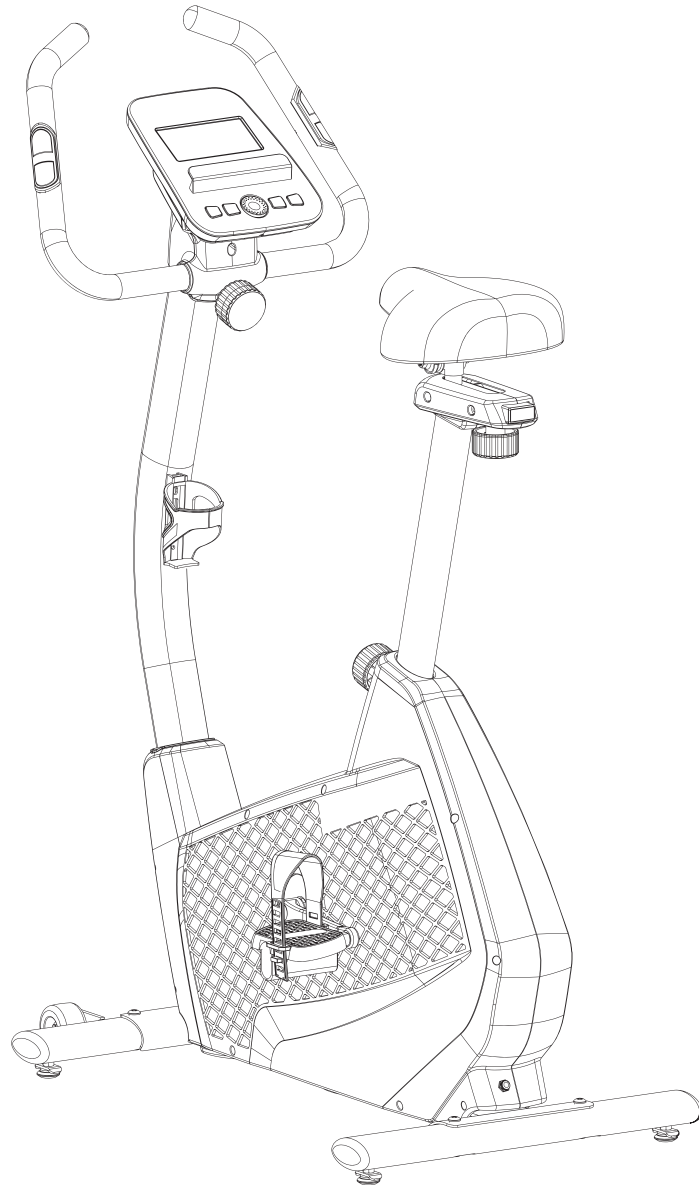




ASSEMBLY MANUAL >



DESTROYER

Record serial number

Elite Destroyer Exercycle

Thank you for purchasing the **Elite Destroyer**.

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 Destroyer**. 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

CONTENTS

Important Safety Instructions	3	Care and Maintenance	24
Product Specifications	4	Maintenance Log	25
Hardware List	5	Limited Warranty	26
Assembly Components	6	Warm-Up Exercise	27
Assembly Instructions	8	Training Stages	28
User Instructions	17	Parts	29
Computer	18	Exploded Drawing	31
Seat Adjustment	23	Notes	33

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 120KGS.
- 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:	120kg
-----------------------	-------

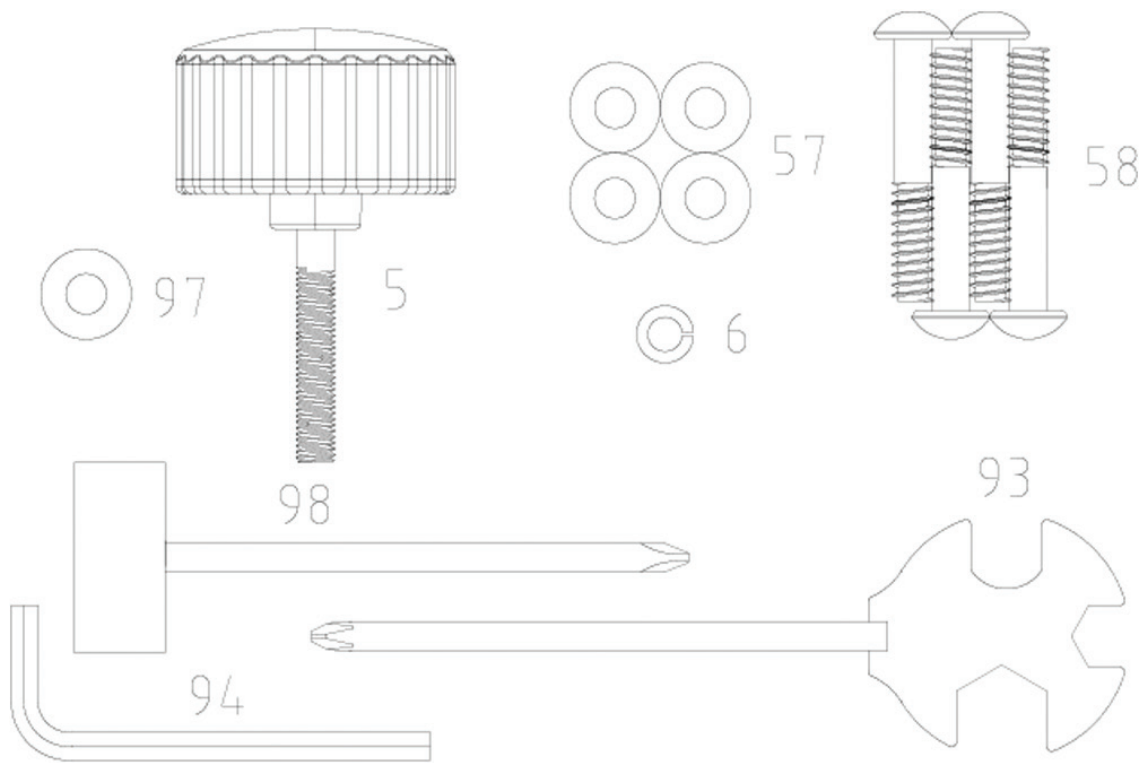
Dimensions:	1185 x 540 x 1390mm
-------------	---------------------

Shipping Weight:	42kg
------------------	------

Net Weight:	38kg
-------------	------

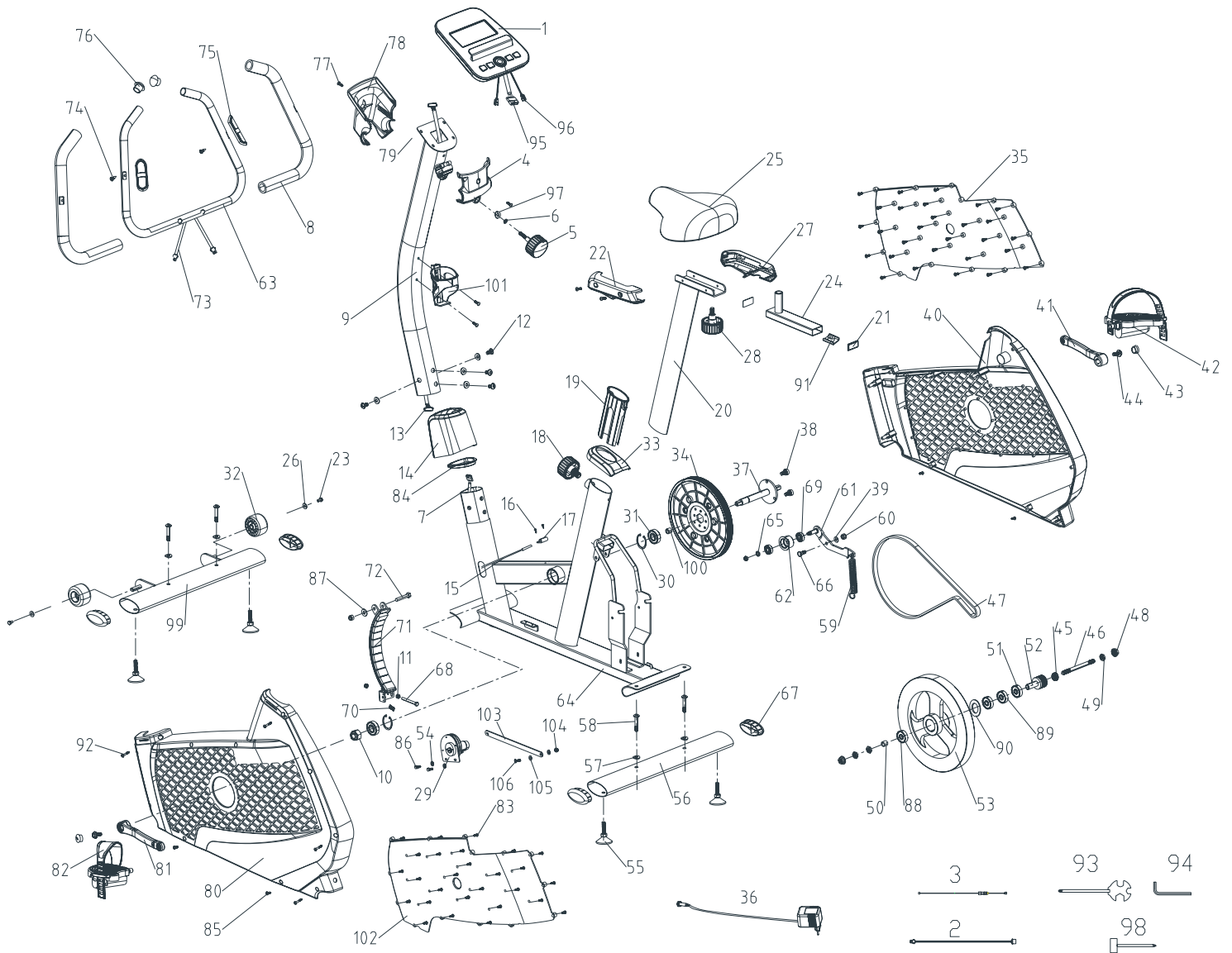
Power Requirements	6V 1.0A
--------------------	---------

HARDWARE LIST



Part No.	Description	Q'ty
5	Knob	1
6	Wave washer	1
97	Flat washer	1
57	semi-circle washer	4
58	Screw	4
93	The harpoon wrench	1
94	Hex spanner	1
98	Socket spanner	1

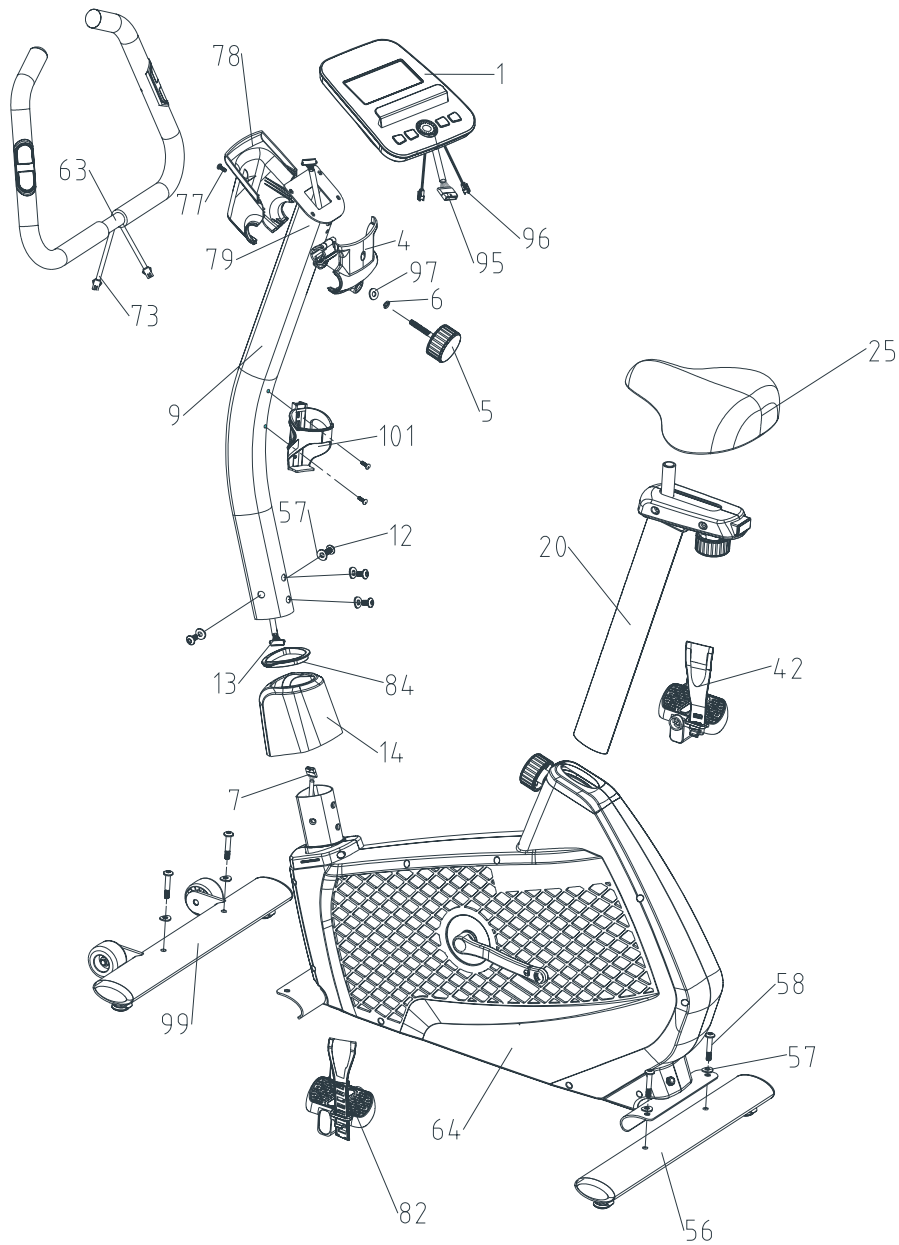
ASSEMBLY COMPONENTS



Tools Required For Assembling the Machine:

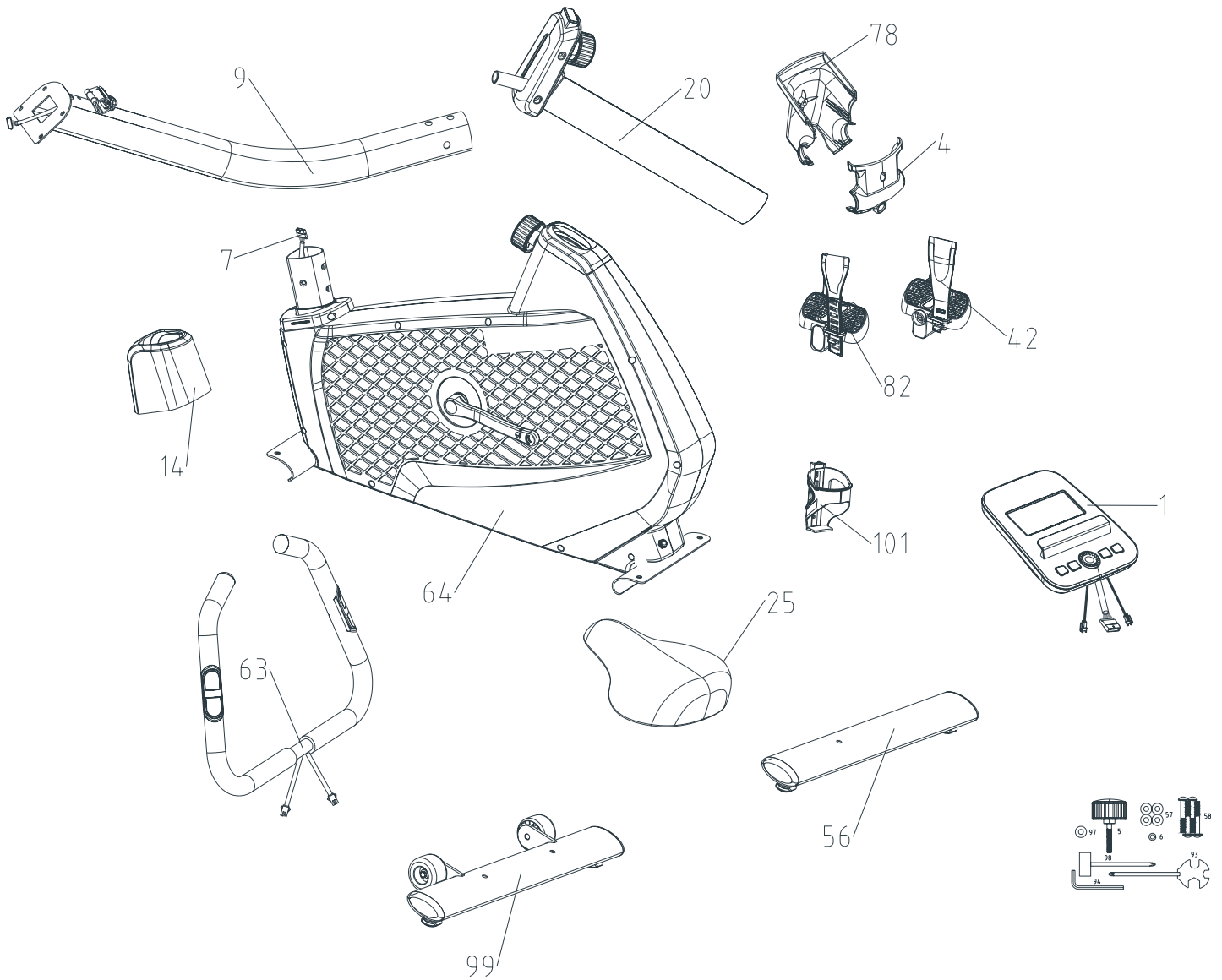
- One Crossing Wrench and Allen Wrench, provided by manufacturer.

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


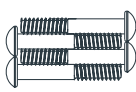
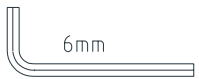


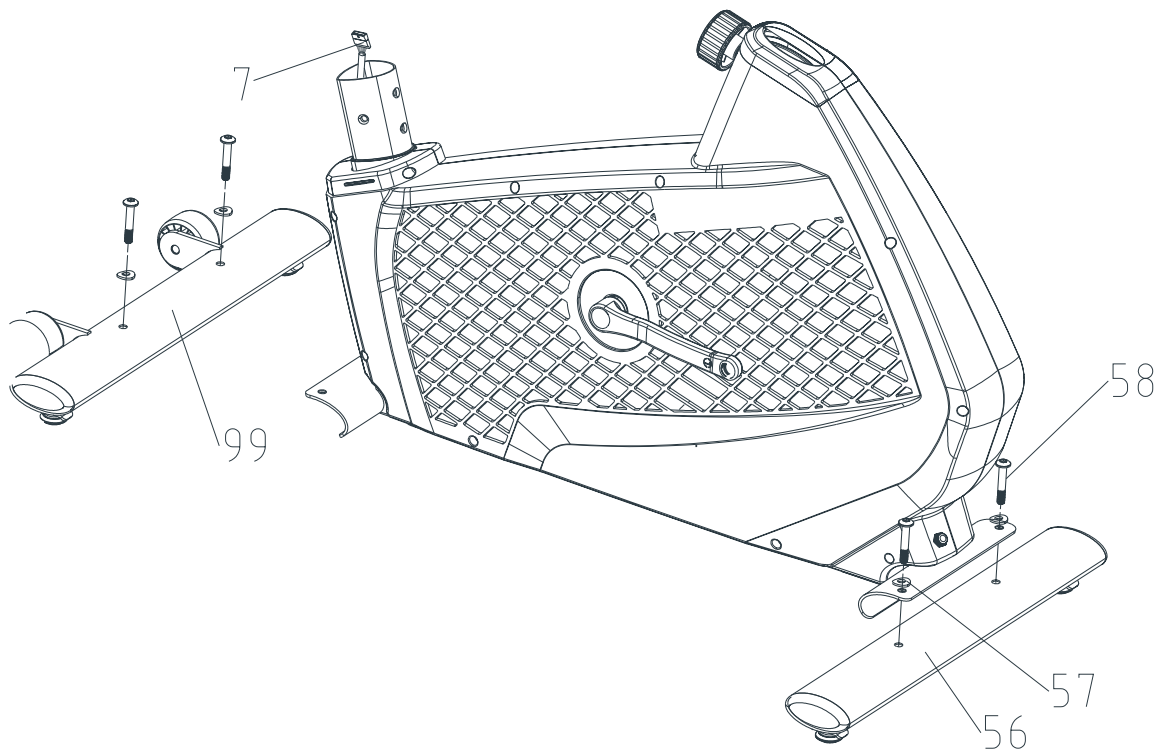
Part No.	Description	Q'ty	Part No.	Description	Q'ty
1	Computer	1	42	Pedal-R	1
4	Computer tray	1	56	Rear stabilizer	1
9	Handle tube	1	64	Frame	1
14	Handle tube cover	1	99	Front stabilizer	1
20	Seat tube	1	63	handlebar	1
25	Seat	1	78	Computer tray	1
101	Bottle cage	1	84	Cover	1

ASSEMBLY INSTRUCTIONS



Part No.	Description	Q'ty	Part No.	Description	Q'ty
1	Computer	1	42	Pedal-R	1
4	Computer tray	1	56	Rear stabilizer	1
9	Handle tube	1	64	Frame	1
14	Handle tube cover	1	99	Front stabilizer	1
20	Seat tube	1	63	handlebar	1
25	Seat	1	78	Computer tray	1
101	Bottle cage	1	84	Cover	1

4 ×	 (57) $\phi 8 \times \phi 19 \times 2T$ 4PCS
4 ×	 (58) M8×46L 4PCS
1 ×	 (94) 6mm

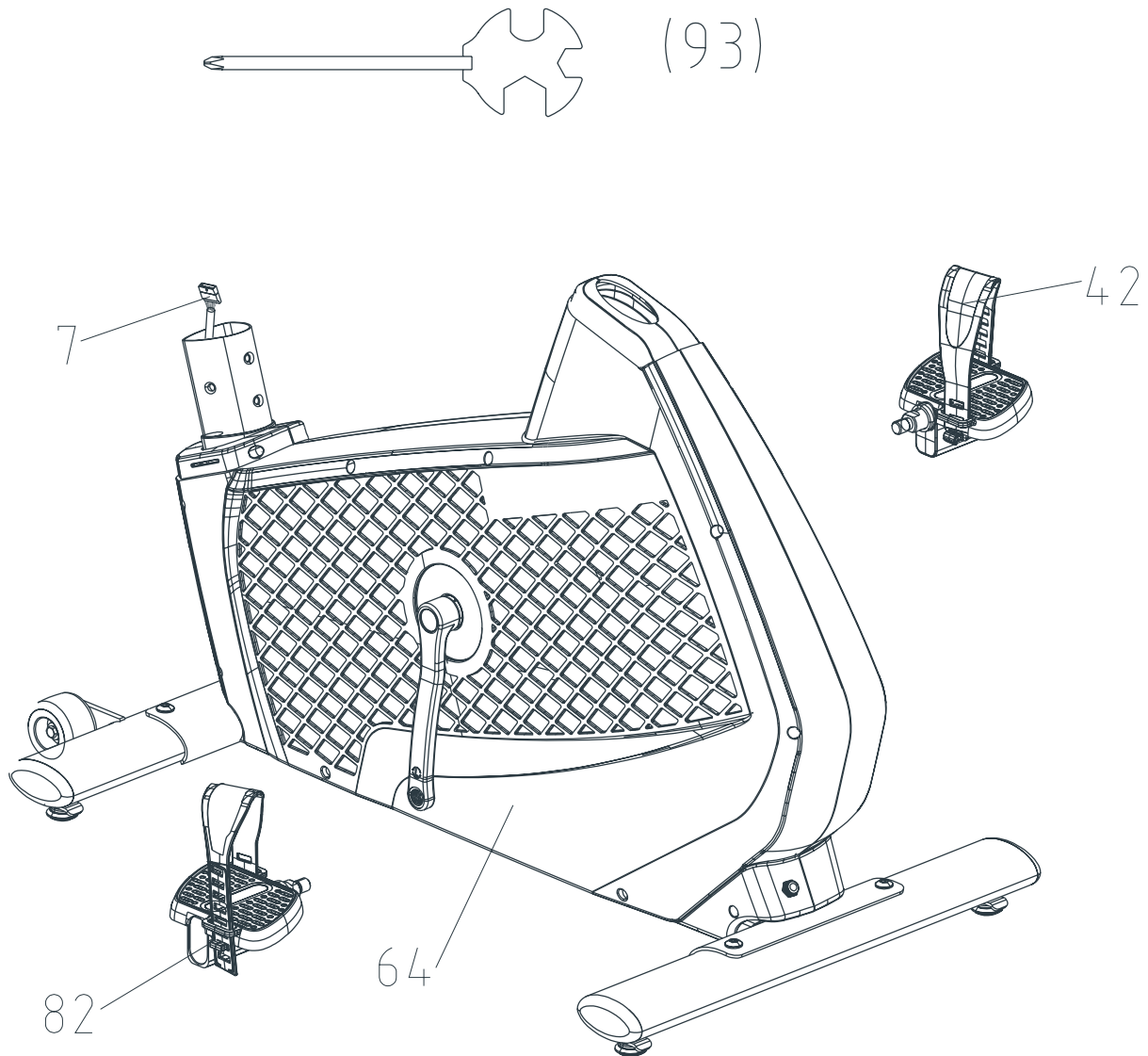


STEP 1

Do not tighten Bolts until instructed to do so.

- Attach the Front Stabiliser (#99) to the Main Frame (#64). Secure it with 2 M8 Screws (#58) and 2 Semi-circle Washers (#57).
- Attach the Rear Stabiliser (#56) to the Main Frame (#64). Secure it with 2 M8 Screws (#58) and 2 Semi-circle Washers (#57).
- **Securely tighten all Bolts.**



ASSEMBLY INSTRUCTIONS

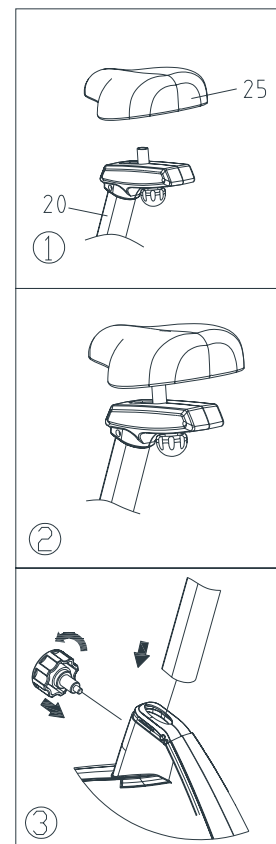
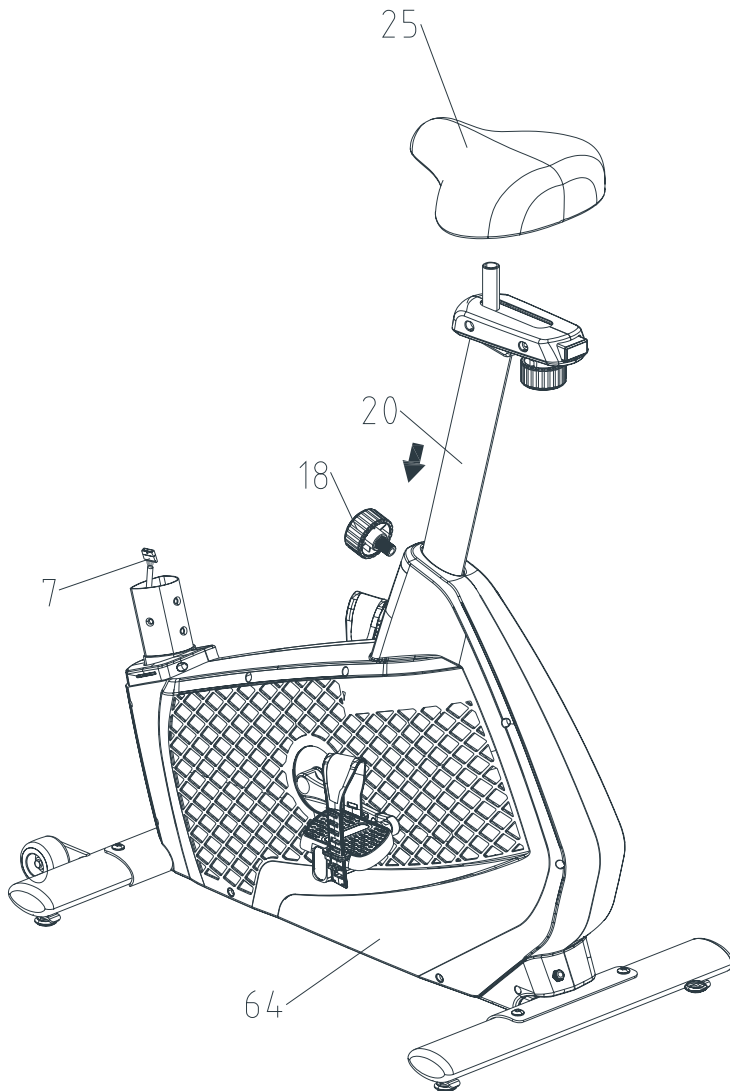


STEP 2

- Thread the Left Pedal (#80) counterclockwise into the left Crank Arm (#79).
- Thread the Right Pedal (#40) clockwise into the right Crank Arm (#39).

ASSEMBLY INSTRUCTIONS

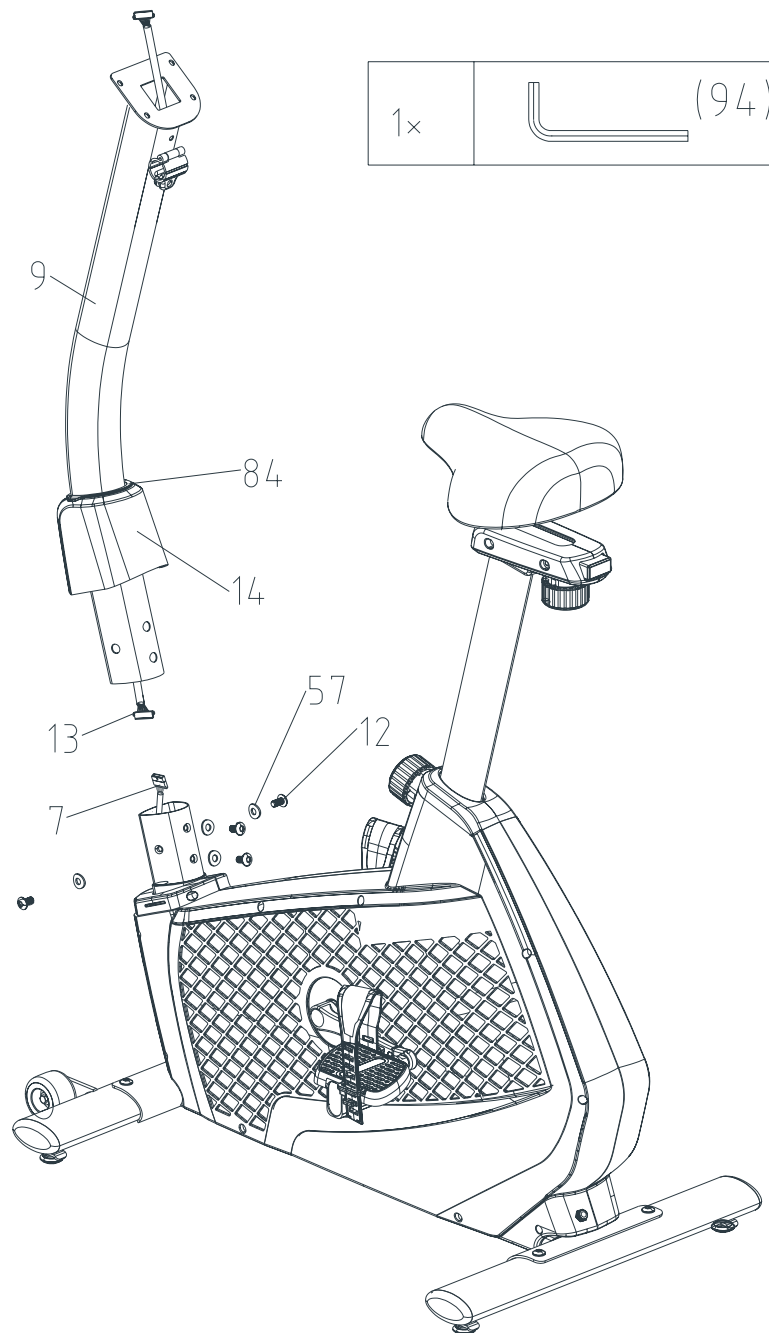
1x	 (93)
1x	 (98)



STEP 3

- Insert the Seat Post (#20) into the Main Frame (#64) and secure with the Pull Pin (#18). The Pull Pin is used to adjust the height of the exercise cycle. Adjust to desired height. See Pic 1
- Place the Sliding Block (#24) and the Seat Slider Cover (#22/#27) over the Seat Post (#20) and secure it in place using Locking Pin (#28).
- Attach the Seat (#25) to the Seat Post (#20). Adjust the tilt accordingly for individual comfort. Tighten the seat nuts securely

ASSEMBLY INSTRUCTIONS

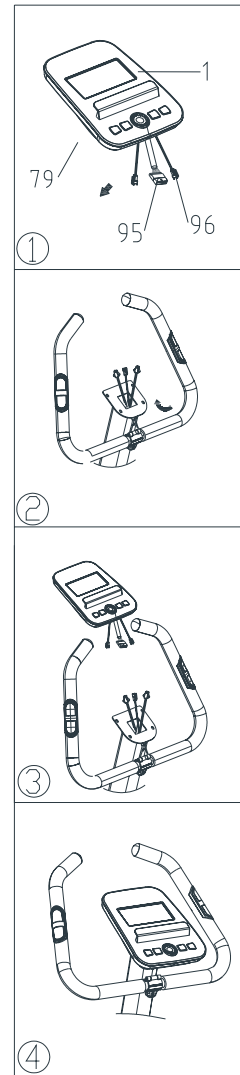
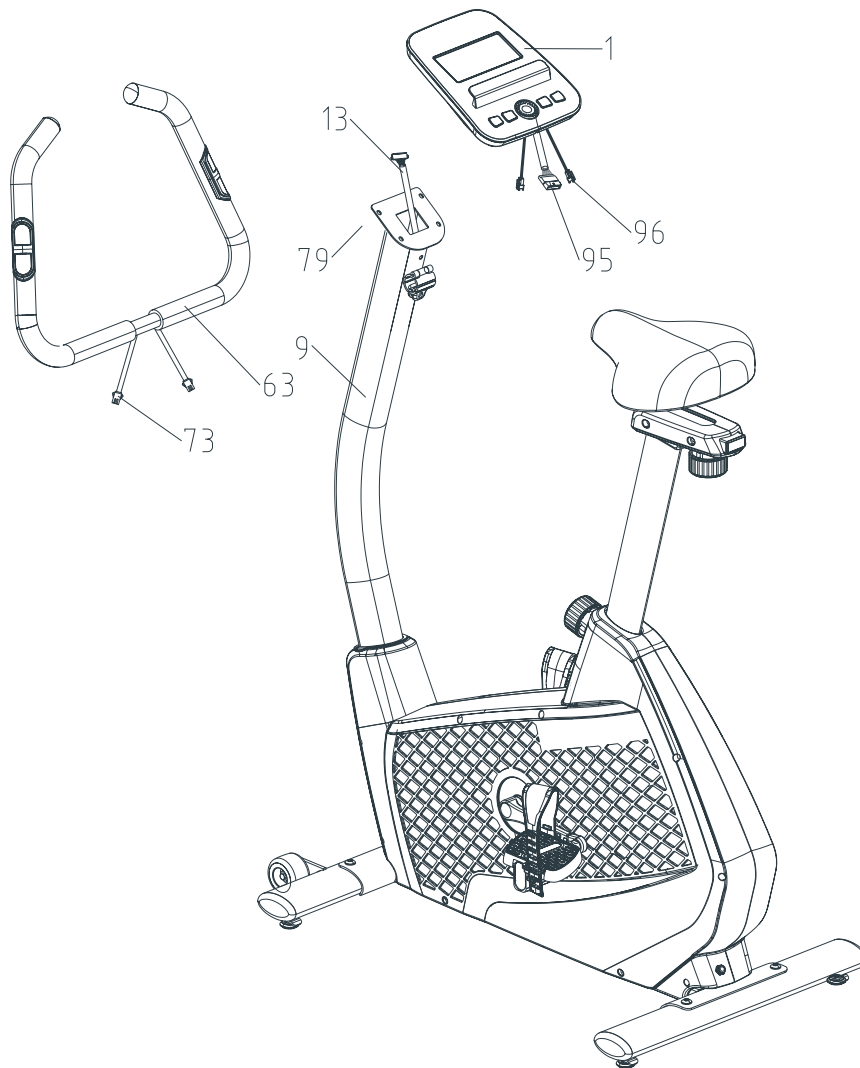


STEP 4

- Connect the middle section Sensor Wire (#13) of the Front Post (#9) and Front Cover (#14) with the lower section Sensor Wire (#7) securely. Put the Front Post (#9) and front cover (#14) into the bottom post of main frame (#64) and fasten with 4 x M8 Screw (#12), 4 x Flat Washers (#57) .

ASSEMBLY INSTRUCTIONS

1x	 (93)
----	--

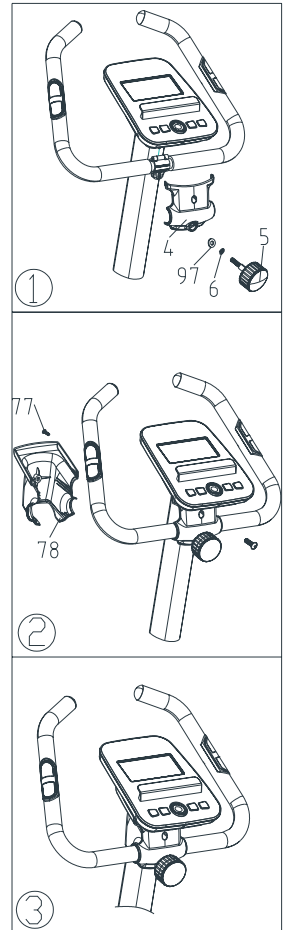
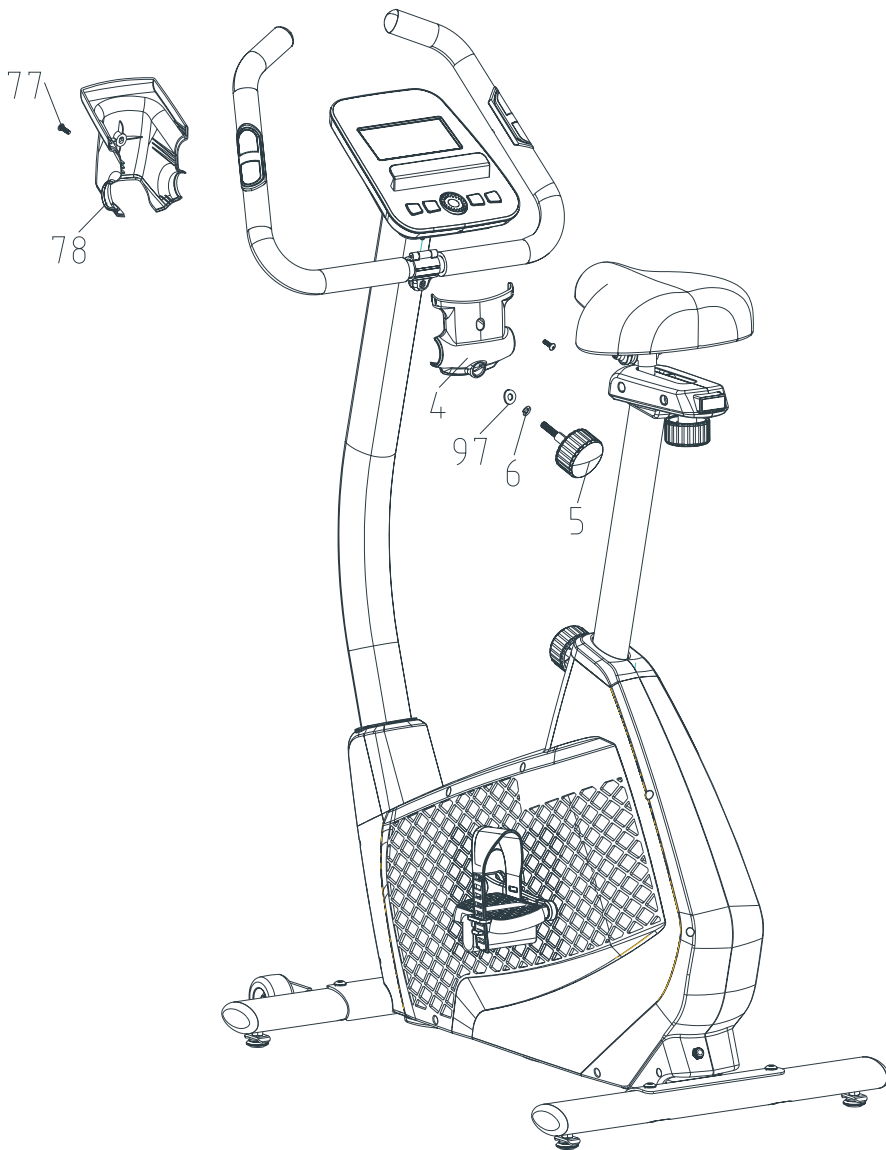


STEP 5

- Connect the Hand Rail (#63) to the Front Post (#9), ensure the Hand Pulse cables are routed through the Front Post (#9)
- Attach the computer Hand pulse Wires to the Computer pulse connection. See Pic 3 and 4
- Connect the Computer (#1) to the Front Post (#9) using 4 x M5 Screws (Located in the console).

ASSEMBLY INSTRUCTIONS

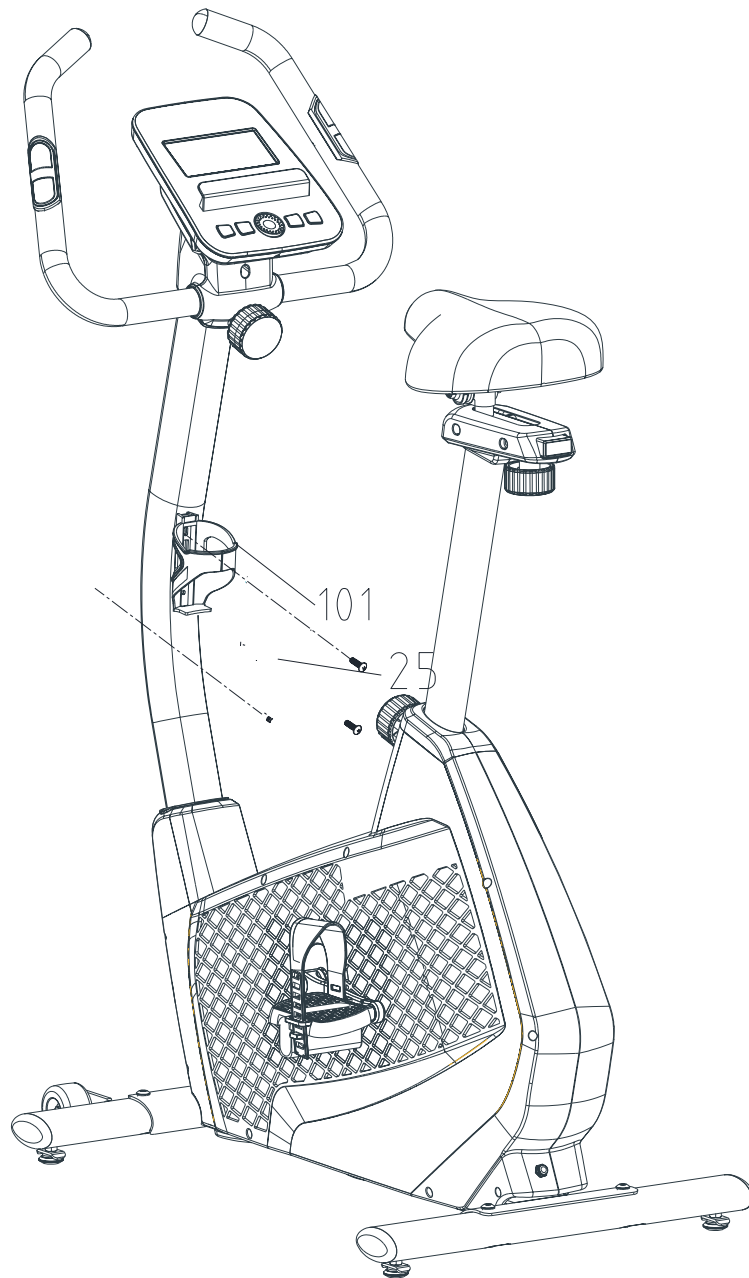
1x	 (93)
----	--



STEP 6

- Secure the Plastic Cover (#4) over the Handle bar using the T-Shaped Knob (#5).
- Wave Washer (#6), Flat Washer (#97) and 1 x M5 Screw.
- Connect the Rear Handle Bar Cover (#78) to the back of the Computer and Front Post using 2 x Screws (#77).

ASSEMBLY INSTRUCTIONS



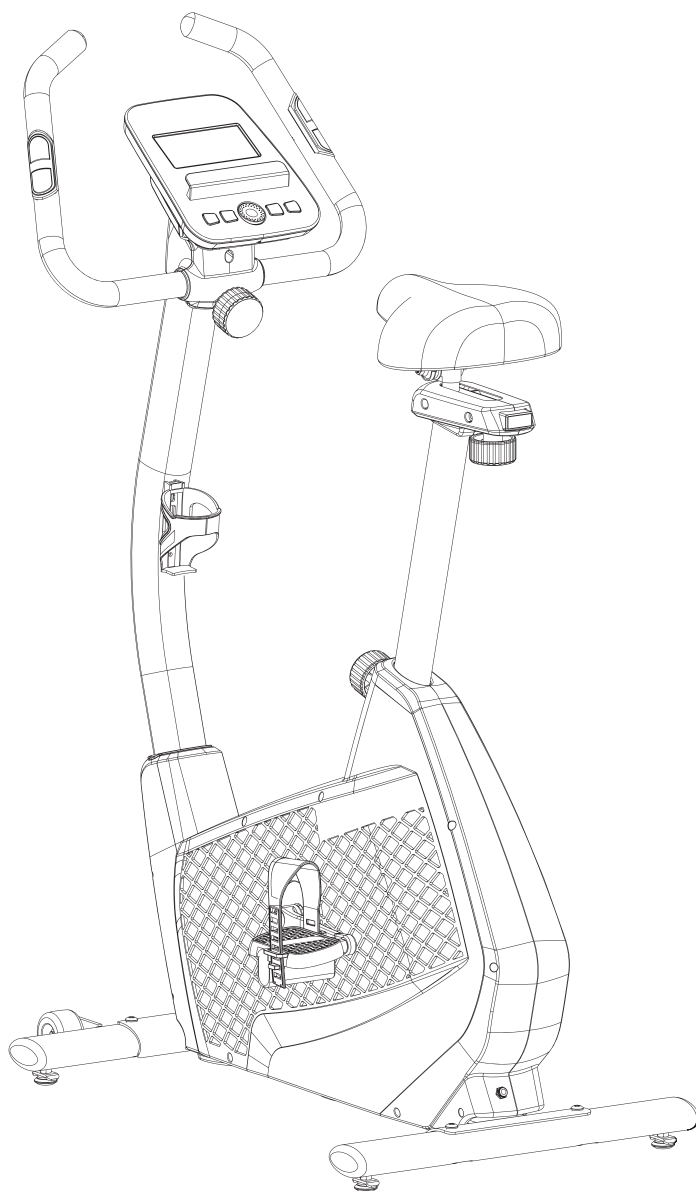
STEP 7

- Attach the Water bottle holder (#99) to the Front Post (#9) using 2 x Screws (#25).

CONGRATULATIONS

Assembly of your **Elite Destroyer 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. Refer to examples below.



Pic 1



Pic 2

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. 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

- 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.

USER INSTRUCTIONS

CONTROL MODE
MANUAL / PROGRAM / WATT / PERSONAL / HRC



SCAN	: Alternates between WATTS/CALORIES and RPM/SPEED. 6 seconds per display.
RPM	: 0 -15-999
SPEED	: 0.0-99.9 km/h
TIME	: 0:00-99:59.
DISTANCE	: 0.00-99.99 km
CALORIES	: 0-999.
WATTS CONSTANT	:10-350
HEART SYMBOL	: ON / OFF flashes
MANUAL	: 1-24 level
PROGRAM	: P1-P12

USER INSTRUCTIONS

PRE-SET USER:

Enter user data (sex / age/ height / weight) to accurately calculate workout feedback.

SELECT

MANUAL/PROGRAMS/ WATT CONSTANT/PERSONAL/FITNESS(OPTION)/H.R.C

User can choose different control modes to start their workout. See below is main description of each control mode.

EXECUTE

MANUAL/PROGRAMS/ WATT CONSTANT/PERSONAL/ FITNESS(OPTION)/H.R.C

Execute selected control mode.

PRE-SET

TIME/DISTANCE/CALORIES/WATTS/HEART RATE

Setting and selecting the users desired function value of the above, the function value display will count down to zero; or if the user does not input any function value, the computer will know your workout is from 0 to end value.

PRESS ENTER/UP/DOWN/START/PAUSE

Use UP / DOWN key to increase / decrease function value.

After setting each function value to press "ENTER" to confirm your setting.

START / PAUSE- Finish previous setting step to press START to start operating; user can press "PAUSE" if they want to pause their workout for a short peroid of time.

TEST RECOVERY

Press RECOVERY, the computer will calculate your recovery value and will display the results. This uses your preset data and actual workout function value.

FUNCTION DESCRIPTION

- MANUAL: Set the resistance level using the dot matrix display then (if required) set exercise parameters TIME/DISTANCE / CALORIES / PULSE then press START/STOP to START manual program.
- PROGRAM: 12 automatic adjusting programs with control exercise (P1~P12), resistance level can be adjusted during PROGRAM DIAGRAM is flashing.
- WATTS CONSTANT: User can default WATTS value at their desire 10-350 watts between 10~350 watts by using the UP/ DOWN knob. To fix WATTS constant value and then press ST/STOP key. Use WATTS control mode to train yourself in different WATTS's constant.
- PERSONAL: Create your own Program profile through U1~U4 by setting the resistance level for each individual segment. Then the Program will be automatically saved for future use. U0 ENTER can be set the same as U1~U4 but this Program cannot be saved.
- FITNESS (OPTION): It is special workout program regarding with user's gender and age to gauge your exercise level F1- F5 during 12 minutes. User 1- User 4 choose FITNESS control mode by UP/DOWN KEY, and then pres ST/STOP key, if user's heart rate reach to 100% lasting 30 seconds, this mode function will be stoped. After finished this FITNESS function, please refer below FITNESS table.

USER INSTRUCTIONS

Note:

- 1.If the user reaches F1 level and their heart rate is not over H.R.C 100%, the computer/console stop working.
2. If user can't reach F5 level, and their heart rate is over H.R.C 100%, the computer / console stop working.
3. If the user reaches level F1-F4, and their heart rate is not over H.R.C 100%, the computer will stop after 12 minutes and will display F1 level.

LEVEL	GENDER		AGE < 30	AGE 30-39	AGE 40-49	AGE >50
F5	MALE	DISTANCE	<3.2KM	<3KM	<2.8KM	<2.6KM
		SPEED	16KM	15KM	14KM	13KM
	FEMALE	DISTANCE	<3KM	<2.8KM	<2.4KM	<2.2KM
		SPEED	15KM	14KM	12KM	11KM
F4	MALE	DISTANCE	3.2-4KM	3-3.38KM	2.8-3.4KM	2.6-3.2KM
		SPEED	20KM	19KM	17KM	16KM
	FEMALE	DISTANCE	3-3.6KM	2.8-3.4KM	2.4-3KM	2.2-2.8KM
		SPEED	18KM	17KM	15KM	14KM
F3	MALE	DISTANCE	4-4.8KM	3.8-4.6KM	3.4-4.2KM	3.2-4KM
		SPEED	24KM	23KM	21KM	20KM
	FEMALE	DISTANCE	3.6- 4.4KM	3.4-4KM	3-3.8KM	2.8-3.4KM
		SPEED	22KM	20KM	19KM	17KM
F2	MALE	DISTANCE	4.8-5.6KM	4.6-5.4KM	4.2-5KM	4-4.8KM
		SPEED	28KM	27KM	25KM	24KM
	FEMALE	DISTANCE	4.4-5.4KM	4-5KM	3.8-4.6KM	3.4-4.4KM
		SPEED	27KM	25KM	23KM	22KM
F1	MALE	DISTANCE	>5.6KM	>5.4KM	>5KM	>4.8KM
		SPEED	28KM	27KM	25KM	24KM
	FEMALE	DISTANCE	>5.4KM	>5KM	>4.6KM	>4.4KM
		SPEED	27KM	25KM	23KM	22KM

USER INSTRUCTIONS

H.R.C HEART RATE CONTROL: Select your target Heart Rate, choose from one of the preset programs 55%, 75% or 90%. Please enter your age into the User Data to ensure that your target heart rate is set correctly. The PULSE display will flash when you have reached your target heart rate according to the Program you have chosen.

55% -- DIET PROGRAM

75% -- HEALTH PROGRAM

90% -- SPORTS PROGRAM

TARGET—USER SET TARGET HEART RATE

Condition	Score	Heart Rate
Excellent	F1	Above 50
Good	F2	40 ~ 49
Average	F3	30 ~ 39
Fair	F4	20 ~ 29
Poor	F5	10 ~ 19
Very Poor	F6	Under 10

OPERATION

When turned on, the computer will default to U1. Select user using the UP/DOWN key, press Enter key to confirm selection. Input user data, sex, age, height, weight into top – right window, press ENTER key to confirm.

Function Control display will flash, indicating you can select the Programs P1-P12 by turning UP/DOWN key and then press ENTER key to confirm. Any of the default values can be changed by pushing the ENTER key until the desired program profile is flashing. Press the ENTER key to confirm.

When the Program and other protocols are entered press START/STOP key and begin your workout.

KEY FUNCTIONS

1. ENTER KEY : Function select and confirmation key.
2. UP/DOWN KNOB: Increase and decrease or select option.
3. RESET KEY: Reset all displays to default values.
4. START/STOP KEY: Start/stop key
5. RECOVERY KEY: Fitness test by measuring your recovery rate.
6. QUICK START KEY: QUICK START KEY

COMPUTER



QUICK START

Power up the computer and press the START Key which will automatically start the Manual Program.

GETTING STARTED (User Select & User Data Input)

When the computer powers up the LCD Display will be flashing and requesting data input for the following:

USER SELECT U1-U4

The computer can store four sets of personal user data. This stored information will be used in conjunction with the % Heart Rate Programs, Body Fat Program and to more accurately calculate Calories (kcal).

- 1) Press the DOWN and UP Keys to select either U1, U2, U3, U4
- 2) Pressing the MODE Key will confirm your User selection and begin the User Data Entry process.

USER DATA ENTRY - Gender, Age, Height, Weight

- 1) GENDER - Press the DOWN and UP Keys to select either MALE or FEMALE. Then press the MODE Key to confirm your selection.
- 2) AGE - Press the DOWN and UP Keys to select your Age (in years). Then press the MODE Key to confirm your selection.
- 3) HEIGHT - Press the DOWN and UP Keys to select your Height in either centimeters (cm) or inches ("") depending on your countries standard measurement system. Then press the MODE Key to confirm your selection.
- 4) WEIGHT - Press the DOWN and UP Keys to select your Weight in kilograms (kg) or pounds (lbs) depending on your countries standard measurement system. Then press the MODE Key to confirm your select.

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.

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

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.

Now you will be at the Main Menu.

From the MAIN MENU press the DOWN and UP Keys to scroll through and select one of the 5 x Main Menu selections. (**NB:** If you press the START Key now you will automatically start the MANUAL PROGRAM regardless of your Main Menu selection). Then press the MODE Key to confirm your selection. Now you are ready to continue your Program selection process whatever that may be.

If at anytime you wish to return to the Main Menu then simply press the RESET Key.

To return to the Main Menu during a workout, you must first press the STOP Key. Then press the RESET Key. If that fails then press and hold the RESET Key for two seconds to start over.

Manual Program

The Manual Program is a simple program that has a flat profile and is present at LOAD resistance level one. Before and during your workout you can adjust the LOAD resistance levels by pressing the DOWN and UP Keys.

QUICK START

Press the START Key to immediately begin your workout.

NORMAL START with Target Value options

- 1) From the Main Menu, press the DOWN and UP Keys to scroll and select the MANUAL PROGRAM. Then press the MODE Key to confirm your selection.
- 2) To select Target Values (Time, Distance, Calories) and/or Pulse Alarm, repetitively press the MODE Key to scroll and select your Target. Then press the DOWN and UP Keys to select your Target Values. Then press the MODE Key to confirm your selection.

NB: To return to the Main Menu, press the RESET Key

- 3) Press the START Key when you are ready to begin your workout.

During your workout you can adjust the LOAD resistance levels by pressing the DOWN and UP Keys.

Profile Program

The computer will automatically adjust the LOAD resistance levels according to the Profile Program you select. During your workout you can adjust the LOAD resistance levels by pressing the DOWN and UP Keys.

- 1) From the Main Menu, Press the DOWN and UP Keys to scroll and select PROGRAM. Then press the MODE Key to confirm your selection.
- 2) Press the DOWN and UP Keys to scroll through the 12 x PROFILE PROGRAMS. Then press the MODE Key to confirm your selection.

NB: To immediately start your workout, press the START Key.

NB: To return to the Main Menu, press the RESET Key.

- 3) To select a Time Target Value, press the MODE Key then press the DOWN and UP Keys to select your Time Target Value.
- 4) Press the START Key when you are ready to begin your workout.

During your workout you can adjust the LOAD resistance levels by pressing the DOWN and UP Keys.

User Profile Programs

The computer will automatically adjust the LOAD resistance levels according to the USER PROFILE PROGRAM you design. All four users have their own USER PROFILE PROGRAM which can only be accessed through the User Select process. During your workout if you adjust the LOAD resistance levels by pressing the DOWN and UP Keys.

NOTE: If you adjust the LOAD resistance levels during your workout, you will be changing the stored USER PROFILE PROGRAM as well.

1) From the Main Menu, press the DOWN and UP Keys to scroll and select the USER PROGRAM. Then press the MODE Key to confirm your selection.

NB: To immediately start your workout press the START Key.

2) Profile Selection: There are 16 columns, each with a choice of 24 LOAD resistance levels. Press the DOWN and UP Keys to select your desired LOAD resistance level for each column. Then press the MODE Key to confirm your selection. Repeat this process for all 16 columns.

NB: To bypass the Profile Selection process, press and hold the MODE Key for two seconds. Then the computer will take you directly to Time Target Value selection.

3) Press the START Key when you are ready to begin your workout.

During your workout you can adjust the LOAD resistance levels by pressing the DOWN and UP Keys.

4) Press the START Key when you are ready to begin your workout.

Watt Program

The Watt Program is designed to keep your watt output at a constant level you have selected. During your workout you can adjust the WATT Target Value by pressing the DOWN and UP Keys.

NOTE: During your workout you can adjust the LOAD resistance levels.

WATT TARGET VALUE CHOICE: 10-350W (in 5 Watt steps)

1) From the Main Menu, press the DOWN and UP Keys to scroll and select the WATT PROGRAM. Then press the MODE Key to confirm your selection.

2) Press the DOWN and UP Keys to select your WATT Target Value.

NB: To immediately start your workout press the START Key.

3) To select a Time Target Value, press the DOWN and UP Keys to select your Time Target. Then press the MODE Key to confirm your selection.

NB: To return to the Main Menu, press the RESET Key.

4) Press the START Key when you are ready to begin your workout.

During your workout you can adjust the WATT Target Value by pressing the DOWN and UP Keys.

WATT ALARM

The Watt Program has an alarm that will sound, and flash three dashes (i.e. - - -) when you exceed the limitations of the 24 x LOAD resistance level versus the WATT Target Value you have chosen, reminding you to either PEDAL FASTER or SLOW DOWN accordingly, or change the WATT Target Value by pressing the DOWN and UP Keys.

55% 75% 90% Heart Rate Programs

The % Heart Rate Programs are designed to keep your heart rate/ pulse at the constant level you have selected. Every 30 x seconds the computer will check your heart rate/ pulse against what you have selected and will automatically adjust the LOAD resistance levels accordingly.

The heart rate programs use the contact hand pulse sensors, accuracy of the programs will depend on the user's hand pulse connectivity. Hand pulse sensors can provide inaccurate heart rate readings and are indicative only.

These three % Heart Rate Programs work in conjunction with your selected User and the User Data you have entered, therefore it is important that you select the correct User and have input the correct User Data before you begin any of the three % Heart Rate Program.

NOTE: During your workout you cannot adjust the LOAD resistance levels.

While increasing your heart rate is an important part of exercise, it is also important that your heart rate is not too high. To be safe we suggest that you start your workouts at the 55% and increase your heart rate % as your fitness improves.

NOTE: The recommended absolute Maximum Heart Rate is equal to 220 bpm - your age.

1) From the Main Menu, press the DOWN and UP Keys to scroll and select the H.R.C PROGRAM. Then press the MODE Key to confirm your selection.

2) Press the DOWN and UP Keys to scroll and select either 55%, 75% or 90% HEART RATE PROGRAM. Press the MODE Key to confirm your selection. The computer will automatically calculate your target heart rate based on your selected User and input User Data.

NB: To immediately start your workout press the START Key.

3) To select a Time Target Value, press the MODE Key. Then press the DOWN and UP Keys to select your Time Target.

NB: To return to the Main Menu, press the RESET Key.

4) Press the START Key when you are ready to begin your workout.

Target Heart Rate Programs

The Target Heart Rate Program is designed to keep your heart rate/ pulse at the constant level you have selected. Every 30 x seconds the computer will check your heart rate against what you have selected and will automatically adjust the LOAD resistance levels accordingly.

The heart rate programs use the contact hand pulse sensors, accuracy of the programs will depend on the user's hand pulse connectivity. Hand pulse sensors can provide inaccurate heart rate readings and are indicative only.

NOTE: During your workout you cannot adjust the LOAD resistance levels.

While increasing your heart rate is an important part of exercise, it is also important that your heart rate is not too high. We suggest that you start off slowing and increase your THR as your fitness level improves.

NOTE: The recommended absolute **Maximum Heart Rate** is equal to **220 bpm - your age**.

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 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**

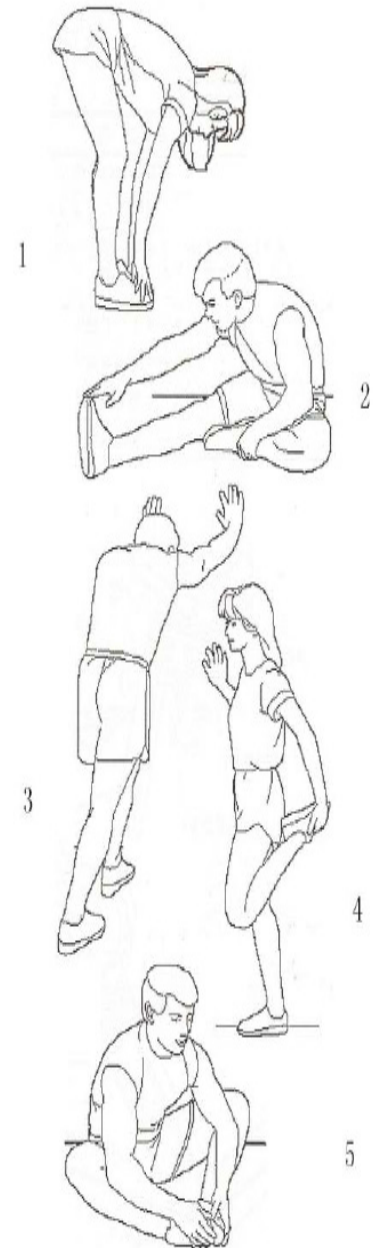
Standing with two hands on the wall or tree, one leg behind. Keeping your legs straight and the heel on the ground, lean forward towards the wall or tree. Hold for 10-15 seconds, and relax. Repeat 3 times for each leg (See picture 3).

— **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

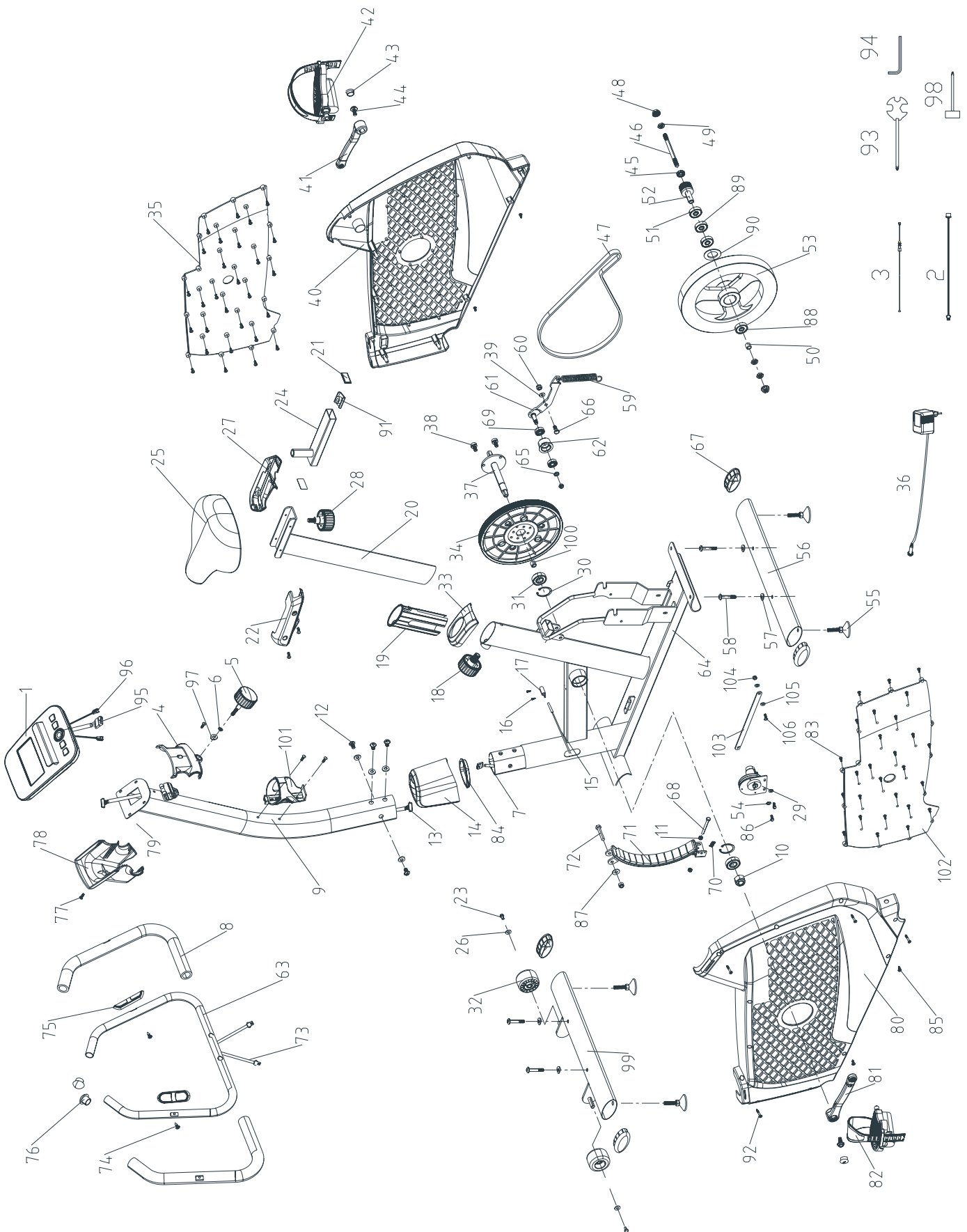
We recommend 2 people assist in assembling this unit. Place all parts of the exercycle in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed. Before you start installation, inspect and prepare all parts and screws featured in this manual. When you open the carton, you will find the following parts:

PART NO.	DESCRIPTION	Q'TY	PART NO.	DESCRIPTION	Q'TY
1	Computer	1	34	Belt pulley PA66 ϕ 240	1
2	DC wire	1	35	Cover ABS	1
3	Motor cable	1	36	Adaptor	1
4	Computer tray ABS	1	37	Axis 40Cr	1
5	Knob	1	38	Screw M8*12L	3
6	Wave washer 65Mn ϕ 8.5* ϕ 13.5*2.5T	1	39	Flat washer ϕ 8* ϕ 16*1T	1
7	Cable	1	40	Cover ABS	1
8	Foam	2	41	Leg-R 45 165	1
9	Front post	1	42	Pedal-R 9/16"	1
9	Handle tube Q195	1	43	Cover	2
10	Nylon nut M17	1	44	Screw M8*P1.0*20L,	2
11	Hex nut M6	2	45	Bearing 6900	1
12	Screw Q235M8*16	4	46	Dabber	1
13	Cable	1	47	Belt 415J6	1
14	Handle tube cover ABS	1	48	Nut 3/8"-26-7T	2
15	Cable	1	49	Nut 3/8"*26*4.5T	3
16	Screw Q235 ST3.5*12	2	50	Sleeve ϕ 10* ϕ 15.8*6	2
17	permanent seat PP	1	51	Bearing 6003	2
18	Pull Pin M16	1	52	Small belt pulley Q235 ϕ 30	1
19	Seat clamp PP	1	53	Flywheel HT200 ϕ 280	1
20	Seat tube Q235	1	54	Adjust knob	4
21	End cap	1	55	End cap	4
22	Cover ABS	1	56	Rear stabilizer	1
23	Screw M6*10L	2	57	semi-circle washer ϕ 8* ϕ 19*2T	8
24	Sliding seat	1	58	Screw M8*50L	4
25	Seat	1	59	Idle spring 65Mn ϕ 2* ϕ 12*53N	1
26	Flat washer ϕ 6.5* ϕ 13*2T	2	60	Nylon nut Q235M8	2
27	Cover ABS	1	61	Idle pole Q235	1
28	Knob Q235+ABS	1	62	Idle wheelPC ϕ 40	1
29	Motor	1	63	Handle bar	1
30	Elastic ring 65Mn ϕ 43.5* ϕ 37.3*1.5T	2	64	Frame	1
31	Bearing 6203	2	65	Sleeve Q235 ϕ 10* ϕ 14*3L	1
32	Transportation wheelPA	2	66	Screw M8*20	1
33	Jacket PVC	1	67	End cap PP	4

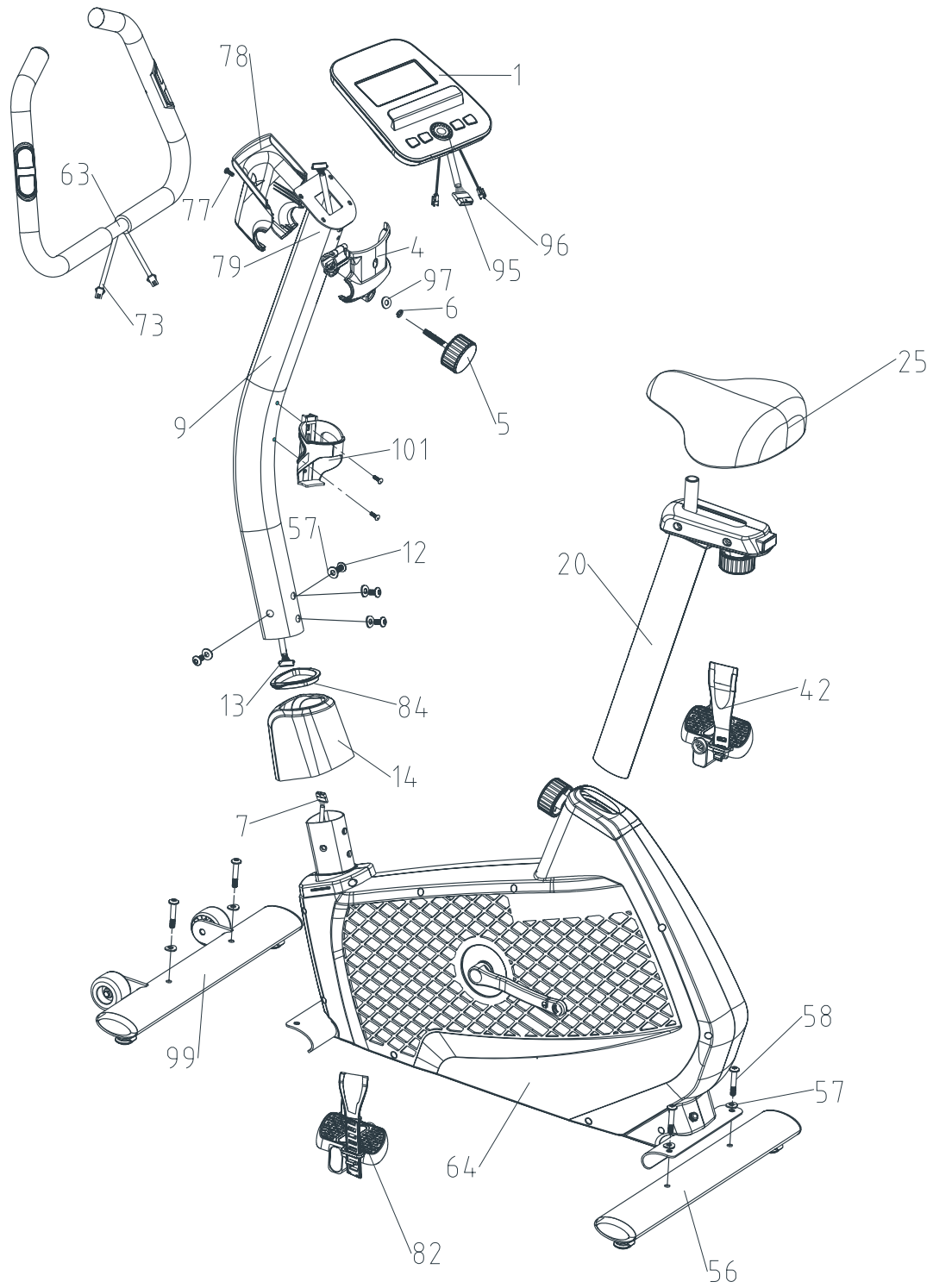
PARTS

PART NO.	DESCRIPTION	Q'TY	PART NO.	DESCRIPTION	Q'TY
68	Screw Q235 M6*P1.0*60L	1	86	Nylon nut $\phi 6.5 * \phi 19 * 1.5T$	1
69	Bearing 6000	2	87	Flat washer $\phi 8 * \phi 19 * 2T$	2
70	Spring	1	88	Bearing 6300	1
71	Magnet set	1	89	Bearing	1
72	Screw M8*55L	1	90	Flat washer $\phi 30 * \phi 34 * 0.8T$	1
73	Cable	2	91	U-seat	1
74	Screw ST3.5*20L	2	92	Screw ST3.5*50L	9
75	Handle pulse	2	93	The harpoon wrench	1
76	End cap	2	94	Hex spanner	1
77	Screw M5*16L	8	95	Cable	1
78	Cover ABS	1	96	Cable	2
79	Screw Q235 M5*12	4	97	Flat washer $\phi 8 * \phi 14 * 2T$	1
80	Main cover ABS	1	98	Socket spanner	1
81	Leg-L 45 165	1	99	Front stabilizer	1
82	Pedal-L 9/16"	1	100	Sleeve $\phi 17$	1
83	Screw ST2.9*8	58	101	Bottle Cage	1
84	Jacket PVC	1	102	Cover ABS	1
85	Screw Q235 3/16"*3/4"	4			

EXPLODED DRAWING



EXPLODED DRAWING





For more information about our Elite exercise equipment or other brands that we stock for your home, visit www.elitefitness.co.nz

Copyright © 2018 Elite Fitness

Elite Fitness, 11 George Bourke Drive, Mt Wellington, Auckland, New Zealand.
0800 243 834, www.elitefitness.co.nz

Keep up to date with the latest products, competitions and equipment, follow us on our social media sites.



[@EliteFitnessNZ](https://www.instagram.com/EliteFitnessNZ)

[@EliteFitnessTV](https://www.youtube.com/EliteFitnessTV)