Two In One Cross Trainer

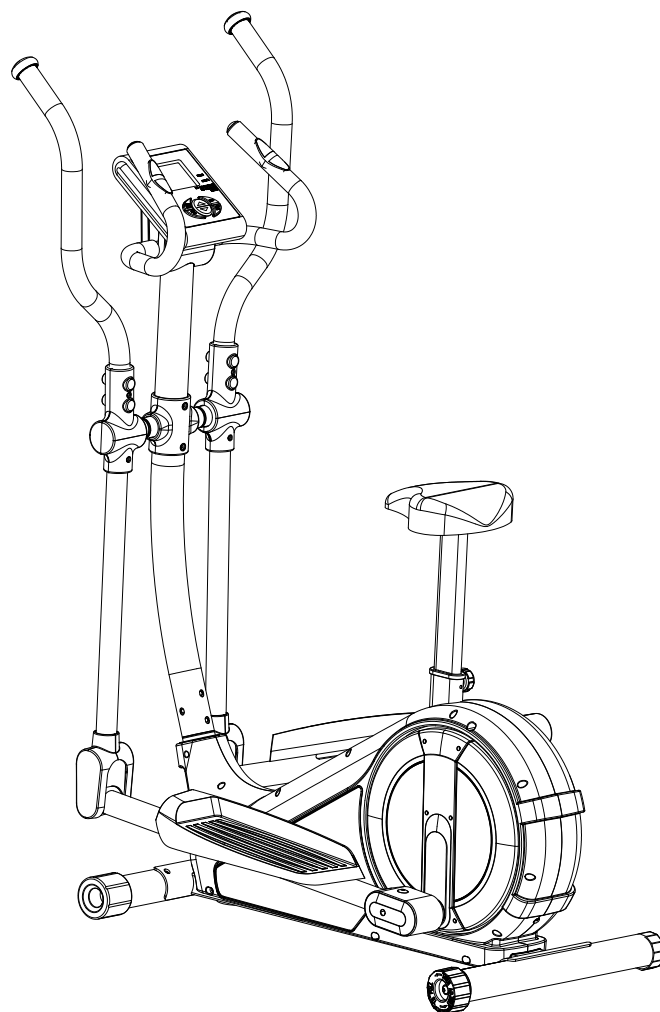ROGER**BLACK**
F I T N E S S

Important – Please read these instructions fully before assembly or using

These Instructions contain important information which will help you get 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 600 1714**
 http://www.argos-support.co.uk

Contents

⚠ Safety Information

To reduce the risk of serious injury, read the entire manual before you assemble or operate the Roger Black Gold Two in one Cross Trainer . In particular, note the following safety precautions:

Assembly

• Check you have all the components and tools listed on pages 4 and 5, 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 choke 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.

• Position the equipment on a clear, level surface.

• Dispose of all packaging carefully and responsibly.

Using

• 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 equipment is not suitable for therapeutic purposes

• Breaking system:16 level auto programme tension adjustment.

• This product is suitable for user's weight of:**125kgs.**

• This product conforms to: (BS EN ISO 20957)
- PARTS 1. 5. 9 class (H) - Home Use - Class (C).

• This exercise product has been designed and manufactured to comply with the latest (BS EN ISO 20957) British and European Safety Standards.

⚠ Warning for the Charger

• Before using the charger, read the instruction book carefully.
• This charger is for indoor use only, do not expose to rain or water.
• If the supplier cord is damaged, it must be replaced by manufacturer, it's service agent or similarly qualified persons in order to avoid a hazard.

⚠ **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. Argos and its associates assumes no responsibility for personal injury or property damage sustained by or through the use of this product.
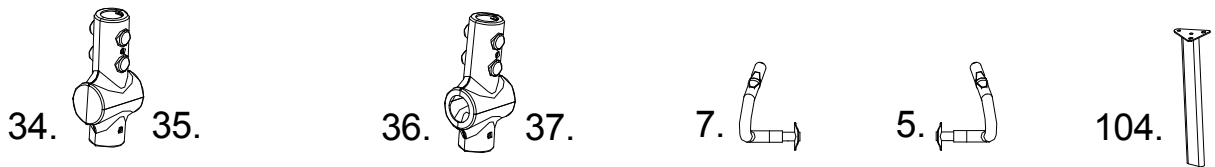
Components-Parts

Please check you have all parts list below

Note: Some of the smaller components may be pre-fitted to larger components. Please check carefully before contacting Argos regarding any missing components.
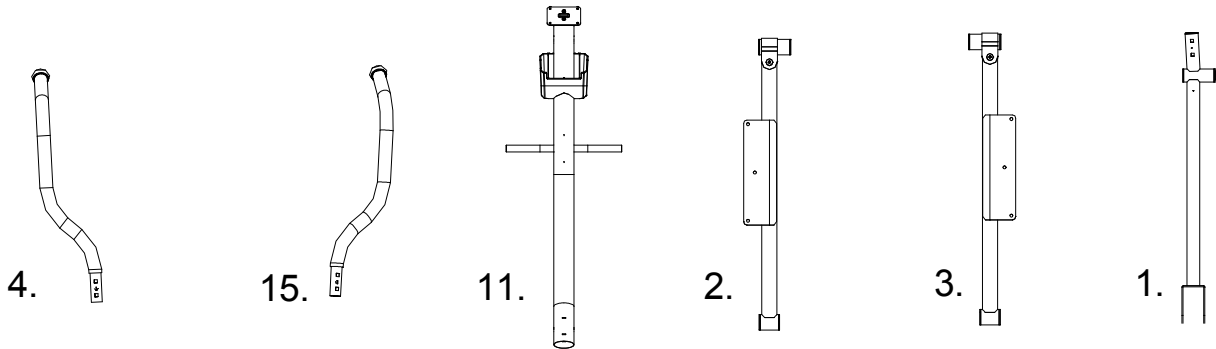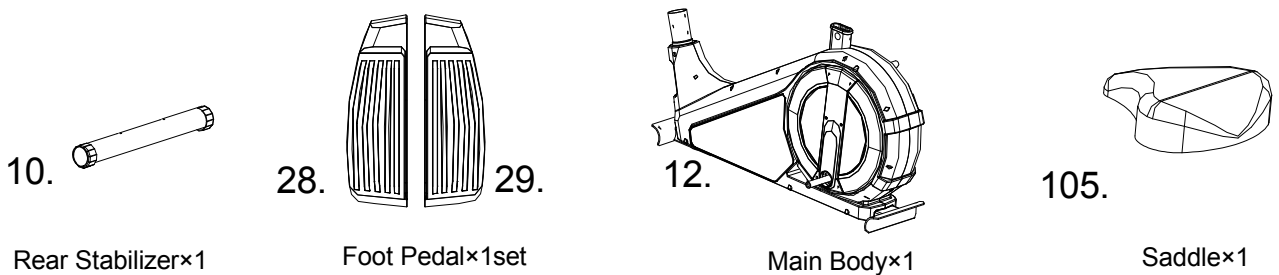
4. Left Handle Rail×1

15. Right Handle Rail×1

11. Front Poster×1

2. Right Foot Bar×1

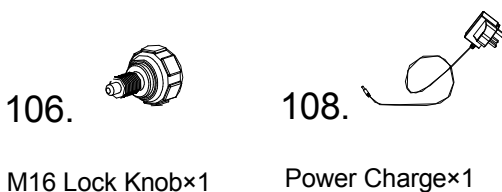3. Left Foot Bar×1

1. Handle Rail Arm×2

34. 35. Left Handle Rail Cover×1set

36. 37. Right Handle Rail Cover×1set

7. Left Handle×1

5. Right Handle ×1

104. Saddle Poster×1

61. Computer×1

30. 31. Foot Bar Cover×1set

26. 27. Swing Cover×2set

32. 33. Front Poster Cover×1set

9. Front Stabilizer×1

10. Rear Stabilizer×1
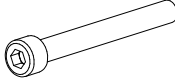
28. 29. Foot Pedal×1set

12. Main Body×1

105. Saddle×1

106. M16 Lock Knob×1

108. Power Charge×1

Components – Fixings

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

13. Φ8×2mm Big Washer×2	14. Φ45×Φ9×2mm Washer×2	63. M8×75mm Flat Allen Bolt×2
64. M8×42 mm Bolt×4	103. M10×20mm Allen Bolt×4	65. M8×16mm Allen Bolt×12
5# Allen Wrench×1	6# Allen Wrench×1	67. Aircraft Nut×8
20. M8×87mm Axle Bolt×2	66. M8×15mm Bolt×4	70. Φ8mm Washer×8
68. Φ8mm Spring Washer×12	69. Φ10mm Spring Washer×4	78. ST4.2×15mm Philips Screw×14
71. Φ38×4mm D-Hole washer×2	72. Φ45×4mm D-Hole washer×2	76. Φ25×Φ9×R30mm Arc Washer×6
74. Φ20mm Corrugated Washer×4	75. Φ11×Φ30×R34mm Arc Washer×4	47. Nylon Sleeve×2
77. Φ8×R19mm Arc Washer×4		

Ruler - Use this ruler to help correctly identify the hardware
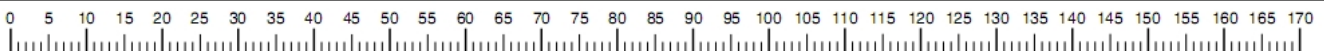
0 5 10 15 20 25 30 35 40 45 50 55 60 65 70 75 80 85 90 95 100 105 110 115 120 125 130 135 140 145 150 155 160 165 170

Assembly Instruction

NOTE: Tool required assembly the machine: two adjustable wrenches, and one Philips screw driver
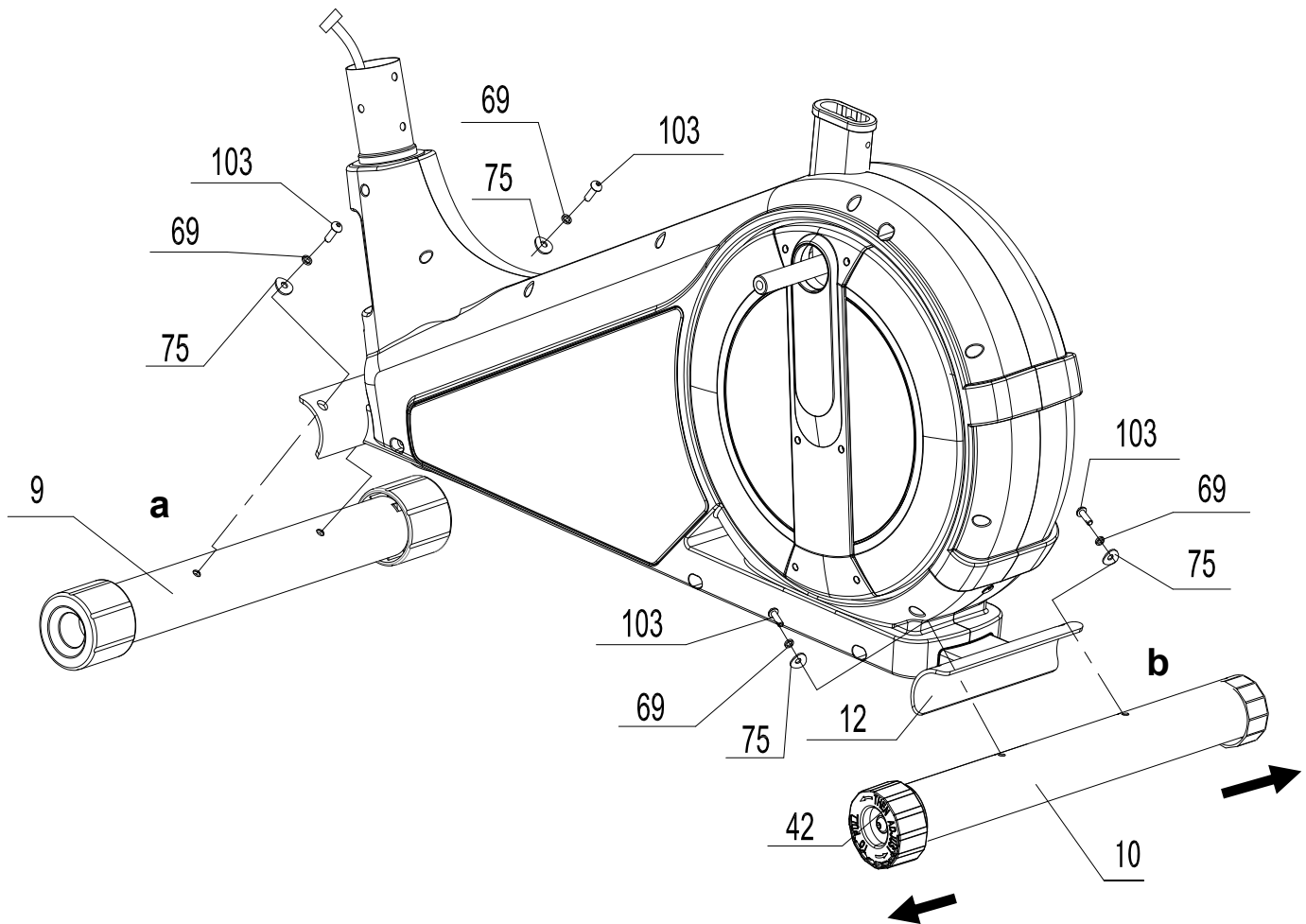
Step 1

a. Attach Front stabilizer **(9)** to Main body **(12)** using two M10 x 20mm Carriage bolts **(103),** Ø10mm Spring washers (**69),** Ø11 x Ø30 x R34 mm Arc washers **(75).**

b. Repeat **step a** to install Rear stabilizer **(10)** to Main body **(12).**

c. Leverage the machine
Pull the two Level Feet(42) out then slightly turn around to adjust the level of the machine.
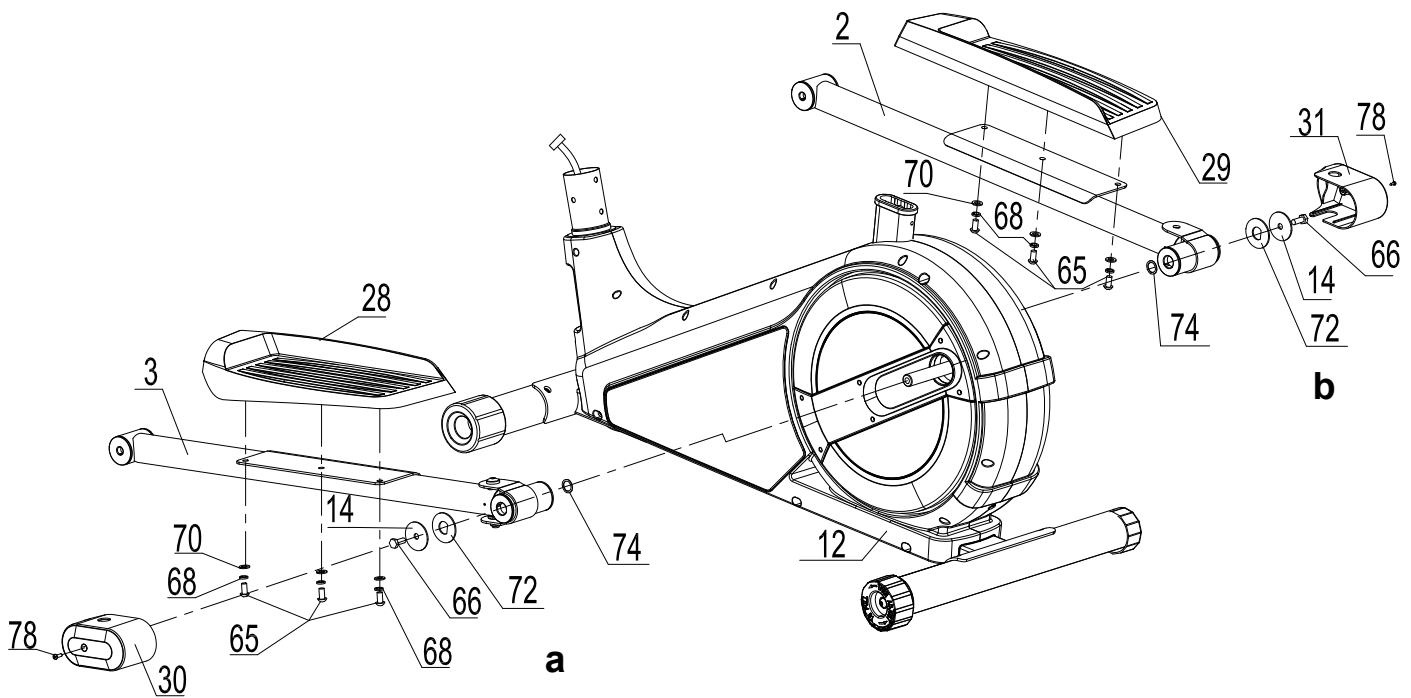
Step 2

a. Attach rear of Left foot bar **(3)** to the crank on the Main body **(12)** using one M8×15mm bolt**(66)**, Ø45×Ø9×2mm Washer **(14)**, Ø45×4mm D-Hole Washer **(72)**, Ø20mm corrugated washer **(74)**.

*Note:*Please always make sure the D-Hole Washer **(72)** on position when you tighten the Bolt**(66)**.

b. Attach Left pedal **(28)** onto the Left foot bar **(3)** using three M8 x 16mm Allen bolts **(65)**, Ø8 mm Spring washers **(68)** and Ø8mm Washers **(70)**.

c. Attach Left foot bar cover **(30)** to the rear of the Left foot bar **(3)**, Line up the holes and secure with one ST4.2×15mm Philips screw **(78)**.

d. Repeat step **a . b .c** to install Right foot bar **(2)** to right side crank on the Main body **(12)**.
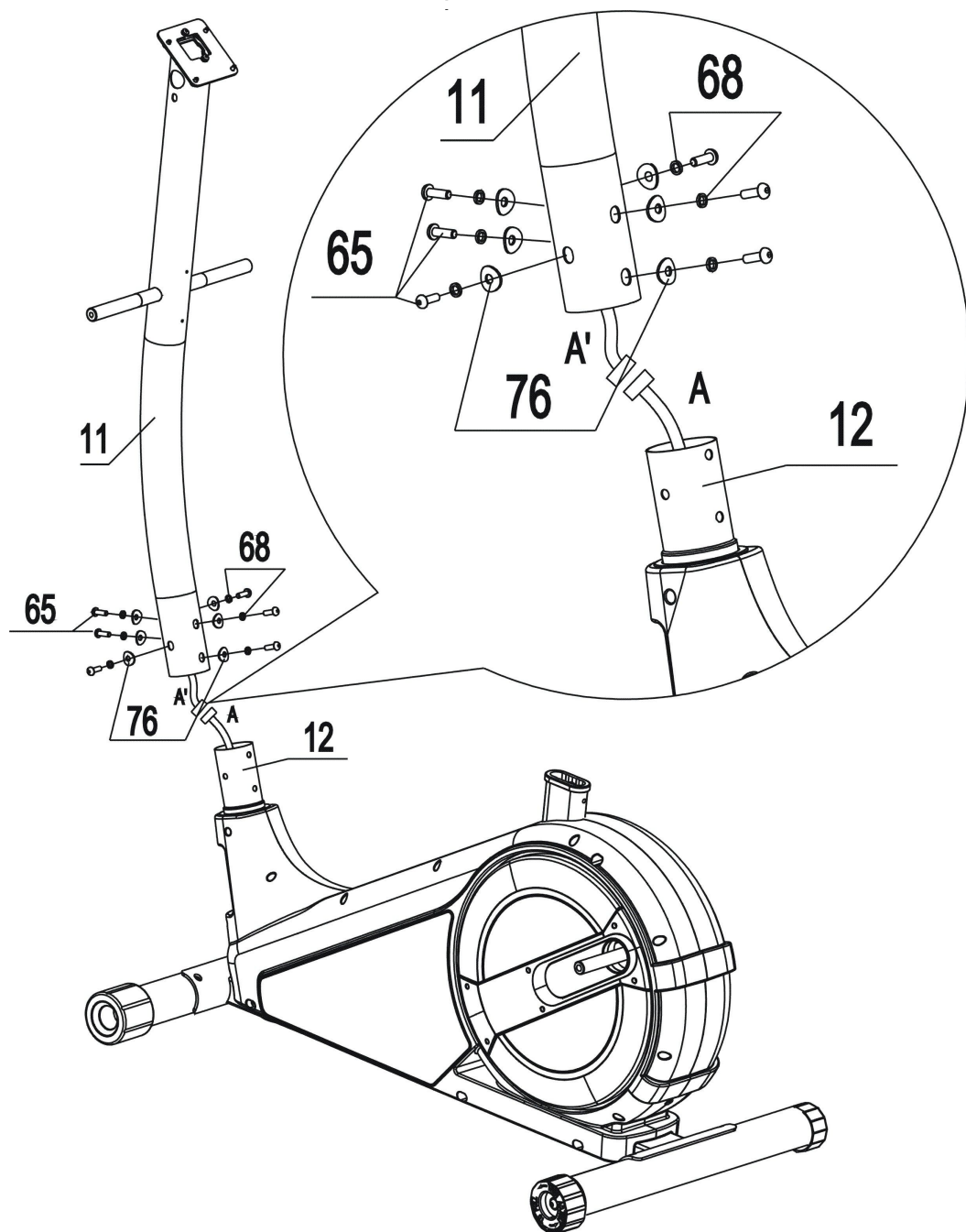
Step 3

a. Connect Main wire **(A)** from Main body **(12)** to Main wire **(A')** in the Front poster **(11).**

b. Attach Front poster **(11)** onto the Main frame **(12).** Line up the holes, fix using six M8 ×16mmAllen bolts **(65),** Ø8mm Spring washers **(68)** and Ø25 × Ø9 × R30mm Arc washers **(76).**
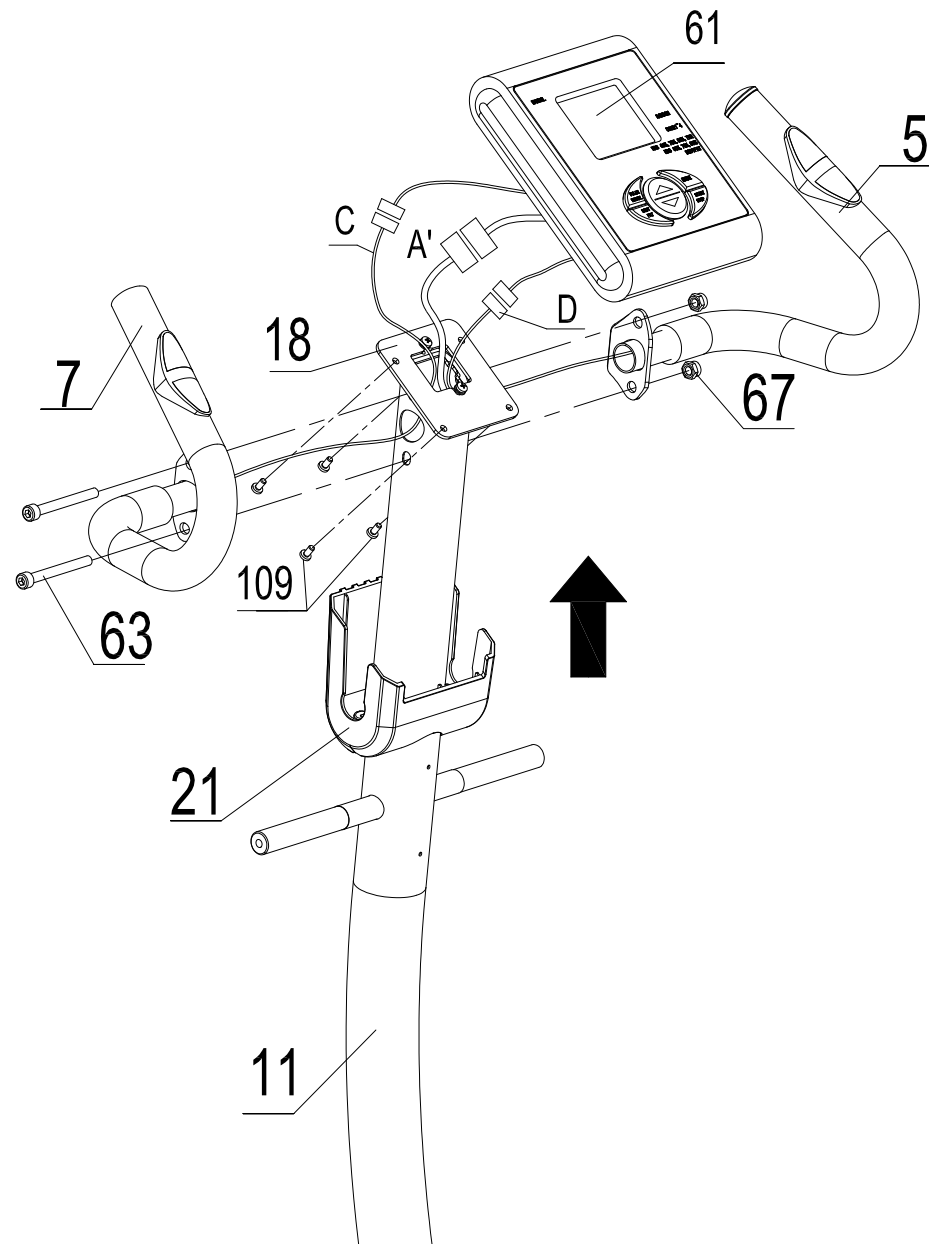
Step 4

a. Feed Pulse sensor wires **(C & D)** into the side holes of the Front poster **(11)** and out from the top hole. Connect Main wire **(A'),** and Handle pulse sensor wires **(C & D)** to the wires from the Computer **(61).**

b. Loosing four M5 x 15mm Philips screws **(109)** from the bottom of the Computer **(61)**, Attach the Computer **(61)** to the bracket on the top of the Front poster **(11),** fix using

these four M5 x 15mm Philips screws **(109).**

c. Attach Left & Right handles **(7 & 5)** to each side of the Front poster **(11),** Line up the holes and fix using two M8 x 75mm Flat Allen bolts **(63)** and M8 Aircraft nuts **(67).**

d. Push the Computer cover **(21)** upward to the bottom of the Computer **(61).**
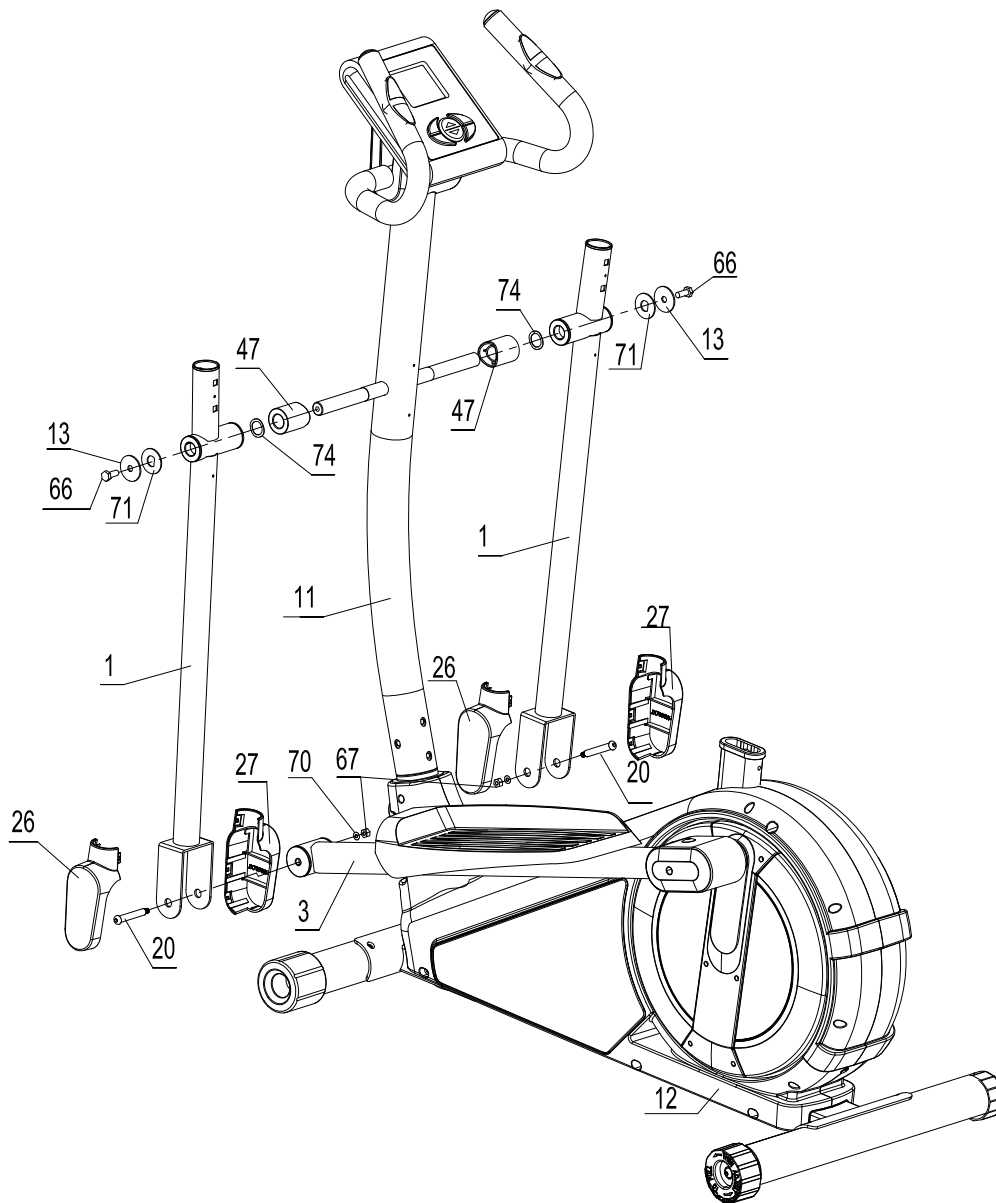
Step 5

a. Attach top of Handle rail arm **(1)** to the axle on the Front poster **(11),** fix using M8×15mm Bolt **(66),** Ø 8 x 2mm Big washer **(13),** Ø38×4mmD-Hole washer **(71),** Ø20mm Corrugated washer **(74)** and Nylon sleeve **(47).**

*Note:*Please always make sure the D-Hole Washer **(71)** on position when you tighten the Bolt**(66).**

b. Repeat **step a** to install right side Handle rail arm **(1) .**

c. Attach bottom left side Handle rail arm **(1)** to Left Foot Bar **(3)** using M8×87mm Axle bolt **(20)**, Ø8mm washer **(70)** and M8 Aircraft nut **(67).** Attach Left & Right swing cover **(26 & 27)** to bottom of Handle rail arm **(1).**

d. Repeat **step c** to install right side Handle rail arm **(1)** to Right foot bar **(2).**
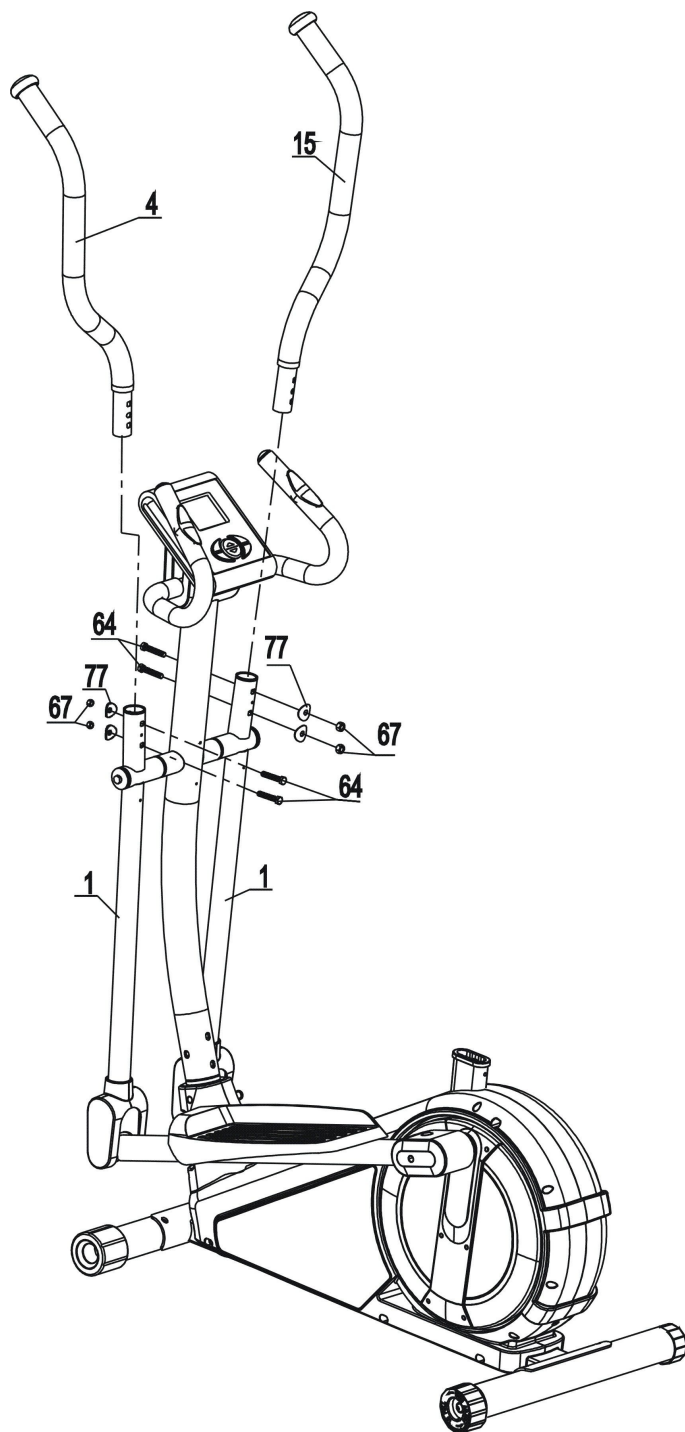
Step 6

a. Insert Left handle rail **(4)** into left side Handle rail arm **(1),** line up the holes, fix using two M8 × 42mm Bolts **(64)**, Ø25×Ø8×R19mm Arc washers **(77)** and M8 Aircraft nuts **(67).**

b. Repeat **step a** to install Right handle rail **(15)** into right side Handle rail arm **(1).**
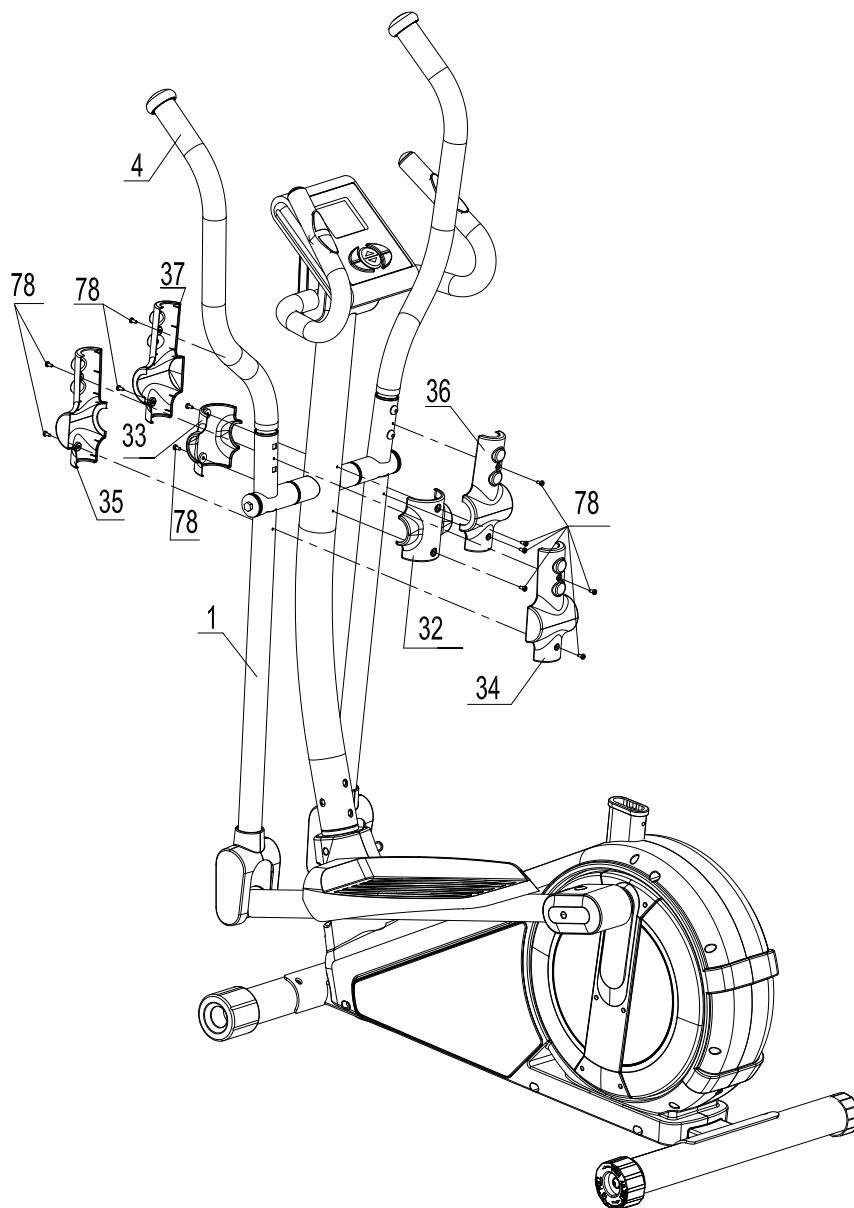
Step 7

a. Attach Left handle rail front cover **(34)** and Left handle rail rear cover **(35)** to the connect point of Left handle rail **(4)** and Handle rail arm **(1).** Fix each of them using two ST4.2×15mm Philips screw **(78).**

b. Repeat **step a** to install Right handle rail covers **(36 & 37)** and Front poster covers (**32 & 33).**
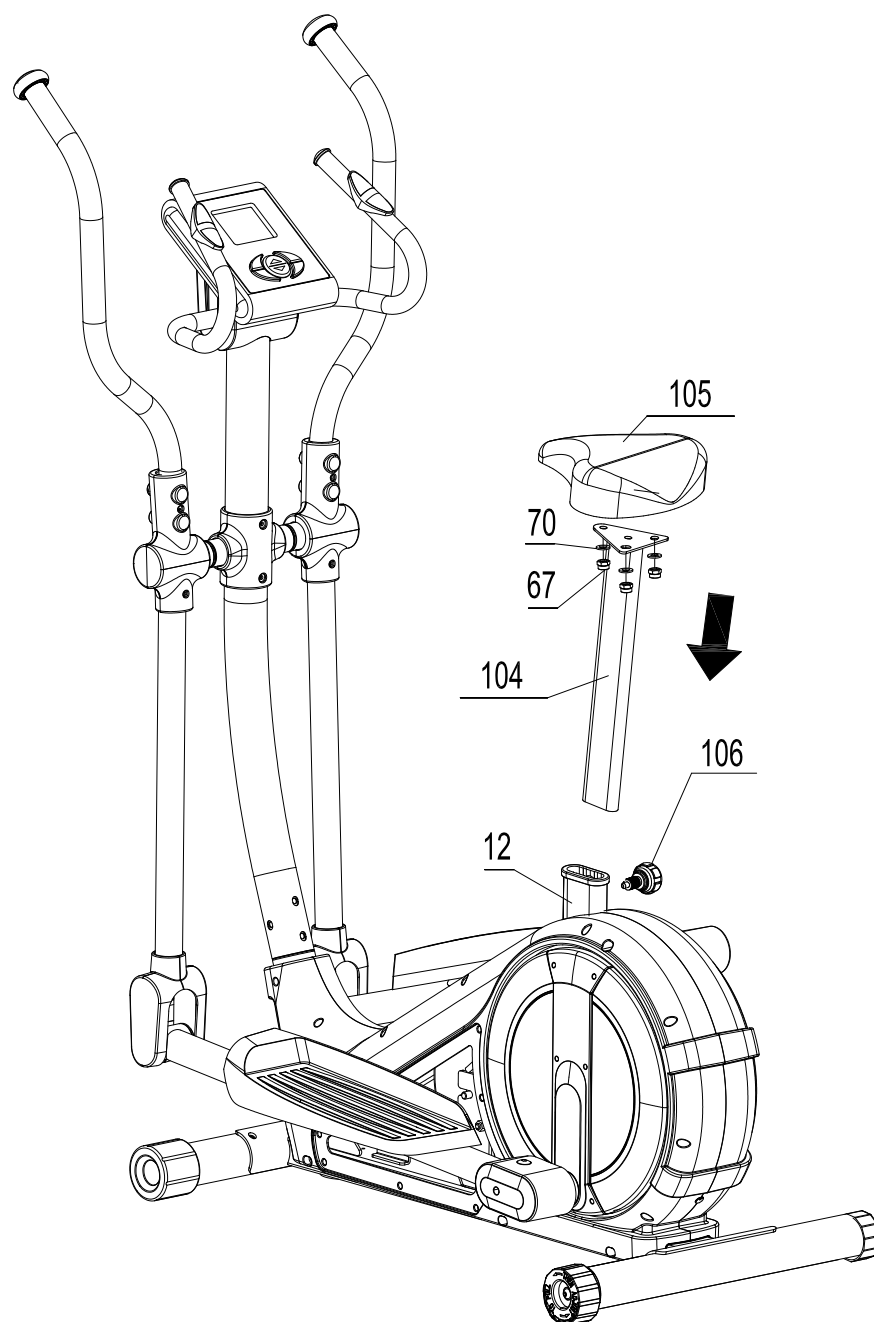
Step 8

a. Loosing three M8 Aircraft nuts **(67),** Ø8mm Washers **(70)** from bottom of Saddle **(105)**. Attach Saddle **(105)** onto Saddle poster **(104)** using these three M8 Aircraft nuts **(67),** Ø8mm Washers **(70).**

b. Insert Saddle poster **(104)** into the opening Of Main body **(12)**, select desired height and fix using one M16 Lock knob **(106).**

108
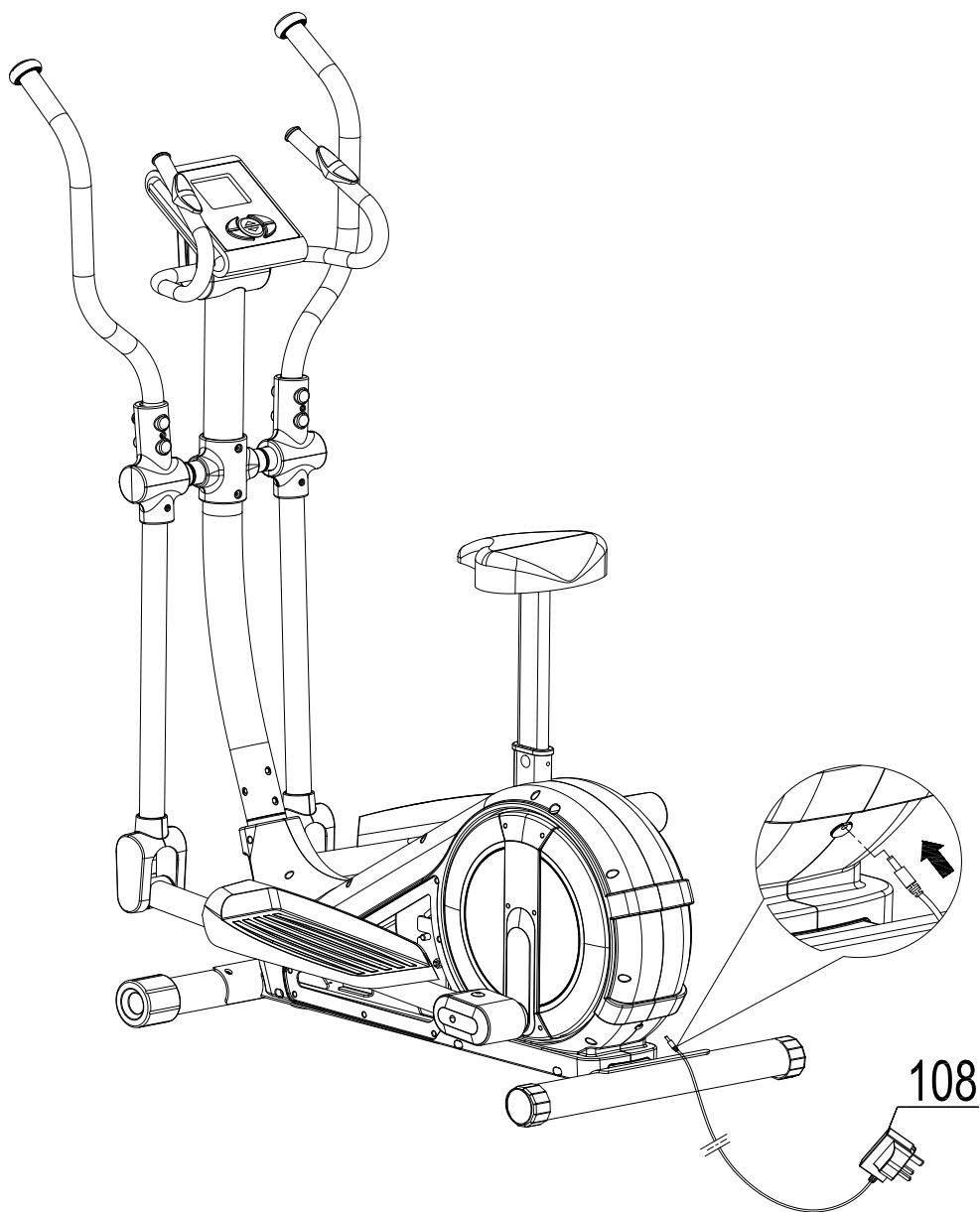
Step 9

a. Insert the connector of the Power charger **(108)** into the Outlet jacket on the rear bottom of the bike Main body as shown in the diagram.

b. Attach the Power charger **(108)** to the Power outlet and following the safety instruction and below Computer operation guide carefully to start your Workout.

Computer Operation

Function and operations

:

Display

Mode

Start/Stop

Body Fat
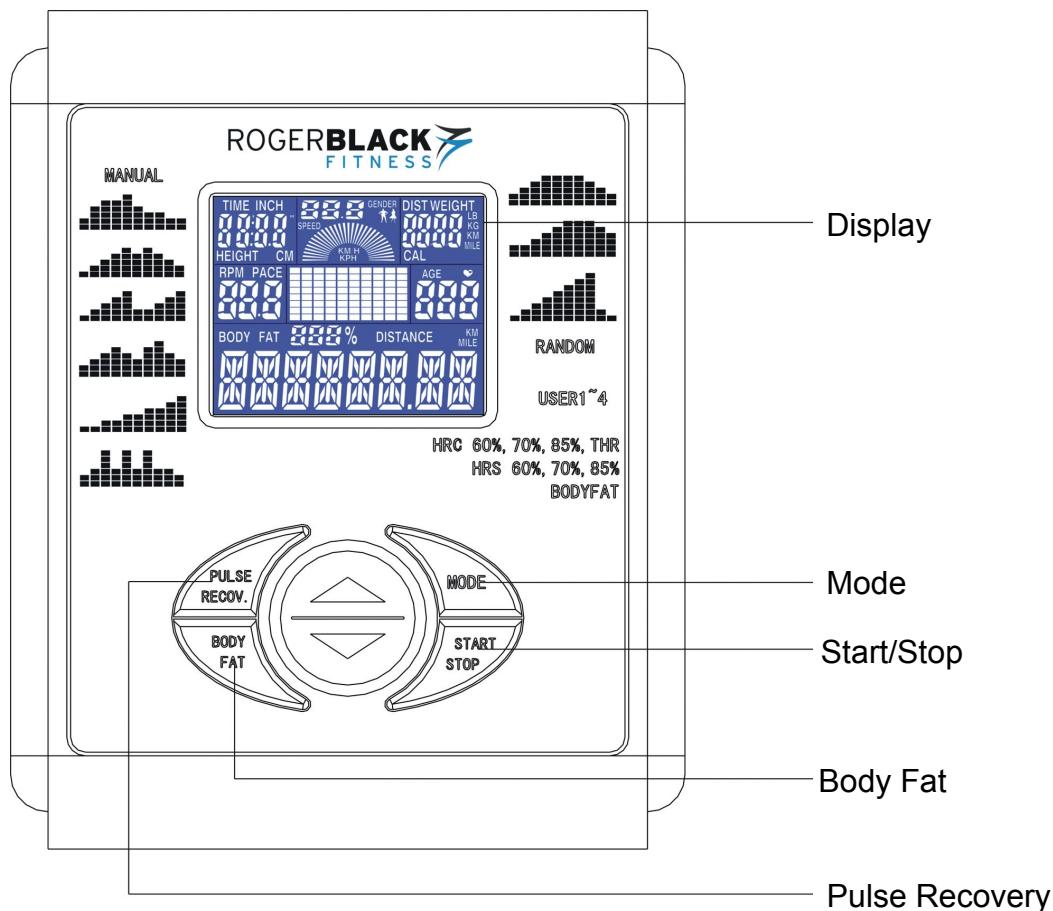
Pulse Recovery

Key Functions

PULSE RECOV. Key:
● Press the button to activate heart rate recovery function.

START/STOP Key:
● Press this button 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.
● Press and hold this button for three seconds for Total Reset (go to Power Up Mode).

MODE Key:
● To confirm set value and enter into the next set value.

▲ and ▼ Key:
● Used to change GENDER, AGE, HEIGHT, WEIGHT, TIME, DISTANCE, CALORIES, TARGET HR value and work LEVEL.
● Work level can be changed during a workout.

BODY FAT Key
● Press the button to input your HEIGHT, WEIGHT, AGE and GENDER then to measure your body fat ratio.

Computer Operation

Computer display and specifications

COMPUTER DISPLAY .

1. The field is an individual LCD display:
TIME RPM SPEED DISTANCE CALORIE PULSE
2. Dot matrix display:
●The LCD screen will have a single dot matrix display with 8 rows and 10 columns.
● This dot matrix will be used to display the in work profile for the active program.

MODE.

3. POWER UP Mode: When powered on, the beeps a long sound, and turn on the computer at the Manual mode.

1. SLEEP Mode: When rpm signal or data is not input for 4 minutes, it will auto enter into Sleep Mode.
2. WAKE UP Mode: Pedal the machine to start, or press any key to enter initial workout, or when all values are in pause mode, press any key to resume.

See below diagram
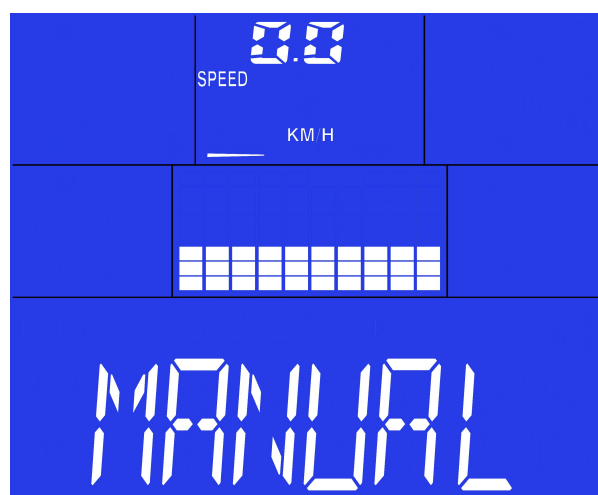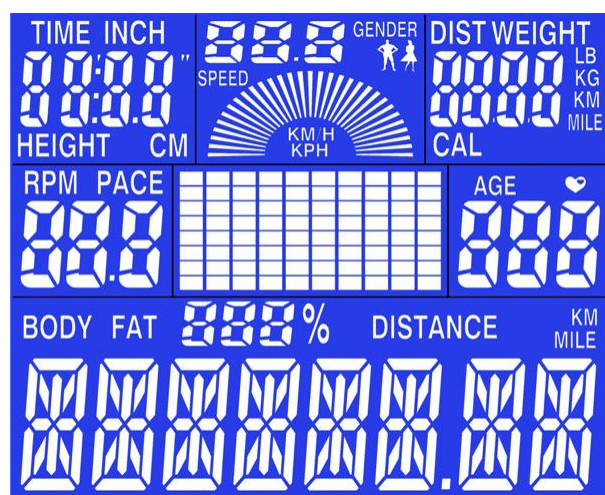
Specifications

	Windows	Display Rang	Default	Stored
Functions	TIME	0:00 - 99:00 (minute : second)	0:00	No
	DISTANCE	0.0 - 99.00(km)	0.00	No
	CALORIES	0 - 990(cal)	0	No
	AGE	10 - 100 years	30	No
	GENDER	Male / Female	Male	No
	WEIGHT(	10 - 150(Kg)	70	No
	HEIGHT	90 – 210(CM)	175	No
	SPEED	0.0 - 99.9(Km/hour)	0.0	No
	PULSE	50 - 200 (BPM) –Non-contact magnetic type	0	No
	RPM	0 - 250 RPM	0	No
	PACE	0.0 – 99.9 (Average speed per hour)	0.0	No
	BODY FAT	0% - 50%	0	No
	GRADE	L1–L16(Break resistance level)		No
	USER	U1-U4 (4 user programs)	U1	YES
Operation temperature		0℃ -- + 40℃ (32℉ -- 104℉)		

Computer Operation

Choose workout program

The message reads "**MANUAL**" until a selection is made.   By pressing the ▲ or ▼   button to scroll through preset profiles. Will select following programs:

> MANUAL→ P2→P3→P4→P5→P6→P7→P8→P9→P10→RANDOM
> →USER→H.R.C 60%→H.R.C 70%→H.R.C 85%→THR→HRS→BODY FAT   ←
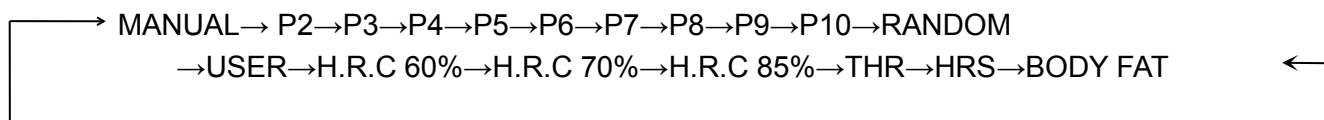
1.   Manual Workout Mode:

● If Press **MODE** key to accept MANUAL Program, (P2~P10), RANDON Program .
   The message reads "**ENTER TIME**" until a selection is made. By pressing the ▲ or ▼ button to adjust the TIME value.
● Press **MODE** button to accept TIME .
   The message reads "**ENTER DISTANCE.**" until a selection is made.   By pressing the ▲ or ▼ button to adjust the DISTANCE value.
● Press **MODE** button to accept DISTANCE.
   The message reads "**ENTER CALORIES**" until a selection is made.   By pressing the ▲ or ▼ button to adjust the CALORIES value.

2. User's Program Workout Mode:

● If Press **MODE** button to accept USER Program(U1~U4)
   The message reads "**U1**" until a selection is made.   By pressing the ▲ or ▼ button to choose from U1~U4.
● Press **MODE** button to accept USER(1~4) .
   The message reads "**ENTER TIME**" until a selection is made.   By pressing the ▲ or ▼ button to adjust the TIME value.
● Press **MODE** button to accept TIME.
  The message reads "**ENTER DISTANCE.**" until a selection is made.   By pressing the ▲ or ▼ button to adjust the DISTANCE value.
● Press **MODE** button to accept DISTANCE. it will then proceed to setting CALORIES .
  The message reads "**ENTER CALORIES**" until a selection is made.   By pressing the ▲ or ▼ button to adjust the CALORIES value.
● Then press **START** button and begin exercise.

Computer Operation

U1-U4 Customer Profile:

There is a Customer Profile stored for each User (U1-U4). To modify the Customer profile the user must hold **MODE** button for three second. Press ▲ or ▼ button to adjust RESISTANCE LEVEL in each profile segment. Press **MODE** button to accept RESISTANCE LEVEL and move to the next profile segment. Press and hold the **MODE** button for three seconds again, to accept Customer profile changes and move to User choose.

4 .HRC Workout Program:

● If Press **MODE** button to accept H.R.C 60% Program (70%, 85%).
  The message reads "**PRESS START**" until a selection is made. By pressing the ▲ or ▼ button to adjust the AGE value.

● Then press **START** button and begin exercise.
  60% Max H.R.C- - Target H.R. = (220 – AGE) x 60%
  70% Max H.R.C- - Target H.R. = (220 – AGE) x 70%
  85% Max H.R.C - - Target H.R. = (220 – AGE) x 85%

5. THR Workout Program:

● If Press **MODE** button to accept THR program .
  The message reads "**ENTER TARGET HR**" until a selection is made. By pressing the ▲ or ▼ button to adjust the Target Heart value.

● Then press **START** button and begin exercise.
  Target H.R .C- - Workout by your target heart rate value.
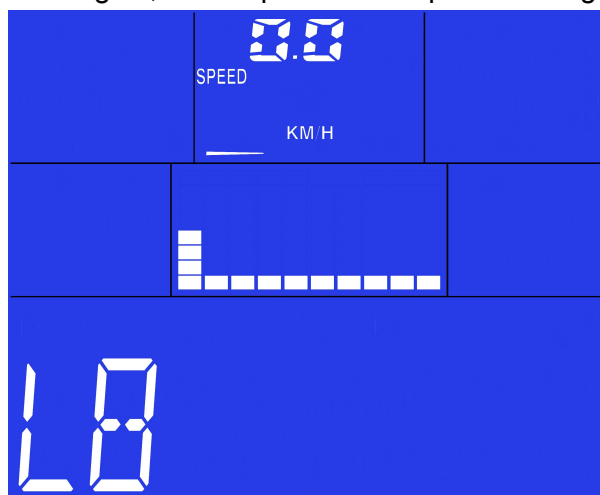
6. HRS Workout Program:

● If Press **MODE** button to accept H.R.S Program(C1~C3)

The message reads "**C1**" until a selection is made.   By pressing the **▲** or **▼** button to choose from C1 TO C3.

● Press **MODE** button to accept C1~C3 .

The message reads "**PRESS START**" until a selection is made.   By pressing the **▲** or **▼** key to adjust the AGE value.

● Then press **START** button and begin exercise.

C1 - - Target H.R. = (220 – AGE) x 60%

C2 - - Target H.R. = (220 – AGE) x 70%

C3 - - Target H.R. = (220 – AGE) x 85%

* Sport mode:

Under 1 minutes user can adjust grade themselves, untill target heart rate, the machine is stop by automatically.

7. Body Fat Analysis

● If Press **MODE** button to accept BODY FAT Program, or Press **BODY FAT** button during the START or PAUSE stage, and Press **START STOP** button to accept BODY FAT TEST, it will then proceed to setting HEIGHT, WEIGHT, AGE, GENDER.

The message reads "**ENTER HEIGHT**" until a selection is made.   By pressing the **▲** or **▼** button to adjust the Height value.

● Press **MODE** button to accept HEIGHT .

The message reads "**ENTER WEIGHT**" until a selection is made.   By pressing the **▲** or **▼** button to adjust the WEIGHT value.

● Press **MODE** button to accept WEIGHT .

The message reads "**ENTER AGE**" until a selection is made.   By pressing the **▲** or **▼** button to adjust the AGE value.

● Press **MODE** button to accept AGE .

The message reads "**PRESS START TO TEST**" until a selection is made.   By pressing the **▲** or **▼** button to adjust the FEM(MALE).

● Then Press **START** button and begin test .

● The testing will measure the heartbeat rate, Time starts counting from 00:10 - 00:09 - - to 00:00 if the measurement does not show within 10 seconds, the message windows display ERROR.

● If 10 seconds after the heart rate value is not equal to zero. Time starts counting from 00:25 - 00:24 - - to 00:00. As soon as 00:00 is reached, the computer will show your FAT % status with the grade .
Press this button again, it will restore the previous mode.

● When Heart rate =0 , The message "**ERROR"**

● RESULT

● ERROR

Computer Operation
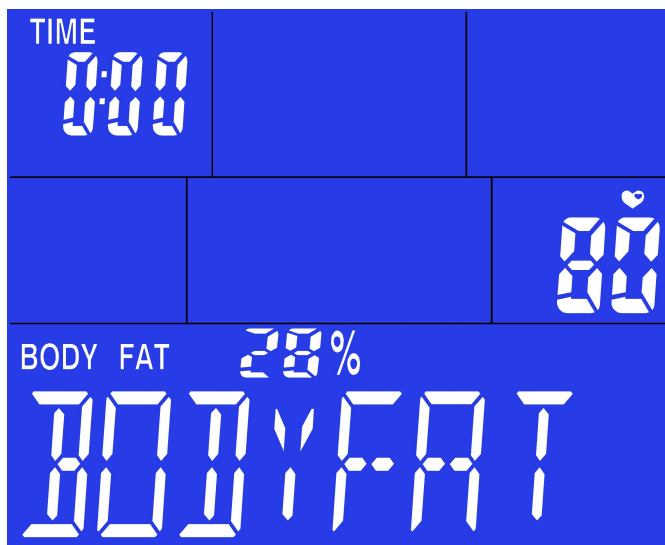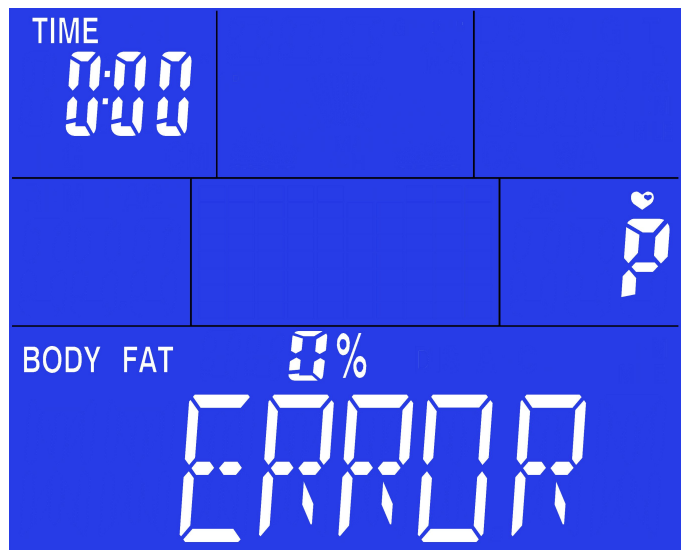
7. RECOVERY TEST:

- During the START or PAUSE stage, leave the hands holding on grips or leave the chest transmitter attached and then press PULSE RECOV. button , all function displays will stop except "TIME".

- The testing will measure the heartbeat rate, Time starts counting from 00:10 - 00:09 - - to 00:00 if the measurement does not show within 10 seconds, the measuring system will shut down and return to the sport mode.

- If 10 seconds after the heart rate value is not equal to zero , Time starts counting from 00:60 - 00:59 - - to 00:00. As soon as 00:00 is reached, the computer will show your heart rate recovery status with the grade A+ to C.

Note: Fitness of a user is shown by Message.

Display	Figure
A+	EXCELLENT
A	VERY GOOD
B+	GOOD
B	FAIR
C+	POOR
C	VERY POOR

Computer Operation

Pre-defined program profile

:

MANUAL	● P2
SPEED 0.0 KM/H — **MANUAL**	SPEED 0.0 KM/H — **P2**
● P3	● P4
SPEED 0.0 KM/H — **P3**	SPEED 0.0 KM/H — **P4**
● P5	● P6
SPEED 0.0 KM/H — **P5**	SPEED 0.0 KM/H — **P6**

Computer Operation

Pre-defined program profile

● P 7

SPEED 0.0 KM/H

P7

● P 8

SPEED 0.0 KM/H

P8

● P 9

SPEED 0.0 KM/H

P9

● P 10

SPEED 0.0 KM/H

P 10

● RANDOM

SPEED 0.0 KM/H

RANDOM

● USER

SPEED 0.0 KM/H
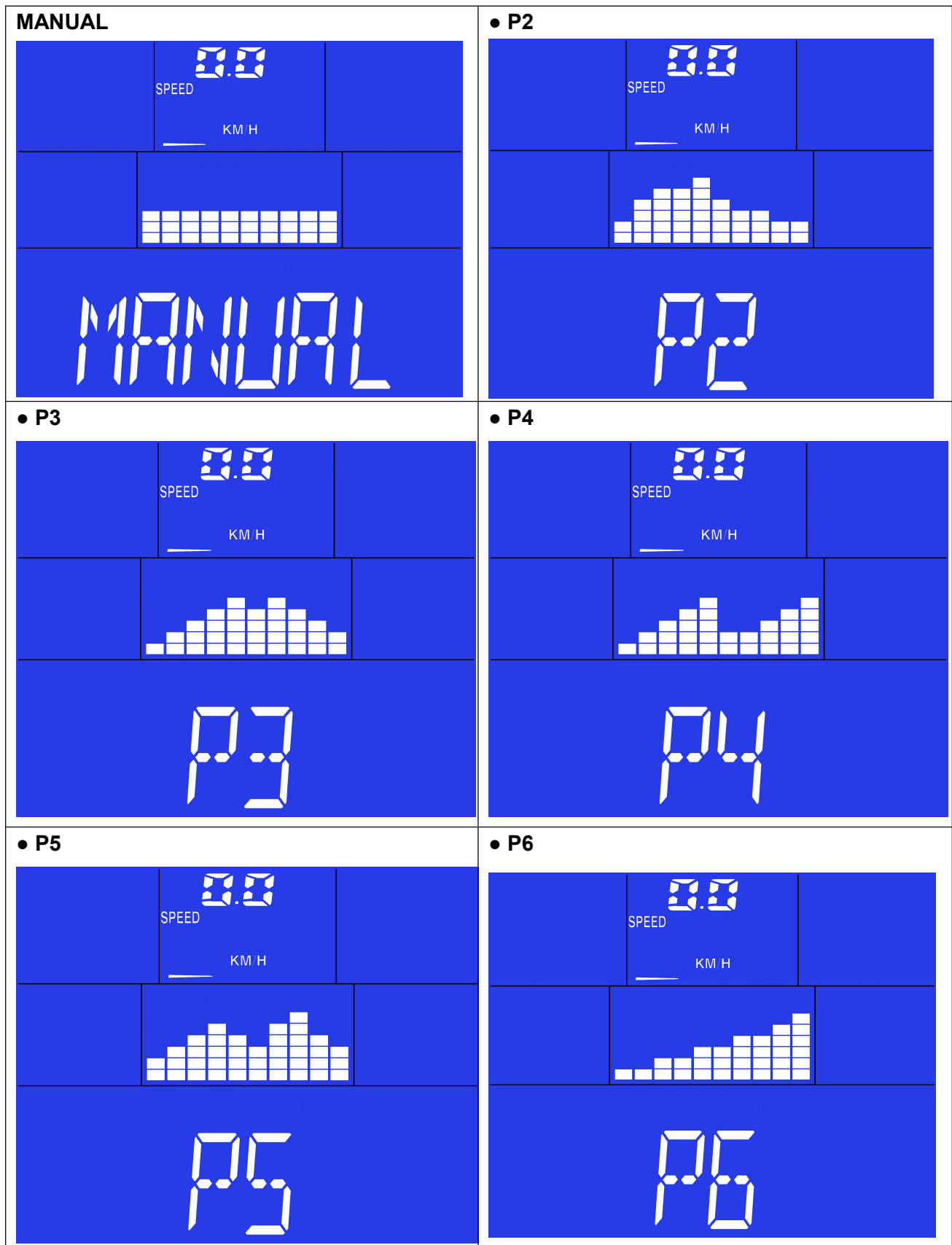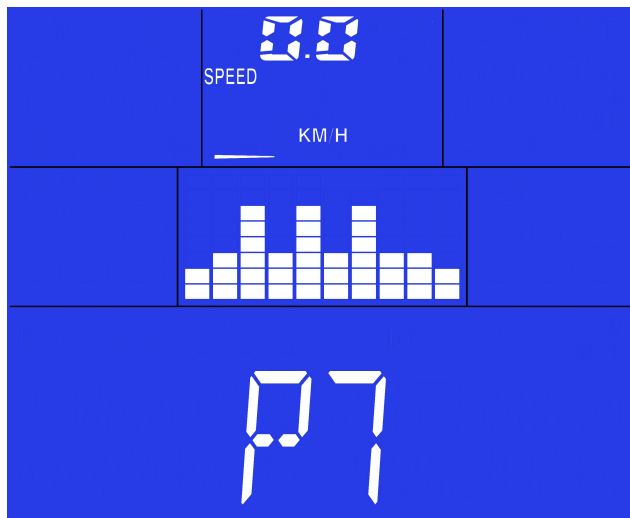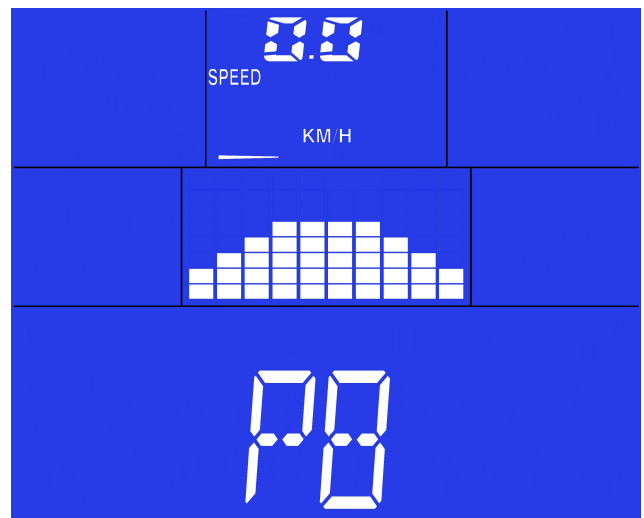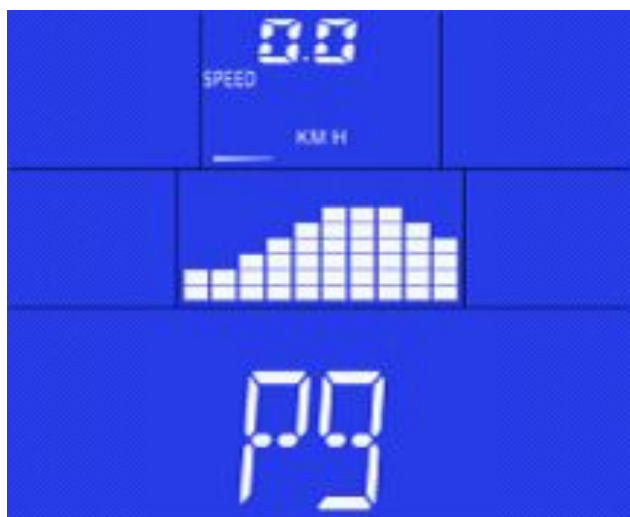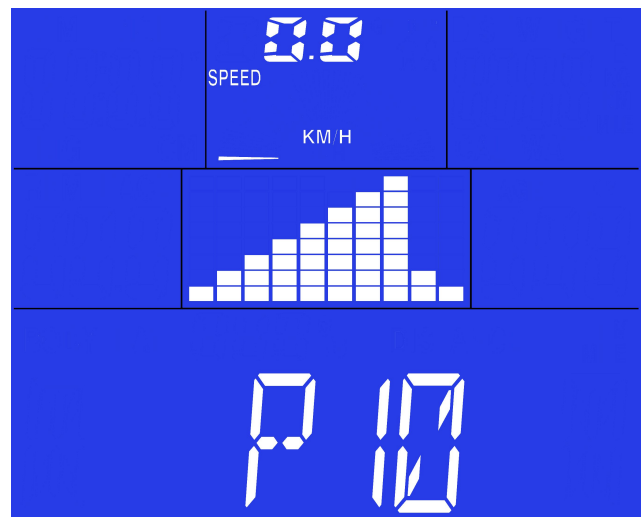
USER

Computer Operation

Pre-defined program profile

:
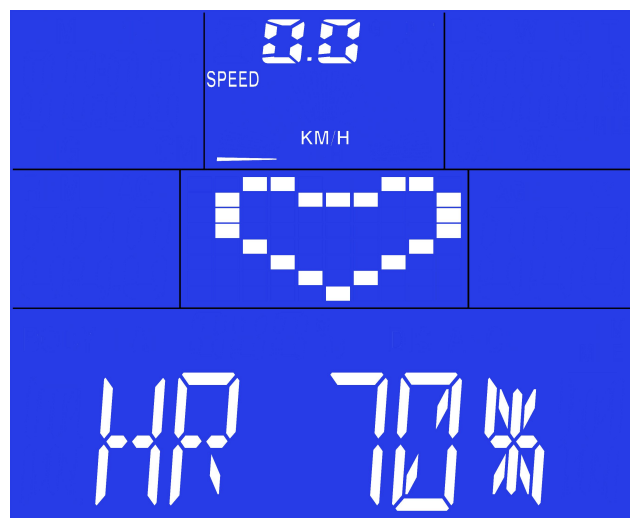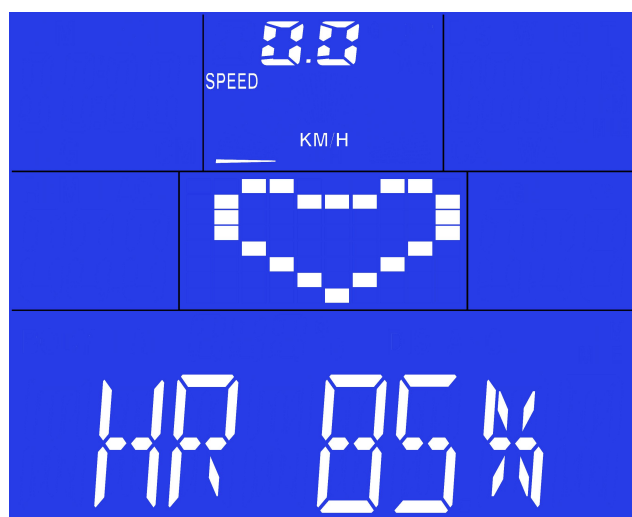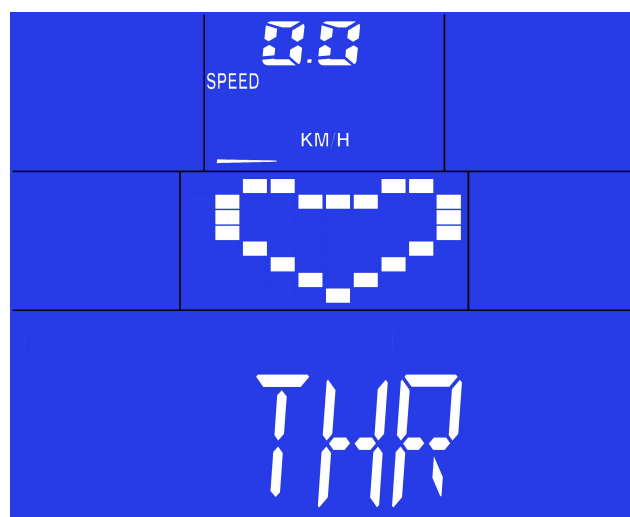
● H.R.C 60%	● H.R.C 70%
0.0 SPEED KM/H HR 60%	0.0 SPEED KM/H HR 70%
● H.R.C 85%	● T.H.R
0.0 SPEED KM/H HR 85%	0.0 SPEED KM/H THR
● H.R.S	● BODY FAT
0.0 SPEED KM/H HRS	BODY FAT

Exercising Information

How you begin your exercise will vary from person to person. If you have not exercised for a long period of time, or are severely overweight, you **MUST** start slowly and increase your time gradually, by perhaps only few minutes for each session per week.

Combine a carefully structured nutritious diet with a simple but effective exercise routine and this can help make you feel better, look better and will almost certainly enable you to enjoy life more.

Aerobic fitness

Aerobic exercise is simply defined as any sustained activity that increase the supply of oxygen to your muscles via the blood pumped by your heart. With regular exercise, your cardiovascular system will become stronger and more efficient. Your recovery rate i.e, the time taken for your heart to reach its normal level, will also decrease.
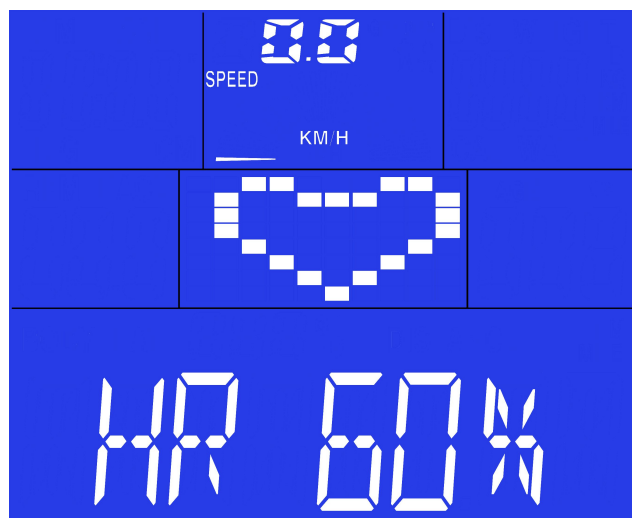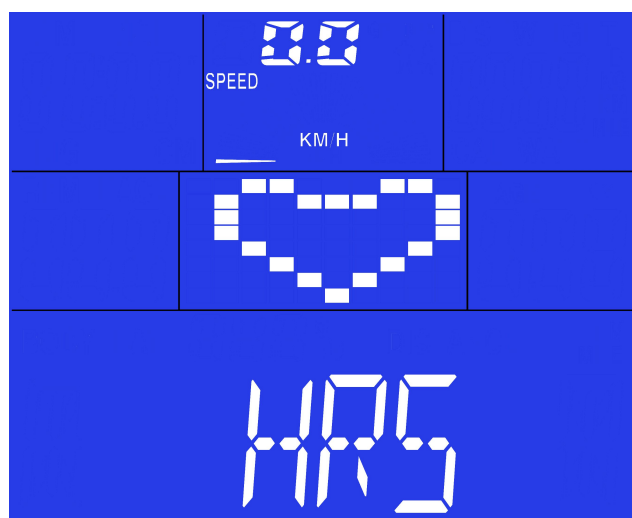
Initially you may only be able to exercise for a few minutes each day. Do not hesitate to breath through your mouth should you need more oxygen. Use the "talk test", if you cannot carry on a conversation while be gradually built up with regular exercise. Over the next six to eight weeks.

Do not be discouraged if it takes longer than this to begin to feel lethargic, everyone is different and some will achieve their targets quicker than others, work at your own, comfortable pace and the results will come, the better your aerobic fitness the harder you will have to work to start in your "Target Zone".

Warming up

A successful exercise program consists of three parts: Warm up. Aerobic exercise and cool down. Never start a training session without warning up and never finish one without cooling down correctly. Perform between five and ten minutes of stretching before starting your workout to prevent

Muscle strains pull and cramps.

Aerobic exercise session

Those new to exercise should exercise no more than every other day to start with.
When you are comfortable with your routine, you can exercise for 6 days per week. Always take at least one day off per week.

Exercise in your Target Zone

To ensure that your heart is working in its exercise target zone, you need to be able to take your pulse, if you do not have a pulse monitor, you will need to locate the pulse in your carotid artery. This is situated in the side of the neck and can be felt by using the index and middle fingers.

Simply count the number of beats you feel in 10 seconds and then multiply by six to get your pulse rate. This should be taken before you start to exercise for easy reference.

People, Who have a greater aerobic fitness, will have a lower resting pulse level and will also be able to exercise with a higher pulse level.

Target Zone

To determine your "Target Zone", see table below, if you are new to exercise and by definition unfit, refer to the middle column, if you exercise regularly and have good aerobic fitness, refer to the right column.

Exercising Information

Users age (years)	Unconditioned (Target Zone A) beats per minute	Conditioned (Target Zone B) Beat per minute
20 ------24	145----165	155----175
25------29	140----160	150----170
30------34	135----155	145----165
35------39	130----150	140----160
40------44	125----145	135----155
45------49	120---140	130----150
50------54	115---135	125----145
55------59	110----135	120----140
60 and over	105----125	115----135

Get your Heart rate:
During any exercise programme, grasp two handle pulse sensor with your two hands, the computer " P " display window will display your heart rate in 10 seconds.

WARNING! Heart rate
Monitoring systems may be inaccurate. Over exercise may result in serious injury or death. If you feel faint stop exercising immediately.

Cooling Down
To decrease fatigue and muscle soreness, you should also cool down by walking at a show relaxed pace for a minute or so, to allow your heart rate to return to normal.

Exercising Information

Muscle Chart

Targeted Muscle Groups

The exercise routines performed on the preacher pad and barbell will develop primarily upper body muscle groups shown in white. Use the leg extension and curl bar to concentrate on the lower body muscle groups shown in grey.

Front

Back

A: Trapezius
B: Anterior
C: Pectoralis Major
D: Serratus Anterior
E: Biceps
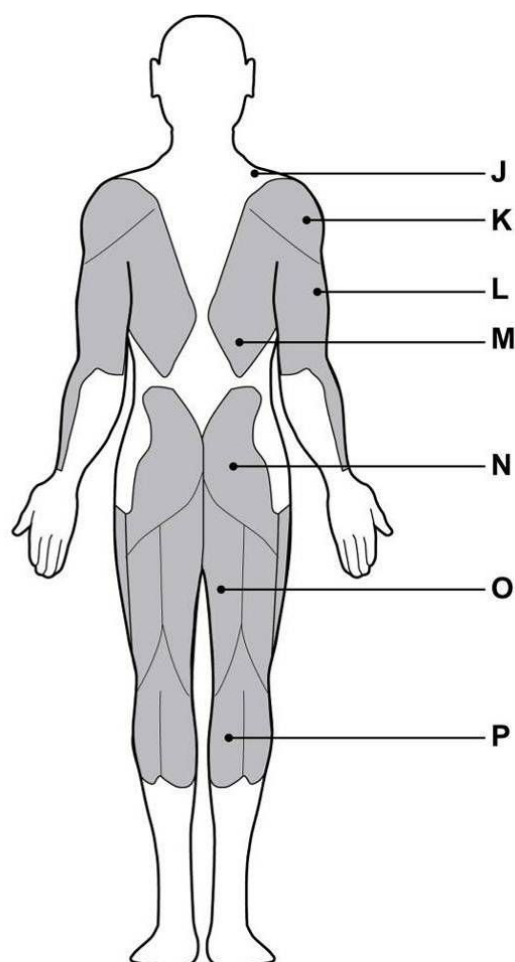
F: Abdominal
G: Sartorius
H: Quadriceps
I: Tibialis

J: Trapezius
K: Posterior
L: Triceps
M: Latissimus Dorsi

N: Gluteals
O: Hamstrings
P: Gastrocnemius

Exercising Information

Warming up and Cooling Down exercises

A successful exercise session begins with warming up exercises and ends with exercise for cooling down and relaxing. These warming up exercise prepare your body for the subsequent demands made upon it. The cooling down/relaxation period after the exercise session ensure that you do not experience any muscular problems, In the following pages you will find stretching exercise instructions for warming up and cooling down.

Toe Touch Stretch

Stand with your knee bent slightly and slowly bent forward from your hips. Allow your back and shoulder to relax as your reach down toward your toes as far as possible.

Hold for 15 Counts, then relax.
Repeat 3 times

Stretches: Hamstring, back of knees and back
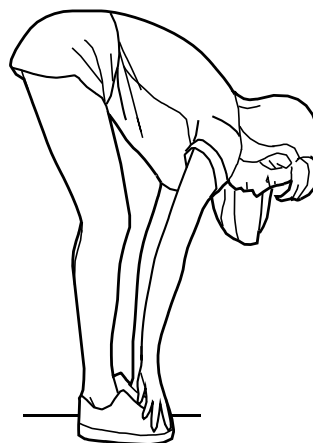
Hamstring Stretch

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

Stretches: Hamstrings, lower back and groin.

Calf/Achilles stretch

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

Stretching: Calves, Achilles, Tendons and ankles
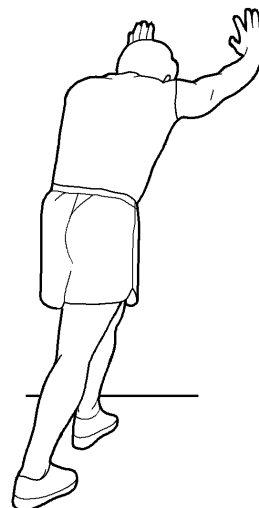
Exercising Information

Calf / Achilles Stretch

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 fell a gentle stretch in the target area.

Hold for 15 counts, then relax, Repeat 3 times for each leg.

Stretching: Quadriceps and hip muscle
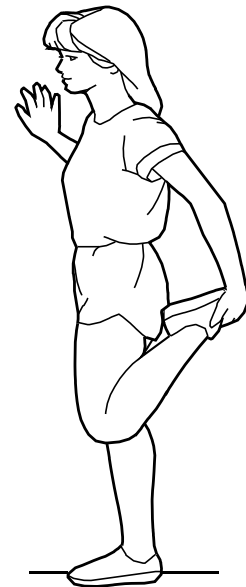
Inner Thigh Stretch

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, then relax.
Repeat 3 times.

Stretching: Quadriceps and hips muscle
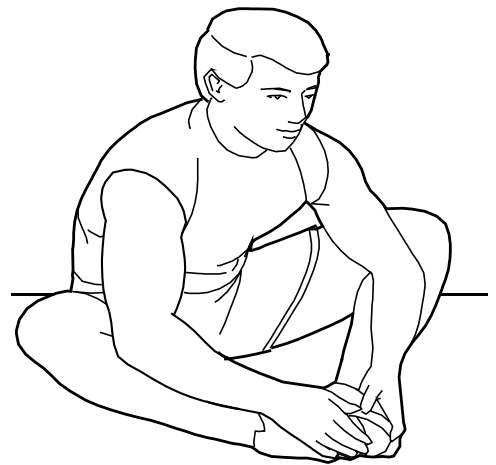
Care and Maintenance

1. Examine the equipment periodically in order to detect any damage or wear which may have been produced.
2. Lubricate moving parts with light oil periodically to prevent premature wear.
3. Inspect and tighten all parts before using the equipment, replace any defective parts immediately, and do not use the equipment again until it is in perfect workingorder.
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 600 1714**.

Guarantee:
For guarantee purposes, please retain your purchase receipt

Information for Users on Disposal of old Equipment and Batteries (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 or battery, please consider the collection systems or facilities for appropriate recycling.

Notice: The sign Pb below the symbol for batteries indicates that this battery contains lead.

Exploded Parts List

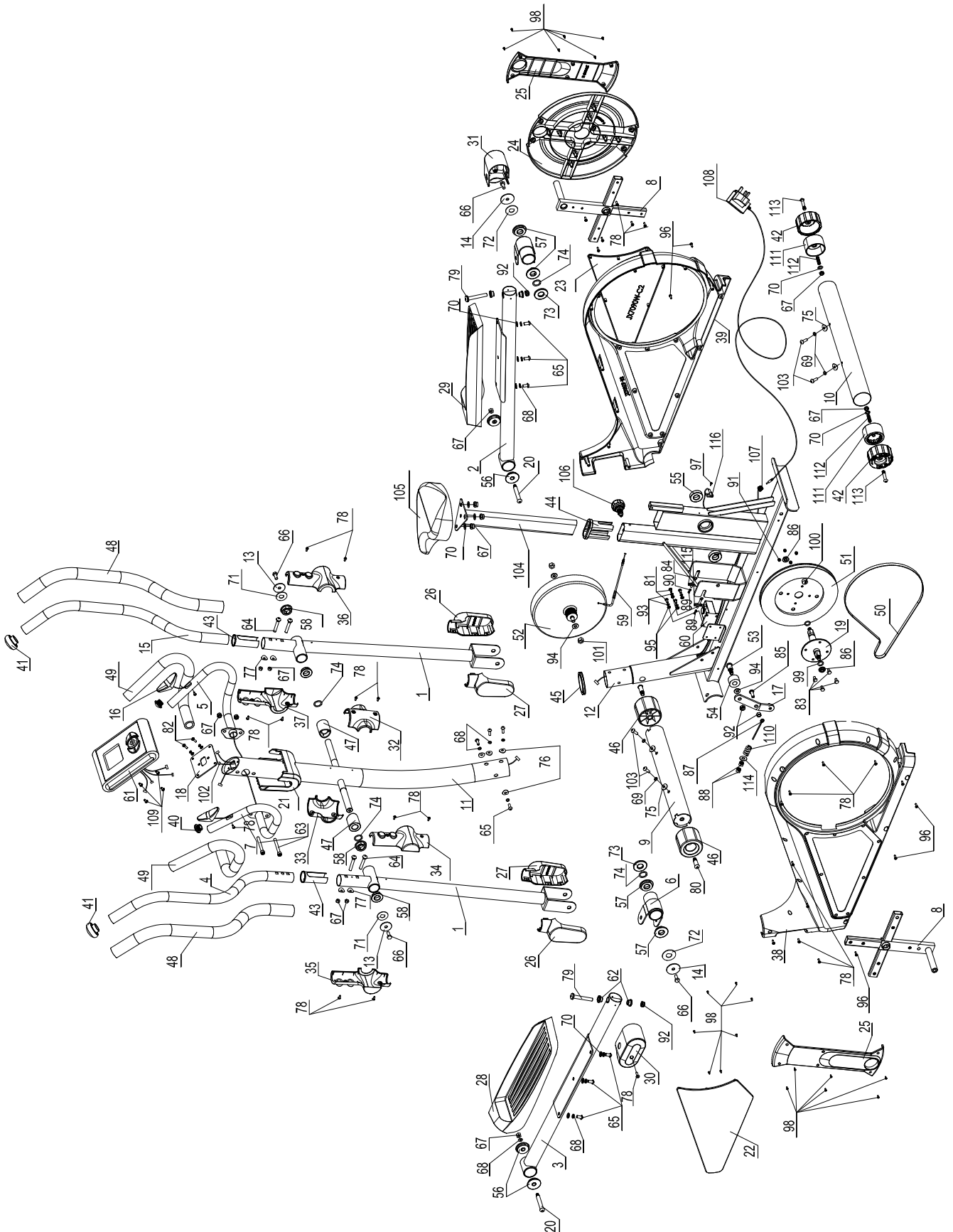|						
1	Handle Rail Arm	2	59	Tension Cable	1
2	Right Foot Bar	1	60	Motor	1
3	Left Foot Bar	1	61	Computer	1
4	Left Handle Rail	1	62	Nylon Bushing	4
5	Right Handle	1	63	M8×75mm Flat Allen Bolt	2
6	U-Shaped bracket	2	64	M8×42mm Bolt	4
7	Left Handle	1	65	M8×16mm Allen Bolt	12
8	Cross Frame	2	66	M8×25mm Bolt	4
9	Front Stabilizer	1	67	M8 Aircraft Nut	14
10	Rear Stabilizer	1	68	Ø8mm Spring Washer	12
11	Front Poster	1	69	Ø10mm Spring Washer	4
12	Main Body	1	70	Ø8mm Washer	15
13	Ø8×2mm Big Washer	2	71	Ø 38×4mm D-Hole washer	2
14	Ø48×Ø9mm Big Washer	2	72	Ø 45×4mm D-Hole washer	2
15	Right Handle Rail	1	73	Ø45×Ø19.7×5mm Nylon Washer	2
16	Handle Pulse	2	74	Ø20mm Corrugated Washer	4
17	Idle Wheel Bracket	1	75	Ø11×Ø30×R34mm Arc Washer	4
18	Computer Holder Bracket	1	76	Ø25×Ø9×R30mm Arc Washer	6
19	Axle	1	77	Ø8×R19mm Arc Washer	4
20	M8× 87mm Axle bolt	2	78	ST4.2×15mm Philips Screw	14
21	Computer Cover	1	79	M10×69mm Allen Bolt	2
22	Left Plastic Board	1	80	M10×12mm Allen Bolt	2
23	Right Plastic Board	1	81	M5×15mm Philips Bolt	4
24	Round Cover	2	82	M5×20mm Philips Bolt	2
25	Plastic Decoration	2	83	M6×12mm Philips Bolt	4
26	Swing Cover	2	84	M6×45mm Tension adjustable bolt	2
27	Swing Cover	2	85	M10×20mm Hex Bolt	1
28	Left Pedal	1	86	M10×1.25mm Flange Nut	2

29	Right Pedal	1	87	M8×95mm Tension Adjustable Bolt	1
30	Left Foot Bar Cover	1	88	M8 Nut	3
31	Right Foot Bar Cover	1	89	M6 Nut	2
32	Front Poster Front Cover	1	90	M6/T=10mm Nut	2
33	Front Poster Rear Cover	1	91	M6 Aircraft Nut	4
34	Left Handle Rail Front Cover	1	92	M10 Aircraft Nut	4
35	Left Handle Rail Rear Cover	1	93	Ø5mm Spring Washer	6
36	Right Handle Rail Front Cover	1	94	Ø10mm Washer	6
37	Right Handle Rail Rear Cover	1	95	Ø5mm Washer	6
38	Main Plastic Cover	1	96	ST4.8×12mm Philips Screw	10
39	Main Plastic Cover	1	97	ST4.8×15mm Philips Screw	1
40	Ø25×1.5mm End Cap	2	98	ST2.9×12mm Philips Screw	28
41	Ø38×1.5mm Cone End Cap	2	99	Ø20mm Spring Lock Ring	2
42	Outer Level Foot	2	100	Magnetic Sensor	1
43	Ø38×Ø32×83mm Sleeve	2	101	M10×1 Nut	2
44	30×70/20×60mm Sleeve	1	102	Main wire	1
45	Ø75×Ø60×9mm Rubber Ring	1	103	M10x20mm Allen Bolt	4
46	Front Wheel	2	104	Saddle Poster	1
47	Nylon Sleeve	2	105	Saddle	1
48	Ø38×650mm Handle Grip	2	106	M16 Lock Knob	1
49	Ø33×480mm Handle Grip	2	107	Power Socket	1
50	Belt	1	108	Power Charge	1
51	Belt Pulley	1	109	M5x15mm Philips Screw	4
52	Fly Wheel	1	110	Φ19×Φ4.5×31.5mm Spring	1
53	Idle Wheel Axle	1	111	Inner Level Foot	2
54	6202 Bearing	2	112	Φ9.8XΦ0.8X28.2 Spring	2
55	6004 Bearing	2	113	M10×40mm Allen bolt	2
56	Ø45×Ø11.8×9.5mm Bushing	4	114	φ8mm Big Washer	1
57	Ø45×Ø19×9.5mm Bushing	4	115	M6×45mm U-shaped Bolt	2
58	Ø38×Ø19.5×12.5mm Bushing	4	116	Reed	1

Guarantee

Product Guarantee

This product is guaranteed against manufacturing defects from a period of

1

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 the
  Customer Helpline: 0345 6001714
  http://www.argos-support.co.uk

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