



TRAIN RIGHT AWAY WITHOUT NEEDING SOFTWARE

Zona is Elite's new device to install on the handlebar, allowing you to have **total control over your workouts** and execute specific training quickly and immediately from the first use, without needing an app or software.

Zona stands out for its **autonomy from apps and software**, making it perfect for meeting a wide range of training needs, whether outdoors, in the gym, or during alternating workouts.

Installable on any type of handlebar, Zona allows you to easily select the desired training mode by operating directly on the controller buttons. You can choose from **four training modes**: zone training from Z1 to Z7, based on FTP; training in Watts/Kg from 1 to 7; resistance level training, from 1 to 16; and seven pre-set training programs, always based on FTP.

Compatible with all **direct-drive, wheel-on, or interactive roller trainers with ANT+ FE-C or FTMS BLE protocol**, Zona automatically recognizes the trainer, allowing you to focus solely on choosing the type of training.

TARGETED TRAINING WITH A FEW SIMPLE CLICKS

Zona allows you to fully customize your workouts, offering a wide range of training types, perfect for athletic trainers and cyclists who want to quickly and efficiently manage training plans and programs on a home trainer. By operating directly on the controller buttons,

Zona offers the possibility to choose from:

- **Zone training**: From Z1 to Z7, to work on different zones of your FTP and calibrate your workouts based on your fitness level. A **default FTP value of 150W** is set to allow you to start immediately. Training zones are subjective and depend on your current fitness level. Therefore, you will need to periodically update your FTP value, entering it directly from the device keypad to adapt the workouts to your fitness level. The LEDs will indicate the sub-zones of training within a specific zone. It will be possible to fine-tune the FTP value within each zone on five levels.
- **Training in Watts/Kg**: From 1 Watt/Kg to 7 Watt/Kg. The weight is entered the same way as the FTP value and can also be fine-tuned in decimals for greater precision.
- **Resistance level training**: From 1 to 16 selectable levels.
- **Pre-set training programs**: Up to 7 pre-configured training programs that always

work on your FTP value in segments. These pre-set programs have been developed with the assistance of qualified technical trainers.

Zona offers you the freedom to adapt your workouts to your specific needs, ensuring a complete and personalized training experience.

EASY AND IMMEDIATE SETUP FOR ANY HANDLEBAR

Zona is equipped with a **Garmin rear mount and an O-ring adapter**, allowing for secure and versatile mounting on any part of the handlebar. Made with **waterproof and sweat-resistant materials**, Zona can be easily installed on all types of handlebars, including road, flat, and time trial bars, thanks to the integrated rear mount. This ensures universal compatibility and lasting durability even in the most extreme conditions.

Zona's LEDs provide clear and immediate **visual feedback on the current training modes**, allowing you to easily identify the training you are performing and maximize the effectiveness of your sessions.

The intuitive interface, combined with the **convenient position on the handlebar**, ensures quick and immediate control of each workout. Simple clicks on the device's buttons

allow for on-the-fly adjustments without interrupting your rhythm.

To start, simply **enter your FTP value** and select the **desired type of training or resistance** level. This makes starting your training sessions quick and easy. Battery power eliminates the need for wiring, making the device even more convenient to use and reducing clutter on the bike.

WHEREVER YOU WANT, WITH ANY TRAINER YOU WANT

Zona is compatible with all **direct-drive, wheel-on, and interactive roller trainers with ANT+ FE-C or FTMS BLE** protocol.

The trainer will be automatically recognized, allowing you to focus solely on selecting the desired training type.

The true innovation of **Zona** lies in the freedom of training it offers: it does not require connection to apps or software, nor subscription or registration for full use. This ensures maximum flexibility and versatility in a **wide range of training situations**, whether outdoors or in the gym. It is ideal for **pre-race warm-ups, post-race cool-downs, and combined gym workouts with the bike.**

Thanks to its versatility, **Zona** allows you to adapt your training to your needs, wherever you are, making the most of every available moment to improve your performance.

DETAILS:

- **Wireless technology:** ANT+ FE-C or FTMS BLE
- **Firmware update:** Yes, via Upgrado
- **Power supply:** Replaceable CR2032 battery by removing the 4 hex screws
- **Battery life:** Approx. 80 hours
- **Dimensions:**
(LxHxW) 70 mm x 70 mm x 25 mm
- **Can be used with bike computers?** Yes
- Specific training on the trainer without preliminary setup on training apps or software
- **Available training modes:**
 - _Zone training from Z1 to Z7 based on FTP
 - _Training in Watts/Kg from 1 to 7
 - _Resistance level training, from 1 to 16
 - _7 pre-set training programs based on FTP
- **Compatibility:** Compatible with all direct-drive, wheel-on, and interactive roller trainers with ANT+ FE-C or FTMS BLE protocol.
- Rear mount and O-ring fixing system included.