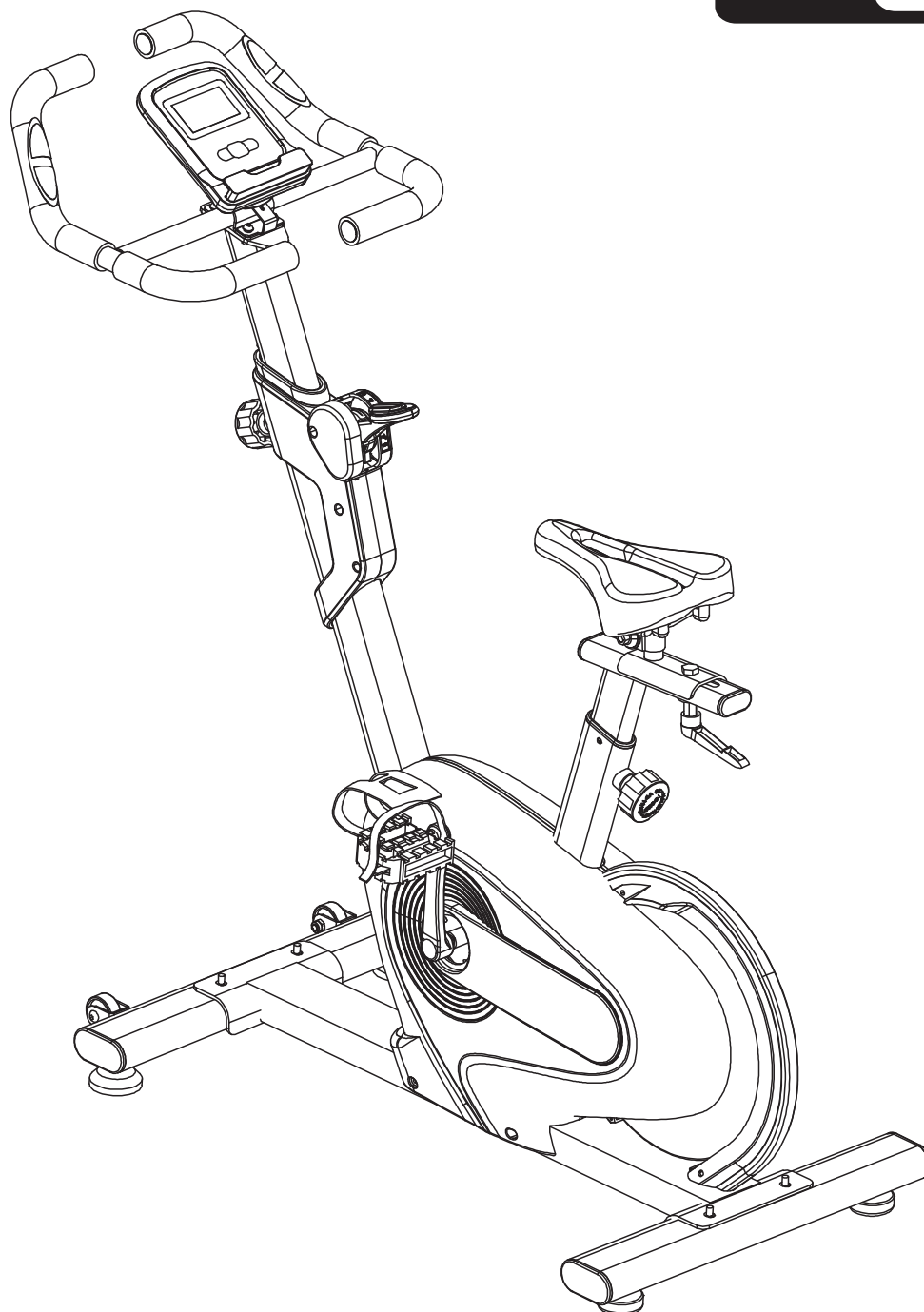


# Aerobic Exercise Bike

Assembly & User Instructions - Please keep for future reference

8665492

**PRO FITNESS**



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

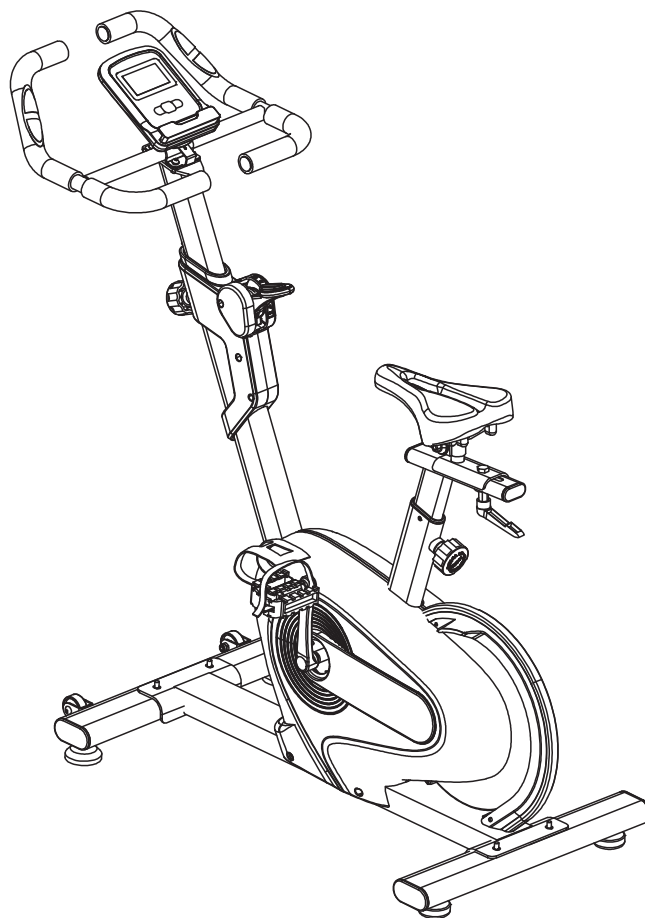
These instructions contain important information which will help you get the best from your equipment and ensure safe and correct assembly, use and maintenance.

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.
- Disabled persons should not use the equipment without a qualified person or doctor in attendance.
- Always wear appropriate workout clothing when exercising. **Do not** wear loose or baggy clothing, as it may get caught in the equipment. Wear trainers to protect your feet while exercising.
- **Do not** place any sharp objects around the equipment.
- Keep hands away from all moving parts.
- If any of the adjustment devices are left projecting, they could interfere with the user's movement.
- Before using the equipment to exercise, always perform stretching exercises to properly warm up.
- Only one person at a time should use the equipment.
- If the user experiences dizziness, nausea, chest pain, or other abnormal symptoms stop the workout and seek immediate medical attention.
- Injuries to health may result from incorrect or excessive training.
- This product is suitable for a maximum user weight of: 120kg.
- This product conforms to: BS EN ISO 20957-1 and -10 Class (H) - Home Use.
- Please be aware the risk caused by the absence of a freewheel system. Please press the brake knob to stop exercising or slow down the speed in case of causing any injury on feet from the compulsory strength from the inertia of the flywheel.
- Keep in mind that you should lock the spinning bike by push down the brake the after using it.
- Push down the brake for more resistance, to the lower end when you want to lock the mechanism.
- Do not touch the pedals and/or flywheel when this equipment is being used.
- Stop the rotation of the pedals and flywheel when not use.

## Using

- It is the responsibility of the owner to ensure that all users of this product are properly informed as to how to use this product safely.
- This product is intended for domestic use only. Do not use in any commercial, rental, or institutional setting.
- Use the equipment only for intended use, as described in this manual. Do not use attachments not recommended by the manufacturer.
- Keep this equipment indoors, away from moisture and dust. Do not put the equipment in a garage, outbuilding, covered patio, or near water.
- Your product is intended for use in clean dry conditions. You should avoid storage in excessively cold or damp places as this may lead to corrosion and other related problems that are outside our control.
- Keep unsupervised children away from the equipment.



# 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 to be charged under adult supervision.
- Exhausted batteries are to be removed from the product.
- Supply terminals are not to be short-circuited.
- Rechargeable batteries are to be removed from the product before being charged.



**Warning:** Before beginning any exercise program, consult your Doctor. This is especially important for persons over the age of 35 or persons with pre-existing health problems.

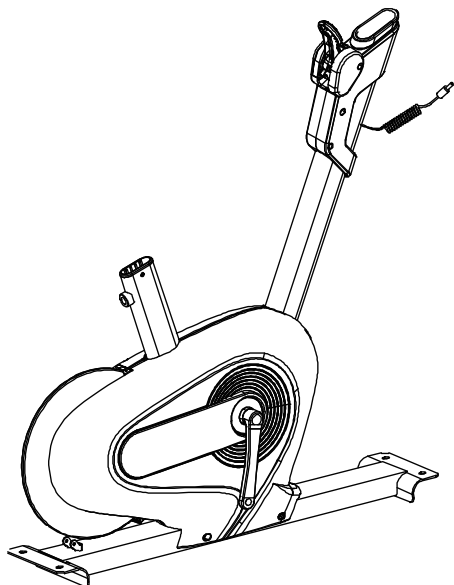
You **MUST** read all instructions before using any fitness equipment. Argos and its associates assumes no responsibility for personal injury or property damage sustained by or through the use of this product. Over exercising may result in serious injury or death. If you feel faint stop exercising immediately. Warning! Heart rate monitoring systems may be inaccurate. For the most accurate heart rate measure, please hold both hand pulse sensors continuously during any programme.

# Components - Parts

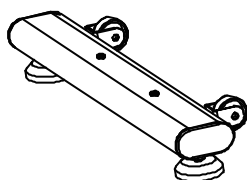
If you have damaged or missing components,  
call the **Customer contact number: 0345 600 1714**

Please check you have all the parts listed below

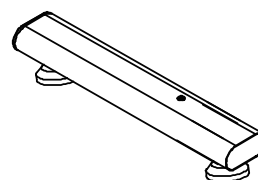
**Note:** Some of the smaller components may be pre-fitted to larger components. Please check carefully before contacting Argos regarding any missing components.



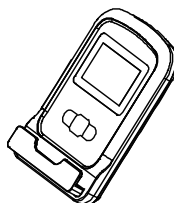
1. Main Frame x 1



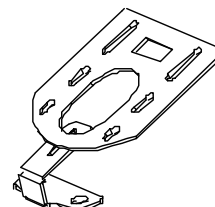
2. Front Stabilizer x 1



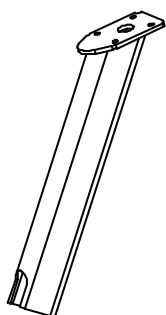
3. Rear Stabilizer x 1



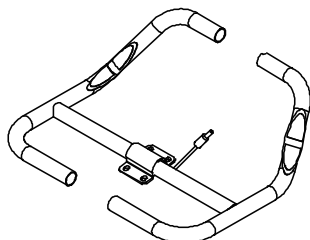
18. Console x 1



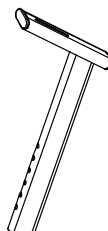
19. Console Support x 1



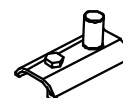
7. Handle Post x 1



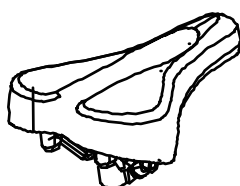
8. Handlebar x 1



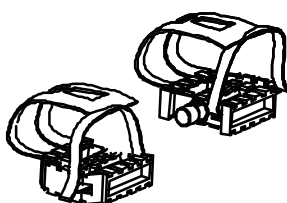
27. Saddle Post x 1



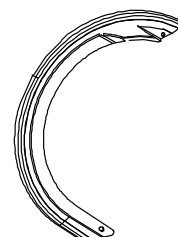
33. Saddle Support x 1



34. Saddle x 1



35L/R. Pedal x 2



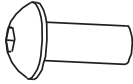



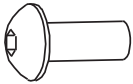


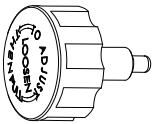
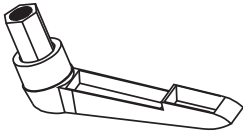



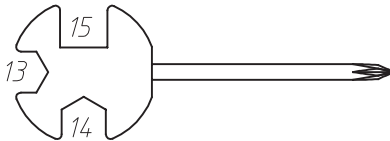
75. Wheel Cover x 1

# Components - Fixings

PRO FITNESS

Please check you have all the fixings listed below

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

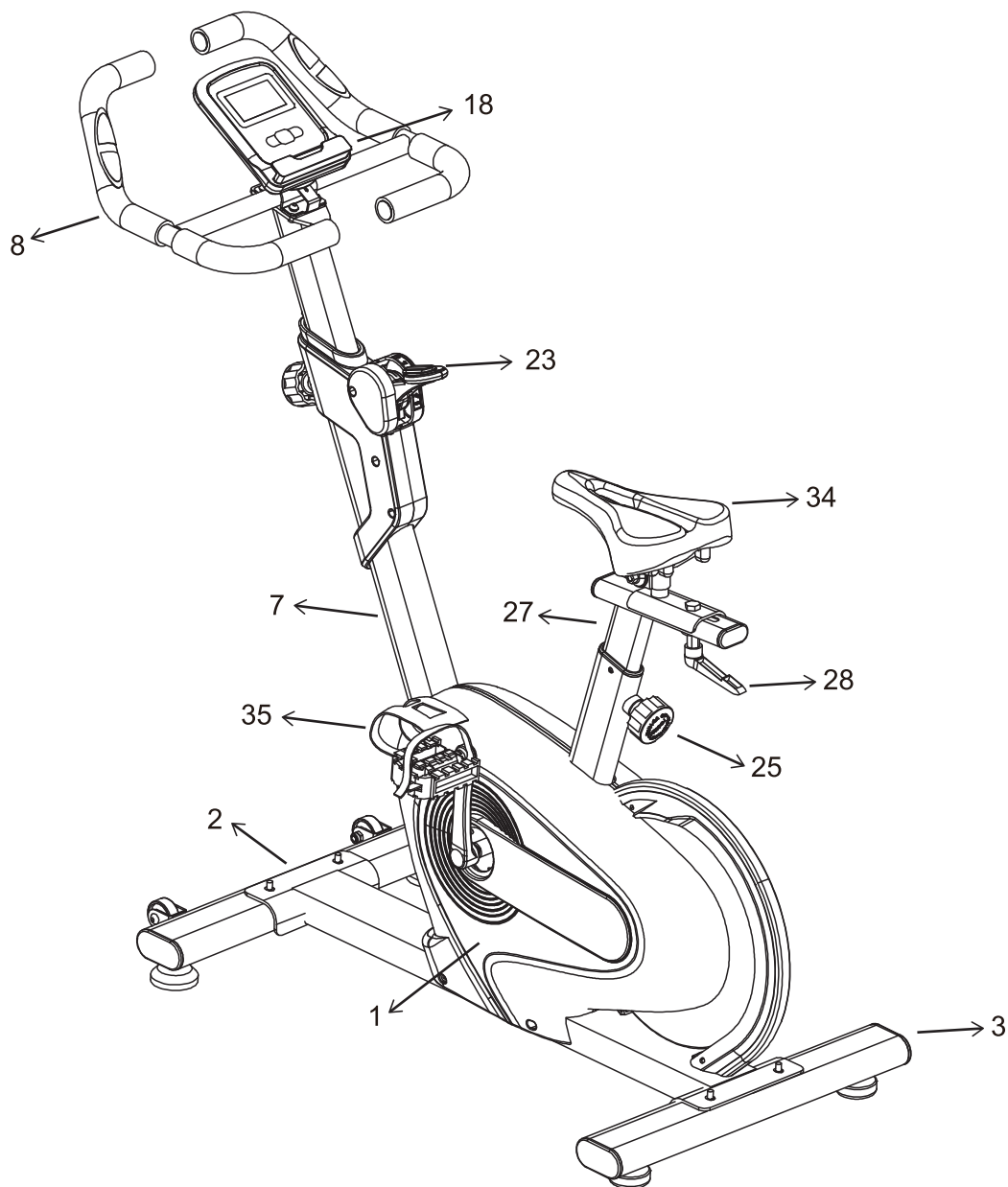
<b>04</b>  <p>Allen Screw M10*20 *4PCS</p>	<b>05</b>  <p>Spring Washer D10* 4PCS</p>
<b>06</b>  <p>Flat Washer D10* 5PCS</p>	<b>12</b>  <p>Philips Screw M5*10* 6PCS</p>
<b>14</b>  <p>Allen Screw M8*15* 4PCS</p>	<b>15</b>  <p>Spring Washer D8* 4PCS</p>
<b>16</b>  <p>Flat Washer D8* 4PCS</p>	<b>25</b>  <p>Lock Knob M16* 2PCS</p>
<b>28</b>  <p>L-shaped lock Knob M10* 1PC</p>	<b>29</b>  <p>Flat Washer D10* 1PCS</p>
<b>76</b>  <p>Philips Screw ST4*10* 5PCS</p>	
 <p>Allen Wrench S=6* 1PC</p>	 <p>S=13_14_15* 1PC</p>

# Assembly Instructions

PRO FITNESS

Total mass of the product is 37kg.

Total size of the equipment is (width) 114cm x (depth) 48.5cm x (height)125cm .



**1.** Main Frame

**2.** Front Stabilizer

**3.** Rear Stabilizer

**7.** Handle Post

**8.** Handlebar

**18.** Console

**23.** Brake

**25.** Lock Knob

**27.** Saddle Post

**28.** L-shaped lock Knob

**34.** Saddle

**35.** Pedal (L/R)

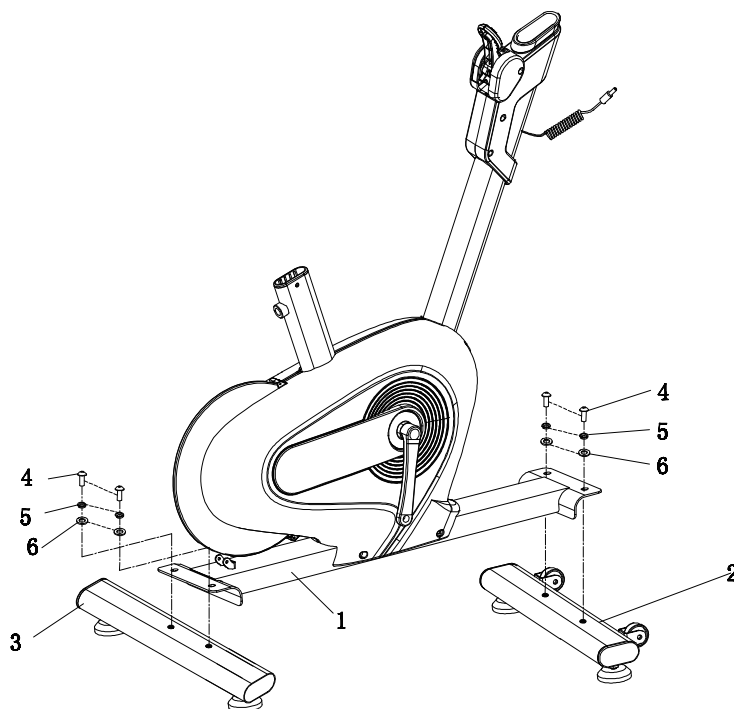
# Assembly Instructions

PRO FITNESS

## Step 1

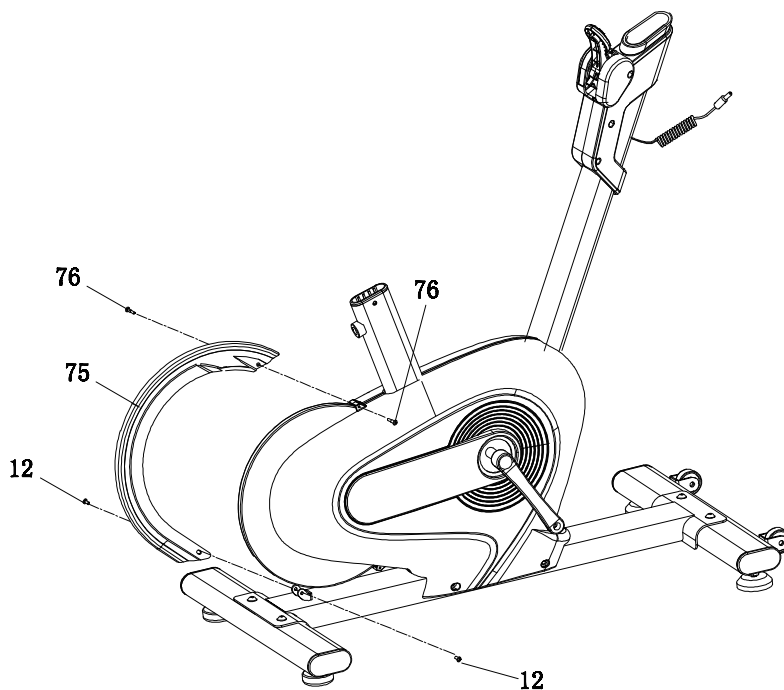
Attach Front Stabilizer (2) to Main Frame (1) using 2 x 20mm Allen Bolt (4), 2 x Ø10mm Spring Washers (5) and 2 x Ø10 Flat Washers (6).

Repeat step A to install Rear Stabilizer (3) to Main Frame (1).



## Step 2

Attach Wheel Cover (75) to Chain Cover using 2 x 10mm Philips Screw (12) and 2 x 10mm Philips Screw (76) from Chain Cover.





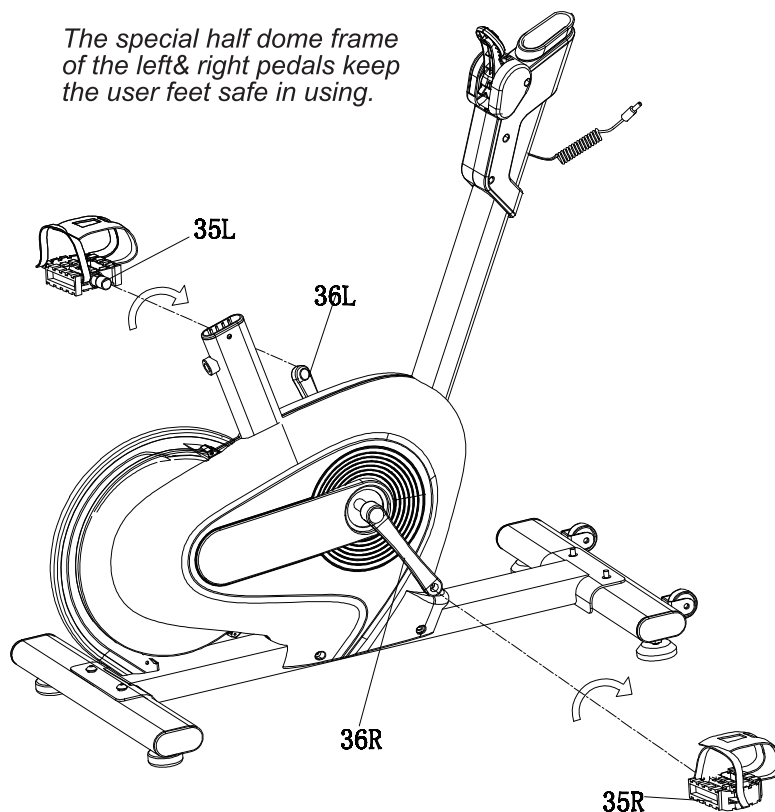
# Assembly Instructions

PRO FITNESS

## Step 3

Connect Pedals (35 Right & Left) to Cranks as shown in the diagram.

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



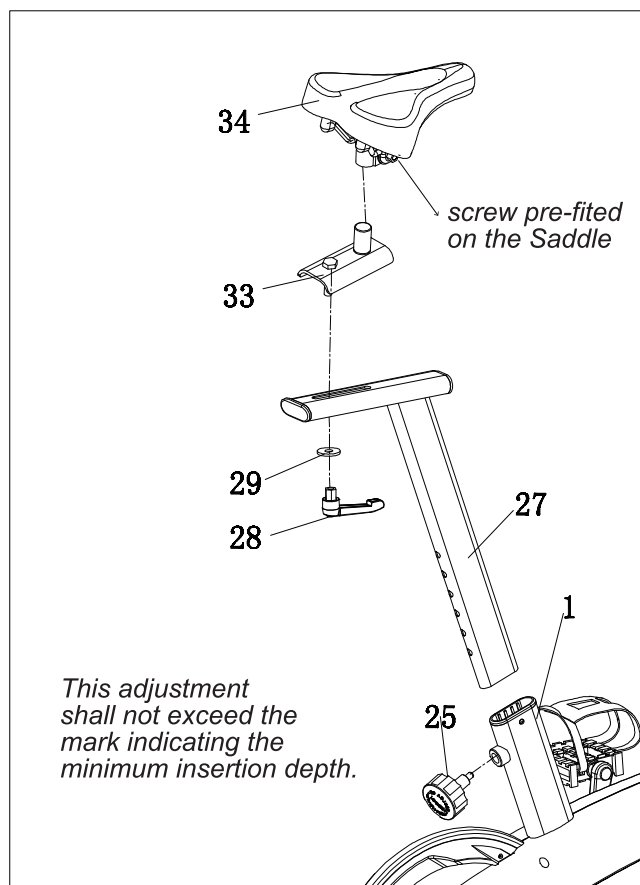
## Step 4

Insert Saddle Post (27) into the saddle tube of the Main Frame (1).

Adjust Saddle Post (27) to your desired height, then tighten Lock knob (25).

Secure Saddle (34) on Saddle Support (33) by tightening the screw pre-fitted on Saddle (34). Secure the Saddle Support (33) by tightening Flat Washer (29) and L-shaped Lock knob (28).

Note: Flat Washer (29) and L-shaped Lock knob (28) are pre-fitted. The saddle can be adjusted forwards or backwards by moving the L-shaped lock knob as the user desired.

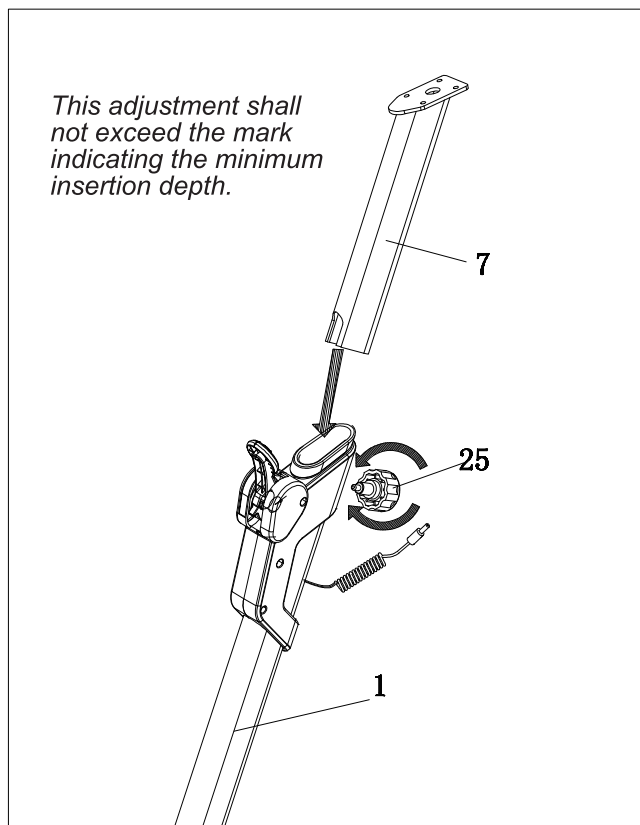


# Assembly Instructions

PRO FITNESS

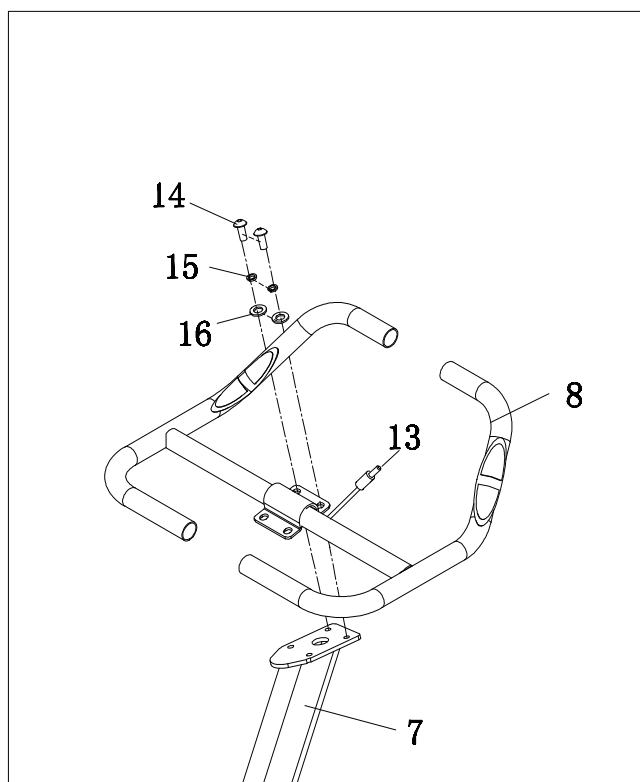
## Step 5

Insert Handle Post (7) into the front tube of the Main Frame (1).  
Adjust to your desired height and tighten the Lock knob (25).



## Step 6

Attach the Handle (8) onto the top of the Handle Post (7). Secure using 2 x 15mm Allen Screw (14), 2 x Ø8mm Spring Washer (15), 2 x Ø8mm Flat Washer (16).

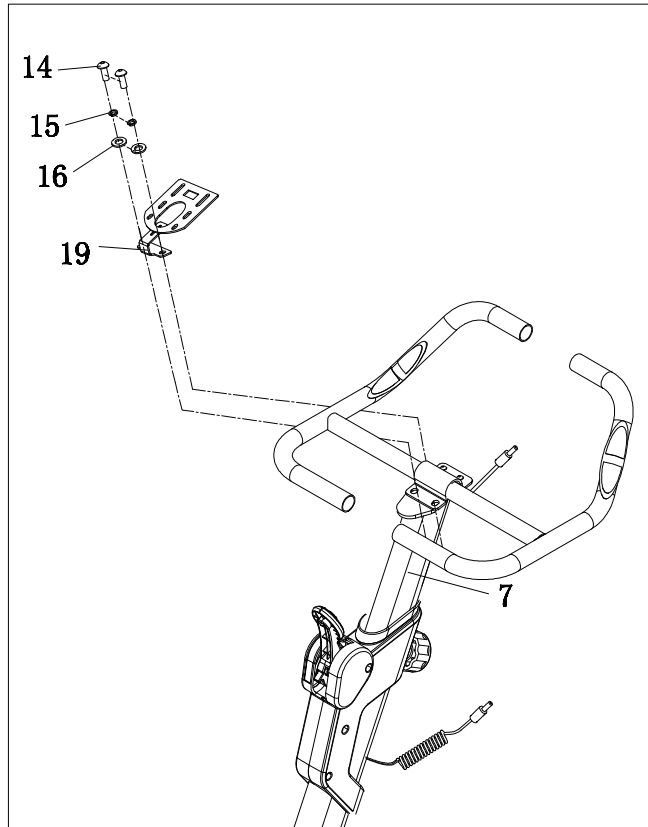


# Assembly Instructions

PRO FITNESS

## Step 7

Attach the Console Support (19) onto the top of the Handle Post (7).  
Secure using 2 x 15mm Allen Screw (14),  
2 x Ø8mm Spring Washer (15),  
2 x Ø8mm Flat Washer (16).

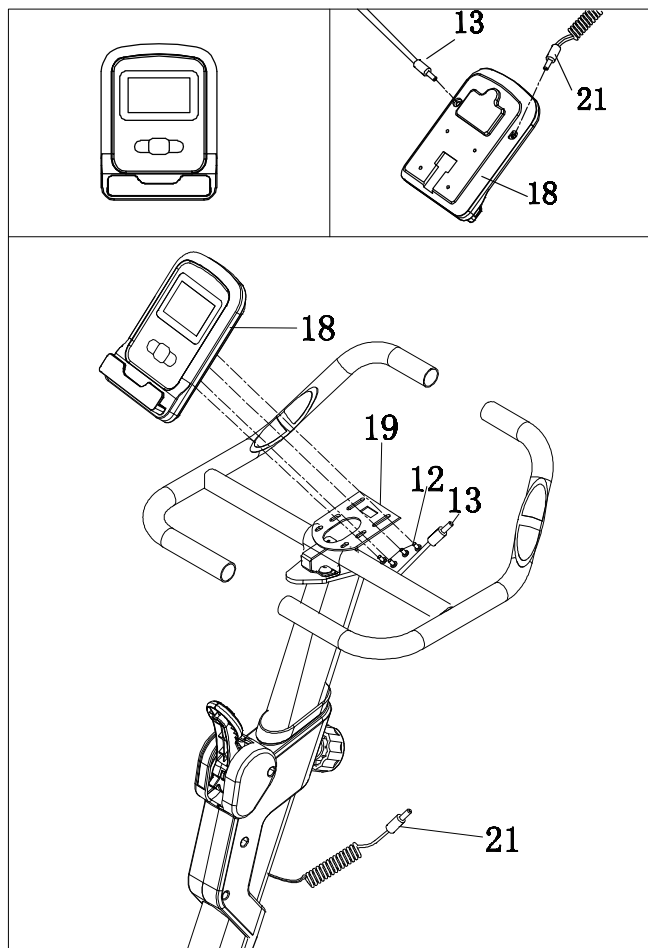


## Step 8

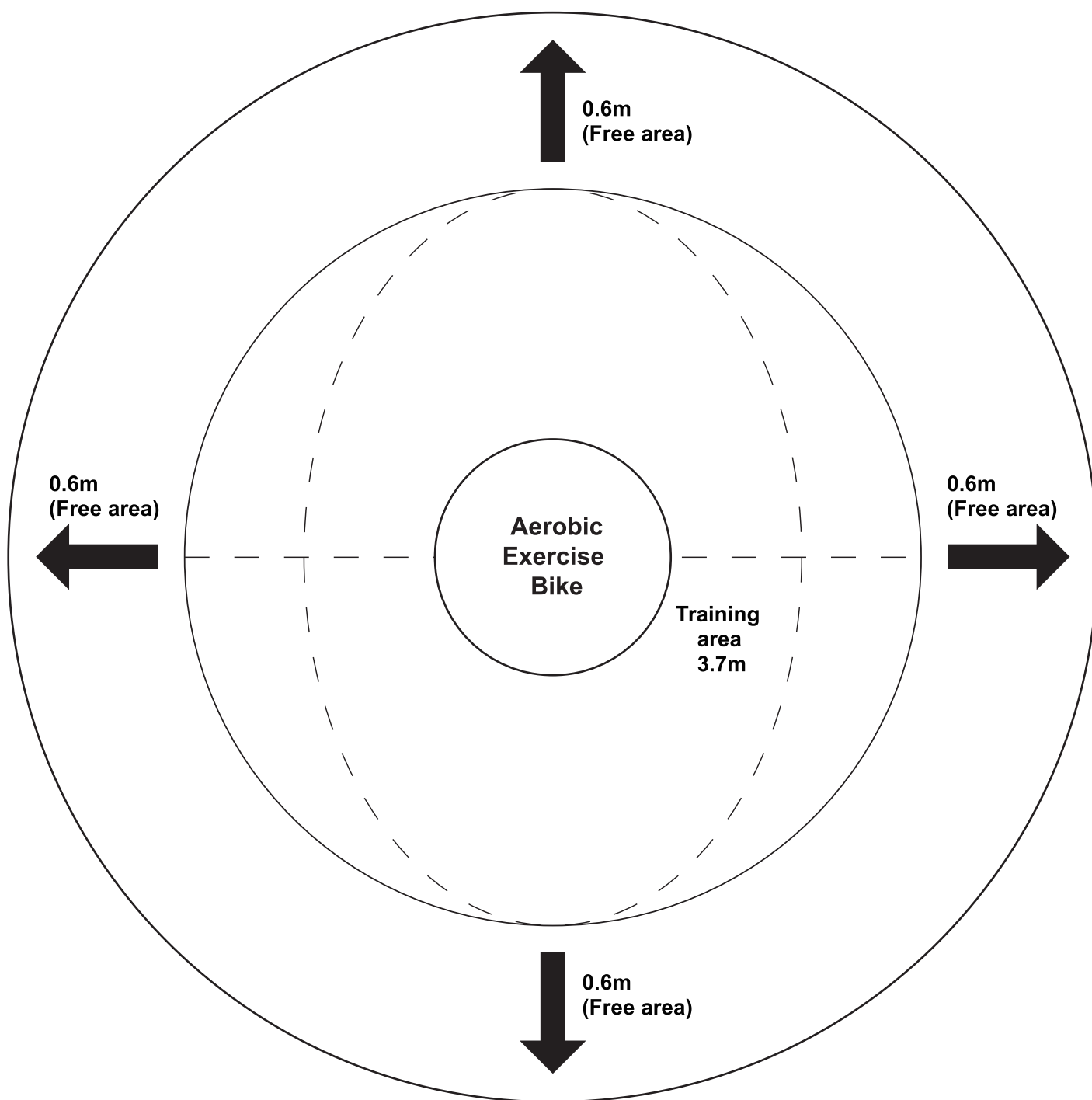
Attach the Console (18) to Console Support (19) using Philips Screw (12) on the Handle.

Connect Sensor wire (21) and Hand Pulse Wire (13) to the holes on the Console (18).

Note: Philips Screw (12) have been pre-fixed on the Console (18).



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



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

# Exercise Information

## Before starting

Tailor your exercise program according to your physical condition. If you have been inactive for several years, or are overweight, you must start slowly and increase your time on the equipment; a few minutes per workout increase is advisable.

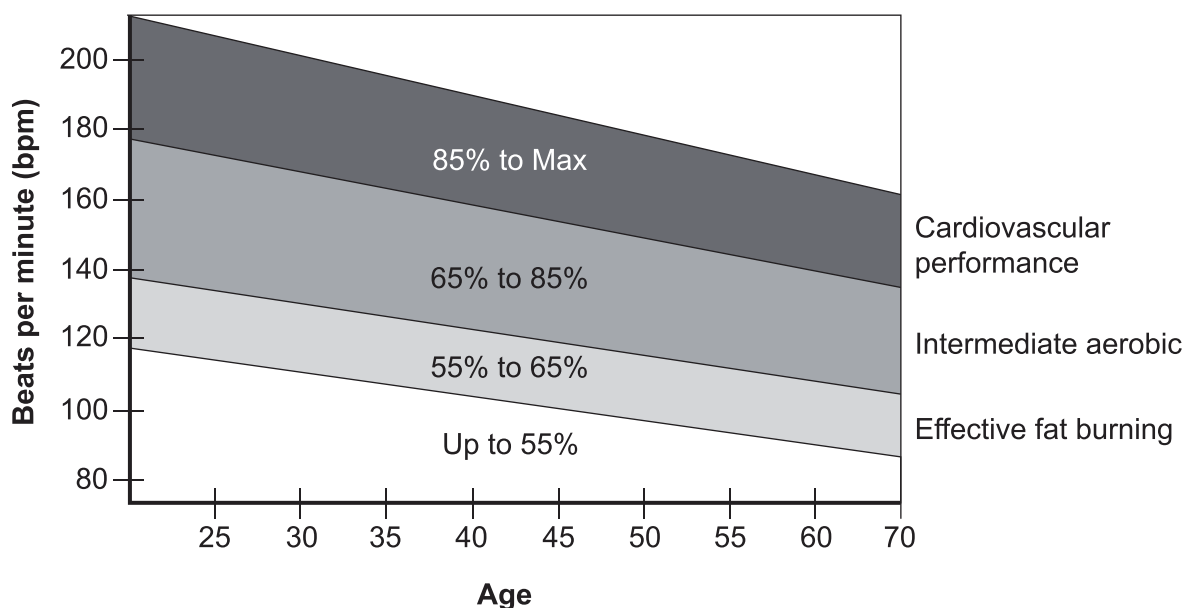
Initially, you may be able to exercise only for a few minutes in your target zone, however, your aerobic fitness will improve over the next six to eight weeks. Don't be discouraged if it takes longer. It's important to work at your own pace.

Please remember these essentials:

- Have your doctor review your training and diet programs to advise you of a workout routine you should adopt.
- Begin your training program slowly with realistic goals.
- Monitor your pulse frequently. Establish your target heart rate based on your age and condition.
- Set up your equipment on a flat even surface with adequate training area, as prescribed in this manual.

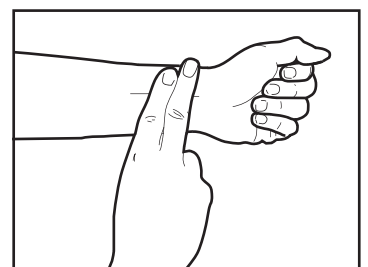
## Exercise intensity

To maximize the benefits of exercising, it is important to exercise with the proper intensity. The intensity level can be found by using your heart rate as a guide. For effective aerobic exercise, your heart rate should be maintained at a level between 65% and 85% of your maximum heart rate as you exercise. This is known as your target zone. You can find your target zone in the table below.



During the first few months of your exercise program, keep your heart rate near the low end of your target zone as you exercise. After a few months, your heart rate can be increased gradually until it is near the middle of your target zone as you exercise.

To measure your heart rate, stop exercising but continue moving your legs or walking around and place two fingers on your wrist. Take a six-second heartbeat count and multiply the results by 10 to find your heart rate. For example, if your six-second heartbeat count is 14, your heart rate is 140 beats per minute. (A six-second count is used because your heart rate will drop rapidly when you stop exercising.) Adjust the intensity of your exercise until your heart rate is at the required level.



## Muscle chart

### Aerobic Exercise

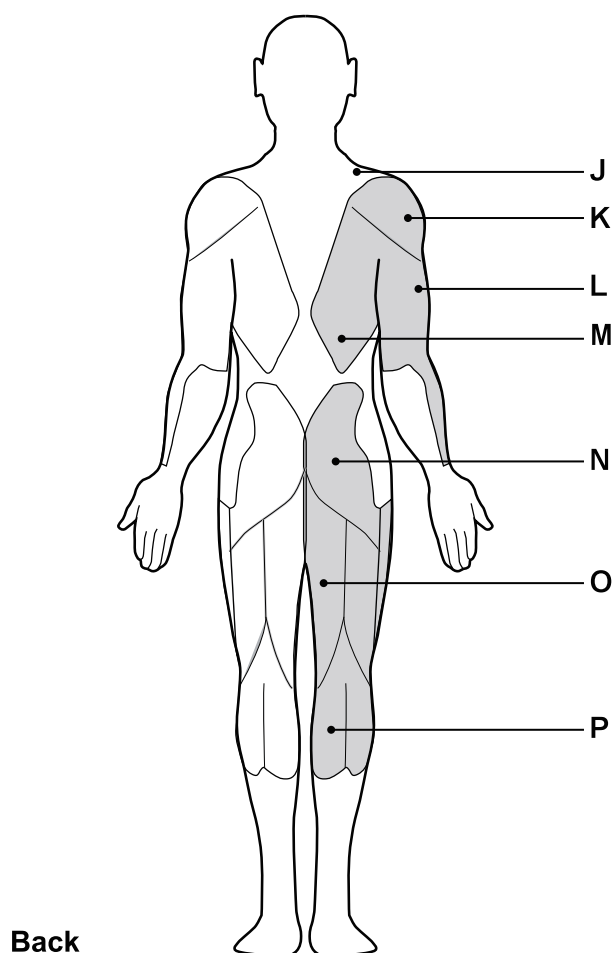
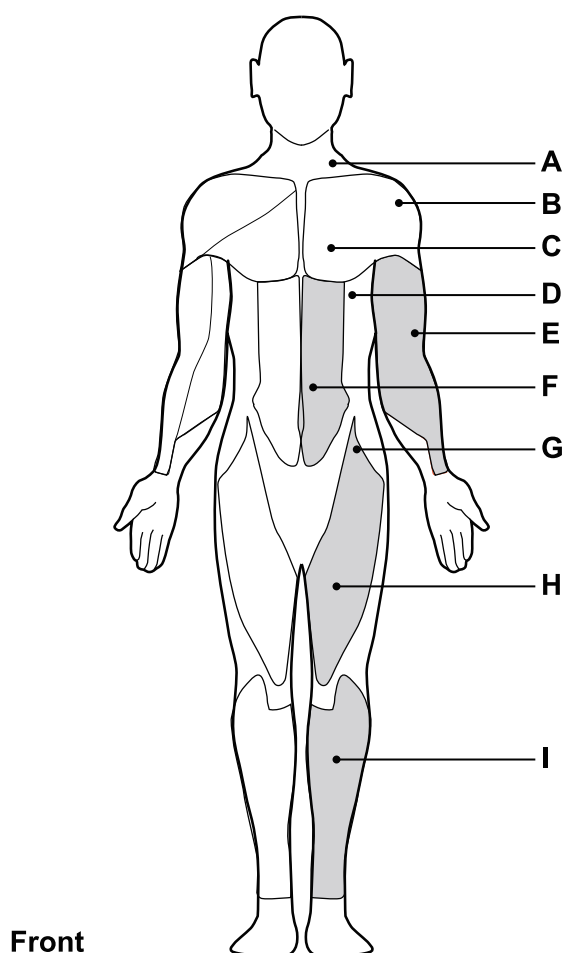
Aerobic exercise improves the fitness of your lungs and heart - your body's most important muscle. Aerobic exercise fitness is promoted by any activity that uses your large muscles (arms, legs, or buttock, for example).

### Weight Training

Along with aerobic exercising which helps get rid of and keep off the excess fat that our bodies can store, weight training is an essential part of the exercise routine process. Weight training helps tone, build and strengthen muscle. If you are working above your target zone, you may want to do a lower number of reps.

### Targeted Muscle Groups

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



**A:** Trapezius  
**B:** Anterior Deltoid  
**C:** Pectoralis Major  
**D:** Serratus Anterior  
**E:** Biceps

**F:** Abdominal  
**G:** Sartorius  
**H:** Quadriceps  
**I:** Tibialis Anterior

**J:** Trapezius  
**K:** Posterior Deltoid  
**L:** Triceps  
**M:** Latissimus Dorsi

**N:** Gluteals  
**O:** Hamstrings  
**P:** Gastrocnemius

## 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.



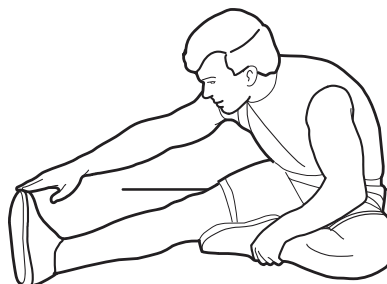
#### Hamstring stretch

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.



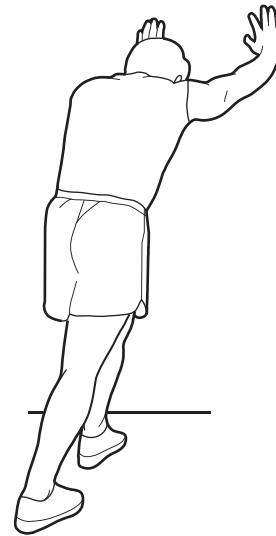
## Calf/achilles stretch

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.



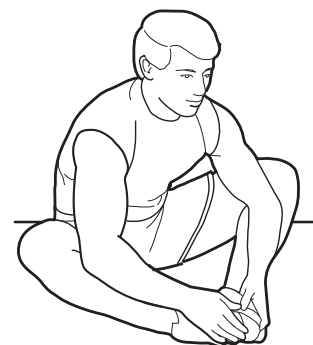
## Inner thigh stretch

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.

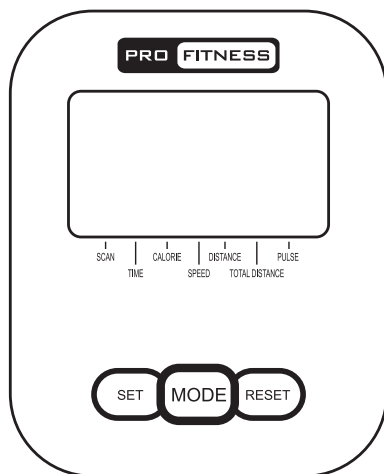
Repeat 3 times.

**Stretches:** Quadriceps and hip muscles.





## Console Operation



### DISPLAY

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

### FUNCTIONAL BUTTON:

- MODE** – Press to select the functions.  
 – Hold it for 5 seconds to convert KM/H or Mile/H
- 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, Total distance, pulse.

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

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

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

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

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

### PULSE RATE:

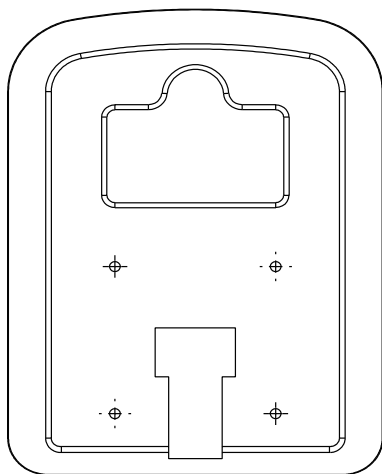
Pulse: Heart Beat Rate, To get a pre-exercise pulse rate, simply hold both Hand Pulse Sensors on either side of the Handlebar Supports for 5 seconds. The Pulse Range is between 40 ~ 240 Beats per Minute.

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.

Specifications		
Function	AUTO SCAN	Every 4 seconds
	TIME(TMR)	0:00~99:59 (minute: second)
	CURRENT SPEED(SPD)	0.0-999.9km/h or mile/h
	TRIP DISTANCE(DST)	0~999.9km or mile
	CALORIES(CAL)	0~9999 Kcal
	TOTAL DISTANCE(ODO)	0~999.9 km or mile
	PULSE RATE(♥)	40~240 bpm (beat per minute)
BATTERY TYPE		2PCS of SIZE-AAA or UM-4
OPERATING TEMPERATURE		0°C~+40°C (32°F~104°F)
STORAGE TEMPERATURE		-10°C~+60°C (14°F~168°F)

## Replacing the batteries



1. Remove the battery cover on the back of the computer.
2. Replace 2x1.5V (AAA) battery.
3. Make sure the battery is installed correctly and the polarities are correct.
4. If the display is not clear or only partial segments appeared, remove the battery and wait for 15 seconds before re-installing it.
5. The battery life is approx. 10 months under normal usage.
6. When the battery is removed, all the functional values will reset to zero.

## Adjustment of Seat Height or Seat Distance

Unlock the Lock Knob (25) and position the Saddle Post (27) upwards or downwards at your required and secure with the Lock Knob (25).

Unlock the L-shaped lock Knob (28) and position the Saddle (34) forwards or backwards at your required and secure with the L-shaped lock Knob (28).

Do not pull the Saddle Post (27) beyond the MAX mark or below the MIN mark on the Saddle Post (27).

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

## Warning:

Lock the equipment when not in use.

Press the brake system to stop the equipment when using.

Push the brake system down to increase the resistance.

Lift up the brake system to decrease the resistance.

## Exercise Guide

1. Sitting with hands on the handlebars.

Select the desired height for the saddle and handle bar. Place the feet onto the left & right pedals. Grasp the handle bar and then use the spin bike with the desired speed.

2. Sitting upright with hands off the handlebars.

Select the desired height for the saddle. Place the feet onto the left & right pedals and then use the spin bike with the desired speed.

3. Standing with hands on the handlebars.

Select the desired height for the saddle and handle bar. Place the feet onto the left & right pedals. Grasp the handle bar, bend the waist, and then use the spin bike with the desired speed.

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.



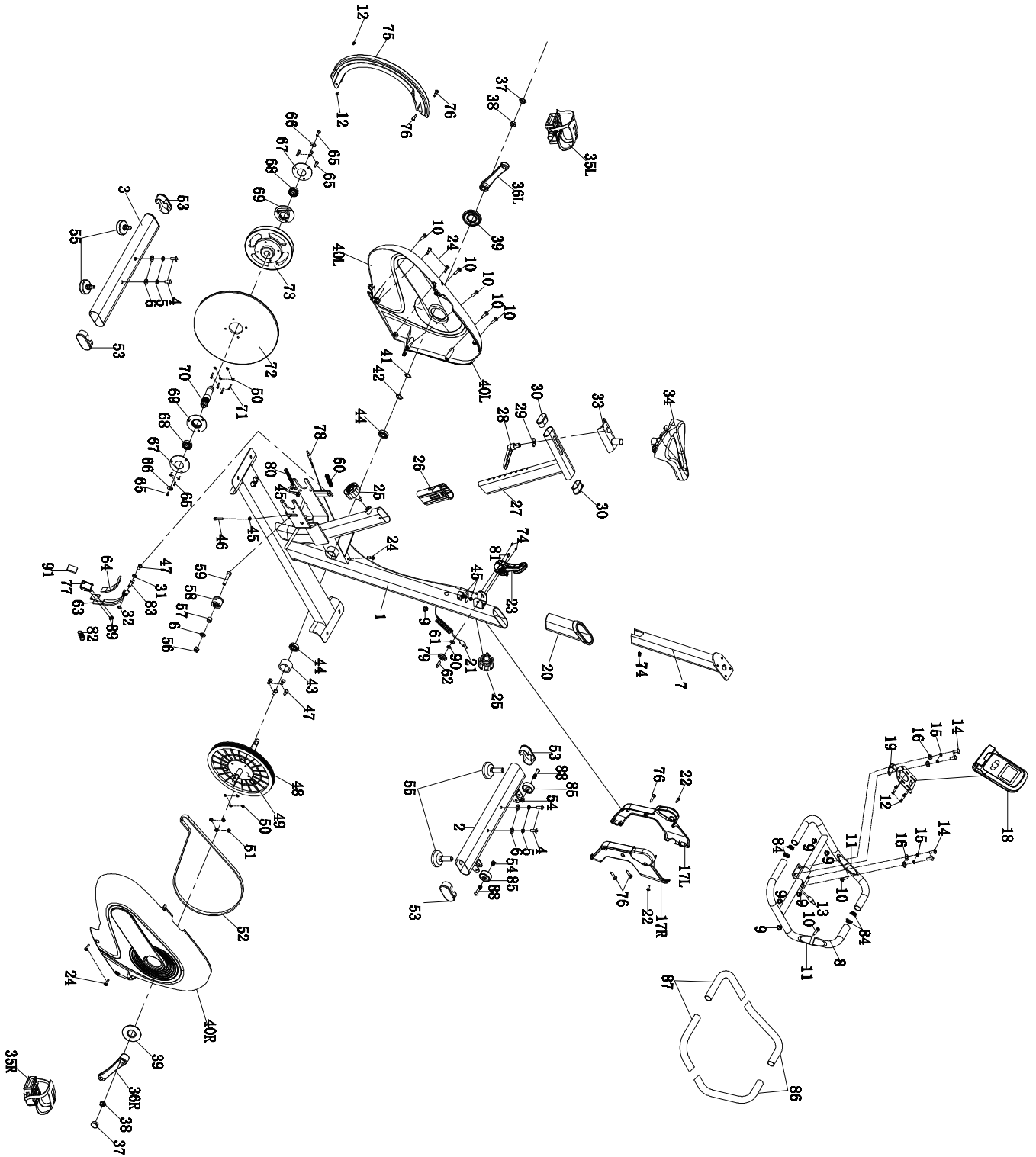
Products



Battery

# Exploded Parts Diagram

PRO FITNESS



# Parts List

PRO FITNESS

No.	Sion Code	Description	QTY	No.	Sion Code	Description	QTY
1	SNSK88	Main Frame	1	46	SNSK137	Allen Screw M6*40	1
2	SNSK89	Front Stabilizer	1	47	SNSK138	Allen Screw M6*15	5
3	SNSK90	Rear Stabilizer	1	48	SNSK139	Belt pulley	1
4	SNSK91	Allen Screw M10*20	4	49	SNSK140	Central Axis	1
5	SNSK92	Spring Washer D10	4	50	SNSK141	Spring Washer D6	8
6	SNSK93	Flat Washer D10	5	51	SNSK142	Nylon Nut M6	4
7	SNSK94	Handle Post	1	52	SNSK143	Belt	1
8	SNSK95	Handlebar	1	53	SNSK144	End cap	4
9	SNSK96	Wire Plug Φ13	6	54	SNSK145	Nylon Nut M10	2
10	SNSK97	Philips Screw ST4.2*20	7	55	SNSK146	adjust feet mat	4
11	SNSK98	Hand Pulse	2	56	SNSK147	Nylon Nut M10	1
12	SNSK99	Philips Screw M5*10	6	57	SNSK148	Idler Wheel Spacer	1
13	SNSK100	Hand Pulse Wire	1	58	SNSK149	Idler Wheel	1
14	SNSK101	Allen Screw M8*15	4	59	SNSK150	Allen Bolt M10*45	1
15	SNSK102	Spring Washer D8	4	60	SNSK151	Compression spring Φ10×53	1
16	SNSK103	Flat Washer D8	4	61	SNSK152	Flat washer Φ16*Φ12.1*1	1
17L	SNSK104	Left Cover	1	62	SNSK153	Bolt Φ8*40*M6*15	1
17R	SNSK105	Right Cover	1	63	SNSK154	Magnetic Plate	1
18	SNSK106	Console	1	64	SNSK155	Square Magnetic 20*20*5	6
19	SNSK107	Console Support	1	65	SNSK156	Allen Screw M6*10	8
20	SNSK108	Tube Bushing	1	66	SNSK157	Flat washer Φ6.5*Φ20*1.5	2
21	SNSK109	Sensor Wire	1	67	SNSK158	Bearing baffle	2
22	SNSK110	Philips Screw M5*6	2	68	SNSK159	Bearing 6003RS C&U	2
23	SNSK111	Brake	1	69	SNSK160	Bearing Seat	2
24	SNSK112	Philips Screw ST4.2*16	5	70	SNSK161	Inertia axle	1
25	SNSK113	Lock Knob	2	71	SNSK162	Allen Screw M6*20	4
26	SNSK114	Tube Bushing	1	72	SNSK163	Inertial wheel	1
27	SNSK115	Saddle Post	1	73	SNSK164	Magnetic wheel	1
28	SNSK116	L-shaped lock Knob	1	74	SNSK165	Allen Screw M5*10	3
29	SNSK117	Flat Washer D10	1	75	SNSK166	Wheel Cover	1
30	SNSK118	Tube Plug	2	76	SNSK167	Philips Screw ST4*10	5
31	SNSK119	Flat Washer D6	1	77	SNSK168	Brake rubber	1
32	SNSK120	Washer D8	1	78	SNSK169	Brake wire	1
33	SNSK121	Saddle Support	1	79	SNSK170	Brake spacer	1
34	SNSK122	Saddle	1	80	SNSK171	Allen Bolt M6*65	1
35L	SNSK123	Left Pedal	1	81	SNSK172	Allen Screw M6*10	1
35R	SNSK124	Right Pedal	1	82	SNSK173	Spring	1
36L	SNSK125	Left Crank	1	83	SNSK174	Magnetic plate shaft	1
36R	SNSK126	Right Crank	1	84	SNSK175	Circle plug	4
37	SNSK127	Crank Cover	2	85	SNSK176	Transport wheel	2
38	SNSK128	Nut M10×1.25	2	86	SNSK177	Foam Φ24*Φ30*300	2
39	SNSK129	Crank Hole Seal	2	87	SNSK178	Foam Φ24*Φ30*260	2
40L	SNSK130	Left Chain Cover	1	88	SNSK179	Allen Bolt M8*40	2
40R	SNSK131	Right Chain Cover	1	89	SNSK180	Philips Screw ST4.2*10	2
41	SNSK132	Clasp D20	1	90	SNSK181	Axis Retaining Ring	1
42	SNSK133	Wave Washer Φ26*Φ20*0.3	1	91	SNSK182	Rubber Block	1
43	SNSK134	Mid Axis Bushing	1	A	SNSK183	Allen Wrench S6*30*80	1
44	SNSK135	Bearing 6004RS	2	B	SNSK184	Multi Wrench	1
45	SNSK136	Allen Nut M6	5			S13, S14, S15 Φ5	



## 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)**

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