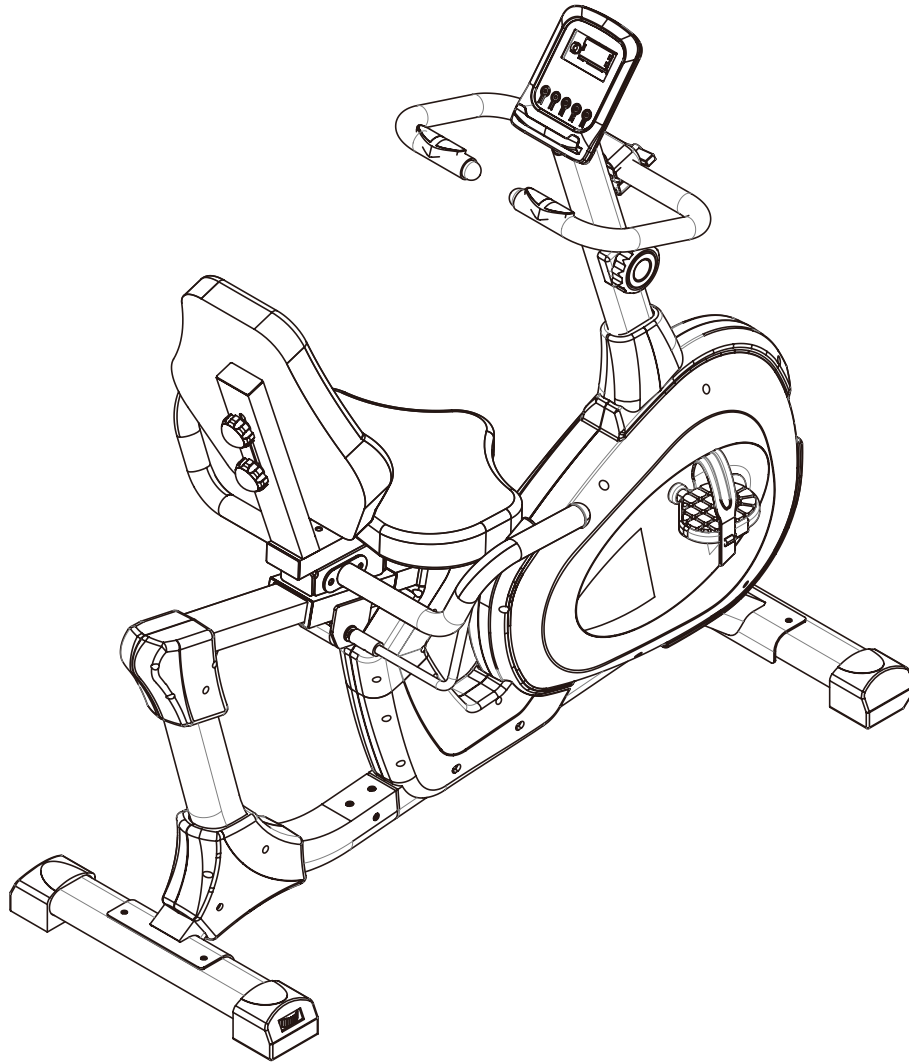




ASSEMBLY MANUAL >



V05

Record serial number

Elite V05 Recumbent Exercycle

Thank you for purchasing the **Elite VO5 Recumbent 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 VO5 Recumbent 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

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

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:

 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.







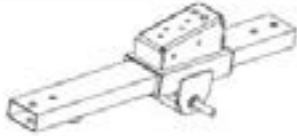











IMPORTANT HINTS:

- 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 120KG.
- 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.












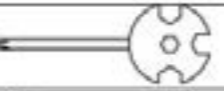
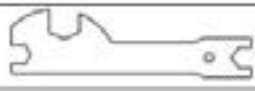

PRODUCT SPECIFICATIONS

User Weight Capacity:	120 kg
Dimensions:	95x66x30cm
Shipping Weight:	40KGS
Net Weight:	36KGS
Power Requirements	2pcs of SIZE –AAA or UM –4

CHECK LIST

PART	DESCRIPTION	Q'TY	SKETCH	
1/24/25	Main frame/chain cover	1		
2/58	Front port/middle sensor wire	1		
9	Rear main frame	1		
6	Back seat tube	1		
4/5/23	Side handlebar/foam grip	1		
3/22/56	Front handlebar/foam grip/hand pulse	1		
8/7/54	Slide tube/slide bracket/stop	1		
11/47	Front stabilizer w/ transport wheel	1		
10/45	Rear stabilizer w/ adjustable end cap	1		
19/66/77	Seat/flat washer/bolt	1		
18/82	Meter /screw	1		
19	Backrest	1		
29/30	Rear cover	1set		
15/51	Adjustable bar/foam grip	1		
33/34	Upper rear cover	1set		
31/32	Lower rear cover	1set		
35	Front cover	1		
20	Right & left pedal	1sets		

CHECK LIST

PART	DESCRIPTION	Q'TY	SKETCH	
78	Allen head bolt M10X70	4		
69	Spring washer	4		
65	Flat washer φ10.5mm	3		
53	knob	2		
65	Flat washer φ8	9		
76	CARRIAGE BOLT	8		
57/71/70	8-tension control/flat washer/bolt	1		
52	'T' knob	1		
91	Clamp cover	1		
90	Bushing	1		
88	Screw	16		
	TOOL 1	1		
	TOOL 2	1		
	TOOL 3	1		

ASSEMBLY INSTRUCTIONS

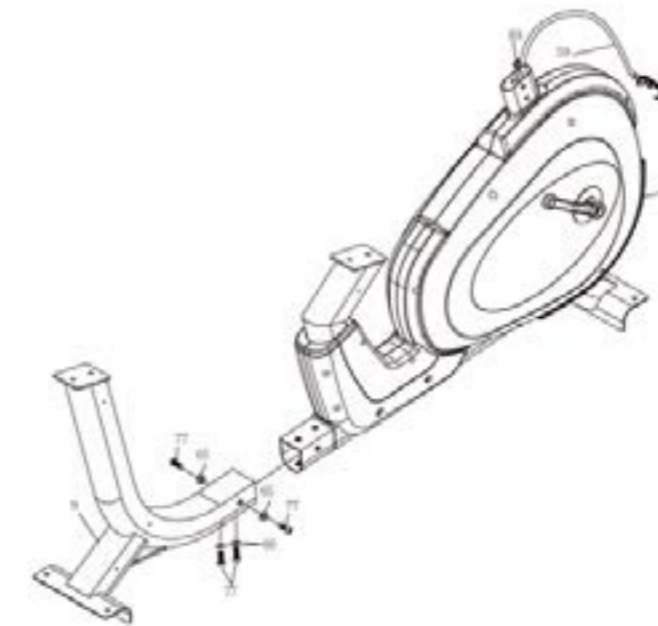
GENERAL:

Remove all the parts of your cycle from the carton and place them on the floor carefully.

STEP 1: ATTACH THE MAIN FRAME

- Remove the pre-assembled 4 Allen head bolts (77), 2 curve washers (66) and 2 flat washers (65) from the rear main frame (1).

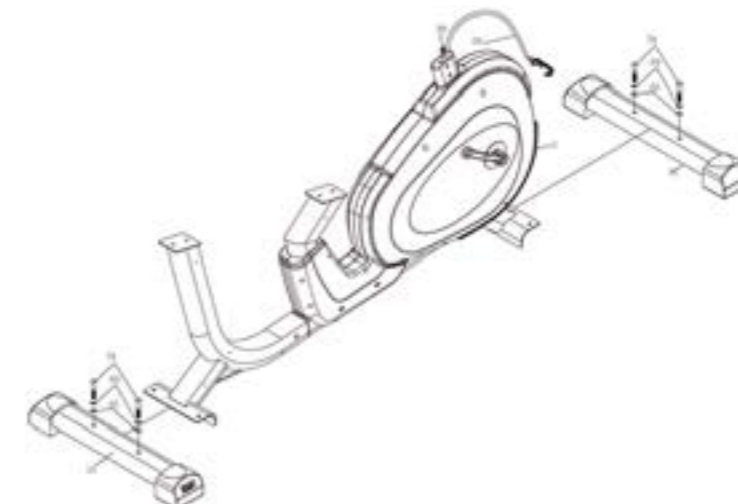
- Attach the rear main frame (9) to the hole of main frame (1) and fasten with 2 flat washers (65), 2 curve washers (66) and 4 Allen head bolts (77).



STEP 2:

Attach the rear stabiliser (10) with 2 adjustment end caps to the welded cross bar bracket of Rear main frame (9) and fasten with 2 flat washers(65), 2 spring washers (69) and carriage bolts (78).

Attach front stabiliser (11) with 2 transportation wheels to the welded cross bar bracket of main frame (1) and fasten with 2 flat washers (65), 2 spring washers (69) and 2 carriage bolts (1).



ASSEMBLY INSTRUCTIONS

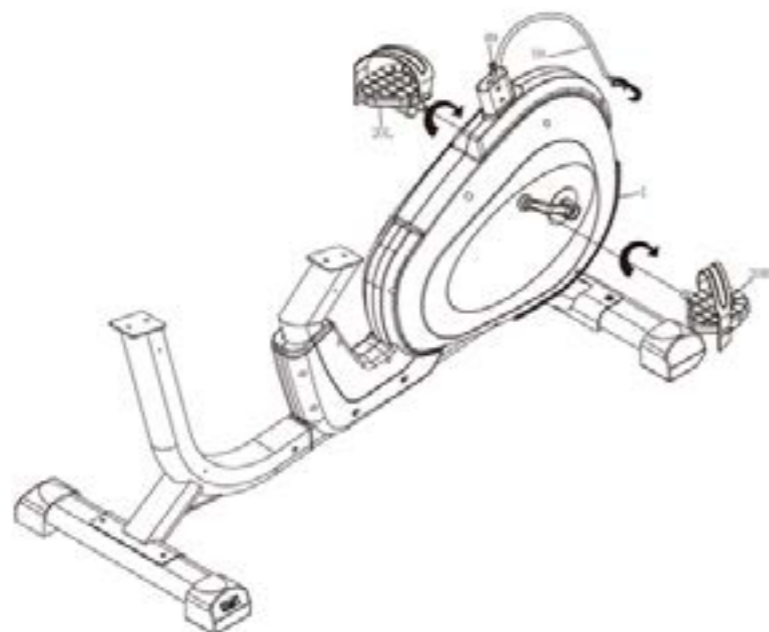
STEP 3:

Assemble each pedal (20R&20L) 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 (20R&20L) 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 (20R&20L).

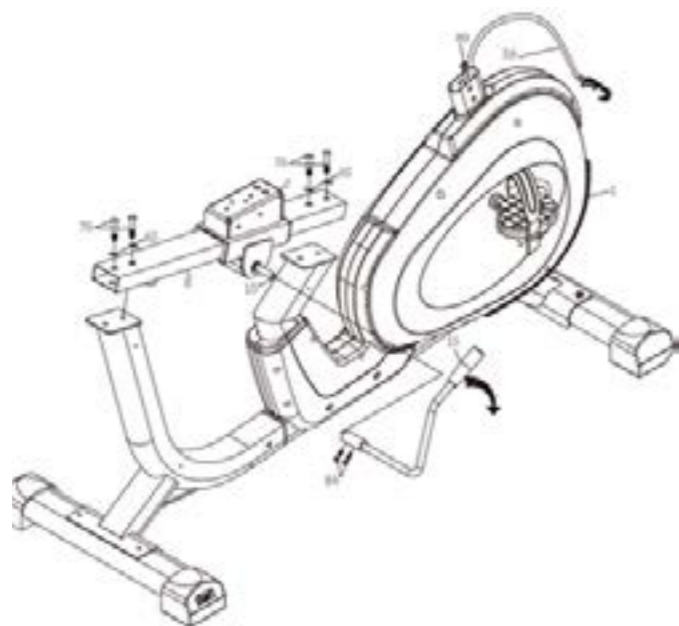
NOTE: Adjust the pedal straps to meet your foot/shoes size by 4 adjustable holes.



STEP 4:

Put the slide tube with slide bracket (7) into the main frame (1) and rear main frame (9), fasten with 4 flat washers (65) and 4 carriage bolts (76).

Remove the pre-assembled 2 Allen head bolts (76) from slide bracket (7). Put the adjustable bar (15) to the side of the slide bracket (7) and fasten with head bolts (76)



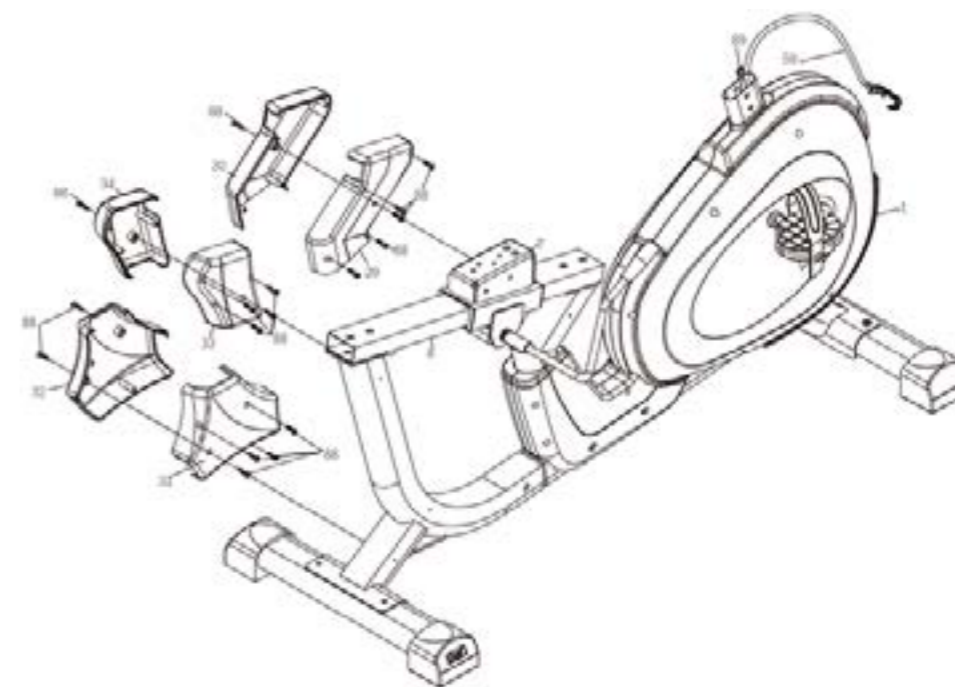
ASSEMBLY INSTRUCTIONS

STEP 5:

Place the upper rear cover (33&34) into the rear main frame (9) and slide tube (11), fasten with 5 screws (88).

Place the lower rear cover (31&32) into the rear main frame (9) and fasten with 5 screws (88).

Place the rear cover (29&30) into the main frame (1) and slide tube (11), fasten with 6 screws (88).

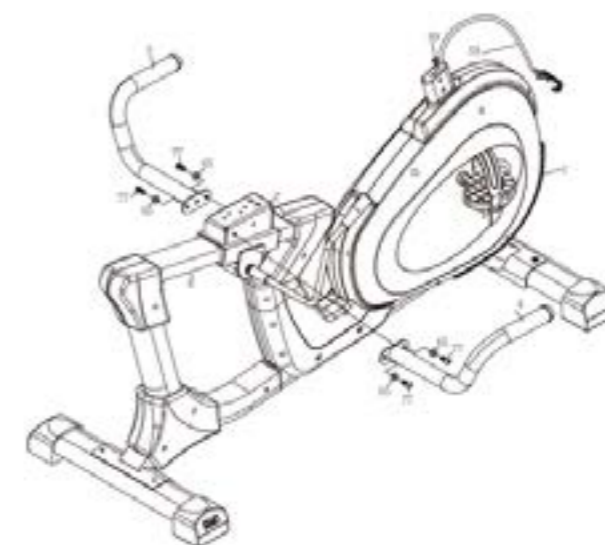


STEP 6:

Remove the pre-assembled 4 carriage bolts (77) and 4 flat washers (65) from slide bracket (7).

Put the right handlebar (4) with grip (23) to the side of the slide bracket (7) and fasten with carriage bolts (77), flat washers (65).

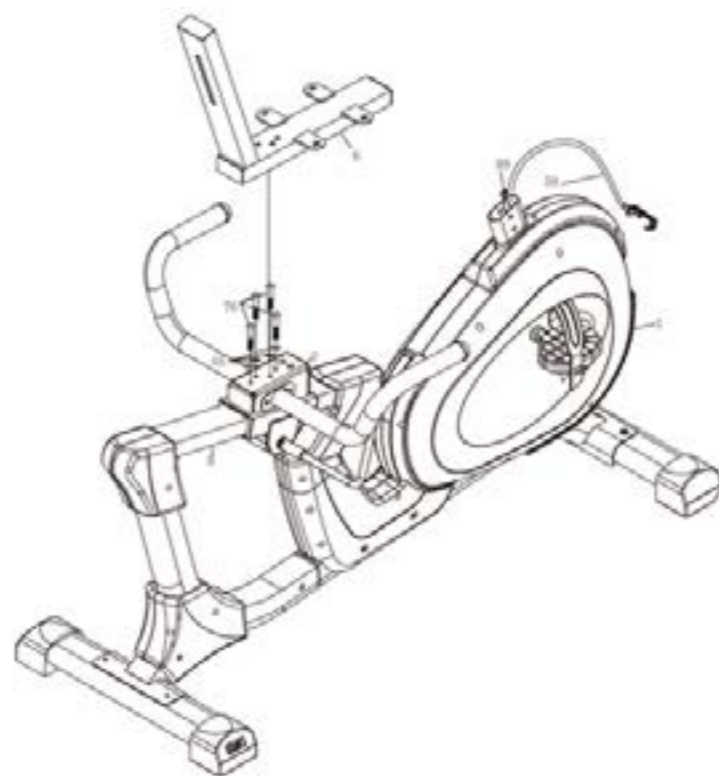
Put the left handlebar (5) with grip (23) to the side of the slide bracket (7) and fasten with carriage bolts (77), flat washers (65).



ASSEMBLY INSTRUCTIONS

STEP 7:

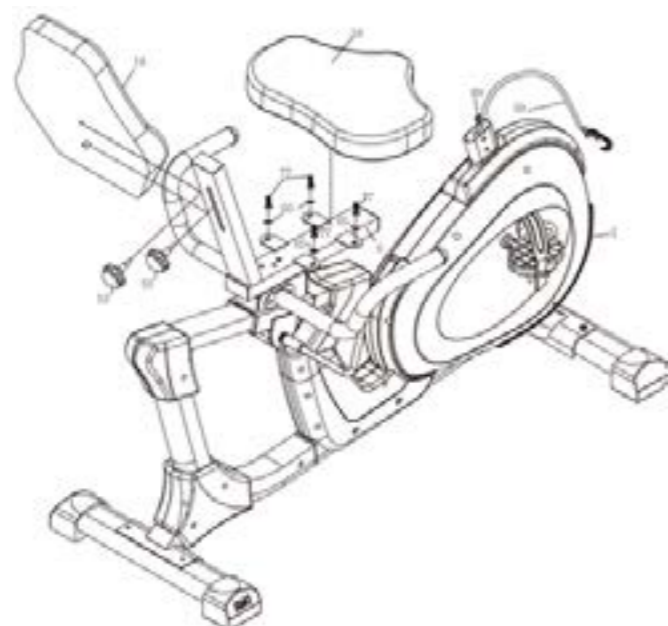
Attach the seat post (6) into the slide bracket (7) and secure with 4 carriage bolts (76).



STEP 8:

Remove the pre-assembled 4 Allen head bolts (77) and 4 flat washers (65) from seat (19).

Fix the seat (19) with the back seat tube (6) and fasten with 4 bolts (77) and 4 flat washers (65). Fix the backrest (19) with the back seat tube (6) and fasten with knobs(53).



ASSEMBLY INSTRUCTIONS

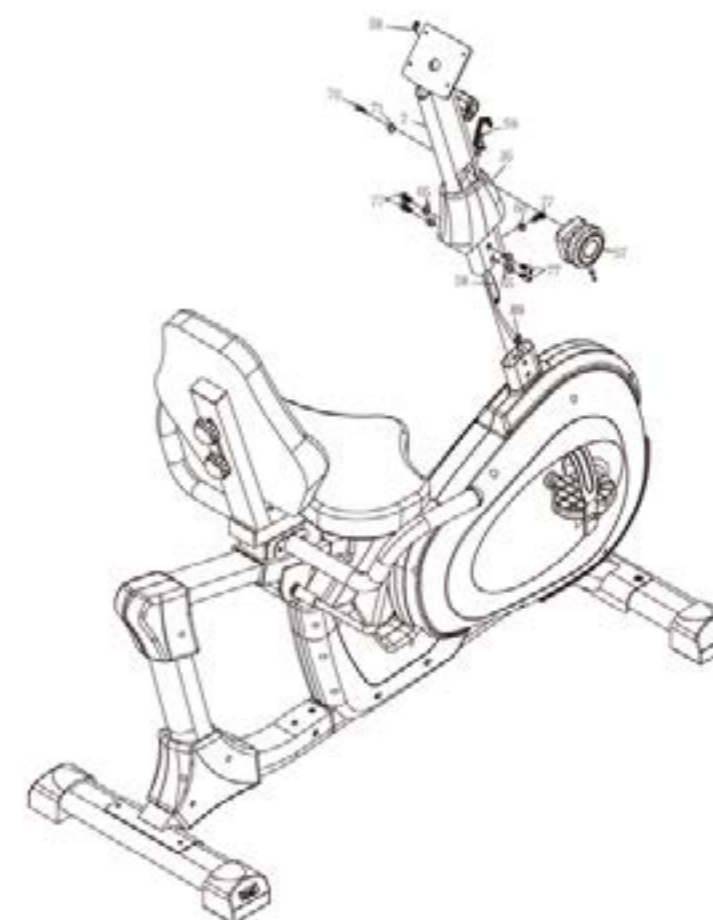
STEP 9: ATTACH THE FRONT POST

Remove the pre-assembled 6 Allen head bolts (77), 2 curve washers (66) and flat washers (65) from the main frame (1).

Connect the middle section sensor wire (58) of the front post with the lower section sensor wire (89) securely.

Put the front post (2) and front cover (35) into the bottom post of main frame (1) and fasten with 6 Allen head bolts (77), 4 flat washers (65) and 2 curved washers (66).

NOTE: do not tighten Allen head bolts (77) too much at the beginning. When all parts are fixed already, and then fasten each one piece tightly.



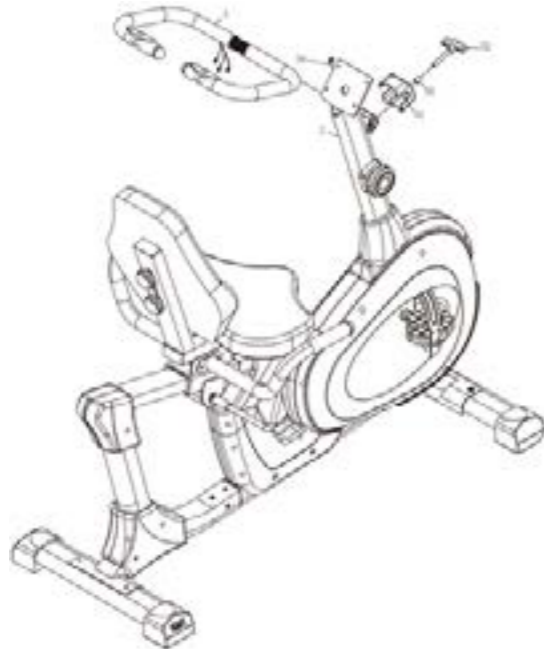
Connect the tension cable (59) and tension (57). Fasten tension into post tube (2) with bolt (70) and flat washers (71).

ASSEMBLY INSTRUCTIONS

STEP 10 :

Put the hand pulse wire with handlebar (3) through the hole of the front post (2) to top of front post.

Put the handlebar (3) with the foam grip (22) and hand pulse (56) to the front post bracket and fasten with "T" knob (52), champ cover (91), flat washer (92) and bushing (90).

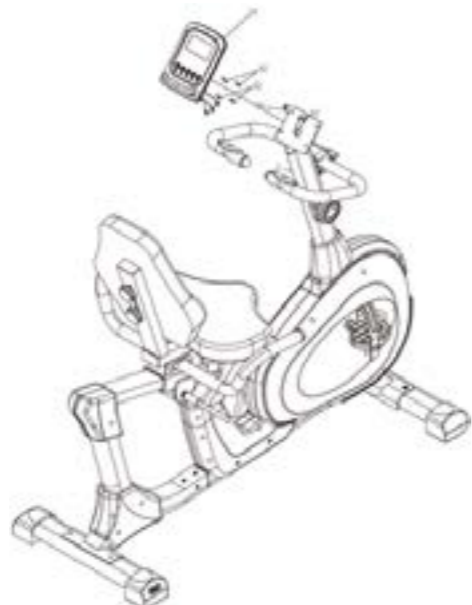


STEP 11:

Remove the pre-assembled 4 Allen head bolts (82) from the meter (18).

Connect the middle section sensor wire (58) of the front post with meter (18) securely. Connect the pulse wire (60) with meter (18).

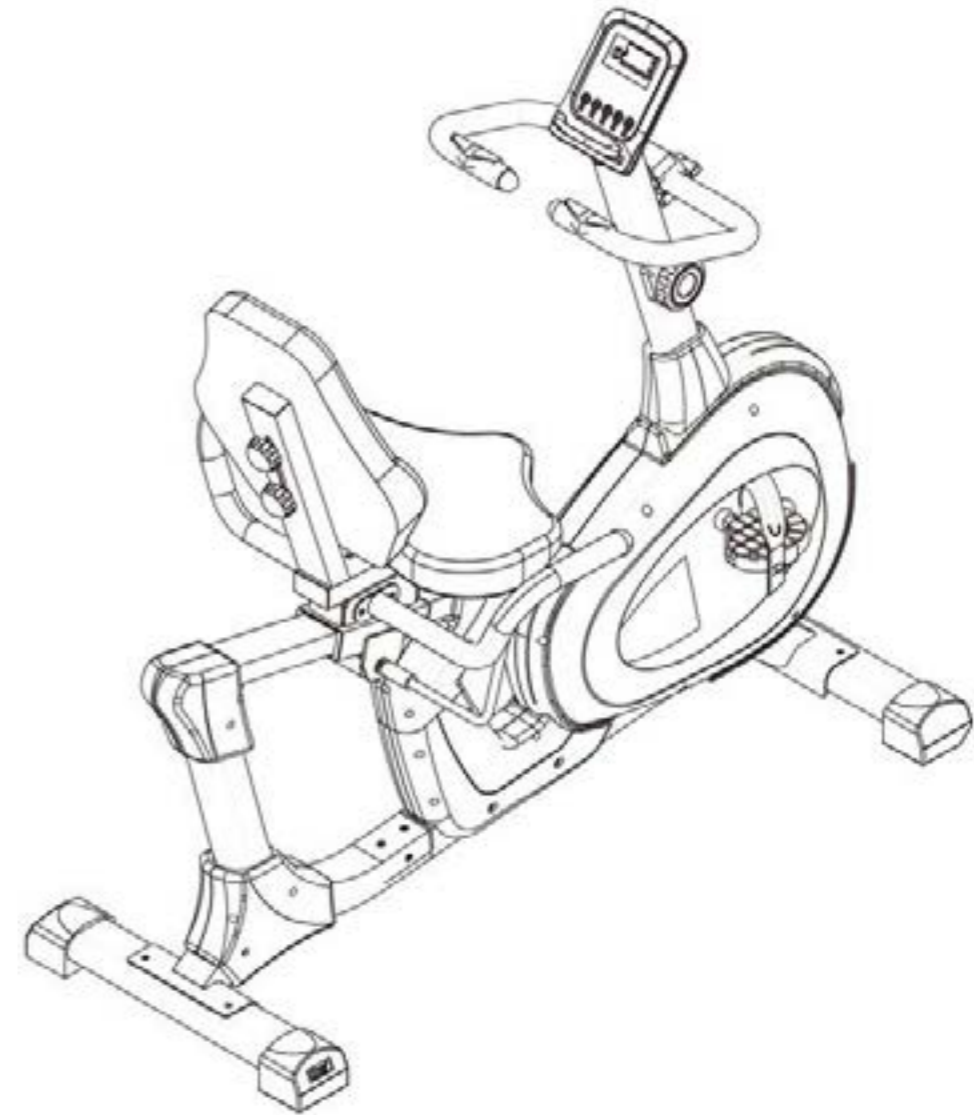
Fix the meter (18) with the top of front post (2) and fasten with bolts (82).



CONGRATULATIONS

Assembly of your **Elite V05 Recumbent 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



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



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.

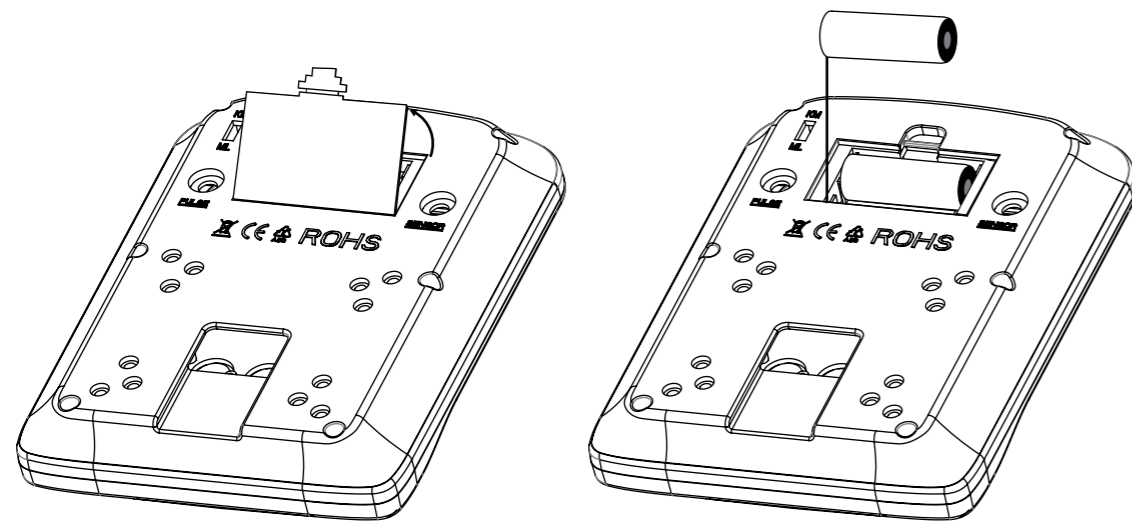
Key Functions:

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



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.

eg:

DATE	HOURS	DISTANCE	FRAME		SERVICE COMMENTS
			Cleaned	Seat / Pedals	
01/06	15	16.5km	✓	✓	none

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 commercial 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

Beats Per Minute	Exercise Zone									
	AGE									
100%	20	25	30	35	40	45	50	55	60	70
	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	90	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: $220 - 39 = 181 \text{ BPM}$

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

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

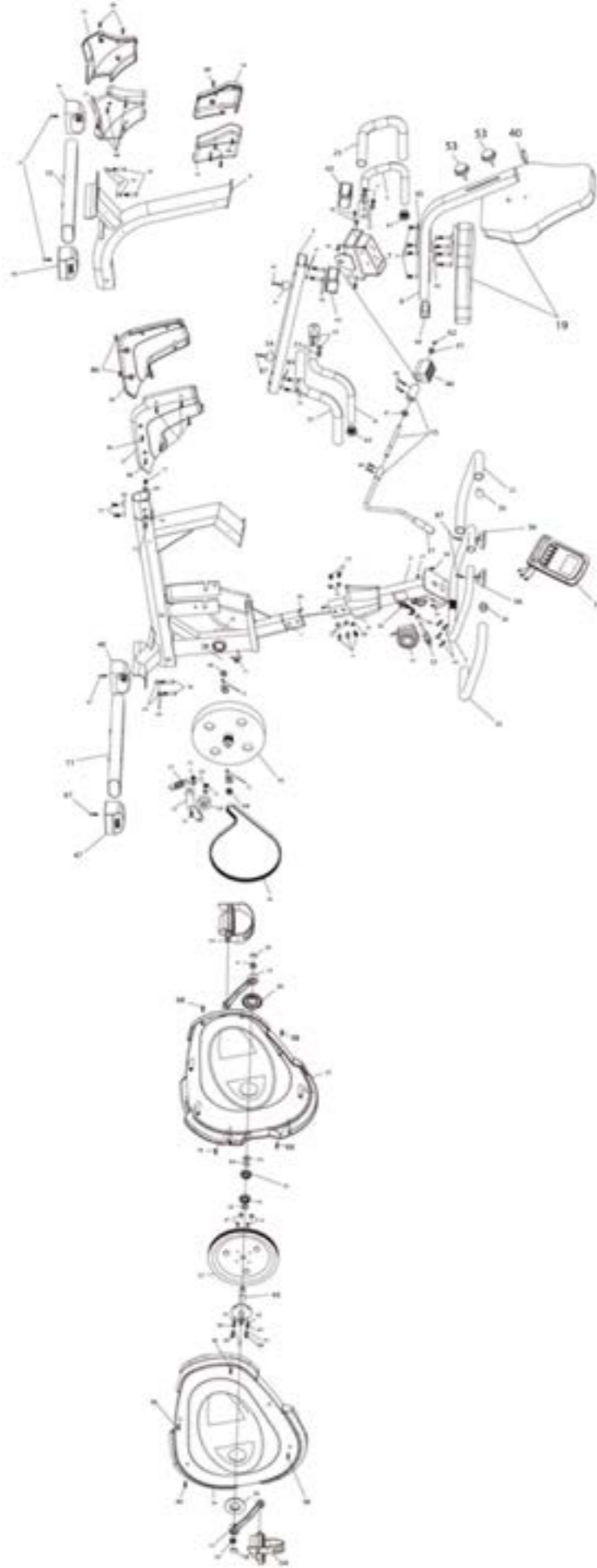
PARTS

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 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	Q'TY	NO.	DESCRIPTION	Q'TY
1	Main frame	1	47	Right transfer cap	1
2	Front post tube	1	48	Left transfer cap	1
3	Front handlebar	1	49	axle	1
4	Right Side handlebar	1	50	Idle wheel	1
5	Left side handlebar	1	51	Foam handle	1
6	Seat tube	1	52	"T" knob	1
7	Slide bracket	1	53	Knob	2
8	Slide tube	1	54	Stop block	2
9	Rear main frame	1	55	Bearing	2
10	Rear stabilizer	1	56	Hand pulse	2
11	Front stabilizer	1	57	8-tension control	1
12	Press wheel bracket	1	58	Middle sensor wire	1
13	Right crank	1	59	Tension cable wire	1
14	Left crank	1	60	Hand pulse wire	1
15	Adjustable bar	1	61	Bushing	2
16	Flywheel	1	62	C ring	1
17	Spring	1	63	C ring	2
18	Meter	1	64	Flat washer	1
19	Seat & Backrest	1set	65	Flat washer 18/8.5x1.5	21
20	Pedal set	1set	66	Curved washer 20/8.5x1.5	4
21	Cap	1	67	Nut	2
22	Long Foam grip	2	68	Nut	2
23	Short foam grip	2	69	Spring washer	4
24	Right Chain cover	1	70	Pipe	1
25	Left chain cover	1	71	Screw ST4.2X20	2
26	Ring cover	2	72	3 in adjust	2
27	Right cover	1	73	Sensor	1
28	Left cover	1	74	Screw	1
29	Right rear cover	1	75	Nylon nut	2
30	Left rear cover	1	76	Carriage bolt	8
31	Right lower rear cover	1	77	Bolt M8x15	20
32	Left lower rear cover	1	78	Bolt M8x55	4
33	Right upper rear cover	1	79	Flat washer	4
34	Left upper rear cover	1	80	Spring washer	4
35	Front cover	1	81	Bolt	4
36	Belt	1	82	Screw	2
37	Pulley	1	83	Special bolt	1
38	Crank cover	2	84	Bolt	2
39	End cap	2	85	Screw	4
40	Square end cap	2	86	Screw	4

41	End cap	2	87	Screw	6
42	Cup 1	1	88	Screw	30
43	Cup 2	1	89	Lower sensor wire	1
44	Bracket block	1	90	Bushing	1
45	Right rear adjust cap	1	91	Clamp cover	1
46	Left rear adjust cap	1			

EXPLODED DRAWING



NOTES



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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Elite Fitness, 28 Morrin Road, Saint Johns, Auckland, New Zealand.
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