Motorised Treadmill with Manual Incline
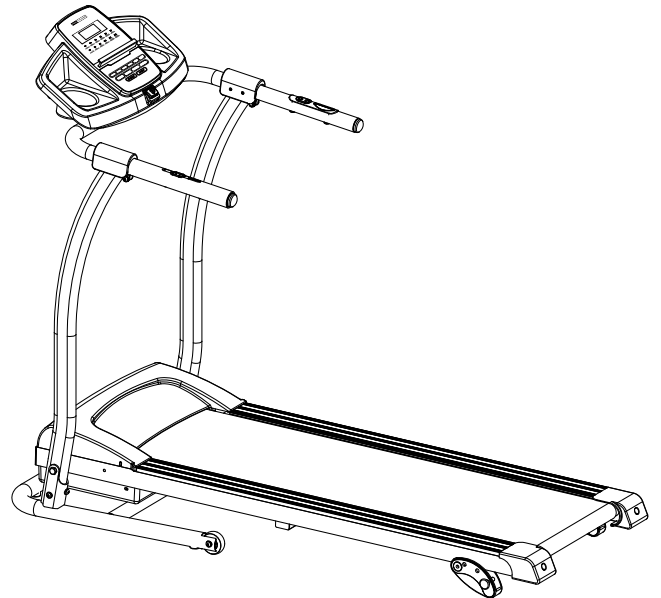
PRO FITNESS
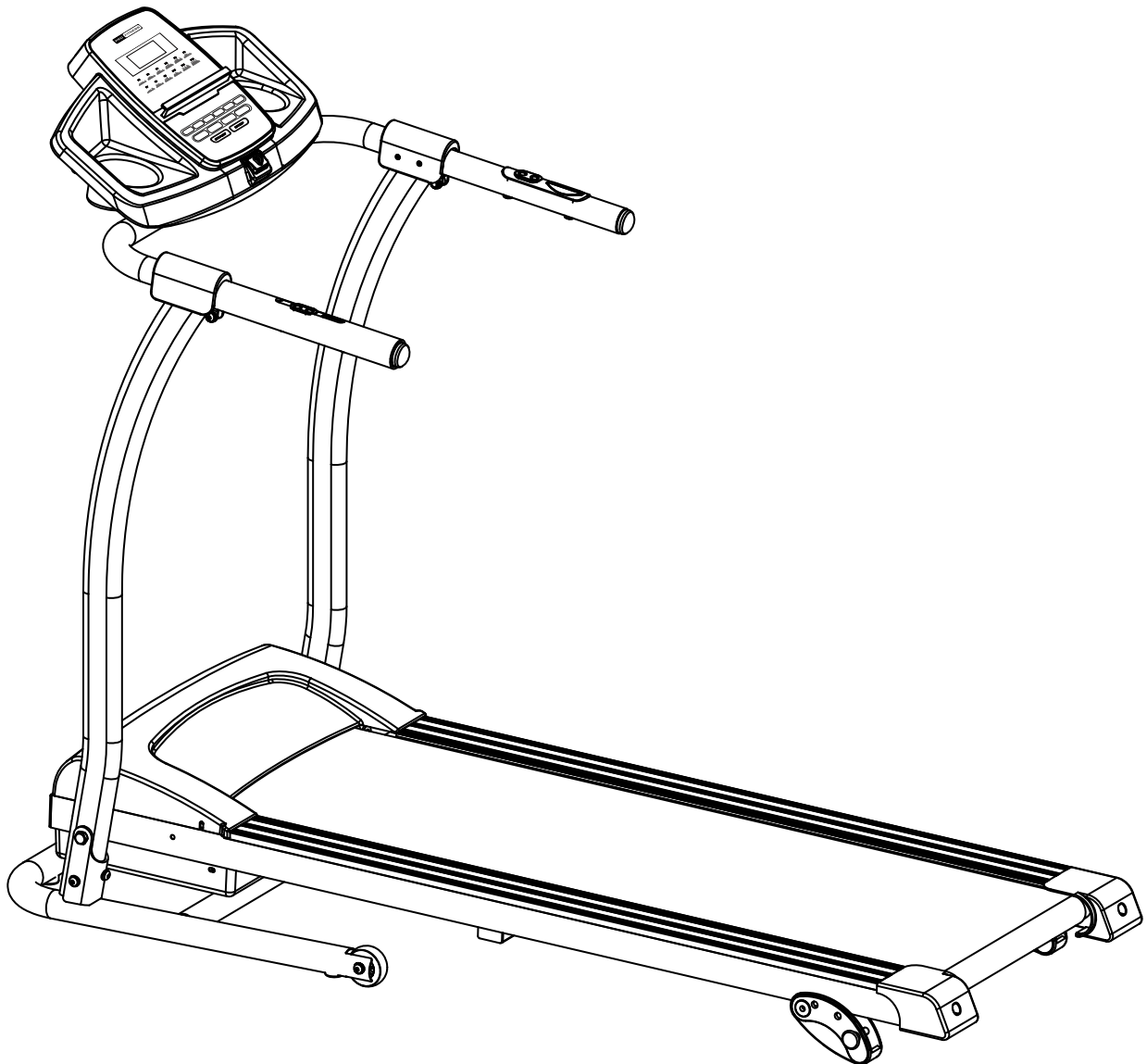
Important – Please read these instructions fully before assembly or use

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

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

Contents

Before you Begin

Precautions

Congratulations for selecting the 4605250 Motorized Treadmill from Pro Fitness. Whether you are anaccomplished athlete seeking to maintain peak performance or a beginner realizing the benefits of exercise for the first time, the 4605250 Treadmill will help you to achieve your goals.

In the meantime, remember that the benefits of exercise are many and varied including higher energy levels, reduced stress, improved self-esteem, clearer and more radiant skin, greater cardiovascular efficiency, higher metabolic rate, and improved body posture – all of which can result in a longer and more enjoyable life.

While purchasing the 4605250 Treadmill will not do all of this alone, it is an important step towards understanding and achieving the benefits of exercise.

- When you open the carton, please **DO NOT** hold handle grip to carry the treadmill from the carton. Assemble the treadmill and take out from the carton, failure to do this will damage the treadmill console .
- Do not under any circumstance turn the machine on its side unless in the fold up position. Failure to follow this instruction could lead to serious injury from base frame being sprung open with considerable force.

All **Pro Fitness** products are manufactured to the highest specifications and this instruction manual should enable you to assemble the 4605250 Treadmill and commence your workout program. If, however, you have any additional questions, please call out UK **Customer contact number: 0345 600 1714.** To help us assist you, please quote the product model number and serial number when calling. The model number is 4605250.

General Safety Information

1. It is the responsibility of the owner to ensure that all users of this treadmill are adequately informed of all warnings and precautions.
2. Use the treadmill only as described in this manual.
3. Place on a level surface, clear safety area of at least 2000 mm in length and at least as wide as the treadmill should be provided behind the equipment when in use. Do not place the treadmill on any surface that blocks air openings. To protect the floor or carpet from damage, place a mat under the treadmill.
4. When choosing a location for the treadmill make sure that the location and position permit access to a plug.
5. Keep the treadmill indoors, away from moisture and dust. Do not put the treadmill in a garage, outbuilding, covered patio, or near water.
6. Do not operate the treadmill where aerosol products are used or where oxygen is being administered.
7. Keep children and pets away from the treadmill at all times.
8. The treadmill should not be used by persons weighing more than 100kgs.
9. Never allow more than one person on the treadmill at a time.
10. Wear appropriate exercise clothing when using the treadmill. Do not wear loose clothing that could become caught in the treadmill. Athletic support clothes are recommended for both men and women. Always wear athletic shoes. Never use the treadmill with bare feet, wearing only stockings, or in sandals.
11. When connecting the power cord, plug the power cord into a grounded circuit. When replacing the fuse, an ASTA approved BS 1362 type should be fitted to the fuse carrier, A13 amp fuse should be used, no other appliance should be on the same circuit.
12. Keep the power cord away from any heated surface.
13. Never move the running belt while the power is turned on. Do not operate the treadmill if the power cord or plug is damaged, or if the treadmill is not working properly.
14. Never start the treadmill when you are standing on the running belt. Stand on the side rails, hold the handrails, start with low speed and then step on the unit. When comfortable increase the speed to one that you are comfortable with.
15. The treadmill is capable of high speed. Adjust the speed in small increments to avoid sudden jump in speed.
16. The pulse sensor is not a medical device, various factors, including the user's movement, may affect the accuracy of the heart rate readings. The pulse sensor is intended only as exercise aid in determining heart rate trends in general. WARNING! Heart rate monitoring systems may be inaccurate. Over exercising may result in serious injury or death. If you feel faint stop exercising immediately.
17. Never leave the treadmill unattended while it is running. Always remove the safety key when the treadmill is not in use.
18. Always examine your treadmill before using to ensure all parts are in working order.
19. Never insert any object or body parts into any opening.
20. Inspect and tighten all parts of the treadmill regularly. (see maintenance page)
21. Always unplug the treadmill before cleaning and/or servicing. Service to your treadmill should only be performed by an authorized service representative, unless authorized and/or instructed by the manufacturer. Failure to follow these instructions will void the treadmill warranty.
22. This appliance is not intended for use by person (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision and instruction concerning use of the appliance by person responsible for their safety. Keep unsupervised children away from the equipment. Injuries to health may result from incorrect or excessive training.
23. Noise emission under load is 60.3dB(A) which is higher than without load.

⚠️ Safety Information

PRO FITNESS

To reduce the risk of serious injury, read the entire manual before you assemble or operate the Pro Fitness Motorized Treadmill with manual incline, In particular, note the following safety precautions.

Assembly

• Keep children and animals away from the work area, small parts could cause choking 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.

• Position the equipment on a clear, level surface.

• 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.

• This product is suitable for user's weight of: **100kgs.**

•This product conforms to EN ISO 20957-1 and EN957-6 Class (H) - Home Use - Class (C).

Injuries to health may result from incorrect or excessive training.

Components - Parts

If you have damaged or missing parts, please cal
the **Customer contact number: 0345 600 1714**
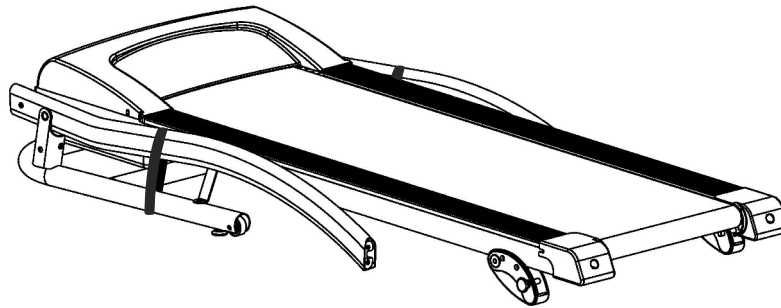**www.argos-support.co.uk**

Please check you have all parts listed below

Note: Some of the smaller components may be pre-fitted to larger components. Please check carefully before contacting Argos regarding any missing components.
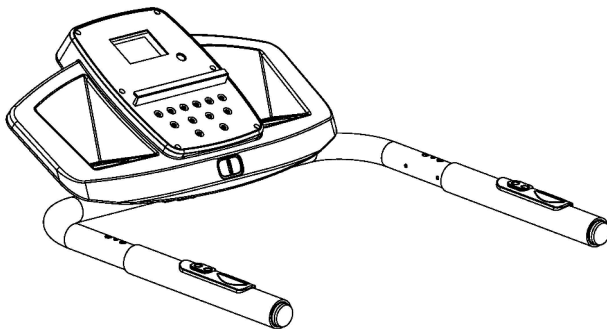Total mass of the product is 37.5kgs. Foot print of the product is 163cm x 69cm.
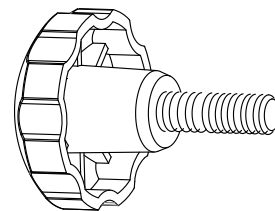The free standing equipment shall be installed on a stable and level base.
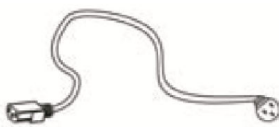It is suggested to assemble this equipment with two persons.
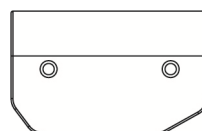
Main Frame

Computer and Handrails

15. Knob

(7L)   (7R)

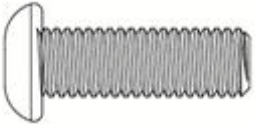Power Cord   **7.** Handle Cover （R / L）   Lubricating Oil
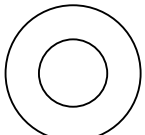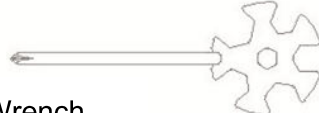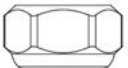
PRO FITNESS

Please check you have all parts listed below

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

23 M8X16 Allen Bolt × 2	**11** M8X50 Allen Bolt × 2	**21** M8X55 Allen Bolt × 4
19 8mm Washer × 2	**13** M5X10 Allen Bolt × 4	**12** 8mm Curve Washer × 6
5# Allen Wrench × 1	Wrench	**18** M8 Nylon Nut × 2
6# Allen Wrench × 1	**58** The safety Key	

Ruler - Use this ruler to help correctly identify the hardware

0 5 10 15 20 25 30 35 40 45 50 55 60 65 70 75 80 85 90 95 100 105 110 115 120 125 130 135 140 145 150 155 160 165 170
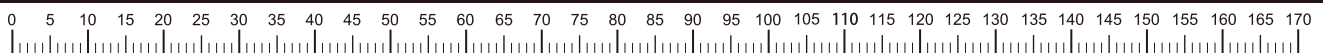
PRO FITNESS

Before Assembly

Overview Drawing

Control panel

Safety strap

Speed+/-

Pulse sensor

Handrail

Start/stop

Pulse sensor

Handrail frame

Motor cover

Side rail (right)

Running belt

End cap (right)

Side rail (left)

Adjustable foot

Adjustable screw
for running belt

End cap (left)
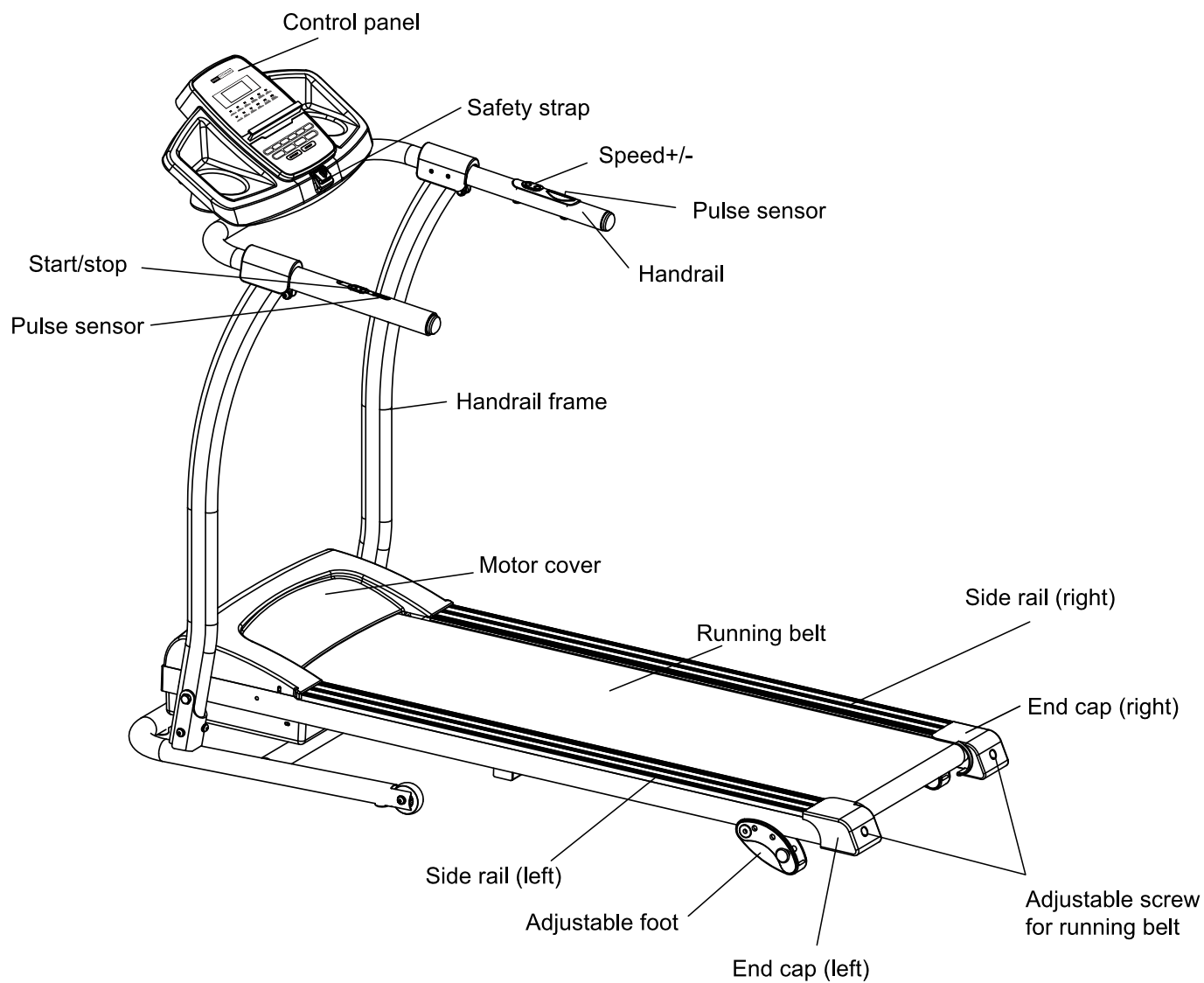
Assembly Instructions
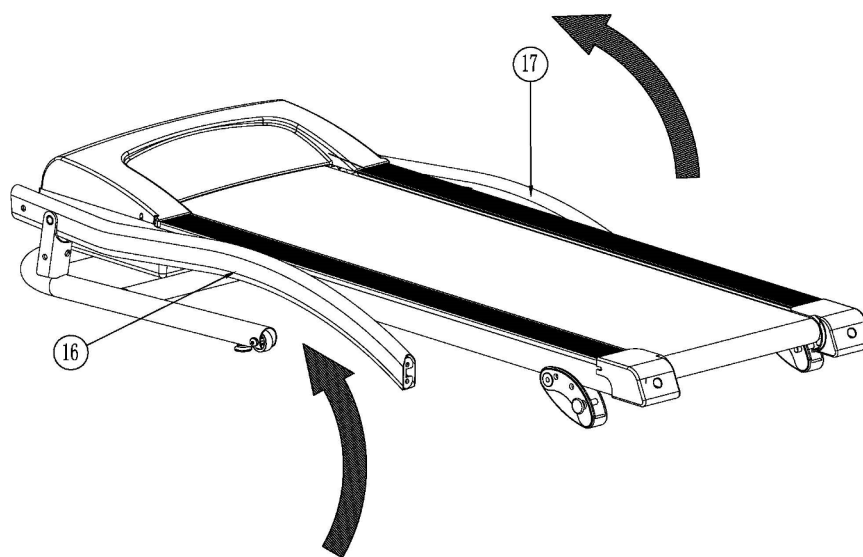
Step 1

1. Unpack the treadmill from the carton.
Note: The treadmill must be placed flat on the floor (with the wheels in contact with the floor) before cutting the retaining cable ties on both sides of the product.
2. Unfold the L/R Handrail frames (16 & 17) in an anti-clockwise direction to a stand-up position.
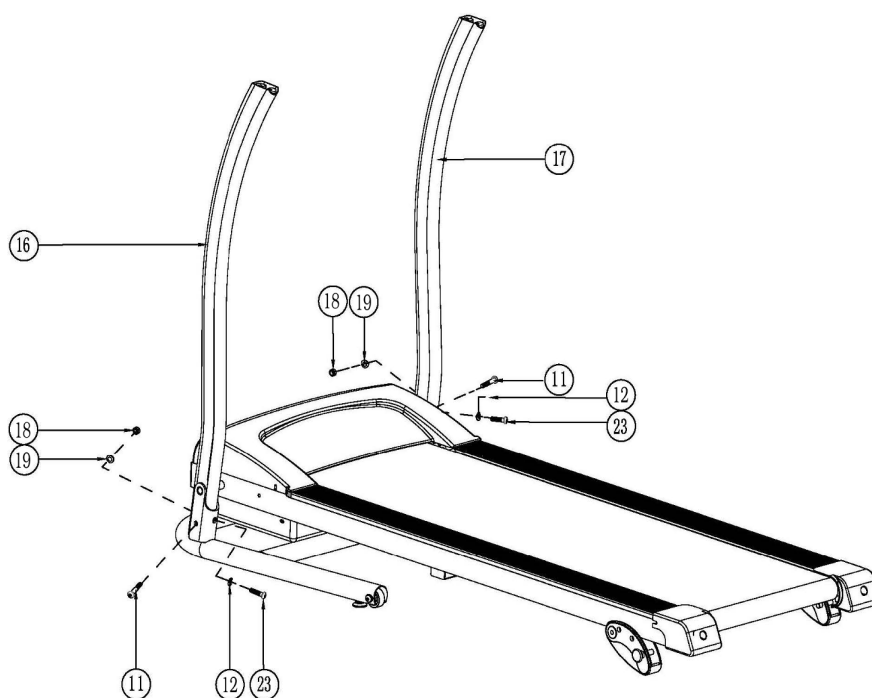
Step 2

1. Tighten the L/R Handrail Frames (16 & 17) to the Base Frame with 2 x M8*16 Bolt (23), 2 x M8 Curved Washer (12), 2 x M8 Washer (19) and 2 x M8 Nylon Nut (18).
2. Fix 2 x M8*50 Bolt (11) on the two sides.
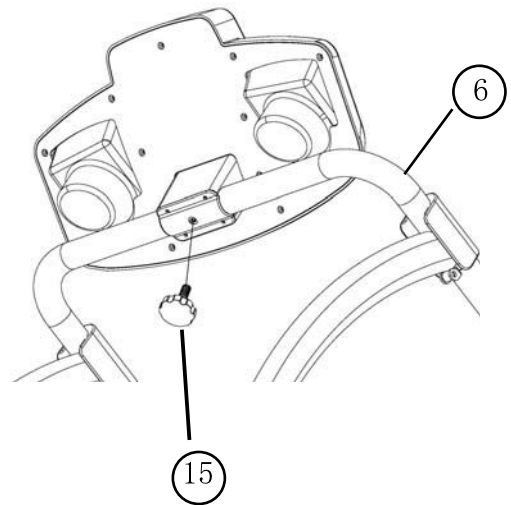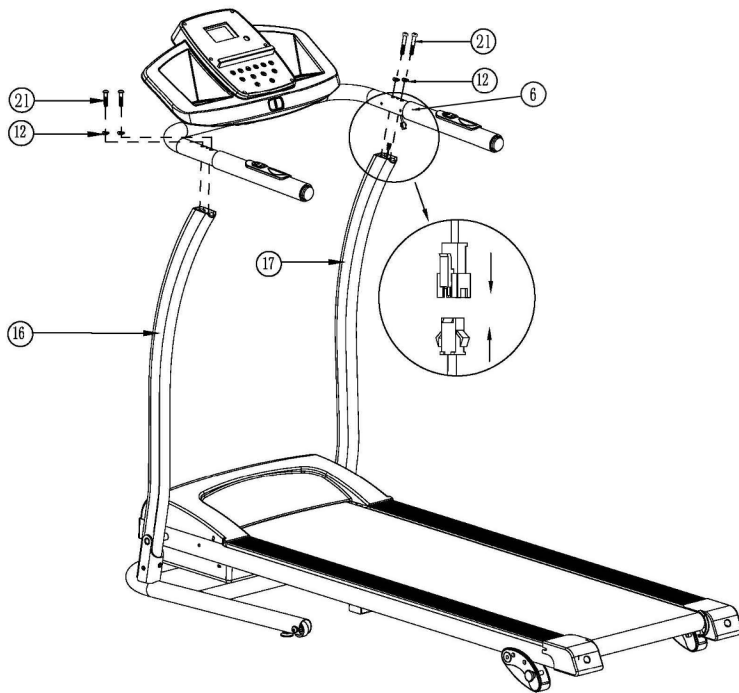
Step 3

1. Connect the Sensor Wires together as depicted in the small illustration. Fit the extra length of wires into the inside of the L/R Handrail Frames (16 & 17).

2. Fix the Handrail (6) to the L/R Handrail Frames (16 & 17) with 4 x M8*55 Bolt (21) and 4 x Curved Washer (12).

3. Adjust the angle of the console board to align with the hole on the Handrail (6), then secure it with a turning Knob (15).
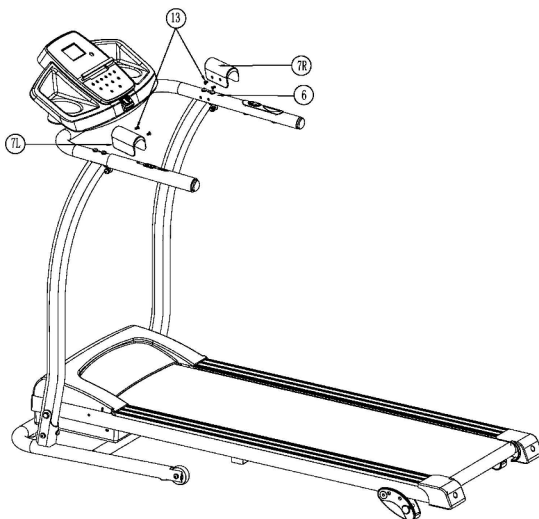
Step 4

Attach the L/R Handrail Covers (7L & 7R) to the Handrail (6) and tighten with 4 x M5*10 Bolt (13).
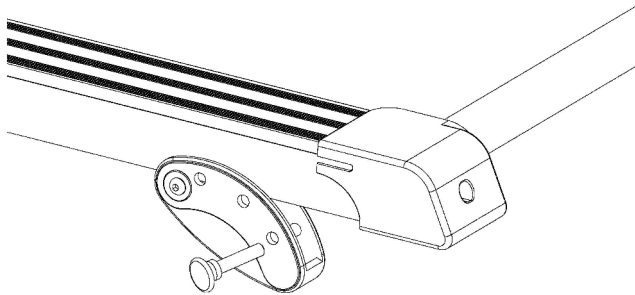
Adjust the inclination of the treadmill with the pin on the adjustable feet.

Changing the belt's incline

Release the pin by pulling it straight out, then insert the pin at the desired position.
Secure the pin by pushing it straight in.
Top hole (level position), middle hole (3.5% incline), and bottom hole (7% incline).
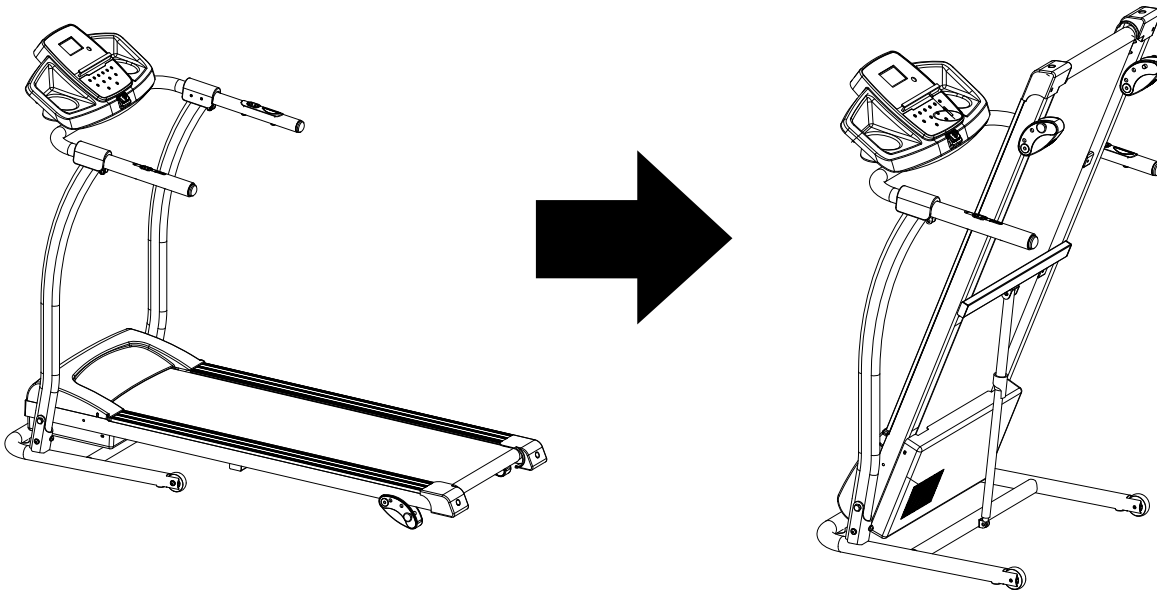
Folding away your treadmill

1. Turn off the treadmill: turn off the main power and pull out the plug.
2. Lift up the treadmill base and fold it forward till you hear a click sound.
3. The folded dimension of the equipment is 74 x 68 x 148cm (LxWxH).
WARNING! A folded treadmill should not be operated. To allow the running surface to come to a complete stop before folding.

Workout Area

Free area and training area.
The free area should be no less than 0.6m 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.

0.6m
(Free area)

0.6m
(Free area)

0.6m
(Free area)

Training
area
3.7m

2m

0.6m
(Free area)
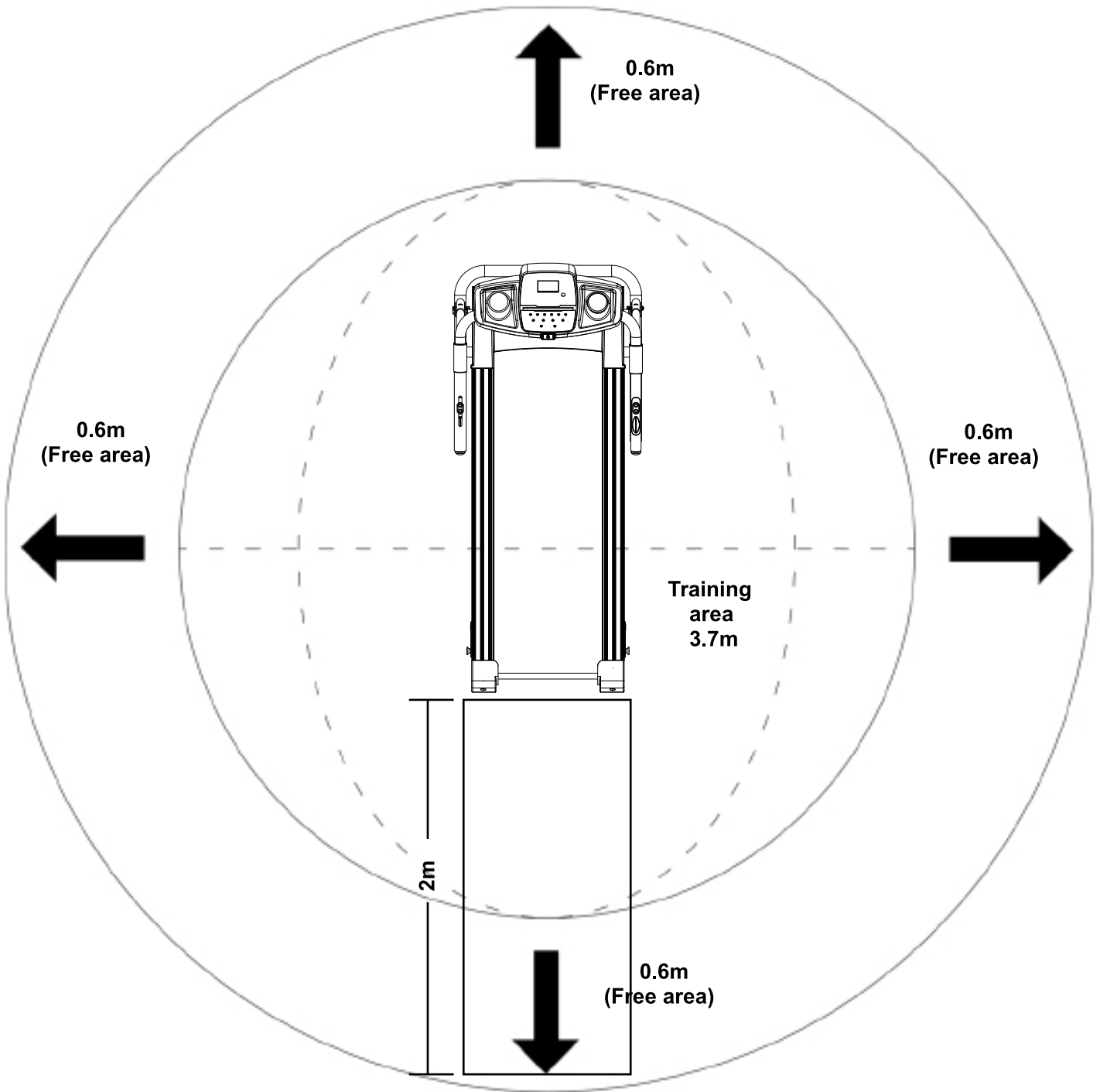
How to Start

Turning on the treadmill
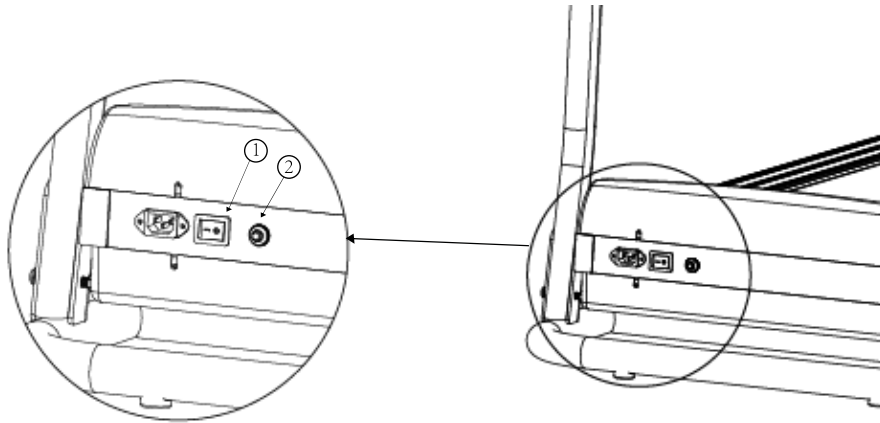
Plug in the mains power and turn on the switch(1).
You will hear a signal tone and the screen of the Computer will light up.

OVER-CURRENT PROTECTOR:
There is an over-current protector (2) located on the right side of the switch (see above picture); in case of short circuit or over-current, the Button of the over current protector will pop up and the treadmill will power off; please unplug the power source and push down the button, and then turn on the switch to restart your workout. If the button pops up again, please contact Argos.

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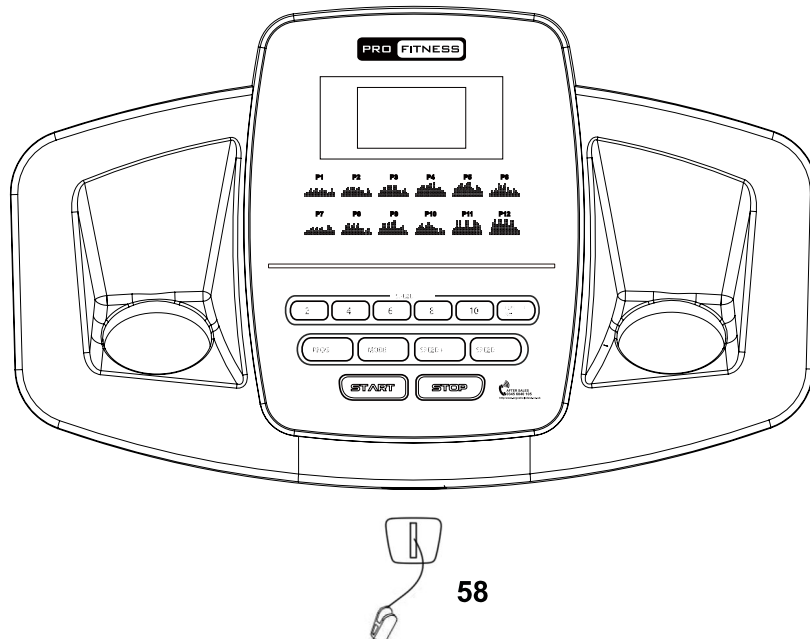
SAFETY KEY:
The treadmill will only work if the safety key (**58**) is properly locked in the provided notch of the console. Insert the safety key (**58**) and attach the clip onto the waist part of your clothes. If it is necessary to turn off the motor immediately, just pull the safety key (**58**) out of the console and move your feet to the foot rails at the same time.

Computer Instruction
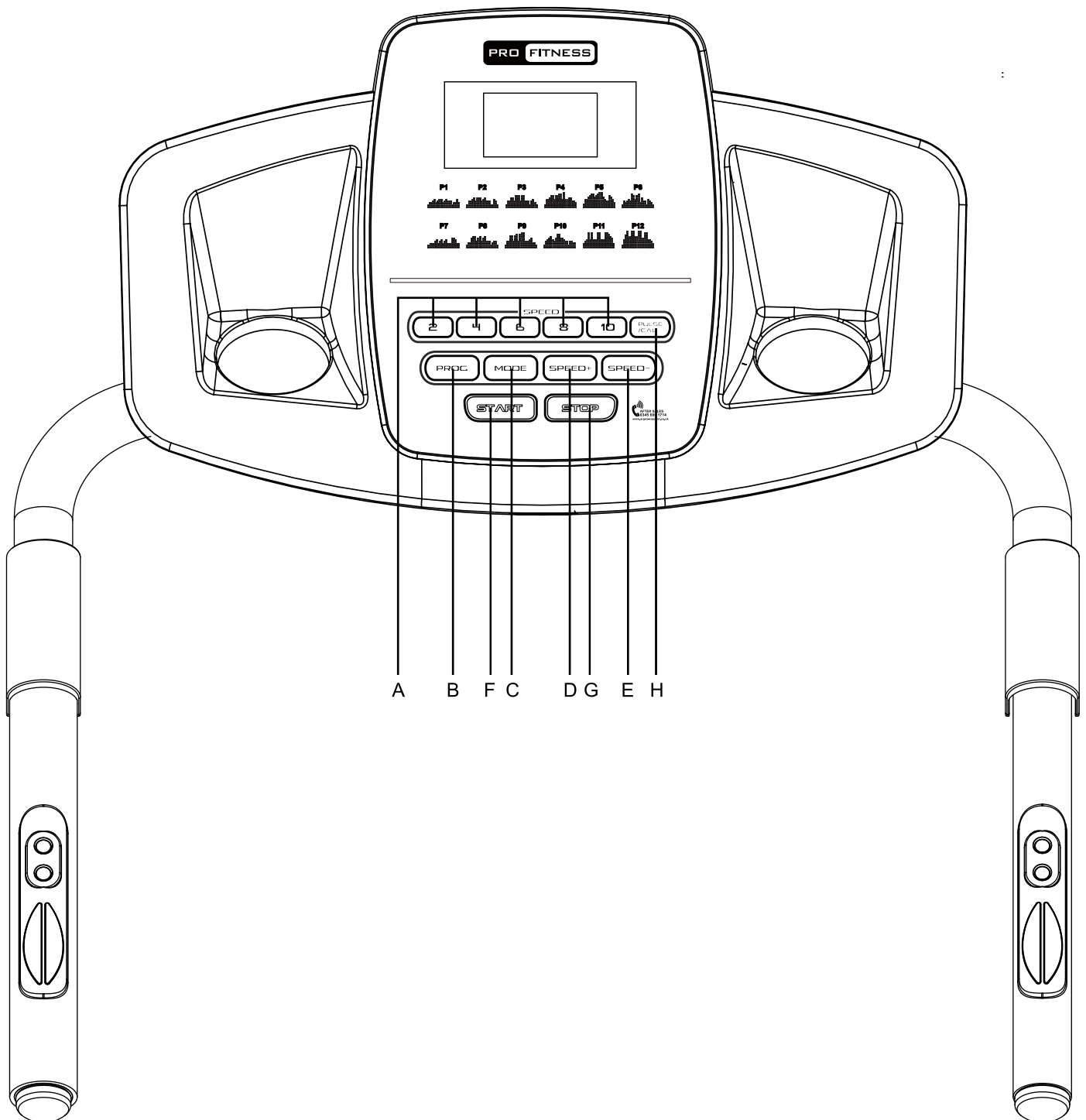
A	Quick Speed Select	**B**	Prog	**C**	Mode	**D**	Speed+	**E**	Speed-	**F**	Start	**G**	Stop
H	Pause/Cal												

Computer Operation

Functions and Operations

TECHNICAL SPECIFICATION
Time--------------------------------00:00--99:59 (Min:Sec)
Speed-------------------------------0.8--12.0 km/h
Distance----------------------------0.0--99.9 km
Calorie-----------------------------0.0--999Kcal
Pulse-------------------------------50--200 Times/ Min

START
Press to start exercise at initial speed 0.8km/h

STOP
1. Press during workout, and the treadmill will stop by gradually reducing the speed.

2. Press again all display window will be cleaned to zero.
3. Clear data to zero before press MODE and PROG keys.

QUICK SPEED SELECT
Press to select your desired running speed with 2, 4, 6, 8, or 10km/h.

SPEED UP/DOWN
1. Press to increase/decrease exercise speed by 0.1km/km

2. Press to choose the desired training target (Time, Distance) under training target control workout model.

MODE
Press to select training target workout mode.

PROGRAM
Press to select workout program (P1—P12).

IMPORTANT
● The pulse function is for reference only, and not to be used for medical purpose.

SAFETY KEY
● The safety key must be placed into the magnetic recess on the console in order to operate the treadmill. Always place the safety key in its position and attach the clip to your clothing at your waist before beginning your workout.

● If you should encounter problems and need to stop the motor immediately, simply pull the safety key away from the console; to continue operation, simply turn the power switch to off, set the speed controller to stop and then reinsert the safety key into the console.

GENERAL OPERATION
1. Turn on the Power Switch at the front of your Treadmill. This switch is located next to the Mains Power Cord inlet.
2. Place the Safety Key into the magnetic recess in the middle front of the Computer Console.

The console will give an audible signal and all console window displays will function with a start display value of 0.

To stop the treadmill in an emergency, simply pull the safety key off its mount in the console front It is important that you connect the clothing clip to your shirt or other suitable clothing during exercise to ensure that this safety system can operate easily.

To get a pre-exercise pulse rate, simply hold both Hand Pulse Sensors on either side of the Handlebar Supports for 5 seconds. The Pulse Range is between 50 ~ 200 Beats per Minute.

Note: The readings displayed by the computer should not be used for therapeutic purposes as they can vary due to the sensitivity of the equipment and the available pulse signal put out by individuals' palms. To get the best accurate readings, keep the hands placed flat and firm on the PULSE SENSORS for 10 to 20 seconds, as this will allow the pulse reading to average and then settle.

WARNING!
Heart rate monitoring system may be inaccurate. Over exercising may result in serious injury or death. If you feel faint, stop exercise immediately. For the most accurate heart rate measure, please hold both hand pulse sensors continuously during this programme.

Computer Operation

- **START YOUR TREADMILL**
1. Turn on the treadmill, and press "Start" button on the console.
2. Press "Speed Up" or "Speed Down" button to adjust speed or press handle "Speed Up or Speed Down" button to adjust speed. Press the key once, and the speed changes 0.1Km/H.
3. Also the user can press the "Quick Speed Select" button to select desired running speed.

- **STOP YOUR TREADMILL**
1. Press the "Speed Down" button on the console, adjust or press handle "Speed Down" button to reduce the speed, then press the "Stop" key on the Console, and the treadmill will stop; turn off the switch if you intend to finish workout.
2. Pull away the Safety Key and the treadmill will stop itself.

- **TRAINING**
1. Under Manual standby mode, default SPEED shows 0.0 KM/H. TIME shows 0:00 min. DIST shows 0.0. PULSE shows 000.
2. Under Manual standby mode, press MODE button and select Run by Normal, Pre-set Time or Pre-set Distance. When time counts up, ":" blinks. When time counts down, ":" is still.
A. When Run by Normal, time and distance counts up. The belt starts at the lowest speed (0.8km/h) and will stop when the pre-set time reaches 60 minutes.

B. When Run by Pre-set Time, press the MODE button once and the default time is 30:00 min. You can adjust the time by pressing the SPEED up and down buttons from minimum 5:00 min to maximum 99:00 min. When the unit runs by time count-down, it will stop when time reaches 0:00 min.
C. When Run by Pre-set Distance, press the MODE button twice and the default distance is 1.00km. You can adjust the distance by pressing the SPEED up and down buttons from 0.5 km up to maximum 99.5 km with an increment of 0.5 km. When the unit runs by distance count-down, it will stop when distance reaches 0 km.

3. Under Manual standby mode, by pressing the PROG button, you can select 12 programs from P1 through P12. All programs run by time count-down from default setting 30:00 min. The time can be adjusted by pressing the SPEED up and down buttons from minimum 5:00 min up to maximum 99:00 min.
4. When activating any program, it will go through 3 seconds count-down and 3 beeps. When the programs are running, MODE and PROG buttons are disabled.
5. Under Manual mode, you can set the speed by pressing the SPEED up and down buttons and setting the speed from 0.8 km/h up to maximum 12km/h. You can also use Speed Quick buttons to select your target speed.
6. Under Program modes, Speed up and down buttons and Speed Quick buttons are still operational. All programs go through 20 segments. Please refer to program charts on the console.
7. Under Program modes, there will be 3 beeps when switching segments to alert the user.
8. When the unit is operating, pressing STOP button will result in decreasing the speed of the motor till full stop and enter Manual standby mode. All info in the display remains for viewing by the user.
9. When Safety Key is out of its position, the speed of the motor will decrease to stop quickly. All info will show "-".
10. Under any mode, pressing the PUL/CAL button will switch the display between heart beat rate and calories. The default display is heart beat rate detected from the pulse sensor.
11. Under the standby or protection mode, if there is no pressing of button for 30 seconds, the unit will enter the sleeping standby mode. The back light will be off but the LCD display is still on. When any button was pressed during the sleeping standby mode, the back light will be illuminated and become operational again.

Computer Operation

PRO FITNESS

Functions and Operations

● **Program Workout Model (P1—P12)**
In this mode, the user has a choice of Programs P1 – Program P12.

1. Press the PROG button, the "Program" window will display "P1" and the "Time" window will display "30:00", which is the preset time of the treadmill for each program.

2. The preset workout time of the treadmill for each program is 30:00 mins; when you finish selecting workout program, press
"Speed Up / Down" button to select your desired workout time (the range is: 5:00---99:00 min:sec).

3. Press "Start" button and the treadmill will count down three and start operation. The start speed depends on the program you have chosen.

4. For all preset values, please refer to following table and diagrams.

Any of the training program levels has 20 segments, and each segment time is 1/20 of total setting time; during any training segments, press the "Speed Up" / "Speed Down" button to adjust training speed.

Program	Speed (km/h) per segment																			
P1	2	3	3	4	5	3	4	5	5	3	4	5	4	4	4	2	3	3	5	3
P2	2	4	4	5	6	4	6	6	6	4	5	6	4	4	4	2	2	5	4	2
P3	2	4	4	6	6	4	7	7	7	4	7	7	4	4	4	2	4	5	3	2
P4	3	5	5	6	7	7	5	7	7	8	8	5	9	5	5	6	6	4	4	3
P5	2	4	4	5	6	7	7	5	6	7	8	8	5	4	4	6	5	5	4	2
P6	2	4	3	4	5	4	8	7	5	7	8	3	6	4	4	2	5	4	3	2
P7	2	3	3	3	4	5	3	4	5	3	4	5	3	3	3	6	6	5	3	3
P8	2	3	3	6	7	7	4	6	7	4	4	4	6	7	4	4	4	2	3	2
P9	2	4	4	7	7	4	7	8	4	8	9	9	4	4	4	5	6	3	3	2
P10	2	4	5	6	7	5	4	6	8	8	6	6	5	4	4	2	4	4	3	3
P11	3	4	5	9	5	9	5	5	5	9	9	5	5	5	9	9	8	7	6	3
P12	2	5	8	10	7	7	10	10	7	7	10	10	6	6	9	9	5	5	4	3

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Limited Warranty

This product is warranted to be free from defects in workmanship and material, under normal use and service conditions, for a period (1) one years from the date of purchase. This warranty only applies to the original purchaser, and is limited to replacing or repairing. All repairs for which warranty claims are made must be pre-authorized by the manufacturer. This warranty does not apply to any product or damage to the product caused by or attributed to freight damage, abuse, misuse, improper or abnormal usage or repairs not provided by an authorized service center, products used for commercial or rental purpose, or products used as store display models. No other warranty beyond that specifically set from above is authorized.

The Manufacturer is not responsible or liable for indirect, special or consequential damages arising out of or in connection with the use of the product or damages with respect to any economic, property, revenues or profits, and enjoyment loss or use, costs of removal.

The warranty extended hereunder is in lieu of any and all other warranties of merchantability or fitness for a particular purpose is limited in its scope and duration to the terms set forth within.

This warranty gives your specific legal rights.

**HOW TO ORDER
REPLACEMENT PARTS**

If you encounter any problem with the product, or need to order replacement parts, call UK **Customer Service：0345 600 1714**. To help us assist you, please be prepared to give us the following information:

The Model Number of the product (4605250).
The name of the product (Entry Treadmill)
The Serial Number/Manufacturing Date of the product/the description of the part(s).

Regular maintenance

Cleaning
Make sure that the treadmill and area around and under it is clean. It is especially important that the running belt, the side rails and also the floor under the belt are kept clean, so no dirt gets between the running belt and the sliding surface or under the motor cover. Dirt and dust can quickly result in increased wear, as well as damaging the machine. Vacuum the running belt and sides of the belt as needed or at least once a week, the rest can be wiped with a slightly damp cloth (a mild soap solution is ok). To avoid getting water in electrical components, the treadmill should not be cleaned with a wet cloth, swab or mop.

Lubricating with silicone oil
The treadmill comes lubricated when purchased. It should then be lubricated about every 30th time it is used (or once every other month). Turn off the power, lift up the rubber mat on the right side with one hand and spray silicone oil moderately along the whole sliding surface under the mat. Do the same on the left side. Turn on the running belt at its lowest speed and walk for roughly three minutes so the silicone oil is evenly spread out.

Centering the running belt
Check that the belt is centered. If it is not, adjust the belt so that it runs freely (see below).

Check that the running belt is correctly centered between the end caps every time before using the treadmill. Adjust the belt if needed, normally only a small adjustment is required. Screw half a turn clockwise on the side that the belt is too near to, then test for at least 15 seconds at 4km/h (check and adjust a further quarter or half turn until the belt is centered).
NOTE: the running belt should not be tightened too hard as this can cause noise and damage the machine.
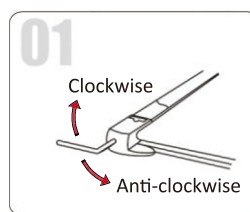
Step1
Screwing clockwise moves the mat to the right. Screwing anti-clock-wise moves the running belt to the left.
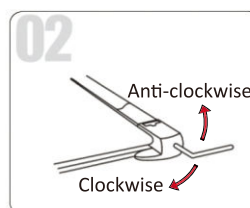
Step 2
Screwing clockwise moves the mat to the left. Screwing anti-clock-wise moves the running belt to the right.

Storage
Remember to store the treadmill in a dry place and not to pile things on top of it.

Troubleshooting

Problem	Possible cause	Solution
Treadmill not working	Plug is not properly connected to the wall outlet.	Put the plug into the wall outlet.
Treadmill not working	Main power switch is turned off	Turn on main power switch located on front side of motor cover.
Treadmill not working	Wall outlet has no power.	Check that wall outlet has power
Treadmill not working	Circuit breaker has tripped.	Press in the red reset button on the circuit breaker located on front side of motor cover.
Running belt off-center and/or making unusual noise.	The running belt settings are affected by our weight, balance and the load distribution. The settings may need adjusting.	Adjust by tightening the screws at the back of the treadmill. See the section titled Regular maintenance for more information.
Running belt slips, is too loose.	With time and load the running belt tension is affected. It then needs to be tightened.	Adjust by tightening the screws at the back of the treadmill anti-clockwise on both sides.

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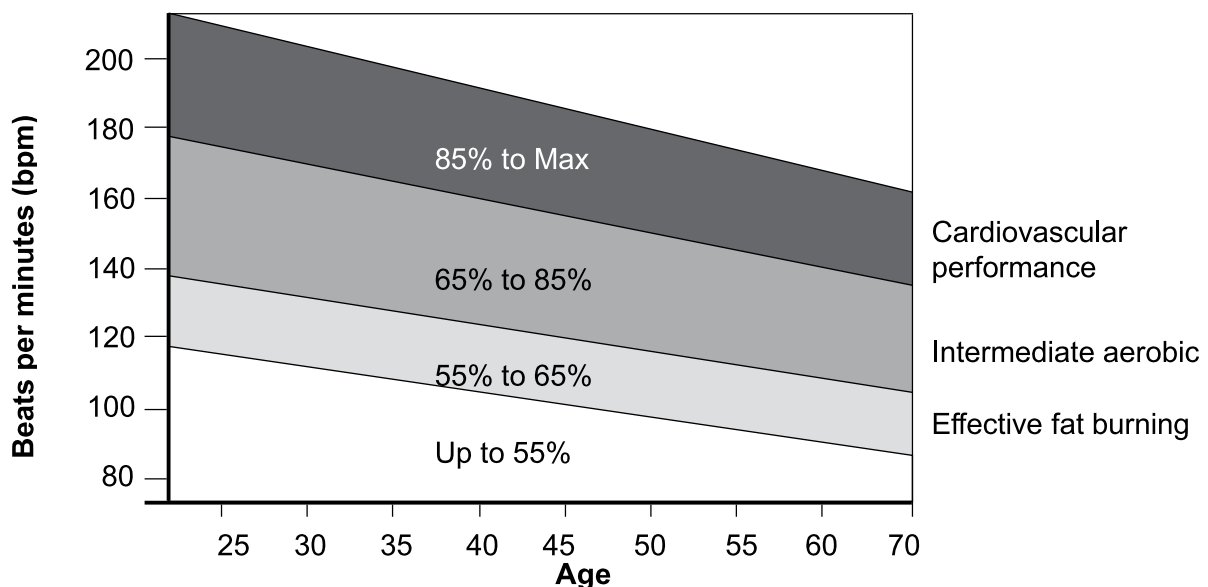
During the first few months of your exercise program, keep your heart rate near the low end of your target zone as you exercise. After a few months, your heart rate can be increased gradually until it is near the middle of your target zone as you exercise.

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-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.
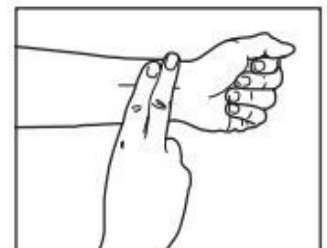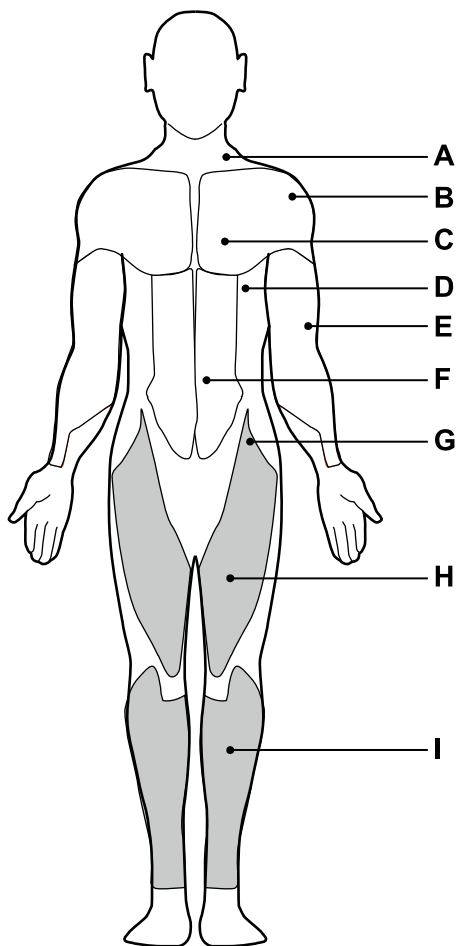
Muscle Chart

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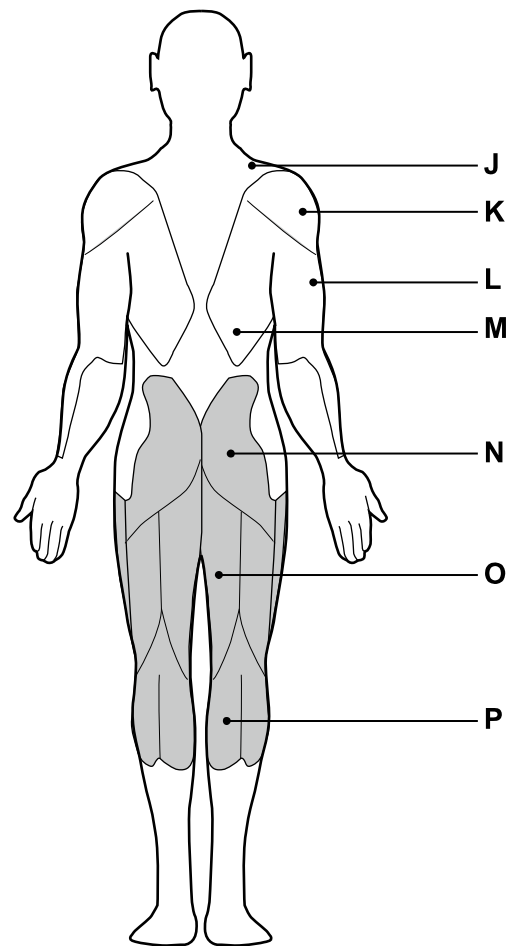
Weight Training
Along with aerobic exercising which helps get rid of and keep off the excess fat that our bodies can store, weight training is an essential part of the exercise routine process. Weight training helps tone, build and strengthen muscle. If you are working above your target zone, you may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

A
B
C
D
E
F
G
H
I

J
K
L
M
N
O
P

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

PRO FITNESS

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 programmer, 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 to make exercise a regular and enjoyable part of your everyday life.

Toe touch stretch

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

Hold 15 counts, and then relax.

Repeat 3 times.

Stretches: Hamstrings, back of knees and back.
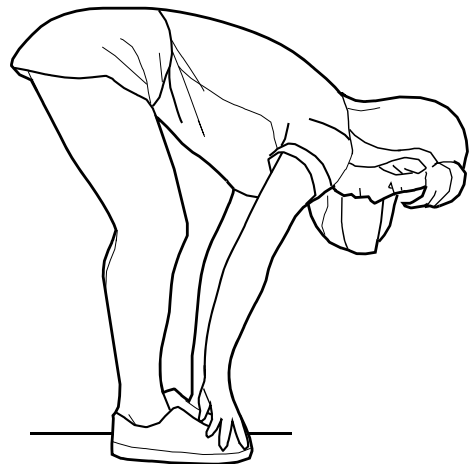
Hamstring stretch

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, and 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.
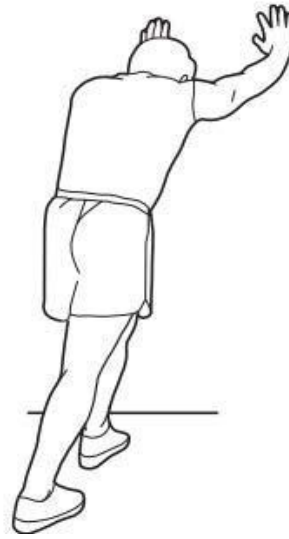
Hold for 15 counts, and then relax.

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, gently pull your heel towards your buttock until you feel a gentle stretch in the target area.

Hold for 15 counts, and then relax.

Repeat 3 times for each leg.

Stretches: Quadriceps and Hip muscles.

Inner thigh stretch

Sit with the soles of your feet together and your knees outward. Pull your feet toward your groin area as far as possible.

Hold for 15 counts, and 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.The safety level of the equipment can be maintained only if it is examined regularly for damage and wear, e.g. belt, connection points.

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

3. Replace defective components immediately and/or keep the equipment out of use until repair. Special attention should be given to components most susceptible to wear.

4. The equipment can be cleaned using a damp cloth and mild non-abrasive detergent. **Do not** use solvents.

5. **Do not** attempt to repair this equipment yourself. Should you have any difficulty with assembly, operation or use of your exercise product or if you think that you may have parts missing, contact the manufacturer,their approved service agent or the **Customer Contact Number: 0345 600 1714 www.argos-support.co.uk**

Guarantee:
For guarantee purposes, please retain your purchase receipt.

Exploded Parts Diagram
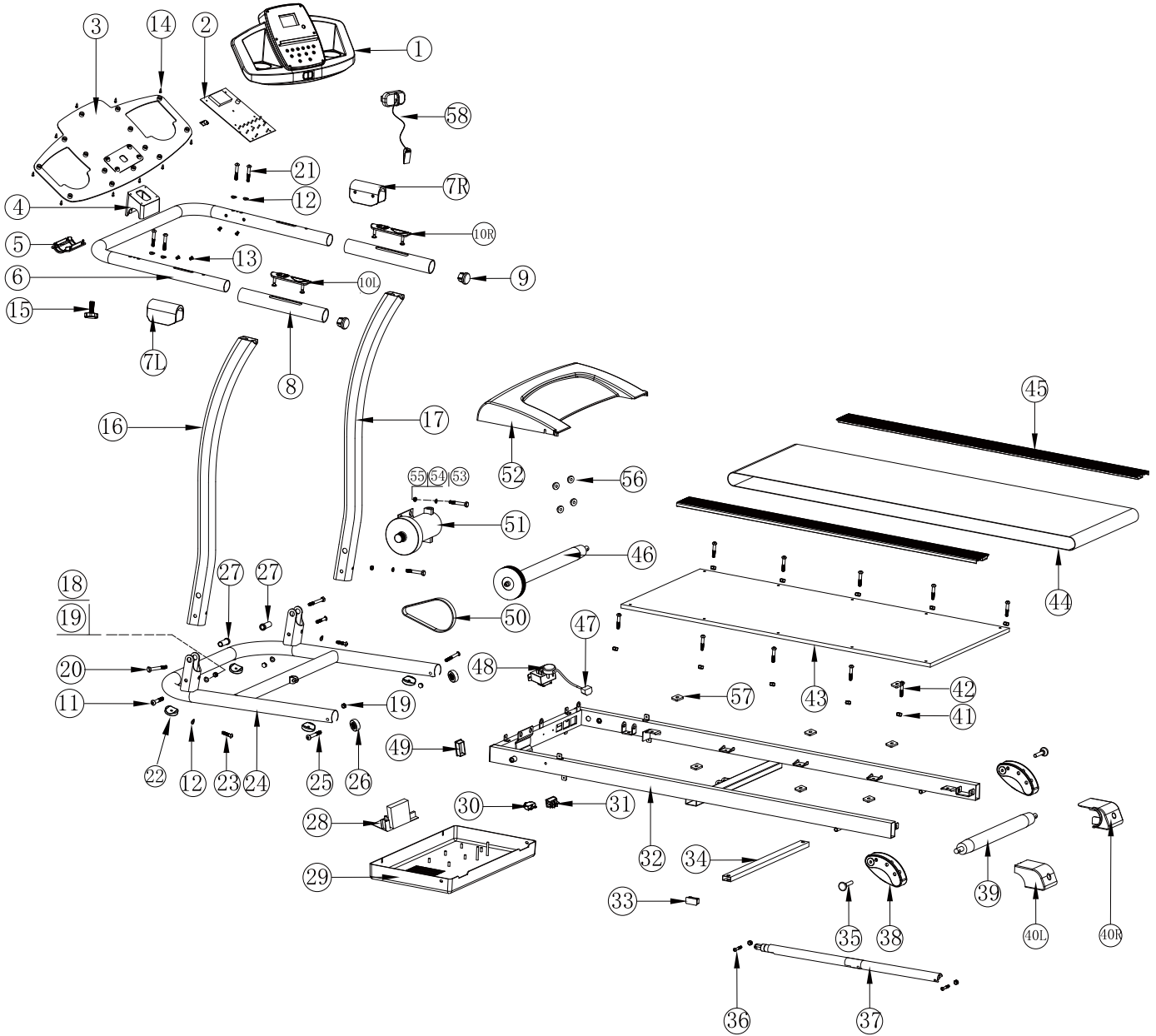
Exploded Parts List

PRO FITNESS

NO.	DESCRIPTION	Q'TY
1	Computer upper cover	1
2	PC Board	1
3	Computer bottom cover	1
4	Computer fitted seat	1
5	Computer fitted seat bottom cover	1
6	Handrail	1
7	Handrail cover(R/L)	1
8	Handle grip	2
9	Handrail plug	2
10	Pulse sensor--R; Switch ON/OFF--L	1
11	Allen Bolt M8*50	2
12	Curved washer	6
13	Bolt M5*10	4
14	Bolt ST3.8*8	14
15	Knob	1
16	Handrail frame (L)	1
17	Handrail frame (R)	1
18	M8 Nylon nut	2
19	M8 Washer	2
20	Allen Bolt M10	2
21	Allen Bolt M8*55	4
22	Foot Pad	4
23	Allen Bolt M8*16	2
24	Base frame	1
25	Allen Bolt M8*45	2
26	Roller	2
27	Pipe sleeve	2
28	Bottom control panel	1
29	Motor bottom cover	1
30	Flow protector	1

NO.	DESCRIPTION	Q'TY
31	Power Switch	1
32	Main frame	1
33	Square tube cover	2
34	Horizontal tube	1
35	Footstand pin	2
36	Allen Bolt M8*30	1
37	Gas lift	1
38	Footstand	2
39	Rear roller	1
40	End cap(R/L)	1
41	Nut M5	10
42	Allen Bolt M5*25	10
43	Running deck	1
44	Running belt	1
45	Side rail	2
46	Front roller	1
47	Magnetic circle	1
48	Inductor	1
49	Square tube cover	2
50	Motor belt	1
51	Motor	1
52	Motor cover	1
53	Bolt M10*25	4
54	Washer	4
55	Nylon Nut M10	4
56	Plastic washer	4
57	Square plastic washer	6
58	Safety Key	1

Guarantee

Argos

Product Guarantee

This product is guaranteed against manufacturing defects from 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 invalid if the product is re-sold or has been damaged by inexpert repair.
- Specifications are subject to change without notice.
- The manufacturer disclaims any liability for the incidental or consequential damages.
- The guarantee is in addition to, and does not diminish your statutory or legal right.
- In the event of problem with the product with in the guarantee period call **Customer Helpline: 0345 600 1714   www.argos-support.co.uk**

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