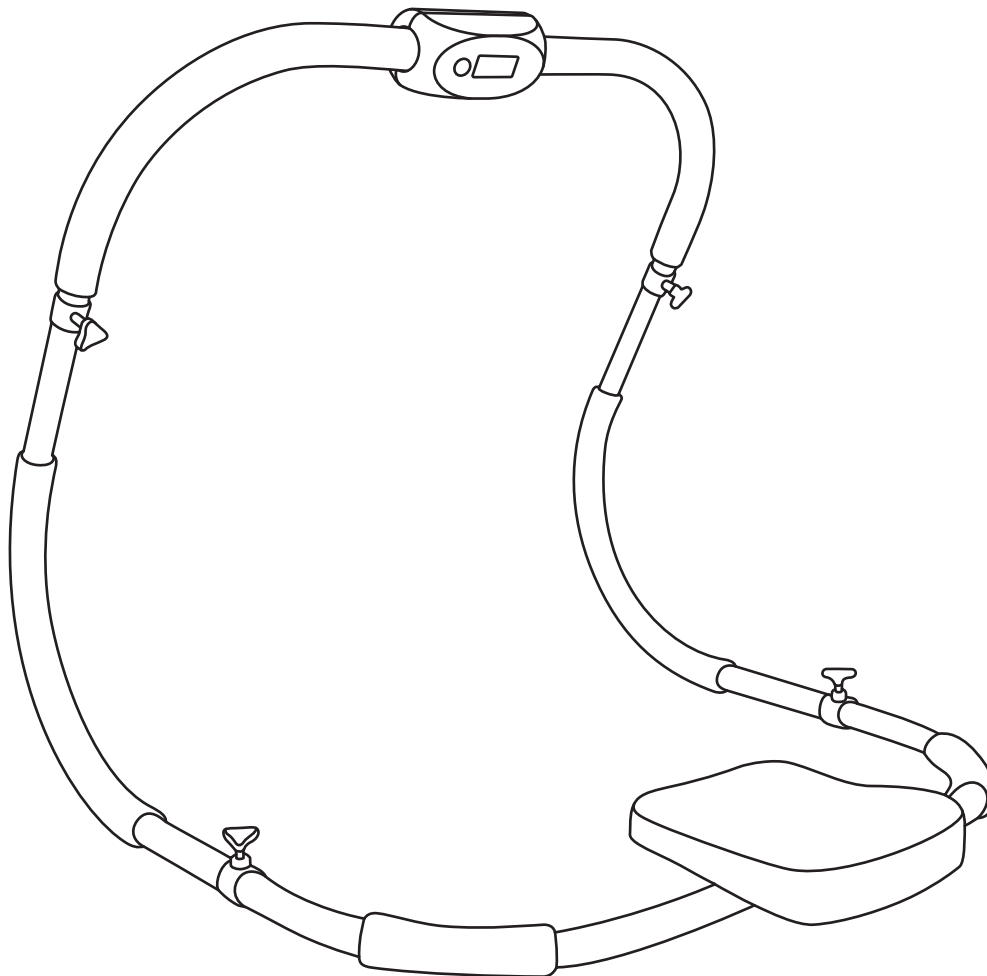


OPTI AB EXERCISER W COUNTER



Assembly & User Instructions - Please keep for future reference

611/0372



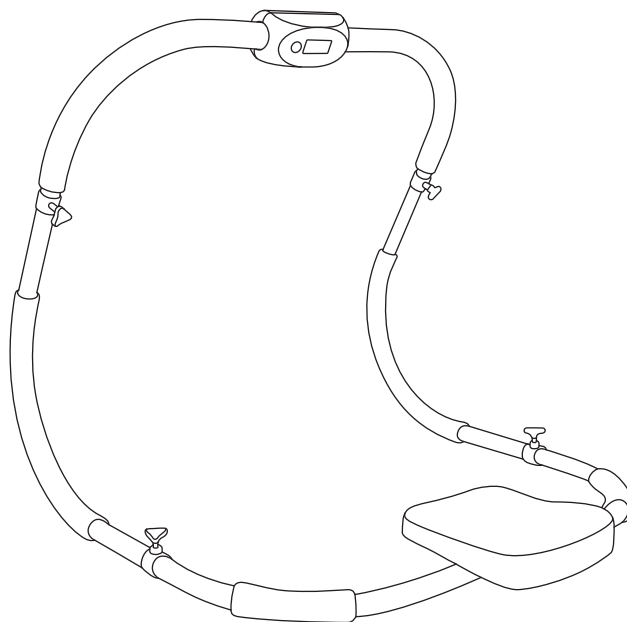
Important – Please read these instructions fully before assembly or use

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

If you need help or have damaged or missing parts, call the Customer Helpline: 0345 600 1714 or visit www.argos-support.co.uk

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Safety Information



Important – Please read fully before assembly or using

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

- 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.

Using

- 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.
- Before using the equipment to exercise, always perform 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.**
- Injuries to health may result from incorrect or excessive training.
- This product is suitable for a maximum user weight of: 100kg.
- This product conforms to: BS EN ISO 20957-1 Class (H) - Home Use.

Battery safety

- **Warning:** Incorrect installation of batteries may cause battery leakage and corrosion, resulting in damage to the computer.
- **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.

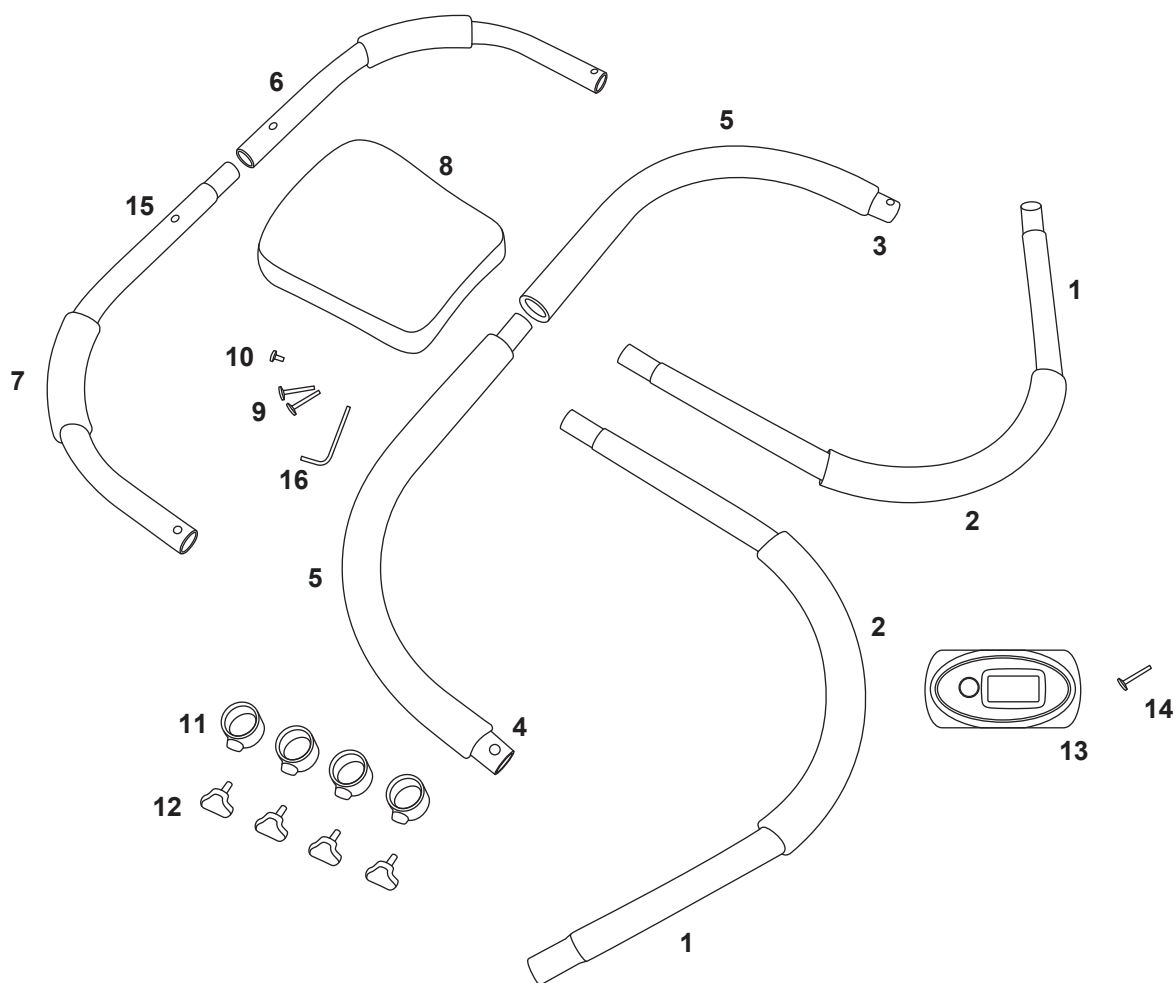
Components - Parts

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

Please check you have all the parts listed below

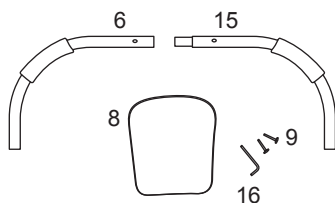
Note: Some of the smaller components may be pre-fitted to larger components. Please check carefully before contacting Argos regarding any missing components.

Total mass of the product is 3.08 kg. Total size of the equipment is 68cm x 66.5cm x 70cm.

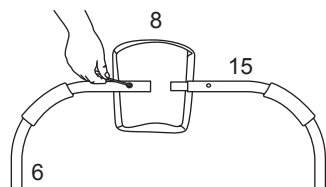


Assembly Instructions

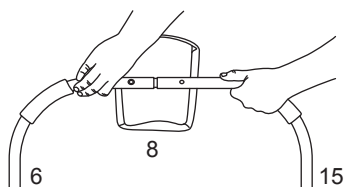
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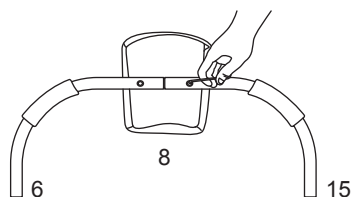
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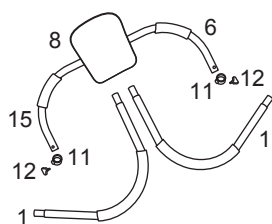
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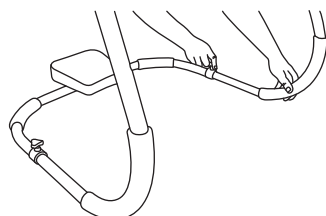
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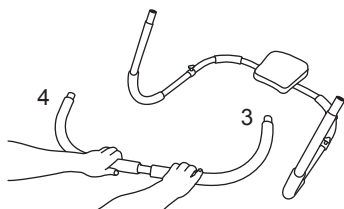
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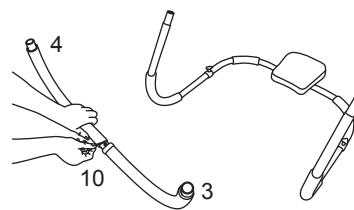
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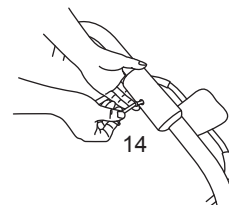
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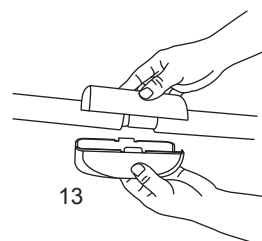
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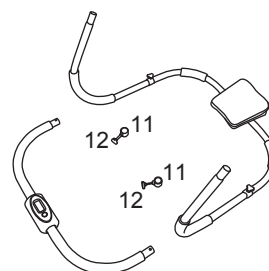
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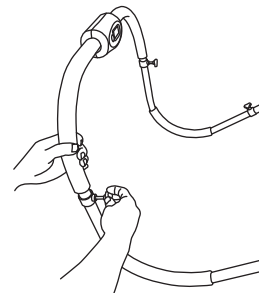
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12



13

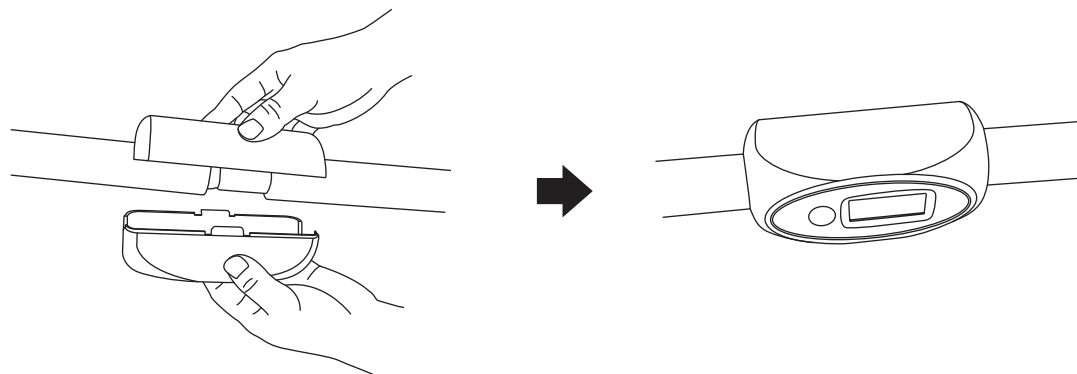


Assembly Instructions



Computer Assembly

Please separate the upper and lower computer console, and then install batteries onto the upper computer sole. Finally clam the upper console with lower console on the Overhead Bar as shown on the diagram below.



Exercise Computer

Specification

- TIME(TMR): 0:00-99:59
- COUNT(CNT):0-9999
- TOTAL COUNT(T.CNT):0-9999
- CALORIE(CAL):0.0-999.8 (0-9999KCAL)

Key Function

Mode: This key lets you select and lock onto a particular Function you want. Long press 'MODE' key more than four seconds for reset.Press the MODE key to move the pointer onto the function you want to use until it begins flashing.To choose the SCAN or Lock.

Operation Procedures

1. Auto ON/OFF:

The system turns on when the key is depressed or its sensor receives an input from the speed sensor. The system turns off automatically when the speed sensor has no signal input or no key are pressed for approximately 4minutes.

2. Scan:

When the pointer is blinking , automatic display of the following functions in the Order Shown:
TIME---COUNT---TOTAL COUNT
--CALORIES(repeat).

3. Reset:

The unit can be reset by either changing battery or pressing the RESET (or MODE) key for 3 seconds.

Functions

1. Time

Press the MODE key until pointer lock on to TIME.The total working time will be shown since starting exercise.

2. Count

Press the MODE key until pointer lock on to COUNT.Automatically accumulates workout count since starting exercise.

3. Calorie

Press the MODE key until pointer lock on to CALORIE.The calorie burned will be displayed since starting exercise.

4. Total Count

Press the MODE key until pointer lock on to TOTAL COUNT.Automatically accumulates workout count since starting exercise for the first time.

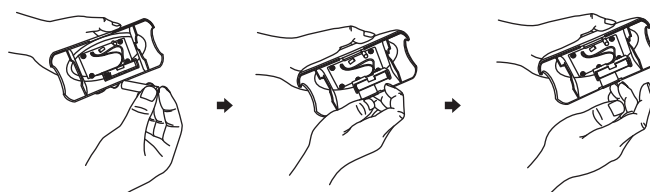
5. Scan

Automatically display changes every 4 seconds.

Battery

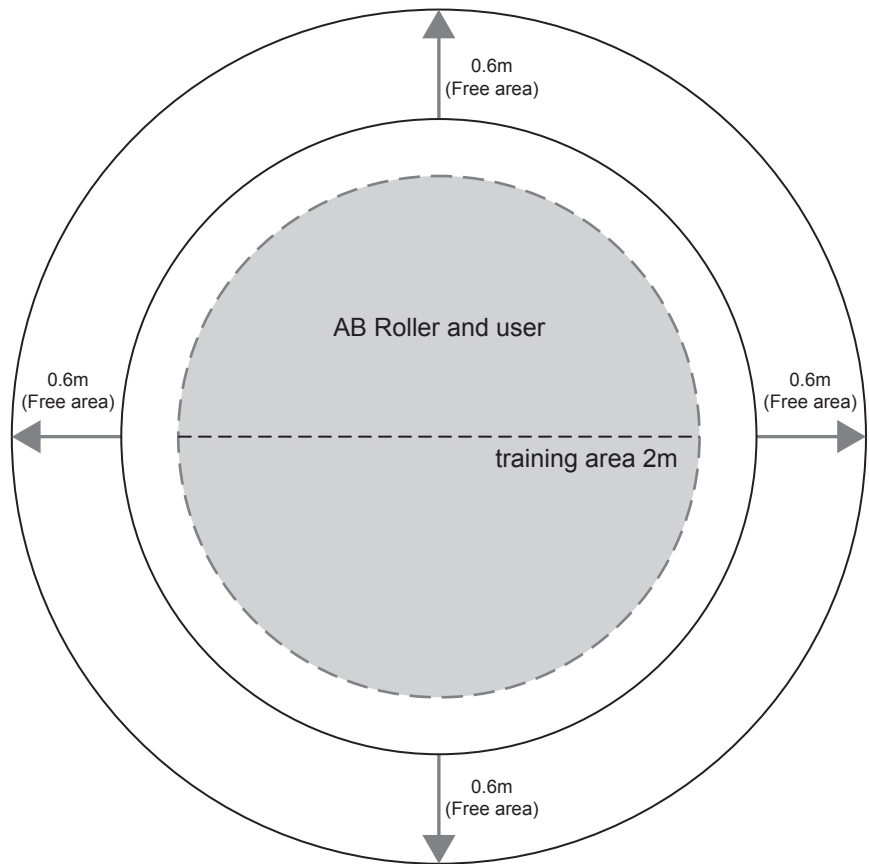
NOTE: Battery not included

This monitor uses one "AAA" or GA76 battery, You can replace the battery through the back of the unit.



Workout Area

The free area must be at least 0.6m greater than the training area. This is a space where you can safely dismount, without obstruction, in case of an emergency. Where two pieces of equipment are positioned adjacent to each other the free area may be shared.



Exercising 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.

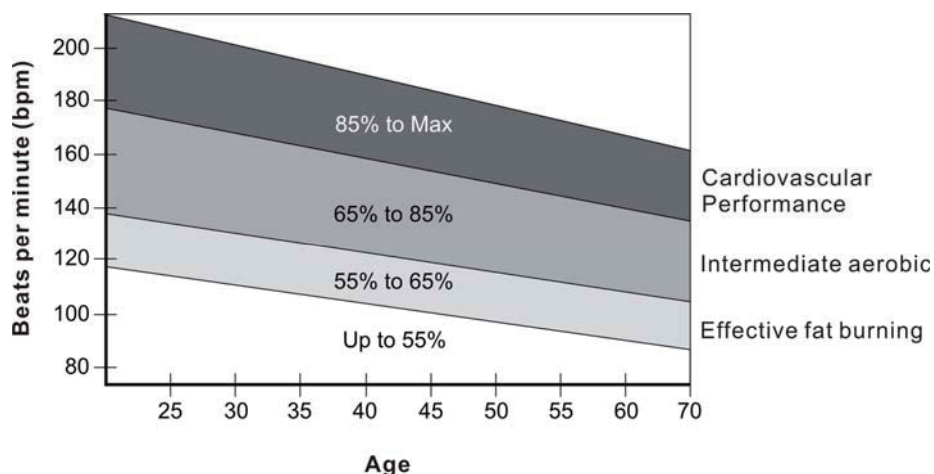
Initially, you may be able to exercise only for a few minutes in your target zone, however, your aerobic fitness will improve over the next six to eight weeks. Don't be discouraged if it takes longer. It's important to work at your own pace.

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 proper level.



Exercising Information

Muscle chart

Aerobic Exercise

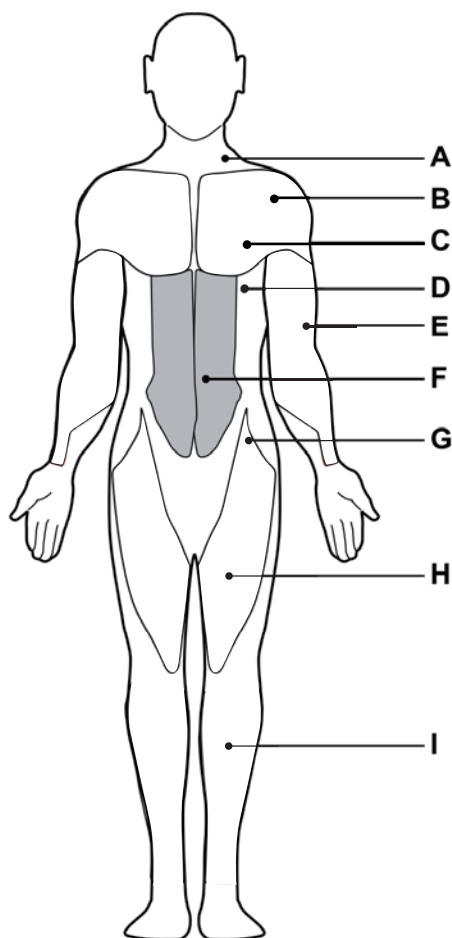
Aerobic exercise improves the fitness of your lungs and heart - your body's most important muscle. Aerobic exercise is promoted by any activity that uses your large muscles (arms, legs, or buttock, for example).

Weight Training

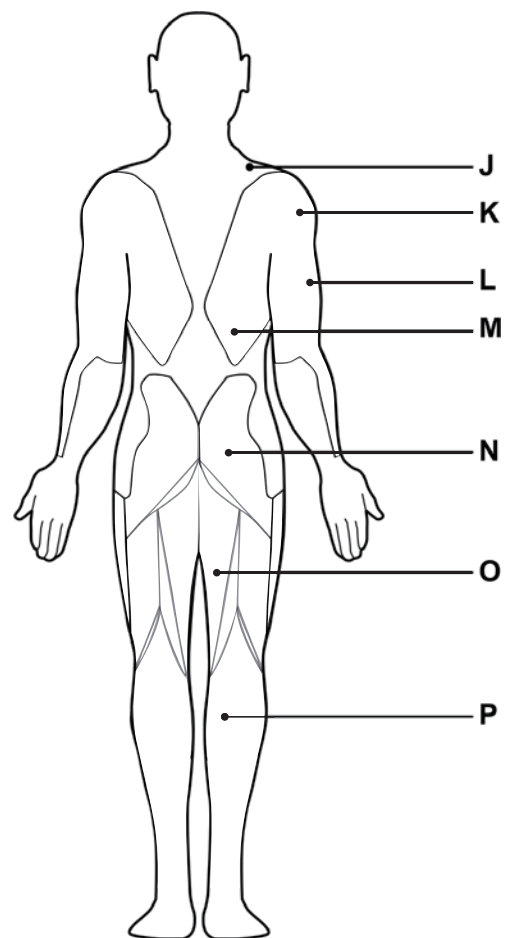
Along with aerobic exercising which helps get rid of and keep off the excess fat that our bodies can store, weight training is an essential part of an exercise routine. Weight training helps tone, build and strengthen muscle. If you are working above your target zone, you may want to do a lower number of reps.

Targeted Muscle Groups

The exercise routine that is performed on the AB exerciser will develop the muscle groups highlighted on the muscle chart below.



Front



Back

- | | |
|-----------------------------|-----------------------------|
| A: Trapezius | F: Abdominal |
| B: Anterior Deltoid | G: Sartorius |
| C: Pectoralis Major | H: Quadriceps |
| D: Serratus Anterior | I: Tibialis Anterior |
| E: Biceps | |

- | | |
|-----------------------------|-------------------------|
| J: Trapezius | N: Gluteals |
| K: Posterior Deltoid | O: Hamstrings |
| L: Triceps | P: Gastrocnemius |
| M: Latissimus Dorsi | |

Exercising Information



Warming up and Cooling down exercises

Each workout should include the following three parts:

1. A warm-up, consisting of 5 to 10 minutes of stretching and light exercise. A proper warm-up increases your body temperature, heart rate, and circulation in preparation for exercise.
2. Training zone exercise, consisting of 20 to 30 minutes of exercising with your heart rate in your training zone. (**Note:** During the first few weeks of your exercise program, do not keep your heart rate in your training zone for longer than 20 minutes.)
3. A cool-down, with 5 to 10 minutes of stretching. This will increase the flexibility of your muscles and will help to prevent post-exercise problems.

Exercise Frequency

To maintain or improve your condition, plan three workouts each week, with at least one day of rest between workouts. After a few months of regular exercise, you may complete up to five workouts each week, if desired. Remember, the key to success is make exercise a regular and enjoyable part of your everyday life.

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 toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times.

Stretches: Hamstrings, back of knees and back.



Hamstring stretch

Sit with one leg extended. Bring the sole of the opposite foot toward you and rest it against the inner thigh of your extended leg. Reach toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg.

Stretches: Hamstrings, lower back and groin.



Exercising Information

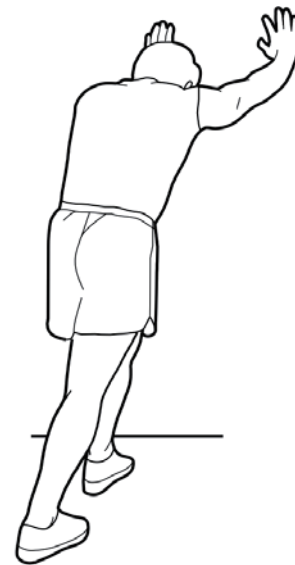
Calf/achilles stretch

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 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, then relax.

Repeat 3 times.

Stretches: Quadriceps and hip muscles.

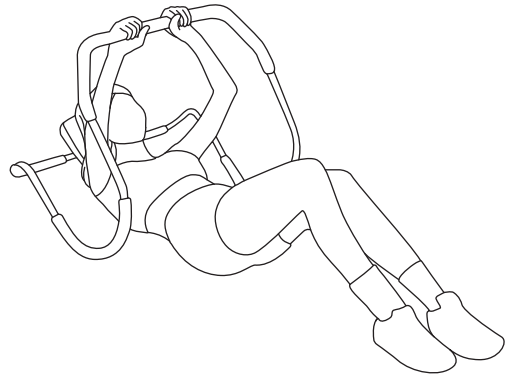


Basic Position

Lie flat on your back with your head on the headrest pad. Your knees should be bent and your feet together. Relax you are now in the starting position. If you are a beginner your hand position will be on the top U shaped bar above the headrest pad.

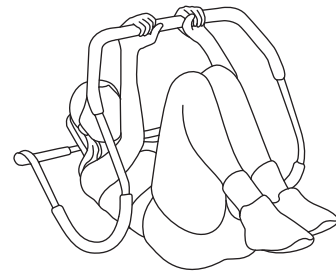
1. Basic Crunch

Adopt the basic position and simply crunch forward while keeping your back on the floor and your head on the headrest. We suggest you hold your crunch position momentarily, then slowly curl down and repeat the sequence, 12 to 15 repetitions is advised.



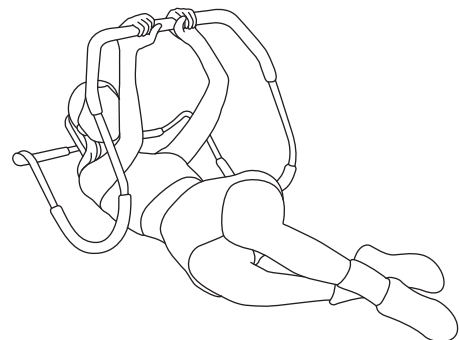
2. Basic Reverse Crunch

Keeping the body in the same position, the only part of the body leaving contact with the floor will be your feet, legs and buttocks. Your back still remains flat on the floor. Breathe out as you slowly pull your knees toward your chest and breathe in as you slowly return to the starting position. Perform this exercise in a slow controlled manner. As you bring your knees toward your chest, concentrate on using your abdominal muscles not your legs. We suggest 12 repetitions.



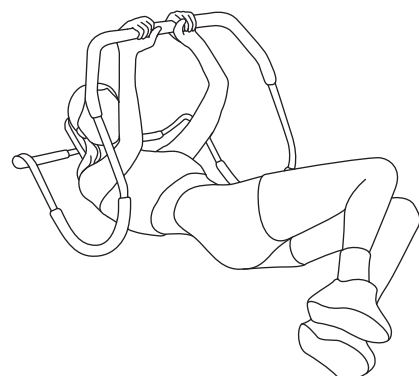
3. Total crunch

This exercise is a combination of the basic crunch and reverse crunch. While performing a basic crunch, bring your knees toward your chest while keeping your back flat on the floor and your head on the headrest. Return to starting position and repeat again. We suggest 12 repetitions.



4. Oblique Crunch

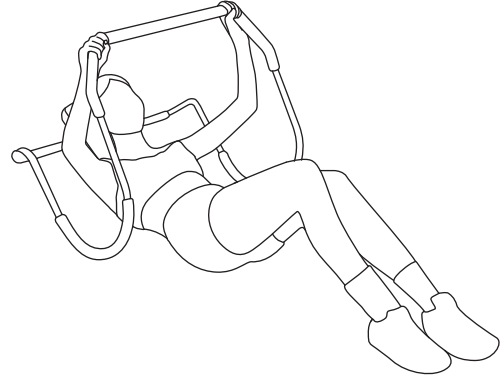
While keeping your knees together and bent, rotate them toward the right side. Legs should be as close to the floor as possible without any discomfort. From this position, perform a basic crunch with your head on the headrest, your back will be slightly off the floor we suggest 12 repetitions. Then rotate your legs toward the other side following the same routine to work both sides of the oblique. Again we suggest 12 repetitions. To make sure the muscles in the oblique area are developed evenly the number of repetitions must be the same on both sides.



The hands are now positioned on the bars to the sides of your head and your elbows on the arm cushion.

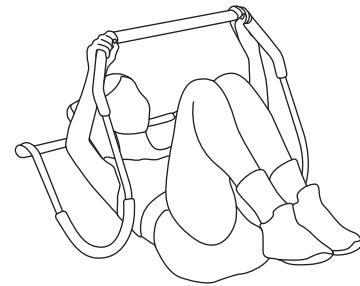
1. Advanced Basic Crunch

Follow the same routine as the basic crunch but move your hands to an overhead position on the bar. We suggest 12 repetitions.



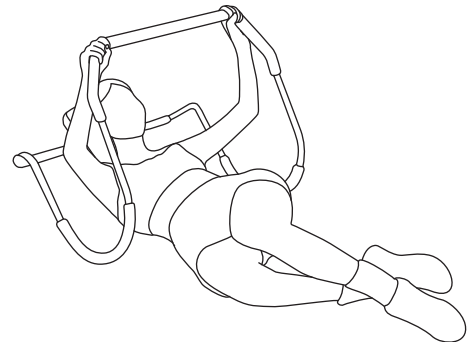
2. Advanced Reverse Crunch

Again, follow the same routine as the basic reverse crunch but with your hands in the overhead position.



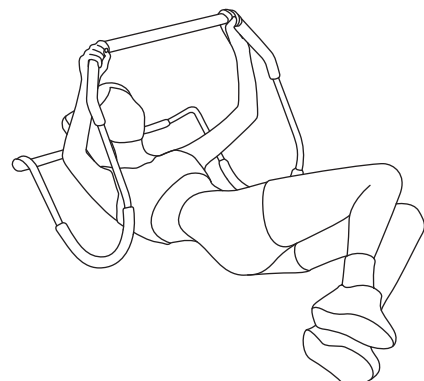
3. Advanced Total Crunch

As basic total crunch with hands in overhead position.



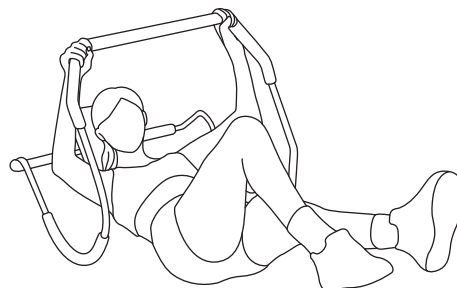
4. Advanced Obliques

As basic obliques with hands in overhead position.



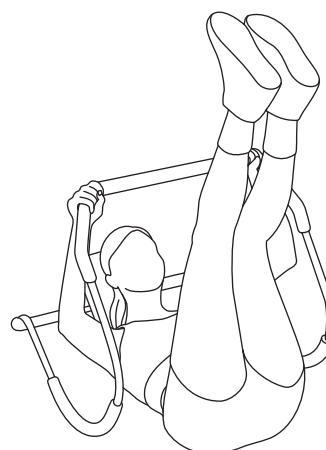
5. Advanced Bicycling

Starting with hands in advanced position, your back remaining flat on the floor and your head on the head rest. This exercise is not for beginners. Start with legs straight in front, flat on the floor. As you crunch up bring the right knee in a relaxed bent position in toward your chest (exhaling as you do so) as you roll down bring the left knee in a relaxed position toward your chest. Your legs should be moving as if you are riding a bicycle. This exercise is quite demanding on the abdominal area, so you may want to start with 10 repetitions and move on to 12 after the first week and finally 15 on the third week.



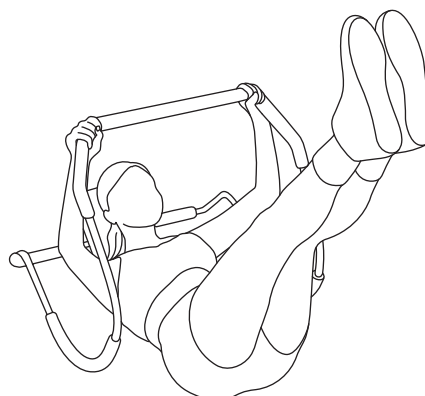
6 . Advanced Leg Lifts

Start with your head on the head rest, back flat on the floor and hands in the advanced position. Slowly lift your legs keeping your knees relaxed and with a slight bend, lift toward your chest and shoulders while keeping your back firmly on the floor at all times. Then proceed to lower your legs back down to the floor. while doing this exercise you must concentrate on lifting your legs with your abdominal muscles not your back or legs. Lifting with your abdominal really isolates those muscles and reduces the risk of injury to the lower back. We suggest you start with 10 repetitions and move on to 12 after the first week and finally 15 on the third week.



7.Cool Down

Following a period of physical activity a "cool down" session may prevent the onset of muscle soreness. It would also seem that after exercise, when the body is warm, is the best time to stretch to improve your range of movement.



For the cool down simply repeat the stretching exercises described earlier in this user guide.

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, pullys and 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 repaired.

Pay special attention to componets 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.

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

Guarantee:

For guarantee purposes, Please retain your purchase receipt.

Information for Users on Disposal of old Equipment and Batteries (European Union only)

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

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



Parts List



Part	Descripton	Qty
1	Overhead Bar	2
2	Foam (33x340mm)	2
3	Arm Tube (Left Side)	1
4	Arm Tube (Right Side)	1
5	Foam (33x480mm)	2
6	Tube for headrest(Left Side)	1
7	Foam (33x120mm)	2
8	Headrest	1
9	Screw (M6x30mm)	2
10	Screw (M6x10mm)	1
11	Plastic Connect Tubing	4
12	Knob	4
13	Computer	1
14	Screw (M6x25mm)	1
15	Tube for headrest(Right Side)	1
16	Screwdriver	1



Product Guarantee

This product is guaranteed against manufacturing defects for a period of



This product is guaranteed for twelve months from the date of original purchase. Any defect that arises due to faulty materials or workmanship will either be replaced, refunded or repaired free of charge where possible during this period by the dealer from whom you purchased the unit.

The guarantee is subject to the following provisions:

- The guarantee does not cover accidental damage, misuse, cabinet parts, knobs or consumable items.
- The product must be correctly installed and operated in accordance with the instructions contained in this manual.
- It must be used solely for domestic purpose.
- The guarantee will be rendered invalid if the product is re-sold or has been damaged by inexpert repair.
- Specifications are subject to change without notice.
- The manufacturer disclaims any liability for the incidental or consequential damages.
- The guarantee is in addition to, and does not diminish your statutory or legal rights.
- In the event of a problem with the product within the guarantee period call the

Customer Helpline: 0345 600 1714.

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

Guarantor: Argos Ltd.,
489 - 499 Avebury Boulevard
Central, Milton Keynes,
MK9 2NW