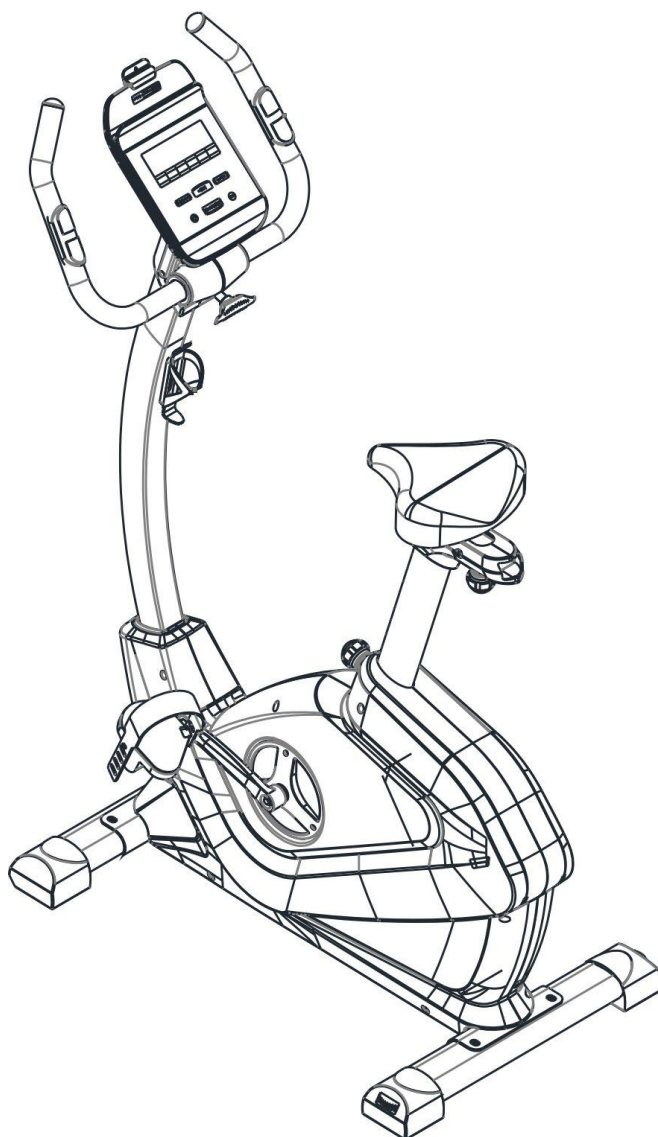


EB3000 Exercise Bike

Assembly & User Instructions- Please Keep for future reference

859/8978

PRO FITNESS



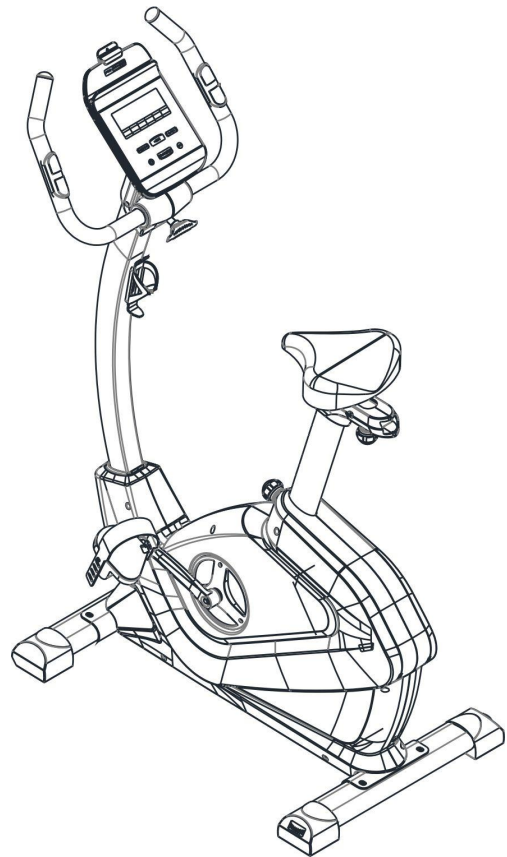
Important – Please read these instructions fully before assembly or use

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

If you need help or have damaged or missing parts, call the **Customer Helpline: 0345 6001714** 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 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.
- 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
- The braking system is adjustable.(speed independent)
- 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 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

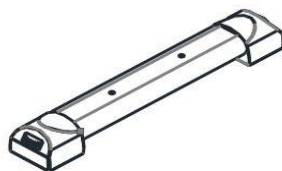
If you have damaged or missing parts, please call the
Customer Helpline: 0345 6001714
<http://www.argos-support.co.uk>

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.



1. Main Frame



2. Rear Stabilizer



3. Front Stabilizer



4. Seat Post



5. Seat Bracket



6. Front Post



7. Handle



33. Front Post Cover (L&R)



9. M10 Lock Knob



10. M8 Lock Knob



11. Saddle



12. Pedal (Left/Right)



13. Console



34. Front Post Ring



14. Seat Bracket Cover (L&R)



15. Handle Cover (L&R)



16. Bottle Holder



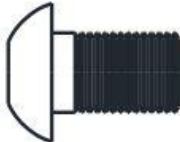












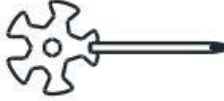
68. Power Adaptor

Components - Fixings

PRO FITNESS

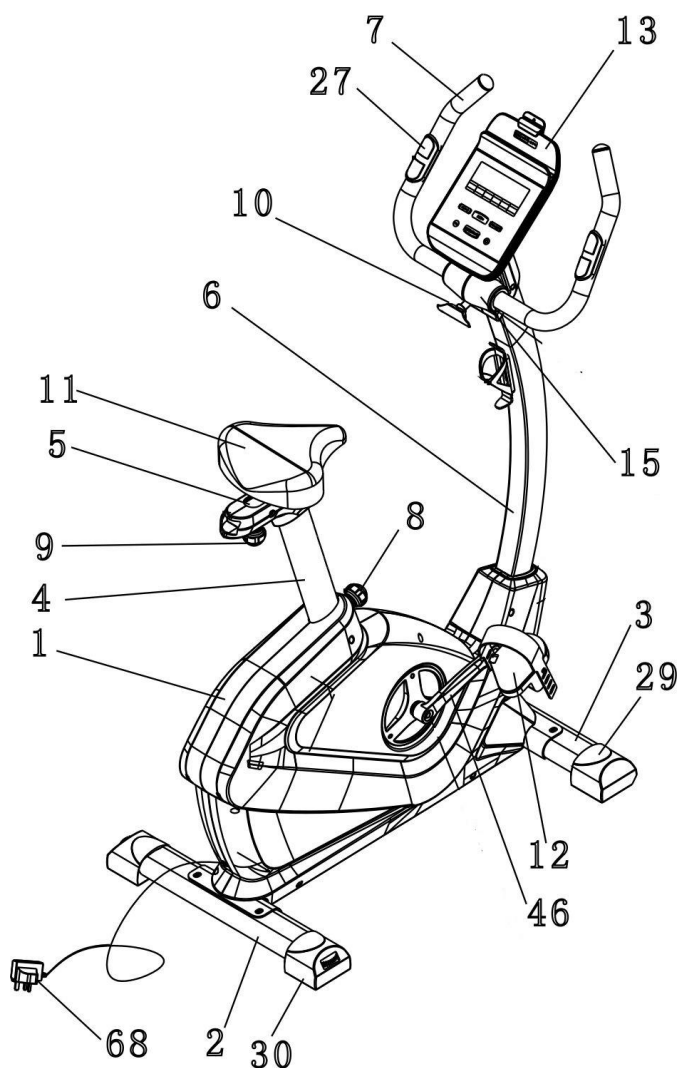
Please check you have all parts listed below

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>17</p>  <p>M10×20mm Allen Bolt × 4</p>	<p>18</p>  <p>10mm Spring Washer × 4</p>	<p>19</p>  <p>10mm Washer × 4</p>
<p>21</p>  <p>8mm Washer × 4</p>	<p>22</p>  <p>8mm Spring Washer × 4</p>	<p>23</p>  <p>M8×15mm Allen Bolt × 4</p>
<p>24</p>  <p>M5×5mm Philips Screw × 4</p>	<p>25</p>  <p>ST4.2×15mm Philips Screw × 3</p>	<p>74</p>  <p>Joint Ring × 2</p>
<p>63</p>  <p>ST4.2×15mm Philips Self-drilling Screw × 4</p>	<p>75</p>  <p>ST4.8×15mm Philips Screw × 2</p>	 <p>6mm Allen Key × 1</p>
 <p>5mm Allen Key × 1</p>	 <p>Multi Wrench × 1</p>	

Assembly Instruction

Total mass of the product is 34.5 kgs. Total size of the equipment is (width) 56cm × (depth) 106.5cm × (height) 142.5 cm.

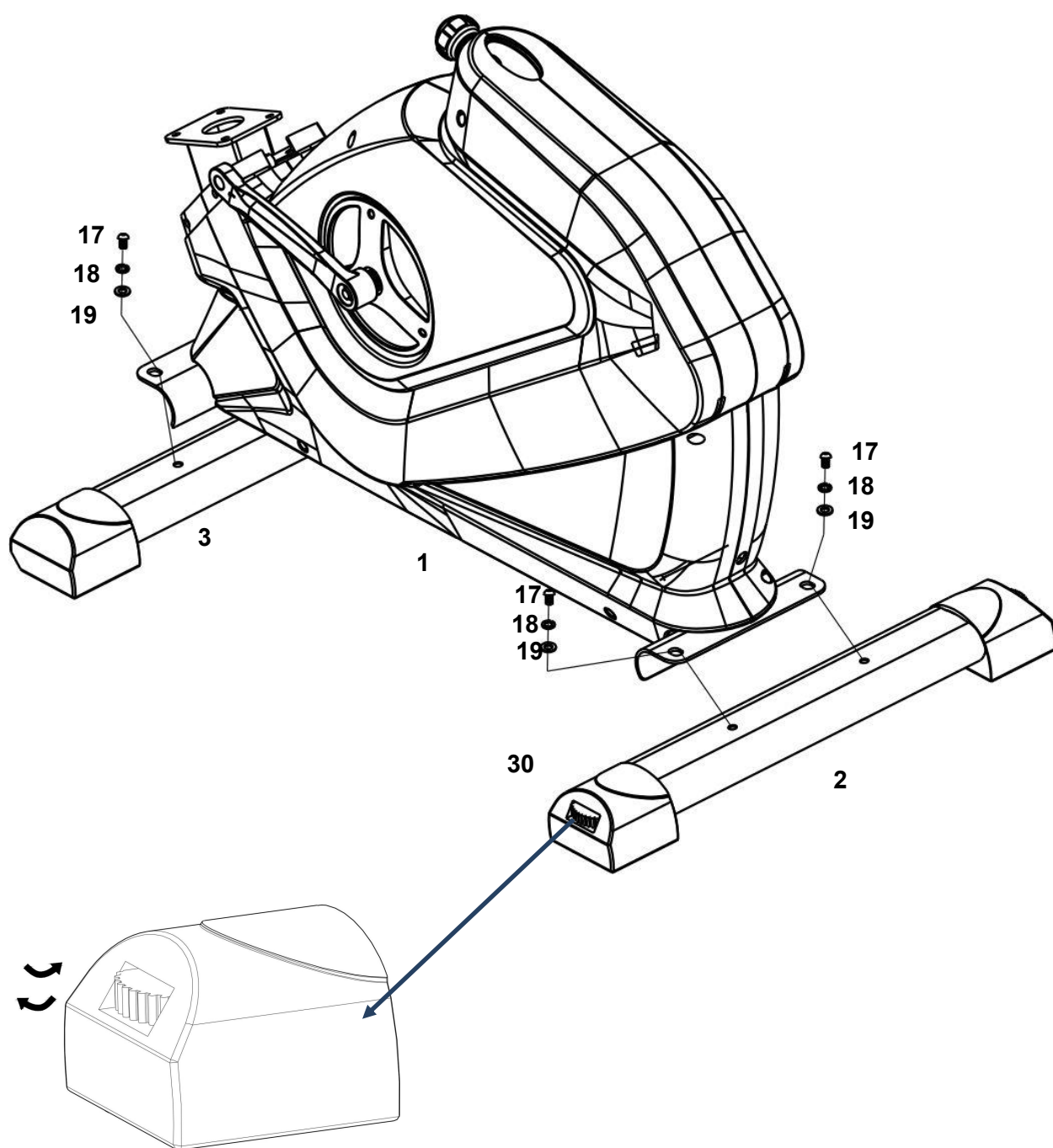


KEY

- 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 T Shaped Lock Knob
- 11 Saddle
- 12 Left & Right Pedal
- 13 Console
- 15 Left & Right Handle Cover

- 27 Hand Pulse Sensor
- 29 Transportation Wheel
- 30 Levelling Foot
- 46 Left & Right Crank
- 68 Power Adaptor

Assembly Instructions

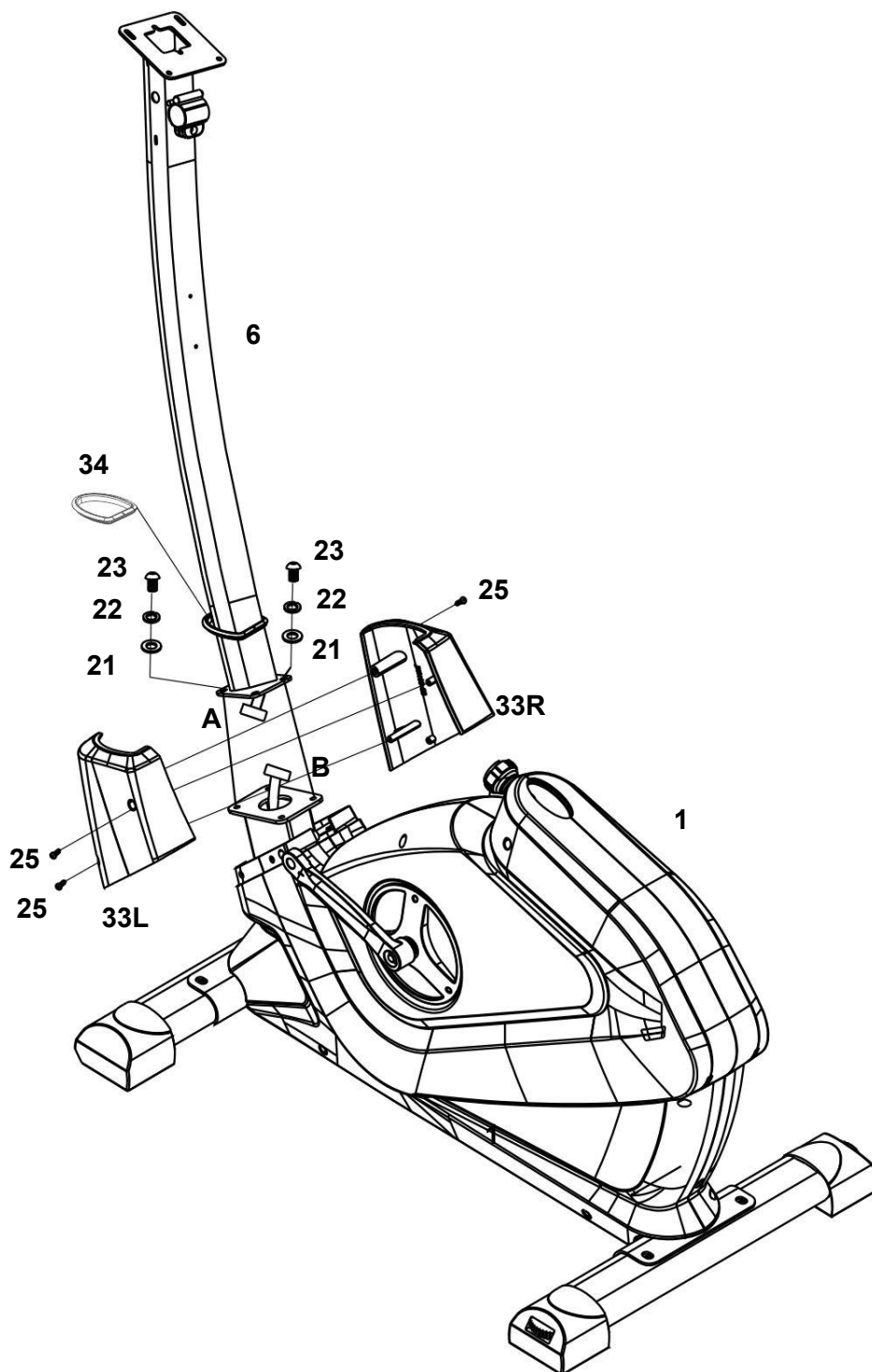


Step 1

A. Attach Front stabilizer (3) to the Main frame (1) using 2 x 16MM Allen bolts (17) , 2 x10MM Spring Washers (18) and 2 x10MM Washers (19) .

B. Attach Rear stabilizer (2) to the Main frame (1) using 2 x 16MM Allen bolts (17) , 2 x10MM Spring Washers (18) and 2 x10MM Washers (19) .

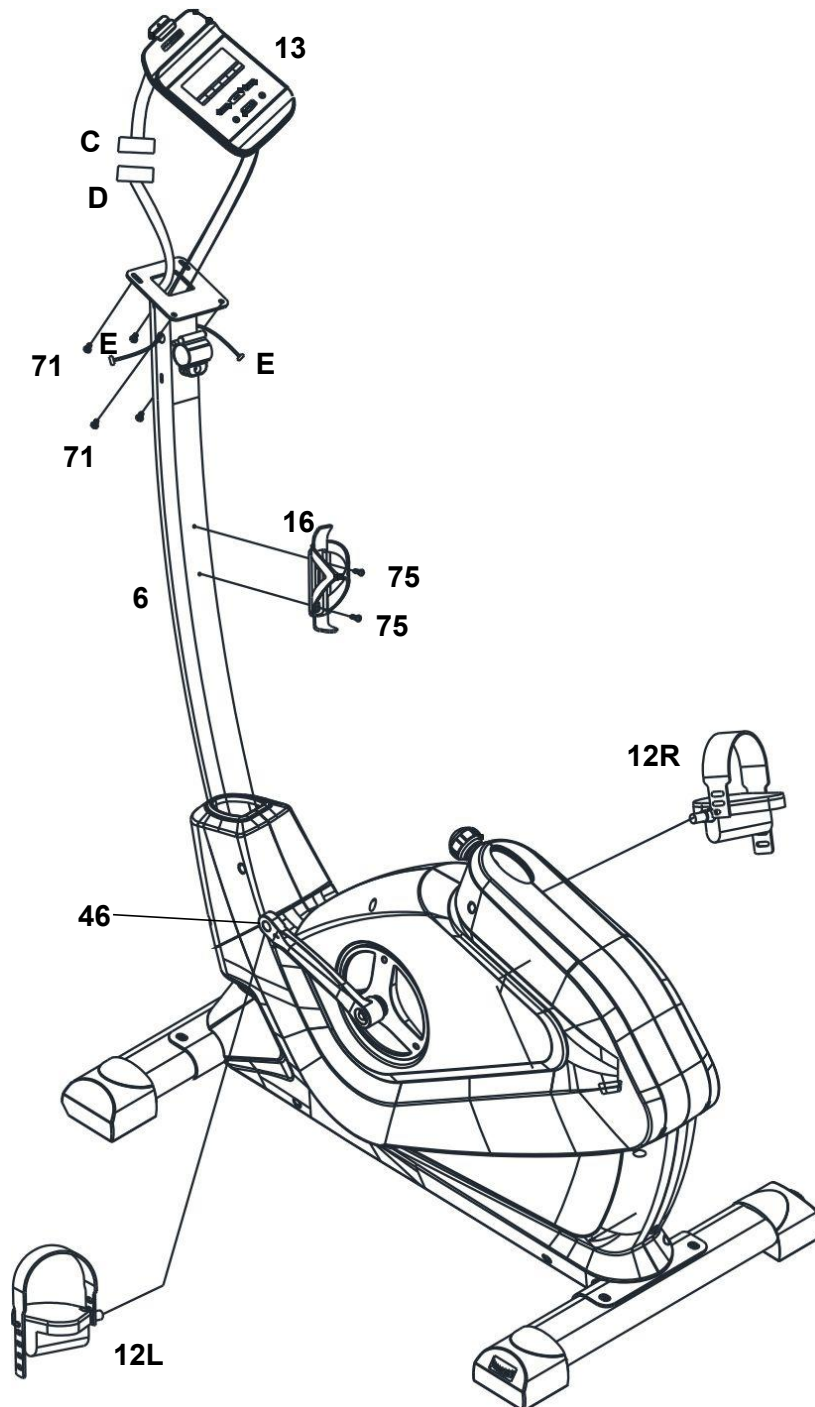
Note: The knob on the Levelling Feet (30) can be rotated to ensure the bike sit flat on the ground as shown in the diagram. Turn it anti clockwise to increase height and turn it clockwise to decrease height.



Step 2

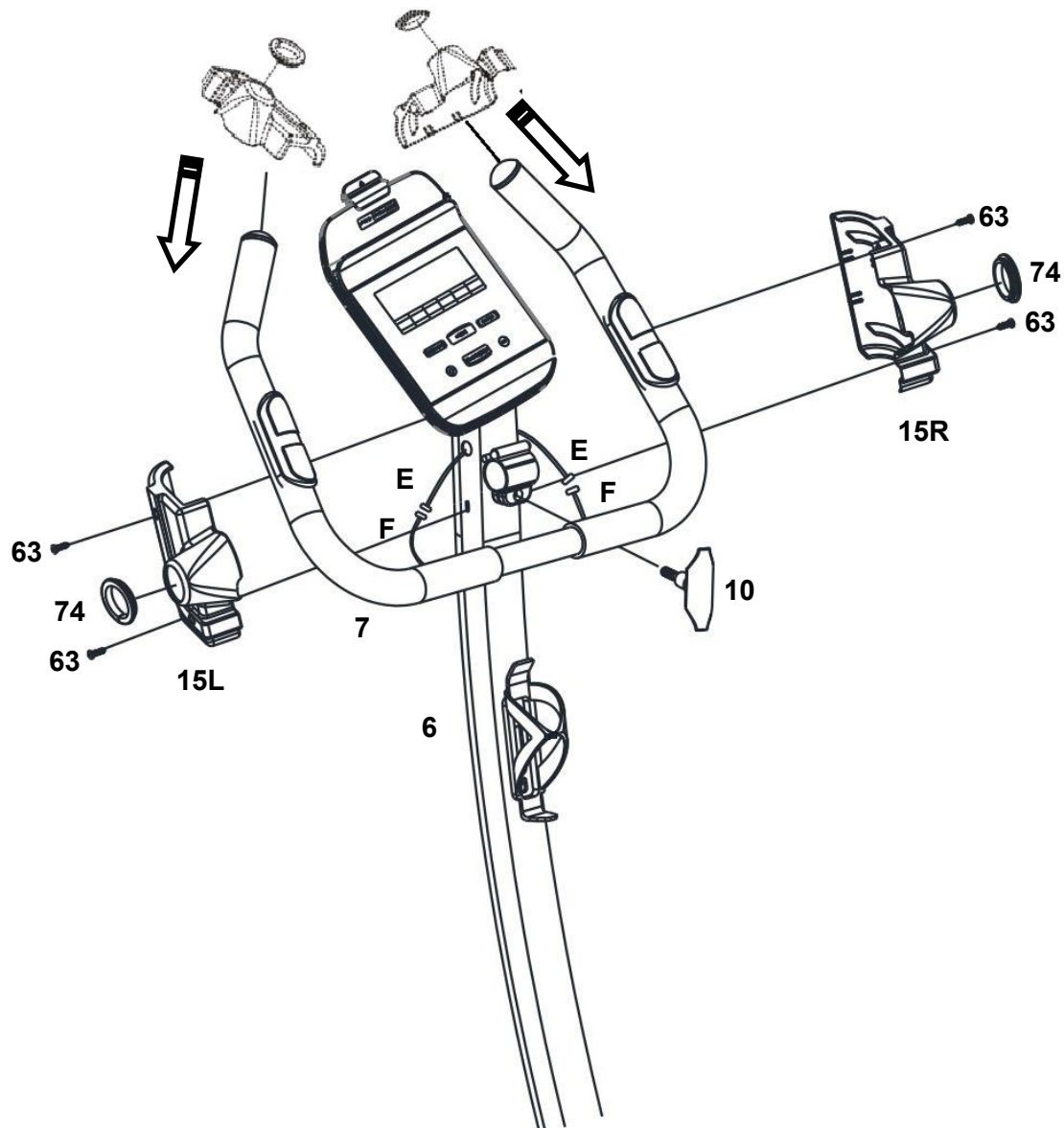
- A. Place the Front Post Ring (34) around the Front Post (6).
- B. Connect the Main Wire A and B.
- C. Fix the Front Post (6) to the Main Frame (1) and tighten with 4 x M8x15MM Allen bolts (23), 4 x 8MM Spring Washers (22), 4 x 8MM Washers (21) .
- D. Attach the Front Post Cover (33L/R) to the Main Frame (1) and the Front Post Ring (34) with 3 x ST4.2 x 15mm Phillips Screws (25).

Assembly Instructions



Step 3

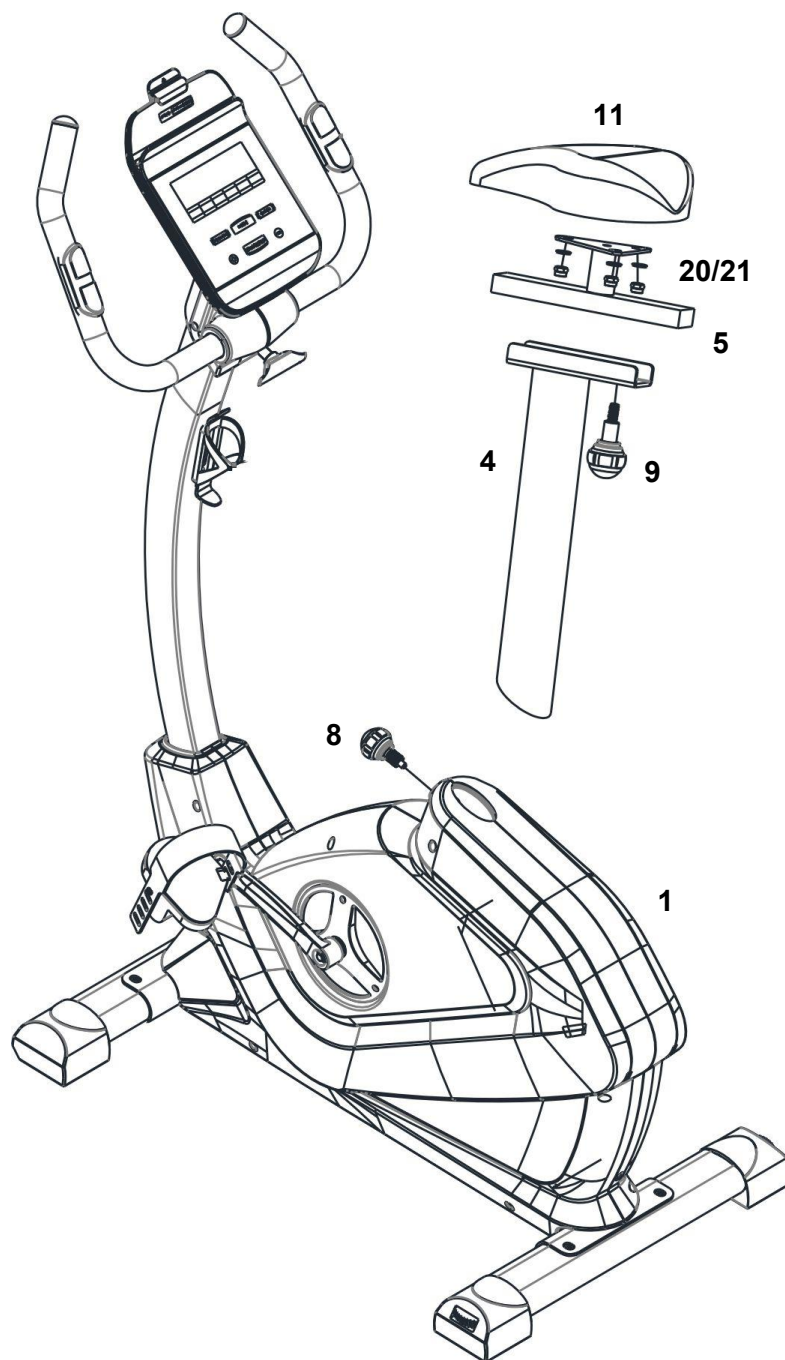
- A.** Connect the Pedals (12 L&R) to Cranks (46 L&R) as shown.
Note: For the two foot pedals marked "L" and "R". Fasten the left pedal by turning anti-clockwise and fasten the right pedal by turning clockwise. Attach the pedal straps to the pedals as shown in the diagram, the tension for pedal strap is adjustable.
- B.** Fix the Bottle Holder (16) to the Front Post (6) with 2 x ST4.8 x 15mm Philips Screw (75).
- 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), adjust to your required position and tighten with the M8 Lock Knob (10).
- B.** Connect the two wires (**E&F**), then insert the wires into the hole.
- 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.** Attach the Saddle (11) to the Seat bracket (5), secure with using 3 x 8MM Washers (21), and 3 x M8 Aircraft Nuts (20).

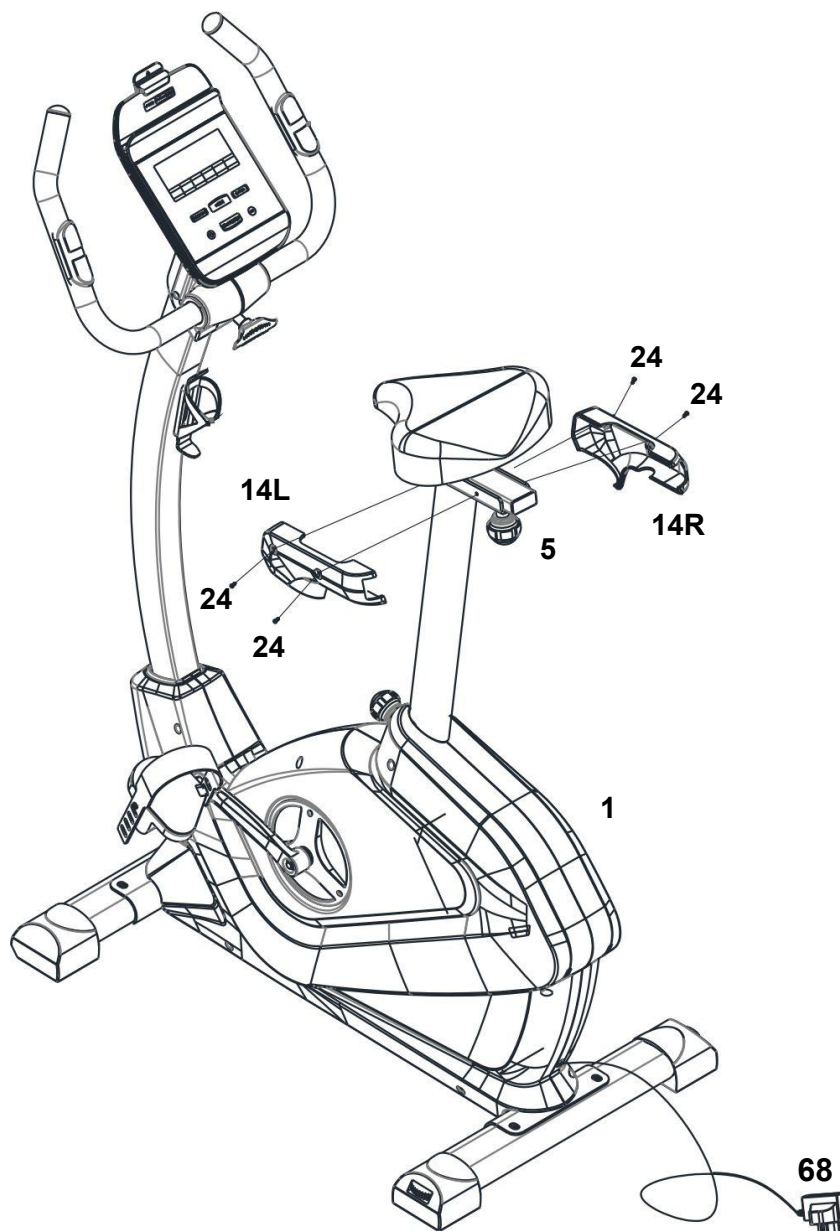
Note: The fixings (20) and (21) have been pre-fitted to the Saddle (11).

- 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).

Assembly Instructions

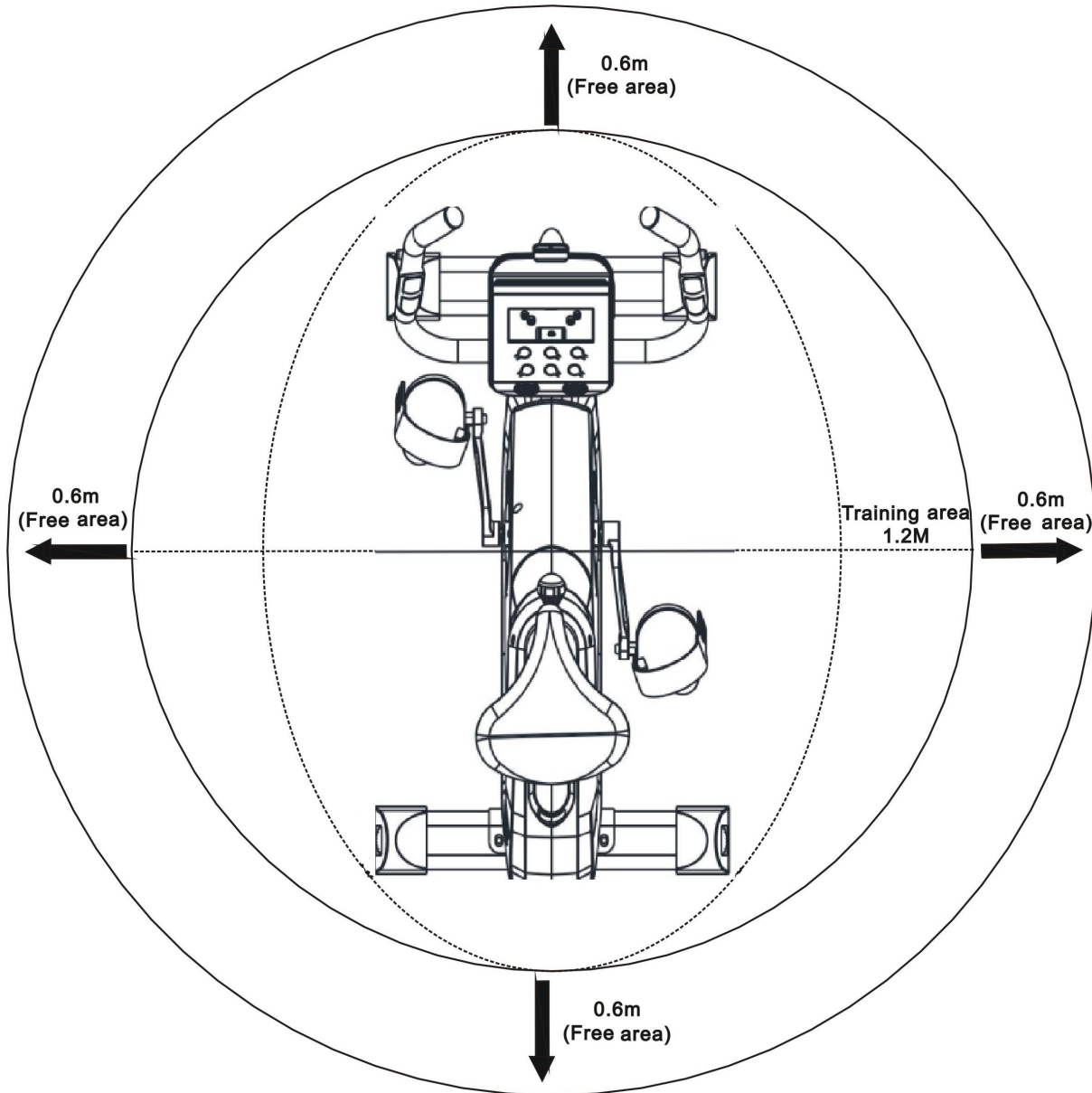


Step 6

- A. Fix the Seat Bracket Cover (**14 L&R**) to the Seat bracket (**5**), using M5 x 5mm Philips Screw (**24**).
- B. Insert the Power Adaptor (**68**) into the socket on the back of the Main Frame (**1**).

Workout area

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



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

Exercise Information

PRO FITNESS

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.

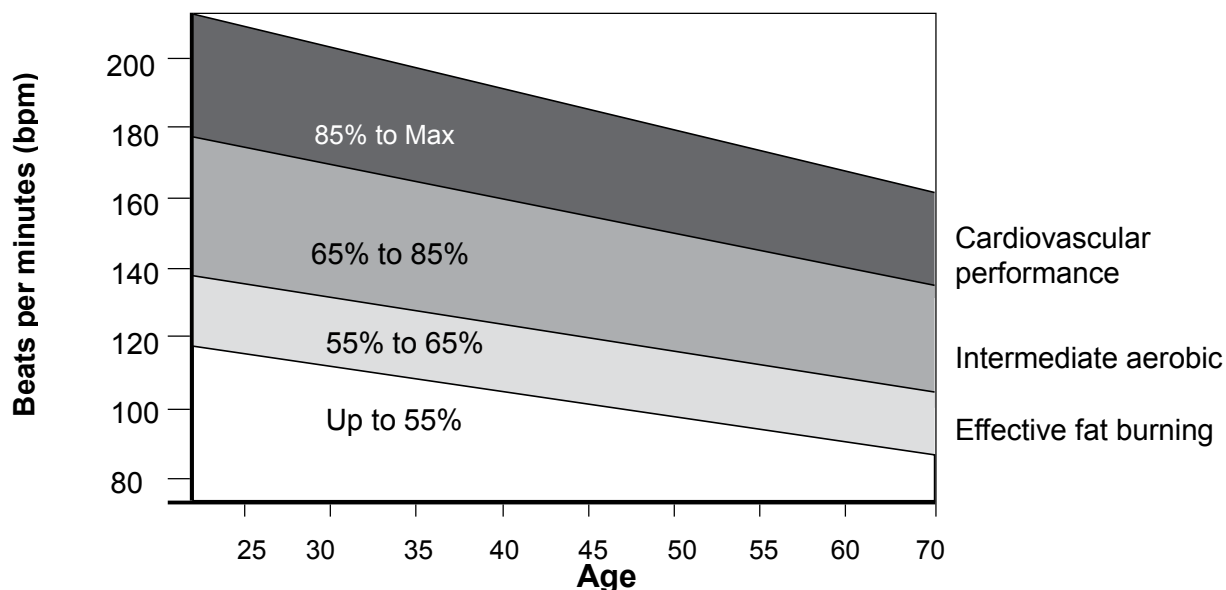
Initially, you may be able to exercise only for a few minutes in your target zone, however, your aerobic fitness will improve over the next six to eight weeks. Don't be discouraged if it takes longer. It's important to work at your own pace.

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.

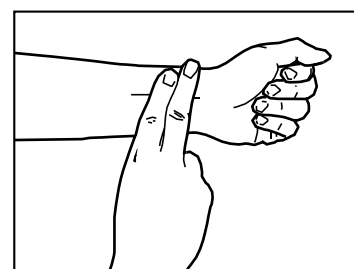
Exercise intensity

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

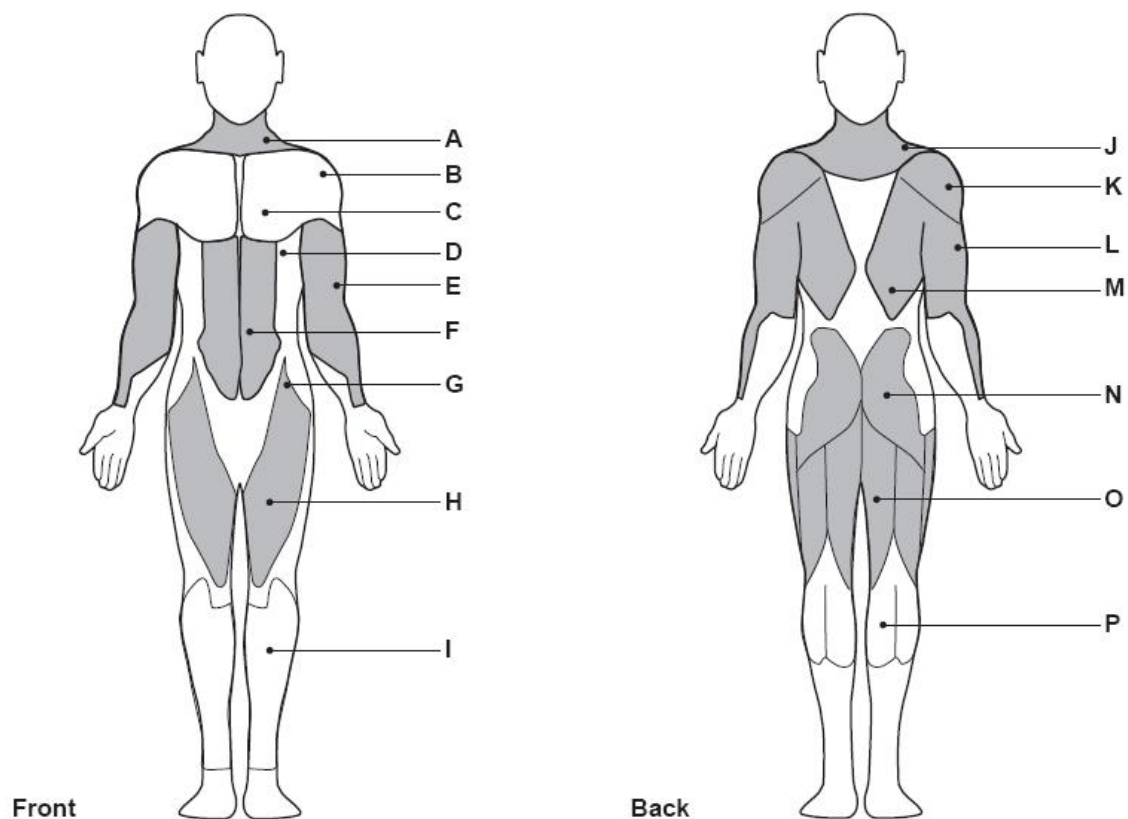
Aerobic exercise improves the fitness of your lungs and heart - your body's most important muscle. Aerobic exercise is promoted by any activity that uses your large muscles (arms, legs, or buttock, for example).

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.



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.

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.

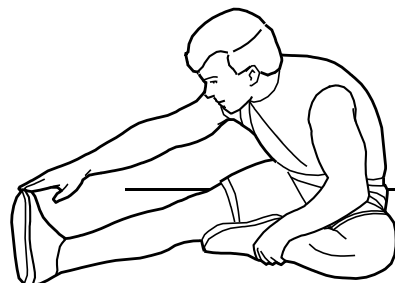
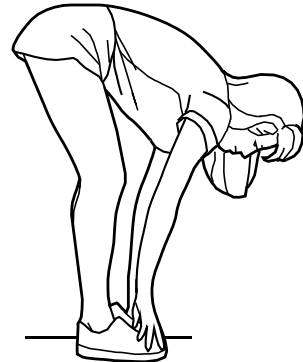
Hamstring stretch

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

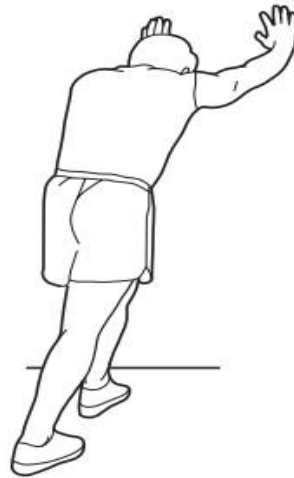
Calf/achilles stretch

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, 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.

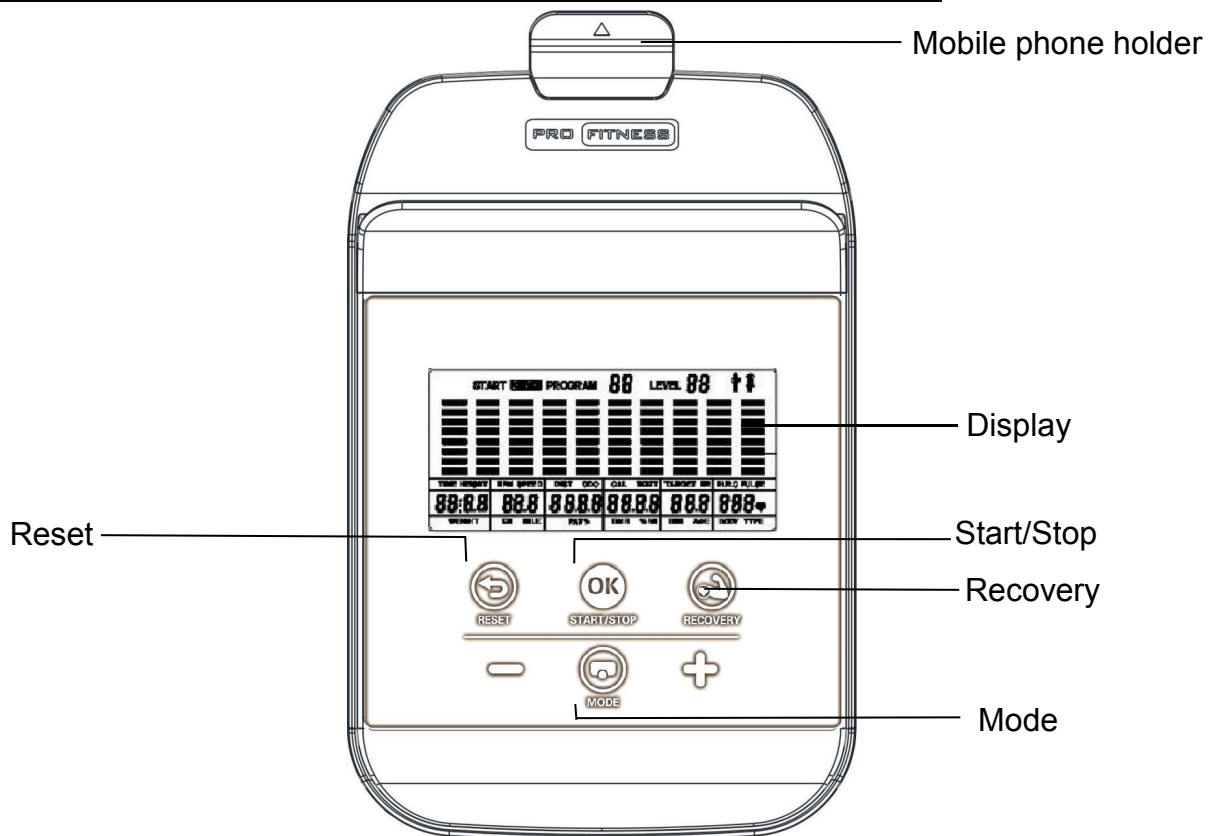
Hold for 15 counts, relax.

Repeat 3 times.

Stretches: Quadriceps and hip muscles.



Console Operations



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.

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 console enters the calendar 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.

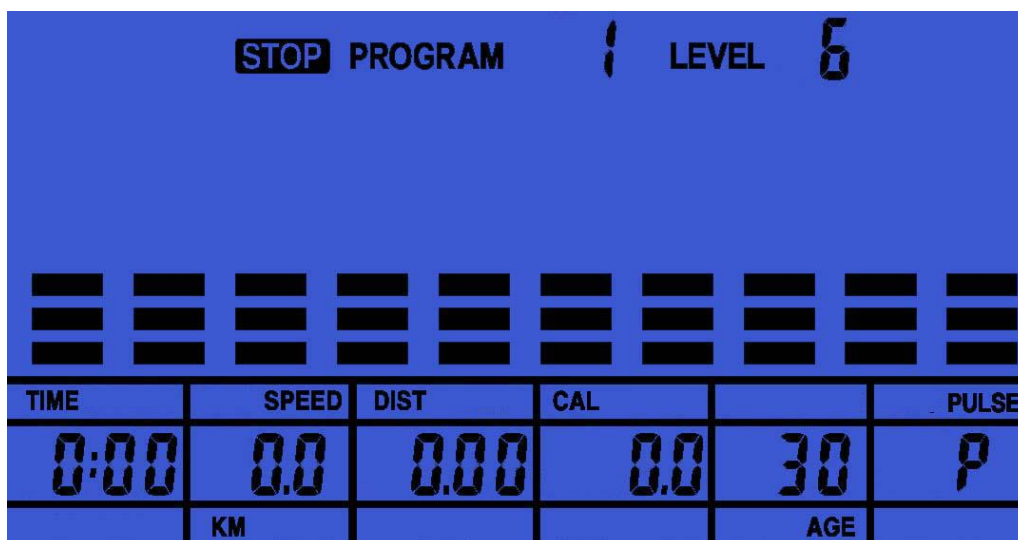
3. WAKE UP Mode: Pedal the machine, or press any key, to start the machine when inactive.

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)	75	No
	HEIGHT	100 - 250(Cm)	175	No
	SPEED	0.0 - 99.9(Km/hour)	0.0	No
	PULSE	50 - 200 (BPM)	0	No
	RPM	0 - 250 RPM	0	No
	ODO	0.0 – 9999(Km)	0.0	No
	BODY FAT	0% - 50%	0	No
	GRADE	L1–L24(Brake resistance level)		No
	USER	USER (4 user programs)	U1	YES



Choosing your workout program



“PROGRAM 1” will be the default display. By pressing the **+** or **-** to scroll, you can scroll through the workout programmes in the following order:

P1(manual)→ P2...P19→ P20(FAT)→P21(THR)→P22(60%)→ P23(75%)→P24(85%)→P25(U1)→ P26(U2)→P27(U3) and P28(U4), then back to P1.

1. Manual (PROGRAM 1) And 18 Fixed Programmes(P2-P19):

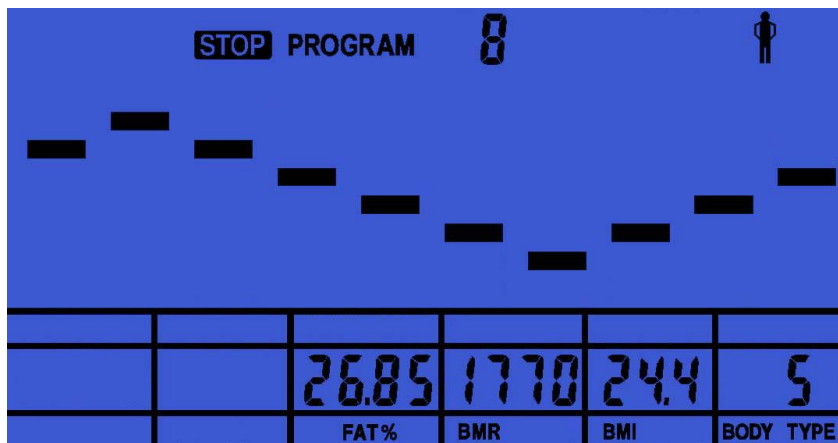
- Press **MODE** to accept your choice of program; **MANUAL (P1 or P2-P19)**.
“TIME” is displayed. Press the **+** or **-** to adjust the TIME. (0:00-99:00 min/sec)
- Press **MODE** to accept the workout TIME.
“DISTANCE.” is displayed. Press the **+** or **-** to adjust the DISTANCE. (0.00-999.0km)
- Press **MODE** to accept the workout DISTANCE.
“CALORIES” is displayed. Press the **+** or **-** to adjust the CALORIES. (0.0-9950Kcal)
- Press **MODE** to accept the workout CALORIES.
“AGE” is displayed. Press the **+** or **-** to adjust the users AGE.(10-99 years)
- Press **START/STOP** and begin your workout.

2. Body Fat (P20) Analysis:

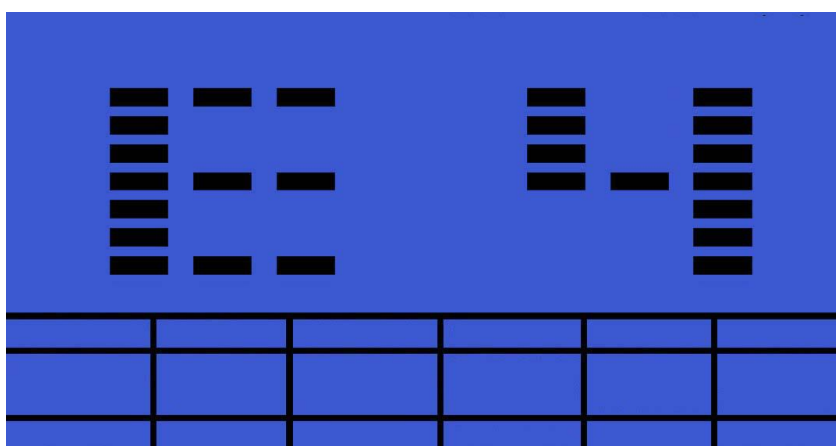
- Press the **+** or **-** to the BODY FAT TEST programme (P20). Press **MODE** and proceed to set GENDER, HEIGHT, WEIGHT and AGE.
“GENDER” is displayed. Press the **+** or **-** to adjust the GENDER. (male or female)
- Press **MODE** to accept the user’s GENDER.
“HEIGHT” is displayed. Press the **+** or **-** to adjust the HEIGHT.(100-250cm)
- Press **MODE** to accept the user’s HEIGHT.
“WEIGHT” is displayed. Press the **+** or **-** to adjust the WEIGHT. (20-150kg)
- Press **MODE** to accept the user’s WEIGHT.
“AGE” is displayed. Press the **+** or **-** to adjust the user’s AGE.(10-99 years)

Console Operations

- Press **START/STOP** to start 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 give an incorrect result.
- 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(P21)

- Press **MODE** to MODE Program 21.

“TIME” will be displayed. Press the **+** or **-** to adjust the TIME. (0:00-99:00 min/sec)

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

“DISTANCE” is displayed. Press the **+** or **-** to adjust the DISTANCE. (0.00-999.0km)

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

“CALORIES” is displayed. Press the **+** or **-** to adjust the CALORIES. (0.0-9950Kcal)

Exercise Information

Console Operations

- 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 ± 5 from the set TARGET H.R. then the console 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 22 (P22-P24).

- There are 3 options for target pulse:

P22: 60% TARGET H.R.= 60% of (220-AGE)

P23: 75% TARGET H.R.= 75% of (220-AGE)

P24: 85% TARGET H.R.= 85% of (220-AGE)

- Press **MODE** to accept **Program 22 (P22-P24)**.

“**TIME**” is displayed. Press the **+** or **-** to adjust the TIME. **(0:00-99:00 min/sec)**

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

“**DISTANCE**” is displayed. Press the **+** or **-** to adjust the DISTANCE. **(0.00-999.0km)**

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

“**CALORIES**” is displayed. Press the **+** or **-** to adjust the CALORIES. **(0.0-9950Kcal)**

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

“**AGE**” is displayed. Press the **+** or **-** 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 console 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 25(P25-P28) Workout:

- Press **MODE** to accept USER Program 25(P25-P28).

“**TIME**” is displayed. Press the **+** or **-** to adjust the TIME. **(0:00-99:00 min/sec)**

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

“**DISTANCE.**” is displayed. Press the **+** or **-** to adjust the DISTANCE. **(0.00-999.0km)**

Exercise Information

Console Operations

- Press **MODE** to accept the workout DISTANCE.
“**CALORIES**” will be displayed. Press the **+** or **-** to adjust the CALORIES. **(0.0-9950Kcal)**
- Press **MODE** to accept the workout CALORIES.
- “**AGE**” will be displayed. Press the **+** or **-** to adjust the AGE(**10-99 years**). Press **MODE** to confirm, then the first resistance column flashes, press the **+** or **-** to set resistance, press **MODE** to confirm, repeat the operation until all the 10 resistance columns are set up.
- Press **START** and begin your workout.

6. RECOVERY TEST:

- Hold the hand Pulse grip sensors with your hands until the pulse window displays your pulse, then press **RECOVERY** within 5 seconds and hold the hand Pulse grip sensors with your hands again. If you have completed the 60 second recovery test, your results 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

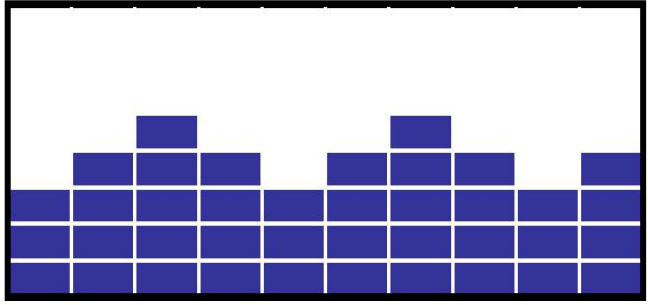
Exercise Information

Console Operations

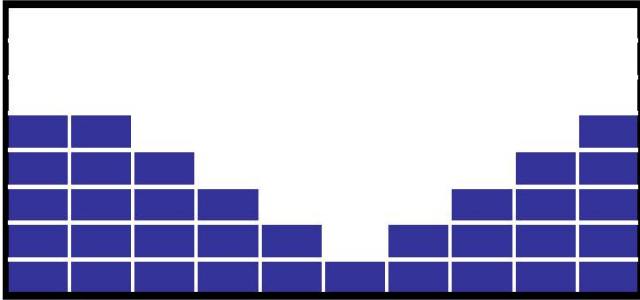
1. Program 1 (MANUAL)



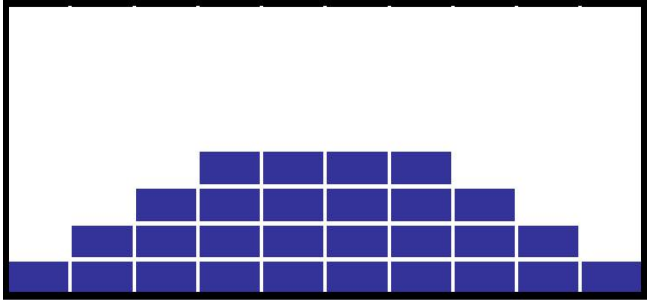
2. Program 2



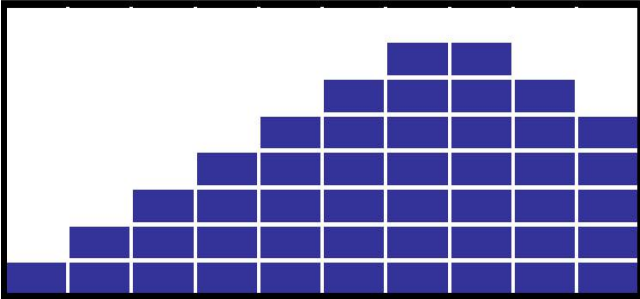
3. Program 3



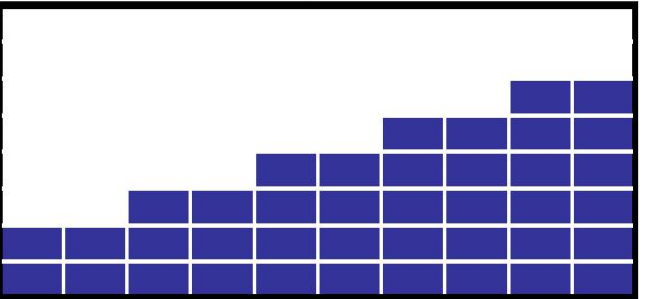
4. Program 4



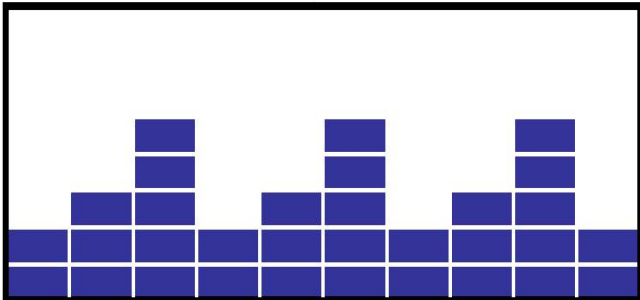
5. Program 5



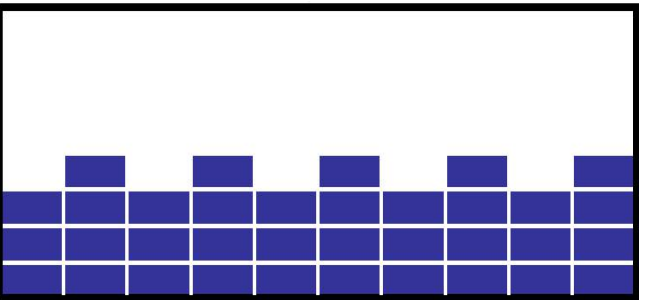
6. Program 6



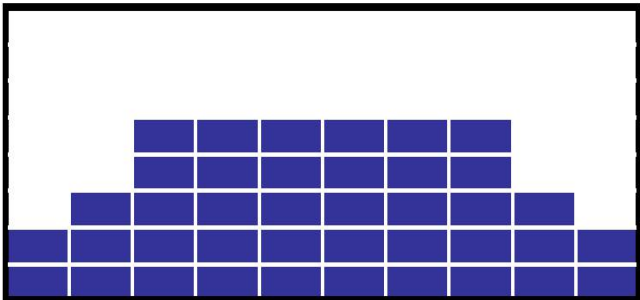
7. Program 7



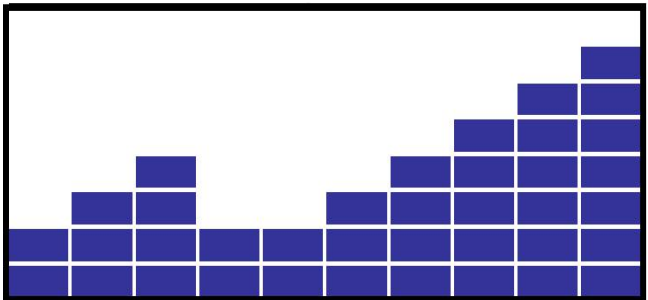
8. Program 8



9. Program 9

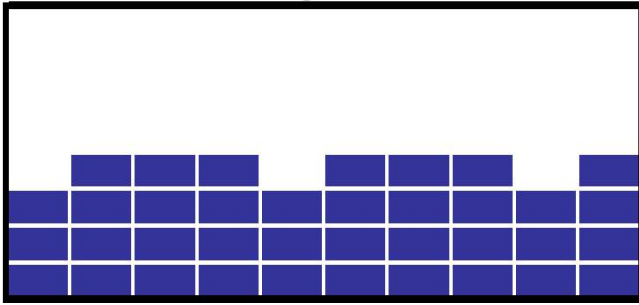


10. Program 10

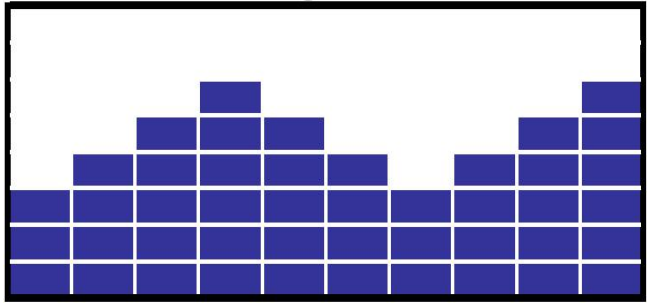


Console Operations

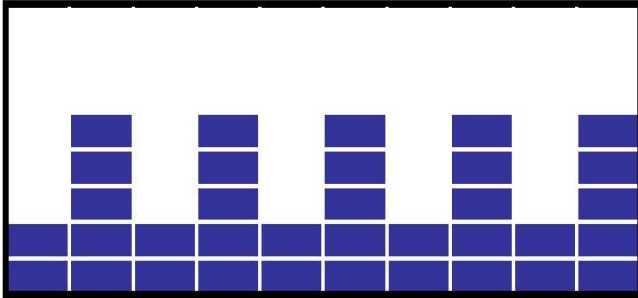
11. Program 11



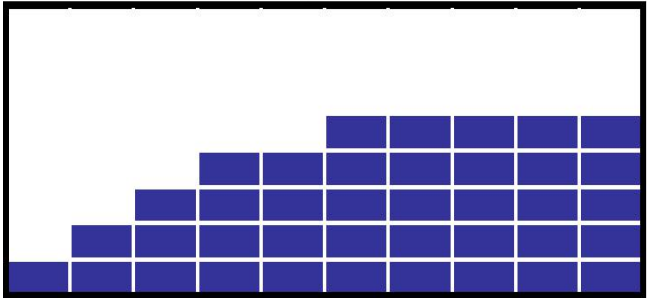
12. Program 12



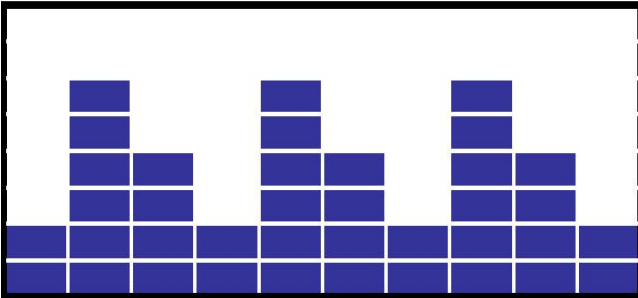
13. Program 13



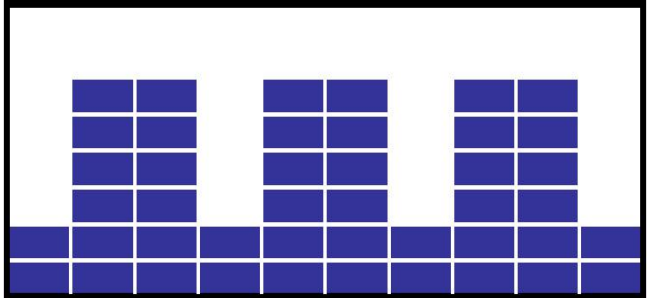
14. Program 14



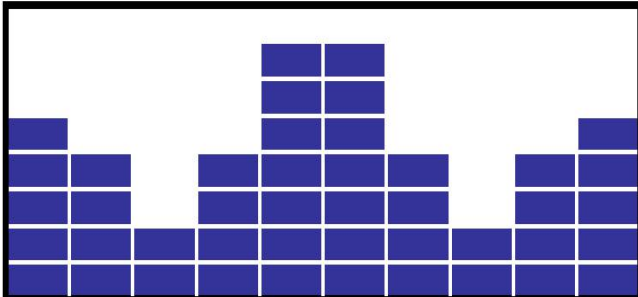
15. Program 15



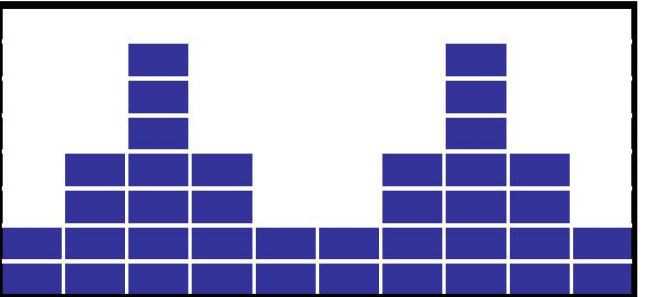
16. Program 16



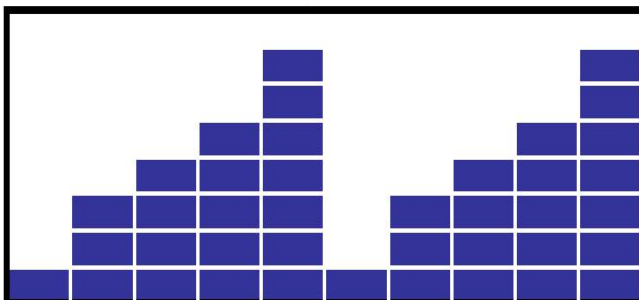
17. Program 17



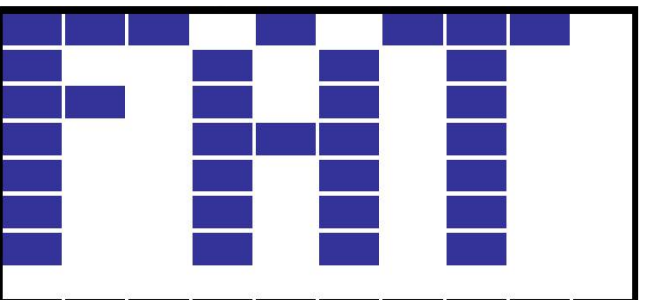
18. Program 18



19. Program 19

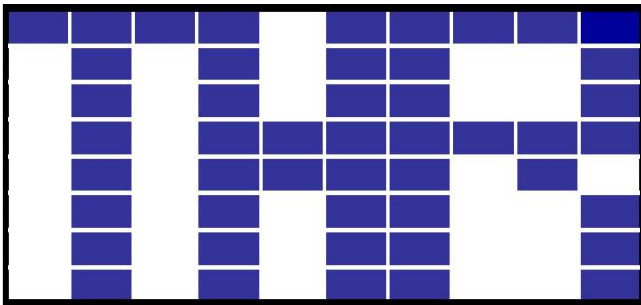


20. Program 20 (BODY FAT)

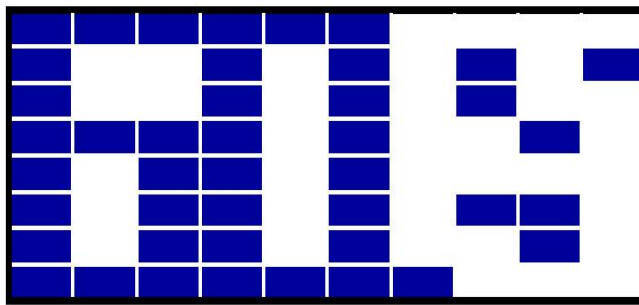


Console Operations

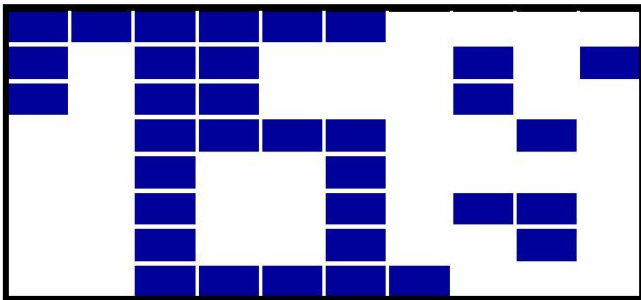
21. Program 21 (TARGET H.R.)



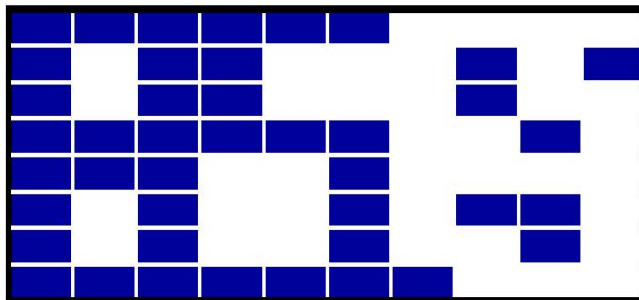
22. Program 22 (60% MAX H.R.)



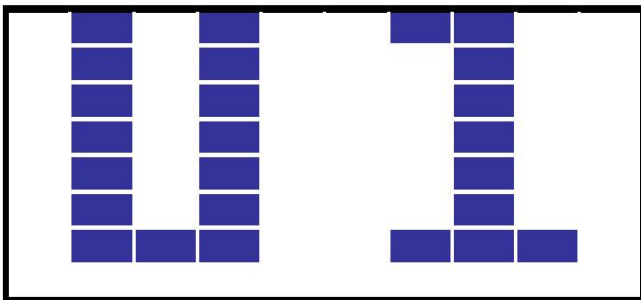
23. Program 23 (75% MAX H.R.)



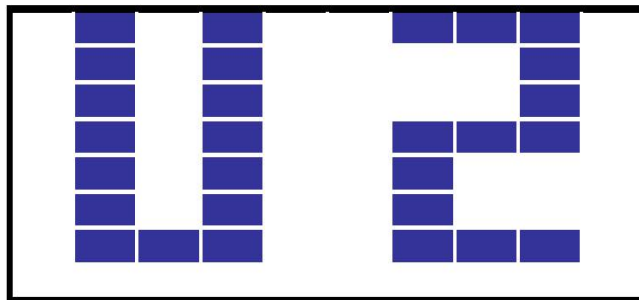
24. Program 24 (85% MAX H.R.)



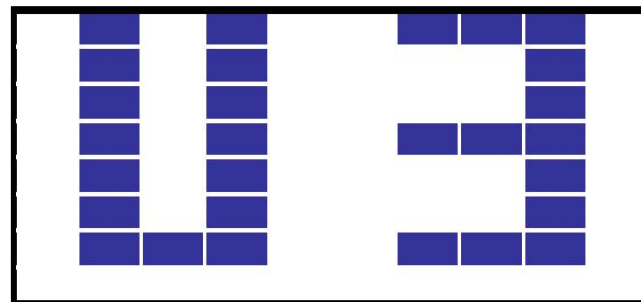
25. Program 25 (USER1)



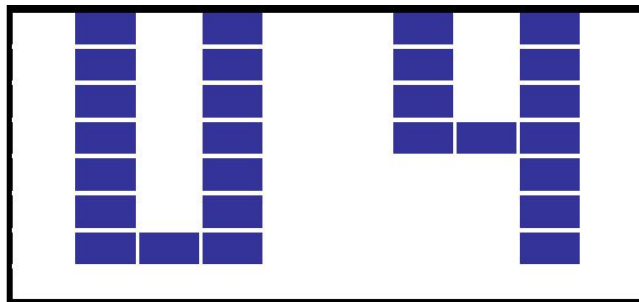
26. Program 26 (USER2)



27. Program 27 (USER3)



28. Program 28 (USER4)



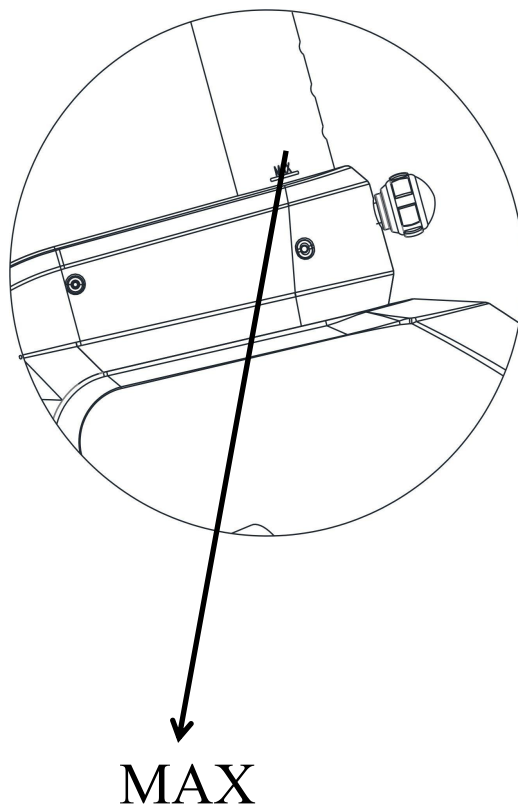
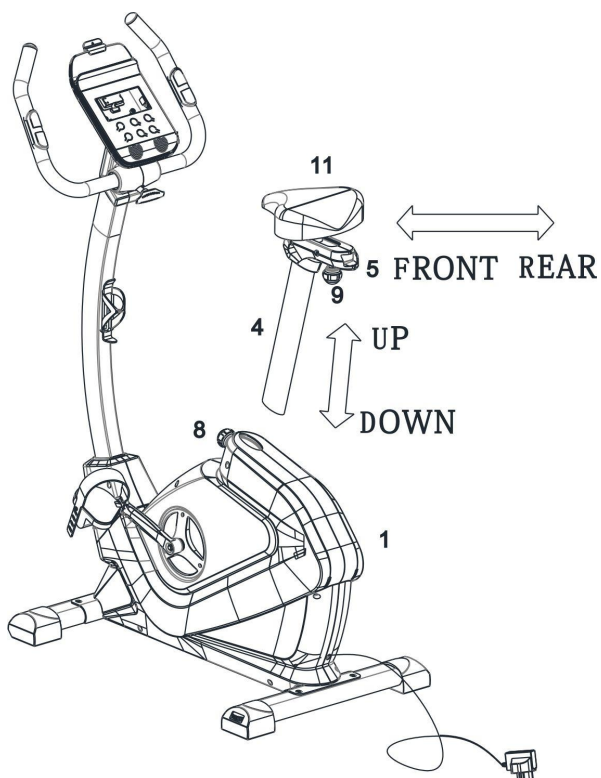
•Adjustment of the seat

Unlock the M16 Lock Knob (8) and position the Seat Post (4) upwards or downwards at your required and secure with the M16 Lock Knob (8).

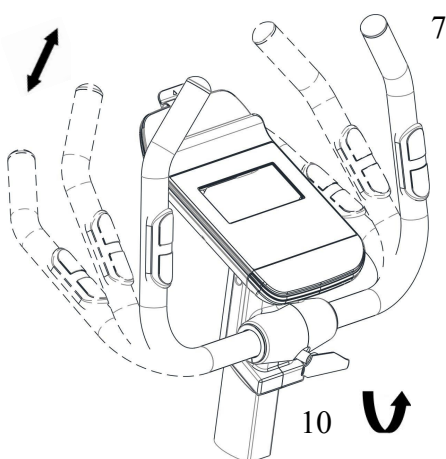
Unlock the M10 Lock Knob(9) and move the Saddle (11) forward or backward to a suitable position then tight with M10 Lock Knob (9).

Do not pull the Seat Post (4) beyond the MAX mark on the Seat Post (4).

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



•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).

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

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

3. Inspect and tighten all parts before using the equipment.

Replace defective components immediately and/or keep the equipment out of use until repair.

Pay special attention to components most susceptible to wear.

4. The equipment can be cleaned using a damp cloth and mild non-abrasive detergent. Do not use solvents.

5. Do not attempt to repair this equipment yourself.

Should you have any difficulty with assembly, operation or use of your exercise product or if you think that you may have parts missing, contact

Customer Helpline:

0345 600 1714

www.argos-support.co.uk

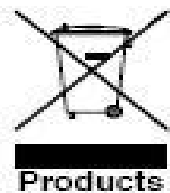
Guarantee:

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.

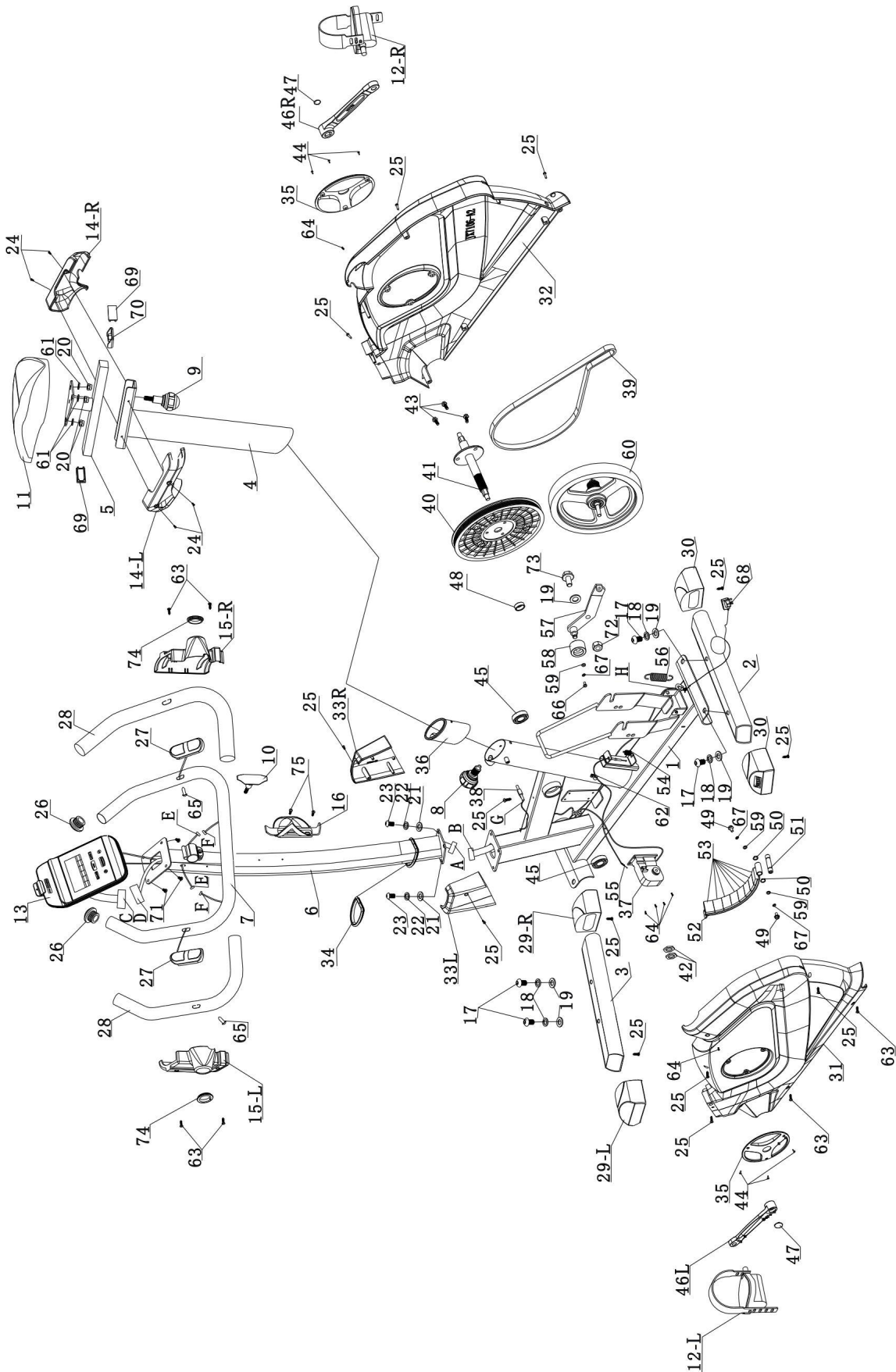
Always unplug the equipment before cleaning and/or servicing. Service to this equipment should only be performed by an authorized service representative, unless authorized and/or instructed by the manufacturer.



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
	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.

Exploded Parts Diagram



Parts List

PRO FITNESS

No.	Description	QTY	SIZE	CODE
1	Main Frame	1		2A1205880
2	Rear Stabilizer	1		2A1205879
3	Front Stabilizer	1		2A1205878
4	Seat Poster	1		2A1205881
5	Seat Bracket	1		2A1205877
6	Front Poster	1		2A1205882
7	Handle	1		2A1300078
8	Lock Knob	1	M16	3C51JBD00040
9	Lock Knob	1	M10	3C51JBD00041
10	Lock Knob	1	M8	3C51JBD00042
11	Saddle	1		3D71Q00024
12	Left & Right Pedal	2		3C59J00413
13	Console	1		3C300106
14L	Left Seat Bracket Cover	1		3C51JBG00649
14R	Right Seat Bracket Cover	1		3C51JBG00650
15L	Left Handle Cover	1		3C51JBG00651
15R	Right Handle Cover	1		3C51JBG00652
16	Bottle Holder	1		3D600024
17	Allen Bolt	4	M10X20mm	3B51DBD00205
18	Spring Washer	4	Φ10mm	3B53DIA00004
19	Washer	4	Φ10mm	3B53DIB00009
20	Aircraft Nut (Zinc)	3	M8	
21	Washer	4	Φ8mm	3B53DIB00010
22	Spring Washer	4	Φ8mm	3B53DIA00009
23	Allen Bolt	4	M8X15mm	3B51DBD00203
24	Philips Screw	4	M5×5mm	3B51DBF00030
25	Philips Screw	16	ST4.2X15mm	3B55DDA00009
26	Cone End Cap	2	Φ25mm	3C51JBB00141
27	Handle Pulse Sensor	2	Φ25X520mm	3D23O00184
28	Hand Grip	2		3C73K00041
29L	Front L Base Stabilizer End Cap	1		3C51JBC00035
29R	Front R Base Stabilizer End Cap	1		3C51JBC00036
30	Rear Base Stabilizer End Cap	2		3C51JBC00080
31	Left Cover	1		3C51JBG00653
32	Right Cover	1		3C51JBG00654
33L	Front L Post Cover	1		3C51JBG00655
33R	Front R Post Cover	1		3C51JBG00656
34	Front Post Ring	1		3C51JBG00657
35	Decorative Cover	2		3C51JBG00678
36	Reduction Sleeve	1		3C51JBE00055
37	Motor	1		3D24O00005
38	Reed Base	1		3D22O00090
39	Belt	1		3D59P00032
40	Belt Wheel	1		3C59J00411
41	Belt Pulley Axle	1		3D600091
42	Lock Nut	2	M20	
43	Allen Bolt	3	M8X15mm	3B51DBZ00043
44	Philips Screw	6	ST2.9X12mm	3B55DDB00022

45	Bull Bearing	2		3B700004
46	Left & Right Crank	1		3D600002
47	Crank Cover	2		3D600003
48	Retaining ring	1		3B67E00424
49	Hex Bolt	2	M6X15mm	3B51DBJ00083
50	Bead Flange	2		3B56D00014
51	Axle	1		3B67E00203
52	Magnet Bracket	1		2A1300091
53	Magnet	8		3F900023
54	Spring	1	36mm	3B61EJZ00004
55	Soft Axle	1		3D22O00086
56	Spring	1	74mm	3B61EJA00005
57	Belt Tension Pulley	1		2A1205529
58	Sleeve	1		2A0600002
59	Washer	3	Φ6mm	3B53DIB00067
60	Fly Wheel	1		3D600090
61	Washer (Zinc)	3	Φ8mm	
62	Clip	5		3C59J00052
63	Philips Self Tapping Screw	8	ST4.2X15mm	3B55DDD00003
64	Philips Bolt	6	M5X10mm	3B51DBF00005
65	Philips Screw	2	ST4.2X20mm	
66	Allen Bolt	3	M6X10mm	3B51DBJ00124
67	Spring Washer	1	Φ6mm	3B53DIA00007
68	Power Adaptor	1		3D23O00185
69	End Cap	2		3C51JBB00138
70	U-Shaped Case	1		2A1300069
71	Dome Head Philips bolts	4	8mm	
72	Aircraft Nut	1	M10	3B52DCC00007
73	Bolt	1	M10 x 25mm	3B51DBJ00084
74	Joint Ring	2		3C59J00049
75	Philips Screw	2	ST4.8X15mm	3B55DDD00006
A	Lower End of the Middle Main Wire	1		3D22O00094
B	Lower Main Wire	1		3D22O00096
C	Console Main Wire	1		
D	Up End of the Middle Main Wire	1		
E	Console Pulse Sensor Wire	2		
F	Hand Pulse Sensor Wire	2		3D23O00184
G	Reed Base Sensor Wire	1		3D22O00090
H	Power Cord	1		3D22O00073

Guarantee



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 be rendered invalid if the product is re-sold or has been damaged by inexpert repair.
- Specifications are subject to change without notice.
- The manufacturer disclaims any liability for the incidental or consequential damages.
- The guarantee is in addition to, and does not diminish your statutory or legal right.
- In the event of a problem with the product within the guarantee period call

Customer Helpline: 0345 6001714

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

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