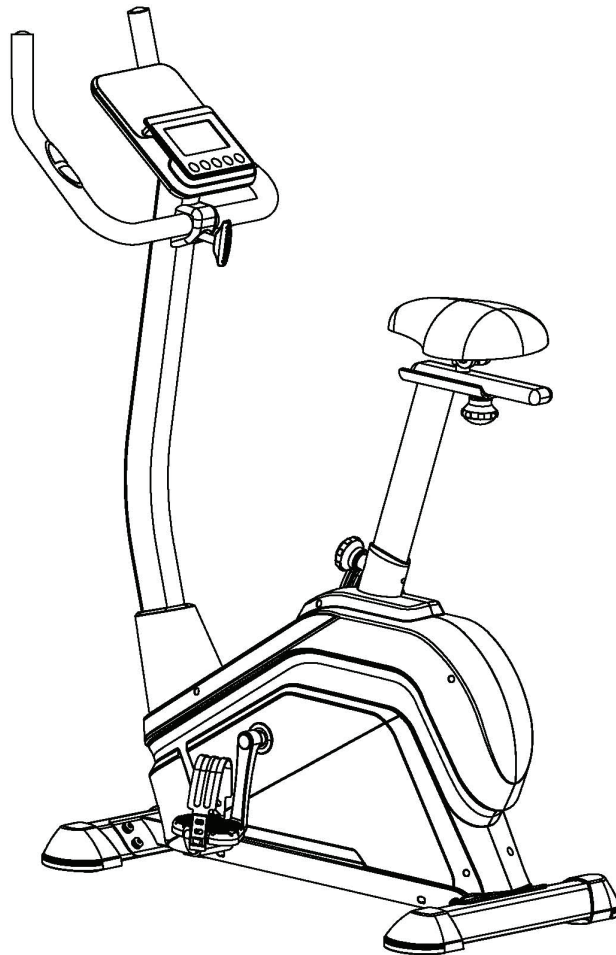




ASSEMBLY MANUAL >

VELA

UPRIGHT BIKE



Record serial number

Elite VELA Exercycle

Thank you for purchasing the **Elite Vela Exercycle**.

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 Vela Exercycle**. 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

St Johns

Auckland, New Zealand

info@elitefitness.co.nz

0800 2 438 348

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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 120 KGS.
- 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:	110 kg
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Shipping Weight:	33 kg
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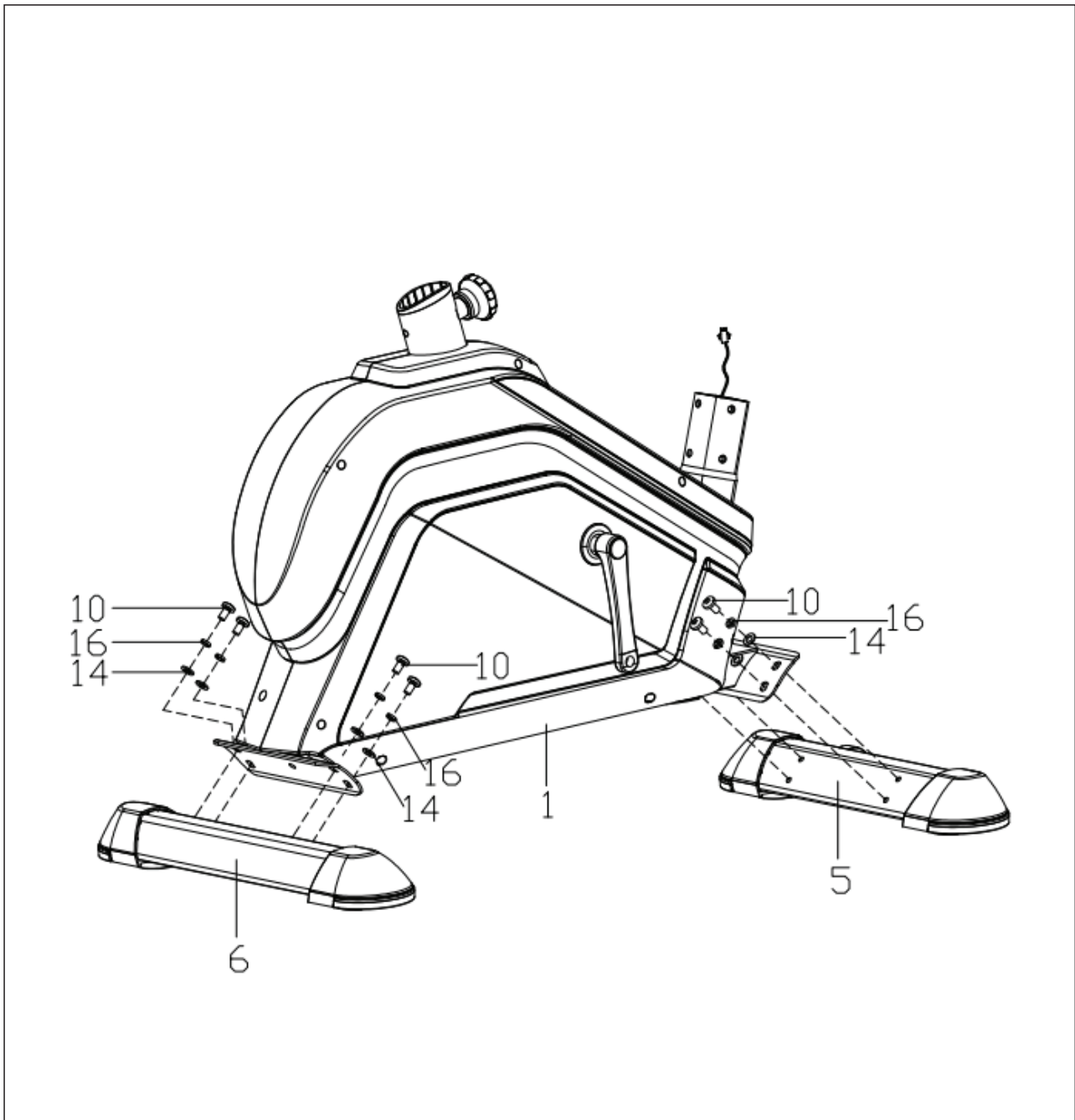
Net Weight:	30 kg
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PARTS LIST

Parts No.	Description	Quantity
1	Main frame	1
2	Handlebar post	1
3	Vertical seat post	1
4	Horizontal seat post	1
5	Front stabiliser	1
6	Rear stabiliser	1
7	Handlebar	1
8	Ground plate	1
9	Inner hex boltM8×38×L12	2
10	Inner hex screwM8×15	14
11	Cross counter sunk screwM4×6×Φ7	2
12	Nylon nut M8	2
13	Flat washerΦ10×Φ20×1.5	1
14	Flat washer circleD8×Φ16×1.5	14
15	Arc washer circleΦ8.5×Φ25×1.5×R30	2
16	Spring washerD8	14
17	L/R Crank	1pr
18	Protective cover	1
19	Round end cap	2
20	Oblate end cap	2
21	Pop-pin knob	1
22	Ball head knob	1
23	Adjustable pad	4
24	Saddle plastic pad	1
25	Foam	2
26L/R	L/R End cap	2pr
27	Pulse grip	2
28	Decorative cover	4
29	Bushing	1
30	Roller	2
31	Saddle	1
32L/R	L/R Pedal	1pr
33	Screw M4 10	1
34	Display	1
35	Cross screwM5×10	4
36	Extension wire	1
37	Pulse wire	2
38	Knob	1
39	Plastic bushing	1
40	Flat washerØ8 Ø13 1.5	1
41	Clamp cover	1
42	Cross tapping screwST4.2 16	2
43	Adaptor	1
44	Sensor wire	1

ASSEMBLY INSTRUCTIONS

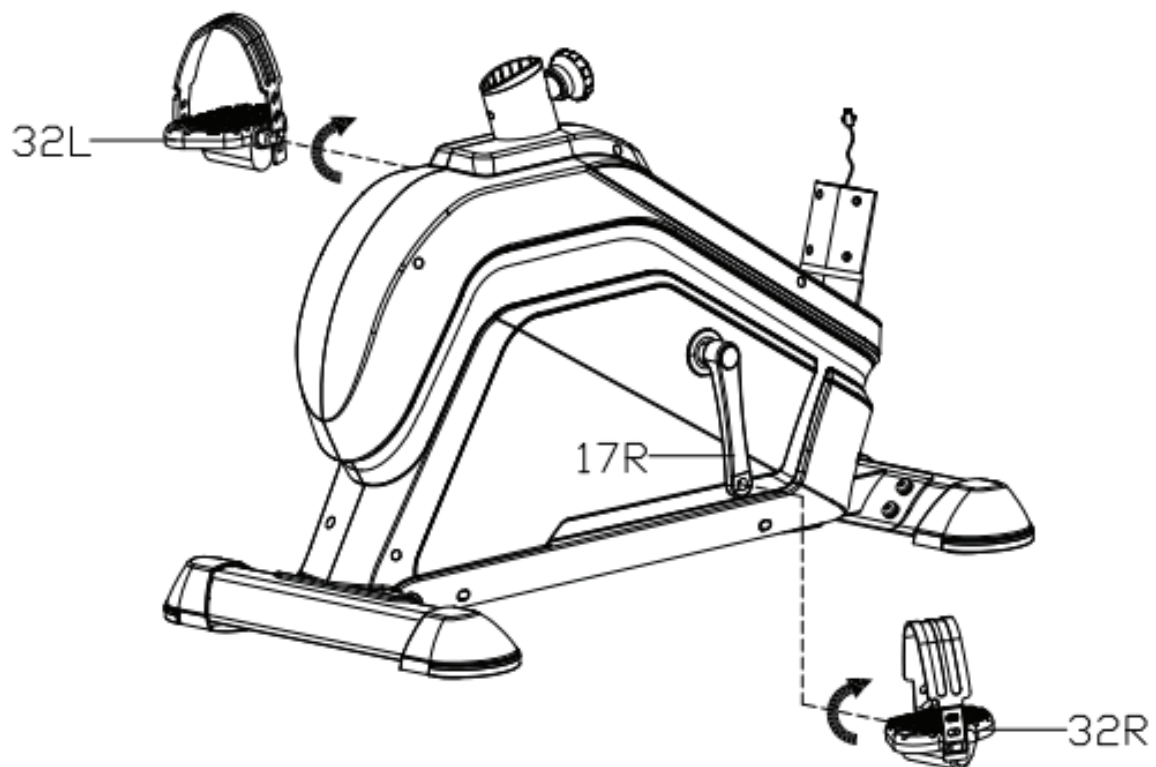
STEP 1



- Attach front stabilisers (5) to the main frame (1) using bolts (10), spring washers (16), and flat washer circles (14).
- Secure rear stabilisers (6) to the main frame (1) with bolts (10), spring washers (16), and flat washer circles (14).

ASSEMBLY INSTRUCTIONS

STEP 2

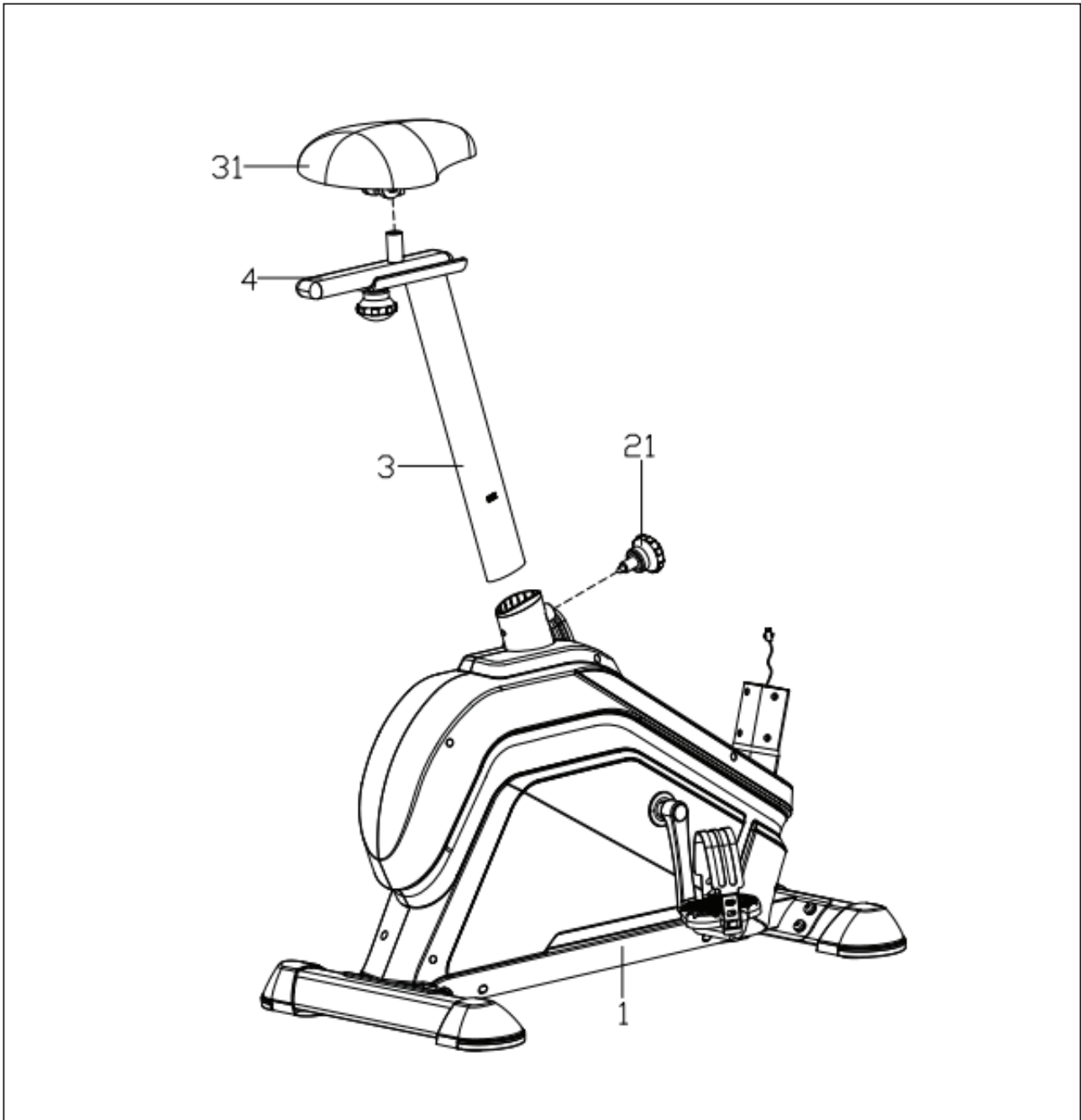


- Attach the left pedal (32L) to the left crank (17L) and the right pedal (32R) to the right crank (17R), viewed from the rider's exercising position.
- Ensure both pedals (32L/R) are securely tightened before starting any exercise routine.
- To tighten, turn the left pedal counterclockwise and the right pedal clockwise.

Note: Both pedals are labeled "L" for LEFT and "R" for RIGHT.

ASSEMBLY INSTRUCTIONS

STEP 3

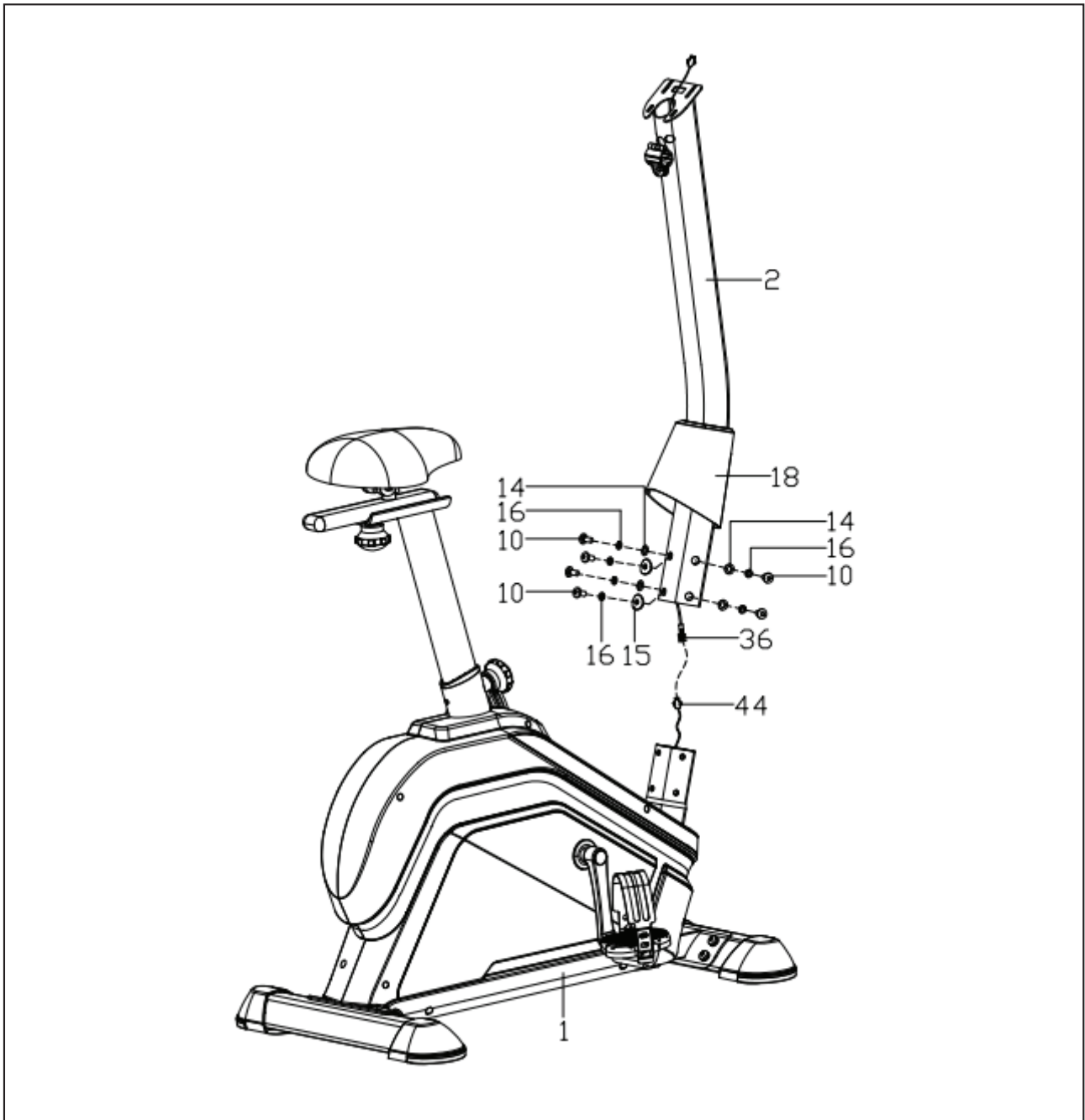


- Insert the vertical seat post (3) into the main frame (1), securing it with the pop-pin knob (21) at the desired height.
- Attach the saddle (31) to the horizontal seat post (4) and lock the saddle (31) onto the horizontal seat post (4) using the screw provided.

Note: Before exercising, ensure that the saddle (31) is securely locked onto the horizontal seat post (4).

ASSEMBLY INSTRUCTIONS

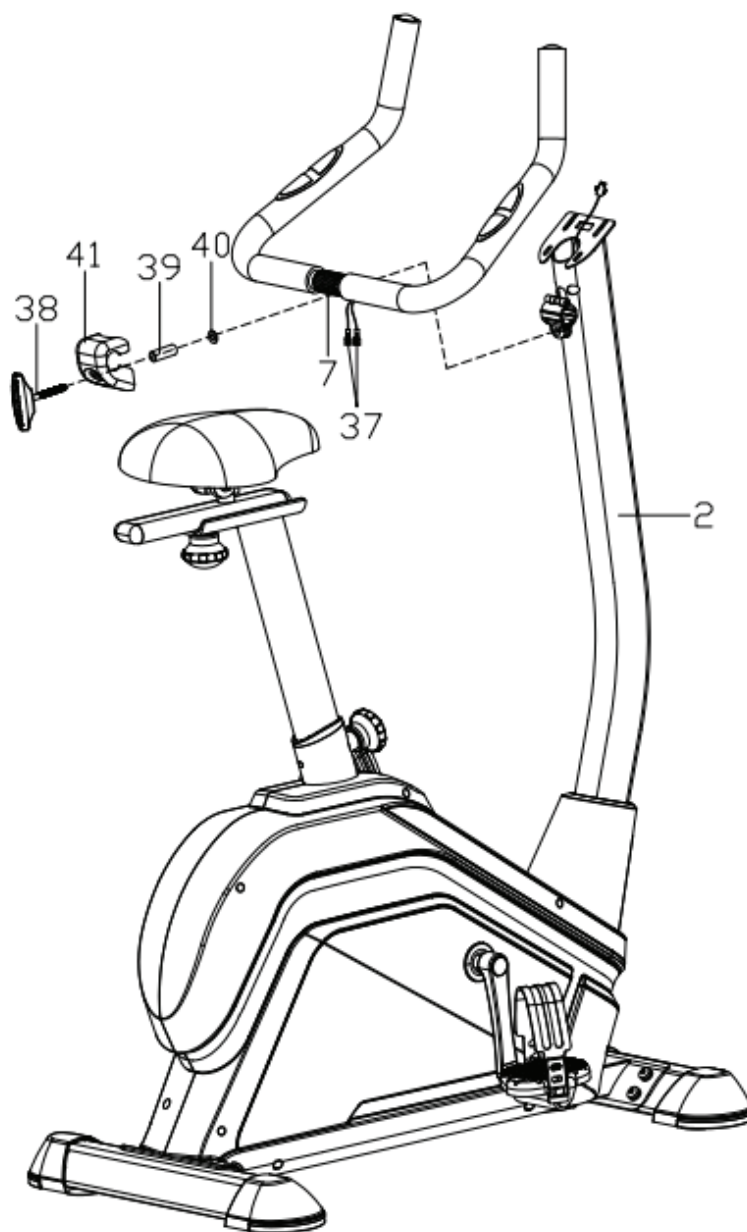
STEP 4



- Insert the protective cover (18) into the handlebar post (2).
- Connect the sensor wire (44) to the extension sensor wire (36).
- Fix the handlebar post (2) onto the main frame (1) using the bolts (10), spring washers (16), and flat washer circles (14).
- Slip down the protective cover (18) and fit it in place.

ASSEMBLY INSTRUCTIONS

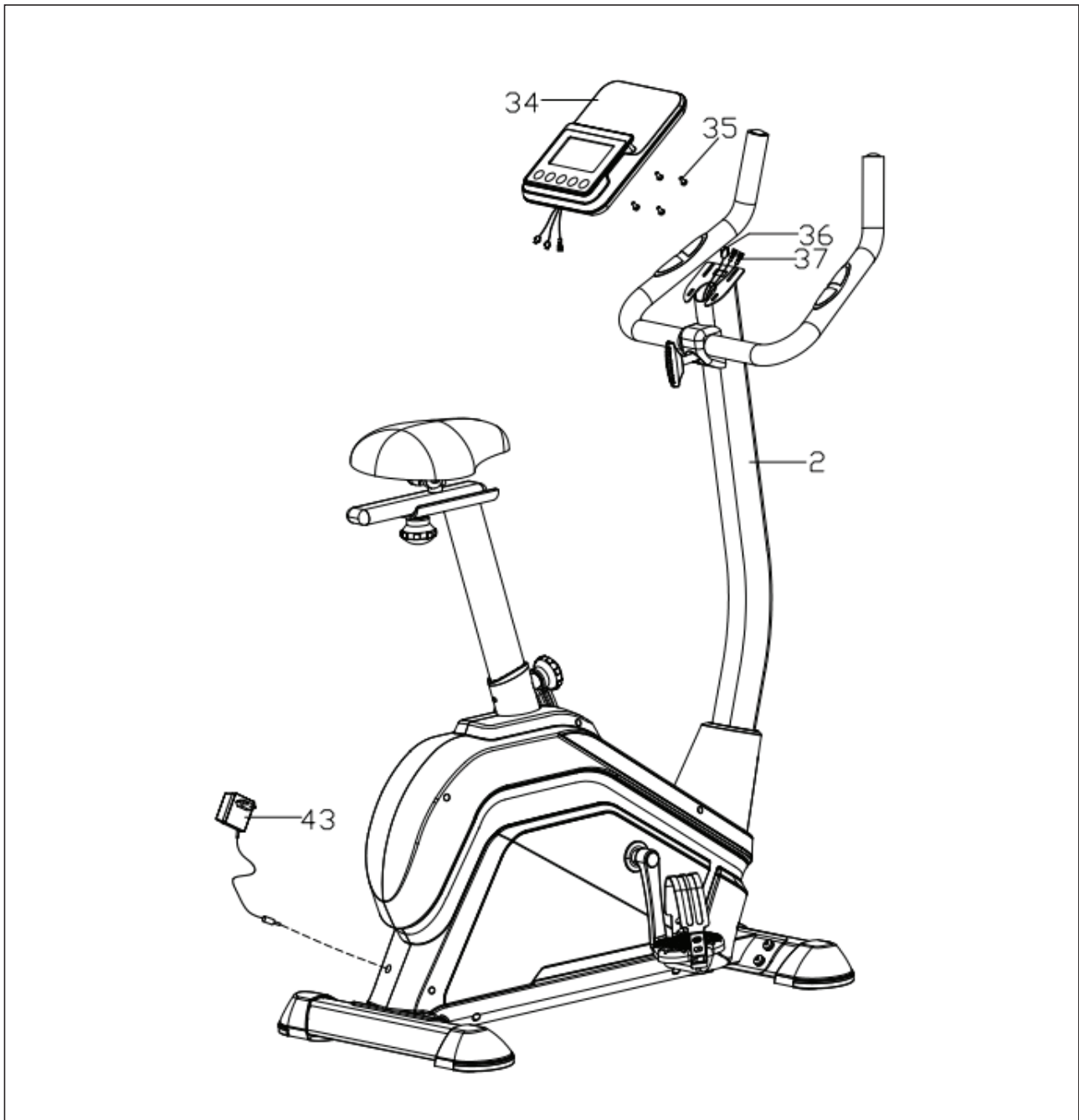
STEP 5



- Feed the pulse sensor wire (37) out of the handlebar post (2) through the computer bracket.
- Attach the handlebar (7) to the handlebar post (2) using the bolt (38), flat washer (40), bushing (39), and the clamp cover (41).

ASSEMBLY INSTRUCTIONS

STEP 6



- Connect all the wires (36 & 37) to the wires coming from the computer (34).
- Lock the computer (34) onto the computer bracket at the top of the handlebar post (2) using the screws (35).
- Use the adaptor (43) to plug one end into the bike and the other end into the power supply.

ASSEMBLY COMPLETE

CONGRATULATIONS

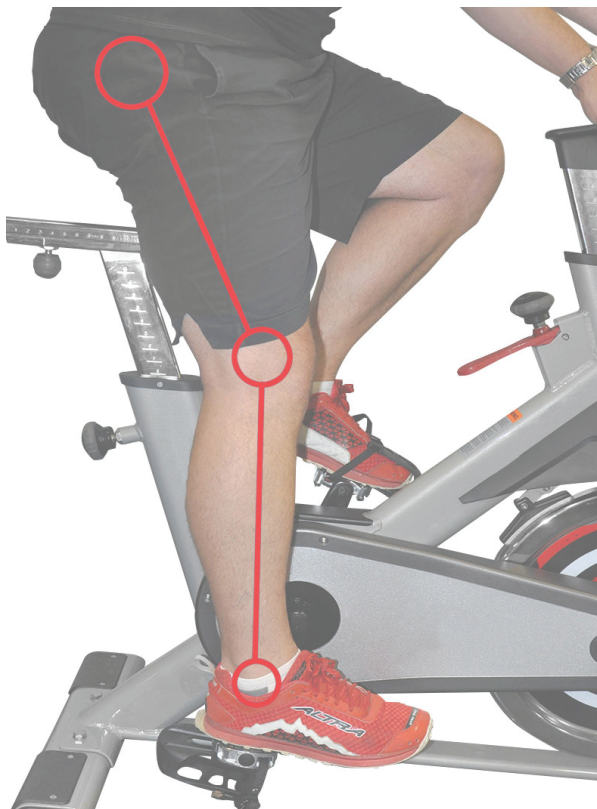


Assembly of your **Elite Vela Exercise Cycle** is now complete! Be sure to fully inspect your machine before using it for the first time.

⚠️ WARNING

Failure to visually check and test the assembly of your exercise cycle before use can cause damage to the exercise cycle, serious injury to users and bystanders and can also compromise the effectiveness of your exercise program.

SEAT ADJUSTMENT



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).

DISPLAY CONSOLE

KEY FUNCTIONS:

START/STOP:

- Start & Pauses workouts.
- Start body fat measurement.
- Operates only when in stop mode. Holding key for 3 seconds will reset all function value to be zero.

DOWN:

- Decrease value of selected workout parameter: TIME, DISTANCE, etc.
- During the workout, it will decrease the resistance load.

UP :

- Increases value of selected workout parameter.
- During the workout, it will increase the resistance load.

ENTER:

- To input desired value or work out mode.
- Press to switch display from RPM to SPEED, ODO to DIST , WATT to Calories during workout.

TEST(PULSE,RECOVERY):

- Press to enter into Recovery function when computer has the heart rate value.
- Recovery is Fitness Level 1-6 after 1 minute. F1 is the best, and F6 is the worst.

MODE:

- Press to switch display form RPM to SPEED, ODO to DIST , WATT to Calories during workout.

RESET:

- To reset current setting .Holding key for 3 seconds will reset all function value to be zero.

BODY FAT:

- Quickly select the BODY FAT program.

WORKOUT SELECTION

After power-up using UP or DOWN keys to select then pressing ENTER to enter the desired mode.

Setting Workout Parameters:

After selecting your desired program, you may pre-set several workout parameters for desired results.

- **WORKOUT PARAMETERS:** TIME / DISTANCE / CALORIES /AGE
- **Note:** Some parameters are not adjustable in certain programs.
- Once a program has been selected, pressing ENTER, will make "Time" parameter flash.
- Using UP OR DOWN KEY you may select desired time value.
- Press ENTER KEY to input value. Flashing prompt will move to the next parameter.
- Continue use of UP OR DOWN KEY.
- Press START/STOP to start workout.

PROGRAM OPERATION

Manual(P1):

- Selecting "Manual" using UP OR DOWN KEY then pressing ENTER KEY.
- 1st parameter "Time" will flash so value can be adjusted using UP OR DOWN KEY.
- Press ENTER KEY to save value & move to next parameter to be adjusted.

DISPLAY CONSOLE

- Continue through all desired parameters, pressing START/STOP to start workout.
- **Note:** One of workout parameters counts down to be zero, it will have bi sounds and stop the workout automatically.

Pre-programs (P2-P14):

- Selecting one of pre-programs using UP OR DOWN KEY then pressing ENTER KEY .
- 1st parameter "Time" will flash so value can be adjusted using UP OR DOWN KEY.
- Press ENTER KEY to save value & move to next parameter to be adjusted.
- Continue through all desired parameters, pressing START/STOP to start workout.
- **Note:** One of workout parameters counts down to be zero, it will have bi sounds and stop the workout automatically.

Watt Control Program(P15):

- Selecting "Watt control program" using UP OR DOWN KEY then pressing ENTER KEY.
- 1st parameter "Time" will flash so value can be adjusted using UP OR DOWN KEY.
- Press ENTER KEY to save value & move to next parameter to be adjusted.
- Continue through all desired parameters, pressing START/STOP to start workout.
- **Note:** One of workout parameters counts down to be zero, it will have bi sounds and stop the workout automatically. Computer will adjust the resistance load automatically depends on the speed to maintain the constant watt value. User can use up down key to adjust the watt value during workout.

Body Fat Program(P16):

- Selecting "BODY FAT Program" using UP OR DOWN KEY then pressing ENTER.
- "Male" will flash so Gender can be adjusted using UP OR DWON KEY, press ENTER to save gender & move to next data.
- "175" of Height will flash so Height can be adjusted to use UP OR DOWN KEY, press ENTER KEY save value & move to next data.
- "75" of Weight will flash so Weight can be adjusted to use UP OR DOWN KEY, press ENTER KEY to save valeu & move to next data.
- "30" of Age will flash so Age can be adjusted using UP OR DOWN KEY, press ENTER to save.
- Press START/STOP to start measurement, please also grasp hand pulse grips.
- After 15 seconds the display will show out Body Fat %, BMR, BMI & BODY TYPE.
- BMR: Basal Metabolism Ratio
- BMI: Body Mass Index
- **Note:** There are 9 body types divided according to the FAT% calculated.

1. Type 1 is from 5% to 9%.
2. Type 2 is from 10% to 14%.
3. Type 3 is from 15% to 19%.
4. Type 4 is from 20% to 24%.
5. Type 5 is from 25% to 29%.
6. Type 6 is from 30% to 34%.
7. Type 7 is from 35% to 39%.
8. Type 8 is from 40% to 44%.
9. Type 9 is from 45% to 50%.

- Press START/STOP KEY to return the main Display.

Target Heart Rate Program(P17):

- Selecting "TARGET H.R." using UP OR DOWN KEY then pressing ENTER KEY.
- 1st parameter "Time" will flash so value can be adjusted using UP OR DOWN KEY.
- Press ENTER KEY to save value & move to next parameter to be adjusted.
- Continue through all desired parameters, pressing START/STOP to start workout.
- **Note:** If Pulse is above or below (± 5) the set TARGET H.R, computer will adjust the resistance automatically. It will check Every 10 seconds approx. Resistance will increase or decrease.

DISPLAY CONSOLE

- One of workout parameters counts down to be zero, it will have bi sounds and stop the workout automatically.


Heart Rate Control Program(P18-P20):

- There are 3 selection for target pulse:
 1. TARGET H.R= 60% of (220-AGE)
 2. TARGET H.R= 75% of (220-AGE)
 3. TARGET H.R= 85% of (220-AGE)
- Selecting “One of Heart Rate Control Program” using UP OR DOWN KEY then pressing ENTER KEY.
- 1st parameter “Time” will flash so value can be adjusted using UP OR DOWN KEY.
- Press ENTER KEY to save value & move to next parameter to be adjusted.
- Continue through all desired parameters, pressing START/STOP to start workout.
- **Note:** If Pulse is above or below (± 5) the TARGET H.R, computer will adjust the resistance automatically. It will check Every 10 seconds approx. resistance will increase or decrease.
- One of workout parameters counts down to be zero, it will have bi sounds and stop the workout automatically.

User Program(P21-P24):

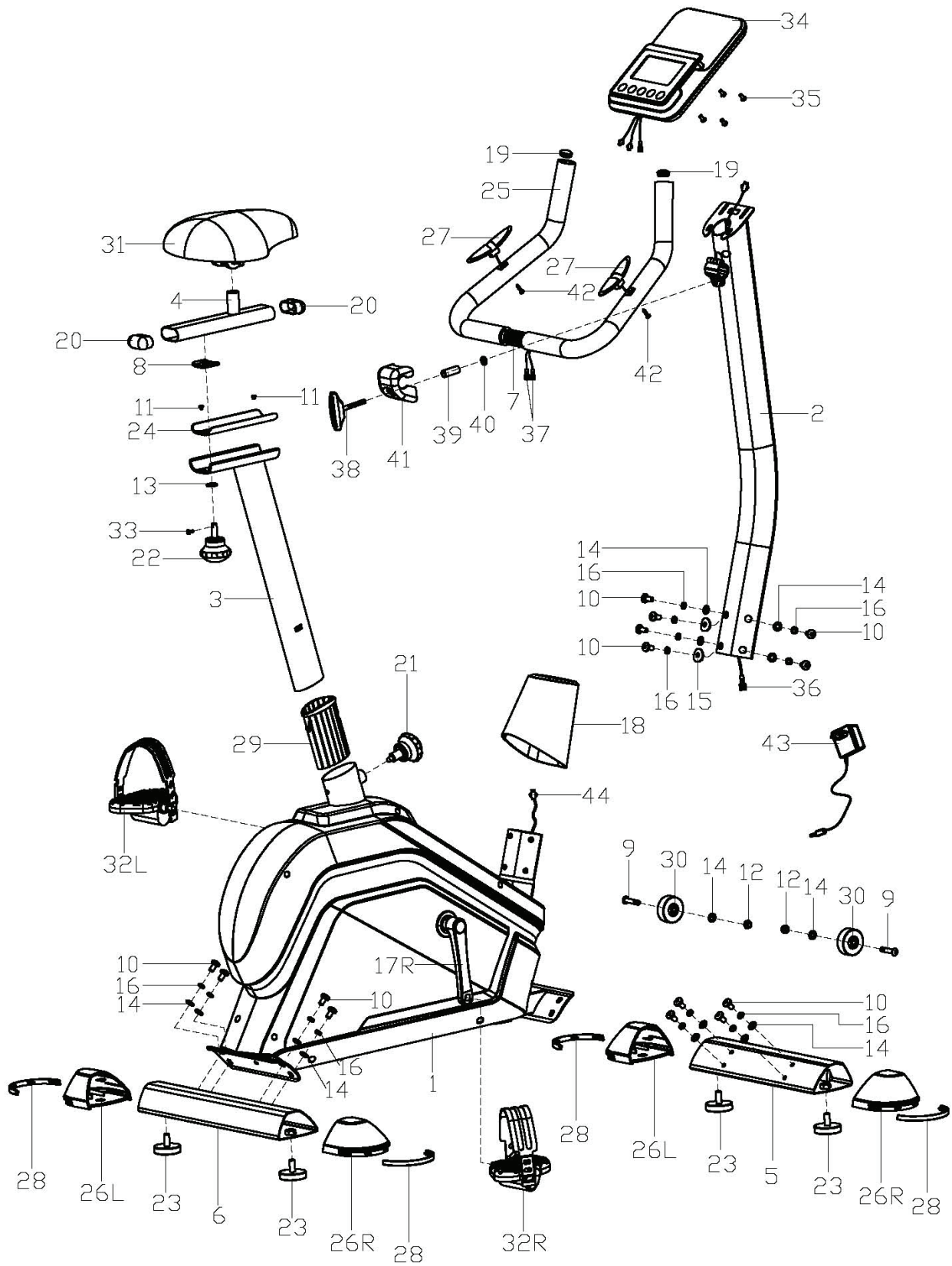
- User program allows user to set their own program that can be used immediately.
- Selecting user using UP OR DOWN KEY then pressing ENTER KEY.
- 1st parameter “Time” will flash so value can be adjusted using UP OR DOWN KEY.
- Press ENTER KEY to save value & move to next parameter to be adjusted.
- Continue through all desired parameters.
- After finished set up desired parameter, the level 1 will flash, use UP OR DOWN KEY to adjust then pressing ENTER until finished. (There are 10 times total).
- Press START/STOP to start workout.
- **Note:** One of workout parameters counts down to be zero, it will have bi sounds and stop the workout automatically.

APP CONNECTION

1. Turn on device APP, Click "SEARCH";
2. Select a device, and click "CONNECT";
3. The monitor  icon will be show;
4. Press START/STOP key to starting exercise.

- **Note:** Reconnect If a flashback occurs after connecting, or restart the monitor;

EXPLODED DRAWING



CARE AND MAINTENANCE



WARNING

IMPORTANT INFORMATION

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

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

Cleaning

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

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

Frame and Pedals

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

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

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

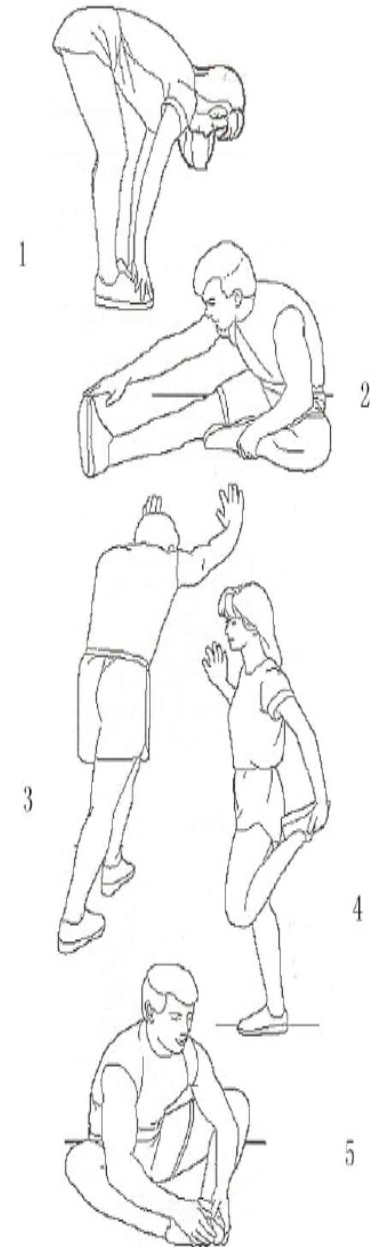
Standing with two hands on the wall or tree, one leg behind. Keeping your legs straight and the heel on the ground, lean forward towards the wall or tree. Hold for 10-15 seconds, and relax. Repeat 3 times for each leg (See picture 3).

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)

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

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

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

Example: $220 - 39 = 181$ BPM

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

$181 \times 65\% (0.65) = 118$ 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

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Elite Fitness, 28 Morrin Road, Saint Johns, Auckland, New Zealand.
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