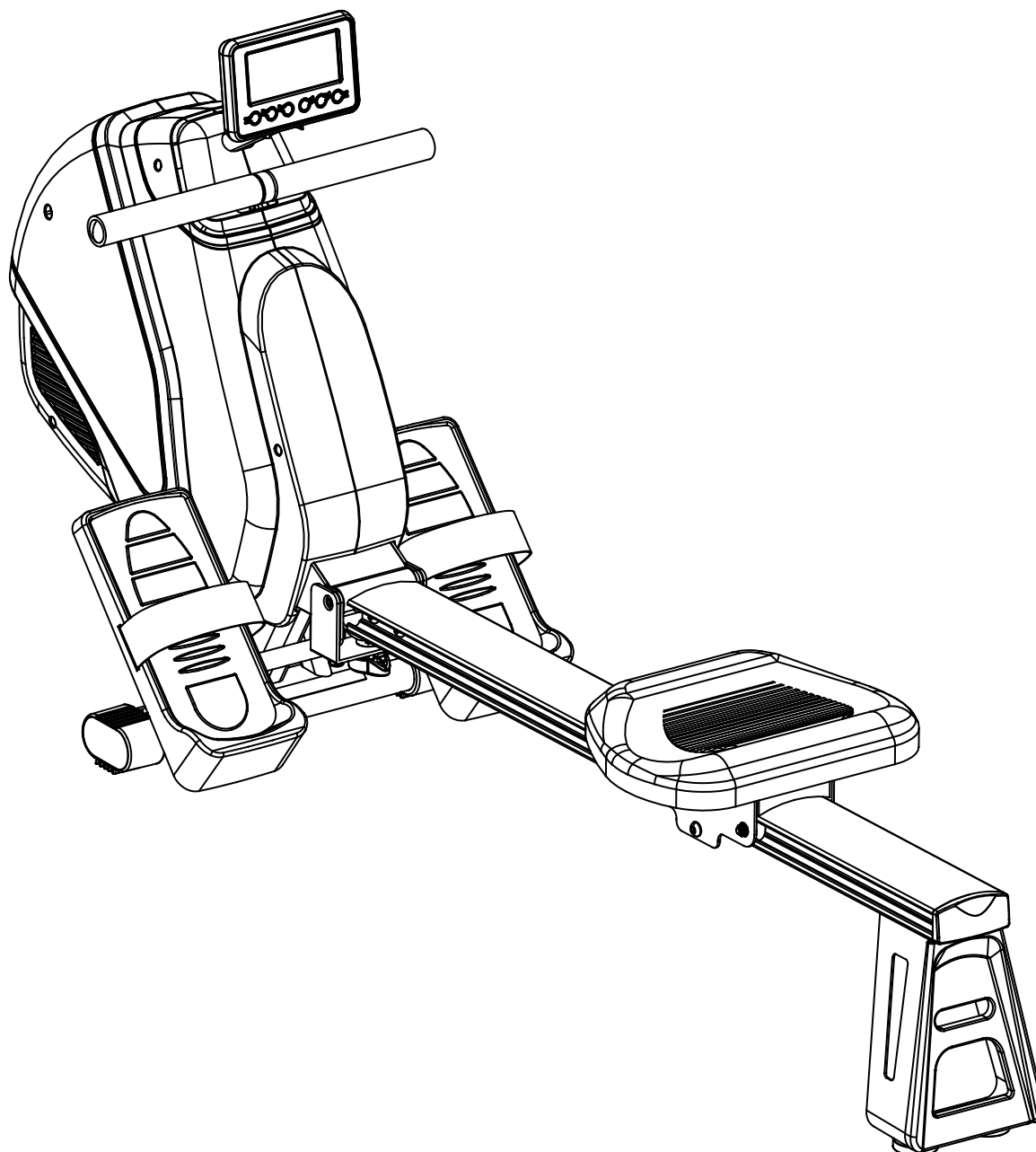


Programmable Magnetic Rowing Machine

Assembly & User Instructions - Please keep for future reference

114/6176

ELEVATION
FITNESS



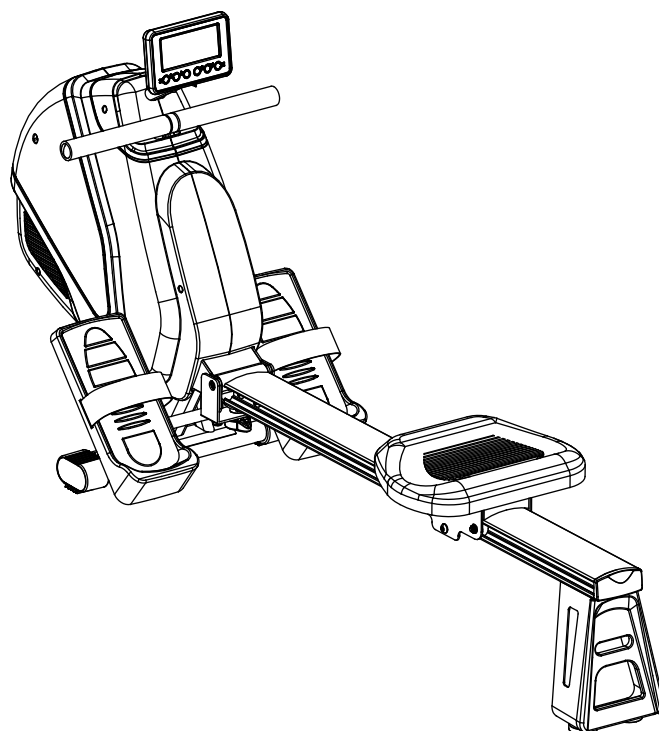
Important – Please read these instructions fully before assembly or using

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 604 0105**
<http://www.argoshelpdesk.co.uk>

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Safety Information

ELEVATION
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Important – Please read fully before assembly or using

To reduce the risk of serious injury, read the entire manual before you assemble or operate the Elevation Fitness Rowing Machine. In particular, note the following safety precautions:

Assembly

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

Using

- It is the responsibility of the owner to ensure that all users of this product are properly informed as to how to use this product safely.
- This product is intended for domestic use only. **Do not** use in any commercial, rental, or institutional setting.
- Before using the equipment to exercise, always do stretching exercises to properly warm up.
- If the user experiences dizziness, nausea, chest pain, or other abnormal symptoms **stop the workout and seek immediate medical attention.**

- Only one person at a time should use the equipment.
- Keep hands away from all moving parts.
- Always wear appropriate workout clothing when exercising. **Do not** wear loose or baggy clothing, since it may get caught in the equipment. Wear athletic shoes to protect your feet while exercising.
- **Do not** place any sharp objects around the equipment.
- Disabled persons should not use the equipment without a qualified person or doctor in attendance.
- The maximum user's body weight is **120kg**.
- This product conforms to: EN ISO 20957 Part 1 and EN 957 Part 7 class (H) - Home Use - Class (C).
- This exercise product has been designed and manufactured to comply with the latest (EN ISO 20957 Part 1 and EN 957 Part 7) British and European Safety Standards.
- Braking system of this equipment is speed-independent
- Keep unsupervised children away from the equipment.
- Injuries to health may result from incorrect or excessive training.
- Use the equipment on a solid, flat level surface with a protective cover for your floor or carpet.

Battery safety

- **Warning:** Incorrect installation of batteries may cause battery leakage and corrosion, resulting in damage to the computer.
- **Do not** mix old and new batteries, or batteries of different types.
- **Do not** dispose of batteries in a fire.
- **Do not** dispose of batteries with normal household waste, take to a local recycling centre.



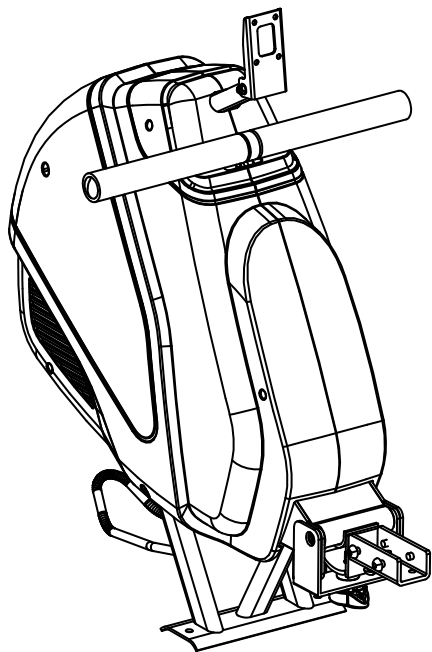
Warning: Before beginning any exercise program, consult your Doctor. This is especially important for persons over the age of 35 or persons with pre-existing health problems. You **MUST** read all instructions before using any fitness equipment. Argos and its associates assumes no responsibility for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

Components - Parts

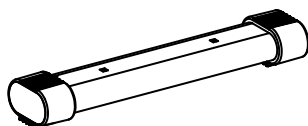
If you have damaged or missing components,
call the **Customer Helpline: 0345 604 0105**
<http://www.argoshelpdesk.co.uk>

Please check you have all the parts listed below

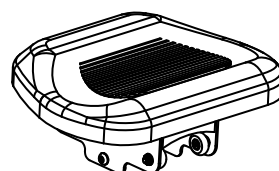
Note: Some of the smaller components may be pre-fitted to larger components. Please check carefully before contacting Argos regarding any missing components.



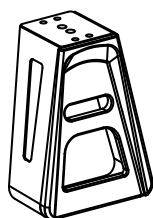
B. Main frame x 1



F. Front stabilizer x 1



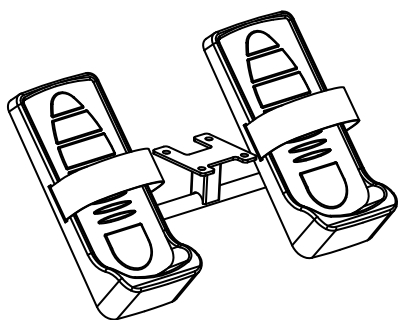
H4. Seat x 1



G. Rear stabilizer x 1



M. AC adaptor



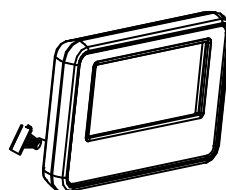
E. Pedal holder x 1



H-12. Slippery rail x 1



B16. Back cover for computer x 1






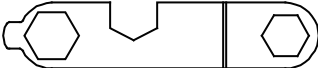
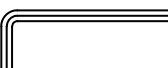
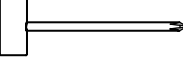


A. Computer x 1

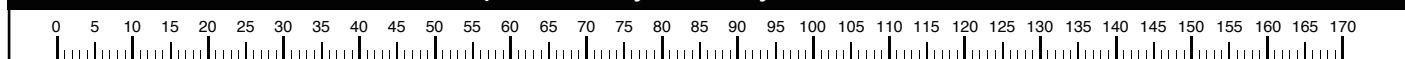
Components - Fixings

Please check you have all the fixings listed below

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

I-1  Carriage screw (M8 x P1.25 x 55L) x 2	I-2  Flat washer (Ø8 x Ø19 x 2t)	I-3  Cap nut (M8) x 2
I-4  Screw (M8 x P1.25 x 20L) x 4	I-5  Stopper x 2	 Wrench x 1
 Allen key x 1	 Multi tool x 1	

Ruler - Use this ruler to help correctly identify the hardware

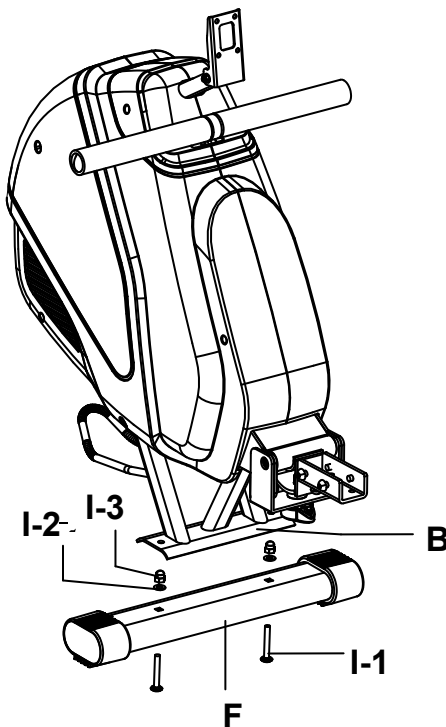


Assembly Instructions

Step 1

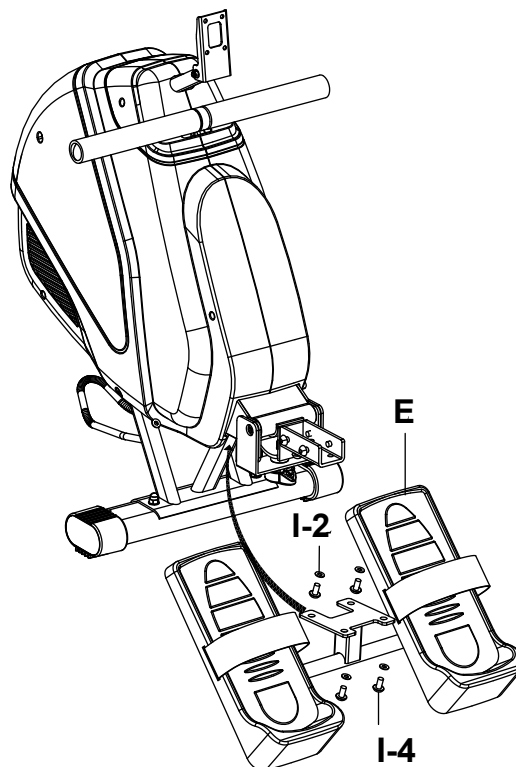
Fit the front stabilizer (**F**) to the main frame (**B**) and secure it with 2 of Carriage screws (M8 x P1.25 x 55L) (**I-1**), 2 Flat washers (Ø8 x Ø19 x 2t) (**I-2**) and Cap nuts (M8) (**I-3**). Make sure the transportation wheels are in front direction. Make sure they are securely tightened.

- 1.The total mass of the product is 35.6 kg.
- 2.The foot print of the equipment is _145_cm*_45.5_cm



Step 2

Fit Pedal holder (**E**) to the Main frame (**B**) and secure it with 4 Screws (M8 x P1.25 x 20L) (**I-4**) and 4 Flat washers (Ø8 x Ø19 x 2t) (**I-2**). Remarks: Do not screw one set of the Screw (M8 x P1.25 x 20L) and Flat washer (Ø8 x Ø19 x 2t) too firm at one time. It is better to fix the 4 sets firmly at the same time because it helps you to change angles and to fix easily.



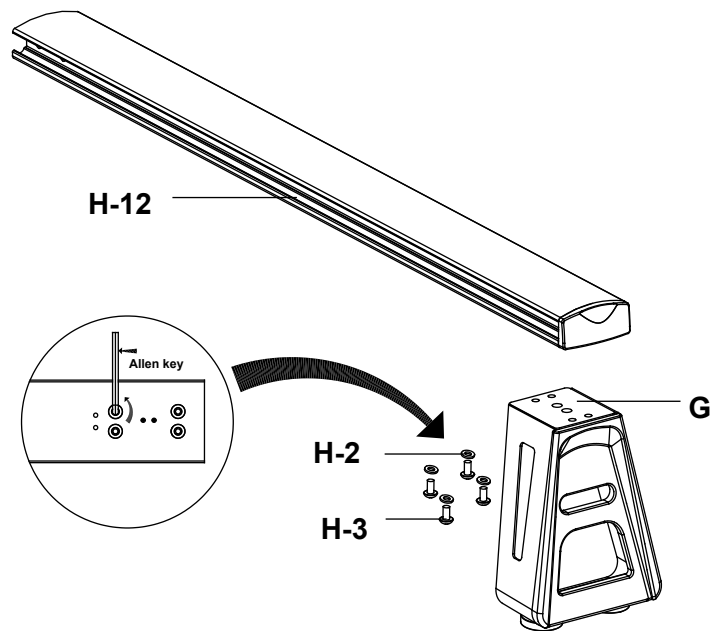
Assembly Instructions

ELEVATION
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Step 3

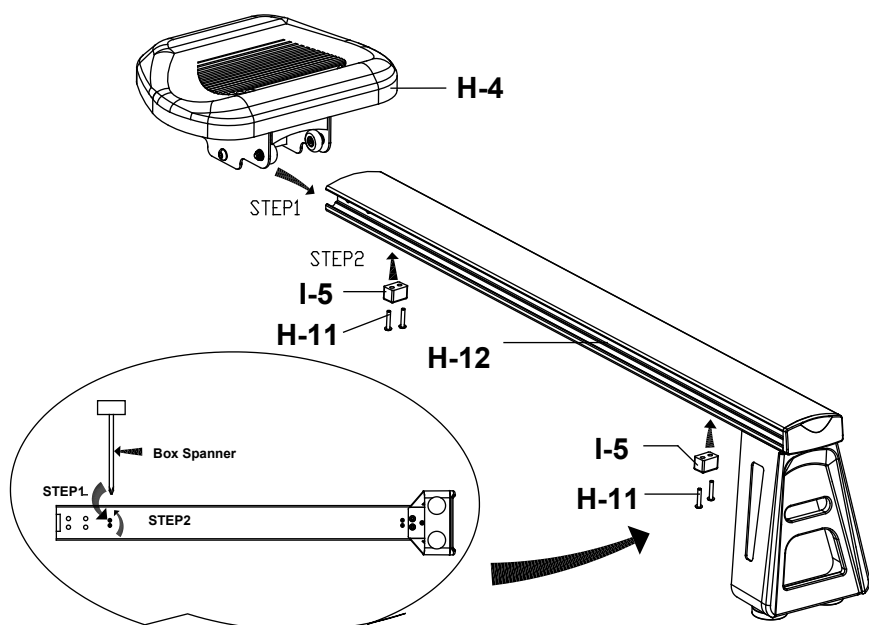
Please remove the 4 Screws (M8 x P1.25 x 20L) (**H-3**) and 4 Flat washer (Ø8 x Ø16 x 2t) (**H-2**) on the Slippy rail (**H-12**).

Then fit the Rear stabilizer (**G**) and then attach the Rear stabilizer (**G**) with Slippy rail (**H-12**) by 4 Screws (M8 x P1.25 x 20L) (**H-3**) and 4 Flat washers(Ø8 x Ø16 x 2t) (**H-2**). Remarks: Do not screw one set of the Screw (M8 x P1.25 x 20L) and Flat washer (Ø8 x Ø16 x 2t) too firm at one time. It is better to fix the 4 sets firmly at the same time because it helps you to change angles and to fix easily.



Step 4

1. Please remove the Screw (M5 x 35L) (**H-11**) on the Slipper rail (**H-12**).
2. Pass the Slippery rail (**H-12**) through the slide Seat (**H-4**).
3. Use the Screw (M5 x 35L) (**H-11**) to fix the Stopper (**I-5**) on the Slippery rail (**H-12**).

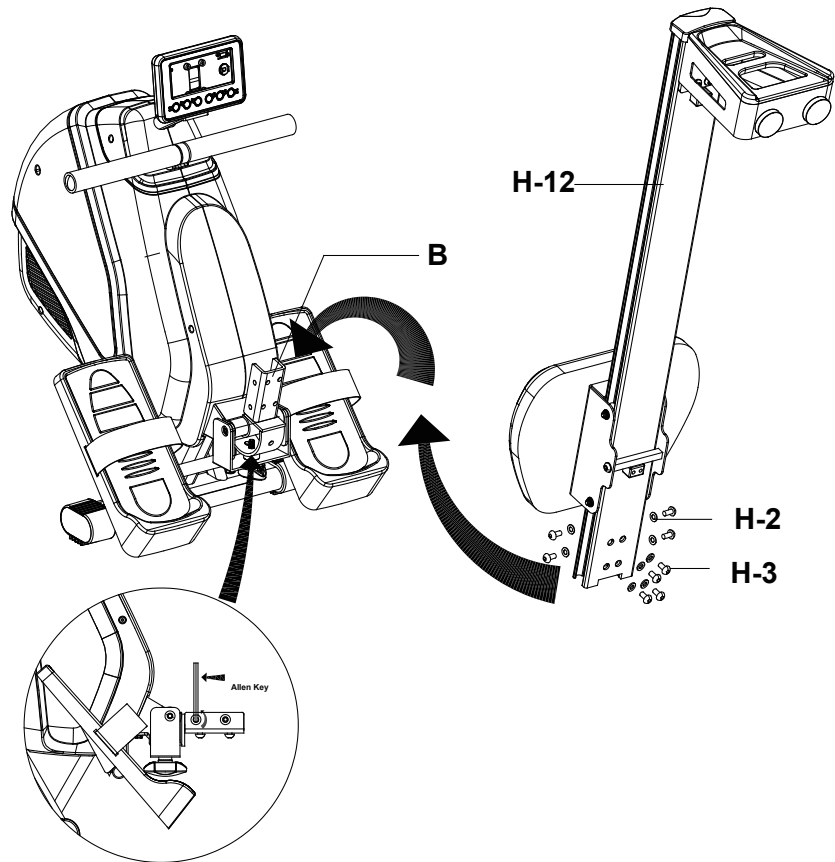


Assembly Instructions

Step 5

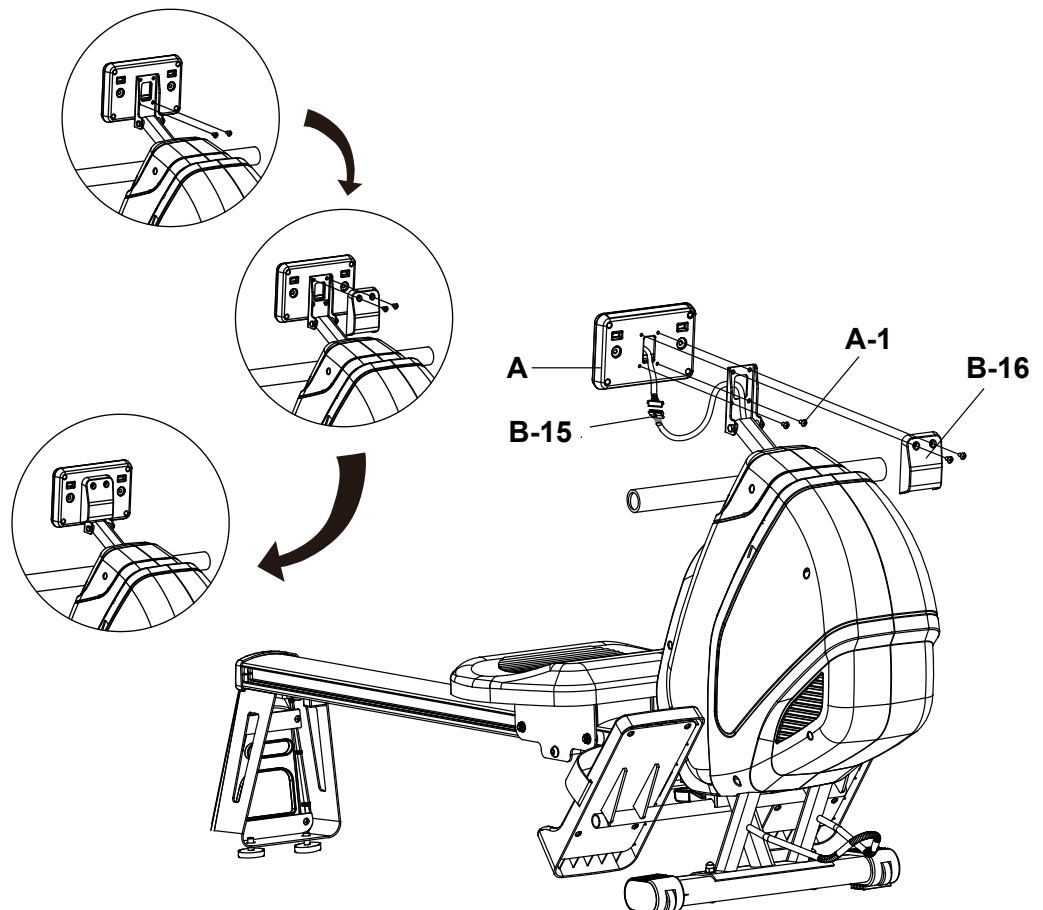
Please remove the 8 Screws (M8 x P1.25 x 20L) (**H3**) and 8 Flat washer (Ø8 x Ø16 x 2t) (**H-2**) on the Main frame (**B**), then insert the Slippery rail (**H-12**) to the Main frame (**B**) and attach by(M8 x P1.25 x 20L) (**H-3**) and 8 Flat washer (Ø8 x Ø16 x 2t) (**H-2**).

Remarks: Do not screw one set of the Screw (M8 x P1.25 x 20L) and Flat washer (Ø8 x Ø16 x 2t) too firm at one time. It is better to fix the 8 sets firmly at the same time because it helps you to change angles and to fix easily.



Step 6

1. Please remove the Screws (**A-1**) on the Computer (**A**)
2. Connect the computer cable with Upper computer cable (**B-15**).
3. Fit Computer (**A**) to the Computer bracket and secure it with 2 Screws (**A-1**).
4. Fit Computer back cover (**B-16**) to the Computer bracket and secure it with 2 Screws (**A-1**).

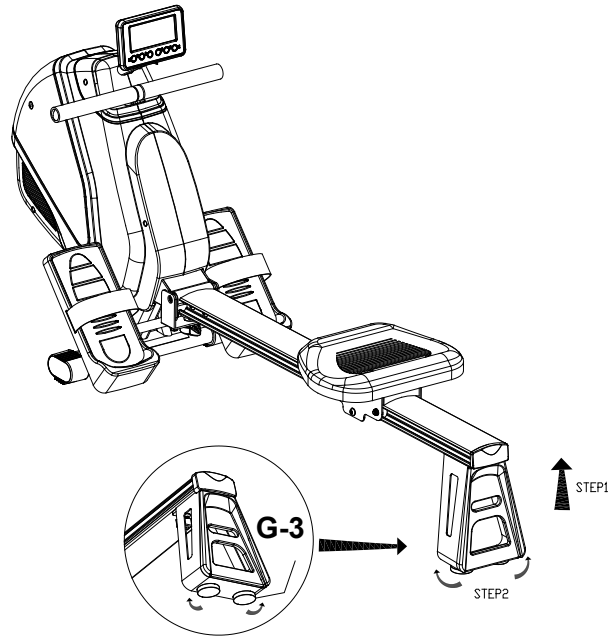


Assembly Instructions

ELEVATION
FITNESS

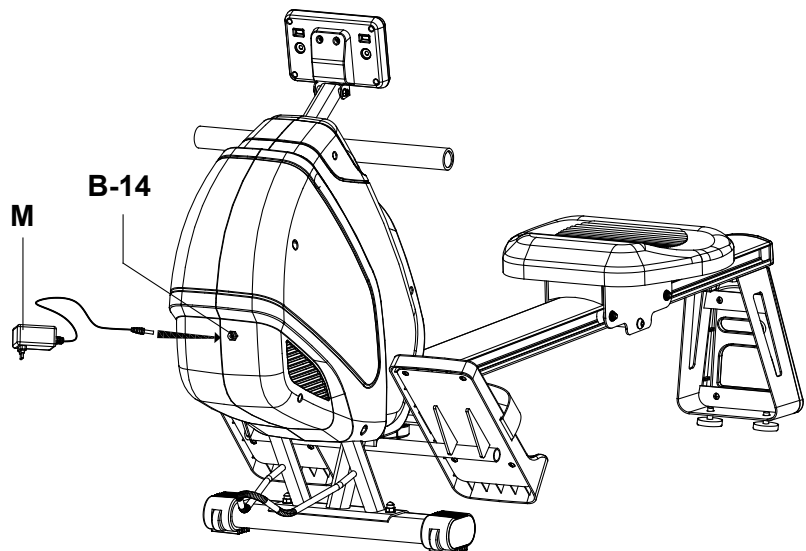
Step 7

You can turn the adjustable foot pad (**G3**) under the rear stabilizer when the ground is not even.



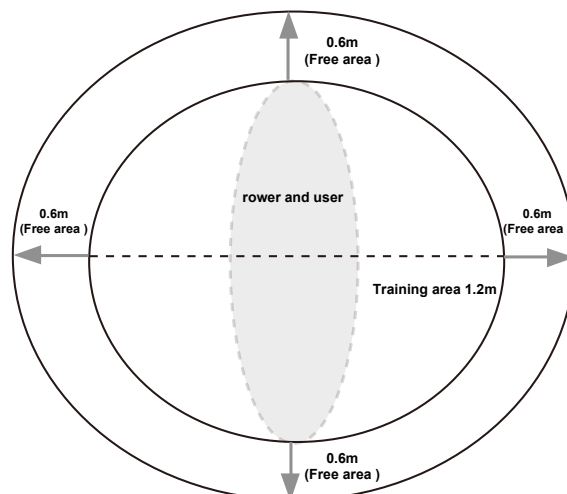
Step 8

Plug the adaptor (**M**) into the DC hole (**B-14**) to start the computer.



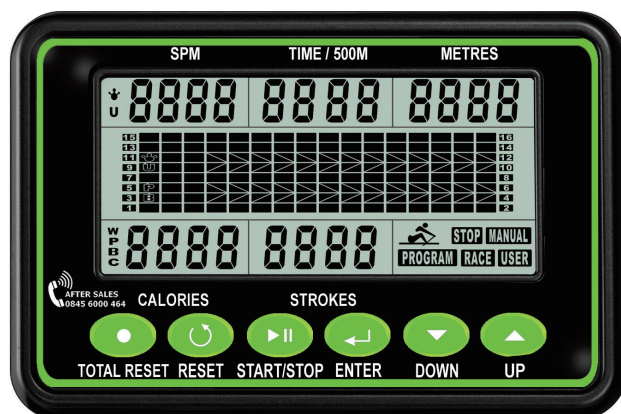
Free area and Training area

The free area shall be not less than 0.6 m greater than the training area in the directions from which the equipment is accessed. The free area must also include the area for emergency dismount. Where equipment is positioned adjacent to each other the value of the free area may be shared.



Computer Operation

Functions and operations



Specifications

Item	Description
SPM	<ul style="list-style-type: none">• Stroke per minute.• Display range 0~999.
Time/500m	<ul style="list-style-type: none">• Workout time display during rowing.• Display range 0:00~99:59.• Computer will display the time needed to row 500 meters according to current speed every 6 seconds.
Meters	<ul style="list-style-type: none">• Rowing distance.• Display range 0~9999.
Calories	<ul style="list-style-type: none">• Burned calories during rowing.• Display range 0~9999 Cals.• Calorie count on the display only serves as a general guideline. For detail calorie consumption for each individual please consult a physician or a nutritionist.
Strokes	<ul style="list-style-type: none">• *Stroke count will be lost if power is out (adaptor unplug).

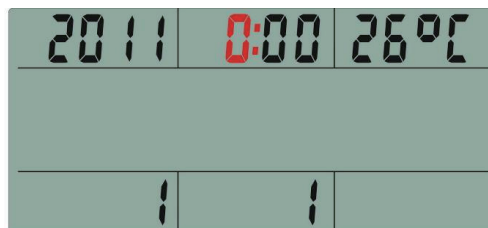
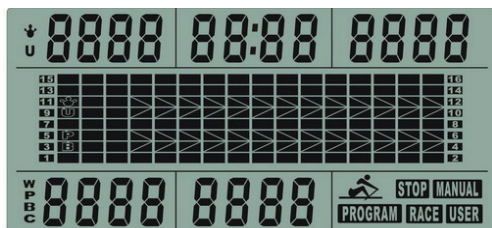
Specifications

Time	Description
Up	<ul style="list-style-type: none"> • Setting selection. • Increase resistance level.
Down	<ul style="list-style-type: none"> • Setting selection. • Decrease resistance level.
Enter	<ul style="list-style-type: none"> • Confirm setting or selection.
Reset	<ul style="list-style-type: none"> • Hold on pressing for 2 seconds, computer will reboot. • Clear setting value. • Return to main menu after finish a workout.
Start/ Stop	<ul style="list-style-type: none"> • Start or Stop rowing training.
Total reset	<ul style="list-style-type: none"> • To reboot computer and clear setting.

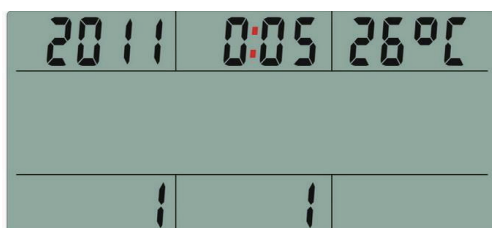
OPERATION:

POWER ON

Plug in power supply, computer will power on and display all segments on LCD for 2 seconds. Enter into clock and calendar setting mode.



After 4 minutes without rowing, console will enter into power saving mode and display only clock, calendar and room temperature.

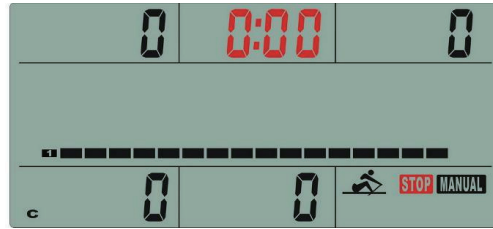
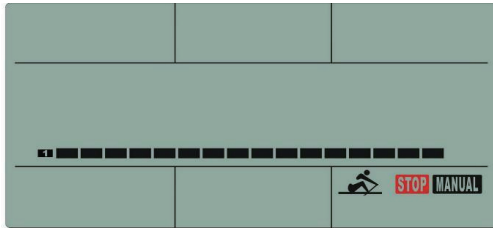


Manual Mode:

Adjust resistance during workout manually.

1. Press START key in main menu may start workout in manual mode.
2. Press UP or DOWN to select Manual mode and press ENTER to confirm.
3. Press UP or DOWN to set RESISTANCE LEVEL, TIME(or Meters), STROKES and CALORIES, and press ENTER to confirm. (User can ONLY choose between time and meter. Both cannot be set at the same time.).
4. Press START/STOP key to start workout. Press UP or DOWN to adjust resistance level.
5. When targeted workout value counts down to 0, the alarm from the console will sound and workout stops.
6. Press START/STOP key to pause workout. Press RESET to return to main menu.

Computer Operation



Program Mode:

Choose a preset workout program.

1. Press UP or DOWN to select Program mode and press ENTER to confirm.
2. Press UP or DOWN to select a specific preset workout program (P1~P12) and press ENTER to confirm.
3. Press UP or DOWN to set RESISTANCE LEVEL, TIME(or Meters), STROKES and CALORIES, and press ENTER to confirm.
(User can ONLY choose between time and meter. Both cannot be set at the same time.)
4. Press START/STOP key to start workout. Press UP or DOWN to adjust resistance level.
5. When targeted workout value counts down to 0, the alarm from the console will sound and workout stops.
6. Press START/STOP key to pause workout. Press RESET to return to main menu.

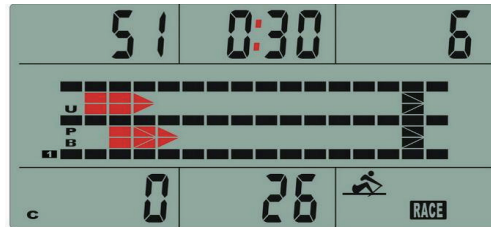
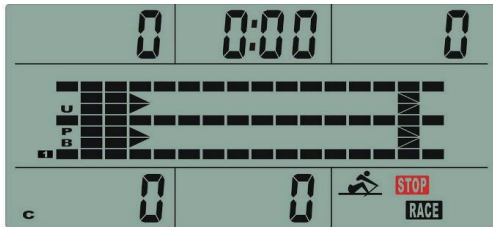
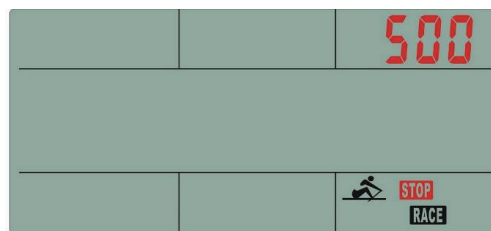


Computer Operation

Race Mode:

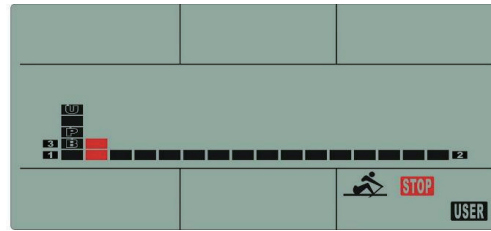
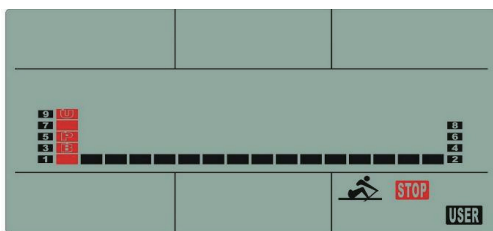
Race against the computer.

1. Press UP or DOWN to select Race mode and press ENTER to confirm.
2. Press UP or DOWN to preset Challenge level and press ENTER to confirm.
(Total level =15, Default time= 4:00 TIME/500M, Default distance=500M).
3. Press START/STOP key to start workout. Press UP or DOWN to adjust resistance level.
4. When PC or User finishes the rowing distance, computer will stop and show PC win or User win.
5. Press START/STOP key to pause workout. Press RESET to return to main menu.



User Mode:

1. Press UP or DOWN to select USER mode and press ENTER to confirm.
2. Press UP or DOWN to set resistance level of each column, and press ENTER to set the next resistance column.
(Total resistance column = 16)



3. Hold on pressing Enter to finish or quit setting
4. Press UP or DOWN to set RESISTANCE LEVEL, TIME(or Meters), STROKES and CALORIES, and press ENTER to confirm.
(User can ONLY choose between time and meter. Both cannot be set at the same time.).
5. Press START/STOP key to start workout. Press UP or DOWN to adjust resistance level.
6. When targeted workout value counts down to 0, the alarm from the console will sound and workout stops.
7. Press START/STOP key to pause workout. Press RESET to return to main menu.

Trouble shooting:

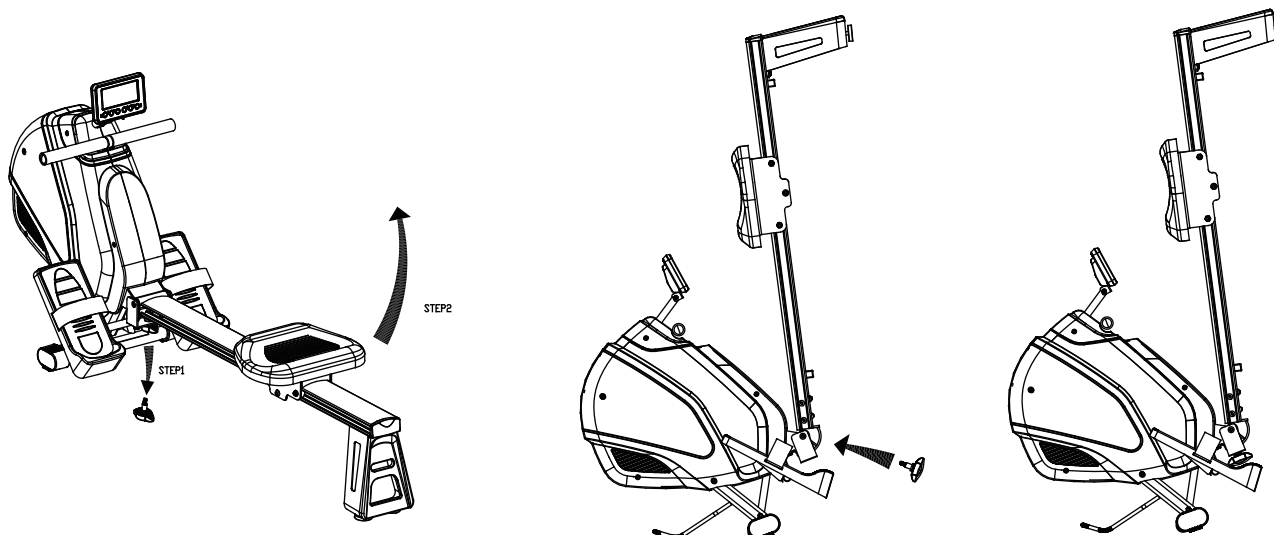
E-2 : Check if cables were well connected or damaged.

Attention! All preset data will be lost when unplug the power (adaptor) from the "machine".

Using Information

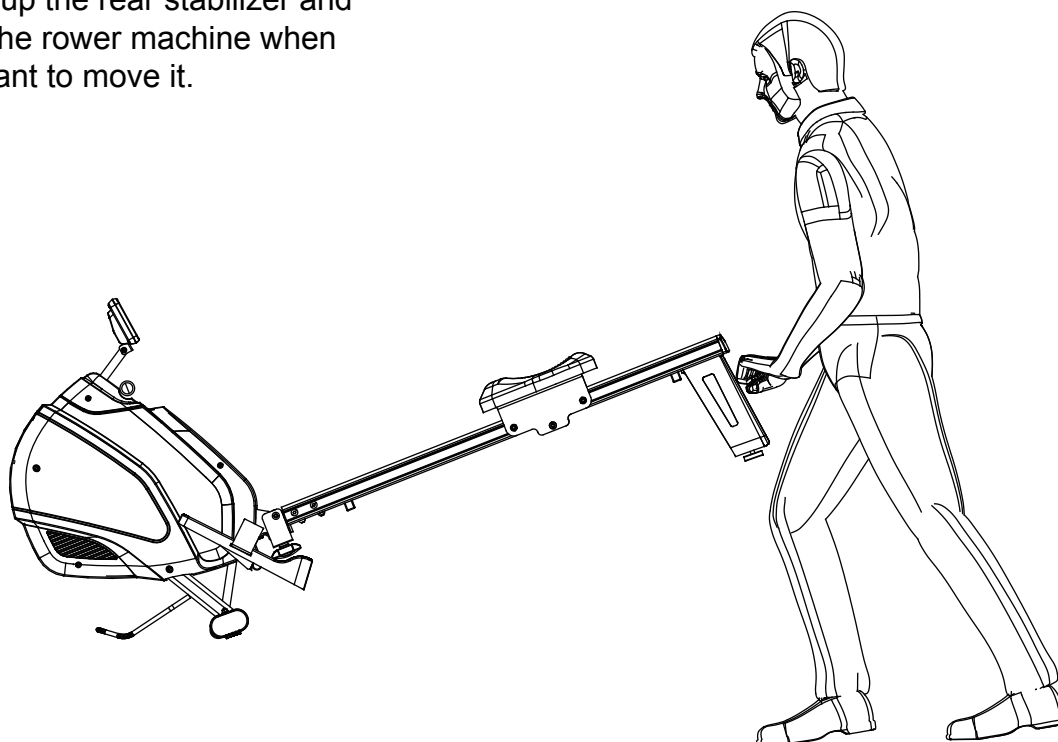
Folding For Storage

1. Release the knob (**H-15**) and put out the rail (**H-12**), then pull the rail out.
2. Turn the rail 90 degree then insert the knob (**H-15**) into the notch on the frame.
3. Use the knob to lock the rail onto the frame.



Moving Instructions

Raise up the rear stabilizer and push the rower machine when you want to move it.



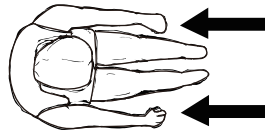
The Basic Rowing Stroke

Rowing is an extremely effective form of exercise. It strengthens the heart and improves circulation as well as exercising all the major muscle groups; the back, waist, arms, shoulders, hips and legs.

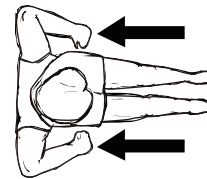
1. Sit on the saddle and fasten your feet to the pedals using the Velcro straps. Then take hold of the rowing bar.
2. Take up the starting position, leaning forward with your arms straight and knees bent as shown in (Fig 1).
3. Push yourself backwards, straightening your back and legs at the same time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



(Fig.1)



(Fig.2)



(Fig.3)

Training Time

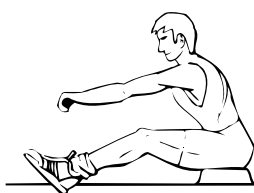
Rowing is a strenuous form of exercise, because of this it is best to start with a short, easy exercise programmed and build up to longer and harder workouts. Start rowing for about 5 minutes and as you progress, increase the length of your work out to match your improving level of fitness. You should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

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

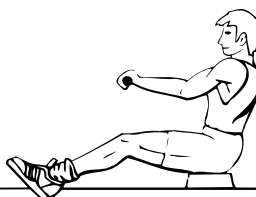
Alternate Rowing Styles.

Arms Only Rowing

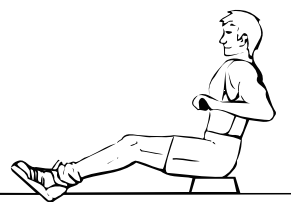
This exercise will tone muscles in your arms, shoulders, back and stomach. Sit as shown in Fig 4 with your legs straight, lean forward and grasp the handles. In a gradual and controlled manner lean back to just past the up right position continuing to pull the handles towards your chest. Return to the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



(Fig.4)



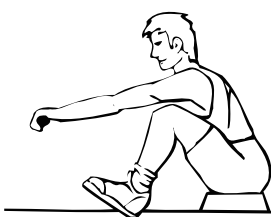
(Fig.5)



(Fig.6)

Legs Only Rowing

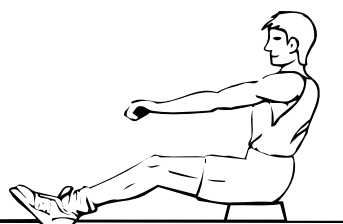
This exercise will help tone muscles in your legs and back. With your back straight and arms out stretched, bend your legs until you are grasping the rowing arm handles in the starting position, Fig 7. Use your legs to push your body back whilst keeping your arms and back straight.



(Fig.7)



(Fig.8)



(Fig.9)

Exercising Information

Before starting to exercise

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

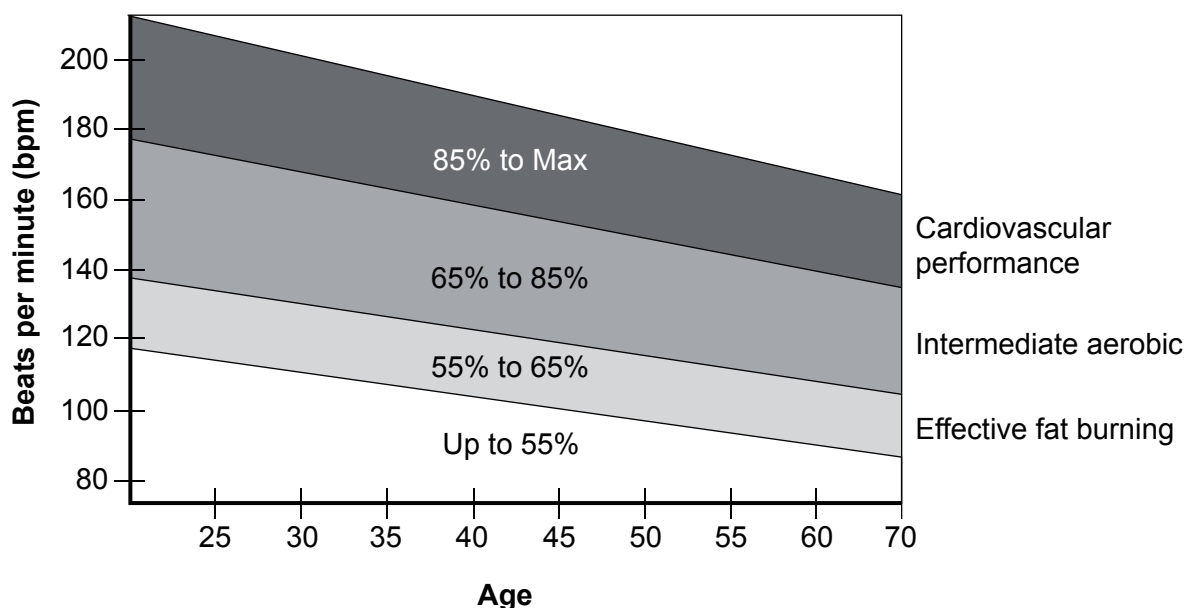
Initially, you may be able to exercise only for a few minutes in your target zone, however, your aerobic fitness will improve over the next six to eight weeks. Don't be discouraged if it takes longer. It's important to work at your own pace. Ultimately, you'll be able to exercise continuously for 30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

Please remember these essentials:

- Have your doctor review your training and diet programs to advise you of a workout routine you should adopt.
- Begin your training program slowly with realistic goals that have been set by you and your doctor.
- Monitor your pulse frequently. Establish your target heart rate based on your age and condition.
- Set up your equipment on a flat even surface at least 3 feet from walls and furniture.

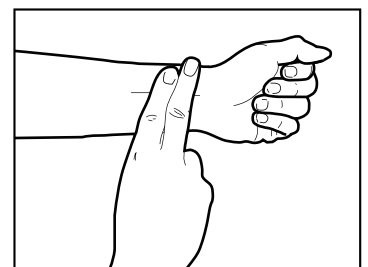
Exercise intensity

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



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

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



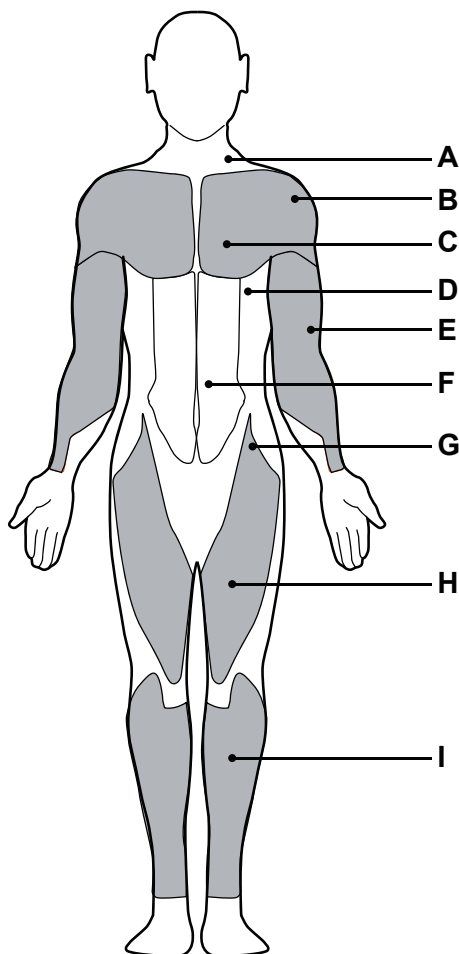
Muscle chart

Weight Training

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

Targeted Muscle Groups

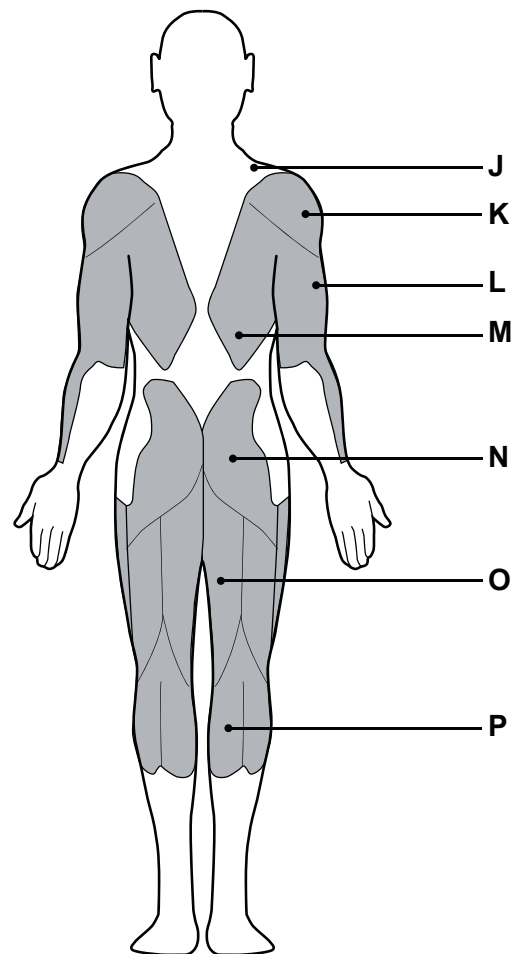
The exercise routine that is performed on the Rowing Machine will develop the upper and lower body muscle groups. These muscle groups are highlighted on the muscle chart below.



Front

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

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



Back

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

N: Gluteals
O: Hamstrings
P: Gastrocnemius

Exercising Information

Warming up and Cooling down exercises

Each workout should include the following three parts:

1. A warm-up, consisting of 5 to 10 minutes of 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 prevent post-exercise problems.

Exercise Frequency

To maintain or improve your condition, plan three workouts each week, with at least one day of rest between workouts. After a few months of regular exercise, you may complete up to five workouts each week, if desired. Remember, the key to success is make exercise a regular and enjoyable part of your everyday life.

Suggested Stretches

For a correct warm up, see the following basic stretching exercises. Move slowly as you stretch, never bounce.

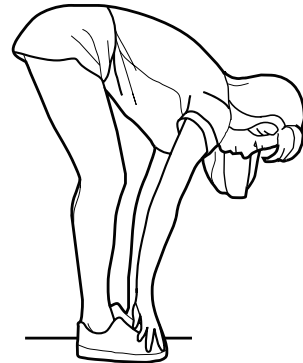
Toe touch stretch

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.



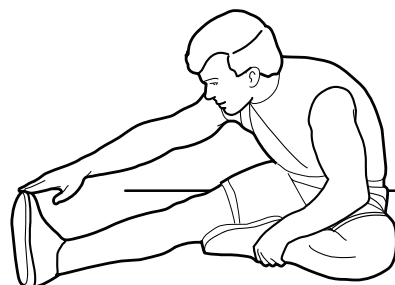
Hamstring stretch

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.



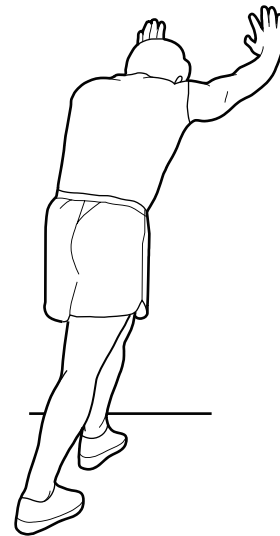
Calf/achilles stretch

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.



Care and Maintenance

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

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

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

3. Inspect and tighten all parts before using the equipment, replace defective components immediately and/or keep the equipment out of use until repair

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 604 0105.

<http://www.argoshelpdesk.co.uk>

6. Special attention to components most susceptible to wear.

Guarantee:

For guarantee purposes, please retain your purchase receipt.

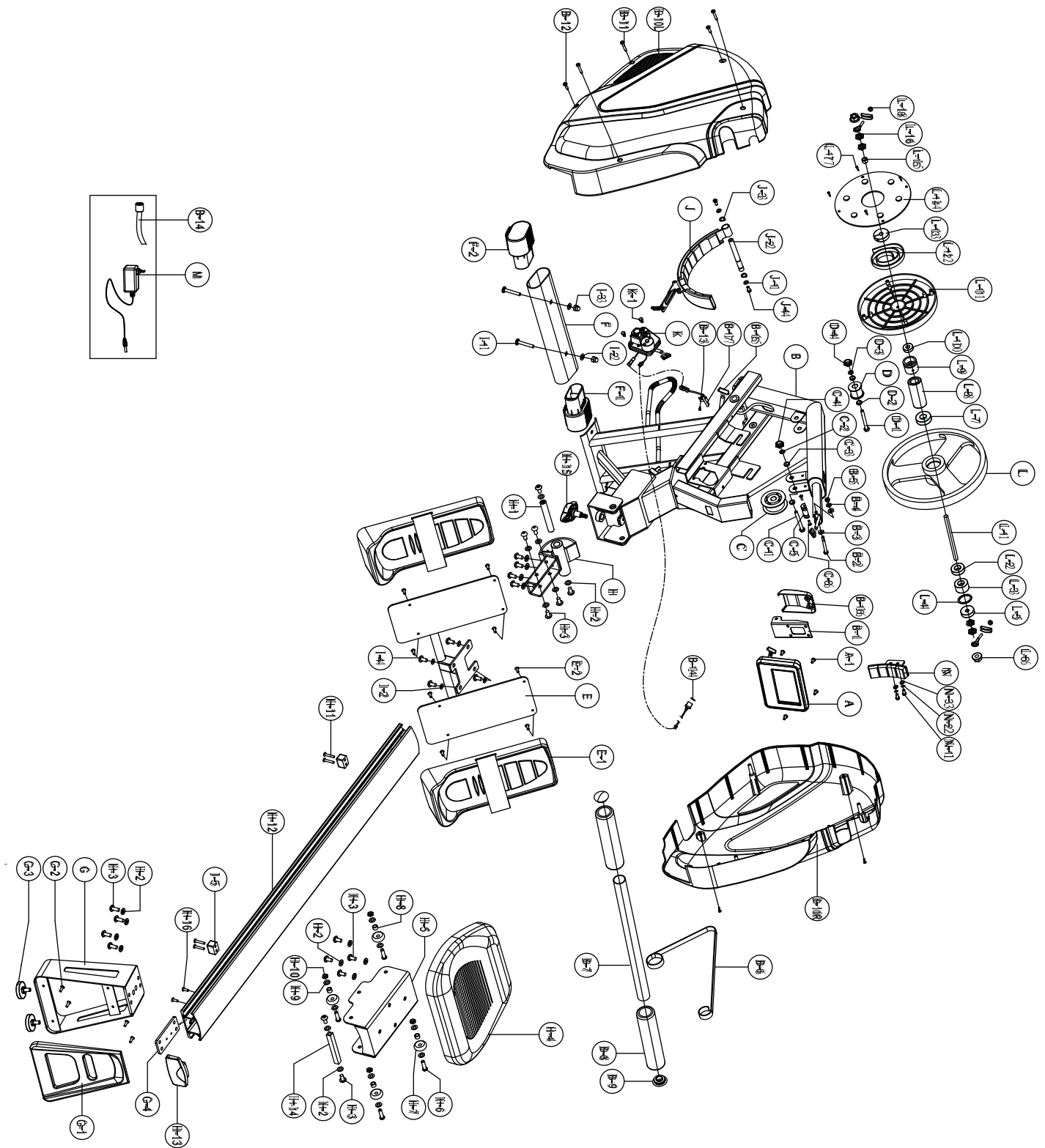
Information for Users on Disposal of old Equipment and Batteries (European Union only)

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



Products

Exploded Parts Diagram



Exploded Parts Diagram List

Part	Description	Qty	Part	Description	Qty
A	Computer	1	H-4	Seat	1
A-1	Screw for Fixing computer	4	H-5	Rolling slider	1
B	Main frame	1	H-6	Hexagon screw (M6 x P1.0 x 30L)	4
B-1	Bracket for fixing computer	1	H-7	PU wheel (Ø30 x 12W)	4
B-2	Screw (M6 x P1.0 x 57L)	1	H-8	Bushing (Ø6.2 x Ø9.2 x 7L)	4
B-3	Fixing cap	2	H-9	Flat washer (Ø6 x Ø12 x 1t)	8
B-4	Flat washer (Ø6 x Ø16 x1t)	1	H-10	Nylon nut (M6)	4
B-5	Nylon nut (M6)	1	H-11	Screw (M5 x 35L)	4
B-6	Strap	1	H-12	Slippery rail	1
B-7	Handlebar	1	H-13	Rear cover for slider	1
B-8	Handlebar foam	2	H-14	Roller axle	1
B-9	Cap	2	H-15	Adjustment knob	1
B-10L	Left cover	1	H-16	Screw (M5 x 16L)	2
B-10R	Right cover	1	I-1	Carriage screw (M8 x P1.25 x 55L)	2
B-11	Screw (M4 x 40L)	3	I-2	Flat washer (Ø8 x Ø19 x 2t)	6
B-12	Screw (M5 x 16L)	4	I-3	Cap nut (M8)	2
B-13	Screw (M4 x 10L)	1	I-4	Screw (M8 x P1.25 x 20L)	4
B-14	DC wire	1	I-5	Stopper	2
B-15	Upper computer cable	1	J	Magnetic set 1	1
B-16	Back cover for computer	1	J-1	Flat washer (Ø6 x Ø13 x 1t)	2
B-17	Sensor box	1	J-2	Magnetic bracket axle	1
C	Driving pulley	1	J-3	C type lock washer	2
C-1	Hexagon screw (3/8 x 61mml)	1	J-4	Screw (M6 x P1.0 x 12L)	2
C-2	Flat washer (Ø10 x Ø18 x 2t)	1	K	Gear box	1
C-3	Bushing (Ø10 x Ø14 x 6mml)	2	K-1	Hexagon screw (M6 x P1.0 x 10L)	2
C-4	Nylon nut (3/8 x 7t)	1	L	Fly wheel	1
C-5	Stopper for strap	1	L-1	Fly wheel axle	1
C-6	Screw (M4 x 10L)	2	L-2	Bearing (6003R)	1
D	Small pulley	1	L-3	One way bearing	1
D-1	Hexagon screw (3/8 x 61mml)	1	L-4	Flat washer (Ø30 x Ø34 x 1t)	1
D-2	Bushing (Ø10 x Ø14 x 3mml)	2	L-5	Bearing (6003R)	1
D-3	Flat washer (Ø10 x Ø18 x 1t)	1	L-6	Nut	2
D-4	Nylon nut (3/8 x 7t)	1	L-7	Bearing (6203)	1
E	Pedal holder	1	L-8	Bushing (Ø17 x 53.5L)	1
E-1	Pedal	2	L-9	Bushing (Ø35 x 32.5L)	1
E-2	Screw (M5*P0.8 x 12L)	8	L-10	Bearing (6000RS)	1
F	Front stabilizer	1	L-11	Spring box	1
F-1	Right cap for front stabilizer	1	L-12	Spring	1
F-2	Left cap for front stabilizer	1	L-13	Bushing	1
G	Rear stabilizer	1	L-14	Spring box cover	1
G-1	Rear stabilizer cover	1	L-15	Bushing (Ø10 x Ø14 x 9mml)	1
G-2	Screw (M5 x 16L)	4	L-16	Nut	4
G-3	Adjustable	2	L-17	Screw (M4 x 12L)	4
G-4	Metal sheet of slider	1	L-18	Nut (M6)	2
H	Fixed holder	1	M	AC adaptor	1
H-1	Spindle of fixed holder	1	N	Magnetic set 2	1
H-2	Flat washer (Ø8 x Ø16 x 2t)	20	N-1	Screw (M8 x P0.8 x 16L)	2
H-3	Screw (M8 x P1.25 x 20L)	20	N-2	Spring washer (Ø6)	2
			N-3	Flat washer (Ø6 x Ø13 x 1t)	2

Guarantee



Product Guarantee

This product is guaranteed against manufacturing defects for a period of



This product is guaranteed for twelve months from the date of original purchase. Any defect that arises due to faulty materials or workmanship will either be replaced, refunded or repaired free of charge where possible during this period by the dealer from whom you purchased the unit.

The guarantee is subject to the following provisions:

- The guarantee does not cover accidental damage, misuse, cabinet parts, knobs or consumable items.
- The product must be correctly installed and operated in accordance with the instructions contained in this manual.
- It must be used solely for domestic purpose.
- The guarantee will be rendered invalid if the product is re-sold or has been damaged by inexperienced repair.
- Specifications are subject to change without notice.
- The manufacturer disclaims any liability for the incidental or consequential damages.
- The guarantee is in addition to, and does not diminish your statutory or legal rights.
- In the event of a problem with the product within the guarantee period call the **Customer Helpline: 0345 604 0105.**
<http://www.argoshelpdesk.co.uk>

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