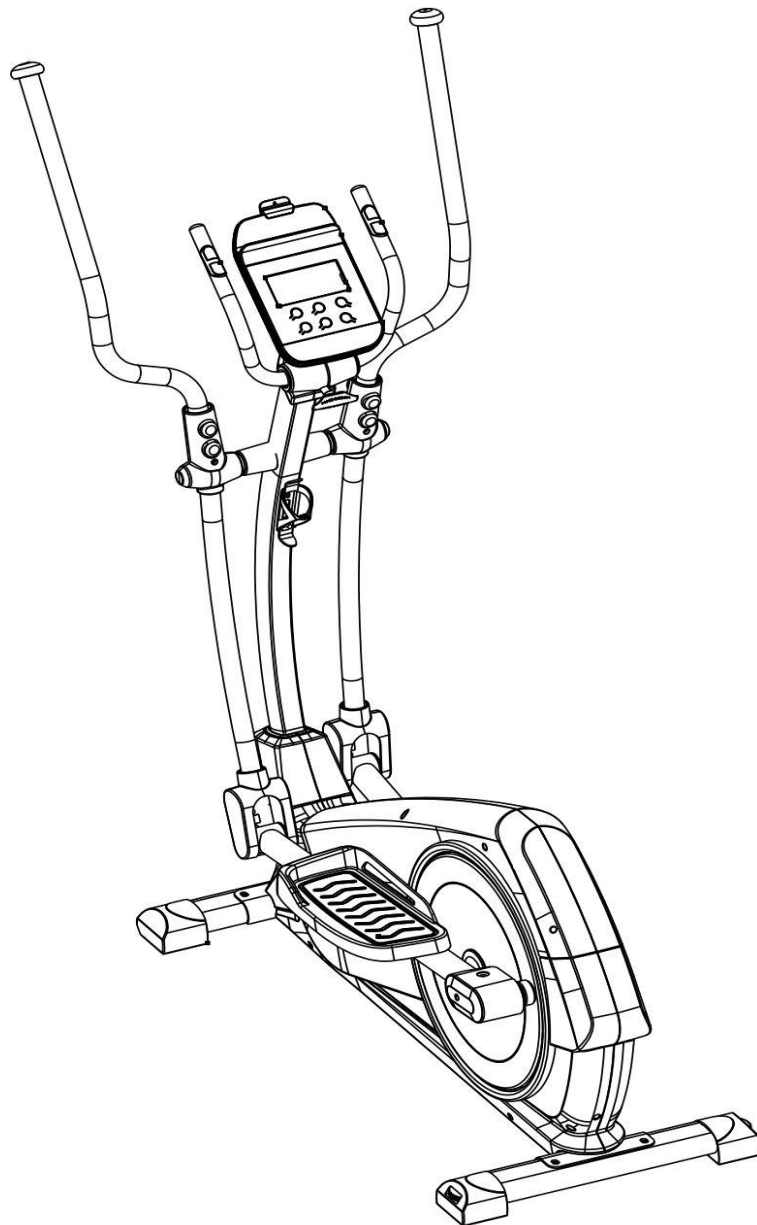


# XT3000 Cross Trainer

Assembly & User's Instructions- Please Keep for future reference

780/9376

PRO FITNESS



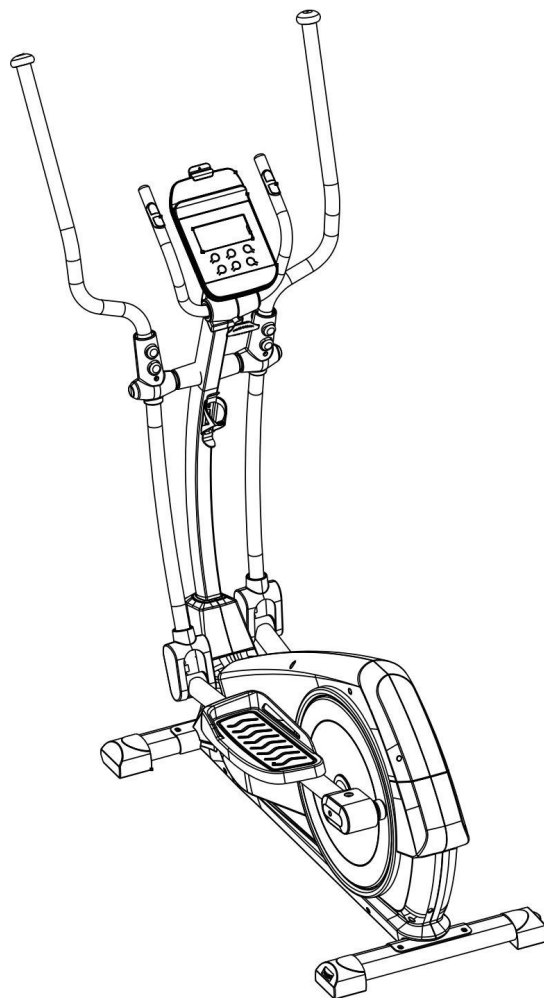
**Important – Please read these instructions fully before assembly or use**

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 6001714** or visit [www.argos-support.co.uk](http://www.argos-support.co.uk)

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# Safety Information

PRO FITNESS

## 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 cross trainer.
- 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.
- 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.
- 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: **135kg**.
- 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, hold the handlebar and step on/down the footplatform when it is in the lowest position.
  - When choosing a location for the equipment make sure that the location and position permit access to a plug.
- Keep the power cord away from any heated surface.
- Do not operate the equipment if the power cord or plug is damaged, or if the equipment is not working properly.
- Always examine your exercise bike before use to ensure all parts are in working order.
- Never insert any object or body parts into any opening.



## Safety Information

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



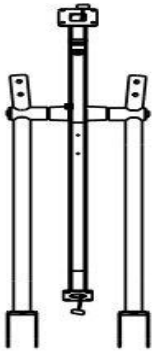
**Warning:** Before beginning any exercise program, consult your Doctor. This is especially important for persons over the age of 35 or persons with pre-existing health problems. You **MUST** read all instructions before using any fitness equipment. Argos and its associates assume no responsibility for 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 parts, please call the **Customer Helpline: 0345 600 1714**

Please check you have all parts listed below

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



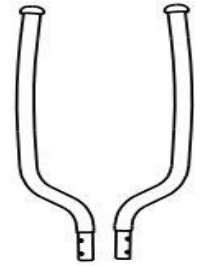
11. Front Post



2. Left Footplate Bar



3. Right Footplate Bar



8. Handles (L&R)



4. Front Stabilizer



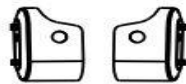
5. Rear Stabilizer



10. Fixed Handle



24/25. Handrail Bottom Cover x 2



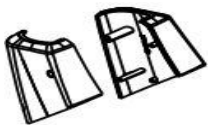
26/27. L&R Foot Bar Cover



32/33. L&R Footplate



35/36. Handrail Front/Rear Cover x 2



37. L/R Front Post Cover



43. Bottle Holder



48. M8 Lock Knob



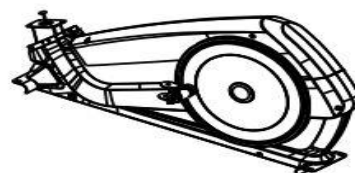
60. Console



91/92. L&R Front Post Cover



93. Power Adaptor



1. Main Frame





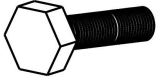


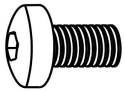




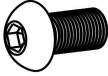
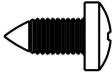






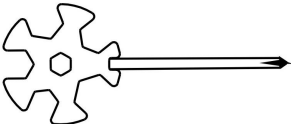
85. Front Post Ring

# Components – Fixings

PRO FITNESS

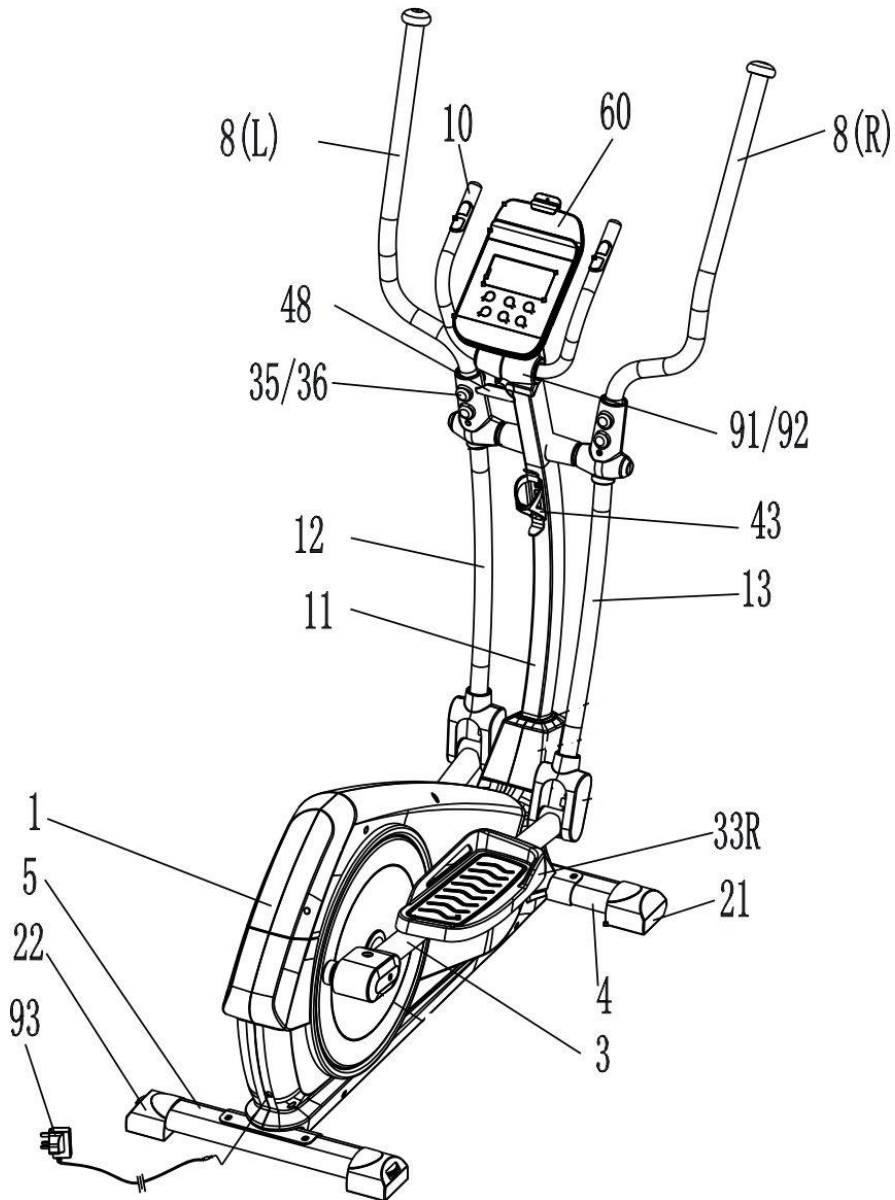
Please check you have all the fixings listed below

**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>81</b></p>  <p>M10x69 Allen Bolt x 2</p>	<p><b>82</b></p>  <p>Ø11.5x67mm Allen Bolt x 2</p>	<p><b>83</b></p>  <p>M8x42mm Hex Bolt x 4</p>
<p><b>86</b></p>  <p>Ø9xØ22xR19mm Arc Washer x 4</p>	<p><b>69</b></p>  <p>M10 Nut x 2</p>	<p><b>80</b></p>  <p>M10x20mm Allen Bolt x 4</p>
<p><b>71</b></p>  <p>Ø10mm Spring Washer x 4</p>	<p><b>74</b></p>  <p>Ø10mm Washer x 4</p>	<p><b>75</b></p>  <p>Ø8mm Washer x 10</p>
<p><b>73</b></p>  <p>Ø8mm Spring Washer x 10</p>	<p><b>79</b></p>  <p>M8x15mm Allen Bolt x 10</p>	<p><b>89</b></p>  <p>ST4.8x15mm Philips Screw x 2</p>
<p><b>59</b></p>  <p>Plastic Ring x 2</p>	<p><b>70</b></p>  <p>M8 Nut x 6</p>	<p><b>87</b></p>  <p>ST4.2x15mm Philips Self-drilling Screw x 10</p>
<p><b>88</b></p>  <p>ST4.2x15mm Philips Screw x 3</p>	 <p>5# Allen Key x 1</p>	 <p>6# Allen Key x 1</p>
 <p>Multi Wrench x 1</p>		

# Assembly Instruction

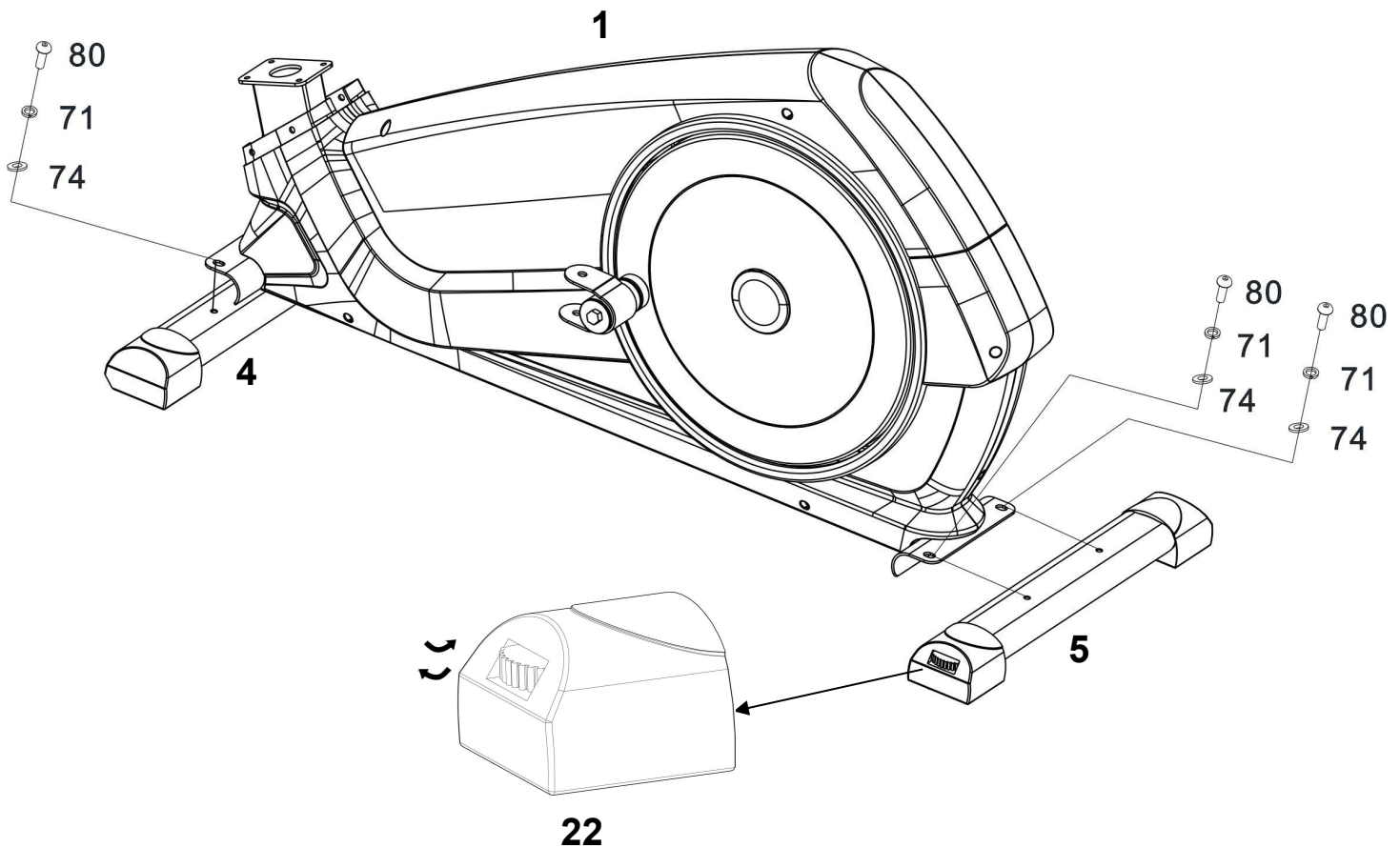
Total mass of the product is 48.5 kg. Total size of the equipment is (width) 73.5cm × (depth) 138.5cm × (height) 171 cm.



## KEY

- |    |                     |    |                        |
|----|---------------------|----|------------------------|
| 1  | Main Frame          | 33 | Right Pedal            |
| 3  | Right Footplate Bar | 35 | Handrail Front Cover   |
| 4  | Front Stabilizer    | 36 | Handrail Rear Cover    |
| 5  | Rear Stabilizer     | 48 | M8 Lock Knob           |
| 8  | Handle (L&R)        | 60 | Console                |
| 10 | Fixed Handle        | 91 | Left Front Post Cover  |
| 11 | Front Post          | 92 | Right Front Post Cover |
| 12 | Left Action Arm     | 93 | Power Adaptor          |
| 13 | Right Action Arm    |    |                        |
| 21 | Transport Wheel     |    |                        |
| 22 | Level Foot          |    |                        |

# Assembly Instructions



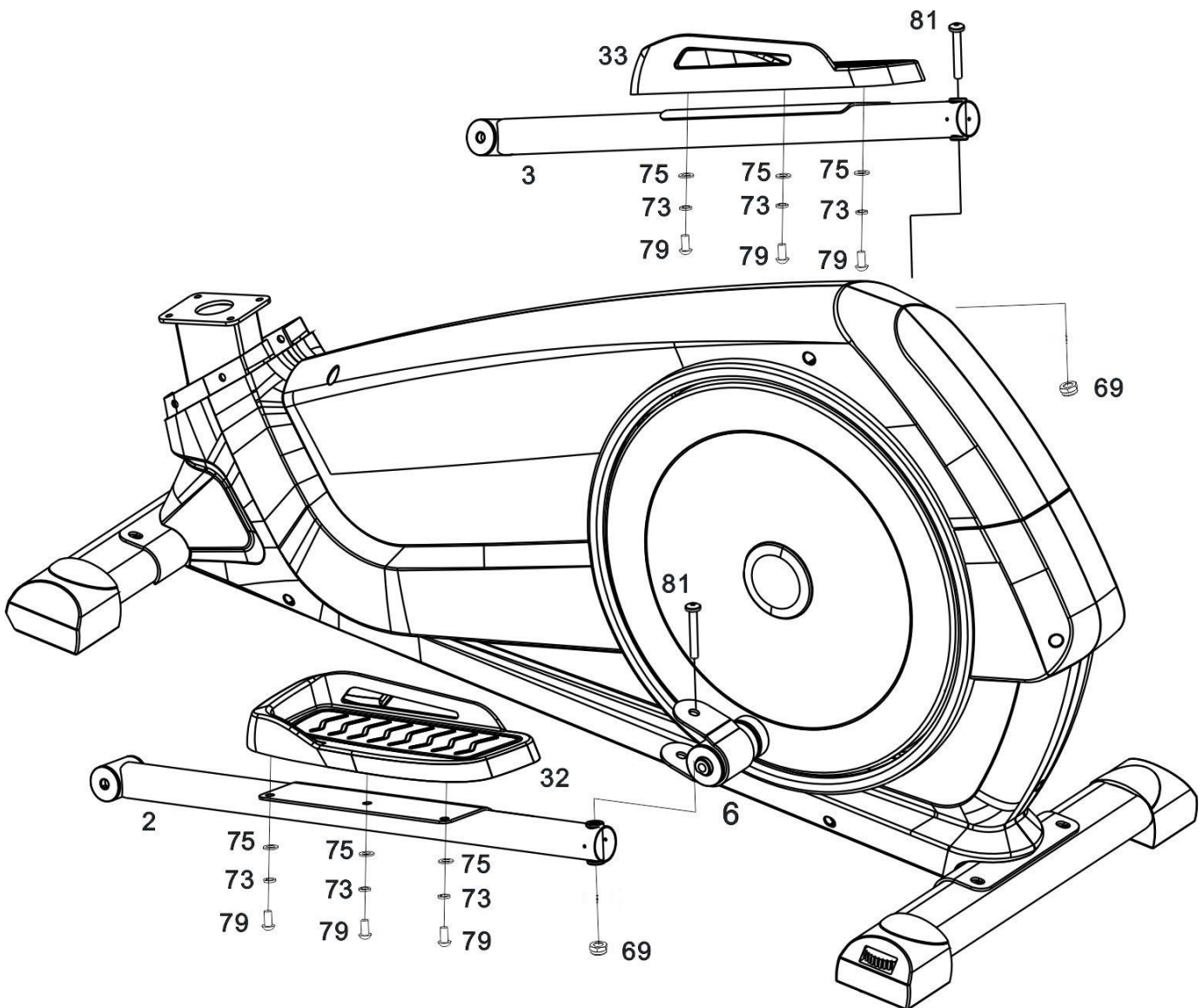
## Step 1

a. Attach the Front Stabilizer (4) to the Main Frame (1) using 2 x M10x20mm Allen Bolts (80), 2 x 10mm Washers (74) and 2x10mm Spring Washers (71).

b. Attach the Rear Stabilizer (5) to the Main Frame (1) using 2 x M10x20mm Allen Bolts (80), 2 x 10mm Washers (74) and 2x10mm Spring Washers (71).

**Note:** The round gear on the Levelling Feet (22) can be rotated to ensure the cross trainer sit flat on the ground as shown in the diagram. Turn it anti clockwise to increase height and turn it clockwise to decrease height.

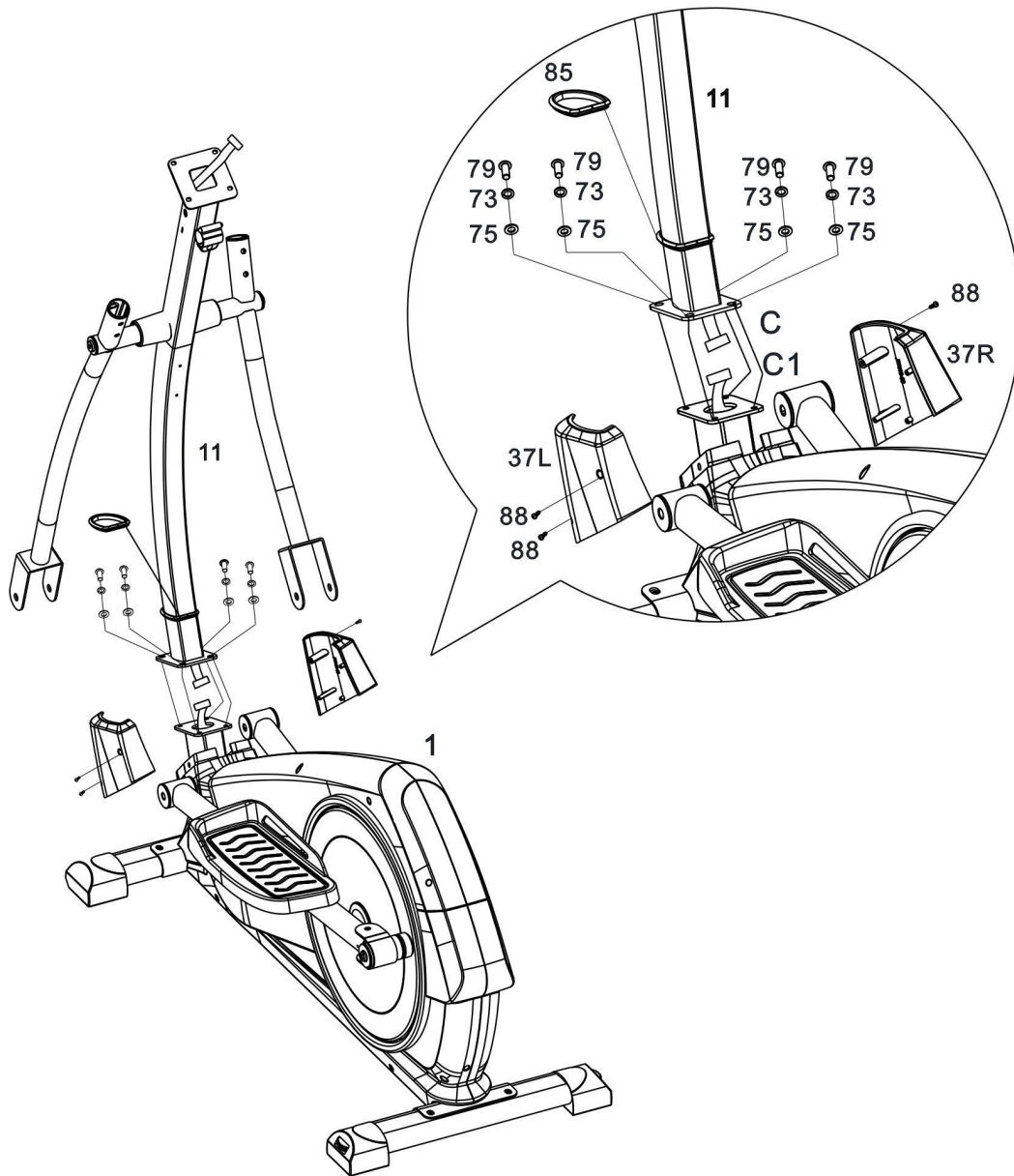




## Step 2

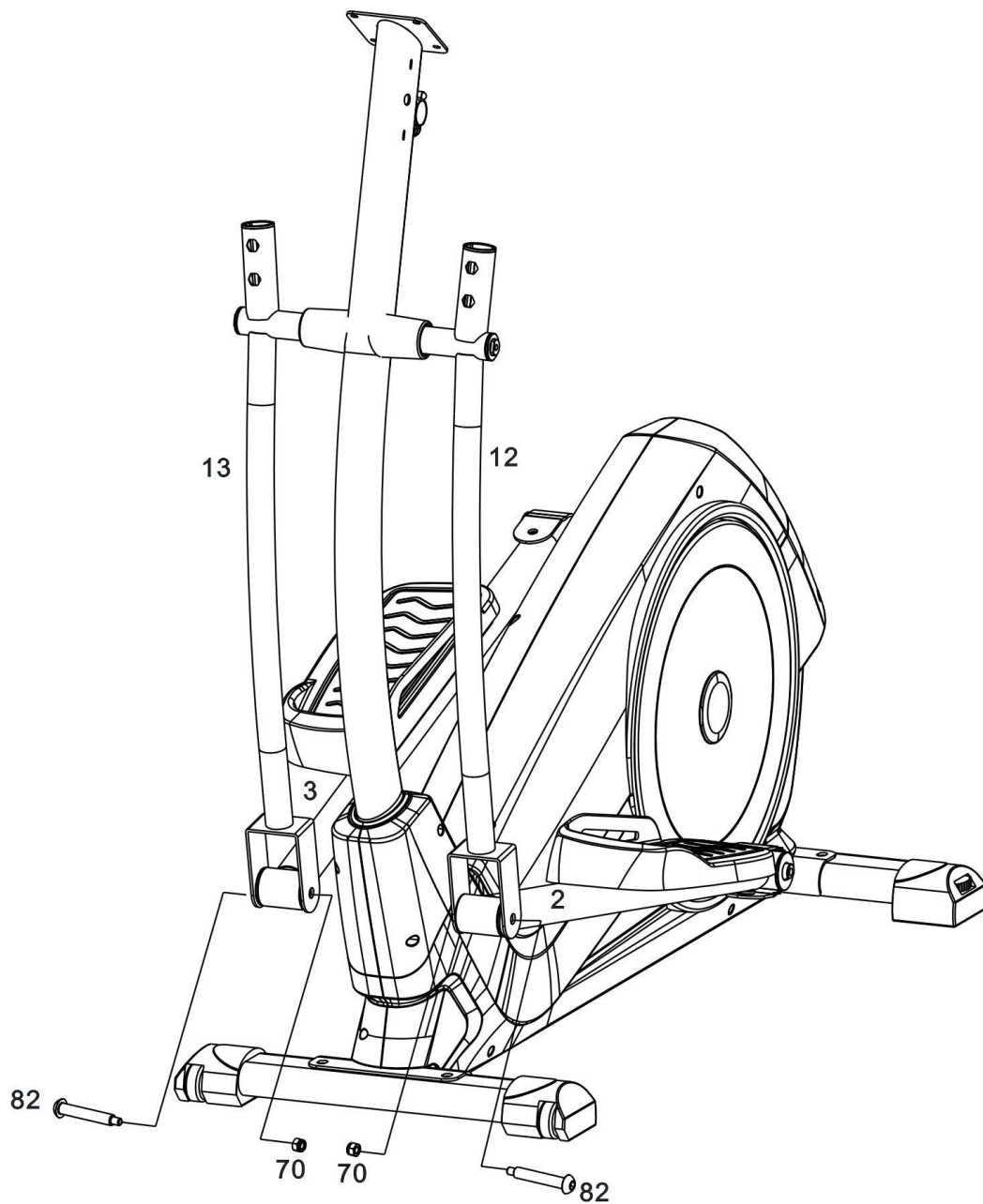
- a. Attach the Left Footplate (32) to the Left Footplate Bar (2) using 3 x M8×15mm Allen Bolts (79), 3 x Ø8mm Spring Washers (73), 3 x Ø8mm Washers (75).
- b. Attach the Right Footplate (33) to the Right Footplate Bar (3) using 3 x M8×15mm Allen Bolts(79), 3 x Ø8mm Spring Washers (73), 3 x Ø8mm Washers (75).
- c. Fix the Left & Right Footplate Bar (2, 3) to the Crank Connector (6) using 2 x Ø10×69mm Allen Bolts (81), 2 x M10 Nuts (69).

# Assembly Instructions



## Step 3

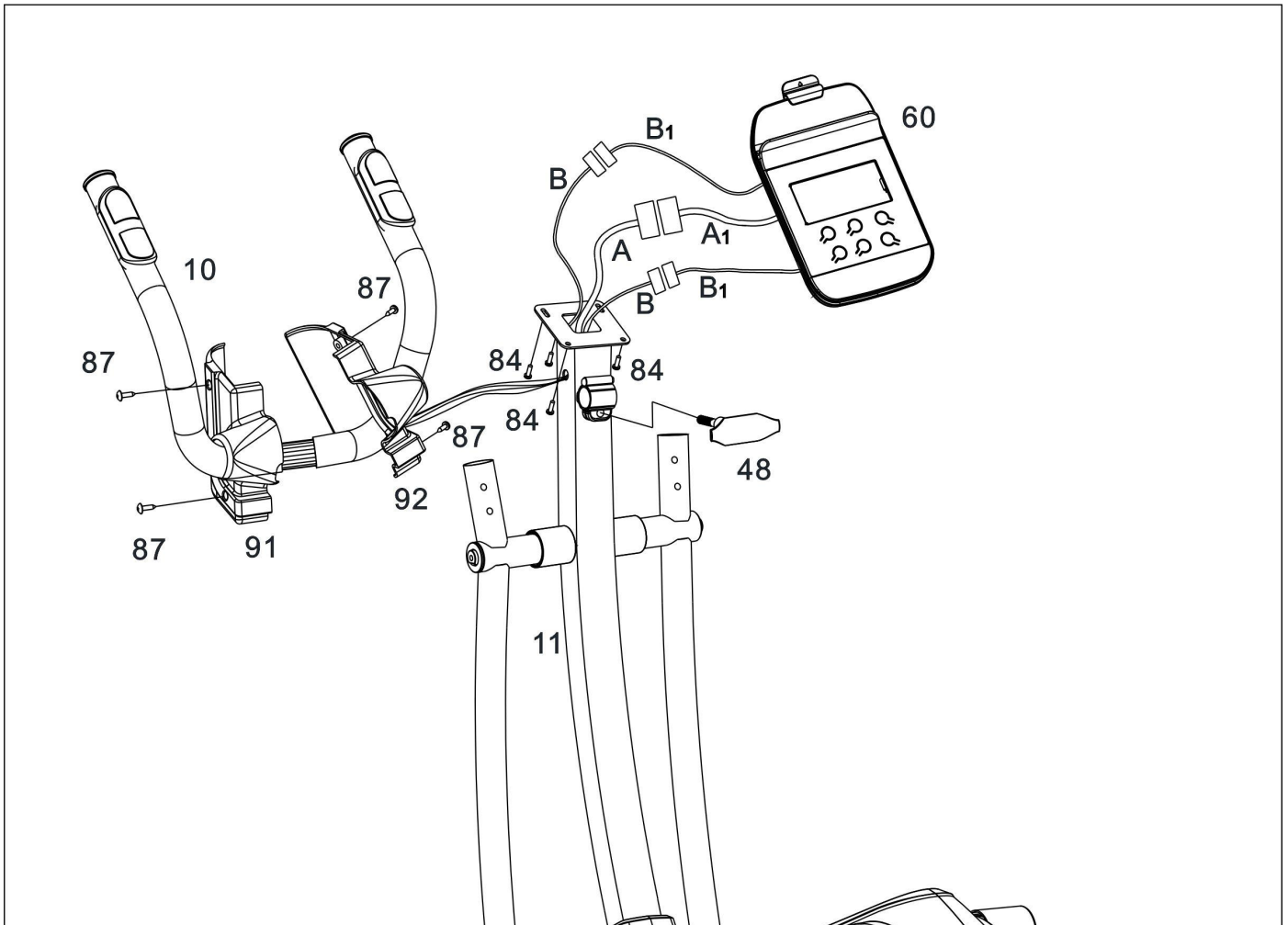
- A. Connect the Main Wire C and C1.
- B. Fix the Front Post (11) to the Main Frame (1) and tighten with 4 x M8x15MM Allen bolts (79), 4 x 8MM Spring Washers (73), 4 x 8MM Washers (75).
- C. Put the Front Post Ring (85) on the Front Post (11). Attach the Front Post Cover (37L/R) to the Main Frame (1) and the Front Post Ring (85) with 3 x ST4.2 x 15mm Phillips Screws (88).



## Step 4

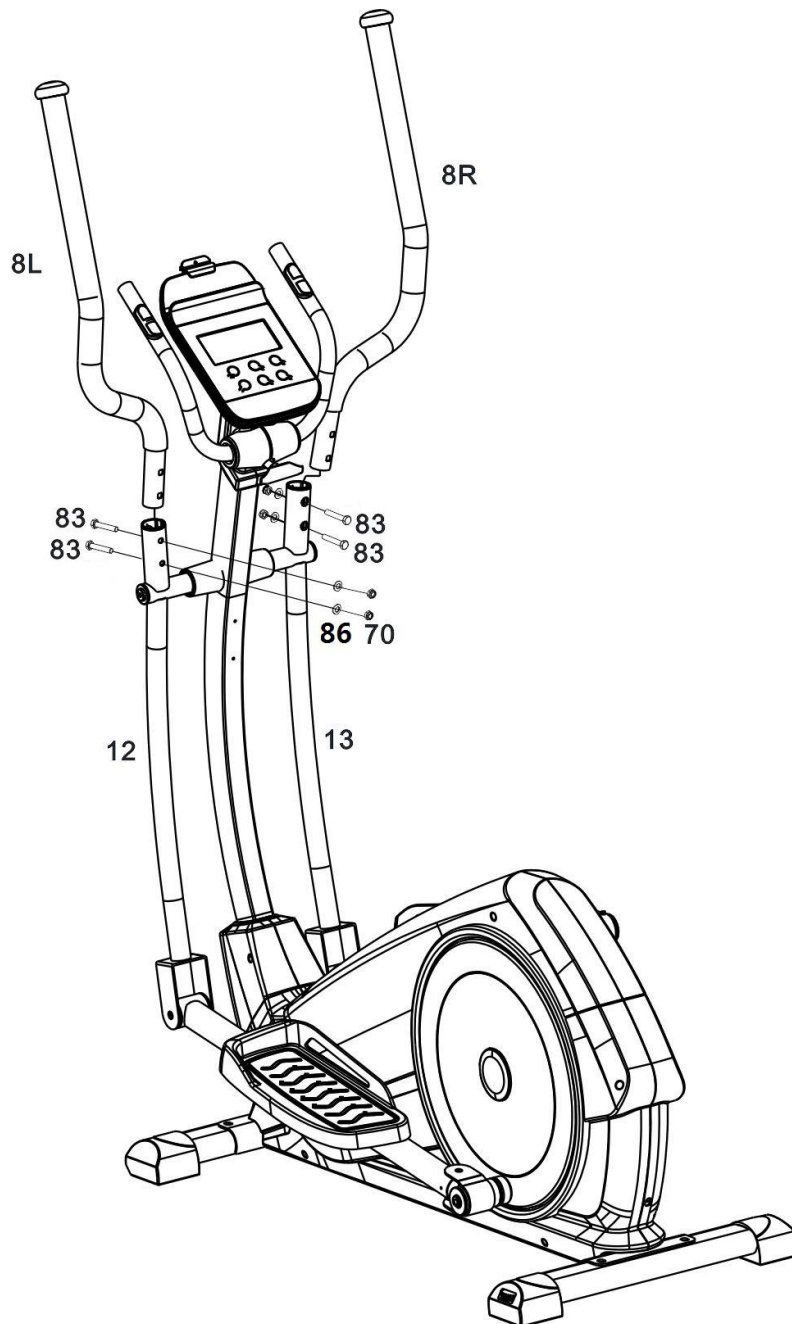
- a. Fix the Left Footplate Bar (2) to the Left Action Arm (12) using 1 x  $\text{Ø}11.5 \times 67\text{mm}$  Allen Bolt (82), 1 x M8 Aircraft Nut (70).
- b. Fix the Right Footplate Bar (3) to the Right Action Arm (13) using 1 x  $\text{Ø}11.5 \times 67\text{mm}$  Allen Bolt (82), 1 x M8 Aircraft Nut (70).

# Assembly Instructions



## Step 5

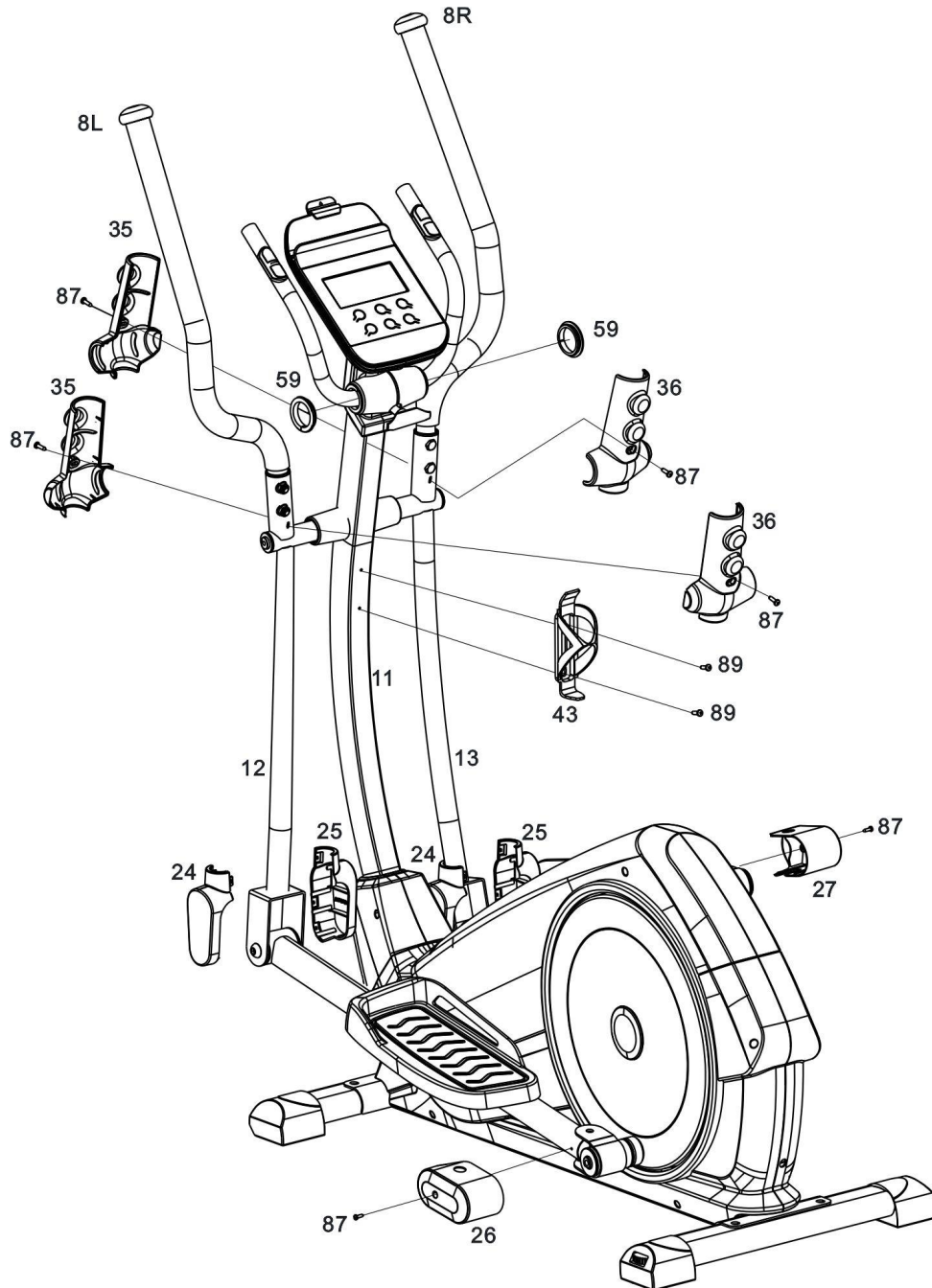
- Attach the Handle (10) to the bracket on the Front Post (11), and secure with M8 Lock knob (48).  
**Note:** To adjust the position of the handle, turn the M8 lock knob (48) anti clockwise to loose the handle (10) as shown in the diagram, and adjust the handle (10) to your required position, then secure the M8 lock knob (48).
- Pass the two signal cables (B) on the Fixed Handle (10) into the holes on both sides of the Front Post (11) and out of the top hole on the Front Post (11).
- Connect the signal cables A1 and B1 on the Console (60) with the signal cables A and B from the Front Post (11), respectively.
- Attach the Console (60) to the Front Post (11) using 4 x M5x8MM Dome Head Philips Bolts (84).  
**Note:** Part (84) is pre-assembled.
- Slide the Left Handle Cover (91) and Right Handle Cover (92) from the left and right ends of the Handle (10) respectively.
- Lock the Left & Right Handle Cover (91, 92) to Front Post (11) using 4 x ST4.2x15mm Philips Screw (86). Please note that the 4 x ST4.2 x 15mm Philips Screw (86) are pre-assembled.



## Step 6

- Insert the Left Handle (**8L**) into the Left Action Arm (**12**); insert the Right Handle (**8R**) into the Right Action Arm (**13**).
- Fix the Left Handle (**8L**) into the Left Action Arm (**12**) using 2 x M8×42mm Hex Bolt (**83**), 2 x Ø9×Ø22×R19mm Arc Washers (**86**), 2 x M8 Nuts (**70**).
- Fix the Right Handle (**8R**) into the Right Action Arm (**13**) using 2 x M8×42mm Hex Bolt (**83**), 2 x Ø9×Ø22×R19mm Arc Washers (**86**), 2 x M8 Nuts (**70**).

# Assembly Instructions

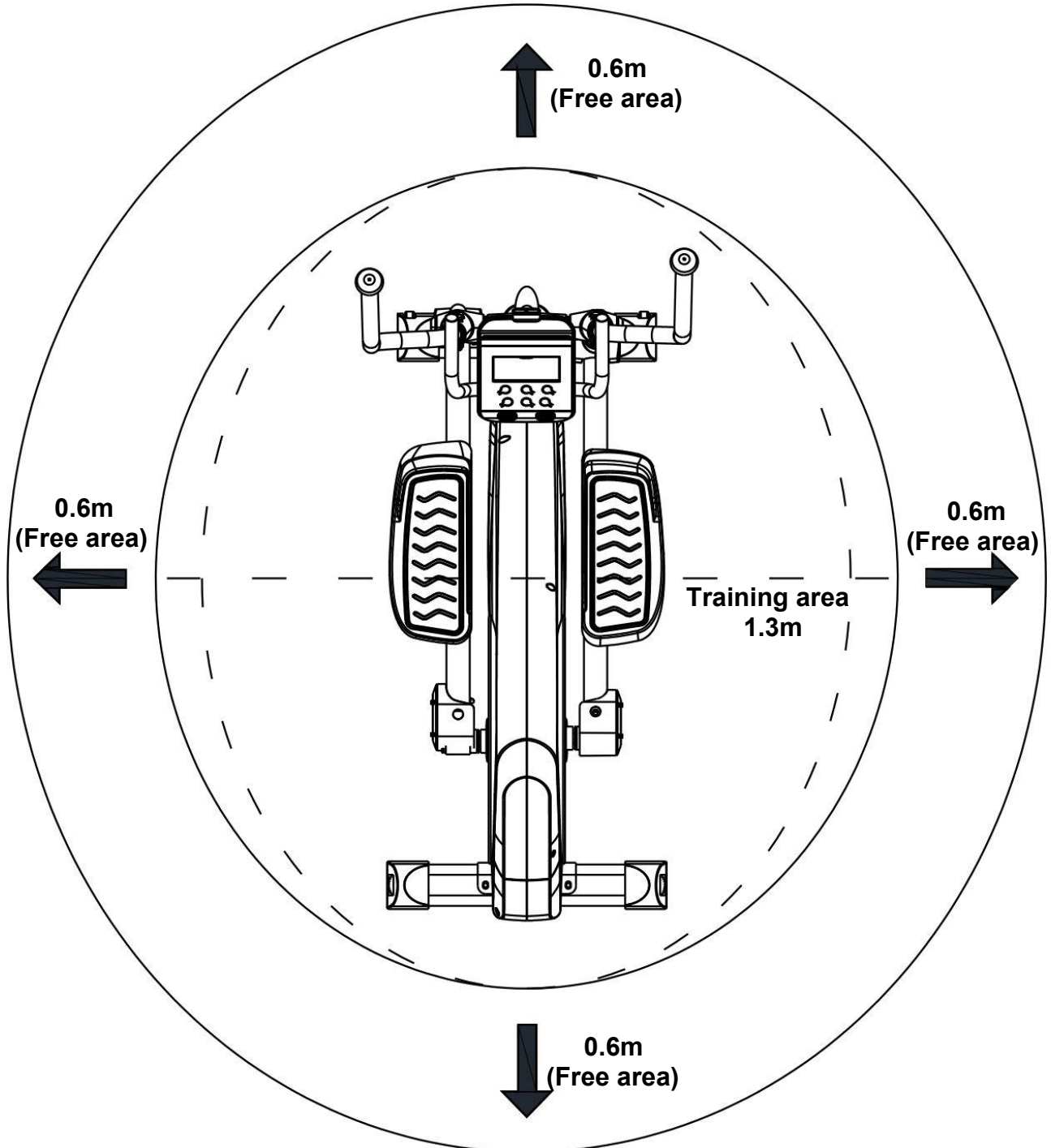


## Step 7

- Fix the Handle Front Cover (**35**) and Handle Rear Cover (**36**) to the Left Action Arm (**12**) and Right Action Arm (**13**) respectively using 4 x ST4.2×15mm Philips Screws (**87**).
- Put two Joint Rings (**59**) on the left and right side of the Handle (**10**) respectively, and then push them together from both sides.
- Fix the Water Bottle Bracket (**43**) to the Front Post (**11**) using 2 x ST4.8×15mm Philips Screws (**89**).
- Attach the Left Handle Bottom Cover (**24**) and Right Handle Bottom Cover (**25**) to Left Action Arm (**12**).
- Fix the Left Footplate Bar Cover (**26**) and Right Footplate Bar Cover (**27**) into the position shown in the diagram using 2 x ST4.2×15mm Philips Screws (**87**).

# 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.

## 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.

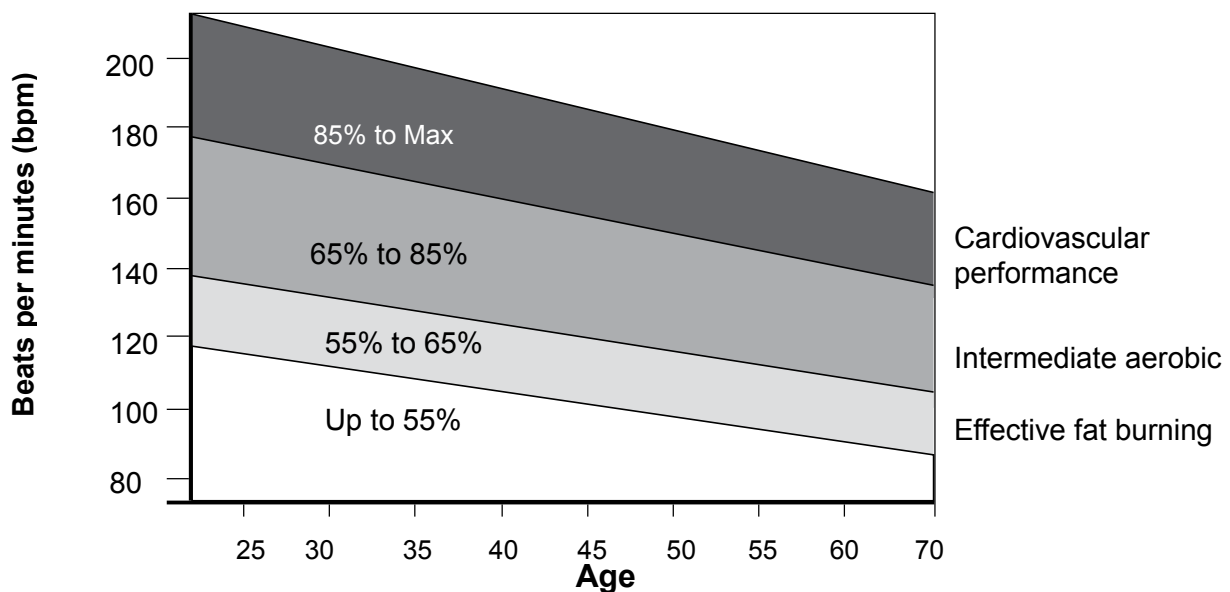
Initially, you may be able to exercise only for a few minutes in your target zone, however, your aerobic fitness will improve over the next six to eight weeks. Don't be discouraged if it takes longer. It's important to work at your own pace.

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.

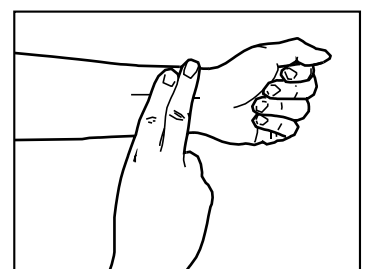
## Exercise intensity

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.





# Exercise Information

## Muscle Chart

### Aerobic Exercise

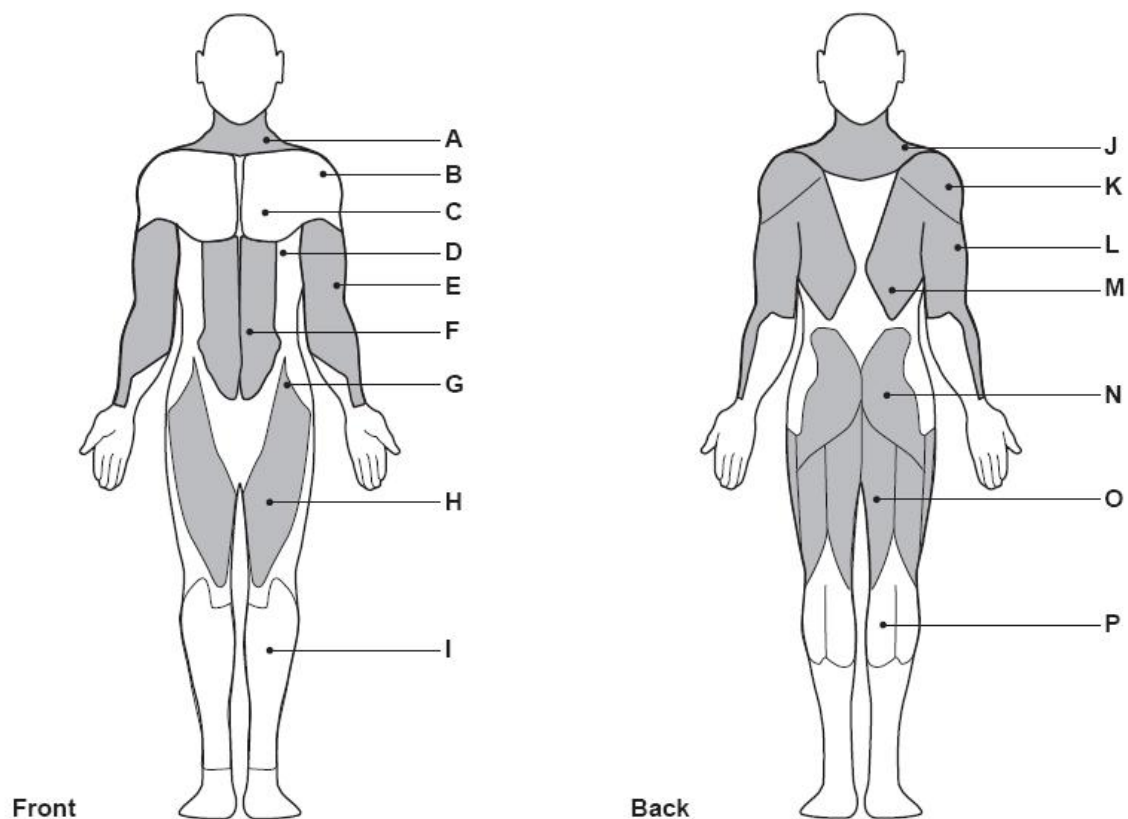
Aerobic exercise improves the fitness of your lungs and heart - your body's most important muscle. Aerobic exercise is promoted by any activity that uses your large muscles (arms, legs, or buttock, for example).

### 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 an 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 exercise bike will develop the lower body muscle groups. These muscle groups are highlighted on the muscle chart below.



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

- I: Tibialis Anterior
- J: Trapezius
- K: Posterior Deltoid
- L: Triceps
- M: Latissimus Dorsi
- N: Gluteals
- O: Hamstrings
- P: Gastrocnemiu

## 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 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.

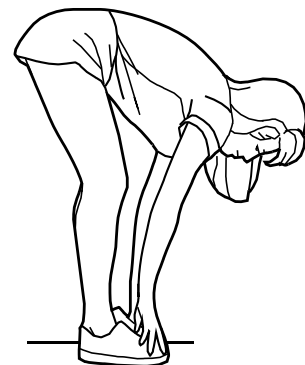
#### Toe touch stretch

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.



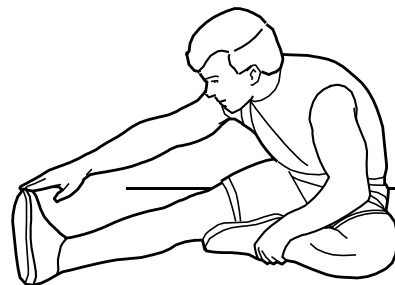
#### Hamstring stretch

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.



# Exercise Information

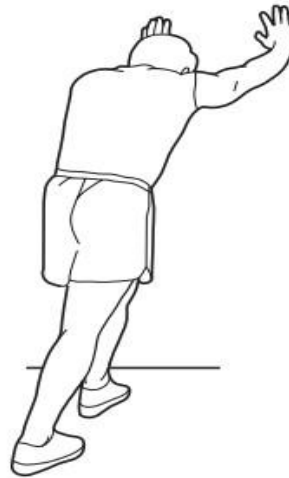
## Calf/achilles stretch

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 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.

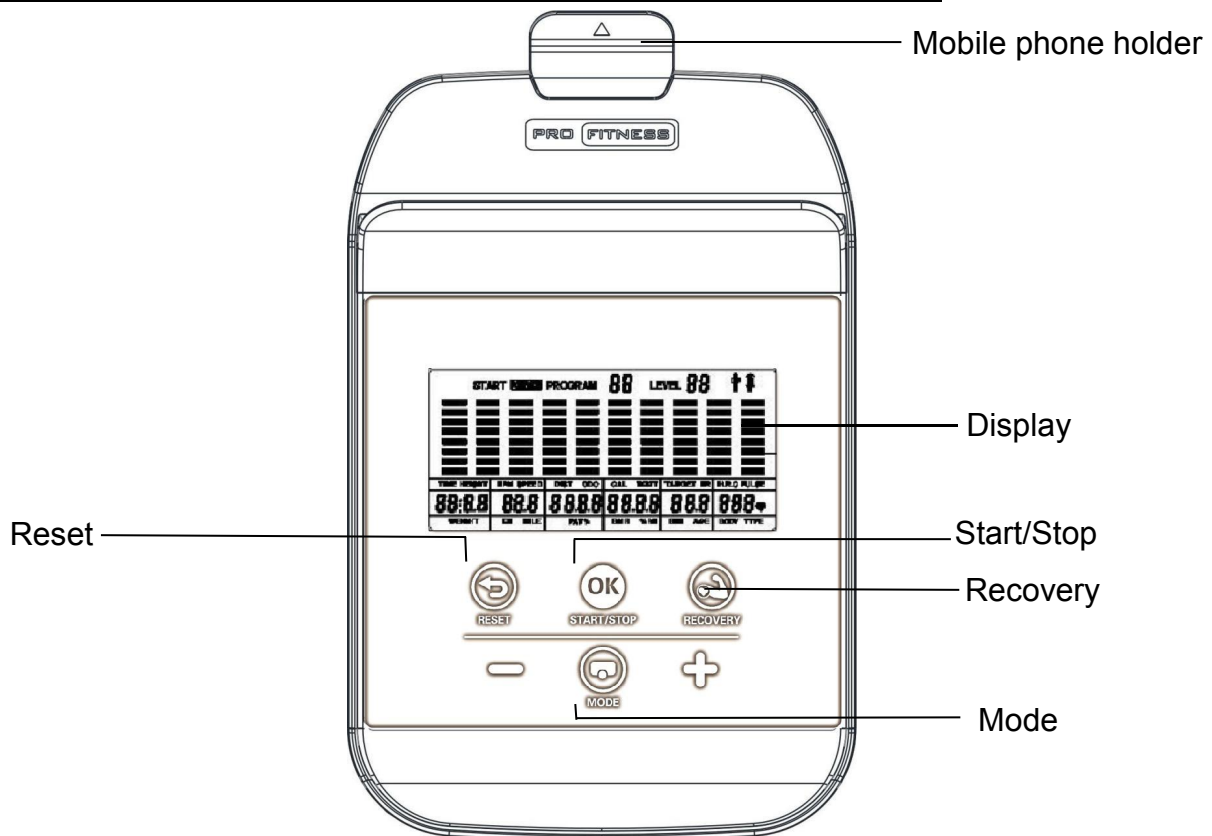
Hold for 15 counts, relax.

Repeat 3 times.

**Stretches:** Quadriceps and hip muscles.



## Console Operation



## Key Functions

### **RECOVERY** Key:

This function is used to test your recovery after workout. Press this key and hold the hand pulse sensors. The console will count down 60 seconds and a value of F1 to F6 will be displayed. F1 means good recovery.

Note: You need to have your pulse tested during the workout before using this function. Otherwise this key will not work.

### **MODE** Key:

- Press to switch SPEED/Distance to RPM/ODO during workout.
- To switch the functions that need to input desired value under workout mode.

### **RESET** Key

- Clear the value to zero when set up workout mode.

### **+** Key:

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

### **-** Key:

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

### **START/STOP** Key:

- Start or Stop workout.
- Start body fat measurement and quit the body fat program.
- When off, press and hold the **START/STOP** key for 3 seconds to reset all functions.

# Exercise Information

## Console Operations

### CONSOLE DISPLAY

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

2. Dot matrix display:

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

### MODE.

1. POWER UP Mode: When the first turned on, the bike will make a long beeping sound before the console enters the calendar mode. The console will display calendar, time and temperature. Press "MODE", "+" and "-" to setup the calendar and time.

2. Sleep/Calendar Mode: After 4 minutes of inactivity, the console will enter Sleep/Calendar Mode.

3. WAKE UP Mode: Pedal the machine, or press any key, to start the machine when inactive.

## Specifications

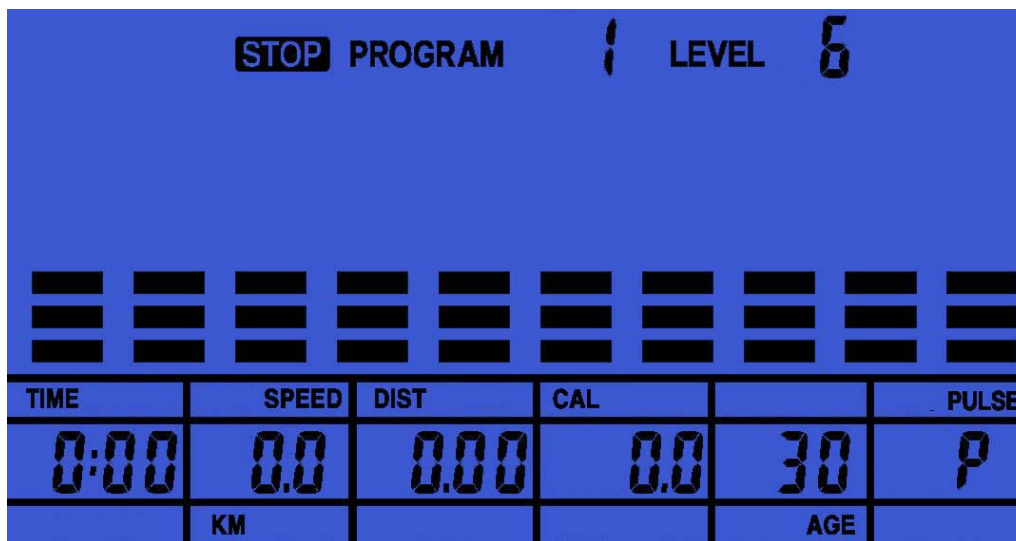
Window	Display	Default	Stored	
Functions	TIME	0:00 - 99:59 (minute : second)	0:00	No
	DISTANCE	0.00- 999.9( Km)	0.00	No
	CALORIES	0 - 9999(Cal)	0	No
	AGE	10 - 99 years	30	No
	GENDER	Male / Female	Male	No
	WEIGHT	20 - 150(Kg)	75	No
	HEIGHT	100 - 250(Cm)	175	No
	SPEED	0.0 - 99.9(Km/hour)	0.0	No
	PULSE	50 - 200 (BPM)	0	No
	RPM	0 - 250 RPM	0	No
	ODO	0.0 – 9999(Km)	0.0	No
	BODY FAT	0% - 50%	0	No
	GRADE	L1–L24(Brake resistance level)		No
	USER	USER (4 user programs)	U1	YES



# Exercise Information

## Console Operation

### Choosing your workout program



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

P1(manual)→ P2...P19→ P20(FAT)→P21(THR)→P22(60%)→ P23(75%)→P24(85%)→P25(U1)→ P26(U2)→P27(U3) and P28(U4), then back to P1.

#### 1. Manual (PROGRAM 1) And 18 Fixed Programmes(P2-P19):

- Press **MODE** to accept your choice of program; **MANUAL (P1 or P2-P19)**.  
“TIME” is displayed. Press the **+** or **-** to adjust the TIME. (0:00-99:00 min/sec)
- Press **MODE** to accept the workout TIME.  
“DISTANCE.” is displayed. Press the **+** or **-** to adjust the DISTANCE. (0.00-999.0km)
- Press **MODE** to accept the workout DISTANCE.  
“CALORIES” is displayed. Press the **+** or **-** to adjust the CALORIES. (0.0-9950Kcal)
- Press **MODE** to accept the workout CALORIES.  
“AGE” is displayed. Press the **+** or **-** to adjust the users AGE.(10-99 years)
- Press **START/STOP** and begin your workout.

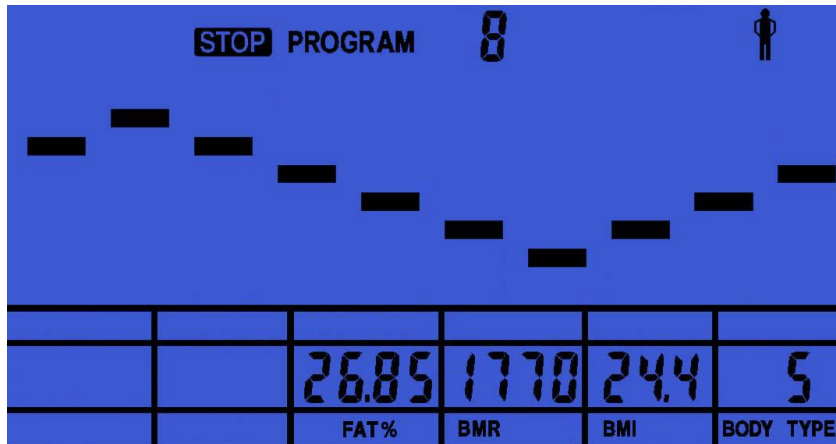
#### 2. Body Fat (P20) Analysis:

- Press the **+** or **-** to the BODY FAT TEST programme (P20). Press **MODE** and proceed to set GENDER, HEIGHT, WEIGHT and AGE.  
“GENDER” is displayed. Press the **+** or **-** to adjust the GENDER. (male or female)
- Press **MODE** to accept the user’s GENDER.  
“HEIGHT” is displayed. Press the **+** or **-** to adjust the HEIGHT.(100-250cm)
- Press **MODE** to accept the user’s HEIGHT.  
“WEIGHT” is displayed. Press the **+** or **-** to adjust the WEIGHT. (20-150kg)
- Press **MODE** to accept the user’s WEIGHT.  
“AGE” is displayed. Press the **+** or **-** to adjust the user’s AGE.(10-99 years)

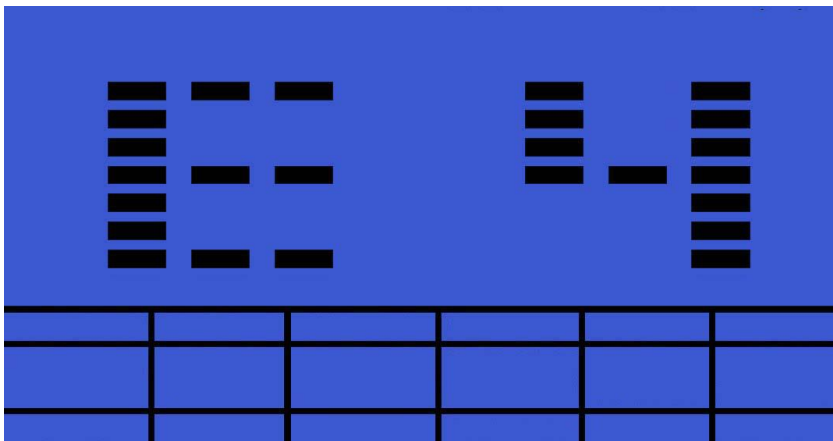
# Exercise Information

## Console Operations

- Press **START/STOP** to start the body fat test. This requires you to hold the hand pulse sensors continuously until a result is given. Failure to hold the hand pulse sensors throughout the measurement will give an incorrect result.
- Your results should appear as follows:



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



- **NOTE:**

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

BMR: Basal Metabolism Ratio.

BMI: Body Mass Index.

Type 1: Ultra-athletic

Type 2: Ideal-athletic

Type 3: Ultra slim

Type 4: Athletic

Type 5: Ideal-healthy

Type 6: Healthy

Type 7: Fat

Type 8: Too Fat

Type 9: Excess Body Fat

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

### 3. TARGET HEART RATE Program(P21)

- Press **MODE** to MODE Program 21.

"TIME" will be displayed. Press the **+** or **-** to adjust the TIME. (0:00-99:00 min/sec)

- Press **MODE** to accept the workout TIME .

"DISTANCE" is displayed. Press the **+** or **-** to adjust the DISTANCE. (0.00-999.0km)

- Press **MODE** to accept the workout DISTANCE.

"CALORIES" is displayed. Press the **+** or **-** to adjust the CALORIES. (0.0-9950Kcal)

# Exercise Information

## Console Operation

- Press **MODE** to accept the workout CALORIES.  
“TARGET HR” is displayed. Press the **+** or **-** to adjust the TARGET HEART RATE. **(60-220BPM, default 90)**
- Press START/STOP and begin your workout.
- If your pulse deviates  $\pm 5$  from the set TARGET H.R. then the console will adjust the resistance automatically to help you workout within your target zone. It will re-check your pulse every 20 seconds and adjust your resistance accordingly.

(Note: Each resistance load represents 2 levels of loading)

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

### 4. HEART RATE CONTROL Program 22 (P22-P24).

- There are 3 options for target pulse:  
P22: 60% TARGET H.R.= 60% of (220-AGE)  
P23: 75% TARGET H.R.= 75% of (220-AGE)  
P24: 85% TARGET H.R.= 85% of (220-AGE)
- Press **MODE** to accept **Program 22 (P22-P24)**.  
“TIME” is displayed. Press the **+** or **-** to adjust the TIME. **(0:00-99:00 min/sec)**
- Press **MODE** to accept the workout TIME.  
“DISTANCE” is displayed. Press the **+** or **-** to adjust the DISTANCE. **(0.00-999.0km)**
- Press **MODE** to accept the workout DISTANCE.  
“CALORIES” is displayed. Press the **+** or **-** to adjust the CALORIES. **(0.0-9950Kcal)**
- Press **MODE** to accept the workout CALORIES.  
“AGE” is displayed. Press the **+** or **-** to adjust the user’s AGE. **(10-99 years)**
- Press **START/STOP** and begin your workout.
- If your pulse deviates  $\pm 5$  from the set TARGET H.R. then the console will adjust the resistance automatically to help you workout within your target zone. It will re-check your pulse every 20 seconds and adjust your resistance accordingly.

(Note: Each resistance load represents 2 levels of loading)

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

### 5. Program 25(P25-P28) Workout:

- Press **MODE** to accept USER Program **25(P25-P28)**.  
“TIME” is displayed. Press the **+** or **-** to adjust the TIME. **(0:00-99:00 min/sec)**
- Press **MODE** to accept the workout TIME.  
“DISTANCE.” is displayed. Press the **+** or **-** to adjust the DISTANCE. **(0.00-999.0km)**



# Exercise Information

## Console Operation

- Press **MODE** to accept the workout DISTANCE.  
“CALORIES” will be displayed. Press the **+** or **-** to adjust the CALORIES. **(0.0-9950Kcal)**
- Press **MODE** to accept the workout CALORIES.
- “AGE” will be displayed. Press the **+** or **-** to adjust the AGE(**10-99 years**). Press MODE to confirm, then the first resistance column flashes, press the **+** or **-** to set resistance, press MODE to confirm, repeat the operation until all the 10 resistance columns are set up.
- Press **START** and begin your workout.

### 6. RECOVERY TEST:

- Hold the hand Pulse grip sensors with your hands until the pulse window displays your pulse , then press RECOVERY within 5 seconds and hold the hand Pulse grip sensors with your hands again, If you have completed the 60 second recovery test, your results will be shown in the following format:

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

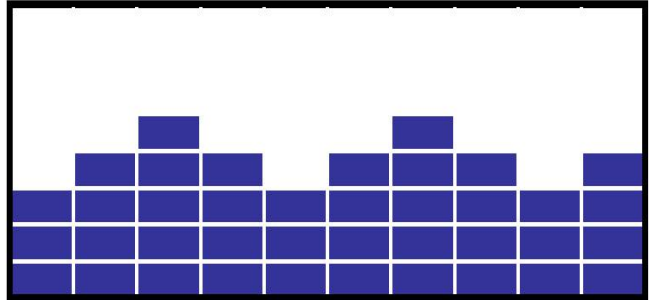
# Exercise Information

## Console Operations

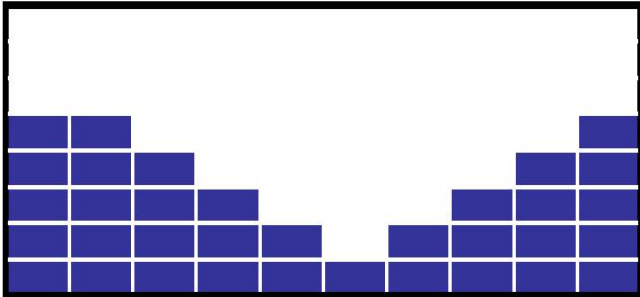
1. Program 1 ( MANUAL )



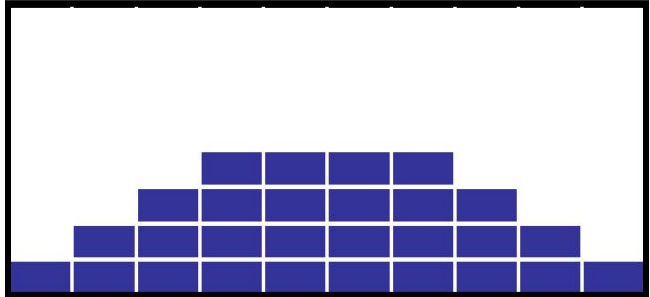
2. Program 2



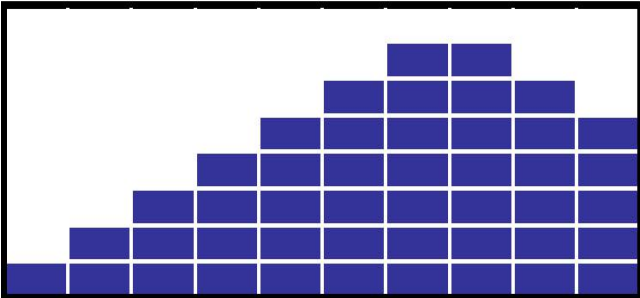
3. Program 3



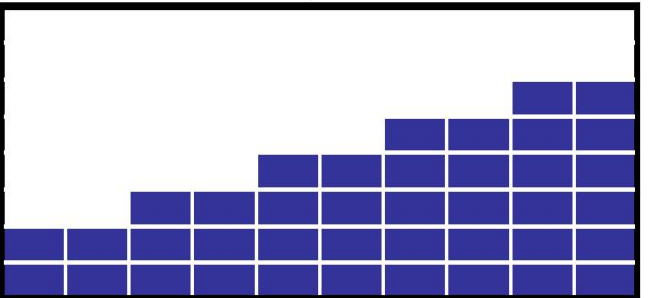
4. Program 4



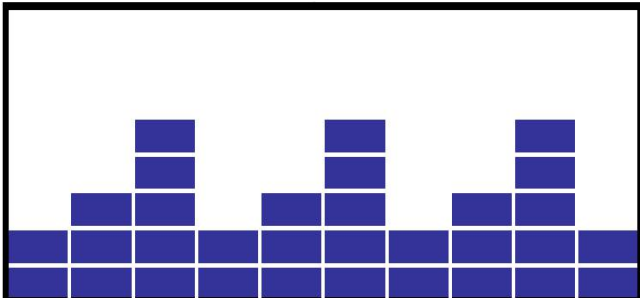
5. Program 5



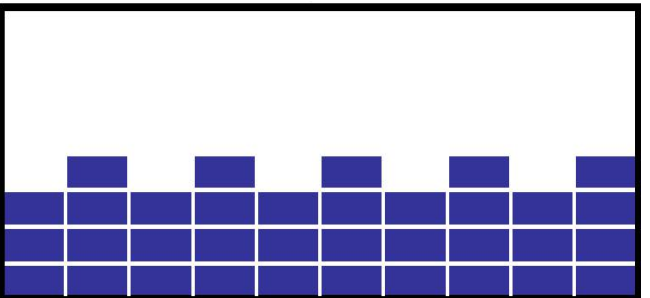
6. Program 6



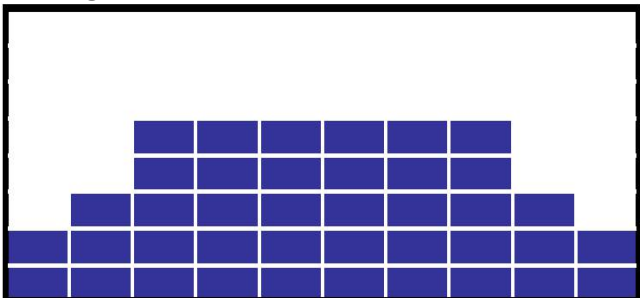
7. Program 7



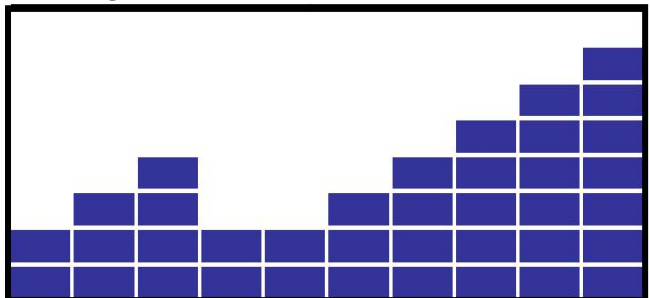
8. Program 8



9. Program 9



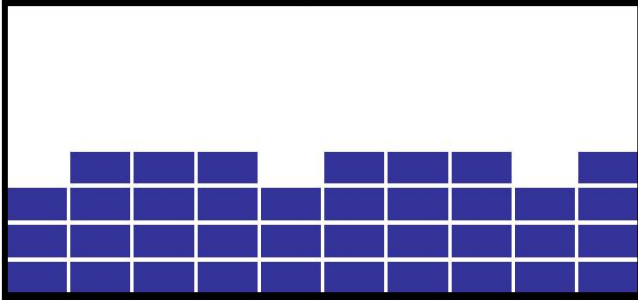
10. Program 10



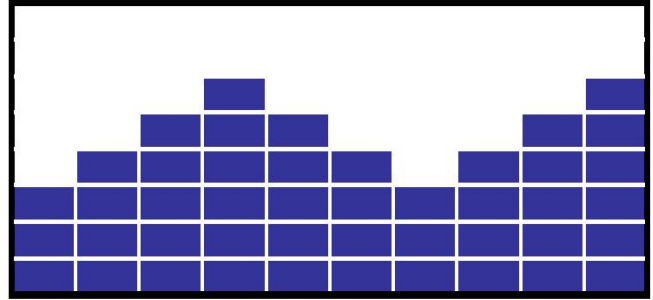
# Exercise Information

## Console Operations

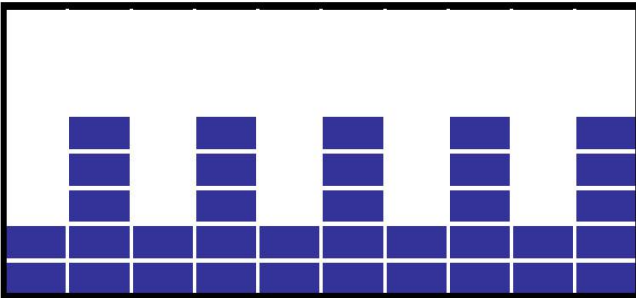
11. Program 11



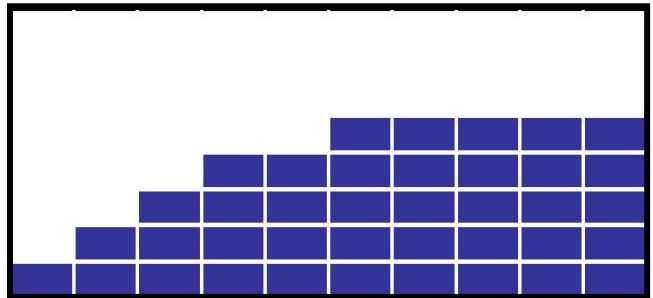
12. Program 12



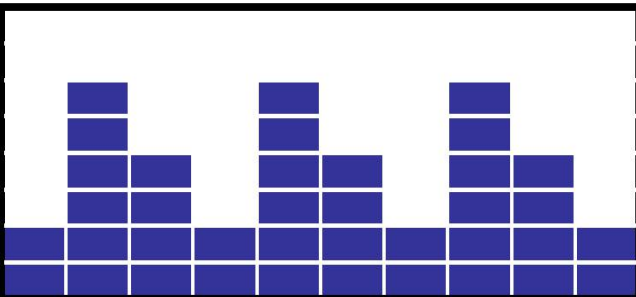
13. Program 13



14. Program 14



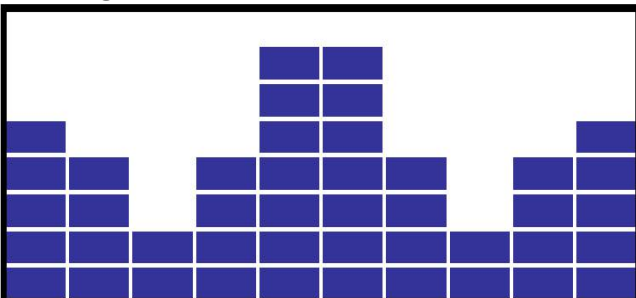
15. Program 15



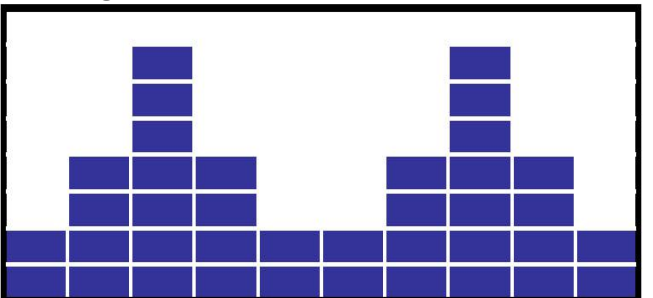
16. Program 16



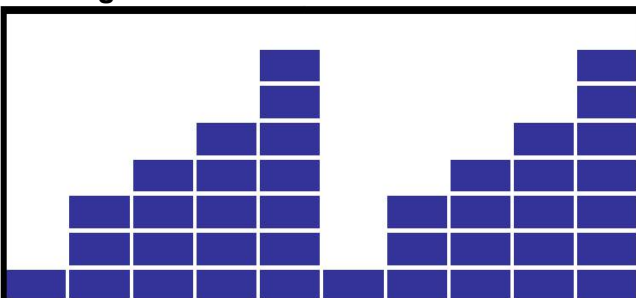
17. Program 17



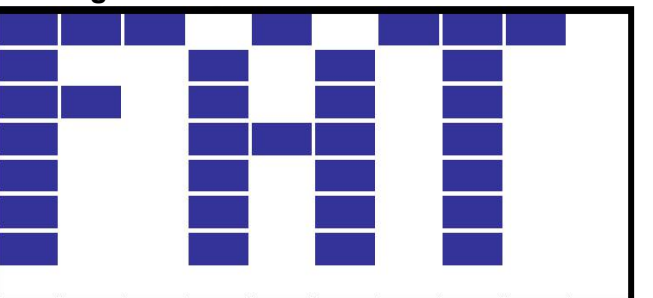
18. Program 18



19. Program 19



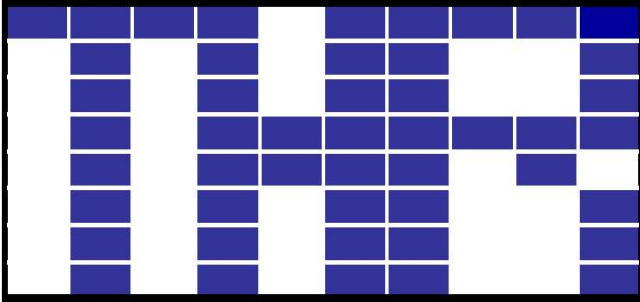
20. Program 20 (BODY FAT)



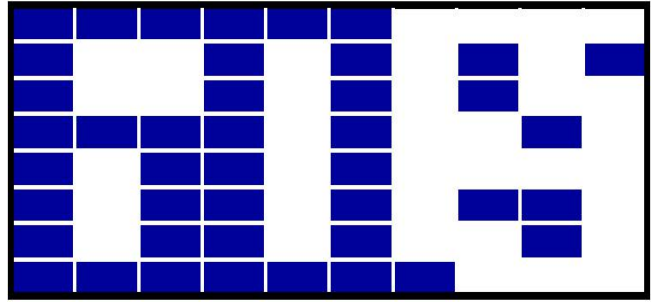
# Exercise Information

## Console Operations

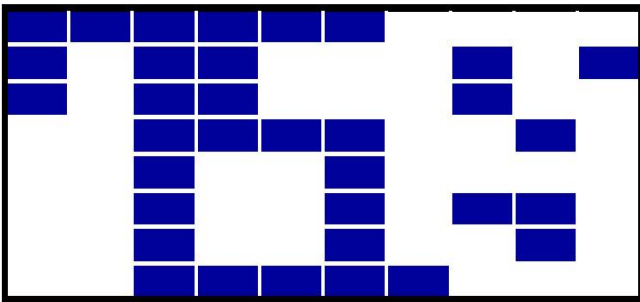
21. Program 21 (TARGET H.R.)



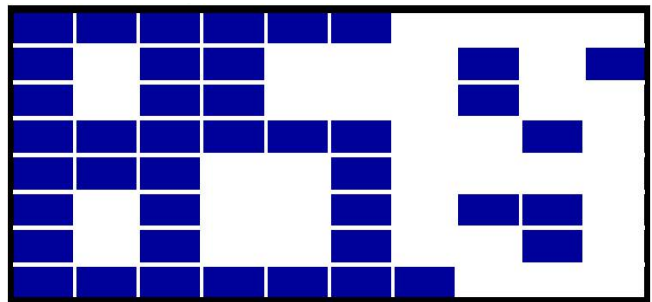
22. Program 22 (60% MAX H.R.)



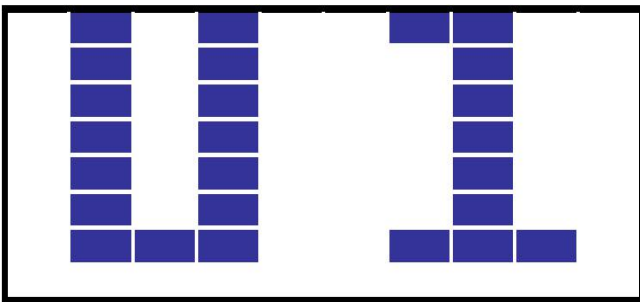
23. Program 23 (75% MAX H.R.)



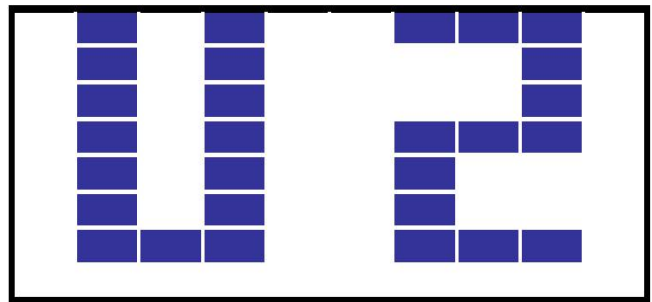
24. Program 24 (85% MAX H.R.)



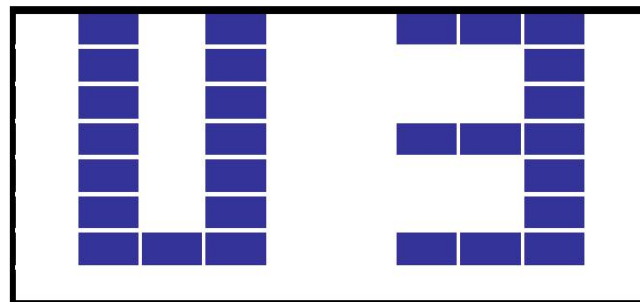
25. Program 25 (USER1)



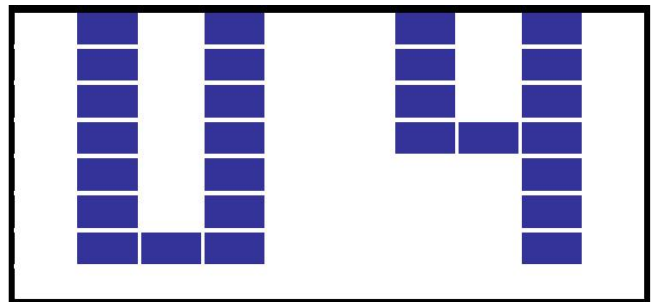
26. Program 26 (USER2)



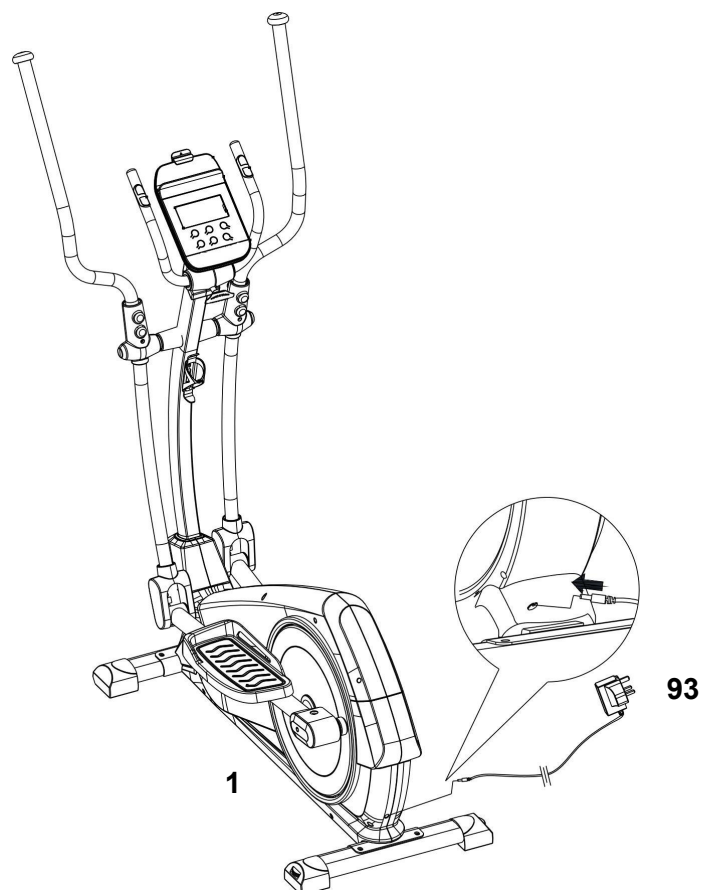
27. Program 27 (USER3)



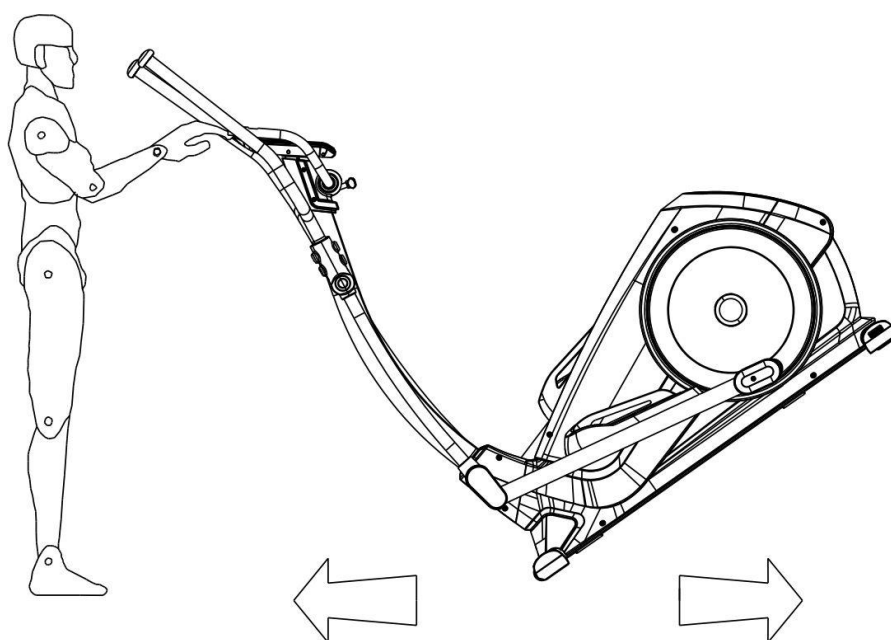
28. Program 28 (USER4)



# Exercise Information



Insert the Power Adaptor (93) into the hole on the Main Frame (1) as shown in the diagram.



Hold the handle to move the cross trainer forward and backward as shown in the diagram.

# Care and Maintenance

**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

**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

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.

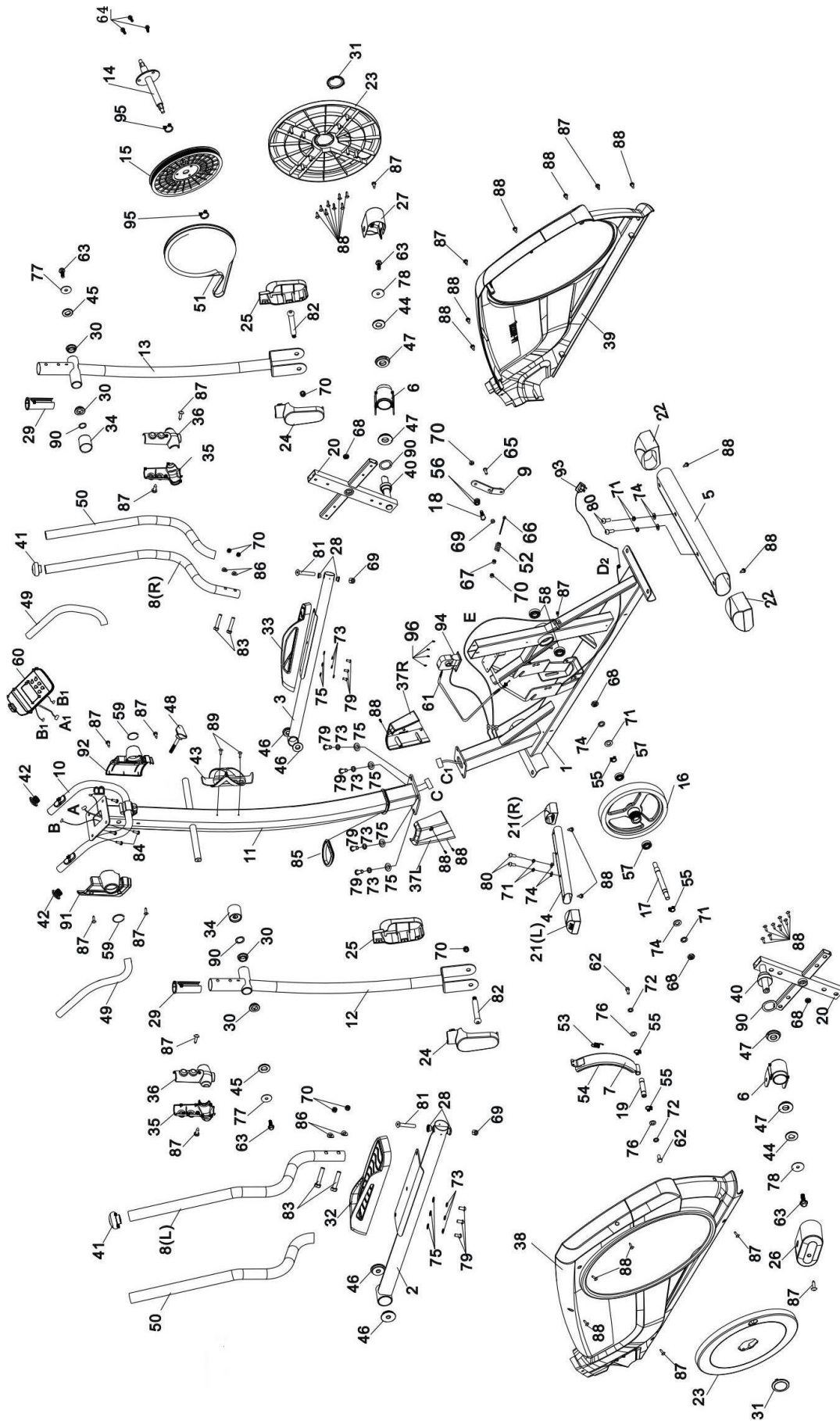


Always unplug the equipment before cleaning and/or servicing. Service to this equipment should only be performed by an authorized service representative, unless authorized and/or instructed by the manufacturer.

## Trouble Shooting

Error Code	Cause	Check and Solution
E1	Unable to operate	Replace the console
E2	The wiring is broken or not plugged in properly	A: Check if the wiring is broken or unplugged B: Replace the wire or connect it
	Motor or circuit error	A: Check the motor B: replace the motor
E3	Magnetic control stuck or too heavy to drive the motor	Replace the Magnetic control system or Assembly
	When testing Body Fat, no heartbeat signal is input within 8 seconds	Please hold both hand pulse sensors continuously.

# Exploded Parts Diagram



# Parts List

No.	Description	QTY	SIZE	CODE
1	Main Frame	1		2A1205888
2	Left Footplate Bar	1		2A1205859
3	Right Footplate Bar	1		2A1205858
4	Front Stabilizer	1		2A1205856
5	Rear Stabilizer	1		2A1205857
6	Crank Connector	2		2A1205865
7	Magnet Bracket	1		2A1300091
8	Handle (L)	1		2A1205863
	Handle (R)	1		2A1205864
9	Idle Wheel Bracket	1		2A1300086
10	Fixed Handle	1		2A1300090
11	Front Post	1		2A1205889
12	Left Action Arm	1		2A1205866
13	Right Action Arm	1		2A1205867
14	Belt Pulley Axle	1		3D600089
15	Belt Pulley	1	φ280mm	3C59J00067
16	Flywheel	1		3D600014
17	Axle	1	φ12×123mm	
18	Axle	1	φ15×41mm	3B67E00216
19	Axle	1	φ12×60mm	3B67E00203
20	Cross Bracket	2		2A1205887
21	Transport Wheel (L)	1		3C51JBC00035
	Transport Wheel (R)	1		3C51JBC00036
22	Level Foot	2		3C51JBC00080
23	Cross Bracket Cover	2		3C51JBG00646
24	Left Handle Bottom Cover	2		3C51JBG00053
25	Right Handle Bottom Cover	2		3C51JBG00054
26	Left Footplate Bar Cover	1		3C51JBG00055
27	Right Footplate Bar Cover	1		3C51JBG00056
28	Foot Bar Bushing	4		3C51JBF00115
29	Sleeve	2	φ38×φ32×83mm	3C51JBE00039
30	Nylon Bushing	4	φ32×φ19×9.5mm	3C51JBF00117
31	Plastic Cover	2		3C51JBG00644
32	Left Pedal	1		3C51JBF00126
33	Right Pedal	1		3C51JBF00125
34	Handrail Axle Sleeve	2		3C51JBG00645



# Parts List

35	Handrail Front Cover	2		3C51JBG00038
36	Handrail Rear Cover	2		3C51JBG00039
37	Front Post Cover (L)	2		3C51JBG00655
	Front Post Cover (R)	2		3C51JBG00656
38	Left Cover	1		3C51JBG00647
39	Right Cover	1		3C51JBG00648
40	Cross Bracket Axle Sleeve	2		3C59J00074
41	Cone End Cap	2	φ38×1.5mm	3C51JBB00153
42	Cone End Cap	2	φ25×1.5mm	3C51JBB00158
43	Water Bottle Bracket	1		3D600024
44	D-hole Washer	2	φ45×4mm	3B53DIZ00013
45	D hole Washer	2	φ32×4mm	3B53DIZ00017
46	Bushing	4	φ45×φ11.8×9.5mm	3B800023
47	Bushing	4	φ45×φ19×9.5mm	3B800024
48	Lock Knob	1	M8	3C51JBD00042
49	Handle Grip	2	φ23×φ29×390mm	3C73K00052
50	Handle Grip	2	φ30×φ38×730mm	3C73K00053
51	Belt	2		3D59P00004
52	Spring	1	φ19×φ4.5×31.5mm	3B61EJB00005
53	Spring	1	40×φ11.5×φ1.5mm	3B61EJZ00004
54	Magnet	8		3F900023
55	Axle Spring Bead Flange	4	φ12mm	3B56D00014
56	Bearing	2	6202—2RS-Z3	3B700012
57	Bearing	2	6001-2Z	
58	Bearing	2	6004-2RS	3B700004
59	Plastic Ring	2		3C59J00049
60	Console	1		3C300106
61	Tension Cable	1		3D600010
62	Hex Bolt	2	M6×15mm	3B51DBJ00083
63	Flange Hex Bolt	4	M8×25mm	3B51DBJ00096
64	Flange Hex Bolt	3	M8×15mm	3B51DBZ00043
65	Hex Bolt	1	M10×25mm	3B51DBJ00084
66	Tension Bolt	1	M8×95mm	3B51DBZ00015
67	Hex Nut	1	M8	3B52DCB00013
68	Flange Hex Nut	4	M10	
69	Nut	3	M10	3B52DCC00007
70	Nut	8	M8	3B52DCC00015
71	Spring Washer	6	φ10mm	3B53DIA00004
72	Spring Washer	2	φ6mm	3B53DIA00007

# Parts List

73	Spring Washer	10	φ8mm	3B53DIA00009
74	Washer	4	φ10mm	3B53DIB00009
75	Washer	10	φ8mm	3B53DIB00010
76	Washer	2	φ6mm	3B53DIB00029
77	Washer	2	φ32×φ9×2mm	3B53DIZ00011
78	Washer	2	φ45×φ9×2mm	3B66E00872
79	Allen Bolt	10	M8×15mm	3B51DBD00233
80	Allen Bolt	4	M10×20mm	3B51DBD00205
81	Allen Bolt	2	φ10×69mm	3B51DBD00219
82	Allen Bolt	2	φ11.5×67mm	3B51DBD00207
83	Hex Bolt	4	M8×42mm	3B51DBJ00095
84	Philips Screw	4	M5×12mm	
85	Soft Ring	1		3C51JBG00657
86	Arc Washer	4	φ9×φ22×R19mm	3B53DIC00020
87	Philips Screw	20	ST4.2×15mm	3B55DDD00003
88	Philips Screw	31	ST4.2×15mm	3B55DDA00009
89	Philips Screw	2	ST4.8×15mm	3B55DDD00006
90	Corrugated Washer	4	φ20mm	3B53DIZ00009
91	Left Front Post Cover	1		3C51JBG00651
92	Right Front Post Cover	1		3C51JBG00652
93	Power Adaptor	1		3D23O00185
94	Motor	1		3D24O00005
95	Axle Spring Bead Flange	2	Φ20mm	3B56D00016
96	Philips Screw	4	ST4.8×15mm	3B55DDB00009
A	Up End of the Middle Main Wire	1		3D22O00095
A1	Console Main Wire	2		
B	Hand Pulse Sensor Wire	1		3D23O00184
B1	Console Pulse Sensor Wire	2		3D22O00097
C	Lower End of the Middle Main Wire	1		
C1	Lower Main Wire	1		
D	Power Cord	1		3D22O00089
E	Reed Base Sensor Wire	1		3D22O00093

# Guarantee



## Product Guarantee

This product is guaranteed against manufacturing defects from a period of



Year

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

The guarantee is subject to the following provisions:

- The guarantee does not cover accidental damage, misuse, cabinet parts, knobs or consumable items.
- The product must be correctly installed and operated in accordance with the instructions contained in this manual.
- It must be used solely for domestic purpose.
- The guarantee will rendered invalid if the products is re-sold or has been damaged by inexpert repair.
- Specifications are subject to change without notice.
- The manufacturer disclaims any liability for the incidental or consequential damages.
- The guarantee is in addition to, and does not diminish your statutory or legal right.
- In the event of problem with the product with in the guarantee period call  
**Customer Helpline: 0345 6001714**  
**<http://www.argos-support.co.uk>**

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