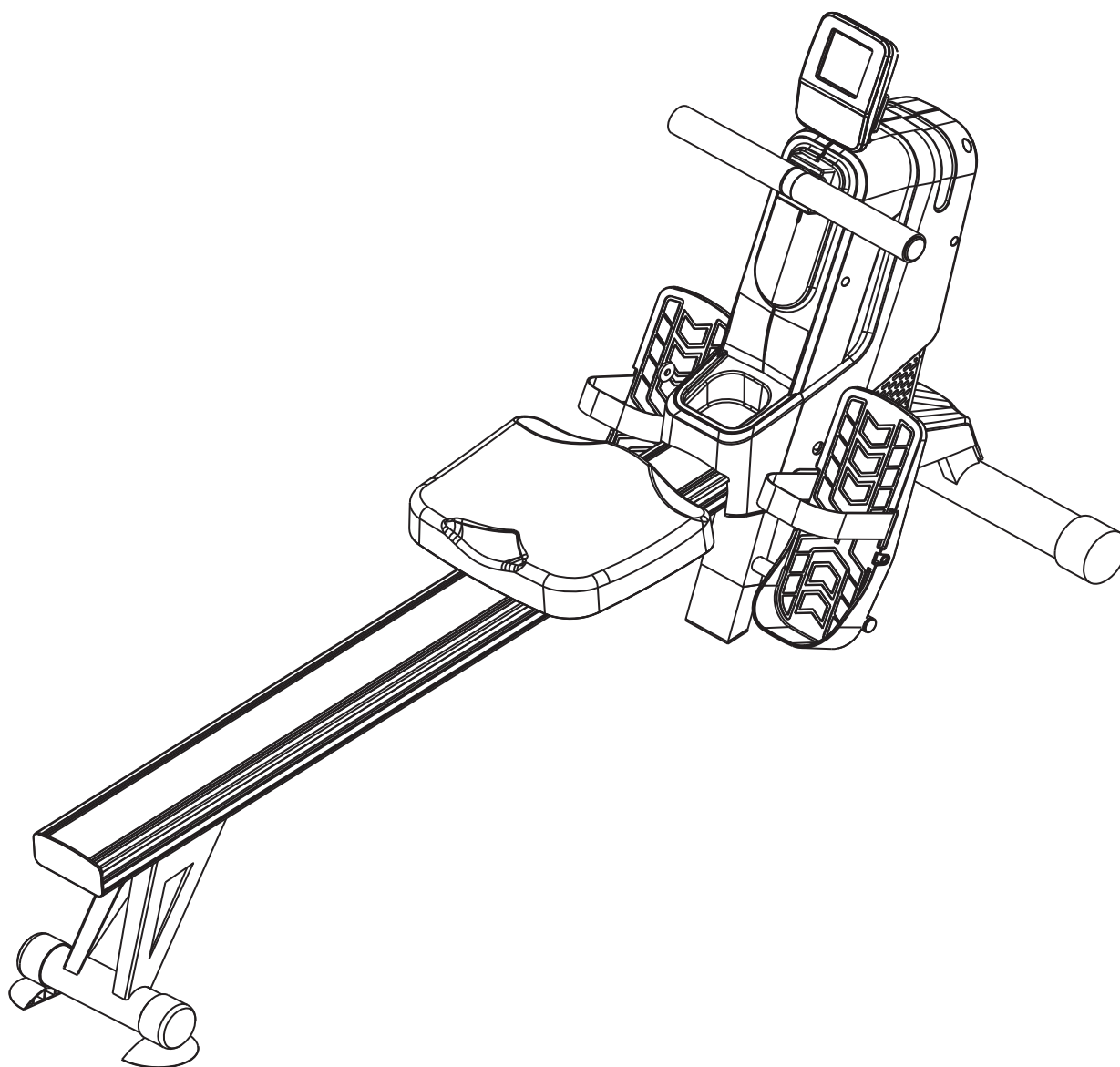


Programmable Magnetic Rower

Assembly & User Instructions - Please keep for future reference

607/8074

ROGERBLACK
FITNESS 



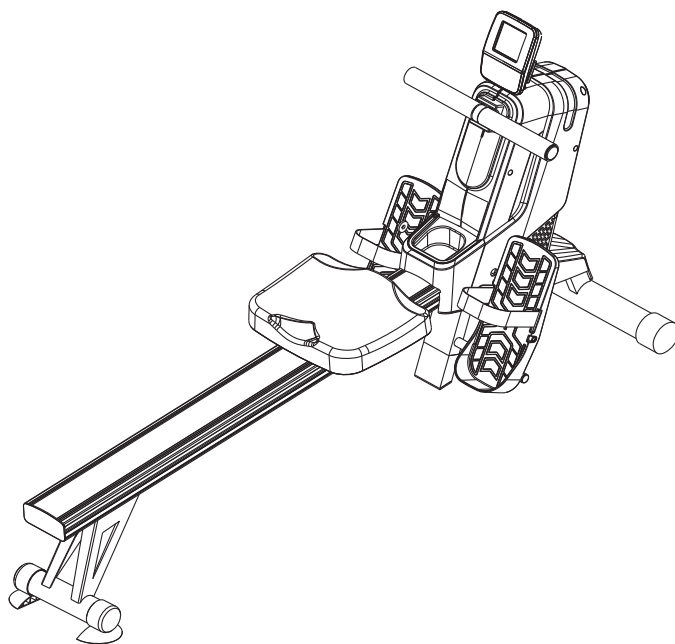
Important – Please read these instructions fully before assembly or using

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

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Safety Information

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

Assembly

- Check you have all the components and tools listed on pages 3 and 4, bearing in mind that, for ease of assembly, some components are pre-assembled.
- Keep children and animals away from the work area, small parts could choke if swallowed.
- Make sure you have enough space to layout the parts before starting.
- Assemble the item as close to its final position (in the same room) as possible.
- The equipment shall be installed on a stable base and properly levelled.
- Dispose of all packaging carefully and responsibly.

Using

- 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.
- The maximum user's body weight is **110kg**.
- This product conforms to: (EN 957 Part 1 and 7) - PARTS 1.7 class (H) - Home Use - Class (C).
- This exercise product has been designed and manufactured to comply with the latest (EN 957 Part 1 and 7) British and European Safety Standards.
- Braking system of this equipment is speed-independent
- Keep unsupervised children away from the equipment.
- Injuries to health may result from incorrect or excessive training.
- Use the equipment on a solid, flat level surface with a protective cover for your floor or carpet. For safety space, the equipment should have at least 0.5 meters of free space all around it



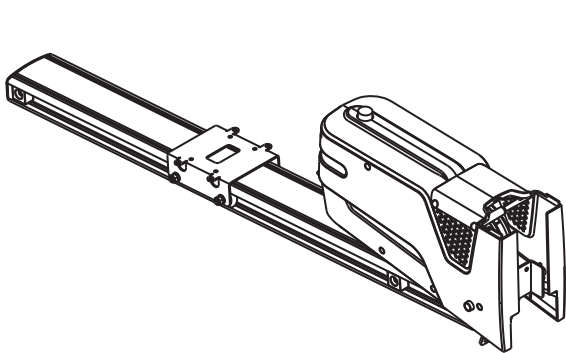
Warning: Before beginning any exercise program, consult your Doctor. This is especially important for persons over the age of 35 or persons with pre-existing health problems. You **MUST** read all instructions before using any fitness equipment. Argos and its associates assumes no responsibility for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

Components - Parts

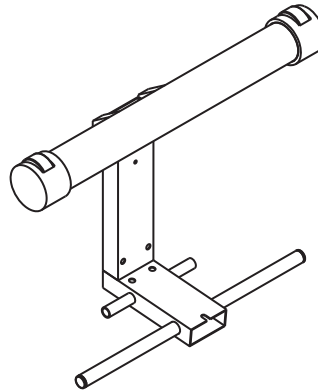
If you have damaged or missing components, call the **Customer Helpline: 0345 600 1714**
<http://www.argos-support.co.uk/>

Please check you have all the parts listed below

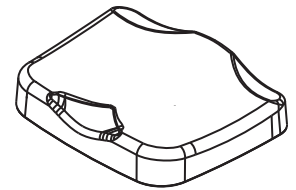
Note: Some of the smaller components may be pre-fitted to larger components. Please check carefully before contacting Argos regarding any missing components.



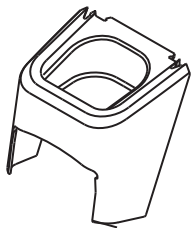
1. Main Frame 1pc



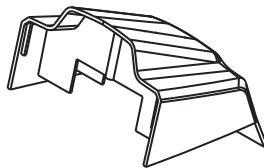
3. Base Frame 1pc



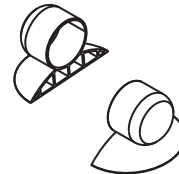
21. Seat 1pc



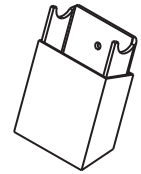
27. Bottle Holder 1pc



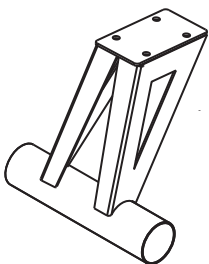
28. Front cover 1pc



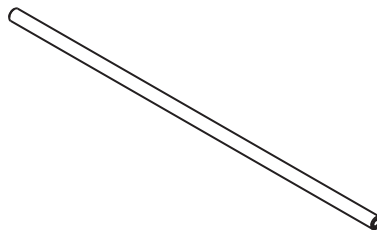
30. End cap (60mm) 2pcs



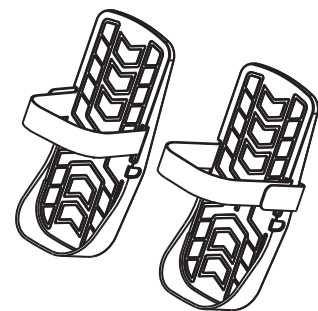
5. Rear Support 1pc



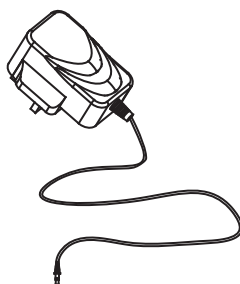
2. Rear Stand 1pc



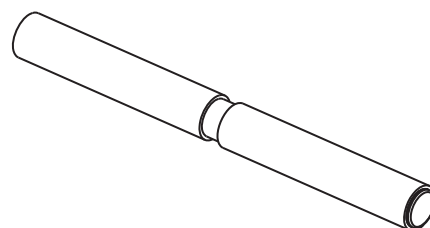
6. Pedal Shaft 1pc



19. Pedal Cap 2pcs



94. Adapter, Output 9V DC, 1A 1 pc

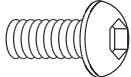


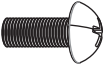


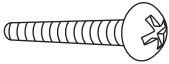
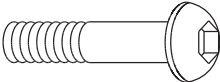
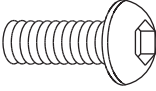




15. Handlebar 1pc

Components - Fixings

Please check you have all the fixings listed below

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

60  Bolt, Button Head (M8x15mm) X 6	61  Lock Washer (M8) x 4	62  Washer(M8) x 8
63  Bolt, Round Head (M6 x 15mm) x 5	64  Washer (M6) x 5	83  Large Washer(M8) x 2
81  Screw, Round Head (ST4.2 x 45mm) x 1	84  Bolt, Button Head (M8 x 40mm) x 2	85  Bolt, Button Head (M8x20mm) x 2
59  Allen Wrench(5mm) x 1	69  Allen Wrench w/ Screwdriver x 1	

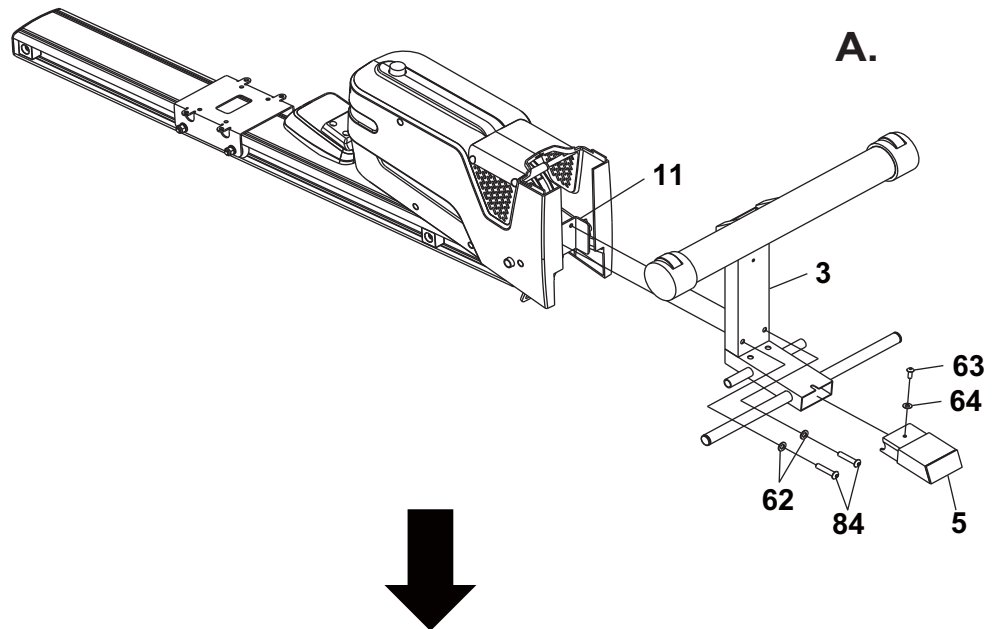
Ruler - Use this ruler to help correctly identify the hardware



Assembly Instructions

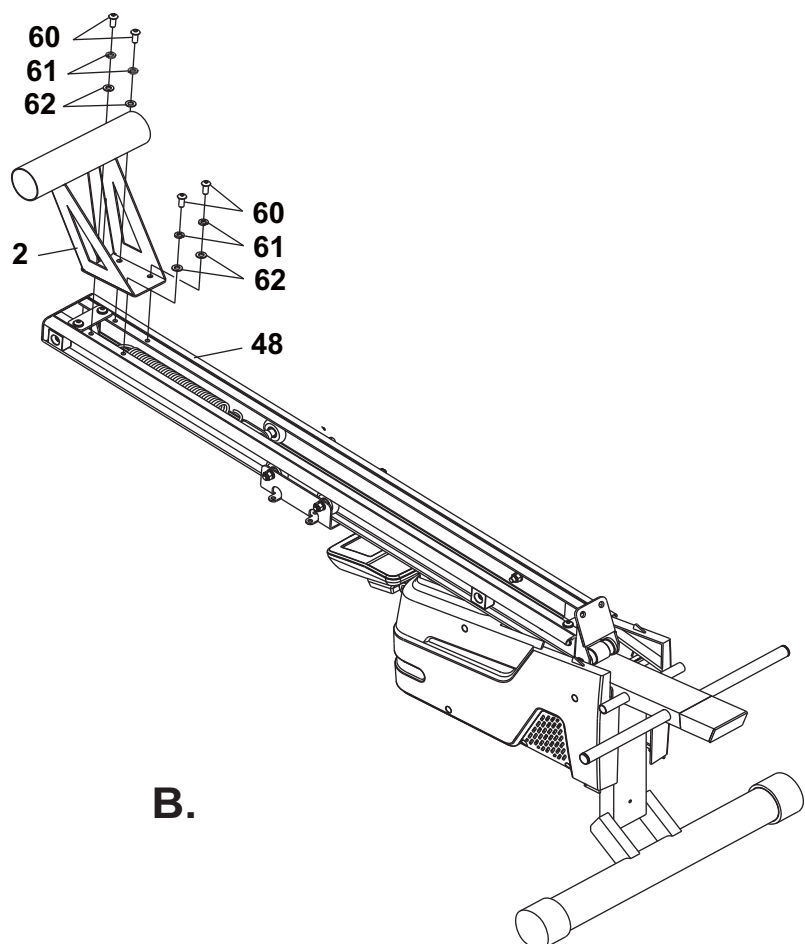
Step 1

Position the main assembly of the Programmable Magnetic Rower as shown in illustration A. Attach the **BASE FRAME (3)** to the **MAIN FRAME (1)** with **BUTTON HEAD BOLTS (M8x40mm) (84)** and **WASHERS (M8)(62)**. Insert the **REAR SUPPORT (5)** into the **BASE FRAME (3)** and secure with **BUTTON HEAD BOLTS (M6x15mm)(63)** and **WASHERS (M6)(64)**.



Step 2

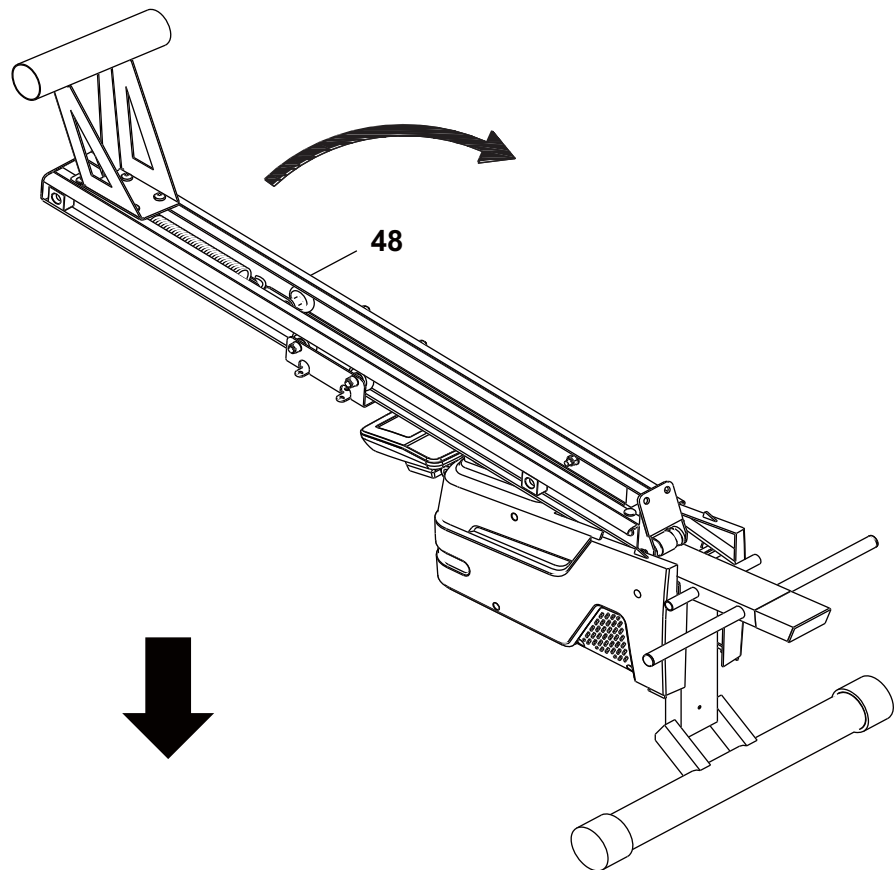
Refer to illustration B. Turn the main assembly of the Programmable Magnetic Rower upside down. Attach the **REAR STAND (2)** to the **RAIL (48)** with **BUTTON HEAD BOLTS (M8x15mm) (60)**, **LOCK WASHERS (M8)(61)**, and **WASHERS (M8)(62)**.



Assembly Instructions

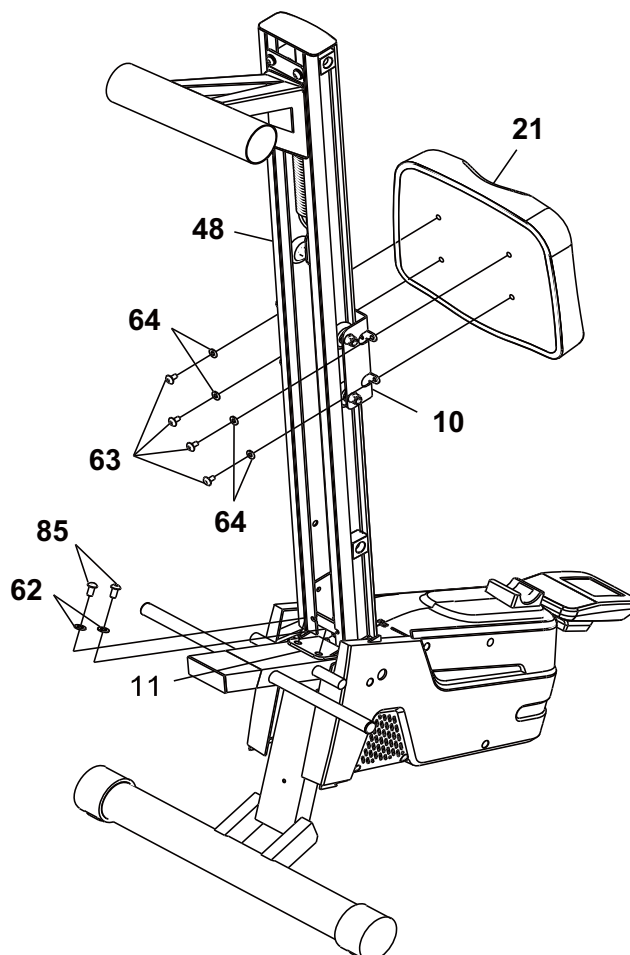
Step 3

Refer to the illustration below. Unfold the RAIL (48), and then attach to the BASE FRAME (3) with BUTTON HEAD BOLTS (M8x20mm)(85) and WASHERS (M8)(62).



Step 4

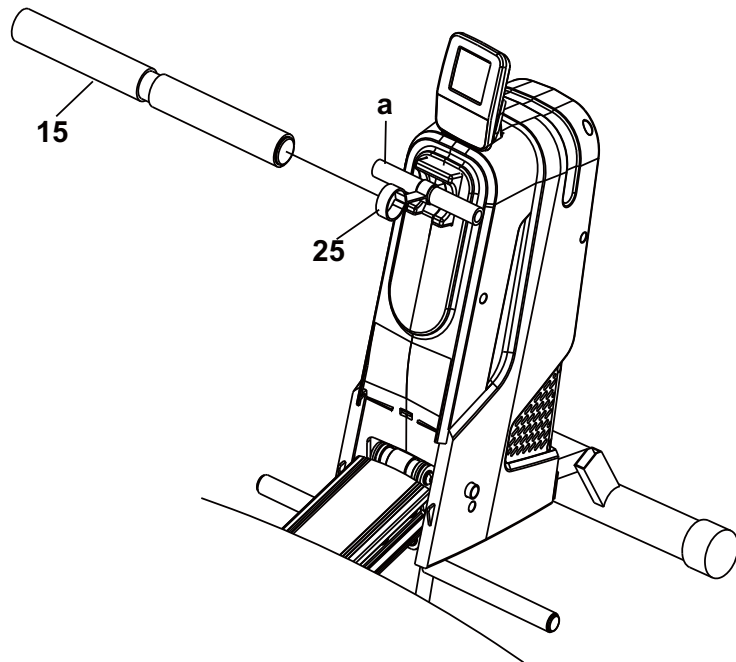
Attach the SEAT (21) to the SEAT CARRIAGE (10) with ROUND HEAD BOLTS (M6x15mm) (63) and WASHERS (M6)(64).



Assembly Instructions

Step 5

Put the Handlebar (15) to the Strap (25), then take out the Iron tube (a). Make sure the STRAP (25) isn't twisted and let it return into the main body of the Programmable Magnetic Rower. The STRAP (25) will hold the HANDLEBAR (15) taut against the HANDLEBAR HOLDER (24).



Step 6

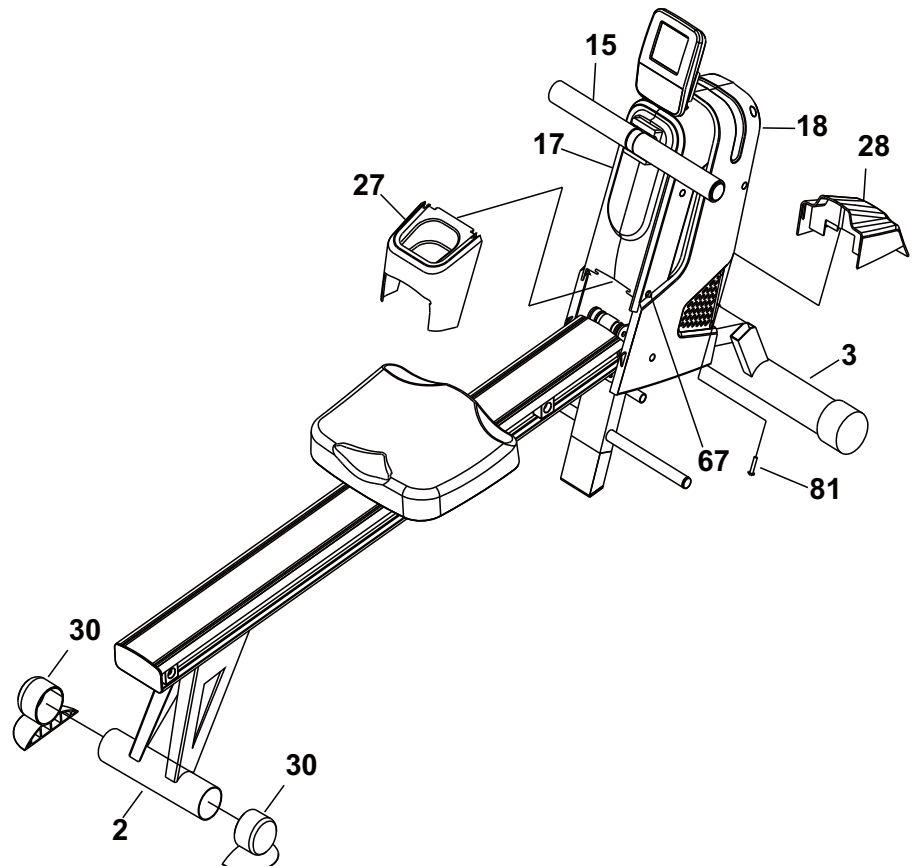
Put the End cap (60mm) (30) into Rear Stand (2).

Step 7

Slide the FRONT COVER (28) onto the LEFT and RIGHT COVERS (17,18), then attach to the BASE FRAME (3) with ROUND HEAD SCREW (M4.2x45mm)(81).

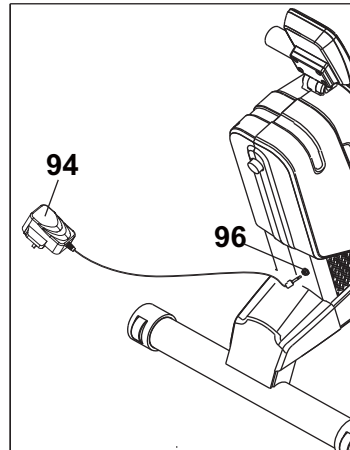
Step 8

To help install the BOTTLE HOLDER (27), loosen the SCREW (M4.2x16mm)(67) on the RIGHT COVER(18). Push the BOTTLE HOLDER (27) into the gap of the LEFT and RIGHT COVERS (17, 18). Tighten the SCREW (M4.2x16mm) (67) on the RIGHT COVER(18).



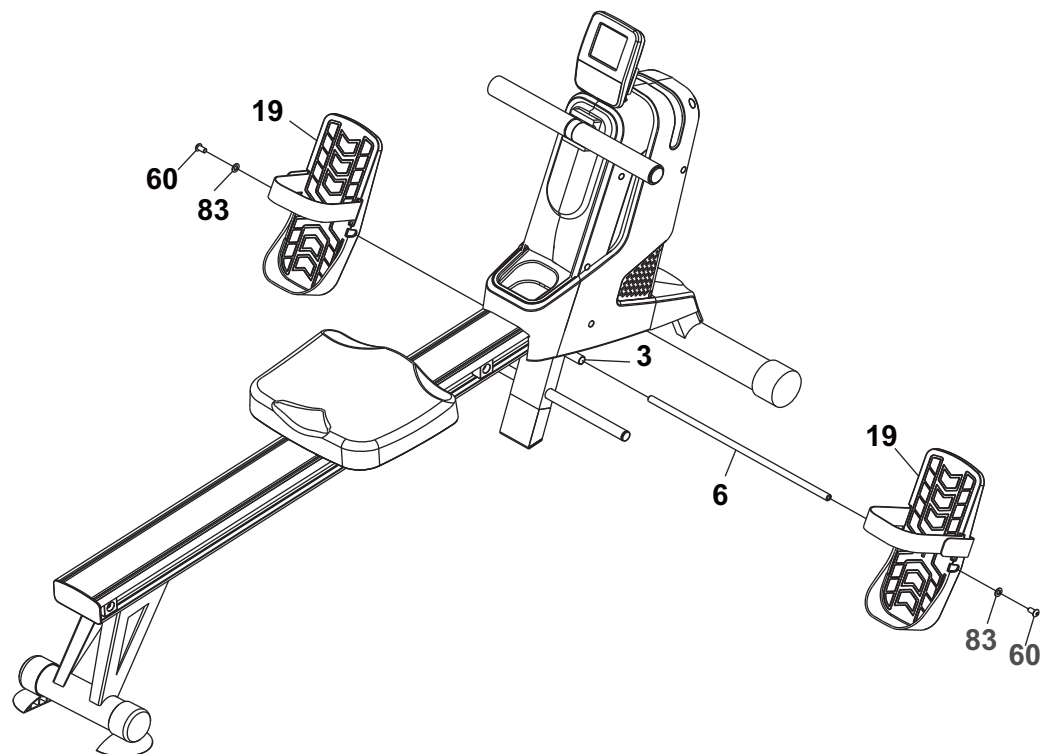
Step 9

Insert the PEDAL SHAFT (6) through the tube located on the BASE FRAME (3). Slide a PEDAL CAP (19) onto each end of the PEDAL SHAFT (6). Then secure the PEDAL CAPS (19) with BUTTON HEAD-BOLTS (M8x15mm) (60) and LARGE WASHERS (M8) (83) at both ends of the PEDAL SHAFT (6). You need to use two Allen Wrenches to tighten the BUTTON HEAD BOLTS (M8x15mm) (60) at both ends of the PEDAL SHAFT (6) at the same time.



Step 10

Refer to detail view. Plug the ADAPTER (102) into the SOCKET of the POWER WIRE (100) located on the front of the rower. Plug the ADAPTER (102) into an electrical outlet.



Computer Operation

Functions and operations



A. Power up:

After power up, all LCD segments will light up for 2 seconds and CPU will be reset the resistance into level 1. The monitor will go to initial mode.

1. If the connection cables were pre-installed incorrectly, motor will not run. Before asking service, please examine if all connection cables are well connected and then reset the power to release the beep sound or press " START / STOP (Hold to reset) " button to restart system. If the motor still don't run, please call service..

2. If the monitor shows " E2 "message, please call service.

B. KEY FUNCTION:

a. START/STOP:

To start or pause exercising .

b. FUN/SCAN:

1. Stop condition, press this button to enter parameters Settings

2. Confirm the set values of the parameters and into the next parameter Setting

3. The START state, press this button displays the current fixed parameter values, and then press the switch for automatic scanning function parameters display

c. + ▲ :

1. In the condition of parameter Settings, increase to adjust parameter values

2. In the START state, increase the resistance movement

d. - ▼ :

1. In the condition of parameter Settings, reduce to adjust parameter values

2. In the START state, reduce the resistance movement.

e. PROGRAM

1. STOP state, select the user required movement patterns

2. Any state, long press this button for 5 seconds, electronic watch reset, in addition to the ODO reset all data

f. Key combination 1: Press the FUN/SCAN and the UP (+) button for 3 seconds, into the introspection of the motor.

g. Key combination 2: Press the PROGRAM and the DOWN (-) button for 3 seconds, examined the ODO values.

* Can only use f. and g. function when the monitor is on the STOP stage.

C. FUNCTIONS:

PROGRAM:

Selection of workout mode. There are total 12 programs P1-P8 , U1-U4.

TIME:

Exercise time will be shown on the display when exercising. If there is no signal is detected within 256 seconds, enter SLEEP MODE. Work the computer up by pressing any key or signal input or start work out, all values will reset zero.

Count up: Without setting the time value, the monitor will count up the time from 0:00 to 99:59.

Count down: Setting the exercise time, the monitor will count down from your setting values. Once reach setting value, monitor will produce BEEP sounds and then stop, press any key to count up form 0:00

DISTANCE

The distance will be displayed on the window. The monitor begins to calculate from 1 meter to 999meter and the measure unit is 1 meter.

After reach 1 KM, the measure unit become to 0.1 KM (100meter). The monitor will display from 1.000KM to 9.999KM.

Count up: Without setting the distance value, the monitor will count up from 1M-9.999 KM .

Count down: Setting the exercise distance, the monitor will count down from your setting values. Once reach setting value, monitor will produce beep sounds and then stop, press any key to count up form 1 meter

CALORIE

The calories burned will be displayed on the window. Its scope is 0.0-999kcal.

Count up: Without setting the calorie value, the monitor will count up the count from 0.0 to 999.

Count down: Setting the calorie consumption, the monitor will count down from your setting values. Once reach setting value, monitor will produce beep sounds and then stop, press any key to count up form 0.0.

Count:

Count will be shown on the display when exercising. If there is no signal is detected within 256 seconds, it will reset zero.

Count up: Without setting the count value, the monitor will count up the count from 0 to 9999.

Count down: Setting the exercise time, the monitor will count down from your setting values. Once reach setting value, monitor will produce beep sounds and then stop, press any key to count up form 0.

WATT

The value of current watt during work out, which will change when the resistance changes.

STROKES/MIN

It means the movement times of the rower per minute.

D. OPERATION ORDER:

There are total 13 programs and USER can set work out time and then the program divides this work time into 10 parts.

If user do not set work time, the program will count up per second, and every parts count 3 minutes.

Computer Operation

Functions and operations

Preset Program: Program 1- Program 7

1. Press the PROGRAM button to the desired program
2. Press FUN/SCAN button to enter the program.
3. The Time display will flash, and then press the “ up or down” button to set up the desired time to do the exercise. Press FUN/SCAN button to confirm your setting value
4. The count display will flash, and then press the “ up or down” button to set up the desired value. Press FUN/SCAN button to confirm your setting value.
5. The distance display will flash, and then press the “ up or down” button to set up the desired distance you would like to reach. Press FUN/SCAN button to confirm your setting value
6. The calorie display will flash, and then press the “ up or down” button to set up the desired calorie you would like to reach. Press FUN/SCAN button to confirm your setting value
7. Pulse display will flash, and then press the “ up or down” button to set up the desired pulse value you would like to reach. Press FUN/SCAN button to confirm your setting value.
8. Press the START/STOP button to start work out.

Note:

1. Press FUN/SCAN button to next setting of function.
 2. There will be beep sounds when reach the desired value.
- If there is more than one desired value, press START/STOP button to continue work out after beep, and to reach next one.

PROGRAM 8

1. Press the PROGRAM button to P8.
2. Press FUN/SCAN button to enter the competition program.
3. The Time display will flash, and then press the “ up or down” button to set up the desired time to do the exercise. Press FUN/SCAN button to confirm your setting value
4. The distance display will flash, and then press the “ up or down” button to set up the desired distance you would like to reach. Press FUN/SCAN button to confirm your setting value
5. Press the START/STOP button to start work out.

Note:

1. Press FUN/SCAN button to the setting of next function.
2. There are two parts of display: the upper and the down part.
The upper: unit work out distance, each bar means 1/10 of desired distance
The down: unit work out time, each bar means 1/10 of desired time
3. When the user reach unit work out time, and the distance is less than unit work out distance. The distance bars will flash and means user does not reach the desired work out distance. Otherwise, the bars will increase means the work out is ok.

USER PROGRAM : (U1-U4)

6. Press the PROGRAM button to U1-U4.
7. Press FUN/SCAN button to enter the USER program.
8. The Time display will flash, and then press the “ up or down” button to set up the desired time to do the exercise. Press FUN/SCAN button to confirm your setting value
9. The count display will flash, and then press the “ up or down” button to set up the desired value. Press FUN/SCAN button to confirm your setting value.
10. The distance display will flash, and then press the “ up or down” button to set up the desired distance you would like to reach. Press FUN/SCAN button to confirm your setting value
11. The calorie display will flash, and then press the “ up or down” button to set up the desired calorie you would like to reach. Press FUN/SCAN button to confirm your setting value
12. Pulse display will flash, and then press the “ up or down” button to set up the desired pulse value you would like to reach. Press FUN/SCAN button to confirm your setting value.
13. Profile will flash, and then press the “up or down” button to set up the desired profile value you would like to reach. Press FUN/SCAN button to confirm your setting value. Setting in same way until finished all profile.
14. Press the START/STOP button to start work out.

Note:

1. There will be beep sounds when reach the desired value..
2. If there is more than one desired value, press any key to continue work out after beep, and to reach next one.

Using Information

Pedal Strap Adjustment

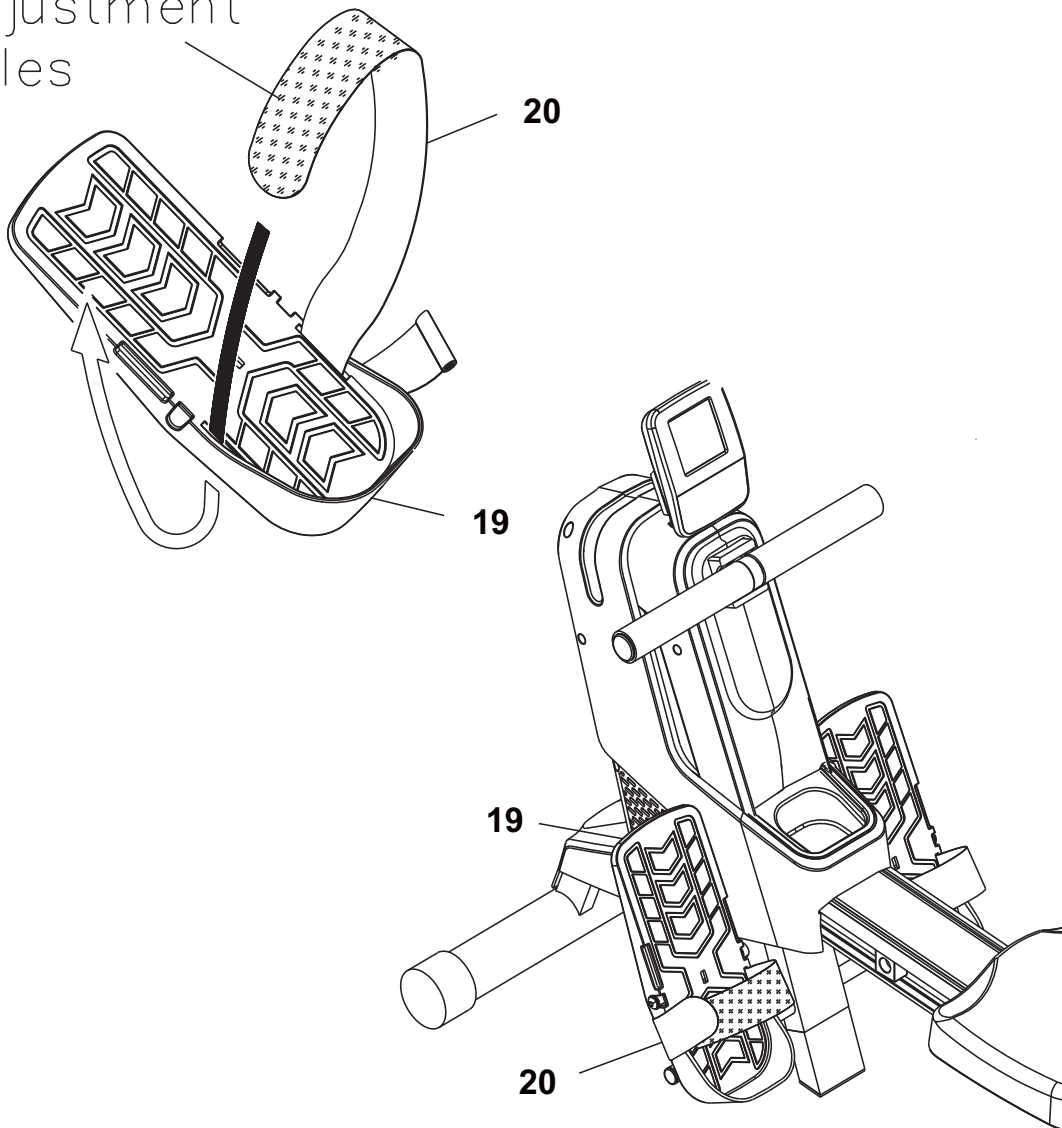
If you feel it is more comfortable for your workout, you can attach the PEDAL STRAP(20) to the lower position in the PEDAL CAP(19) as shown in illustration 1 below.

Run the PEDAL STRAP(20) through the opening from the bottom of the PEDAL CAP(19). Pull the PEDAL STRAP(20) to make the Knot against the bottom of the PEDAL CAP(19).

Run the PEDAL STRAP(20) through the opening in the PEDAL CAP(19) on the other side from the top as shown in the illustration 1, then make the end of the PEDAL STRAP(20) go up to attach onto the upper part of the PEDAL STRAP(20) with the Hook & Loop Pad.

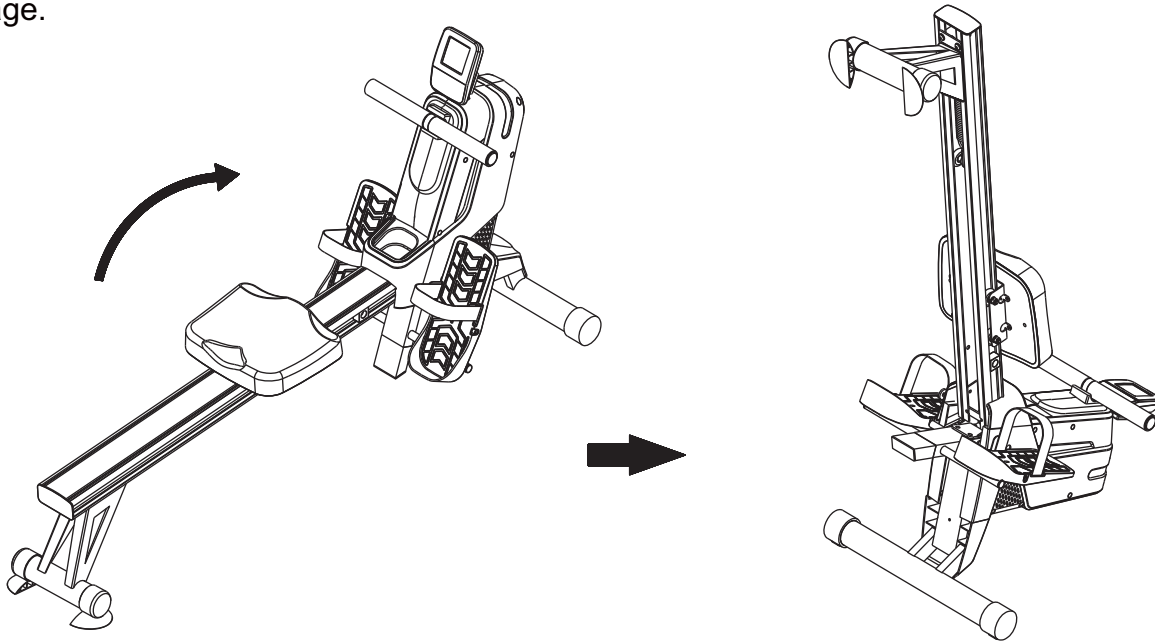
Attach the end of the PEDAL STRAP(20) to different position with the Hook & Loop Pad to adjust the length. Refer to illustration 2.

Adjustment
Holes



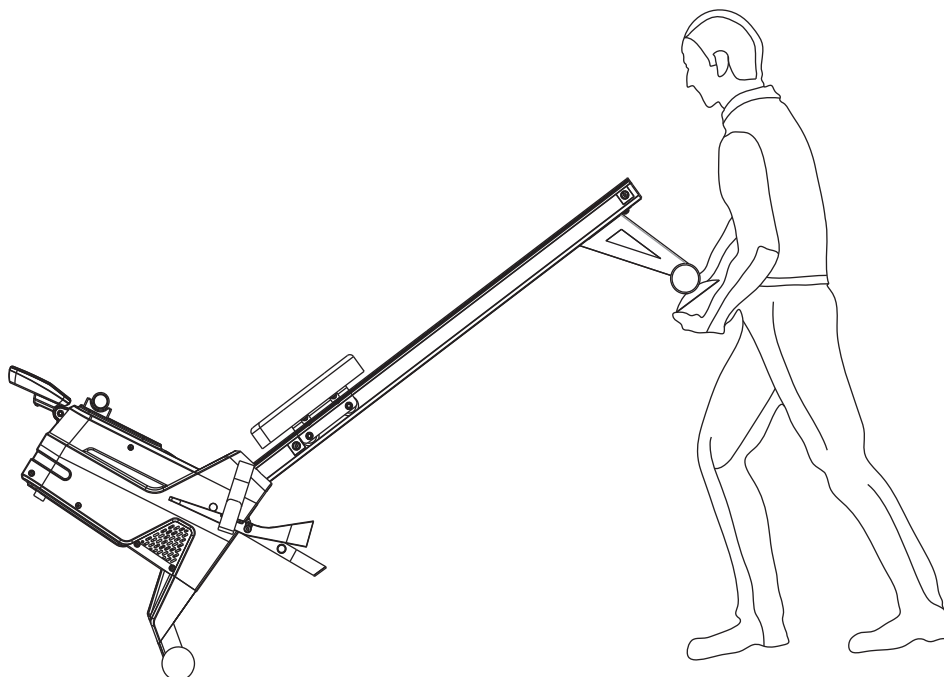
Storage

1. To store the Programmable Magnetic Rower, simply keep it in a clean dry place.
2. Move the Programmable Magnetic Rower with the moving wheels on the Front Stabilizer of the BASE FRAME(3). Lift the REAR STAND(2) to move the Programmable Magnetic Rower. Do not use the SEAT(21) to move the Programmable Magnetic Rower. The SEAT(21) will move and the SEAT CARRIAGE(10) may pinch your hand or fingers.
3. Refer to the illustration below. You can stand the Programmable Magnetic Rower on end for storage.



Moving Instructions

Rise up the rear stabilizer and push the rower machine when you want to move it.



Exercise Guide

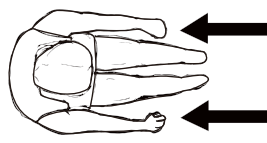
The Basic Rowing Stroke

Rowing is an extremely effective form of exercise. It strengthens the heart and improves circulation as well as exercising all the major muscle groups; the back, waist, arms, shoulders, hips and legs.

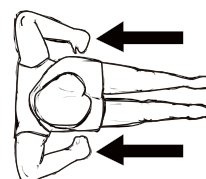
1. Sit on the saddle and fasten your feet to the pedals using the Velcro straps. Then take hold of the rowing bar.
2. Take up the starting position, leaning forward with your arms straight and knees bent as shown in (Fig 1).
3. Push yourself backwards, straightening your back and legs at the same time (Fig 2).
4. Continue this movement until you are leaning slightly backwards, during this stage you should bring your arms out of the side. (Fig 3). Then return to stage 2 and repeat. See attached.



(Fig.1)



(Fig.2)



(Fig.3)

Training Time

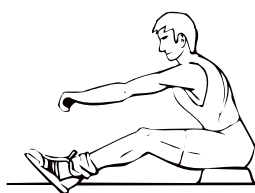
Rowing is a strenuous form of exercise, because of this it is best to start with a short, easy exercise programmed and build up to longer and harder workouts. Start rowing for about 5 minutes and as you progress, increase the length of your work out to match your improving level of fitness. You should eventually be capable of rowing for 15-20 minutes, but do not try to achieve this too quickly.

Try to train on alternate days, 3 times a week. This gives your body time to recover between workouts.

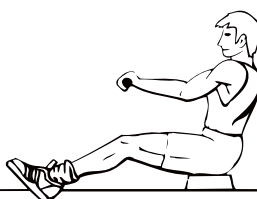
Alternate Rowing Styles.

Arms Only Rowing

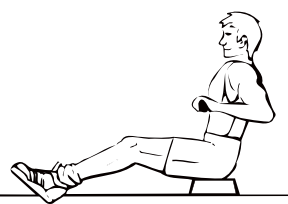
This exercise will tone muscles in your arms, shoulders, back and stomach. Sit as shown in Fig 4 with your legs straight, lean forward and grasp the handles. In a gradual and controlled manner lean back to just past the up right position continuing to pull the handles towards your chest. Return to the starting position and repeat. See attached.



(Fig.4)



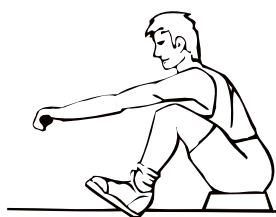
(Fig.5)



(Fig.6)

Legs Only Rowing

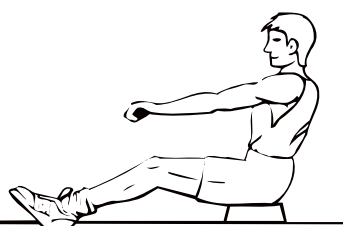
This exercise will help tone muscles in your legs and back. With your back straight and arms out stretched, bend your legs until you are grasping the rowing arm handles in the starting position, Fig 7. Use your legs to push your body back whilst keeping your arms and back straight.



(Fig.7)



(Fig.8)



(Fig.9)

Exercising Information

Before starting to exercise

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

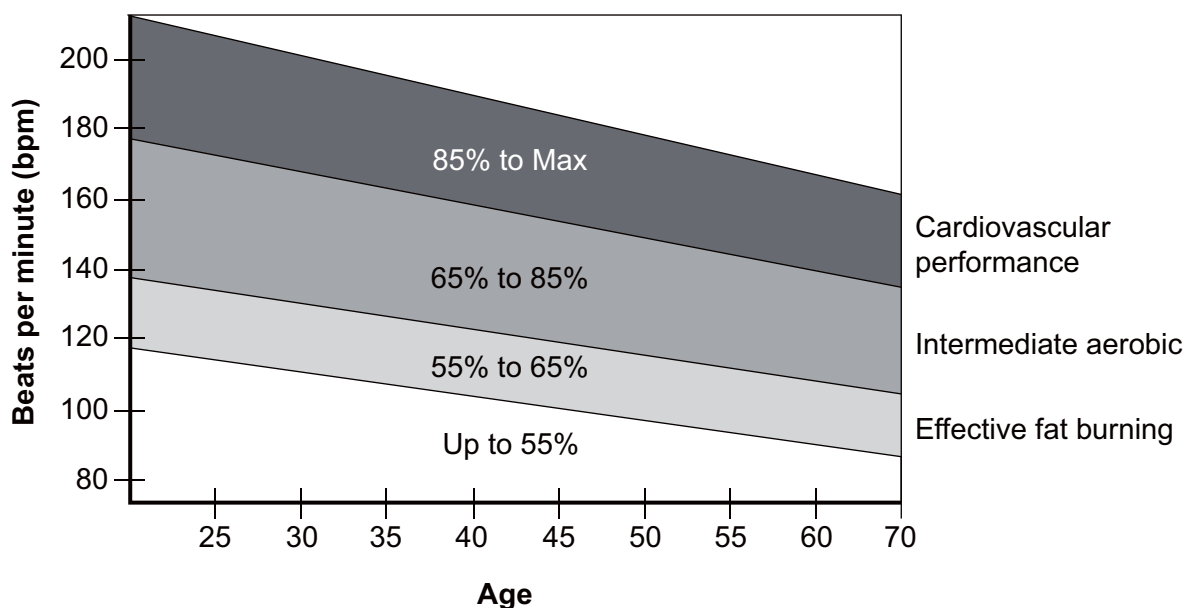
Initially, you may be able to exercise only for a few minutes in your target zone, however, your aerobic fitness will improve over the next six to eight weeks. Don't be discouraged if it takes longer. It's important to work at your own pace. Ultimately, you'll be able to exercise continuously for 30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

Please remember these essentials:

- Have your doctor review your training and diet programs to advise you of a workout routine you should adopt.
- Begin your training program slowly with realistic goals that have been set by you and your doctor.
- Monitor your pulse frequently. Establish your target heart rate based on your age and condition.
- Set up your equipment on a flat even surface at least 3 feet from walls and furniture.

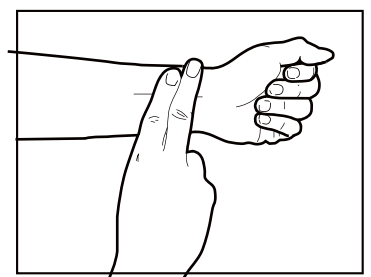
Exercise intensity

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



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

To measure your heart rate, stop exercising but continue moving your legs or walking around and place two fingers on your wrist. Take a six-second heartbeat count and multiply the results by 10 to find your heart rate. For example, if your six-second heartbeat count is 14, your heart 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 proper level.



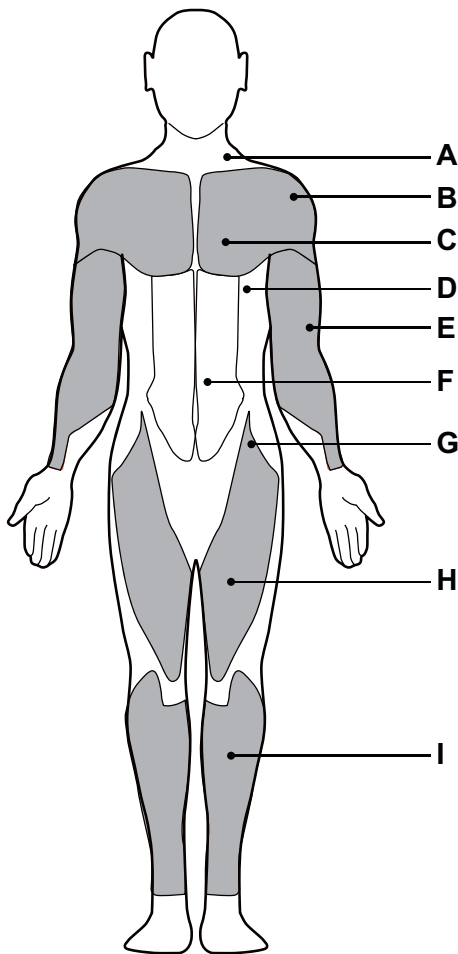
Muscle chart

Weight Training

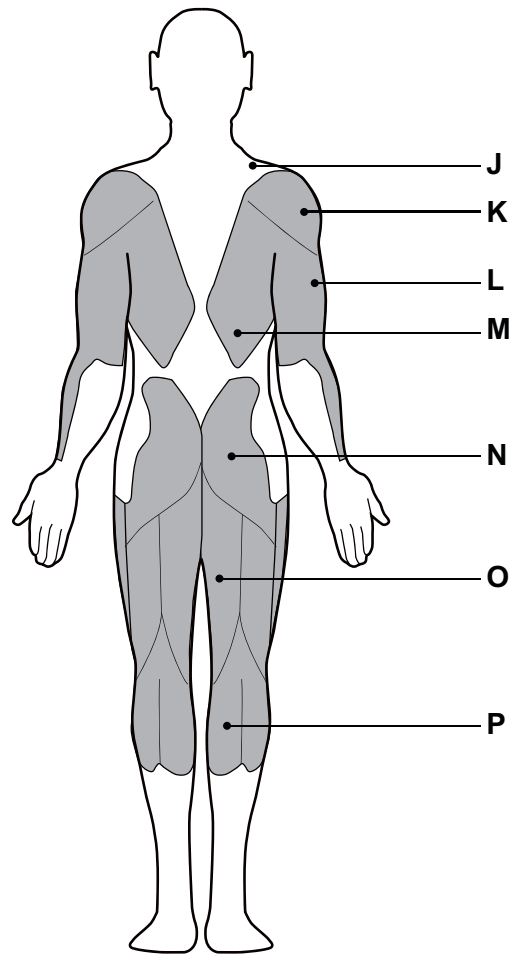
Along with aerobic exercising which helps get rid of and keep off the excess fat that our bodies can store, weight training is an essential part of the exercise routine process. Weight training helps tone, build and strengthen muscle. If you are working above your target zone, you may want to do a lesser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

Targeted Muscle Groups

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



Front



Back

A: Trapezius

B: Anterior

C: Pectoralis Major

D: Serratus Anterior

E: Biceps

F: Abdominal

G: Sartorius

H: Quadriceps

I: Tibialis

J: Trapezius

K: Posterior

L: Triceps

M: Latissimus Dorsi

N: Gluteals

O: Hamstrings

P: Gastrocnemius

Exercising Information

Warming up and Cooling down exercises

Each workout should include the following three parts:

1. A warm-up, consisting of 5 to 10 minutes of stretching and light exercise. A proper warm-up increases your body temperature, heart rate, and circulation in preparation for exercise.
2. Training zone exercise, consisting of 20 to 30 minutes of exercising with your heart rate in your training zone. (**Note:** During the first few weeks of your exercise program, do not keep your heart rate in your training zone for longer than 20 minutes.)
3. A cool-down, with 5 to 10 minutes of stretching. This will increase the flexibility of your muscles and will help to prevent post-exercise problems.

Exercise Frequency

To maintain or improve your condition, plan three workouts each week, with at least one day of rest between workouts. After a few months of regular exercise, you may complete up to five workouts each week, if desired. Remember, the key to success is make exercise a regular and enjoyable part of your everyday life.

Suggested Stretches

For a correct warm up, see the following basic stretching exercises. Move slowly as you stretch, never bounce.

Toe touch stretch

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

Hold for 15 counts, then relax.

Repeat 3 times.

Stretches: Hamstrings, back of knees and back.



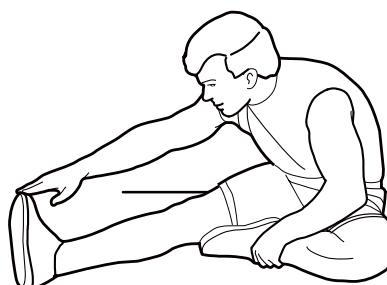
Hamstring stretch

Sit with one leg extended. Bring the sole of the opposite foot toward you and rest it against the inner thigh of your extended leg. Reach toward your toes as far as possible.

Hold for 15 counts, then relax.

Repeat 3 times for each leg.

Stretches: Hamstrings, lower back and groin.



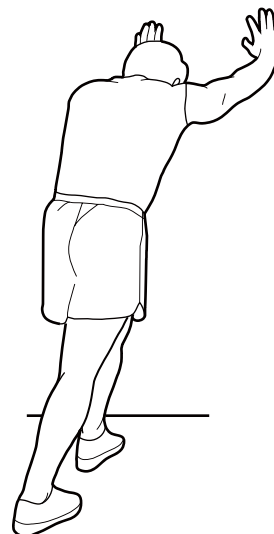
Calf/achilles stretch

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, gently 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.



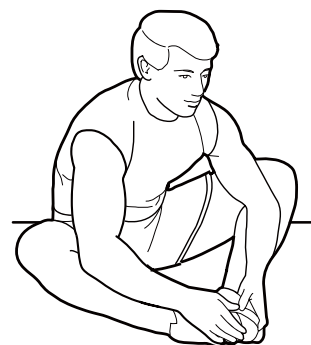
Inner thigh stretch

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

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

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

4. The equipment can be cleaned using a damp cloth and mild non-abrasive detergent.

Do not use solvents.

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

Helpline: 0345 600 1714.

<http://www.argos-support.co.uk/>

6. Special attention to components most susceptible to wear.

Guarantee:

For guarantee purposes, please retain your purchase receipt.

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

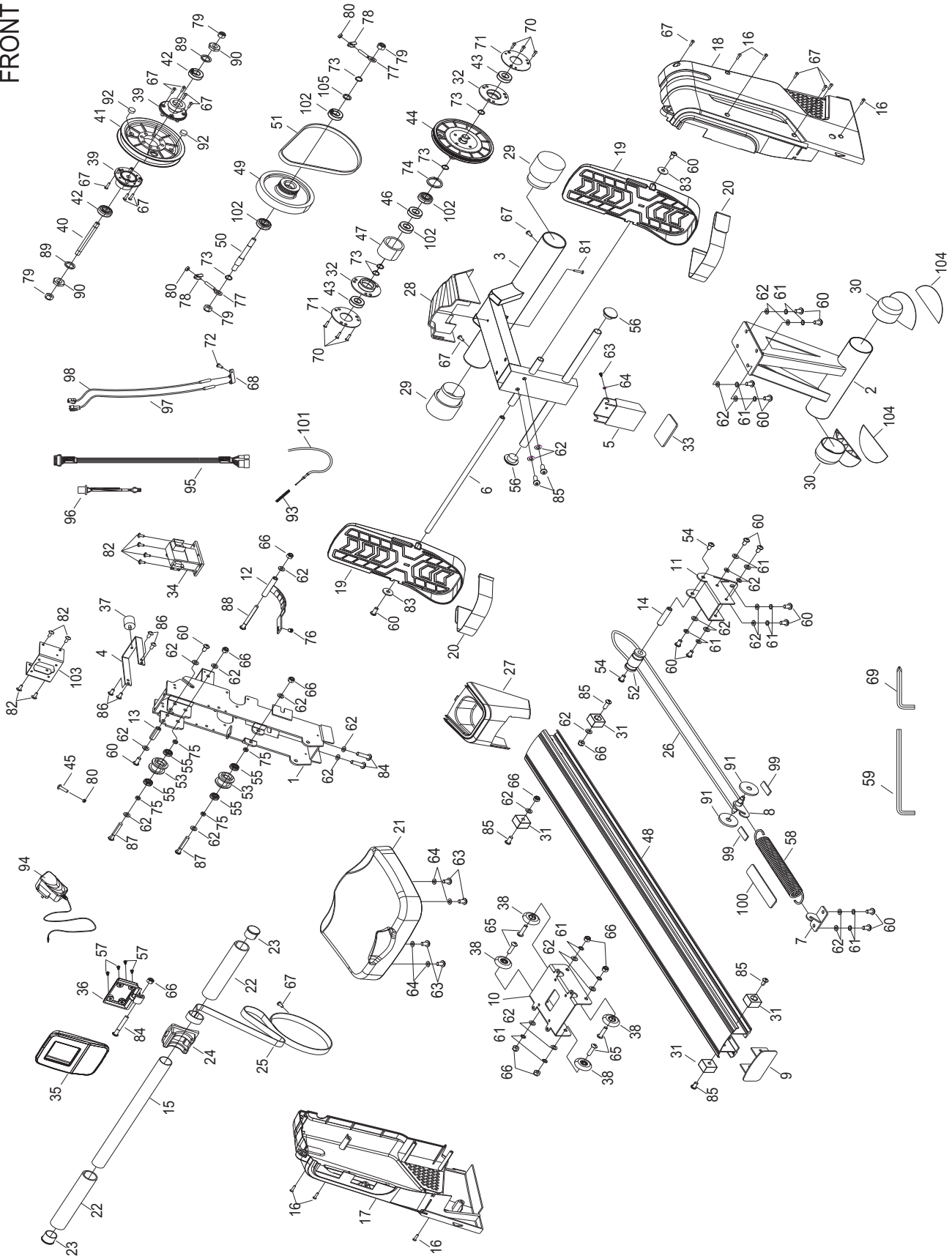
These symbols indicate that equipment with these symbols should not be disposed of as general household waste. If you want to dispose of the product or battery, please consider the collection systems or facilities for appropriate recycling.



Products

Exploded Parts Diagram

FRONT



BACK

Exploded Parts Diagram List

Part	Description	Qty	Part	Description	Qty
1	Main Frame	1	53	Idler Wheel	2
2	Rear Stand	1	54	Bolt, Button Head (M8 x 20mm)	2
3	Base Frame	1	55	Bearing (608zz)	4
4	Foot Bracket	1	56	Round Plug (ø19mm)	2
5	Rear Support	1	57	Screw, Round Head (M5 x 20mm)	4
6	Pedal Shaft	1	58	Return Spring	1
7	Rear Spring Hook	1	59	Allen Wrench (5mm)	1
8	Spring Hook	1	60	Bolt, Button Head (M8 x 15mm)	16
9	Rail Cap	1	61	Lock Washer (M8)	16
10	Seat Carriage	1	62	Washer (M8)	29
11	Connection Bracket	1	63	Bolt, Round Head (M6 x 15mm)	5
12	Magnetic Brake	1	64	Washer (M6)	5
13	Spacer (ø12.8 x 38.5mm)	1	65	Bolt, Flat Button Head (M8 x 32mm)	4
14	Shaft Rod (ø12.8 x 58.5mm)	1	66	Nylock Nut (M8)	9
15	Handlebar	1	67	Screw, Round Head (ST4.2 x 16mm)	14
16	Screw, Round Head Self-Drill (M4.2 x 20mm)	6	68	Sensor Clip	1
17	Left Cover	1	69	Allen Wrench (5mm) w/ Screwdriver	1
18	Right Cover	1	70	Bolt, Round Head (M6 x 12mm)	6
19	Pedal Cap	2	71	Bearing Housing Cover	2
20	Pedal Strap	2	72	Screw, Round washer Head (M4 x 0.7 x 10mm)	1
21	Seat	1	73	C Ring (M17)	6
22	Foam Grip	2	74	Inner C Ring (M35)	1
23	Round Plug (ø32mm)	2	75	Spacer (ø8 x ø10 x 7mm)	4
24	Handlebar Holder	1	76	Retaining Plug	1
25	Strap (13x1.5x1950mm)	1	77	Eye Bolt (M6)	2
26	Return Strap (9x2x1700 mm)	1	78	Tension Bracket	2
27	Bottle Holder	1	79	Nut (M10)	4
28	Front Cover	1	80	Nut (M6)	3
29	Wheel Cap	2	81	Screw, Round Head (ST4.2 x 45mm)	1
30	Endcap (60mm)	2	82	Screw, Round Head (M5 x 12mm)	8
31	Seat Stopper	4	83	Large Washer (M8)	2
32	Bearing Housing	2	84	Bolt, Button Head (M8 x 40mm)	3
33	Foot Pad	1	85	Bolt, Button Head (M8 x 20mm)	6
34	Control Motor	1	86	Screw, Round Head (M6 x 12mm)	4
35	Computer	1	87	Bolt, Button Head (M8 x 60mm)	2
36	Meter Plate	1	88	Bolt, Button Head (M8 x 80mm)	1
37	Foot Stand	1	89	Spacer (S10)	2
38	PU Roller	4	90	Thin Nut (M10 x 1.5, 5mm thick)	2
39	Return Bearing Housing	2	91	Guide Wheel	2
40	Strap Pulley Shaft	1	92	Magnet	2
41	Strap Pulley	1	93	Spring	1
42	Bearing (6000RS)	2	94	Adapter, Output 9V DC, 1A	1
43	Bearing (6003zz)	2	95	Power Wire	1
44	Pulley	1	96	Plug Nut	1
45	Bolt, Round Head (M6 x 25mm)	1	97	Female Sensor Wire	1
46	One-way Bearing (16003)	1	98	Male Sensor Wire	1
47	Collar	1	99	EVA Pad (180 x 30 x 1mm thick)	2
48	Rail	1	100	EVA Pad (65 x 15 x 1mm thick)	1
49	Magnetic Flywheel	1	101	Tension Cable	1
50	Flywheel Shaft	1	102	Bearing (6003RS)	4
51	V-Ribbed Belt (220 PJ3)	1	103	Tension Bracket	1
52	Idler Roller	1	104	Rubber Pad	2
			105	Spacer (S17)	1



Product Guarantee

This product is guaranteed against manufacturing defects for a period of



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 rights.
- In the event of a problem with the product with in the guarantee period call the **Customer Helpline: 0345 600 1714** .
<http://www.argos-support.co.uk/>

Guarantor: Argos Ltd
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