

SUITO

INTERACTIVE TRAINER

ELITE
CHANGE YOUR RIDE

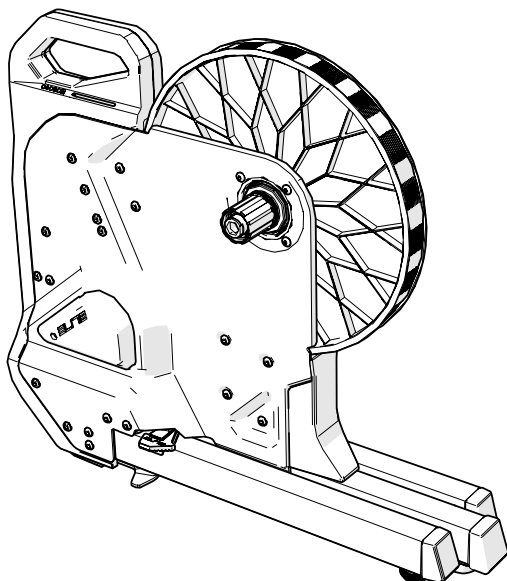
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不包括飞轮 - CASSETTE NOT INCLUDED



A



B



x2

C



D



E



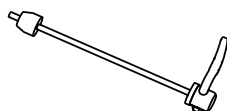
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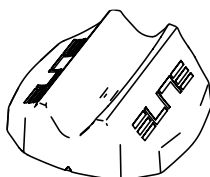
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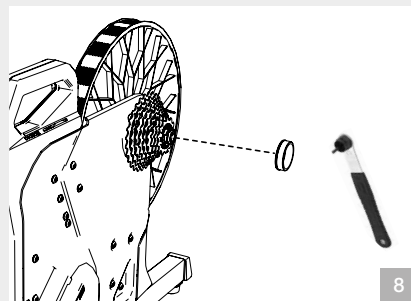
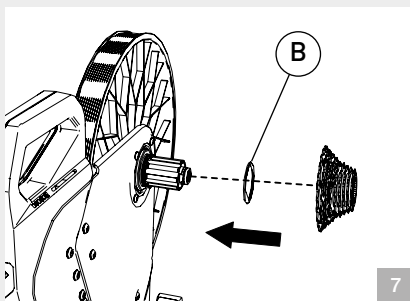
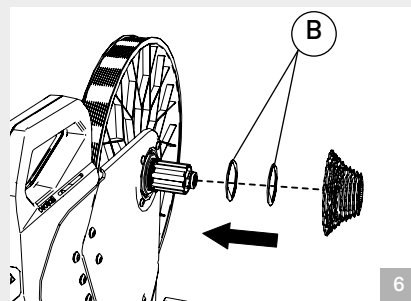
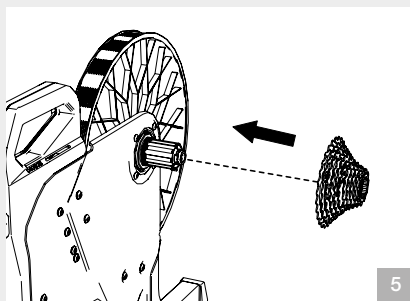
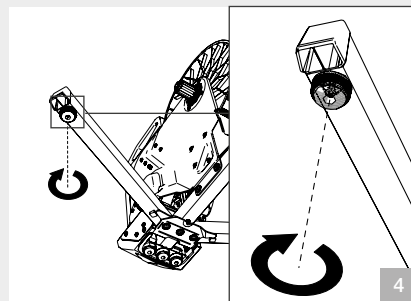
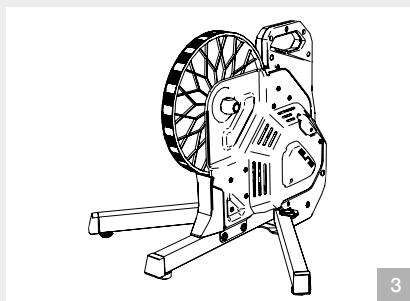
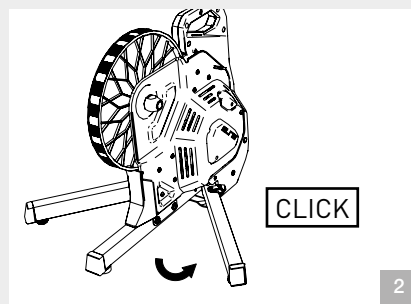
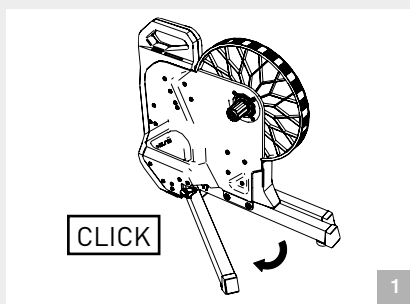


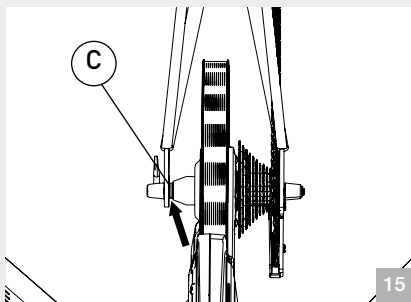
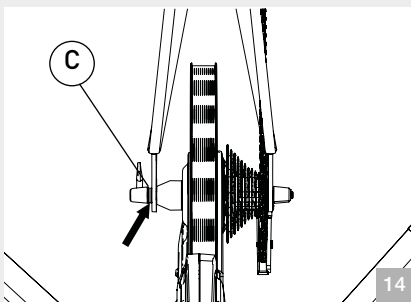
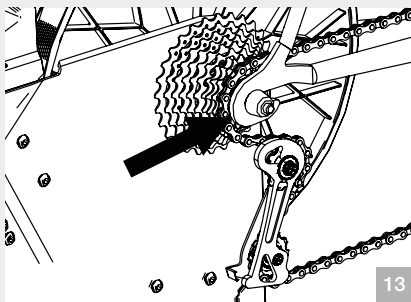
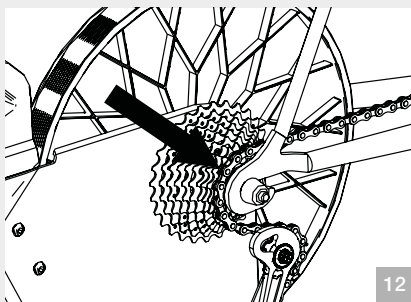
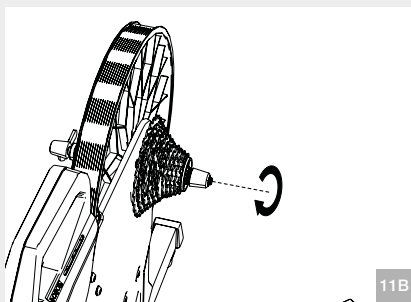
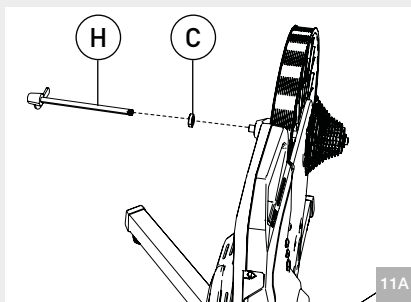
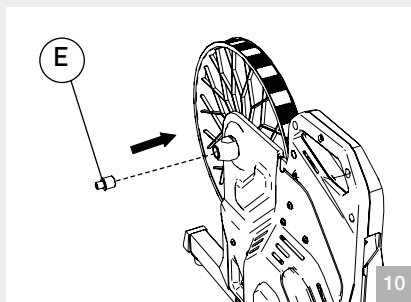
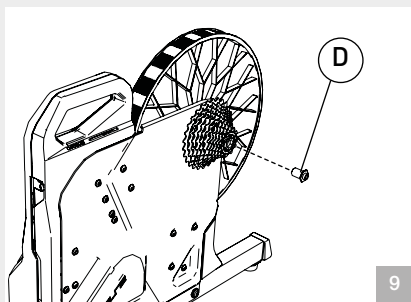
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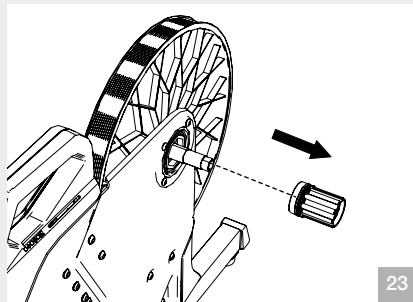
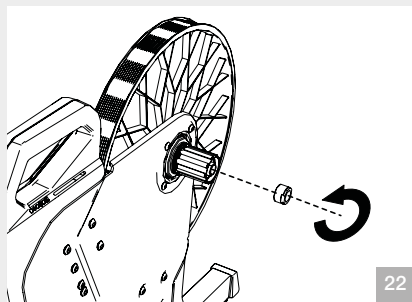
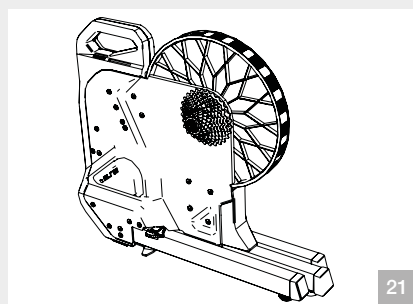
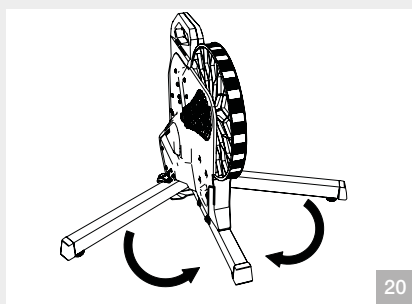
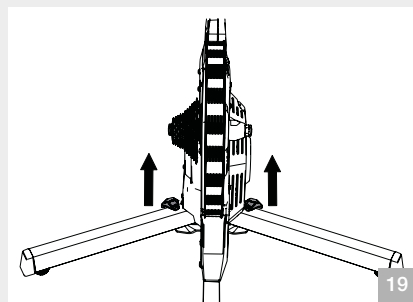
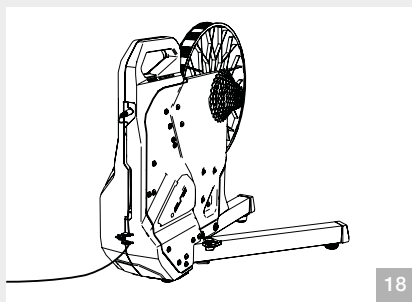
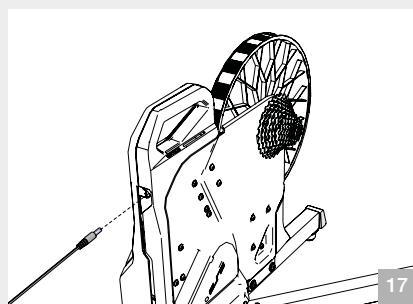
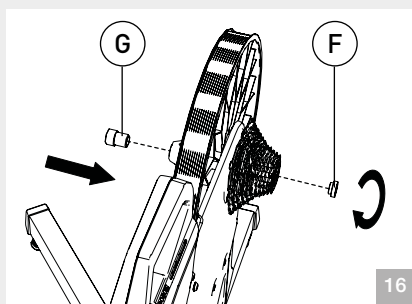


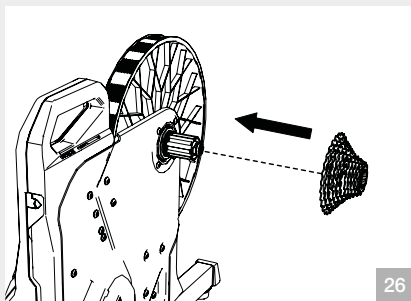
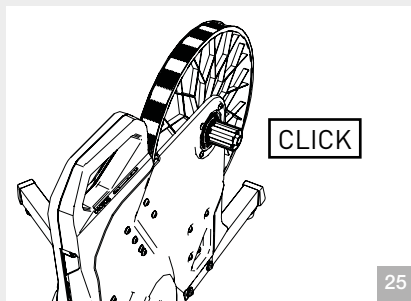
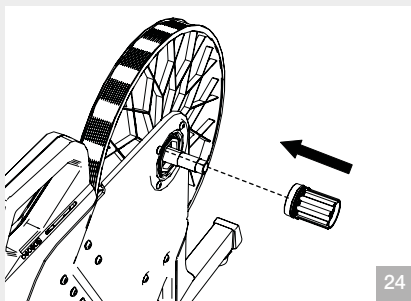
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ENGLISH

Congratulations on your purchase of the Suito cycling simulator

01_GENERAL SAFETY WARNINGS

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

1. The appliance is not to be used by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction.
2. Children being supervised not to play with the appliance.
3. Before beginning a training programme, undergo a physical examination certifying good health.
4. Choose a training level compatible with your physical endurance and the status of your health.
5. If you feel particularly fatigued or sore while exercising, stop using the trainer immediately and consult your doctor.
6. Use only the supplied charger (mod. 6A-181WP12).

The Suito compliance with EU laws (see "Declaration of conformity", page 20) may be voided if a charger different from the original is used.

7. Before training, make sure that the bike is properly installed on the home trainer. Bike must be vertical and secured on its supports, as indicated in the instructions. Try pushing and pulling the frame of the bike and the saddle to make sure it's properly installed. Do not start training if

the bike isn't properly secured.

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.

02_INTRODUCTION

Suito is a direct transmission hometrainer with electronically managed magnetic resistance.

- Suito features an extensive range of resistance and power output, smooth pedalling and compatibility with open data transmission standards.

Resistance is generated by an extremely quiet integrated magnetic braking unit.

- The electronic Suito is able to connect to personal computers (Windows, Mac), mobile devices (iOS and Android) and cycle computers that feature ANT+ and/or Bluetooth Smart technology.

The My E-Training software/app features a wide range of training / test modes suitable for all cyclists, from amateurs to seasoned pros.

The app is available on the App Store (iOS) and Google Play (Android), while the PC / MAC version is available on the www.elite-it.com website.

Important features are:

- Video training
- Personalized training programs
- Google maps training
- Saving, importing and exporting data

By using an open ANT+ FE-C protocol, Suito is also compatible with many other non-Elite software programs that feature the same wireless protocol.

There are many software programs / apps / devices on the market that are compatible with this protocol, and therefore are fully compatible with Suito.

03_FREEHUB COMPATIBILITY

Suito is equipped with a freehub body compatible with 9/10/11-speed cassettes by Shimano® / SRAM® or by other manufacturers that use the Shimano® Standard.

The following are available as accessories:

- free-hub body compatible with Campagnolo 9/10/11/12 speed sprocket cassette;

- XD/XDR compatible free-hub body (for SRAM 12-speed sprocket cassette);
 - Micro Spline compatible free-hub body (for SHIMANO 12-speed sprocket cassette);
- body replacement instructions can be found on paragraph 20. Suito is compatible with bikes with 130 to 135 mm hubs with 5 mm diameter quick release and with bikes with 12 mm x 142 mm thru-axle hubs.

The following accessories are available:

- adapter for bicycles with 148mm thru axle with 12mm diameter.
- adapter for bicycles with 135mm thru axle with 10mm and 12mm diameter.

If you are unsure about the type of derailleur on your bicycle, refer to the bicycle documentation or contact your dealer to ensure compatibility with Suito.

04_POWER RANGE

The power range covered by the roller is very wide and depends on the speed. The faster you pedal, the wider the power range. Nevertheless there may be extreme conditions where the required power is outside of the range (too high or too low).

In these cases the roller delivers the maximum/minimum possible, and resumes working correctly as soon as the conditions return to being compatible with the power deliverable by the Suito. When the required power is outside the available power range, the roller displays on the monitor the actual power it is producing and not the theoretical power.

05_SLOPE

The maximum simulatable slope on the Suito is a function of speed and the weight of the individual rider. In fact, the power required to pedal up a slope is function of the speed (faster= more power) and of the weight (the heavier the rider, the more power is required to climb any given slope).

Suito uses a magnetic braking system that acts directly on a moving metallic disc to gradually and uniformly adjust resistance. This technology allows for very accurate changes in slope, even when small, by taking into account the inertia experienced when riding on the road. Both increases and decreases in resistance adjustment are thereby gradual. This system also ensures that pedals will not lock-up, which could have occurred at exceedingly high power outputs.

06_DATA TRANSMISSION PROTOCOLS

Suito uses two different transmission protocols to interact and send data to software / app / device.

Please contact the app / software / device manufacturer to verify compatibility with one or more of these protocols.

BLUETOOTH SMART

"Fitness Machine - Indoor Bike service" (FTMS) protocol.

This protocol sends training data to compatible software / app / device and adjusts resistance on the hometrainer. This protocol offers total interaction with the hometrainer.

"Speed&Cadence Service" protocol*: this protocol transmits hometrainer speed and cadence data, but does not allow interaction between software / app / device and the hometrainer.

"Power Service" protocol: this protocol transmits the cyclist's power output data, but will it also not allow interaction between software / app / device and the hometrainer.

In most cases, smartphones and tablets already feature Bluetooth Smart connectivity, so there is no need for additional components to communicate with the Suito. However, the more outdated devices might not be compatible. Please consult your app provider to make sure that it's Bluetooth Smart compatible.

NOTE: When the hometrainer is connected to the device by a Bluetooth Smart protocol, it cannot be connected to additional BLE devices.

This is a restriction of the Bluetooth Smart protocol itself.

ANT+

"ANT+ FE-C" protocol: this protocol allows the software / app / device to receive training data and adjust hometrainer resistance. This protocol permits total interaction with the hometrainer.

"ANT+ Speed&Cadence" protocol*: this protocol transmits hometrainer speed and cadence data. Although more common than the ANT+ FE-C, it does not allow interaction and the app/software/device.

"ANT+ Power" protocol: this protocol transmits the cyclist's power output data. Also much more common than the ANT+ FE-C, but this protocol does not allow interaction between the hometrainer and the app/software/device.

With the exception of smartphones that feature integrated ANT+ connectivity, a USB dongle is necessary to connect via the ANT+ protocol.

An ANT+ flash drive is required when using Android, PC Windows and Mac devices. It's available for purchase on the www.shopelite-it.com website or via other channels – it's required to connect the device to the hometrainer via the ANT+ protocol.

An OTG adapter cable is required for Android devices, while iOS devices require a specific flash drive (not included) compatible with the 30-pin iOS connector.

A complete list of ANT+ compatible devices is available at: <http://www.thisisant.com/directory/>

Wireless specifications:

Transmission frequencies: 2400 to 2483.5 MHz

Protocols: Bluetooth 4.0 & ANT+

Transmission distance in the open: 10m

ANT+ transmission power: 4dB

Bluetooth transmission power: 0dB

07_LED LIGHTS

Suito transmits speed, cadence and power data via the ANT+ and Bluetooth Smart protocols.

There are 3 LED lights on the motherboard, displaying power supply status, motherboard status and the protocol being used.

The LED lights come in 3 colors with the following meanings:

Red = status of hometrainer power supply

- Off = Suito is not receiving power or has entered sleep mode

- On = Suito is powered up.

Blue = Suito is connected via the Bluetooth Smart protocol.

- Slow blinking = Suito is awaiting connection.

- On = Suito is transmitting data via the Bluetooth Smart protocol.

- Fast blink = searching for a power meter (see "08_Power Meter Link" chapter)

Green = Suito is connected via the ANT+ protocol.

- Slow blink = Suito is awaiting connection.

- On = Suito is transmitting data via the ANT+ protocol.

- Fast blink = searching for a power meter (see "08_Power Meter Link" chapter)

08_POWER METER LINK (PML)

Suito implements also a function, called Power Meter Link, that allows having much more accurate power data.

This function allows Suito to use a power sensor present on the bike as power source.

This way, Suito is more precise since the power data measured by the sensor are more precise than those Suito can calculate with its formulas.

Note: this function cannot be used if no power sensor is installed on the bike.

USE

- Enabling / Disabling

You can enable or disable the PML via the Elite My E-training app. All versions of the app support the ability to enable or disable this function.

In order to enable/disable the PML, start the app and make sure it's paired with the home trainer.

Go to: Settings - PML. Current home trainer setting pops up after a few seconds, then you can modify it. Tap OK to save the new settings in the home trainer.

- Coupling

On start-up, Suito automatically looks for a few seconds for any power sensors present. If it finds one, it connects to it and uses its data. For this reason, it is good to ensure that the power sensor is transmitting before powering the trainer.

Moreover, once connected, Suito will save the serial number of the sensor for the following training sessions.

If in the room there are more power sensors, Suito will connect to the power sensor with the strongest signal, that will normally be the one on the bike.

- Following sessions

The following sessions, every time it is switched on, Suito will try to connect always to the sensor it coupled with the first time.

If it cannot connect to the sensor or the sensor is not present, Suito will use its algorithms to calculate the power.

- Reset

If you wish to change the sensor, just power the trainer making the wheel move (even manually) or pedalling a few times within few seconds. In fact, on start-up, if the speed exceeds zero, Suito resets the sensor saved in the memory and starts looking for another sensor, as if it were the first time.

When the Suito resets the serial number of the power sensor, it performs 6 slight vibrations to confirm the cancellation.

It is also possible to reset the home trainer via the Elite My E-Training app. Go to the Settings - PML page.

NOTES:

- This function is not available if there's a power meter installed on the bike.

- If Suito has connected to an incorrect sensor, just reset the coupled sensor and repeat the coupling operation, paying attention to move the sensor you do not want Suito to connect to, away.

- If, during training, Suito loses the connection with the power sensor, it goes automatically to using the formulas to calculate the power. In the meantime, it keeps trying to re-connect with the sensor.

- The trainer looks for ANT+ sensors first and Bluetooth afterwards. If the power sensor is both ANT+ and Bluetooth, very likely the trainer will latch on to the ANT+ signal.

- The cancellation vibrations are very light. To feel them, it may be necessary to lay your hand on the resistance unit.

- If there are Bluetooth cranks / pedals, the home trainer will only connect with one of the two. It is not possible to predetermine which one it will connect to. Moreover, as each pedal / crank only measures power developed by the related leg, the displayed value is about half of the total power developed by the cyclist. In this case, enable the "Half Power" option via the My E-Training app (Settings page) to display proper values.

- During the initial search for power sensors, the green LED flashes quickly.

09_POWER VALUE ACCURACY

Power data sent by Suito is the result of multiple calculations.

These calculations take into account pedalling speed,

hometrainer brake and other factors.

Elite calibrates every single Suito in order to improve accuracy and reduce any margin of error, though some factors might change over time and thus decrease power accuracy.

Spindown is a hometrainer calibration procedure that evaluates changes arising from prolonged use and compensates their influence on the resistance generated by the hometrainer.

Procedure:

It's important to conduct the calibration when the hometrainer has been working for at least 10 minutes.

To conduct the procedure, select the related command on the app or My E-Training software and follow the instructions. The procedure start command can be found inside the settings page of the app.

The procedure requires to start pedalling and increase speed up to a pre-determined value.

Stop right away once you're notified to stop pedalling.

After a few seconds the procedure will notify that the calibration procedure has been successfully completed.

The spindown value is then memorized in the Suito so the correct power data is always sent to every connected device, including non-Elite third parties software / apps / devices.

Note:

-The previous calibration procedure can also be conducted with software / apps / devices other than Elite's.

- Do not lift your feet from the pedal until the procedure is complete.

- The aforementioned notes are no longer valid if the hometrainer connects to your bike's ergometer (if available) as power is no longer calculated but measured by the sensor on the bicycle. Please read the "Power Meter Link (PML)" chapter for further info.

10_CADENCE SENSOR

The Suito uses an innovative "sensorless" system and it's obtained via sophisticated speed-based calculations.

When maintaining a high pedal cadence at low resistance levels, there may occasionally be a slight inaccuracy in the cadence value since it is the result of calculation and not direct monitoring. This occurs especially with fast pedalling and low resistance.

Should the "sensorLess" system not be accurate enough, you can purchase a wireless sensor to attach to the bike/crank. Most apps/software/devices give you the ability to select a sensor as source for the cadence value.

11_HEART RATE MONITOR

- Suito hometrainer does not read heart rate monitor data. Heart rate monitor data can be read directly from a device that includes a heart rate function.

- Compatibility with various types of heart rate monitors depends on the device / software / app being used only ANT+ and is also compatible with Bluetooth Smart monitors allowing connection with monitors by both protocols.

12_USING THE SUITO WITH THE SOFTWARE / APP / DEVICE

We suggest using the My E-Training software/app, available on iOS, Android, Windows and Mac OS.

My E-Training is a complete system with several training modes, including videos, configurable software, Google Maps races, Internet competitions and much more.

It's possible to use third-party software that is compatible with the hometrainer communications protocol/standards. There are several software/apps/devices currently on the market that can connect to the Suito.

Please refer to the instructions for the specific software/app/device for a proper connection to the hometrainer.

Before beginning the connection procedure with any app, make sure that the hometrainer is powered up and is not on the energy saver mode. The supplied hometrainer charger must be connected to a power source.

The hometrainer motherboard features LED lights indicating the current hometrainer status. Please check the "Status LED lights" paragraph for an in-depth description.

13_NAME AND LIST OF COMPONENTS

Your Suito includes:

- N.1 SUITO body (A)
- N.2 Freehub body spacer (B)
- N.1 Chainstay adapter (C)
- N.1 Right rotating chainstay adapter L=130-135mm (D)
- N.1 Left rotating chainstay adapter L=130-135mm (E)
- N.1 Right rotating chainstay adapter L=142mm (F)
- N.1 Left rotating chainstay adapter L=142mm (G)
- N.1 Quick Release (H)
- N.1 Riser block (I)
- N.1 Power supply (L)

WARNING: adapters ref. C, D, E, F, G are small sized components and might easily be misplaced or lost. If you move the hometrainer it's advisable to remove the adapters and store them in their bag as they might easily slip out during transport.

Any spare parts are available in our online store or by directly contacting Elite and/or your country's distributor.

14_ASSEMBLING THE SUITO

- Unpack the Suito (A)
- Place the Suito (A) in a vertical position and hold it in place with the upper handle

- Unfold the right leg until the safety locking mechanism clicks (Pic 1)
- Unfold the left leg until the safety locking mechanism clicks (Pic 2)
- Make sure that the hometrainer is stable (Pic 3) or alternatively adjust its feet (Pic 4).

15_INSTALLING THE SPROCKET CASSETTE ON THE SUITO FOR Ø5 L=130 MM AND L=135 MM CHAINSTAYS

- Assemble the sprocket cassette on the freehub by aligning the groove profiles.
- 2 spacers (Ref. B) are usually needed for the Shimano® / SRAM® 9 speed cassette (Pic. 6), 1 spacer for the 10 speed cassette (Pic. 7) and no spacer is required for the 11 speed cassette. Depending on the cassette brand you are using there might be some differences with the aforementioned general data.
- Using the torque wrench, tighten the lock ring supplied with the cassettes onto the freehub body (Pic. 8).

CAUTION!

Strictly follow the instructions provided by the cassette manufacturer with regard to specific installation techniques, the need for additional spacers and torque specifications. NOTE: please contact your dealer if you have questions or are unable to install the cassette. The warranty does not cover any damage to the bicycle and/or Suito in the event of incorrect installation.

- Suito includes the correct 5 mm diameter quick release adapter for dropout spacing ranging from 130mm (5,1 inches) to 135 mm (5,3 inches). Therefore, on bikes with 130-135 mm (5,1 to 5,3 inches) dropout spacing, insert the left dropout adapter (Ref. G) (Pic. 13). Please consult the paragraph 17 for bikes with 12 mm diameter (0.47 in.) and 142 mm.

16_INSTALLING THE BICYCLE ON SUITO

- Loosen the bike's rear brake and place the chain on the smallest rear sprocket and the largest front chainring. Remove the quick release from the rear wheel.
- Remove the rear wheel from the bicycle.
- Insert the quick release and the dropout adapter (Ref. C) on the Suito sprocket cassette.
- Place the bicycle chain onto the smallest sprocket of Suito (Pic 12).
- Fully fit the bicycle's rear dropouts onto Suito's cassette (Pic. 13), paying careful attention to the correct internal or external position, based on the type of bicycle:
 - External triangle adapter (Ref. C) for road and time trial bikes (130mm triangle) (Pic.14).
 - Internal triangle adapter (C) for mountain bikes (135mm

triangle) (Pic. 15).

NOTE: the knurled side of the triangle adapter (Ref. C) must be facing the bicycle dropout.

- Securely fix the bicycle to Suito and firmly close the quick release. The resulting pressure should keep the bicycle dropouts locked to the Suito.

- Make sure the bike is perfectly vertical once installed.

WARNING: the dropout of the bicycle must be leaning on the edges of the adapter and not on the Quick Release.

Elite shall not be liable for any damages that might arise from an improper assembly of the bicycle on the home-trainer.

17_INSTALLING THE SUITO ON BICYCLES WITH Ø12 L=142 MM CHAINSTAYS

- 1) Insert the left adapter (Ref. G) and screw the right adapter (Ref F) for 142mm carriages (Fig. 16);
 - 2) Loosen the rear brake of the bicycle and place the chain on the smallest sprocket of the rear wheel and the front chainring. Remove the thru-axle from the rear wheel.
 - 3) Position the bicycle's rear dropouts on the axle of the sprocket cassette of the SUITO.
 - 4) Insert the thru-axle on the SUITO sprocket cassette shaft.
 - 5) Make sure the bicycle is safely positioned on the SUITO and lock the thru-axle with a strong push. The pressure should make the bike dropouts remain locked onto the structure of the SUITO.
 - 6) Make sure the bike is stable by pushing and pulling the top tube of the frame and the saddle. Should the bike still be moving a little on the SUITO, use more force to lock the thru-axle.
 - 7) If you wish for more bicycle stability it's advisable to use the provided Riser block (Ref I) to be placed under the front wheel.
- Start pedalling. Ride very slowly at first and increase your speed gradually until you become familiar with the features of SUITO.

18_POWER SUPPLY

- Suito feature electronic circuitry inside and is powered up by a standard power supply (included).

Insert the power supply in the electrical outlet and the jack plug in the connector on the back of the Suito (Pic. 17), a slight vibration indicates that the system is adjusting to its initial position. This can last up to 15 seconds.

Place the cable inside its housing in the rear of the hometrainer and hook it in the edges in the lower area of the rear plastics (Pic. 18)

The Suito compliance with EU laws (see "Declaration of conformity", page 20) may be voided if a charger different

from the original is used.

19 REMOVING THE BICYCLE

- Shift the bicycle chain on the smallest cassette sprocket of Suito and of the smallest front chainring of the bicycle.
- Open up the quick release (or remove the thru-axle) and remove the bicycle from the Suito.
- For transportation or to reduce clutter when not using the hometrainer: Raise the selectors (Pic. 19) and fold the side legs (Pic. 20 - 21).

WARNING: the adapters ref. C, D, E, F, G are small sized components and might easily be misplaced or lost. If you move the hometrainer it's advisable to remove the adapters and store them in their bag as they might easily slip out during transport.

Any spare parts are available in our online store or by directly contacting Elite and/or your country's distributor.

20 INSTALLATION INSTRUCTIONS FOR FREE-HUB BODY COMPATIBLE WITH CAMPAGNOLO 9/10/11/12 SPEED SPROCKET CASSETTE, FREE-HUB BODY COMPATIBLE WITH XD/XDR SRAM 12 SPEED, FREE-HUB BODY COMPATIBLE WITH MICRO SPLINE SHIMANO 12 SPEED

- Replace the free-hub body originally present on the SUITO with the accessory compatible with 9/10/11/12 speed CAMPAGNOLO sprocket cassette or XD/XDR compatible free-hub body (for 12 speed SRAM sprocket cassette) or Micro Spline compatible free-hub body (for SHIMANO 12-speed sprocket cassette) following the following steps:

- 1) Unscrew the fastening sleeve (Pic. 23).
- 2) Remove the freehub body from the SUITO shaft (Pic. 24).
- 3) Fully insert the body compatible with CAMPAGNOLO or XD/XDR or Micro Spline sprocket cassette. (Pic. 25 and 26).
- 4) Tighten the fastening sleeve with a 17 straddle wrench with a 5Nm (44in-lbs) tightening torque. Use the medium resistance threadlocker suitable for oily surfaces to lock the sleeve on the shaft.

Only for CAMPAGNOLO compatible body:

- 2 spacers (Ref. B) are usually needed for the 9 speed cassette (Pic. 6), 1 spacer for the 10 speed cassette (Pic. 7) and no spacer is required for the 11 speed cassette (Pic. 16). Depending on the cassette brand you are using there might be some differences with the aforementioned general data.

ATTENTION!

Strictly follow the instructions provided by the cassette manufacturer with regard to specific installation techniques,

the need for additional spacers and torque specifications.

NOTE: Please contact your dealer if you have questions about installation or if you cannot install the cassette. The warranty does not cover any damage to the bicycle and/or SUITO in the event of incorrect installation.

21 MAINTENANCE

Suito does not require any specific scheduled maintenance, however the following precautions are recommended:

- wipe the trainer clean with a cloth after each training session to prevent the accumulation of dust and sweat;
- do not clean or degrease the bicycle chain while the bike is mounted on Suito as solvents can cause irreparable damage to the bearings or other internal mechanical parts;
- check that the quick release is properly secured and fully working before every training session.
- Changing a bicycle usually poses no problems after the assembly on the Suito, though occasionally you might have to make some adjustments to ensure that it works properly. Should you have any doubts please contact your retailer to make sure that it works properly with the Suito.

22 WARNINGS

- Suito becomes hot during use. Wait for it to cool before touching the resistance unit covers.
- Use the Suito trainer as described in the manual.
- Suito is not equipped with an emergency brake.
- Suito has been designed and manufactured to ensure maximum safety of the user and/or third parties, but people, children and pets should be kept away from the trainer during use as contact with the moving parts of the trainer and the bicycle may result in damage or injury.
- Never put your fingers or foreign objects of any kind through the slots on Suito, as there will be high risk of damage to the trainer and/or serious physical injury.
- Before you start training, place the trainer in a suitable location, away from any potentially dangerous objects (furniture, tables, chairs...) so as to avoid any risk of accidental or inadvertent contact.
- The Suito is to be used by only single rider at a time.
- Always check the safety and stability of the bicycle on Suito before training.
- No part of the product has any use beyond its original application. The warranty will be void if the unit has been opened or tampered with.
- Since the feet are made of soft non-slip material, they may leave traces of rubber on the floor during use.
- Do not leave the charger plugged in while not in use.
- Do not store the Suito in cold and damp places. This may damage its electronic components.
- Use only the supplied charger. The Suito compliance with

EU laws (see "Declaration of conformity", page 20 may be voided if a charger different from the original is used.

- Elite cannot be held responsible for any malfunction involving third party software / app / device.
- The presence of high-voltage electric lines, traffic lights, electric railway lines, bus or tram electric lines, television sets, automobiles, cycle computers, gym equipment and mobile phones inside the operating range of the console, etc., can be the cause of interference. Therefore the use of other wireless receivers may alter or completely inhibit operation of the Suito due to such interference.
- Do not expose the Suito to direct sunlight for long periods when they are not in use.

23_TROUBLESHOOTING

- Problem: The wheel appears to be skipping slightly while training.

- Answer: The internal transmission belt might be slightly loose. Please contact Elite for further info on how to proceed. **WARNING:** Don't proceed with tensioning the belt on your own as it might break. Should it break, you'll have to send the hometrainer back to Elite or one of its service centers.

- Problem: the displayed speed appears to be very high (even more than 100km/h).

- Answer: It's possible that the roller circumference has been incorrectly set on the device you're using.

Suito sends training data based on various protocols. One of these is the protocol used by speed sensors. If the device you're using employs said protocol you must change the wheel circumference that had been set.

The wheel circumference value that must be set equals the actual value of the wheel divided by 24,8. For instance: if the circumference is 2095 mm, the value you must insert as circumference equals $2095 / 24,8 = 84$ mm.

- Problem: Suito is not connecting to the device.

- Answer: try restarting the device / phone /tablet /computer. Also restart the hometrainer before reconnecting.

- Problem: the bicycle isn't perfectly vertical.

- Answer: First make sure that the bicycle is properly locked with the quick release. Alternatively make sure that the quick release is fully inserted in the dropouts on both sides by fully opening the frame.

Try adjusting the two external feet by unscrewing to raise the related leg.

24_PACKAGING

If the roller needs to be shipped, careful packaging is critical:

- remove the charger cable from the Suito;

- pack up the Suito in its original box.

During shipments, packs often undergo mistreatment and very hard impacts, therefore inadequate packing can result in permanent damage to the roller. This type of damage is not covered by the warranty.

Note: before sending the roller or any other component assistance, always firstly consult Elite or the distributor.

Any items received without prior agreement will be rejected.

25_COPYRIGHT

No part of this manual may be reproduced or transmitted without the written authorization of Elite S.r.l.

The Elite Suito software and relative code are property of Elite S.r.l.

26_PRODUCT MODIFICATIONS

Also in view of any technical update, ELITE reserves the right to make changes to the products or their specifications without being obliged to notify or inform the Customer beforehand for:

a) changes that do not affect negatively the product performance;

b) changes required to meet or improve the product specifications;

c) changes necessary for the products to comply with the applicable legal requirements.

ELITE also reserves the right to supply these products with these improvements without being obliged to or responsible for applying the same modifications to any previously purchased products, reserving also the right to change prices and model availability according to market conditions, component availability and other corporate considerations.

27_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.

28_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.

中文

祝贺您已购买 Suito 骑行模拟器

01_一般安全警告

为确保您的健康和安​​全，使用训练器前，请仔细阅读以下警告。

1. 若无人监护或指导，身体残疾、感官或心智不全的人（包括儿童），或缺乏相关经验和知识的人不得使用本产品

2. 需要监护的孩童不得玩耍本产品

3. 开始训练计划前，先参加身体检查，确认健康状态良好。

4. 选择与您体能持力以及健康状态相匹配的训练水平。

5. 如果您在训练时感到特别疲惫或疼痛，请立即停止使用训练器并咨询医生。

6. 仅使用原配的充电器（mod. 6A-181WP12）Suito 遵守欧盟法律（见“合规声明”，第20页）如果使用与原配不同的充电器，则可能会被视作无效。

7. 开始训练之前，检查自行车是否正确固定在滚轴上。如说明书中所示，自行车必须垂直且平稳地固定在提供的支架上。推拉框架的水平管并放在鞍座上，检查是否正确安装。如果没有正确和平稳地进行固定，不可以进行训练。

以上警告为一般性质，并未详尽列出为确保恰当、安全使用训练器而应采取的所有预防措施；相应的所有责任，由用户个人承担。

02_简介

Suito 是一款采用电子管理磁阻的直接传动式家用训练器。

- Suito 采用一系列不同的阻力和功率输出、顺畅蹬车，并与开放数据传输标准相兼容。

通过噪音极其低的一体式磁性制动装置产生阻力。

- 电子 Suito 可连接至采用 ANT+ 和/或“蓝牙智能”技术的个人计算机、移动设备（iOS 和 Android）以及自行车码表。

My E-Training*（我的电子训练）软件/应用程序采用一系列不同的训练/测试模式，这些模式适用于从业余爱好者到经验丰富的专业人士的所有骑车者。

可通过 AppStore (iOS) 以及 Google Play (Android) 获取应用程序，PC/MAC 版本则可通过 www.elite-it.com 网站获取。

重要功能包括：

- 视频训练
- 个性化训练计划
- Google 地图训练
- 保存、导入和导出数据

由于使用开放的 ANT+ FE-C 协议，因此 Suito 还与其它许多采用相同无线协议的非 Elite 软件程序相兼容。

市场上有许多软件程序/应用程序/设备与此协议相兼容，因此它们完全与 Suito 相兼容。

03_花鼓兼容性

Suito 配有塔基本体，兼容 Shimano® / SRAM® 或其他使用 Shimano® 标准的制造商的 9/10/11 速卡式飞轮。

配件含有：

- Campagnolo 9/10/11/12速飞轮组可兼容塔基；

- XD/XDR可兼容塔基(用于SRAM 12速飞轮组)；

- Micro Spline可兼容塔基(用于SHIMANO 12速飞轮组)

因此，必须用配件花鼓替换SUITO训练台上的原装花鼓。请按照第20节中所述说明正确进行操作。

Suito 兼容尺寸为 130-135 mm 的轮毂上配有 5 mm 直径快拆的自行车以及筒轴尺寸为 12 mm x 142 mm 的自行车。

包含配件：

- 带148mmx12mm贯通轴自行车适配器
- 带135 mmx10/12 mm贯通轴自行车适配器
如果您对您自行车变速器的类型不确定，请参阅自行车文档或联系您的经销商，以确保与 Suito 兼容。

04 功率范围

此滚动装置所涵盖的功率范围十分广泛，视乎速度而定。蹬车速度越快，功率范围越广。但是，可能存在所需功率超出范围（过高或过低）的极端情形。
在此类情形下，此滚动装置会提供可能的最大/最小功率，并会在该情形重新与 Suito 可提供的功率相匹配后立即恢复正常运行。若所需功率超出可提供的功率范围，则此滚动装置会在显示屏上显示实际产生的功率而不会显示理论功率。

05 斜度

Suito 可模拟的最大斜度是各个骑行者速度和体重的应变量。事实上，蹬车以爬上斜坡所需的功率是速度（速度越快 = 所需功率越大）以及体重（骑行者越重，爬上给定斜坡所需的功率越大）的应变量。
Suito 采用磁性制动系统，该系统直接作用于移动的金属盘以逐渐、一致调整阻力。凭借此技术，通过将道路上骑行所产生的惯性考虑在内，可实现非常精准的坡度变化，即使变化非常之小。因此，阻力增减调整采用渐进形式。此外，此系统还可确保踏板不会锁定，这一点原本可能在功率输出极高的情况中出现。

06 数据传输协议

Suito 使用两种不同的传输协议来进行交互，以及将数据发送至软件/应用程序/设备。
请联系应用程序/软件/设备制造商，以便确认与此类协议的兼容性。

蓝牙智能

“健身器材 - 室内自行车服务” (FTMS) 协议。
此协议可发送训练数据至兼容软件/应用程序/设备并可调整家用训练器的阻力。此协议可实现与家用训练器的完整交互。
“速度与节奏服务”协议*：此协议可传输家用训练器的速度和节奏数据，但是它无法实现软件/应用程序/设备与家用训练器的交互。
“功率服务”协议：此协议可传输骑行者的功率输出数据，但是它同样无法实现软件/应用程序/设备与家用训练器的交互。
大多数情况下，智能手机和平板电脑已采用“蓝牙智能”连接技术，因此无需使用额外组件

来与 Suito 进行通信。但是，更为旧式的设备可能不兼容。请咨询应用程序提供商，以便确保其与“蓝牙智能”的兼容性。

注意：若家用训练器已通过“蓝牙智能”协议连接至设备，则其无法再连接至其它低功耗蓝牙设备。

这是“蓝牙智能”协议自身存在的限制。

ANT+

“ANT+ FE-C”协议：借助此协议，软件/应用程序/设备可接收训练数据和调整家用训练器阻力。此协议可实现与家用训练器的完整交互。

“ANT+ Speed&Cadence (ANT+ 速度与节奏)”协议*：此协议可传输家用训练器的速度和节奏数据。虽然此协议比 ANT+ FE-C 更为常见，但是它无法实现与应用程序/软件/设备的交互。

“ANT+ Power (ANT+ 功率)”协议：此协议可传输骑行者的功率输出数据。此协议同样比 ANT+ FE-C 要常见得多，但是它无法实现家用训练器与应用程序/软件/设备的交互。

除采用集成式 ANT+ 连接的智能手机外，其它情况均需使用 USB 硬件保护装置通过 ANT+ 协议进行连接。

使用 Android、PC Windows 以及 Mac 设备时，需使用 ANT+ 闪存驱动器。此装置可通过 www.shopelite-it.com 网站或其它渠道购买 - 需使用此装置才能通过 ANT+ 协议将设备连接至家用训练器。

Android 设备需使用 OTG 转接线，而 iOS 设备则需使用与 30 针 iOS 连接器兼容的特定闪存驱动器（未随附提供）。

可从以下网站获取与 ANT+ 兼容之设备的完整列表：<http://www.thisisant.com/directory/>

无线规格：

传输频率：从2400至2483.5MHz

协议：蓝牙4.0 & ANT+

自由空间中的传输距离：10m

ANT+传输功率:4dB

蓝牙传输功率:0dB

07_LED 指示灯

Suito 通过 ANT+ 和 Bluetooth Smart 协议传输速度、踏频和功率数据。主板上配有 3 个 LED 指示灯，用于显示电源状态、主板状态以及所用协议。

LED 指示灯具有 3 种颜色，含义如下：

红色 = 骑行台电源状态

- 熄灭 = Suito 未接通电源或者进入睡眠模式

- 点亮 = Suito 通电。

蓝色 = Suito 通过 Bluetooth Smart 协议实现连接。

- 快速闪烁 = Suito 正在等待连接。

- 点亮 = Suito 正在通过 Bluetooth Smart 协议传输数据。

快速闪烁=搜索功率传感器（参见“08_电力监测仪表”章节）

绿色 = Suito 通过 ANT+ 协议实现连接。

- 快速闪烁 = Suito 正在等待连接。

- 点亮 = Suito 正在通过 ANT+ 协议传输数据。

快速闪烁=搜索功率传感器（参见“08_电力监测仪表”章节）

08_电力监测仪表(PML)

Suito还实现了电子监测仪表功能，该功能可使性能数据更准确。

该功能允许Suito将自行车上的可用功率传感器作为功率源使用。

通过这种方式，Suito更精准，因为传感器测量的功率数据比用公式计算的数据更准确。

注意：如果自行车上没有安装功率传感器，则不能使用此功能。

使用

- 启用/禁用

可以通过Elite我的My E-training应用程序启用或禁用PML。该应用程序的所有版本都支持启用和禁用此功能。

要启动/禁用PML，需要启动应用程序并确保与滚轴相匹配。

打开：设置-PML几秒后，出现滚轴当前设置选项，进行更改。按OK键，将新设置保存在滚轴中。

- 连接。

启动时，Suito会自动搜索几秒可用功率传感器。找到后，会进行连接并使用其数据。因此，在滚轴供电之前需要确保功率传感器传输正常。

另外，一旦连接，Suito会保存此功率传感器的序列号用于后续训练。

如果房间内有多个功率传感器，Suito将自动连接信号最强的，通常是自行车上的传感器。

- 后续训练。

后续每次启动时，Suito会自动尝试连接第一次配对的传感器。

如果无法连接到传感器，或者传感器不存在，Suito会使用自带规则系统进行功率计算。

- 重启。

如果想更换传感器，只需转动轮子（手动也可以）给滚轴供电，或者几秒内蹬踏。实际上，启动时如果速度大于零，Suito会重置保存在内存中的传感器，并开始搜索新传感器，如同第一次一样。

当Suito重置功率传感器序列号时，会进行6次轻微震动以确认取消。

使用Elite我的My E-training应用程序也可以重置滚轴。打开设置页面-PML

注意：

- 如果自行车上没有安装功率传感器，则不能使用此功能。

-如果传感器连接到错误的传感器，只需要重置配对的传感器即可，选择您希望Suito连接的传感器即可。

-训练中如果Suito与传感器切断连接，它将自动切换到使用功率计算公式。同时，继续尝试重新与传感器建立连接。

-滚轴首先查找ANT+传感器，然后是蓝牙传感器。如果传感器有ANT+及蓝牙，很有可能滚轴将捕捉到ANT+的信号。

-取消震动非常轻。需要将手放置在电阻上才能感应到。

-在蓝牙踏板/曲柄传感器的情况下，滚轴只能捕捉到其中一个。此情况下，无法预先先捕捉到哪个踏板/曲柄。此情况下，每个踏板/曲柄测量来自腿部产生的功率，发送值大约是骑行者所产生的总值的一半。在这种情况下，为了正确使用，需要在我的E-training应用程序（设置页面）中启动“半功率”（“Half power”）选项。

-在初始搜索功率传感器期间，绿色LED灯快速闪烁。

09_功率值的精确度

Suito发送的功率数据是由多种计算得出的。这些计算主要根据您踩踏的速度、滚轴制动力和其它因素。

为了提高精准度，每个Suito都在Elite中进行校准，以尽可能地减少误差，但有些因素可能会随着时间而改变并降低功率的精准度。

Spindown是一种校准程序，使滚轴对使用而导致的任何变化进行评估，并弥补它们对滚轴产生的阻力的影响。

程序操作：

当滚轴加热至少10分钟时，进行校准是很重要的，从app应用程序或My E-Training程序中启动相关命令，并按照说明进行操作。

程序的启动命令位于app应用程序的设置页面上。

程序要求您开始踩踏并将速度提高到指定值。

当通知停止踩踏时，请立即停止。

几秒钟后，程序将通知校准已成功。

spindown值被储存在Suito中，以便向每个连接的外围设备发送始终正确的功率值，包括非Elite的第三方程序/app/设备。

备注：

- 上述校准程序也可以与Elite之外的其他程序/app/设备一起执行。

-将脚放在踏板上直到程序操作结束。
-如果滚轴连接到自行车测功计(如果有),则上述备注不再有效,因为功率无需再计算,而是通过自行车上的传感器去测量。更多相关信息,请阅读“电力监测仪表(PML)”一章。

10_节奏传感器

Suito 使用创新“无传感器”系统,通过精密的基于功率的计算实现这一点。
以低阻力水平维持高蹬车节奏时,由于节奏值基于计算而非直接监测而得,因此节奏值偶尔可能会存在少许偏差。在快速蹬车以及低阻力情况中,尤其可能出现这种情况。
如果“sensorLess”系统的精度不够,则可以购买应用于自行车/曲柄的无线传感器。大多数app/程序/装置都可以选择传感器来测量踏频值。

11_心率监视器

- Suito 家用训练器不读取心率监视器数据。可直接通过配备心率功能的设备读取 心率监视器 数据。
- 与各类心率监视器的兼容性,取决于使用的设备/软件/应用程序 (仅 ANT+), 此外,它还与“蓝牙智能”监视器兼容,可通过两种协议与监视器连接。

12_配套软件/应用程序/设备使用 Suito

我们建议使用 My E-Training 软件/应用程序 (适用于 iOS、Android、Windows 以及 Mac 操作系统)。
My E-Training 是一个包含数个训练模式的完整系统,包括视频、可配置软件、Google Map 比赛、网络比赛以及更多内容。
可使用与家用训练器通信协议/标准兼容的第三方软件。目前市场上有数个软件/应用程序/设备可与 Suito 相连。
请参阅特定软件/应用程序/设备的说明书,以便与家用训练器恰当相连。
请先确保家用训练器已通电并且未处于节能模式,再开始执行任何应用程序的连接步骤。随附的家用训练器充电器必须连接至电源。
家用训练器主板采用表明家用训练器当前状态的 LED 灯。请查看“状态 LED 灯”一段,了解详细说明。

13_组件名称列表

您的Suito包括以下组件:

1个 Suito机体 (A)

- 2个 飞轮花鼓隔垫 (B)
- 1个 链罩适配器 (C)
- 1个 链罩L右侧旋转适配器=130-135 mm (D)
- 1个 链罩L左侧适配器=130-135mm (E)
- 1个 链罩L右侧旋转适配器=142mm (F)
- 1个 链罩L左侧适配器=142mm (G)
- 1个 快速释放杆 (H)
- 1个 固定加高块 (I)
- 1个 电源 (L)

注意: 适配器C, D, E, F, G均为小尺寸配件,很容易丢失。如果移动训练台,建议取下转换头并将其保存在其包装袋中,因为运输过程中很容易滑落。

我们的在线商城提供所有零部件,或者直接联系Elite及/或您所在国家的分销商。

14_组装SUITO

- 拆开Suito(A)包装
- 将Suito(A)垂直放置,使用上部手柄将其固定到位
- 打开右支柱直到安全锁定机构发出咔嗒声(图1)
- 打开左支柱直到安全锁定机构发出咔嗒声(图2)
- 检查滚轴的稳定性(图3),如果不稳,调整支撑脚(图4)。

15_安装 Ø5 长度=130 mm 以及 长度=135 mm 后下叉的飞轮到 Suito 上

- 通过对齐槽型将飞轮组装到花鼓上。
Shimano® / SRAM® 9速飞轮盘(图6)需要2个垫片(参考编号B),而10速飞轮盘(图7)需要1个垫片,11速飞轮盘无需垫片。根据所使用飞轮盘品牌,可能与上述特征存在差异。
- 使用扭力扳手,将飞轮随附的锁环紧固在花鼓主体上(图8)。
小心!
关于具体安装技术、是否需使用额外垫片以及扭矩规格,请严格遵循飞轮制造商提供的说明。
注意: 如果您有任何疑问或者无法安装飞轮,请联系经销商。因安装不当而导致自行车和/或 Suito 出现的任何损坏,不在保修服务承保范围内。
- 在具有130-135mm(5,1-5,3inch)勾爪间距的自行车上,插入右侧勾爪适配器(D)(图9)及左侧适配器(E)(图10).而对于带有直径ø12 mm (ø 0.47 inch)通轴的自行车及142 mm (5,6 inch)的勾爪间距的卡轮安装,请参见第17段。

16_将自行车安装在 Suito 上

- 从自行车上拆下后轮。
 - 旋松自行车的后制动器，并将链条置于最小的后链轮以及最大的前齿盘上。从后轮上取下快拆杆。
 - 将快拆杆和释放接合器（参考编号C）插入 Suito 飞轮中（图12）。
 - 将自行车链条置于 Suito 最小的链轮上（图13）。
 - 将自行车的后叉端完全安装在 Suito 的飞轮上，特别注意正确的内部或外部位置（根据自行车类型而定）：
 - 外部三角形接合器（C）（针对公路自行车以及计时赛自行车）（130mm 三角形）（图14）。
 - 内部三角形接合器（C）（针对山地自行车）（135mm 三角形）（图15）。
- 注意：三角形接合器（C）的滚花一侧必须面向自行车后叉端。
- 将自行车稳固安装在 Suito 上，并紧固合上快拆杆。所产生的压力应可将自行车后叉端锁定在 Suito 上。
 - 安装后检查自行车的垂直度。
- 注意：自行车叉叉靠在适配器末端上而不是快速释放杆上。
- Elite对于因未正确组装自行车而导致的任何后果或损伤不承担任何责任

17_在自行车的SUITO上安装 Ø12L=142 MM链罩的卡式飞轮

- 1) 插入左侧适配器(G)并旋紧142mm后下叉右侧适配器(F)(图16)；
 - 2) 慢慢松开自行车的后制动器，并将链条置于后轮的最小链轮以及前齿盘上。从后轮上卸下通轴；
 - 3) 将自行车的后叉端完全置于SUITO的链轮轴上；
 - 4) 将通轴插在SUITO的链轮轴上；
 - 5) 用力正确地紧固通轴，确保自行车稳定地固定在SUITO上。压力应可保持将自行车后叉端锁定在SUITO结构上；
 - 6) 通过推拉车架顶管以及车座确保自行车保持稳固。如果自行车在 SUITO 上不够稳固，则使用更大的力度锁定通轴；
 - 7) 如果您想自行车更具稳定性，建议使用配备的固定加高块(I)，将其放置在前轮下方。
- 现在开始骑行。建议以非常慢的速度骑行，并逐渐增快速度，直至您已熟悉SUITO的功能。
- 开始蹬车。开始时以非常慢的速度骑行，并逐渐增快速度，直至您已熟悉 Suito 的功能。

18_电源

- Suito内部带有电子线路板，通过标准电源(包装中提供)供电。
- 将电源插入电源插座，插口插入滚轴后侧的 Suito插孔中(图17)，轻微振动表示系统正处于启动状态。此操作可持续约15秒。
- 将电源线放入训练台后侧的电源预备箱内，并将其勾在后塑料下方末端(图18)
- Suito遵守欧盟法律（见“合规声明”，第20页）如果使用与原配不同的充电器，则可能会被视为无效。

19_拆卸自行车

- 从 Suito 最小的链轮以及自行车最小的前齿盘上移走自行车链条。
 - 打开快拆杆（或拆下贯通式轮轴），并从 Suito 上拆下自行车。
 - 为了便于运输或减少空间，不使用滚轴时：抬起手柄(图19)并折叠两侧支柱(图20 - 21)。
- 注意：适配器C, D, E, F, G都是小尺寸配件，很容易丢失。如果移动训练台，建议取下转换头并将其保存在其包装袋中，因为运输过程中很容易滑落。
- 我们在的线商城提供所有零部件，或者直接联系Elite及/或您所在国家的分销商。

20_CAMPAGNOLO 9/10/11/12速飞轮组可兼容塔基、SRAM 12速XD/XDR可兼容塔基、SHIMANO 12速MICRO SPLINE可兼容塔基的安装说明

- 按照如下操作，使用CAMPAGNOLO 9/10/11/12速飞轮组可兼容塔基或XD/XDR可兼容塔基(用于SRAM 12速飞轮组)或Micro Spline可兼容塔基(用于SHIMANO 12速飞轮组)来更换SUITO系列上原有的塔基：
 - 1) 旋松固定套(图23)。
 - 2) 从SUITO轴上取下飞轮花鼓(图24)。
 - 3) 将兼容的花鼓完全插入CAMPAGNOLO飞轮链轮盘，或兼容XD/XDR塔基，又或是微型花键塔基上(图25 - 26)。
 - 4) 使用17mm扳手及5Nm(44in-lbs)紧固扭矩来固定适配器(图27)。要将适配器固定在轴上，请使用耐油的中等强度螺纹锁固装置。
- 使用中等强度的耐油螺丝固定剂，将接合器锁定在轴上。
- 仅用于CAMPAGNOLO可兼容塔基：
Campagnolo® 9速飞轮盘(图9)需要2个垫片(参考编号B)，而10速飞轮盘(图10)需要1个垫片，11速飞轮盘(图11)无需垫片。根据所使用飞轮盘品牌，可能与上述特征存在差异。

注意！

关于具体安装技术、是否需使用额外垫片以及扭矩规格，请严格遵循飞轮制造商提供的说明。

注意：如果您有任何有关安装方面的疑问或者无法安装飞轮，请联系经销商。因安装不当而导致自行车和/或 Suito 出现的任何损坏，不在保修服务承保范围内。

21_维护

Suito 无需进行任何特定计划维护，但是建议采用以下预防措施：

- 每次训练时期结束后，用布将训练器擦拭干净，以便防止积聚灰尘和汗液；
- 在自行车已安装到 Suito 上的情况下，切勿清洁或去除自行车链条的油污，因为溶剂可能会导致轴承或其它内部机械部件产生不可修复的损坏；
- 在每一次训练时期前，先检查快拆杆是否恰当固定并充分运行。

通常，在 Suito 上安装完成后，自行车的传动装置正常运行，偶尔也可能需要进行适当的调整以确保正常运行。如有疑问，请与经销商联系，以确保 Suito 正常运行。

22_警告

- Suito 在使用过程中会变热。先等它变冷，再触碰阻力装置盖。
- 如手册所示使用 Suito 训练器。
- Suito 未配备紧急制动器。
- Suito 的设计和制造方式，可最大程度确保用户和/或第三方的安全性，但是训练器使用期间，人员、小孩和宠物应远离训练器，因为与训练器和自行车的移动部件接触，可能会导致损伤或受伤。
- 切勿将手指或任何类型的异物放入 Suito 的狭缝中，因为训练器损坏和/或严重身体伤害的风险相当高。
- 开始训练前，将训练器置于合适位置，远离任何潜在危险的物体（家具、桌椅等等），以避免任何意外或不慎接触风险。
- Suito 一次仅可由单个骑行者使用。
- 训练前，务必检查 Suito 上的自行车的安全性和稳固性。
- 产品任何部件均不得用于原始应用以外的用途。如果装置已开启或擅自改动，则保修会失效。
- 由于底部采用软质防滑材料，因此在使用过程中地板上可能会留有少量橡胶。
- 不使用时，切勿插入充电器插头。
- 切勿将 Suito 存放于湿冷的环境中。可能会损

坏其电子组件。

- 仅使用随附的充电器。

Suito 遵守欧盟法律（见“合规声明”，第20页）如果使用与原配不同的充电器，则可能会被视为无效。

- 对于有关第三方软件/应用程序/设备的故障，Elite 概不负责。
- 由于两种通信协议相互排斥，因此 Suito 通过 ANT+ 或“蓝牙智能”协议发送数据，不可能同时通过两者发送数据；其中一个协议连接时，Suito 会停止使用另一协议。
- 若控制台工作范围内存在高压电线、交通信号灯、铁路电线、公共汽车或有轨电车电线、电视机、汽车、自行车码表、健身设备以及移动电话，则会引起干扰。因此，由于存在此类干扰，使用其它无线电接收机可能会改变或完全阻止 Suito 的运行。
- 不使用 Suito 时，切勿将其长期暴露于阳光直射的环境中。

23_疑难解答

- 问题：训练期间感觉到轻微的车轮滑动。
- 回答：可能是内部传动带略微松动。请联系 Elite 以获取有关操作说明。
- 警告：不可擅自拉紧传动带，否则可能导致传动带断裂。如果传送带断裂，则必须将滚轴送至 Elite 或其维修中心。
- 问题：指示的速度非常高（甚至超过 100km / h）。
- 回答：使用设备上的滚轴周长设置可能是错误的。
- Suito 根据各种协议发送训练数据。其中之一是速度传感器的使用协议。如果用于显示速度的设备使用此协议，则必须更改设置车轮周长。必须将车轮周长值设定为等于车轮的实际值除以 24,8。示例：如果车轮周长为 2095mm，则作为周长输入值为 $2095 / 24,8 = 84\text{mm}$ 。

- 问题：Suito 无法连接到外围设备。
- 回答：尝试重启设备/手机/平板电脑/电脑。在进行连接之前，请重新启动滚轴。
- 问题：自行车不完全垂直。
- 回答：首先检查自行车是否正确锁定在快速释放装置中。如有必要，张开并推动车架，确定是否快速释放杆是否正确插入两侧的车叉中。如有必要，试着调整两个外脚，拧松后抬高对应的支柱。

24_包装

- 如果此滚动装置需进行装运，则精心的包装处理至关重要。

- 从 Suito 上取下充电器线缆；

- 将 Suito 整理好放回原始包装盒中。装运期间，由于包裹通常会受到不当处理以及非常猛烈的冲击力，因此包装不当可能会导致滚动装置产生永久性损坏。此类损坏不在保修的承保范围内。

注意：装运训练器或任何部件以获取技术支持前，您必须先咨询 Elite 或者其分销商或经销商。

未经事先约定而收到的物品，将会遭到拒绝

25_版权

未经 Elite S.r.l. 书面授权，不得复制或传输本手册的任何内容。

Elite Suito 软件以及相关代码是 Elite S.r.l. 的财产。

26_产品更改

ELITE同时保留在无需通知或者其他预先通告客户的情况下根据技术更新而更改产品以及规格特性的权利：

- a) 变更不会对产品的性能产生不利的影响；
- b) 必要的改变以满足或优化产品的特性；
- c) 必要的变更是为了遵守适用的法律或监管要求。

ELITE另外保留在提供优化产品的同时没有任何义务或责任对已经销售的产品进行相同改进的权利，依据市场情况、组件的可用性以及企业其它业务需求保留更改价格和型号可使用性的权利。

27_免责声明

对于因使用训练器而导致（无论直接还是间接）用户身体完整性所遭受的暂时或永久性损伤，Elite S.r.l. 概不负责。

28_产品处置信息

1) 欧盟内本产品符合欧盟指令 2002/95/CE、2002/96/CE 和 2003/108/CE。



设备或包装上的垃圾桶画叉符号表明，产品使用寿命结束时，必须与其它垃圾分开进行回收。

因此，在产品使用寿命结束时，用户必须将设备带至合适的对电子和电工垃圾进行区别回收的中心，或者在购买同等类型的新产品时将其返还给经销商。

恰当进行区别回收，方便后续寄送报废设备以进行回收、处理和环保处置，有助于防止对环境 and 人类健康产生可能的负面影响，并可促进

设备制造所用材料的再用和/或回收。

用户处置产品不当，可能会导致受到现行法规规定的处罚。

2) 非欧盟国家

如果您要处置本产品，请联系当地机构并咨询适用的处置方法。

技术协助: support.elite-it.com

Declaration of conformity / 一致性声明

I hereby declare that the product / 我在此声明, 本产品

Description / 描述:

Hometrainer / 家用训练器

Model / 型号: Suito

Trademark / 商标: Elite

Satisfies all the technical regulations applicable to the product within the scope of Council Directives 2014/35/UE and 2014/30/EU:

满足欧洲理事会指令 2014/35/UE 和 2014/30/EU 范围内所有适用于本产品的技术法规:

EN 300 328 V.1.9.1 clause 5.3.10; 5.3.11

EN 62479:2010

EN 61000-6-1:2007; EN 61000-6-3:2007/A1:2011;

EN 301 489-1 V1.9.2; EN 301 489-17 V2.2.1

EN 60335-1: 2012 + AC:2014 + A11:2014

EN 62233:2008

All essential radio test suites have been carried out.

已执行所有必要的无线电测试集。

MANUFACTURER or AUTHORISED REPRESENTATIVE:

制造商或授权代表:

ELITE S.R.L.

VIA FORNACI, 4 - 35014

FONTANIVA - PADOVA

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This declaration is issued under the sole responsibility of the manufacturer and, if applicable, his authorized representative.

本声明在制造商及 (适用时) 其授权代表承担全部责任的条件下载布。



Fontaniva, 25/05/2020

Place, date of issue / 发布地点、日期

Giulio Bertolo, CEO

Name and title / 姓名和职称

NOTES

[illegible]



ELITE S.R.L.

VIA FORNACI, 4
35014 FONTANIVA
PADOVA - ITALY

ELITE-IT.COM



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