

Elite Suito

Elite SUITO Smart Trainer Interactive Trainer User Manual

Model: Suito | Brand: Elite

INTRODUCTION

The Elite SUITO Smart Trainer is a direct drive interactive trainer designed to provide a realistic and engaging indoor cycling experience. It offers electronic resistance, adjustable settings, and broad compatibility with various cycling applications. This manual provides essential information for setting up, operating, and understanding the features of your SUITO Smart Trainer.

SETUP GUIDE

1. Unfolding and Placement

The SUITO trainer features a thoughtful design with an ergonomic handle located at the top of the housing, allowing for easy transport. To set up, unfold the trainer's legs to ensure a stable base. The trainer weighs approximately 14.5 kg (31.96 lb), making it manageable to move and store.



Image: The Elite Suito Smart Trainer with its legs unfolded, ready for use. The integrated handle is visible at the top.

2. Power Connection

For optimal performance and full functionality, connect the trainer to a 12-volt power source using the provided power adapter. While the trainer can be used without power, doing so will restrict your ability to control resistance settings and access smart features.

3. Attaching Your Bicycle

The Suito is a direct drive trainer, meaning you will remove your bicycle's rear wheel and attach the bike's frame directly to the trainer's cassette. Ensure your bike's hub and cassette are compatible with the trainer. The trainer comes with a pre-installed Shimano 9/10/11 speed compatible freehub body. Adapters for Boost 148x12 mm rear hubs, SRAM XD/XDR 12 speed, and Shimano 12 speed Micro Spline are available separately if needed.

- **Bike Compatibility:** Race bike, Mountain bike and city bike, also carbon ones, with 130x135 x 5mm hubs and with quick clamping system and 142x12 mm with thru-axle (adapter available for Boost 148x12 mm rear hubs).
- **Cassette Compatibility:** Freehub body Shimano 9/10/11 speed, SRAM & Campagnolo 9/10/11 speed. Specific freehub bodies for SRAM XD/XDR 12 speed and Shimano 12 speed Micro Spline also available.

OPERATING INSTRUCTIONS

1. Connectivity

The Elite SUI TO Smart Trainer is equipped with ANT+ (FE-C, Power, Speed&Cadence) and Bluetooth (FTMS, Power and Speed&Cadence) wireless communication protocols. This allows for seamless pairing with various devices and applications.

- **Compatible Devices:** Smartphone, tablet, bike computer, sports watches, Windows and Mac. Computer ANT+ and/or Bluetooth.
- **Compatible Software & Apps:** My E-Training, Zwift, Trainer Road, Bikevo, Kinomap, The Sufferfest and more.

Ensure your device's Bluetooth or ANT+ is enabled and search for the SUI TO trainer to establish a connection. The trainer features LED lights to indicate power source, ANT+, and Bluetooth connection status.

2. Training Modes and Resistance

The SUI TO offers interactive resistance that adjusts automatically based on the chosen application or workout. It can simulate inclines of up to 15% and provides a maximum power output of 1900 Watts (at 40km/h), ensuring a challenging workout for all fitness levels. The 3.5 kg flywheel contributes to a smooth and realistic pedaling feel. For optimal performance, ensure the trainer is connected to a power source. Without power, the resistance will be fixed, limiting the interactive features.

SPECIFICATIONS

Feature	Detail
Home Trainer Type	Interactive direct transmission home trainer
Wireless Communication	ANT+ (FE-C, Power, Speed&Cadence) and Bluetooth (FTMS, Power and Speed&Cadence)
Max Slope Simulated	15%
Max Power	730 Watt (20km/h) - 1900 Watt (40km/h)
Control Via	Smartphone, tablet, bike computer, sports watches, Windows and Mac. Computer ANT+ and/or Bluetooth
Compatible With	My E-Training software & app, Zwift, Trainer Road, Bikevo, Kinomap, The Sufferfest and more
Flywheel Weight	3.5 kg
Bike Compatibility	Race bike, Mountain bike and city bike, also carbon ones, with 130x135 x 5mm hubs and with quick clamping system and 142x12 mm with thru-axle (adapter available for Boost 148x12 mm rear hubs)

Cassette Compatibility	Freehub body Shimano 9/10/11 speed, SRAM & Campagnolo 9/10/11 speed. Specific freehub bodies for SRAM XD/XDR 12 speed and Shimano 12 speed Micro Spline also available.
Connection Indicator	Power source, ANT+ and Bluetooth (3 LED lights)
Firmware Update	Available
Dimensions Open (L x W x H)	560 x 760 x 495 mm / 22.04 x 29.92 x 19.48 inches
Dimensions Folded (L x W x H)	560 x 150 x 495 mm / 22.04 x 5.90 x 19.48 inches
Weight	14.5 Kg / 31.96 lb
Material	Alloy Steel
Color	Black
Model Number	0191001EXUE

ADDITIONAL INFORMATION

The Elite SUITO is known for its relatively quiet operation, even during intense efforts, making it suitable for apartment use or shared living spaces. Its robust and stable frame ensures a secure training platform.

WARRANTY AND SUPPORT

For specific warranty details, troubleshooting guides, or customer support, please refer to the official Elite website or contact your retailer. Firmware updates are available to ensure your trainer operates with the latest features and improvements.