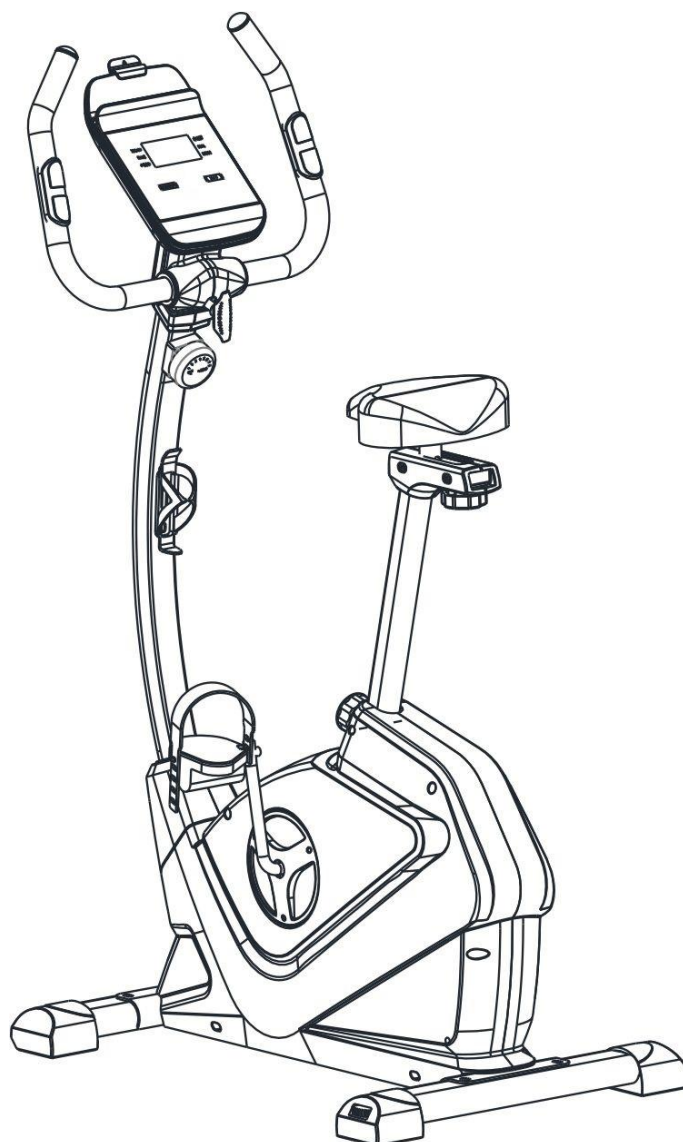


EB1000 Exercise Bike

Assembly & User's Instructions- Please Keep for future reference

888/3559

PRO FITNESS



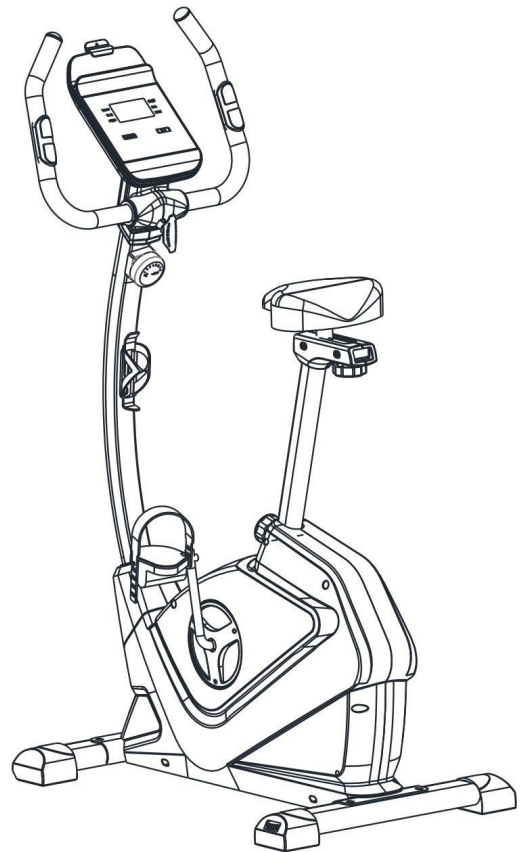
Important – Please read these instructions fully before assembly or use

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	2-3
Components - Parts	4
Components – Fixings	5
Assembly Instructions	6-13
Workout Area	14
Exercise Information	15-21
* Before starting	15
* Muscle Chart	16
* Warming up and Cooling down	17-18
* Console Operations	19-20
* Adjustment of the seat	21
* Adjustment of the handle	21
Care and Maintenance	22
Exploded Parts Diagram	23
Parts List	24-25





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.
- 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 -5 Class (H) - Home Use - Class (C).
- This stationary training equipment is not suitable for high accuracy purposes.
- The braking system is adjustable.
- 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.
- **Warning:** Batteries are to be inserted with the correct polarity. Incorrect installation of batteries may cause battery leakage and corrosion, resulting in damage to the computer.



- **Do not** mix old and new batteries, or batteries of different types.

Safety Information

Important – Please read fully before assembly or use

- **Do not** dispose of batteries in a fire.
- **Do not** dispose of batteries with normal household waste, take to a local recycling centre.
- Non-rechargeable batteries are not to be recharged.
- Rechargeable batteries are only to be charged under adult supervision.
- Rechargeable batteries are to be removed from the product before being charged.
- Exhausted batteries are to be removed from the product.
- Supply terminals are not to be short-circuited



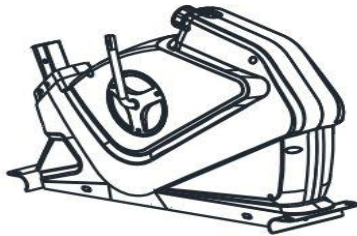
Warning: Before beginning any exercise program, consult your Doctor. This is especially important for persons over the age of 35 or persons with pre-existing health problems. You **MUST** read all instructions before using any fitness equipment. Argos and its associates assumes no responsibility for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

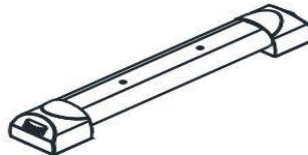
If you have damaged or missing parts, please call the **Customer Helpline: 0345 600 1714**.

Please check you have all parts listed below

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



1. Main Frame



2. Rear Stabilizer



3. Front Stabilizer



4. Seat Post



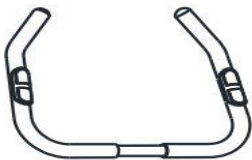
5. Seat Bracket



6. Front Post



33. Front L/R Post Cover



7. Handle



37. Front Post Ring



9. M10 Lock Knob



10. M8 Lock Knob



11. Saddle



12. Pedal (Left/Right)



13. Console



15. Handle Cover (L/R)



16. Bottle Holder



68. Tension knob
















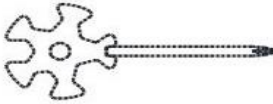
38. Saddle Cover (L&R)

Components - Fixings

PRO FITNESS

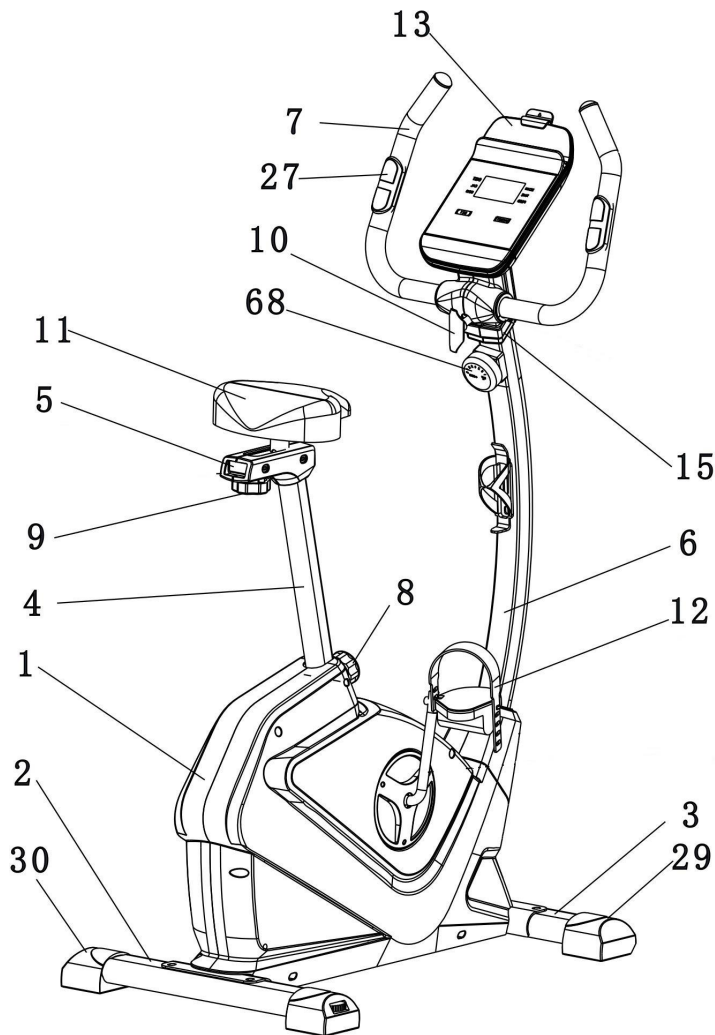
Please check you have all parts listing below

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

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

Assembly Instructions

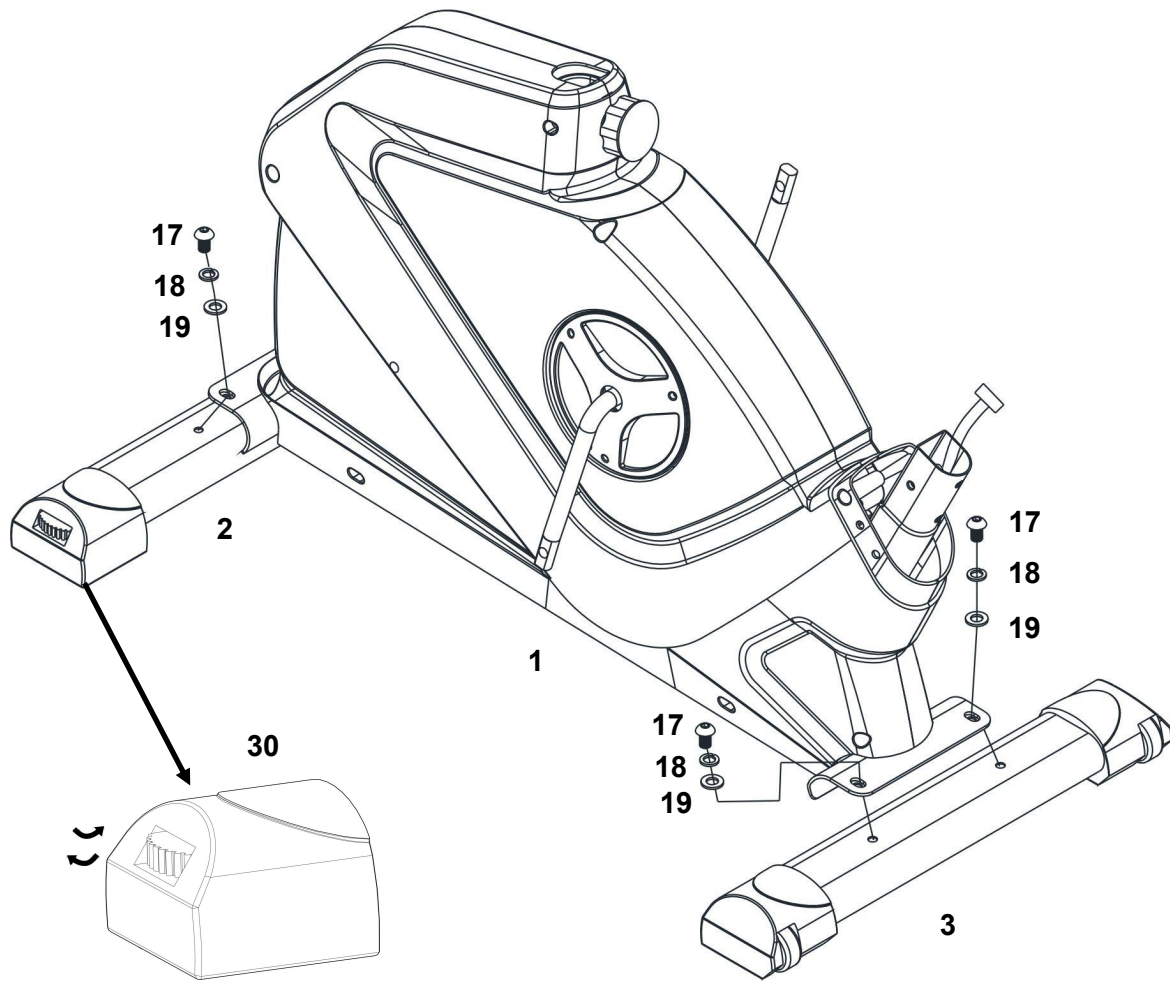
Total mass of the product is 25.5 kg. Total size of the equipment is (width) 56cm × (depth) 109cm × (height) 141 cm.



KEY

- | | |
|---------------------------|------------------------------|
| 1 Main Frame | 13 console |
| 2 Rear stabilizer | 15 Left & Right Handle Cover |
| 3 Front Stabilizer | 27 Handle Pulse Sensor |
| 4 Seat Post | 29 L&R Transport Wheel |
| 5 Seat Adjustment Bracket | 30 Level Foot |
| 6 Front Post | 68 Tension Knob |
| 7 Handle | |
| 8 M16 Lock Knob | |
| 9 M10 Lock Knob | |
| 10 M8 T Shaped Lock Knob | |
| 11 Saddle | |
| 12 Left & Right Pedal | |

Assembly Instructions

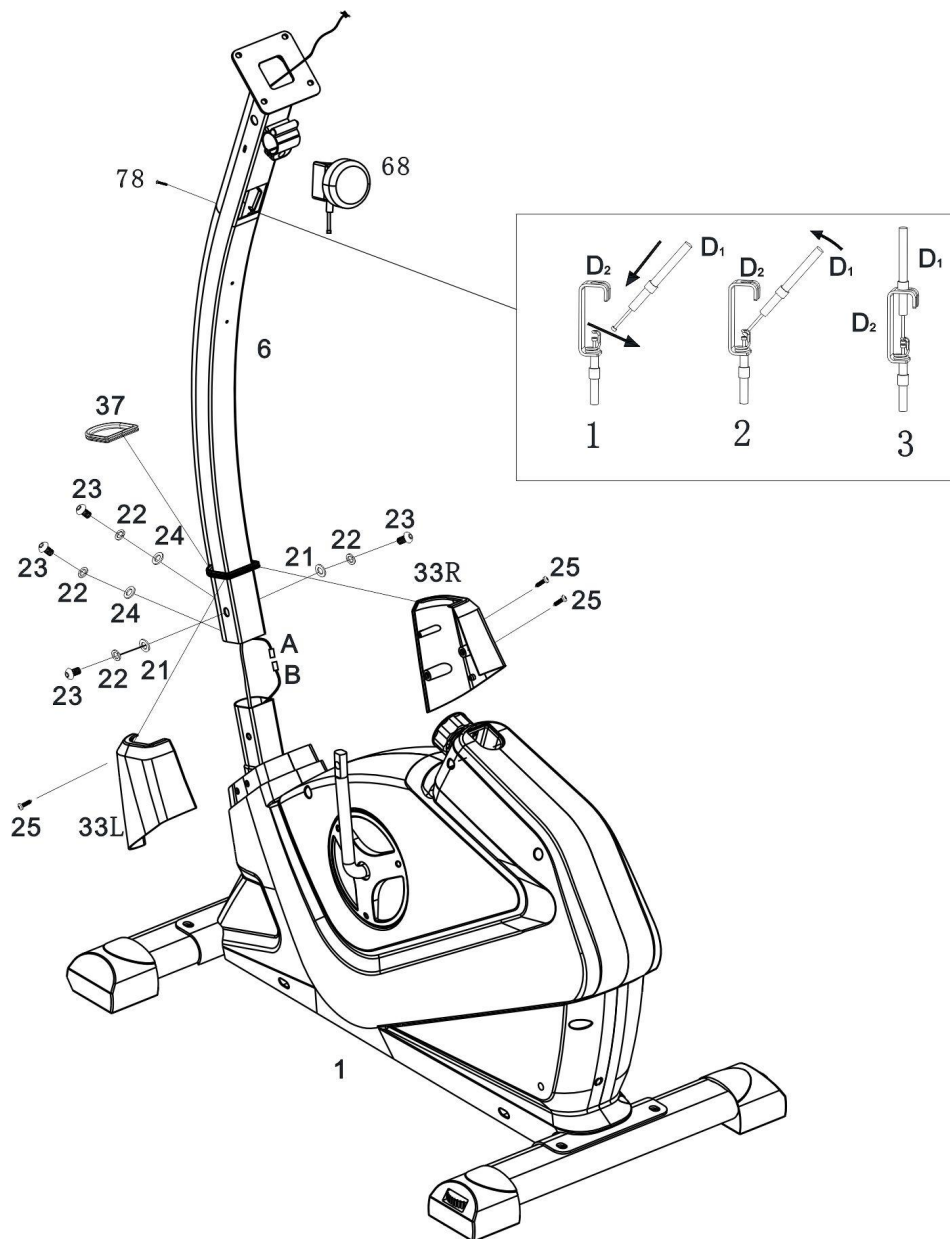


Step 1

A. Attach Front Stabilizer (3) to Main Frame (1) using 2 x M10x20MM Allen bolts (17), 2 x 10MM Spring Washers (18) and 2 x 10MM Washers (19).

B. Attach Rear Stabilizer (2) to Main Frame (1) using 2 x M10x20MM Allen bolts (17), 2 x 10MM Spring Washers (18) and 2 x 10MM Washers (19).

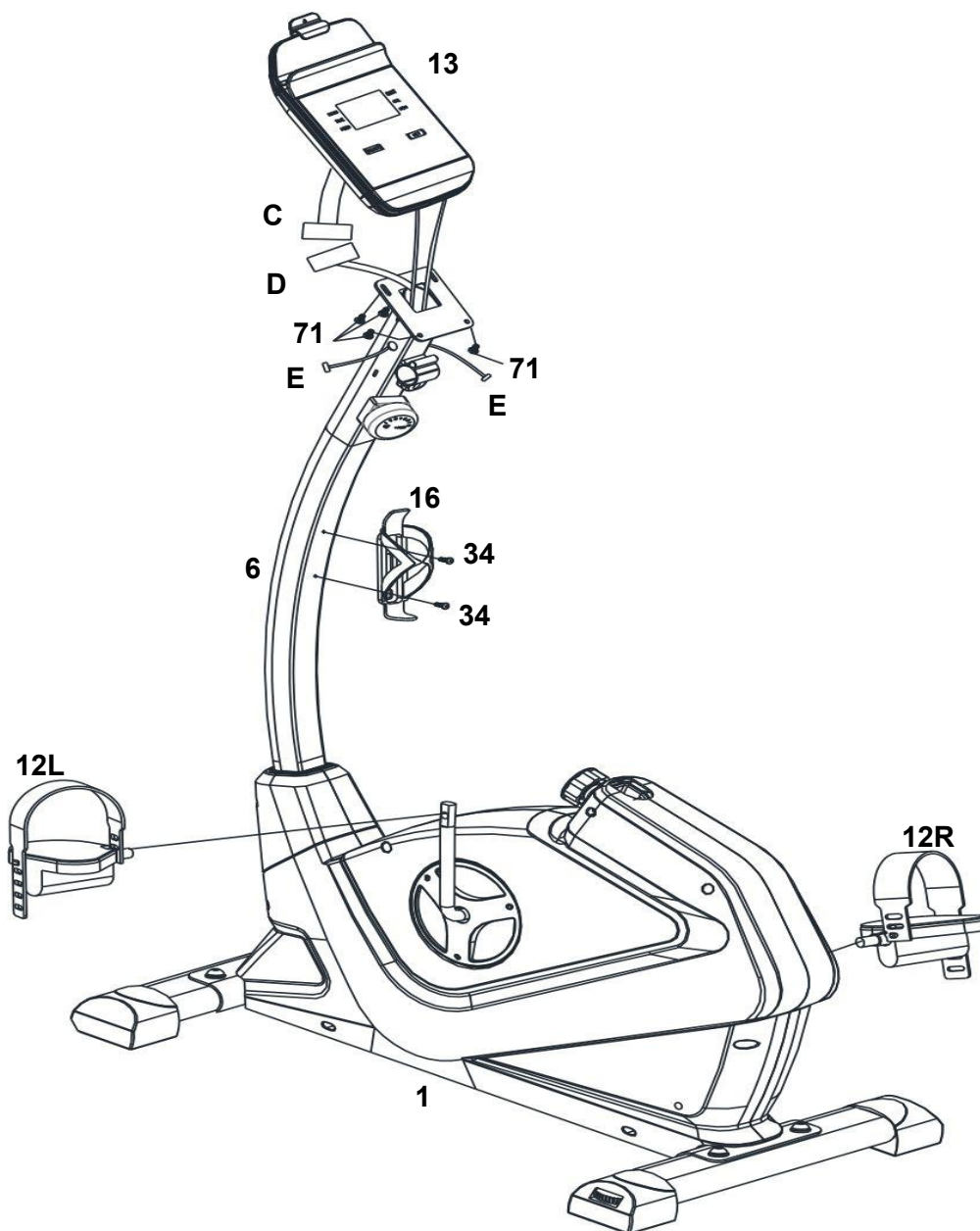
Note: The knob on the Levelling Feet (30) can be rotated to ensure the bike sit flat on the ground as shown in the diagram. Turn it anti clockwise to increase height and turn it clockwise to decrease height.



Step 2

- A. Place the Front Post Ring (37) around the Front Post (6).
- B. Connect the Main Wire A and B.
- C. Fix the Front Post (6) to the Main Frame (1) and tighten with 4 x M8x15MM Allen bolts (23), 4 x 8MM Spring Washers (22), 2 x 8MM Washers (21) and 2 x 8MM Arc Washers (24).
- D. Attach the Front Post Cover (33L/R) to the Main Frame (1) and the Front Post Ring (37) with 3 x ST4.2 x 15mm Phillips Screws (25).
- E. Remove the M5x50mm Philips Bolt and Washer (78) from the Tension Knob (68).
Note: The M5x50mm Philips Bolt and Washer (78) is pre-assembled to the Tension Knob (68).
- F. Turn the Tension Knob (68) to Level 1 and connect the bottom of the tension knob with the hook as shown in the diagram. Then attach the Tension Knob (68) to the Front Post (6) using 1 x M5x50mm Philips Bolt and Washer (78).

Assembly Instructions



Step 3

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

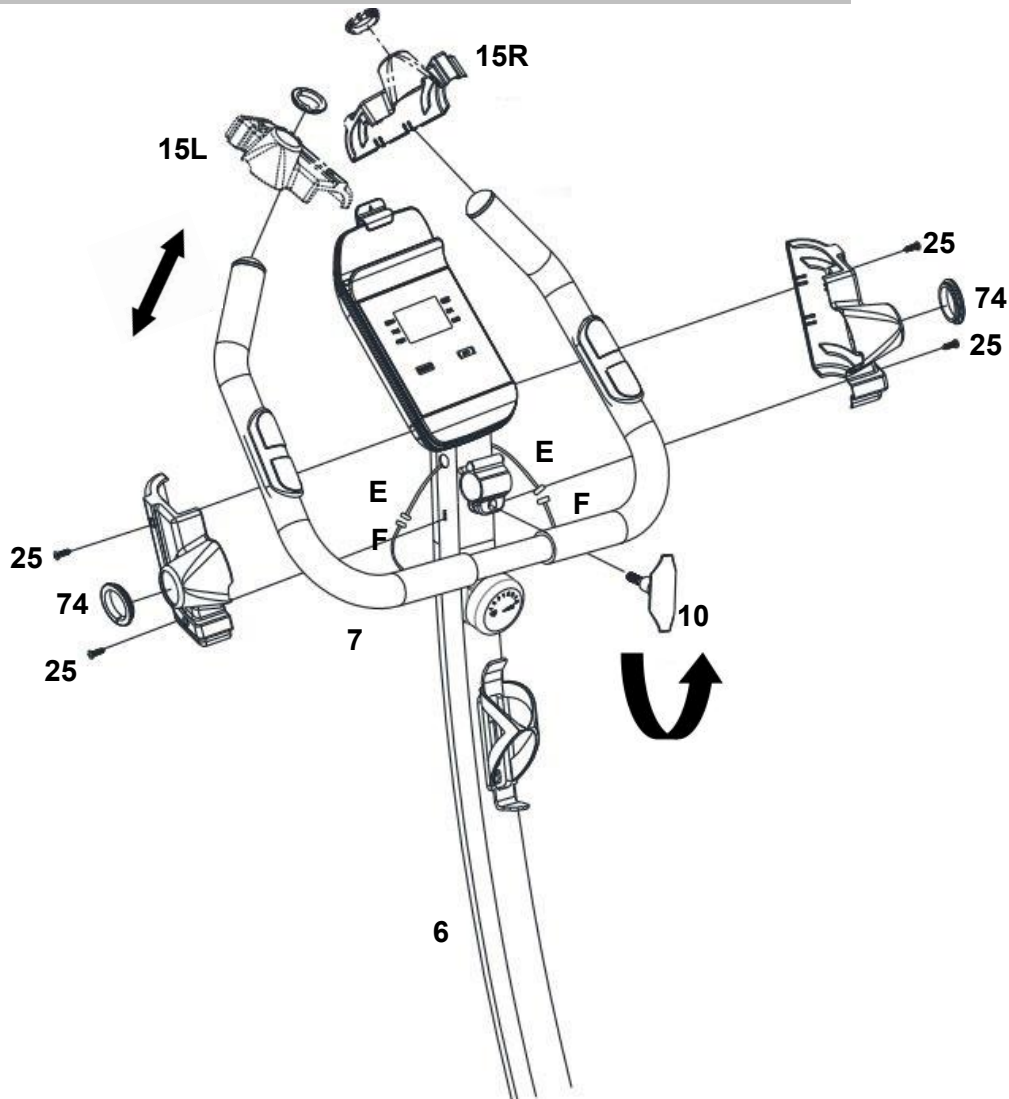
Note: For the two foot pedals marked "L" and "R". Fasten the left pedal by turning anti-clockwise and fasten the right pedal by turning clockwise. Attach the pedal straps to the pedals as shown in the diagram, the tension for pedal strap is adjustable.

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

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

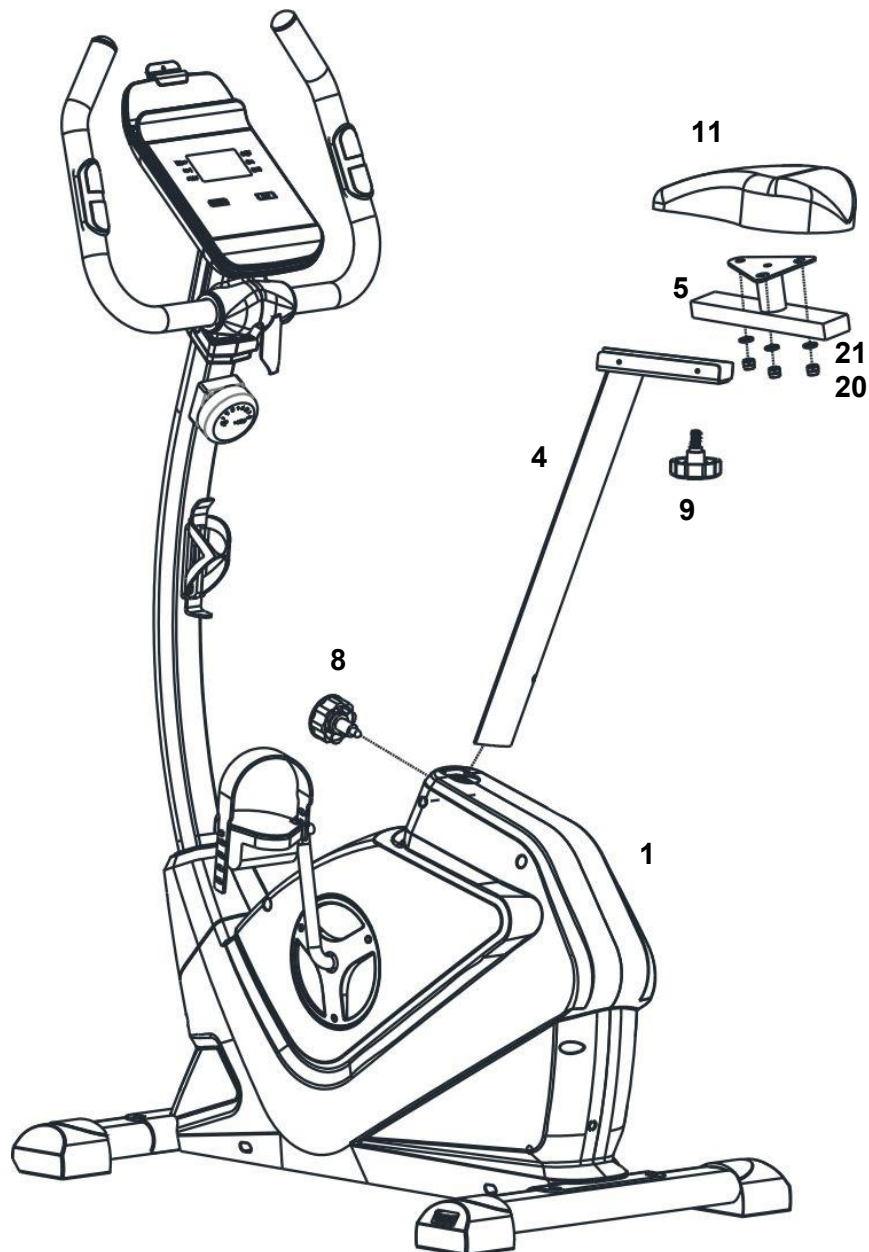
D. Attach the Console (13) onto the top of the Front Post (6) and secure with 4 x 8MM Dome Head Philips Bolts (71).

Note: The 4 x 8MM Dome Head Philips bolts (71) are pre-fitted on the back of the Console (13).



Step 4

- A. Attach the Handle (7) to the bracket on the Front Post (6), and secure with M10 Lock knob (10).
Note: To adjust the position of the handle, turn the lock knob (10) anti clockwise to loose the handle (7) as shown in the diagram, and adjust the handle (7) to your required position, then secure the lock knob (10).
- B. Connect the two signal Wires(E) from Front Post (6) to the two Wires (F) from Handle (7).
- C. Put the Left Handle Cover (15-L) and Right Handle Cover (15-R) on the left and right side of the Handle (7) respectively, and then lock them to Front Post (6) using 4 x ST4.2x15mm Philips Screw (25). Please note that the 4 x ST4.2 x 15mm Philips Screw (25) are pre-assembled.
- D. Put two Joint Rings (74) on the left and right side of the Handle (7) respectively, then push them to the Left and Right Handle Cover (15 L & R).



Step 5

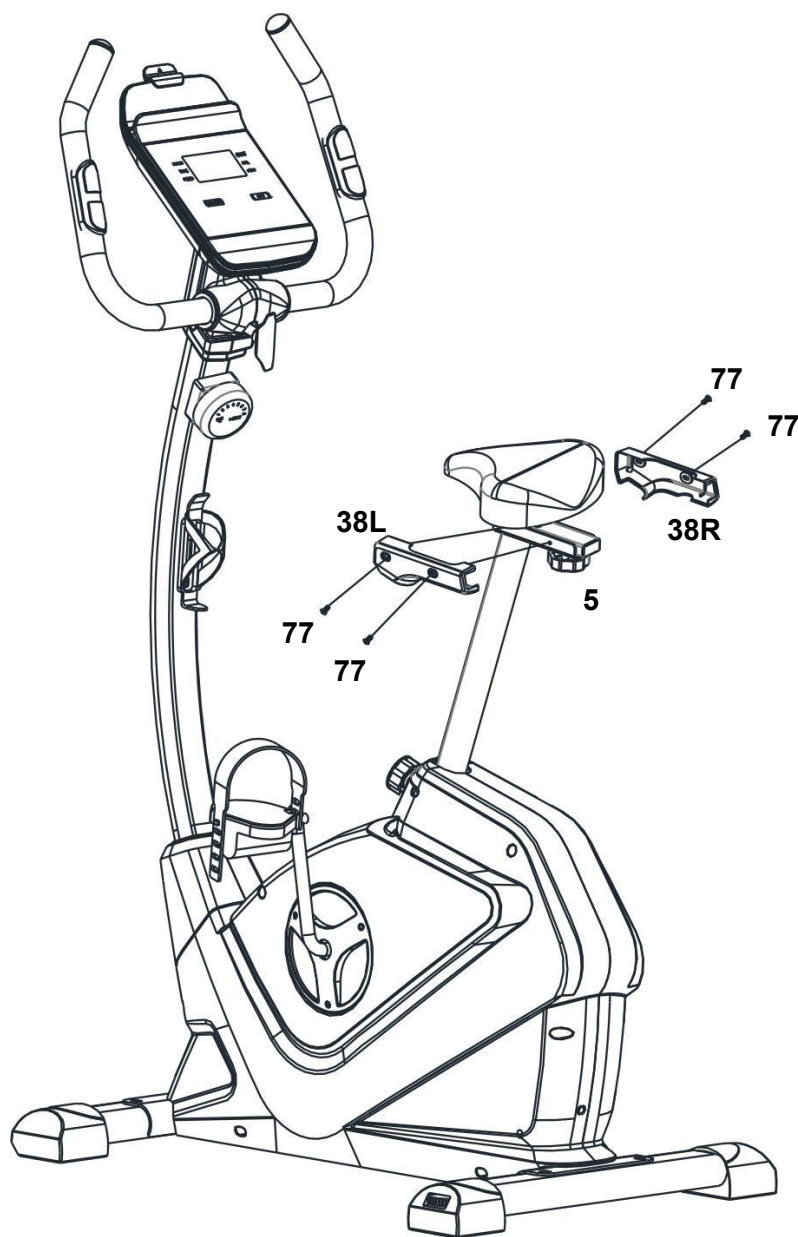
A. Fix the Saddle (11) to the Seat Bracket (5) using 3 x 8MM Washers (21) and 3 x 8MM Aircraft Nuts (20).

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).

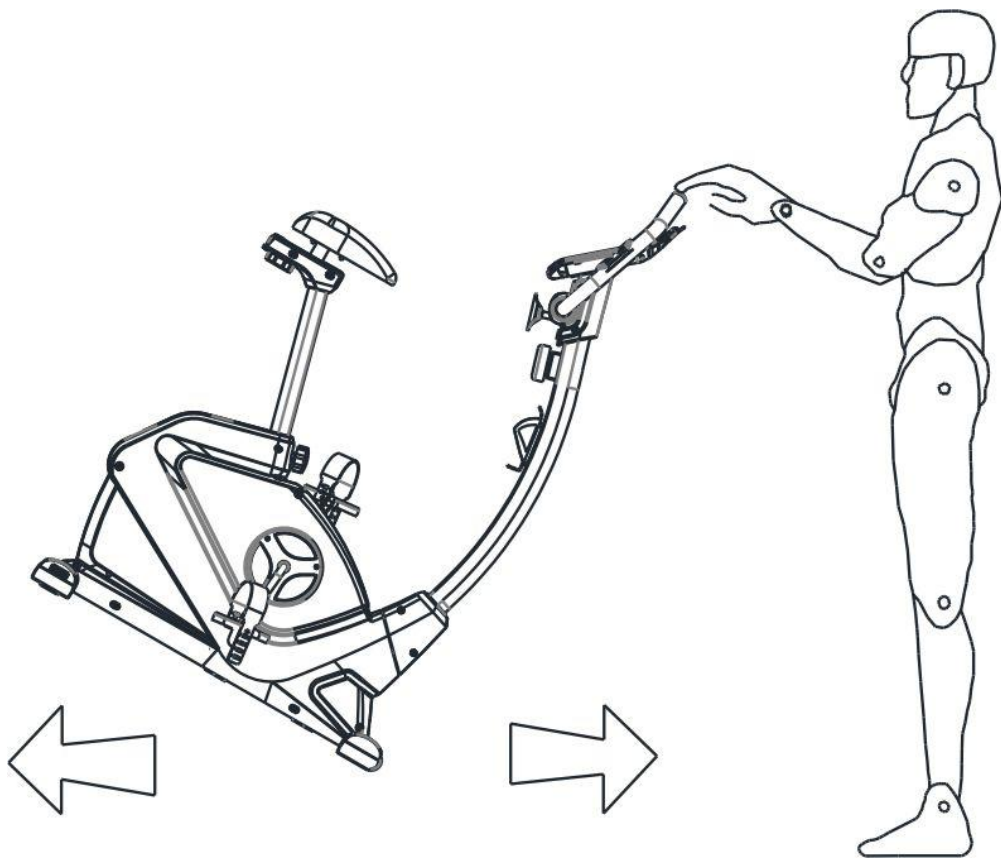
C. Insert the Seat Post (4) into the Main frame (1). Position the Seat Post (4) upward and downward at your required and secure with the M16 Lock knob (8).

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



Step 6

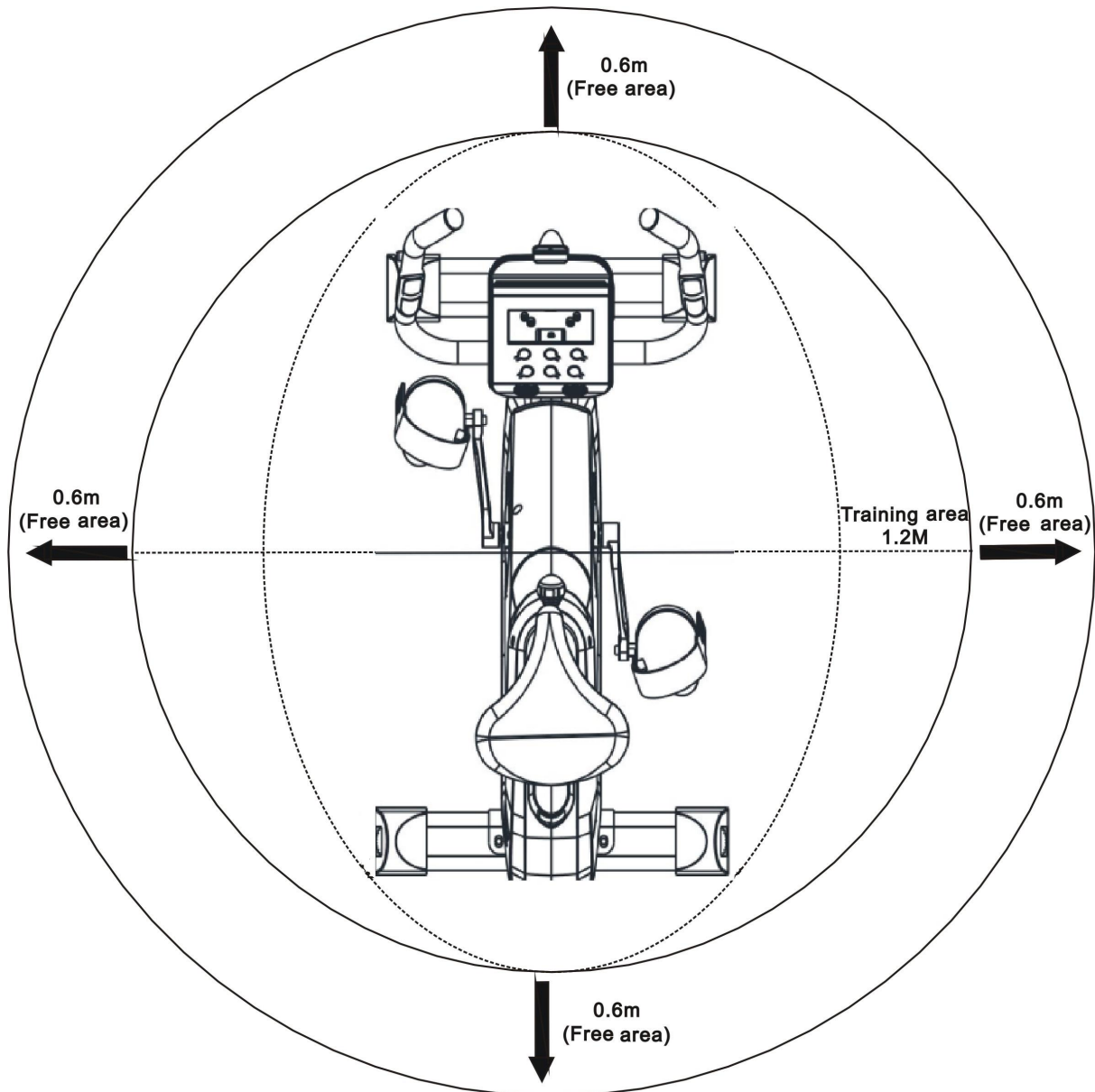
A. Fix the Saddle covers (**38 L&R**) to the Seat adjustable bracket (**5**), using M5 x 5mm Philips Screw (**77**).



Hold the handle to move the bike as shown in the diagram.

Workout area

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



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.

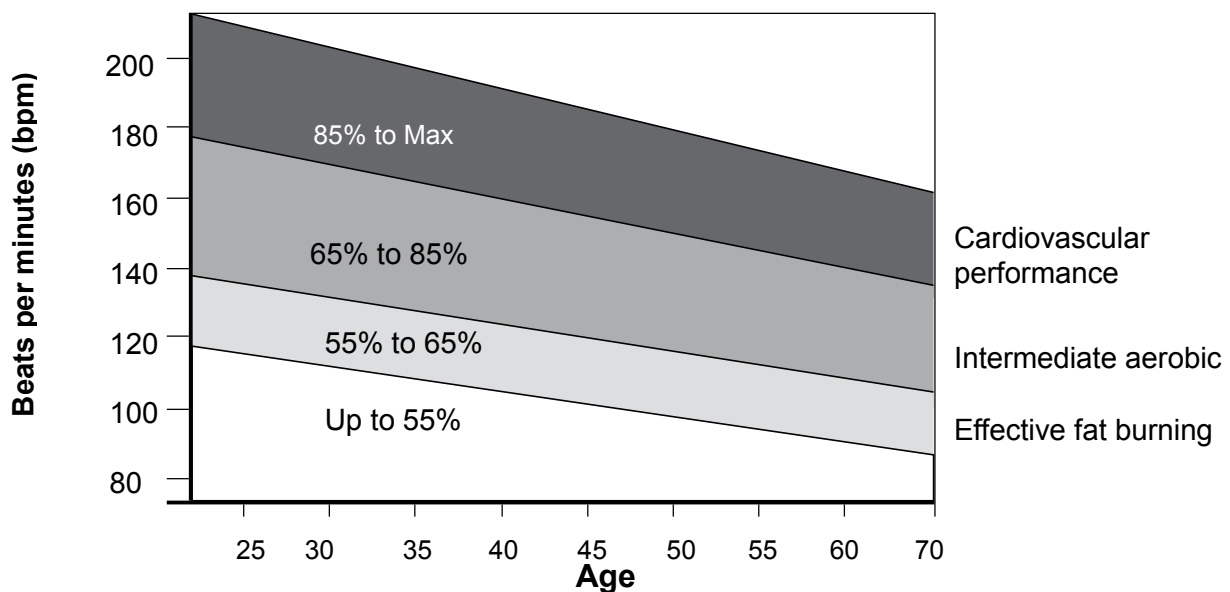
Initially, you may be able to exercise only for a few minutes in your target zone, however, your aerobic fitness will improve over the next six to eight weeks. Don't be discouraged if it takes longer. It's important to work at your own pace.

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.

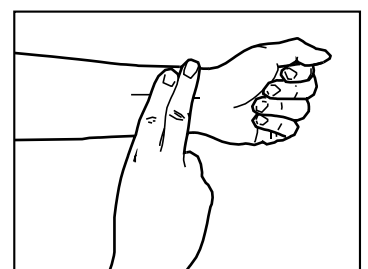
Exercise intensity

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

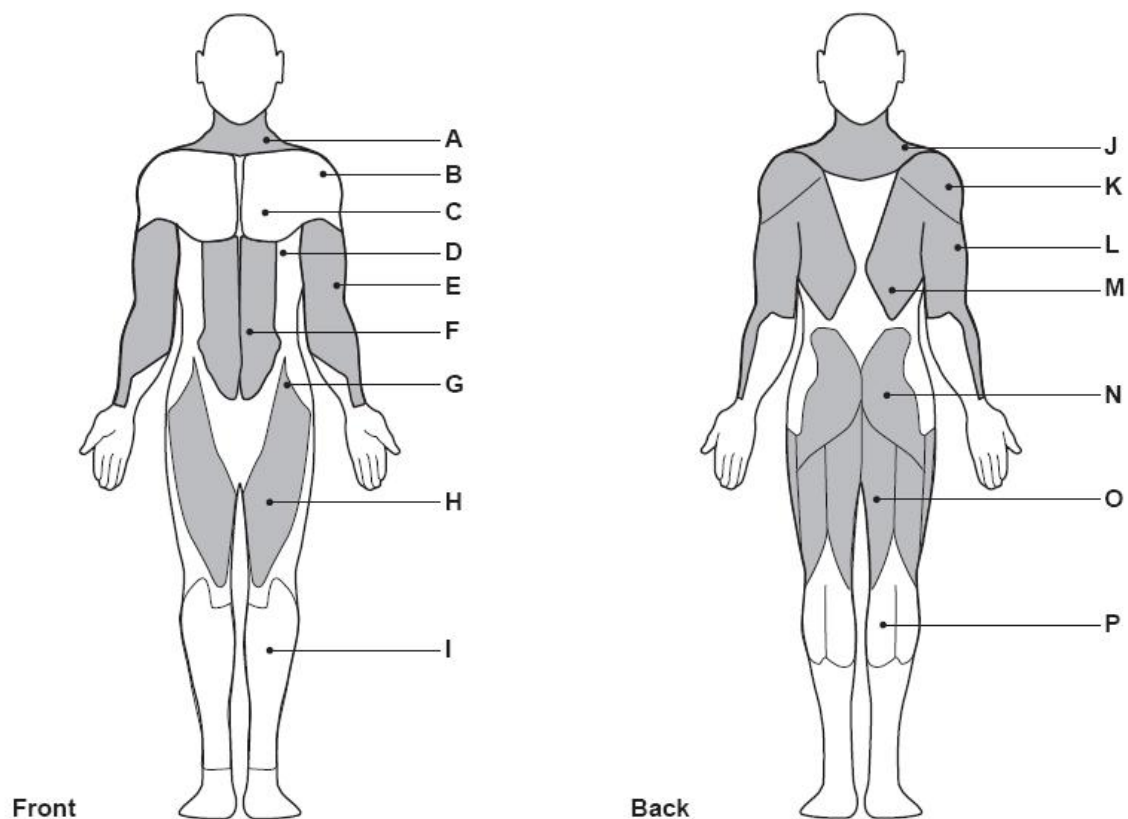
Aerobic exercise improves the fitness of your lungs and heart - your body's most important muscle. Aerobic exercise is promoted by any activity that uses your large muscles (arms, legs, or buttock, for example).

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.



- 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: Gastrocnemiu

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.

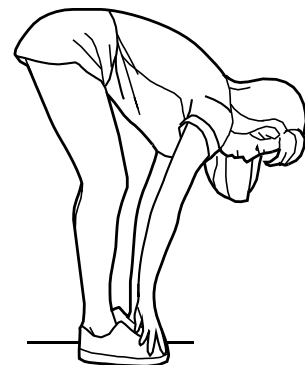
Toe touch stretch

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.



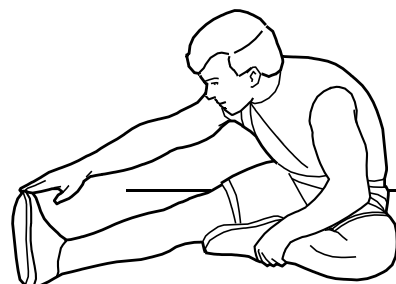
Hamstring stretch

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

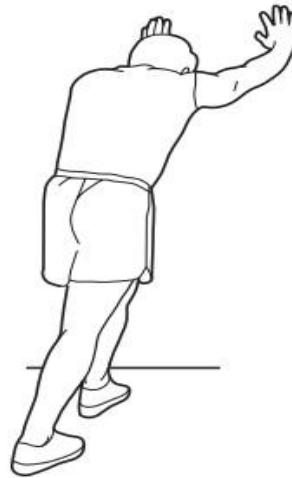
Calf/achilles stretch

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

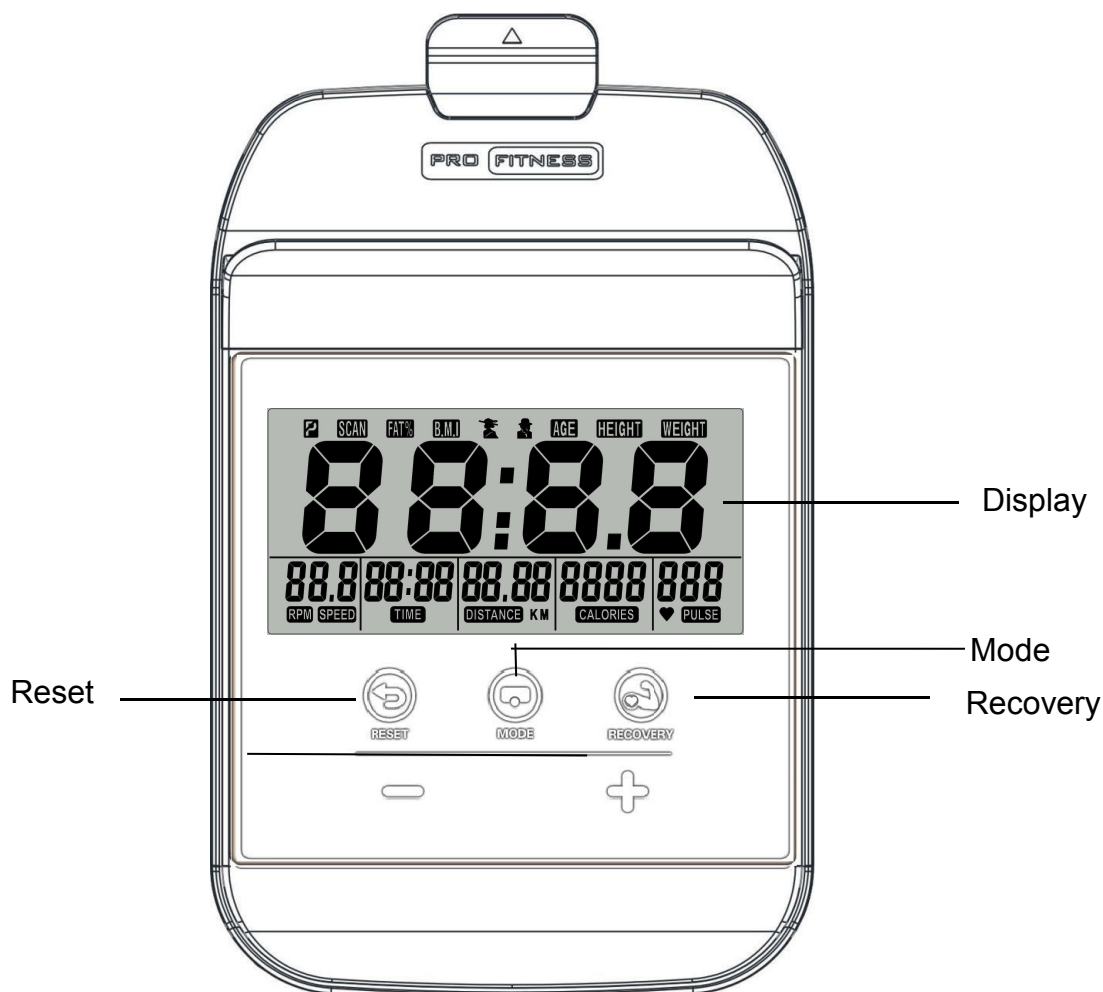
Sit with the soles of your feet together and your knees outward. Pull your feet toward your groin area as far as possible.

Hold for 15 counts, relax.

Repeat 3 times.

Stretches: Quadriceps and hip muscles.





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.
- A. **SPEED:** Workout speed.
- B. **DISTANCE:** Distance traveled.
- C. **TIME:** Workout time.
- D. **CALORIES:** Calories burnt.
- E. **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.
- F. **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

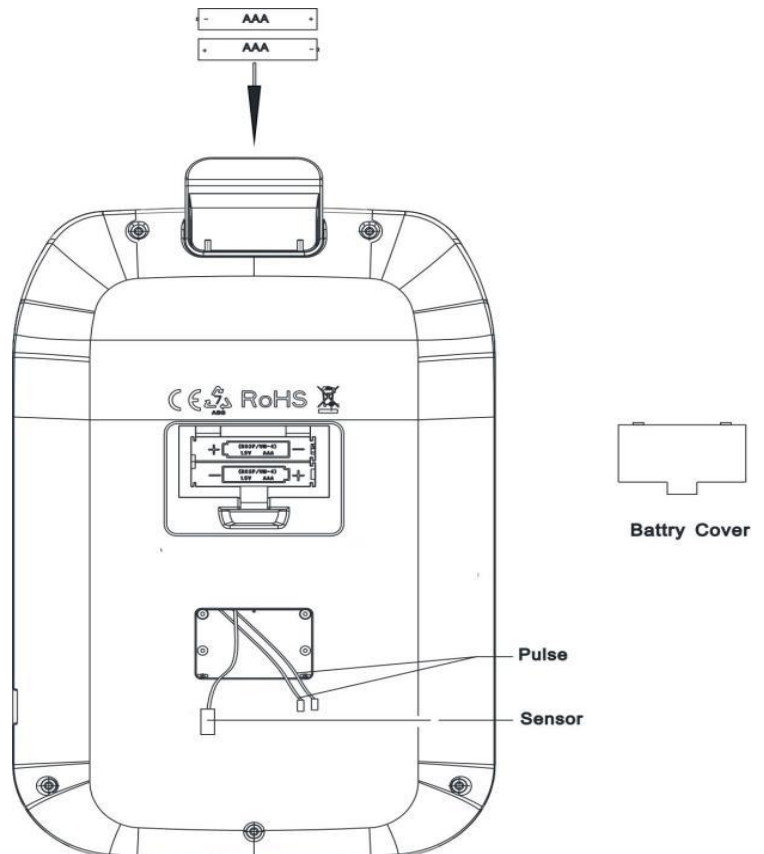
the heartbeat signal is received during the measurement. When no heart rate signal is input, the heart rate is displayed as P. Press UP or DOWN button one time, the heart rate will increase or decrease by 1 each time. Long press for rapid accumulation or subtraction. Set the range of measurement heart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

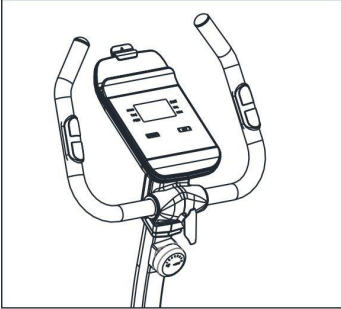
Replacement of the battery

- 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.



•Adjustment of the resistance

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



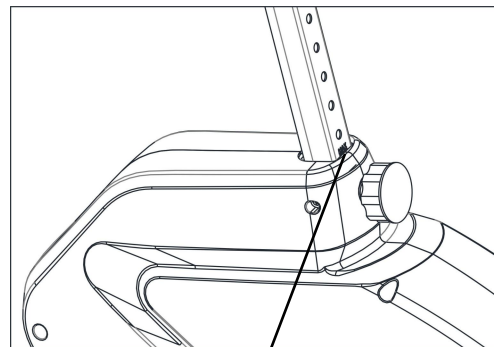
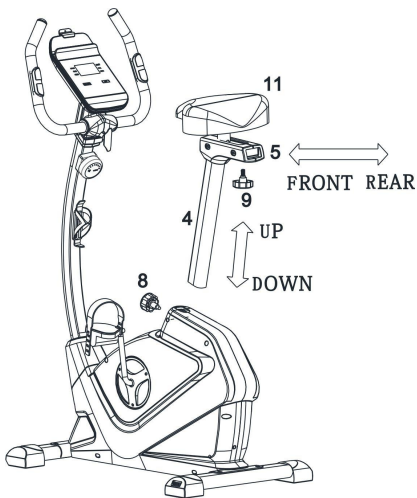
•Adjustment of the seat

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

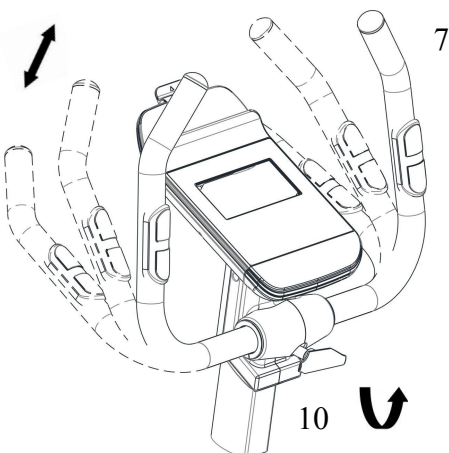
Do not pull the Seat Post (4) beyond the MAX mark on the Seat Post (4).

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



MAX

•Adjustment of the handle



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

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

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

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

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

5. Do not attempt to repair this equipment yourself. Should you have any difficulty

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

Customer Helpline:

0345 600 1714
www.argos-support.co.uk

Guarantee:

For guarantee purposes, please retain your purchase receipt.

Information for Users on Disposal of old Equipment and Batteries

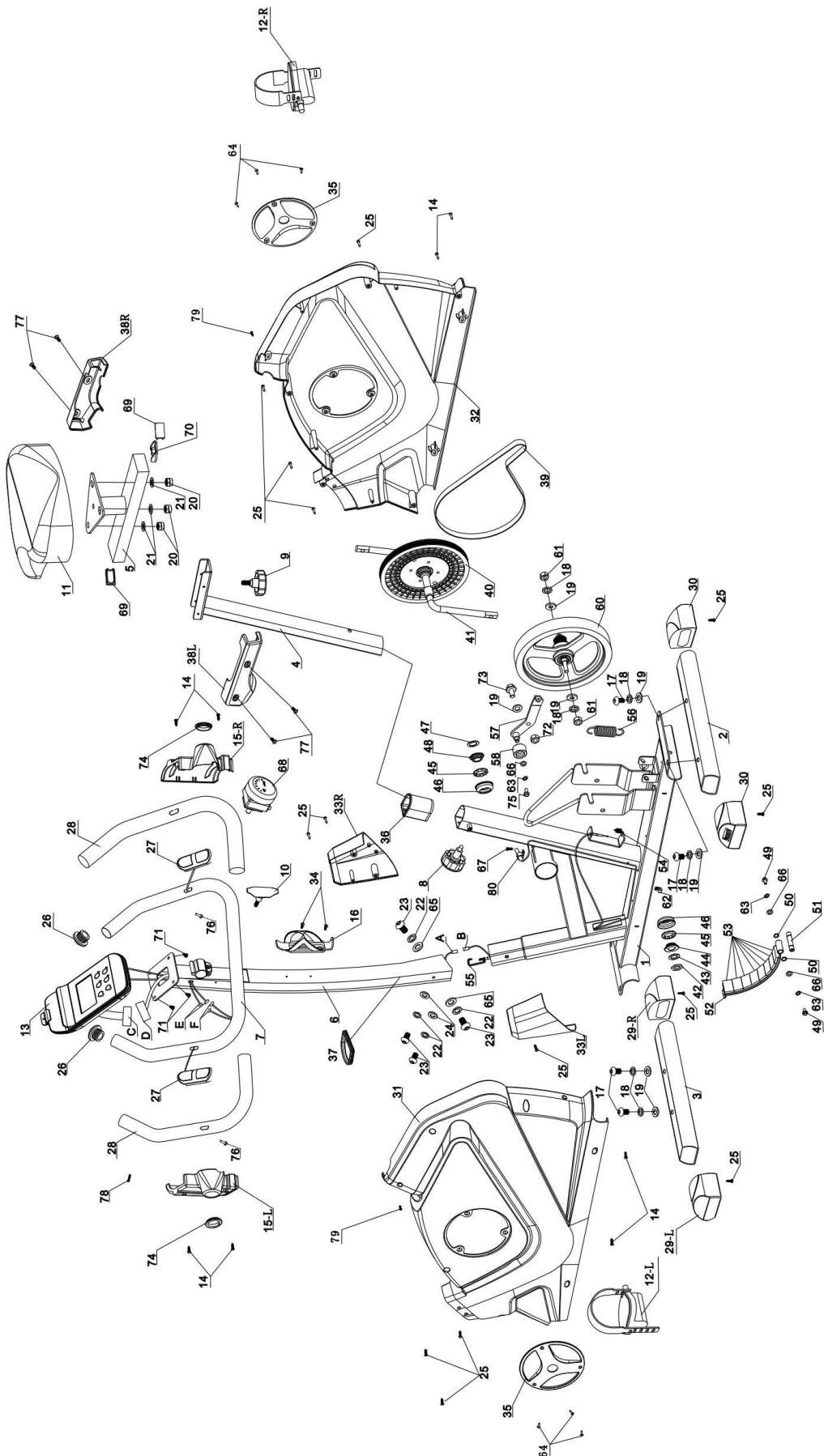
These symbols indicate that equipment with these symbols should not be disposed of as general household waste. If you want to dispose of the product or battery, please consider the collection systems or facilities for appropriate recycling.

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.



Exploded Parts Diagram



Parts List

PRO FITNESS

No.	Description	QTY	SIZE	CODE
1	Main Frame	1		2A1205897
2	Rear Stabilizer	1		2A1205892
3	Front Stabilizer	1		2A1205891
4	Seat Post	1		2A1205895
5	Seat Adjustment Bracket	1		2A1205885
6	Front Post	1		2A1205898
7	Handle	1		2A1205894
8	Lock Knob	1	M16	3C51JBD00101
9	Lock Knob	1	M10	3C51JBD00028
10	T Shaped Lock Knob	1	M8	3C51JBD00042
11	Saddle	1		3D71Q00024
12	Left & Right Pedal	2		3C51JBC00034
13	console	1		3C300105
14	Philips Self -tapping &drilling Screw	8	ST4.2X15mm	3B55DDD00005
15L	Left Handle Cover	1		3C51JBG00016
15R	Right Handle Cover	1		3C51JBG00017
16	Bottle Holder	1		3D600024
17	Allen Bolt	4	M10X20mm	3B51DBD00205
18	Spring Washer	6	Φ10mm	3B53DIA00004
19	Washer	7	Φ10mm	3B53DIB00009
20	Nut (Zinc)	3	M8	
21	Washer (Zinc)	3	Φ8mm	
22	Spring Washer	4	Φ8mm	3B53DIA00009
23	Allen Bolt	4	M8X15mm	3B51DBD00203
24	Arc Washer	2	Φ8XR22mm	3B53DIC00014
25	Philips Screw	20	ST4.2X15mm	3B55DDA00009
26	Cone End Cap	2	Φ25mm	3C51JBB00141
27	Handle Pulse Sensor	2		3D23O00184
28	Handle Grip	2	Φ25X520mm	3C73K00041
29L	L Transport Wheel	1		3C51JBC00035
29R	R Transport Wheel	1		3C51JBC00036
30	Level Foot	2		3C51JBC00080
31	Left Cover	1		3C51JBG00666
32	Right Cover	1		3C51JBG00667
33L	Front L Post Cover	1		3C51JBG00668
33R	Front R Post Cover	1		3C51JBG00669
34	Philips Self-drilling Screw	2	ST4.2X15mm	3B55DDD00005
35	Crank Cover	2		3C59J00418
36	Sleeve	1		3C51JBE00056
37	Front Post Ring	1		3C51JBG00672
38L	Left Saddle Cover	1		3C51JBG00670
38R	Right Saddle Cover	1		3C51JBG00671
39	Belt	1		3D59P00001
40	Belt Pulley	1		3C59J00050
41	Crank	1		3D600007
42	Lock Nut	1		3D600008
43	C-Shaped Lock Ring	1		3D600008
44	Alex Sleeve	1		3D600008

45	Bearing	2		3D600008
46	Bearing Chamber	2		3D600008
47	Lock Washer	1		3D600008
48	Right Bead Flange	1		3D600008
49	Hex Bolt	2	M6X15mm	3B51DBJ00083
50	Bead Flange	2		3B56D00014
51	Axle	1		3B67E00203
52	Magnet Bracket	1		2A1300077
53	Magnet	8		3F900023
54	Spring	1	36mm	3B61EJZ00004
55	Tension Adjustable Cable	1		3C59J00420
56	Spring	1	74mm	3B61EJA00005
57	Belt Tension Pulley	1		2A1205893
58	Tension Pulley Bracket	1		2A0600002
59	Spring Bead Flange	1		
60	Fly Wheel	1		3D89R00007
61	Nut	2	M10	
62	Clip	3		3C59J00052
63	Spring Washer	3	Φ6mm	3B53DIA00007
64	Philips Self Tapping Screw	6	ST2.9X10mm	3B55DDB00014
65	Washer	2	Φ8mm	3B53DIB00010
66	Washer	3	Φ6mm	3B53DIB00067
67	Philips Bolt	1	M4X10mm	3B55DDB00007
68	Tension Knob	1		3C51JBD00048
69	End Cap	2		3C51JBB00138
70	U-Shaped Case	1		2A1300069
71	Dome Head Philips bolt	4	8MM	
72	Nut	1	M10	3B52DCC00007
73	Hex Bolt	1	M10 x 25mm	3B51DBJ00084
74	Joint Ring	2		3C59J00417
75	Hex Bolt	1	M6 x 10mm	3B51DBJ00124
76	Philips Self Tapping Screw	2	ST4.2X20mm	
77	Philips Bolt	4	M5×5	3B51DBF00029
78	Philips Bolt	1	M5×50	
79	Philips Bolt	2	M5×10	3B51DBF00005
80	Reed Base	1		
A	Lower Main Sensor Wire	1		3D22O00087
B	Reed Base Sensor Wire	1		3D22O00091
C	console Main Sensor Wire	1		
D	Upper Main Sensor Wire	1		
E	console Pulse Sensor Wire	2		
F	Handle Pulse Sensor Wire	2		3D23O00184

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 inexperienced 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 600 1714**

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