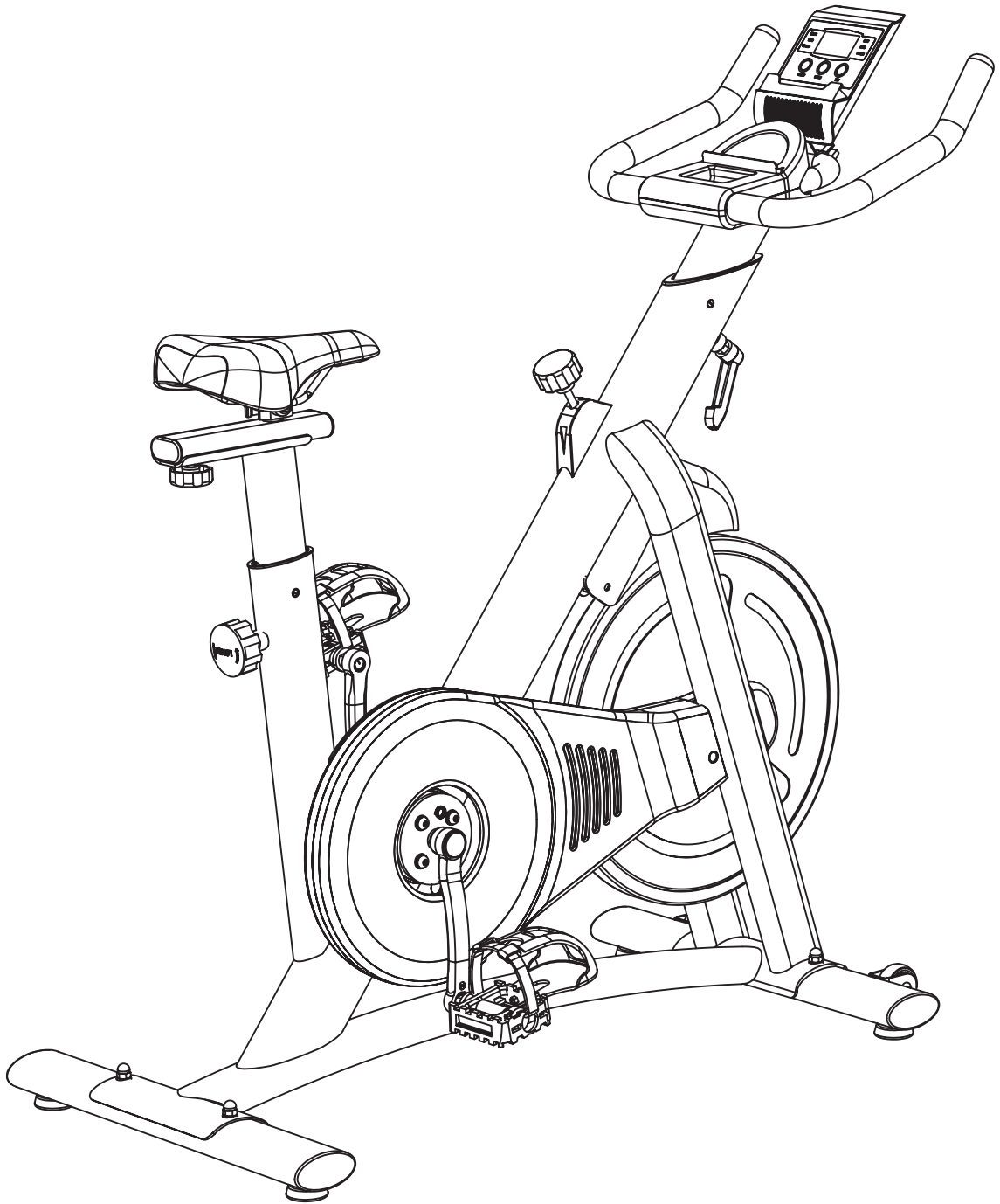




ASSEMBLY MANUAL >



-Patriot

Record serial number

Elite Patriot Exercycle

Thank you for purchasing the **Elite Patriot Bike**.

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 Patriot 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

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

(09) 258 9067

Elite Fitness HQ

28 Morrin Road
Saint Johns
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IMPORTANT SAFETY INSTRUCTIONS

The following definition applied to the word “WARNING” when used in this manual:



WARNING

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

READ ALL INSTRUCTIONS BEFORE USING THE MACHINE

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

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

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

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

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

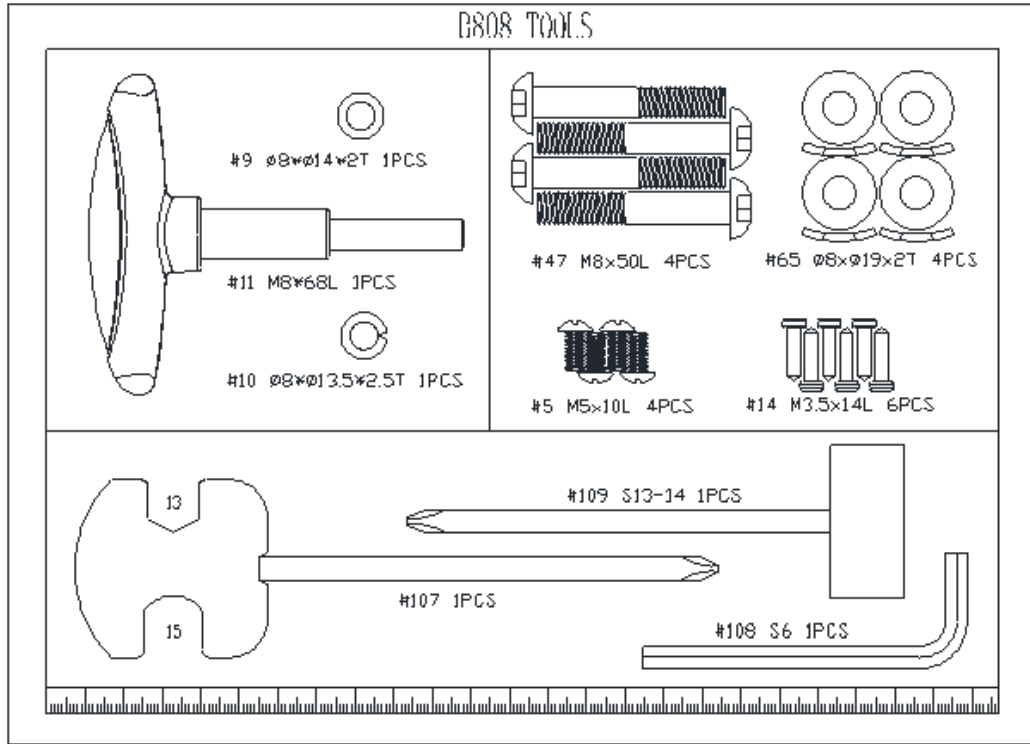
IMPORTANT HINTS:

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

PRODUCT SPECIFICATIONS

User Weight Capacity:	120kg
Dimensions:	1180*500*1180 mm
Shipping Weight:	32.50 KGS
Net Weight:	28.50 KGS
Power Requirements	2PCS/ 1.5V/ AAA

HARDWARE LIST



Part No.	Description	Q'ty
5	Cross screw M5*0.8*10L	4
9	Flat washer $\Phi 8*\Phi 14*2T$	1
10	Spring washer $\Phi 8(\Phi 8.5*\Phi 13.5*2.5T)$	1
11	T knob	1
14	Cross screw ST3.5*14L	6
47	Hex screw M8*P1.25*50L*S20L	4
65	Semi-circle washer $\Phi 8*\Phi 19*2T$	10
107	Harpoon wrench	
108	Hex wrench	
109	Sleeve wrench	

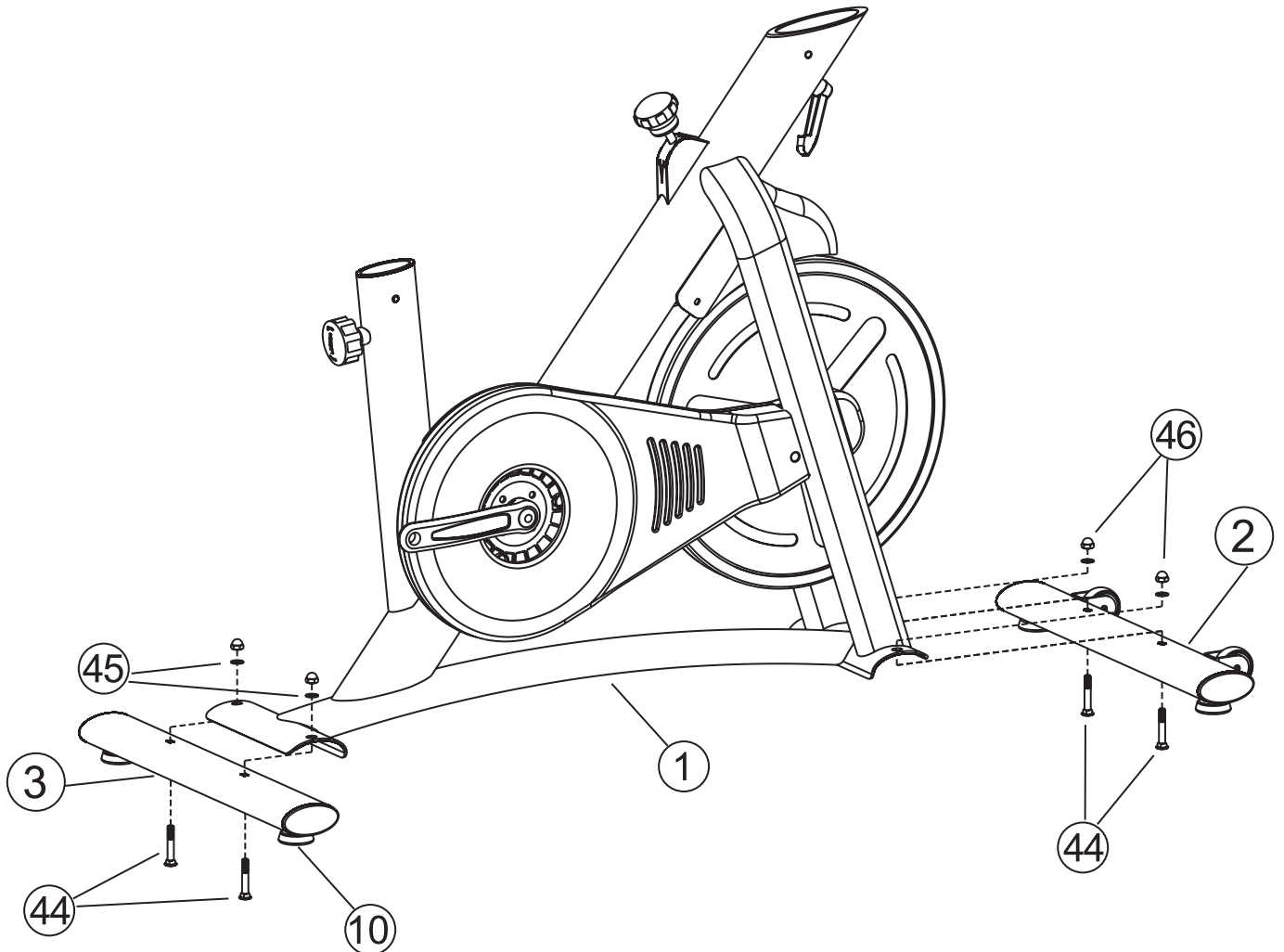
Tools Required For Assembling the Machine:

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

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

ASSEMBLY INSTRUCTIONS

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 washer using the hex key (#108), and then discard them.



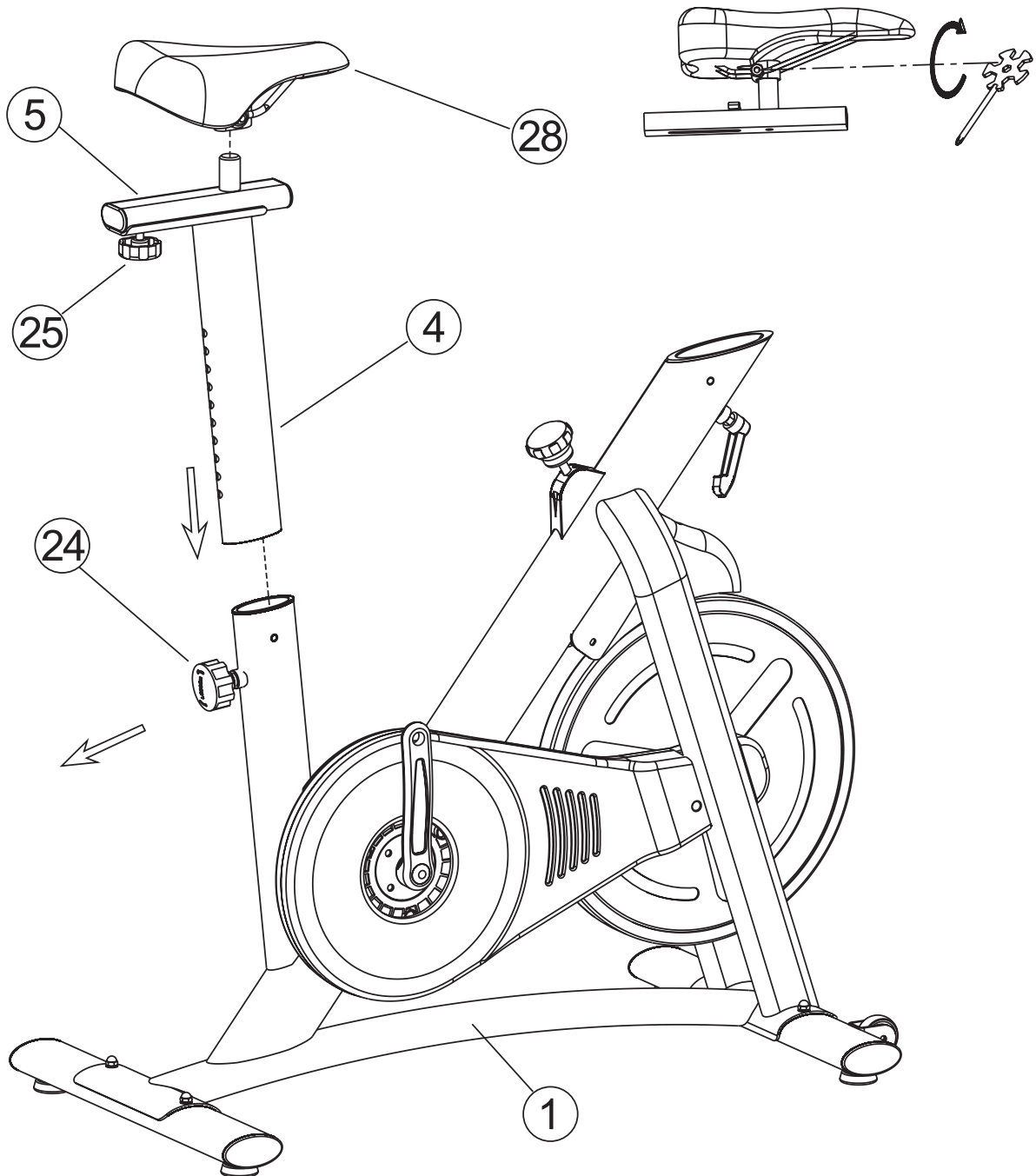
STEP 1

Do not tighten Bolts until instructed to do so.

- Attach Front Stabiliser (2) with transport wheel to Main Frame (1) using 2pcs of Carriage Bolt (44), 2pcs of Wave Washer (45) and 2pcs of Domed Nut (46).
- Repeat last step to install Rear Stabiliser (3) to Main Frame (1).

NOTE: The Base Leveler (10) can be adjusted to level the bike. Rotate the Base Leveler clockwise or counter-clockwise to adjust the level of the bike.

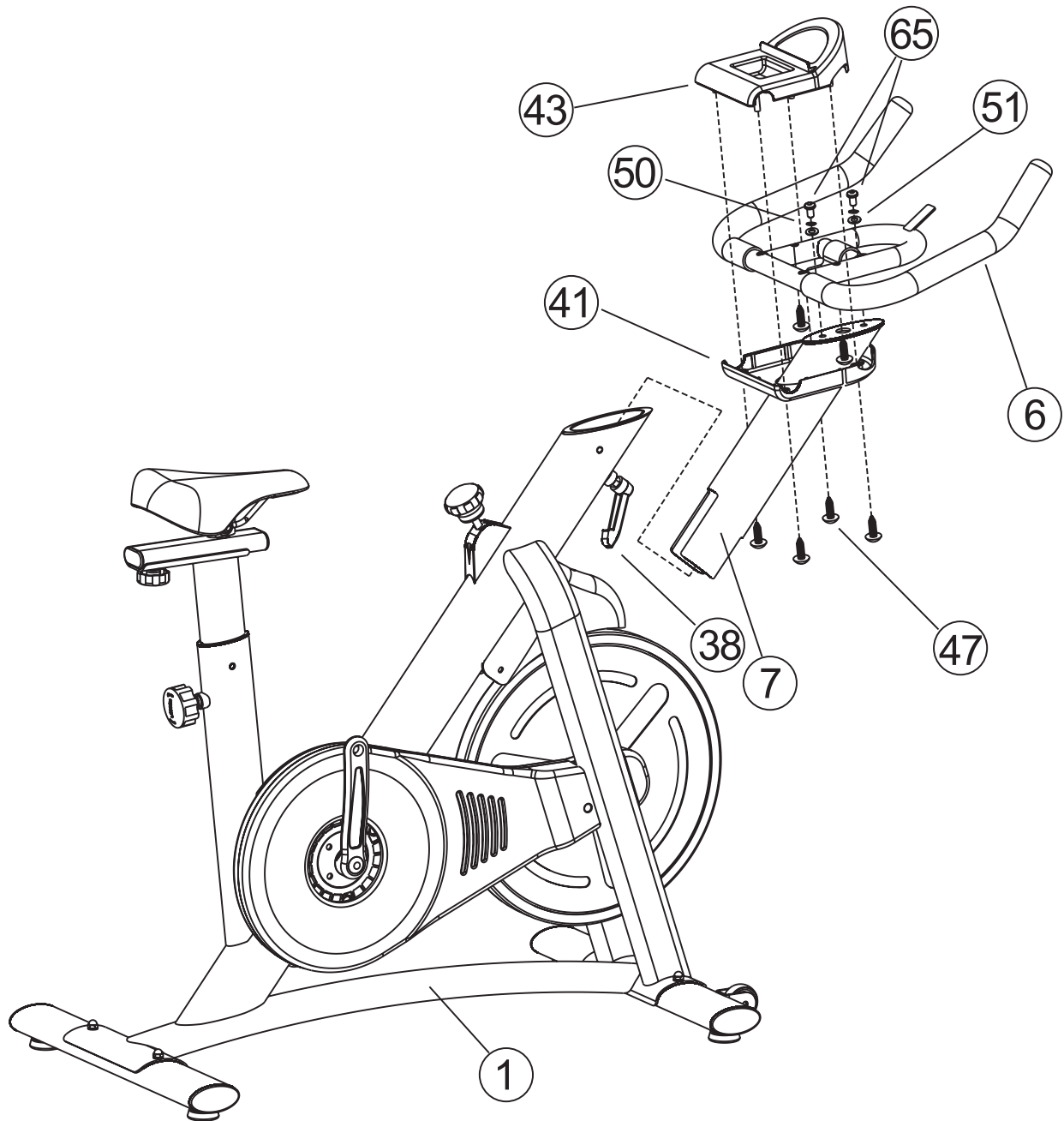
ASSEMBLY INSTRUCTIONS



STEP 2

- Loosening Adjustment Knob (24) and pull out, insert Seat Post (4) into the rear opening tube of the Main Frame (1). Adjust the Seat Post (4) to your desired height, then tighten the Adjustment Knob (24).
- Place Seat Slider (5) onto Seat Post (4), then fixing them with Lock Knob (25).
- Place Seat (28) onto Seat Slider (5), secure seat by tightening the seat locking nuts (Pre-fitting on the Seat).

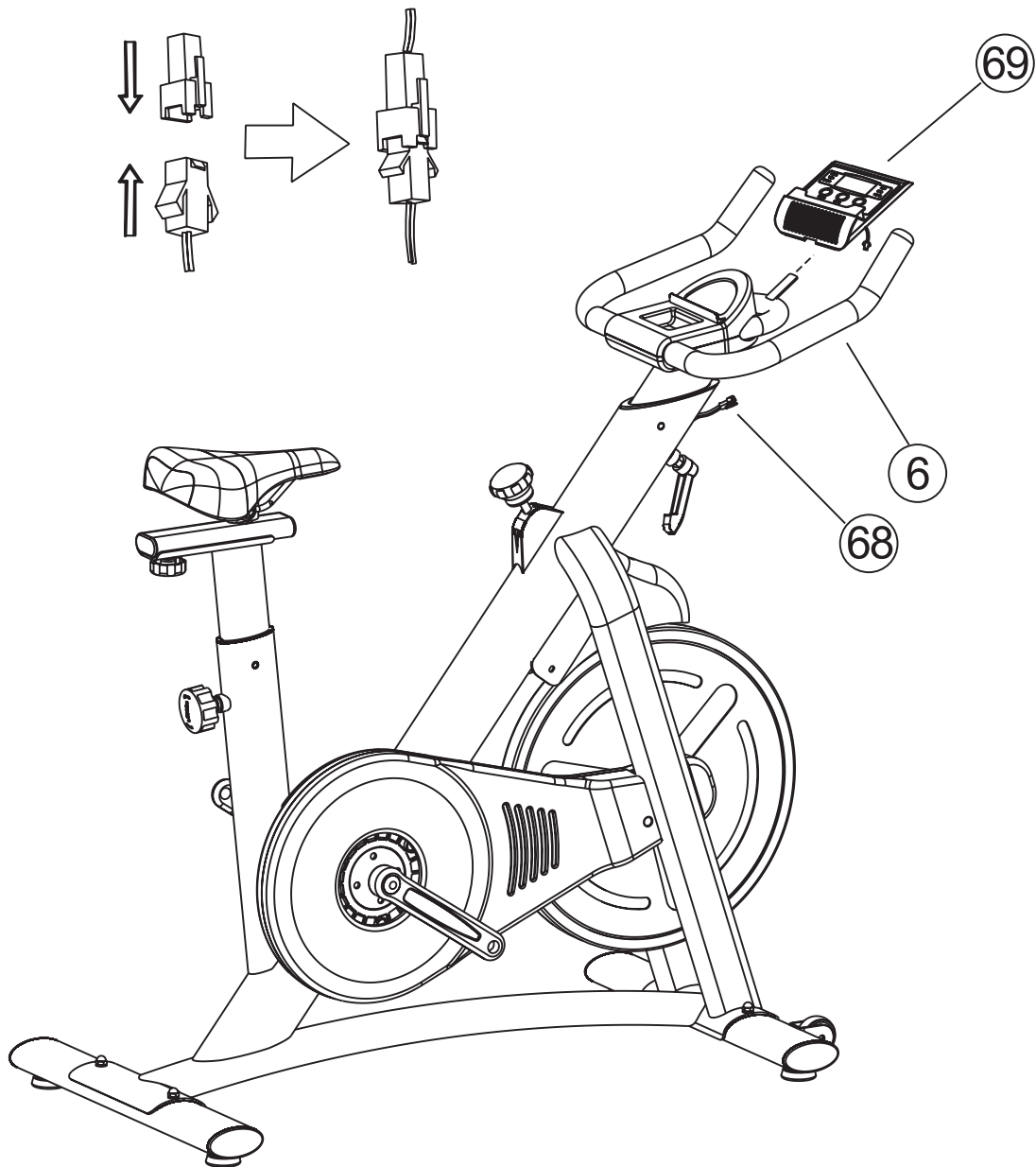
ASSEMBLY INSTRUCTIONS



STEP 3

- Loosening Adjustment Knob (38) and insert Handlebar Post (7) into the front opening tube of the Main Frame (1), then tighten Adjustment Knob (38)
- Getting the Lower Handlebar Cover (41) over the Handlebar Post (7).
- Attach Handlebar (6) onto Handlebar Post (7) with 2pcs of Round Head Allen Bolt-2 (65), 2pcs of Spring Washer (50) and 2pcs of Flat Washer-1 (51).
- Place Upper Handlebar Cover (43) onto Handlebar (6), then fixing them with 2pcs of Screw-1 (47).
- Attach the Upper Handlebar Cover (43) and Lower Handlebar Cover (41) with 4pcs of Screw-1 (47).

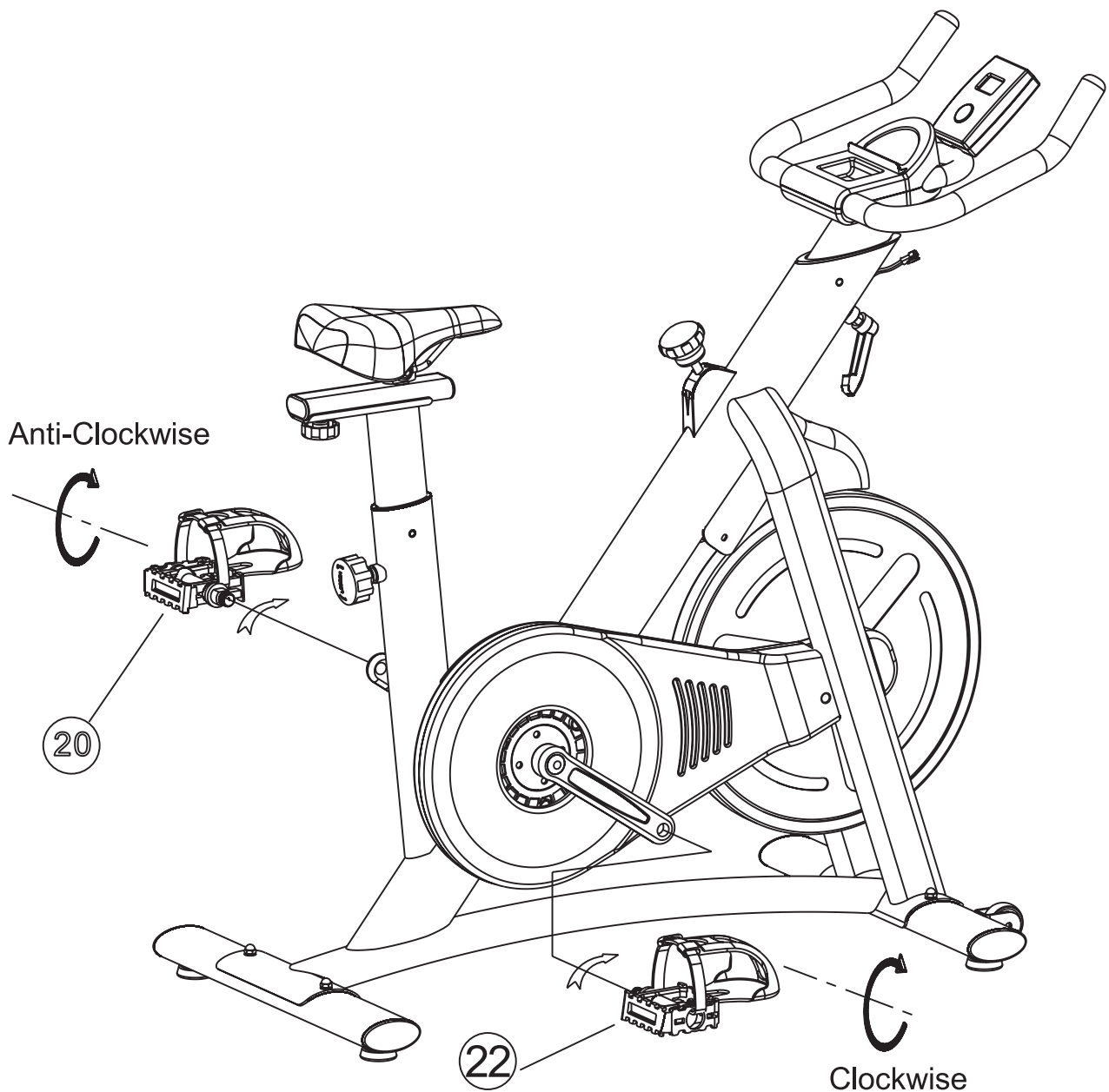
ASSEMBLY INSTRUCTIONS



STEP 4

- Attach Monitor (69) to the Monitor Bracket on Handlebar (6).
- Connect the Sensor Wire (68) from Monitor (69) and Main Frame (1).

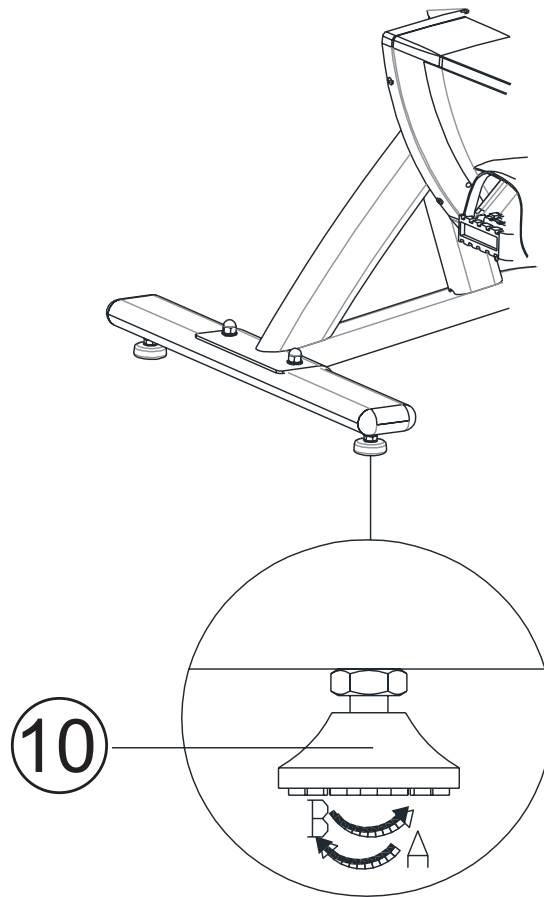
ASSEMBLY INSTRUCTIONS



STEP 5

- Screw Pedals (20&22) to Cranks (19&21) as shown in above diagram.
NOTE: The Pedals (20&22) are marked “L” and “R” for Left and Right. Right foot installation is clockwise, Left foot installation is counterclockwise. Please make sure you attach the correct pedal to the corresponding crank. Attaching the pedal to the wrong crank can cause irreversible damage both the pedal and the crank.
- Please make sure that the nut of Pedals could be threaded through the hole on Crank well enough, or the thread on Pedals and Cranks will be smoothed by incorrect operation.
- It is a good idea to apply grease to the threads before attaching them to the crank, this will assure that they can be removed in the future. Tighten both Pedals as firmly as possible. After using the Exercise Bike for one week, retighten the Pedals.
- For best performance, keep the Pedals tightened.

ASSEMBLY INSTRUCTIONS



STEP 6

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

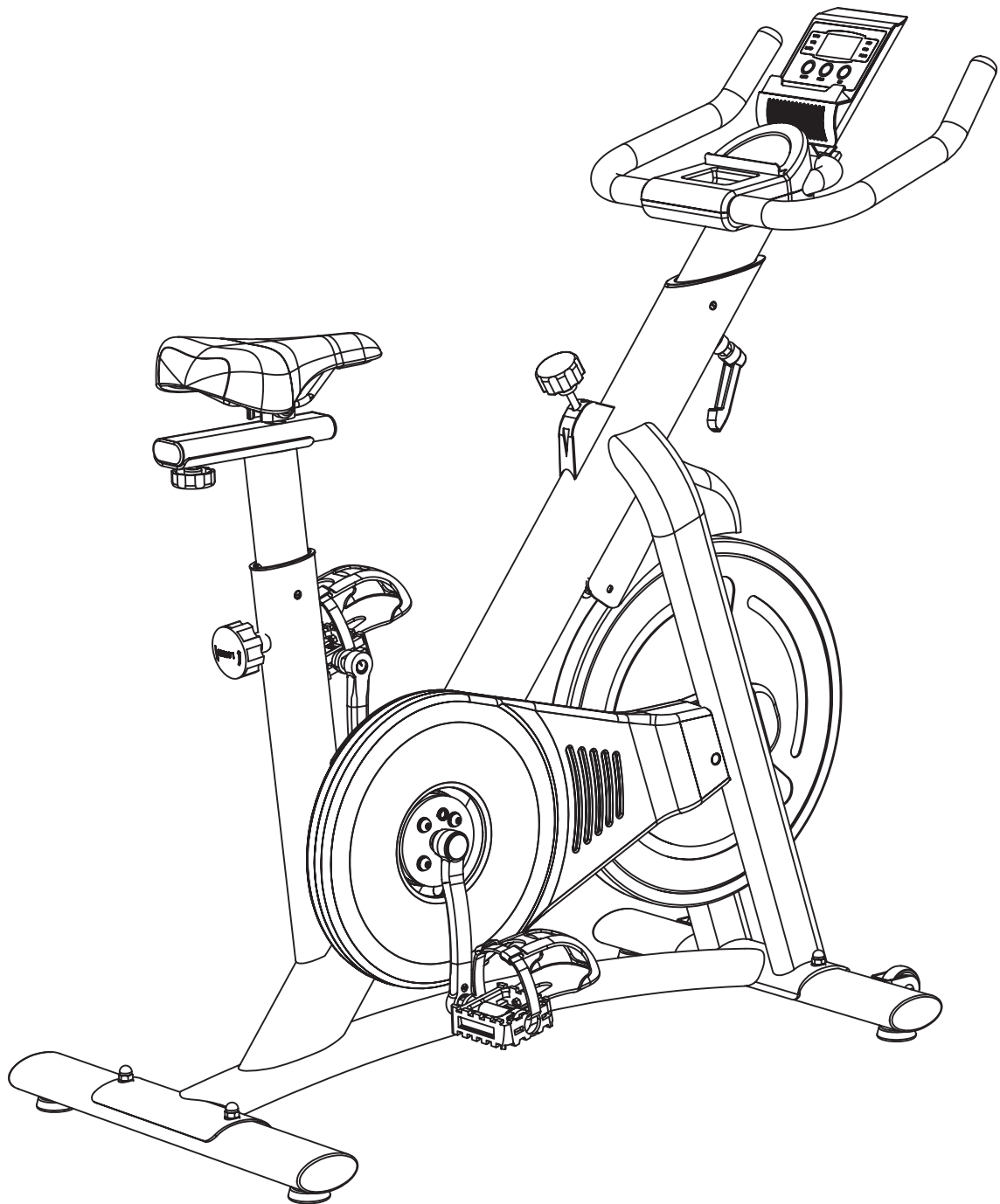
- To move the seat forward in the direction of the handlebar or backwards away from it, loosen the adjusting knob and washer and pull the knob back. Slide horizontal seat post into desired position.
- Align holes and then retighten the adjusting knob.

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.

Level Adjustment

- To adjust Base Leveller (10), so the Stabilisers are level to the floor. Rotate the Base Leveller (10) clockwise or counter-clockwise to adjust the level of the bike.



CONGRATULATIONS

Assembly of your **Elite Patriot 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

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

Saddle Height Adjustment

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



Pic.1



Pic.2

Seat Adjustment

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

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

SEAT ADJUSTMENT

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

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

- Whilst sitting on the seat, bring your left crank arm around and have your helper stop the crank when the pedal is at three o'clock or parallel with the floor. 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).
- Holding this position, have your helper place the end of the plumb line on the front of your leg, at a point just below the bony protrusion beneath the kneecap.
- The plumb line's weight should hang over your shoe. Check again to ensure that the crank-arm and pedal are level. By looking at the plumb line the knee should be in alignment with the centre spindle or axle of the pedal.
- Adjust the saddle to the correct position then tighten the locking pin.

CONSOLE USER INSTRUCTIONS



Key function:

There are 3 button keys and the function description as follows:

1. SET key: During the STOP mode, press the key to increase the value of Time, Distance and Calories.
2. RESET key: During the STOP mode, press the key to clear the exercising value or setting value to zero.
3. MODE key:
 - a. Press the key can accept these setting values of TIME, DISTANCE and CALORIE.
 - b. During the STOP mode, by holding this key for over two seconds then the computer will re-power-on.
 - c. During the exercise mode, press the key can check the function from SCAN-TIME-SPEED-DIST-CAL-RPM- for a circle.

CONSOLE USER INSTRUCTIONS

Console Overview

SLEEP MODE:

The monitor will entry SLEEP mode (LCD off) when there is no signal input and no key be pressed after 4 minutes.

Functions and Features:

1. **SCAN:** At the exercise mode, press the MODE key until appears the SCAN on the LCD. Monitor will display the following function and each function will keep 6 seconds on the main screen.
TIME-SPEED-DISTANCE-CALORIE-RPM
2. **TIME:** Shows your elapsed workout time in minutes and seconds. Your computer will automatically count up from 0:00 to 99:59 in one second intervals. You many also program your computer to count down from a set value by using the UP and DOWN keys from 0:00 to 99:00. If you continue exercising once the time has reached 0:00, the computer will begin beeping, and count up from 0:00.
3. **SPEED:** Displays your workout speed value in KM per hour from 0.0 to 168.0, or MILE per hour from 0.0 to 99.9
4. **DISTANCE:** Displays the accumulative distance travelled during each workout up to a maximum of 168.0KM or 99.9MILE.
5. **CALORIES:** Your computer will estimate the cumulative calories burned at any given time during your workout.

CARE AND MAINTENANCE



WARNING

IMPORTANT INFORMATION

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

Prolong the life of your exercycle by performing periodic maintenance checks. Not only does this ensure your machine is in full working order to ensure they continue to run smoothly and reliably, but it will save you service costs in the long run.

Cleaning

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

Please ensure all sweat residue is wiped from any contact points or framework with a damp cloth using a suitable PH neutral detergent in water to avoid salt and corrosion deposits on your equipment. Failure or neglect to maintain and clean sweat residue from the bike frame may affect any frame warranty implied.

Frame and Pedals

Check all nuts and bolts securing the framework, seat and handlebar assemblies are tight.

Ensure the pedals are securely attached to the crank arms. When tightening pay attention to the reverse thread (tightening anti-clockwise) on the left hand pedal assembly, when sitting on the bike. Be careful not to strip or force the pedal thread when tightening.

MAINTENANCE LOG

Prolong the life of your exercycle by performing periodic maintenance checks. Not only does this ensure your machine is in full working order, but it will save you service costs in the long run.

Every time you perform maintenance, record the date and if you can, the distance and hours operated.

DATE	HOURS	DISTANCE	FRAME		SERVICE COMMENTS
			<i>Cleaned</i>	<i>Seat / Pedals</i>	
eg: 01/06	15	16.5km	√	√	none

LIMITED WARRANTY

Warranty Range

Damage in correct maintenance and normal operations (not factitious factors). Warranty card to the original purchaser, shall not be transferred.

Warranty Time

HOME USE ONLY. This bike is not designed for commercial use.

- 10 Year Frame
- 1 Year Parts and Labour

The following conditions are not under warranty range:

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

Repair and Maintenance Service

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

WARM-UP EXERCISE

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

— **Hamstring Stretch (Standing)**

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

— **Hamstrings Stretches (Seated)**

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

— **Crus and Feet Tendon Stretches**

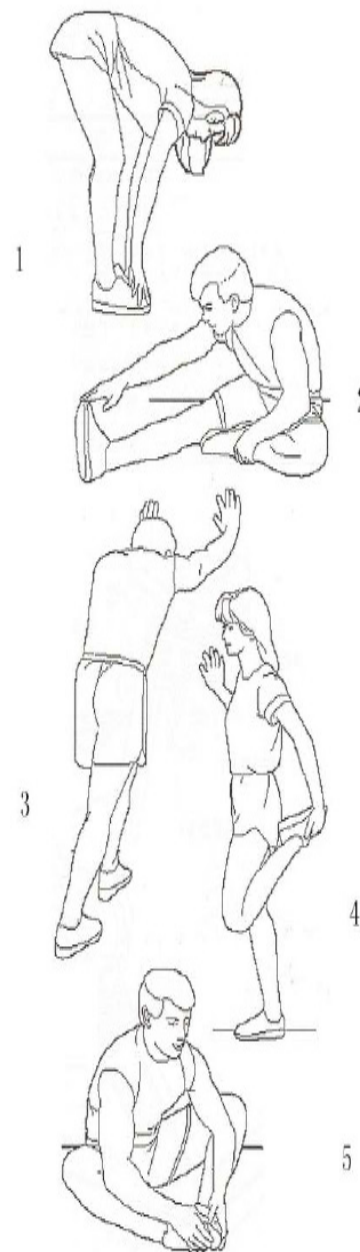
Standing with two hands on the wall or tree, one leg behind. Keeping your legs straight and the heel on the ground, lean forward towards the wall or tree. Hold for 10-15 seconds, and relax. Repeat 3 times for each leg (See picture 3).

— **Quadriceps Stretches**

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

— **Sartorius (Inner Muscles of the Thigh) Muscle Stretches**

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



TRAINING STAGES

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

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

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

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

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

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

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

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

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

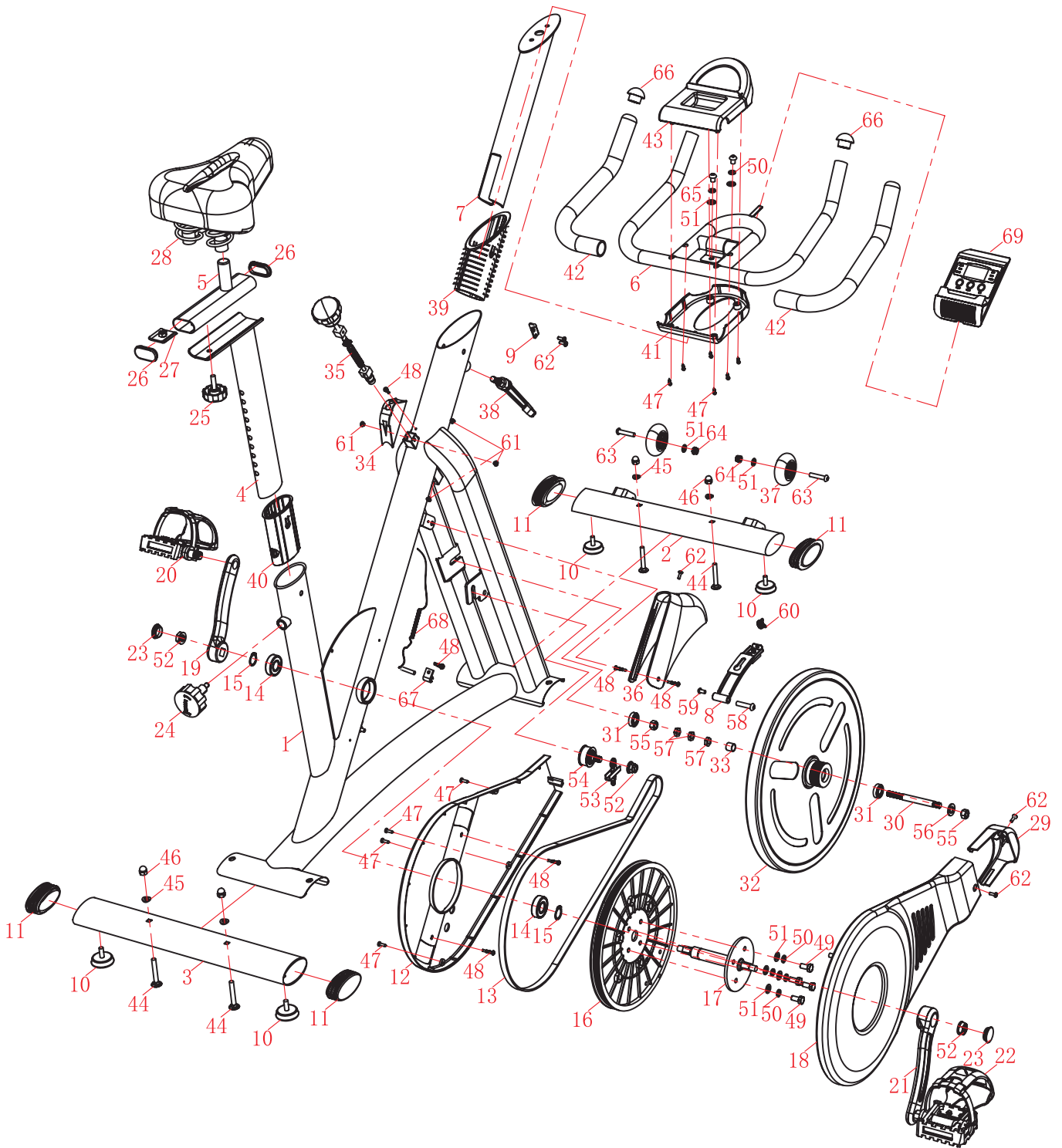
$181 \times 65\% (0.65) = 118 \text{ BPM}$ (Lower Training Limit)

PARTS

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

PART NO.	DESCRIPTION	Q'TY	PART NO.	DESCRIPTION	Q'TY
1	Main Frame	1	36	Brake Cover ABS	1
2	Front Stabiliser	1	37	Transport Wheel $\phi 70 * \phi 8$	2
3	Rear Stabiliser	1	38	L-Lock Knob M10*1.5P	1
4	Seat Post	1	39	Elliptical Sleeve-1 50*100*1.5T	1
5	Seat Slider	1	40	Elliptical Sleeve-2 40*80*1.5T	1
6	Handlebar	1	41	Lower Handlebar Cover ABS	1
7	Handlebar Post	1	42	Handlebar Foam $\phi 25$	2
8	Magnet Holder	1	43	Upper Handlebar Cover ABS	1
9	Brake Cover Bracket 27*20*2T	1	44	Carriage Bolt M8*55	4
10	Base Leveler $\phi 25 * M8$	4	45	Wave Washer $\Phi 8$	4
11	Tube Plug 40*80*1.5T	4	46	Domed Nut M8	4
12	Inner Belt Cover ABS	1	47	Screw-1 ST4.2*16	10
13	Belt 5PJ550	1	48	Screw-2 ST4.2*16	6
14	Bearing 6004	2	49	Outer Hexagon Bolt M8*16	4
15	Clamp Springs $\phi 20$	2	50	Spring Washer $\Phi 8$	6
16	Belt wheel $\phi 280$	1	51	Flat Washer-1 $\Phi 8$	8
17	Belt wheel Axle $\phi 20 * 166$	1	52	Fixing Nut M10	1
18	Outer Belt Cover ABS	1	53	Tension Bolt Set	1
19	Left Crank 9/16"165	1	54	Pressure Roller Set	1
20	Left Pedal 9/16"	1	55	Hexagonal Nut-1 M10*8T	2
21	Right Crank 9/16"165	1	56	Flat Washer-2 $\phi 10 * \phi 14$	1
22	Right Pedal 9/16"	1	57	Hexagonal Nut-1 M10*6T	3
23	Crank Plug	2	58	Allen Bolt-1 M8*36	1
24	Adjustment Knob M16*1.15P	1	59	Allen Bolt-2 M6*12	1
25	Lock Knob M8	1	60	Spring $\phi 10 * 1.5$	1
26	Seat Slider Plug 25*50*1.5T	2	61	Dome Head Philips-1 M5*4	4
27	Seat Locking Bracket	1	62	Dome Head Philips-2 M4*12	5
28	Seat	1	63	Round Head Allen Bolt-1 M8*40	2
29	Front Belt Cover ABS	1	64	Lock Nut M8	2
30	FlywheelAxle $\phi 12 * 127 * M10 * 1P$	1	65	Round Head Allen Bolt-2 M8*16	2
31	Flywheel Bearing 6001	2	66	Handlebar Plug $\phi 25$	2
32	Flywheel $\phi 420$	1	67	Sensor Bracket	1
33	Bushing $\phi 16 * \phi 13 * 14$	1	68	Sensor Wire	1
34	Brake Pole Cover ABS	1	69	Monitor	1
35	Brake Knob	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

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