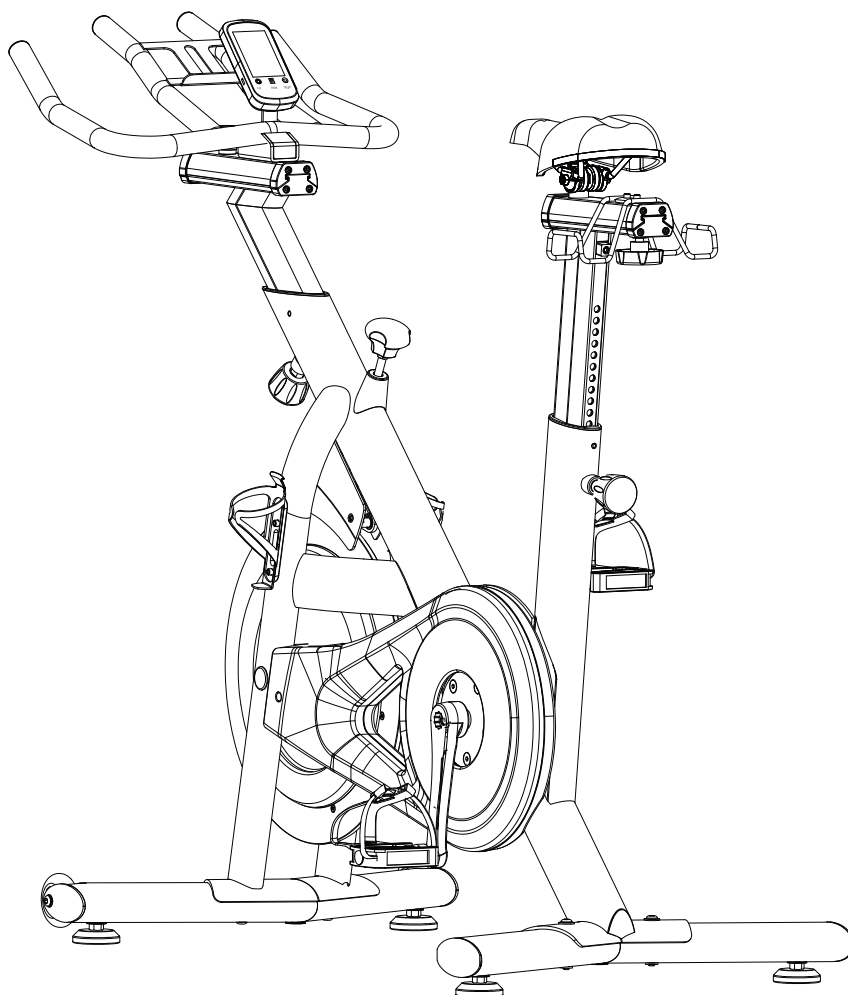




# ASSEMBLY MANUAL

# PHOENIX

## SPIN BIKE



Record serial number

Elite Phoenix Spin Bike

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

For over 30 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 Phoenix Spin Bike**. Doing so will help to insure that you get the most out of your machine, enjoying safe and effective workouts ahead.

Even though we go to great efforts to ensure the quality of each product we produce, occasional errors and or omissions do occur. In any event should you find this product to have either a defective or a missing part, please contact us for a replacement.

## SERVICE & WARRANTY

For service and warranty assistance please visit:

**[www.elitefitness.co.nz/service](http://www.elitefitness.co.nz/service)**

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

(09) 258 9067

### Elite Fitness HQ

28 Morrin Road  
St. Johns  
Auckland, New Zealand

[info@elitefitness.co.nz](mailto:info@elitefitness.co.nz)  
0800 2 438 348  
[www.elitefitness.co.nz](http://www.elitefitness.co.nz)

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

## PRODUCT SPECIFICATIONS

---

User Weight Capacity:	120 KG
Shipping Weight:	53.5 KG
Net Weight:	48.5 KG

# PARTS LIST

No.	Name	Qty	Specification
1	Main frame	1	
2	Front stabilizer	1	
3	Rear stabilizer	1	
4	Handle bar	1	
5	Computer	1	
6	Pedal6L/R	1	9/16"×20T
7	Water bottle cage	2	
8	Handle bar support post	1	
9	Handle sliding tube	1	
10	Saddle support post	1	
11	Saddle sliding tube	1	
12	Saddle	1	
13	Dumbbell rack	1	
14	Sleeve	1	
15	Sleeve	1	
16	Knob	2	M16×1.5×15L
17	Hex nut	4	M10×1.5
18	Adjusting foot pad	4	
19	Bolt	4	M8×1.25×65H
20	Spring washer	4	Φ8.2×Φ13×2t
21	Curved washer	4	Φ8.5×Φ20×1.5t×R13
22	Bolt	2	M8×1.25×45H
23	Flat washer	3	Φ8.5×Φ16×1.5t
24	Transportation wheel	2	
25	Bearing	4	608
26	Brake knob	1	
27	Hex nut	2	M8×1.25
28	Brake rod	1	M10×P1.5×224L
29	Brake trim cover	1	
30	Locating sleeve	1	

# PARTS LIST

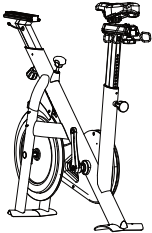
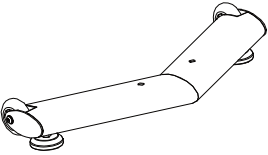
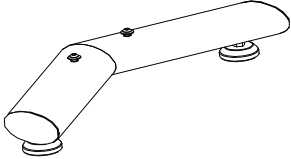
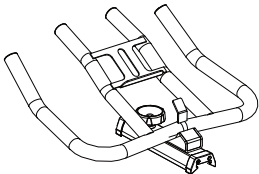
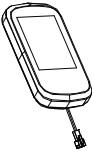
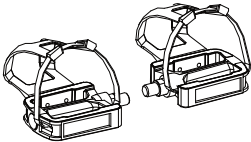
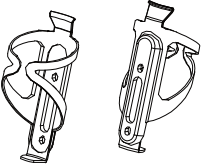








31	Square plastic bushing	1	
32	nut	1	21.4×21.4×15L
33	Plastic bushing	1	Φ15×Φ10.2×30L
34	Lock nut	2	M8
35	Cap nut	1	M8×1.25×17H
36	Stainless steel bar	1	20.8×382×1.5t
37	Screw	3	M4×10
38	Buffer pad	1	
39	Knob	2	M10×1.5×32
40	End plug	4	62×33×15
41	Screw	23	M5×12H S4
42	End plug	2	60×27×15
43	End plug	2	60×27×63
44	Screw	2	M5×8H S4
45	Fixing pin	1	Φ20×Φ11×17L
46	Stainless steel bar	1	20.8×298×1.5t
47	T locknut	1	Φ30×Φ16×22
48	Screw	4	M6×1×25L S5
49	Screw	1	M8×1.25×25L S5
50	Wear rib	4	
51	Flat washer	1	Φ8.5×Φ20×1.5t
52	Trim cover	2	
53	Lock nut	2	M10×1.5
54	Flywheel shaft	1	Φ10×136L
55	Sleeve	1	Φ10×φ14×30.5L
56	Bearing	2	6300
57	Flywheel	1	
58	Flywheel outer aluminum circle	1	Φ430×Φ336×7t
59	Screw	6	M5×12H S4
60	Limit sleeve (R)	1	Φ10.1×φ16×6L
61	Flywheel trim cover	1	
62	Belt cover (front)	1	
63	Crank L/R	1	(9/16"")170L
64	Screw	2	M12×P1.0×14L

# PARTS LIST

65	Trim cover	1	
66	Wave washer	1	∅ 25×∅ 27×0.3t
67	Circlip	1	∅ 25
68	Bearing	3	6905
69	Belt cover (inner)	1	
70	Belt pulley	1	∅275×∅25×PK5
71	Shaft	1	∅25
72	Screw	5	M8×1.25×16L S5
73	Belt	1	5PK 1460
74	Belt cover (outer)	1	
75	Screw	6	M5×10H
76	Screw	2	ST4.2×19H
77	Screw	3	M5×16H
78	AU-209	1	∅15×42 M10
79	Guide pulley	1	∅37×∅30×22.4L
80	Space sleeve	1	∅14×∅10.2×6L
81	Bolt	1	∅18×∅10.3×40H M6
82	Flat washer	1	∅10.2×∅20×1.5t
83	Lock nut	1	M10×1.5
84	Washer	1	30×28×1t ∅6.7
85	Flat washer	1	∅6×∅13×1.5t
86	Lock nut	1	M6
87	Lock nut	2	M5
88	Flat washer	2	∅5×∅10×1t
89	Magnet base (left)	1	160×47.8×5t
90	Screw	2	M5×10H
91	Brake seat	1	58×15×22
92	Magnet	6	∅25×8t
93	Magnet base (right)	1	160×47.8×5t
94	Screw	1	M5×30H
95	Screw	2	M5×40H S4
96	Screw	1	M8×1.25×50H S5
97	Spacer bush	2	∅8.1×∅15×5t
98	Bearing	2	F688Z

# PARTS LIST

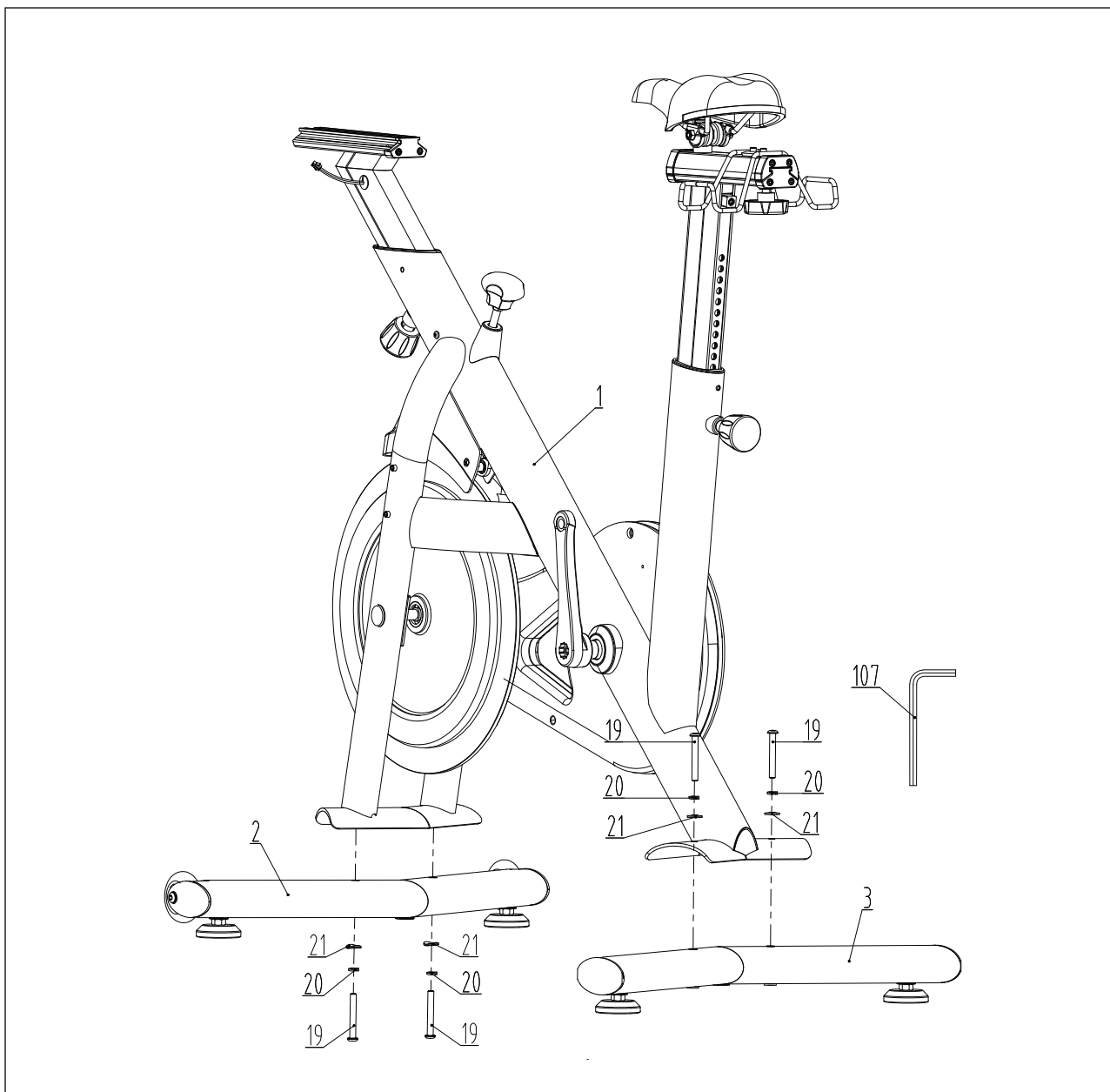
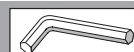
99	Leather pad	1	90×20×2.5t
100	Rotating shaft	1	Φ8.1×Φ15.8×24L
101	Tension spring	1	Φ1.0×Φ10×49.2L
102	Computer-middle wire	1	
103	Computer –bottom wire	1	
104	Wire protection plug	1	Φ13×φ5.5
105	Wire protection plug	1	Φ13×φ3.5
106	Multi-functional spanner	1	13、14、 15
107	Allen wrench	1	S5
108	Allen wrench	1	S4

<p><b>1</b> Main frame x 1</p> 	<p><b>2</b> Front stabilizer x 1</p> 	<p><b>3</b> Rear stabilizer x 1</p> 
<p><b>4</b> Front handlebar x 1</p> 	<p><b>5</b> Computer x 1</p> 	<p><b>6L/R</b> Pedal x 1</p> 
<p><b>7</b> Water bottle x 2</p> 	<p><b>19</b>  Bolt x 2</p> <p><b>20</b>  Spring washer x 2</p> <p><b>21</b>  Curved washer x 2</p> <p><b>41</b>  Screw x 2</p> <p><b>42</b>  End plug x 1</p>	<p><b>107</b>  Allen wrench S5 x 1</p> <p><b>108</b>  Allen wrench S4 x 1</p> <p><b>109</b>  Multit-functional spanner S13-S14-S15 x 1</p>



# ASSEMBLY INSTRUCTIONS

## STEP 1



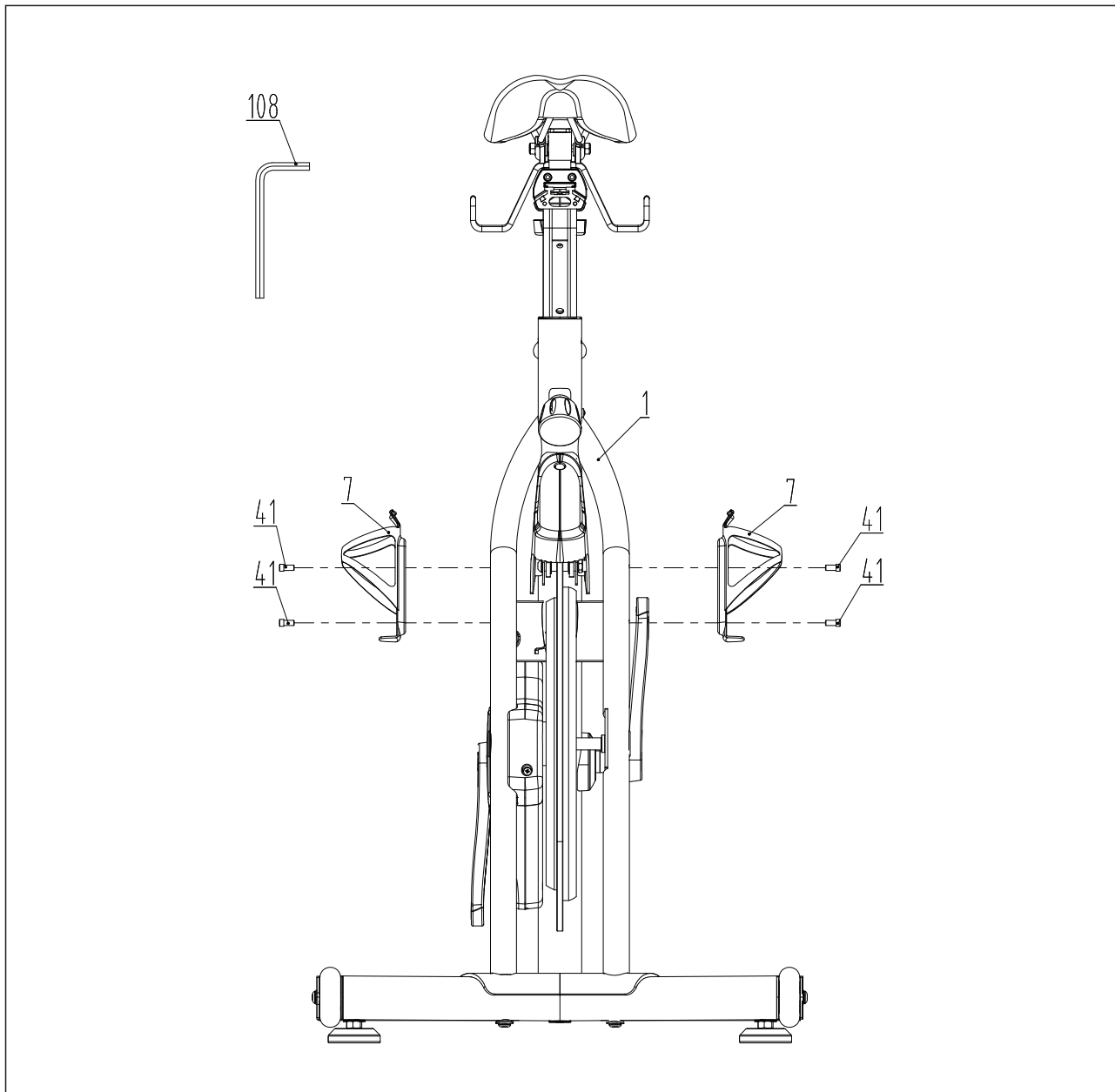
Carefully remove bolts (19), spring washers (20), and curved washers (21).

Attach the Front Stabilizer (2) to the Main Frame (1), ensuring the holes align properly. Next, affix the Rear Stabilizer (3) onto the Main Frame (1). Align the holes and insert bolts (19), securing them with curved washers (21) and spring washers (20). Use an Allen wrench (107) to tighten them securely.

**Attention:** The Front Stabilizer (2) has transportation wheels on the front.

# ASSEMBLY INSTRUCTIONS

## STEP 2

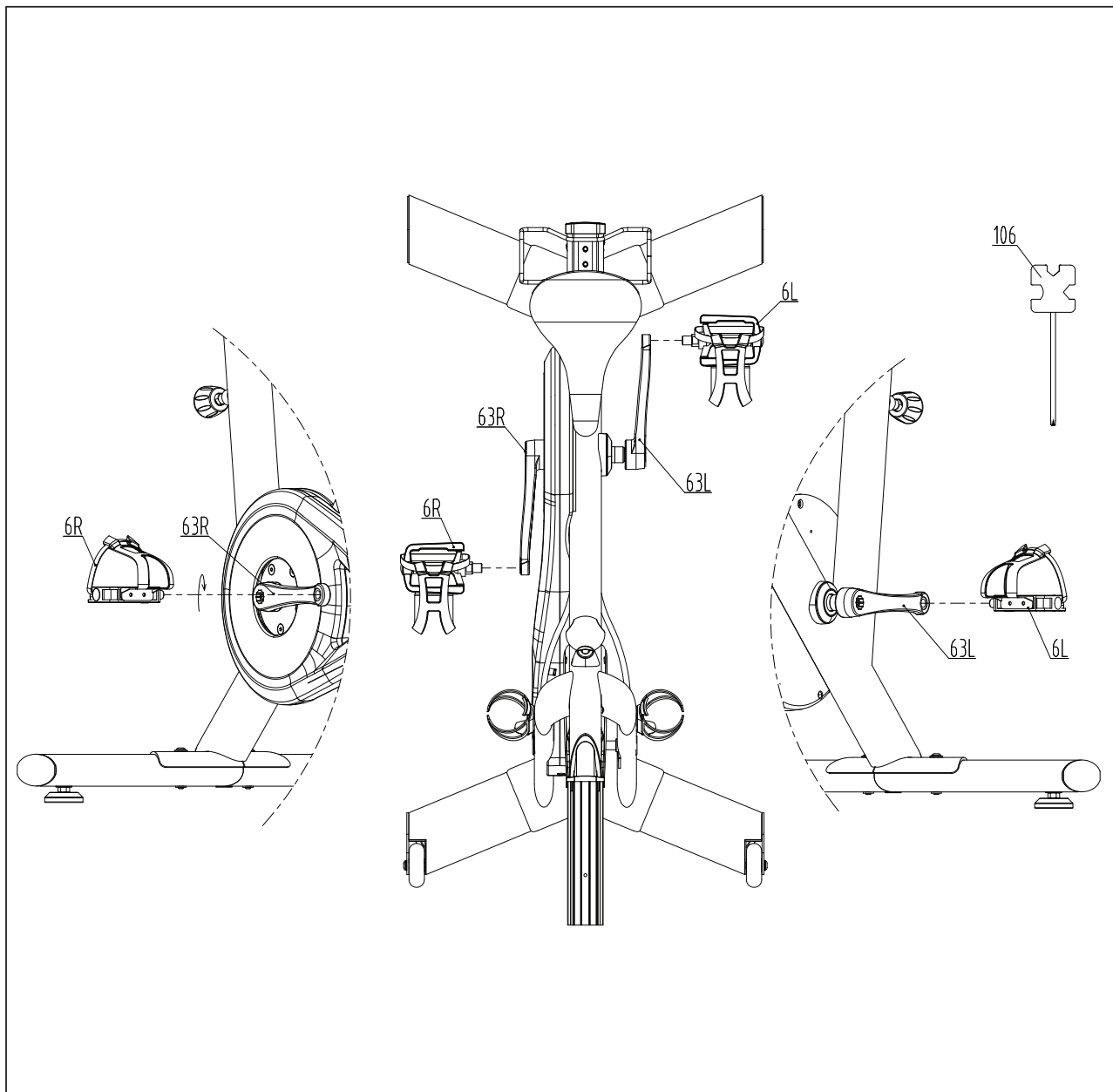


Unscrew screws (41) located on both sides of the front tube of the main frame (1).

Attach Water Bottle Cages (7), securely screw and tighten onto the main frame, ensuring proper alignment, utilising the Allen wrench (108).

# ASSEMBLY INSTRUCTIONS

## STEP 3



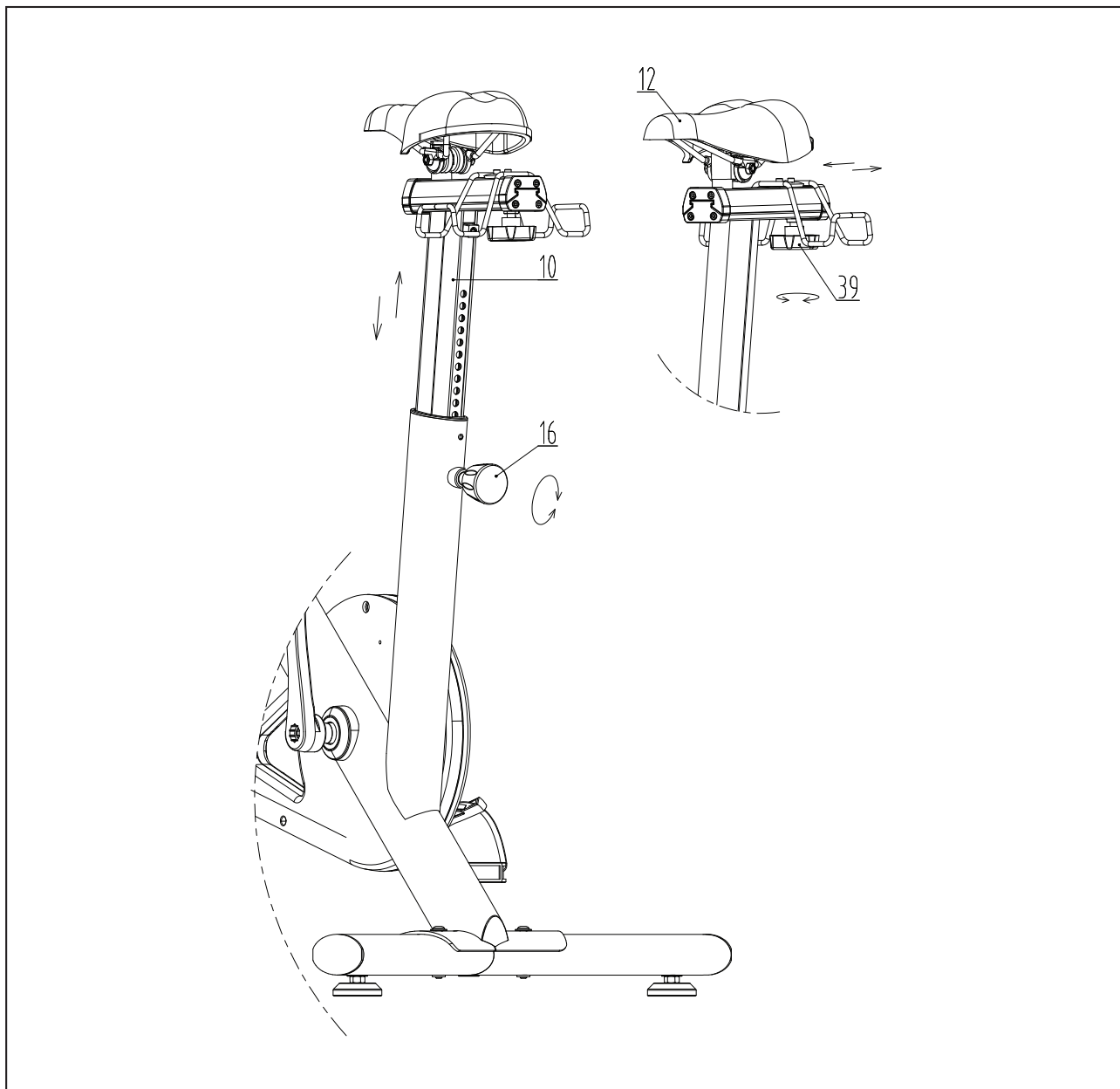
Securely attach the Left Pedal (6L) to the left Crank (63L) by turning it tightly in an anticlockwise direction.

Attach the Right Pedal (6R) to the right Crank (63R) by turning it tightly in a clockwise direction.

Use a multi-function spanner (106).

# ASSEMBLY INSTRUCTIONS

## STEP 4



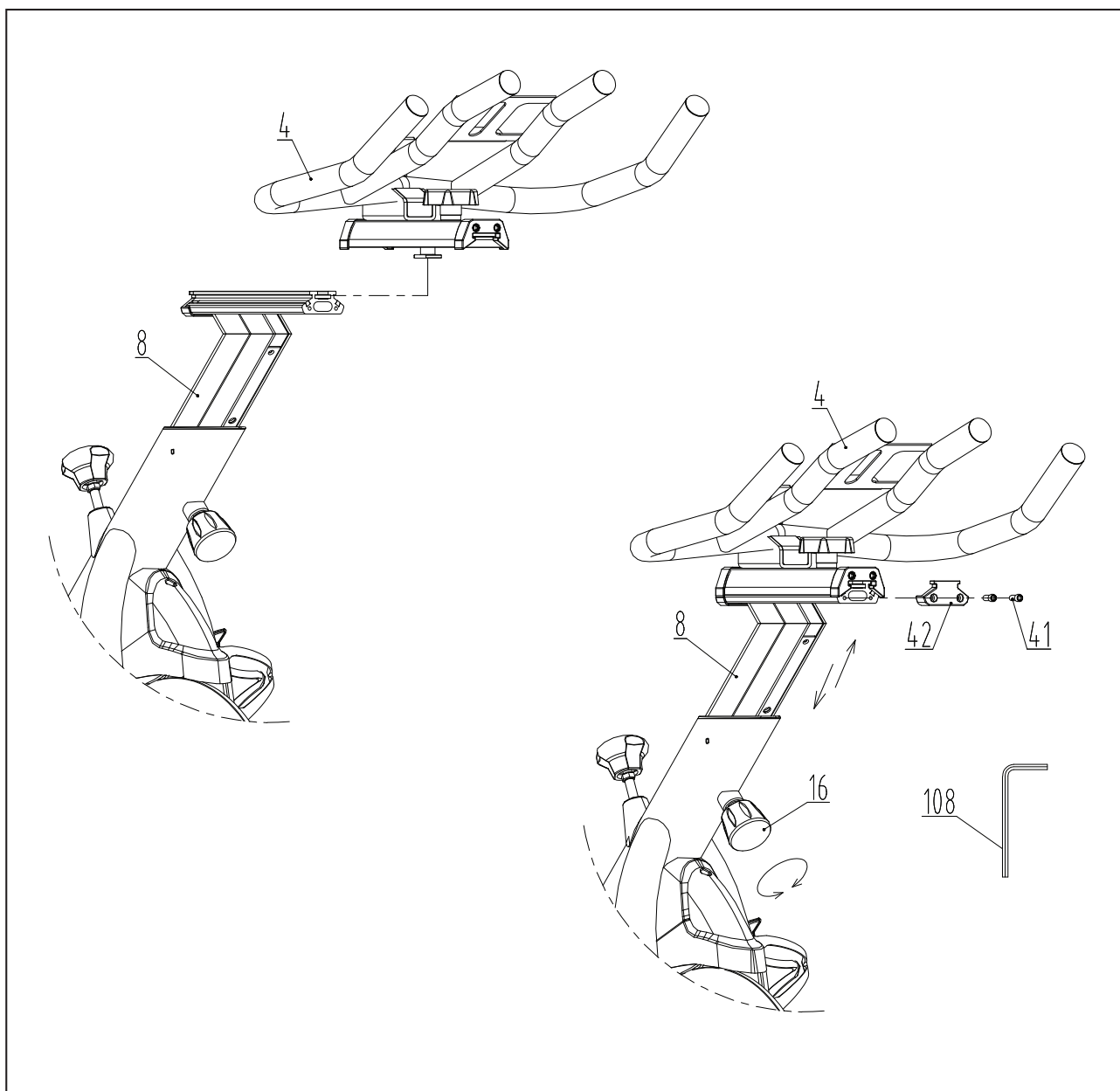
To adjust the saddle height, loosen the Seat Adjustor Knob (16) by unscrewing it one rotation. Then, pull out the spring-loaded section (16). Adjust the saddle support post (10) to the desired height and ensure it aligns with the appropriate hole. Then, tighten it clockwise to secure.

**Attention:** Ensure that the saddle height does not exceed the **STOP** indicator on the post to prevent damage or instability.

Note: The saddle (12) can also be adjusted forward or backward by loosening knob (39) and then tightening it once the desired position is achieved.

# ASSEMBLY INSTRUCTIONS

## STEP 5



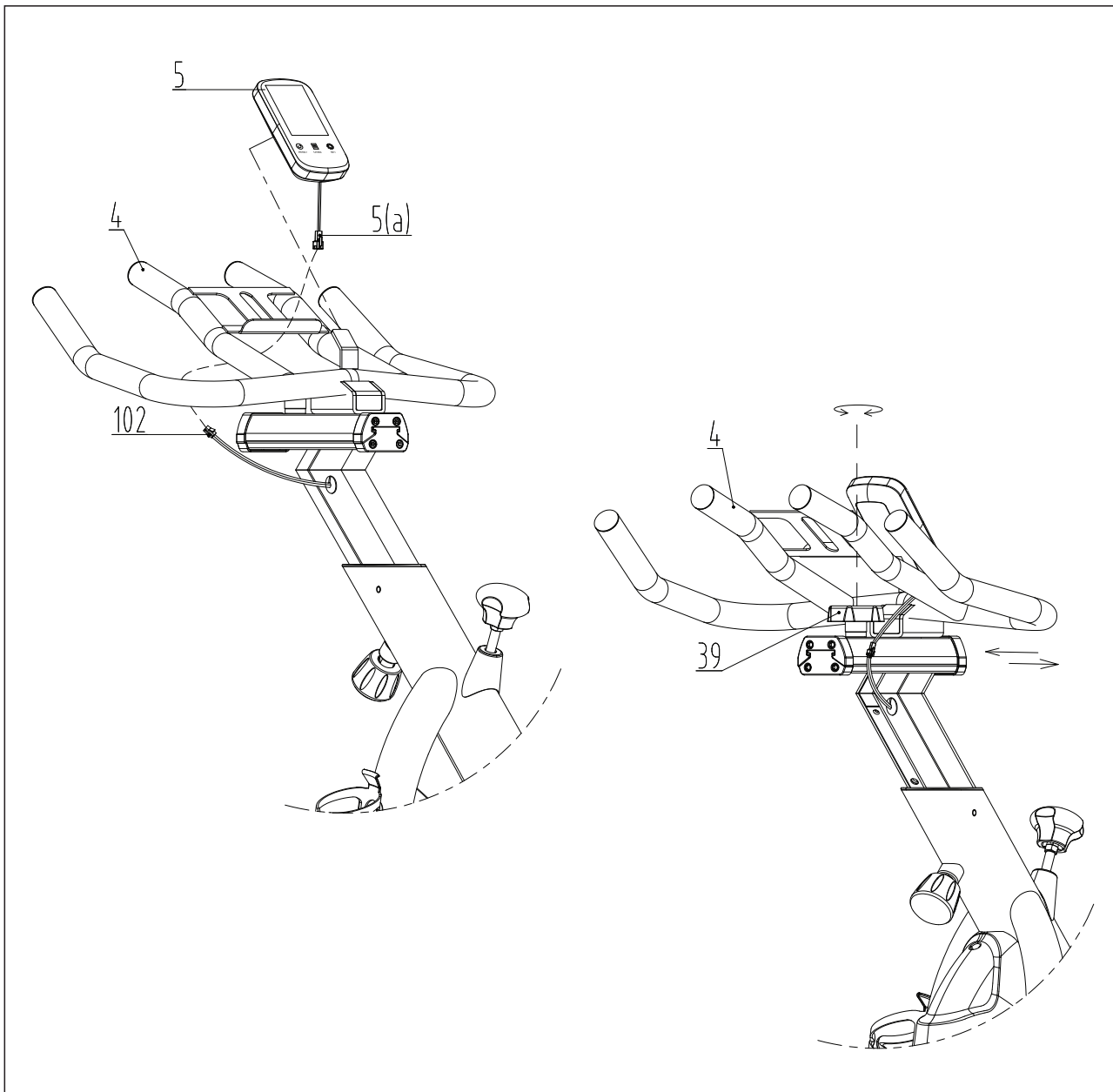
Slide the Handlebar (4) onto the Handlebar Support Post (8). Then, fix the end plug (42) in place using 2 screws (41) tightened with an Allen wrench (108), as shown.

If you wish to adjust the Handlebar (4) height, begin by loosening and pulling out knob (16). Adjust the handlebar support post (8) to the desired height, ensuring it aligns with the appropriate hole. Then, tighten the knob (16).

Be careful not to exceed the **STOP** indicator on the post when adjusting the height.

# ASSEMBLY INSTRUCTIONS

## STEP 6



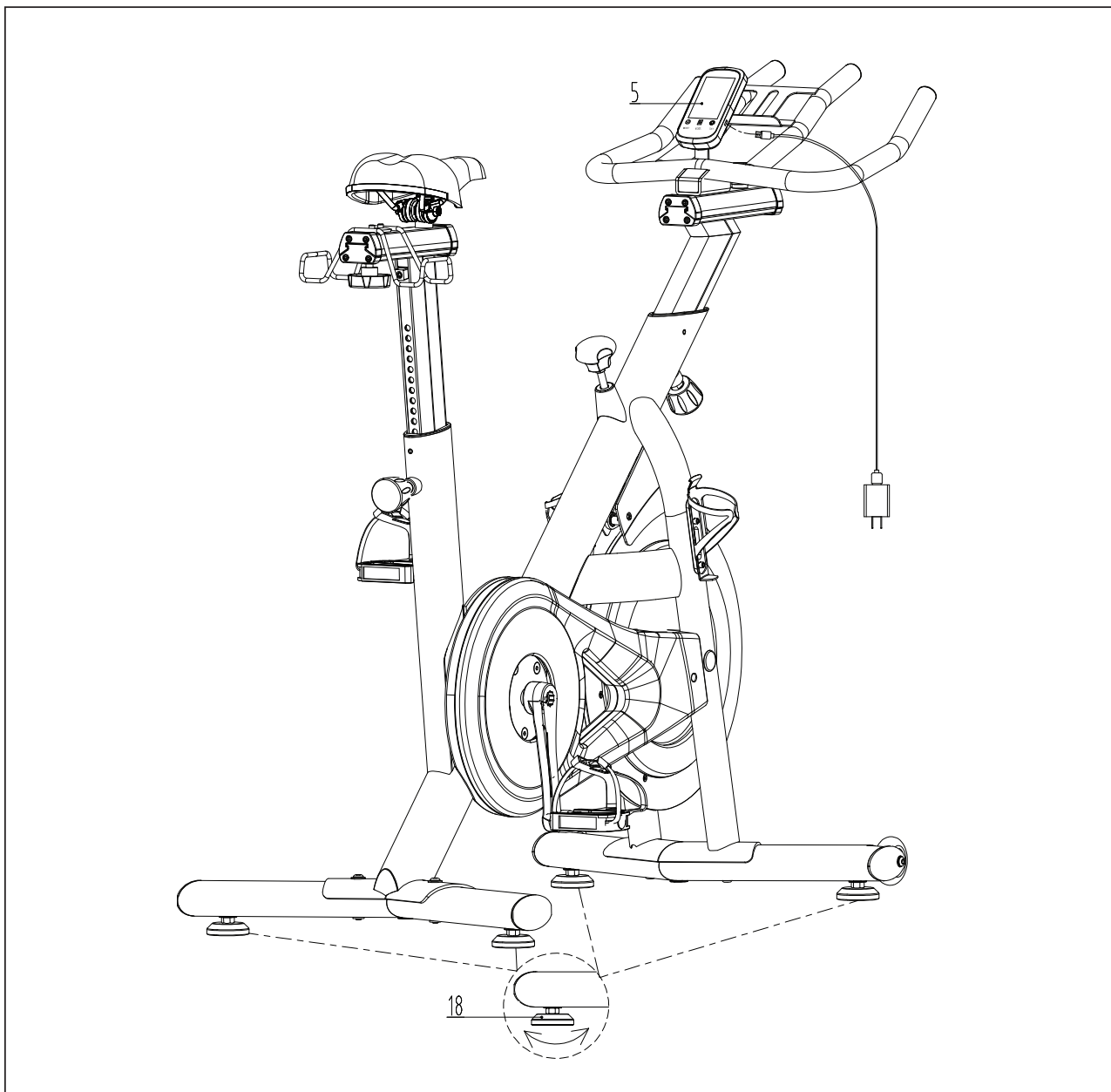
Properly connect the Computer Middle Wire (102) from the bike frame with the wire from the computer (5). Ensure a secure connection.

Insert the Computer (5) onto the plate of the Handlebar (4) according to the provided instructions.

Note: The handlebar (4) can also be adjusted forward or backward by loosening the knob (39) and then tightening it once the desired position is achieved.

# ASSEMBLY INSTRUCTIONS

## STEP 7

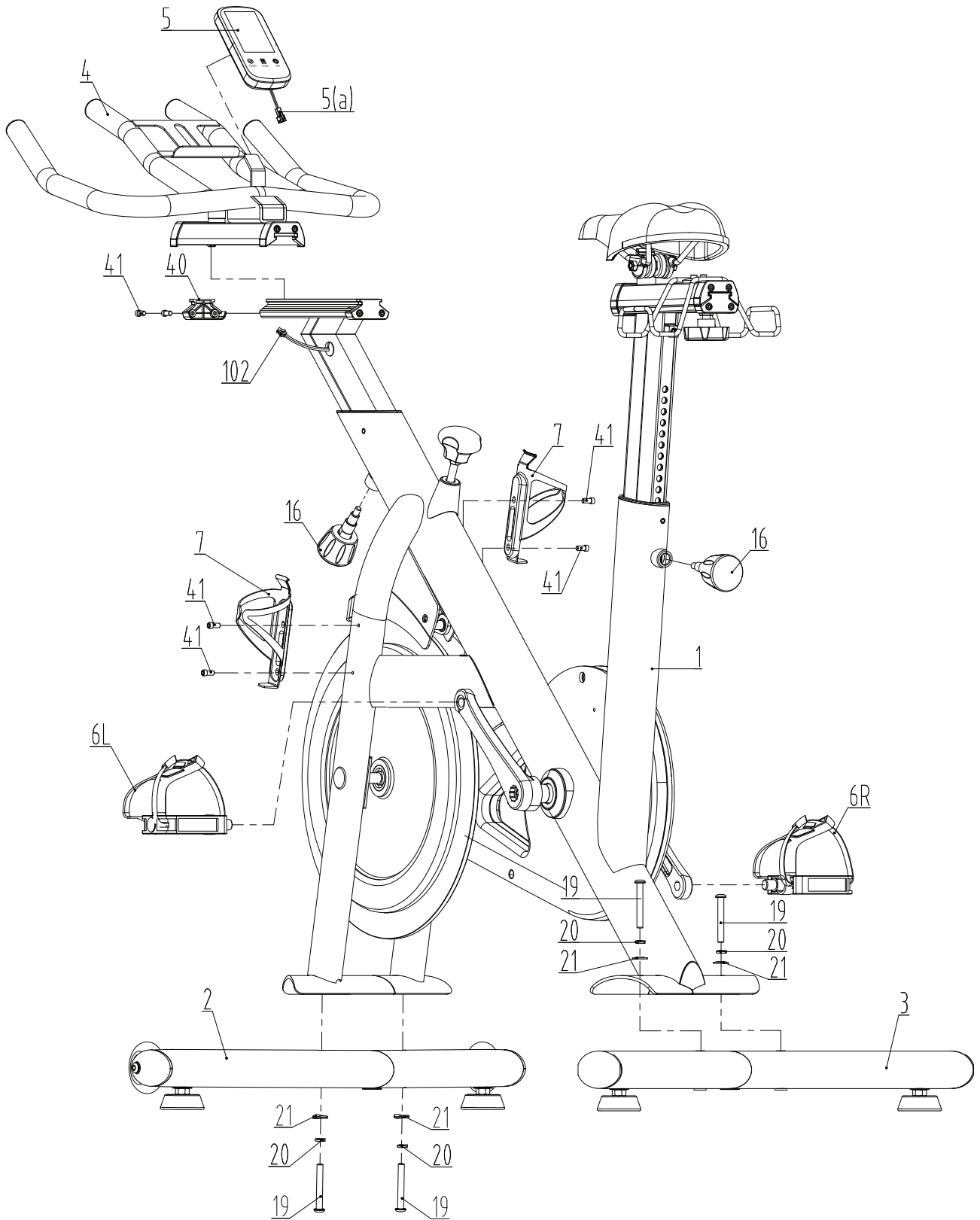


If you find the equipment unstable on the floor, you can stabilise it by adjusting the foot pad (18) accordingly.

Note: Ensure the equipment is stable and secure before use.

If the computer doesn't work or the screen flashes, you may need to charge the battery. Use the Type-C data cable to charge the battery as necessary.

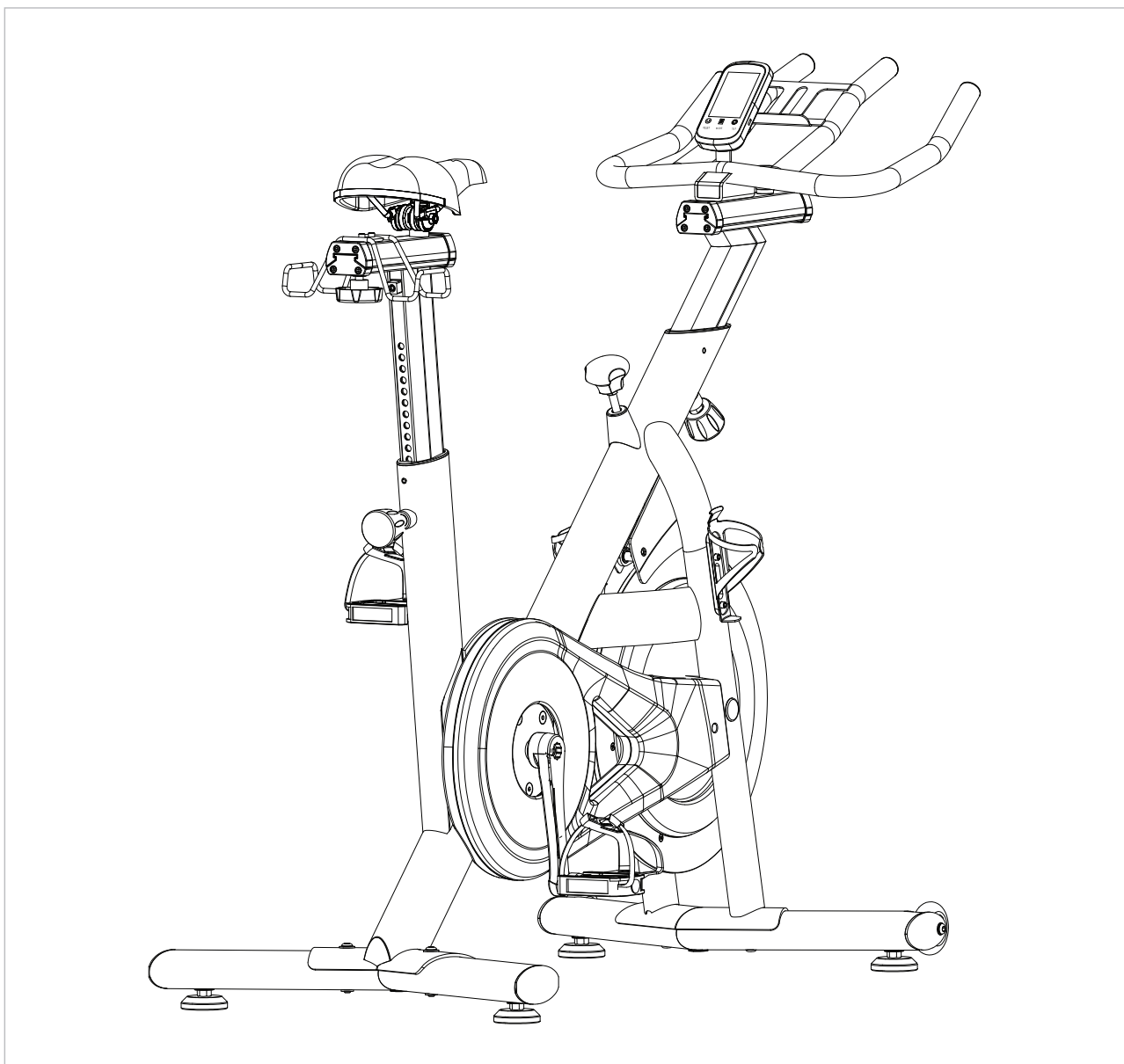
# ASSEMBLY INSTRUCTIONS





# ASSEMBLY COMPLETE

## CONGRATULATIONS



Assembly of your **Elite Phoenix Spin 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 spin bike, serious injury to users and bystanders and can also compromise the effectiveness of you exercise program.

# CONSOLE USER INSTRUCTIONS

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## ***Functional Button:***

- **MODE:** Press this button to select time, speed, distance, calories, WATT, and RPM functions. Push down to reset time, distance, and calories for 2 seconds.
- **SET:** To set the values of time, distance, and calories (set when stopping exercise).
- **RESET:** Push down to reset time, distance, and calories.

## ***Functions and Operations:***

- **TIME:** Displays the user's exercise time.
- **SPEED:** Displays current speed.
- **DISTANCE:** Displays the distance the user has exercised.
- **CALORIES:** Displays the calorie value consumed by the user during exercise.
- **WATT:** Displays the user's exercise power.
- **RPM:** Displays revolutions per minute.

## ***Target Training Settings:***

- **TIME TARGET TRAINING MODE:** First press the "MODE" button to switch to the "TIME" function, then press the "SET" button to set the target time (press and hold the set button to speed up the setting). When it reaches the required time, stop the button. Then start using the machine, and the display will start to count down. When the countdown reaches zero, the computer will give an alarm to remind the user that the training goal has been completed. At this time, if you continue to train, the computer will automatically start to count up from zero.
- **DISTANCE TARGET TRAINING MODE:** First press the "MODE" button to switch to the "DIST" function, then press the "SET" button to set the target distance (press and hold the set button to speed up the setting). When it reaches the required distance, stop the button. Then start using the machine, and the display will start to count down. When the countdown reaches zero, the computer will give an alarm to remind the user that the training goal has been completed. At this time, if you continue to train, the computer will automatically start to count up from zero.
- **CALORIE TARGET TRAINING MODE:** First press the "MODE" button to switch to the "CAL" function, then press the "SET" button to set the target calories (press and hold the set button to speed up the setting). When it reaches the required calories, stop the button. Then start using the machine, and the display will start to count down. When the countdown reaches zero, the computer will give an alarm to remind the user that the training goal has been completed. At this time, if you continue to train, the computer will automatically start to count up from zero.
- During the setting process, if you want to modify the target value, press the "RESET" button to clear the current setting or press and hold the "MODE" button for about 2 seconds to clear all target values, then reset according to the above description.

# CONSOLE USER INSTRUCTIONS

---

## **Note:**

- 1- When the battery symbol on the computer display screen lights up, it indicates that the computer is low and needs to be charged. Please charge the computer promptly using a Type-C data cable to avoid being too low to charge. The battery symbol continues to flash during charging, and when charging is completed, the battery symbol will go out.
- 2- The monitor will automatically shut off if no signal is received and no operation button is pressed for about 4 minutes.
- 3- The monitor will auto-power on when starting to exercise or upon pressing any button signal.
- 4- The monitor will automatically start calculating when you start exercising and will stop calculating when you stop exercising for 4 seconds.

## **Specifications:**

FUNCTION	TIME	0:00~99:59
	SPEED	0.00~99.99 KM/H (MILE/H)
	DISTANCE	0.0~999.9 KM (MILE)
	CALORIES	0.0~999.9 CAL
	WATT	0~999 W
	RPM	0~199 TIMES/MIN
BATTERY TYPE		1pcs of 102540 lithium battery
OPERATING TEMPERATURE		0°C ~ +40°C
STORAGE TEMPERATURE		-10°C ~ +60°C

## **Bluetooth Functions:**

- For accurate and reliable data recording, the wireless transmitters will only record and send user data to the app when the Bluetooth computer and device are properly connected. Before using the bike, ensure that the app is connected to the Bluetooth computer to guarantee the effectiveness of recorded data.
- The computer will enter "Sleep Mode" after 4 minutes of no signal input. In this mode, the computer's signal will be inactive. To awaken the computer, simply press any button or start using the bike.
- Once the computer successfully connects to the device and app, it will automatically power off and begin displaying data on the app.
- If you wish to reuse the computer after connecting to the app, you must first exit the app and disable the Bluetooth on your device.

# CONSOLE USER INSTRUCTIONS

## APP Operating Instructions:

- **NOTE:** Both the "Kinomap" and "Zwift" apps will update in real time. The operation process outlined here serves as a reference guide only.

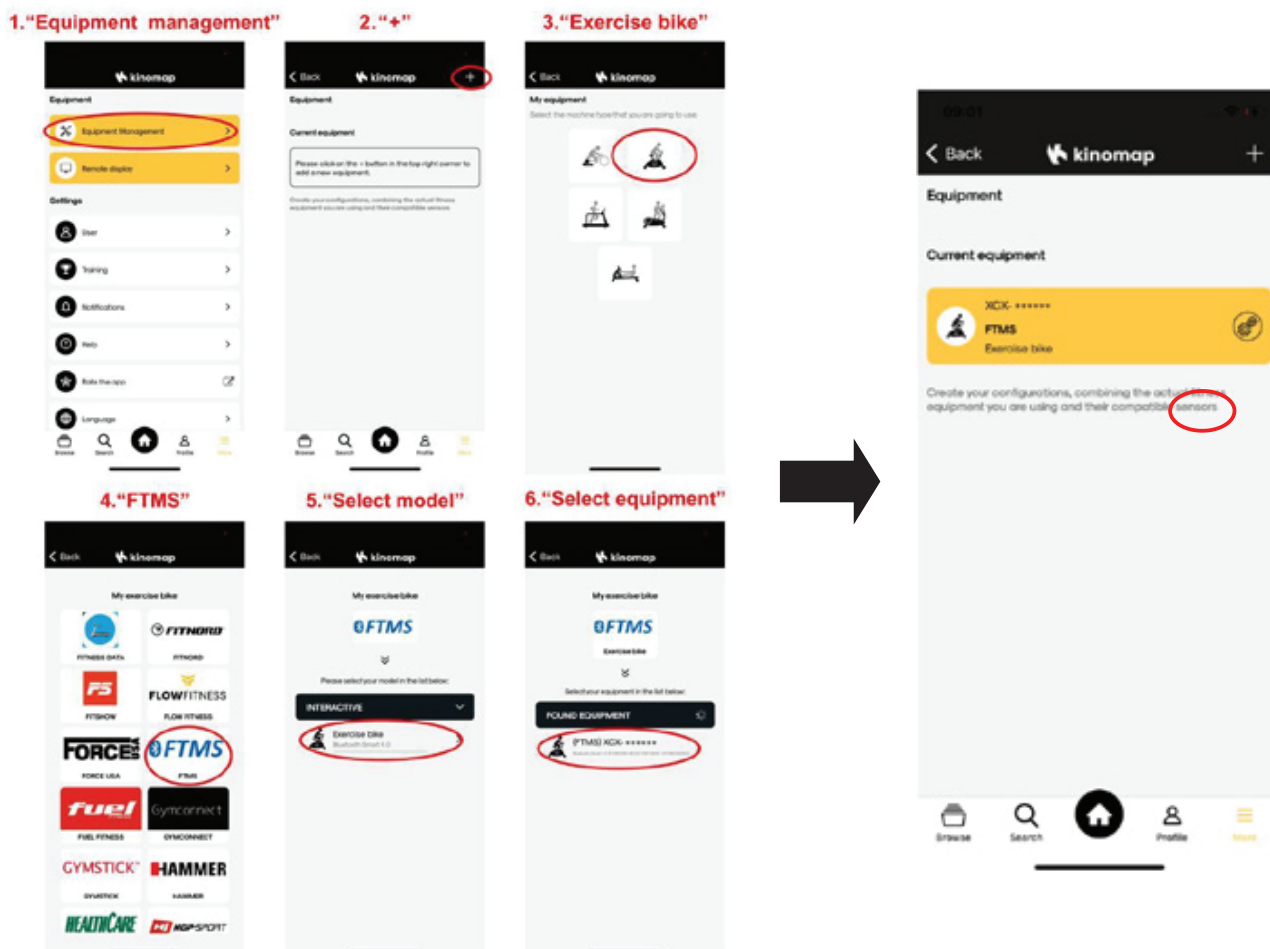
## Kinomap:

1- Download the app from your device's app store.



2- Once the download is complete, open the app and register. Ensure that the Bluetooth on your device is turned on to activate the computer and ensure it is awake.

3- Follow these steps to add sports equipment:

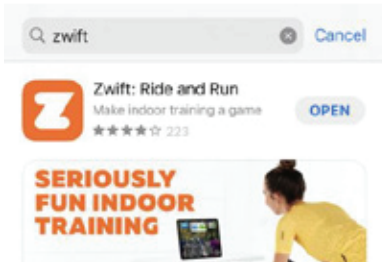


4- Once equipment is added, you're all set to begin your workout!

# CONSOLE USER INSTRUCTIONS

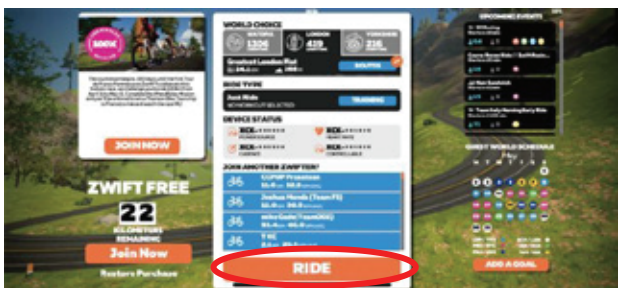
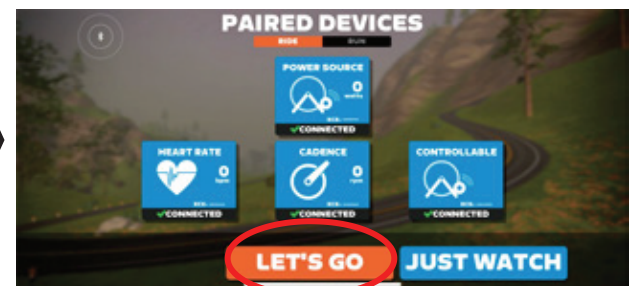
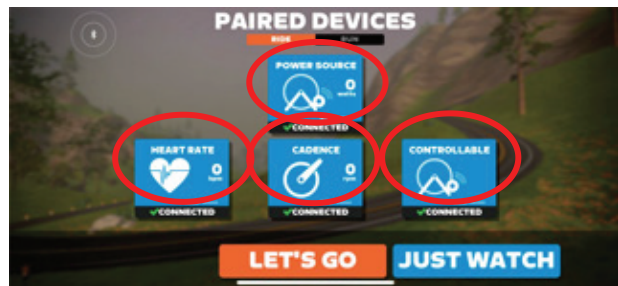
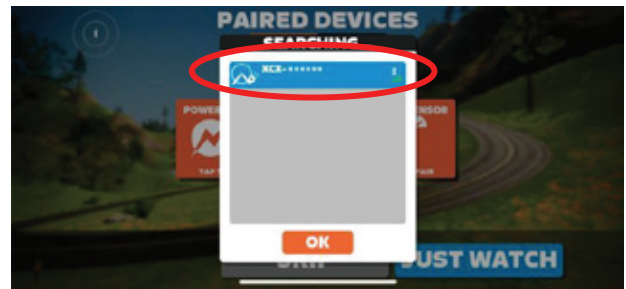
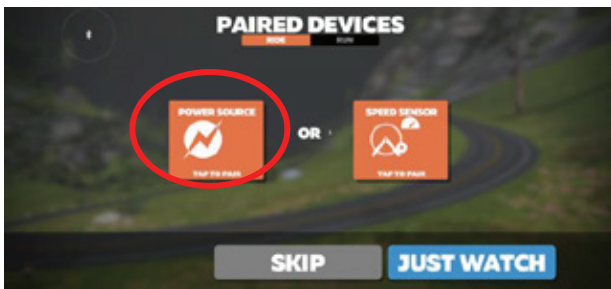
## Zwift:

1- Download the app from your device's app store.



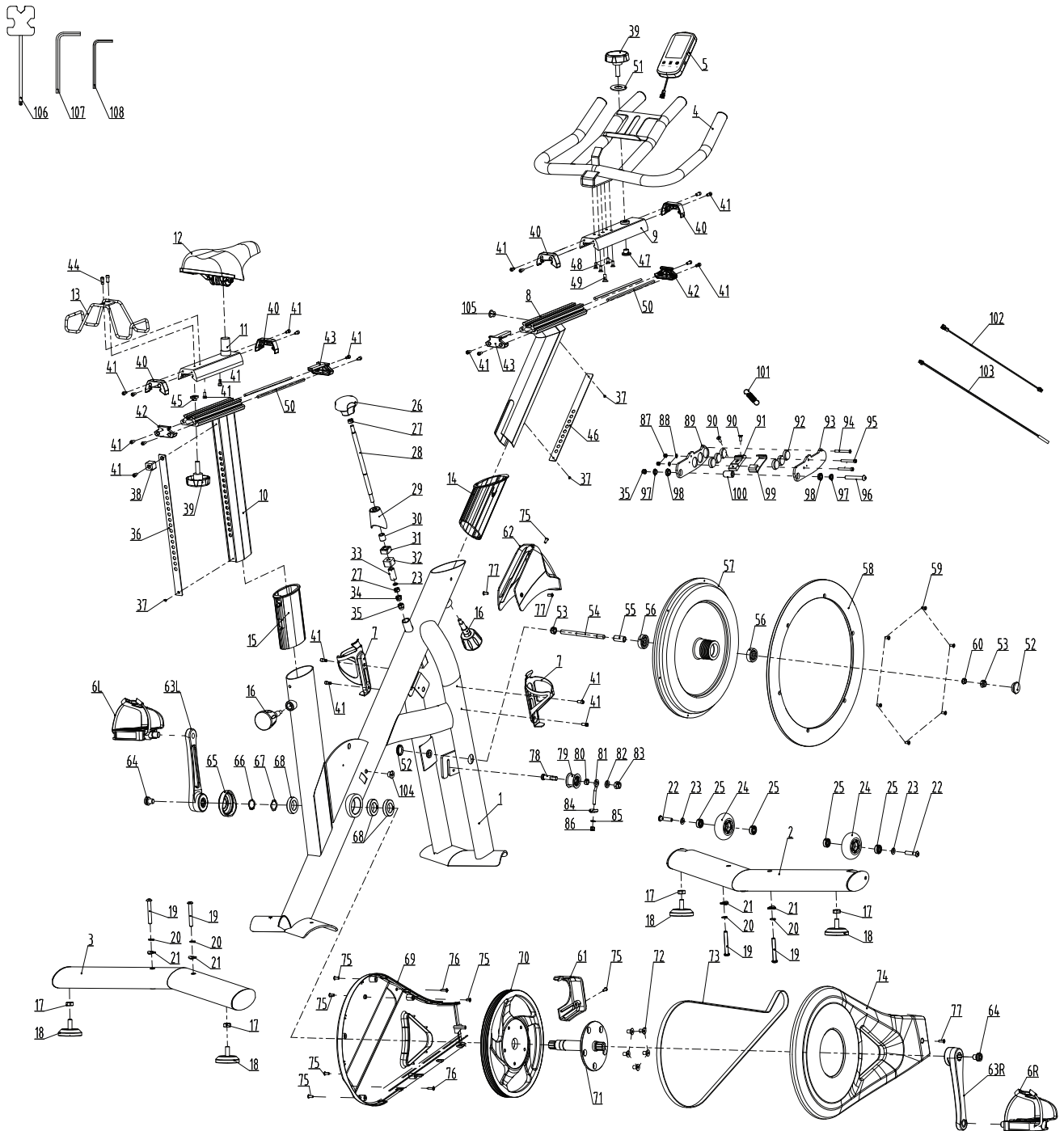
2- Once the download is complete, open the app and register. Ensure that the Bluetooth on your device is turned on to activate the computer and ensure it is awake.

3- Follow these steps to add sports equipment:



4- Once equipment is added, you're all set to begin your workout!

# EXPLODED DIAGRAM



## SETTING YOUR SPIN BIKE UP



*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).

## SETTING YOUR SPIN BIKE UP

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Holding this position, have your helper place the end of the plumb line (line of string with nut/washer) on the front of your leg, at a point just below the bony protrusion that's 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.

### Handle Bar Adjustment

The positioning of the handlebars can be dependent on the bike design and adjustability available.

To minimise back strain, adjust the height to a level that is comfortable for you. We recommend the handlebars be positioned at the same height level as the bike seat as a good starting point.

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



## CARE AND MAINTENANCE

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### **WARNING**

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

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

- General cleaning of the unit after use will protect the bikes powder-coated framework and prevent unnecessary corrosion stains and damage to the structural components from sweat and perspiration.
- Check all nuts and bolts securing the framework, seat and handlebar assemblies are tight.
- Ensure the pedals are securely attached to the crank arms. When tightening pay attention to the reverse thread (tightening Anti-clockwise) on the left hand pedal assembly, when sitting on the bike. Be careful not to strip or force the pedal thread when tightening.

### **Friction Brake Pad System**

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

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

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

### **Magnetic Braking System**

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

### **Chain Driven**

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

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

### **Belt Driven**

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

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



# LIMITED WARRANTY

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## 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 assembly or adjustment of the machine;

*The Spin bike should not be:*

- A) Plugged into a multi-board plug device. The spin bike requires a dedicated power circuit and should be plugged directly into the wall socket.
- B) Used with an extension cord any longer than 1.5m.

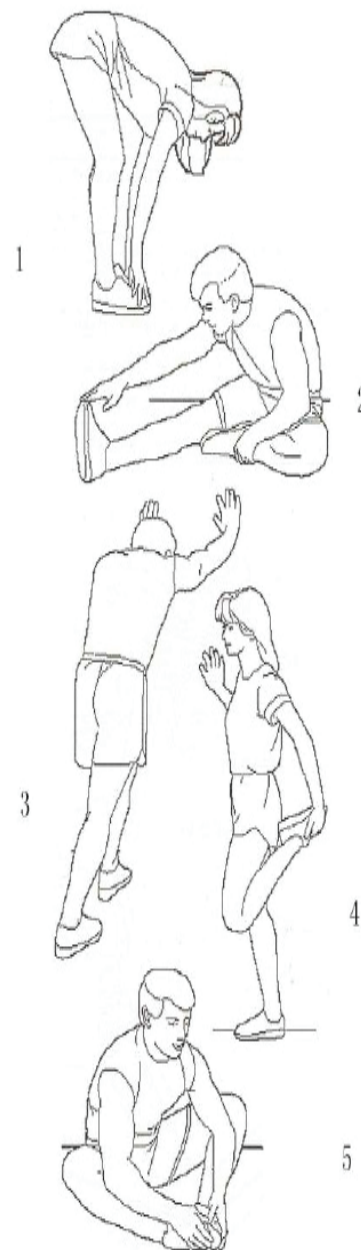
## Repair and Maintenance Service

Please contact our Elite Fitness Service Department at [eliteservice@elitefitness.co.nz](mailto:eliteservice@elitefitness.co.nz) or visit [www.elitefitness.co.nz](http://www.elitefitness.co.nz) for any service related issues or advice on preventative maintenance servicing procedures.

## WARM-UP EXERCISE

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

- Hamstring Stretch (Standing) Keep your knees slightly bent and slowly lean forward, back and shoulders relaxed, reaching towards your toes. You should feel the tension and slight discomfort in your hamstring muscles. Hold for 15-20 seconds. Repeat 2-3 times.
- Hamstrings Stretches (Seated) Sitting on the floor preferably on a mat, put one leg straight, the other inward and close to the inside of the straight leg. Lean forward from the hips, reaching towards your toes. Hold for 10-15 seconds, and relax. Repeat 3 times for each leg (See picture 2).
- Crus and Feet Tendon Stretches Standing with two hands on the wall or tree, one leg behind. Keeping your legs straight and the heel on the ground, lean forward towards the wall or tree. Hold for 10-15 seconds, and relax. Repeat 3 times for each leg (See picture 3).
- Quadriceps Stretches Keeping your balance with your left hand holding onto a wall or stationery fixture, grasp your right foot with your right hand and stretch your right heel toward your buttocks slowly, until you feel the stretch in the front of your thigh. Hold for 10-15 seconds, and relax. Repeat 3 times for each leg (See picture 4).
- Sartorius (Inner Muscles of the Thigh) Muscle
- Stretches Sitting down with the soles of your feet or shoes together and your knees positioned outward. Pull your feet towards your groin until you can feel the stretch. Hold for 10-15 seconds, and relax. Repeat 3 times (See picture 5).



# TRAINING STAGES

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

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

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

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

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





For more information about our Elite exercise equipment or other brands that we stock for your home, visit [www.elitefitness.co.nz](http://www.elitefitness.co.nz)

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