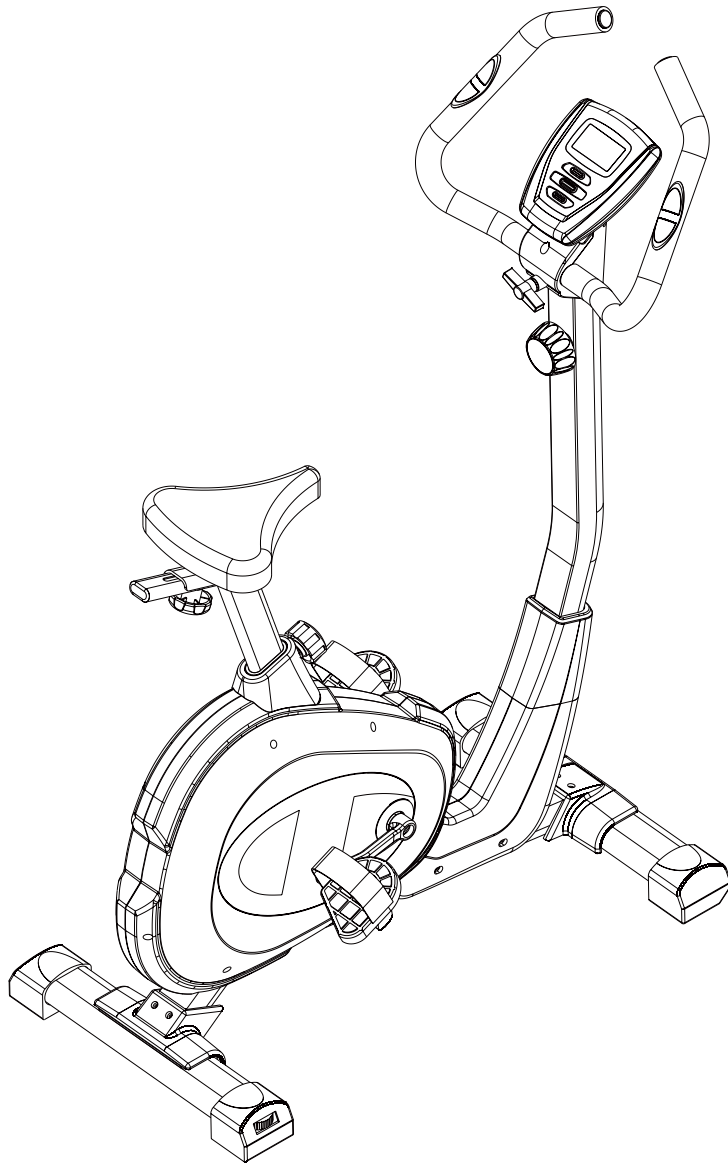




# ASSEMBLY MANUAL >



# ULTRA SL

slimline series

Record serial number

*Elite Ultra SL Exercycle*

Thank you for purchasing the **Elite Ultra SL Exercycle**.

For over 20 years, Elite Fitness™ has been New Zealand's largest supplier of fitness equipment. Our aim and vision is to provide you Elite™ branded products, tested to the highest standard for quality and biomechanics at the best possible price.

Please read through this manual to familiarise yourself with the operation of your new **Elite Ultra SL Exercycle**. Doing so will help to ensure that you get the most out of your machine, enjoying safe and effective workouts ahead.

Even though we go to great efforts to ensure the quality of each product we produce, occasional errors and or omissions do occur. In any event should you find this product to have either a defective or a missing part, please contact us for a replacement.

## **SERVICE & WARRANTY**

For service and warranty assistance please visit:

**[www.elitefitness.co.nz/service](http://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

[info@elitefitness.co.nz](mailto:info@elitefitness.co.nz)

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# IMPORTANT SAFETY INSTRUCTIONS

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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 100KGS.
- 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.

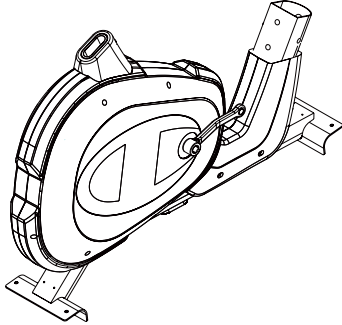
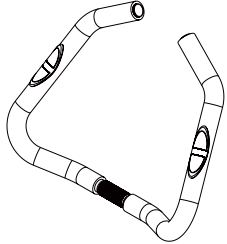
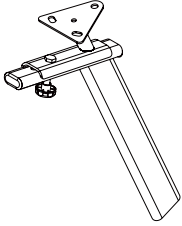

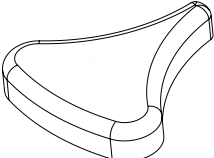
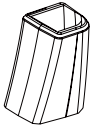

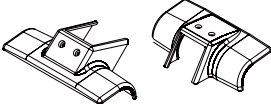
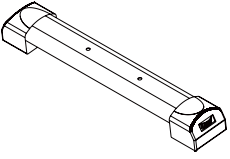
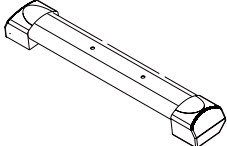
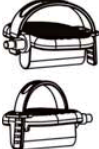

## PRODUCT SPECIFICATIONS




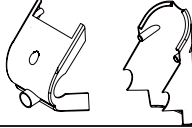
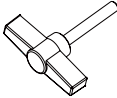



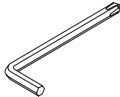
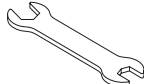
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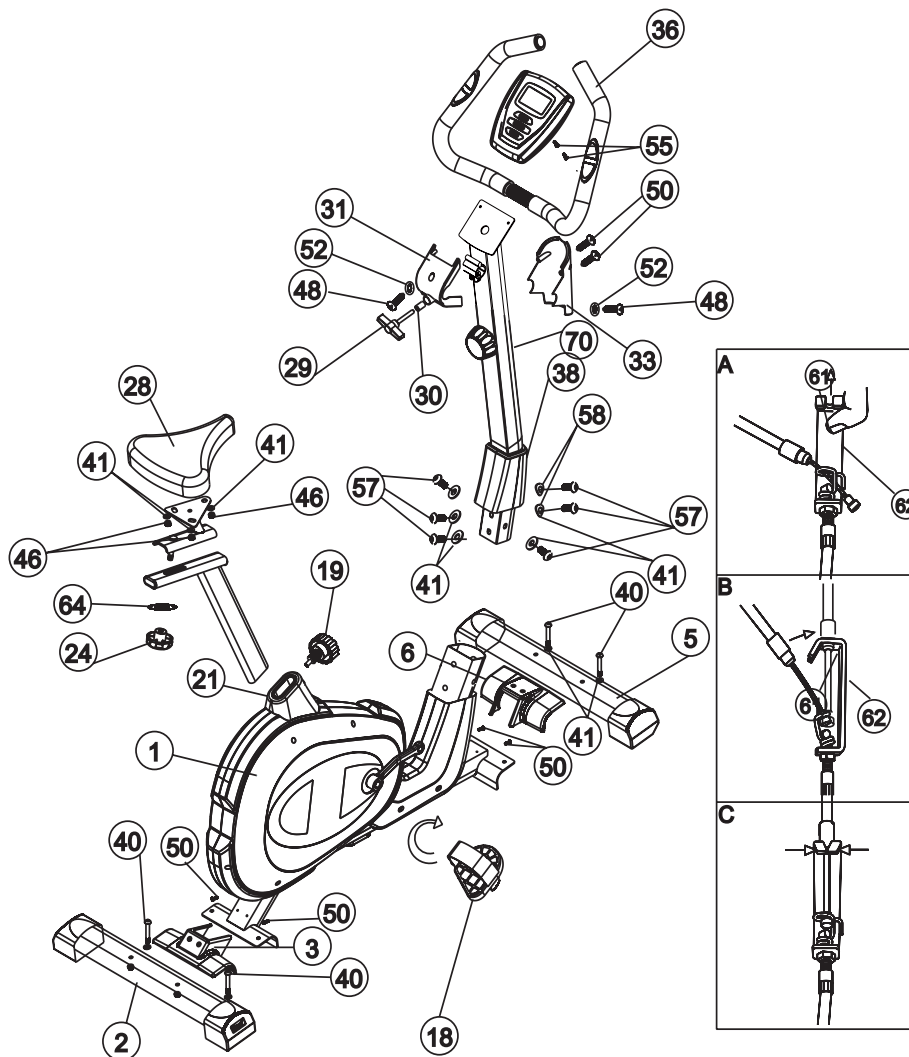
User Weight Capacity:	100kg
Dimensions:	90 x 64 x 26cm
Shipping Weight:	31.5kg
Net Weight:	28.6kg
Power Requirements	2pcs of SIZE –AA or UM –4

---

# HARDWARE LIST

PART NO.	DESCRIPTION	Q'TY	SKETCH	
1/15/17	MAIN FRAME/CHAIN COVER/CRANK	1 SET		
36/51/35	HANDLEBAR/FOAM GRIP/HAND PULSE	1 SET		
23/27/64/24	SEAT TUBE/SLIDE BRACKET/FLAT WASHER/KNOB	1 SET		
70/32/53	FRONT POST/TENSION CONTROL/BOLT	1 SET		
28/41/46	SEAT/FLAT WASHER/NYLON NUT	1 SET		
38	FRONT COVER	1		
34/55	COMPUTER/BOLT	1 SET		
6/3	FRONT STABILIZER COVER/REAR STABILIZER COVER	1 SET		
2/4	REAR STABILIZER TUBE/ADJUSTABLE END CAP	1 SET		
5/7	FRONT STABILIZER TUBE/TRANSFORMER END CAP	1 SET		
18R/26L	PEDAL SET	1 SET		
19	RELEASE KNOB	1		

PART NO.	DESCRIPTION	Q'TY	SKETCH	
40	CARRIAGE BOLT M8X55	4		
41	FLAT WASHER 18/8.5X1.5	4		
50	SCREW M4X15	6		
31/33	CLAMP COVER SET	1 SET		
29	T KNOB	1		
30	BUSHING	1		
48	SCREW M4X20	2		
52	FLAT WASHER 10X5	2		
	TOOL 1	1		
	TOOL 2	1		



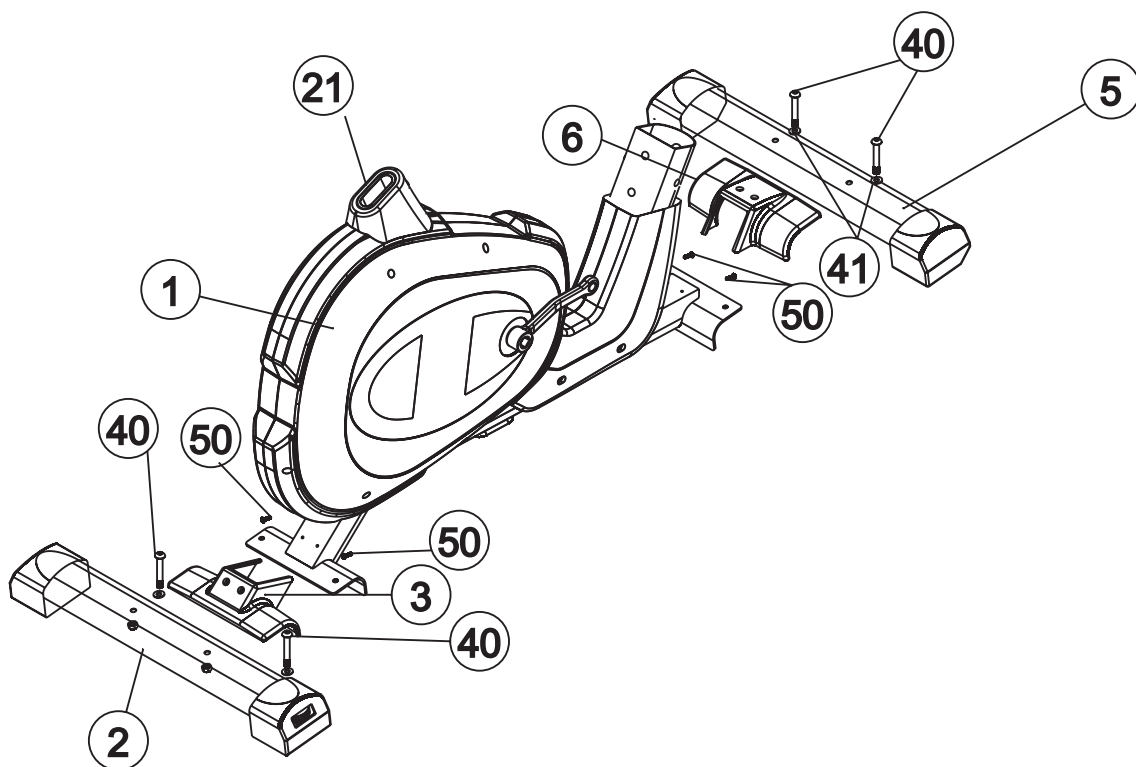
# ASSEMBLY INSTRUCTIONS

## GENERAL

Remove all the part of your cycle from the carton and place them to the floor carefully. Assembling your cycle is simple. Follow these instructions carefully and it should take you around 15-20 minutes.

## STEP 1

- Attach rear stabiliser (2) with 2 adjustment end caps (4) to the welded cross bar bracket of main frame (1) and fasten with 2 flat washers(41) and 2 carriages bolts (40).
- Attach front stabiliser (5) with 2 transportation wheels (7) to the welded cross bar bracket of main frame (1) and fasten with 2 flat washers (41) and 2 carriage bolts (40).
- Put the front stabiliser cover (6) to the welded cross bar bracket and fasten with 2 screw (50).
- Put the rear stabiliser cover (3) to the welded cross bar bracket and fasten with 2 screw (50).



# ASSEMBLY INSTRUCTIONS

## STEP 2

- Remove the pre-assembled nylon nuts (46) and flat washer (41) from back of the seat (28). Fix the seat (28) with the top seat sliding bracket (27) and fasten with nylon nut (46) and flat washer (41).

- Remove the pre-assembled M10 knob (24) and flat washer (64) from back of the seat sliding bracket (27). Fix the seat sliding bracket (27) with the top bracket of seat tube (23) and fasten with M10 knob (24) and flat washer (64).

- Attach seat tube (23) into the main frame (1) and secure in right position with the seat post quick release knob (19). Adjust the height of seat by choosing the hole of seat tube.

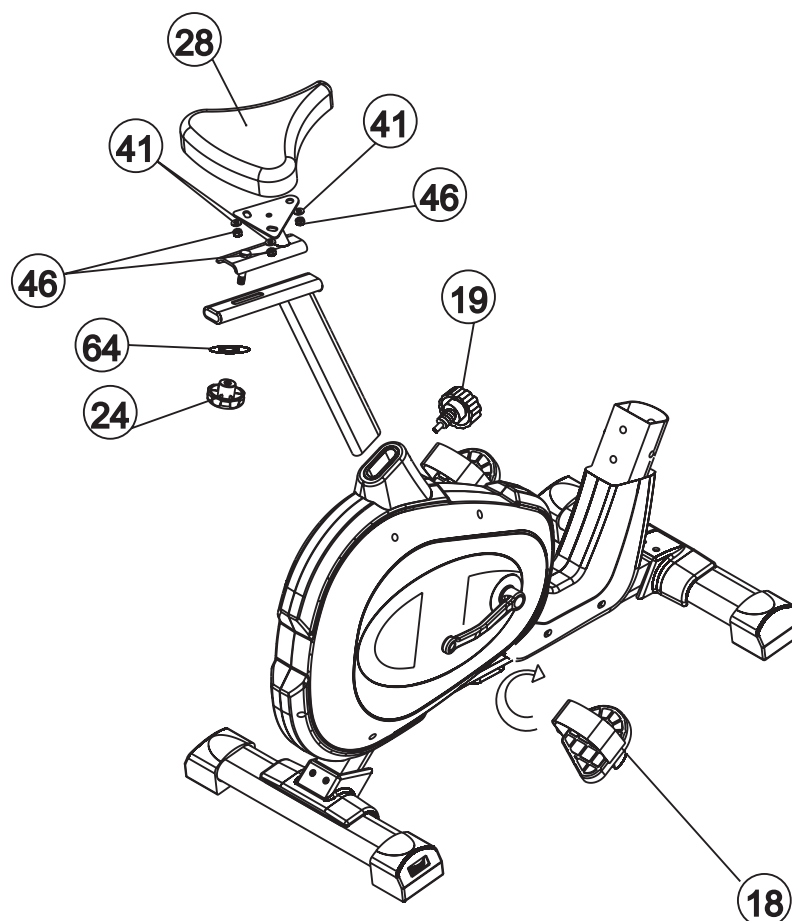
**NOTE:** DO NOT pull out the seat tube over the warning line MAX which showing on the tube . When you adjustable the height of seat.

- Assemble each pedal (18R&26L) to the crank. Pedal assemble with crank right side , Pedal assemble with crank left side: See the mark "R" & "L" (right and left) on the pedals (18R&26L) and crank.

**NOTE:** The right pedal "R" should be threaded on clockwise. The left pedal "L" should be threaded on counter-clockwise.

- Attach the pedal straps to the pedals (18R&26L).

**NOTE:** Adjust the pedal straps to meet your foot/shoes size by 4 adjustable holes.

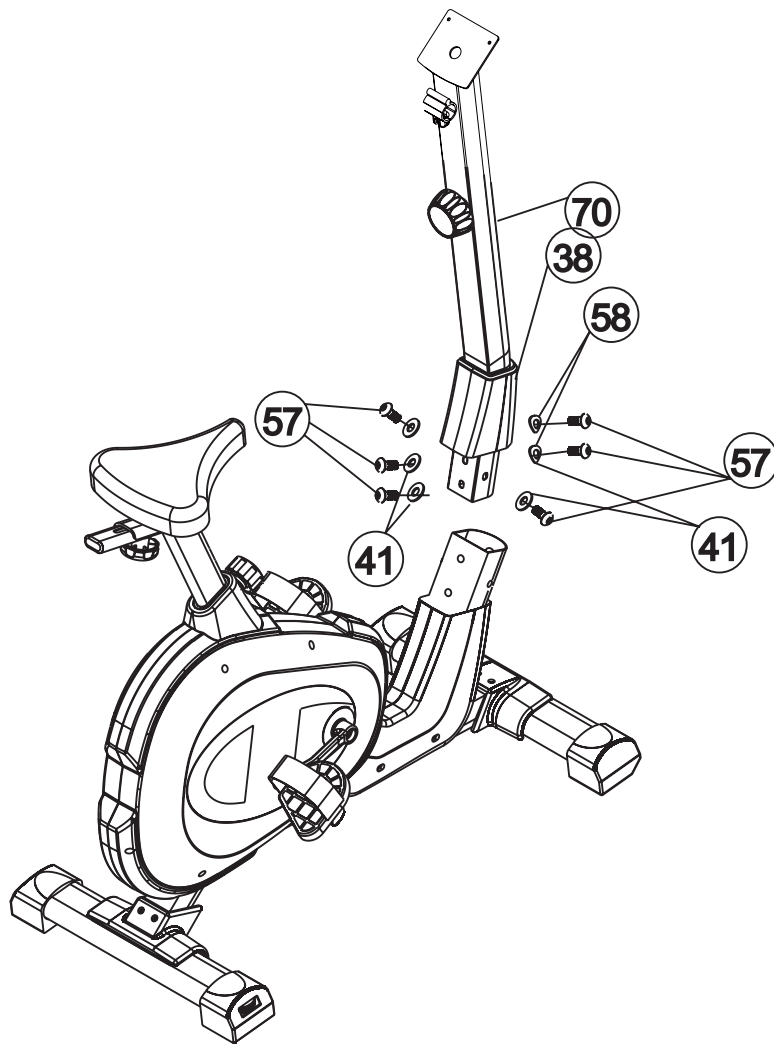
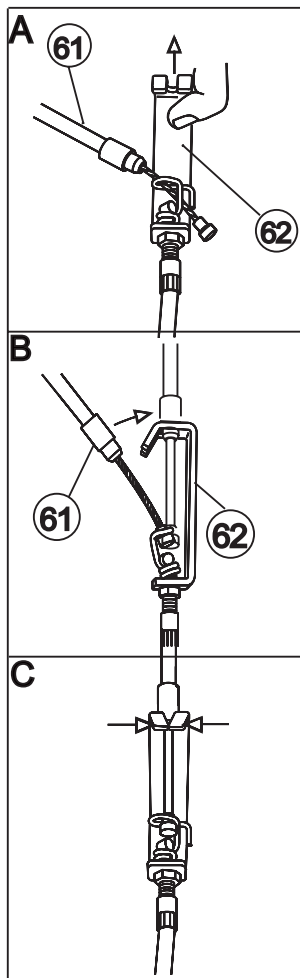




# ASSEMBLY INSTRUCTIONS

## STEP 3

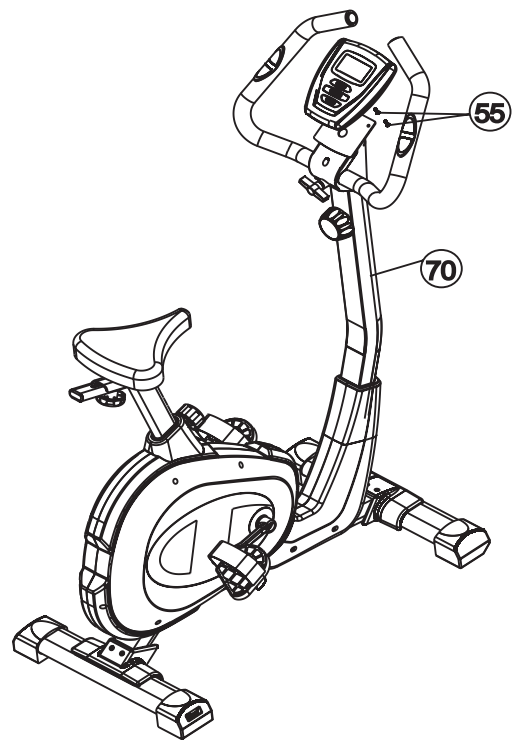
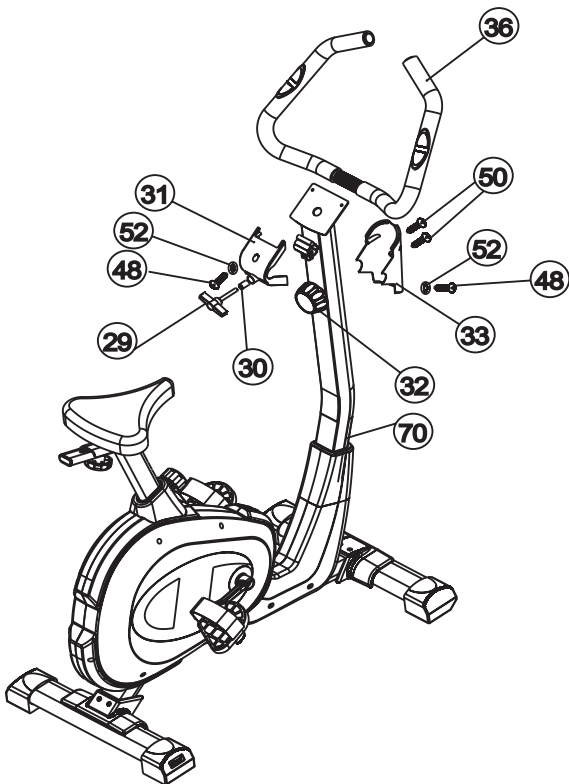
- Remove the pre-assembled 6 Allen head bolts (57) and 2 curve washers (58) and 4 flat washer (41) from the main frame (1).
- Connect the middle section sensor wire (61) of the front post (59) and front cover (38) with the lower section sensor wire (62) securely. Put the front post (59) and front cover (38) into the bottom post of main frame (1) and fasten with 6 Allen head bolts (57), 2 curve washers (58) and flat washer (41). Please note don't tighten all head bolts (57) too much at the beginning. When all parts are fixed already, and then fasten each one piece tightly.



# ASSEMBLY INSTRUCTIONS

## STEP 4

- Put handlebar (36) with 2 hand pulse (35), foam grip (51) to the top welded shape handlebar bracket of the front post (70) and fasten Rear clamp cover (31) with BUSHING (30) and T-knob (29).
- Attach front clamp cover (33) to the front post (70) and fasten rear clamp cover (31) with screw (50), screw (48) and flat washer (52).
- Remove the pre-assembled screw (55) from the computer (34). Connect the plug of middle section sensor wire (59) to the sensor socket of meter (34). Insert the meter (34) into front post (70) and fasten with 2 screw (55). Insert the plug of hand pulse wire to the back of meter (34).



## **CONGRATULATIONS**

Assembly of your **Elite Ultra SL 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



*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).

## SEAT ADJUSTMENT

---

Holding this position, have your helper place the end of the plumb line (line of string with nut/washer) on the front of your leg, at a point just below the bony protrusion that's 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.

### Handle Bar Adjustment

The positioning of the handlebars can be dependent on the bike design and adjustability available.

To minimise back strain, adjust the height to a level that is comfortable for you. We recommend the handlebars be positioned at the same height level as the bike seat as a good starting point.

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.

# CONSOLE USER INSTRUCTIONS

---



## Console Overview

### SLEEP MODE:

The monitor will enter SLEEP mode (LCD off) when there is no signal input and no key be pressed after 4 minutes.

### Functions and Features:

1. **SCAN:** At the exercise mode, press the MODE key until appears the SCAN on the LCD. Monitor will display the following function and each function will keep 6 seconds on the main screen. TIME-SPEED-DISTANCE-CALORIE-RPM-PULSE
2. **TIME:** Shows your elapsed workout time in minutes and seconds. Your computer will automatically count up from 0:00 to 99:59 in one second intervals. You many also program your computer to count down from a set value by using the UP and DOWN keys from 0:00 to 99:00. If you continue exercising once the time has reached 0:00, the computer will begin beeping, and count up from 0:00.
3. **SPEED:** Displays your workout speed value in KM per hour from 0.0 to 168.0, or MILE per hour from 0.0 to 99.9
4. **DISTANCE:** Displays the accumulative distance traveled during each workout up to a maximum of 168.0KM or 99.9MILE.
5. **CALORIES:** Your computer will estimate the cumulative calories burned at any given time during your workout.
6. **PULSE:** Your computer displays your pulse rate in beats per minute during your workout. If no pulse signal input then the computer will display 0 on the window.
7. **RPM:** Your pedal cadence.

# USER INSTRUCTIONS

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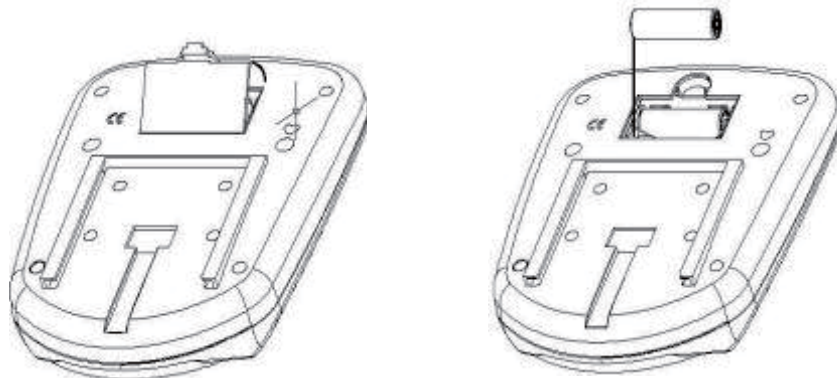
## Key function:

There are 3 button keys and the function description as follows:

1. SET key: During the STOP mode, press the key to increase the value of Time, Distance and Calories.
2. RESET key: During the STOP mode, press the key to clear the exercising value or setting value to zero.
3. MODE key:
  - a. Press the key can accept these setting values of TIME, DISTANCE and CALORIE.
  - b. During the STOP mode, by holding this key for over two seconds then the computer will re-power-on.
  - c. During the exercise mode, press the key can check the function from SCAN-TIME-SPEED-DIST-CAL-RPM-PULSE for a circle.

## How to replace the batteries:

Please move out the battery cover from the bottom housing then replacement the batteries. The instruction as below



## 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

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## 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](mailto:eliteservice@elitefitness.co.nz) or visit [www.elitefitness.co.nz](http://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**

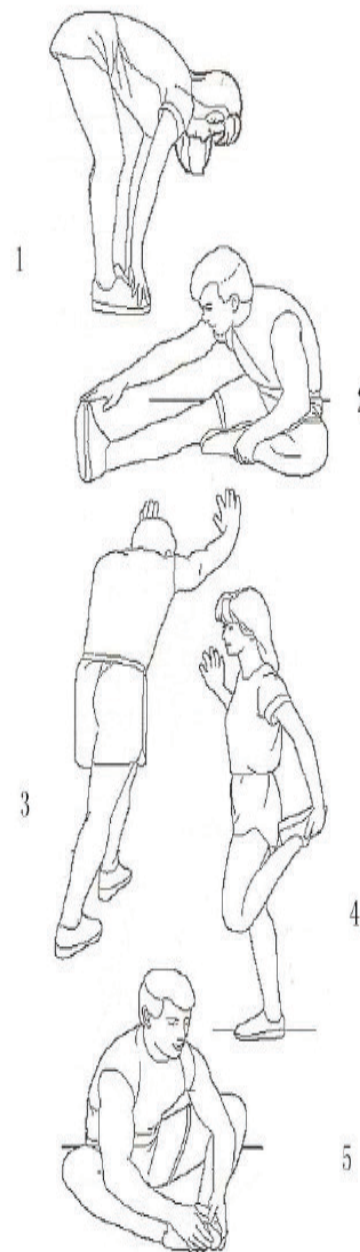
Standing with two hands on the wall or tree, one leg behind. Keeping your legs straight and the heel on the ground, lean forward towards the wall or tree. Hold for 10-15 seconds, and relax. Repeat 3 times for each leg (See picture 3).

— **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
	<b>VO2 Max (Maximum Effort)</b>										
	90%	180	176	171	167	162	158	153	149	140	135
	<b>Anaerobic (Hardcore Training)</b>										
	80%	160	156	152	148	144	140	136	132	124	120
	<b>Aerobic (Cardio Training/Endurance)</b>										
	70%	140	137	133	130	126	123	119	116	109	105
<b>Weight Control (Fitness/Fat Burn)</b>											
60%	120	117	114	111	108	105	102	99	93	90	
<b>Moderate Activity (Maintenance/Warm up)</b>											
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 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
001	Main Frame	1	037	Round End Cap	2
002	Rear Stabiliser Tube	1	038	Front Cover	1
003	Rear Stabiliser Cover	1	039	Screw for Hand Pulse	2
004	Adjustable End Cap	2	040	Carriage Bolt M8X55	4
005	Front Stabiliser Tube	1	041	Flat Washer 18/ 8.5X1.5	10
006	Front Stabiliser Cover	1	042	Stop Nut	2
007	Transform Wheel Cap	1/1	043	Flat Washer 20/ 10X2	2
008	Pulley	1	044	Adjustable Bolt M6x36	2
009	Axle	1	045	Special Bolt	1
010	Bearing	2	046	Nylon Nut	2
011	Belt	1	047	Ring	2
012	Idle Wheel Bracket	1	048	Screw M4X20	14
013	Idle Wheel	1	049	Screw M4X20	4
014	Flywheel	1	050	Screw M4X15	10
015	Chain Cover (R) & (L)	1/1	051	Foam Grips	2
016	Crank Cover	2	052	Flat Washer 10/5	2
017	Crank (R) & (L)	1/1	053	Bolt	1
018	Pedal (R)	1	054	Washer	1
019	Release Knob	1	055	Bolt	1
020	Cup	1	056	Stop Nut	2
021	Rear Cover	1	057	Bolt M8X15	6
022	Front Chain Cover (R) & (L)	1/1	058	Curved Washer 20/ 8.5x1.5	2
023	Seat Tube	1	059	Middle Sensor Wire	1
024	Knob	1	060	Hand Pulse Wire	1
025	End Cap	2	061	Middle Tension Cable Wire	1
026	Pedal (L)	1	062	Lower Cable Wire	1
027	Slide Bracket	1	063	Curved Washer	1
028	Seat	1	064	Flat Washer 22/ 8.5X1.5	1
029	T Knob	1	065	Crank Cap	2
030	Bushing	1	066	Spring	1
031	Rear Clamp Cover	1	067	Sensor	1
032	Tension Control	1	068	Sensor Branket	1
033	Front Clamp Cover	1	069	Screw	2
034	Computer	1	070	Front Post	1
035	Hand Pulse	2	071	Magnet	1
036	Handlebar	1			







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