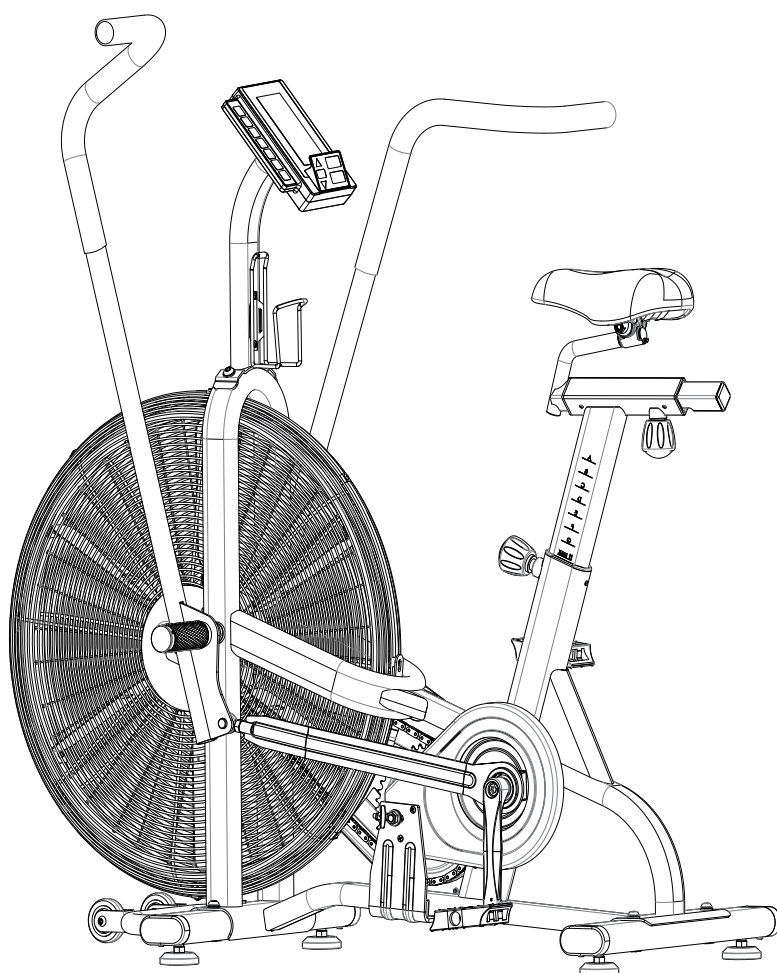




# ASSEMBLY MANUAL

# VORTEX

## AIR BIKE



Record serial number

Elite VORTEX Air Bike

Thank you for purchasing the **Elite Vortex Air 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 Vortex Air 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

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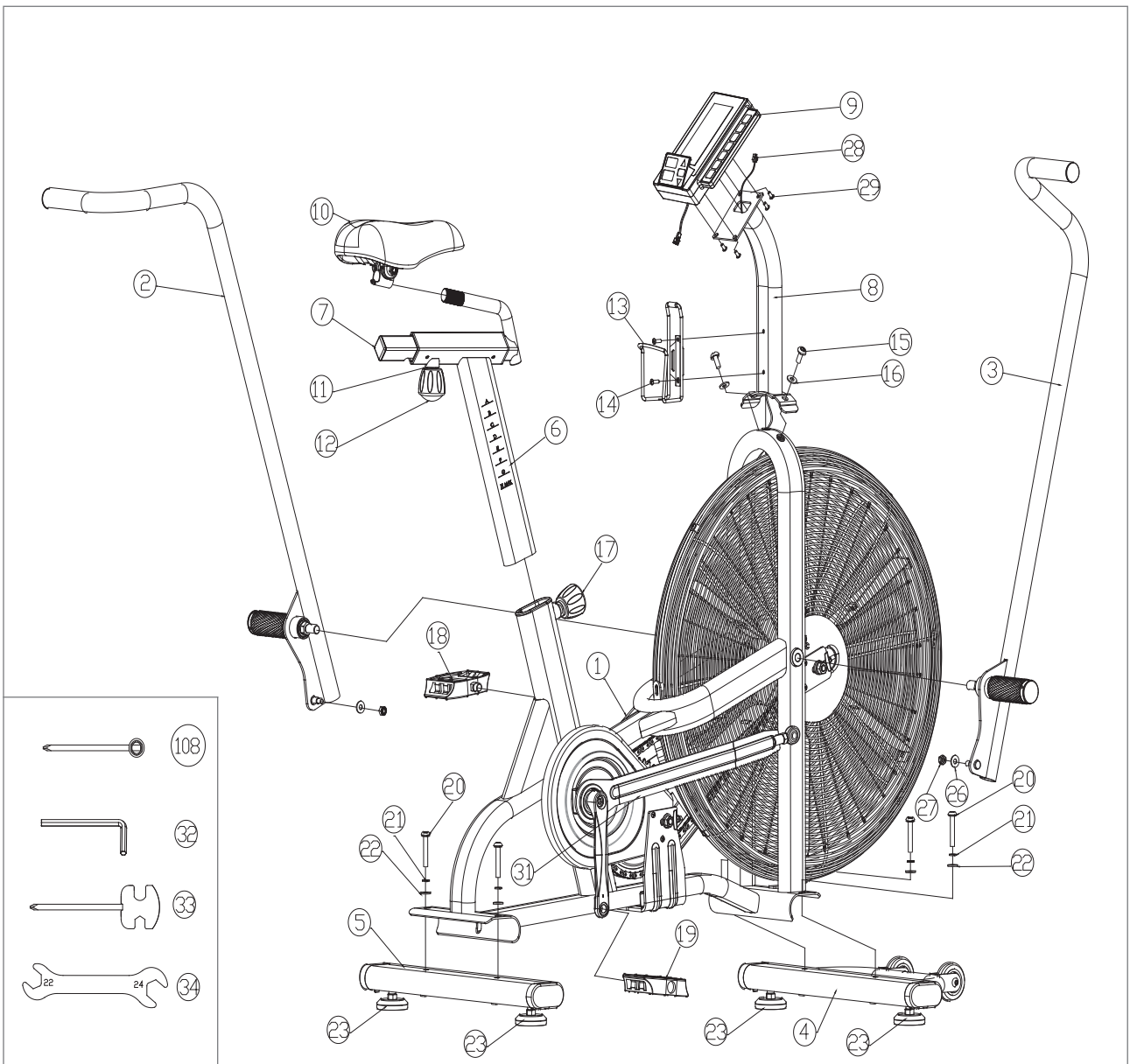
User Weight Capacity:	120 KG
Shipping Weight:	55 KG
Net Weight:	47 KG

# PARTS LIST

NO.	NAME	QTY.	NO.	NAME	QTY.
1	Main frame	1	55	Rivet nut	2
2	Handle bar-left	1	56	Sensor holder base	1
3	Handle bar-right	1	57	Screw ST4.2×16H	1
4	Front stabiliser	1	58	Lock nut	6
5	Rear stabiliser	1	59	Fan	6
6	Saddle post	1	60	bearing	2
7	Saddle sliding set	1	61	circlip $\varnothing$ 42	2
8	Console support post	1	62	Joint bearing M10	2
9	console	1	63	Nut M10×1.5	2
10	Saddle	1	64	Crank-left	1
11	Flat washer	1	65	Crank-right	1
12	knob	1	66	Axle sleeve	1
13	Bottle holder	1	67	Nut	2
14	Cross screw M5×16H	2	68	Tube plug	2
15	Bolt M8×P1.25×20L	2	69	bearing	4
16	Flat washer	2	70	Connecting rod	2
17	Spring knob	1	71	Pedal fixing rod	2
18	Pedal-left	1	72	Lock nut	2
19	Pedal-right	1	73	Tube plug	2
20	Bolt M8×1.25×50L	4	74	Flat washer	2
21	Spring washer	4	75	Lock nut	2
22	Flat washer	6	76	bearing	2
23	Adjusting pad	4	77	Crank axle	1
24	Tube plug	4	78	bushing	2
25	Transportation wheel	2	79	Spring washer	2
26	Flat washer	2	80	Flat washer	2
27	Nylon nut M8	2	81	gear	1
28	Sensor wire	1	82	Screw fixing piece	1
29	Cross screw -M5×10H	16	83	Tube plug	1
30	Steel ring	1	84	bolt M8×45H	2
31	Connecting bar	2	85	Bolt M8×P1.25×20L	1
32	Hex wrench	1	86	Axle	1
33	Multifunction spanner	1	87	Flat washer	2
34	spanner	1	88	Chain 12.7*60	1
35	Magnet base	1	89	Gear joint	1
36	Locking ring	2	90	Crank connecting link	2
37	Flywheel axle	1	91	Spring washer	6
38	Spacer bush	2	92	nut	4
39	Flange nut 3/8"-26	4	93	Bolt M6×25H	3
40	Fan guard-left	1	94	Adjusting bolt	4
41	Fan guard-right	1	95	bolt	2
42	Fan guard fixed button	8	96	Lock nut M8×1.25	2
43	Cross screw ST5×15H	8	97	Drive sprocket	1
44	Chain 12.7*100	1	98	Spacer bush	1

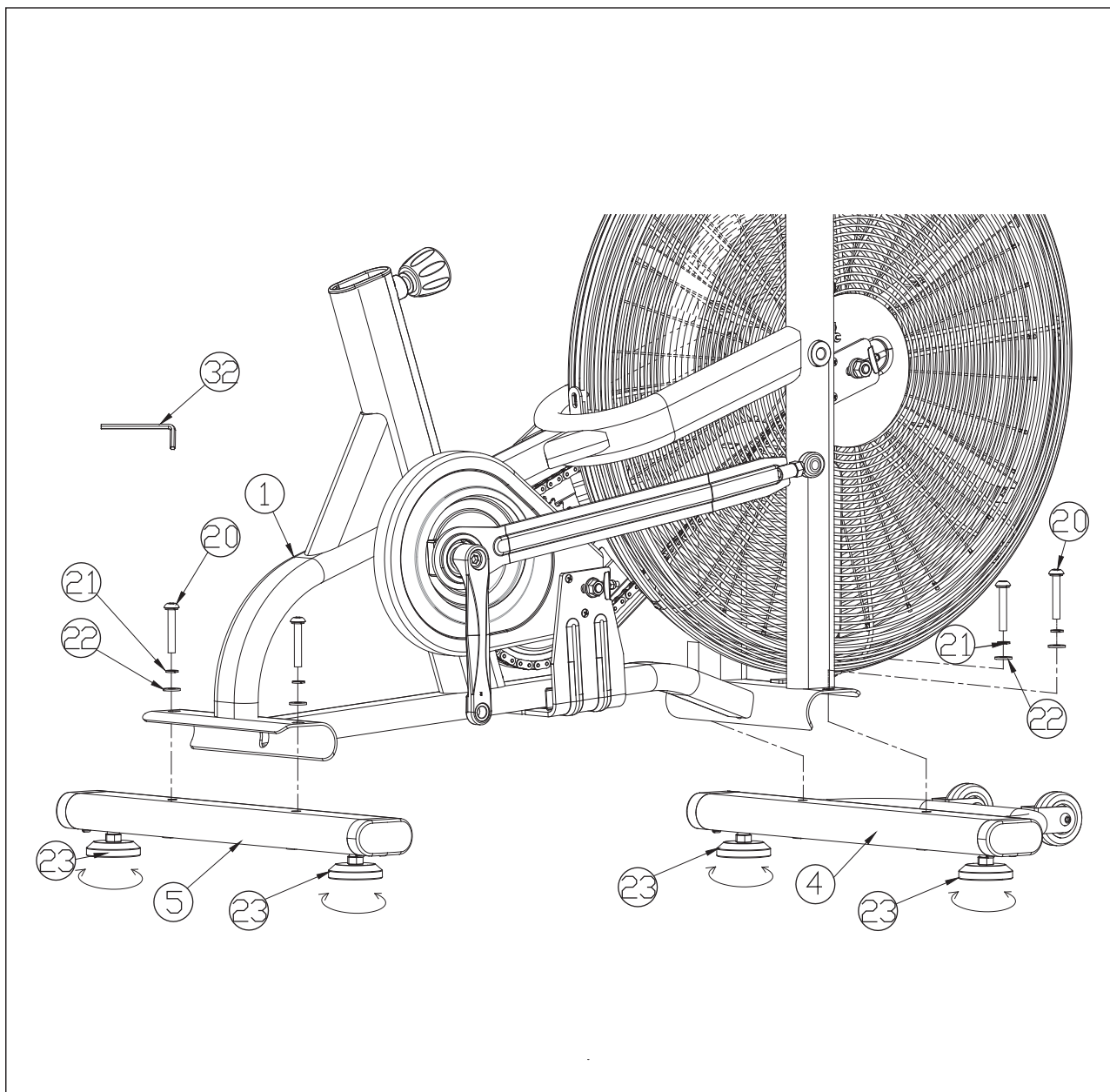
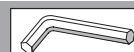
# PARTS LIST

45	bushing	1	99	Blocking piece	4
46	Nut 3/8"-26x4.5t	4	100	Spring washer	3
47	Chain cover-right	1	101	Screw ST4.2×19H	8
48	Chain cover-left	1	102	Spacer bush	1
49	Front cover-left	1	103	Flat washer	1
50	Front cover-right	1	104	bearing	4
51	Screw M5×10H	6	105	Lock nut	4
52	screw	2	106	Fixed gear wheel	2
53	Circlip $\varnothing$ 20	2	107	foam	2
54	Wire protective plug	2	108	Socket spanner	1



# ASSEMBLY INSTRUCTIONS

## STEP 1

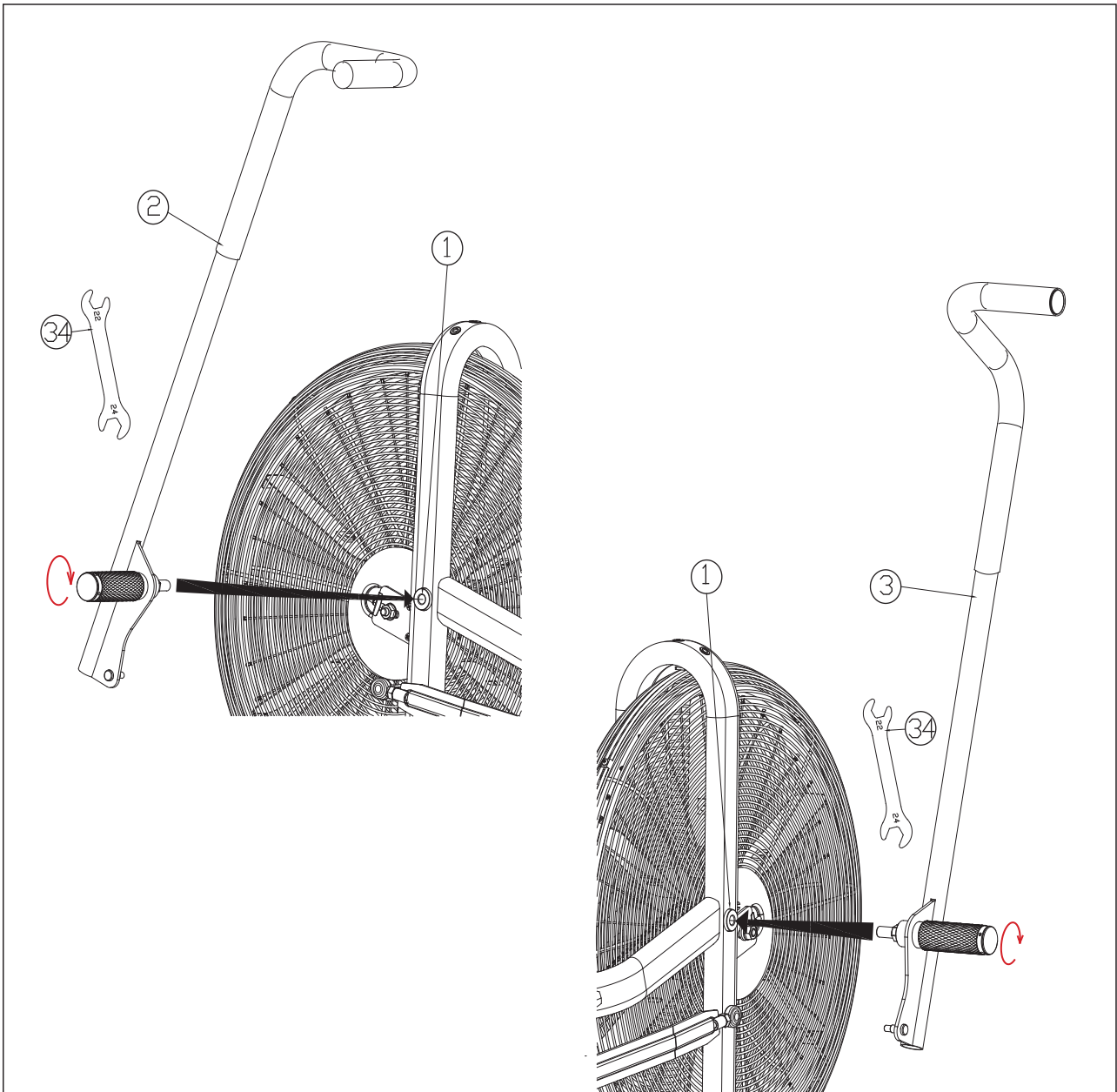


Fix the rear stabiliser (part 5) to the main frame (part 1). Use flat washers (part 22), spring washers (part 21), and bolts (part 20). Tighten them lightly using a hex wrench (part 32).

Then, affix the front stabiliser (part 4) to the main frame (part 1). Fasten it securely using flat washers (part 22), spring washers (part 21), and bolts (part 20). Use a hex wrench (part 32) to tighten them securely.

# ASSEMBLY INSTRUCTIONS

## STEP 2

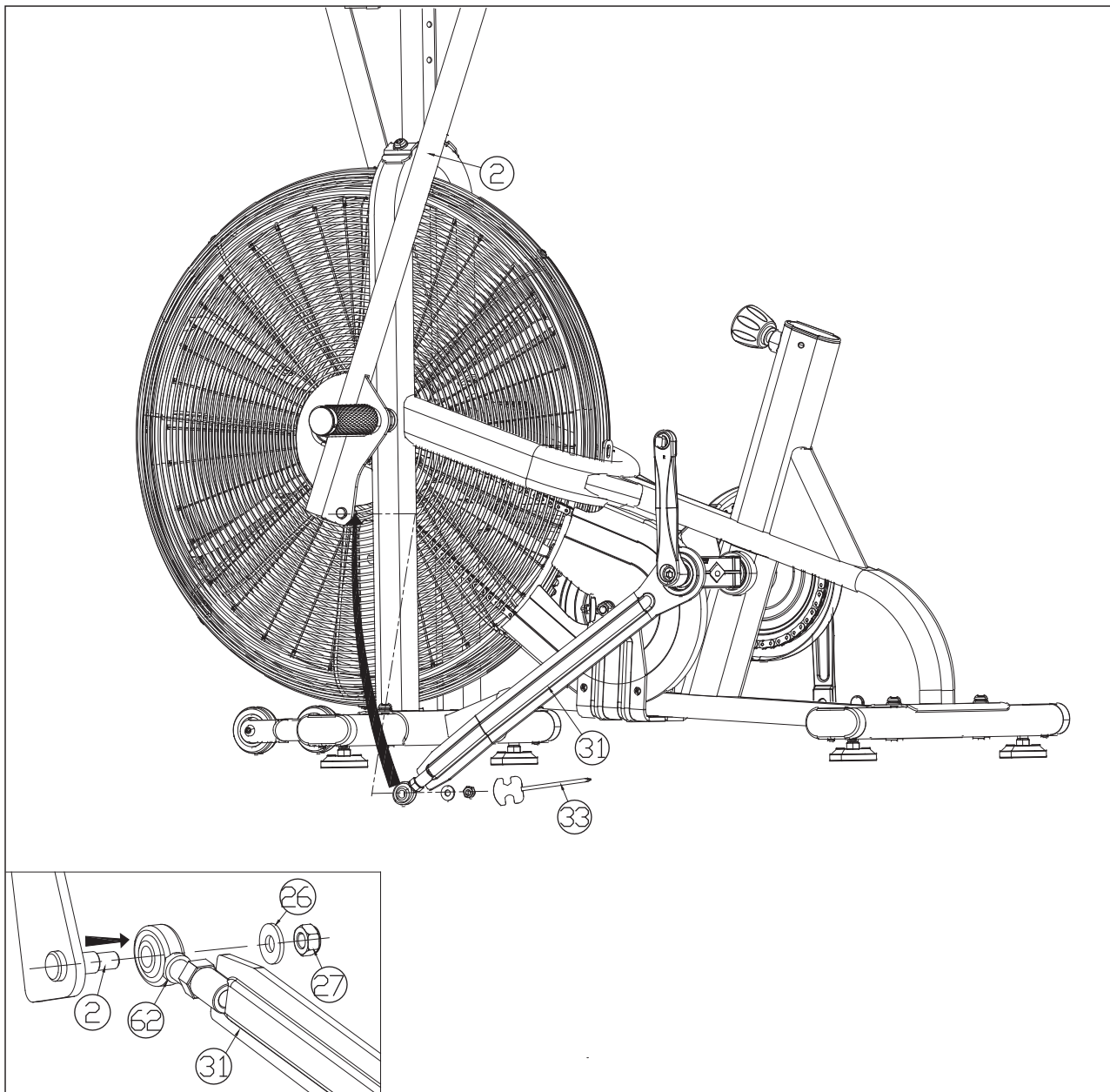


Insert the handlebar (2 & 3) into the main frame (1) as shown, then screw it in clockwise and tighten it securely using a spanner (34).



# ASSEMBLY INSTRUCTIONS

## STEP 3

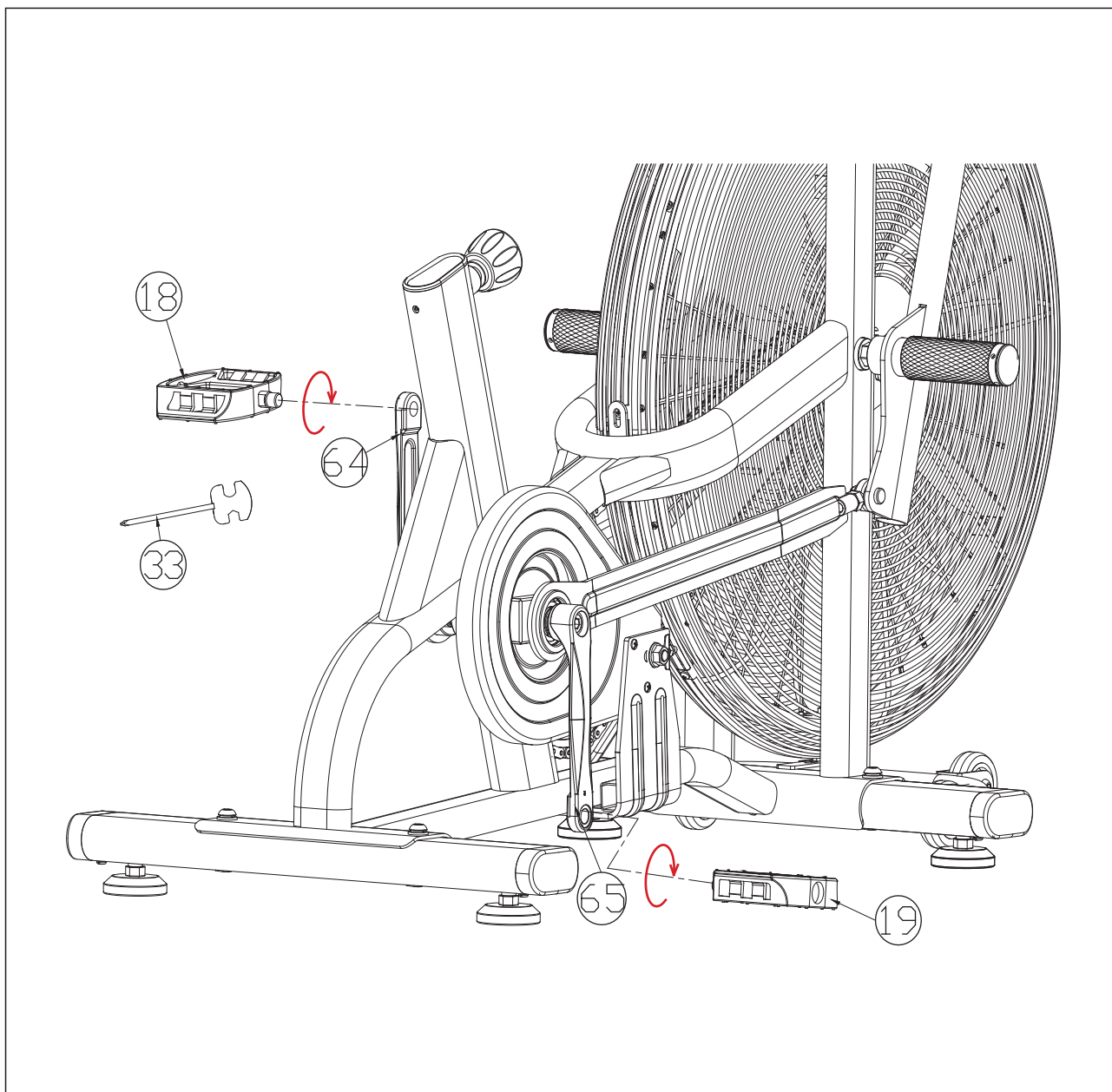


Insert the left handlebar (2) into the left connecting bar (31), then securely tighten the left handlebar (2) with a flat washer (26) and nylon nut (27) using a multifunction spanner (33).

Repeat the same process for the right handlebar (3) and right connecting bar (31).

# ASSEMBLY INSTRUCTIONS

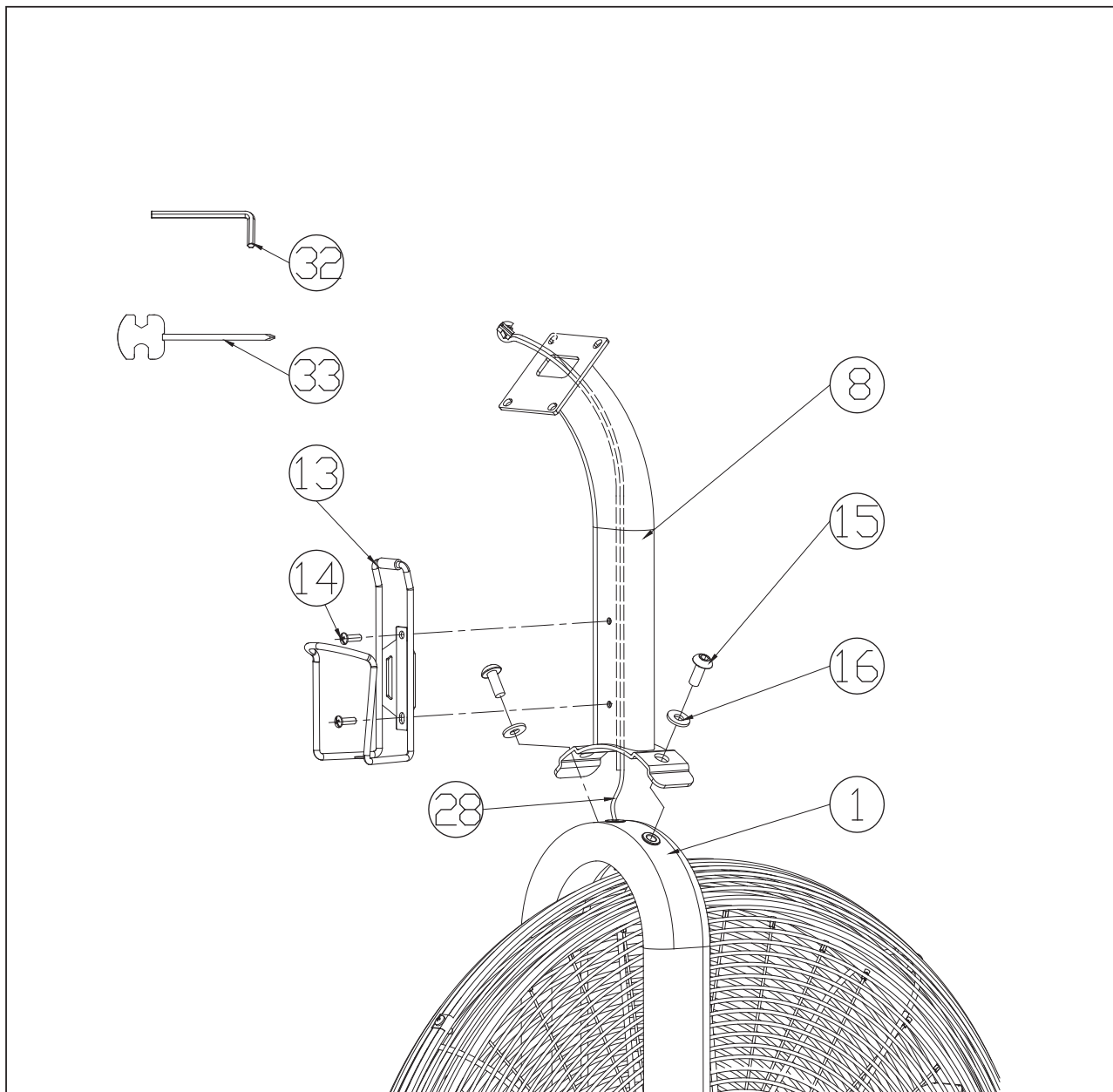
## STEP 4



Securely attach the pedal (18), marked "L", to the crank (64), also marked "L", using a multifunction spanner (33) in an anticlockwise direction. Then, fix the pedal (19), marked "R", to the crank (65), marked "R", tightly in a clockwise direction using the multifunction spanner (33).

# ASSEMBLY INSTRUCTIONS

## STEP 5



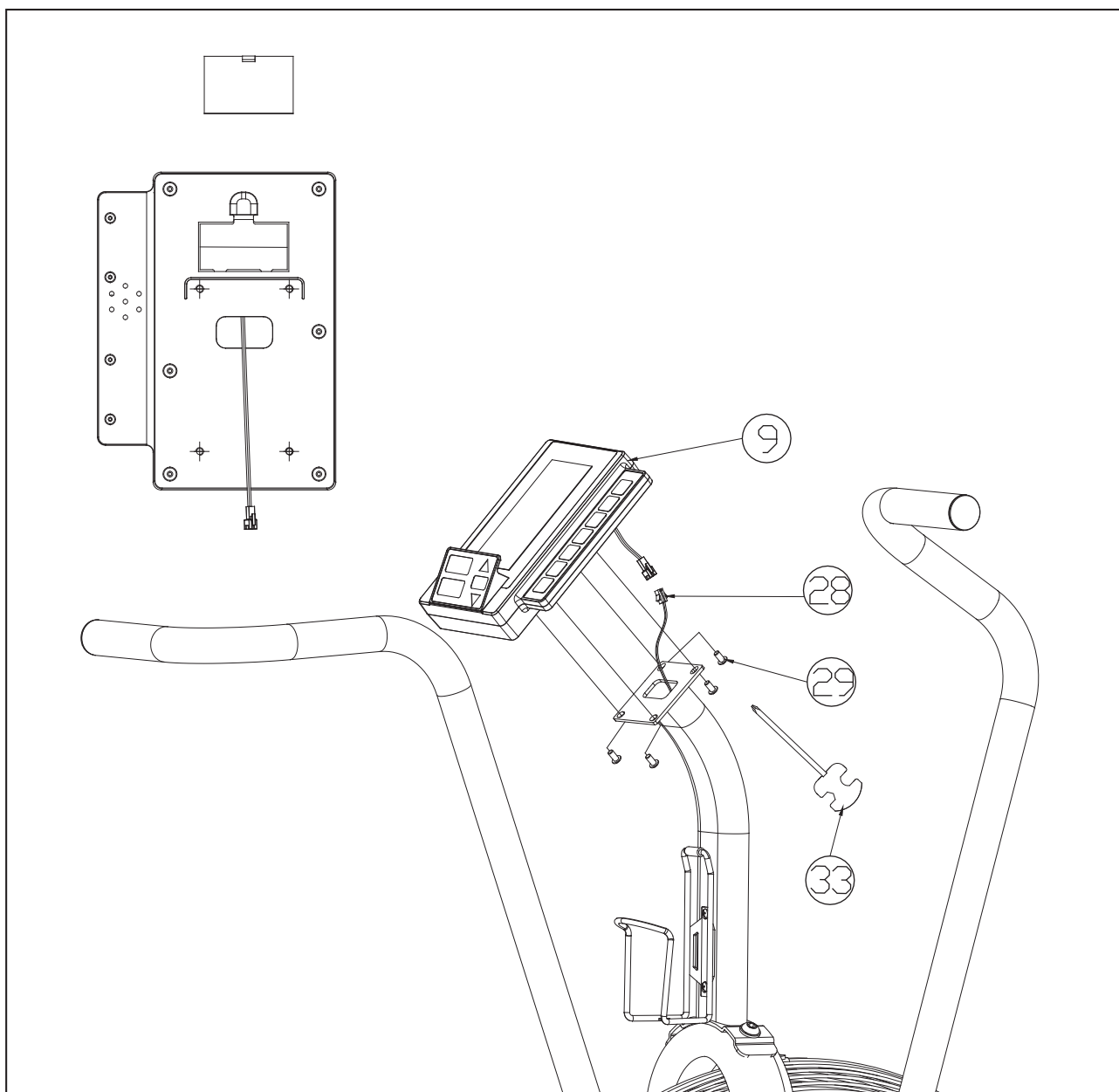
Insert the sensor wire (part 28) along with a supportive hard wire into the console support post (part 8) and thread the sensor wire (part 28) through. Once threaded, remove the supportive hard wire.

Securely attach the console support post (part 8) onto the main frame (part 1) using flat washers (part 16) and bolts (part 15). Tighten them using a hex wrench (part 32).

Next, securely fasten the bottle holder (part 13) onto the main frame using cross screws (part 14) and a multifunction spanner (part 33).

# ASSEMBLY INSTRUCTIONS

## STEP 6

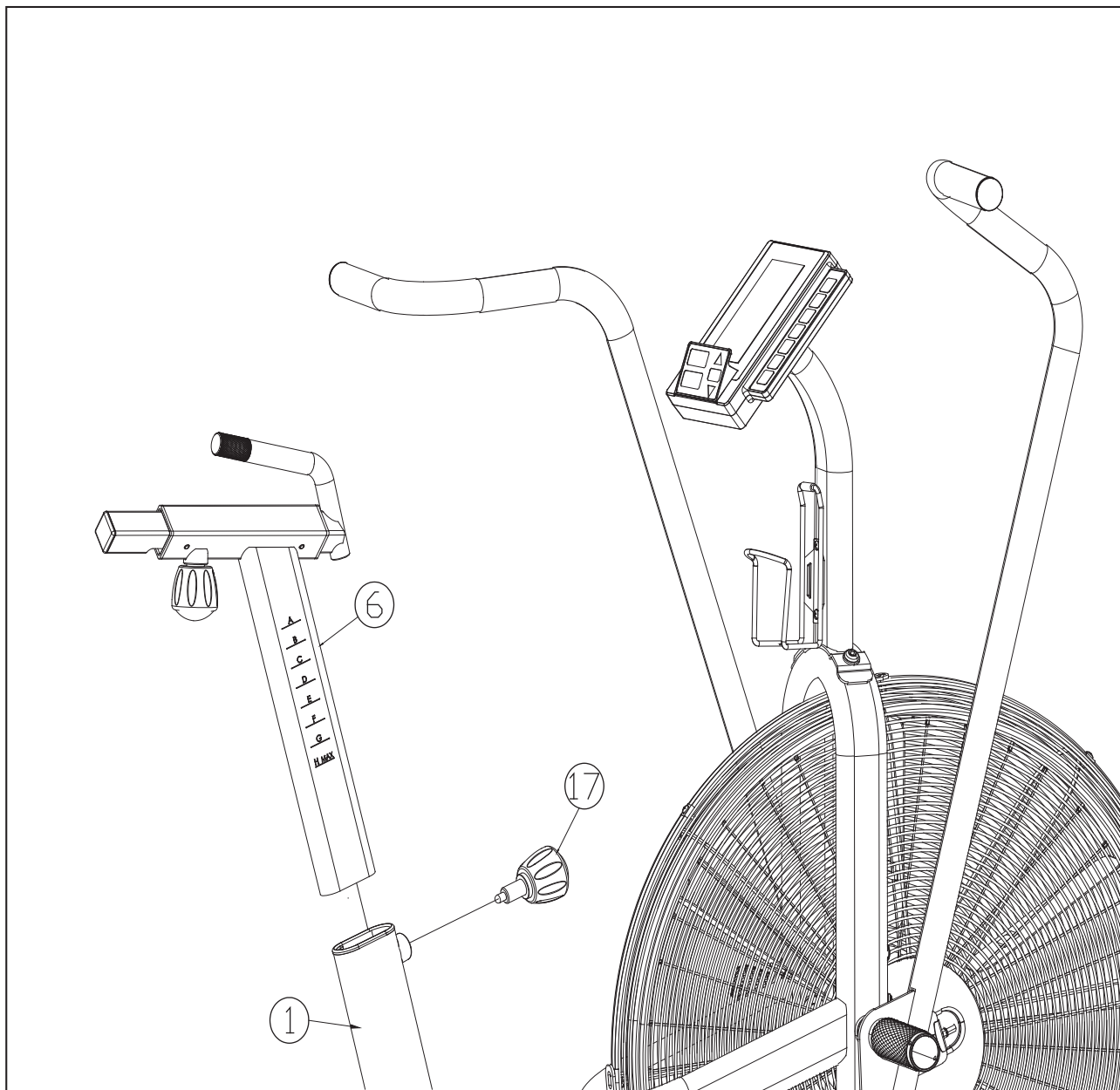


Insert two AA batteries.

Connect the wire on the console (9) to the sensor wire (28) securely, then firmly attach the console to the console support post (8) plate using cross screws (29), tightened with a multifunction spanner (33).

# ASSEMBLY INSTRUCTIONS

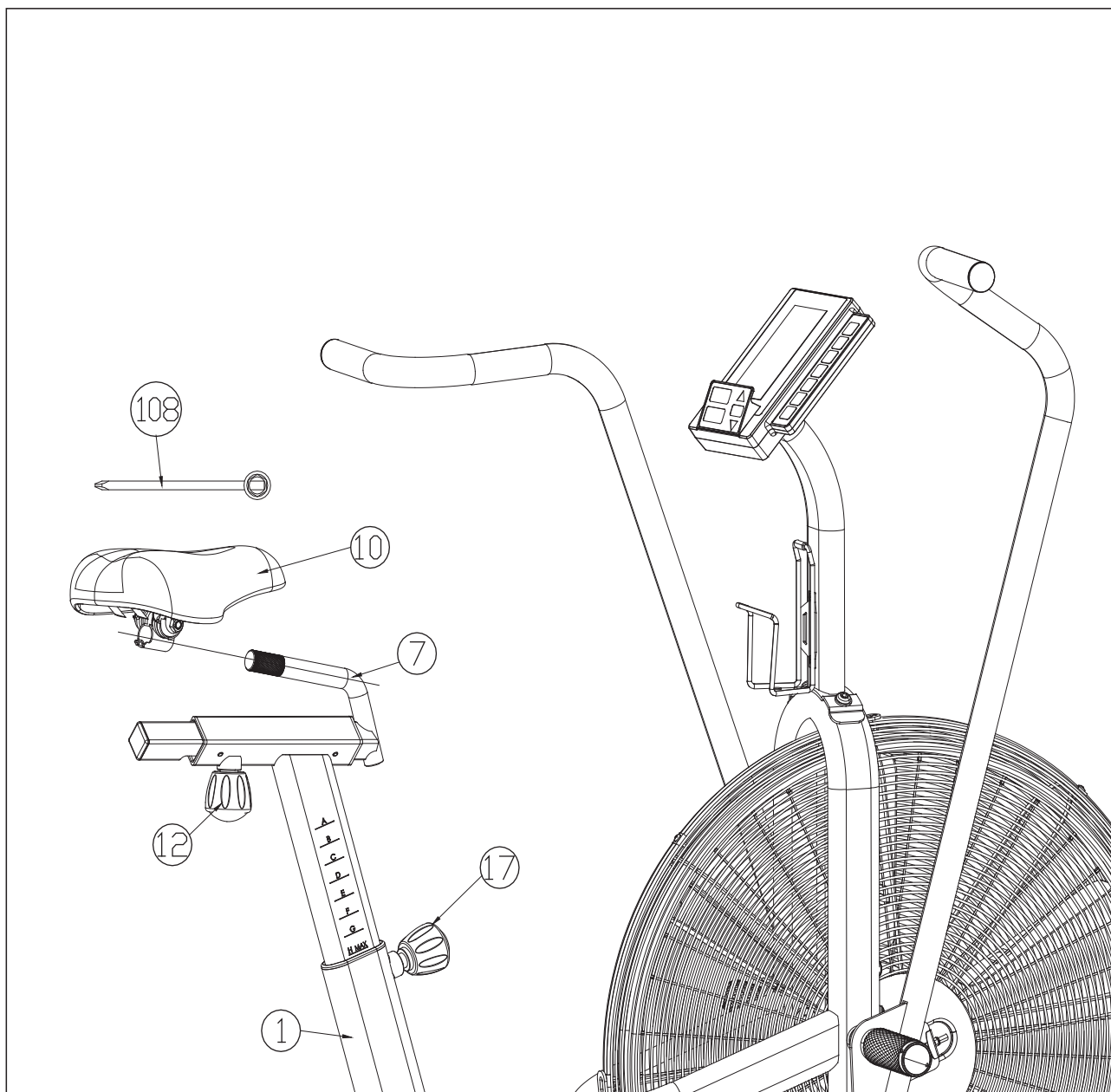
## STEP 7



Release the tension on the spring handle (part 17) and pull it out. Insert the saddle post (part 6) into the frame (part 1) and secure it by tightening the spring knob (part 17).

# ASSEMBLY INSTRUCTIONS

## STEP 8



Attach the saddle (part 10) securely to the saddle sliding set (part 7) as demonstrated, using a socket spanner (part 14).

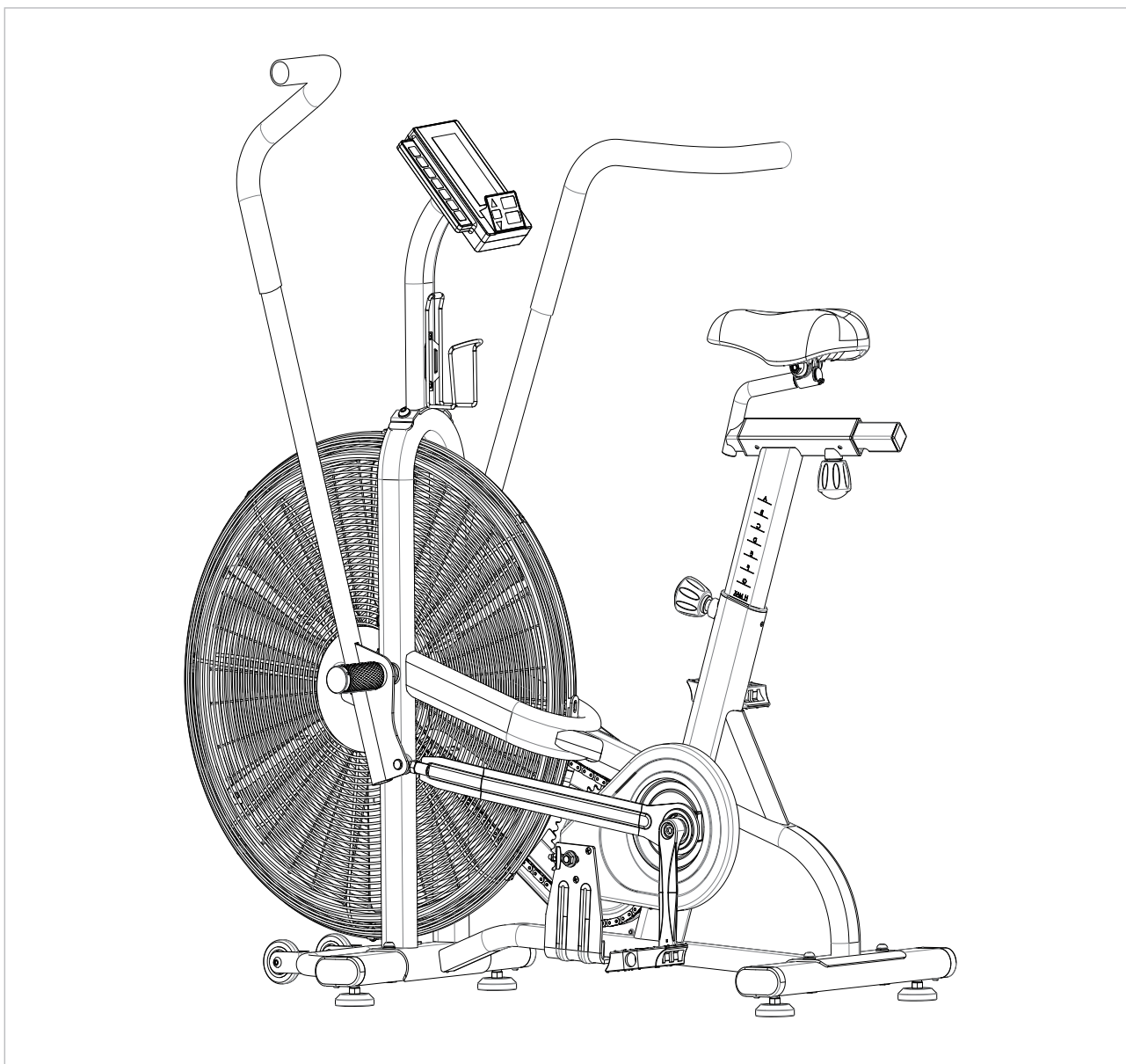
Next, loosen the knob (part 12) to adjust the saddle (part 10) to your preferred position. Once adjusted, tighten it using the same knob (part 12).

If the height of the saddle post does not suit your needs, loosen the spring knob (part 17) and pull it out. Choose your desired height, aligning the hole accordingly, and firmly secure it using the spring knob (part 17).

Note: Ensure not to exceed the "MAX" mark.

# ASSEMBLY COMPLETE

## CONGRATULATIONS



Assembly of your **Elite Vortex 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 the assembly of your air bike before use can cause damage to the air bike, serious injury to users and bystanders and can also compromise the effectiveness of your exercise program.

# CONSOLE USER INSTRUCTIONS

---

## **Functions:**

- **RPM:** 015199.
- **SPEED:** 0.099.9 km/h.
- **TIME:** 1:00:001:59:59, can count up and count down.
- **DISTANCE:** 0.00999.9 km, can count up and count down.
- **CALORIES:** 0999, can count up and count down.
- **WATT:** 01999.
- **PULSE:** P30~230.
- **INTERVAL:** intermittent resting exercise mode.
- **TARGET HR:** target HR control mode.
- **KM/M:** metric/imperial.

## **Functional Button:**

- **START:** Press this key to stop when in training. Press this key to resume in STOP mode.
- **STOP:** Press this key to stop when in training. Hold this key for 3 seconds at any time to perform a total reset.
- **UP:** Press this key to set TIME, DISTANCE, CAL, and AGE. Press this key for more than 1 second for faster setting increments (8 increments/second).
- **DOWN:** Press this key to set TIME, DISTANCE, CAL, and AGE. Press this key for more than 1 second for faster setting decrements (8 decrements/second).
- **ENTER:** This key is used to confirm selections for all functions.
- **INTERVAL 20-10:** Press this key to enter this mode directly.
- **INTERVAL 10-20:** Press this key to enter this mode directly.
- **INTERVAL CUSTOM:** Press this key to enter this mode directly.
- **TARGET TIME:** Press this key to enter this function directly.
- **TARGET DISTANCE:** Press this key to enter this function directly.
- **TARGET CALORIES:** Press this key to enter this function directly.
- **TARGET HR:** Press this key to enter this function directly.

Press ENTER+START key together to switch between km/h and mph.

Press ENTER+DOWN key together to power off quickly.

## **Operations:**

- Install batteries to power on. The LCD will display full screen for 2s with a long beep. At the DIST window, it will display the wheel diameter value for 1s. Then set the age; the age number will flash. Press UP/DOWN to adjust. Then press ENTER key to confirm and enter standby mode.



# CONSOLE USER INSTRUCTIONS



- INTERVAL 10/20, READY, WORK, REST, TARGET, TIME, DISTANCE, CALORIES, WATTS, SPEED, RPM, HEART RATE will flash for 1s in turn.
- If there is no key operation, RPM signal, or pulse input for 60s, it will enter Sleeping mode automatically.

## Quick Start Mode:

- If there is an RPM signal input in standby mode, the console will quick start with a buzzer sound.
- TOTAL TIME, TIME, DISTANCE, CALORIES, WATTS, SPEED, and RPM begin to accumulate according to operation value.
- If there is heartbeat input, the heart icon will flash, and the current heartbeat value will display. If there is no heartbeat input, 'P' will keep flashing.
- If there is no signal input for 30 seconds, the buzzer will ring, then enter standby mode.
- Press START button once to enter STOP mode. After entering STOP mode, all values will remain on the screen for 3 seconds and flash every 4 seconds. If stopped for more than 5 minutes, the buzzer will sound, then enter standby mode. Press START to resume exercise.
- Press STOP key, the console will sound, and TIME will display the total time, DISTANCE will display the total distance, and CALORIES will display the total calories for 30 seconds. WATT, SPEED, RPM will switch to display the average value and the maximum value.
- When there is heartbeat input, the heartbeat value of 85%, 65%, and maximum heartbeat value will switch display. If there is no heartbeat input, all values won't display.
- Press any PROGRAM to perform this action.

# CONSOLE USER INSTRUCTIONS

## Interval:

When powered on, the user can press UP/DOWN to select this function. In standby mode, the user can also press the INTERVAL key to enter directly.

## Interval 20/10:

- Press INTERVAL Key to select **INTERVAL 20/10**. Press ENTER to enter this mode; INTERVAL 20/10 will flash, and the buzzer will sound.
- After CYCLE TIME counts down from 3 seconds, then the console STARTS. The buzzer will ring every 1 second when counting down. And the **READY** will flash every second. The value will display 00/08.
- CYCLE TIME begins to count down from 20 seconds, and the **WORK** will blink every 1 second, the buzzer will ring at the same time. At this time, the wheel rim will have a revolving animation, and the computer will count down from 4 minutes. TOTAL TIME, DISTANCE, CALORIES, WATTS, SPEED, and RPM begin to accumulate according to the operation value, and the value displays 01/08.
- CYCLE TIME begins to count down from 10 seconds, and the **REST** will flash every 1 second, the buzzer beeps at the same time. At the last 3 seconds, the READY will flash.
- C and D will perform cyclically until displaying "WORK 08/08". After exercise, CYCLE TIME begins to count down from 10 seconds, and the **REST** will flash every 1 second.
- If there is no signal input for 30 seconds, the buzzer will ring, then enter Sleeping mode.
- Press START button once to enter STOP mode. After entering STOP mode, all values will remain on the screen for 3 seconds and flash every 4 seconds. If stopped for more than 5 minutes, the buzzer will sound, then enter Sleeping mode. Press START to resume exercise.
- Press STOP button to finish; TIME will display the total time, DISTANCE will display the total distance, and CALORIES will display the total calories for 30 seconds. WATT, SPEED, RPM will switch to display the average value and the maximum value.
- When there is heartbeat input, the heartbeat value of 85%, 65%, and maximum heartbeat value will switch display. If there is no heartbeat input, all values won't display.
- Press any PROGRAM to perform this action.



# CONSOLE USER INSTRUCTIONS

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## ***Interval 10/20:***

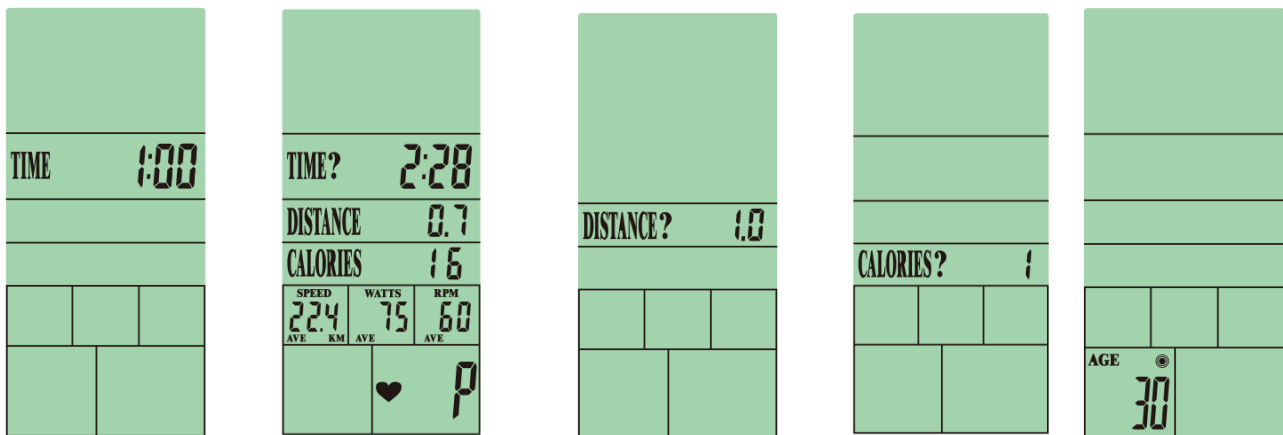
- Press INTERVAL Key to select **INTERVAL 10-20**, then press Enter Key to enter this mode. INTERVAL 10-20 will flash, and the buzzer will beep.
- CYCLE TIME begins to count down from 3 seconds, then START, the buzzer will beep every second. The **READY** will flash every second, and the value will display 00/08.
- CYCLE TIME begins to count down from 10 seconds, the **WORK** will flash every second, the buzzer will beep at the same time. REMAINING will flash and count down from 4 minutes. TOTAL TIME, DISTANCE, CALORIES, WATTS, SPEED, RPM begin to accumulate according to the operation value, and the value will display 01/08.
- CYCLE TIME begins to count down from 10 seconds, and the **REST** will flash every 1 second, the buzzer beeps at the same time. At the last 3 seconds, the READY will flash.
- C and D will perform cyclically until displaying "WORK 08/08". After exercise, CYCLE TIME begins to count down from 10 seconds, and the **REST** will flash every 1 second.
- If there is no signal input for 30 seconds, the buzzer will ring, then enter Sleeping mode.
- Press START button once to enter STOP mode, the buzzer will ring every 30 seconds. After entering STOP mode, all values will remain on the screen for 3 seconds and flash every 4 seconds. If stopped for more than 5 minutes, the buzzer will sound, then enter Sleeping mode. Press START to resume exercise.
- Press STOP button to finish; TIME will display the total time, DISTANCE will display the total distance, and CALORIES will display the total cal for 30 seconds. WATT, SPEED, RPM will switch to display the average value and the maximum value.
- When there is heartbeat input, the heartbeat value of 85%, 65%, and maximum heartbeat value will switch display. If there is no heartbeat input, all values won't display.

## ***Interval Custom:***

- Press INTERVAL Key to select INTERVAL CUSTOM, press Enter Key to enter this mode. **INTERVAL CUSTOM**, 00/XX will flash, and the buzzer will beep. User can press UP or DOWN to set 00/XX, the setting range is 199 which can be set circularly. Press ENTER to confirm, and then the buzzer will beep and enter into the next setting.
- TIME keeps flashing, **WORK** and 0:01 will blink. User can press UP or DOWN to set the exercise time. The setting range is 0:009:59, which can be set circularly. Press ENTER to confirm. The buzzer will beep and enter into the next setting.
- TIME keeps flashing, **REST** and 0:01 will flash. Press UP or DOWN to set the exercise time. The setting range is 0:00~9:59, which can be set circularly. Press ENTER to confirm, the buzzer will beep, **INTERVAL CUSTOM** will keep flashing.
- CYCLE TIME counts down from 3 seconds, then START. The buzzer will beep every second, and **READY** will flash every second, the value will display 00/XX.
- CYCLE TIME begins to count down, and the **WORK** will flash every 1 second, the buzzer will beep at the same time. REMAINING begins to flash and count down from the total time. TOTAL TIME, DISTANCE, CALORIES, WATTS, SPEED, RPM begin to accumulate according to the operation value, the value will display 01/XX.
- CYCLE TIME begins to count down, and the **REST** will flash every 1 second, the buzzer beeps at the same time. At the last 3 seconds, the **READY** will flash.

# CONSOLE USER INSTRUCTIONS

- C and D will perform cyclically until displaying the setting value. After exercise, CYCLE TIME begins to count down from 10 seconds, and the **REST** will flash every 1 second.
- If there is no signal input for 30 seconds, the buzzer will ring, then enter Sleeping mode.
- Press START button once to enter STOP mode, the buzzer will ring every 30 seconds. After entering STOP mode, all values will remain on the screen for 3 seconds and flash every 4 seconds. If stopped for more than 5 minutes, the buzzer will sound, then enter Sleeping mode. Press START to resume exercise.
- Press STOP button to finish; TIME will display the total time, DISTANCE will display the total distance, and CALORIES will display the total calories for 30 seconds. WATT, SPEED, RPM will switch to display the average value and the maximum value.
- When there is heartbeat input, the heartbeat value of 85%, 65%, and maximum heartbeat value will switch display. If there is no heartbeat input, all values won't display.
- Press any PROGRAM to perform this action.



## Target Time:

- Press this button to enter TARGET TIME mode. The value will flash with a buzzer sound.
- TIME keeps flashing, user can press UP or DOWN to set time. Press ENTER key to confirm, then the buzzer sounds. DISTANCE, CALORIES, WATTS, SPEED, and RPM begin to accumulate according to the operation value.

## Target Distance:

- Press this button to enter TARGET DISTANCE mode. The value will flash with a buzzer sound.
- DISTANCE keeps flashing, user can press UP or DOWN to set distance. Press ENTER key to confirm, the buzzer sounds. DISTANCE, CALORIES, WATTS, SPEED, and RPM begin to accumulate according to operation value.

# CONSOLE USER INSTRUCTIONS

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## Target Calories:

- Press this button, the value of **TARGET CALORIES** will flash with a buzzer sound.
- CALORIES keeps flashing, user can press UP or DOWN to set CALORIES. Press ENTER key to confirm, the buzzer sounds. The reciprocal value of **TARGET CALORIES** and the current distance switch display every 5 seconds until the time count down to zero. TIME, DISTANCE, WATTS, SPEED, and RPM begin to accumulate according to operation value.

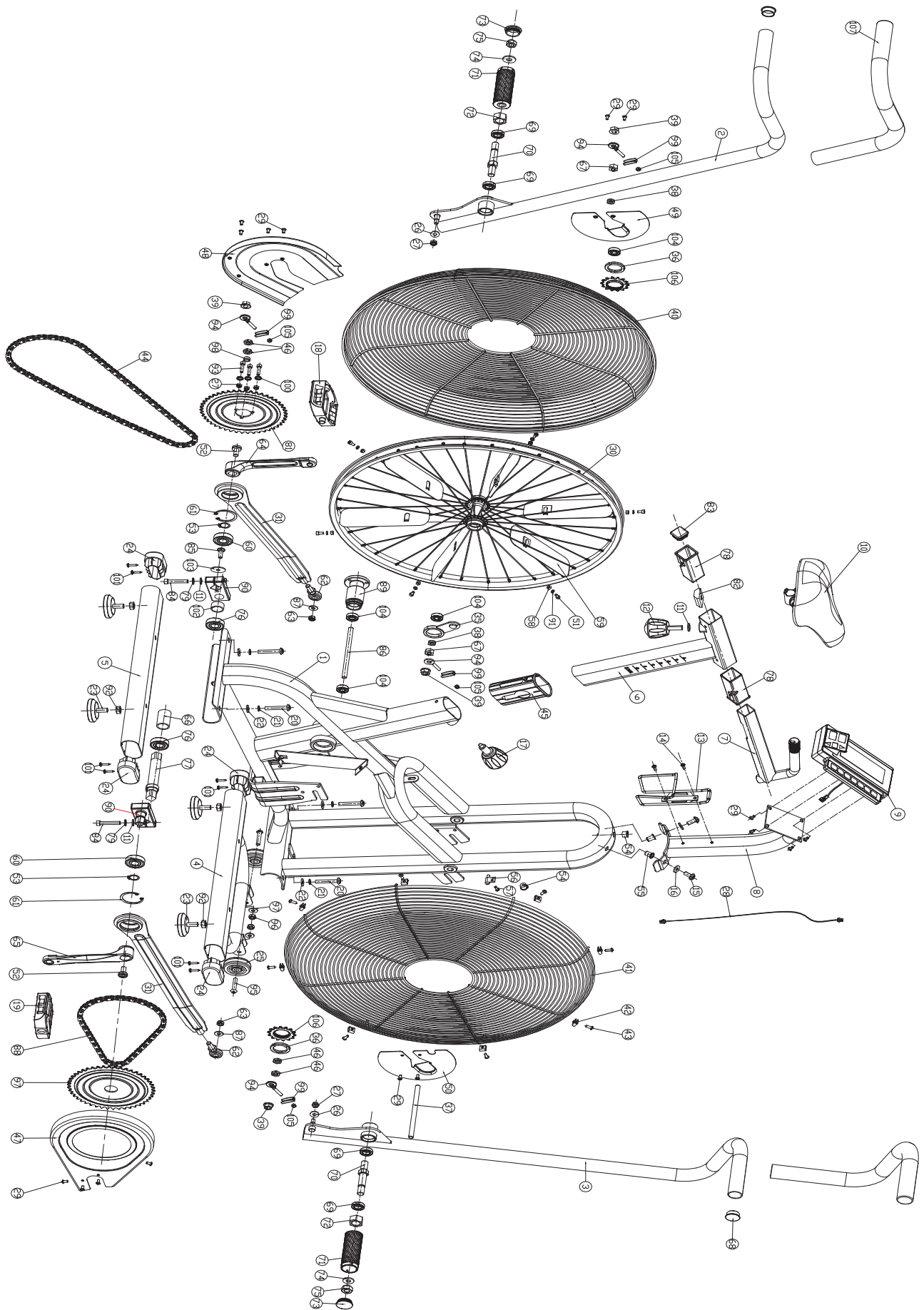
## Target HR:

- Press this button to enter this mode. **TARGET HEART RATE** will flash with a buzzer sound.
- AGE keeps flashing, user can press UP or DOWN to set age. Press ENTER to confirm, then the buzzer will ring. **TARGET HEART RATE**, HEART RATE will keep flashing. After working, **MAX HR** will keep flashing and display the heart rate of 65% and 85%. TIME, DISTANCE, CALORIES, WATTS, SPEED, and RPM begin to accumulate according to operation value.
- When the heart rate count down to 65%, the ↑ and value 65% will flash, and the buzzer will ring every 10 seconds until the heart rate value up to 65%.
- When the heart rate is above 85%, the ↓ and value of 85% will flash, the buzzer will ring every 10 seconds until the rate value below 85%.
- If the heart rate is within 65%~85%, the heartbeat icon will blink. If MAX/65%/85 didn't display, it means the HR goes into the range of 65%~85%.

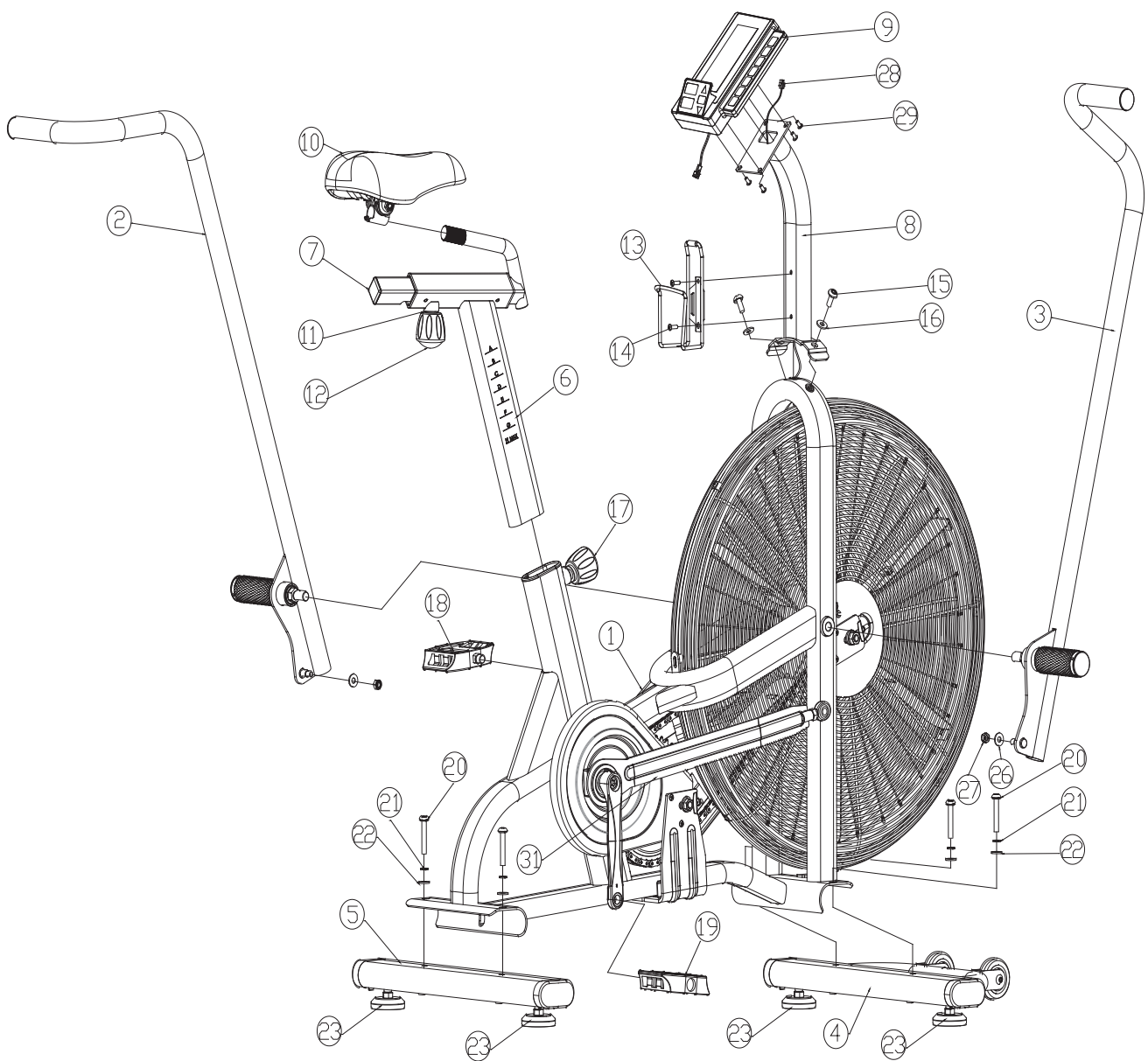
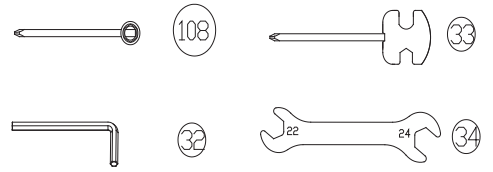
TIME			9:15		
DISTANCE			3.1		
CALORIES?			72		
SPEED	WATTS	RPM			
21.8	73	58			
AVE	KM	AVE			
121			95		

- In any button status, press START key once to enter STOP mode, the buzzer will ring every 1 second. After entering STOP mode, all displays will remain on the screen for 3 seconds, then they will flash every 4seconds.
- If there is no signal input for 30 seconds, the buzzer will sound, then the console will enter standby mode.

# EXPLODED DIAGRAM



# EXPLODED DIAGRAM



## SETTING YOUR 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).



## CARE AND MAINTENANCE

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### **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

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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;

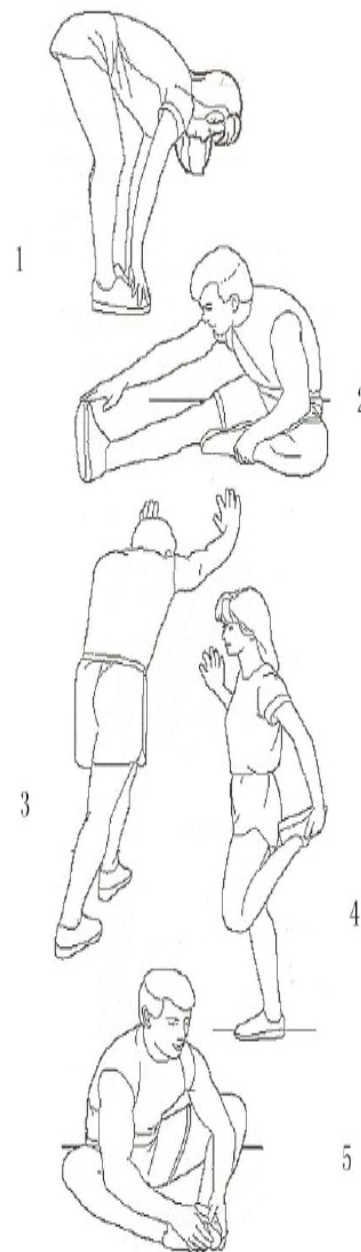
## Repair and Maintenance Service

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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Elite Fitness, 28 Morrin Road, St. Johns, Auckland, New Zealand  
0800 243 834, [www.elitefitness.co.nz](http://www.elitefitness.co.nz)

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