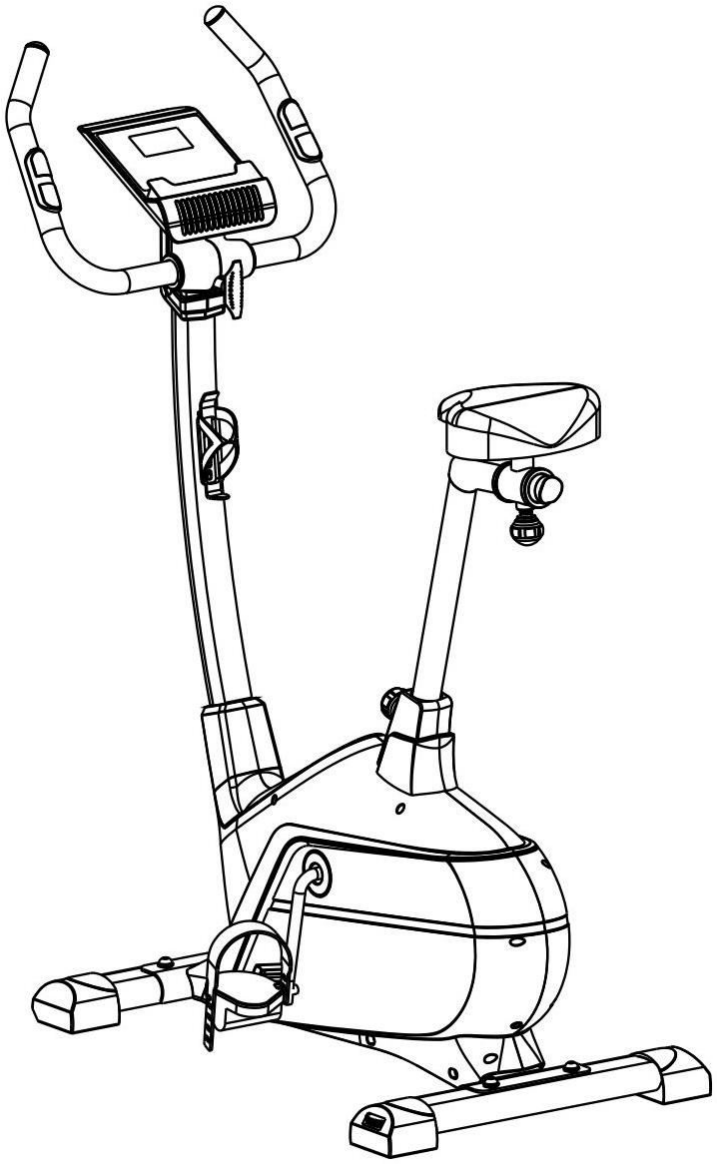
Roger Black Gold Bike

Assembly & User's Instructions- Please Keep for future reference | 531/1866

ROGERBLACK FITNESS



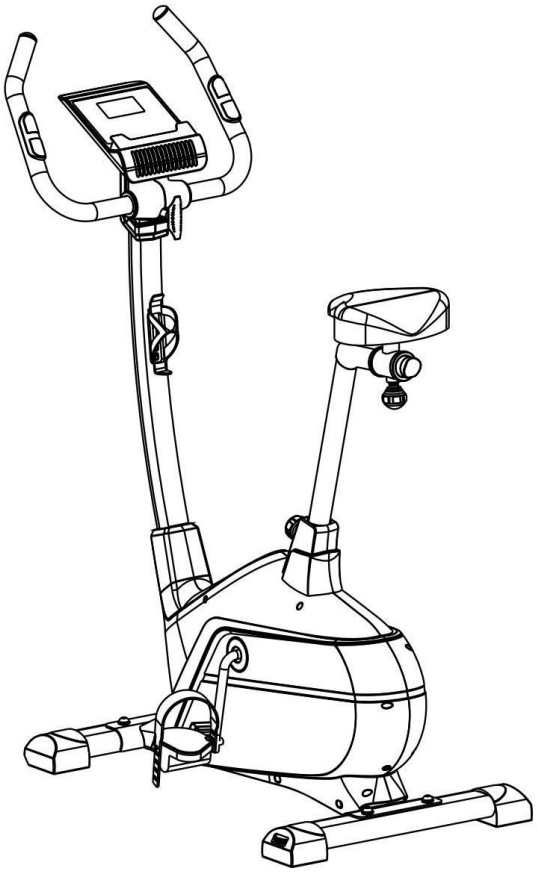
Important – Please read these instructions fully before assembly or use

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 Helpline**: **0345 600 1714**
http://www.argos-support.co.uk

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Safety Information

ROGERBLACK FITNESS

Important – Please read fully before assembly or use

To reduce the risk of serious injury, read the entire manual before you assemble or operate the Roger Black 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.

• This equipment must be built and used on a stable and level surface.

• 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 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 as part of a proper 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, as it may get caught in the equipment. Wear trainers to protect your feet while exercising.

• **Do not** place any sharp objects around the equipment.

• Disabled persons should not use the equipment without a qualified person or doctor in attendance.

• This product is suitable for a maximum user weight of: **125kgs.**

• This product conforms to: BS EN ISO 20957-1 and BS EN957-5 Class (H) - Home Use - Class (C).

• The braking system is adjustable.

Warning:

• This appliance can be used by children aged from 8 years and above and persons with reduced physical, sensory or mental capabilities or lack of experience and knowledge if they have been given supervision or instruction concerning use of the appliance in a safe way and understand the hazards involved.

• Children shall not play with the appliance.

• Cleaning and user maintenance shall not be made by children without supervision.

• The appliance is only to be used with the detachable power supply unit provided, Model No. RS-1002-045090-W3U-C.

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 assume no responsibility for personal injury or property damage sustained by or through the use of this product.

Warning! Heart rate monitoring systems may be inaccurate. Over exercising may result in serious injury or death. If you feel faint stop exercising immediately. For the most accurate heart rate measure, please hold

both hand pulse sensors continuously during this programme. The pedal crank training equipment is not suitable for therapeutic purposes.

Components - Parts

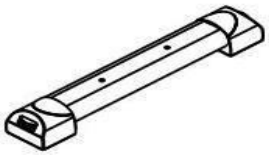
If you have damaged or missing parts, please call the **Customer Helpline: 0345 600 1714.**

Please check you have all parts listed below

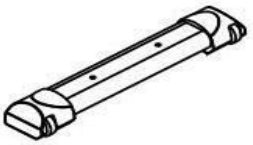
Note: Some of the smaller components may be pre-fitted to larger components. Please check carefully before contacting Argos regarding any missing components.
Total mass of the product is 26kg. Footprint of the product is 98.5cm × 54cm.



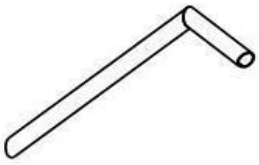
1. Main Frame



2. Rear Stabilizer



3. Front Stabilizer



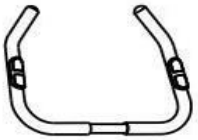
4. Seat Post



5. Seat Adjustment Bracket



6. Front Post



7. Handle



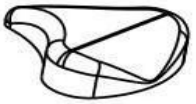
8. M16 Lock Knob



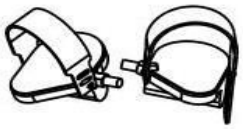
9. M10 Lock Knob



10. M8 T Lock Knob



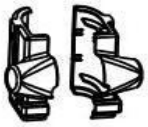
11. Saddle



12. Pedal (Left/Right)



13. Computer



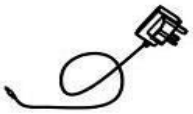
15. Handle Cover (L/R)



16. Bottle Holder



33. Front Post Cover



68. Charger



69. Saddle Post Cover



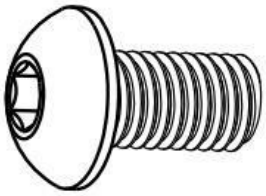
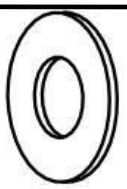
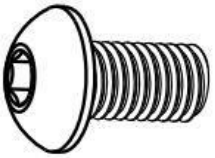
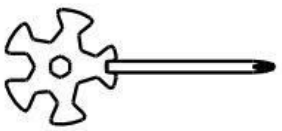
70. End Cap

Components - Fixings

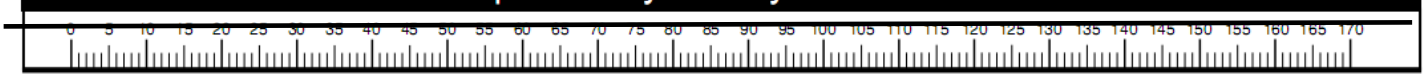
ROGERBLACK FITNESS

Please check you have all parts listing below

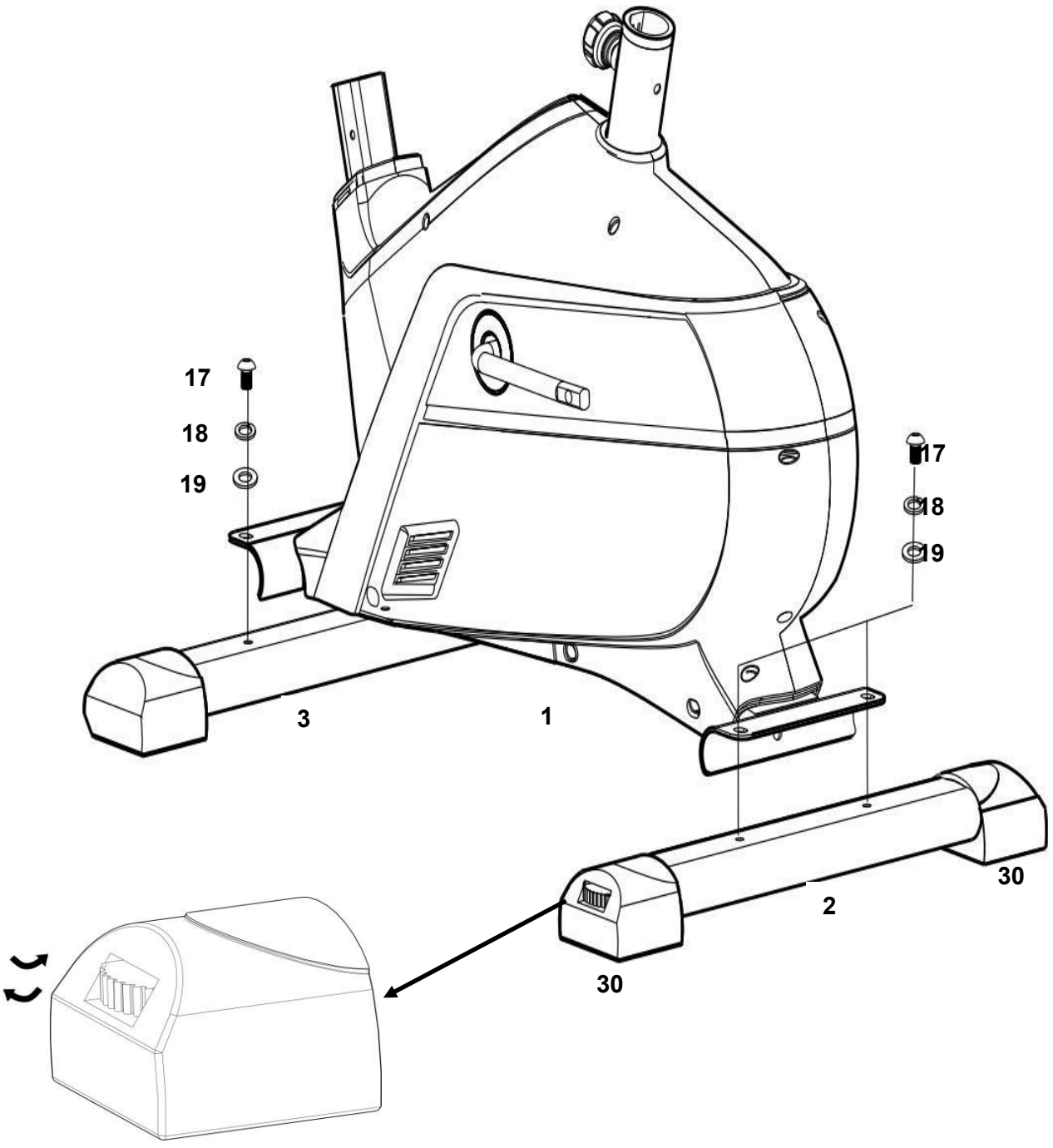
Note: Please check carefully before contacting Argos regarding any missing fixings.

17  M10x20mm Allen Bolt × 4	**18**  10mm Spring Washer × 4	**19**  10mm Washer × 4
21  8mm Washer × 2	**22**  8mm Spring Washer × 4	**23**  M8x15mm Allen Bolt × 4
24  8mm Arc Washer × 2	**34**  ST4.2x15mm Philips Screw × 3	**74**  Joint Ring × 2
 5mm Allen Wrench × 1	 6mm Allen Wrench × 1	 Multi Wrench × 1

Ruler Use this ruler to help correctly [illegible] are



Assembly Instructions

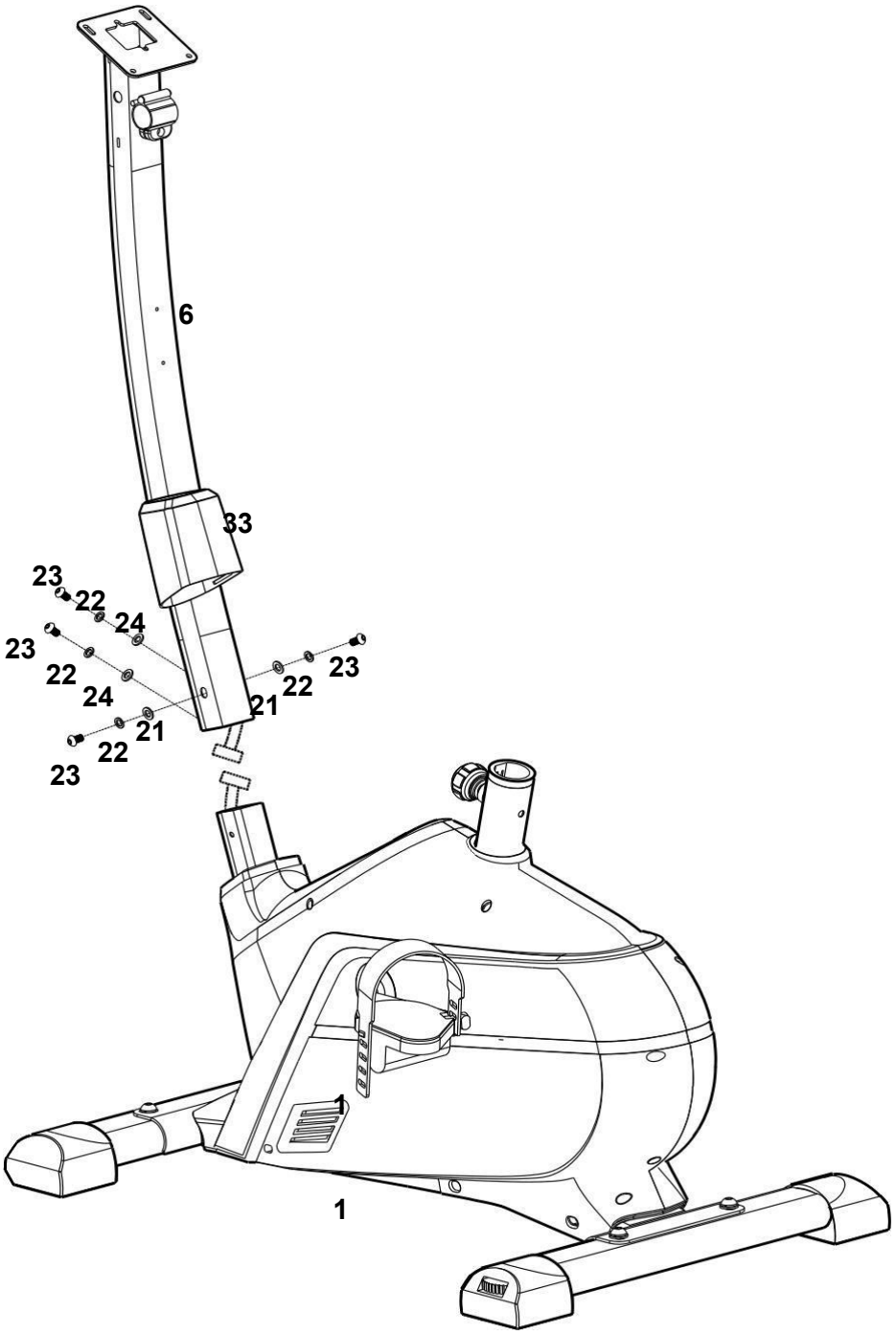


Step 1

A. Attach Front Stabilizer (**3**) to Main Frame (**1**) using 2 x M10x20MM Allen bolts (**17)**, 2 x10MM Spring Washers (**18**) and 2 x10MM Washers (**19**).

B. Attach Rear Stabilizer (**2**) to Main Frame (**1**) using 2 x M10x20MM Allen bolts (**17**), 2 x10MM Spring Washers (**18**) and 2 x10MM Washers (**19**).

Note: The knob on the Level Feet (**30**) can be rotated to ensure the bike sit flat on the ground as shown in the diagram. Turn it anti clockwise to increase height and turn it clockwise to decrease height.



Step 2

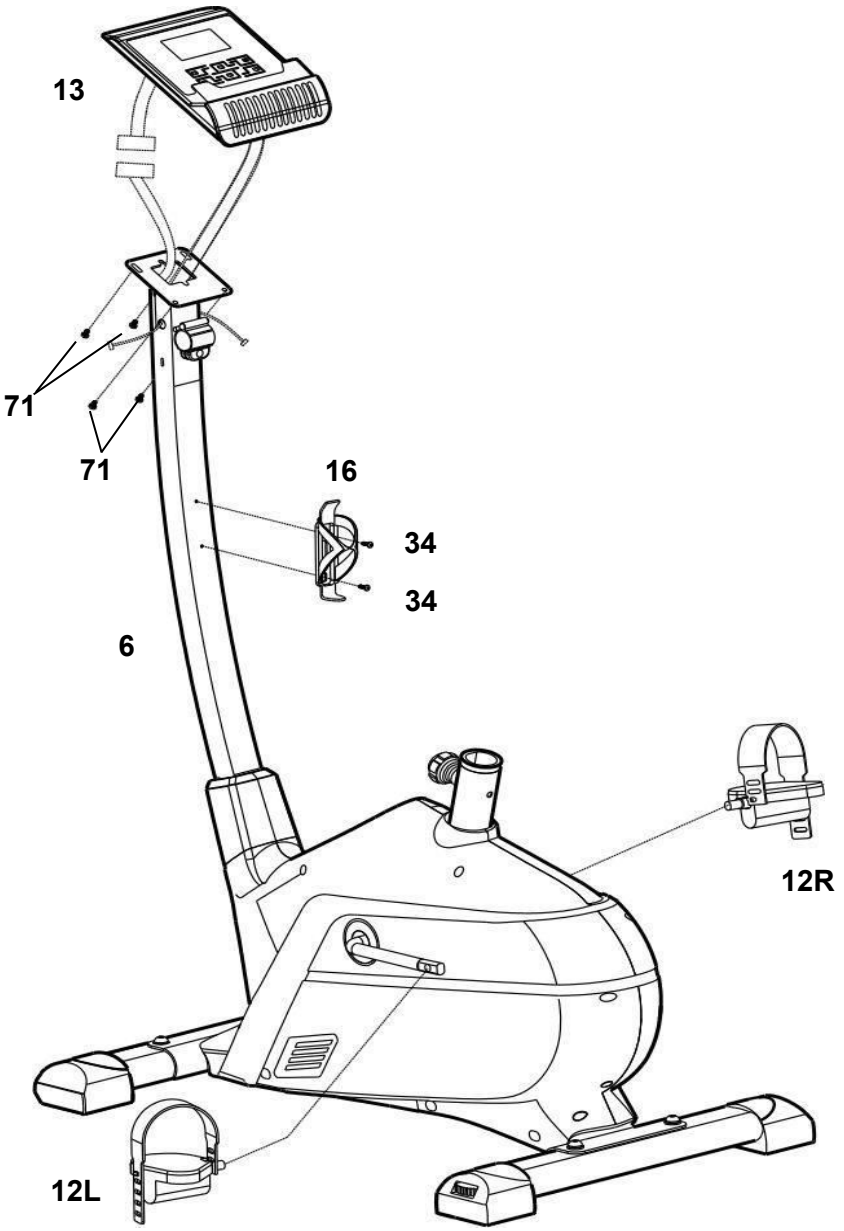
A. Place the Front Post (**6**) through the Front Post Cover (**33**).

B. Bring the main Wire out from front tube of Main Frame (**1**) and connect it with the Wire from the bottom of the Front Post (**6**).

C. Fix the Front Post (**6**) to the Main Frame (**1**) and tighten with 4 x M8x15MM Allen bolts (**23**), 4 x 8MM Spring Washers (**22**), 2 x 8MM Washers (**21**) and 2 x 8MM Arc Washers (**24**).

D. Tight the Front Post Cover (**33**) to the Main Frame (**1**).

Assembly Instructions



Step 3

A. Thread the two cables from the computer (**13**) into the top of the Front Post (**6**); connect the Wire from Computer (**13**) to the Wire from Front Post (**6**).

B. Attach the Computer (**13**) to the Front Post (**6**) using 4 x M5x8MM Dome Head Philips Bolt (**71**).
Note: Part (**71**) is pre-assembled.

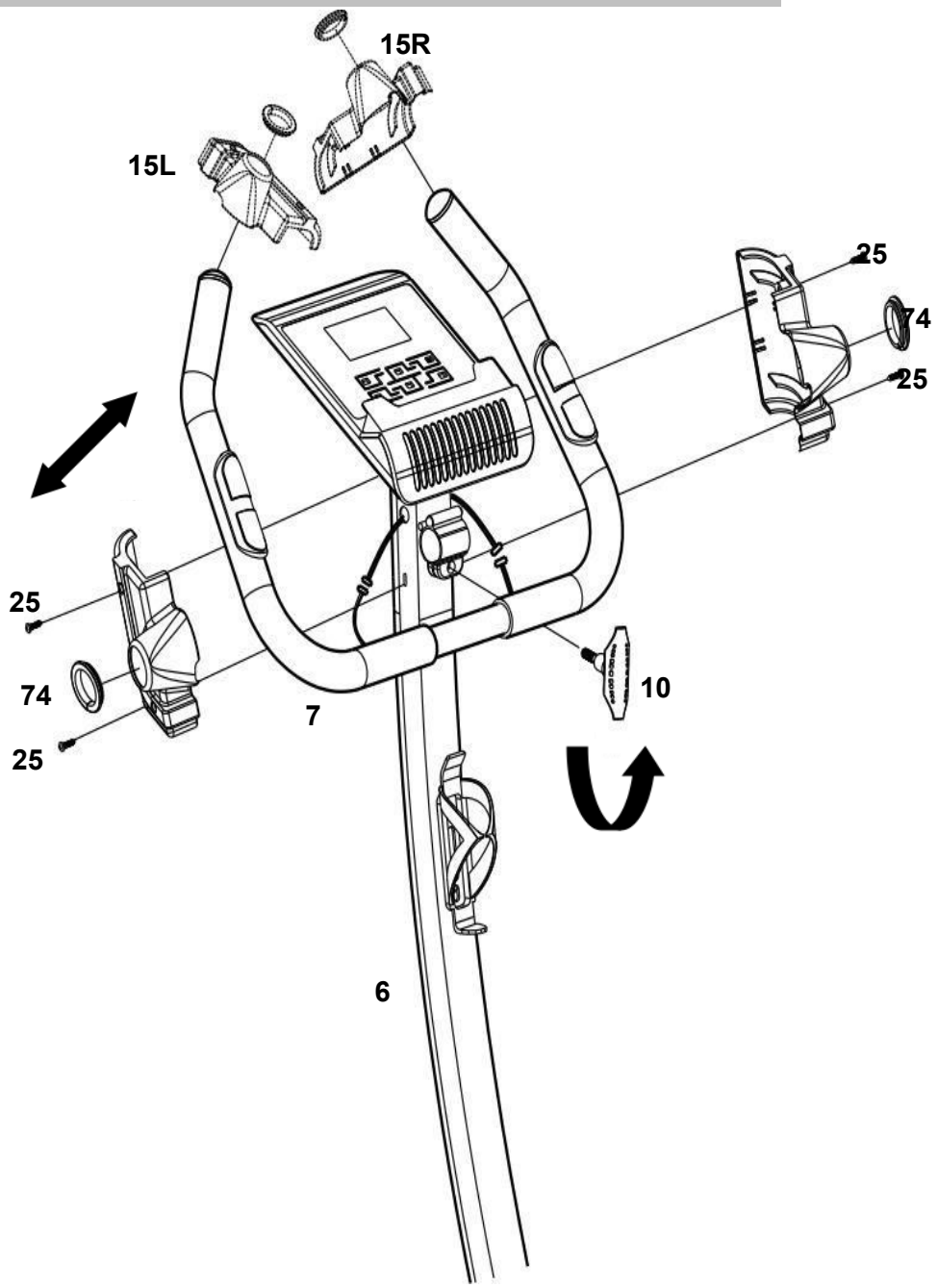
C. Attach the Bottle Holder (**16**) to the Front Post (**6**) using 2 x MT4.2x15mm Philips Screws (**34**).

D. Attach the Left Pedal (**12-L**) to the crank with "L" of the Main Frame (**1**) and tighten it. Please note this must be threaded anti clockwise. Attach the pedal strap to the left pedal as the diagram shows.

E. Attach the Right Pedal (**12-R**) to the crank with "R" of the Main Frame (**1**) and tighten it. This must be threaded clockwise. Attach the pedal strap to the right pedal as the diagram shows.

Note: Adjust the tension of pedal strap as your requested.

Assembly Instructions



Step 4

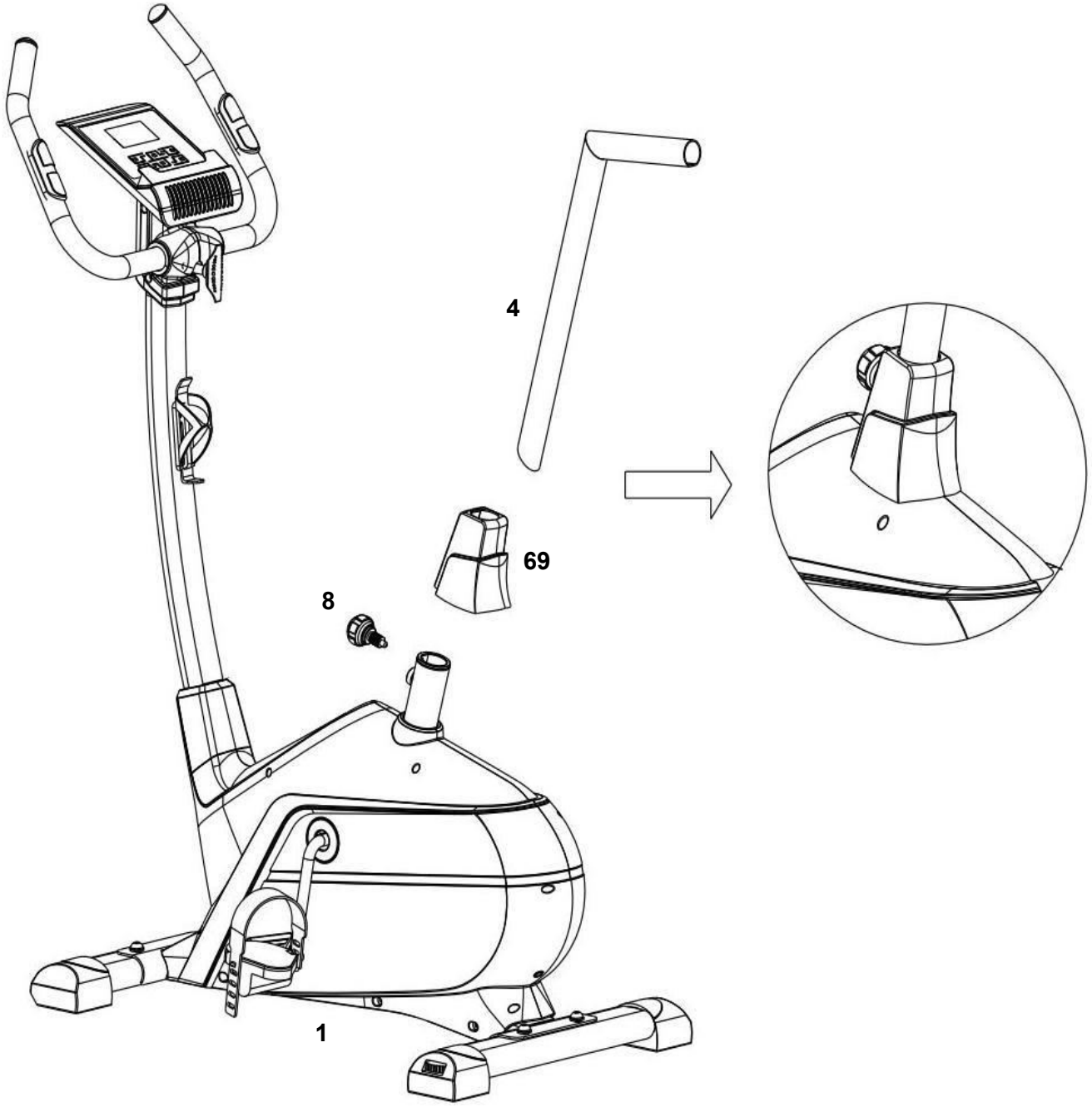
A. Attach the Handle (**7**) to the bracket on the Front Post (**6**), and secure with M10 Lock knob (**10**).
Note: To adjust the position of the handle, turn the lock knob (**10**) anti clockwise to loose the handle (**7**) as shown in the diagram, and adjust the handle (**7**) to your required position, then secure the lock knob (**10**).

B. Connect the two signal Wires from Front Post (**6**) to the two Wires from Handle (**7**).

C. Put the Left Handle Cover (**15-L**) and Right Handle Cover (**15-R**) into the left and right side of the Handle (**7**) respectively, and then lock them to Front Post (**6**) using 4 x ST4.2x15mm Philips Screw (**25**). Please note that the 4 × ST4.2 × 15mm Philips Screw (**25**) are pre-assembled.

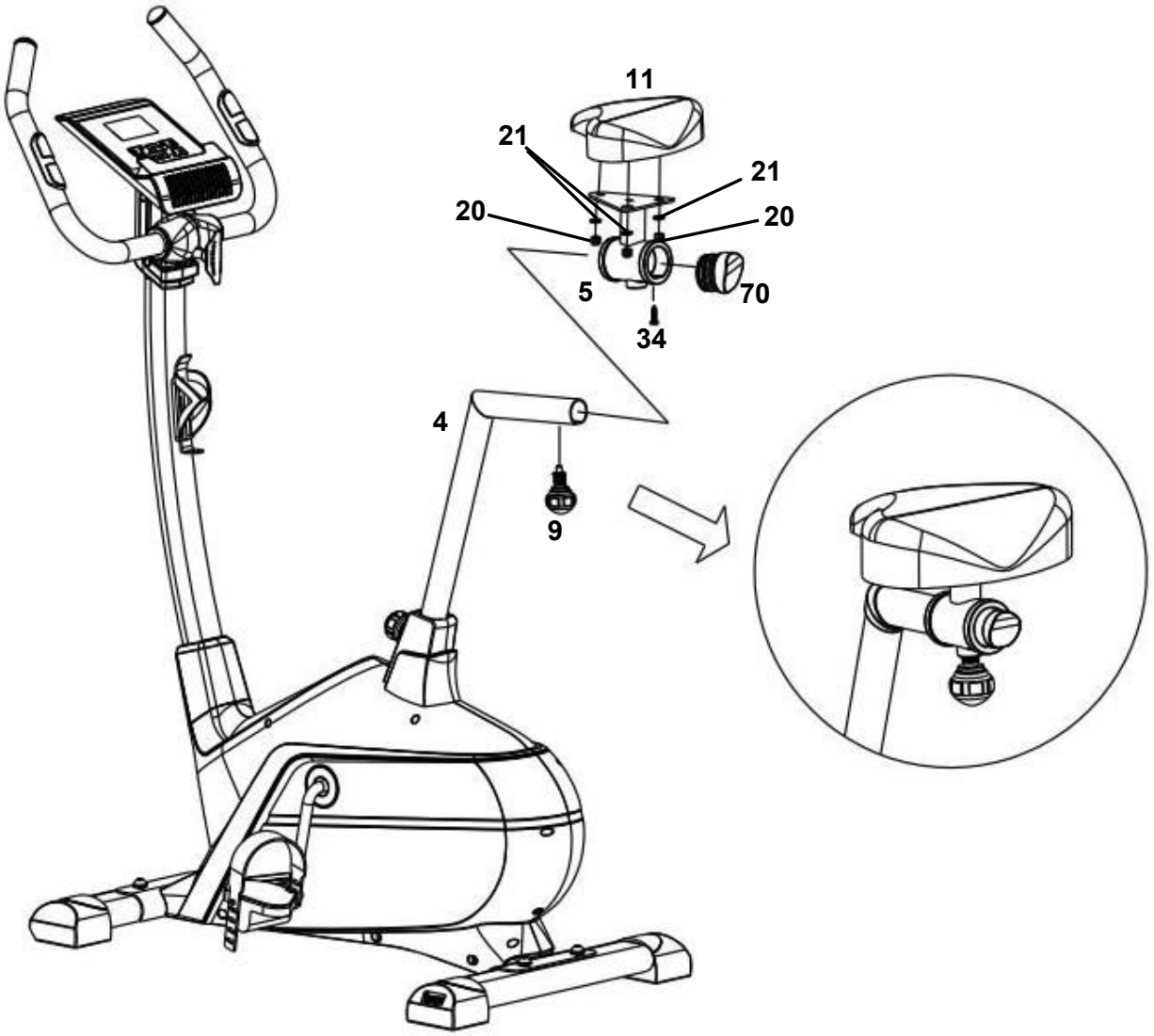
D. Put two Joint Rings (**74**) into the left and right side of the Handle (**7**) respectively, and then tuck them in the corresponding holes from two sides of the Left & Right Handle Cover (**15L, 15R**).

Assembly Instructions



Step 5

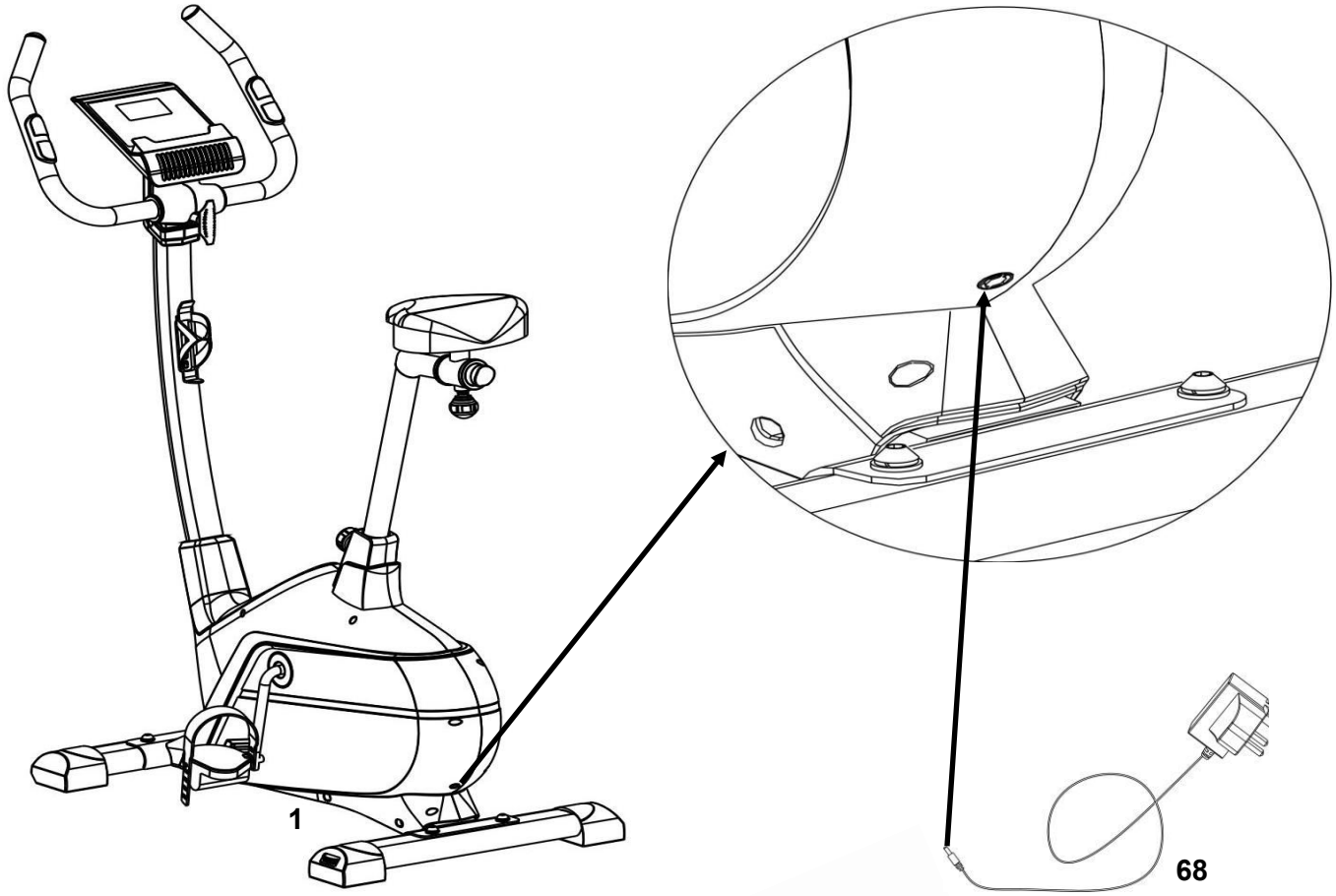
A. Put the Saddle Post Cover (**69**) through the Seat Post (**4**).
B. Insert the Seat Post (**4**) into the Main Frame (**1**), then secure it by M16 Lock Knob (**8**).



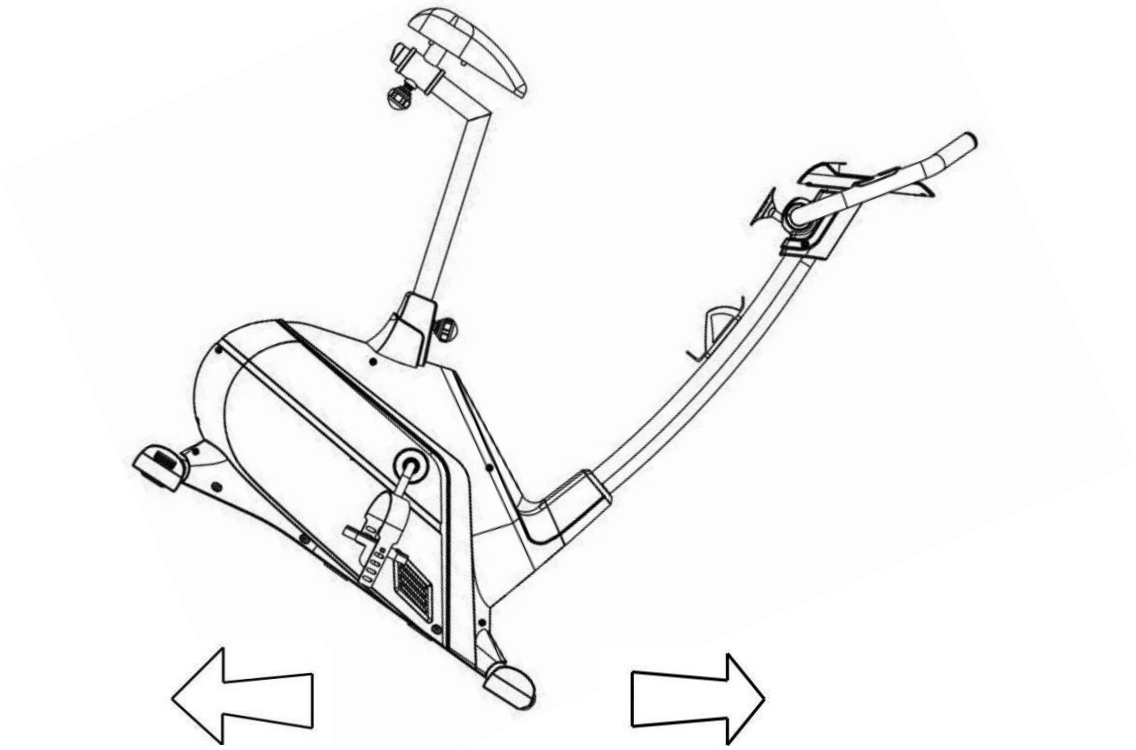
Step 6

A. Attach the Saddle (**11**) to the Seat Adjustment Bracket (**5**) using 3 x M8 Nuts (**20**) and 3 x Φ8mm Washers (**21**).
Notes: the 3 x M8 Nuts (**20**) and 3 x Φ8mm Washers (**21**) are pre-fitted on the Saddle (**11**).
B. Attach the Seat Adjustment Bracket (**5**) to the Seat Post (**4**) and secure with M10 Lock Knob (**9**).
C. Attach the End Cap (**70**) to Seat Adjustment Bracket (**5**) and secure with ST4.2 x 15mm Phillips Screw (**34**).

Assembly Instructions



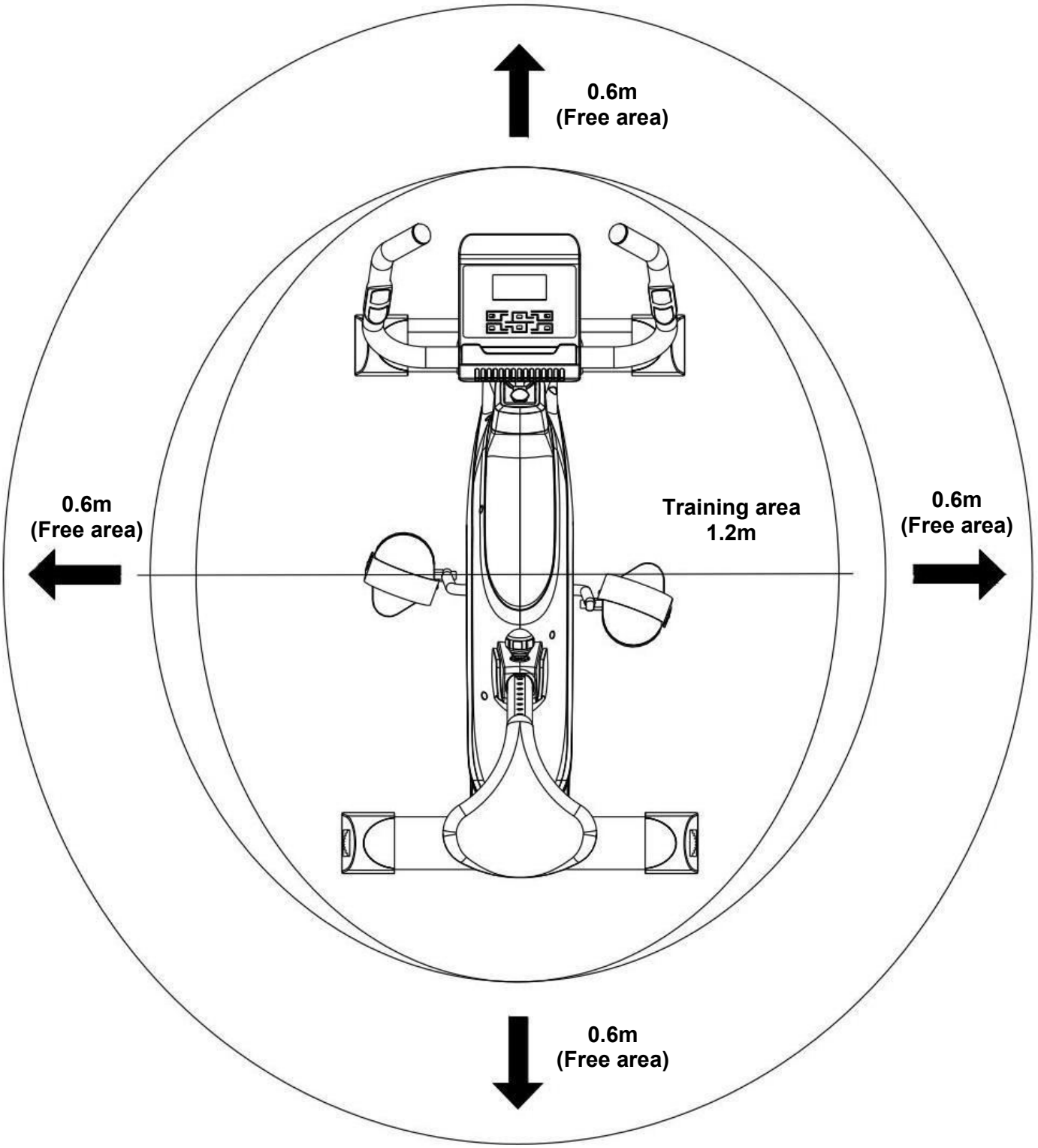
Insert the power Charger (**68**) into the hole on the Main Frame (**1**) as shown in the diagram.



Hold the handle to move the bike as shown in the diagram.

Free area and training area

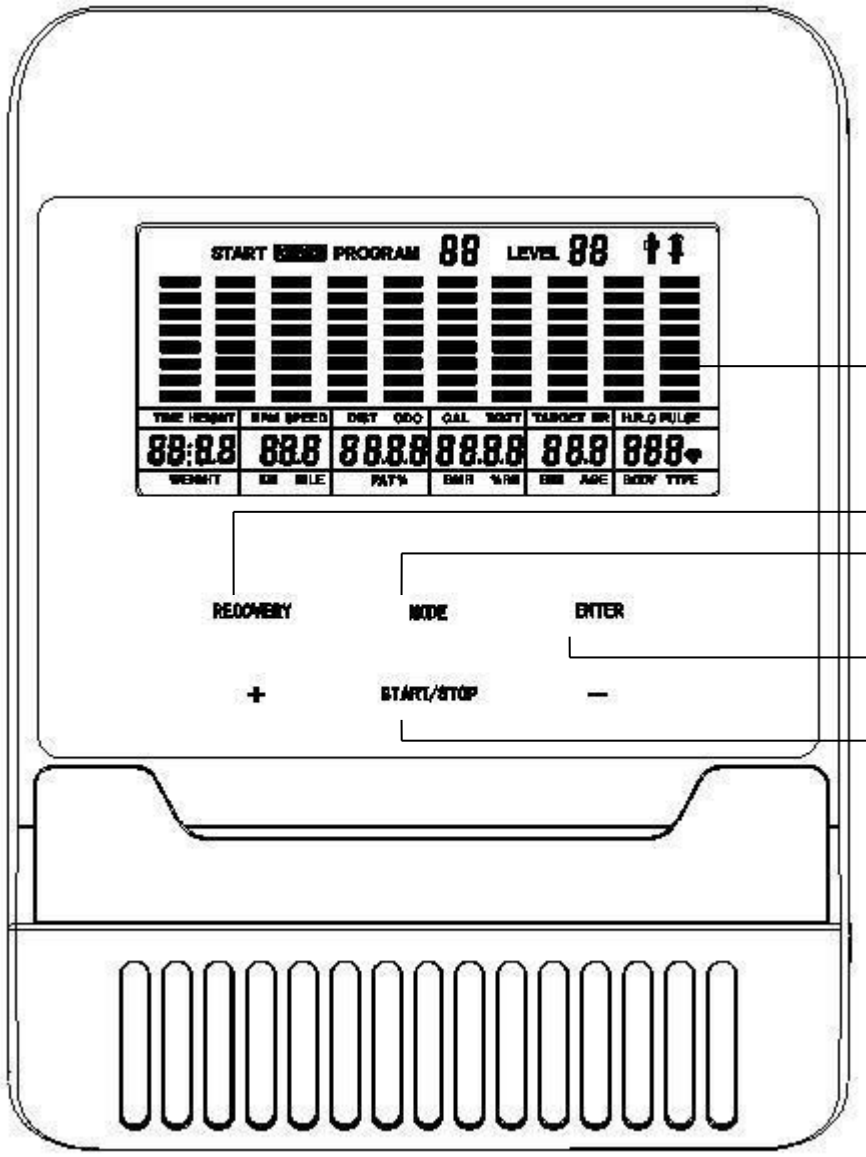
The free area must be at least 0.6m greater than the training area in the directions from which the equipment is accessed. The free area is a place should you need to dismount in an emergency. Where two pieces of equipment are positioned adjacent to each other the value of the free area may be shared.



Computer Operation

ROGERBLACK FITNESS

Functions and Operations



Key Functions

RECOVERY Key:

- The recovery function will test your fitness recovery. To do this, hold the hand pulse sensors for one minute after which a fitness value will be displayed; F1.0 is excellent fitness, and F6.0 is very poor fitness.

MODE Key:

- Press to switch display from SPEED to RPM, to DIST to ODO during workout.

ENTER Key

- To input desired value or workout mode.

+ Key:

- Increases value of selected workout parameter. During the workout pressing + will increase the resistance load.

- Key:

- Decrease value of selected workout parameter. During the workout pressing - will decrease the resistance load.

START/STOP Key:

- Start & Pause workouts.
- Start body fat measurement and quit the body fat program.
- When the computer is on standby, press and hold the START/STOP key for 3 seconds to reset all functions.

Computer Operation

Computer display and specifications

COMPUTER DISPLAY .

1. This is an LCD display showing TIME, SPEED, DISTANCE, CALORIE, AGE and PULSE.
2. Dot matrix display:

The LCD screen will have a single dot matrix display with 8 rows and 10 columns to display profile for the active program.

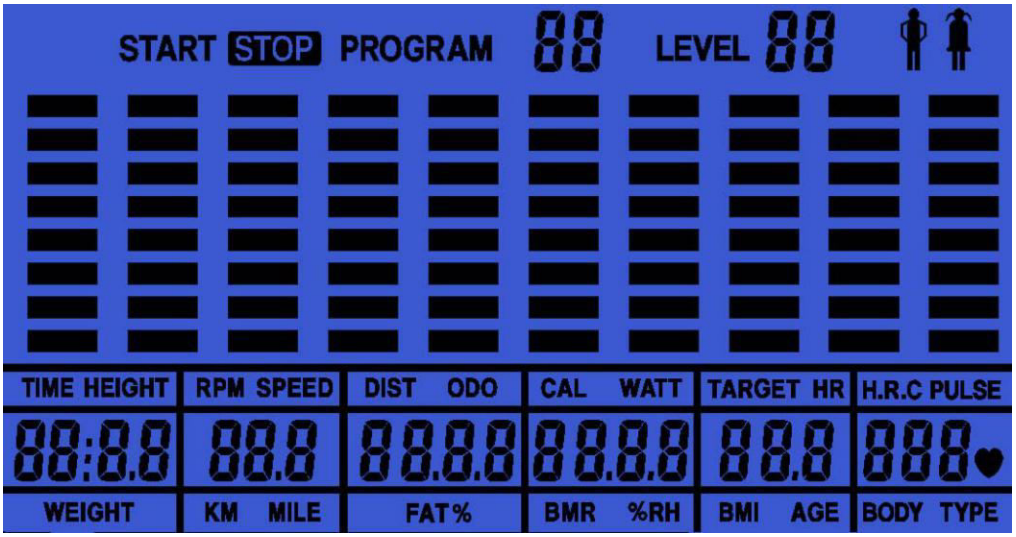
MODE.

1. POWER UP Mode: When the first turned on, the bike will make a long beeping sound before the computer enters manual mode.
2. SLEEP Mode: After 4 minutes of inactivity, the computer will enter Sleep Mode.
3. WAKE UP Mode: Pedal the machine, or press any key to starter-start the machine. When in pause mode, press any key to resume.

See below diagram

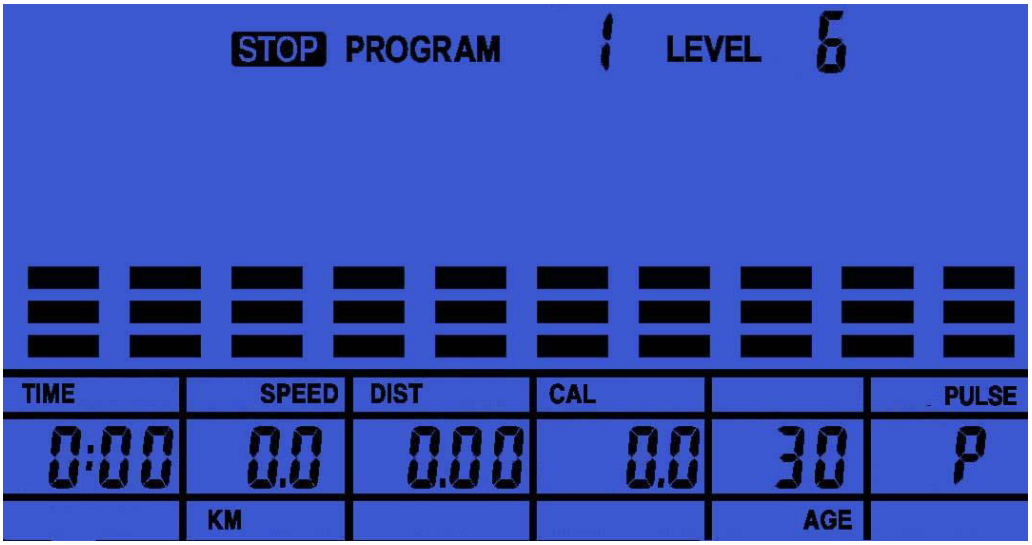
Specifications

Window		Display	Default	Stored
Functions	TIME	0:00 - 99:59 (minute : second)	0:00	No
	DISTANCE	0.00- 999.9(Km)	0.00	No
	CALORIES	0 - 9999(Cal)	0	No
	AGE	10 - 99 years	30	No
	GENDER	Male / Female	Male	No
	WEIGHT	20 - 150(Kg)	70	No
	HEIGHT	100 - 250(Cm)	175	No
	SPEED	0.0 - 99.9(Km/hour)	0.0	No
	PULSE	50 - 200 (BPM) –Non-contact magnetic type	0	No
	RPM	0 - 250 RPM	0	No
	PACE	0.0 – 99.9 (Average speed per hour)	0.0	No
	BODY FAT	0% - 50%	0	No
	GRADE	L1–L16(Brake resistance level)		No
	USER	USER (1 user programs)	U1	YES



Computer Operation

Choosing your workout program



"**PROGRAM 1**" will be the default display. By pressing the + or - button to scroll, you can scroll through the workout programmes in the following order:

PROGRAM 1→ P2→P3→P4→P5→P6→P7→P8→P9→P10→P11→P12→P13(U1)

1. Manual (PROGRAM 1) And 6 Fixed Programmes(P2-P7):

- Press **ENTER** to accept your choice of program; **MANUAL (P1 or P2-P7)**.
  "**TIME**" is displayed. Press the + or - button to adjust the TIME.
- Press **ENTER** button to accept the workout TIME.
  "**DISTANCE.**" is displayed. Press the + or - button to adjust the DISTANCE.
- Press **ENTER** to accept the workout DISTANCE.
  "**CALORIES**" is displayed. Press the + or - button to adjust the CALORIES.
- Press **ENTER** to accept the workout CALORIES.
  "**AGE**" is displayed. Press the + or - button to adjust the users AGE.
- Press **START/STOP** and begin your workout.

2. Body Fat (P8) Analysis:

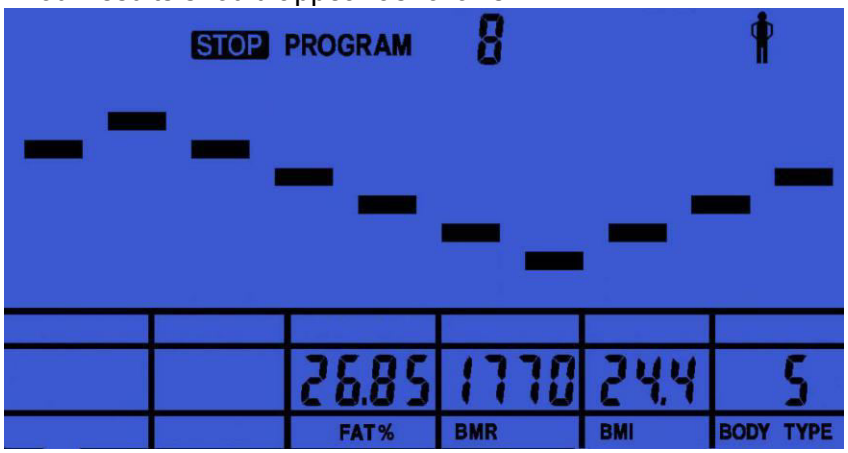
- Press the + or - button to enter the BODY FAT TEST programme (P8). Press **ENTER** and proceed to set GENDER, HEIGHT, WEIGHT and AGE.
  "**GENDER**" is displayed. Press the + or - button to adjust the GENDER value.
- Press **ENTER** to accept the user's GENDER.

"**HEIGHT**" is displayed. Press the + or - button to adjust the HEIGHT.

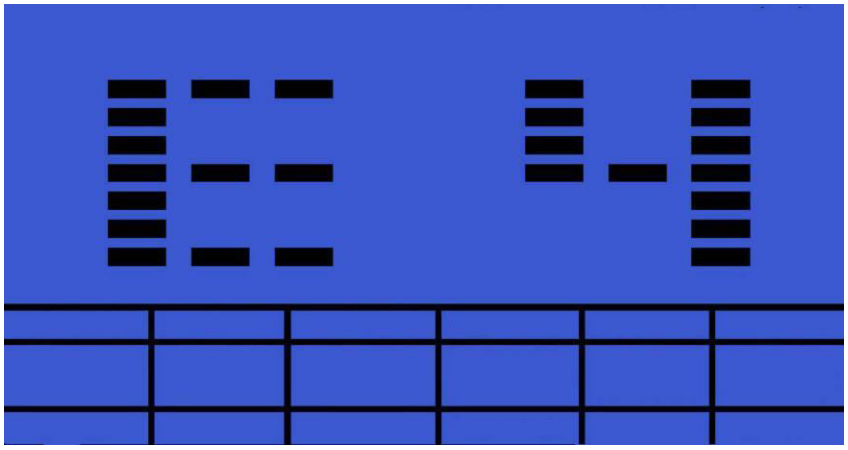
- Press **ENTER** to accept the user's HEIGHT.
  "**WEIGHT**" is displayed. Press the + or - button to adjust the WEIGHT.
- Press **ENTER** to accept the user's WEIGHT.
  "**AGE**" is displayed. Press the + or - button to adjust the user's AGE.

● Press **START/STOP** button to begin the body fat test. This requires you to hold the hand pulse sensors continuously until a result is given. Failure to hold the hand pulse sensors throughout the measurement will result in “E4” Error.

●Your results should appear as follows:



● ERROR E4 will display if you fail to hold the hand pulse sensors throughout the body fat assessment.



● ***NOTE:***
Body Types: There are 9 body types according to the FAT% calculated.

Type 1: Ultra-athletic	Type 2: Ideal-athletic	Type 3: Ultra slim
Type 4: Athletic	Type 5: Ideal-healthy	Type 6: Healthy
Type 7: Fat	Type 8: Too Fat	Type 9: Excess Body Fat

● Press **START/STOP** to return the main Display.

3. TARGET HEART RATE Program(P9)

● Press **ENTER** to enter **Program 9.**
“**TIME**” will be displayed. Press the **+** or **-** button to adjust the TIME.
● Press **ENTER** to accept the workout TIME .
“**DISTANCE**” is displayed. Press the **+** or **-** button to adjust the DISTANCE.
● Press **ENTER** to accept the workout DISTANCE.
“**CALORIES**” is displayed. Press the **+** or **-** button to adjust the CALORIES.
● Press **ENTER** to accept the workout CALORIES.
“**TARGET HR**” is displayed. Press the **+** or **-** button to adjust the TARGET HEART RATE.
● Press START/STOP and begin your workout.

●If your pulse deviates ±5from the set TARGET H.R. then the computer will adjust the resistance automatically to help you workout within your target zone. It will re-check your pulse every 20 seconds and adjust your resistance accordingly.
(Note: Each resistance load represents 2 levels of loading)

Once one of the target workout parameters reaches zero, the product will beep and you will have reached the end of your workout. Press START/STOP if you wish to continue the workout, enabling you to reach one of the other pre-programmed workout parameters.

4. HEART RATE CONTROL Program 10 (P10-P12).

● There are 3 options for target pulse:
P10: 60% TARGET H.R.= 60% of (220-AGE)
P11: 75% TARGET H.R.= 75% of (220-AGE)
P12: 85% TARGET H.R.= 85% of (220-AGE)

● Press **ENTER** to accept **Program 10 (P11 or P12)**.
"**TIME**" is displayed. Press the **+** or **-** button to adjust the TIME.

● Press **ENTER** to accept the workout TIME .
"**DISTANCE**" is displayed. Press the **+** or **-** button to adjust the DISTANCE.

● Press **ENTER** to accept the workout DISTANCE.
"**CALORIES**" is displayed. Press the **+** or **-** button to adjust the CALORIES.

● Press **ENTER** to accept the workout CALORIES.
"**AGE**" is displayed. Press the **+** or **-** button to adjust the user's AGE.

● Press **START/STOP** and begin your workout.

●If your pulse deviates ±5from the set TARGET H.R. then the computer will adjust the resistance automatically to help you workout within your target zone. It will re-check your pulse every 20 seconds and adjust your resistance accordingly.
(Note: Each resistance load represents 2 levels of loading)

Once one of the target workout parameters reaches zero, the product will beep and you will have reached the end of your workout. Press START/STOP if you wish to continue the workout, enabling you to reach one of the other pre-programmed workout parameters.

5. Program 13 Workout:

● Press ENTER to accept USER Program 13.
"TIME" is displayed. Press the **+** or **-** button to adjust the TIME.

● Press **ENTER** to accept the workout TIME.
"**DISTANCE.**" is displayed. Press the **+** or **-** button to adjust the DISTANCE.

● Press **ENTER** to accept the workout DISTANCE.
"**CALORIES**" will be displayed. Press the **+** or **-** button to adjust the CALORIES.

● Press **ENTER** to accept the workout CALORIES.

● "**AGE**" will be displayed. Press the **+** or **-** button to adjust the AGE. Press ENTER to confirm, then the first resistance column flashes, press the **+** or **-** button to set resistance, press ENTER to confirm, repeat the operation until all of 10 resistance columns are set.

● Press **START** and begin your workout.

6. RECOVERY TEST:

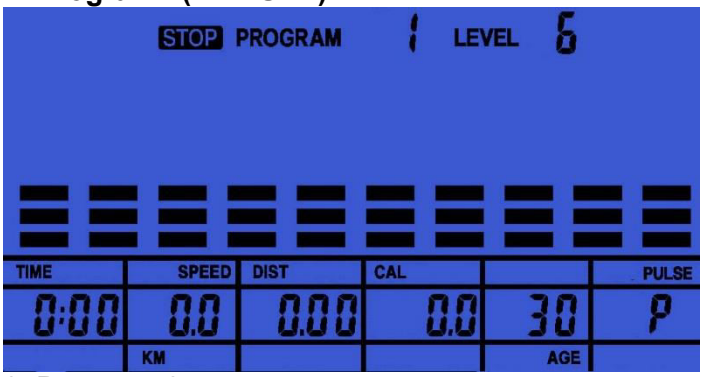
● Hold the handle grip sensors with your hands until the pulse window displays pulse value, then press the RECOVERY button within 5 seconds and hold the handle grip sensors with your hands again, after 59 seconds the result will be shown in the following format:

Display	Figure
F1.0-F1.9	EXCELLENT
F2.0-F2.9	VERY GOOD
F3.0-F3.9	GOOD
F4.0-F4.9	FAIR
F5.0-F5.9	POOR
F6.0	VERY POOR

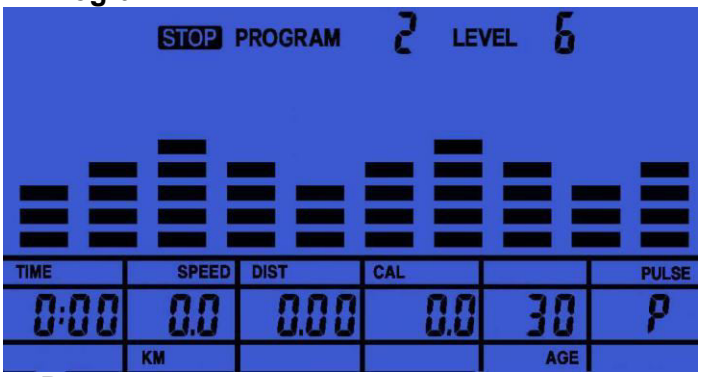
Computer Operation

Pre-defined program profile

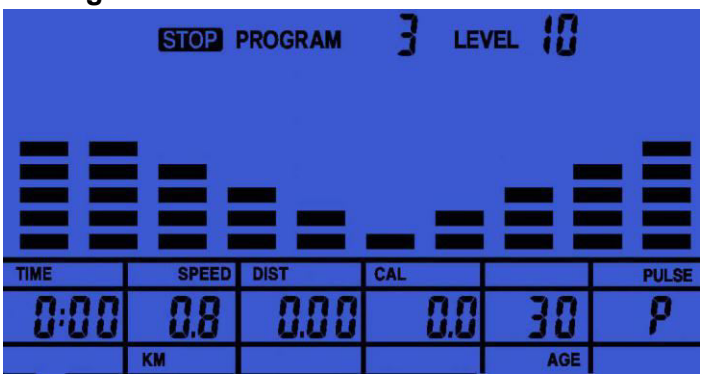
1. Program 1(MANUAL)



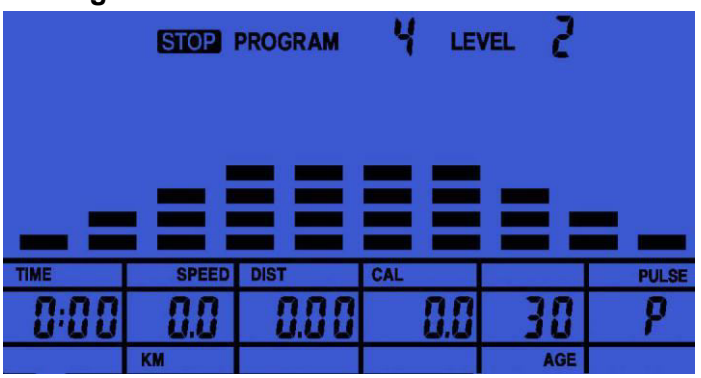
2. Program 2



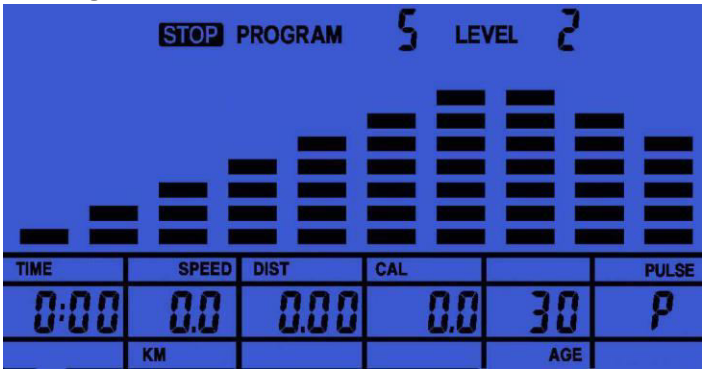
3. Program 3



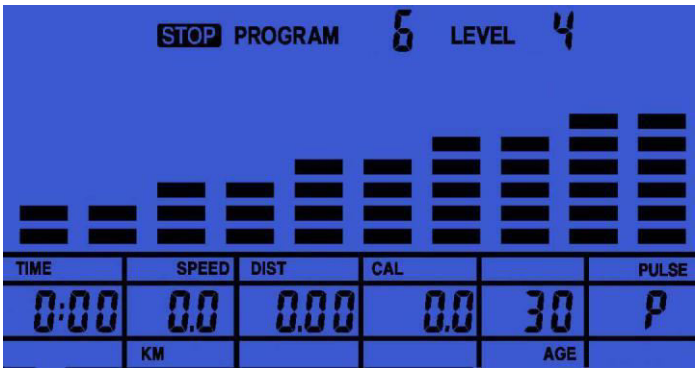
4. Program 4



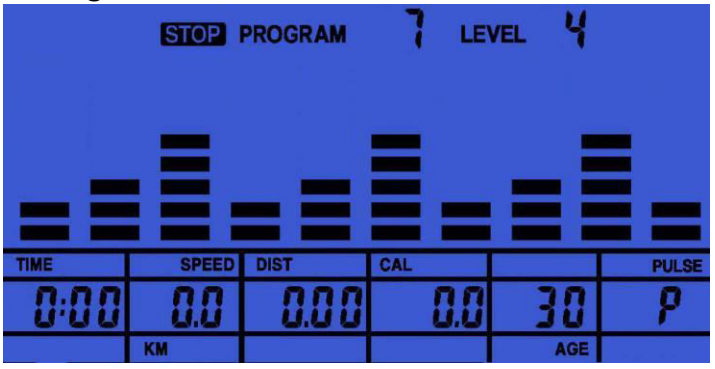
5. Program 5



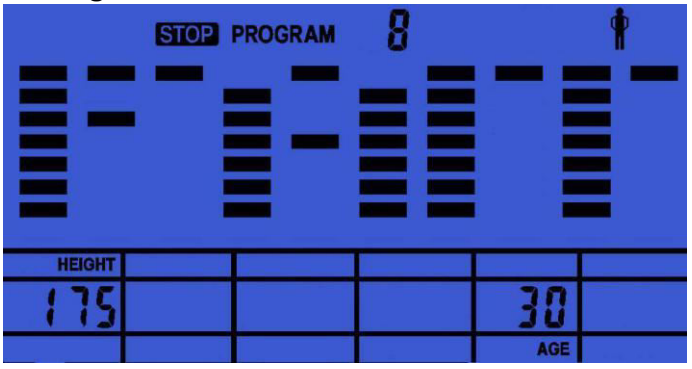
6. Program 6



7. Program 7



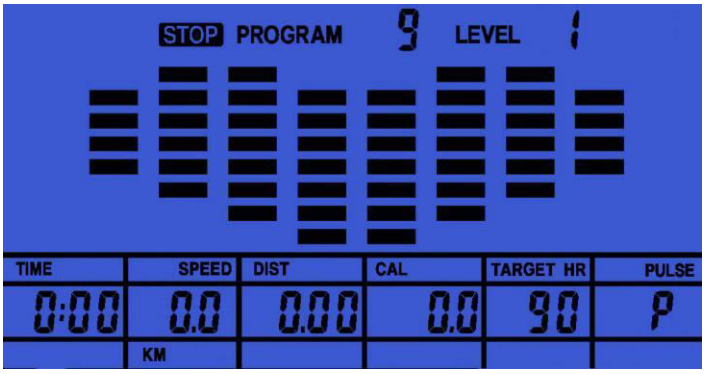
8. Program 8



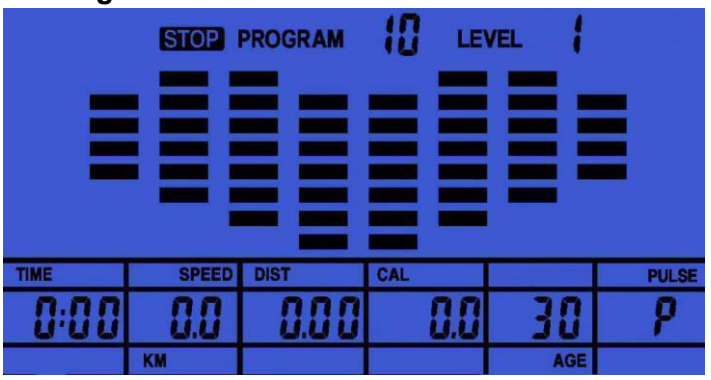
Computer Operation

Pre-defined program profile

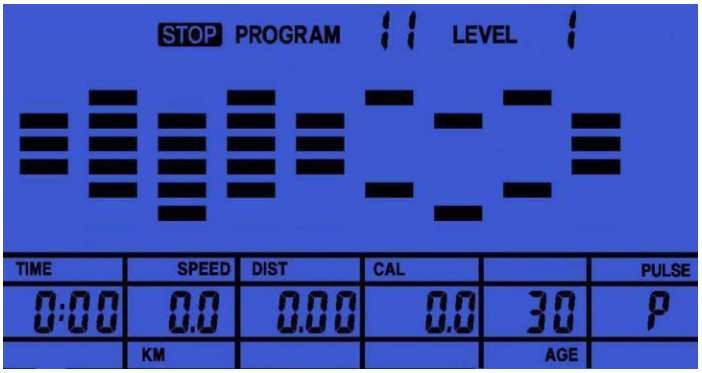
9. Program 9



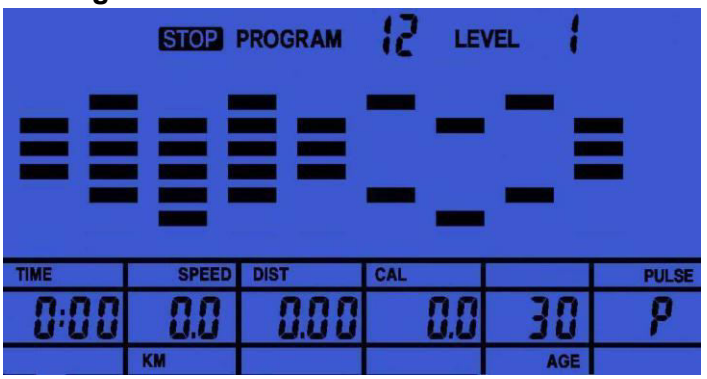
10. Program 10



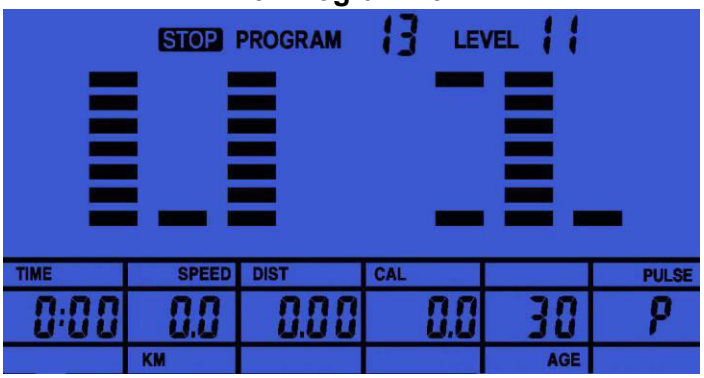
11. Program 11



12. Program 12



13. Program 13



Exercising Information

Before starting your exercise

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

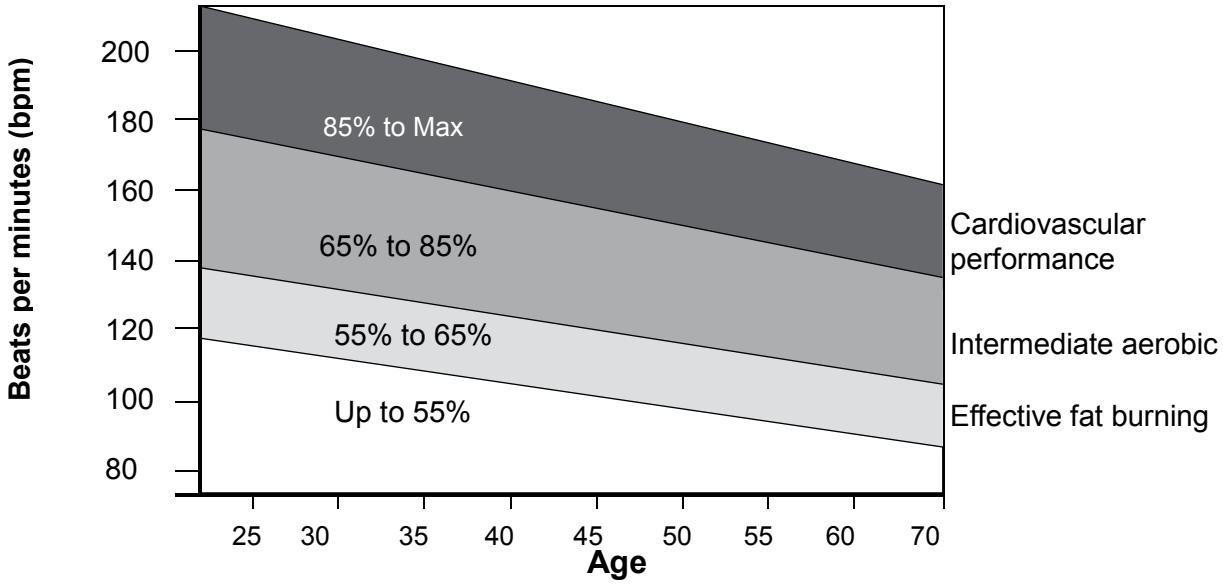
Initially, you may be able to exercise only for a few minutes in your target zone, however, your aerobic fitness will improve over the next six to eight weeks. Don't be discouraged if it takes longer. It's important to work at your own pace.

Please remember these essentials:

- Have your doctor review your training and diet programs to advise you of a workout routine you should adopt.
- Begin your training program slowly with realistic goals 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 with adequate training area, as prescribed in this manual.

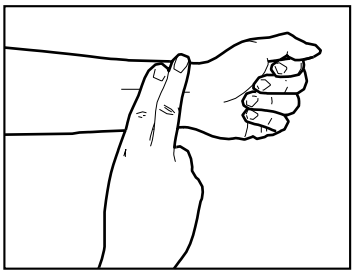
Exercise intensity

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



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

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



Exercising Information

Muscle Chart

Aerobic Exercise

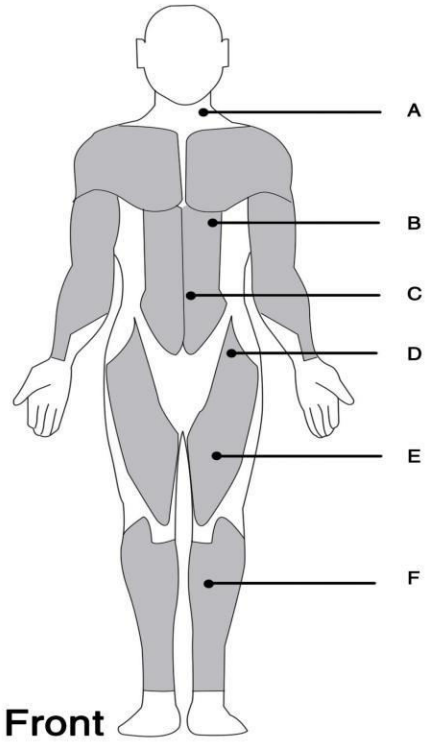
Aerobic exercise improves the fitness of your lungs and heart - your body's most important muscle. Aerobic exercise fitness is promoted by any activity that uses your large muscles (arms, legs, or buttock, for example). Your heart beats quickly and you breathe deeply. An aerobic exercise should be part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

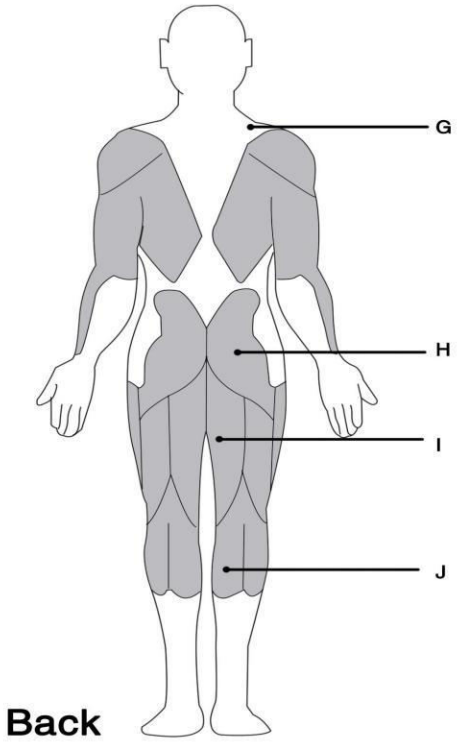
Weight Training

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 lower number of reps. As always, consult your doctor before beginning any exercise program.

Targeted Muscle Groups

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





A: Trapezius
B: Serratus Anterior
C: Abdominal
D: Sartorius
E: Quadriceps
F: Tibialis anterior
G: Trapezius
H: Gluteals
I: Hamstrings
J: Gastrocnemius

Exercising Information

ROGERBLACK FITNESS

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.

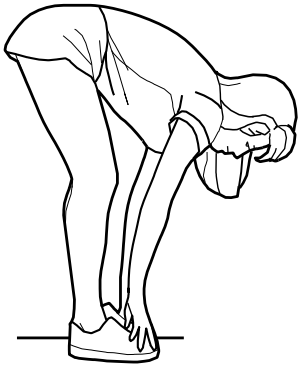
Toe touch stretch

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.



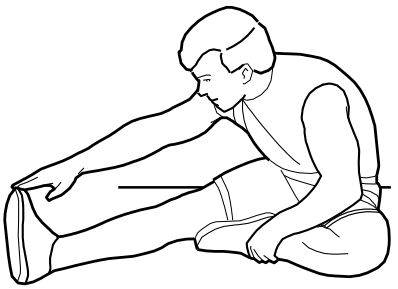
Hamstring stretch

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 stretc

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 timesleg. .

Stretches: Quadriceps and hip muscles.



Inner thigh stretch

Sit with the soles of your feet together and your knees outwards. Pull your feet towards your groin area as far as possible, and push your knee down towards the ground.

Hold for 15 counts, 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.
The safety level of the equipment can be maintained only if it is examined regularly for the 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 keep the equipment out of use until repair;
Special attention to components most susceptible to wear.

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

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

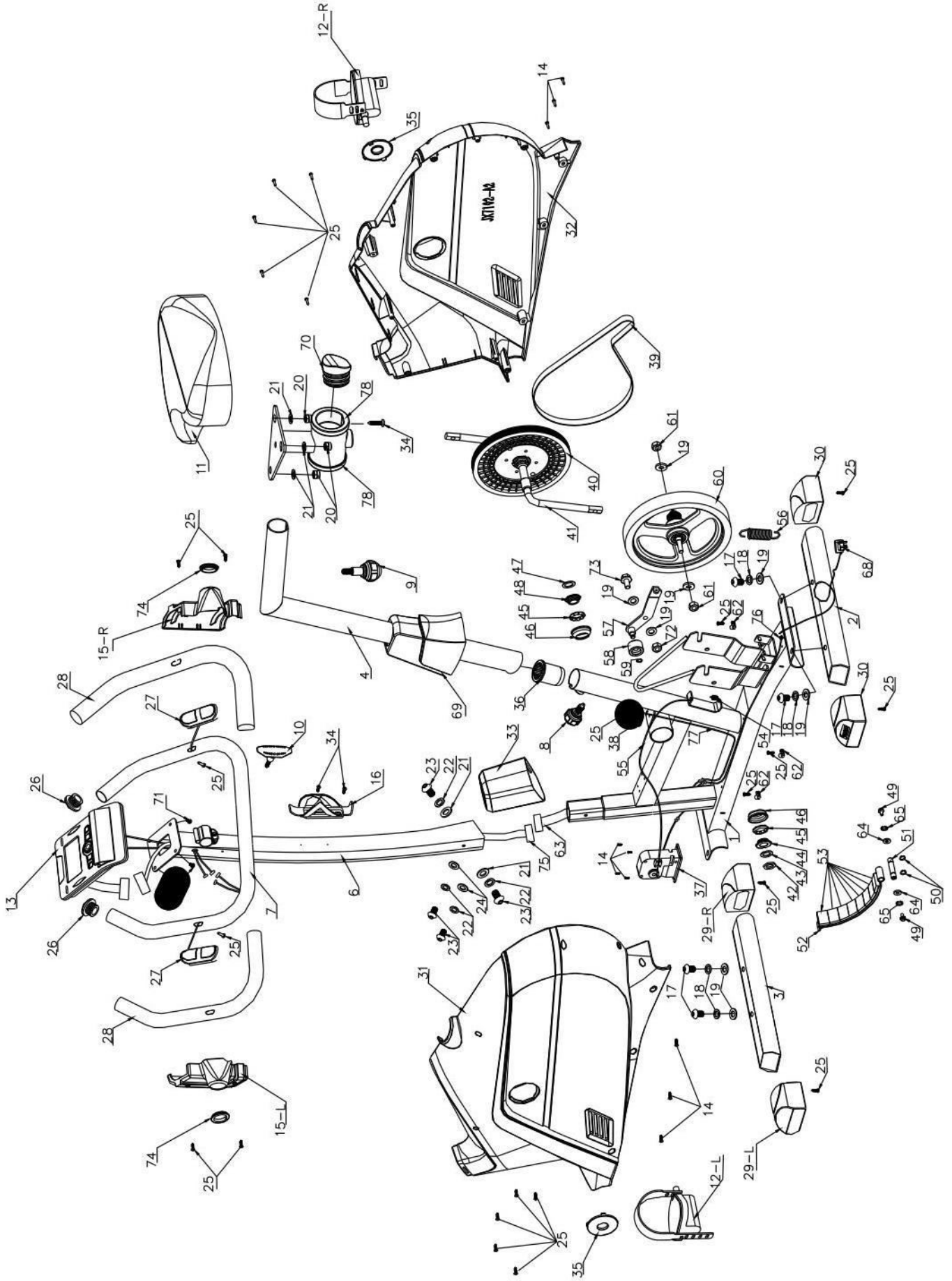
Guarantee:
For guarantee purposes, please retain your purchase receipt

Information for Users on Disposal of old Equipment (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, please consider the collection systems or facilities for appropriate recycling.



Exploded Parts Diagram



Exploded Parts List

ROGERBLACK FITNESS

Part	Description	QTY	Part	Description	QTY
1	Main Frame	1	40	Belt Pulley	1
2	Rear Stabilizer	1	41	Crank	1
3	Front Stabilizer	1	42	Lock Nut	1
4	Seat Post	1	43	C-Shaped Lock Ring	1
5	Seat Adjustment Bracket	1	44	Alex Sleeve	1
6	Front Post	1	45	Bearing	2
7	Handle	1	46	Bearing Chamber	2
8	M16 Lock Knob	1	47	Lock Washer	1
9	M10 Lock Knob	1	48	Right Bead Flange	1
10	M8 T Shaped Lock Knob	1	49	M6X15mm Bolt	2
11	Saddle	1	50	12mm Spring Bead Flange	2
12	Left & Right Pedal	2	51	Axle	1
13	Computer	1	52	Magnet Bracket	1
14	ST4.8X15mm Philips Screw	10	53	Magnet	8
15	Left & Right Handle Cover	2	54	36mm Spring	1
16	Bottle Holder	1	55	Tension Adjustable Cable	1
17	M10X20mm Allen Bolt	4	56	74mm Spring	1
18	Φ10mm Spring Washer	4	57	Belt Tension Pulley	1
19	Φ10mm Washer	8	58	Tension Pulley Bracket	1
20	M8 Nut (Black)	3	59	10mm Spring Bead Flange	1
21	Φ8mm Washer (Zinc)	5	60	Fly Wheel	1
22	Φ8mm Spring Washer	4	61	M10 Nut	2
23	M8X15mm Allen Bolt	4	62	Clip	3
24	Φ8XR22mm Arc Washer	2	63	Sensor Wire	1
25	ST4.2X15mm Philips Screw	24	64	Φ6mm Washer	2
26	Φ25mm Cone End Cap	2	65	Φ6mm Spring Washer	2
27	Handle Pulse Sensor	2	68	Charger	1
28	Φ25X520mm Handle Grip	2	69	Saddle Post Cover	1
29	L&R Transport Wheel	2	70	End Cap	1
30	Level Foot	2	71	8MM Dome Head Philips bolt	4
31	Left Cover	1	72	M10 Nut	1
32	Right Cover	1	73	M10 x 25mm Hex Bolt	1
33	Front Post Cover	1	74	Joint Ring	2
34	ST4.2X15mm Philips Screw	2	75	Upper Main Sensor Wire	1
35	Crank Cover	2	76	Inner Power Cord	1
36	Sleeve	1	77	Sensor Bracket	1
37	Motor	1	78	Saddle Post Sleeve	2
38	Reed Base	1			
39	Motor Belt	1			

Guarantee

Product Guarantee

This product is guaranteed against manufacturing defects from 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 rendered invalided if the products 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**

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