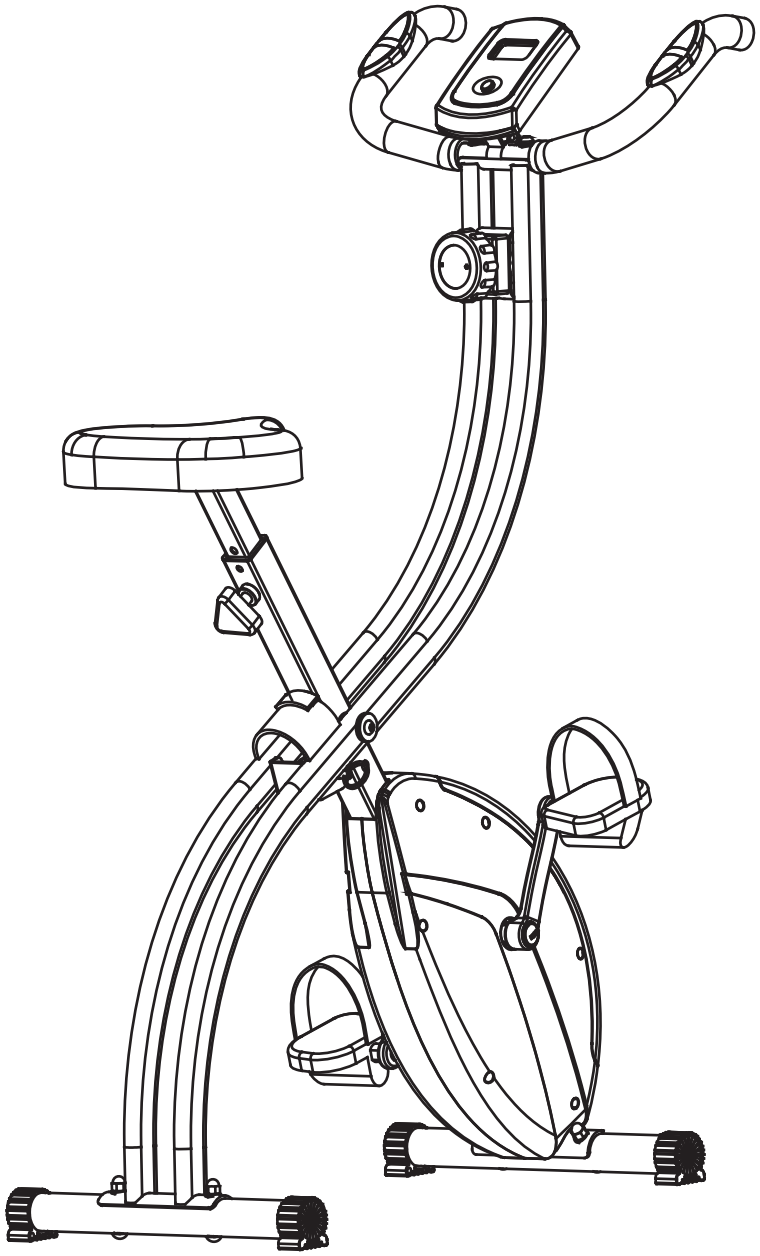
Gold Folding Exercise Bike

Assembly & User Instructions - Please keep for future reference | 599/9374

ROGERBLACK FITNESS



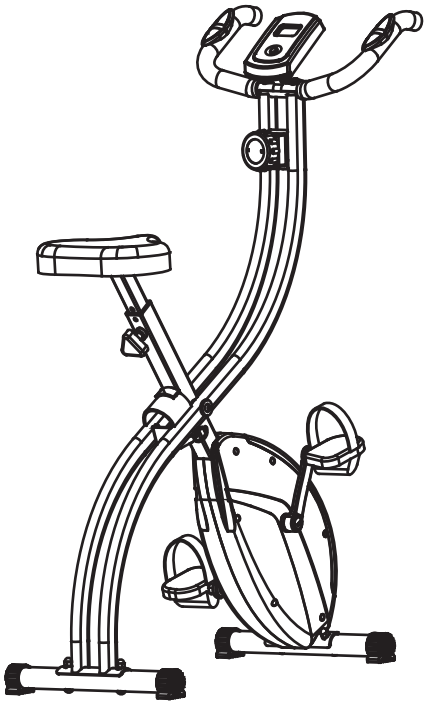
Important – Please read these instructions fully before assembly or using

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 contact number: 0345 600 1714 www.argos-support.co.uk**

Contents

Safety Information	**2**
Components - Parts	**3**
Components - Fixings	**4**
Assembly Instructions	**5-6**
Adjustment / Folding away	**7**
Workout area	**8**
Computer Operation	**9**
Installation of Batteries	**10**
Exercising Information	**11-14**
Before starting	11
Muscle chart	12
Warming up and cooling down	13-14
Care and Maintenance	**15**
Exploded Parts Diagram	**16**
Parts List	**17**



Safety Information

ROGERBLACK FITNESS

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 Roger Black Gold Folding Exercise 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.

• 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, always warm up properly.

• If the user experiences dizziness, nausea, chest pain, or other abnormal symptoms **stop the workout and seek immediate medical attention.**

• Only one person at a time should use the equipment.

• Keep hands away from all moving parts.

• Always wear appropriate workout clothing when exercising. **Do not** wear loose or baggy clothing, since it may get caught in the equipment. Wear athletic shoes to protect your feet while exercising.

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

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

• The max user weight is 100kg.

• Keep unsupervised children away from the equipment.

• Injuries to health may result from incorrect or excessive training. The equipment shall be installed on a stable base and properly leveled.

• The braking system is adjustable.

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

Battery safety

• ***Warning:*** Incorrect installation of batteries may cause battery leakage and corrosion, resulting in damage to the computer.



• **Do not** mix old and new batteries, or batteries of different types.

• **Do not** dispose of batteries in a fire.

• **Do not** dispose of batteries with normal household waste, take to a local recycling centre.

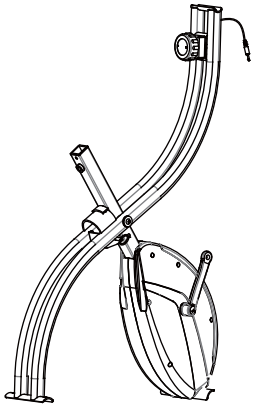
Warning: Before beginning any exercise program, consult your Doctor. This is especially important for persons over the age of 35 or persons with pre-existing health problems. You MUST read all instructions before using any fitness equipment. Argos and its associates assumes no responsibility for personal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

Components - Parts

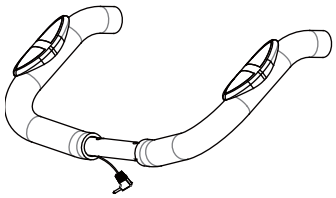
If you have damaged or missing components, call the **Customer contact number: 0345 600 1714**

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.
Total mass of the product is 16.5kg. Foot print of the product is 67 x 41cm.



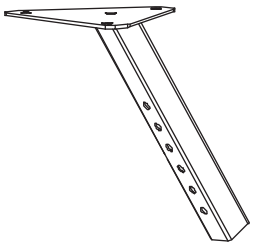
21. Main frame x 1



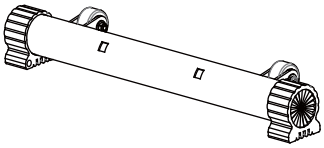
1. Handle Bar x 1



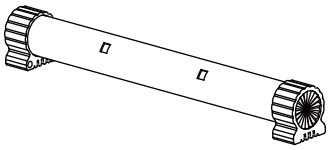
5. Exercise Monitor x 1



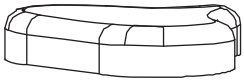
15. Saddle Stem Instert x 1



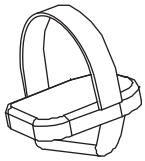
50-1. Front Stabiliser x 1



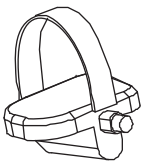
50-2. Rear Stabiliser x 1



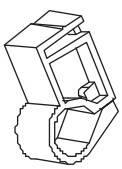
10. Saddle x 1



74. Pedal (L) x 1



39. Pedal (R) x 1



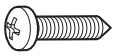
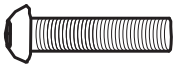
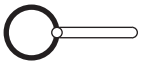
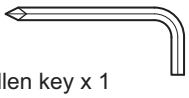
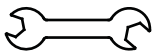
6. Holder of Monitor x 1

Components - Fixings

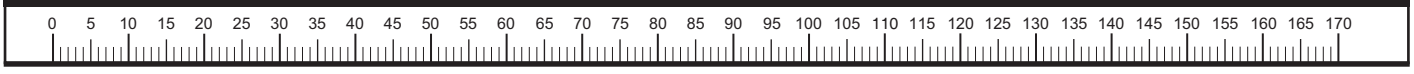
ROGERBLACK FITNESS

Please check you have all the fixings listed below

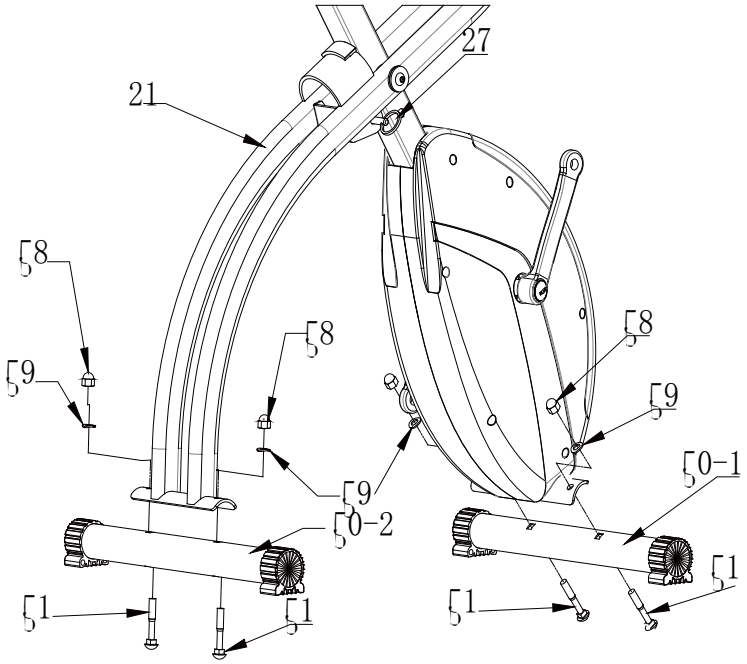
Note: Some of the fixings are pre-fitted to the larger components. Please check carefully before contacting Argos regarding any missing fixings.

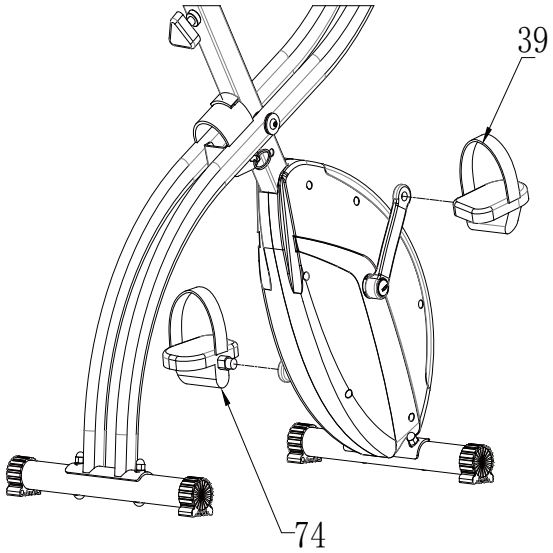
8  M8 Spring washer x 2	**11**  Screw x 1	**58**  M8 Dome nut x 4
59  M8 Curved washer x 6	**51**  M8 x50mm Carriage Blot x 4	**22**  Adjuster knob x 1
7  M8 x 35mm Allen Bolt x 2	**27**  Locking Pin x 1	
 Allen key x 1	 Spanner x 1	

Ruler - Use this ruler to help correctly identify the hardware



Assembly Instructions





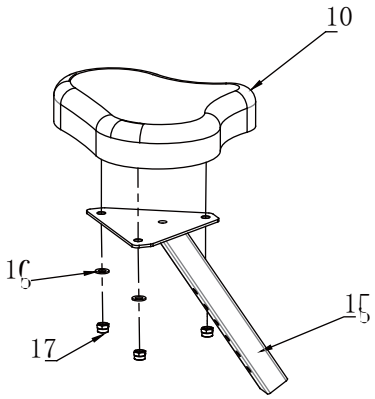
Step 1

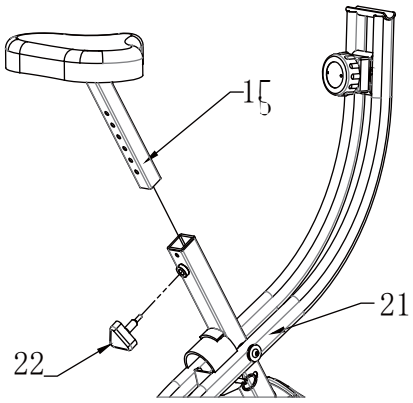
Unfold the Main Frame (21). Lock into position using 1 x Locking Pin (27).

Connect the Stabilizers (50-1 & 50-2) to the Main Frame (21) using 4 x Carriage Bolt (51), 4 x Curved Washer (59) and 4 x M8 Dome Nut (58).
Note: The flat surface of the stabilizers must be placed flat horizontally on the ground.

Assemble the Left Pedal (74) and the Right Pedal (39) to the Pedal Crank. Both Pedals MUST be tightened securely otherwise damage may occur to the Crank.
Turn clockwise to assemble the Right Pedal (39) and counter-clockwise for the Left Pedal (74).

Assembly Instructions



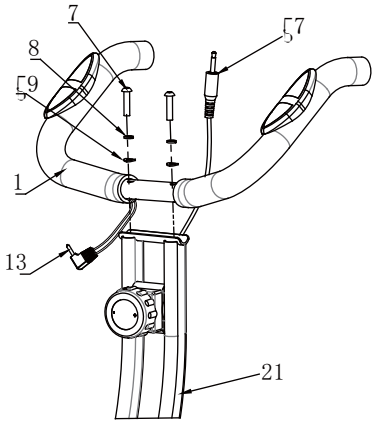


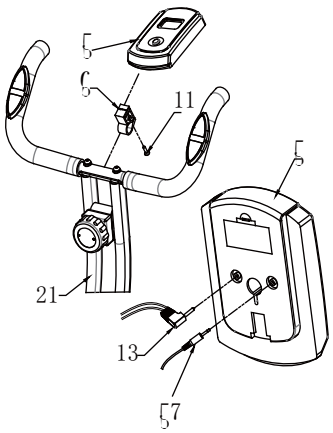
Step 2

The 3 x M8 Nut (17) and 3 x Saddle Washer (16) are pre-assembled on the Saddle (10).
Remove them before the assembly of the Saddle (10) to the Saddle Stem Insert (15).

Fix the Saddle (10) to the Saddle Stem Insert (15) by re-fitting the 3 x Saddle Washer (16) and 3 x M8 Nut (17) previously removed. Attach the Adjuster Knob (22) into the saddle support before you slide the Saddle Stem Insert (15) into the Main Frame (21).

Set the Saddle (10) to the desired height, allowing for a slight bend in the knee at the bottom of the pedal rotation. Tighten the Adjuster Knob (22) after adjusting the height.





Step 3

Connect the Handlebar (1) to the Main Frame (21) using 2 x M8 x 25mm Allen Bolt (7), 2 x M8 Spring Washer (8) and 2 x M8 Curved Washer (59).

ATTENTION!
The Sensor Wire (57) is a single-wire and the Pulse Wire (13) is a double-wire. Please plug these wires to the properly marked positions at the back of the Monitor respectively (5).

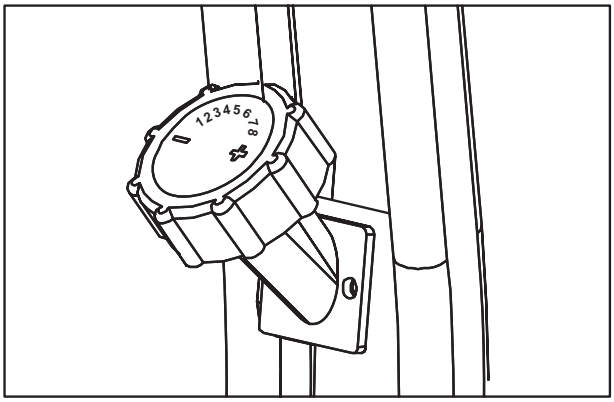
Attach the Holder of monitor (6) on the Handlebar (1), insert the monitor (5) into the Holder of monitor (6), then tighten the opening of the holder with one Screw (11) after adjusting the angle.
Connect the single Sensor Wire (57) from the Main Frame to the back of the Monitor (5) marked Sensor Wire. The other Pulse Wire (13) will be connected to the back of the Monitor (5) marked Pulse Wire.

WARNING! Heart rate monitoring systems may be inaccurate.
Over exercise may result in serious injury or death.
If you feel faint stop exercising immediately.

Adjustment / Folding away

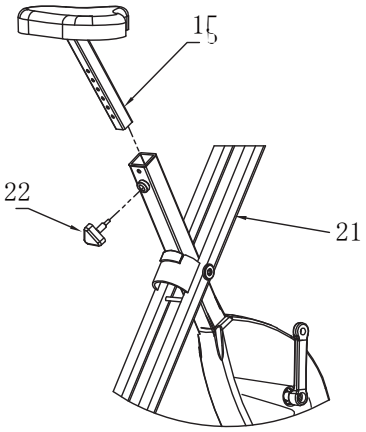
Adjustment of Resistance

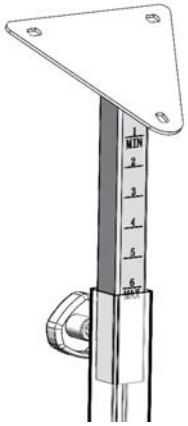
Adjustment of Resistance level by turning the 8-level tension knob either to the right (increase) or left (decrease).



Adjustment of Seat Height

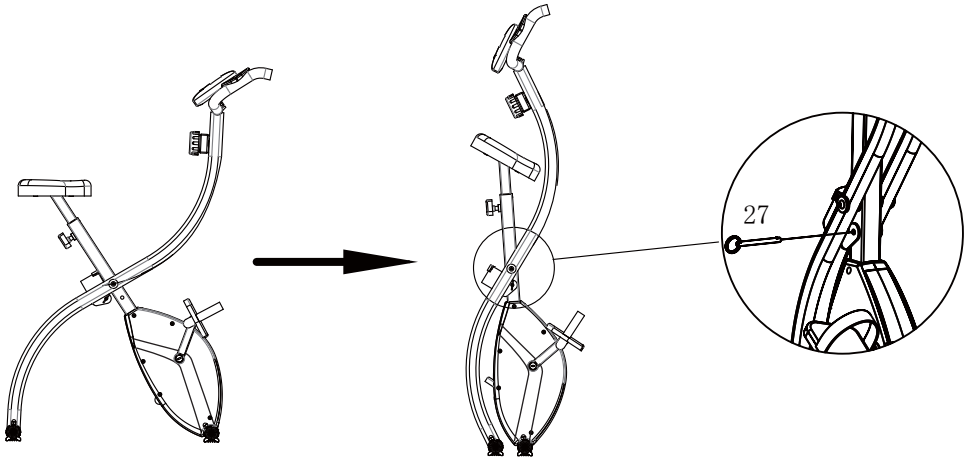
Unlock the Adjuster Knob (22) and pull or push the Saddle Stem Insert (15) to adjust the seat height. Do not pull over the MAX mark for maximum height or push down below MIN mark for minimum height.





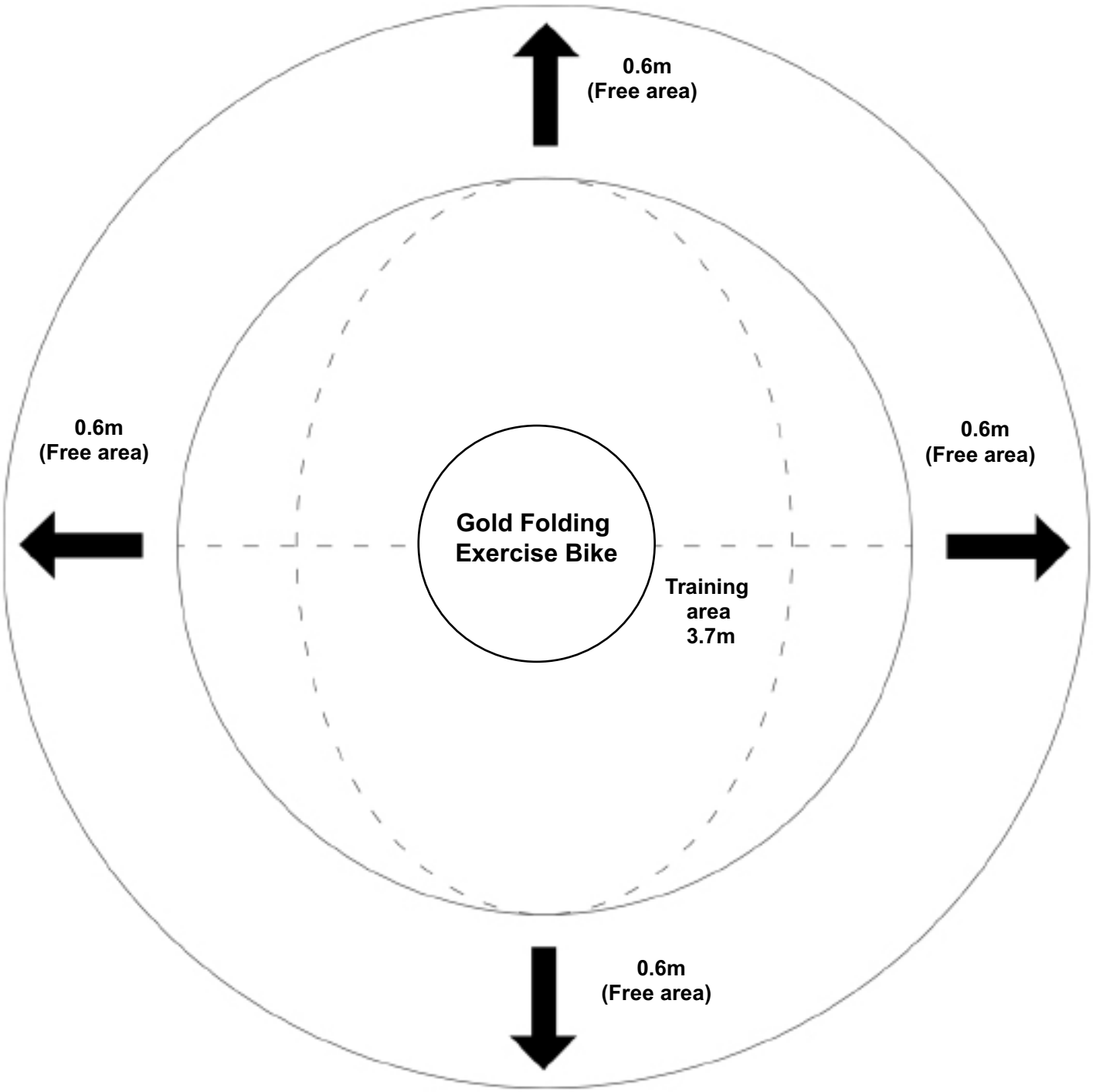
Folding away your Exercise Cycle

Insert the Locking Pin (27) through the holes to lock the folding position in place as depicted in the illustration.
Folded dimension of the exercise cycle is 41 x 17 x 140 (H) cm.



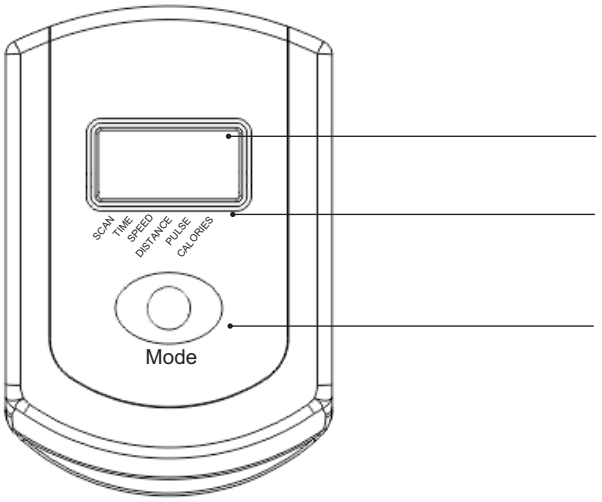
Workout Area

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.



Computer Operation

Functions and operations



Display

Functions:
SCAN / TIME / SPEED / DISTANCE / PULSE / CALORIES

Mode

MODE: This key lets you to select and lock on to a particular function you want.

AUTO ON /OFF: The system turns on when any key is pressed or when it receives a signal input from the speed sensor.
The system turns off automatically when the sensor has no signal input or no key is pressed for approximately 4 minutes.

RESET: The unit can be reset by either changing the battery or pressing the mode key for 3 seconds.

MODE: To choose the SCAN or LOCK if you do not want the scan mode, press the MODE key when the pointer on the function you want begins blinking.

Functions

SCAN: Automatic display of the following functions in the order shown: TIME----SPEED----DISTANCE----PULSE-----CALORIES (repeat).

TIME: Press the MODE key until the pointer advance to TIME. The total working time will be shown.

SPEED: Press the MODE key until the pointer advance to SPEED. The total working time will be shown.

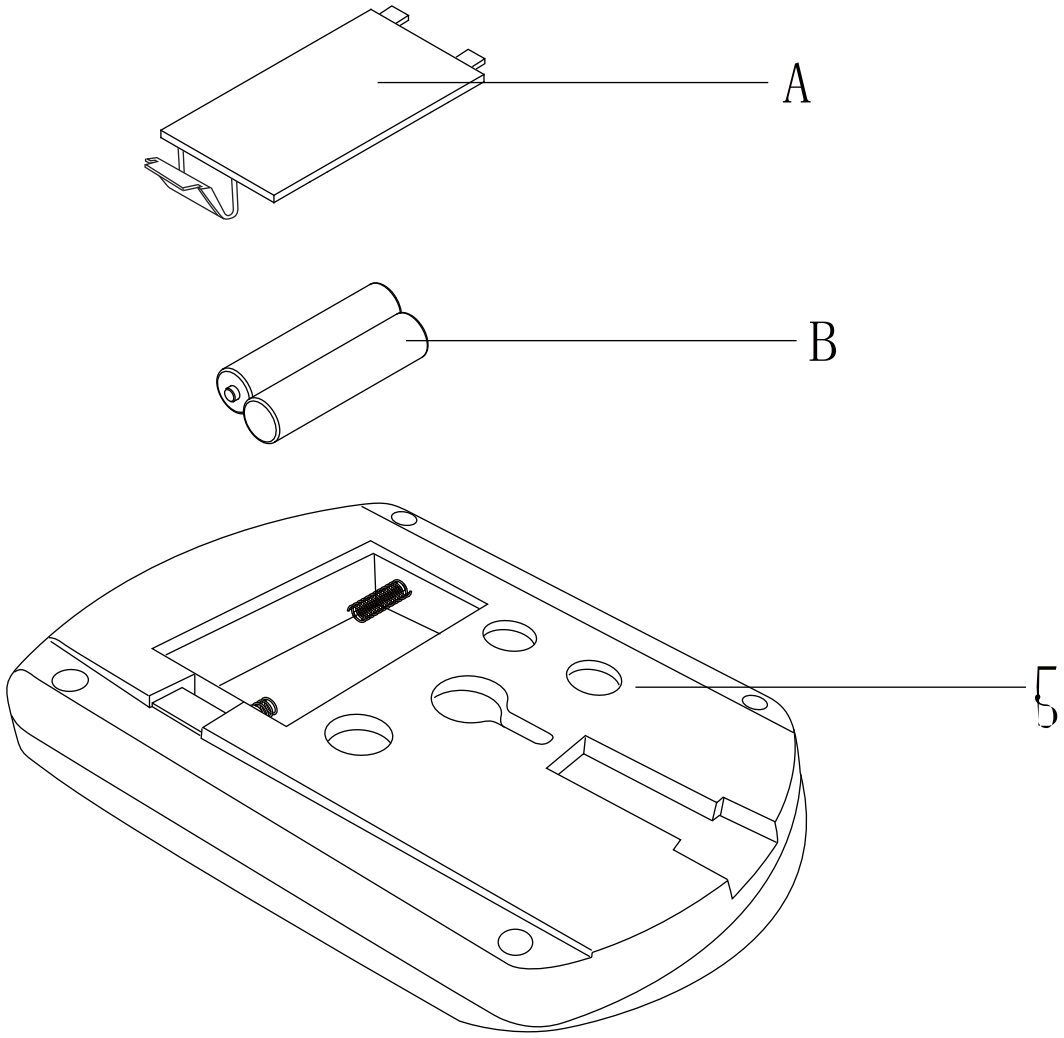
DISTANCE: Press the MODE key until the pointer advance to DISTANCE. The distance of each workout will be displayed.

PULSE: Press the MODE key until pointer advance to PULSE. User's current heart rate will be displayed in beats per minute. Place the palms of your hands on both of the contact pads (or put ear-clip to ear), and wait for 30 seconds for the most accurate reading.

CALORIES: Press the MODE key until the pointer advance to CALORIES. The calories burned will be displayed.

Specifications		
Function	Auto Scan	Every 6 seconds
	Speed	0.0-99.9 KM/H
	Distance	0.0-999.9 KM
	Time	0:00-99:59 (Minute: Second)
	Calories	0-9999 Kcal
	Pulse	40-240 BPM
Sensor		No-contact magnetic type
Battery type		2 x SIZE-AA (not included)
Operation temperature		0˚C ~ +40˚C (32˚K ~ 104˚K)

Installation of Batteries



Remove the Back Cover (A) of the Monitor (5) and install 2 x AA battery (B) into the battery compartment. Replace the Back cover (A) to the Monitor (5).
Note: The 2 pcs of AA battery are not included with the equipment.

Exercising Information

Before starting

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

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

Please remember these essentials:

• Have your doctor review your training and diet programs to advise you of a workout routine you should adopt.

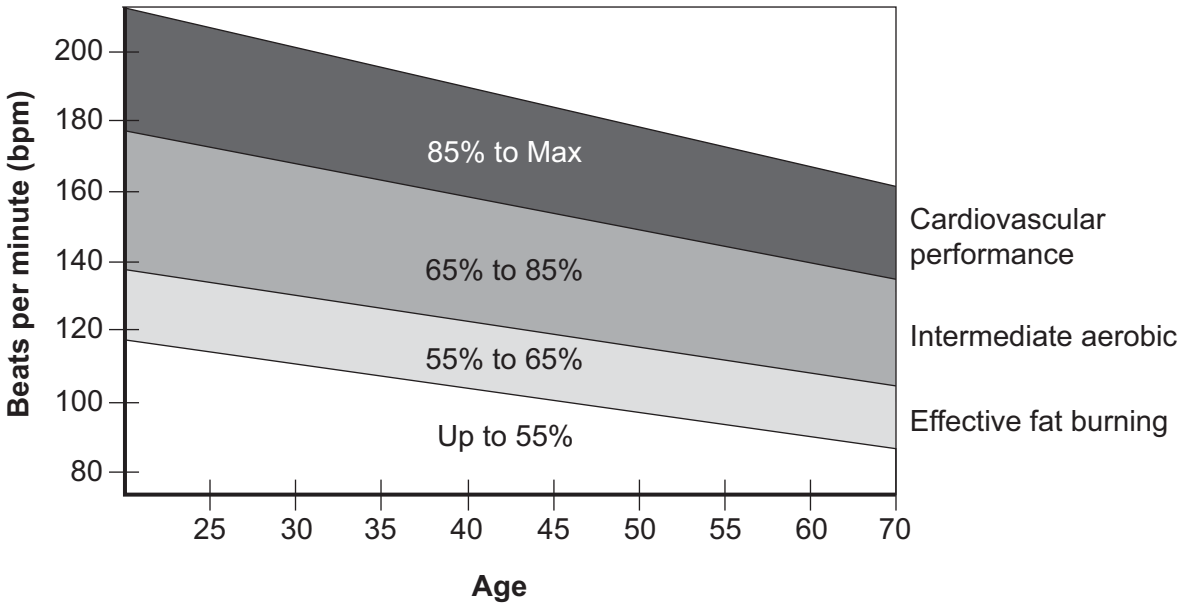
• Begin your training program slowly with realistic goals that have been set by you and your doctor.

• Monitor your pulse frequently. Establish your target heart rate based on your age and condition.

• Set up your equipment on a flat even surface at least 3 feet from walls and furniture.

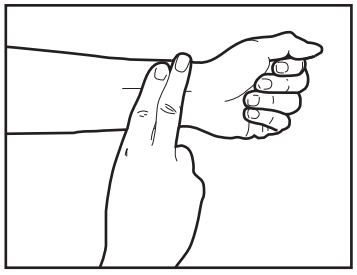
Exercise intensity

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



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

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



Exercising Information

ROGERBLACK FITNESS

Muscle chart

Aerobic Exercise

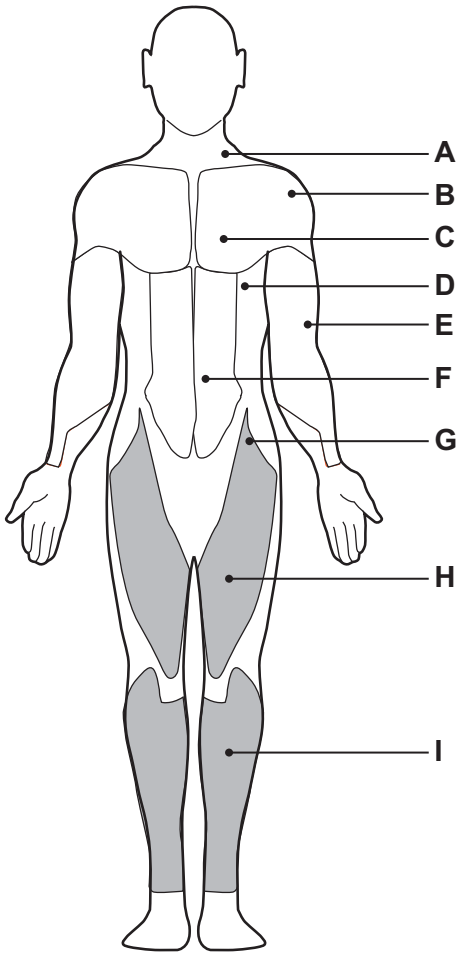
Aerobic exercise improves the fitness of your lungs and heart - your body's most important muscle. Aerobic exercise fitness is promoted by any activity that uses your large muscles (arms, legs, or buttock, for example). Your heart beats quickly and you breathe deeply. An aerobic exercise should be part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

Weight Training

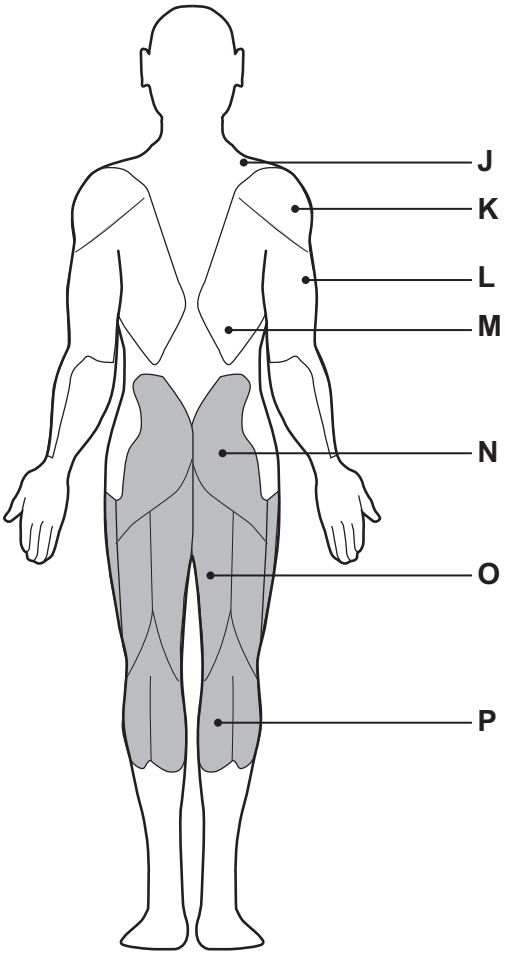
Along with aerobic exercising which helps get rid of and keep off the excess fat that our bodies can store, weight training is an essential part of the exercise routine process. Weight training helps tone, build and strengthen muscle. If you are working above your target zone, you may want to do a lesser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

Targeted Muscle Groups

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



Front



Back

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

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

Exercising Information

Warming up and Cooling down exercises

Each workout should include the following three parts:

1. A warm-up, consisting of 5 to 10 minutes of light exercise, such as jogging on the spot, star jumps and lunges. 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
See the following basic stretching exercises. Move slowly as you stretch, never bounce.

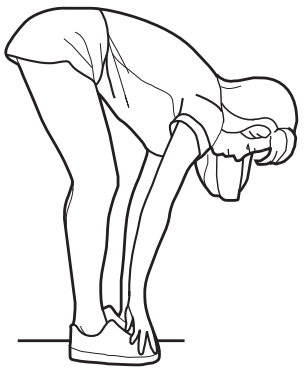
Toe touch stretch

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.



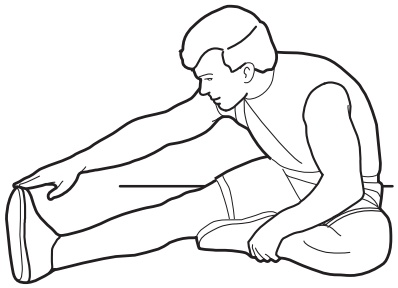
Hamstring stretch

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

ROGERBLACK FITNESS

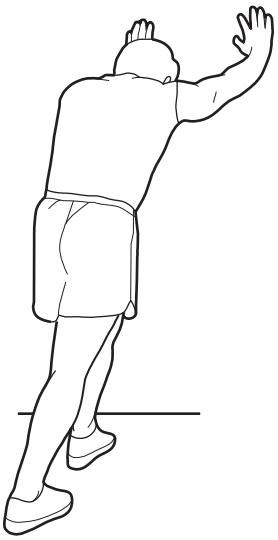
Calf/achilles stretch

With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall.

Hold for 15 counts, then relax.

Repeat 3 times for each leg. To cause further stretching of the achilles tendons, bend your back leg as well.

Stretches: Calves, achilles tendons and ankles.



Quadriceps stretch

With one hand against the wall for balance, reach back and grasp one foot with your other hand. Keeping your bent knee pointing directly downward towards the floor, gentle pull your heel towards your buttock until you feel a gentle stretch in the target area.

Hold for 15 counts, then relax.

Repeat 3 times for each leg.

Stretches: Quadriceps and hip muscles.



Inner thigh stretch

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

Hold for 15 counts, then relax.

Repeat 3 times.

Stretches: Quadriceps and hip muscles.



Care and Maintenance

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

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

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

4. Inspect and tighten all parts before using the equipment, replace any defective parts immediately, and **do not** use the equipment again until it is in perfect working order.

5. Replace defective components immediately and/or keep the equipment out of use until repair.

6. Special attention to components most susceptible to wear.

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

8. 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.

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

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

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

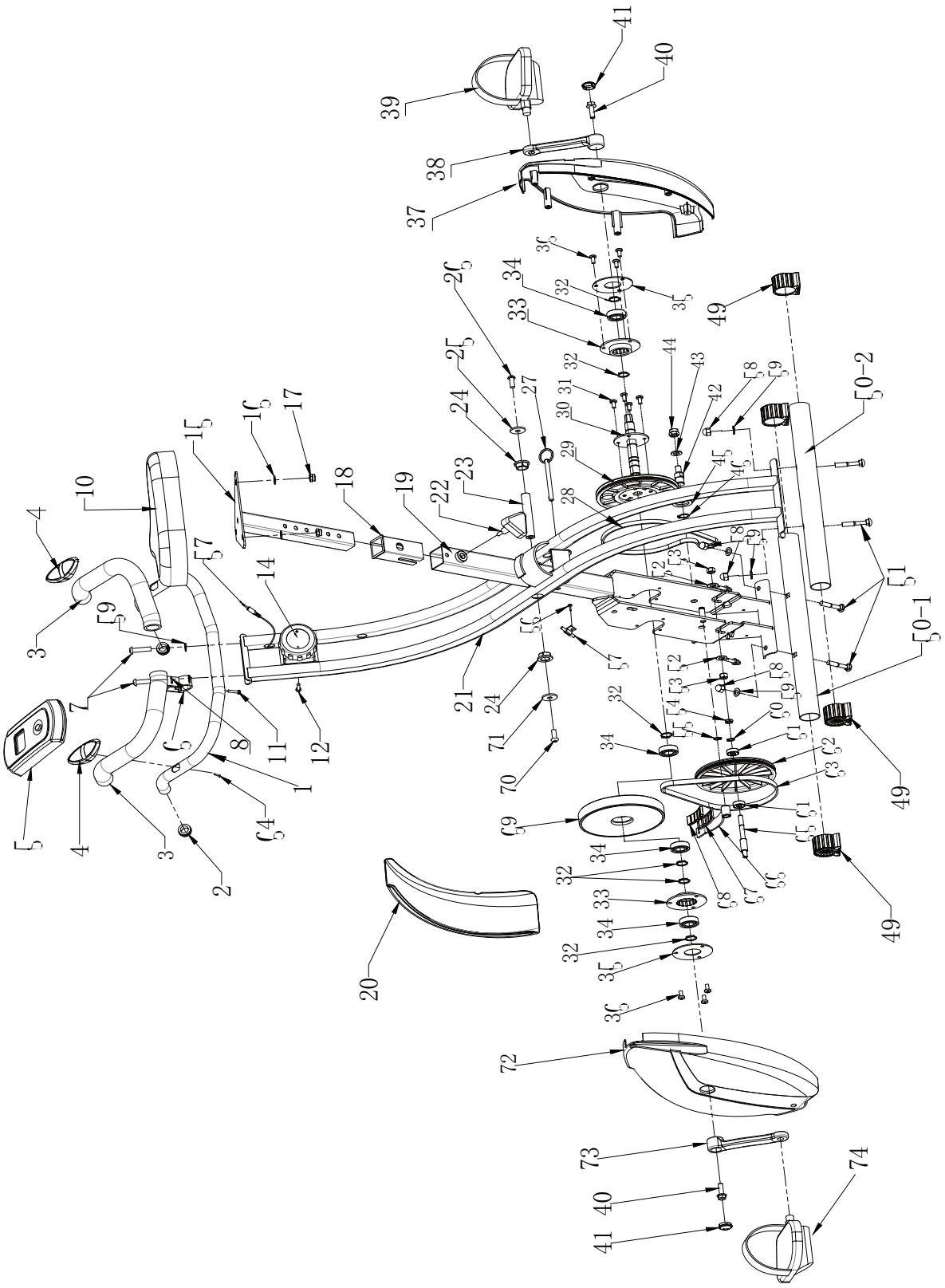


Products



Battery

Exploded Parts Diagram



Parts List

Part	Description	Size	Qty
1	Handlebar	Ø22*T1.5*793	1
2	Handlebar cap		2
3	Foam	Ø30*Ø20*342	2
4	Pulse sensor		2
5	Exercise Monitor		1
6	Holder of monitor		1
7	Allen bolt	M8*35	2
8	Spring washer	Ø8.1*4.2	2
10	Saddle		1
11	Screw	ST4*25	1
12	Screw	M4*25	1
13	Pulse wire		1
14	Spout plug		1
15	Saddle stem insert		1
16	Washer	Ø18*1.5	3
17	Nut	M8	3
18	Bushing		1
19	Driving unit frame		1
20	Top Cover		1
21	Main frame		1
22	Adjuster Knob		1
23	X shaft	Ø16*92	1
24	Bushing		6
25	washer	Ø25*Ø8.5*T2.0	1
26	Allen Bolt	M8*15	1
27	Locking Pin		1
28	Belt	240J	1
29	Belt Pulley		1
30	Crank axis frame		1
31	Allen Bolt	M6*12	4
32	Shaft with elastic ring	Ø17	6
33	Block		2
34	Bearing	6003	4
35	Metal plate for reinforcing		2
36	Allen Bolt	M6*10	6
37	Chain cover(R)		1

Part	Description	Size	Qty
38	Crank(R)		1
39	Pedal(R)		1
40	Crank Screw	M8*25	2
41	Crank Cover		2
42	Axis	Ø17*35.5	1
43	Washer	Ø20*Ø10.2*T1.5	1
44	Nut	M10	1
45	Axis wheel		1
46	Shaft with elastic ring	Ø10	1
49	Cap		4
50-1	Front stabilizer		1
50-2	Rear stabilizer		1
51	Carriage Blot	M8*50	4
52	Screw Group		2
53	Nut	M8	2
54	Nut	M8	1
55	Shaft with elastic ring	Ø10	1
56	Sensor fixed screw	M4*8	1
57	Sensor wire		1
58	Dome nut	M8	4
59	Curved washer	Ø20*1.5	6
60	Shaft with elastic ring	Ø8	1
61	Bearing	608	2
62	Ø 150 belt pulley		1
63	Belt	230J	1
64	Tapping Screw	ST4*15	2
65	150 Axis of belt pulley		1
66	Magnets bracket		1
67	Magnet plastic		1
68	Magnet	18*9*5	5
69	Flywheel	Ø160	1
70	Allen Bolt	M8*15	1
71	Washer	Ø25*Ø8.5*T2.0	1
72	Chain cover(L)		1
73	Crank(L)		1
74	Pedal(L)		1

Guarantee

Product Guarantee

This product is guaranteed against manufacturing defects for a period of



Year

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

The guarantee is subject to the following provisions:

- The guarantee does not cover accidental damage, misuse, cabinet parts, knobs or consumable items.
- The product must be correctly installed and operated in accordance with the instructions contained in this manual.
- It must be used solely for domestic purpose.
- The guarantee will be rendered invalided if the product is re-sold or has been damaged by inexpert repair.
- Specifications are subject to change without notice.
- The manufacturer disclaims any liability for the incidental or consequential damages.
- The guarantee is in addition to, and does not diminish your statutory or legal rights.
- In the event of a problem with the product with in the guarantee period call the **Customer contact number: 0345 600 1714 www.argos-support.co.uk**

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