

# TRAINERS OVERVIEW

## 2018

**ELITE**  
DESIGN & PERFORMANCE



EN



# MY E-TRAINING

## MOBILE & DESKTOP



The My E-Training software creates stimulating indoor training sessions via smartphones or tablets (both iOS and Android-based), as well as Mac and Windows that wirelessly connect to the hometrainer via ANT+™ or Bluetooth Smart (only for iOS, Android and Mac) protocols\*. The My E-Training manages and displays power, cadence, heart rate, speed, time and distance data.

| MOBILE VERSION (iOS and ANDROID )                                                                                                                    |
|------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>REALVIDEO</b> : train with Elite RealVideos. Enjoy an indoor bike ride pretending to be on a real route. (available for sale inside the software) |
| <b>MY REALVIDEO</b> : more than 1000 myRealVideos for free, recorder by users from all over the world                                                |
| <b>TRAINING PROGRAMS</b> : create training programs based on:                                                                                        |
| level mode                                                                                                                                           |
| free training**                                                                                                                                      |
| power - time                                                                                                                                         |
|                                                                                                                                                      |
|                                                                                                                                                      |
|                                                                                                                                                      |
| <b>TRAINING TEST</b> : undergo an evaluation test that helps you create month-long personalized indoor training                                      |
| <b>MAP COURSES</b> : create races anytime and anywhere via Google Maps                                                                               |
| <b>IMPORT GPS DATA</b> : easier data import from GPS cycle computers                                                                                 |
| <b>TRAINING PROGRAM CREATION</b> : the new graphic editor simplifies program creation                                                                |
| <b>EXPORT DATA</b> : export your training data to Strava, Training Peaks and MapMyRide                                                               |
| <b>IN CLOUD DATA</b> : save and store training data in the cloud to share with your other devices                                                    |
| <b>RECORD GPS</b> : record your GPS course and ride it indoors                                                                                       |
| <b>OPTIONAL</b> : ANT+ or Bluetooth heart rate belts are compatible to monitor your heart rate. Accessories are available on shopelite-it.com*       |

\* the operative system and hardware should be compatible with ANT+™ or Bluetooth Low Energy

Download the app My E-Training:



| DESKTOP VERSION (MAC OS and WINDOWS )                                                                                                                |
|------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>REALVIDEO</b> : train with Elite RealVideos. Enjoy an indoor bike ride pretending to be on a real route. (available for sale inside the software) |
| <b>MY REALVIDEO</b> : more than 1000 myRealVideos for free, recorder by users from all over the world                                                |
| <b>TRAINING PROGRAMS</b> : create training programs based on:                                                                                        |
| level mode                                                                                                                                           |
| free training**                                                                                                                                      |
| power - time                                                                                                                                         |
| slope - distance                                                                                                                                     |
| power - distance                                                                                                                                     |
| elevation gain - distance                                                                                                                            |
| slope - time                                                                                                                                         |
| <b>TRAINING TEST</b> : undergo an evaluation test that helps you create month-long personalized indoor training                                      |
| <b>MAP COURSES</b> : create races anytime and anywhere via Google Maps                                                                               |
| <b>IMPORT GPS DATA</b> : easier data import from GPS cycle computers                                                                                 |
| <b>TRAINING PROGRAM CREATION</b> : the new graphic editor simplifies program creation                                                                |
| <b>EXPORT DATA</b> : export your training data to Strava, Training Peaks and MapMyRide                                                               |
| <b>IN CLOUD DATA</b> : save and store training data in the cloud to share with your other devices                                                    |
| <b>WEB RACE</b> : compete with other Elite users in realtime on RealVideos (available in 2018)                                                       |
| <b>OPTIONAL</b> : ANT+ or Bluetooth heart rate belts are compatible to monitor your heart rate. Accessories are available on shopelite-it.com*       |

\*\* available for interactive trainers only

Download the software My E-Training: [www.elite-it.com](http://www.elite-it.com)

### POSA' 0143401



- \_Steel support for tablets, notebook, smartphones
- \_Safe and sturdy
- \_Device area made with soft anti-slip and anti-scratch rubber
- \_Adjustable tilt
- \_Height 100cm
- \_Max load: 5 kg

### COPERTON 0102100

\_A tire specifically designed for hometrainers. Excellent heat dispersion: generates far less heat than a regular road tire. Reduced noise and vibration.



### PROTEC PLUS 0130201

\_Protects your bike from rust or corrosion due to sweat.



### MISURO B+ 0145106



\_Bluetooth Smart and ANT+™ sensor sends speed, power and cadence data to compatible ANT+™ and Bluetooth Smart devices and apps. It must be installed directly on the hometrainer to manage indoor training via compatible smartphone, tablets, cycle computers and GPS devices.

\_Compatible with Mac, PC Windows, all iOS and Android smartphones, tablets, cycle computers and GPS devices with ANT+™ or Bluetooth Smart Ready technology.

\_Used with the My E-Training app, a regular hometrainer is converted into an advanced digital instrument that manages the most important training info and data Please check "Trainers and Rollers features" in this folder to verify hometrainer compatibility with Misuro B+.

### SU-STA 0121901

\_Height-adjustable front wheel support to perfectly simulate flat or uphill terrain.



### TRAINING MAT 0031009

\_Reduces vibration and protects the training area.



#### PEDALING ANALYSIS°

The Pedaling Analysis is a new and exclusive **DRIVO**, **DIRETO** and **KURA** feature developed by Elite to monitor the rider's power output throughout each pedal stroke. The rider can monitor the power output variations of each pedal stroke, and will better understand the coordinated action of extensors and flexors muscles, the smoothness of the pedaling and the mechanical efficiency of the movement itself. This translates into real improvement in the rider's performance, for both amateurs and pros alike, by a more efficient application of power throughout the pedal stroke.  
°only for DRIVO, DIRETO and KURA



Pedaling Analysis can be purchased in the mobile and desktop version of the My E-Training software.



# INTERACTIVE TRAINERS

# SMART TRAINERS

# CLASSIC TRAINERS

# INTERACTIVE ROLLER

# ROLLERS

# TRAINER AND ROLLER FEATURES

|                                                                                                                  | DRIVO | DIRETO | RAMPA | QUBO DIGITAL SMART B+ | KURA  | TURNO | QUBO POWER MAG SMART B+ | QUBO FLUID | NOVO FORCE | ARION DIGITAL SMART B+ | QUICK MOTION | ARION AL13 | ARION MAG | ARION |
|------------------------------------------------------------------------------------------------------------------|-------|--------|-------|-----------------------|-------|-------|-------------------------|------------|------------|------------------------|--------------|------------|-----------|-------|
| Fluid resistance                                                                                                 |       |        |       |                       | ✓     | ✓     |                         | ✓          |            |                        |              |            |           |       |
| Magnetic resistance                                                                                              |       |        |       |                       |       |       | ✓                       |            | ✓          |                        | ✓            | ✓          | ✓         |       |
| Electronically managed magnetic resistance                                                                       | ✓     | ✓      | ✓     | ✓                     |       |       |                         |            |            | ✓                      |              |            |           |       |
| Resistance adjusted directly on roller resistance unit                                                           |       |        |       |                       |       |       |                         |            |            |                        | ✓            | ✓          | ✓         |       |
| Mechanical resistance adjusted by command lever                                                                  |       |        |       |                       |       |       | ✓                       |            | ✓          |                        |              |            |           |       |
| Resistance levels                                                                                                |       |        |       |                       |       |       | 8                       |            | 8          |                        | 3            | 3          | 3         |       |
| Max slope*                                                                                                       | 24%*  | 14%*   | 10%*  | 6%*                   |       |       |                         |            |            | 5%*                    |              |            |           |       |
| Elastogel roller                                                                                                 |       |        | ✓     | ✓                     |       |       | ✓                       | ✓          | ✓          |                        |              |            |           |       |
| Elastogel roller diameter                                                                                        |       |        | 40 mm | 30 mm                 |       |       | 30 mm                   | 45 mm      | 30 mm      |                        |              |            |           |       |
| Parabolic aluminum roller                                                                                        |       |        |       |                       |       |       |                         |            |            |                        |              | ✓          |           |       |
| Antistatic polypropylene parabolic roller                                                                        |       |        |       |                       |       |       |                         |            |            | ✓                      | ✓            |            | ✓         | ✓     |
| Direct transmission                                                                                              | ✓     | ✓      |       |                       | ✓     | ✓     |                         |            |            |                        |              |            |           |       |
| Thru-axle locking system                                                                                         | ✓     | ✓      |       |                       | ✓     | ✓     |                         |            |            |                        |              |            |           |       |
| Compatibility with thru-axle adapter (cod.1020008)*<br>*for sale separately                                      |       |        | ✓     | ✓                     |       |       | ✓                       | ✓          | ✓          |                        |              |            |           |       |
| Quick-release locking system                                                                                     | ✓     | ✓      |       |                       | ✓     | ✓     |                         |            |            |                        |              |            |           |       |
| Fast Fixing locking system                                                                                       |       |        | ✓     | ✓                     |       |       | ✓                       | ✓          | ✓          |                        |              |            |           |       |
| Integrated power measurement system                                                                              | ✓     | ✓      |       |                       | ✓     |       |                         |            |            |                        |              |            |           |       |
| Integrated Misuro B+ sensor                                                                                      |       |        |       |                       |       | ✓     | ✓                       |            |            |                        |              |            |           |       |
| Compatible with Misuro B+ sensor                                                                                 |       |        |       |                       |       |       |                         | ✓          | ✓          |                        | ✓            | ✓          | ✓         | ✓     |
| Total interaction with App, Software, Devices with ANT+™ Trainers (FE-C) protocol                                | ✓     | ✓      | ✓     | ✓                     |       |       |                         |            |            | ✓                      |              |            |           |       |
| Total interaction with App, Software, Devices with Bluetooth Smart Fitness Machine - indoor Bike protocol        | ✓     | ✓      | ✓     | ✓                     |       |       |                         |            |            | ✓                      |              |            |           |       |
| Data transmission via ANT+™, FE-C and Bluetooth Smart                                                            | ✓     | ✓      | ✓     | ✓                     |       |       |                         |            |            | ✓                      |              |            |           |       |
| Speed / power / cadence data transmission to compatible apps and devices via ANT+™ and Bluetooth Smart protocols | ✓     | ✓      | ✓     | ✓                     | ✓     | ✓     | ✓                       |            |            | ✓                      |              |            |           |       |
| Sensorless cadence                                                                                               | ✓     | ✓      | ✓     | ✓                     | ✓     | ✓     | ✓                       |            |            | ✓                      |              |            |           |       |
| Flywheel moment of inertia (Kgm <sup>2</sup> )                                                                   | 28300 | 13050  | 5720  | 3930                  | 18700 | 19000 | 3680                    | 3090       | 2790       | 1450                   | 2125         | 3525       | 2425      | 1300  |
| Max power output (Watts) at 20km/h                                                                               | 1100  | 590    | 420   | 265                   | 195   | 165   | 370                     | 145        | 300        | 280                    | 185          | 220        | 220       | 130   |
| Max power output (Watts) at 40km/h                                                                               | 2300  | 1400   | 1150  | 660                   | 1020  | 650   | 900                     | 540        | 690        | 645                    | 425          | 520        | 520       | 280   |
| Max power output (Watts) at 60km/h                                                                               | 3600  | 2200   | 1900  | 1100                  | 3600  | 1950  | 1420                    | 1200       | 1080       | 730                    | 700          | 800        | 800       | 440   |
| Month subscription to the My E-Training mobile & desktop                                                         | 36    | 12     | 12    | 12                    |       | 12    | 12                      | 1          |            | 12                     | 1            | 1          | 1         | 1     |
| Month subscription to the My E-Training mobile                                                                   |       |        |       |                       | life  |       |                         |            |            |                        |              |            |           |       |
| Requires external power supply                                                                                   | ✓     | ✓      | ✓     | ✓                     |       |       |                         |            |            | ✓                      |              |            |           |       |

\* This value is function of speed and weight. The values are referred to an average rider.