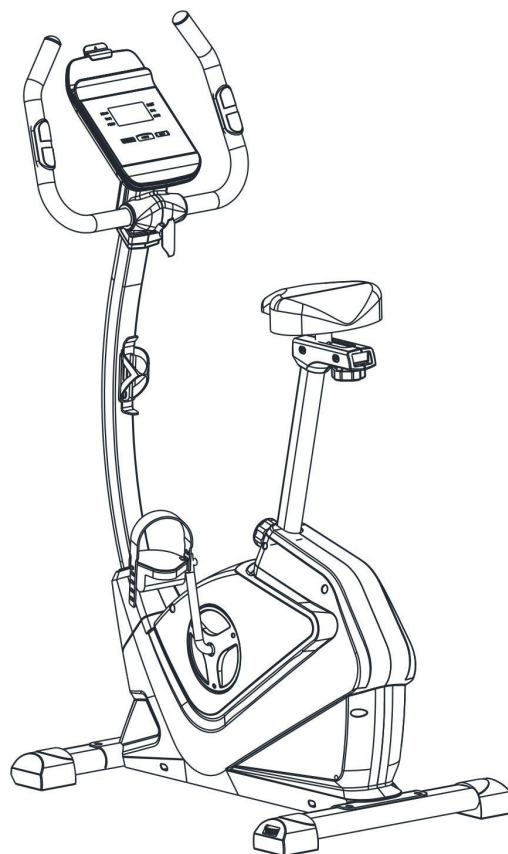# EB2000 Exercise Bike

PRO FITNESS

Important – Please read these instructions fully before assembly or use

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

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

Contents

⚠️ 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 exercise bike.

• 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.

• 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: **120kg.**

• This product conforms to: BS EN ISO 20957-1 and -5 Class (H) - Home Use - Class (C).

• This stationary training equipment is not suitable for high accuracy purposes

• Always examine your exercise bike before use to ensure all parts are in working order.

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

⚠ Safety Information

**Important –** Please read fully before assembly or use

⚠ Warning: Before beginning any exercise program, consult your Doctor. This is especially important for persons over the age of 35 or persons with pre-existing health problems. You MUST read all instructions before using any fitness equipment. Argos and its associates assumes no responsibility for personal injury or property damage sustained by or through the use of this product. Over exercising may result in serious injury or death. If you feel faint stop exercising immediately. Warning! Heart rate monitoring systems may be inaccurate. For the most accurate heart rate measure, please hold both hand pulse sensors continuously during any programme
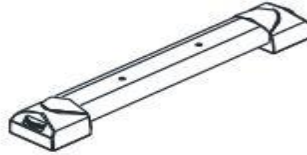
Components - Parts
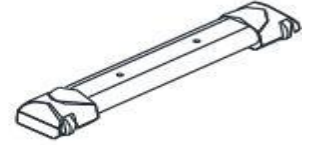
Please check you have all parts listed below

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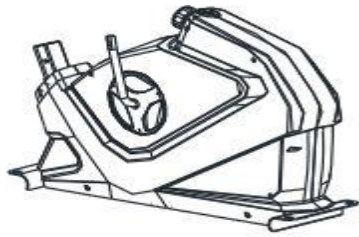
1. Main Frame

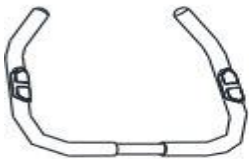**2.** Rear Stabilizer

3. Front Stabilizer

4. Seat Post

5. Seat Bracket

6. Front Post

33. Front L/R Post Cover

7. Handle

37. Front Post Ring

9. M10 Lock Knob

10. M8 T Lock Knob

11. Saddle

12. Pedal (Left/Right)

13. Console

15. Handle Cover (L/R)

16. Bottle Holder

68. Power Adaptor
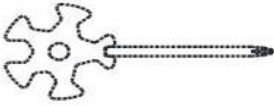
38. Seat Bracket Cover（**L&R**）

Please check you have all parts listing 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.

17 M10x20mm Allen Bolt × 4	**18** 10mm Spring Washer × 4	**19** 10mm Washer × 4
21 8mm Washer × 2	**22** 8mm Spring Washer × 4	**23** M8x15mm Allen Bolt × 4
24 8mm Arc Washer × 2	**25** ST4.2x15mm Philips Screw × 3	**74** Joint Ring × 2
77 M5x5mm Philips Bolt × 4	**34** ST4.2x15mm Philips Self-drilling Screw × 2	5mm Allen Key × 1
6mm Allen Key × 1	Multi Wrench × 1	

Assembly Instruction

Total mass of the product is 28 kg. Total size of the equipment is (width) 56cm × (depth) 109cm × (height) 141 cm.
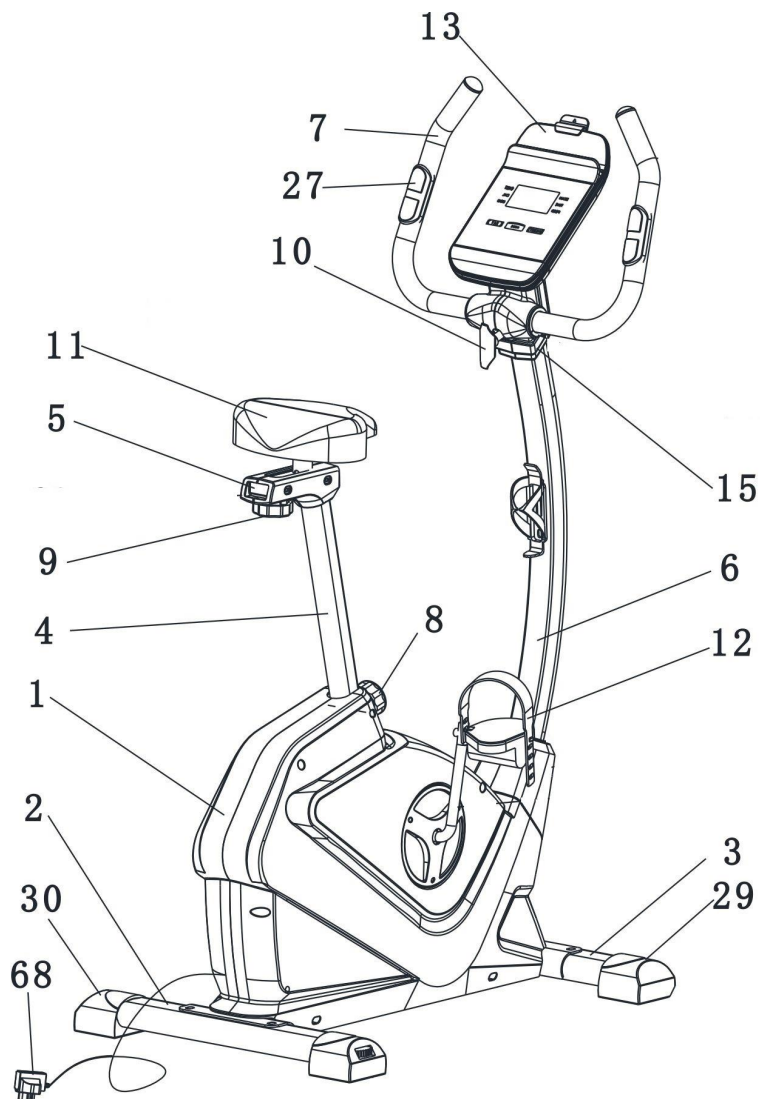
KEY

1 Main Frame
2 Rear stabilizer
3 Front Stabilizer
4 Seat Post
5 Seat Bracket
6 Front Post
7 Handle
8 M16 Lock Knob
9 M10 Lock Knob
10 M8 Lock Knob
11 Saddle

12 Left & Right Pedal
13 Console
15 Left & Right Handle Cover
27 Hand Pulse Sensor
29 L&R Transport Wheel
30 Levelling Foot
68 Power Adaptor

Assembly Instructions
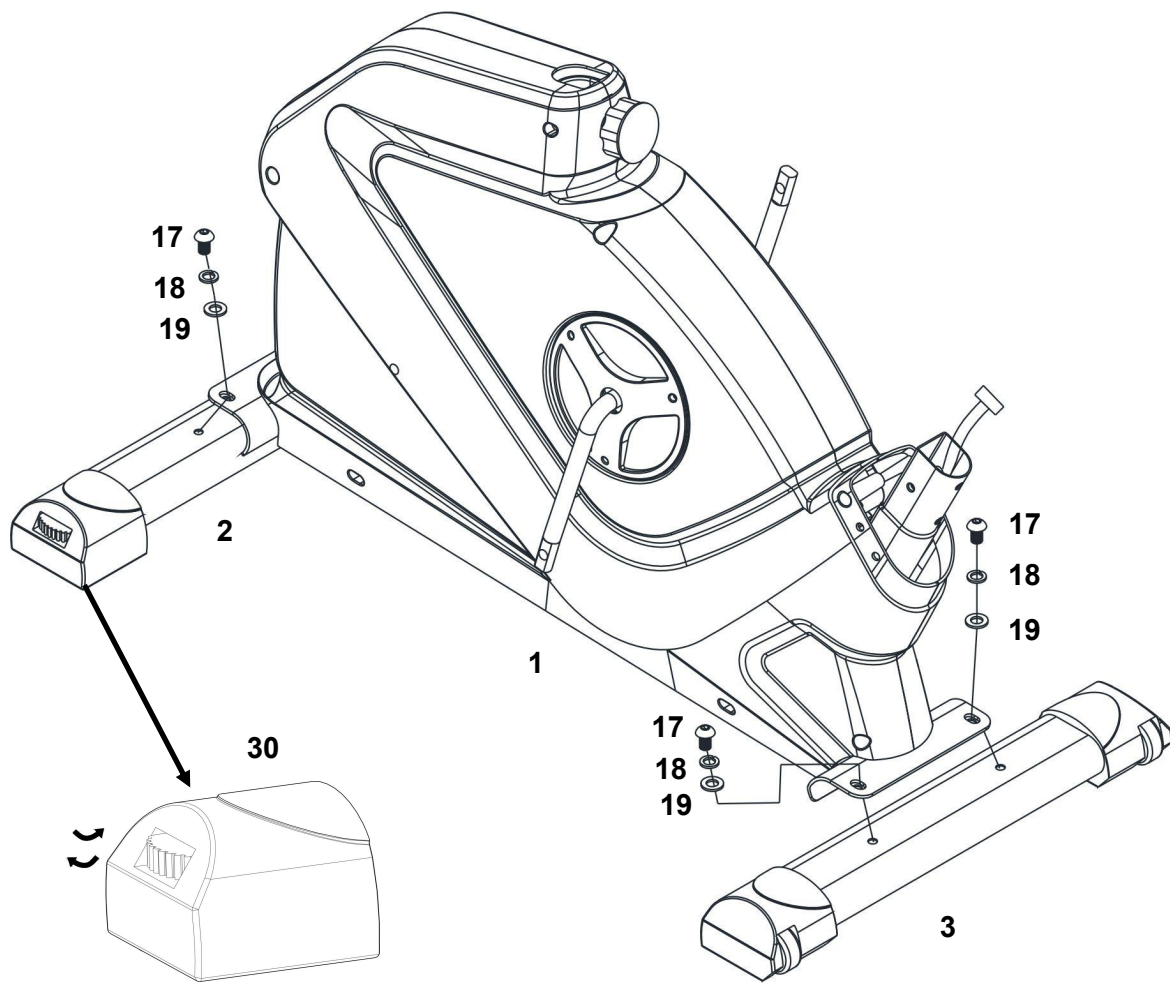
Step 1

A. Attach Front Stabilizer (**3**) to Main Frame (**1**) using 2 x M10x20MM Allen bolts (**17)**, 2 x10MM Spring Washers (**18**) and 2 x10MM Washers (**19**).

B. Attach Rear Stabilizer (**2**) to Main Frame (**1**) using 2 x M10x20MM Allen bolts (**17**), 2 x10MM Spring Washers (**18**) and 2 x10MM Washers (**19**).

Note: The knob on the Levelling Feet (**30**) can be rotated to ensure the bike sit flat on the ground as shown in the diagram. Turn it anti clockwise to increase height and turn it clockwise to decrease height.
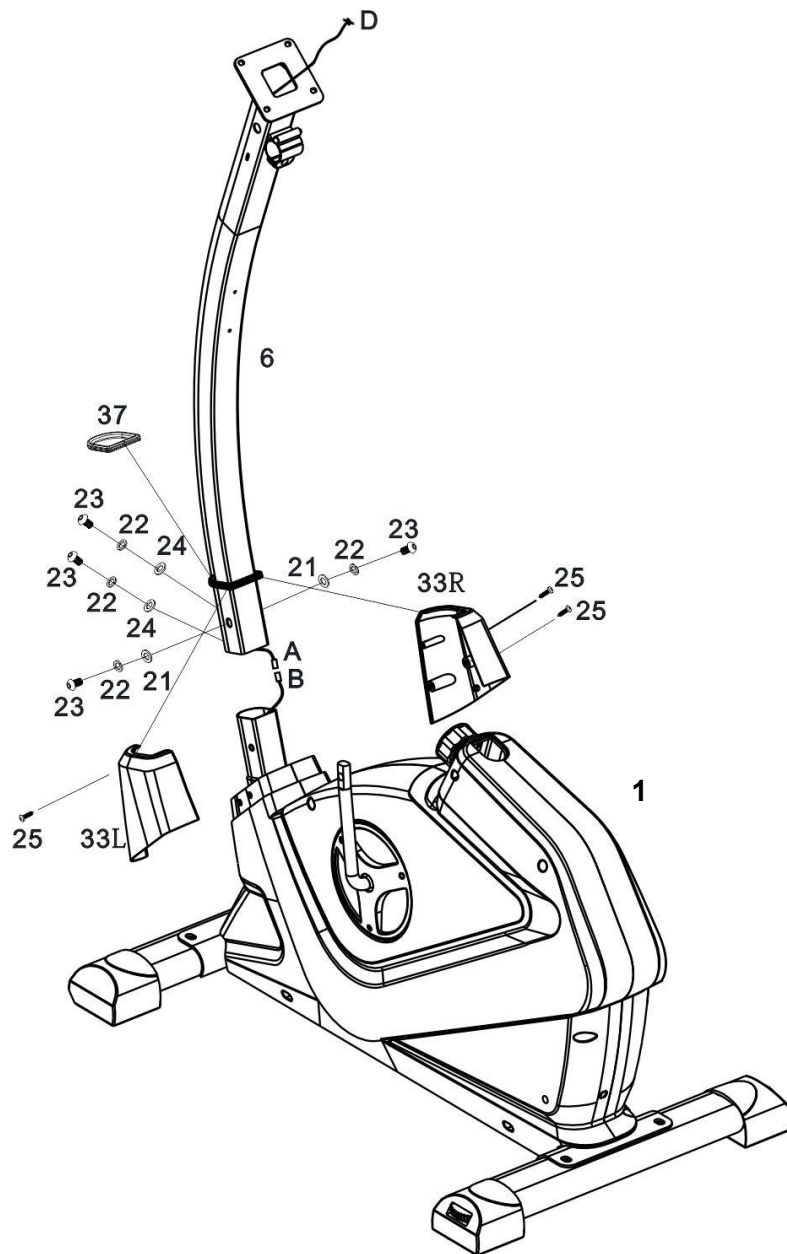
Step 2

A. Place the Front Post Ring (37) around the Front Post (6).

B. Connect the Main Wire A and B.

C. Fix the Front Post (**6**) to the Main Frame (**1**) and tighten with 4 x M8x15MM Allen bolts (**23**), 4 x 8MM Spring Washers (**22**), 2 x 8MM Washers (**21**) and 2 x 8MM Arc Washers (**24**).

D. Attach the Front Post Cover (**33L/R**) to the Main Frame (**1**) and the Front Post Ring (**37**) with 3 x ST4.2 x 15mm Phillips Screws (**25**).

Assembly Instructions
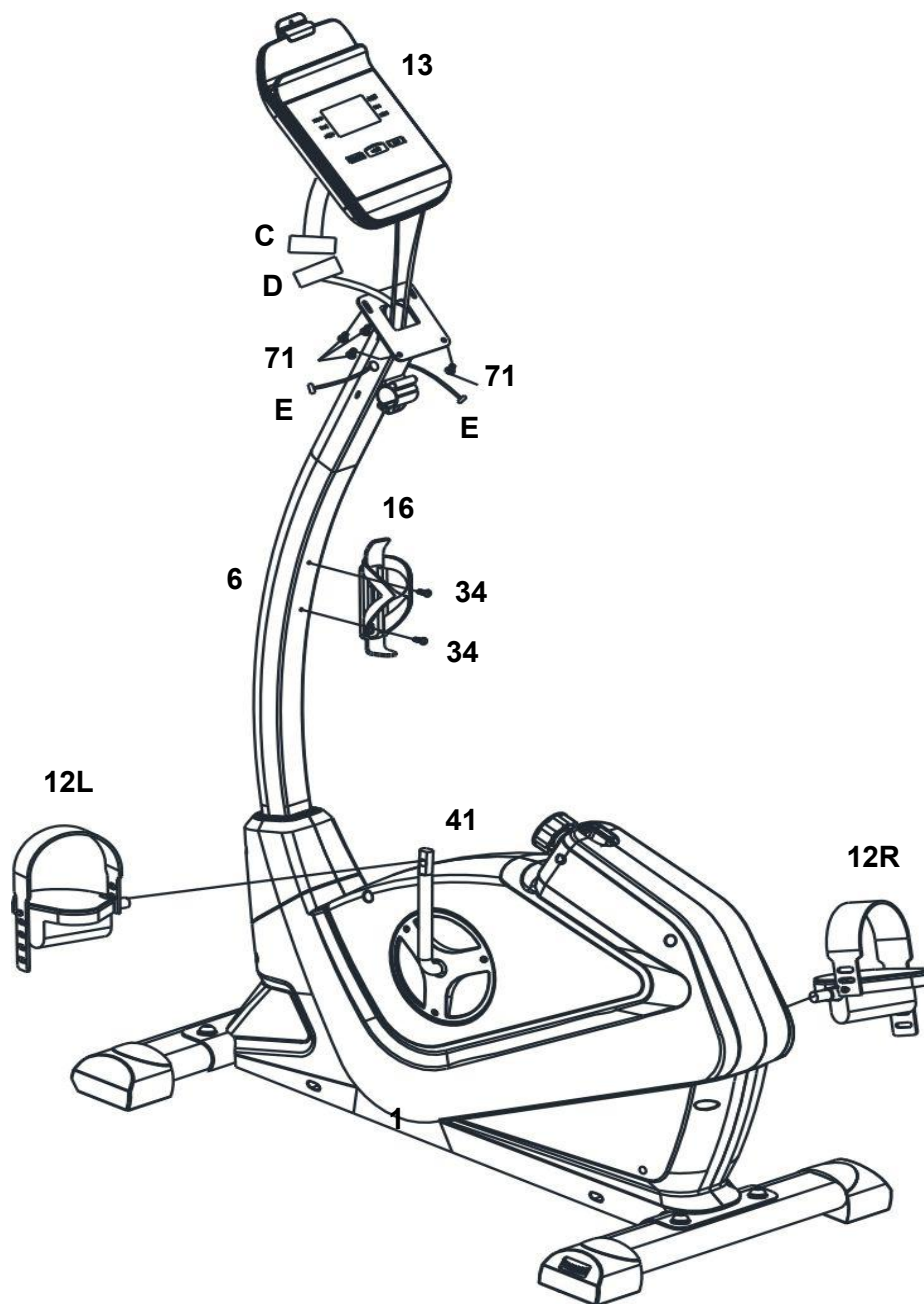
Step 3

A. Connect the Pedals (12 L&R) to Cranks (41) as shown.

Note: For the two foot pedals marked "L" and "R". Fasten the left pedal by turning anti-clockwise and fasten the right pedal by turning clockwise. Attach the pedal straps to the pedals as shown in the diagram, the tension for pedal strap is adjustable.

B. Fix the Bottle Holder (**16**) to the Front Post (**6**) with2 x ST4.2 x 15mm Philips Screw (**34**).

C. Connect the Main Wire C to D, then pass the two Console Pulse Sensor Wires E through the upper openings of the Front Post (6) as shown in the diagram.

D. Attach the Console (**13**) onto the top of the Front Post (**6**) and secure with 4 x 8MM Dome Head Philips Bolts (**71**).
Note: The 4 x 8MM Dome Head Philips bolts (**71**) are pre-fitted on the back of the Console (**13**).
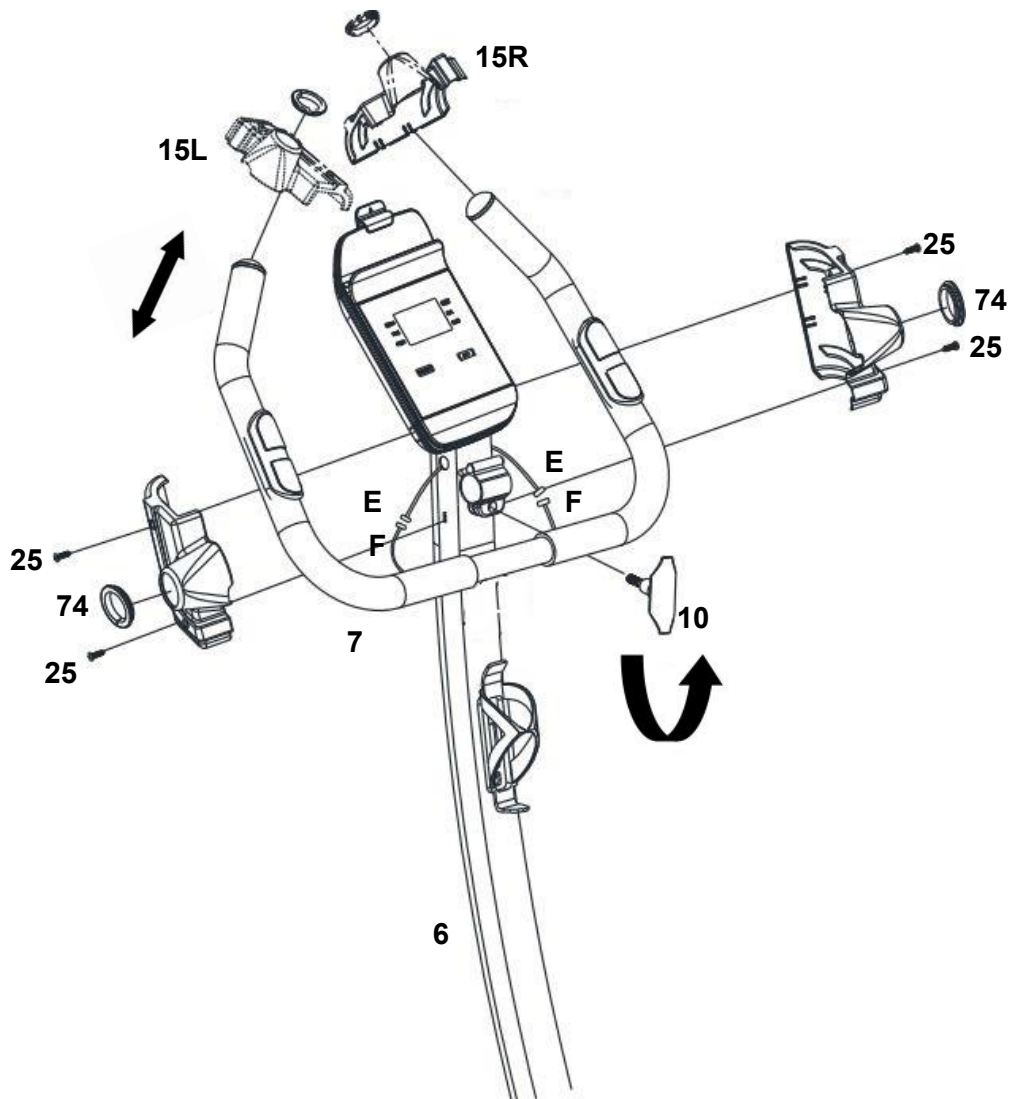
Step 4

A. Attach the Handle (**7**) to the bracket on the Front Post (**6**), and secure with M10 Lock knob (**10**).
  Note: To adjust the position of the handle, turn the lock knob (**10**) anti clockwise to loose the handle (**7**) as shown in the diagram, and adjust the handle (**7**) to your required position, then secure the lock knob (**10**).

B. Connect the two signal Wires （**E**） from Front Post (**6**) to the two Wires（**F**） from Handle (**7**).

C. Fit the L&R Handle Cover (**15**) onto the Front Post (**7**) with 4 x ST4.2 x 15mm Phillips Self Tapping Screw(**63**). Put the two Joint Rings (**74**) on the Handle (**7**) and push to the Handle Cover (**15**) as shown in the diagram.

Assembly Instructions
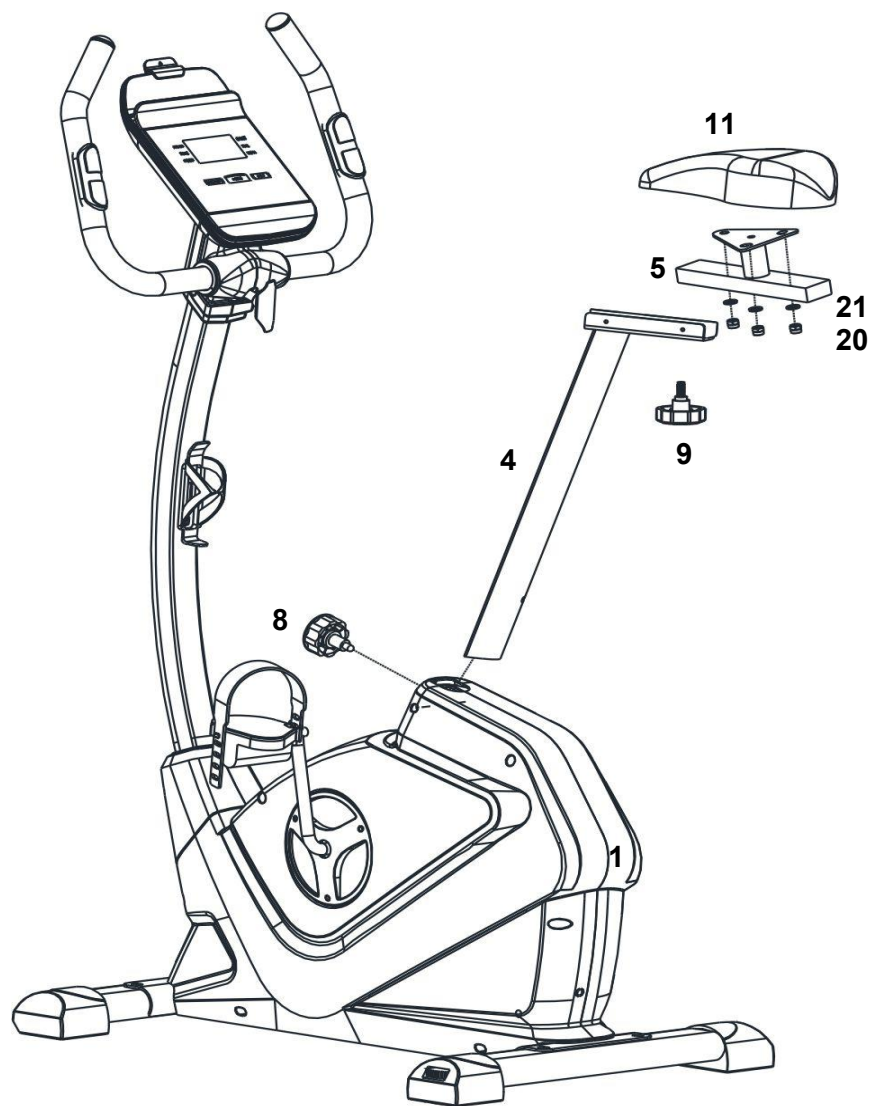
Step 5

A. Fix the Saddle (**11**) to the Seat Bracket (**5**) using 3 x 8MM Washers (**21**) and 3 x 8MM Aircraft Nuts (**20**). The washers and nuts are pre-assembled on the saddle.
Note: The fixings (20) and (21) have been pre-fitted to the Saddle (11).

B. Attach the Seat bracket (**5**) to the top of the Seat Post (**4**) using M10 Lock Knob (**9**).
Move the Saddle (**11**) forward or backward to a suitable position then tighten the M10 Lock Knob (**9**).

C. Insert the Seat Post (4) into the Main frame (1). Position the Seat Post (4) upward and downward at your required and secure with the M16 Lock knob (8).

Note: The seat height is correct when the knee is slightly angled with the pedal vertically down and the foot parallel to the floor. Please don't pull the Seat Post (4) out of the Main Frame (1) beyond the Max mark on the Seat Post (4).
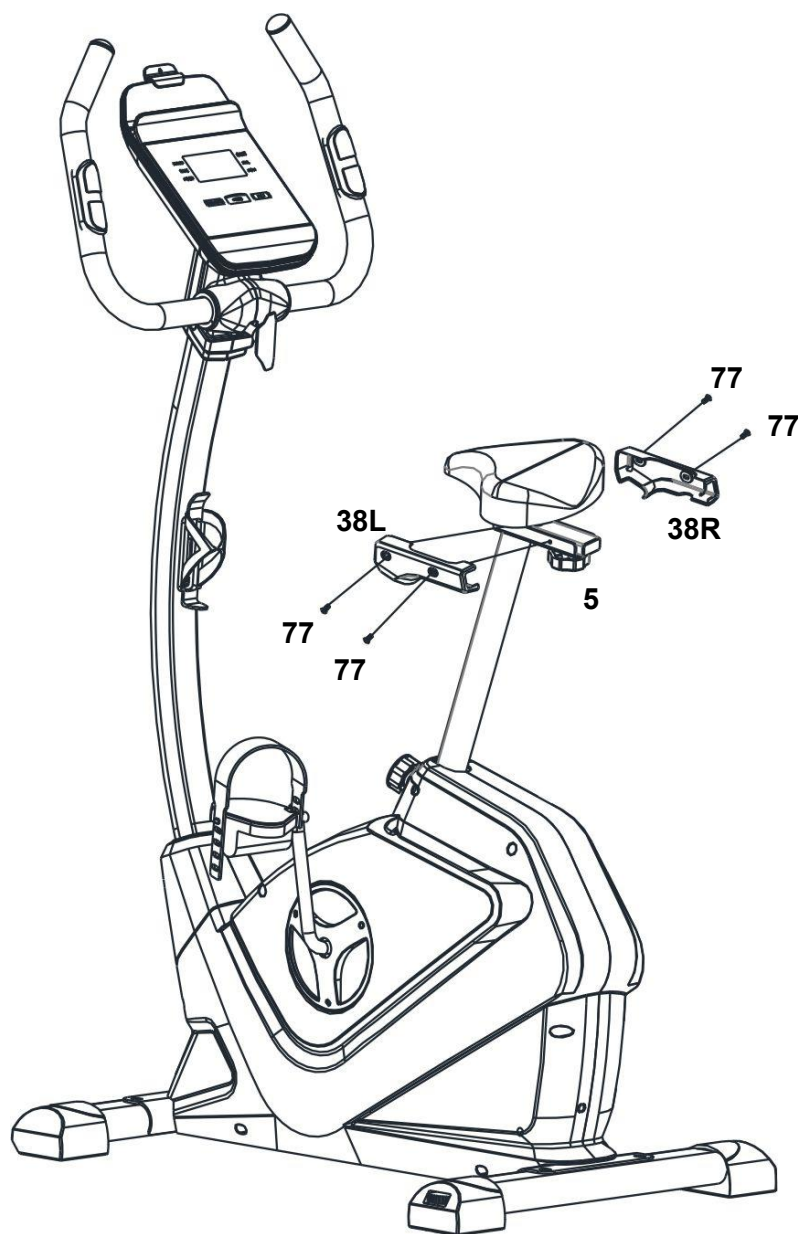
Step 6

A. Fix the Saddle covers (**38 L&R**) to the Seat adjustable bracket (**5**) using M5 x 5mm Philips Screws (**77**).

Assembly Instructions

1

68
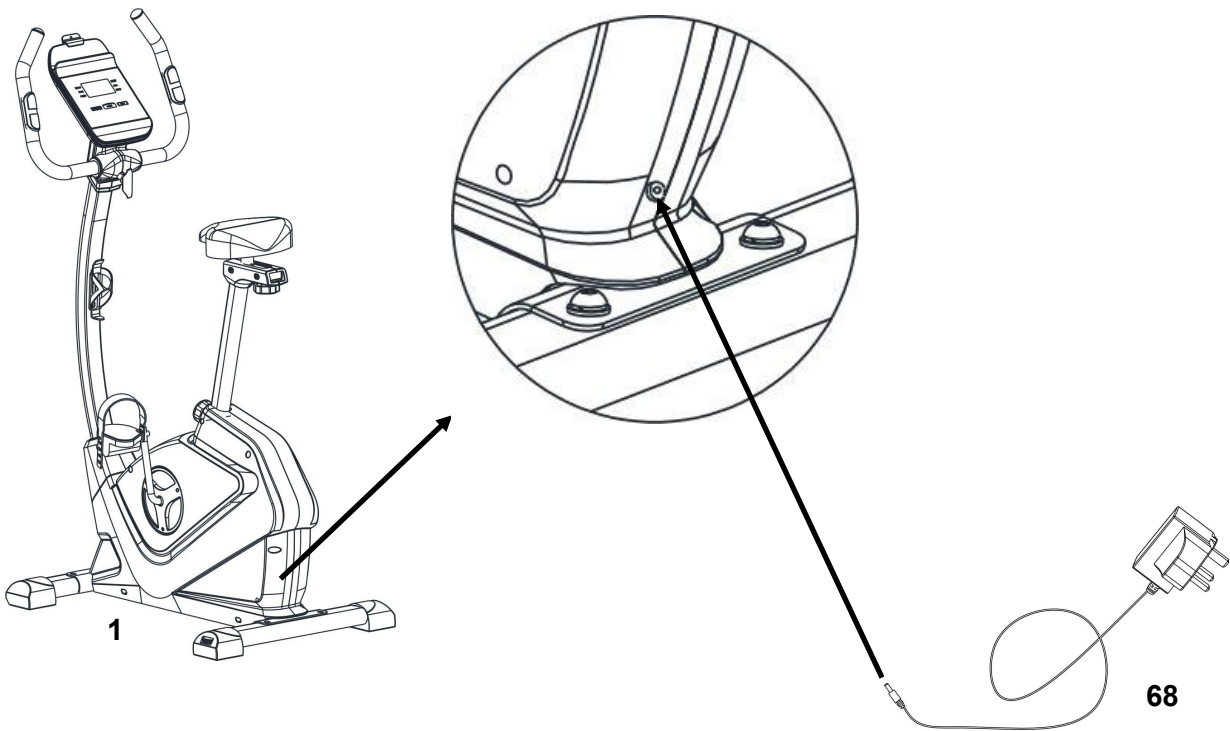
Insert the Power Adaptor (68) into the socket on the back of the Main Frame (1).
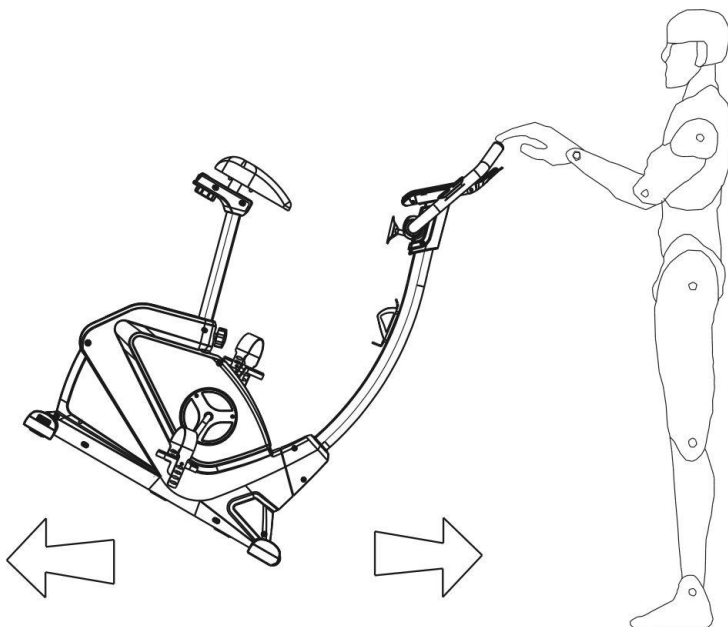
Hold the handle to move the bike as shown in the diagram.

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.

0.6m (Free area)

0.6m (Free area)

Training area 1.2m

0.6m (Free area)

0.6m (Free area)
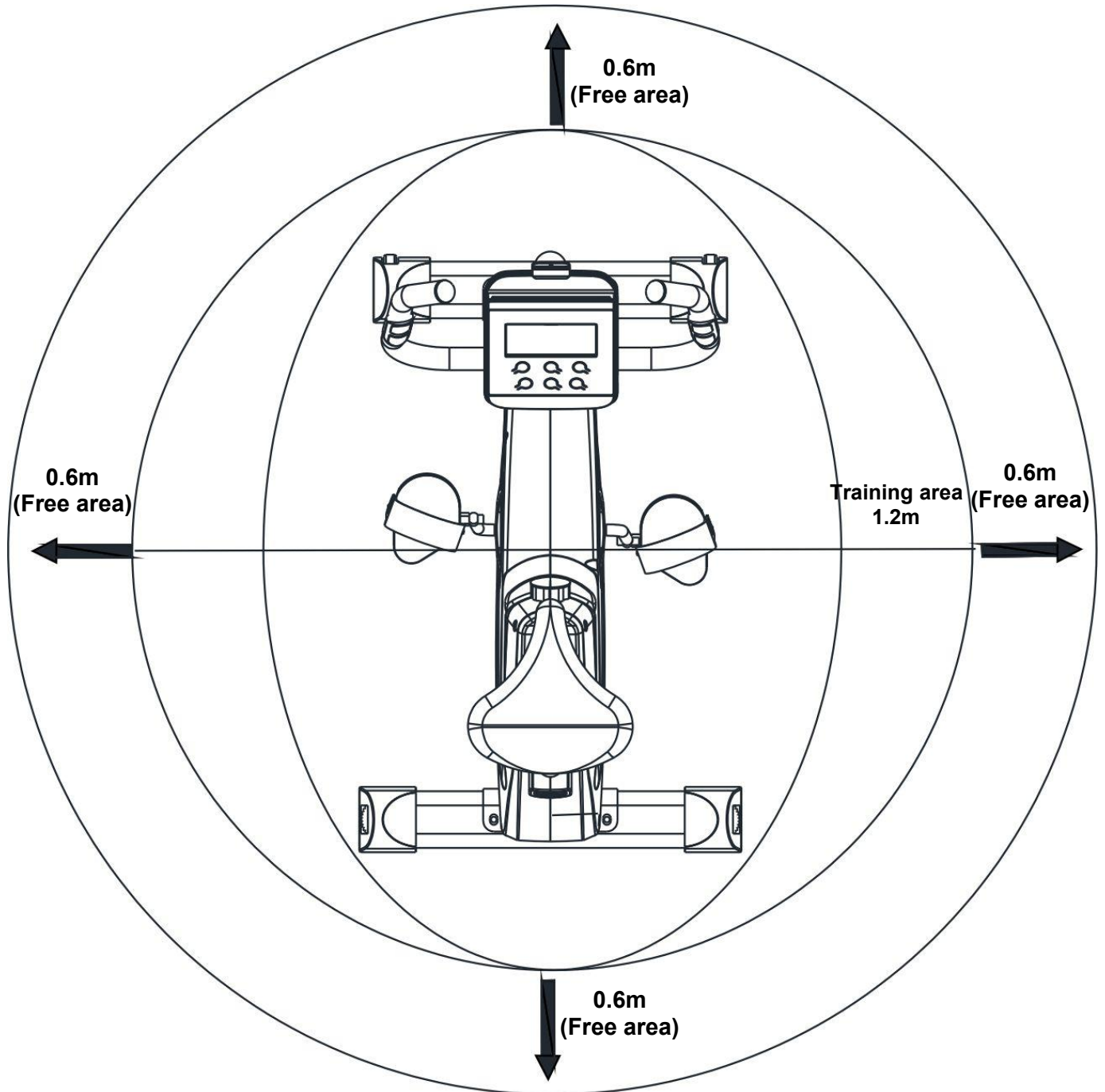
Only one person should be within the training area when the equipment is in use.

Exercise Information

Before starting

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

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

Please remember these essentials:

• Have your doctor review your training and diet programs to advise you of a workout routine you should adopt.

• Begin your training program slowly with realistic goals.

• Monitor your pulse frequently. Establish your target heart rate based on your age and condition.

• Set up your equipment on a flat even surface with adequate training area, as prescribed in this manual.

Exercise intensity

To maximize the benefits of exercising, it is important to exercise at an appropriate intensity. The intensity level can be found by using your heart rate as a guide. For effective aerobic exercise, your heart rate should be maintained at a level between 65% and 85% of your maximum heart rate as you exercise. This is known as your target zone. You can find your target zone in the table below.
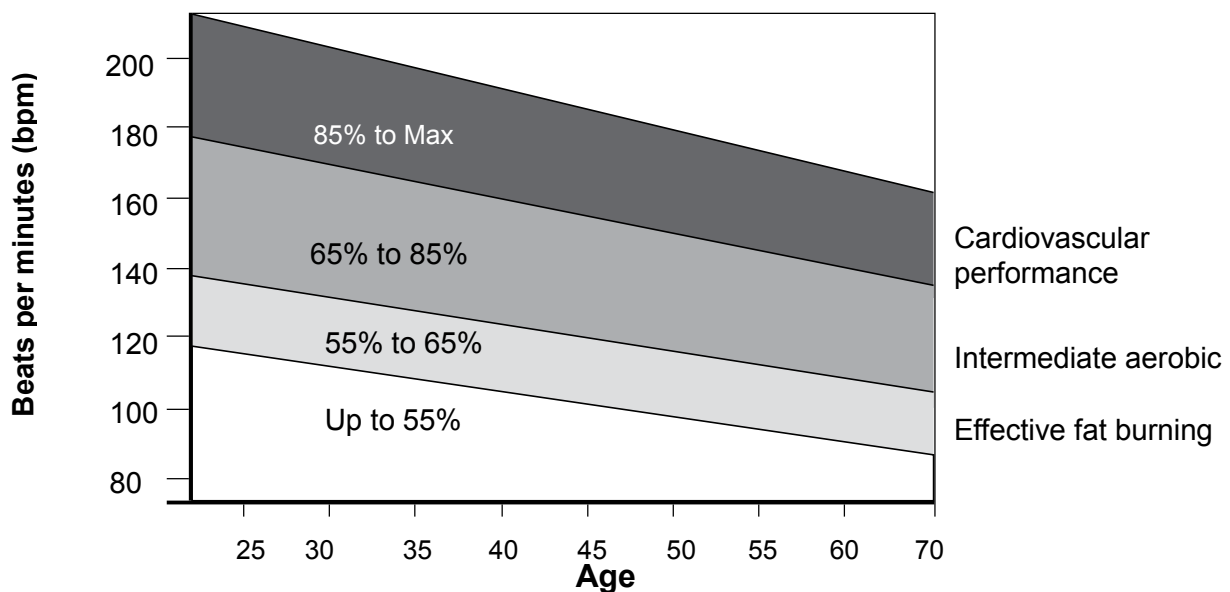
During the first few months of your exercise program, keep your heart rate near the low end of your target zone as you exercise. After a few months, your heart rate can be increased gradually until it is near the middle of your target zone as you exercise.

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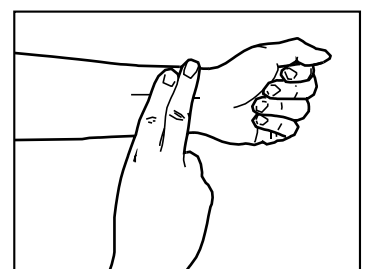
Exercise Information

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 exercise bike will develop the lower body muscle groups. These muscle groups are highlighted on the muscle chart below.

Front   Back
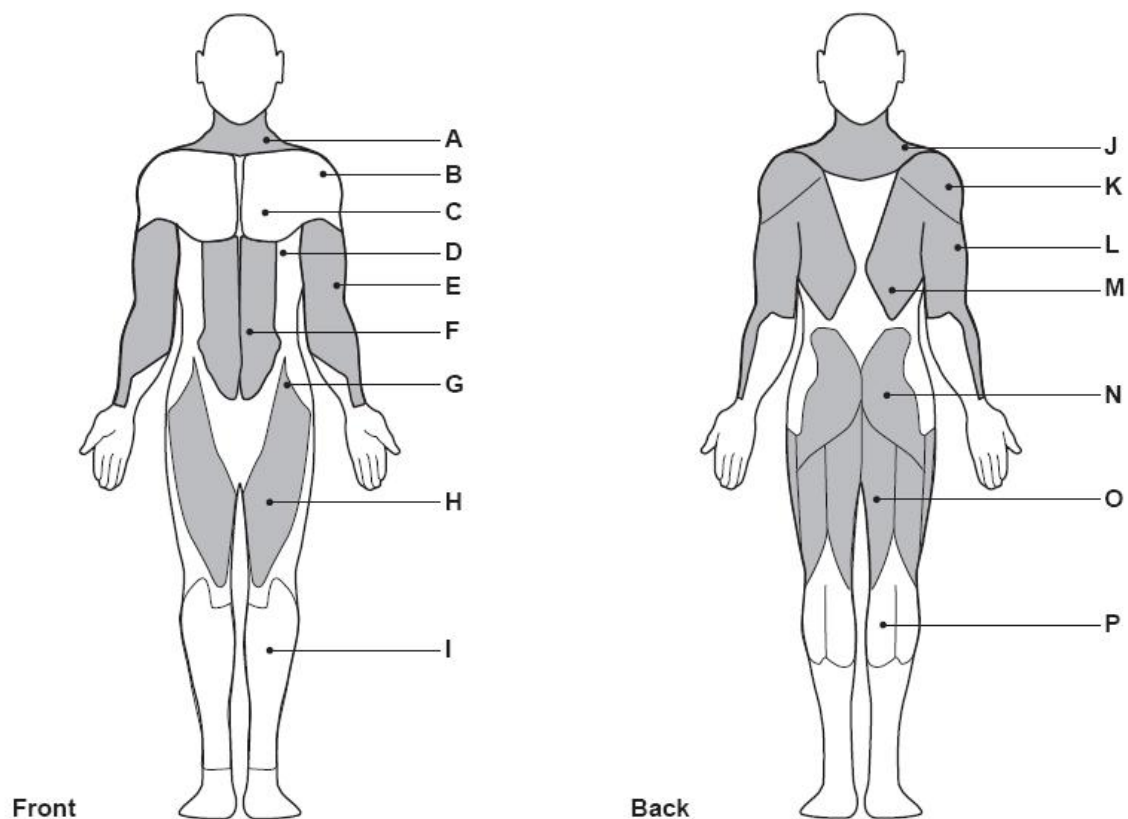
A: Trapezius   I: Tibialis Anterior
B: Anterior Deltoid   J: Trapezius
C: Pectoralis Major   K: Posterior Deltoid
D: Serratus Anterior   L: Triceps
E: Biceps   M: Latissimus Dorsi
F: Abdominal   N: Gluteals
G: Sartorius   O: Hamstrings
H: Quadriceps   P: Gastrocnemiu

16

Exercise Information

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 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.
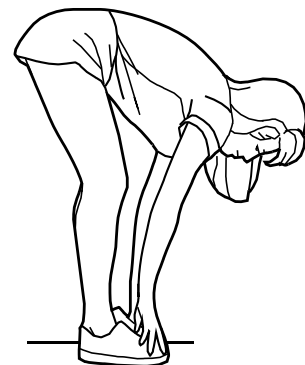
Hamstring stretch

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.

17
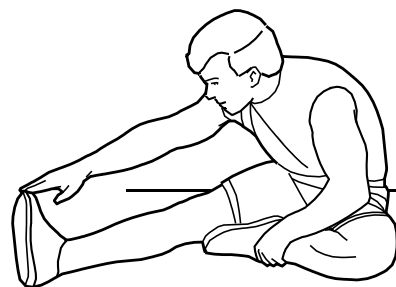
Exercise Information

Calf/achilles stretch

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

Hold for 15 counts, then relax.

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

Stretches: Calves, achilles tendons and ankles.
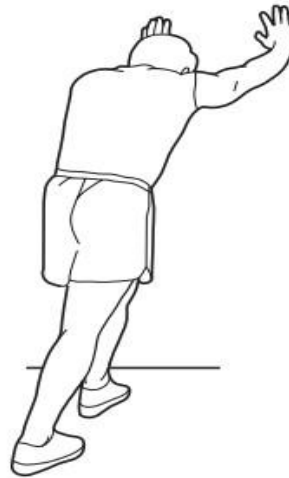
Quadriceps stretch

With one hand against the wall for balance, reach back and grasp one foot with your other hand. Keeping your bent knee pointing directly downward towards the floor, gentle 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 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.

Exercise Information

Console Operation

Mobile phone holder

Display

Reset

Start/Stop

Recovery

Mode
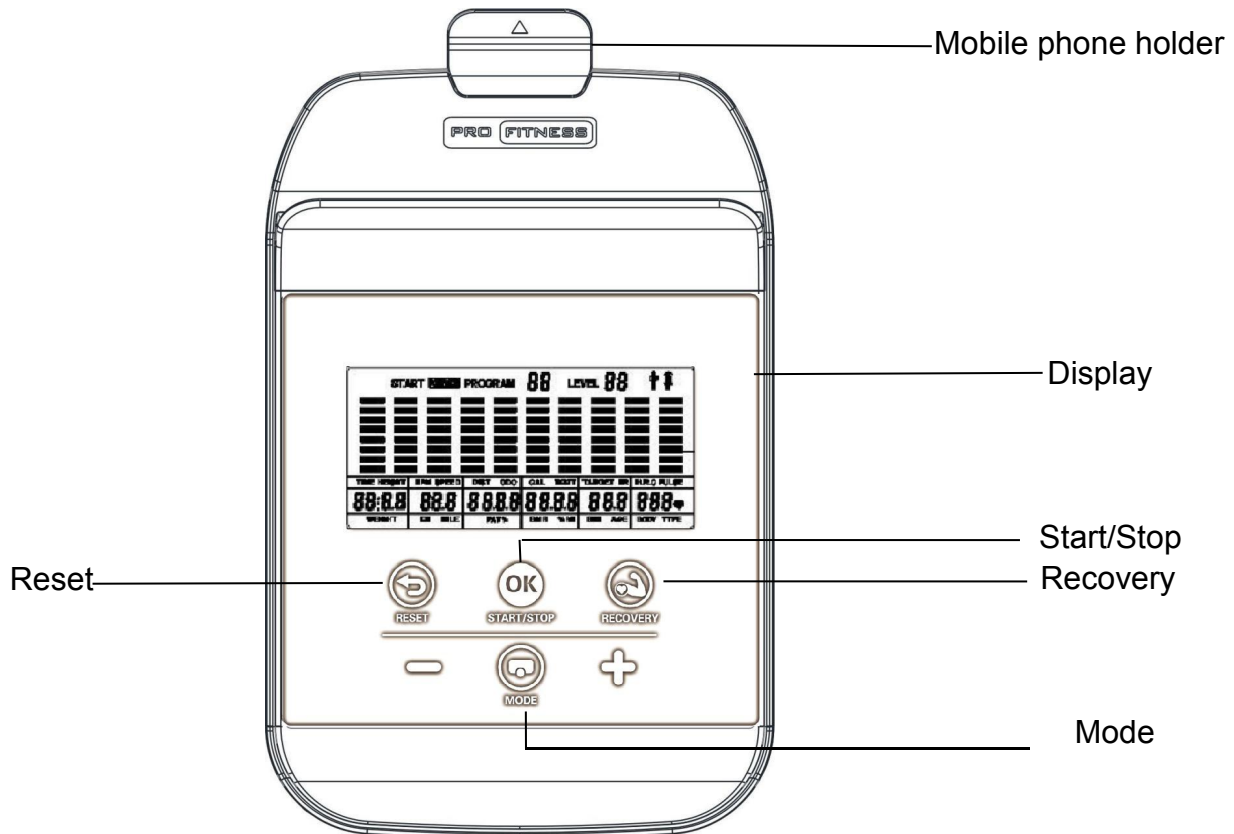
Key Functions

RECOVERY Key:
This function is used to test your recovery after workout. Press this key and hold the hand pulse sensors. The console will count down 60 seconds and a value of F1 to F6 will be displayed. F1 means good recovery.
Note: You need to have your pulse tested during the workout before using this function. Otherwise this key will not work.

MODE Key:
● Press to switch display from SPEED to RPM, to DIST to ODO during workout.
●To switch the functions that need to input desired value under workout mode

RESET Key
●Clear the value to zero when set up workout mode

+ Key:
● Increases value of selected workout parameter. During the workout pressing **+** will increase the resistance load.

- Key:
●Decrease value of selected workout parameter. During the workout pressing **-** will decrease the resistance load.

START/STOP Key:
● Start & Pause workouts.
● Start body fat measurement and quit the body fat program.
● When off, press and hold the **START/STOP** key for 3 seconds to reset all functions.

Exercise Information

Console Operation

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

MODE.
1. POWER UP Mode: When the first turned on, the bike will make a long beeping sound before the computer enters manual mode. The console will display calendar, time and temperature.Press "MODE", "+" and "-" to setup the calendar and time.
2. Sleep/Calendar Mode: After 4 minutes of inactivity, the console will enter Sleep/Calendar Mode.
3. WAKE UP Mode: Pedal the machine, or press any key , to start the machine when inactive

Specifications

Window		Display	Default	Stored
Functions	TIME	0:00 - 99:59 (minute : second)	0:00	No
	DISTANCE	0.00- 999.9(Km)	0.00	No
	CALORIES	0 - 9999(Cal)	0	No
	AGE	10 - 99 years	30	No
	GENDER	Male / Female	Male	No
	WEIGHT	20 - 150(Kg)	70	No
	HEIGHT	100 - 250(Cm)	175	No
	SPEED	0.0 - 99.9(Km/hour)	0.0	No
	PULSE	50 - 200 (BPM) –Non-contact magnetic type	0	No
	RPM	0 - 250 RPM	0	No
	PACE	0.0 – 99.9 (Average speed per hour)	0.0	No
	BODY FAT	0% - 50%	0	No
	TARGET PULSE	60%,75%,85%	0	No
	GRADE	L1–L16(Brake resistance level)		No
	USER	USER (4 user programs)	U1	YES

START STOP PROGRAM 88 LEVEL 88

TIME HEIGHT	RPM SPEED	DIST ODO	CAL WATT	TARGET HR	H.R.C PULSE
88:8.8	88.8	88.8.8	88.8.8	88.8	888♥
WEIGHT	KM MILE	FAT%	BMR %RH	BMI AGE	BODY TYPE

Exercise Information

Console Operation

Choosing your workout program
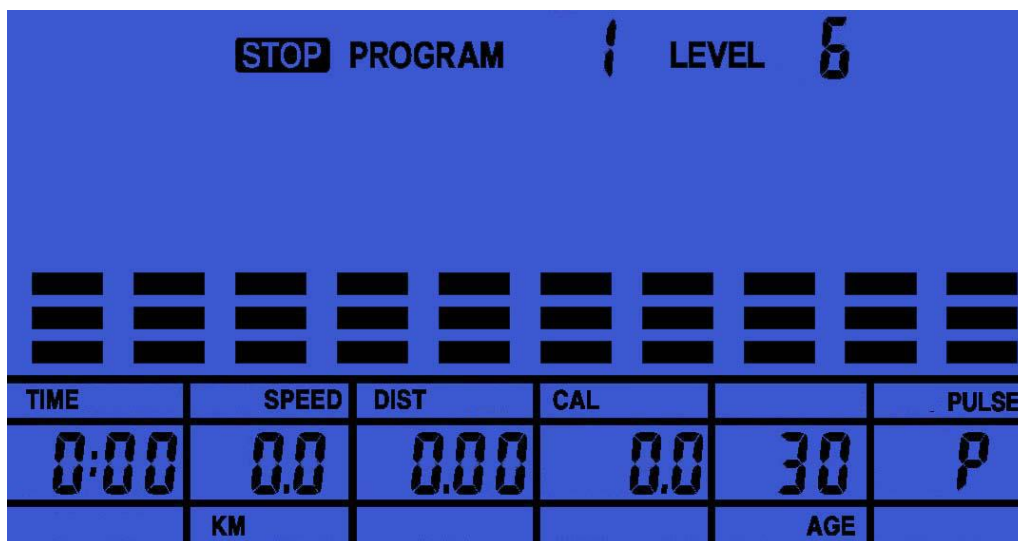
"**PROGRAM 1**" will be the default display. By pressing the ⊞ or ⊟ button to scroll, you can scroll through the workout programmes in the following order:

P1(manual)→ P2...P13→ P14(FAT)→P15(THR)→P16(60%)→ P17(75%)→P18(85%)→P19(U1)→ P20(U2)→P21(U3) and P22(U4), then back to P1.

1. Manual (PROGRAM 1) And 12 Fixed Programmes (P2-P13):

● Press **MODE** to accept your choice of program; **MANUAL (P1 or P2-P13)**.

"**TIME**" is flashing. Press the ⊞ or ⊟ button to adjust the TIME. **(0:00-99:00 min/sec)**

● Press **MODE** to accept the workout TIME.

"**DISTANCE.**" is flashing. Press the ⊞ or ⊟ button to adjust the DISTANCE. **(0.00-999.0km)**

● Press **MODE** to accept the workout DISTANCE.

"**CALORIES**" is flashing. Press the ⊞ or ⊟ button to adjust the CALORIES. **(0.0-9950Kcal)**

● Press **MODE** to accept the workout CALORIES.

"**AGE**" is flashing. Press the ⊞ or ⊟ button to adjust the users AGE. **(10-99 years)**

● Press **START/STOP** and begin your workout.

2. Body Fat (P14) Analysis:

● Press the ⊞ or ⊟ button to MODE the BODY FAT TEST programme (P14). Press **MODE** and proceed to set GENDER, HEIGHT, WEIGHT and AGE.

"**GENDER**" is flashing. Press the ⊞ or ⊟ button to adjust the GENDER .（**male or female)**

● Press **MODE** to accept the user's GENDER.

"**HEIGHT**" is flashing. Press the ⊞ or ⊟ button to adjust the HEIGHT. **(100-250cm)**

● Press **MODE** to accept the user's HEIGHT.

"**WEIGHT**" is flashing. Press the ⊞ or ⊟ button to adjust the WEIGHT. **(20-150kg)**

● Press **MODE** to accept the user's WEIGHT.

"**AGE**" is flashing. Press the ⊞ or ⊟ button to adjust the user's AGE. **(10-99 years)**

Exercise Information

Console Operation

● Press **START/STOP** button to begin the body fat test. This requires you to hold the hand pulse sensors continuously until a result is given. Failure to hold the hand pulse sensors throughout the measurement will result in "E4" Error.

●Your results should appear as follows:
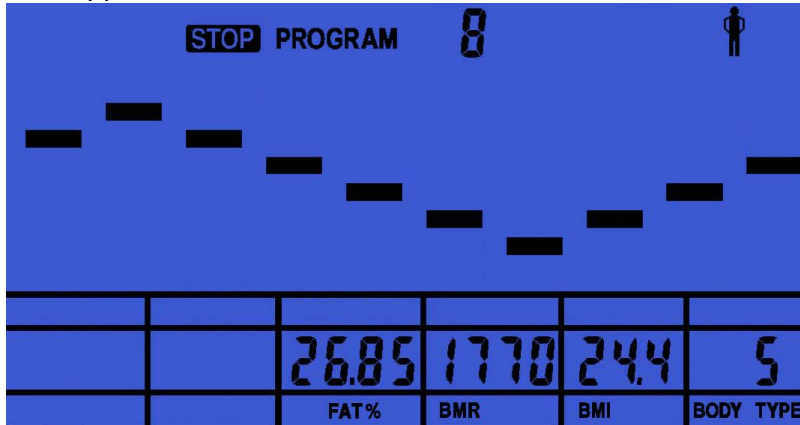
● ERROR E4 will display if you fail to hold the hand pulse sensors throughout the body fat assessment.
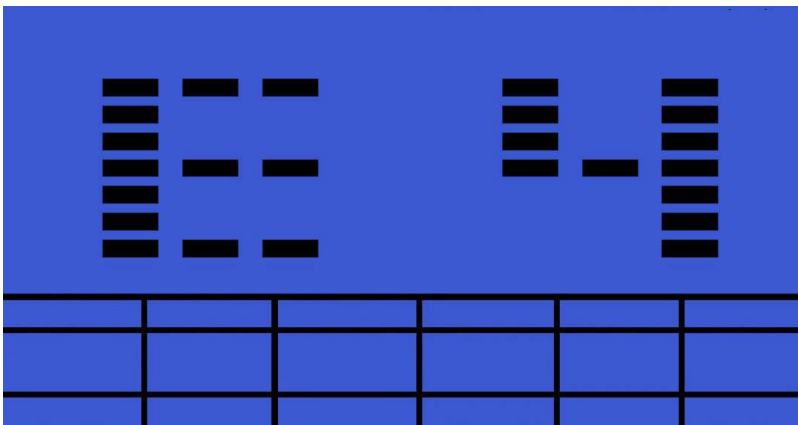
● *NOTE:*
   Body Types: There are 9 body types according to the FAT% calculated.
   BMR: Basal Metabolism Ratio.
   BMI: Body Mass Index.

Type 1: Ultra-athletic	Type 2: Ideal-athletic	Type 3: Ultra slim
Type 4: Athletic	Type 5: Ideal-healthy	Type 6: Healthy
Type 7: Fat	Type 8: Too Fat	Type 9: Excess Body Fat

● Press **START/STOP** to return the main Display.

3. TARGET HEART RATE Program**(P15)**

● Press **MODE** to MODE **Program 15.**

   "**TIME**" will be flashing. Press the **+** or **-** button to adjust the TIME. **(0:00-99:00 min/sec)**

● Press **MODE** to accept the workout TIME .

   "**DISTANCE**" is flashing. Press the **+** or **-** button to adjust the DISTANCE. **(0.00-999.0km)**

● Press **MODE** to accept the workout DISTANCE.

   "**CALORIES**" is flashing. Press the **+** or **-** button to adjust the CALORIES. **(0.0-9950Kcal)**

Exercise Information

● Press **MODE** to accept the workout CALORIES.

"**TARGET HR**" is displayed. Press the **+** or **-** to adjust the TARGET HEART RATE. **(60-220BPM, default 90)**

● Press START/STOP and begin your workout.

●If your pulse deviates ±5from the set TARGET H.R. then the computer will adjust the resistance automatically to help you workout within your target zone. It will re-check your pulse every 20 seconds and adjust your resistance accordingly.

(Note: Each resistance load represents 2 levels of loading)

Once one of the target workout parameters reaches zero, the product will beep and you will have reached the end of your workout. Press START/STOP if you wish to continue the workout, enabling you to reach one of the other pre-programmed workout parameters.

4. HEART RATE CONTROL Program 16 (P16-P18).

● There are 3 options for target pulse:

P16: 60% TARGET H.R.= 60% of (220-AGE)

P17: 75% TARGET H.R.= 75% of (220-AGE)

P18: 85% TARGET H.R.= 85% of (220-AGE)

● Press **MODE** to accept **Program 16 (P16-P18)**.

"**TIME**" is flashing. Press the **+** or **-** button to adjust the TIME. **(0:00-99:00 min/sec)**

● Press **MODE** to accept the workout TIME .

"**DISTANCE**" is flashing. Press the **+** or **-** button to adjust the DISTANCE. **(0.00-999.0km)**

● Press **MODE** to accept the workout DISTANCE.

"**CALORIES**" is flashing. Press the **+** or **-** button to adjust the CALORIES. **(0.0-9950Kcal)**

● Press **MODE** to accept the workout CALORIES.

"**AGE**" is flashing. Press the **+** or **-** button to adjust the user's AGE. **(10-99 years)**

● Press **START/STOP** and begin your workout.

●If your pulse deviates ±5 from the set TARGET H.R. then the computer will adjust the resistance automatically to help you workout within your target zone. It will re-check your pulse every 20 seconds and adjust your resistance accordingly.

(Note: Each resistance load represents 2 levels of loading)

Once one of the target workout parameters reaches zero, the product will beep and you will have reached the end of your workout. Press START/STOP if you wish to continue the workout, enabling you to reach one of the other pre-programmed workout parameters.

5. Program 19(P19-P22) Workout:

● Press MODE to accept USER Program 19 (P19-P22).

"TIME" is flashing. Press the **+** or **-** button to adjust the TIME. **(0:00-99:00 min/sec)**

● Press **MODE** to accept the workout TIME.

"**DISTANCE.**" is flashing. Press the **+** or **-** button to adjust the DISTANCE. **(0.00-999.0km)**

● Press **MODE** to accept the workout DISTANCE.

Exercise Information

Console Operation

"**CALORIES**" will be flashing. Press the `+` or `-` button to adjust the CALORIES. **(0.0-9950Kcal)**

● Press `MODE` to accept the workout CALORIES.

● "**AGE**" will be flashing. Press the `+` or `-` button to adjust the AGE**(10-99 years)**. Press MODE to confirm, then the first resistance column flashes, press the `+` or `-` button to set resistance, press MODE to confirm, repeat the operation until all of 10 resistance columns are set.

● Press `START` and begin your workout.

6. RECOVERY TEST:

● Hold the handle grip sensors with your hands until the pulse window displays pulse value, then press the RECOVERY within 5 seconds and hold the hand grip sensors with your hands again, after 59 seconds the result will be shown in the following format:

Display	Figure
F1.0-F1.9	EXCELLENT
F2.0-F2.9	VERY GOOD
F3.0-F3.9	GOOD
F4.0-F4.9	FAIR
F5.0-F5.9	POOR
F6.0	VERY POOR

Exercise Information

1. Program 1 (MANUAL)

2. Program 2
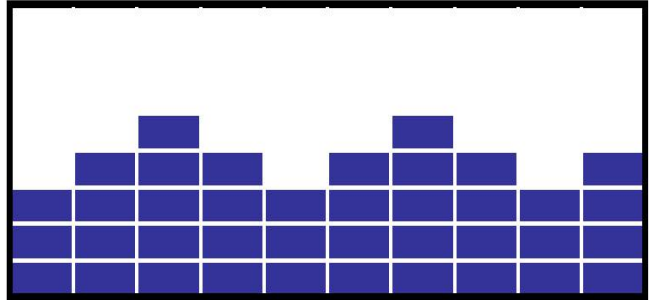
3.Program 3
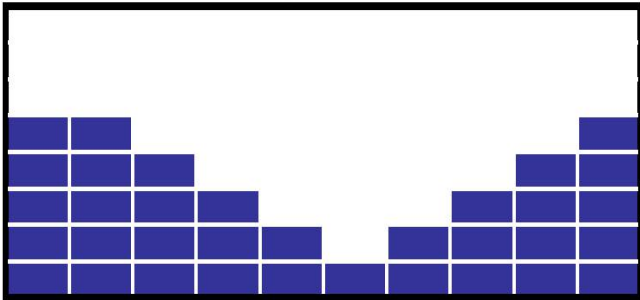
4. Program 4
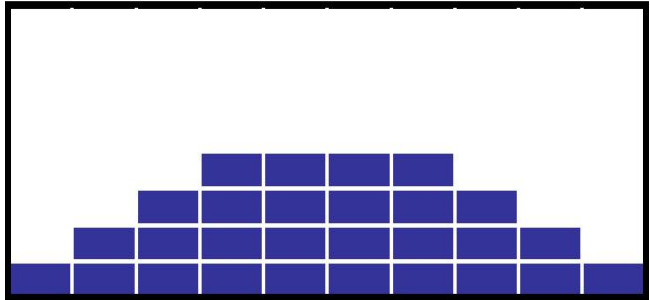
5.Program 5
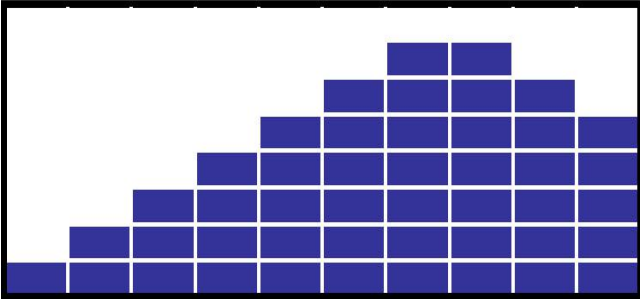
6. Program 6
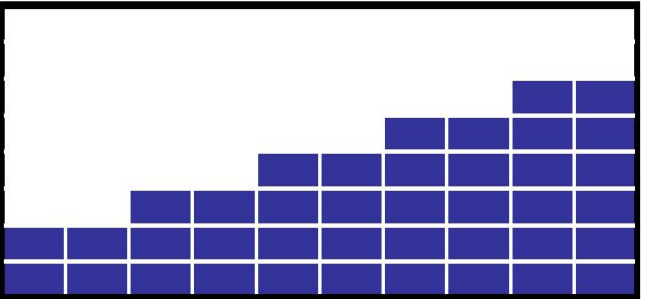
7. Program 7
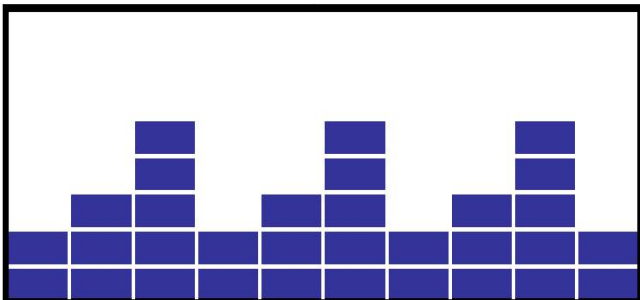
8. Program 8
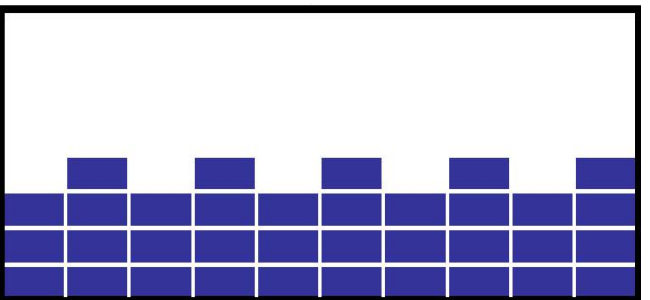
9. Program 9
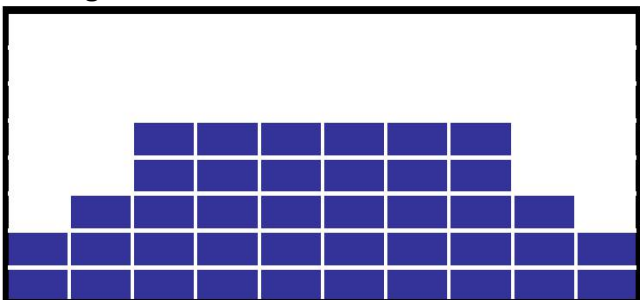
10. Program 10
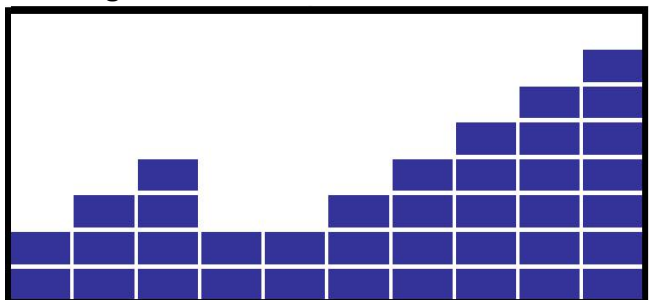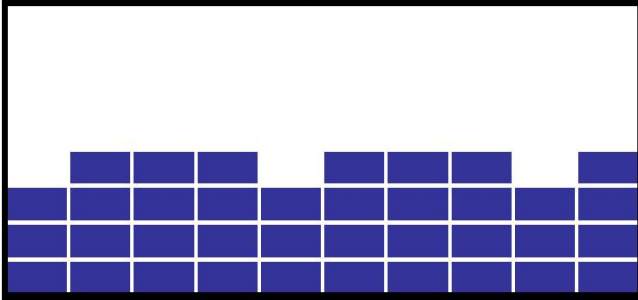
11. Program 11

12. Program 12
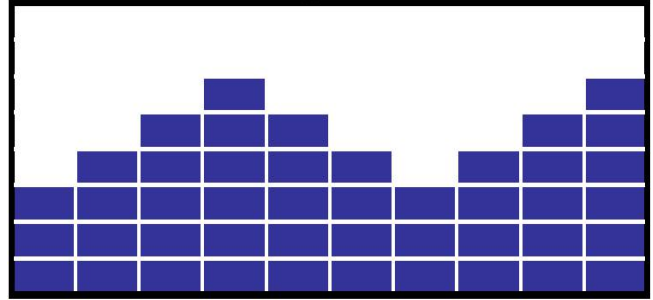
13. Program 13
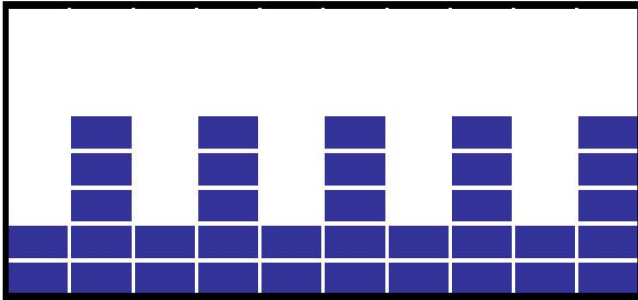
14. Program 14 (BODY FAT)
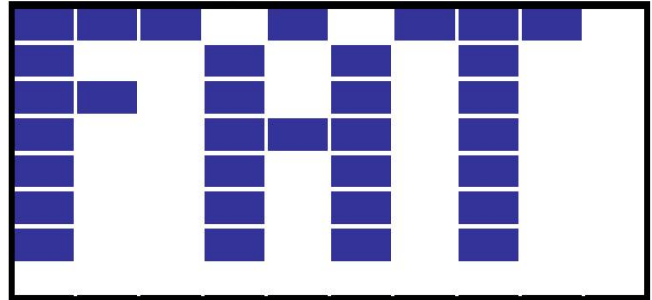
15. Program 15 (TARGET H.R.)
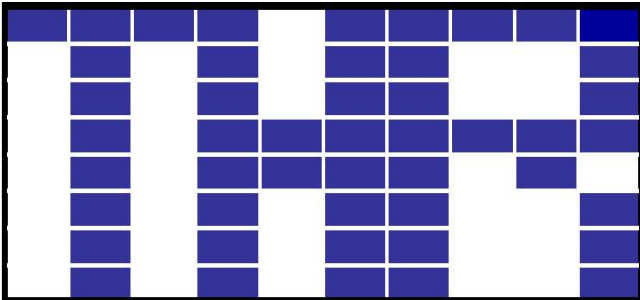
16. Program 16 (60% MAX H.R)
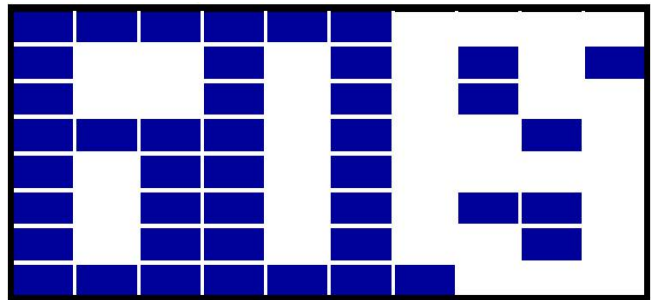
17. Program 17 (75% MAX H.R)
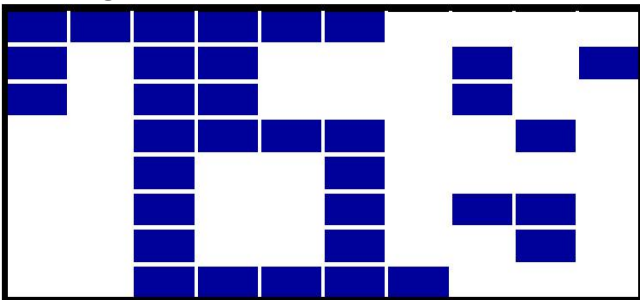
18. Program 18 (85% MAX H.R)
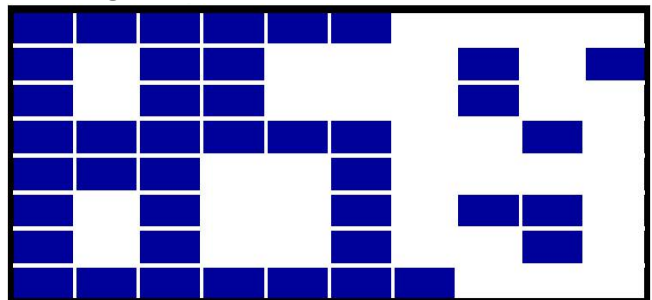
Exercise Information

19. Program 19 (USER1)

U1
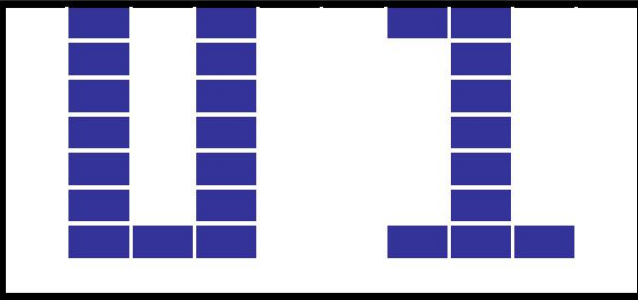
22. Program 20 (USER2)

U2
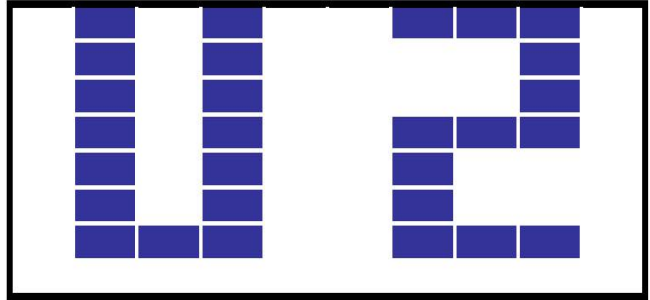
21. Program 21 (USER3)

U3
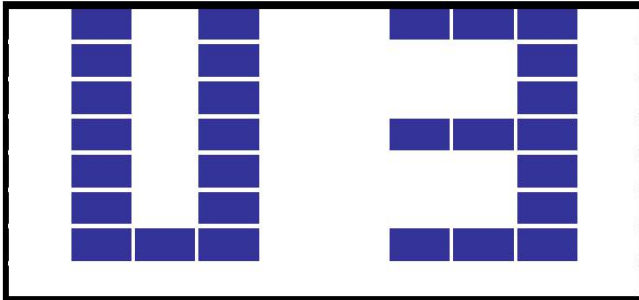
22. Program 22 (USER4)

U4
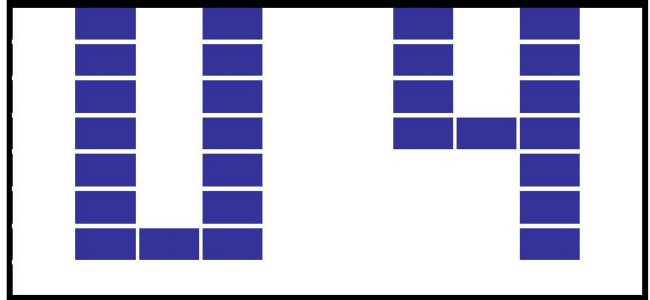
•Adjustment of the seat

Unlock the M16 lock knob (8) and pull or push the seat post (4) to adjust the saddle(11) height .
Unlock the M10 lock knob (9) and pull or push the seat adjustment bracket (5) to adjust the saddle (11) distance (front or rear).
Do not pull over the MAX mark for maximum height or push down below MIN mart for minimum height.
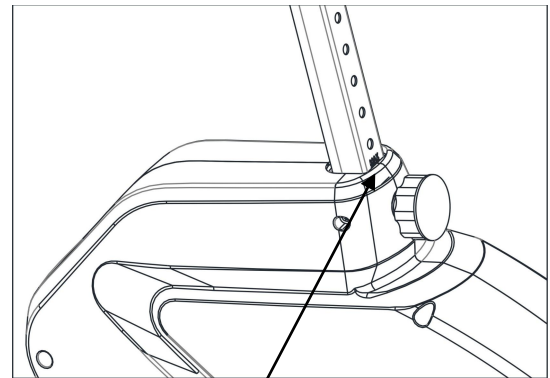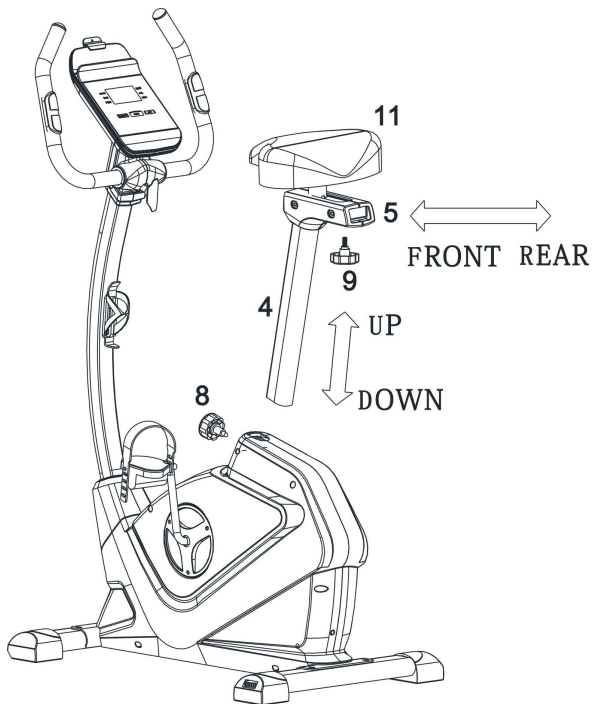
MAX

•Adjustment of the handle
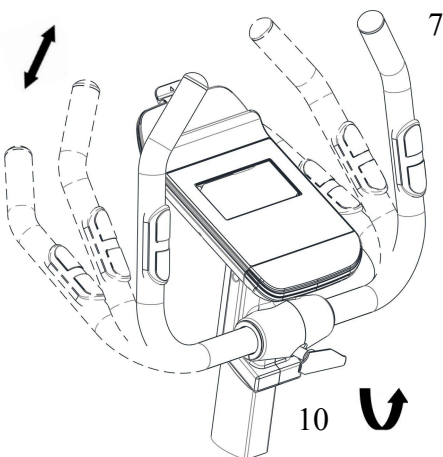
To adjust the position of the handle, turn the lock knob (**10**) anti clockwise to loose the handle (**7**) as shown in the diagram, and adjust the handle (**7**) to your required position, then secure the lock knob (**10**).

Care and Maintenance

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

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

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

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

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

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.

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

Trouble Shooting

Error Code	Cause	Check and Solution
E1	Unable to operate	Replace the console
E2	The wiring is broken or not plugged in properly	A: Check if the wiring is broken or unplugged B: Replace the wire or connect it
E3	Motor or circuit error	A: Check the motor B: replace the motor
E3	Magnetic control stuck or too heavy to drive the motor	Replace the Magnetic control system or Assembly
E4	When testing Body Fat, no heartbeat signal is input within 8 seconds	Please hold both hand pulse sensors continuously.
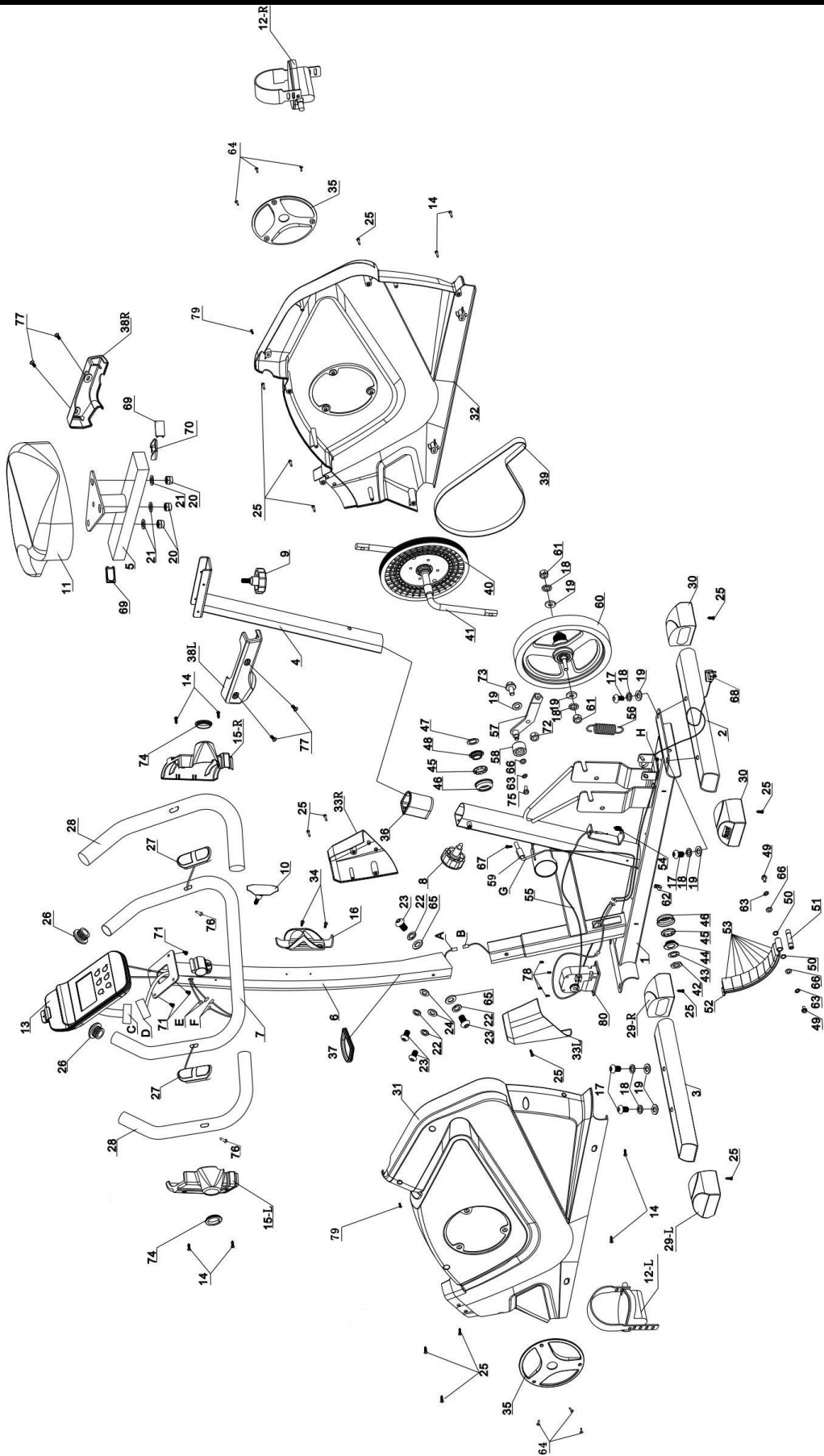
Parts List

No.	Description	QTY	SIZE	CODE
1	Main Frame	1		2A1205897
2	Rear Stabilizer	1		2A1205892
3	Front Stabilizer	1		2A1205891
4	Seat Post	1		2A1205895
5	Seat Bracket	1		2A1205885
6	Front Post	1		2A1205898
7	Handle	1		2A1205894
8	Lock Knob	1	M16	3C51JBD00101
9	Lock Knob	1	M10	3C51JBD00028
10	Lock Knob	1	M8	3C51JBD00042
11	Saddle	1		3D71Q00024
12	Left & Right Pedal	2		3C51JBC00034
13	Console	1		3C300107
14	Philips Self -tapping &drilling Screw	8	ST4.2X15mm	3B55DDD00005
15L	Left Handle Cover	1		3C51JBG00016
15R	Right Handle Cover	1		3C51JBG00017
16	Bottle Holder	1		3D600024
17	Allen Bolt	4	M10X20mm	3B51DBD00205
18	Spring Washer	6	Φ10mm	3B53DIA00004
19	Washer	7	Φ10mm	3B53DIB00009
20	Nut (Zinc)	3	M8	
21	Washer (Zinc)	3	Φ8mm	
22	Spring Washer	4	Φ8mm	3B53DIA00009
23	Allen Bolt	4	M8X15mm	3B51DBD00203
24	Arc Washer	2	Φ8XR22mm	3B53DIC00014
25	Philips Screw	20	ST4.2X15mm	3B55DDA00009
26	Cone End Cap	2	Φ25mm	3C51JBB00141
27	Handle Pulse Sensor	2		3D23O00184
28	Handle Grip	2	Φ25X520mm	3C73K00041
29L	L Transport Wheel	1		3C51JBC00035
29R	R Transport Wheel	1		3C51JBC00036
30	Level Foot	2		3C51JBC00080
31	Left Cover	1		3C51JBG00666
32	Right Cover	1		3C51JBG00667
33L	Front L Post Cover	1		3C51JBG00668
33R	Front R Post Cover	1		3C51JBG00669
34	Philips Self-drilling Screw	2	ST4.2X15mm	3B55DDD00005
35	Crank Cover	2		3C59J00418
36	Sleeve	1		3C51JBE00056
37	Front Post Ring	1		3C51JBG00672
38L	Left Saddle Cover	1		3C51JBG00670
38R	Right Saddle Cover	1		3C51JBG00671
39	Belt	1		3D59P00001
40	Belt Pulley	1		3C59J00050
41	Crank	1		3D600007
42	Lock Nut	1		3D600008
43	C-Shaped Lock Ring	1		3D600008
44	Alex Sleeve	1		3D600008
45	Bearing	2		3D600008

46	Bearing Chamber	2		3D600008
47	Lock Washer	1		3D600008
48	Right Bead Flange	1		3D600008
49	Hex Bolt	2	M6X15mm	3B51DBJ00083
50	Bead Flange	2		3B56D00014
51	Axle	1		3B67E00203
52	Magnet Bracket	1		2A1300077
53	Magnet	8		3F900023
54	Spring	1	36mm	3B61EJZ00004
55	Tension Adjustable Cable	1		3D22O00086
56	Spring	1	74mm	3B61EJA00005
57	Belt Tension Pulley	1		2A1205893
58	Tension Pulley Bracket	1		2A0600002
59	Reed Base	1		
60	Fly Wheel	1		3D89R00005
61	M10 Nut	2		
62	Clip	3		3C59J00052
63	Spring Washer	3	Φ6mm	3B53DIA00007
64	Philips Self Tapping Screw	6	ST2.9X10mm	3B55DDB00014
65	Washer	2	Φ8mm	3B53DIB00010
66	Washer	3	Φ6mm	3B53DIB00067
67	Philips Bolt	1	M4X10mm	3B55DDB00007
68	Charge	1		3D23O00185
69	End Cap	2		3C51JBB00138
70	U-Shaped Case	1		2A1300069
71	8MM Dome Head Philips bolt	4		
72	Nut	1	M10	3B52DCC00007
73	Hex Bolt	1	M10 x 25mm	3B51DBJ00084
74	Joint Ring	2		3C59J00419
75	Hex Bolt	1	M6 x 10mm	3B51DBJ00124
76	Philips Self Tapping Screw	2	ST4.2X20mm	
77	Philips Bolt	4	M5×5	3B51DBF00029
78	Philips Screw	4	ST4.8X15mm	3B55DDA00005
79	Philips Bolt	2	M5×10	3B51DBF00005
80	Motor	1		3D24O00005
A	Lower Main Sensor Wire	1		3D22O00094
B	Middle Main Sensor Wire	1		3D22O00096
C	Console Main Sensor Wire	1		
D	Upper Main Sensor Wire	1		3D22O00094
E	Console Pulse Sensor Wire	2		
F	Handle Pulse Sensor Wire	2		3D23O00184
G	Reed Base Sensor Wire	1		3D22O00091
H	Power Cord	1		3D22O00073

Guarantee

Product Guarantee

This product is guaranteed against manufacturing defects from a period of

1 Year

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

The guarantee is subject to the following provisions:

- The guarantee does not cover accidental damage, misuse, cabinet parts, knobs or consumable items.
- The product must be correctly installed and operated in accordance with the instructions contained in this manual.
- It must be used solely for domestic purpose.
- The guarantee will rendered invalided if the products is re-sold or has been damaged by inexpert repair.
- Specifications are subject to change without notice.
- The manufacturer disclaims any liability for the incidental or consequential damages.
- The guarantee is in addition to, and does not diminish your statutory or legal right.
- In the event of problem with the product with in the guarantee period call **Customer Helpline: 0345 600 1714**

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