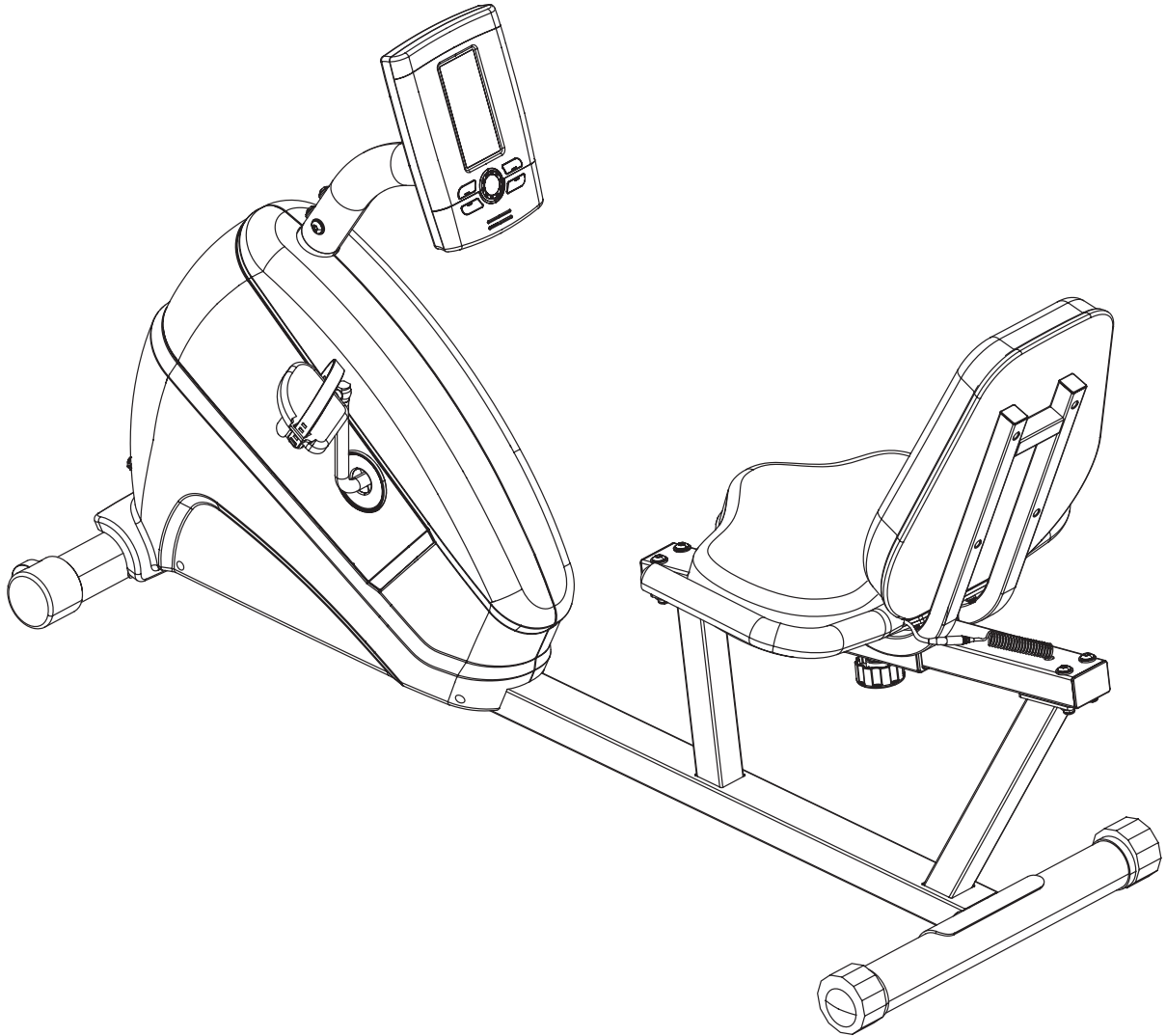




ASSEMBLY MANUAL >



VENTURE 3

Record serial number

Elite Venture 3 Recumbent Exercise Cycle

Thank you for purchasing the **Elite Venture 3 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 Venture 3 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

11 George Bourke Drive

Mt Wellington

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:



WARNING

Used to call attention to POTENTIAL hazards that could result in personal injury.

READ ALL INSTRUCTIONS BEFORE USING THE MACHINE

This product has been designed for **home use only**. Product liability and warranty conditions will not be applicable to products being subjected to professional use or products being used in a commercial environment. e.g Gym Centre, Retirement Centre, Home Based PT Studio and Physio.

This exercise machine is built for optimum safety. However, certain precautions apply whenever you operate a piece of exercise equipment. Be sure to read the entire manual before you assemble or operate your machine. In particular, note the following safety precautions.

- Read all instructions in this manual before using this equipment.
- Use the machine only for its intended use as described in this Manual.
- Inspect and tighten all the loose parts before this equipment is used.
- Keep hands away from moving parts.
- Keep children and pets away from the machine at all times. **DO NOT** leave children unattended in the same room with the machine.
- Before using the machine to exercise, always do stretching exercises to properly warm up.
- Inspect the machine before each use; make sure all of the connections are tightly secured.
- Only one person at a time should use the machine.
- If the user experiences dizziness, nausea, chest pain, or any other abnormal symptoms, **STOP** the workout at once. **CONSULT A PHYSICIAN IMMEDIATELY.**
- Position the machine on a clear, levelled surface. **DO NOT** use the machine near water or outdoors.
- Always wear appropriate workout clothing when exercising. **DO NOT** wear robes or other clothing that could become caught in the machine. Sporting shoes are recommended when using the machine.
- Do not place any sharp object around the machine.
- Disabled persons should not use the machine without a qualified person or physician in attendance.
- Never operate the machine if the machine is not functioning properly.
- Only carry out training work on the equipment when it is in perfect working order. Only use original spare parts in the event of a repair.
- Do not use strong solvents for cleaning, and only use the tools supplied, or suitable ones of your own, for any repairs that may be required. Please dispose of the packaging and any parts that have to be replaced subsequently (all parts for the unit) at suitable collecting points or containers with a view to saving the environment.
- **DO NOT** extend the seat stem past the warning line “Max” when adjusting the seat height.
- Not for therapeutic use.

WARNING: Before beginning any exercise programme, consult your physician. This is especially important for persons with pre-existing health problems. The seller assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

SERVICE HINTS: The high quality standard of this product only will be kept if you, on a regular basis, check all screw connections and moving parts on proper fitting. Damaged parts need to be changed immediately. During the time of repair the product must not be used by anybody.

IMPORTANT HINTS:

- A) This product has been tested in accordance with the requirements of EN 957-1/A1, EN 957-5, standard, Class HA (HOME USE). The maximum load is limited to 120KGS.
- B) Parents should be aware of the risk factor of young children playing on fitness equipment unattended. Make sure that children are instructed properly in the use of the product and in the controlled execution of the different exercises. Misuse of the product could result in serious injury.

PRODUCT SPECIFICATIONS

User Weight Capacity:	120kg
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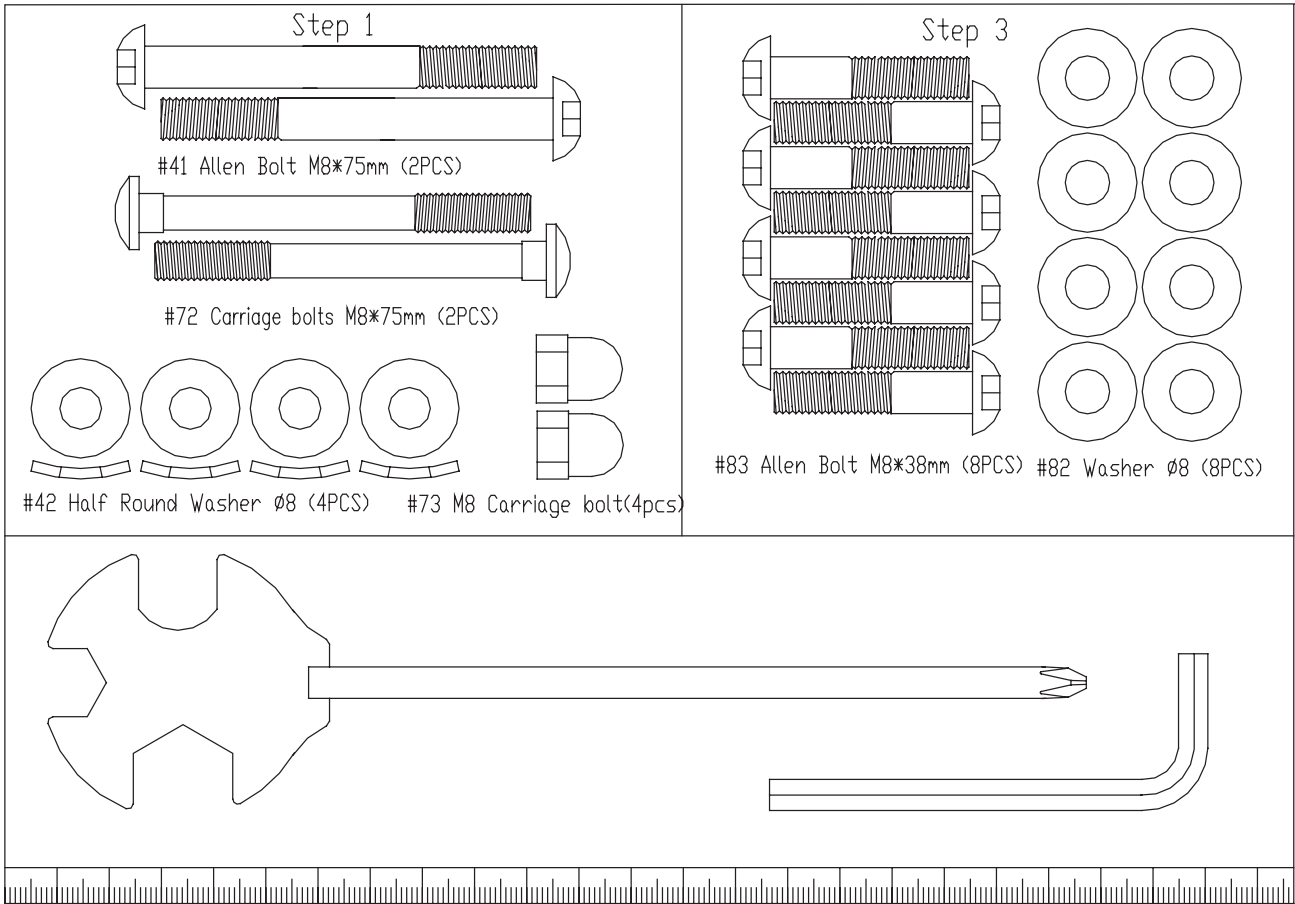
Dimensions:	1580 x 655 x 1250mm
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Shipping Weight:	48.4kg
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Net Weight:	45.5kg
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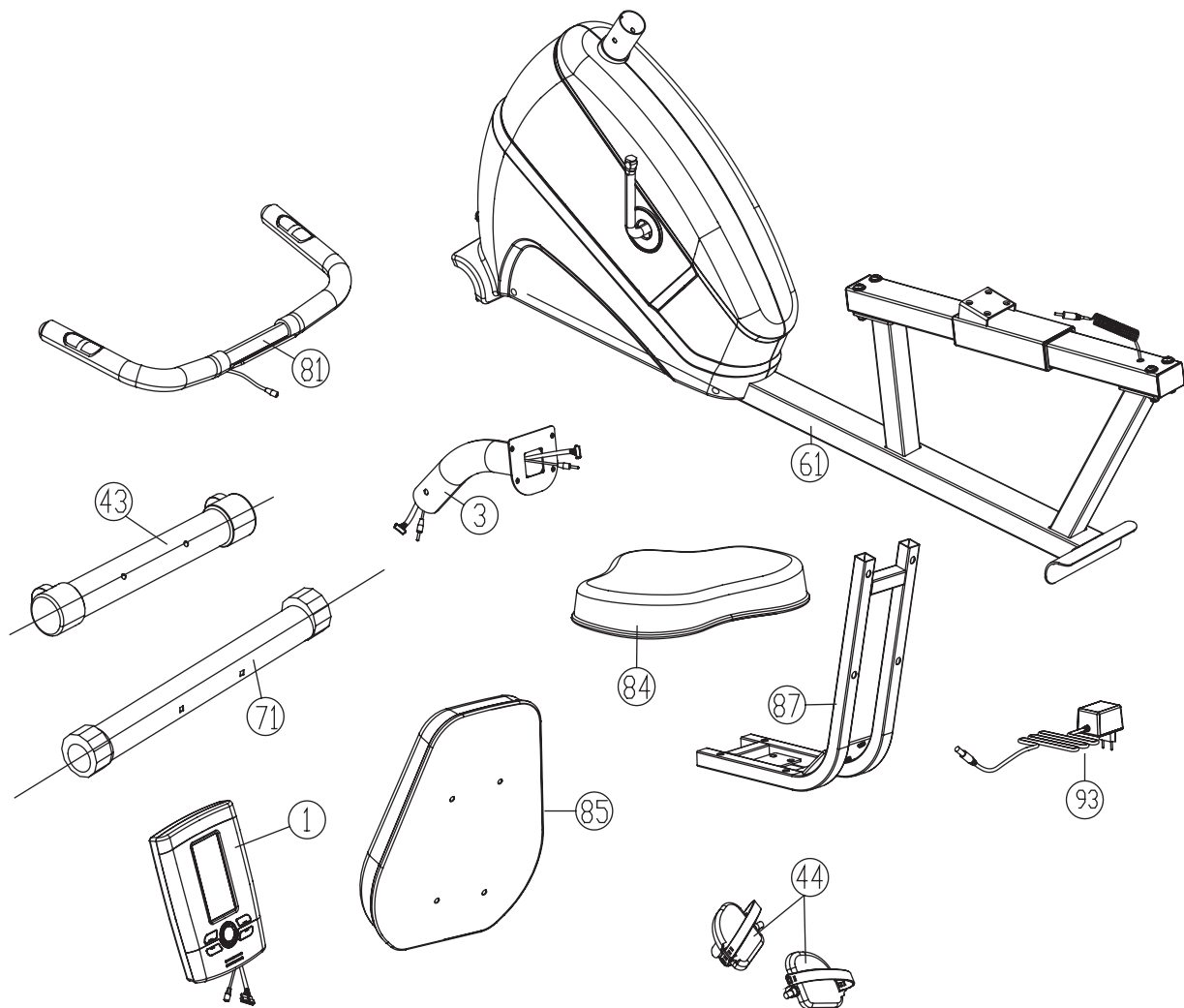
Power Requirements:	6V 1.0A
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HARDWARE LIST



NO	Description	Q'ty	NO	Description	Q'ty
41	Allen Bolt M8*75mm	2	82	Washer Ø8	8
42	Half Round Washer Ø8	4	83	Allen Bolt M8*38mm	8
72	Carriage Bolts M8*75mm	2	94	HARPOON SPANNER	1
73	M8 Carriage Bolt	2	95	HEX SPANNER	1

ASSEMBLY COMPONENTS



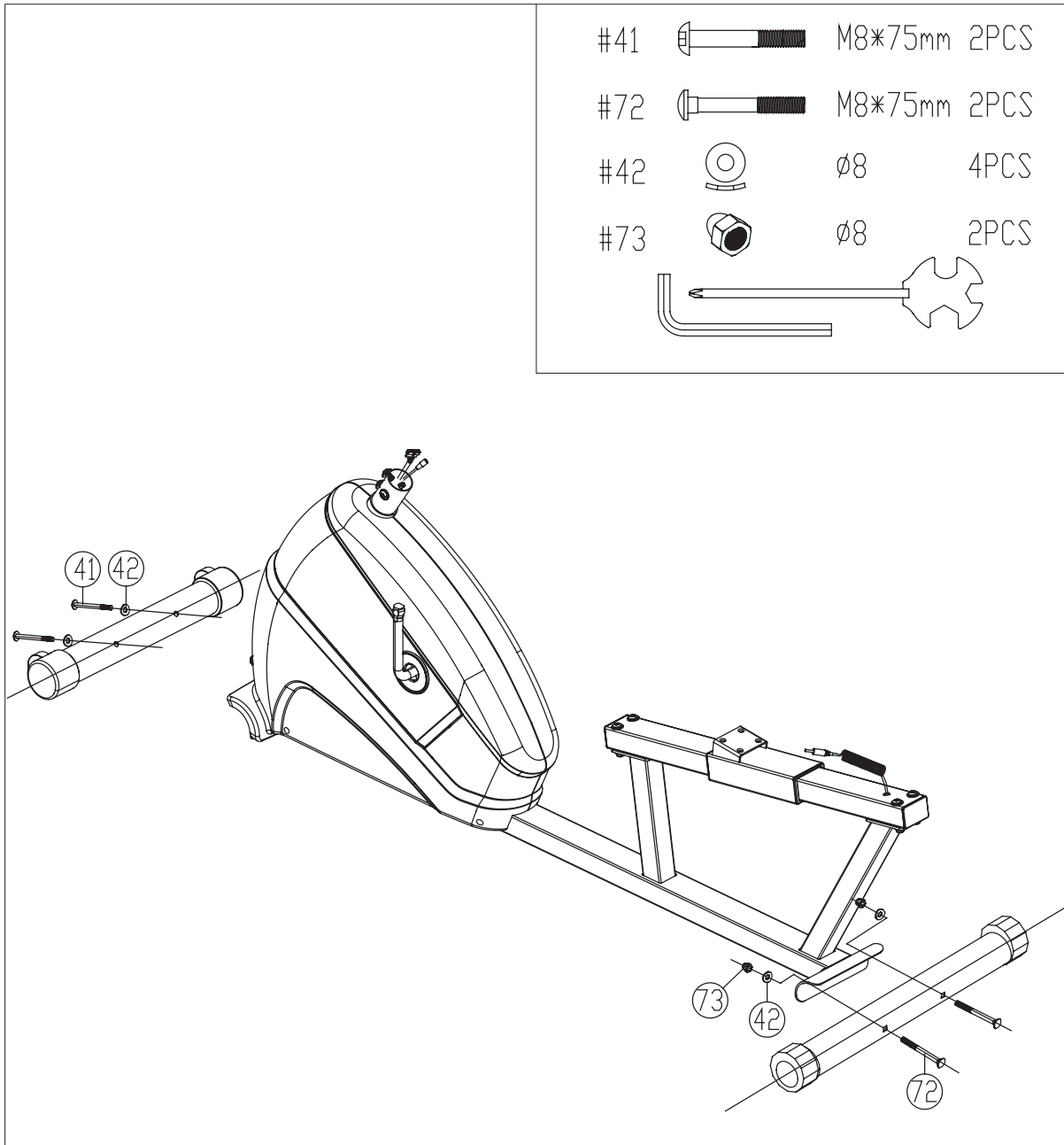
NO	Description	Q'ty	NO	Description	Q'ty
1	COMPUTER	1	81	SEAT ARMREST	1
3	FRONT POST	1	84	SEAT	1
43	FRONT STABILISER	1	85	BACK REST	1
44	PEDAL	2	87	SEAT SUPPORT FRAME	1
61	FRAME	1	93	ADAPTOR	1
71	REAR STABILISER	1		TOOL	1

Tools Required For Assembling the Machine:

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

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

ASSEMBLY INSTRUCTIONS

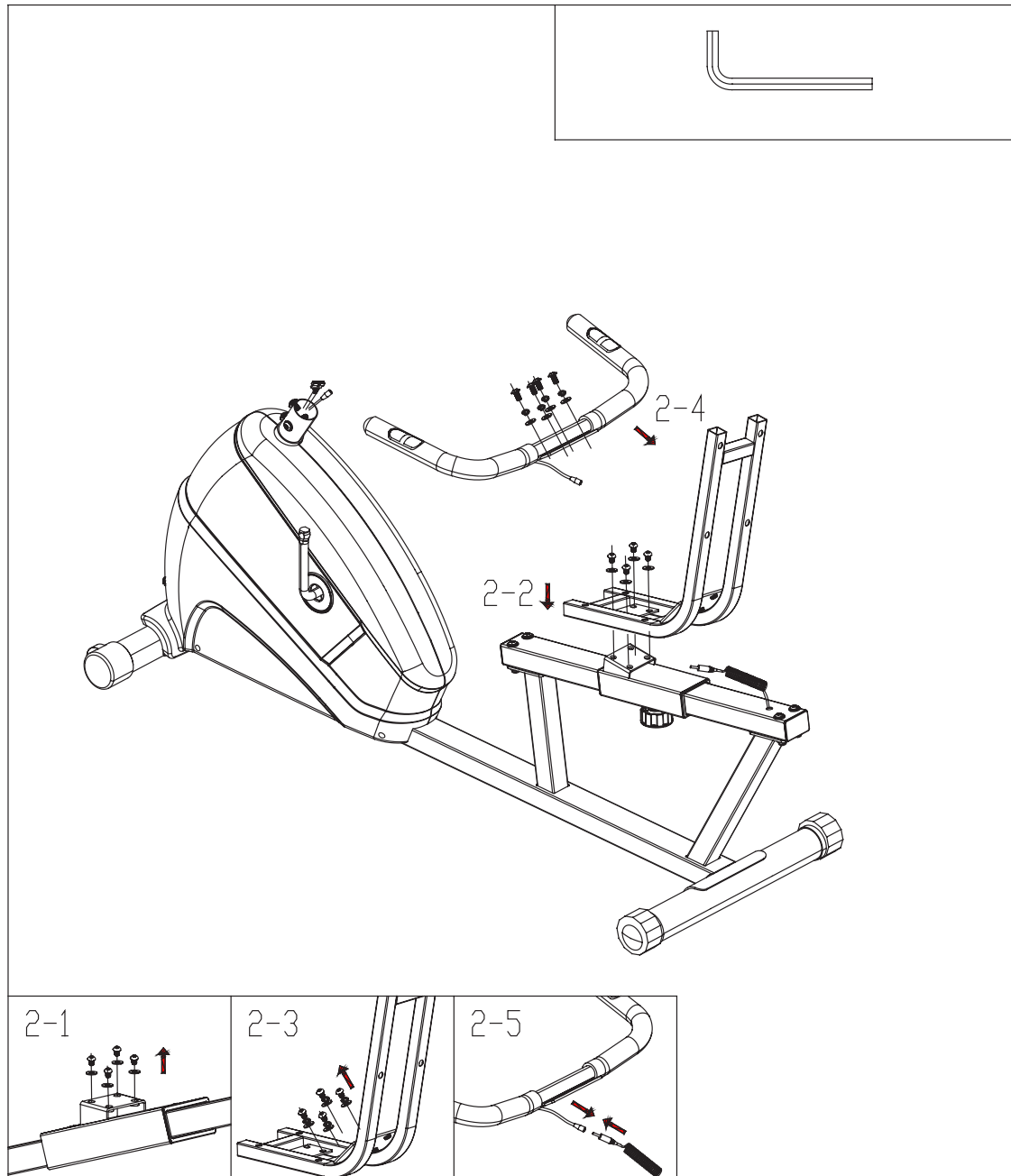


STEP 1

Do not tighten Bolts until instructed to do so.

- Attach the Front Stabiliser (#43) to the Main Frame (#61). Secure it with 2 X M8x75 Bolts (#41), 2 x Half Round Washers (#42), and 2 x M8 Bolts (#73).
- Attach the Rear Stabiliser (#71) to the Main frame (#61) using 2 X M8x75 Bolts (#72), 2 x Half Round Washers (#42), and 2 x M8 Bolts (#73).

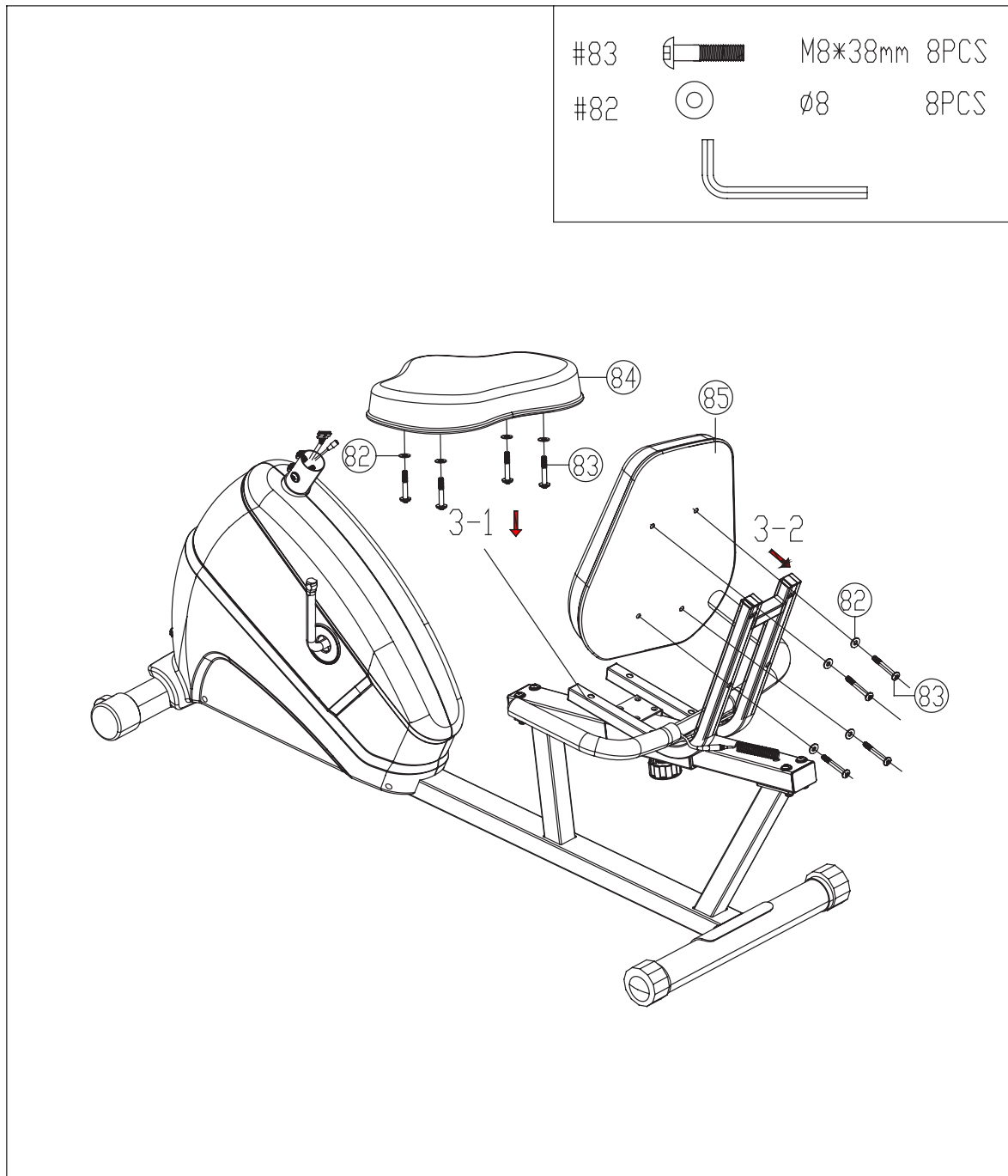
ASSEMBLY INSTRUCTIONS



STEP 2

- Attach the Seat Support Frame (#87) to the Rear Stabiliser (#71) using 4 Screws and 4 Washers as demonstrated in the diagram above.
- Then connect the Seat Arm Rest (#81) using 4 Bolts and 4 Washers which are pre-assembled in the Seat Arm Rest (#81).

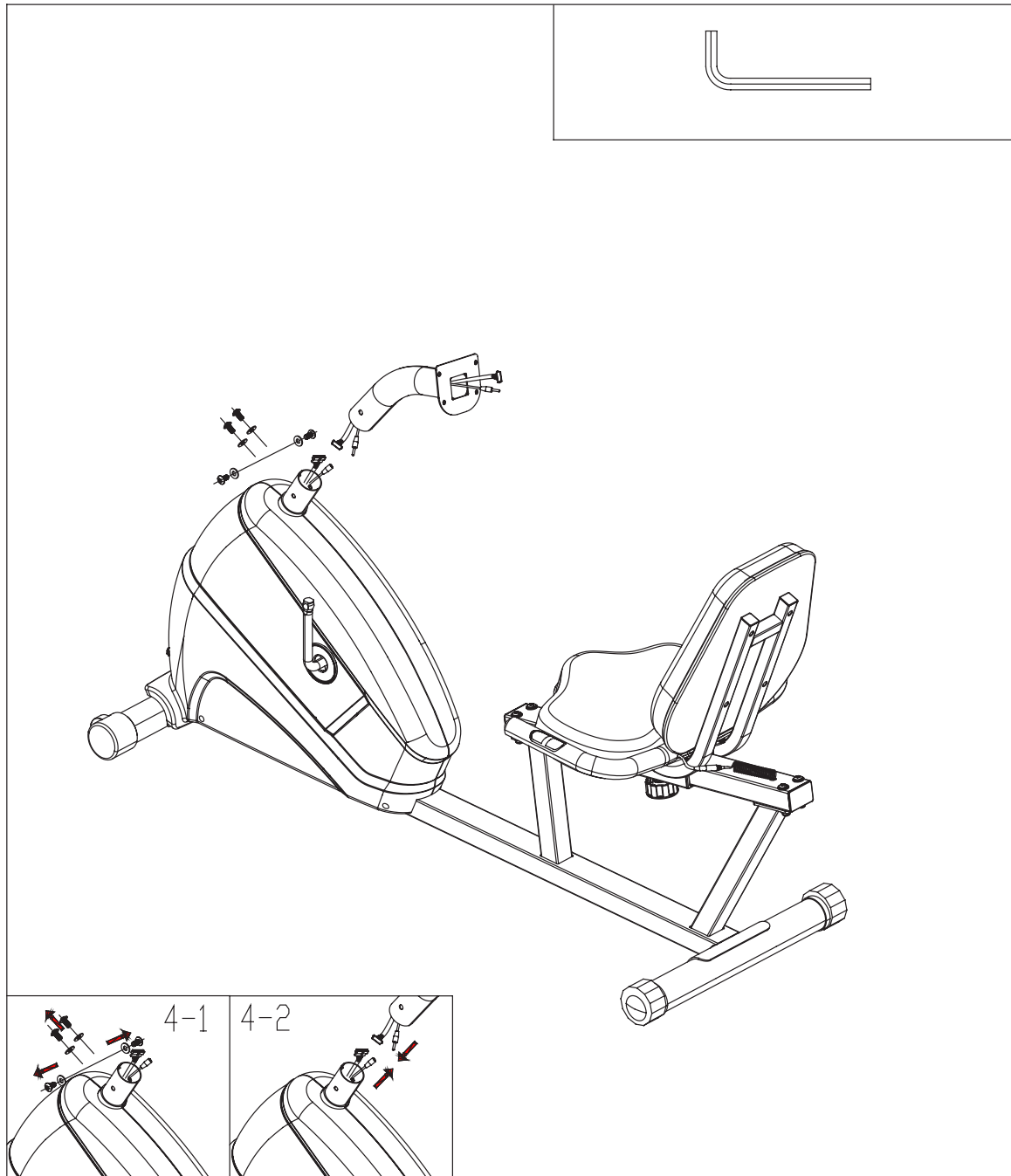
ASSEMBLY INSTRUCTIONS



STEP 3

- Attach the Back Rest (#85) to the Seat Support Frame (#87) using 4 x M8 Bolts (#83) and 4 x Washers (#82).
- Attach the Seat (#84) to the Seat Support Frame (#87). Secure using 4 x M8 Bolts (#83) and 4 x Washers.

ASSEMBLY INSTRUCTIONS

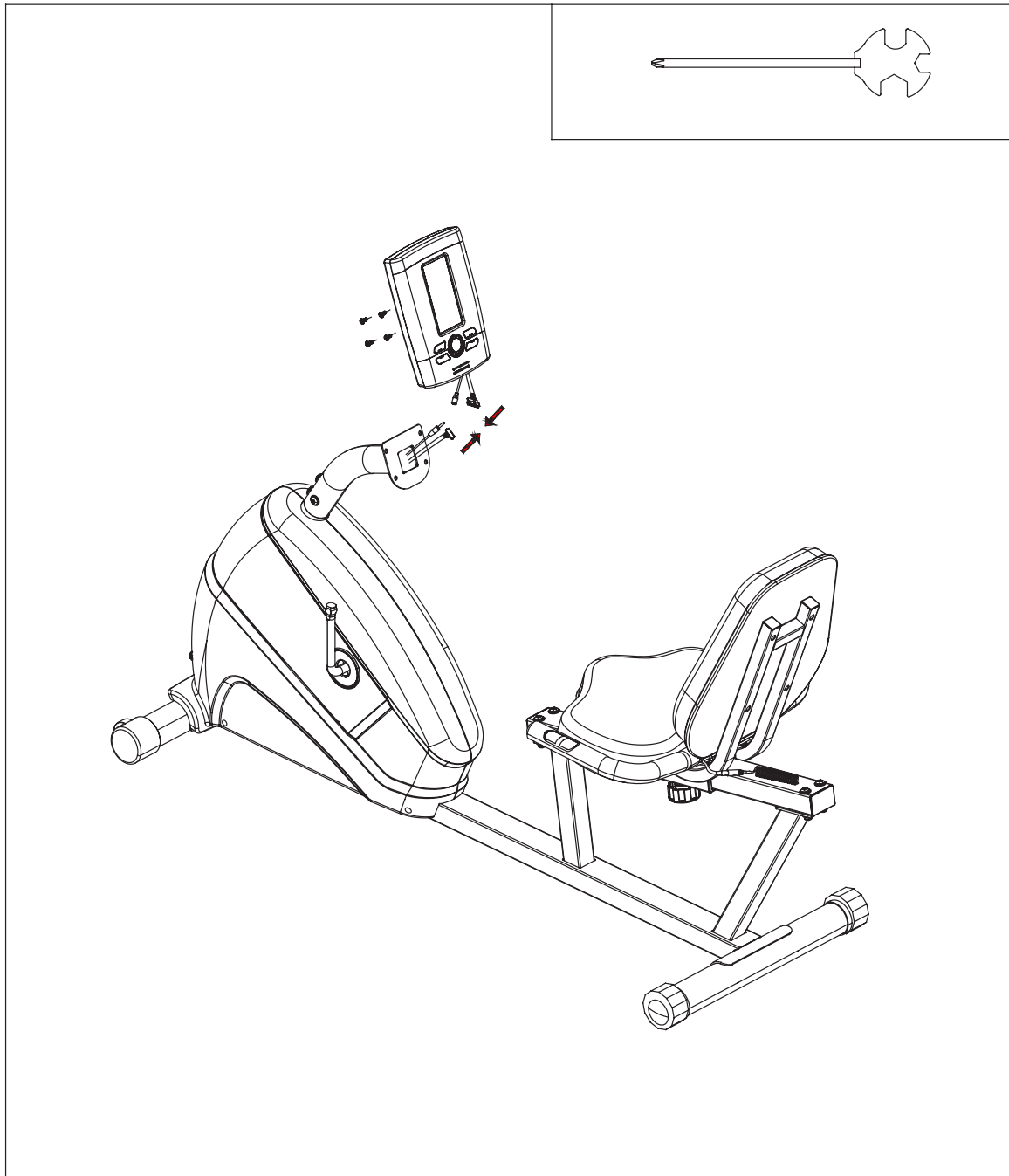


STEP 4

Note: Extra help may be needed to hold the Front Post (#4) while connecting the computer wires, sensor wires, and tension cables.

- Connect the Main Frame Cables to the Front Post Cables as shown in the diagram above.
- Secure the Front Post (#3) to the Main Frame (#61) using 4 Bolts and 4 Washers which are pre-assembled in the Front Post.

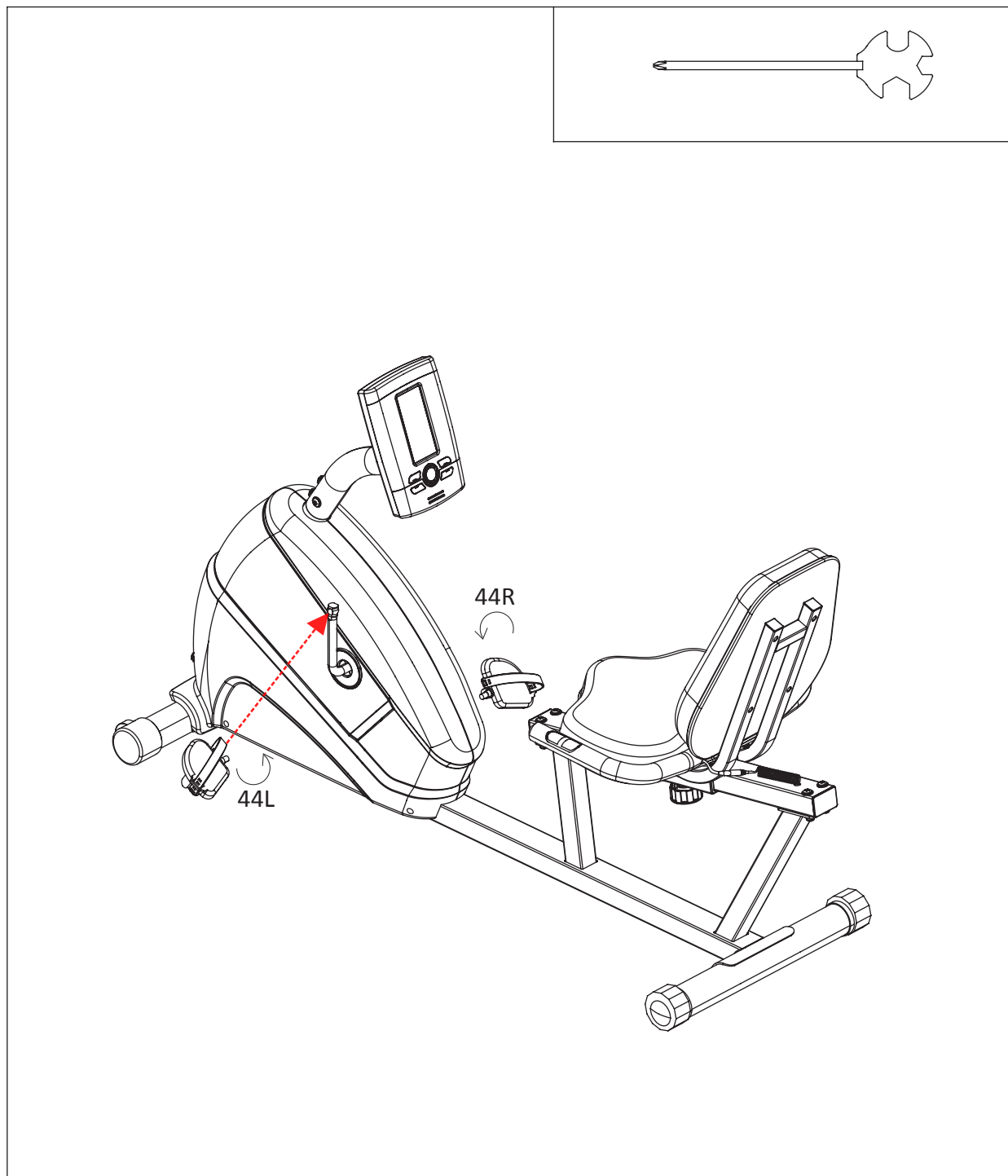
ASSEMBLY INSTRUCTIONS



STEP 5

- Connect the Upper sensor wire from Front Post to the Sensor Wire from the Computer (#1).
- Connect the Upper computer wire from Front Post to the Computer Wire from the Computer.
- Attach the Computer (#1) to the Front Post (#4). Secure it with 4 Screws which are pre-assembled on Computer.

ASSEMBLY INSTRUCTIONS



STEP 6

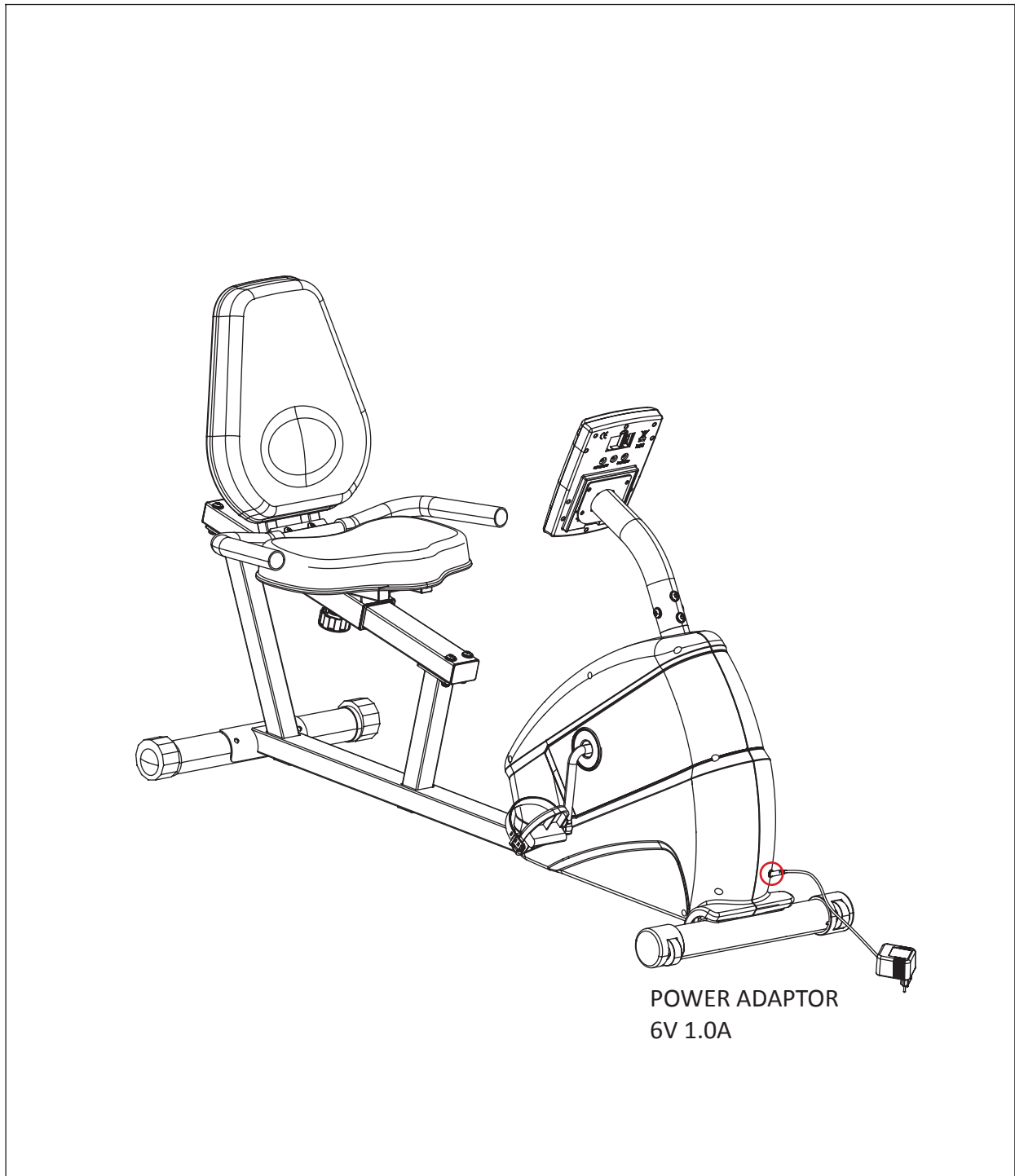
- Thread the left Pedal (#44L) counterclockwise into the left Crank.
- Thread the Right Pedal (#44R) clockwise into the Crank on the other side. Refer to diagram above.

ASSEMBLY INSTRUCTIONS

CONGRATULATIONS

Assembly of your **Elite Venture 3 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

Having your bike seat adjusted to the right height is essential for a comfortable ride, efficient pedalling and avoiding injury. There are 2 adjustments located on the seat post. The first is a vertical height adjustment, the second is for horizontal seat position. Although there are many methods and opinions on the optimal saddle setting, the following is a quick and easy method to get started. Further adjustments can be made afterwards to optimise your position and comfort.

Saddle Height Adjustment

Place your heels on the bike pedals and pedal backward. Your legs should be fully extended with your knees straight. If your hips rock from side to side while pedalling backward, the seat is too high. Place the ball of your foot on the pedal. There should now be a slight bend in your knee when the pedal is at its lowest point. This is a good starting point. Refer to examples below.



Pic 1



Pic 2

Seat Adjustment

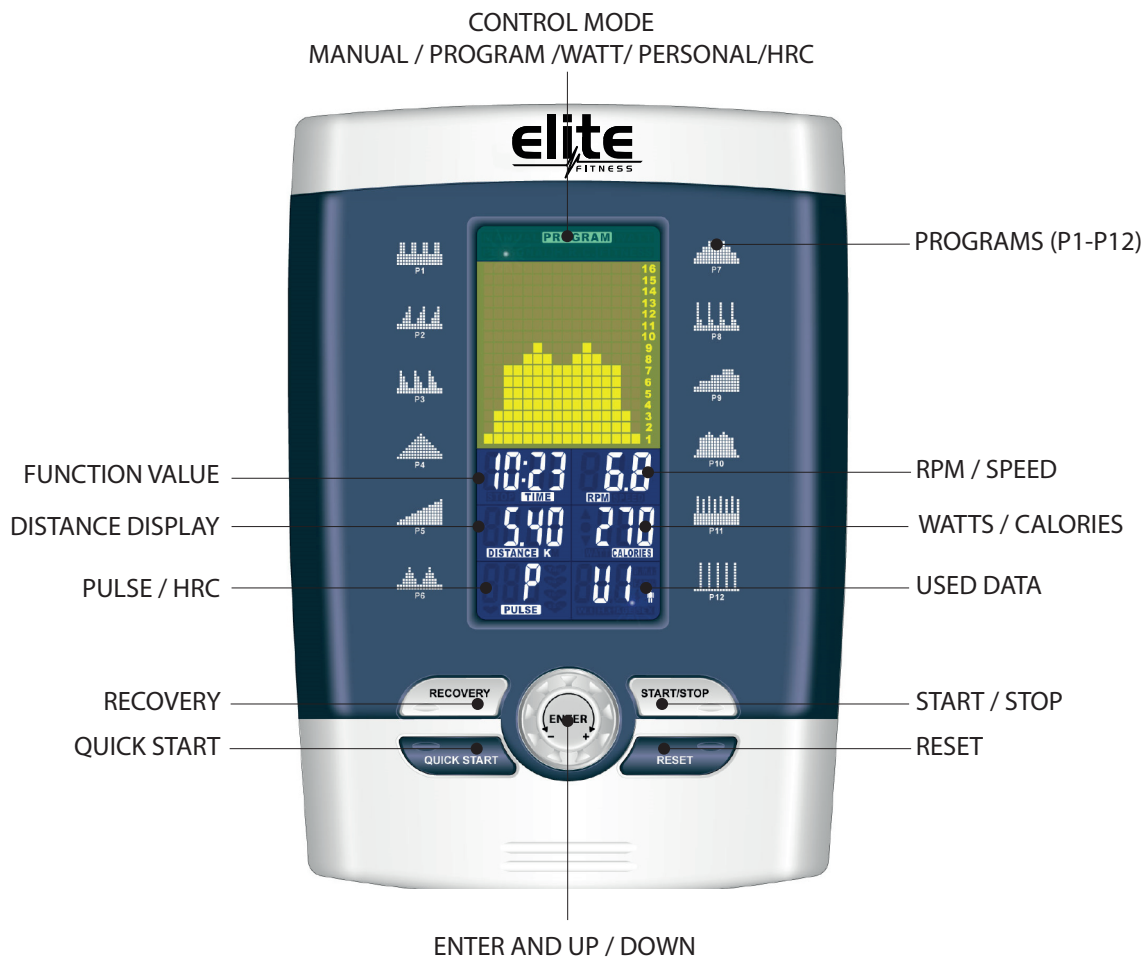
Ensuring you have the most comfortable riding position whilst minimising joint strain is important. Adjusting your seat is simple and can normally be done without needing to get off the bike.

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

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

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

USER INSTRUCTIONS



SCAN	: Alternates between WATTS/CALORIES and RPM/SPEED. 6 seconds per display.
RPM	: 0-15-999
SPEED	: 0.0-99.9 km/h
TIME	: 0:00-99:59.
DISTANCE	: 0.00-99.99 km
CALORIES	: 0-999.
FITNESS OPTION	F1- F5
HEART SYMBOL	: ON / OFF flashes
MANUAL	: 1-16 level
PROGRAM	: P1-P12
WATTS CONSTANT	: 10~350

USER INSTRUCTIONS

PRE-SET USER:

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

SELECT

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

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

EXECUTE

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

Execute selected control mode.

PRE-SET

TIME/DISTANCE/CALORIES/WATTS/HEART RATE

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

PRESS ENTER/UP/DOWN/START/PAUSE

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

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

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

TEST RECOVERY

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

FUNCTION DESCRIPTION

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

USER INSTRUCTIONS

seconds, this mode function will be stopped. After finished this FITNESS function, please refer below FITNESS table.

Note:

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

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

USER INSTRUCTIONS

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

55% -- DIET PROGRAM

75% -- HEALTH PROGRAM

90% -- SPORTS PROGRAM

TARGET—USER SET TARGET HEART RATE

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

OPERATION

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

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

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

KEY FUNCTIONS

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

COMPUTER



AUTO START / STOP

When exercise starts, the monitor will automatically turn on and display the progress. When exercise stops, the monitor will automatically turn off after 8 minutes to save energy. Press “MODE” key, will automatically scan Time, Speed, Distance, Calories, and ODO for every 4 seconds.

DISPLAY:

- Time Display the elapsed time. Max value is up to 99:59
- Speed Display the current speed in miles per hour.
- Distance Display the distance traveled in Miles. Max value is 99.99 miles.
- Calories Display the calorie consumption in cal.
- (ODO) Odometer Display the accumulation of distance from previous and current exercises. Max value is 9999 miles.

PULSE:

Press MODE button until “PULSE” appears. Before measuring your pulse rate, please place your palms of your hands on Both of your contact pads and the monitor will show your current heart beat rate in beats per minute (BPM) on the LCD after 6~7 seconds.

Note: Contact Heart rate sensors are for reference only and may provide inaccurate readings as they are not medically certified devices. If you require accurate heart rate readings for the purpose of training or a medical condition, please consult your Elite Fitness Sales Professional for further advice

Note: Please note all values on this computer are approximate and they are for comparison purpose only. Do not use these values for any medical or rehabilitation purpose.

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.

eg:

DATE	HOURS	DISTANCE	FRAME		SERVICE COMMENTS
			<i>Cleaned</i>	<i>Seat / Pedals</i>	
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 commerical use.

— 10 Year Frame

— 1 Year Parts and Labour

— *The following conditions are not under warranty range:*

- A) As a result of abuse, neglect, accident, or unauthorized modification;
- B) The damage due to incorrect adjustment of the machine.

Repair and Maintenance Service

Please contact our Elite Fitness Service Department at eliteservice@elitefitness.co.nz or visit www.elitefitness.co.nz for any service related issues or advice on preventative maintenance servicing procedures.

WARM-UP EXERCISE

Warm up exercise is important in preparing the muscles for activity whilst minimising the risk of injury. You may choose to warm up with a light/brisk walking pace for 5-10 minutes before stopping and performing some simple stretches. (As shown in the pictures below)

— Hamstring Stretch (Standing)

Keep your knees slightly bent and slowly lean forward, back and shoulders relaxed, reaching towards your toes. You should feel the tension and slight discomfort in your hamstring muscles. Hold for 15-20 seconds. Repeat 2-3 times.

— Hamstrings Stretches (Seated)

Sitting on the floor preferably on a mat, put one leg straight, the other inward and close to the inside of the straight leg. Lean forward from the hips, reaching towards your toes. Hold for 10-15 seconds, and relax. Repeat 3 times for each leg (See picture 2).

— Crus and Feet Tendon Stretches

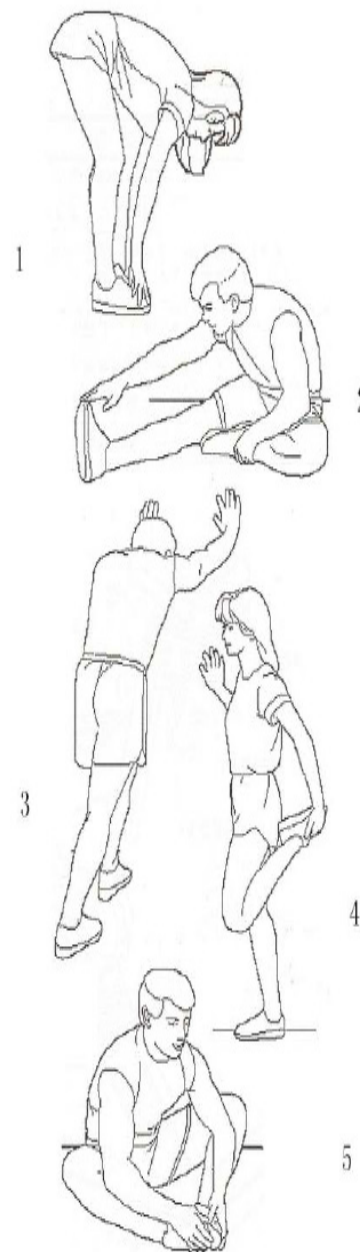
Standing with two hands on the wall or tree, one leg behind. Keeping your legs straight and the heel on the ground, lean forward towards the wall or tree. Hold for 10-15 seconds, and relax. Repeat 3 times for each leg (See picture 3).

— Quadriceps Stretches

Keeping your balance with your left hand holding onto a wall or stationery fixture, grasp your right foot with your right hand and stretch your right heel toward your buttocks slowly, until you feel the stretch in the front of your thigh. Hold for 10-15 seconds, and relax. Repeat 3 times for each leg (See picture 4).

— Sartorius (Inner Muscles of the Thigh) Muscle Stretches

Sitting down with the soles of your feet or shoes together and your knees positioned outward. Pull your feet towards your groin until you can feel the stretch. Hold for 10-15 seconds, and relax. Repeat 3 times (See picture 5).



TRAINING STAGES

		Exercise Zone									
		AGE									
Beats Per Minute	100%	200	195	190	185	180	175	170	165	155	150
	VO2 Max (Maximum Effort)										
	90%	180	176	171	167	162	158	153	149	140	135
	Anaerobic (Hardcore Training)										
	80%	160	156	152	148	144	140	136	132	124	120
	Aerobic (Cardio Training/Endurance)										
	70%	140	137	133	130	126	123	119	116	109	105
	Weight Control (Fitness/Fat Burn)										
	60%	120	117	114	111	108	105	102	99	93	90
	Moderate Activity (Maintenance/Warm up)										
50%	100	98	95	93	90	88	85	83	78	75	

Cardiovascular training plays an important part in maintaining a healthy heart and lung function, so it's no surprise we should be paying attention to how quickly our heart beats during exercise. The chart above outlines a range of heart rate training zones determined by the individual's age and workout goals to ensure you train safely and effectively.

Heart Rate can be measured by using the radial (wrist) or carotid (neck) pulse using your index and middle fingers, counting the beats for 10 seconds and multiplying by 6. Alternatively, the use of a Wireless Telemetry Heart Rate strap and watch will give you an accurate Beats Per Minute (BPM) reading.

$220 - \text{AGE} = \text{TMHR}$ (Theoretical Maximum Heart Rate)

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

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

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

Example: $220 - 39 = 181 \text{ BPM}$

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

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

PARTS LIST

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

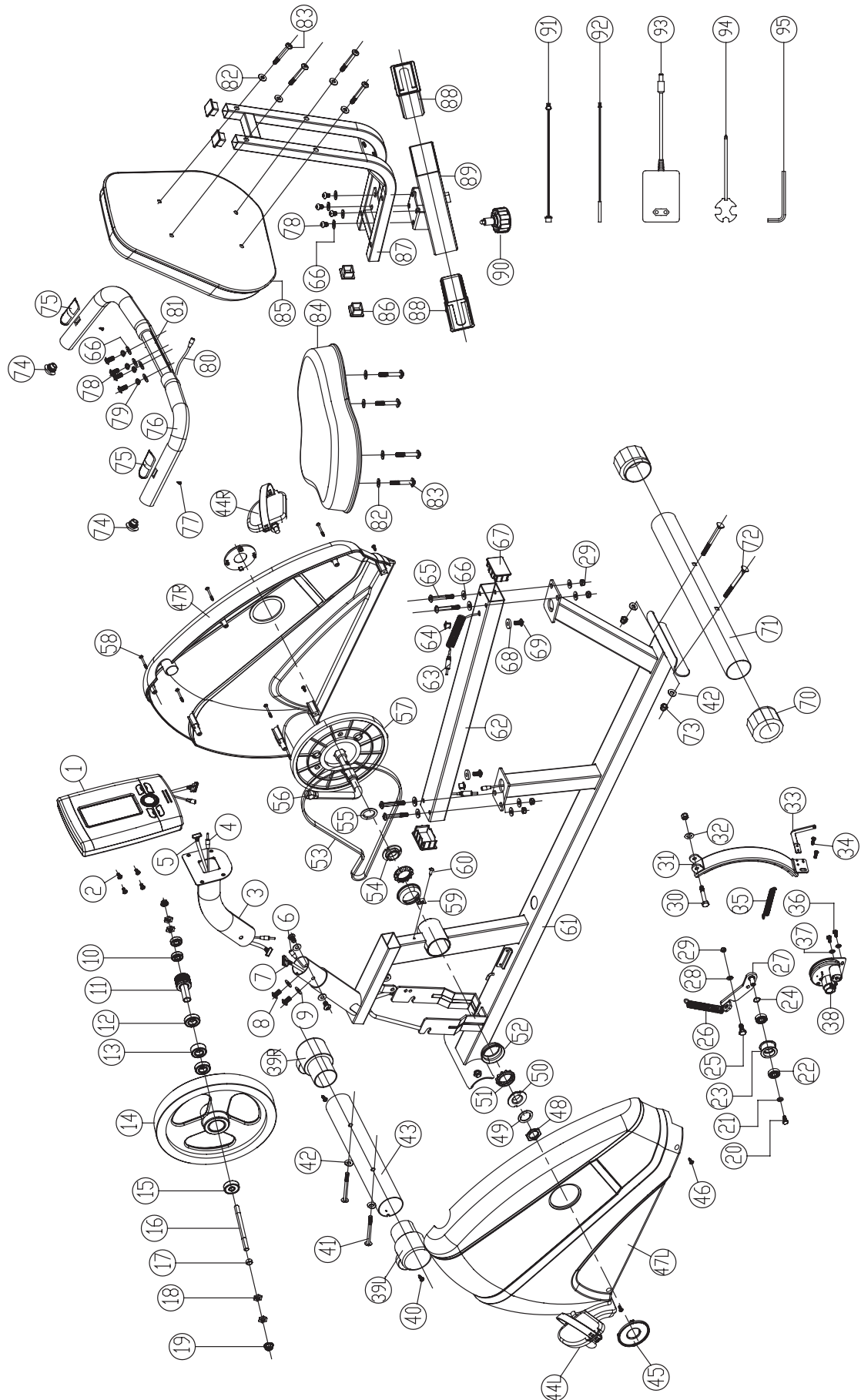
PART NO.	DESCRIPTION	Q'TY	PART NO.	DESCRIPTION	Q'TY
1	COMPUTER	1	35	SPRING Φ	1
2	SCREW M5*10mm	4	36	SCREW M5*12mm	2
3	FRONT POST	1	37	WASHER $\Phi 5 * \Phi 12 * 1 \text{mm}$	2
4	CABLE	1	38	MOTOR	1
5	CABLE	1	39	TRANSPORTATION WHEEL	1
6	CABLE	1	40	SCREW ST2.9*8mm	2
7	CABLE	1	41	SCREW M8*75mm	2
8	SCREW M8*16mm	4	42	Half Round Washer $\Phi 8$	4
9	Half Round Washer $\Phi 8 * \Phi 19 * 2 \text{mm}$	4	43	FRONT STABILIZER	1
10	BEARING 6900	2	44	PEDAL (L/R)	1
11	SMALL BELT PULLY $\Phi 30$	1	45	CRANK COVER	2
12	BEARING 6003	2	46	SCREW 3/16" * 3/4"	4
13	ONEWAY BEARING	1	47	CHAIN COVER	1
14	FLYWHEEL $\Phi 260 * 6 \text{KG}$	1	48	NUT 7/8"	1
15	BEARING 6300	1	49	WASHER 35*23*2T	1
16	AXIS FOR FLYWHEEL 3/8"-26*131mm	1	50	LEFT TOOTH PLUG 7/8"	1
17	PLASTIC SLEEVE 9mm	8	51	BEAD GROOVE 5/16"	2
18	NUT 3/8"-26*3.8mm	4	52	BIG BOWL 51.5*46.2*16.2	2
19	NUT FOR FLYWHEEL 3/8"-26*7mm	2	53	BELT 380	1
20	SCREW M6*10mm	1	54	RIGHT TOOTH PLUG 7/8"	1
21	WASHER $\Phi 6.5 * \Phi 13 * 2 \text{mm}$	1	55	WASHER $\Phi 37.5$	1
22	BEARING 6000	2	56	CRANK 190	1
23	IDLE WHEEL	1	57	BELT PULLY 232	1
24	WAVY WASHER $\Phi 10$	1	58	SCREW ST3.9*50	5
25	SCREW M8*20mm	1	59	FIXED MOUNT	1
26	SPRING $\Phi 16$	1	60	SCREW ST4.2*16	1
27	IDLE BAR	1	61	MAIN FRAME	1
28	WASHER $\Phi 8 * \Phi 22 * 1 \text{mm}$	1	62	SLIDE TUBE	1
29	NUT WITH NYLON M8	1	63	WIRE	1
30	SCREW M8*55mm	1	64	CABLE END PLUG	3
31	MAGNETIC SET	1	65	SCREW M8*55	4
32	WASHER $\Phi 8^*$	1	66	WASHER $\Phi 8$	8
33	HOLDER	1	67	END CUP 40*60	2
34	SCREW M5	2	68	PLASTIC GASKET $\Phi 8 * \Phi 25$	2

PARTS LIST

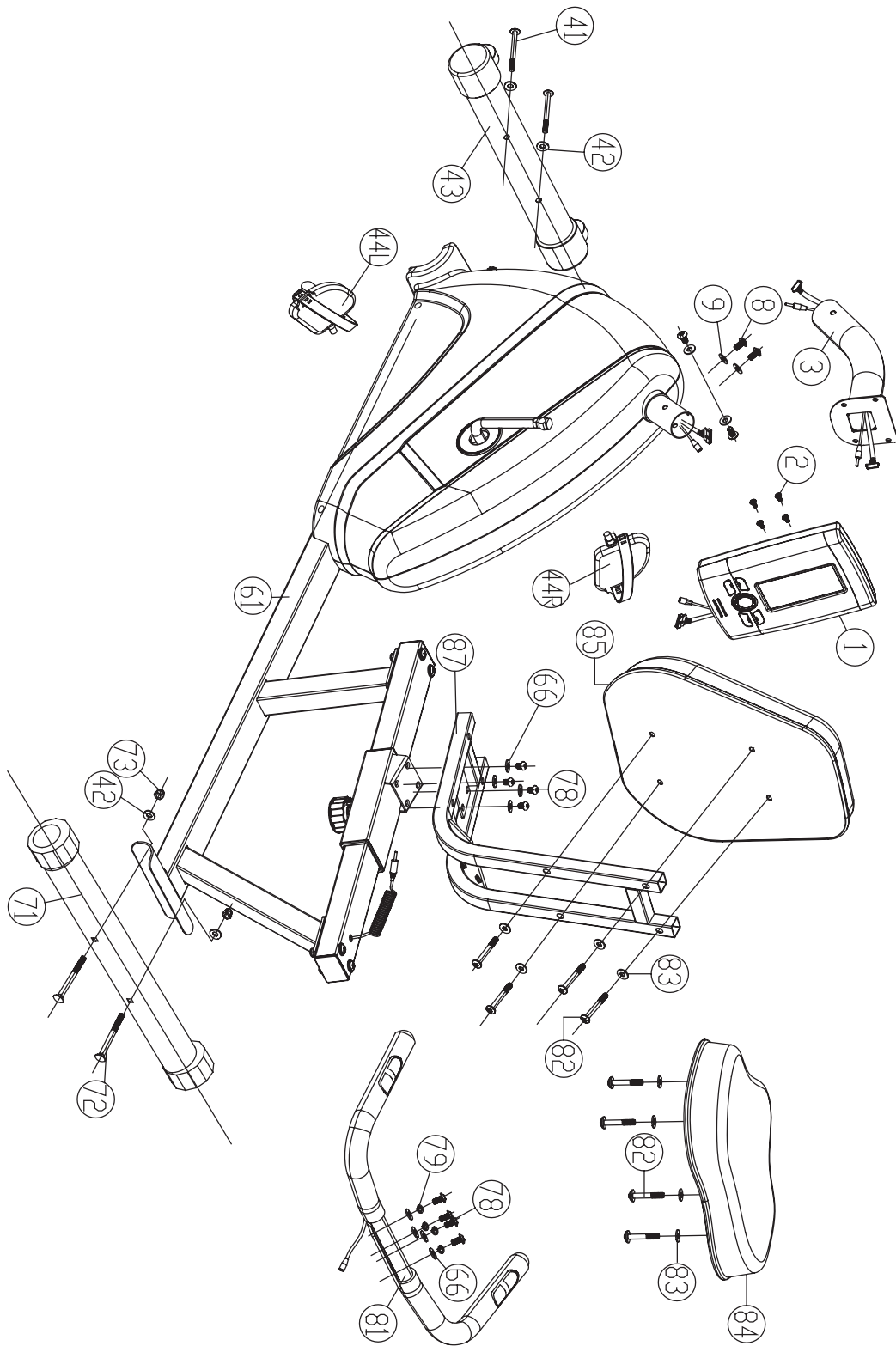
PART NO.	DESCRIPTION	Q'TY
69	SCREW M8*16	2
70	END CUP	2
71	REAR STABILISER	1
72	BOLT M8*75	2
73	BOLT M8	2
74	END CUP Ø25.4	1
75	HANDLE PULSE	2
76	FOAM	2
77	SCREW ST3.5*20	2
78	SCREW M8*16	8
79	SPRING WASHER	4
80	HANDLE WIRE	1
81	SEAT ARMREST	1
82	WASHER Ø8	8

PART NO.	DESCRIPTION	Q'TY
83	BOLT M8*38	8
84	SEAT	1
85	BACK REST	1
86	END CUP 25*25	4
87	SEAT SUPPORT FRAME	1
88	SLEEVE	2
89	SLIDE SEAT	1
90	KNOB	1
91	DC WIRE	1
92	WIRE	1
93	ADAPTOR	1
94	HARPOON SPANNER	1
95	HEX SPANNER	1

EXPLODED DRAWING



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