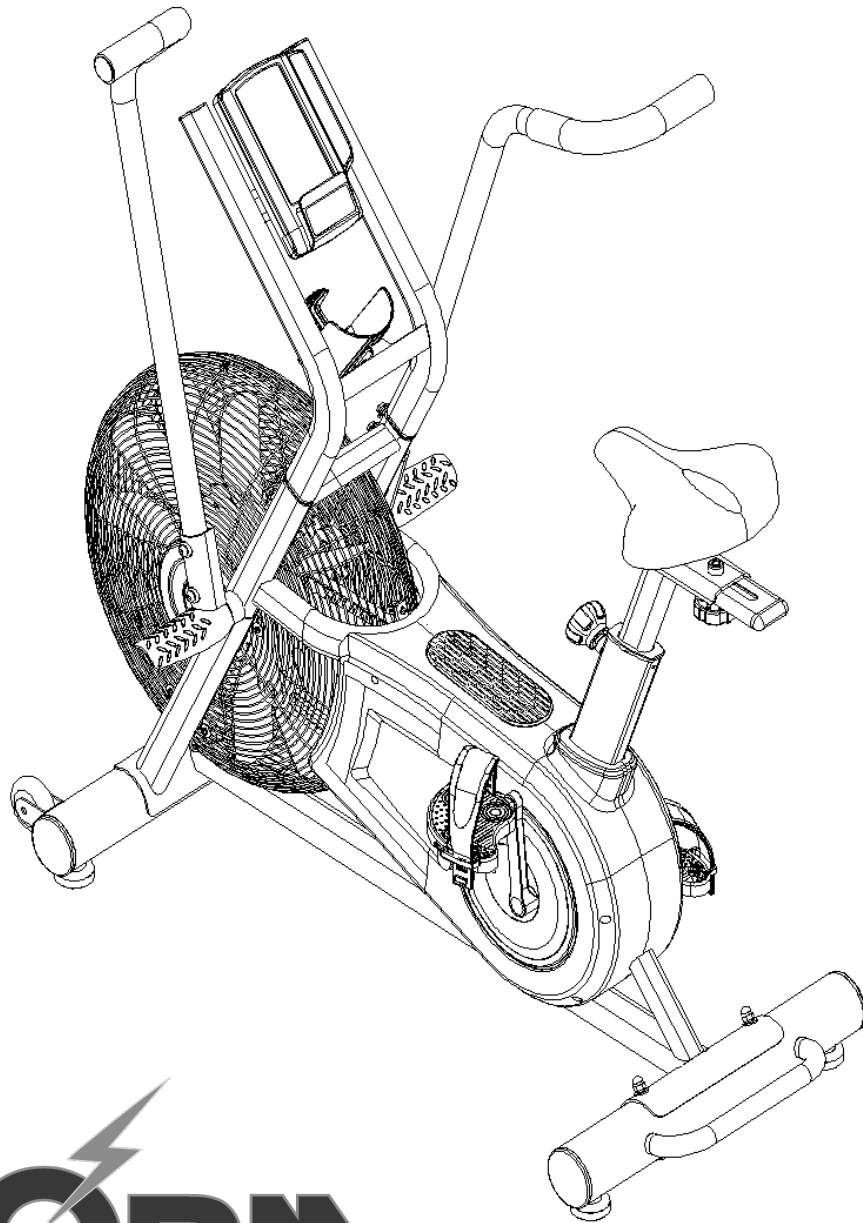




ASSEMBLY MANUAL >



STORM

Record serial number

Elite Storm Air Bike

Thank you for purchasing the **Elite Storm Air 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 Storm Air 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
Auckland, New Zealand
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0800 2 438 348
www.elitefitness.co.nz

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IMPORTANT SAFETY INSTRUCTIONS

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

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

READ ALL INSTRUCTIONS BEFORE USING THE MACHINE

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

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

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

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

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

IMPORTANT HINTS:

- A) This product has been tested in accordance with the requirements of EN 957-1/A1, EN 957-5, standard, Class HA (HOME USE). The maximum load is limited to 125KGS.
- 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: 135kgs

Dimensions: 1460x250x660mm

Shipping Weight: 46kgs

Net Weight: 40.6kg

Power Requirements

NOTE:

Most of the listed assembly hardware has been packaged separately, but some hardware items have been preinstalled in the identified assembly parts. In these instances, simply remove and reinstall the hardware as assembly is required.




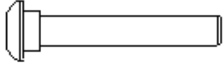

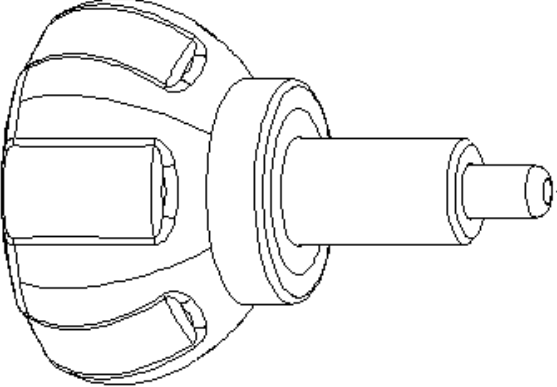
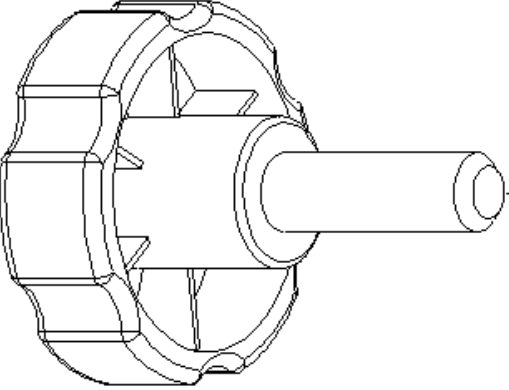

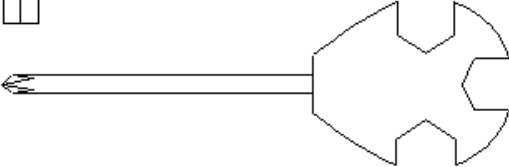
Please reference the individual assembly steps and make note of all preinstalled hardware.

PREPARATION:

Before assembling, make sure that you will have enough space around the item; Use the present tooling for assembling; before assembling please check whether all needed parts are available.

It is strongly recommended this machine to be assembled by two or more people to avoid possible injury.

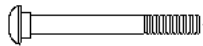



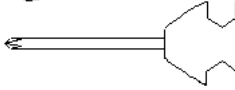
HARDWARE LIST

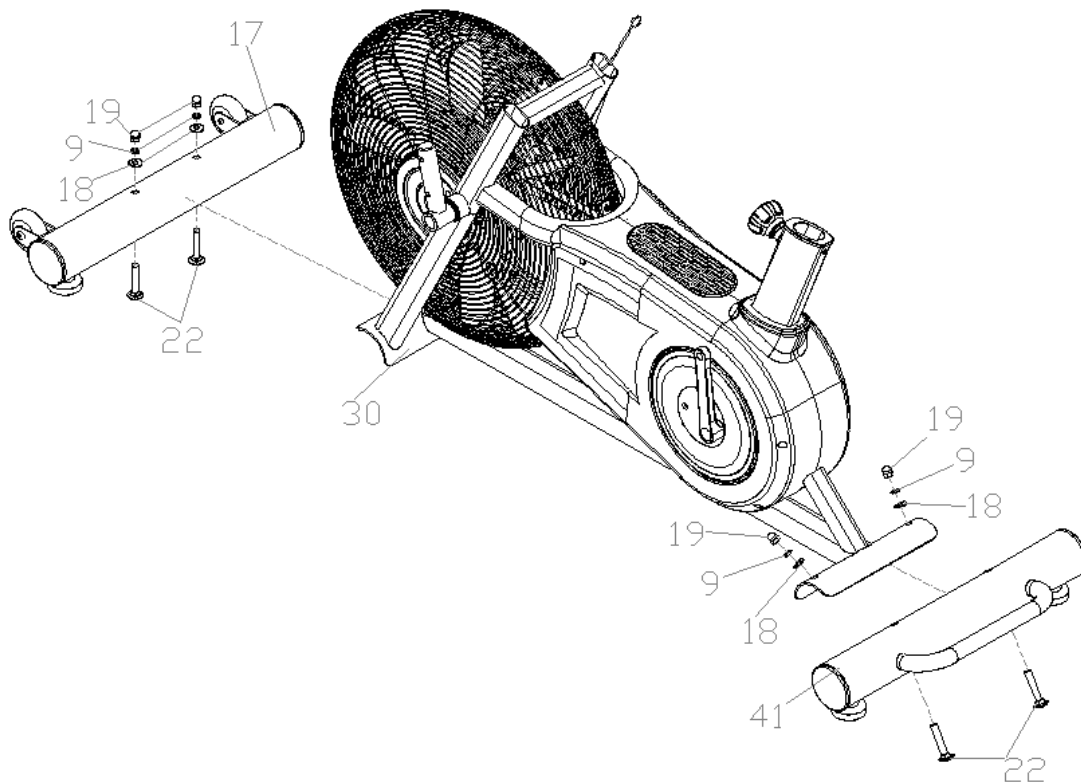
	#9 d8	4pcs
	#18 d8* 20* 2* R38	4pcs
	#19 M8*H16*S13	4pcs
	#22 M8*90*20*H5	4pcs
	#36 d12*24*2	1pcs
	#32 M16* 1.5*27*56	1pc
	#35 M16*1. 5*27*56	1pc
	#A S5	1PC
	#B S13-14-15	1pc

ASSEMBLY INSTRUCTIONS

STEP 1:

Attach the front stabiliser(17) and rear stabiliser(41) to the main frame(30) using the 4 bolts(22), 4 arc washers(18), 4 spring washers(9) and 4 cap nuts(19) by screw driver(B).

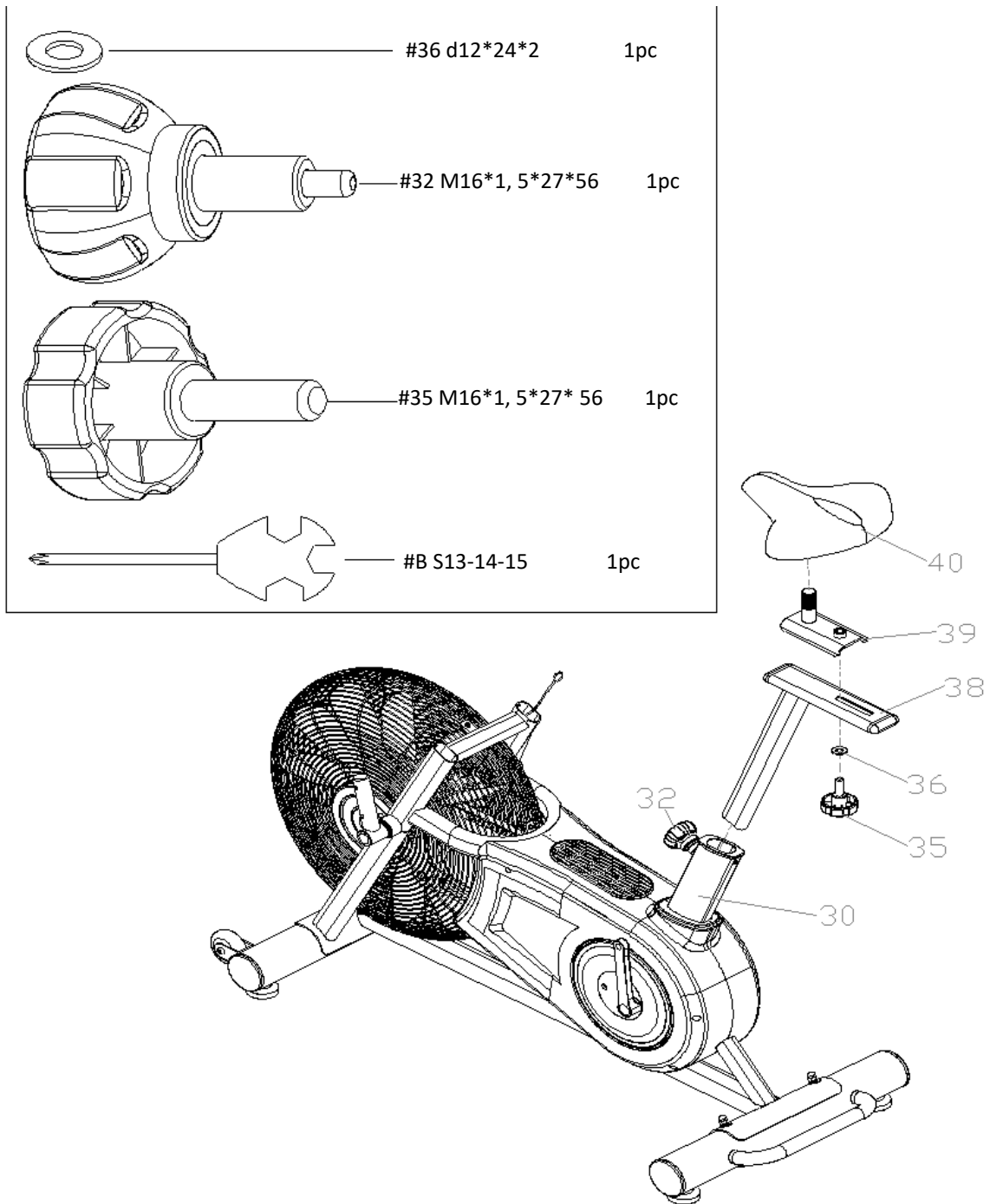
	#22 M8*90*20*115	1pcs
	#18 d8*20*2*R38	4pcs
	#9 d8	1pcs
	#19 M8*H16*S13	4pcs
	#B S13-14-15	1pcs



ASSEMBLY INSTRUCTIONS

STEP 2:

- A. Insert the saddle tube (38) into the main frame (30), then secure with knob (32).
- B. Secure the saddle fixed plate (39) in to the saddle tube (38) using knob (35) and washer (36).
- C. Attach the saddle (40) into the saddle fixed plate (39), then secure them with a screw driver (B).



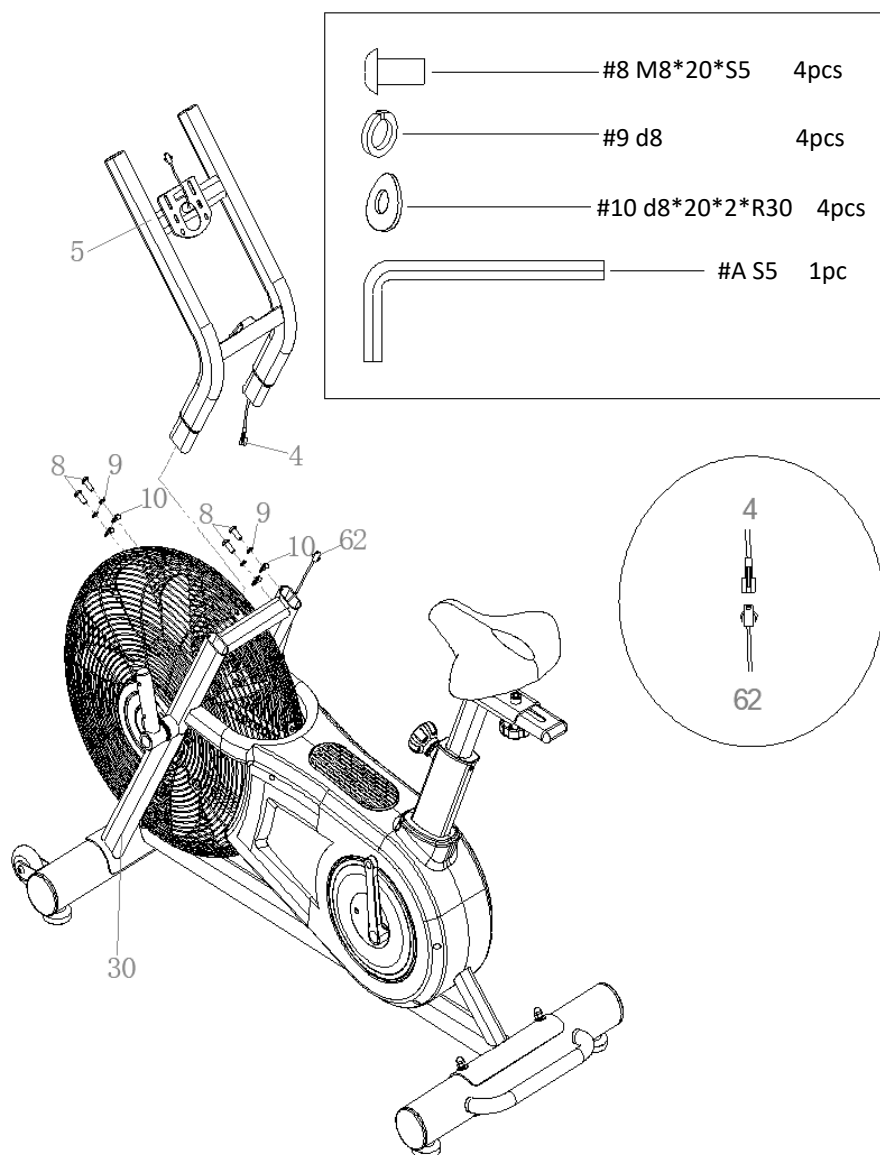
ASSEMBLY INSTRUCTIONS

STEP 3:

A. Unlock 4 bolts (8), 4 spring washers (9) and 4 arc washers (10) from main frame (5) by allen wrench (A).

B. Connect sensor wire (62) and trunk wire (4) well.

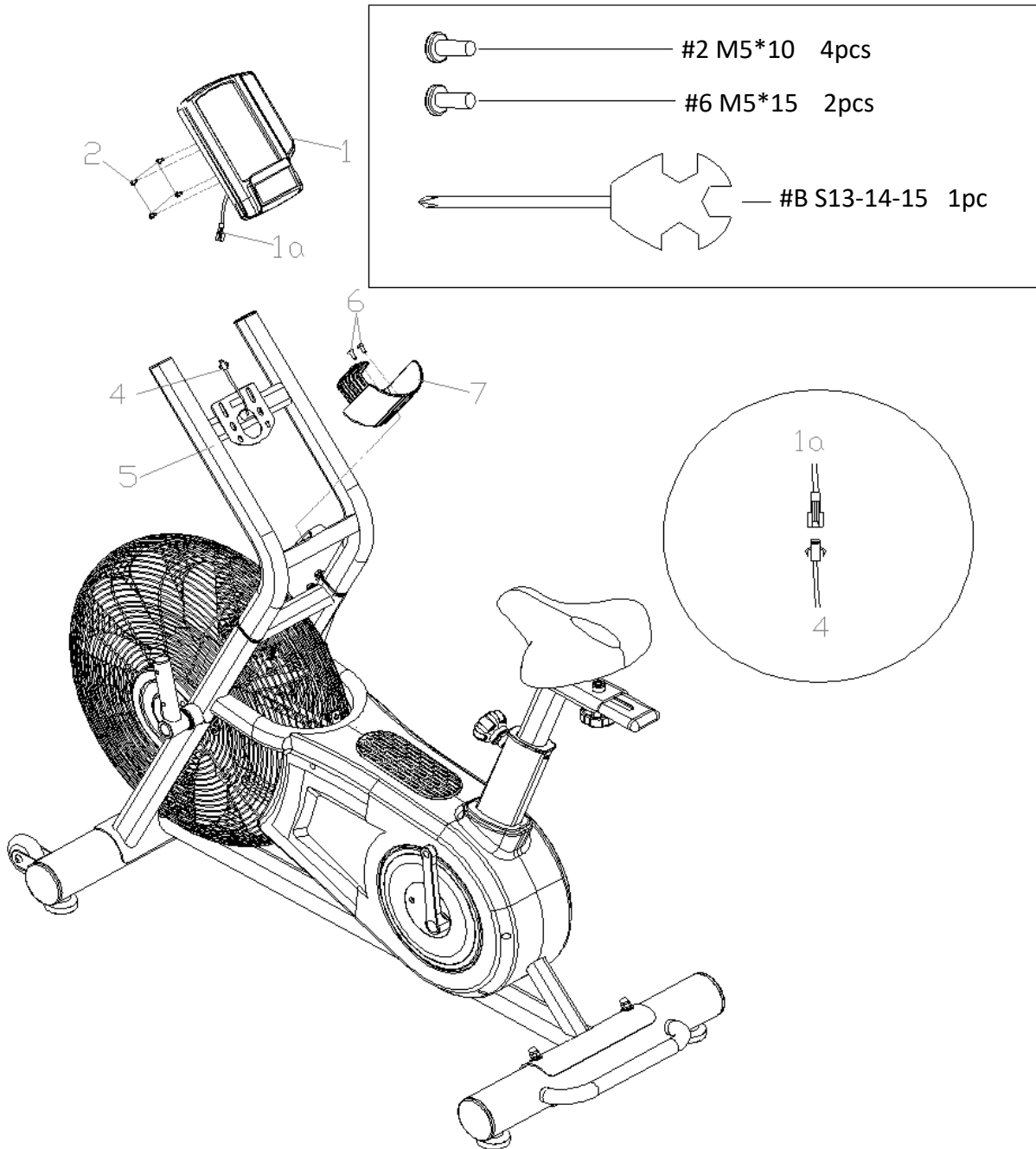
C. Insert wire into main frame (30), then insert computer post (5) into the main frame (30), and secure them using 4 bolts (8), 4 spring washers (9) and 4 arc washers (10) by allen wrench (A).



ASSEMBLY INSTRUCTIONS

STEP 4:

- A. Unlock 2 bolts(6) and 4 bolts(2) from computer post(5) with a screw driver (B).
- B. Secure bottle holder(7) in the computer post(5) using 2 bolts(6) with a screw driver (B).
- C. Connect trunk wire(4) and computer wire(1a) well.
- D. Secure computer(1) in the computer post(5) using 4 bolts(2) by spanner(B).



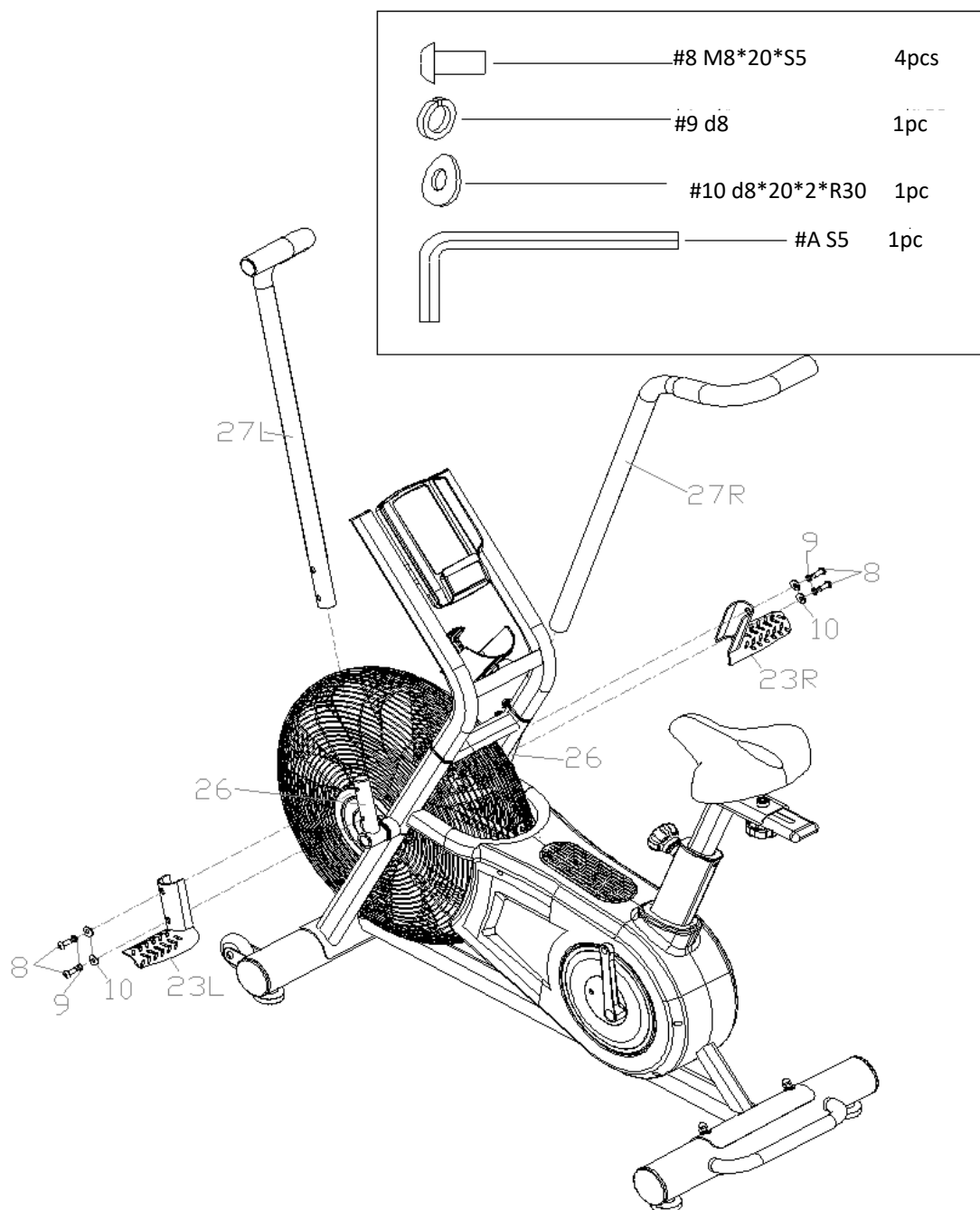
ASSEMBLY INSTRUCTIONS

STEP 5:

A. Unlock 4 bolts(8), 4 spring washers(9) and 4 arc washers(10) from swing bar(26) by allen wrench(A).

B. Attach handlebar(27L/R) into swing bar(26).

C. Secure pedal plate(23L/R) and handlebar(27L/R) into swing bar(26) using 4 bolts(8), 4 spring washers(9) and 4 arc washers(10) by allen wrench(A).



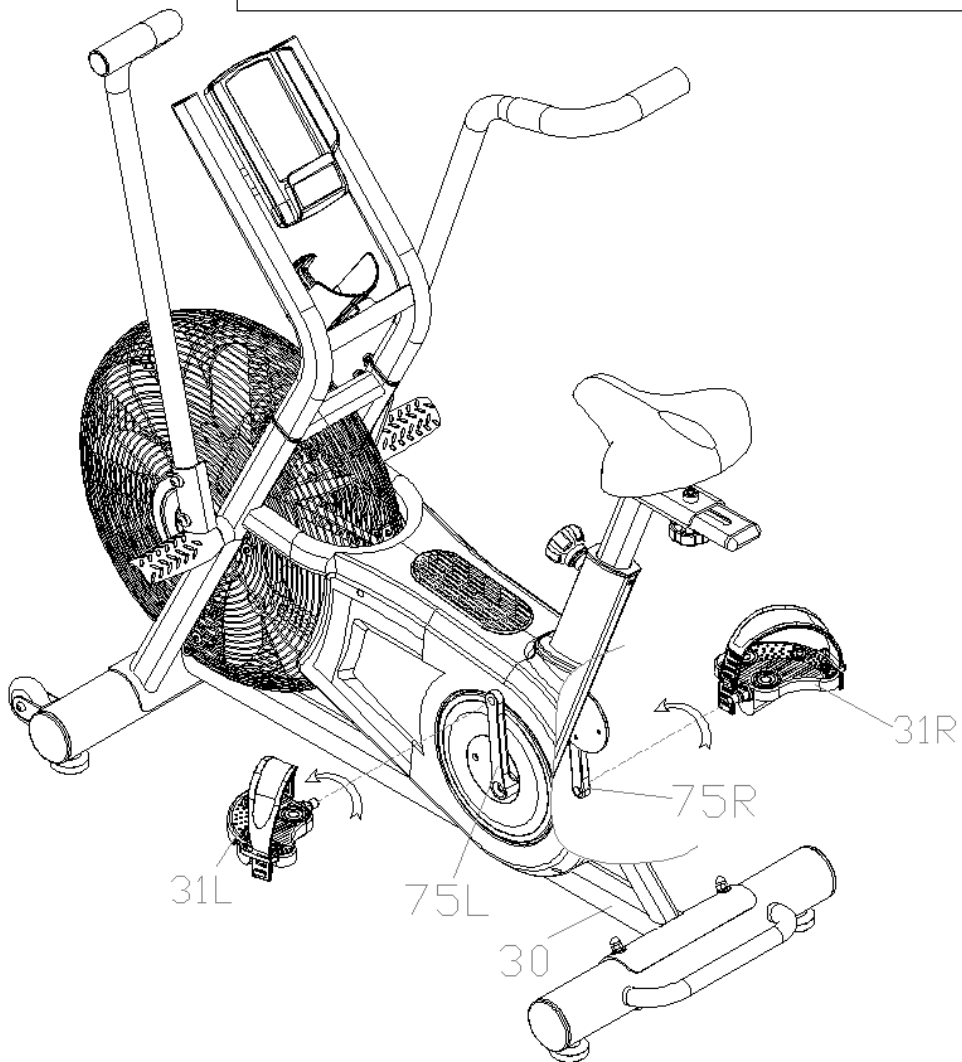
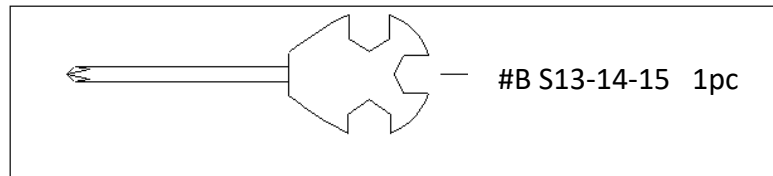
ASSEMBLY INSTRUCTIONS

STEP 6:

Connect the left & right pedals (31L/R) onto the left & right cranks (75L/R).

Left Pedal: Align the left pedal (31L) with the left crank (75L) at 90 degrees and gently insert the pedal into the crank arm. Turn the pedal counter-clockwise as tightly as you can with your hand. Secure with spanner (B).

Right Pedal: Align the right pedal (31R) with the right crank (75R) at 90 degrees and gently insert the pedal into the crank arm. Turn the pedal clockwise as tightly as you can with your hand. Secure with spanner (B).



CONGRATULATIONS

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

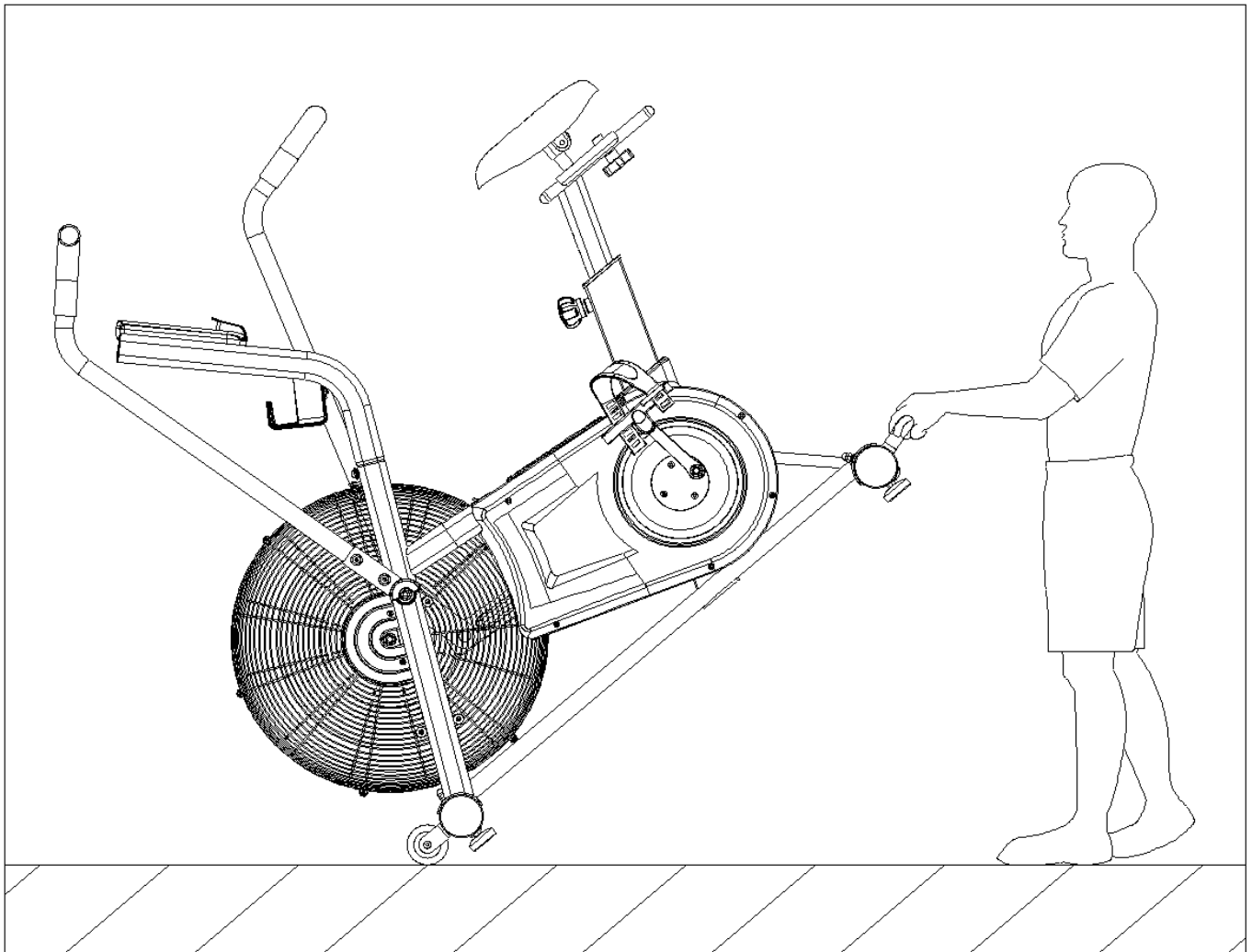
WARNING

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

SAFETY CHECK

MOVING THE MACHINE

To move the machine, lift up the handlebar of rear stabilizer (41) until the transportation wheels on the front stabiliser(17) touch the ground. With the wheels on the ground, you can transport the bike to the desired location with ease.



SETTING UP YOUR AIR BIKE

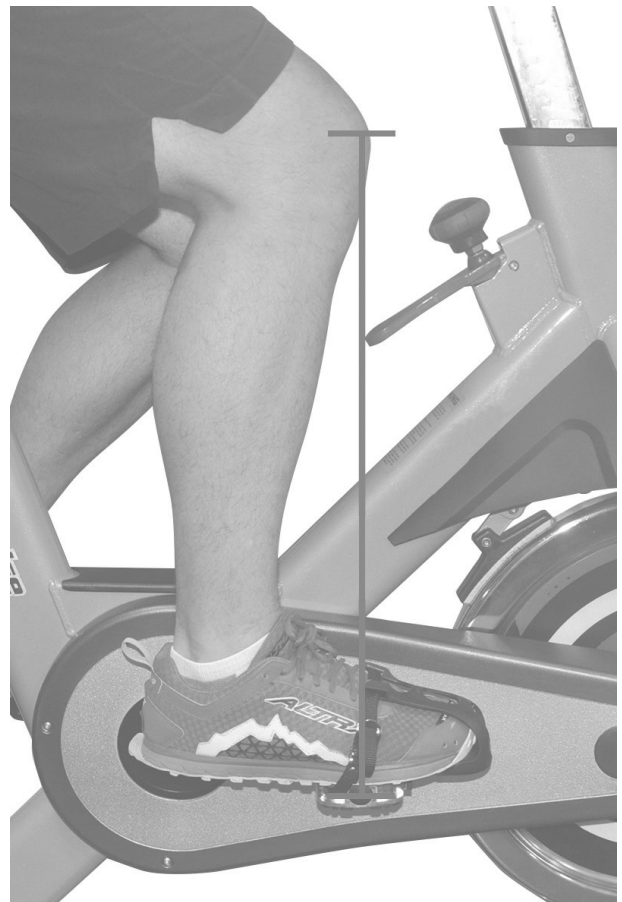


Saddle Height Adjustment

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.



Adjusting the Seat Fore-and-Aft Position

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 INSTRUCTIONS

DISPLAY FUNCTIONS

RPM	- Display the rotation per minute with range from 0~ 199
SPEED	- Display current training speed. Maximum speed is 99.9 KM/H or ML/H.
TIME	- Count up - No pre-set target, Time will count up from 00:00 to maximum 1:59:59 with each increment is 1 minute. - Count down – The console will countdown from pre-set time to 00:00:00 and each pre-set increment or decrement will be 1 minute between 00:01:00 to 1:59:00.
DISTANCE	- Accumulates total distance from 0.0 up to 999.9 KM or ML or count down from pre-set value. User may preset target distance value with UP/DOWN key. Each increment is 1.0KM or ML.
CALORIES	- Accumulates calories consumption or count down during training from 0 to maximum 999 calories. User may pre-set target Calories with UP/DOWN key.
WATTS CONSTANT	- Display the power consumption during training. - Display Range: 0~1999.
PULSE	- User may set up target pulse value from 0~30 to 230 and the console buzzer will beep when the actual heart rate is over the target value during workout.

BUTTON FUNCTION

START	- To start workout quickly or resume workout in Stop mode.
STOP	- To stop/pause workout. - To clear up all settings. - Hold on this key for 2 seconds to reboot the console.
DOWN	- To adjust Distance, Calories, Heart-rate, Time, Age value down.
UP	- To adjust Distance, Calories, Heart-rate, Time, Age value up.
TARGET DISTANCE	- Fast access to Target Distance training mode.
TARGET CALORIES	- Fast access to Target Calories training mode.
TARGET HEART-RATE	- Fast access to Target Heart Rate training mode.
TARGET TIME	- Fast access to Target Time training mode.
INTERVAL	- There are 3 programs: INTERVAL 10/20, INTERVAL 20/10, Custom.
ENTER	- To confirm settings or enter program.

OPERATION INSTRUCTION

1. When POWER ON, LCD will full display 2s (Figure 1) with a long beep sound, then display wheel diameter once in DISTANCE area (Figure 2). Then enter into AGE setting mode, the AGE flashing to be set (Figure 3). Press the UP/ DOWN to set age and press ENTER to confirm then proceed to Standby mode.



Figure1

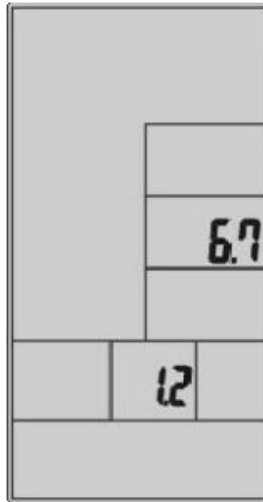


Figure 2

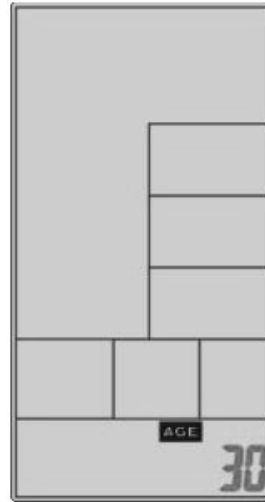


Figure 3

2. The window of INTERVAL 10/20, INTERVAL 10/20, INTERVAL CUSTOM, READY, WORK, REST, TIME, DISTANCE, CALORIES, WATTS, SPEED, RPM and HEART RATE will flash in sequence every 1s (Figure 4 - Figure 16). If no input of key operation or RPM signal or pulse input for 60s, the console will go to sleeping mode.

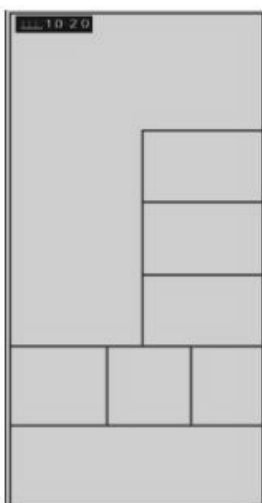


Figure4

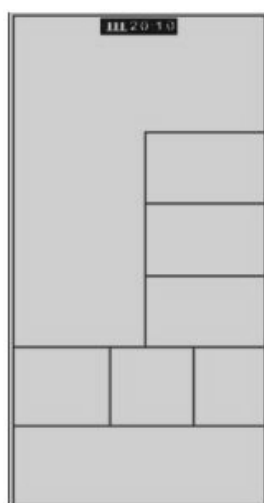


Figure5

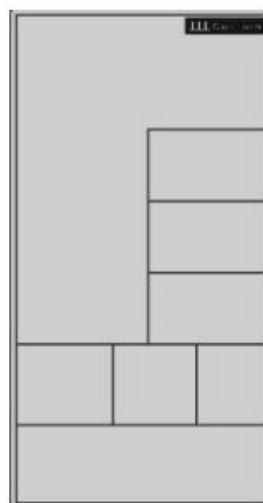


Figure 6

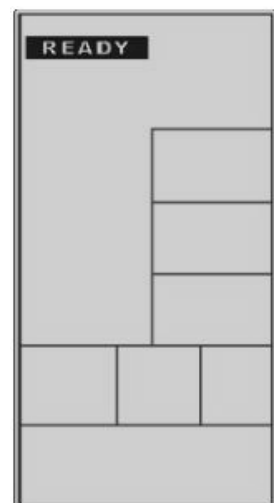


Figure7



Figure8



Figure9



Figure 10

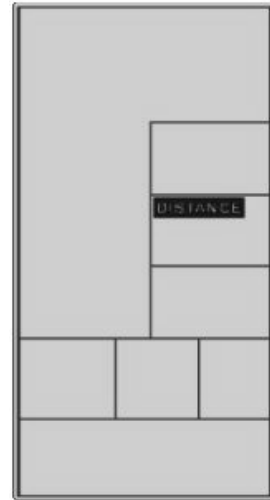


Figure 11



Figure 12



Figure 13

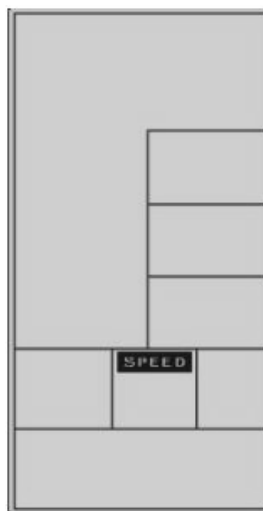


Figure 14



Figure 15

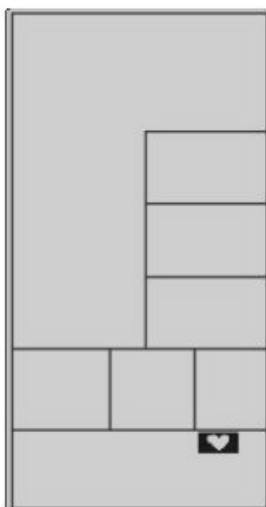


Figure 16



Figure 17



Figure 18



Figure 19



Figure 20



Figure 21



Figure 22



Figure 23

3. Select **Manual, Interval, Target Distance, Target Calories, Target HR, Target Time** program:

3.1 Manual mode:

- ① In Standby mode, press START to start workout quickly, the buzzer will sound for 1 second. TOTAL TIME/ TIME/ DISTANCE/ CALORIES/ WATTS/ SPEED/ RPM start to count up (Figure 17).
- ② Whenever there is Pulse signal input, a heart symbol will light up and the heart symbol will flash and display pulse value (Figure 18). Without pulse input, it will display "P" (Figure 17).
- ③ No signal input for 30s, buzzer sounds 1 short beep and enter to Wake-up mode. Press any key to wake up the console.
- ④ Press Start key once to pause training, Buzzer will sound for 0.5s after every 30s. All values are displaying on LCD and will flash every 4s. If continues, stop training for 5 minutes, buzzer sounds 2s and enter to Wake-up mode. Press start to resume workout.
- ⑤ Press stop key, time will display total workout time; distance will display total workout distance; calories will display total consumption during workout; Watt, Speed and Rpm will switch to display AVG. & MAX. every 5s.
- ⑥ With pulse signal input, pulse window will display user actual pulse and 65%, 85% max (Figure 21~23). Pulse window displays nothing if no pulse signal input (Figure 19~20).
- ⑦ Press any program key then perform the program accordingly.

3.2 Interval 20/10 mode:

- ① Press INTERVAL key to select INTERVAL 20/10, press enter then interval 20/10 will light up, along with a long sound for 1s.
- ② Cycle time counts down from 3 to 0 then console start, meanwhile buzzer beeps once per second and READY flashes once per second, counting displays '00/08' (Figure 24).

- ③ Cycle time counts down from 20 to 0 and work flashes once per second along with 20 beeps. Meantime windows display rotation animation and count down from 4 minutes. Then total time, distance, calories, Watts, Speed & Rpm start calculating, counting displays '01/08' (Figure 25).
- ④ Cycle time counts down from 10 to 0 and Rest flashes once per second along with 10 beeps (Figure 26), meanwhile, ready will flash in last 3s (Figure 27).
- ⑤ The above ③ & ④ continue the cycle counting and add 1 per each cycle, until displays 08/08 WORK, then go to End page.
- ⑥ In Work mode, buzzer beeps 1s then enter into wake up mode if no any signal inputs within 30s.
- ⑦ Press Start button once entered into Pause mode, Buzzer will sound for 0.5s for every 30s. All values are displaying on console screen and flashing for every 4s. If continues, stop training for 5 minutes, buzzer sounds 2s and enter to Wake-up mode. Press start to resume workout.
- ⑧ Press stop or end up training, buzzer beeps 1s then displays total time, distance, calories for 30s, and Watt, Speed & Rpm will switch to display AVG. & Max. every 5s.
- ⑨ With pulse signal input, Pulse window will display user actual pulse and 65%, 85% MAX (Figure 21~23). Pulse window displays nothing if no pulse signal input (Figure 19~20).
- ⑩ Press any Program key then perform the program accordingly.



Figure 24



Figure 25



Figure 26



Figure 27

3.3 Interval 10-20 mode:

- ① Press interval to select interval 10/20, press enter then Interval 10/20 will light up along with buzzer beeps 1s.
- ② Cycle time counts down from 3 to 0 then console start, meanwhile buzzer beeps once per second and Ready flashes once per second, counting displays '00/08' (Figure 28).
- ③ Cycle time counts down from 10 to 0 and WORK flashes once per second along with 20 beeps. Meantime REMAINING will light up and count down from 4 minutes. Then total time, distance, calories, Watts, Speed & Rpm start calculating, counting displays '01/08' (Figure 29).

- ④ Cycle time counts down from 20 to 0 and Rest flashes once per second along with beeps (Figure 30), meanwhile, Ready will flash in last 3s (Figure 31).
- ⑤ The above ③&④ continue cycle counting and add 1 per each cycle, until displays 08/08WORK, then go to End page.
- ⑥ Press start button once enter into pause mode; the Buzzer will sound for 0.5s every 30s. All values are displaying on the console screen and flashing every 4s. If continue to stop training for 5 minutes, buzzer sounds 2s and enter to Wake-up mode. Press start to resume workout.
- ⑦ Press Stop or end up training, buzzer beeps 1s then displays Total time, Distance, Calories for 30s, and Watt, Speed & Rpm will switch to display AVG. & MAX. every 5s.
- ⑧ With pulse signal input, pulse window will display user actual pulse and 65%, 85% MAX (Figure 21~23). Pulse window displays nothing if no pulse signal input (Figure 19~20).
- ⑨ Press any program key then perform the program accordingly.



Figure 28



Figure 29



Figure 30



Figure 31

3.4 Interval CUSTOM:

- ① Press interval to select interval custom, press enter to enter into this mode then interval custom 00/XX flashes to be set along with buzzer beeps 1s. Press Up/Down to set 00/XX within 1~99 circularly. Press enter to confirm along with buzzer beeps 1s then enter into next setting.(Figure 32)
- ② The time continues lighting up "WORK" for 0:01, press Up/Down to set training time within 0:00~9:59 circularly (Figure 34). Press Enter to confirm along with buzzer beeps 1s and interval custom continues lighting up.
- ③ The time continues lighting up, rest will flash, press Up/down to set rest time 0:01~9:59 circularly (Figure 34). Press

Enter to confirm along with buzzer beeps 1s and interval custom continues lighting up.

- ④ Cycle time counts down from 3 to 0 then console start, meanwhile buzzer beeps once per second and READY flashes once per second, counting displays '00/XX'(Figure 35).
- ⑤ Cycle time counts down from the preset total time and Work flashes once per second . Then Total time, Distance, Calories, Watts, Speed & Rpm start calculating, counting displays '01/XX'(Figure 36).
- ⑥ Cycle time counts down from and Rest flashes once per second along with buzzer beeps(Figure 37), meanwhile Ready will flash in the last 3s(Figure 38).
- ⑦ The above ③&④ continue cycle counting and add 1 per each cycle, until the Work setting value finished then go to End page.
- ⑧ In work mode, buzzer beeps 1s then enter into wake up mode if no any signal inputs within 30s.
- ⑨ Press Start button once enter into Pause mode, Buzzer will sound for 0.5s in every 30s. All values are displaying on console and flashes in every 4s. If continue to stop training for 5 minutes, buzzer sounds 2s and enter to Wake-up mode. Press Start to resume workout.
- ⑩ Press Stop or end up training, buzzer beeps 1s then displays Total time, Distance, Calories for 30s, and Watt, Speed & Rpm will switch to display AVG. & MAX. Pulse window will switch to display 65%, 85% MAX (Figure 21~23) each 5s.
- ⑪ With pulse signal input, Pulse window will display user actual pulse. Pulse window displays nothing if no pulse signal input (Figure 19~20).
- ⑫ Press any Program key then perform the program accordingly.

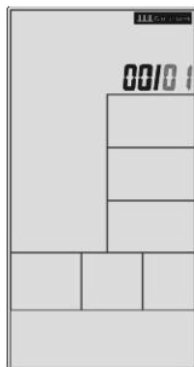


Figure 32



Figure 33



Figure 34



Figure 35



Figure 36



Figure 37



Figure 38

3.5 Target TIME mode:

- ① In Standby mode, press Target Time key, Time will light up, along with a long sound for 1s.
- ② Time value is flashing, press Up and Down to adjust value (Figure 39) and press Enter to confirm 7, meanwhile, buzzer beeps 1s and Target time lighting up.
- ③ Preset Time value counts down, Distance, Calories, Watts, Speed, Rpm start to count up. (Figure 40)
- ④ Press Start button once enter into Pause mode, Buzzer will sound for 0.5s per second within 30s. All values are displaying on LCD and flashing in every 2s. If continue to stop training for 5 minutes, buzzer sounds 2s and enter to Wake-up mode. Press Start to resume workout.
- ⑤ No signal inputs for 30s, buzzer sounds 1 short beep and enter to Wake-up mode.
- ⑥ Press stop and your training will end, the Time will display the total workout time; Distance will display total workout distance; Calories will display total consumption during workout; Watt, Speed and Rpm will switch to display AVG. & MAX. every 5s.
- ⑦ With pulse signal input, Pulse window will display user actual pulse and 65%, 85% MAX (Figure 21~23). Pulse window displays nothing if no pulse signal input (Figure 19~20).
- ⑧ Press any Program key then perform the program accordingly.



Figure 39



Figure 40



Figure 41

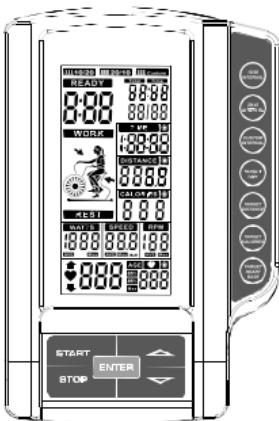


Figure 42

3.6 Target Distance mode:

- ① In Standby mode, press Target Distance key and target distance will light up, along with a long sound for 1s.
- ② distance value is flashing; press Up and Down to adjust (Figure 41). Press enter to confirm, meanwhile buzzer beeps 1s and TARGET DISTANCE lasting lighting up.
- ③ Preset distance value counts down, Time, Calories, Watts, Speed, RPM start to count up. (Figure 42)

- ④ Press START button once enter into Pause mode; buzzer will sound for 0.5s per second within 30s. All values are displaying on the console and flashing in every 2s. If continue to stop training for 5 minutes, buzzer sounds 2s and enter to Wake-up mode. Press Start to resume workout.
- ⑤ No signal input for 30s, buzzer sounds 1s and enter to Wake-up mode.
- ⑥ Press Stop key or end training, Time will display total workout time; Distance will display total workout distance; Calories will display total consumption during workout; Watt, Speed and RPM will switch to display AVG. & MAX. in every 5s.
- ⑦ With pulse signal input, PULSE window will display user actual pulse and 65%, 85% MAX (Figure 21~23). Pulse window displays nothing if no pulse signal input (Figure 19~20).
- ⑧ Press any Program key then perform the program accordingly.



3.7 Target Calories mode:

- ① In Standby mode, press Target Calories key and target calorie will light up, along with a long sound for 1s.
- ② Calories value is flashing; press up and Down to adjust (Figure 43). Press ENTER to confirm, meanwhile buzzer beeps once and target calorie lighting up
- ③ Pre-set value & workout calorie switch to display in every 5s until counts down to 0, then Time, Distance, Wats, Speed & RPM start to count up.(Figure 44)

- ④ Press Start button once enter into pause mode; buzzer will sound for 0.5s per second within 30s. All values are displaying on the console and flashing in every 2s. If continue to stop training for 5 minutes, buzzer sounds 2s and enter to Wake-up mode. Press Start to resume workout.
- ⑤ No signal input for 30s, buzzer sounds 1s and enter to Wake-up mode.
- ⑥ Press Stop key or end up training, Time will display total workout time; Distance will display total workout distance; Calories will display total consumption during workout; Watt, Speed and RPM will switch to display AVG. & MAX. every 5s.
- ⑦ With pulse signal input, Pulse window will display user actual pulse and 65%, 85% MAX (Figure 21~23). Pulse window displays nothing if no pulse signal input (Figure 19~20).
- ⑧ Press any Program key then perform the program accordingly.



Figure 43

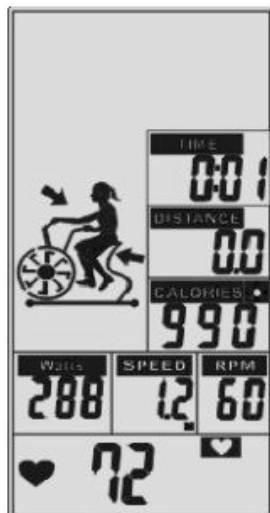


Figure 44

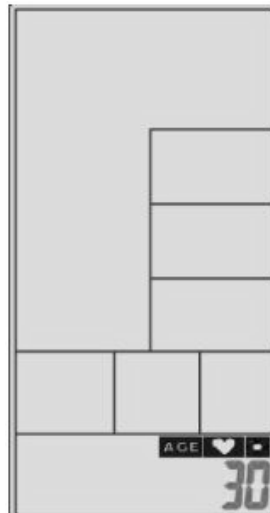


Figure 45



Figure 46

3.8 Target HR mode:

- ① In Standby mode, press Target Heart-Rate key and target heart rate will light up, along with a long sound for 1s.
- ② Age value is flashing; press Up and Down to pre-set your Age (Figure 45). Press Enter to confirm along with buzzer beeps 1s and Target heart rate and Heart rate last lighting up.
- ③ When start workout, MAX HR lights up, 65% & 85% Heart rate will switch to display. Time/ Distance/ Calories/Watts/ Speed/ RPM will calculate workout value (Figure 46).
- ④ When Heart Rate goes below to 65%, arrow going up and the heart value will flash. The buzzer sounds in every 10s until user HR achieve above 65% (Figure 47).
- ⑤ When Heart Rate exceeds to 85%, arrow down and 85% sign and value will flash. The buzzer sounds in every 10s until user HR goes below 85% (Figure 48).
- ⑥ When Heart Rate goes between 65% ~ 85%, only heart will flash (Figure 49).
- ⑦ No signal input for 30s, buzzer sounds 1 short beep and enter to Wake-up mode.
- ⑧ Press Start button once enter into Pause mode; buzzer will sound for 0.5s per second within 30s. All values are displaying on the console and flashing in every 2s. If continue to stop training for 5 minutes, buzzer sounds 2s and enter to Wake-up mode. Press Start to resume workout.
- ⑨ Press Stop again or end up training in 15s, Time will display total workout time; Distance will display total workout distance; Calories will display total consumption during workout; Watt, Speed and Rpm will switch to display AVG. & MAX. every 5s.
- ⑩ With pulse signal input, PULSE window will display user actual pulse and 65%, 85% MAX (Figure 21~23). Pulse window displays nothing if no pulse signal input (Figure 19~20).
- ⑪ Press any Program key then perform the program accordingly.



Figure 47



Figure 48



Figure 49

OPTION SETTING:

SETTING MODE-

1. Hold on Stop&Enter key for 2s, buzzer will sound 1 long beep. Distance will keep lighting up, M/KM flash once per second (Figure 50~51).
2. Press Up or Down to select KM or ML, press Enter to confirm then skip to Standby mode.
3. No action to console for 30s, it will go to Standby mode.

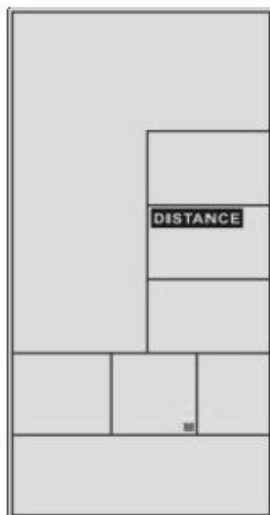


Figure 50

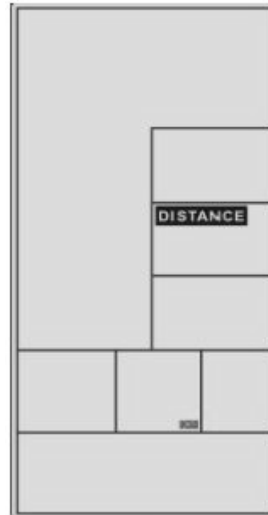


Figure 51

RESET Mode-

1. In any mode, press Stop for 2s, system will do Total reset.
2. Console will flash in every 2 seconds, buzzer sound for 2 seconds.
3. Reverse to Standby page, all setting resume to pre-set value.

SLEEPING mode-

In Standby mode, if no key press/RPM/pulse input for 30s, console will go to Sleeping mode.

CARE AND MAINTENANCE



WARNING

IMPORTANT INFORMATION

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.

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

Prolong the life of your Air 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.

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.

Battery Operated Consoles

If the machine is put in storage or not intended to be used for any period longer than 4 weeks, please remove the batteries from the console to avoid any corroding and potential damage to the console.

LIMITED WARRANTY

Warranty Range

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

Warranty Time

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

- 10 Year Frame
- 1 Year Parts and Labour

The following conditions are not under warranty range:

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

Repair and Maintenance Service

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

WARM-UP EXERCISE

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

— **Hamstring Stretch (Standing)**

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

— **Hamstrings Stretches (Seated)**

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

— **Crus and Feet Tendon Stretches**

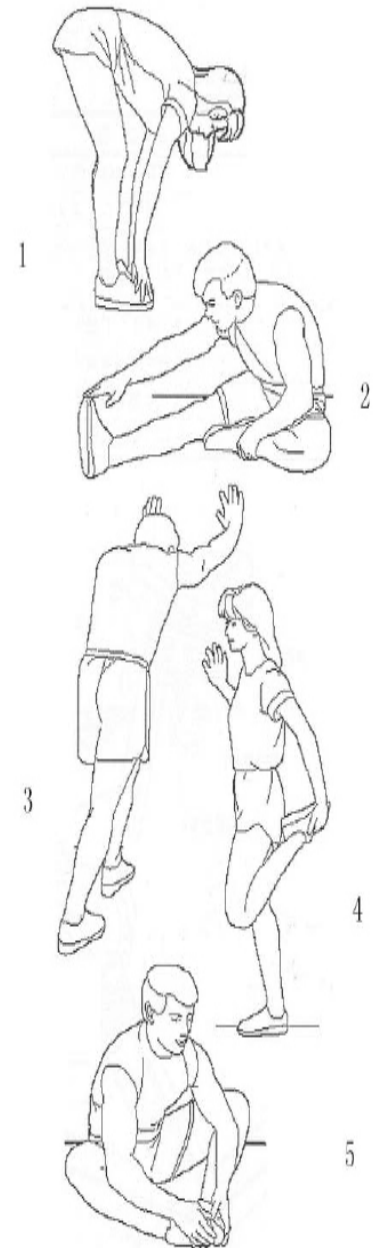
Standing with two hands on the wall or tree, one leg behind. Keeping your legs straight and the heel on the ground, lean forward towards the wall or tree. Hold for 10-15 seconds, and relax. Repeat 3 times for each leg (See picture 3).

— **Quadriceps Stretches**

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

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

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



TRAINING STAGES

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

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

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

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

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

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

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

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

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

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

PARTS

We recommend 2 people assist in assembling this unit. Place all parts of the Air Bike 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.	NAME	Q'TY
1	Computer	1
2	Bolt M5*10	4
3	End Cap	2
4	Trunk Wire	1
5	Computer Post	1
6	Bolt M5*15*Φ8.5	6
7	Bottle holder	1
8	Bolt M8*20*S5	8
9	Spring Washer d8	13
10	Arc Washer d8*Φ20*2*R16	8
11	Bolt M8*30*M6*15*S5	2
12	Bearing 608Z	4
13	Transportation Wheel φ71*24	2
14	Washer d6*Φ12*1.5	2
15	Bolt M6*15*S5	2
16	End Cap Φ76	4
17	Front Stabilizer	1
18	Arc Washer d8*Φ20*2*R38	8
19	Cap Nut M8*H16*S13	4
20	Nut M8*H5.5*S14	4
21	Adjustable Footpad	4
22	Bolt M8*90*20*H5	4
23L/R	Pedal Plate	1set
24	Crank Cover	4
25	Nut M10*1.25*H7.5*S14	4
26	Swing Bar	2
27L/R	Handlebar	1set
28	End Cap φ32*17	2
29	Foam Grip Φ30*3*280	2
30	Main Frame	1
31L/R	Pedal	1set
32	Knob M16*1.5*27*Φ56	1
33	Screw ST4.2*10*Φ8	1
34	Bushing	1

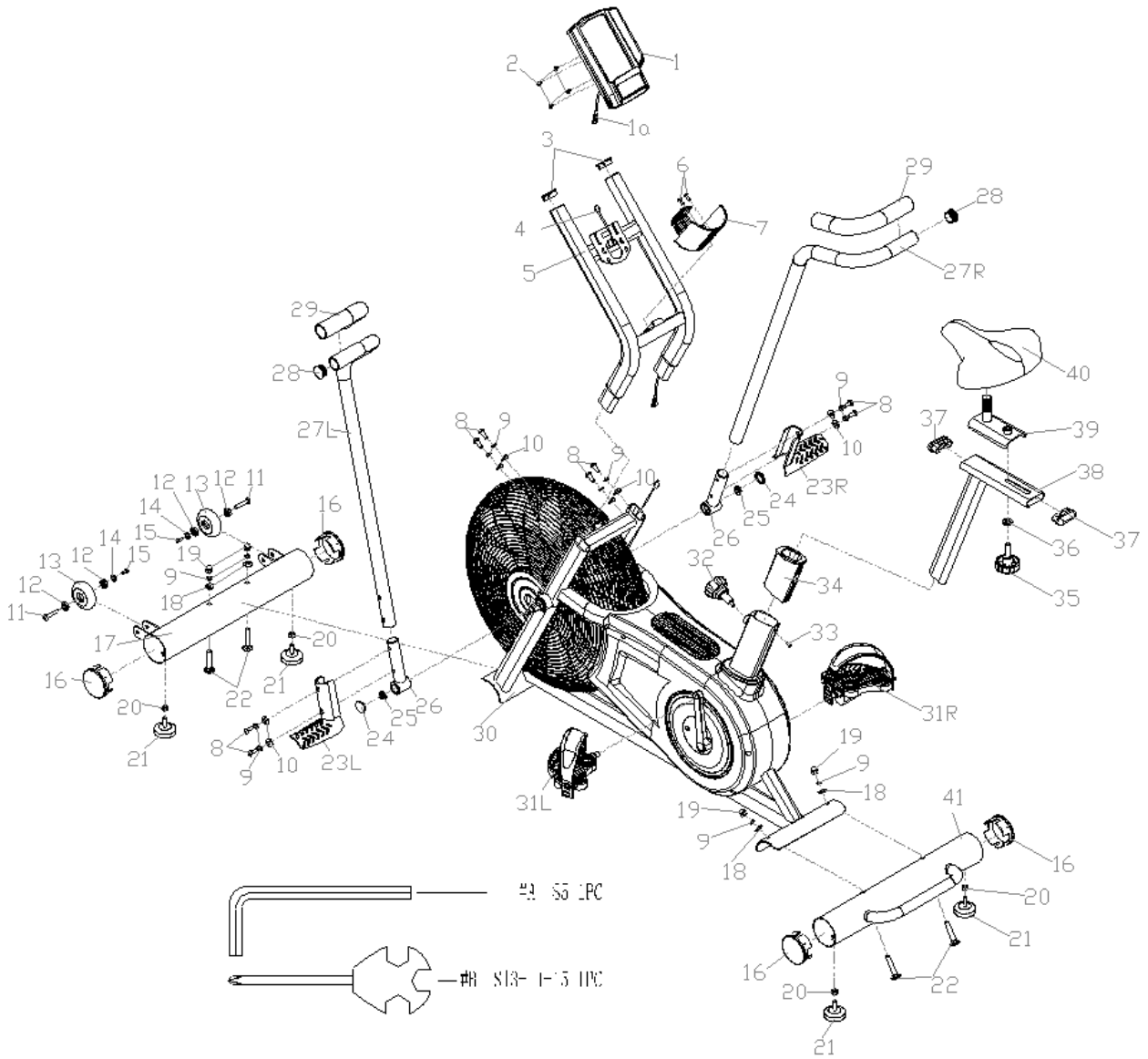
PARTS LIST

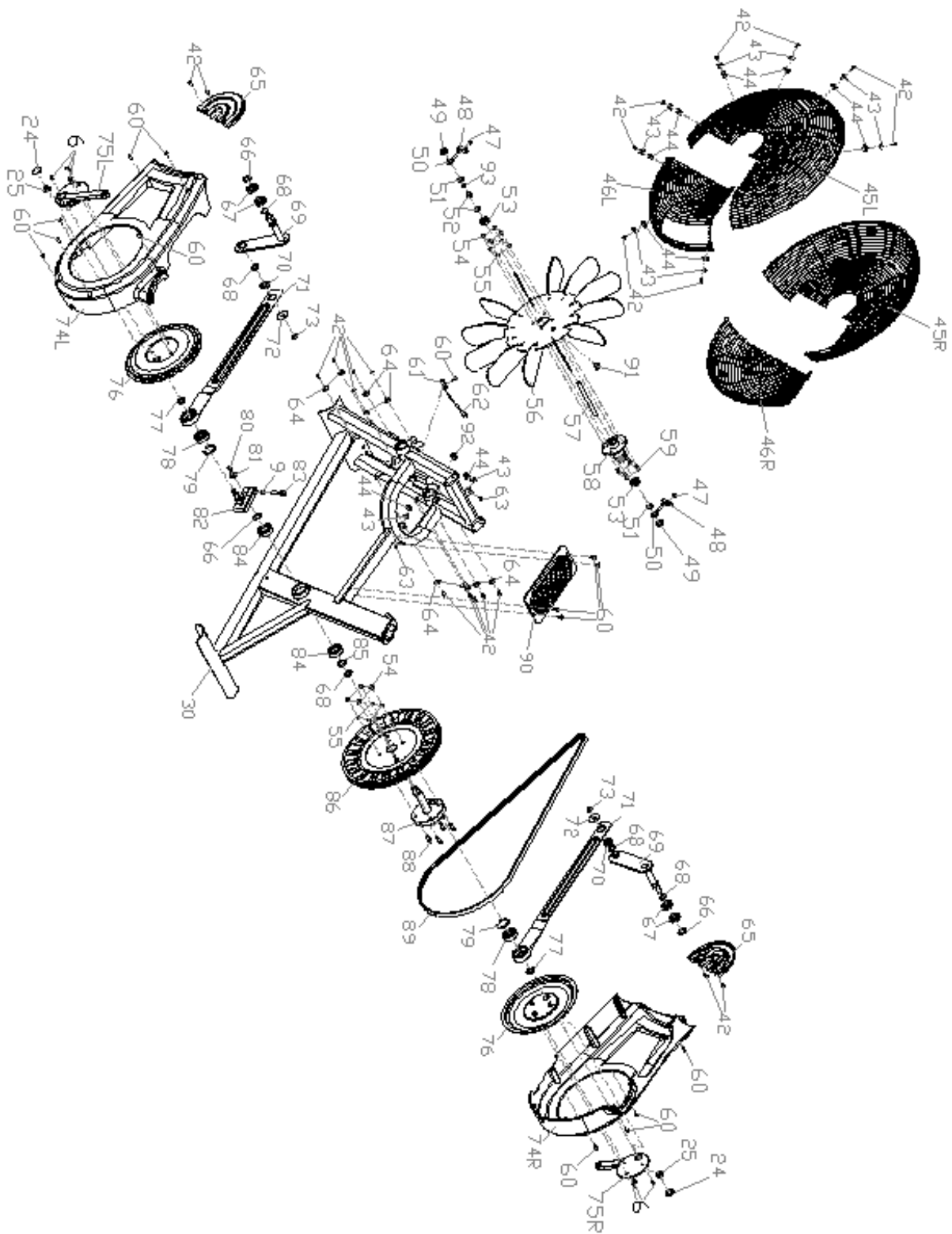
PART NO.	NAME	Q'TY
35	Knob M12*37*15*Φ58	2
36	Washer d12*Φ24*2	1
37	End Cap PT60*20*30	4
38	Saddle Tube	2
39	Saddle Fixed Plate	1
40	Saddle	1
41	Rear Stabilizer	1
42	Bolt M4*10*Φ8	18
43	Outside Button Of Net-caps	10
44	Inside Button Of Net-caps	10
45L/R	Front Net-caps	1set
46L/R	Rear Net-caps	1set
47	NutM6*H6*S10	2
48	U Seat	2
49	Nut M10*1*H8*S15	2
50	Chain Bolt	2
51	Nut M10*1*H5*S17	2
52	Spacer φ10.1*φ15*9	2
53	Bearing 6000-2RS	2
54	Nylon Nut M6*H6*S10	8
55	Spring Washerd6	8
56	Fan Wheel	1
57	Shaft	1
58	Sleeve	1
59	Bolt M6*16*S10	4
60	Bolt ST4.2*19*Φ8	2
61	Sensor Seat	1
62	Sensor	2
63	Bolt M4*15*Φ8	1
64	Washer d4*Φ18*1.5	1
65	Front cover	1
66	Washer	1
67	Bearing6804-2RS	1
68	Wave washerd20*Φ26*0.3	2
69	Connector	1
70	Bushing φ28*6.2	1
71	Rod	1
72	Washerd8*Φ32*2	1

PARTS LIST

PART NO.	NAME	Q'TY
73	Nylon NutM8*H7.5*S13	2
74L/R	Chain Cover	1set
75L/R	Crank	1set
76	Turntable	2
77	Spring d17	1
78	Bearing 6203-2RS	2
79	Spring D40	4
80	Bolt M6*16*S10	1
81	Washer6*Φ20*2	1
82	Small Crank	1
83	Bolt M8*40*S6	1
84	Bearing 6004-2RS	2
85	Spacer Φ25*Φ20.1*4	2
86	Belt Plate	4
87	Axle	2
88	Bolt M6*16*S5	2
89	Belt	4
90	Plastic Pedal	4
91	Magnet φ15*7	1
92	Grommet Φ12.5	2
93	Wave washer d10*Φ15*0.3	4
A	Allen Wrench S5	
B	Spanner S13-14-15	4

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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