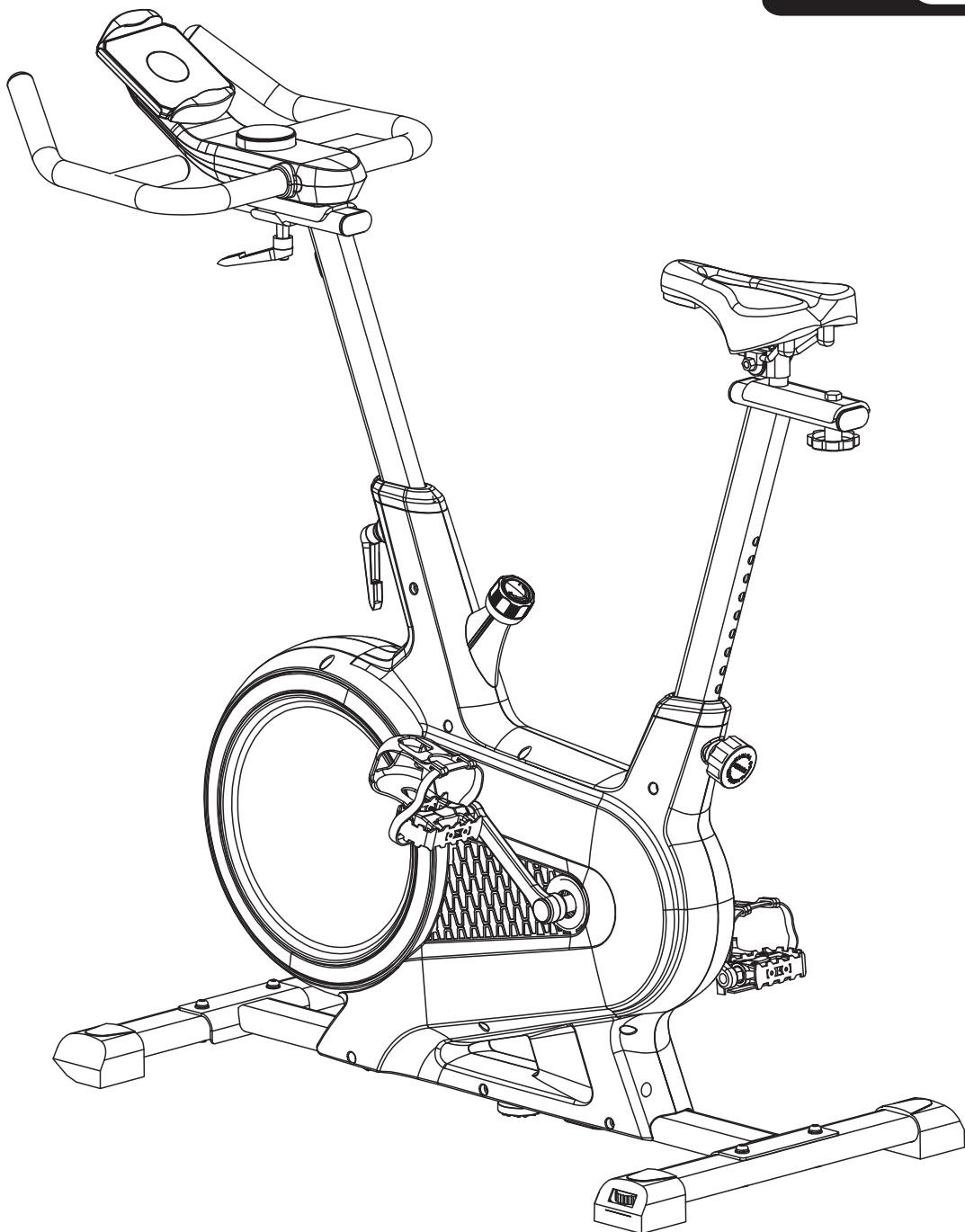


# PRO FITNESS ELECTRONIC AEROBIC EXERCISE BIKE

Assembly & User Instructions - Please keep for future reference

4190521

PRO FITNESS



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

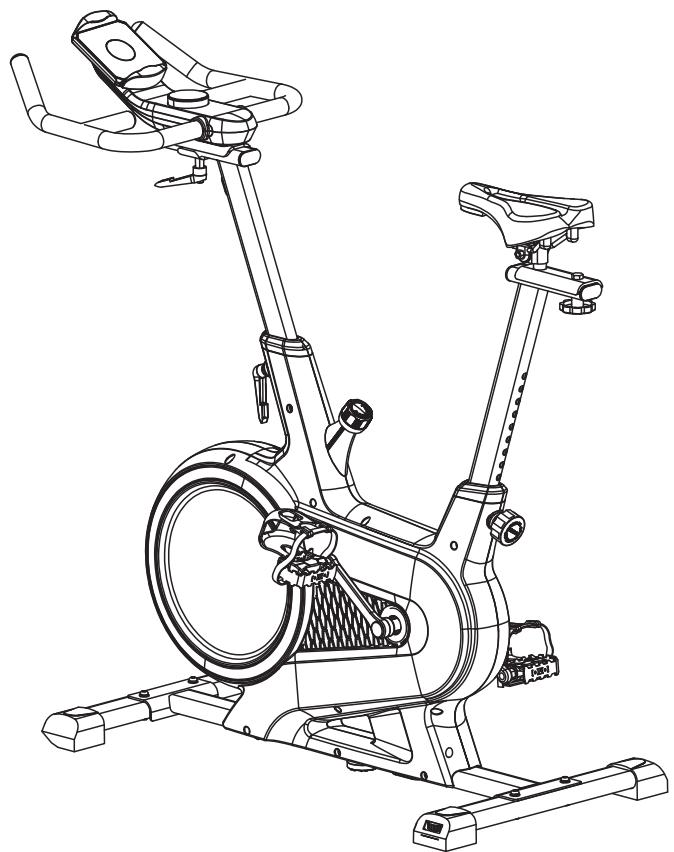
These instructions contain important information which will help you get the best from your equipment and ensure safe and correct assembly, use and maintenance.

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

# Contents

PRO FITNESS

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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.
- 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.

### Using

- 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 -10 Class (H) - Home Use.
- Please be aware the risk caused by the absence of a freewheel system. Please press the brake knob to stop exercising or slow down the speed in case of causing any injury on feet from the compulsory strength from the inertia of the flywheel.
- Keep in mind that you should lock the spinning bike by turning the brake down after using it.
- Do not touch the pedals and/or flywheel when this equipment is being used.
- Stop the rotation of the pedals and flywheel when not use.



# Safety Information

PRO FITNESS

## Important – Please read fully before assembly or use

- This appliance can be used by children aged from 8 years and above and persons with reduced physical, sensory or mental capabilities or lack of experience and knowledge if they have been given supervision or instruction concerning use of the appliance in a safe way and understand the hazards involved.
- Cleaning and user maintenance shall not be made by children without supervision.
- The appliance is only to be used with the power supply unit provided with the appliance.
- When choosing a location for the equipment make sure that the location and position permit access to a plug.
- When connecting the power cord, plug the power cord into a grounded circuit. When replacing the fuse, an approved BS 1362 type should be fitted to the fuse carrier, A13 amp fuse should be used. No other appliance should be on the same circuit.
- 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.



**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.

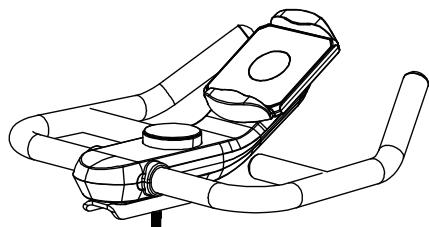
Warning! Heart rate monitoring systems may be inaccurate. For the most accurate heart rate measure, please hold both hand pulse sensors continuously during any programme.

# Components - Parts

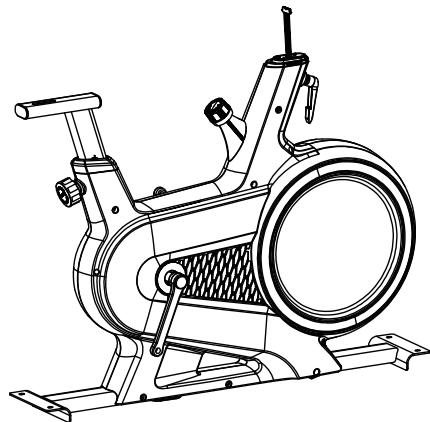
If you have damaged or missing components,  
call the **Customer contact number: 0345 600 1714**

Please check you have all the parts listed below

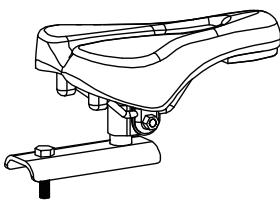
**Note:** Some of the smaller components may be pre-fitted to larger components. Please check carefully before contacting Argos regarding any missing components.



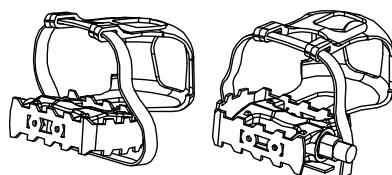
5. Handlebar x 1



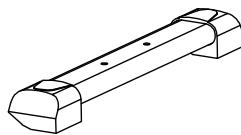
44. Main Frame x 1



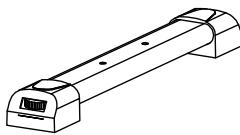
52. Saddle x 1



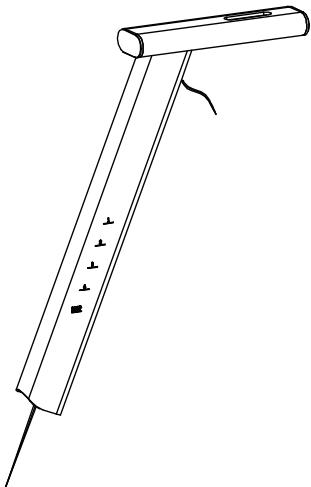
67. Pedal x 2



42. Front Stabilizer x 1



46. Rear Stabilizer x 1



14. Upright support x 1



93. Adapter x 1



13. Handlebar Lock  
Plate x 1



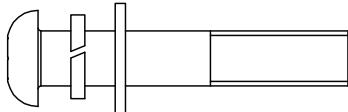
25. Front Cover x 1

# Components - Fixings

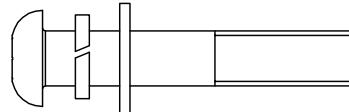
PRO FITNESS

Please check you have all the fixings listed below

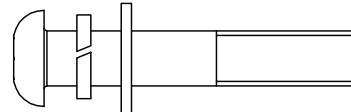
**Note:** The quantities below are the correct amount to complete the assembly. In some cases more hardware may be supplied than are required. Some of the fixings are pre-fitted to the larger components. Please check carefully before contacting Argos regarding any missing fixings.



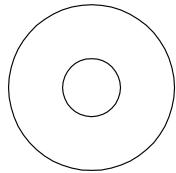
6. Spring Washer D8 x 4



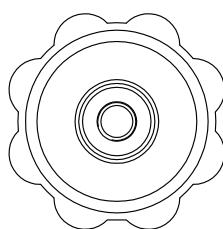
7. Flat Washer D8 x 4



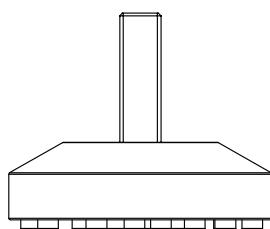
40. Allen Bolt M8x45 x 4



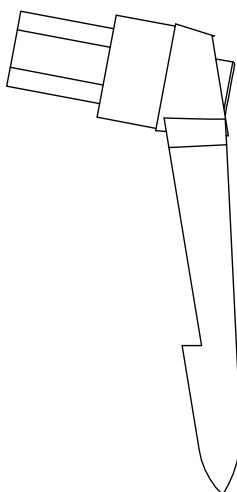
55. Flat Washer x 1



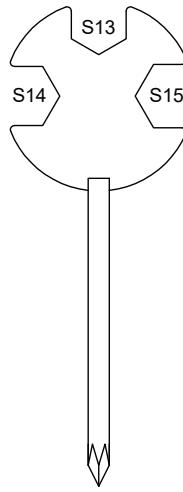
56. Nut M10 x 1



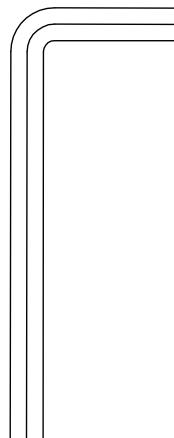
10. Foot Pad x 1



77. L-Shaped Nut M10 x 1



A. Crossed Wrench x 1



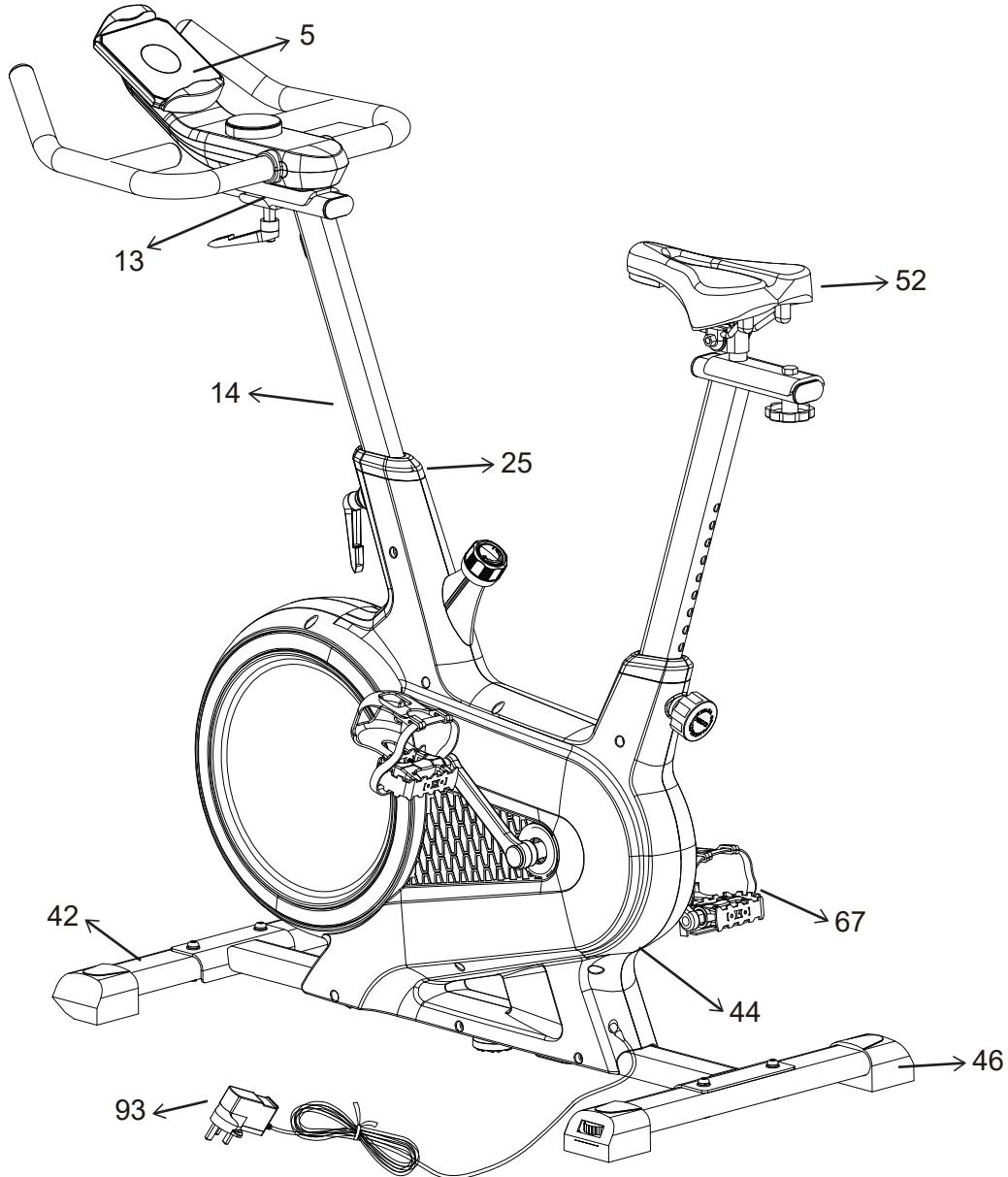
B. Hexagon Wrench x 1

# Assembly Instructions

PRO FITNESS

Total mass of the product is 29.5kg.

Total size of the equipment is (Length ) 109.5cm x (width) 55cm x (height)108cm.



**5.** Handlebar x 1

**52.** Saddle x 1

**42.** Front Stabilizer x 1

**13.** Handlebar Lock  
Plate x 1

**67.** Pedal x 2

**46.** Rear Stabilizer x 1

**14.** Upright support x 1

**44.** Main Frame x 1

**93.** Adapter x 1

**25.** Front Cover x 1

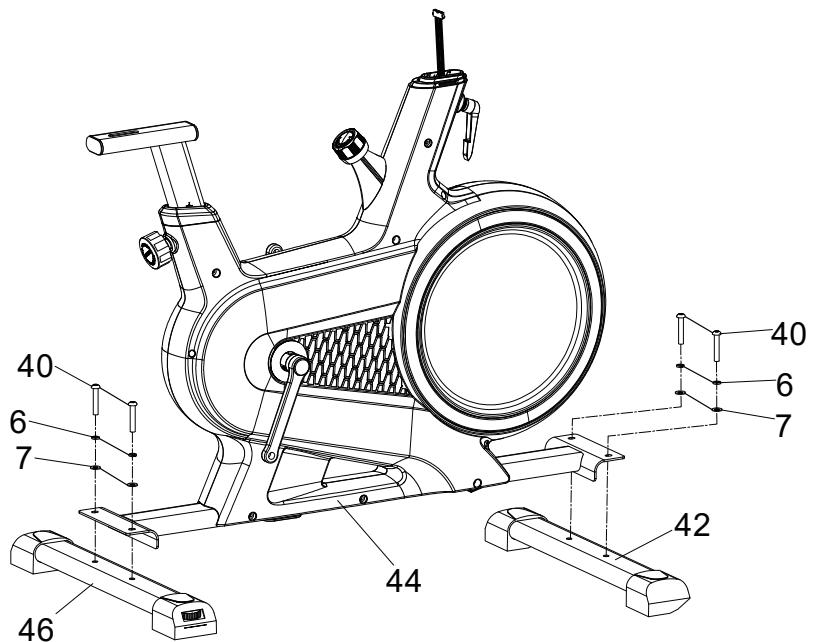
# Assembly Instructions

PRO FITNESS

## Step 1

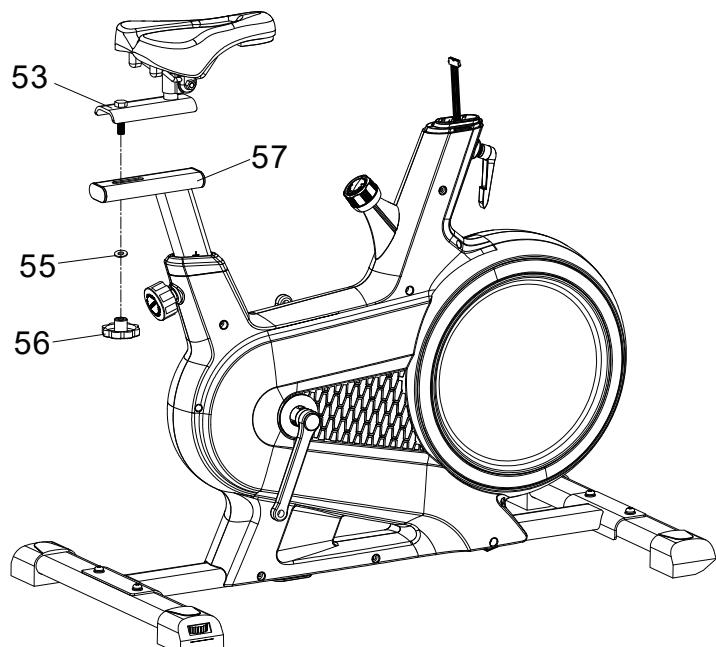
Attach Front Stabilizer (42) and Rear Stabilizer (46) to Main Frame (44) using 4 x Flat Washer (7) , 4 x Spring Washer (6) and 4 x Allen Bolt M8x45 (40) .

The self Leveling Feet (46) can be adjusted when turning the knob to ensure the bike sits flat on the ground.



## Step 2

Secure Saddle Support (53) on Seat Tube (57) with the Flat Washer (55) and Lock knob (56)



# Assembly Instructions

PRO FITNESS

## Step 3

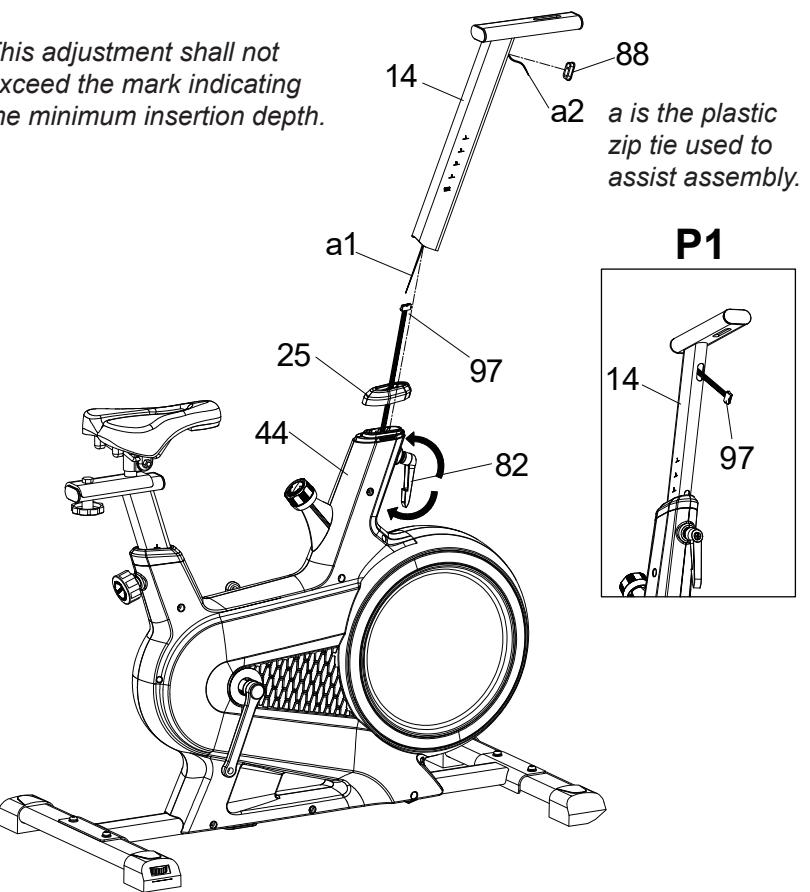
Remove the Wire plug (88) pre-fitted on the Upright Support(14).

Attach the Front Cover (25) to the Main Frame (44).

Bind the Junction Line (97) on (a1) the end of the plastic zip tie.. Pull the other end (a2) of the plastic zip tie to let the Junction Line (97) pass through the Upright Support (14) and come out of the Wire Plug (88) hole.

Loosen the L-shaped Lock Knob (82) pre-fitted on the Main Frame (44) counter clockwise, insert the Upright Support (14) into the main frame and tightening with the L-shaped Lock knob(82) by turning clockwise.

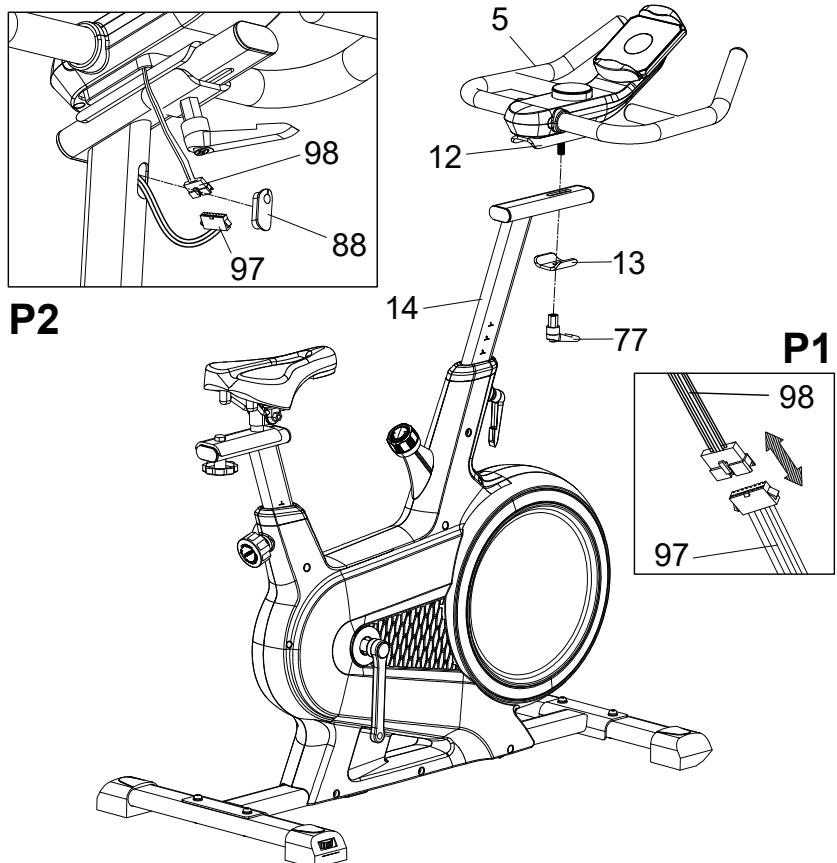
*This adjustment shall not exceed the mark indicating the minimum insertion depth.*



## Step 4

Attach the Handle Sliding Plate (12) to the Upright Support (14) using Handlebar Lock Plate (13) and L-shaped nut (77).

Connect Junction Line (97) to Monitor Junction Line (98), put the connected Junction Line into the Wire Plug hole and block the hole with the Wire Plug(88).



# Assembly Instructions

PRO FITNESS

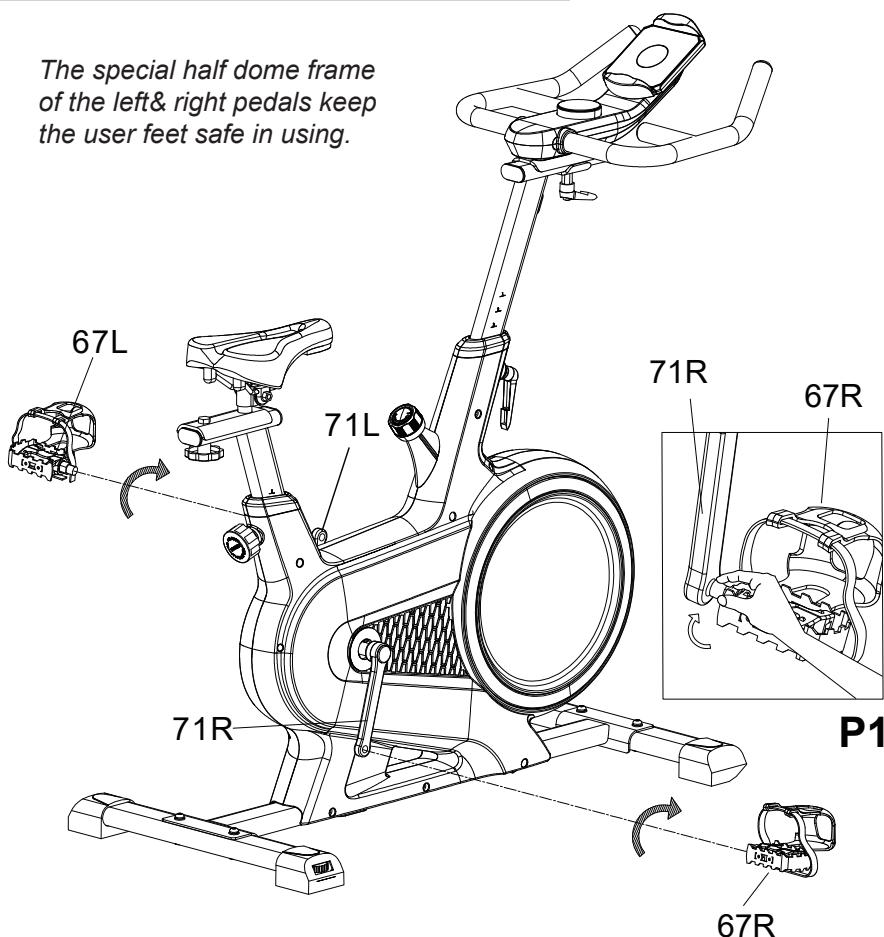
## Step 5

Attach Pedals (67R/L) to the Crank (71R/L) as shown in diagram.

Note:

The right one is marked "R" and the left one marked "L". Fasten the left pedal by turning in an anti-clockwise direction and fasten the right pedal by turning in a clockwise direction.

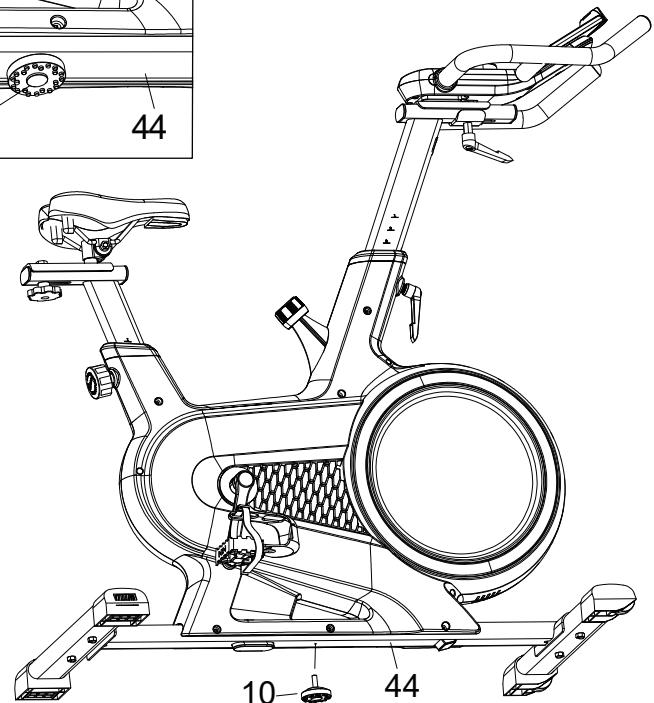
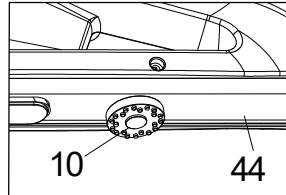
*The special half dome frame of the left & right pedals keep the user feet safe in using.*



## Step 6

Tilt the whole exercise bike to an appropriate position, screw the Foot Pad (10) into the middle hole of the Main Frame (44).

P1



# Assembly Instructions

PRO FITNESS

## Step 7

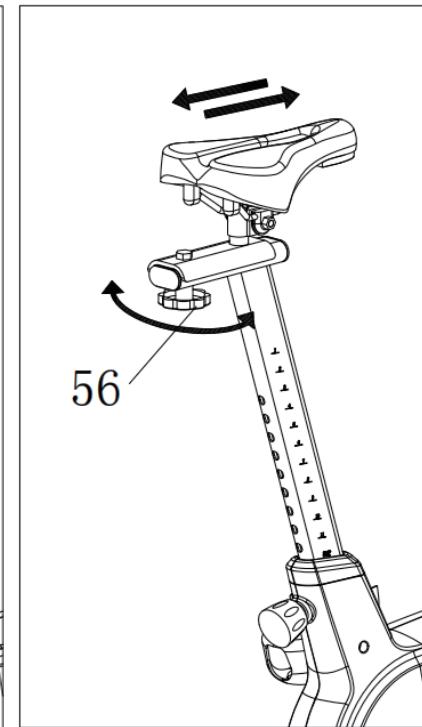
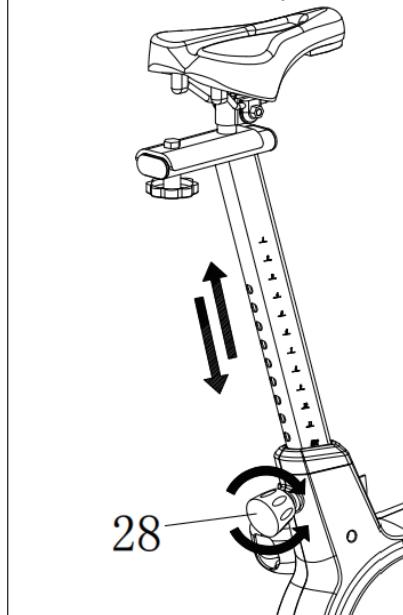
### Height Adjustment

Pull out the Knob (28), Turn Knob (28) in a counterclockwise direction, adjust Seat tube (57) to desired height, release knob (28) to its original position, fasten the Seat tube (57) by turning Knob (28) in clockwise direction.

Saddle adjustment Loosen Nut (56), slide the Saddle (52) back and forth to adjust it to desired position, fasten Saddle (52) by tightening Nut (56).

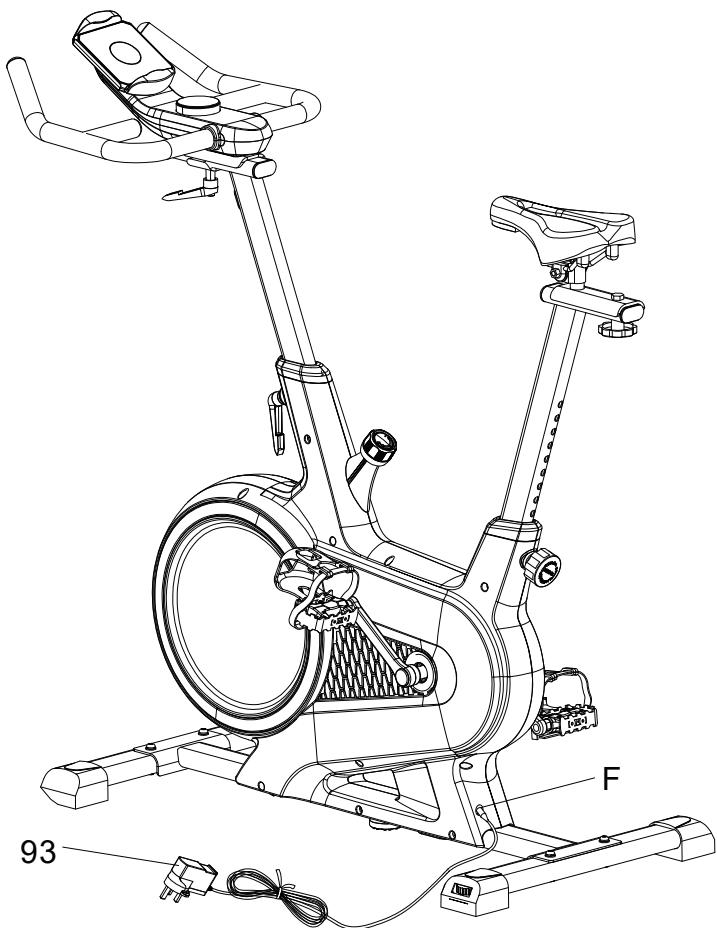
**Note:** The seat height is correct when the knee is slightly angled with the pedal vertically down and the foot parallel to the floor.

*This adjustment shall not exceed the mark indicating the minimum insertion depth.*



## Step 8

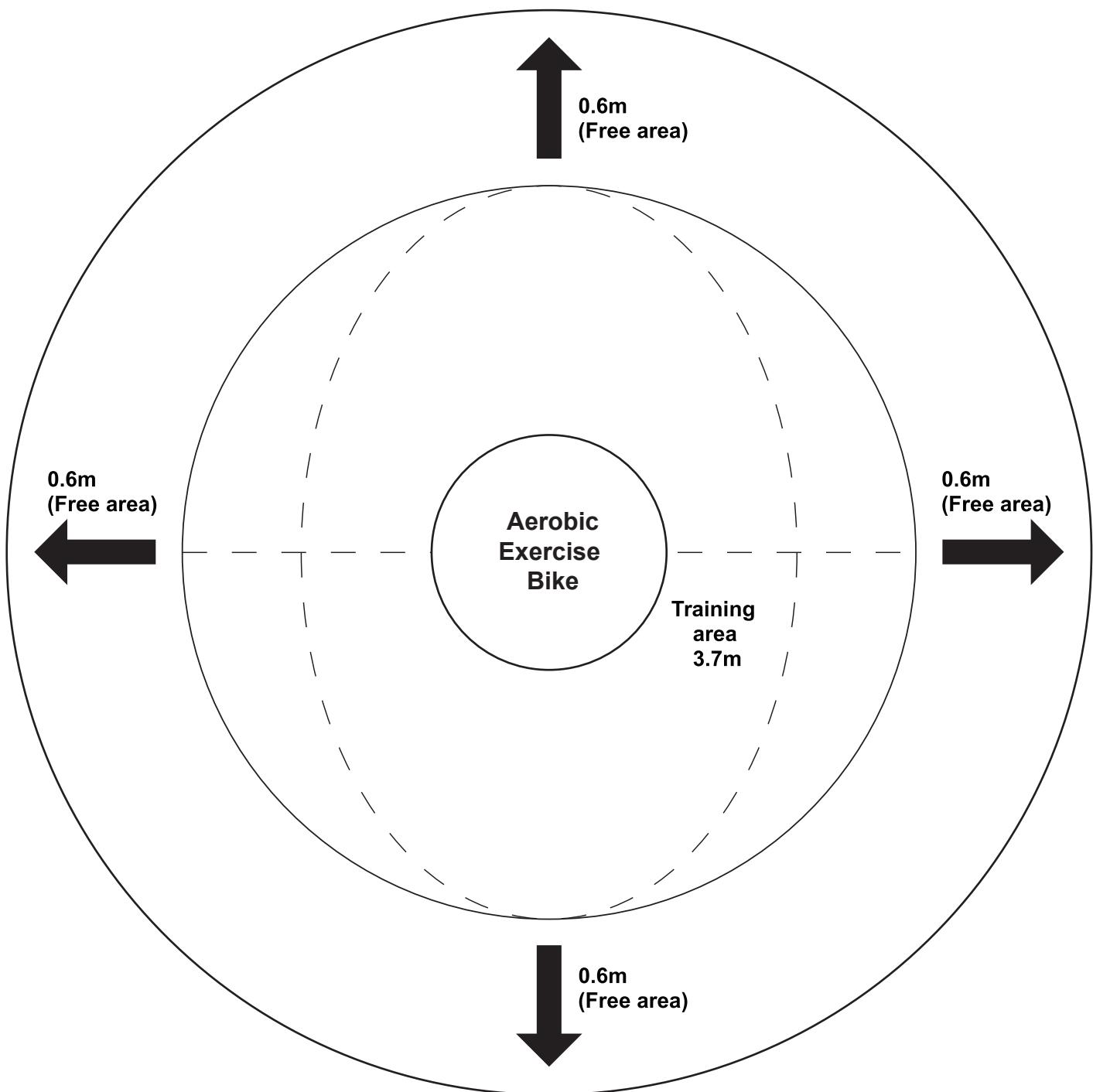
Plug the Adapter (93) into socket F, connect Power Adapter (93) with main power.



# Workout Area

PRO FITNESS

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

## 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.

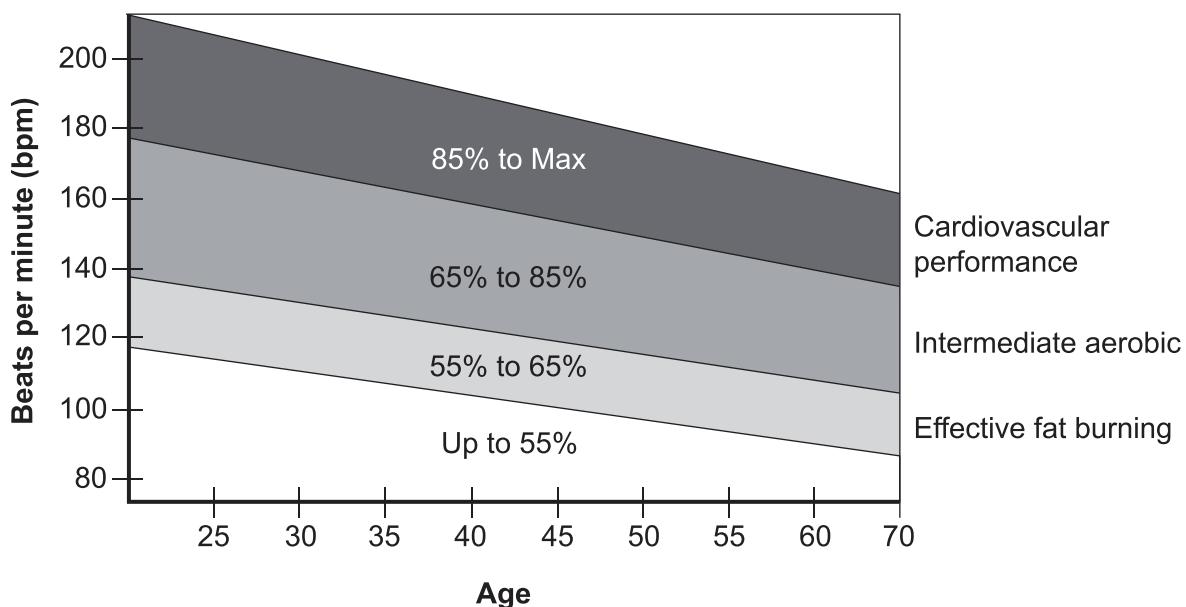
Initially, you may be able to exercise only for a few minutes in your target zone, however, your aerobic fitness will improve over the next six to eight weeks. Don't be discouraged if it takes longer. It's important to work at your own pace.

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.

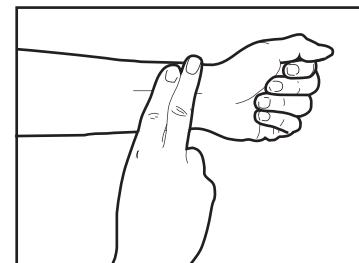
## Exercise intensity

To maximize the benefits of exercising, it is important to exercise with the proper 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.



## Muscle chart

### Aerobic Exercise

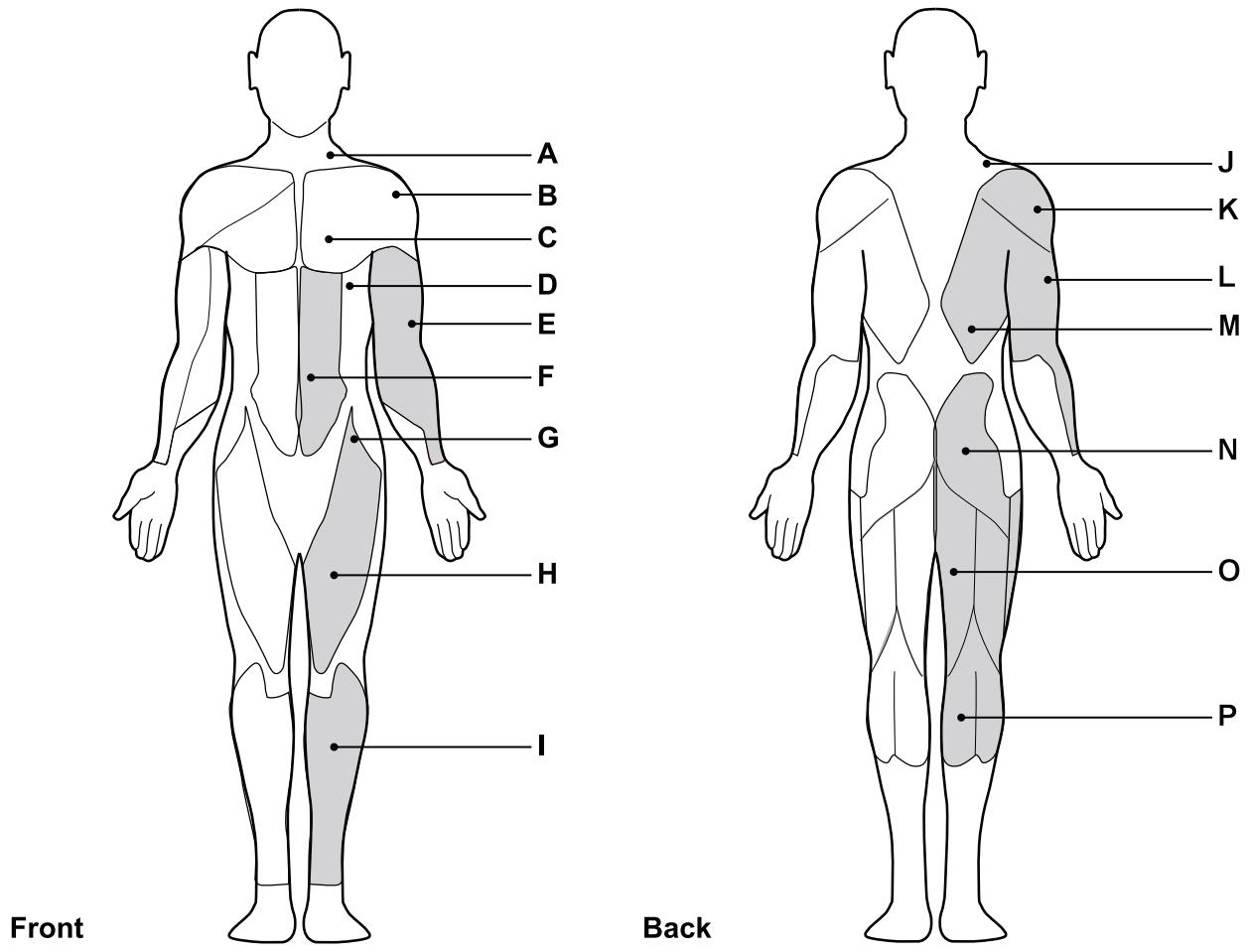
Aerobic exercise improves the fitness of your lungs and heart - your body's most important muscle. Aerobic exercise fitness is promoted by any activity that uses your large muscles (arms, legs, or buttock, for example).

### 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 the exercise routine process. 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 upper and 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:** Gastrocnemius

# Exercise Information

PRO FITNESS

## Warming up and Cooling down

**Each workout should include the following three parts:**

1. A warm-up, consisting of 5 to 10 minutes of 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.

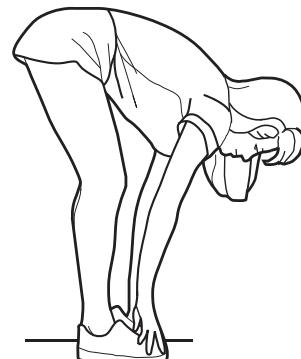
#### Toe touch stretch

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

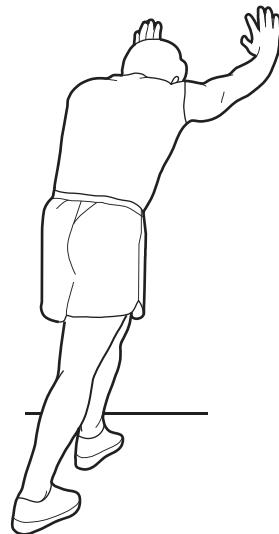
## Calf/achilles stretch

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.



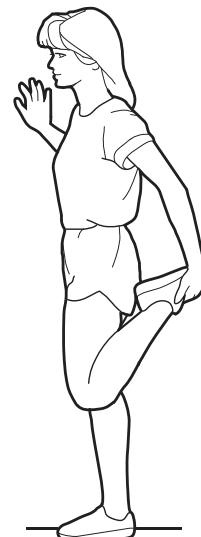
## Quadriceps stretch

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, 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 for each 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, then relax.

Repeat 3 times.

**Stretches:** Quadriceps and hip muscles.



# Exercise Information

PRO FITNESS

## CONSOLE OPERATION

### 1.1 MAIN CONSOLE DESCRIPTION

NO.	Item	Display window	Brief description
1	Display		<ul style="list-style-type: none"> <li>1. 24 effect lights on the outer ring.</li> <li>2. Display "LEVEL" resistance LEVEL, the resistance value of "1 ~ 32".</li> <li>3. Display exercise data "speed" "time" "distance" "calorie".</li> <li>4. Bluetooth connection status can be displayed.</li> </ul>
2	Broadcast in turns		<ul style="list-style-type: none"> <li>1. Press the console, the scan mode starts.</li> <li>2. All data is displayed in turn and switched every 3 second.</li> <li>3. Data beside "LEVEL" shows resistance level.</li> <li>4. The main window number are broadcast in turns "Speed" "Time". "Distance" "Calories".</li> <li>5. Bluetooth light indicates Bluetooth connection status, lit when connected, off when not connected.</li> <li>6. Motion state, the outer ring is lit by default.</li> </ul>
3	Lock mode		<ul style="list-style-type: none"> <li>1. Press the knob to switch the display mode and lock the data you need to see.</li> <li>2. Main window can lock display data "speed" "time" "distance", "Calories".</li> <li>3. Data beside "LEVEL" shows resistance level.</li> <li>4. Motion state, the outer ring is lit by default.</li> </ul>

### 1.2 MAIN OPERATION INSTRUCTIONS

NO.	Item	Display window	Brief description
1	Sleep wake up		<ul style="list-style-type: none"> <li>1. Hibernation state, display closed.</li> <li>2. Short press the knob or detect riding movement and the knob wakes up.</li> </ul>
2	Press the button		<ul style="list-style-type: none"> <li>1. If there is no operation or movement, the knob will go to sleep after 3 minutes.</li> <li>2. In sleep state, press the knob to wake up the device.</li> <li>3. The target is set successfully, or no target is set, and the motion is detected to enter the motion state.</li> <li>4. In motion state, press the knob to switch the display mode.</li> <li>5. In motion state, long press the knob 2 second to reset the data and enter the wake state.</li> <li>6. When pressing the knob, there is a buzzer prompt.</li> </ul>
3	Rotate knob		<p><b>A: Wake up the state</b></p> <ul style="list-style-type: none"> <li>1. Rotate clockwise to increase the target value.</li> <li>2. Rotate counterclockwise to reduce the target value.</li> </ul> <p><b>B: Motion state</b></p> <ul style="list-style-type: none"> <li>1. Rotate clockwise to increase resistance.</li> <li>2. Rotate counterclockwise to reduce drag.</li> <li>3. When pressing the knob, there is a buzzer prompt.</li> </ul>

# Exercise Information

PRO FITNESS

## CONSOLE OPERATION

### 1.3 DETAILED OPERATION INSTRUCTIONS

1. The knob turns on, BUZZER beeps, the knob lights up and enters the READY state (Figure 1); After power-on, the resistance automatically reset to "1". No operation for 3 minutes, display full shutdown and enter standby state (Figure 2).



2. Main window digital default rotation, "SCAN" icon lights up, "speed" "Time" "Distance" "Calorie" (FIG. 3, FIG. 4, FIG. 5, FIG. 6), switching display every 3s.



3. By pressing the knob, the display mode can be adjusted to lock. The "SCAN" icon is not displayed, and the lock shows fixed data: "Speed" or "time" or "distance" or "calories" (Figure 7, Figure 8, Figure 9, Figure 10).



### 1.4 DATA DISPLAY DESCRIPTION

NO.	Item	Display window	Explicit declaration	NO.	Item	Display window	Explicit declaration
1	Level	LEVEL	1 ~ 32 The higher the grade, the greater the resistance.	2	Bluetooth		Display: Bluetooth is connected. Not displayed: Bluetooth is not connected
3	SCAN		Displayed: Indicates that data is in round - cast mode, Not displayed: Indicates that data is in locked mode	4	Distance		The display range is 0.0 ~ 999.9 km
5	Speed		The display range is 0.0~999.9 km/h 60RPM - 21.5km/h	6	Calorie		Display range: 0.0 ~ 999.9 kcal Proportional to the resistance level: Resistance 1 corresponds to 11.4 kcal/km, and resistance 32 to 44.6 kcal/km
7	Time		00:00 ~ 99:59 Wake up state, start timing after short press the knob or detect motion, stop timing after motion for 4s				

# Exercise Information

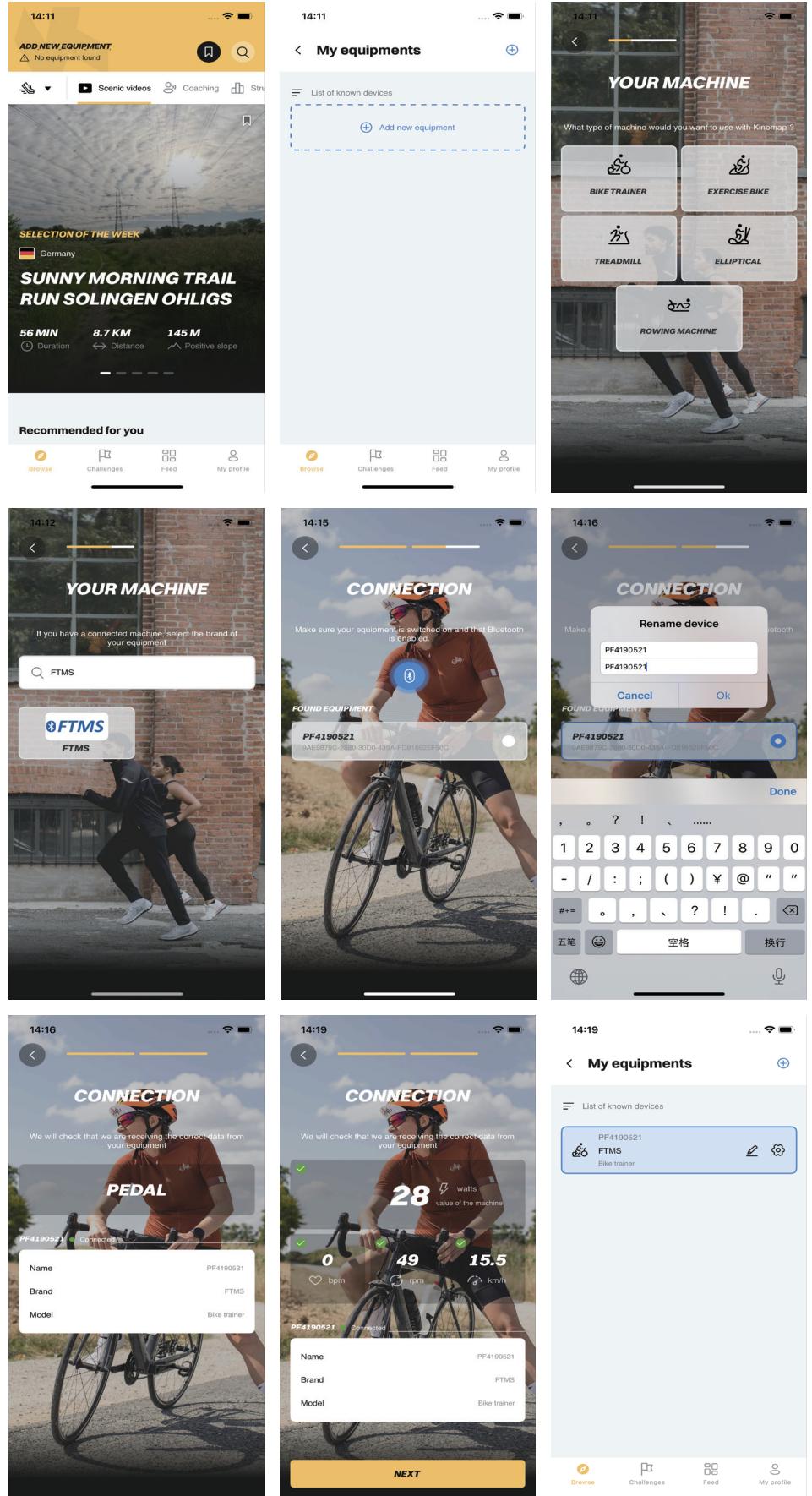
PRO FITNESS

## CONSOLE OPERATION

### 1.5.1 KINOMAP CONNECTION METHOD

Search, download, and install Kinomap over the App Store.

1. Enter Kinomap to select [More] page;
2. Select to add more fitness equipment;
3. Select the desired device type;
4. Tap FTMS entrance;
5. Tap the matching devices 'PF4190521' to bind Find related videos to start sports.
6. Find related videos to start sports.



# Exercise Information

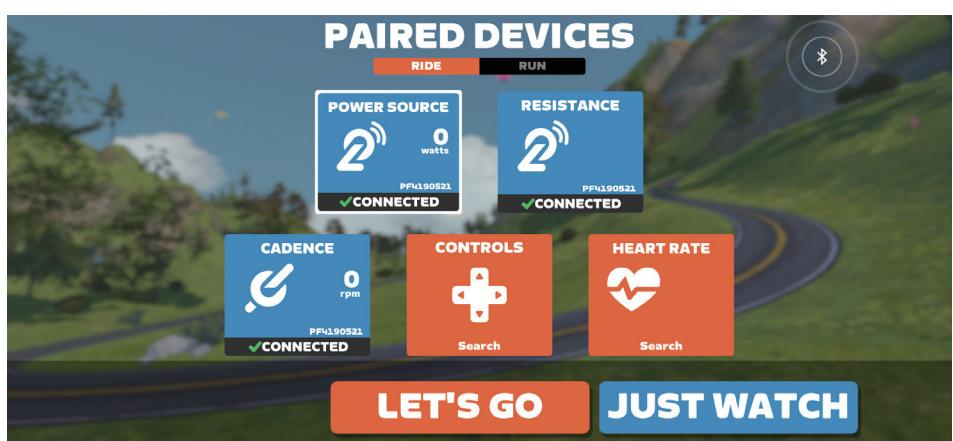
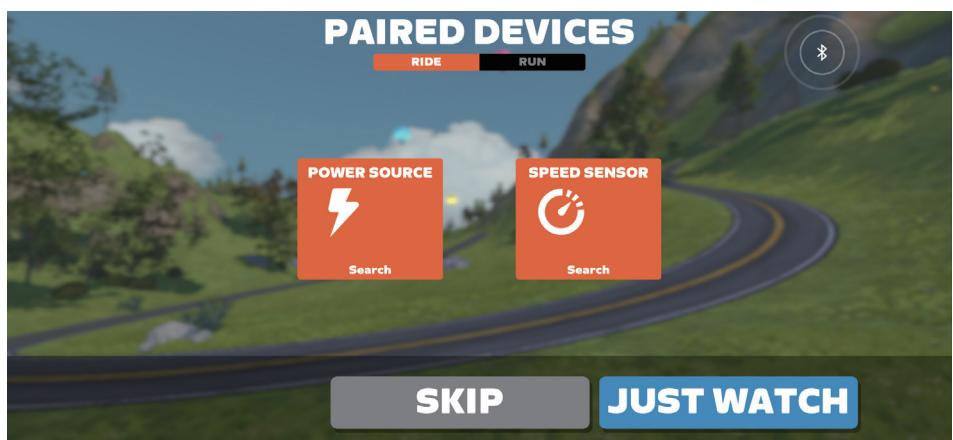
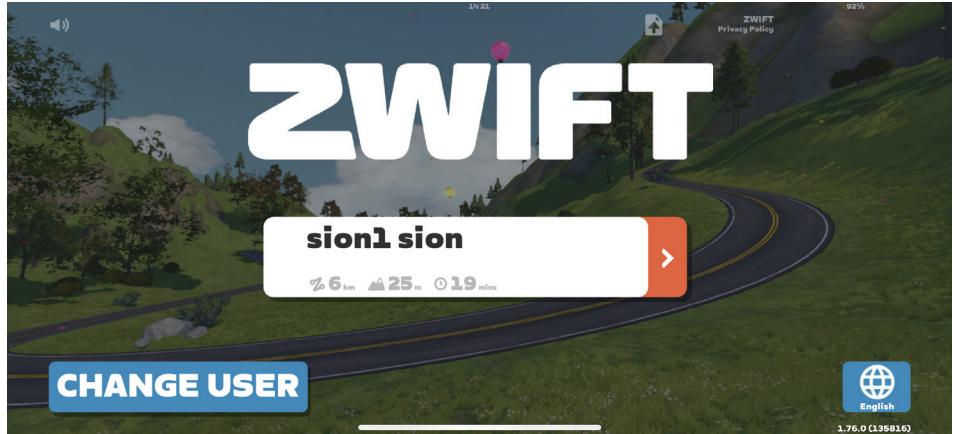
PRO FITNESS

## CONSOLE OPERATION

### 1.5.2 ZWIFT CONNECTION METHOD

Search, download, and install ZWIFT over the App Store.

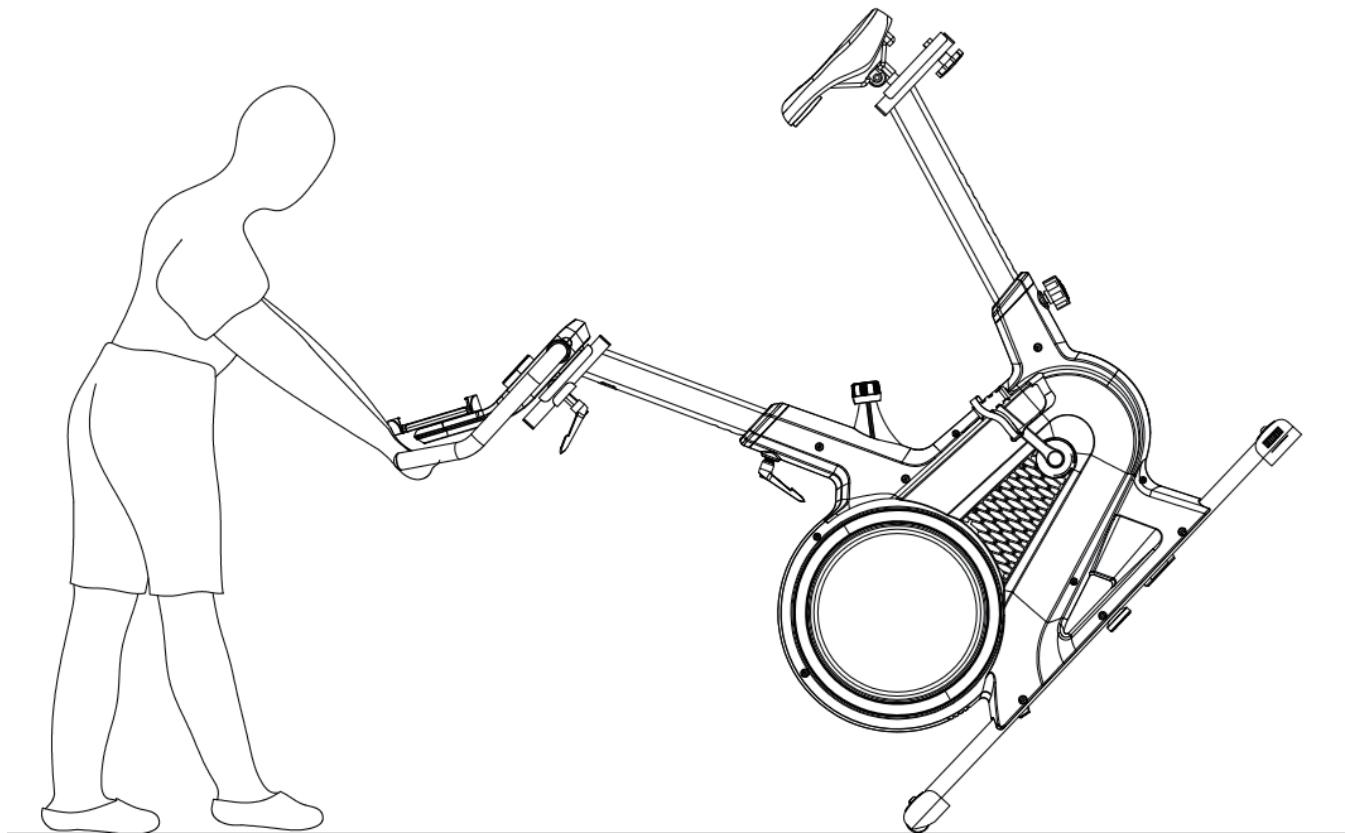
1. Enter ZWIFT to register an account;
2. Login account to select the paired riding equipment;
3. Pair device successfully, tap OK to start sport;
4. For riding equipment, start riding directly.



# Exercise Information

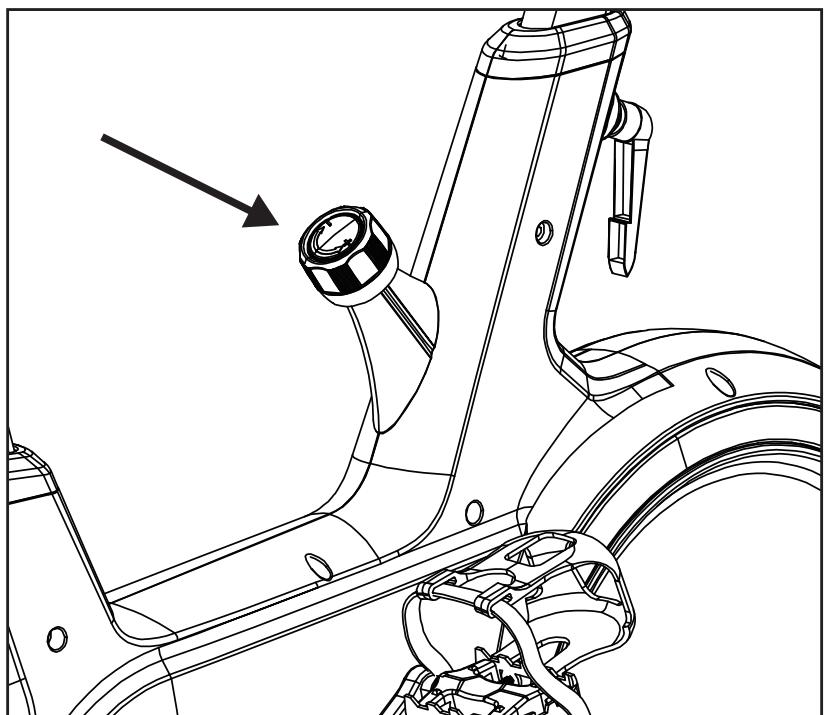
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## Moving Instruction



### Brake Knob

Press the brake knob to stop exercising or slow down the speed in case of causing any injury on feet from the compulsory strength from the inertia of the flywheel.



# Care and Maintenance

PRO FITNESS

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 the manufacturer, their approved service agent or the

**Customer Helpline:**  
0345 600 1714 [www.argos-support.co.uk](http://www.argos-support.co.uk)

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

## Information for Users on Disposal of old Equipment

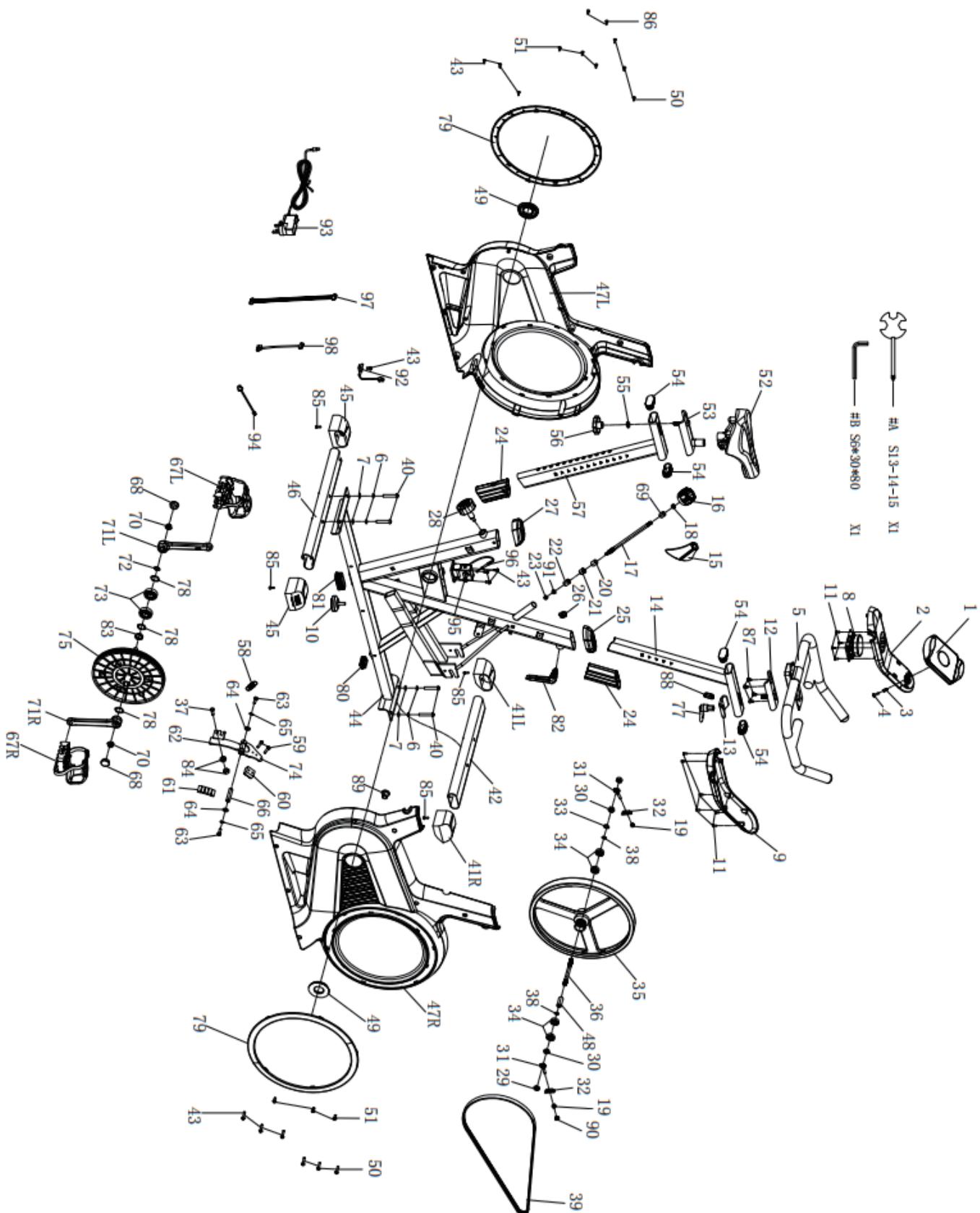
These symbols indicate that equipment with these symbols should not be disposed of as general household waste. If you want to dispose of the product or battery, please consider the collection systems or facilities for appropriate recycling.



Error Code	Check	Solution
EO1	A. Over Load	A. Check the cable wire connection B. Check the resistance system. Need adjustment if f too high.
	B. Communication error	A. Check the cable wire connection. B. Replace the cable wire.
	C. Components error	Replace the cable motor or control knob.

# Exploded Parts Diagram

PRO FITNESS



# Parts List

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No.	Item Code	Description	QTY	No.	Item Code	Description	QTY
1	SNSK358	PAD Holder	1	51	SNSK408	Crossed Pan Screw M4*8*Full Thread, Head	6
2	SNSK359	Center Console Up Cover	1	52	SNSK409	Saddle	1
3	SNSK360	Compression Spring	1	53	SNSK410	Saddle Support	1
4	SNSK361	Crossed Pan Screw M5*20*Φ10	1	54	SNSK411	Tube Plug	4
5	SNSK362	Handlebar	1	55	SNSK412	Flat Washer φ10.5*φ30*3	1
6	SNSK363	Spring Washer D8	4	56	SNSK413	Nut M10	1
7	SNSK364	Flat Washer D8	4	57	SNSK414	Seat Tube	1
8	SNSK365	Shuttle Knob Combination	1	58	SNSK415	Drag Spring	1
9	SNSK366	Center Console Down Cover	1	59	SNSK416	Crossed Pan Screw M5*7	2
10	SNSK367	Foot Pad Φ52*M8*25	1	60	SNSK417	Brake Block	1
11	SNSK368	Crossed Pan Self-tapping Screw ST4.0*12*φ8	13	61	SNSK418	Magnet	5
12	SNSK369	Handlebar Sliding Plate	1	62	SNSK419	Magnet Board Weld	1
13	SNSK370	Handlebar Lock Plate	1	63	SNSK420	External Hexagon Screw M6*15*S10	2
14	SNSK371	Upright support	1	64	SNSK421	Flat Washer D6	2
15	SNSK372	Brake Rod Cover	1	65	SNSK422	Spring Washer D6	2
16	SNSK373	Brake Knob	1	66	SNSK423	Magnet Plate	1
17	SNSK374	Brake Rod	1	67	SNSK424	Pedal	2
18	SNSK375	Hexagon Nut M8*H5*S14	1	68	SNSK425	Crank Plug	2
19	SNSK376	Nylon Nut M6*H6*S10	2	69	SNSK426	Brake Located Sleeve	1
20	SNSK377	Brake Spacer	2	70	SNSK427	Flange Nut M10×1.25 S14	2
21	SNSK378	Brake Flat Nut	1	71	SNSK428	Left/Right Crank	2
22	SNSK379	Down Spacer	1	72	SNSK429	Spring Ring for Axle with φ20 Axle	1
23	SNSK380	Cap Nut M6 S10	1	73	SNSK430	Bearing	2
24	SNSK381	Pipe Liner	2	74	SNSK431	Brake Board Weld	1
25	SNSK382	Front Cover	1	75	SNSK432	Belt Pulley	1
26	SNSK383	Wire Plug	1	76	SNSK433	Magnetic Positioning Grid	1
27	SNSK384	Rear Cover	1	77	SNSK434	L-Shaped Nut M10*20*L80	1
28	SNSK385	Knob	1	78	SNSK435	Wave washer ring d20*Φ24*0.3	3
29	SNSK386	Hexagon Nut M10*1.0*H8*S17	1	79	SNSK436	Chain Cover Decorate Ring	2
30	SNSK387	Hexagon Nut M10*1.0*H5*S17	2	80	SNSK437	Square Tube Plug	1
31	SNSK388	Adjustable Chain Bolt	2	81	SNSK438	Flat Oval Pipe Plug	1
32	SNSK389	U Board	2	82	SNSK439	L-shaped Lock knob	1
33	SNSK390	Spring Ring for Axle with Φ10 Axle	1	83	SNSK440	Flywheel Spacer	1
34	SNSK391	Bearing	4	84	SNSK441	Hexagon Nut M6 S10	2
35	SNSK392	Flywheel	1	85	SNSK442	Crossed Pan Self-Drilling Screw ST4.2*20	4
36	SNSK393	Flywheel Axle	1	86	SNSK443	Cross Pan Self-tapping Screw ST4.2*32	2
37	SNSK394	External Hexagon Screw M6x60xL20	1	87	SNSK444	Socket countersunk head bolt M6*15*S4	4
38	SNSK395	Flat Washer φ14*φ10.2*1	2	88	SNSK445	Wire Plug	1
39	SNSK396	Belt	1	89	SNSK446	Middle Tube Plug	1
40	SNSK397	Allen Bolt M8*45*S6	4	90	SNSK447	Flange Nut M10×1.0×H8×S15	1
41	SNSK398	Idler Flywheel Group of Front	2	91	SNSK448	Flange Nut M6*H5.5*S10	1
42	SNSK399	Front Stabilizer	1	92	SNSK449	Needle Type Sensor	1
		Crossed Pan Self-tapping		93	SNSK450	Adapter	1
43	SNSK400	Self-drilling Screw ST4.2*16	10	94	SNSK451	Power Relay Line	1
44	SNSK401	Main Frame	1	95	SNSK452	Motor	1
45	SNSK402	Rear Foot Pad	2	96	SNSK453	Electronic Control Fine Adjustment Line	1
46	SNSK403	Rear Stabilizer	1	97	SNSK454	Junction line	1
47	SNSK404	Left/Right Chain Cover	2	98	SNSK455	Monitor Junction Line	1
48	SNSK405	Spacer of Mid Axle	1	A	SNSK456	Crossed Wrench	1
49	SNSK406	Crank Plug Ring	2	B	SNSK457	Hexagon Wrench	1
50	SNSK407	Crossed Pan Self-tapping Screw ST4.2*20	6				



## Product Guarantee

This product is guaranteed against manufacturing defects for a period of



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 invalidated 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 rights.
- In the event of a problem with the product within the guarantee period call the **Customer contact number: 0345 600 1714** [www.argos-support.co.uk](http://www.argos-support.co.uk)