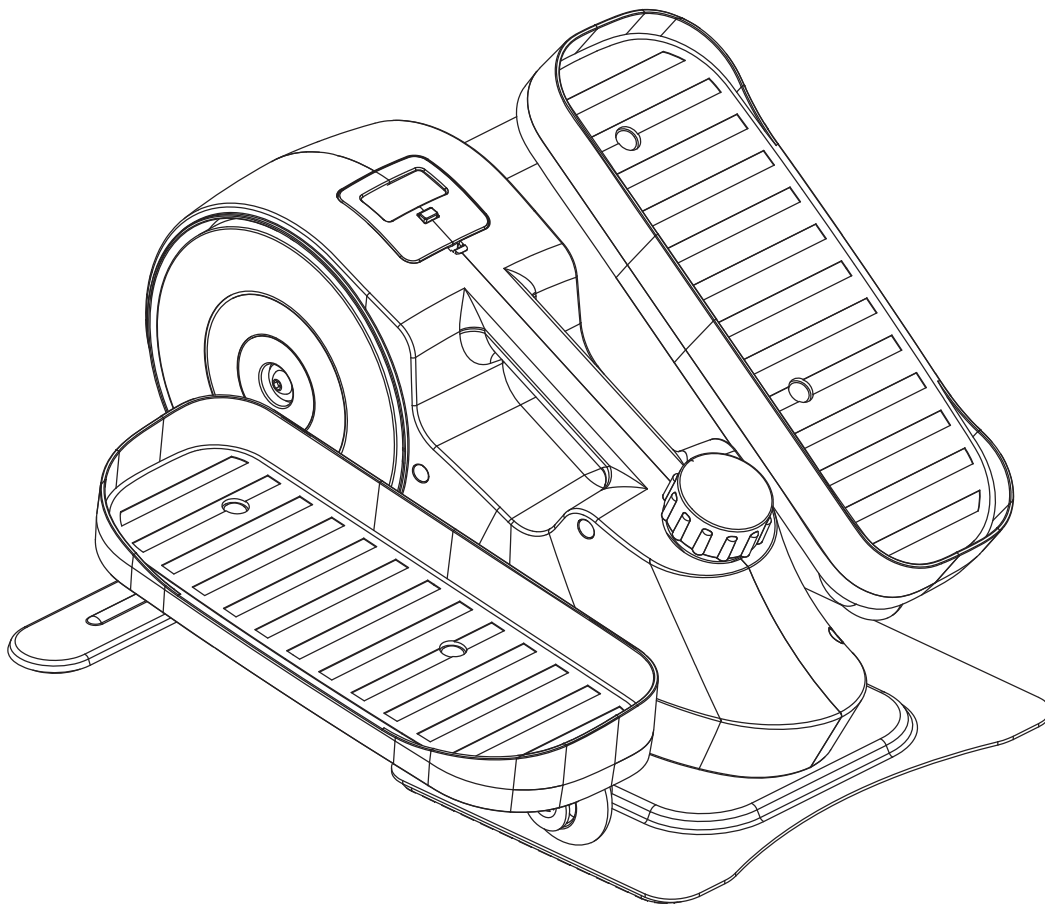


PRO FITNESS SEATED EXERCISE BIKE

Assembly & User Instructions - Please keep for future reference

4586379

PRO FITNESS



Important – Please read these instructions fully before assembly or use

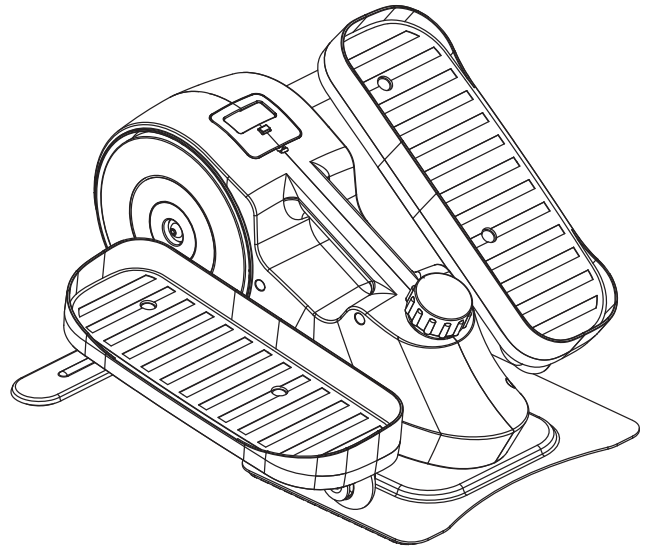
These instructions contain important information which will help you get the best from your equipment and ensure safe and correct assembly, use and maintenance.

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

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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.
- 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.

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: 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 sit on a chair step on/down the foot plate.



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.



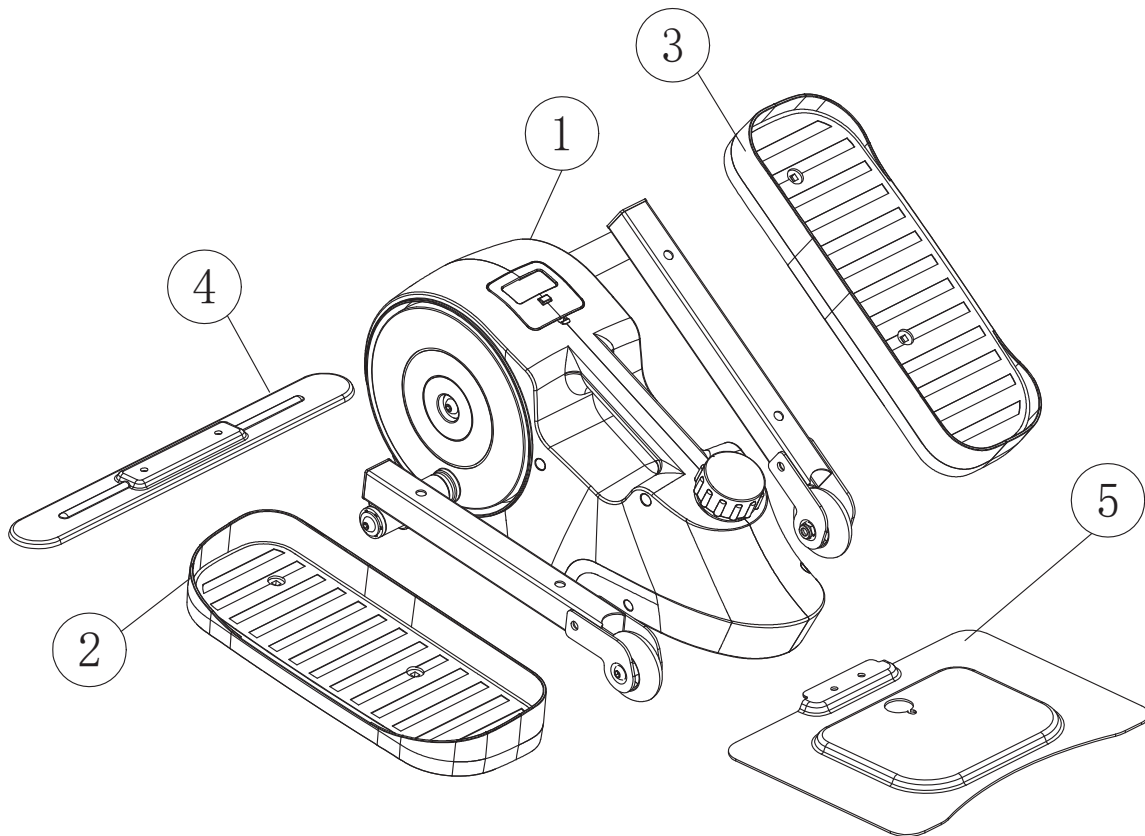
Warning: Before beginning any exercise program, consult your Doctor. This is especially important for persons over the age of 35 or persons with pre-existing health problems. You **MUST** read all instructions before using any fitness equipment. Argos and its associates assumes no responsibility for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



1. Main Frame

2. Left Foot Plate

3. Right Foot Plate

4. Front Stabilizer

5. Rear stabilizer

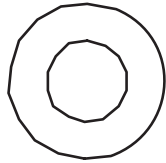
Components - Fixings

PRO FITNESS

Please check you have all the fixings listed below

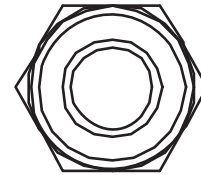
Note: The quantities below are the correct amount to complete the assembly. In some cases more hardware may be supplied than are required. Some of the fixings are pre-fitted to the larger components. Please check carefully before contacting Argos regarding any missing fixings.

6



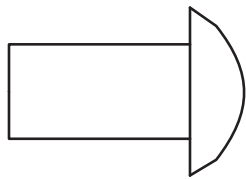
φ6 Flat Washer x 9

7



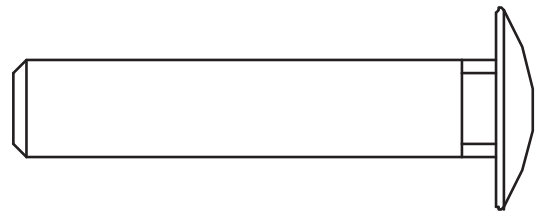
M6 Nylon Nut x 4

8



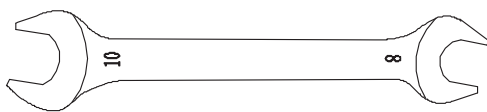
M6 Allen Bolt

9



M6 Carriage Bolt x 4

10



8-10 Spanner

11



4 x 60 Screw Driver

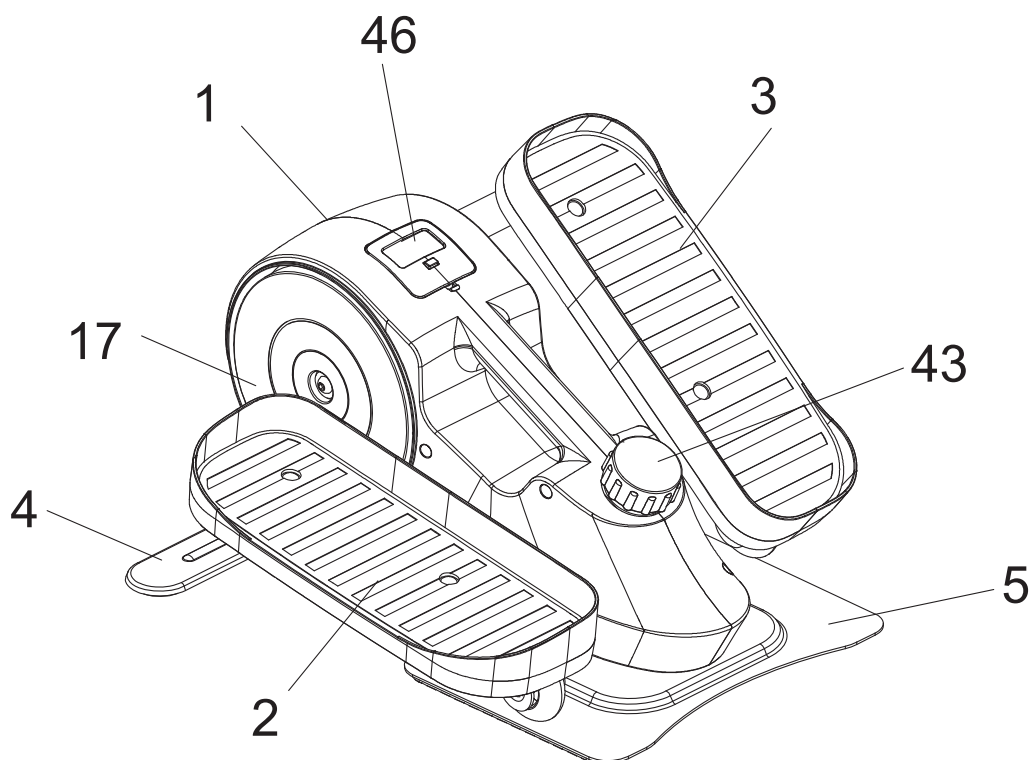
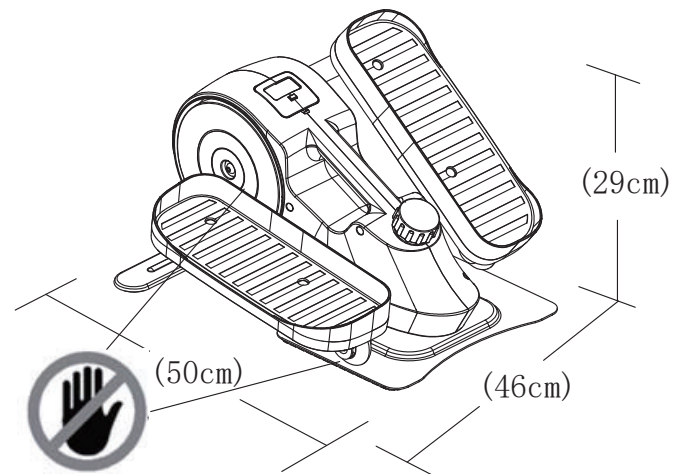
Assembly Instructions

PRO FITNESS

Total mass of the product is 11.7kg.

Total size of the equipment is

(width)46cm x (depth)50cm x (height)29cm.



1. Main Frame

2. Left Foot Plate

3. Right Foot Plate

4. Front Stabilizer

5. Rear stabilizer

17. Crank Disc

43. Adjust Knob

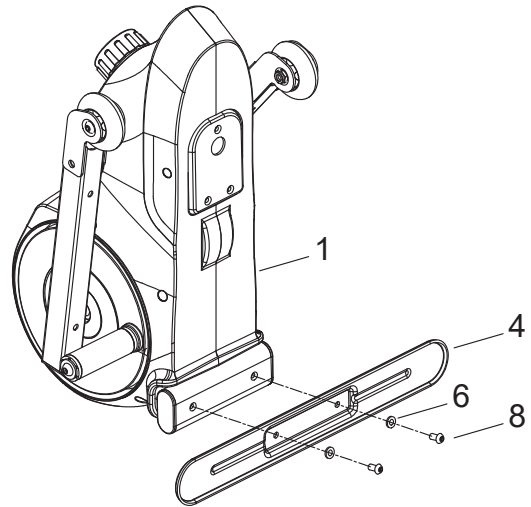
46. Console

Assembly Instructions

PRO FITNESS

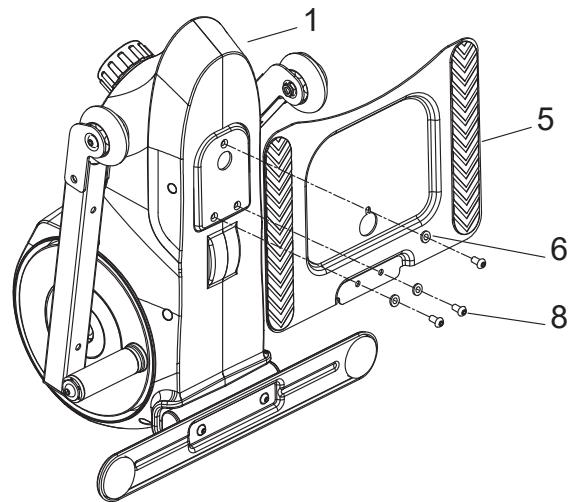
Step 1

Attach the Front Stabilizer (4) to the Main Frame (1) using 2 x $\phi 6$ Flat Washer (6) and 2 x M6 Allen Bolt (8). Tighten all Bolts securely.



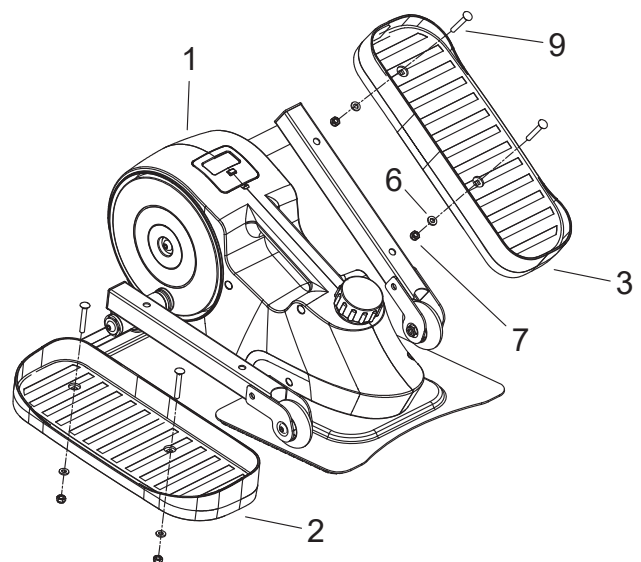
Step 2

Attach the Rear Stabilizer (5) to the Main Frame (1) using 3 x $\phi 6$ Flat Washer (6) and 3 x M6 Allen Bolt (8). Tighten all Bolts securely.



Step 2

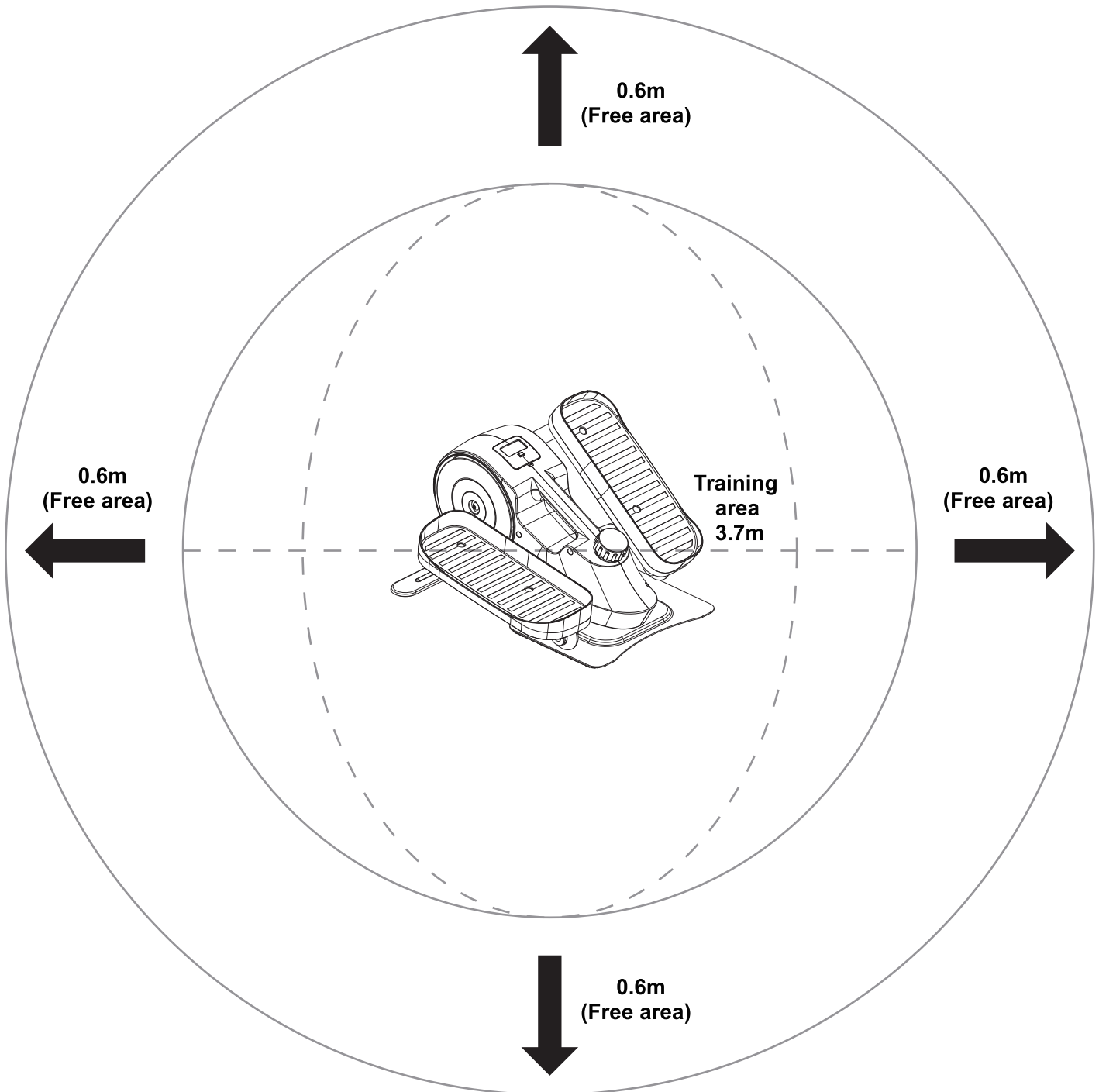
Attach both Foot Plates (2/3) to the Foot Plate Support Bars on the Main Frame (1) using 2 x $\phi 6$ Flat Washer (6), 2 x M6 Nylon Nut (7) and 2 x M6 Carriage Bolt (9) for each Foot Plate (2/3). Align the Foot Plates and tighten the Bolts and Nuts securely.



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.

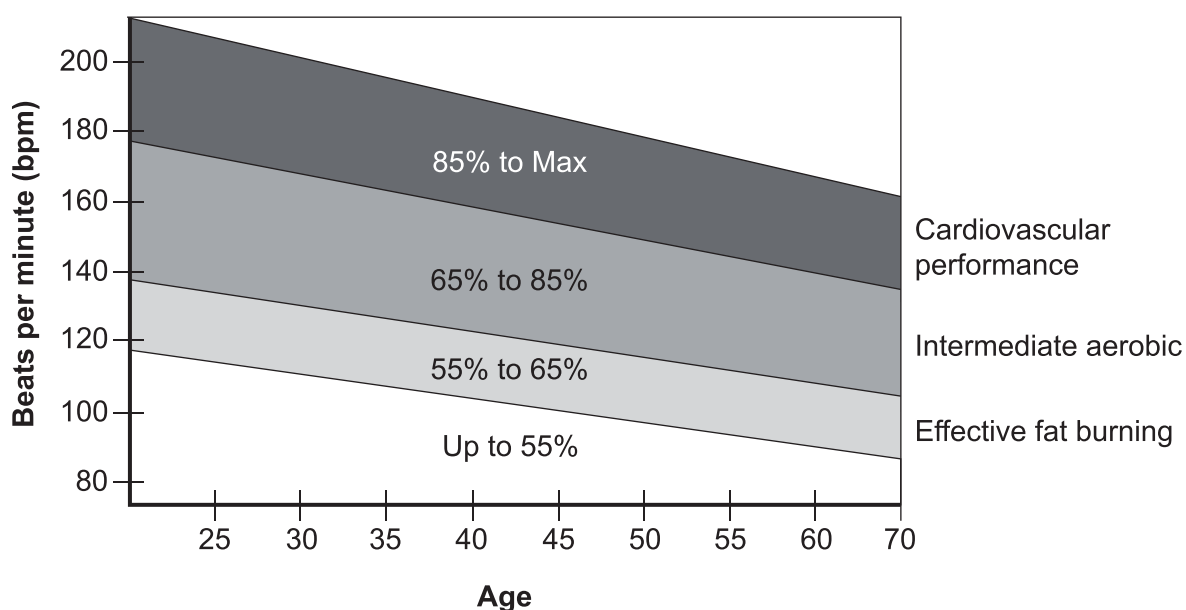
Initially, you may be able to exercise only for a few minutes in your target zone, however, your aerobic fitness will improve over the next six to eight weeks. Don't be discouraged if it takes longer. It's important to work at your own pace.

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.

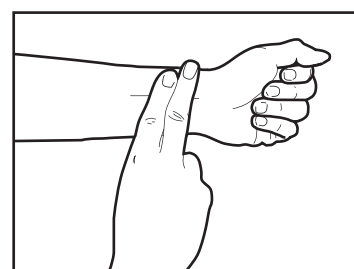
Exercise intensity

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

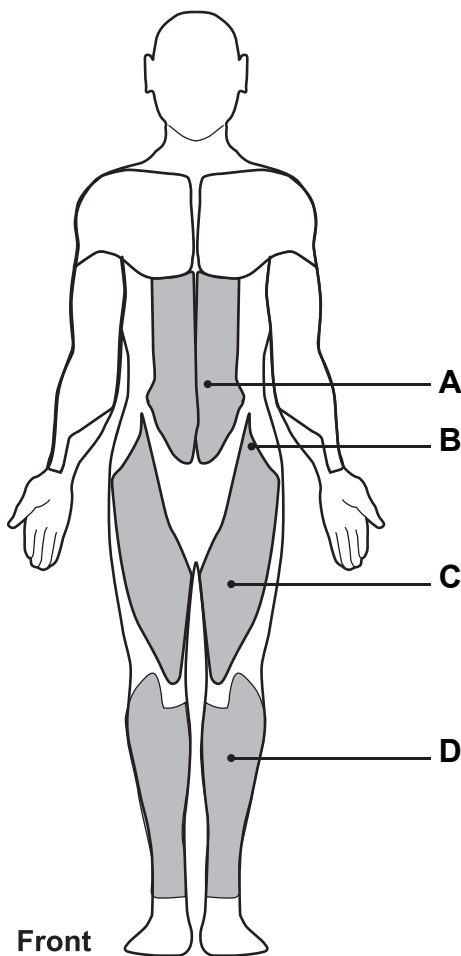
Aerobic exercise improves the fitness of your lungs and heart - your body's most important muscle. Aerobic exercise is promoted by any activity that uses your large muscles (arms, legs, or buttock, for example).

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.

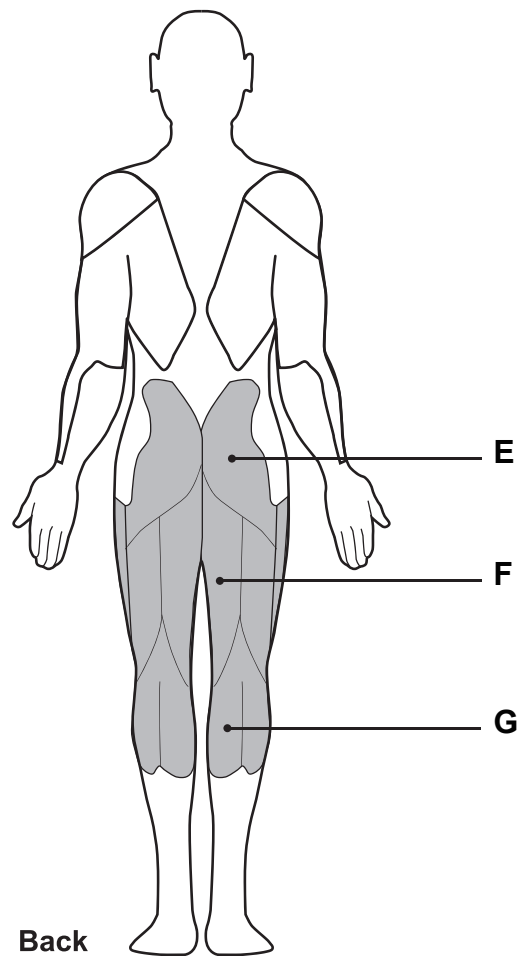
Targeted Muscle Groups

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

- A:** Abdominal
- B:** Sartorius
- C:** Quadriceps
- D:** Tibialis Anterior



Back

- E:** Gluteals
- F:** Hamstrings
- G:** Gastrocnemius

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.



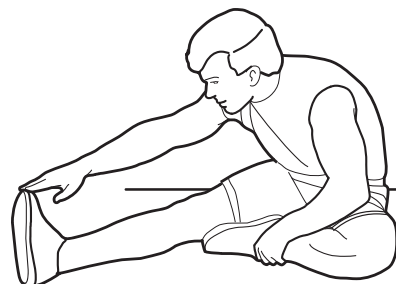
Hamstring stretch

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.



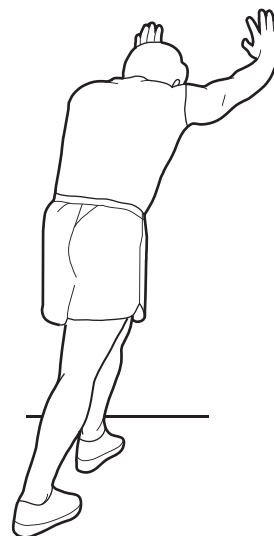
Calf/achilles stretch

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, 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 for each leg.

Stretches: Quadriceps and hip muscles.



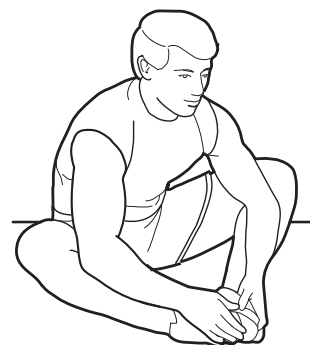
Inner thigh stretch

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

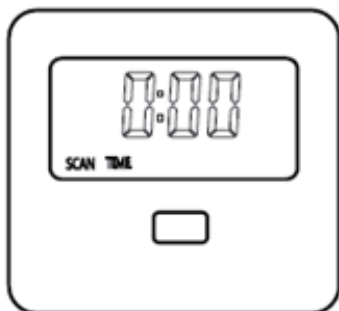
Hold for 15 counts, then relax.

Repeat 3 times.

Stretches: Quadriceps and hip muscles.



Console Operation



DISPLAY

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

FUNCTIONAL BUTTON:

WHITE BUTTON – Press to select the functions.

FUNCTION AND OPERATIONS

SCAN: Display the below functions in turn every 4 seconds: Time, Calories, Speed, Distance, Calories, odo

TIME(TMR): Workout time.

SPEED(SPD): Current speed.

DISTANCE(DST): Workout distance.

CALORIES(CAL): Calories burnt .

TOTAL DISTANCE(ODO): Accumulated distance.

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.

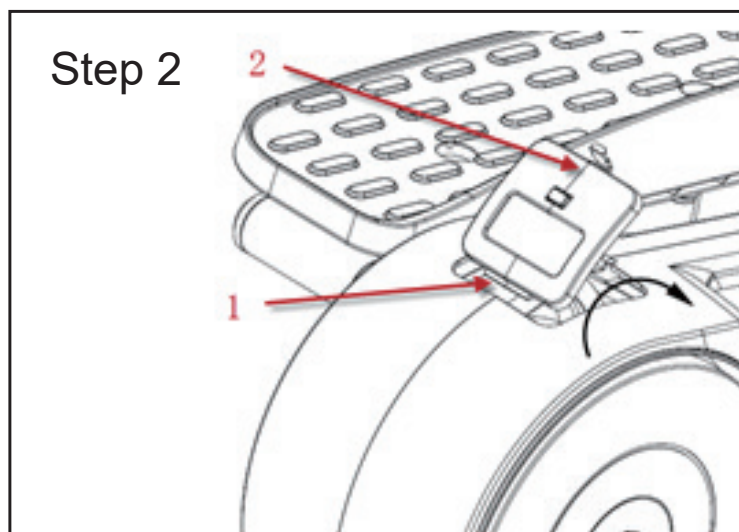
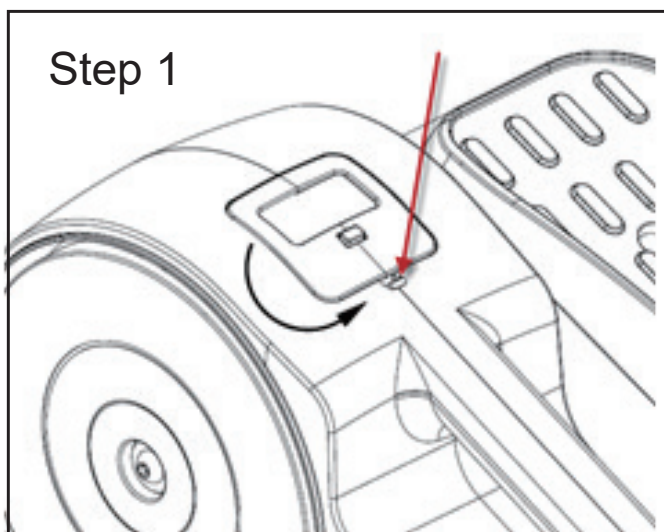
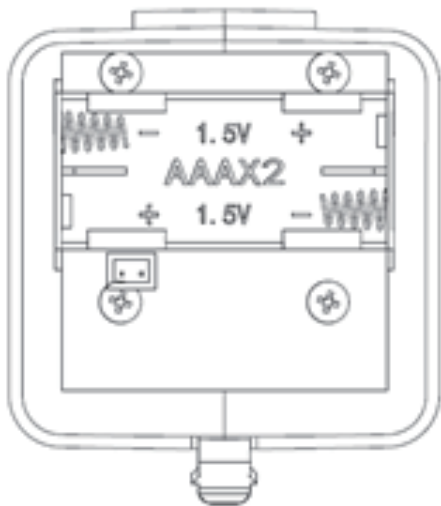
SPECIFICATIONS

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
BATTERY TYPE		2PCS of SIZE-AAA (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

Carefully pull the console out of the Main Frame (1), Insert 2 x AAA battery (not included) into the battery compartment at the back of the console. Observe polarity (+/-). Insert the console back into the Main Frame (1).

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

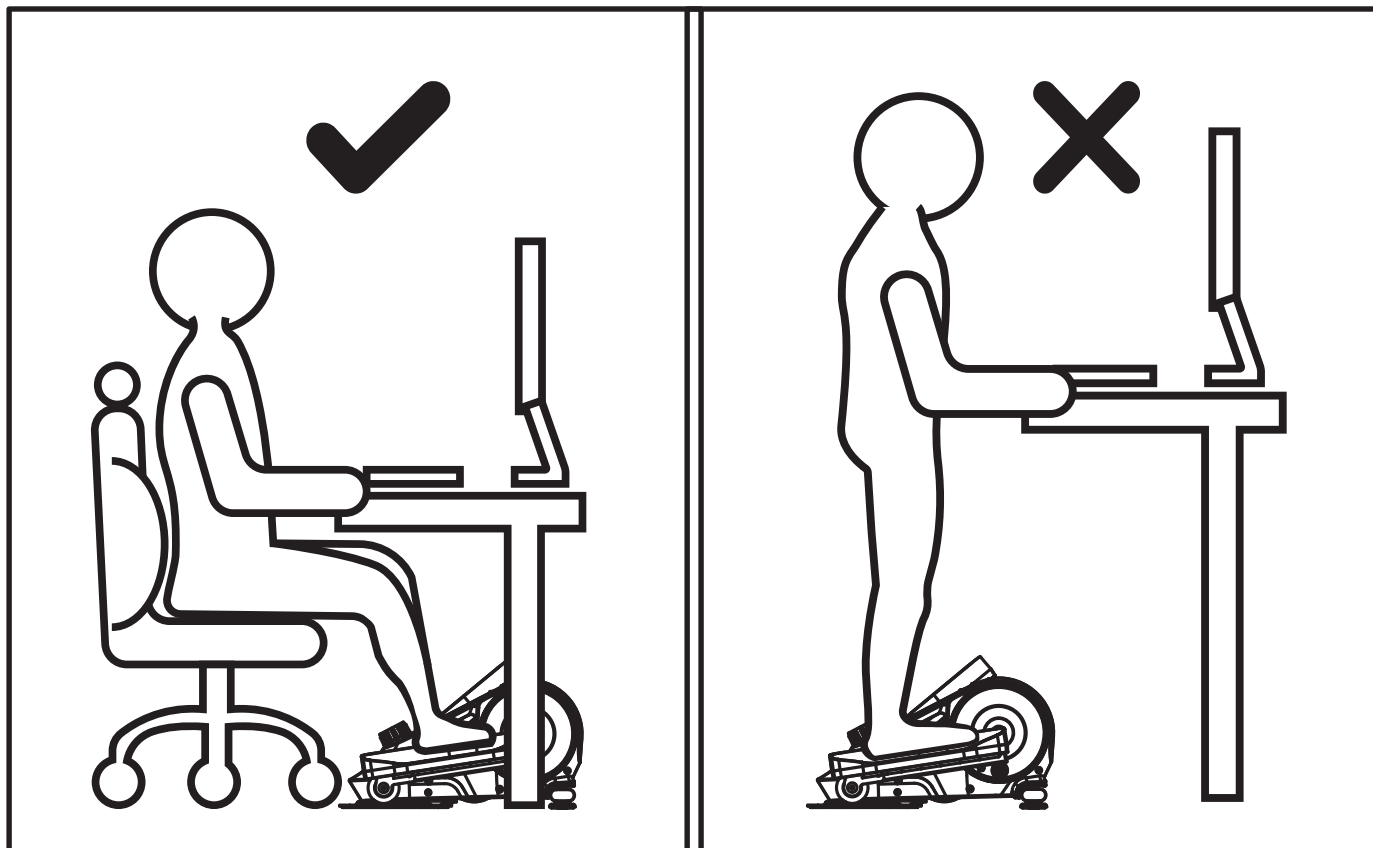


Exercise Information

PRO FITNESS

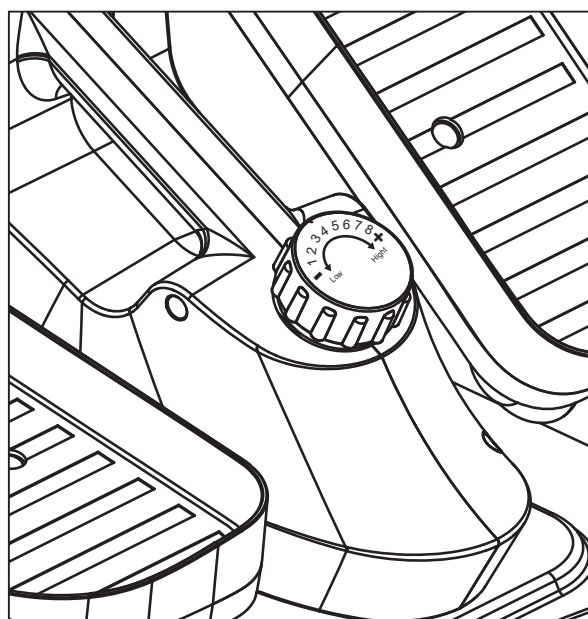
Please sit on chair to do exercise

Please sit on chair to do exercise, do not stand on the Foot Plates (2/3).



Adjustment of Resistance

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



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

Information for Users on Disposal of old Equipment and Batteries

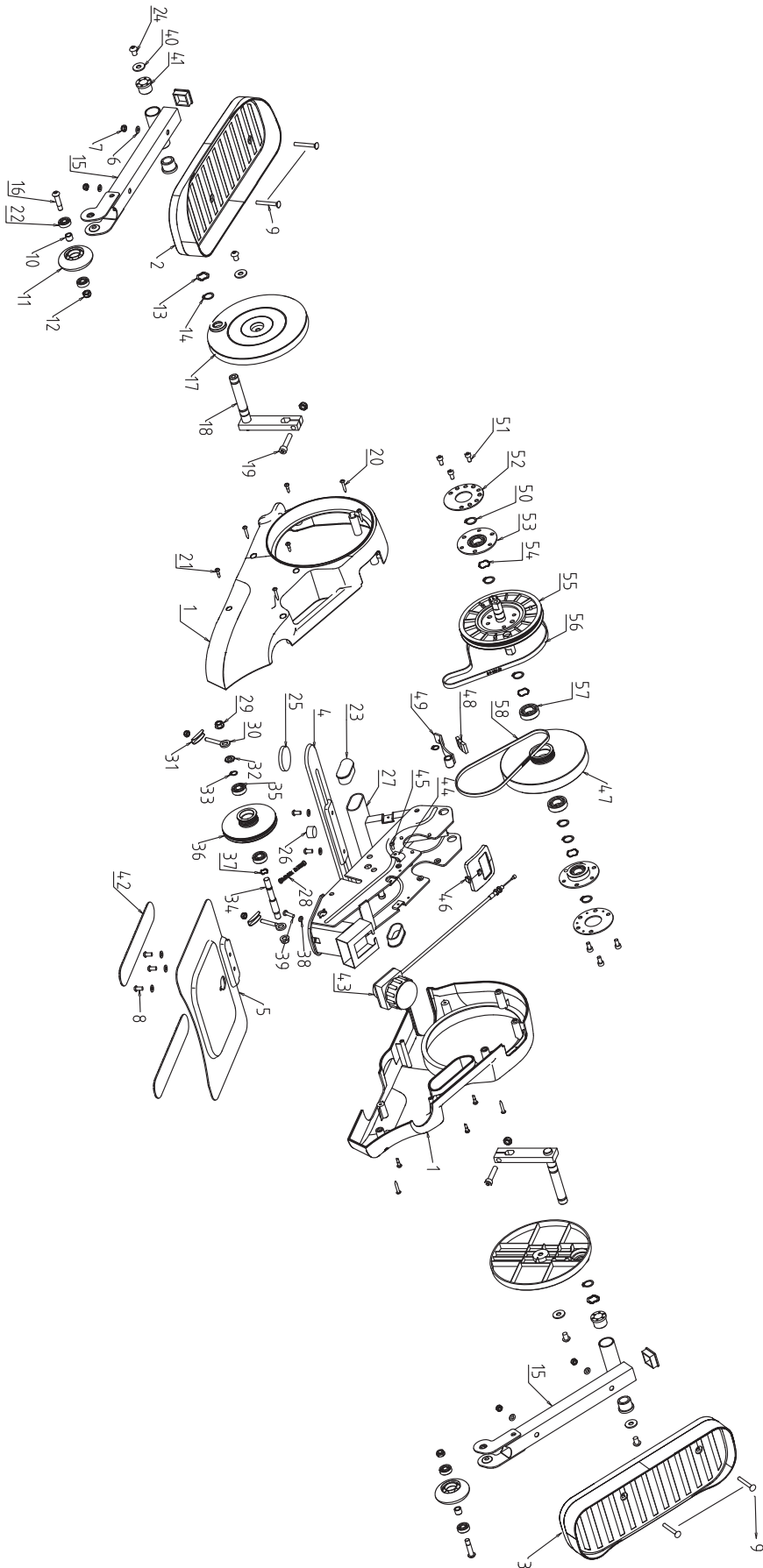
These symbols indicate that equipment with these symbols should not be disposed of as general household waste. If you want to dispose of the product or battery, please consider the collection systems or facilities for appropriate recycling.

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	D escription	QTY	No.	Sion Code	D escription	QTY
1	SNJT001	Main Frame	1	30	SNJT030	Jack Bolt	2
2	SNJT002	Left Foot Plate	1	31	SNJT031	Jack Plate	2
3	SNJT003	Right Foot Plate	1	32	SNJT032	M10 x 1.0 x 3T Nylon Nut	2
4	SNJT004	Front Stabilizer	1	33	SNJT033	Φ10 Elastic retaining flat washer	2
5	SNJT005	Rear Stabilizer	1	34	SNJT034	Wheel Shaft	1
6	SNJT006	Φ6 Flat Washer	9	35	SNJT035	Deep Groove Ball Bearing	2
7	SNJT007	M6 Nylon Nut	4	36	SNJT036	Slave Pulley	1
8	SNJT008	M6 Allen Bolt	5	37	SNJT037	Wave Washer	1
9	SNJT009	M6 Carriage Bolt	4	38	SNJT038	Flat washer	2
10	SNJT010	Wheel Spacer	2	39	SNJT039	M5 x 20 Allen Bolt	1
11	SNJT011	Wheel	2	40	SNJT040	Φ8 Flat Washer	4
12	SNJT012	M8 Hexagonal Lock Nuts	4	41	SNJT041	Square Tube Plug	2
13	SNJT013	Wave Washer	2	42	SNJT042	Rear Stabilizer cushion	2
14	SNJT014	Elastic Retaining Ring	2	43	SNJT043	Adjust Knob	1
15	SNJT015	Left/Right Foot Plate Tube	2	44	SNJT044	Cord Holder	1
16	SNJT016	M8 x 35 Allen Bolt	2	45	SNJT045	M4 Allen Bolt	1
17	SNJT017	Crank Disc	2	46	SNJT046	Console	1
18	SNJT018	Crank	2	47	SNJT047	Flywheel	1
19	SNJT019	M8 X 40 Allen Bolt	2	48	SNJT048	Magnet	3
20	SNJT020	ST4.2 X 25 Philips Screw	6	49	SNJT049	Magnet Holder	1
21	SNJT021	ST4.2 X 16 Philips Screw	6	50	SNJT050	Φ17 Elastic retaining flat washer	6
22	SNJT022	Deep Groove Ball Bearing	4	51	SNJT051	M6 x 12 Hex Bolt	6
23	SNJT023	End Cap	2	52	SNJT052	901 Center Wheel Axle Mounting Plate	2
24	SNJT024	M8 x 12 Allen Bolt	4	53	SNJT053	901 Bearing Housing	2
25	SNJT025	Front Stabilizer Cushion	2	54	SNJT054	Wave Washer	3
26	SNJT026	2# cushion	1	55	SNJT055	Shaft Pulley	1
27	SNJT027	Front Stabilizer Support	1	56	SNJT056	230 Belt	1
28	SNJT028	901 Spring	1	57	SNJT057	Deep Groove Ball Bearing	2
29	SNJT029	M10 Nylon Nut	2	58	SNJT058	200 Belt	1



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