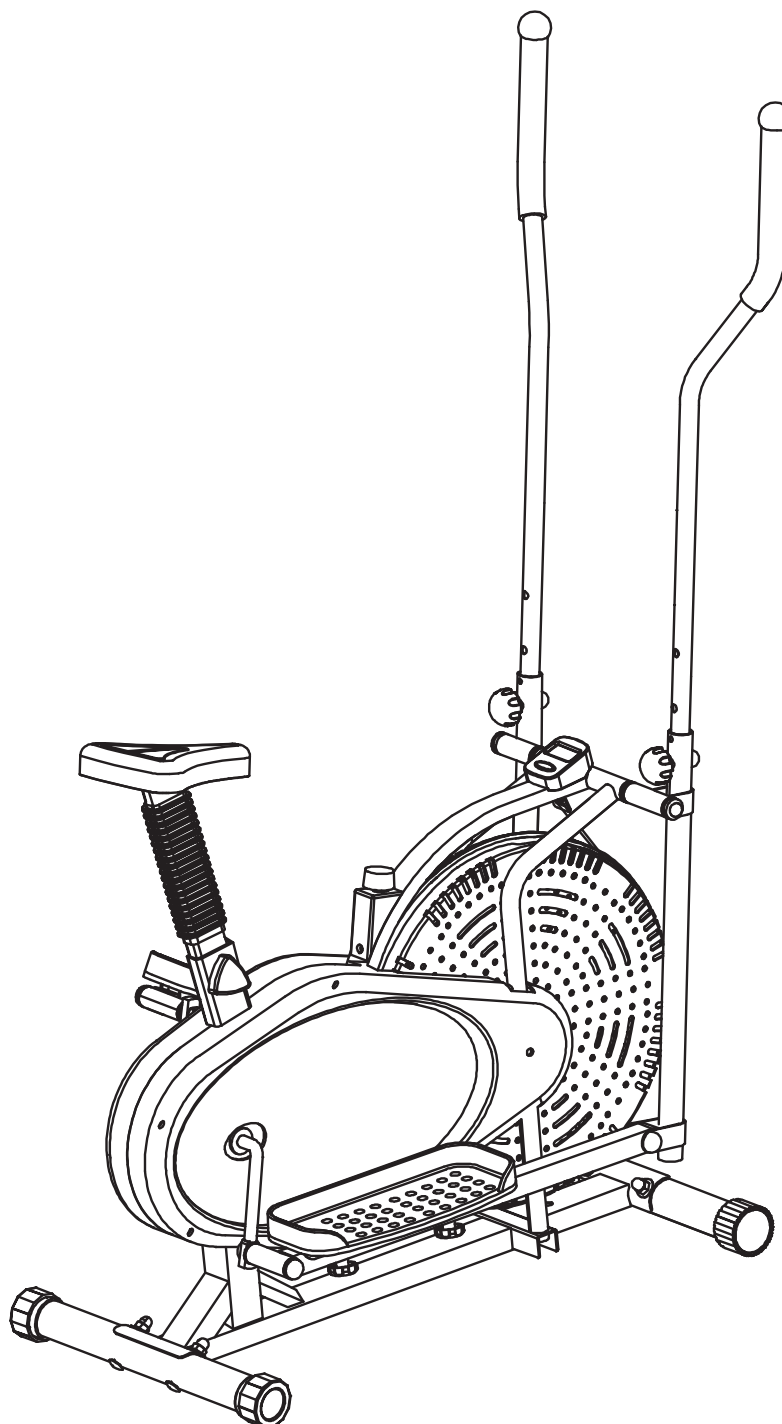


AIR 2 IN 1

Assembly & User Instructions - Please keep for future reference

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Important – Please read these instructions fully before assembly or use

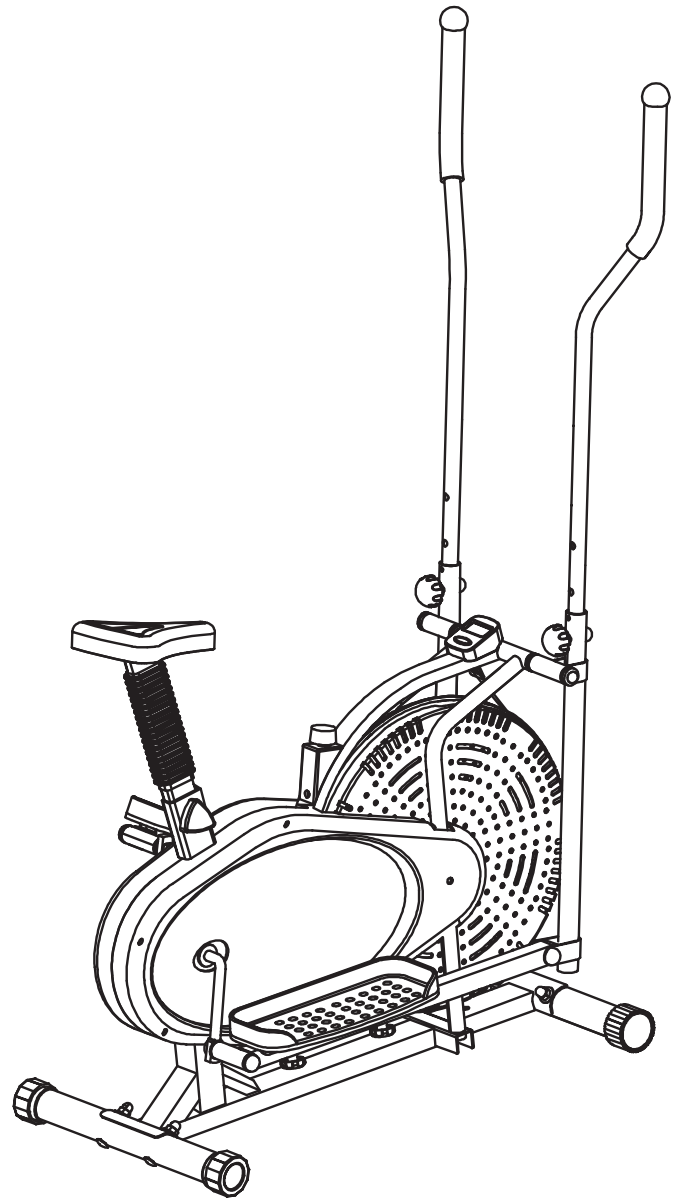
These instructions contain important information which will help you get the best from your equipment and ensure safe and correct assembly, use and maintenance.

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 use

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

Assembly

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

Use

- It is the responsibility of the owner to ensure that all users of this product are properly informed as to how to use this product safely.
- This product is intended for domestic use only. Do not use in any commercial, rental, or institutional setting.
- Use the equipment only for intended use, as described in this manual. Do not use attachments not recommended by the manufacturer.
- Keep this equipment indoors, away from moisture and dust. Do not put the equipment in a garage, outbuilding, covered patio, or near water.
- Your product is intended for use in clean dry conditions. You should avoid storage in excessively cold or damp places as this may lead to corrosion and other related problems that are outside our control.
- Keep unsupervised children away from the equipment.
- Disabled persons should not use the equipment without a qualified person or doctor in attendance.

- Always wear appropriate workout clothing when exercising. Do not wear loose or baggy clothing, as it may get caught in the equipment. Wear trainers to protect your feet while exercising.
- Do not place any sharp objects around the equipment.
- Keep hands away from all moving parts.
- If any of the adjustment devices are left projecting, they could interfere with the user's movement.
- Before using the equipment to exercise, always perform stretching exercises to properly warm up.
- Only one person at a time should use the equipment.
- If the user experiences dizziness, nausea, chest pain, or other abnormal symptoms stop the workout and seek immediate medical attention.
- Injuries to health may result from incorrect or excessive training.
- This product is suitable for a maximum user weight of: 100kg.
- This product conforms to: BS EN ISO 20957-1 and -9 Class (H) - Home Use - Class (C).
- This stationary training equipment is not suitable for high accuracy purposes
- The CROSS trainer is not equipped with a free wheel and therefore the moving parts cannot be stopped immediately.
- To mount and dismount the equipment safely, hold the handlebar and step on/down the footplatform when it is in the lowest position.



Safety Information



Important – Please read fully before assembly or use

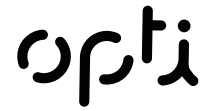
Battery safety

- Warning: Batteries are to be inserted with the correct polarity. Incorrect installation of batteries may cause battery leakage and corrosion, resulting in damage to the computer.
- Do not mix old and new batteries, or batteries of different types.
- Do not dispose of batteries in a fire.
- Do not dispose of batteries with normal household waste, take to a local recycling centre.
- Non-rechargeable batteries are not to be recharged.
- Rechargeable batteries are only to be charged under adult supervision.
- Rechargeable batteries are to be removed from the product before being charged.
- Exhausted batteries are to be removed from the product.
- Supply terminals are not to be short-circuited.



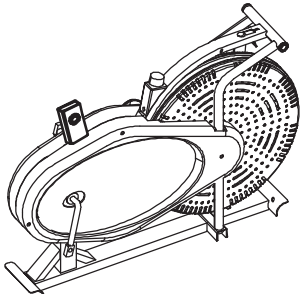
Warning: Before beginning any exercise program, consult your Doctor. This is especially important for persons over the age of 35 or persons with pre-existing health problems. You MUST read all instructions before using any fitness equipment. Argos and its associates assumes no responsibility for personal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

Components - Parts

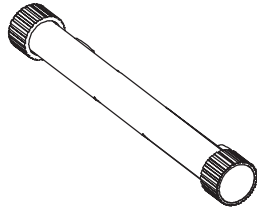


Please check you have all the parts listed below

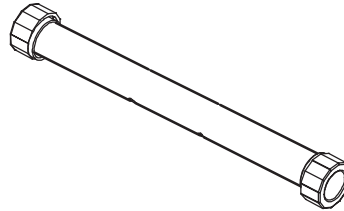
Note: Some of the smaller components may be pre-fitted to larger components. Please check carefully before contacting Argos regarding any missing components.



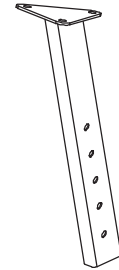
1.Main Frame x1



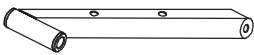
2.Front bottom tube x1



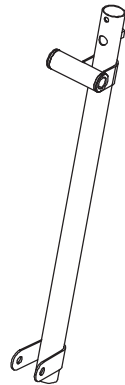
3.Back bottom tube x1



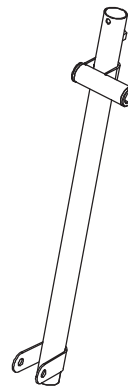
69.Seat Tube x1



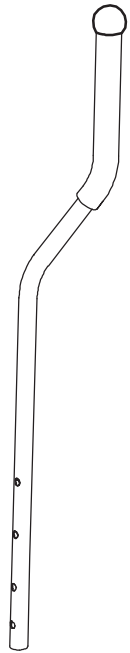
6L.pedal tube x1



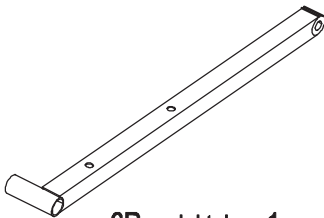
4R.Handlebar Tube x1



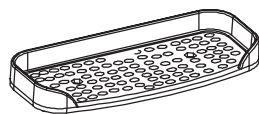
4L. Handlebar Tube x1



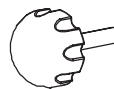
7L.handle bar x1 7R.handle bar x1



6R.pedal tube x1



11R.Pedal x1



17.Knob bolt x2



50.Computer x1



76.Knob x4



11L.Pedal x1



12.Handle bar shaft x1



72.Saddle x1



62.S13 Plastic cap x2



59.S16 Plastic cap x4



60.S18 Plastic cap x2



74.Seat Post Sleeve x1



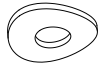



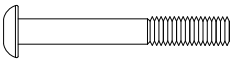








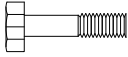

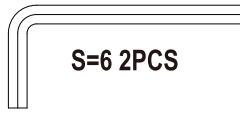
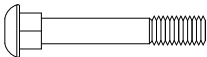


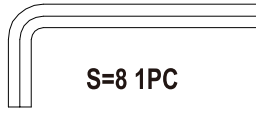
73.Triangle Knob x1

Components - Fixings



Please check you have all the fixings listed below

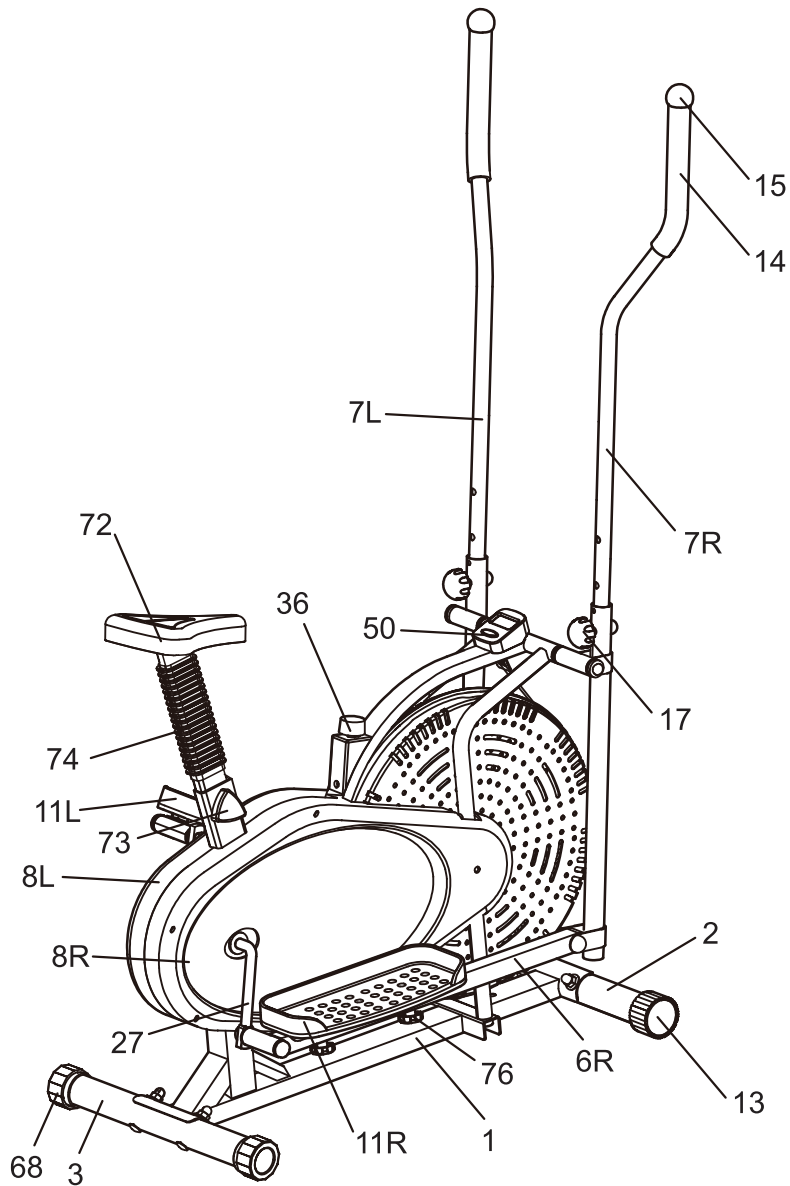
Note: The quantities below are the correct amount to complete the assembly. In some cases more hardware may be supplied than are required. Some of the fixings are pre-fitted to the larger components. Please check carefully before contacting Argos regarding any missing fixings.

<p>46 </p> <p>D10 Arc Washer x4</p>	<p>47 </p> <p>Dome Nut x4</p>	<p>63 </p> <p>D10 Spring Washer x4</p>	<p>70 </p> <p>M8 Nylon Nut x3</p>
<p>41L/R </p> <p>Φ16 x 111.8 Pedal hinge bolt(L/R) x1</p>	<p>64 </p> <p>φ28xφ16x0.3 Wave washer x2</p>	<p>51 </p> <p>Ø13*B2 Spring Washer x2</p>	<p>71 </p> <p>D8 Washer x3</p>
<p>57 </p> <p>M10X18 Boltx2</p>	<p>52 </p> <p>Φ10.5 Spring Washer x2</p>	<p>56 </p> <p>Φ28×Φ16.2×14×B5 D shape washer x2</p>	<p>1PC </p>
<p>65 </p> <p>D10 Flat Washer x4</p>	<p>44 </p> <p>M10*45 Hex Bolt x4</p>	<p>45 </p> <p>M10 Nylon Nut x2</p>	<p>S=6 2PCS </p>
<p>61 </p> <p>M10 x L63 Carriage bolt x4</p>	<p>48L/R </p> <p>B0.5X20 Nylon Nut (L/R) X1</p>	<p>10 </p> <p>Φ16×1×Φ28 Washer x1</p>	<p>S=8 1PC </p>

Assembly Instructions



Total mass of the product is 25 kg. Total size of the equipment is (width) 63 cm × (depth) 92 cm × (height) 151 cm.

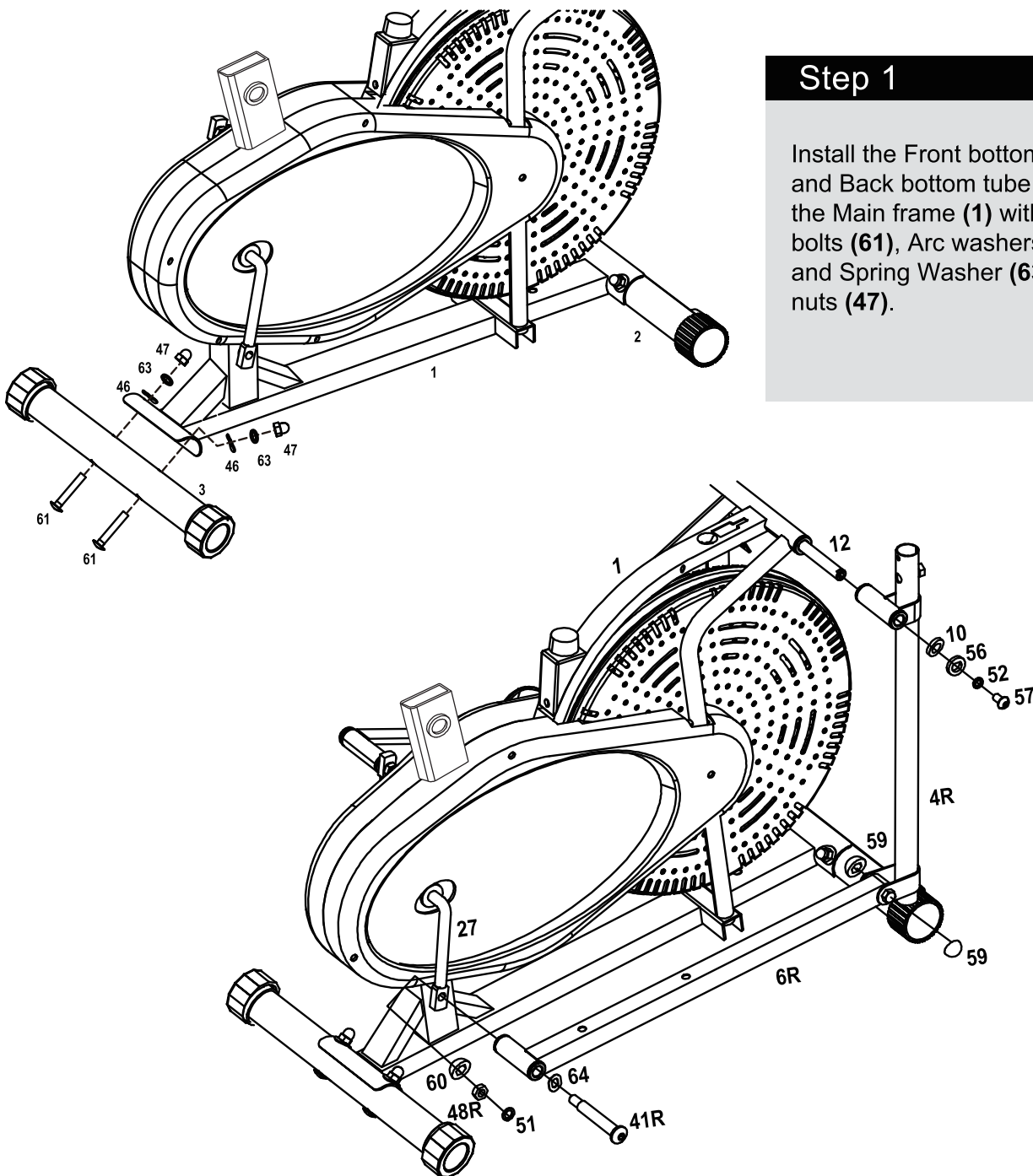


KEY

- | | | | |
|----|-------------------|----|------------------|
| 1 | Main frame | 17 | Knob bolt |
| 2 | Front bottom tube | 27 | Crank |
| 3 | Back bottom tube | 36 | Tension control |
| 6 | Pedal tube(L/R) | 50 | Computer |
| 7 | Handle bar(L/R) | 68 | End caps |
| 8 | Chain cover(L/R) | 72 | Saddle |
| 11 | Pedal(L/R) | 73 | Triangle knob |
| 13 | Front caps | 74 | Seat post Sleeve |
| 14 | Foam grips | 76 | Knob |
| 15 | Cap | | |

Step 1

Install the Front bottom tube (2) and Back bottom tube (3) to the Main frame (1) with Carriage bolts (61), Arc washers (46) and Spring Washer (63) Dome nuts (47).



Step 2

A. Insert the Handle bar shaft (12) through the Left Handlebar Tube (4L), the Main Frame (1) and the Right Handlebar Tube (4R) as shown in the diagram. Then fix with Bolt (57), Spring Washer (52), D sharp washer (56), Washer (10).

B. Insert the Pedal hinge bolt (41L/R) through the Pedal Tube (6L/R) and attach to the Crank (27) using Wave washer (64), Spring Washer (51), Nylon Nut (48L/R) Cover the hing bolt (41L/R) with the S18 Plastic Cap (60) x 2. Cover the Bolts (49) and Nuts (45) at the front of the Pedal tube (6L/R) with S16 Plastic Cap (59) x 4.

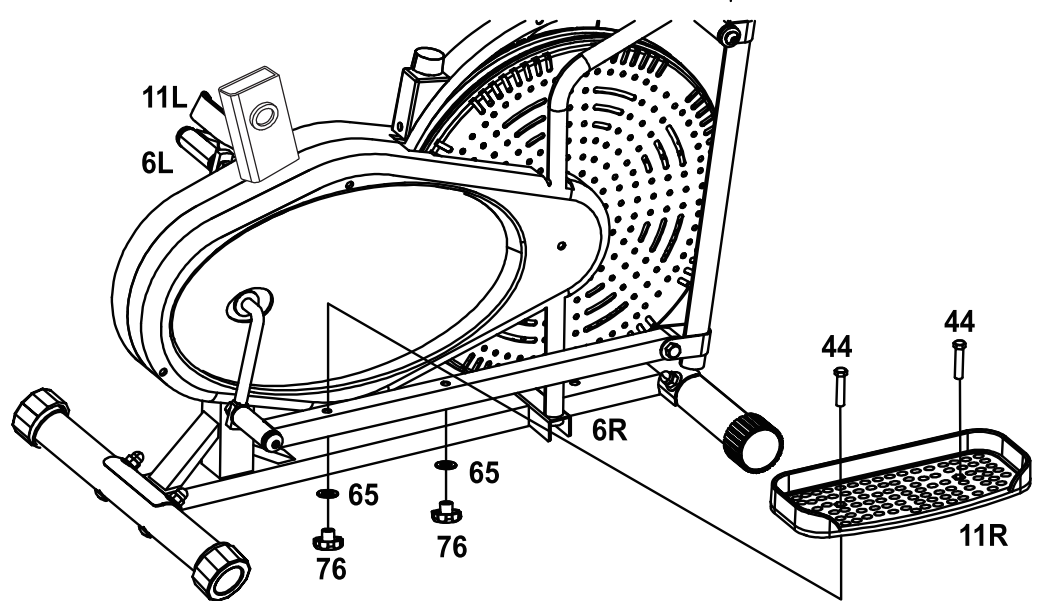
Note: To tighten the Pedal Hinge Bolt (41L/R), turn Counter-clockwise for the left side and turn Clockwise for the right side.

Assembly Instructions



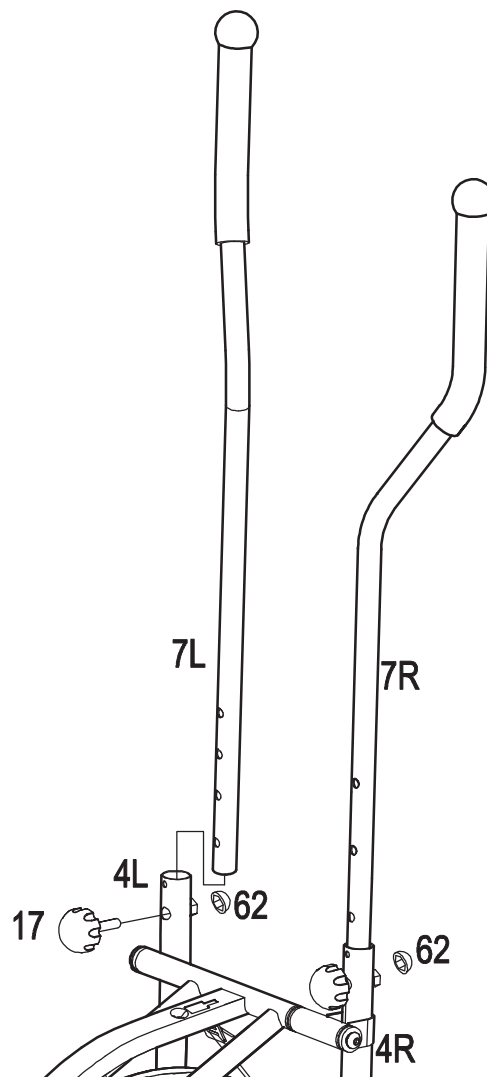
Step 3

Attach the Pedals (11L/R) to the Pedal tubes (6L/R) with Hex bolt (44), Flat Washer (65) and Knob (76).



Step 4

Insert the Handlebar (7L/R) to the Handlebar Tube (4L/R), adjusting to your desired height and locking with Knob (17). Then cover the nuts with plastic caps (62).

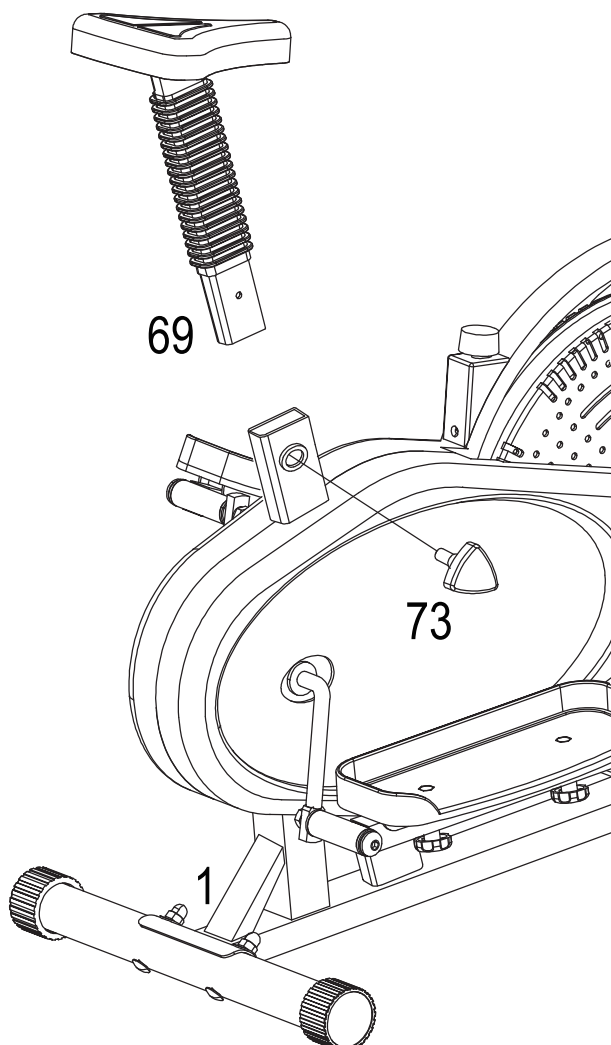
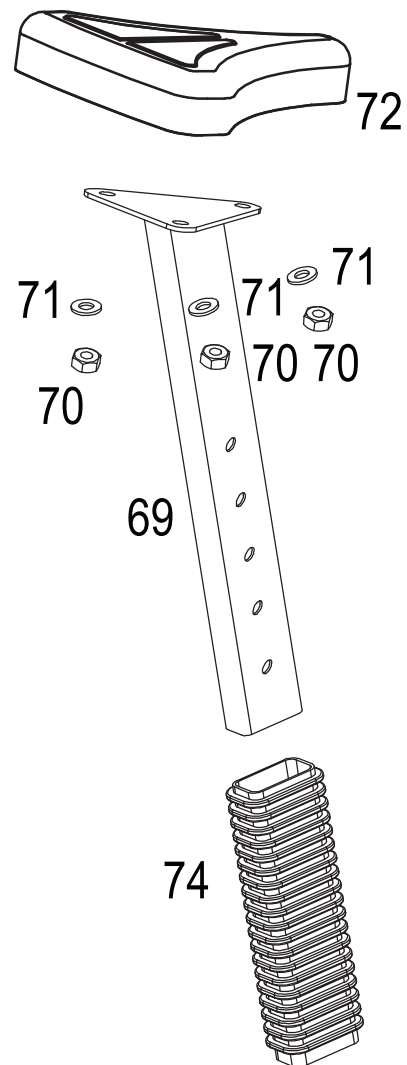


Assembly Instructions

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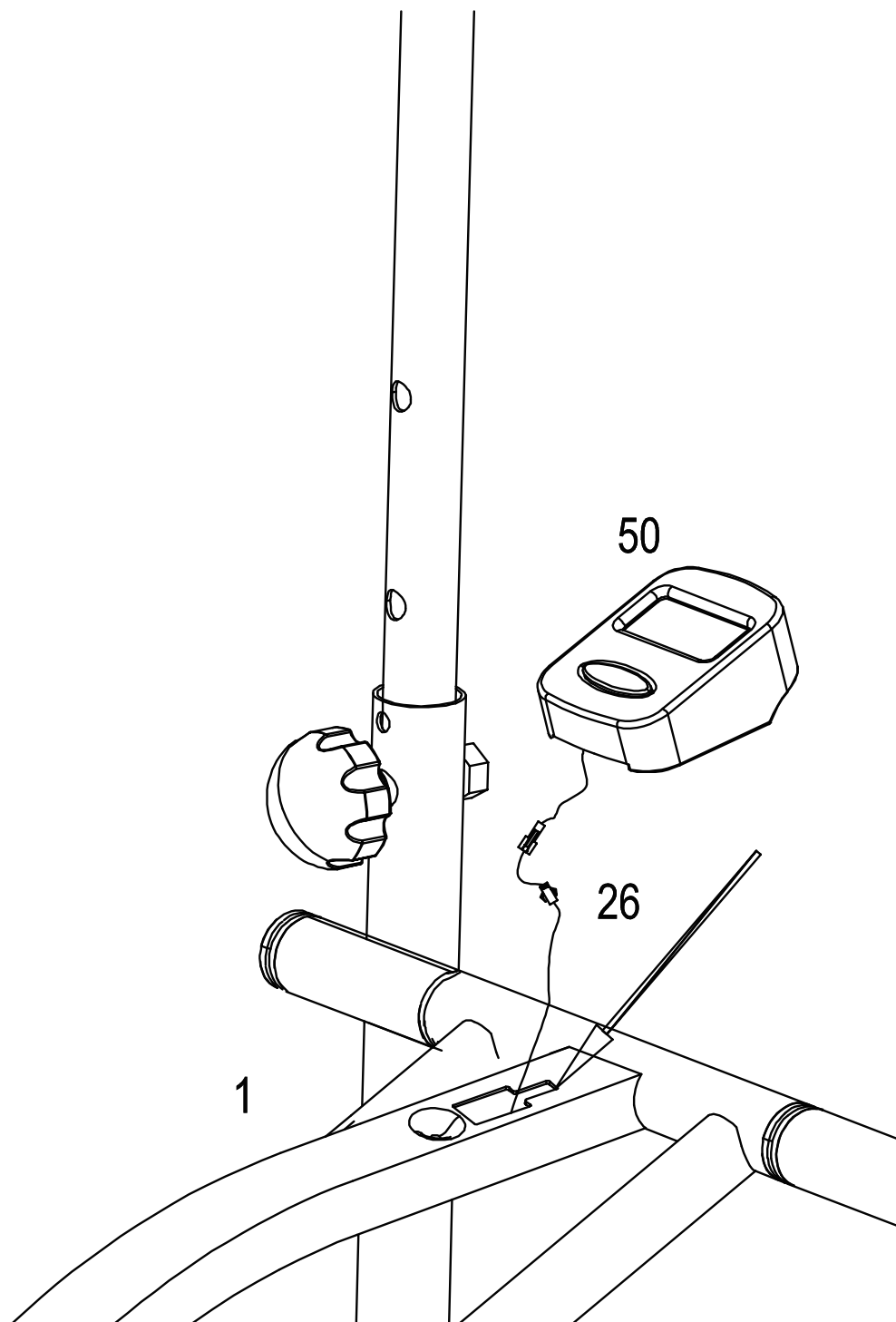
Step 5

Attach the Saddle (72) to the Seat Tube (69) with Nylon Nuts (70) and Washers (71) provided; Slide the Seat post Sleeve (74) onto the Seat Tube(69),



Step 6:

Insert the Seat Tube (69) into the Main frame (1) and lock at desired height with Triangle knob (73).



Step 7:

Connect the console(50) wire with sensor (26)wire, after that insert the Console(50) to the Main frame(1)

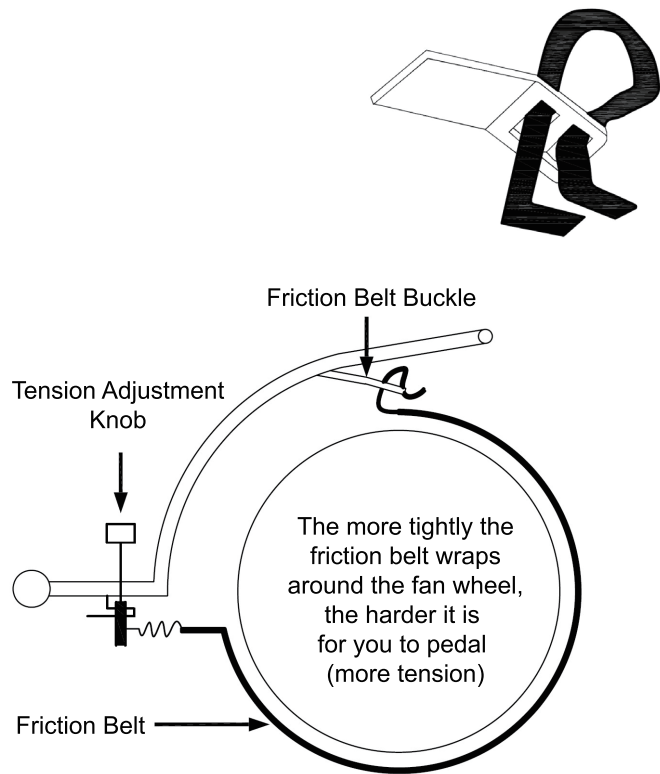
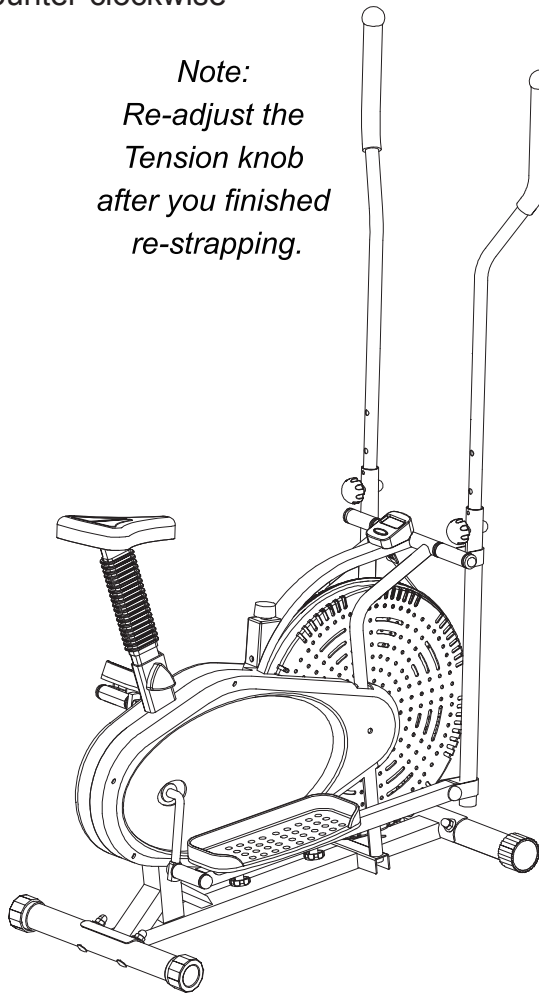
Assembly Instructions



Tension adjustment

The assembly of your Elliptical Trainer is now complete. When you try your exercises for the first time, you should adjust the tension to the correct level before you begin your full workout. Turning the adjustment knob allows you to change the tension level and vary the intensity of your workout. To increase tension turn the tension knob clockwise and to decrease tension turn the tension knob counter-clockwise.

*Note:
Re-adjust the
Tension knob
after you finished
re-strapping.*



Reversible movement

Remember, your Elliptical Trainer has REVERSIBLE movement!

Forward pedaling exercises your quadriceps (front thigh muscles), while backward pedaling targets your hamstrings (back thigh muscles). Take advantage of these facts to make your workout less fatiguing and more fun.

CAUTION: MAKE SURE YOU HAVE TIGHTENED ALL THE BOLTS AND NUTS WELL BEFORE BEGINNING YOUR WORKOUT!

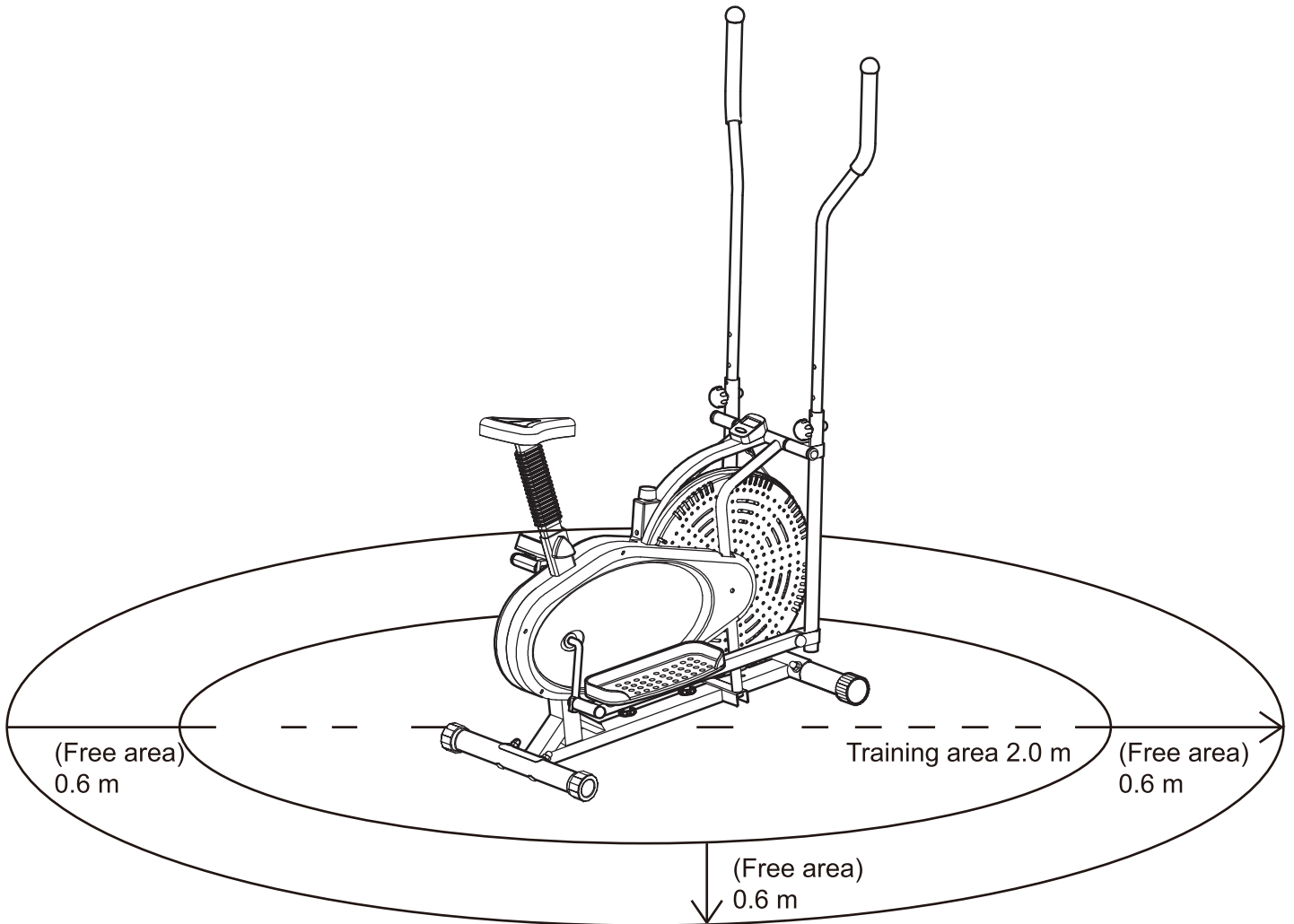
Using your elliptical trainer

Using your Elliptical Trainer will provide you with several benefits. It will improve your physical fitness, tone your muscles and in conjunction with a calorie controlled diet, help you lose weight.

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.



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

Exercise Information



Before starting

Tailor your exercise program according to your physical condition. If you have been inactive for several years, or are overweight, you must start slowly and increase your time on the equipment; a few minutes per workout increase is advisable.

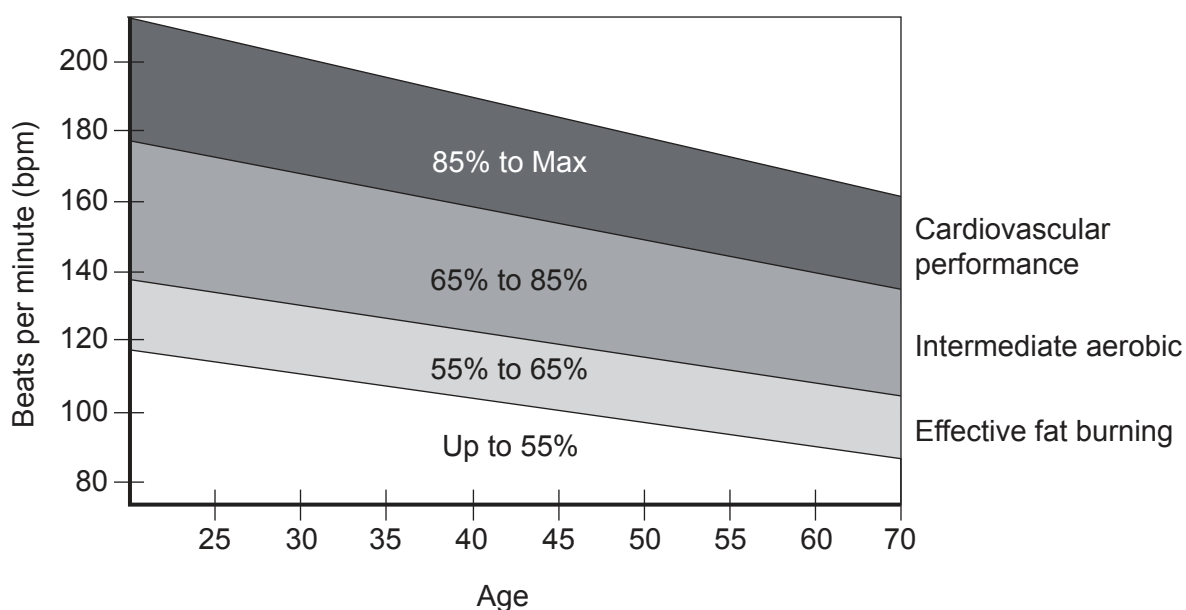
Initially, you may be able to exercise only for a few minutes in your target zone, however, your aerobic fitness will improve over the next six to eight weeks. Don't be discouraged if it takes longer. It's important to work at your own pace.

Please remember these essentials:

- Have your doctor review your training and diet programs to advise you of a workout routine you should adopt.
- Begin your training program slowly with realistic goals.
- Monitor your pulse frequently. Establish your target heart rate based on your age and condition.
- Set up your equipment on a flat even surface with adequate training area, as prescribed in this manual.

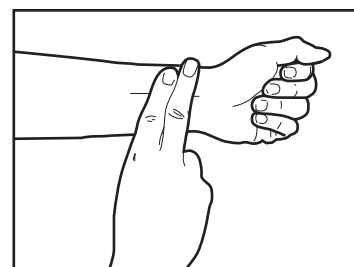
Exercise intensity

To maximize the benefits of exercising, it is important to exercise with the proper intensity. The intensity level can be found by using your heart rate as a guide. For effective aerobic exercise, your heart rate should be maintained at a level between 65% and 85% of your maximum heart rate as you exercise. This is known as your target zone. You can find your target zone in the table below.



During the first few months of your exercise program, keep your heart rate near the low end of your target zone as you exercise. After a few months, your heart rate can be increased gradually until it is near the middle of your target zone as you exercise.

To measure your heart rate, stop exercising but continue moving your legs or walking around and place two fingers on your wrist. Take a six-second heartbeat count and multiply the results by 10 to find your heart rate. For example, if your six-second heartbeat count is 14, your heart rate is 140 beats per minute. (A six-second count is used because your heart rate will drop rapidly when you stop exercising.) Adjust the intensity of your exercise until your heart rate is at the required level.



Muscle chart

Aerobic Exercise

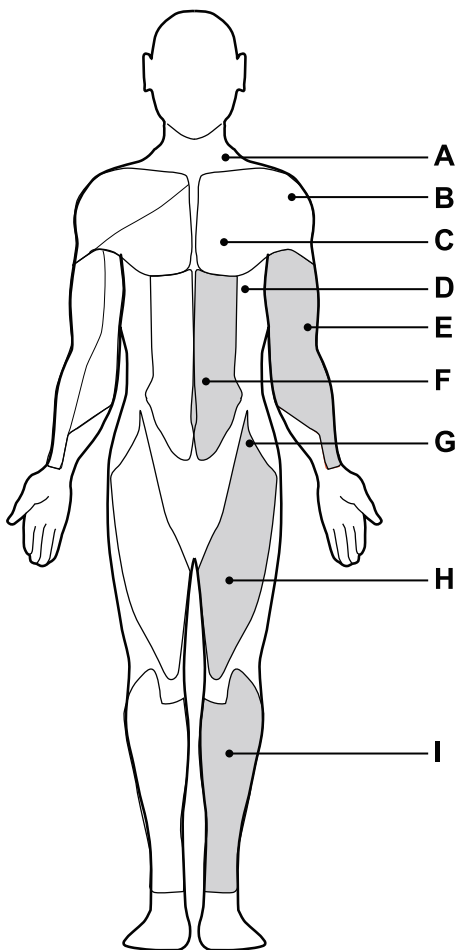
Aerobic exercise improves the fitness of your lungs and heart - your body's most important muscle. Aerobic exercise fitness is promoted by any activity that uses your large muscles (arms, legs, or buttock, for example).

Weight Training

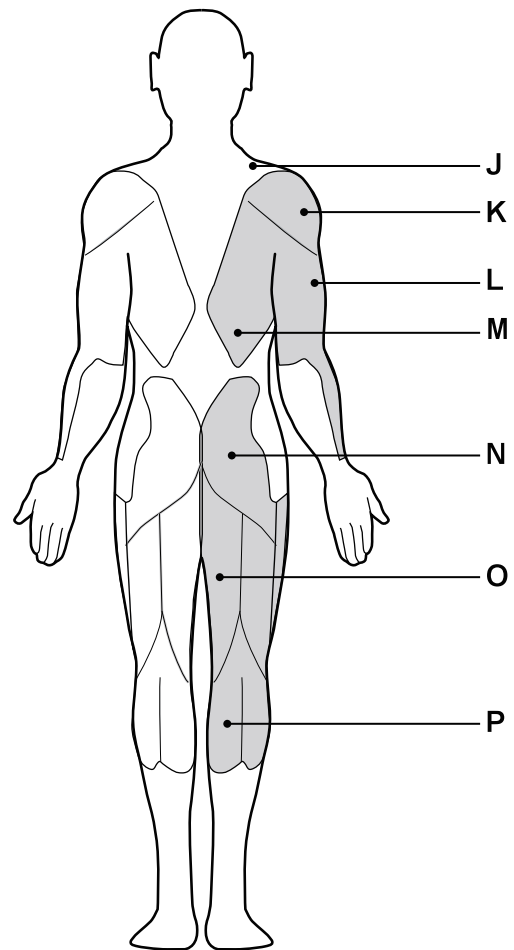
Along with aerobic exercising which helps get rid of and keep off the excess fat that our bodies can store, weight training is an essential part of the exercise routine process. Weight training helps tone, build and strengthen muscle. If you are working above your target zone, you may want to do a lesser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

Targeted Muscle Groups

The exercise routine that is performed on the Air Cross Trainer 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 Deltoid
- C:** Pectoralis Major
- D:** Serratus Anterior
- E:** Biceps
- F:** Abdominal
- G:** Sartorius
- H:** Quadriceps
- I:** Tibialis Anterior

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

Warming up and Cooling down

Each workout should include the following three parts:

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

Exercise Frequency

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

Suggested Stretches

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

Toe touch stretch

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

Hold for 15 counts, then relax.

Repeat 3 times.

Stretches: Hamstrings, back of knees and back.



Hamstring stretch

Sit with one leg extended. Bring the sole of the opposite foot toward you and rest it against the inner thigh of your extended leg. Reach toward your toes as far as possible.

Hold for 15 counts, then relax.

Repeat 3 times for each leg.

Stretches: Hamstrings, lower back and groin.



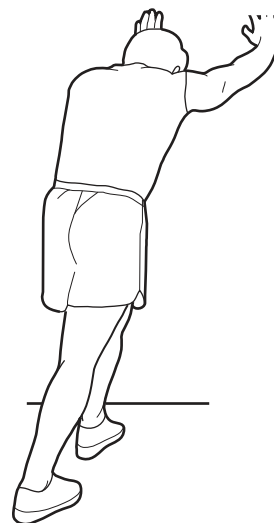
Calf/achilles stretch

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

Hold for 15 counts, then relax.

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

Stretches: Calves, achilles tendons and ankles.



Quadriceps stretch

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

Hold for 15 counts, then relax.

Repeat 3 times for each leg.

Stretches: Quadriceps and hip muscles.



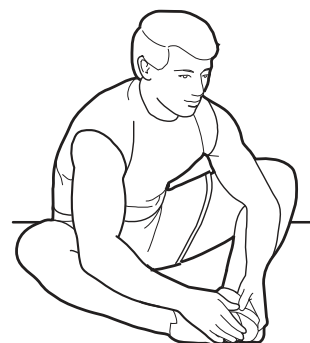
Inner thigh stretch

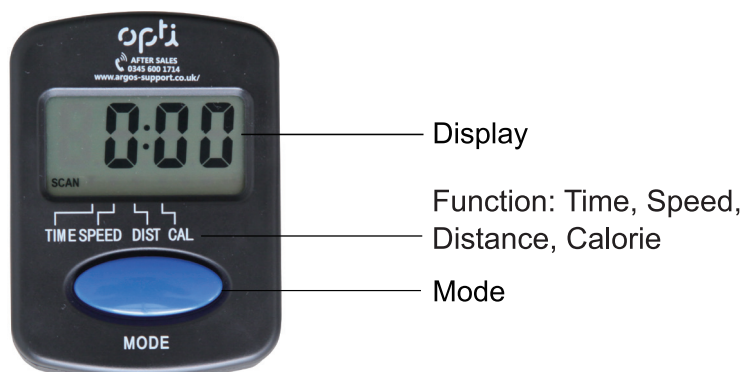
Sit with the soles of your feet together and your knees outward. Pull your feet toward your groin area as far as possible.

Hold for 15 counts, then relax.

Repeat 3 times.

Stretches : Quadriceps and hip muscles.





Specifications:

CALORIES	0.0 - 999.9 Cal
DISTANCE	0.0 - 999.9 km
SCAN	shows each function every 3 seconds in turn
SPEED	0.0 - 999.9 km / h
TIME	0:00 - 99:59 minute : second

Specifications:

POWER SOURCE	1x AAA (1.5v) (not included)
STORAGE TEMPERATURE	-10°C - + 60°C
NORMAL OPERATING TEMPERATURE	0°C - + 50°C

USING YOUR EXERCISE MONITOR

To provide ease of use, there is only 1 button on your Exercise Monitor: - MODE

Press the MODE button to manually move through each of the Exercise Monitor's functions in turn. These are in order: - TIME, SPEED, CALORIES AND DISTANCE. If you press the MODE button until you reach the SCAN mode and then release it, the display will change EVERY 3 SECONDS to show each function in turn.

Pressing and holding the MODE button when you are in any of the above functions will set to zero any previous figures remaining in each function.

Start to exercise and the Exercise Monitor will begin to register the various functions.

BATTERY INSTALLATION:

To fit the necessary BATTERY to your Exercise Monitor, remove the BATTERY

COVER at the REAR of the monitor. Carefully fit the battery by fitting between the exposed contacts in the battery compartment. Ensure that battery is fitted with the '+' / '-' ends matching the outline on the sticker in the battery compartment or etched into the compartment. Failure to fit battery correctly may result in damage to your Exercise Monitor, which is not covered by our guarantee. PLEASE DISPOSE OF OLD BATTERY CAREFULLY

1. The safety level of the equipment can only be maintained if it is examined regularly for damage and wear e.g. ropes, pulleys and connection points.
 2. Lubricate moving parts with light oil periodically to prevent premature wear. To prevent damage to the computer, keep liquids away and keep it out of direct sunlight.
 3. Inspect and tighten all parts before using the equipment. Replace defective components immediately and/or keep the equipment out of use until repair.
Pay special attention to components most susceptible to wear.
 4. The equipment can be cleaned using a damp cloth and mild non-abrasive detergent.
Do not use solvents.
 5. **Do not** attempt to repair this equipment yourself. Should you have any difficulty with assembly, operation or use of your exercise product or if you think that you may have parts missing, contact the **Customer Helpline: 0345 600 1714 www.argos-support.co.uk**
- Guarantee:**
For guarantee purposes, please retain your purchase receipt.

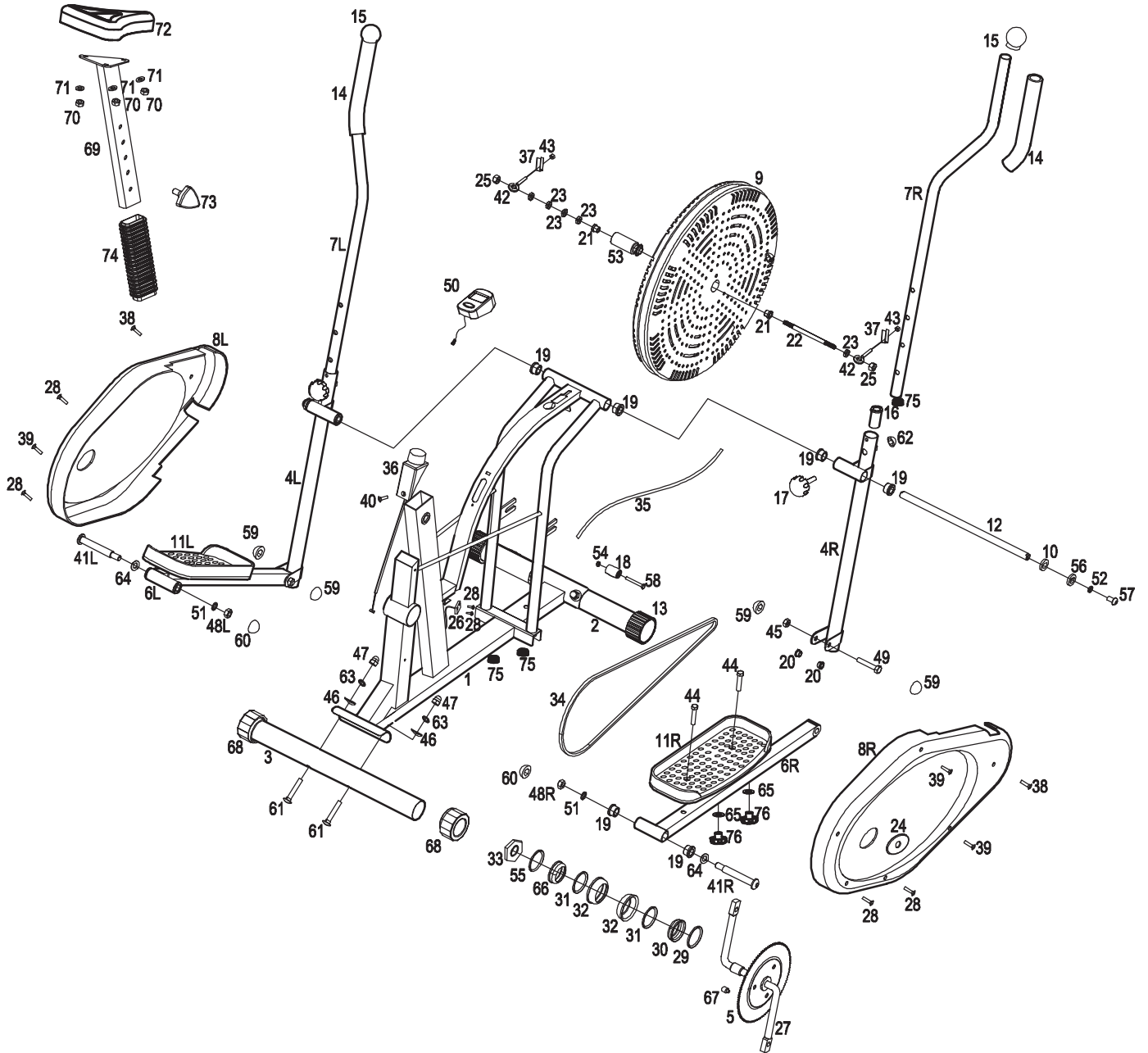
Information for Users on Disposal of old Equipment and Batteries

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

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



Exploded Parts Diagram



Parts List



No.	Description	QTY	No.	Description	QTY
1	Main frame	1	39	Bolt ST4.2x20	3
2	Front bottom tube	1	40	Bolt	1
3	Back bottom tube	1	41R/L	Pedal hinge bolt $\Phi 16 \times 111.8$	1pr.
4L/R	Handle tube	1pr.	42	Bolt	2
5	Chain 25Hx22L	1	43	Nut	2
6L/R	pedal tube	1pr.	44	Hex Bolt M10X45	4
7L/R	handle bar	1pr.	45	Nylon Nut M10	2
8L/R	chain cover	1pr.	46	Arc washer D10	4
9	Fan cover	1	47	Dome nut M10	4
10	Washer $\Phi 16 \times 1 \times \Phi 28$	1	48L/R	Nylon nut B0.5X20	1pr.
11L/R	Pedal	1pr.	49	Bolt M10X55	2
12	Handle bar shaft	1	50	Console	1
13	Front caps	2	51	Spring washer 13*B2	2
14	Foam grips	2	52	Spring washer $\Phi 10.5$	2
15	Cap	2	53	Chain wheel	1
16	Plastic bushing	2	54	Nylon nut	2
17	Knob bolt	2	55	Washer	1
18	Plastic roller	2	56	D shape washer $\Phi 28 \times \Phi 16.2 \times 14 \times B5$	2
19	Steel bushing	10	57	Bolt M10X18	2
20	Steel bushing	4	58	Bolt	2
21	Nut	2	59	Plastic cap S16	4
22	Fan wheel axle	1	60	Plastic cap S18	2
23	Nut	5	61	Carriage bolt M10×L63	4
24	Plastic cover	2	62	Plastic cap S13	2
25	Nut	2	63	Spring washer D10	4
26	Sensor	1	64	Wave washer $\Phi 28 \times \Phi 16 \times 0.3$	2
27	Crank	1	65	Flat washer D10	4
28	Bolt ST4.2x18	6	66	Nut	1
29	Washer	1	67	magnet	1
30	Nut	1	68	End caps	2
31	Collar ball	2	69	Seat tube	1
32	Collar housing	2	70	Nylon nut M8	3
33	Nut	1	71	Washer D8	3
34	Chain	1	72	Saddle	1
35	Belt	1	73	Triangle knob	1
36	Tension control	1	74	Seat post Sleeve	1
37	U Sharp Washer	2	75	Cap	4
38	Bolt ST4.2x20	2	76	Knob	4

Guarantee



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 www.argos-support.co.uk**

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