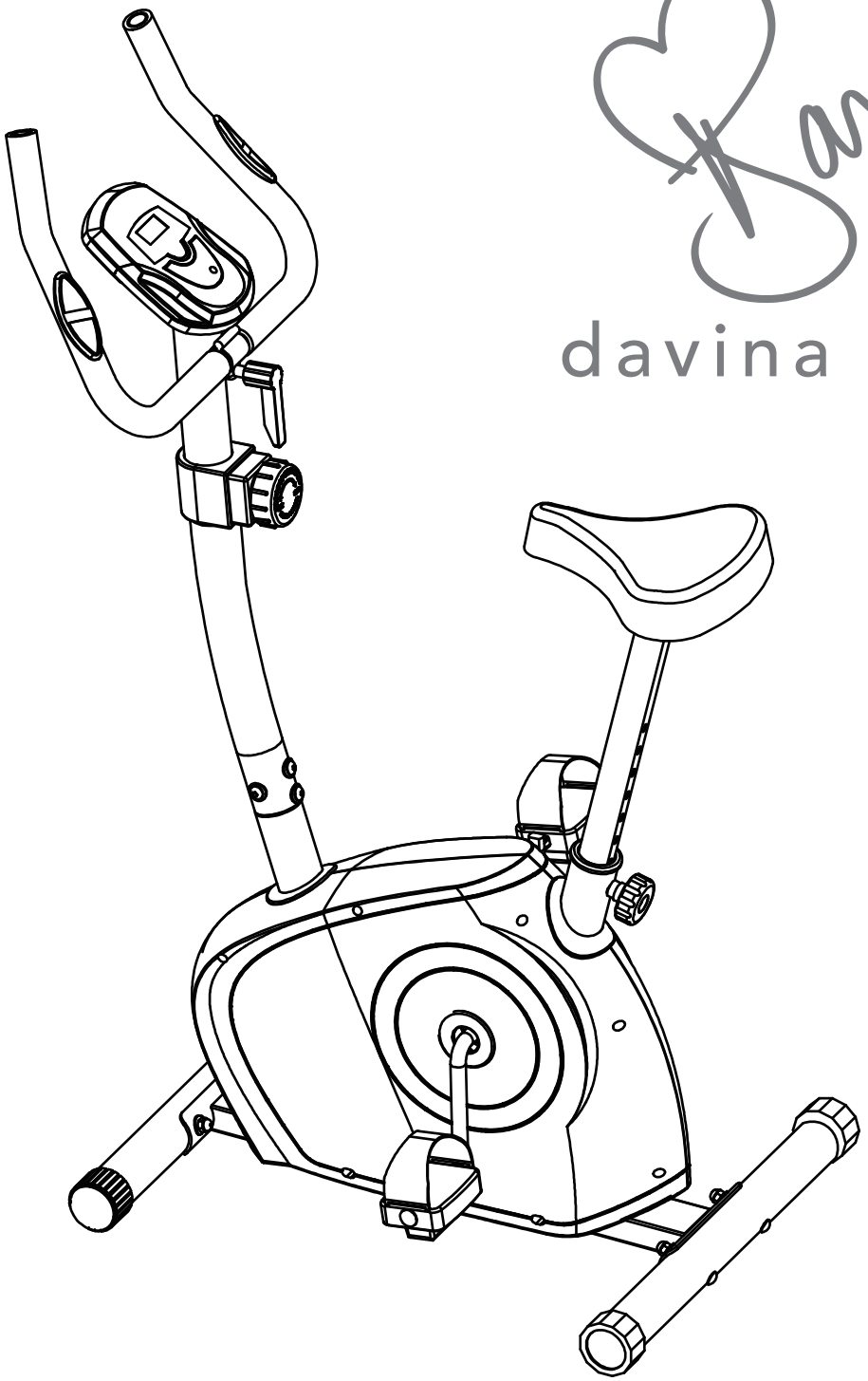
Magnetic Exercise Bike

Assembly & User Instructions - Please keep for future reference | 226/4844

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Important – Please read these instructions fully before assembly or using

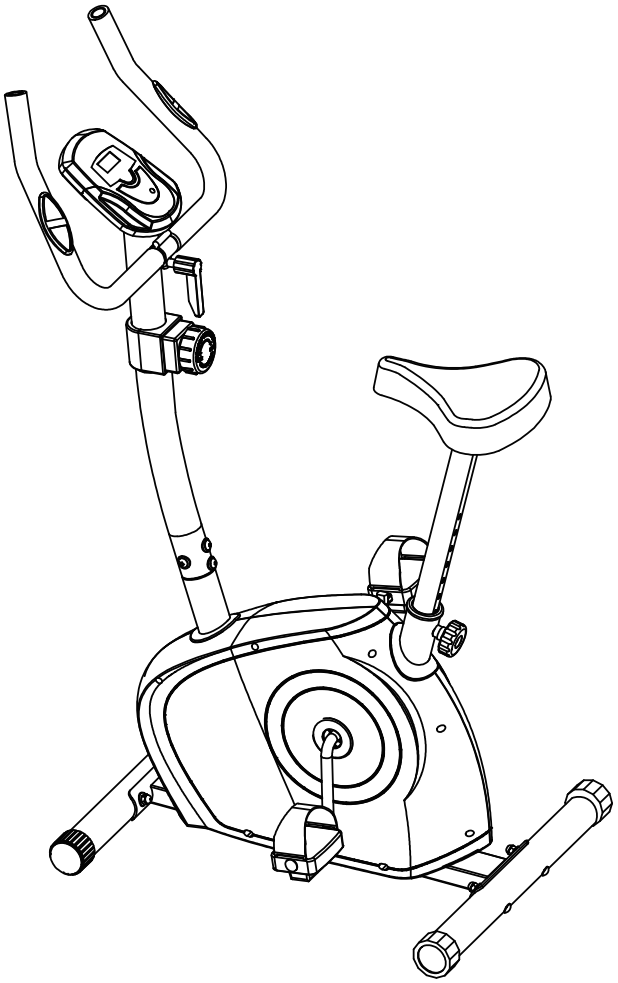
These instructions contain important information which will help you get the best from your equipment and ensure safe and correct assembly, use and maintenance.

If you need help or have damaged or missing parts, call the **Customer Helpline: 0845 6000 464**

Issue 1 - 10/5/11

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Safety Information

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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 Pro Racing Bike. 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

• Keep unsupervised children away from the equipment.
• Injuries to health may result from incorrect or excessive training
• It is important to read this entire manual before assembling and using the equipment. Safe and efficient use can only be achieved if the equipment is assembled, maintained and used properly. It is your responsibility to ensure that all users of the equipment are informed of all warnings and precautions.
• Before starting any exercise program you should consult your doctor to determine, if you have any physical or health conditions that could create a risk to your health and safety, or prevent you from using the equipment properly. Your doctor's advice is essential if you are taking medication that affects your heart rate, blood pressure or cholesterol level.
• Be aware of your body's signals. Incorrect or excessive exercise can damage your health. Stop exercising if you experience any of the following symptoms: Pain, tightness in your chest, irregular heartbeat, extreme shortness of breath, feeling light headed, dizzy or nauseous. If you do experience any of these conditions you should consult your doctor before continuing with your exercise program.
• Keep children and pets away from the equipment. The equipment is designed for adult use only.
• The free standing equipment shall be installed on a stable and levelled base with a protective cover for your floor or carpet.
• Before using the equipment, check the handlebar, seat, pedals, and the nuts and bolts are securely tightened.
• Pay attention to check the connection point and gearing parts before use to prevent danger.
• The equipment shall be installed on a stable base and properly leveled. Always use the equipment as indicated. If you find any defective components while assembling or checking the equipment, or if you hear any unusual noise coming from the equipment during use, stop. Do not use the equipment until the problem has been rectified.
• Wear suitable clothing while using the equipment. Avoid wearing loose clothing which may get caught in the equipment or that may restrict or prevent movement.
• The equipment has been tested and certified to BS EN ISO 20957-1 and BS EN 957-5 under class HC, suitable for domestic, home use only. Maximum user body mass is 100kg. Braking system is adjustable.
• The equipment is not suitable for therapeutic purposes.
• Care must be taken when lifting or moving the equipment so as not to injure your back. Always use proper lifting techniques and/or use assistance.

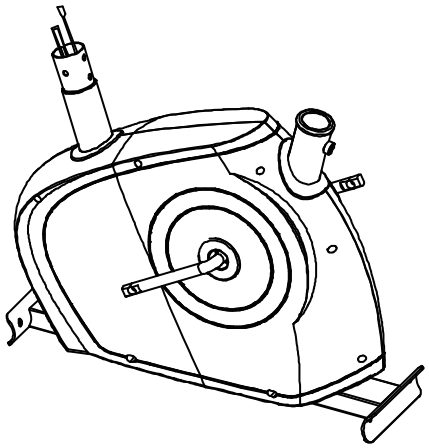
Warning: Before beginning any exercise program, consult your Doctor. This is especially important for persons over the age of 35 or persons with pre-existing health problems. You MUST read all instructions before using any fitness equipment. Argos and its associates assumes no responsibility for personal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

Components - Parts

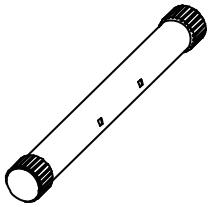
If you have damaged or missing components, call the **Customer Helpline: 0845 6000 464**

Please check you have all the parts listed below

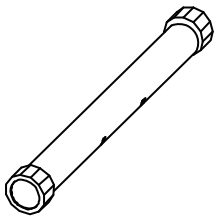
Note: Some of the smaller components may be pre-fitted to larger components. Please check carefully before contacting Argos regarding any missing components.



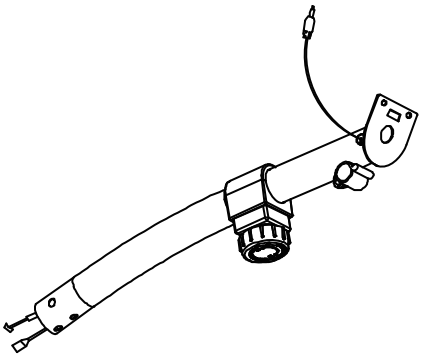
1. Main frame X1



2. Front stabilizer X1



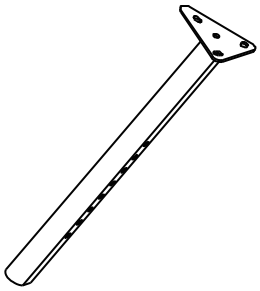
5. Rear stabilizer X1



12. Front postX1



19. Seat X1



20. Seat PostX1



23. Adjustment knob X1
(Assembled on the main frame)



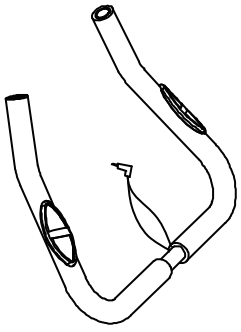
26. Pedal (Left)X1



27. Pedal (Right) X1



31. ComputerX1

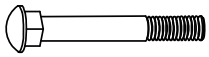
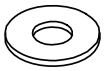
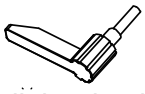
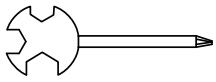


32. Handle barX1

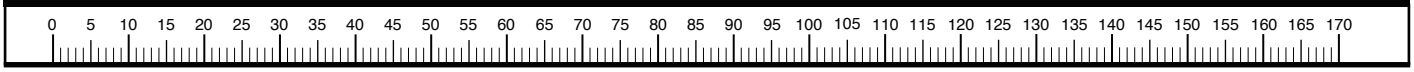
Components - Fixings

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.

3  carriage bolt (M8 x 60) x 4	**10**  Domed nut (M8) x 4	**11**  Curved washer (Ø8) x 8
17  Allen key bolt (M8 X 15) x 4	**21**  Lock nut (M8) x 3 (Assembled on the seat)	**22**  Washer (Ø8) x 3 (Assembled on the seat)
24  Handlebar knob (M8) x 1	**25**  Washer (Ø8 x Ø16) x 1	**28**  Fixing screw (M5 X 10) x 2 (Assembled on the computer)
 Multi tool x 1	 Allen key x 1	

Ruler - Use this ruler to help correctly identify the hardware

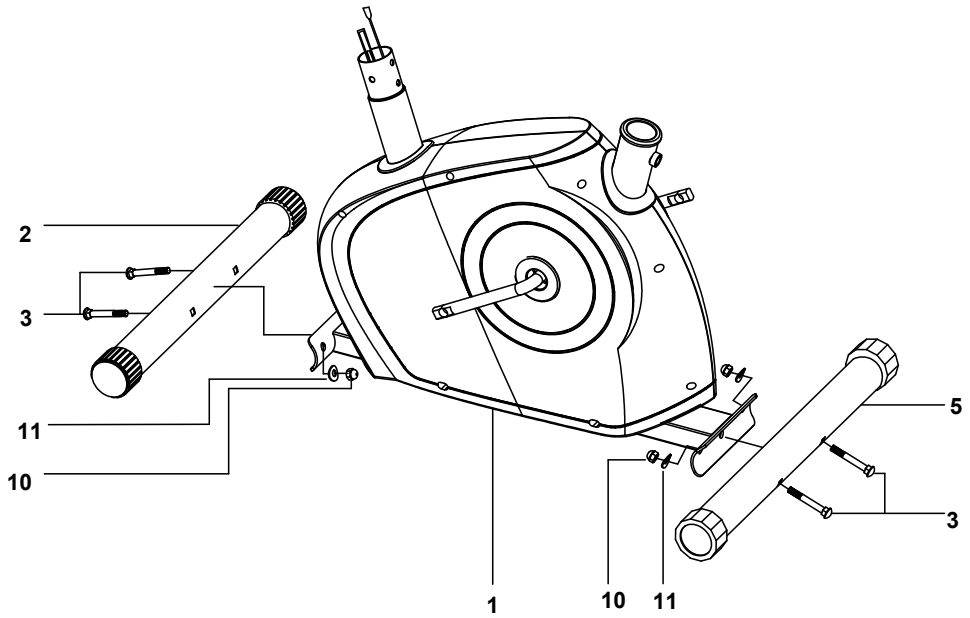


Assembly Instructions

Step 1

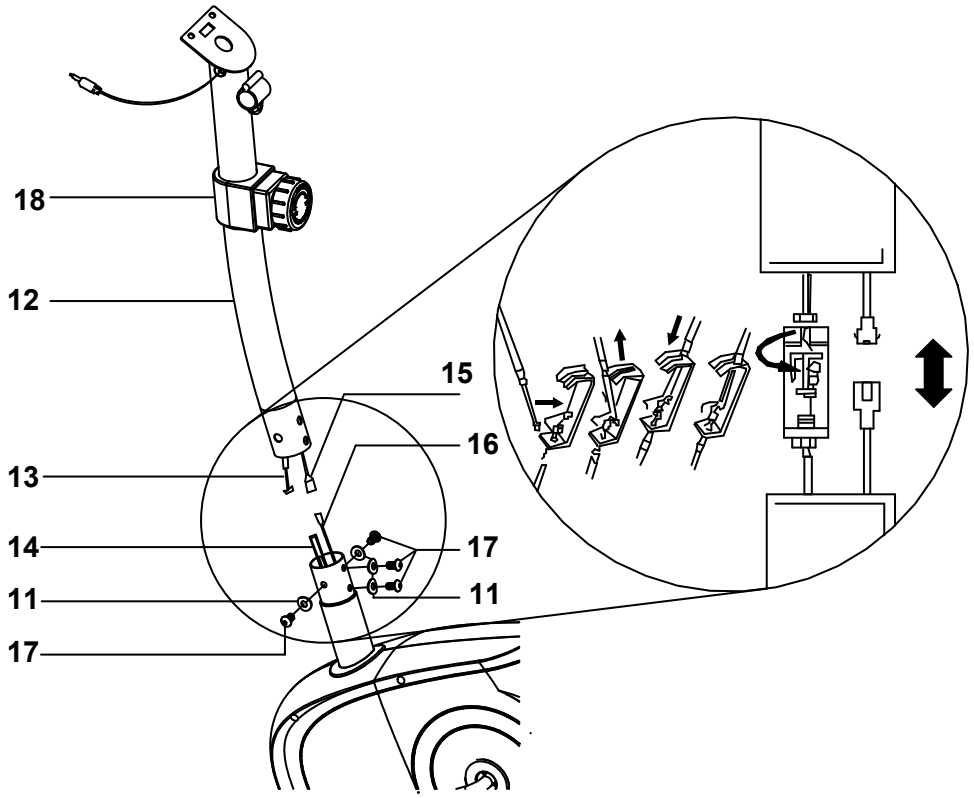
Attach the Front Stabilizer (**pt.2**) and Rear Stabilizers (**pt.5**) to the Main Frame (**pt.1**) using 4 sets of M8 Domed Nuts (**pt.10**), Ø8 Curved Washers (**pt.11**) and M8 x 60mm Carriage Bolts (**pt.3**).

1.The total mass of the product is 18.2kg
2.The foot print of this product is 80cm x 50.5cm.



Step 2

Take the Front Post (**pt.12**) and join the Upper Computer Wire (**pt.15**) with Lower Wire (**pt.16**).Then connect the Upper cable wire (**pt.13**) to the Tension Hook (**pt.14**).
(See figure shown)
Slide the Front Post (**pt.12**) into the front post housing, then fix using 4 sets of M8 x 15mm Allen Key Bolts (**pt.17**) and Ø8 Curved Washers (**pt.11**).
Note: Before connecting the tension cables, please switch the tension knob to "8"

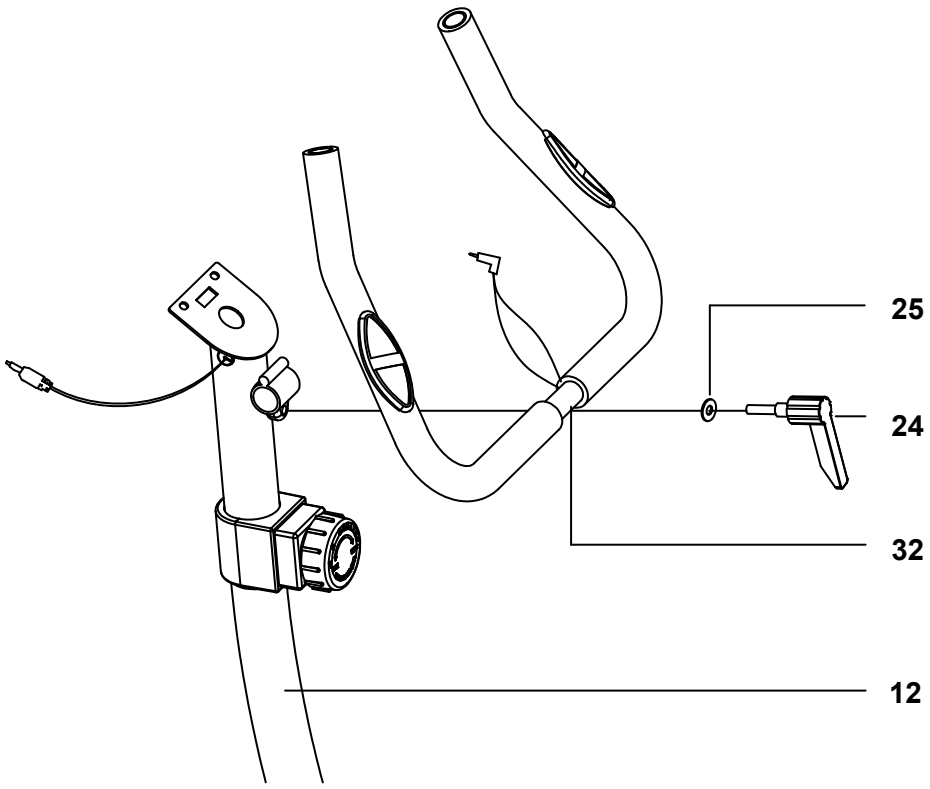


Assembly Instructions

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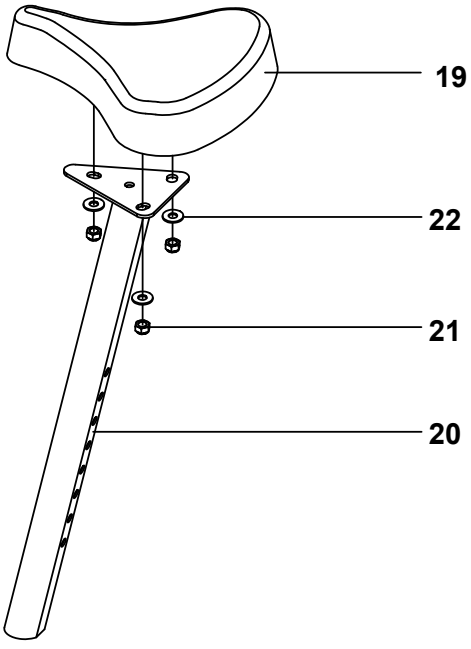
Step 3

Attach the Handlebar (**pt.32**) to the Front Post (**pt.12**), fix with Ø8 Washer (**pt.25**) and Handlebar Adjustment Knob (**pt.24**),
ADJUSTING THE HANDLE BAR
To adjust the handlebar, loosen handlebar locking knob (**pt.24**) anti- clock-wise. Rotate handlebar (**pt.32**) properly position. Lock handlebar (**pt.32**) by firmly tightening clockwise locking knob (**pt.24**)



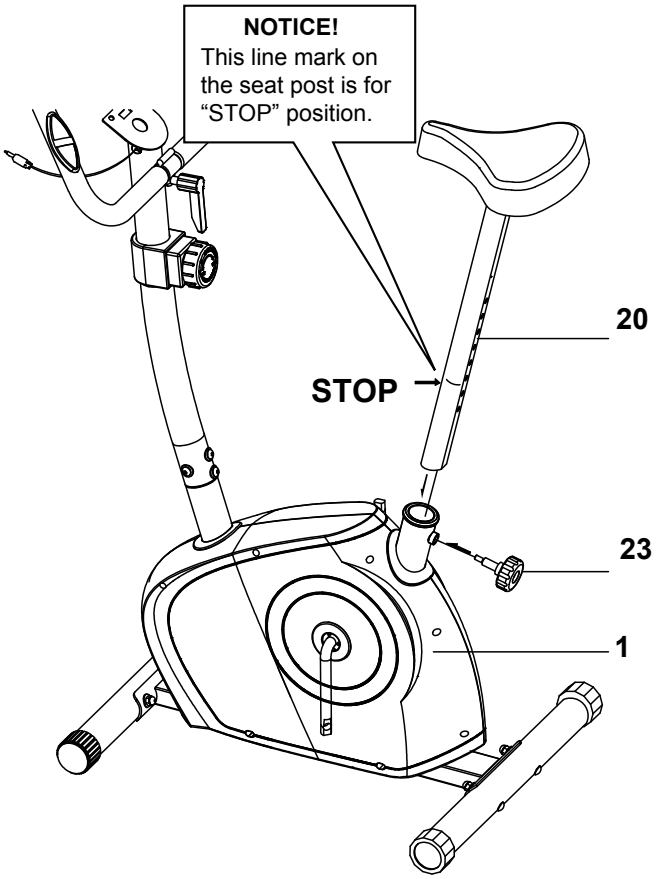
Step 4

Fix the Seat (**pt.19**) to the Seat post (**pt.20**) by using 3 sets of Ø8 Washers (**pt.22**) and M8 Lock Nuts (**pt.21**) located under the seat.



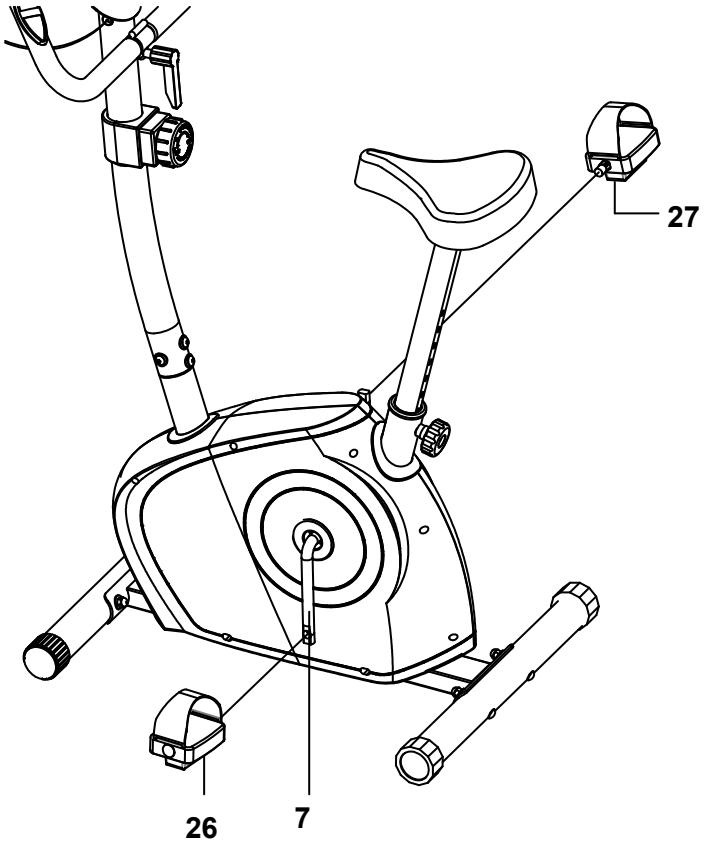
Step 5

Insert the Seat Post (**pt.20**) into the Seat Post housing and line up the holes (The correct height adjustment can be made when the bike is fully assembled) Secure the seat in position with the Adjustment Knob (**pt.23**).



Step 6

The Pedals (**pt.26 & pt.27**) are marked "L" and "R" - Left and Right. Connect them to their appropriate Crank Arms (**pt.7**). The right crank arm is on the right hand side of the bike as you sit on it. Note that the Right Pedal (**pt.27**) should be threaded on clockwise and the Left pedal **pt.26**) anti-clockwise.

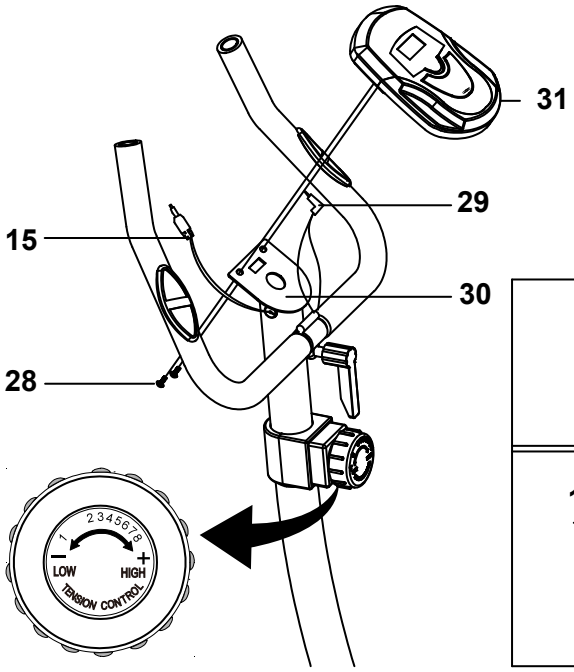


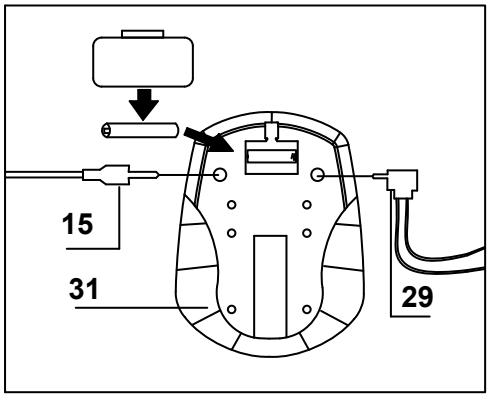
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Step 7

Plug the upper computer Sensor Wire (**pt.15**) to the speed input hole back of Computer (**pt.31**), and then slide the Computer (**pt.31**) onto the Computer bracket (**pt.30**) and then fixing with 2 x M5 Screw (**pt.28**).
If your computer has the function of HANDPULSE ; please plug the Pulse Sensor Wire (**pt.29**) into the back of Computer (**pt.31**)

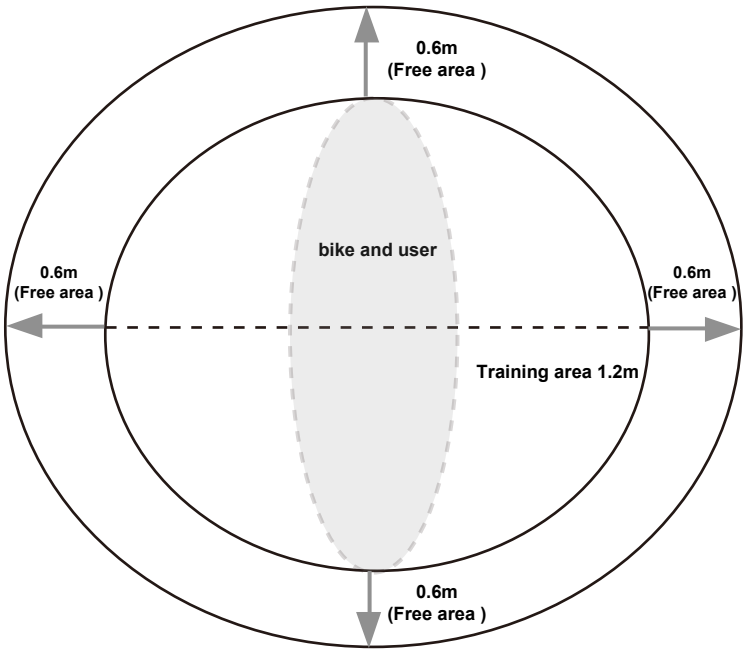
You can adjust the tension by turning control knob by “+” for more resistance or “-” for less during training.It depend on personal condition.





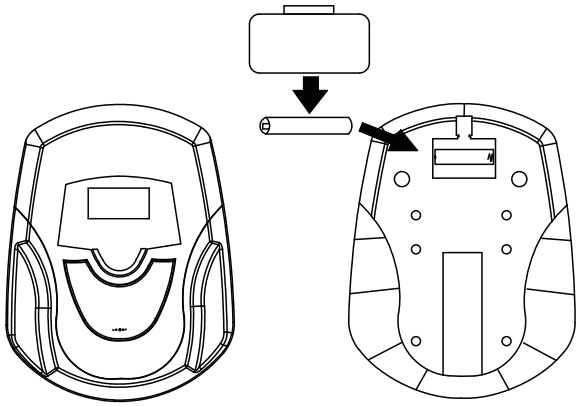
Free area and Training area

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



1.Batteries Installation

Please install 1 piece of AAA 1.5V battery in the battery case on the back of monitor.
(Whenever Batteries are removed, all the functions values will be reset to zero.)

2.Auto On/Off

When the user starts to exercise, the computer will display the workout value automatically. Once the users stop exercising for over 4 minutes, the display will turn off. All the function values will be stored. When the user starts again, the monitor will re-start from the stored values.
** Press the button for 2 seconds, all the function value except Odometer will be reset to zero.

3.Auto Scan

After the monitor is power on or press the button, the LCD will display all functions values from Time-Calories-Speed - Distance -Odometer- Pulse. Each value will be held for 6 seconds.

4.Speed

Display the current training speed from 0.0 to 999.9 KPH or MPH. User also can press the button to display the Speed value.

5.Distance

Display the trip distance from 0.0 to 999.9 Km or Mile. User also can press the button to display the distance value. (To switch Kilometer and Mile: They will be switched by holding the MODE for 5 seconds and the data will also be cleared at the same time.)

6.Time

Display the workout time from 00:00 to 99:59. User also can press the button to display the workout time value.

7.Calories

Display the calories consumption during training from 0.0 to 9999. User also can press the button to display the calories consumption value.

8.Odometer

Display the total accumulated distance from 0.0 to 999.9. User also can press the button to display the Odometer value.

9.Pulse

Display the current heart rate in beats per minute.

10.Reset

Press the button for 2 seconds, all the function value except Odometer will be reset to zero.

Note:

1.If the computer displays abnormally, please re-install the battery and try again.
2.Battery Spec: 1.5V AAA (1PC).
3.The batteries must be removed from the appliance before it is scrapped and that they are disposed of safely.
4.WARNING! Heart rate monitoring systems may be inaccurate. Over exercising may result in serious injury or death. If you feel faint stop exercising immediately".

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.

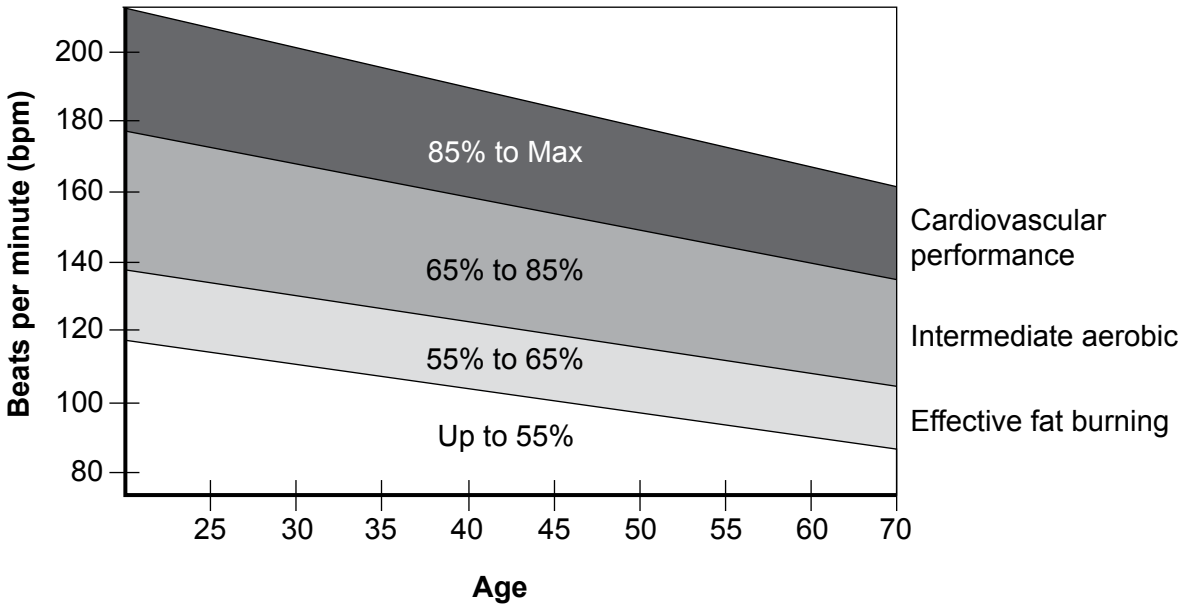
• Begin your training program slowly with realistic goals that have been set by you and your doctor.

• 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.

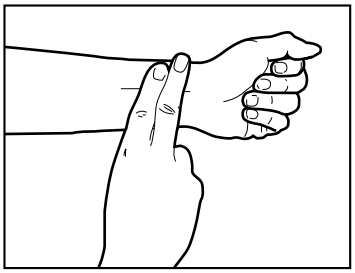
Exercise intensity

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 head rate is 140 beats per minute. (A six-seconds 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.



Exercising Information

Muscle chart

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Aerobic Exercise

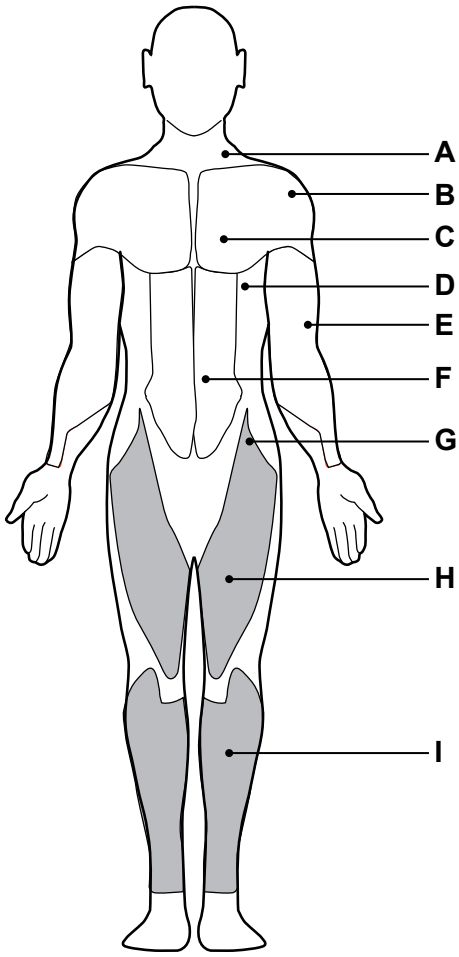
Aerobic exercise improves the fitness of your lungs and heart - your body's most important muscle. Aerobic exercise fitness is promoted by any activity that uses your large muscles (arms, legs, or buttock, for example). Your heart beats quickly and you breathe deeply. An aerobic exercise should be part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

Weight Training

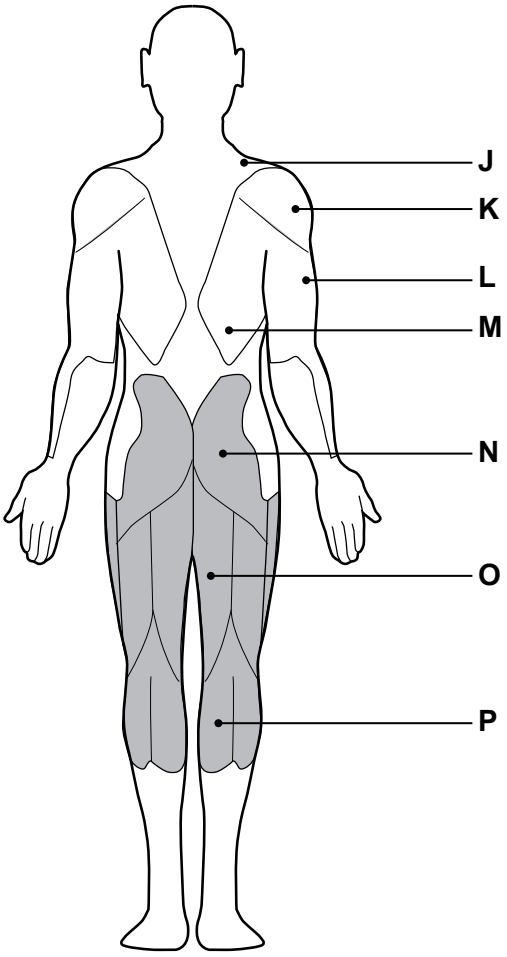
Along with aerobic exercising which helps get rid of and keep off the excess fat that our bodies can store, weight training is an essential part of the exercise routine process. Weight training helps tone, build and strengthen muscle. If you are working above your target zone, you may want to do a lesser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

Targeted Muscle Groups

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



Front



Back

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

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

Exercising Information

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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.

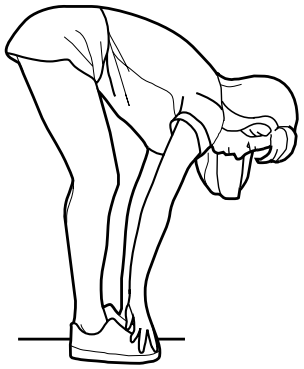
Toe touch stretch

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.



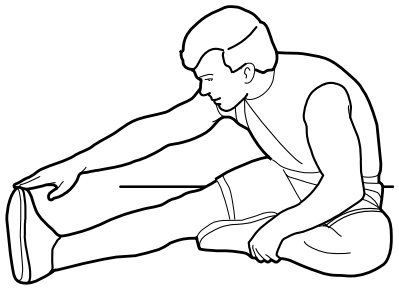
Hamstring stretch

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.



Exercising Information

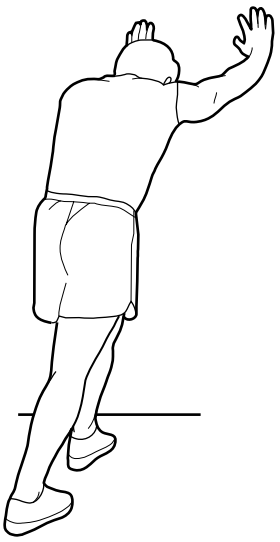
Calf/achilles stretch

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.



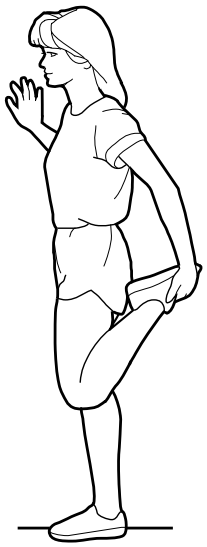
Quadriceps stretch

With one hand against the wall for balance, reach back and grasp one foot with your other hand. Keeping your bent knee pointing directly 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.



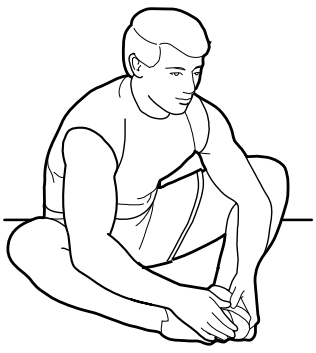
Inner thigh stretch

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

davina mccall

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.

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: 0845 6000 464**.

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

7.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.

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

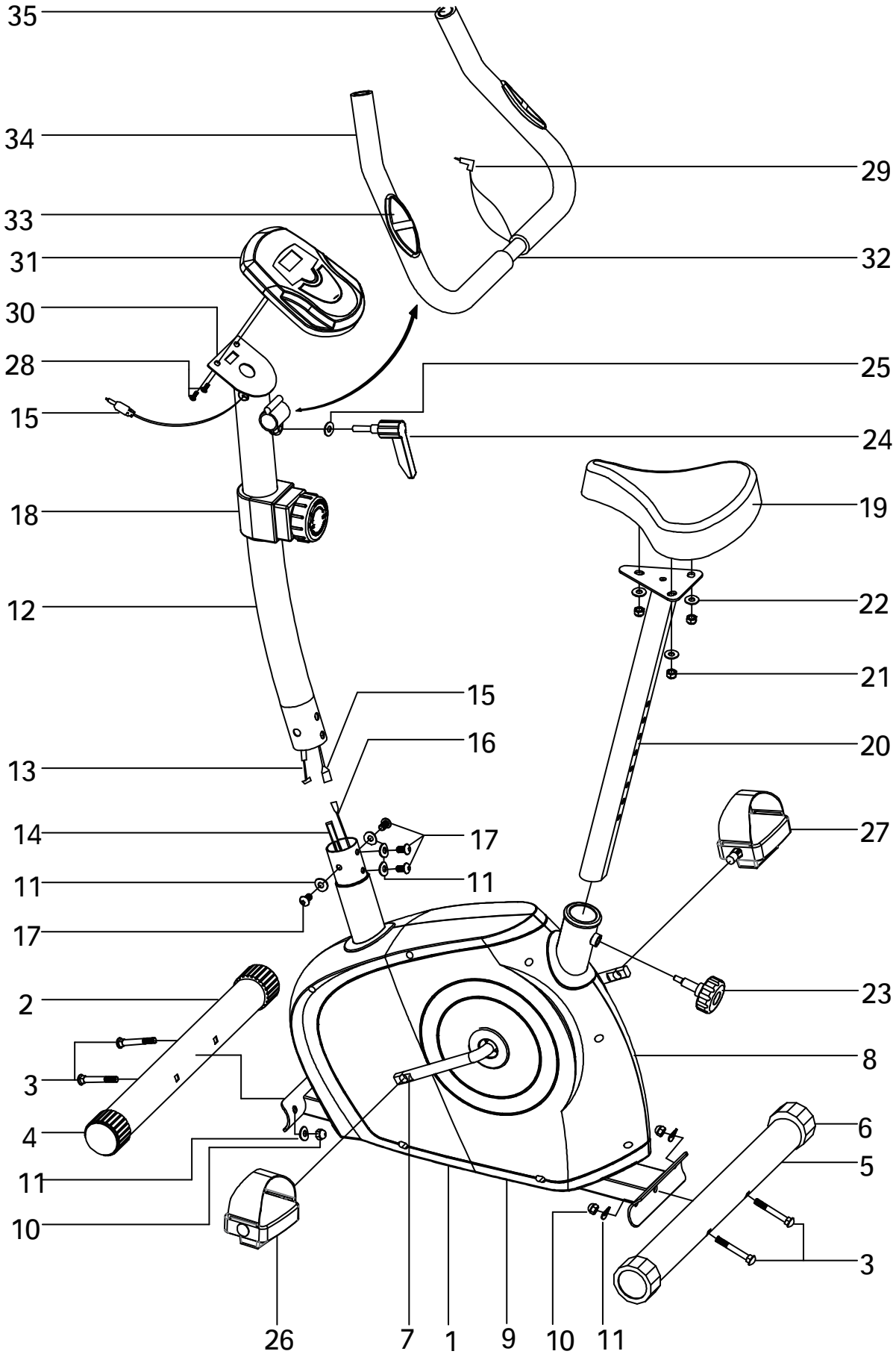


Products



Battery

Exploded Parts Diagram



Exploded Parts Diagram List

davina mccall

Part	Description	Qty	Part	Description	Qty
1	Main frame	1	19	Seat	1
2	Front stabilizer	1	20	Seat Post	1
3	Carriage bolt (M8 x 60)	4	21	Lock nut (M8)	3
4	End cap	2	22	Washer (Ø8)	3
5	Rear stabilizer	1	23	Adjustment knob	1
6	Rear end cap (Angle adjustable)	2	24	Handlebar knob (M8)	1
7	Crank arm (L + R)	1	25	Washer (Ø8 x Ø16)	1
8	Chain cover (right)	1	26	Pedal (Left)	1
9	Chain cover (left)	1	27	Pedal (Right)	1
10	Domed nut (M8)	4	28	Fixing screw (M5 x 10)	2
11	Curved washer (Ø8)	8	29	Pulse plug wire (Optional)	1
12	Front post	1	30	Computer bracket	1
13	Upper cable wire	1	31	Computer	1
14	Lower cable hook	1	32	Handle bar	1
15	Computer sensor wire	1	33	Pulse sensor (Optional)	2
16	Lower computer sensor wire	1	34	Foam grip	2
17	Allen key bolt (M8 x 15)	4	35	Round End cap	2
18	Tension control knob	1			

Guarantee

Product Guarantee

This product is guaranteed against manufacturing defects for a period of



Year

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 invalided 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 with in the guarantee period call the **Customer Helpline: 0845 6000 464**.

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