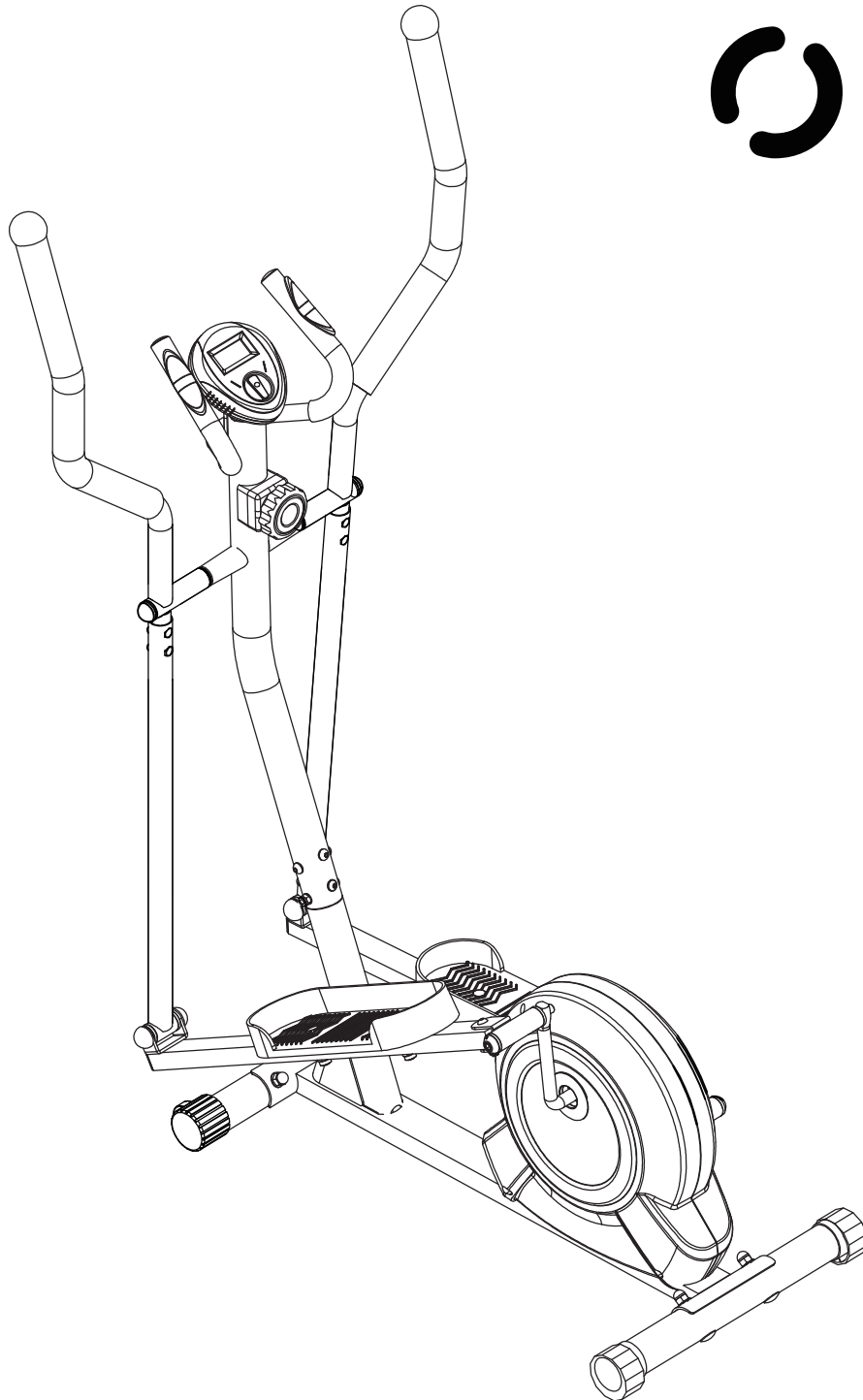


# Magnetic Cross Trainer

Assembly & User Instructions - Please keep for future reference

619/5775

# opti



**Important – Please read these instructions fully before assembly or use**

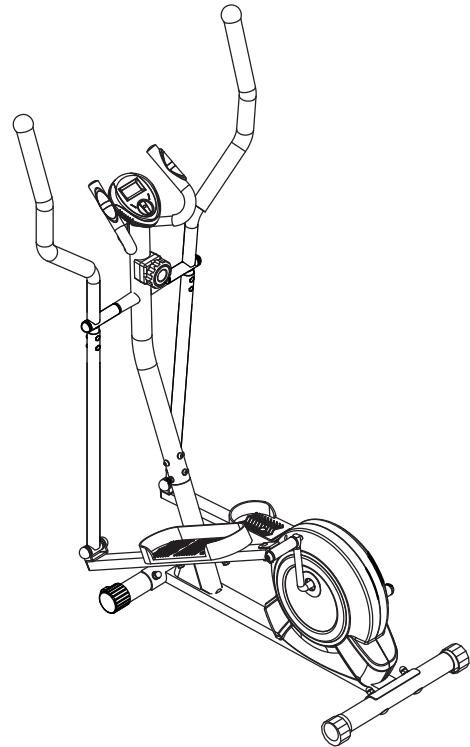
These instructions contain important information which will help you get the best from your equipment and ensure safe and correct assembly, use and maintenance.

If you need help or have damaged or missing parts, call the **Customer Helpline: 0345 600 1714** or visit **[www.argos-support.co.uk](http://www.argos-support.co.uk)**

# Contents



<b>Safety Information</b>	<b>2-3</b>
<b>Components - Parts</b>	<b>4</b>
<b>Components - Fixings</b>	<b>5-6</b>
<b>Assembly Instructions</b>	<b>7-14</b>
<b>Workout area</b>	<b>15</b>
<b>Exercising Information</b>	<b>16-22</b>
Before starting	<b>16</b>
Muscle chart	<b>17</b>
Warming up and cooling down	<b>18-19</b>
Console Operation	<b>20-21</b>
Adjustment of Resistance	<b>22</b>
<b>Care and Maintenance</b>	<b>23</b>
<b>Exploded Parts Diagram</b>	<b>24</b>
<b>Parts List</b>	<b>25</b>



# Safety Information



**Important – Please read fully before assembly or use**

This exercise equipment is built for optimum safety. However, certain precautions apply whenever you operate a piece of exercise equipment. Be sure to read the entire manual before you assemble, operate or use this equipment.

## Assembly

- The product must be installed on a stable and level surface. To protect the floor or carpet from damage, place a mat under the exercise bike.
- Assemble the item as close to its final position (in the same room) as possible.
- Make sure you have enough space to layout the parts before starting.
- Keep children and animals away from the work area, small parts could pose a choking hazard if swallowed.
- Dispose of all packaging carefully and responsibly.
- Check you have all the components and tools listed in the parts list, bearing in mind that, for ease of assembly, some components are pre-assembled.
- The assembly of this equipment is best carried out by 2 people.

## Use

- 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.
- Use the equipment only for intended use, as described in this manual. Do not use attachments not recommended by the manufacturer.
- Keep this equipment indoors, away from moisture and dust. Do not put the equipment in a garage, outbuilding, covered patio, or near water.
- Your product is intended for use in clean dry conditions. You should avoid storage in excessively cold or damp places as this may lead to corrosion and other related problems that are outside our control.
- Keep unsupervised children away from the equipment.
- Disabled persons should not use the equipment without a qualified person or doctor in attendance.

- 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.
- Keep hands away from all moving parts.
- If any of the adjustment devices are left projecting, they could interfere with the user's movement.
- Before using the equipment to exercise, always perform stretching exercises to properly warm up.
- Only one person at a time should use the equipment.
- If the user experiences dizziness, nausea, chest pain, or other abnormal symptoms stop the workout and seek immediate medical attention.
- Injuries to health may result from incorrect or excessive training.
- This product is suitable for a maximum user weight of: 100kg.
- This product conforms to: BS EN ISO 20957-1 and -9 Class (H) - Home Use - Class (C).
- This stationary training equipment is not suitable for high accuracy purposes
- The cross trainer is not equipped with a free wheel and therefore the moving parts cannot be stopped immediately.
- To mount and dismount the equipment safely, step on/down the footplatform when it is in the lowest position.

## 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.





## Safety Information

opti

**Important** – Please read fully before assembly or use



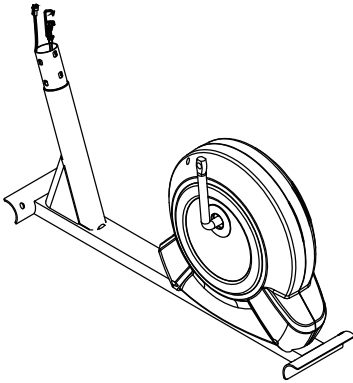
**Warning:** Before beginning any exercise program, consult your Doctor. This is especially important for persons over the age of 35 or persons with pre-existing health problems. You **MUST** read all instructions before using any fitness equipment. Argos and its associates assumes no responsibility for personal injury or property damage sustained by or through the use of this product. Over exercising may result in serious injury or death. If you feel faint stop exercising immediately. Warning! Heart rate monitoring systems may be inaccurate. For the most accurate heart rate measure, please hold both hand pulse sensors continuously during any programme.

# Components - Parts

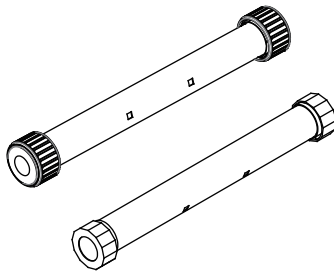
If you have damaged or missing components, call the **Customer Helpline: 0345 600 1714**

Please check you have all the parts listed below

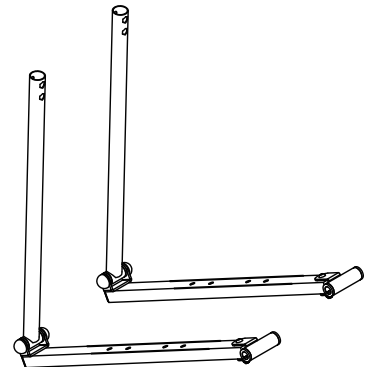
**Note:** Some of the smaller components may be pre-fitted to larger components. Please check carefully before contacting Argos regarding any missing components.



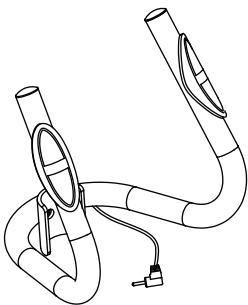
**28.** Main Frame x 1



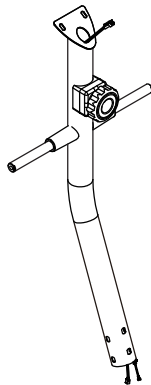
**29/30.** Front Stabilizer x1  
Rear Stabilizer x1



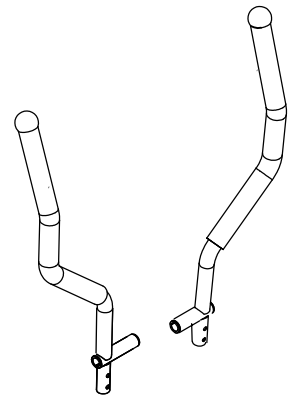
**26.** Dual Action Handlebar-lower(L/R) x 2



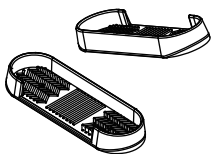
**24.** Fixed Handlebar x 1



**25.** Handlebar Upright x 1



**22/23.** Dual Action Handlebar upper(R/L) x 2



**11.** Footplate (L/R) x 2



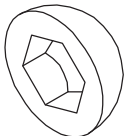
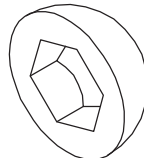
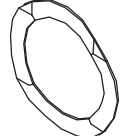
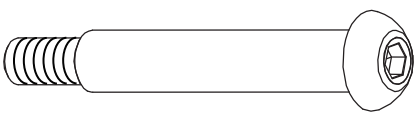
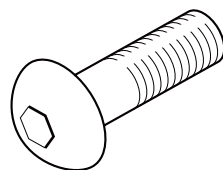

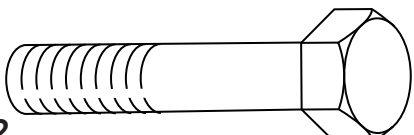
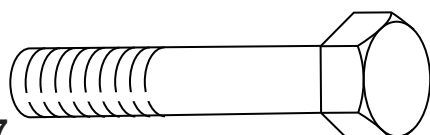
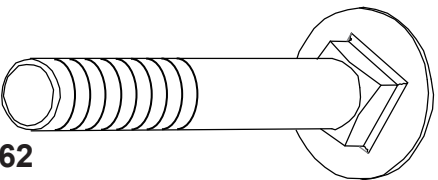
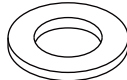
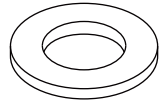

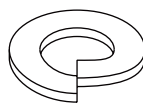

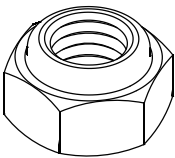
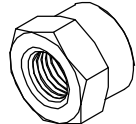
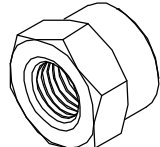
**21.** Exercise Monitor x 1

# Components - Fixings



Please check you have all the fixings listed below

**Note:** The quantities below are the correct amount to complete the assembly. In some cases more hardware may be supplied than are required. Some of the fixings are pre-fitted to the larger components. Please check carefully before contacting Argos regarding any missing fixings.

<p><b>10</b></p>  <p>S17 Round Cap x 2</p>	<p><b>13</b></p>  <p>S19 Round Cap x 2</p>	<p><b>48</b></p>  <p>M17 Wave Washer x 2</p>
<p><b>49</b></p>  <p>1/2" Shouldered Bolt 1 x 49L, 1 x 49R</p>	<p><b>50</b></p>  <p>M8 x 25mm Allen Bolt x 2</p>	<p><b>51</b></p>  <p>S13 Round Cap x 4</p>
<p><b>52</b></p>  <p>M8 x 40mm Hex Bolt x 4</p>		<p><b>57</b></p>  <p>M10 x 45mm Hex Bolt x 4</p>
<p><b>62</b></p>  <p>M8 x 65mm Carriage Bolt x 4</p>	<p><b>67</b></p>  <p>ø8.5x16x1.5 Flat Washer x 1</p>	<p><b>68</b></p>  <p>ø10.5x18x1.5 Flat Washer x 4</p>
<p><b>69</b></p>  <p>ø8.5x16x1.5 Curved Washer x 17</p>	<p><b>70</b></p>  <p>ø8.5x13x2 Spring Washer x 13</p>	<p><b>71</b></p>  <p>ø13x19x2 Spring Washer x 2</p>
<p><b>72</b></p>  <p>1/2" Nylon Nut 1 x 72L, 1 x 72R</p>	<p><b>74</b></p>  <p>M8 Nylon Nut x 2</p>	<p><b>75</b></p>  <p>M10 Nylon Nut x 4</p>

# Components - Fixings

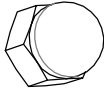


Please check you have all the fixings listed below

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

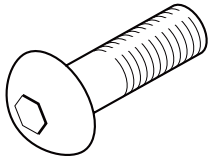
**76**

M8 Dome Nut x 8



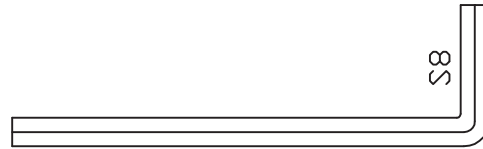
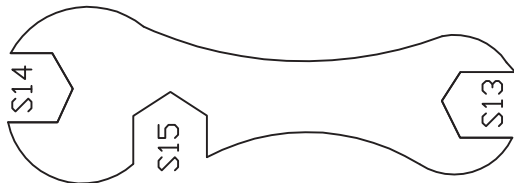
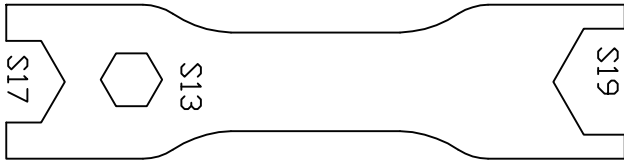
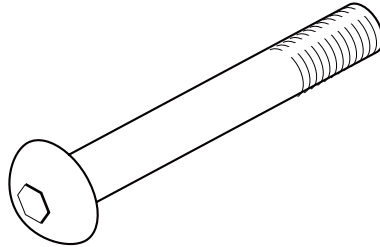
**78**

M8 x 20mm Allen Bolt x 3



**79**

M8 x 60mm Allen Bolt x 2

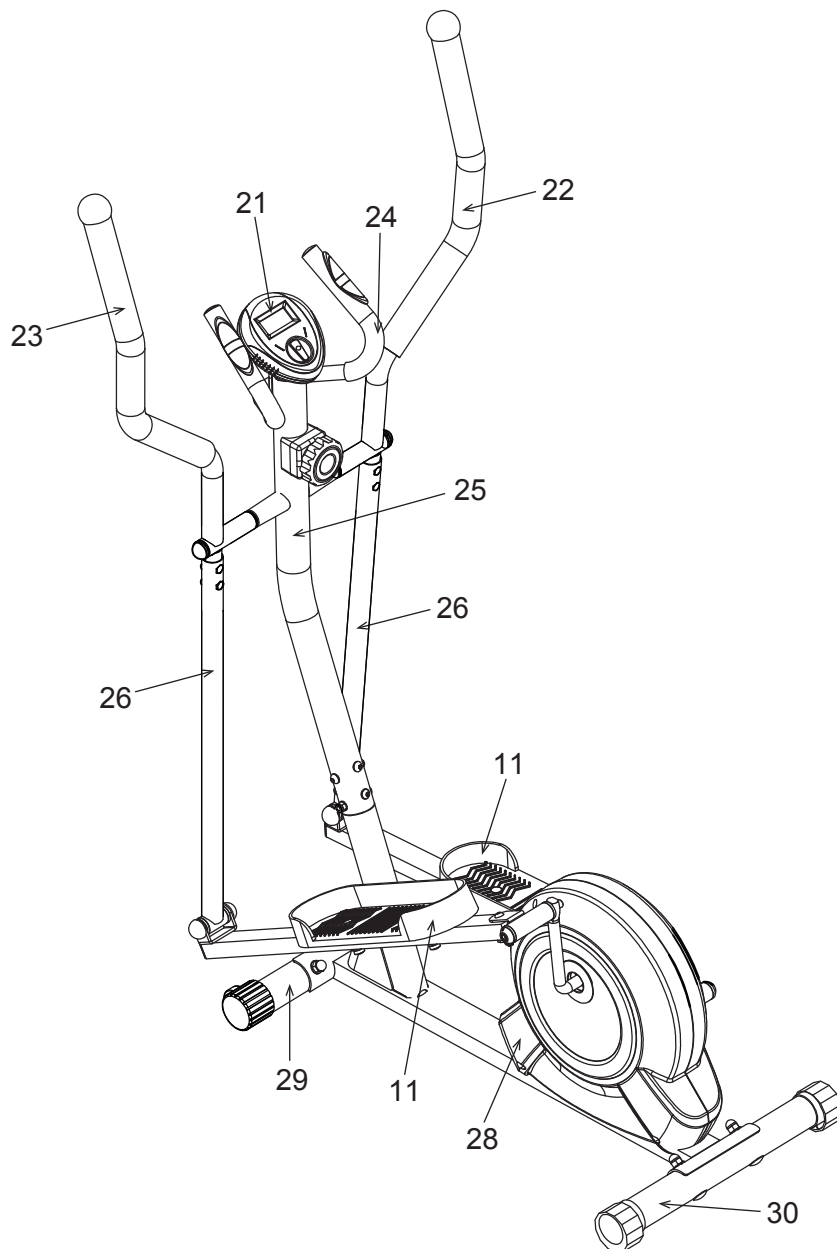


# Assembly Instructions



Total mass of the product is 25.2kg.

Total size of the equipment is (width) 66cm x (depth) 99cm x (height) 145cm.



11. Footplate (L/R)

21. Exercise Monitor

22. Dual Action Handlebar-upper R

23. Dual Action Handlebar-upper L

24. Fixed Handlebar

25. Handlebar Upright

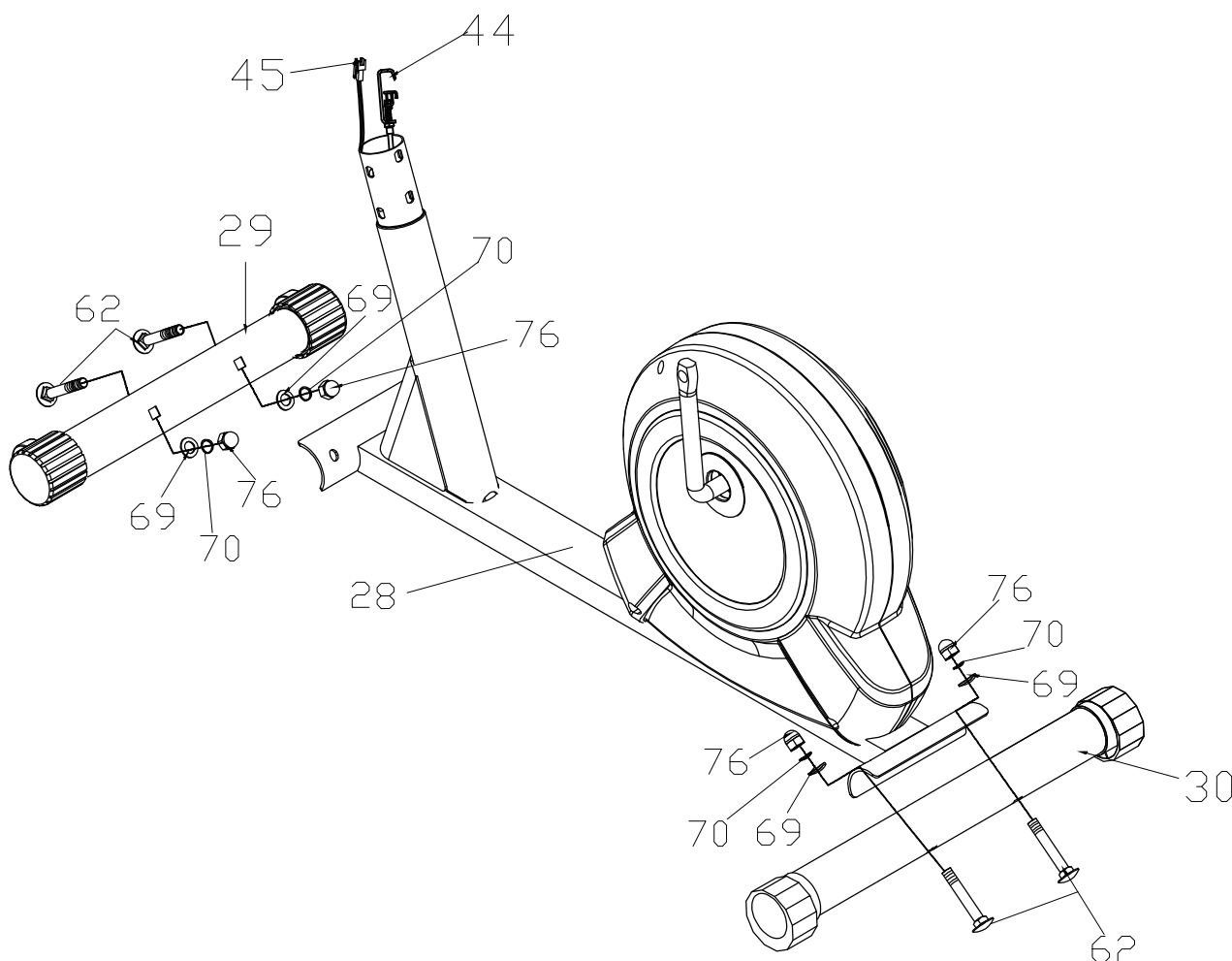
26. Dual Action Handlebar-lower L/R

28. Main Frame

29. Front Stabilizer

30. Rear Stabilizer

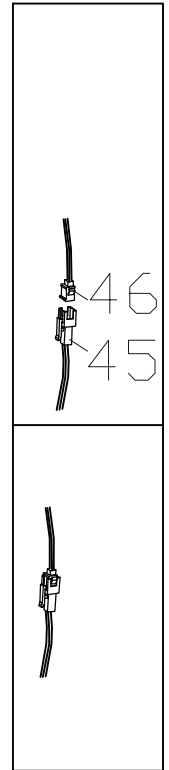
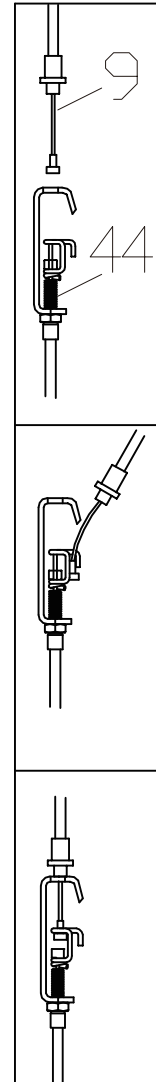
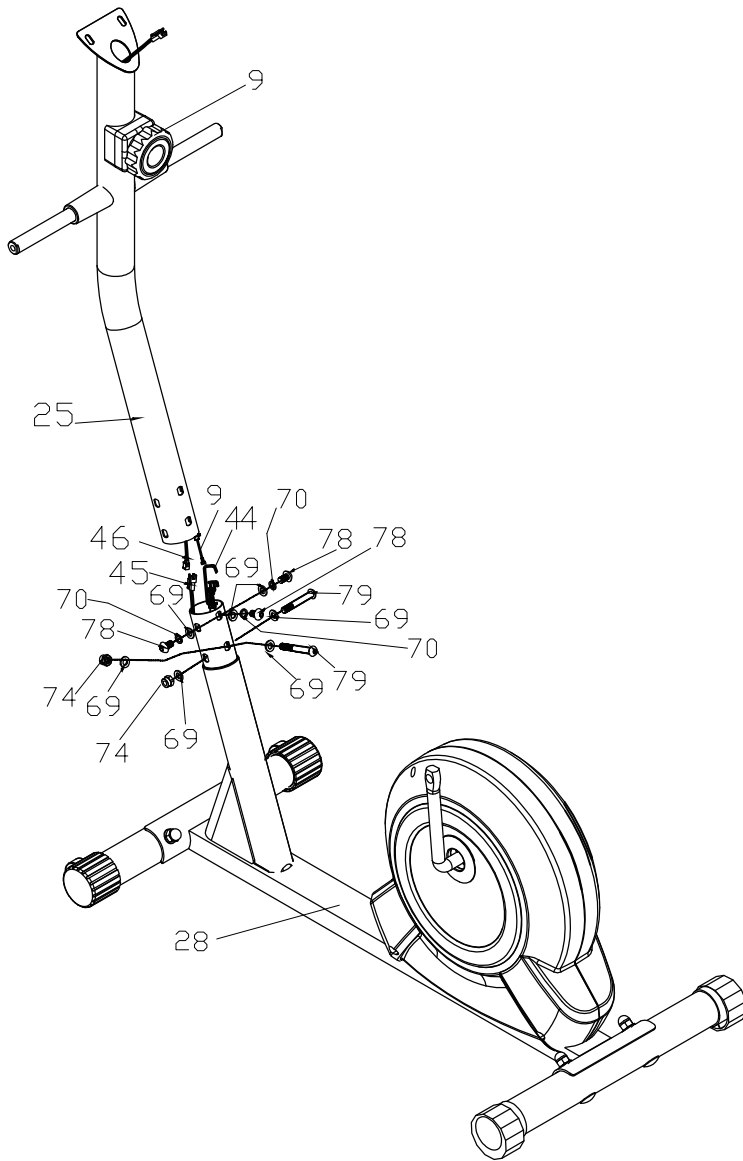




## Step 1

Attach the Front and Rear Stabilisers (29 & 30) to the Main Frame (28) using 4 x M8 x 65mm Carriage Bolts (62), 4 x  $\varnothing 8.5 \times 16$  Curved Washers (69), 4 x  $\varnothing 8.5 \times 13$  Spring Washer (70)

and 4 x M8 Dome Nuts (76) for each Stabilizer. Tighten all Bolts and Nuts securely.

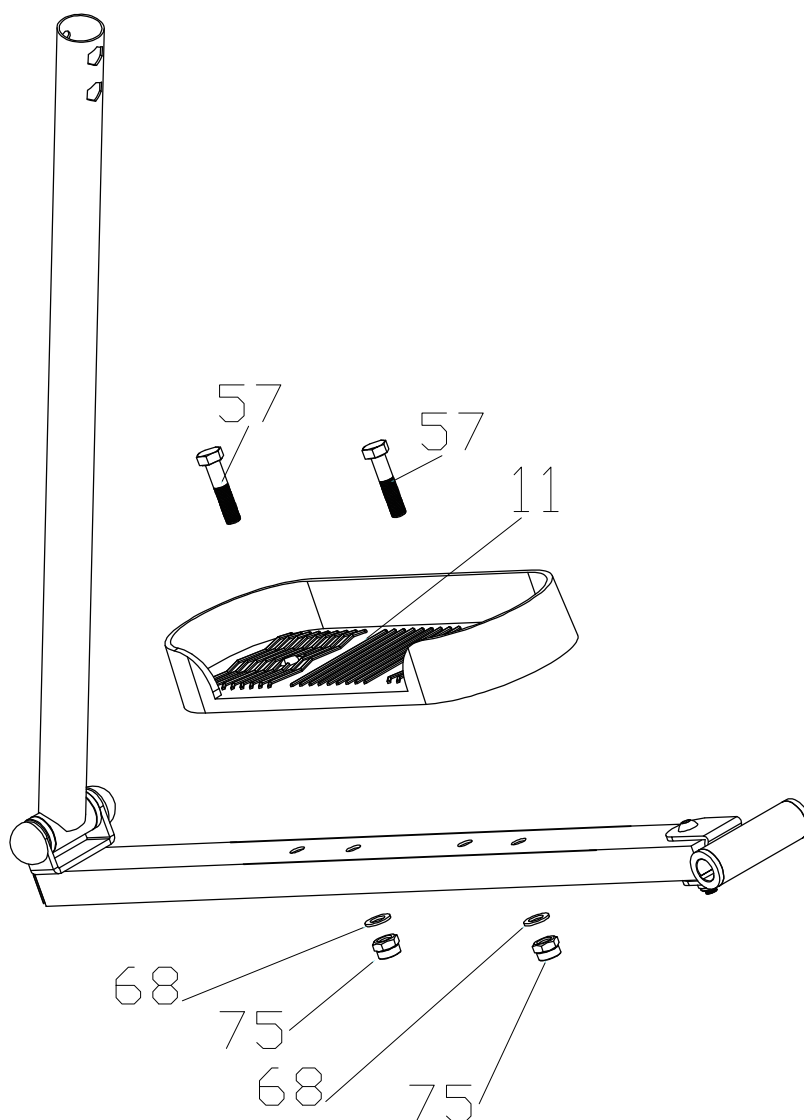


## Step 2

Turn the Tension Control Assembly (9) to Level 8 and connect the lower part of the cable of the Tension Control Assembly (9) with the hook as shown in the diagram. Connect the Lower Sensor Wire (45) to

the Exercise Monitor Sensor Wire (46), ensuring a tight connection. Carefully lower the Handlebar Upright (25) onto the Main Frame (28), then loosely fit 2 x M8 x 60mm Allen Bolts (79), 4 x  $\varnothing 8.5 \times 16$  Curved Washers (69),

2 x  $\varnothing 8.5 \times 13$  Spring Washers (70) and 2 x M8 Nylon Nuts (74) & 3 x M8 x 20mm Allen Bolts (78), 3 x  $\varnothing 8.5 \times 13$  Spring Washers (70) and 3 x  $\varnothing 8.5 \times 16$  Curved Washers (69).

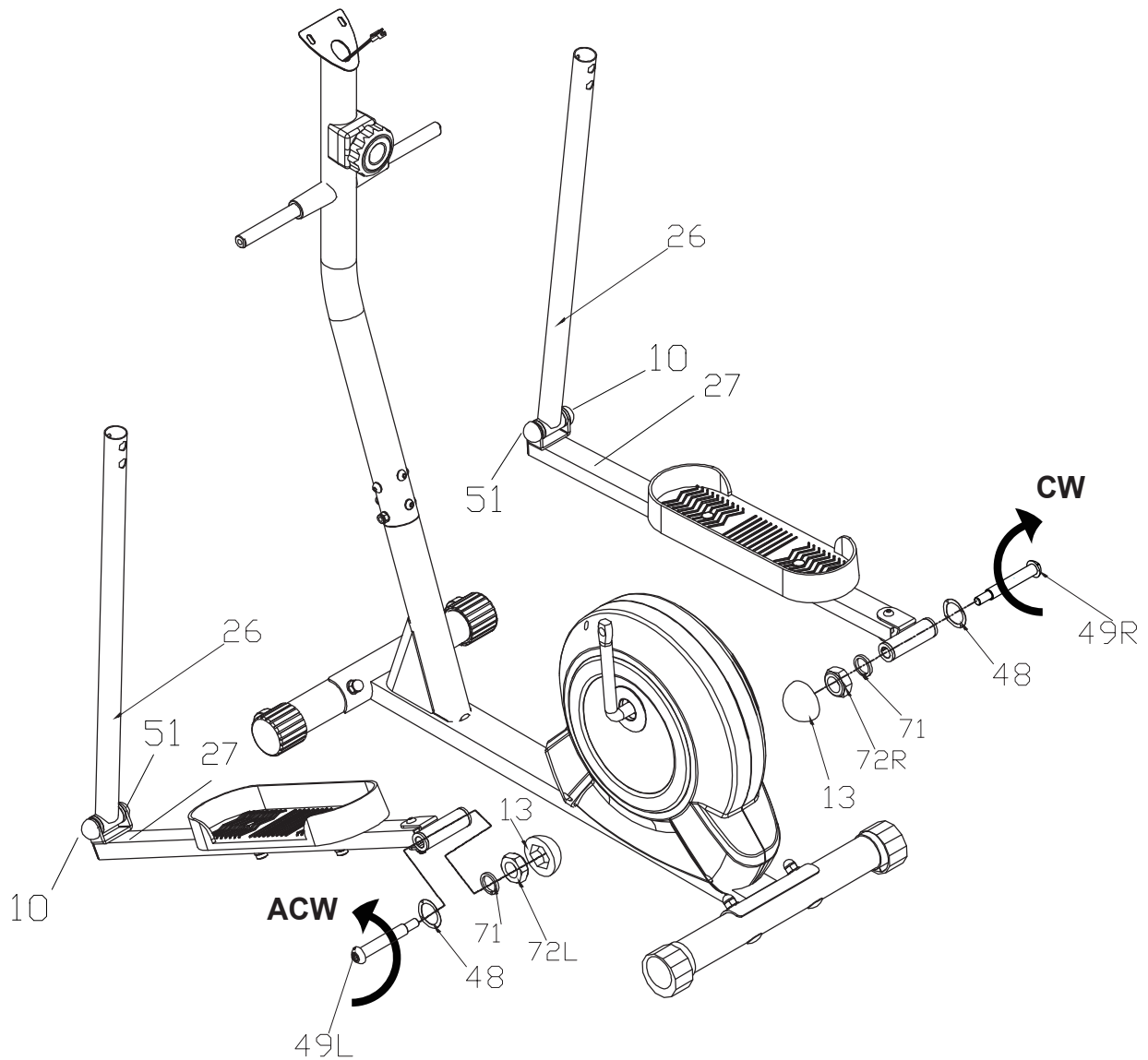


## Step 3

Attach both Footplates (11L / 11R) to the Footplate Support Bars (27L / 27R) using 2 x M10 x 45mm Hex Bolts (57), 2 x  $\varnothing 10.5 \times 18$  Flat Washers (68) and 2 x M10 Nylon Nuts (75) for each Footplate. Align the Footplates and tighten the fitting Bolts and Nuts securely.

**Note:**  
 There are two possible mount positions for the Footplates. The holes furthest forward will give a more angled pedaling stance when exercised. The holes furthest back will provide a more upright stance when exercised.

Choose the position that suits you personally, making sure that both sides use the same holes for fitting.

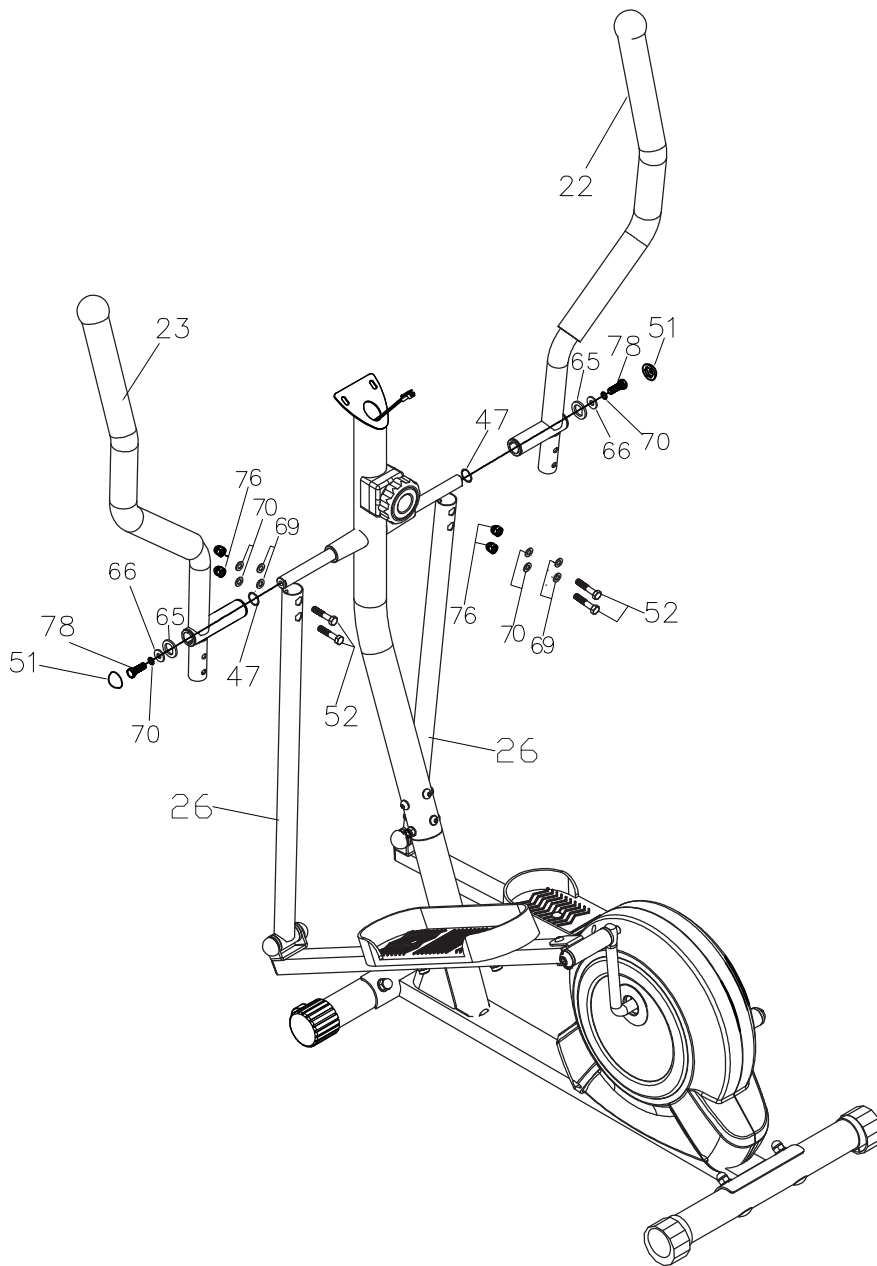


## Step 4

Connect the Footplate Support Bars (27L/R) to the Crankshaft (31) by fitting 1 x Shouldered Bolt (49 L/R) and 1 x Wave Washer (48) through the Footplate Support Bar Pivot Brackets (32) into the Crankshaft and then fitting 1 x  $\varnothing 13 \times 19$  Spring Washer (71) followed by 1 x Nylon Nut

(72 L/R) for each side to secure the complete assembly. Cap the Nylon Nut with 1 x Round Cap (13) to each side. Ensure that the Shouldered Bolts are fully tight before finally securing the Nylon nuts. Fit Round Caps (10) and (51) to the Footplate Support Bar Pivot Bolts.

**Note:**  
**One Bolt is supplied with a RIGHT HAND THREAD for the RIGHT HAND SIDE and must be fitted by turning CLOCKWISE. The other Bolt is supplied with a LEFT HAND THREAD for the LEFT HAND SIDE and must be fitted by turning ANTI-CLOCKWISE.**

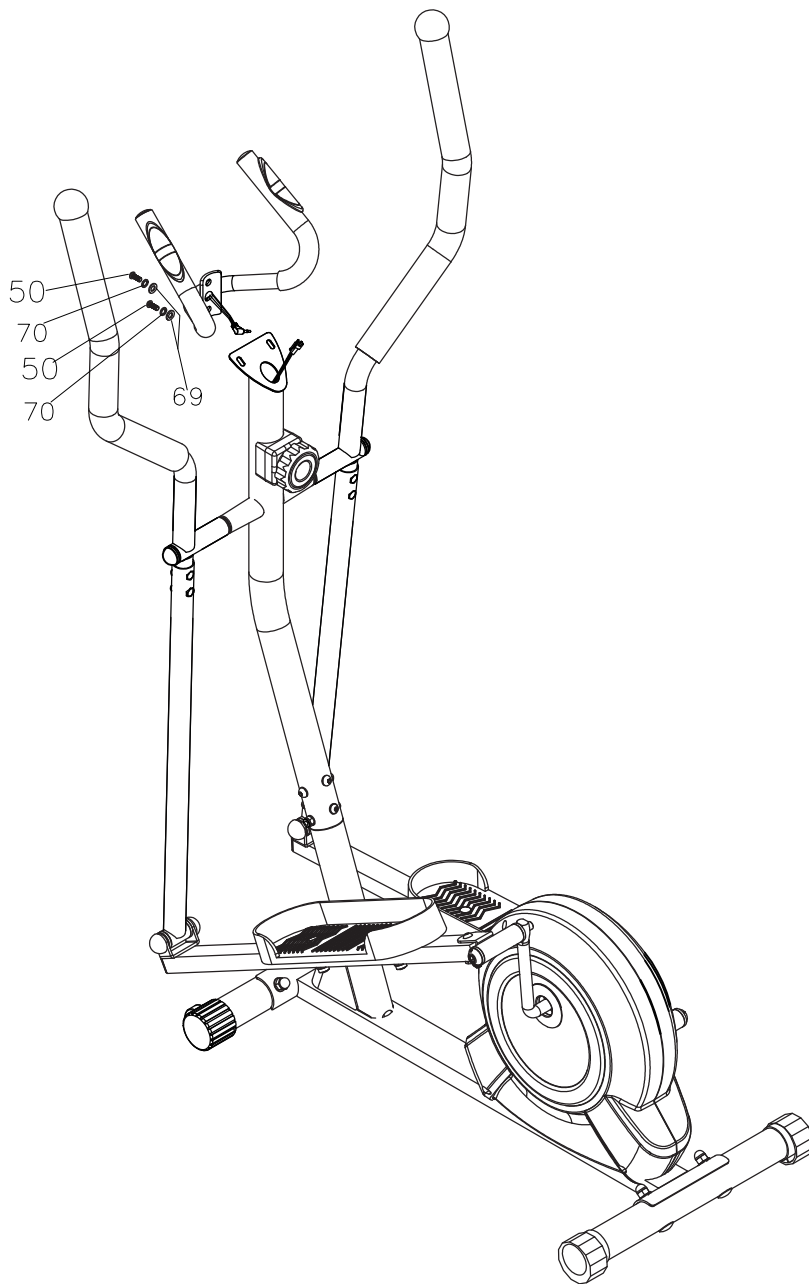


## Step 5

The Handlebar Spacer (40) is pre-fitted onto each side of the Handlebar Upright Pivot Bar as shown. Slide 1 x M19 Wave Washer (47) onto each side of the Handlebar Upright Pivot Bar. Slide the assembly onto the Pivot Bar and secure in place

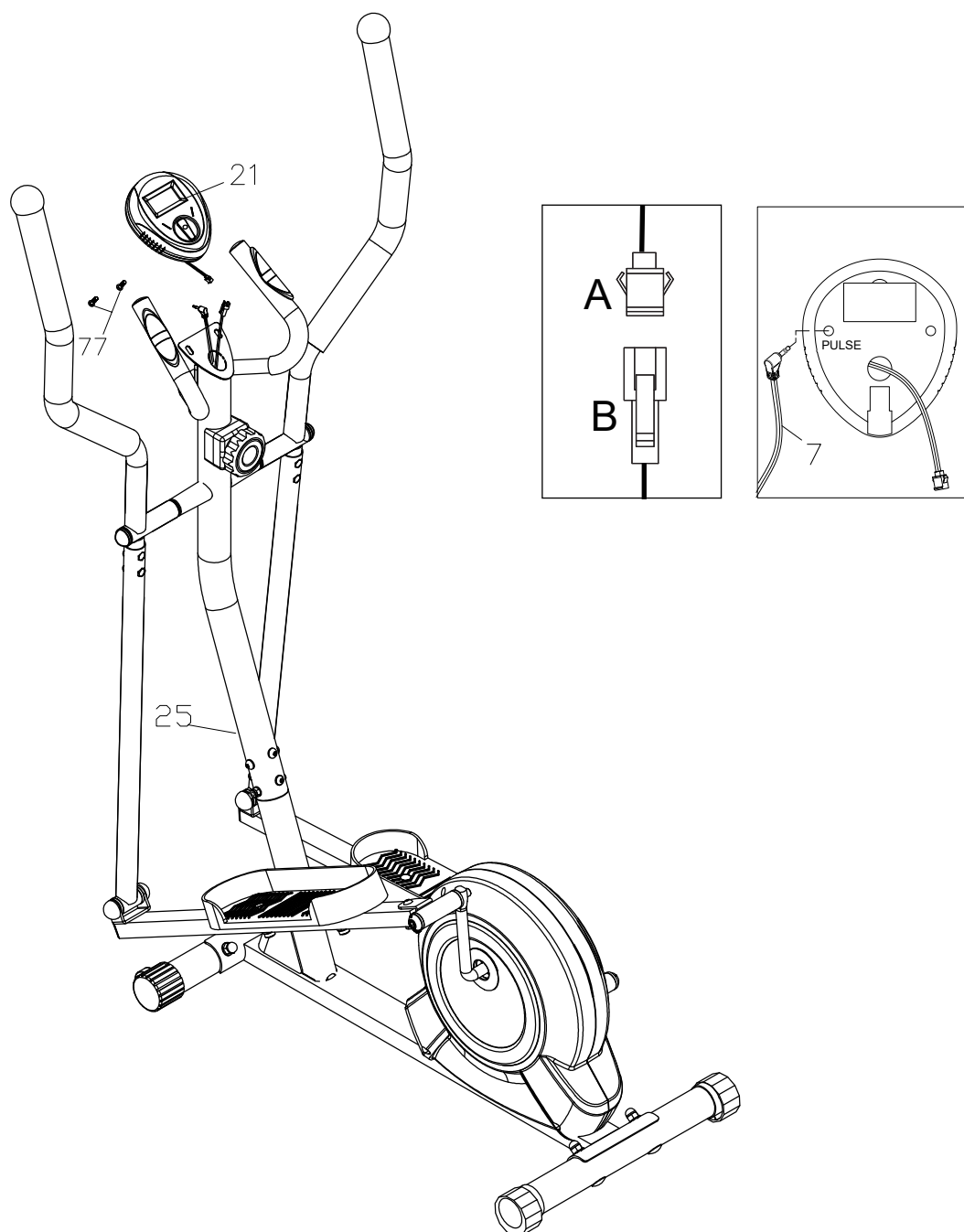
with 1 x M8 x 20mm Allen Bolt (78), 1 x  $\varnothing 8.5 \times 13$  Spring Washer (70), 1 x  $\varnothing 8.5 \times 25$  Flat Washer (66) and 1 x  $\varnothing 19.5 \times 28$  D Washer (65) for each side. Fit the correctly labeled (L or R) Dual Action Handlebar – Upper (22 / 23) into the appropriate Dual Action Handlebar – Lower (26L / 26R) and secure in place using 4 x M8 x 40mm Hex Bolts (52), 4 x  $\varnothing 8.5 \times 16$  Curved Washers (69)

4 x  $\varnothing 8.5 \times 13$  Spring Washers (70) and 4 x M8 Round Caps (51). Fit Round Caps (51) to the Dual Action Handlebar-Upper (22 / 23).



## Step 6

Fit the Fixed Handlebar Frame (24) onto the Handlebar Upright (25) using 2 x M8 x 25mm Allen Bolts (50), securing with 2 x M8 Spring Washers (70) and 2 x M8 Curved Washers (69).



## Step 7

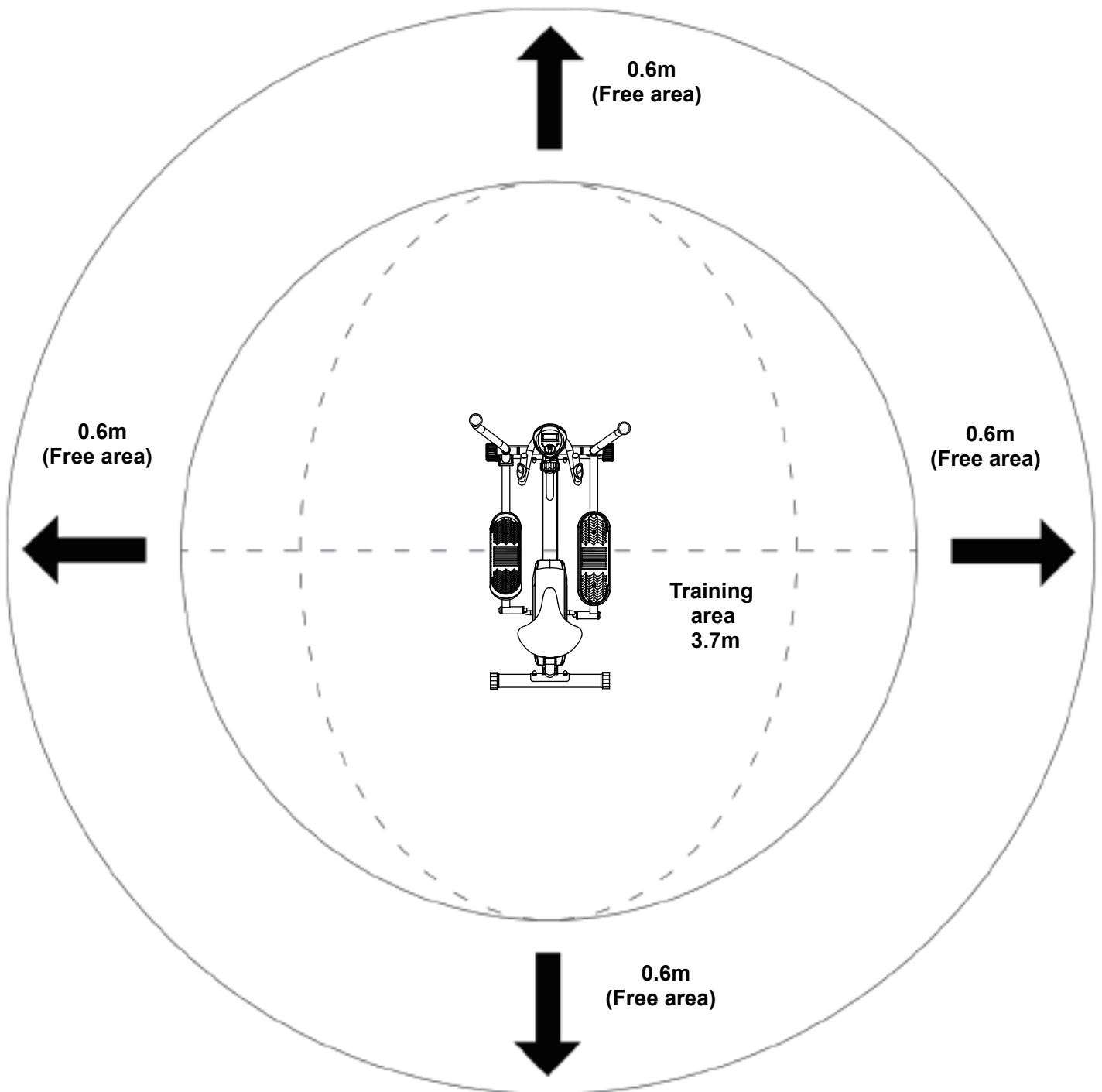
Connect the Sensor Wires A and B together. And insert the Hand Pulse Sensor (7) into the Jack Plug Socket marked "PULSE" on the back of the Exercise Monitor (21).

Attach the Exercise Monitor (21) onto the Handlebar Upright (25) using 2 x M5 x 10mm Screws (77).

# Workout Area



The free area must be at least 0.6m greater than the training area. This is a space where you can safely dismount, without obstruction, in case of an emergency. Where two pieces of equipment are positioned adjacent to each other the free area may be shared.



Only one person should be within the training area when the equipment is in use.



# Exercise Information



## Before starting

Tailor your exercise program according to 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.

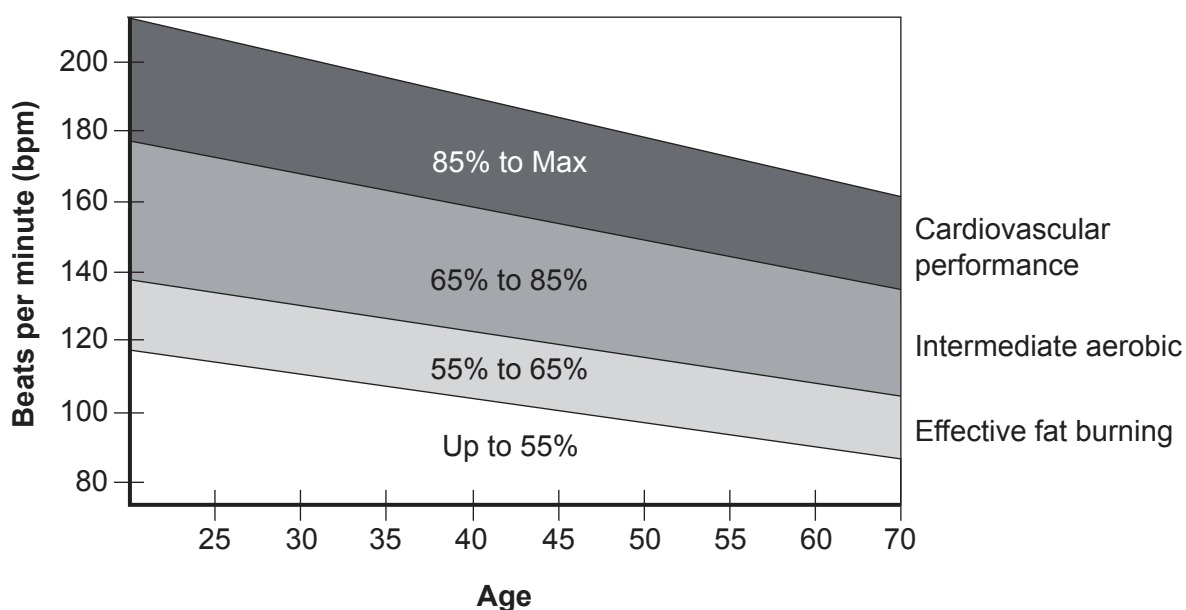
Initially, you may be able to exercise only for a few minutes in your target zone, however, your aerobic fitness will improve over the next six to eight weeks. Don't be discouraged if it takes longer. It's important to work at your own pace.

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.
- 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.

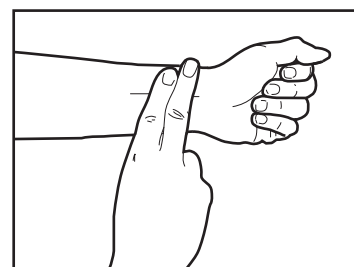
## Exercise intensity

To maximize the benefits of exercising, it is important to exercise with the proper 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 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 required level.



## Muscle chart

### Aerobic Exercise

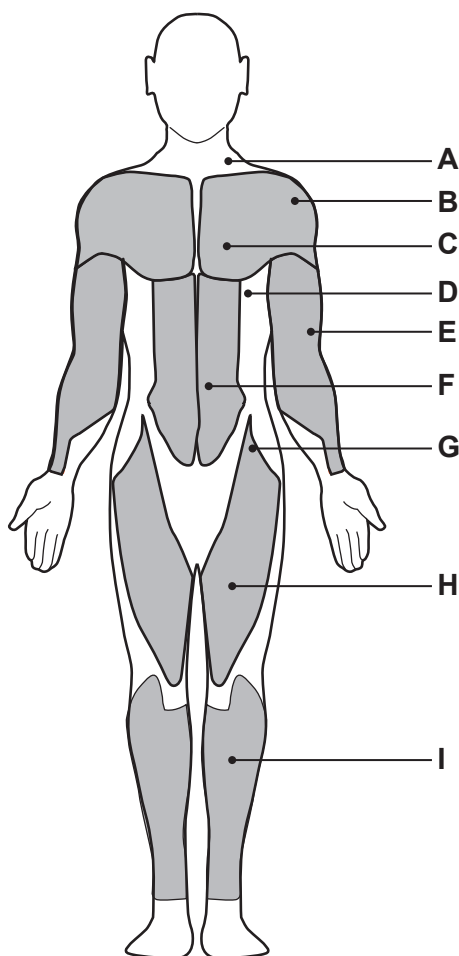
Aerobic exercise improves the fitness of your lungs and heart - your body's most important muscle. Aerobic exercise is promoted by any activity that uses your large muscles (arms, legs, or buttock, for example).

### 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. 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.

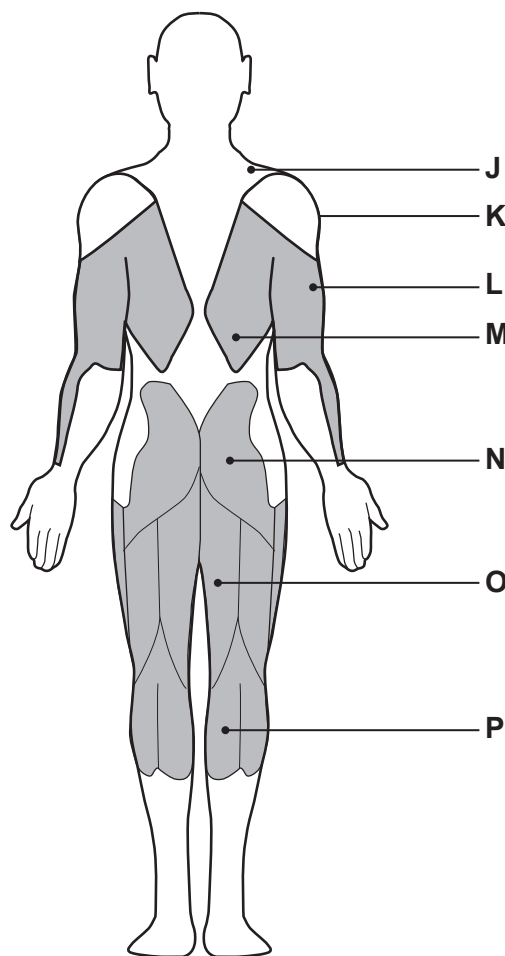
### Targeted Muscle Groups

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



**Front**

- |                             |                             |
|-----------------------------|-----------------------------|
| <b>A:</b> Trapezius         | <b>F:</b> Abdominal         |
| <b>B:</b> Anterior Deltoid  | <b>G:</b> Sartorius         |
| <b>C:</b> Pectoralis Major  | <b>H:</b> Quadriceps        |
| <b>D:</b> Serratus Anterior | <b>I:</b> Tibialis Anterior |
| <b>E:</b> Biceps            |                             |



**Back**

- |                             |                         |
|-----------------------------|-------------------------|
| <b>J:</b> Trapezius         | <b>N:</b> Gluteals      |
| <b>K:</b> Posterior Deltoid | <b>O:</b> Hamstrings    |
| <b>L:</b> Triceps           | <b>P:</b> Gastrocnemius |
| <b>M:</b> Latissimus Dorsi  |                         |

## Warming up and Cooling down

### **Each workout should include the following three parts:**

1. A warm-up, consisting of 5 to 10 minutes of 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 reduce post-exercise muscle soreness.

### **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.



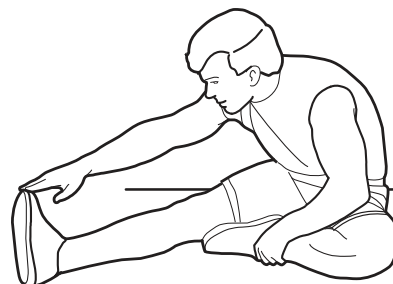
#### **Hamstring stretch**

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.



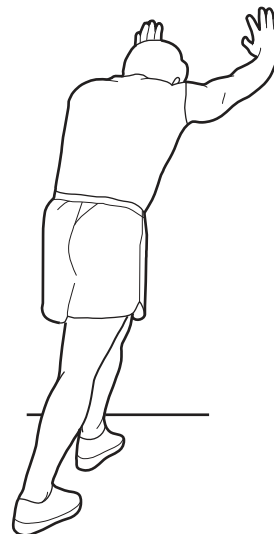
## Calf/achilles stretch

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.

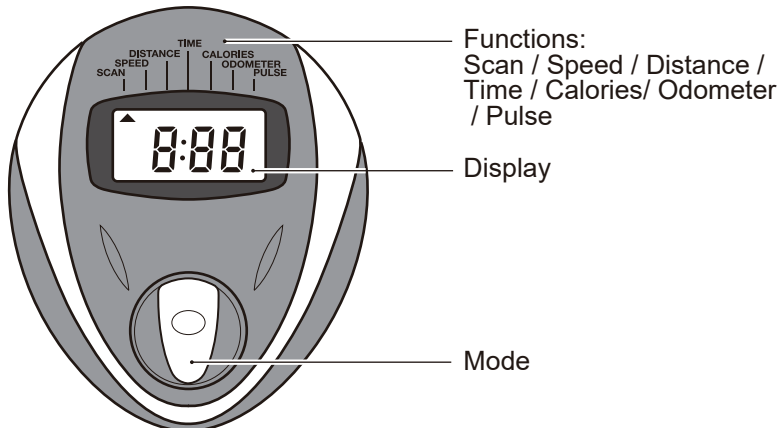
Hold for 15 counts, then relax.

Repeat 3 times.

**Stretches:** Quadriceps and hip muscles.



## Console Operation



### FUNCTIONAL BUTTON:

- MODE/RESET** – Push down to select functions.  
– Push down for 3 seconds to reset Speed, Distance, Time, Calories and Pulse.

### FUNCTIONS AND OPERATION

- 1. SCAN:** Press MODE button until “▲” appears at SCAN position, the monitor will rotate through the following functions: Time, Speed, Distance,, Calories ,Odometer and Pulse. Each display will be held for 6 seconds.
- 2. SPEED:** Display current speed.
- 3. DISTANCE:** Count the distance from exercise start to end.
- 4. TIME :** Count the total time from exercise start to end.
- 5. CALORIES:** Count the total calories from exercise start to end.
- 6. ODOMETER:** The monitor will display the total accumulated distance.
- 7. PULSE:** Press MODE button until “▲” appears at PULSE position.

Warning ! Heart rate monitoring systems may be inaccurate. For the most accurate heart rate measure, please hold both hand pulse sensors continuously during any programme. The console will display your heart rate in beats per minute (BPM) after 4 seconds.

The measurement value can not be regarded as the basis of medical treatment.

### NOTE :

1. If the display is faint or shows no figures, please replace the batteries.
2. The monitor will automatically shut off if there is no signal received after 4 minutes .
3. The monitor will be auto-powered on when starting to exercise push button with signal in.
4. The monitor will automatically start calculating when you start to exercise and will stop calculating when you stop exercising for 4 seconds .

### SPECIFICATIONS:

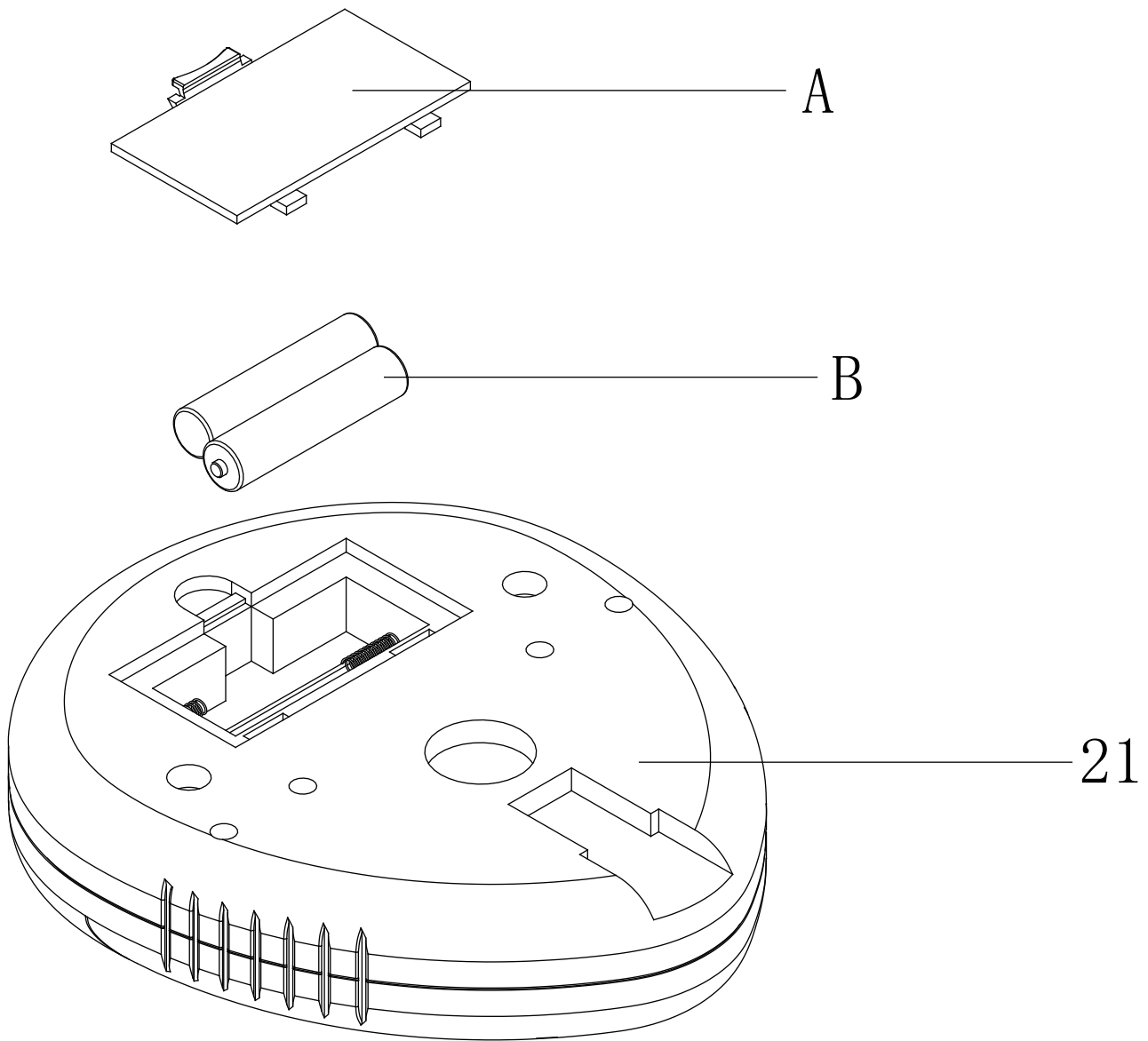
FUNCTION	AUTO SCAN	Every 6 seconds
	TIME	00:00~99:59' (Minute:Second)
	CURRENT SPEED	The maximum signal can be pickup is 99.9KM/H
	TRIP DISTANCE	0.00~9999KM
	CALORIES	0.1~999.9kCAL
	ODO	0~9999KM
	PULSE RATE	40~240BPM
BATTERY TYPE		2 pcs of size AAA (not included)
OPERATING TEMPERATURE		0°C ~ +40°C
STORAGE TEMPERATURE		-10°C ~ +60°C

# Exercise Information



## Replacing the batteries

Remove the Back Cover (A) of the Computer (21) and install 2 x AAA battery (B) into the battery compartment. Replace the Back cover (A) to the Computer (21).  
Note: The 2 pcs of AAA battery are not included with the equipment.

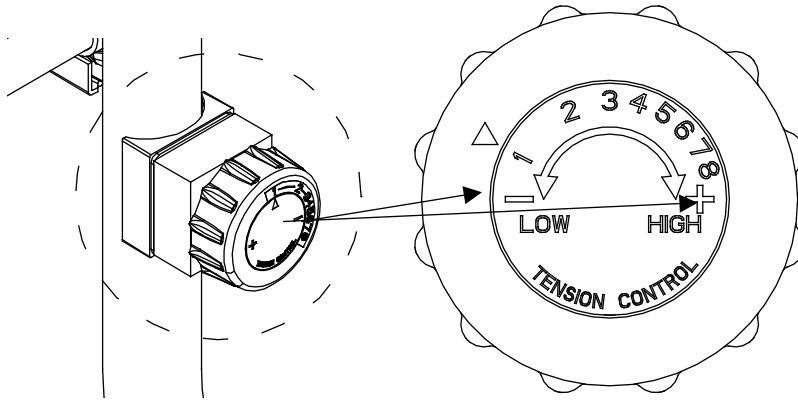


# Exercise Information



## Adjustment of Resistance

Adjust the resistance by turning the eight-level tension knob either to "+" for increase or "-" for decrease



1. The safety level of the equipment can only be maintained if it is examined regularly for damage and wear e. g. ropes, pulleys and connection points.
2. Lubricate moving parts with light oil periodically to prevent premature wear. To prevent damage to the computer, keep liquids away and keep it out of direct sunlight.
3. Inspect and tighten all parts before using the equipment. Replace defective components immediately and/or keep the equipment out of use until repair. Pay 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 [www.argos-support.co.uk](http://www.argos-support.co.uk)**

**Guarantee:**

**For guarantee purposes, please retain your purchase receipt.**

## Information for Users on Disposal of old Equipment and Batteries

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.



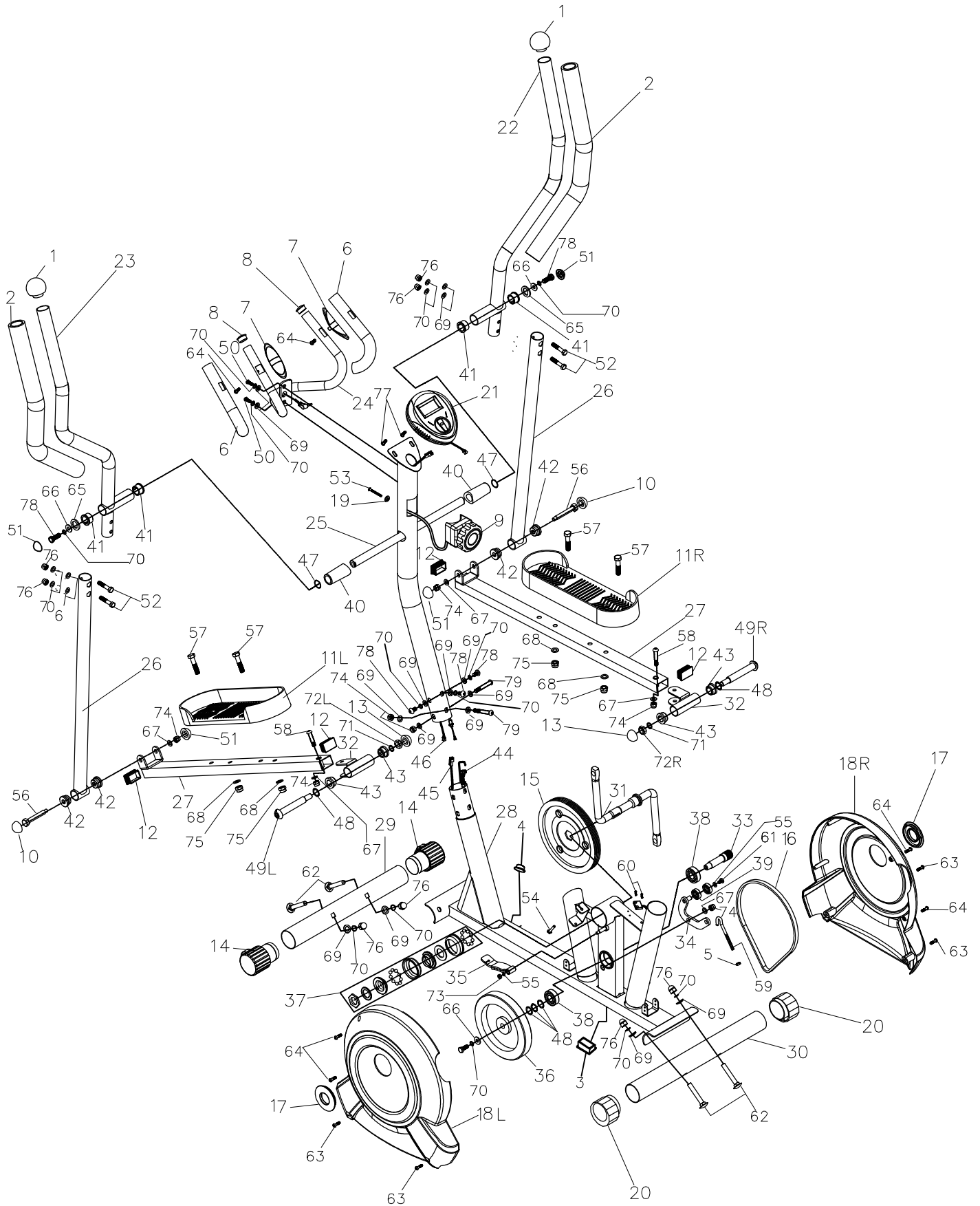
Products



Battery



# Exploded Parts Diagram



# Parts List



Part	Description	Qty	Part	Description	Qty
1	ø50 Handlebar End Cap	2	40	Handlebar Spacer	2
2	ø28 x 38mm Dual Action Handlebar Foam Grip	2	41	ø19 x 24mm Metal Bush	4
3	EPA Tube Plug	1	42	ø10 x 24mm Metal Bush	4
4	Square End Cap	2	43	ø16 x 24mm Metal Bush	4
5	Seatcarriage	1	44	Tension Control Cable	1
6	ø23 x ø33 Handlebar Foam Grip	2	45	Lower Sensor Wire	1
7	ø33 Hand Pulse Sensor	2	46	Exercise Monitor Sensor Wire	1
8	ø23 End Cap	2	47	M19 Wave Washer	2
9	Tension Control Assembly	1	48	M17 Wave Washer	5
10	S17 Round Cap	2	49	Shouldered Bolt(L/R)	2
11	Footplate	2	50	M8 x 25mm Allen Bolt	2
12	Footplate Supportbar Cap	4	51	S13 Round Cap	4
13	S19 Round Cap	2	52	M8 x 40mm Hex Bolt	4
14	ø50 Front Frame End Cap	2	53	M5 x 40mm Screw	1
15	Drive Wheel	1	54	M6 x 25mm Bolt	1
16	Belt	2	55	ø6.5 x 13mm Flat Washer	2
17	ø60 Crankshaft Guard Trim	1	56	ø10 x 60mm + M8 x 10mm Bolt	2
18	Chain Cover (Left & Right)	1	57	M10 x 45mm Hex Bolt	4
19	M4 Curved Washer	1	58	M8 x 45mm Allen Wrench	2
20	ø50 Rear Stabilizer End Cap	2	59	Idle Wheel Tensioner	1
21	Exercise Monitor	1	60	M3 x 15mm Tapping Screw	2
22	Dual Action Handlebar-upper R	1	61	M6 x 15mm Tapping Screw	1
23	Dual Action Handlebar-upper L	1	62	M8 x 65mm Carriage Bolt	4
24	Fixed Handlebar	1	63	M4 x 20mm Tapping Screw	4
25	Handlebar Upright	1	64	M4 x 20mm Tapping Screw	6
26	Dual Action Handlebar-lower L/R	2	65	ø19.5 x 28 x 3 D Washer	2
27	Footplate Support Bar L/R	2	66	ø8.5 x 25 x 2 Flat Washer	3
28	Main Frame	1	67	ø8.5 x 16 x 1.5 Flat Washer	5
29	Front Stabilizer	1	68	ø10.5 x 18 x 1.5 Flat Washer	4
30	Rear Stabilizer	1	69	ø8.5 x 16 x 1.5 Curved Washer	17
31	Crankshaft	1	70	ø8.5 x 13 x 2 Spring Washer	16
32	Footplate Support Bar Pivot Bracket	2	71	ø13 x 19 x 2 Spring Washer	2
33	Main Shaft	1	72	1/2" Nylon Nut L/R	2
34	Idle Wheel Bracket	1	73	M6 Nut	1
35	Hex Bolt	1	74	M8 Nylon Nut	7
36	Flywheel	1	75	M10 Nylon Nut	4
37	Axle Assembly	1	76	M8 Dome Nut	8
38	Bearing	2	77	M5 x 10mm Screw	2
39	Bearing	2	78	M8 x 20mm Allen Bolt	5
			79	M8 x 60mm Allen Bolt	2



## 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 within the guarantee period call the **Customer contact number: 0345 600 1714** [www.argos-support.co.uk](http://www.argos-support.co.uk)

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