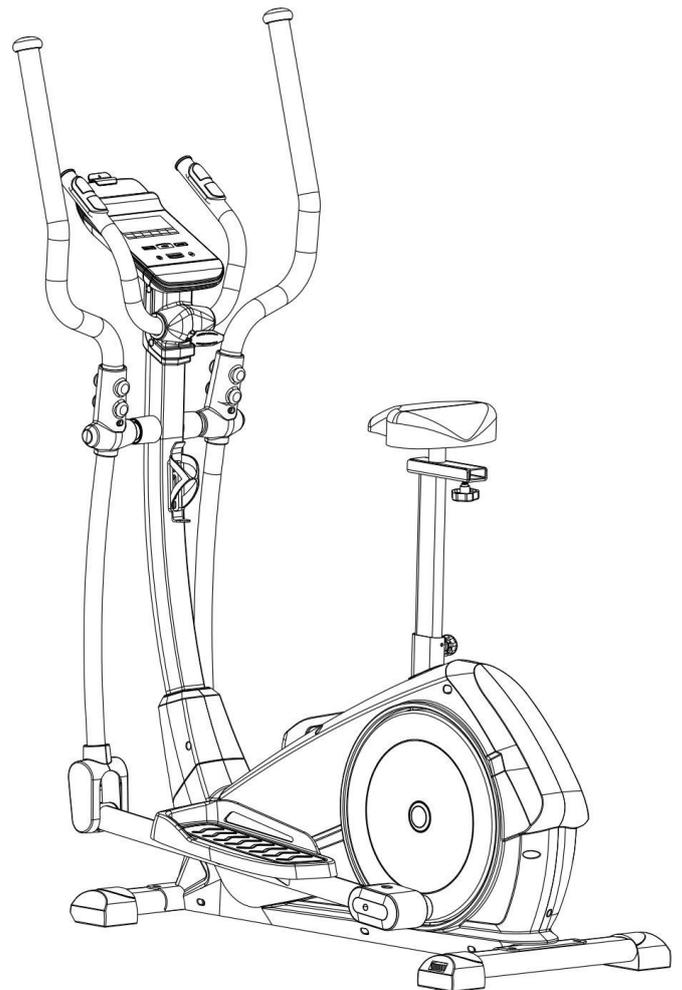# XTS2000 2 in 1 Cross Trainer

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 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

2

⚠ Safety information

• 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.

• When choosing a location for the equipment make sure that the location and position permit access to a plug.

• Keep the power cord away from any heated surface

• Do not operate the equipment if the power cord or plug is damaged, or if the equipment is not working properly.

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

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

⚠ ***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.

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.
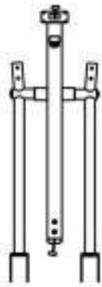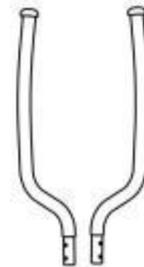
11.Front Post

2.Left Footplate Bar

3.Right Footplate Bar
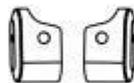
8.Handles(L&R)

4.Front Stabilizer

5.Rear Stabilizer

10.Fixed Handle

24/25. Handrail Bottom Cover X 2

99.Seat Post

26/27.L&R Foot Bar Cover

32/33.L&R Footplate

35/36.Handrail Front/Rear Cover X 2

37. Front Post Ring X 1

43.Bottle Holder

48.M8 T-Shaped Knob

60.Console

90/91.L&R Front Cover

92.Power Charge

1.Main Frame

94/95. L/R Front Post Cover x 2

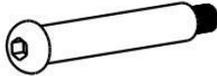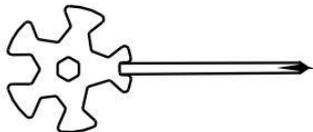100.Seat Adjustment Bracket

97.M10 Lock Knob

96.M16 Lock Knob

103.Saddle

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.

| 81 M10x69 Allen Bolt x 2	82 M8x87 Allen Bolt x 2	83 M8×42mm Hex Bolt x 4
85 Ø9×Ø22×R19mm Arc Washer x 6	**69** M10 Nut x 2	**80** M10×20mm Allen Bolt x 4
71 Ø10mm Spring Washer x 4	**74** Ø10mm Washer x 4	**75** Ø8mm Washer x 10
73 Ø8mm Spring Washer x 12	**79** M8×15mm Allen Bolt x 12	**70** M8 Nut x 6
59 Plastic Ring x 2	**88** ST4.8×15mm Philips Screw x 2	**87** ST4.2×15mm Philips Screw x 3
86 ST4.2×15mm Philips Screw x 10		
5# Allen Key	6# Allen Key	Multi Wrench

Assembly Instructions

Total mass of the product is 45 kg. Total size of the equipment is (width) 67.5 cm × (depth) 122.5 cm × (height) 160.5 cm.
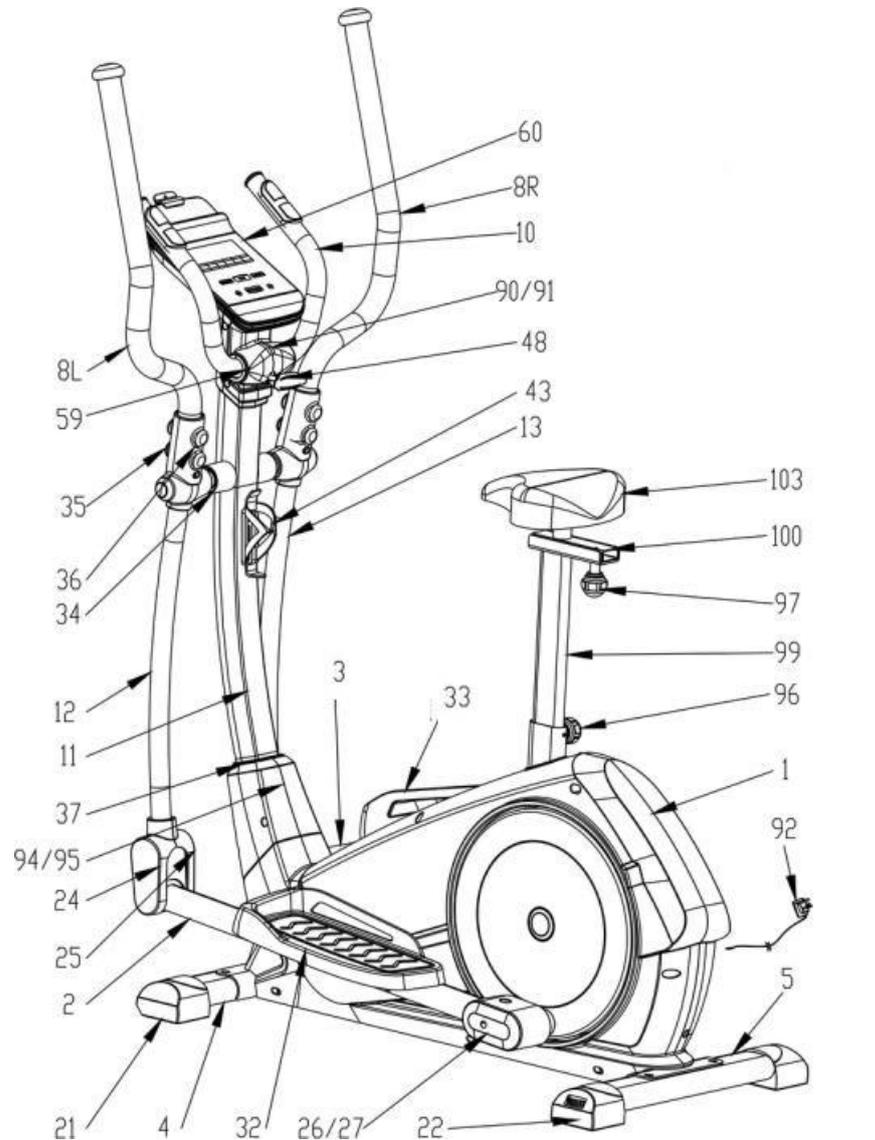
1	Main Frame	**35**	Handrail Front Cover
2	Left Footplate Bar	**36**	Handrail Rear Cover
3	Right Footplate Bar	**37**	Front Post Ring
4	Front Stabilizer	**43**	Water Bottle Bracket
5	Rear Stabilizer	**48**	T-shaped Knob
8	Handle (L&R)	**59**	Plastic Ring
10	Fixed Handle	**60**	Console
11	Front Post	**90**	Left Front Post Cover
12	Left Action Arm	**91**	Right Front Post Cover
13	Right Action Arm	**92**	Power Charge
21	Transport Wheel (L&R)	**94**	Left Front Post Cover
22	Level Foot	**95**	Right Front Post Cover
24	Left Handle Bottom Cover	**96**	M16 Lock Knob
25	Right Handle Bottom Cover	**97**	M10 Lock Knob
26	Left Footplate Bar Cover	**99**	Seat Post
27	Right Footplate Bar Cover	**100**	Seat Adjustment Bracket
32	Left Pedal	**103**	Saddle
33	Right Pedal		
34	Handrail Axle Sleeve		

Assembly Instructions
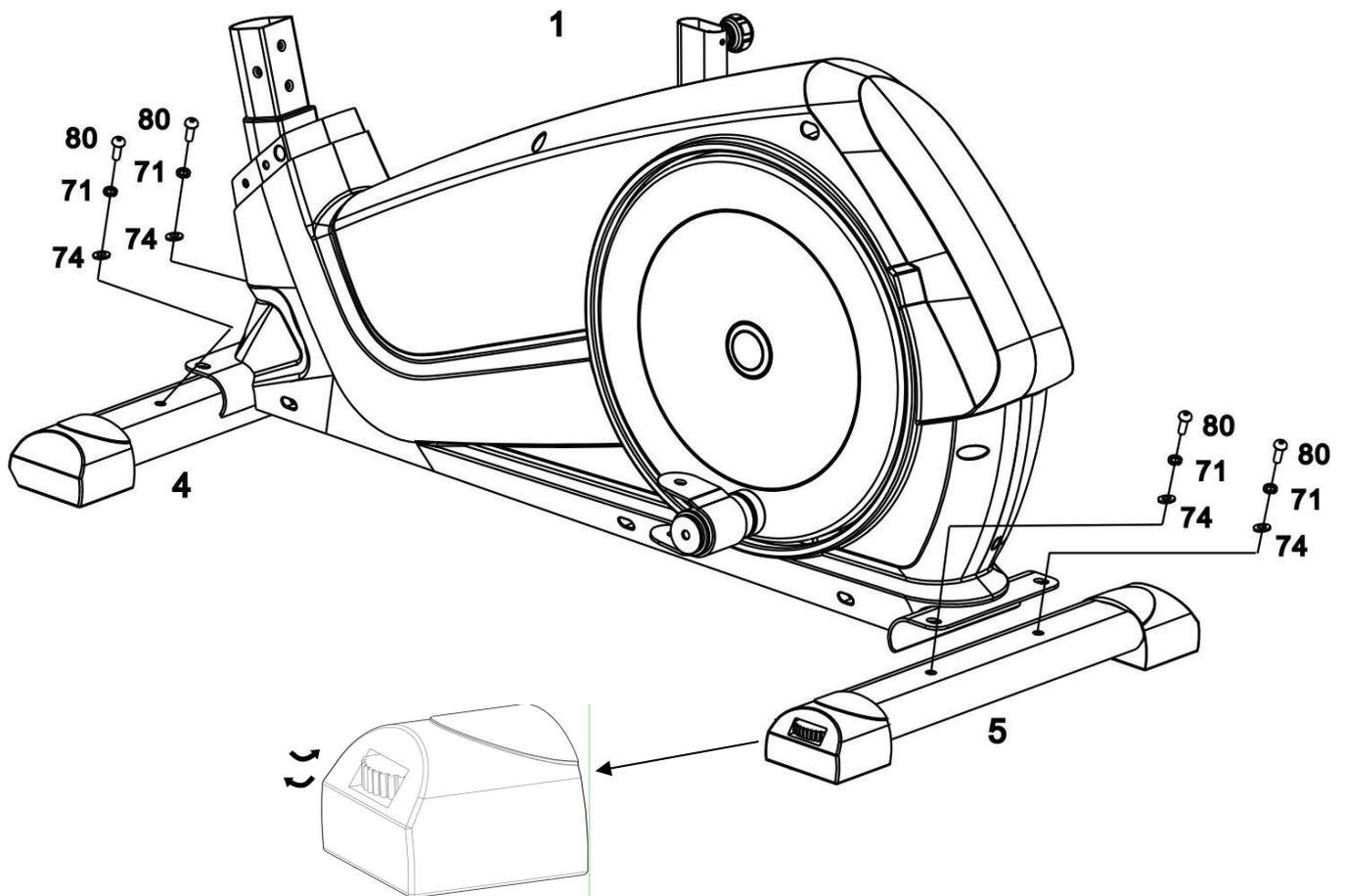
Step 1

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
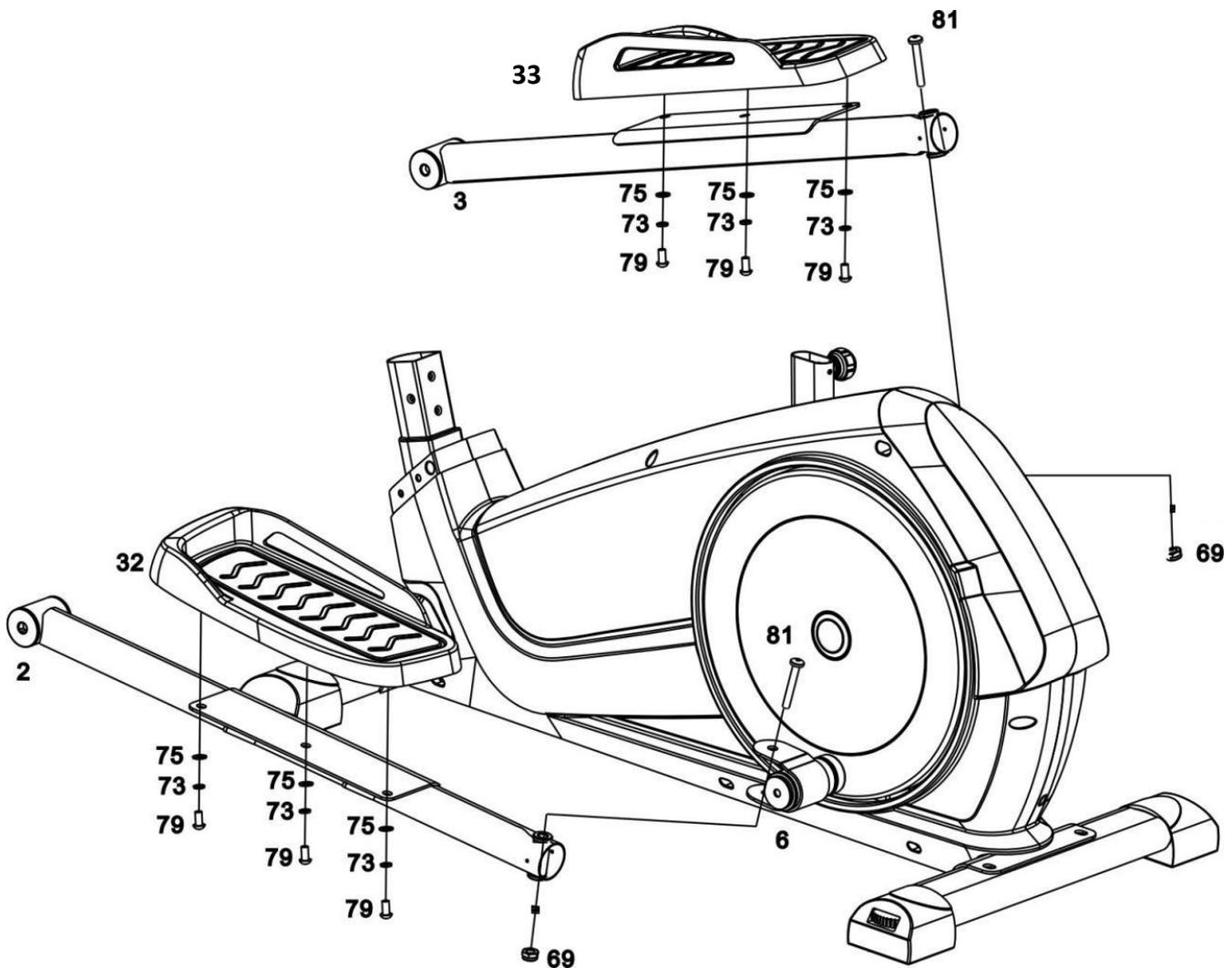
Step 2

a. 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**).

b. 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**).

c. 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
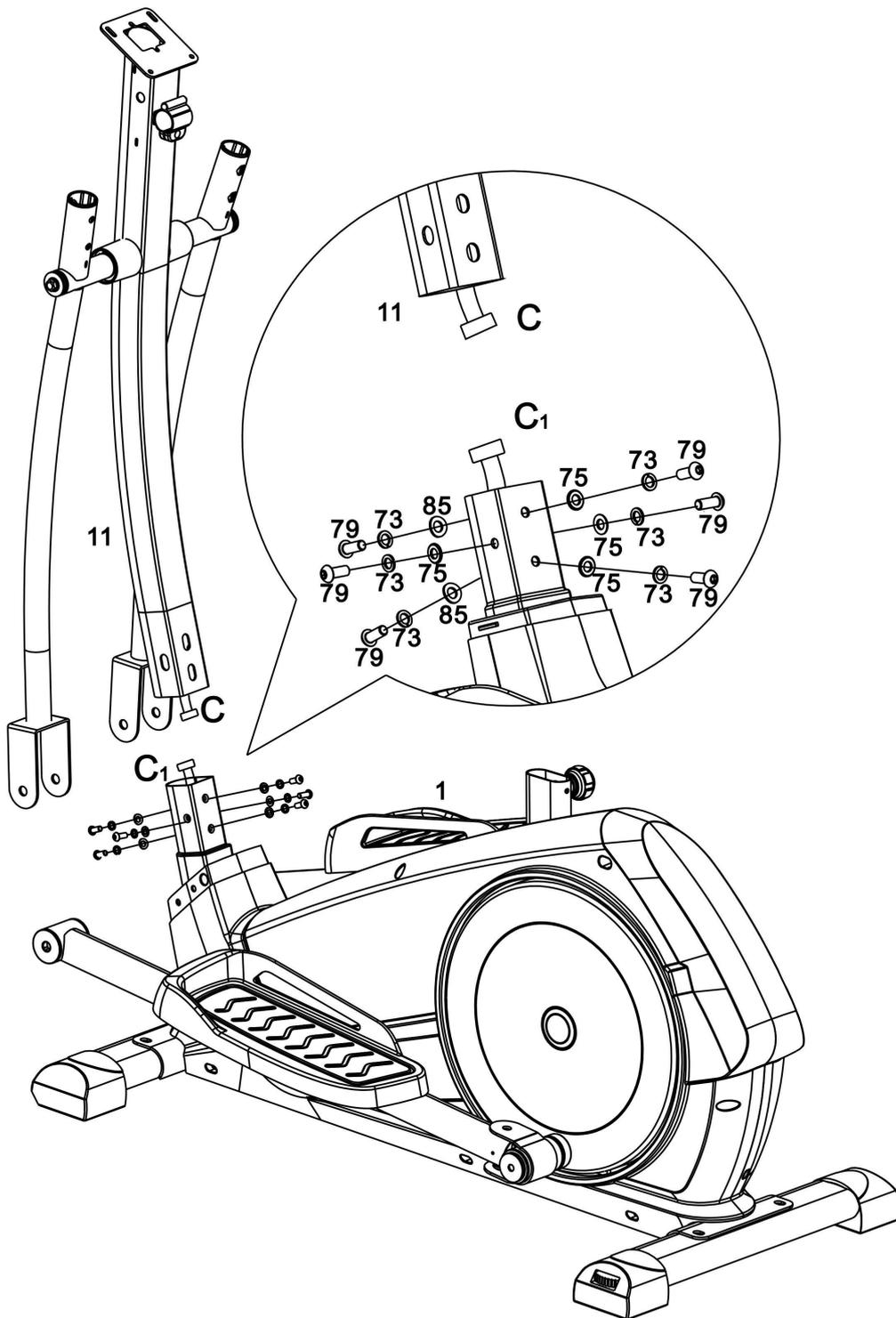
Step 3

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×R30mm Arc Washers (**85**) and 4 x Ø8mm Washers (**75**).

Assembly Instructions
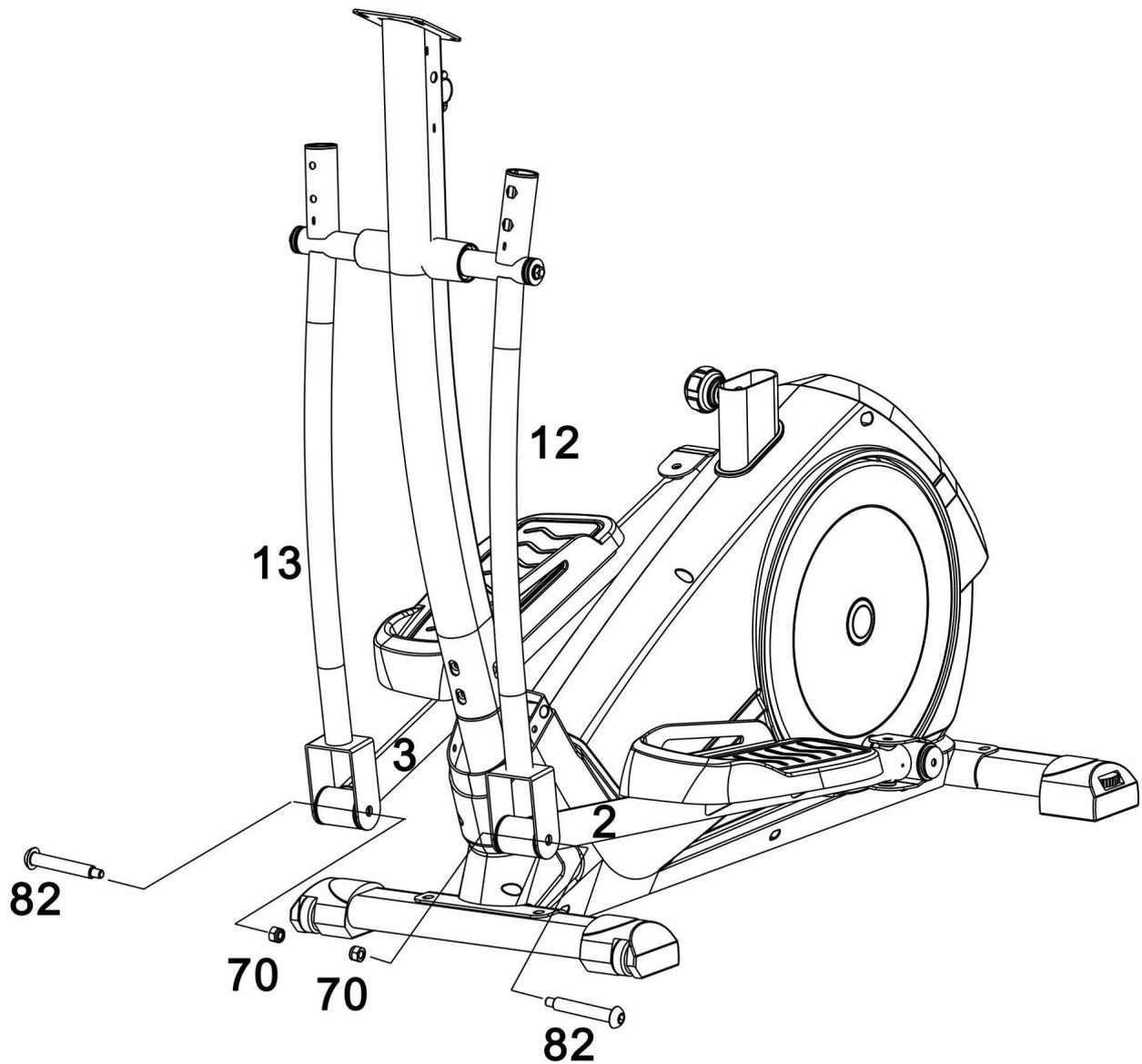
Step 4

a. Fix the Left Footplate Bar (**2**) to the Left Action Arm (**12**) using 1 x Ø11.5×67mm 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 Ø11.5×67mm Allen Bolt (**82**) and 1 x M8 Aircraft Nut (**70**).

Assembly Instructions

Step 5

a.   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 loose the handle (**10**) as shown in the diagram, and adjust the handle (**10**) to your required position, then secure the M8 lock knob (**48**).

b.   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).
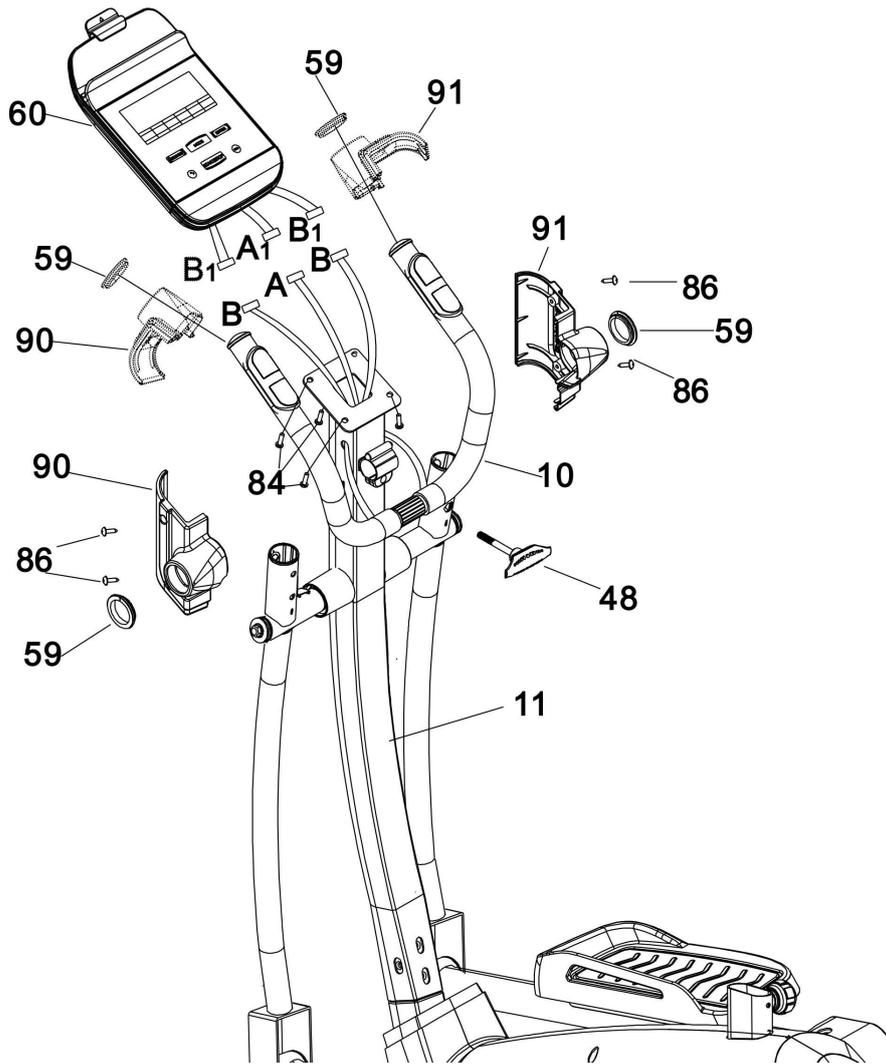
c.   Connect the signal cables A1 and B1 on the Console (**60**) with the signal cables A and B from the Front Post (**11**), respectively.

d.   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.

e.   Slide the Left Handle Cover (**90**) and Right Handle Cover (**91**) from the left and right ends of the Handle (**10**) respectively, 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.

f.   Lock the Left & Right Handle Cover (**90, 91**) to Front Post (**11**) using 4 x ST4.2x15mm Philips Screw (**86**).

Assembly Instructions
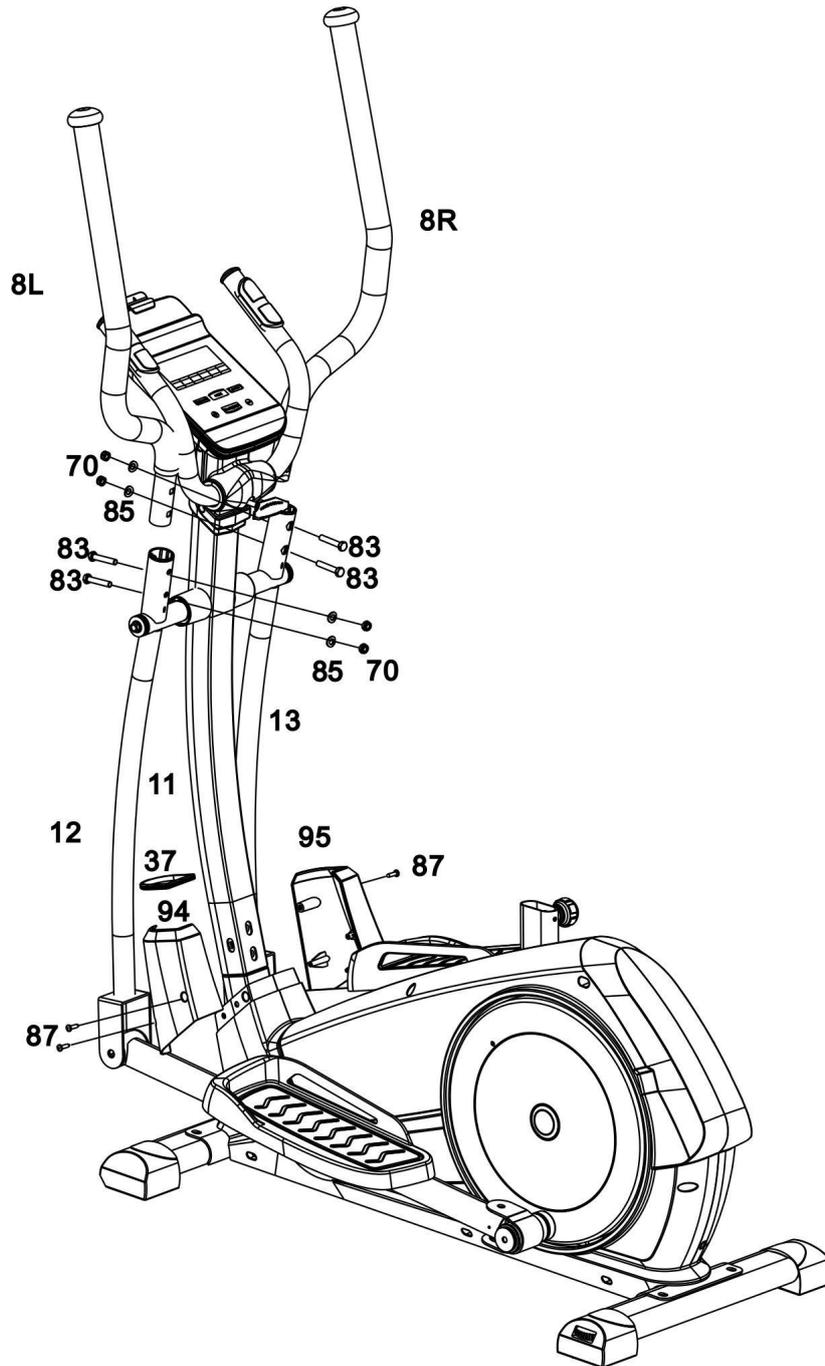
Step 6

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 and 95) to the Main Frame and secure with 3 x ST4.2×15mm Philips Screws (87).

Assembly Instructions
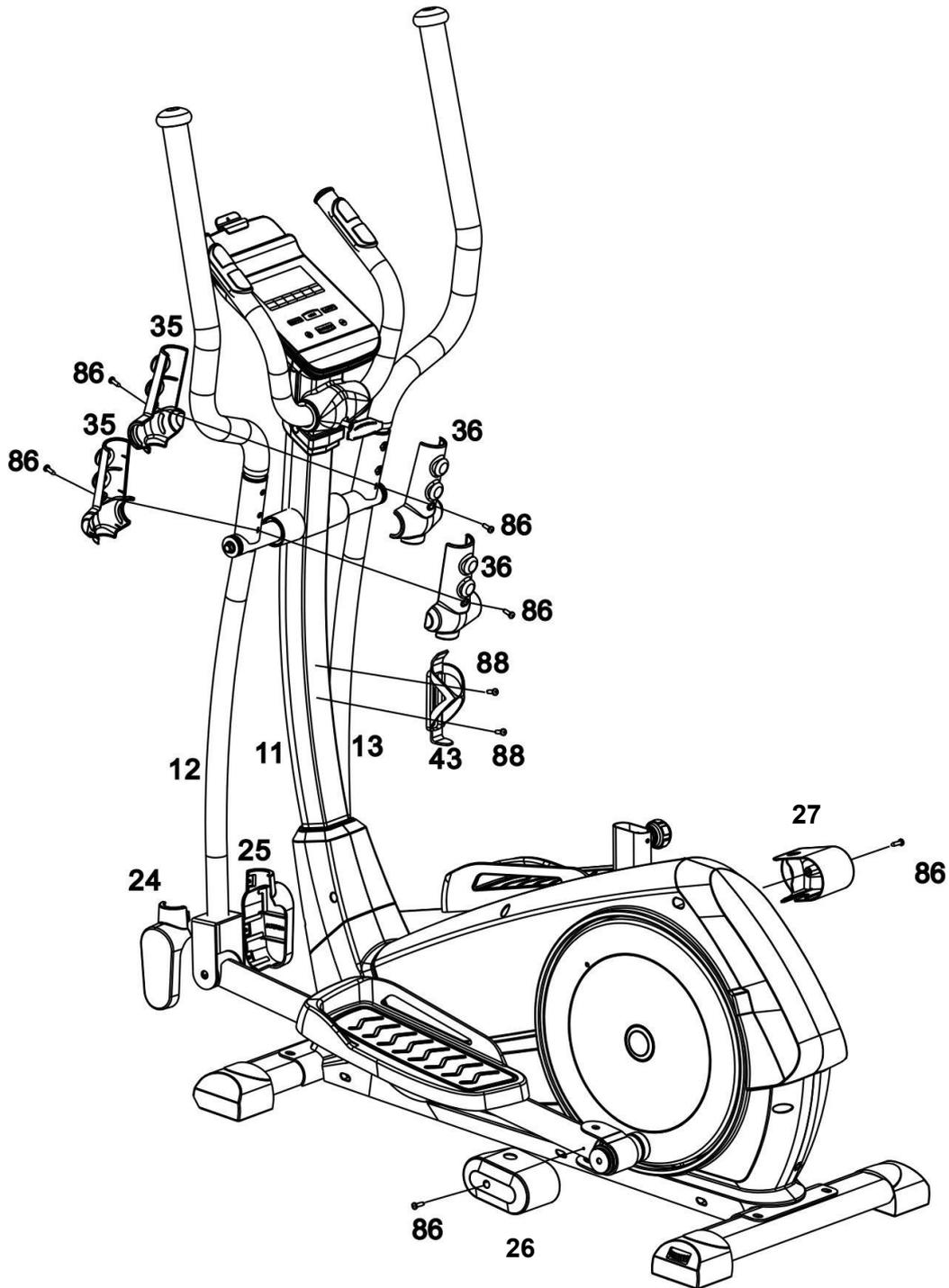
Step 7

a. 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**).

b. Fix the Water Bottle Bracket (**43**) to the Front Post (**11**) using 2 x ST4.8×15mm Philips Screws (**88**).

c. Attach the Left Handle Bottom Cover (**24**) and Right Handle Bottom Cover (25) to the Left and Right Action Arm (12 & 13).

d. 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**).

Assembly Instructions
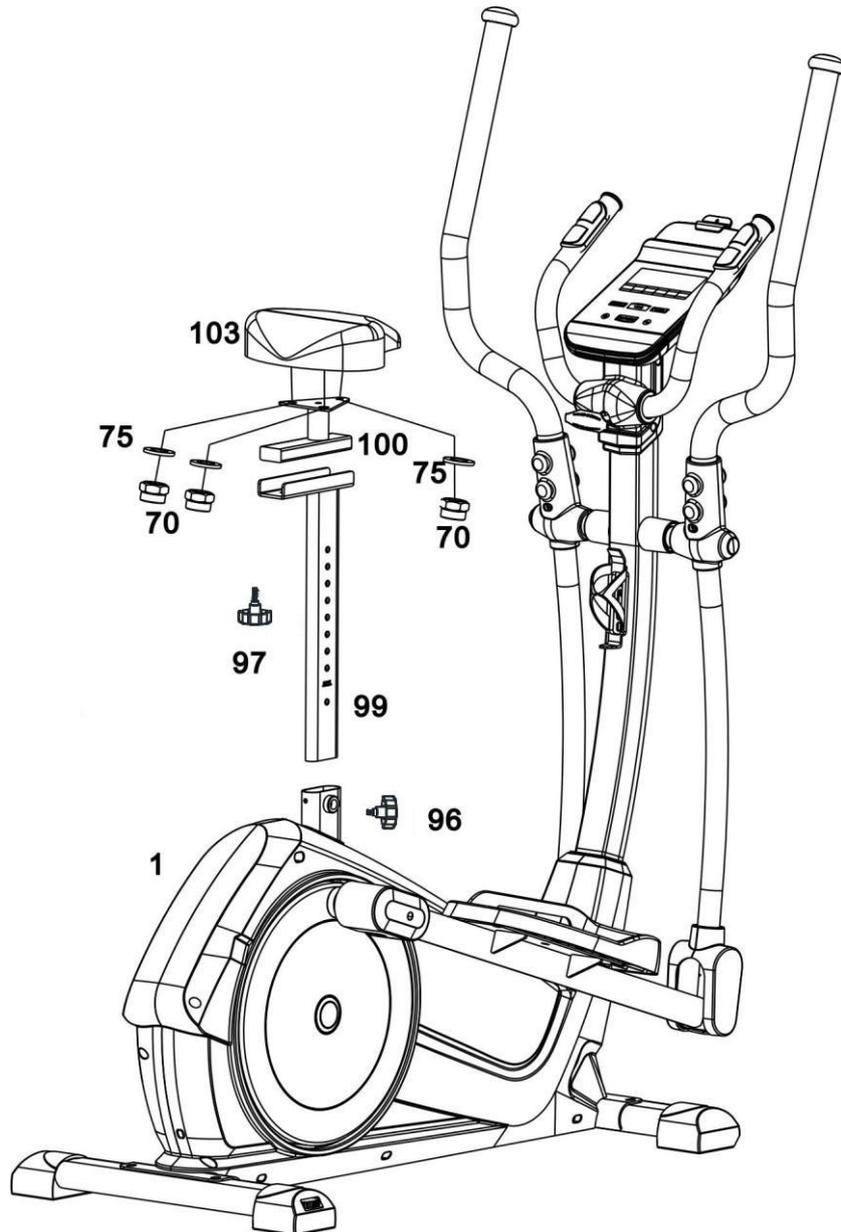
Step 8

a. Attach the Saddle (**103**) to the Seat Adjustment Bracket (**100**), and secure with 3 xΦ8mm Washers (**75**), and 3 x M8mm Nuts (**70**).
   Note: Φ8mm Washers (**75**) and Aircraft Nuts (**70**) are pre-fitted to Saddle (**103**) in the factory.

b. Attach the Seat Adjustment Bracket (**100**) to the Seat Post (**99**), and tighten with M10 Knob (**97**).
   Note: Move the Saddle (**103**) forward or backward to a suitable position then tighten M10 Knob (**97**).

c. Insert the Seat Post (**99**) into the Main frame (**1**). Position the Seat Post (**99**) upwards or downwards at your required and secure with the M16 Lock knob (**96**).

Note: The seat height is correct when the knee is slightly angled with the pedal vertically down and the foot parallel to the floor.

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)**

**0.6m
(Free area)**

**Training area
1.3m**

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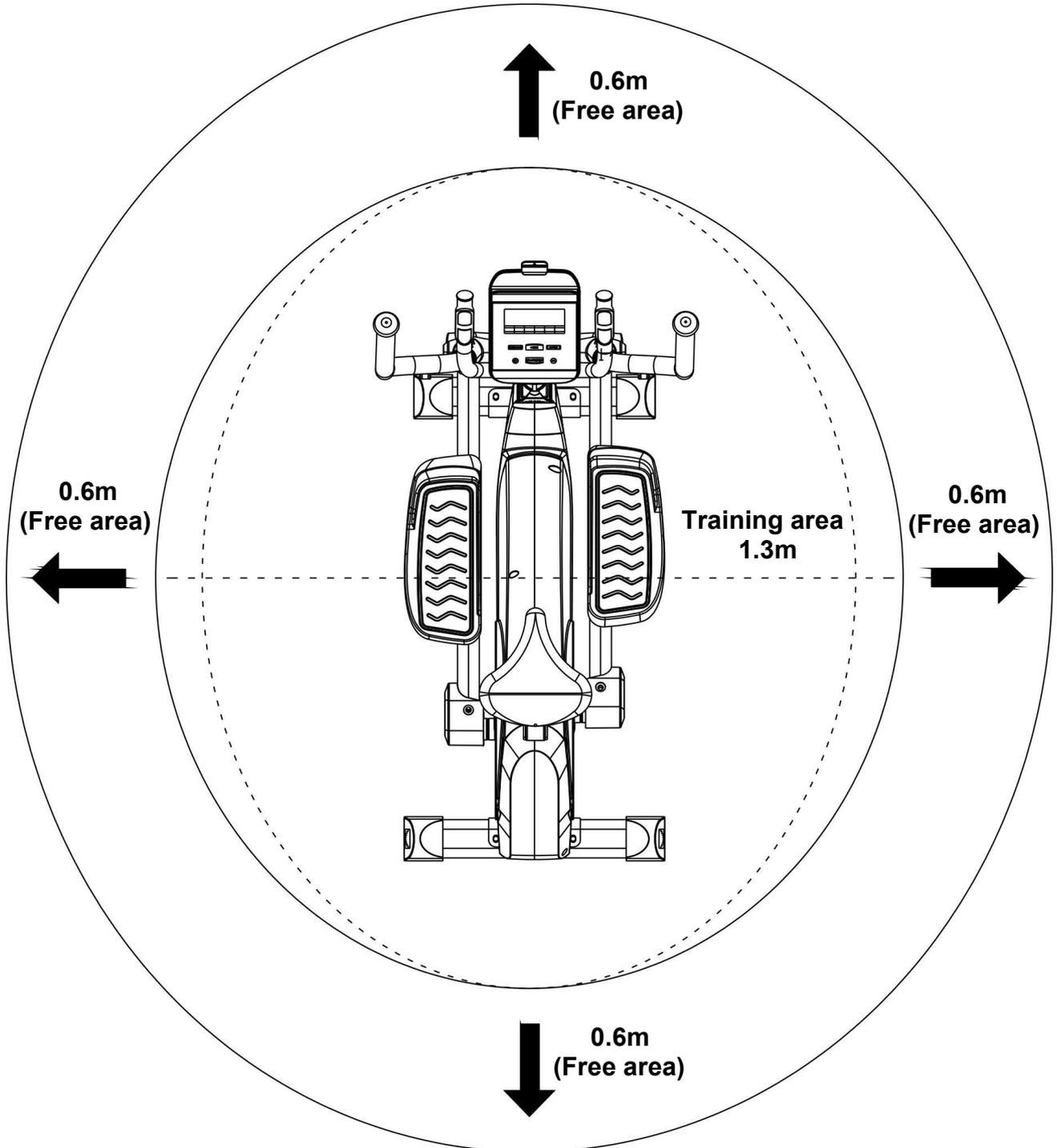
Only one person should be within the training area when the equipment is in use.

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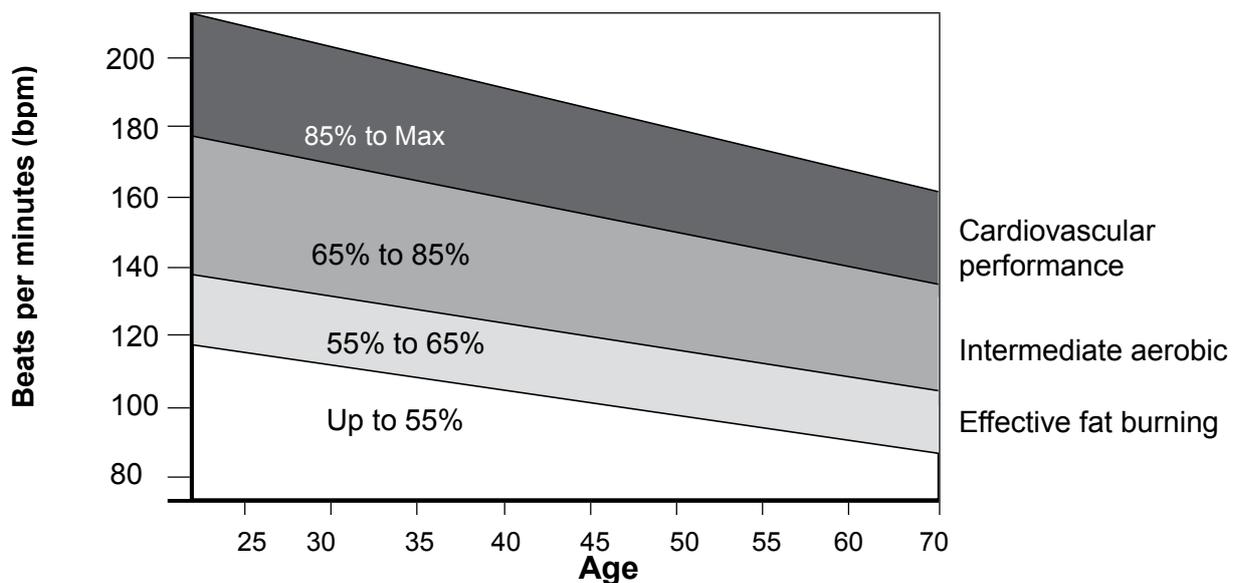
During the first few months of your exercise program, keep your heart rate near the low end of your target zone as you exercise. After a few months, your heart rate can be increased gradually until it is near the middle of your target zone as you exercise.

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-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.


16
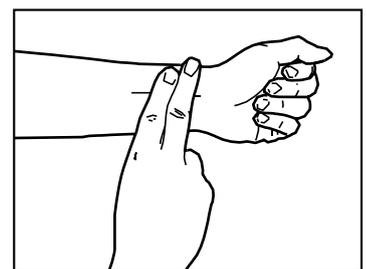
Muscle Chart

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 cross trainer will develop the upper and lower body muscle groups. These muscle groups are highlighted on the muscle chart below.
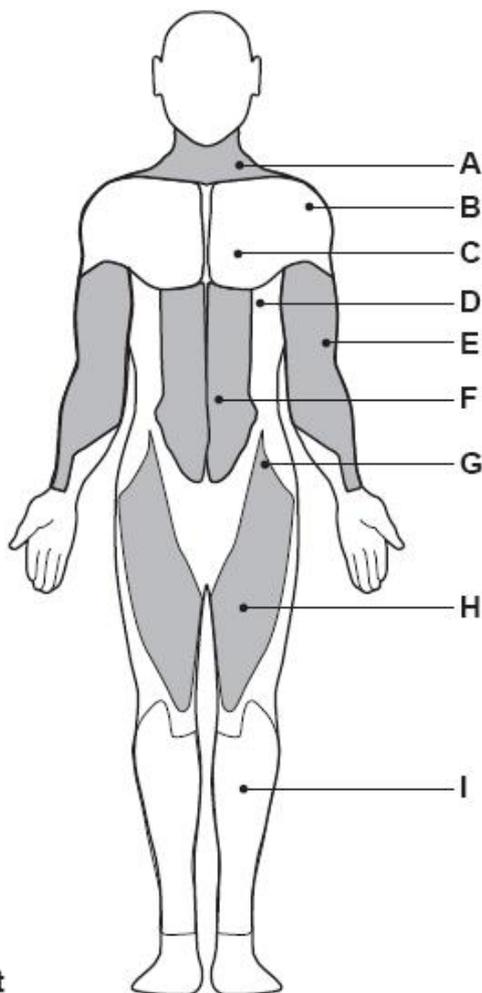
Front
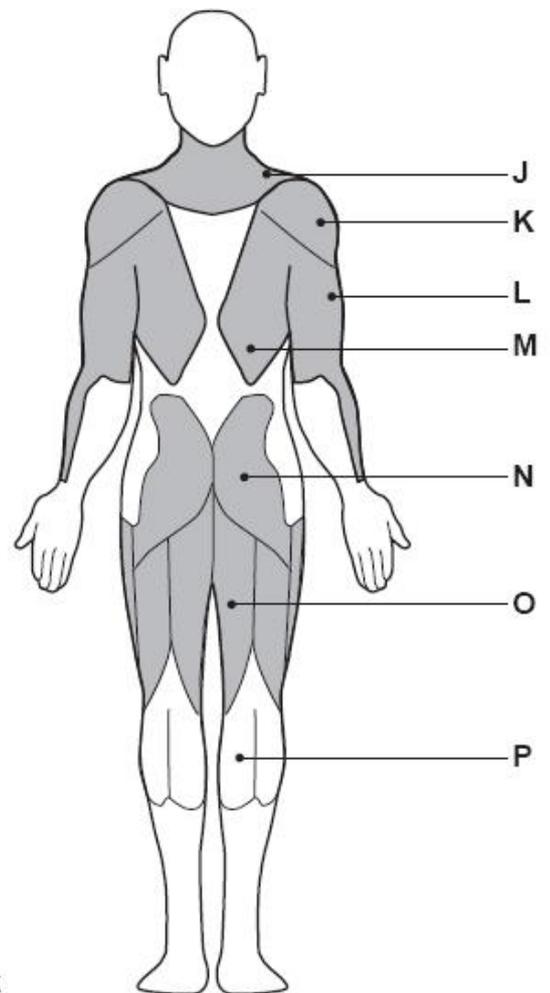
Back

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

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 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 towards your toes as far as possible.

Hold for 15 counts, then relax

Repeat 3 times.
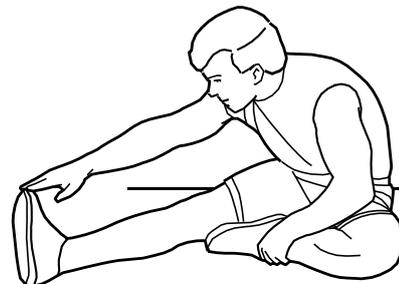
Stretches: Hamstrings, back of knees and back.
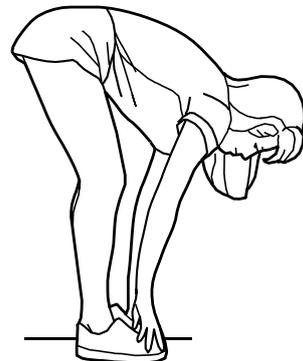
Hamstring stretch

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 towards your toes as far as possible.

Hold for 15 counts, and 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.
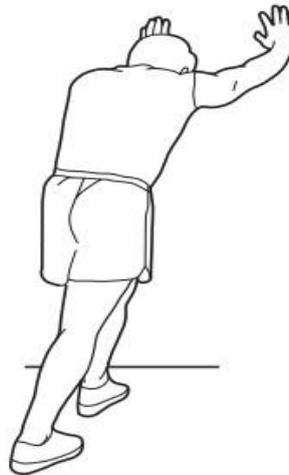
Quadriceps stretch

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

Hold for 15 counts, and then relax.

Repeat 3 times for each leg.

Stretches: Quadriceps and Hip muscles.
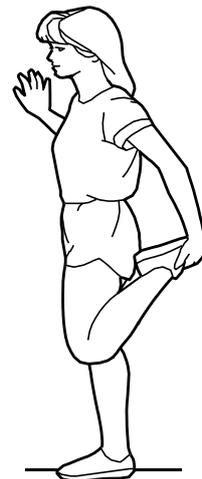
Inner thigh stretch

Sit with the soles of your feet together and your knees outwards. Pull your feet towards your groin area as far as possible, and push your knee down towards the ground.

Hold for 15 counts, and then relax.

Repeat 3 times.

Stretches: Quadriceps and Hip muscles.

Exercise Information

Console Operation

Display

Reset

Start/Stop

Recovery

Mode

Key Functions

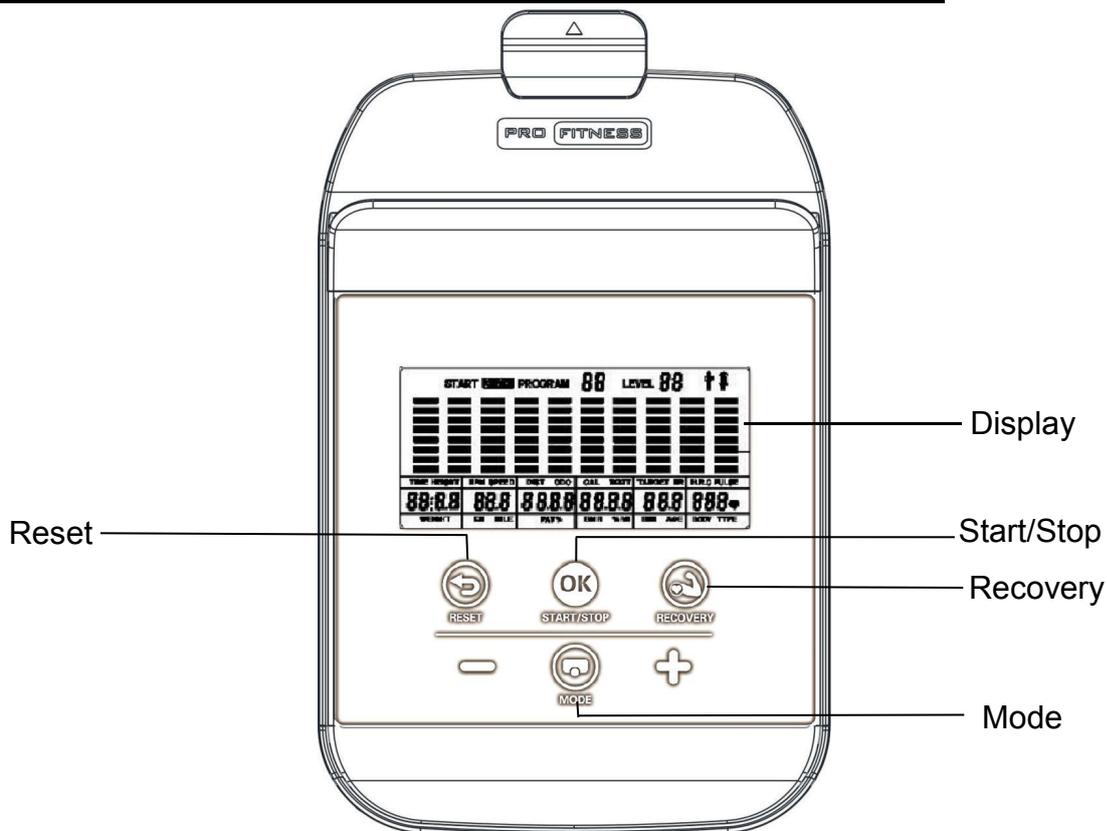**RECOVERY Key:**
This function is used to test your recovery after
        workout. Press this key and hold the hand
        pulse sensors. The console will count down 60
        seconds and a value of F1 to F6 will be
        displayed. F1 means good recovery.
Note: You need to have your pulse tested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

MODE Key:
● Press to switch SPEED/Distance to RPM/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 or Stop workout.
● 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

Exercise Information

Console Operation
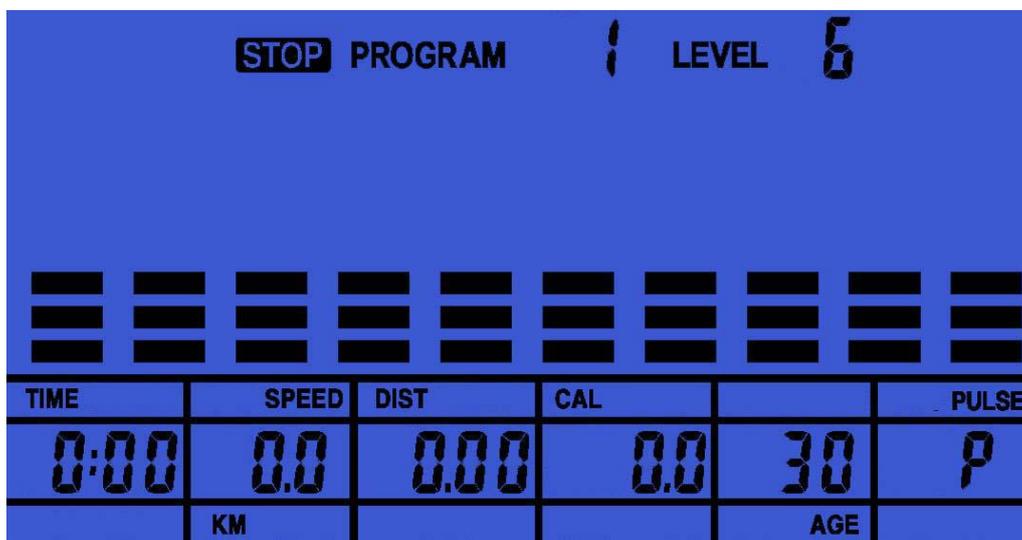
"**PROGRAM 1**" will be the default display. By pressing the [+] or [-] button to scroll, you can scroll through the workout programmes in the following order:

   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] button 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 value. （**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

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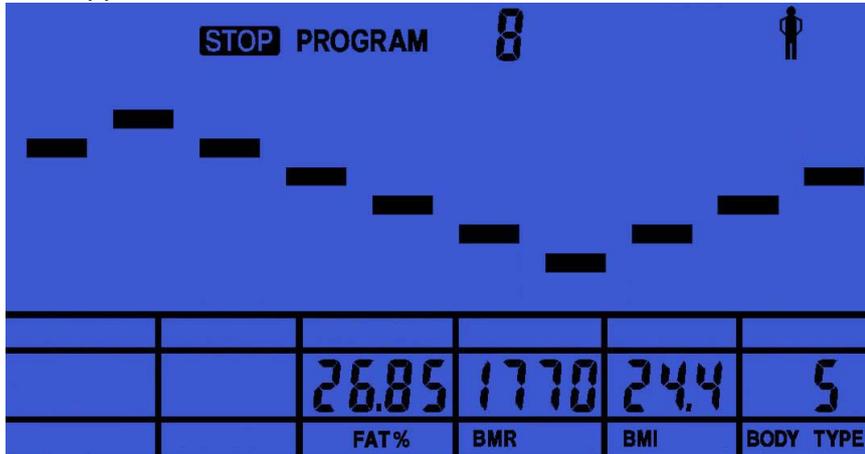
● ERROR E4 will display if you fail to hold the hand pulse sensors throughout the body fat assessment.
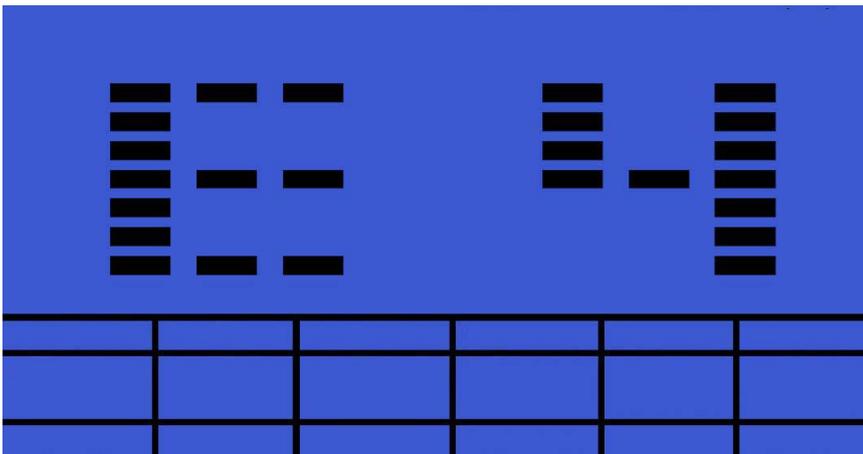
● *NOTE:*
   Body Types: There are 9 body types according to the FAT% calculated.
   BMR: Basal Metabolism Ratio.
   BMI: Body Mass Index.

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

Console Operation

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

 "**TARGET HR**" is flashing. 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 ±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.

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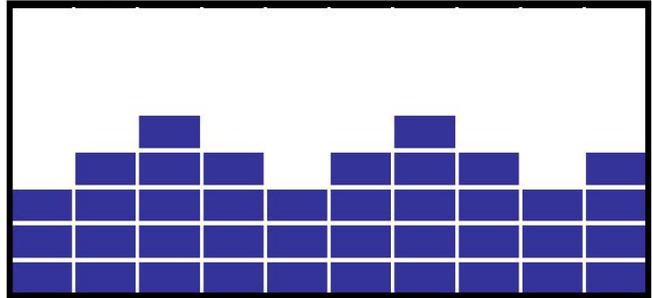
3.Program 3
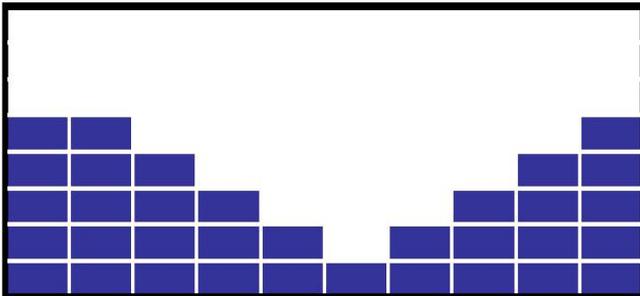
4. Program 4
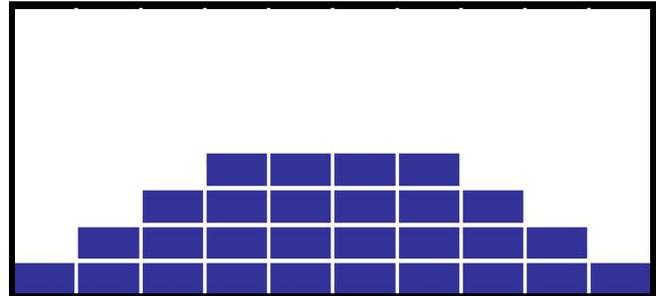
5.Program 5
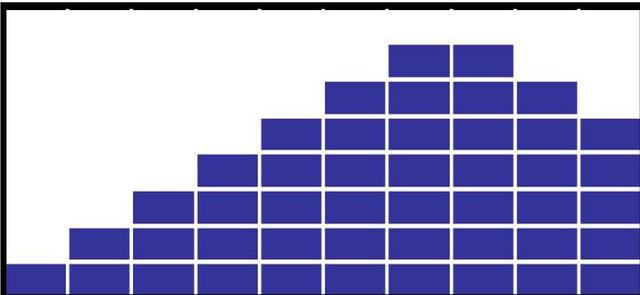
6. Program 6
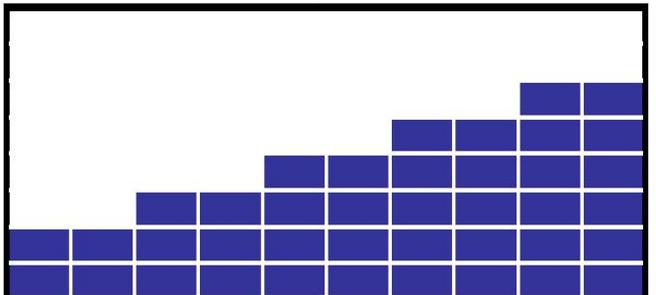
7. Program 7
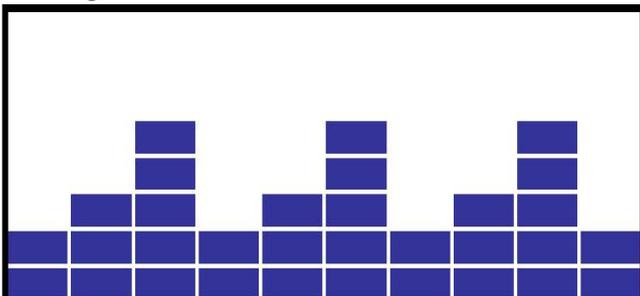
8. Program 8
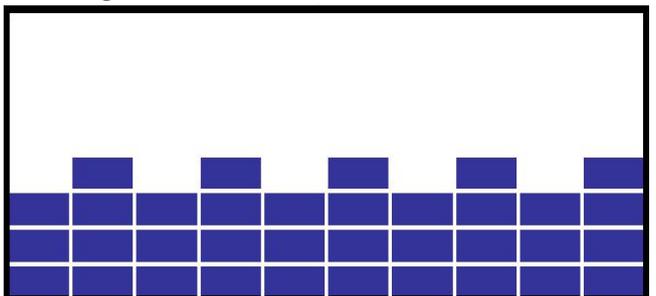
9. Program 9
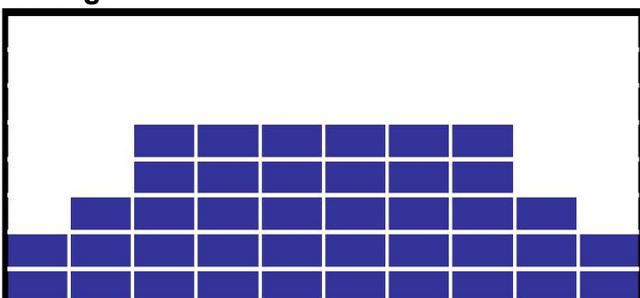
10. Program 10
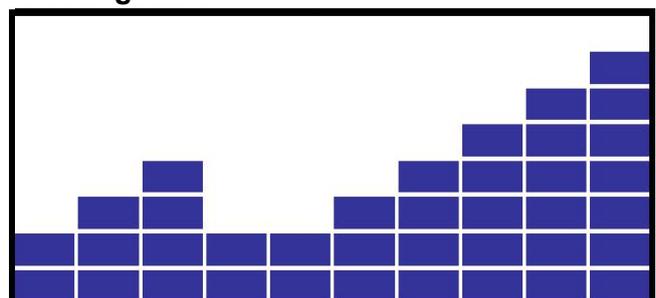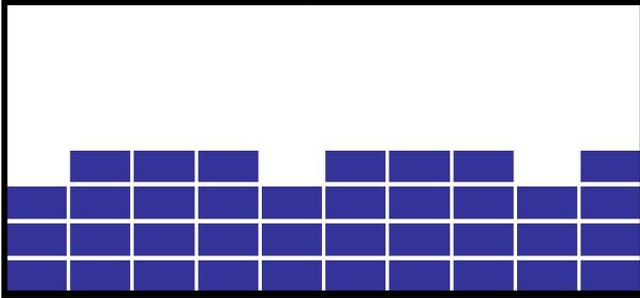
11. Program 11

12. Program 12
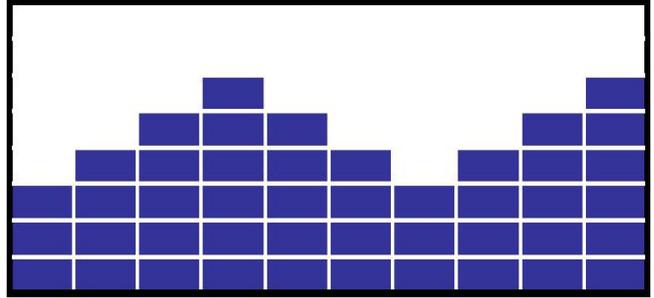
13. Program 13
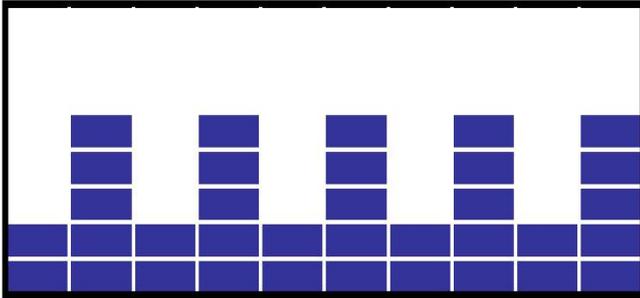
14. Program 14 (BODY FAT)
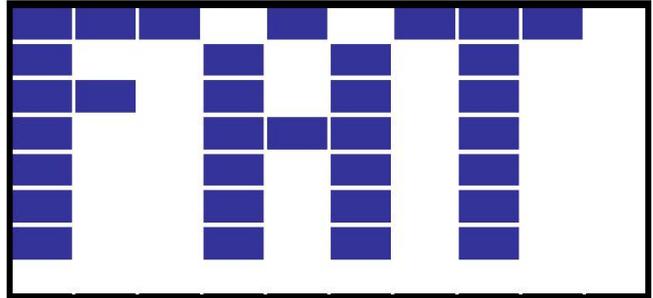
15. Program 15 (TARGET H.R.)

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)

20. Program 20 (USER2)

21. Program 21 (USER3)

22. Program 22 (USER4)

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.

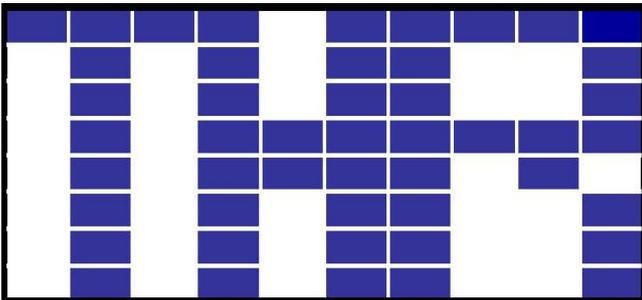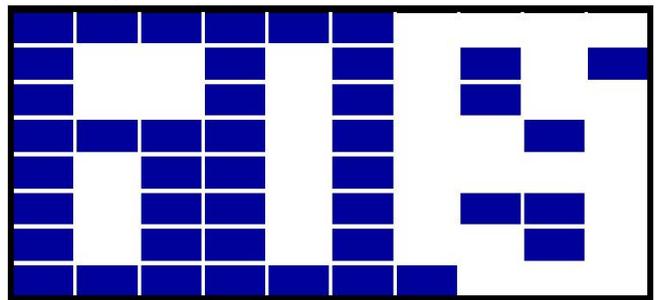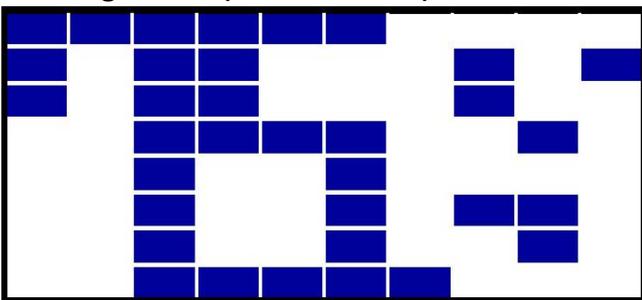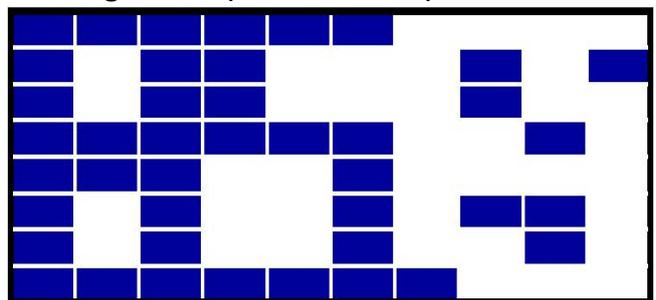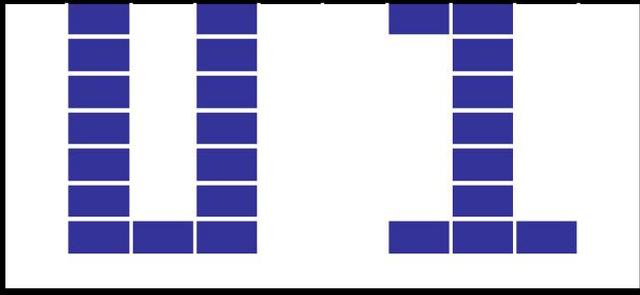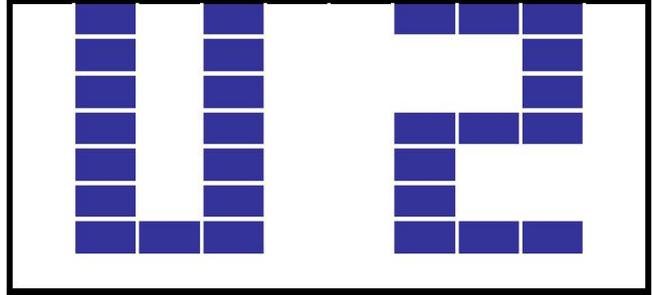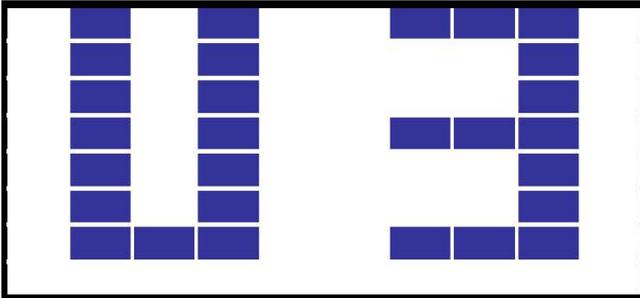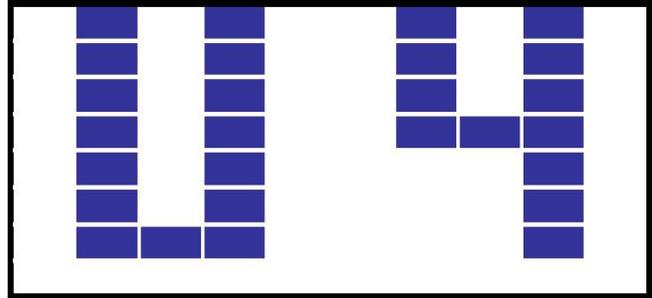**2.** Lubricate moving parts with light oil periodically to prevent premature wear. To prevent damage to the computer, keep liquids away and keep it out of direct sunlight.

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

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, 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.

Products

Trouble Shooting

Symptom	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 inserted properly
E3	The motor lock or circuit abnormal	A: Check the motor B: repace the motor
	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	Make sure your hands are firmly on the handle
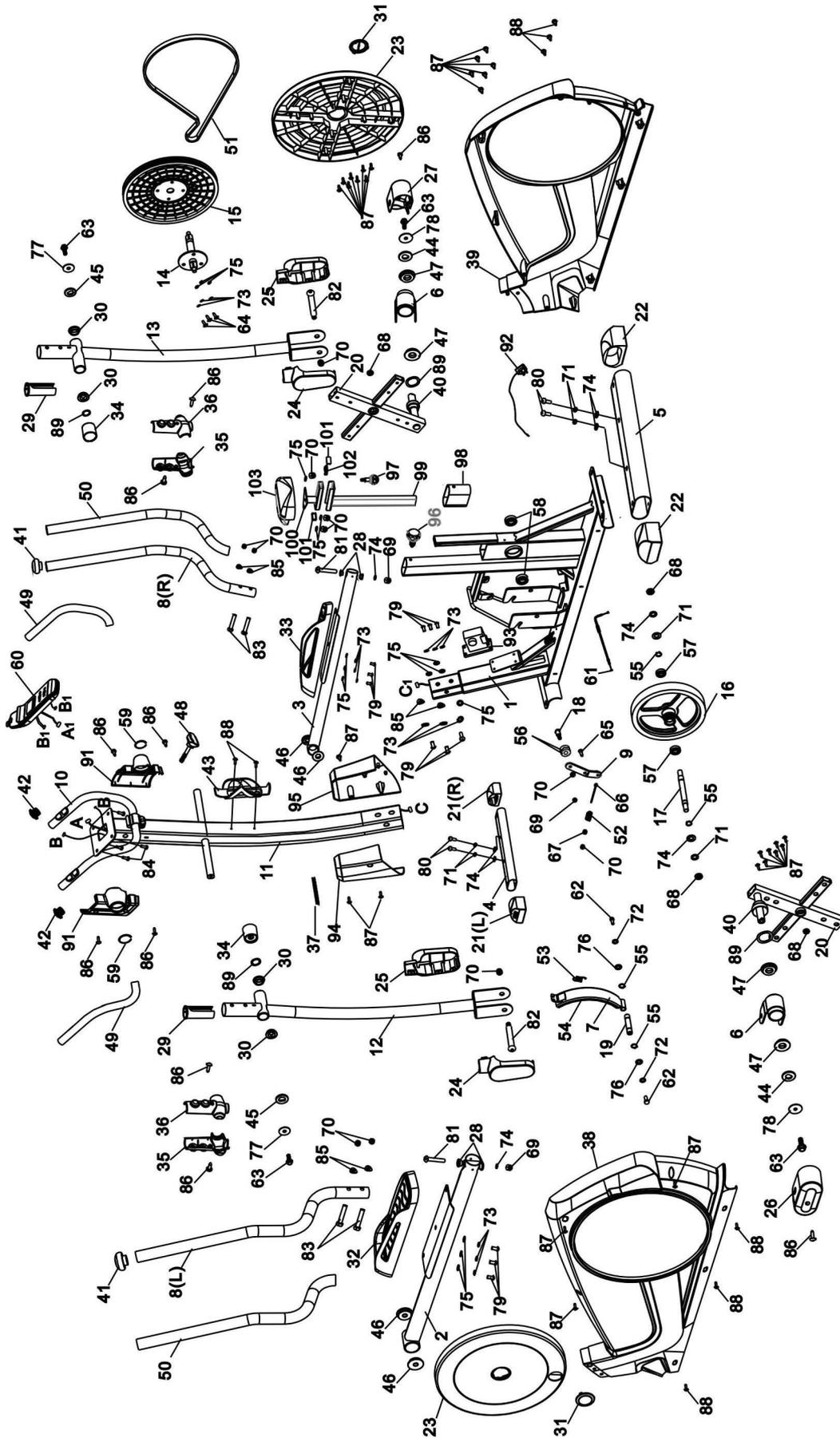
Parts List

Part	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	3D600016
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	3C51JBG00658
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	3C59J00415
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	Front Post Ring	1	3C51JBG00663
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	3C59J00414
60	Console	1	3C300107
61	Tension Cable	1	3D24O00005
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

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	φ9xφ22×R19mm Arc Washer	6	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	3D23O00185
93	Motor	1	3D24O00005
94	Left Front Post Cover	1	3C51JBG00659
95	Right Front Post Cover	1	3C51JBG00660
96	M16 Lock Knob	1	3C51JBD00101
97	M10 Lock Knob	1	3C51JBD00028
98	Sleeve	1	3C51JBE00040
99	Seat Post	1	2A1205944
100	Seat Adjustment Bracket	1	2A1205945
101	End Cap	2	3C51JBB00138
102	U-Shaped Case	1	2A1300069
103	Saddle	1	D71Q00024
	A/A1	1	3D22O00095
	B/B1	2	3D23O00184
	C/C1	1	3D22O00096

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

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