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ELITE Direto X

ELITE Direto X Interactive Power Trainer User Manual

MODEL: DIRETO X (PART NO. 110171007EXUE)

1. Introduction

This manual provides essential information for the safe and effective use of your ELITE Direto X Interactive Power Trainer. Please read all instructions carefully before assembly and operation. Retain this manual for future reference.

2. Safety Information

- Always ensure the trainer is placed on a stable, level surface.
- Keep children and pets away from the trainer during operation.
- Do not touch moving parts while the trainer is in use.
- Ensure your bicycle is securely mounted to the trainer before beginning any workout.
- Disconnect the power supply when the trainer is not in use or during cleaning.
- Use only the power adapter supplied with the trainer.
- Consult a physician before starting any new exercise program.

3. Package Contents

Carefully unpack all components and verify that you have received the following items:

- ELITE Direto X Interactive Power Trainer unit
- Front wheel support block
- Power adapter and cable
- Quick release skewer (for compatible bikes)
- Adapters for thru-axle bicycles (142x12mm, 148x12mm)



Image: The ELITE Direto X trainer with its legs folded, alongside the front wheel support block. This illustrates the main components included in the package.

4. Setup

Follow these steps to set up your Direto X trainer:

1. **Unfold the Legs:** Place the trainer on a flat, stable surface. Carefully unfold the support legs until they click into place, ensuring maximum stability.
2. **Install Cassette (Sold Separately):** The Direto X does not include a cassette. Install a compatible 9/10/11-speed Shimano/SRAM cassette onto the freehub body. For Campagnolo, SRAM XD/XDR, or 12-speed Shimano, a specific freehub body (sold separately) is required.
3. **Prepare Your Bicycle:** Remove the rear wheel from your bicycle.
4. **Mount Bicycle:**
 - **For Quick Release (QR) Bikes:** Use the supplied quick release skewer. Insert the skewer through the trainer's axle and secure your bike's dropouts onto the trainer. Tighten the quick release lever firmly.
 - **For Thru-Axle Bikes:** Select the appropriate thru-axle adapters (142x12mm or 148x12mm) and install them onto the trainer's axle. Mount your bike's dropouts onto the trainer and secure with your bike's thru-axle.
5. **Position Front Wheel:** Place the front wheel of your bicycle onto the supplied front wheel support block to level the bike.
6. **Connect Power:** Plug the power adapter into the trainer and then into a suitable electrical outlet. The trainer will power on automatically.



Image: A cyclist actively using the ELITE Direto X trainer with a road bike, demonstrating a fully set up system ready for use.

5. Operating the Trainer

The ELITE Direto X is an interactive smart trainer compatible with various cycling applications.

1. **Connectivity:** The Direto X supports both ANT+ FE-C and Bluetooth Smart (BLE) protocols. This allows it to communicate with compatible devices and software.
2. **Pairing with Software:**
 - Open your preferred cycling application (e.g., Zwift, Rouvy, TrainerRoad, My E-Training).
 - Navigate to the device pairing or sensor settings within the application.
 - Search for available trainers. Your Direto X should appear as an ANT+ FE-C or Bluetooth device.
 - Select and pair with your Direto X. Ensure you pair it as a controllable trainer for interactive features.
3. **Calibration:** For accurate power readings, perform a calibration (often called a 'spin-down' or 'zero offset') within your cycling application periodically, especially after initial setup or moving the trainer.
4. **Interactive Training:** Once paired, the trainer will automatically adjust resistance based on the

virtual terrain or workout profile from your chosen application.



Image: A detailed view of the 'Direto X' branding and 'Interactive Power Meter' label on the trainer's casing, highlighting its key features.

6. Maintenance

Regular maintenance ensures the longevity and optimal performance of your Direto X trainer.

- **Cleaning:** Wipe down the trainer with a soft, damp cloth after each use to remove sweat and dust. Do not use abrasive cleaners or solvents.
- **Storage:** When not in use, store the trainer in a dry place away from direct sunlight and extreme temperatures. The legs can be folded for more compact storage.
- **Inspections:** Periodically check all bolts and connections to ensure they are secure. Inspect the power cable for any signs of damage.
- **Cassette:** Keep your cassette clean and lubricated according to bicycle maintenance best practices.

7. Troubleshooting

If you encounter issues with your Direto X trainer, refer to the following common problems and solutions:

Problem	Possible Cause	Solution
Trainer not powering on	Power cable disconnected; faulty outlet	Check power connections; try a different outlet.
Cannot pair with cycling app	Bluetooth/ANT+ off; trainer not awake; interference	Ensure device Bluetooth/ANT+ is on. Spin pedals to wake trainer. Reduce interference from other devices. Restart app/device.
Inaccurate power readings	Needs calibration; incorrect setup	Perform a spin-down calibration in your app. Verify bike is securely mounted.
Resistance not changing	Not paired as controllable trainer; app issue	Ensure trainer is paired as a controllable device (ANT+ FE-C or BLE FTMS). Check app settings or restart the application.
Unusual noise during operation	Loose components; cassette issue; bike drivetrain issue	Check all trainer bolts. Inspect cassette for wear. Ensure bike drivetrain is clean and properly adjusted.

If the problem persists, contact ELITE customer support for further assistance.

8. Specifications

Key technical specifications for the ELITE Direto X Interactive Power Trainer:

Feature	Specification
Brand	ELITE
Model Name	Direto X (Interactive Trainer)
Model Number (Part No.)	110171007EXUE
Resistance Mechanism	Electronic
Connectivity	ANT+ FE-C, Bluetooth Smart (BLE)
Material	Metal
Color	Black
Item Weight	20 Pounds (approx. 9.07 kg)
Compatible Wheel Size	Up to 29 Inches
Compatible Bike Types	Mountain Bike, Road Bike
Cassette Compatibility	Shimano/SRAM 9/10/11-speed (cassette not included)

9. Warranty and Support

The ELITE Direto X Interactive Power Trainer is covered by a manufacturer's warranty against defects in

materials and workmanship. For specific warranty terms and conditions, please refer to the warranty card included with your product or visit the official ELITE website.

For technical support, troubleshooting assistance, or warranty claims, please contact ELITE customer service through their official website or the contact information provided in your product packaging. When contacting support, please have your model number (110171007EXUE) and proof of purchase readily available.