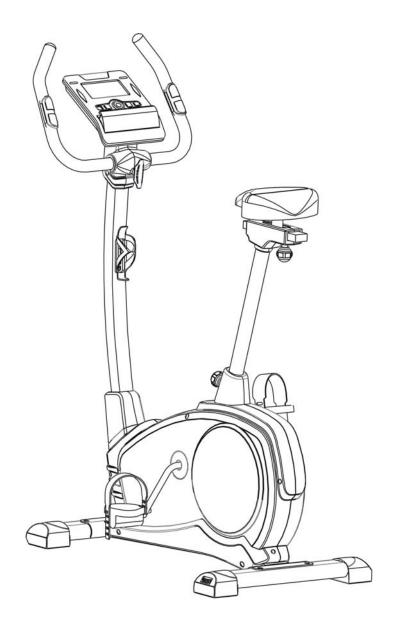
Platinum Magnetic Bike

Assembly & User Instructions- Please Keep for future reference

226/8675





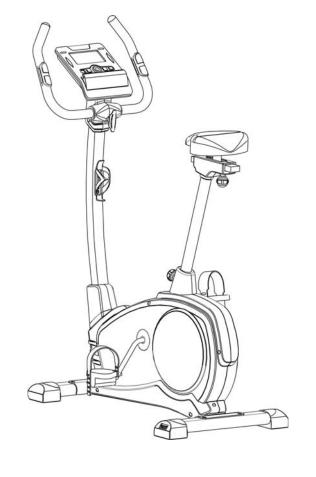
Important - Please read these instructions fully before assembly or use

These Instructions contain important information which will help you get the best from your equipment and ensure safe and correct assembly, use and maintenance.

If you need help or have damaged or missing parts, call the **Customer Helpline: 0345 6001714**http://www.argos-support.co.uk/

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Safety Information



Important - Please read fully before assembly or use

To reduce the risk of serious injury, read the entire manual before you assemble or operate the Roger Black Platinum Magnetic Bike, In particular, note the following safety precautions:

Assembly

- Check you have all the components and tools listed on pages 3 and 4, bearing in mind that, for ease of assembly, some components are pre-assembled.
- · Keep children and animals away from the work area, small parts could cause choking if swallowed.
- Make sure you have enough space to layout the parts before starting.
- Assemble the item as close to its final position (in the same room) as possible.
- The free standing equipment should be installed on a stable and level base.
- Dispose of all packaging carefully and responsibly.

Using

- · Keep unsupervised children away from the equipment.
- Injuries to health may result from incorrect or excessive training.
- It is the responsibility of the owner to ensure that all users of this product are properly informed as to how to use this product safely.
- This product is intended for domestic use only. Do not use in any commercial, rental, or institutional setting.
- Before using the equipment to exercise, always do stretching exercises to properly warm up.

- If the user experiences dizziness, nausea, chest pain, or other abnormal symptoms stop the workout and seek immediate medical attention.
- Only one person at a time should use the equipment.
- · Keep hands away from all moving parts.
- Always wear appropriate workout clothing when exercising. Do not wear loose or baggy clothing, since it may get caught in the equipment. Wear athletic shoes to protect your feet while exercising.
- Do not place any sharp objects around the equipment.
- Disabled persons should not use the equipment without a qualified person or doctor in attendance.
- This product is suitable for user's weight of: 125kgs.
- This product conforms to:ISO20957-1 and EN957-5 class (H) - Home Use - Class (C).
- The braking system is adjustable.



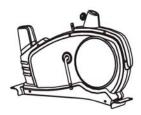
Warning: Before beginning any exercise program, consult your Doctor. This is especially important for persons over the age of 35 or persons with pre-existing health problems. You MUST read all instructions before using any fitness equipment.

Warning! Heart rate monitoring systems may be inaccurate. Over exercising may result in serious injury or death. If you feel faint stop exercising immediately. The pedal crank training equipment is not suitable for therapeutic purposes.

Please check you have all parts listed below

Note: Some of the smaller components may be pre-fitted to larger components. Please check carefully before contacting Argos regarding any missing components.

Total mass of the product is 28 kg. Foot print of the equipment is 95.5 cm*54 cm.



1. Main Frame



2. Rear Stabilizer



3. Front Stabilizer



4. Seat Post



5. Seat Adjustable Bracket



6. Front Post



7. Handle



33. Front Post Cover



9. M10 Lock Knob



10. M8 Lock Knob



11. Saddle



12. Pedal (Left/Right)



13. Computer



34. Saddle Post Cover



14. Saddle Cover



15. Handle Cover



16. Bottle Holder



68. Transformer

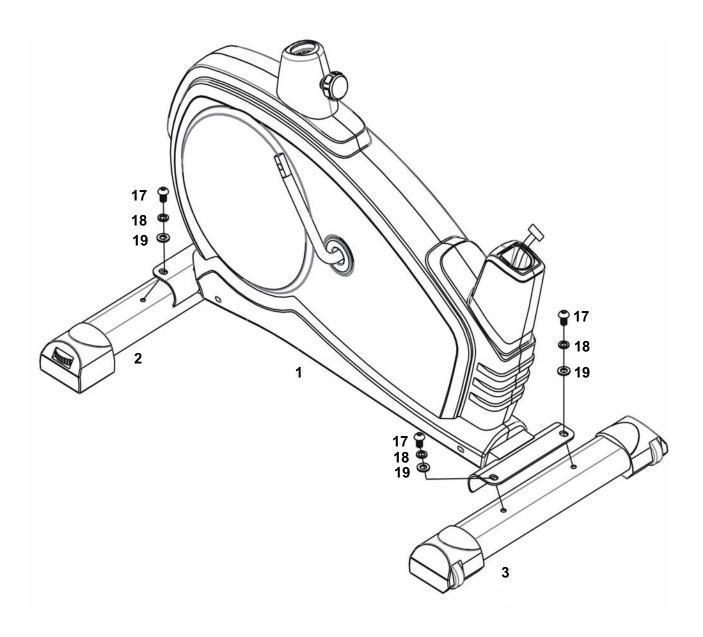
Components - Fixings



Please check you have all parts listed below

Note: Some of the fixings are pre-fitted to the larger components. Please check carefully before contacting Argos regarding any missing fixings.

17	18	19
20mm Allen Bolt × 4	10mm Spring Washer × 4	10mm Washer × 4
21 8mm Washer × 2	8mm Spring Washer × 4	15mm Allen Bolt × 4
24 8mm Arc Washer × 2	25 15mm Philips Screw w/washer × 4	74 Joint Ring × 2
5mm Allen Wrench × 1	6mm Allen Wrench × 1	Multi Wrench × 1

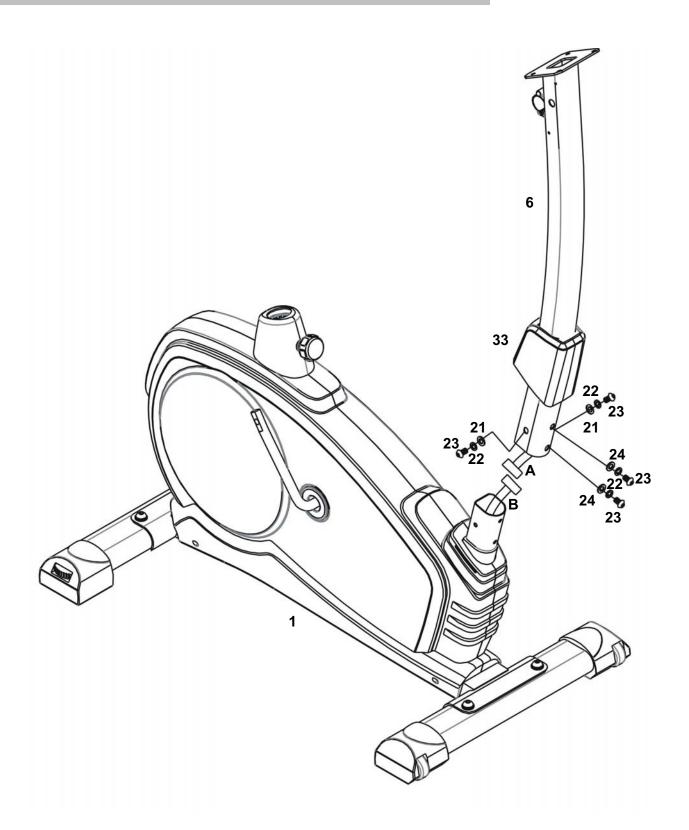


Step 1

A. Attach Front stabilizer (3) to the Main frame (1) using 2 x $\frac{20}{M}$ Allen bolts (17), 2 x10MM Spring Washers (18) and 2 x10MM Washers (19).

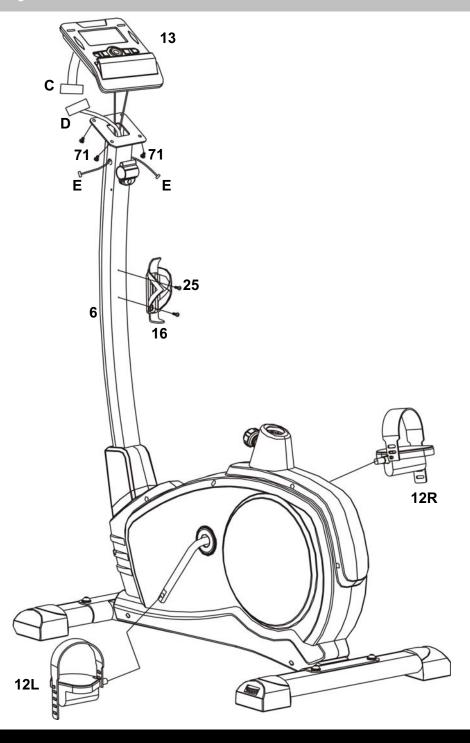
B. Attach Rear stabilizer (2) to the Main frame (1) using 2 x 20MM Allen bolts (17), 2 x10MM Spring Washers (18) and 2 x10MM Washers (19).





Step 2

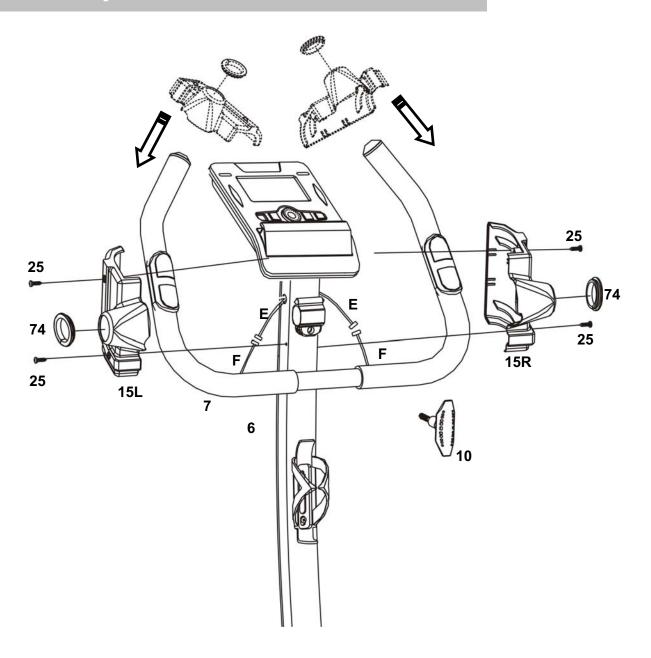
- A. Get the Cover (33) onto the Front Post (6) first, and then connect the Sensor Wire (A&B).
- **B.** Fit Front Post (6) onto the front tube of Main Frame (1) and secure with 4 x 15MM Allen bolts (23), 4 x 8MM Spring Washers (22), 2 x 8MM Washers (21) and 2 x 8MM Arc Washers (24).



Step 3

- A. Connect Foot Pedals (12 R& L) to Cranks as shown.
 - **Note:** For the two foot pedals marked "L" and "R". Fasten the left pedal by turning in an anti-clockwise direction and fasten the right pedal by turning in a clockwise direction.
- **B.** Fix the Bottle Holder (16) to the Front Post (6) with 2 x 15MM Philips Screw w/washers (25).
- **C.** Connect Sensor Wire (**C&D**), then pass the two Pulse Sensor Wires **E** out from the two holes which on the Front Post (**6**).
 - Note: Sensor wire (D) from the Front Post (6), two Pulse Sensor Wires E from the Computer (13).
- **D.** Attach the Computer (13) onto the top of the Front Post (6) and secure with 4 x 8MM Dome Head Philips Bolts (71).
 - *Note:* The 4 x 8MM Dome Head Philips bolts (71) are pre-fitted on the back of the Computer (13).

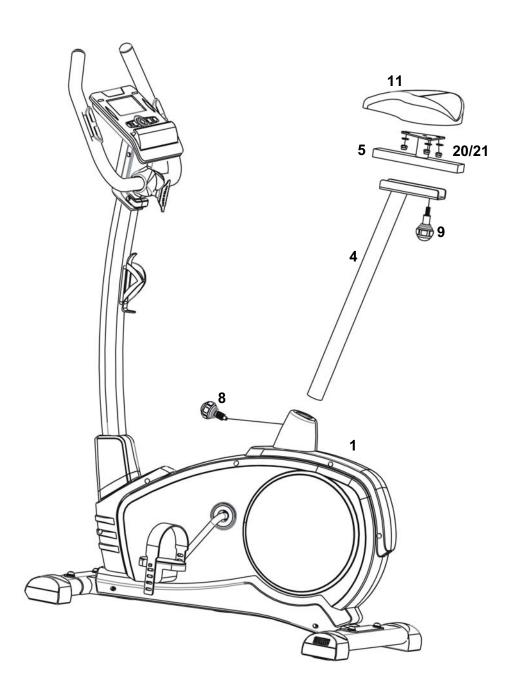




Step 4

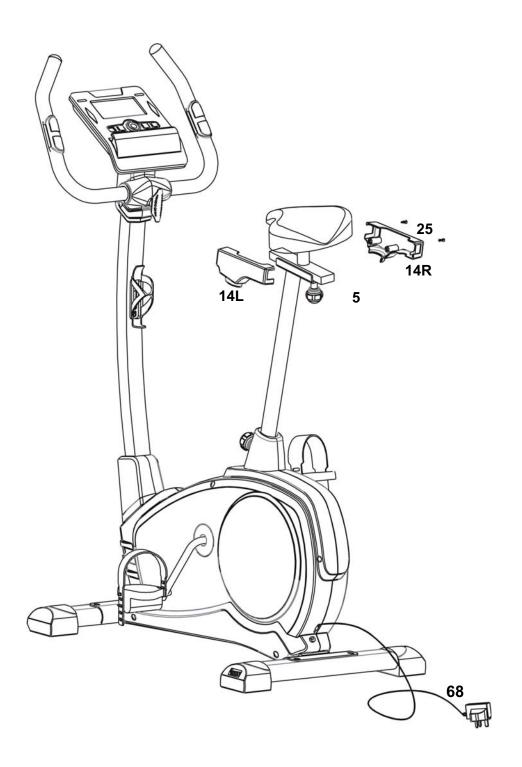
- **A.** Attach Handle (7) to the bracket on the Front post (6), use a M8 Lock knob (10) to select your desired exercising position .
- **B.** Connect the two wires (**E&F**), then insert the wires into the hole.
- C. Get the Handle cover (15L&R) onto the Handle (7) as the diagram shown, then get the Joint rings (74) onto the Handle cover (15L&R), fix them to the Front post (6) with 4 x 15mm Philips Screw w/washers (25).

Note:4 x 20mm Philips Screw w/washers (25) were pre-fit on the Handle cover (15L&R).



Step 5

- **A.** Attach the Saddle (11) to the Seat adjustable bracket (5), secure using 3 x 8MM Washers (21), and 3 x M8 Aircraft Nuts (20).
 - Note: Hardware items (20) and (21) have been pre-fitted to the Saddle (11) in the factory.
- **B.** Attach the Seat adjustable bracket (5) to the top of the Seat Post (4) using M10 Lock Knob (9). Move the Saddle (11) forward or backward to get your desired position then tighten the M10 Lock Knob (9).
- **C.** Insert the Seat post (4) into the Main frame (1). Position the Seat post (4) at your required height, insert the M16 Lock knob (8) and tighten. Please note that can not exceed the MAX height.

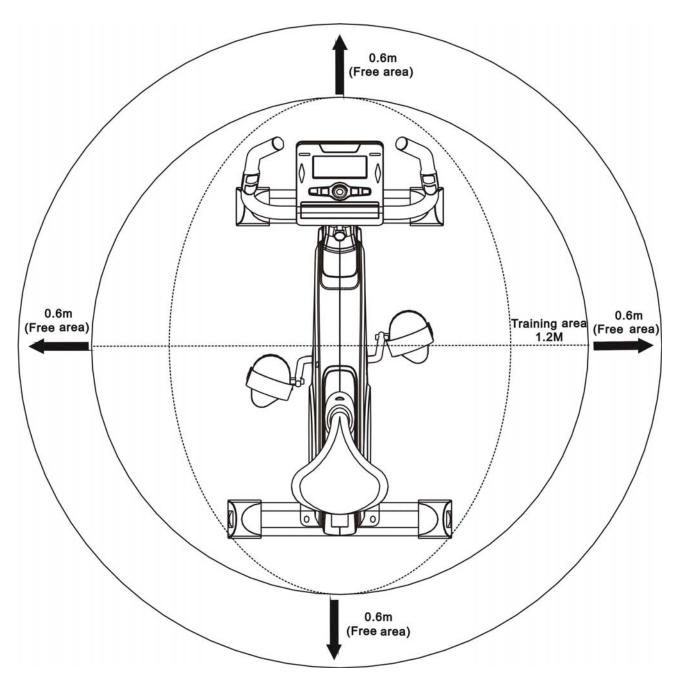


Step 6

- A. Fix the Saddle covers (14 L&R) to the Seat adjustable bracket (5),using 2 x 15MM Philips Screw w/washers (25).
- B. Insert the Transformer (68) into the plughole.

Free area and training area

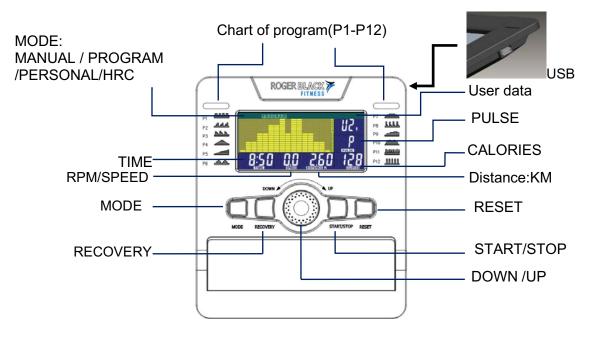
The free area should be no less than 0.6m greater than the training area in the directions from which the equipment is accessed. The free area must also include the area for emergency dismount. Where equipment is positioned adjacent to each other the value of the free area may be shared.



Computer Operation



Functions and operations



RECOVERY Key:

 Press the key to activate heart rate recovery function.

START/STOP Key:

 Press this key to start workout in sport mode, and during exercising, press this key to pause the workout. Each value will be stored. Press this key to go on to exercise.

MODE Key:

 To confirm set value and enter into the next set value.

DOWN--UP Key:

- Used to change USER, SEX, AGE, HEIGHT, WEIGHT, TIME, DISTANCE, CALORIES, HRC value ,etc.
- Resistance value can be changed during a workout.

RESET Key

 Press the key to reset information or back to the main window.

USB

Charging the electronic products.

	Windows	Display Range	
	TIME	0:00 - 99:00	
	DISTANCE	0.0 - 99.50(km)	
	CALORIES	0 - 990 Kcal	
	AGE	10 - 99 years	
	WEIGHT	20 - 150(Kg)	
	HEIGHT	100 – 200(CM)	
	SPEED	0.0 - 99.9(Km/hour)	
Functions	PULSE	0 - 240 (BPM)	
	SEX	MALE/FEMALE	
	RPM	0 - 999	
	PERSONAL	16 Segments in exercising time	
	MANUAL RESISTANCE VALUE	1-16	
	PROGRAM	P1-P12	
	H.R.C	107-55%、146-75%	
		175-90%、195 (Tag)	
	USER	U0-U4	

Computer Operation

This product use a magnetic control motor system.

Auto Power on/off: When user starts training or presses any key, the electronic machine will auto power on, and if machine is not used or no keys are pressed for 4 minutes, the machine will auto power off.

A. Quick start

Connect power supply and computer will power on with a long beep sound, LCD display U0.

Press **START** key to begin your exercise.

Rotate the **DOWN-UP** key to adjust the resistance value during exercising.

B. Set user (U0-U4) information

Connect power supply and computer will power on with a long beep sound, LCD display U0.

Rotate **DOWN-UP** key to select the user (**U0-U4**), and then set user information:

- 1. Press MODE, the SEX (MALE&FEMALE) window flick, rotate DOWN-UP key to set the sex;
- 2. Press MODE, the AGE (10-99) window flick, rotate DOWN-UP key to set the age;
- 3. Press MODE, the H.t (100-200) window flick, rotate DOWN-UP key to set the height;
- 4. Press MODE, the W.t (20-150) window flick, rotate DOWN-UP key to set the weight;
- 5. Press MODE, back to the main window, all the user information have been settled.

Press **START** key to begin your exercise.

Rotate the **DOWN-UP** key to adjust the resistance value during exercising.

NOTE: U1-U4 with Memory function, U0 without Memory function.

If select the **USER** with settled information, could press **START** key to begin the exercise, or press **RESET** key to set the new information.

C. MNUAL

Follow **B** to set the user information, press **MODE**, back to the main window, all the top line windows flick.

Rotate the **DOWN-UP** key to select **MANUAL**, and then set the **MANUAL** information:

- 1.Press MODE, the resistance value (1-16) window flick, rotate DOWN-UP key to set the resistance value;
- 2.Press MODE, the TIME (0-99) window flick, rotate DOWN-UP key to set the time;
- 3. Press MODE, the DISTANCE (0-99.5) window flick, rotate DOWN-UP key to set the distance;
- 4. Press MODE, the CALORIES (0-990) window flick, rotate DOWN-UP key to set the calories;
- 5.Press MODE, the PULSE (0-240) window flick, rotate DOWN-UP key to set the pulse.

All the MANUAL information settled, press START key to begin your exercise.

Rotate the **DOWN-UP** key to adjust the resistance value during exercising.

D. PROGRAM

Follow **B** to set the user information, press **MODE**, back to the main window, all the top line windows flick. Rotate the **DOWN-UP** key to select **PROGRAM**, and then set the **PROGRAM** information:

A Date MODE the provided to Golden (PA DAG) window filed to the Provided High Indiana.

- 1.Press MODE, the resistance value (P1-P12) window flick, rotate DOWN-UP key to set the program;
- 2.Press MODE, the resistance value (1-16) window flick, rotate DOWN-UP key to set the resistance value;
- Press MODE, the TIME (0-99) window flick, rotate DOWN-UP key to set the time;
- 4.Press MODE, the DISTANCE (0-99.5) window flick, rotate DOWN-UP key to set the distance;
- 5.Press MODE, the CALORIES (0-990) window flick, rotate DOWN-UP key to set the calories;
- 6.Press MODE, the PULSE (0-240) window flick, rotate DOWN-UP key to set the pulse.

All the **PROGRAM** information settled press **START** key to begin your exercise.

Rotate the **DOWN-UP** key to adjust the resistance value during exercising.

E. PERSONAL

Follow **B** to set the user information, press **MODE**, back to the main window, all the top line windows flick. Rotate the **DOWN-UP** key to select **PERSONAL**, and then set the **PERSONAL** information (16 Segments in exercising time):

- 1.Press **MODE**, the resistance value window flick, rotate **DOWN-UP** key to set the 1st segment resistance value;
- 2. Repeat step 1 to set the left 15 segments resistance values;

.

All the **PERSONAL** information settled, press **START** key to begin your exercise.

Rotate the **DOWN-UP** key to adjust the resistance value during exercising.

Computer Operation

F. H.R.C.

Follow **B** to set the user information, press **MODE**, back to the main window, all the top line windows flick. Rotate the **DOWN-UP** key to select **H.R.C.**, and then set the **H.R.C.** information:

- 1. Press MODE, the PULSE (107-55%/146-75%/175-90%/195 -Tag) window flick, rotate DOWN-UP key to set the pulse; If select 202 -Tag, press MODE, the PULSE (30-240) window flick, rotate DOWN-UP key to set the pulse;
- 2. Press MODE, the TIME (0-99) window flick, rotate DOWN-UP key to set the time;
- 3. Press MODE, the DISTANCE (0-99.5) window flick, rotate DOWN-UP key to set the distance;
- 4. Press MODE, the CALORIES (0-990) window flick, rotate DOWN-UP key to set the calories;

All the **H.R.C.** information settled, press **START** key to begin your exercise.

The resistance value is according to the speed, the speed more quicker, the resistance value more higher, and the pulse will add until to reach your settled pulse value, then the resistance value will decrease. Note: Please keep running 1 minute at first, pulse value will add, then the resistance value will increase.

This is a function using heart rate control to train.

There are four situation of this function:

55% -- DIET PROGRAM
75% -- FITNESS PROGRAM
90% -- SPORT PROGRAM
Tag -- Individual training

G. RECOVERY

After exercising and hear "beeps",keep holding the grips with hands 10 seconds, the PULSE window will display the value, then press "**RECOVERY**" key, "**TIME**" window starts to count down from 00:59--00:00. The window will display your heart rate recovery status with the F1,F2....to F6.

Level	Condition	Difference before and after testing
F1	excellence	50
F2	Good	40-49
F3	Normal	30-39
F4	pass	20-29
F5	Need more exercise	10-19
F6	Lack of exercise	Below 10

Notes:

- 1. Please plug in AC rectifier (6 VOLT, 1000 MA).
- 2. Please keep product from moisture.



Before starting to exercise

How you begin your exercise program depends on your physical condition. If you have been inactive for several years, or are severely overweight, you must start slowly and increase your time on the equipment; a few minutes per workout.

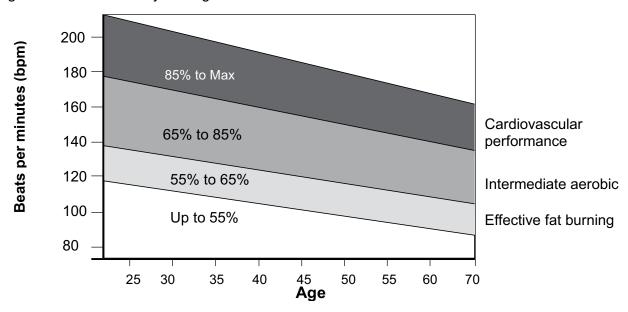
Initially, you may be able to exercise only for a few minutes in your target zone, however, your aerobic fitness will improve over the next six to eight weeks. Don't be discouraged if it takes longer. It's important to work at your own pace. Ultimately, you'll be able to exercise continuously for 30 minutes. The better your aerobic fitness, the harder you will have to work to stay in your target zone.

Please remember these essentials:

- Have your doctor review your training and diet programs to advise you of a workout routine you should adopt.
- Begin your training program slowly with realistic goals that have been set by you and your doctor.
- Monitor your pulse frequently. Establish your target heart rate based on your age and condition.
- Set up your equipment on a flat, even surface at least 3 feet from walls and furniture.

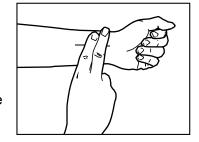
Exercise intensity

To maximize the benefits of exercising, it is important to exercise with the proper intensity. The proper intensity level can be found by using your heart rate as a guide. For effective aerobic exercise, your heart rate should be maintained at a level between 65% and 85% of your maximum heart rate as you exercise. This is known as your target zone. You can find your target zone in the table below.



During the first few months of your exercise program, keep your heart rate near the low end of your target zone as you exercise. After a few months, your heart rate can be increased gradually until it is near the middle of your target zone as you exercise.

To measure your heart rate, stop exercising but continue moving your legs or walking around and place two fingers on your wrist. Take a six-second heartbeat count and multiply the results by 10 to find your heart rate. For example, if your six-second heartbeat count is 14, your heart rate is 140 beats per minute. (A six-seconds count is used because your heart rate will drop rapidly when you stop exercising.) Adjust the intensity of your exercise until your heart rate is at the proper level.



Muscle Chart

Aerobic Exercise

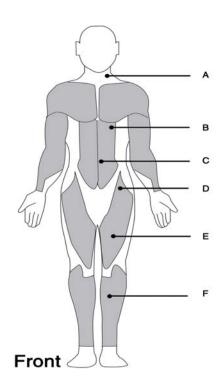
Aerobic exercise improves the fitness of your lungs and heart - your body's most important muscle. Aerobic exercise fitness is promoted by any activity that uses your large muscles (arms, legs, or buttock, for example). Your heart beats quickly and you breathe deeply. An aerobic exercise should be part of your entire exercise routine.

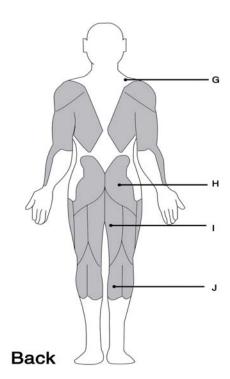
Weight Training

Along with aerobic exercising which helps get rid of and keep off the excess fat that our bodies can store, weight training is an essential part of the exercise routine process. Weight training helps tone, build and strengthen muscle. If you are working above your target zone, you may want to do a lesser amount of reps. As always, consult your doctor before beginning any exercise program.

Targeted Muscle Groups

The exercise routine that is performed on the Silver Medal Magnetic Bike will develop the upper and lower body muscle groups. These muscle groups are highlighted on the muscle chart below.





A: Trapezius

B: Serratus Anterior

C: Abdominal

D: Sartorius

E: Quadriceps

F: Tibialis

G: Trapezius

H: Gluteals

I: Hamstrings

J: Gastrocnemius



Warming up and Cooling down exercises

Each workout should include the following three parts:

- **1.** A warm-up, consisting of 5 to 10 minutes of stretching and light exercise. A proper warm-up increases your body temperature, heart rate, and circulation in preparation for exercise.
- **2.** Training zone exercise, consisting of 20 to 30 minutes of exercising with your heart rate in your training zone. (*Note*: During the first few weeks of your exercise program, do not keep your heart rate in your training zone for longer than 20 minutes.)
- **3.** A cool-down, with 5 to 10 minutes of stretching. This will increase the flexibility of your muscles and will help to prevent post-exercise problems.

Exercise Frequency

To maintain or improve your condition, plan three workouts each week, with at least one day of rest between workouts. After a few months of regular exercise, you may complete up to five workouts each week, if desired. Remember, the key to success is make exercise a regular and enjoyable part of your everyday life.

Toe touch stretch

Stand with your knees bent slightly and slowly bend forward from your hips.
Allow your back and shoulders to relax as you reach down toward your toes as far as possible.

Hold for 15 counts, then relax

Repeat 3 times.

Stretches: Hamstrings, back of knees and back.

Hamstring stretch

Sit with one leg extended. Bring the sole of the opposite foot toward you and rest it against the inner thigh of your extended leg. Reach toward your toes as far as possible.

Hold for 15 counts, then relax

Repeat 3 times for each leg.

Stretches: Hamstrings, lower back and groin.



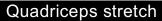
Calf/achilles stretch

With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall.

Hold for 15 counts, then relax.

Repeat 3 times for each leg. To cause further stretching of the achilles tendons, bend your back leg as well.

Stretches: Calves, achilles tendons and ankles.



With one hand against the wall for balance, reach back and grasp one foot with your other hand. Keeping your bent knee pointing directly downward towards the floor, gentle pull your heel towards your buttock until you feel a gentle stretch in the target area.

Hold for 15 counts, then relax.

Repeat 3 times leg.

Stretches: Quadriceps and hip muscles.

Inner thigh stretch

Sit with the soles of your feet together and your knees outward. Pull your feet toward your groin area as far as possible.

Hold for 15 counts, relax.

Repeat 3 times.

Stretches: Quadriceps and hip muscles.







Care and Maintenance



- 1. Examine the equipment periodically in order to detect any damage or wear which may have been produced. The safety level of the equipment can be maintained only if it is examined regularly for the damage and wear, e.g. connection points.
- **2.** Lubricate moving parts with light oil periodically to prevent premature wear.
- **3.** Inspect and tighten all parts before using the equipment,

Replace defective components immediately and/or keep the equipment out of use until repair; Special attention to components most susceptible to wear.

- **4.** The equipment can be cleaned using a damp cloth and mild non-abrasive detergent. **Do not** use solvents.
- **5. Do not** attempt to repair this equipment yourself.

Should you have any difficulty with assembly, operation or use of your exercise product or if you think that you may have parts missing, contact the manufacturer, their approved service agent or the Customer Helpline: 0345 6001714.

www.argos-support.co.uk/

Guarantee:

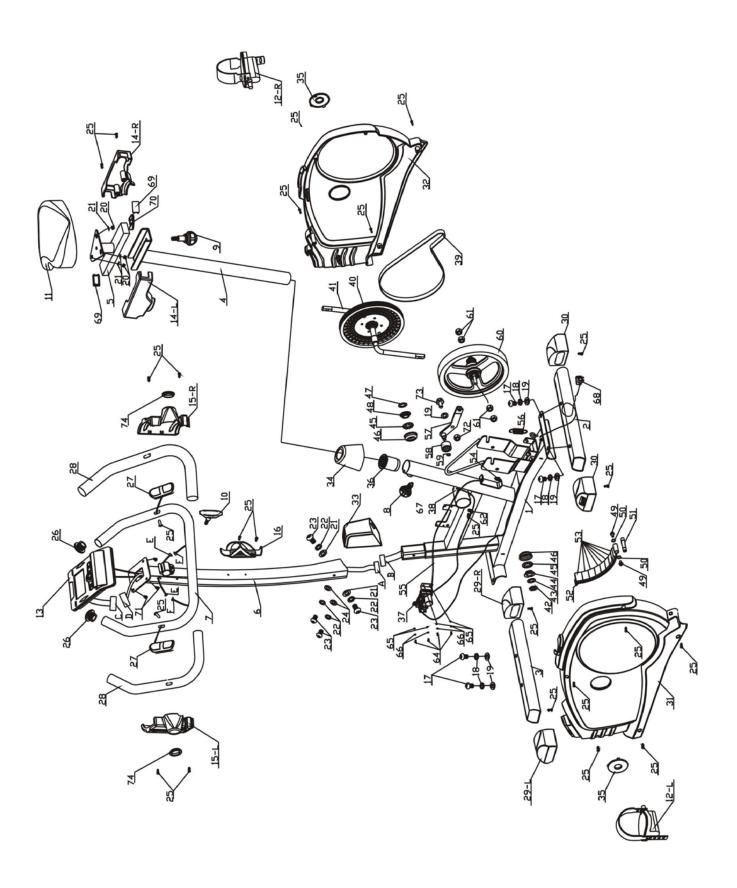
For guarantee purposes, please retain your purchase receipt.

Information for Users on Disposal of old Equipment (European Union only)

These symbols indicate that equipment with these symbols should not be disposed of as general household waste. If you want to dispose of the product, please consider the collection systems or facilities for appropriate recycling.



Exploded Parts Diagram



Exploded Parts List



Part	Description	QTY	Part	Description	QTY
1	Main Frame	1	39	Motor Belt	1
2	Rear Stabilizer	1	40	Belt Wheel	1
3	Front Stabilizer	1	41	Crank	1
4	Seat Poster	1	42	Lock Nut	1
5	Seat Adjustable Bracket	1	43	C-Shaped Lock Ring	1
6	Front Poster	1	44	Alex Sleeve	1
7	Handle	1	45	Bull Bearing	2
8	M16 Lock Knob	1	46	Axle Bushing	2
9	M10 Lock Knob	1	47	Lock Washer	1
10	M8 T Lock Knob	1	48	Right Bead Flange	1
11	Saddle	1	49	M6X15mm Bolt	2
12	Left & Right Pedal	2	50	Bead Flange	2
13	Computer	1	51	Axle	1
14	Left & Right Saddle Cover	2	52	Magnet Bracket	1
15	Left & Right Handle Cover	2	53	Magnet	8
16	Bottle Holder	1	54	36mm Spring	1
17	M10X20mm Allen Bolt	4	55	Soft Axle	1
18	Ф10mm Spring Washer	4	56	74mm Spring	1
19	Ф10mm Washer	4	57	Crank	1
20	M8 Aircraft Nut (Black)	3	58	Sleeve	1
21	Ф8mm Washer (Zinc)	5	59	Bead Flange	1
22	Ф8mm Spring Washer	4	60	Fly Wheel	1
23	M8X15mm Allen Bolt	4	61	M10 Aircraft Nut	4
24	Ф8XR22mm Arc Washer	2	62	Clip	3
25	ST4.2X15mm Philip Screw w/washer	24	63	Wire	1
26	Ф25mm Cone End Cap	2	64	M5X10mm Philip Bolt	4
27	Handle Pulse Sensor	2	65	Φ5mm Washer	4
28	Ф25X520mm Handle Grip	2	66	Ф5mm Spring Washer	4
29	Front L&R Base Stabilizer End Cap	2	67	M4X10mm Philip Bolt	1
30	Rear Base Stabilizer End Cap	2	68	Transformer	1
31	Left Cover	1	69	End Cap	2
32	Right Cover	1	70	U-Shaped Case	1
33	Front Post Cover	1	71	8MM Dome Head Philips bolts	4
34	Saddle Post Cover	1	72	M10 Aircraft Nut	1
35	Crank Cover	2	73	M10 x 25mm Bolt	1
36	Reduction Sleeve	1	74	Joint Ring	2
37	Motor	1	Α	Upright post wire	1
38	Reed Base	1	В	Lower wire	1
			С	Sensor wire	1
			D	Sensor wire	1
			Е	Sensor wire	1
			F	Sensor wire	1



Product Guarantee

This product is guaranteed against manufacturing defects from a period of



Year

This product is guaranteed for twelve months from the date of original purchase. Any defect that arises due to faulty materials or workmanship will either be replaced, refunded or repaired free of charge where possible during this period by the dealer from whom you purchased the unit.

The guarantee is subject to the following provisions:

- The guarantee does not cover accidental damage, misuse, cabinet parts, knobs or consumable items.
- The product must be correctly installed and operated in accordance with the instructions contained in this manual.
- It must be used solely for domestic purpose.
- The guarantee will rendered invalided if the products is re-sold or has been damaged by inexpert repair.
- · Specifications are subject to change without notice.
- The manufacturer disclaims any liability for the incidental or consequential damages.
- The guarantee is in addition to, and does not diminish your statutory or legal right.
- In the event of problem with the product with in the guarantee period call Customer Helpline: 0345 6001714 http://www.argos-support.co.uk/

Guarantor: Argos Ltd 489 – 499 Avebury Boulevard Central Milton Kevnes