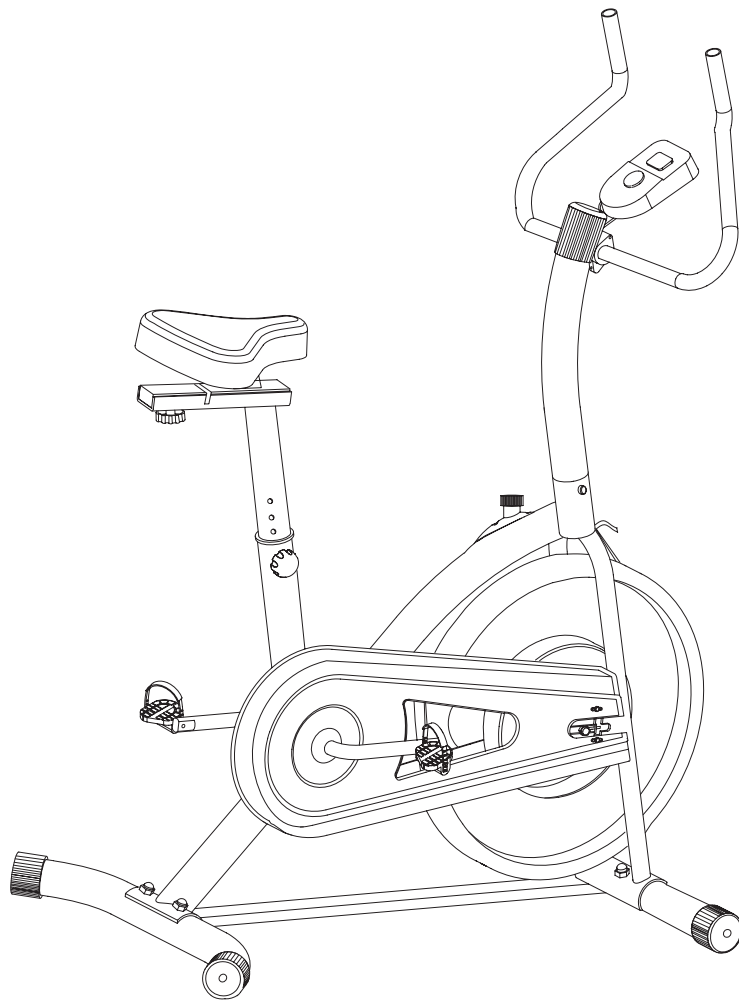




CYCLONE



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www.elitefitness.co.nz

Important safety precautions

Make sure that around the bike, when in operation, there is a space of at least 2 meters with no potential barrier, obstacles or spectators.

Place the bike on a perfectly flat surface.

Parents and others in charge of children should be aware of their responsibility because the natural play instinct and the fondness of experimenting of children can lead to situations and behaviours for which the training equipment is not intended.

This equipment should not be used as a toy: if children were allowed to use the equipment, they should be instructed on its use.

We advise you to keep children and animals away from the equipment during its use.

Do not let children play with the plastic bags used for packaging of the tool: choking hazard.

This tool is designed for the use by one person at a time. The maximum weight allowed is 100 kg.

It is important to wear jogging shoes for the protection of the feet. Do not use the machine barefoot.

You should wear suitable sports clothing when exercising.

Before starting the workout, make sure the product is in perfect condition and check all the parts.

Make sure no objects are lying on the main frame, or could block the user's movement. Be careful not to insert their fingers or hands in the moving parts

Prepare a towel to wipe the sweat during the workout. Avoid dropping the sweat on the tool, as it could damage it.

Before starting the workout, make sure that the screws and bolts are all completely blocked, and that the product can be used safely.

We strongly advise to perform some stretching exercise before the actual workout.

Start with a slow exercise, and then gradually increase the intensity until the desired pace.

An incorrect or excessive exercise can lead to physical problems.

We recommend you consult a physician before beginning any type of training.

If during exercise you should feel nausea, dizziness, pain in the chest, irregular heartbeat, dizziness, drowsiness, or shortness of breath, or you should feel excessively tired, stop the training immediately and consult your physician.

Breathe normally during the workout and do not hold your breath. You should be able to sustain a normal conversation while you train.

This tool is intended for domestic/indoor use only.

The product is not suitable for rehabilitation or therapeutic purposes.

This item must be assembled by an adult. Do not use the product until it is fully assembled.

The manufacturer reserves the right to make technical changes to the product without prior notice

IMPORTANT - In order to avoid accidents or injury, please read and follow these simple rules:

- Check regularly that the bike is not worn and torn. Ask the supplier to replace the defective parts, and stop using the article until it is completely repaired.
- Keep hands and feet away from moving parts.
- Do not stay in balance on the product.
- Do not train just before and /or after meals.
- Before beginning any exercise program, consult a doctor.
- **WARNING:** Periodically check that all the moving parts, the fillings and the knobs are not worn and torn. If such a case occurs, please stop using the product and contact ER Rovera technical assistance immediately.
- **Check that the welding points are not evidently broken or cracked.**

DO NOT use this product on muscles and joints that have suffered trauma, unless the training is not conducted under the supervision of a physician or trained staff.

Pedal and speed safety: We do not advise that you stand and pedal on the bike simultaneously. If you prefer a workout session with greater speed, please remove the straps of the pedals to avoid your ankles and feet from getting caught. Always wait for the flywheel, crank and pedals to come to a complete stop before you dismount the bike to avoid serious injuries.

Technical specifications

Cement casted flywheel (460 mm as external diameter and 44 mm as thickness of wheel); weight 10 kgs.

Dual movement, forwards and backwards.

Adjustable step-less resistance system.

Accommodates different sizes of users.

Multifunctional computer: time, calories, speed, distance, scan.

Adjustable incline of the handlebar.

Padded saddle, vertically and horizontally adjustable.

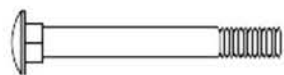
Dimensions: 127 x 101,5 x 57 cm

Weight: 26.8 kgs

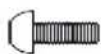
Maximum user's weight: 100 kgs

Hardware list

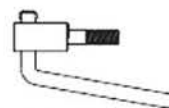
Bolt



#13. Carriage Bolt (M8x60 mm)
[4 Pieces]

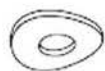


#16. Bolt (M8x15 mm)
[4 Pieces]



#34. L Shape Bolt
[1 Piece]

Washer



#14. Arc Washer
(M8)
[8 Pieces]



#19. Washer
(M8, OD19 mm)
[1 Piece]



#21. Washer (M8)
[3 Pieces]
Pre-assembled



#35. Washer
(M8, OD16, T1.5)
[1 Piece]

Nut

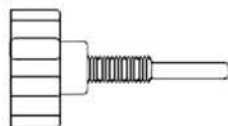


#15. Nut (M8)
[4 Pieces]

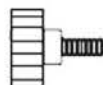


#22. Nylon Nut (M8)
[3 Pieces]
Pre-assembled

Knob



#17. Knob Bolt (M12x65 mm)
[1 Piece]

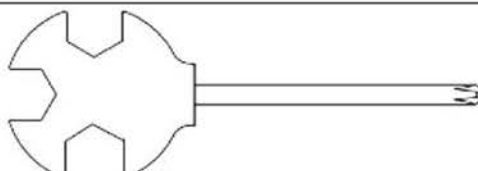


#18. Knob Bolt (M8x15 mm)
[1 Piece]

Tool



#38. Tool 1 (S6)
[1 Piece]



#39. Tool 2 (S13-14-15)
[1 Piece]



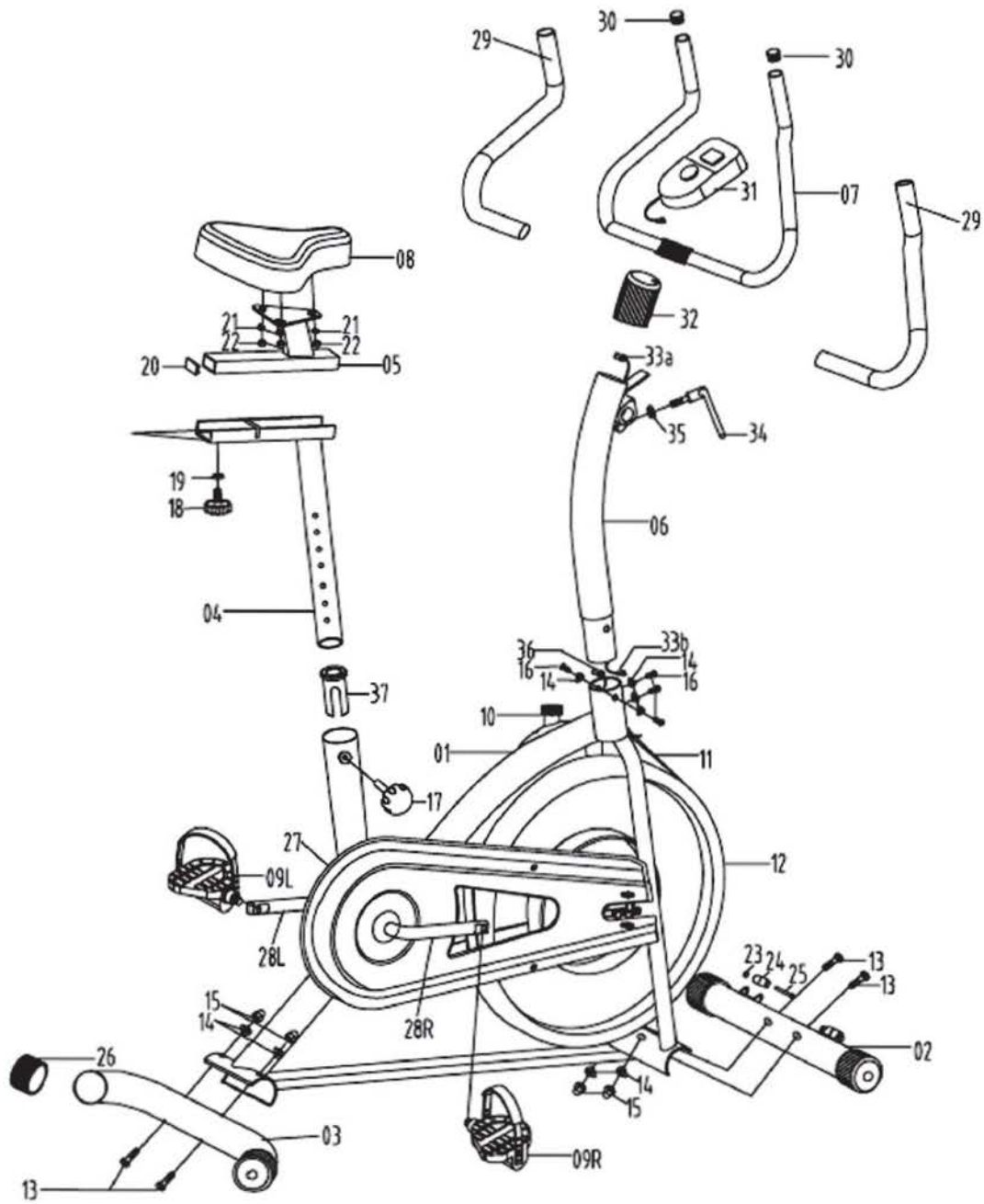
The product contains batteries.

Batteries contains dangerous chemical substances which can be very dangerous if not dispose properly. Please always dispose of exhausted batteries properly.

Electrical products should be disposed properly and separated from household waste. Please recycle them through the collection points. Check with your local authorities or your retailer for advice about recycling.



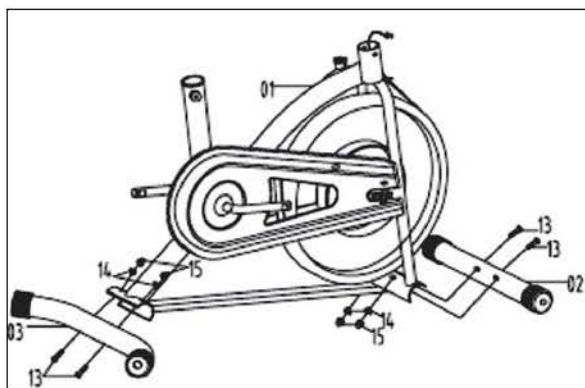
Exploded drawing and parts' list



No.	Description	No.	Description
1	Main frame	21	Washer M8
2	Front stabilizer	22	Nylon nut M8
3	Rear stabilizer	23	Nylon nut M6
4	Seat post	24	Front rollers
5	Horizontal seat bar	25	Hex bolt M6x48 mm
6	Center post	26	End cap for stabilizer
7	Handlebar	27	Shroud
8	Seat	28L	Crank left
9L	Pedal left	28R	Crank right
9R	Pedal right	29	Foam grip
10	Tension adjustment knob	30	Round inner cap 19 mm
11	Friction belt	31	Monitor
12	Wheel	32	Handlebar cover
13	Carriage bolt M8x60 mm	33A/B	Main sensor wire middle
14	Arc washer M8	34	L-shape bolt
15	Nut M8	35	Washer M8, OD 16, T 1,5
16	Bolt M8x15 mm	36	Main sensor wire lower
17	Knob bolt M12x65 mm	37	Bushing 38x90 mm
18	Knob bolt M8x15 mm	38	Tool 1
19	Washer M8, OD 19 mm	39	Tool 2
20	Rectangular end cap 36x16 mm		

Assembly instructions

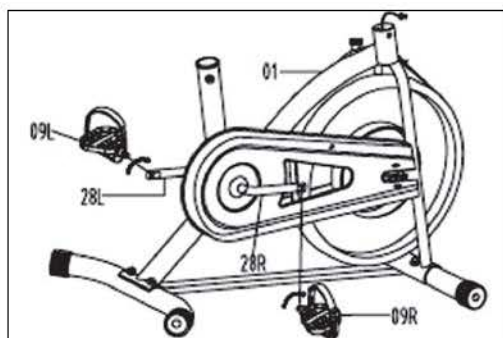
Front and rear stabilizer assembly



Attach the front stabilizer to bracket at the front of main frame. Insert two carriage bolts through the front stabilizer followed by the front main frame. Secure them together using two arc washers and two nuts. Now attach the rear stabilizer to the bracket at rear of main frame. Insert two carriage bolts through the rear stabilizer followed by the rear main frame. Secure them together using two arc washers and two nuts.

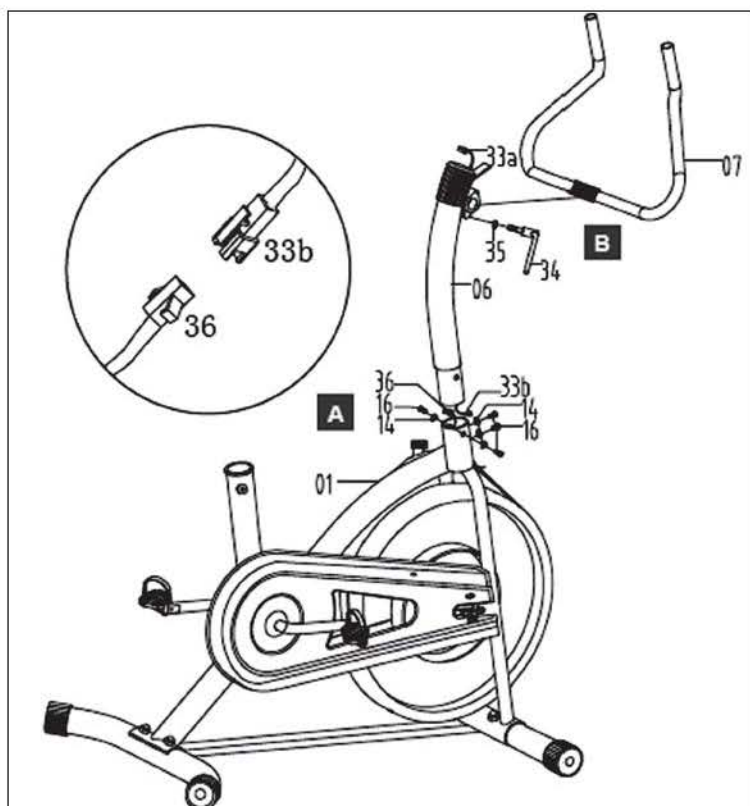
Note: make sure the wire is hanging out before proceeding to the next step. If it has fallen inside the tube, use a bent wire to "fish" it out.

Pedal assembly



Screw the pedal (L) to the crank (L) by turning the bolt head on the pedal (L) counter-clockwise. Screw the pedal (R) to the crank (R) by turning the bolt head on the pedal (R) clockwise.

Center post assembly and handlebar assembly



- A) Remove the center post from the packaging. Then, connect the main sensor wire middle to the main sensor wire lower. Slide the center post onto the main frame and secure it using a total of four arc washers and four bolts.
- B) Align and attach the handle bar to the bracket on the center post. Secure the L shape bolt through a washer and directly into the bracket on the center post.

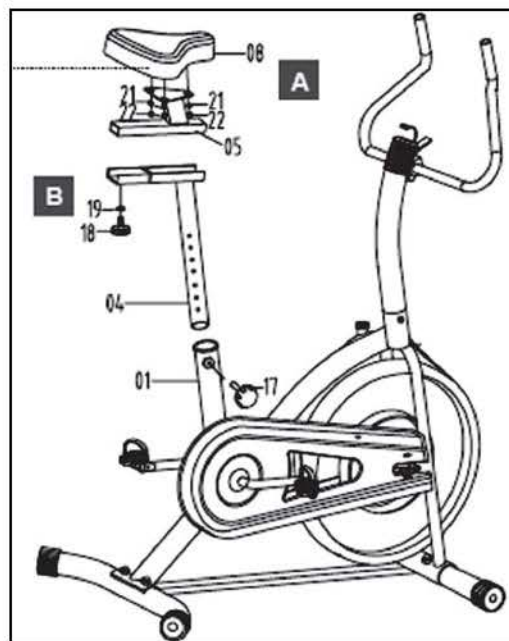
Seat assembly and seat post assembly

- A) Remove the three washers and three nylon nuts that are pre-installed on the seat as illustrated and set them aside. Align the holes of the seat to the horizontal seat bar as shown in the diagram. Next, secure them together using three washers and three nylon nuts that were previously removed.
- B) Slide the horizontal seat bar onto the seat post with the single point of the seat pointing toward the front of the unit as shown in the diagram. Secure by screwing the knob bolt through one washer, the seat post then the horizontal seat bar. This knob can be loosened to adjust the distance of the seat from the handlebar. Please tighten the knob after any adjustment, and do not over-tighten. If the seat post is not

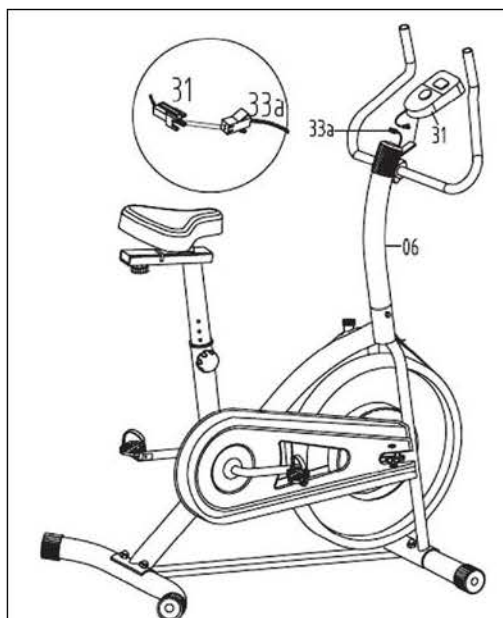
already pre-assembled, please insert the seat post into the mouth of the post that is protruding from the top of the main frame. Please ensure that the hole on the seat post is facing the same side as the knob bolt, so it can be aligned with the corresponding hole on the main frame. Screw in the knob bolt through the main frame post and through any hole located on the seat post.

To use the safety-featured knob bolt, use one hand to hold the seat to prevent sudden slipping and the other hand to loosen the knob by turning it counter-clockwise. Adjust the seat height and then turning the knob by turning it clockwise. Please do not over-tighten.

Do not remove the seat for any reason after you have installed it. Exercising on this unit without the seat can result in serious injury. Ensure the seat is locked in place by tightening the two knobs prior to use.

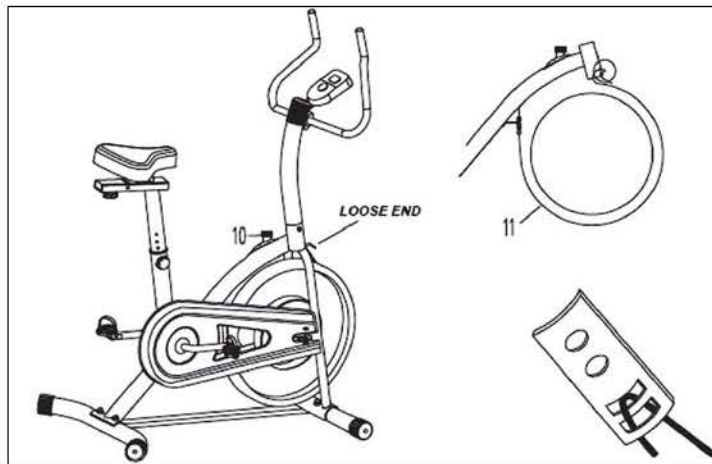


Monitor assembly



Connect the main sensor wire middle to the wire on the monitor, and then slide the monitor onto the computer bracket located on the center post until it clicks into place.

Tension adjustment



You should adjust the tension to a desired level before you begin your workout.

For slight tension adjustment, simply turn the tension adjustment knob found at the top center.

For greater tension adjustment, you may loosen and tighten the friction belt by re-strapping it. To do so, first turn the tension adjustment knob all the way to the loosest setting. Then re-strap the belt at the buckle on the main frame., just beneath the flat beam at

the top center. The more length you allow for the friction belt to wrap around the wheel, the less friction it will cause. Re-adjust the tension adjustment knob after you finish re-strapping.

Always make sure the friction belt is on track, fully wrapped around the wheel and that the loose end is at least three inches long, to prevent slippage and injury.

Computer Operation

MODE BUTTON: it allows you to select the function you want.

AUTO ON/OFF: the monitor will be automatically shut off if there is no signal coming in for 4 minutes, The monitor will be auto-powered when start exercise or press the key.

FUNCTIONS:

(1).TIME(TMR) Auto-memorize the workout time while exercising,

(2).SPEED(SPD) Display the current speed.

(3). DISTANCE(DST) Accumulate the distances while exercising.

(4).CALORIES(CAL) Auto-memorize calories amount consumed while exercising.

This is an inductive calculation, which should be used only as a reference to compare different workouts; it does not have a medical value.

(5).SCAN Automatically alternates between the functions. Display the user's heart rate per minute while exercising, Remark: You have to hold on reaction planks with both hands.

BATTERY: The computer needs two AA batteries. Batteries are not included.