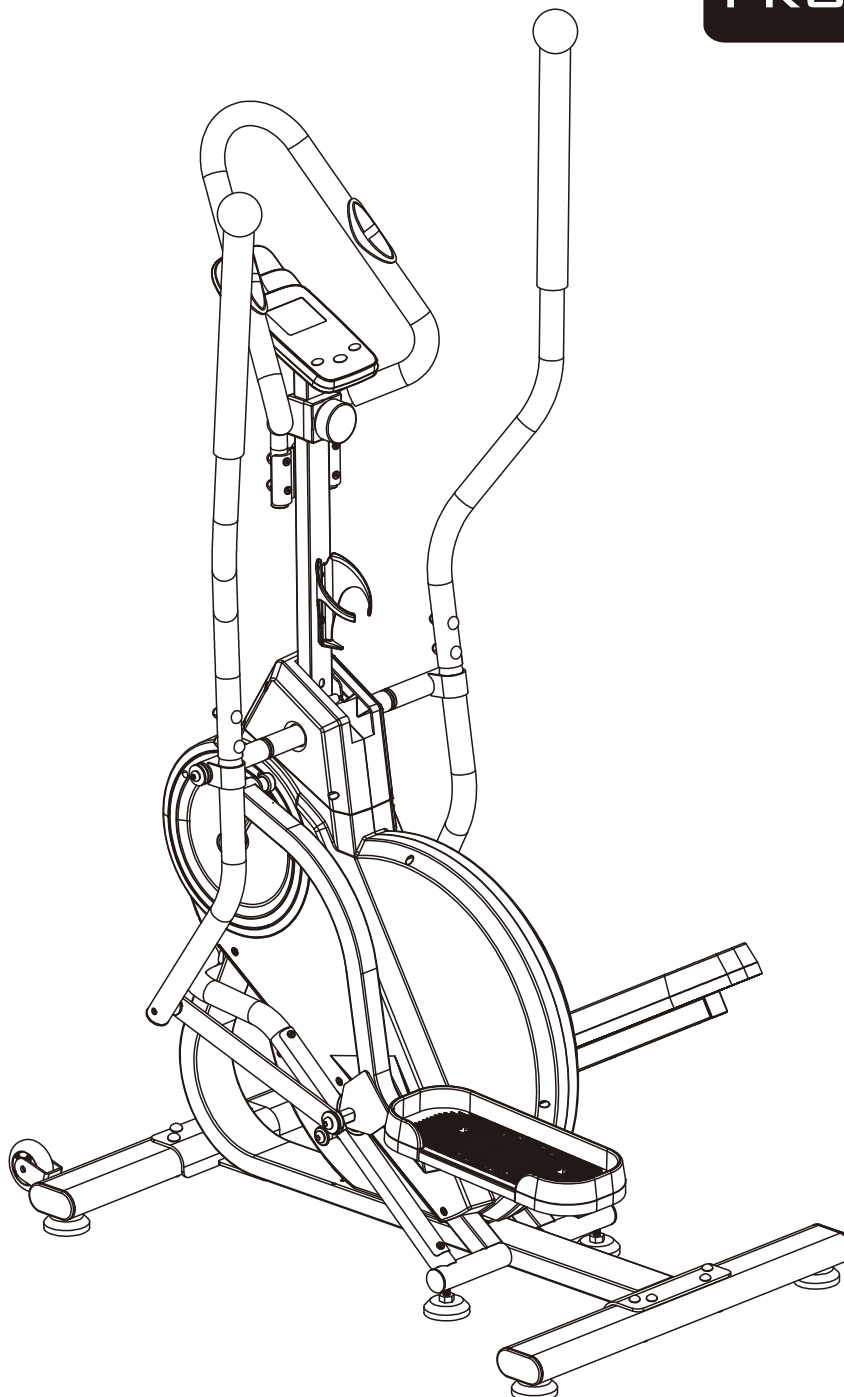


Pro Fitness Elliptical Climber EC2000

Assembly & User Instructions - Please keep for future reference

9540420

PRO FITNESS



Important – Please read these instructions fully before assembly or use

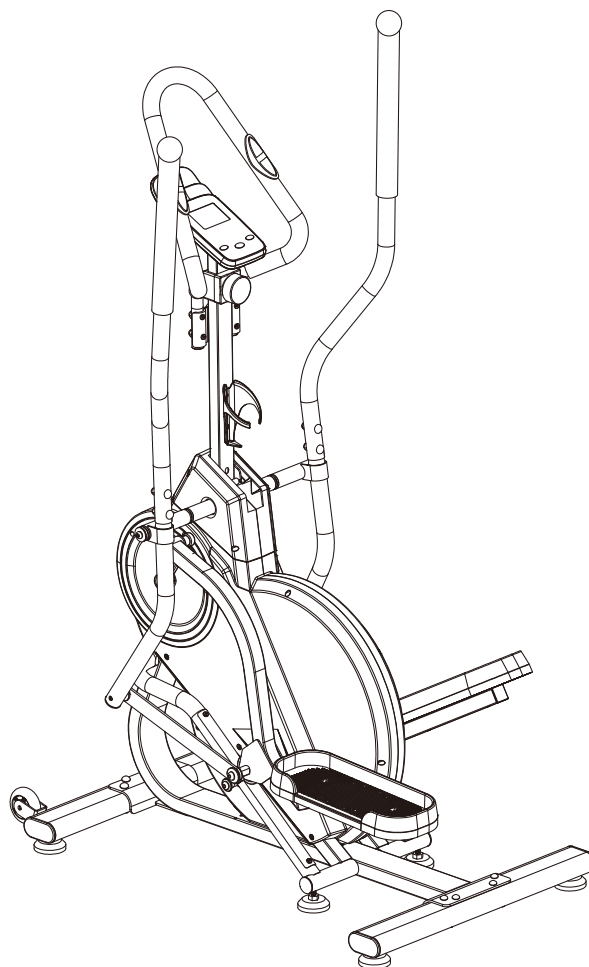
These instructions contain important information which will help you get the best from your equipment and ensure safe and correct assembly, use and maintenance.

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

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PRO FITNESS

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Safety Information

PRO FITNESS

Important – Please read fully before assembly or use

This exercise equipment is built for optimum safety. However, certain precautions apply whenever you operate a piece of exercise equipment. Be sure to read the entire manual before you assemble, operate or use this equipment.

Assembly

- The product must be installed on a stable and level surface. To protect the floor or carpet from damage, place a mat under the exercise bike.
- 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: 100kg.
- This product conforms to: BS EN ISO 20957-1 and -9 Class (H) - Home Use - Class (C).
- This stationary training equipment is not suitable for high accuracy purposes.
- The climber is not equipped with a free wheel and therefore the moving parts cannot be stopped immediately.
- To mount and dismount the equipment safely, hold the non-movable handlebar and step on/down the footplatform at its lowest position.

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.



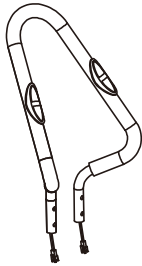
Warning: Before beginning any exercise program, consult your Doctor. This is especially important for persons over the age of 35 or persons with pre-existing health problems. You **MUST** read all instructions before using any fitness equipment. Argos and its associates assumes no responsibility for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

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.



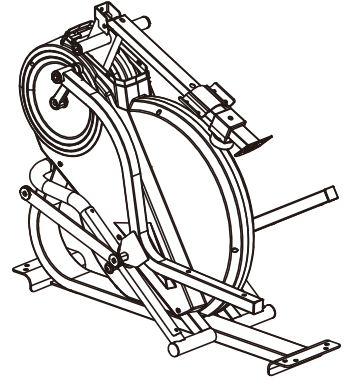
1. Middle Handlebar x 1



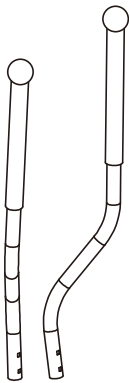
8. Console x 1



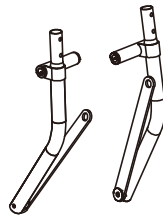
16. Bottle Holder x 1



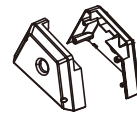
20. Main Frame x 1



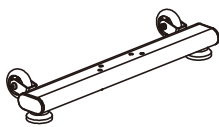
24. L&R Handlebar x 2



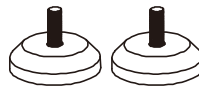
33. L&R Swing Rod x 2



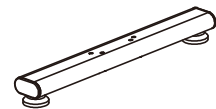
35. L&R Upper Chain Cover x 2



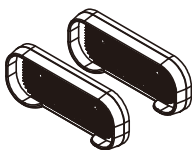
44. Front Stabilizer x 1



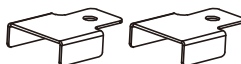
43. Leveling foot x 2



45. Rear Stabilizer x 1



60. L&R Pedal x 2



61. Pedal Plate x 2



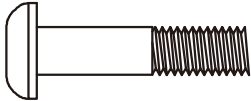
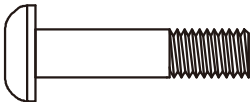
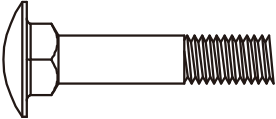
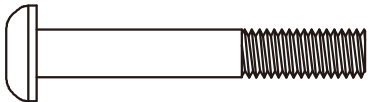
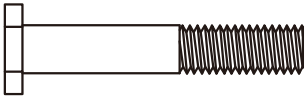
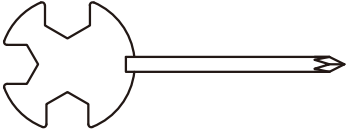
94. Long Axis x 1

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.

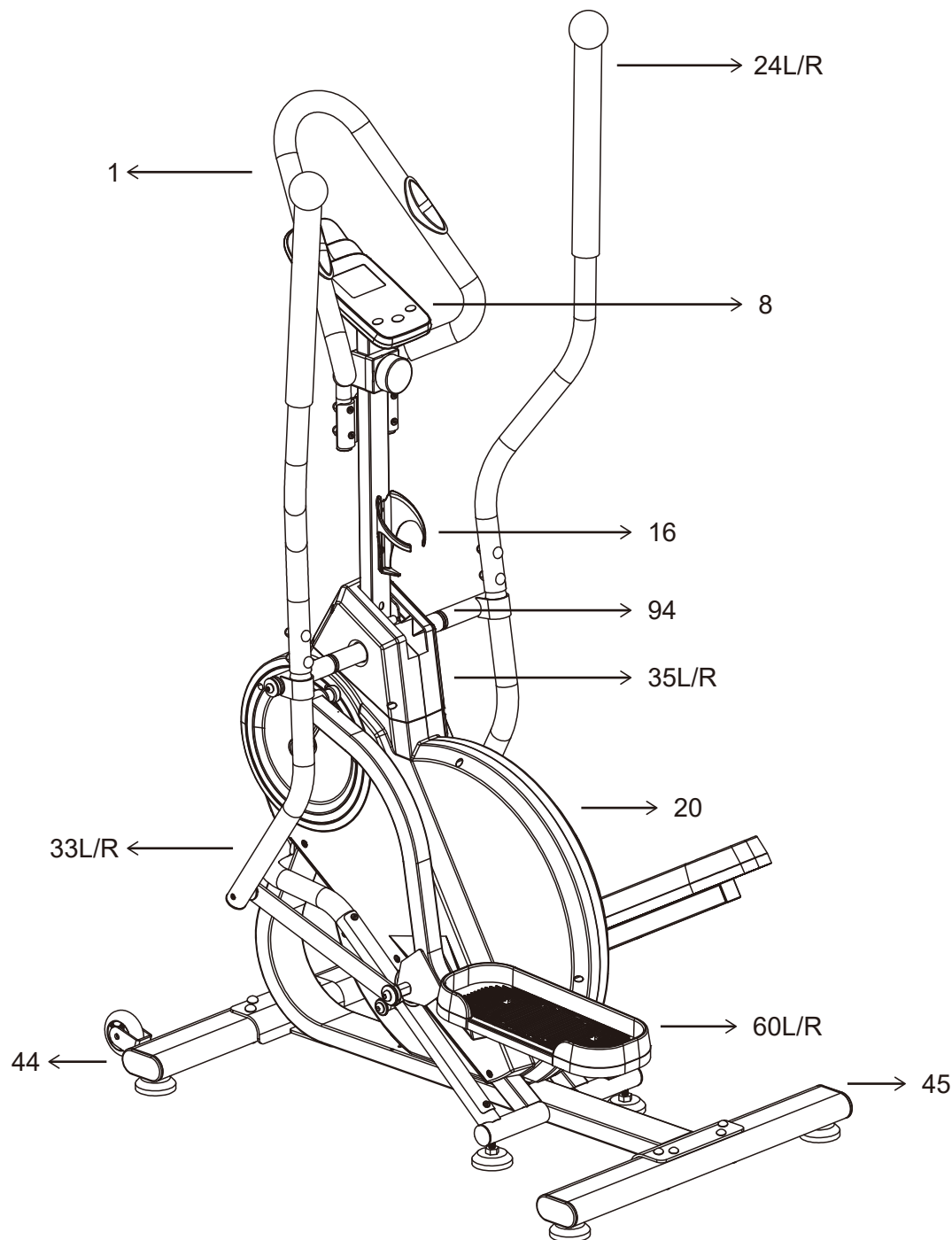
 04. Phillips Screw ST4.2*20 x4	 28. Allen Screw M8*16 x2	 50. Allen Bolt M8*9 x2	 05. Allen Bolt M8*35 x4
 19. Allen Bolt M8*40 x1	 27. Step Bolt M8*40 x4	 41. Allen Bolt M8*55 x8	
 59. Hexagon Bolt M8*50 x4	 42. Hexagon nut x2	 18. Nylon Nut M8 x4	 07. Acorn Nut M8 x8
 39. Flat Washer D16 x13	 30. Flat Washer D28 x2	 46. Flat Washer D30 x4	 31. Inner D-shape Flat Washer D28 x2
 29. Spring Washer D8 X11	 06. Curved Washer D8 x8	 34. Wave Washer D16 x2	
 A. Allen Wrench S6 x2	 B. S13,14,15 x1		

Assembly Instructions

PRO FITNESS

Total mass of the product is 41kg.

Total size of the equipment is (width) 75.5cm x (depth) 100.5cm x (height) 158cm .



1. Middle Handlebar

8. Console

16. Bottle Holder

20. Main Frame

24L/R. L&R Handlebar

33L/R. L&R Swing Rod

35L/R. L&R Upper Chain Cover

44. Front Stabilizer

45. Rear Stabilizer

60L/R. L&R Pedal

94. Long Axis

Assembly Instructions

PRO FITNESS

Step 1

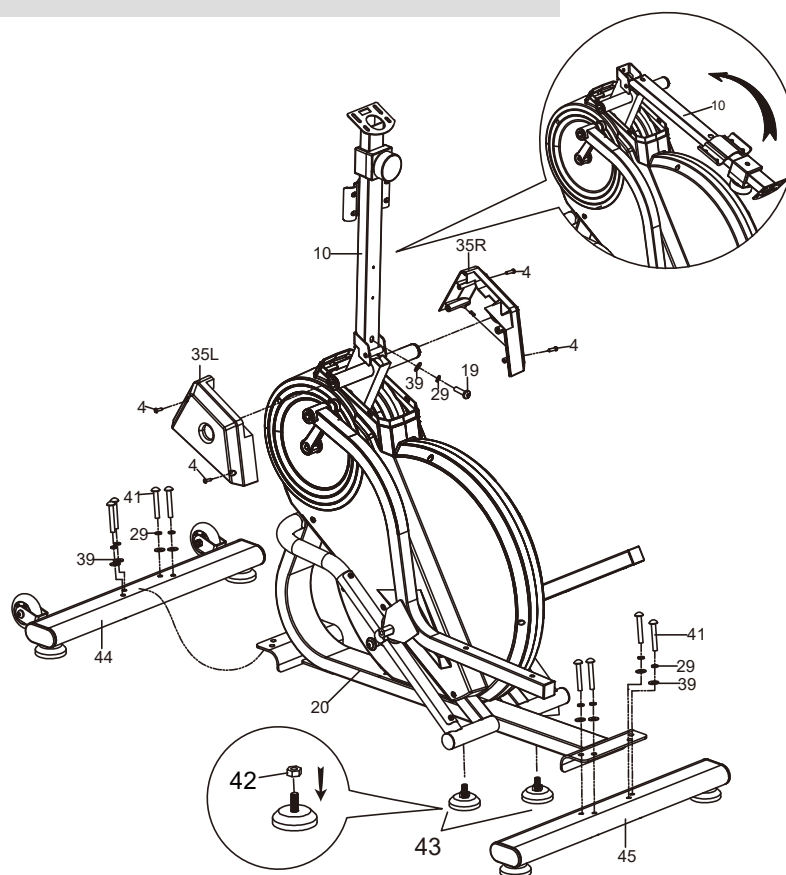
Attach the front stabilizer (44) and the rear stabilizer (45) to the main frame (20) with four allen screws (41), four spring washers (29) and four flat washers (39) on each of the stabilizers (44 & 45).

Attach two leveling foot (43) with two Allen Nut (42) to the main frame (20) and make sure these 2 leveling foot (43) support the frame. Adjust all the six leveling foot (43) to ensure the equipment sits flat on the ground. Tighten the Allen Nut (42) to lock the leveling foot (43).

Unfold the mid handlebar stem (10) and attach it to the main frame with one flat washer (39), one spring washer (29) and one allen bolt (19).

Note: Please pay attention not to cut the cable inside the handle bar stem.

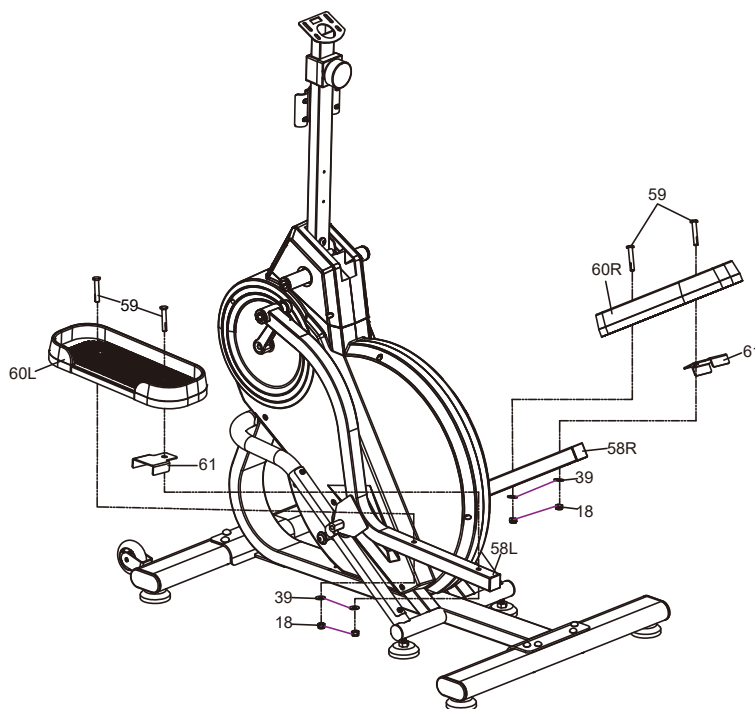
Attach the left and right upper chain cover (35L & 35R) to the main frame (20) with four phillips screws (4).



Step 2

Place one pedal plate (61) to the rear of the pedal support (58R & 58L).

Attach the pedals (60R & 60L) with two hexagon bolts (59), two flat washers (39) and two nylon nuts (18) on each side.



Assembly Instructions

PRO FITNESS

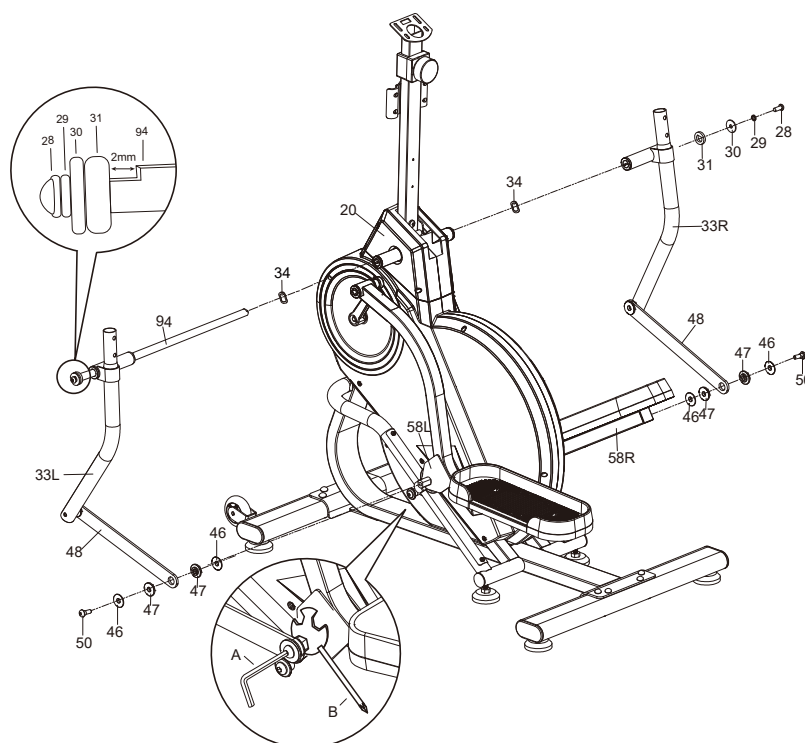
Step 3

Attach the upper part of the right swing rod (33R) to the right of the long axis (94) with one allen screw (28), one spring washer (29), one flat washer (30), one inner D- shape flat washer (31) and one wave washer (34). Make sure the D-shape flat washer (31) is placed in position on the swing rod (33R). **DON'T** tighten the Allen screw (28).

Attach the bottom of the right swing rod (48) to the right pedal support (58R) with one allen screw(50), two flat washer (46) and two sleeve (47).

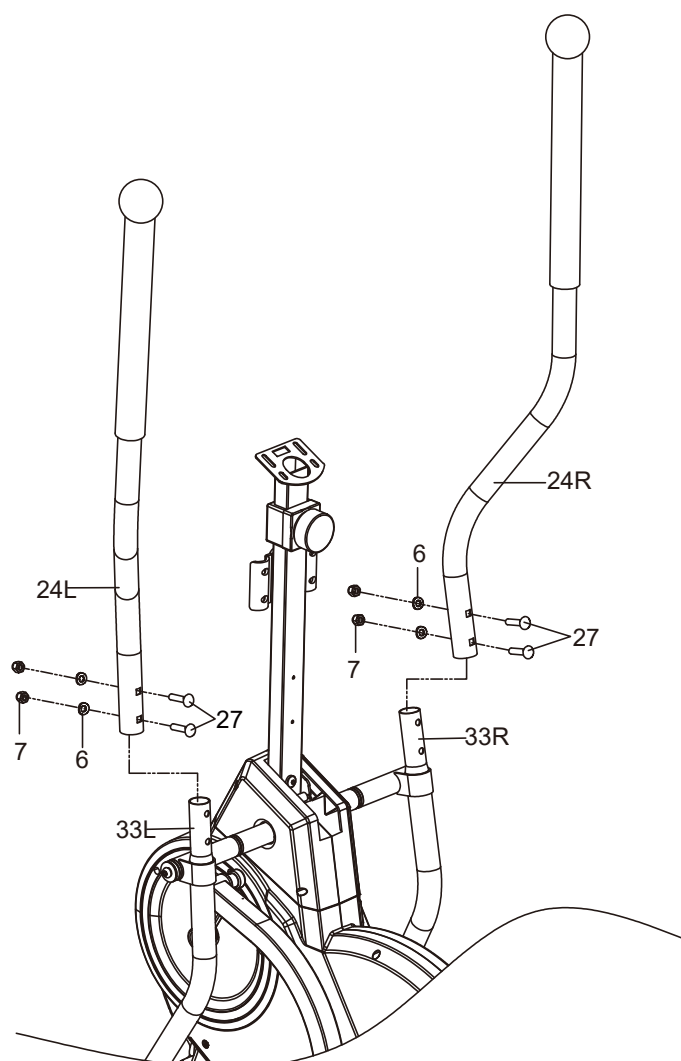
Repeat above on the left side.
Tighten the Allen Screw (28) on both sides.

Note: Four sleeve (47) are pre-fitted.



Step 4

Attach the left and right handlebars (24L & 24R) to the swing rod (33L & 33R) with two step bolts (27), two curved washers (6) and two acorn nuts (7) on each side.



Assembly Instructions

PRO FITNESS

Step 5

Connect the cables (15&23) of the mid handlebar stem (10) to the cables of the console (8).

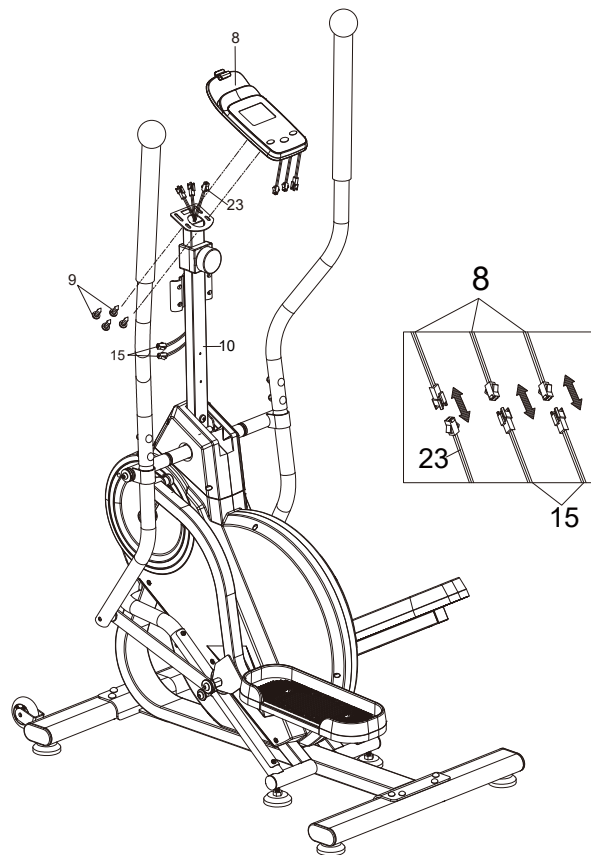
ATTENTION

Make sure not to pinch the cables during the following step.

Attach the console(8) to the mid handlebar stem (10) with four phillips screws (9).

Attach the bottle holder (16) to the mid handlebar stem (10) with two phillips screws (38).

Note: Four phillips screws (9) and two phillips screws (38) are pre-fitted.



Step 6

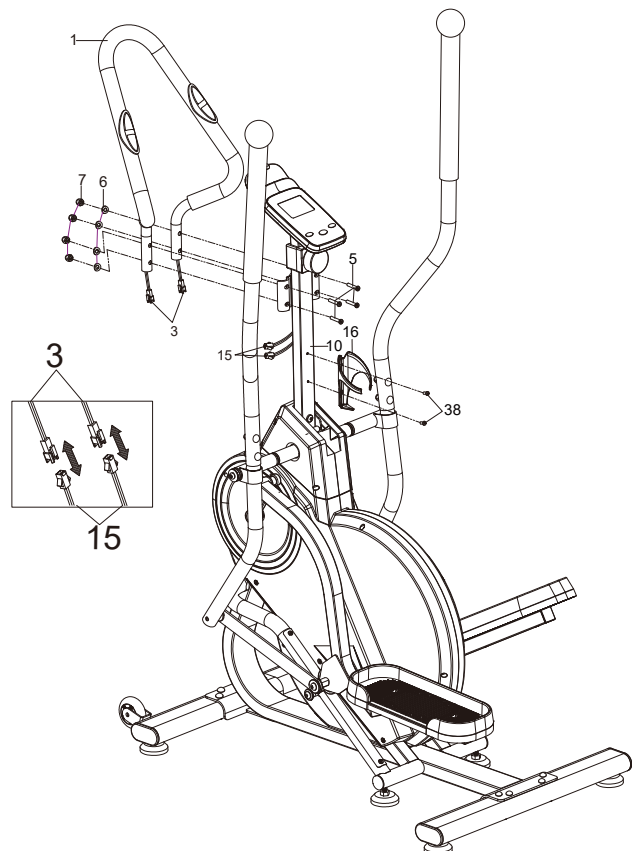
Attach the middle handlebar (1) to the mid handlebar stem (10) with four allen bolt (5), four curved washers (6) and four acorn nuts (7).

Note: There is a sensor wire inside the mid handle bar(1). Please pay attention not to pinch the sensor wire when put in the Allen bolt (5)

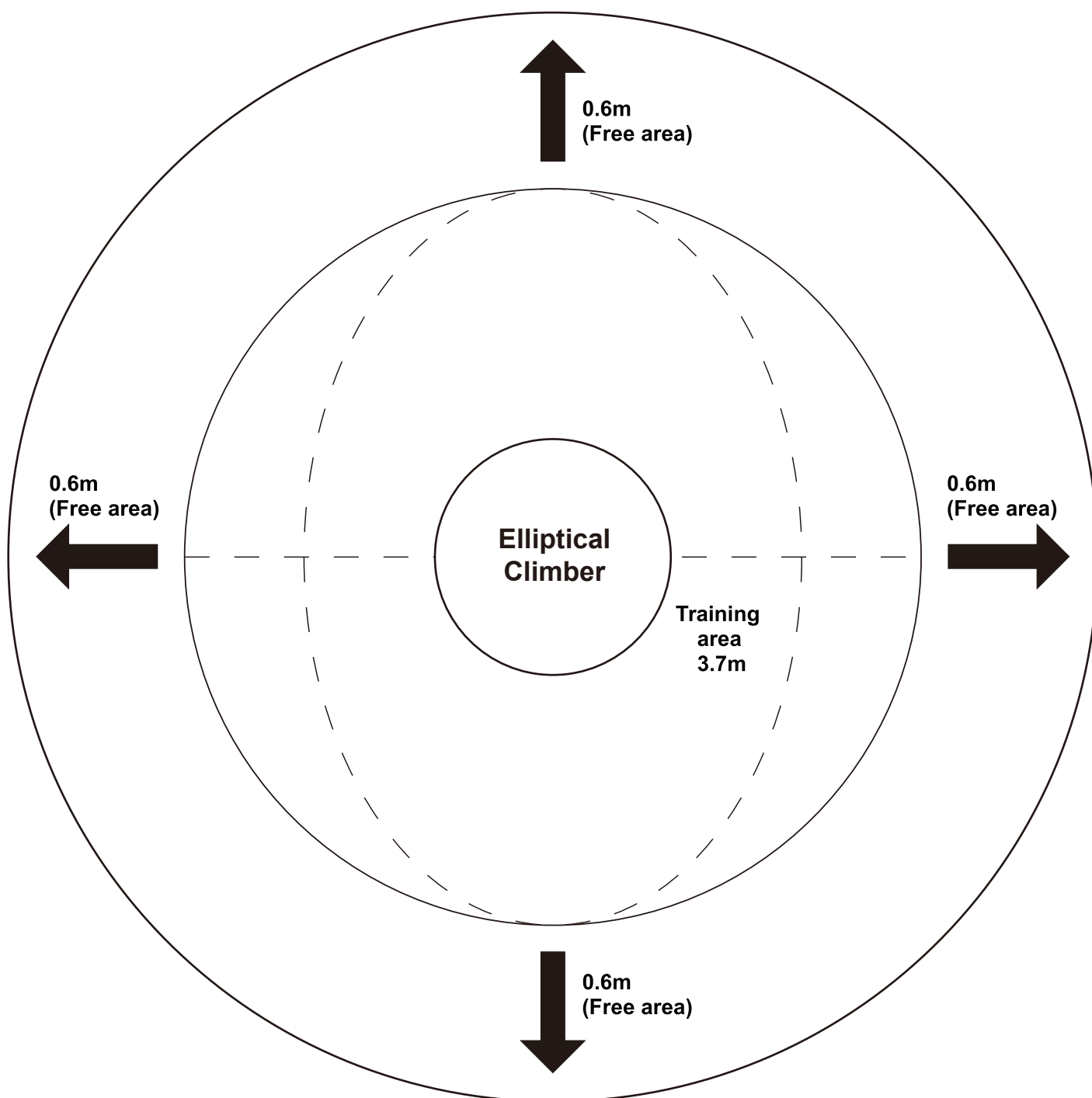
Connect the hand pulse sensors of the middle handlebar (3) to the lower cables of the mid handlebar stem (15).

Now tighten all fixings with the provided tools.

The assembly of the equipment is completed.



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.

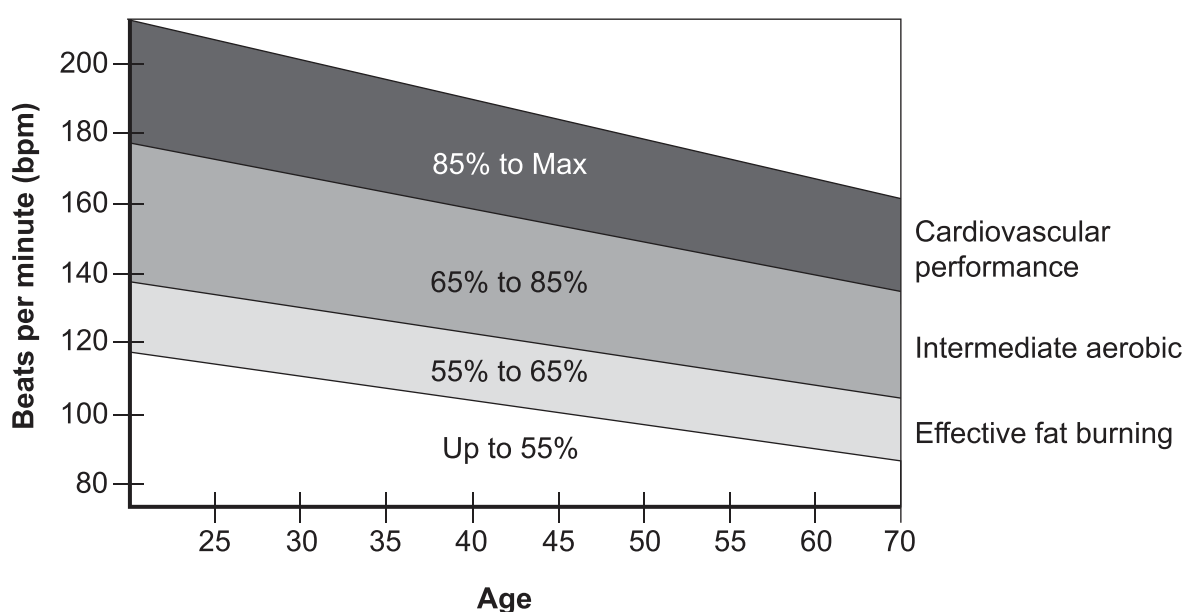
Initially, you may be able to exercise only for a few minutes in your target zone, however, your aerobic fitness will improve over the next six to eight weeks. Don't be discouraged if it takes longer. It's important to work at your own pace.

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.

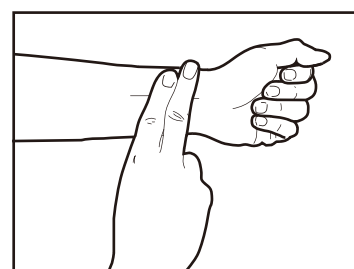
Exercise intensity

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

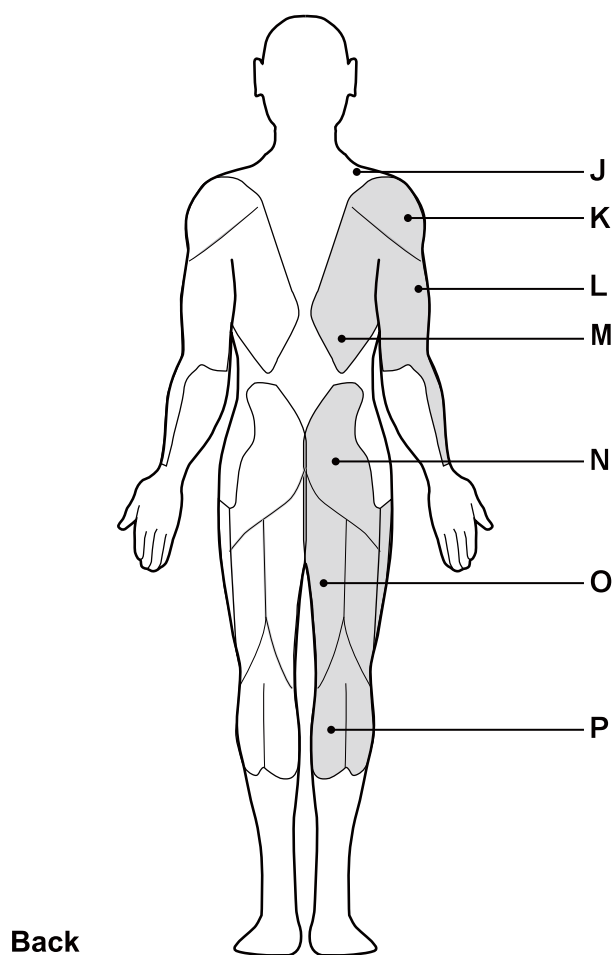
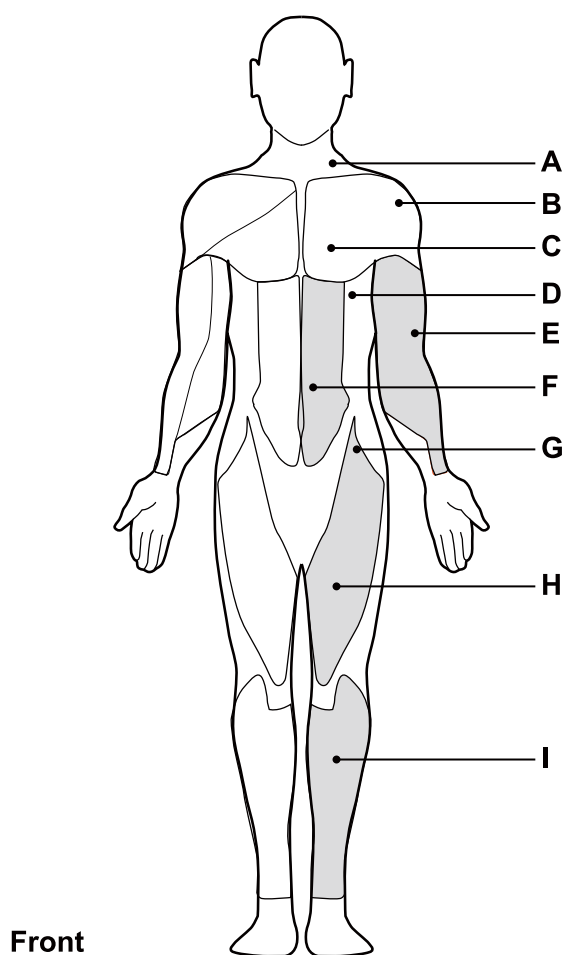
Aerobic exercise improves the fitness of your lungs and heart - your body's most important muscle. Aerobic exercise fitness is promoted by any activity that uses your large muscles (arms, legs, or buttock, for example).

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 climber 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.



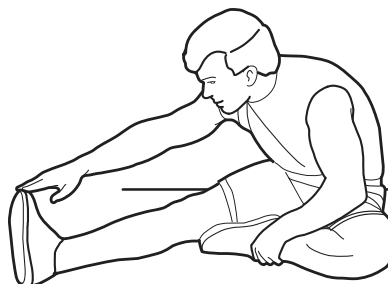
Hamstring stretch

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.



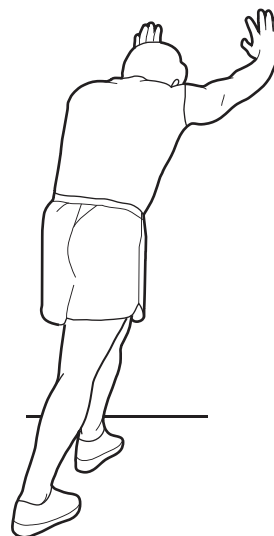
Calf/achilles stretch

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.

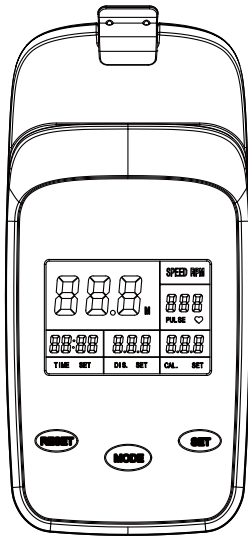
Hold for 15 counts, then relax.

Repeat 3 times.

Stretches: Quadriceps and hip muscles.



Console Operation



Display

Functions:

TIME /
DISTANCE /
CALORIES /
SPEED / RPM /
PULSE RATE

Functions Button:

MODE	Switch Speed/ RPM when in use. Switch to Time, Dis, Cal to set up the data when stop. Hold the key for 3 seconds to have all function values reset(total reset)
SET	Set values of time, distance, calorie.
RESET	Reset the value when stop. Hold the key for 3 seconds to have all function values reset (total reset)

TIME	Displays the remaining or elapsed training time (00:00 -99:00 min.)
SPEED	Displays the current training speed (0 - 99.9 km/h)
DIST	Displays the remaining distance or the distance traveled (0 - 99.9 km)
RPM	Displays the flywheel revolutions per minute (0 - 999 revolutions/min.)
CAL	Displays the total amount of burned calories (0 - 999 kcal)
PULSE RATE	Displays the current heart rate
BATTERY	AAA Battery (2x) (not included)
OPERATING TEMPERATURE	0~40°C (32 °F-104 °F)
STORAGE TEMPERATURE	-10~60°C

Sleep mode:

The console enters sleep mode automatically if the sensor does not receive a signal.

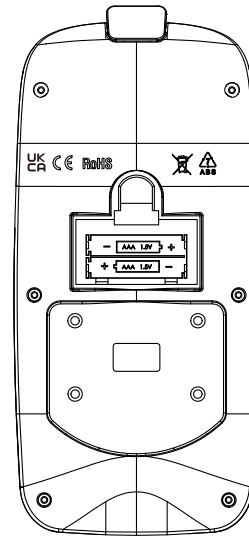
The console will turn on again once the functions button is pressed or the sensor receives a signal.

Replacing the batteries

Remove the Back Cover (A) of the Console (8) and install 2 x AAA battery (B) into the battery compartment.

Replace the Back cover (A) to the Console (8).

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



1. The safety level of the equipment can only be maintained if it is examined regularly for damage and wear e. g. ropes, pulleys and connection points.
2. Lubricate moving parts with light oil periodically to prevent premature wear. To prevent damage to the computer, keep liquids away and keep it out of direct sunlight.
3. Inspect and tighten all parts before using the equipment. Replace defective components immediately and/or keep the equipment out of use until repair. Pay special attention to components most susceptible to wear.
4. The equipment can be cleaned using a damp cloth and mild non - abrasive detergent.
Do not use solvents.

5. **Do not** attempt to repair this equipment yourself. Should you have any difficulty with assembly, operation or use of your exercise product or if you think that you may have parts missing, contact the manufacturer, their approved service agent or the

Customer Helpline:**0345 600 1714 www.argos-support.co.uk****Guarantee:****For guarantee purposes, please retain your purchase receipt.**

Information for Users on Disposal of old Equipment and Batteries

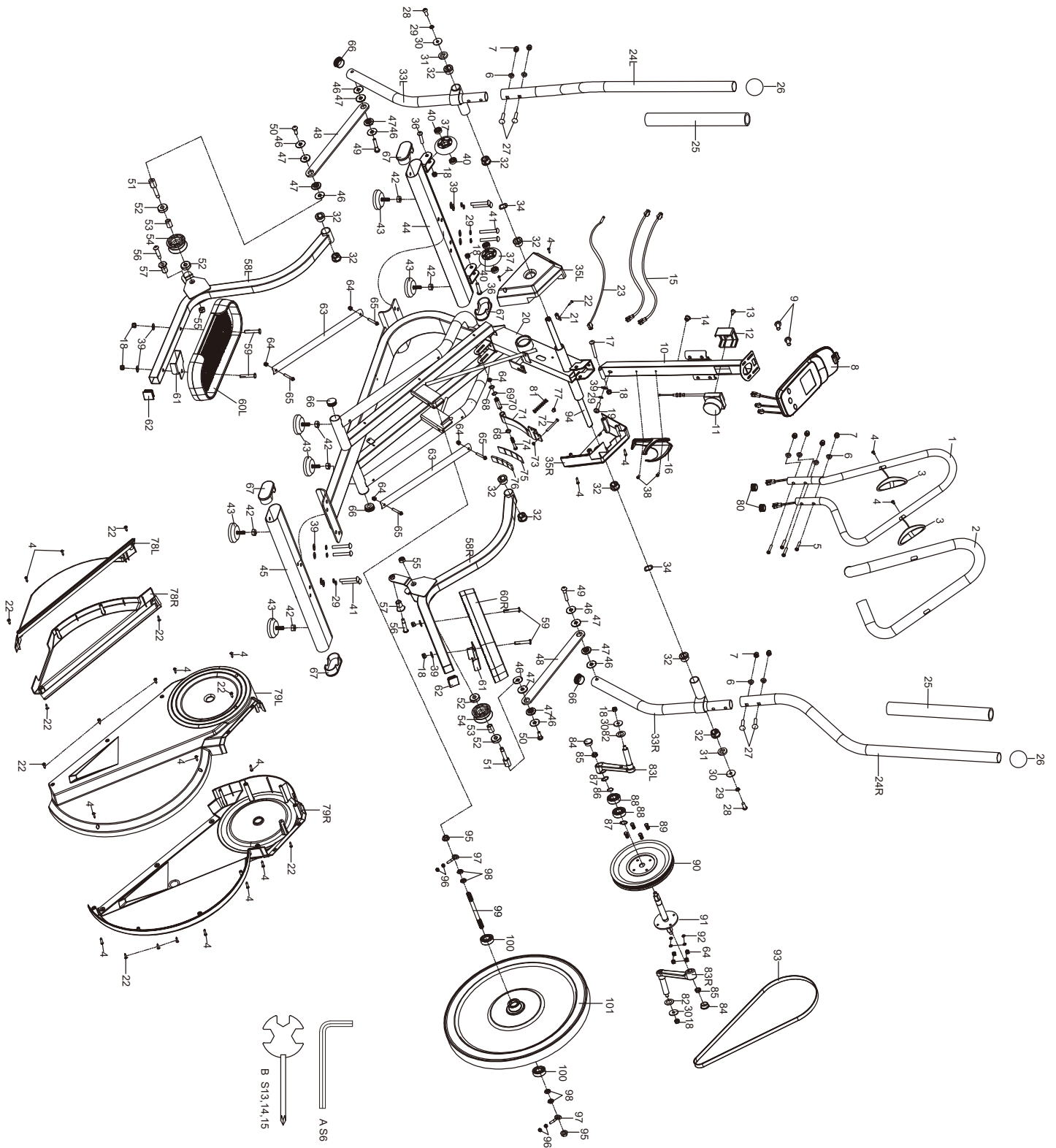
These symbols indicate that equipment with these symbols should not be disposed of as general household waste. If you want to dispose of the product or battery, please consider the collection systems or facilities for appropriate recycling.

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

**Products****Battery**

Exploded Parts Diagram

PRO FITNESS



Parts List

PRO FITNESS

No.	Sion Code	Description	QTY	No.	Sion Code	Description	QTY
1	SNSK185	Middle Handlebar	1	53	SNSK237	Inner Sleeve Tube $\phi 10.5 \times \phi 16 \times 9$	2
2	SNSK186	Foam	1	54	SNSK238	Slider Wheel	2
3	SNSK187	Hand Pulse Sensor	2	55	SNSK239	Nylon Locknut	2
4	SNSK188	Phillips Screw ST4.2*20	17	56	SNSK240	Allen Bolt M8*12* $\phi 10 \times 32$	2
5	SNSK189	Allen Bolt M8*35	4	57	SNSK241	Sub Wheel	2
6	SNSK190	Curved Washer D8	8	58L/R	SNSK242	Pedal support	2
7	SNSK191	Acorn Nut M8	8	59	SNSK243	Hexagon Bolt M8*50	4
8	SNSK192	Console	1	60L/R	SNSK244	L&R Pedal	2
9	SNSK193	Phillips Screw M5*10	4	61	SNSK245	Pedal Plate	2
10	SNSK194	Mid Handlebar stem	1	62	SNSK246	Square Tube inner Plug	2
11	SNSK195	Tension Control	1	63	SNSK247	Slider Board	2
12	SNSK196	Tension Control Back Cover	1	64	SNSK248	Nylon Locknut M6	9
13	SNSK197	Phillips Screw M5*20	1	65	SNSK249	Allen Screw M6*45	4
14	SNSK198	Wire Plug	1	66	SNSK250	Round Tube Inner Plug	4
15	SNSK199	Plug wire	2	67	SNSK251	Oblate Tube Inner Plug	4
16	SNSK200	Bottle Holder	1	68	SNSK252	Washer D12	2
17	SNSK201	Allen Screw M8*55	1	69	SNSK253	Wave Washer $\phi 12.2 \times \phi 15.5 \times 0.3$	1
18	SNSK202	Nylon Nut M8	9	70	SNSK254	Magnetic Board Axis	1
19	SNSK203	Allen Bolt M8*40	1	71	SNSK255	Magnetic Board	1
20	SNSK204	Main Frame	1	72	SNSK256	Hexagon Bolt M5*47	1
21	SNSK205	Sensor holder	1	73	SNSK257	Hexagon nut M5	1
22	SNSK206	Phillips Screw ST4.2*20	13	74	SNSK258	Hexagon Bolt M6*55	1
23	SNSK207	Needle Inductor	1	75	SNSK259	Magnetic Metal Board	1
24L/R	SNSK208	L&R Handlebar	2	76	SNSK260	Magnetic	4
25	SNSK209	Foam	2	77	SNSK261	Tube plug	1
26	SNSK210	Tube Plug	2	78L/R	SNSK262	L&R Down Chain Cover	2
27	SNSK211	Step Bolt M8*40	4	79L/R	SNSK263	L&R Mid Chain Cover	2
28	SNSK212	Allen Screw M8*16	2	80	SNSK264	Round Tube inner Plug	2
29L/R	SNSK213	Sping Washer D8	11	81	SNSK265	Spring	1
30	SNSK214	Flat Washer D8	4	82	SNSK266	Flat Washer D16* $\phi 28 \times 2$	2
31	SNSK215	Inner D-shape Flat Washer D28	2	83L/R	SNSK267	L&R Crank	2
32	SNSK216	Nylon Axis Cap	10	84	SNSK268	Crank Cap	2
33L/R	SNSK217	L&R Swing Rod	2	85	SNSK269	Hexagon flange locknut M10*1.25	2
34	SNSK218	Wave Washer D16	2	86	SNSK270	Wave Washer $\phi 21 \times \phi 17.5 \times 0.3$	1
35L/R	SNSK219	L&R Upper Chain Cover	2	87	SNSK271	Elastic ring for shaft D17	2
36	SNSK220	Allen Screw M8*38	2	88	SNSK272	Axis 6203ZZ	2
37	SNSK221	Wheel	2	89	SNSK273	Hexagon Screw M6*15	4
38	SNSK222	Phillips Screw M5*10	2	90	SNSK274	Pulley	1
39	SNSK223	Flat Washer D16	13	91	SNSK275	Mid Axis+Plate	1
40	SNSK224	Axis	4	92	SNSK276	Mid Axis+Plate	4
41	SNSK225	Allen Bolt M8*55	8	93	SNSK277	Belt	1
42	SNSK226	Hexagon nut	6	94	SNSK278	Long Axis	1
43	SNSK227	Leveling foot	6	95	SNSK279	Hexagon flange locknut M10*1	2
44	SNSK228	Front Stabilizer	1	96	SNSK280	Hexagon nut M6	4
45	SNSK229	Rear Stabilizer	1	97	SNSK281	Bolt	2
46	SNSK230	Flat Washer D30	8	98	SNSK282	LHexagon nut M10*1	4
47	SNSK231	Sleeve	8	99	SNSK283	Flywheel Axis	1
48	SNSK232	Connect metal	2	100	SNSK284	Axis 6000RS	2
49	SNSK233	Allen Bolt M8*12* $\phi 10 \times 16 \times \phi 8 \times 31$	2	101	SNSK285	Flywheel	1
50	SNSK234	Allen Bolt M8*9	2	A	SNSK286	Allen Wrench S6	2
51	SNSK235	Bolt	2	B	SNSK287	Spanner S=13,14,15	1
52	SNSK235	Axis 6200Z	4				



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**