

ELITE

DIRETO XR TEAM

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THE TRAINER OF THE DECATHLON AG2R LA MONDIALE TEAM

The **Direto XR TEAM** is one of the top models in Elite's range of smart home trainers for indoor workouts. Precise, robust, and compatible with a wide variety of bikes, this trainer has been specifically designed for the **DECATHLON AG2R LA MONDIALE TEAM**, who use it during training and warm-up sessions before major competitions such as the Tour de France.

The **Direto XR TEAM** delivers high-level performance, sharing the same standards as the champions and their bikes. It features **extreme precision with 1.5% accuracy** guaranteed by the integrated power meter and an **ultra-realistic gradient simulation** capable of replicating climbs up to a staggering **24%**.

Like the most advanced models in Elite's lineup, the **Direto XR TEAM** also offers **electronic compatibility with Shimano Di2®** derailleurs, allowing you to adjust resistance levels or pause the brake using the electronic shift buttons on your bike. This is an essential feature for a trainer designed for the Van Rysel bikes of the **DECATHLON AG2R LA MONDIALE TEAM** champions.

Among its high-end features, the trainer includes a **data transmission rate of 10Hz** for immediate synchronization with all cycling apps and **two standalone modes** to ensure high-intensity training in any setting.

Start your training right away with the included coupon to register and receive **12 months free access** to Elite's My E-Training app.

POWER DATA AND WATTAGE ALWAYS PRECISE WITH INTEGRATED POWER METER

The **Direto XR TEAM** is a favorite among champions because it provides precise and reliable training data monitoring thanks to its **integrated power meter**, the **Optical Torque Sensor (OTS)**. This device ensures extremely accurate measurement of your effort with a nearly perfect **1.5% accuracy**.

The **Direto XR TEAM** also offers **four data display options** for training sessions in ERG mode, which can be activated through My E-Training with the **"Power Smoothing"** feature. The convenient **"Easy Start"** function simplifies resuming intervals after brief pedal pauses, ensuring a comfortable and efficient training experience. Additionally, the enhanced integrated power meter makes it easier to **access the "Supertuck" position** for your avatar in Zwift races.

HIGH-SPEED DATA TRANSMISSION

In the **Direto XR TEAM**, the frequency of **reading power, speed, and cadence data** has been **increased to 10Hz**.

This means that your data values will be read by your trainer and sent to the apps up to **10 times faster**, ensuring immediate synchronization with the software.

TRAIN ON EVERY CLIMB WITH INCLINES UP TO 24%

With the **Direto XR TEAM**, you'll conquer even the most challenging routes thanks to its ability to **simulate inclines up to 24%**. This **smart trainer** automatically adjusts the resistance based on the climbs of your route, allowing you to experience the intensity of the steepest climbs in cycling and prepare to tackle every challenge with greater determination in each session.

For an even more immersive workout, pair the **Direto XR TEAM** with the **Rizer**, the **incline simulator** with steering that synchronizes the bike frame movement with the inclinations of the virtual terrain, making every session an engaging and realistic experience. Additionally, the **smart fan Aria**, equipped with **active carbon filters**, automatically adjusts the airflow based on your training

data, providing you with maximum realism and comfort during every workout, and helping you face and conquer every climb with increased effectiveness and energy.

THE QUIETEST EVER

After the success of the Direto X, Elite's R & D department redefined the mechanics of the **Direto XR TEAM** by achieving **unmatched noise reduction levels**.

These developments rank the home trainer among Elite's quietest, by virtue of its **direct transmission** configuration, where the rear wheel is removed and the chain connects to the cassette on the home trainer: the only noise you'll hear is the chain itself when you're shifting gears while working out. This is the definitive option to enjoy a quiet workout environment.



ADVANCED FUNCTIONS: CARDIO AND CADENCE BRIDGE FUNCTION

Connect your **heart rate monitor or cadence sensor** directly to your smart trainer while using training software.

Your trainer acts as a bridge, receiving data from the sensors and transmitting it simultaneously to the software. This is particularly handy for platforms like **Apple TV**, which can only handle two Bluetooth® Smart sensors at a time.

AGILE SUPERTUCK

Supertuck lets your smart trainer **quickly reset power data when you stop pedaling**. In this way, Zwift can instantly detect pedal inactivity, activating the **supertuck aerodynamic position for your avatar** without delay.



"EASY START" FUNCTION

When you briefly stop pedaling in high-wattage ERG mode, this function makes it easier to **resume the interval**.

Your trainer will automatically reset the resistance, giving you a few seconds to get back into the groove and **regain your cadence** before returning to your chosen resistance level.

IMPROVED ERG MODE BRAKE MANAGEMENT

This feature ensures maximum **power data stability in ERG mode**.

The brake response is perfectly synced with the software, **eliminating any fluctuations**. You'll reach your desired power instantly.

POWER SMOOTHING

Activate this function to get **smooth power data visualization in both ERG and Simulation modes**.

You can choose from **four levels of data display**, customizing the graph's level of adjustment and smoothing to your liking.

UNPLUGGED TRAINING FREEDOM

Direto XR TEAM features **stand-alone modes** for flexible training anywhere, even without software or power.

While plugged in but unconnected, preset **incline values up to +18%** on My E-Training for simulated road rides, retained even when disconnected.

In instances with no connection or power, adjust **resistance levels between 1 and 16** on My E-Training beforehand for uninterrupted training sessions.

THE SECRET TO A PERFECT PEDAL STROKE

The secret to a perfect pedal stroke is available on the **Direto XR TEAM** trainer with the function "**Pedal Analysis**", allowing you to monitor your power output at 24 points throughout your entire pedal stroke. With two distinct graphs, you can observe power variations, pedal coordination, smoothness, and mechanical efficiency, optimizing your cycling performance indoors or outdoors with precision. This feature is available for purchase directly within Elite's **My E-Training** software. An active My E-Training subscription is required to use it.

GREAT COMPATIBILITY

Direto XR TEAM is compatible with both road and mountain bikes, with 130-135 x 5mm hubs with quick clamping system and 142 x 12mm with thru-axle.

You can find adapters on www.shopelite-it.com to ensure compatibility with 135 x 10-12mm (cod. 10143036) and for rear 148 x 12mm (cod. 1014303) Boost hubs and (cod. 1014346) Super Boost 157 x 12 mm.

This trainer features a new structure which is perfect to house derailleurs with long cages that feature **greater capacity on bigger 12-speed sprocket sets**. This is how the **Direto XR** is compatible with 9/10/11 speed Shimano® and 12 speed Shimano® road, 12 speed Shimano® MTB (with Micro Spline freehub body, cod. 1014315), 9/10/11/12 speed Campagnolo (with freehub cod. 1014233), 12 speed SRAM NX with Shimano compatible hub, 12 speed SRAM (XD/XDR freehub cod. 1014279). The freehub bodies specific for Campagnolo, SRAM XD/XDR, 12 speed SRAM NX and 12 speed micro Spline Shimano® are available on www.shopelite-it.com.

TRAIN ON MY E-TRAINING

As with all Elite's direct transmission home trainers, the **Direto XR TEAM** is part of the **ANT+™ FE-C** and **Bluetooth** interactive home trainers range.

This means total interaction with apps, software, computers and devices (smartphones

and tablets) with **iOS, Android, MacOS and Windows.**

Anywhere, anytime, with just a few clicks, you just set the course of the workout program and start pedalling: **Direto XR TEAM** handles the rest, by automatically adjusting resistance to manage your workout autonomously based on your needs.

Also included in the box of the **Direto XR TEAM** is a **12-month free subscription to Elite's My E-Training software.**

Direto XR TEAM is also compatible with all the other commercially available indoor cycling platforms such as Zwift, TrainerRoad, Rouvy, Kinomap and many more.

ALSO WORKS WITH ZWIFT COG AND CLICK

Direto XR TEAM is also ready to connect with the **Zwift Cog and Click**, unlocking the full virtual shifting experience on Zwift.

Just remove the cassette you use with other apps and replace it with the **Zwift Cog.**

Compatible with most 8- to 12-speed drivetrains, the **Cog** adds versatility to your **trainer**, making it easy to switch bikes without compatibility concerns.

The **Zwift Click**, which mounts to any handlebar, lets you control resistance and shift across 24 virtual gears.

Check the **How-To video** in our Video section to see how to remove your cassette and install the **Zwift Cog.**

You can purchase the [Zwift Cog and Click Upgrade Pack](#) with a **\$20/E20/€20** discount by using our code **ELITEZCOG2024** through the affiliate link. Purchases on Zwift are available in the EU, UK, and US.

STABLE AND EASY TO TRANSPORT

Direto XR TEAM is a very stable and accurate home trainer.

Easy to transport, use and store after use thanks to its foldable legs, this home trainer is distinguished by its extraordinary stability even

on out-of-the-saddle sprints.

Moreover, the **scratch-proof adjustable feet** make it possible to vertically adjust the bicycle's position even when the floor isn't completely flat.

Direto XR TEAM also includes **Elite's Riser Block front wheel support**, perfect to find the most comfortable position while working out.



SENSORLESS TECHNOLOGY

Direto XR TEAM stands out with its **elegant design**, perfectly aligning with **Elite's comprehensive ecosystem of cycling technologies.**

From the **Rizer** slope simulator to the **Aria** smart fan, **Direto XR TEAM** seamlessly integrates, offering a harmonized and stylish indoor cycling experience.

It also features a **practical eco-leather handle** that ensures effortless transport and storage.

With its **Plug & Play setup**, you can swiftly begin your training: attach the flywheel casing, adjust the legs, and mount your bike using the provided adapters. Within moments, you're ready to tap into **Direto XR TEAM's** advanced features.



FEATURES

HOME TRAINER TYPE	Interactive direct transmission home trainer
SPROCKET CASSETTE	Not included
POWER METER	Integrated OTS (Optical Torque Sensor)
ACCURACY	±1,5%
MAX SLOPE SIMULATED	24%
MAX POWER	1100 Watt (20km/h) - 2300 Watt (40km/h)
WIRELESS COMMUNICATION	ANT+™ (FE-C, Power, Speed&Cadence) and Bluetooth® (Zwift Protocol – after a firmware update, FTMS, Power and Speed&Cadence).
CONTROL VIA	Smartphone, tablet, bike computer, sports watches, Windows and Mac. Computer ANT+™ and/or Bluetooth
FIRMWARE UPDATE CAPABILITY	Yes
RIZER COMPATIBLE	Yes
SQUARE COMPATIBLE	Yes
COMPATIBLE WITH	My E-Training software & app Zwift, Trainer Road, Kinomap and more
OUTPUT	Power, speed and cadence
FLYWHEEL	5 kg / 11,02 lbs
FRONT WHEEL SUPPORT	Included
BIKE COMPATIBILITY	Road bikes, gravel bikes, mountain bikes, and city bikes. Compatible with Elite's Square smart frame and Zwift Ride (when using the Zwift Cog). Included adapters for: Quick release Ø 5x130-135 Thru-axle Ø 12x142 Adapters available* for: Thru-axle Ø 10x135-12x135 (cod. 1014306) Specialized SCS Ø 12x135 (cod. 1014087) Boost Ø 12x148 (cod. 1014303) Super Boost Ø 12x157 (cod. 1014346) *available on www.shopelite-it.com
CASSETTE COMPATIBILITY (freehub included)	Shimano®/SRAM 9/10/11 speed Shimano® 12 speed road SRAM SX 12 speed SRAM NX 12 speed Zwift Cog (Replace your cassette with the Zwift Cog to unlock virtual shifting features offered by the Zwift Click).
FREEHUBS AVAILABLE*	Shimano Micro Spline (cod. 1014315) Campagnolo (cod. 1014233) SRAM XD/XDR (cod. 1014279) *available on www.shopelite-it.com
CONNECTION INDICATOR	Power source, ANT+ and Bluetooth (3 LED lights)
INCLUDES	12-month free subscription to My E-Training software & app

SPECIFICATIONS

POWER SUPPLY DATA	Input 100-240 volts 50-60 hz - Output 12 volts 1,5A
OPEN SIZE (L x W x H)	650 x 830 x 560 mm / 25,60" x 32,70" x 22,04"
CLOSED (L x W x H)	650 x 300 x 560 mm / 25,60" x 11,82" x 22,04"
WEIGHT	15 Kg / 33,07 lbs
MAX LOAD	110 kg / 242,50 lbs