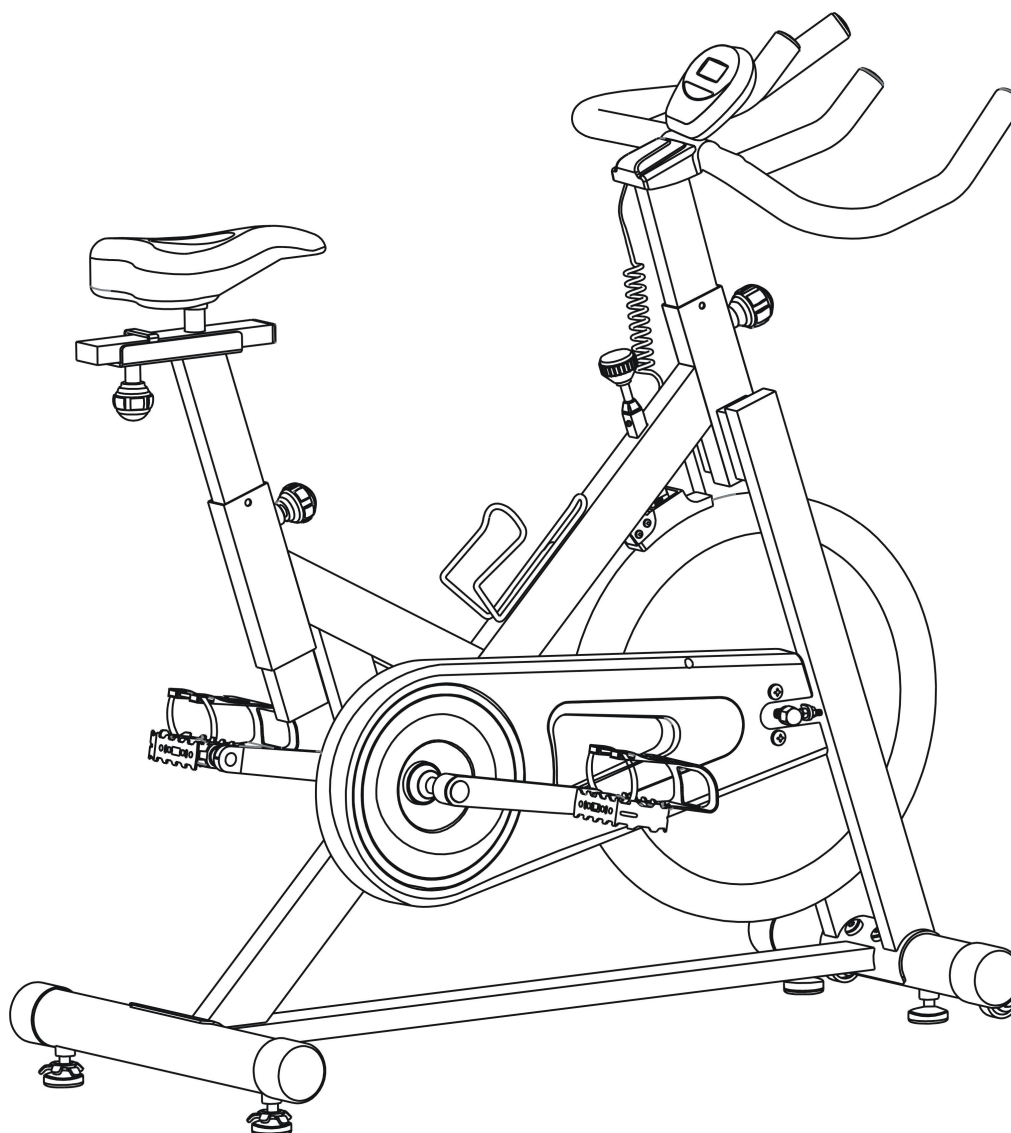


Opti Spin Training Cycle

Assembly & User Instruction- Please Keep for future reference

600/9627

opti



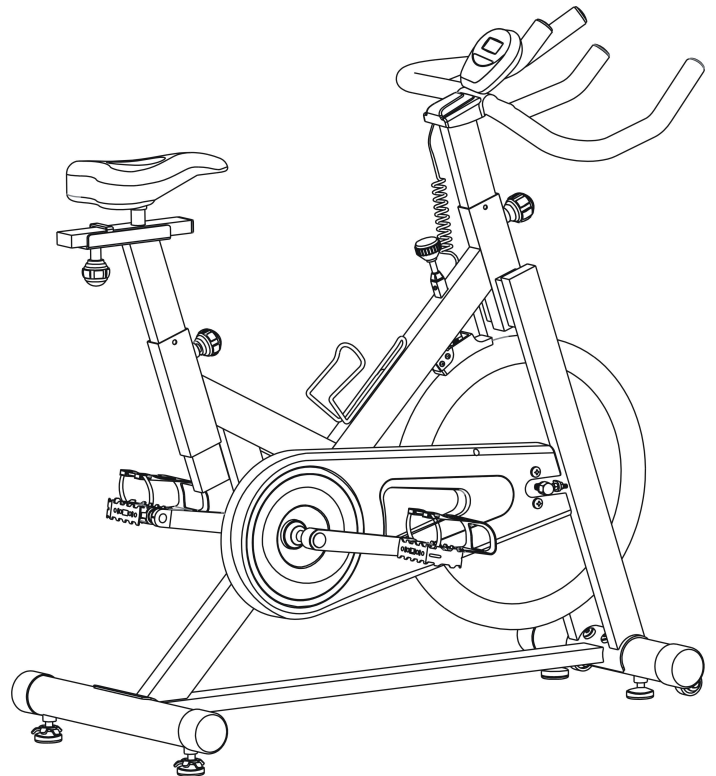
Important – Please read these instructions fully before assembly or using

These Instructions contain important information which will help you get best from your equipment and ensure safe and correct assembly, use and maintenance.

If you need help or have damaged or missing parts, call the **Customer Helpline: 0345 6001714**
[http://www.argos-support.co.uk /](http://www.argos-support.co.uk/)

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Safety Information



Important – Please read fully before assembly or using

To reduce the risk of serious injury, read the entire manual before you assemble or operate the Opti Spin Training Cycle. In particular, note the following safety precautions:

Assembly

- Check you have all the components and tools listed on pages 3 and 4, bearing in mind that, for ease of assembly, some components are pre-assembled.
- Keep children and animals away from the work area, small parts could choke if swallowed.
- Make sure you have enough space to layout the parts before starting.
- Assemble the item as close to its final position (in the same room) as possible.
- Position the equipment on a clear, level surface.
- Dispose of all packaging carefully and responsibly.

Using

- Chain-driven designed for this product, 35-40DB is available while exercising.
- It is the responsibility of the owner to ensure that all users of this product are properly informed as to how to use this product safely.
- This product is intended for domestic use only. **Do not** use in any commercial, rental, or institutional setting.
- Before using the equipment to exercise, always do stretching exercises to properly warm up.
- If the user experiences dizziness, nausea, chest pain, or other abnormal symptoms **stop the workout and seek immediate medical attention.**
- Only one person at a time should use the equipment.

- Keep hands away from all moving parts.
- Always wear appropriate workout clothing when exercising. **Do not** wear loose or baggy clothing, since it may get caught in the equipment. Wear athletic shoes to protect your feet while exercising.
- **Do not** place any sharp objects around the equipment.
- Disabled persons should not use the equipment without a qualified person or doctor in attendance.
- This product is suitable for user's weight of: **120kgs.**

• This product conforms to: (BS EN ISO 20957) - PARTS 1.10 class (H) - Home Use.

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

Warning: Do not touch the the pedals and/or flywheel when this model is being used.

Stop the rotation of the pedals and flywheel when not use.

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 center.



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

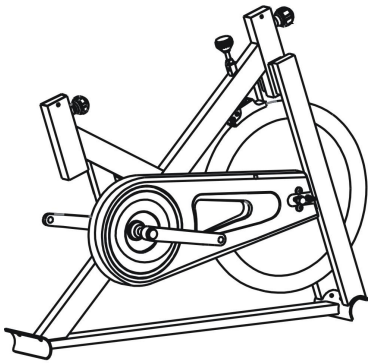
Components - Parts

If you have damaged or missing parts, please call the **Customer Helpline: 0345 6001714**.

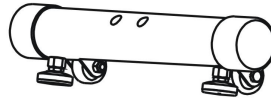
Please check you have all parts listing below

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

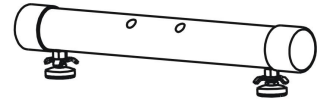
Total mass of the product is 37 kg. Total surface area of equipment is 116X51X106 cm.



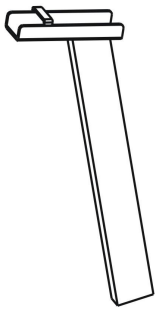
1 Main Body



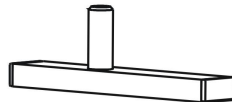
2 Front Stabilizer



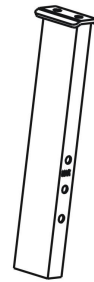
3 Rear Stabilizer



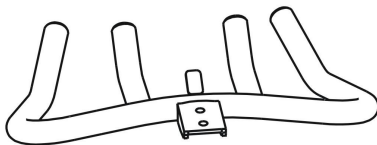
4 Saddle Post



5 Saddle Support



7 Handle Post



8 Handle



9 Saddle



14 M10 Lock Knob



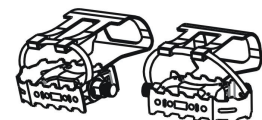
**16 Water
BottleHolder**



17 Console



20 Handle Cover



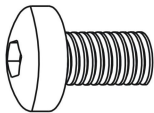



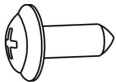

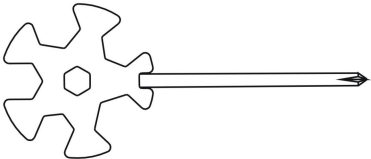
31 L&R Pedal

Components - Fixings

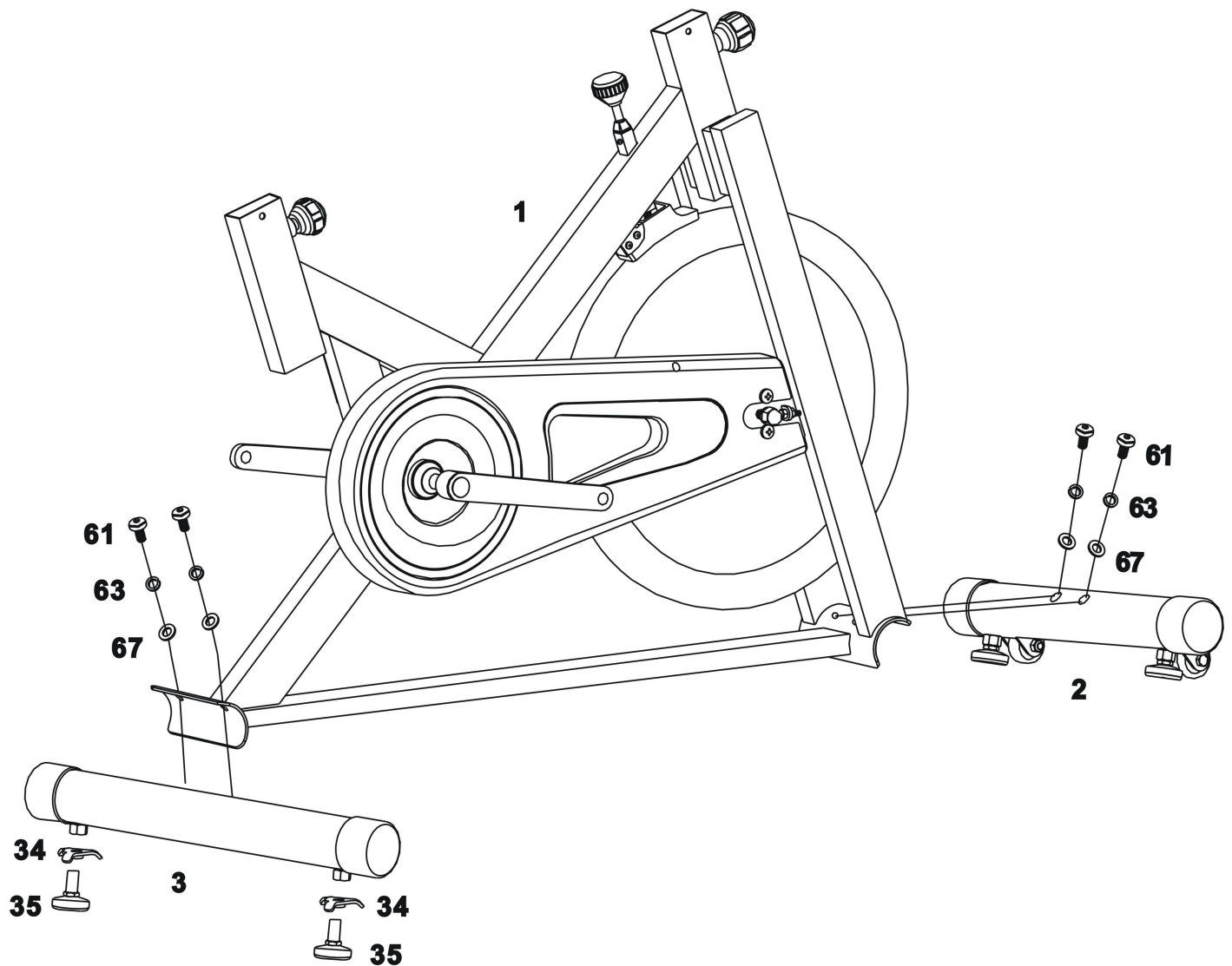


Please check you have all parts listing below

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

61  <p>20mm Allen Bolt × 6</p>	63  <p>Φ10 Spring Washer × 6</p>	65  <p>Φ10 Flat Washer × 2</p>
67  <p>Φ10 Curved Washer × 4</p>	77  <p>15mm Philips Screw × 2</p>	
 <p>6# Allen Wrench × 1</p>	 <p>Multi Wrench × 1</p>	

Assembly Instructions



Step 1

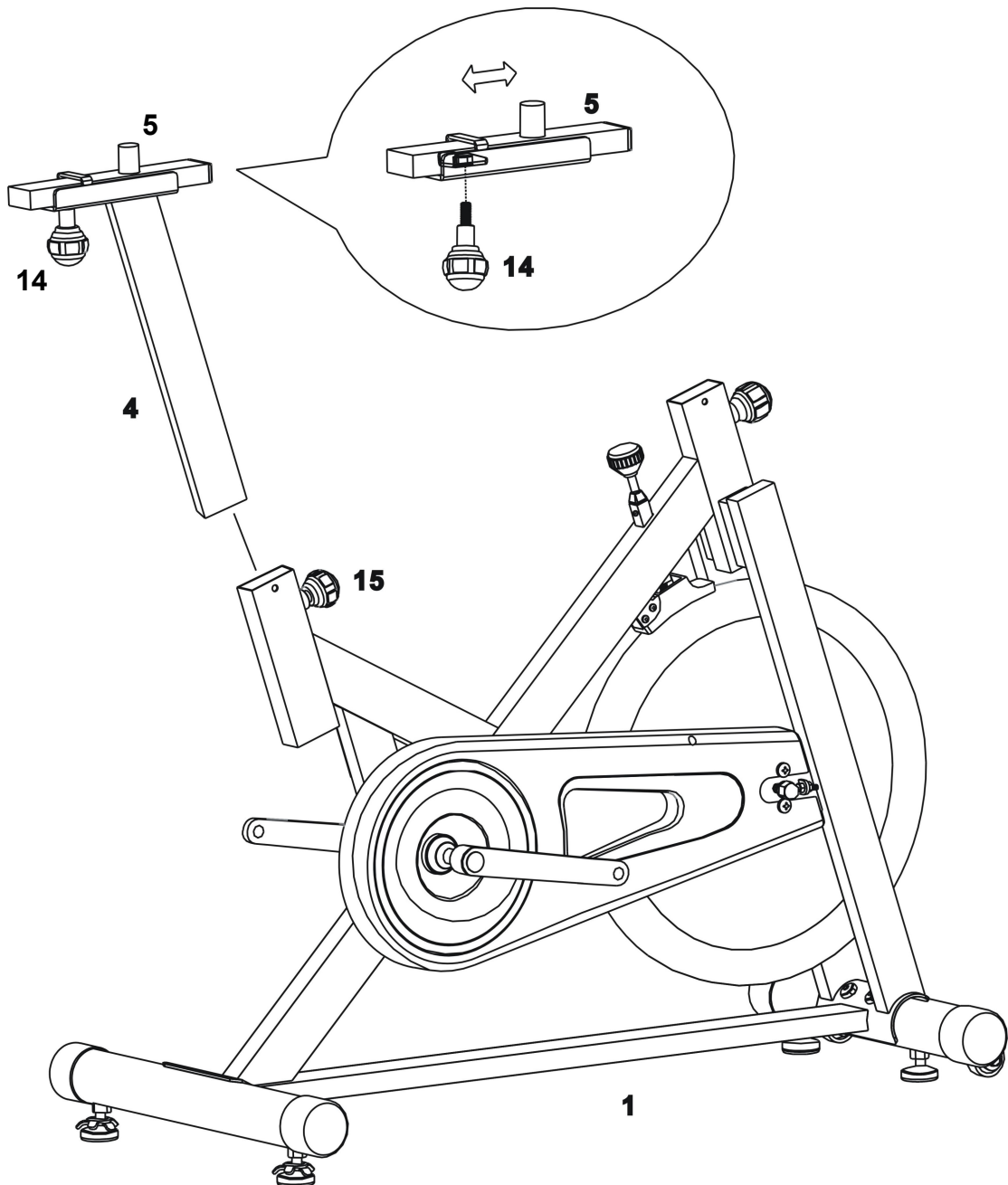
a. Attach Front stabilizer (2) to Main Body (1) using 2 x 20mm Allen bolts (61), 2 x Ø10mm Spring washers (63) and 2 x Ø10 Curved Washers (67).

b. Repeat step a to install Rear stabilizer (3) to Main Body (1).

C. Level the machine

The user can tighten or loose 2 x Level Feet (35) to level the machine if needed. Tighten 2 x Level foot lock nuts (34) to make the machine stable before starting workout.

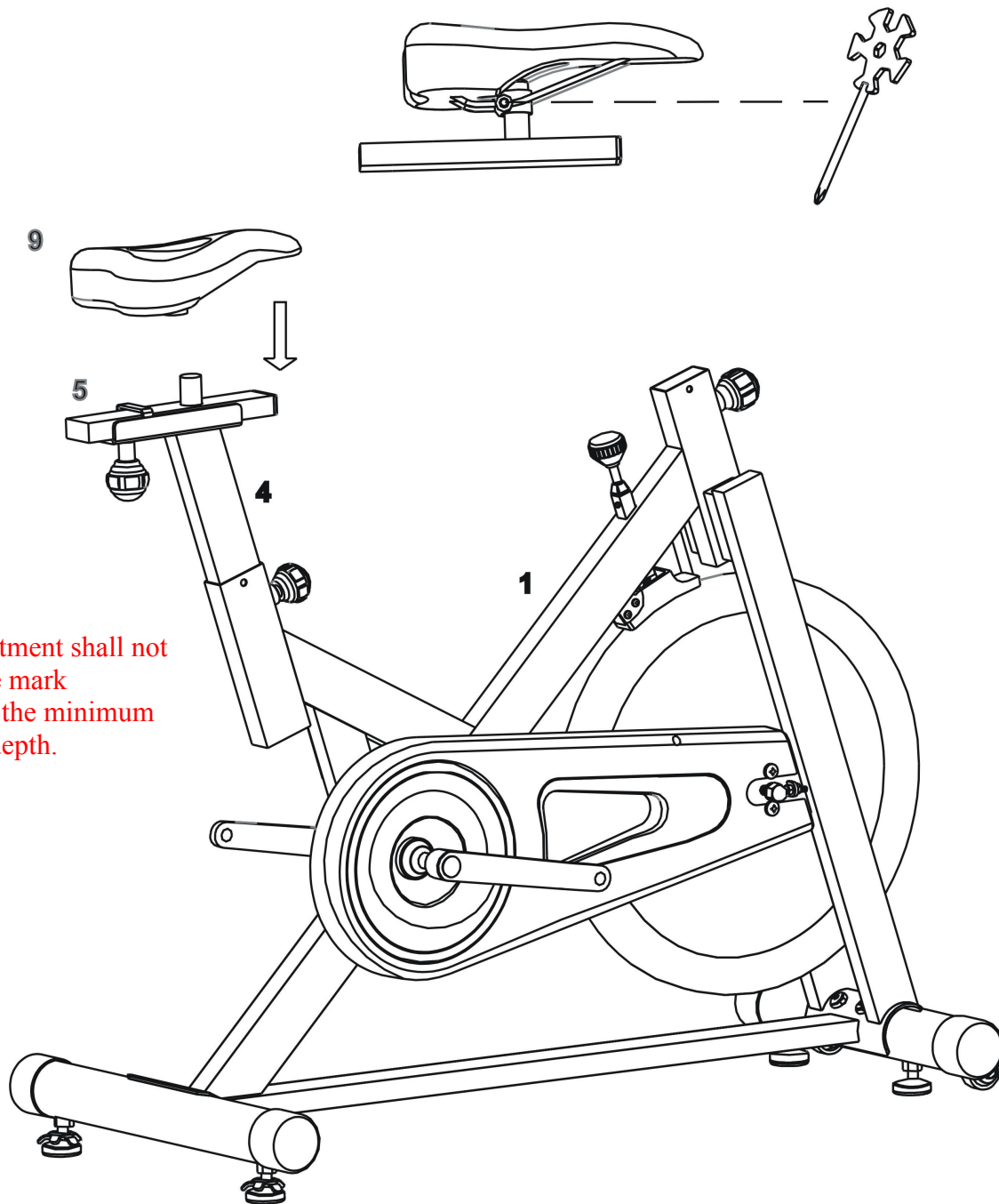
Note: Level Feet (35) and Level foot lock nuts (34) are pre-fitted.



Step 2

- Attach the Saddle Support Frame (5) onto the Saddle Post (4), secure with Lock Knob (14).
- Loosening M16 Lock Knob (15) and remove, insert Saddle Post Assembly (4&5) into the rear opening tube of the Main body (1).
- Adjust the Saddle Post Assembly (4&5) to your desired height, then refit and tighten the Lock knob (15).
- Loosening Lock Knob (14) to select your desired forward or backward position, then tighten the Lock knob (14).

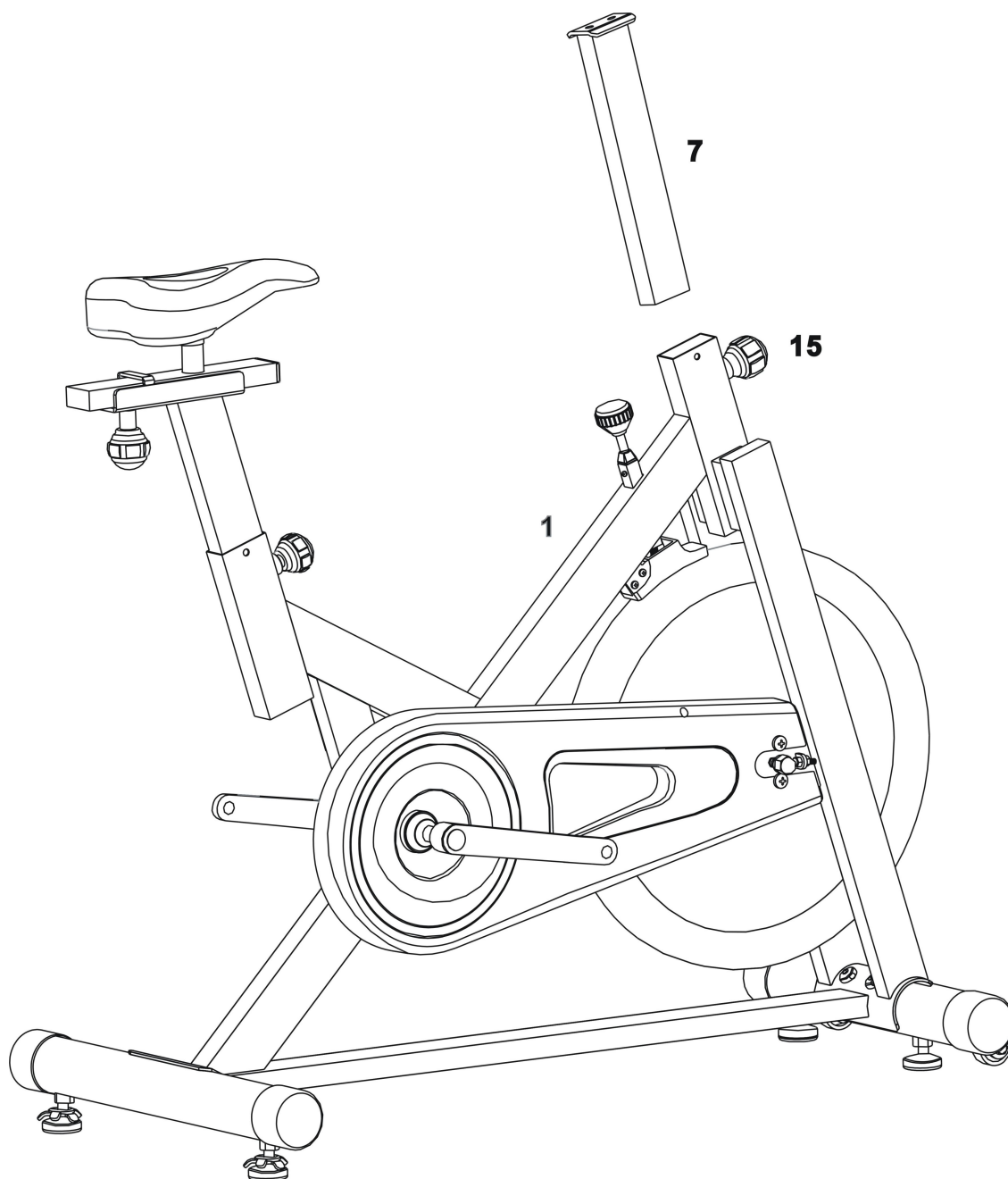
Assembly Instructions



Step 3

Place Saddle (9) onto the post of the Saddle Support (5), secure the Saddle (9) by tightening the saddle locking nuts (Pre-fitting on the Saddle).

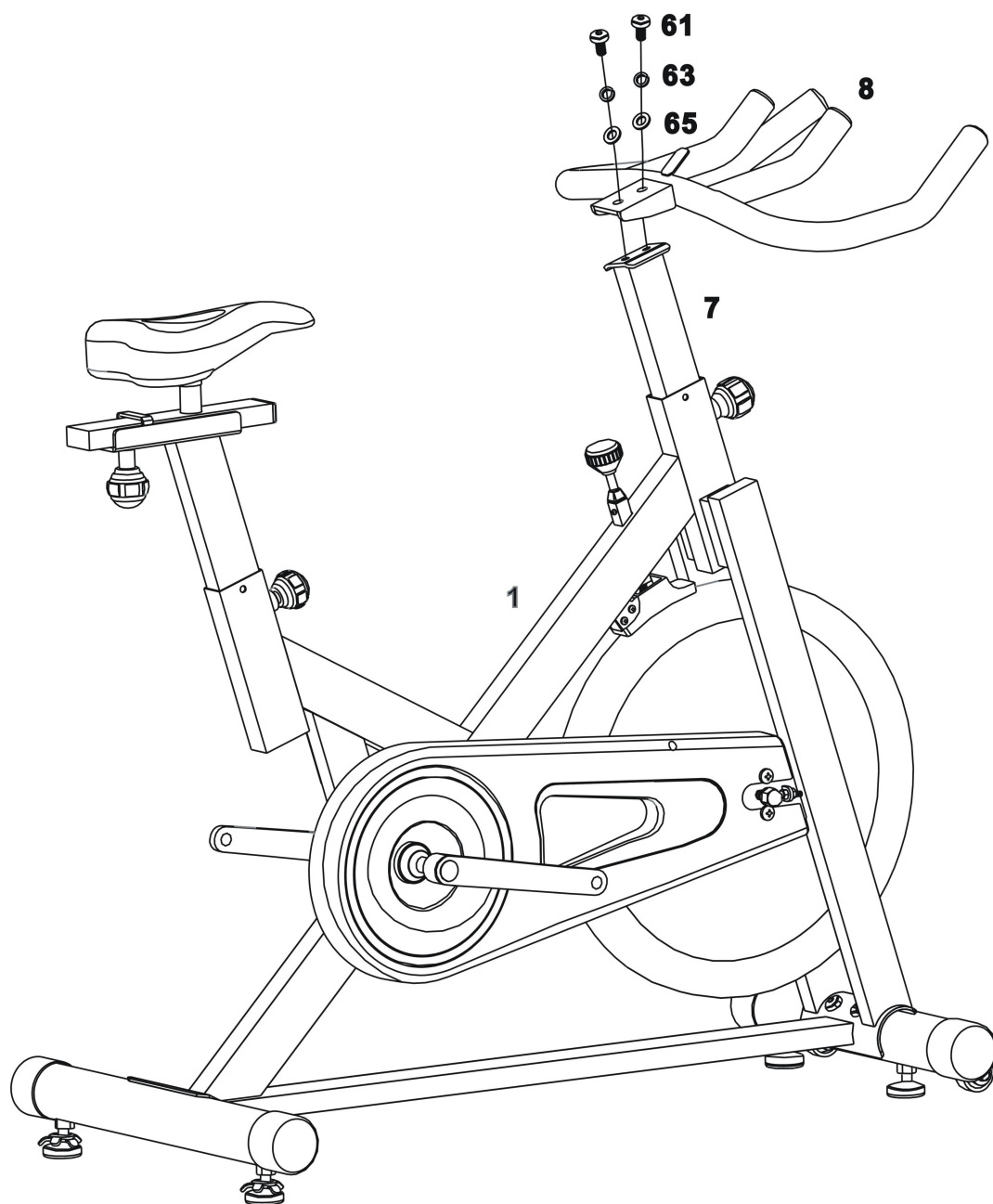
The saddle can be adjusted upwards or downwards or forwards or backwards by moving the lock knob as the user desired.



Step 4

Loosing the M16 Lock Knob (**15**) and remove. Insert Handle Post (**7**) into the front opening tube of the Main Body (**1**). Adjust to your desired height and refit and tighten the Lock knob (**15**) .

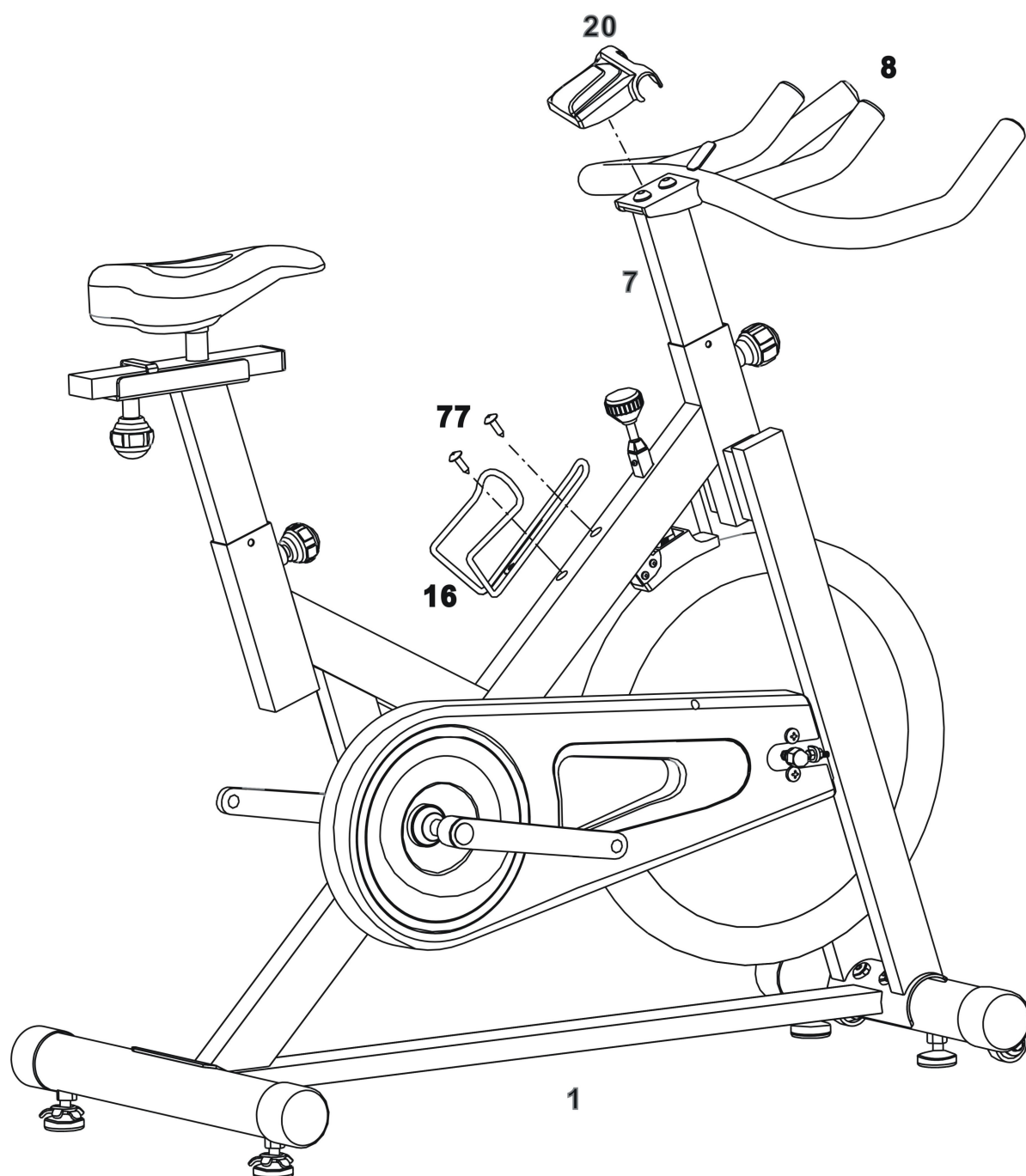
Assembly Instructions



Step 5

Attach the Handle (8) onto the top of the Handle Post (7). Secure using 2 x M10x20mm Allen Bolts (61), 2 x Ø10mm Spring Washers (63) and 2 x Ø10mm Flat Washers (65).

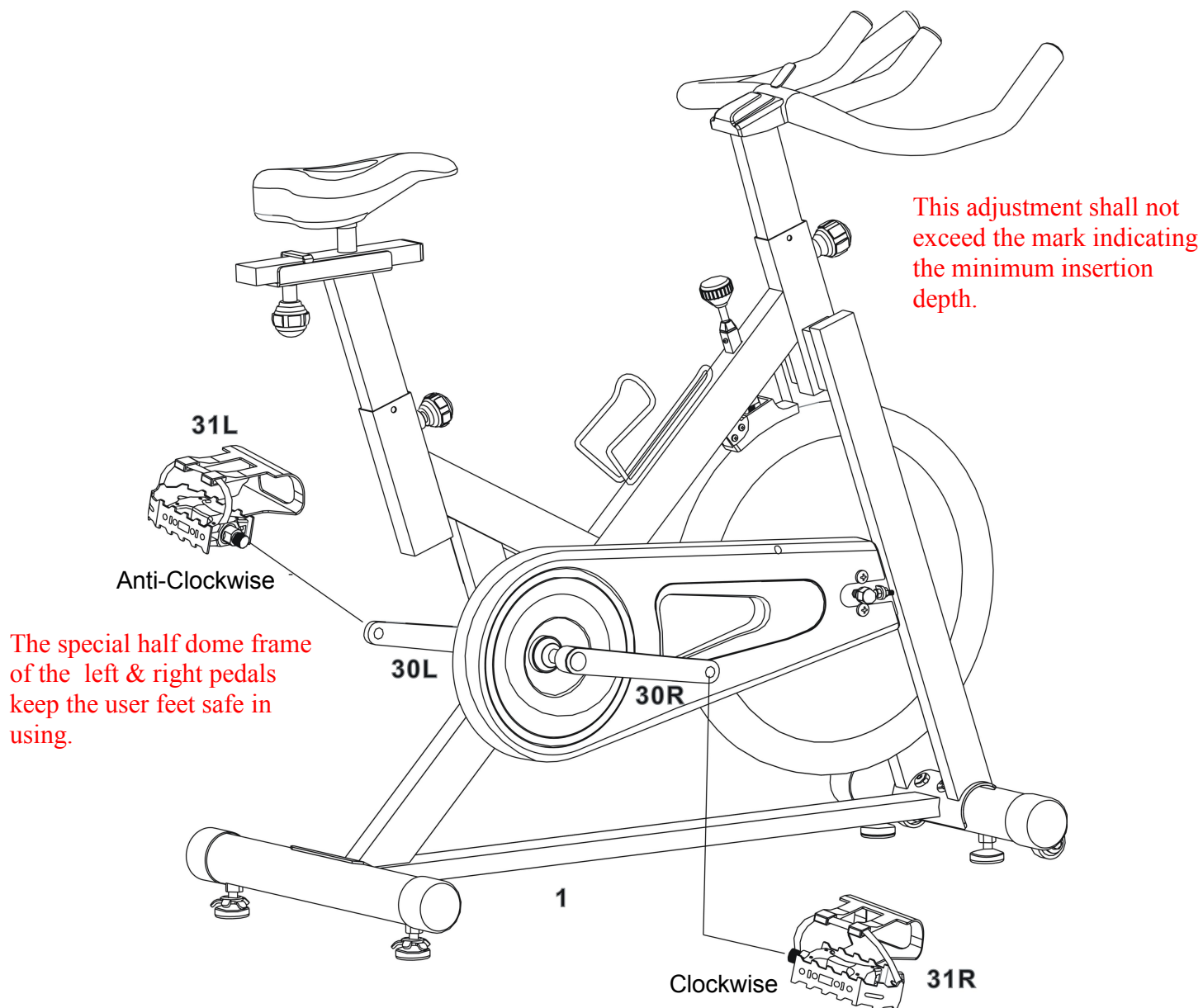
The Handle frame can be adjusted upwards or downwards or forwards or backwards by moving the lock knob as the user desired.



Step 6

- a. Place the Handle Cover (20) on the connection point of the Handle (8) and Handle Post (7).
- b. Attach Water Bottle Holder (16) to the Main Body (1), fix using 2 x 15mm Philips Screws (77).

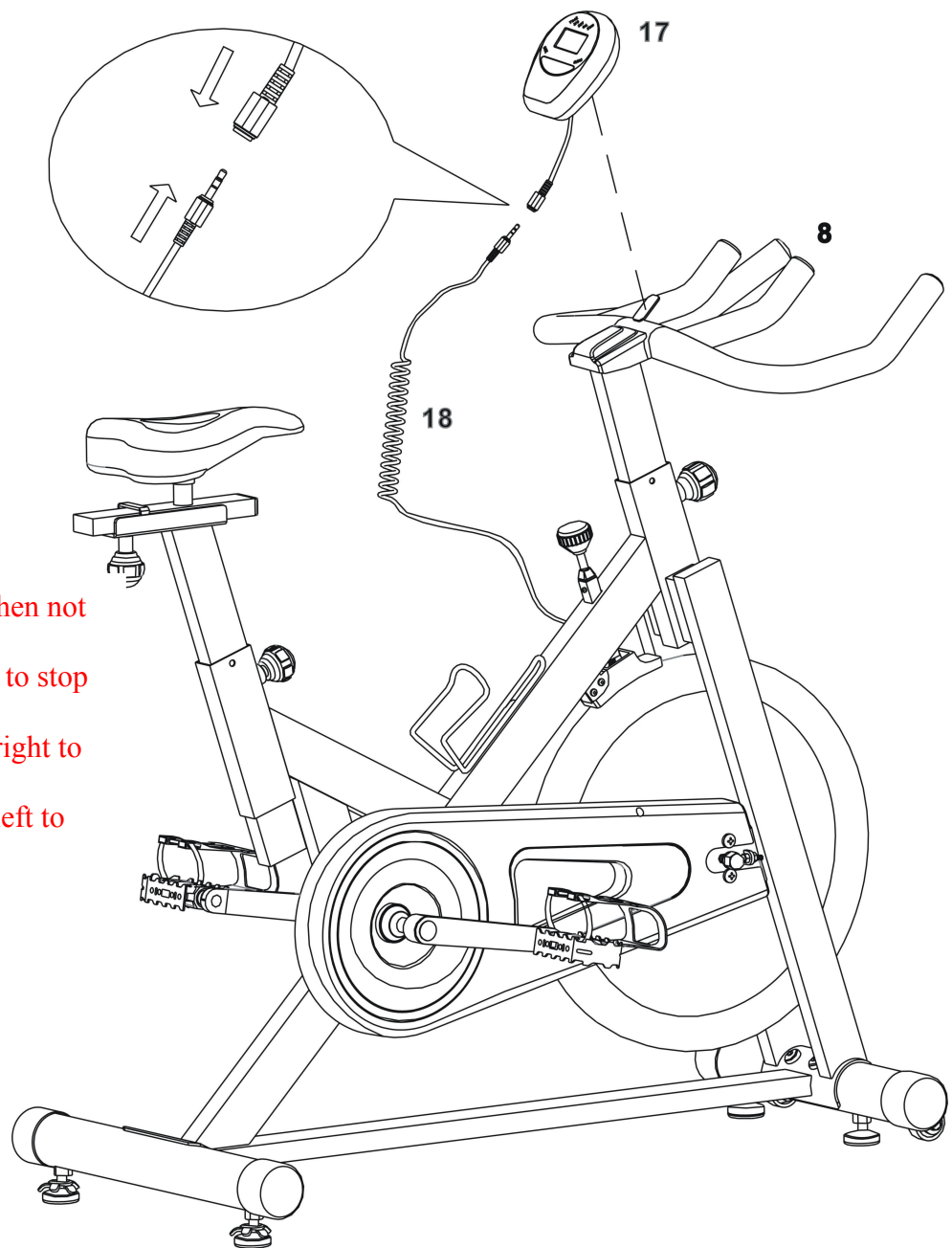
Assembly Instructions



Step 7

Connect Pedals (**31 Right & Left**) to Cranks as shown in above diagram.

Note: The left one is marked "L" and right one marked "R". Fasten the left pedal by turning in an anti-clockwise direction and fasten the right pedal by turning in a clockwise direction.



Warning: Lock the equipment when not in use.

Press the brake system to stop the equipment when using.

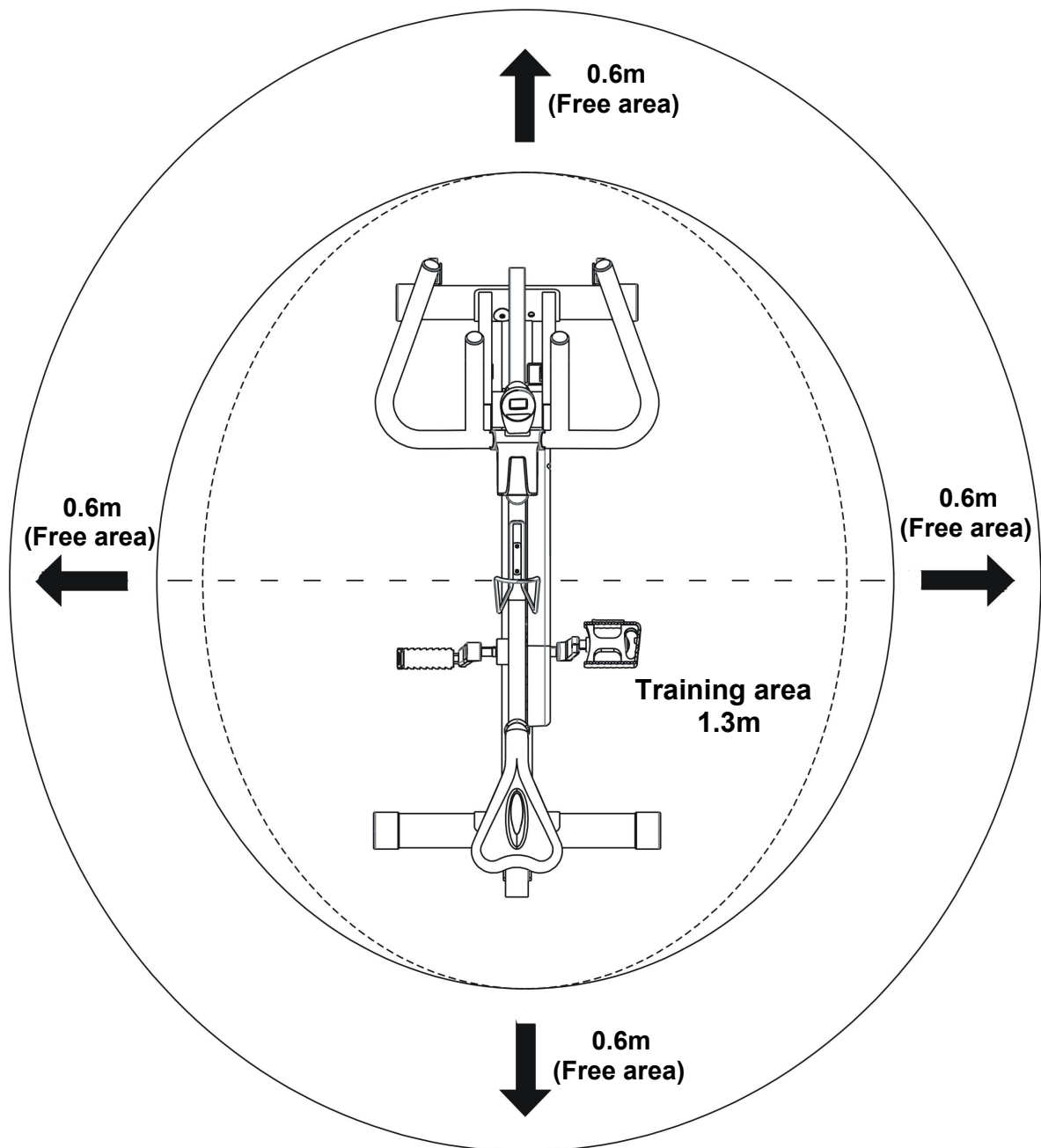
Turn the brake system right to increase the resistance.

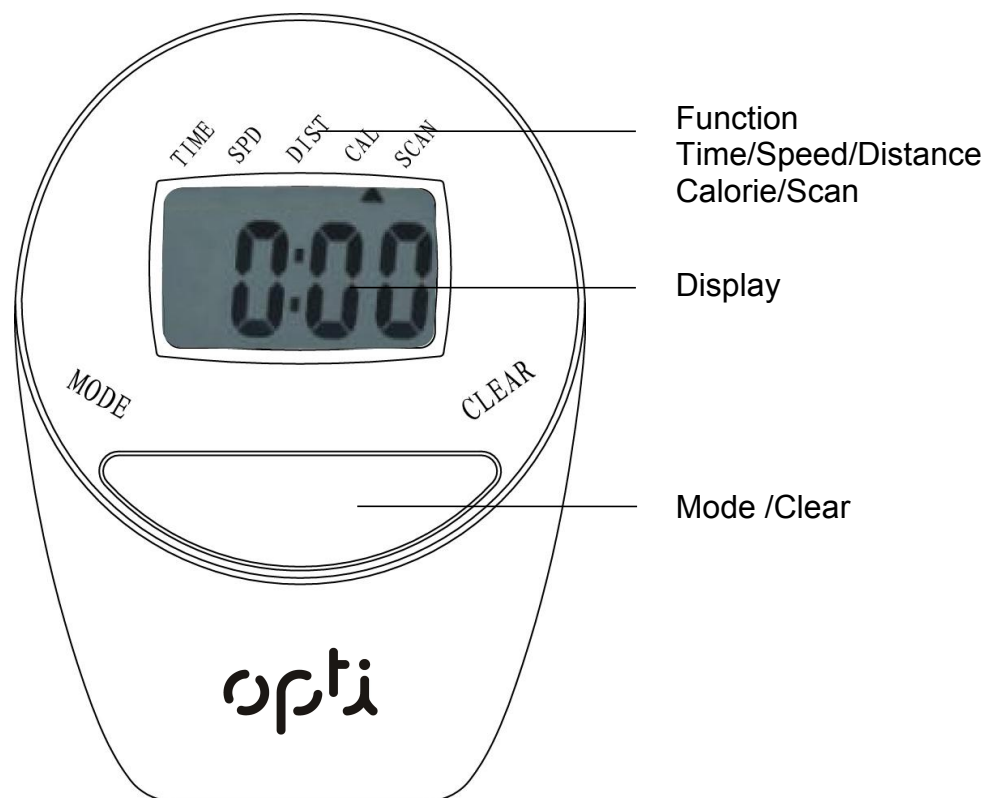
Turn the brake system left to decrease the resistance.

Step 8

- Attach the Console (17) to the bracket on the Handle (8) .
- Connect Sensor wire (18) from the Main Body (1) to the Sensor wire from Computer (17).

The free area shall be not less than 0.6m greater than the training area in the directions from which the equipment is accessed. The free area must also include the area for emergency dismount. Where equipment is positioned adjacent to each other the value of the free area may be shared.





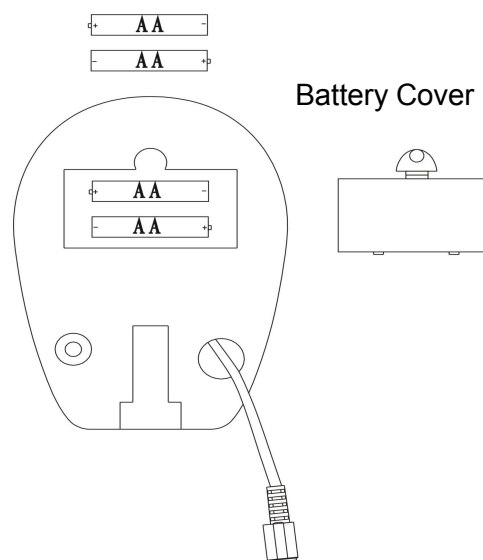
- **MODE** : This key lets you select and lock on to a particular function which you want.
Press to Choose **SCAN** or **LOCK**, if you do not want the scan mode, press the **Mode** key until the pointer is next to the “flashing” function which you want.
- **CLEAR**:Reset the value to zero by pressing the key.
- **AUTO ON /OFF**: The monitor will switch on automatically when the exercise machine is in motion. The monitor will turn off automatically when the speed has no signal input or no keys are pressed for approximately 4 minutes.
- **RESET**: The unit can be reset by either changing the battery or pressing the **MODE** key for 3 seconds.
- **SPEED**: Press Mode key until the pointer advances to SPEED. The Computer will display the current speed.
- **DISTANCE**: Press Mode key until the pointer advances to DIST. The Computer will display each trip distance you have traveled.
- **TIME**: Press Mode key until the pointer advances to TIME. The total working time will be shown when starting exercise.
- **CALORIES**: Press Mode key until the pointer advances to CAL. The Computer will display total calories burnt when starting to exercise.
- **SCAN**: Press Mode key until the pointer advances to SCAN, the display will automatically rotate between Time, Speed, Distance, Calories, each display will be held for 4 seconds.

Specification

Function	Auto Scan	Every 4 Seconds
	Speed	0.0 – 99.9 Km/h
	Distance	0.0 – 999.9 Km
	Time	00:00 – 99:59 (Minute: Second)
	Calories	0.0 – 999.9 Kcal
Battery type		2 x SIZE – AA
Operation Temperature		0°C - +40°C

Replacement of the battery

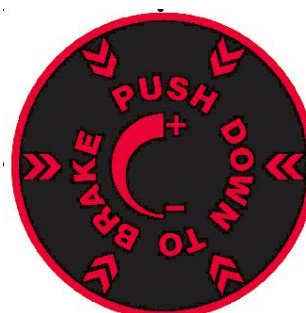
1. Remove the battery cover on the back of the computer.
2. Replace 2x1.5V (AA) batteries.
3. Make sure the batteries are installed correctly and the polarities are correct.
4. If the display is not clear or only partial segments appeared, remove the batteries and wait for 15 seconds before re-installing them.
5. The battery life is approx. 10 months under normal usage.
6. When the batteries are removed, all the functional values will reset to zero.



Resistance Adjustment Instructions

1. Turn the Brake Knob (10) clockwise to increase training resistance, Turn the Brake Knob (10) anticlockwise to reduce the training resistance.

2. Push down the Brake Knob (10) to brake the flywheel during your workout.



Exercising Information

Computer Operation

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

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

Aerobic fitness

Aerobic exercise is simply defined as any sustained activity that increase the supply of oxygen to your muscles via the blood pumped by your heart. With regular exercise, your cardiovascular system will become stronger and more efficient. Your recovery rate i.e, the time taken for your heart to reach its normal level, will also decrease.

Initially you may only be able to exercise for a few minutes each day. Do not hesitate to breath through your mouth should you need more oxygen.

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

Warming up

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

Aerobic exercise session

Those new to exercise should exercise no more than every other day to start with.

When you are comfortable with your routine, you can exercise for 6 days per week. Always take at least one day off per week.

Exercise in your Target Zone

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

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

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

Target Zone

To determine your "Target Zone", see table on page 16, if you are new to exercise and by definition unfit, refer to the middle column, if you exercise regularly and have good aerobic fitness, refer to the right column.

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

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

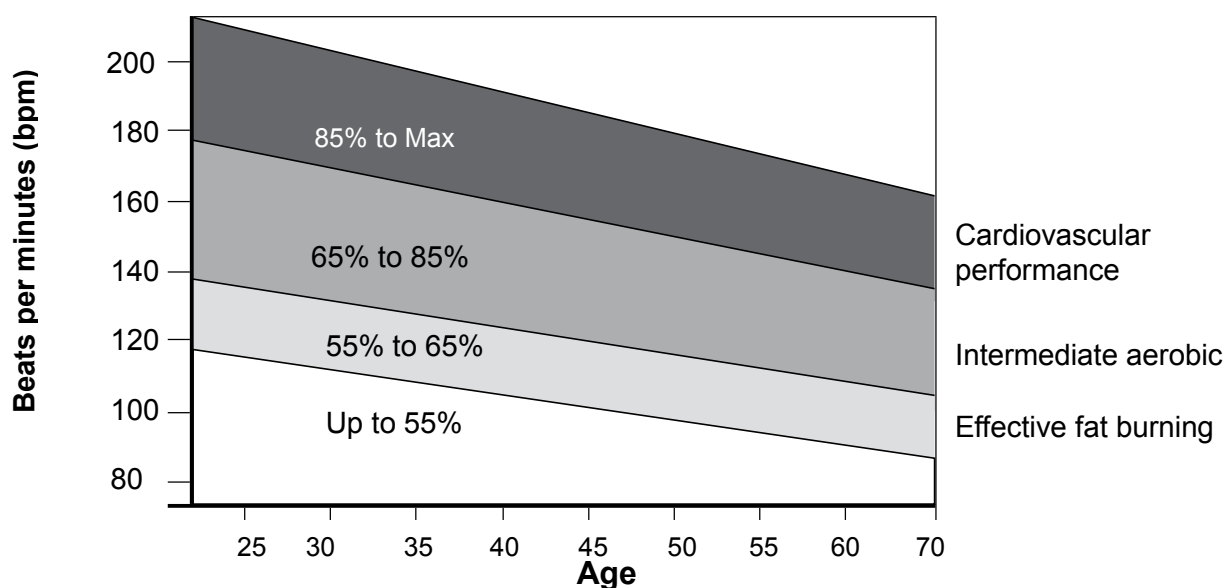
Initially, you may be able to exercise only for a few minutes in your target zone, however, your aerobic fitness will improve over the next six to eight weeks. Don't be discouraged if it takes longer. It's important to work at your own pace. Ultimately, you'll be able to exercise continuously for 30 minutes. The better your aerobic fitness, the harder you will have to work to stay in your target zone.

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 at least 3 feet from walls and furniture.

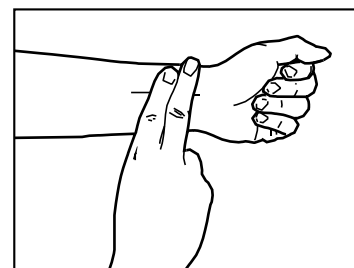
Exercise intensity

To maximize the benefits of exercising, it is important to exercise with the proper intensity. The proper 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 proper level.



Aerobic Exercise

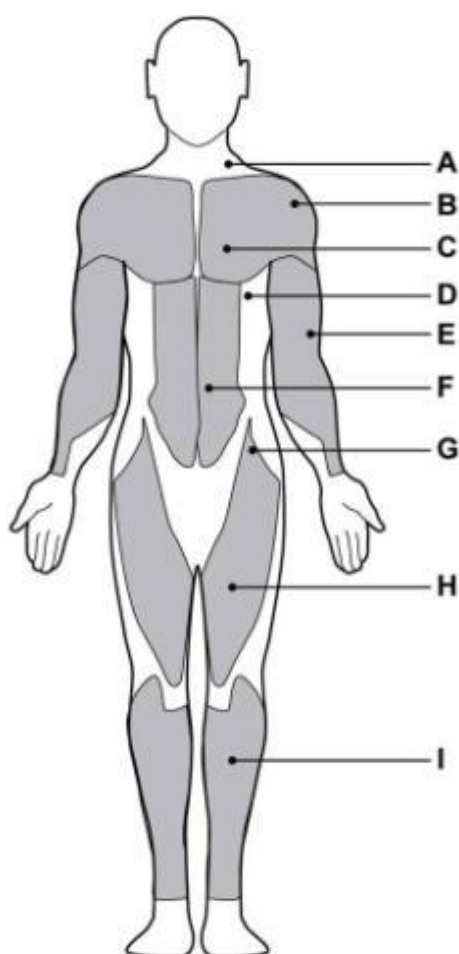
Aerobic exercise improves the fitness of your lungs and heart - your body's most important muscle. Aerobic exercise fitness is promoted by any activity that uses your large muscles (arms, legs, or buttock, for example). Your heart beats quickly and you breathe deeply. An aerobic exercise should be part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

Weight Training

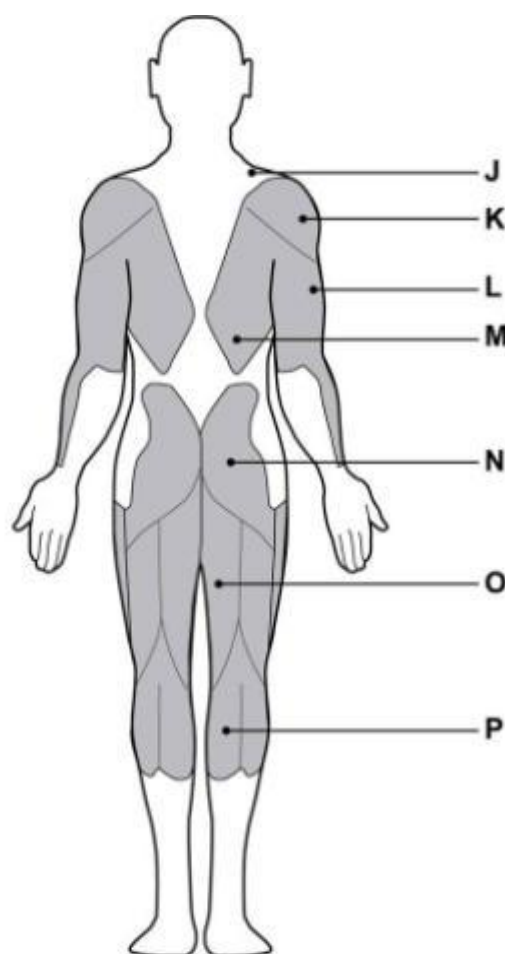
Along with aerobic exercising which helps get rid of and keep off the excess fat that our bodies can store, weight training is an essential part of the exercise routine process. Weight training helps tone, build and strengthen muscle. If you are working above your target zone, you may want to do a lesser amount of reps. As always, consult your doctor before beginning any exercise program.

Targeted Muscle Groups

The exercise routine that is performed on the Pro Fitness Aerobic Cycle will develop the upper and lower body muscle groups. These muscle groups are highlighted on the muscle chart below.



Front



Back

A: Trapezius
B: Anterior
C: Pectoralis Major
D: Serratus Anterior
E: Biceps

F: Abdominal
G: Sartorius
H: Quadriceps
I: Tibialis

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

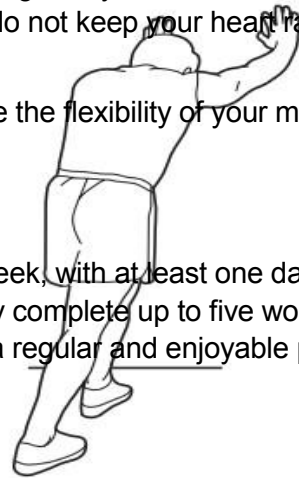
N: Gluteals
O: Hamstrings
P: Gastrocnemius

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 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.



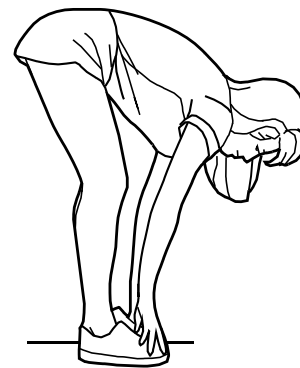
Toe touch stretch

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

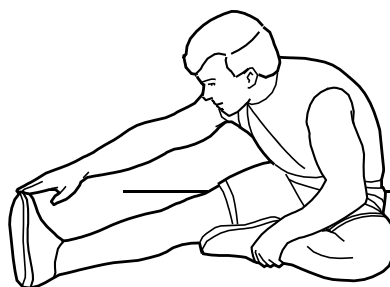
Sit with one leg extended. Bring the sole of the opposite foot toward you and rest

extended leg. Reach toward your toes as far as possible.

Hold for 15 counts, then relax

Repeat 3 times for each leg.

Stretches: Hamstrings, lower back and groin.



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

Hold for 15 counts, then relax.

Repeat 3 times for each leg. To cause further stretching of the achilles tendons, bend your back leg as well.

Stretches: Calves, achilles tendons and ankles.

With one hand against the wall for balance, reach back and grasp one foot with your other hand. Keeping your bent knee pointing directly downward towards the floor, gently pull your heel towards your buttock until you feel a gentle stretch in the target area.

Hold for 15 counts, then relax.

Repeat 3 times for each leg.

Stretches: Quadriceps and hip muscles.



Inner thigh stretch

Sit with the soles of your feet together and your knees outward. Pull your feet toward your groin area as far as possible.

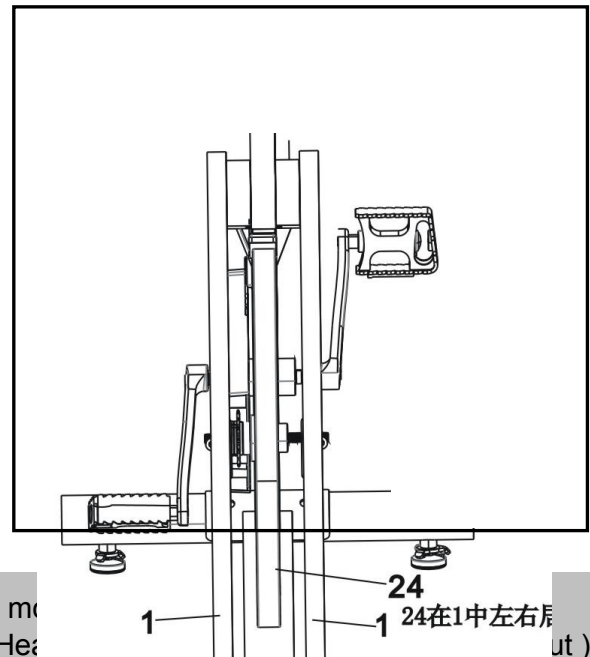
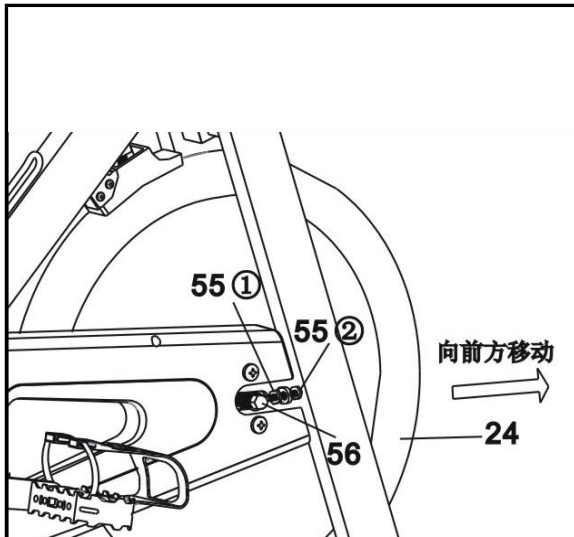
Hold for 15 counts, relax.

Repeat 3 times.

Stretches: Quadriceps and hip muscles.



Care and Maintenance



- 1. Please adjust the flywheel (24) to the center position.**
- (1) According to the diagram shown, the 55 ① (M6 Hex Nut) and 55 ② (M6 Hex Nut) should be tightened to the left side, be noted that adjust the two sides at the same time.
- (2) Moving the 24 (Fly Wheel) forward as diagram shown, tighten the 55 ② (M6 Hex Nut) to left side, preliminarily tighten the 55 ① (M6 Hex Nut), 55 ② (M6 Hex Nut) according to the actual situation, slowly adjust the 55 ① (M6 Hex Nut), 55 ② (M6 Hex Nut) to make the 24 (Fly Wheel) center and the cycle chain with a slight tighten status.
- When the 24 (Fly Wheel) turns, it's swinging to the left and right sides not too much and the noise from the cycle chain not too much, (please be careful on this progress), then the adjustment is done.
- (3) Tighten the 55 ② (M6 Hex Nut) to left side and 55 ① (M6 Hex Nut) to right side, then tighten 56 (M12 Dome Head Nut), make this operation at the same time.

2. Examine the equipment periodically in order to detect any damage or wear which may have been produced.

3. Lubricate moving parts with light oil periodically to prevent premature wear.

4. 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.

5. The equipment can be cleaned using a damp cloth and mild non-abrasive detergent. **Do not** use solvents.

6. 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 6001714.**

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.



Workout method

1. Sitting with hands on the handlebars

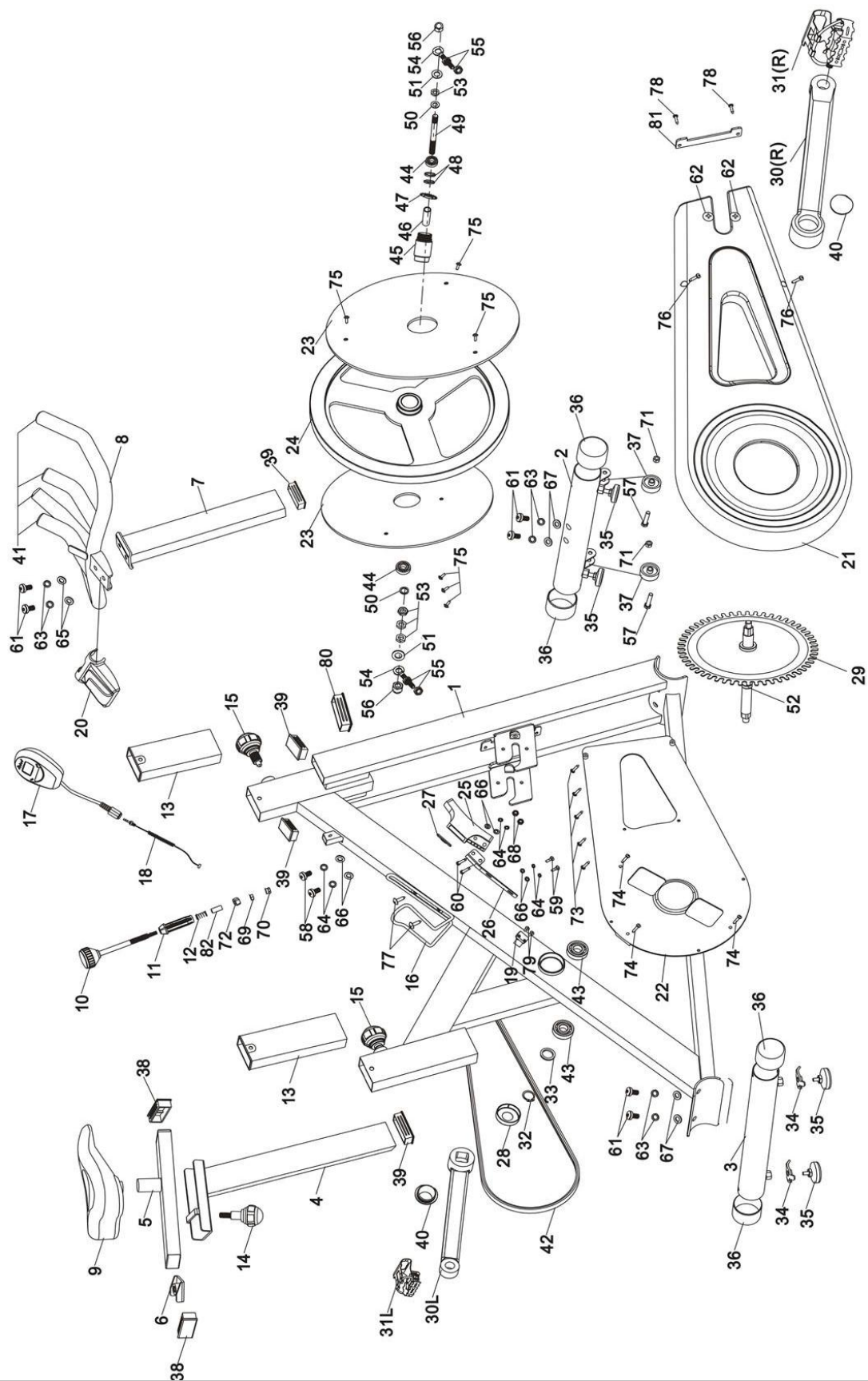
Select the desired height for the saddle and handle bar. Seat onto the saddle. Place the feet onto the left & right pedals separately, Grasp the handle bar and then use the spin bike with the desired speed.

2. Sitting upright with hands off the handlebars

Select the desired height for the saddle , Seat onto the saddle. Place the feet onto the left & right pedals separately, and then use the spin bike with the desired speed.

3. Standing with hands on the handlebars

Select the desired height for the saddle and handle bar. Place the feet onto the left & right pedals separately, Grasp the handle bar , bend the waist ,and then use the spin bike with the desired speed.



Key No.	Description	QTY	Key No.	Description	QTY
1	Main Body	1	31	Pedal	1
2	Front Stabilizer	1	32	17mm Elastic Damping Ring	1
3	Rear Stabilizer	1	33	17mm Corrugated Gasket	1
4	Saddle Post	1	34	Level Foot Lock Bracket	2
5	Saddle Support Frame	1	35	Level Foot	4
6	Seat Lock Bracket	1	36	60mm End Cap	4
7	Handle Post	1	37	Transport Wheel	2
8	Handle	1	38	40×20×1.5mm Flat End Cap	2
9	Saddle	1	39	23.5×53.5×1.5mm Flat End Cap	4
10	Brake Knob	1	40	Crank Cover	2
11	Brake Sleeve	1	41	Φ 25x2mm Cone End Cap	4
12	Brake Spring	1	42	Chain / 104Joints / Joint length 12.7mm	1
13	30×60×145mm Sleeve	2	43	6203 Bearing	2
14	M10 Knob	1	44	6001 Bearing	2
15	M16 Lock Knob	2	45	Axle Sleeve	1
16	Water Bottle Holder	1	46	Fly Wheel Sleeve	1
17	Console	1	47	Gear wheel	1
18	Sensor Wire	1	48	42×5T×m33×1mm Lock Ring	2
19	Reed	1	49	Fly Wheel Axle	1
20	Handle Cover	1	50	17×12.5×2mm Washer	2
21	Outer Chain Cover	1	51	20×12.5×5mm Washer	2
22	Inner Chain Cover	1	52	28mm Nylon Washer	1
23	Fly Wheel Cover	2	53	M12×1/5Tmm Pyramidal Face Hex Nut	4
24	Fly Wheel	1	54	Tension Bolt	2
25	Brake	1	55	M6 Hex Nut	4
26	Brake Holder	1	56	M12 Dome Head Nut	2
27	Bracket	1	57	M8x40mm Hex Bolt	2
28	Bearing Block	1	58	M5x5mm Philips Bolt	2
29	Chain Wheel Assembly	1	59	M5x10mm Philips Bolt	2
30	Crank	1	60	M5x30mm Philips Bolt	2



Key No.	Description	QTY	Key No.	Description	QTY
61	M10x20mm Allen Bolt	6	72	Brake Square Nut	1
62	M6x10mm Philips Bolt	2	73	ST4.2×15mmSelf Tighten Philips Screw	5
63	10mm Spring Washer	6	74	ST4.2×20mm Philips Screw	3
64	5mm Spring Washer	6	75	ST4.2×12mm Philips Screw	6
65	10mm Washer	2	76	ST4.2×20mm Philips Screw	2
66	5mm Washer	6	77	ST4.2×15mm Philips Screw	2
67	10×R33mm Arc Washer	4	78	ST4.2×12mm Self Tighten Philips Screw	2
68	M5 Aircraft Nut	2	79	ST2.9×20mm Self Tighten Philips Screw	2
69	M6 Hex Nut	1	80	60×30×1.5mm Flat End Cap	1
70	M6 Aircraft Nut	1	81	Chain Cover	1
71	M8 Aircraft Nut	2	82	Brake Casing	1



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 6001714

<http://www.argos-support.co.uk/>

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