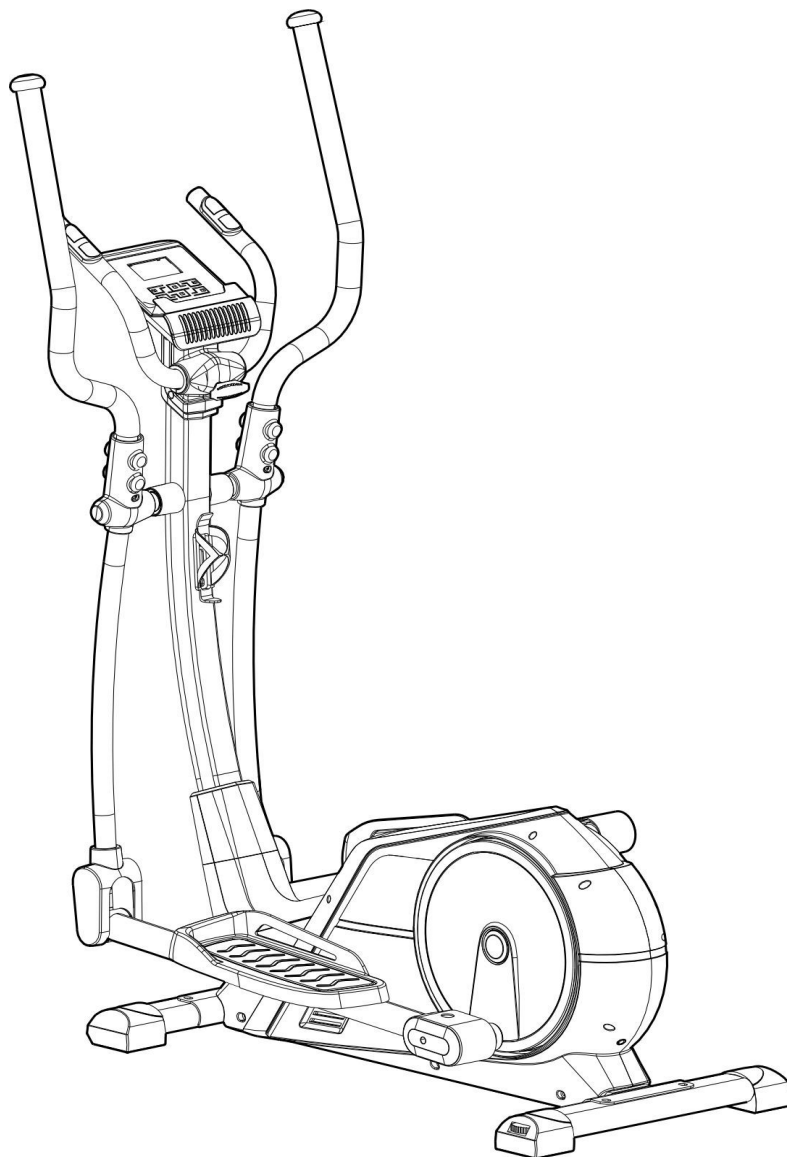


Roger Black Gold Cross Trainer

Assembly & User's Instructions- Please Keep for future reference

413/7089

ROGERBLACK
FITNESS 



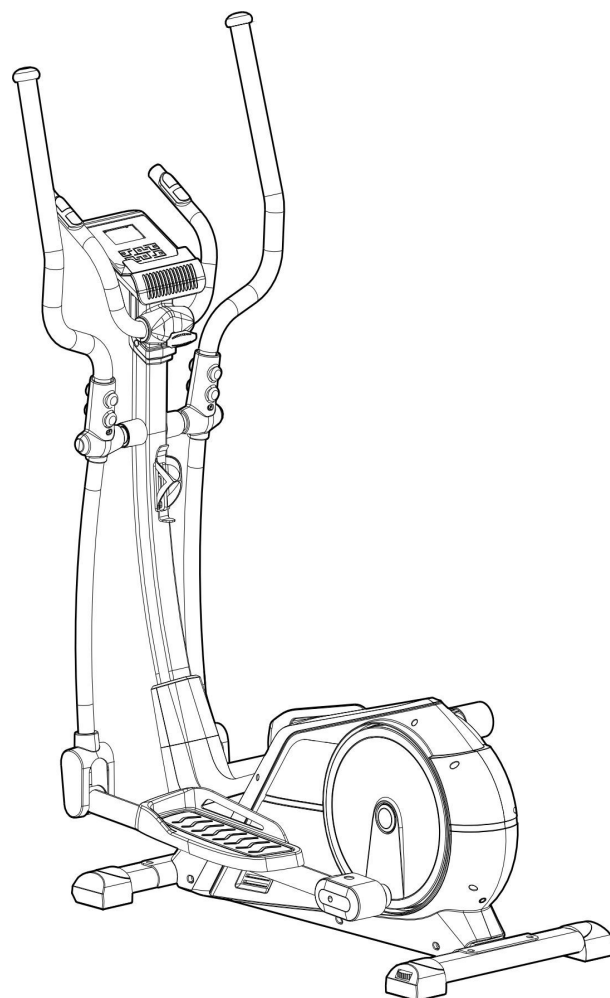
Important – Please read these instructions fully before assembly or use

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.argoshelpdesk.co.uk>

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Safety Information

ROGERBLACK
FITNESS

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 Gold Cross Trainer. In particular, note the following safety precautions:

Assembly

- Check you have all the components and tools listed on pages 3 and 4.
- Remove all fittings from the plastic bags and separate them into their groups.
- Keep children and animals away from the work area, small parts can pose a choking hazard if swallowed.
- Make sure you have enough space to layout the parts before starting.
- The assembly of this equipment is best carried out by 2 people.
- Assemble the item as close to its final position (in the same room) as possible.
- This equipment must be built and used on a stable and level surface.
- Dispose of all packaging carefully and responsibly.

Using

- Do not use the equipment near water or outdoors.
- Keep children and pets away from the equipment at all times. **Do not** leave children unattended in the same room with the equipment.
- Before using the equipment to exercise, always warm up and stretch.
- This product is intended for domestic use only.
- If the user experiences dizziness, nausea, chest pain or any other abnormal symptoms **STOP** the workout at once.

CONSULT A DOCTOR IMMEDIATELY

- 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 flowing clothing that could become caught in the equipment. Trainers must also be worn when using the equipment.
- Use the equipment only for the intended use, as described in this manual. Do not use attachments not recommended by the manufacturer.
- **Do not** place any sharp objects on or near the equipment.
- Disabled persons should not use the equipment without a qualified person or doctor in attendance.
- Never operate or use the equipment if it is damaged or not functioning properly.
- Examine the equipment frequently especially the easily damaged parts. The safety level of the equipment can only be maintained if it is examined regularly. Replace any defective components immediately. **Do not** use the equipment until it has been repaired.
- Parents and others responsible for children must be aware that playing on the equipment could be dangerous and lead to possible injury. Children must not be left unattended with the equipment.
- This product is suitable for a maximum user weight of: **125kgs**.
- Your product is intended for use in a clean and dry environment. You should avoid storage in excessively cold or damp places.
- This product conforms to: BS EN ISO 20957-1 and BS EN 957-9. Class (H) - Home Use - Class (C).
- This exercise equipment has been designed and manufactured to comply with the latest (BS EN 957) British and European Safety Standards.



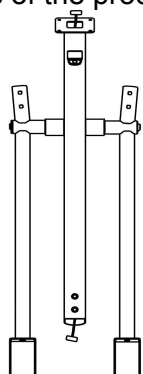
Warning: Before beginning any exercise programme, consult your doctor. This is especially important for individuals over the age of 35 or persons with pre-existing health problems. You **MUST** read all instructions before using any fitness equipment. Argos assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

Components - Parts

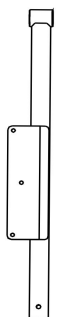
If you have damaged or missing parts, please call the **Customer Helpline: 0345 600 1714**

Please check you have all parts listed below

Note: Please check carefully before contacting Argos regarding any missing components.
Total mass of the product is 43kg. Footprint of the product is 122.5 × 67.5 cm.



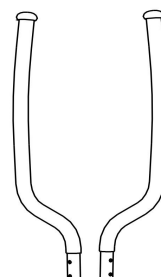
11. Front Post



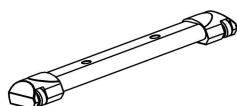
2. Left Footplate Bar



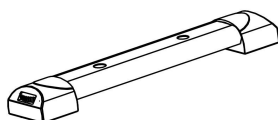
3. Right Footplate Bar



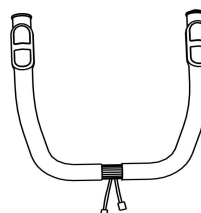
8. Handles (L&R)



4. Front Stabilizer



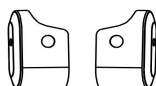
5. Rear Stabilizer



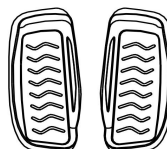
10. Fixed Handle



24/25. Handrail Bottom Cover x 2



26/27. L&R Foot Bar Cover



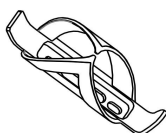
32/33. L&R Footplate



35/36. Handrail Front/Rear Cover x 2



37. Front Post Cover



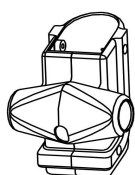
43. Bottle Holder



48. M8 T-Shaped Knob



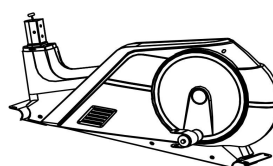
60. Computer



91/92. L&R Front Post Cover



93. Power Charge

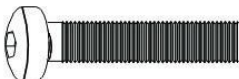
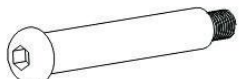
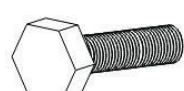


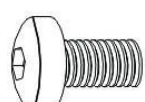




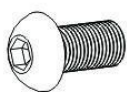



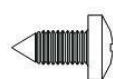


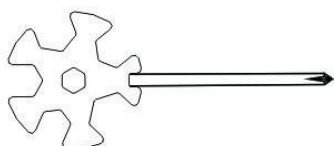


1. Main Frame

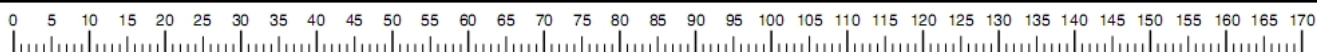
Components – Fixings

Please check you have all the fixings listed below

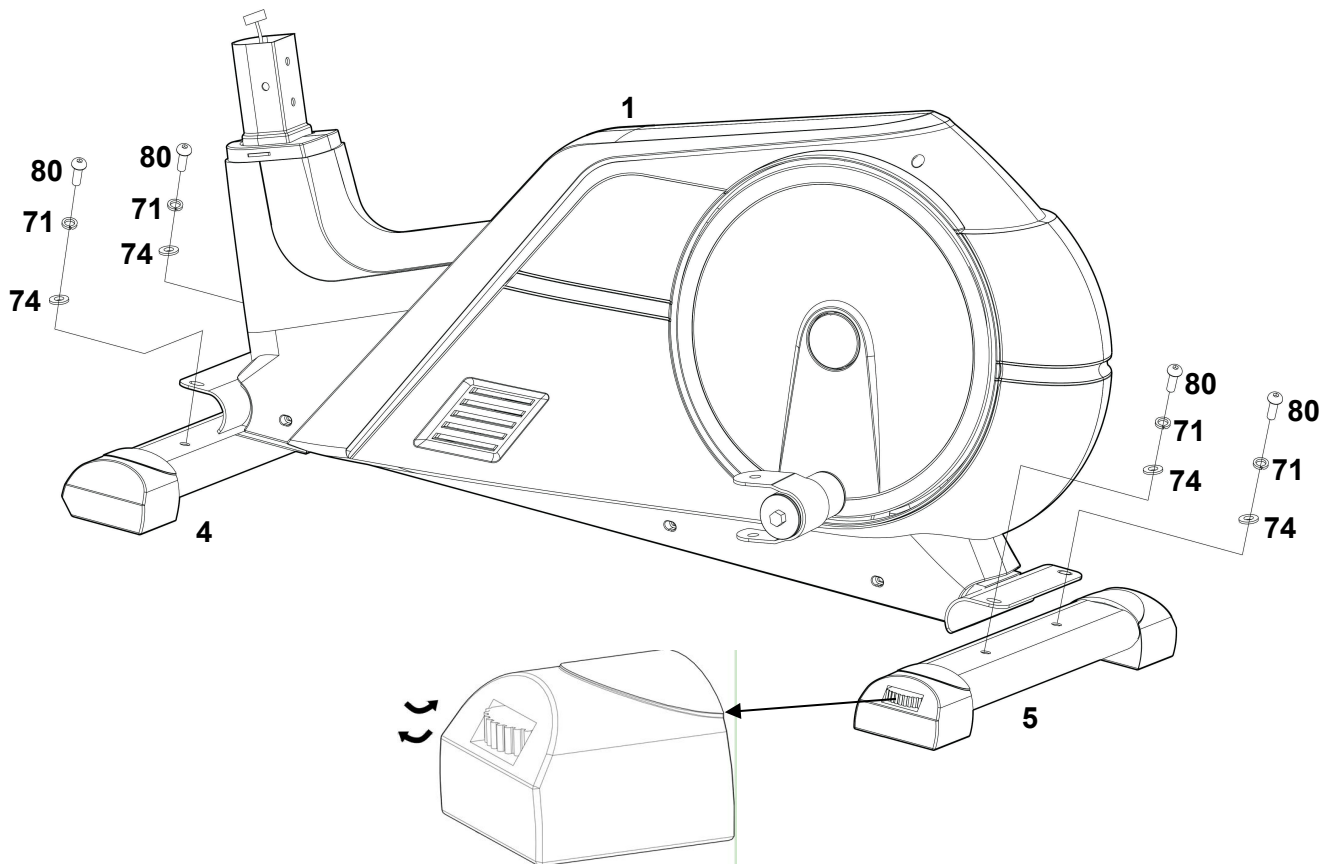
Note: Please check carefully before contacting Argos regarding any missing fixings.

<p>81</p>  <p>M10x69 Allen Bolt x 2</p>	<p>82</p>  <p>M8x87 Allen Bolt x 2</p>	<p>83</p>  <p>M8x42mm Hex Bolt x 4</p>
<p>86</p>  <p>Ø9xØ22xR19mm Arc Washer x 4</p>	<p>69</p>  <p>M10 Nut x 2</p>	<p>80</p>  <p>M10x20mm Allen Bolt x 4</p>
<p>71</p>  <p>Ø10mm Spring Washer x 4</p>	<p>74</p>  <p>Ø10mm Washer x 4</p>	<p>75</p>  <p>Ø8mm Washer x 10</p>
<p>73</p>  <p>Ø8mm Spring Washer x 12</p>	<p>79</p>  <p>M8x15mm Allen Bolt x 12</p>	<p>85</p>  <p>Ø9xØ22xR30mm Arc Washer x 2</p>
<p>59</p>  <p>Plastic Ring x 2</p>	<p>70</p>  <p>M8 Nut x 6</p>	<p>87</p>  <p>ST4.2x15mm Philips Screw x 12</p>
 <p>5# Allen Key</p>	 <p>6# Allen Key</p>	 <p>Multi Wrench</p>

Ruler - Use this ruler to help correctly identify the hardware



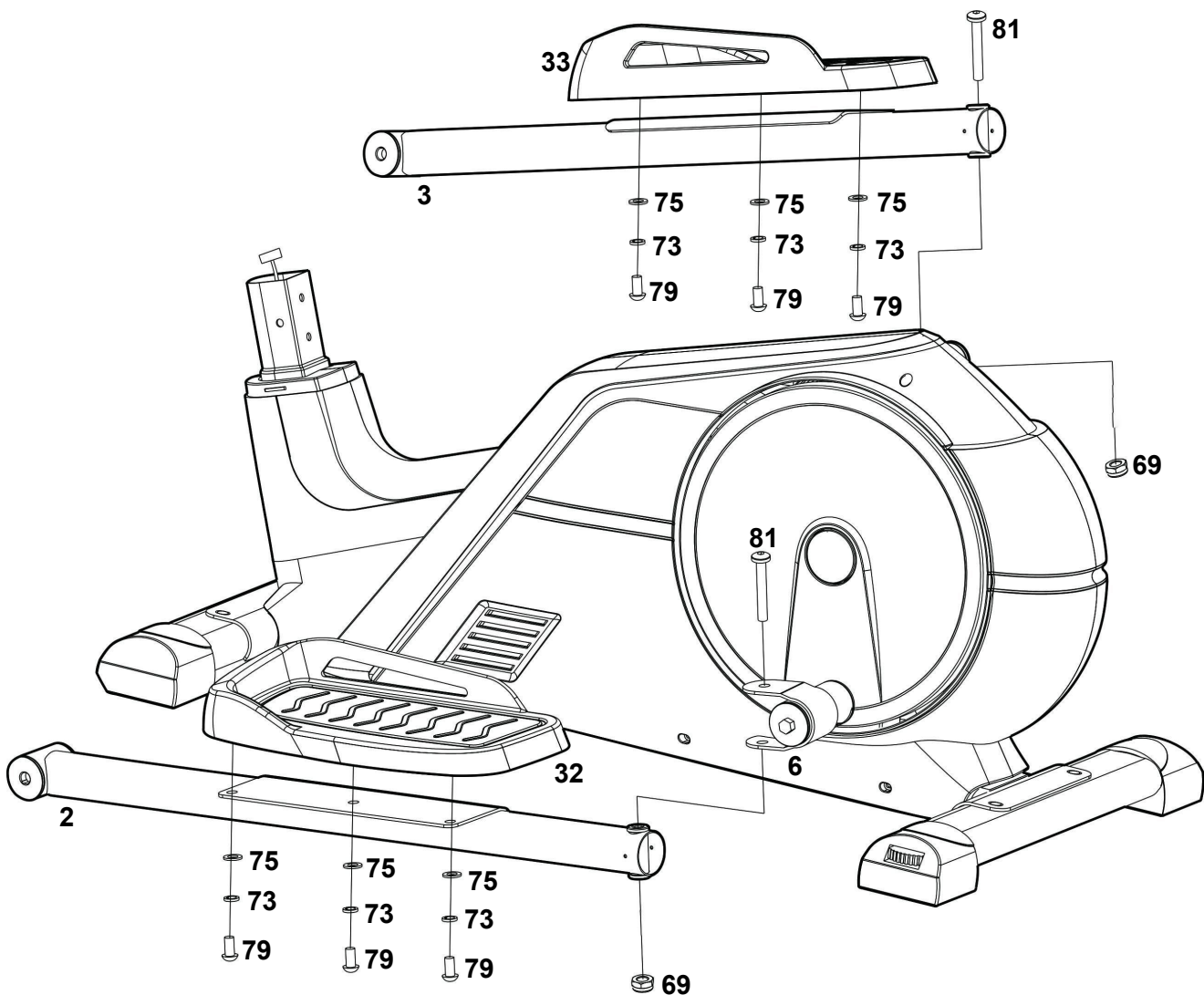
Assembly Instructions



Step 1

- Attach the Front Stabilizer (4) to the Main Frame (1) using 2 x M10x20mm Allen Bolts (80), 2 x 10mm Washers (74) and 2x10mm Spring Washers (71).
- Attach the Rear Stabilizer (5) to the Main Frame (1) using 2 x M10x20mm Allen Bolts (80), 2 x 10mm Washers (74) and 2x10mm Spring Washers (71).

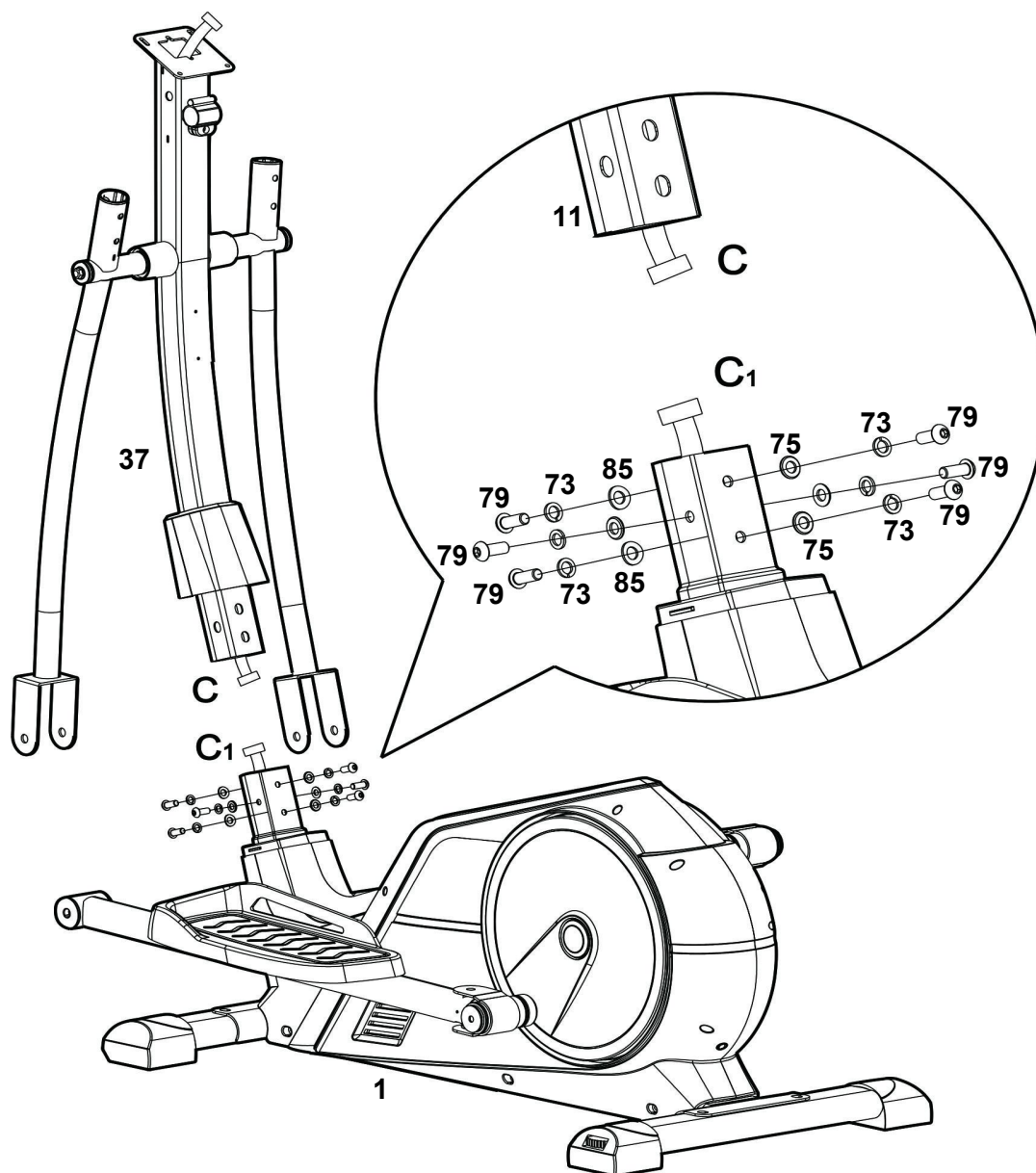
Note: The round gear on the Level Feet (22) can be rotated to ensure the cross trainer sit flat on the ground as shown in the diagram. Turn it anti clockwise to increase height and turn it clockwise to decrease height.



Step 2

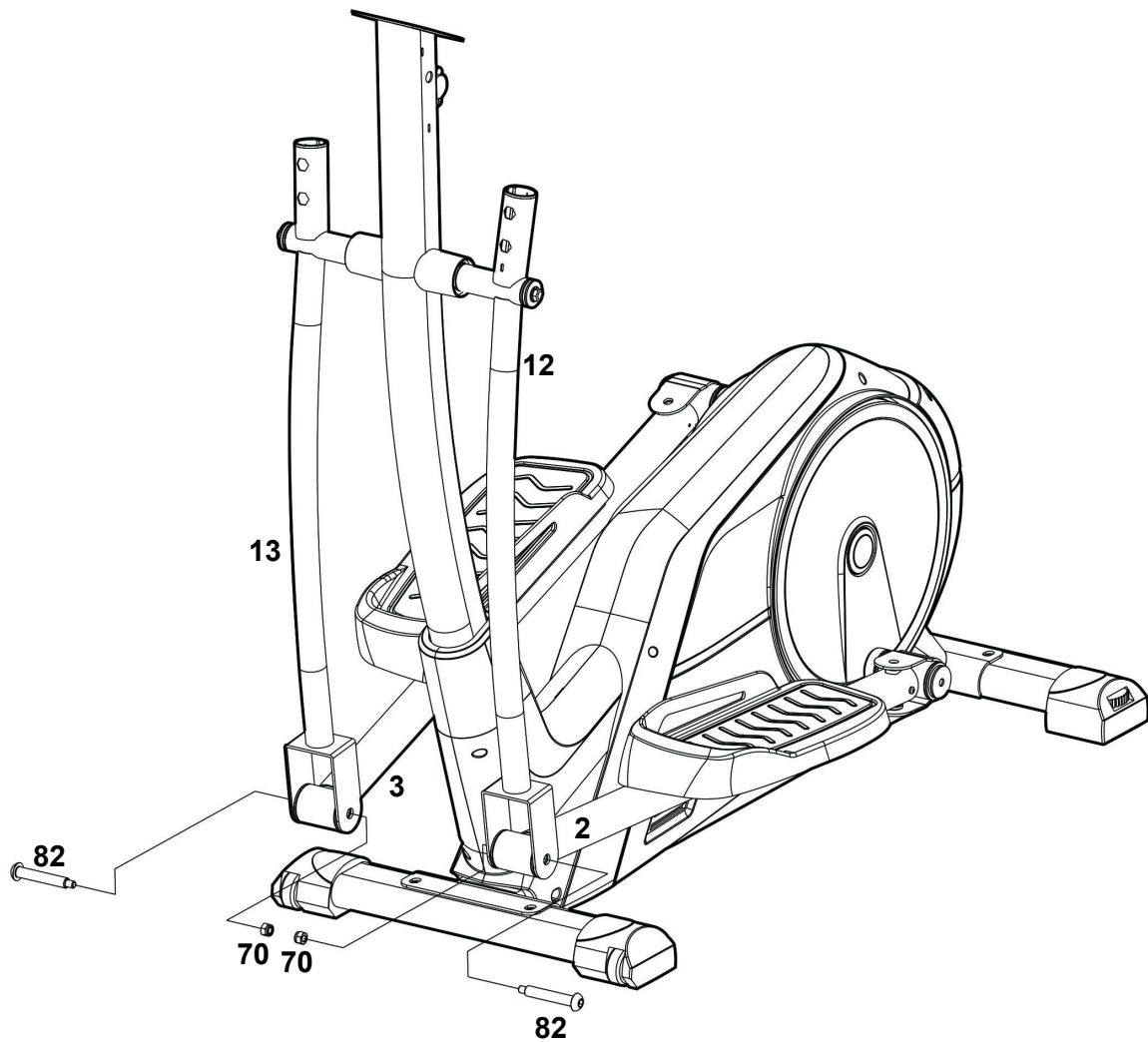
- a. Attach the Left Footplate (32) to the Left Footplate Bar (2) using 3 x M8×15mm Allen Bolts (79), 3 x Ø8mm Spring Washers (73), 3 x Ø8mm Washers (75).
- b. Attach the Right Footplate (33) to the Right Footplate Bar (3) using 3 x M8×15mm Allen Bolts(79), 3 x Ø8mm Spring Washers (73), 3 x Ø8mm Washers (75).
- c. Fix the Left & Right Footplate Bar (2, 3) to the Crank Connector (6) using 2 x Ø10×69mm Allen Bolts (81), 2 x M10 Nuts (69).

Assembly Instructions



Step 3

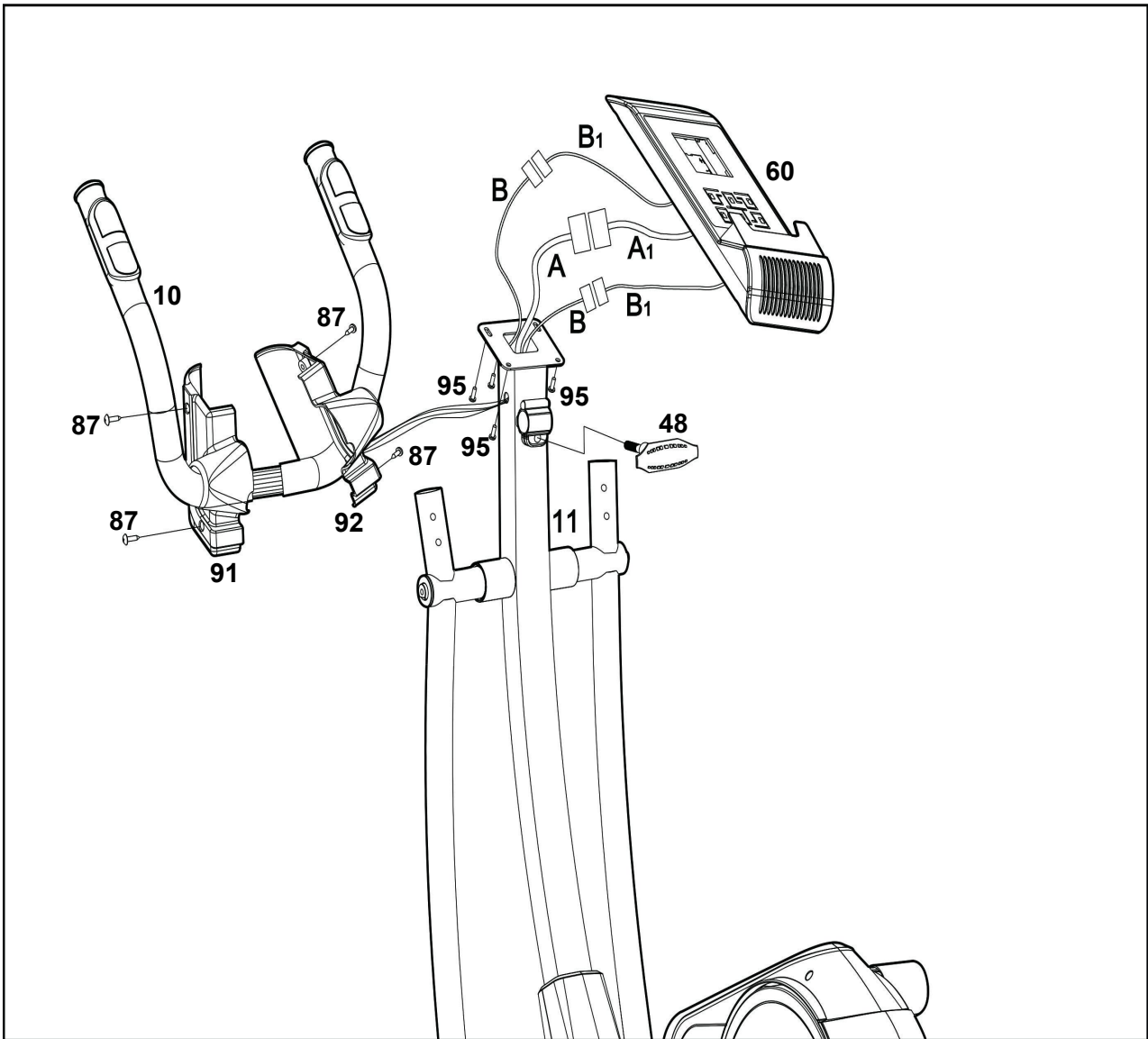
- Place the Front Post (11) through the Front Post Cover (37).
- Connect the Wire (C) to the wire (C1).
- Fix the Front Post (11) to the Main Frame (1) using 6 x M8x15mm Allen Bolts (79), 6 x Ø8mm Spring Washers (73), 2 x Ø9xØ22xR30mm Arc Washers (85), 4 x Ø8mm Washers (75).



Step 4

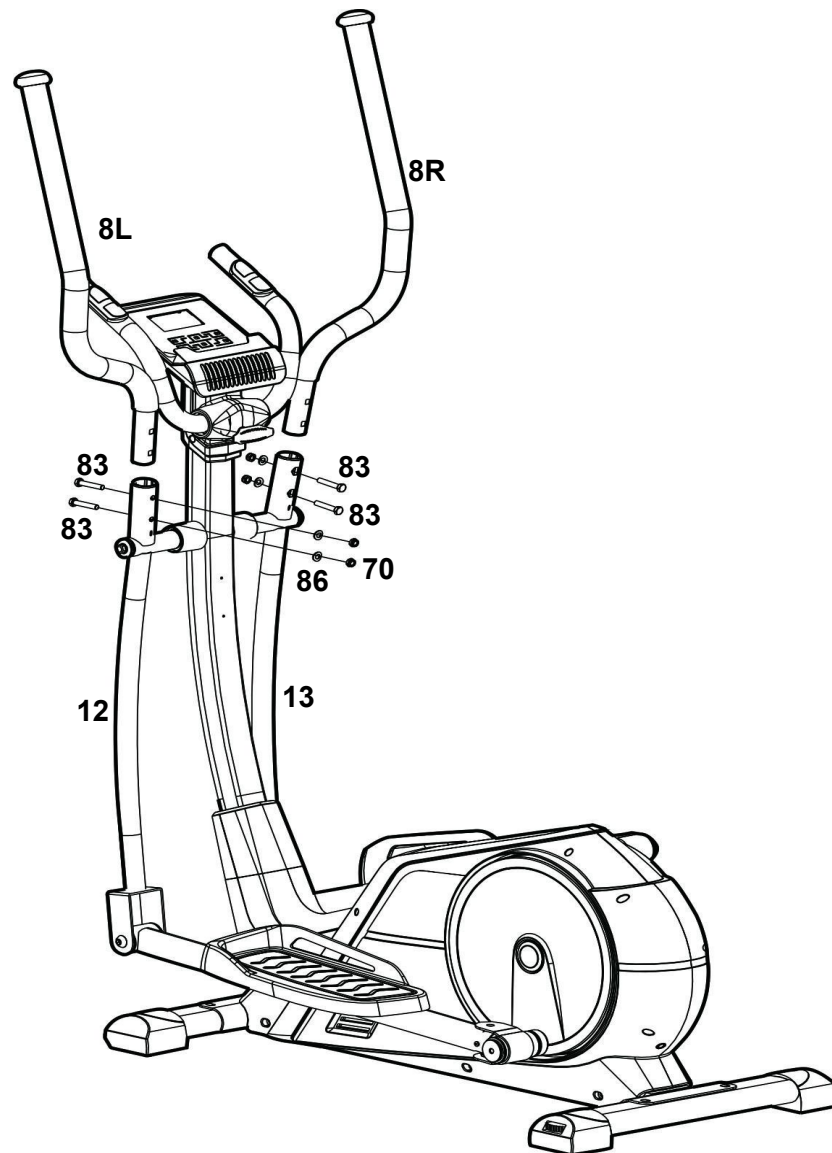
- Fix the Left Footplate Bar (2) to the Left Action Arm (12) using 1 x Ø11.5×67mm Allen Bolt (82), 1 x M8 Aircraft Nut (70).
- Fix the Right Footplate Bar (3) to the Right Action Arm (13) using 1 x Ø11.5×67mm Allen Bolt (82), 1 x M8 Aircraft Nut (70).

Assembly Instructions



Step 5

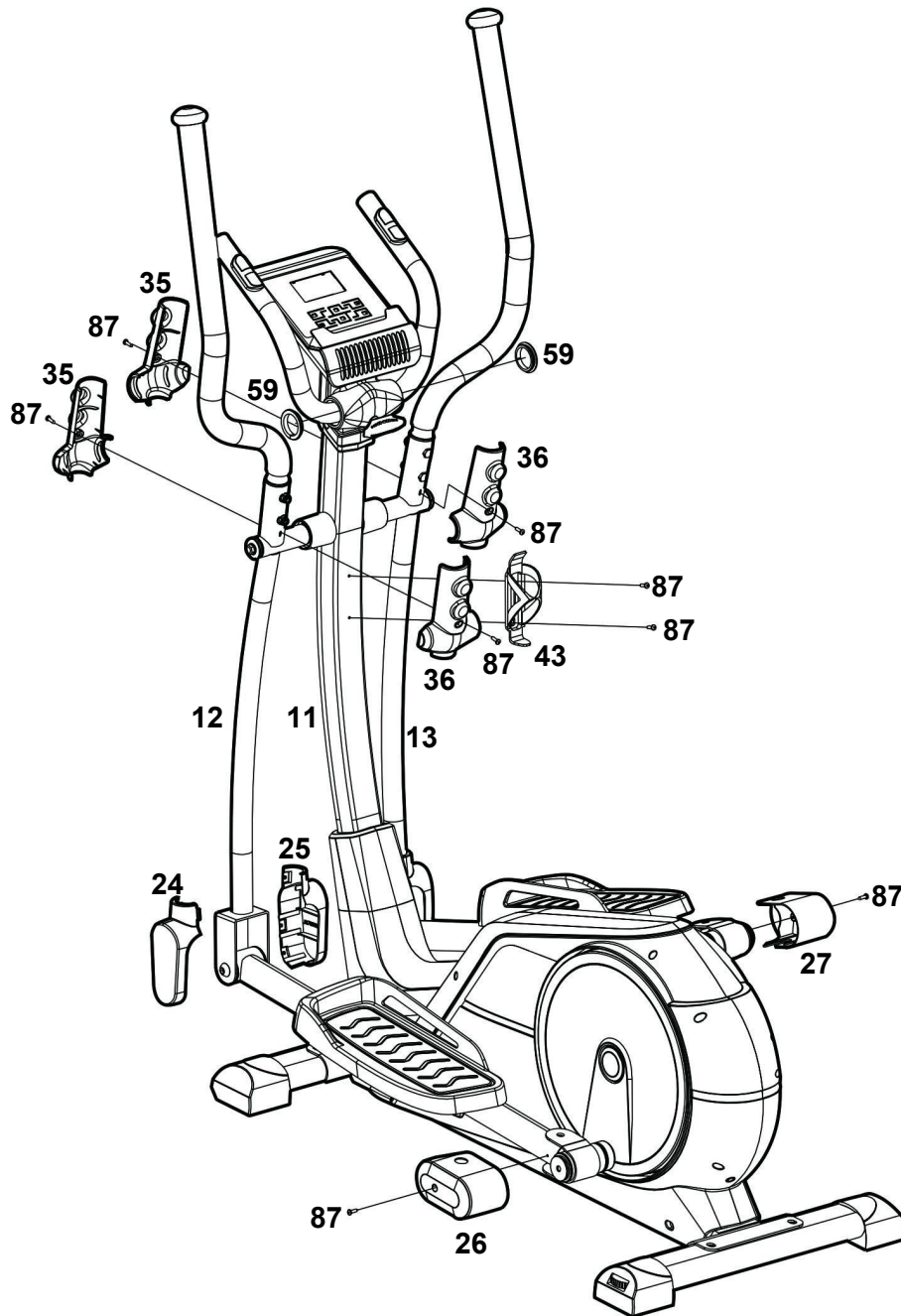
- Place the L&R Front Post Cover (**91/92**) through the Fixed Handle (**10**).
- Thread the lead wire from the Fixed Handle (**10**) into the Front Post (**11**), and pull out from the top hole of the Front Post (**11**).
- Secure the Fixed Handle (**10**) to the Front Post (**11**) using M8 T-shaped Knob (**48**). Adjust the Fixed Handle (**10**) to your desired position, then tighten with M8 T-shaped Knob (**48**).
- Fix the Left Front Post Cover (**91**) and Right Front Post Cover (**92**) using 4 x ST4.2x15mm Philips Screw (**87**).
- Connect the wire **A** to **A1**, **B** to **B1** and plug them into the top hole of the Front Post (**11**), then fix the Console (**60**) to the Front Post (**11**) using 4 x M5x12mm Dome Head Philips Bolts (**95**). Please note that the part (**95**) is pre-assembled.



Step 6

- Insert the Left Handle (**8L**) into the Left Action Arm (**12**); insert the Right Handle (**8R**) into the Right Action Arm (**13**).
- Fix the Left Handle (**8L**) into the Left Action Arm (**12**) using 2 x M8×42mm Hex Bolt (**83**), 2 x Ø9×Ø22×R19mm Arc Washers (**86**), 2 x M8 Nuts (**70**).
- Fix the Right Handle (**8R**) into the Right Action Arm (**13**) using 2 x M8×42mm Hex Bolt (**83**), 2 x Ø9×Ø22×R19mm Arc Washers (**86**), 2 x M8 Nuts (**70**).

Assembly Instructions

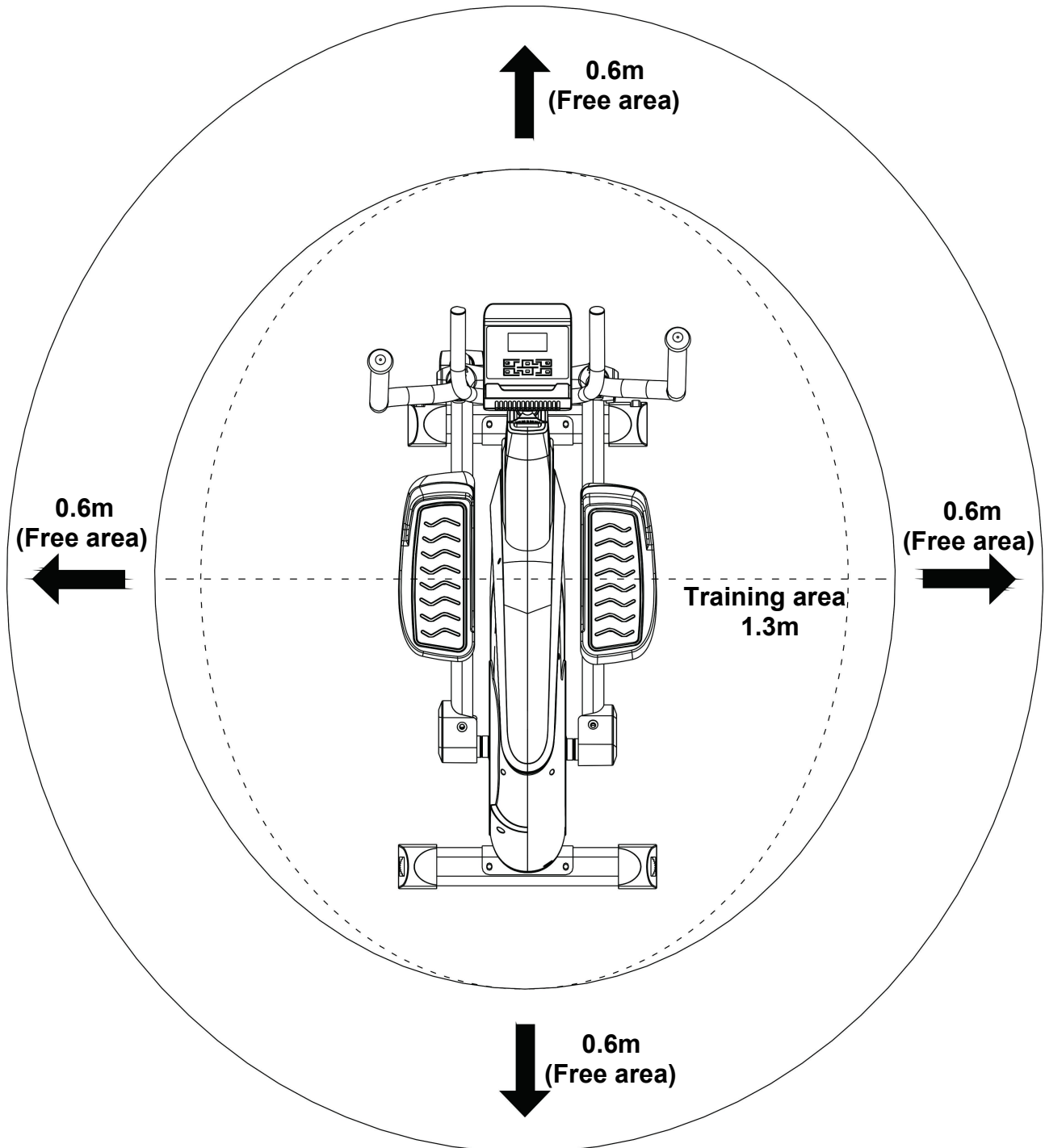


Step 7

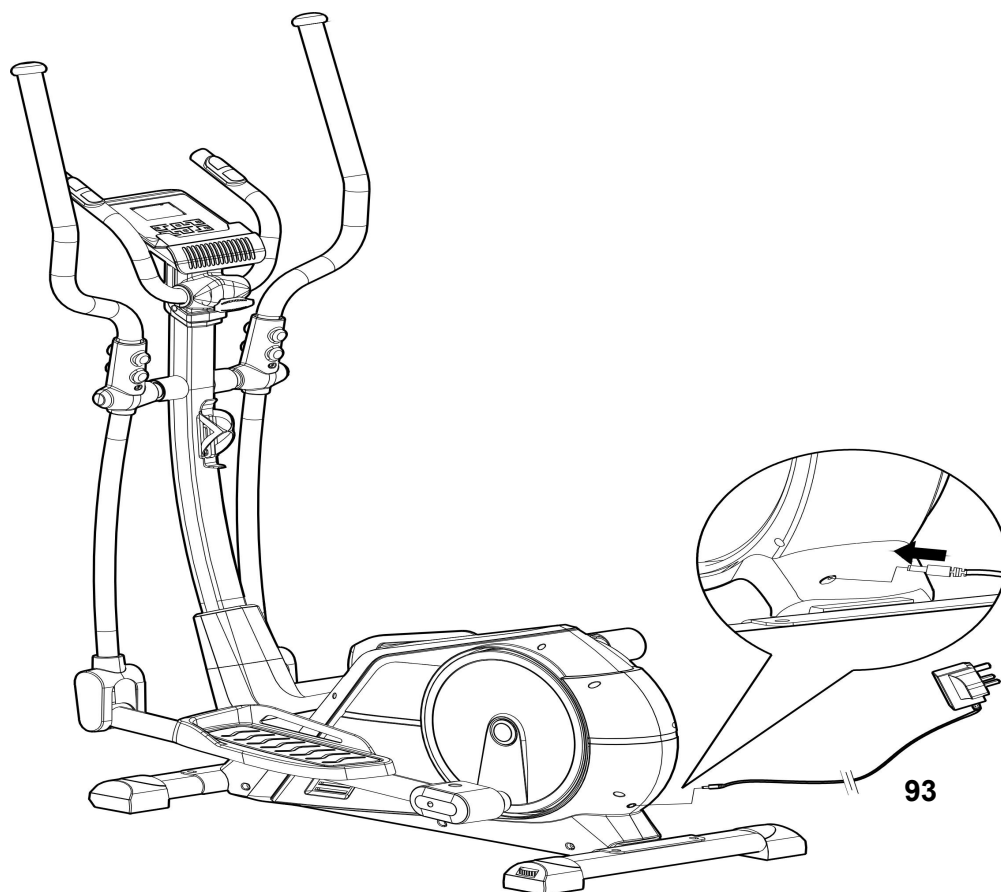
- Fix the Handle Front Cover (35) and Handle Rear Cover (36) to the Left Action Arm (12) and Right Action Arm (13) respectively using 4 x ST4.2×15mm Philips Screws (87).
- Insert the Plastic Ring (59) into the position as shown in the diagram.
- Fix the Water Bottle Bracket (43) to the Front Post (11) using 2 x ST4.2×15mm Philips Screws (87).
- Attach the Left Handle Bottom Cover (24) and Right Handle Bottom Cover (25) to Left Action Arm (12).
- Fix the Left Footplate Bar Cover (26) and Right Footplate Bar Cover (27) into the position shown in the diagram using 2 x ST4.2×15mm Philips Screws (87).

Free area and training area

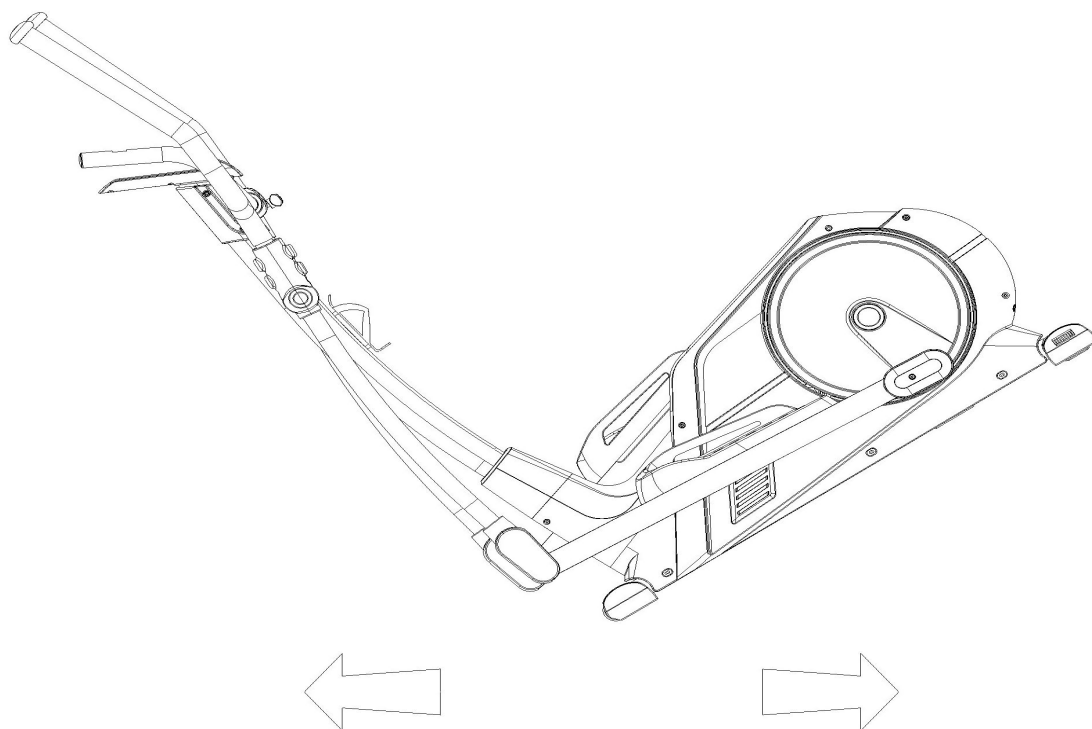
The free area must be at least 0.6m greater than the training area in the directions from which the equipment is accessed. The free area is a place should you need to dismount in an emergency. Where two pieces of equipment are positioned adjacent to each other the value of the free area may be shared.



Power Charging and Removing System

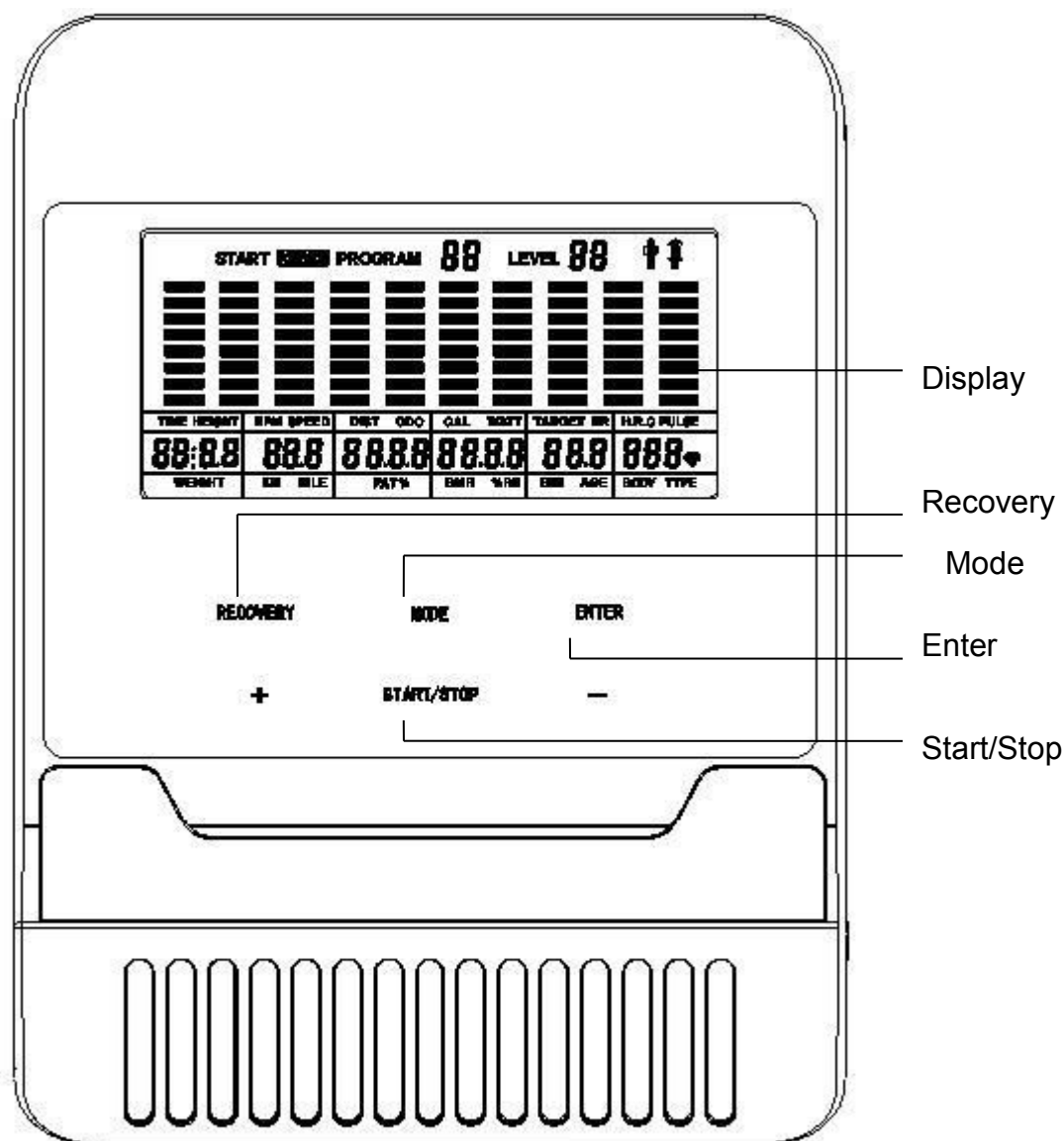


Insert the power Charger (93) into the hole on the Main Frame (1) as shown in the diagram.



Hold the handle to move the cross trainer forward and backward as shown in the diagram.

Functions and Operations



Key Functions

RECOVERY Key:

- The recovery function will test your fitness recovery. To do this, hold the hand pulse sensors for one minute after which a fitness value will be displayed; F1.0 is excellent fitness, and F6.0 is very poor fitness.

MODE Key:

- Press to switch display from SPEED to RPM, to DIST to ODO during workout.

ENTER Key

- To input desired value or workout mode.

+ Key:

- Increases value of selected workout parameter. During the workout pressing **+** will increase the resistance load.

- Key:

- Decrease value of selected workout parameter. During the workout pressing **-** will decrease the resistance load.

START/STOP Key:

- Start & Pause workouts.
- Start body fat measurement and quit the body fat program.
- When the computer is on standby, press and hold the **START/STOP** key for 3 seconds to reset all functions.

Computer Operation

Computer display and specifications

COMPUTER DISPLAY .

1. This is an LCD display showing TIME, SPEED, DISTANCE, CALORIE, AGE and PULSE.

2. Dot matrix display:

The LCD screen will have a single dot matrix display with 8 rows and 10 columns to display profile for the active program.

MODE.

1. POWER UP Mode: When the first turned on, the bike will make a long beeping sound before the computer enters manual mode.

2. SLEEP Mode: After 4 minutes of inactivity, the computer will enter Sleep Mode.

3. WAKE UP Mode: Pedal the machine, or press any key to starter-start the machine. When in pause mode, press any key to resume.

See below diagram

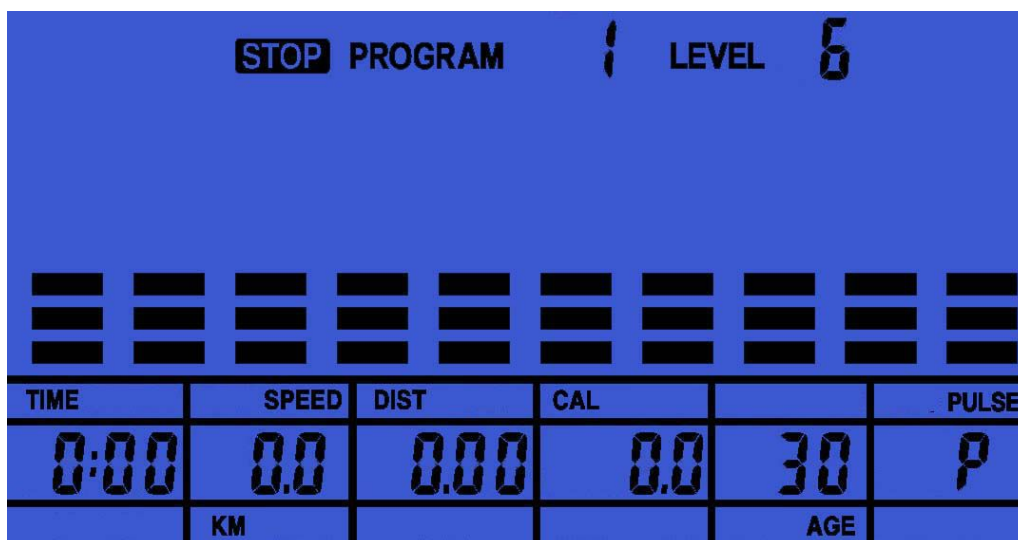
Specifications

Window		Display	Default	Stored
Functions	TIME	0:00 - 99:59 (minute : second)	0:00	No
	DISTANCE	0.00- 999.9(Km)	0.00	No
	CALORIES	0 - 9999(Cal)	0	No
	AGE	10 - 99 years	30	No
	GENDER	Male / Female	Male	No
	WEIGHT	20 - 150(Kg)	70	No
	HEIGHT	100 – 250(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(Brake resistance level)		No
	USER	USER (1 user programs)	U1	YES

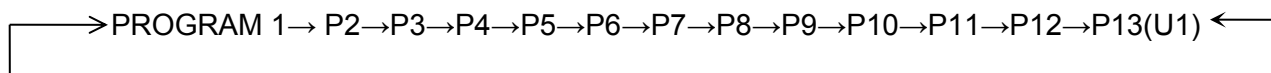


Computer Operation

Choosing your workout program



“PROGRAM 1” will be the default display. By pressing the **+** or **-** button to scroll, you can scroll through the workout programmes in the following order:



1. Manual (PROGRAM 1) And 6 Fixed Programmes(P2-P7):

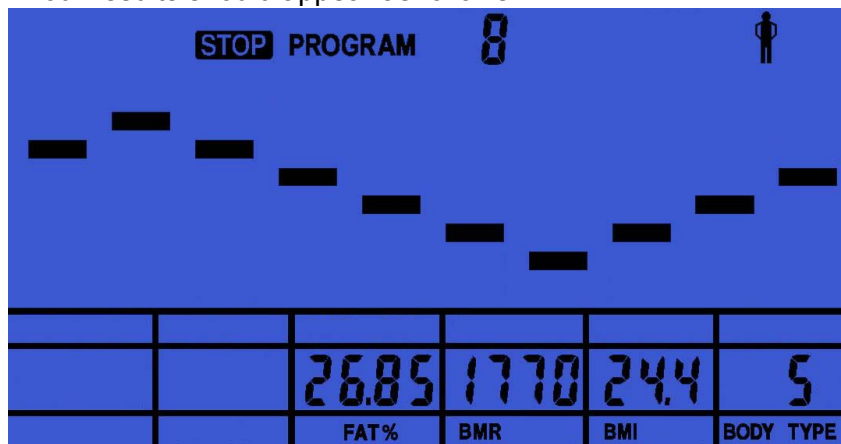
- Press **ENTER** to accept your choice of program; **MANUAL (P1 or P2-P7)**.
“TIME” is displayed. Press the **+** or **-** button to adjust the TIME.
- Press **ENTER** button to accept the workout TIME.
“DISTANCE.” is displayed. Press the **+** or **-** button to adjust the DISTANCE.
- Press **ENTER** to accept the workout DISTANCE.
“CALORIES” is displayed. Press the **+** or **-** button to adjust the CALORIES.
- Press **ENTER** to accept the workout CALORIES.
“AGE” is displayed. Press the **+** or **-** button to adjust the users AGE.
- Press **START/STOP** and begin your workout.

2. Body Fat (P8) Analysis:

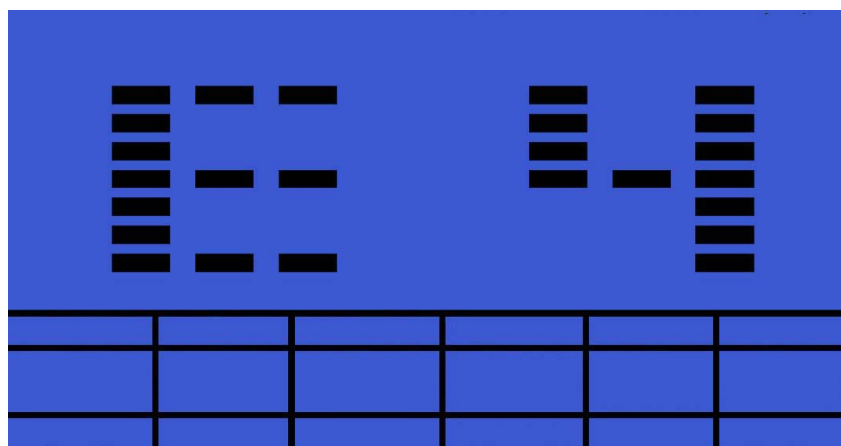
- When the computer on standby, press the **+** or **-** button to enter the BODY FAT TEST program. Press **ENTER** and proceed to set GENDER, HEIGHT, WEIGHT and AGE.
“GENDER” is displayed. Press the **+** or **-** button to adjust the GENDER value.
- Press **ENTER** to accept the user’s GENDER.
“HEIGHT” is displayed. Press the **+** or **-** button to adjust the HEIGHT.
- Press **ENTER** to accept the user’s HEIGHT.
“WEIGHT” is displayed. Press the **+** or **-** button to adjust the WEIGHT.
- Press **ENTER** to accept the user’s WEIGHT.
“AGE” is displayed. Press the **+** or **-** button to adjust the user’s AGE.

- Press **START/STOP** button to begin the body fat test. This requires you to hold the hand pulse sensors continuously until a result is given. Failure to hold the hand pulse sensors throughout the measurement will result in “E4” Error.

- Your results should appear as follows:



- ERROR E4 will display if you fail to hold the hand pulse sensors throughout the body fat assessment.



• **NOTE:**

Body Types: There are 9 body types according to the FAT% calculated.

Type 1: Ultra-athletic

Type 2: Ideal-athletic

Type 3: Ultra slim

Type 4: Athletic

Type 5: Ideal-healthy

Type 6: Healthy

Type 7: Fat

Type 8: Too Fat

Type 9: Excess Body Fat

- Press **START/STOP** to return the main Display.

3. **TARGET HEART RATE Program(P9)**

- Press **ENTER** to enter **Program 9**.

“TIME” will be displayed. Press the **+** or **-** button to adjust the TIME.

- Press **ENTER** to accept the workout TIME .

“DISTANCE” is displayed. Press the **+** or **-** button to adjust the DISTANCE.

- Press **ENTER** to accept the workout DISTANCE.

“CALORIES” is displayed. Press the **+** or **-** button to adjust the CALORIES.

- Press **ENTER** to accept the workout CALORIES.

“TARGET HR” is displayed. Press the **+** or **-** button to adjust the TARGET HEART RATE.

- Press **START/STOP** and begin your workout.

- If your pulse deviates ± 5 from the set TARGET H.R. then the computer will adjust the resistance automatically to help you workout within your target zone. It will re-check your pulse every 20 seconds and adjust your resistance accordingly.

(Note: Each resistance load represents 2 levels of loading)

Once one of the target workout parameters reaches zero, the product will beep and you will have reached the end of your workout. Press START/STOP if you wish to continue the workout, enabling you to reach one of the other pre-programmed workout parameters.

4. HEART RATE CONTROL Program 10 (P10-P12).

- There are 3 options for target pulse:
P10: 60% TARGET H.R. = 60% of (220-AGE)
P11: 75% TARGET H.R. = 75% of (220-AGE)
P12: 85% TARGET H.R. = 85% of (220-AGE)
- Press **ENTER** to accept **Program 10 (P11 or P12)**.
“TIME” is displayed. Press the **+** or **-** button to adjust the TIME.
- Press **ENTER** to accept the workout TIME .
“DISTANCE” is displayed. Press the **+** or **-** button to adjust the DISTANCE.
- Press **ENTER** to accept the workout DISTANCE.
“CALORIES” is displayed. Press the **+** or **-** button to adjust the CALORIES.
- Press **ENTER** to accept the workout CALORIES.
“AGE” is displayed. Press the **+** or **-** button to adjust the user’s AGE.
- Press **START/STOP** and begin your workout.
- If your pulse deviates ± 5 from the set TARGET H.R. then the computer will adjust the resistance automatically to help you workout within your target zone. It will re-check your pulse every 20 seconds and adjust your resistance accordingly.

(Note: Each resistance load represents 2 levels of loading)

Once one of the target workout parameters reaches zero, the product will beep and you will have reached the end of your workout. Press START/STOP if you wish to continue the workout, enabling you to reach one of the other pre-programmed workout parameters.

5. Program 13 Workout:

- Press ENTER to accept USER Program 13.
“TIME” is displayed. Press the **+** or **-** button to adjust the TIME.
- Press **ENTER** to accept the workout TIME.
“DISTANCE.” is displayed. Press the **+** or **-** button to adjust the DISTANCE.
- Press **ENTER** to accept the workout DISTANCE.
“CALORIES” will be displayed. Press the **+** or **-** button to adjust the CALORIES.
- Press **ENTER** to accept the workout CALORIES.
- “AGE” will be displayed. Press the **+** or **-** button to adjust the AGE. Press ENTER to confirm, then the first resistance column flashes, press the **+** or **-** button to adjust resistance, press ENTER to confirm, repeat the operation until all of 10 resistance columns set.
- Press **START** and begin your workout.

6. RECOVERY TEST:

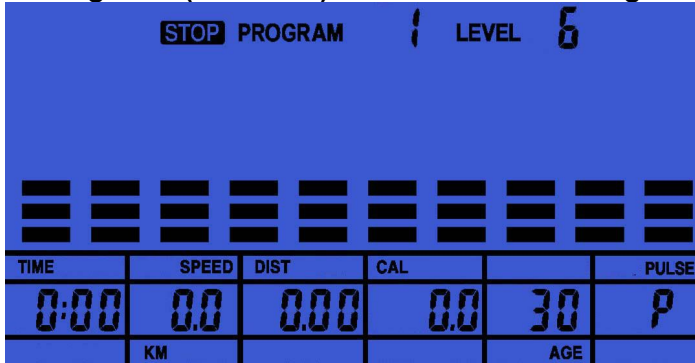
- Hold the handle grip sensors with your two hands until the pulse window displays pulse value, then press the RECOVERY button within 5 seconds and hold the handle grip sensor with your two hands again, after 59 seconds your results will be shown in the following format:

Display	Figure
F1.0-F1.9	EXCELLENT
F2.0-F2.9	VERY GOOD
F3.0-F3.9	GOOD
F4.0-F4.9	FAIR
F5.0-F5.9	POOR
F6.0	VERY POOR

Computer Operation

Pre-defined program profile

1. Program 1(MANUAL)



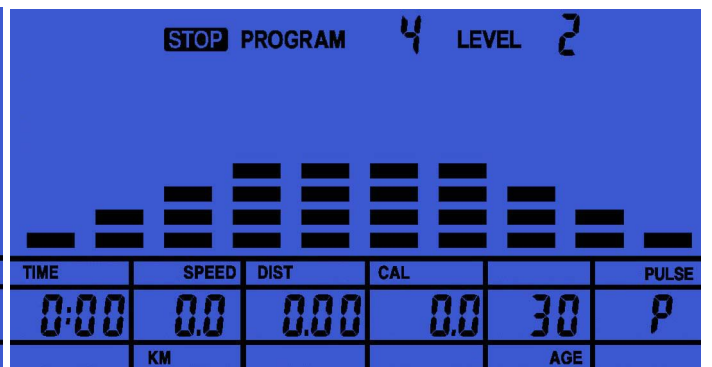
2. Program 2



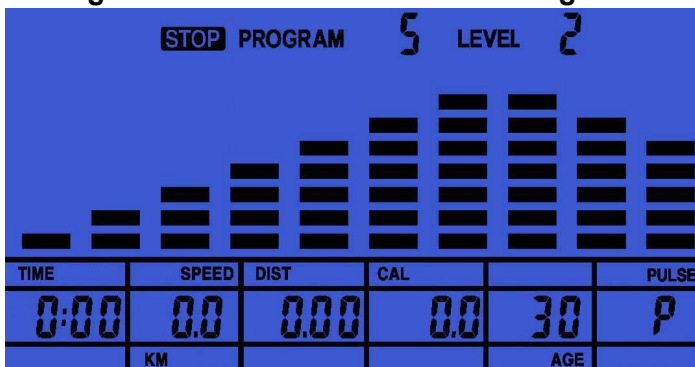
3. Program 3



4. Program 4



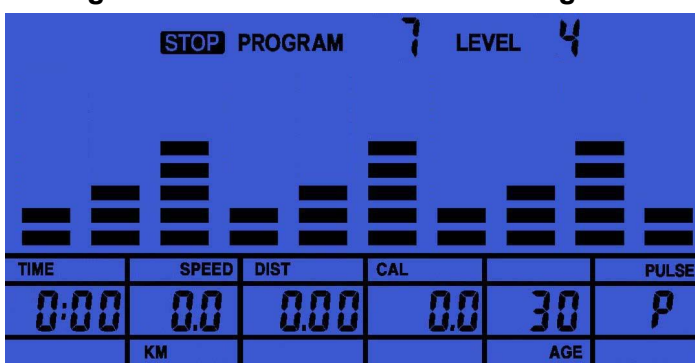
5. Program 5



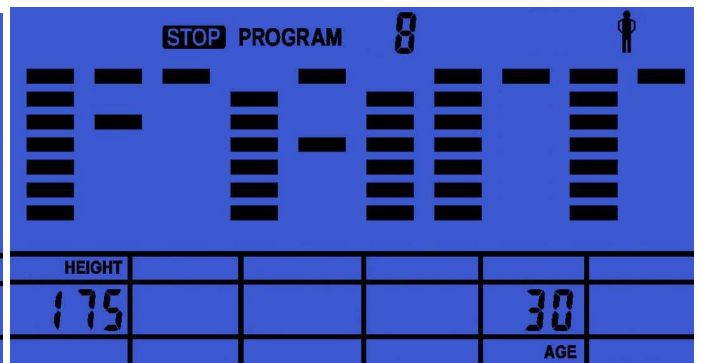
6. Program 6



7. Program 7



8. Program 8



Computer Operation

Pre-defined program profile

9. Program 9



10. Program 10



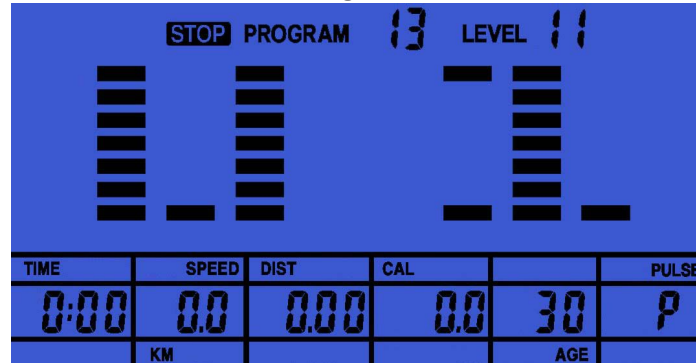
11. Program 11



12. Program 12



13. Program 13



Exercising Information

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.

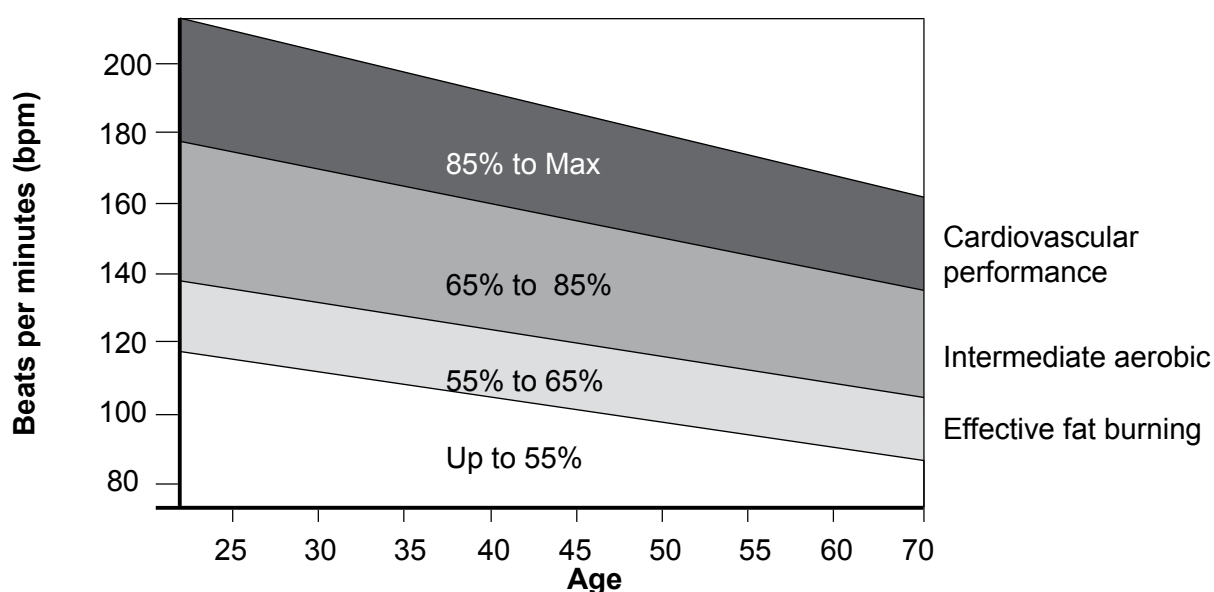
Initially, you may be able to exercise only for a few minutes in your target zone, however, your aerobic fitness will improve over the next six to eight weeks. Don't be discouraged if it takes longer. It's important to work at your own pace.

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

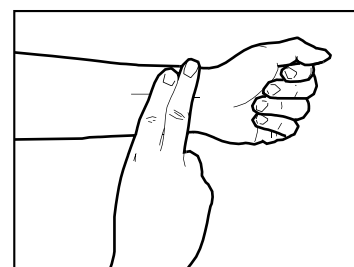
To maximize the benefits of exercising, it is important to exercise at an appropriate intensity. The intensity level can be found by using your heart rate as a guide. For effective aerobic exercise, your heart rate should be maintained at a level between 65% and 85% of your maximum heart rate as you 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

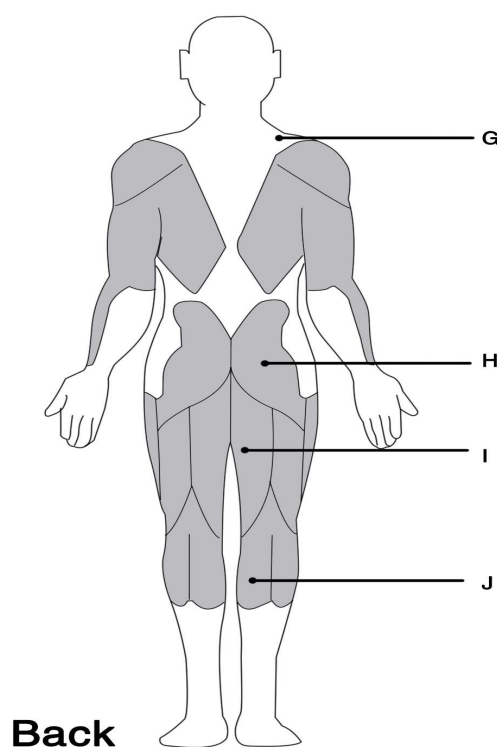
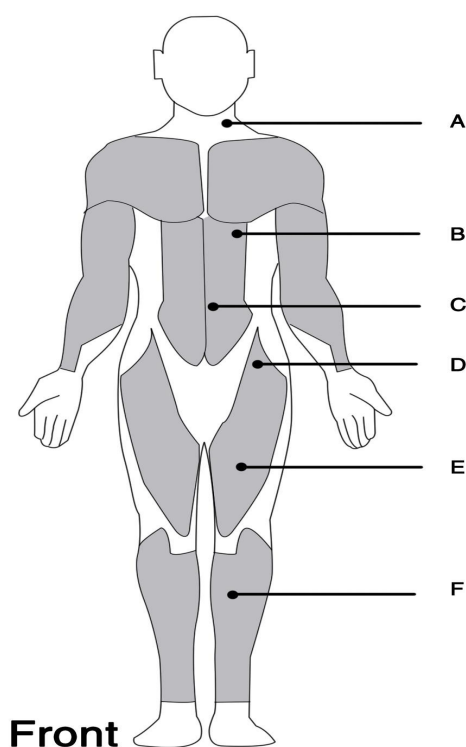
Aerobic exercise improves the fitness of your lungs and heart - your body's most important muscle. Aerobic exercise fitness is promoted by any activity that uses your large muscles (arms, legs, or buttock, for example). Your heart beats quickly and you breathe deeply. An aerobic exercise should be part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

G: Trapezius
H: Gluteals
I: Hamstrings
J: Gastrocnemius

Exercising Information

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.

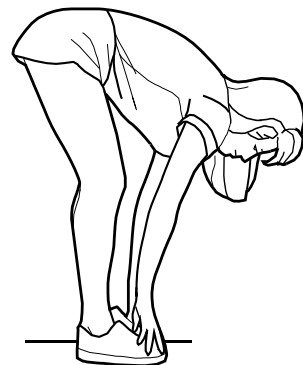
Toe touch stretch

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.



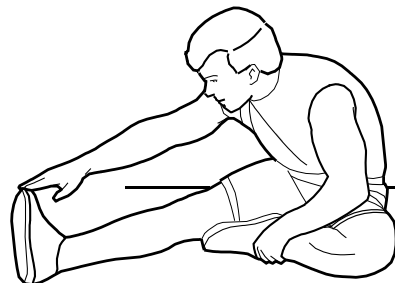
Hamstring stretch

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.



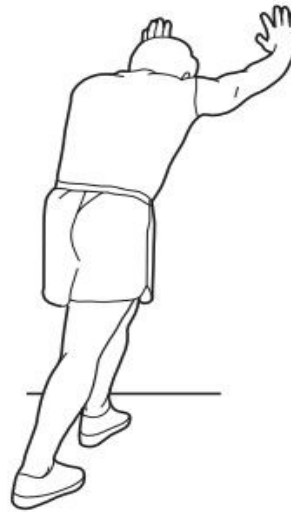
Calf/Achilles stretch

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.



Quadriceps 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, 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 for each 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.



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 working order.

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

www.argoshelpdesk.co.uk

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.

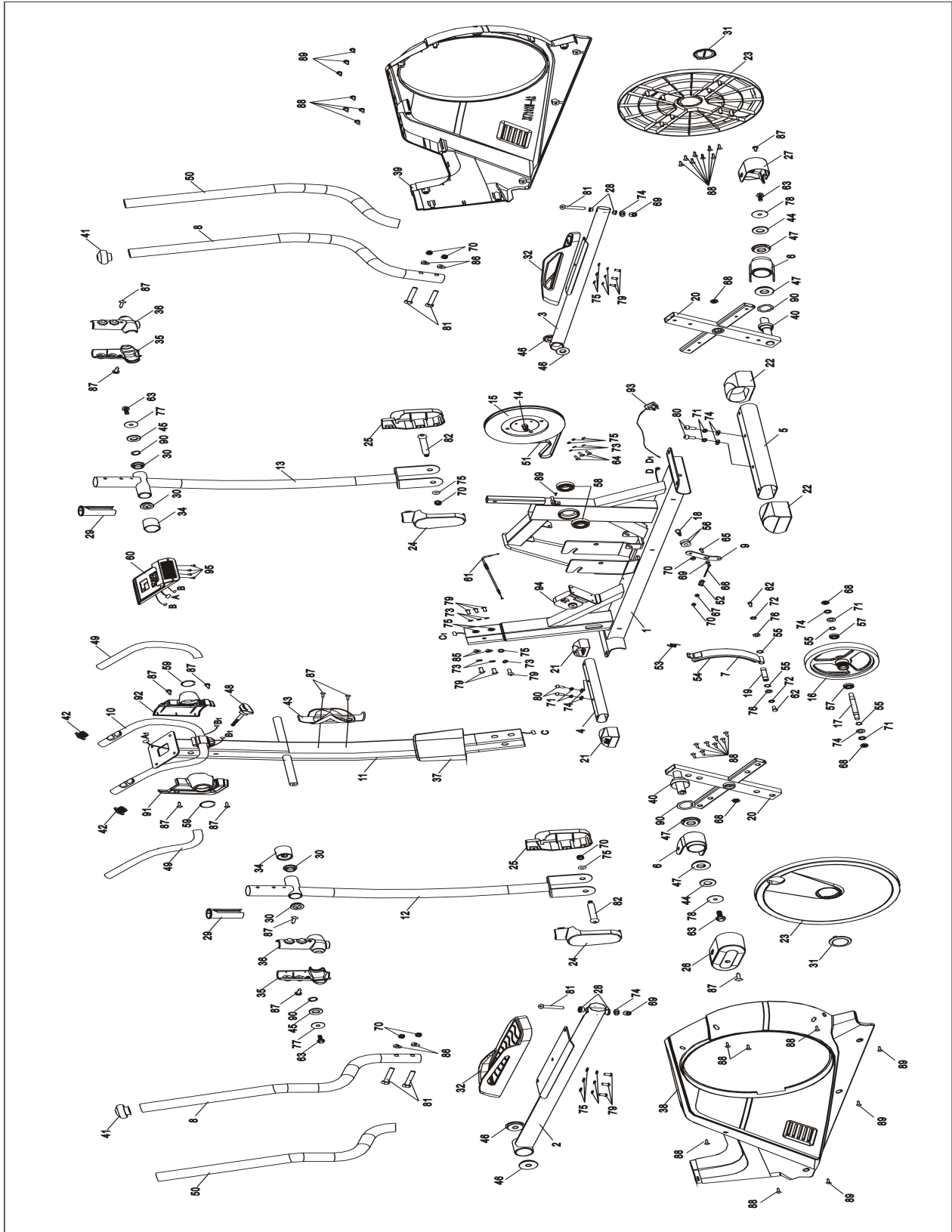


Products



Battery

Exploded Parts Diagram



Exploded Parts List

Part	Description	QTY	Part	Description	QTY
1	Main Frame	1	36	Handrail Rear Cover	2
2	Left Footplate Bar	1	37	Front Post Cover	1
3	Right Footplate Bar	1	38	Left Handle Cover	1
4	Front Stabilizer	1	39	Right Handle Cover	1
5	Rear Stabilizer	1	40	Cross Bracket Axle Sleeve	2
6	Crank Connector	2	41	φ38×1.5mm Cone End Cap	2
7	Magnet Bracket	1	42	φ25×1.5mm Cone End Cap	2
8	Handle (L&R)	1	43	Water Bottle Bracket	1
9	Idle Wheel Bracket	1	44	φ45×4mm D-hole Washer	2
10	Fixed Handle	1	45	φ32×4mm D hole Washer	2
11	Front Post	1	46	φ45×φ11.8×9.5mm Bushing	4
12	Left Action Arm	1	47	φ45×φ19×9.5mm Bushing	4
13	Right Action Arm	1	48	T-shaped Knob	1
14	Belt Pulley Axle	1	49	φ23×φ29×390mm Handle Grip	2
15	φ280mm Belt Pulley	1	50	φ30×φ38×730mm Handle Grip	2
16	Flywheel	1	51	Belt	2
17	φ12×123mm Axle	1	52	φ19×φ4.5×31.5mm Spring	1
18	φ15×41mm Axle	1	53	40×φ11.5×φ1.5mm Spring	1
19	φ12×60mm Axle	1	54	Magnet	8
20	Cross Bracket	2	55	φ12mm Axle Spring Bead Flange	4
21	Transport Wheel	1	56	6202—2RS-Z3 Bearing	2
22	Level Foot	2	57	6001-2Z Bearing	2
23	Cross Bracket Cover	2	58	6004-2RS Bearing	2
24	Left Handle Bottom Cover	2	59	Plastic Ring	2
25	Right Handle Bottom Cover	2	60	Console	1
26	Left Footplate Bar Cover	1	61	Tension Cable	1
27	Right Footplate Bar Cover	1	62	M6×15mm Hex Bolt	2
28	Foot Bar Bushing	4	63	M8×25mm Flange Hex Bolt	4
29	φ38×φ32×83mm Sleeve	2	64	M8×15mm Hex Bolt	3
30	φ32×φ19×9.5mm Nylon Bushing	4	65	M10×25mm Hex Bolt	1
31	Plastic Cover	2	66	M8×95mm Tension Bolt	1
32	Left Pedal	1	67	M8 Hex Nut	1
33	Right Pedal	1	68	M10 Hex Nut	4
34	Handrail Axle Sleeve	2	69	M10 Nut	3
35	Handrail Front Cover	2	70	M8 Nut	8

Exploded Parts List

71	φ10mm Spring Washer	6	85	φ9xφ22×R30mm Arc Washer	2
72	φ6mm Spring Washer	2	86	φ9×φ22×R19mm Arc Washer	4
73	φ8mm Spring Washer	15	87	ST4.2×15mm Philips Screw	12
74	φ10mm Washer	8	88	ST4.2×15mm Philips Screw	25
75	φ8mm Washer	15	89	ST4.8×12mm Philips Screw	7
76	φ6mm Washer	2	90	φ20mm Corrugated Washer	4
77	φ32×φ9×2mm Washer	2	91	Left Front Post Cover	1
78	φ45×φ9×2mm Washer	2	92	Right Front Post Cover	1
79	M8×15mm Allen Bolt	12	93	Power Charge	1
80	M10×20mm Allen Bolt	4	94	Motor	1
81	φ10×69mm Allen Bolt	2	95	M5x12mm Philips Bolt	4
82	φ11.5×67mm Allen Bolt	2		A1/A2	1
83	M8×42mm Hex Bolt	4		B1/B2	2
84	M5×12mm Hex Bolt	4		C1/C2	1
				D1/D2	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 be rendered invalid if the product 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 a problem with the product within the guarantee period call
Customer Helpline: 0345 600 1714
<http://www.argoshelpdesk.co.uk>

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