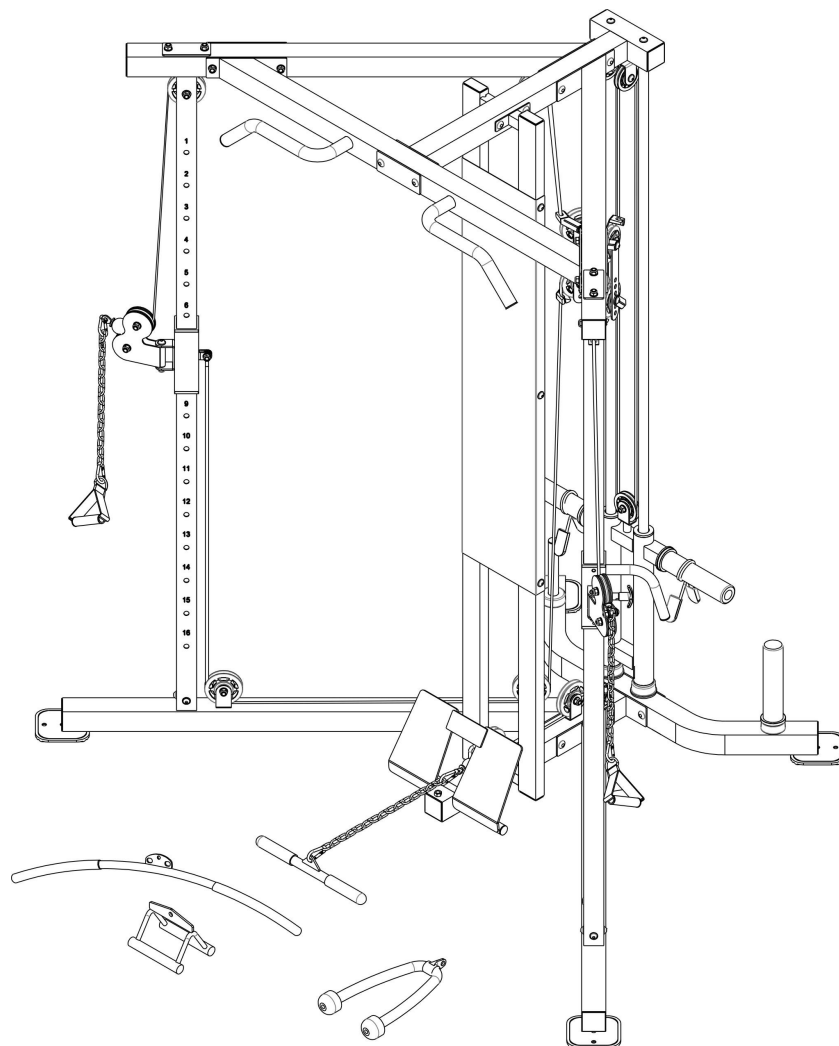


Cable CrossOver

Assembly & User Instructions – Please keep for future reference

918 / 7096

PRO FITNESS



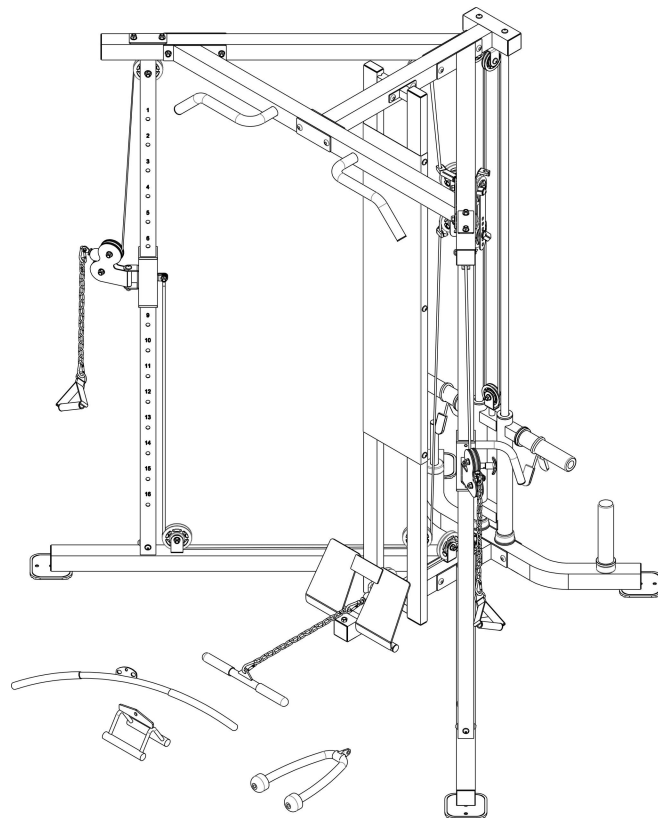
Important – Please read these instructions fully before assembly or use

These instructions contain important information which will help you get 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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Safety Information

PRO FITNESS

Important – Please read fully before using and assembly

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.
- 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 exercise area, small parts could pose a choking hazard if swallowed.
- Dispose of all packaging carefully and responsibly.
- Check you have all the components and tools listed in the parts list, bearing in mind that, for ease of assembly, some components are pre-assembled.
- The assembly of this equipment is best carried out by 2 people.

Using the equipment

- 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.
- Parents and others in charge of children should be aware of their responsibility because the natural play instinct and the fondness of experimenting of children

can lead to situations and behavior for which the training equipment is not intended.

- If children are allowed to use the equipment under supervision, their mental and physical development should be taken into account. They should be controlled and instructed to the correct use of the equipment. The equipment is under no circumstances suitable as a toy.
- Disabled persons should not use the equipment without a qualified person or doctor in attendance.
This product is not suitable for therapeutic purposes.
- 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.
- A spotter is recommended during exercise.
- 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.
- The maximum user weight recommended for this product is **125kg**.
- The max traing weight is **100Kgs**.
- **This product is fit for 1" and 2" weight plates.**)
- This product conforms to: (BS EN ISO 20957-1, EN957-2) class (H) - Home Use .



Warning: Before beginning any exercise program, consult your Doctor. This is especially important for persons with pre-existing health problems or those who have not exercised for a period of time. 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.

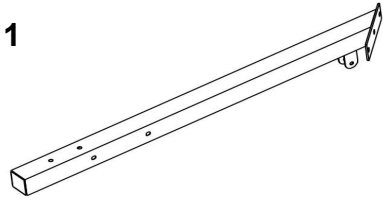
Components-parts

If you have any damaged or missing parts, Please Call the Customer Helpline: 0345 600 1714.

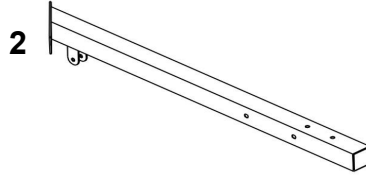
Please check you have all parts listed below

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

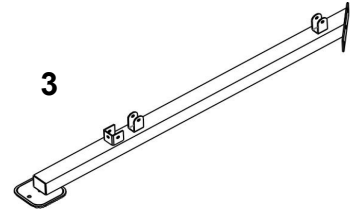
Total weight of the product is 91 kg. The product dimensions after being assembled are (W) 200 ×(D)148 ×(H) 205 cm.



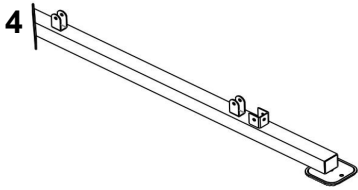
1 Right Slant Upper Frame x 1



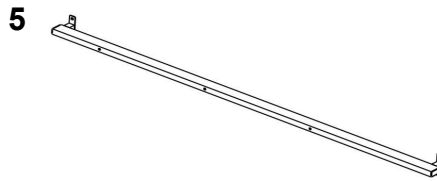
2 Left Slant Upper Frame x 1



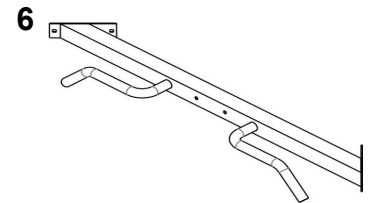
3 Right Slant Base Frame x 1



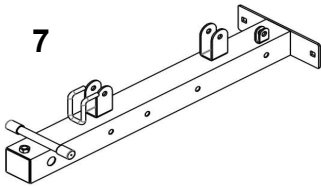
4 Left Slant Base Frame x 1



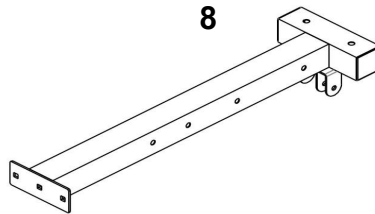
5 Weight Stack Cover Support x 2



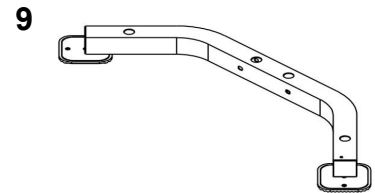
6 Upper Bar x 1



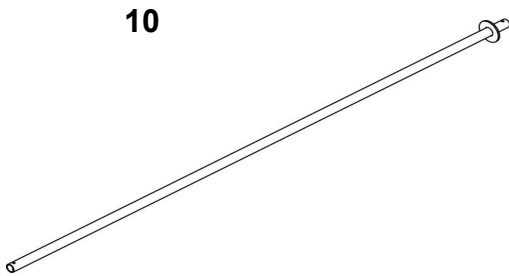
7 Main Base Frame x 1



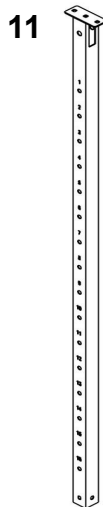
8 Upper Frame x 1



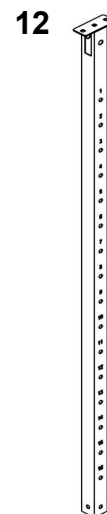
9 Rear Stabilizer x 1



10 Guide Rod x 2



11 Right Upright Support x 1



12 Left Upright Support x 1

Components-parts

If you have any damaged or missing parts, Please Call the Customer Helpline: 0345 600 1714.

Please check you have all parts listed below

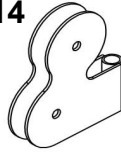
Note: Some of the smaller components may be pre-fitted to larger components. Please check carefully before contacting Argos regarding any missing components.

13



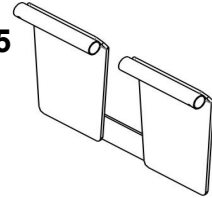
Lat Bar x 1

14



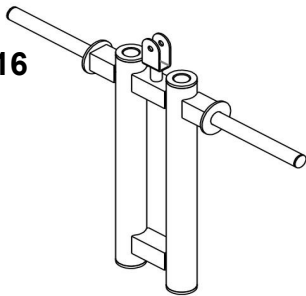
Swivel Pulley Bracket x 2

15



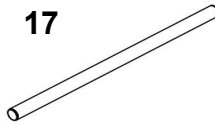
Foot Plate x 1

16



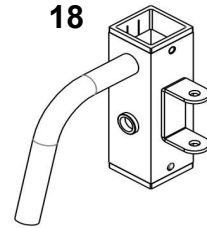
Load Support x 1

17



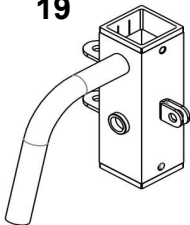
Connecting Rod x 1

18



Right Sliding Adjustment Frame x 1

19



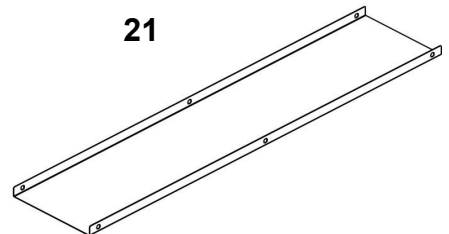
Left Sliding Adjustment Frame x 1

20



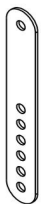
Weight Plate Post x 2

21



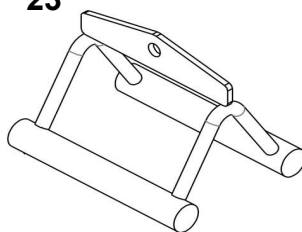
Weight Stack Cover x 1

22



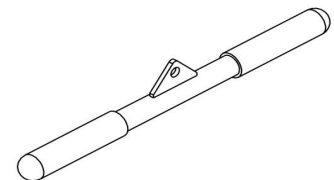
Double Floating Pulley Bracket x 4

23



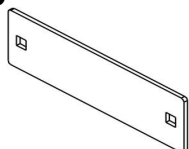
Saddle-Shaped Strap x 1

24



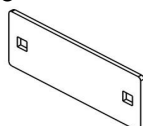
Pull Bar x 1

25



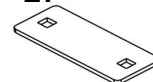
200x55 Bracket x 3

26



150x55 Bracket x 1

27



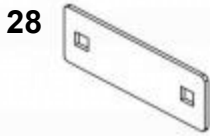
120x50 Bracket x 2

Components-parts

If you have any damaged or missing parts, Please
Call the **Customer Helpline: 0345 600 1714.**

Please check you have all 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.



28
120×45 Bracket x 1



29
60×1.5 End Cap x 7
(Pre-fitted)



30
60×2.0 End Cap x 2
(Pre-fitted)



31
30×60 End Cap x 4
(Pre-fitted)



32
Ø32×2.0 End Cap x 4
(Pre-fitted)



33
Ø25×1.5 End Cap x 2
(Pre-fitted)



34
Ø25×2.0 End Cap x 4
(Pre-fitted)



35
1" Spring Collar Cap x 4
(Pre-fitted)



36
Ø19×2.0 End Cap x 2
(Pre-fitted)



37
Lock Knob x 2



38
Ø78 Pulley x 7



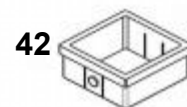
39
Ø97 Pulley x 14



40
Pulley Level Bracket x 8



41
Level Bracket Bush x 8



42
□60×50 Sleeve x 4
(Pre-fitted)

Components-parts

If you have any damaged or missing parts, Please Call the Customer Helpline: 0345 600 1714.

Please check you have all 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.

43



Ø16 End Cap x 2
(Pre-fitted)

44



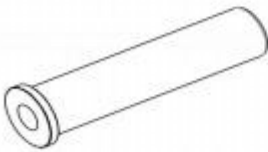
Nylon Bushing x 4
(Pre-fitted)

45



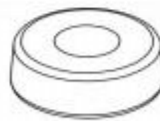
Foot Cover x 4
(Pre-fitted)

46



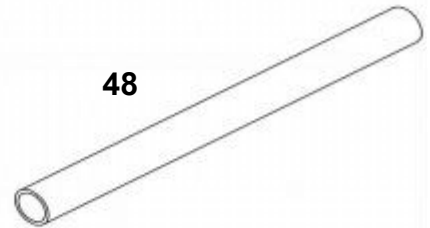
Sleeve x 4

47



Rubber Bumper x 4

48



Ø37×465 Handle Grip x 2
(Pre-fitted)

49



Ø31×255 Handel Grip x 2
(Pre-fitted)

50



2" Spring Collar x 2

51



2" Spring Collar Cap x 4
(Pre-fitted)

52



U-Shaped Connector x 1
(Pre-fitted)

53



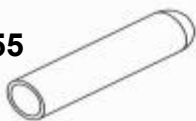
Pin x 2

54



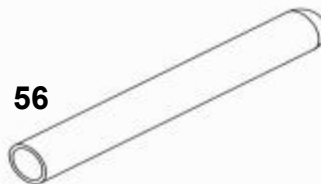
Bush x 4
(Pre-fitted)

55



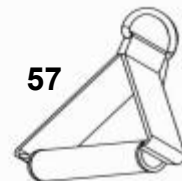
Ø25×135 Handle Grip x 2
(Pre-fitted)

56



Ø25×325 Handle Grip x 2
(Pre-fitted)

57



Single Strap x 2

Components-parts

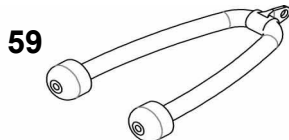
If you have any damaged or missing parts, Please Call the **Customer Helpline: 0345 600 1714.**

Please check you have all 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.



Ø22×15 Pulley Bushing x 4



Tricep Rope x 1



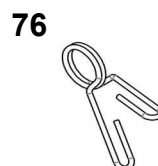
Upper Cable x 1



Right Lower Cable x 1



Left Lower Cable x 1



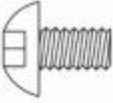
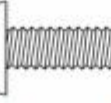
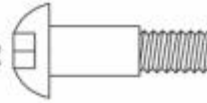
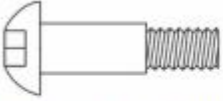
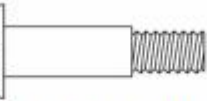



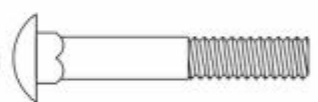



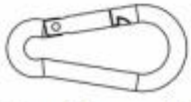

1" Spring Collar x 2

Components – Fixings

PRO FITNESS

Please check you have all 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>60 · M10 × 16mm Allen Bolt · x 12 ↓</p>	 <p>61 M10 × 25mm Allen Bolt · x 9 ↓</p>	 <p>62 · (Pre-fitted) ↓ M10 × 35mm Allen Bolt · x 1 ↓</p>
 <p>63 M10 × 40mm Allen Bolt · x 7 ↓</p>	 <p>64 M10 × 45mm Allen Bolt · x 8 ↓</p>	 <p>65 M10 × 50mm Allen Bolt · x 4 ↓</p>
 <p>66 M10 × 65mm Allen Bolt · x 2 ↓</p>	 <p>67 M10 × 85mm Allen Bolt · x 2 ↓</p>	 <p>68 M10 × 80mm Carriage Bolt · x 20</p>
 <p>69 Ø10mm Washer · x 88 ↓</p>	 <p>70 M10 Aircraft Nut · x 47 ↓</p>	 <p>71 15-Link Chain · x 3 ↓</p>
 <p>72 7# Carabiner · x 5 ↓</p>	 <p>6#, 4# Allen Keys ↓</p>	

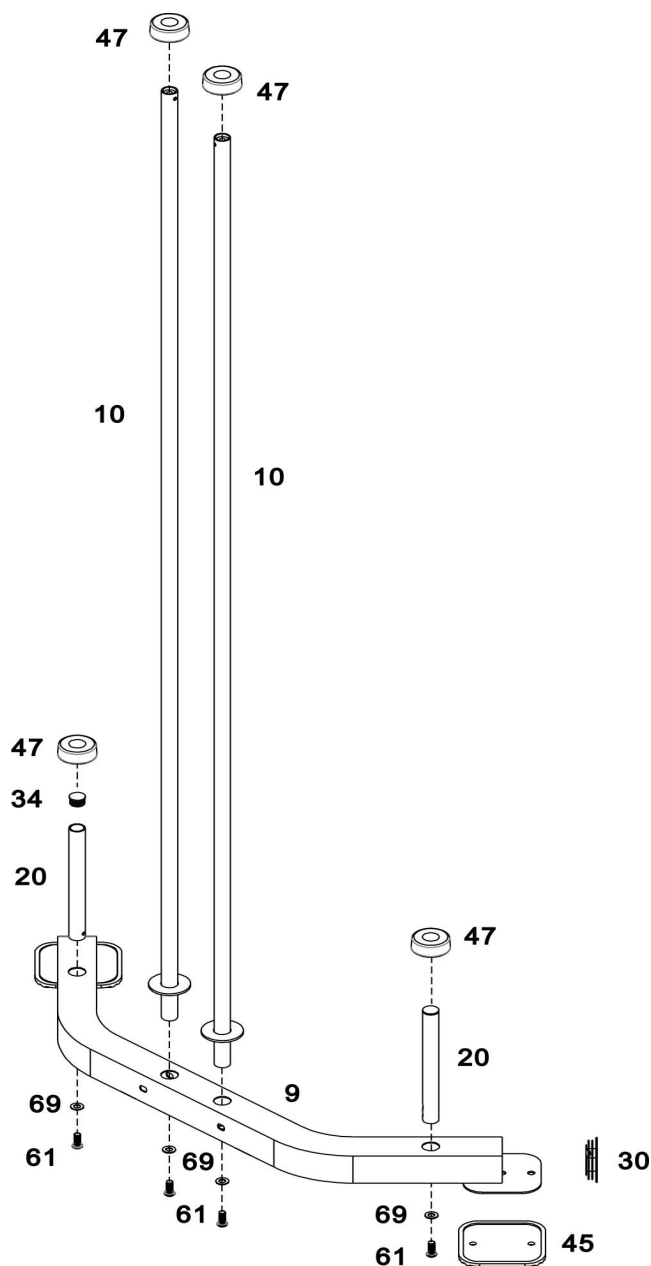
Tools prepared by user



Adjustable spanner x 2

Assembly Instructions

Two person assembly recommended



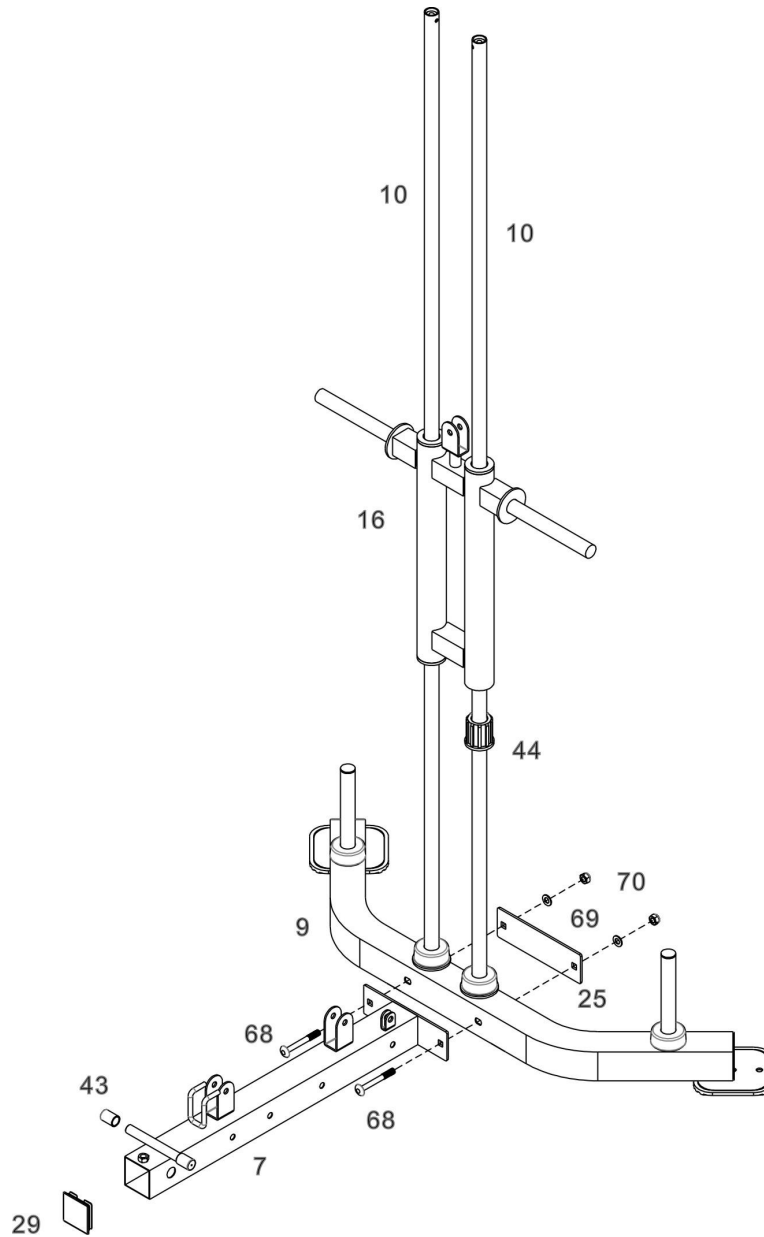
Step 1

- Attach the Guide Rods (10) to the Rear Stabilizer (9) using 2×M10×25mm Allen Bolts (61) and 2×Ø10mm Washers (69).
- Attach the Weight Plate Post (20) to the Rear Stabilizer (9) using 2 × M10×25mm Allen Bolt (61) and 2×Ø10mm Washers (69).
- Put 4 x Rubber Bumpers (47) on the Guide Rods (10) and Weight Plate Posts (20).

Notes: parts (30), (34), (45) are pre-assembled.

Assembly Instructions

Two person assembly recommended



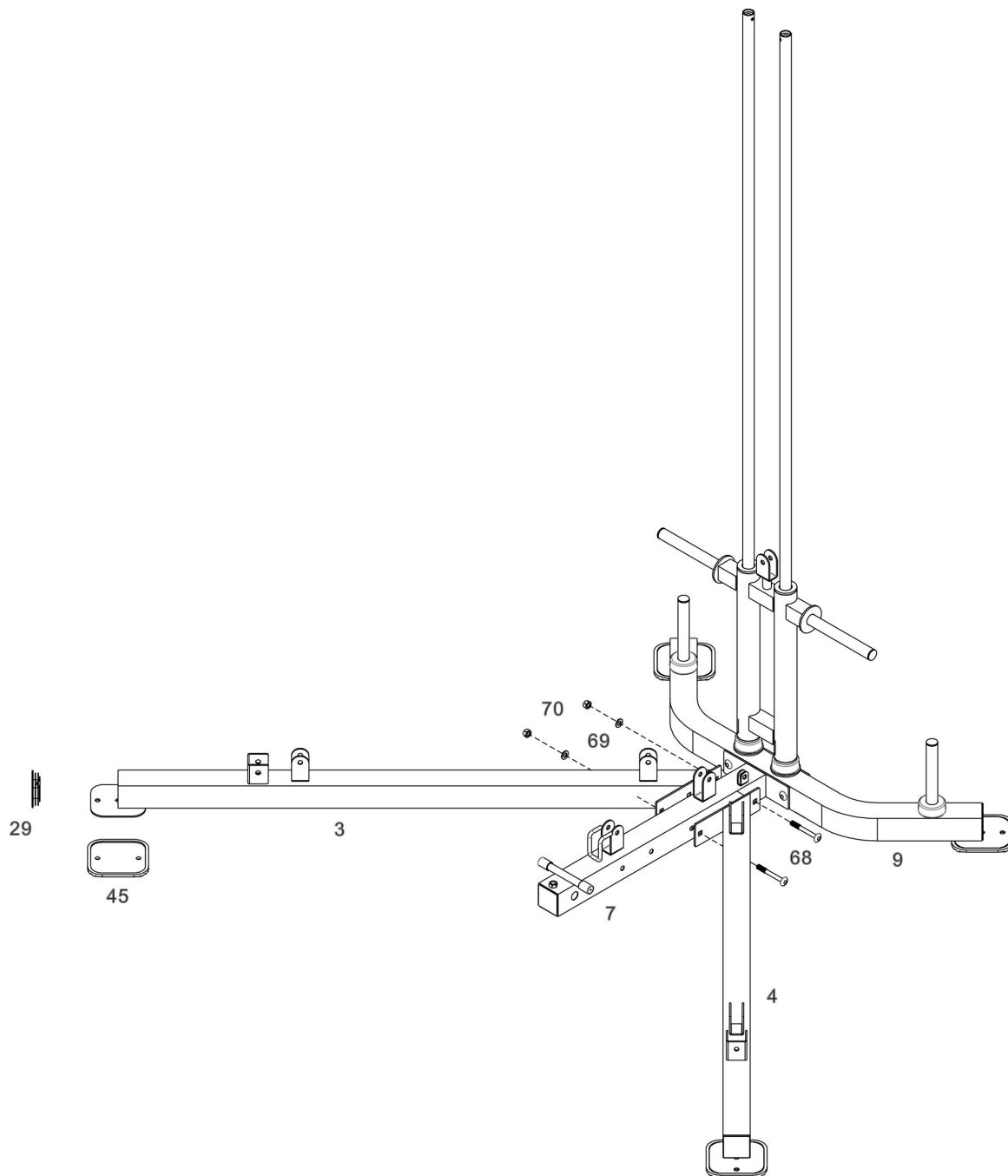
Step 2

- Attach the Main Base Frame (7) and 200×55mm Bracket (25) to the Rear Stabilizer (9) using 2 × M10 × 80mm Carriage Bolts (68), 2 × Ø10mm Washers (69) and 2 × M10 Aircraft Nuts (70).
- Insert the Load Support (16) into the Guide Rods (10).

Notes: parts (29), (43), (44) are pre-assembled.

Assembly Instructions

Two person assembly recommended



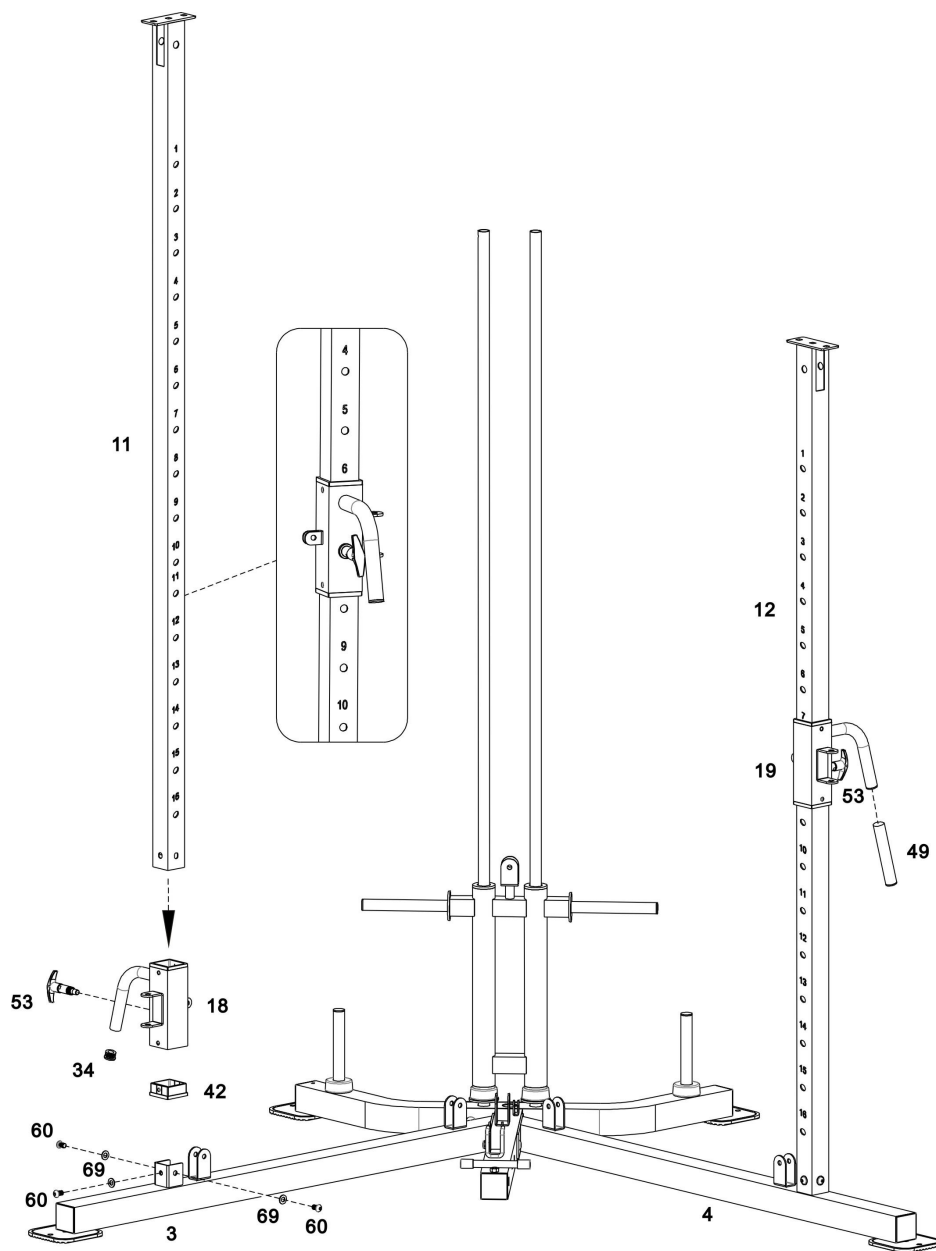
Step 3

Attach the Left & Right Slant Base Frames (3, 4) to the Main Base Frame (7) using 2 × M10 × 80mm Carriage Bolts (68), 2 × Ø10mm Washers (69) and 2 × M10 Aircraft Nuts (70).

Notes: parts (29), (45) are pre-assembled.

Assembly Instructions

Two person assembly recommended



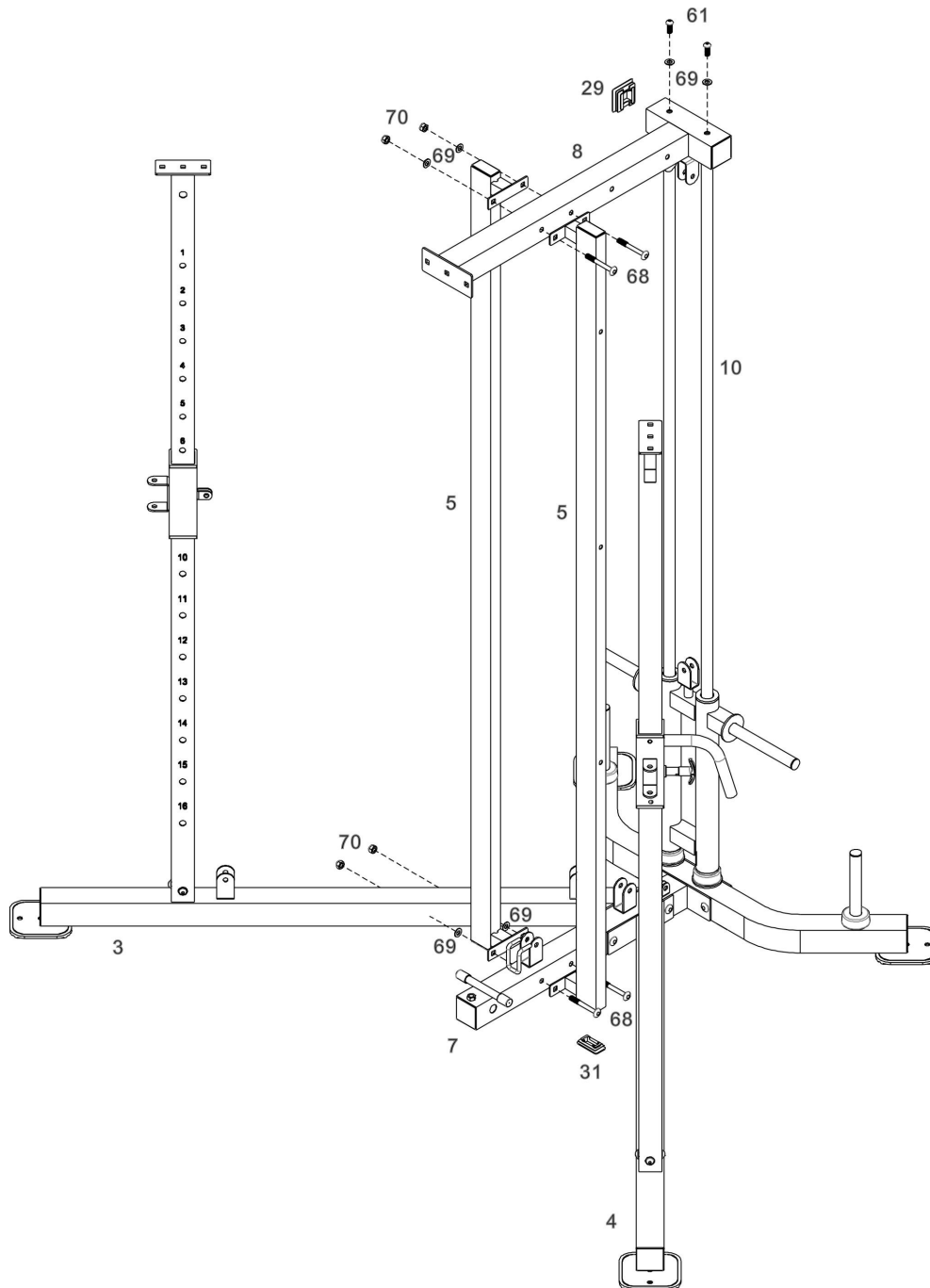
Step 4

- Put the Right Upright Support (11) through the Right Sliding Adjustment Frame (18), and secure with the Pin (53).
- Fix the Right Upright Support (11) to the Right Slant Base Frame (3) using 3 x M10 x 16mm Allen Bolts (60), 3 x Ø10mm Washers (69).
- Put the Left Upright Support (12) through the Left Sliding Adjustment Frame (19), and secure with the Pin (53).
- Fix the Left Upright Support (12) to the Left Slant Base Frame (4) using 3 x M10 x 16mm Allen Bolts (60), 3 x Ø10mm Washers (69).

Notes: parts (34), (42), (49) are pre-assembled.

Assembly Instructions

Two person assembly recommended



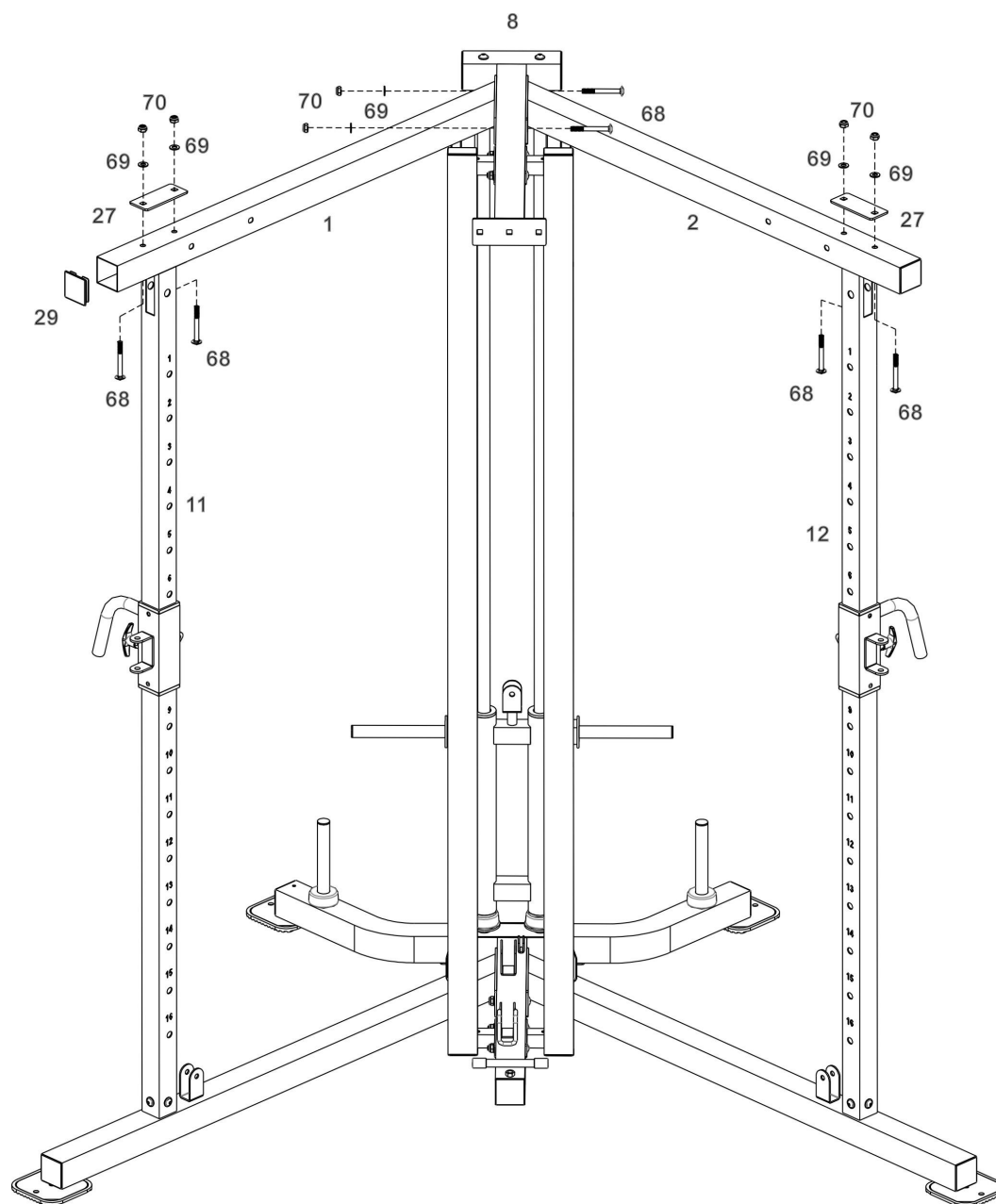
Step 5

- Fix the Weight Stack Cover Support (5) to the Main Base Frame (7) using 2 × M10×80mm Carriage Bolts (68), 2 × Ø10mm Washers (69) and 2 × M10 Aircraft Nuts (70).
- Attach the Upper Frame (8) to the Guide Rods (10) using 2 × M10×25mm Allen Bolts (61) and 2 × Ø10mm Washers (69).
- Fix the Weight Stack Cover Support (5) to the Upper Frame (8) using 2 × M10×80mm Carriage Bolts (68), 2 × Ø10mm Washers (69) and 2 × M10 Aircraft Nuts (70).

Notes: parts (29), (31) are pre-assembled.

Assembly Instructions

Two person assembly recommended



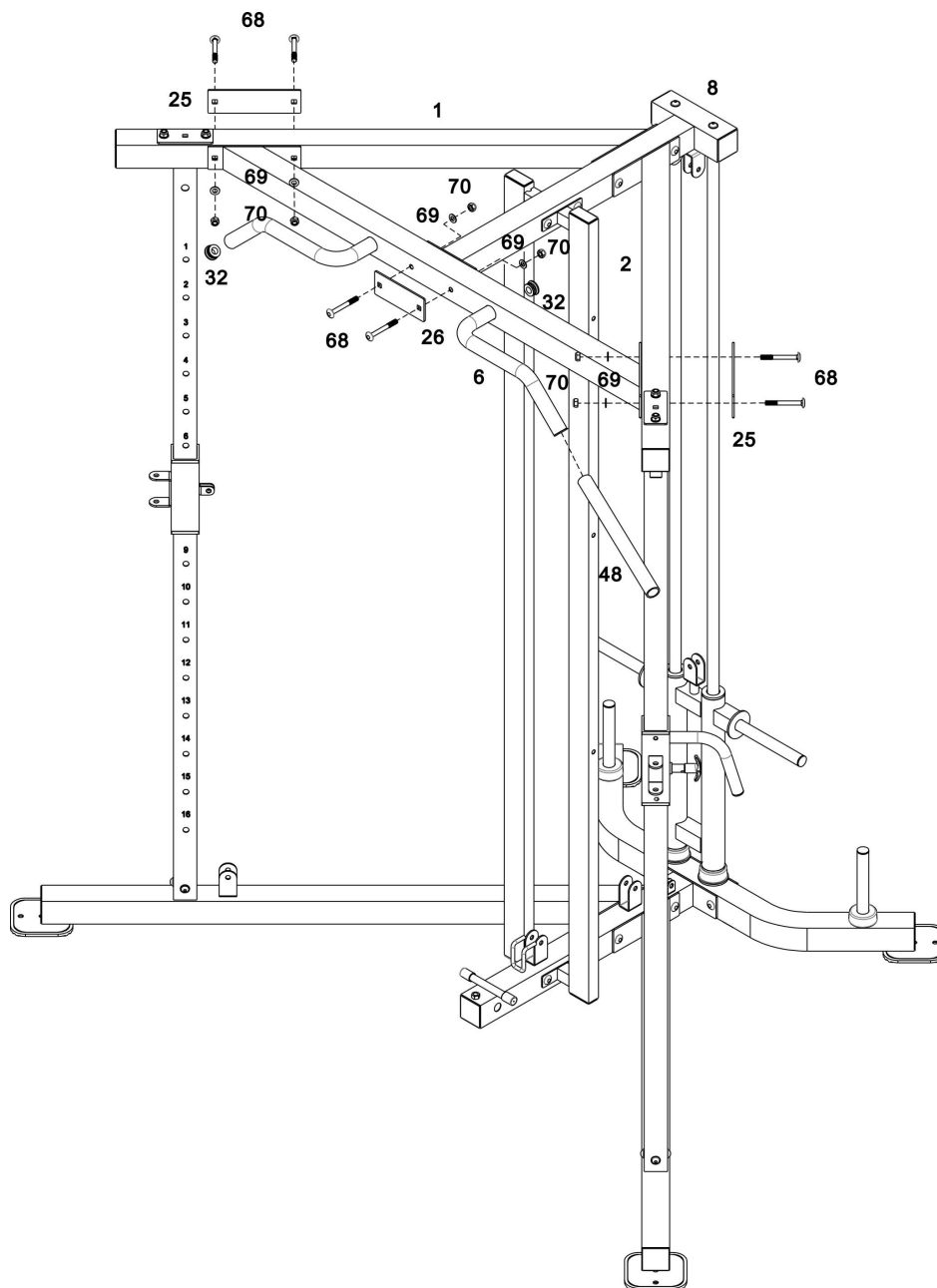
Step 6

- Attach the Right Slant Upper Frame (1) to the Right Upright Support (11) using 2 × M10×80mm Carriage Bolts (68), 2 × Ø10mm Washers (69), 2 × M10 Aircraft Nuts (70) and 1 x 120×50 Bracket (27).
- Attach the Left Slant Upper Frame (2) to the Left Upright Support (12) using 2 × M10×80mm Carriage Bolts (68), 2 × Ø10mm Washers (69), 2 × M10 Aircraft Nuts (70) and 1 x 120×50 Bracket (27).
- Attach the Left & Right Slant Upper Frame (1, 2) to the Upper Frame (8) using 2 × M10×80mm Carriage Bolts (68), 2 × Ø10mm Washers (69) and 2 × M10 Aircraft Nuts (70).

Notes: parts (29) is pre-assembled. Do not tighten the bolts at this step.

Assembly Instructions

Two person assembly recommended



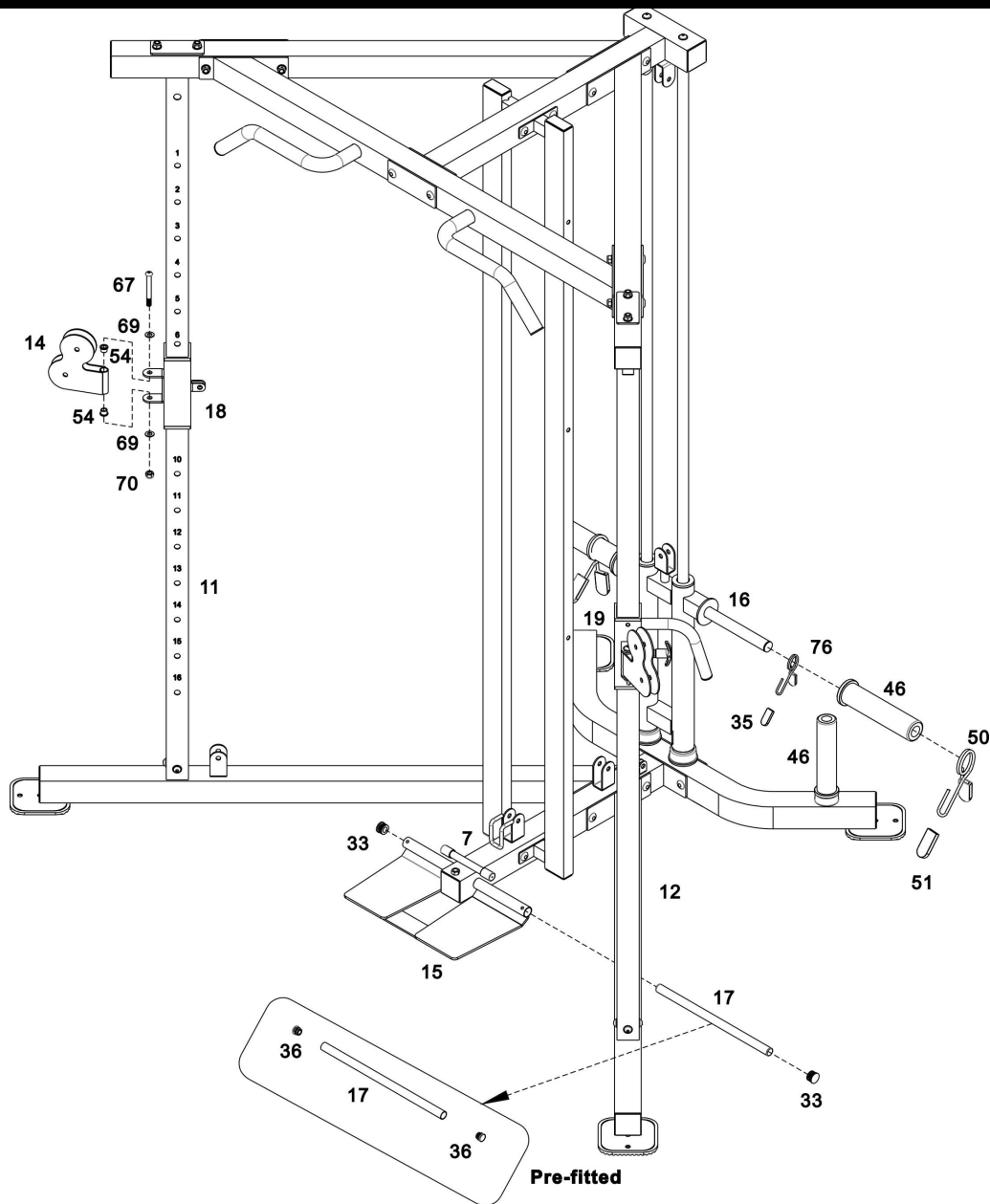
Step 7

- Attach the Upper Bar (6) to the Upper Frame (8) using 2 × M10×80mm Carriage Bolts (68), 2 × Ø10mm Washers (69), 2 × M10 Aircraft Nuts (70) and 1 × 150×55 Bracket (26). Do not tighten the bolts at this step.
- Attach the Upper Bar (6) to the Left & Right Slant Upper Frame (1, 2) using 4 × M10×80mm Carriage Bolts (68), 4 × Ø10mm Washers (69), 4 × M10 Aircraft Nuts (70) and 2 × 200×55 Brackets (25).

Notes: parts (32) and (48) are pre-assembled. Tighten all the bolts fitted at step 6 and step 7.

Assembly Instructions

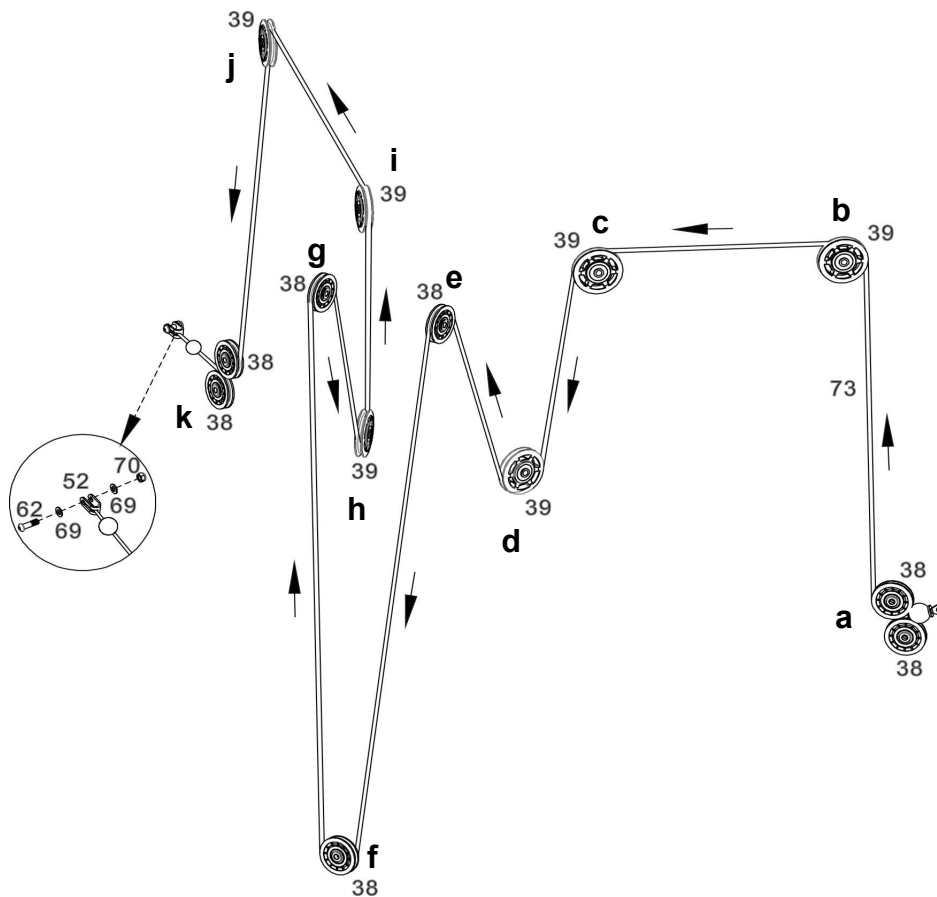
Two person assembly recommended



Step 8

- Fix the Swivel Pulley Bracket (14) to the Right Sliding Adjustment Frame (18) using 1 x M10 x 85mm Allen Bolts (67), 2 x Ø10mm Washers (69), 2 x Bushes (54) and 1 x M10 Aircraft Nut (70).
- Fix the Swivel Pulley Bracket (14) to the Left Sliding Adjustment Frame (19) using 1 x M10 x 85mm Allen Bolts (67), 2 x Ø10mm Washers (69), 2 x Bushes (54) and 1 x M10 Aircraft Nut (70).
- Fix the Foot Plate (15) to the Main Base Frame (7) using Connecting Rod (17), and then secure the two sides of the Foot Plate (5) using 2 x Ø25x1.5 End Caps (33).
- When you use 1" plate, secure with the 1" Spring Collar (76); if you use 2" plate, attach the Sleeve (46) to the Load Support (16), and then secure with the 2" Spring Collar (50).
- Attach the Sleeve (46) to both sides of the Weight Plate Post(20).

Notes: parts (36), (51) and (35) are pre-assembled.



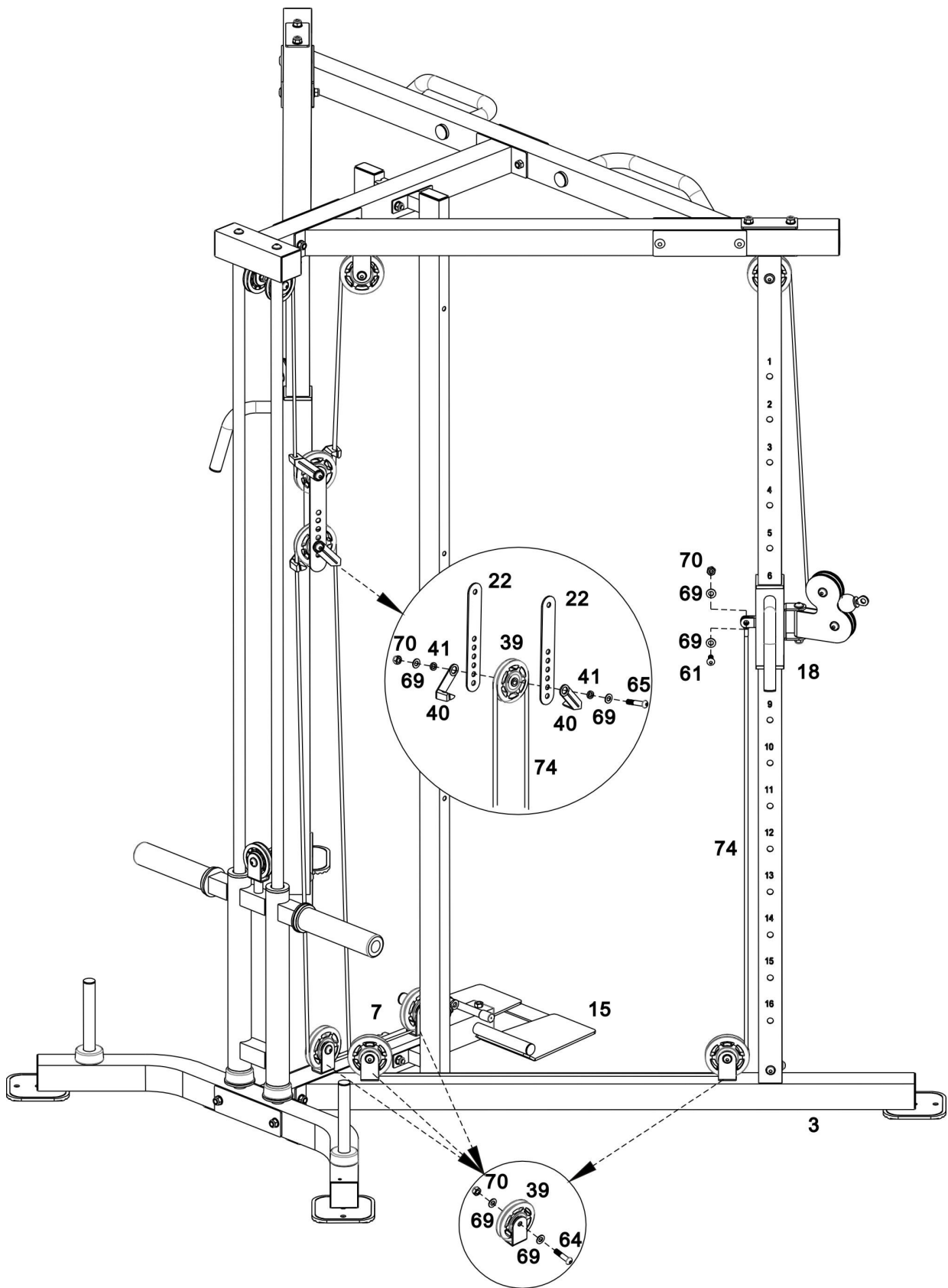
Step 9

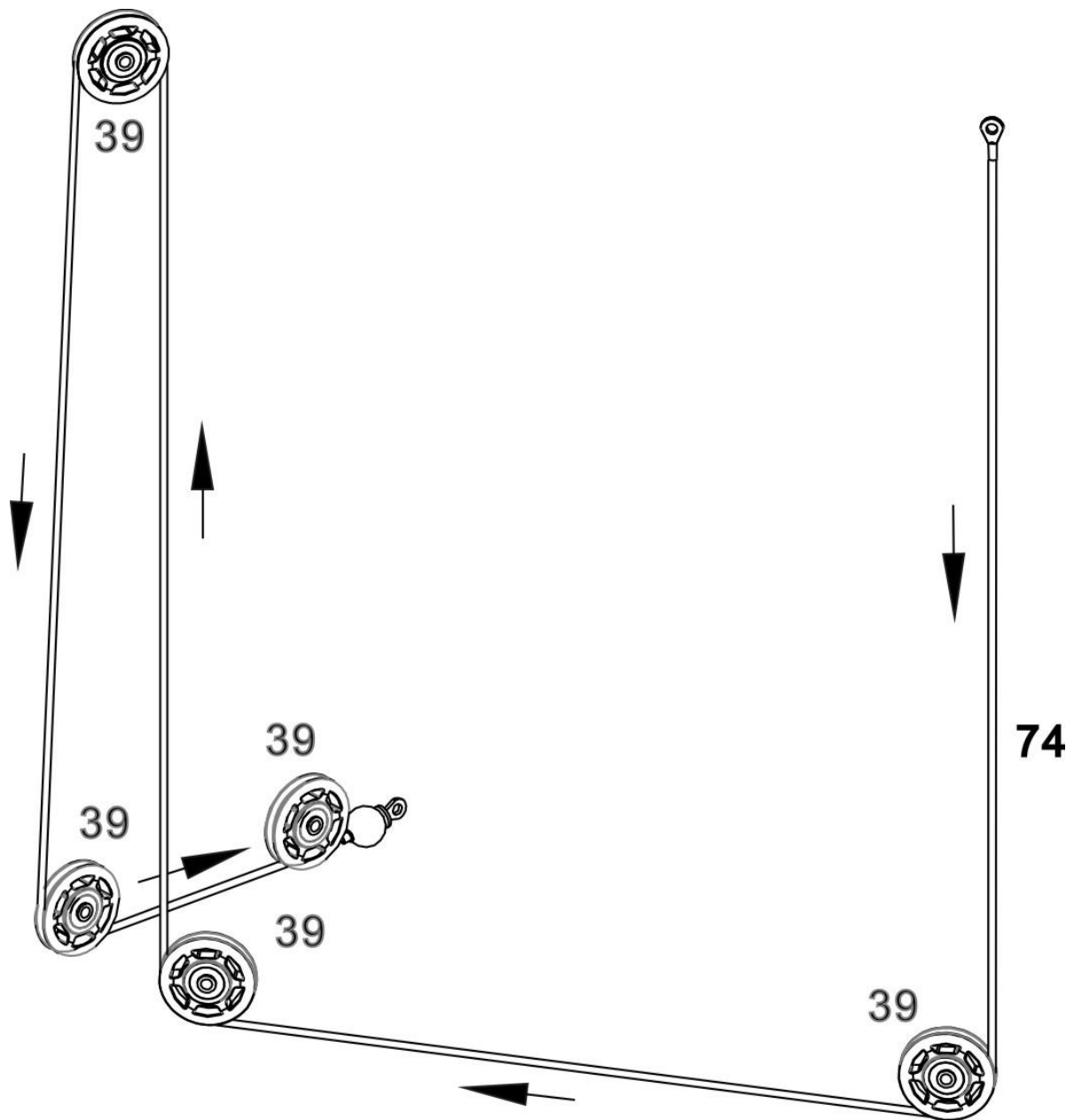
- a. Remove the bolts and U-Shaped Connector (52) on the active end of the Upper Cable (73). Thread the Upper Cable (73) through 2 × Ø78 Pulleys (38), and then fix the 2 × Ø78 Pulleys (38) to the Swivel Pulley Bracket (14) on the Right Sliding Adjustment Frame (18) using 2 × M10×40mm Allen Bolts (63), 4 × Ø10mm Washers (69) and 2 × M10 Aircraft Nuts (70).
- b. Thread the Upper Cable (73) through the top hole of the Right Upright Support (11), and fix 1 × Ø97 Pulley (39) to the Right Upright Support (11) using 1 × M10×65mm Allen Bolt (66), 2 × Ø22×15 Pulley Bushes (58) and 1 × M10 Aircraft Nut (70).
- c. Thread the Upper Cable (73) through the Right Slant Upper Frame (1), and then fix 1 × Ø97 Pulley (39) to the Right Slant Upper Frame (1) using 1 × M10×45mm Allen Bolt (64), 2 × Ø10mm Washers (69) and 1 × M10 Aircraft Nut (70).
- d. Put Ø97 Pulley (39) on the Upper Cable (73), and fix the Pulley Level Bracket (40) and Level Bracket Bushing (41) and Double Floating Pulley Bracket (22) to the Ø97 Pulley (39) using 1 × M10×50mm Allen Bolt (65), 2 × Ø10mm Washers (69) and 1 × M10 Aircraft Nut (70). Please note that the Level Bracket Bushing (41) and Upper Cable (73) should be embedded into the Pulley Level Bracket (40).
- e. Thread the Upper Cable (73) through the right notch of the Upper Frame (8), and fix 1 × Ø78 Pulley (38) using 1 × M10×40mm Allen Bolt (63), 2 × Ø10mm Washers (69) and 1 × M10 Aircraft Nut (70).
- f. Thread the Upper Cable (73) through the the Load Frame (16), and fix 1 × Ø78 Pulley (38) using 1 × M10×40mm Allen Bolt (63), 2 × Ø10mm Washers (69) and 1 × M10 Aircraft Nut (70).
- g. Repeat step e to assemble on the left side.
- h. Repeat step d to assemble on the left side.
- i. Repeat step c to assemble on the left side.
- j. Repeat step b to assemble on the left side.
- k. Repeat step a to assemble on the left side.

Notes: do not tighten the bolts on the active end of the Upper Cable (73) at this step.

Assembly Instructions

Two person assembly recommended



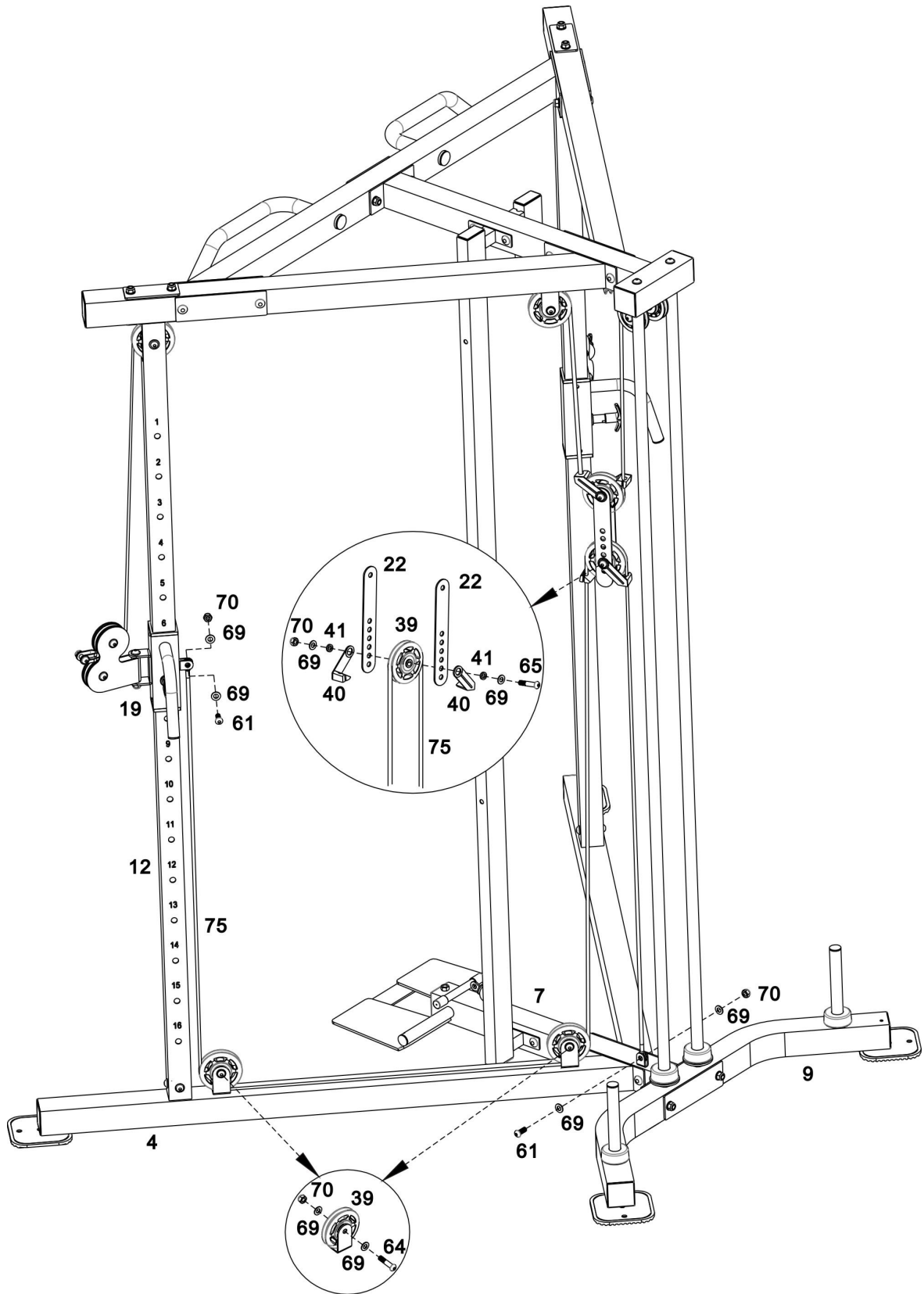


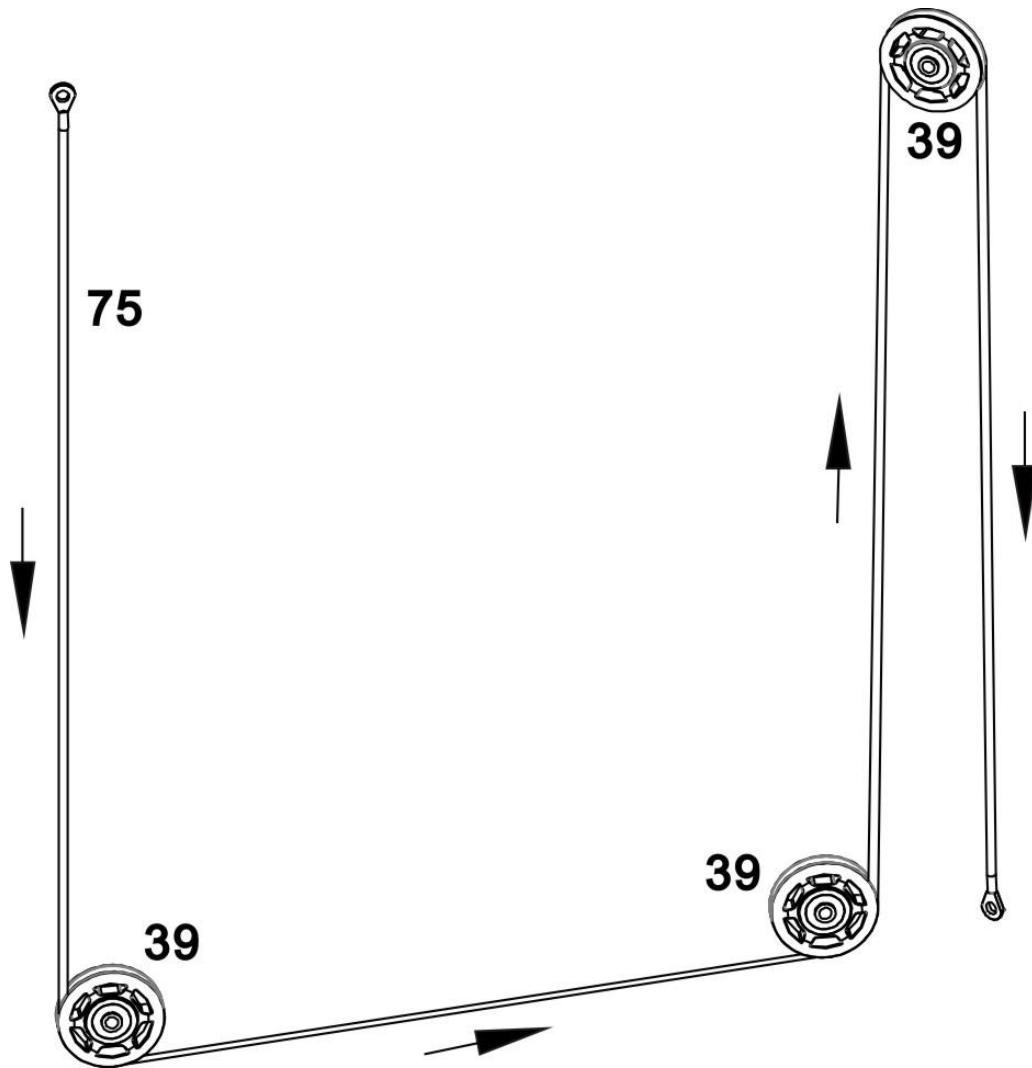
Step 10

- a. Fix the Right Lower Cable (74) to the Right Sliding Adjustment Frame (18) using 1 x M10×25mm Allen Bolt (61), 2 × Ø10mm Washers (69) and 1 x M10 Aircraft Nut (70).
- b. Put the Ø97 Pulley (39) on the Right Lower Cable (74), and fix to the Right Slant Base Frame (3) and Main Base Frame (7) using 1 x M10×45mm Allen Bolt (64), 1 × Ø10mm Washer (69) and 1 x M10 Aircraft Nut (70).
- c. Put the Ø97 Pulley (39) on the Right Lower Cable (74), and fix the Pulley Level Bracket (40), Level Bracket Bushing (41) and Double Floating Pulley Bracket (22) to the Ø97 Pulley (39) using 1 x M10×50mm Allen Bolt (65), 2 × Ø10mm Washers (69) and 1 x M10 Aircraft Nut (70). Please note that the Level Bracket Bush (41) and Right Lower Cable (74) should be embedded into the Pulley Level Bracket (40).

Assembly Instructions

Two person assembly recommended



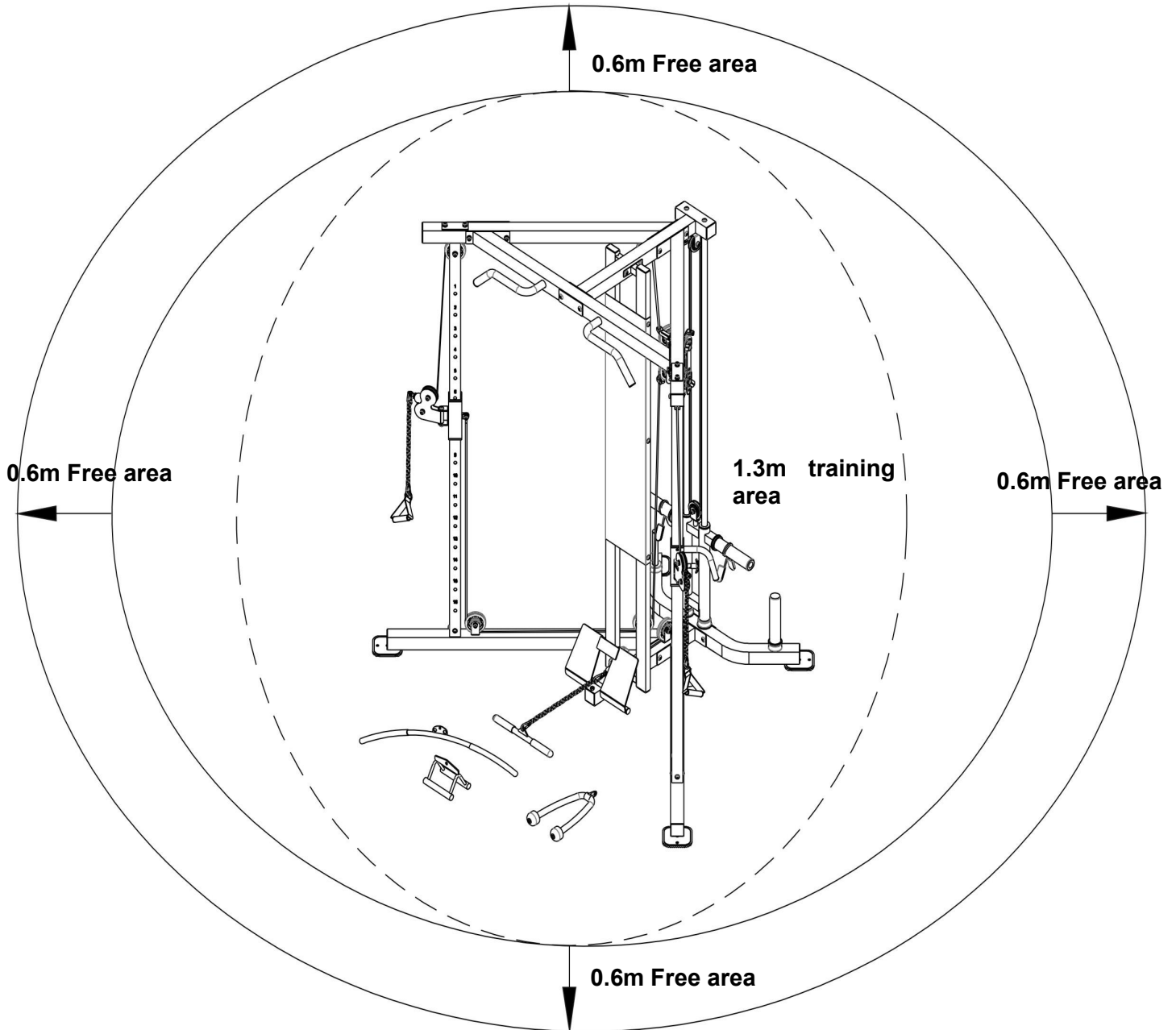


Step 11

- a. Attach the Left Lower Cable (75) to the Left Sliding Adjustment Bracket (19) and Main Base Frame (7) using 2 × M10×25mm Allen Bolts (61), 4 × Ø10mm Washers (69) and 2 × M10 Aircraft Nuts (70).
- b. Put the Ø97 Pulley (39) on the Left Lower Cable (75), and fix it to the Left Slant Base Frame (4) using 2 × M10×45mm Allen Bolts (64), 4 × Ø10mm Washers (69) and 2 × M10 Aircraft Nuts (70).
- c. Put the Ø97 Pulley (39) on the Left Lower Cable (75), and fix Pulley Level Bracket (40), Level Bracket Bush (41) and Double Floating Pulley Bracket (22) to the Ø97 Pulley (39) using 1 × M10×50mm Allen Bolt (65), 2 × Ø10mm Washers (69) and 1 × M10 Aircraft Nut (70). Please note that the Level Bracket Bush (41) and Left Lower Cable (75) should be embedded into the Pulley Level Bracket (40).

Workout Area

The free area must be at least 0.6m greater than the training area in the directions from which the equipment is accessed. The free area is a place should you need to dismount in an emergency. Where two pieces of equipment are positioned adjacent to each other the value of the free area may be shared.



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.

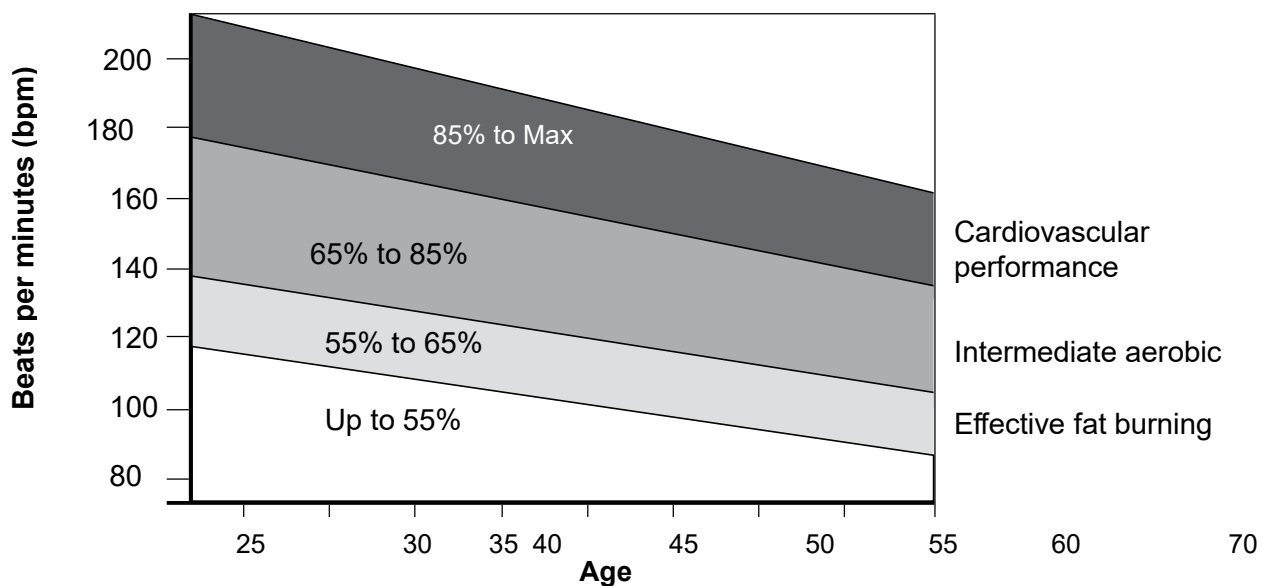
Initially, you may be able to exercise only for a few minutes in your target zone, however, your aerobic fitness will improve over the next six to eight weeks. Don't be discouraged if it takes longer. It's important to work at your own pace.

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

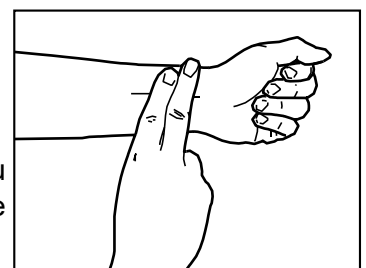
To maximize the benefits of exercising, it is important to exercise at an appropriate intensity. The intensity level can be found by using your heart rate as a guide. For effective aerobic exercise, your heart rate should be maintained at a level between 65% and 85% of your maximum heart rate as you 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.



Exercise Information

Muscle Chart

Aerobic Exercise

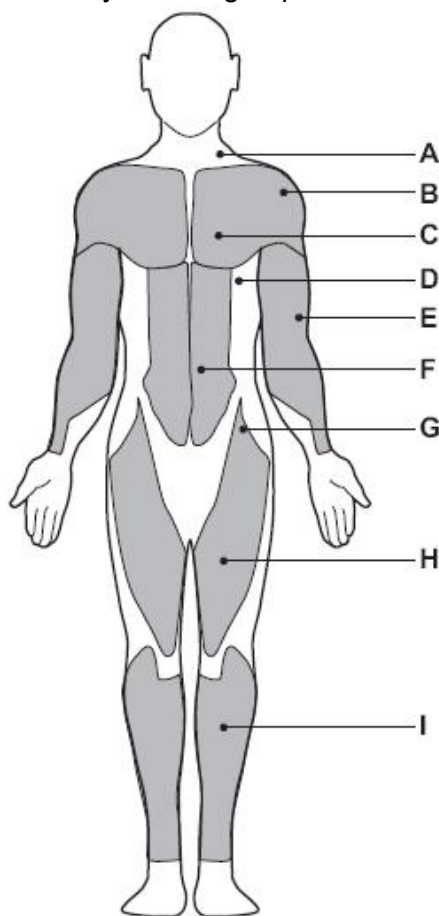
Aerobic exercise improves the fitness of your lungs and heart - your body's most important muscle. Aerobic exercise is promoted by any activity that uses your large muscles (arms, legs, or buttock, for example).

Weight Training

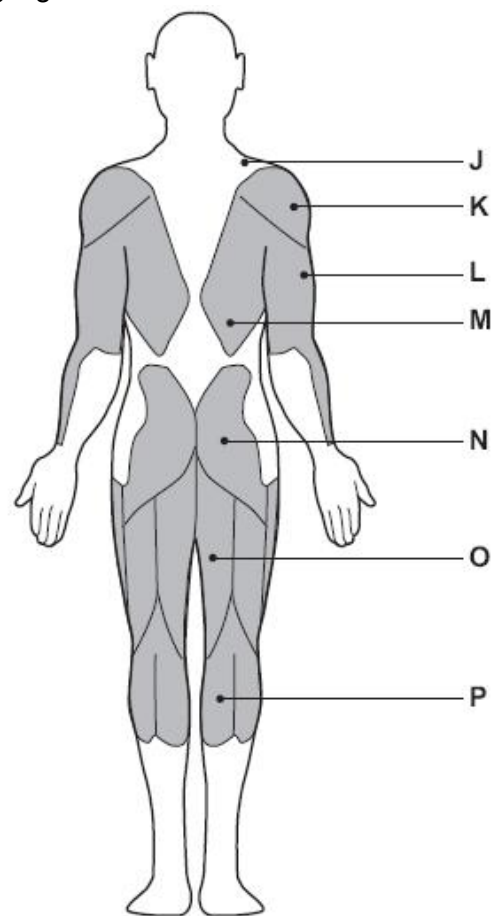
Along with aerobic exercising which helps get rid of and keep off the excess fat that our bodies can store, weight training is an essential part of an exercise routine. Weight training helps tone, build and strengthen muscle. If you are working above your target zone, you may want to do a lower number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

Targeted Muscle Groups

The exercise routine that is performed on the training bench will develop the upper and lower body or combined total body muscle groups. These muscle groups are highlighted on the muscle chart below.



Front



Back

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 stretching and 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 fitness, 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.

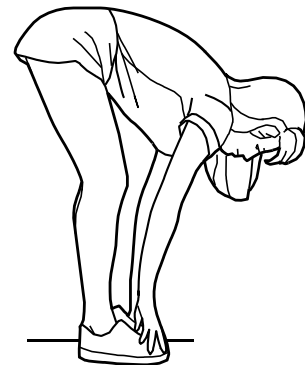
Toe touch stretch

Stand with your knees bent slightly and slowly bend forward from your hips. Allow your back and shoulders to relax as you reach down towards your toes as far as possible.

Hold for 15 counts, then relax

Repeat 3 times.

Stretches: Hamstrings, back of knees and back.



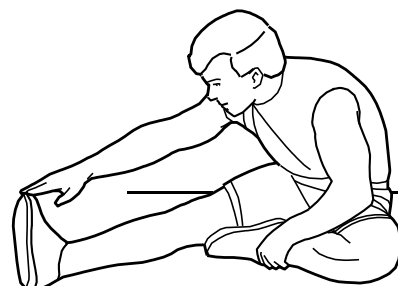
Hamstring stretch

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 towards your toes as far as possible.

Hold for 15 counts, and then relax.

Repeat 3 times for each leg

Stretches: Hamstrings, lower back and groin.



Exercise Information

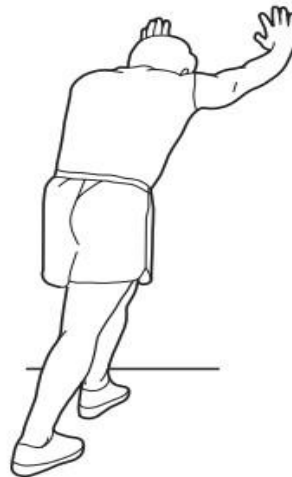
Calf/Achilles stretch

With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall.

Hold for 15 counts, then relax.

Repeat 3 times for each leg. To cause further stretching of the Achilles tendons, bend your back leg as well.

Stretches: Calves, Achilles tendons and ankles.



Quadriceps stretch

With one hand against the wall for balance, reach back and grasp one foot with your other hand. Keeping your bent knee pointing directly down towards the floor, gently pull your heel towards your buttock until you feel a gentle stretch in the target area.

Hold for 15 counts, and then relax.

Repeat 3 times for each leg.

Stretches: Quadriceps and Hip muscles.



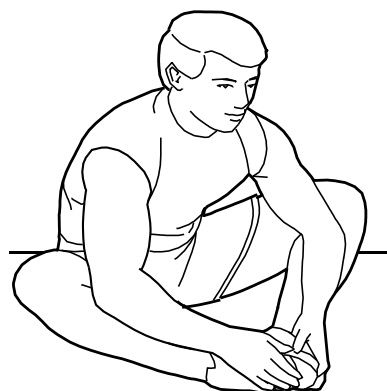
Inner thigh stretch

Sit with the soles of your feet together and your knees outwards. Pull your feet towards your groin area as far as possible, and push your knee down towards the ground.

Hold for 15 counts, and then relax.

Repeat 3 times.

Stretches: Quadriceps and Hip muscles



Exercise Information

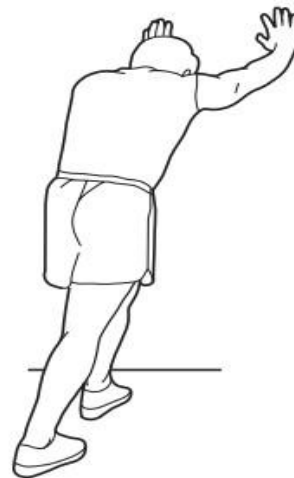
Calf/Achilles stretch

With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall.

Hold for 15 counts, then relax.

Repeat 3 times for each leg. To cause further stretching of the Achilles tendons, bend your back leg as well.

Stretches: Calves, Achilles tendons and ankles.



Quadriceps stretch

With one hand against the wall for balance, reach back and grasp one foot with your other hand. Keeping your bent knee pointing directly down towards the floor, gently pull your heel towards your buttock until you feel a gentle stretch in the target area.

Hold for 15 counts, and 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 outwards. Pull your feet towards your groin area as far as possible, and push your knee down towards the ground.

Hold for 15 counts, and then relax.

Repeat 3 times.

Stretches: Quadriceps and Hip muscles.



Exercise Information

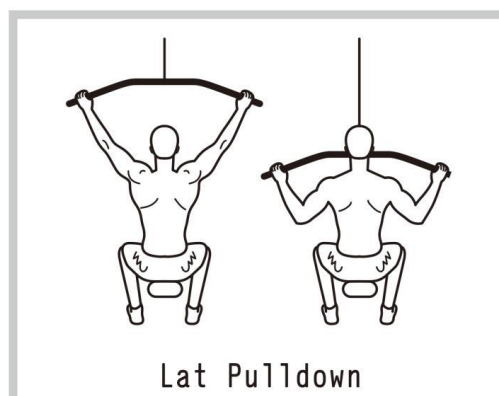
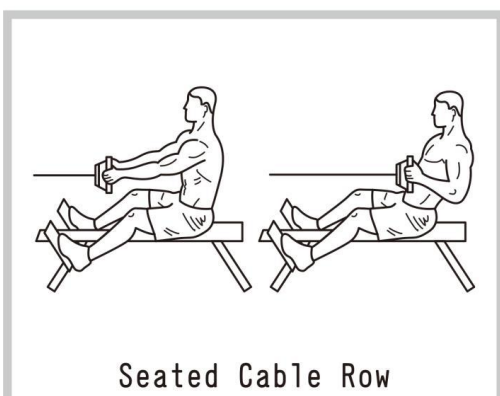
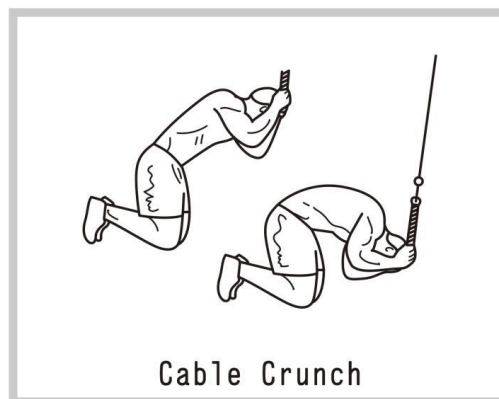
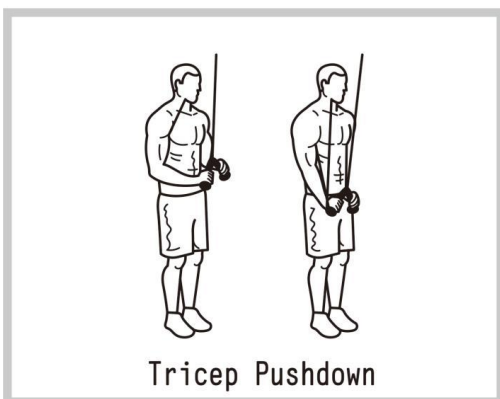
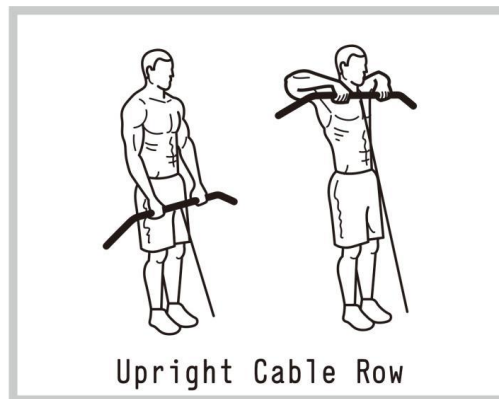
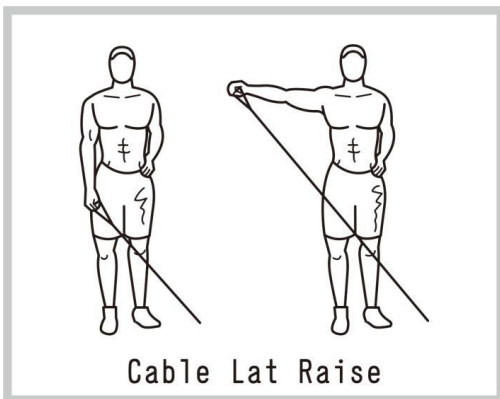
Using the equipment

Important:

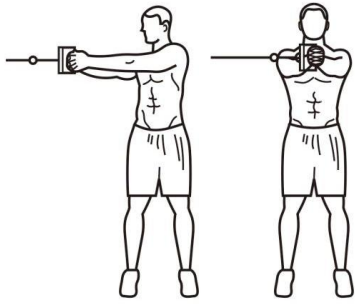
When working out, do the following for each exercise: exhale while exerting/lifting and inhale while returning to starting position in a slow and controlled manner.

- Read all caution and warning stickers before using this equipment.
- Before using, inspect the equipment for loose, frayed, or worn parts, if in doubt do not use the equipment until the parts have been replaced.
- Before beginning any exercise programme it is suggested to have a complete medical examination and to obtain your doctor's approval of your exercise/conditioning programme.
- Any clips must be closed completely before using this equipment.
- We recommend that you always exercise with a partner or someone who can assist you in case the weights become too heavy for you to lift on your own.

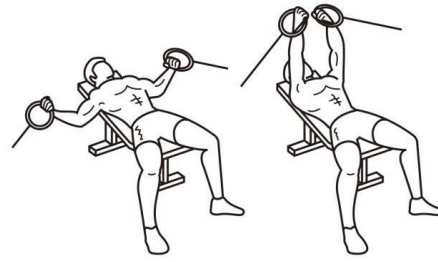
Always warm up your muscles before exercising. Prepare your body with easy stretching (without bouncing) and light callisthenic, for several minutes.



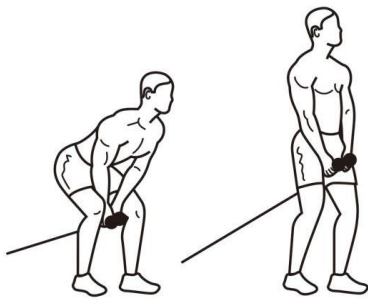
Exercise Information



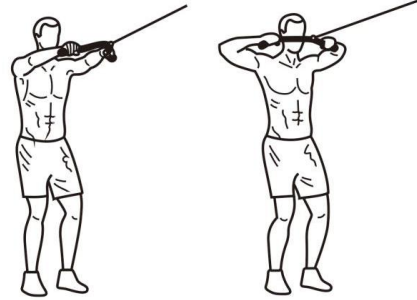
Cable Woodchop



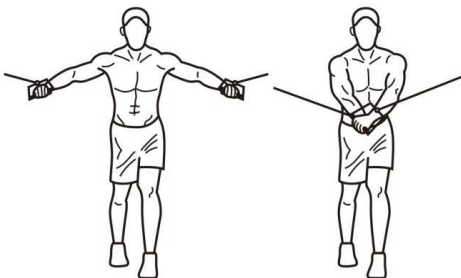
Bench Cable Fly



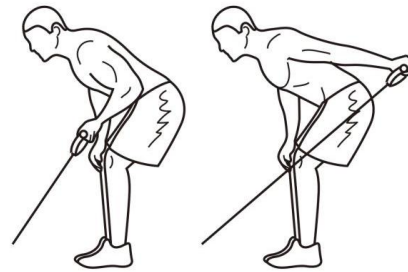
Cable Pull Through



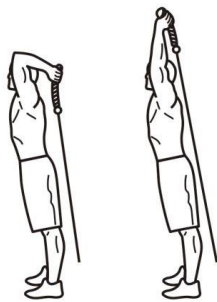
Cable Face Pull



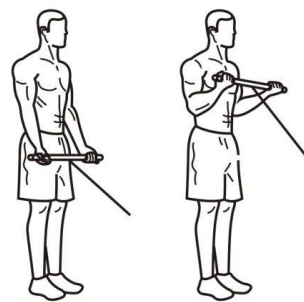
Cable Crossover



Cable Tricep Kickback



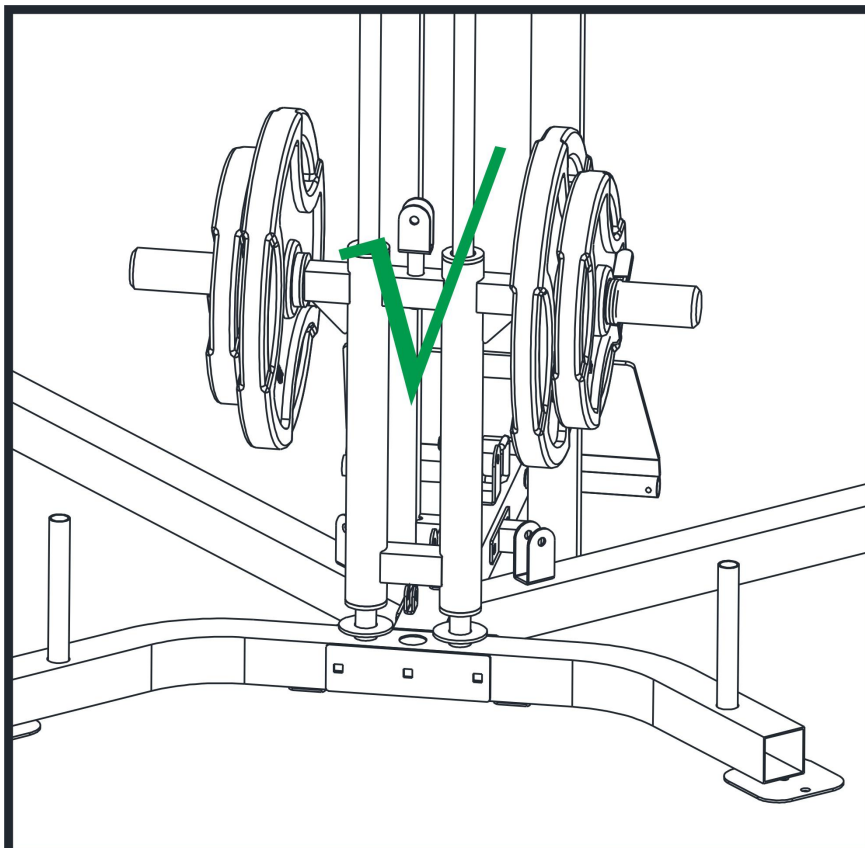
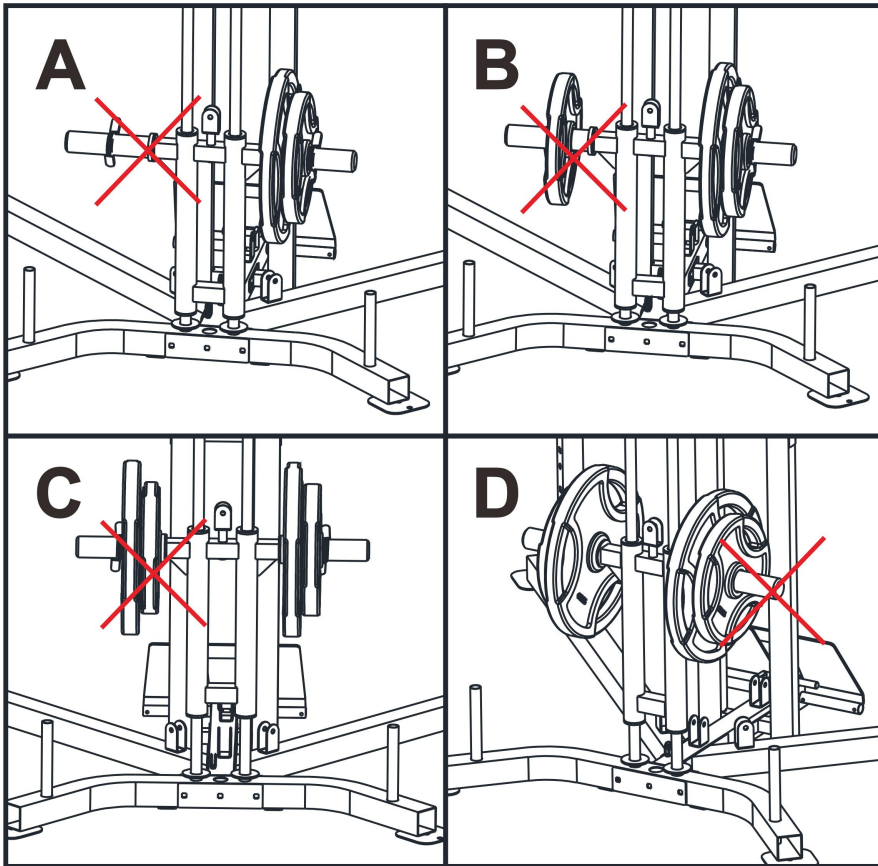
Overhead Cable Extension



Cable Curl

Exercise Information

The weight adjustment



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. connection points.
- 2: Lubricate moving parts with light oil periodically to prevent premature wear.
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 **Customer Helpline:**
0345 600 1714
www.argos-support.co.uk
Guarantee:
For guarantee purposes, please retain your purchase receipt

Parts List

PRO FITNESS

Part #	Descriptions	Qty	Part #	Descriptions	Qty
1	Right Slant Upper Frame	1	39	Ø97 Pulley	14
2	Left Slant Upper Frame	1	40	Pulley Level Bracket	8
3	Right Slant Base Frame	1	41	Level Bracket Bush	8
4	Left Slant Base Frame	1	42	□60×50 Sleeve	4
5	Weight Stack Cover Support	2	43	Ø16 End Cap	2
6	Upper Bar	1	44	Nylon Bush	4
7	Main Base Frame	1	45	Foot Cover	4
8	Upper Frame	1	46	Sleeve	4
9	Rear Stabilizer	1	47	Rubber Bumper	4
10	Guide Rod	2	48	Ø37×465 Handle Grip	2
11	Right Upright Support	1	49	Ø31×255 Handle Grip	2
12	Left Upright Support	1	50	2" Spring Collar	2
13	Lat Bar	1	51	2" Spring Collar Cap	4
14	Swivel Pulley Bracket	2	52	U-Shaped Connector	1
15	Foot Plate	1	53	Pin	2
16	Load Support	1	54	Bush	4
17	Connecting Rod	1	55	Ø25×135 Handle Grip	2
18	Right Sliding Adjustment Frame	1	56	Ø25×325 Handle Grip	2
19	Left Sliding Adjustment Frame	1	57	Single Strap	2
20	Weight Plate Post	2	58	Ø22×15 Pulley Bushing	4
21	Weight Stack Cover	1	59	Tricep Rope	1
22	Double Floating Pulley Bracket	4	60	M10×16mm Allen Bolt	12
23	Saddle-Shaped Strap	1	61	M10×25mm Allen Bolt	9
24	Pull Bar	1	62	M10×35mm Allen Bolt	1
25	200×55 Bracket	3	63	M10×40mm Allen Bolt	7
26	150×55 Bracket	1	64	M10×45mm Allen Bolt	8
27	120×50 Bracket	2	65	M10×50mm Allen Bolt	4
28	120×45 Bracket	1	66	M10×65mm Allen Bolt	2
29	60×1.5 End Cap	7	67	M10×85mm Allen Bolt	2
30	60×2.0 End Cap	2	68	M10×80mm Carriage Bolt	20
31	30×60 End Cap	4	69	Ø10mm Washer	88
32	Ø32×2.0 End Cap	4	70	M10 Aircraft Nut	47
33	Ø25×1.5 End Cap	2	71	15 Link Chain	3
34	Ø25×2.0 End Cap	4	72	7# Carabiner	5
35	1" Spring Collar Cap	4	73	Upper Cable	1
36	Ø19×2.0 End Cap	2	74	Right Lower Cable	1
37	Lock Knob	2	75	Left Lower Cable	1
38	Ø78 Pulley	7	76	1" Spring Collar	2

Guarantee



Product Guarantee

This product is guaranteed against manufacturing defects for a period of



YEAR

This product is guaranteed for two years 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 purposes.
- 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 accepts no liability for incidental or consequential damages.
- The guarantee is in addition to, and does not diminish your statutory or legal rights.
- In the event of problems with the product within the guarantee period call the

Customer Helpline: 0345 600 1714 www.argos-support.co.uk

Guarantor: Argos Ltd
489 – 499 Avebury Boulevard
Central Milton Keynes
MK9 2NW