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DIRETO XR-T, ELITE'S TOP/LEVEL HOME TRAINER WITHOUT THE CASSETTE

The **Direto XR-T** is one of Elite's **flagship smart trainers**: precise, robust, and reliable, compatible with a **wide range of bike models**. Equipped with an **integrated OTS power meter** that ensures **1.5% accuracy**, the **Direto XR-T** stands out as a **top-tier trainer**, delivering an **exceptionally smooth pedaling experience** and **ultra-realistic gradient simulation**, capable of replicating climbs of up to an impressive **24%**.

Thanks to its **"Easy Start"** feature, which simplifies resuming intervals in **ERG mode** after a pause at high wattage, **connectivity** with heart rate monitors and cadence sensors, **enhanced stability of power data** in ERG mode, and **smoother data visualization**, the **Direto XR-T** ranks among the **best smart trainers** in the Elite ecosystem.

By updating the firmware via **Upgrado**, the **Direto XR-T** also becomes compatible with all of **Zwift's virtual shifting features**. Simply mount or replace your cassette with the **Zwift Cog** and install the **Zwift Click** on your handlebars to unlock the **full training potential** of the **world's most popular indoor cycling platform**.

WHAT'S THE DIFFERENCE BETWEEN THE DIRETO XR AND DIRETO XR-T?

The **Direto XR** and **Direto XR-T** are identical trainers with the same technical specifications, both structurally and electronically.
What sets them apart is the cassette, which is **included with the Direto XR** but **not with the Direto XR-T**.
With a **firmware update** and the installation of **Zwift's Cog**, both models are compatible with **Zwift Click**'s virtual shifting functionality.

HIGH PRECISION WITH INTEGRATED OTS

The **Direto XR** and **Direto XR-T** are among the most **accurate smart trainers** in the Elite lineup, thanks to the **integrated OTS (Optical Torque Sensor)**.
This advanced tool directly measures the power output during your workouts, delivering an impressive **±1.5% accuracy**, placing them among the **top-performing trainers** on the market for precision and performance.

SIMULATES STEEPEST CLIMBS

The **Direto XR(-T)** is an **interactive smart trainer**, capable of automatically adjusting resistance as you ride. With an **upgraded flywheel** compared to previous Direto models, the **Direto XR(-T)** can simulate gradients of up to an astonishing **24%**.

For an even more **immersive experience**, the **Direto XR** and **XR-T** are fully compatible with the **Rizer**, Elite's incline simulator with integrated steering. The Rizer automatically moves your bike frame, offering the **authentic feel** of tackling climbs and descents.
Add it to your setup to relive the thrill of conquering the **Stelvio Pass** or the legendary **Mont Ventoux**!

ALWAYS SILENT WORKOUTS

Elite's Research and Development team has optimized the internal mechanics of the **Direto XR-T**, making it **incredibly quiet**.

Thanks to its **direct drive system**, where the rear wheel is removed and the chain connects directly to the cassette, the **Direto XR(-T)** ranks among the **quietest smart trainers** on the market: the only sound you'll hear is the chain as you shift gears. The perfect choice for **training in peace and comfort**.



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WORKS SEAMLESSLY WITH ZWIFT COG AND CLICK

With the latest **firmware update on Upgrado**, your **Direto XR(-T)** is ready to connect to **Zwift Click**, unlocking virtual shifting for a smoother, quieter, and more immersive training experience.

It's easy to set up—simply remove the cassette you use with other software and replace it with the **Zwift Cog**.

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

EU

UK

US



SUPERTUCK AGILITY ON ZWIFT

The **high-speed data reading** from the power meter allows for a **quick transition** into the Supertuck position during Zwift races.
The trainer immediately detects when you stop pedaling, enabling Zwift to **seamlessly activate the Supertuck position** for your avatar.



"EASY START" FEATURE

The **"Easy Start"** function makes it easier to resume intervals after briefly stopping pedaling in **ERG mode at high wattages**.
This feature automatically reduces the trainer's resistance to zero when you stop pedaling, giving you a few seconds to regain your cadence before the selected resistance is reapplied.

BRIDGE FUNCTION FOR CADENCE SENSORS AND HEART RATE MONITORS

With a **firmware update**, the **Bridge function** allows you to connect a **cadence sensor** or a **heart rate monitor** while using training software. The data is transmitted via standard protocols like **FE-C ANT+** and **FTMS BLE**.

The **Direto XR(-T)** can also create a **virtual heart rate band** if you're using software that isn't compatible with your heart rate monitor's protocol (e.g., if you have an ANT+ monitor but are using a Bluetooth-only program or device). The trainer will **convert ANT+ data into Bluetooth**, transmitting it instantly to your app or device.

NEW BRAKE MANAGEMENT IN ERG MODE

This feature is designed to provide **maximum stability** for power data in **ERG mode**.
The brake's responsiveness and feedback are perfectly synchronized with the training software, eliminating any oscillations. The brake response is therefore improved to instantly reach the **desired power output**.

POWER SMOOTHING

The **Power Smoothing** feature is designed to provide **optimized power data visualization** in both **ERG mode** and **Simulation mode**.
With Power Smoothing, you can choose from **four data display modes**, allowing you to select the level of adjustment and smoothing for your power graph.

SENSORLESS CADENCE MEASUREMENT

Cadence is measured using a convenient **sensorless technology**, meaning no additional sensors are needed on your bike. For the Direto XR-T, this is based on a **sophisticated analysis of the power output** measured by the **integrated OTS power meter**.

TRAIN FREELY, WHEREVER YOU ARE

By updating your trainer's firmware via Upgrado, **Direto XR(-T)** will also let you choose between two **stand-alone modes**, perfect for flexible training anywhere, even without a software connection or electrical power.

With power but no connection: Set a gradient value of up to **+24%** using the My E-Training app. The trainer will maintain this setting even after disconnecting the app.
Without power or connection: Adjust the brake resistance level (**from 1 to 16 levels**) on the My E-Training app before heading out.

Find the instructions to activate stand-alone mode in our Knowledge Base.

MAXIMUM COMPATIBILITY WITH ALL BIKES

The **Direto XR-T** is one of the most **versatile smart trainers** on the market, ideal for **road**, **gravel**, **and mountain bikes** with hubs of **130-135x5mm quick release** and **142x12mm thru-axle**.
On www.shopelite-it.com, you can find adapters for compatibility with **135x10-12mm** (code 1014306), **Boost 148x12mm** (code 1014303), and **Super Boost 157x12mm** (code 1014346).

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With its new design, the trainer can accommodate **long cage derailleurs**, supporting cassettes with up to **12 speeds**. It's compatible with **Shimano 9/10/11-speed** and **Shimano 12-speed road**, Shimano **12-speed MTB** (with Micro Spline freehub body, code 1014315), **Campagnolo 9/10/11/12-speed** (with freehub body, code 1014233), **SRAM NX 12-speed** with Shimano freehub, and **SRAM 12-speed** (with XD/XDR freehub, code 1014279).
Specific freehub bodies for Campagnolo, SRAM XD/XDR, SRAM NX 12-speed, and Shimano® 12-speed Micro Spline are available on www.shopelite-it.com.



USE IT WITH ALL INDOOR CYCLING SOFTWARE

Like all Elite direct-drive trainers, the **Direto XR-T** is fully interactive, communicating with all cycling software via **ANT+™ FE-C** and **Bluetooth**.
This means **seamless interaction** with all apps and software on **iOS**, **Android**, **MacOS**, and **Windows**. Anytime, anywhere, you can simply set up your route or training program and start pedaling. The Direto XR-T will handle the rest, automatically adjusting resistance and managing your training to fit your needs.
The trainer can be managed with Elite's **My E-Training software**, available for free for 12 months, or with other indoor cycling platforms such as **Zwift**, **MyWhoosh**, **Rouvy**, **Kinomap** and many more.

THE SECRET TO A PERFECT PEDAL STROKE

The **Direto XR(-T)** offers the **Pedaling Analysis** feature through the **My E-Training software**, allowing you to monitor your power output at **24 points** throughout the entire pedal stroke. Using two distinct graphs, you can analyze power variation, pedal coordination, smoothness, and mechanical efficiency to optimize your performance with precision, both indoors and outdoors.
This feature is available for purchase directly within Elite's **My E-Training** software. An active My E-Training subscription is required to use it.

STABLE, EASY TO TRANSPORT, AND INCLUDES FRONT WHEEL SUPPORT

The **Direto XR-T** is not only **precise** but also **robust**, making it easy to use, transport, and store after your workouts thanks to its **foldable legs**.
Adjustable **anti-slip** feet ensure the bike remains perfectly vertical even on uneven floors.
Included in the box is the **Elite Riser Block** for the front wheel, designed to help you find the most comfortable position during training.



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FEATURES

HOME TRAINER TYPE	Interactive direct transmission home trainer
SPROCKET CASSETTE	Not included
POWER METER	Integrated OTS (Optical Torque Sensor)
ACCURACY	±1,5%
MAX SLOPE SIMULATED	24%
MAX POWER	1100 Watt (20km/h) - 2300 Watt (40km/h)
WIRELESS COMMUNICATION	ANT+™ (FE-C, Power, Speed&Cadence) and Bluetooth (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	5 kg / 11,02 lbs
FRONT WHEEL SUPPORT	Included
BIKE COMPATIBILITY	Road, Gravel, Mountain and city bikes.
	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 enabled by the Zwift Click: Shop now)
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 - Output 12 volts 1,5A
OPEN SIZE (L x W x H)	650 x 830 x 560 mm / 25,60" x 32,70" x 22,04"
CLOSED (L x W x H)	650 x 300 x 560 mm / 25,60" x 11,82" x 22,04"
WEIGHT	15 Kg / 33,07 lbs
MAX LOAD	110 kg / 242,50 lbs