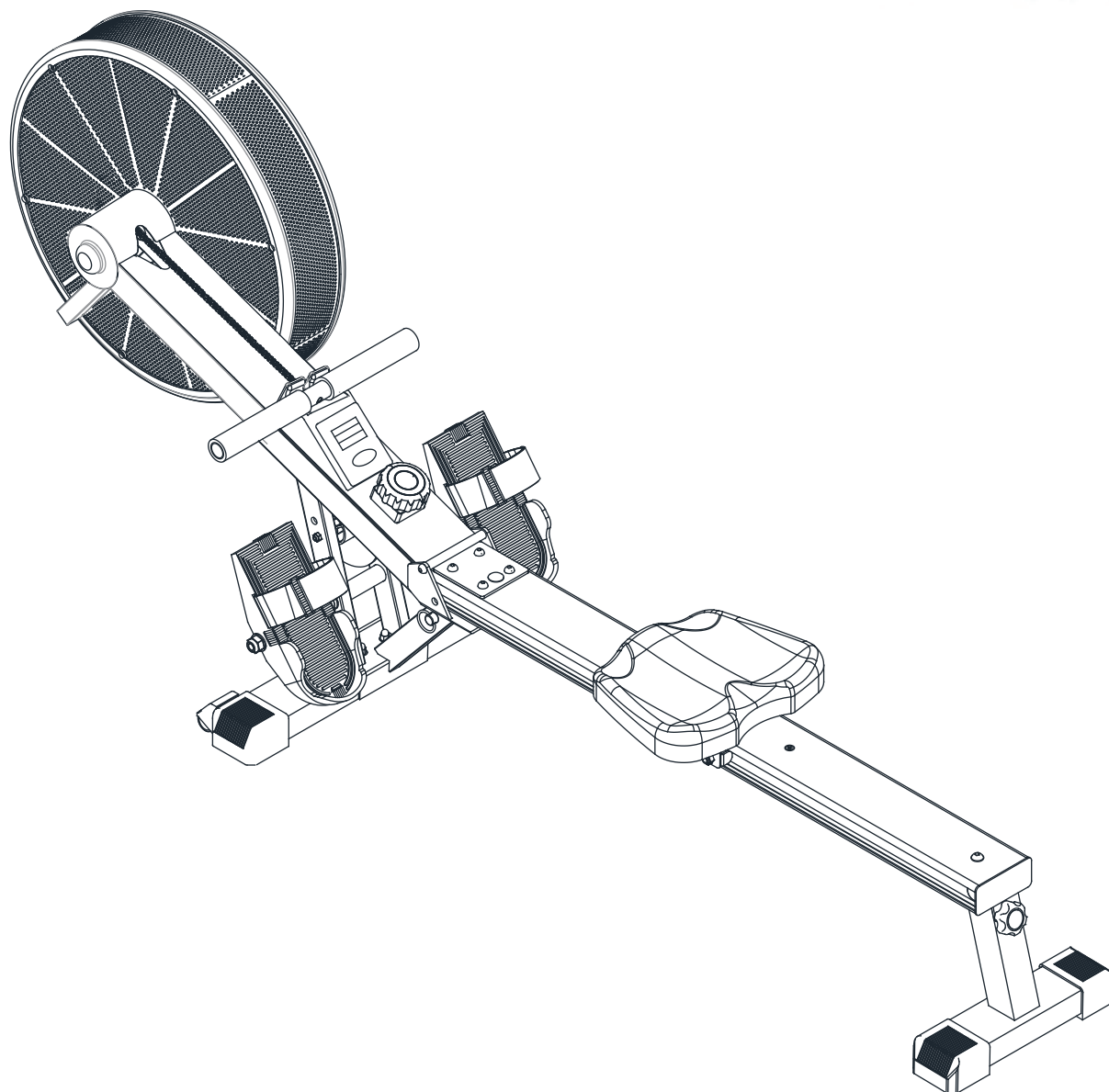


Air Rower

Assembly & User Instructions - Please keep for future reference

527/8112

ROGERBLACK
FITNESS 



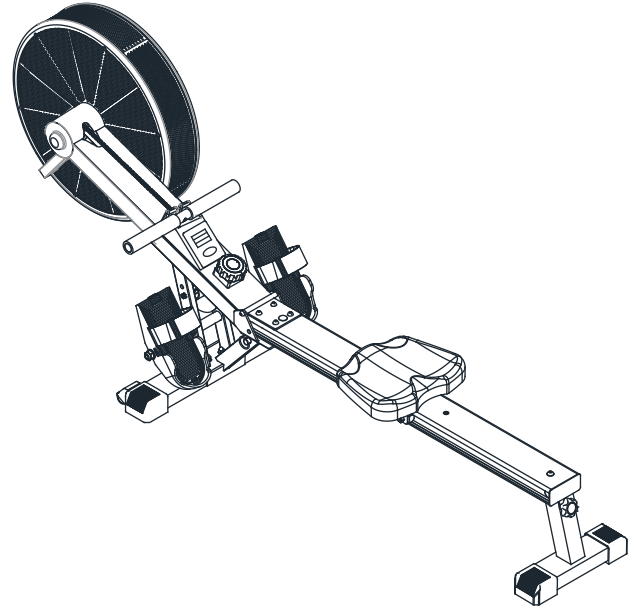
Important – Please read these instructions fully before assembly or use

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 contact number:**
0345 600 1714 www.argos-support.co.uk

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Safety Information

Important – Please read fully before assembly or use

To reduce the risk of serious injury, read the entire manual before you assemble or operate the Roger Black Air Rower. In particular, note the following safety precautions:

Assembly

- Check you have all the components and tools listed on pages 3 and 4, bearing in mind that, for ease of assembly, some components are pre-assembled.
- Keep children and animals away from the work area, small parts could pose a choking hazard if swallowed.
- Make sure you have enough space to layout the parts before starting.
- Assemble the item as close to its final position (in the same room) as possible.
- Position the equipment on a clear, level surface.
- Dispose of all packaging carefully and responsibly.

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.
- Before using the equipment, always warm up properly.
- If the user experiences dizziness, nausea, chest pain, or other abnormal symptoms **stop the workout and seek immediate medical attention.**
- Only one person at a time should use the equipment.
- Keep hands away from all moving parts.
- Always wear appropriate workout clothing when exercising. **Do not** wear loose or baggy clothing, since it may get caught in the equipment. Wear

trainers to protect your feet while exercising.

- **Do not** place any sharp objects around the equipment.
- Disabled persons should not use the equipment without a qualified person or doctor in attendance.
- This product is suitable for user's weight of: **120kgs.**
- Keep unsupervised children away from the equipment.
- Injuries to health may result from incorrect or excessive training. The equipment shall be installed on a stable base and properly leveled.
- This product conforms to: BS EN ISO 20957-1 and EN957-7 Class (H) - Home Use - Class (C).
- The braking system is speed-dependent.
- **This product is not suitable for therapeutic purposes.**

Battery safety

- **Warning:** 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.



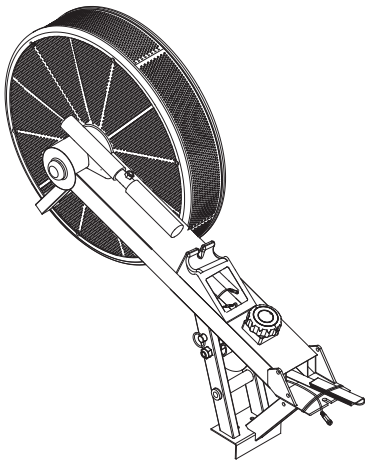
Warning: Before beginning any exercise program, consult your Doctor. This is especially important for persons over the age of 35 or persons with pre-existing health problems. You **MUST** read all instructions before using any fitness equipment. Argos and its associates assumes no responsibility for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

Components - Parts

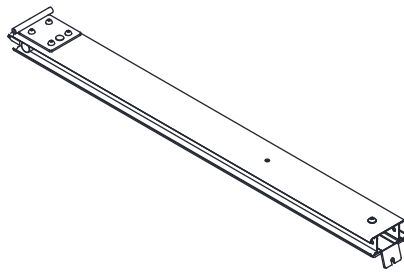
If you have damaged or missing components, call the **Customer Helpline: 0345 600 1714**

Please check you have all the parts listed below

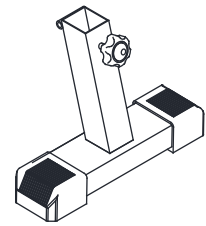
Note: Some of the smaller components may be pre-fitted to larger components. Please check carefully before contacting Argos regarding any missing components.



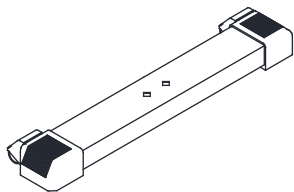
1. Main frame x 1



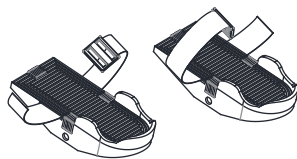
2. Rowing Rail x 1



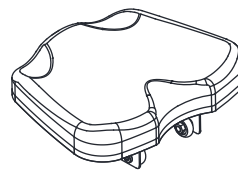
4. Rear Stabilizer x 1



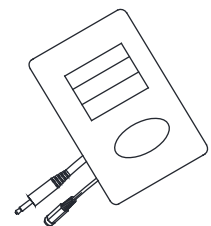
3. Front Stabilizer x 1



15. Foot Pedal (L/R) x 2



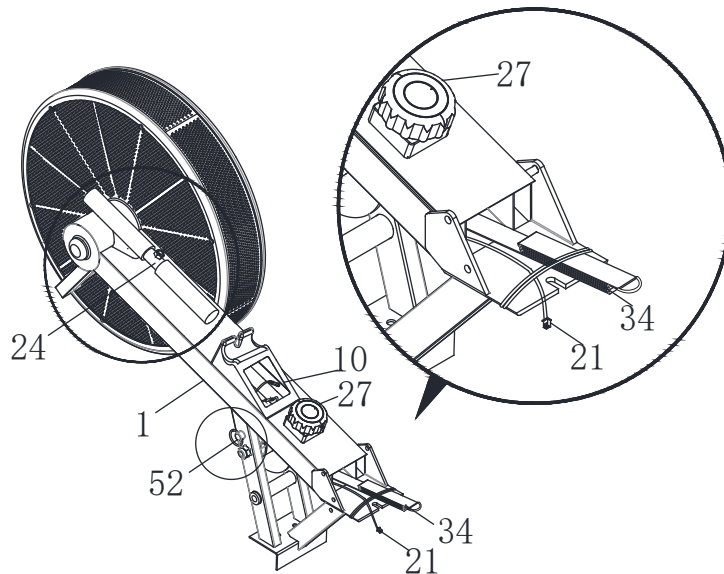
8. Seat x 1



19. Computer x 1

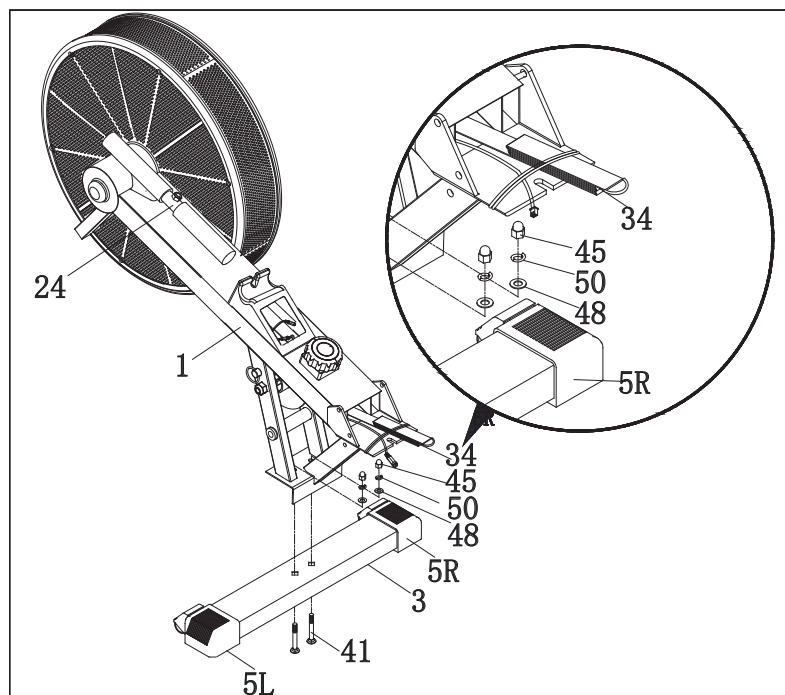
Assembly Instructions

Total mass of the product is 19.9kg. Total size of the equipment is (width) 76cm x (depth) 210cm x (height) 54cm.



Step 1

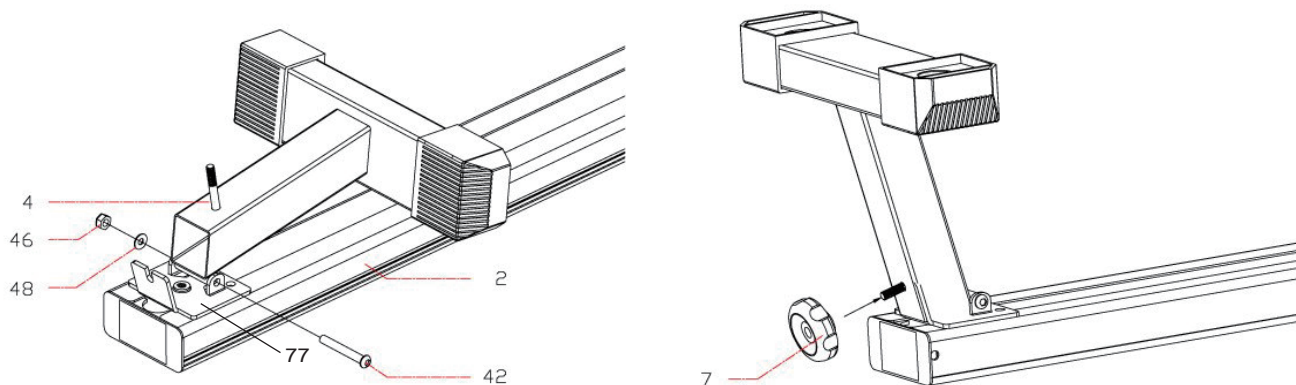
The Main Frame (1) of your air rower should look as above when removed from the carton.



Step 2

Securely attach the Front Stabilizer (3) to the Main Frame (1) with 2 x M8*55 Carriage Bolt (41), 2 x M8 Flat Washer (48), 2 x M8 Spring Washer (50) and 2 x M8 Dome Nut (45). Tighten fully.
The Front Stabilizer Roller Wheels (5R/L) must face forward to ensure ease of transportation for storage.
Note: The wheel on Front Stabilizer (3) must be facing towards the fan.

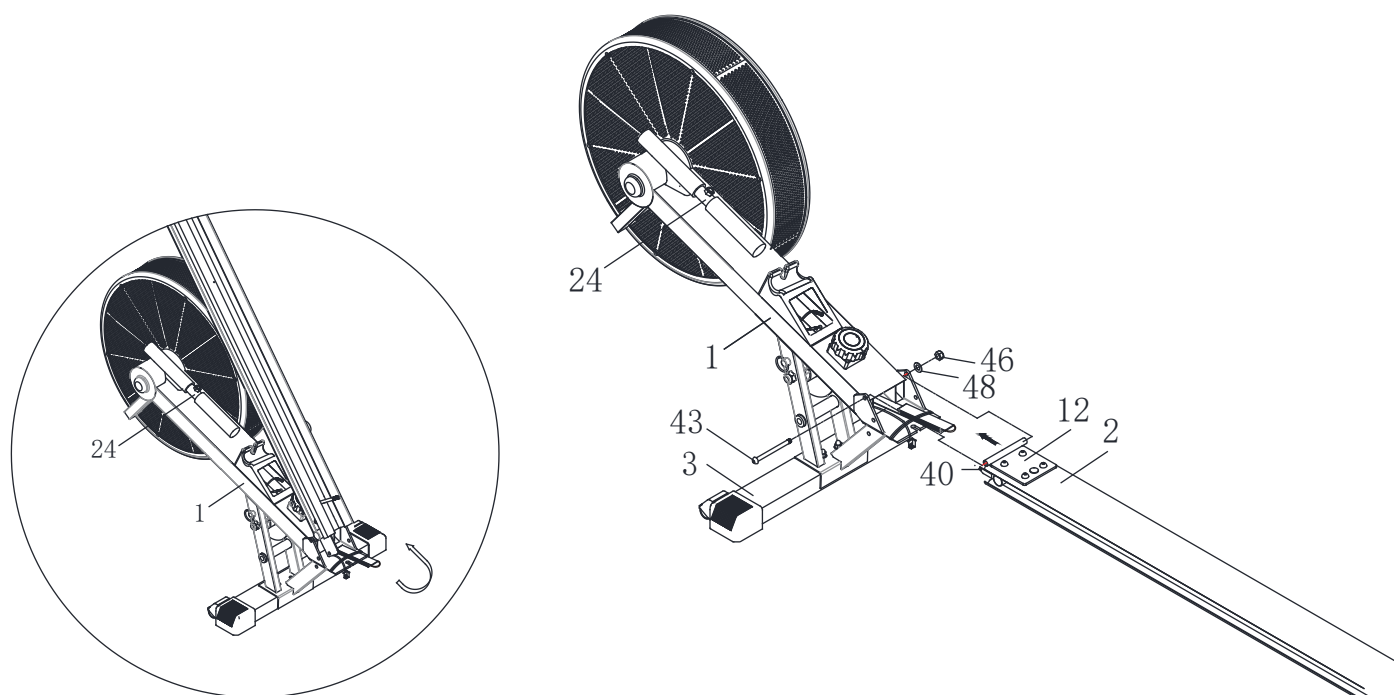
Assembly Instructions



Step 3

Attach the Rear Stabilizer (4) to the Rowing Rail (2) using 1 x M8*70mm Allen Head Bolt (42), 1 x M8 Flat Washer (48) and 1 x M8 Nylon Nut (46). Unscrew Knob (7) from the Rear Stabilizer (4) and insert the bolt on the stabilizer into the groove of Bracket (77) located on the Rowing Rail (2). Secure the Rear Stabilizer (4) in place using the Knob (7).

Note: The 1 x M8*70mm Allen Head Bolt (42) and 1 x M8 Nylon Nut (46) are pre-assembled on the Bracket (77). Please remove them before assembly and restore them afterwards.



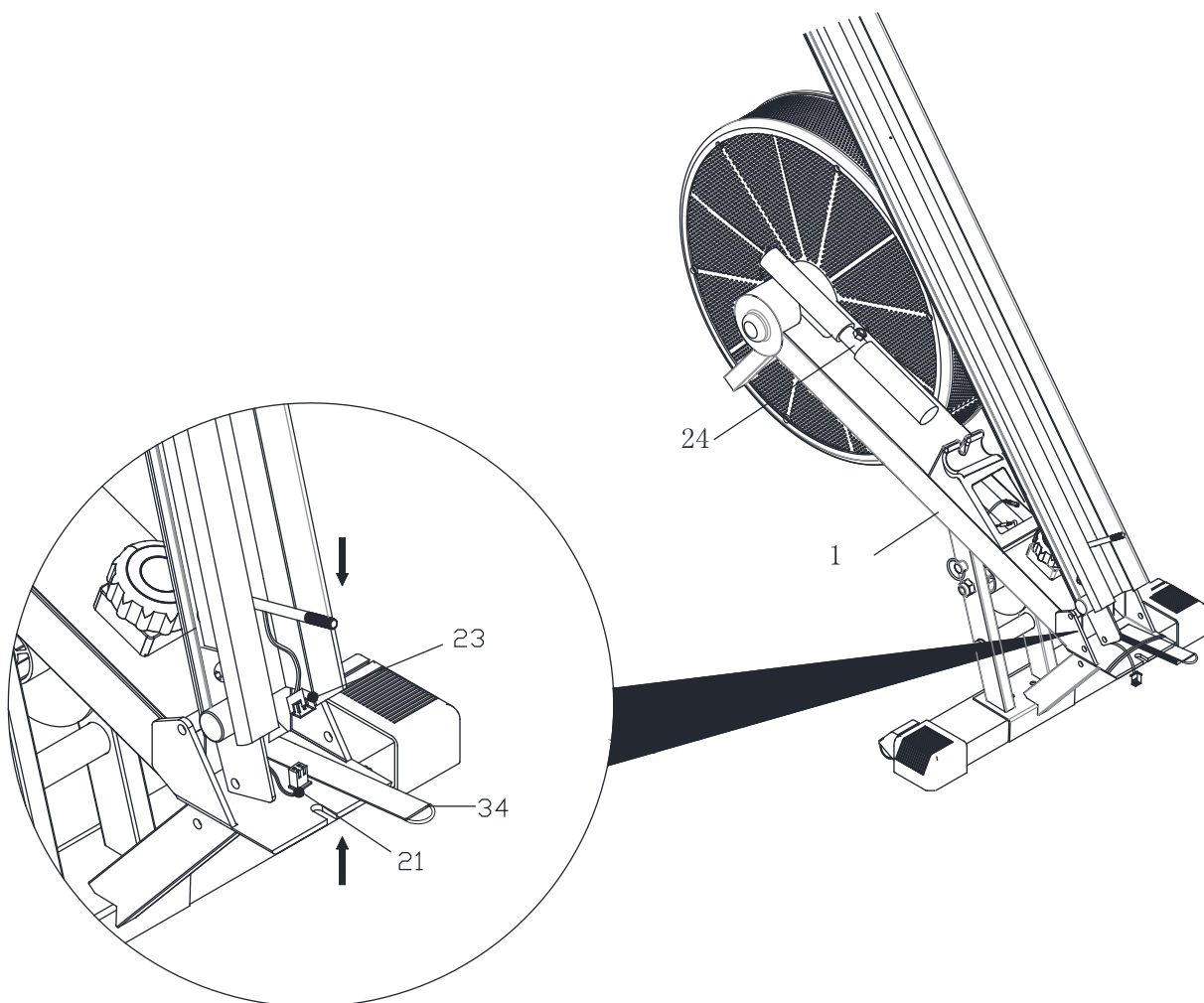
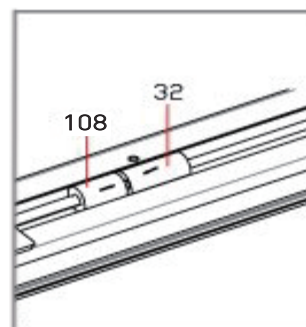
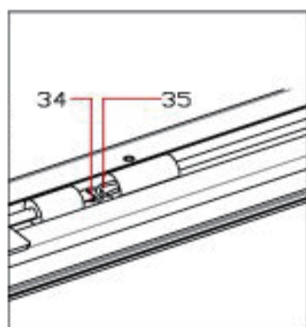
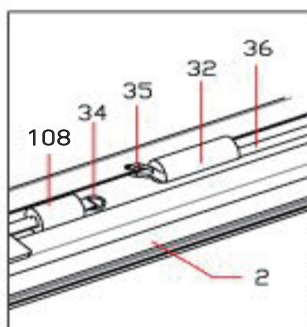
Step 4

Connect the front end of the Rowing Rail (2) to the Main Frame (1) with 1 x M8*135mm Allen Head Bolt (43), 1 x M8 Flat Washer (48) and 1 x M8 Nylon Nut (46).

Note: 1. To make the next step easier, it is suggested that you could lift the Rowing Rail (2) upward and lean it against Main Frame (1).

2. The 1 x M8*135mm Allen Head Bolt (43) and 1 x M8 Nylon Nut (46) are pre-assembled. Please remove them before assembly and restore them afterwards.

Assembly Instructions



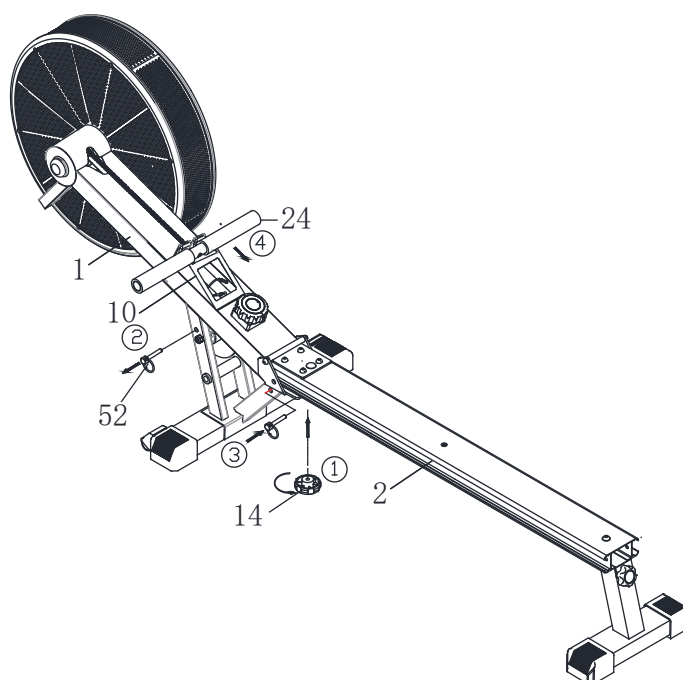
Step 5

Note: This step is best carried out by 2 people.

Warning: Please be careful when carrying out the following step, ensure that your face and body are at a safe distance from the cords as they can fling out at a high speed if it let go.

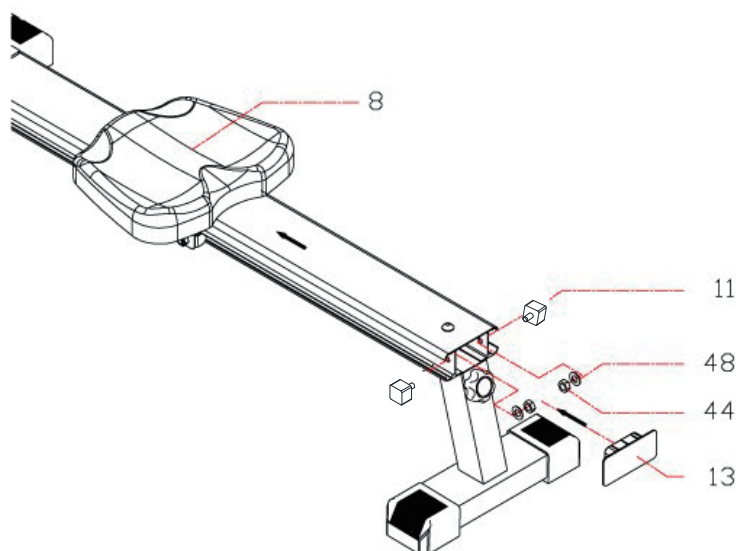
Pull the Drive Strap (34) from the Main Frame (1) and run it along the underside of the Rowing Rail (2) to where the Bungee Cord (36) is held. Then connect the D-ring at the end of the Drive Strap (34) with the C-hook (35) at the end of the Bungee Cord (36) as illustrated in the above drawings. Once connected, pull the Sleeve (32) over the C-hook and the Foam Grip (108) over the D-ring.

Connect the middle section Count Sensor Wire (21) to the rowing rail Count Sensor Wire (23) ensuring that the contacts are pushed inward completely. (You will hear / feel 2 clicks indicating that correct contact has been made).



Step 6

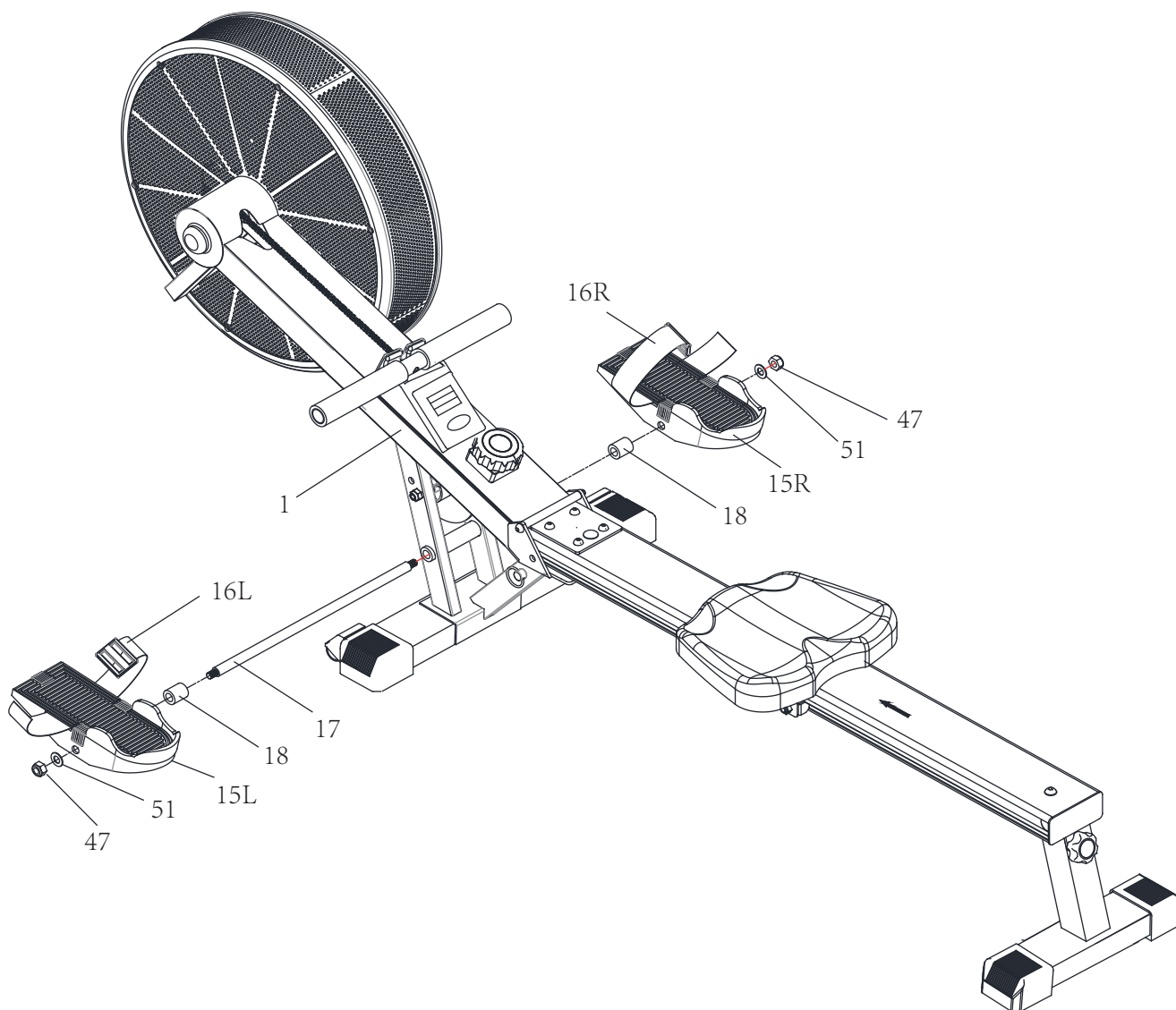
1. Lower the Rowing Rail (2) back to its in-use position and lock the rail in place with the Pivot Knob (14), then tighten it securely.
2. Pull the Lock Pin (52) from the front fork of the Main Frame (1).
3. Insert it into the lower hole of the front fork of the Main Frame (1).
4. Pull the handlebar (24) and put it into the Handlebar Holder (10).



Step 7

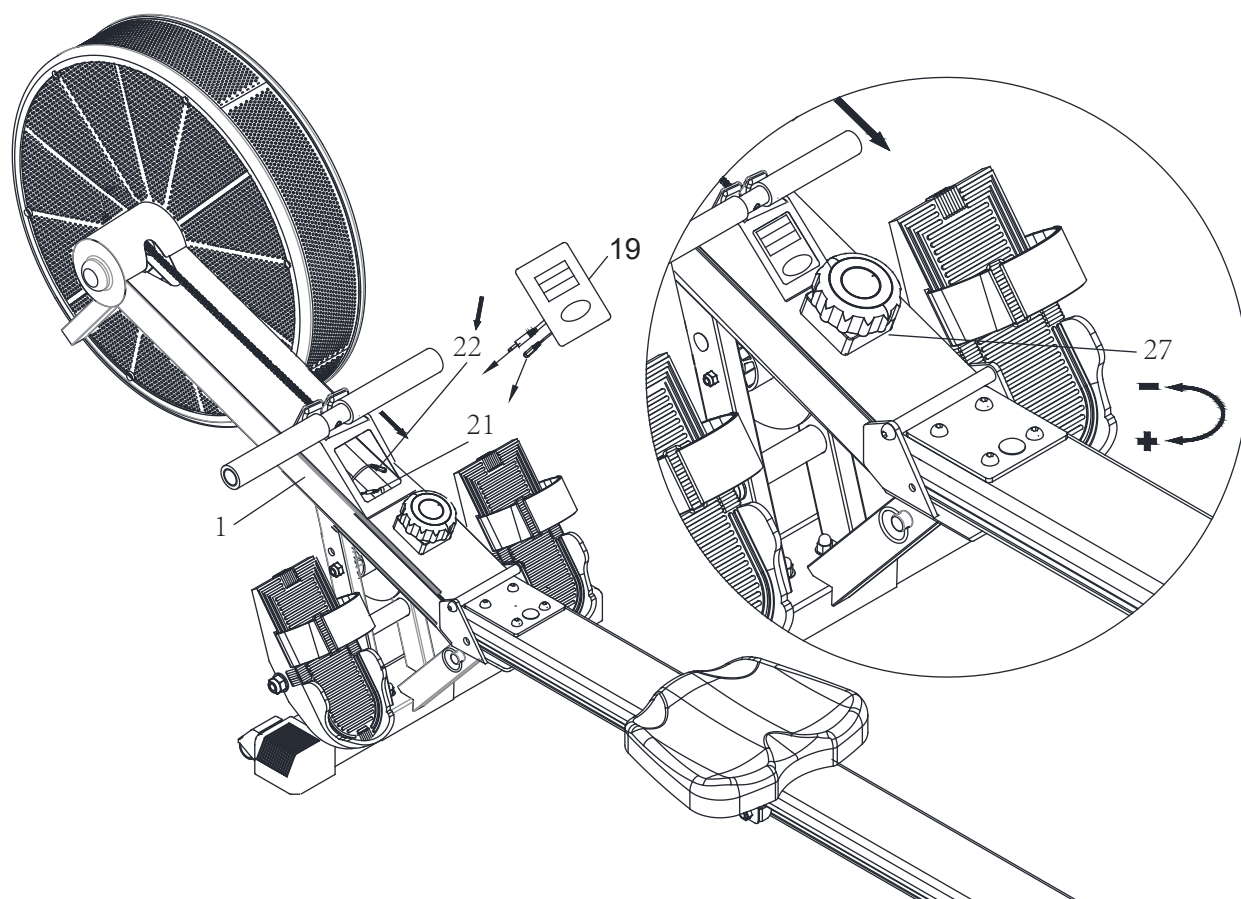
- Slide the Seat (8) onto the Rowing Rail (2) from the back and fit 1 x Stopper (11) to each side of the rail with the 2 x Flat Washer (48) and 2 x M8 Nut (44) which should be fitted on the inside of the rail. Close the end with the Rowing Rail End Cap (13).

Assembly Instructions



Step 8

For your convenience, the Velcro style adjustable Footplate Straps (16R/L) are pre-fitted to the Foot Pedals (15L/R) in the lower of the 2 positioning options. Slide the Foot Pedal Pivot Shaft (17) into the Main Frame (1) and then slide a foot pedal pivot shaft Spacer (18) onto each end of the shaft, followed by a Foot Pedal (15). Then secure the Pedals (15R/L) in place with 2 x Flat Washer (51) and 2 x 3/8" Nylon Nut (47) by hand. Finally, use the adjustable spanner (not supplied) to tighten Nylon nut (47) on each side. Open the Footplate Straps (16R/L) then place your feet on the Foot Pedals (15). Fasten the straps with the Velcro tapes to keep your feet in place.



Step 9

Install 2 x AA battery (not included) into the battery compartment of the Monitor (19). Connect the Sensor Wires (21 and 22), as illustrated above, ensuring the contacts are pushed inward completely. (You will hear / feel 2 clicks indicating that correct contact has been made).

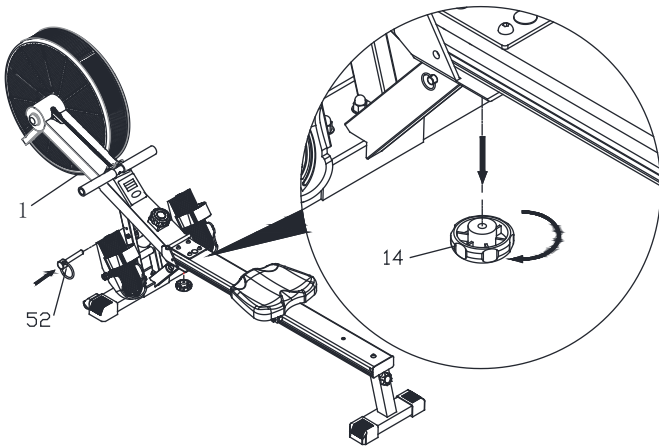
Warning: Batteries must be installed according to the correct polarization (+ and -). If the rower is not going to be used for a long of time , we recommend that the batteries are removed.

To increase the tension, please turn the Tension Knob (27) in a clockwise direction. To decrease the tension, please turn the Tension Knob (27) in a counter-clockwise direction.

Storage Way

Step 1

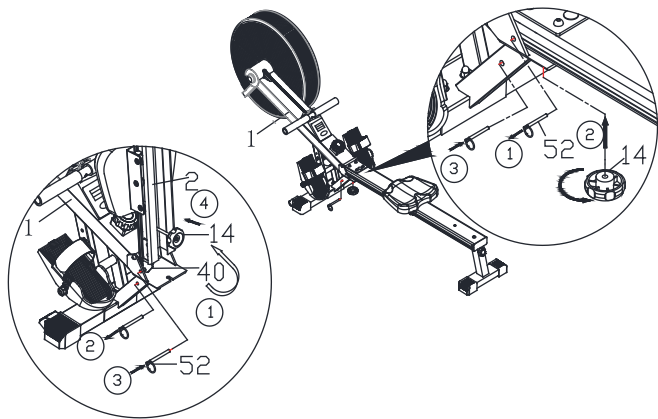
Slide the Seat forward then unscrew and remove the Pivot Knob (14).



Step 2

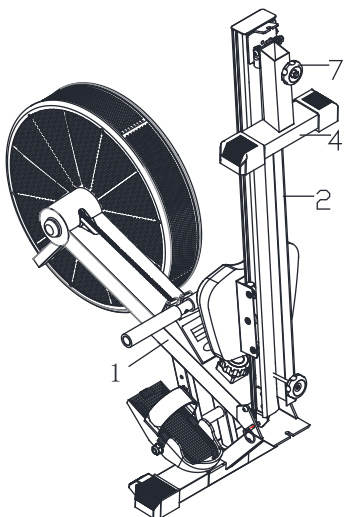
Carefully lift the Rowing Rail (2) up and over the top of the Main Frame (1). Lower gently so the Seat is positioned above the Main Frame (1). Note: The Front of the Rower will tip forward and rest on the floor.

Pull the Lock Pin (52) from the lower hole of the front fork of the Main Frame (1) and insert it into the hole of the Bracket (40) of the Rowing Rail (2). Attach the Pivot Knob (14) back to the bolt of the Rowing Rail (2) and tighten well.

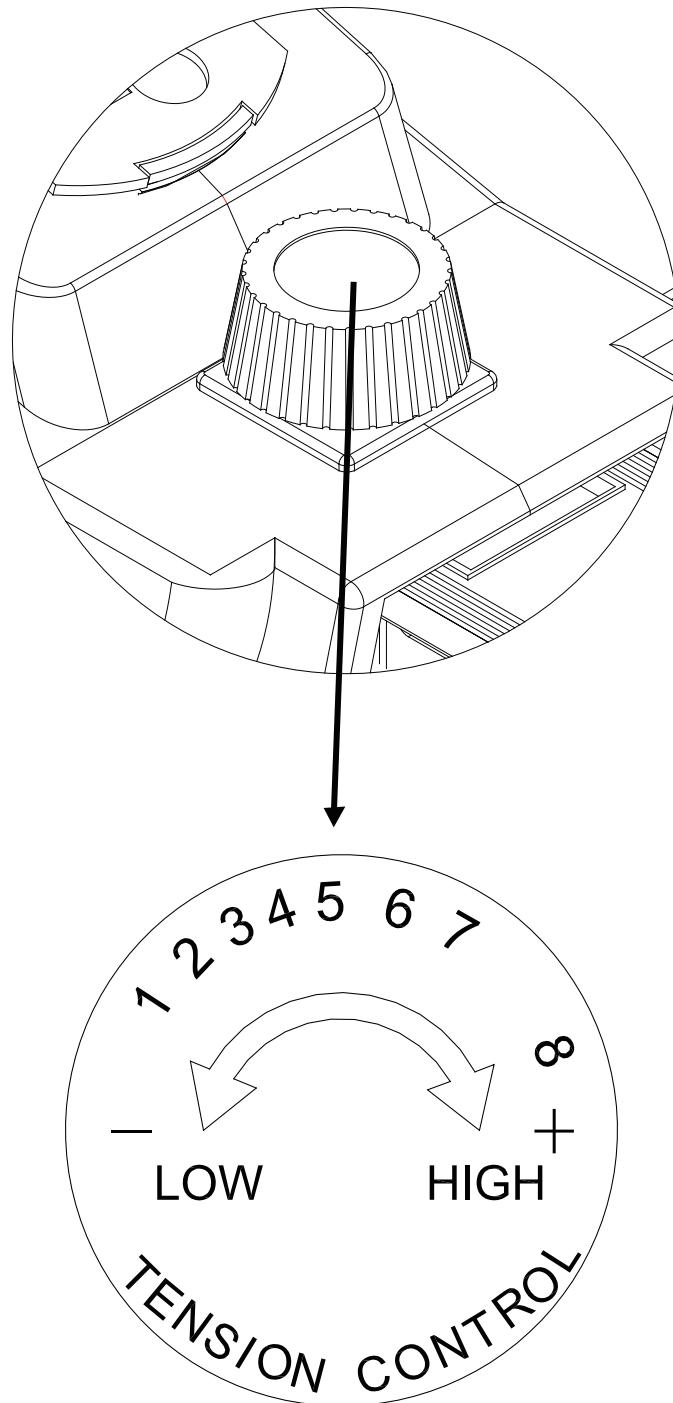


Step 3

Unscrew the Rear Stabilizer Knob (7) and carefully lower the Rear Stabilizer (4) to rest against the Rowing Rail (2). Screw the Knob (7) back into position to secure it in place.



Tension Knob Adjustment



NOTE

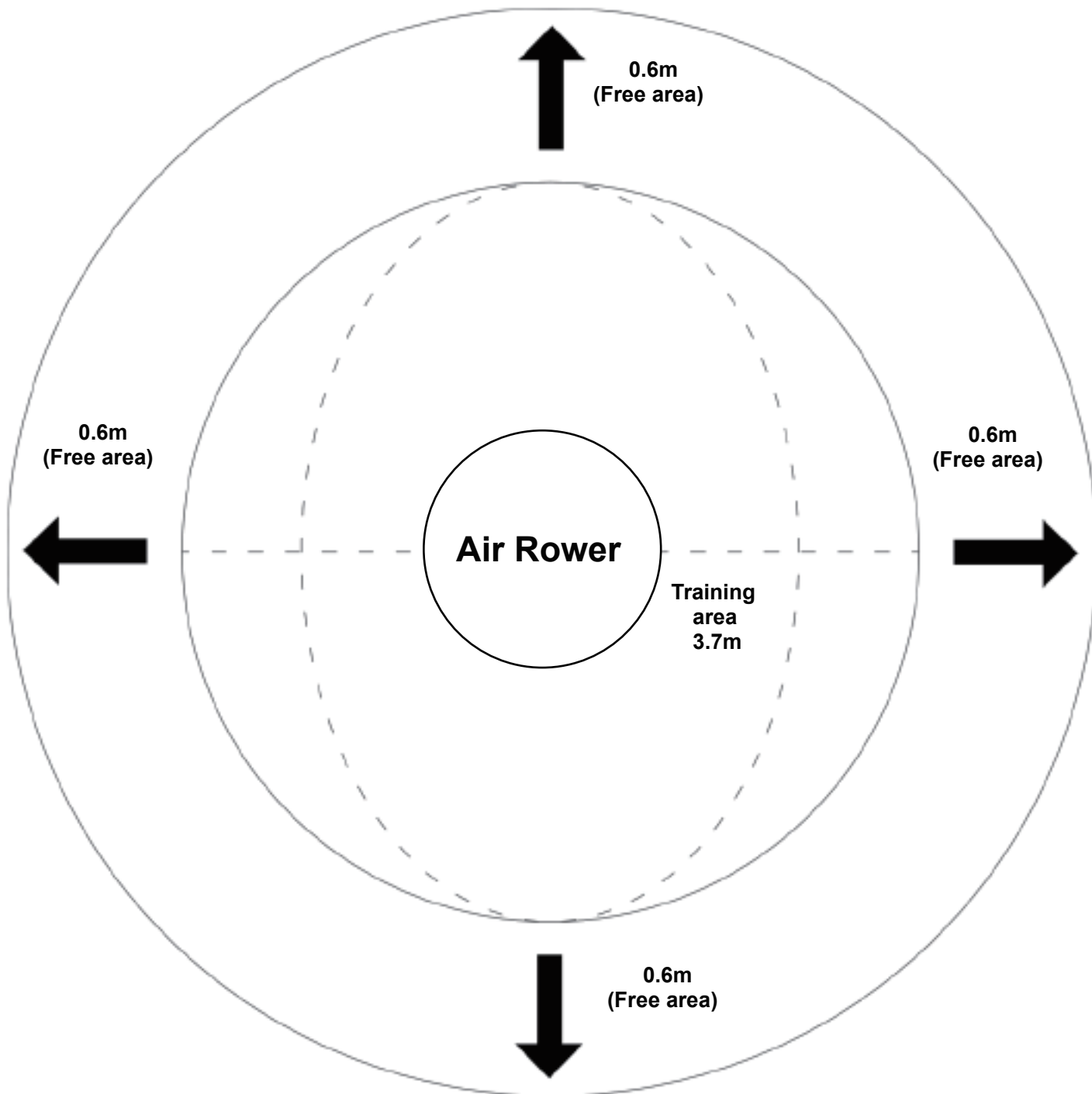
You should begin your "Exercise Period" at the resistance level and speed to suit your needs. Remember to start out slow and easy and work your way up to the fitness level you desire.

Workout area

Free area and training area.

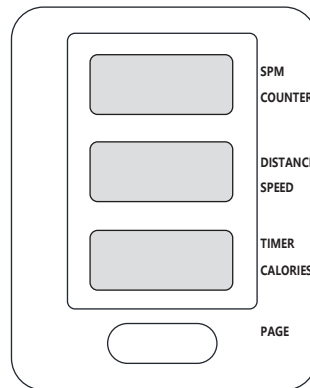
The free area should be no less than 0.6m greater than the training area in the directions from which the equipment is accessed. The free area must also include the area for emergency dismount.

Where equipment is positioned adjacent to each other the value of the free area may be shared.



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

Functions and operations



FUNCTIONS

CALORIES ~ (COMPUTED THEORETICAL CALORIE BURN)

COUNTER ~ (TOTAL STROKES)

DISTANCE ~ (EXERCISE DISTANCE [km])

SPEED ~ (ROWING SPEED [km/h])

STROKES per MINUTE ~ (COUNT UP STROKE RATE)

TIMER ~ (COUNT UP [minutes and seconds])

NOTE ALL FIGURES ARE APPROXIMATE VALUES

FUNCTION SPECIFICATIONS

CALORIES	0.00 - 999.9 Kcal (THEORETICAL)
COUNTER	0 - 9999 (COUNT UP)
DISTANCE	km (COUNT UP)
SPEED	0.00 - 99.9 km/h
STROKES per MINUTE	0 - 999 (COUNT UP)
TIMER	0.00 - 99.59 MINUTES (COUNT UP)

OPERATING SPECIFICATIONS

POWER SOURCE	2 x AA (1.5V) POWER CELLS (not included)
STORAGE TEMPERATURE	-10c - +60c
NORMAL OPERATION TEMPERATURE	0c - +50c

USING YOUR EXERCISE MONITOR

To provide ease of use, there is only 1 button on your Exercise Monitor: - **PAGE**

Your Exercise Monitor has **2 PAGES** with **3 LCD Display Screens**.

Press the **PAGE** button to manually move through each of the Exercise Monitor's pages in turn. The functions are shown in the following order: -

PAGE 1 – STROKES per MINUTE, DISTANCE and TIMER.

PAGE 2 – STROKE COUNTER, SPEED and CALORIES.

Pressing and holding the **PAGE** button for more than 3 seconds when you are on either **PAGE** will enable you to set to zero any figures remaining from previous exercise sessions in each individual function.

GETTING STARTED

Either press the **PAGE** button or start to exercise and the Exercise Monitor will begin to register the various functions.

BATTERY INSTALLATION

To install the necessary **BATTERIES - (NOT INCLUDED)** to your Exercise Monitor, simply place the correct size batteries between the exposed contacts in the battery compartment. Ensure that batteries are fitted with the '+' / '-' ends matching the outline on the sticker in the battery compartment or etched into the compartment. Failure to fit batteries correctly may result in damage to your Exercise Monitor. To install replacement batteries as required, carefully remove the Exercise Monitor from its fitting, disconnect the Sensor Lead and follow the instructions above.

PLEASE DISPOSE OF OLD BATTERIES CAREFULLY AND CONSIDERATELY

Exercising Information

Before starting to exercise

How you begin your exercise program depends on your physical condition. If you have been inactive for several years, or are severely overweight, you must start slowly and increase your time on the equipment; a few minutes per workout.

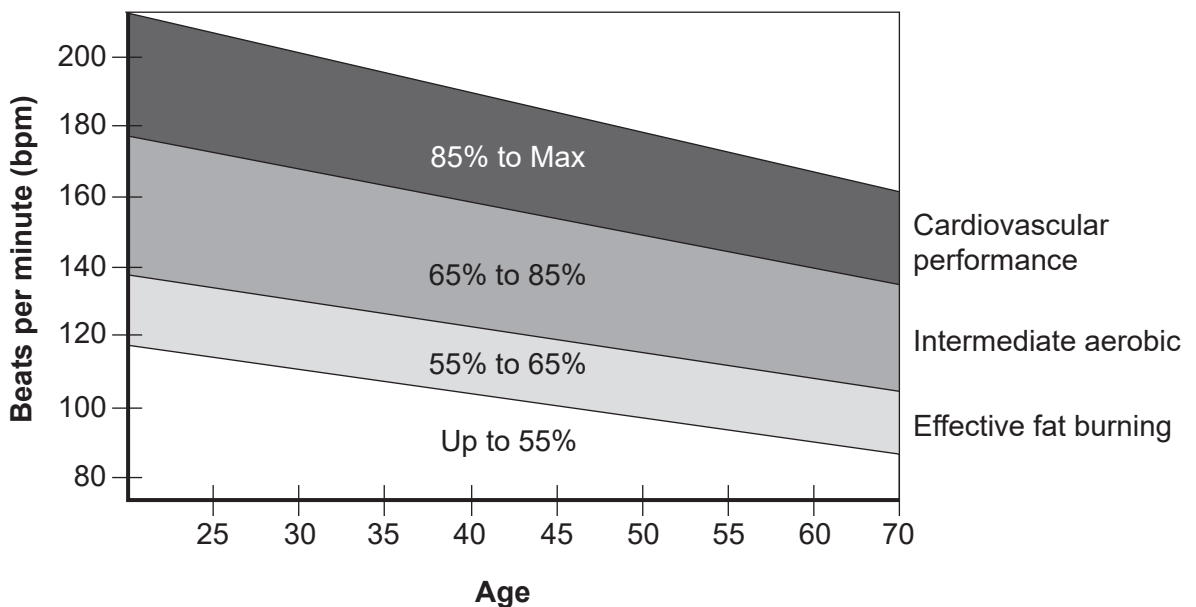
Initially, you may be able to exercise only for a few minutes in your target zone, however, your aerobic fitness will improve over the next six to eight weeks. Don't be discouraged if it takes longer. It's important to work at your own pace. Ultimately, you'll be able to exercise continuously for 30 minutes. The better your aerobic fitness, the harder you will have to work to stay in your target zone.

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 that have been set by you and your doctor.
- Monitor your pulse frequently. Establish your target heart rate based on your age and condition.
- Set up your equipment on a flat even surface at least 3 feet from walls and furniture.

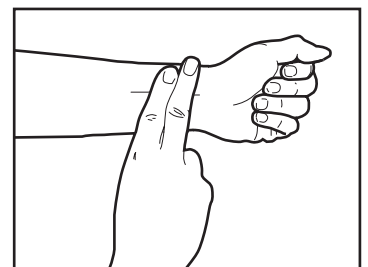
Exercise intensity

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



Muscle chart

Aerobic Exercise

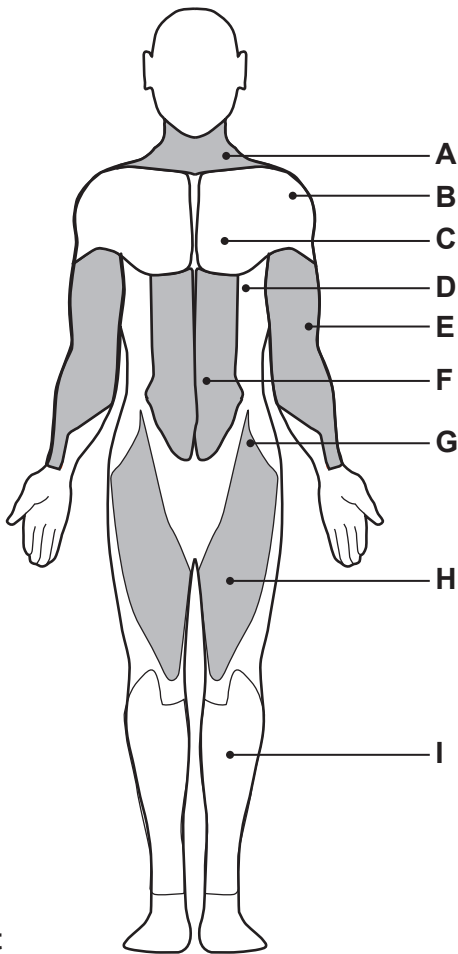
Aerobic exercise improves the fitness of your lungs and heart - your body's most important muscle. Aerobic exercise fitness is promoted by any activity that uses your large muscles (arms, legs, or buttock, for example). Your heart beats quickly and you breathe deeply. An aerobic exercise should be part of your entire exercise routine.

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 lesser amount of reps. As always, consult your doctor before beginning any exercise program.

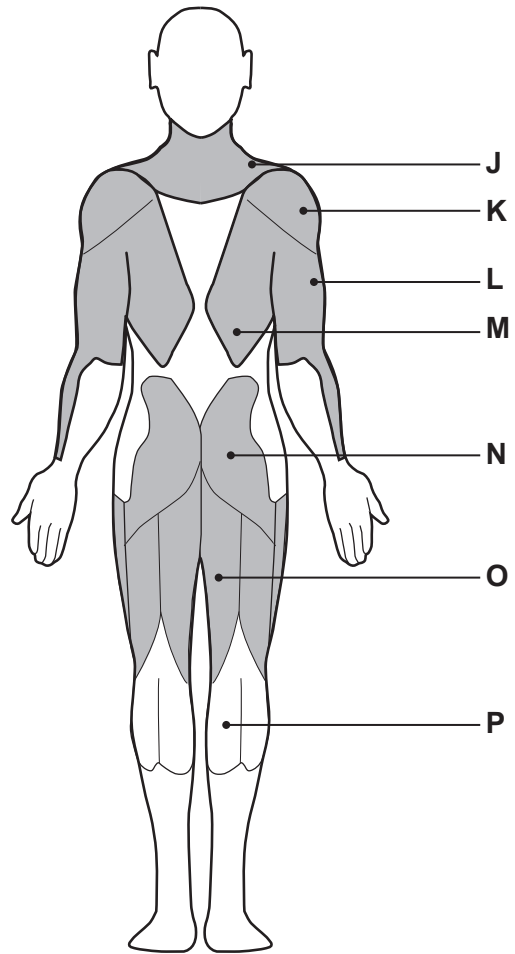
Targeted Muscle Groups

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



Front

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



Back

- | | |
|----------------------------|-------------------------|
| J: Trapezius | N: Gluteals |
| K: Posterior | O: Hamstrings |
| L: Triceps | P: Gastrocnemius |
| M: Latissimus Dorsi | |

Exercising Information

Warming up and Cooling down exercises

Each workout should include the following three parts:

1. A warm-up, consisting of 5 to 10 minutes of light exercise, such as jogging on the spot, star jumps and lunges. 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 prevent post-exercise problems.

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

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.



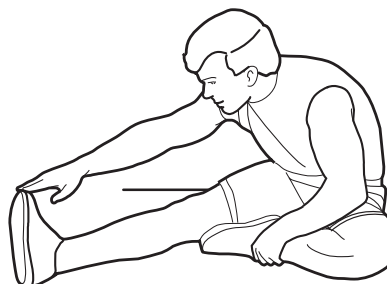
Hamstring stretch

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.



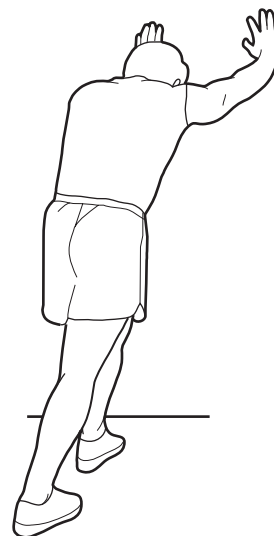
Calf/achilles stretch

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.



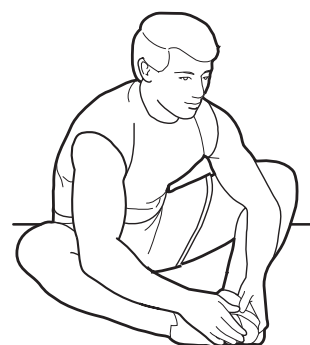
Inner thigh stretch

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.



Care and Maintenance

1. Examine the equipment periodically in order to detect any damage or wear which may have been produced.

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

3. Lubricate moving parts with light oil periodically to prevent premature wear.

4. Inspect and tighten all parts before using the equipment, replace any defective parts immediately, and **do not** use the equipment again until it is in

perfect working order.

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

6. Special attention to components most susceptible to wear.

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

8. **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**.

Guarantee:

For guarantee purposes, please retain your purchase receipt.

Information for Users on Disposal of old Equipment and Batteries (European Union only)

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

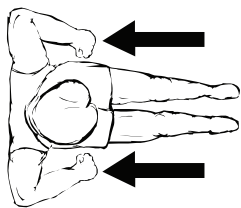
Using your ROWING MACHINE will provide you with several benefits.

- (1) It will improve your physical fitness, It strengthens the heart and improves circulation as well as exercising all the major muscle groups; the back, waist, arms, shoulders, hips and legs.
- (2) tone your muscles and, in conjunction with a calorie-controlled diet, help you lose weight.

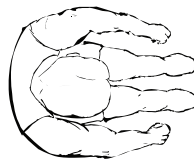
Rowing is an extremely effective form of exercise.

The Basic Rowing Stroke

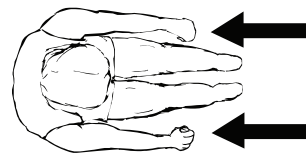
- 1) Sit on the saddle and fasten your feet to the pedals using the Velcro straps. Then take hold of the rowing bar.
- 2) Take up the starting position, leaning forward with your arms straight and knees bent as shown in (Fig 1).
- 3) Push yourself backwards, straightening your back and legs at the same time (Fig 2).
- 4) Continue this movement until you are leaning slightly backwards, during this stage you should bring your arms out of the side. (Fig 3). Then return to stage 2 and repeat. See attached.



(Fig.1)



(Fig.2)



(Fig.3)

Training Time

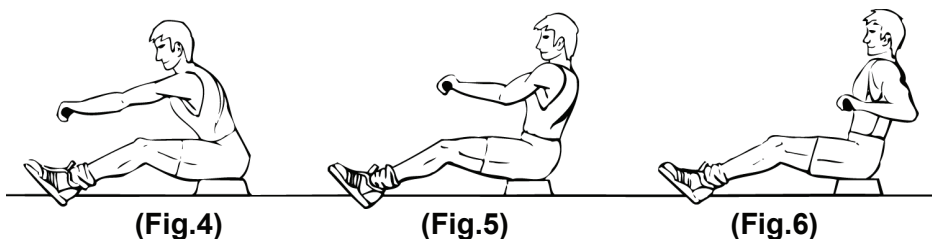
Rowing is a strenuous form of exercise, because of this it is best to start with a short, easy exercise programmed and build up to longer and harder workouts. Start rowing for about 5 minutes and as you progress, increase the length of your work out to match your improving level of fitness. You should eventually be capable of rowing for 15-20 minutes, but do not try to achieve this too quickly.

Try to train on alternate days, 3 times a week. This gives your body time to recover between workouts.

Alternate Rowing Styles

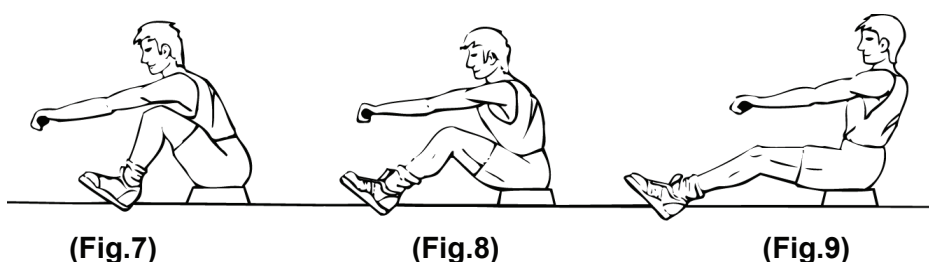
Arms Only Rowing

This exercise will tone muscles in your arms, shoulders, back and stomach. Sit as shown in Fig 4 with your legs straight, lean forward and grasp the handles. In a gradual and controlled manner lean back to just past the up right position continuing to pull the handles towards your chest. Return to the starting position and repeat. See attached.

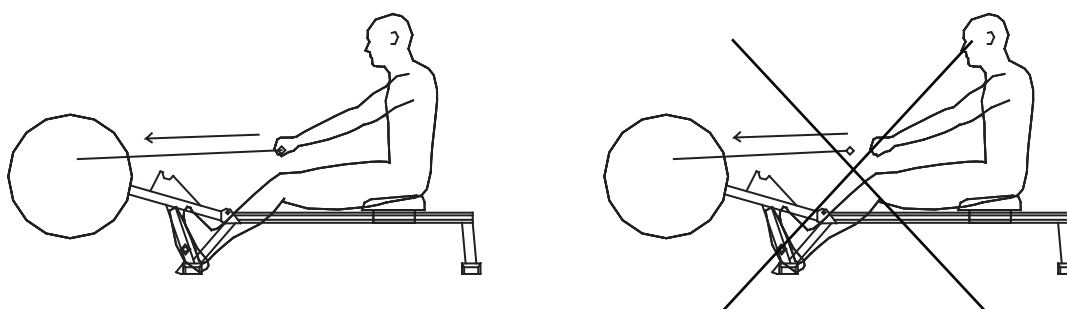


Legs Only Rowing

This exercise will help tone muscles in your legs and back. With your back straight and arms out stretched, bend your legs until you are grasping the rowing arm handles in the starting position, Fig 7. Use your legs to push your body back whilst keeping your arms and back straight.



Caution: Hold the handlebar all the time during exercise, do not bounce the resistance rope automatically.

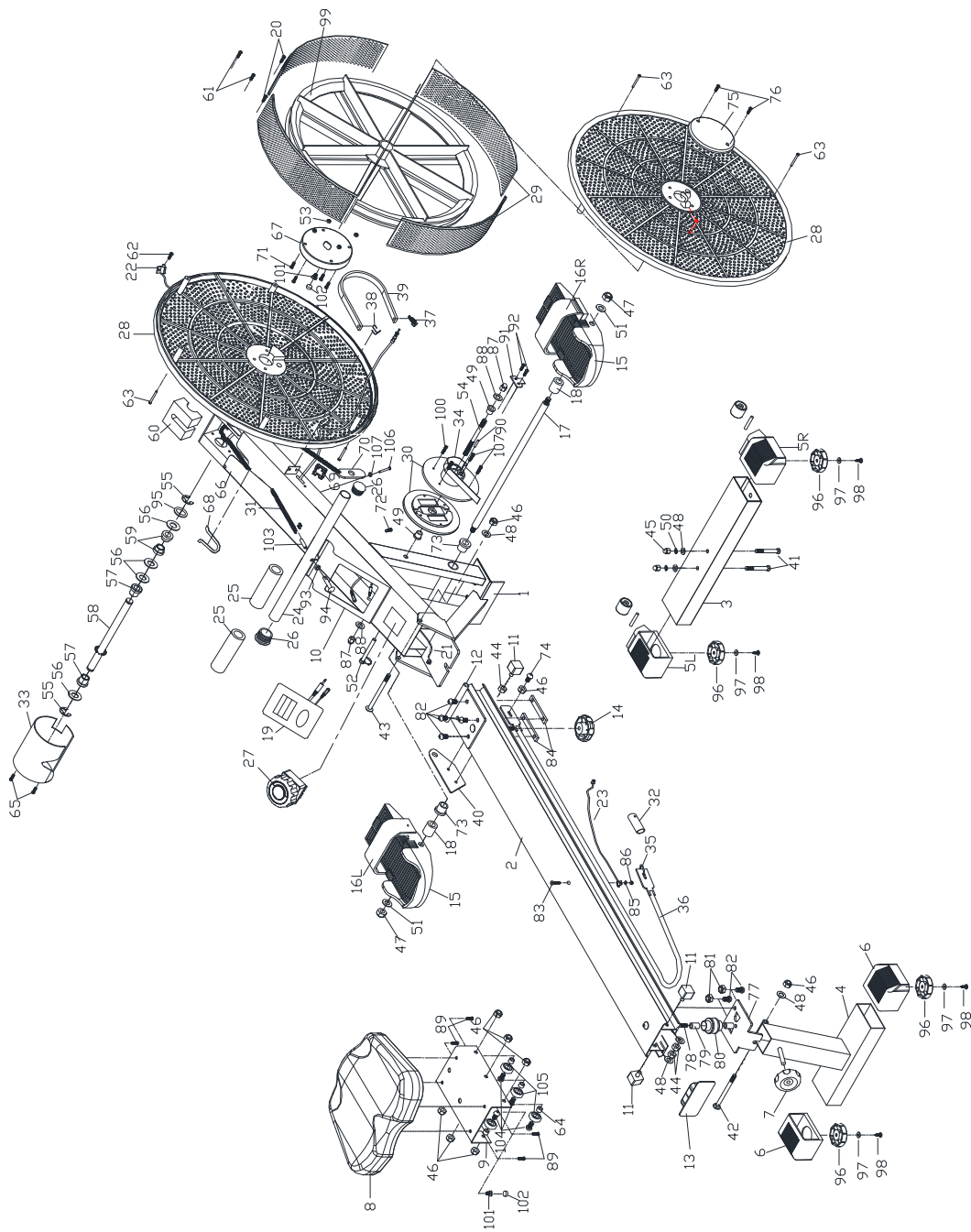


Cooling-Down Phase

This stage is to let your cardio-vascular system and muscles wind down. This is a repeat of the warm-up phase. First, reduce your tempo and continue at this slower pace for approximately 5 minutes before you get off your Rowing Machine. The stretching exercises should now be repeated, again remembering not to force or jerk your muscles into the stretch.

As you get fitter you may need to train longer and harder. It is advisable to train at least three times a week, and if possible to space your workouts evenly throughout the week.

Exploded Parts Diagram



Exploded Diagram Parts List

NO	DESCRIPTION	QTY	NO	DESCRIPTION	QTY
1	MAIN FRAME	1	61	CROSS HEAD SCREW M5X15L	2
2	ROWING RAIL	1	62	CROSS HEAD SCREW M5X12L	1
3	FRONT STABILIZER	1	63	ROUND HEAD SCREW M5X30L	6
4	REAR STABILIZER	1	64	SPECER Ø12XØ8.4X8H	6
5	FRONT STABILIZER TRANSPORTATION WHEELS SET (R&L)	2	65	CROSS HEAD SCREW M5X0.8PX12L	2
6	REAR STABILIZER END CAP	2	66	DECORATION BOARD 320X113X1.0T	1
7	KNOB Ø50XM8	1	67	BRAKE PLATE	1
8	SEAT	1	68	STRIPE 6X7X130L	1
9	SEAT CARRIAGE	1	69	CAP 25.4X25.4	1
10	HANDLEBAR HOLDER	1	70	BRACKET 24X75X4.0T	1
11	STOPPER Ø25XM8X13L	3	71	CROSS HEAD SCREW M6X25L	4
12	PIVOT BRACKET	1	72	CROSS HEAD SCREW M5X25L	1
13	ALUM BEAM END CAP	1	73	SPACER Ø21XØ12X16H	2
14	PIVOT KNOB Ø60XM8	1	74	ALLEN HEAD BOLT M8X1.25PX12L	1
15	FOOT PEDAL (L/R)	2	75	SPINDLE COVER Ø115	1
16	VELCRO STRAP (L/R)	2	76	ROUND HEAD SCREW M4X16L	2
17	PIVOT SHAFT 3/8"X16WX430L	1	77	BRACKET 84X95X39X4.0T	1
18	SPACER Ø24X Ø14X28L	2	78	ALLEN HEAD BOLT M8X1.25PX60L	1
19	MONITOR W/TWO EXTENSION SENSOR WIREA, B	1	79	SPACER Ø13XØ8.4X20H	2
20	CROSS HEAD SCREW M5X15L	2	80	BUNGEE CORD WHEEL Ø19XØ36X44L	1
21	MIDDLE SECTION COUNT SENSOR WIRE L500MM	1	81	NYLON NUT M8X1.25PX6H	2
22	SPEED UP SENSOR W/WIRE 450MM	1	82	ALLEN HEAD BOLT M8X1.25PX12L	6
23	COUNT SENSOR W/WIRE L720MM	1	83	FLAT CROSS HEAD SCREW M5X0.8PX15L	1
24	HANDLEBAR Ø1"X 1.5X400L	1	84	CONNECT BRACKET 82X12X5.0T	2
25	FOAM GRIP Ø1"X 7.5"X3MM	2	85	FLAT WAHSER Ø13X Ø5.2X1.0T	1
26	PLUG Ø1"	2	86	NUT M5X0.8PX4H	1
27	TENSION	1	87	ACORN NUT 3/8"X26WX17.6H	2
28	FAN GUARD	2	88	FLAT WASHER Ø21X Ø10.5X2.5T	2
29	AIR FAN COVER INSERT 415X90MM	4	89	CROSS HEAD SCREW M6X1.0PX12L	4
30	FLYWHEEL	1	90	POLE Ø6X23L	1
31	CHAIN	1	91	TENSION PLATE	1
32	SLEEVE Ø20X Ø16X68L	1	92	ROUND HEAD SCREW M2.6X10L	2
33	PROTECTION COVER Ø100X Ø96X132L	1	93	WASHER (ID Ø10)	1
34	DRIVE STRAP 1115X17MM	1	94	BOLT HEAD WITH HOLE Ø8X41L	1
35	CLIP	1	95	ADJUST WASHER Ø32XØ16.3X0.5T	1
36	BUNGEE CORD	1	96	ANTI-SLIPPERY PAD	4
37	SPRING HOOK Ø10XØ1.3X21L	1	97	FLAT WASHER Ø16X Ø6X1.0T	4
38	C HOOK Ø25X2.5T	1	98	CROSS HEAD SCREW M5X20L	4
39	STRAP 480MM	1	99	FAN Ø420	1
40	BRACKET	1	100	FLAT HEAD SCREW M5X20L	4
41	CARRIAGE BOLT M8X1.25PX55L	2	101	MAGNET HOLDER	2
42	ALLEN HEAD BOLT M8X1.25PX70L	1	102	MAGNET	2
43	ALLEN HEAD BOLT M8X1.25PX135L	1	103	PLASTIC SLEEVE Ø10XØ6X20L	1
44	NUT M8	3	104	FLAT ALLEN HEAD BOLT M8X1.25PX27L	6
45	DOME NUT M8X1.25PX15.5H	2	105	NYLON WHEEL Ø32	6
46	NYLON NUT M8X1.25PX8H	9	106	CROSS HEAD SCREW M4X60L	4
47	NYLON NUT 3/8"X16WX12H	2	107	FLAT WAHSER Ø10X Ø5.2X1.0T	4
48	FLAT WASHER Ø16X Ø8.4X1.0T	6	108	FOAM GRIPS	1
49	POWDER BUSH	2			
50	SPRING WASHER M8	2			
51	FLAT WASHER Ø26X Ø10.5X2.0T	2			
52	LOCK PIN Ø8X146L	1			
53	NYLON NUT M6X6L	4			
54	SPINDLE 3/8"X26WX140L	1			
55	E CLIP Ø29X1.5T	2			
56	FLAT WASHER Ø30X Ø17X2.0T	4			
57	SPACER Ø16.5X Ø30X33H	2			
58	AXLE WITH 13T Ø16X220L	1			
59	POWDER BUSH Ø26XØ16X11H	2			
60	CHAIN PROTECTOR 63X63X35	1			

Guarantee



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 Helpline: 0345 600 1714.**

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