PRO FITNESS
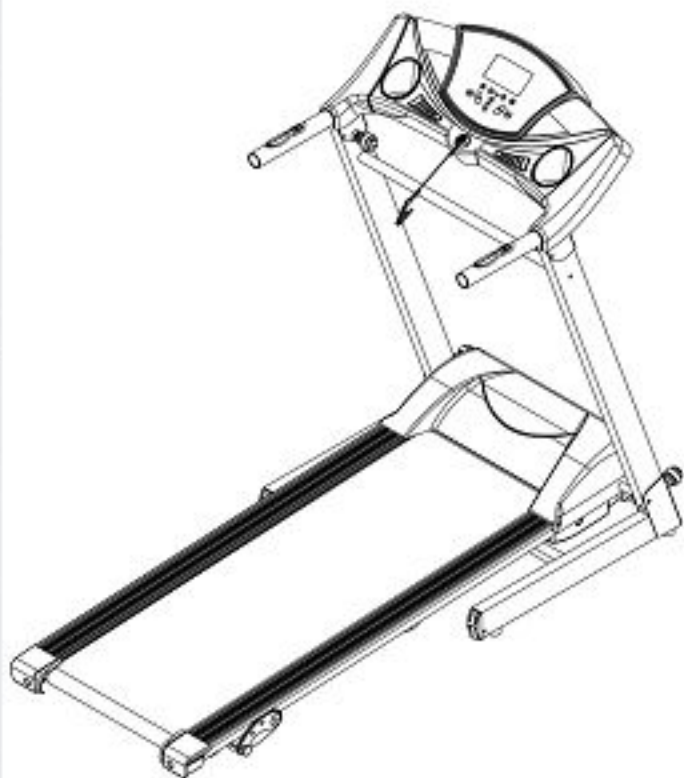

Important – Please read these instructions fully before assembly or using

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: 0845 6000 464**

Contents

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 Pro Fitness Rowing Machine . In particular, note the following safety precautions:

Assembly

• Check you have all the components and tools listed on page 3 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.
• Assembly 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 leveled.
• 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.
• Clear safety area of at least 2000mm in length and at least as side as the treadmill shall be provided behind the equipment when in use.
• Allow the running surface to come to a complete stop before folding. A folded treadmill should not be operated.
• 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.
• **Maximum user's body weight 100kg.**
• This product conforms to: (BS EN957) -PARTS-1/-6 class (H)-Home use – Class (C).
• This exercise product has been designed and manufactured to comply with the latest (BS EN 957) British and European Safety Standards.
• Emergency dismount: Hold the left or right handle bar by hand then jump to floor.
• Keep unsupervised children away from the equipment.
• Injuries to health may result from incorrect or excessive training.
• Please take safe key away after using the treadmill to prevent uncontrolled usage of third parties.

⚠ **Warning:** Before beginning any exercise program, consult your Doctor. This is espe cially important for persons over the age of 35 or persons with pre-existing health problems. This equipment is not suitable for therapeutic purposes. Heart rate monitoring systems may be inaccurate. Over exercise may result in serious injury or death. If you feel faint stop exercising immediately. You MUST read all instructions before using any fitness equipment. Arogs and its associates assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

Please check you have all the parts listed below
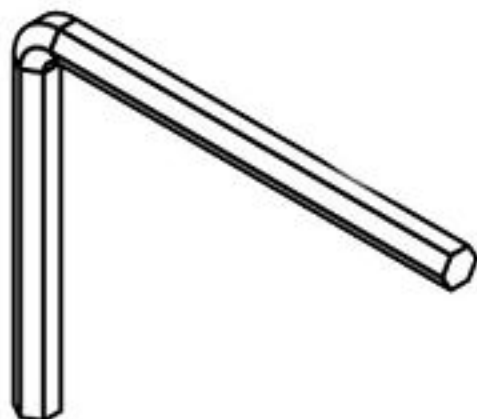
Note: Some of the smaller components may be pre-fitted to larger components. Please check carefully before contacting Argos regarding any missing components.
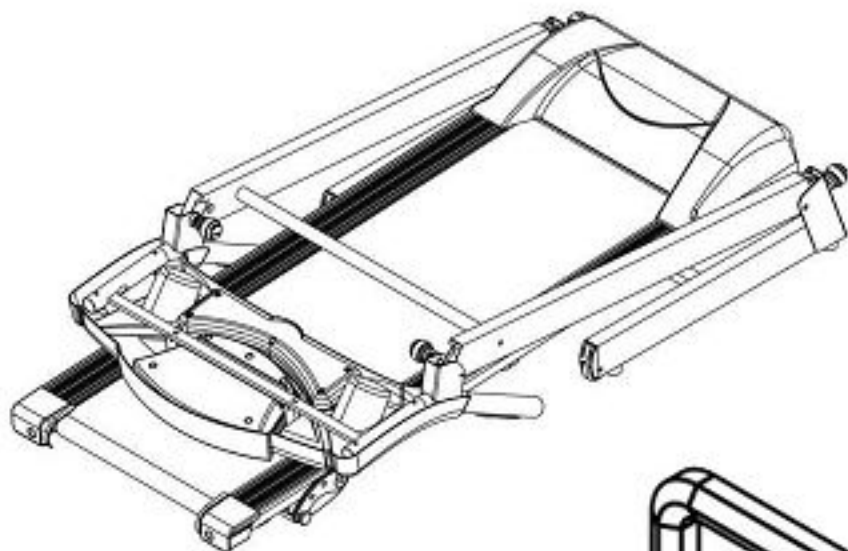
1. Main frame x 1

12.5# Allen Wrench x 1

71. Safety Key x 1

Assembly Instructions

Step 1

Open the carton, take out
the above parts, and put
the Main Frame onto
the level ground.
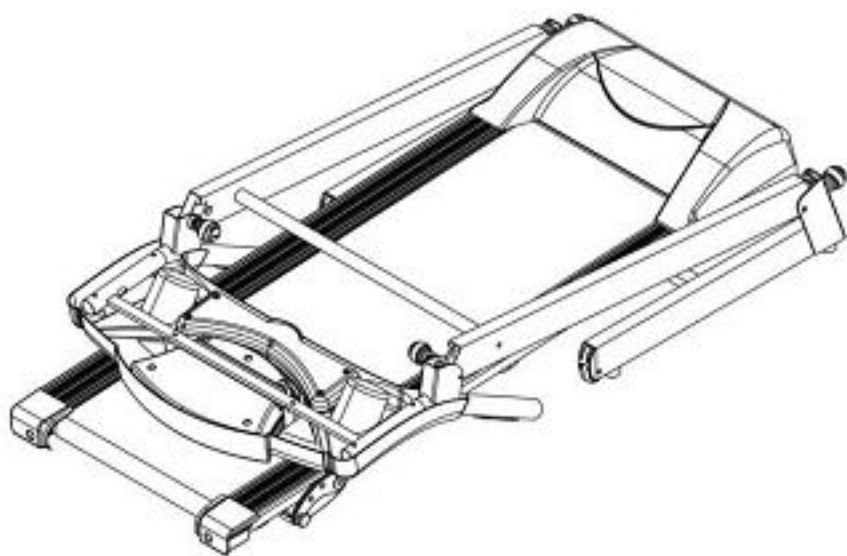
Step 2

1. Push up the Computer
and L&R upright as per the
arrow position.
2. Screw tight the plastic
knob (75) to fix the
computer bracket, (after
assembly if you want to
fold up the computer,
unscrew the plastic knob
then pull it).

Notice: The wire in the
upright can not be pressed,
please check to make sure
the wire is connected.
Hold the upright and
computer by hand when
you turn the plastic knob,
so that they will not fall
down avoiding any
damage or injury.

75
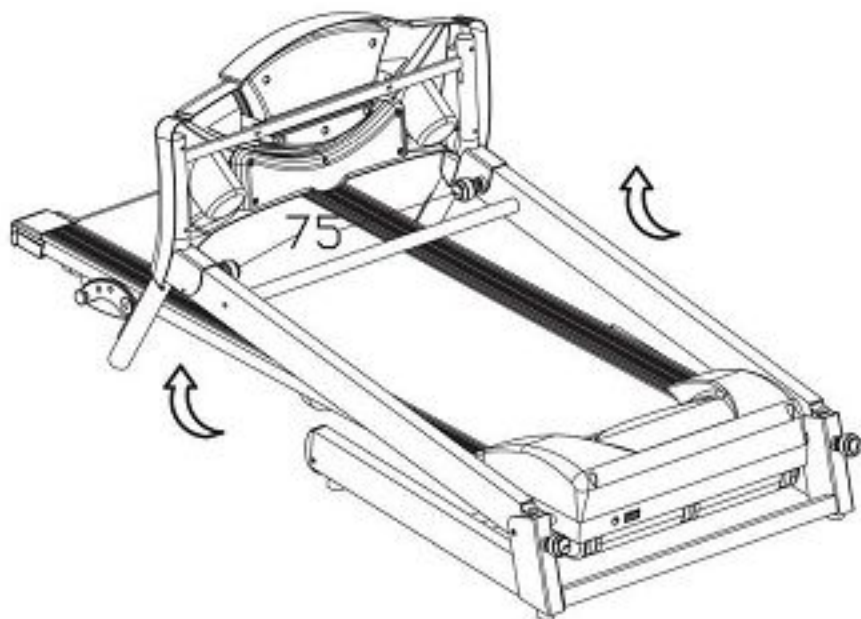
Assembly Instructions

Step 3

3-1 Make sure both of the elastic knobs (75) at the bottom of the uprights are in picture B position.

3-2 Fold up the computer arms.

3-3 Re-screw the plastic knobs (75) in step 3-1

Notice - Please support the uprights while assembling to avoid the risk of damage or injury, and/or ask for assistance if required.

A   B

75
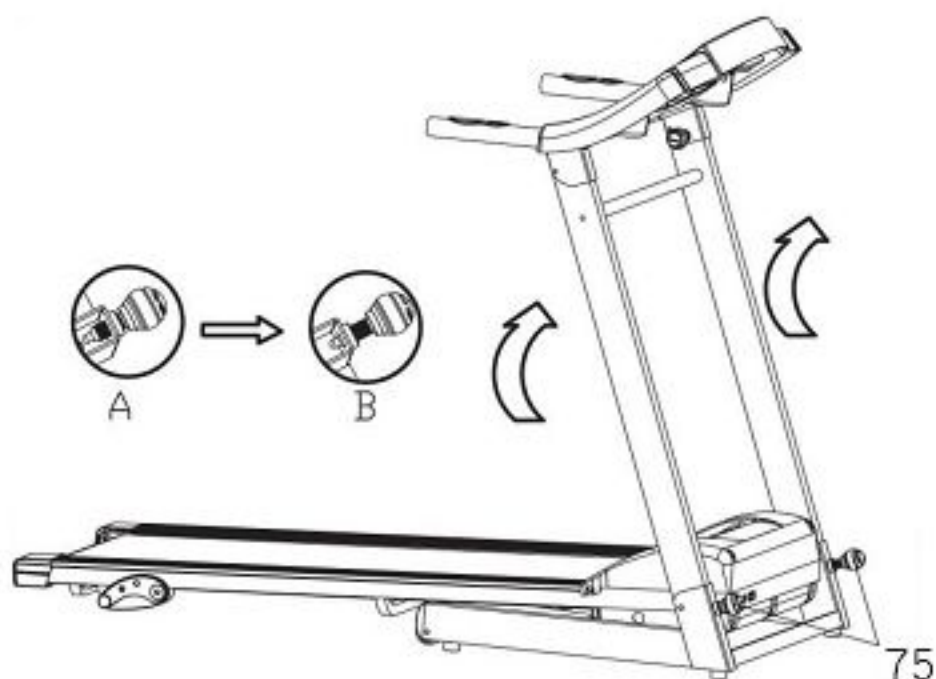
Step 4

Place the safety key (71) onto the computer and turn on the switch (The safety key must be fully insert.)

71

SWITCH

5

Assembly Instructions
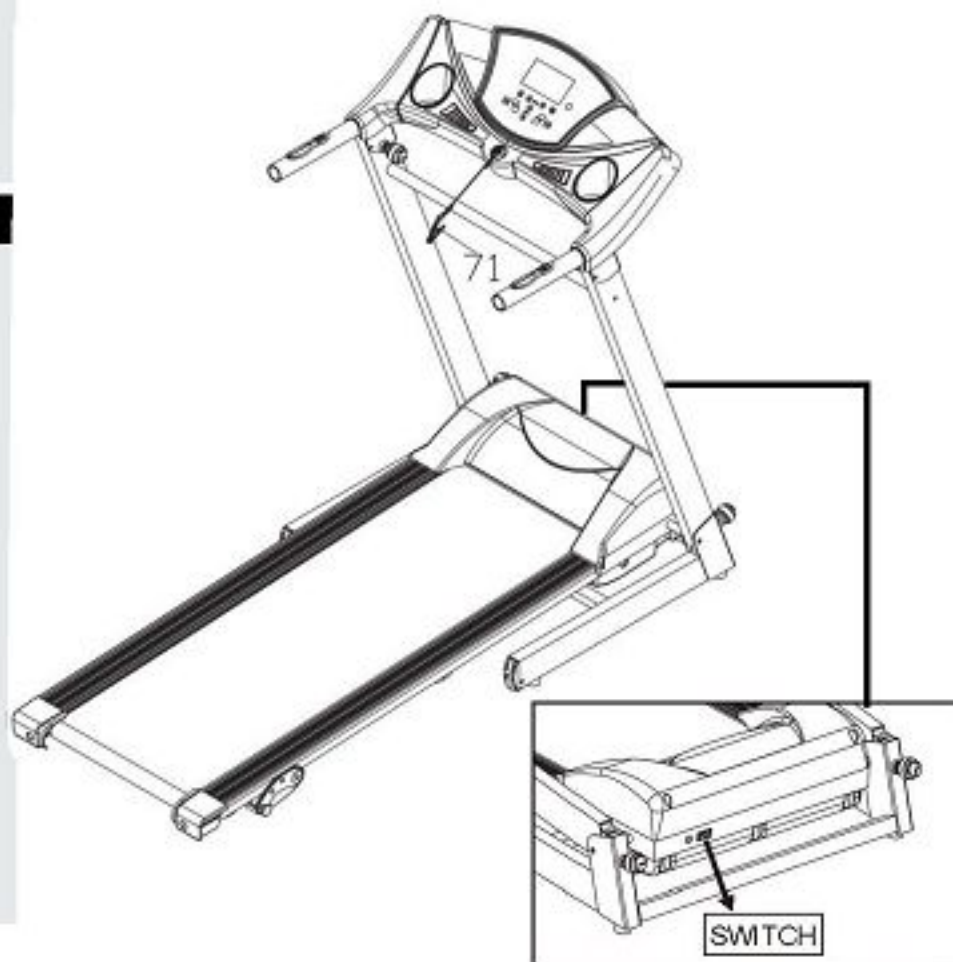
Pulling up:

Pull up the base frame at position A, until hearing the sound that the air pressure bar B is locked into the round tube.
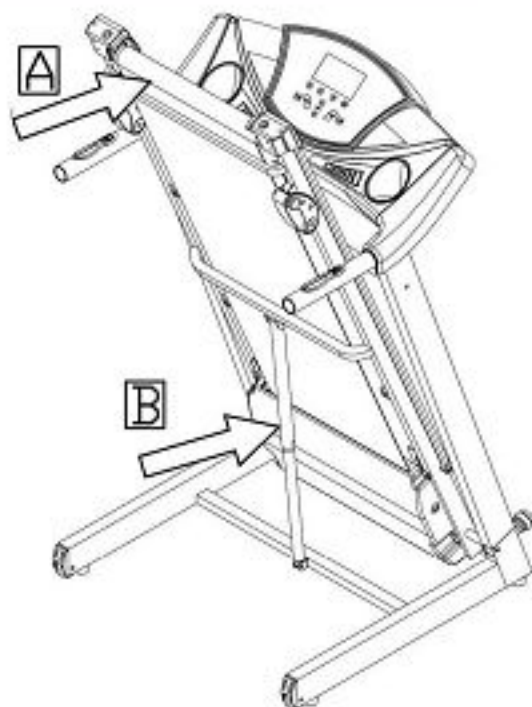
Pulling down:

Support place A with hand, push with your foot at place B (the air pressure bar), then the base frame will lower down automatically. (Please keep anybody and any pets away from the machine when lowering down).
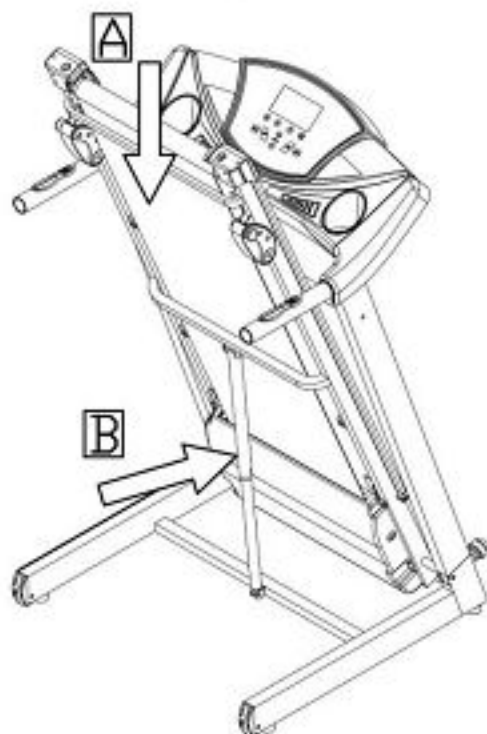
ATTENTION : Please ensure you have assembled correctly as per the above instructions, and then lock all the bolts. Before you use the treadmill, please read through the instruction carefully
Warning, a folded treadmill should not be operated.
Warning, to allow the running surface to come to a complete stop before folding.

How to use safety key

Insert the safety key into compouter, it is not necessary to turn on threadmill, untie the safety key string, clamp the clip on the clothes on front of your chest (clamp as inside as possible).

Safety key pin fall off

Clip fall off from cloth

Stand on the middle of treadmill, move afterward to tight the safety key string , then pull the string afterward with hard with hard pull.
If safety key pin fall off from computer it means the clip is tight enough and it is safe, if safety key still on computer however it fall off from clothes ,it means the clip is not tight enough and it is not safe, please change the safety key before useing the treadmill.

A 1 2 3

B ⇑A 16 23

C 16 23

D ⇑ 2316
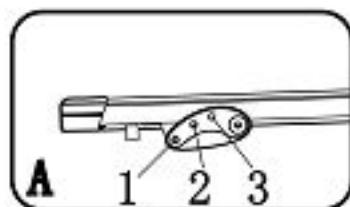
1.There are total 3 section manual incline are adjustable（as drawing A）.

2.when you adjust the adjustable foot pad,please hold position A by left hand and move up the main frame, move down the 3 section adjustable foot pad (16) by right hand,then take out the fixing pin(23)as drawing B.
After that insert the fixing pin into the section which you want as drawing C.
After finish the right side adjustment,then adjust left side.
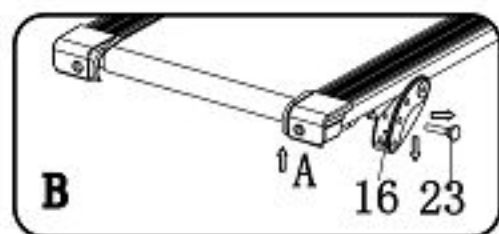
Note:The left and right side adjustable foot pad must be in same section.

3. Please insert the fixing pin(23) fully, then press the top of left/right side of main frame by hand onto floor to make sure the fixing pin contact well with the main frame as drawing D.

Center the running belt

1, We suggest that you should cut off the power for 10 minutes after keep running 2HS ,so that it's good for maintain the treadmill.

2,For avoiding the slipping during running , the belt not too loose; for avoiding the more abrasion between the roller and belt and maintain the machine's good running ,the belt not too tight. You can adjust the distance between plates and belt , the belt be away from the plates about 50-75mm on both sides ,if the best not too tight and loose.

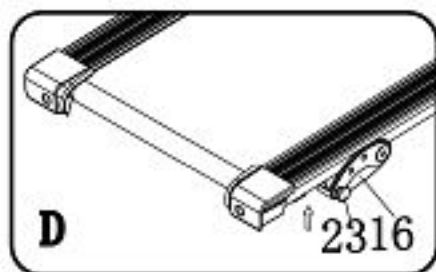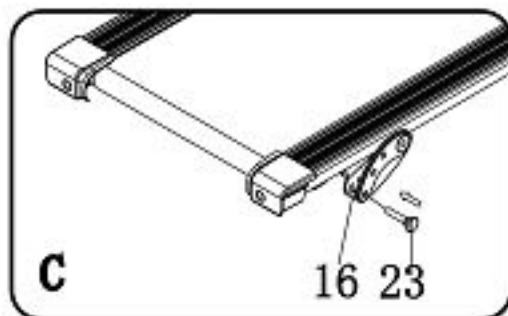Place treadmill on a level surface. Run Treadmill at approximately 6-8KM/H,checking the running condition.If the belt has drifted to the right, pull out of the save clock and switch, turn the right adjusting bolt 1/4 turn clockwise, then start running until centering the belt. PIC A

If the belt has drifted to the left ,pull out of the safety clock and switch, turn the left adjusting bolt 1/4 turn clockwise ,then start running until centering the belt .PIC B

Timely adjust the tightness of the belt ,for the looseness after a period of time running. Pull out of the safety clock and switch , turn the left and right adjusting bolt 1/4 turn clockwise ,then re-start running, confirm the belt-tightness until the belt be right tightness. PIC C

Red means danger

Yellow means remind

Green means safe
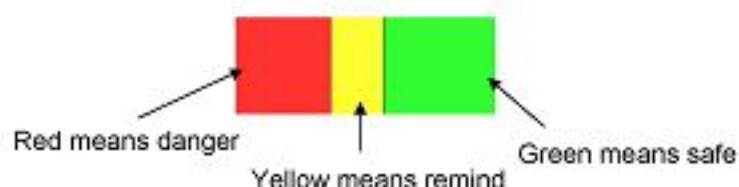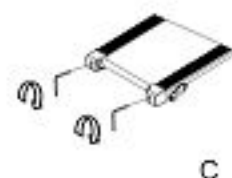
In order to use the treadmill in safe and prolong the running belt service lift,always remind consumer notice the running belt shifting,stick the red/yellow/green 3 color label on both side of running belt,as following picture

1.When running belt edge run in green area,it means runnung belt runs normal and do not need adjustment.
2.When running belt edge run in yellow area,it means runnung belt runs shifting,if continue to use it may damage,we suggest stop running first and adjust the run belt into green area then continue to use.
3.When running belt edge run in red area,must stop use treadmill immediately and adjust the run belt into green area then continue to use,if continue to use ,it will damage the treadmill.

3 color label position

PRO FITNESS
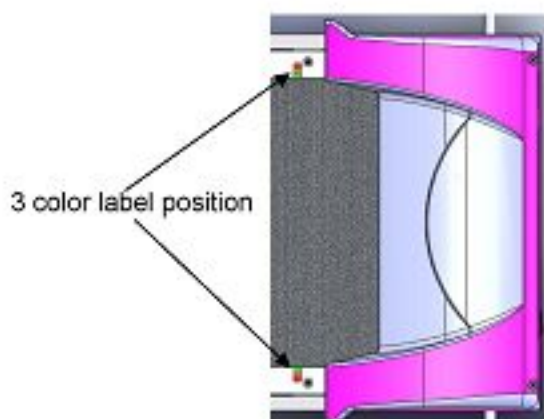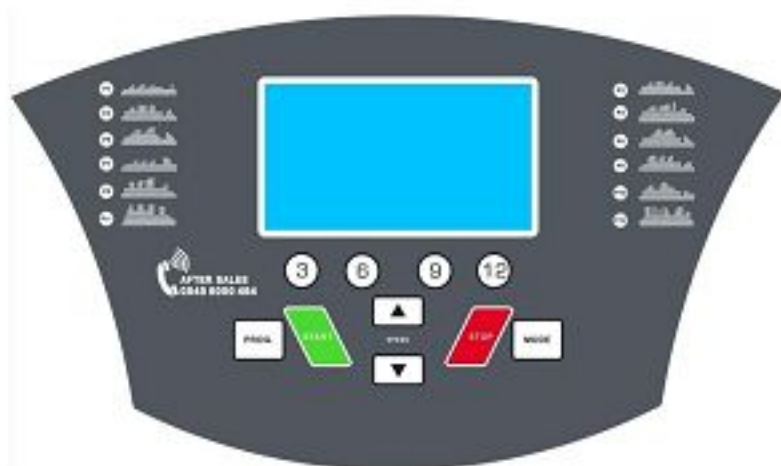
LCD WINDOW DISPLAY

SPEED: Show speed;

CALO.: Show calories, Corresponding indicator light;

PULSE: Show heart beat data, Corresponding indicator light;

TIME: Show running time, Corresponding indicator light;

DIST: Show distance, Corresponding indicator light.

BUTTON FUNCTION

"START" button: Press this button to start the machine, the machine will run at the lowest speed or at the speed of default program after 3 seconds time count down;

"PROG" button: Press this button to choose program from manual mode—P1----P12---FAT;

"MODE" button: When machine in standby state, press this button to choose the mode: manual mode-time count down, mode-distance count down, mode-calories count down;

SPEED▲ 、 ▼: Adjust the speed. Press the button to adjust the speed when running, and adjust the data when stop;

SPEED（3 6 9 12）：Adjust the speed quickly;

MAIN FUNCTION

Open the power switch, the window will light, the machine will enter into ready state.

1. START-UP QUICKLY (MANUAL):

Put safety key in, press ' START' button, the treadmill will run at the lowest speed in 3 seconds, press SPEED▲ 、 ▼ to adjust the speed. Press the ' STOP' button or take out the safety key directly to stop the treadmill.

Computer Operation

2 . COUNT DOWN MODE:

Press the ' MODE' button, it can choose time countdown mode, distance count down mode, calories countdown mode, and the window will show the default data and flash. At the same time, press SPEED ▲/▼ to set the data. Press ' START ' button, the machine will run at the lowest speed, you can press SPEED ▲/▼ to change the speed. When it counts down to 0, the machine will stop smoothly. Certainly, you can press ' STOP' button or take out the safety key from the computer to stop the machine.

3. INNER INSTALL PROGRAM:

Press 'PROG' button to choose the inner install program from P1----P12. When setting the program, the time window will show default data and hash, press SPEED button to set the running time. Each program has been divided into 20 section, Each exercise time=the setting time/20. Press 'START', the machine will run at the first section speed. When the section is over, it will enter into the next section automaticly, the speed will change as next section data. When finished program, finishes the machine will stop smoothly. During the runnig, you can change the speed by the SPEED ▲/▼ whenever, When the program enters the next section will it go back to the current speed. You can then press 'STOP' or take out the safety key to stop the machine when-ever.

HEART BEAT TEST

When holding the hand pulse with both hands, the pulse window will show your heart beat after 5 seconds.Display range:50-200times/minutes. In order to get the heart beat more accurate, please test when the machine stop, and holding the hand pulse for more than 30 seconds. The heart beat data is just for reference, not for medical purpose or reference.

BODY FAT TEST

Press ' PROGRAM' button under ready condition, until ' FAT' shows in the speed window. 'FAT' is body fat test mode. Press ' MODE' to choose parameter ' SEX / AGE / HEIGHT / WEIGHT', and TIME/DIST window will show "F1"、"F2"、"F3""F4". When setting each parameter, press SPEED ▲/▼ to adjust the data, and the window will show the data, then the window will show"F5" enter into ready condition.
Holding the pulse and with to hands, will display your BMI data after 5 seconds.

Data display and set range

	default	range	mark
SEX（F1）	（MALE）	1—2	1=MALE 2=FEMALE
AGE（F2）	25	10—99	
HEIGHT（F3）	170 CM	100—240 CM	
WEIGHT（F4）	70KG	20—160KG	

BMI reference

（F5 ）	
<19	THIN
19--26	NORMAL
26--30	OVER WEIGHT
>30	OBESE

SAFETY KEY FUNCTION

Pull out the safety key, the windows display"————",the treadmill will stop quickly and appear the alarm sound "Di Di Di",.after put the safety key on it's position, the windows will full display 2 seconds,all data turn to zero.

FOLD UP POWER OFF FUNCTION

When the treadmill is running, folding up the base frame to be stand ,the treadmill will stop running and the computer will display E09.

RUNNING DATA DISPLAY AND SETTING RANGE

	RANGE	DEFAULT MODE	DEFAULT PROGRAM	SET RANGE
SPEED	0.8KMH—14KMH	--------	--------	--------
TIME	0:00—99:59	30:00	30:00	5:00---99:00
DISTANCE	0.00KM—99.9KM	1.00KM	--------	0.5KM—99.5KM
CALORIES	0Kcl—999Kcl	50Kcl	--------	10Kcl—995Kcl

Computer Operation

TABLE:

PROGRAM	TIME	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
		span: Setting time/20= interval running time																			
P1	SPEED	2	3	3	4	5	3	4	5	5	3	4	5	4	4	4	3	3	3	5	3
P2	SPEED	2	4	4	5	6	4	6	6	6	4	5	6	4	4	4	2	2	5	4	2
P3	SPEED	2	4	4	6	6	4	7	7	7	4	7	7	4	4	4	2	4	5	3	2
P4	SPEED	3	5	5	6	7	7	5	7	7	8	8	5	9	5	5	6	6	4	4	3
P5	SPEED	2	4	4	5	6	7	7	5	6	7	8	8	5	4	3	3	6	5	4	2
P6	SPEED	2	4	4	4	5	6	8	8	6	7	8	8	6	4	4	2	5	4	3	2
P7	SPEED	2	3	3	3	4	5	3	4	5	3	4	5	3	3	3	6	6	5	3	3
P8	SPEED	2	3	3	6	7	7	4	6	7	4	6	7	4	4	4	2	3	4	4	2
P9	SPEED	2	4	4	7	7	4	7	8	4	8	9	9	4	4	4	5	6	3	3	2
P10	SPEED	2	4	5	6	7	5	4	6	8	8	6	6	5	4	4	2	4	4	3	3
P11	SPEED	2	5	8	10	7	7	10	10	7	7	10	10	5	5	9	9	5	5	4	3
P12	SPEED	3	4	9	9	5	9	5	8	5	9	7	5	5	7	9	9	5	7	6	3

Exercise Instructions

WARM UP STAGE

If you are over 35 years old, or not very healthy, or it's your first time exercising, please consult with your doctor or professional person.

Before you use the motorized treadmill, please learn how to control the machine, know well how to start, stop, adjust the speed and so on, don't stand on the machine at this time. After that, you can use the machine. Stand on anti-slip pad both sides and hold the handle bar with your both hands. Keep the machine at the low speed about 1.6~3.2 km/h, then test the running machine with one foot, once used to the speed, you can run on the machine and can adjust the speed between 3 and 5 km/h. Keep the speed about 10 minutes, then stop the machine.

Exercise Stage

Learn how to adjust the speed and incline before using. Walk about 1 km at stable velocity and write down the time, it will take you about 15-25 minutes. If walk at 4.8 km/h, it will take you about 12 minutes in 1 km. If you feel comfortable at the stable velocity, you can add the speed and incline, after 30 minutes, you can have good exercise. At this stage, you can not add the speed or incline too much at one time, it can keep you feel comfortable.

Exercise Intensity

Warm up at the speed 4.8 km/h in 2 minutes, then add the speed to 5.3 km/h and keep walking in 2 minutes, then add to 5.8km/h and walk in 2 minutes. After that, add up 0.3 km/h in each 2 minutes, until rapid breath but feeling uncomfortable

Calorie burning---the best effective way

Warm-up for 5mints by the velocity:4-4.8KM/H, then slowly increase the speed by 0.3KM/H/2Mints ,until up to the stable speed which you feel is comfortable for 45Mints.For improving the intensity of movement, you can maintain the speed during 1H of TV program, then increase the speed by 0.3KM/H each Advertisement interval time, after that return to the original speed . You can acquaint the best efficiency of workout for calorie burning during the advertisement time and subsequent heart frequency increasing time. Finally , you should slow down the speed step by step for 4Mints.

Exercise frequency:

The cycle time: 3-5times/Week, 15-60 minutes/Times.Make up the schedule of workout scientific, not only for your hobby. You can control the running intensity by adjusting the speed and incline of treadmill. We suggest that you don't set the incline at first; increasing the incline is an effective way to strengthen the exercise's intensity.

Consult with your physician or health professional before starting your workout. The professional people can help you develop a suitable exercise time-chart according to your age and health condition, determine the speed of movement, the intensity of exercise. Please stop at once, If you feel chest tightness, chest pain, irregular heart beat, breath difficulty, dizziness or other discomfort during exercise. You should consult with your physician or health professional as keep going.

You can choose the normal walking speed or the jogging speed ,if you always take workout with treadmill.

If you don't have enough experiences or confirm the testing velocity ,you can follow the instruction :

Speed 1-3.0KM/H   not well physical

Speed 3.0-4.5KM/H less movement and workout

Speed 4.5-6.0KM/H normal walking

Speed 6.0-7.5KM/H Fast walking

Speed 7.5-9.0KM/H Jogging

Speed 9.0-12.0KM/H intermediate speed walking

Speed 12.0-14.0KM/H well experiences of running

Attention: The velocity of movement ≤6KM/H, the normal walking; The velocity of movement ≥8.0KM/H, the runner.

Exercising Information

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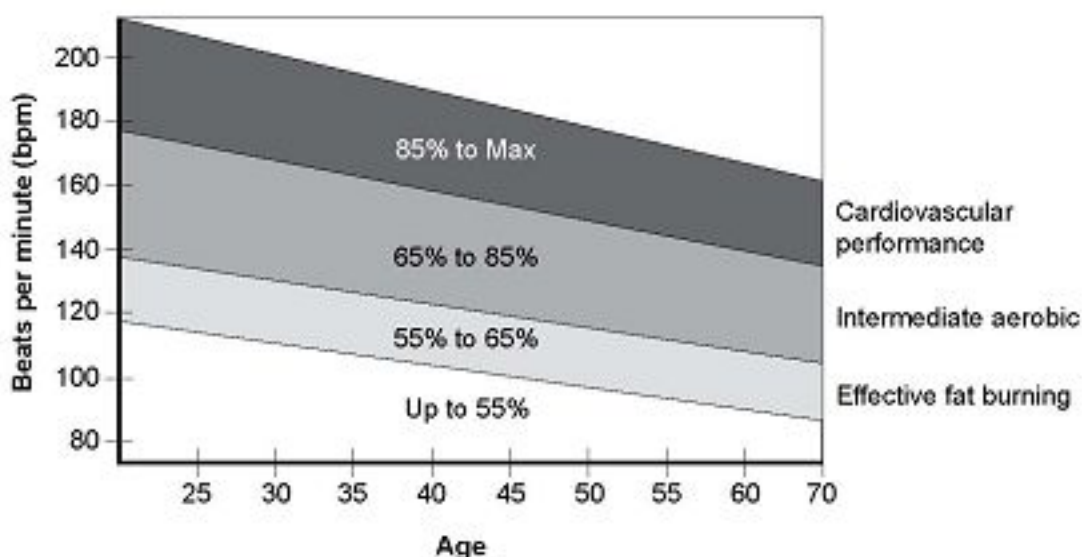
During the first few months of your exercise program, keep your heart rate near the low end of your target zone as you exercise. After a few months, your heart rate can be increased gradually until it is near the middle of your target zone as you exercise.

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.
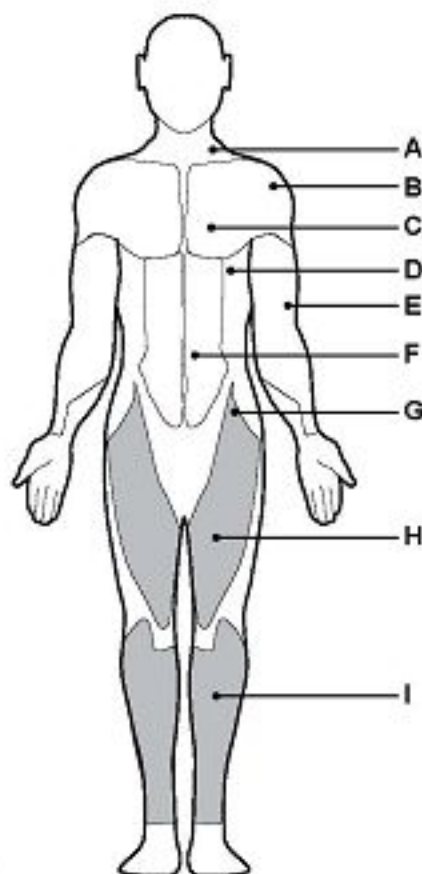
Muscle chart

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). Your heart beats quickly and you breathe deeply. An aerobic exercise should be part of your entire exercise routine.
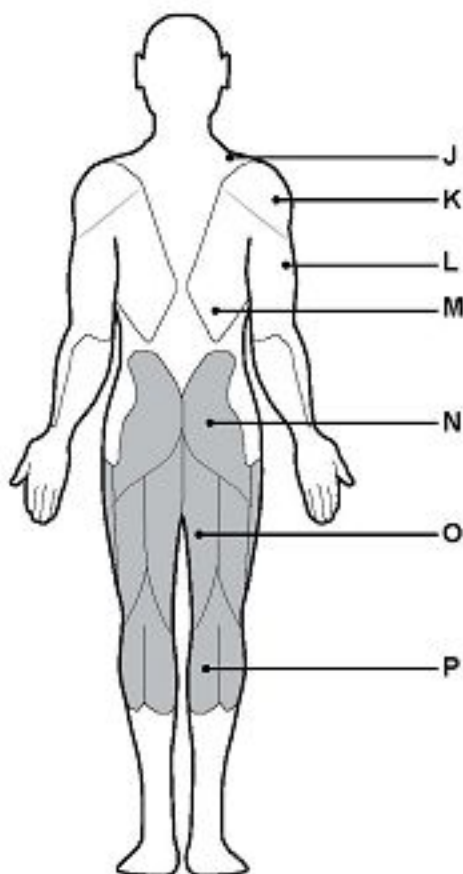
Weight Training

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 Treadmill will develop the upper and lower body muscle groups. These muscle groups are highlighted on the muscle chart below.

Front

Back

A: Trapezius	F: Abdominal	J: Trapezius	N: Gluteals
B: Anterior	G: Sartorius	K: Posterior	O: Hamstrings
C: Pectoralis Major	H: Quadriceps	L: Triceps	P: Gastrocnemius
D: Serratus Anterior	I: Tibialis	M: Latissimus Dorsi	
E: Biceps			

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.

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.
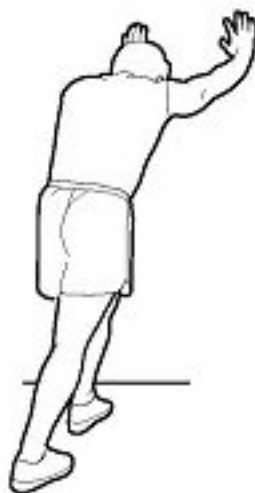
Quadriceps stretch

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

1. Examine the equipment periodically in order to detect any damage or wear which may have been produced,safety level of the equipment can be maintained only if it is examined regularly for damage and wear, e.g. connection points

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

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

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. 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.

Argos
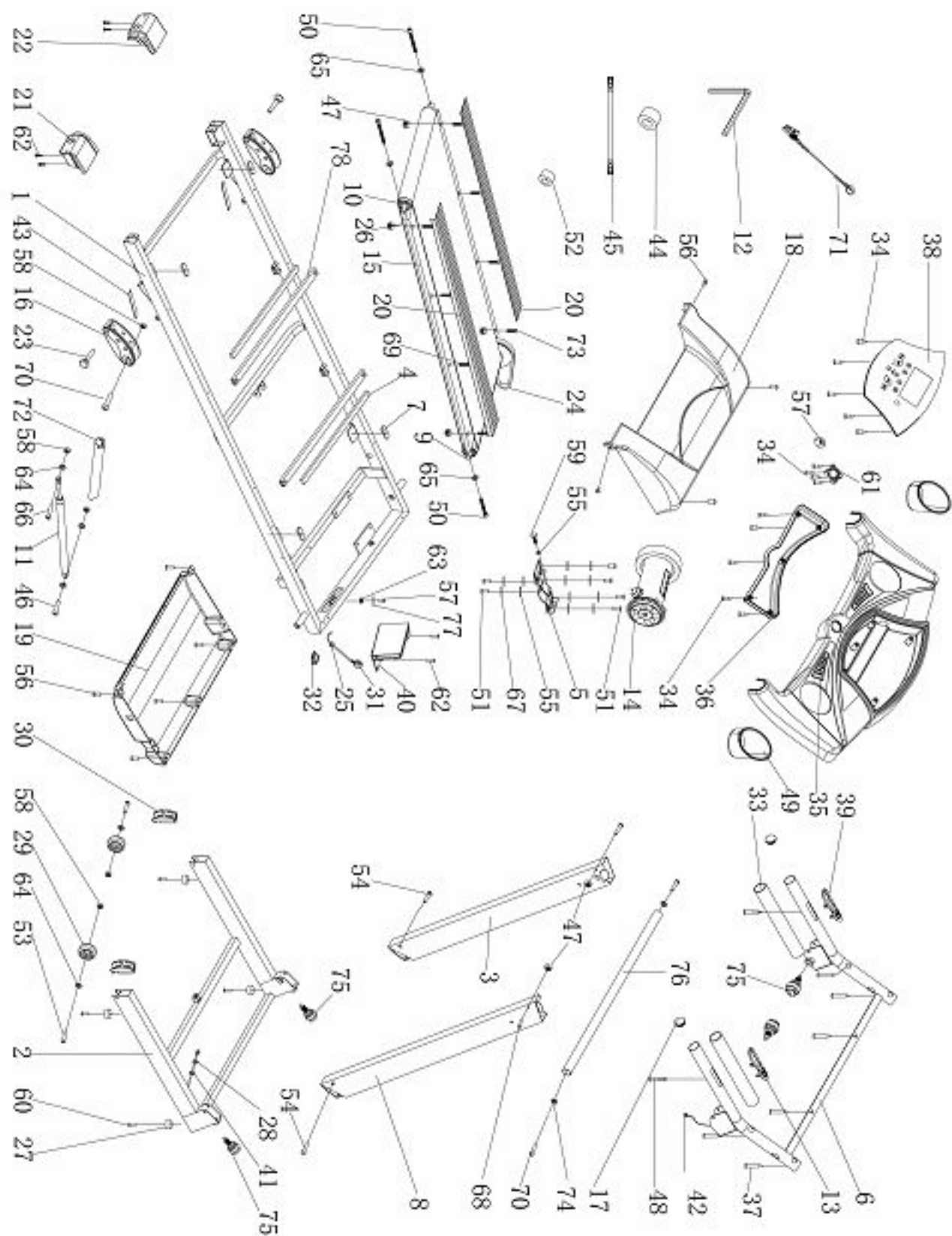
Product Guarantee

This product is guaranteed against manufacturing defects for a period of

1 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