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SUITO-T, ELITE'S CASSETTE-FREE SUITO

Suito is among Elite's most beloved interactive indoor cycling home trainers as it's compact, stable and interactive.
Suito-T is the Elite's sprocket cassette-free Suito trainer, powerful, compatible with various bicycle models, and easy to store and transport thanks to its reduced size and compact structure. The ideal home trainer to keep around the house as it always ensures reduced clutter.

Suito-T connects to any indoor cycling software and app for a fun and realistic workout experience as it automatically simulates gradients up to 15%.

COMPACT, LIKE NO OTHER HOME TRAINER

The main feature in the **Suito-T** trainer is its **extremely compact design**, which is at the core of itsgreat compatibility with almost all bicycle models on the market.
Consisting in **two steel side sections**, this home trainer boasts a slim, sleek and thin profile, like no other home trainer. It's ideal to easily store your home trainer anywhere in your house after each use, without having to worry about occupying too much space in your house or gym.



STURDY AND STABLE, PRE-INSTALLED LEGS

On the strength of the incredibly robust design given by its **solid steel structure**, **Suito-T** is a home trainer created to remain steady even during the most energetic threshold workouts by ensuring **great stability**, durability and **no skipping** even during the most intense sprints.

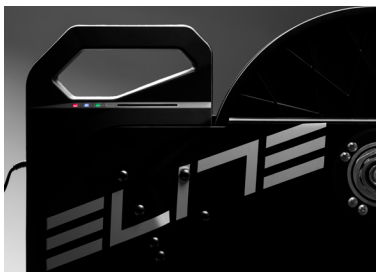
Its **structurally-enhanced belt**, **wider base** and **height-adjustable feet** (perfect to find balance on every surface) contribute to the incredible stability of the home trainer.

To allow greater comfort in setting up your pain cave, the home trainer's legs are pre-installed. Just set them correctly to trigger the practical **automatic lock** mechanism.
As a procedure it's much easier and quicker than the regular removing of the screws.



EASY TO CARRY IT WITH YOU, SAFELY STORED CABLES

Suito-T also features a **practical integrated handle** so you can transport the home trainer in an easy and balanced way anytime, indoors or outdoors.
There is also an area in the rear for the **power supply cord** that protects the connectors and prevents any accidental disconnection.

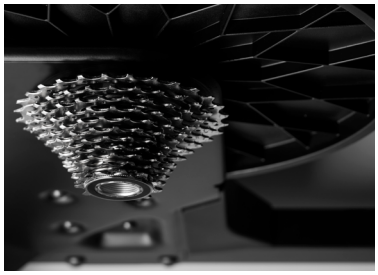


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MAX COMPATIBILITY

This trainer features a new structure which is perfect to house derailleurs with long cages that feature greater capacity on **bigger 12-speed sprocket sets**.
This is how the **Suito-T** is compatible with 9/10/11 speed Shimano® and 12 speed Shimano® road, 12 speed Shimano® MTB (with Micro Spline freehub body, cod. 1014315), 9/10/11/12 speed Campagnolo (with freehub cod. 1014233), 12 speed SRAM NX with Shimano® compatible hub, 12 speed SRAM (XD/XDR freehub cod. 1014279).
Specific freehub bodies for compatibility with Campagnolo®, SRAM® XD/XDR and Shimano® MICRO SPLINE are available on shopelite-it.com.
Suito-T is ideal for bicycles with **130 to 135mm** hubs and **5mm diameter QR** quick clamping system and with bicycles with **142mm thru-axle with 12mm diameter**.
Adapters are included.
The adapter for bicycles with **148x12mm thru-axle (Boost),157x12 mm (Super Boost)** and adapters for bicycles with **135x10mm thru-axle and 12mm** are available as accessories.



PERFORMANCE IS KEY

Suito-T automatically adjusts resistance, simulating **slopes up to 15%**, a percentage that places it among Elite's most performing home trainers, even under the most demanding training sessions.

ADVANCED FUNCTIONS:
CARDIO AND CADENCE BRIDGE FUNCTION

Connect your **heart rate monitor or cadence sensor** directly to your smart trainer while using training software.
Your trainer acts as a bridge, receiving data from the sensors and transmitting it simultaneously to the software. This is particularly handy for platforms like **Apple TV**, which can only handle two Bluetooth® Smart sensors at a time.

ALSO WORKS WITH ZWIFT COG AND CLICK

Suito-T is also ready to connect with the **Zwift Cog and Click**, unlocking the full virtual shifting experience on Zwift.

Just remove the cassette you use with other apps and replace it with the **Zwift Cog**.

Compatible with most 8- to 12-speed drivetrains, the Cog adds versatility to your **trainer**, making it easy to switch bikes without compatibility concerns.

The **Zwift Click**, which mounts to any handlebar, lets you control resistance and shift across 24 virtual gears.

Check the **How-To** video in our Video section to see how to remove your cassette and install the **Zwift Cog**.

You can get **€20 / £20 / $20** off the **Cog and Click Upgrade Pack** here:

EU

UK

US

AGILE SUPERTUCK

Supertuck lets your smart trainer **quickly reset power data when you stop pedaling**.
In this way, Zwift can instantly detect pedal inactivity, activating the **supertuck aerodynamic position for your avatar** without delay.



"EASY START" FUNCTION

When you briefly stop pedaling in high-wattage ERG mode, this function makes it easier to **resume the interval**.
Your trainer will automatically reset the resistance, giving you a few seconds to get back into the groove and **regain your cadence** before returning to your chosen resistance level.

ACCURATE THANKS TO THE PML

The electronically managed magnetic resistance unit of the **Suito-T** covers a wide power interval with **± 2,5% accuracy**.
You can also activate the **Power Meter Link (PML)**, a Suito function that uses an ergometer already on your bicycle as a power source.
If the PML is activated, the home trainer will align resistance to the power level measured by the ergometer.
You can enable or disable the PML via the Elite My E-Training software.

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HOW TO MAINTAIN HOME TRAINER ACCURACY UNALTERED OVER TIME

Use **Suito-T** to workout with ever-constant power calculation accuracy levels over time.
Periodically conduct the **spindown**, a calibration procedure for the home trainer to take into account all frictions that affect brake accuracy over time and compensate their effect on the resistance generated by the home trainer.
The increase in temperature due to power output and brake friction is one of the factors affecting brake accuracy.
To deal with this variable and therefore ensure even more accuracy over time **Suito-T** features a **temperature compensation algorithm** that compensates variations due to brake overheating and considers this **data when calculating power**.

TRAINING FREEDOM, ANYTIME AND ANYWHERE

By updating your trainer's firmware via Upgrado, **Suito(-T)** will also offer two convenient **stand-alone modes**, ideal for training in any environment, even without a connection or power source.

With power but no connection: Pre-set a gradient value of up to **+24%** using the My E-Training app. Once set, the trainer will keep this value even when disconnected from the app.

Without power or connection: Select the desired resistance level **(from 1 to 16)** on the app beforehand. The trainer will use this setting during your workout.
Discover how to enable stand-alone mode by visiting our Knowledge Base.

TRAIN ON MY E-TRAINING

Anyone purchasing a **Suito-T** will get a **free 12-month subscription to the My E-Training software**, available both on desktop and mobile.
As with all our direct transmission home trainers, **Suito-T** falls within the range of **ANT+™ FE-C & Bluetooth** interactive home trainers, interacting with any app, software, computer and device (smartphone and tablet) via iOS, Android, MacOS and Windows.
Just load your favorite software, select your home trainer among the connected devices and start working out right away.
Suito-T can be managed via Elite's **My E-Training** software and **Zwift** but also with all other indoor cycling platforms such as **TrainerRoad**, **Kinomap**, **Rouvy** and many more.



SENSORLESS CADENCE

All home trainers by Elite immediately send power, speed and cadence data, thus becoming effective instruments to plan an accurate training program and faithfully replicate pedalling on the road.
Cadence measurement is done via the practical sensorless technology - that is with no sensors on the bicycle - and is calculated on the Suito as a function of speed variations.

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FEATURES

HOME TRAINER TYPE	Interactive direct transmission home trainer
SPROCKET CASSETTE	Not included
POWER METER	No
ACCURACY	±2,5%
MAX SLOPE SIMULATED	15%
MAX POWER	730 Watt (20km/h) - 1900 Watt (40km/h)
WIRELESS COMMUNICATION	ANT+™ (FE-C, Power, Speed&Cadence) and Bluetooth® (Zwift Protocol – after a firmware update, FTMS, Power and Speed&Cadence)
CONTROL VIA	Smartphone, tablet, bike computer, sports watches, Windows and Mac. Computer ANT+™ and/or Bluetooth
FIRMWARE UPDATE CAPABILITY	Yes
RIZER COMPATIBLE	Yes
SQUARE COMPATIBLE	Yes
COMPATIBLE WITH	My E-Training software & app Zwift, Trainer Road, Kinomap and more
OUTPUT	Power, speed and cadence
FLYWHEEL	3,5 kg / 7,71 lbs
FRONT WHEEL SUPPORT	Included
BIKE COMPATIBILITY	Road bikes, gravel bikes, mountain bikes, and city bikes. Compatible with Elite's Square smart frame and Zwift Ride (when using the Zwift Cog).
	Included adapters for: Quick release Ø 5x130-135 Thru-axle Ø 12x142
	Adapters available* for: Thru-axle Ø 10x135-12x135 (cod. 1014306) Specialized SCS Ø 12x135 (cod. 1014087) Boost Ø 12x148 (cod. 1014303) Super Boost Ø 12x157 (cod. 1014346) *available on www.shopelite-it.com
CASSETTE COMPATIBILITY (freehub included)	Shimano®/SRAM 9/10/11 speed Shimano® 12 speed road SRAM SX 12 speed SRAM NX 12 speed
	Zwift Cog (Replace your cassette with the Zwift Cog to unlock virtual shifting features offered by the Zwift Click).
FREEHUBS AVAILABLE*	Shimano Micro Spline (cod. 1014315) Campagnolo (cod. 1014233) SRAM XD/XDR (cod. 1014279) *available on www.shopelite-it.com
CONNECTION INDICATOR	Power source, ANT+ and Bluetooth (3 LED lights)
INCLUDES	12-month free subscription to My E-Training software & app

SPECIFICATIONS

POWER SUPPLY DATA	Input 100-240 volts 50-60 hz 0,6A - output 12 volts 1,5A
OPEN SIZE (L x W x H)	560 x 560 x 495 mm / 22,04" x 22,04" x 19,50"
CLOSED (L x W x H)	560 x 150 x 495 mm / 22,04" x 5,90" x 19,50"
WEIGHT	14,5 Kg / 31,97 lbs
MAX LOAD	110 kg / 242,50 lbs