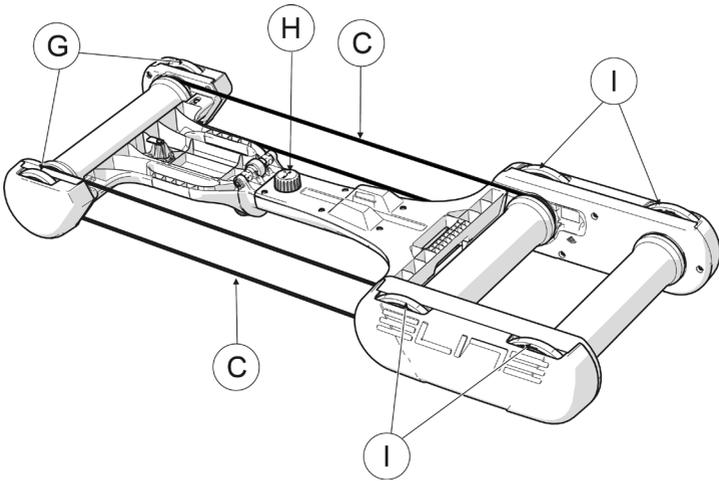
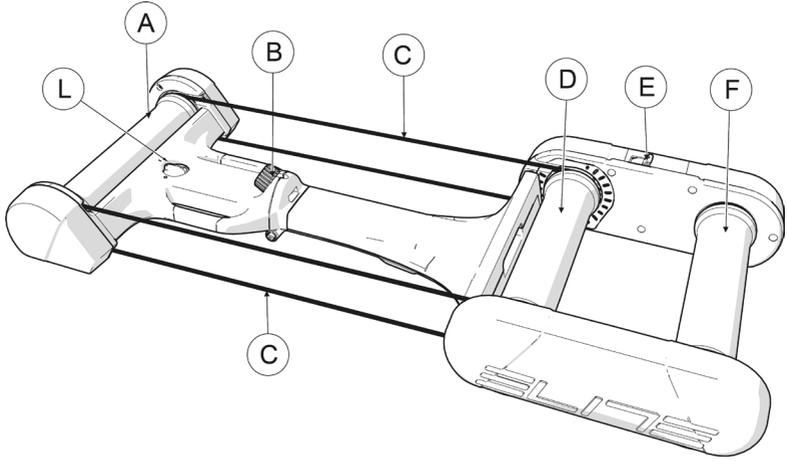


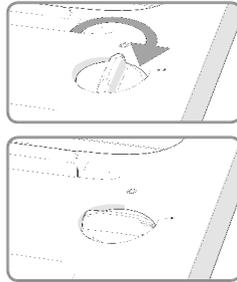
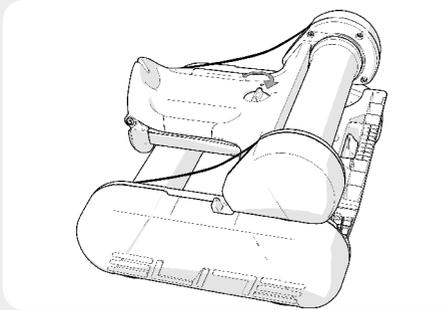
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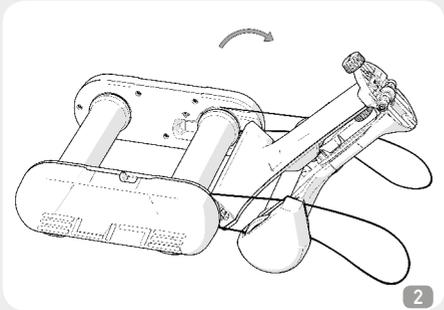
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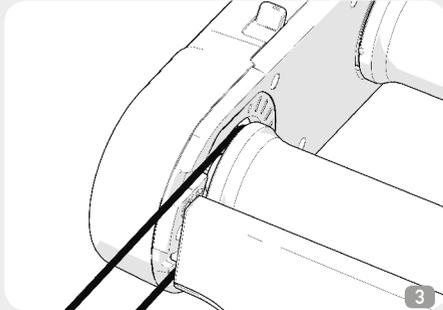
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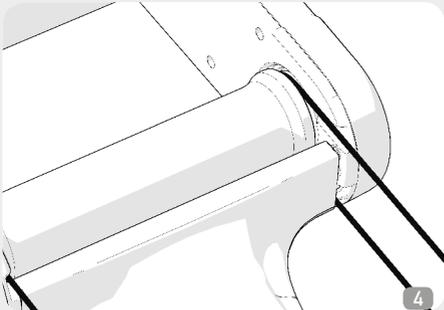
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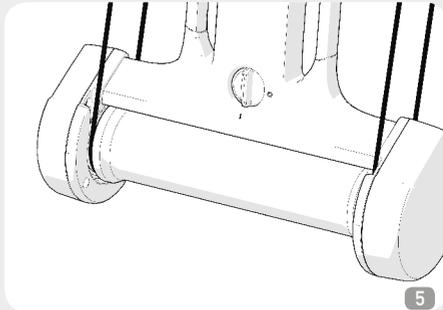
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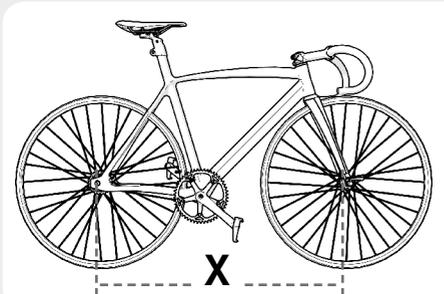
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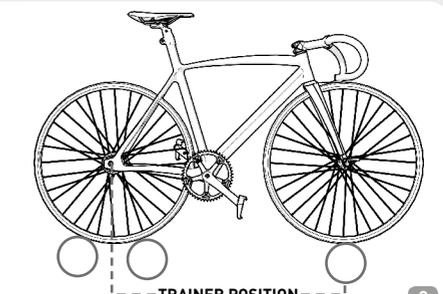
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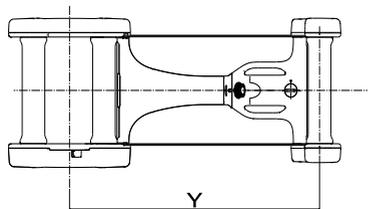


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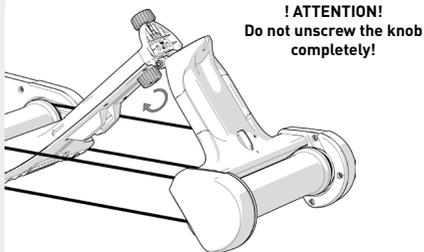


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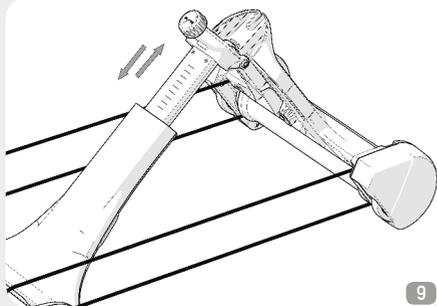
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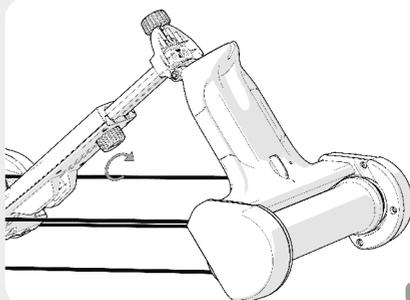
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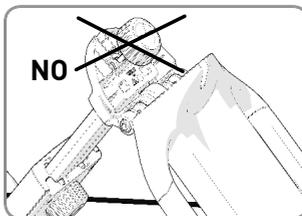
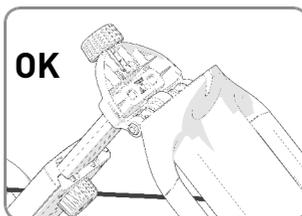
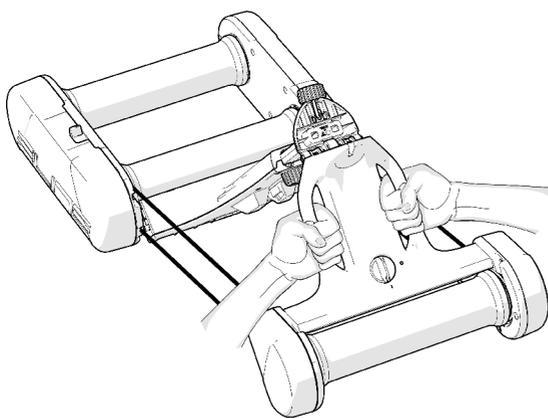
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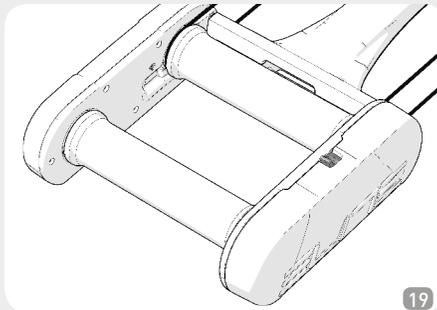
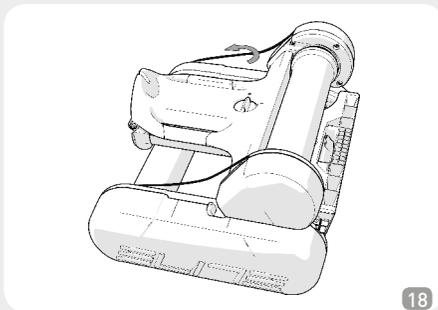
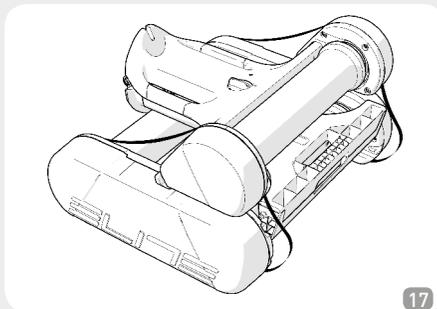
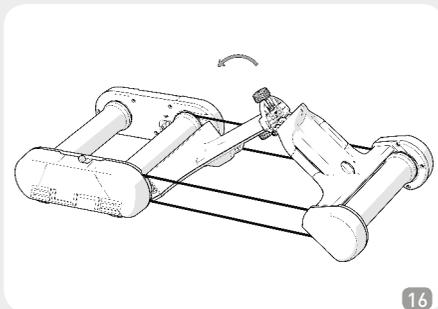
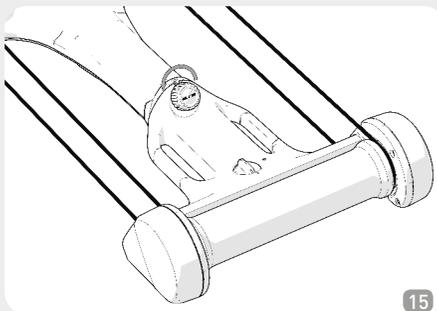
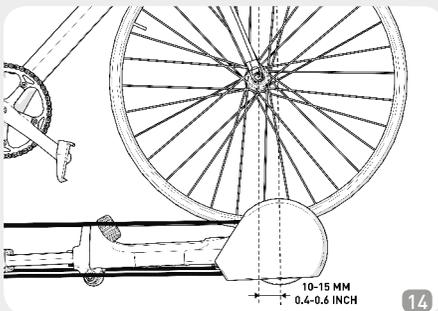
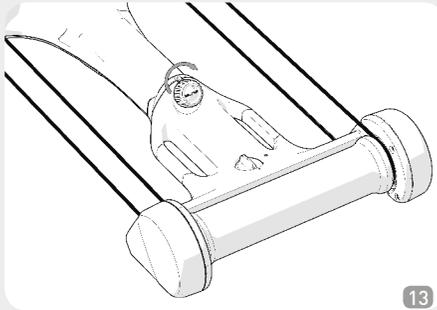
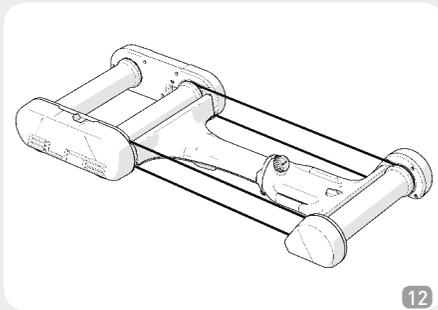
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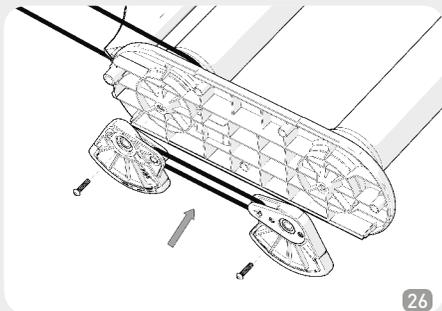
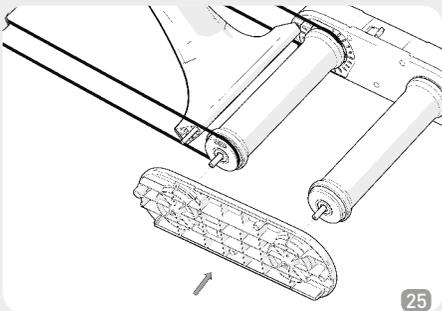
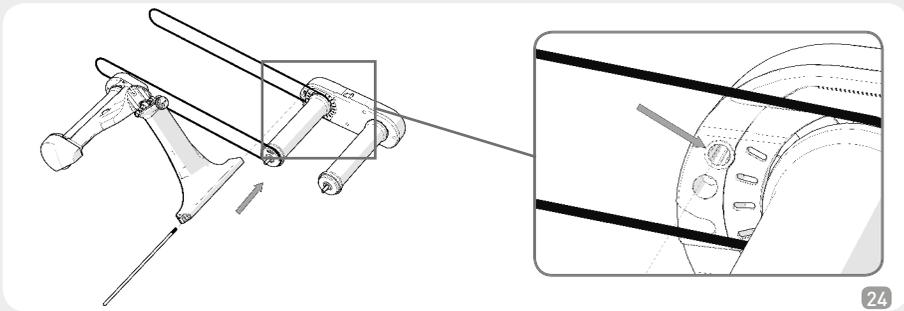
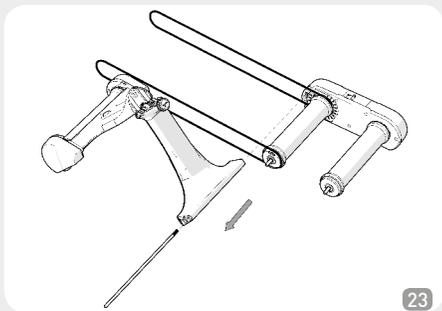
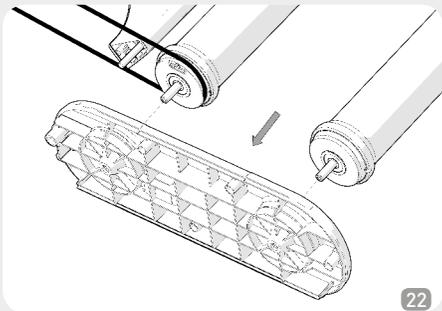
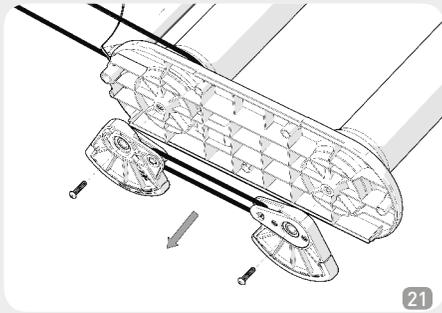
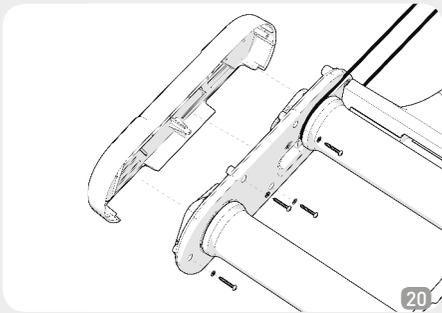


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Thank you for purchasing the Elite Quick-Motion

- The roller is a training tool enabling users to get into top shape for cycling.

Its incorporated magnetic resistance unit featuring three levels offers smoother and more even and gradual resistance which, together with the longitudinal oscillation system, ensures stability and incomparable ease of use suitable for any cycling training need.

- The rollers, of technopolymer material, are specially shaped to guarantee better control of pace.

- High quality cylindrical bearings ensure many years of trouble free and quiet operation.

- The frame of the Quick-Motion is very practical, light, manageable, easy to use and takes up little space.

- In fact, Quick-Motion has a foldable frame that reduces the utilized space by about half when stowed, making it also an excellent choice when being transported.



!CAUTION!



- **Please be careful when folding or unfolding the hometrainer to avoid injuries.**

- **The incorrect positioning of the bicycle on the hometrainer might damage the hometrainer.**

GENERAL SAFETY WARNINGS

Before using your trainer, carefully read the warnings listed below for your health and safety.

1. Before beginning a training programme, undergo a physical examination certifying good health.
2. Choose a training level compatible with your physical endurance and the status of your health.
3. When using the trainer, select a training program and adjust it so that it is compatible with your fitness level and health.
4. If you feel particularly fatigued or sore while exercising, stop using the trainer immediately and consult your doctor.

The above warnings are general and not exhaustive of all the precautions that should be taken for the proper and safe use of the trainer; which is solely the responsibility of the user.

DISCLAIMER

Elite S.r.l. is not liable for any temporary or permanent damage to the physical integrity of the user, whether direct or indirect, resulting from the use of the trainer.

NAME AND LIST OF COMPONENTS

FRONT ROLLER	1 Rif. A	REAR ROLLER	1 Rif. F
UPPER KNOB	1 Rif. B	FRONT COUNTER WHEELS	2 Rif. G
TRANSMISSION BELTS	2 Rif. C	LOWER KNOB	1 Rif. H
CENTRAL ROLLER	1 Rif. D	OSCILLATING WHEELS	4 Rif. I
CURSOR POSITIONS 1-2-3	1 Rif. E	SAFETY KNOB	1 Rif. L

ASSEMBLY

Your Quick-Motion roller should arrive fully assembled, checked and ready for use.

USE

- 1) Twist the safety switch (Ref. L) to the open position "I" (Pic. 1) .
- 2) Unfold the hometrainer to its open position (Pic. 2).
- 3) Place the belts (Ref. C) in their 2 front and rear housings, making sure the don't become jammed between the plastic parts (Pic. 3 – Pic.4 – Pic. 5).
- 4) Before completely unfolding the Quick-Motion, you must adjust the distance between rollers to make it compatible with your bicycle's frame. The adjusting process is conducted as follows:
 - measure the distance from center to center between the wheels of the bike being used on the Quick Motion (Pic. 6). This distance is designated as "X".
 - The hometrainer comes set at a "Y" wheelbase distance of 924mm (37 inches) between the wheels (Pic. 7) and can be adjusted for wheelbases up to 1144mm (45 inches). If your wheelbase is over 924mm (37 inches), use the lower knob (Ref. H) (Pic. 8) and extend the bar to the number closest to dimension "X" according to the graded scale (Pic. 9).



! CAUTION !



If the bicycle being used has a wheelbase greater than 1044mm, before using the product, the hometrainer must be opened gradually (until completely opened) to allow the belts to stretch naturally.

- 6) Lock the unit by using the upper knob (Ref. B) (Pic. 13).
- 7) The Quick-Motion is now ready for training sessions!



!CAUTION!



For your own safety, set the hometrainer at 10-15mm (0.4 - 0.6 inches) forward of the central axis of the front wheel (Pic. 14). Should the front wheel be positioned too far forward, it might fall out of the hometrainer.

- The incorrect positioning of the bicycle on the hometrainer might damage the hometrainer.

FOLDING THE QUICK MOTION

- 1) For ease of transport or to just reduce clutter when not in use, we suggest folding the frame (Pic. 10 and Pic. 9). Unlock the system by using the upper knob (Ref. B) (Pic. 15). Grab the Quick-Motion by the side of the front edges and fold the hometrainer (Pic. 16 and Pic. 17).



! CAUTION!



Do not unscrew the knob completely!

- Once the correct "X = Y" wheelbase is set, re-tighten the lower knob (Ref. H) (Pic. 10).
- 5) To unfold your Quick-Motion completely, grab the front handles with both hands and give a strong push downwards (Pic. 11 and Pic. 12).

**!CAUTION!**

- Do not unscrew the knob completely!
- To avoid injuries when folding the hometrainer, be careful of where your hands are placed.
- When transporting the hometrainer, the lower handle must be tightened completely to avoid losing it (Ref. H). Without the knob the wheelbase setting cannot be locked in place.

- Set the safety knob (Ref. L) to the "0" locking position (Pic. 18).

NOTE: The safety handle (Ref. L) only works when the wheelbase adjustment is set to the minimum distance.

2) The rollers work best with tyre that has a smooth tread. If using a mountain bike, to reduce noise and increase stability change the tyre for one with a slick tread.

3) For beginners, position the rollers in an entrance hall, in a doorway or near a stable object, in order to have a support while acquiring the necessary balance.

4) Make sure the Quick-Motion rests on a flat, stable surface.

5) The oscillating system guarantees maximum functionality on a hard surface.

6) The Quick-Motion has 3 resistance levels: "1" minimum resistance, "2" medium resistance, "3" maximum resistance (Fig.19). Select the required resistance level by shifting the slide to the required resistance value. On acquiring greater skill on the rollers, you can also use the bicycle's gears to vary the resistance level.

7) Start pedalling and look ahead, like riding on the road. Even if you would instinctively tend to look at the front wheel, you will keep better balance and pedal "in a straight line" if you concentrate on an object located 2.5 – 4 m. (10-15 feet) in front of you.

8) If you start leaning or shifting to one side of the rollers, correct your position with light steering movements. If you steer too much, you will lose balance or end up over the side of the rollers.

9) Maintaining a high and even pedalling rate will help you keep balance on the rollers, thanks to the gyroscopic effect of the speed of the wheels.

10) At first, pedalling on the rollers will give you the feeling of instability, and moving the handlebar too abruptly or pedalling at too strong a pace may make you lose control. This is the big advantage of the rollers compared to the standard training tools: the rollers will teach you reduce movement of the

upper part of your body and keep a smooth pedalling motion.

11) After gaining confidence with the Quick-Motion, you can vary the resistance level by moving the resistance slider to positions "2" (Fig. 16) or "3".(Fig. 17).

12) Do not use the bicycle brakes to stop. Place a foot on the Quick-Motion frame and allow the bicycle to come to a halt.

13) Do not use the bicycle brakes to stop. Just place your foot above the rear plate opposite the resistance cursor (Ref. E) of the Quick-Motion until the bicycle comes to a halt.

NOTE: to change wheelbase, unfold the roller and loosen the transmission belt by pulling it out.

**!CAUTION!**

- Before each use, make sure the belts are properly placed in their housings at edges of the rollers. Using the product when the belts are not properly positioned might damage both the belts and the hometrainer.

- When using the hometrainer for prolonged periods of time with bigger bikes or with wheelbases greater than 1044mm, the correct transmission of the belt might not be guaranteed if it's later used with smaller bikes or with wheelbases smaller than 1044mm. The installation of new transmission belts may be required.

CARE AND MAINTENANCE

1) Prolonged exposure to direct sunlight can cause deformation of the technopolymer rollers. Do not use or keep the rollers in places where they are exposed to direct sunlight.

2) Always clean the rollers after use. Only use a damp cloth. Do not use solvents or harsh detergents.

3) If the Quick-Motion is not going to be used for a prolonged period, release the drive belt, bringing it out of its seat, or close it, otherwise the belt's tension could cause early loss of transmission efficiency.

4) The coupled bearings on the roller do not require lubrication and are practically maintenance-free.

5) Periodically check the roller clamping screws, make sure that they are still tight but not so tight as to damage the plastic frame.

6) In case of wear or breakage of the drive belt, re-

place it by proceeding as follows:

- make sure the belts are not tensioned;
- unscrew the screws from the rear left shell, opposite the cursor (Ref. E) (Pic. 20);
- unscrew the wheel block (Ref. I) (Pic. 21);
- remove the internal shell (Pic. 22);
- remove the front block and the rotating spindle (Pic. 23);
- it is now possible to replace the worn-out belt;
- assemble the front body and make sure to place the spindle correctly (Pic. 24);
- assemble the internal shell (Pic. 25);
- assemble the oscillating block (Pic. 26);
- assemble the external shell (Pic. 20).



!CAUTION!



- Make sure belts are correctly positioned before beginning training (Pic. 3 - Pic. 4 - Pic. 5).

7) When beginning or ending your training session, make sure that your feet, the pedals or the wheels do come in contact with the transmission belts.

IMPORTANT

- 1) Read and follow the enclosed instructions.
- 2) Keep people, children and animals away from the roller during use, since the moving and rotating parts of the roller and the bicycle can cause damage in case of contact.
- 3) Before starting training, position the trainer in a dry place, away from potentially hazardous objects (furniture, tables, chairs, etc.) in order to avoid any risk of inadvertent or accidental contact with them.
- 4) When beginning or ending your training session, make sure that your feet, the pedals or the wheels do come in contact with the transmission belts. Please use the original hometrainer box if you need to ship it for assistance and / or repairs. Any damage caused by the use of other packing methods is not covered under the warranty.

NOTE: Please check with ELITE, its distributor or retailer before shipping the hometrainer or one of its components. Shipments without approval will be rejected.

Technical assistance:

Phone 0039 049 5940044
e-mail: info@elite-it.com

INFORMATION ON PRODUCT DISPOSAL

1) WITHIN THE EUROPEAN UNION



This product conforms with European Directives 2002/95/CE, 2002/96/CE and 2003/108/CE.

The crossed bin symbol given on the equipment or on the packaging indicates that at the end of its service life the product must be collected separately from other waste.

Therefore at the end of its useful life the user must take the equipment to an appropriate centre for the differentiated collection of electronic and electrotechnical waste, or return it to the dealer when purchasing a new product of equivalent type.

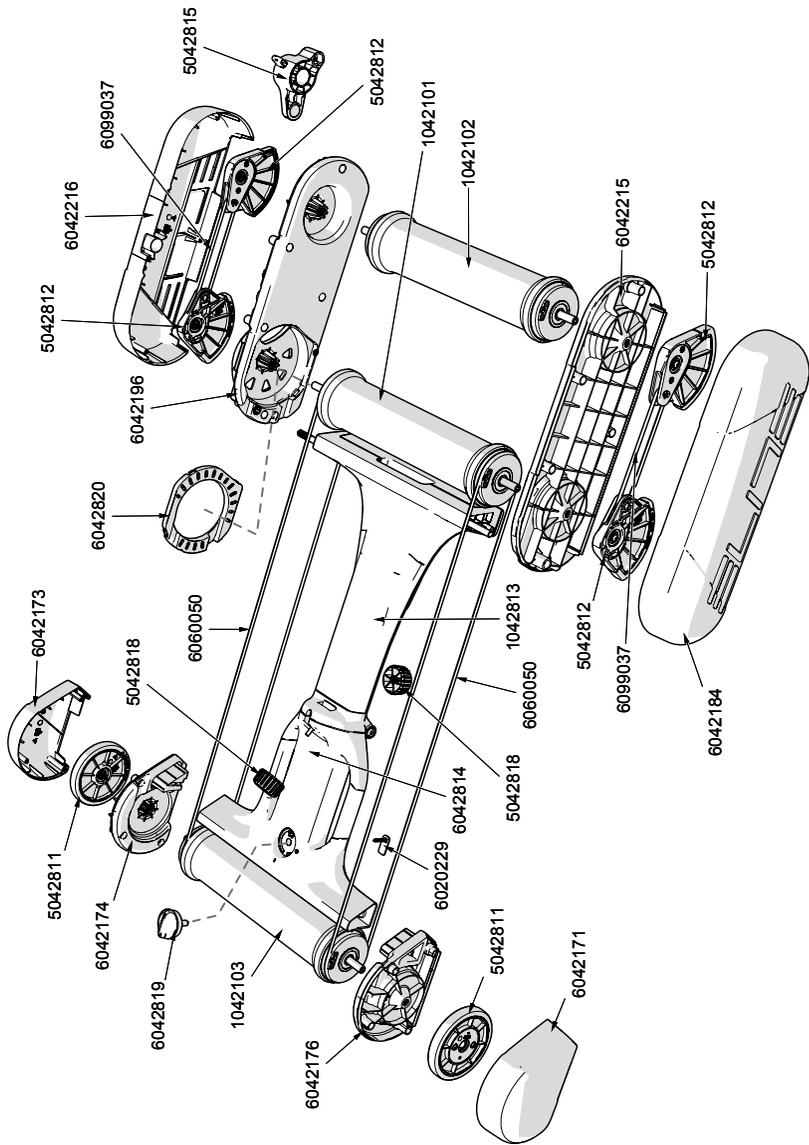
Adequate differentiated collection for subsequent sending of the scrapped equipment to recycling, treatment and environmentally-friendly disposal can help prevent possible negative consequences for the environment and the health of people and favours the reuse and/or recycling of the materials from which the equipment is made.

Improper disposal of the product by the user could involve penalties as specified by the regulations in force.

2) IN NON-EU COUNTRIES

If you want to dispose of this product, please contact your local authorities and ask them what disposal method applies.

CODE 0162001



1. In accordo al DL n. 24, del 02/02/2002 e alla direttiva CE 1999/44, ELITE s.r.l. garantisce il proprio prodotto e i materiali impiegati per un periodo di due (2) anni dalla data di acquisto dello stesso.

2. Esclusione della garanzia: per cause diverse da quelle imputabili al costruttore, quali ad esempio negligenza o trascuratezza nell'uso, urti, manutenzioni operate da personale non autorizzato, danni di trasporto, normale usura. Determinano, inoltre, l'esclusione dalla garanzia: l'uso non appropriato allo scopo per cui è stato realizzato il prodotto e l'installazione dello stesso non conforme alle istruzioni fornite da ELITE s.r.l., per i quali, in ogni caso, si declina qualsiasi responsabilità per eventuali danni che ne possano direttamente od indirettamente derivare.

3. Per i prodotti riparati o sostituiti presso la Casa Costruttrice o presso uno dei suoi Centri Assistenza, ELITE s.r.l. non è responsabile di eventuali smarrimenti o danneggiamenti che avvengano durante il trasporto degli stessi.

4. Per usufruire del servizio di garanzia è necessario compilare attentamente, e per intero, la "CARTA DI ASSISTENZA AL CLIENTE" e di allegarla, assieme ad una copia dello scontrino fiscale o altro documento probante rilasciato dal venditore, che riporti il nominativo dello stesso e la data in cui è stata effettuata la vendita, all'eventuale reso. La mancanza di uno dei suddetti documenti determina l'esclusione dalle condizioni di garanzia.

5. Tutte le informazioni fornite dal consumatore e riportate nella "Carta di assistenza al cliente" verranno trattate in accordo alla norma di cui alla legge 31/12/1996 n°675.

6. Qualora, tra la documentazione allegata al prodotto, sia presente un disegno del prodotto in oggetto, indicare le parti difettose o malfunzionanti oggetto del reclamo contrassegnando con una croce i bollini numerati presenti sul disegno. Allegare quindi il disegno alla "CARTA DI ASSISTENZA AL CLIENTE".

7. ELITE s.r.l. si riserva il diritto di apportare modifiche tecniche ed estetiche ai propri prodotti senza alcun obbligo di preavviso.

2. Von dem Garantieanspruch ausgeschlossen sind Schäden, die dem Hersteller nicht zuschreiben sind, wie z. B. Fahrlässigkeit und Nachlässigkeit bei der Bedienung und unsachgemässe Behandlung; Schäden, die durch Stösse verursacht werden oder infolge von Wartungsarbeiten auftreten, die von nicht autorisiertem Personal durchgeführt wurden; Transportschäden; normaler Verschleiss. Der Gewährleistungsanspruch verfällt, wenn der Einsatz des Produktes nicht dem Zwecke dient, wofür es hergestellt wurde, und dessen Installation nicht gemäss den Anleitungen von ELITE srl durchgeführt wurde, wofür in jedem Falle jegliche Verantwortung für eventuelle Schäden, die direkt oder indirekt entstehen könnten, abgelehnt wird.

3. ELITE srl ist für den Verlust oder die Beschädigung der Produkte während des Transportes zur Herstellerfirma oder zu einer von ihr eingerichteten Kundendienststelle, wo die Produkte repariert bzw. ersetzt werden, nicht verantwortlich.

4. Die Garantie darf nur beansprucht werden, wenn die "KUNDENDIENSTKARTE" sorgfältig in allen ihren Teilen ausgefüllt und der eventuellen Retourware beigegeben wird – zusammen mit dem Kassabegab, der Rechnung oder sonstiger Quittung, die vom Verkäufer ausgestellt wurde (darauf müssen Name und Anschrift des Verkäufers sowie das Anschaffungsdatum klar ersichtlich sein). Fehlt eines der hier angeführten Dokumente, verfällt der Garantieanspruch.

5. Alle vom Konsumenten auf der "Kundendienstkarte" angeführten Informationen werden laut den im Gesetz Nr. 675 vom 31.12.1996 festgeschriebenen Normen behandelt.

6. Für den Fall, daß die dem Produkt beiliegende Dokumentation eine Zeichnung des Produktes umfasst, sind die fehlerhaften oder nicht funktionierenden Bestandteile, die Gegenstand der Reklamation sind, zu kennzeichnen, indem die nummerierten Kreise auf der Zeichnung entsprechend angekreuzt werden. Die Zeichnung ist dann der "KUNDENDIENSTKARTE" beizugeben.

7. ELITE srl behält sich das Recht vor, die eigenen Produkte - ohne Vorankündigung - technisch und optisch zu verbessern.

1. In accordance with the law no. 24 of 02/02/2002 and CE directive 1999/44, ELITE s.r.l. guarantees its products and the components used for a period of two (2) years from the date of purchase.

2. Warranty is void for defects caused by reasons not chargeable to the manufacturer such as negligence or carelessness whilst using the product, impacts, maintenance done by non-authorized personnel, damage caused by transportation, normal wear. Additionally, warranty is void in case of improper use of the product, wrong observation of instruction, especially the notice concerning installation and use supplied by ELITE s.r.l. for which in any case it is not responsible for eventual direct or indirect damages.

3. In case of repaired or replaced product done by the Factory or in one of its authorized Service Centers, ELITE s.r.l. is not responsible for any loss or damage during transportation.

4. To take advantage of the warranty service it is necessary to carefully fill in all its parts the "CUSTOMER ASSISTANCE CARD" which needs to accompany, along with the fiscal receipt or other document issued by the Seller which bears the name of the Seller and date selling, the eventual returned product. Warranty is void in case one of these documents are missing.

5. All the information supplied by the Purchaser on the "CUSTOMER ASSISTANCE CARD" will be handled in accordance with the rules of the law no. 675 of 31/12/1996.

6. In case there is, along with the documentation supplied with the product, a technical drawing of the product itself, indicate the defective or malfunctioning part by signing on the correspondent number. The drawing needs to be attached to the "CUSTOMER ASSISTANCE CARD".

7. ELITE s.r.l. reserves the right to apply technical and aesthetic modifications to its products without obligation of notice.

1. Dans le respect des normatives de la Communauté Européennes, ELITE s.r.l. garantit les propres produits et les matériaux employés pour une période de deux ans (2) à partir de la date d'achat de celui-ci.

2. Exclusions de la garantie: les défauts des produits ELITE S.r.l. créés par des causes diverses de celles imputables au constructeur, comme par exemple la négligence ou le mauvais traitement du produit durant son utilisation, chocs, opérations de manutention effectuées par des personnes non autorisées, transport, usure normale. Déterminent également l'exclusion de la garantie : l'utilisation non appropriée à la destination pour laquelle le produit a été réalisé et une installation non conforme aux instructions fournies par ELITE s.r.l., et pour lesquels de toute manière, l'on décline toute responsabilité pour d'éventuels dommages qui peuvent en dériver directement ou indirectement.

3. Pour les produits réparés ou remplacés par le fabricant ou par un de ses Centres d'Assistance, ELITE s.r.l. n'est pas responsable n'est de pertes éventuelles ou dommages intervenus durant le transport.

4. Pour bénéficier du service de garantie, il est nécessaire de remplir complètement et avec précision, la "BON DE GARANTIE DU CLIENT" et de le joindre au produit rendu, avec une copie du reçu de caisse ou tout autre document relié par le vendeur, indiquant le nom de ce dernier et la date à laquelle a été effectuée la vente. L'absence de l'un de ces documents déterminera l'exclusion des conditions de garantie.

5. Toutes les informations fournies par l'utilisateur et reportées sur le « bon de garantie du client » seront traitées en plein accord avec les normes indiquées par la loi du 31/12/1996 n°675.

6. Si par hasard, dans la documentation jointe au produit rendu, était présent un dessin figurant le produit en objet, indiquer les parties défectueuses ou qui ne fonctionnent pas bien et qui font objet de la réclamation, indiquant avec une croix les bulles numérotées présentes sur le dessin. Joindre le dessin au "BON DE GARANTIE DU CLIENT".

7. ELITE s.r.l. se réserve le droit d'apporter des modifications techniques ou esthétiques à ses propres produits sans aucune obligation de préavis.

1. Firma ELITE srl garantiert - gemäß Gesetzesverordnung Nr. 24 vom 02.02.2002 und EG-Richtlinie 1999/44- das eigene Produkt und die für die Herstellung desselben verwendeten Materialien für einen Zeitraum von zwei Jahren ab Anschaffungsdatum.



ELITE

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