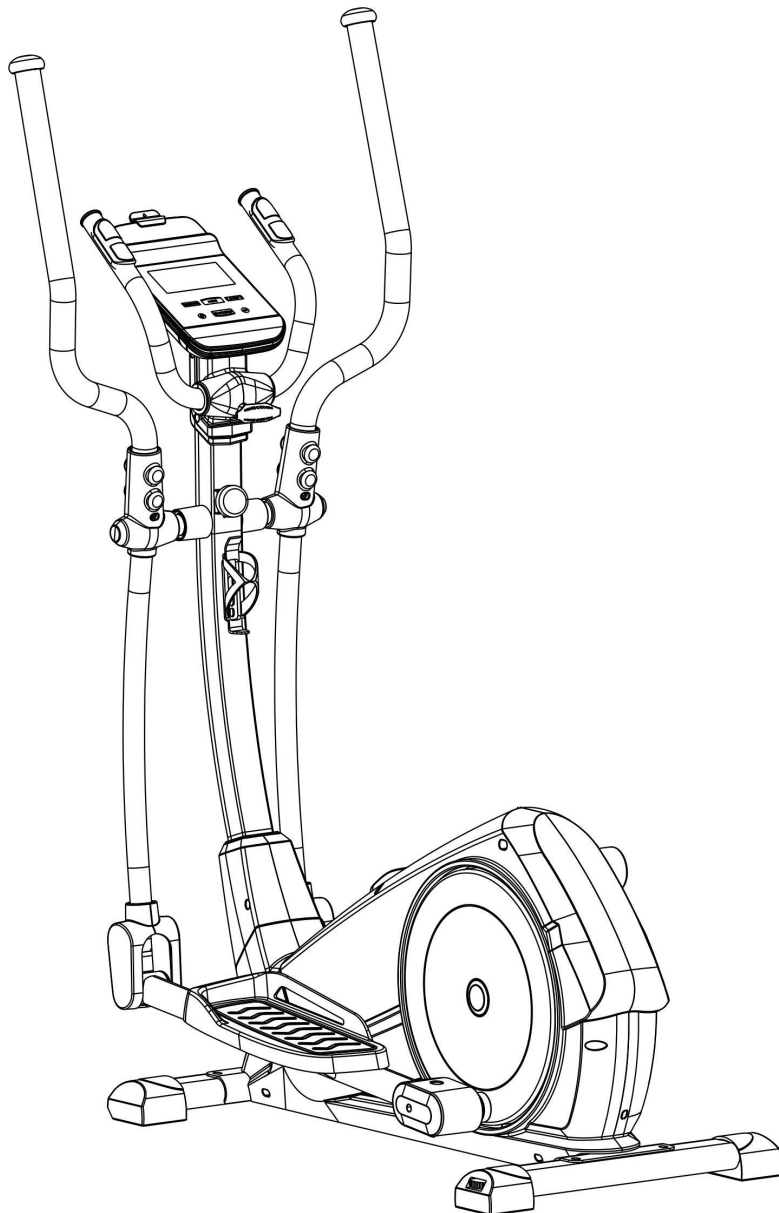


XT1000 Cross trainer

Assembly & User Instructions- Please Keep for future reference

782/4832

PRO FITNESS



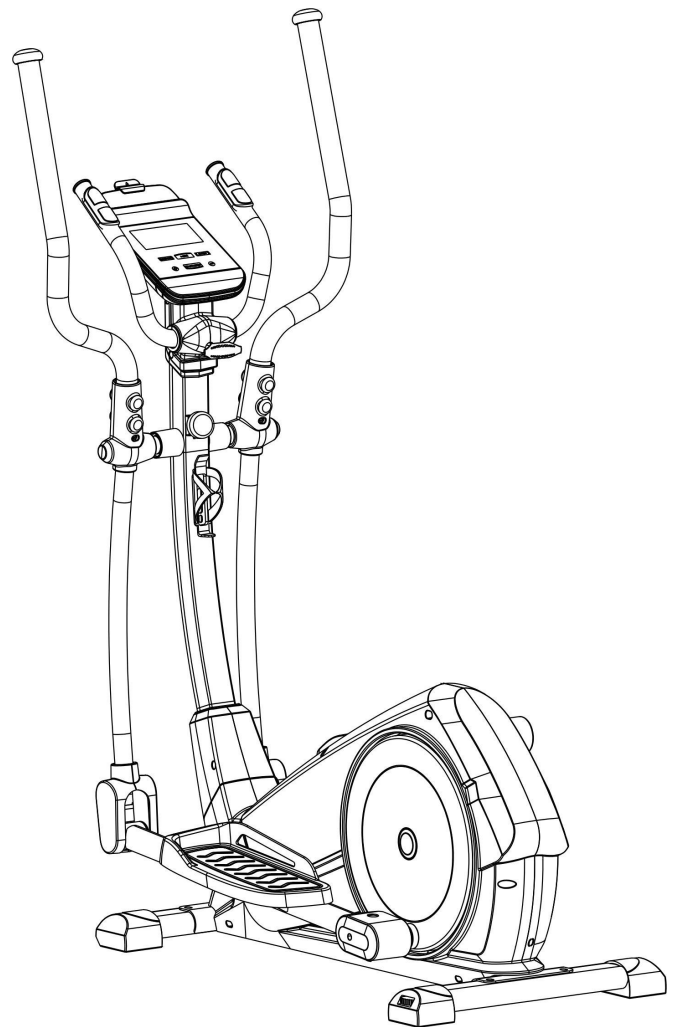
Important – Please read these instructions fully before assembly or use

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**

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Safety Information

PRO FITNESS

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: **120kg.**
- 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 foot platform when it is in the lowest position.



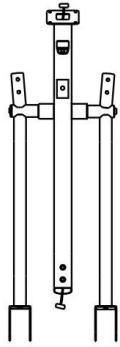
Warning: Before beginning any exercise program, consult your Doctor. This is especially important for persons over the age of 35 or persons with pre-existing health problems. You **MUST** read all instructions before using any fitness equipment. Argos and its associates assumes no responsibility for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

If you have damaged or missing parts, please call the **Customer Helpline: 0345 600 1714**
<http://www.argos-support.co.uk>

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.



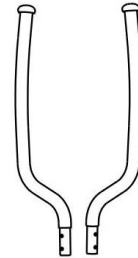
11. Front Post



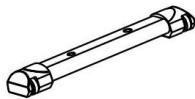
2. Left Footplate Bar



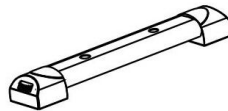
3. Right Footplate Bar



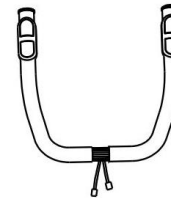
8. Handles(L&R)



4. Front Stabilizer



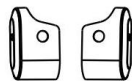
5. Rear Stabilizer



10. Fixed Handle



24/25. Handrail Bottom Cover X 2



26/27. L&R Foot Bar Cover



32/33. L&R Footplate



35/36. Handrail Front/Rear Cover



37. Front Post Ring



43. Bottle Holder



48. M8 T-Shaped Knob



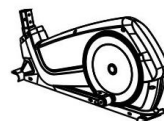
60. Console



90/91. L&R Front Cover



92. Tension Knob



1. Main Frame








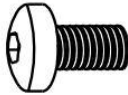








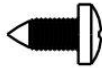
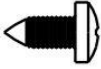


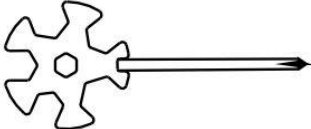
94/95. L/R Front Post Cover

Components – Fixings

PRO FITNESS

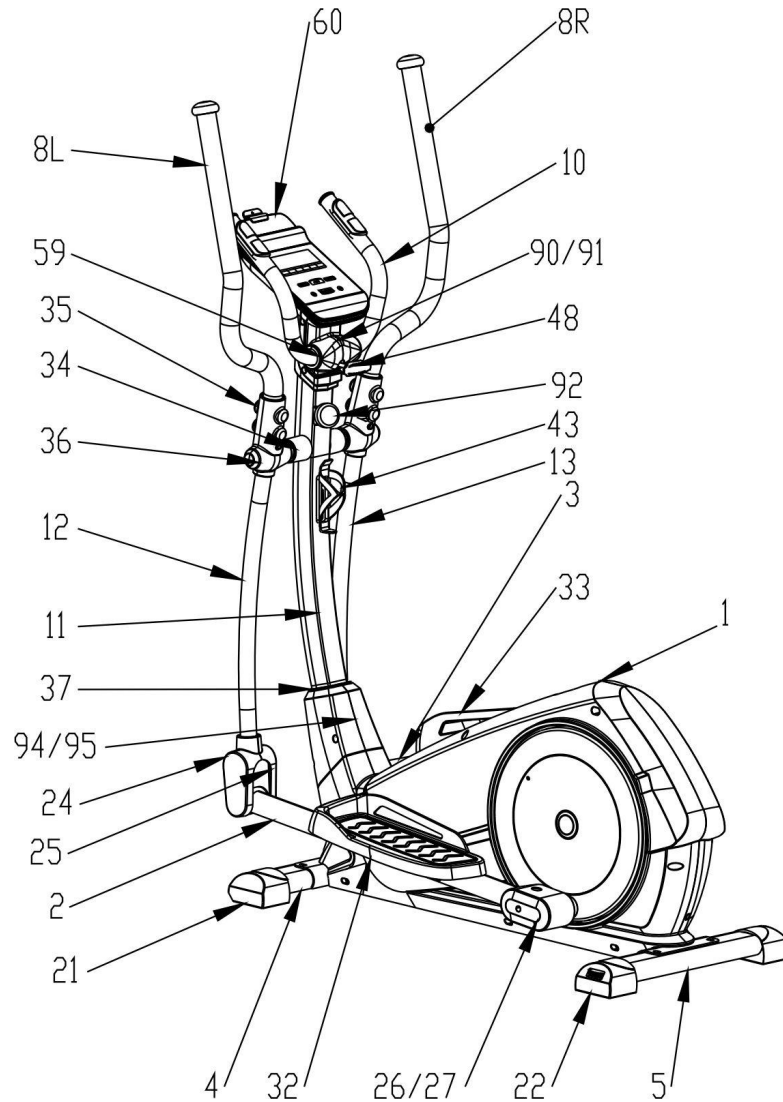
Please check you have all the fixings listed below

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>81</p>  <p>M10x69 Allen Bolt x 2</p>	<p>82</p>  <p>M8x87 Allen Bolt x 2</p>	<p>83</p>  <p>M8x42mm Hex Bolt x 4</p>
<p>85</p>  <p>Ø9xØ22xR19mm Arc Washer x 6</p>	<p>69</p>  <p>M10 Nut x 2</p>	<p>80</p>  <p>M10x20mm Allen Bolt x 4</p>
<p>71</p>  <p>Ø10mm Spring Washer x 4</p>	<p>74</p>  <p>Ø10mm Washer x 4</p>	<p>75</p>  <p>Ø8mm Washer x 10</p>
<p>73</p>  <p>Ø8mm Spring Washer x 12</p>	<p>79</p>  <p>M8x15mm Allen Bolt x 12</p>	<p>70</p>  <p>M8 Nut x 6</p>
<p>59</p>  <p>Plastic Ring x 2</p>	<p>88</p>  <p>ST4.8x15mm Philips Screw x 2</p>	<p>87</p>  <p>ST4.2x15mm Philips Screw x 3</p>
<p>86</p>  <p>ST4.2x15mm Philips Screw x 10</p>		
 <p>5# Allen Key</p>	 <p>6# Allen Key</p>	 <p>Multi Wrench</p>

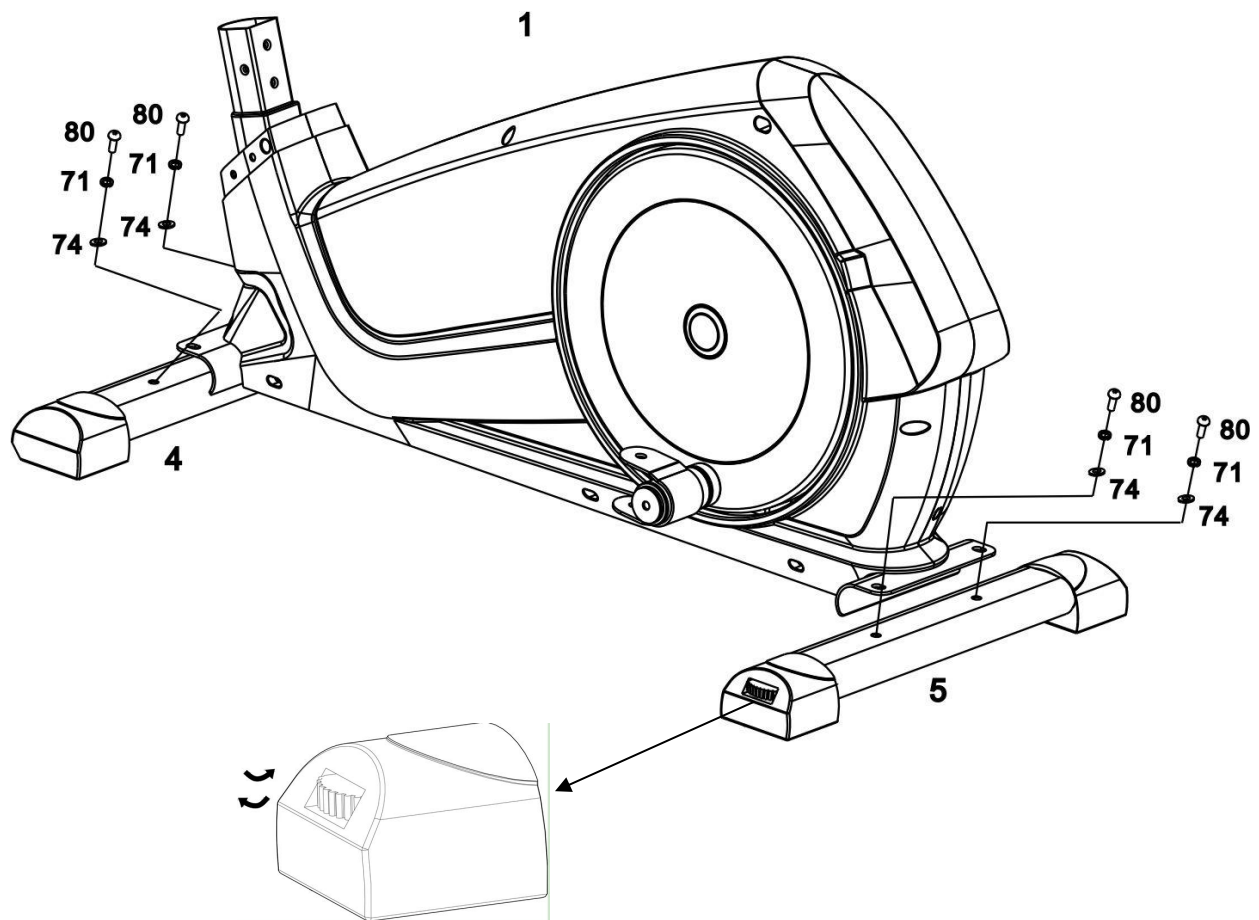
Assembly Instructions

Total mass of the product is 43 kg. Total size of the equipment is (width) 67.5 cm × (depth) 122.5 cm × (height) 160.5 cm.



- | | | | |
|----|---------------------------|----|------------------------|
| 1 | Main Frame | 32 | Left Pedal |
| 2 | Left Footplate Bar | 33 | Right Pedal |
| 3 | Right Footplate Bar | 34 | Handrail Axle Sleeve |
| 4 | Front Stabilizer | 35 | Handrail Front Cover |
| 5 | Rear Stabilizer | 36 | Handrail Rear Cover |
| 8 | Handle (L&R) | 37 | Front Post Ring |
| 10 | Fixed Handle | 43 | Water Bottle Bracket |
| 11 | Front Post | 48 | T-shaped Knob |
| 12 | Left Action Arm | 59 | Plastic Ring |
| 13 | Right Action Arm | 60 | Console |
| 21 | Transport Wheel (L&R) | 90 | Left Front Post Cover |
| 22 | Level Foot | 91 | Right Front Post Cover |
| 24 | Left Handle Bottom Cover | 92 | Tension Knob |
| 25 | Right Handle Bottom Cover | 94 | Left Front Post Cover |
| 26 | Left Footplate Bar Cover | 95 | Right Front Post Cover |
| 27 | Right Footplate Bar Cover | | |

Assembly Instructions



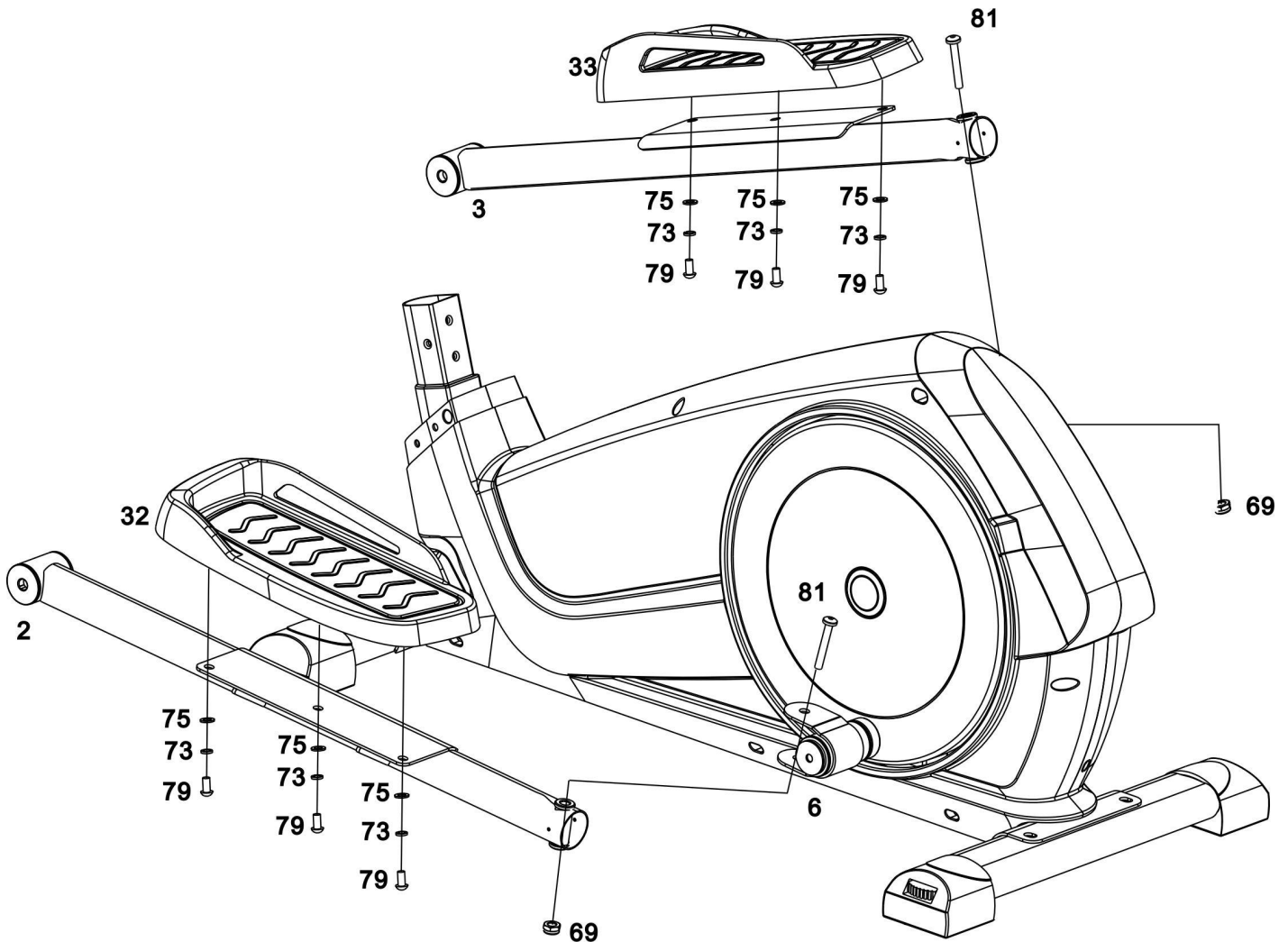
Step 1

a. Attach the Front Stabilizer (4) to the Main Frame (1) using 2 x M10x20mm Allen Bolts (80), 2 x 10mm Washers (74) and 2x10mm Spring Washers (71).

b. Attach the Rear Stabilizer (5) to the Main Frame (1) using 2 x M10x20mm Allen Bolts (80), 2 x 10mm Washers (74) and 2x10mm Spring Washers (71).

Note: The round gear on the Level Feet (22) can be rotated to ensure the cross trainer sit flat on the ground as shown in the diagram. Turn it anti clockwise to increase height and turn it clockwise to decrease height.

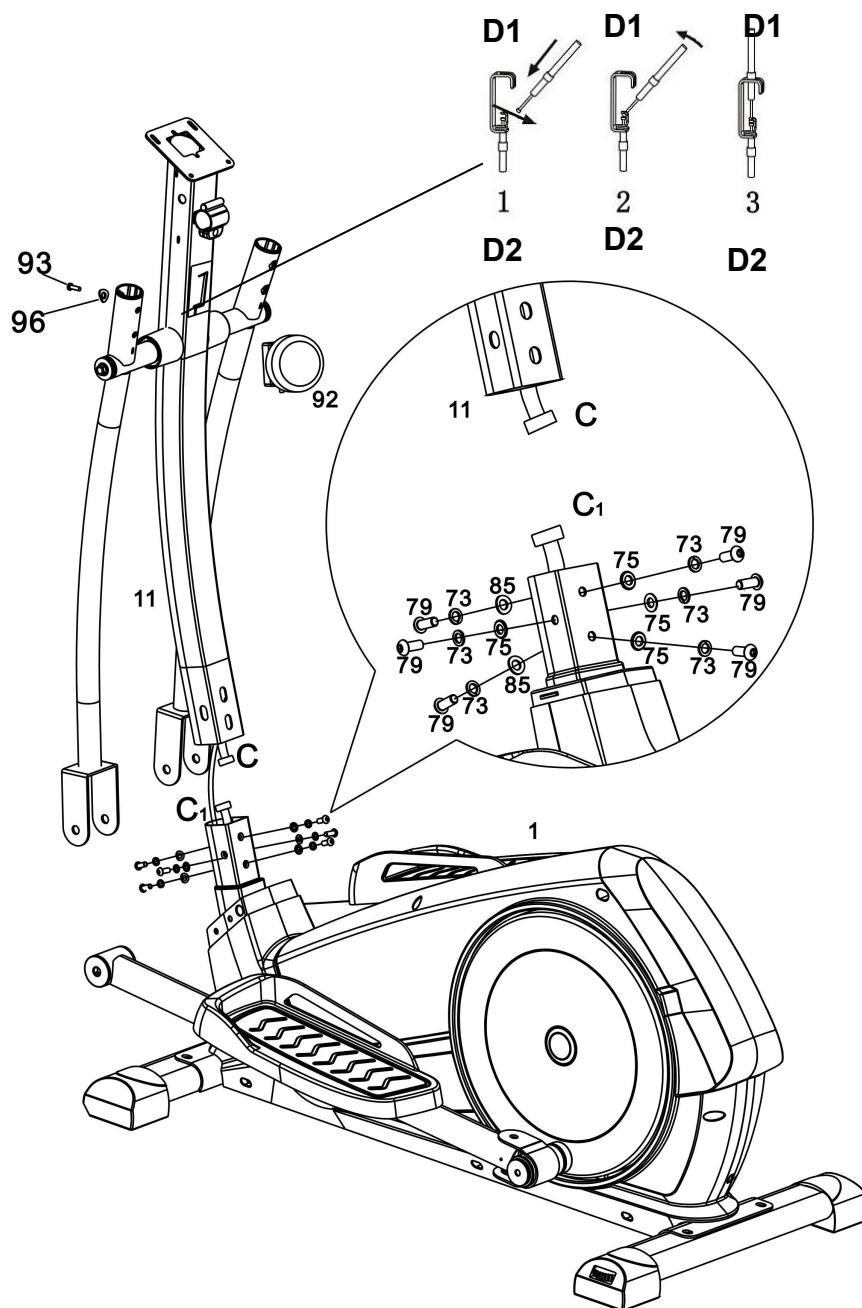
Assembly Instructions



Step 2

- Attach the Left Footplate (32) to the Left Footplate Bar (2) using 3 x M8×15mm Allen Bolts (79), 3 x Ø8mm Spring Washers (73) and 3 x Ø8mm Washers (75).
- Attach the Right Footplate (33) to the Right Footplate Bar (3) using 3 x M8×15mm Allen Bolts(79), 3 x Ø8mm Spring Washers (73) and 3 x Ø8mm Washers (75).
- Fix the Left & Right Footplate Bar (2, 3) to the Crank Connector (6) using 2 x Ø10×69mm Allen Bolts (81) and 2 x M10 Nuts (69).

Assembly Instructions



Step 3

a. Connect the Wire (C) to the wire (C1).

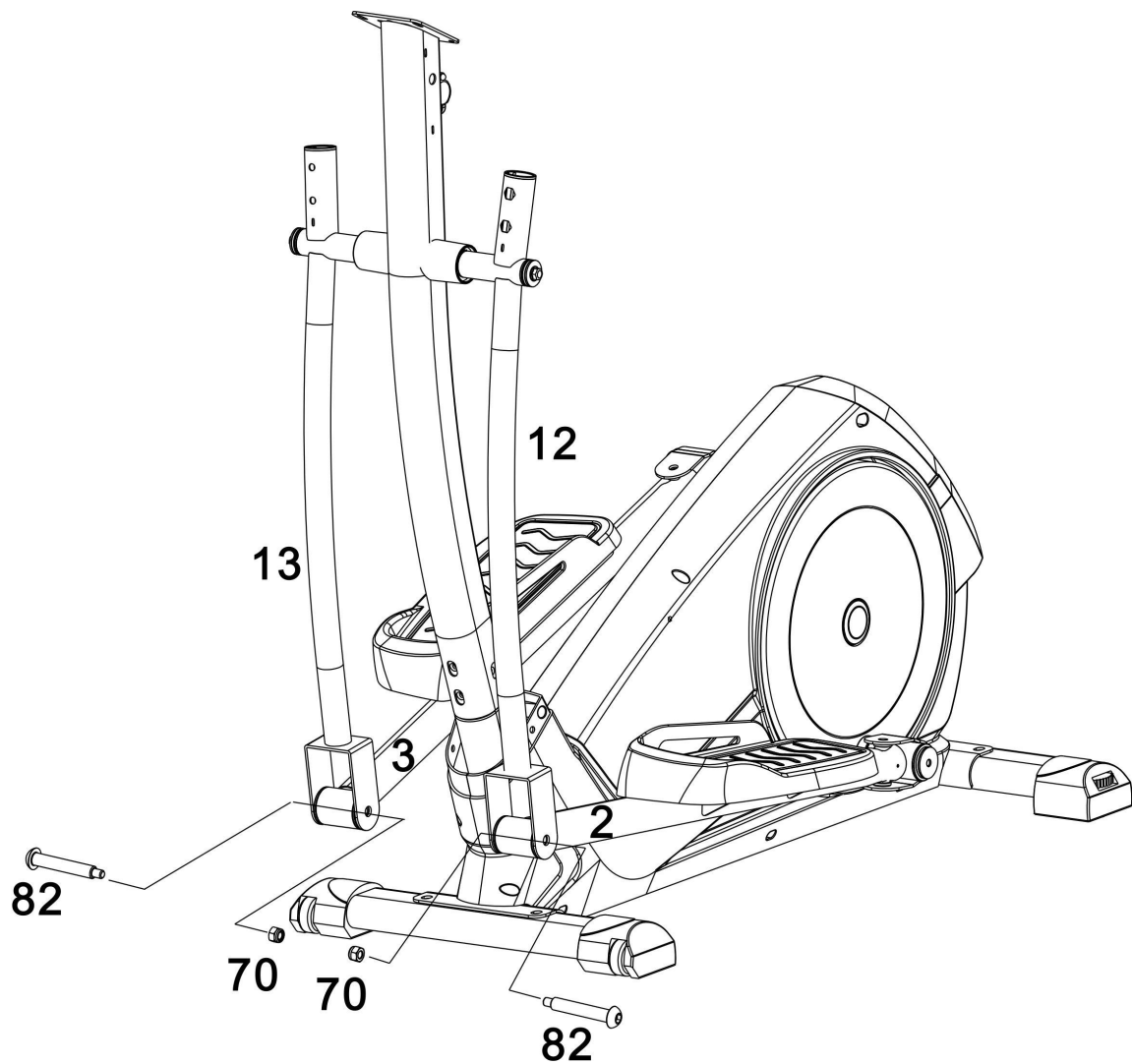
b. Fix the Front Post (11) to the Main Frame (1) using 6 x M8×15mm Allen Bolts (79), 6 x Ø8mm Spring Washers (73), 2 x Ø9xØ22×R19mm Arc Washers (85) and 4 x Ø8mm Washers (75).

c. Remove the M5x50mm Philips Bolt (93) and Ø5mm Arc Washer (96) from the Tension Knob (92). Please note that the parts (93) and (96) are pre-assembled on the Tension Knob (92).

d. Turn the Tension Knob (92) to Level 1 and connect the bottom of the tension knob D1 with the hook D2 as shown in the enlarged view of the diagram.. Then attach the Tension Knob (92) to the Front Post (11) using 1 x M5x50mm Philips Bolt (93) and Ø5mm Arc Washer (96).

Note: 1. Do not tighten the Allen Bolt (79), ensure they swivel freely.
2. Turn the Tension Knob (92) clockwise to increase resistance, turn it anti clockwise to decrease resistance.

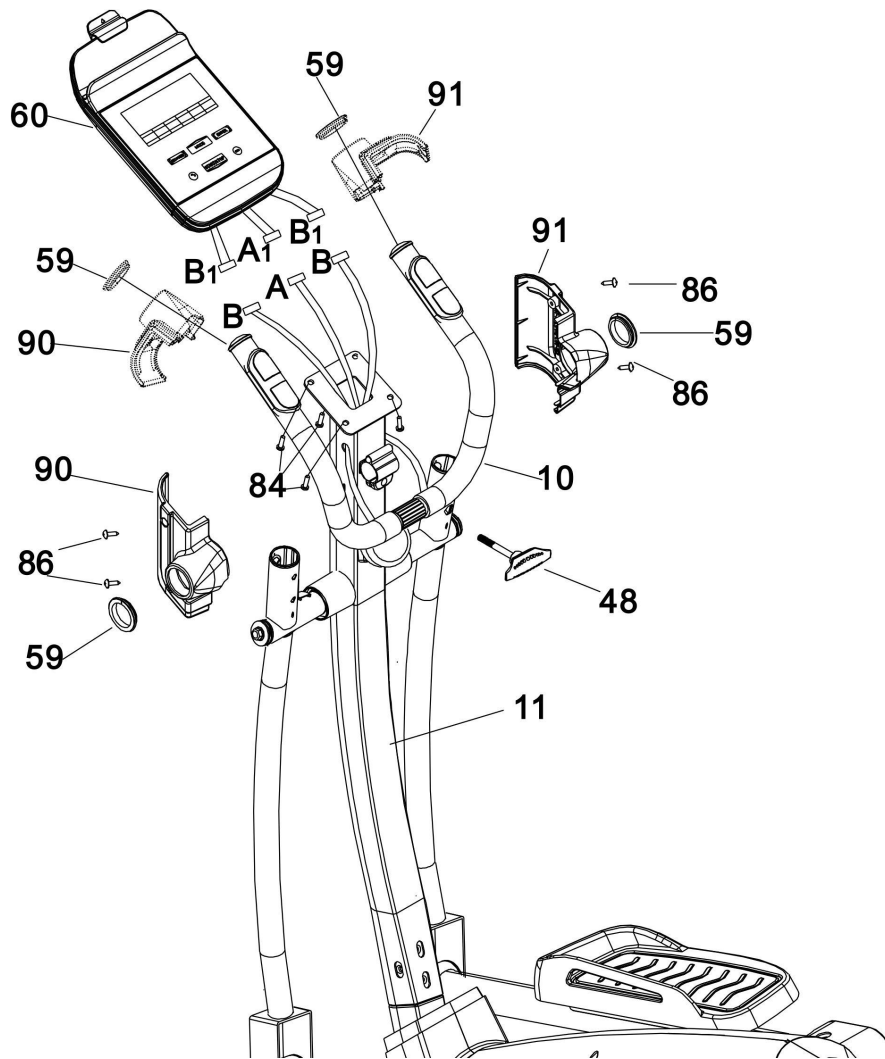
Assembly Instructions



Step 4

- a. Fix the Left Footplate Bar (2) to the Left Action Arm (12) using 1 x $\text{Ø}11.5 \times 67\text{mm}$ Allen Bolt (82) and 1 x M8 Aircraft Nut (70).
- b. Fix the Right Footplate Bar (3) to the Right Action Arm (13) using 1 x $\text{Ø}11.5 \times 67\text{mm}$ Allen Bolt (82) and 1 x M8 Aircraft Nut (70).

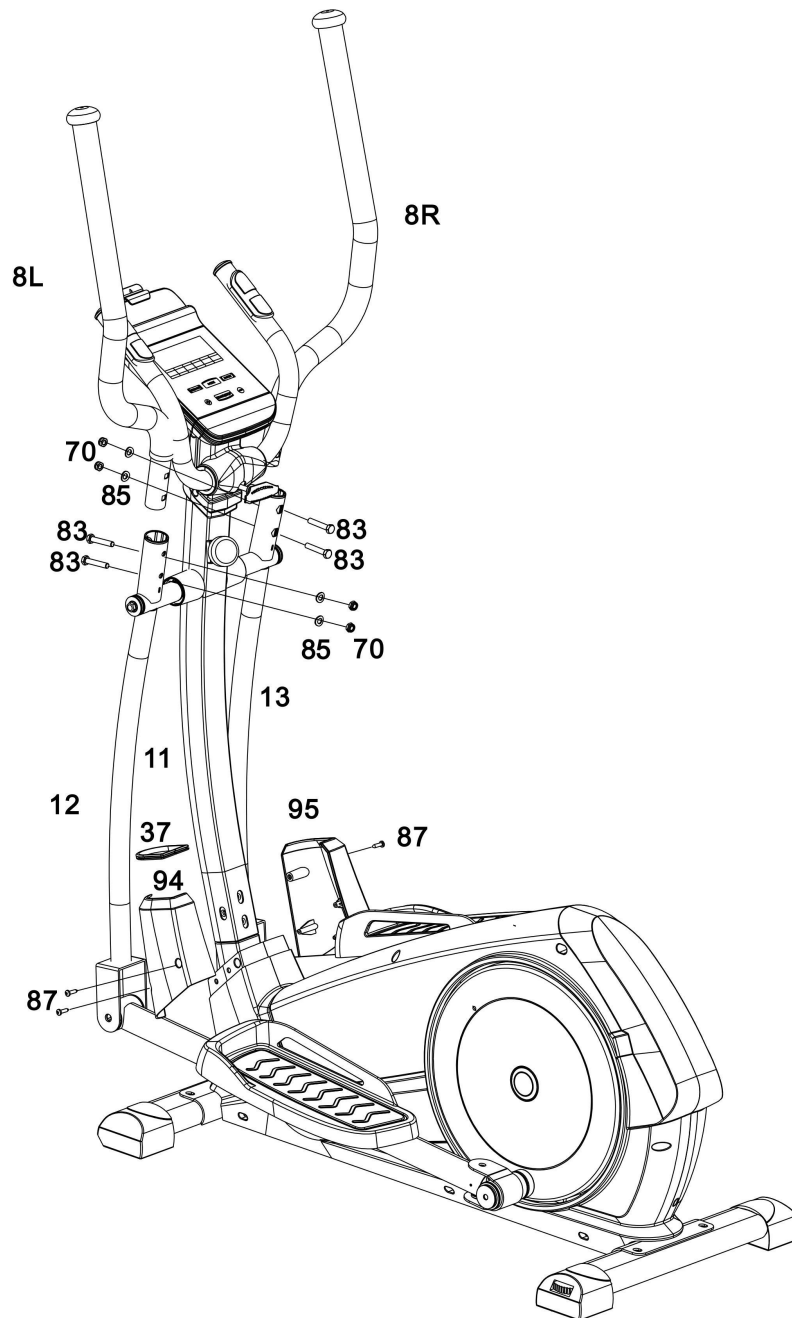
Assembly Instructions



Step 5

- Attach the Handle (10) to the bracket on the Front Post (11), and secure with M8 Lock knob (48).
Note: To adjust the position of the handle, turn the M8 lock knob (48) anti clockwise to loosen the handle (10) as shown in the diagram, and adjust the handle (10) to your required position, then secure the M8 lock knob (48).
- Pass the two signal cables (B) on the Fixed Handle (10) into the holes on both sides of the Front Post (11) and out of the top hole on the Front Post (11).
- Connect the signal cables A1 and B1 on the Console (60) with the signal cables A and B from the Front Post (11), respectively.
- Attach the Console (60) to the Front Post (11) using 4 x M5x8MM Dome Head Philips Bolt (84).
a) **Note:** Part (84) is pre-assembled.
- Slide the Left Handle Cover (90) from Right Handle Cover (91) to the left and right ends of the Handle (10) respectively, fix using 4 x ST4.2x15mm Philips Screw (86) and put two Joint Rings (59) on the left and right side of the Handle (10) respectively, and then push them together from both sides. Please note that the 4 x ST4.2 x 15mm Philips Screw (86) are pre-assembled.

Assembly Instructions



Step 6

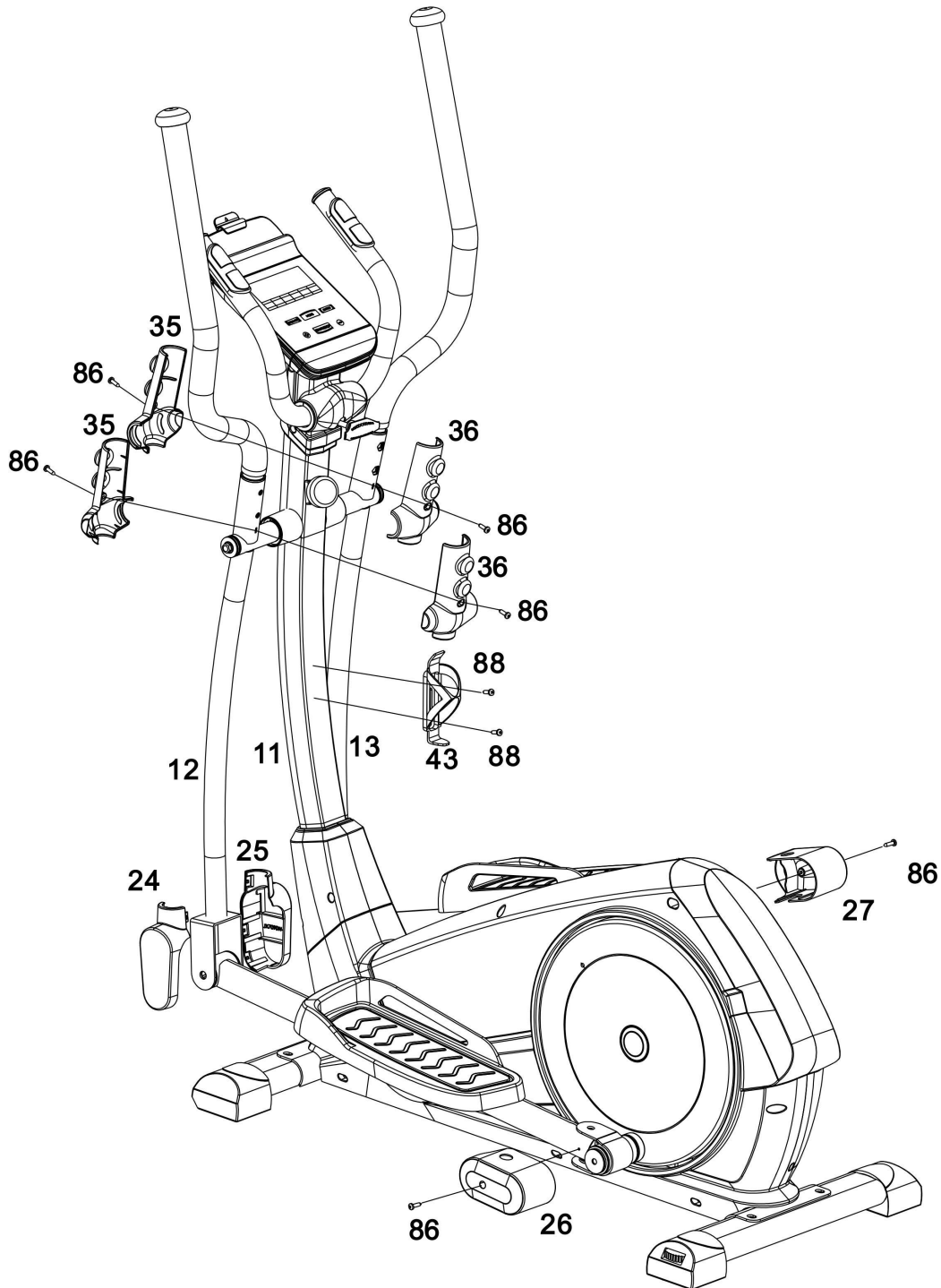
a. Insert the Left Handle (**8L**) to the Left Action Arm (**12**); insert the Right Handle (**8R**) into the Right Action Arm (**13**).

b. Fix the Left Handle (**8L**) to the Left Action Arm (**12**) using 2 x M8×42mm Hex Bolt (**83**), 2 x Ø9×Ø22×R19mm Arc Washers (**85**) and 2 x M8 Nuts (**70**).

c. Fix the Right Handle (**8R**) to the Right Action Arm (**13**) using 2 x M8×42mm Hex Bolt (**83**), 2 x Ø9×Ø22×R19mm Arc Washers (**85**) and 2 x M8 Nuts (**70**).

d. Attach the Front Post Ring (**37**) to the Front Post (**11**); then attach the L/R Front Post Cover (**94 & 95**) to the Main Frame and secure with 3 x ST4.2×15mm Philips Screws (**87**).

Assembly Instructions

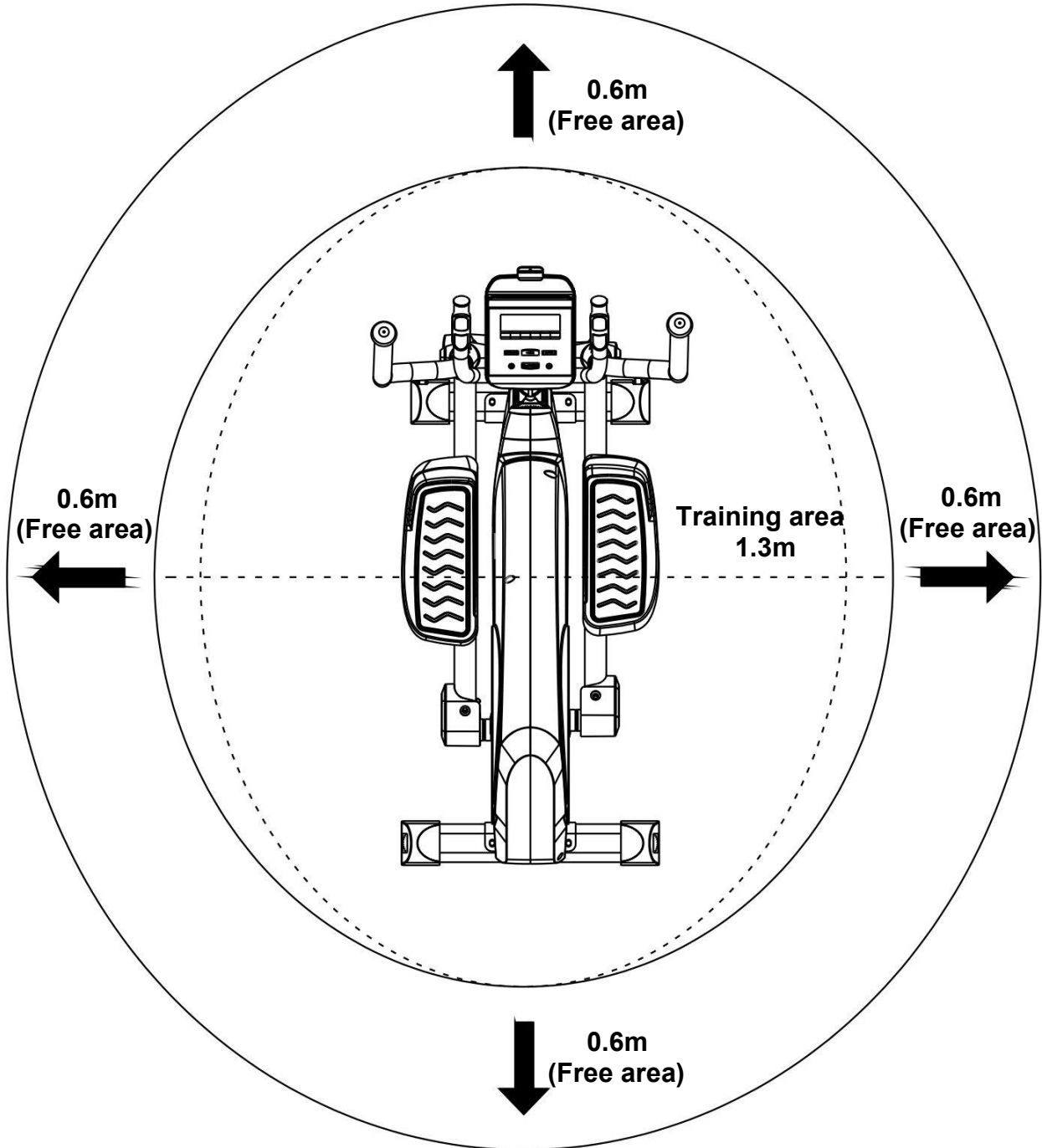


Step 7

- Fix the Handle Front Cover (35) and Handle Rear Cover (36) to the Left Action Arm (12) and Right Action Arm (13) respectively using 4 x ST4.2×15mm Philips Screws (86).
- Fix the Water Bottle Bracket (43) to the Front Post (11) using 2 x ST4.8×15mm Philips Screws (88).
- Attach the Left Handle Bottom Cover (24) and Right Handle Bottom Cover (25) to the Left and Right Action Arm (12 & 13).
- Fix the Left Footplate Bar Cover (26) and Right Footplate Bar Cover (27) into the position shown in the diagram using 2 x ST4.2×15mm Philips Screws (86).

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.

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.

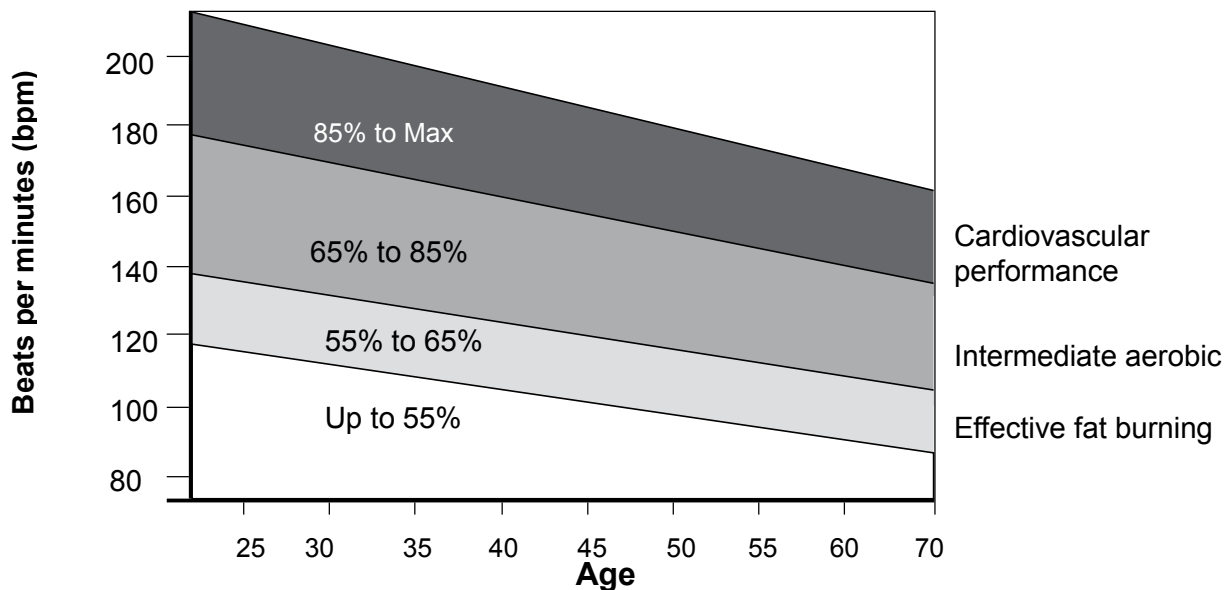
Initially, you may be able to exercise only for a few minutes in your target zone, however, your aerobic fitness will improve over the next six to eight weeks. Don't be discouraged if it takes longer. It's important to work at your own pace.

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.

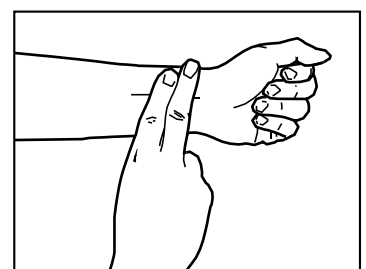
Exercise intensity

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 required level.



Exercise Information

Muscle Chart

Aerobic Exercise

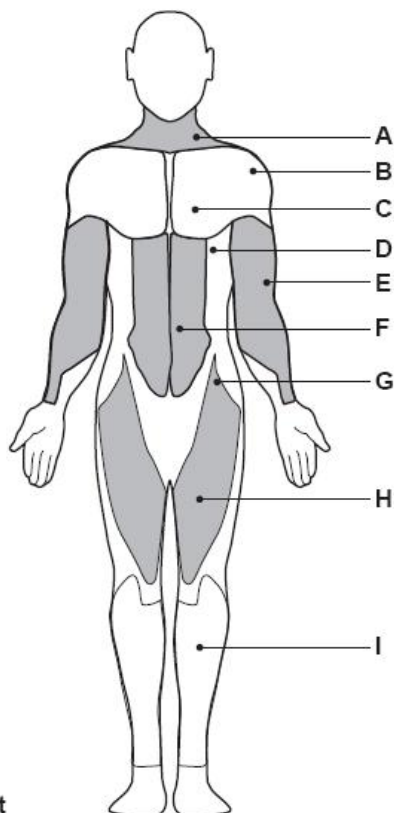
Aerobic exercise improves the fitness of your lungs and heart - your body's most important muscle. Aerobic exercise is promoted by any activity that uses your large muscles (arms, legs, or buttock, for example).

Weight Training

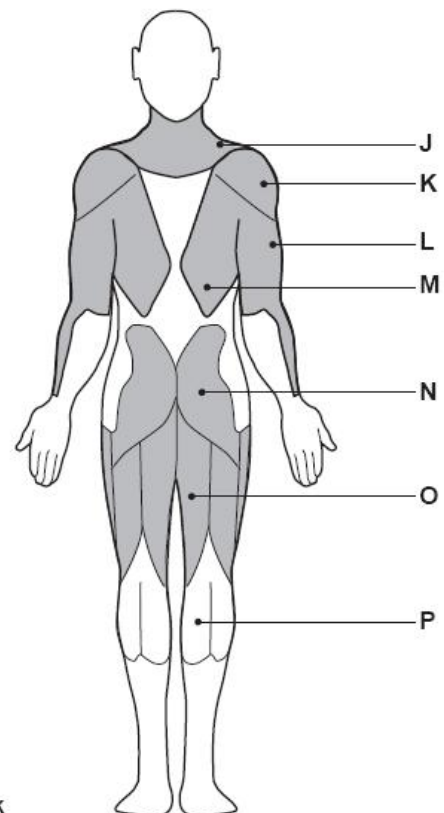
Along with aerobic exercising which helps get rid of and keep off the excess fat that our bodies can store, weight training is an essential part of an exercise routine. Weight training helps tone, build and strengthen muscle. If you are working above your target zone, you may want to do a lower number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

Targeted Muscle Groups

The exercise routine that is performed on the exercise bike will develop the 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 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.

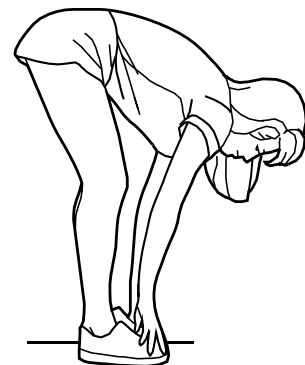
Toe touch stretch

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.



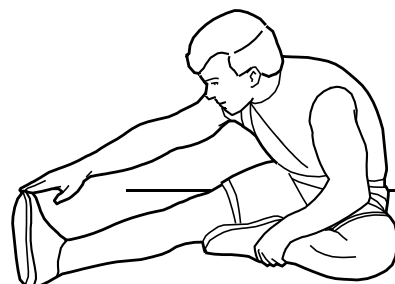
Hamstring stretch

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.



Exercise Information

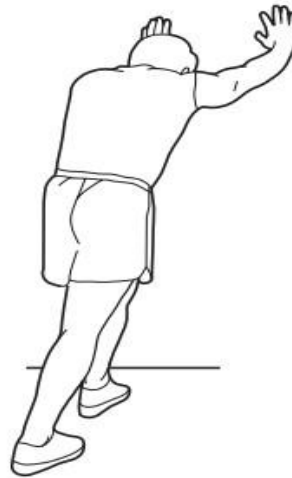
Calf/achilles stretch

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, 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 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.

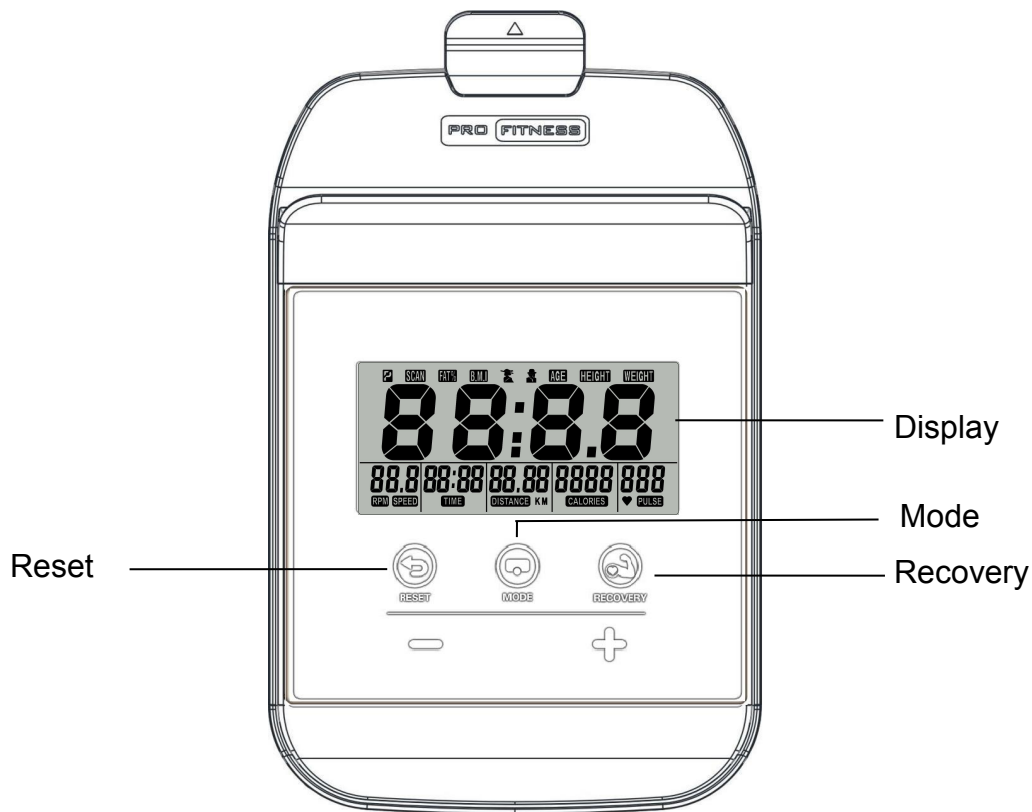
Repeat 3 times.

Stretches: Quadriceps and hip muscles.



Exercise Information

Console Operation



RECOVERY Key:

The recovery function will test your fitness recovery. To do this, hold the hand pulse sensors for one minute after which a fitness value will be displayed; F1.0 is excellent fitness and F6.0 is very poor fitness.

- **MODE:** This key lets you select and lock on to a particular function which you want.
Press to Choose **SCAN**, if you do not want the scan mode, press the **Mode** key until the pointer is next to the “flashing” function which you want. The unit can be reset by either changing the battery or pressing the **MODE** key for 4 seconds
 - **AUTO ON /OFF:** The console will switch on automatically when the exercise bike is in motion. The console will enter Clock and Temperature mode when the speed has no signal input or no keys are pressed for approximately 4 minutes.
 - **RESET:** Clear the data to zero when set up your workout.
- SPEED:** Workout speed.
 - DISTANCE:** Distance traveled.
 - TIME:** Workout time.
 - CALORIES:** Calories burnt.
 - RPM:** display the speed value during exercise, measuring range 0 ~ 999.Out of range shows 999. If there is no signal input within 4 seconds, the speed will be 0.
 - HR:** Heart rate sensors are used to measure the number of beats per minute.Your current heart rate will be displayed 1 to 2 seconds after the heartbeat signal is received.The heartbeat symbol flashes when

Console Operation

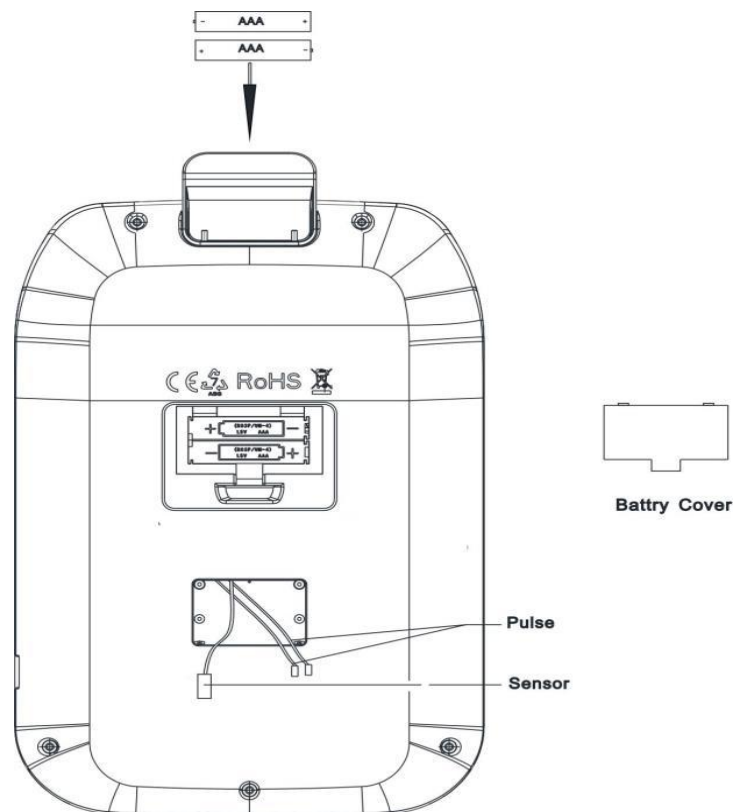
the heartbeat signal is received during the measurement. When no heart rate signal is input, the heart rate is displayed as P. Press UP or DOWN button one time, the heart rate will increase or decrease by 1 each time. Long press for rapid accumulation or subtraction. Set the range of measurement heart rate, the corresponding character flashing prompt when the measurement exceeds the preset range.

Specification

Function	Auto Scan	Every 6 Seconds
	Speed	0.0 – 99.9 Km/h
	Distance	0.0 – 999.9 Km
	Time	00:00 – 99:59 (Minute: Second)
	Calories	0.0 – 9999 Kcal
	HR	0-240
Battery type		2 x SIZE – AAA
Operation Temperature		0°C - +40°C

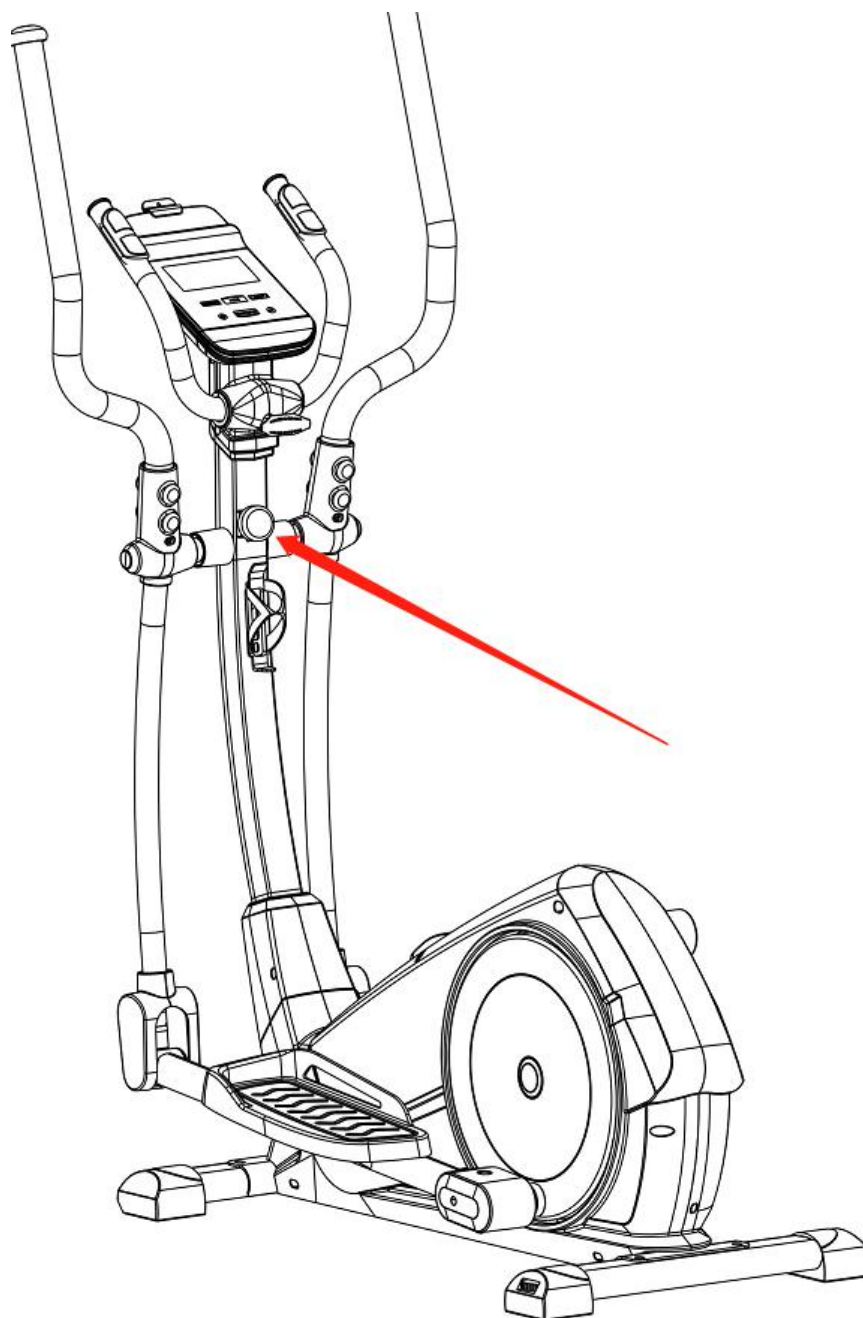
Replacement of the battery

- A. Remove the battery cover on the back of the computer.
- B. Replace 1.5V (AAA) battery.
- C. Make sure the battery is installed correctly and the polarities are correct.
- D. If the display is not clear or only partial segments appeared, remove the battery and wait for 15 seconds before re-installing it.
- E. The battery life is approx. 10 months under normal usage.
- F. When the battery is removed, all the functional values will reset to zero.



Exercise Information

Adjustment of the resistance



Adjustment of the Resistance level by turning the 8-level tension knob either to the right (increase) or the left (decrease).

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 keep the equipment out of use until repair; 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 manufacturer, their approved service agent or the **Customer Helpline: 0345 600 1714.**
www.argos-support.co.uk

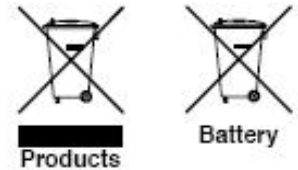
Guarantee:
For guarantee purposes, please retain your purchase receipt.

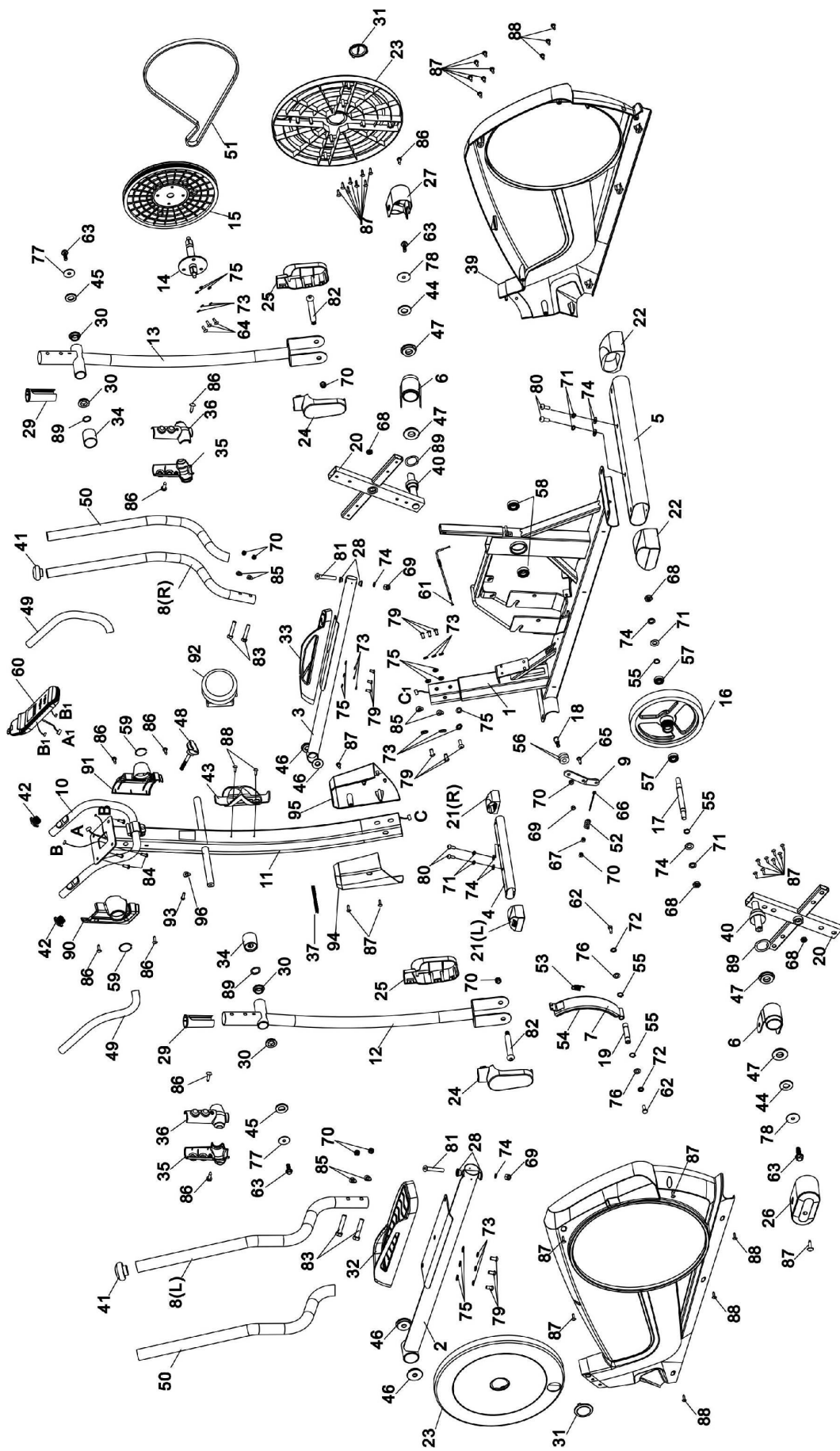
Information for Users on Disposal of old Equipment and Batteries

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.

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

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





Parts List

No.	Description	QTY	Code
1	Main Frame	1	2A1205861
2	Left Footplate Bar	1	2A1205859
3	Right Footplate Bar	1	2A1205858
4	Front Stabilizer	1	2A1205856
5	Rear Stabilizer	1	2A1205857
6	Crank Connector	2	2A1205865
7	Magnet Bracket	1	2A1300077
8	Handle (L&R)	1	2A1205863 2A1205864
9	Idle Wheel Bracket	1	2A1300086
10	Fixed Handle	1	2A1300090
11	Front Post	1	2A1205862
12	Left Action Arm	1	2A1205863
13	Right Action Arm	1	2A1205864
14	Belt Pulley Axle	1	3B67E00239
15	φ280mm Belt Pulley	1	3C59J00067
16	Flywheel	1	3D89R00008
17	φ12×123mm Axle	1	
18	φ15×41mm Axle	1	3B67E00216
19	φ12×60mm Axle	1	3B67E00203
20	Cross Bracket	2	2A1205860
21	Transport Wheel (L&R)	1	3C51JBC00035 3C51JBC00036
22	Level Foot	2	3C51JBC00080
23	Cross Bracket Cover	2	3C51JBG00716
24	Left Handle Bottom Cover	2	3C51JBG00053
25	Right Handle Bottom Cover	2	3C51JBG00054
26	Left Footplate Bar Cover	1	3C51JBG00055
27	Right Footplate Bar Cover	1	3C51JBG00056
28	Foot Bar Bushing	4	3C51JBF00115
29	φ38×φ32×83mm Sleeve	2	3C51JBE00039
30	φ32×φ19×9.5mm Nylon Bushing	4	3C51JBF00117
31	Plastic Cover	2	3C51JBG00665
32	Left Pedal	1	3C51JBF00125
33	Right Pedal	1	3C51JBF00126
34	Handrail Axle Sleeve	2	3C51JBG00065
35	Handrail Front Cover	2	3C51JBG00038
36	Handrail Rear Cover	2	3C51JBG00039
37	Instrument Rack Soft Plug	1	3C51JBG00664
38	Left Handle Cover	1	3C51JBG00659

Parts List

39	Right Handle Cover	1	3C51JBG00660
40	Cross Bracket Axle Sleeve	2	3C59J00074
41	φ38×1.5mm Cone End Cap	2	3C51JBB00153
42	φ25×1.5mm Cone End Cap	2	3C51JBB00158
43	Water Bottle Bracket	1	3D600024
44	φ45×4mm D-hole Washer	2	3B53DIZ00013
45	φ32×4mm D hole Washer	2	3B53DIZ00017
46	φ45×φ11.8×9.5mm Bushing	4	3B800023
47	φ45×φ19×9.5mm Bushing	4	3B800024
48	T-shaped Knob	1	3C51JBD00042
49	φ23×φ29×390mm Handle Grip	2	3C73K00052
50	φ30×φ38×730mm Handle Grip	2	3C73K00053
51	Belt	2	3D59P00033
52	φ19×φ4.5×31.5mm Spring	1	3B61EJB00005
53	40×φ11.5×φ1.5mm Spring	1	3B61EJZ00004
54	Magnet	8	3F900023
55	φ12mm Axle Spring Bead Flange	4	3B56D00014
56	6202—2RS-Z3 Bearing	2	3B700012
57	6001-2Z Bearing	2	
58	6004-2RS Bearing	2	3B700004
59	Plastic Ring	2	3C59J00416
60	Console	1	3C300105
61	Tension Cable	1	3C59J00420
62	M6×15mm Hex Bolt	2	3B51DBJ00083
63	M8×25mm Flange Hex Bolt	4	3B51DBJ00096
64	M8×15mm Hex Bolt	3	3B51DBZ00043
65	M10×25mm Hex Bolt	1	3B51DBJ00084
66	M8×95mm Tension Bolt	1	3B51DBZ00015
67	M8 Hex Nut	1	3B52DCB00013
68	M10 Hex Nut	4	
69	M10 Nut	3	3B52DCC00007
70	M8 Nut	8	3B52DCC00007
71	φ10mm Spring Washer	6	3B53DIA00004
72	φ6mm Spring Washer	2	3B53DIA00007
73	φ8mm Spring Washer	15	3B53DIA00009
74	φ10mm Washer	6	3B53DIB00009
75	φ8mm Washer	13	3B53DIB00010
76	φ6mm Washer	2	3B53DIB00029
77	φ32×φ19×2mm Washer	2	B53DIZ00011
78	φ45×φ19×2mm Washer	2	3B66E00872

Parts List

79	M8×15mm Allen Bolt	12	3B51DBD00233
80	M10×20mm Allen Bolt	4	3B51DBD00205
81	φ10×69mm Allen Bolt	2	3B51DBD00219
82	φ11.5×67mm Allen Bolt	2	3B51DBD00207
83	M8×42mm Hex Bolt	4	3B51DBJ00095
84	M5×10mm Hex Bolt	4	
85	φ9×φ22×R19mm Arc Washer	4	3B53DIC00020
86	ST4.2×15mm Philips Screw	12	3B55DDD00003
87	ST4.2×15mm Philips Screw	25	3B55DDA00009
88	ST4.8×12mm Philips Screw	7	3B55DDD00006
89	φ20mm Corrugated Washer	4	3B53DIZ00009
90	Left Front Post Cover	1	3C51JBG00061
91	Right Front Post Cover	1	3C51JBG00062
92	Power Charge	1	3C51JBD00079
93	M5x50mm Philips Bolt	1	
94	Left Instrument Rack Guard	1	3C51JBG00659
95	Right Instrument Rack Guard	1	3C51JBG00660
96	Φ5mm Arc Washer	1	
	A/A1	1	3D22O00087
	B/B1	2	3D23O00184
	C/C1	1	3D22O00092



Product Guarantee

This product is guaranteed against manufacturing defects from a period of



Year

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

The guarantee is subject to the following provisions:

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

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