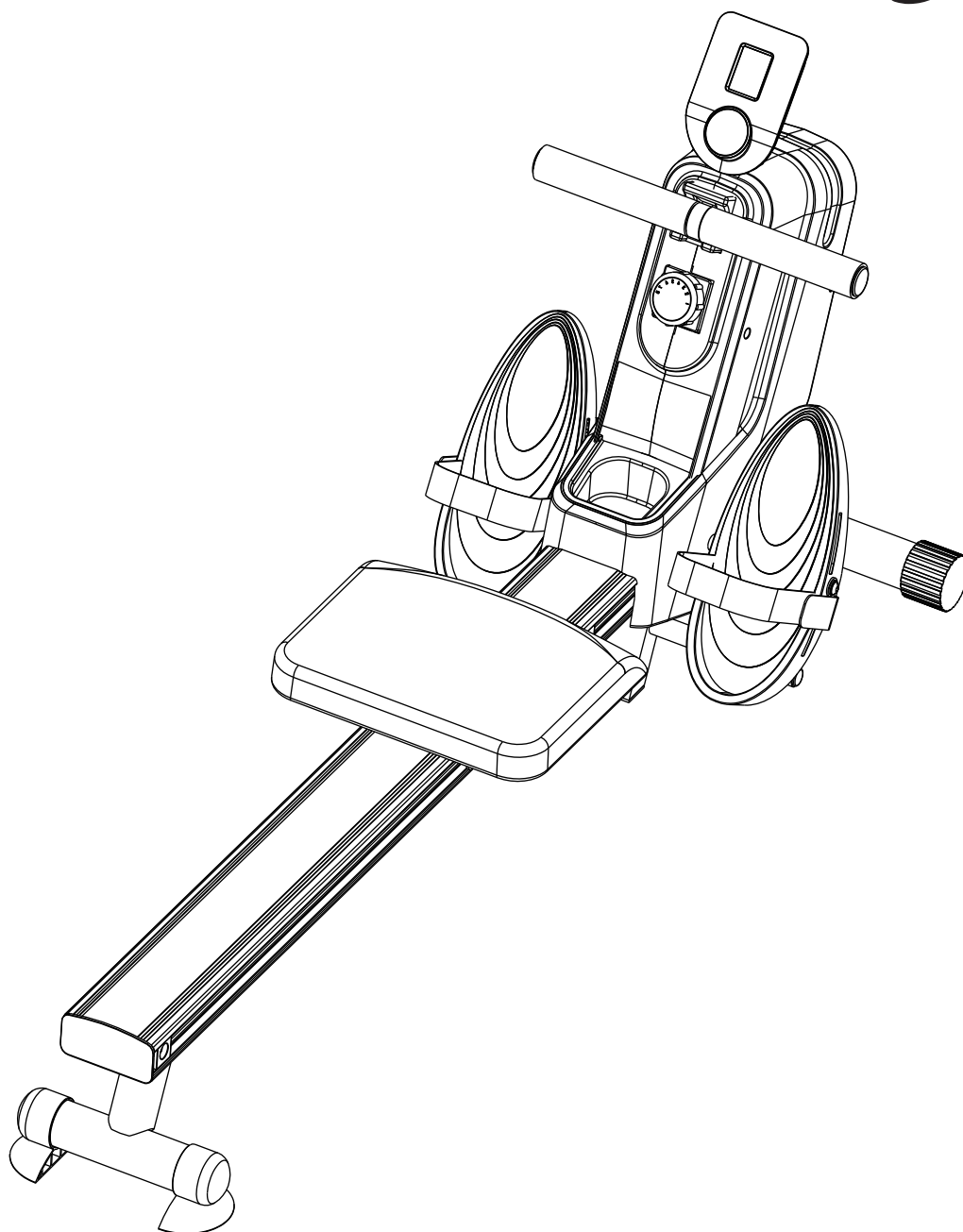


Magnetic Rower

Assembly & User Instructions - Please keep for future reference | 621/4151

opti



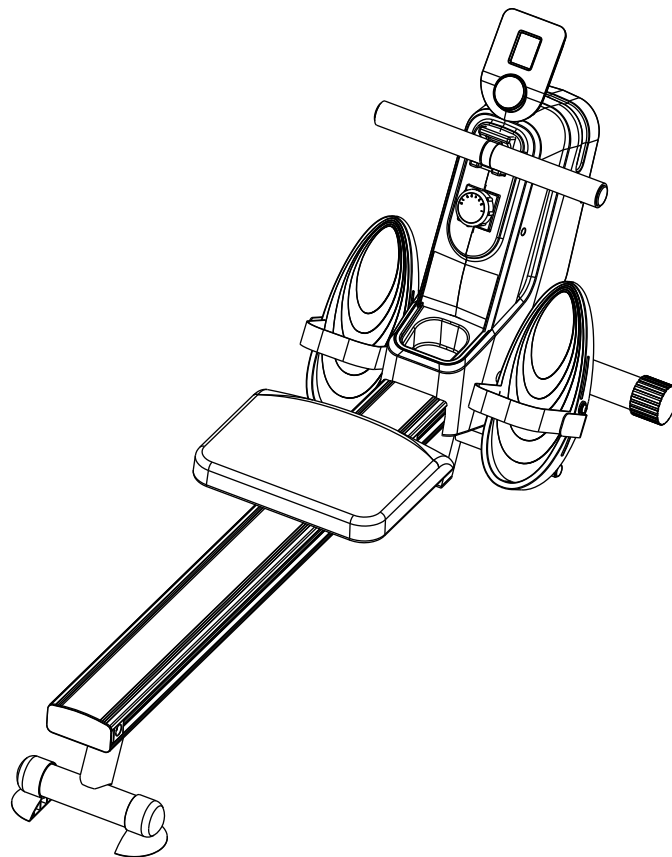
Important – Please read these instructions fully before assembly or use

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**

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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 rower.
- 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 exercise 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.

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.
- 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 BS EN 957-7 Class (H) - Home Use - Class (C).
- The braking system is speed-independent.
- Always examine your rower before use to ensure all parts are in working order.
- Never insert any object or body parts into any opening.

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.



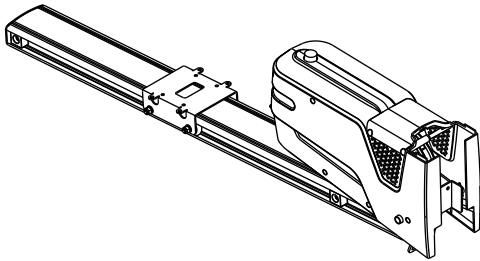
Warning: Before beginning any exercise program, consult your Doctor. This is especially important for persons over the age of 35 or persons with pre-existing health problems. You **MUST** read all instructions before using any fitness equipment. Argos and its associates assumes no responsibility for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

Components - Parts

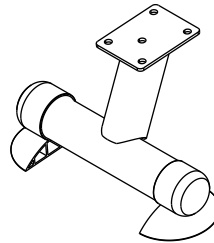


Please check you have all parts listed below

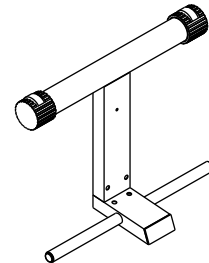
Note: Some of the smaller components may be pre-fitted to the larger components. Please check carefully before contacting Argos regarding any missing components.



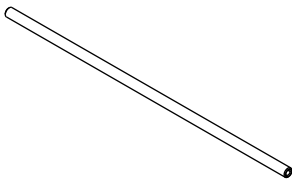
1 Main Frame x 1



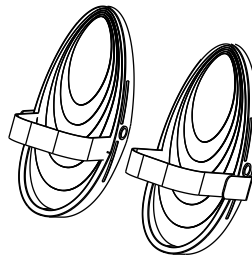
2 Rear Stand x 1



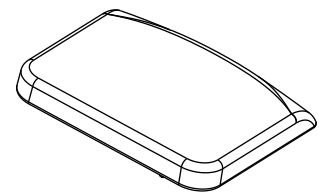
3 Base Frame x 1



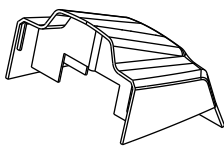
6 Pedal Shaft x 1



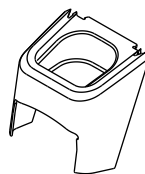
19 Pedal x 2



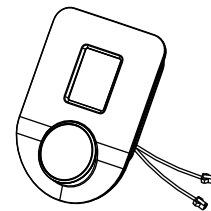
21 Seat x 1



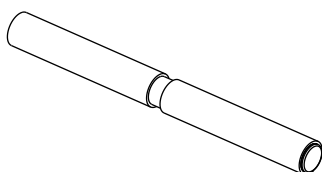
28 Front cover x 1



27 Bottle Holder x 1



35 Console x 1



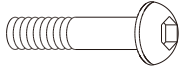
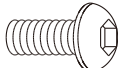


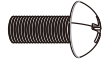

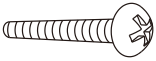

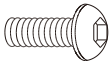

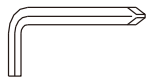
15 Handle bar x 1

Components - Fixings



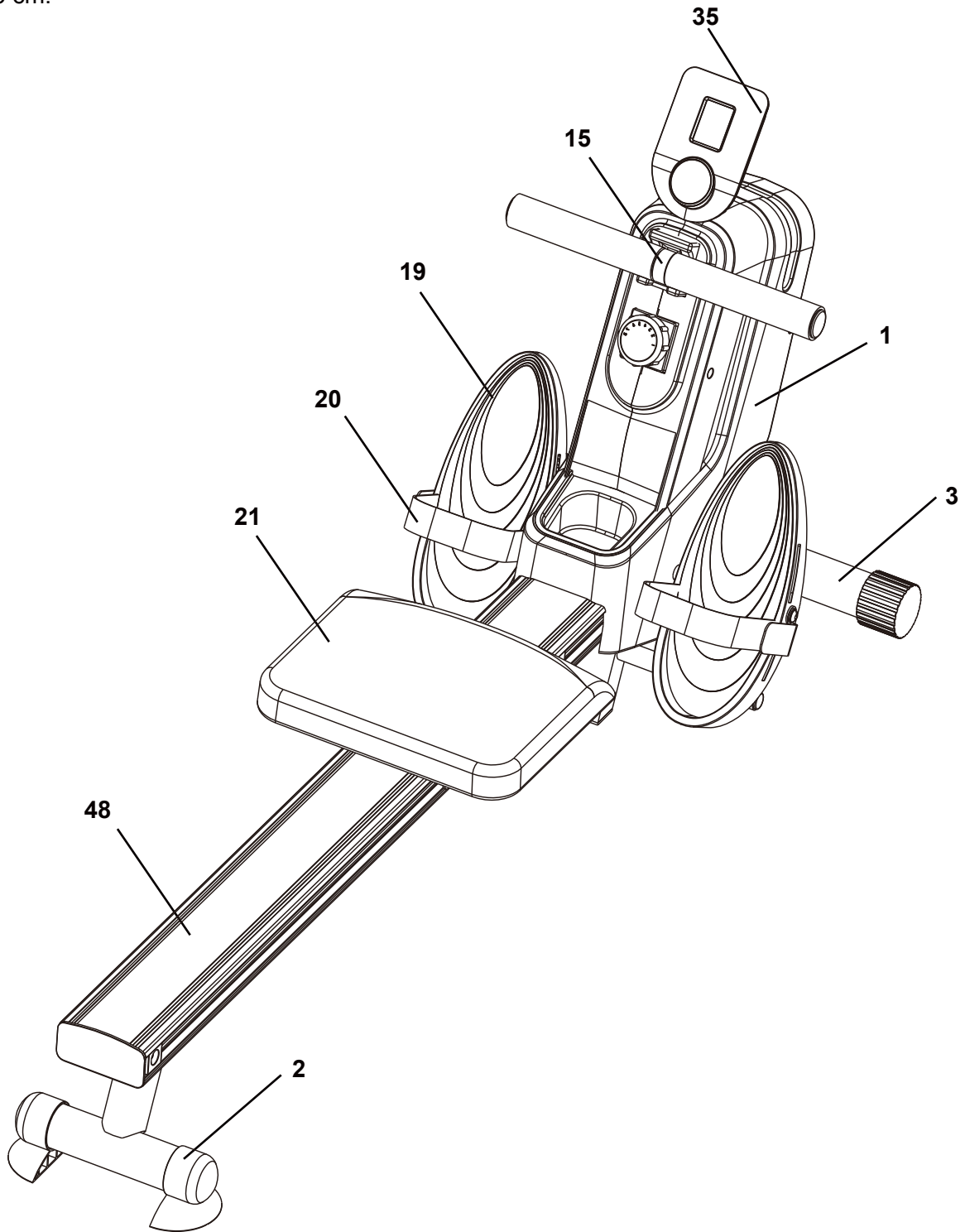
Please check you have all the fixings listed below

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.

84  Bolt, Button Head (M8 x 40mm) x 2	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 4	64  Washer(M6) x 4
81  Screw, Round Head (ST4.2 x 45mm) x 1	83  Large Washer(M8) x 2	85  Bolt, Button Head (M8x20mm) x 2
59  Allen Wrench(5mm) x 1	69  Allen Wrench (5 mm) w/ Screwdriver x 1	

Assembly Instructions

Total mass of the product is 19 kg. Total size of the equipment is (Depth) 155 cm × (width) 46 cm × (height) 68 cm.

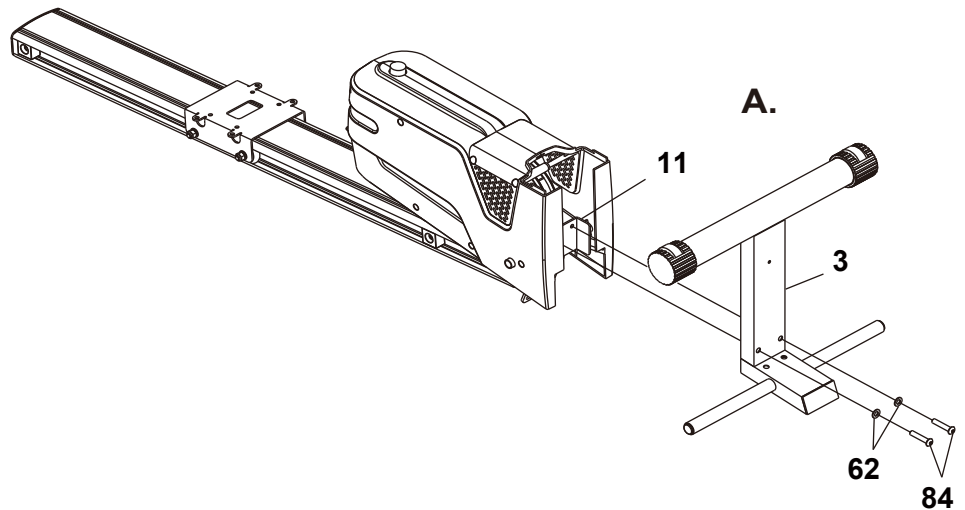


- | | |
|---------------|-----------------|
| 1. Main frame | 20. Pedal strap |
| 2. Rear stand | 21. Seat |
| 3. Base frame | 35. Console |
| 15. Handlebar | 48. Rail |
| 19. Pedal | |

Assembly Instructions

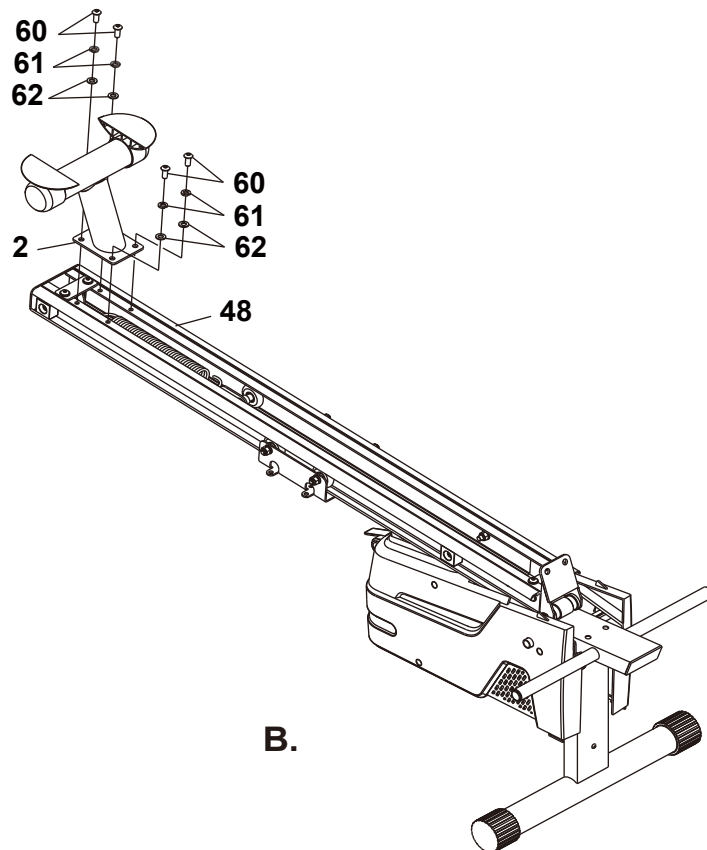
Step 1

Position the main assembly of the Magnetic Rower as shown in illustration A. Attach the BASE FRAME (3) to the CONNECTION BRACKET (11) with BUTTON HEAD BOLTS (M8x40mm)(84) and WASHERS (M8) (62).



Step 2

Refer to illustration B. Turn the main assembly of the 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).

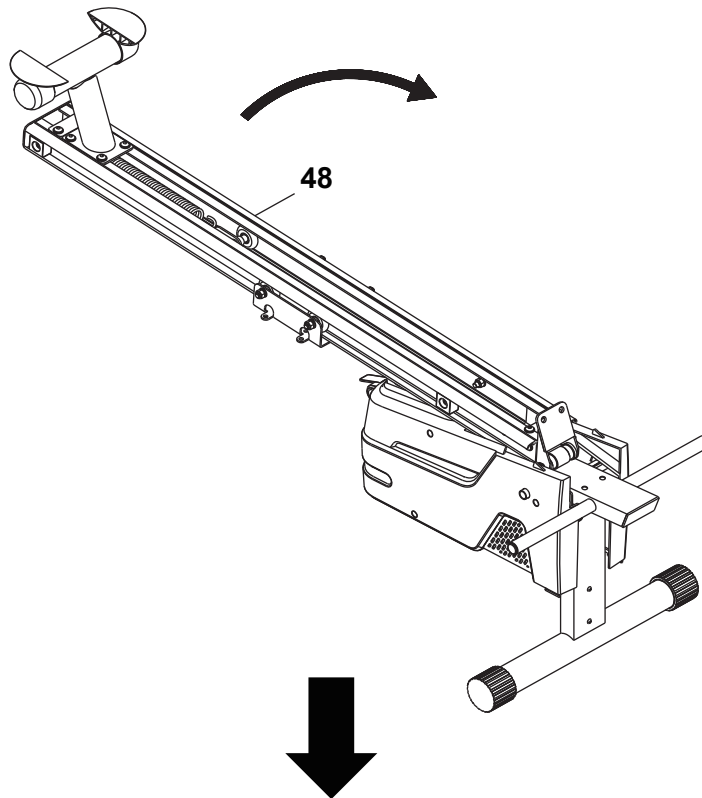


Assembly Instructions



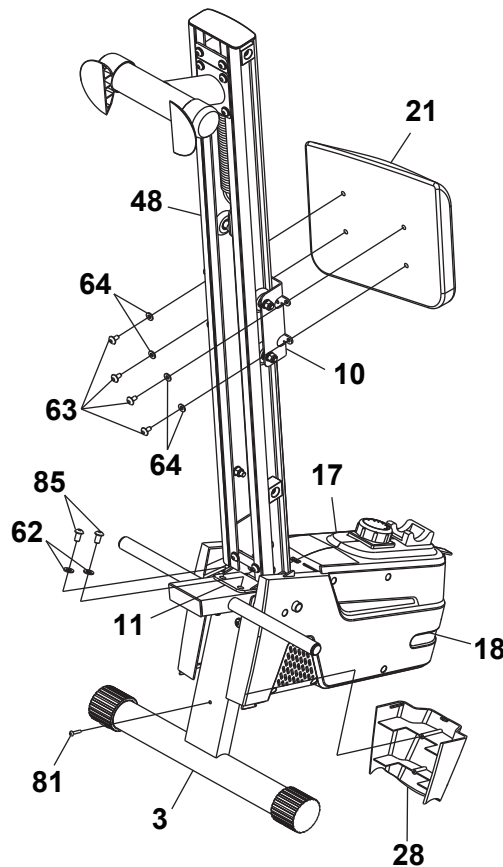
Step 3

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

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).



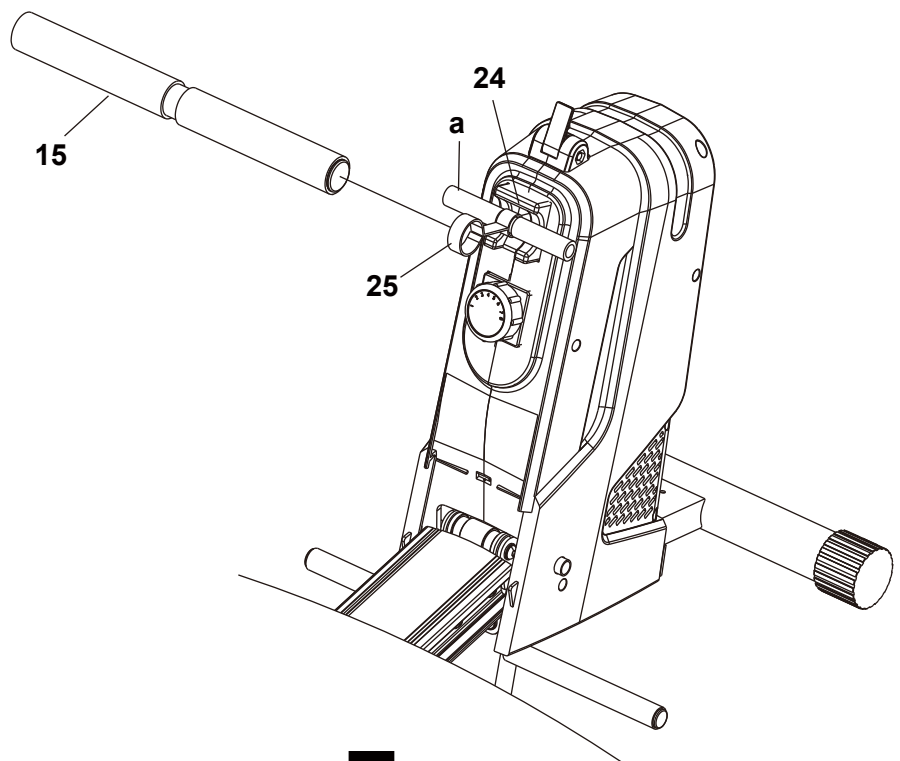
Step 5

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

Assembly Instructions

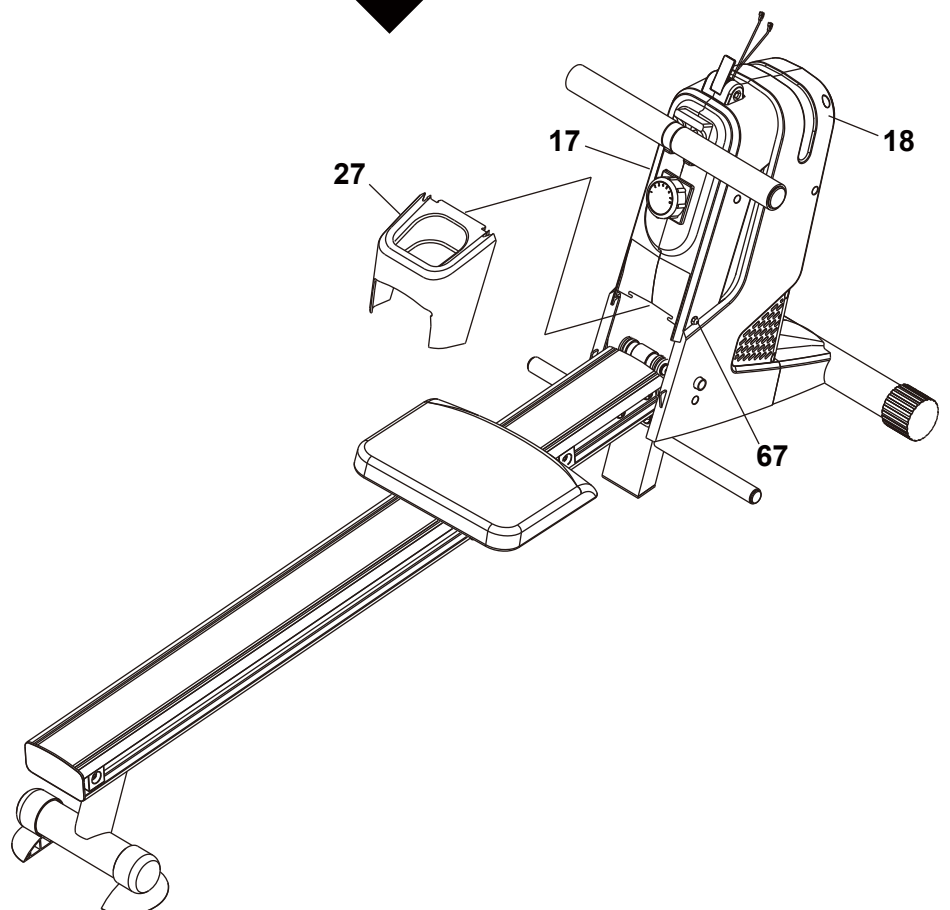
Step 6

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 Magnetic Rower. The STRAP (25) will hold the HANDLEBAR (15) taut against the HANDLEBAR HOLDER (24).



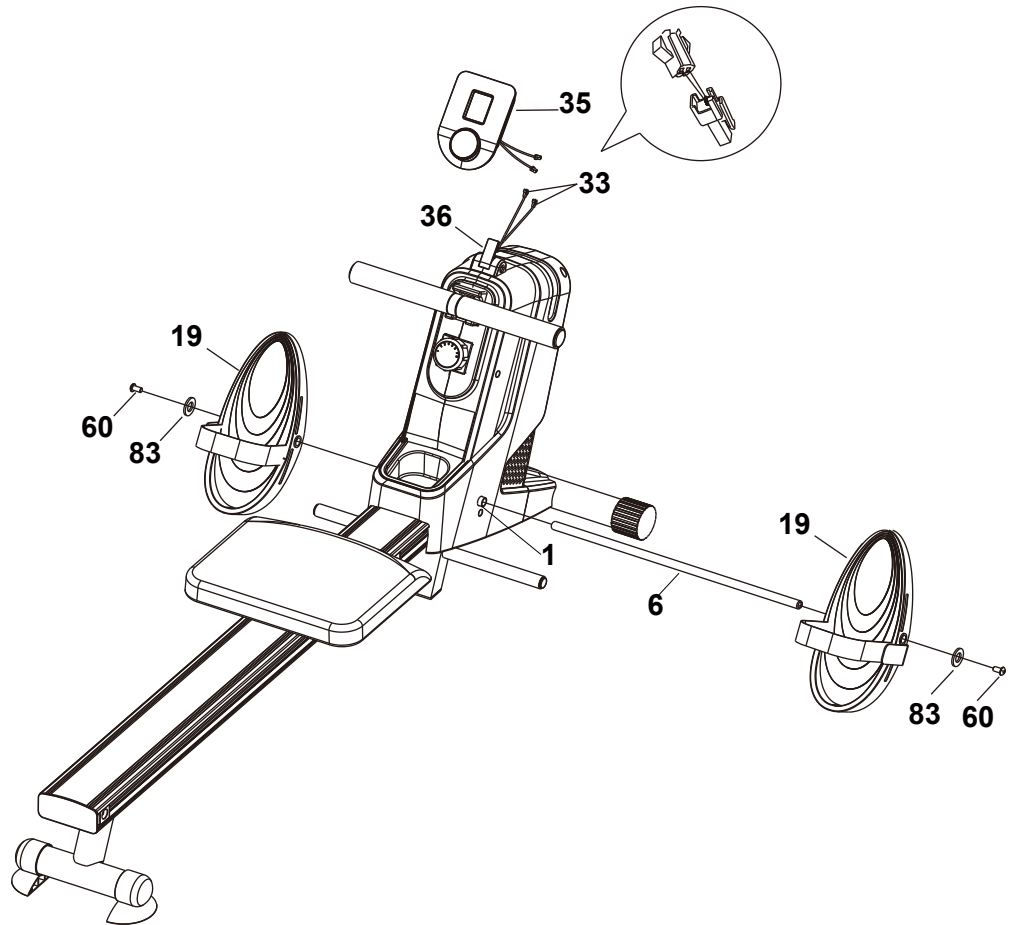
Step 7

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 (M4.2x16 mm)(67) on the RIGHT COVER(18).



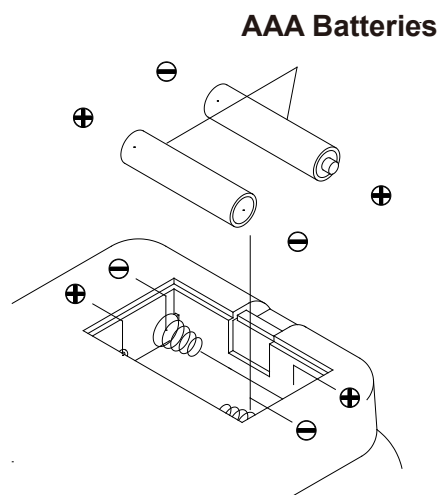
Step 8

Insert the PEDAL SHAFT(6) through the tube located on the MAIN FRAME(1). Slide a PEDAL (19) onto each end of the PEDAL SHAFT(6). Then secure the PEDAL (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 9

Install two AAA batteries into the CONSOLE (35). Insert the CONSOLE (35) onto the METER PLATE (36). Connect the SENSORWIRES (33) to the connecting wires of the CONSOLE (35).



Assembly Instructions

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 (19) as shown in illustration 1

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

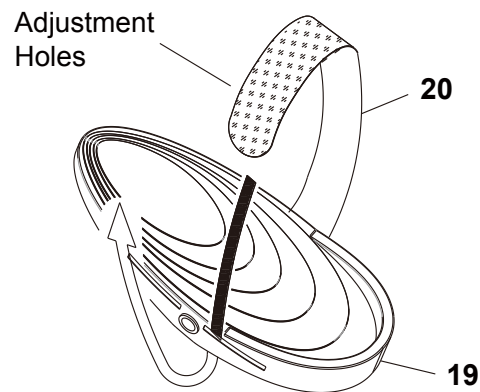


Illustration 1

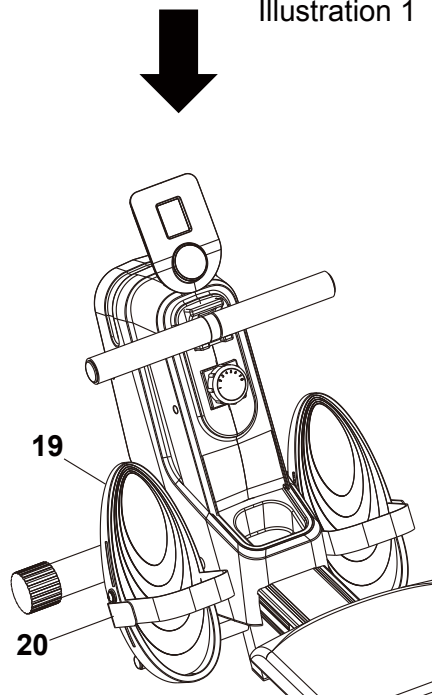
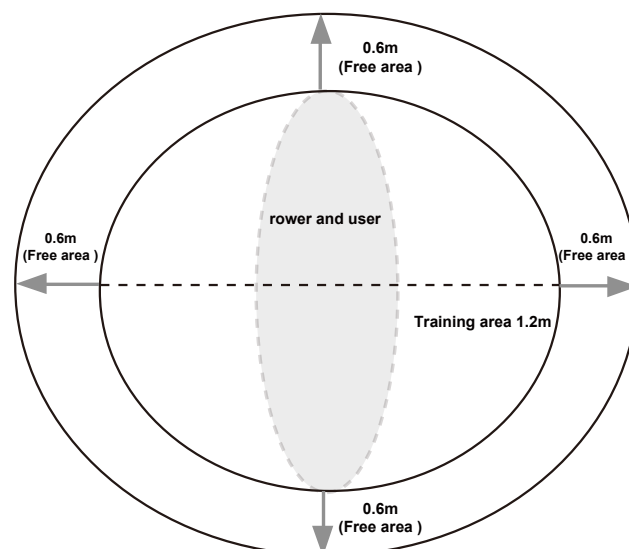


Illustration 2

Free area and Training 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.



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.

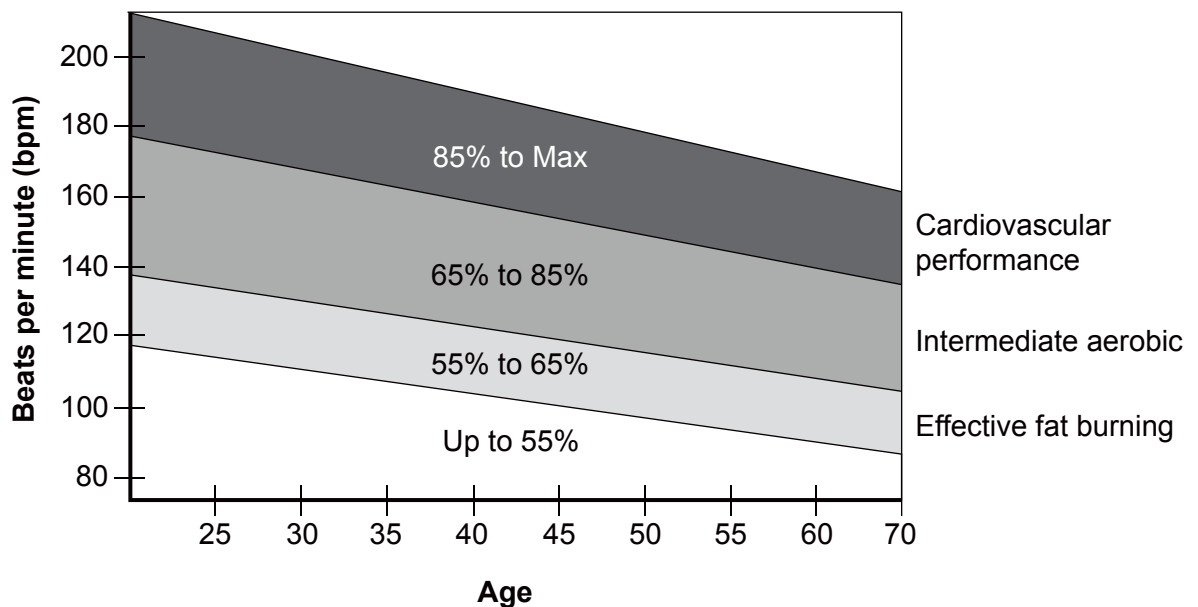
Initially, you may be able to exercise only for a few minutes in your target zone, however, your aerobic fitness will improve over the next six to eight weeks. Don't be discouraged if it takes longer. It's important to work at your own pace.

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.

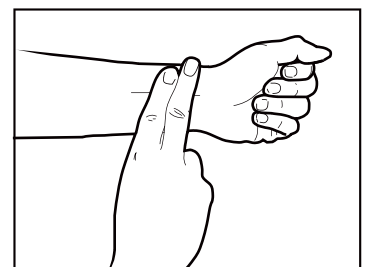
Exercise intensity

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



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

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

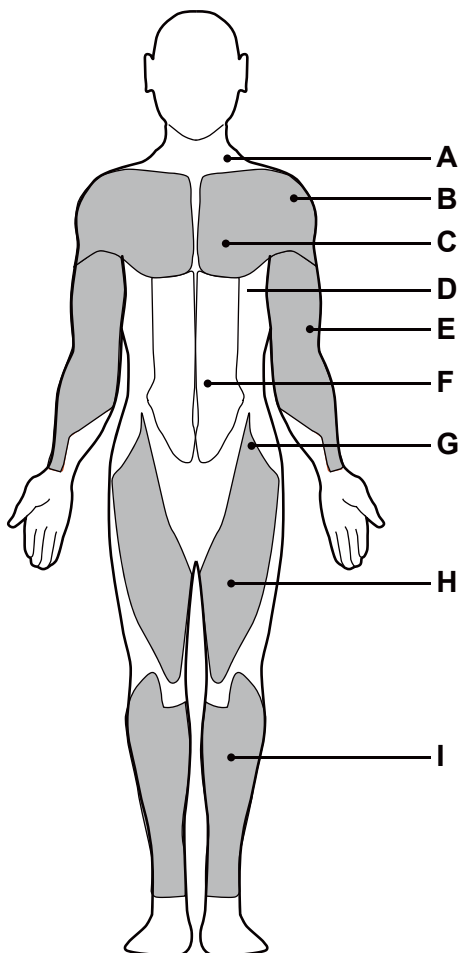
Aerobic exercise improves the fitness of your lungs and heart - your body's most important muscle. Aerobic exercise is promoted by any activity that uses your large muscles (arms, legs, or buttock, for example).

Weight Training

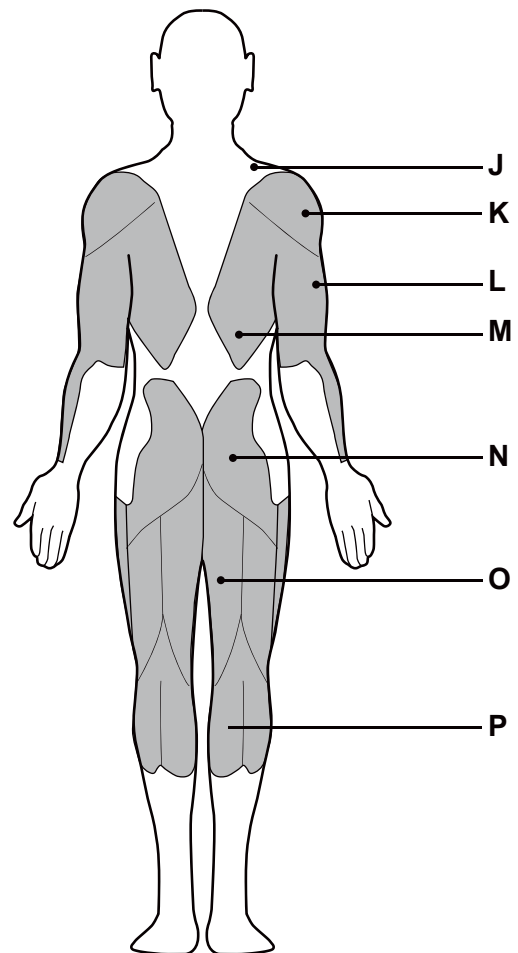
Along with aerobic exercising which helps get rid of and keep off the excess fat that our bodies can store, weight training is an essential part of the exercise routine. Weight training helps tone, build and strengthen muscle. If you are working above your target zone, you may want to do a lower number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

Targeted Muscle Groups

The exercise routine that is performed on the 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 | F: Abdominal |
| B: Anterior Deltoid | G: Sartorius |
| C: Pectoralis Major | H: Quadriceps |
| D: Serratus Anterior | I: Tibialis Anterior |
| E: Biceps | |

- | | |
|-----------------------------|-------------------------|
| J: Trapezius | N: Gluteals |
| K: Posterior Deltoid | O: Hamstrings |
| L: Triceps | P: Gastrocnemius |
| M: 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 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 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.

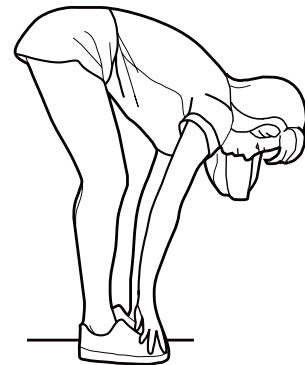
Toe touch stretch

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.



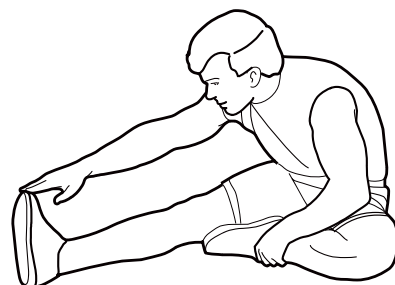
Hamstring stretch

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.



Exercise Information

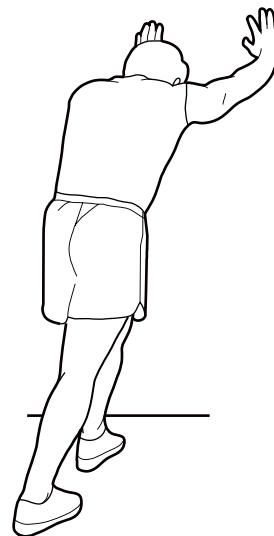
Calf/achilles stretch

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

Hold for 15 counts, 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.



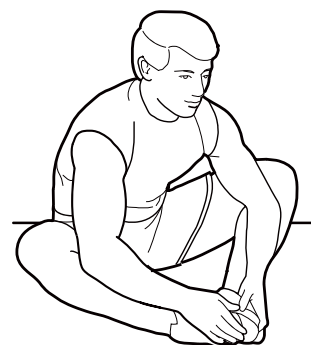
Inner thigh stretch

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.



Exercise Information



Console Operation



Item	Description
Time	Count up - No preset target, Time will count up from 00:00 to maximum 99:59 with each increment is 1 second. Count down – The console will countdown from preset time to 00:00 and each preset increment or decrement will be 1 second between 01:00 to 99:00.
Distance	Accumulates total distance from 0.0 up to 99.99 KM or count down from preset value. User may preset target distance value with "SET" key. Each increment is 0.1KM.
Calories	Accumulates calories consumption or count down during training from 0 to maximum 999 calories. User may preset target Calories with "SET" key. Each increment is 1Cal.
Spm	Display the strokes per minute with range from 0 to 999.
Strokes	Display the user rowing numbers. With preset value, STROKES counts down from preset value to 0 after starting exercising; without setting, STROKES will count up from 0 after starting exercising. Each preset increment or decrement will be 10. Display range 0~9990; Setting range 0~9990.
Total Strokes	After POWER ON, accumulates user total rowing numbers. Display range 0~9990.

Item	Description
Mode	-Press MODE to select single display function
Reset	-In Standby mode, press it to clear up the setting value. Or hold on this key for 2 seconds to clear all values to 0 as TOTAL RESET.
Set	-In Standby mode, press it to adjust value of STROKES/TIME/DISTANCE/CALORIES. -Hold on "SET" button 2s to increase value fast, when press "SET" button one time , it will stop increase the value . -It is invalid to press it when there is rowing signal transfer to monitor.

OPERATION INSTRUCTION

1.POWER ON

When install 2PCS of AAA batteries, the monitor will power on with a long beep sound, LCD will full display for 2s. And then go to Standby mode.

2.POWER OFF

No signal (sensor, keyboard or pulse) transmit to monitor for 4 minutes, LCD will go to SLEEPING mode. When there is signal input or press any key, monitor WAKE UP.

3.WORKOUT

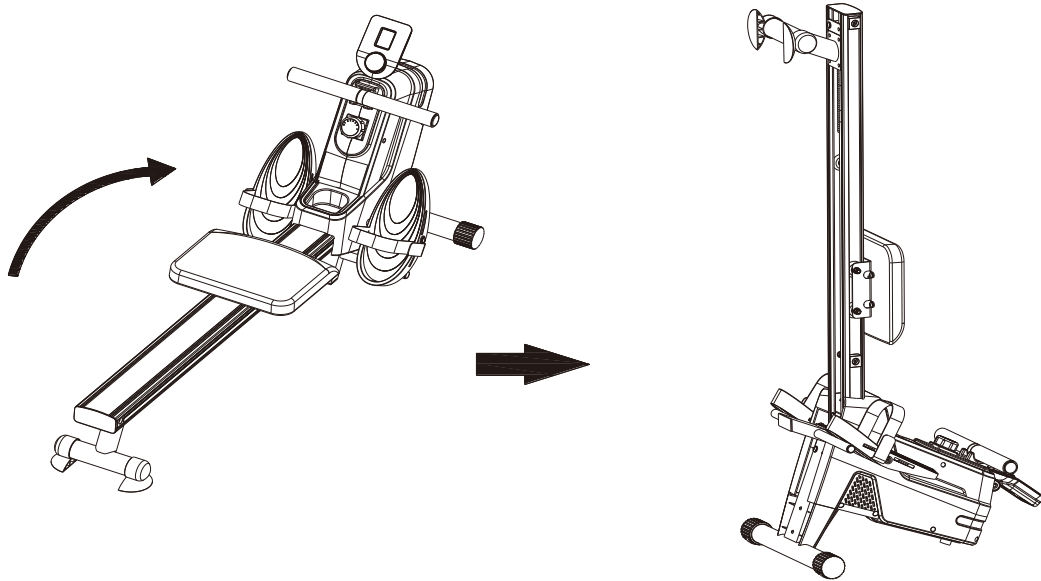
When user begins to row, all functions of STROKES/TIME/DISTANCE/CALORIES/SPM/TOTAL STROKES will start work. If any function has been preset target value before rowing, it will count down to 0 from target after user start rowing exercise; While if no function has been preset value, all function will count up from 0 after user start rowing exercise. Before start rowing, user may press MODE to select function and press SET button to adjust the value. The display sequence will be: STROKES→TIME→DISTANCE→CALORIES→SPM→TTL STROKES.

NOTE: 1.SET/RESET button function can be only available in Standby mode. During rowing, it's invalid to press these keys. 2.This monitor apply to rowing machine.

Exercise Information

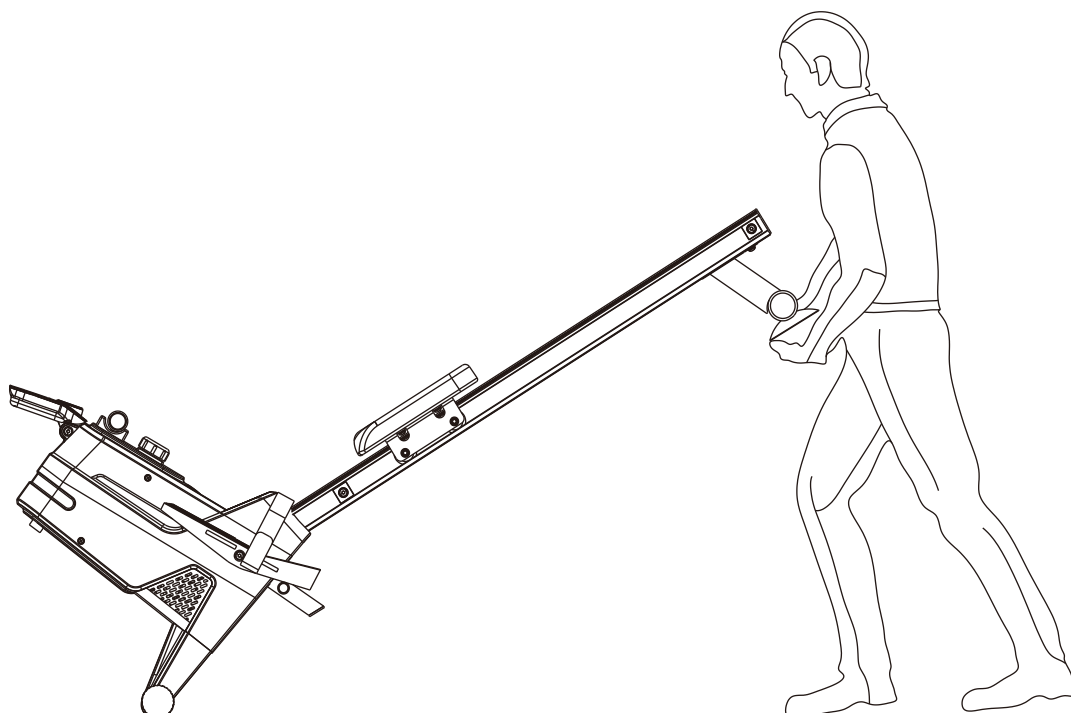
Storage

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



Moving Instructions

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

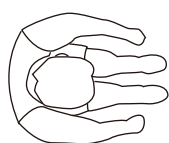


Exercise Information

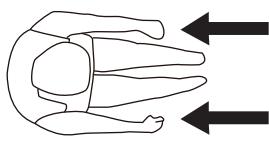
The Basic Rowing Stroke

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.

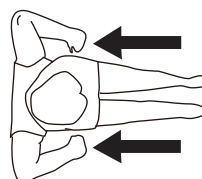
1. Sit on the saddle and fasten your feet to the pedals using the Velcro straps. Then take hold of the rowing bar.
2. Take up the starting position, leaning forward with your arms straight and knees bent as shown in (Fig 1).
3. Push yourself backwards, straightening your back and legs at the same time (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

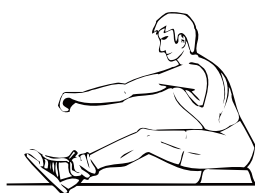
Rowing is a strenuous form of exercise, because of this it is best to start with a short, easy exercise programmed and build up to longer and harder workouts. Start rowing for about 5 minutes and as you progress, increase the length of your work out to match your improving level of fitness. You should 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.

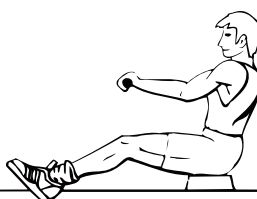
Alternate Rowing Styles.

Arms Only Rowing

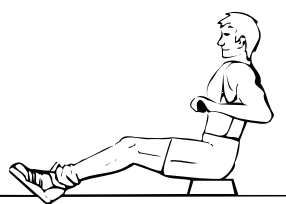
This exercise will tone muscles in your arms, shoulders, back and stomach. Sit as shown in Fig 4 with your legs straight, lean forward and grasp the handles. In a gradual and controlled manner lean back to just past the up right position continuing to pull the handles towards your chest. Return to the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



(Fig.4)



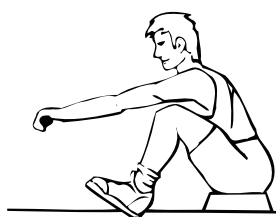
(Fig.5)



(Fig.6)

Legs Only Rowing

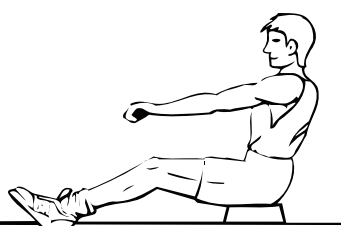
This exercise will help tone muscles in your legs and back. With your back straight and arms out stretched, bend your legs until you are grasping the rowing arm handles in the starting position, Fig 7. Use your legs to push your body back whilst keeping your arms and back straight.



(Fig.7)



(Fig.8)



(Fig.9)

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. Never use abrasives or solvents to clean the treadmill. 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/

Guarantee:

For guarantee purposes, please retain your purchase receipt.

Information for Users on Disposal of old Equipment and Batteries

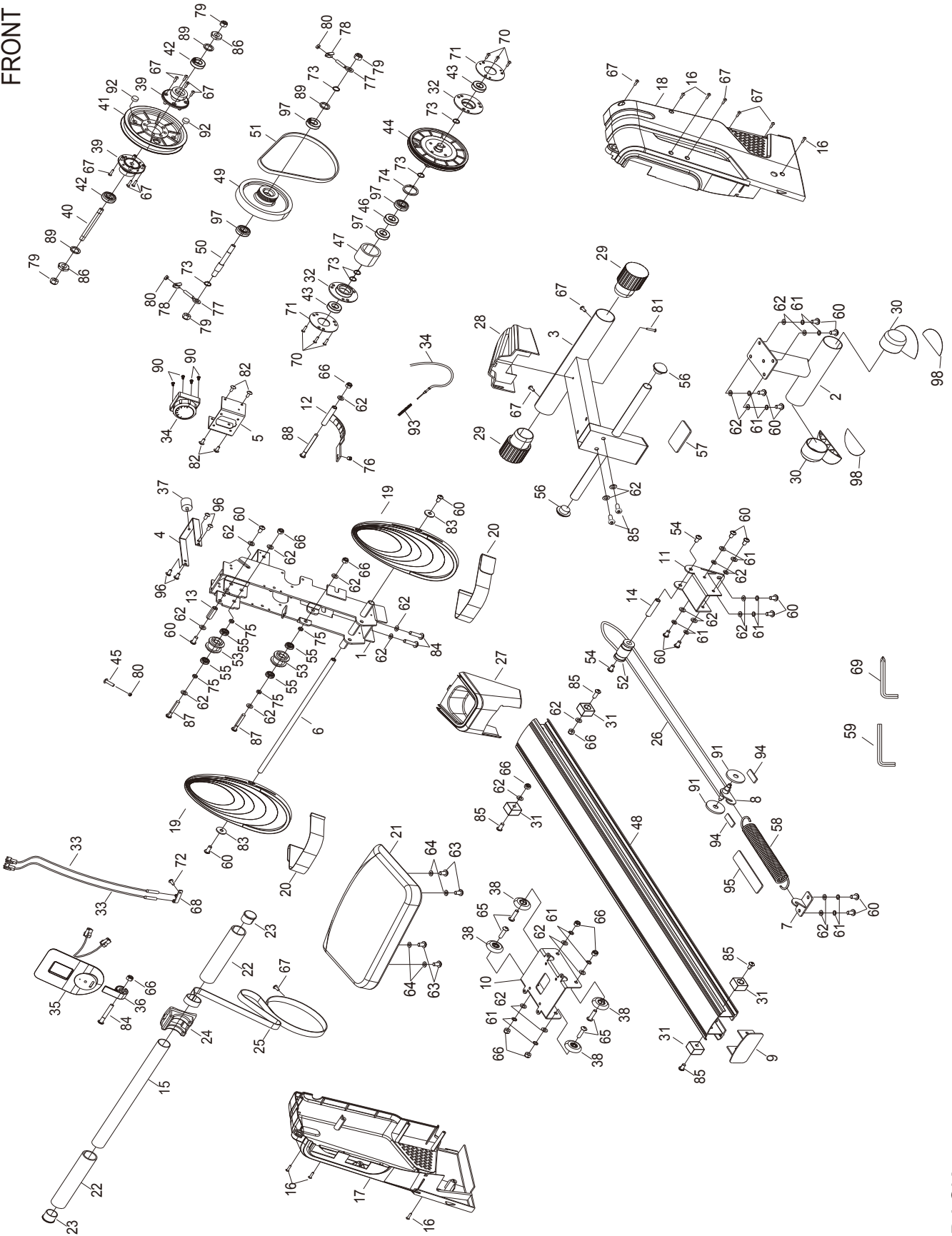
These symbols indicate that equipment with these symbols should not be disposed of as general household waste. If you want to dispose of the product or battery, please consider the collection systems or facilities for appropriate recycling.

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



Exploded Parts Diagram

FRONT



BACK

Parts List

Part	Description	Qty	Part	Description	Qty
1	Main Frame	1	50	Flywheel Shaft	1
2	Rear Stand	1	51	V-Ribbed Belt (220 PJ3)	1
3	Base Frame	1	52	Conduction band wheel	1
4	Rear Support	1	53	Idler Wheel	2
5	Micro-adjust tube	1	54	Bolt, Button Head (M8 x 20mm)	2
6	Pedal Shaft	1	55	Bearing (608zz)	4
7	Rear Spring Hook	1	56	Round Plug (ø19mm)	2
8	Spring Hook	1	57	EVA pad	1
9	Rail Cap	1	58	Return Spring	1
10	Seat Carriage	1	59	Allen Wrench (5mm)	1
11	Connection Bracket	1	60	Bolt, Button Head (M8 x 15mm)	16
12	Magnetic Brake	1	61	Lock Washer (M8)	16
13	Spacer (ø12.8 x 38.5mm)	1	62	Washer (M8)	29
14	Shaft Rod (ø12.8 x 58.5mm)	1	63	Bolt, Round Head (M6 x 15mm)	4
15	Handlebar	1	64	Washer (M6)	4
16	Screw, Round Head Self-Drill (ST4.2 x 20mm)	6	65	Bolt, Flat Button Head (M8 x 32mm)	4
17	Left Cover	1	66	Nylock Nut (M8)	10
18	Right Cover	1	67	Screw, Round Head (ST4.2 x 16mm)	14
19	Pedal	2	68	Sensor Clip	1
20	Pedal Strap	2	69	Allen Wrench (5mm) w/ Screwdriver	1
21	Seat	1	70	Bolt, Round Head (M6 x12mm)	6
22	Foam Grip	2	71	Large washer (ø75x ø31.5x 2.0T)	2
23	Round Plug	2	72	Screw, Round washer Head (M4 x 10mm)	1
24	Handlebar Holder	1	73	C Ring (M17)	6
25	Strap (13x1.5x1950mm)	1	74	Inner C Ring (M35)	1
26	Return Strap (9x2x1700 mm)	1	75	Spacer	4
27	Bottle Holder	1	76	Plug	1
28	Front Cover	1	77	Eye Bolt (M6)	2
29	Wheel Cap	2	78	Tension Bracket	2
30	Endcap (50mm)	2	79	Nut (M10)	4
31	Seat Stopper	4	80	Nut (M6)	3
32	Bearing Housing	2	81	Screw, Round Head (ST4.2 x 45mm)	1
33	Sensor	2	82	Screw, Round Head (M5 x 8 mm)	4
34	8 section adjust	1	83	Large Washer (M8)	2
35	Console	1	84	Bolt, Button Head (M8 x 40mm)	3
36	Meter Plate	1	85	Bolt, Button Head (M8 x 20mm)	6
37	Foot pad	1	86	Screw nut (M10)	2
38	PU Roller	4	87	Bolt, Button Head (M8 x 60mm)	2
39	Limiting stopper	2	88	Bolt, Button Head (M8 x 80mm)	1
40	Axis of pulley (ø10*100)	1	89	Spacer (S10)	3
41	Pulley	1	90	Screw, Round Head (ST3.0x 12 mm)	4
42	Ball Bearing (6000RS)	2	91	Plastic gasket	2
43	Ball Bearing (6003zz)	2	92	Magnet	2
44	Belt Pulley	1	93	Spring	1
45	Bolt, Round Head (M6 x 25mm)	1	94	EVA Pad (180 x 30 x 1mm thick)	2
46	One-way Bearing (16003)	1	95	EVA Pad (65 x 15 x 1mm thick)	1
47	Shaft sleeve	1	96	Bolt, Round Head (M6 x 12 mm)	4
48	Rail	1	97	Bearing (6003RS)	4
49	Magnetic Flywheel	1	98	Rubber Pad	2

Guarantee



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** .
www.argos-support.co.uk

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