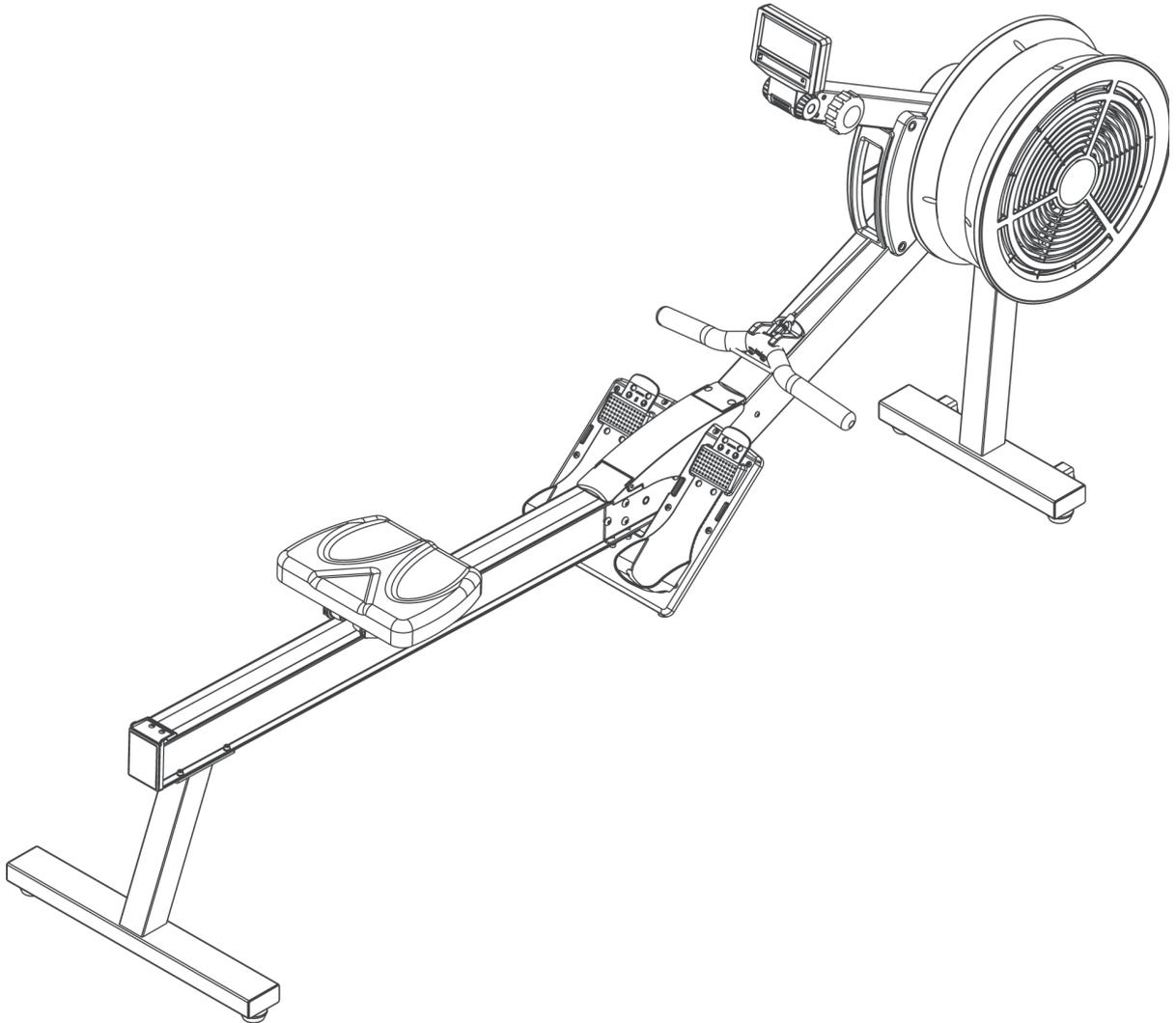




ASSEMBLY MANUAL >



WARRIOR

Record serial number

Elite Rowing Machine

Thank you for purchasing the **Elite Rowing machine**.

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 Rowing Machine**. Doing so will help to insure that you get the most out of your machine, enjoying a 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 243 834

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 or loss of life.

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

This exercise machine is built for optimum safety. However, certain precautions apply whenever you operate a piece of exercise equipment. Be sure 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.
- Keeps hands away from moving parts.
- Keep children and pets away from the machine at all time. 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.
- Not for therapeutic use.

WARNING: Before beginning any exercise program, 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 have to be changed immediately. During the time of repair the product must not be used by anybody.

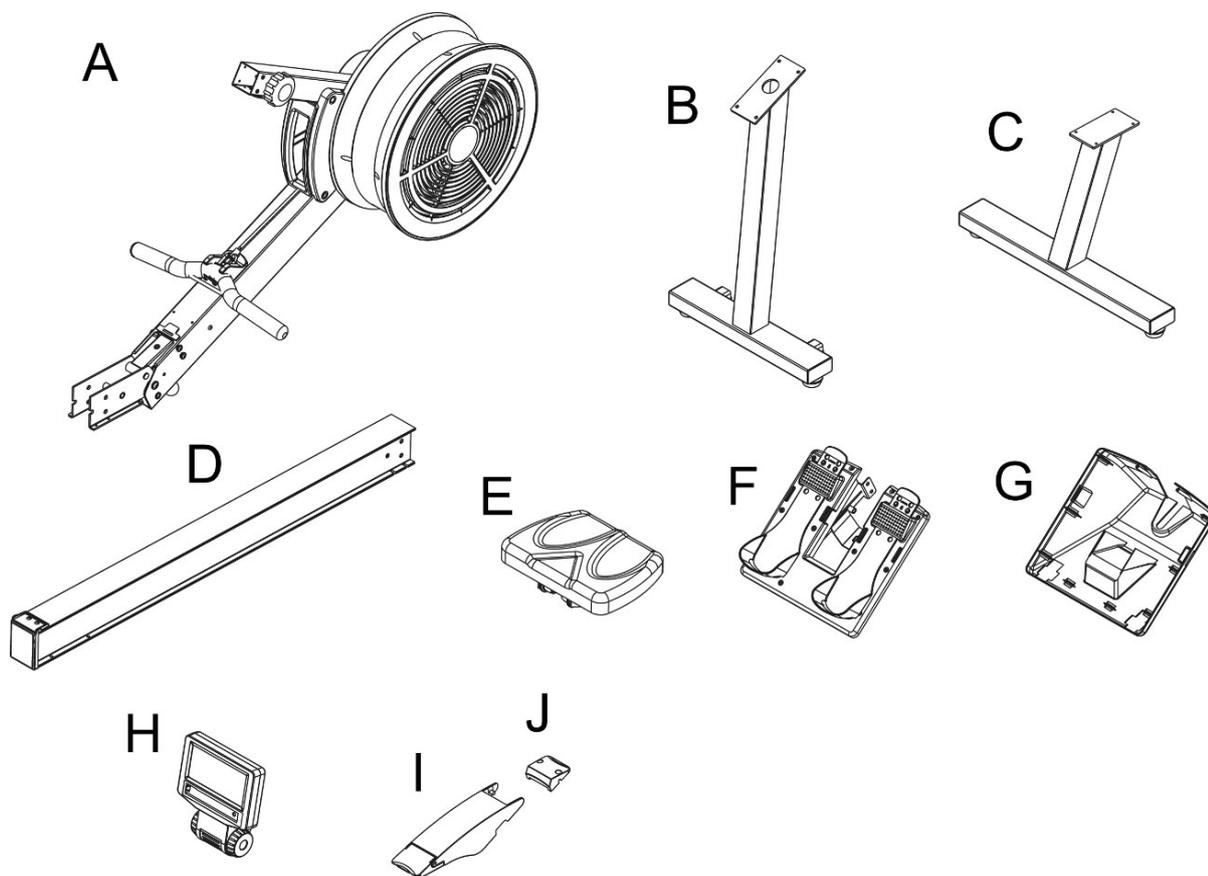
IMPORTANT HINTS:

- 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 136KGS.
- B) Parents should be aware of the risk factor of young children playing on fitness equipment unattended. Make sure that the children are instructed properly in the use of the product and in the controlled execution of the different exercise. Misuse of the product could result in serious injury

PRODUCT SPECIFICATIONS

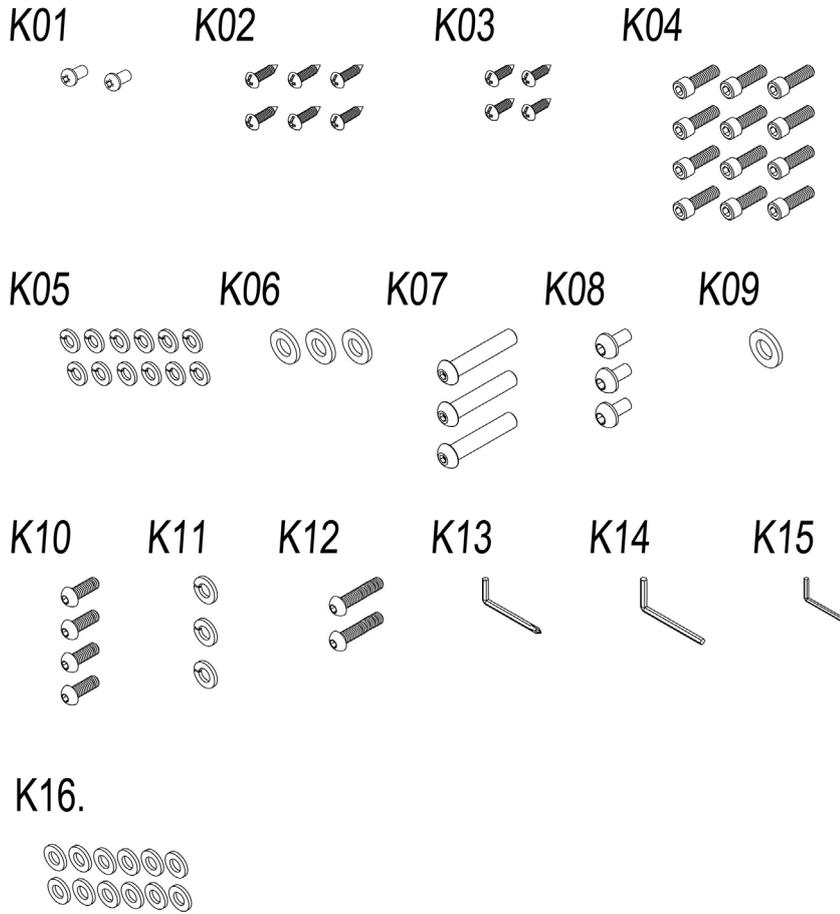
User Weight Capacity:	136kg
Dimensions:	246 x 125.5 x 65mm
Shipping Weight:	55.6kg
Net Weight:	46kg
Power Requirements	2 x D Cell Batteries

ASSEMBLY PARTS



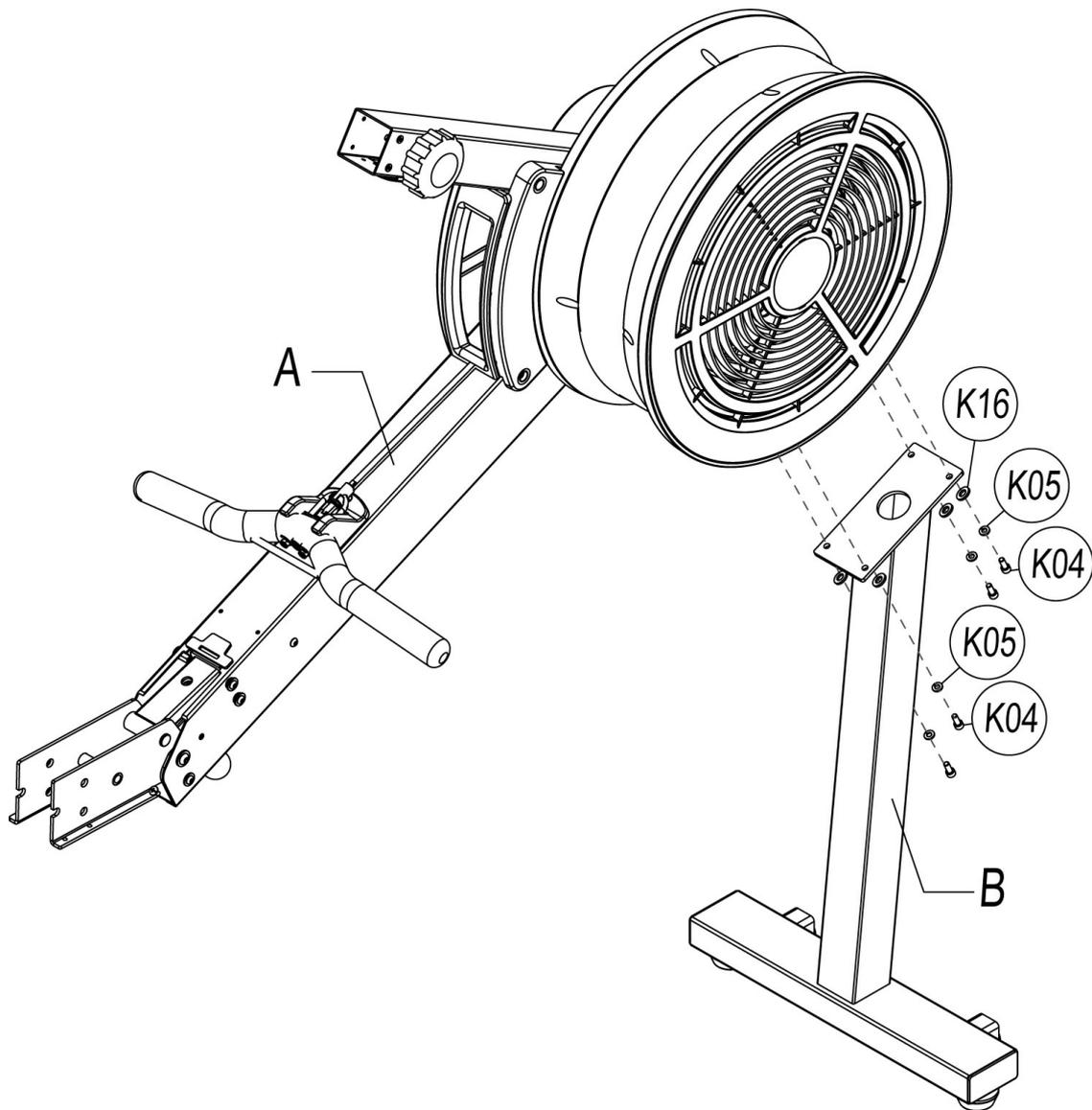
ITEM	DESCRIPTION	QTY
A	MAIN FRAME	1
B	FRONT SUPPORT FRAME	1
C	REAR SUPPORT FRAME	1
D	ALUMINUM TRACK	1
E	CUSHION	1
F	FOOT PAD SET	1
G	FOOT PAD COVER	1
H	ELECTRONIC SCALE SET	1
I	MOVABLE JOINT COVER	1
J	JOINT COVER	1

HARDWARE LIST



ITEM	DESCRIPTION	QTY
K01	ROUND HEAD PHILLIPS SCREWS M5XP0.8X10	2
K02	UMBRELLA HEAD CROSS SELF-TAPPING SCREW Φ 4X16	6
K03	UMBRELLA HEAD CROSS SELF-TAPPING SCREW Φ 4X12	4
K04	SOCKET HEAD INNER HEXAGON STEEL SCREW M6XP1.0X15	12
K05	SPRING WASHER M6	12
K06	WASHER Ψ 10X Ψ 20X3.0T	3
K07	BINDER POST & SCREW SET-PARENT END (M6XP1.0X63L)	3
K08	SLEEVE SCREW (M6,12MM)	3
K09	WASHER Ψ 6X Ψ 16X1.5T	4
K010	UMBRELLA HEAD INNER HEXAGON SCREW M6XP1.0X15	4
K011	SPRING WASHER M10	3
K012	UMBRELLA HEAD INNER HEXAGON SCREW M6XP1.0X70	2
K013	L-TYPE HEX WRENCH \square CROSSHEAD SCREWDRIVER	1
K014	L-TYPE HEX WRENCH 5MM	1
K015	L-TYPE HEX WRENCH 4MM	1
K016	WASHER Ψ 6X Ψ 13X2.0T	12

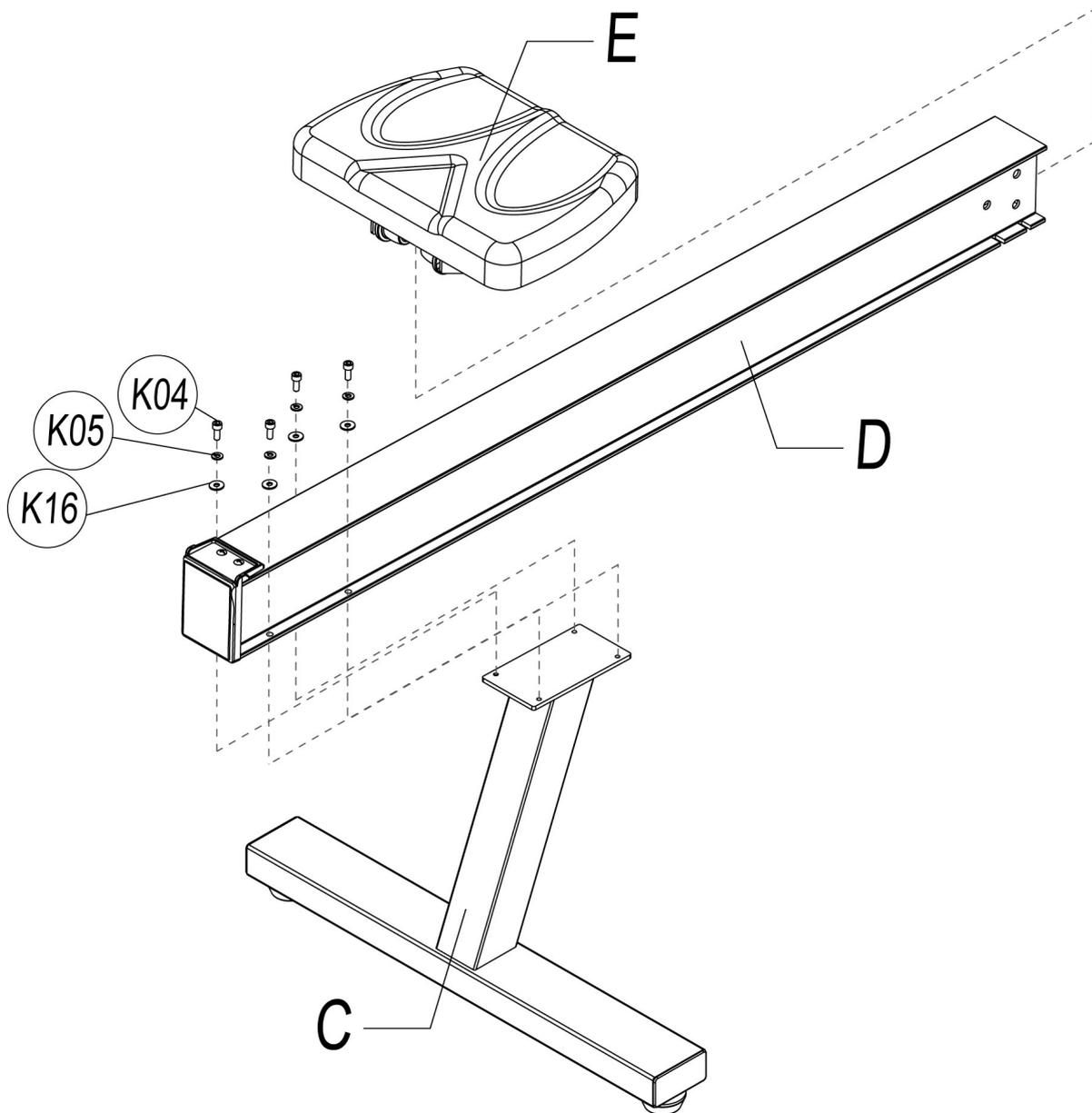
ASSEMBLY INSTRUCTIONS



STEP 1

- Use 4 x M6xP1.0X15 Socket Head Screw (K04), 4 x Spring Washer (K05) and 4 x Washer (K16) to bolt the Front Support Frame (B) to the Main Frame (A).

ASSEMBLY INSTRUCTIONS

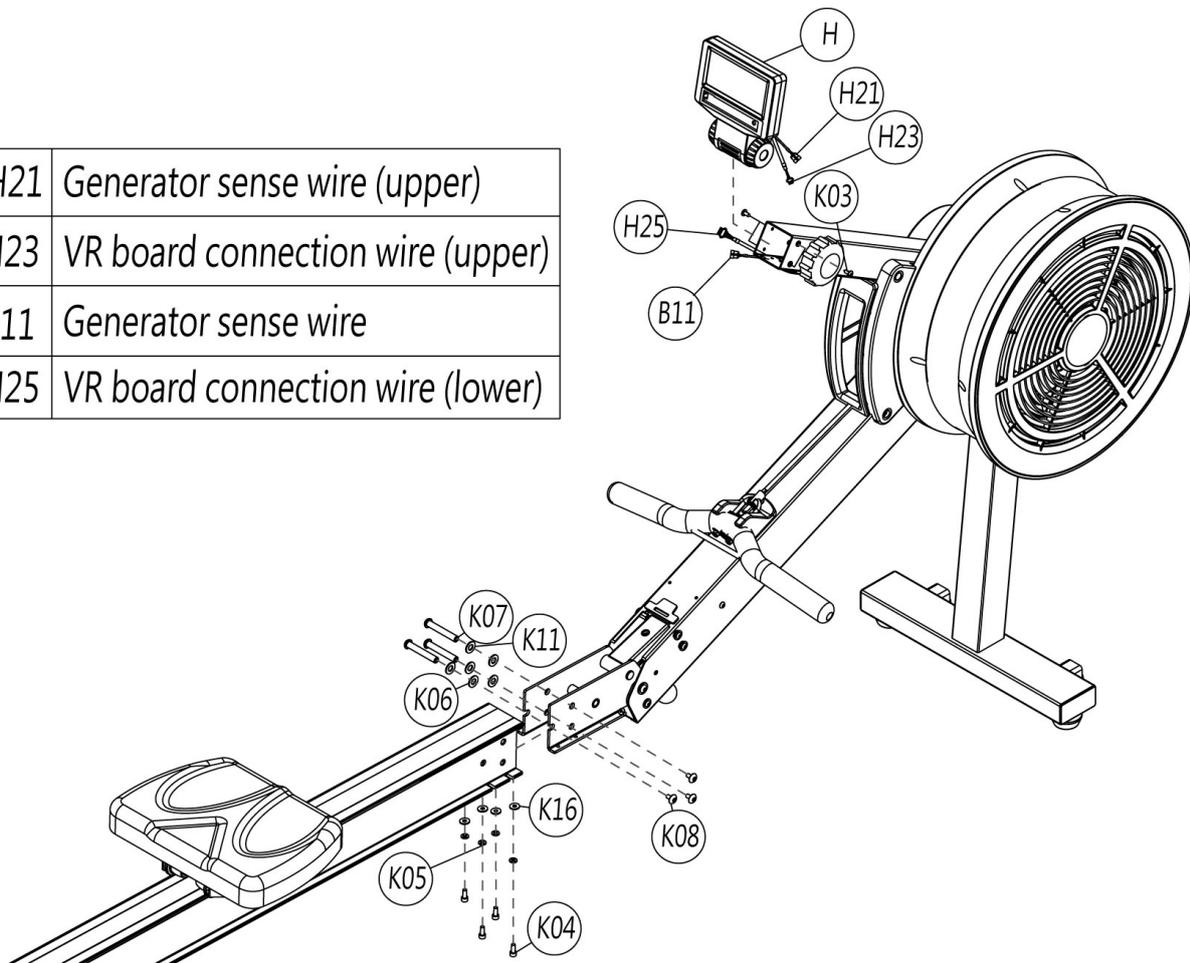


STEP 2

- Use 4 x M6xP1.0X15 Socket Head Screw (K04), 4 x Spring Washer (K05) and 4 x Washer (K16) to bolt the Rear Support Frame (C) to the Aluminum Track (D).
- Slide the seat pad (E) into the Aluminum Track (D) from the front end of the Aluminum Track as shown above. .

ASSEMBLY INSTRUCTIONS

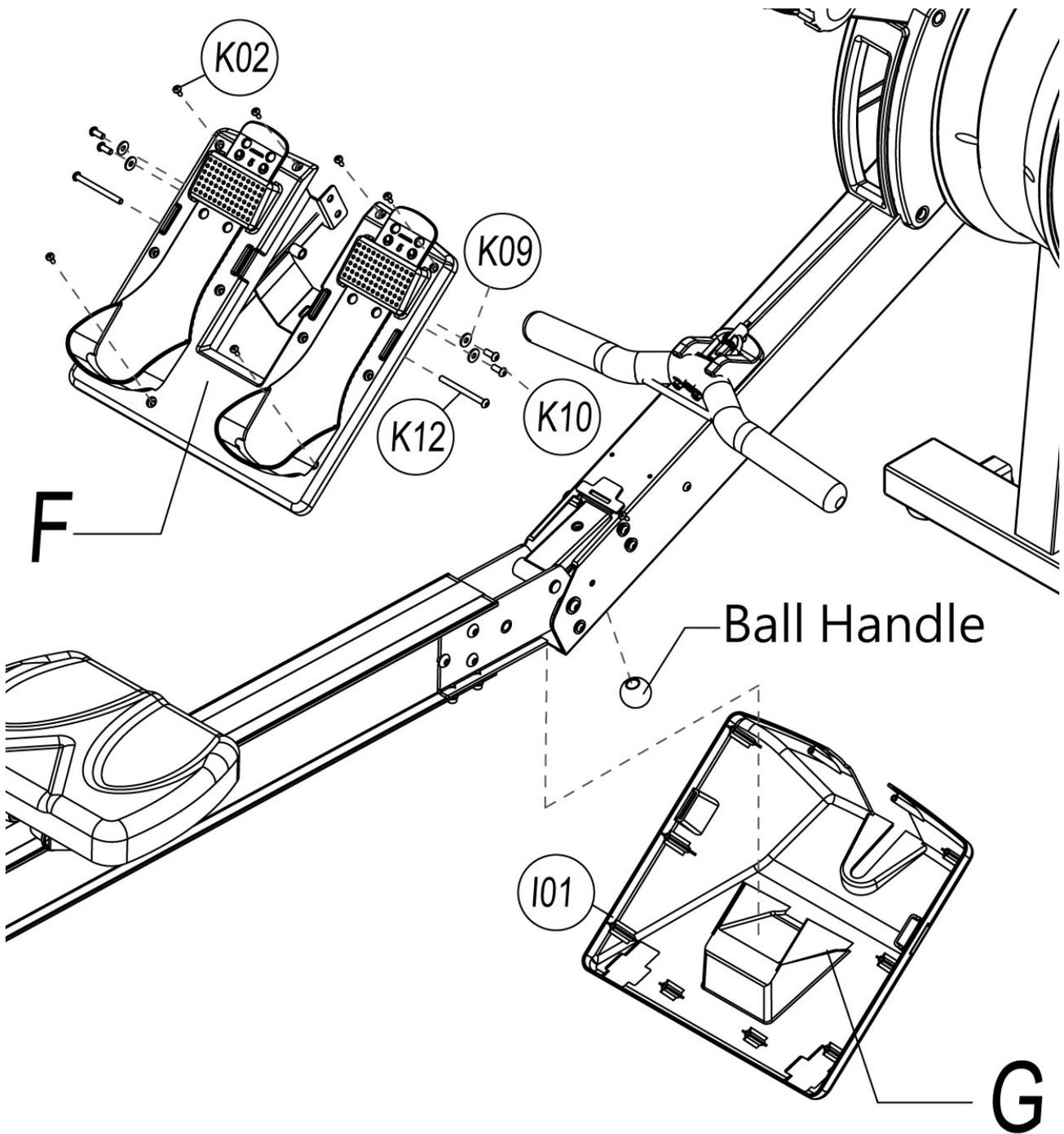
H21	Generator sense wire (upper)
H23	VR board connection wire (upper)
B11	Generator sense wire
H25	VR board connection wire (lower)



STEP 3

- Using 4 x M6xP1.0X15 Socket Head Screw (K04), 3 x M6xP1.0x63L Binder Post Screw Sets (K07), 3 x M6x12 Sleeve Screws (K08) and Washers (K05, K06, K11, K16) attach the Aluminum Track (D) to the Main Frame (A). Refer to the diagram above.
- Tighten all bolts using the Screw Driver
- Connect the Upper Generator Sense Wire (H21) in the Console (H) to the Generator Sense Wire (B11) on the Main Frame (A).
- Connect the Upper VR Board Connection Wire (H23) in the Console (H) to the Lower VR Board Connection Wire (H25) on the Main Frame (A).
- Bolt the Console (H) onto the Console mast using 4 x 4x12 Screws (K03).

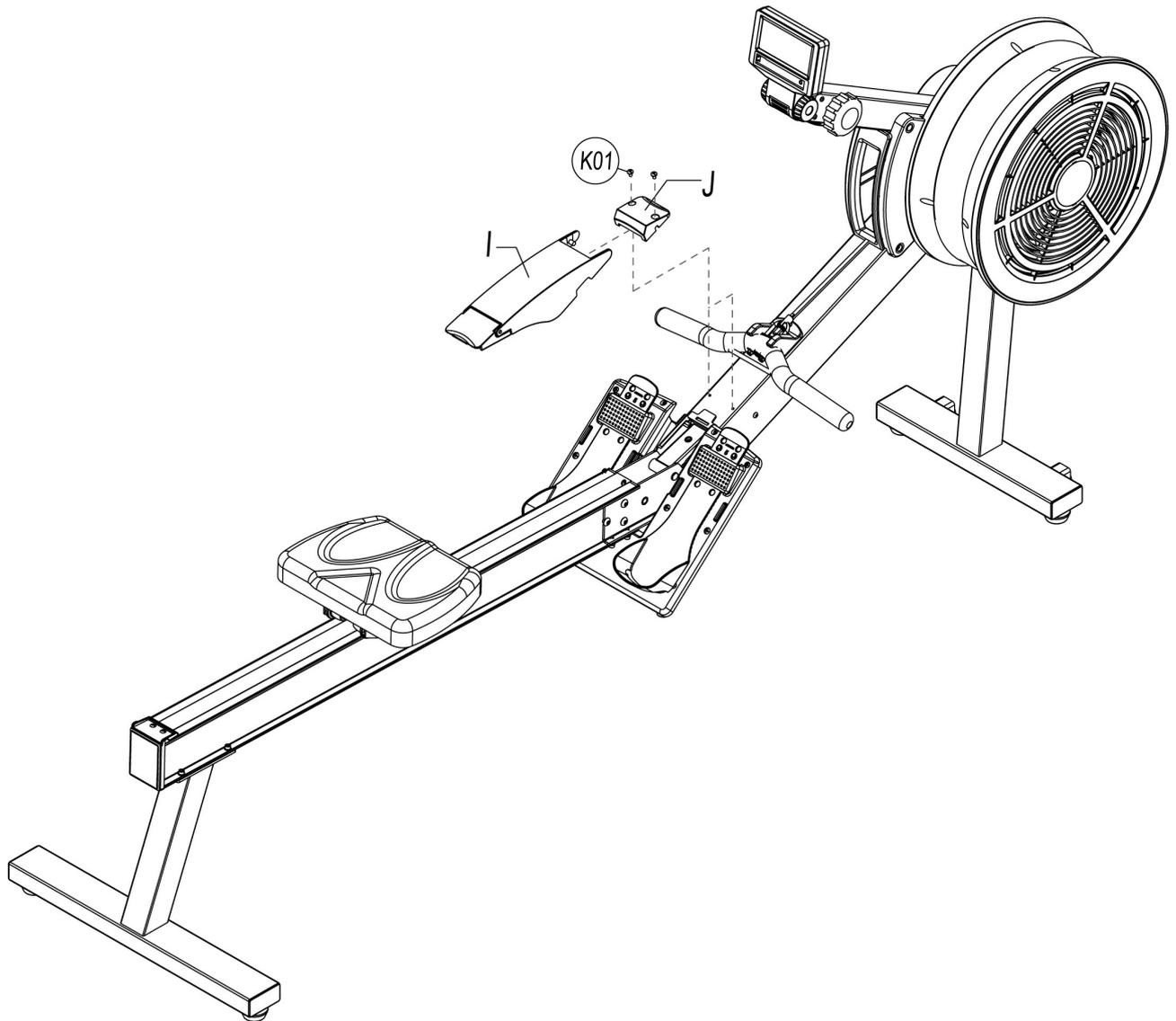
ASSEMBLY INSTRUCTIONS



STEP 4

- Loosen and remove the Ball Head Handle as shown above.
- Using 6 x 4x16 Umbrella Head Screws (K02), 4 x M6xP.0x15 Umbrella Head Screws (K10), 2 x M6xP1.0x70 Umbrella Head Screws (K12) and 4 x Washers (K09), bolt the Foot Pad Set (F) and the Foot Pad Cover (G) to the Main Frame (A) as shown above.

ASSEMBLY INSTRUCTIONS



STEP 5

- Connect the Movable Joint Cover (I) with the Joint Cover (J)
- Use 2 x M5xP0.8x10 Screws (K01) to bolt on the Joint Covers to the Main Frame

CONGRATULATIONS

Assembly of your **Elite Rowing Machine** is now complete! Be sure to fully inspect your machine before using it for the first time.

WARNING

Failure to visually check and test and tech the assembly before use can cause damage to the **Elite Rowing machine** and serious injury to users and bystanders and can also compromise the effectiveness of your exercise program.

CARE AND MAINTENANCE

WARNING

Before cleaning or carrying out any maintenance on your rowing machine, ensure the power is turned off and the power cord removed from the plug socket if required.

At least once a year, the shrouds on your rowing machine should be removed and any dust or debris vacuumed up to maintain the smooth operation of the motor and drive system. Contact the Elite Fitness Service Department for further information on servicing your rowing machine.

Prolong the life of your rowing machine 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 rowers powder-coated framework and prevent unnecessary corrosion stains and damage to the structural components from sweat and perspiration. During this time check for any cracks and damage.

Guide Rail:

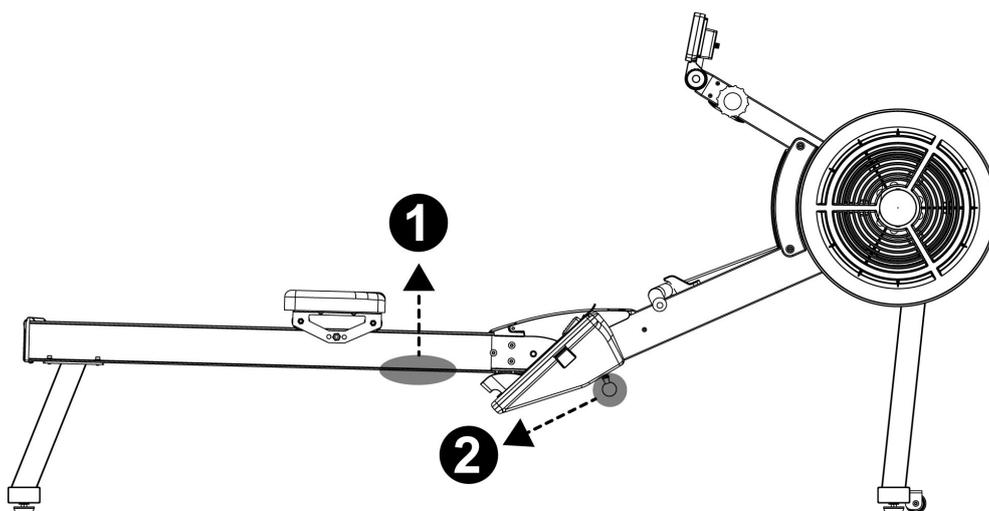
This area needs attention every week. It needs to be kept free of dust and debris. If the wheels roll over dust and debris it ingrains itself in either the wheel or the rail itself. Over time this will pit the wheels or guide rail making for a bumpy workout.

Chain:

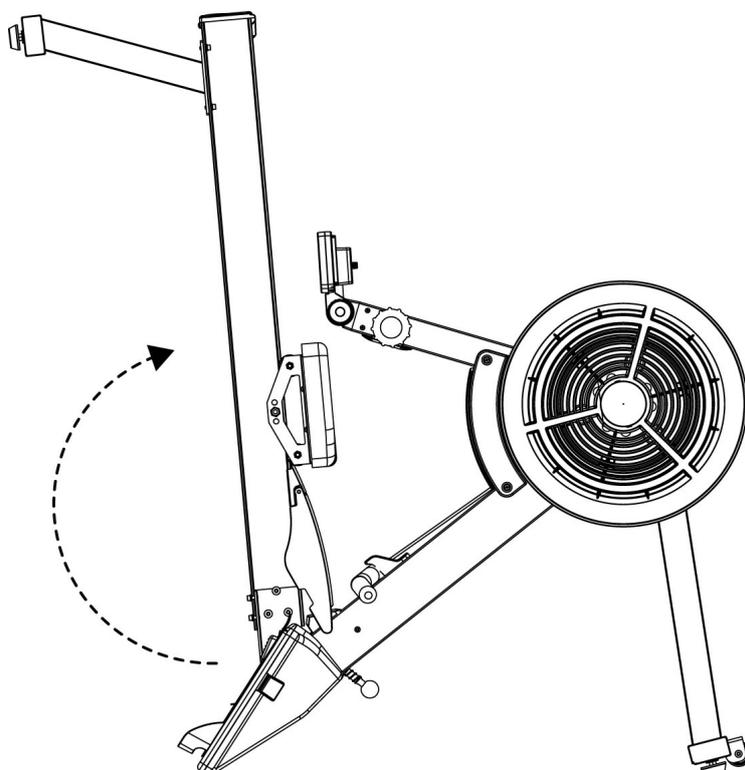
If you have a chain attached to your rowing handle once every 6 months you should give it a light oiling. The chain should be free of build-up before re-greasing if it is dirty use an automotive degreaser and paper towel to remove the build-up.

To oil the chain; pull the chain to its full extent and while holding the handle use a clean paper towel to rub lubricant along the length of the chain. 3 in 1 oil or 20W motor oil are recommended. About 1 teaspoon of lubricant is plenty.

FOLDING STEPS

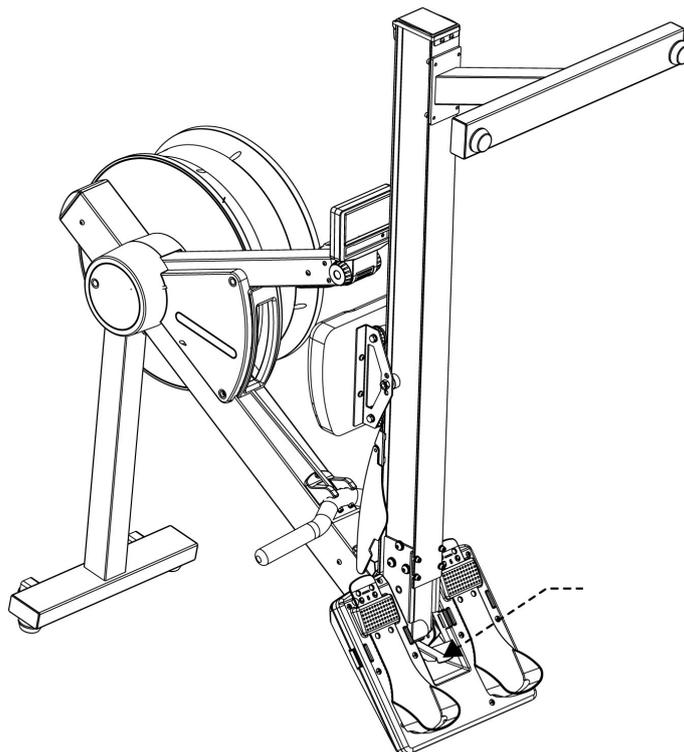


- Hold the Aluminum Track at position 1, 10cm away from the joint cover. Lift the Aluminum Track upwards.
- Pull the ball Shape Handle down as shown above (2).

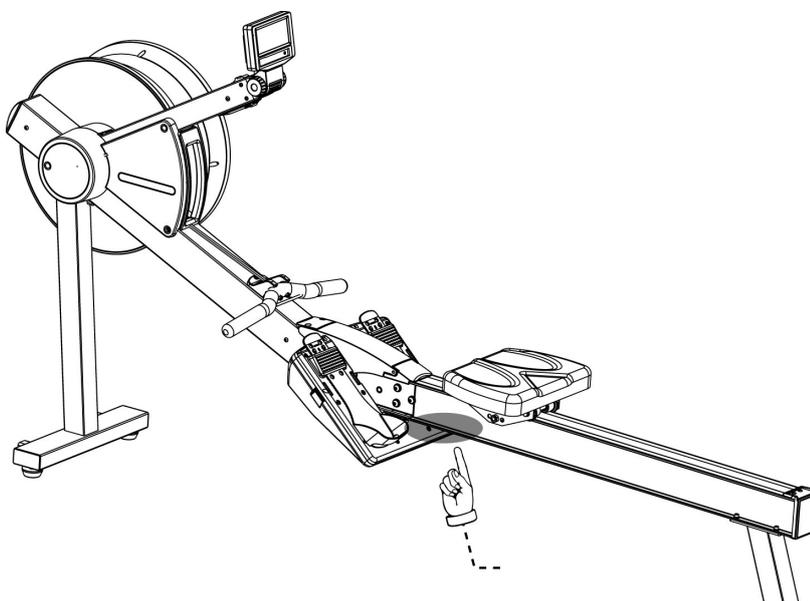


- Fold the Aluminum Track upwards until hear it securly clicks into place.
- Press on the rear support frame to check the track is locked.

UNFOLDING STEPS



- Hold the Rear Support Frame with one hand, using the other hand, press the fold-up Aluminum Track down.



- Hold the machine in the position above, with your hand 10cm after the joint cover. Lift the track up until it clicks into place.
- Check the Track is locked by firmly pressing on it. If the track remains locked the machine has been unfolded correctly.

ROWING TECHNIQUE

OVER REACHING

INCORRECT

The body stretches too far forward. The shins may be past vertical. The head and shoulders tend to drop towards the feet. The body is in a weak position for the stroke.

SOLUTION

The shins are vertical. The body is pressed up to the legs. The arms are fully extended and relaxed, body tilted slightly forward. This position should feel comfortable.



ROWING WITH ARMS BENT

INCORRECT

The user starts the stroke by pulling with the arms rather than pushing with the legs.

SOLUTION

The user starts the stroke by pushing the legs and bracing the back with the arms fully extended and relaxed.



ROWING TECHNIQUE

BENT WRISTS INCORRECT

The user bends their wrists at any time through the stroke.

SOLUTION

Always row with flat wrists through the entire stroke.



PULLING THE BODY TO THE HANDLE INCORRECT

At the finish, the user, instead of pulling the handle to the body, pulls themselves forward to the handle.

SOLUTION

At the finish the user leans back slightly, holds the legs down and draws the handle to the body using the upper body as a firm platform.



ROWING TECHNIQUE

FLYING ELBOWS INCORRECT

The users elbows stick out from the body at the finish and the handle is at chest level.

SOLUTION

Draw the handle to the body. The wrists are flat and the elbows pass close to the body. Elbows extend behind the body as the handle is drawn to the waist.



LOCKING THE KNEES INCORRECT

At the end of the stroke the user locks the knees making the legs straight.

SOLUTION

Always keep the legs slightly bend in the fully extended position..do not lock the knees.



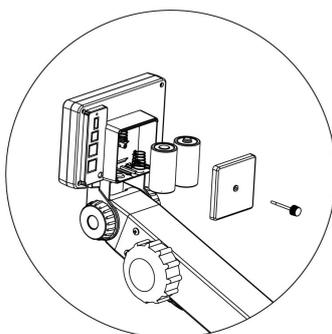
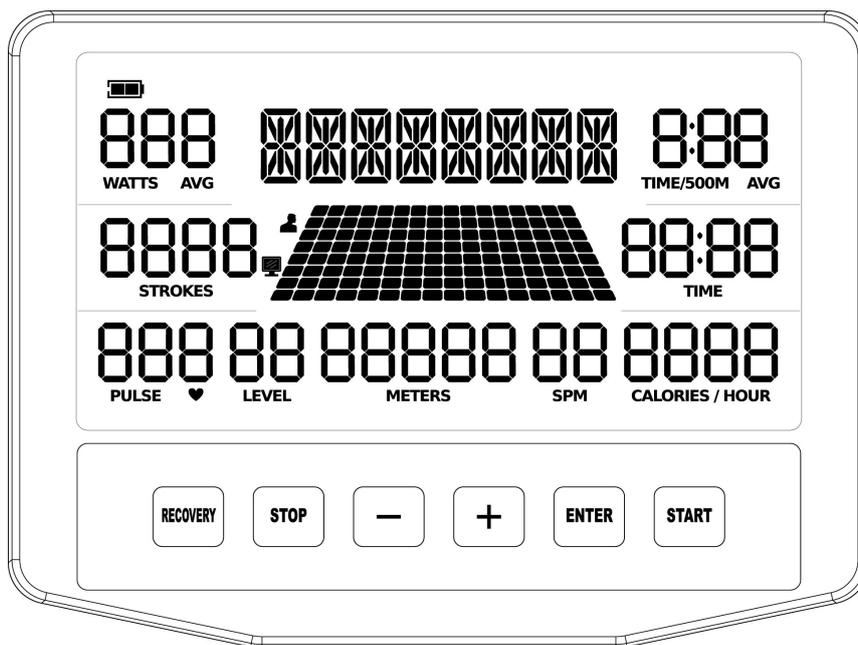
STRETCHING

Stretching should be included in both your warm up and cool down, and should be performed after 3-5 minutes of low intensity aerobic activity or calisthenic type exercise. Movements should be performed slowly and smoothly, with no bouncing or jerking. Move into the stretch until slight tension, not pain, is felt in the muscle and hold for 20-30 seconds. Breathing should be slow, rhythmical and under control, making sure never to hold your breath.

EXERCISE INTENSITY

- The more strength you pull, the greater resistance you feel. This is because this machine uses wind resistance generated by a rotary flywheel. When the flywheel rotates quicker, the resistance generated is greater.
- You can choose your rowing intensity. The level of difficulty is determined on how fast and hard you are pulling. The more strength you use to row or the faster you row, the more power you will produce and the more calories you will burn.
- The air damper system can be adjusted by using the manual turn-dial located on the console support frame. This will make adjustments to the airflow to change the resistance feel. Choose the required setting that provides the smoothest natural feel and allows you to maintain a consistent cadence (tempo) throughout your workout.

COMPUTER



Console requires 2x D cell batteries

START	Once the console is turned on press START, the program will start as QUICK START program.
ENTER	When setting the age and body weight, press ENTER to confirm and continue the next setting.
+ / - Keys	Press + or - to select a program from QUICK / CUSTOM / DISTANCE / RACE. When setting exercise data, press + or - to increase / decrease the setting values..
STOP	When in program settings, if the user wants to stop the current operation, press STOP and program will be paused. In settings or the pause state, press STOP for 2 seconds to clear the program data. This will take you back to the main page. During the RECOVERY function, press STOP for 2 seconds, program will back to the main page
RECOVERY	Press RECOVERY key, to start the RECOVERY function.

COMPUTER

Sleep mode:

While in standby mode, if the computer or keys are not used for 10 seconds, the computer will turn off the back light for power saving.

During the standby mode, if the computer is not used for 30 seconds, the computer will enter into the sleep mode.

During the power saving or the sleep mode, if the computer or keys are used, the system will shift back to standby.

During the recovery program, the sleep mode will start only after the recovery program is completed.

Usage mode:

In boot-up state, the console will display the main page for 5 seconds; then QUICK / CUSTOM / DISTANCE/ RACE characters will shown one at a time; the content of each PROGRAM will be displayed one at a time.

Press the START key directly, to operate in QUICK START mode.

User can use + / – to select the programs. When the user selects a program, the graphics and characters of the program will be displayed on the display.

Description of display data:

Display:	Description
WATTS:	Resistance
STROKES:	Usage count
PULSE:	Heart rate value
LEVEL:	Level of resistance
METERS:	Distance (unit: meter)
SPM:	Average stroke times per minute
CLORIES:	Calories
TIME:	Time
TIME/500M:	Estimated time/500 m
TMR M-SS:	Real-time
MAX HR:	Maximum heart rate
W CHART:	Resistance chart
F CURVE:	Force curve
CAL/HR:	Estimated calories/hour
AVG 500M:	Average time for 500 m
AVG WATT:	Average resistance

COMPUTER

QUICK START

- While in standby, press the START key, the program start as QUICK by default. The screen will display the START character.
- When in standby, if the user pulls the chain the console will receive SPM signals and the program will start as QUICK by default. The screen will display the START character.
- While in use, TIME / METERS / STROKES / WATTS / CALORIES will be displayed.
- Use + / – to change the display charts.
- While using the rowing machine the user can adjust the resistance level using the knob.
- If the console does not receive a SPM signal for 5 seconds, the program will automatically enter the pause state, and show PAUSE.
- In PAUSE state, when the console receives a SPM signal, the console will continue to operate with the exercise data accumulated before entering the pause state.
- In PAUSE state, press STOP, the program will end. The data collected from the workout will be displayed on the console.

CUSTOM – PROGRAM

- When in standby, press + / – to select CUSTOM program, then press ENTER to start the program setting.
- Press + / – to select PROGRAM, the screen will show the PROGRAM title.

A. TIME setting introduction:

- to select CUSTOM, press ENTER key, the program will convert to TIME and a preset value of 20:00.
- Use + / – to set TIME, press ENTER key to save settings and continue to the next setting.

B. CALORIES setting introduction:

Once you have set the TIME, press the ENTER key, the program will be converted to CALORIES and a preset value of 150.

User can use + / – to set CALORIES, press ENTER key to save settings and continue to the next setting.

C. METERS setting introduction:

Once you have set CALORIES, press the ENTER key, the program will convert to METERS and a preset value of 2000.

Use + / – to set METERS, press ENTER key to save settings data and continue to the next setting.

COMPUTER

D. STROKES setting introduction:

Once you have set METERS, press ENTER key, the program will convert to STROKES and a preset value of 300.

Use + / - to set STROKES, press ENTER to save settings and continue to the next setting.

E. Press START key to start the program

Once you have set STROKES press the ENTER key, the program will enter into the exercise page and will display START on the screen. User can pull the chain to create a SPM signal, then program will start automatically. The screen display the distance value.

Press the START key, the program will enter into the exercise page and show START on the screen. When the user pulls the chain to create the SPM signal, the program will start. The screen will display the distance value.

Use + / - to change the display chart.

While using the rowing machine the user can adjust the resistance level using the knob.

F. Pause introduction:

If the console does not receive the SPM signals, while using the machine, the program will automatically enter the pause state, and show PAUSE. When the console receives the SPM signal again, the screen will show the accumulated race distance and the program will continue working with the exercise data recorded before PAUSE.

In PAUSE state, press STOP, the console will show STOP to end program and show the data for this exercise.

DISTANCE – PROGRAM

In standby, press + / - to select DISTANCE program, press ENTER to start the program setting.

When selecting PROGRAM, the screen will show the PROGRAM title.

A. METERS setting introduction:

To select DISTANCE, press ENTER key, the program will convert to METERS and a preset value of 2000.

User can use + / - to set METERS, press ENTER key to save the setting data and continue to the next setting.

B. Press START key to start the program

To Select METERS press the ENTER key, the program will enter into the exercise page and will display START on the screen. User can pull the chain to create the SPM signal, then program will start automatically. The screen will show the distance value.

COMPUTER

Use + / - to change the display chart.

Adjust the level of resistance using the resistance knob.

If the console does not receive the SPM signals, while using the machine, the program will automatically enter the pause state, and show PAUSE. When the console receives the SPM signal again, the screen will show the recorded race distance and the program will continue working with the exercise data recorded before PAUSE.

In PAUSE state, press STOP, the console will show STOP to end program and show the data for this exercise..

RACE – PROGRAM

In boot-up state, press + / - to select RACE program, the program title will be displayed. Press ENTER to start the program setting.

A. METERS setting introduction:

To select a RACE, press ENTER, the program will be converted to METERS and a preset value of 2000.

Use + / - to set METERS, press ENTER key to save and continue to the next setting.

B. TIME/500M setting introduction:

Once you have finished setting METERS, press ENTER, the program will convert to TIME/500M and a preset value of 2:15.

Use + / - to set TIME/500M, press ENTER to save the settings and continue to the next setting.

C. Press START key to start the program

Once you have set the TIME/500M press ENTER, the program will enter into the exercise page and show START on the screen. User can pull the chain to create the SPM signal, then program will start automatically. The screen will show the race distance value.

Press START, the program will enter into the exercise page and show START on the screen. After the user pulls the chain to create the SPM signal, the program will start automatically. The screen will show the race distance.

Use + / - to change the different display chart.

During the exercise, user can adjust the knob to change the resistance level.

COMPUTER

D. Pause introduction:

If the console does not receive the SPM signals, while using the machine, the program will automatically enter the pause state, and show PAUSE. When the console receives the SPM signal again, the screen will show the accumulated race distance and the program will continue working with the exercise data recorded before PAUSE.

In PAUSE state, press STOP, the console will show STOP to end the current program. The data from this exercise will be displayed on the console.

RECOVERY Introduction

Display positions during operation:

RECOVERY is displayed on the upper screen.

PULSE displays the detected heart rate.

TIME displays as 1:00 (one minute).

After the user presses the RECOVERY key in any state

Once you have selected RECOVERY, the program will display a 1 minute countdown.

The Recovery program detects the users heart rate. When the users heart rate can't be detected, the characters NO PULSE will show on the screen.

If no heart rate is detected within 10 seconds of the countdown, the program will pause and return to operate in boot-up state automatically.

Press the STOP key, to end RECOVERY mode and return to the standby page.

After 1 minute countdown

The calculated score (F1.0 - F6.0) is displayed on the console.

When the 1 minute countdown has ended the screen will display the users score F1.0 ~ F6.0. This will be displayed for 10 seconds. The screen will then default to the standby page.

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

- 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;

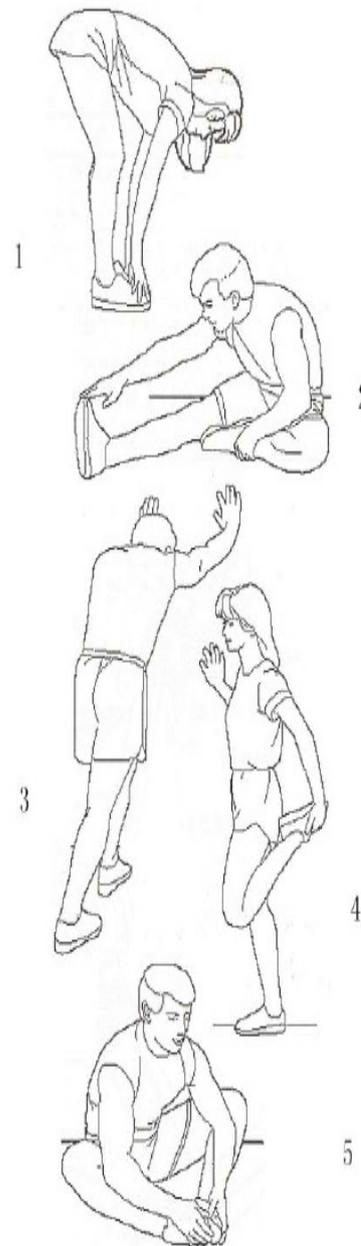
Repair and Maintenance Service

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)

$\text{TMHR} \times 85\% = \text{(Upper Training Limit) bpm}$ (Beats per Minute)

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

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)

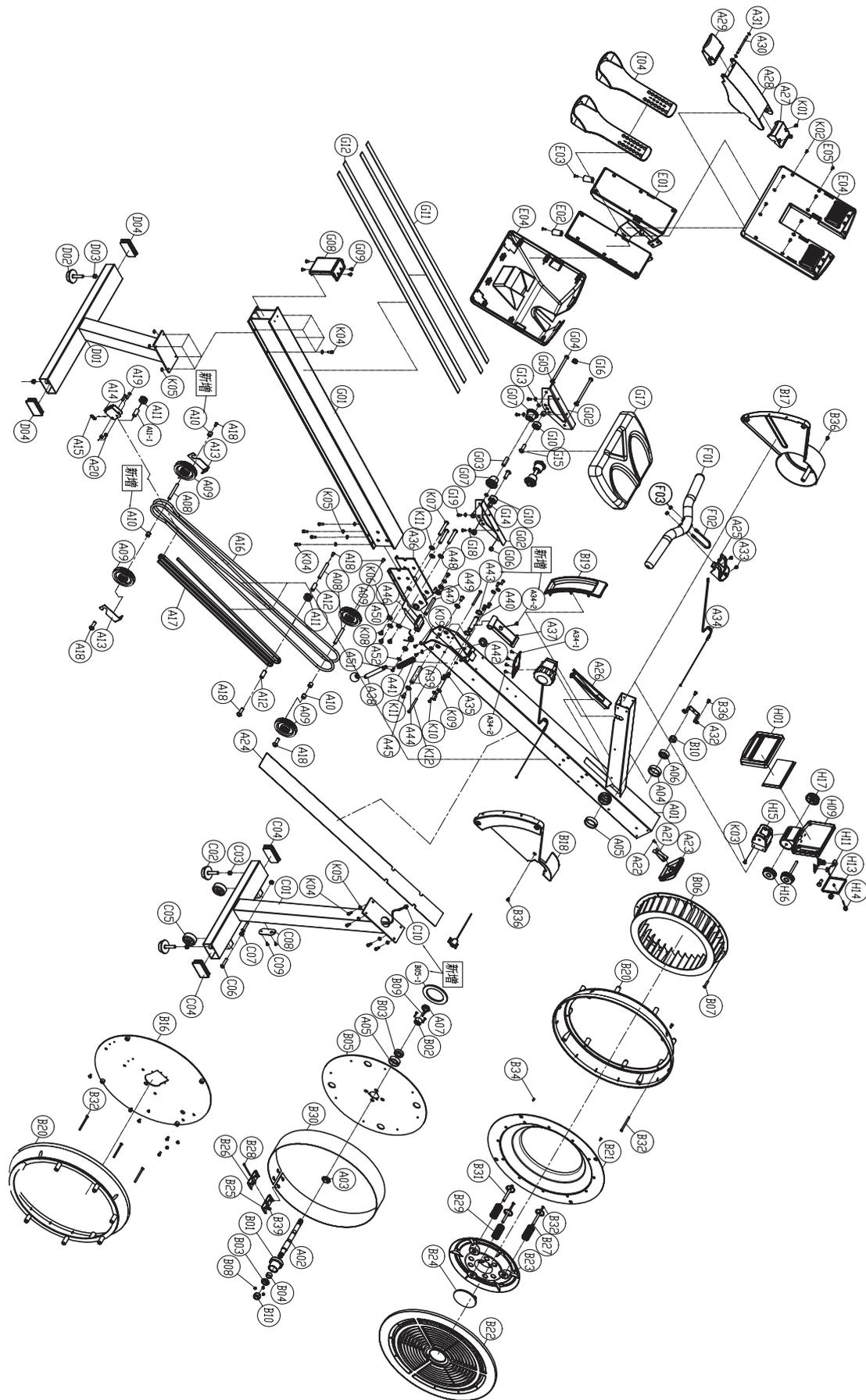
$181 \times 65\% (0.65) = 118 \text{ bpm}$ (Lower Training Limit)

PARTS LIST

We recommend 2 people assist in assembling this unit. Place all parts of the elliptical 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
A	Body frame	1
B	Front support frame welding	1
C	Rear support frame welding	1
D	Aluminum track	1
E	Cushion	1
F	Pedal set	1
G	Bottom case of pedal	1
H	Electronic scale set	1
I	Joint movable cover	1
J	Joint cover A	1
K01	Round head Phillips screws M5xP0.8x10	2
K02	Umbrella head cross self-tapping screw Φ 4x16	6
K03	Umbrella head cross self-tapping screw Φ 4x12	4
K04	Socket head inner hexagon steel screw M6xP1.0x15	12
K05	Spring washer M6	12
K06	Washer ψ 10x ψ 20x3.0t	3
K07	Binder post & screw set-parent end (M6XP1.0X63L)	3
K08	Sleeve screw (M6,12MM)	3
K09	Washer ψ 6x ψ 16x1.5t	4
K10	Umbrella head inner hexagon screw M6xP1.0x15	4
K11	Spring washer M10	3
K12	Umbrella head inner hexagon screw M6xP1.0x70	2
K13	L-type hex wrench crosshead screwdriver	1
K14	L-type hex wrench 5mm	1
K15	L-type hex wrench 4mm	1
k16	Washer ψ 6x ψ 13x2.0t	12

EXPLODED DIAGRAM





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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