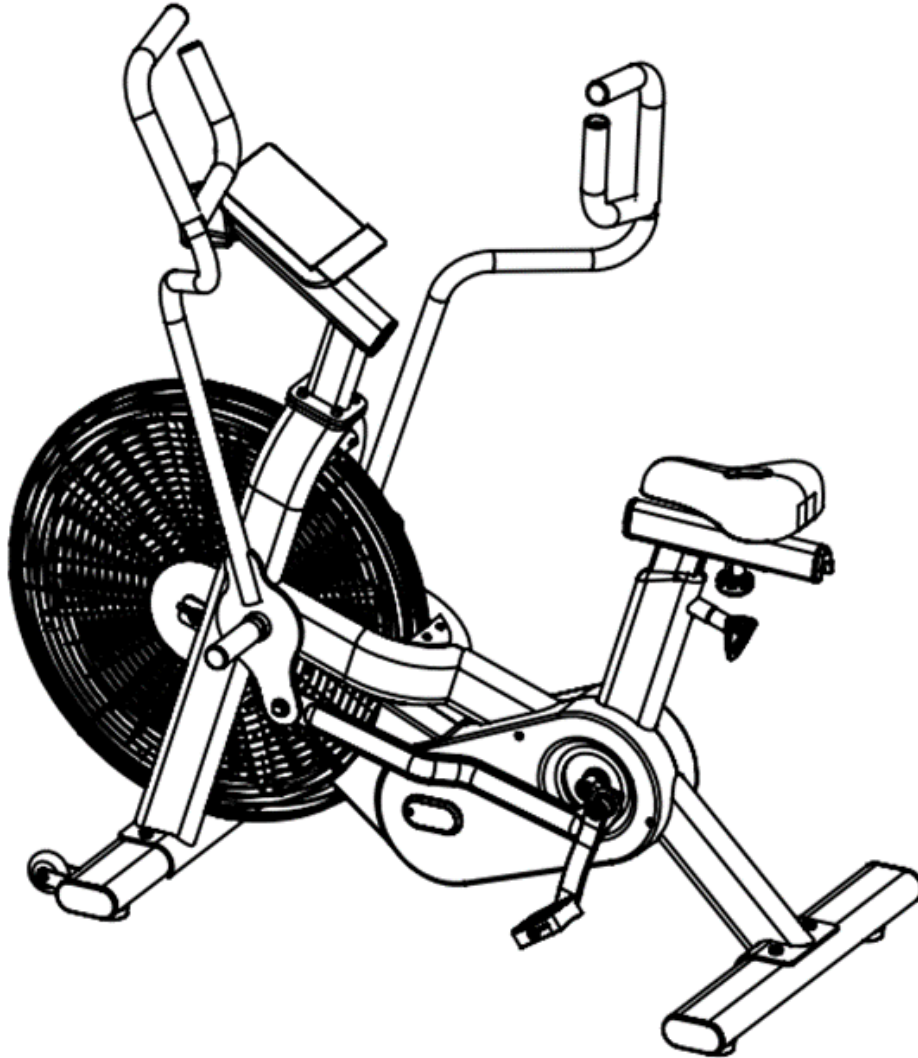




ASSEMBLY MANUAL >



DEFENDR

Record serial number

Elite DefendR Air Bike

Thank you for purchasing the **Elite DefendR Air Bike**.

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 DefendR Air Bike**. 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

28 Morrin Road
Saint Johns
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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 150KGS.
- 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:	150kgs
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Dimensions:	1375 x 665 x 1510mm
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Shipping Weight:	60kgs
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Net Weight:	65kgs
-------------	-------

Power Requirements	2PCS AA batteries
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NOTE:

Most of the listed assembly hardware has been packaged separately, but some hardware items have been preinstalled in the identified assembly parts. In these instances, simply remove and reinstall the hardware as assembly is required.

Please reference the individual assembly steps and make note of all preinstalled hardware.

PREPARATION:

Before assembling, make sure that you will have enough space around the item; Use the present tooling for assembling; before assembling please check whether all needed parts are available.

It is strongly recommended this machine to be assembled by two or more people to avoid possible injury.

ASSEMBLY INSTRUCTIONS

STEP 1:

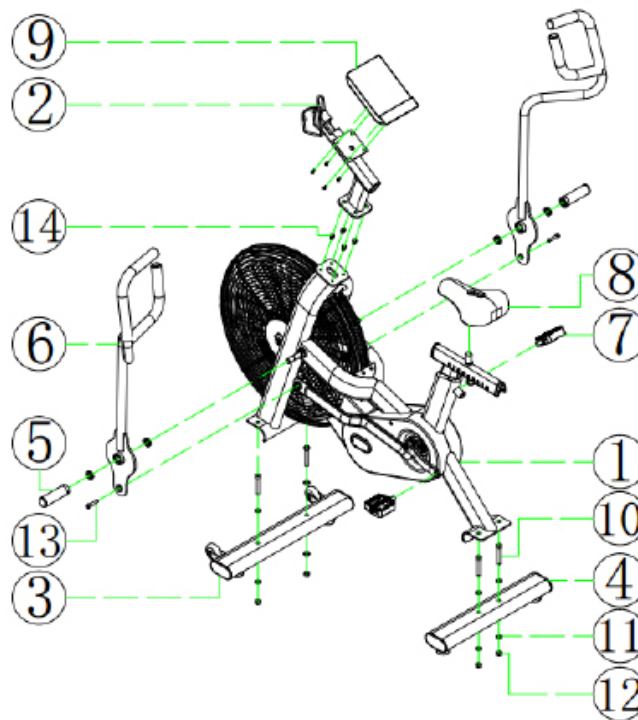
Before assembling your machine, please take care when removing the parts from the box to avoid scratching or damaging them.

STEP 2:

Insert 2 x 6903 bearings into the (6) Moving Arm assembly and secure to the Frame Axle with (5) Footpad Tube. Use picture below for reference.

STEP 3:

Attach the Front (3) and Rear (4) Stabilisers using 2 x M10 x 40mm Bolts (10), 4 x Flat Washers (11) and 2 x M10 Nyloc Nuts (12). Tighten securely.



STEP 4:

Attach the Pedal (7) to the Crank Arm using a 15mm spanner.

NOTE: Make sure to attach Right Pedal, marked (R), to the Right Crank (R). It should be tightened clockwise. Attach the Left Pedal, marked (L), to the Left Crank (L). It should be tightened anti-clockwise. Attaching the Pedal to the wrong Crank or turning it the wrong direction will damage the Crank. Ensure the pedals are tightened securely before using the bike.

STEP 5:

Attach the Seat (8) to the Seat Post Stem at the desired position and secure, tightening the 2 x Securing Nuts. Before using your exercycle, check that all parts are secured and tightened correctly. If required, adjust the Foot Levelers on the front and Rear Stabilisers to ensure your bike is stable.

CONGRATULATIONS

Assembly of your **Elite DefendR Air Bike** 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 DefendR Air Bike** and serious injury to users and bystanders and can also compromise the effectiveness of your exercise program.

SETTING UP YOUR AIR BIKE



Saddle Height 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.



Adjusting the Seat Fore-and-Aft Position

Adjusting the Seat Fore-and-Aft Position

Once you've adjusted 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), which helps decide how comfortable and efficient you'll be when riding. This also minimises stress to the knee by being in a more neutral position.

If you want to try 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 saddle bring your right crank arm around and have your helper stop the crank when the pedal is at three o'clock or parallel with the floor. Note that 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).

CONSOLE INSTRUCTIONS

DISPLAY FUNCTIONS



RPM	0-99
SPEED	0.0-99.9 KM / ML
TIME	1:00:00-1:59:59 can count up and count down.
DISTANCE	0.00-999.9 K / M, can count up and count down.
CALORIES	0-999, can count up and count down.
WATTS CONSTANT	0-1999
PULSE	30-230 RPM
INTERVAL	Intermittent Resting Exercise Mode
TARGET HR	Target HR Control Mode
KM/M	Metric/Inch

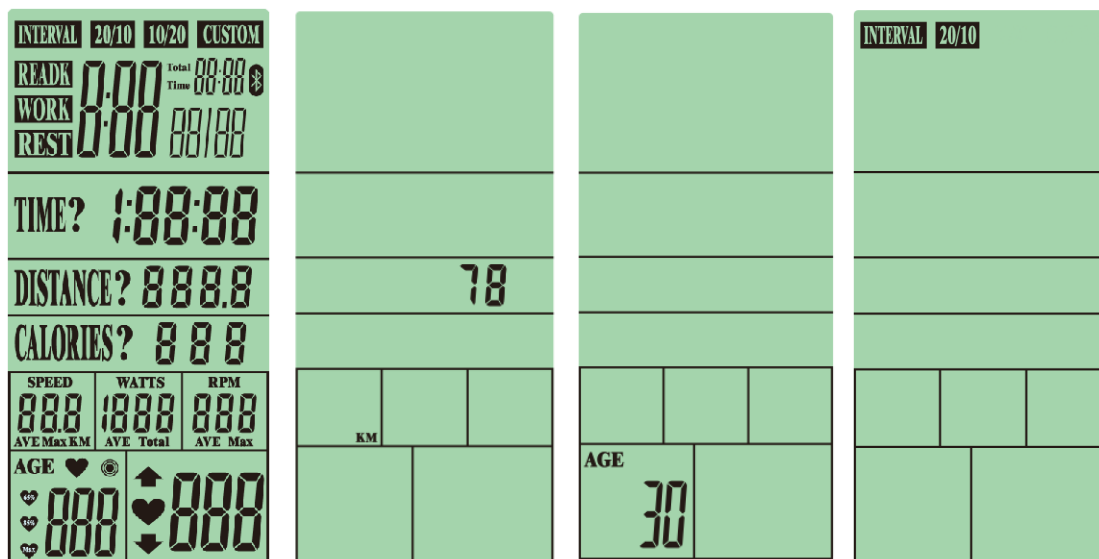
CONSOLE INSTRUCTIONS

BUTTON FUNCTIONS

START	Press this key to start. Press this key to workout again in STOP mode.
STOP	Press this key to stop. Hold on this key for 3s at any time will total reset.
DOWN	Press this key to set TIME, DISTANCE, CAL and AGE. Press this key for more than 1s for fast decrement setting(8 decrement/second).
UP	Press this key to set TIME, DISTANCE, CAL and AGE. Press this key more than 1s for fast increase setting(8 increment/second).
ENTER	This key is the selection button for all functions.
INTERVAL 20-10 KEY	Press this key, to enter into this interval mode.
TARGET HEART-RATE	Fast access to Target Heart Rate training mode.
INTERVAL CUSTOM MODE	Press this key, to enter into custom interval mode.
TARGET TIME MODE	Press this key, to enter into target time mode.
TARGET DISTANCE MODE	Press this key, to enter into target distance mode.
TARGET CALORIES KEY	Press this key, to enter into target calories mode.
TARGET HR KEY	Press this key, to enter into HR mode. Press the ENTER+START key together to switch from ML and KM. Press ENTER+DOWN key together to power off quickly.

OPERATION INSTRUCTION

1. Install batteries to power on, the console will show full screen for 2s (picture 1) with a long beep sound. At the distant window, it will display the wheel diameter value for 1s (picture 2). Then setting the age, the age number will flash. Press up/down to adjust. Then press enter key to confirm and enter into standby mode.



Picture 1

Picture 2

Picture 3

Picture 4

2. INTERVAL10/20, READY, WORK, REST, TARGET, TIME, DISTANCE, CALORIES, TIME, DISTANCE, CALORIES, WATTS, SPEED, RPM, HEART RATE will flash. (Like picture 3)

3. The monitor will entry SLEEP mode (LCD off) when there is no signal input and no key be pressed after 1 minute.

4. Quick start mode:

A. If there is RPM signal input in standby mode, the console will quick start with a buzzer sound.

B. TOTAL TIME, TIME, DISTANCE, CALORIES, WATTS, SPEED and RPM begin to increase according to operation value.(picture 4)

C. If there is heartbeat input, the heart icon will flash. The icon will flash and display the current heartbeat value (picture 4).

D. If there is no signal input for 30 seconds, the buzzer will ring once. Then it will enter into standby mode.

E. Press the START button, to enter into STOP mode, the buzzer will make a sound for 5s in every 30s. After enter into STOP mode, all value will be remained on the screen for 3s, and flash in every 4s (flash 3s, quench1s). If stop mode is on for more than 5 minutes, the buzzer will make sound for 2s, and then enter into standby mode. Press START to exercise again.

F. Press the STOP key, the console will make a sound once. TIME display the total time, DISTANCE display the total distance, and CALORIES display the total Cal for 30seconds. WATT, SPEED, RPM will switch display the average value and the maximum value.

G. When there is heartbeat input; the heartbeat value of 85%, 65% and maximum heartbeat value will switch display. If there is no heartbeat input. All values won't display.

H. Press any PROGRAM to perform this action.

5. INTERVAL Press the UP/DOWN to select this function. In standby mode, the user can also press INTERVAL key to enter into directly. 5.1. INTERVAL20/10

A. Press the INTERVAL Key to select INTERVAL20/10. Press ENTER to enter into this mode, INTERVAL20/10 will flash and the buzzer will ring once.

B. After CYCLE TIME counts down from 3s, then the console STARTS. The buzzer will ring in every 1 second when count down. When READY, it will flash in every 1 second, (flash 0.75s, quench 0.25s), the value display 00/08 (picture 5).

C. CYCLE TIME begin to count down from 20s and the WORK will blink in every 1s flash 0.75s/ quench 0.25s), the buzzer will ring at the same time. At this time, the wheel rim will have revolving animation, and the computer will count down from 4 minutes. TOTAL TIME, DISTANCE, CALORIES, WATTS, SPEED and RPM begin to accumulate according to the operation value, and the value displays 01/08.

D. CYCLE TIME begin to count down from 10s, and the REST will flash in every 1s (flash 0.75s, quench 0.25s), the buzzer beeps at the same time. At the last 3s, the READY will flash at the same time.

E. C and D will perform tautologically and circularly, each cycle count plus 1 until display "WORK 08/08". After exercise, CYCLE TIME begin to count down from 10s, and the REST will flash in every 1s, (flash 0.75s, quench 0.25s).

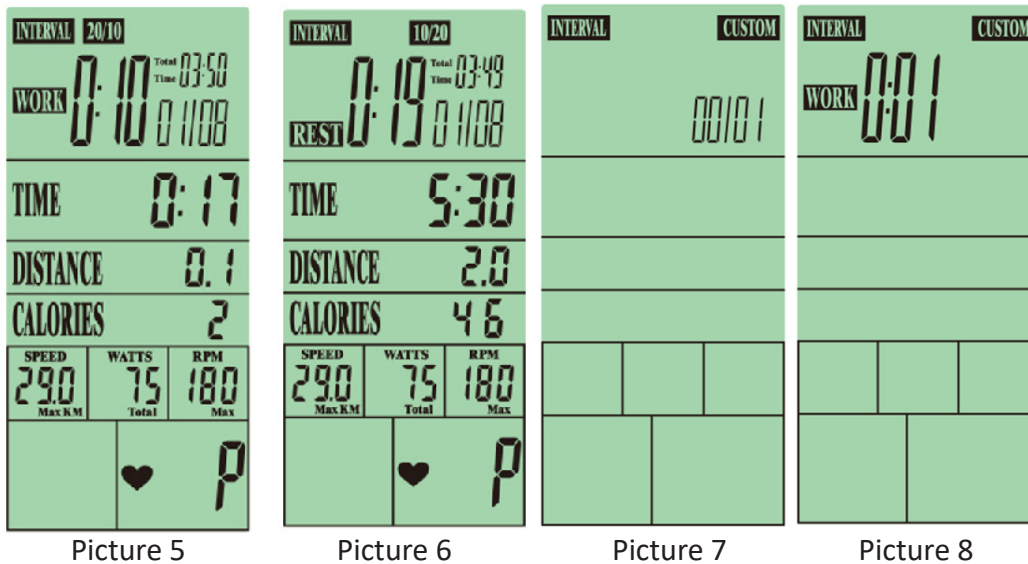
F. If there is no signal input for 30s, the buzzer will ring 1s. Then enter into sleeping mode.

G. Press START button one time to enter into STOP mode, the buzzer will ring 0.5s in every 30s. After enter into STOP mode, all value will be remained on the screen for 3s, and flash in every 4s (flash 3s, quench 1s). If stop more than 5 minutes, the buzzer will sound 2s, then enter into standby mode. Press START to exercise again.

H. Press STOP button to finish, the buzzer will ring 1s. TIME display the total time, DISTANCE display the total distance, and CALORIES display the total Cal for 30s. WATT, SPEED, RPM will switch display the average value and the maximum value.

I. When there is heartbeat input, the heartbeat value of 85%, 65% and maximum heartbeat value 85% 65% will switch display. If there is no heartbeat input. All value won't display.

J. Press any PROGRAM to perform this action.



5.2 INTERVAL 10-20

A. Press INTERVAL Key to select INTERVAL10/20, then press Enter Key to enter into this mode. INTERVAL10/20 will flash the buzzer will beep 1s at the same time.

B. CYCLE TIME begins to count down 3s, and then START, the buzzer will beep in every second. The READY will flash in every second (flash 0.75s/ quench 0.25s), the value display 00/08 (picture 6).

C. CYCLE TIME begins to count down 10s, the WORK will flash in every second (flash 0.75s/ quench 0.25s), and the buzzer will beep at the same time. REMAINING will flash and count down from 4 minutes. TOTAL TIME, DISTANCE, CALORIES, WATTS, SPEED, RPM begin to accumulate according to the operation value, the value display 01/08.

D. CYCLE TIME begin to count down from 10s, and the REST will flash in every 1s (flash 0.75s, quench 0.25s), the buzzer beeps at the same time. At the last 3s, the READY will flash at the same time.

E. C and D will perform tautologically and circularly, each cycle count plus 1 until display "WORK 08/08". After exercise, CYCLE TIME begin to count down from 10s, and the REST will flash in every 1s, (flash 0.75s, quench 0.25s).

F. If there is no signal input for 30s, the buzzer will ring 1s. Then it will enter SLEEP mode.

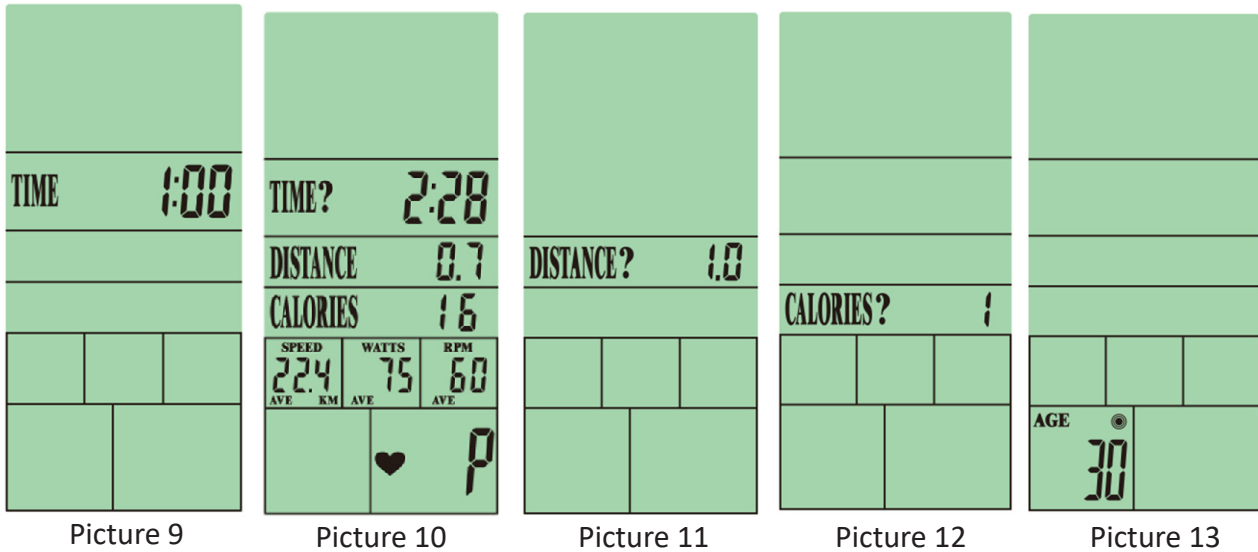
G. Press the START button one time to enter into STOP mode, the buzzer will ring 0.5s in every 30s. After entering into STOP mode, all values will remain on the screen for 3s, and flash in every 4s (flash 3s, quench 1s). If stop mode is on for more than 5 minutes, the buzzer will sound 2s, and then enter into SLEEP mode. Press START to exercising again.

H. Press the STOP button to finish, the buzzer will ring 1s. The workout values will be displayed.

I. When there is heartbeat input, the heartbeat value of 85%, 65% and maximum heartbeat value 85%, 65% will switch display. If there is no heartbeat input. All values won't display.

5.3 INTERVAL CUSTOM

- A. Press the INTERVAL Key to select INTERVAL CUSTOM, press the Enter Key to enter into this mode. INTERVAL CUSTOM, 00/XX will flash, and the buzzer beeps 1s at the same time. Press UP or DOWN to set 00/XX, the setting range is 1-99 which can be set circularly. Press ENTER to confirm, and then the buzzer will beep 1s and enter into the next setting (picture 7-picture 8).
- B. TIME keeps flashing, WORK and 0:01 will blink. User can press UP or DOWN to set the exercise time. The setting range is 0:00-9:59 which can be set circularly. Press ENTER to confirm. The buzzer will beep 0.75s and enter into the next setting.
- C. TIME keeps flashing, REST and 0:01 will. Flash, press UP or DOWN to set the exercise time. The setting range is 0:00-9:59, which can be set circularly. Press ENTER to confirm, the buzzer will beep 1s, INTERVAL CUSTOM will keep flashing.
- D. CYCLE TIME counts down 3s, then START. The buzzer will beep 1s in every second, and READY will flash in every second (flash 0.75s / quench 0.25s) the value will display 00/XX.
- E. CYCLE TIME begin to count down, and the WORK will flash in every 1s (flash 0.75s, quench 0.25s), the buzzer will beep at the same time. REMAINING begin to flash and count down from the total time. TOTAL TIME, DISTANCE, CALORIES, WATTS, SPEED, RPM begin to accumulate according to the operation value, the value display 01/XX.
- F. CYCLE TIME begin to count down, and the REST will flash in every 1s (flash 0.75s, quench 0.25s), the buzzer beeps at the same time. At the last 3s, the READY will flash at the same time.
- G. C and D will perform tautologically and circularly, each cycle count plus 1 until display the setting value. After exercise, CYCLE TIME begin to count down from 10s, and the REST will flash in every 1s, (flash 0.75s, quench 0.25s)
- H. If there is no signal input for 30s, the buzzer will ring 1s. Then it will enter SLEEP mode.
- I. Press START button one time to enter into STOP mode, the buzzer will ring 0.5s in every 30s. After you enter into STOP mode, all values will be remained on the screen for 3s, and flash in every 4s (flash 3s, quench 1s). If stop is more than 5 minutes, the buzzer will sound 2s, and then enter into SLEEP mode. Press START to exercising again.
- J. Press the STOP button to finish, the buzzer will ring 1s. The workout values will be displayed.
- K. When there is heartbeat input; the heartbeat value of 85%, 65% and maximum heartbeat value 85%, 65% will switch display. If there is no heartbeat input. All values won't display.
- L. Press any PROGRAM to perform this action.



6. TARGET TIME

- Press this button, to enter into TARGET TIME mode. The values will flash with buzzer sounds 1s.
- TIME will flash and the user can press UP or DOWN to set time (picture 9). Press the ENTER key to confirm, then the buzzer sounds 1s. DISTANCE, CALORIES, WATTS, SPEED and RPM begin to increase according to the operation value (picture 10)

7. TARGET DISTANCE

- Press this button, to enter into TARGET DISTANCE mode. The values will flash with buzzer sounds 1s.
- DISTANCE will flash and the user can press UP or DOWN to distance (picture 11). Press ENTER key to confirm the buzzer sounds 1s. DISTANCE, CALORIES, WATTS, SPEED and RPM begin to increase according to operation value. (Picture 10)

8. TARGET CALORIES

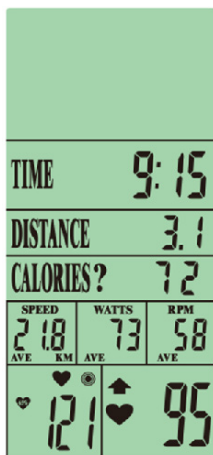
- Press this button, to enter into TARGET CALORIES mode. The values will flash with buzzer sounds 1s.
- CALORIES will flash and the user can press UP or DOWN to set CAL (picture 12). Press the ENTER key to confirm, the buzzer sounds 1s. TIME, DISTANCE, WATTS, SPEED and RPM begin to increase according to operation value.(picture 10)

9. TARGET HR

- Press this button, to enter into this TARGET HR. the values will flash with a buzzer sounds 1s.
- AGE will flash and the user can press UP or DOWN to set age (picture 13). Press ENTER to confirm, then the buzzer will ring 1s. TARGET HEART RATE, HEART RATE will keep flashing. The MAX HR will keep flashing and display the heart rate of 65% and 85%. TIME, DISTANCE, CALORIES, WATTS, SPEED and RPM begin to increase according to operation value.
- When the heart rate count down to 65%, the up arrow key and the value 65% will flash, and the buzzer will ring in every 10s until the heart rate value up to 65%.

D. When the heart rate is above 85%, the down arrow key and the value of 85% will flash, the buzzer will ring in every 10 seconds until the rate value below 85%.

E. If the heart rate is within 65%-85%, the heartbeat icon will blink. If MAX/65%/85% didn't display, it means the HR goes into the range of 65%~85% (picture 14).



Picture 14

10. At any time, press the START key, to enter into STOP mode, the buzzer will ring 5s in every 1s. After you enter into the STOP mode, all displays will be remained on the screen for 3s, and then they will flash in every 4s. (Flash 3s, quench 1s). After 5 minutes of stopping, the buzzer rings 2s then will enter into SLEEP mode. Press the START key to exercising again.

11. If there is no signal input for 30s, the buzzer will sound 1s, then the console enter into standby mode.

CARE AND MAINTENANCE



WARNING

IMPORTANT INFORMATION

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.

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

Prolong the life of your Air Bike 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.

Battery Operated Consoles

If the machine is put in storage or not intended to be used for any period longer than 4 weeks, please remove the batteries from the console to avoid any corroding and potential damage to the console.

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**

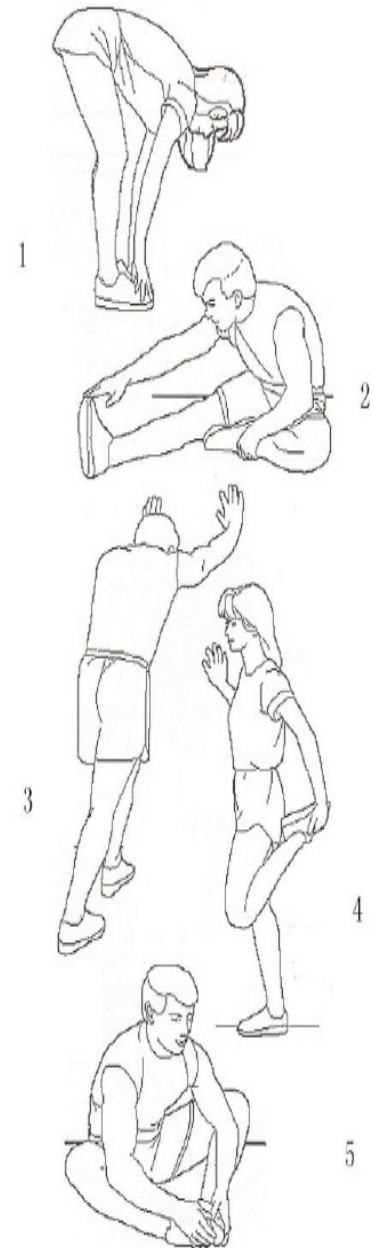
Standing with two hands on the wall or tree, one leg behind. Keeping your legs straight and the heel on the ground, lean forward towards the wall or tree. Hold for 10-15 seconds, and relax. Repeat 3 times for each leg (See picture 3).

— **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)

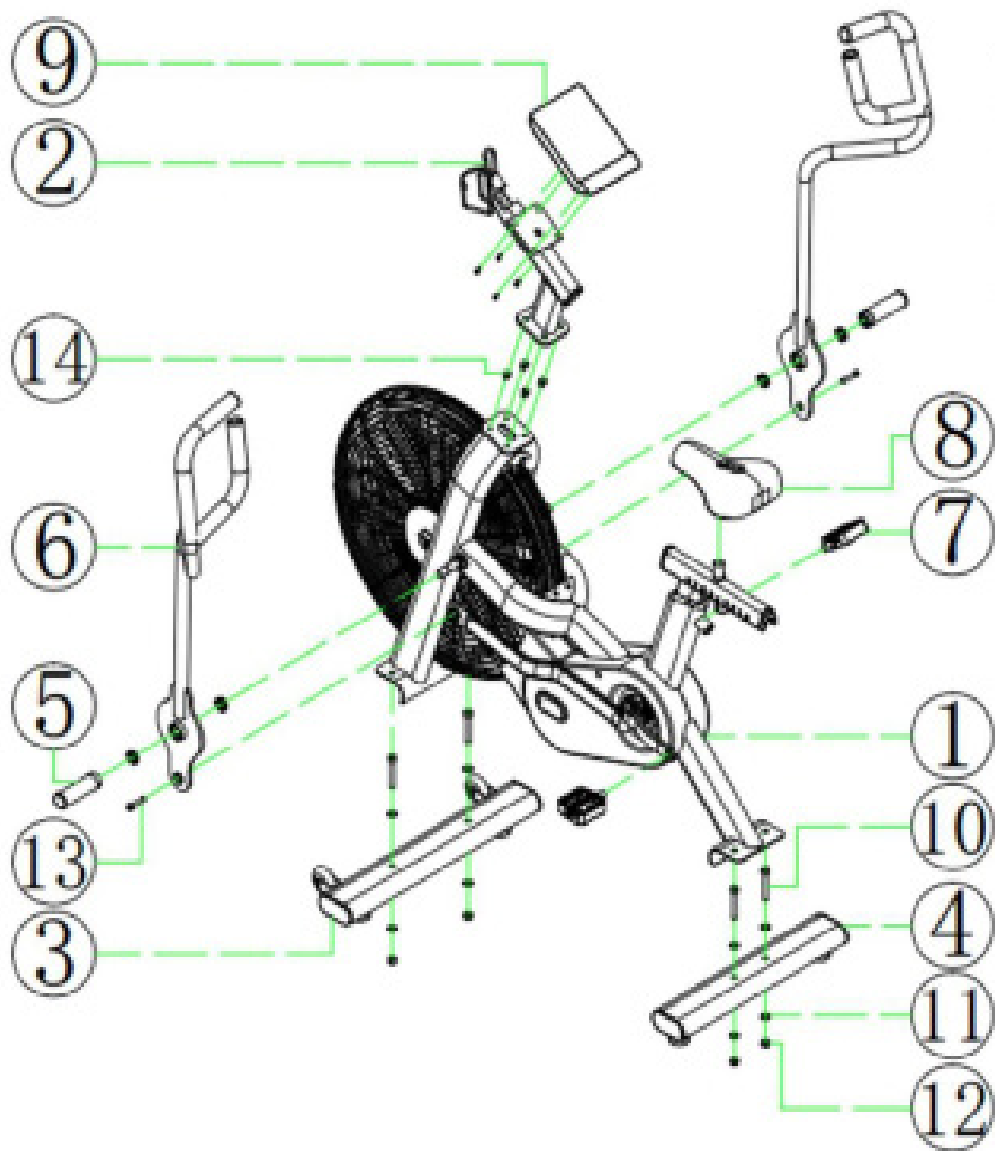
$181 \times 65\% (0.65) = 118 \text{ BPM}$ (Lower Training Limit)

PARTS

We recommend 2 people assist in assembling this unit. Place all parts of the Air Bike 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.	NAME	Q'TY
1	Main Frame	1
2	Counter Console parts	1
3	Front Foot Components	1
4	Back Foot Components	1
5	Foot Pad Tube	1
6	Moving Arms Components	L/R
7	Pedals	L/R
8	Bike Seat	1
9	Counter	1
10	Hexagon Socket Bolt with Cylindrical Head M10*40	4
11	Flat Gasket 10	8
12	Anti- Skid Nut M10	4
13	Hexagon Socket Bolt with Cylindrical Head M8*25	2
14	Hexagon Socket Bolt with Cylindrical Head M8*25	4

EXPLODED DRAWING



SPARE PARTS

PART NO.	NAME
1	Bicycle PU wheel
2	Flat Elliptical Plug
3	Large Damping Pad
4	Deep Groove Ball Bearing
5	Flat Elliptical Plug
6	Flat Elliptical Plug
7	D13 Big Size Bicycle Seat
8	Handle
9	Slideway Plug 2
10	Slideway Plug 1
11	Long Guideway Gasket
12	Seat Variable Diameter Sleeve
13	Pull Pin
14	Pedal
15	Axis Card
16	Inner Card Spring
17	Handgrip Bushing
18	Belt
19	Belt
20	Axis Card



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