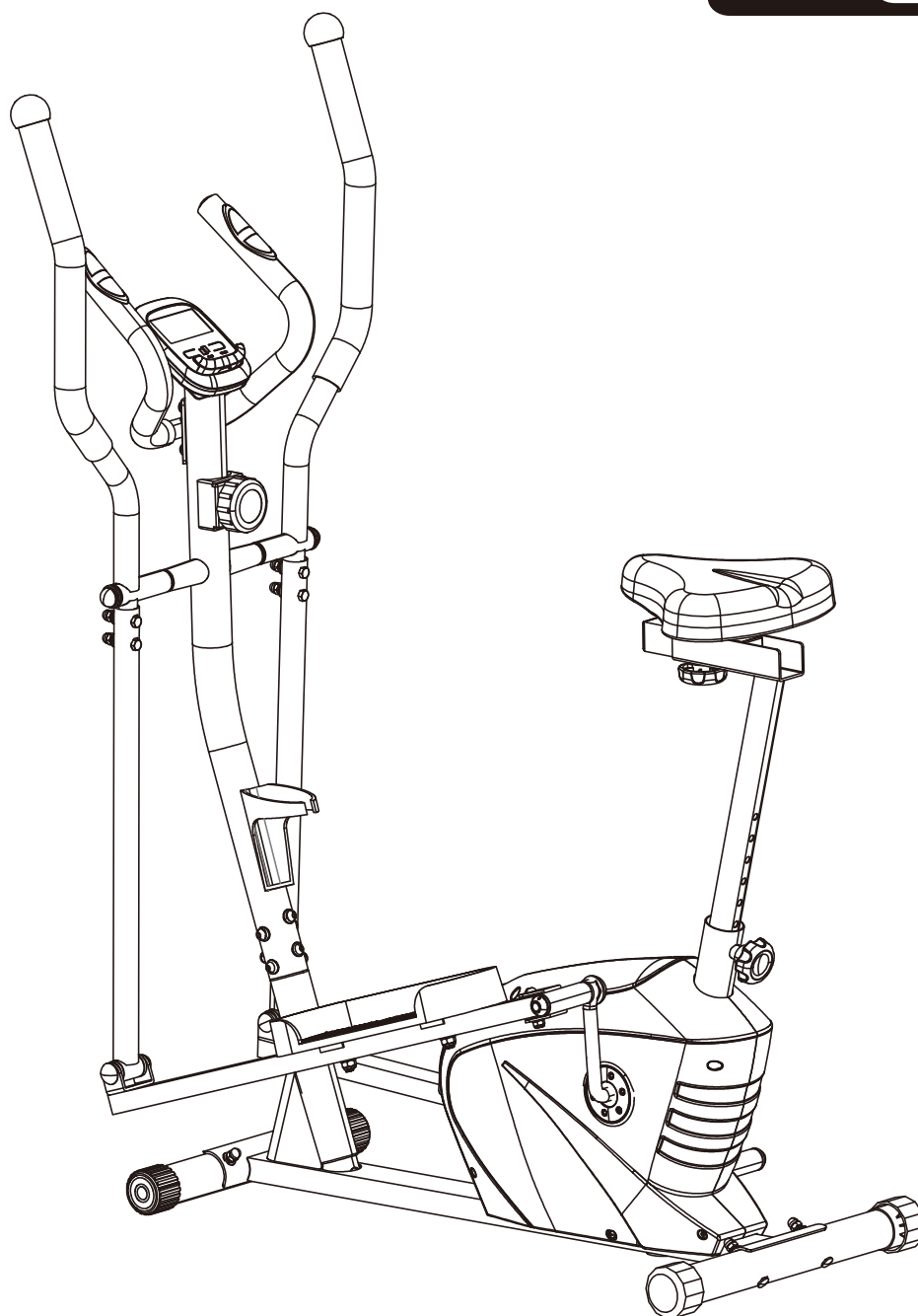


# PRO FITNESS 2 IN 1 CROSS TRAINER

Assembly & User Instructions - Please keep for future reference

4582184

**PRO FITNESS**



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

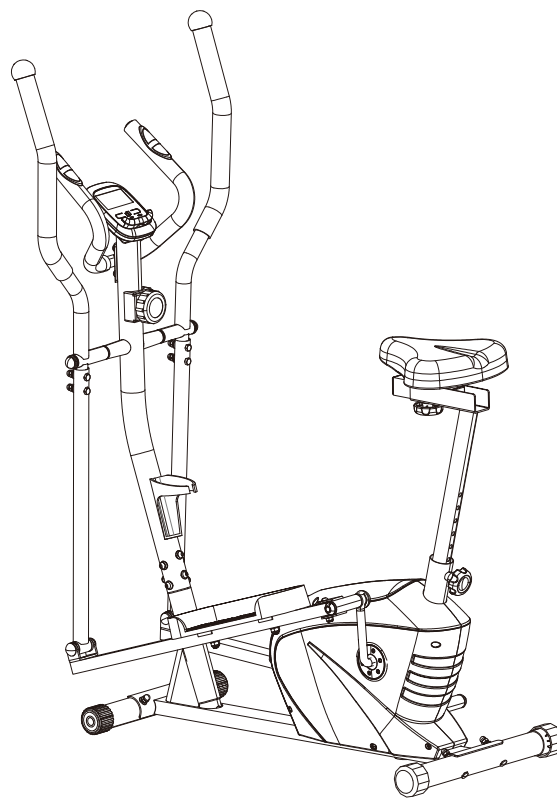
These instructions contain important information which will help you get the best from your equipment and ensure safe and correct assembly, use and maintenance.

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.
- 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.

## 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.
- 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: 110kg.
- This product conforms to: BS EN ISO 20957-1 and -9 Class (H) - Home Use - Class (C).
- This stationary training equipment is not suitable for high accuracy purposes
- The cross trainer is not equipped with a free wheel and therefore the moving parts cannot be stopped immediately.
- To mount and dismount the equipment safely, step on/down the footplatform when it is in the lowest position.



# Safety Information

PRO FITNESS

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

## Battery safety

- 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.
- 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.



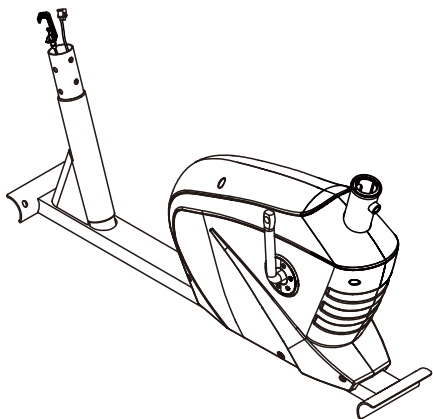
**Warning:** Before beginning any exercise program, consult your Doctor. This is especially important for persons over the age of 35 or persons with pre-existing health problems. You **MUST** read all instructions before using any fitness equipment. Argos and its associates assumes no responsibility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

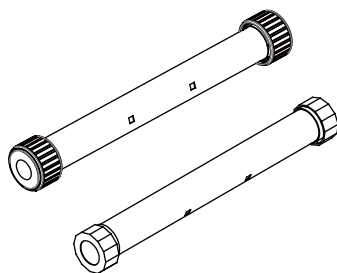
If you have damaged or missing components, call the **Customer Helpline: 0345 600 1714**

Please check you have all the parts listed below

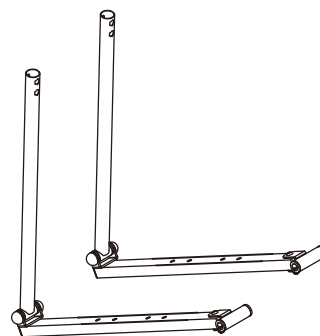
**Note:** Some of the smaller components may be pre-fitted to larger components. Please check carefully before contacting Argos regarding any missing components.



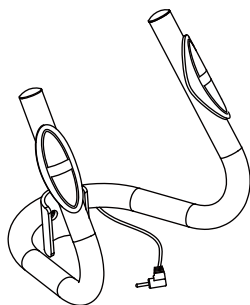
**33. Main Frame**



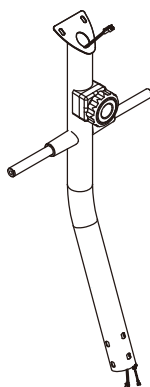
**30/32. Stabiliser**



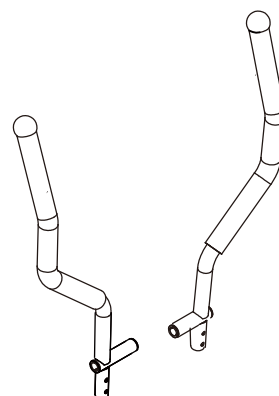
**59. Footplate Support Bar L/R**



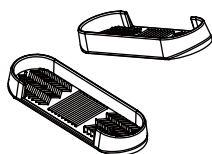
**81. Fixed Handlebar**



**73. Handlebar Upright**



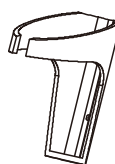
**68. Dual Action Handlebar L/R**



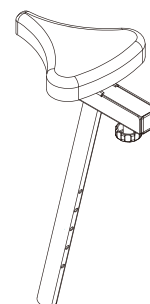
**55. Foot Plate**



**83. Exercise Monitor**



**89. Water bottle holder**



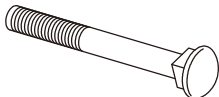

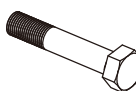
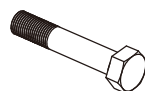
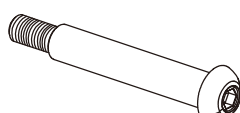
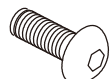
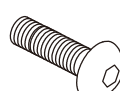











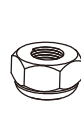
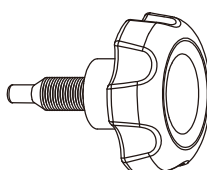
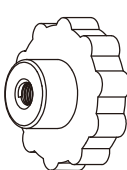
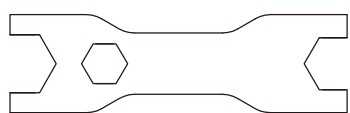


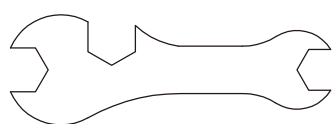
**91. Saddle Post**

# Components - Fixings

PRO FITNESS

Please check you have all the fixings listed below

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

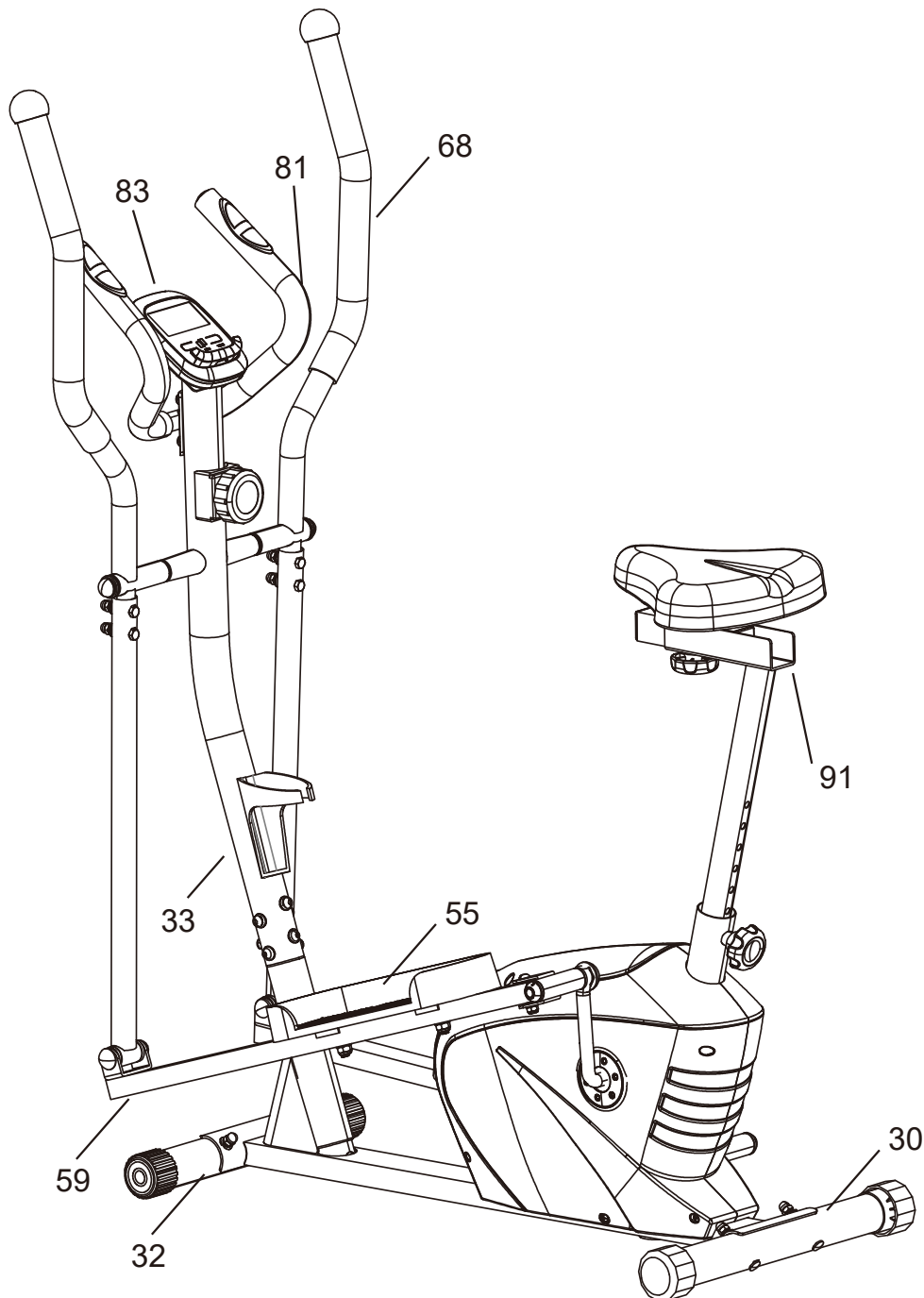
 <p><b>28</b> M8 Carriage Bolt x 4</p>	 <p><b>45</b> M8 Allen Bolt x 4</p>	 <p><b>56</b> M10 Hex Bolt x 4</p>	 <p><b>65</b> M8 Hex Bolt x 4</p>
 <p><b>52</b> Pedal Shouldered Bolt L/R x 2</p>	 <p><b>46</b> M8 Allen Bolt x 3</p>	 <p><b>77</b> M8 Allen Bolt x 2</p>	 <p><b>25</b> M8 Dome Nut x 8</p>
 <p><b>27</b> M8 Curved Washer x 17</p>	 <p><b>26</b> M8 Spring Washer x 13</p>	 <p><b>49</b> M13.5 x M22 Spring Washer x 2</p>	 <p><b>48</b> 1/2" Nylon Nut x 2</p>
 <p><b>51</b> M16 Wave Washer x 2</p>	 <p><b>36</b> M8 Flat Washer x 1</p>	 <p><b>58</b> M10 Flat Washer x 4</p>	 <p><b>37</b> M8 Nylon Nut x 2</p>
 <p><b>47</b> S19 Cap x 2</p>	 <p><b>60</b> S17 Cap x 2</p>	 <p><b>63</b> S13 Cap x 4</p>	 <p><b>57</b> M10 Nylon Nut x 4</p>
 <p><b>95</b> M12 Adjust Knob</p>	 <p><b>90</b> M8 Locking Nut</p>	 <p><b>85</b> M13-17-19 Spanner</p>	
 <p><b>86</b> M5 Screw Driver</p>	 <p><b>87</b> M8 Screw Driver</p>	 <p><b>88</b> M13-14-15 Spanner</p>	

# Assembly Instructions

PRO FITNESS

Total mass of the product is 28.5kg.

Total size of the equipment is (width)67.7cm x (depth)110.5cm x (height)144cm.



83. Exercise Monitor

59. Footplate Support Bar L/R

68. Dual Action Handlebar L/R

81. Fixed Handlebar

55. Foot Plate

33. Main Frame

30. Rear Stabiliser

32. Front Stabiliser

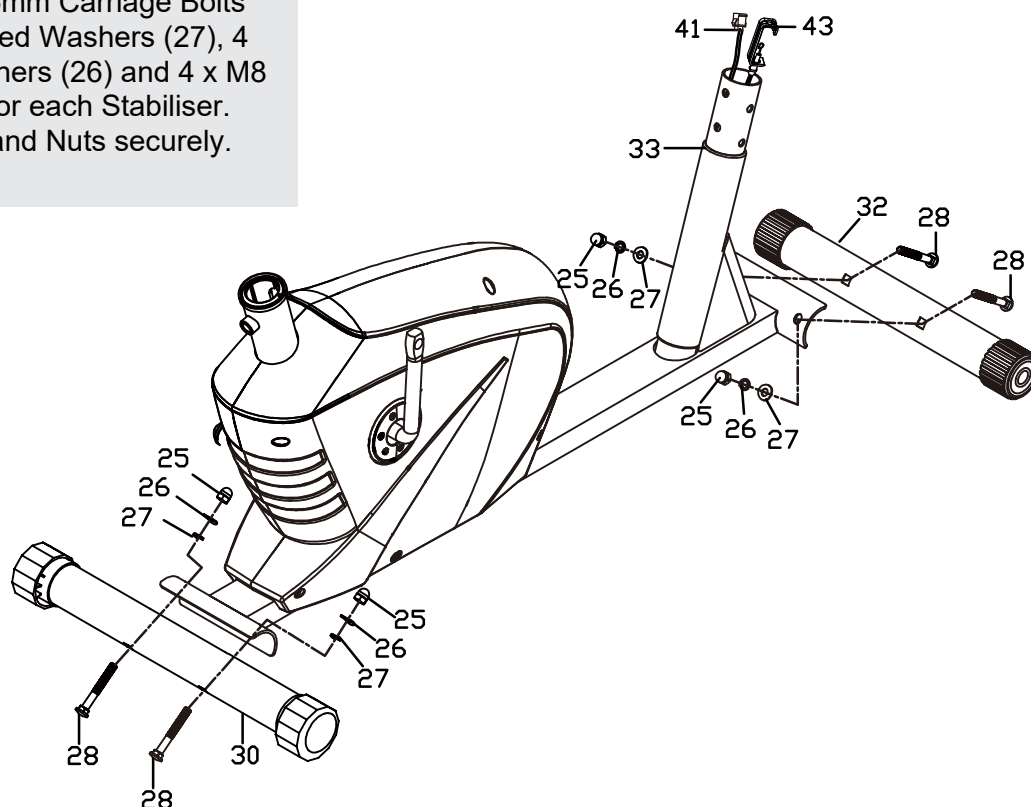
91. Saddle Post

# Assembly Instructions

PRO FITNESS

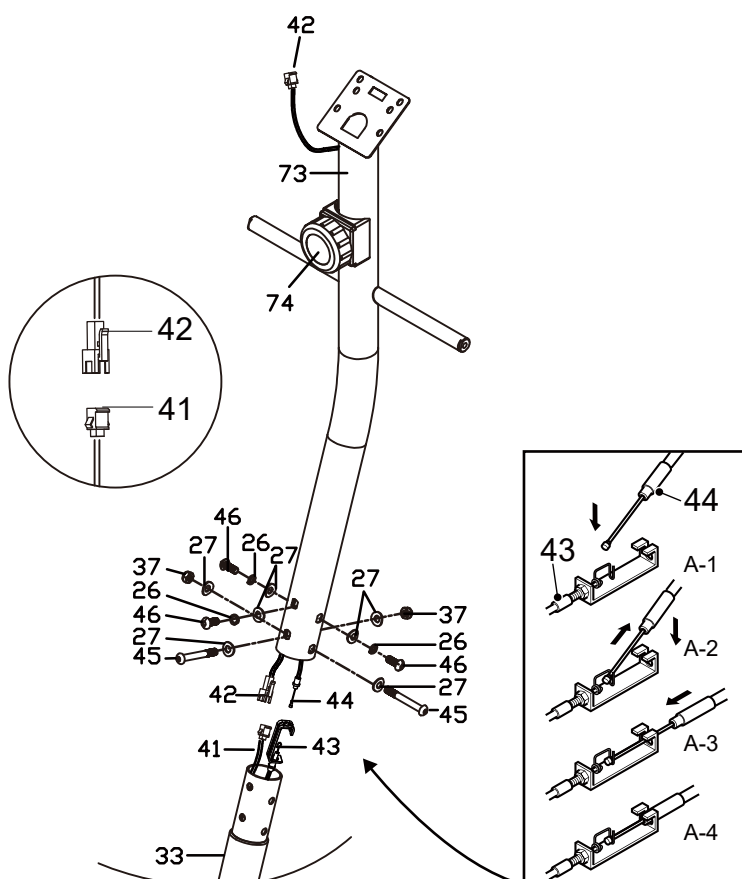
## Step 1

Attach the Front and Rear Stabilisers (32 & 30) to the Main Frame (33) using 4 x M8 x 65mm Carriage Bolts (28), 4 x M8 Curved Washers (27), 4 x M8 Spring Washers (26) and 4 x M8 Dome Nuts (25) for each Stabiliser. Tighten all Bolts and Nuts securely.

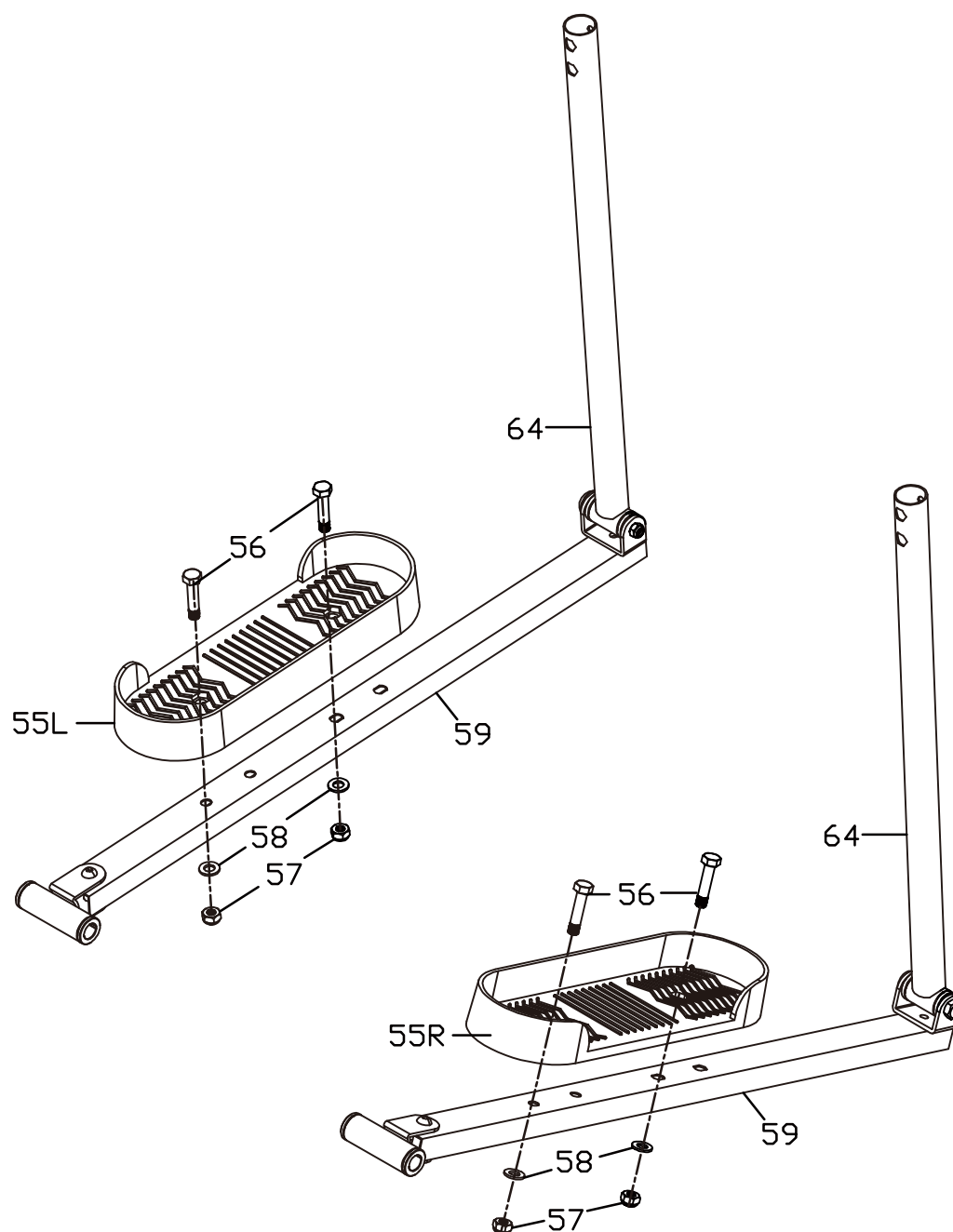


## Step 2

Turn the Tension Control Knob (74) to Level 1 and connect the lower part of the cable of the Tension Control Knob (74) with the hook as shown in the diagram, Connect the Lower sensor Wire (41) to the Exercise Monitor Sensor Wire (42), ensuring a tight connection. Carefully Lower the Handlebar Upright (73) onto the Main Frame (33), then loosely fit 3x M8x 20mm Allen Bolts (46), 3 x M8 Spring Washers (26) and 3 x M8 Curved Washers (27), and Fit 2 x M8 x 60mm Allen Bolts (45), 2 x M8 Curved Washers (27) and 2 x M8 Locknuts (37).





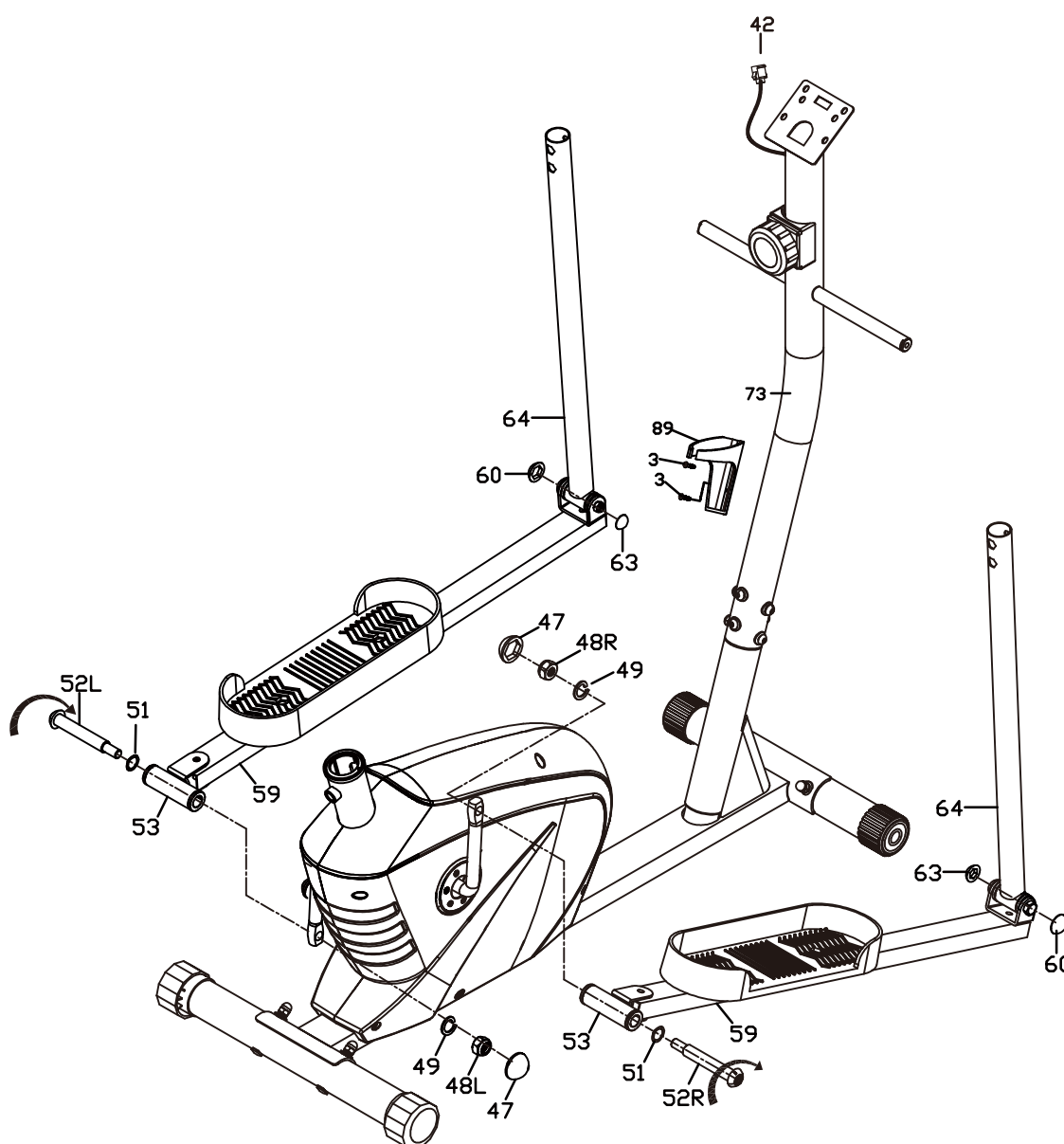


## Step 3

Attach both Footplates (55L/55R) to the Footplate Support Bars (59L/ 59R) using 2 x M10 x 45mm Hex Bolts (56), 2 x M10 Flat Washers (58) and 2 x M10 Nylon Locknuts (57) for each Footplate. Align the footplates and tighten the fitting Bolts and Nuts securely.

### Note:

There are two possible mount positions for the Footplates. The holes furthest forward will give a more angled pedaling stance when exercised. The holes furthest back will provide a more upright stance when exercised. Choose the position that suits you personally, making sure that both sides use the same holes for fitting.



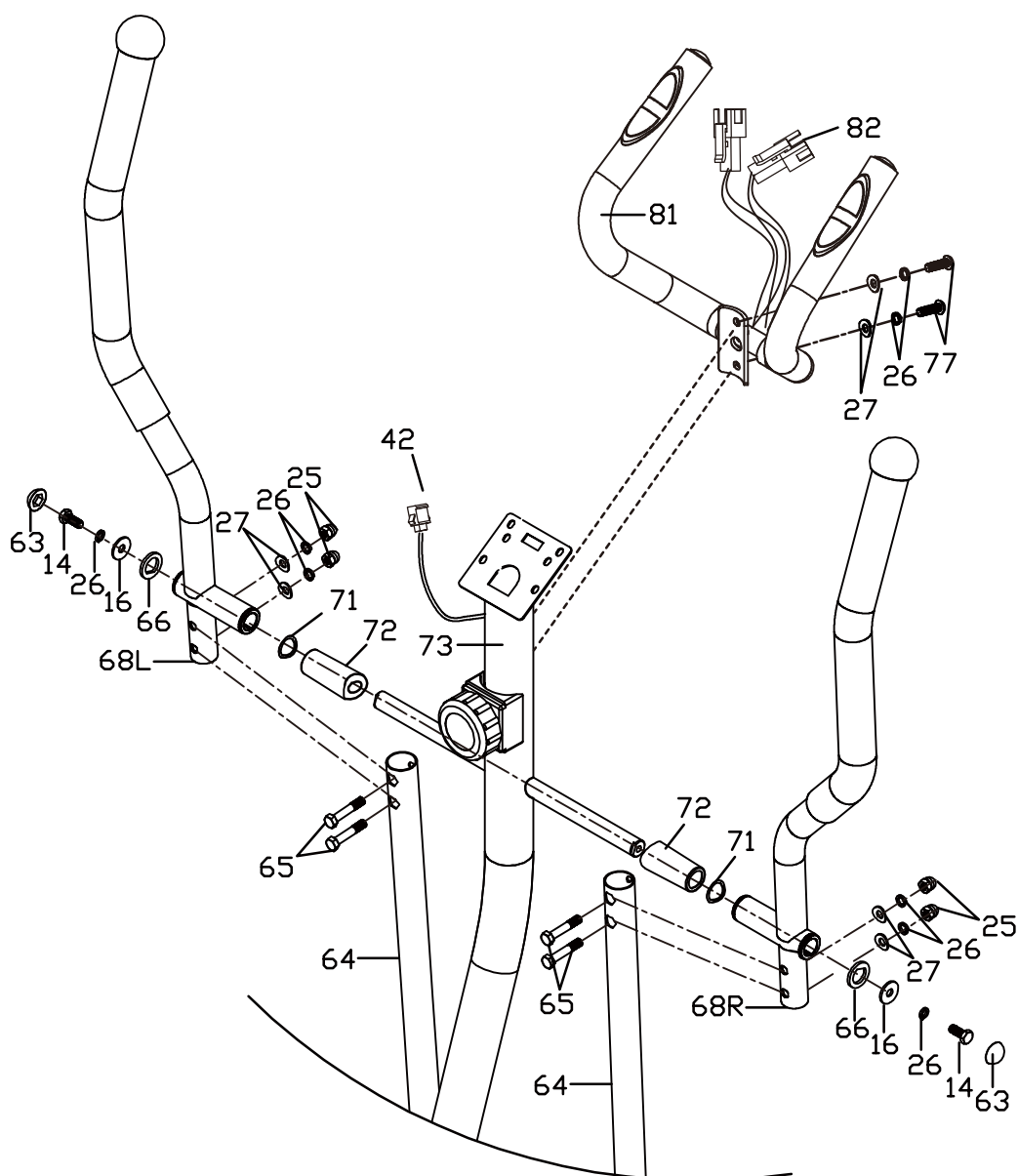
## Step 4

Connect the Footplate Support Bars (59 L/R ) to the Crank (6) by fitting 1 x Shouldered Bolt (52L/52R) 1 x Wave Washer (51) through the Footplate Support Bar Pivot Bracket (53) and into the Crank (6), then fit 1 x M13 Spring Washer (49) and 1 x M13 Nylon Locknut (48L/48R) for each side to secure the complete assembly. Cap the M13 Nylon Locknut with 1 x S18 Round Cap (47) for each side. Ensure that the Shouldered Bolts are fully tight before finally securing the Nylon Locknuts. Fit 1 x S17 Round Cap (60) to the outside bolt head and fit 1 x S13 Round Cap (63) to the inside Nylon Locknut for each side.

Attached the Water Bottle Holder (89) to the Handlebar Upright (73) by using 2 x M4 x 20mm Screw (3) pre-fixed on Water Bottle Holder (89).

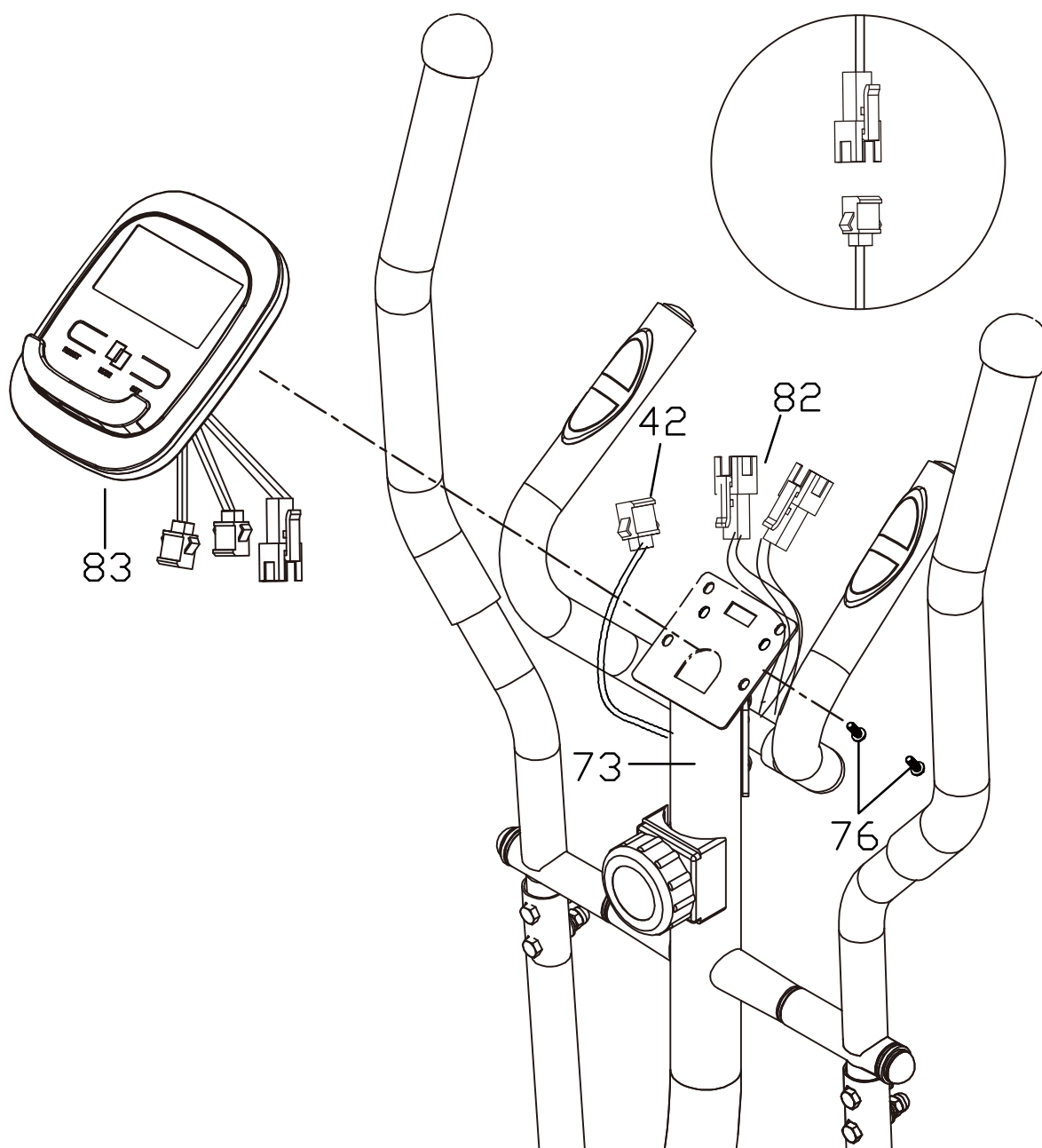
### Note:

**One Bolt is supplied with a RIGHT HAND THREAD for the RIGHT HAND SIDE and must be fitted by turning CLOCKWISE. The other Bolt is supplied with a LEFT HAND THREAD for the LEFT HAND SIDE and must be fitted by turning ANTI-CLOCKWISE.**



## Step 5

The Handlebar Spacers (72) is pre-fitted onto each side of the Handlebar Upright Pivot Bar as shown. Slide 1x M19 Wave Washer (71) onto each side of the Handlebar Upright Pivot Bar. Slide the assembly onto the Pivot Bar and secure in place with 1 x M8 x 20mm Hex Bolt (14), 1 x M8 Spring Washer (26), 1x M8 Flat Washer (16) and 1 x D-Flat Washer (66) for each side. Fit the correct labelled (L or R) Dual Action Handlebar –Upper (68L/68R) into the appropriate Dual Action Handlebar-Lower (64L/64R) and secure in place using 4 x M8 x 40mm Hex Bolts (65), 4 x M8 Curved Washers (27), 4 x M8 Spring Washers (26) and 4 x M8 Dome Nuts (25). Attach the Fixed Handlebar (81) to the Handlebar Upright (73) using 2 x M8 x 30mm Allen Bolts (77), 2 x M8 Spring Washers (26) and 2 x M8 Curved Washers (27).



## Step 6

Connect the Exercise Monitor Link Wire (42) and the Pulse Sensor Wire (82) to the Exercise Monitor (83), matching like for like and feeding any excess wire back into the upright. Attach the Exercise Monitor (83) onto the Exercise Monitor Bracket and using 2 x M5 x 12mm Screws (76).

# Assembly Instructions

PRO FITNESS

## Step 7

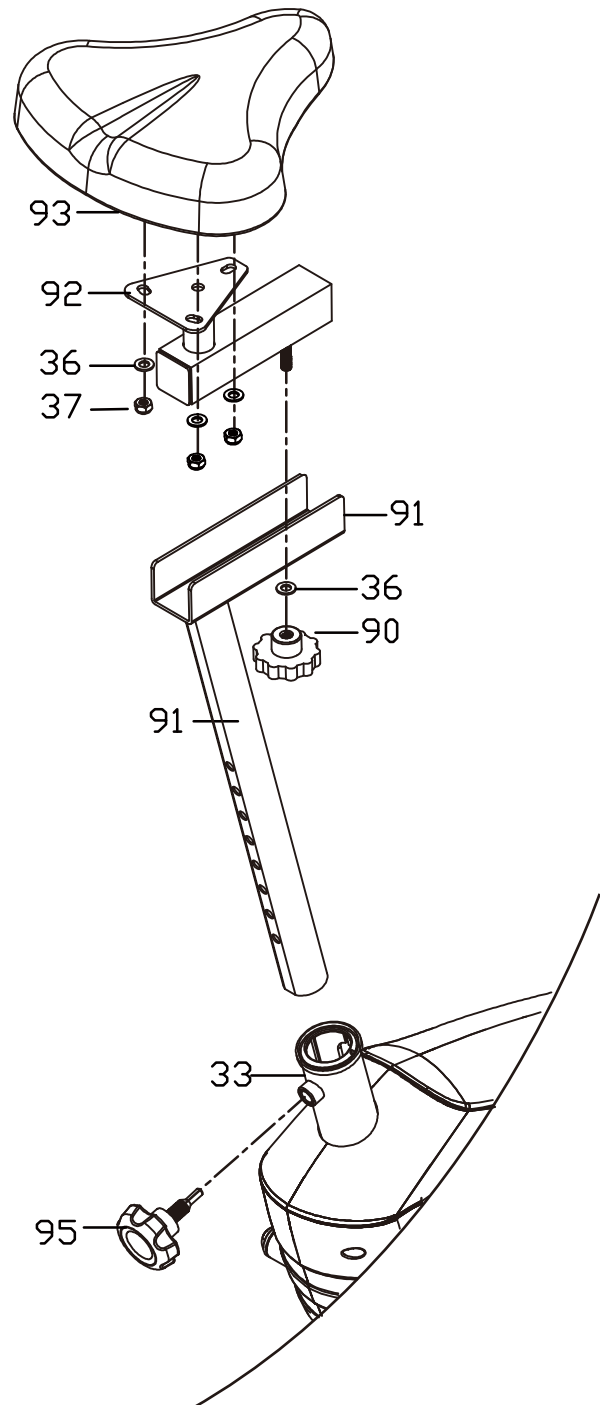
Slide the Saddle (93) to the Saddle Support (92) using the 3 x M8 Nylon Nuts (37) and 3 x M8 Flat Washers (36).

Attach the Saddle Stem Support (92) to the Saddle Post (91) using 1 x M8 Flat Washer (36) and 1 x M8 Locking Knob (90). Insert the Saddle Post (91) to the Main Frame (33) using 1 x M12 Adjustment Knob (95). Adjust the height of Saddle Post (91) allowing for a slight bend in the knee when the pedal is at its lowest position.

**Note:**

**Fully tighten all bolts, nuts and fittings now, ensuring that your product is located on a clear flat surface before doing so.**

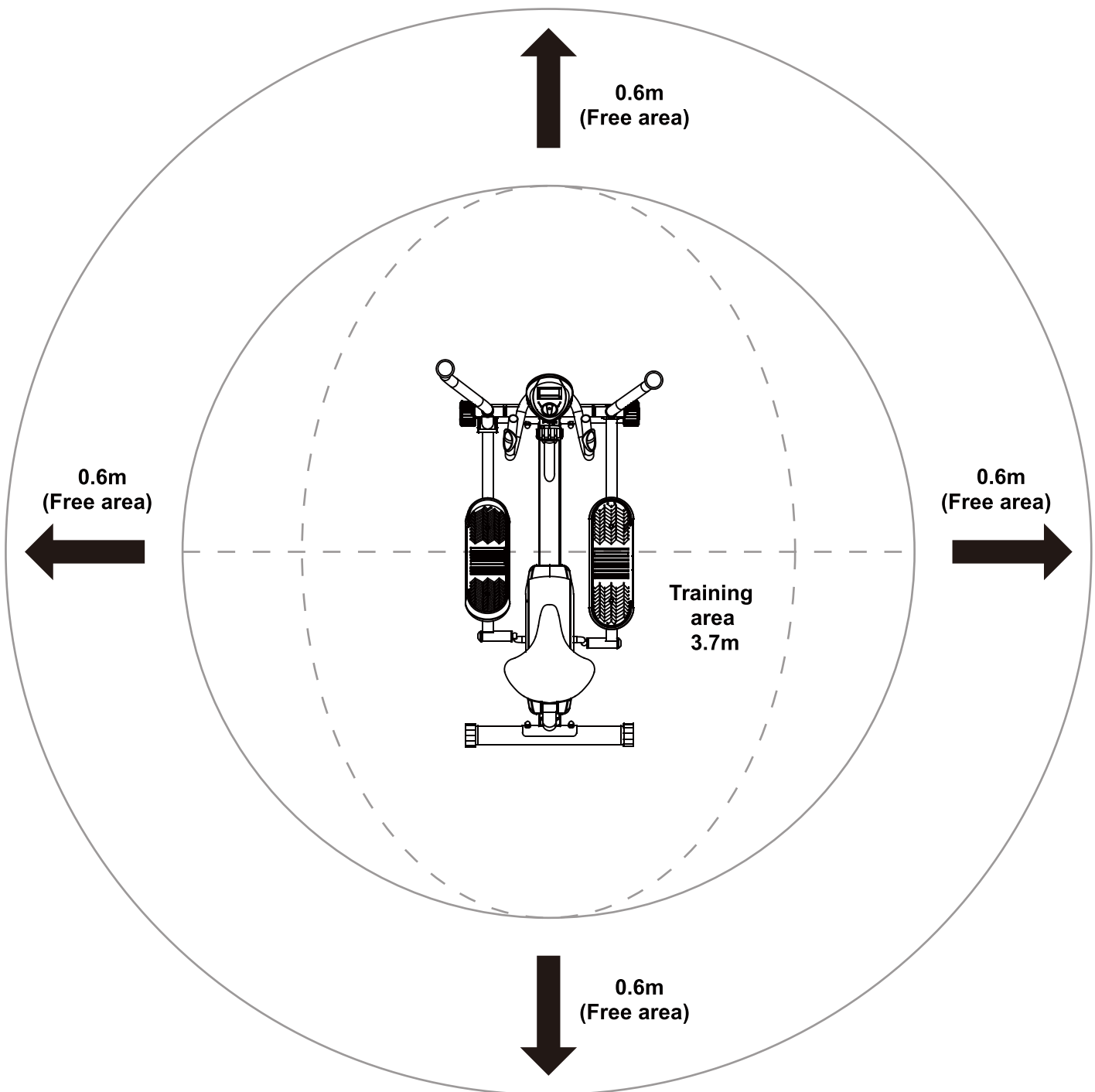
**Your product will now be ready to use.**



# 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

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.

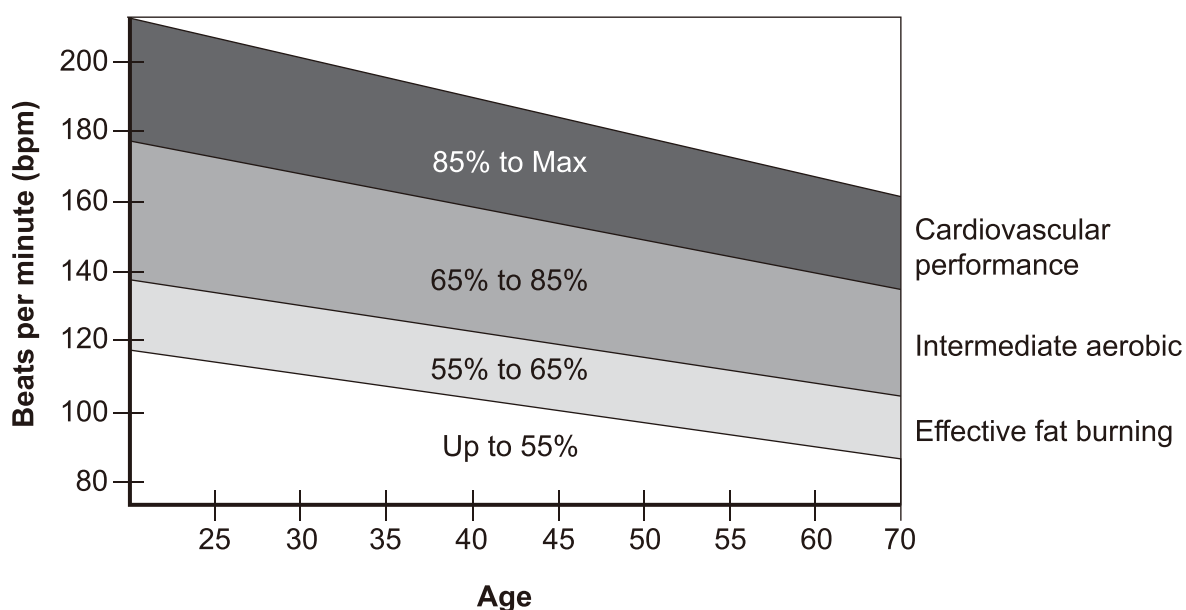
Initially, you may be able to exercise only for a few minutes in your target zone, however, your aerobic fitness will improve over the next six to eight weeks. Don't be discouraged if it takes longer. It's important to work at your own pace.

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.

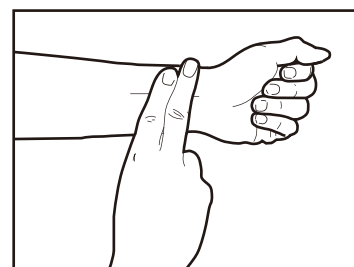
## Exercise intensity

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

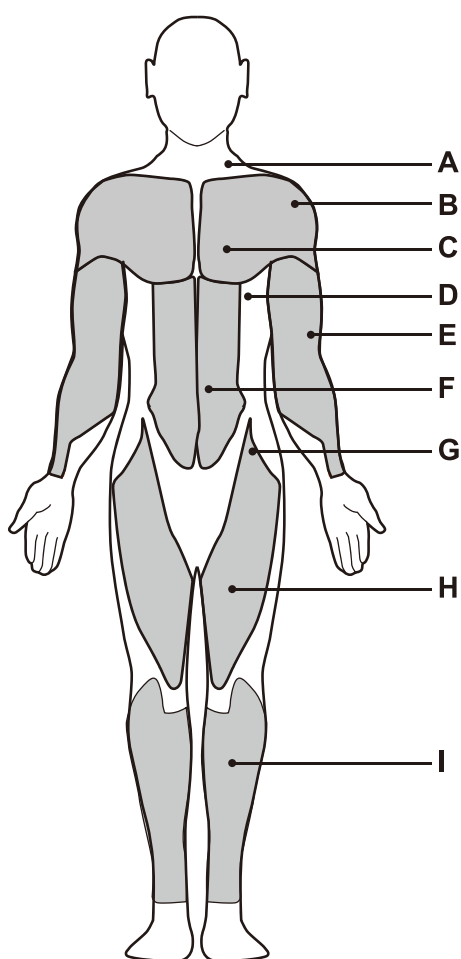
Aerobic exercise improves the fitness of your lungs and heart - your body's most important muscle. Aerobic exercise is promoted by any activity that uses your large muscles (arms, legs, or buttock, for example).

### 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. Weight training helps tone, build and strengthen muscle. If you are working above your target zone, you may want to do a **lower number** of reps.

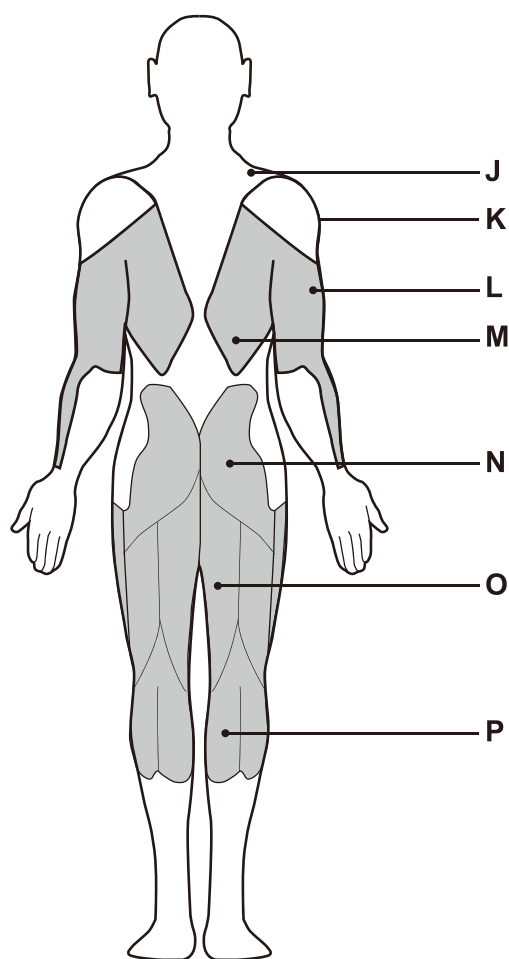
### Targeted Muscle Groups

The exercise routine that is performed on the Cross Trainer will develop the upper and lower body muscle groups. These muscle groups are highlighted on the muscle chart below.



Front

- |                             |                             |
|-----------------------------|-----------------------------|
| <b>A:</b> Trapezius         | <b>F:</b> Abdominal         |
| <b>B:</b> Anterior Deltoid  | <b>G:</b> Sartorius         |
| <b>C:</b> Pectoralis Major  | <b>H:</b> Quadriceps        |
| <b>D:</b> Serratus Anterior | <b>I:</b> Tibialis Anterior |
| <b>E:</b> Biceps            |                             |



Back

- |                             |                         |
|-----------------------------|-------------------------|
| <b>J:</b> Trapezius         | <b>N:</b> Gluteals      |
| <b>K:</b> Posterior Deltoid | <b>O:</b> Hamstrings    |
| <b>L:</b> Triceps           | <b>P:</b> Gastrocnemius |
| <b>M:</b> Latissimus Dorsi  |                         |



## 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.



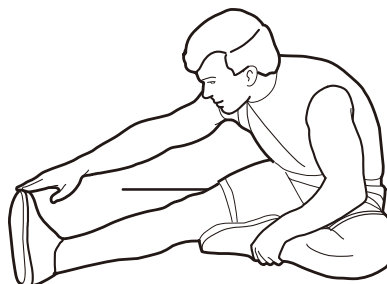
#### Hamstring stretch

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.



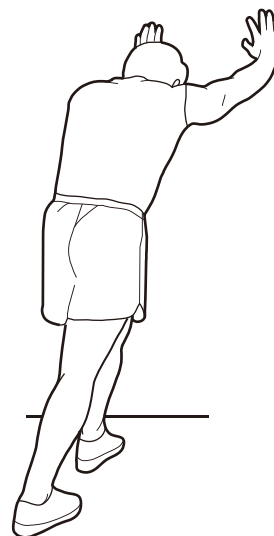
## Calf/achilles stretch

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.

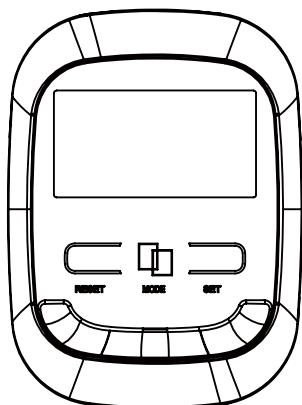
Hold for 15 counts, then relax.

Repeat 3 times.

**Stretches:** Quadriceps and hip muscles.



## Console Operation



### DISPLAY

**FUNCTIONS:** SCAN / TIME / SPEED / DISTANCE / ODO / CALORIES / PULSE

### FUNCTIONAL BUTTON:

- MODE** – Press to select the functions.
- SET** – Set time, distance and calories, pulse when not in scan mode.
- RESET** – Reset time, distance and calories.
  - Hold it for 3 seconds to reset time, distance and calories, pulse.

### FUNCTION AND OPERATIONS

**SCAN:** Display the below functions in turn every 4 seconds: Time, Calories, Speed, Distance, ODO, Calories, pulse.

**TIME(TMR):** Workout time.

**SPEED(SPD):** Current speed.

**DISTANCE(DST):** Workout distance.

**CALORIES(CAL):** Calories burnt.

**TOTAL DISTANCE(ODO):** Accumulated distance.

#### PULSE RATE:

Pulse: Heart Beat Rate, To get a pre-exercise pulse rate, simply hold both Hand Pulse Sensors on either side of the Handlebar Supports for 5 seconds. The Pulse Range is between 40 ~ 240 Beats per Minute.

**Note:** The readings displayed by the computer should not be used for therapeutic purposes as they can vary due to the sensitivity of the equipment and the available pulse signal in your palms. To get the most accurate readings, keep your hands firmly on the pulse pads for 10 to 20 seconds.

**WARNING!** Heart rate monitoring systems may be inaccurate. Over exercising may result in serious injury or death. If you feel faint stop exercising immediately. For the most accurate heart rate measure, please hold both hand pulse sensors continuously during this programme.

#### TIME workout mode:

Press MODE to access TIME workout mode and press SET to set time(1:00 – 99:00 m:s). Once TIME reaches zero you will have reached the end of your workout.

#### DISTANCE workout mode:

Press MODE to access DISTANCE workout mode and press SET to set distance(0.10 – 99.90km). Once DISTANCE reaches zero you will have reached the end of your workout.

#### CALORIES workout mode:

Press MODE to access CALORIES workout mode and press SET to set calories(1.0 – 999.0kcal). Once CALORIES reaches zero you will have reached the end of your workout.

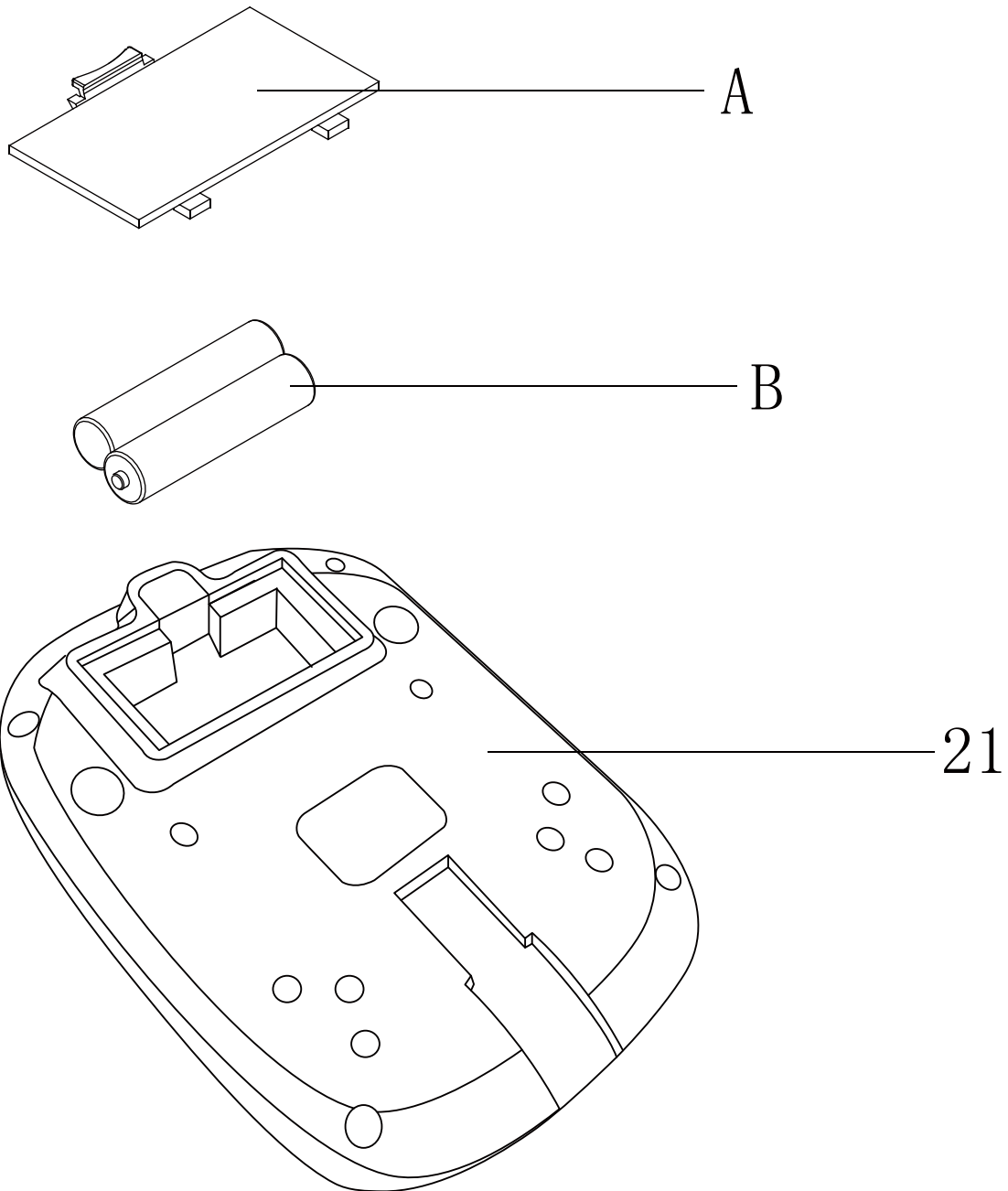
### SPECIFICATIONS

Function	AUTO SCAN	Every 4 seconds
	TIME(TMR)	0:00~99:59 (minute: second)
	SPEED(SPD)	0.0-999.9km/h
	DISTANCE(DST)	0~99.99km
	CALORIES(CAL)	0~999.9 Kcal
	TOTAL DISTANCE(ODO)	0~99.99 km
	PULSE RATE(♥)	40~200 bpm (beat per minute)
BATTERY TYPE		2PCS of SIZE-AA (not included)
OPERATING TEMPERATURE		0°C~+40°C (32°F~104°F)
STORAGE TEMPERATURE		-10°C~+60°C (14°F~168°F)

## Replacing the batteries

Remove the Back Cover (A) of the Exercise Monitor (83) and install 2 x AA battery (B) into the battery compartment. Replace the Back cover (A) to the Exercise Monitor (83).

**Note:** The 2 pcs of AA battery are not included with the equipment.

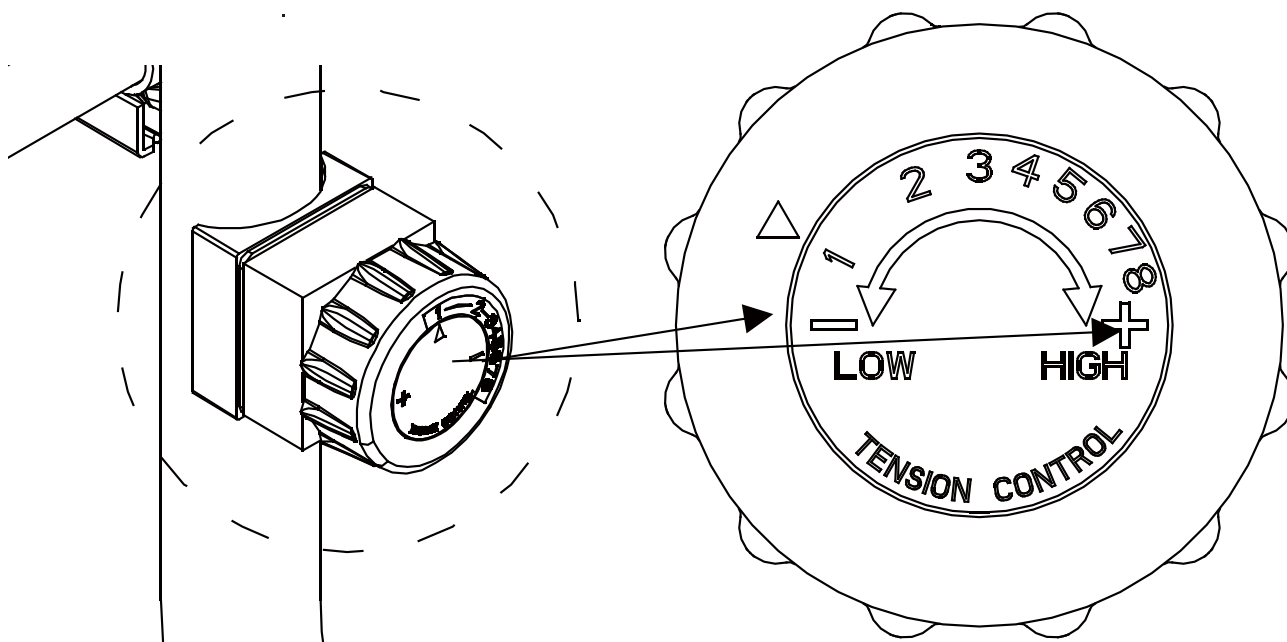


# Exercise Information

PRO FITNESS

## Adjustment of Resistance

Adjust the resistance by turning the eight - level tension knob either to "+" for increasement or "-" for decreasement



# 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 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.

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



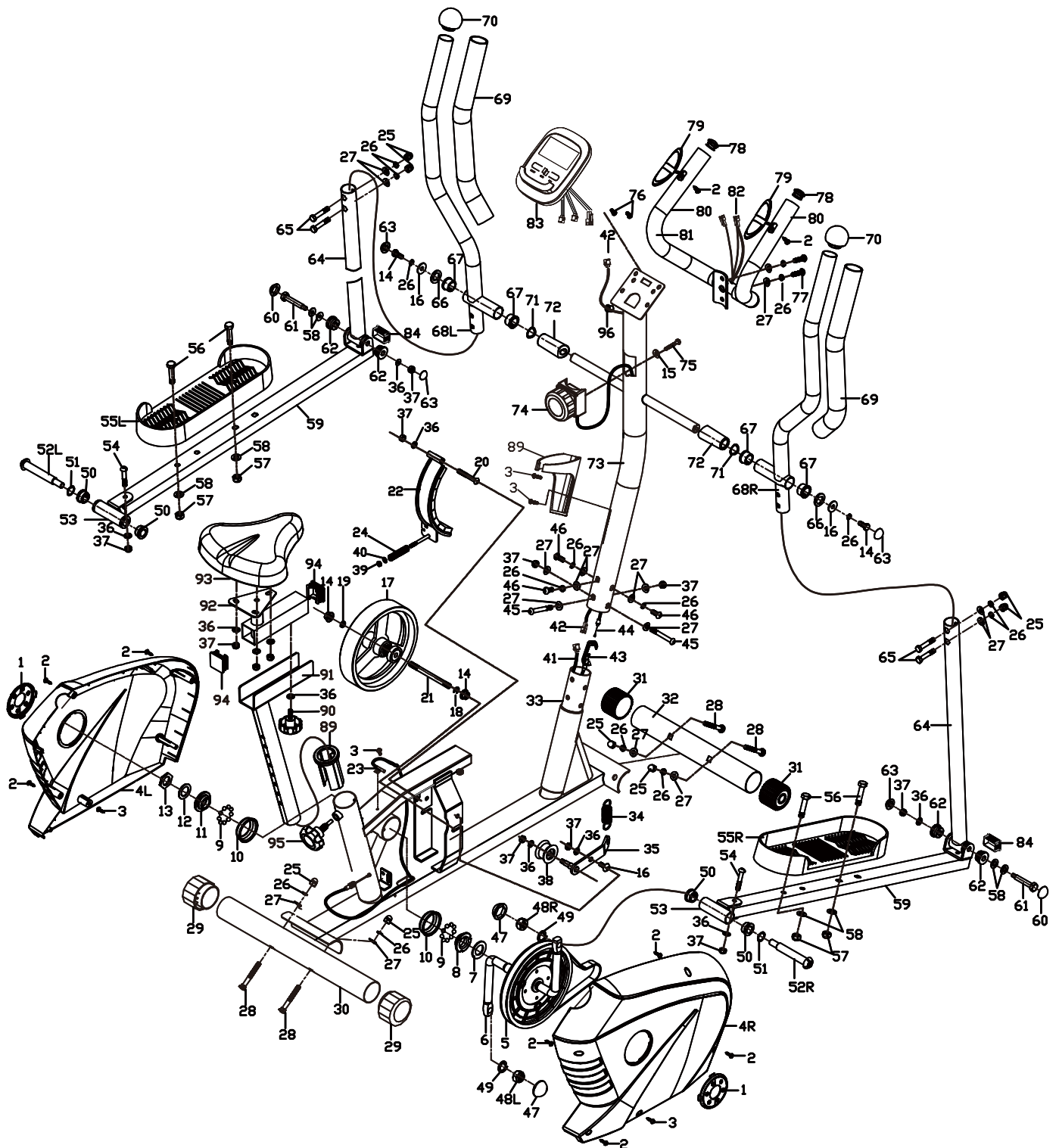
Products



Battery

# Exploded Parts Diagram

PRO FITNESS



# Parts List

PRO FITNESS

No.	Sion Code	Description	QTY	No.	Sion Code	Description	QTY
1	SNFC 249	Crank cover round cap	2	49	SNFC 298	M13.5 x M22 spring washer	2
2	SNFC 250	M4 x 20mm self tapping screw	9	50	SNFC 299	M28 x M16 axle bushing	4
3	SNFC 251	M4 x 20mm screw	3	51	SNFC 300	M16 wave washer	2
4	SNFC 252	Chain cover (L/R)	2	52	SNFC 301	Pedal shouldered bolt L/R	2
5	SNFC 253	Belt plate	1	53	SNFC 302	Connecting joint	2
5A	SNFC 254	310J5 drive belt	1	54	SNFC 303	M8 x 45mm allen bolt	2
6	SNFC 255	Crank	1	55	SNFC 304	Foot plate	1
7	SNFC 256	M24 x 40 flat washer	1	56	SNFC 305	M10 x 45mm hex bolt	4
8	SNFC 257	Shaped nuts-1	1	57	SNFC 306	M10 nylon nut	4
9	SNFC 258	Ball bearing	2	58	SNFC 307	M10 flat washer	8
10	SNFC 259	Nylon outer bearing	2	59	SNFC 308	Footplate support bar L/R	2
11	SNFC 260	Shaped nuts-2	1	60	SNFC 309	S17 cap	2
12	SNFC 261	M35 x M23 flat washer	1	61	SNFC 310	Bracket screw	2
13	SNFC 262	Nylon nut	1	62	SNFC 311	Axle bushing	4
14	SNFC 263	M10 flange nut	2	63	SNFC 312	S13 cap	4
15	SNFC 264	M6.5 x M14 curved washer	1	64	SNFC 313	Lower dual action handlebar L/R	2
16	SNFC 265	Allen bolt	1	65	SNFC 314	M8 x 40mm hex bolt	4
17	SNFC 266	Flywheel	1	66	SNFC 315	D-flat washer	2
18	SNFC 267	Circlip	1	67	SNFC 316	Axle bushing	4
19	SNFC 268	M10 x 1mm nut	1	68	SNFC 317	Upper dual action handlebar L/R	2
20	SNFC 269	M8 x 60mm allen bolt	1	69	SNFC 318	Dual action handlebar foam	2
21	SNFC 270	Flywheel axle	1	70	SNFC 319	M32 end cap	2
22	SNFC 271	Magnet bracket	1	71	SNFC 320	M19 wave washer	2
23	SNFC 272	Sensor base	1	72	SNFC 321	Handlebar spacer	2
24	SNFC 273	M8.5 x M10.5 x 50 spring	1	73	SNFC 322	Handlebar upright	1
25	SNFC 274	M8 dome nut	8	74	SNFC 323	Tension control knob	1
26	SNFC 275	M8 spring washer	15	75	SNFC 324	M5 x 45mm screw	1
27	SNFC 276	M8 curved washer	17	76	SNFC 325	M5 x 12mm screw	2
28	SNFC 277	M8 x 65mm carriage bolt	4	77	SNFC 326	M8 x 30mm allen bolt	2
29	SNFC 278	Rear hex end cap	2	78	SNFC 327	Round end cap	2
30	SNFC 279	Rear stabiliser	1	79	SNFC 328	Handle pulse	2
31	SNFC 280	Front roller end cap	2	80	SNFC 329	Fixed handlebar foam	2
32	SNFC 281	Front stabiliser	1	81	SNFC 330	Fixed handlebar	1
33	SNFC 282	Main frame	1	82	SNFC 331	Pulse sensor wire	2
34	SNFC 283	M18 x M14 x 50 spring	1	83	SNFC 332	Exercise monitor	1
35	SNFC 284	Bracket	1	84	SNFC 333	Square end cap	4
36	SNFC 285	M8 flat washer	11	85	SNFC 334	M13-17-19 spanner	1
37	SNFC 286	M8 nylon nut	10	86	SNFC 335	M5 screw driver	1
38	SNFC 287	Tension pulley	1	87	SNFC 336	M8 screw driver	1
39	SNFC 288	M6 nut	1	88	SNFC 337	M13-14-15 spanner	1
40	SNFC 289	M6 x M14 washer	1	89	SNFC 338	Water bottle holder	1
41	SNFC 290	Monitor link wire-lower	1	90	SNFC 339	M8 locking nut	1
42	SNFC 291	Monitor link wire-upper	1	91	SNFC 340	Saddle post	1
43	SNFC 292	Tension control cable-lower	1	92	SNFC 341	Saddle stem support	1
44	SNFC 293	Tension control cable-upper	1	93	SNFC 342	Saddle	1
45	SNFC 294	M8 x 60mm allen bolt	2	94	SNFC 343	M38 square end cap	2
46	SNFC 295	M8 x 20mm allen bolt	3	95	SNFC 344	M12 adjust knob	1
47	SNFC 296	S19 cap	2	96	SNFC 345	Saddle bushing	1
48	SNFC 297	1/2" nylon nut	2				





## 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 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 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)**