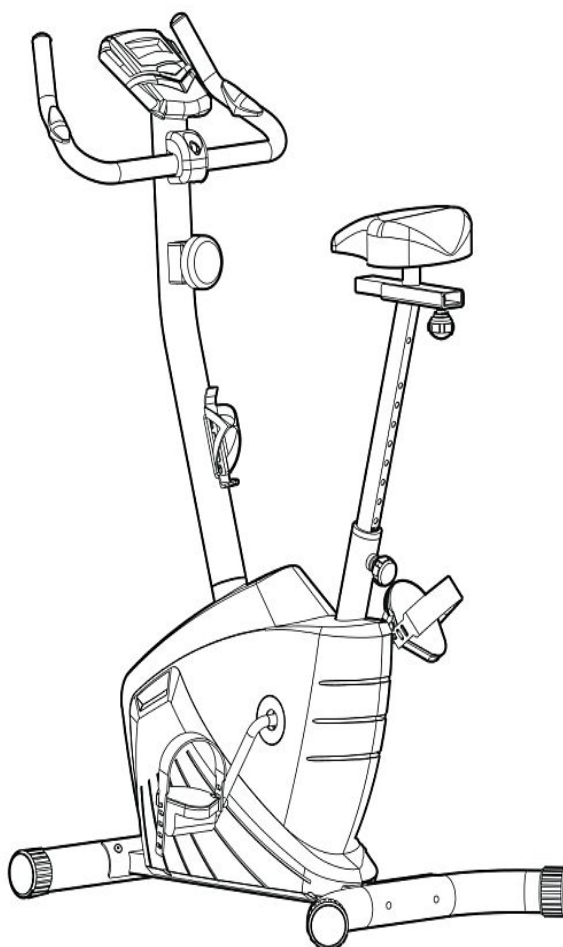


Roger Black Plus Exercise Bike

Assembly & User Instructions- Please Keep for future reference

404/8800

ROGERBLACK
FITNESS



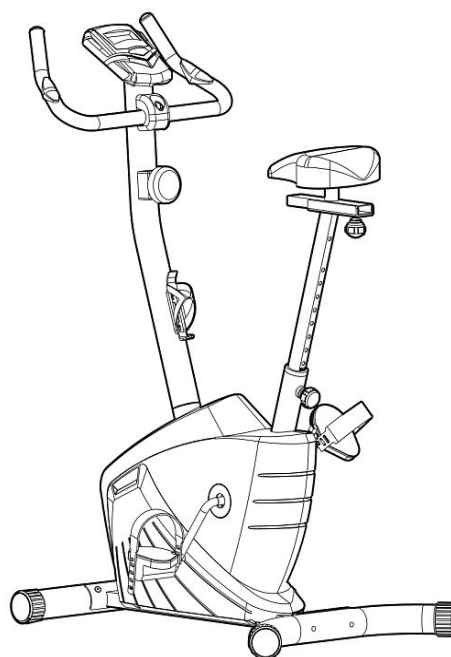
Important – Please read these instructions fully before assembly or use

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 600 1714**

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Safety Information

ROGER**BLACK**
FITNESS 

Important – Please read fully before assembly or using

To reduce the risk of serious injury, read the entire manual before you assemble or operate the Roger Black Plus 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 pose a choking hazard 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 bike must be used on a stable and level surface.
- 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, as it may get caught in the equipment. Wear trainers 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 a maximum user weight of: **125kgs.**
- This product conforms to: BS EN ISO20957-1 and BS EN957-5 Class (H) - Home Use - Class (C).
- The braking system is adjustable.

Battery safety

- **Warning:** Incorrect installation of batteries may cause battery leakage and corrosion, resulting in damage to the computer.
- **Do not** mix old and new batteries, or batteries of different types.
- **Do not** dispose of batteries in a fire.
- **Do not** dispose of batteries with normal household waste, take to a local recycling centre.



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.

Warning! Heart rate monitoring systems may be inaccurate. Over exercising may result in serious injury or death. If you feel faint stop exercising immediately. For the most accurate heart rate measure, please hold both hand pulse sensors continuously during this programme. The pedal crank training equipment is not suitable for therapeutic purposes.

Components - Parts

If you have damaged or missing parts, please call the **Customer Helpline: 0345 600 1714**.

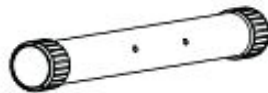
Please check you have all parts listed below

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 24kg. Footprint of the equipment is 91.5cm × 46cm.



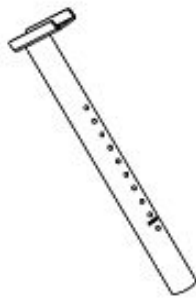
1. Main Frame



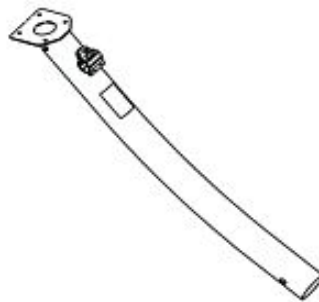
2. Front Stabilizer



3. Rear Stabilizer



4. Seat Post



7. Front Post



5. Seat Adjustment Bracket



8. Handlebar



11. Computer



12. Tension Knob



22. M10 Lock Knob



29. Saddle



33. Handle Cover



46. Bottle Holder


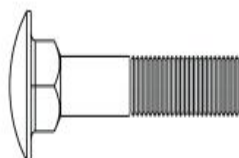
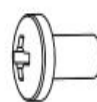
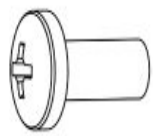






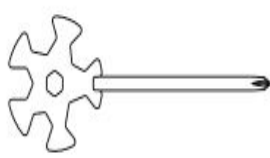




48. Pedals (L/R)

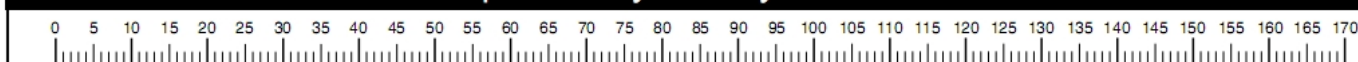
Components - Fixings

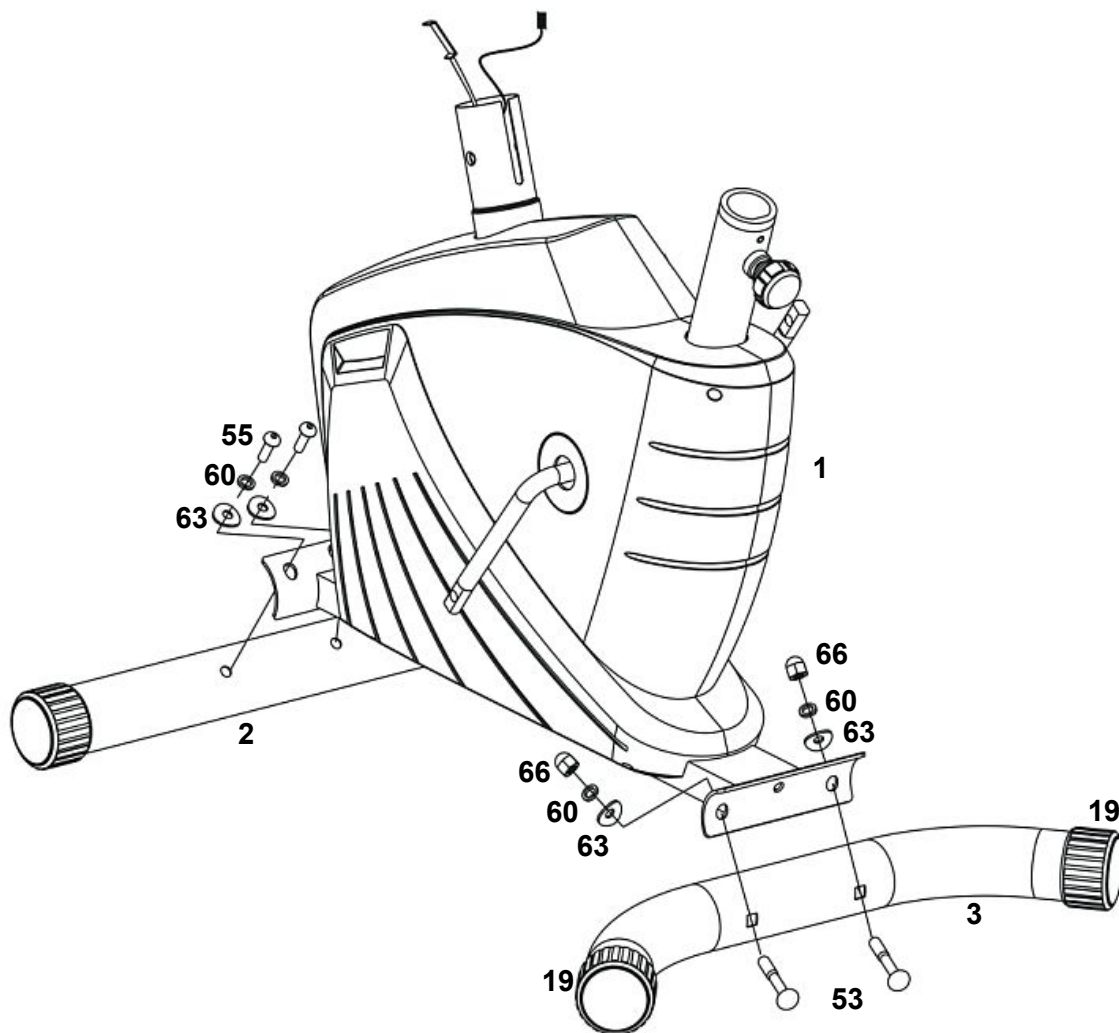
Please check you have all parts listed below

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

| | | |
|--|--|---|
| <p>52</p>  <p>Ø13mm Wire Holder × 2</p> | <p>53</p>  <p>M10x75mm Carriage Bolt × 2</p> | <p>54</p>  <p>M8x15mm Allen Bolt × 4</p> |
| <p>55</p>  <p>M10x20mm Allen Bolt × 2</p> | <p>59</p>  <p>Φ8mm Spring Washer × 4</p> | <p>60</p>  <p>Φ10mm Spring Washer × 4</p> |
| <p>63</p>  <p>Φ10xR33mm Arc Washer × 4</p> | <p>64</p>  <p>Φ8xR30mm Arc washer × 4</p> | <p>66</p>  <p>M10 Dome Head Nut × 2</p> |
| <p>71</p>  <p>ST4.8x15mm Dome Head Philips Screw × 2</p> | | |
|  <p>Multi Wrench × 1</p> |  <p>5mm Allen Key × 1</p> |  <p>6mm Allen Key × 1</p> |

Ruler - Use this ruler to help correctly identify the hardware

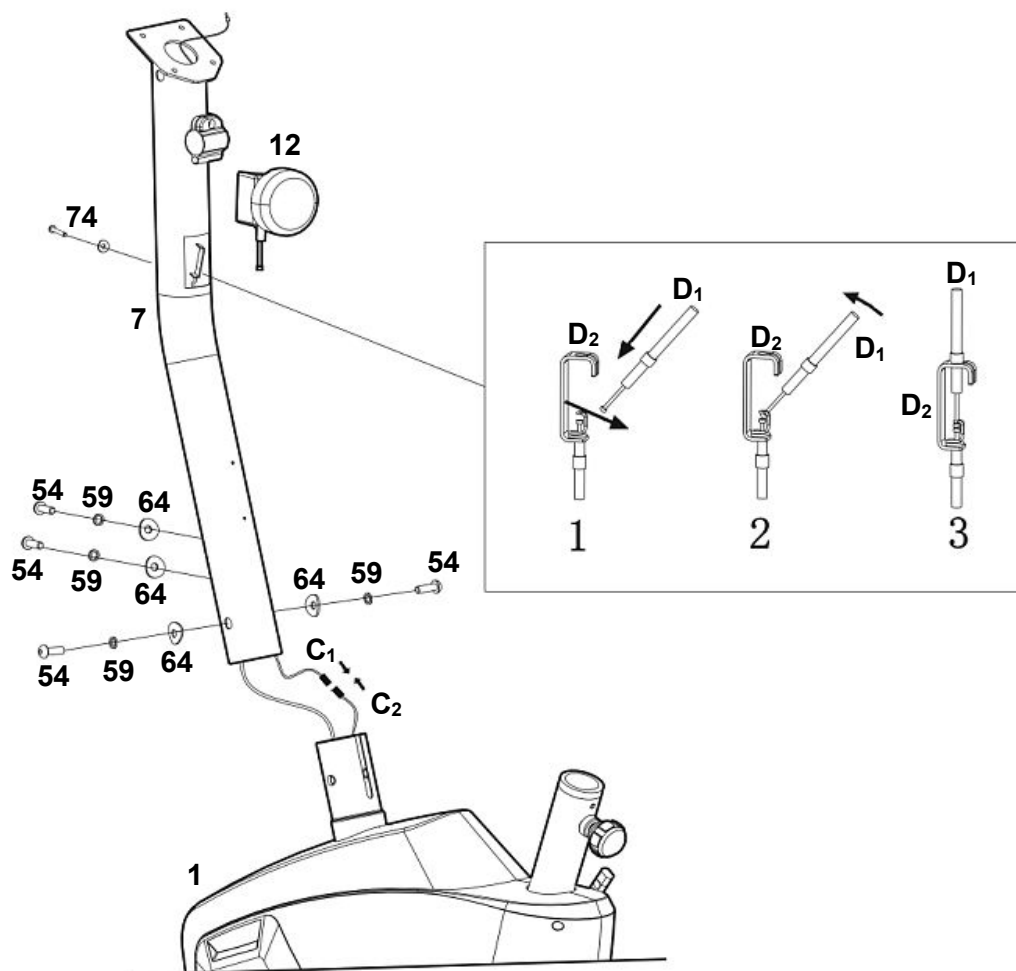




Step 1

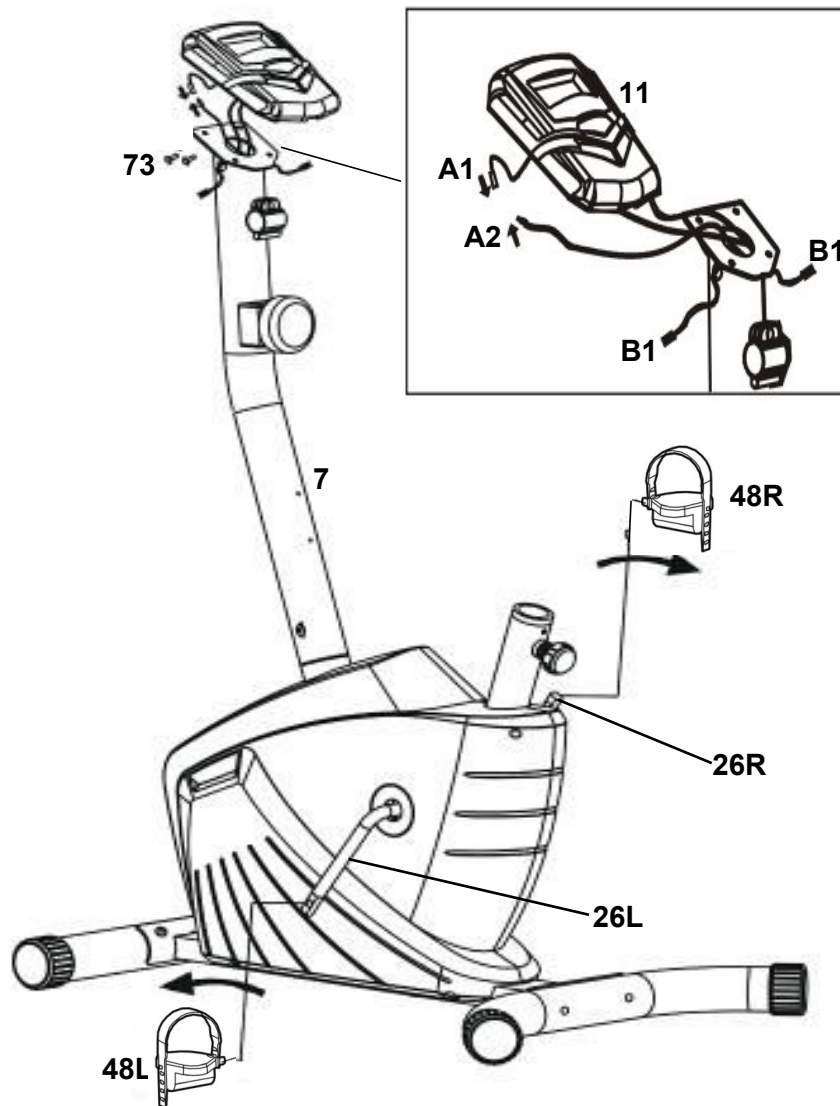
- A. Attach Front Stabilizer (2) to the Main Frame (1) using 2 x M10 x 20mm Allen Bolts (55), 2 x Ø10mm Spring Washers (60) and 2 x Ø10 x R33mm Arc Washers (63).
- B. Attach Rear Stabilizer (3) to the Main Frame (1) using 2 x M10 x 75mm Carriage Bolts (53), 2 x Ø10 x R33mm Arc Washers (63), 2 x Ø10mm Spring Washers (60) and M10 Dome Head Nut (66).

Note: The self Levelling Feet (19) can be rotated when pulling out to ensure the bike sits flat on the ground.



Step 2

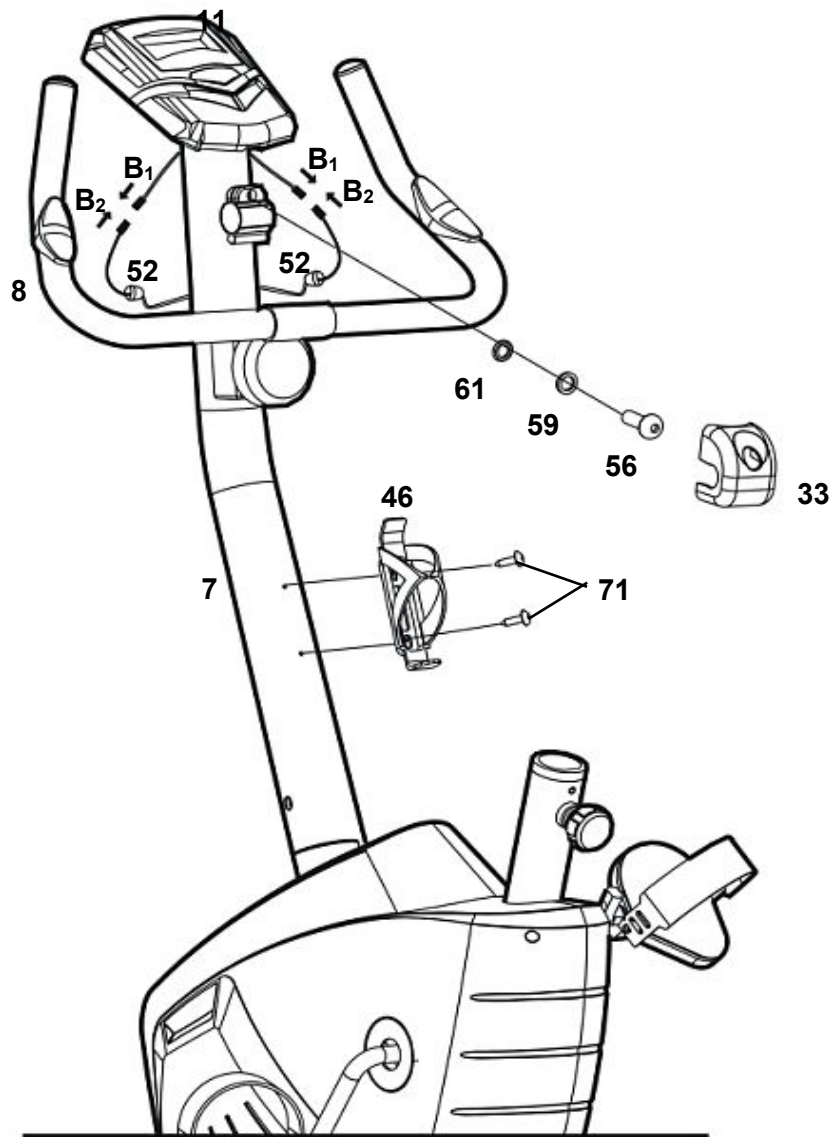
- A. Connect the Sensor Wire **C1** to **C2**.
- B. Attach the Front Post (7) to the Main Frame (1) using 4 x M8x15mm Allen bolt (54), 4 x Φ8mm Spring Washer (59) and 4 x Φ8xR30mm Arc Washer (64).
- C. Remove the M5x50mm Philips Bolt and Washer (74) from the Tension Knob (12).
Note: The M5x50mm Philips Bolt and Washer (74) is pre-assembled to the Tension Knob (12).
- D. Turn the Tension Knob (12) to Level 1 and connect the bottom of the tension knob with the hook as shown in the diagram. Then attach the Tension Knob (12) to the Front Post (7) using 1 x M5x50mm Philips Bolt and Washer (74).



Step 3

- A. Connect the Pedals (48 L&R) to Cranks (26 L&R) as shown.
Note: For the two foot pedals marked "L" and "R". Fasten the left pedal by turning anti-clockwise and fasten the right pedal by turning clockwise. Attach the pedal straps to the pedals as shown in the diagram, the tension for pedal strap is adjustable.
- B. Connect Sensor Wire A₁ to A₂, then pass the two handle Pulse Sensor Wires B₁ through the upper openings of the Front Post (7).
- C. Attach the Computer (11) onto the top of the Front Post (7) and tighten with 2 x M5x15mm Philips bolts (73).

Computer (11).



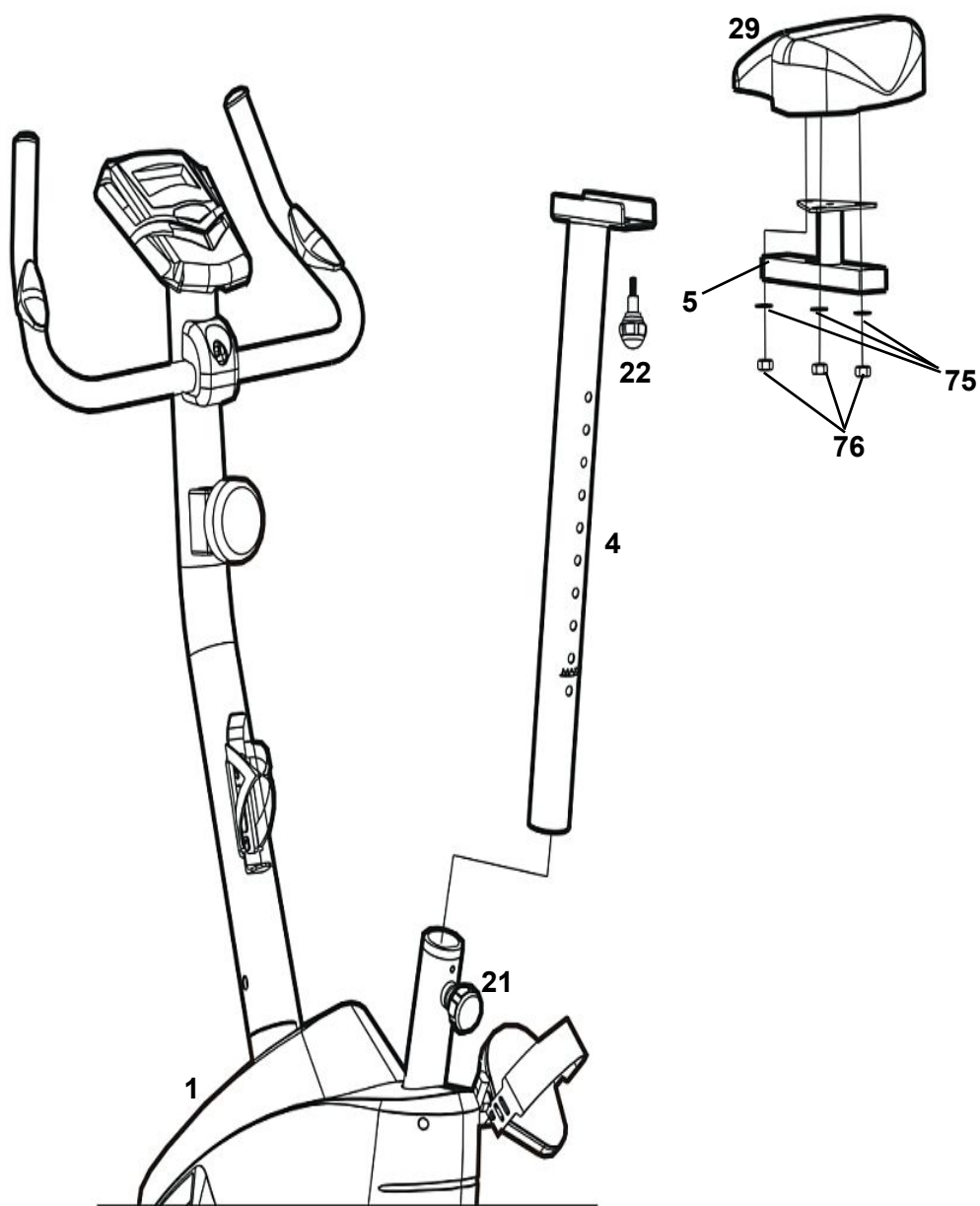
Step 4

- A.** Attach the Handle (8) to the Front Post (7) and tighten with 1 x M8x40 Allen Bolt (56), 1 x Φ 8mm Spring Washer (59), 1 x Φ 8mm Washer (61). Then fit the Handle Cover (33) onto the Front Post (7). Please note that the handle can be adjusted to your required position.

Note: The M8x40 Allen bolt (56), Φ 8mm Spring Washer (59) and Φ 8mm Washer (61) are pre-fitted to the Front Post (7).

- B.** Connect the two wires (B₁ & B₂), then insert the 2 X Φ 13mm Wire Holder (52) into the hole on the Front Post (7) as shown.

- C.** Fix the Bottle Holder (46) onto the Front Post (7) with 2 x ST4.8x15mm Dome Head Philips Screw (71).

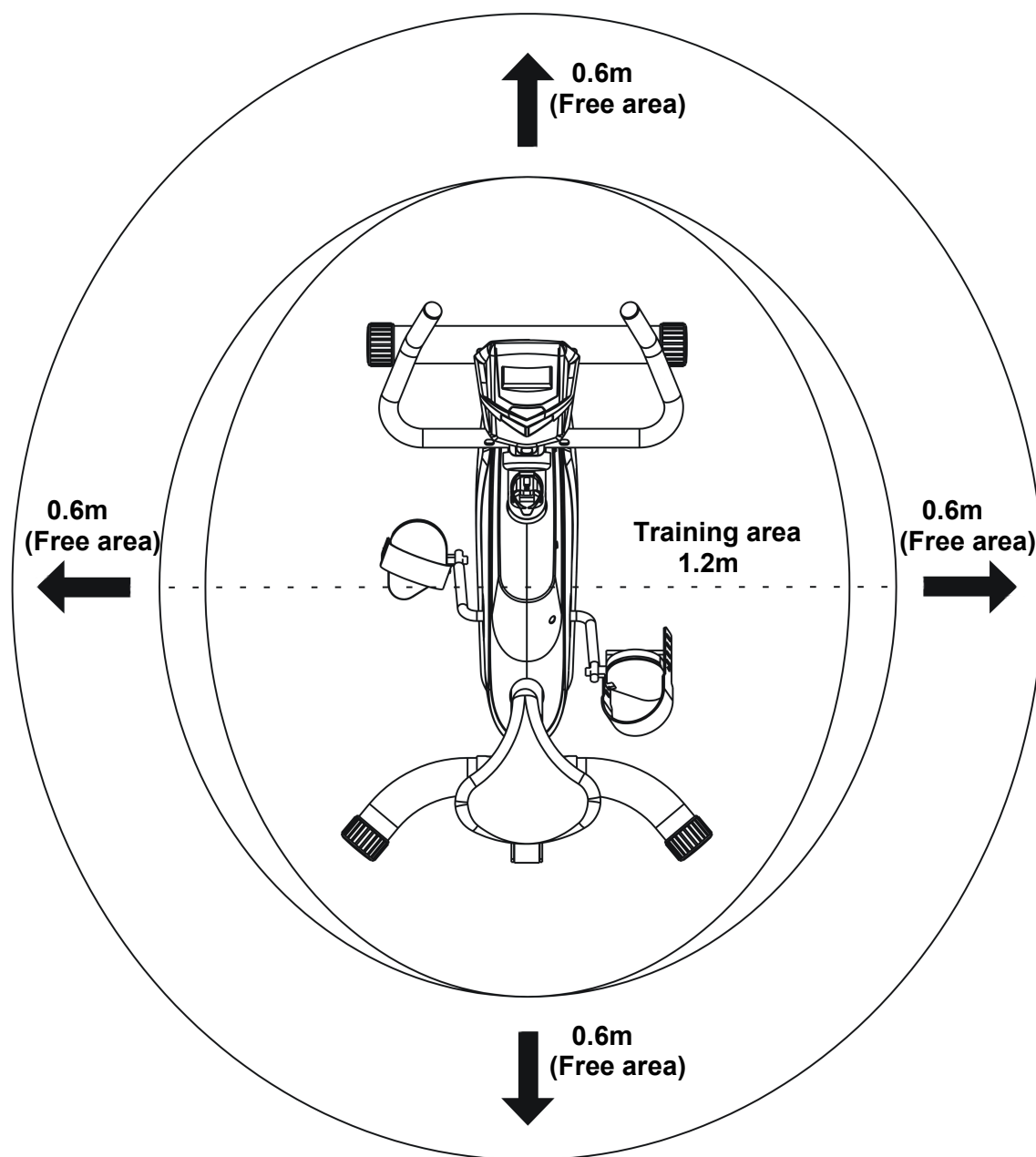


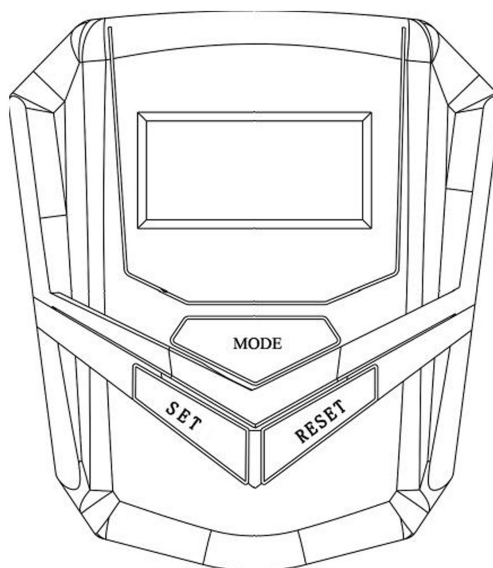
Step 5

- A. Attach the Saddle (29) to the Seat Adjustment Bracket (5), and secure with 3 x $\Phi 8$ mm Washers (75), and 3 x M8mm Nuts (76).
Note: $\Phi 8$ mm Washers (75) and Aircraft Nuts (76) are pre-fitted to Saddle (29) in the factory.
- B. Attach the Seat Adjustment Bracket (5) to the Seat Post (4), and tighten with M10 Knob (22).
Note: Move the Saddle (29) forward or backward to a suitable position then tighten M10 Knob (22).
- C. Insert the Seat Post (4) into the Main frame (1). Position the Seat Post (4) upward and downward at your required and secure with the M16 Lock knob (21).

Free area and training area

The free area must be at least 0.6m greater than the training area in the directions from which the equipment is accessed. The free area is a space should you need to dismount in an emergency. Where two pieces of equipment are positioned adjacent to each other the value of the free area may be shared.





MODE: Pressing Mode allows you to change the display function on the console.

SET: Press to confirm your target time, distance, pulse or calories.

RESET: Press the Reset key for 3 seconds and all value will be reset.

1. AUTO ON/OFF

- The system turns on when any key is pressed or when you start pedalling.
- The system turns off automatically when the bike has detected no activity for 4 minutes.

2. RESET

The unit can be reset by either changing the batteries or pressing the MODE key for 3 seconds.

3. MODE

The console will scan through the display functions. If you want to lock the display to only look at one function then press MODE when the required function is flashing.

FUNCTIONS:

1. **TIME:** Press MODE until TIME is displayed. Time will now be displayed during your workout.
2. **SPEED:** Press MODE until speed is displayed. The current speed will now be displayed during your workout.

3. **DISTANCE:** Press MODE until distance is displayed. The distance will now be displayed during your workout.

4. **CALORIE:** Press MODE until Calorie is displayed. The number of calories burnt will now be displayed during your workout.

5. **ODOMETER:** If applicable to your model, press MODE until odometer is displayed. This will then show the total distance cycled with this product since last reset.

6. **PULSE:** If applicable to your model, press MODE until pulse is displayed. The user's heart rate in beats per minute will be displayed during your workout if holding the hand pulse sensors. Ensure you wait for 30 seconds to get a reading.

SCAN: The display will change every 4 seconds, scrolling through time, speed, distance, calories.

BATTERY:

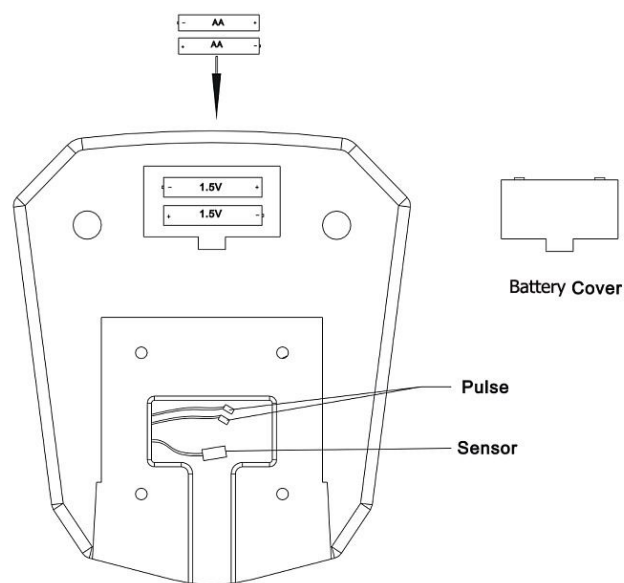
If the display starts to fade, the batteries need replacing.

Specification

| | | |
|-----------------|-----------|--------------------------------|
| Function | Auto Scan | Every 4 Seconds |
| | Speed | 0.0 – 99.9 Km/h |
| | Distance | 0.0 – 999.9 Km |
| | Time | 0:00 – 99:59 (Minute: Second) |
| | Calories | 0.0 – 999.9 Cal |
| | Odometer | 0.0 – 999.9 Km |
| | Pulse | 40 – 240 BPM |
| Battery type | | 2 x SIZE – AA |

Replacing the batteries

1. Remove the battery cover on the back of the computer.
2. Replace 2x1.5V (AA) batteries.
3. Make sure the batteries are installed correctly and the polarities are correct.
4. The battery life is approx. 10 months under normal usage.
5. When the batteries are removed, all values will reset to zero.



How to change the resistance

Turn the Tension Knob (12) clockwise to increase resistance; turn the Tension Knob (12) anti clockwise to reduce resistance.

Before starting your exercise

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

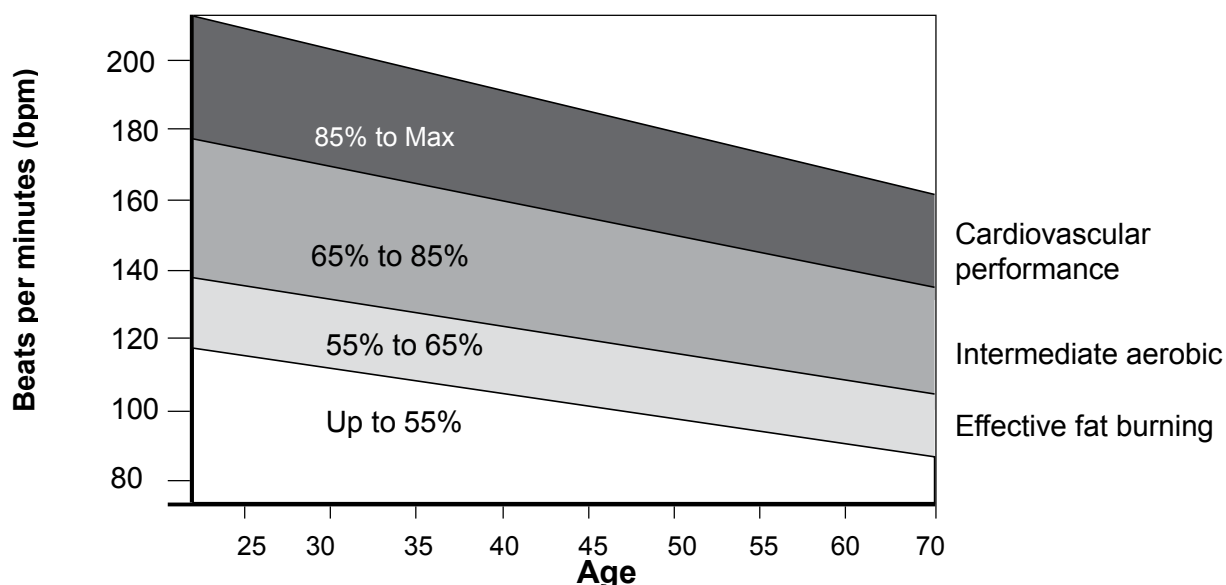
Initially, you may be able to exercise only for a few minutes in your target zone, however, your aerobic fitness will improve over the next six to eight weeks. Don't be discouraged if it takes longer. It's important to work at your own pace.

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 with adequate training area, as prescribed in this manual.

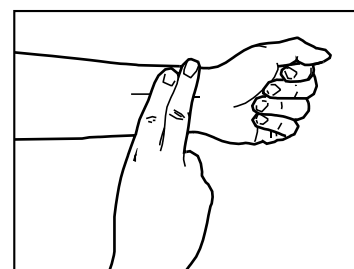
Exercise intensity

To maximize the benefits of exercising, it is important to exercise at an appropriate intensity. The 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-second 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 required level.



Muscle Chart

Aerobic Exercise

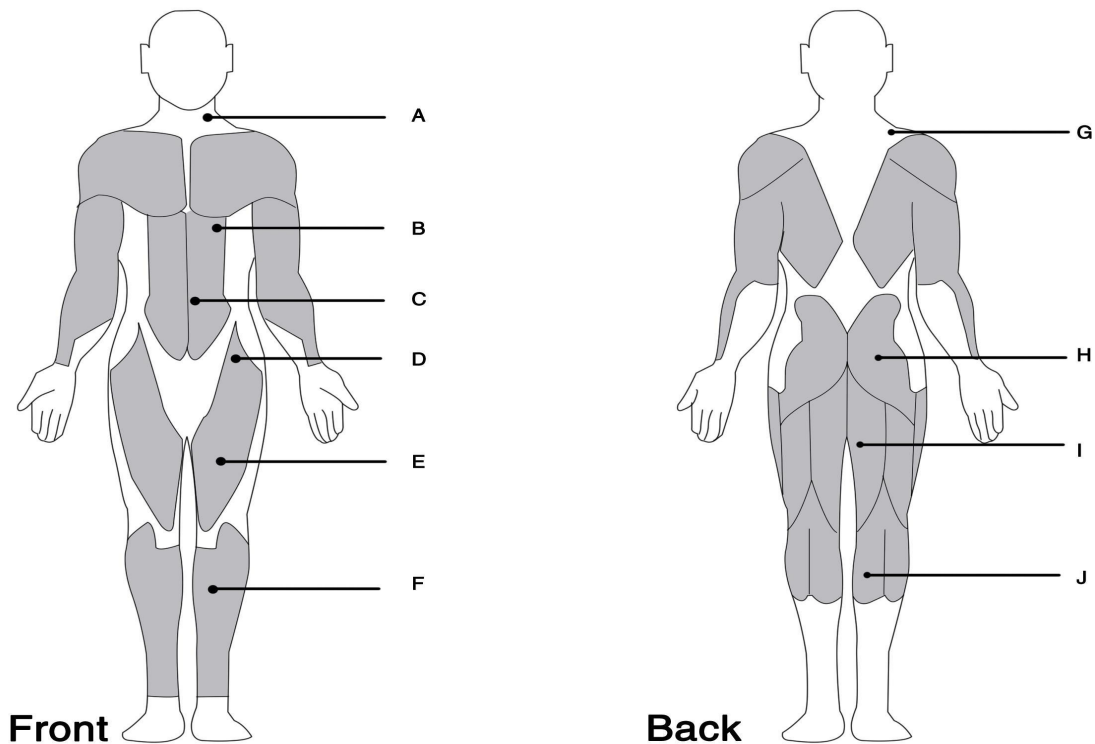
Aerobic exercise improves the fitness of your lungs and heart - your body's most important muscle. Aerobic exercise fitness is promoted by any activity that uses your large muscles (arms, legs, or buttock, for example). Your heart beats quickly and you breathe deeply. An aerobic exercise should be part 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 lower number of reps. As always, consult your doctor before beginning any exercise program.

Targeted Muscle Groups

The exercise routine that is performed on this exercise 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 Anterior

G: Trapezius

H: Gluteals

I: Hamstrings

J: Gastrocnemius

Each workout should include the following three parts:

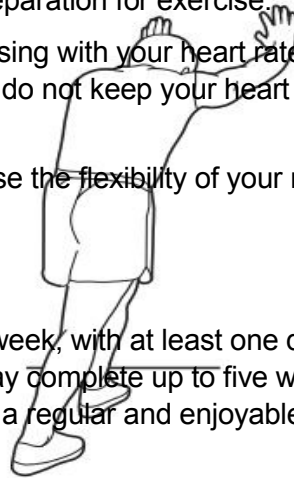
1. Warm-up, consisting of 5 to 10 minutes of stretching and light exercise. A proper warm-up increases your body temperature, heart rate, and circulation in preparation for exercise.

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.



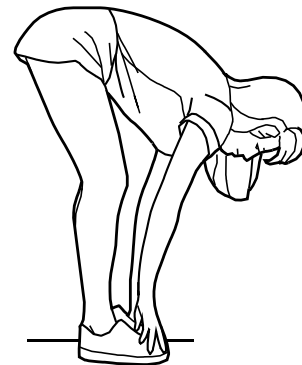
Toe touch stretch

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.



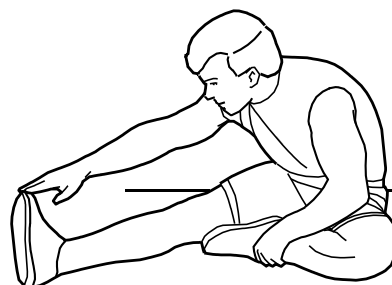
Hamstring stretch

On 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.



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, gently 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.



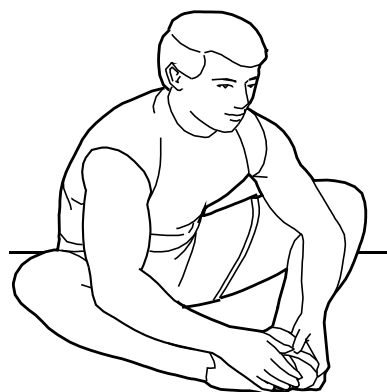
Inner thigh stretch

Sit with the soles of your feet together and your knees outwards. Pull your feet towards your groin area as far as possible, and push your knee down towards the ground.

Hold for 15 counts, relax.

Repeat 3 times.

Stretches: Quadriceps and hip muscles.



1. Examine the equipment periodically in order to detect any damage or wear. 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 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 600 1714.**

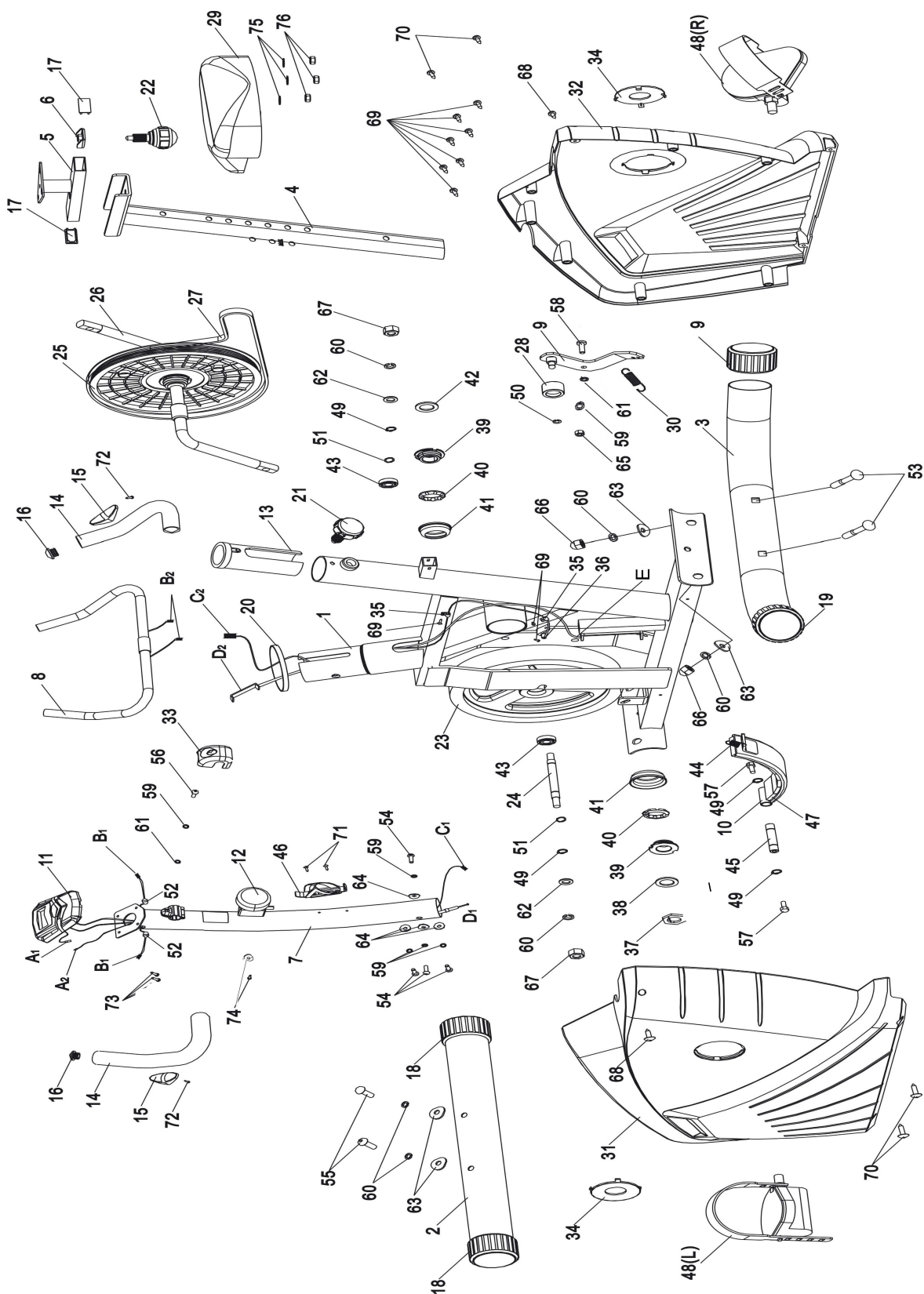
Guarantee:
For guarantee purposes, please retain your purchase receipt.

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.





Parts List

| Part | Description | QTY | Part | Description | QTY |
|------|----------------------------|-----|------|------------------------------------|-----|
| 1 | Main frame | 1 | 42 | C-shaped Lock Ring | 1 |
| 2 | Front stabilizer | 1 | 43 | Bearing | 2 |
| 3 | Rear stabilizer | 1 | 44 | Φ11.5xΦ1.5x40mm Spring | 1 |
| 4 | Seat Post | 1 | 45 | Axle | 1 |
| 5 | Seat Adjustment Bracket | 1 | 46 | Bottle holder | 1 |
| 6 | U-shaped bracket | 1 | 47 | Magnet | 8 |
| 7 | Front Post | 1 | 48 | Pedal (L/R) | 1 |
| 8 | Handle | 1 | 49 | Φ12mm Bead Flange | 4 |
| 9 | Idle Wheel Bracket | 1 | 50 | Φ9mm Bead Flange | 1 |
| 10 | Magnet bracket | 1 | 51 | Φ12mm Spring Washer | 2 |
| 11 | Computer | 1 | 52 | Φ13mm Wire Holder | 2 |
| 12 | Tension knob | 1 | 53 | M10x75mm Carriage bolt | 2 |
| 13 | Reduction Sleeve | 1 | 54 | M8x15mm Allen bolt | 4 |
| 14 | Φ20x Φ30 x 470 Handle grip | 2 | 55 | M10x20mm Allen bolt | 2 |
| 15 | Handle pulse sensor | 2 | 56 | M8x40mm Allen bolt | 1 |
| 16 | Φ25 x 1.5 End cap | 2 | 57 | M6x15mm Hex bolt | 2 |
| 17 | 40 x 20 x 1.5End cap | 2 | 58 | M8x25mm Hex bolt | 1 |
| 18 | Transport Wheel | 2 | 59 | Φ8mm Spring Washer | 6 |
| 19 | Level Foot | 2 | 60 | Φ10mm Spring Washer | 6 |
| 20 | Φ75xΦ60x9mm Rubber Ring | 1 | 61 | Φ8mm Washer | 2 |
| 21 | M16 Lock knob | 1 | 62 | Φ10mm Washer | 2 |
| 22 | M10 Knob | 1 | 63 | Φ10xR33mm Arc washer | 4 |
| 23 | Fly wheel | 1 | 64 | Φ8xR30mm Arc washer | 4 |
| 24 | Alex | 1 | 65 | M8 Nut | 1 |
| 25 | Belt Wheel | 1 | 66 | M10 Dome Head Nut | 2 |
| 26 | Crank (L/R) | 1 | 67 | M10 Hex Nut | 2 |
| 27 | Belt | 1 | 68 | ST4.2x10mm Dome Head Philips Screw | 2 |
| 28 | Φ35mm Idle Wheel | 1 | 69 | ST4.2x15mm Dome Head Philips Screw | 10 |
| 29 | Saddle | 1 | 70 | ST4.8x15mm Dome Head Philips Screw | 4 |
| 30 | Spring | 1 | 71 | ST4.8x15mm Dome Head Philips Screw | 2 |
| 31 | Left cover | 1 | 72 | ST4.2x20mm Dome Head Philips Screw | 2 |
| 32 | Right cover | 1 | 73 | M5x15mm Philips Bolt | 2 |
| 33 | Handle Cover | 1 | 74 | M5x50mm Philips Bolt and Washer | 1 |
| 34 | Crank Cover | 2 | 75 | Φ8mm Washer | 3 |
| 35 | Wire Clip | 2 | 76 | M8 Nut | 3 |
| 36 | Sensor Bracket | 1 | | | |
| 37 | Lock Nut | 1 | | A1/A2 | 1 |
| 38 | C-shaped Lock Ring | 1 | | B1/B2 | 2 |
| 39 | Bead Flange | 2 | | C1/C2 | 1 |
| 40 | Ball Bearing | 2 | | D1/D2 | 1 |
| 41 | Bearing Block | 2 | | E | 1 |

Guarantee



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 600 1714

Guarantor: Argos Ltd
489 – 499 Avebury Boulevard
Central Milton Keynes
MK9 2NW