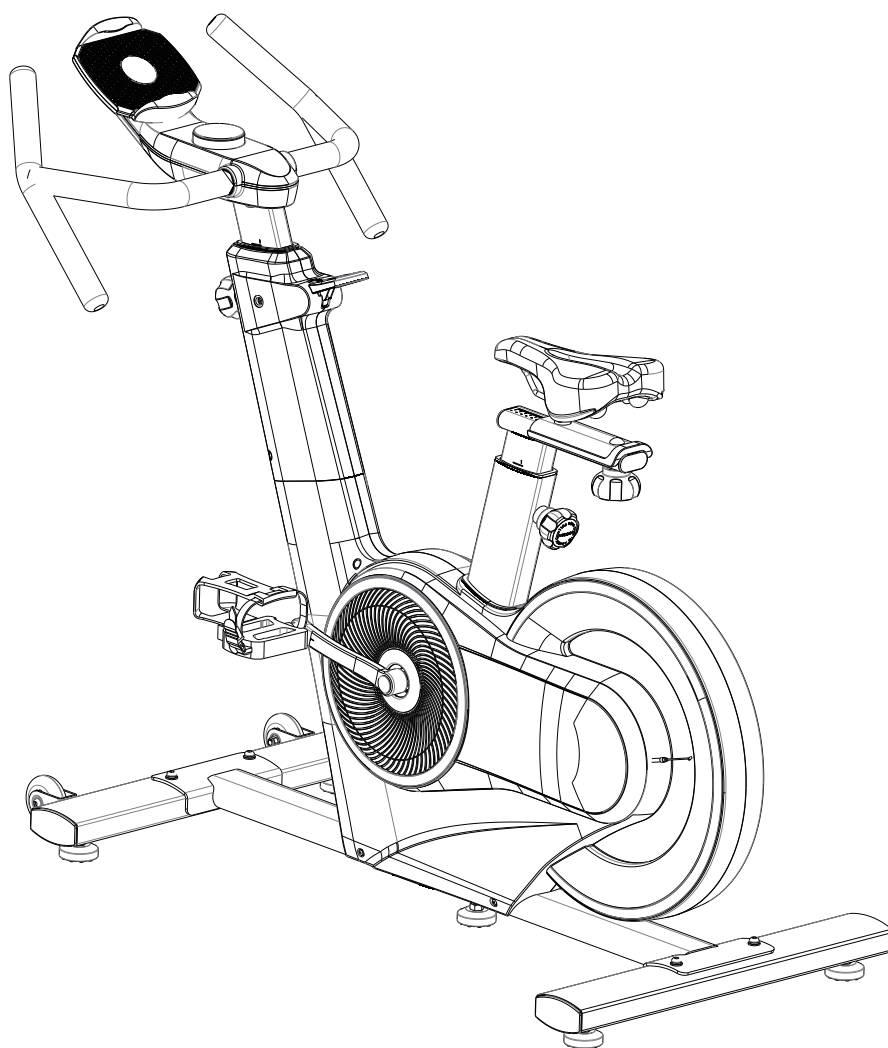




# ASSEMBLY MANUAL

# SOLARIS

## SPIN BIKE



Record serial number

Elite Solaris Spin Bike

Thank you for purchasing the **Elite Solaris 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 Solaris 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  
0800 2 438 348  
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

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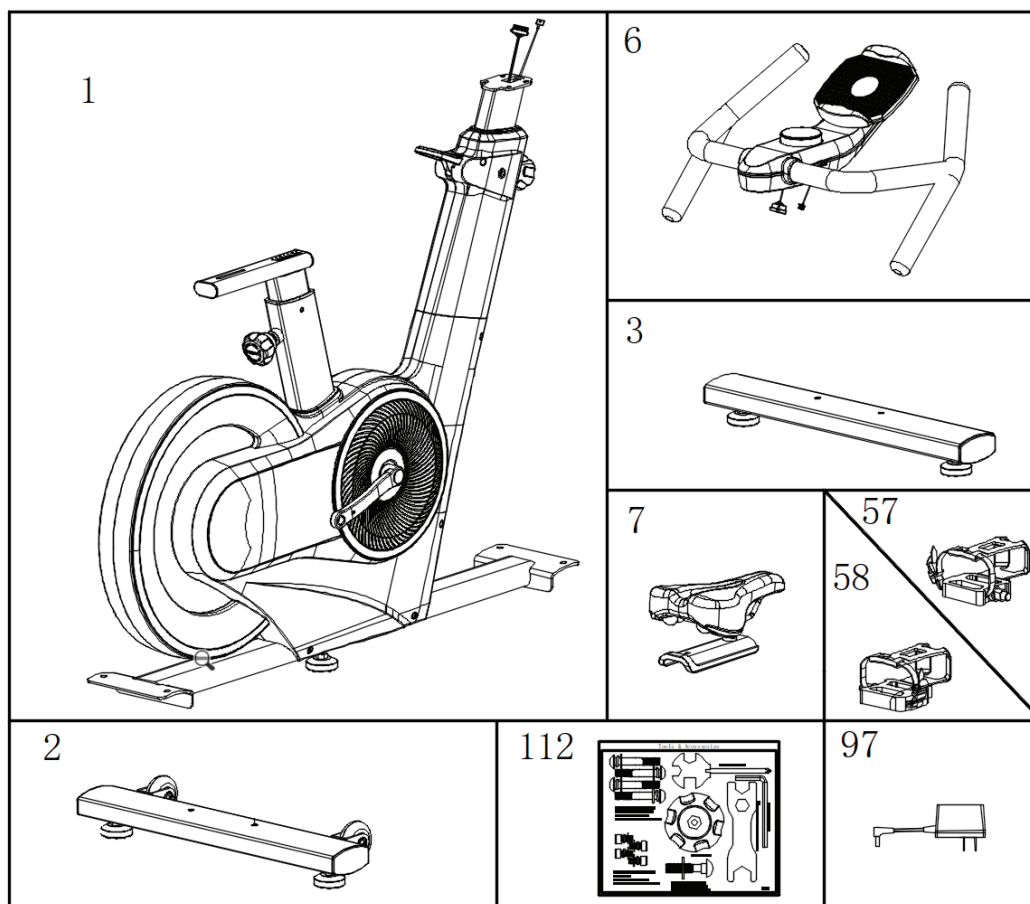
User Weight Capacity:	120 KG
Shipping Weight:	52 KG
Net Weight:	45 KG

# PARTS LIST

NO.	DESCRIPTION	SPECS.	QTY	NO.	DESCRIPTION	SPECS.	QTY
1	Main Frame		1	57	Left pedal		1
2	Front foot tube		1	58	Right pedal		1
3	Rear foot tube		1	59	Belt pulley		1
4	Handle adjustment		1	60	Moving wheel		2
5	Seat cushion adjustment		1	61	Adjustable foot pad		5
6	Handle bar		1	62	Multi-wedge belt		1
7	Adjustment assembly on the seat cushion		1	63	Belt roller		1
8	Magnet frame		1	64	Tube plug		4
9	Brake adjustment plate		1	65	seat cushion sliding spacer sleeve		1
10	Brake frame		1	66	Crank shaft decoration cover		2
11	Cable gasket		1	67	USB hole plug	18*10*5	1
12	Chain cover fastening plate		1	68	Crank cap cap		2
13	Flywheel limit plate		1	69	Bolt	M8*40	2
14	Flywheel		1	70	Bolt	M8*50	5
15	Crank axis group		1	71	Lock nut	M8	5
16	Flywheel axis		1	72	Flat washer Class C	8	8
17	Brake shaft		1	73	Flat washer	8	2
18	Idler shaft		1	74	Bolt	M6*15	4
19	Pull wire cable		1	75	Flat washer Class C	6	4
20	Brake cable		1	76	Standard spring washer	6	4
21	Tightening nut		1	77	Standard spring washer	8	8
22	Elastic pull pin		2	78	Hexagon head bolt	M8*16	4
23	Flywheel inner spacer sleeve		2	79	Screw	ST4.2*9.5	2
24	Left crank leg		1	80	Screw	ST4.2*16	9
25	Right crank leg		1	81	Screw	ST4.2*13	18
26	Magnet		4	82	Screw	ST3.5*12	8
27	Induction magnet		1	83	Hexagon nut	M12*1.25	3
28	Bearing	6004	2	84	Flange nut	M12*1.25	4
29	Bearing	6201	4	85	Class C hexagon nut	M20*1.5	1
30	Crank gap sleeve		2	86	Bolt	M8*40	1
31	Cable compression spring		2	87	Screw	ST2.9*9.5	8
32	Brake group retractor spring		2	88	Bolt	M5*25	1
33	IPAD tension spring		2	89	Flat washer	5	1
34	IP group spring		1	90	Bolt	M8*45	1
35	Left chain cover		1	91	Bolt	M8*75	1
36	Right chain cover		1	92	Lock nut	M10	1
37	Left brake cover		1	93	Bolt	M6*15	2

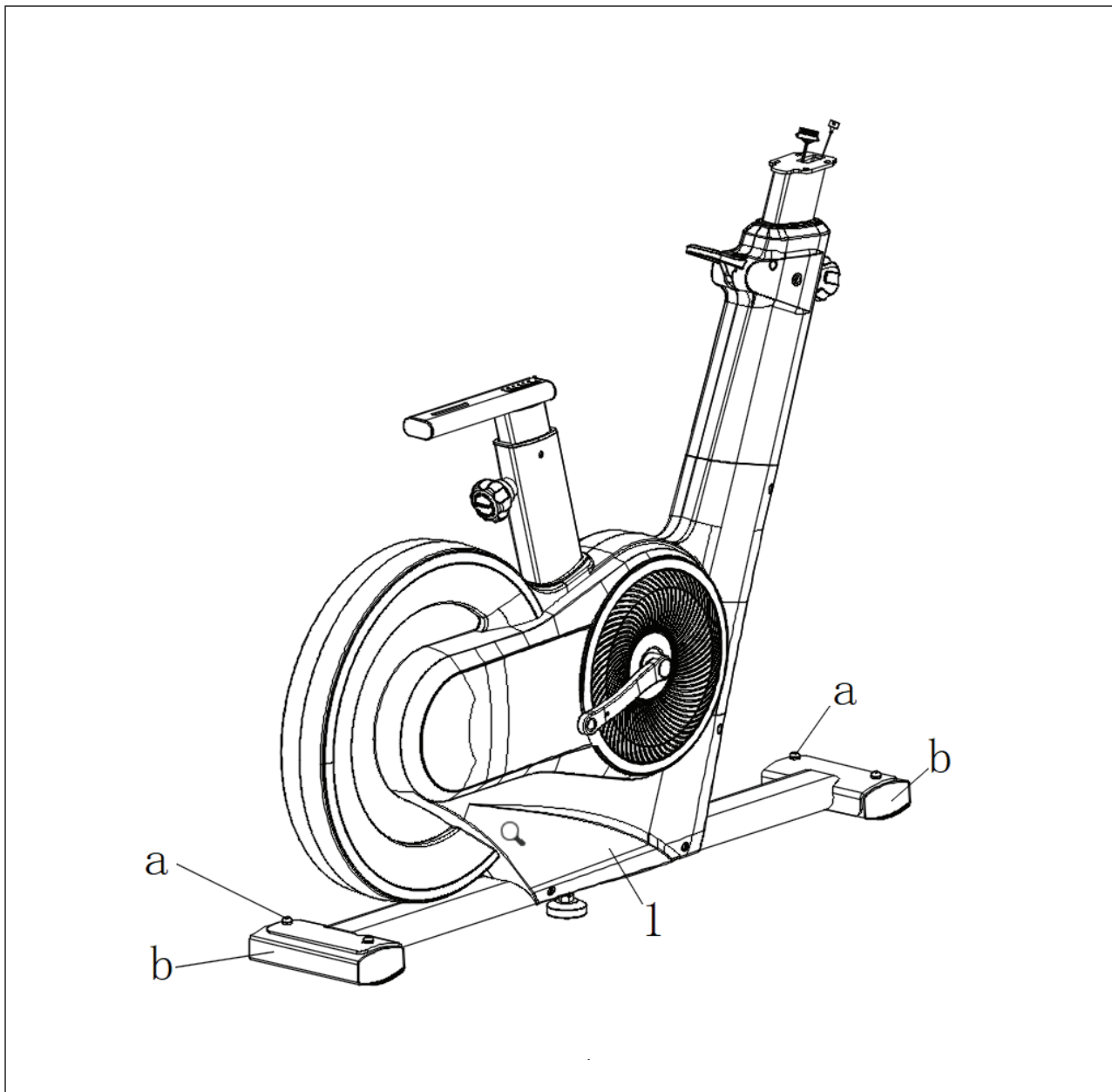
# PARTS LIST

38	Right brake cover		1	94	Bolt	M5*10	2
39	Front tube rubber ring		1	95	Screw	ST3.5*15	2
40	Rear tube rubber ring		1	96	Smart knob		1
41	Front decoration ring		2	97	Adapter		1
42	Back decoration ring		2	98	Pull wire motor		1
43	IP bracket		1	99	Main panel wire		1
44	IP shelf cover		1	100	Main line bottom line		1
45	IP base support		1	101	Power cable		1
46	IP cushion		1	102	Induction rod assembly		1
47	Draw-spring cover		2	103	Light with adapter board		1
48	Smart knob top cover		1	104	Lamp band assembly		2
49	Smart knob bottom cover		1	105	Light with panel wire		1
50	Seat adjusting bushing between tubes-1		2	106	Light strip bottom line		1
51	Brake handle		1	107	Sticker		1
52	Brake end cap		2	108	Flywheel sticker		2
53	Wool felt		2	109	5# inner hexagon spanner	5mm	1
54	Plastic rod pin		2	110	Open end wrench	S=13、15、19	1
55	Horizontal plug in waist tube		2	111	Screw driver	S=13、14、15	1
56	Seat cushion		1				



# ASSEMBLY INSTRUCTIONS

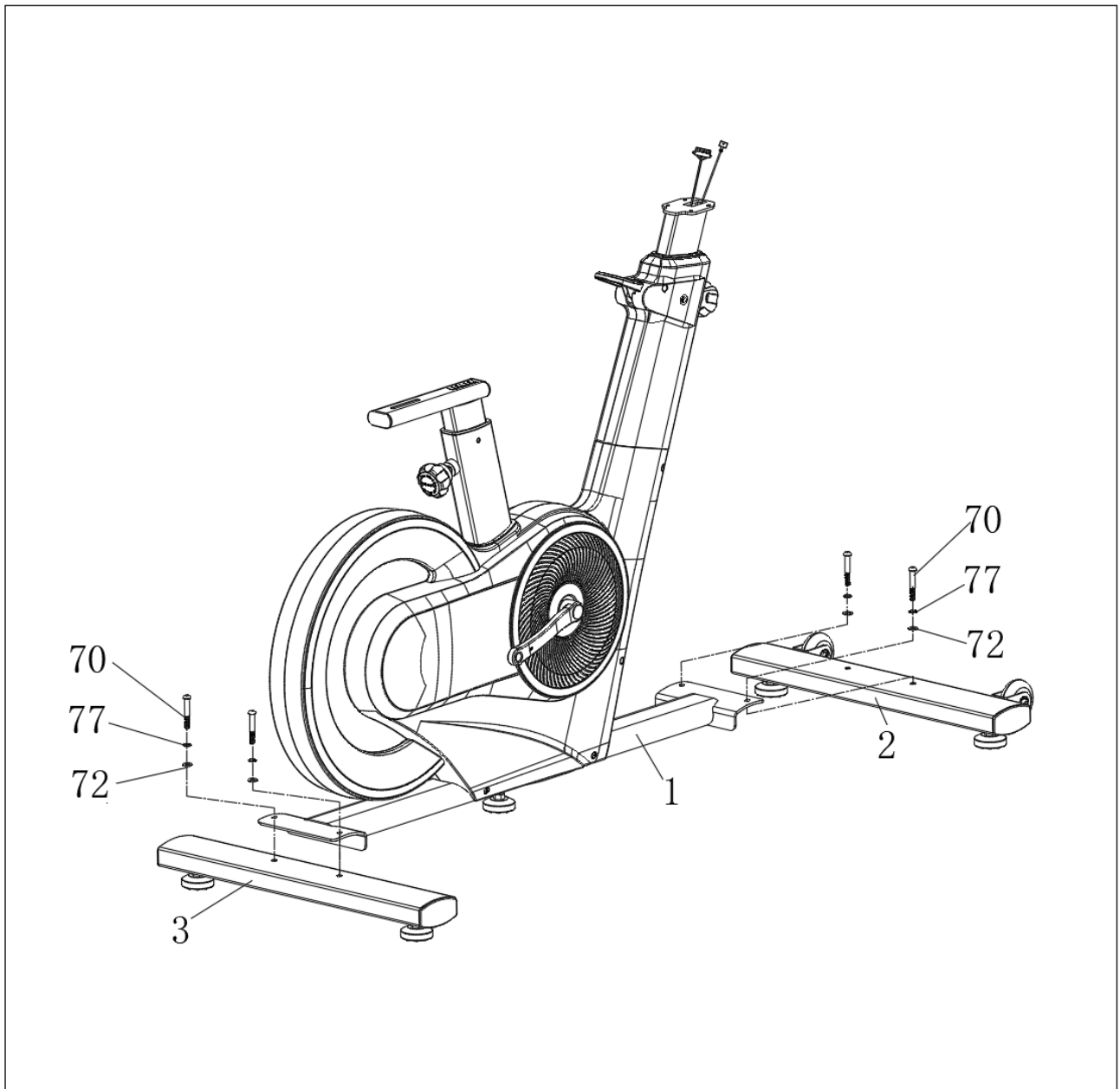
## STEP 1



- Upon unpacking, arrange the components of the exercise spin bike frame assembly.
- Use the 5# inner hexagon spanner (109) to loosen the bolt. Remove the packaging from the bottom tube (b). (Note: Components a and b serve as protective packaging only. After disassembly, please dispose of them properly along with the packing materials.)

# ASSEMBLY INSTRUCTIONS

## STEP 2

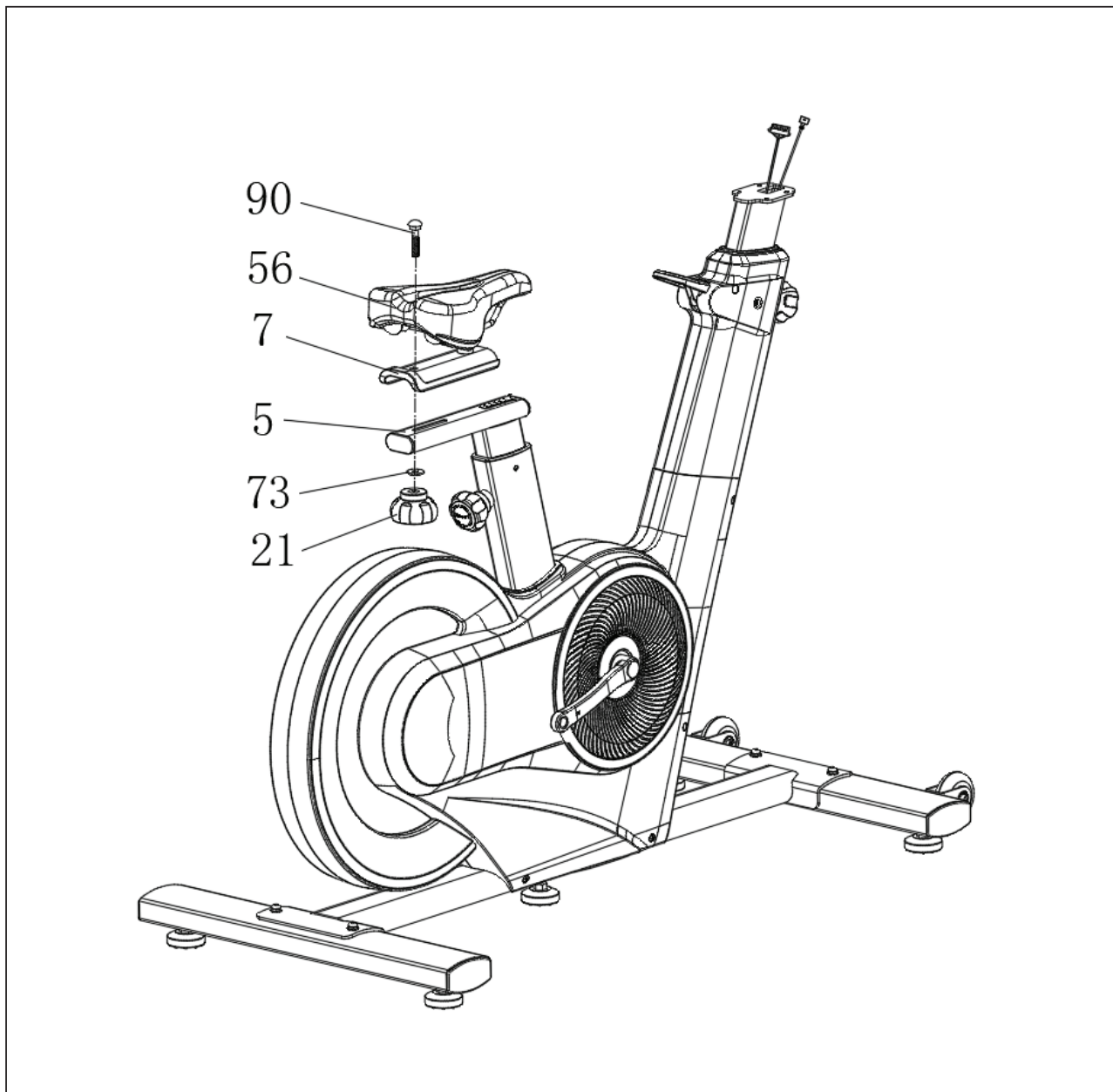


- Using the 5# inner hexagon spanner (109) and bolt (70), along with the standard spring washer (77) and flat washer Class C (72), attach the front foot tube assembly (2) securely to the exercise spin bike frame assembly (1). Repeat the same process to install the rear foot tube assembly (3).



# ASSEMBLY INSTRUCTIONS

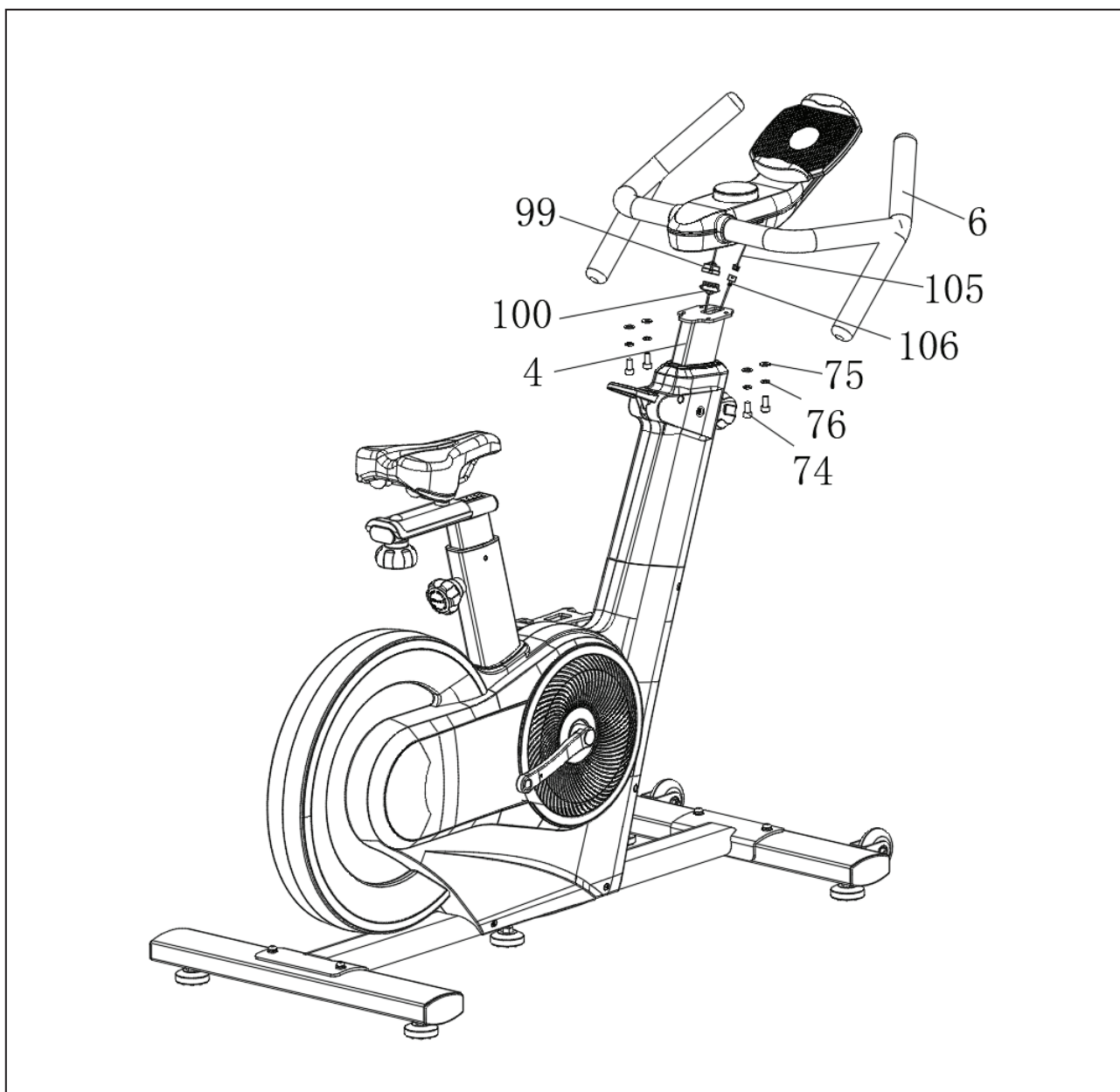
## STEP 3



- Thread the adjustment assembly through the seat cushion (7) and seat cushion adjustment assembly (5), securing them with bolt (90), flat washer (73), and tightening nut (21) to fasten the bolt (90) in place.

# ASSEMBLY INSTRUCTIONS

## STEP 4

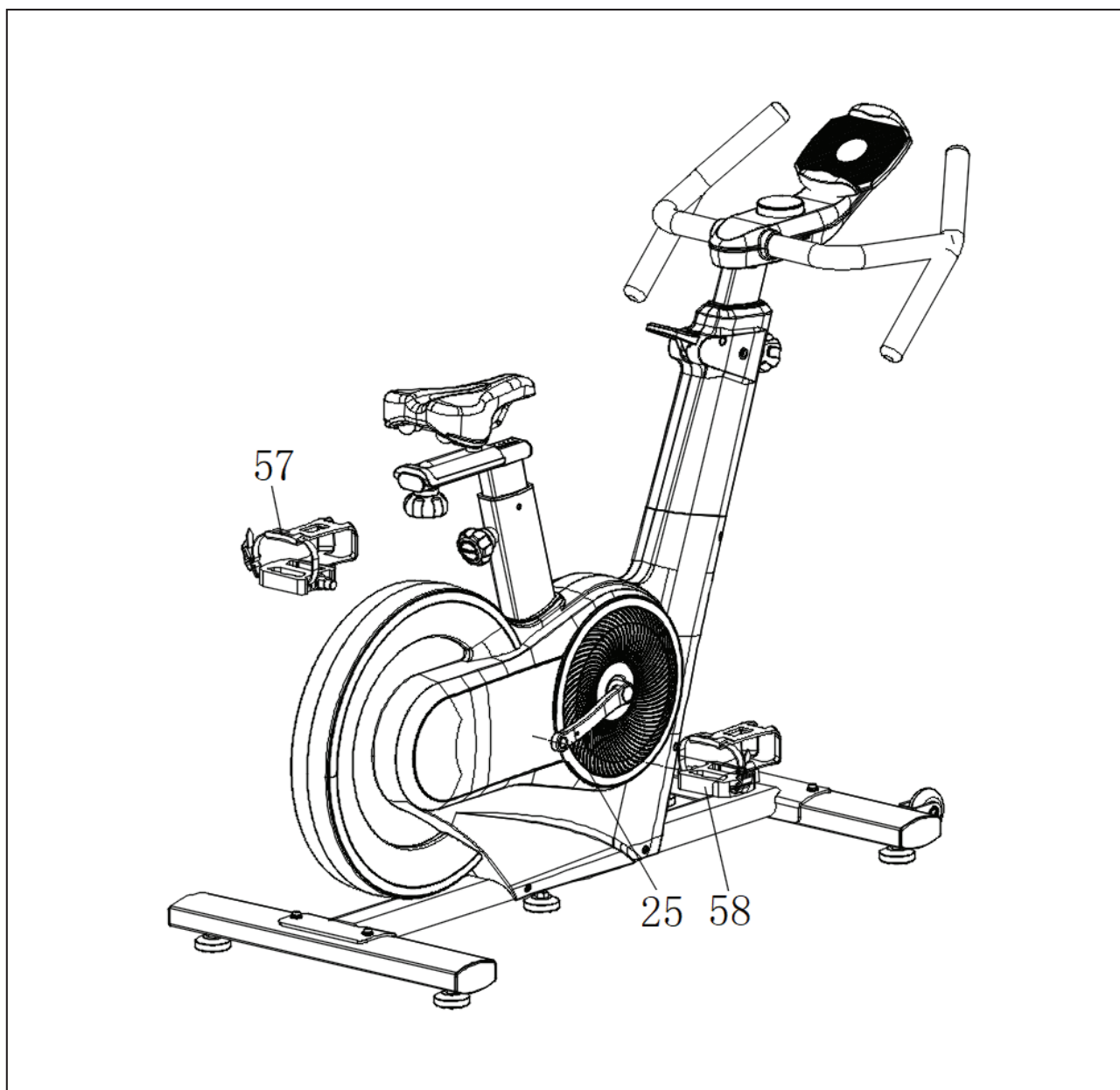


- Connect the main panel wire (99) to the main line bottom line (100). Connect the light to the panel wire (105) and the light strip bottom line (106), then insert both wires into the tube.
- Secure the handlebar assembly (6) onto the handle adjustment assembly (4) using the 5# inner hexagon spanner (109) and bolt (74), along with the standard spring washer (76) and flat washer Class C (75). Tighten securely.

**NOTE:** Be careful not to squeeze or put pressure on the wires.

# ASSEMBLY INSTRUCTIONS

## STEP 5

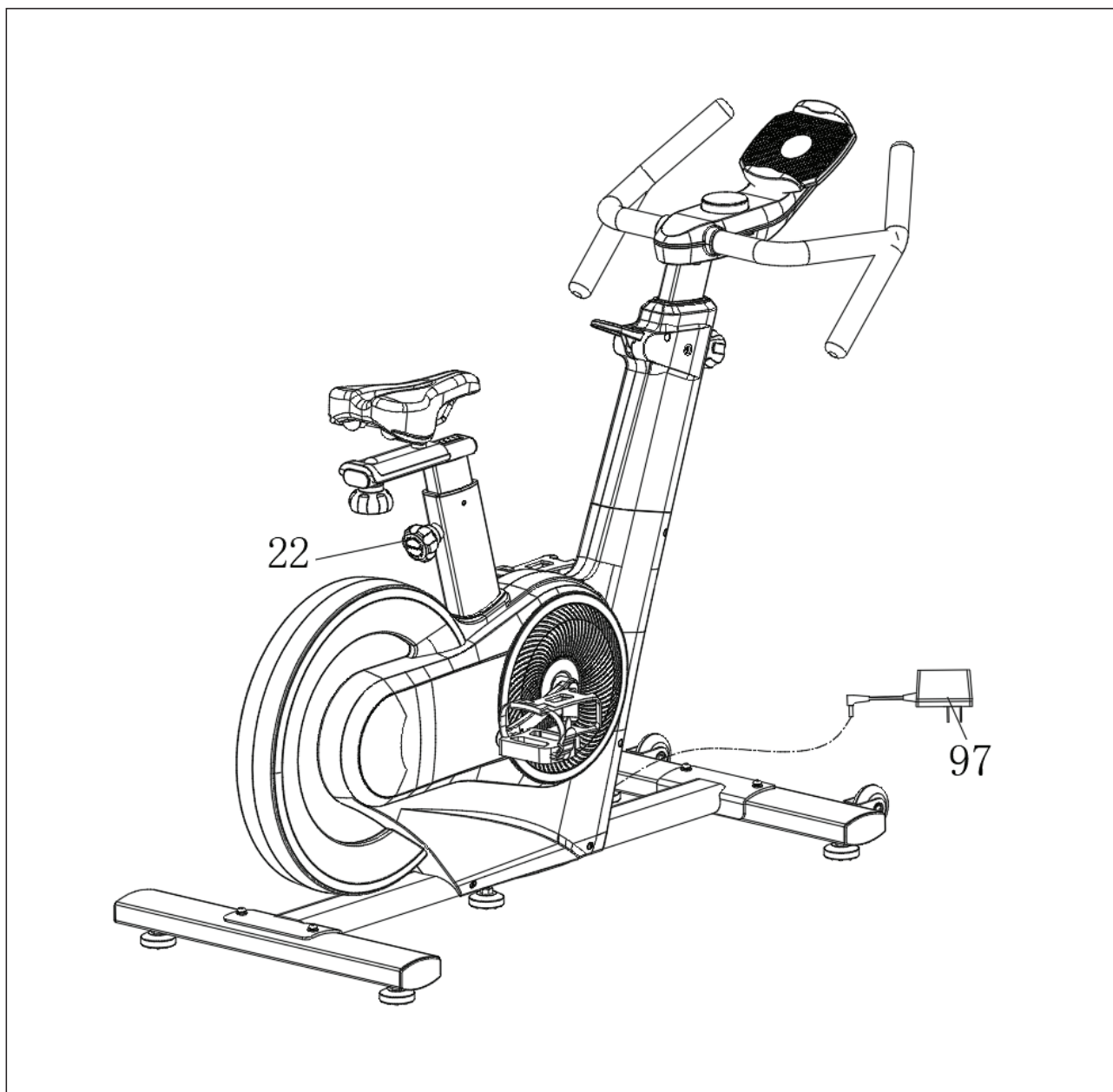


- Using the screwdriver (111), securely attach the Left pedal (57) to the Left crank leg (24) and ensure it is fully tightened. Install the Right pedal (58), marked 'R', in the same manner. Ensure both the Left and Right pedals are firmly attached to their respective crank legs.

**NOTE:** The pedals are labeled 'L' for Left and 'R' for Right. When assembling, make sure to distinguish between the Left and Right pedals. The Left pedal (57) is marked 'L' and should be installed with counterclockwise rotation, while the Right pedal (58) marked 'R' should be installed with clockwise rotation. Do not install them in reverse, as this may cause the crank to slip and render it unusable.

# ASSEMBLY INSTRUCTIONS

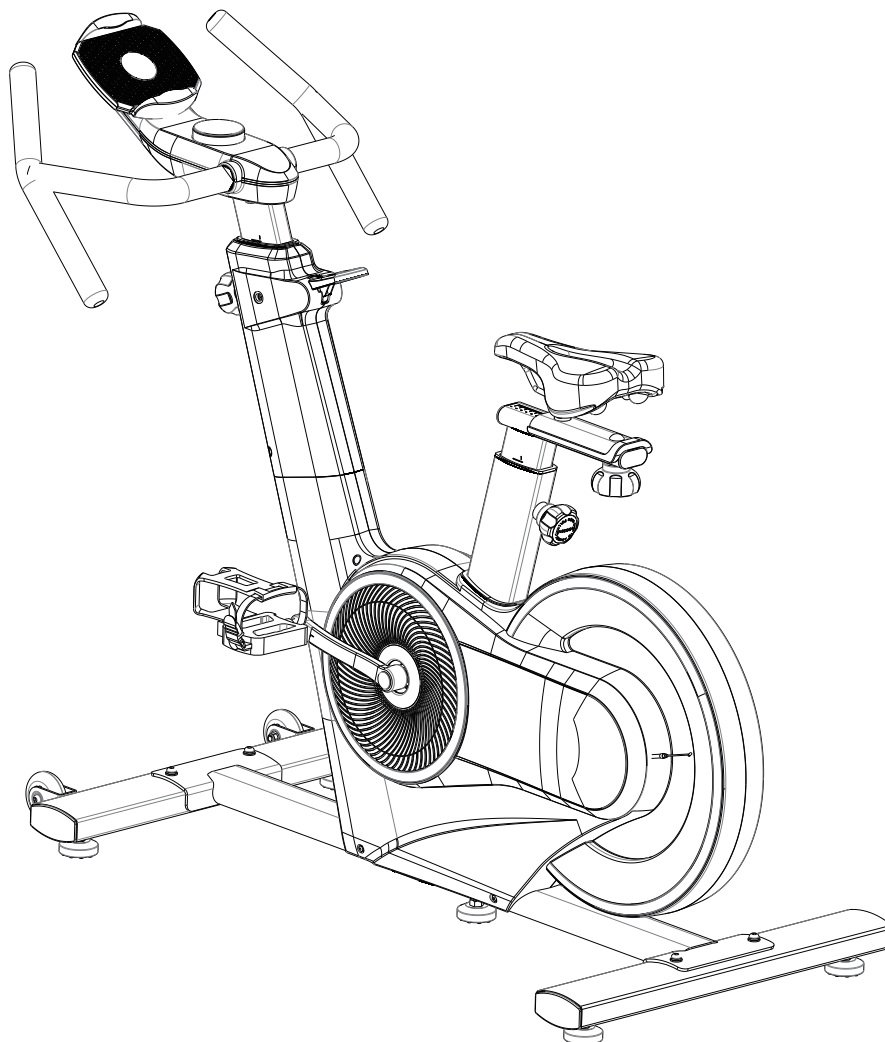
## STEP 6



- Insert the adapter (97) into the machine, and then connect the other end to the power outlet.
- Optional feature: Atmosphere light. The light features three colors: green, blue, and red. When the step frequency is below 50RPM, the green light illuminates; between 50 and 80RPM, the blue light illuminates; and above 80RPM, the red light illuminates.

# ASSEMBLY COMPLETE

## CONGRATULATIONS



Assembly of your **Elite Solaris 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

## DISPLAY FUNCTIONS:



### **Display Overview:**

- Outer ring 24 effect lights
- Display heart rate in beats per minute (bpm) when available.
- Display the resistance level, ranging from Level 1 to Level 32. Display exercise data including "Speed," "Time," "Distance," and "Calories."
- Show Bluetooth status (if Bluetooth is available).



### **Carousel Display:**

- Rotating display for each data, with each data displayed for 3 seconds.
- Small window display indicating the level of resistance.
- Primary display for "Speed."
- Secondary displays for "Time," "Distance," and "Calories."
- Bluetooth indicator indicates the status of the Bluetooth connection (if available).
- All outer ring lights are illuminated by default during exercise.



### **Lock Mode:**

- Press the knob to switch display modes and lock the data you need.
- Primary display for "Speed," "Time," "Distance," and "Calories."
- Small window display indicating the level of resistance.
- All outer ring lights are illuminated by default during exercise.



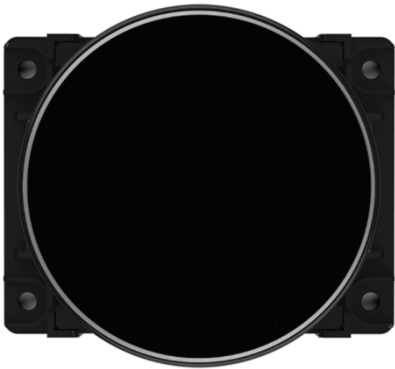
### **E01 Code:**

- Purpose: To prevent assembly errors and damage to the entire electronic component set caused by extremely rare abnormal parts, an E01 detection mechanism for the cable motor has been added.
- How it works: The sensor is unable to properly recognize the motor's rotation state.
- Possible reasons:

1. Check if the motor wire rope is stuck and if the motor resets normally after power-on.
2. Verify if the wire is loose or if the wire plug is misaligned.
3. The motor's pulling force may be insufficient at the extreme position, resulting in failure to reset to 1st gear normally. To verify, immediately adjust to the middle gear after power-on to see if the error reoccurs.
4. Components of the shuffler may be damaged, contact Elite Fitness.
5. The cable motor may be damaged from the factory, contact Elite Fitness.

# CONSOLE USER INSTRUCTIONS

## BUTTONS:



### *Awaken Device:*

- When in sleep mode, the display is off.
- The knob will wake up if pressed or if any motion is detected.

### *Press Knob:*

- The knob display goes into sleep mode after 3 minutes of inactivity.
- Press the knob to wake up the device from sleep mode.
- Press the knob to start in wake-up mode.
- Press the knob to switch display modes during exercise.
- Press and hold the knob for 2 seconds to reset data and switch to wake-up mode.
- The knob makes a buzzing sound when pressed.



### *Display Overview:*

- Turn the knob clockwise to increase resistance.
- Turn the knob counterclockwise to decrease resistance.
- A buzzing sound accompanies knob rotation.

## OPERATION FUNCTIONS:



Figure 1

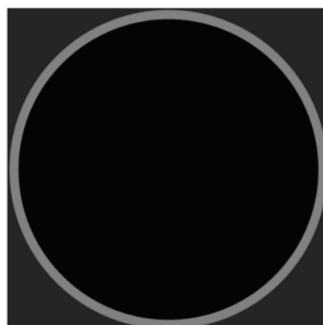


Figure 2

When the knob is powered on, the BUZZER will emit a long beep, and the knob display will light up, indicating the device has entered the READY state (as shown in Figure 1).

After powering on, the resistance will automatically reset to the "1" gear.

# CONSOLE USER INSTRUCTIONS

If there is no operation for 1 minute, the device will automatically reset, clearing the data.

If there is no operation for 3 minutes, the display will completely turn off, entering standby mode (as shown in Figure 2).



Figure 3



Figure 4

- In the READY state, press the knob or start pedaling to enter the exercise mode.
- If heart rate monitoring is supported, the small window will alternate between displaying "heart rate" and "LEVEL" every 3 seconds (as shown in Figure 3 and Figure 4).
- If heart rate monitoring is not supported, the small window will only display "LEVEL".

The main window numbers default to a rotating display with the "SCAN" icon illuminated, showing "Speed," "Time," "Distance," and "Calories" (as shown in Figure 5, Figure 6, Figure 7, and Figure 8), with the display switching every 3 seconds.



Figure 5



Figure 6



Figure 7



Figure 8

Pressing the knob allows you to adjust the display mode to lock mode. The "SCAN" icon will not be displayed, and the display will be fixed to show one of the following data: "Speed," "Time," "Distance," or "Calories" (as shown in Figure 9, Figure 10, Figure 11, and Figure 12).



Figure 9



Figure 10



Figure 11



Figure 12



# CONSOLE USER INSTRUCTIONS

---



## **Heart Rate:**

- Heart rate value: If supported, the real-time heart rate value will be displayed; otherwise, it will not be shown.



## **Resistance Level:**

- Ranges from 1 to 32.
- Higher levels correspond to greater resistance.



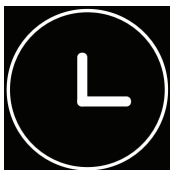
## **Scan:**

- Indicates carousel mode for data display.
- If not displayed: indicates lock mode for data display.



## **Speed:**

- Speed range: 0.0 to 999.9 km/h.
- Corresponding to 60 RPM to 21.5 kilometers/hour.



## **Time:**

- Time range: 0:00 to 99:59.
- In wake-up mode, timing begins with a brief press of the knob or detection of movement, and timing stops 4 seconds after movement ceases.



## **Distance:**

- Distance range: 0.0 to 999.9 kilometers.



## **Calories:**

- Calorie range: 0.0 to 999.9 kcal.
- Resistance 1 corresponds to approximately 11.4 kcal per kilometer, while resistance 32 corresponds to approximately 44.6 kcal per kilometer.

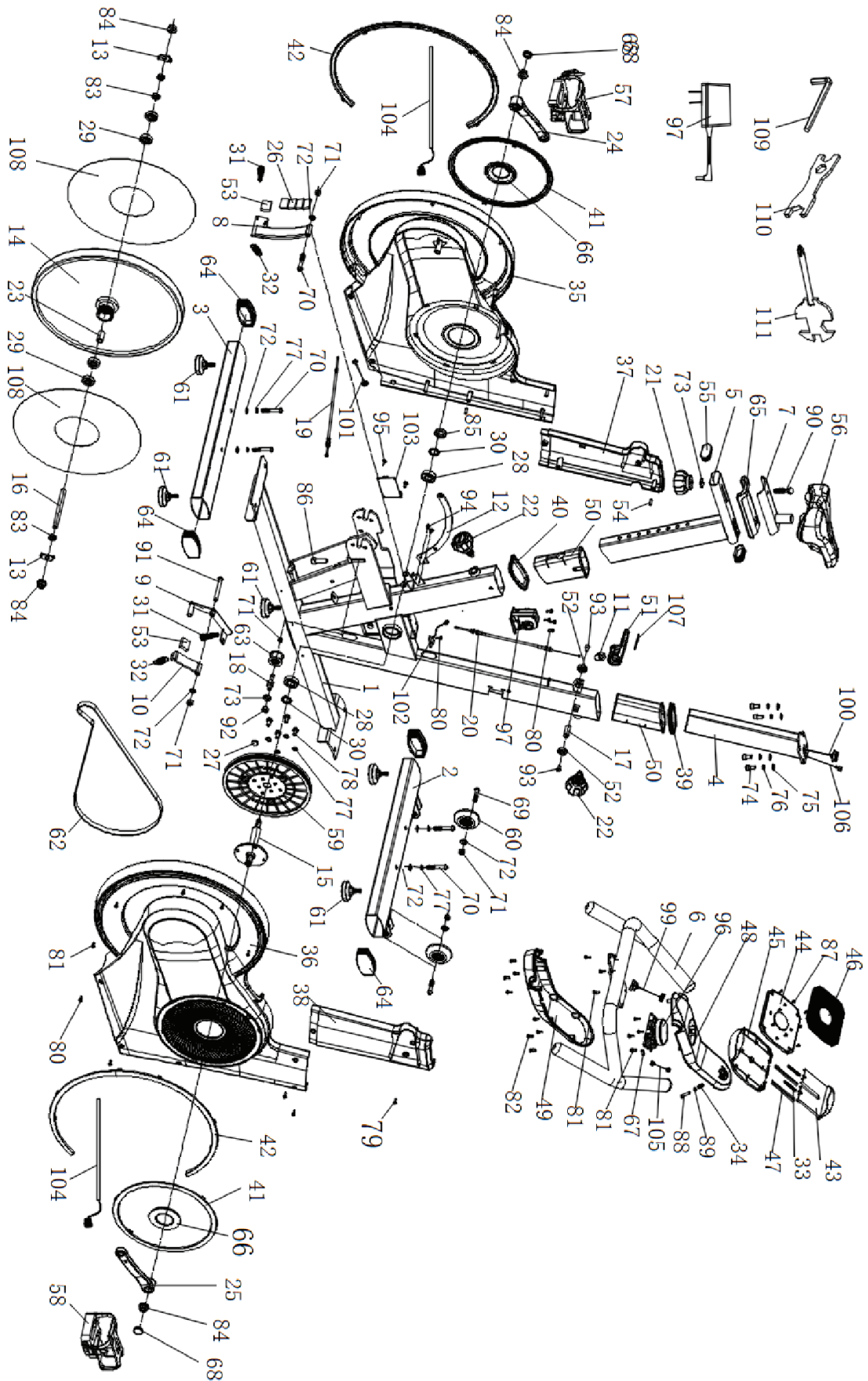


## **Bluetooth:**

- Display: Bluetooth connected.
- Not displayed: Bluetooth not connected.

**NOTE:** This machine is electrical equipment. Please ensure correct usage of power. When not in use, disconnect the power plug.

# 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

---



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

---

### **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.

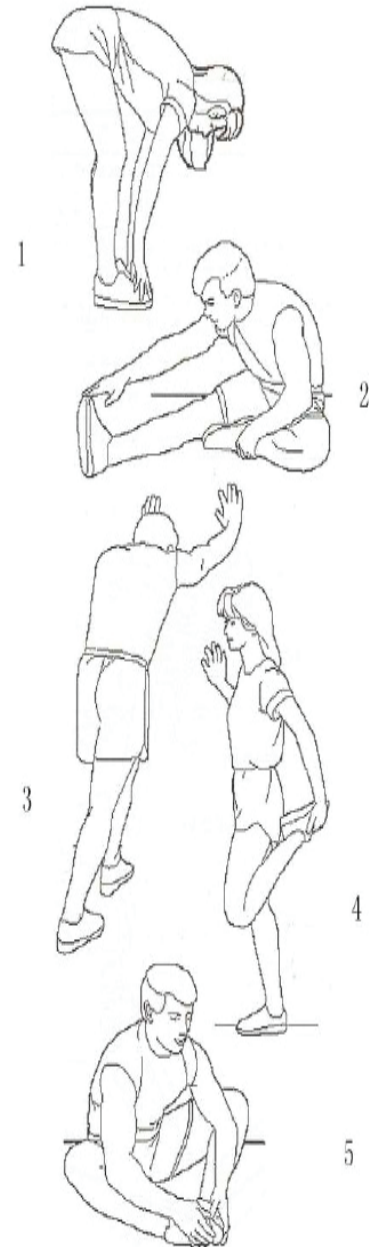
## Repair and Maintenance Service

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)



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