

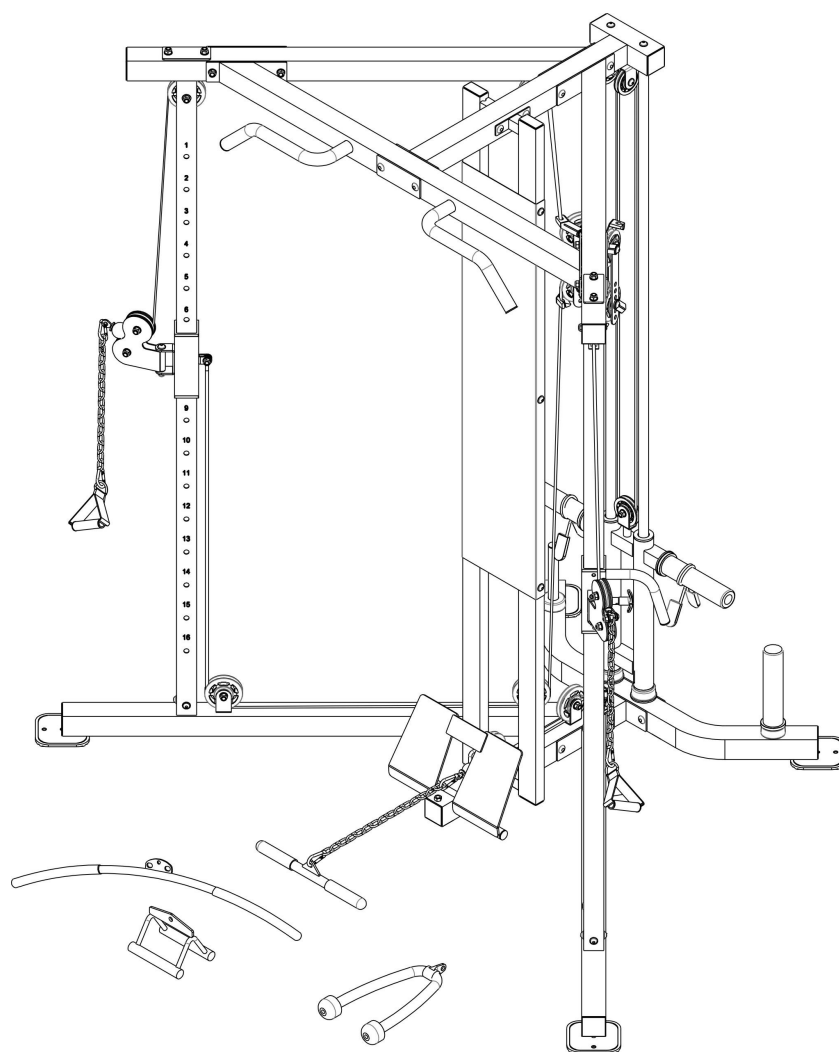
Wow MH Cable Cross Over

Assembly & User Instructions – Please keep for future reference

455 / 2248



Men'sHealth®
Active+



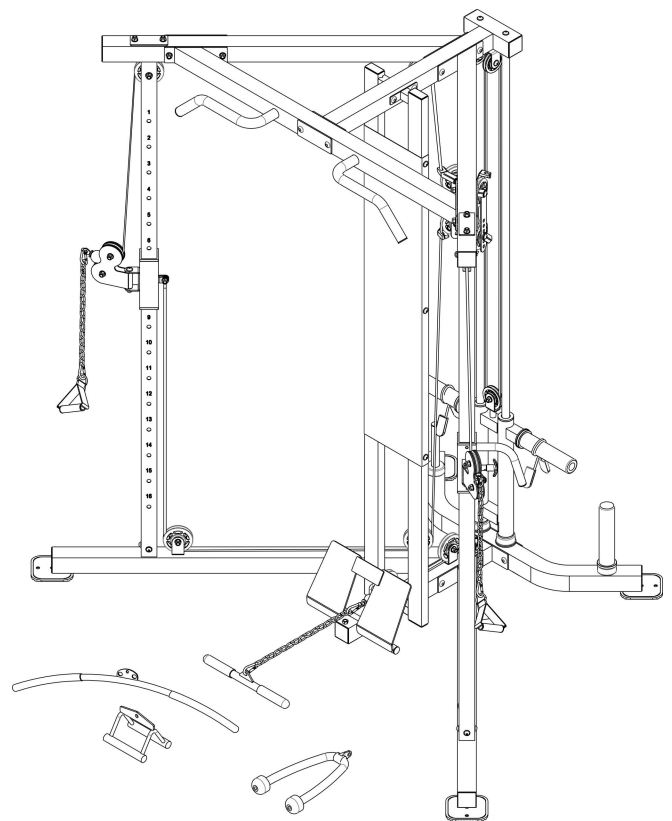
Important – Please read these instructions fully before assembly or use

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**
www.argos-support.co.uk

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Guarantee	





Safety Information



Men'sHealth
Active+

Important – Please read fully before using and assembly

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.
- 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 exercise 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.

Using the equipment

- 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.
- Parents and others in charge of children should be aware of their responsibility because the natural play instinct and the fondness of experimenting of children

can lead to situations and behavior for which the training equipment is not intended.

- If children are allowed to use the equipment under supervision, their mental and physical development should be taken into account. They should be controlled and instructed to the correct use of the equipment. The equipment is under no circumstances suitable as a toy.
- Disabled persons should not use the equipment without a qualified person or doctor in attendance.

This product is not suitable for therapeutic purposes.

- 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.
- A spotter is recommended during exercise.
- 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.
- The maximum user weight recommended for this product is **125kg**.
- The max traing weight is **100Kgs**.
- This product is fit for 1" and 2" weight plates.
- This product conforms to: (BS EN ISO 20957-1, EN957-2) class (H) - Home Use .



Warning: Before beginning any exercise program, consult your Doctor. This is especially important for persons with pre-existing health problems or those who have not exercised for a period of time. You **MUST** read all instructions before using any fitness equipment. Argos and its associates assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

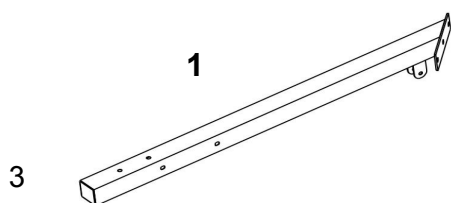
Components-parts

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

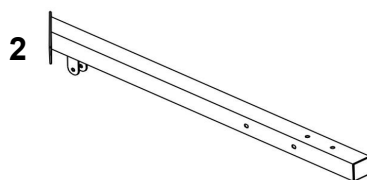
Please check you have all parts listed below

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

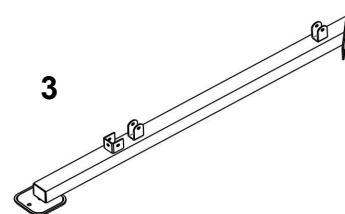
Total weight of the product is 91 kg. The product dimensions after being assembled are(W) 200 ×(D)148 ×(H) 205 cm.



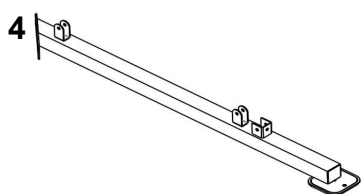
Right Slant Upper Frame x 1



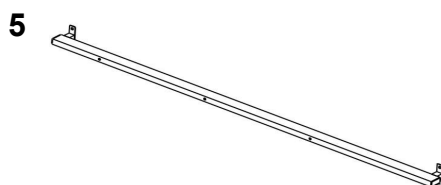
Left Slant Upper Frame x 1



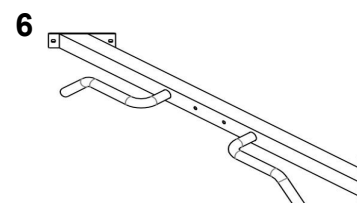
Right Slant Base Frame x 1



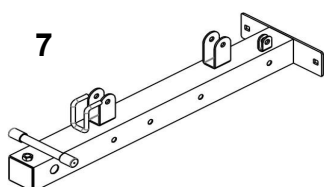
Left Slant Base Frame x 1



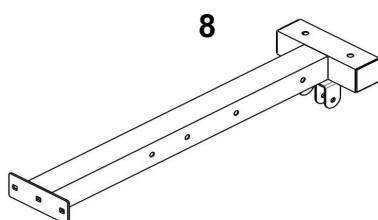
Weight Stack Cover Support x 2



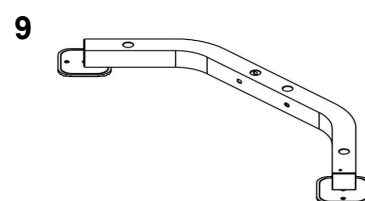
Upper Bar x 1



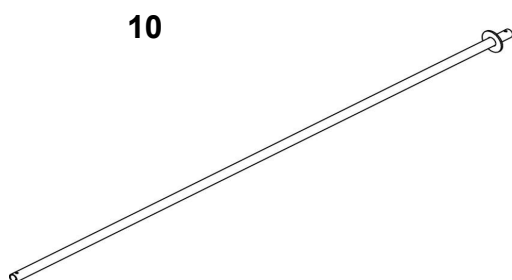
Main Base Frame x 1



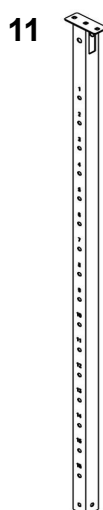
Upper Frame x 1



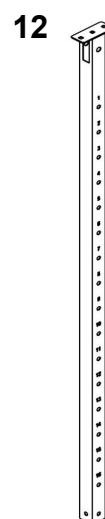
Rear Stabilizer x 1



Guide Rod x 2



Right Upright Support x 1



Left Upright Support x 1

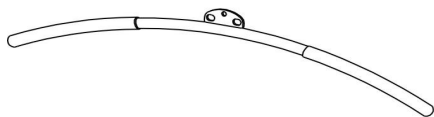
Components-parts

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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.

13



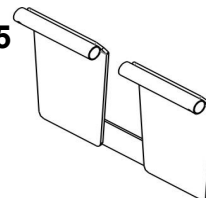
Lat Bar x 1

14



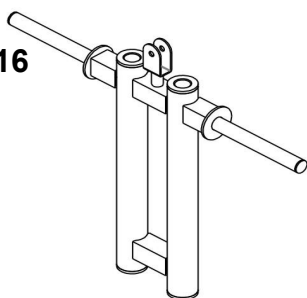
Swivel Pulley Bracket x 2

15



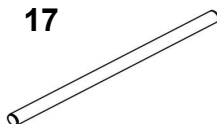
Foot Plate x 1

16



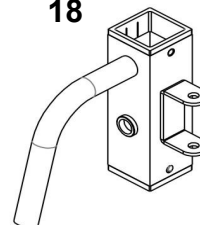
Load Support x 1

17



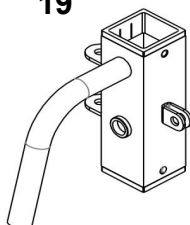
Connecting Rod x 1

18



Right Sliding Adjustment Frame x 1

19



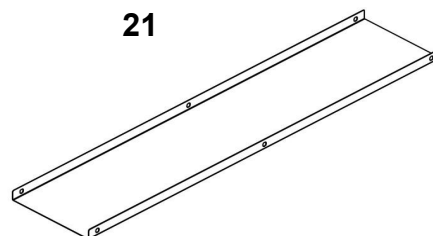
Left Sliding Adjustment Frame x 1

20



Weight Plate Post x 2

21



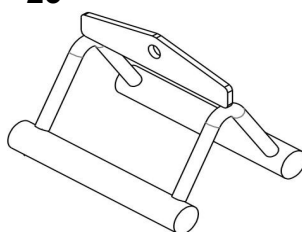
Weight Stack Cover x 1

22



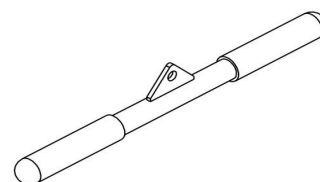
Double Floating Pulley Bracket x 4

23



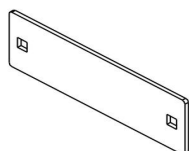
Saddle-Shaped Strap x 1

24



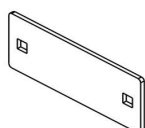
Pull Bar x 1

25



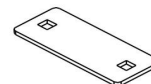
200x55 Bracket x 3

26



150x55 Bracket x 1

27



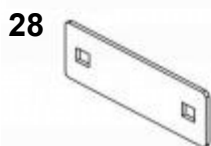
120x50 Bracket x 2

Components-parts

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

Please check you have all parts listed below

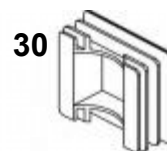
Note: Some of the smaller components may be pre-fitted to larger components. Please check carefully before contacting Argos regarding any missing components.



120×45 Bracket x 1



60×1.5 End Cap x 7
(Pre-fitted)



60×2.0 End Cap x 2
(Pre-fitted)



30×60 End Cap x 4
(Pre-fitted)



Ø32×2.0 End Cap x 4
(Pre-fitted)



Ø25×1.5 End Cap x 2
(Pre-fitted)



Ø25×2.0 End Cap x 4
(Pre-fitted)



1" Spring Collar Cap x 4
(Pre-fitted)



Ø19×2.0 End Cap x 2
(Pre-fitted)



Lock Knob x 2



Ø78 Pulley x 7



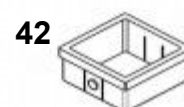
Ø97 Pulley x 14



Pulley Level Bracket x 8



Level Bracket Bush x 8



□60×50 Sleeve x 4
(Pre-fitted)

Components-parts

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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.

43



Ø16 End Cap x 2
(Pre-fitted)

44



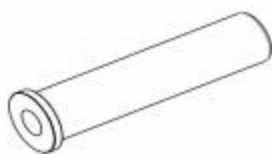
Nylon Bushing x 4
(Pre-fitted)

45



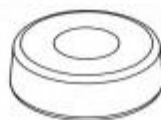
Foot Cover x 4
(Pre-fitted)

46



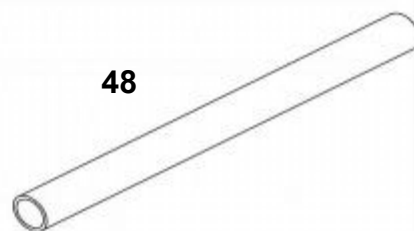
Sleeve x 4

47



Rubber Bumper x 4

48



Ø37×465 Handle Grip x 2
(Pre-fitted)

49



Ø31×255 Handel Grip x 2
(Pre-fitted)

50



2" Spring Collar x 2

51



2" Spring Collar Cap x 4
(Pre-fitted)

52



U-Shaped Connector x 1
(Pre-fitted)

53



Pin x 2

54



Bush x 4
(Pre-fitted)

55



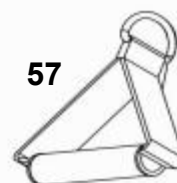
Ø25×135 Handle Grip x 2
(Pre-fitted)

56



Ø25×325 Handle Grip x 2
(Pre-fitted)

57



Single Strap x 2

Components-parts

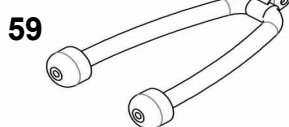
If you have any damaged or missing parts, Please
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Please check you have all parts listed below

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



Ø22×15 Pulley Bushing x 4



Tricep Rope x 1



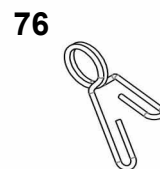
Upper Cable x 1



Right Lower Cable x 1



Left Lower Cable x 1

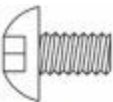
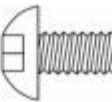

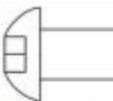

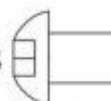
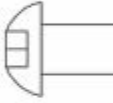
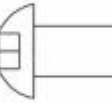
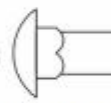







1" Spring Collar x 2

Components – Fixings

Please check you have all fixings 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.

60  M10×16mm Allen Bolt x 12	61  M10×25mm Allen Bolt x 9	62  (Pre-fitted) M10×35mm Allen Bolt x 1
63  M10×40mm Allen Bolt x 7	64  M10×45mm Allen Bolt x 8	65  M10×50mm Allen Bolt x 4
66  M10×65mm Allen Bolt x 2	67  M10×85mm Allen Bolt x 2	68  M10×80mm Carriage Bolt x 20
69  Ø10mm Washer x 88	70  M10 Aircraft Nut x 47	71  15 Link Chain x 3
72  7# Carabiner x 5	 6#, 4# Allen Keys	

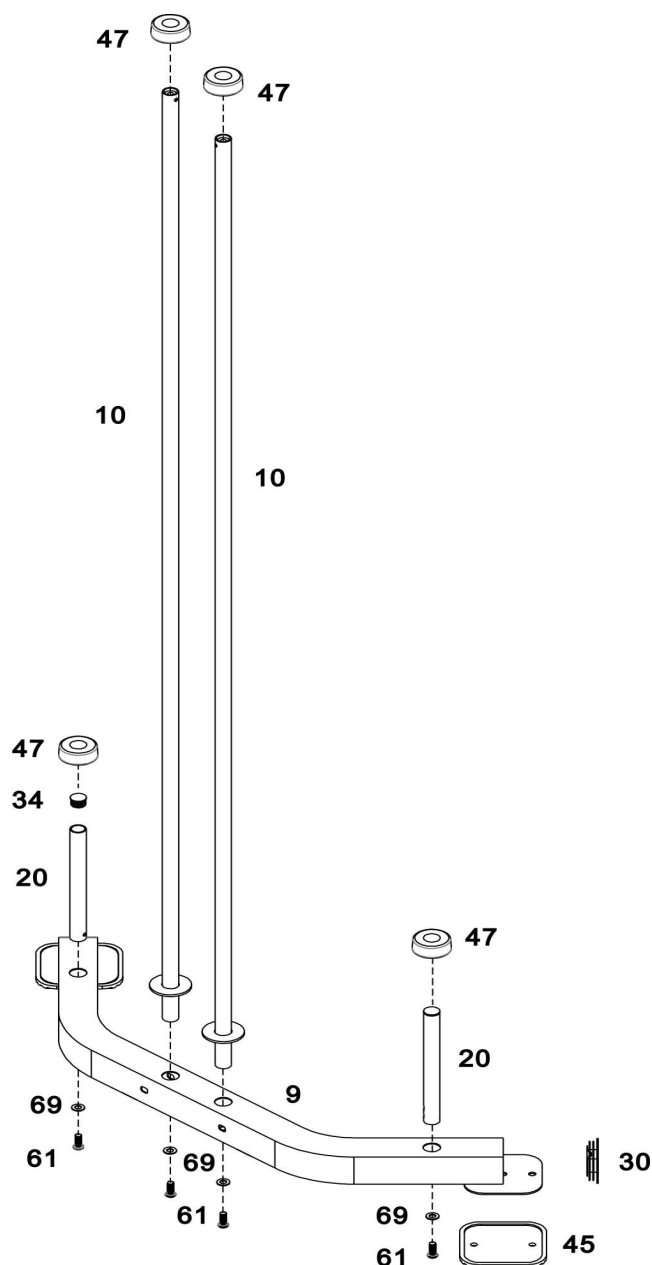
Tools prepared by user



Adjustable
spanner x 2

Assembly Instructions

Two person assembly recommended



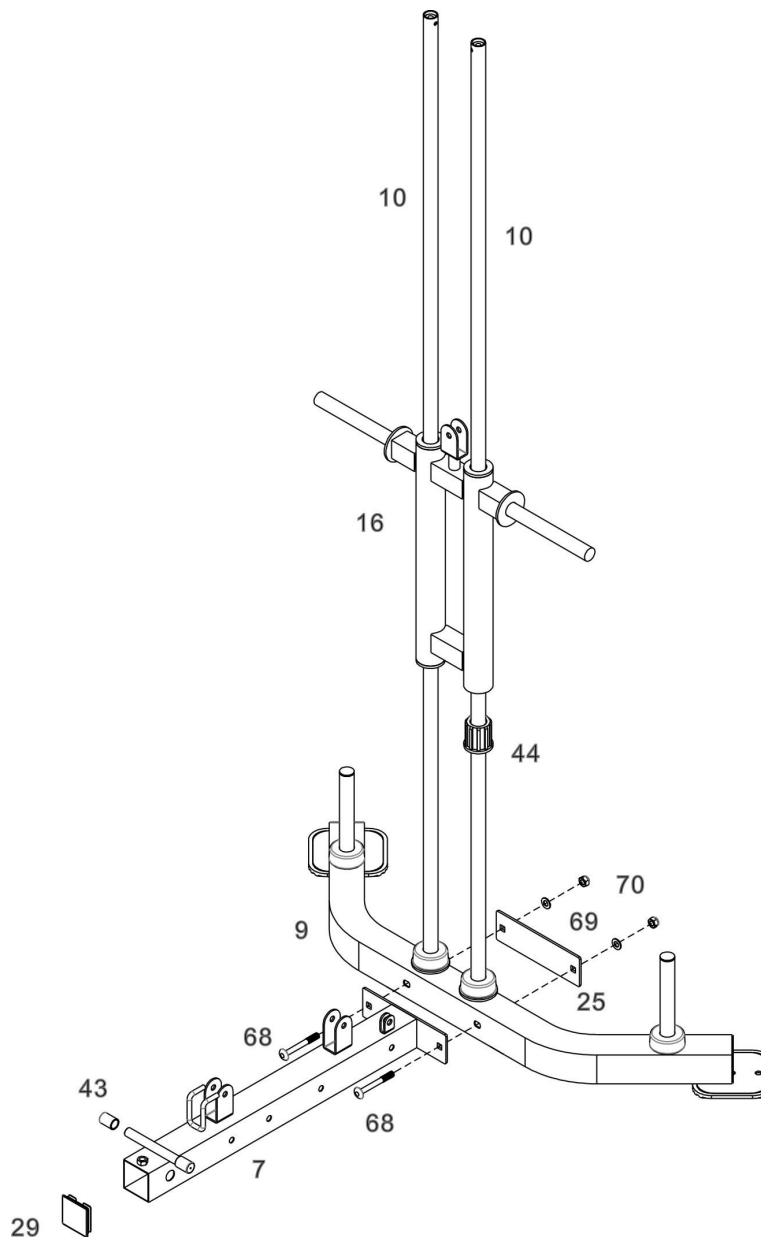
Step 1

- Attach the Guide Rods (10) to the Rear Stabilizer (9) using 2xM10x25mm Allen Bolts (61) and 2xØ10mm Washers (69).
- Attach the Weight Plate Post (20) to the Rear Stabilizer (9) using 2 x M10x25mm Allen Bolt (61) and 2xØ10mm Washers (69).
- Put 4 x Rubber Rumpers (47) on the Guide Rods (10) and Weight Plate Posts (20).

Notes: parts (30), (34), (45) are pre-assembled.

Assembly Instructions

Two person assembly recommended



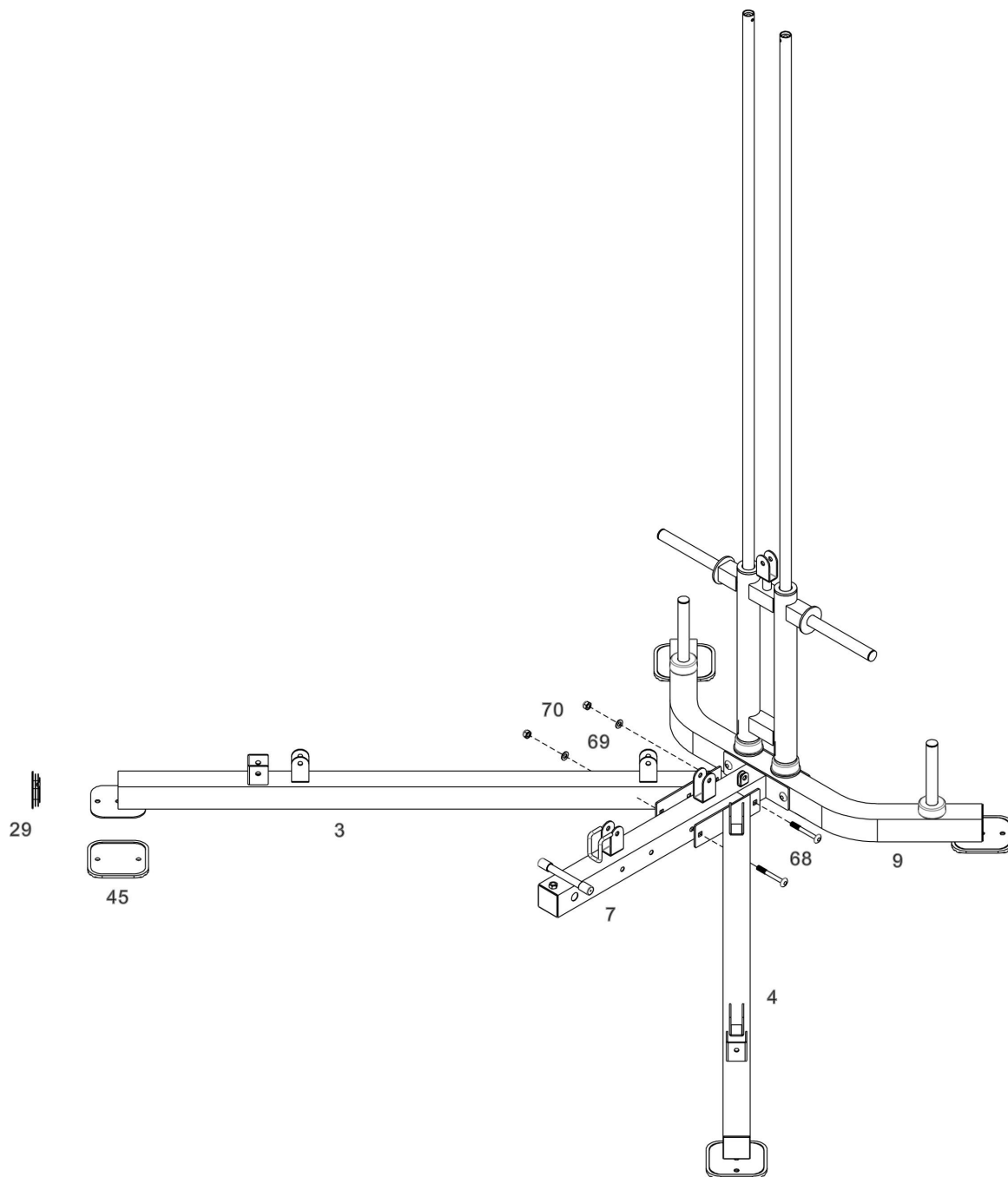
Step 2

- Attach the Main Base Frame (7) and 200×55mm Bracket (25) to the Rear Stabilizer (9) using 2 × M10 × 80mm Carriage Bolts (68), 2 × Ø10mm Washers (69) and 2 × M10 Aircraft Nuts (70).
- Insert the Load Support (16) into the Guide Rods (10).

Notes: parts (29), (43), (44) are pre-assembled.

Assembly Instructions

Two person assembly recommended



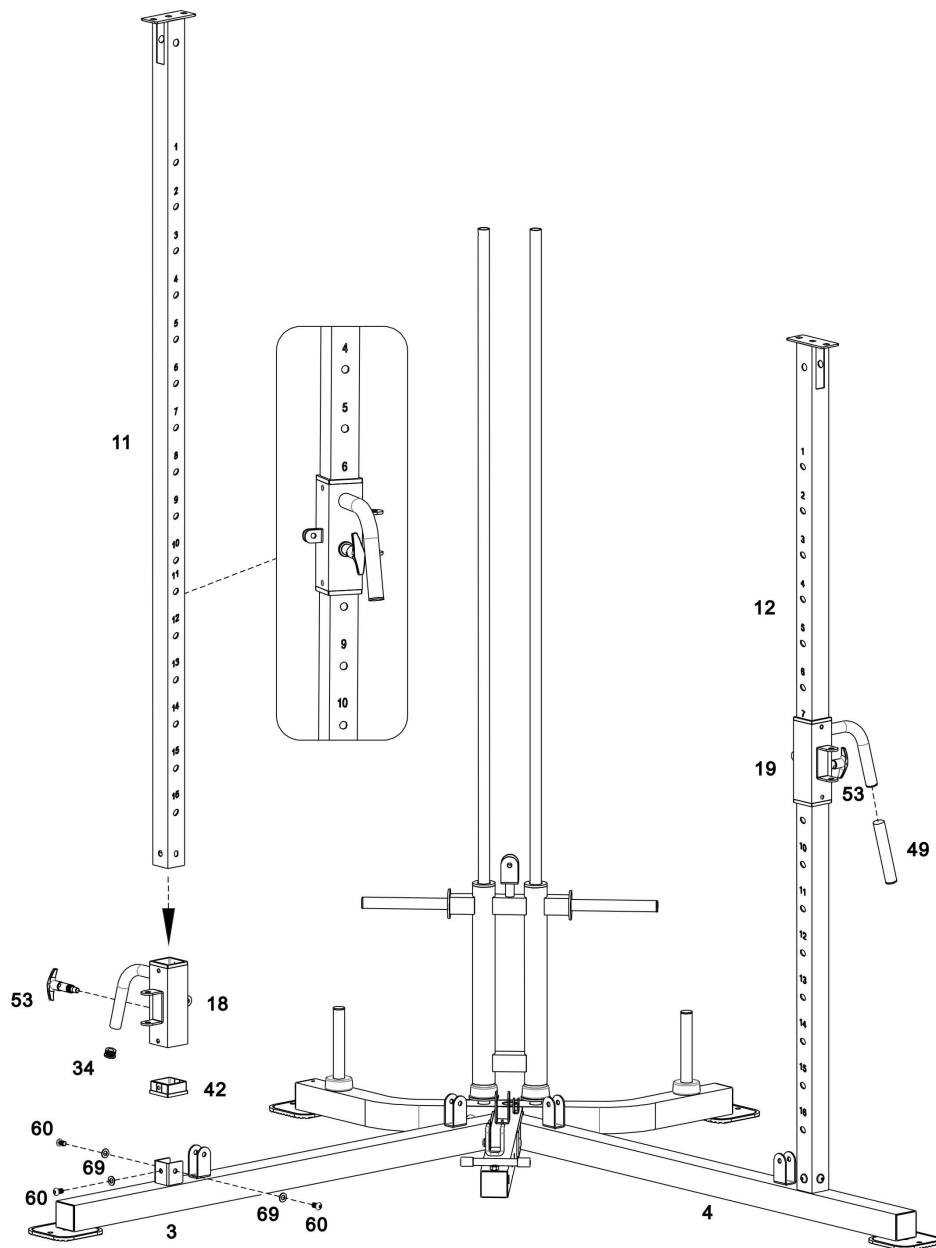
Step 3

Attach the Left & Right Slant Base Frames (3, 4) to the Main Base Frame (7) using 2 × M10 × 80mm Carriage Bolts (68), 2 × Ø10mm Washers (69) and 2 × M10 Aircraft Nuts (70).

Notes: parts (29), (45) are pre-assembled.

Assembly Instructions

Two person assembly recommended



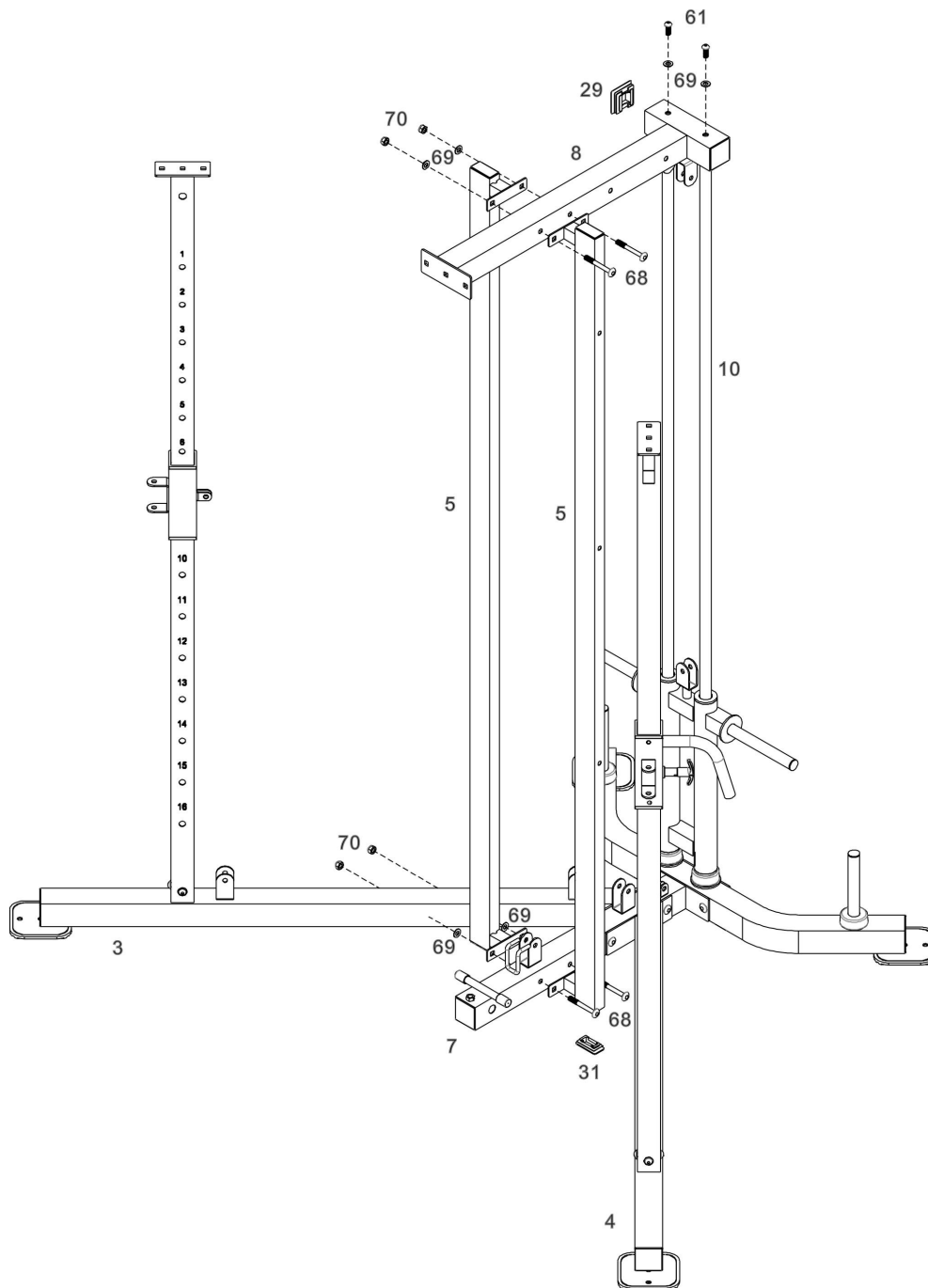
Step 4

- Put the Right Upright Support (11) through the Right Sliding Adjustment Frame (18), and secure with the Pin (53).
- Fix the Right Upright Support (11) to the Right Slant Base Frame (3) using 3 × M10 ×16mm Allen Bolts (60), 3 x Ø10mm Washers (69).
- Put the Left Upright Support (12) through the Left Sliding Adjustment Frame (19), and secure with the Pin (53).
- Fix the Left Upright Support (12) to the Left Slant Base Frame (4) using 3 × M10 ×16mm Allen Bolts (60), 3 x Ø10mm Washers (69).

Notes: parts (34), (42), (49) are pre-assembled.

Assembly Instructions

Two person assembly recommended



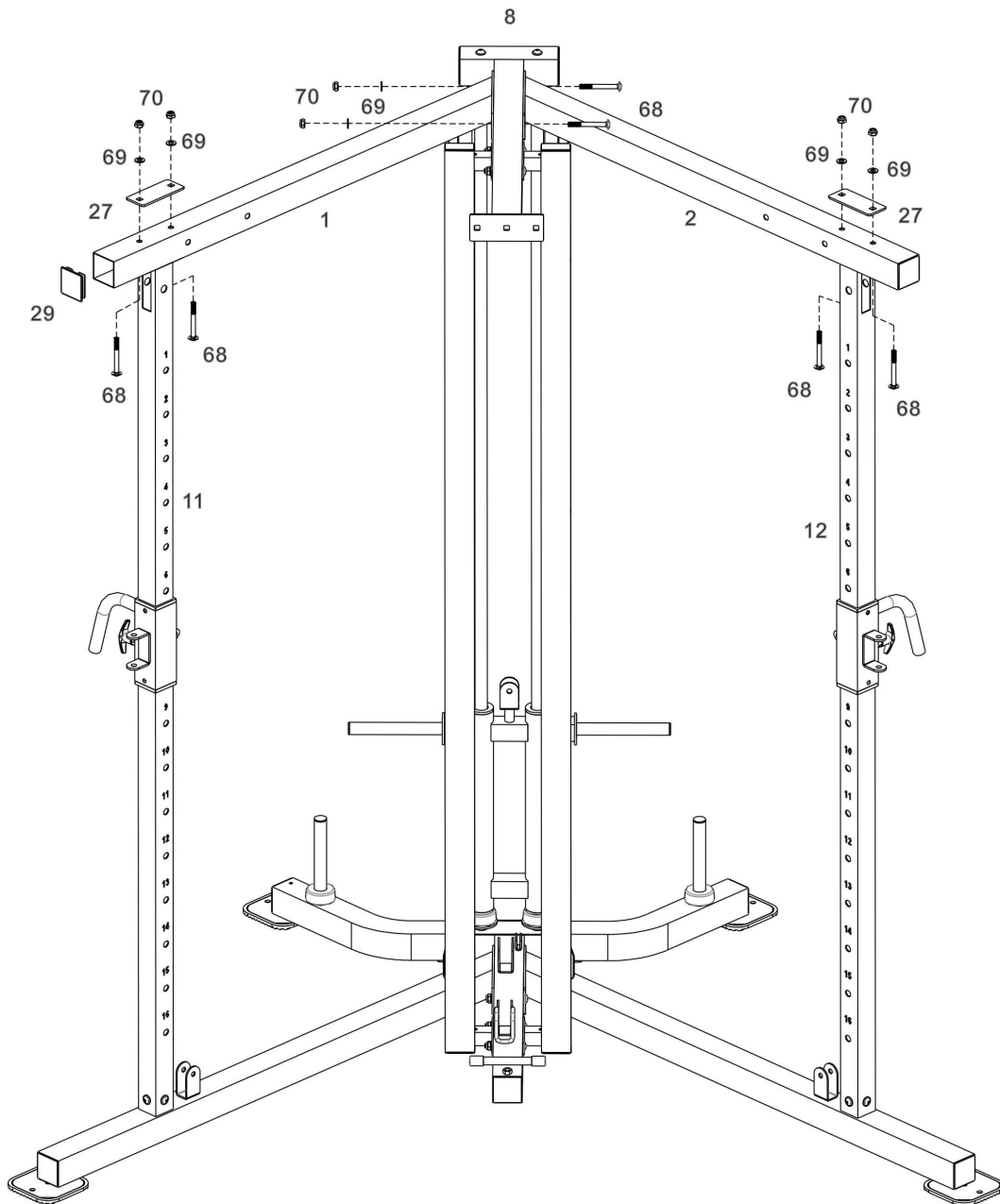
Step 5

- Fix the Weight Stack Cover Support (5) to the Main Base Frame (7) using 2 × M10×80mm Carriage Bolts (68), 2 × Ø10mm Washers (69) and 2 × M10 Aircraft Nuts (70).
- Attach the Upper Frame (8) to the Guide Rods (10) using 2 × M10×25mm Allen Bolts (61) and 2 × Ø10mm Washers (69).
- Fix the Weight Stack Cover Support (5) to the Upper Frame (8) using 2 × M10×80mm Carriage Bolts (68), 2 × Ø10mm Washers (69) and 2 × M10 Aircraft Nuts (70).

Notes: parts (29), (31) are pre-assembled.

Assembly Instructions

Two person assembly recommended



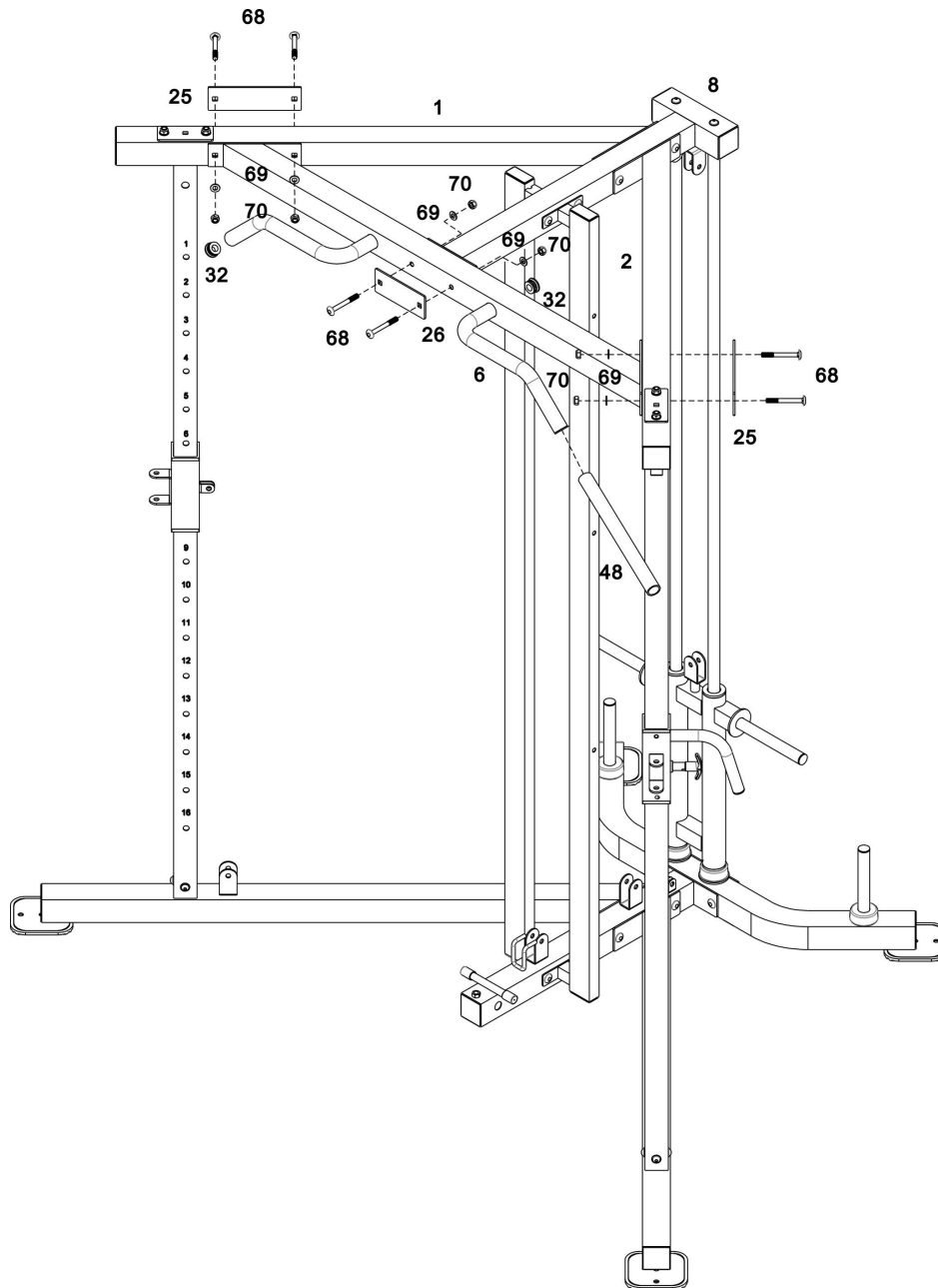
Step 6

- Attach the Right Slant Upper Frame (1) to the Right Upright Support (11) using 2 × M10×80mm Carriage Bolts (68), 2 × Ø10mm Washers (69), 2 × M10 Aircraft Nuts (70) and 1 x 120×50 Bracket (27).
- Attach the Left Slant Upper Frame (2) to the Right Upright Support (12) using 2 × M10×80mm Carriage Bolts (68), 2 × Ø10mm Washers (69), 2 × M10 Aircraft Nuts (70) and 1 x 120×50 Bracket (27).
- Attach the Left & Right Slant Upper Frame (1, 2) to the Upper Frame (8) using 2 × M10×80mm Carriage Bolts (68), 2 × Ø10mm Washers (69) and 2 × M10 Aircraft Nuts (70).

Notes: parts (29) is pre-assembled. Do not tighten the bolts at this step.

Assembly Instructions

Two person assembly recommended



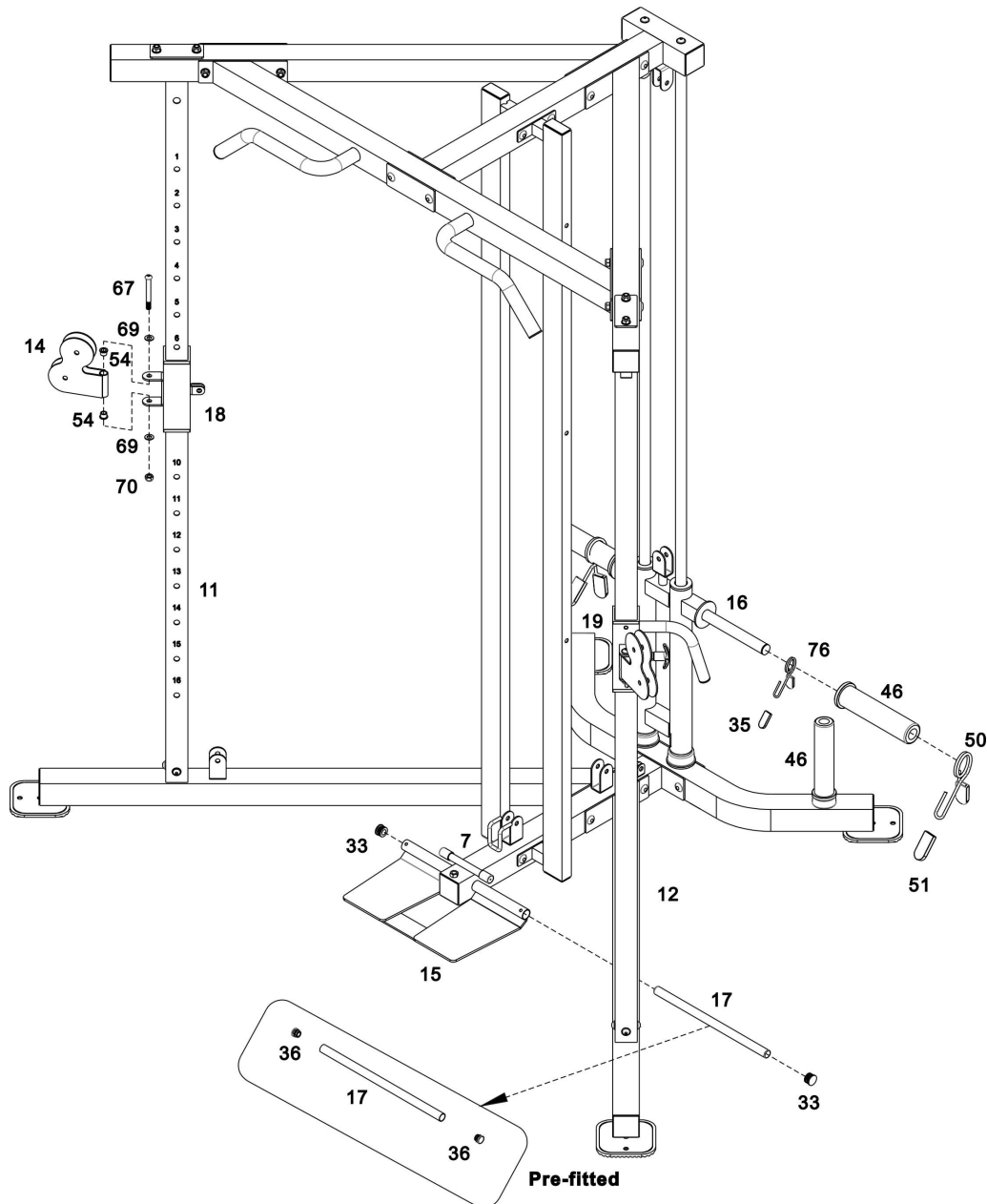
Step 7

- Attach the Upper Bar (6) to the Upper Frame (8) using 2 × M10×80mm Carriage Bolts (68), 2 × Ø10mm Washers (69), 2 × M10 Aircraft Nuts (70) and 1 x 150×55 Bracket (26). Do not tighten the bolts at this step.
- Attach the Upper Bar (6) to the Left & Right Slant Upper Frame (1, 2) using 4 × M10×80mm Carriage Bolts (68), 4 × Ø10mm Washers (69), 4 × M10 Aircraft Nuts (70) and 2 × 200×55 Brackets (25).

Notes: parts (32) and (48) are pre-assembled. Tighten all the bolts fitted at step 6 and step 7.

Assembly Instructions

Two person assembly recommended



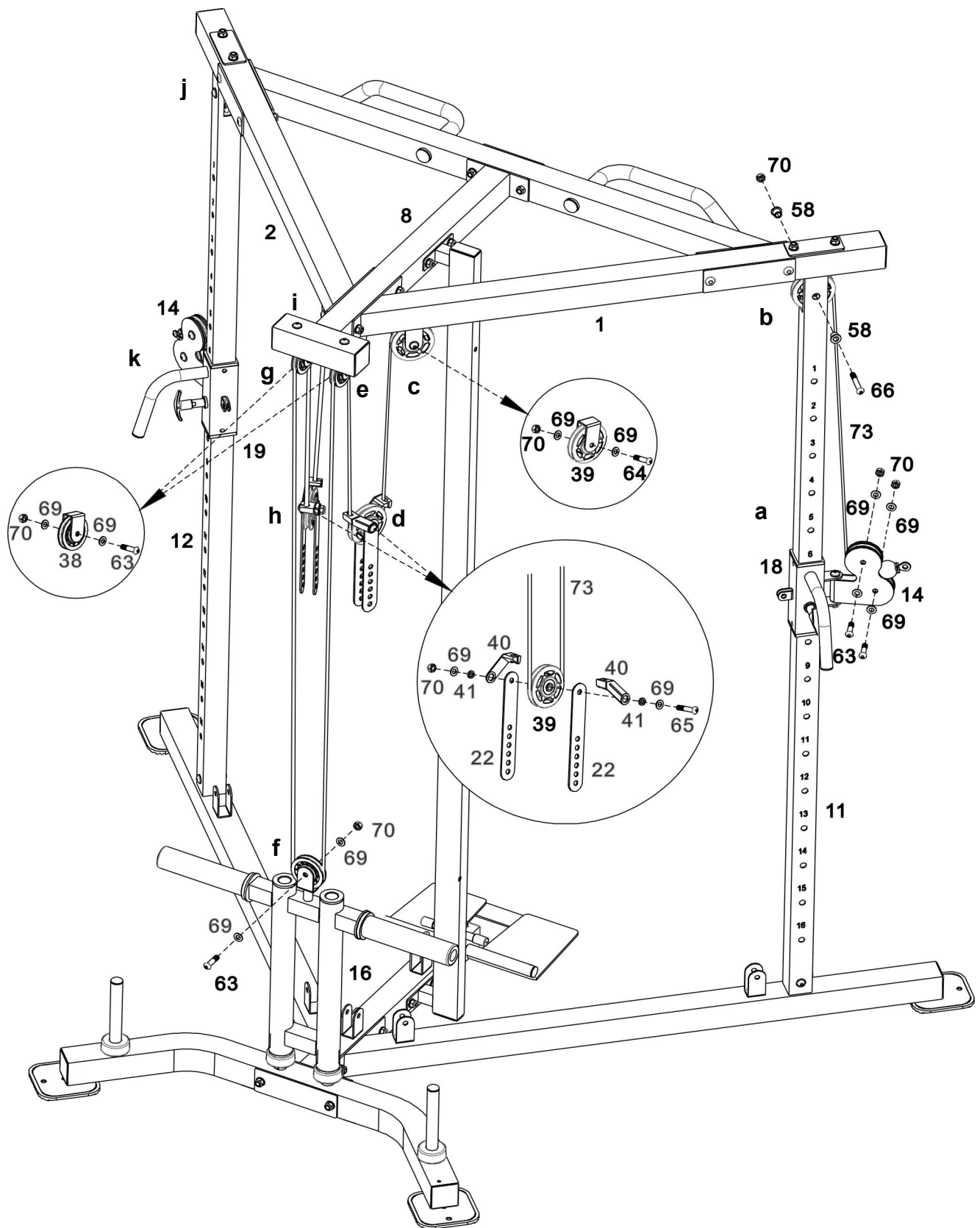
Step 8

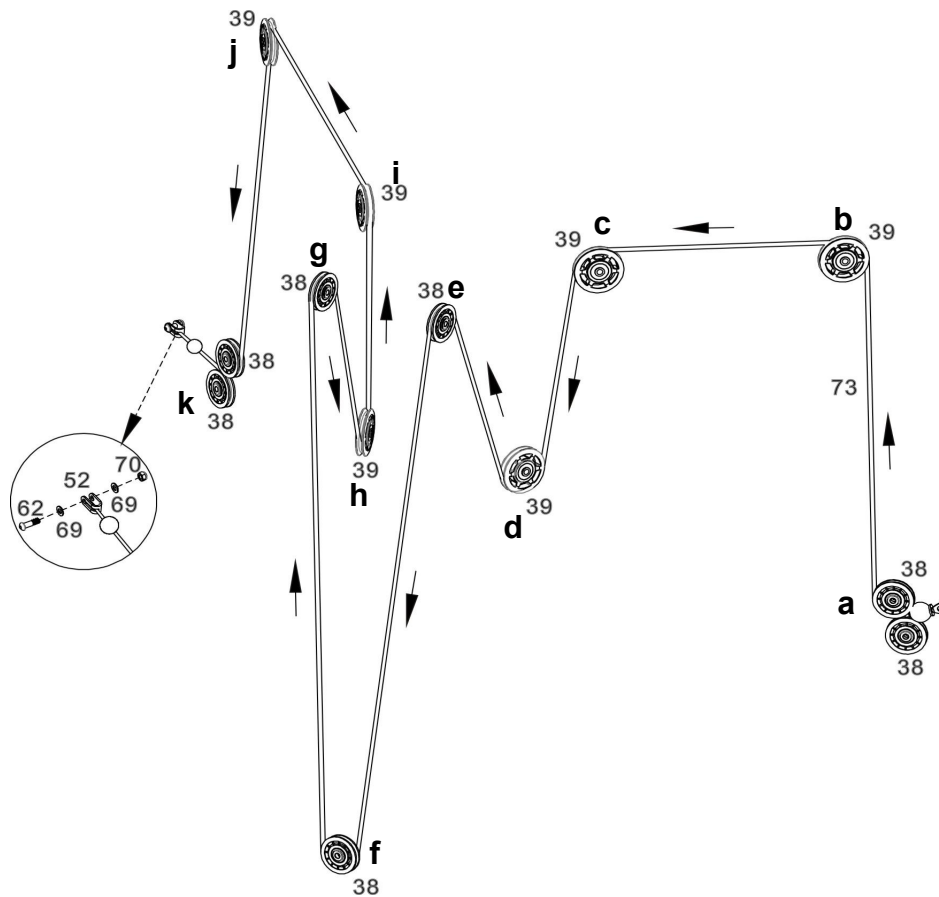
- Fix the Swivel Pulley Bracket (14) to the Right Sliding Adjustment Frame (18) using 1 x M10 x 85mm Allen Bolts (67), 2 x Ø10mm Washers (69), 2 x Bushes (54) and 1 x M10 Aircraft Nut (70).
- Fix the Swivel Pulley Bracket (14) to the Left Sliding Adjustment Frame (19) using 1 x M10 x 85mm Allen Bolts (67), 2 x Ø10mm Washers (69), 2 x Bushes (54) and 1 x M10 Aircraft Nut (70).
- Fix the Foot Plate (15) to the Main Base Frame (7) using Connecting Rod (17), and then secure the two sides of the Foot Plate (5) using 2 x Ø25x1.5 End Caps (33).
- When you use 1" plate, secure with the 1" Spring Collar (76); if you use 2" plate, attach the Sleeve (46) to the Load Support (16), and then secure with the 2" Spring Collar (50).
- Attach the Sleeve (46) to both sides of the Weight Plate Post (20).

Notes: parts (36), (51) and (35) are pre-assembled.

Assembly Instructions

Two person assembly recommended





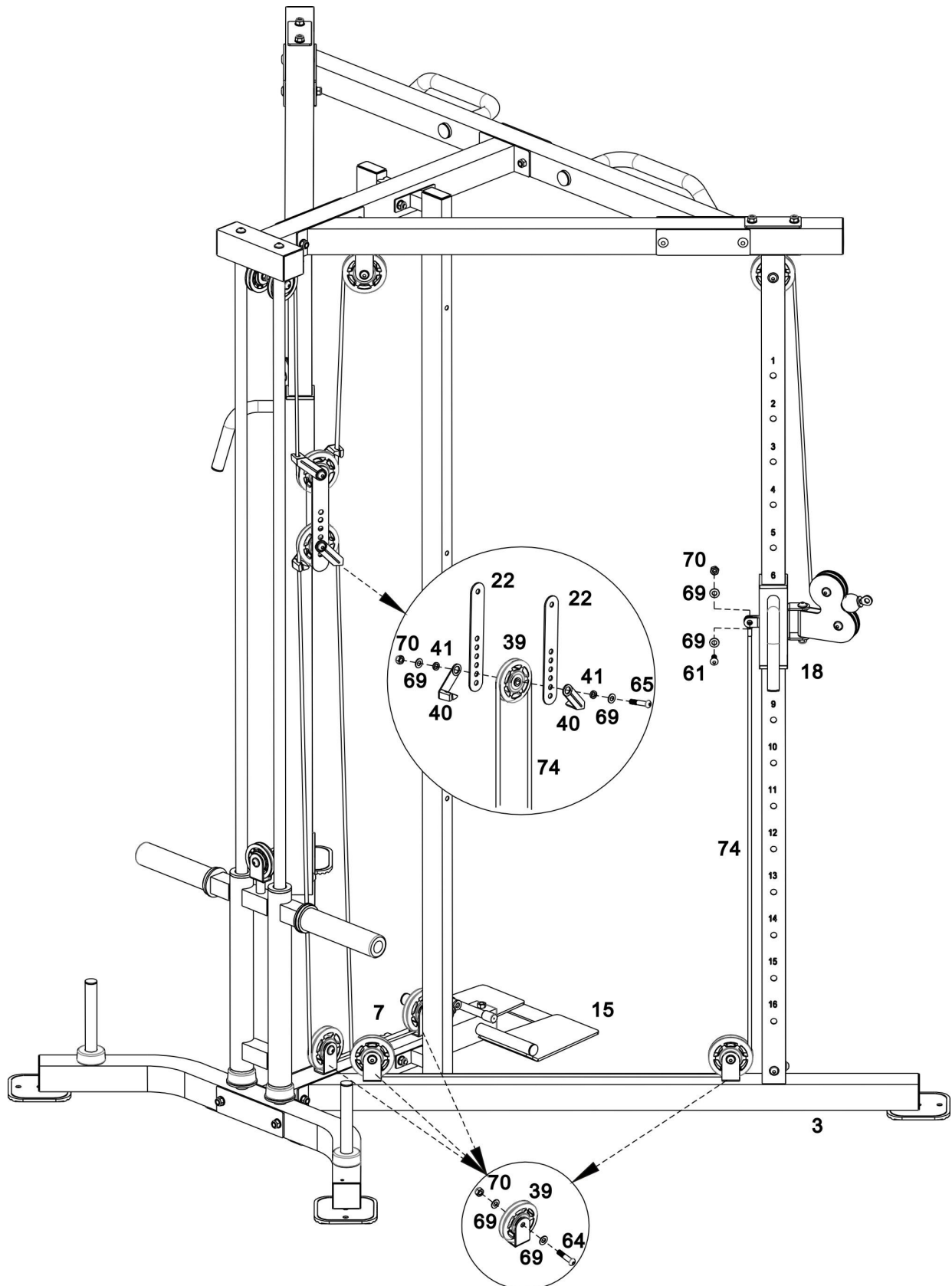
Step 9

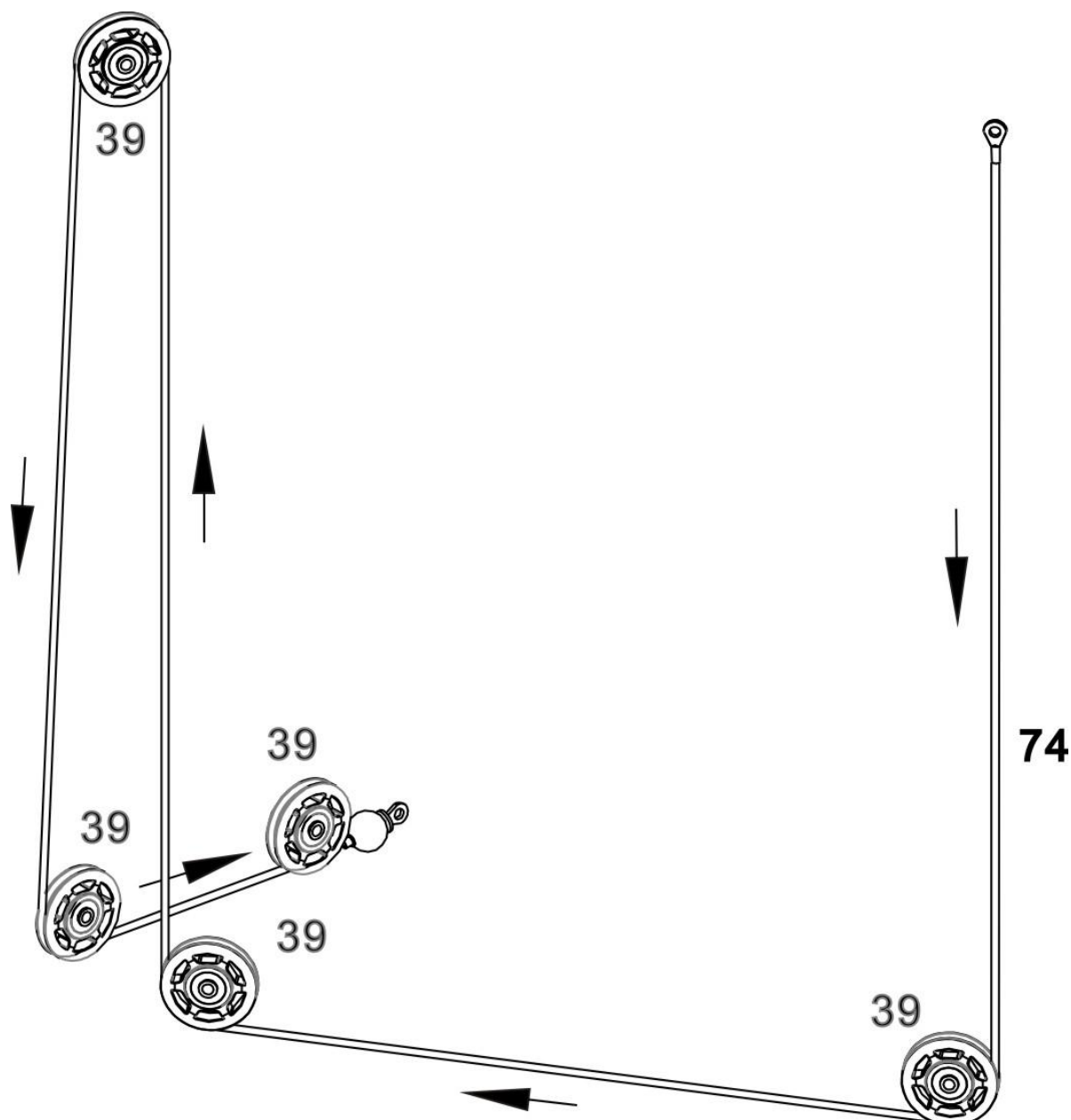
- Remove the bolts and U-Shaped Connector (52) on the active end of the Upper Cable (73). Thread the Upper Cable (73) through 2 × Ø78 Pulleys (38), and then fix the 2 × Ø78 Pulleys (38) to the Swivel Pulley Bracket (14) on the Right Sliding Adjustment Frame (18) using 2 × M10×40mm Allen Bolts (63), 4 × Ø10mm Washers (69) and 2 × M10 Aircraft Nuts (70).
- Thread the Upper Cable (73) through the top hole of the Right Upright Support (11), and fix 1 × Ø97 Pulley (39) to the Right Upright Support (11) using 1 × M10×65mm Allen Bolt (66), 2 × Ø22×15 Pulley Bushes (58) and 1 × M10 Aircraft Nut (70).
- Thread the Upper Cable (73) through the Right Slant Upper Frame (1), and then fix 1 × Ø97 Pulley (39) to the Right Slant Upper Frame (1) using 1 × M10×45mm Allen Bolt (64), 2 × Ø10mm Washers (69) and 1 × M10 Aircraft Nut (70).
- Put Ø97 Pulley (39) on the Upper Cable (73), and fix the Pulley Level Bracket (40) and Level Bracket Bushing (41) and Double Floating Pulley Bracket (22) to the Ø97 Pulley (39) using 1 × M10×50mm Allen Bolt (65), 2 × Ø10mm Washers (69) and 1 × M10 Aircraft Nut (70). Please note that the Level Bracket Bushing (41) and Upper Cable (73) should be embedded into the Pulley Level Bracket (40).
- Thread the Upper Cable (73) through the right notch of the Upper Frame (8), and fix 1 × Ø78 Pulley (38) using 1 × M10×40mm Allen Bolt (63), 2 × Ø10mm Washers (69) and 1 × M10 Aircraft Nut (70).
- Thread the Upper Cable (73) through the the Load Frame (16), and fix 1 × Ø78 Pulley (38) using 1 × M10×40mm Allen Bolt (63), 2 × Ø10mm Washers (69) and 1 × M10 Aircraft Nut (70).
- Repeat step e to assemble on the left side.
- Repeat step d to assemble on the left side.
- Repeat step c to assemble on the left side.
- Repeat step b to assemble on the left side.
- Repeat step a to assemble on the left side.

Notes: do not tighten the bolts on the active end of the Upper Cable (73) at this step.

Assembly Instructions

Two person assembly recommended



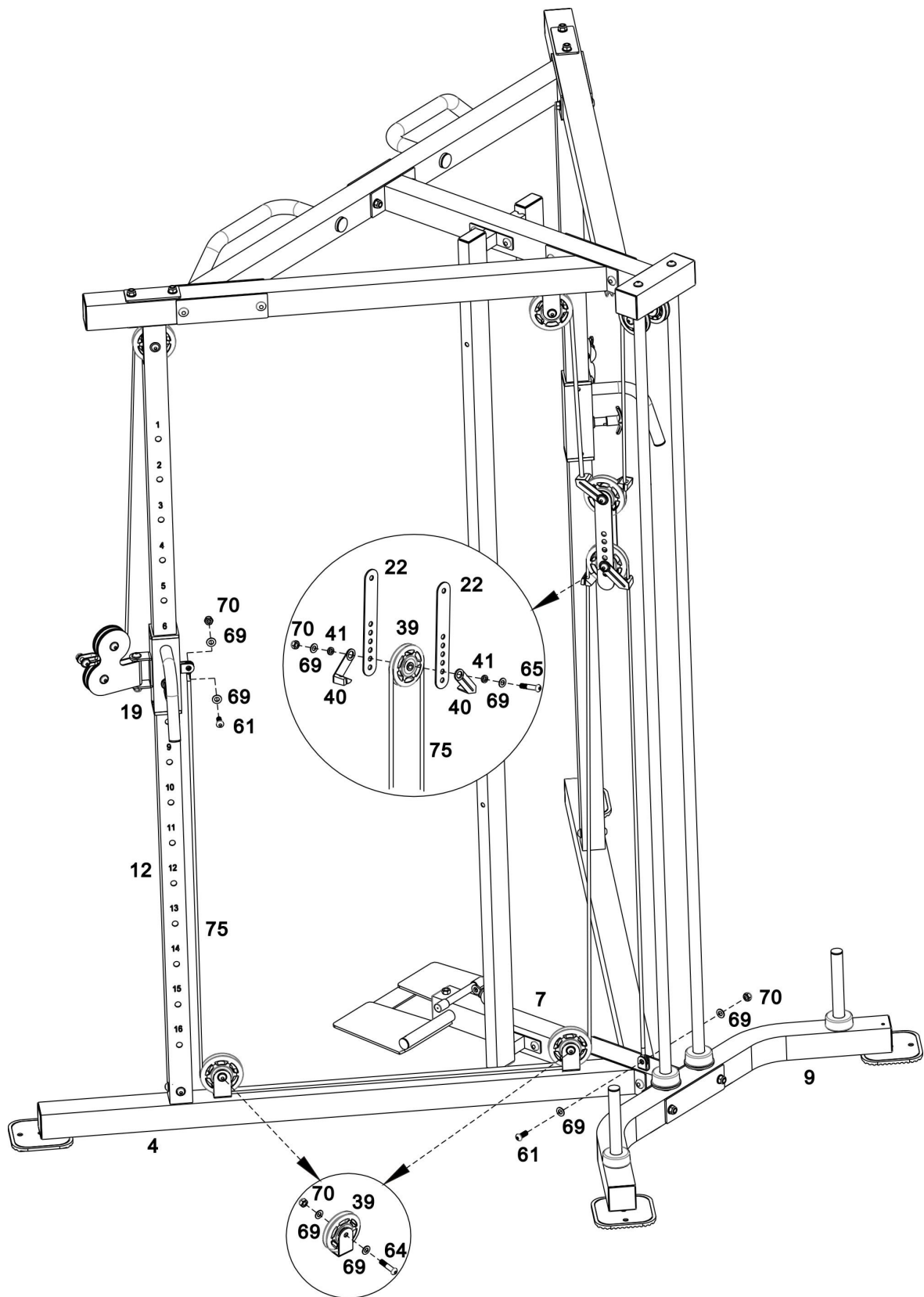


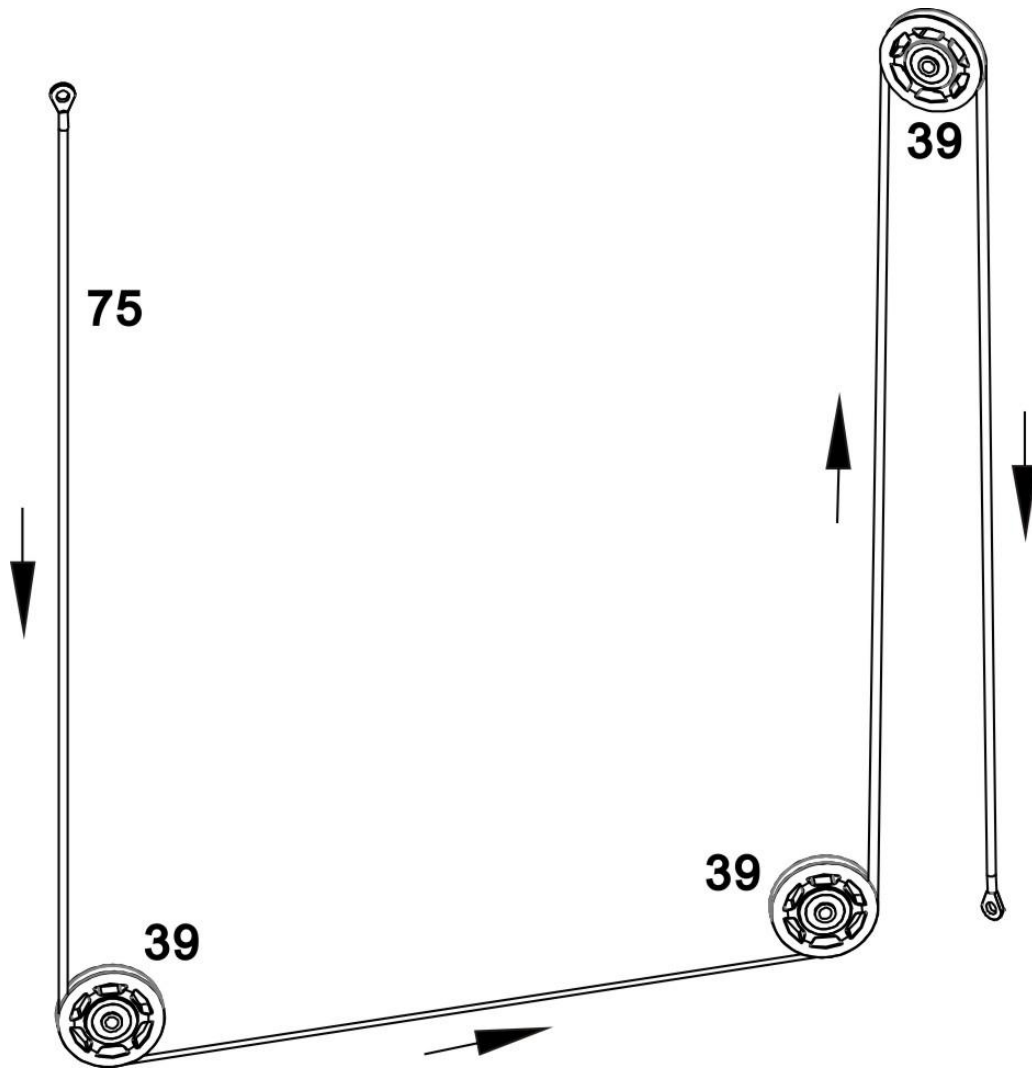
Step 10

- Fix the Right Lower Cable (**74**) to the Right Sliding Adjustment Frame (**18**) using 1 x M10×25mm Allen Bolt (**61**), 2 x Ø10mm Washers (**69**) and 1 x M10 Aircraft Nut (**70**).
- Put the Ø97 Pulley (**39**) on the Right Lower Cable (**74**), and fix to the Right Slant Base Frame (**3**) and Main Base Frame (**7**) using 1 x M10×45mm Allen Bolt (**64**), 1 x Ø10mm Washer (**69**) and 1 x M10 Aircraft Nut (**70**).
- Put the Ø97 Pulley (**39**) on the Right Lower Cable (**74**), and fix the Pulley Level Bracket (**40**), Level Bracket Bushing (**41**) and Double Floating Pulley Bracket (**22**) to the Ø97 Pulley (**39**) using 1 x M10×50mm Allen Bolt (**65**), 2 x Ø10mm Washers (**69**) and 1 x M10 Aircraft Nut (**70**). Please note that the Level Bracket Bush (**41**) and Right Lower Cable (**74**) should be embedded into the Pulley Level Bracket (**40**).

Assembly Instructions

Two person assembly recommended



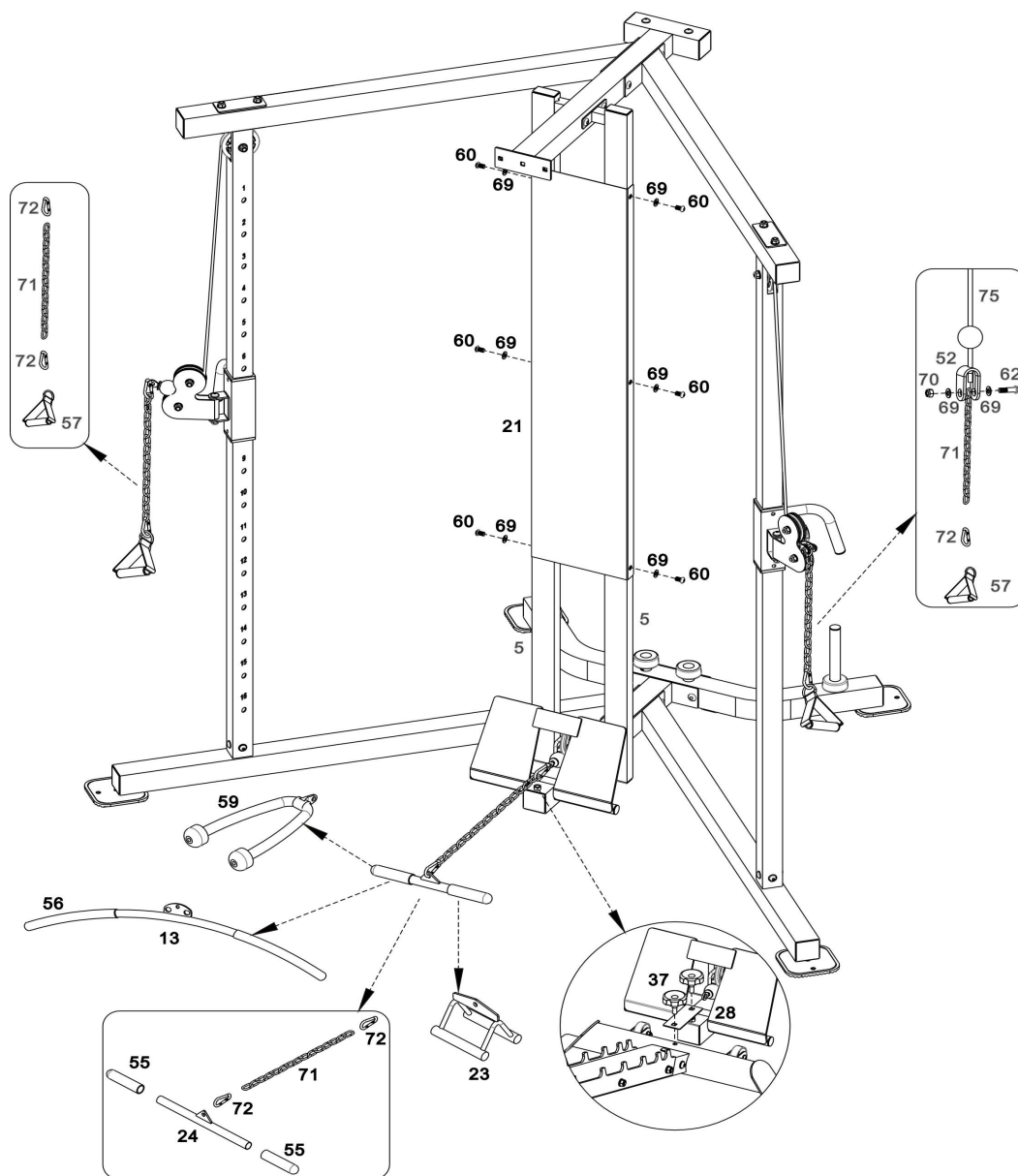


Step 11

- Attach the Left Lower Cable (**75**) to the Left Sliding Adjustment Bracket (**19**) and Main Base Frame (**7**) using 2 × M10×25mm Allen Bolts (**61**), 4 × Ø10mm Washers (**69**) and 2 × M10 Aircraft Nuts (**70**).
- Put the Ø97 Pulley (**39**) on the Left Lower Cable (**75**), and fix it to the Left Slant Base Frame (**4**) using 2 × M10×45mm Allen Bolts (**64**), 4 × Ø10mm Washers (**69**) and 2 × M10 Aircraft Nuts (**70**).
- Put the Ø97 Pulley (**39**) on the Left Lower Cable (**75**), and fix Pulley Level Bracket (**40**), Level Bracket Bush (**41**) and Double Floating Pulley Bracket (**22**) to the Ø97 Pulley (**39**) using 1 × M10×50mm Allen Bolt (**65**), 2 × Ø10mm Washers (**69**) and 1 × M10 Aircraft Nut (**70**). Please note that the Level Bracket Bush (**41**) and Left Lower Cable (**75**) should be embedded into the Pulley Level Bracket (**40**).

Assembly Instructions

Two person assembly recommended



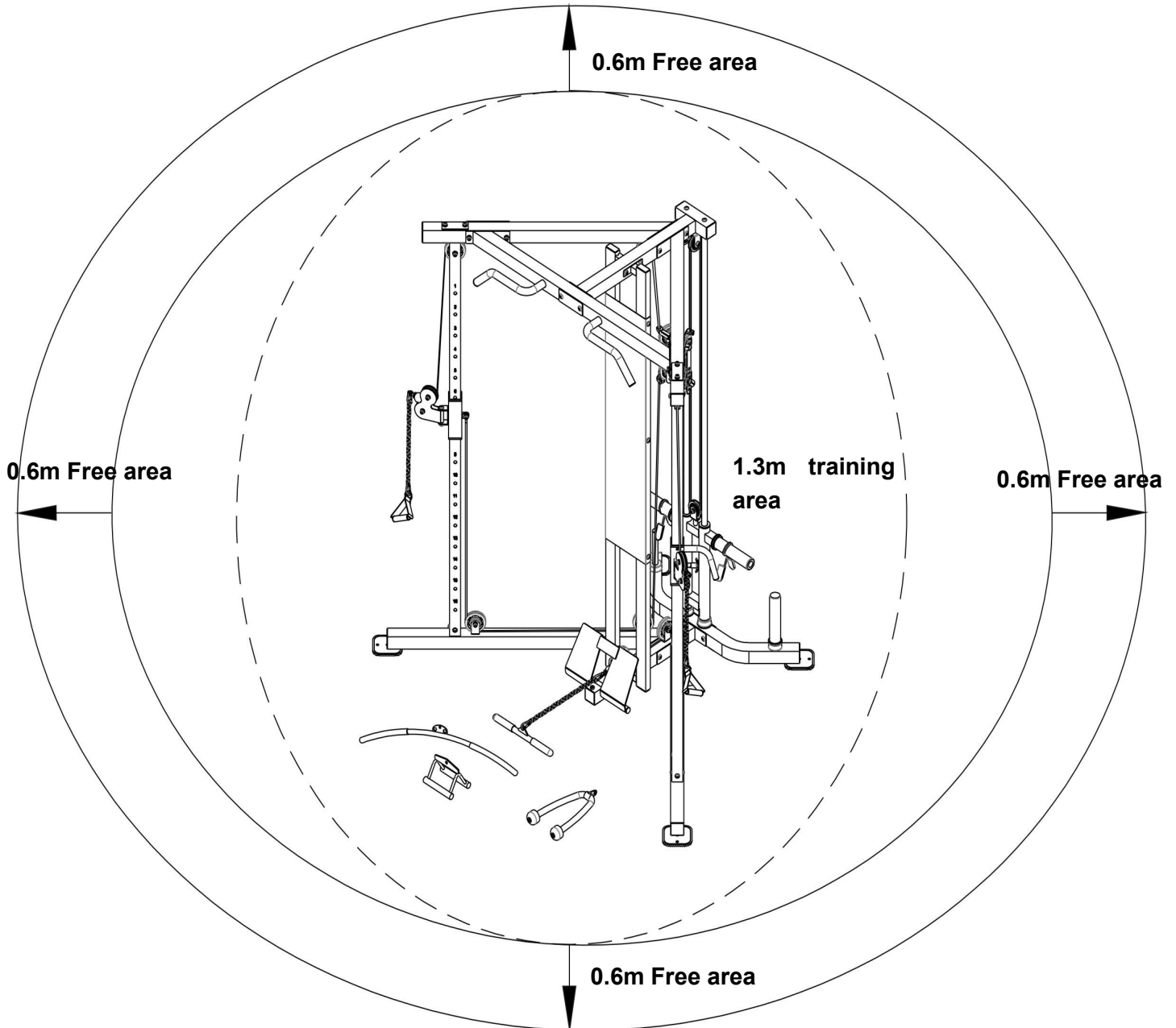
Step 12

- Attach the Weight Stack Cover (21) to the Weight Stack Cover Support (5) using 6 × M10×16mm Allen Bolts (60) and 6 × Ø10mm Washers (69).
- Connect the Single Strap (57) and Pull Bar (24) to the cable using 7# Carabiner (72) and 15 Link Chain (71).
- Loosen the M10 Aircraft Nut (70) before you connect the 15 Link Chain (71) with the U-shaped connector (52), and then secure it.
- If you also buy the 4594828 Dumbbell Bench, connect it with the MH Cable Cross Over using 120×45 Bracket (28) and 2 x Lock Knobs (37).

Notes: part (55) and (56) are pre-assembled. If you want to exercise with the Lat bar (13), Saddle-Shaped Strap (23) and Tricep Rope (59), just replace the Pull bar (24).

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.



Workout Information

If you have not exercised for a while or are unsure as to how to use this equipment we recommend that you seek medical and professional advice to using the Men's Heath Cable Cross Over.

Every individual will have their own training goals and will need to workout at different levels to achieve the desired result.

It is advised that you make sure that you have an understanding of the muscle groups you will be using and the correct form needed to use this equipment safely. It is also recommended that you make sure that you exercise safely and always ensure you have sufficient time to warm-up and cool-down before and after exercise.

FREE WORKOUT RESOURCES

Go to Menshealth.co.uk/workout to explore our FREE online workout library.

The Men's Health workout library allows you to select and tailor programmes according to your very own training goals.

Choose your workout based on difficulty, time available, muscles worked and equipment available.

You'll also find an exercise directory to show you how to perform individual exercises with the correct form to help you optimise your workout.

Men's Health - the UK's No.1 Men's Magazine

www.menshealth.co.uk

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. connection points.
- 2: Lubricate moving parts with light oil periodically to prevent premature wear.
3. Inspect and tighten all parts before using the equipment. Replace defective components immediately and/or keep the equipment out of use until repair.
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

Part List

Part #	Descriptions	Qty	Part #	Descriptions	Qty
1	Right Slant Upper Frame	1	39	Ø97 Pulley	14
2	Left Slant Upper Frame	1	40	Pulley Level Bracket	8
3	Right Slant Base Frame	1	41	Level Bracket Bush	8
4	Left Slant Base Frame	1	42	□60×50 Sleeve	4
5	Weight Stack Cover Support	2	43	Ø16 End Cap	2
6	Upper Bar	1	44	Nylon Bush	4
7	Main Base Frame	1	45	Foot Cover	4
8	Upper Frame	1	46	Sleeve	4
9	Rear Stabilizer	1	47	Rubber Bumper	4
10	Guide Rod	2	48	Ø37×465 Handle Grip	2
11	Right Upright Support	1	49	Ø31×255 Handle Grip	2
12	Left Upright Support	1	50	2" Spring Collar	2
13	Lat Bar	1	51	2" Spring Collar Cap	4
14	Swivel Pulley Bracket	2	52	U-Shaped Connector	1
15	Foot Plate	1	53	Pin	2
16	Load Support	1	54	Bush	4
17	Connecting Rod	1	55	Ø25×135 Handle Grip	2
18	Right Sliding Adjustment Frame	1	56	Ø25×325 Handle Grip	2
19	Left Sliding Adjustment Frame	1	57	Single Strap	2
20	Weight Plate Post	2	58	Ø22×15 Pulley Bushing	4
21	Weight Stack Cover	1	59	Tricep Rope	1
22	Double Floating Pulley Bracket	4	60	M10×16mm Allen Bolt	12
23	Saddle-Shaped Strap	1	61	M10×25mm Allen Bolt	9
24	Pull Bar	1	62	M10×35mm Allen Bolt	1
25	200×55 Bracket	3	63	M10×40mm Allen Bolt	7
26	150×55 Bracket	1	64	M10×45mm Allen Bolt	8
27	120×50 Bracket	2	65	M10×50mm Allen Bolt	4
28	120×45 Bracket	1	66	M10×65mm Allen Bolt	2
29	60×1.5 End Cap	7	67	M10×85mm Allen Bolt	2
30	60×2.0 End Cap	2	68	M10×80mm Carriage Bolt	20
31	30×60 End Cap	4	69	Ø10mm Washer	88
32	Ø32×2.0 End Cap	4	70	M10 Aircraft Nut	47
33	Ø25×1.5 End Cap	2	71	15 Link Chain	3
34	Ø25×2.0 End Cap	4	72	7# Carabiner	5
35	1" Spring Collar Cap	4	73	Upper Cable	1
36	Ø19×2.0 End Cap	2	74	Right Lower Cable	1
37	Lock Knob	2	75	Left Lower Cable	1
38	Ø78 Pulley	7	76	1" Spring Collar	2

Guarantee



Product Guarantee

This product is guaranteed against manufacturing defects for a period of



YEAR

This product is guaranteed for two years 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 purposes
- The guarantee will be rendered invalid if product is re-sold or has been damaged by inexpert repair
- Specifications are subject to change without notice
- The manufacturer accepts no liability for incidental or consequential damages.
- The guarantee is in addition to, and does not diminish your statutory or legal rights.
- In the event of problems with the product within the guarantee period call the

Customer Helpline: 0345 600 1714 www.argos-support.co.uk

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