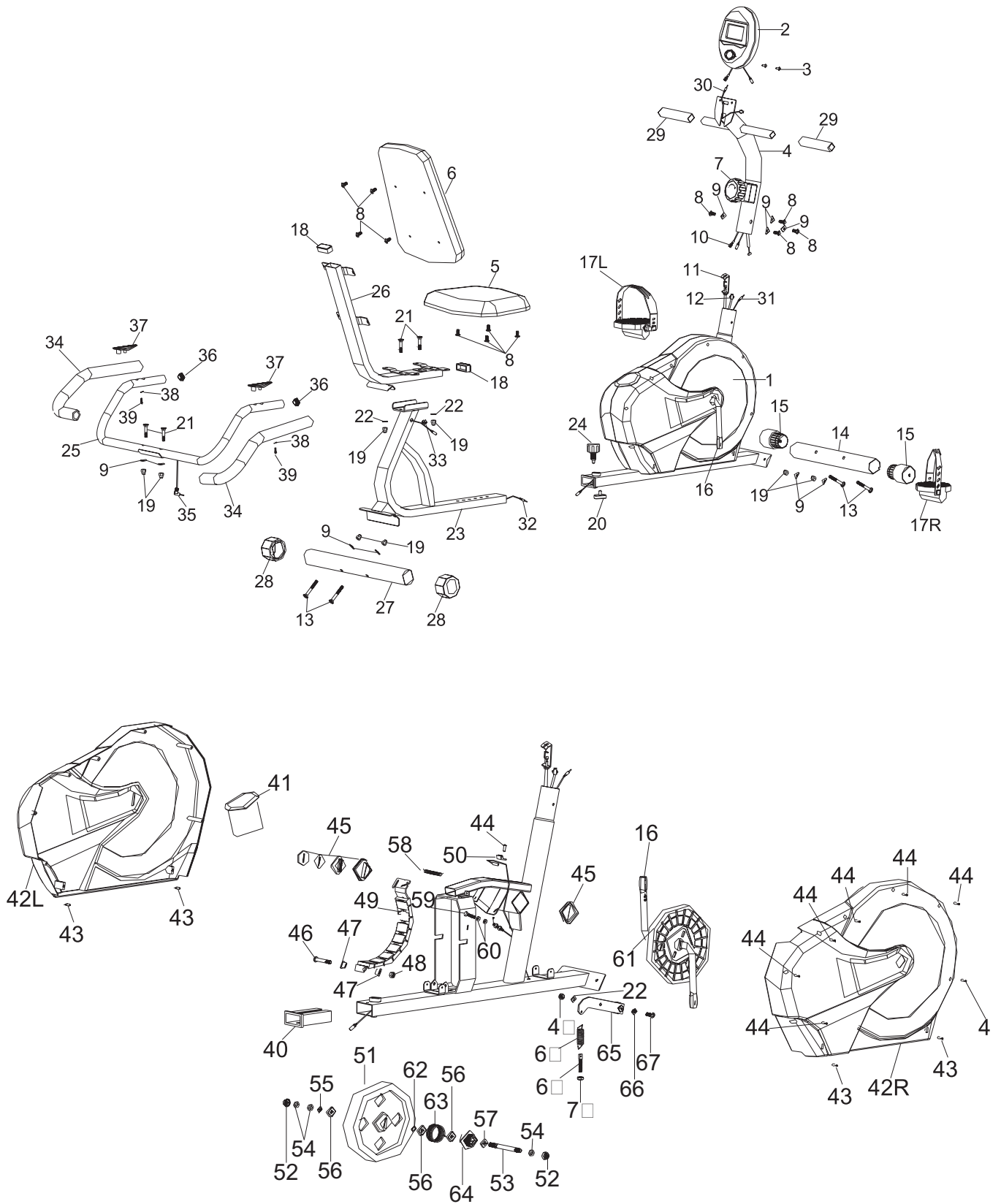
$181 \times 65\% (0.65) = 118$ BPM (Lower Training Limit)

PARTS

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	36	End Cap For Handle	2
2	Computer	1	37	Hand Pulse Sensor	2
3	Philips Screws M5*10	2	38	Washer	2
4	Front Post	1	39	Self Tapping Screw	2
5	Seat	1	40	Bushing	1
6	Backrest Board	1	41	Bottle holder	1
7	Tension Control Knob w/cable	1	42	Chain cover	1/1
8	Allen Bolt	12	43	Self Tapping Screw	4
9	Curved Washer $\Phi 8^* \Phi 20$	10	44	Screw ST5*15	8
10	Upper Sensor Wire	1	45	BB Assembly	1
11	Lower Tension Cable	1	46	Screw M8*55	1
12	Lower Sensor Wire	1	47	Bushing	2
13	Carriage Bolt	4	48	Nylon nut M8	2
14	Front stabilizer	1	49	Magnet Assembly	1
15	End Cap for Front Stabilizer	2	50	Reed Switch Holder	1
16	Crank(L & R)	1	51	Flywheel	1
17	Pedal	1/1	52	France Nut	2
18	End Cap for Seat Post	2	53	Axle for flywheel	1
19	Domed Nut M8	8	54	Nut M10	3
20	Leverage Knob	1	55	Taper Bush	1
21	Carriage Bolt	4	56	Bearing 6000	3
22	Washer	3	57	Bearing 6900	1
23	Sliding Frame	1	58	Spring	1
24	Quick Release Knob	1	59	Bolt M6	1
25	Handle	1	60	Nut M6	2
26	Seat Support	1	61	belt pulley	1
27	Rear stabilizer	1	62	Washer	1
28	End Cap for Rear Stabilizer	2	63	Spring Clutch	1
29	Foam Grip	2	64	small belt pulley	1
30	Upper Computer Wire	1	65	Idler Assembly	1
31	Middle Computer Wire 1	1	66	Powder Bushing	1
32	Middle Computer Wire2	1	67	Allen Bolt M8*20	1
33	Grommet	1	68	Spring	1
34	Handle	2	69	adjusting bolt	1
35	Lower Computer Wire	1	70	Nut M8	1

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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