



# RAZOR R11

**Record serial number**

*Elite R11 Razor Rowing Machine*

Thank you for purchasing the **Elite R11 Razor 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 R11 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](http://www.elitefitness.co.nz/service)

Online forms are available for Service, Warranty and Parts requests.

(09) 258 9067 Service.

(09) 258 9070 Parts.

## **Elite Fitness HQ**

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## **CONTENTS**

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|                               |              |                             |              |
|-------------------------------|--------------|-----------------------------|--------------|
| Important Safety Instructions | <b>3-4</b>   | Console                     | <b>20-24</b> |
| Product Specifications        | <b>4</b>     | Limited Warranty            | <b>24</b>    |
| Assembly Instructions         | <b>5-14</b>  | Warm Up & Rowing Techniques | <b>25-27</b> |
| Storage & Transportation      | <b>15-16</b> | Parts List                  | <b>28-29</b> |
| Care & Maintenance            | <b>17-18</b> | Exploded Drawing            | <b>30</b>    |
| Limited Warranty              | <b>19</b>    |                             |              |

# IMPORTANT SAFETY INSTRUCTIONS

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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 130KGS.
- 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**

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|                       |                      |
|-----------------------|----------------------|
| User Weight Capacity: | 130kg                |
| Dimensions:           | 2445 x 596 x 1162 mm |
| Shipping Weight:      | 54.2kg               |
| Net Weight:           | 48.5kg               |
| Power Requirements    | DC 9V 1.0A Adaptor   |

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# ASSEMBLY INSTRUCTIONS

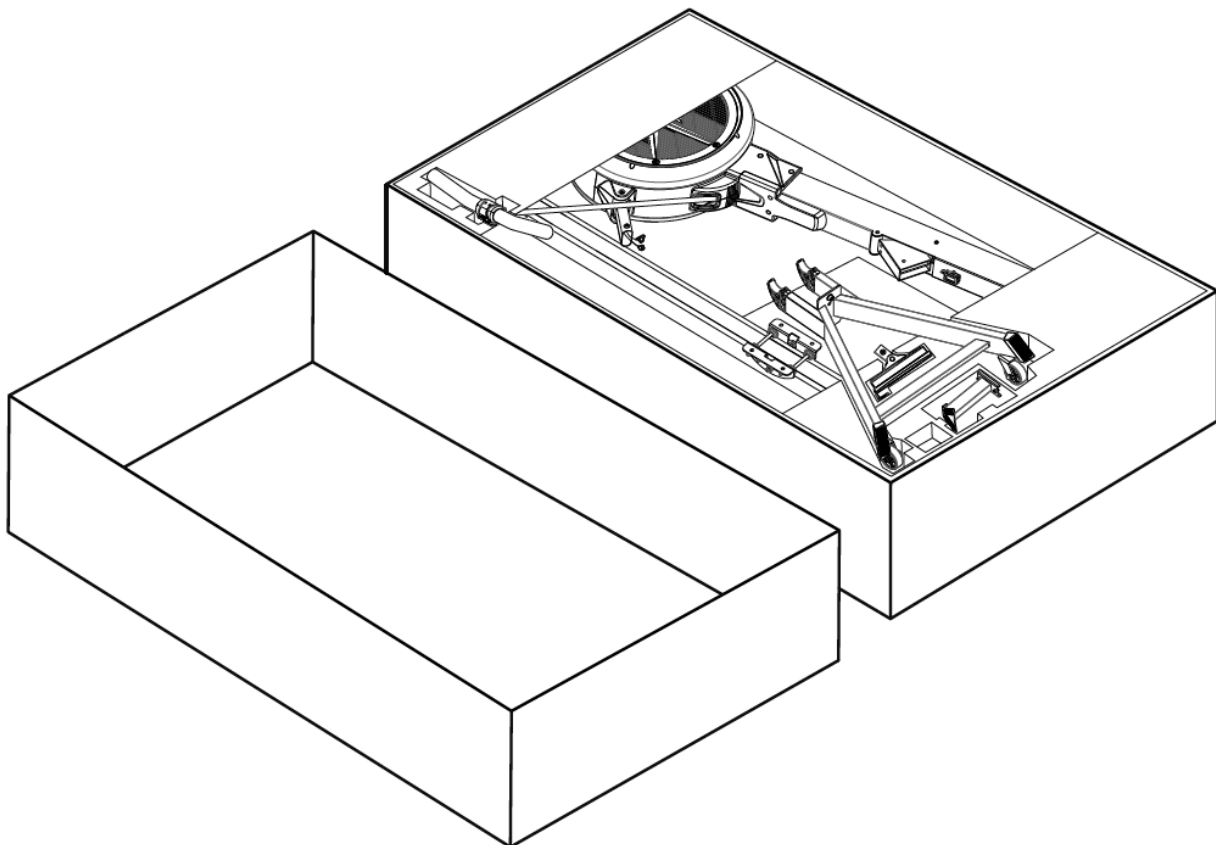
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## **STEP 1**

Ensure you have enough clear working space to begin unpacking your new Elite R11 Razor Rowing Machine.

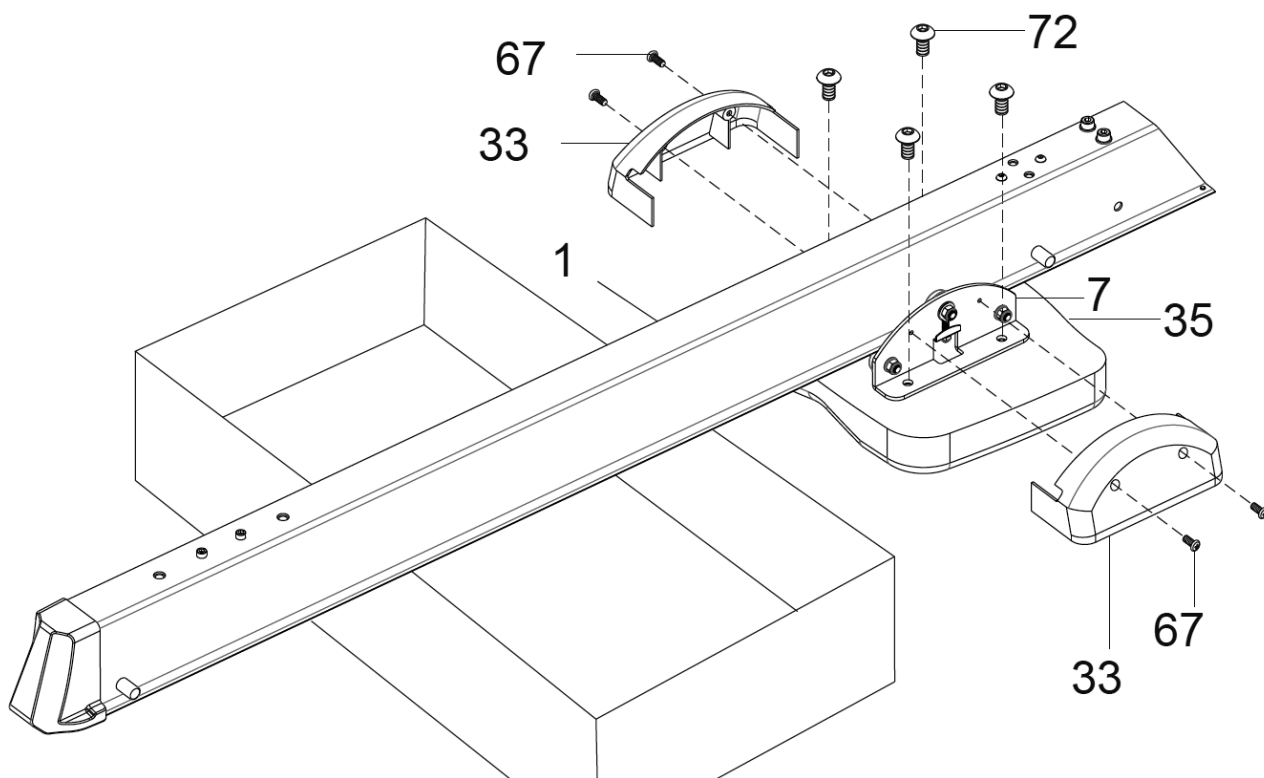
## **STEP 2**

Open the carton as shown in the diagram below. NOTE: To protect the Rower while assembling we suggest that you do not remove the Protective Packing. Material until it is absolutely necessary.



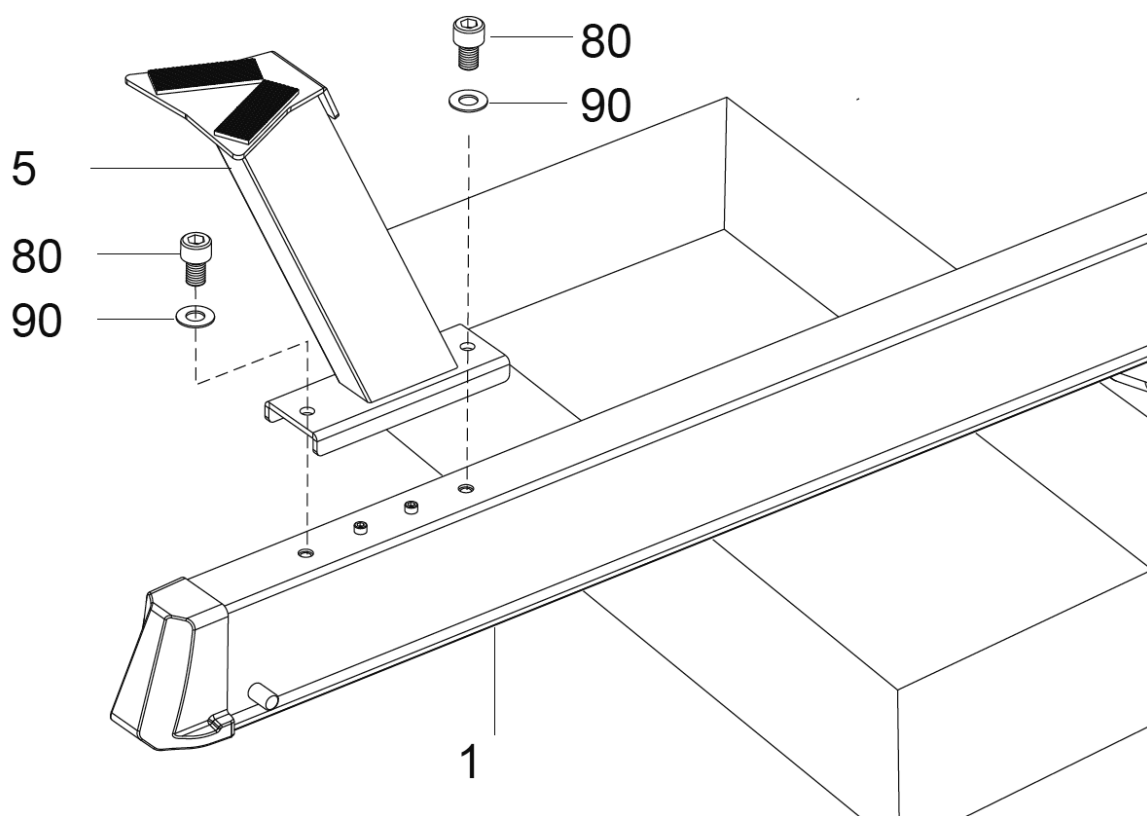
### **STEP 3**

- a) Reverse the Aluminium Beam [1] and place it on top of the Carton Lid as shown in the diagram below.
- b) Remove 4 x Bolt [72] from Seat [35] with the tool provided.
- c) Assemble the Seat [35] and the Seat Carriage [7] with 4X Bolt [72] .
- d) Assemble the Carriage Cover [33] and 2 x Seat Carriage [7] with 4 x Bolt [67]



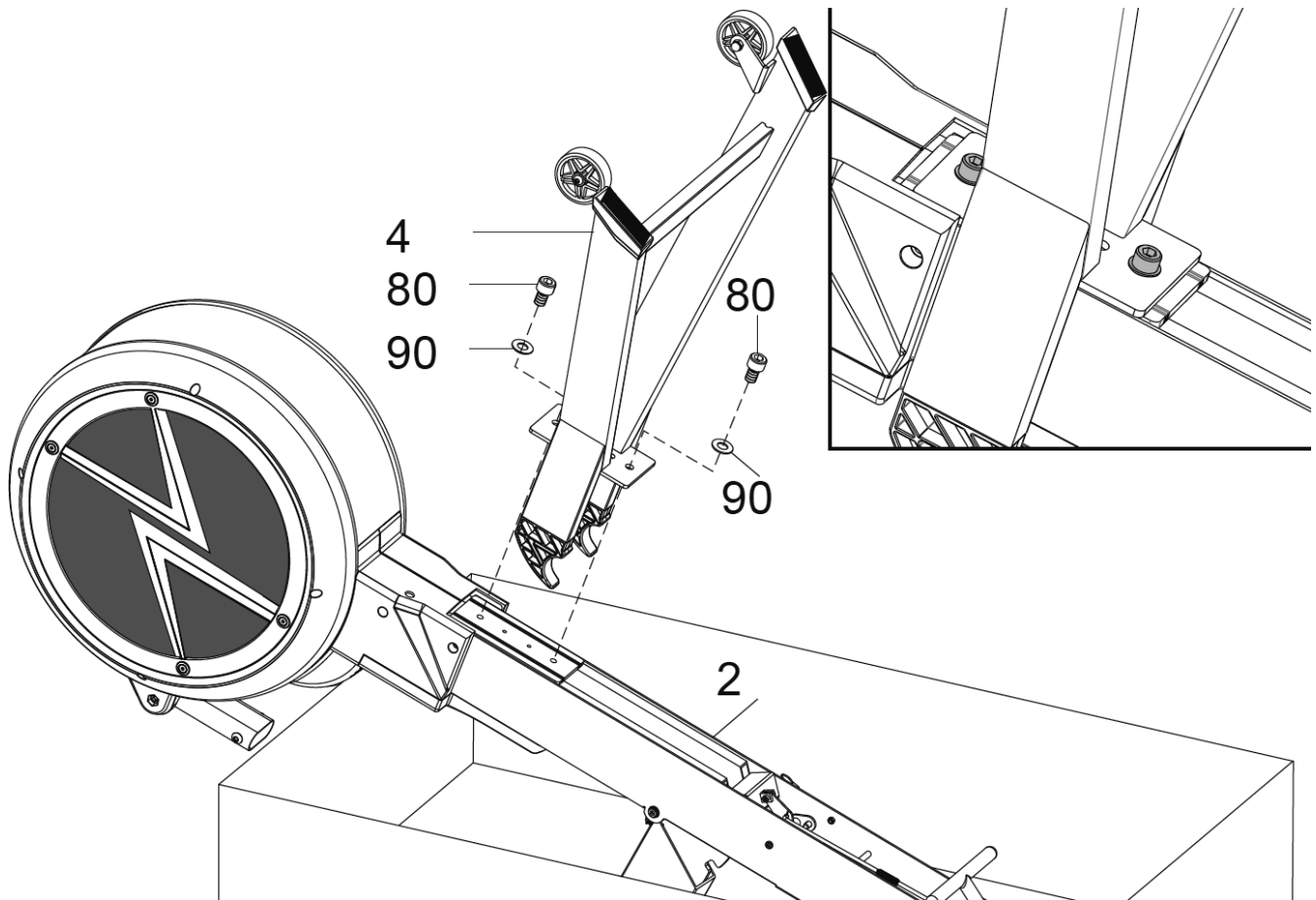
#### **STEP 4**

- a) Remove 2x Bolt [80] from Aluminium Beam [1] with the tool provided.
- b) Assemble the Rear Stabiliser [5] and the Aluminium Beam[1] with 2 x Bolt [80] and 2x Washer[90] using the tool provided and tighten firmly.



## **STEP 5**

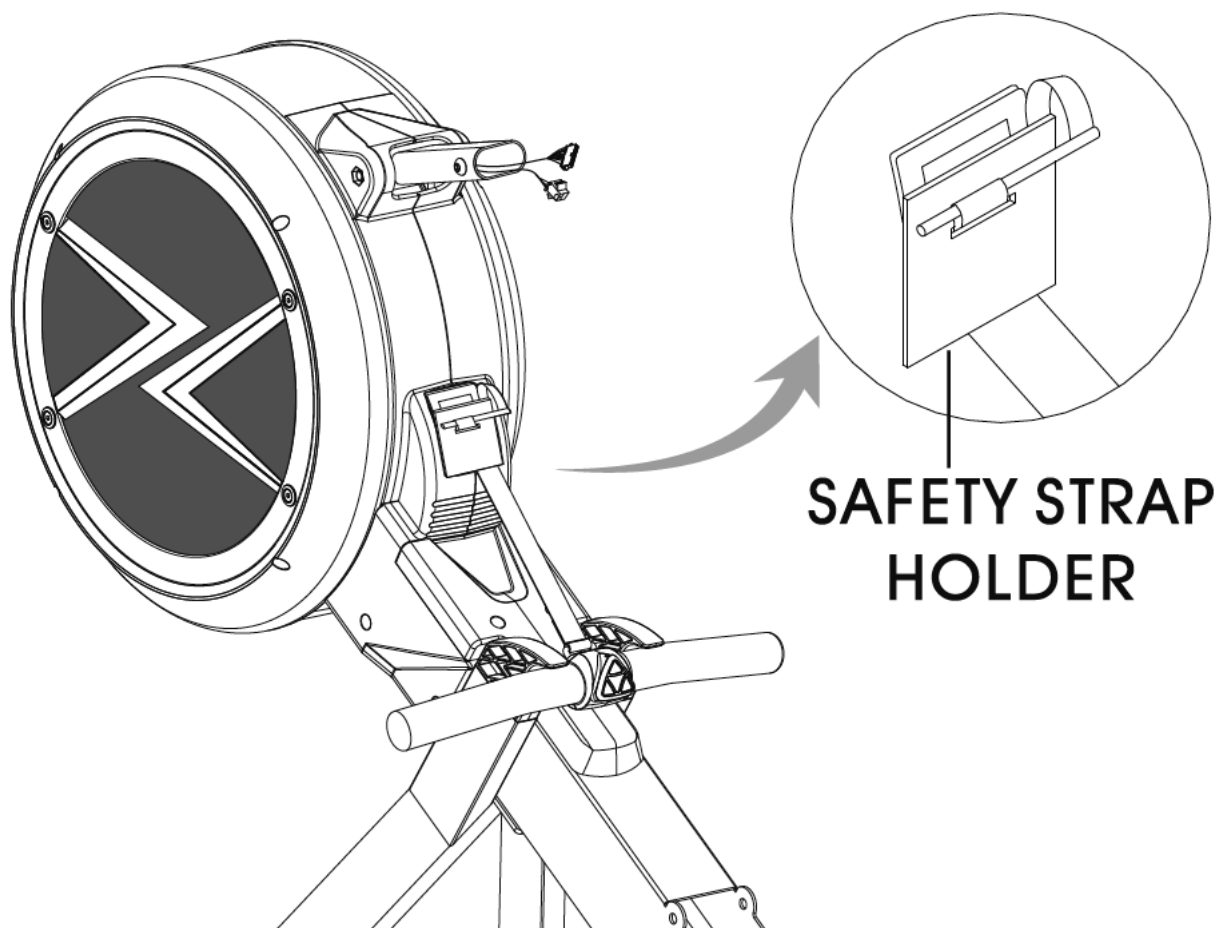
- a) Remove 2 x Bolt [80] from Main Frame [2] with the tool provided.
- b) Assemble the Front Stabiliser [5] with 2 X Bolt [80] and 2 X Washer [90] using the tool provided and tighten firmly.





**STEP 6**

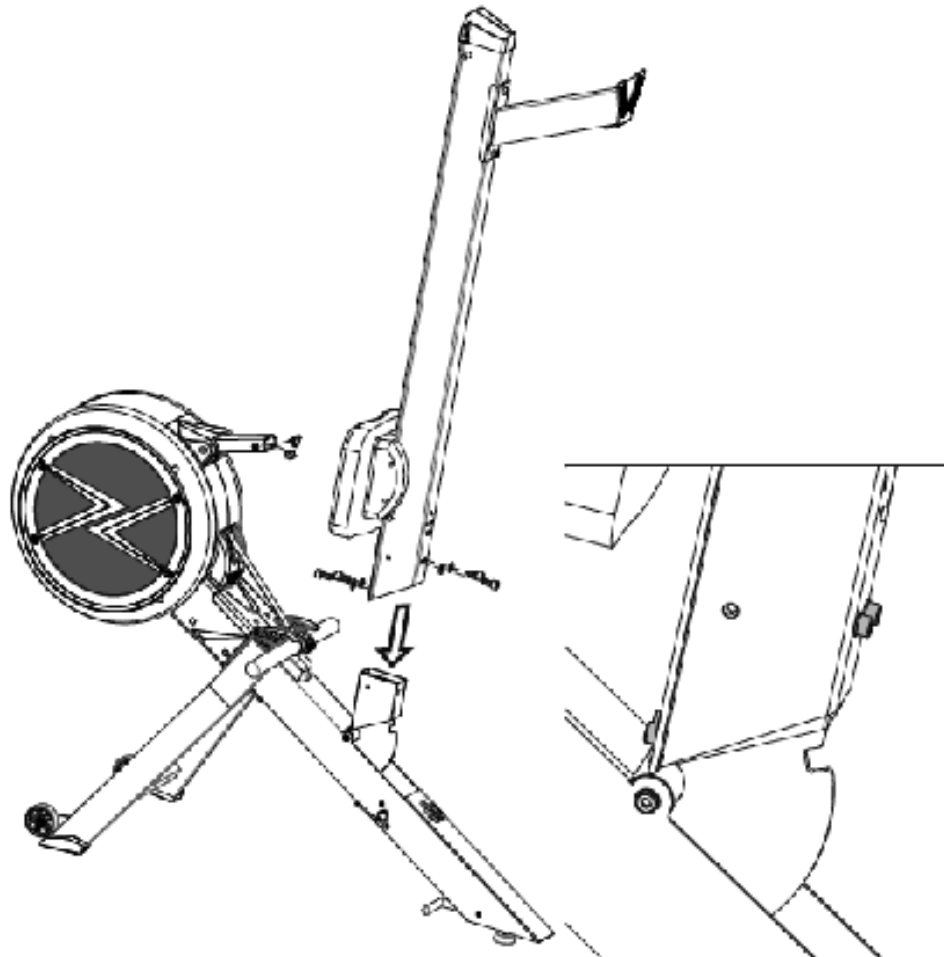
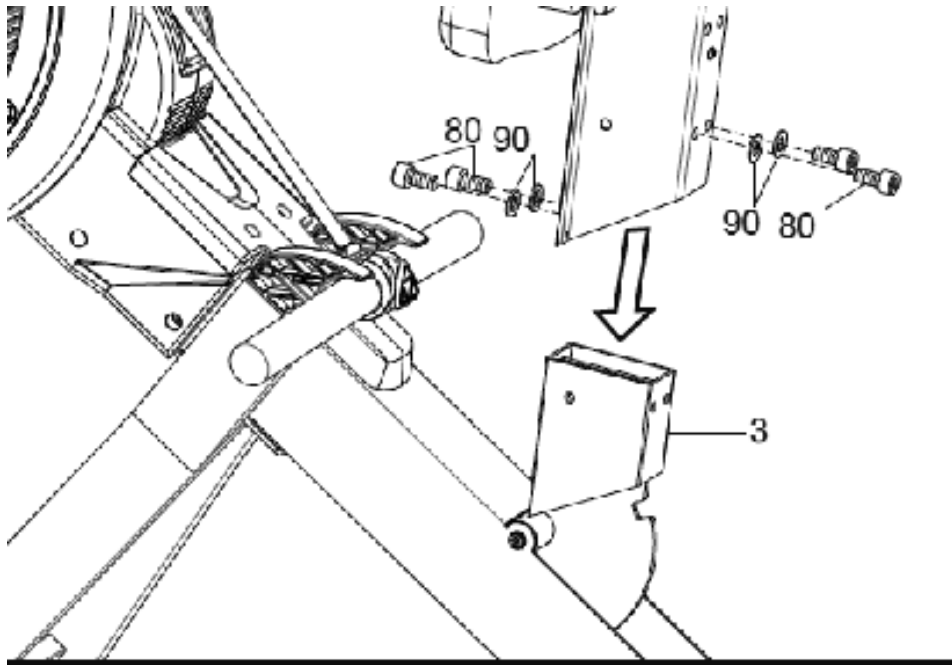
- a) Remove the Safety Strap Holder and discard.
- b) Place the handle bar in it's Holder.



## **STEP 7**

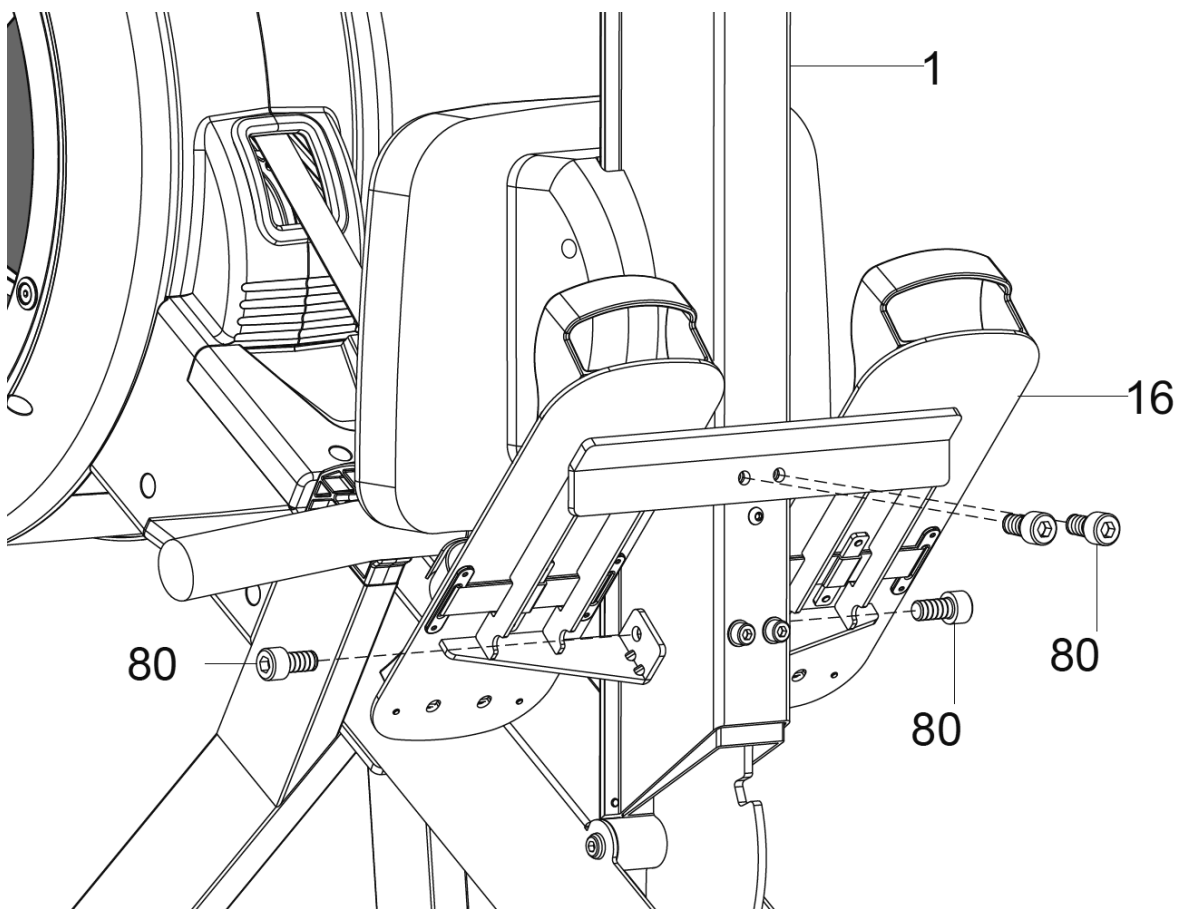
a) Remove 4xBolt [80] from Metal Support [3] with the tool provided.

b) Assembly the Aluminium Beam [1] into Metal Support [3] with 4xBolt [80] and 4xWasher [90] using the tool provided and and tighten firmly.



## **STEP 8**

a) Assemble the Pedal [16 ] and Aluminium Beam [1] with 4 x Bolt[80] using the using the Allen key provided and tighten firmly.



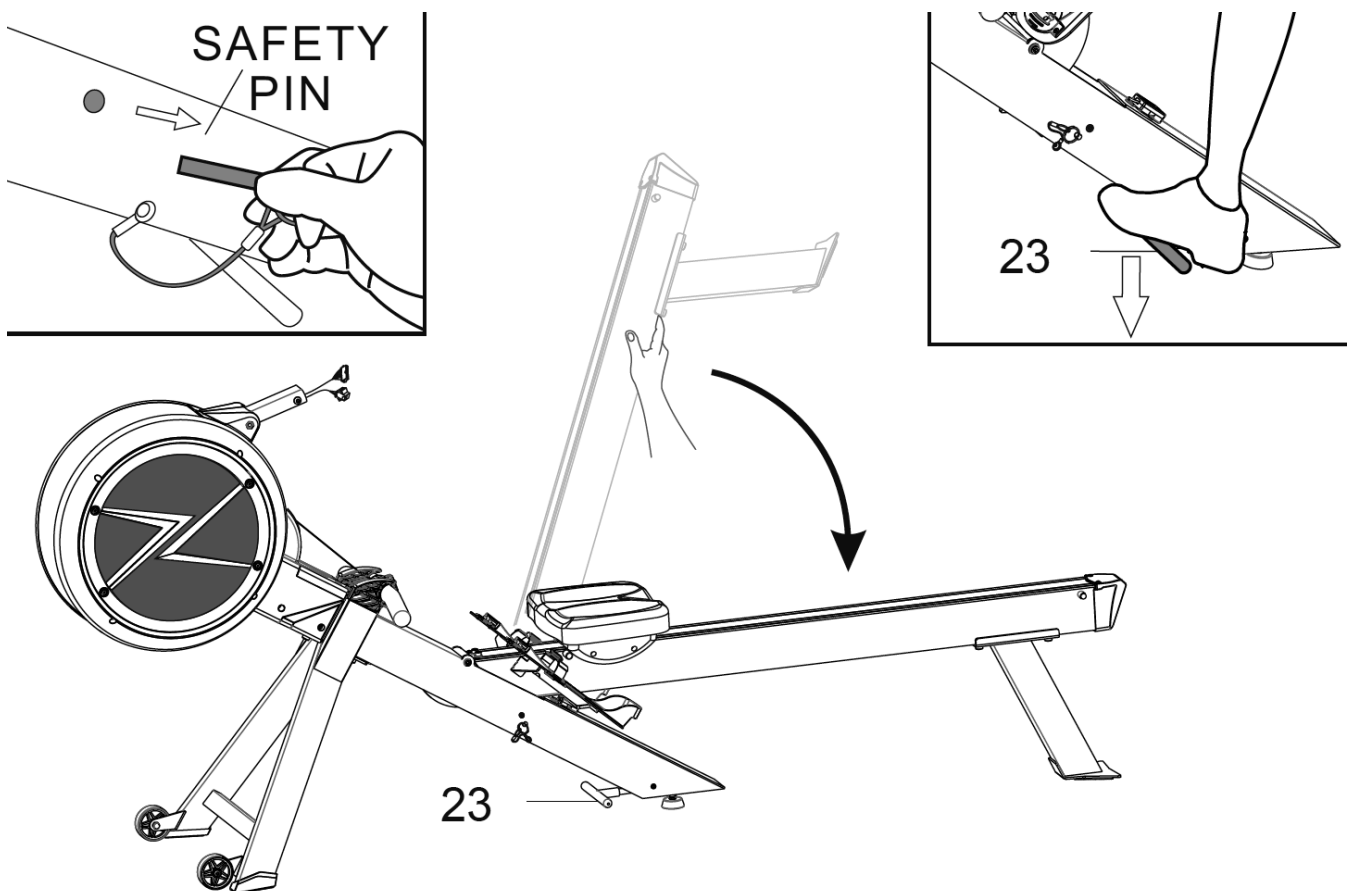
## **STEP 9**

a) Remove the Safety Pin

b) Step on the Fold-Foot-Lever[28] and lower

the Aluminium Beam [1] to the floor until you hear and feel it “LOCK”.

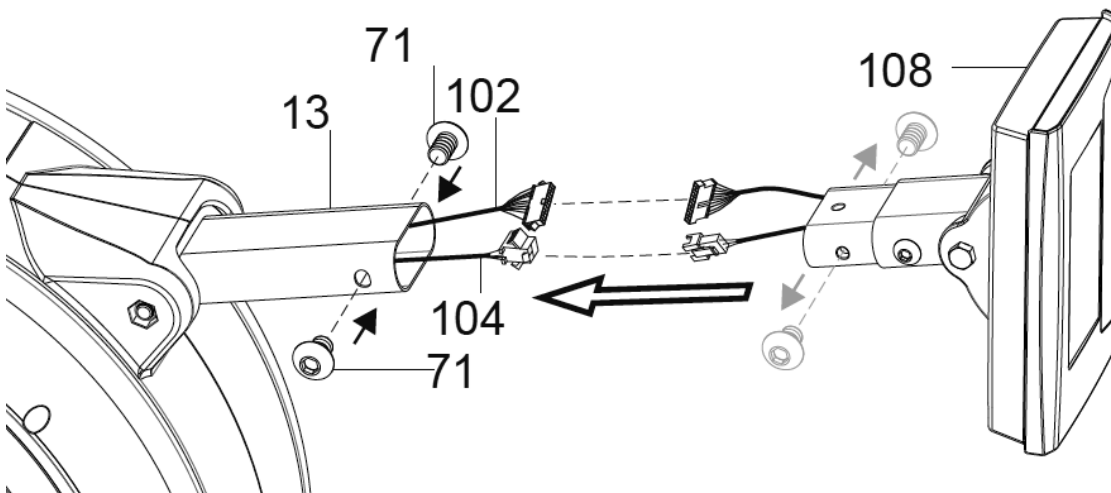
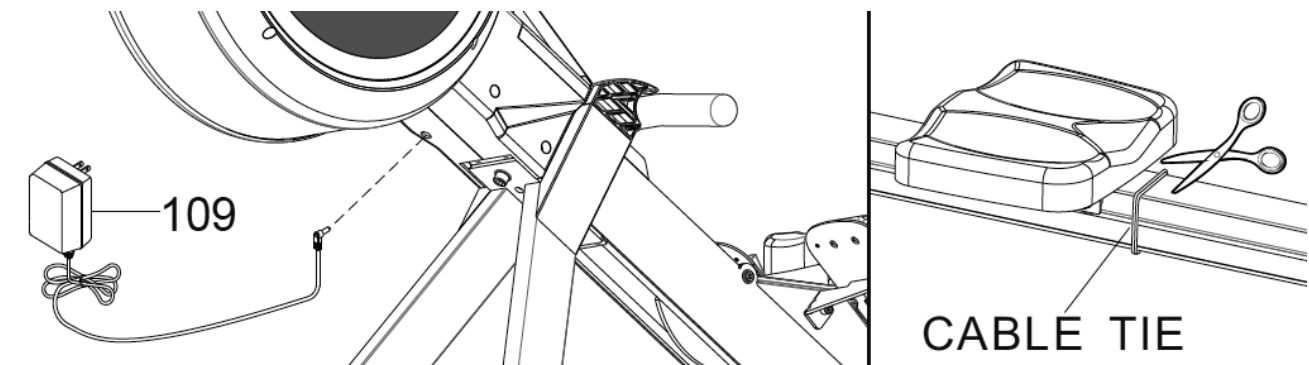
NOTE: Hold the Aluminium Beam [1] with your hand and gently lower it .



## STEP 10

- a) Remove the 2 x Bolt[71] from Computer[108].
- b) Connect Computer Cable [102] and [104] and assemble Computer[108] to Computer Arm[13] with 2 x Bolt[71].
- c) Cut the Cable Tie.
- d) Connect the AC Adaptor [109] into the main power socket.
- e) Tighten all Bolts and Washers firmly using the Tool provided.**

**NOTE: Be Careful not to pinch the wires in the frame.**



## CONGRATULATIONS

Assembly of your **Elite R11 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 R11 Rowing machine** and serious injury to users and bystanders and can also compromise the effectiveness of your exercise program.

# ADJUSTMENT GUIDE & STORAGE INSTRUCTIONS

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## MOVING THE MACHINE

- 1) Position yourself as shown in Fig 1 and hold up the rower with two hands. Slowly tip the rower towards the front and hold up to support the weight.
- 2) Once balanced (see Fig 2), you can transport the bike to the desired location with ease.

FIG. 1



FIG. 2

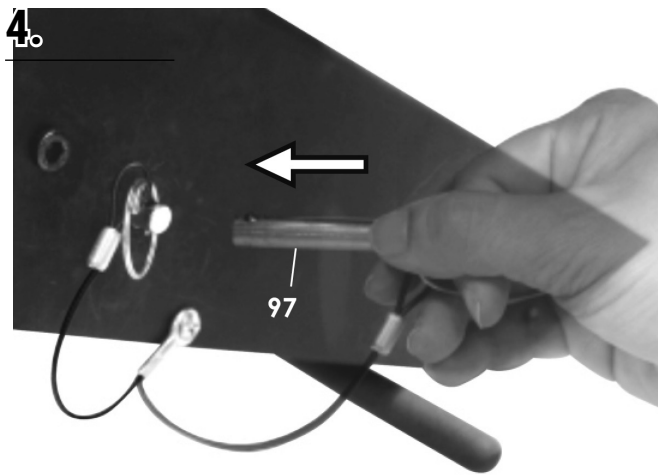
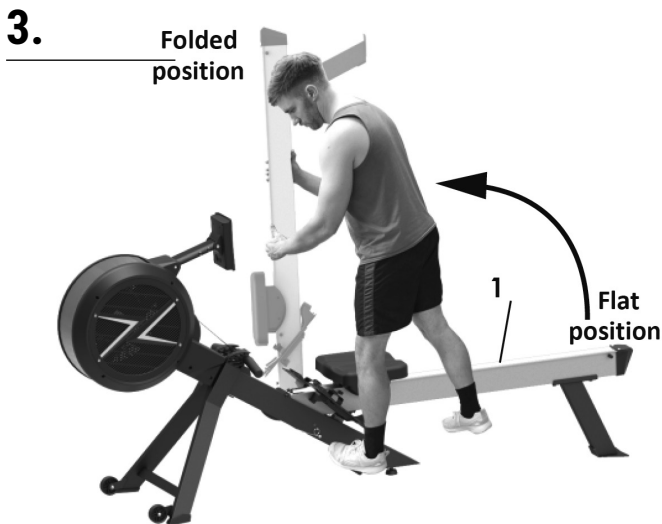
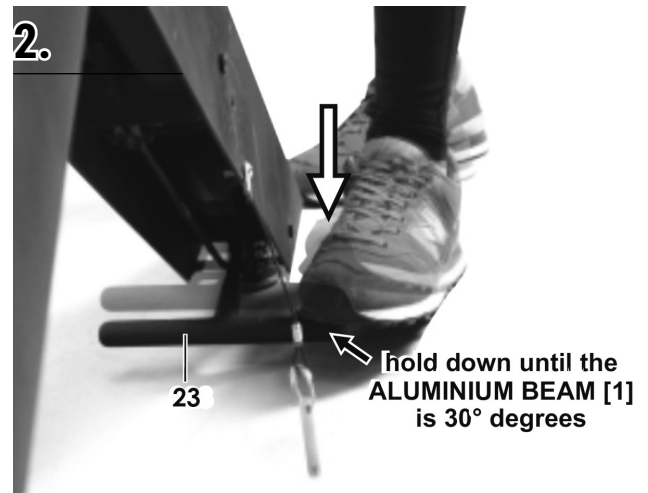
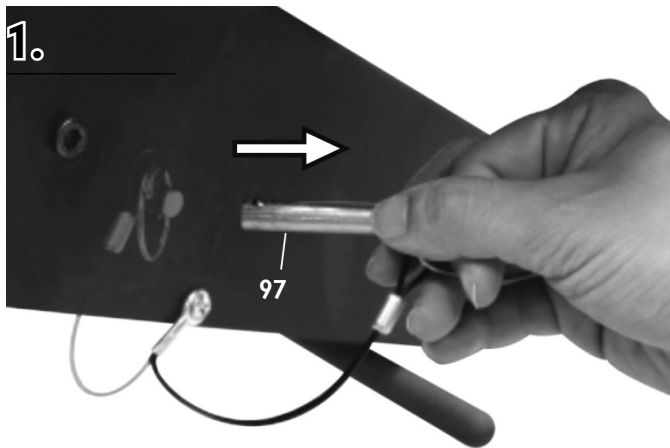


## STORAGE

When the rower is not in use, you can fold up the machine to save the space .

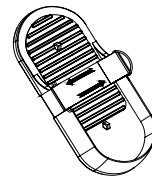
- 1) With the Rower in the flat position, remove the FOLD SAFETY PIN (97).
- 2) With a firm grasp of the ALUMINIUM BEAM [1] press the FOLD - FOOT LEVER (23) down releasing the safety lock.
- 3) Allowing the ALUMINIUM BEAM (1) to be lifted up.
- 4) With the Rower in the folded position, reinsert the FOLD SAFETY PIN (97) to ensure the rower CANNOT be unfolded.

**Attention:** When unfolding and folding the Rower, keep your fingers and hands away from folding hinge points to avoid injury.



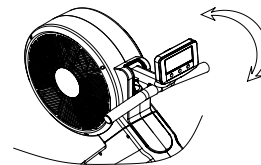
## PEDAL ADJUSTMENT

The pedal strap is adjustable and can be personalised to fit the user's foot size.



## COMPUTER ANGLE ADJUSTMENT

The rotation angle of computer post can be adjusted to obtain the best view of the Computer LCD screen.





## CARE AND MAINTENANCE

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### **WARNING**

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

Prolong the life of your rower 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.

#### **Adjust the End cap & How to fold the unit**

To fold the aluminium rail, pull out the lock pin from the joint. Secure the rail by the lock pin.

#### **Correct Exercising Position**

When exercising, hold the handlebar tightly and relax your back. Try and use the product in a rhythmical and smooth motion. If you find yourself feeling uncomfortable, or experiencing a surging type feeling, adjust the tension down to a more comfortable setting.

# MAINTENANCE LOG

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Prolong the life of your rowing machine 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 applicable, the distance and hours operated.

| DATE      | GENERAL    |         |         | FRAME  |            | SERVICE COMMENTS |
|-----------|------------|---------|---------|--------|------------|------------------|
|           | Lubricated | Tighten | Cleaned | Joints | Guide Rail |                  |
| eg: 01/06 |            |         | ✓       | ✓      | ✓          | none             |
|           |            |         |         |        |            |                  |
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# LIMITED WARRANTY

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## Warranty Registration

It is recommended you register your warranty online at [www.elitefitness.co.nz/service/online-forms/warranty](http://www.elitefitness.co.nz/service/online-forms/warranty) to ensure you receive the correct user maintenance information for your product before use. This will enable you to receive any additional or helpful information from the manufacturer or Elite Fitness Equipment about your product.

## 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](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.

# CONSOLE



## OPERATION:

POWER ON: Plug in power supply, computer will power on and display all segments on LCD for 2 seconds.

## DISPLAY FUNCTIONS

| FUNCTION  | DESCRIPTION  | SPECS            |
|-----------|--|------------------|
| TIME      | The time of each workout ,when starting exercise.            | 0M:00S ~ 99M:59s |
| TIME/500m | The time of each 500 metre at the current stroke velocity.   | 0M:00S ~ 99M:59s |
| DISTANCE  | The distances of each workout ,when starting exercise.       | 0.0 ~ 9999 KM    |
| PULSE     | Heart rate during each workout.                              | 30-230 BPM       |
| CALORIE   | The calories burned of each workout, when starting exercise. | 0 ~ 9999KCAL     |
| SPM       | The strokes per minute, when starting exercise.              | 0 ~ 999 RPM      |
| STROKES   | The strokes of each workout, when starting exercise.         | 0~9999           |
| WATTS     | Workout power consumption.                                   | 0~999            |

# KEY FUNCTIONS

| FUNCTION         | DESCRIPTION   |
|------------------|---|
| INTERVAL PROGRAM | 20/10, 10/20 , Custom   |
| TARGET PROGRAM   | Target Time, Target Distance, Target Calories, Target Pulse, Target Watts.                |
| START/ STOP KEY  | Press start to start rowing.<br>Press Stop to Display Workout Feedback                    |
| UP               | In settings, adjusting up will increase the resistance levels.                            |
| DOWN             | In settings, adjusting down decrease the resistance levels.                               |
| ENTER/MODE       | Confirm setting or selection.   |
| RESET            | In Ready Mode, press the UP key + DOWN key at the same time and the computer will reboot. |

## QUICK START

1. In Ready Mode (Fig 1), press START/STOP to start the workout (Fig 2)
2. Once finished, press START/STOP to stop the workout and display your workout feedback: TOTAL/AVERAGE/MAX (Fig 3-5)
3. In STOP mode, hold the START/STOP key to turn the monitor back to READY mode.

Fig. 1



Fig. 2



Fig. 3

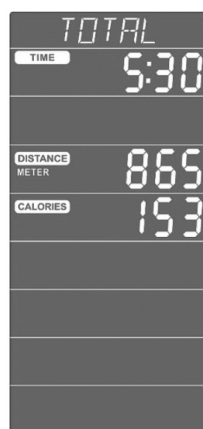


Fig. 4



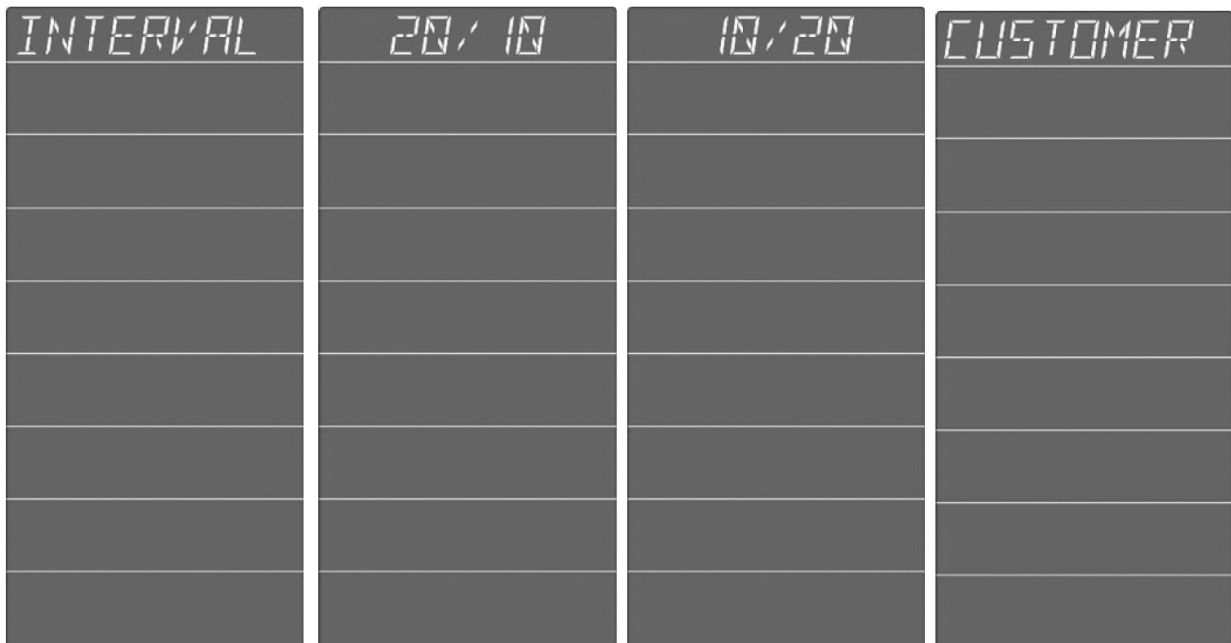
Fig. 5



# INTERVAL PROGRAM

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1. 20/10: Work for 20 seconds, rest for 10 seconds. Repeat 8 times.
  - a) Select (20/10) then press START/STOP to begin.
  - b) As you row, time will count down from 20 seconds.
  - c) Then at rest, time will count down from 10 seconds.
  - d). b&c will continue for 8 times till end.
  - e). In STOP mode, hold on START/STOP monitor return to READY mode.
2. 10/20: Work for 10 seconds and rest for 20 seconds for 8 times.
  - a) Select (10/20) then press START/STOP to begin.
  - b) As you row, time will count down from 20 seconds.
  - c) Then at rest, time will count down from 10 seconds.
  - d). b&c will continue for 8 times till end.
  - e). In STOP mode, hold on START/STOP monitor return to READY mode.
3. Custom: Set up your own personal interval program
  - a) Select (Customer) then press ENTER/MODE to enter..
  - b) SET ROUND will show up. Press the UP/DOWN key to select your exercise terms.
  - c) The press ENTER/MODE to select Work/Rest time. Press UP/DOWN to select exercise time.
  - d) Press START/STOP to begin.
  - e) As you row, time will count down from 20 seconds.
  - f) Then at rest, time will count down from 10 seconds.
  - g). e&f will continue for 8 times till end.
  - h) in STOP mode, hold on START/.STOP and the monitor will return to READY mode.



# TARGET PROGRAMS

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## 1. TARGET TIME

- a) Press UP/DOWN to set TARGET TIME, press START/STOP key to start your workout.
- b) TIME begins to count down from specified Target Time. Other workout metrics will display accordingly.
- c) Press START/STOP to stop the workout and see your workout results (TOTAL/AVERAGE/MAX).
- d). In STOP mode, hold on START/STOP monitor return to READY mode.

## 2. TARGET DISTANCE

- a) Press UP/DOWN to set TARGET DISTANCE, press START/STOP key to start your workout.
- b) TIME begins to count down from specified Target Time. Other workout metrics will display accordingly.
- c) Press START/STOP to stop the workout and see your workout results.
- d). In STOP mode, hold on START/STOP monitor return to READY mode.

## 3. TARGET CALORIES

- a) Press UP/DOWN to set TARGET CALORIES, press START/STOP key to start your workout.
- b) TIME begins to count down from specified Target Time. Other workout metrics will display accordingly.
- c) Press START/STOP to stop the workout and see your workout results.
- d). In STOP mode, hold on START/STOP monitor return to READY mode.
- h) in STOP mode, hold on START/.STOP and the monitor will return to READY mode.

## 4. TARGET PULSE

- a) Press UP/DOWN to set AGE and enter by pressing ENTER/MODE.
- b) Choose: 60% , 75%, 85%, TARGET

*Pulse 60% - Here you are rowing in the very efficient range of 60%, ideal for beginners and for general fat Burning.*

*Pulse 75% - This range of 75% of the maximum pulse rate is suitable for experienced users and athletes.*

*Pulse 85% - The anaerobic range of 85% of the maximum pulse rate is only suitable for competitive athletes and short sprint exercises.*

*TAG - The computer uses your Age to calculate a target pulse rate, which you can change if you desire. **Never select a target pulse that is higher than your age determined maximum pulse rate.***

- c) TIME begins to count up and other workout metrics will display accordingly.
- d) Press START/STOP to stop the workout and see your workout results.
- e). In STOP mode, hold on START/STOP monitor return to READY mode.
- f) in STOP mode, hold on START/.STOP and the monitor will return to READY mode.

## 5. TARGET WATT

- a) Press UP/DOWN to set TARGET WATT, press START/STOP key to start your workout.
- b) Press UP/DOWN to preset TIME.
- c) TIME begins to count down from specified Target Time. Other workout metrics will display accordingly.
- d) Press START/STOP to stop the workout and see your workout results.
- e). In STOP mode, hold on START/STOP monitor return to READY mode.

### NOTE:

1. After 1 minute without pedaling or pulse input, the console will turn off backlight, and will enter into power saving mode after 3 minutes. Press any key to turn the console on.
2. If the computer acts abnormal, please unplug the adaptor and plug in again.

### APPS:

1. This console can connect to apps on smart devices with Bluetooth.
2. Once console is connected to a smart device via Bluetooth, the console will power off
3. Apps available including i-console through the Apple Store or through Google Play.

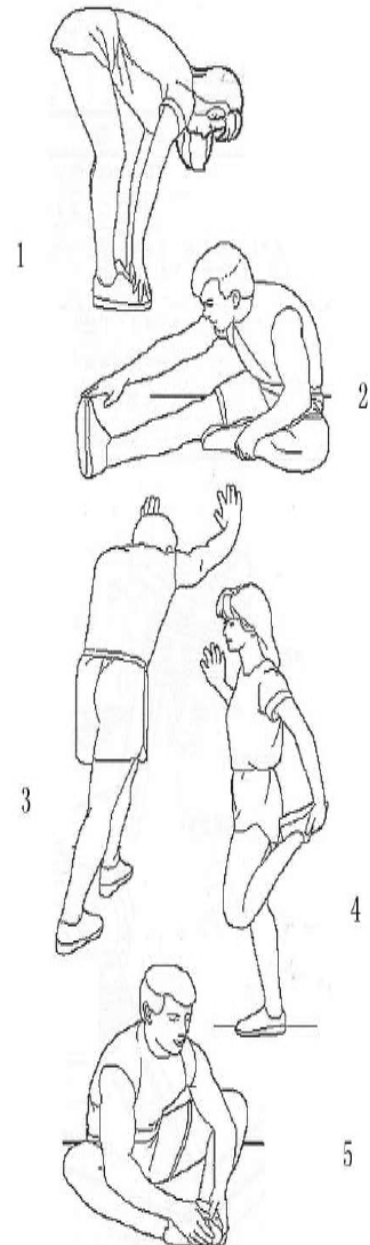




## WARM-UP EXERCISE

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).

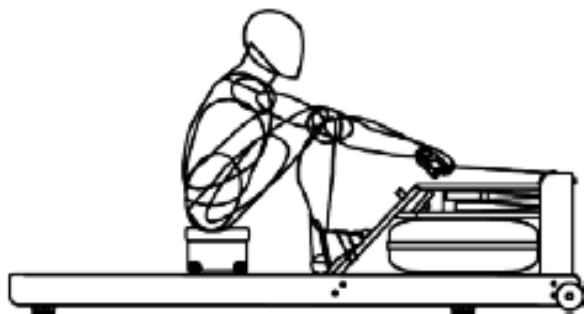


# ROWING TECHNIQUES

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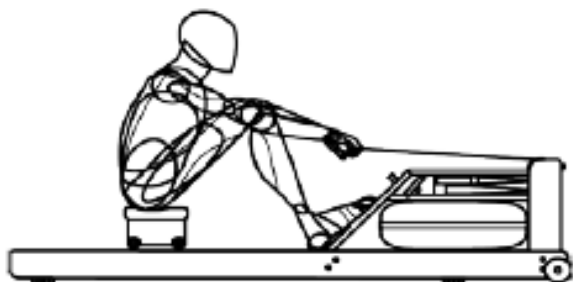
The Rowing Action uses 84% of your muscle mass; from the tips of the fingers holding the handle, to the balls of the feet connected to the footboard, all the muscles between these 2 points contribute to the Rowing Action.

The Rowing Action is comprised of both fast (drive phase) and slow (recovery phase) movements. It is important to combine these 2 movements into a rhythm in order to create a smooth, flowing, unhurried Rowing Action. The diagrams below show 3 basic movements of the rowing action.



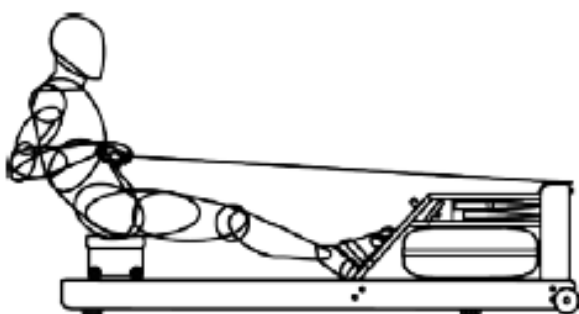
## CATCH POSITION

Sitting tall, arms straight reaching forward, shoulders relaxed, head up, eyes looking forward, legs compressed and shins vertical.



## DRIVE PHASE

Drive back with the legs, arms hang off the handle and only begin to bend once handle is above the knees, torso is strong with good posture and body angle opens up slowly as you drive the legs.



## RELEASE POSITION

Legs straight, handle drawn to chest, sitting back just past the vertical, torso firm, shoulders relaxed, head up and eyes looking forward.

Allow yourself the first few rowing sessions to practice the correct positions and phases as well as the correct ratio and rhythm of the rowing action. With regular rowing, the technique will become easier and you will soon experience the physiological benefits of rowing.

# 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)

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

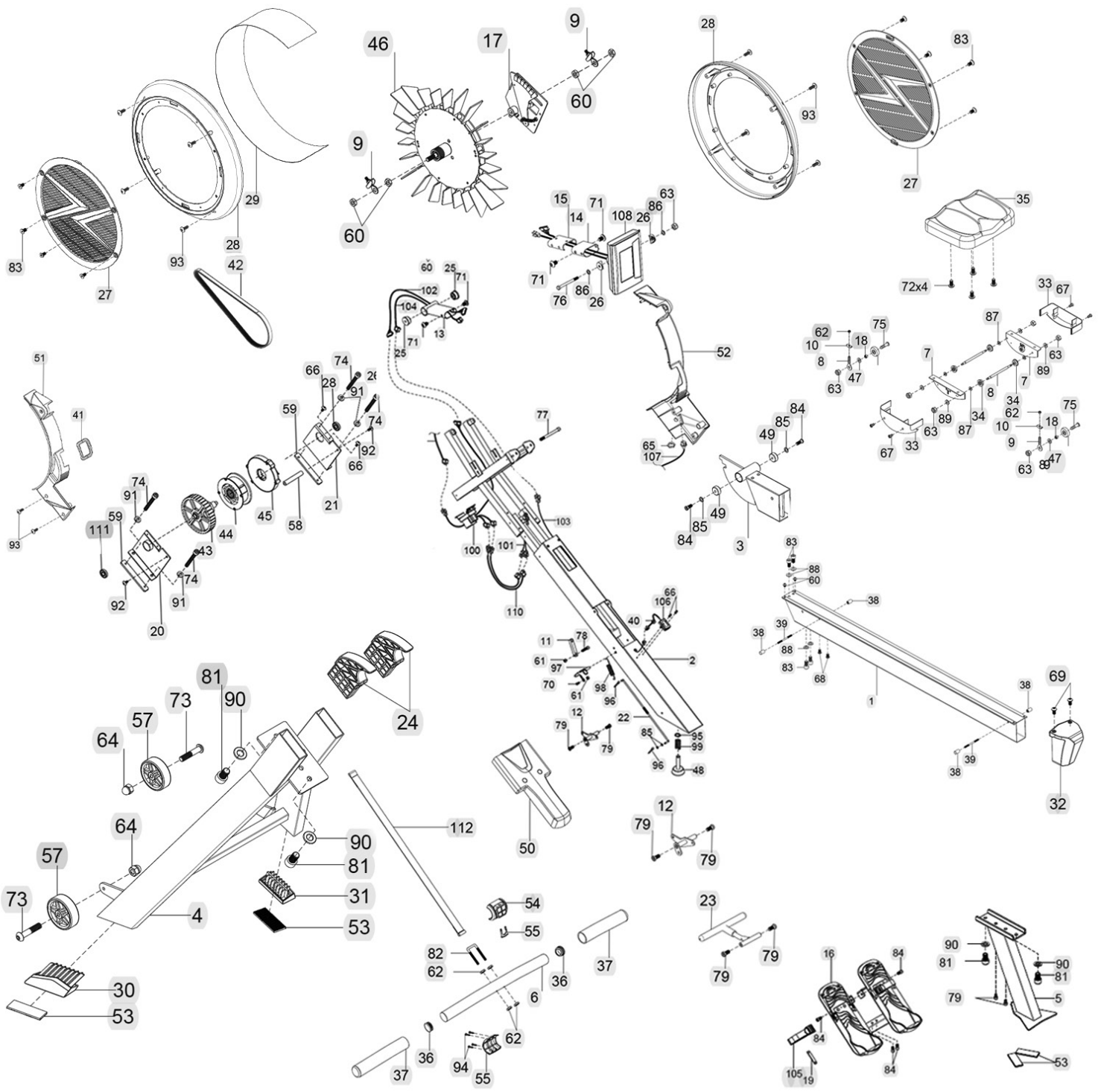
$181 \times 65\% (0.65) = 118 \text{ bpm}$  (Lower Training Limit)

# PARTS LIST

| PART NO. | DESCRIPTION             | Q'TY | PART NO. | DESCRIPTION                | Q'TY |
|----------|-------------------------|------|----------|----------------------------|------|
| 1        | Aluminium Beam          | 1    | 42       | Poly "V" Drive Trim        | 1    |
| 2        | Main Frame              | 1    | 43       | Drive Pulley               | 1    |
| 3        | Pivot Frame             | 1    | 44       | Strap Drum Set             | 1    |
| 4        | Front Stabiliser        | 1    | 45       | Return Spring Set          | 1    |
| 5        | Rear Stabiliser         | 1    | 46       | Flywheel Fan Set           | 1    |
| 6        | Handle Bar              | 1    | 47       | Special Seat Roller        | 2    |
| 7        | Seat Carriage           | 2    | 48       | Spring Loaded Foot         | 1    |
| 8        | Seat Carriage Shaft     | 2    | 49       | Bushing                    | 2    |
| 9        | Roller Adjustment Bolt  | 4    | 50       | Receiver Cover             | 1    |
| 10       | Roller Adjustment Plate | 2    | 51       | Trim Cover-Left            | 1    |
| 11       | Fold-Slider             | 1    | 52       | Trim Cover-Right           | 1    |
| 12       | Fold-Lever              | 1    | 53       | Stabiliser Foot            | 4    |
| 13       | Computer Arm            | 1    | 54       | Transmitter-Top            | 1    |
| 14       | Computer Arm            | 1    | 55       | Transmitter-Battery Holder | 1    |
| 15       | Computer Arm            | 1    | 56       | Transmitter-Bottom         | 1    |
| 16       | Foot Pedal              | 1    | 57       | Wheel                      | 2    |
| 17       | Magnet Control System   | 1    | 58       | Screw Post                 | 1    |
| 18       | Roller Spacer           | 2    | 59       | Bearing Bracket-Bottom     | 2    |
| 19       | Strap Holder            | 2    | 60       | Nut-M6                     | 6    |
| 20       | Bearing Bracket Left    | 1    | 61       | Nut-M5                     | 1    |
| 21       | Bearing Bracket Right   | 1    | 62       | Nut-M6                     | 4    |
| 22       | Fold Rod Assembly       | 1    | 63       | Nut-M8                     | 7    |
| 23       | Fold-Foot Lever         | 1    | 64       | Bolt-M4x12mm               | 2    |
| 24       | Handle Bar Holder       | 2    | 65       | Nut - 1/2" -26UNF          | 1    |
| 25       | Computer Arm Pivot      | 2    | 66       | Bolt-M4x8mm                | 4    |
| 26       | Computer Arm - Spacer   | 2    | 67       | Bolt-M5x6mm                | 4    |
| 27       | Cover- Hub              | 2    | 68       | Bolt-M6x10mm               | 2    |
| 28       | Main Cover              | 1    | 69       | Bolt-M5x10mm               | 2    |
| 29       | Mesh                    | 1    | 70       | Bolt-M5x12mm               | 1    |
| 30       | End Cap-Left            | 1    | 71       | Bolt-M8x12mm               | 4    |
| 31       | End Cap-Right           | 1    | 72       | Bolt-M8x16mm               | 4    |
| 32       | Aluminium Beam End Cap  | 1    | 73       | Bolt-M8x40mm               | 2    |
| 33       | Carriage Cover          | 2    | 74       | Bolt-M6x50mm               | 4    |
| 34       | Seat Carriage-Roller    | 4    | 75       | Bolt-M8x30mm               | 2    |
| 35       | Seat                    | 1    | 76       | Bolt-M8x90mm               | 1    |
| 36       | Plug                    | 2    | 77       | Bolt-M5x10mm               | 1    |
| 37       | Foam Grip               | 2    | 78       | Bolt-M5x20mm               | 1    |
| 38       | Seat Carriage Stopper   | 4    | 79       | Bolt-M6x10mm               | 4    |
| 39       | Double End Bolt         | 2    | 80       | Bolt-M8x16mm               | 8    |
| 40       | Cable Plug              | 1    | 81       | Bolt-M10x16mm              | 4    |
| 41       | Strap Slot Trim         | 1    | 82       | U-Bolt                     | 1    |

| PART NO. | DESCRIPTION                    | Q'TY |
|----------|--------------------------------|------|
| 83       | Bolt-M6x20mm                   |      |
| 84       | Bolt-M8x16mm                   | 2    |
| 85       | Washer-M10xØ16x2T              | 2    |
| 86       | Washer-M8xØ12x1T               | 2    |
| 87       | 12x8x2mm                       | 6    |
| 88       | Washer-M6xØ16x1.5T             | 4    |
| 89       | Washer-M8xØ16x2T               | 4    |
| 90       | Washer-M10xØ26x2T              | 4    |
| 91       | Washer-M6                      | 4    |
| 92       | Screw-M4x10mm                  | 2    |
| 93       | Screw-M4x12mm                  | 16   |
| 94       | Screw-M2x10mm                  | 4    |
| 95       | Retaining Ring                 | 1    |
| 96       | Split Pin                      | 2    |
| 97       | Fold Safety Pin + Ring & Cable | 1    |
| 98       | Spring                         | 1    |
| 99       | Spring                         | 1    |
| 100      | Motor with Cable               | 1    |
| 101      | Sensor with Cable - 2 Pin      | 2    |
| 102      | Computer Cable-12 Pin          | 1    |
| 103      | Computer Cable-3 Pin           | 1    |
| 104      | Computer Cable-3 Pin           | 1    |
| 105      | Foot Strap                     | 2    |
| 106      | Chest Band Reciever            | 1    |
| 107      | AC Adaptor Cable with Nut      | 1    |
| 108      | Computer                       | 1    |
| 109      | AC Adaptor                     | 1    |
| 110      | Sensor Cable-2Pin              | 2    |
| 111      | Bearing-6000ZZ                 | 3    |
| 112      | Drive Strap                    | 1    |
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# EXPLODED DRAWING





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