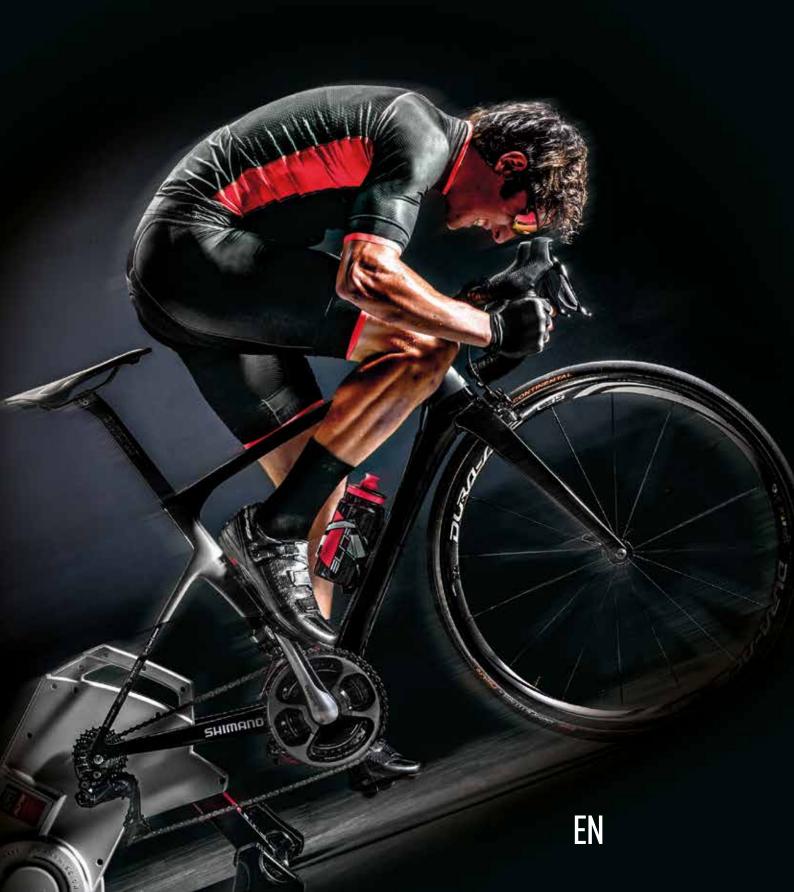# TRAINERS OVERVIEW

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

** available for interactive trainers only

Download the app My E-Training:

Download the software My E-Training: www.elite-it.com

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.

ACCESSORIES

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.

INTERACTIVE TRAINERS

DRIVO
0166001

_Interactive direct transmission hometrainer with integrated power measurement system
_Power measurement accuracy ± 1% accuracy
_Smooth pedalling
_Very easy to use: foldable frame and integrated handle
_Compatible with standard Shimano-SRAM 9/10/11 speed sprocket cassettes. Optional freehub compatible with Campagnolo 9/10/11 speed standard sprocket cassette is available
_Improves the rider's saddle position: the adjustable, anti-scratch plastic feet perfectly align the bike and duplicate the rider's road position on the trainer

24%

INCLUDES:

My Training — App Lifetime
RealSoftware lifetime
USB-ANT+™

IDEAL FOR:
Road bikes
Mountain bikes
Compatible hubs: 130-135x5mm with quick release and 142x12mm with thru-axle

COMPATIBLE WITH:
ZWIFT · TRAINERROAD · Kinomap
BIKEVO

PLUS:
ANT+ · FE-C · S&C · PWR
Bluetooth

DIRETO
0171001

_Interactive direct transmission home trainer with integrated measurement system
_Power measurement accuracy ± 2,5%
_Smooth pedalling
_Foldable frame and integrated handle
_Compatible with standard Shimano-SRAM 9/10/11 speed sprocket cassettes. Optional freehub compatible with Campagnolo 9/10/11 speed standard sprocket cassette is available

14%

INCLUDES:

My Training — App and software 12 months

IDEAL FOR:
Road bikes
Mountain bikes
Compatible hubs: 130-135x5mm with quick release and 142x12mm with thru-axle

COMPATIBLE WITH:
ZWIFT · TRAINERROAD · Kinomap
BIKEVO

PLUS:
ANT+ · FE-C · S&C · PWR
Bluetooth

RAMPA
0163001

_Interactive wireless smart hometrainer with automatic resistance adjustment
_The reiforced frame (50 mmtubes) and wide footprint ensuresafety and stability
_Smooth pedalling
_Ideal for cadence, power and sprint-based training sessions
_Very easy to use: foldable frame with integrated handle
_"Automatic Tension Plate": a system that maintains the correct pressure between the unit roller and tire throughout training session

10%

INCLUDES:

My Training — App and software for 12 months

IDEAL FOR:
Road bikes with 24"-29" wheels
Mountain bikes with 24"-29" wheels
The code1020008 adapter must be used with thru-axle bikes

COMPATIBLE WITH:
ZWIFT · TRAINERROAD · Kinomap
BIKEVO

PLUS:
ANT+ · FE-C · S&C · PWR
Bluetooth

QUBO DIGITAL SMART B+
0121028

_Interactive wireless hometrainer with automatic resistance adjustment
_Qubo compass frame for improved stability and realistic feel
_Elastogel roller (Ø 30mm)
_Fast fixing locking system

6%

INCLUDES:

My Training — App and software for 12 months

IDEAL FOR:
Road bikes with 20"-29" wheels
Mountain bikes with 20"-29" wheels
The code1020008 adapter must be used with thru-axle bikes

COMPATIBLE WITH:
ZWIFT · TRAINERROAD · Kinomap
BIKEVO

PLUS:
ANT+ · S&C · PWR
Bluetooth

SMART TRAINERS

KURA
0166001

_Direct transmission smart hometrainer with integrated power measurement system
_Power measurement accuracy ± 1% accuracy
_Smooth pedalling
_Ideal for cadence, power and sprint-based training sessions
_Very easy to use: foldable frame with integrated handle
_Self-powered: automatically recharging battery
_Compatible with Shimano-SRAM 9/10/11 speed standard sprocket cassettes. Optional freehub compatible with Campagnolo 9/10/11 speed standard sprocket cassette is available
_Improves the rider's saddle position: the adjustable, anti-scratch plastic feet perfectly align the bike and duplicate the rider's road position on the trainer

INCLUDES:

My Training — App lifetime

Sensor Misuro B+

IDEAL FOR:
Road bikes
Mountain bikes
Compatible hubs: 130-135x5mm with quick release and 142x12mm with thru-axle

COMPATIBLE WITH:
ZWIFT · TRAINERROAD · Kinomap
BIKEVO

PLUS:
ANT+ · S&C · PWR
Bluetooth

TURNO
0172001

_Direct transmission smart hometrainer with integrated Misuro B+ sensor
_Misuro B+ sensor sends speed, power and cadence data to compatible ANT+™ and Bluetooth Smart devices and apps
_Ideal for cadence, power and sprint-based training sessions
_Smooth pedalling
_Wireless transmission of power, speed and cadence data via ANT+™ and Bluetooth Smart.
_Very easy to use: foldable frame with integrated handle
_Compatible with Shimano-SRAM 9/10/11 speed standard sprocket cassettes. Optional freehub compatible with Campagnolo 9/10/11 speed standard sprocket cassette is available

INCLUDES:

My Training — App and software for 12 months

IDEAL FOR:
Road bikes
Mountain bikes
Compatible hubs: 130-135x5mm with quick release and 142x12mm with thru-axle

COMPATIBLE WITH:
ZWIFT · TRAINERROAD · Kinomap
BIKEVO

PLUS:
ANT+ · S&C · PWR
Bluetooth

QUBO POWER MAG SMART B+
0121026

_Smart hometrainer
_Speed/cadence and power ANT+™ and Bluetooth Smart integrated sensor
_Handlebar-mounted resistance adjusting lever
_Sends speed/cadence and power data to devices and apps with protocols ANT+™ and Bluetooth Smart
_Qubo frame: extremely stable with realistic road feel
_Elastogel roller (Ø 30mm)

INCLUDES:

My Training — App and software for 12 months

IDEAL FOR:
Road bikes with 20"-29" wheels
Mountain bikes with 20"-29" wheels
The code1020008 adapter must be used with thru-axle bikes

COMPATIBLE WITH:
ZWIFT · TRAINERROAD · Kinomap
BIKEVO

PLUS:
ANT+ · S&C · PWR
Bluetooth

CLASSIC TRAINERS

QUBO FLUID
0121006

_Fluid resistance hometrainer
_Trainers quiet, the most powerful and easiest trainer there is
_100% more powerful fluid resistance unit when compared to traditional fluid hometrainers
_Qubo frame: extremely stable with realistic road feel
_Elastogel roller (Ø 45 mm)

INCLUDES:

My Training — App and software for 1 month

IDEAL FOR:
Road bikes with 20"-29" wheels
Mountain bikes with 20"-29" wheels
The code1020008 adapter must be used with thru-axle bikes

COMPATIBLE WITH*:
ZWIFT · TRAINERROAD · Kinomap
BIKEVO

* Use Misuro B+ sensor for compatibility with My E-Training or third party apps

NOVO FORCE
0111303

_Magnetic resistance hometrainer
_Compact for easy transport and storage
_Handlebar-mounted resistance adjusting lever
_Novo frame
_Elastogel roller (Ø 30mm)

INCLUDES:

My Training — App and software for 1 month

IDEAL FOR:
Road bikes with 24"-29" wheels
Mountain bikes with 24"-29" wheels
The code1020008 adapter must be used with thru-axle bikes

COMPATIBLE WITH*:
My Training · ZWIFT · TRAINERROAD · Kinomap
BIKEVO

* Use Misuro B+ sensor for compatibility with My E-Training or third party apps

INTERACTIVE ROLLER

ARION DIGITAL SMART B+
0121102

_Interactive wireless roller with automatic resistance adjustment
_Parabolic rollers increase handling control while training

5%

INCLUDES:

My Training — App and software for 12 months

IDEAL FOR:
Road bike
Mountain bikes
Track bikes
Fixed bikes

COMPATIBLE WITH:
ZWIFT · TRAINERROAD · Kinomap
BIKEVO

PLUS:
ANT+ · FE-C · S&C · PWR
Bluetooth

ROLLERS

QUICK MOTION
0126001

_Magnetic resistsance floating roller
_3-level integrated magnetic resistance
_The floating frame aids balance and makes for more natural and intuitive training sessions
_Parabolic rollers
_Integrated handle for easier transportation
_Adjusts to match different bicycle wheelbases
_Wheelbase adjustable from 944 mm to 1144 mm
_Folds into three parts for reduced clutter

INCLUDES:

My Training — App and software for 1 month

IDEAL FOR:
Road bike
Mountain bikes
Track bikes
Fixed bikes

COMPATIBLE WITH*:
ZWIFT · TRAINERROAD · Kinomap
BIKEVO

* Use Misuro B+ sensor for compatibility with My E-Training or third party apps

ARION AL 13
0121201

_A very light yet strong frame
_Integrated magnetic resistance (3 levels)
_Aluminum parabolic-shaped rollers, so you ride freely and safely with perfect balance
_Integrated frame step simplifies mounting and dismounting operation
_Folds with one easy movement

INCLUDES:

My Training — App and software for 11 month

IDEAL FOR:
Road bike
Mountain bikes
Track bikes
Fixed bikes

COMPATIBLE WITH*:
ZWIFT · TRAINERROAD · Kinomap
BIKEVO

* Use Misuro B+ sensor for compatibility with My E-Training or third party apps

ARION MAG
0108050

_Magnetic resistance roller
_3-level integrated magnetic resistance
_Super light and strong frame
_Parabolic rollers
_Foldable
_Adjusts to match different bicycle wheelbases
_Wheelbase adjustable from 944 mm to 1124 mm

INCLUDES:

My Training — App and software for 1 month

IDEAL FOR:
Road bike
Mountain bikes
Track bikes
Fixed bikes

COMPATIBLE WITH*:
ZWIFT · TRAINERROAD · Kinomap
BIKEVO

* Use Misuro B+ sensor for compatibility with My E-Training or third party apps

ARION
0108501

_Super light and strong frame
_Parabolic rollers
_Foldable
_Wheelbase adjustable from 944 mm to 1124 mm

INCLUDES:

My Training — App and software for 1 month

IDEAL FOR:
Road bike
Mountain bikes
Track bikes
Fixed bikes

COMPATIBLE WITH*:
ZWIFT · TRAINERROAD · Kinomap
BIKEVO

* Use Misuro B+ sensor for compatibility with My E-Training or third party apps

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)° °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 (Kgmm²)	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		12	12	12		12	12	1		12	1	1	1	1
Month subscription to the My E-Training mobile	life				life									
Month subscription to the RealSoftware	life													
Requires external power supply	✓	✓	✓	✓						✓				

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