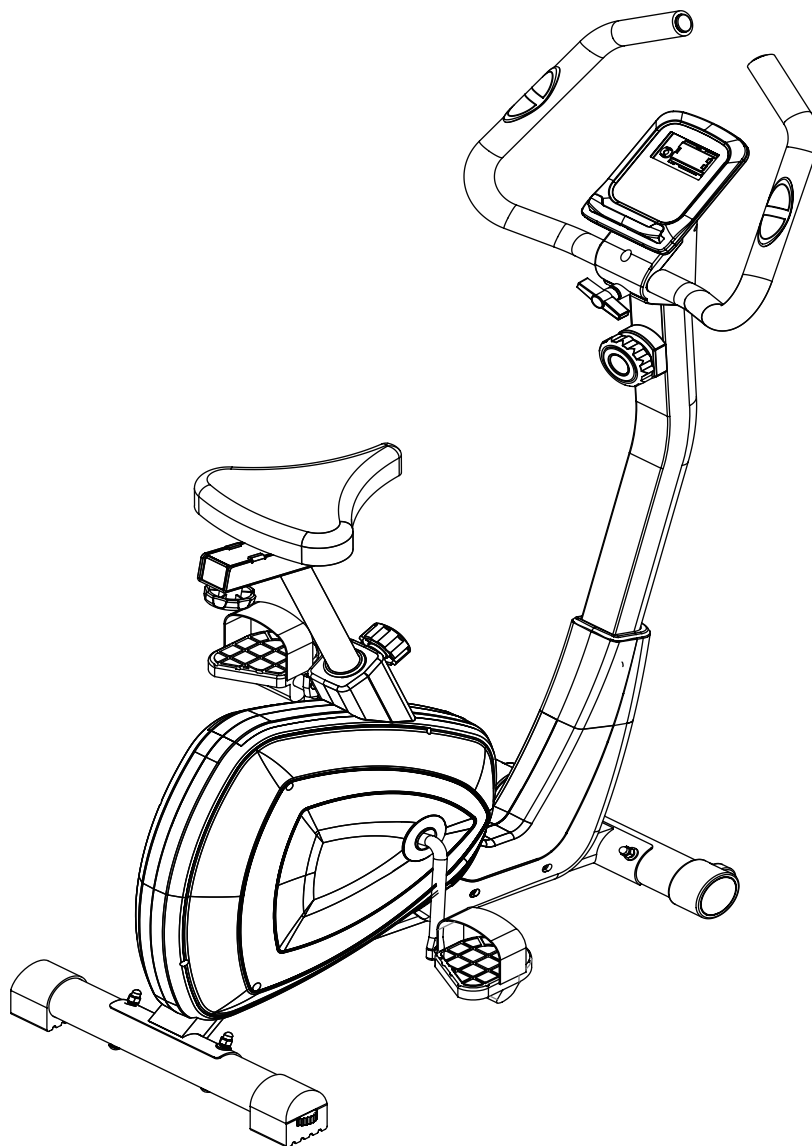




# ASSEMBLY MANUAL >



# VO<sup>2</sup>

**Record serial number**

*Elite VO2 Exercycle*

Thank you for purchasing the **Elite VO2 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 VO2**. 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)

0800 2 438 348

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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 135KGS.
- 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.

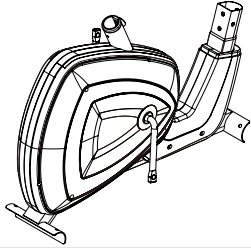
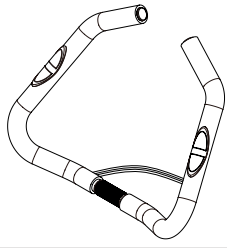
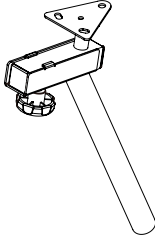

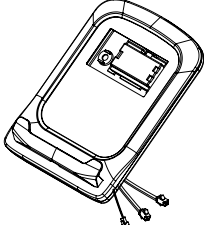
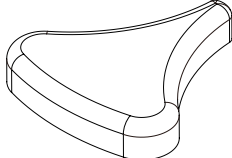
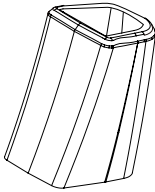
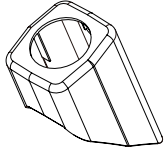
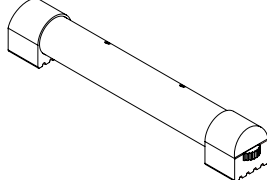
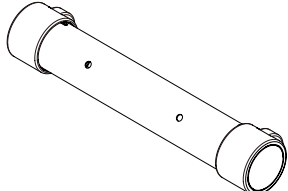
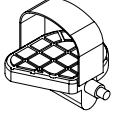
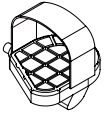
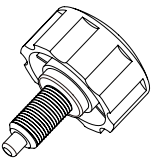
## PRODUCT SPECIFICATIONS

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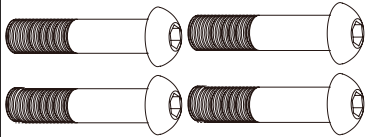

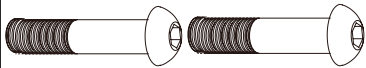


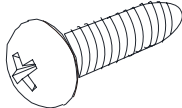

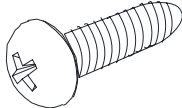
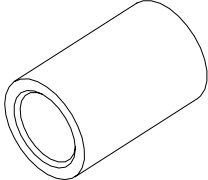

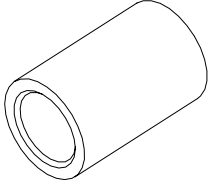

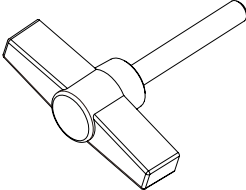
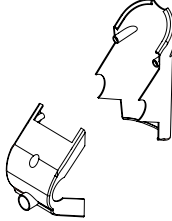
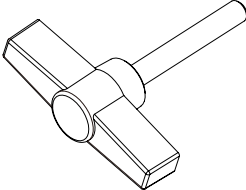

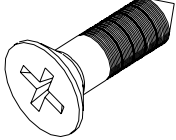

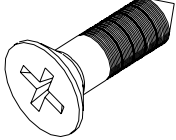

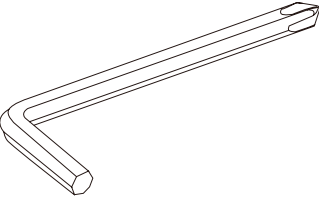
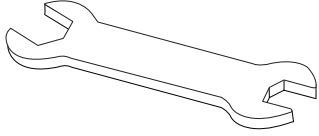
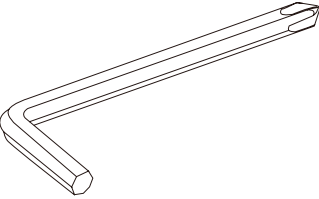
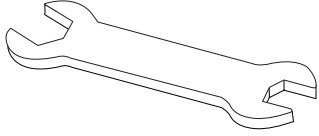
User Weight Capacity:	135kg
Dimensions:	820 x 285 x 585mm
Shipping Weight:	29kg
Net Weight:	26kg
Power Requirements	2pcs of SIZE –AAA or UM –4

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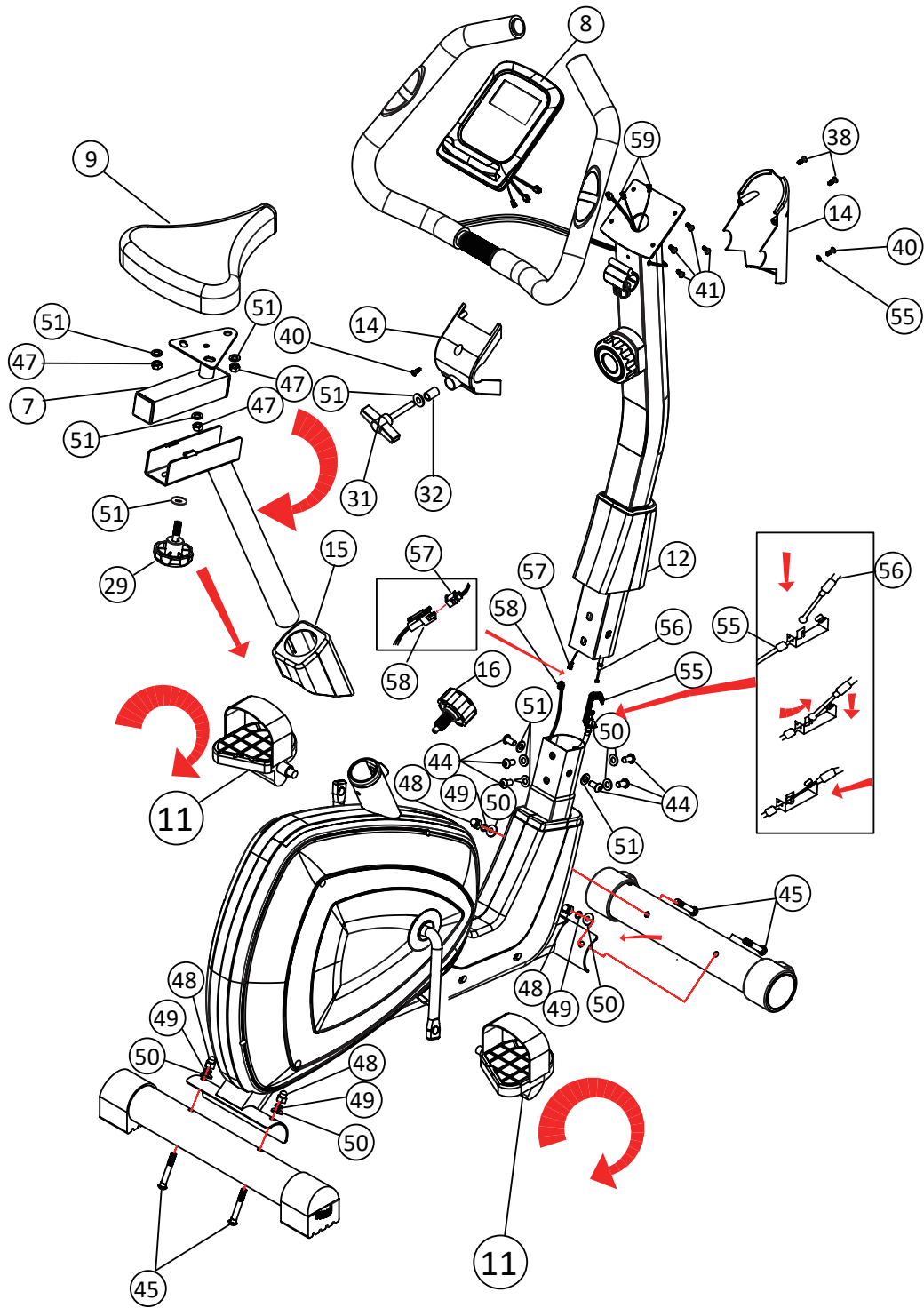
# CHECK LIST

PART	DESCRIPTION	Q'TY	SKETCH	
1/10/21	Main frame/ chain cover/ crank	1 set		
3/60/34	Handlebar w/foam grip/ handle pulse	1 set		
6/77/29	SEAT TUBE/ slide bracket/ knob	1 set		
2/59/33	Front post/ middle sensor wire/ 8 section control	1 set		
8/41	Meter/ SCREW	1 set		
9/51/47	Seat/ Flat washer/ Nylon nut	1 set		
12	Front cover	1		
15	Rear cover	1		
5/19/20	Rear stabiliser w/ adjustable end cap	1 set		
4/18	Front stabiliser w/ transport wheels	1 set		
11	Pedal	1 set		
16	Release knob	1		

# HARDWARE LIST

PART	DESCRIPTION	Q'TY	SKETCH	
45	Carriage Bolt M8x75	4		
50	Curved washer 18/8.5x1.5	4		
49	Spring washer	4		
38	Screw	2		
32	Bushing	1		
51	Flat washer	1		
31	"T" knob	1		
14	Rear clamp cover/ front clamp cover	1 set		
38	Screw M4x20	2		
52	Flat washer 10/5	2		
	Tool 1	1		
	Tool 2	1		

# ASSEMBLY INSTRUCTIONS

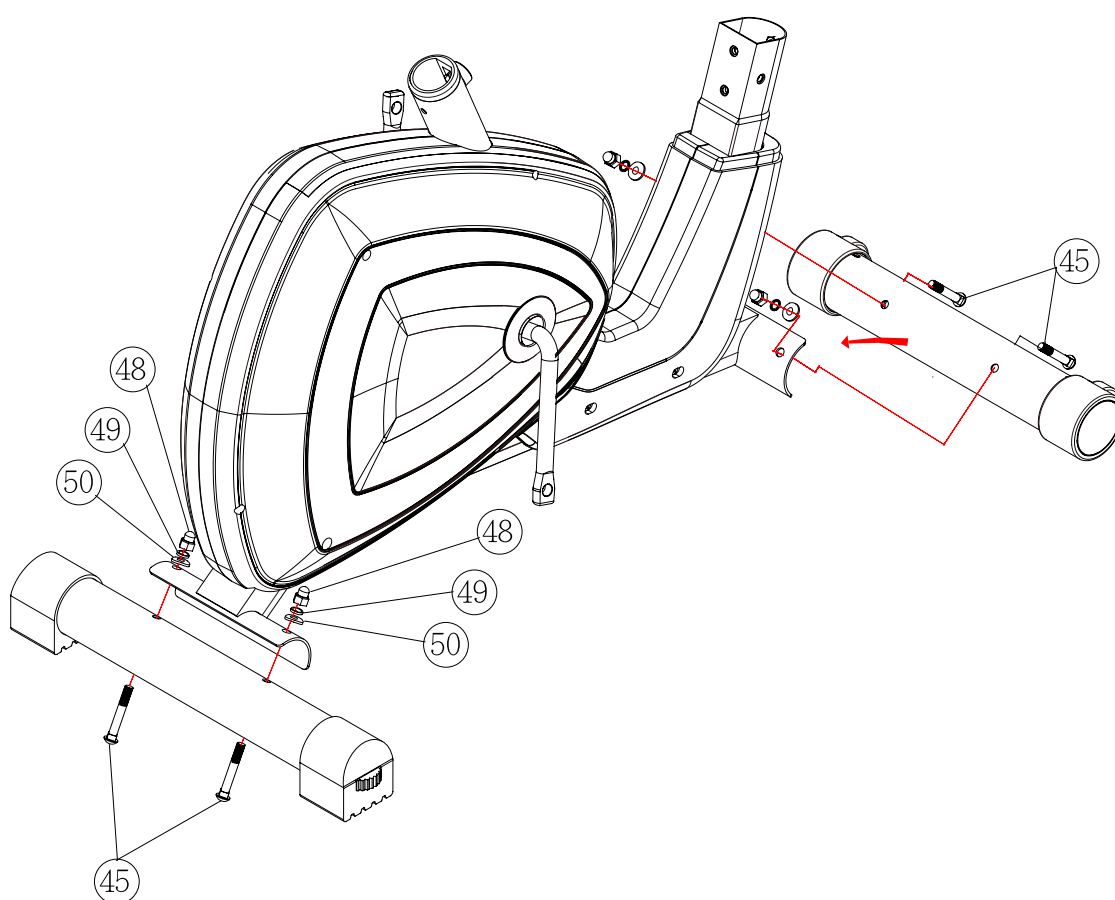


# ASSEMBLY INSTRUCTIONS

## STEP 1

### Attach the stabilisers.

- Attach rear stabiliser (5) with 2 adjustment end caps (19)(20) to the welded cross bar bracket of main frame (1) and fasten with 2 curved washers (50), spring washer(49), nut (48) and 2 carriage bolts(45).
- Attach front stabiliser (4) with 2 transportation wheels (18) to the welded cross bar bracket of main frame (1) and fasten with 2 curved washers (50), spring washer (49), nut (48) and 2 carriage bolts (45).



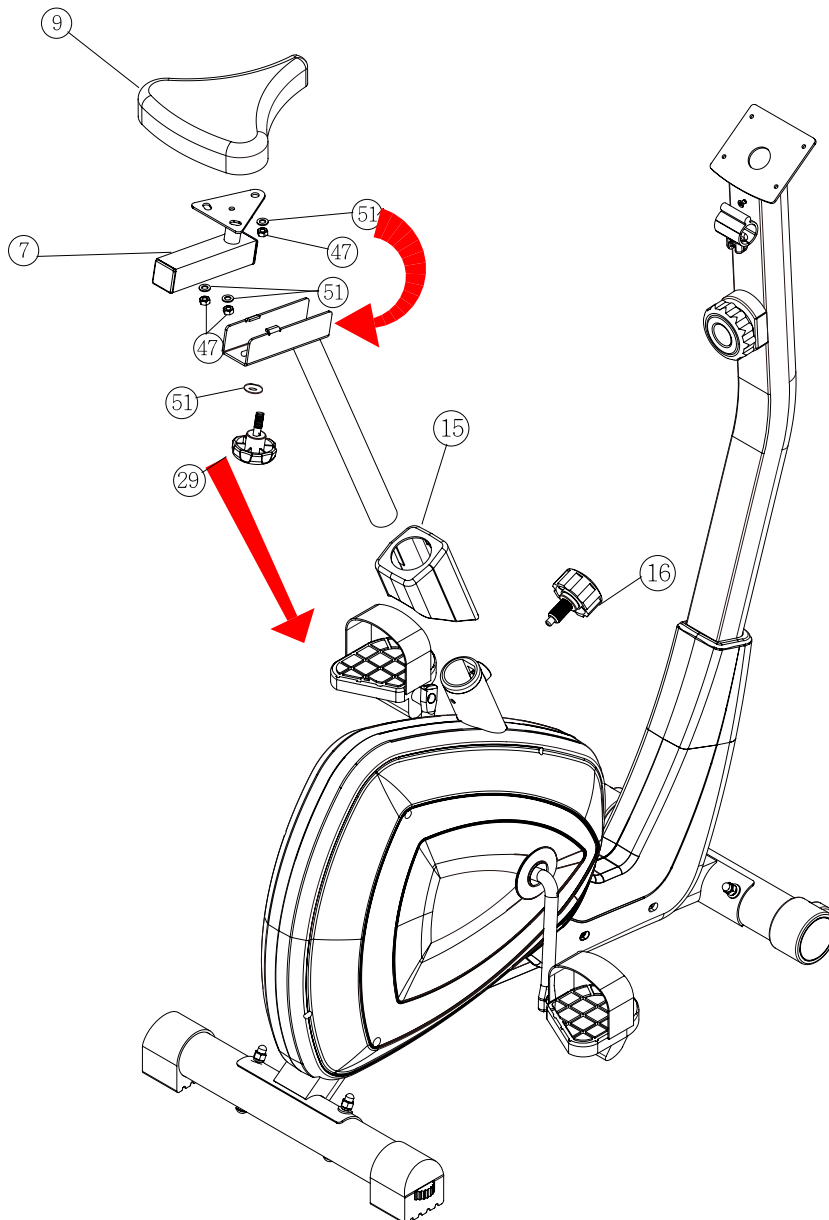


## STEP 2

### Attach the Seat and Seat Post.

- Remove the pre-assembled nylon nuts (47) and flat washer (51) from back of the seat (9). Fix the seat (9) with the top seat sliding bracket (7) and fasten with nylon nut(47) and flat washer (51).
- Remove the pre-assembled M10 knob (29) and flat washer (51) from back of the seat sliding bracket (7). Fix the seat sliding bracket (7) with the top bracket of seat tube (6) and fasten with M10 knob (29) and flat washer (51).
- Attach seat tube (6) and rear cover (15) into the main frame (1) and secure in right position with the seat post quick release knob (16). Adjust the height of seat by choosing the hole of seat tube.

**NOTE: DO NOT** extend the seat stem past the warning line “MAX” when adjusting the seat height.



### STEP 3

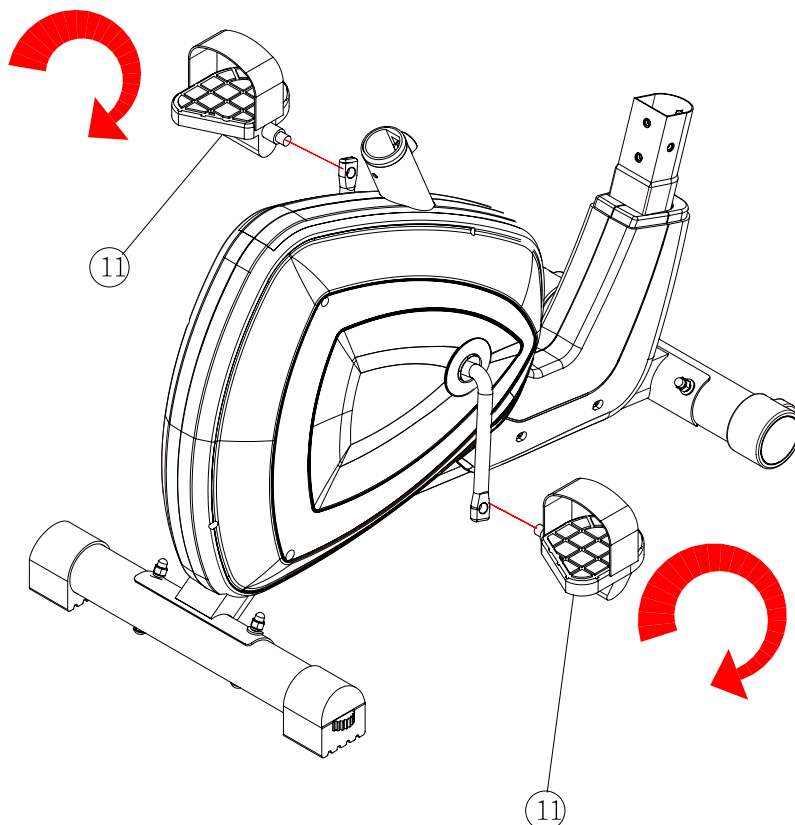
#### Attach the Front Post.

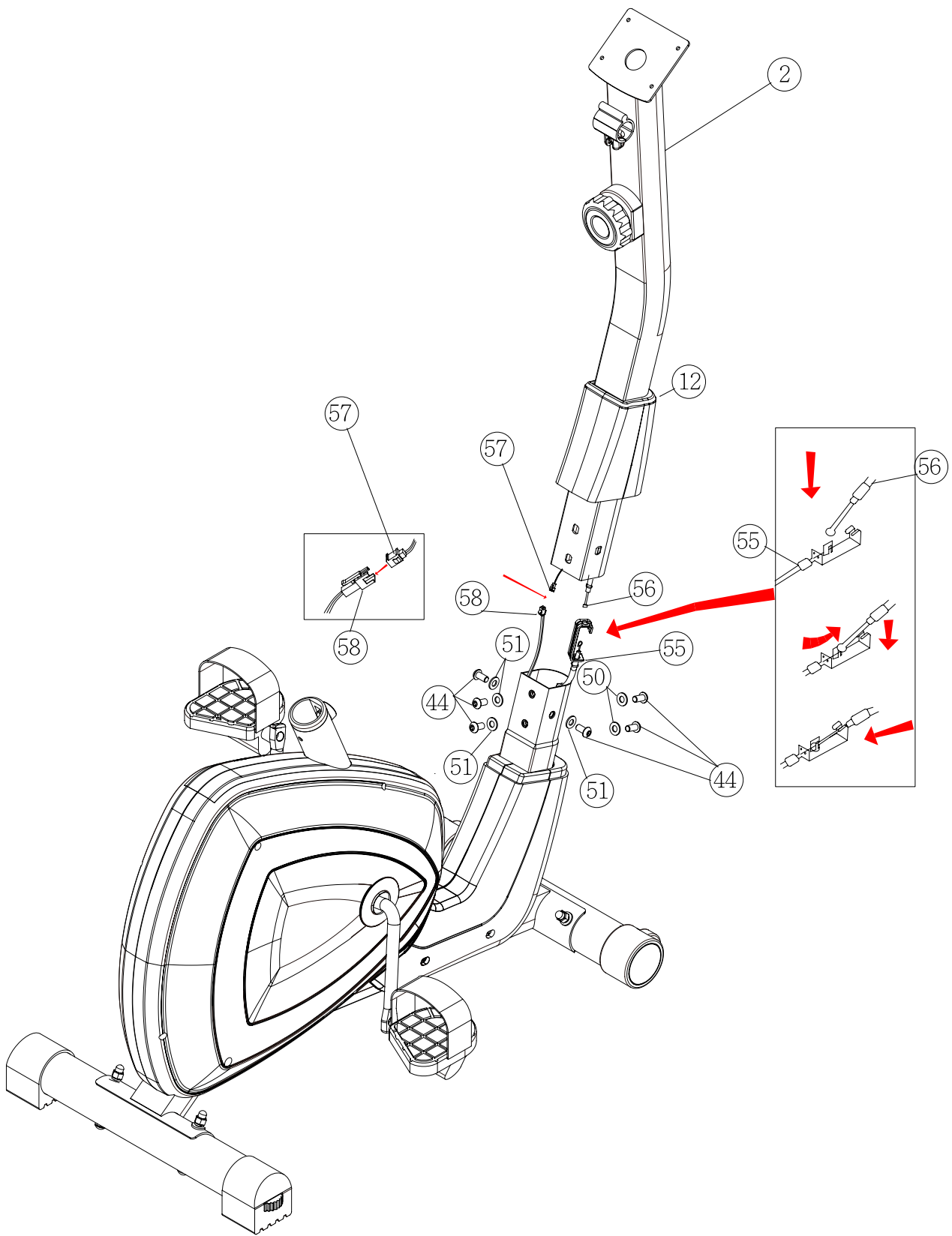
- Remove the pre-assembled 6 Allen head bolts (44) and 2 curve washers (50) and 4 flat washer (51) from the main frame (1).
- Connect the middle section sensor wire (57) of the front post(2) and front cover(12) with the lower section sensor wire (58) securely.
- Connect the tension cable (56) with lower tension cable (55). (See figure). **Ensure the tension dial is set to '8' to allow for greater cable extension. The upper cable sheath end must be securely inserted into the lower tension cable bracket.**
- Put the front post (2) and front cover(12) into the bottom post of main frame (1) and fasten with 6 Allen head bolts (44) , 2 curve washers (50) and flat washer(51).Please note don't tighten all head bolts (44) too much at the beginning. When all parts are fixed already, and then fasten each one piece tightly.
- Assemble each pedal (11R&11L) to the crank . Pedal "R" assemble with crank right side , Pedal "L" assemble with crank left side : See the mark "R" & "L"(right and left) on the pedals (11R&11L) 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 (11R&11L).

**NOTE:** Adjust the pedal straps to suit your foot/shoes size. **There are 4 adjustable positions.**

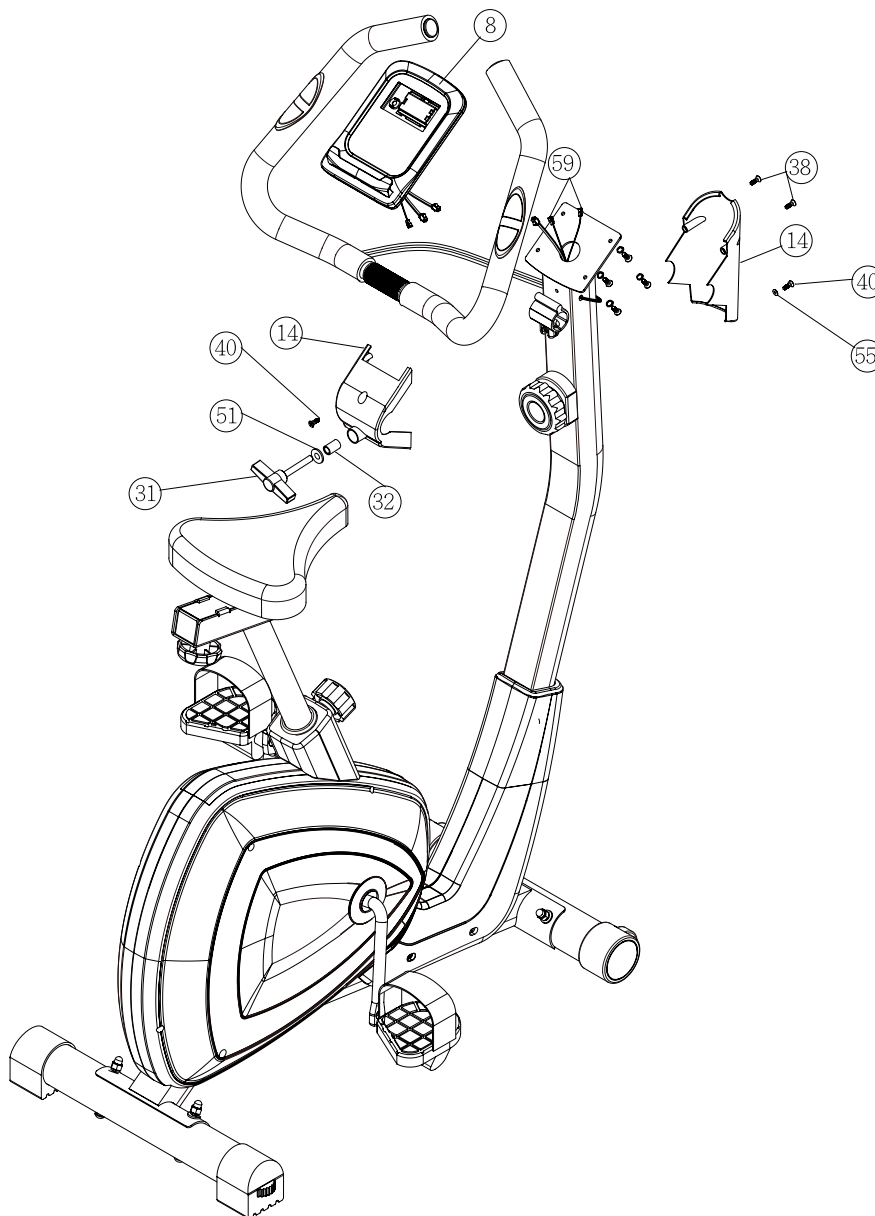




## STEP 4

### Attach the Handlebar and Meter.

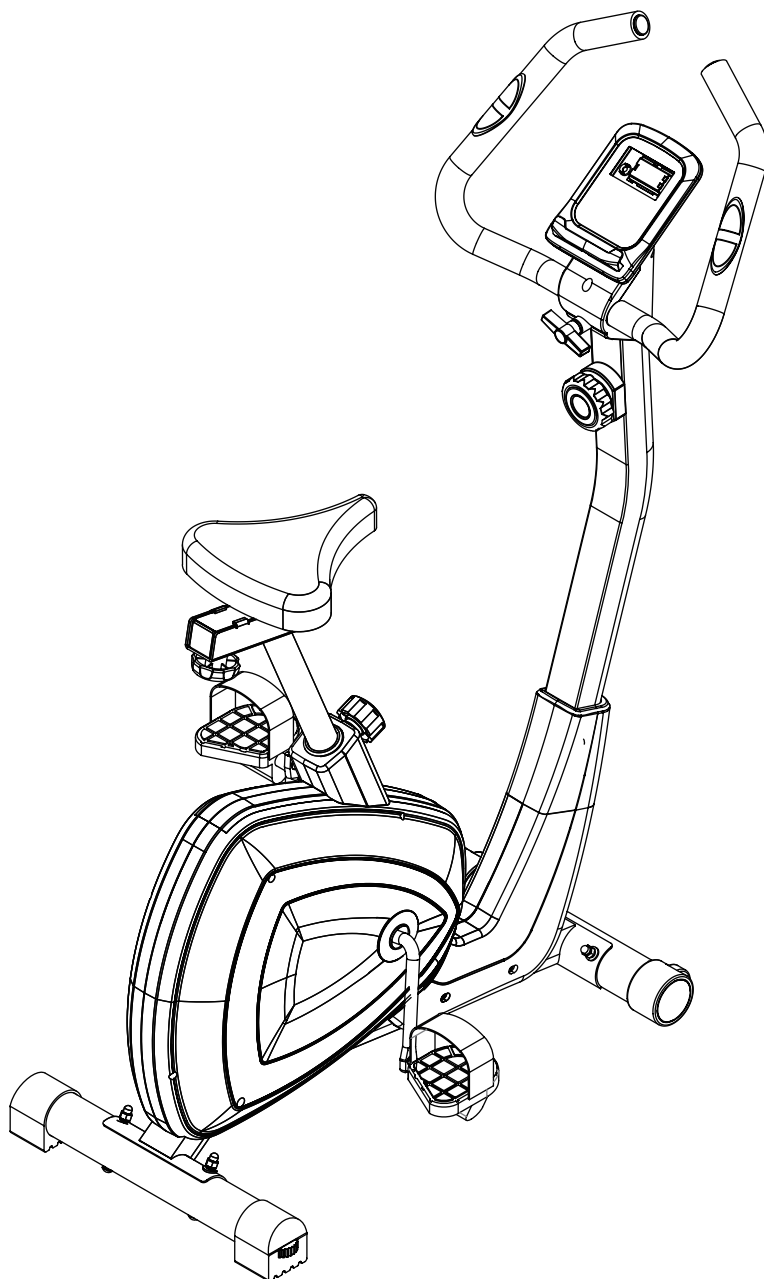
- Put handlebar (3) with 2 hand pulse (34), grip (60) to the top welded shape handlebar bracket of the front post (2).
- Fasten rear clamp cover (14) to the post tube with flat washer (55) and screw (40).
- Fasten rear clamp cover (14) with BUSHING (32), flat washer (51) and T-knob (31).
- Attach front clamp cover (14) to the front post (2) and fasten rear clamp cover (14) with flat washer (55), screw (44) and 2 screw (38).
- Remove the pre-assembled screw (41) from the console meter (8). Connect the plug of the middle section sensor wire (59) to the sensor socket of console meter (8). Insert the console meter (8) into front post (2) and fasten with 4 screw (41). Insert the plug of hand pulse wire to the back of console meter (8).



## CONGRATULATIONS

Assembly of your **Elite VO2 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**

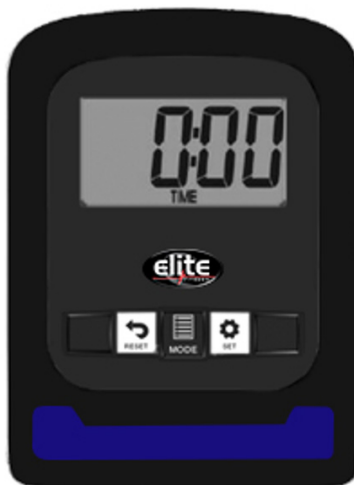
Once you've adjusted seat height, it's time to find the correct fore-and-aft position of the saddle. This determines where you sit in relationship to the crank set (where the pedals are attached), which helps decide how comfortable and efficient you'll be when riding. This also minimises stress to the 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).

# DISPLAY CONSOLE

---



The things you should know before exercise:

## **SLEEP MODE:**

The monitor will enter SLEEP mode (LCD off) when there is no signal or key input within 4 minutes.

## **Functions and Features:**

1) **SCAN:** At the exercise mode, press the MODE key until SCAN appears on the LCD. Monitor will then display the following functions, and each function will pause for 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 may 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 counts 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 travelled during each workout, up to a maximum of 168.0KM or 99.9 MILES.

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.

\* Hand Pulse Sensors can provide inaccurate heart rate readings and are indicative only.

7) **RPM:** Your pedal cadence.

### Key Functions:

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

1) **SCAN Key:** During the STOP Mode, press the key to increase the value of Time, Distance and Calories.

2) **REST Key:** During the STOP Mode, press the key to clear the exercising value or setting value to zero.

3) **MODE Key:**

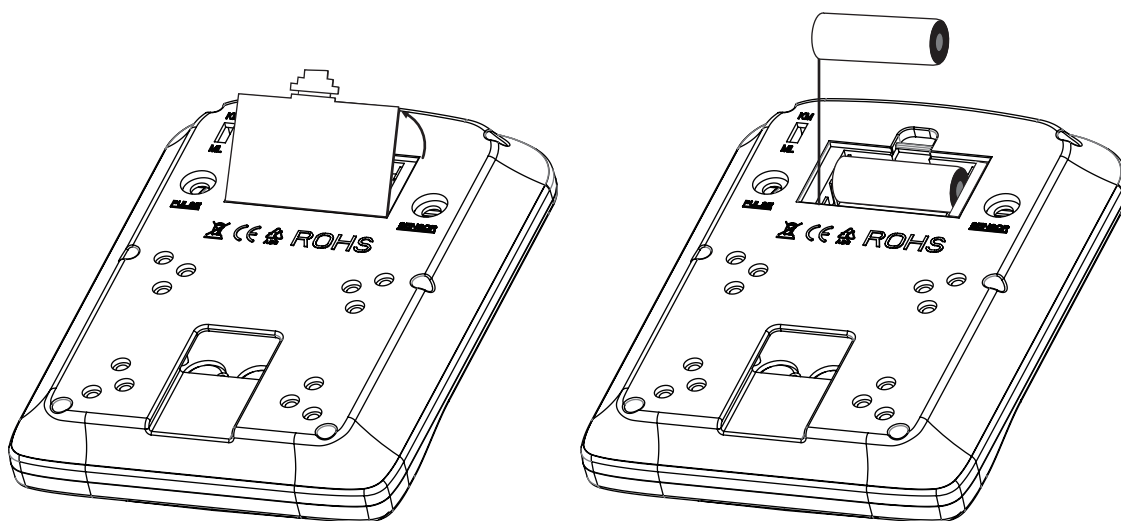
*a: Press the key to accept these setting values of Time, Distance and Calories.*

*b: During the STOP Mode, by hold this key for more than 2 seconds then the computer will re-power on.*

*c: During the exercise mode, press the key to check the function from SCAN- TIME- SPEED- DISTANCE- CALORIES- RPM- PULSE for a circle.*

### HOW TO REPLACE THE BATTERIES

*Remove the battery cover from the bottom housing then replace the batteries as shown below.*



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



## 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.

# MAINTENANCE LOG

Prolong the life of your exercycle by performing periodic maintenance checks. Not only does this ensure your machine is in full working order, but it will save you service costs in the long run.

Every time you perform maintenance, record the date and if you can, the distance and hours operated.

DATE	HOURS	DISTANCE	FRAME		SERVICE COMMENTS
			Cleaned	Seat / Pedals	

eg:

01/06	15	16.5km	✓	✓	none
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# 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

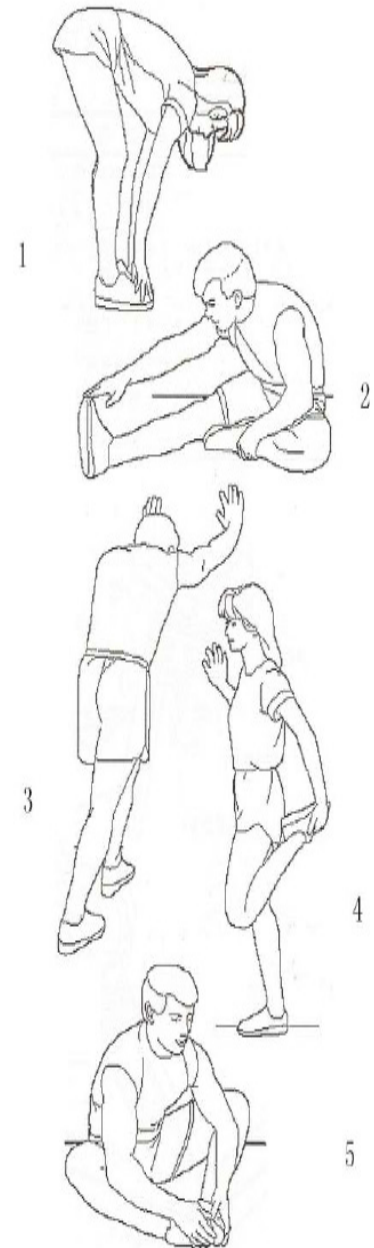
Standing with two hands on the wall or tree, one leg behind. Keeping your legs straight and the heel on the ground, lean forward towards the wall or tree. Hold for 10-15 seconds, and relax. Repeat 3 times for each leg (See picture 3).

### — 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)

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

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

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)

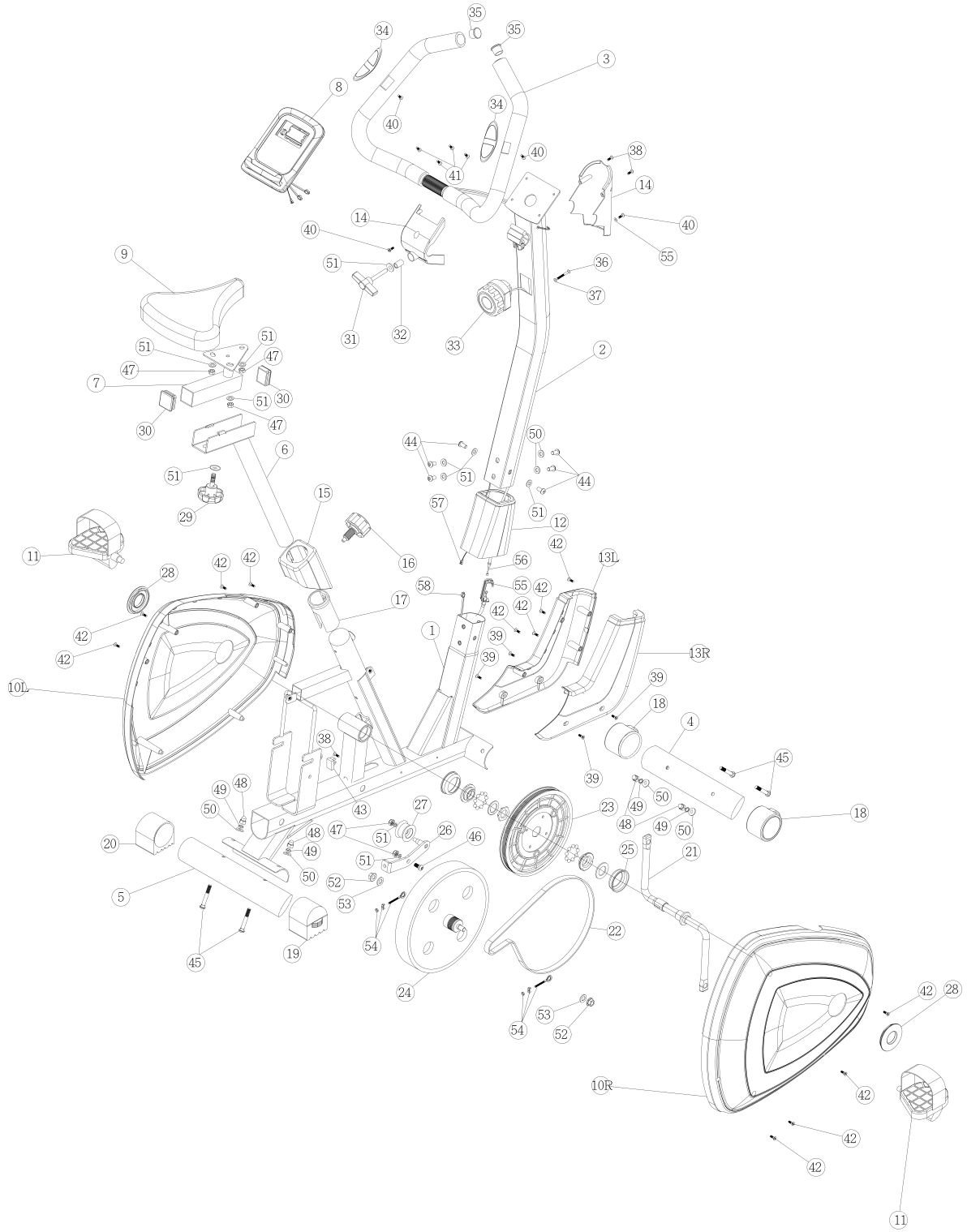
$181 \times 65\% (0.65) = 118 \text{ BPM}$  (Lower Training Limit)

# 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	Main frame	1	31	"T" Knob	1
2	Upright post tube	1	32	Bushing	1
3	Handlebar	1	33	B-section control	1
4	Front stabiliser	1	34	Hand pulse	2
5	Rear stabiliser	1	35	End cap	2
6	Seat tube	1	36	Bolt	1
7	Slide tube	1	37	Flat washer $\phi 5$	1
8	Console Meter	1	38	Screw	3
9	Seat	1	39	Screw	4
10	Chain cover	1 set	40	Screw M4x20	4
11	Pedal set	1 set	41	Screw M5x12	4
12	Front cover	1	42	Screw M4x25	12
13	Front chain cover	1 set	43	Sensor	1
14	Front clamp cover set	1 set	44	Bolt M8x20	6
15	Rear cover	1	45	Carriage bolt M8x75	4
16	Release knob	1	46	Special bolt M8	1
17	Cup	1	47	Nylon nut M8	5
18	Front transfer wheels	2	48	Bolt M8	4
19	Rear end cap right	1	49	Spring washer	4
20	Rear end cap left	1	50	Curved washer M8	6
21	Crank	1	51	Flat washer M8	11
22	Belt	1	52	Stop nut M10	2
23	Pulley	1	53	Flat washer M10	2
24	Magnetic wheel	1	54	3 in 1 Adjuster	2
25	BB Set	1 set	55	Lower tension cable	1
26	Idal wheel bracket	1	56	Middle tension cable	1
27	Idal wheel	1	57	Middle sensor wire	1
28	Crank ring	2	58	Lower sensor wire	1
29	Knob	1	59	Hand pulse wire	1
30	Square end cap	2	60	Foam grip	2

# EXPLODED DRAWING









For more information about our Elite exercise equipment or other brands that we stock for your home, visit [www.elitefitness.co.nz](http://www.elitefitness.co.nz)

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