



# FALCON



Record serial number

Elite Falcon Spin Bike

Thank you for purchasing the **Elite Falcon Spin Bike**.

For over 20 years, Elite Fitness™ has been New Zealand's largest supplier of fitness equipment. Our aim and vision are 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 Falcon Spin Bike. 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.

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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:**

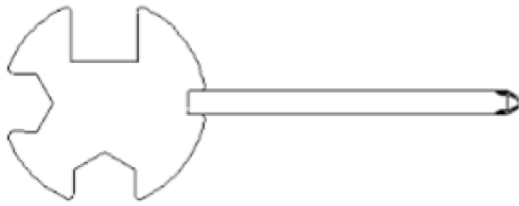
This product has been tested in accordance with the requirements of EN 957-1/A1, EN 957-5, standard, Class HA (HOME USE). The maximum load is limited to 120KGS.

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:	109x50x118CM
Shipping Weight:	36KGS
Net Weight:	3KGS
Power Requirements	<b>4PCS/ 1.5V/ AA</b>

# HARDWARE LIST



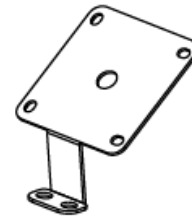
1. Spanner 1 pcs



2.S6 Allen wrench 1pcs



3.S5 Allen wrench 1pcs



4.#83 Console fixing base 1pcs

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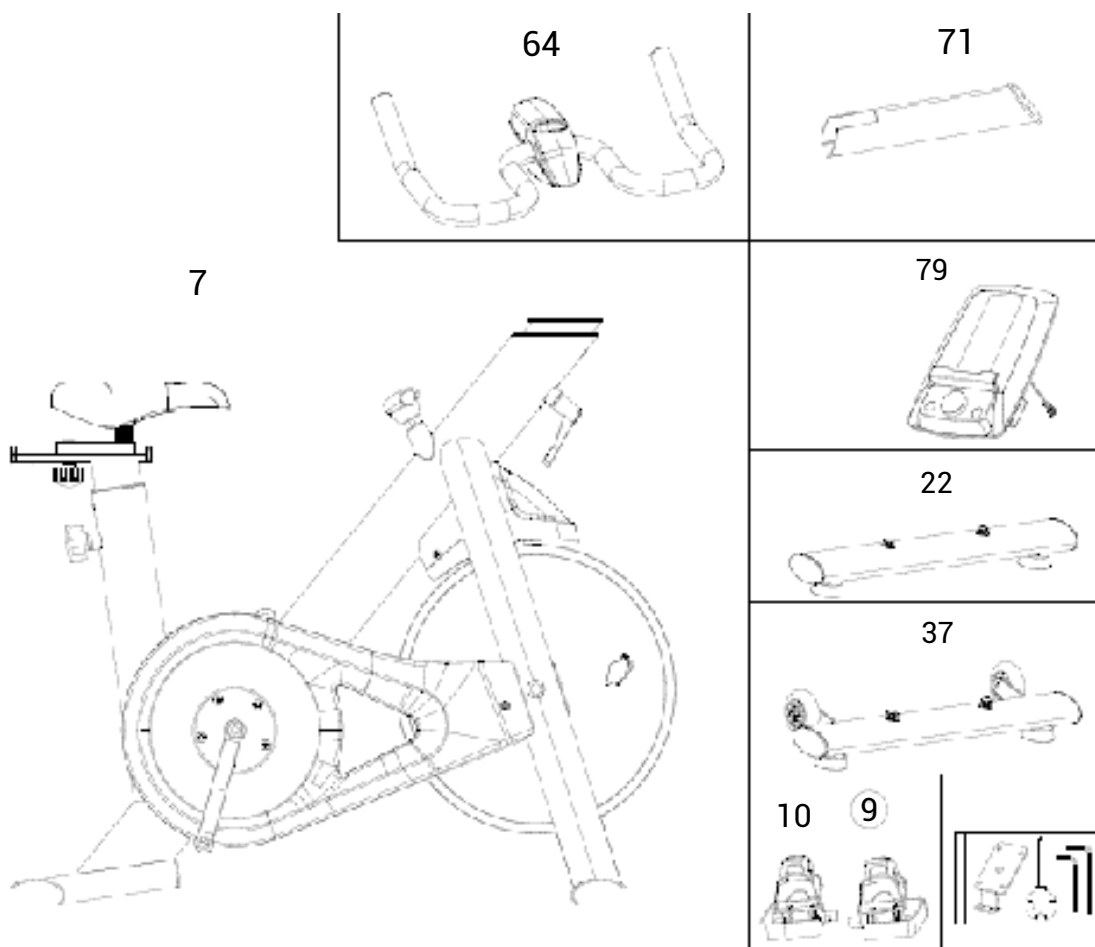
## Tools Required For Assembling the Machine:

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.*

Prior to assembly of this product, remove all components from the package and verify all the listed parts are supplied. If there are shipping tubes attached to the front and rear of the frame, remove the shipping tubes and four Allen bolts and four washers using the hex key (#108), and then discard them.

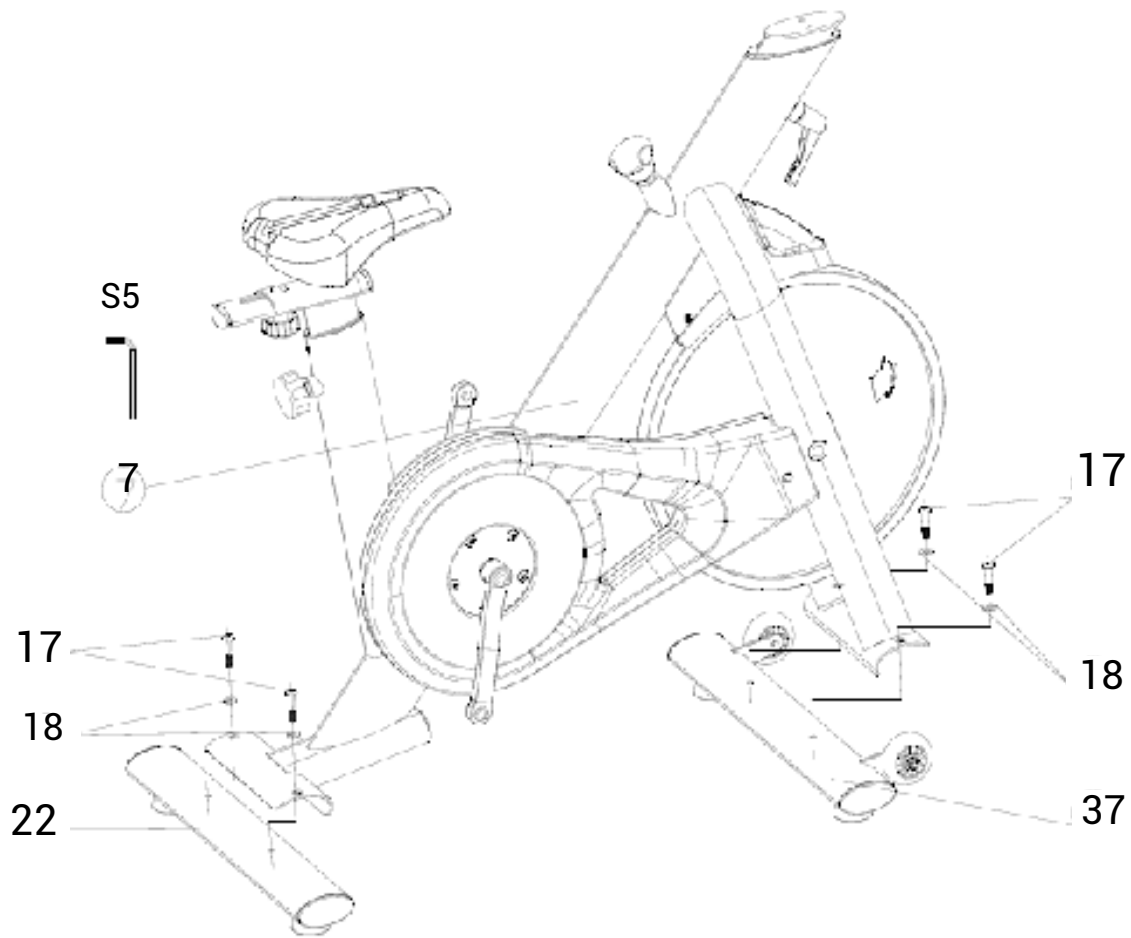
# ASSEMBLY INSTRUCTIONS



## **STEP 1**

Take out all the parts from the carton and check they are all ready to use. The parts are Main Frame (7), Handle Bar (64), Handle Bar Support Post (71), Console (79), Rear Stabiliser (22), Front Stabiliser (37), Pedals (9,10), and Tools.

# ASSEMBLY INSTRUCTIONS



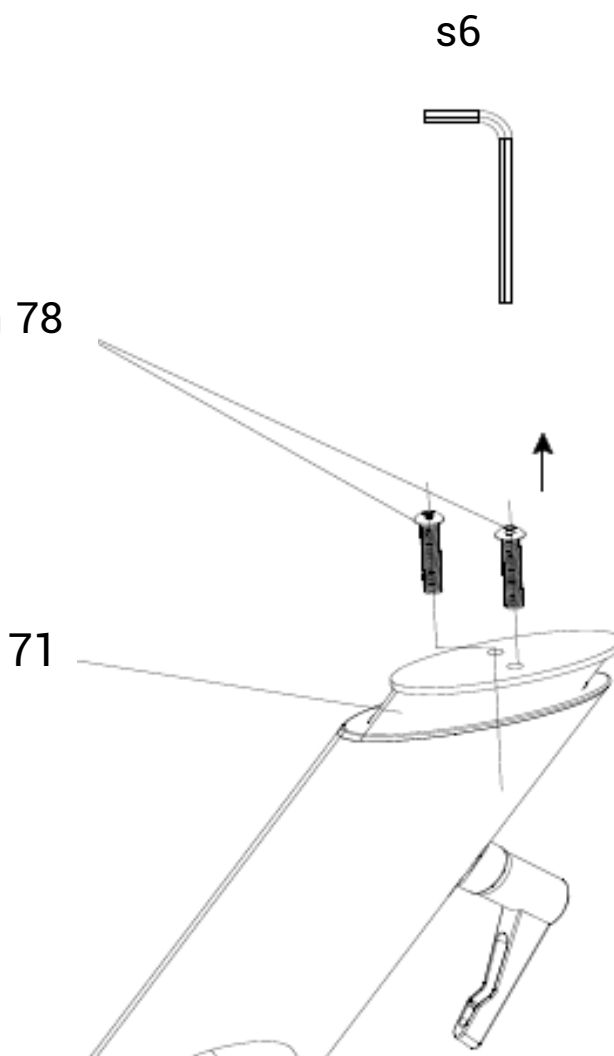
## **STEP 2**

Remove the screws (17) and flat washers (18) from the Front (22) and Rear Stabilisers (37) using the Allen Key wrench provided.

Attach the Front Stabiliser (37) with transport wheels to the Main Frame (7) using 2 x Screws (17) and flat washers (18). Tighten firmly using the Allen Key wrench provided.

Attach the Rear Stabiliser (22) to the Main Frame (7) using 2 x Screws (17) and flat washers (18). Tighten firmly using the Allen Key Wrench provided.

# ASSEMBLY INSTRUCTIONS

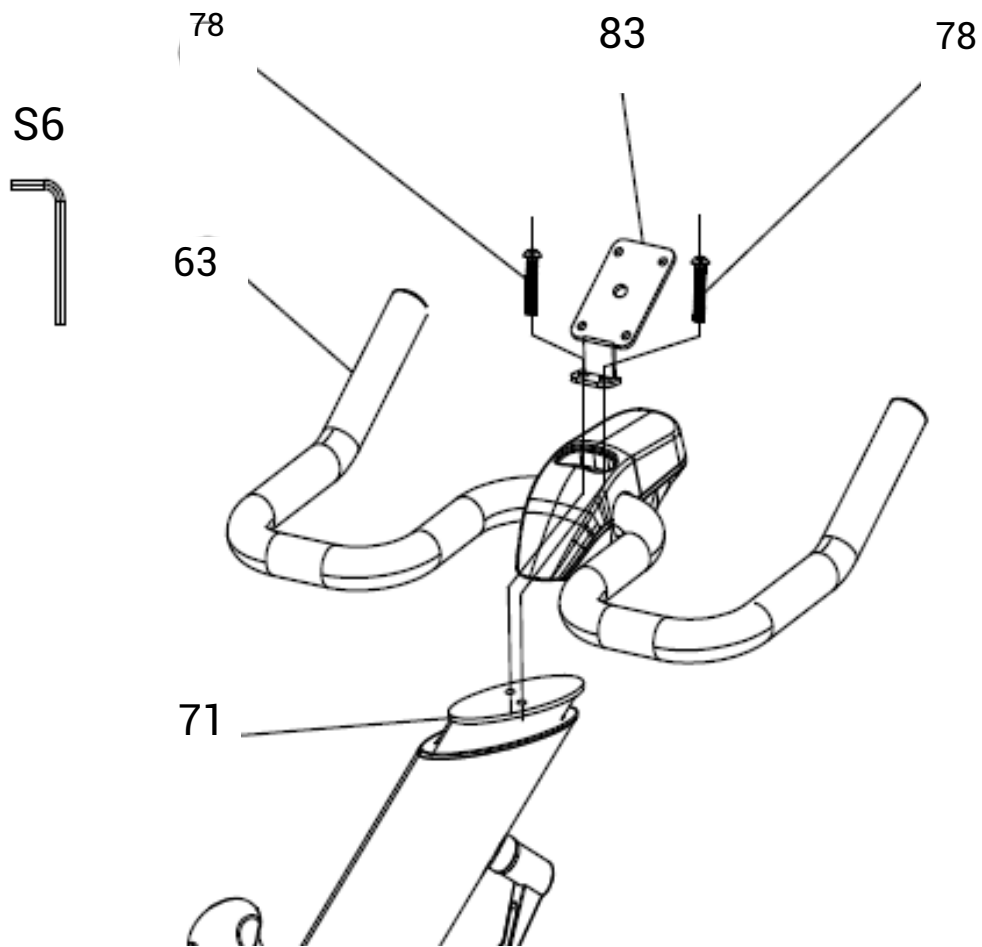


## **STEP 3**

Remove the 2 x screws (78) from the Handle Bar Support Post using the Allen Key wrench provided.



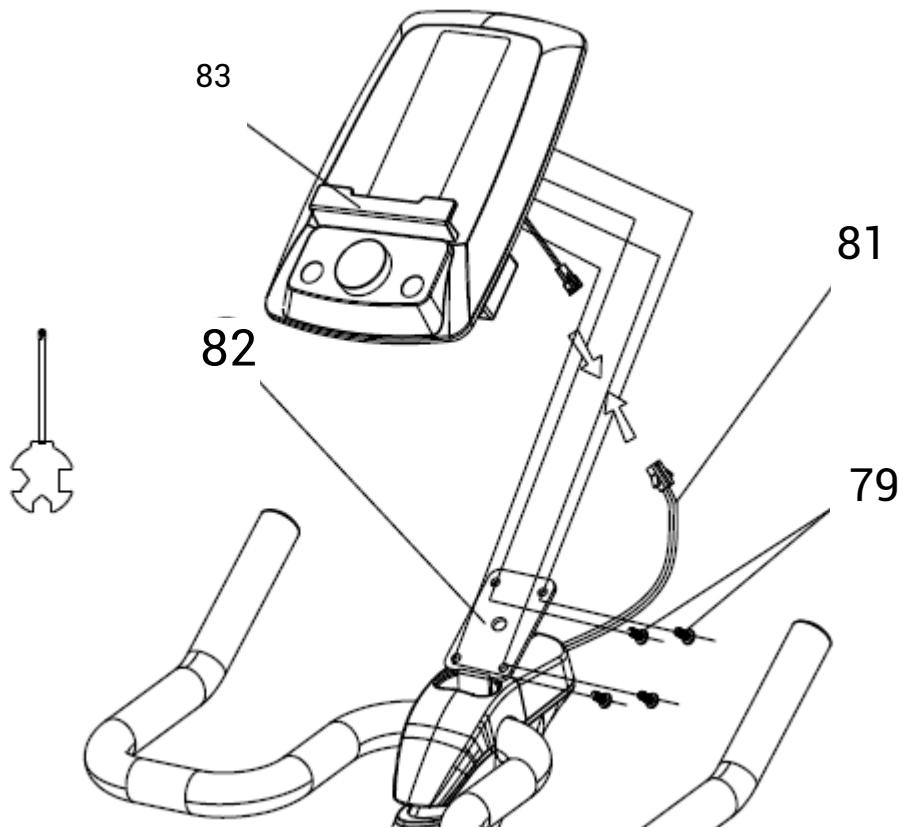
# ASSEMBLY INSTRUCTIONS



## **STEP 4**

Attach the Handle Bar (63) and the Console Fixing Base (83) onto the Handle Bar Support Post (71) and secure using the 2 x screws (78) previously removed in Step 3. Tighten firmly.

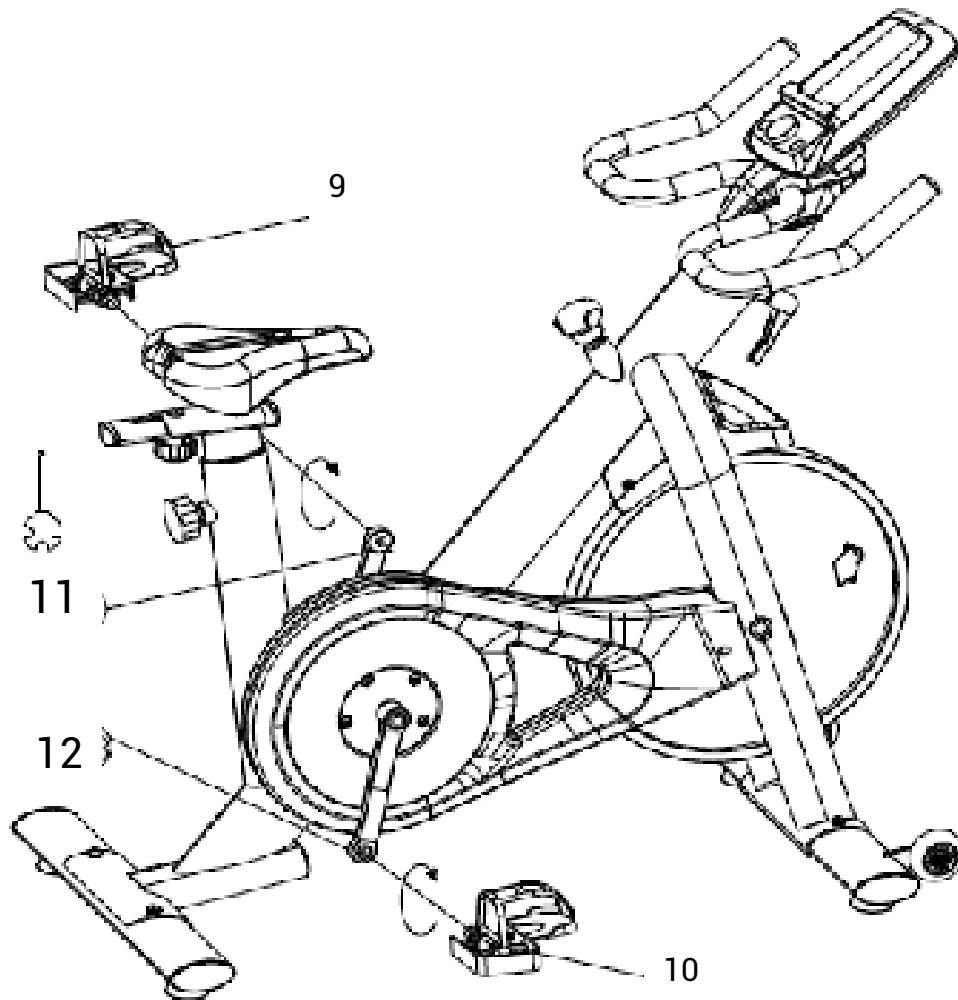
# ASSEMBLY INSTRUCTIONS



## **STEP 5**

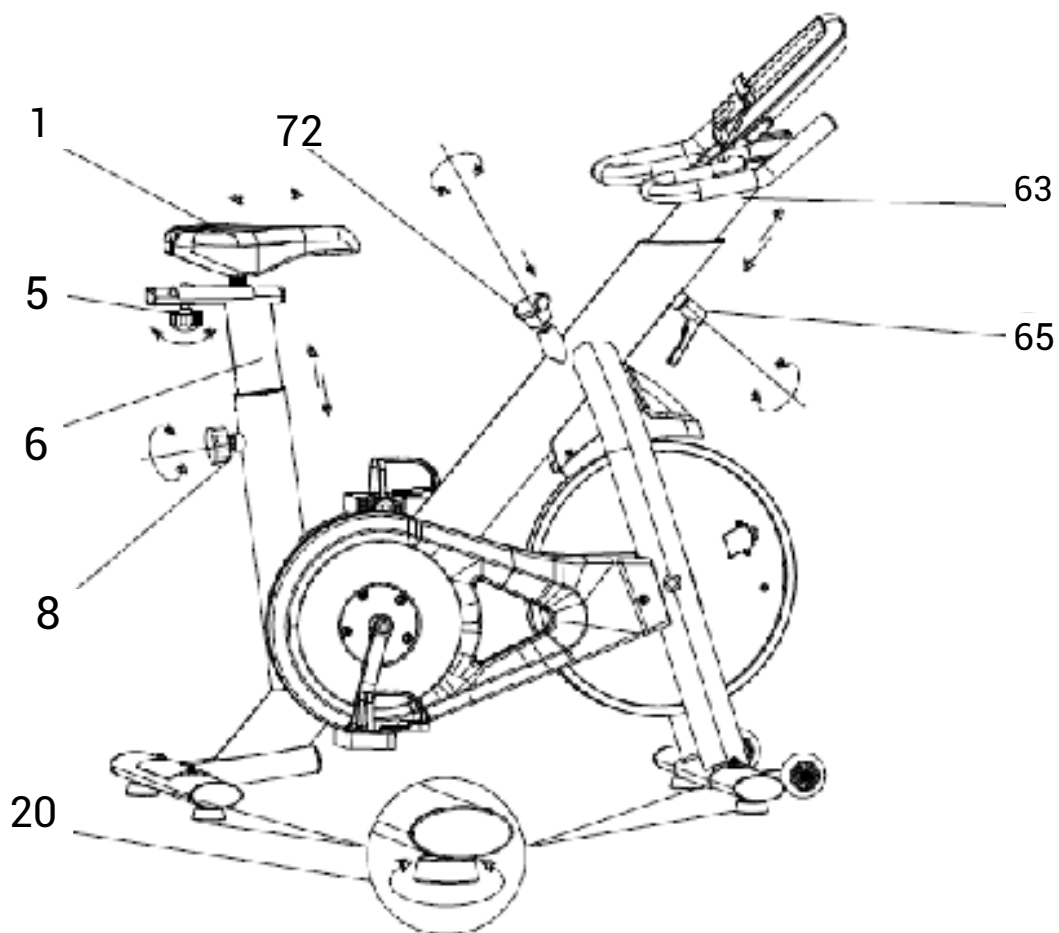
Route the console wire (79) through the centre hole of the Console Fixing Base (83), then connect the Console Wire (79) and Spring Bottom Wire (80) securely.

Attach the Console (79) to the Console Fixing Base (83) using 4 x screws (82) and tighten firmly.



## **STEP 6**

Thread the left pedal (#9) that has “L” on the spindle to the left sidearm of the bike using a 15mm spanner. Please note that the L pedal is left-hand threaded which needs to be turned counterclockwise to tight. Thread the right pedal (#10) that has “R” on the spindle to the right side arm of the bike using the wrench ( #5 ). Please note that the R pedal is right-hand threaded which needs to be turned clockwise to tighten.



### **STEP 7**

Now the equipment is completely assembled, if you find that the bike isn't stable on the floor, you can use the adjusting pads (20) on the stabilisers.

You can adjust the resistance by turning around the brake knob (72) and press down the brake knob (72) to stop for an emergency.

You can adjust the height of the seat (1) and handlebar (63) by releasing the knob (8) and (65) and align holes for your desired height. You can then tighten it properly, but do not exceed the mark "stop".

The seat also can be slid back and forth and fixed by the knob (5).

## **CONGRATULATIONS!**

Assembly of your **Elite Falcon Bike** 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

The positioning of the handlebars can be dependent on the bike design and adjustability available. To minimise back strain, adjust the height to a level that is comfortable for you. We recommend the handlebars be positioned at the same height level as the bike seat as a good starting point.

### Vertical Seat Adjustment

To adjust the seat height, slacken the spring knob on the vertical post stem on the main frame and pullback the knob. Position the vertical seat post for the desired height so that holes are aligned, then release the knob and retighten it.

### Horizontal Seat Adjustment

To move the seat forward in the direction of the handlebar or backwards away from it, loosen the adjusting knob and washer and pull the knob back. Slide horizontal seat post into desired position. Align holes and then retighten the adjusting knob.

### Handlebar Height

To adjust the handlebar height, slacken the spring knob and secondary knob and pull both knobs back. Slide the handlebar post along the housing on the main frame to the desired height and, with the holes aligned correctly, tighten the spring adjusting knob and then the secondary knob.



**Please note:** *The spin bikes shown in the 'setting up your spin bike' section are for demonstration purposes only and your bike may vary in aesthetics and features.*

# SETTING UP YOUR SPIN BIKE



Saddle Height Adjustment



Adjusting the Seat Fore-and-Aft Position

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**

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).

# CONSOLE USER INSTRUCTIONS





## DISPLAY FUNCTION

Item	DESCRIPTION	
TIME	Display user workout time. Display range 0:00 ~ 99:00 Display user workout speed. Display range 0.0 ~ 99.9	
DISTANCE	Display user workout distance. Display range 0.0 ~ 999.0	
CALORIES	Display calories consumption during workout. Display range 0 ~ 99990	
HEART RATE	Display user heart-rate during workout. When user heart-rate pulse exceed preset target value, monitor will alarm with a sound.	
RPM	Rotation Per Minute. Display range 0 ~ 999	
WATTS	Display power consumption during workout. Display range 0 ~ 999. Setting range 10 ~ 230	

## BUTTON FUNCTION

Item	DESCRIPTION	
Joggle Wheel - Up	Adjust function value or selection up.	
Joggle Wheel-Down	Adjust function value or selection down.	
Mode	Confirm setting or selection.	
Reset	Hold on for 2s, monitor will reboot. During setting or Stop mode, press it to go back to main menu.	
Start/Stop	Start or stop workout.	

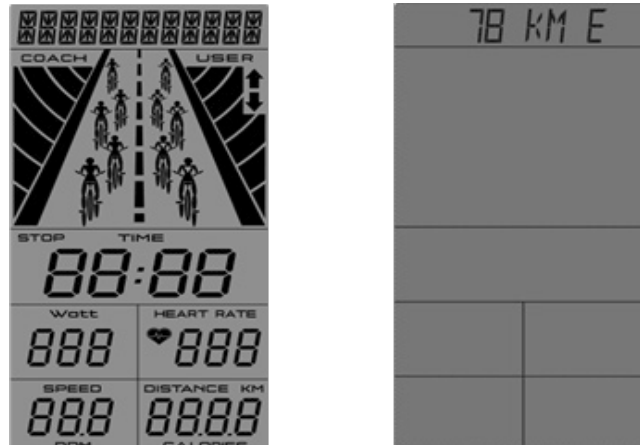
# CONSOLE USER INSTRUCTIONS

## Operation procedures:

### 1. Power on-

Install 4PCS AA batteries (or press the reset key), the monitor will power on along with a buzzer sound, LCD will show all segments then display wheel diameter and units. Then, go to user setting mode.

Without any signal input for 4 minutes, the monitor will go to Sleeping mode. Press any key to wake up the monitor.



### 2. User Data Setting

Use the joggle wheel to select user group from U1-U4, press mode to confirm. Set Gender/ Age/ Height/ Weight, the come to workout page.



### 3. Workout Mode Selection

Use the joggle wheel to select workout mode as: Target Time- Target- Distance-Target-Calories-Target Watt-TargetH.R

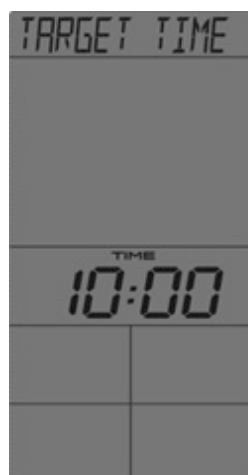
#### QUICK START

1. When you start the workout, the time begins to count up. Distance/ Calories / RPM/ Speed/ RPM & Heart Rate will display values accordingly.
2. Press Start/Stop button to stop the workout. The stop icon will flash and all values will remain.
3. During your workout, you cannot press the reset, Joggle wheel or enter button.
4. In stop mode, press the reset button, and the monitor will return to the function setting page.



#### 4. Target Time

1. Use the joggle wheel to set Target time (preset value=10:00), press Start/Stop to workout in Target Time mode.
2. Time will count down from Target value, Distance/ Calories/ RPM/ Speed/ Watt/ RPM & Heart rate will display values accordingly.
3. Press the Start/Stop button to stop workout, If the stop icon is blinking, all values will remain.
4. During your workout, you cannot press the reset, Joggle wheel or enter button.
4. In stop mode, press the reset button, and the monitor will return to the function setting page.



## 5. Target Distance

1. Use the joggle wheel to set the Target distance (preset value=5.0), press Start / Stop to workout in Target Distance mode.
2. Time will count down from Target value, Distance/ Calories/ RPM/ Speed/ WATT/ RPM & Heart rate will display values accordingly.
3. The character animation only show the user, it will skip to the next figure as per one fifth of the preset distance. The character animation only show user, it will skip to next figure as per 0.1KM (or ML).
4. When the pulse value is 50% higher than target pulse, it will be flashing to remind the user it is too fast. When the pulse is 50% lower than the target pulse, it will start flashing to remind the user it is too slow.
5. Press the Start/Stop button to stop workout, If the stop icon is blinking, all values will remain.
6. During your workout, you cannot press the reset, Joggle wheel or enter button.
7. In stop mode, press reset button, and the monitor will return to the function setting page.



## 6. Target WATT

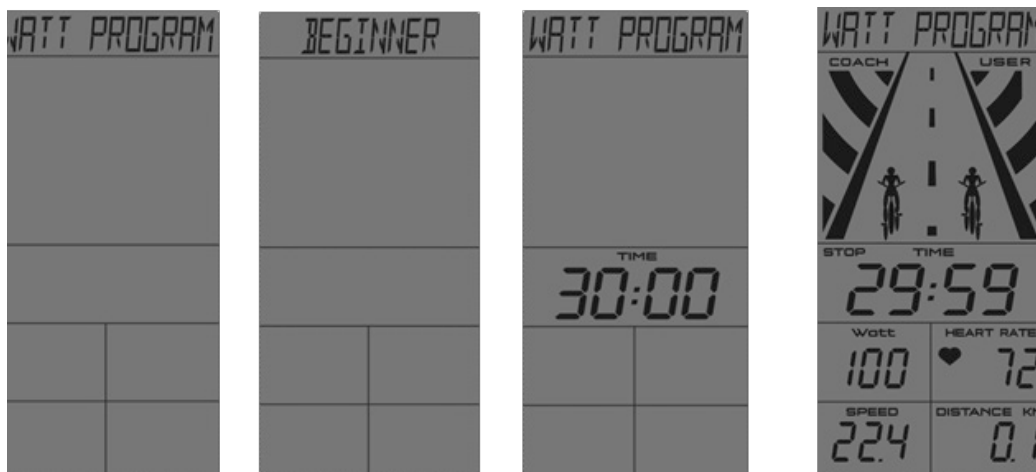
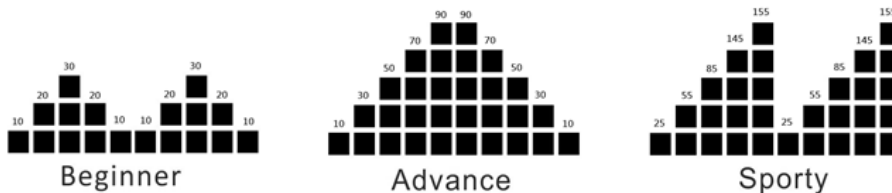
Use joggle wheel to set Target WATT (preset value=100) press Start/Stop to workout in Target WATT mode.

1. Time begins to count up, Distance/ Calories/ RPM/ Speed/ WATT/ RPM & Heart Rate will display value accordingly.
2. The character animation only show the user, it will skip to the next figure as per 0.1KM (or ML).
3. When WATT is 25% higher than Target WATT, it starts flashing to remind the user it is too fast. When WATT is 25% lower than Target WATT, it is flashing to remind user it is too slow.
4. Press stop button to stop workout, stop icon is blinking, all value will remain.
5. During your workout, you cannot press the reset, Joggle wheel or enter button.
6. In stop mode, press the reset button, and the monitor will return to the function setting page.



## 7. WATT Program

1. Use the joggle wheel to select: Beginner → Advance → Sporty, press mode to confirm.
2. Use the joggle wheel to set Time (preset value=30:00), press Start/Stop to workout in Watt Program mode.
3. Time begins to count up, Distance/ Calories/ RPM/ Speed/ Watt/ RPM & Heart Rate will display value accordingly.
4. The character animation will skip to display next figure as per one fifth of the preset Time.
5. When User Watt is 10% less than coach watt, coach figure will precede one position; when user watt is over 10% than coach watt, Coach figure will fall behind one position, while the discrepancy is within plus or minus  $\pm 10\%$ , Coach and user are in same position.
6. Press stop button to stop workout, stop icon is blinking, all value will remain.
7. During your workout, you cannot press the reset, Joggle wheel or enter button.
8. In stop mode, press the reset button, and the monitor will return to the function setting page.



## CARE AND MAINTENANCE

### **WARNING**

### **IMPORTANT INFORMATION**

Before cleaning or carrying out any maintenance on your spin bike, ensure the power is turned off and the power cord removed from the plug socket.

Prolong the life of your spin bike 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.

— General cleaning of the unit after use will protect the bikes powder-coated framework and prevent unnecessary corrosion stains and damage to the structural components from sweat and perspiration.

— 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.

#### **Friction Brake Pad System**

Where a felt-type brake pad system is used, periodically lubricate the pad with a silicone based spray to prolong it's service life. Do NOT use WD40 or similar lubricants. Ensure the contact surface on the flywheel is kept clean and free of debris and sweat.

If a leather material brake pad is used, no lubrication is required.

**NOTE: DO NOT ATTEMPT TO OVERTIGHTEN THE TENSION DIAL ADJUSTMENT, OVER TIGHTENING MAY CAUSE DAMAGE TO THE SHAFT THREAD.**

#### **Magnetic Braking System**

If you have a magnetic spin cycle, there is normally no adjustment necessary as they use a low maintenance non-friction resistance system. Periodically check the movement of the magnetic brake via the cable level or tension dial to ensure it does not come into contact with the rotating flywheel at any time. The flywheel surface should be kept clean and free of dust debris and sweat.

#### **Chain Driven**

The chain will require periodic lubrication of the chain to maintain a smooth and quiet motion. The chain guard may need to be removed to perform this procedure. You may wish to put a drop sheet or similar under your bike to protect your floor coverings.

Before lubricating the chain, use an old rag to remove any old oil or residue from the chain. Lightly apply a chain or multipurpose oil to the chain. Secure the chain guard before using your bike.

#### **Belt Driven**

Belts do not require lubrication, however through normal wear and tear they may stretch and require forward adjustment of the flywheel to increase the belt tension if any slippage occurs. The adjustable tension bolts are normally found attached to the flywheel axle. DO NOT over-tighten, only enough to stop any slipping of the belt drive system.

If you require further assistance or advice contact the Elite Fitness Service Department or your nearest Elite Fitness Store.



# 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 1 Year Labour

The following conditions are not under warranty range:

As a result of abuse, neglect, accident, or unauthorized modification;

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

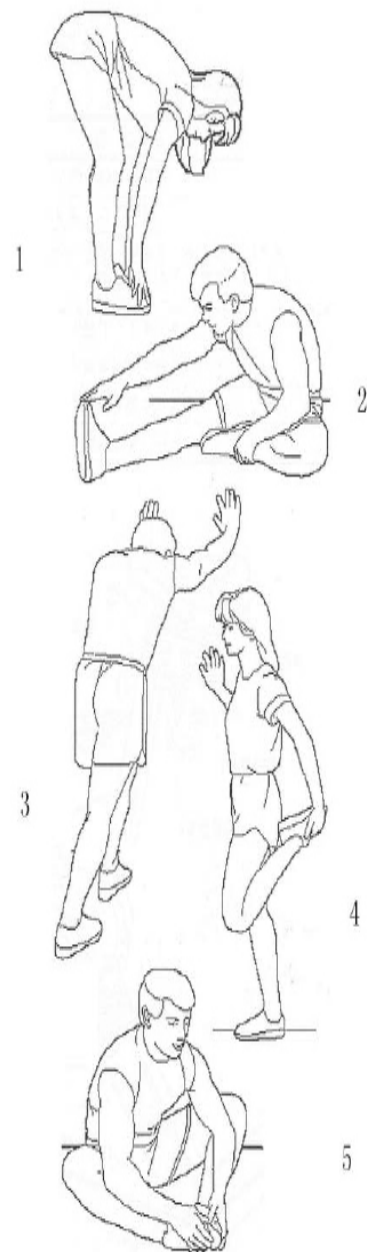
Standing with two hands on the wall or tree, one leg behind. Keeping your legs straight and the heel on the ground, lean forward towards the wall or tree. Hold for 10-15 seconds, and relax. Repeat 3 times for each leg (See picture 3).

### 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:

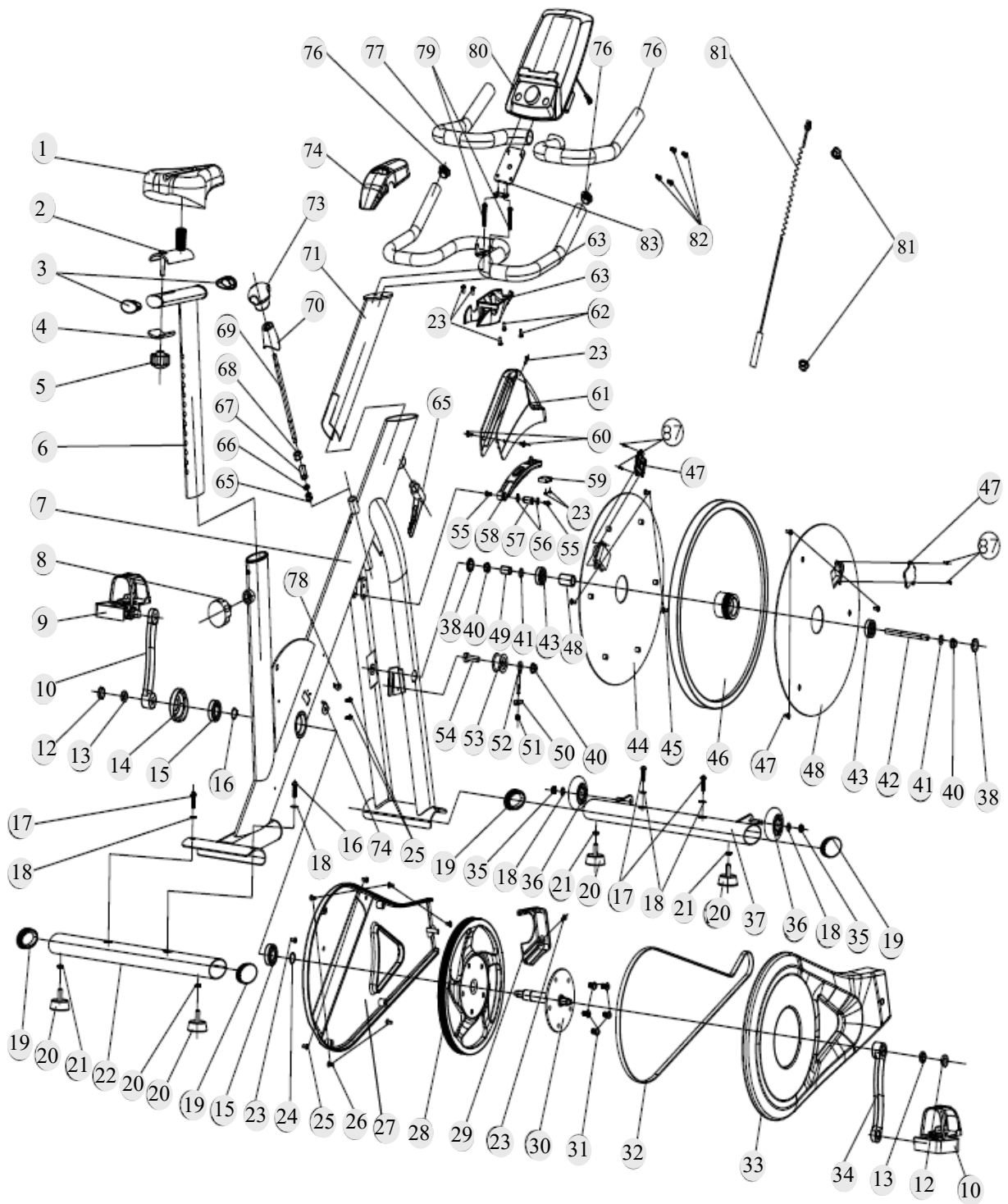
PART NO.	DESCRIPTION	Q'TY
1	Seat	1
2	Seat sliding set	1
3	Elliptical plug	2
4	Curved plate	1
5	Knob	1
6	Seat Support Post	1
7	Main Frame	1
8	Knob	1
9	Pedal -Left	1
10	Pedal - Right	1
11	Crank - Left	1
12	Crank Cover	2
13	Flange Nut	2
14	Crank Hole Decorative part	1
15	Bearing	2
16	Circlip for shaft	1
17	Screw	4
18	Flat Washer	10
19	Elliptical Plug	4
20	Adjusting Pad	4
21	Screw	4
22	Rear Stabiliser	1
23	Screw	8
24	Corrugated Gasket	1
25	Screw	4
26	Screw	5
27	Cover- Left	1
28	Belt Pulley	1
29	Cover - Front	1
30	Axle	2
31	Screw	5
32	Belt	1
33	Cover- Right	2
34	Cover- Right	1

PART NO.	DESCRIPTION	Q'TY
35	Lock Nut	3
36	Transport Wheel	2
37	Front Stabiliser	1
38	Flywheel axle decorative cover	2
39	Lock Nut	3
40	Flat Washer	2
41	Flywheel axle	1
42	Bearing	2
43	Flywheel Cover	2
44	Screw	6
45	Flywheel	1
46	Bluetooth Cover	2
47	Flywheel Bear Bushing	1
48	Axle regulating Bushing	1
49	Block Pieces	1
50	Lock nut	1
51	Bolt	1
52	Guide Pulley	1
53	Guide Pulley Axle	1
54	Screw	2
55	Circlip for shaft	2
56	Revolving Shaft	1
57	Magnet Plate	1
58	Brake Pad	1
59	Screw	2
60	Flywheel decorative cover	1
61	Screw	1
62	Handle Bar cover bottom	1
63	Handle bar	1
64	L Knob	1
65	Cap nut	1
66	Nut	1
67	Brake Regulatin Bushing	1
68	Nut	1
69	Brake Rod	1

PART NO.	DESCRIPTION	Q'TY
70	Brake Rod decoration cover	1
71	Handle bar support post	1
72	Brake knob	1
73	Handle bar cover top	1
74	Small cover	2
75	Tube cover	2
76	Foam	2
77	Small cover	2
78	Screw	2
79	Console	1
80	Spring bottom wire	1
81	Convenient Plug	2
82	Screw	4
83	Console fixing base	1



# 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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