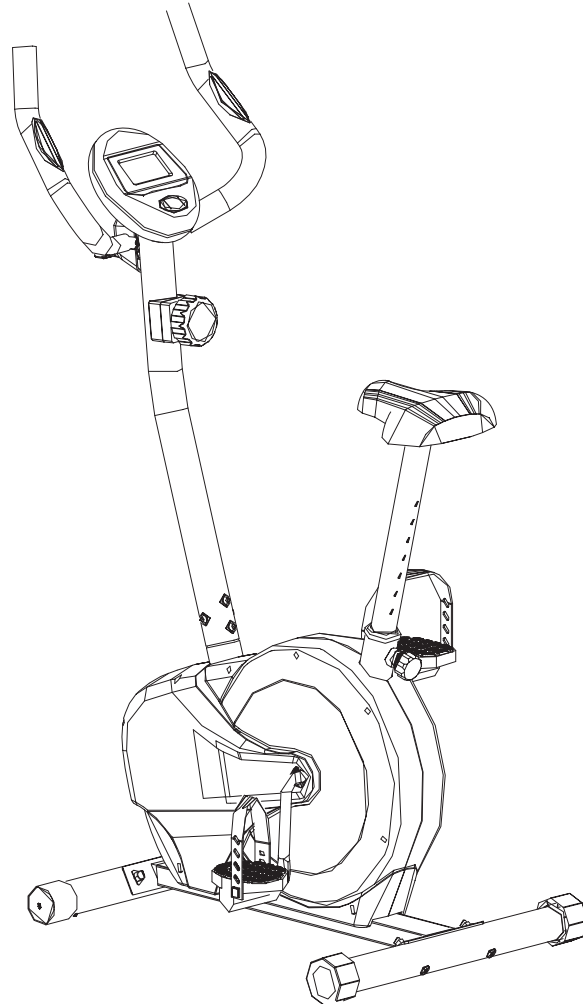




ASSEMBLY MANUAL >



COLT

Record serial number

Elite Colt Exercycle (NS-1003U)

Thank you for purchasing the **Elite Colt 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 Colt 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.

(09) 258 9067

Elite Fitness HQ

11 George Bourke Drive

Mt Wellington

Auckland, New Zealand

info@elitefitness.co.nz

0800 2 438 348

www.elitefitness.co.nz

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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 |
|-----------------------|-------|

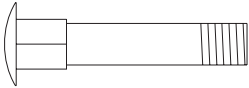
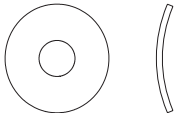
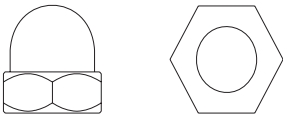
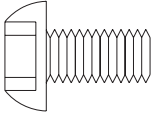

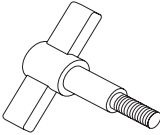


| | |
|-------------|--------------------|
| Dimensions: | 850 x 480 x 1260mm |
|-------------|--------------------|

| | |
|------------------|------|
| Shipping Weight: | 22kg |
|------------------|------|

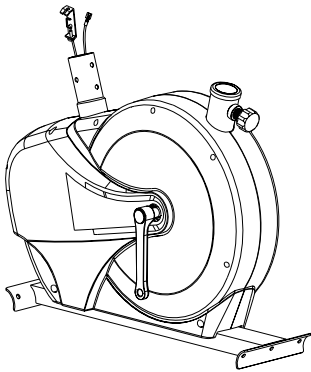
| | |
|-------------|------|
| Net Weight: | 20kg |
|-------------|------|

| | |
|--------------------|----------------|
| Power Requirements | 2 x AA battery |
|--------------------|----------------|

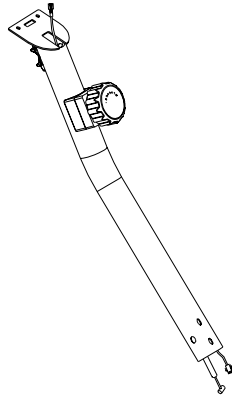
HARDWARE LIST

| No. | Description | Identifier | Q'ty |
|-----|---------------------|--|------|
| 6 | Carriage Bolt M8*65 |  | 4 |
| 7 | Curved WasherΦ8 |  | 8 |
| 8 | Domed Nut M8 |  | 4 |
| 9 | Allen Bolt M8*16 |  | 4 |
| 27 | Clamp Cover |  | 1 |
| 28 | T-shaped Lock Knob |  | 1 |
| | #6 Allen Wrench |  | 1 |
| | Crossing Wrench |  | 1 |

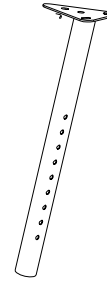
ASSEMBLY COMPONENTS



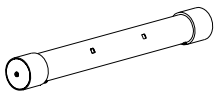
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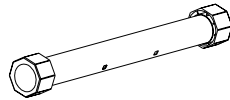
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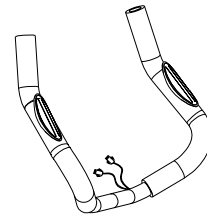
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11



12



17



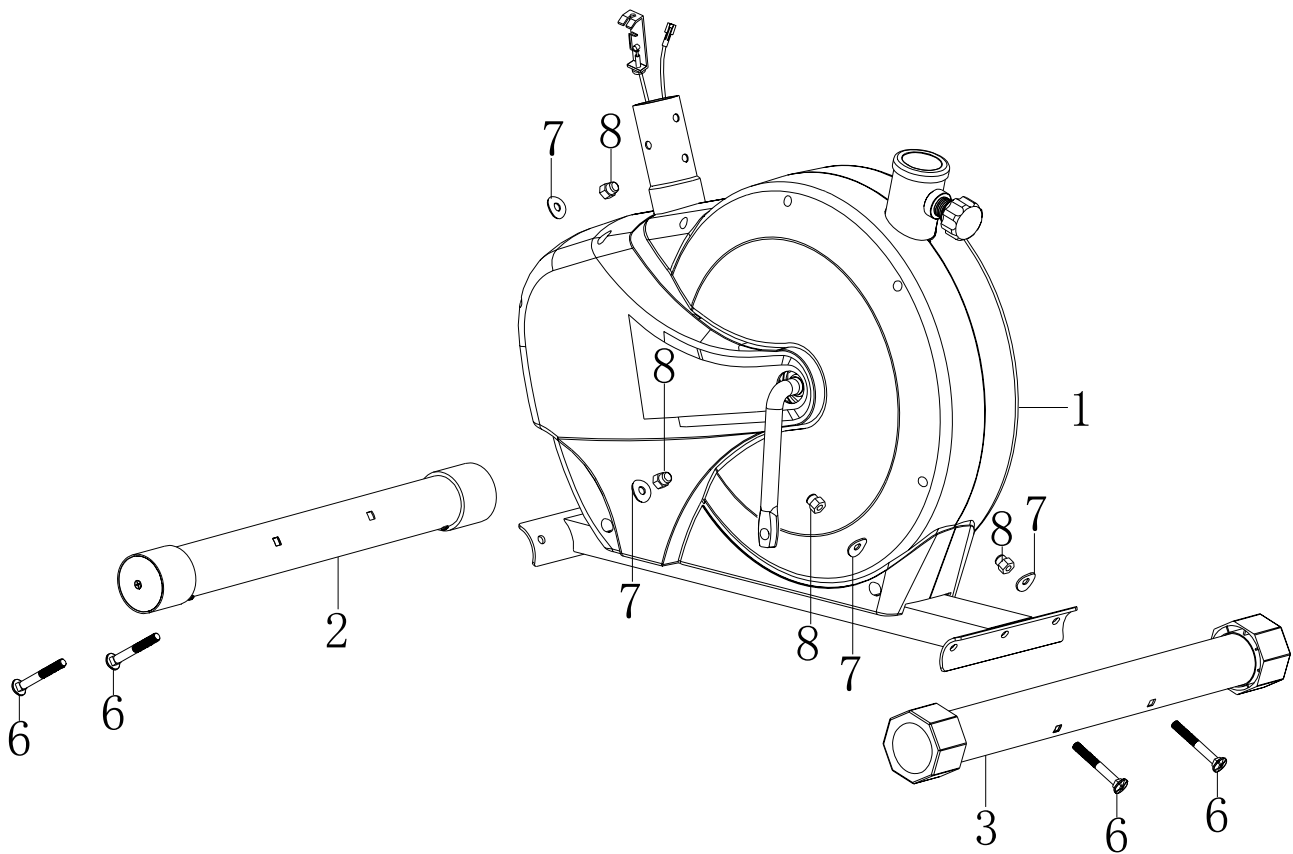
18

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

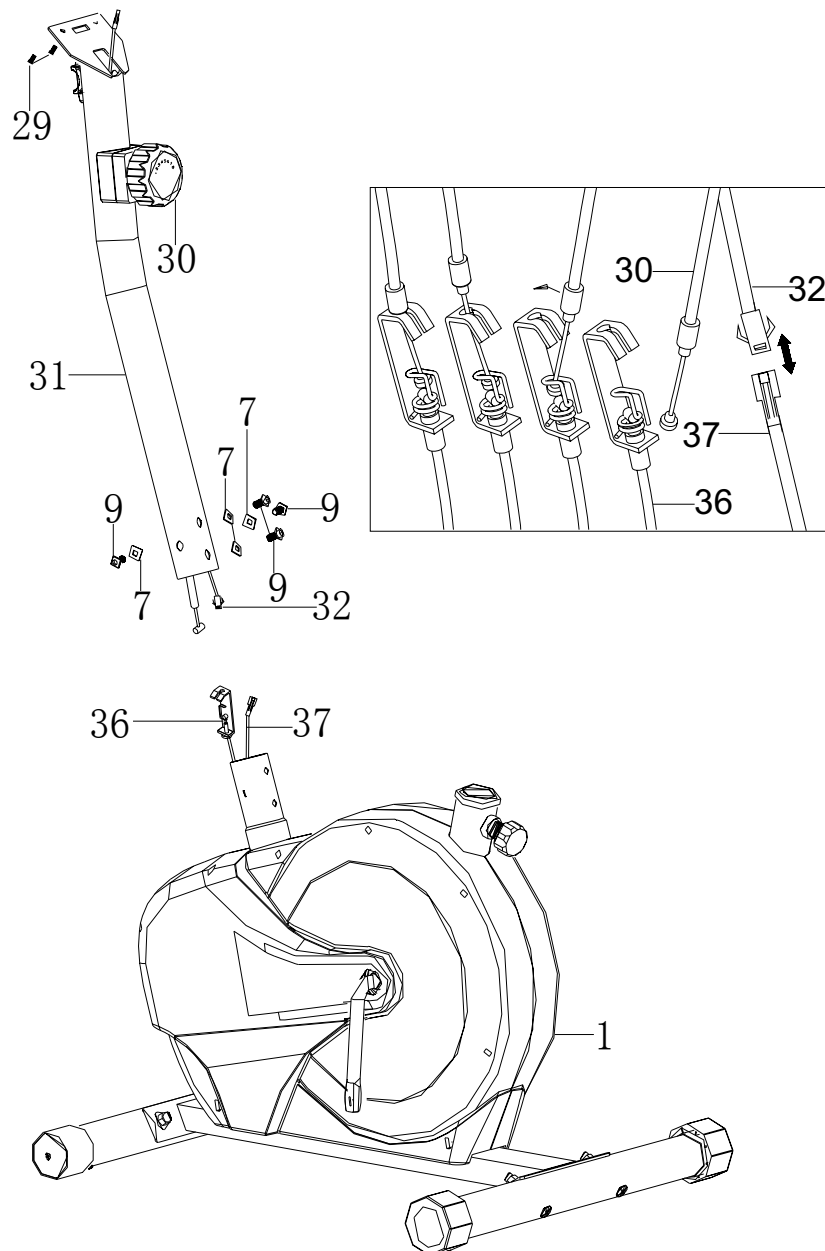


STEP 1

Do not tighten Bolts until instructed to do so.

- Attach the Front Stabilizer (#2) to the Main Frame (#1). Secure it with 2 Carriage Bolts (#6) 2 Curved Washers (#7) and 2 Domed Nut (#8)
- Attach the Rear Stabilizer (#3) to the Main Frame (#1). Secure it with two Carriage Bolts (#6) 2 Curved Washers (#7), and two Domed Nut (#8).
- **Securely tighten all Bolts.**

ASSEMBLY INSTRUCTIONS

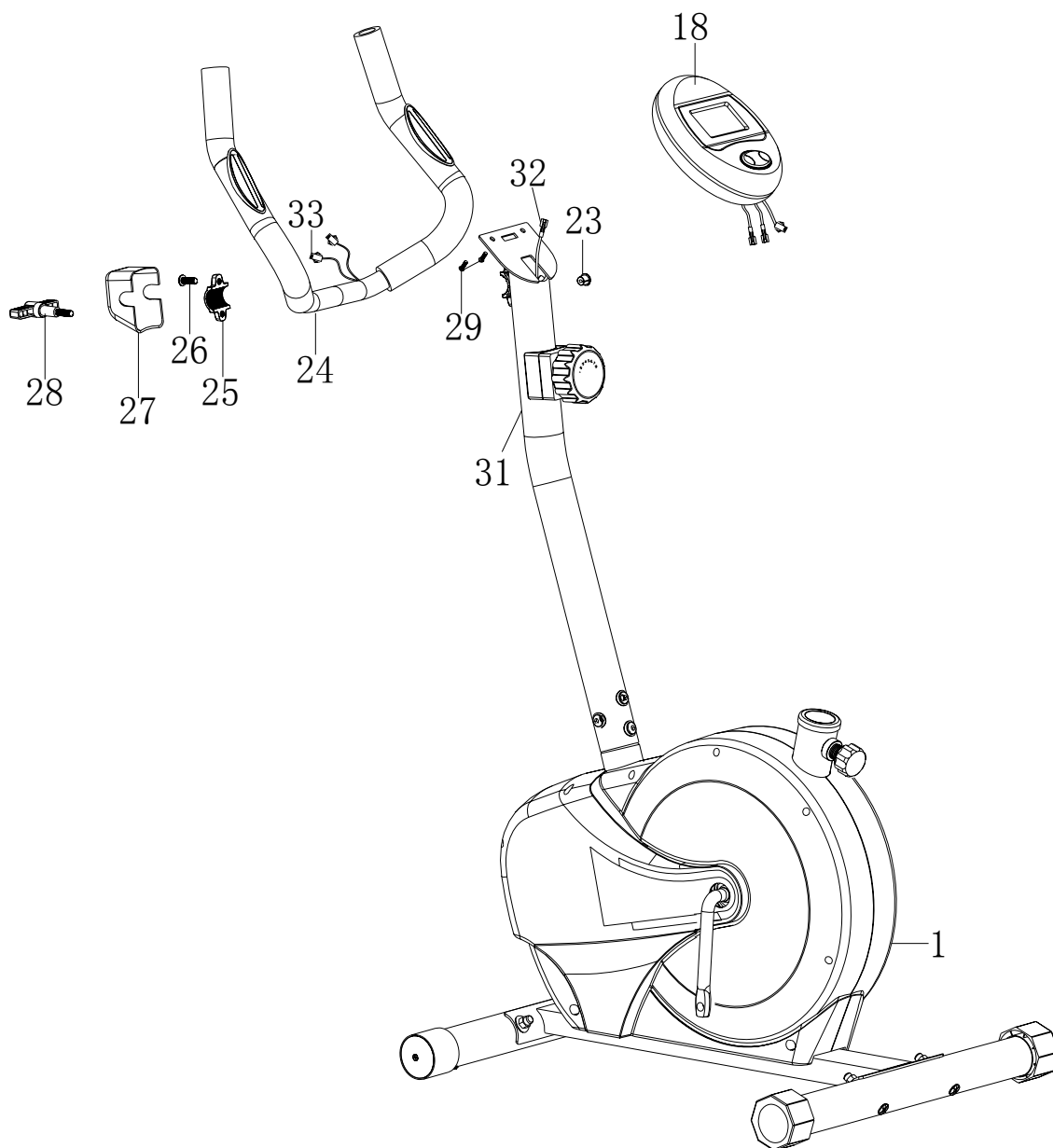


STEP 2

NOTE: Extra help may be needed to hold the Front Post (#31) while connecting the cables and wires.

- Attach the Front Post (31) to the Main Frame (#1). Connect the Extension Sensor Wire (#32) from the bottom of the Front Post to the Sensor Wire (#37) from the Main Frame.
- Pull the tension connector from the Tension Control Knob w/cable (#30) and slide in between the opening on the connector on the Extension Tension Cable (#36). Pull the Tension Control Knob w/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 the Main Frame with four Allen Bolts (#9) and four Curved Washers (#7).

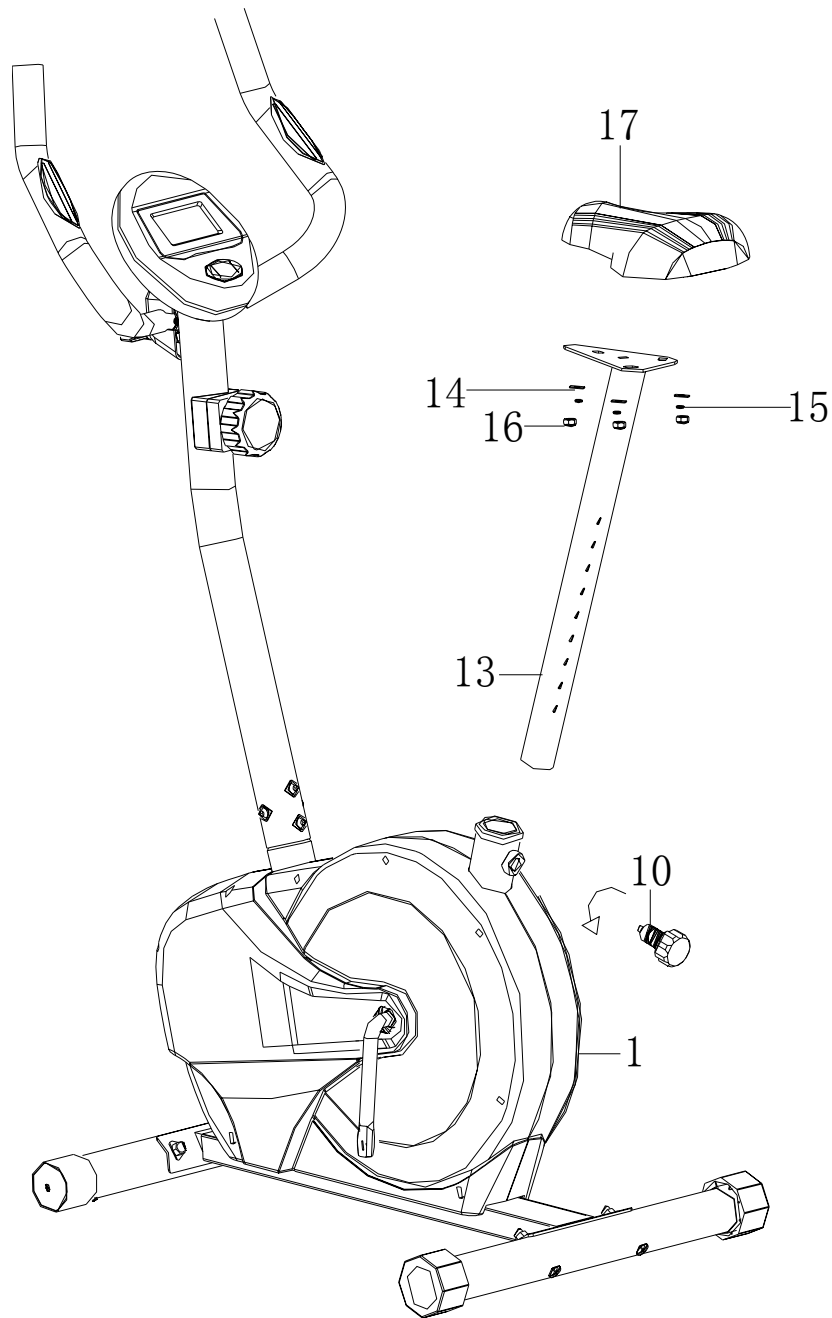
ASSEMBLY INSTRUCTIONS



STEP 3

- Attach the Handlebar (#24) to the Front Post (#31). Secure it with one Clip (#25), one M8 x $\frac{3}{4}$ " Allen Bolt (#26), one T Type Knob (#28) and Clamp Cover (#27)
- Connect Upper Computer Wire from Computer (#18) to the Middle Computer Wire (#32) from Front Post. (#31)
- Connect Upper Pulse Wire from Computer (#18) to the Lower Pulse Wire (#33) from Handlebar. (#24)
- Remove the two Screws (#29) from Computer (#18). Slide the Computer (#18) onto the bracket on Front Post(#31). Secure it with the two Screws (#29).

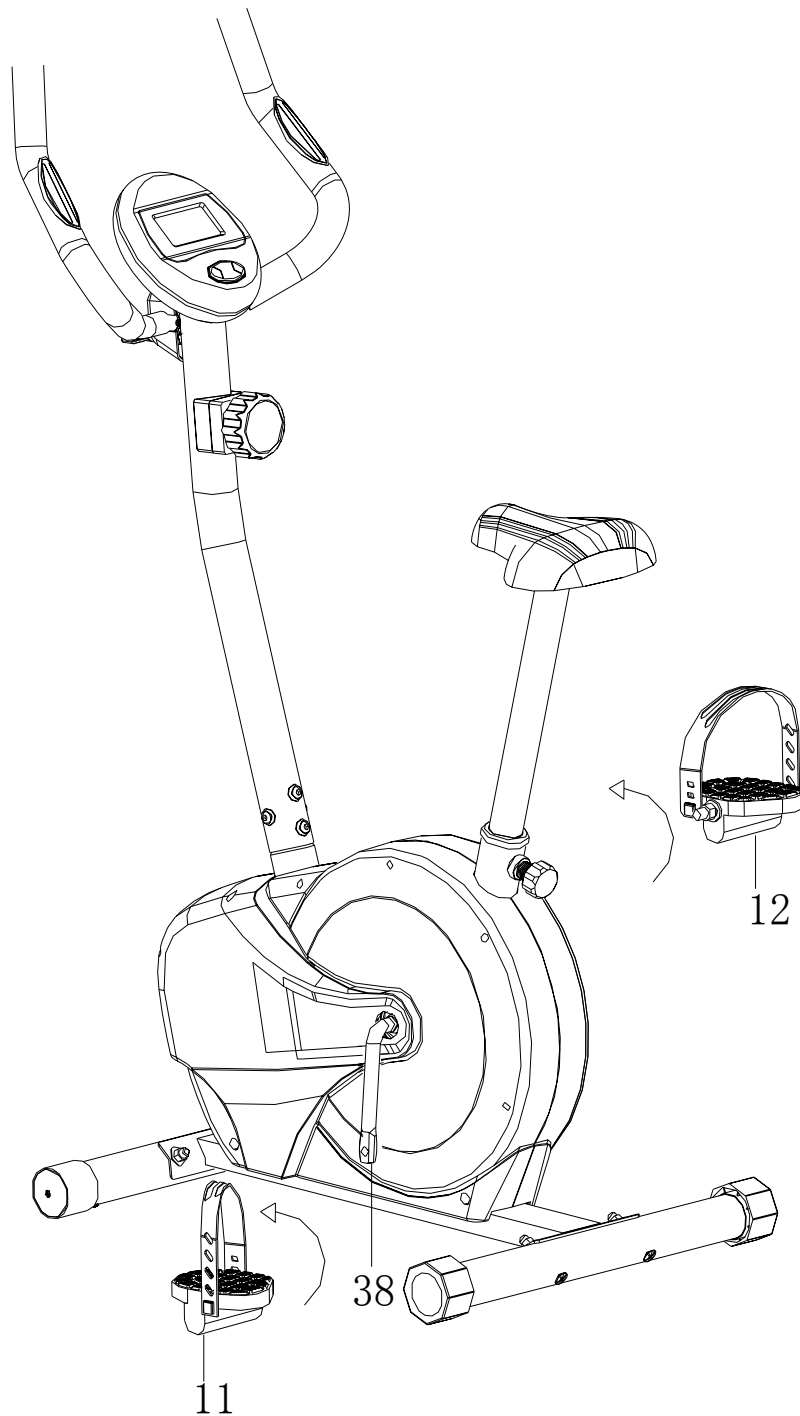
ASSEMBLY INSTRUCTIONS



STEP 4

- Remove the three Nylon Nut (#16), three Spring washer (#15), and three M8 Aircraft Nuts (#14) from the Seat Post (#13).
- Attach the Seat (17) to the Seat Post (#13). Secure it with three Flat washer (#14), three Spring washer (#15), and three Nylon Nut (#16). Insert the Seat Post (#13) into the opening on Main Frame (#1). Thread the Knob (#10)
- Through the hole on Seat Post to securely lock it at selected height.

ASSEMBLY INSTRUCTIONS



STEP 5

- Thread the Left Pedal (#11) counterclockwise into the Crank (#38).
- Thread the Right Pedal (#12) clockwise into the Crank on the other side.

CONGRATULATIONS

Assembly of your **Colt 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

Having your bike seat adjusted to the right height is essential for a comfortable ride, efficient pedalling and avoiding injury. There are 2 adjustments located on the seat post. The first is a vertical height adjustment, the second is for horizontal seat position. Although there are many methods and opinions on the optimal saddle setting, the following is a quick and easy method to get started. Further adjustments can be made afterwards to optimise your position and comfort.

Saddle Height Adjustment

Place your heels on the bike pedals and pedal backward. Your legs should be fully extended with your knees straight. If your hips rock from side to side while pedalling backward, the seat is too high. Place the ball of your foot on the pedal. There should now be a slight bend in your knee when the pedal is at its lowest point. This is a good starting point.



Saddle Height Adjustment

Adjusting Seat Fore and Aft Position (if applicable to your bike)

Once you've adjusted the seat height, it's time to find the correct fore-and-aft position of the saddle. This determines where you sit in relationship to the crank set (where the pedals are attached). This will help determine how comfortable and efficient you'll be when riding and minimises stress to the knee by being in a more neutral position. If you want to check the fore-and-aft setting at home, you will need a second person and a plumb line (a length of string with a nut or washer tied on the end will work fine).

- Whilst sitting on the seat, bring your left crank arm around and have your helper stop the crank when the pedal is at three o'clock or parallel with the floor. For this measurement to be accurate, your shoes must be correctly positioned on the pedals (the balls of your feet should be over the pedal axles).
- Holding this position, have your helper place the end of the plumb line on the front of your leg, at a point just below the bony protrusion beneath the kneecap.
- The plumb line's weight should hang over your shoe. Check again to ensure that the crank-arm and pedal are level. By looking at the plumb line the knee should be in alignment with the centre spindle or axle of the pedal.
- Adjust the saddle to the correct position then tighten the locking pin.

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.

MAINTENANCE LOG

Prolong the life of your exercycle 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.

| DATE | HOURS | DISTANCE | FRAME | | SERVICE COMMENTS |
|-----------|-------|----------|----------------|----------------------|------------------|
| | | | <i>Cleaned</i> | <i>Seat / Pedals</i> | |
| eg: 01/06 | 15 | 16.5km | ✓ | ✓ | none |
| | | | | | |
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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 commerical 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**

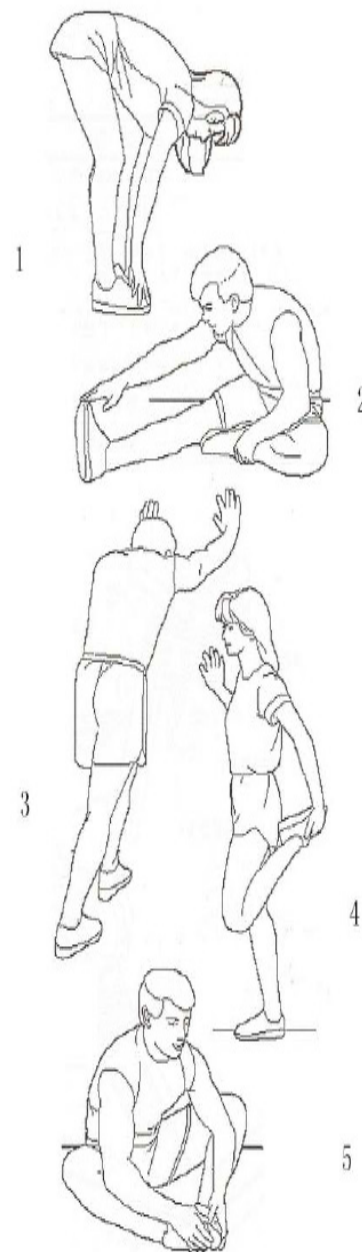
Standing with two hands on the wall or tree, one leg behind. Keeping your legs straight and the heel on the ground, lean forward towards the wall or tree. Hold for 10-15 seconds, and relax. Repeat 3 times for each leg (See picture 3).

— **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)

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

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

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)

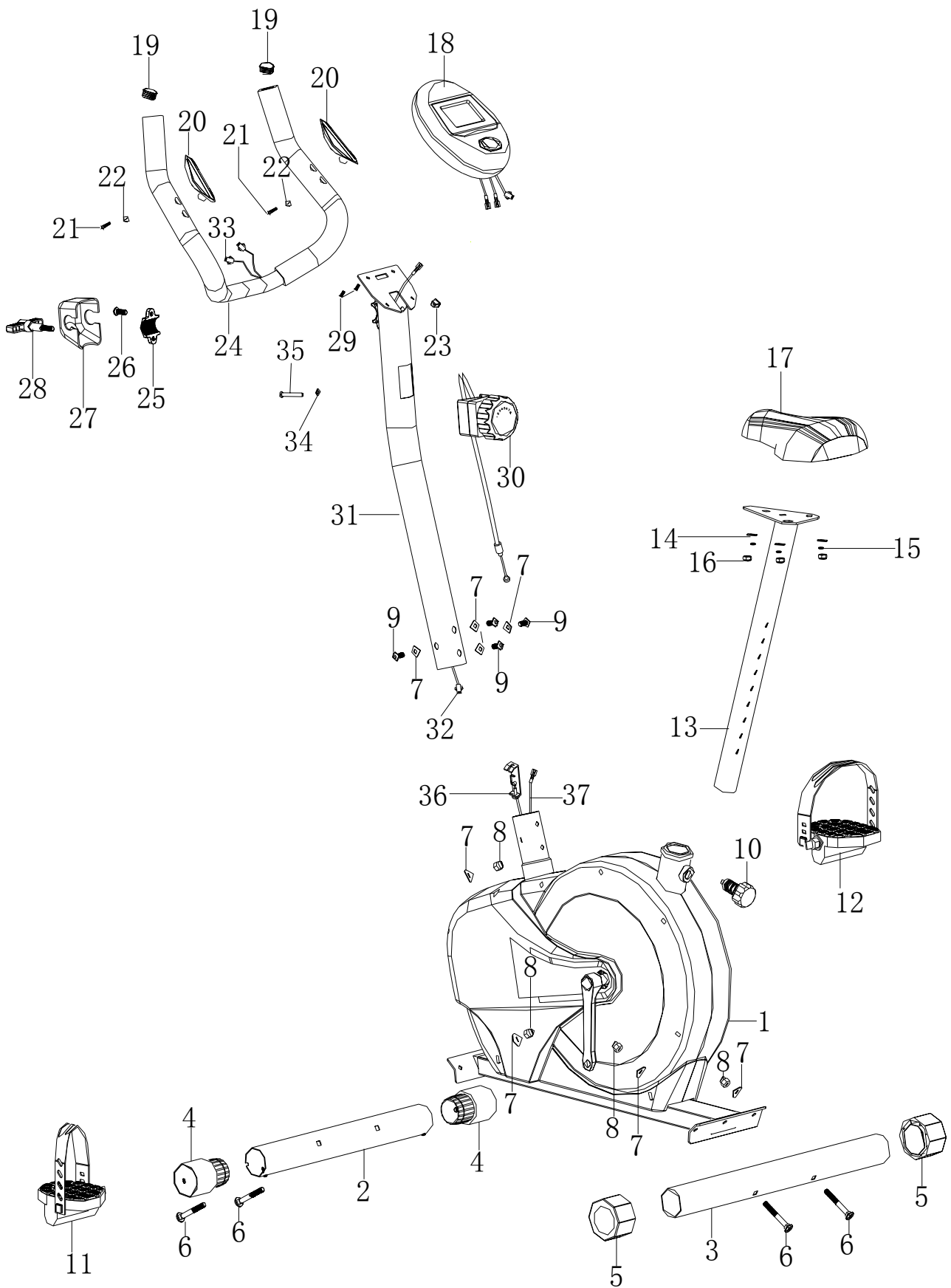
$181 \times 65\% (0.65) = 118 \text{ BPM}$ (Lower Training Limit)

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 | 35 | Screw M6*40 | 1 |
| 2 | Front stabilizer | 1 | 36 | Extension Tension Cable | 1 |
| 3 | Rear stabilizer | 1 | 37 | Sensor Wire | 1 |
| 4 | End cap for Front stabilizer | 2 | 38 | Crank(L & R) | 1 |
| 5 | End cap for rear stabilizer | 2 | 39 | Crank(L & R) | 1/1 |
| 6 | Carriage Bolt M8*65 | 4 | 40 | Self Tapping Screw ST5*15 | 9 |
| 7 | Curved Washer Φ 8 | 8 | 41 | Self Tapping Screw ST5*15 | 4 |
| 8 | Domed Nut M8 | 4 | 42 | Belt-drive Wheel | 1 |
| 9 | Allen Bolt M8 | 4 | 43 | BB Assembly | 1 |
| 10 | Knob | 1 | 44 | Magnet Assembly | 1 |
| 11 | Left Pedal | 1 | 45 | Bushing | 2 |
| 12 | Right Pedal | 1 | 46 | Nut M8 | 2 |
| 13 | Seat Post | 1 | 47 | Bolt M8*55 | 1 |
| 14 | Flat washer | 4 | 48 | Belt | 1 |
| 15 | Spring washer | 3 | 49 | Reed Switch Holder | 1 |
| 16 | Nylon Nut | 4 | 50 | Hex Head Bolt M6*25 | 1 |
| 17 | Seat | 1 | 51 | Hex Head Bolt M6 | 2 |
| 18 | Computer | 1 | 52 | Spring | 1 |
| 19 | End cap | 2 | 53 | Flywheel | 1 |
| 20 | Hand Pulse Sensor | 2 | 54 | Axle for flywheel | 1 |
| 21 | Screw ST4*20 | 2 | 55 | adjusting bolt | 1 |
| 22 | Washer | 2 | 56 | Bearing 6900 | 1 |
| 23 | Grommet | 1 | 57 | Hex Head Nut | 2 |
| 24 | Handlebar | 1 | 58 | Spring | 1 |
| 25 | Clip | 1 | 59 | Idler Assembly | 1 |
| 26 | Allen Bolt M8*20 | 2 | 60 | Powder Bushing | 1 |
| 27 | Clamp Cover | 1 | 61 | Bushing For Seat Post | 1 |
| 28 | T Type Knob | 1 | 62 | Small belt pulley | 1 |
| 29 | Screw M5*12 | 2 | 63 | Spring Clutch | 1 |
| 30 | Tension Control Knob w/cable | 1 | 64 | Washer Φ 10 | 1 |
| 31 | Front Post | 1 | 65 | Bolt M10*1.25 | 2 |
| 32 | Extension Sensor Wire | 1 | 66 | Taper Bush | 1 |
| 33 | Lower Pulse Wire | 2 | 67 | Bearing 6000 | 3 |
| 34 | washer | 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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Elite Fitness, 11 George Bourke Drive, Mt Wellington, Auckland, New Zealand,
0800 243 834, www.elitefitness.co.nz

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