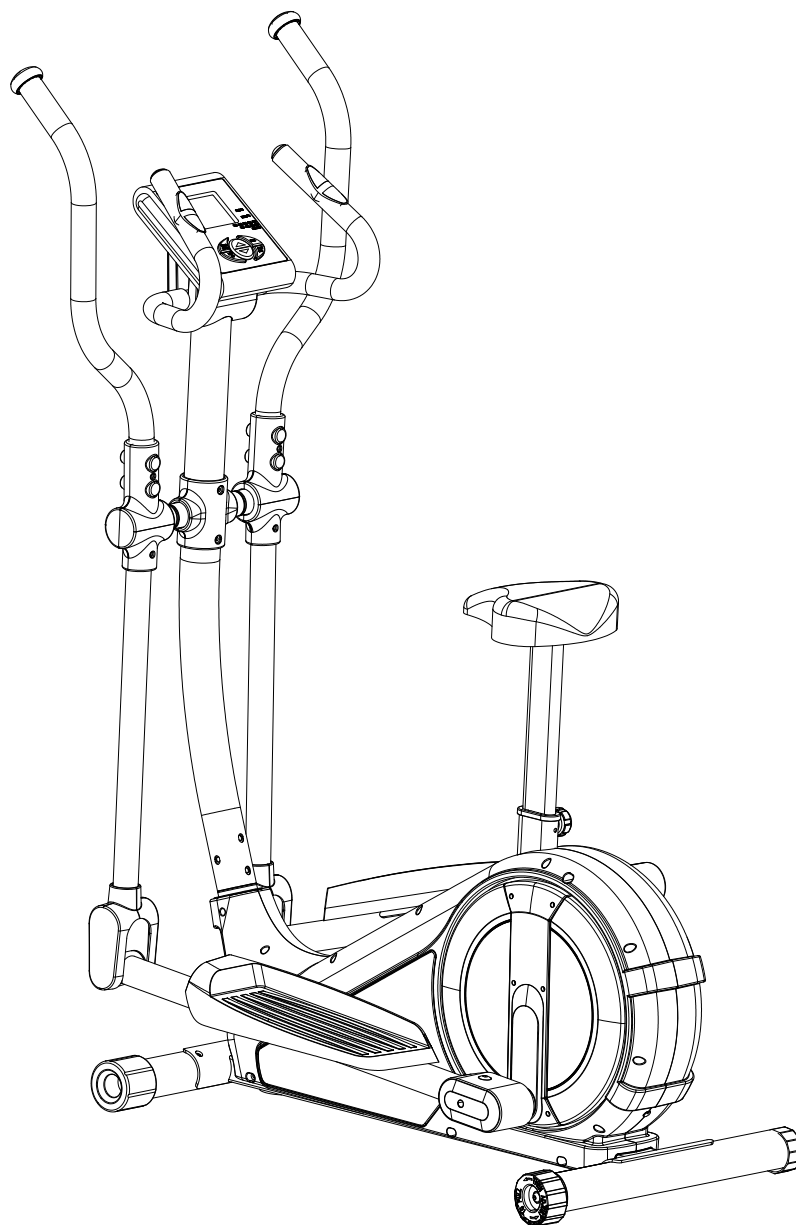


Two In One Cross Trainer

Assembly & User's Instruction- Keep for future reference

335/8742

ROGERBLACK
FITNESS



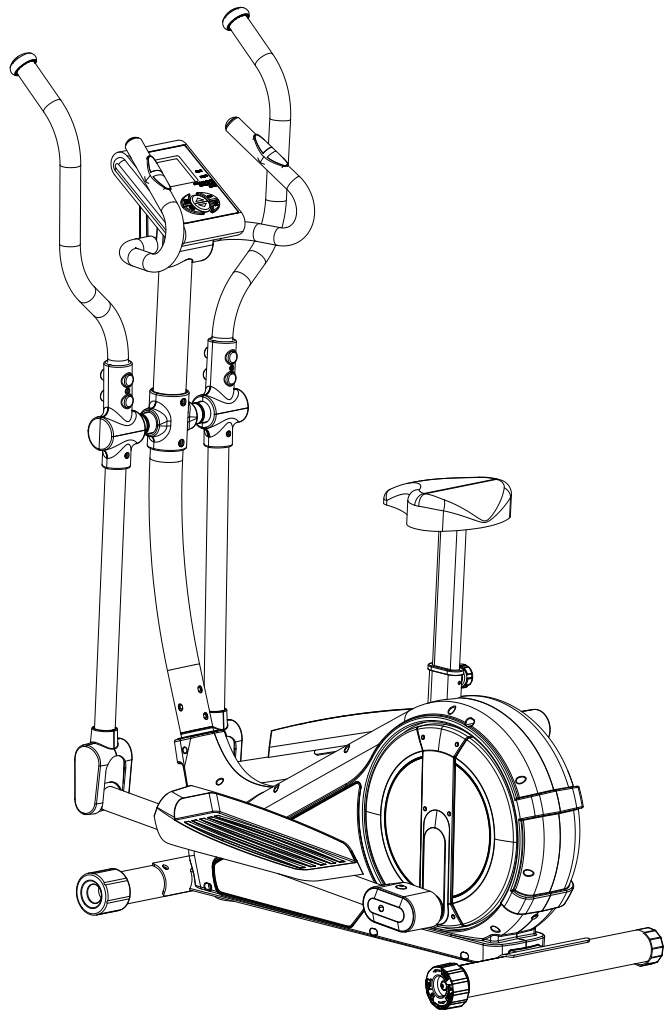
Important – Please read these instructions fully before assembly or use

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** or visit www.argos-support.co.uk

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Safety Information

Important – Please read fully before assembly or use

This exercise equipment is built for optimum safety. However, certain precautions apply whenever you operate a piece of exercise equipment. Be sure to read the entire manual before you assemble, operate or use this equipment.

Assembly

- The product must be installed on a stable and level surface. To protect the floor or carpet from damage, place a mat under the cross trainer.
- Assemble the item as close to its final position (in the same room) as possible.
- Make sure you have enough space to layout the parts before starting.
- Keep children and animals away from the work area, small parts could pose a choking hazard if swallowed.
- Dispose of all packaging carefully and responsibly.
- Check you have all the components and tools listed in the parts list, bearing in mind that, for ease of assembly, some components are pre-assembled.
- The assembly of this equipment is best carried out by 2 people.

Use

- 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.
- Use the equipment only for intended use, as described in this manual. Do not use attachments not recommended by the manufacturer.
- Keep this equipment indoors, away from moisture and dust. Do not put the equipment in a garage, outbuilding, covered patio, or near water.
- Your product is intended for use in clean dry conditions. You should avoid storage in excessively cold or damp places as this may lead to corrosion and other related problems that are outside our control.

- Keep unsupervised children away from the equipment.
- Disabled persons should not use the equipment without a qualified person or doctor in attendance.
- 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.
- Keep hands away from all moving parts.
- If any of the adjustment devices are left projecting, they could interfere with the user's movement.
- Before using the equipment to exercise, always perform stretching exercises to properly warm up.
- Only one person at a time should use the equipment.
- If the user experiences dizziness, nausea, chest pain, or other abnormal symptoms **stop the workout and seek immediate medical attention.**
- Injuries to health may result from incorrect or excessive training.
- This product is suitable for a maximum user weight of: **125kg**.
- This product conforms to: BS EN ISO 20957-1 and -9 Class (H) - Home Use - Class (C).
- This stationary training equipment is not suitable for high accuracy purposes
- The cross trainer is not equipped with a free wheel and therefore the moving parts cannot be stopped immediately.
- To mount and dismount the equipment safely, step on/down the footplatform when it is in the lowest position.



Safety Information

- When choosing a location for the equipment make sure that the location and position permit access to a plug.
- When connecting the power cord, plug the power cord into a grounded circuit. When replacing the fuse, an approved BS 1362 type should be fitted to the fuse carrier, A13 amp fuse should be used. No other appliance should be on the same circuit.
- Keep the power cord away from any heated surface.
- Do not operate the equipment if the power cord or plug is damaged, or if the equipment is not working properly.
- Always examine your exercise bike before use to ensure all parts are in working order.

- Never insert any object or body parts into any opening.

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. Over exercising may result in serious injury or death. If you feel faint stop exercising immediately. Warning! Heart rate monitoring systems may be inaccurate. For the most accurate heart rate measure, please hold both hand pulse sensors continuously during any programme.

Components-Parts

If you have any damaged or missing parts, Please
Call the Customer Helpline: **0345 600 1714**

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.



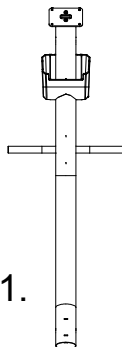
4.

Left Handrail x 1



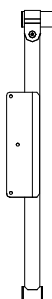
15.

Right Handrail x 1



11.

Front Post x 1



2.

Right Foot Bar x 1



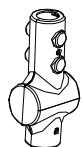
3.

Left Foot Bar x 1



1.

Handrail Arm x 1



34.

Left Handrail Cover x 1set



36.

Right Handrail Cover x 1set



7.

Left Handle x 1



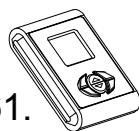
5.

Right Handle x 1



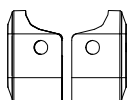
104.

Saddle Post x 1



61.

Computer x 1



30.

Foot Bar Cover x 1set



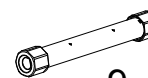
26.

Swing Cover x 2set



32.

Front Post Cover x 1set



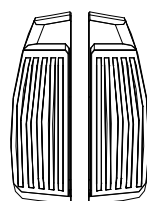
9.

Front Stabilizer x 1



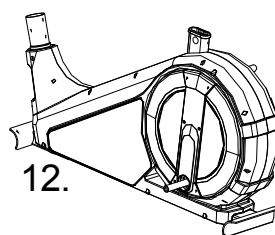
10.

Rear Stabilizer x 1



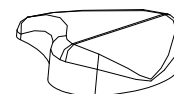
28.

Foot Pedal x 1set



12.

Main Body x 1



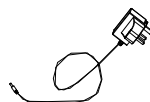
105.

Saddle x 1



106.

M16 Lock Knob x 1





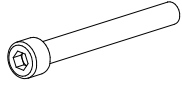
















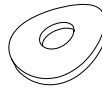


108.

Power Charge x 1

Components – Fixings

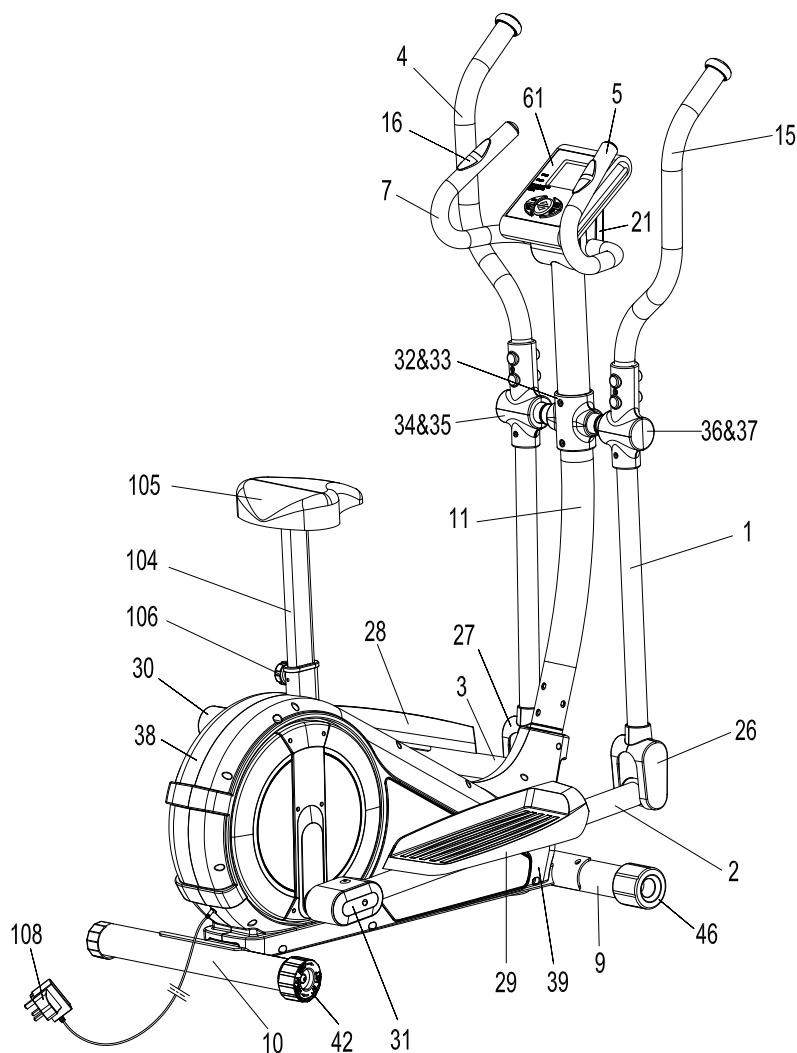
Please check you have all fittings listed below

Note: The quantities below are the correct amount to complete the assembly. In some cases more hardware may be supplied than are required. Some of the fixings are pre-fitted to the larger components. Please check carefully before contacting Argos regarding any missing fixings.

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

Assembly Instruction

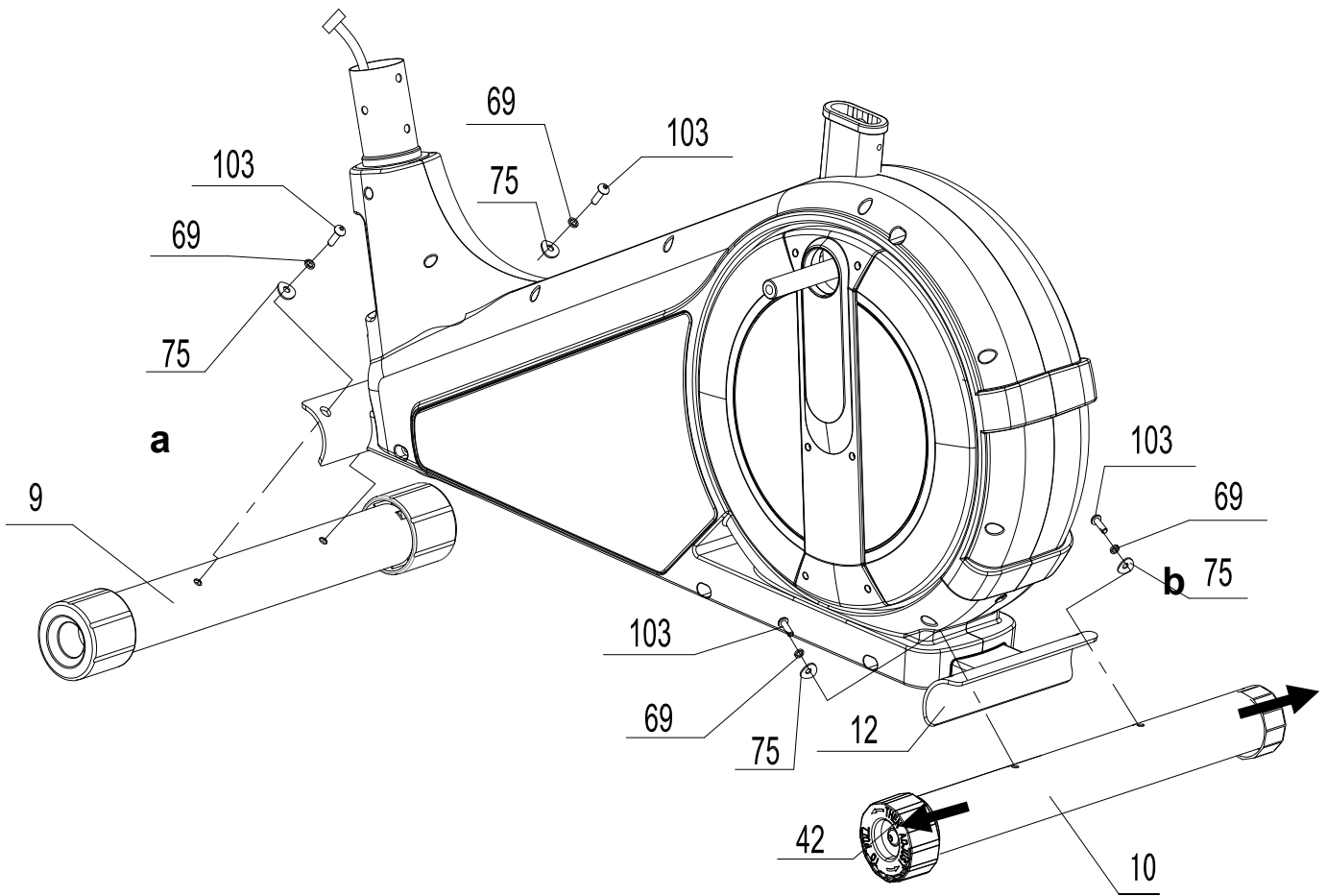
Total mass of the product is 45 kg. Total size of the equipment is (width) 65.4 cm × (depth) 119.3 cm × (height) 157.6 cm.



KEY

- | | | | |
|----|------------------|-----|----------------------------|
| 1 | Handrail Arm | 30 | Left Foot Bar Cove |
| 2 | Right Foot Bar | 31 | Right Foot Bar Cover |
| 3 | Left Foot Bar | 32 | Front Post Front Cover |
| 4 | Left Handrail | 33 | Front Post Rear Cover |
| 5 | Right Handle | 34 | Left Handrail Front Cove |
| 7 | Left Handle | 35 | Left Handrail Rear Cover |
| 9 | Front Stabilizer | 36 | Right Handrail Front Cover |
| 10 | Rear Stabilizer | 37 | Right Handrail Rear Cover |
| 11 | Front Post | 38 | Main Plastic Cover |
| 15 | Right Handrail | 39 | Main Plastic Cover |
| 16 | Handle Pulse | 42 | Outer Level Foot |
| 21 | Computer Cover | 46 | Front Wheel |
| 26 | Swing Cover | 104 | Saddle Post |
| 27 | Swing Cover | 105 | Saddle |
| 28 | Left Pedal | 106 | M16 Lock Knob |
| 29 | Right Pedal | 108 | Power Charge |

Assembly Instruction



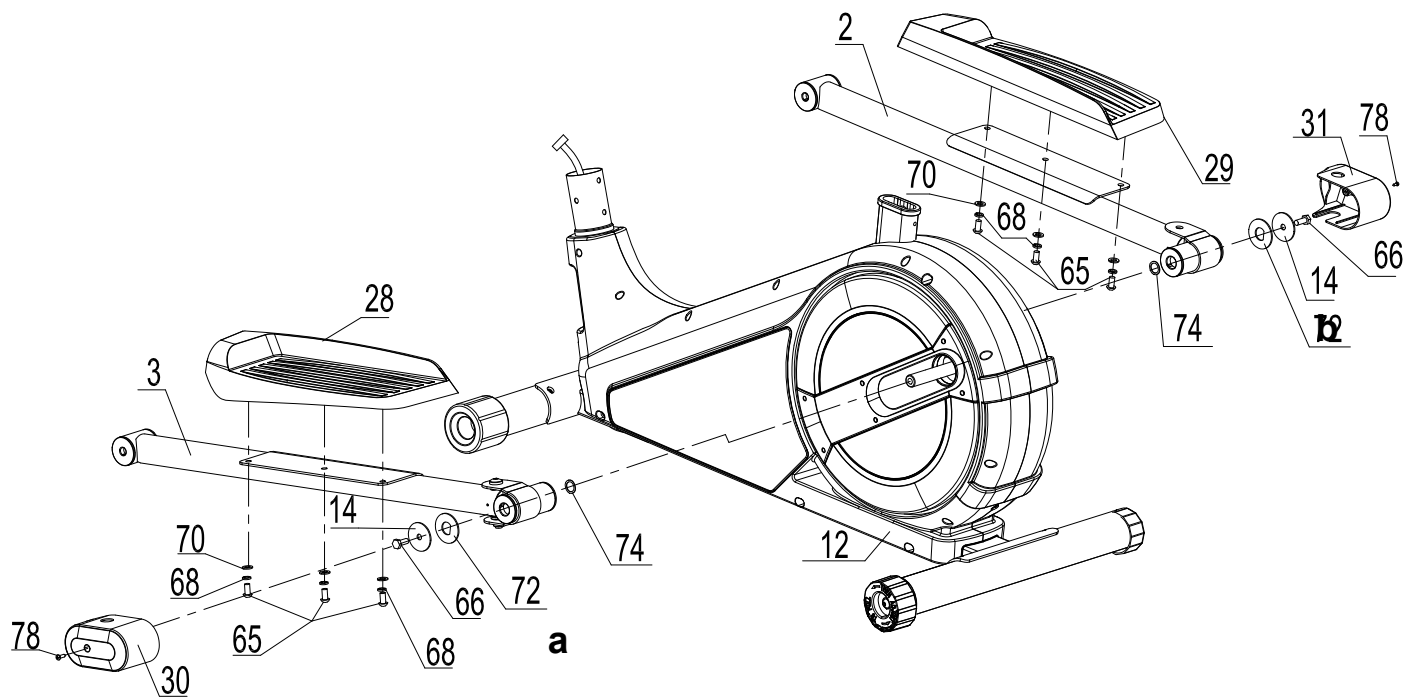
Step 1

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).

Note: The self Leveling Feet (42) can be rotated when pulling out to ensure the cross trainer sits flat on the ground.

Assembly Instruction



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).

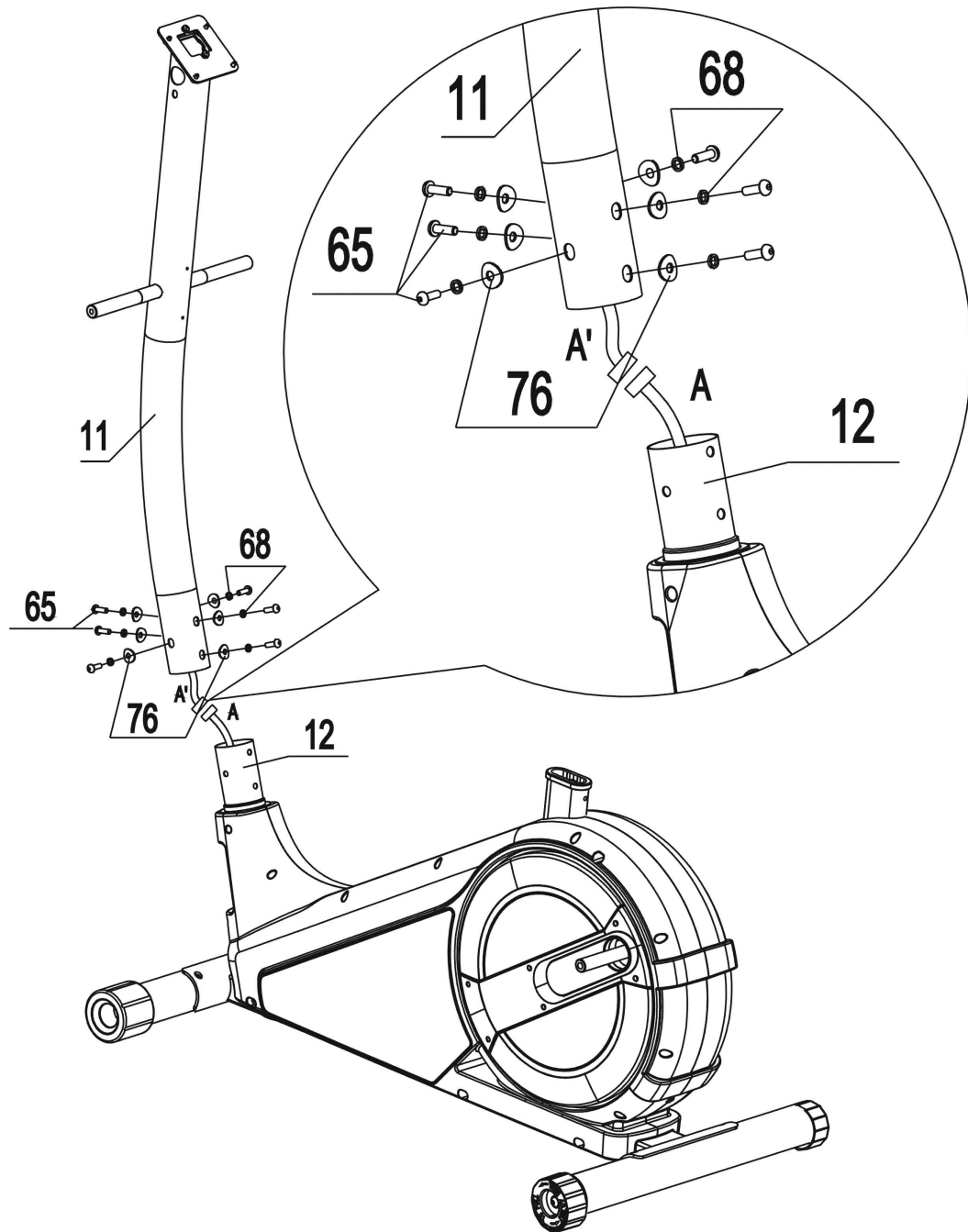
Note:Please always make sure the D-Hole Washer (72) on position when you tighten the Bolt(66).

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).

Assembly Instruction



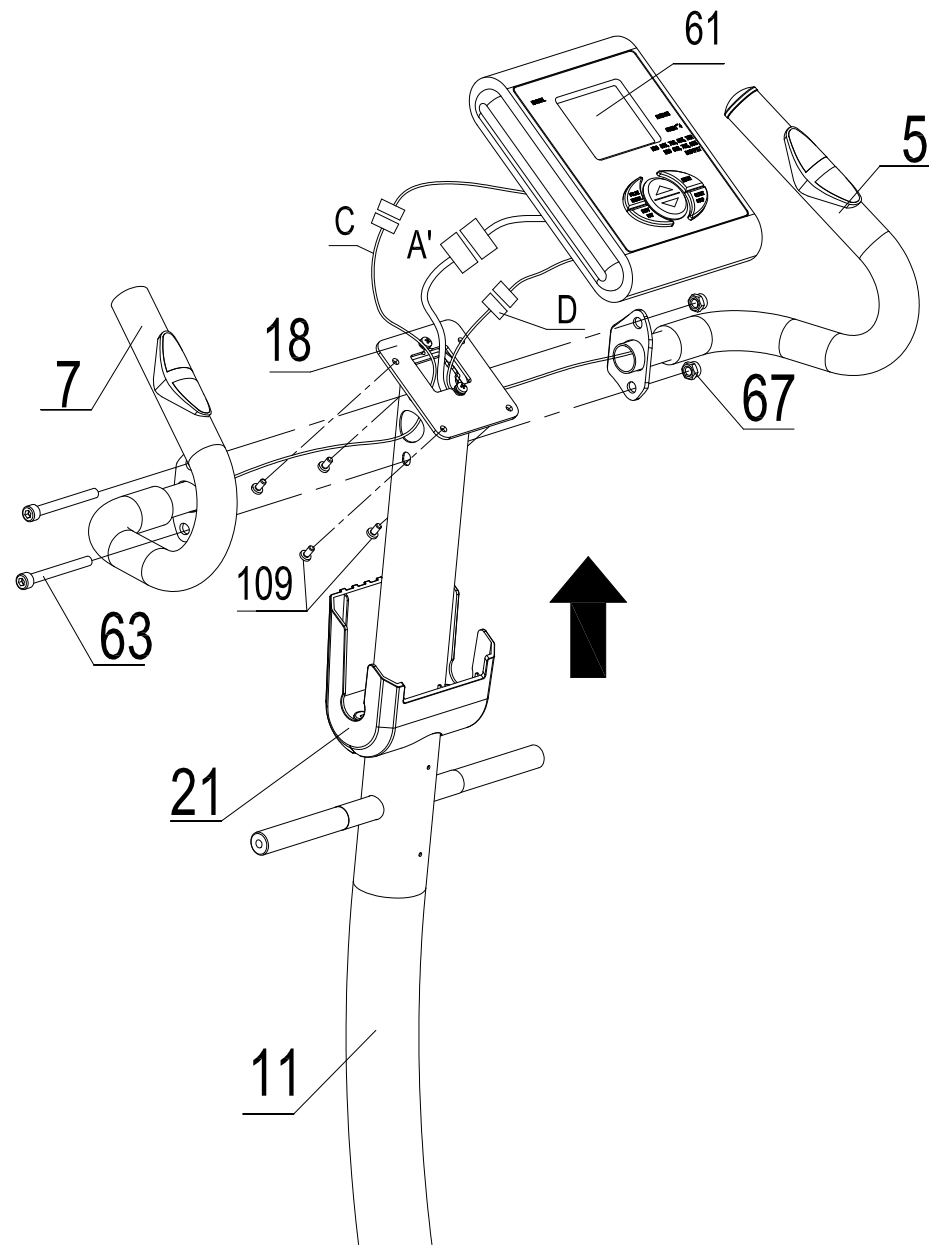
Step 3

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

b. Attach Front post (11) onto the Main

frame (12). Fix using six M8 × 16mm Allen bolts (65), Ø8mm Spring washers (68) and Ø25 × Ø9 × R30mm Arc washers (76).

Assembly Instruction



Step 4

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

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 post (**11**), fix using

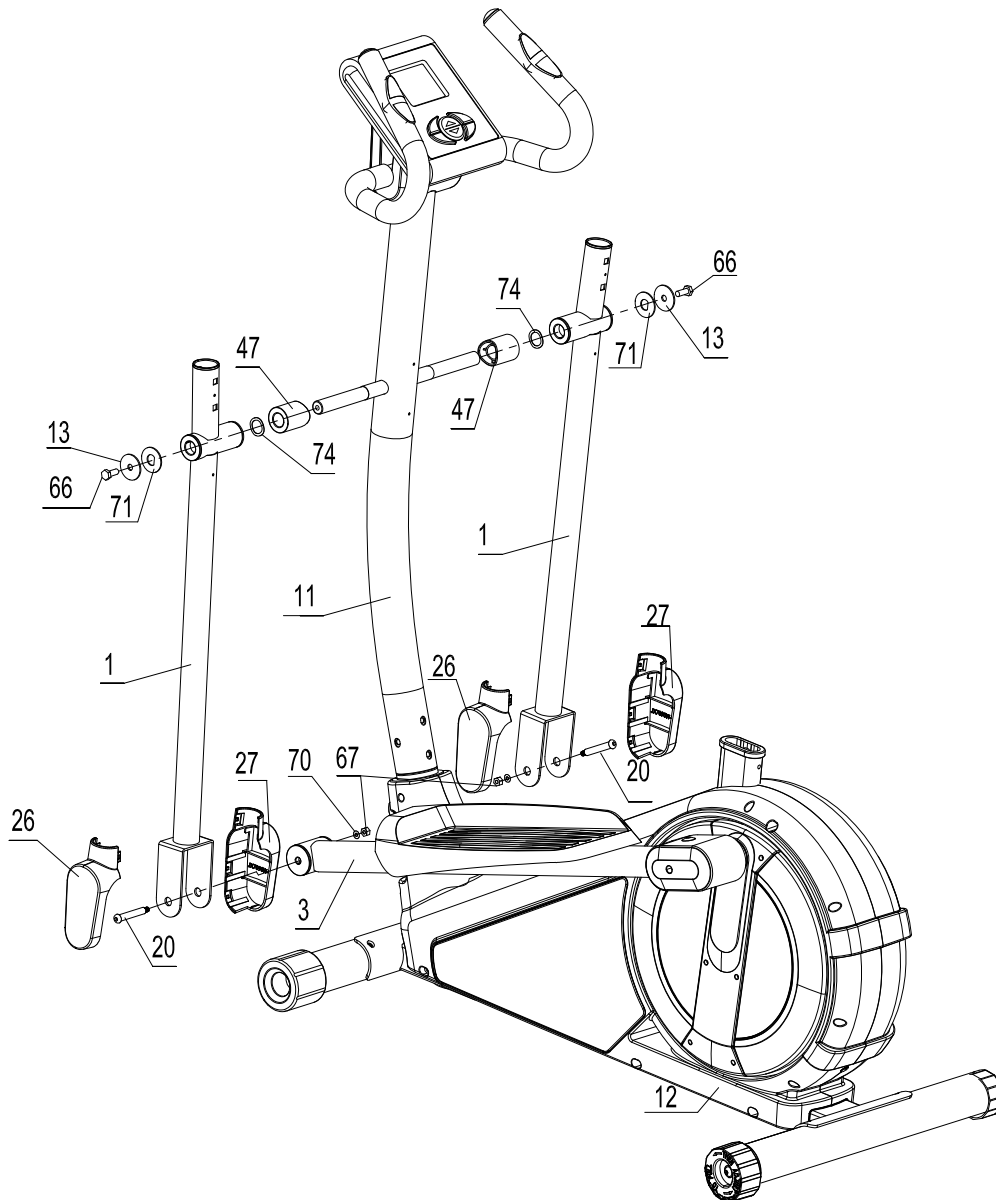
these four M5 x 15mm Philips screws (**109**).

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

Notes: Please insert the two M8 x 75mm Flat Allen Bolts (**63**) carefully to prevent to break the cable wires (A, C and D) in the Front Post (**11**).

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

Assembly Instruction



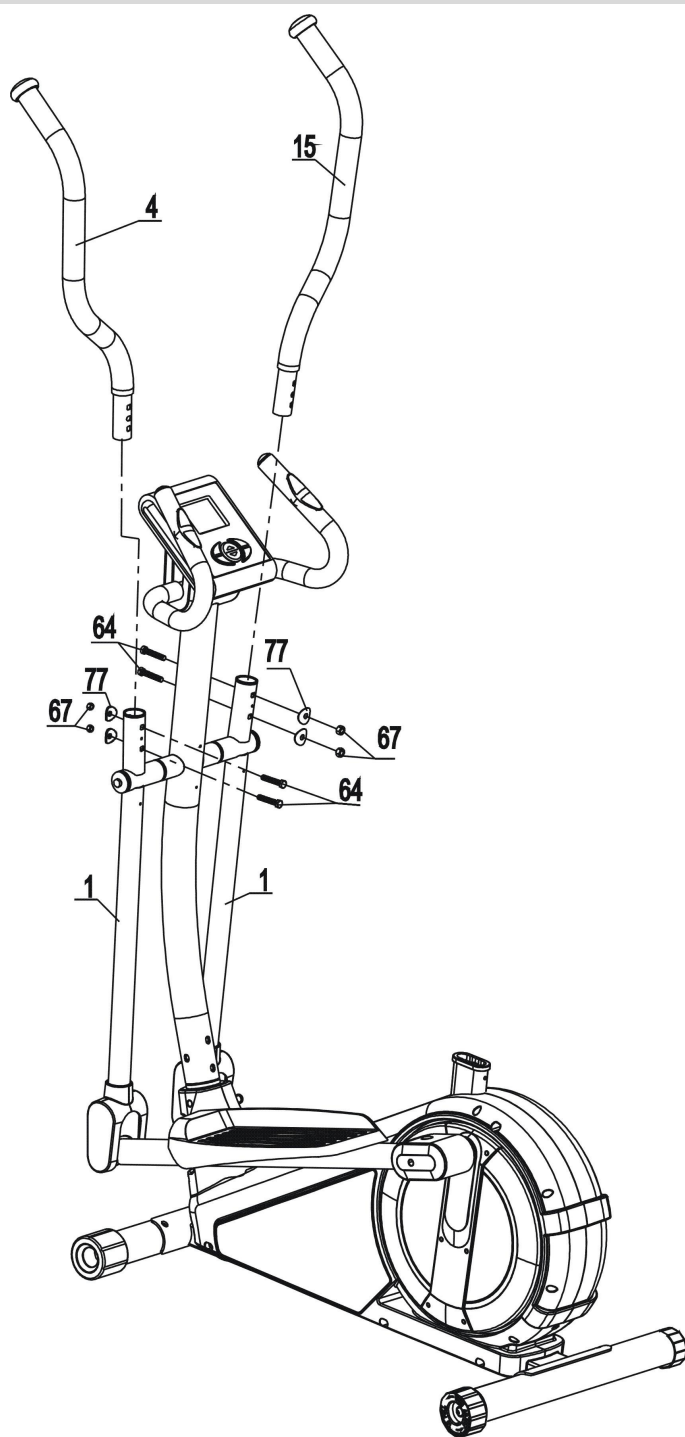
Step 5

- Attach Nylon sleeve (47) onto Front post (11), and then attach Ø20mm Corrugated washer (74) onto it.
- Attach top of Handrail arm (1) to the axle on the Front post (11), fix using M8×15mm Bolt (66), Ø 8 x 2mm Big washer (13), Ø38×4mmD-Hole washer (71).

Note:Please always make sure the D-Hole Washer are in the right place when you tighten the Bolt(66).

- Attach bottom left side Handrail 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 Handrail arm (1).
- Repeat step a,b,c for the right side.

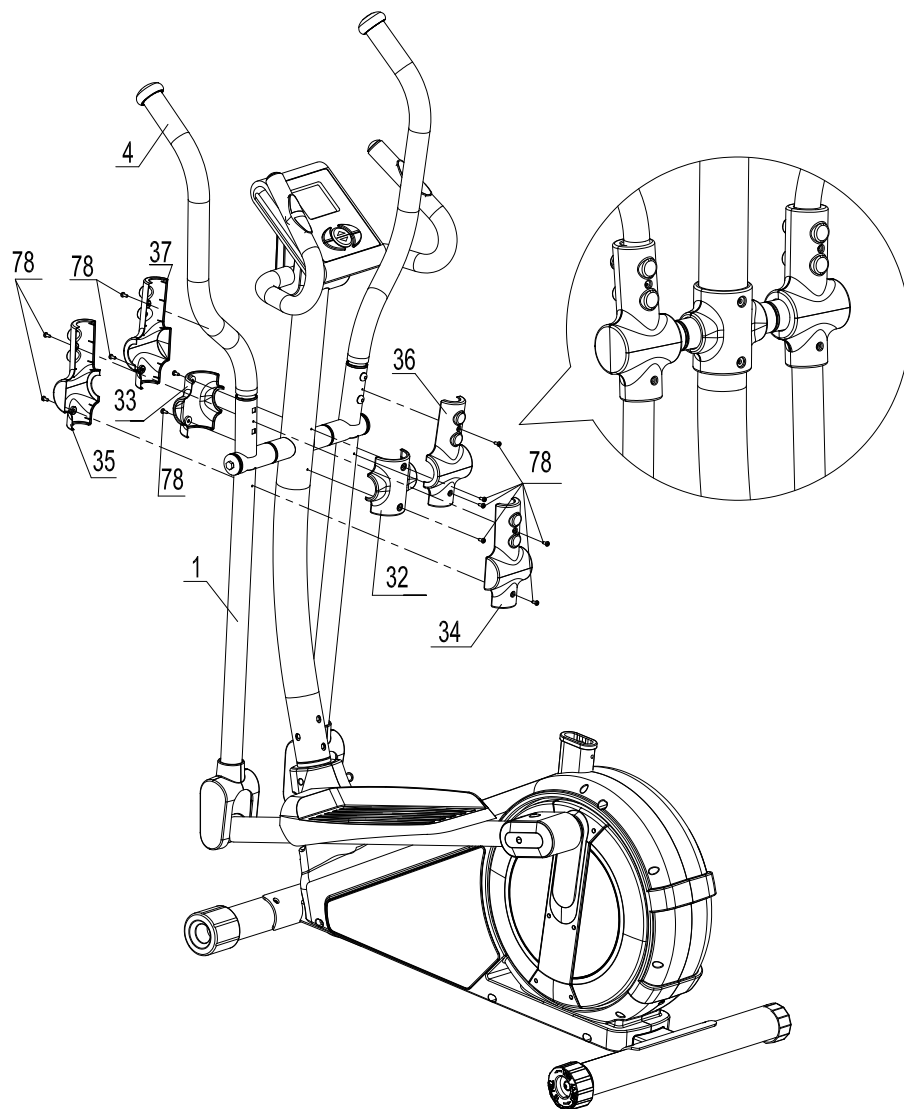
Assembly Instruction



Step 6

- a. Insert Left Handrail (4) into left side Handrail 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** for the right side.

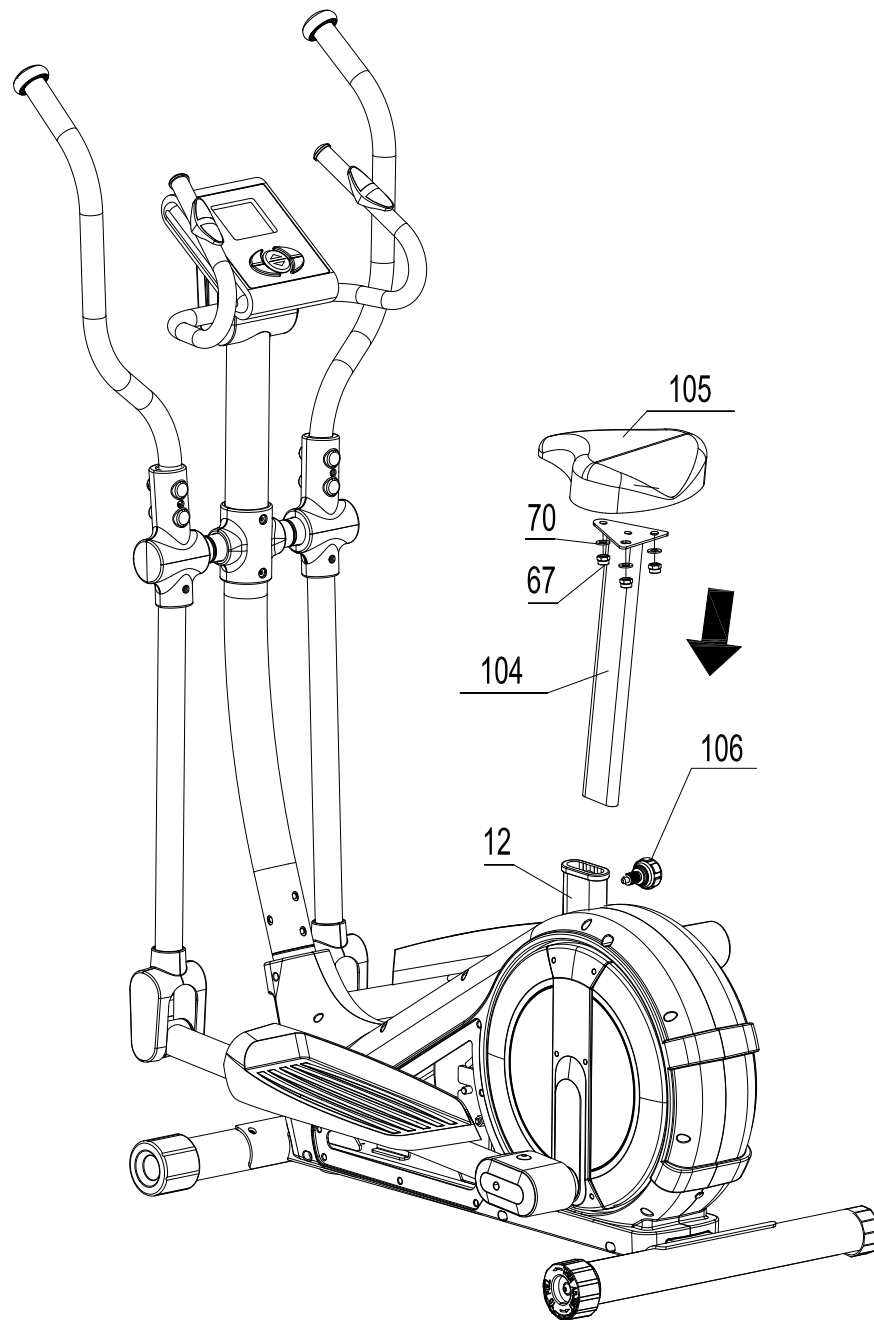
Assembly Instruction



Step 7

- a. Attach Left handrail front cover (34) and Left Handrail rear cover (35) to the connect point of Left Handrail (4) and Handrail arm (1). Fix each of them using two ST4.2×15mm Philips screw (78).
- b. Repeat step a for the right side.

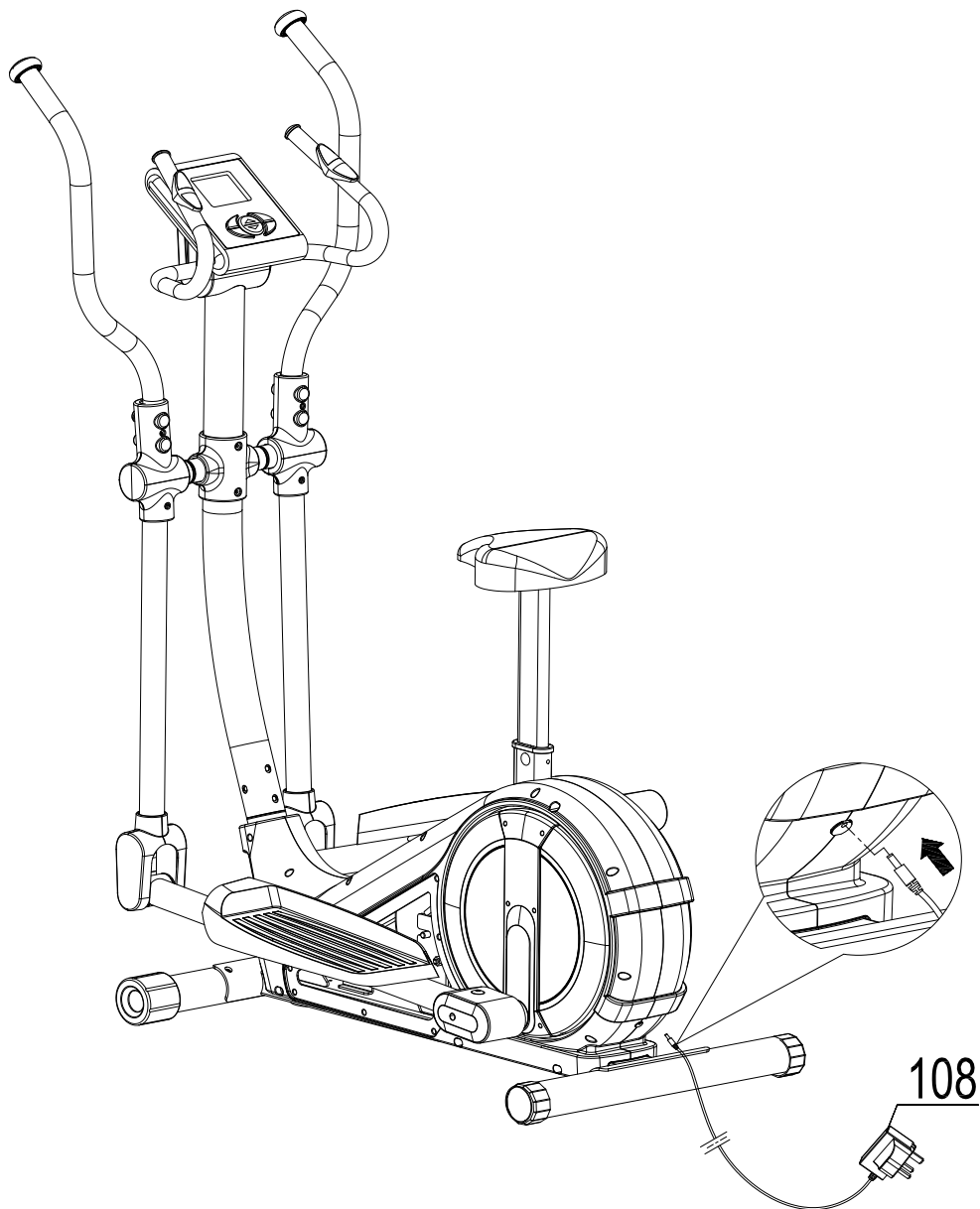
Assembly Instruction



Step 8

- a. Loosing three M8 Aircraft nuts (**67**), Ø8mm Washers (**70**) from bottom of Saddle (**105**). Attach Saddle (**105**) onto Saddle post (**104**) using these three M8 Aircraft nuts (**67**), Ø8mm Washers (**70**).
- b. Insert Saddle post (**104**) into the opening of Main body (**12**), select desired height and fix using the M16 Lock knob (**106**).

Assembly Instruction

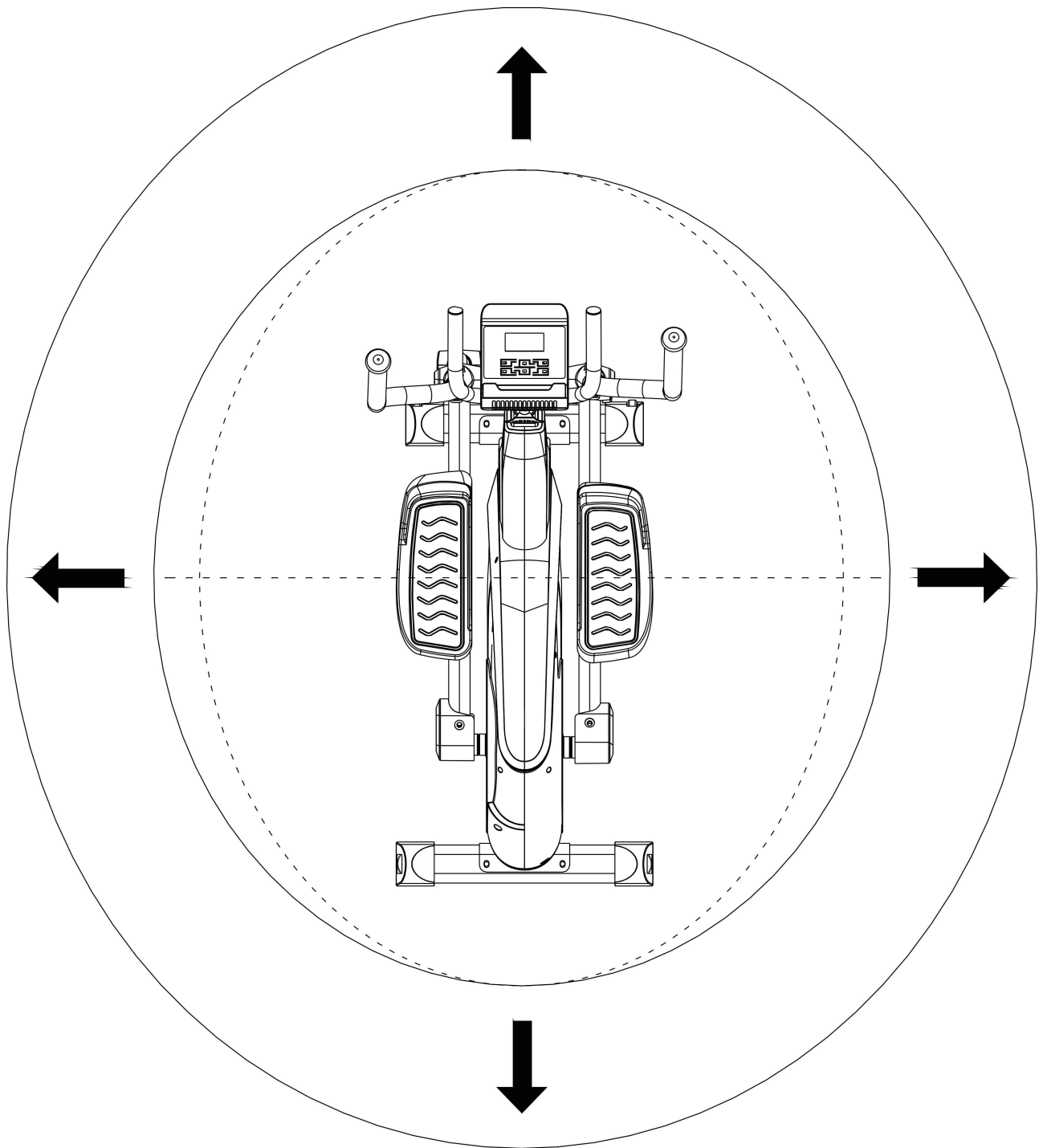


Step 9

- a. Insert the connector of the Power charger (**108**) into the Outlet jacket on the rear bottom of the bike 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.

Workout 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.



Only one person should be within the training area when the equipment is in use.

Exercise Information

Before starting

Tailor your exercise program according to 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.

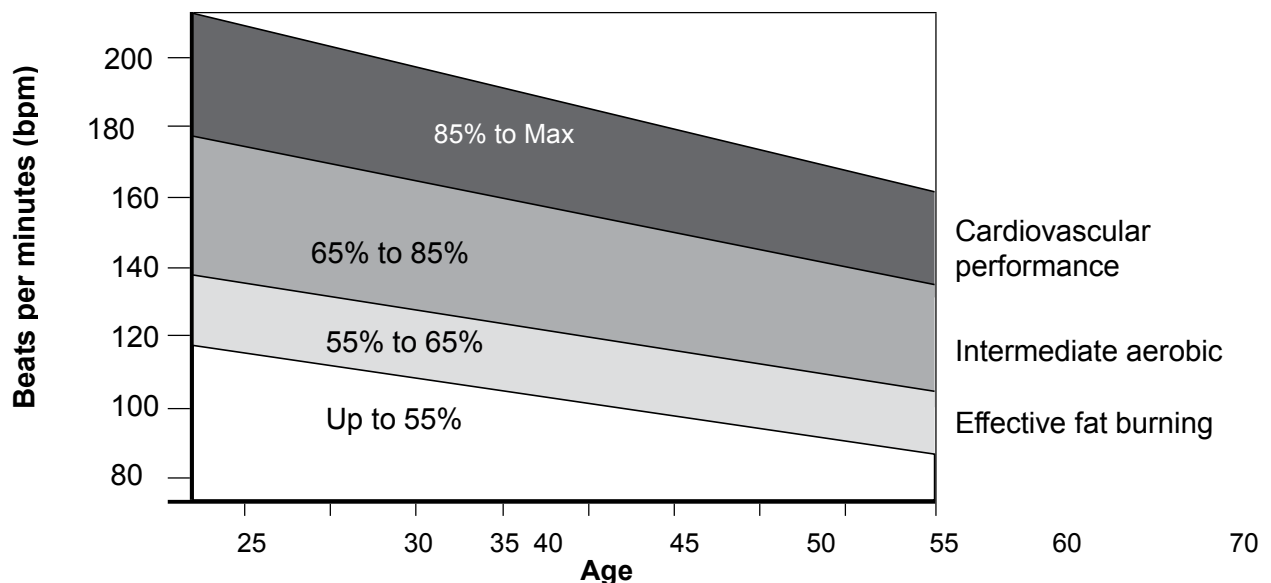
Initially, you may be able to exercise only for a few minutes in your target zone, however, your aerobic fitness will improve over the next six to eight weeks. Don't be discouraged if it takes longer. It's important to work at your own pace.

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.
- 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

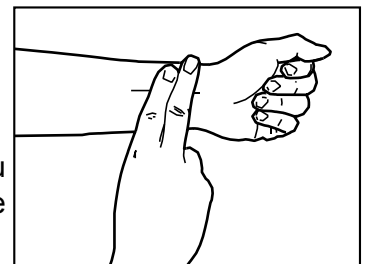
To maximize the benefits of exercising, it is important to exercise at an appropriate intensity. The intensity level can be found by using your heart rate as a guide. For effective aerobic exercise, your heart rate should be maintained at a level between 65% and 85% of your maximum heart rate as you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



Exercise Information

Muscle Chart

Aerobic Exercise

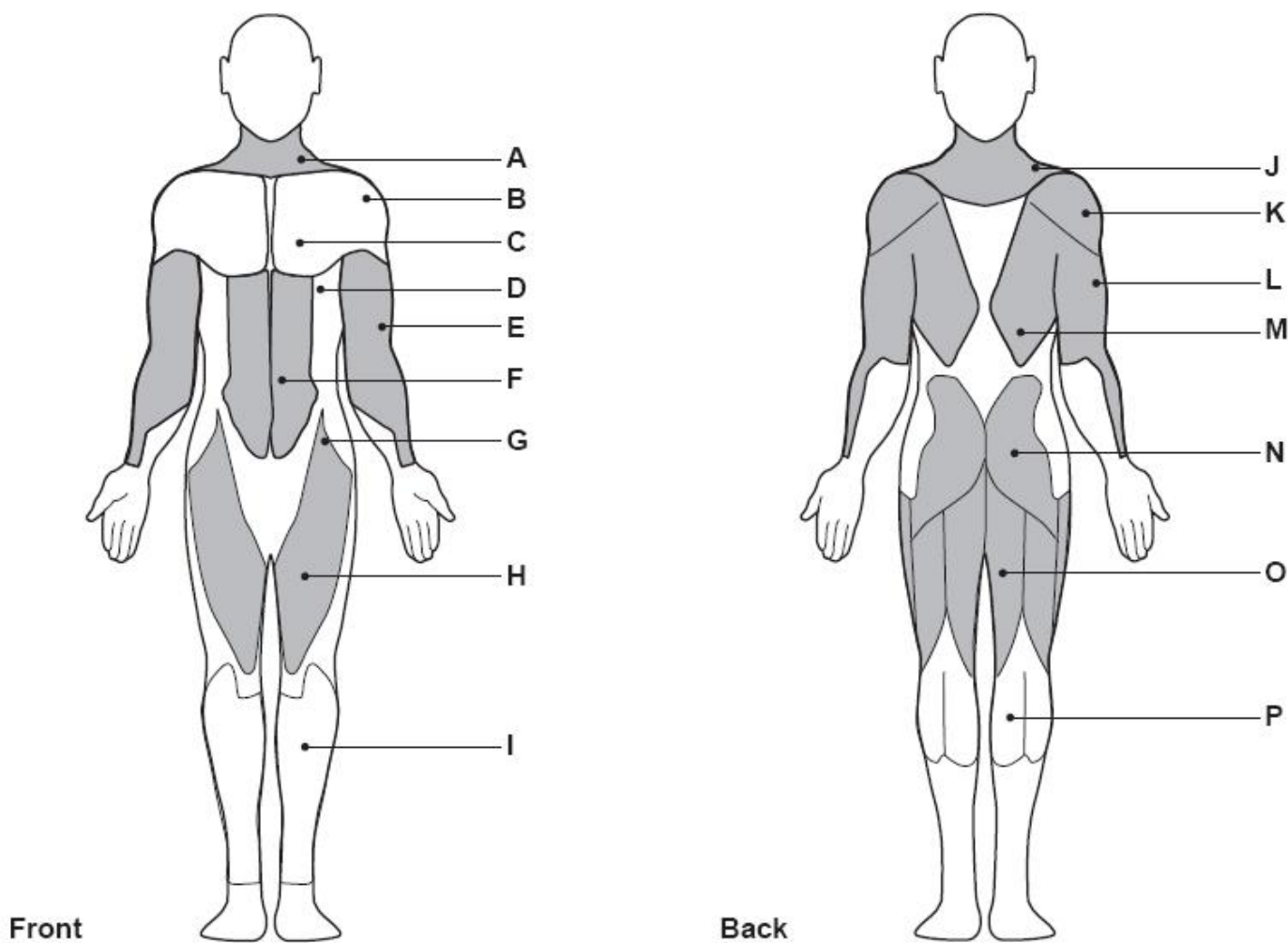
Aerobic exercise improves the fitness of your lungs and heart - your body's most important muscle. Aerobic exercise is promoted by any activity that uses your large muscles (arms, legs, or buttock, for example).

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 an exercise routine. 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.

Targeted Muscle Groups

The exercise routine that is performed on the cross trainer will develop the upper and lower body muscle groups. These muscle groups are highlighted on the muscle chart below.



A: Trapezius
B: Anterior Deltoid
C: Pectoralis Major
D: Serratus Anterior

E: Biceps
F: Abdominal
G: Sartorius
H: Quadriceps

I: Tibialis Anterior
J: Trapezius
K: Posterior Deltoid
L: Triceps

M: Latissimus Dorsi
N: Gluteals
O: Hamstrings
P: Gastrocnemius

Warming up and Cooling down

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 reduce post-exercise muscle soreness.

Exercise Frequency

To maintain or improve your fitness, 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.

Suggested Stretches

For a correct warm up, see the following basic stretching exercises. Move slowly as you stretch, never bounce.

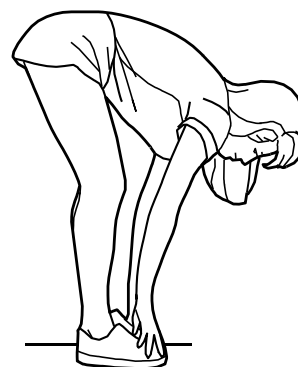
Toe touch stretch

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

Hold for 15 counts, then relax

Repeat 3 times.

Stretches: Hamstrings, back of knees and back.



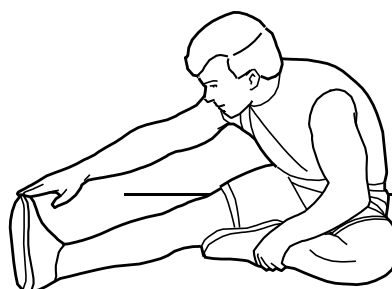
Hamstring stretch

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 towards your toes as far as possible.

Hold for 15 counts, and then relax.

Repeat 3 times for each leg.

Stretches: Hamstrings, lower back and groin.



Exercise Information

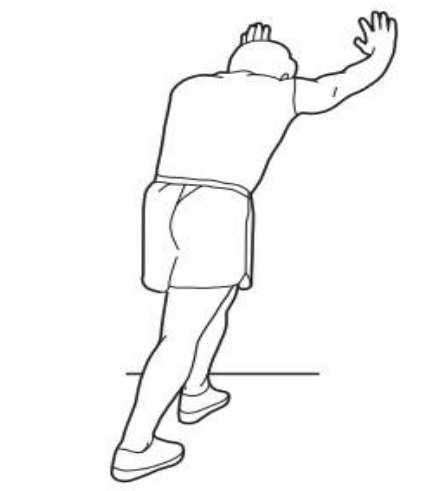
Calf/Achilles stretch

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 down towards the floor, gently pull your heel towards your buttock until you feel a gentle stretch in the target area.

Hold for 15 counts, and 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, and then relax.

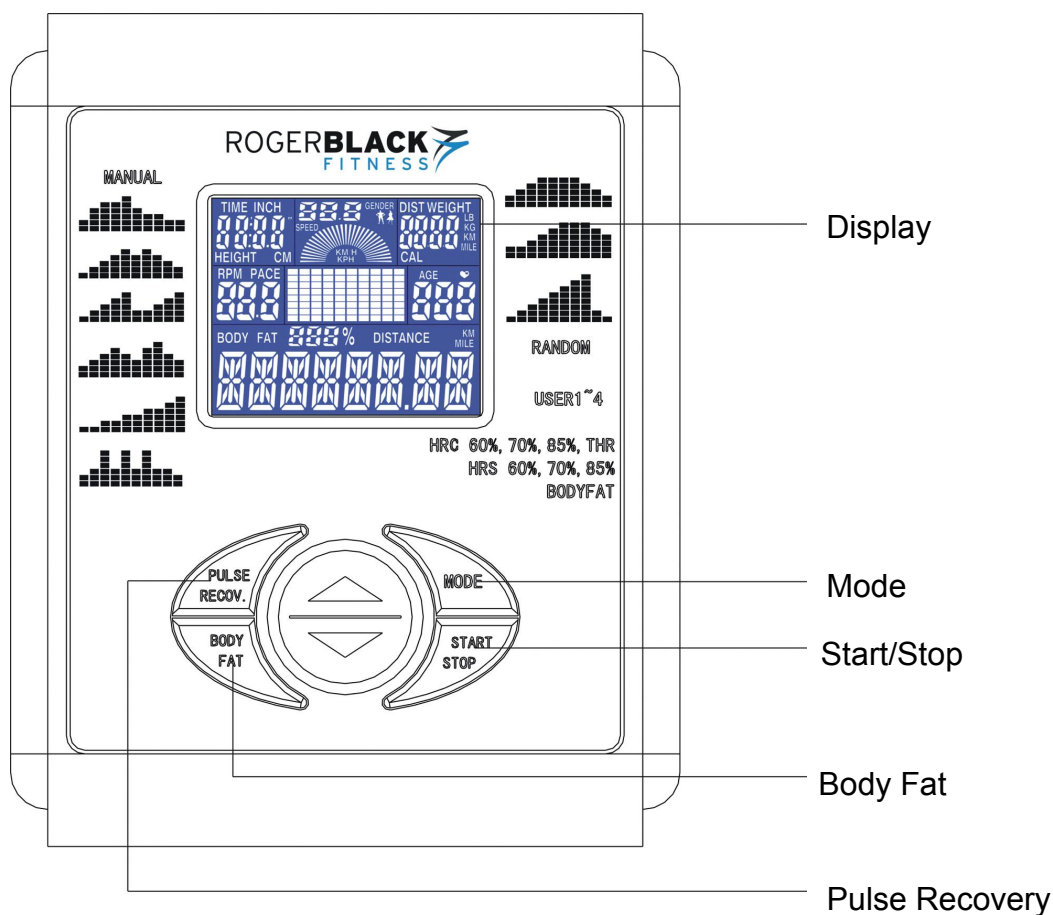
Repeat 3 times.

Stretches: Quadriceps and Hip muscles.



Exercise Information

Console Operation



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°C -- + 40°C (32°F -- 104°F)		

Exercise Information

Console Operation

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 button to go on to exercise.
- Press and hold this button for three seconds for Total Reset (go to Power Up Mode).

COMPUTER DISPLAY

- This is an LCD display showing :
TIME RPM SPEED DISTANCE CALORIE PULSE
- Dot matrix display:
- The LCD screen will have a single dot matrix display with 8 rows and 10 columns to display the profile for the active program.

MODE

- POWER UP Mode: When the first turned on, the bike will make a long beeping sound before the

MODE button:

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

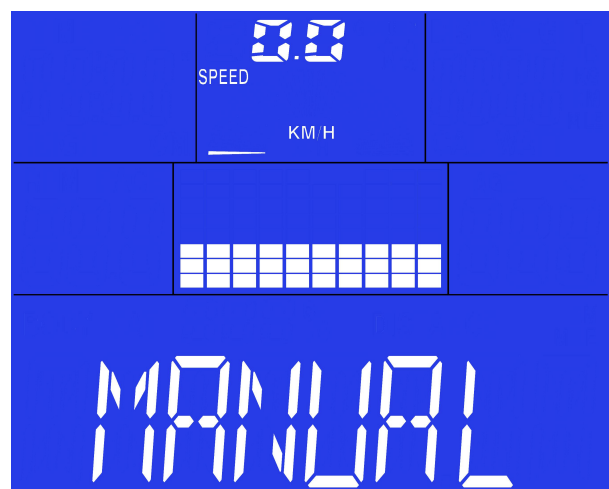
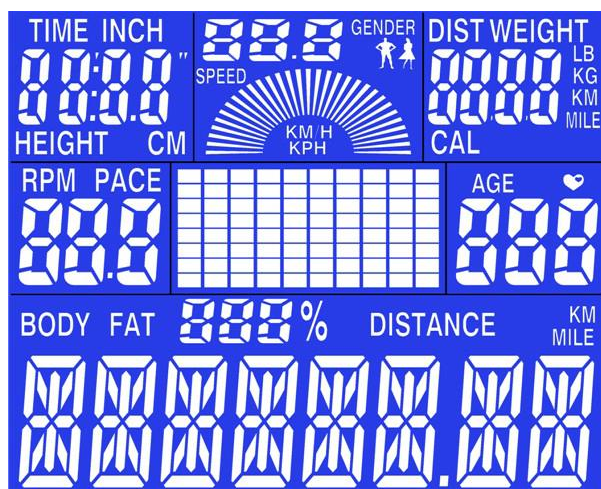
▲ and **▼** button:

- 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 button:

- Press the button to input your HEIGHT, WEIGHT, AGE and GENDER then to measure your body fat ratio.

- SLEEP Mode: After 4 minutes of inactivity, the computer will enter Sleep Mode.
 - WAKE UP Mode: Pedal the machine, or press any key, to start the machine when in pause mode, press any key to resume.
- See below diagram

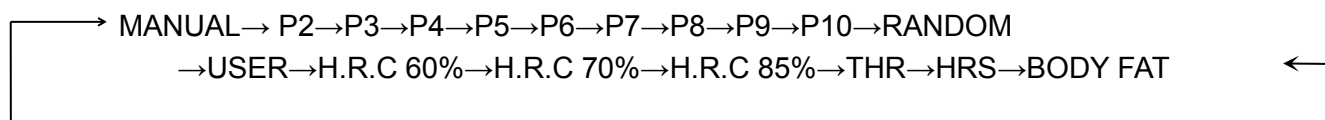


Exercise Information

Console Operation

Choose workout program

“**MANUAL**” will be the default display. Press the ▲ or ▼ button to scroll through preset profiles. Will select following programs:



1. Manual Workout Mode:

- Press **MODE** button to accept your choice of program (Manual, P2-P10 or RANDOM).
“**ENTER TIME**” is displayed. Press the ▲ or ▼ button to adjust TIME.
- Press **MODE** button to accept TIME .
“**ENTER DISTANCE**” is displayed. Press the ▲ or ▼ button to adjust DISTANCE.
- Press **MODE** button to accept DISTANCE.
“**ENTER CALORIES**” is displayed. Press the ▲ or ▼ button to adjust CALORIES.

2. User's Program Workout Mode:

- Press **MODE** button to accept USER Program(U1~U4)
“**U1**” is displayed. Press the ▲ or ▼ button to choose from U1~U4.
- Press **MODE** button to accept USER(1~4) .
“**ENTER TIME**” is displayed. Press the ▲ or ▼ button to adjust TIME.
- Press **MODE** button to accept TIME.
“**ENTER DISTANCE**” is displayed. Press the ▲ or ▼ button to adjust DISTANCE.
- Press **MODE** button to accept DISTANCE. it will then proceed to setting CALORIES .
“**ENTER CALORIES**” is displayed. Press the ▲ or ▼ button to adjust CALORIES.
- Then press **START** button and begin exercise.

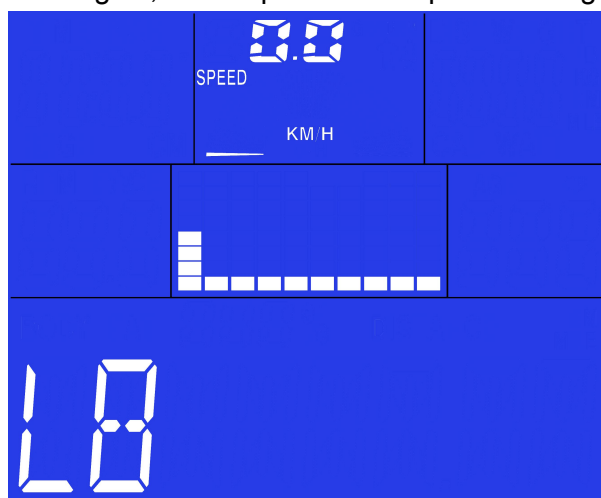
Exercise Information

Console Operation

Special Operations

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:

- Press **MODE** button to accept H.R.C 60% Program (70%, 85%).
“PRESS START” is displayed. Press the ▲ or ▼ button to adjust AGE.
- Then press **START** button and begin exercise.
60% Max H.R.C- - Target H.R. = $(220 - \text{AGE}) \times 60\%$
70% Max H.R.C- - Target H.R. = $(220 - \text{AGE}) \times 70\%$
85% Max H.R.C- - Target H.R. = $(220 - \text{AGE}) \times 85\%$

5. THR Workout Program:

- Press **MODE** button to accept THR program .
“ENTER TARGET HR” is displayed. Press the ▲ or ▼ button to adjust Target Heart.
- Then press **START** button and begin exercise.
Target H.R .C- - Workout by your target heart rate value.

Exercise Information

Console Operation

6. HRS Workout Program:

- Press **MODE** button to accept H.R.S Program(C1~C3)
“C1” is displayed. Press the ▲ or ▼ button to choose from C1 TO C3.
- Press **MODE** button to accept C1~C3 .
“PRESS START” is displayed. Press the ▲ or ▼ button to adjust AGE.
- Then press **START** button and begin exercise.
C1 - - Target H.R. = $(220 - \text{AGE}) \times 60\%$
C2 - - Target H.R. = $(220 - \text{AGE}) \times 70\%$
C3 - - Target H.R. = $(220 - \text{AGE}) \times 85\%$

* Sport mode:

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

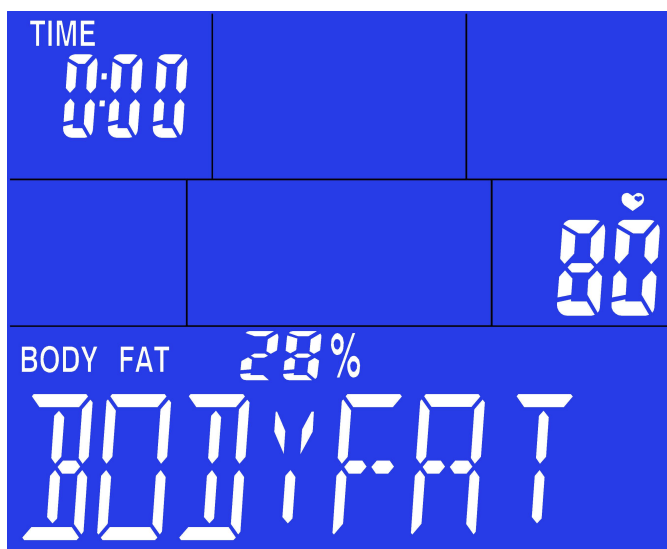
7. Body Fat Analysis

- 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.
“ENTER HEIGHT” is displayed. Press the ▲ or ▼ button to adjust Height.
- Press **MODE** button to accept HEIGHT .
“ENTER WEIGHT” is displayed. Press the ▲ or ▼ button to adjust WEIGHT.
- Press **MODE** button to accept WEIGHT .
“ENTER AGE” is displayed. Press the ▲ or ▼ button to adjust AGE.
- Press **MODE** button to accept AGE .
“PRESS START TO TEST” is displayed. Press the ▲ or ▼ button to adjust FEM(MALE).
- Then Press **START** button and begin test .
- This requires you to hold the hand pulse sensors continuously for around 35 seconds. After 10 seconds during the test a result of Heart rate will be displayed first and a result of Body Fat will be given at the end of the test. Failure to hold the hand pulse sensors throughout the measurement will result in “ERROR”

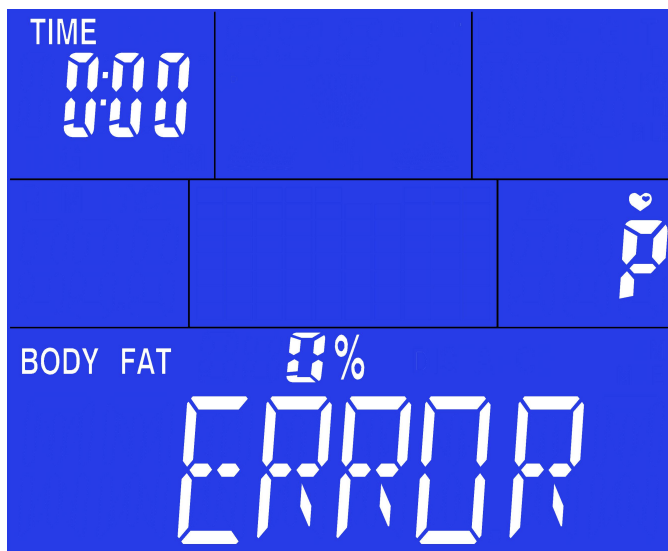
Exercise Information

Console Operation

• RESULT



• ERROR



8. RECOVERY TEST:

Press PULSE RECOV when in START or PAUSE stage. Hold the hand pulse sensors continuously. After 10 seconds during the test a result of Heart rate will be displayed first and a result of Recovery status will be shown in the following format after another 60 seconds at the end of the test. Failure to hold the hand pulse sensors throughout the measurement will return to Sports Mode or result in inaccurate measurement.

Exercise Information

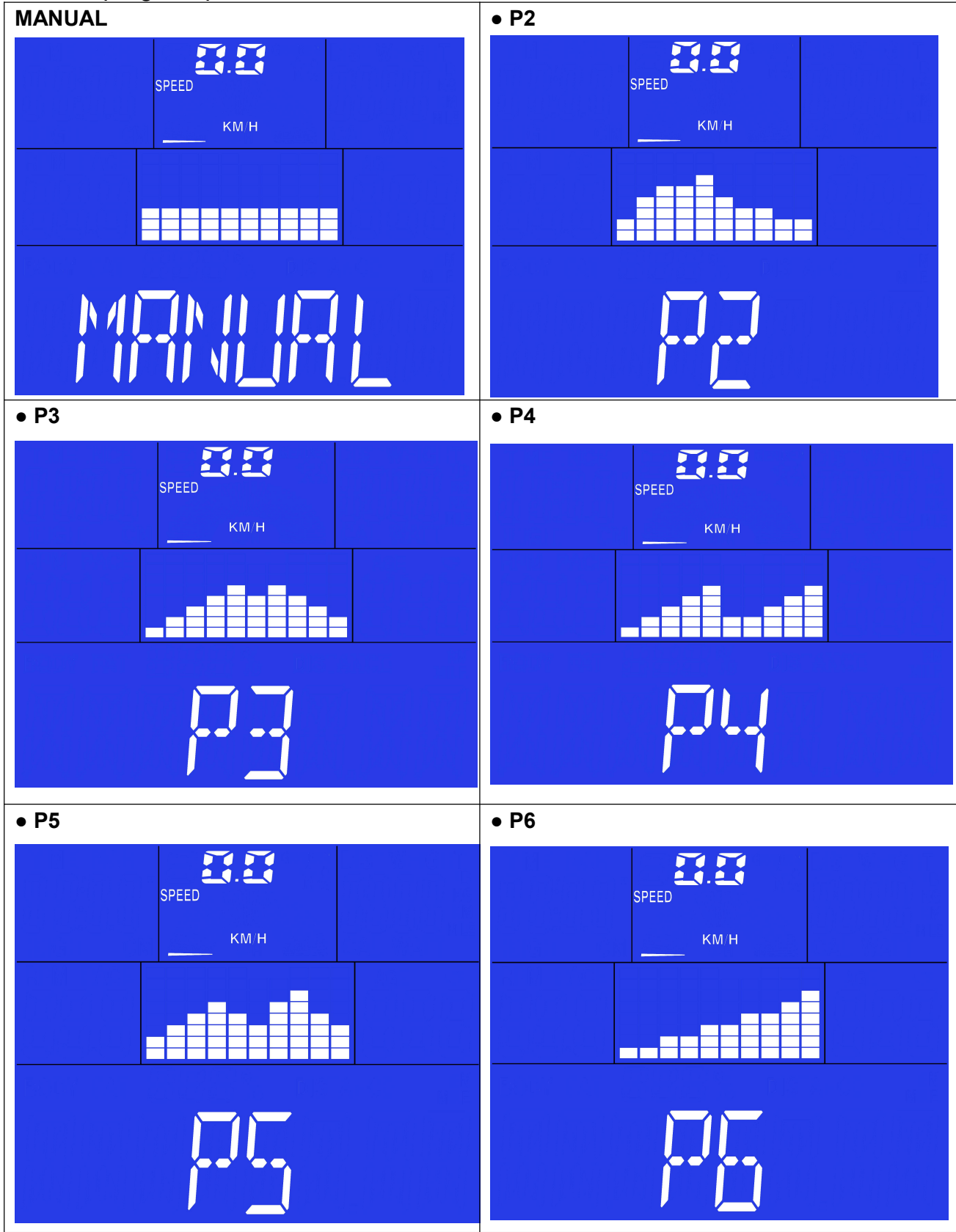
Console Operation

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

Exercise Information

Console Operation

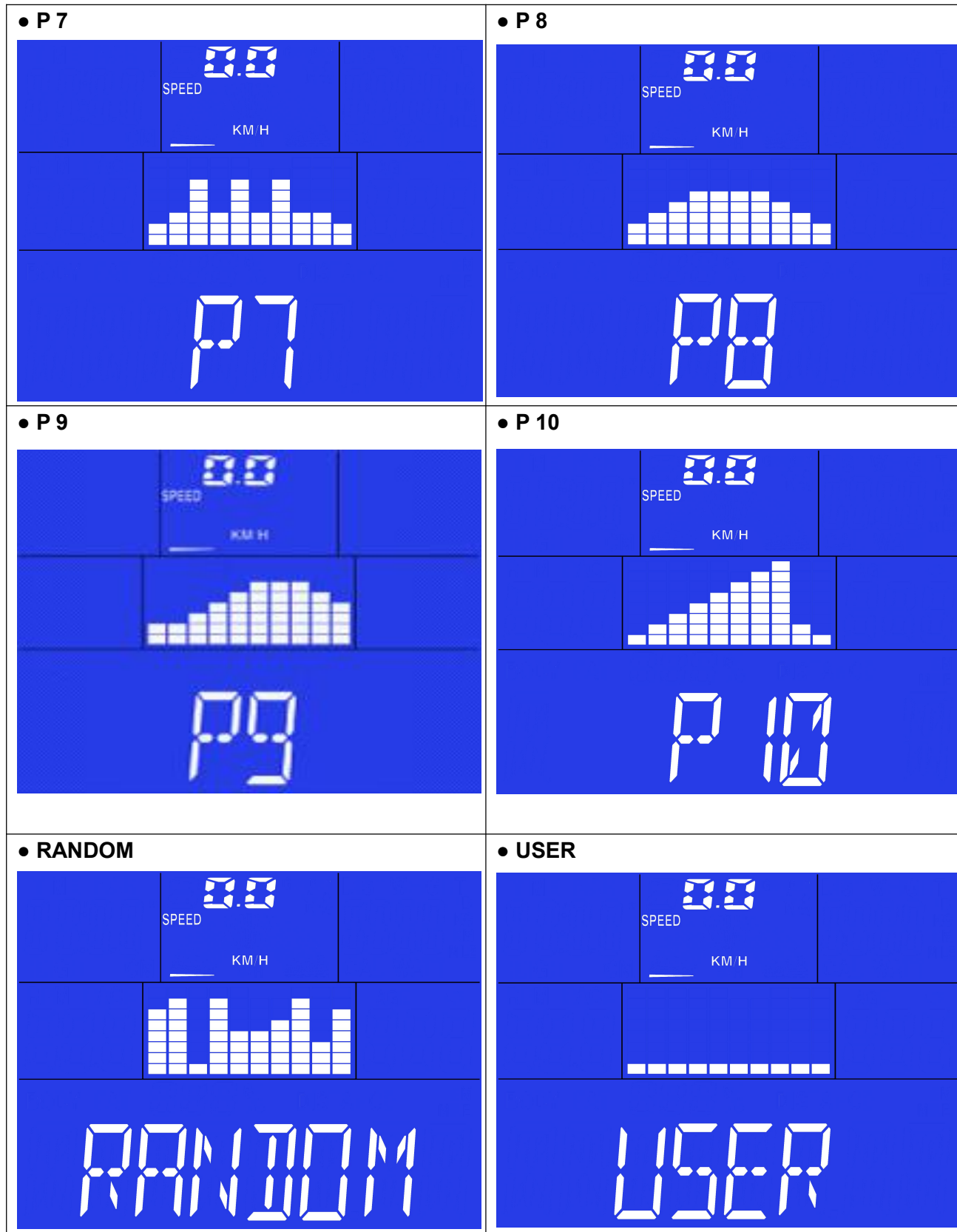
Pre-defined program profile



Exercise Information

Console Operation

Pre-defined program profile

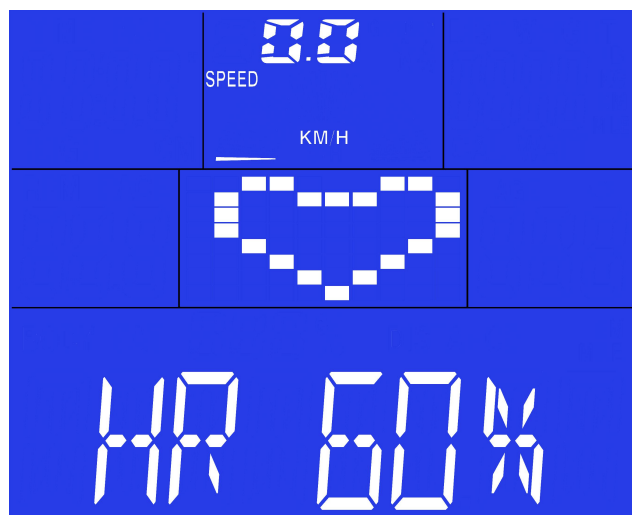


Exercise Information

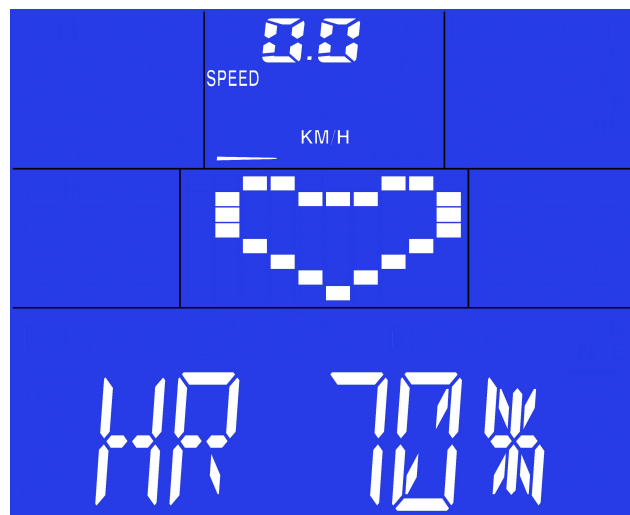
Console Operation

Pre-defined program profile

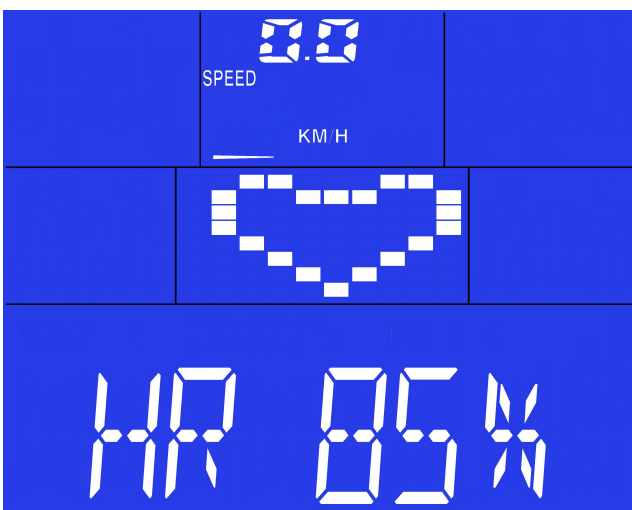
• H.R.C 60%



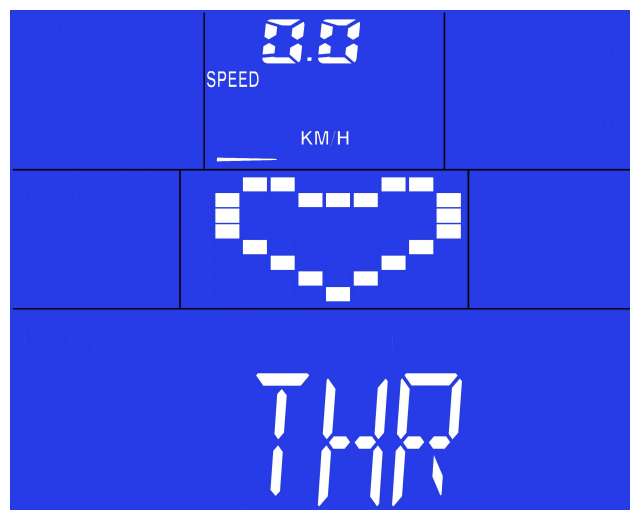
• H.R.C 70%



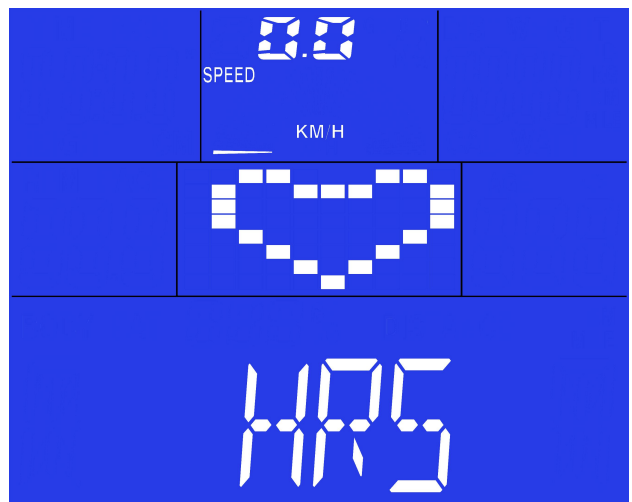
• H.R.C 85%



• T.H.R



• H.R.S



• BODY FAT

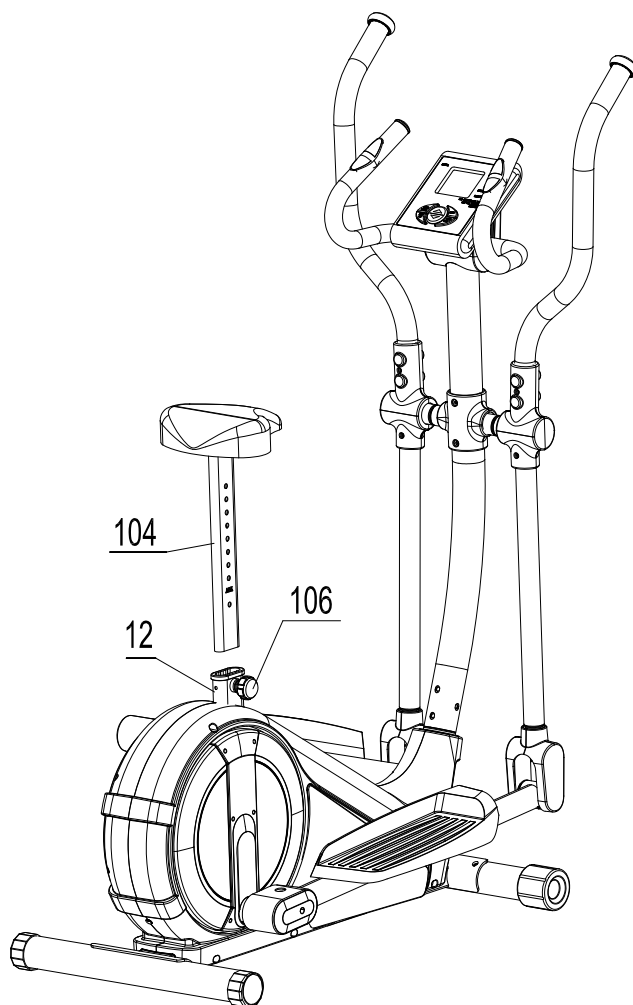


Exercise Information

Adjustment your mechanism

Adjustment of the seat

Turn the M16 Lock Knob (106) counter clockwise and pull it outwards. Adjust the height of the Saddle Post (104) to your desired position. Then restore the Lock Knob (106) and tighten it.



Care and Maintenance

1. The safety level of the equipment can only be maintained if it is examined regularly for damage and wear e.g. ropes, pulleys and connection points.

2. Lubricate moving parts with light oil periodically to prevent premature wear. To prevent damage to the computer, keep liquids away and keep it out of direct sunlight.

3. Inspect and tighten all parts before using the equipment. Replace defective components immediately and/or keep the equipment out of use until repair.

Pay 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 **Customer Helpline:**

0345 600 1714

www.argos-support.co.uk

Guarantee:

For guarantee purposes, please retain your purchase receipt.

Information for Users on Disposal of old Equipment and Batteries

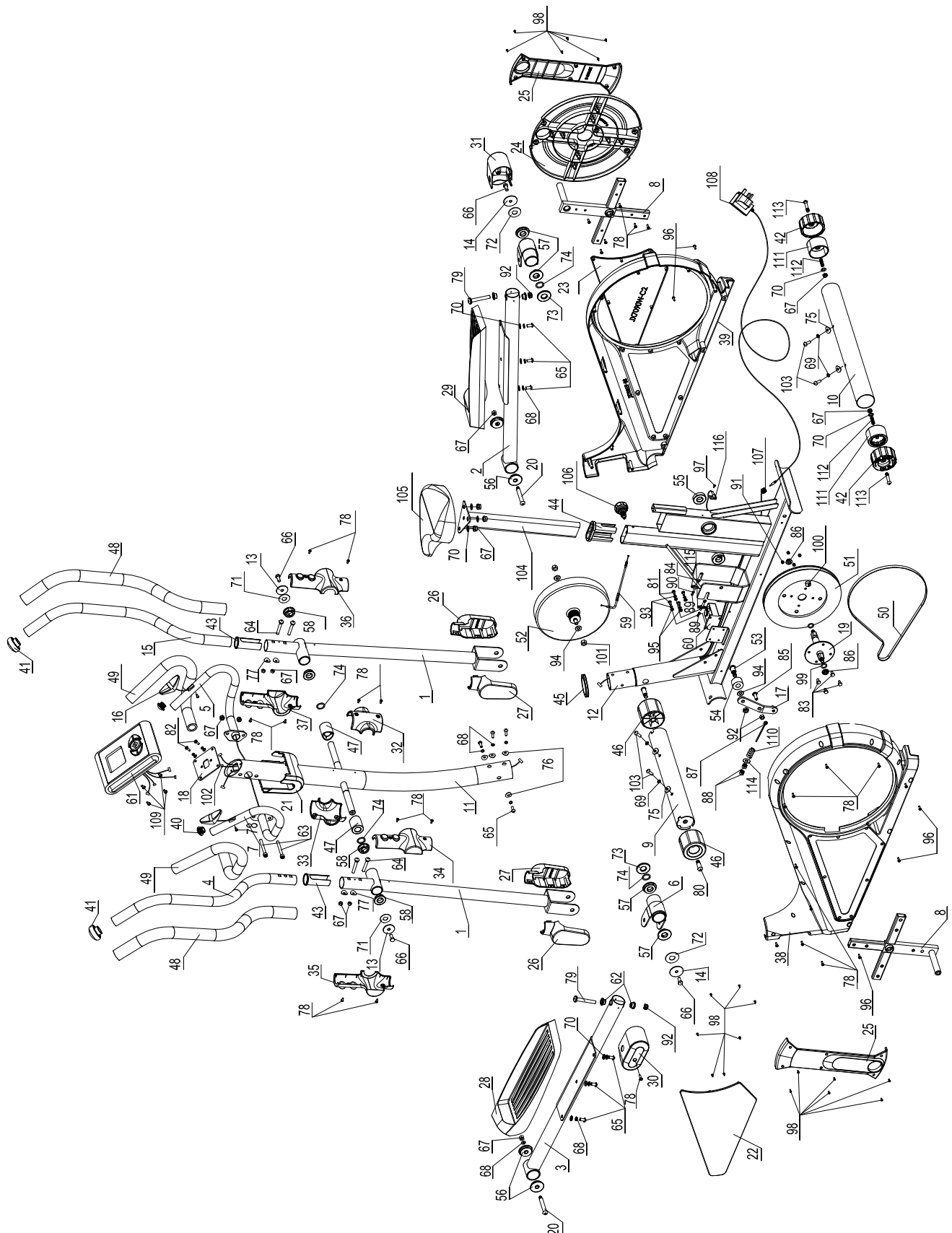
These symbols indicate that equipment with these symbols should not be disposed of as general household waste. If you want to dispose of the product or battery, please consider the collection systems or facilities for appropriate recycling.

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



Always unplug the equipment before cleaning and/or servicing. Service to this equipment should only be performed by an authorized service representative, unless authorized and/or instructed by the manufacturer.

Exploded Parts Diagram



Parts List

1	Handrail Arm	2	59	Tension Cable	1
2	Right Foot Bar	1	60	Motor	1
3	Left Foot Bar	1	61	Computer	1
4	Left Handrail	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 Post	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 Handrail	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

Parts List

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 Post Front Cover	1	90	M6/T=10mm Nut	2
33	Front Post Rear Cover	1	91	M6 Aircraft Nut	4
34	Left Handrail Front Cover	1	92	M10 Aircraft Nut	4
35	Left Handrail Rear Cover	1	93	Ø5mm Spring Washer	6
36	Right Handrail Front Cover	1	94	Ø10mm Washer	6
37	Right Handrail 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 Post	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

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 www.argos-support.co.uk

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