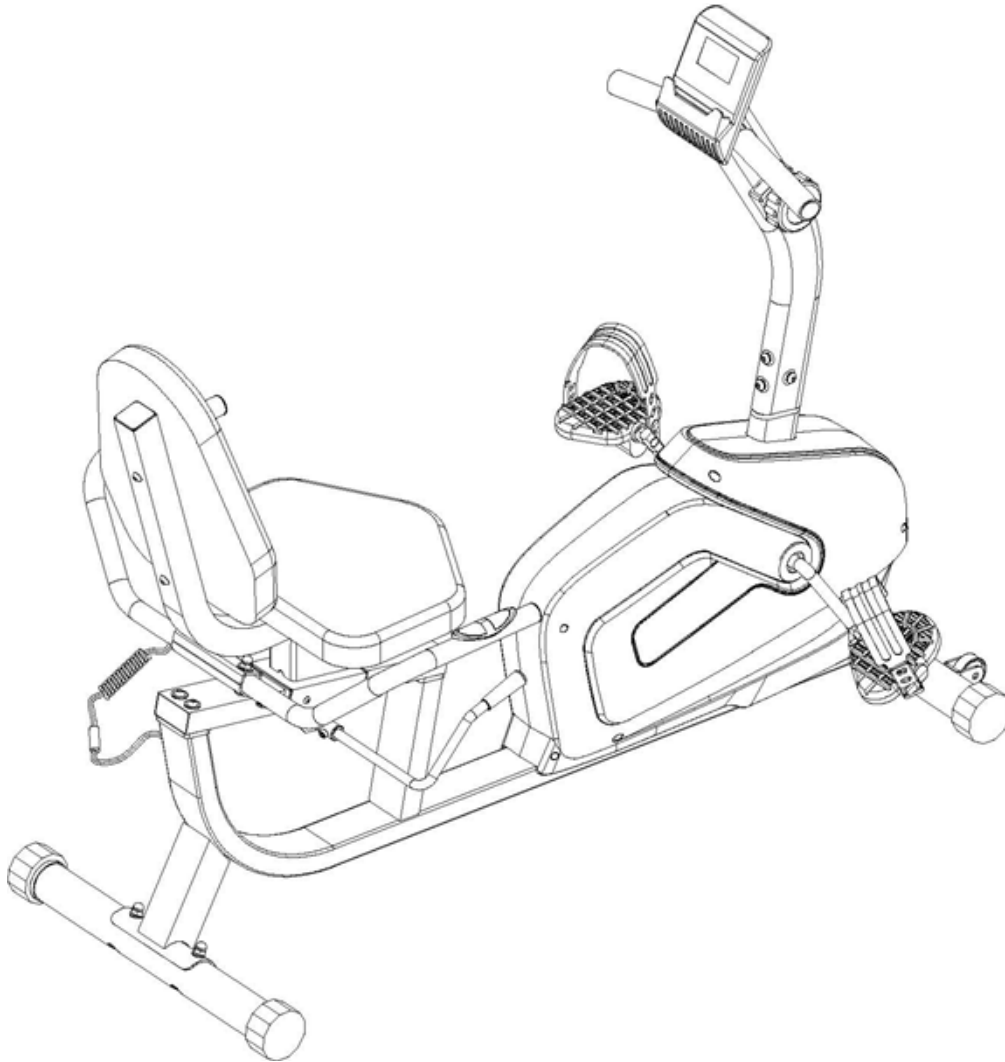




ASSEMBLY MANUAL >



LYNX

Record serial number

Elite Lynx Recumbent Bike

Thank you for purchasing the **Elite Lynx Recumbent 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 Lynx Recumbent 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
Auckland, New Zealand

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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.
- 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 100KG.
- 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: 100Kgs

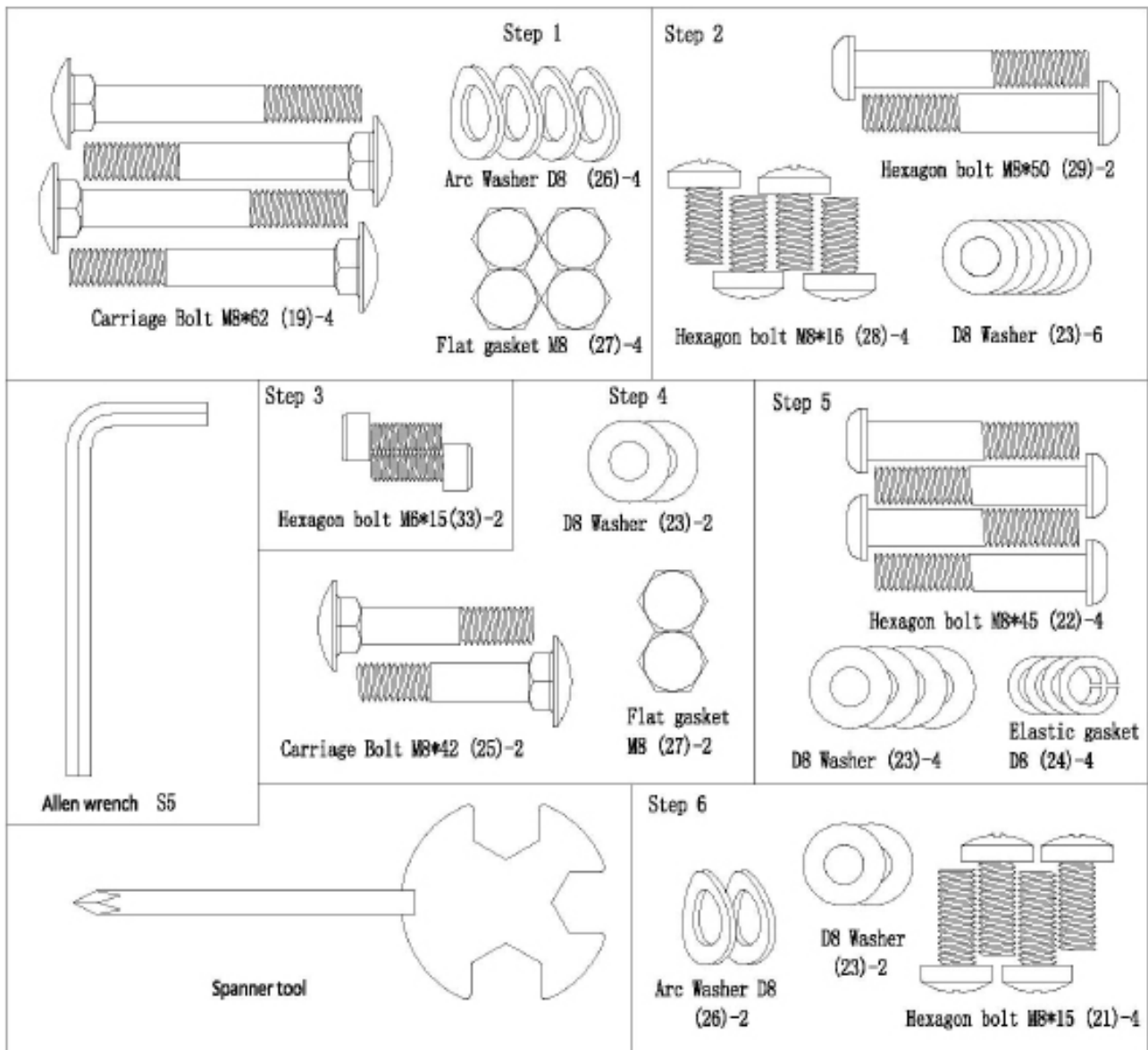
Dimensions: 1190x245x575mm

Shipping Weight: 29Kgs

Net Weight: 26kgs

Power Requirements

CHECK LIST

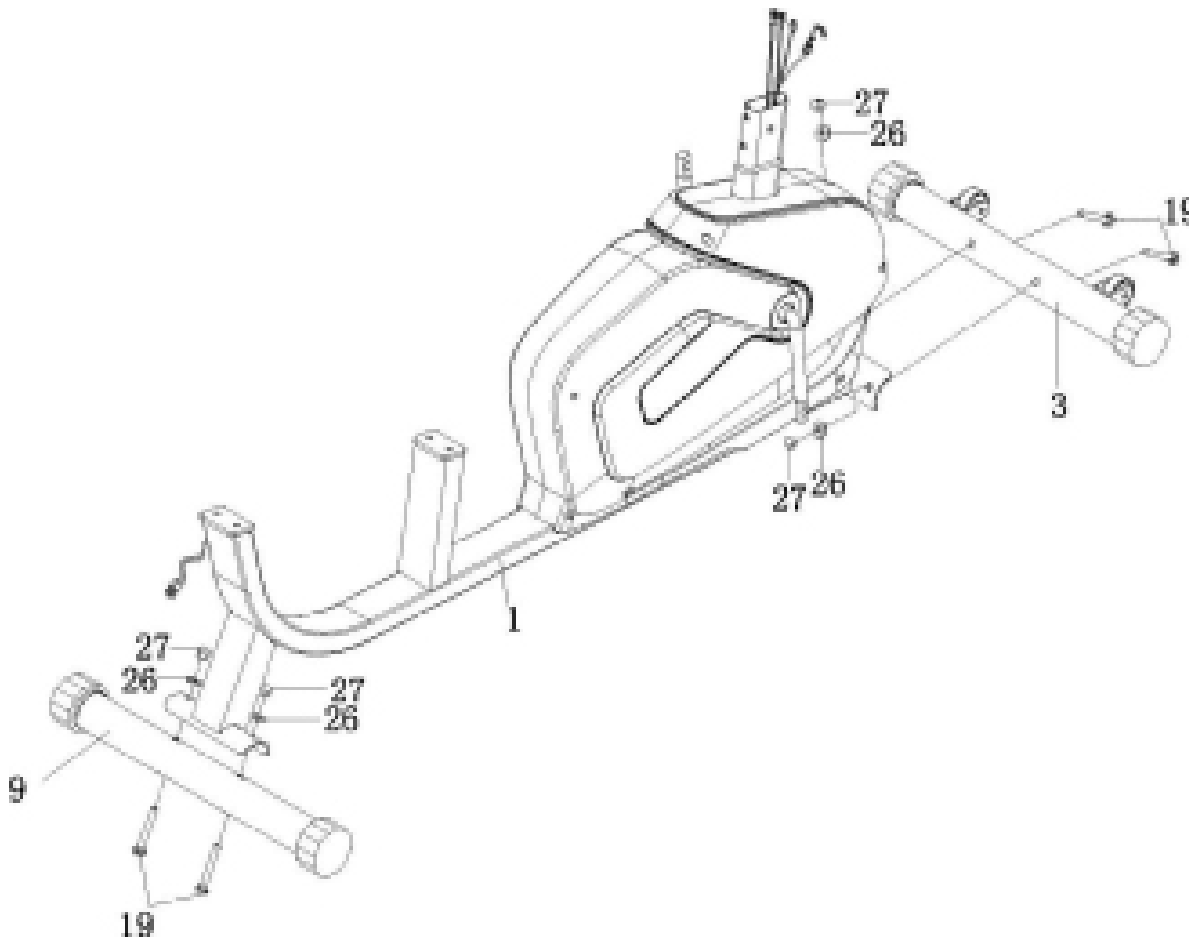
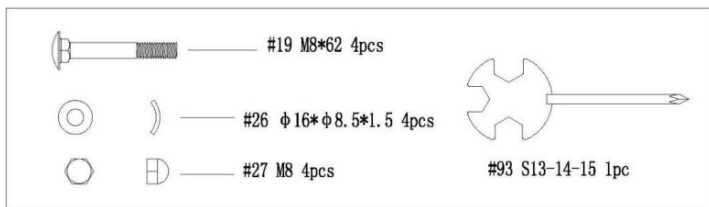


ASSEMBLY INSTRUCTIONS

Make sure there is enough space before installing your recumbent bike. Before you install your recumbent bike, make sure you have all parts all ready before assembling. (Refer to exploded drawing of all the key parts/ components to install).

STEP 1:

Attach the Front Stabiliser (3) and the Rear Stabiliser (9) into the Main Frame (1) using a Square Bolt (19), Arced Washer (26) and Domed Nut (27).

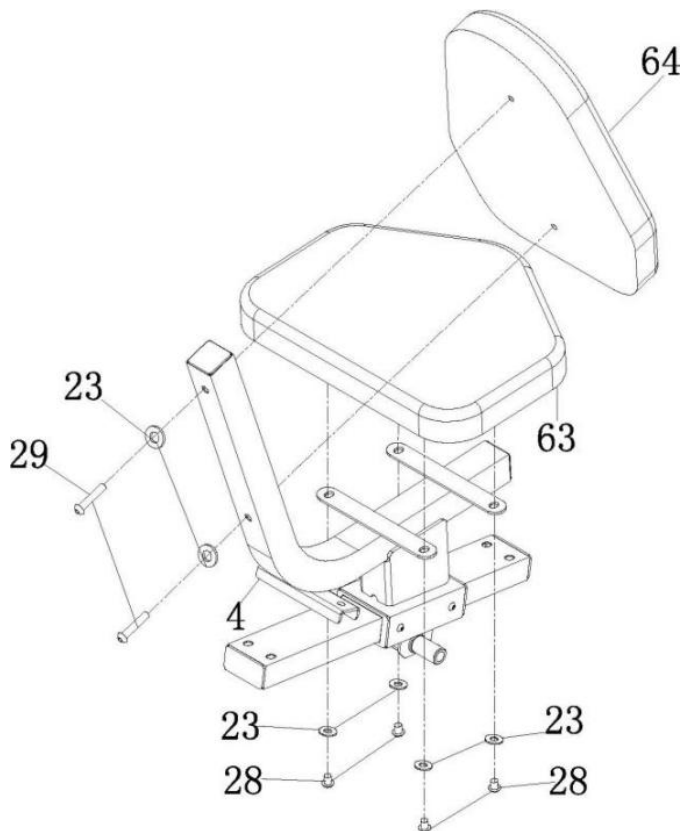
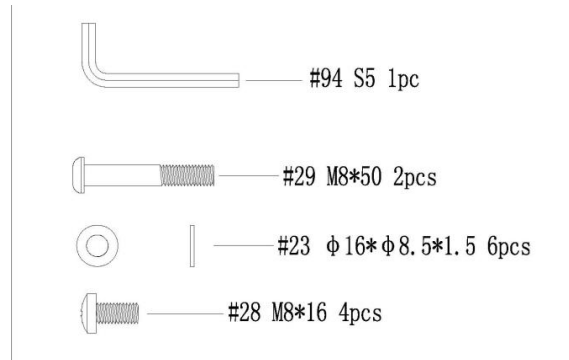


ASSEMBLY INSTRUCTIONS

STEP 2:

Assemble the Inner Hexagon Pan Bolt (29) through Flat Washer (23) , Seat Weld (4)and Back Cushion (64) in order and tighten firmly.

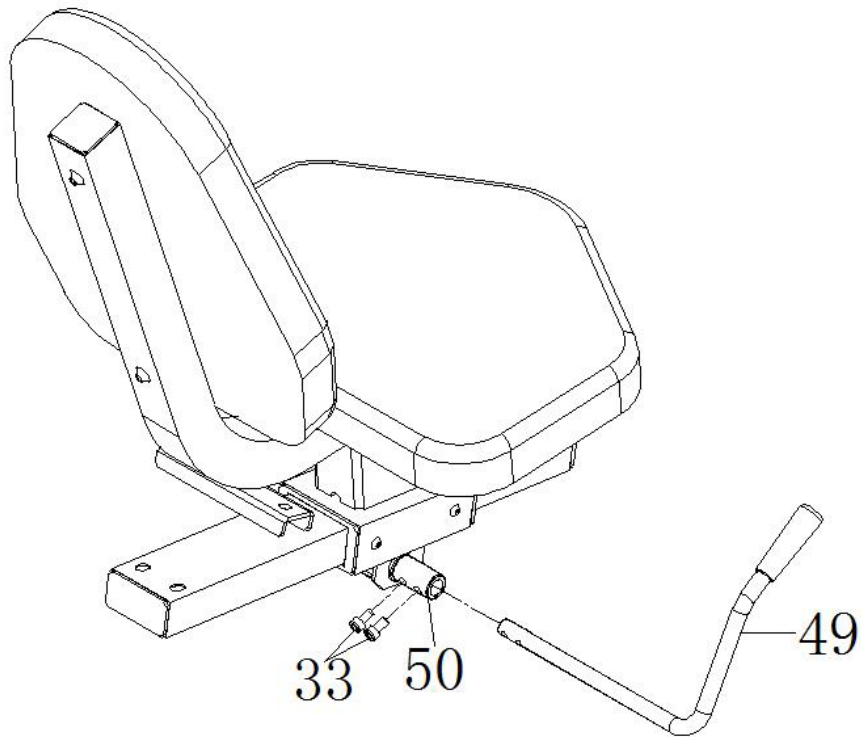
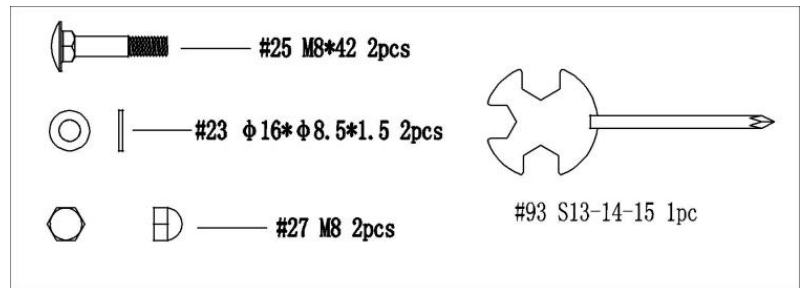
Assemble Inner Hexagon Pan Bolt (28) through Flat Washer (23) Seat Weld (4) and Seat Cushion (63) in order and tighten firmly.



ASSEMBLY INSTRUCTIONS

STEP 3:

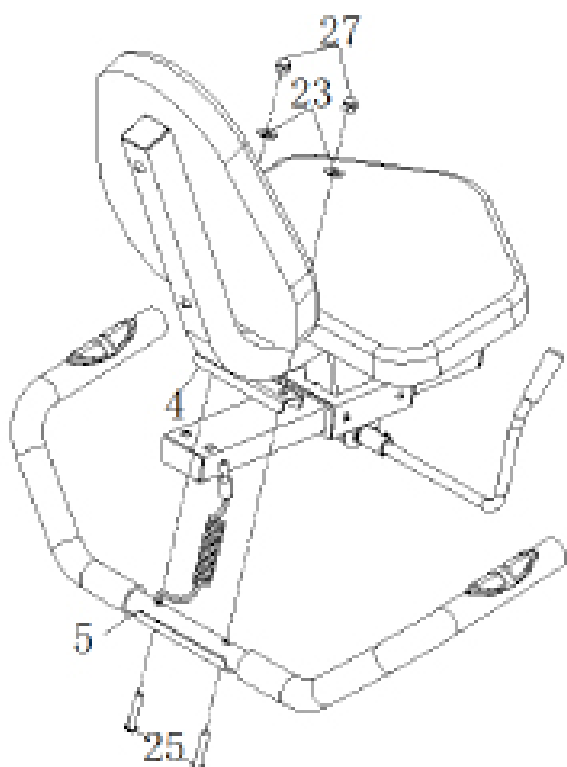
1. Insert the Brake Handlebar (49) into the hole of Axle (50). Line up the hole of Brake Handlebar (49) with hole of Axle (50) .
2. Assemble the Inner Hexagon Cylinder Screw (33) through the hole of Brake Handlebar (49) and the hole of Axle (50) and tighten firmly.




ASSEMBLY INSTRUCTIONS

STEP 4:

Assemble the Square Bolt (25) through Handlebar Tube Weld (5) Seat Weld (4) and Flat Washer (23), then tighten firmly using Domed Nut (27).



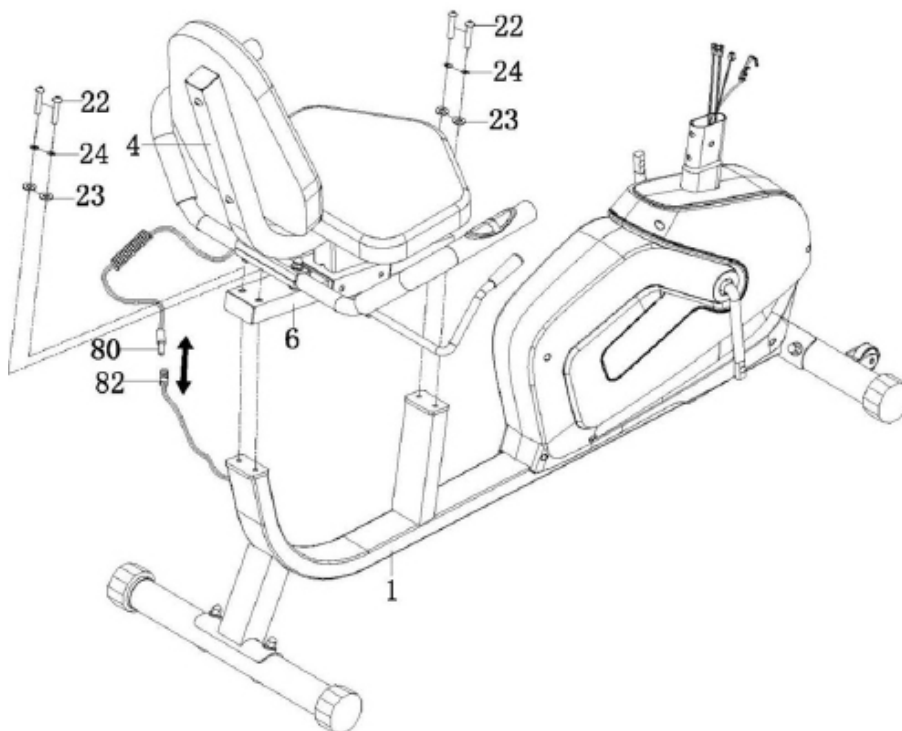
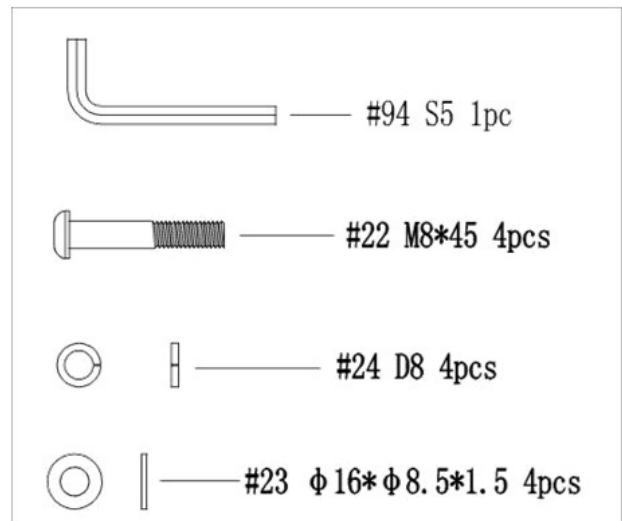
 #33 M6*15 2pcs

 #94 S5 1pc

ASSEMBLY INSTRUCTIONS

STEP 5:

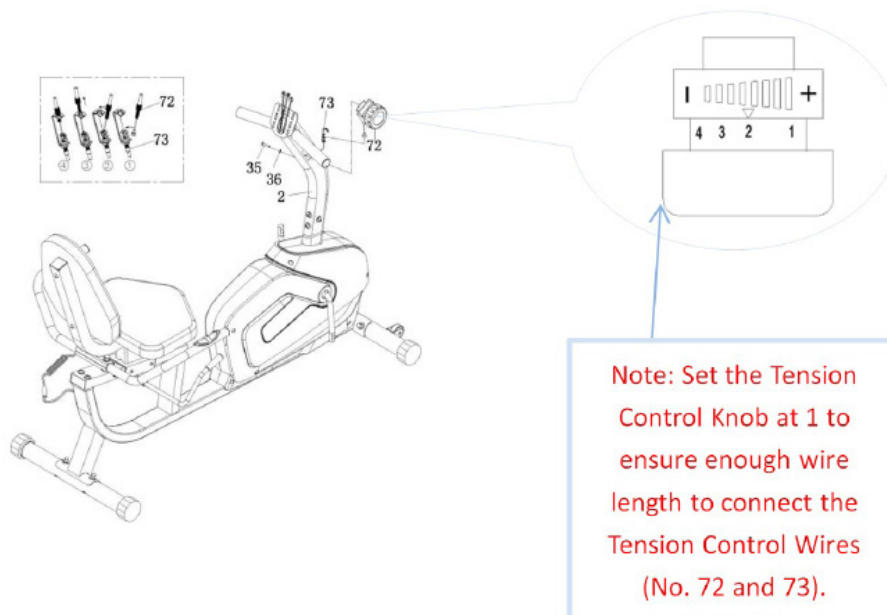
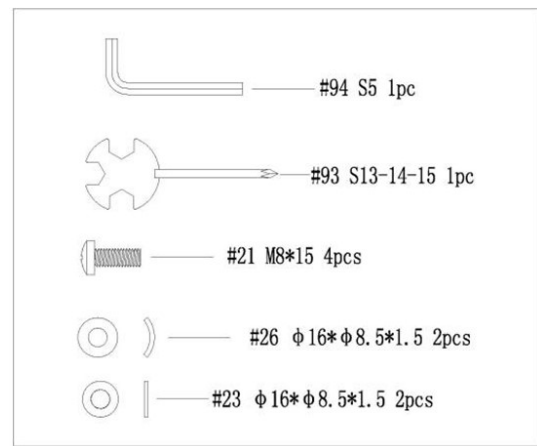
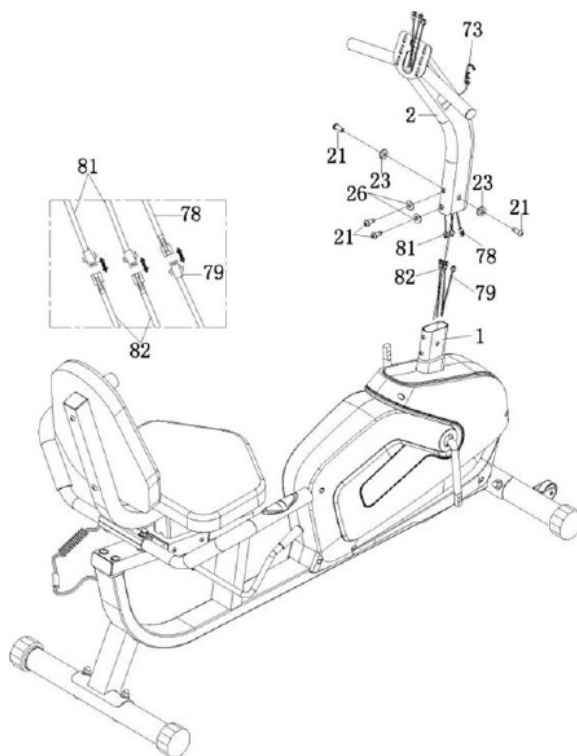
1. Place the Seat Weld (4) up on Main Frame (1), keeping the hole of Seat Weld (4) and the hole of Main Frame (1) in line.
2. Assemble the Inner Hexagon Pan Bolt (22) through Spring Washer Ring (24) and Flat Washer (23), then tighten the Adjustable Tube firmly (6). Connect Pulse Wire (80) with Pulse Mid Wire2 (82).



ASSEMBLY INSTRUCTIONS

STEP 6:

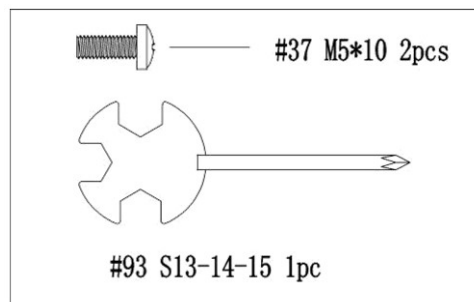
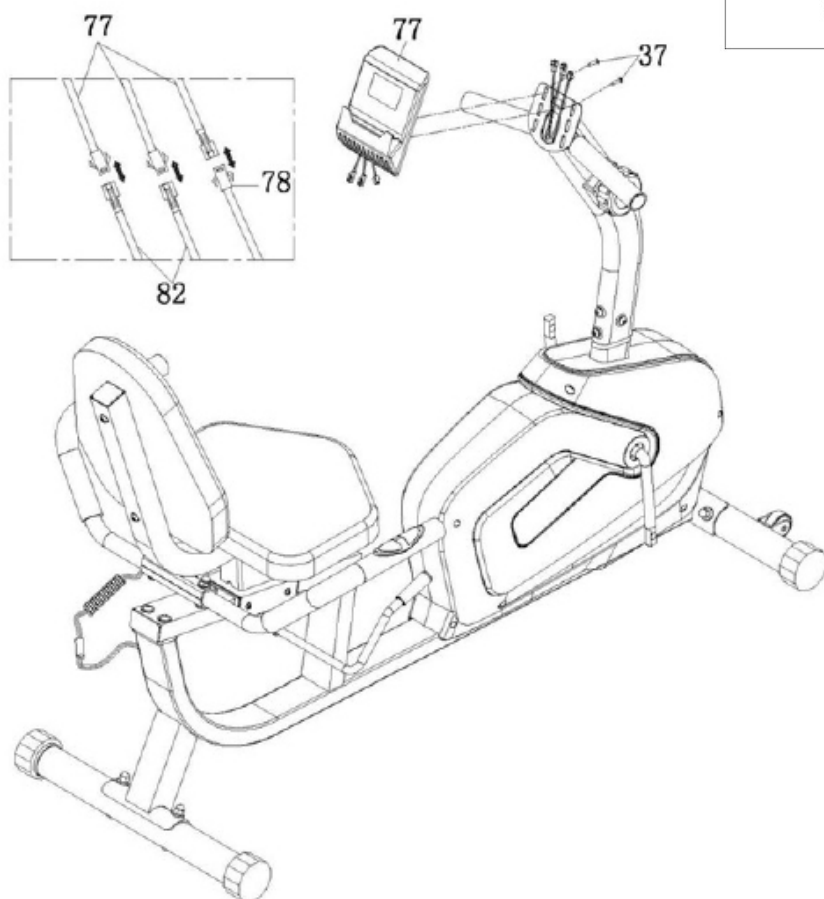
1. Pull the Resistance Controller Down Wire (73) out from the hole of Upright Support(2).
2. Connect the Mid Wire1(78) with the wire of Needle Type Sensor (79).
3. Connect the Mid wire of Pulse 1 (81) with Mid wire of Pulse 2(84).
4. Insert the Upright Support (2) into Main Frame(1), keeping the hole in line and secure well using the Hexagon Bolt (21) Arced Washer (26)and Flat Washer(23).
5. Connect the wire of Resistance Controller (72) with Resistance Controller Down Wire (73), then lock Resistance Controller (72) into Upright Support (2) by using Crossed Pan Bolt(35) and Flat Washer (36).



ASSEMBLY INSTRUCTIONS

STEP 7:

1. Connect the Display Wire (77) with Pulse Mid Wire1 (78) and Mid wire2 (82).
2. Lock the Display (77) into Upright Support (2) using a Crossed Pan Bolt (37).



ASSEMBLY INSTRUCTIONS

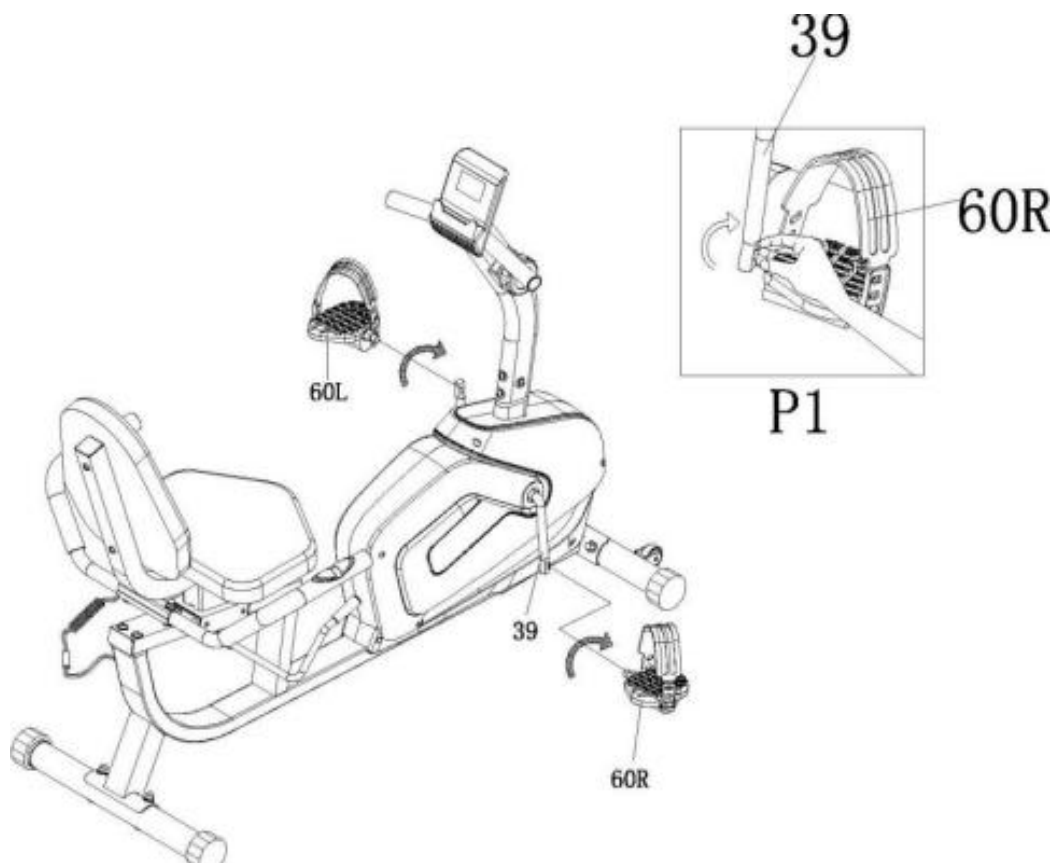
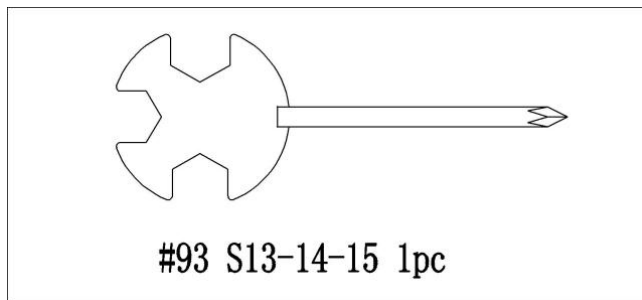
STEP 8:

Lock Pedal (60L) and Pedal (60R) simultaneously, using a Wrench(93) and tighten well.

NOTE: The Pedals (20&22) are marked "L" and "R" for Left and Right. Right foot installation is clockwise, Left foot installation is counterclockwise. Please make sure you attach the correct pedal to the corresponding crank. Attaching the pedal to the wrong crank can cause irreversible damage both the pedal and the crank.

Please make sure that the nut of Pedals could be threaded through the hole on Crank well enough, or the thread on Pedals and Cranks will be smoothed by incorrect operation.

It is a good idea to apply grease to the threads before attaching them to the crank, this will assure that they can be removed in the future. Tighten both Pedals as firmly as possible. After using the Exercise Bike for one week, re-ighten the Pedals. For best performance, keep the Pedals tightened.

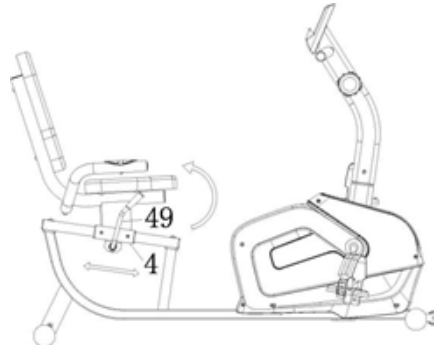


ASSEMBLY INSTRUCTIONS

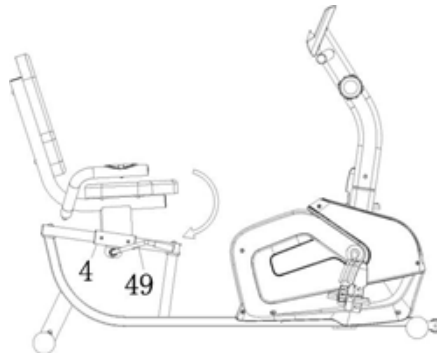
STEP 9:

1. Loosen the Brake Handlebar (49) to make the Seat (4) slidable.
2. Then, choose a suitable position and lock the Brake Handlebar (49) in a downwards direction to lock the Seat (4).

1

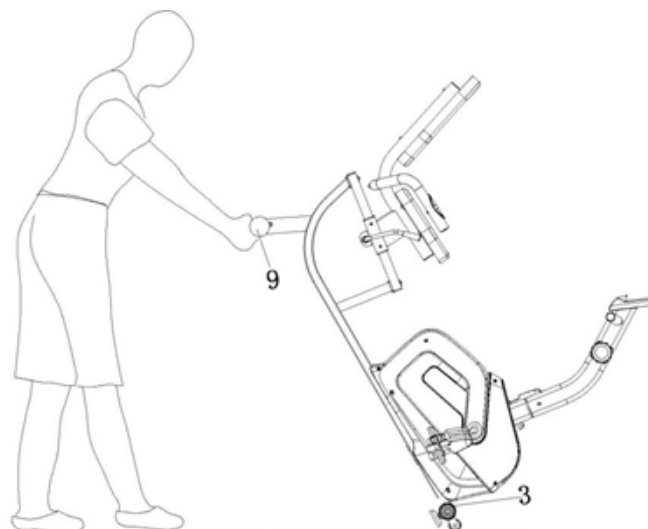


2



Moving the Bike:

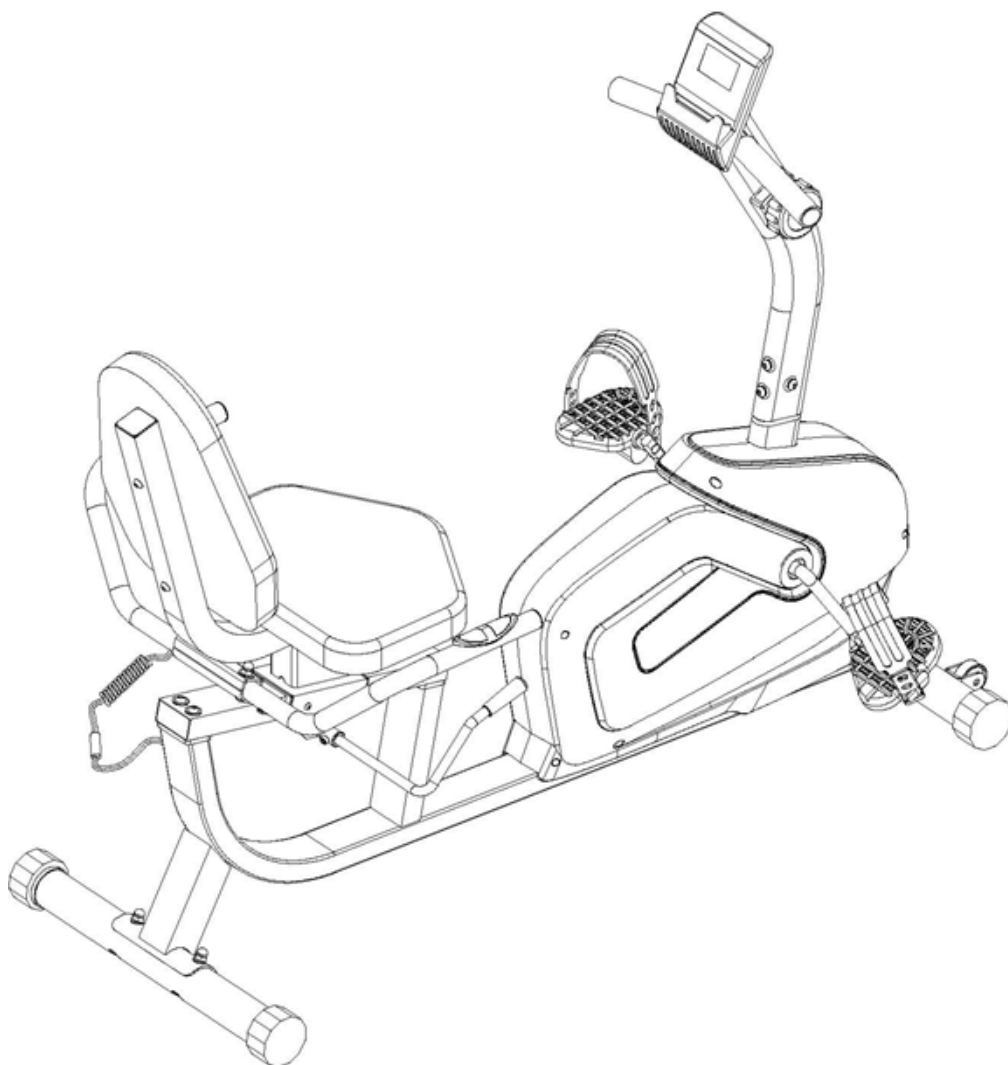
Lift the front of the bike using the front wheels to transport to your desired location.



CONGRATULATIONS

Assembly of your **Elite Lynx Recumbent 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 the assembly of your exercycle before use can cause damage to the exercycle and injury.



SEAT ADJUSTMENT



Picture 1 – Leg extended fully with heel on pedal



Picture 2 – Knee bent, forefoot on pedal

Seat Adjustment

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

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

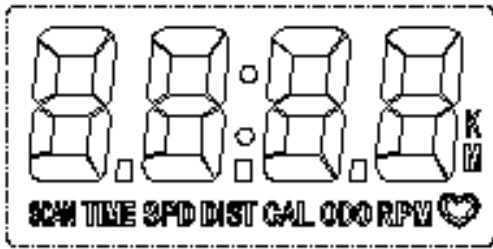
Moving your foot backwards, place your forefoot on to the pedal in the correct riding position (Pic 2). This should allow for a natural bend in the knee, whilst providing a full 360 degree rotation. If you experience the feeling of reaching for the pedal or sliding down the seat, you may need to make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

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

DISPLAY CONSOLE



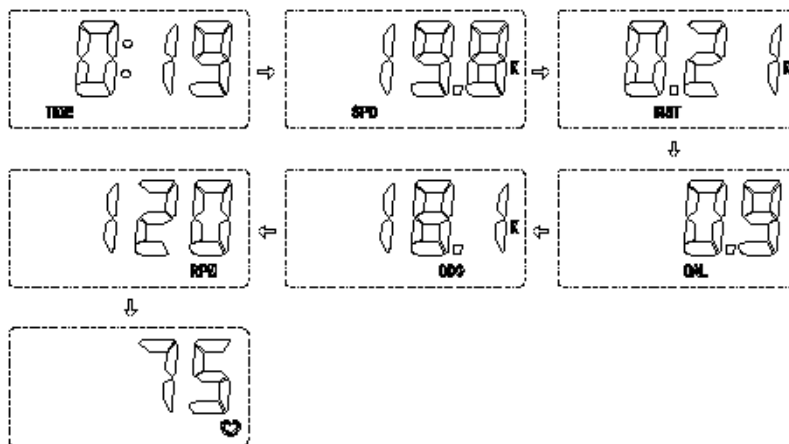
CONSOLE MONITOR INSTRUCTIONS



KEY FUNCTION:

- This key lets you to select and lock on to a particular function you want.

SCAN→TIME→SPEED(SPD)→DISTANCE(DIST)→CALORIES(CAL)→TOTAL DIST→RPM→PULSE RATE



- Press and hold for 3 seconds to reset the value to zero(without TOTAL DIST).

SLEEP MODE:

- Sleep mode will automatically be turned on when the sensor has no signal input or no keys are pressed for approximately 4 minutes.

FUNCTION:

1. SCAN : The display automatically changes according to the next diagram every 6 seconds. TIME →SPEED→DISTANCE→CALORIES→TOTAL DIST→RPM→PULSE RATE
2. TIME : The total workout time.
3. SPEED: The current speed.
4. DISTANCE: The distance of each workout.
5. CALORIE: The amount of calories burnt.
6. TOTAL DIST: The distance of all the workouts. Note: if the battery is replaced, the value returns to zero.
7. RPM: The average number of turns per minute.
8. PULSE RATE: The current pulse rate.

CONSOLE MONITOR INSTRUCTIONS

SPECIFICATIONS:

FUNCTION	SCAN	6S
	TIME	0:00-99:59(M:S)
	SPEED	0~999.9KM(MILE)/H
	DIST	0~9999KM(MILE)
	ODO	0~9999KM(MILE)
	CAL	0~9999Kcal
	RPM	0~999 r/min
	PULSE RATE	40~240BPM
BATTERY		SIZE-AAA *2
Operating temperature		0~40□(32□-104□)
Storage temperature		-10~60□(14□-140□)

NOTE: Do not sweat onto the display window, as this may cause display exceptions.

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

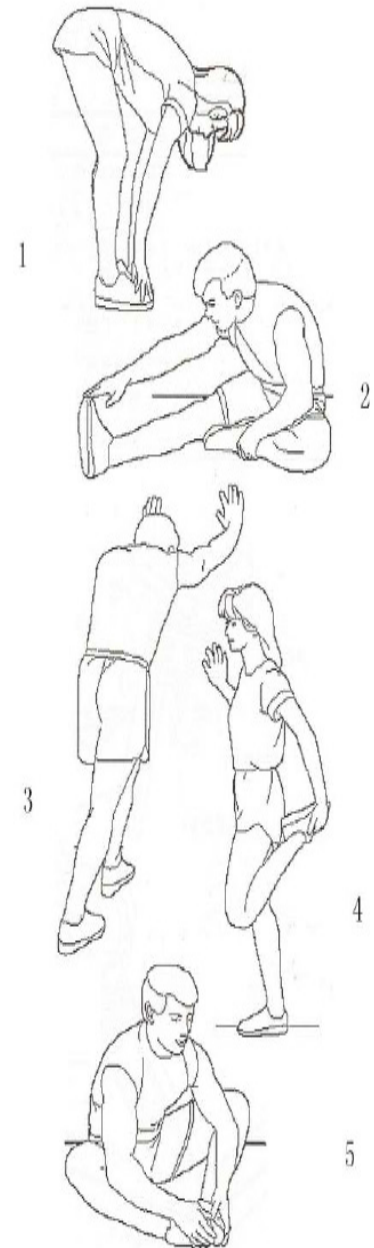
Standing with two hands on the wall or tree, one leg behind. Keeping your legs straight and the heel on the ground, lean forward towards the wall or tree. Hold for 10-15 seconds, and relax. Repeat 3 times for each leg (See picture 3).

— 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)

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

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

Note: Contact heart rate may provide inaccurate readings and is designed only as a guide

Example: $220 - 39 = 181$ BPM

$181 \times 85\% (0.85) = 154$ BPM (Upper Training Limit)

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

PARTS

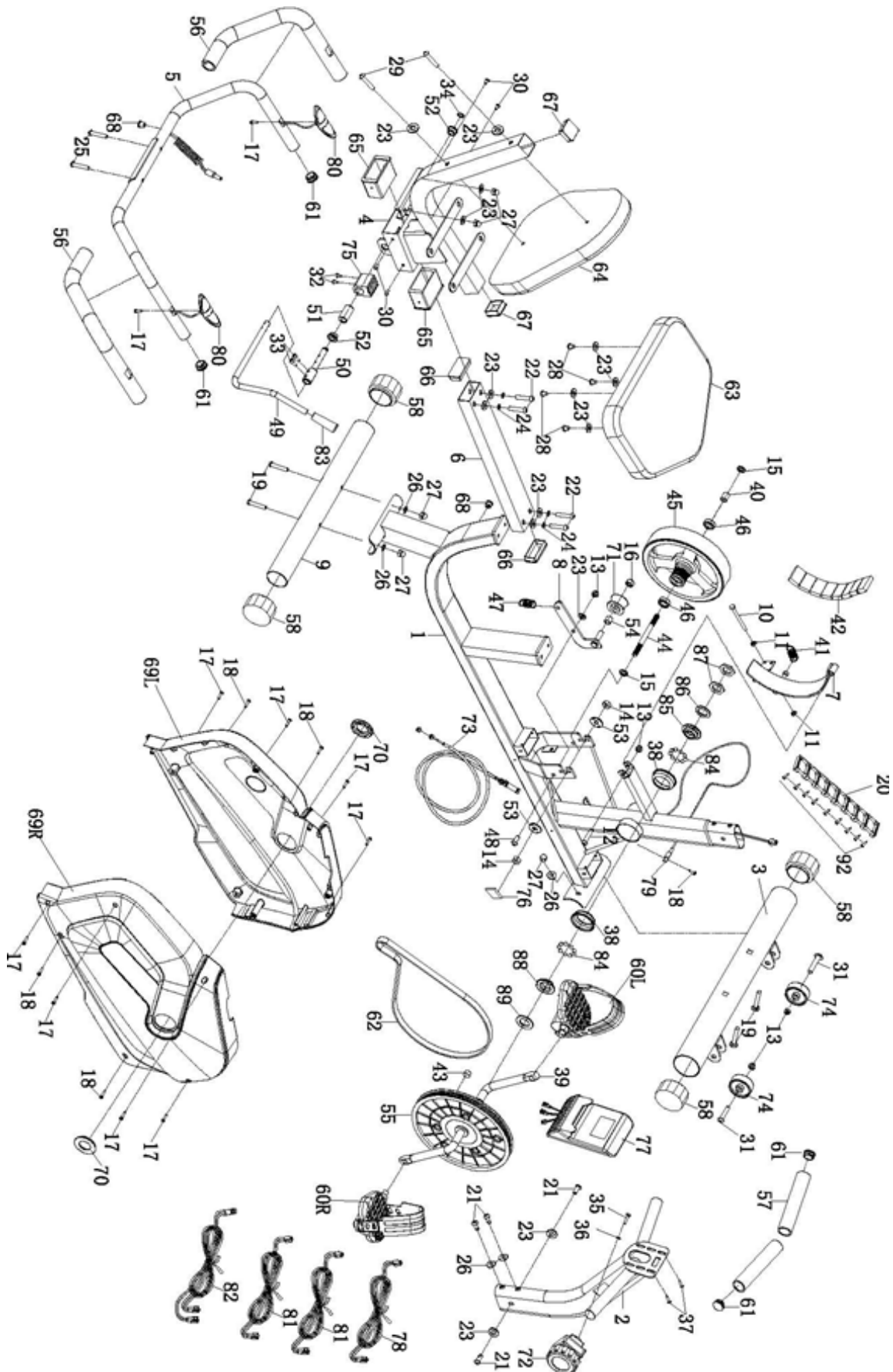
We recommend 2 people assist in assembling this unit. Place all parts of the exercycle in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed. Before you start the installation, inspect and prepare all parts and screws featured in this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

NO.	Description	Qty
1	Main Frame	1
2	Upright Support	1
3	Front Stabiliser Weld	1
4	Seat Weld	1
5	Handlebar Weld	1
6	Adjustable Tube	1
7	Magnetic Board Weld	1
8	Idle Wheel with Pole	1
9	Rear Stabilizer	1
10	Hexagon Bolt M6*70	1
11	Hexagon Nut M6	2
12	Hexagon Nut M8*40	1
13	Nylon Nut M8 S13	4
14	Hexagon Thin Nut M10*1*H5	2
15	Conical Thin Nut M10*1*H4	2
16	Nylon Nut M10	1
17	Crossed Pan Self-tapping Screw ST4.2*20	10
18	Crossed Pan Self-tapping Self-drilling Screw ST4.2*20	5
19	Square Bolt M8*62	4
20	Magnetic Located Grip	1
21	Inner Hexagon Pan Bolt M8*15	4
22	Inner Hexagon Pan Bolt M8*45	4
23	Flat Washer $\phi 16*\phi 8.5*1.5$	14
24	Spring Washer Ring D8	4
25	Square Bolt M8*42	2
26	Arced Washer $\phi 16*\phi 8.5*1.5$	6
27	Nylon Nut M8	6
28	Inner Hexagon Cylinder Screw M8*16	4
29	Inner Hexagon Bolt M8*50	2
30	Cross Pan Screw M5*8	4
31	Inner Hexagon Pan Screw M8x38	2
32	Crossed Drown Screw M5*15	2
33	Inner Hexagon Cylinder Screw M6*15	2
34	Spring Washer Ring for Axle D12	1

35	Bolt M5*45	1
36	Flat Washer D5	2
37	Crossed Pan Bolt M5*10	2
38	Bead Bowl 56*15.5	1
39	Crank 140*220	1
40	Spacer of Flywheel 16*10.2*17	1
41	Drag Spring 18x48	1
42	Black Magnetic 40x25x10	8
43	Black Magnetic 15x6	1
44	Flywheel Axle 10*125*M10*1*17	1
45	Flywheel 200*72.5/3KG	1
46	Bearing 6000Z	2
47	Drag Spring 18x48	1
48	Bolt 9.8*6*M8*15	1
49	Brake Handlebar 12*380	1
50	Axle 12*105	1
51	Flywheel 20*38	1
52	Powder Metallurgy Bush 23x12.2x11	2
53	Anti-loose Washer 30x2.0	2
54	Spacer of Idle Wheel 16*10.2*10	1
55	Belt Disk 240/J6	1
56	Handlebar Foam1 23*33*450	2
57	Handlebar Foam2 23*33*160	2
58	Rear Stabilizer End Cap 5	4
60	Pedal(L&R) (1/2")	1
61	Round Inner Plug 25*1.5	4
62	Belt 370PJ6	1
63	Seat Cushion 360*280*40	1
64	Back Cushion 380*290*40	1
65	Bush	2
66	Square Inner Plug for tube 60*30*1.5MM	2
67	Square Inner Plug for tube 38*38*1.5MM	2
68	Hole Plug	2
69	Chain Cover 59L/R	1
70	Hole Plug of Crank	2

71	Arced Idle Wheel $\Phi 43.5 \times 25$	1
72	Resistance Controller	1
73	Mid Wire 1 Wire Length 600mm	2
74	Wheel $\Phi 41 \times \Phi 8.5 \times 20$	1
75	Brake Chunk 40*38*32	1
76	EV Washer 40*20*3	1
77	Computer	1
78	Mid Wire 1 wire length 600mm	1
79	Needle Type Sensor Wire length 500mm with Support	1
80	Pulse Wire Length 700mm	2
81	Mid wire of Pulse 1 Wire Length 600mm	2
82	Mid Wire of Pulse 2 Wire Length 1600mm	2
83	Brake Handlebar Foam $\Phi 24 \times 77 \times \Phi 12$	1
84	Ball Bracket $\Phi 46 \times 8$	2
85	Double Groove Nut $\Phi 46 \times 12$	1
86	Anti-Smooth Washer $\Phi 46 \times 2$	1
87	Tri-Groove Nut 32*32*4	2
88	Double Groove Nut $\Phi 46 \times 12$	1
89	Flat Washer $\Phi 40.5 \times 3$	1
92	Crossed Pan Self-tapping Screw ST3*10	9
93	Crossed Multifunctional Wrench S13-14-15	1
94	Inner Hexagon Wrench S5*30*80	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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