

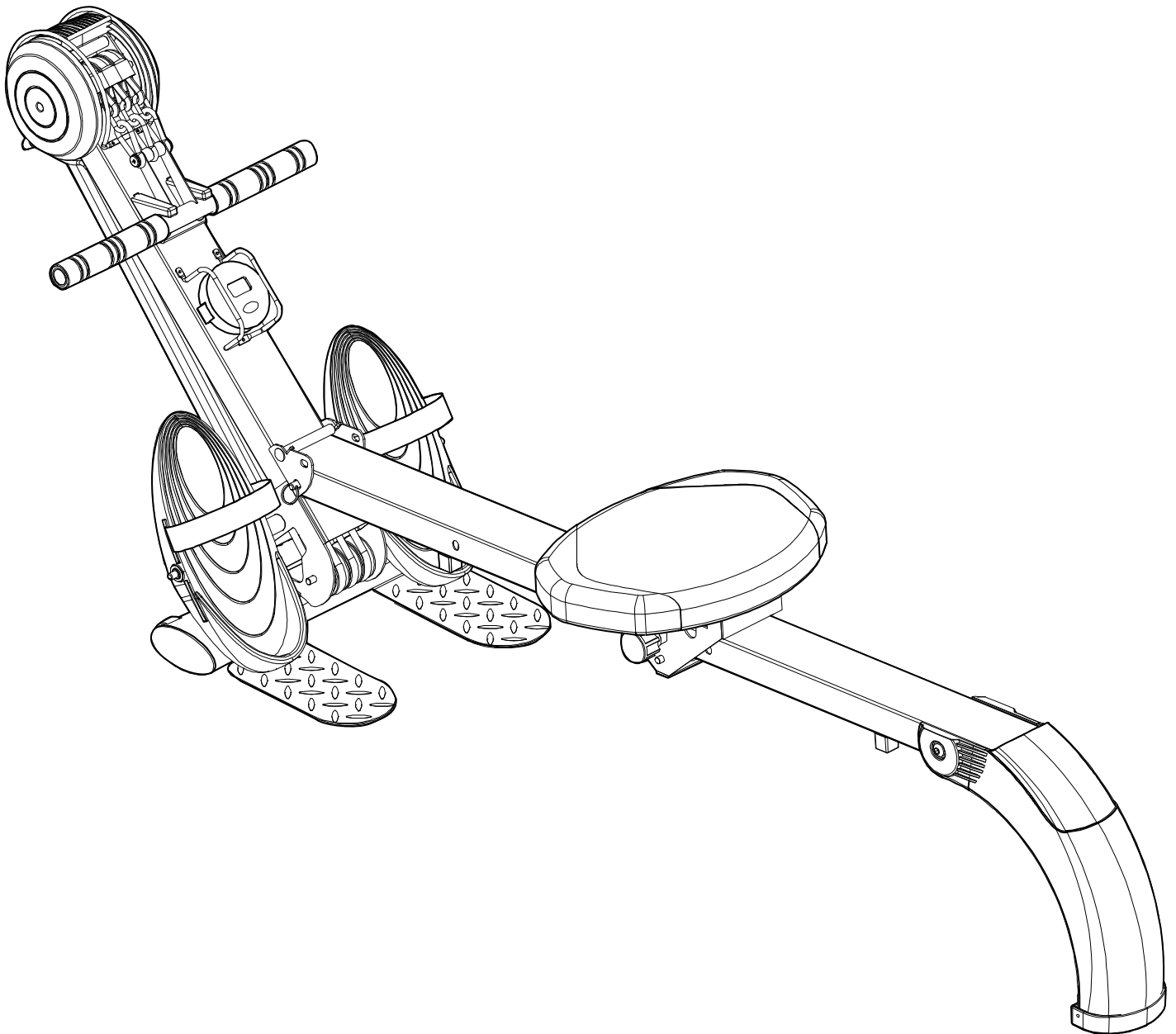
# Rower 'n' Gym

Assembly & User Instructions - Please keep for future reference

923/7300D

**PRO**

**FITNESS**



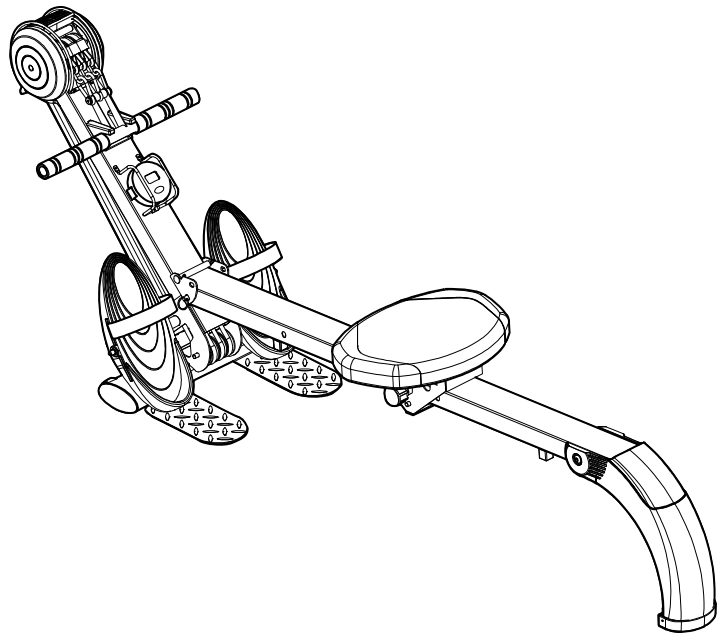
**Important – Please read these instructions fully before assembly or use**

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

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# Safety Information

PRO FITNESS

## Important – Please read fully before assembly or use

To reduce the risk of serious injury, read the entire manual before you assemble or operate the Pro Fitness Rowing Machine . In particular, note the following safety precautions:

### Assembly

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

### Using

- It is the responsibility of the owner to ensure that all users of this product are properly informed as to how to use this product safely.
- This product is intended for domestic use only.  
**Do not** use in any commercial, rental, or institutional setting.
- Before using the equipment to exercise, always do stretching exercises to properly warm up.
- If the user experiences dizziness, nausea, chest pain, or other abnormal symptoms **stop the workout and seek immediate medical attention.**
- Only one person at a time should use the equipment.
- Keep hands away from all moving parts.
- Always wear appropriate workout clothing when exercising. **Do not** wear loose or baggy clothing, since it may get caught in the equipment. Wear athletic shoes to protect your feet while exercising.

- **Do not** place any sharp objects around the equipment.
- Disabled persons should not use the equipment without a qualified person or doctor in attendance.
- The maximum user's body weight is **100kg**
- This product conforms to: EN ISO 20957 Part 1 and EN 957 Part 7 class (H) - Home Use - Class (C).
- This exercise product has been designed and manufactured to comply with the latest ( EN ISO 20957 Part 1 and EN 957 Part 7) British and European Safety Standards.
- Injuries to health may result from incorrect or excessive training
- Braking system of this equipment is speed-independent
- Information of safe handling and storage
- Keep unsupervised children away from the equipment.
- Indicating that injuries to health may result from incorrect or excessive training.
- Use the equipment on a solid, flat level surface with a protective cover for your floor or carpet.

### 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.

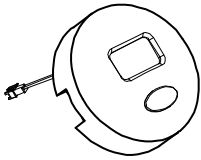
# Components - Parts

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

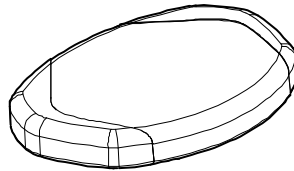
Please check you have all the parts listed below

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

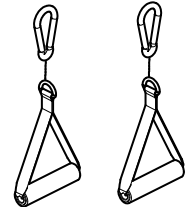
Product mass = 14kg. Product footprint = 185 x 43.5 cm



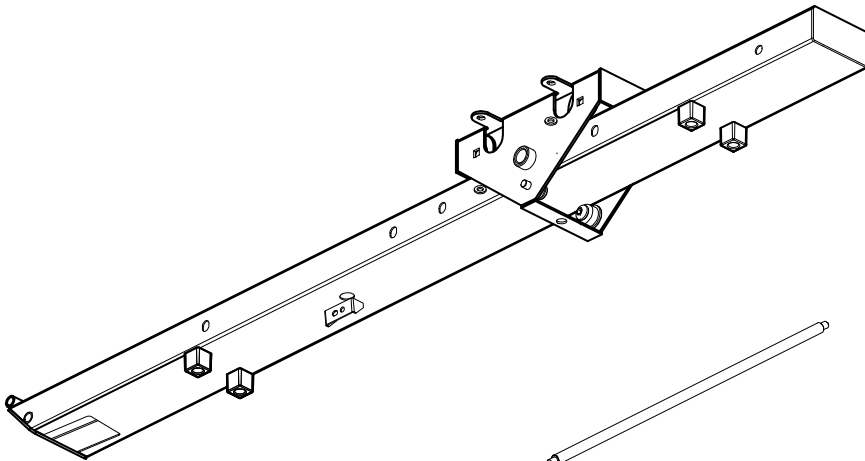
44. Computer x 1



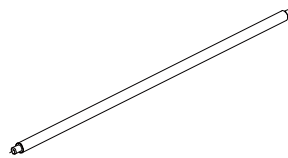
71. Seat x 1



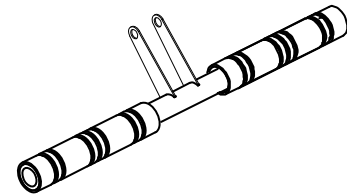
72. Pull sets x 1



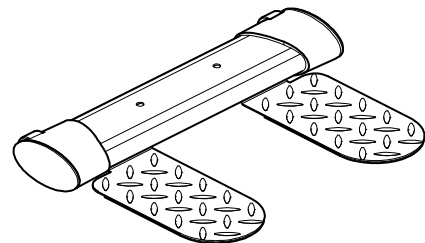
53. Roller tube x 1



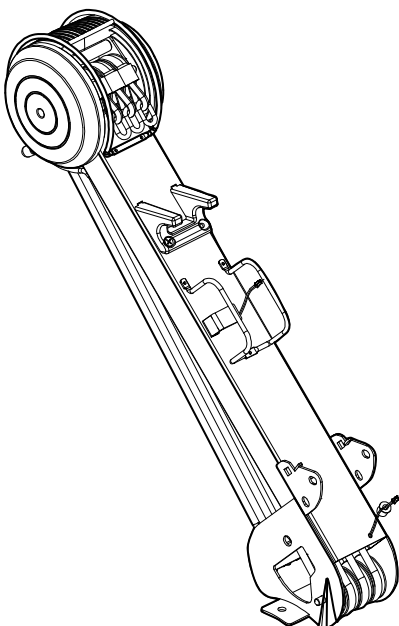
16. Axle for pedal x 1



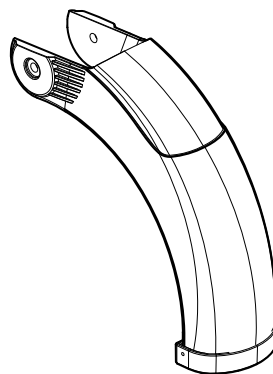
41. Handlebar x 1



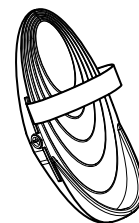
3. Front stabilizer x1



21. Main frame x 1



61. Rear stabilizer x 1



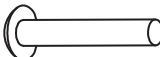




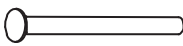


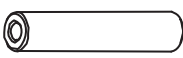




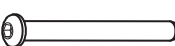




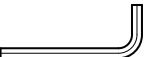
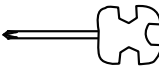
15. Pedal x 2

# Components - Fixings

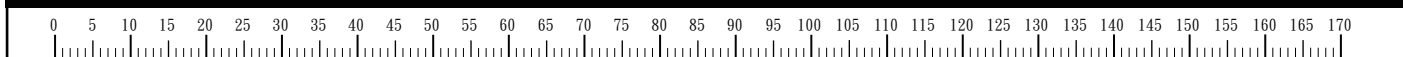
PRO FITNESS

Please check you have all the fixings listed below

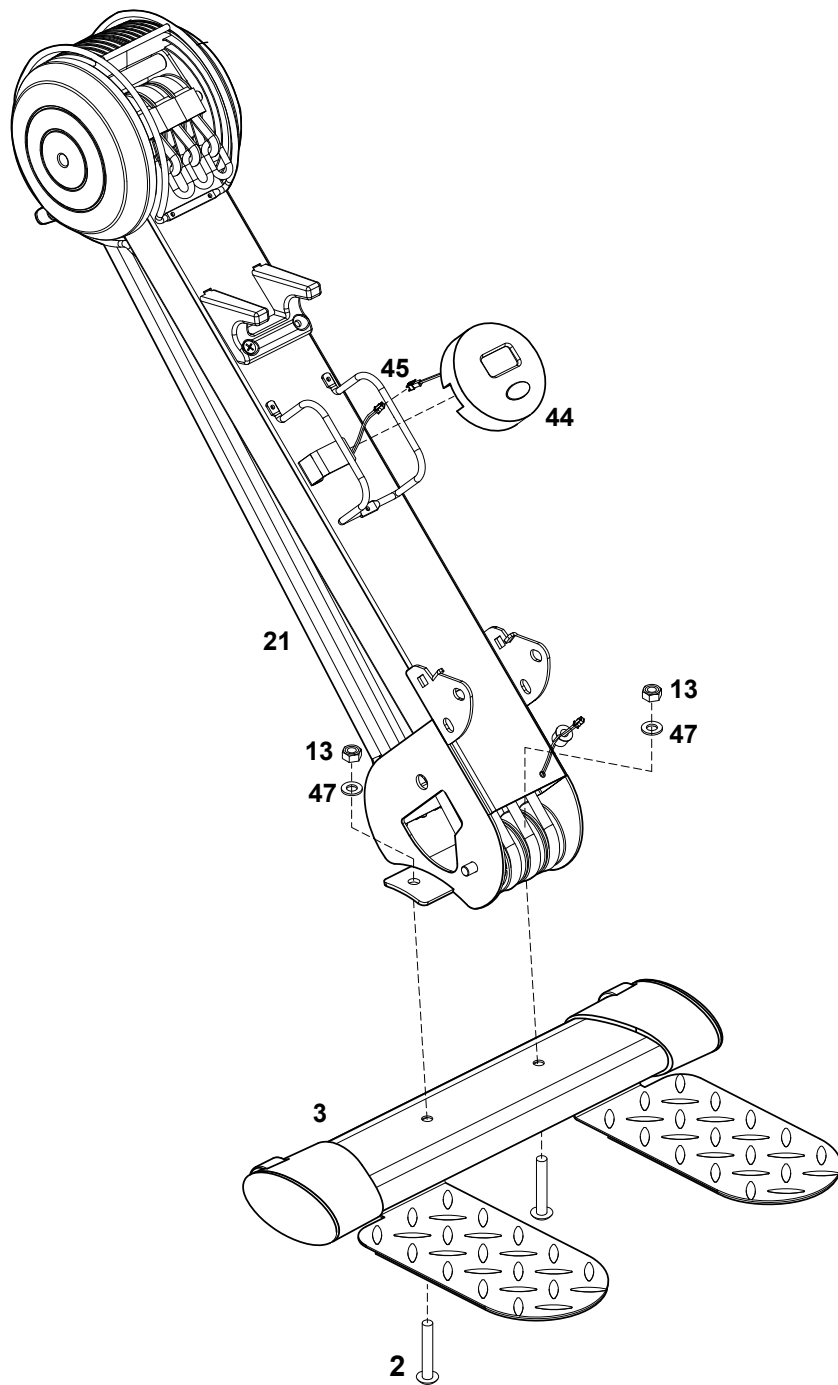
**Note:** Some of the fixings are pre-fitted to the larger components. Please check carefully before contacting Argos regarding any missing fixings.

<p><b>2</b>  Bolt (M8 x 48mm) x 2</p>	<p><b>13</b>  Lock nut (M8) x 14</p>	<p><b>14</b>  Washer (Φ8) x 13</p>
<p><b>18</b>  Pin x 1</p>	<p><b>19</b>  Bushing x 2</p>	<p><b>20</b>  Bolt (M8 x 95mm) x 1</p>
<p><b>32</b>  Hook x 5</p>	<p><b>33</b>  Bushing x 2</p>	<p><b>34</b>  Axle x 1</p>
<p><b>35</b>  Washer x 2</p>	<p><b>36</b>  Screw (M5 x 10mm) x 2</p>	<p><b>47</b>  Curved washer (Φ8) x 2</p>
<p><b>58</b>  Adjustment knob x 1</p>	<p><b>60</b>  Bolt (Φ9.5 x 94.5mm x M6) x 1</p>	<p><b>64</b>  Screw (M6 x 10mm) x 1</p>
<p><b>65</b>  Screw (M6 x 15mm) x 4</p>	<p><b>66</b>  Flat washer (Φ6) x 8</p>	<p><b>75</b>  Lock nut x 1</p>
<p> Allen key x 2</p>	<p> Multi tool x 2</p>	

**Ruler** - Use this ruler to help correctly identify the hardware



# Assembly Instructions



## Step 1

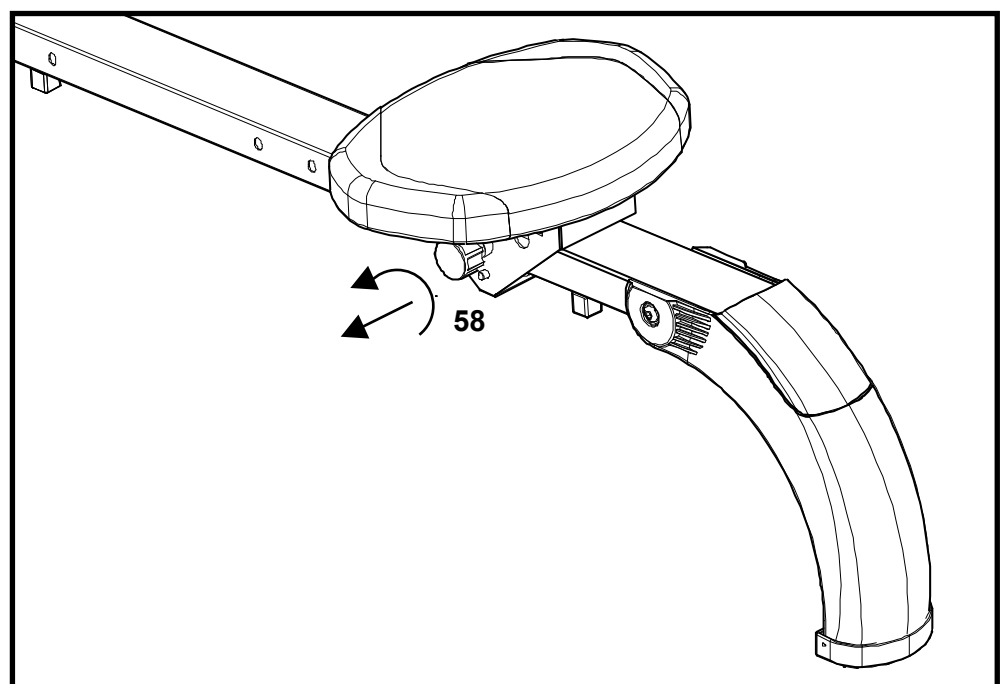
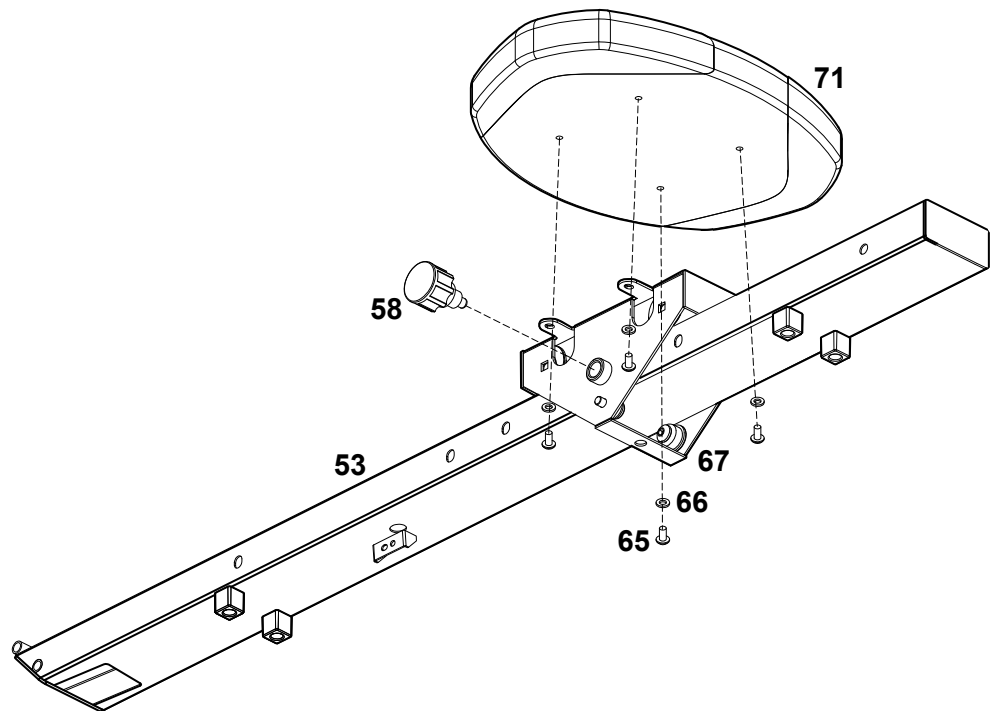
Connect the front stabilizer (3) to the main frame (21) by use the bolt M8 x 47mm (2), Curved washer  $\Phi 8$  (47) and lock nut M8 (13).

Connect the computer (44) wire to the upper computer wire (45), then fix the computer on the computer bracket of main frame (21)

## Step 2

Connect the seat (71) to the seat bracket (67) using Screw M6 x 15mm (65) and flat washer (66) then lock Adjustment knob (58).

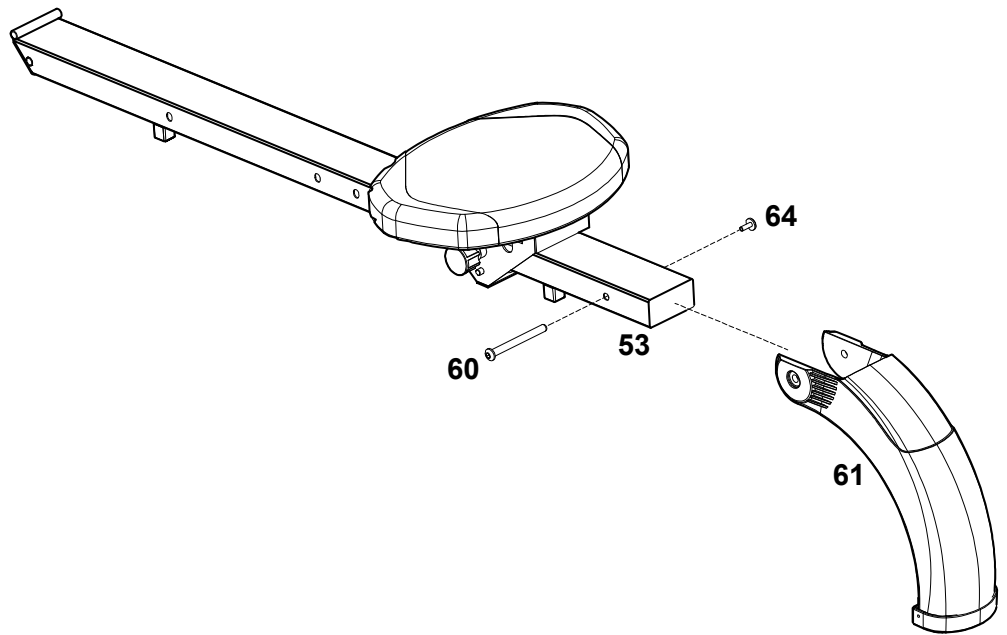
**Note:** Adjust the Seat to the position using Adjustment knob (58).



# Assembly Instructions

## Step 3

Connect the rear stabilizer (61) to the roller tube (53) using bolt (60) and screw (M6 x 10mm) (64).

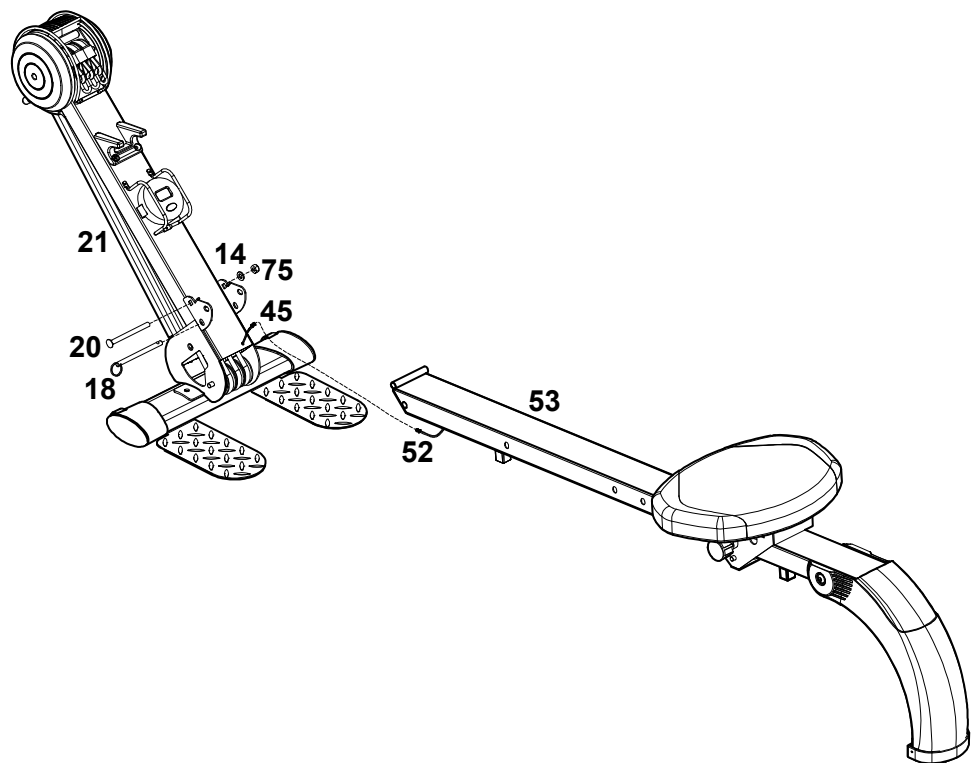


## Step 4

1. Put the roller tube (53) into main frame (21) and then assemble using M8 x 95mm (20), Washer (14) and lock nut M8 (75).

2. Connect the upper computer wire (45) to the lower computer wire (52).

3. Insert the pin (18).





# Assembly Instructions

## Step 5

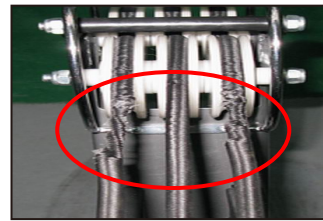
Buckle the handlebar hook (32) with weave belt hook (17) then put on handlebar bracket (37).

**Please note:**

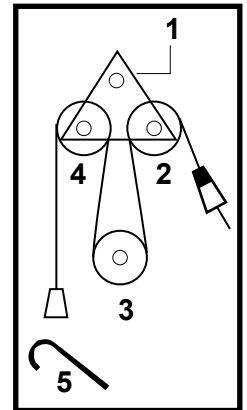
There are 3 levels of tension. Tension level varies depending on the number of belts, 1 belt for least resistance, 3 belts for highest resistance.

**Important:**

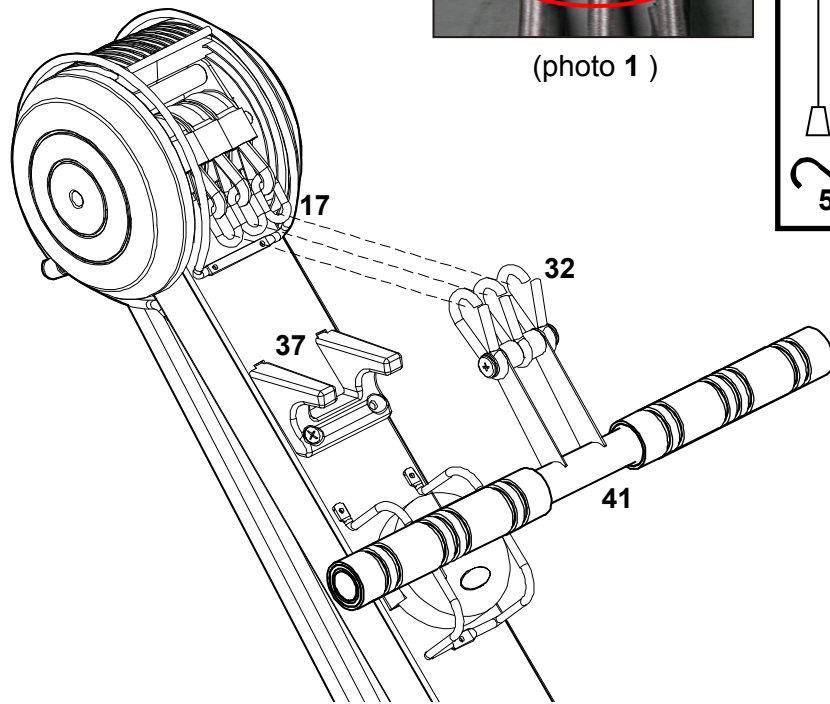
Please change the weave belts (17), a consuming parts when it is damaged or the diameter shrinks. The defect photo and changing procedure are as (photo 1 and 2).



(photo 1)

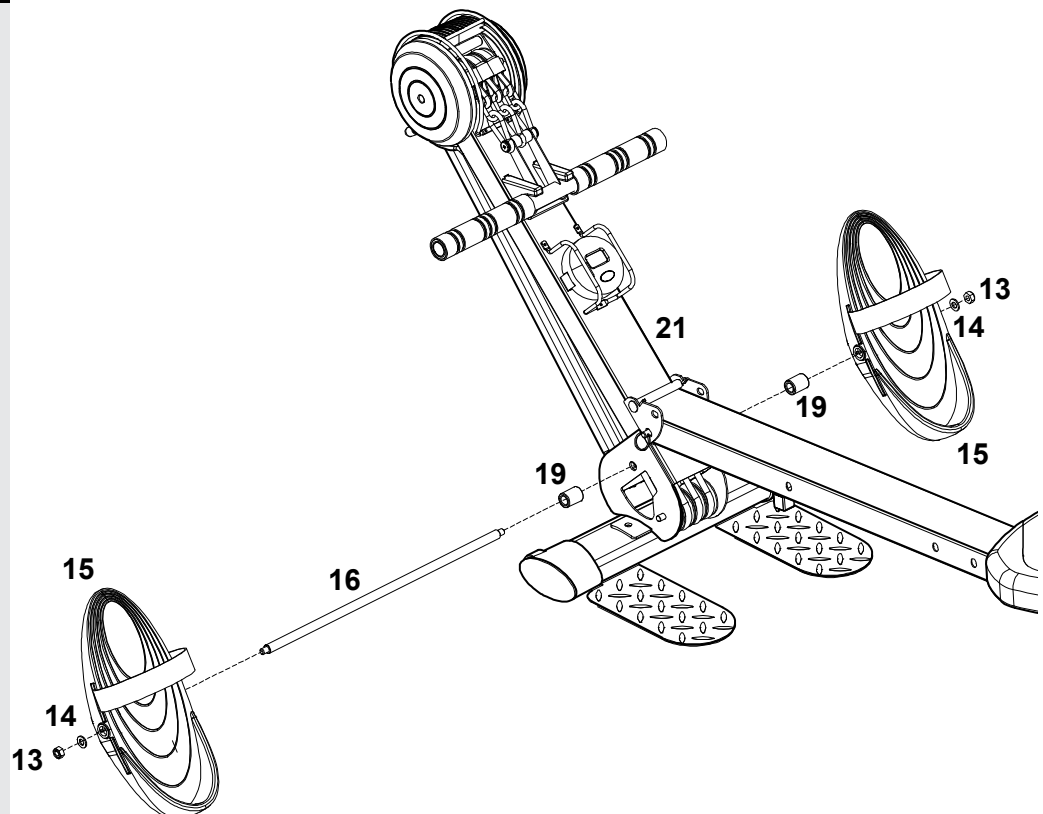


(photo 2)



## Step 6

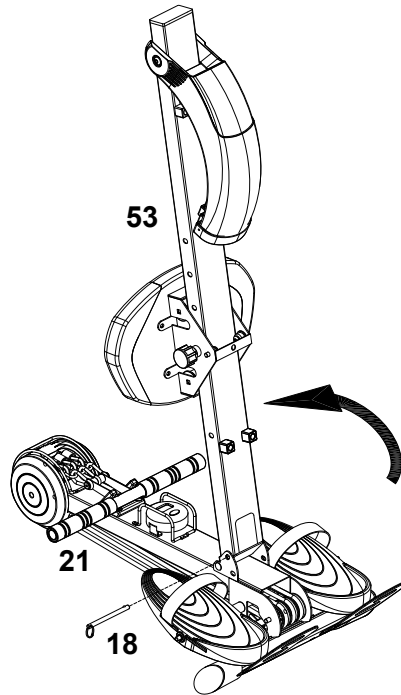
Assembly Pedal (15), Bushing (19) and (Axle for Pedal) (16) to the Main frame (21) using lock nut M8 (13) and Washer (14).



# Assembly Instructions

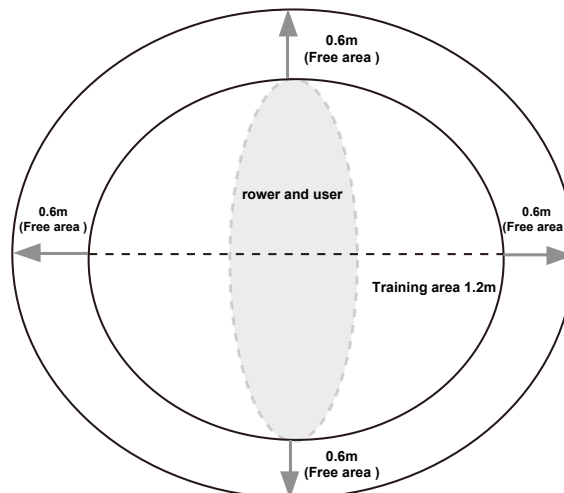
## Step 7

Pull the pin (18) out of the main frame (21), then turn roller tube (53) anticlockwise, insert pin (18) to the hold for easy storage.

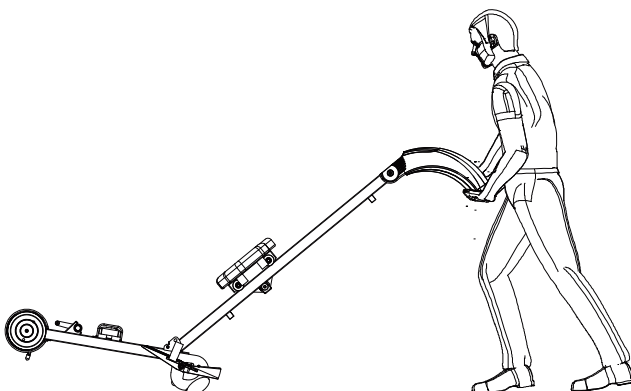


## Free area and Training area

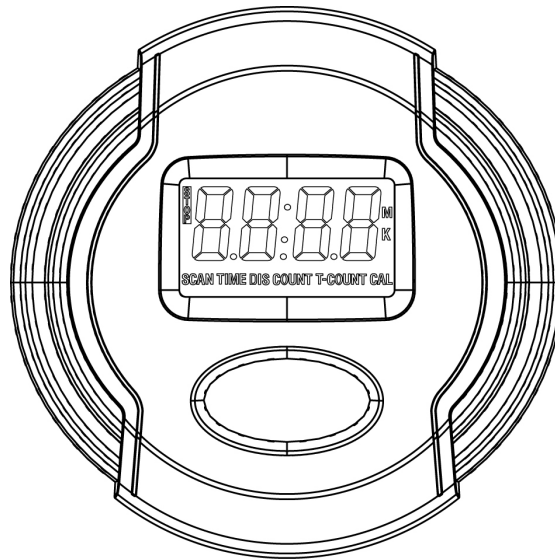
The free area shall be not less than 0.6 m greater than the training area in the directions from which the equipment is accessed. The free area must also include the area for emergency dismount. Where equipment is positioned adjacent to each other the value of the free area may be shared.



## Moving Instructions



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



### 1. BATTERY INSTALLATION

Please install 1 of AAA 1.5V battery in the battery case on the back of monitor.  
(Whenever Batteries are removed, all the functions values will be reset to zero.)

### 2. AUTO ON/OFF

While the user starts to do exercise, the Display will show out the workout value automatically. Once stop exercising over 256 sec, the Display will turn off. But the workout value of count/ total count /cal will be hold. While user starts exercise again, workout value of count/ total count /cal will accumulate continuously.

\*\* Press the button for 2 seconds, all the function value except T-COUNT will be reset to zero.

### 3. AUTO SCAN

After the monitor is power on or press the button, the LCD will display all functions values from Time-Count- T-Count – Cal. Each value will be held for 6 seconds.

### 4. COUNT

Display the step from 0 to 9999.

### 5. TOTAL COUNT:

Display the total steps from 0 to 9999

### 6. TIME

Display the workout time from 00:00 to 99:59. User also can press the button to display the workout time value..

### 7. CALORIES

Display the calories consumption during training from 0.0 to 9999. User also can press the button to display the calories consumption value.

# Exercising Information

## Before starting your exercise

How you begin your exercise program depends on 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 increase is advisable.

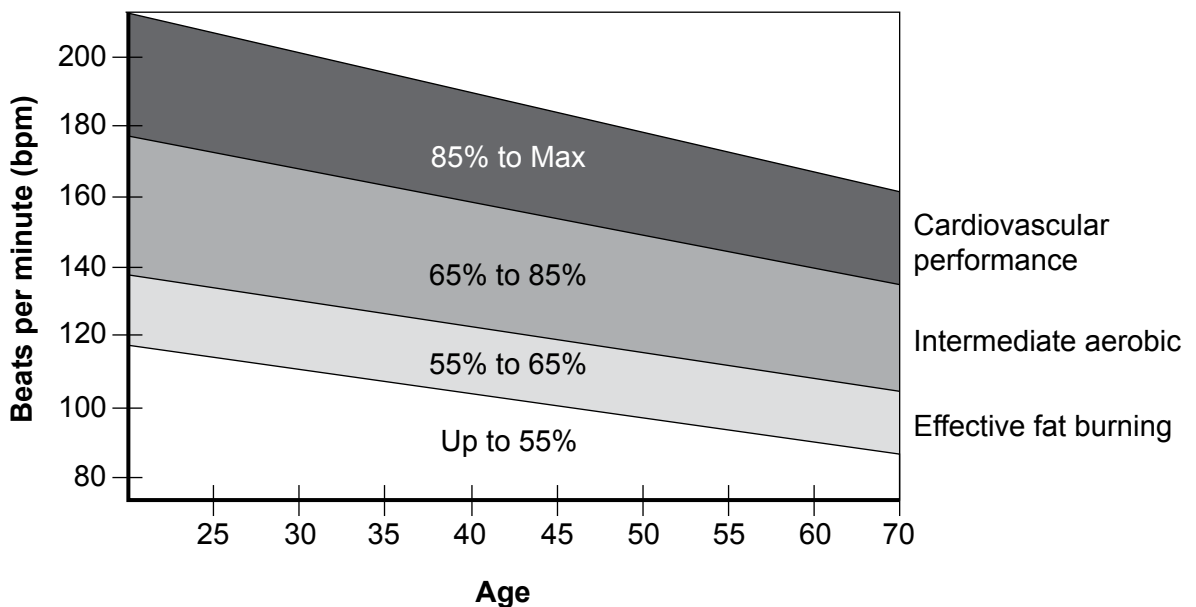
Initially, you may be able to exercise only for a few minutes in your target zone, however, your aerobic fitness will improve over the next six to eight weeks. Don't be discouraged if it takes longer. It's important to work at your own pace.

### **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 that have been set by you and your doctor.
- Monitor your pulse frequently. Establish your target heart rate based on your age and condition.
- Set up your equipment on a flat even surface with adequate training area, as prescribed in this manual.

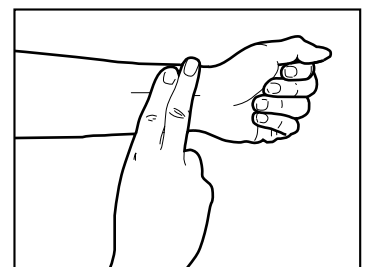
### **Exercise intensity**

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

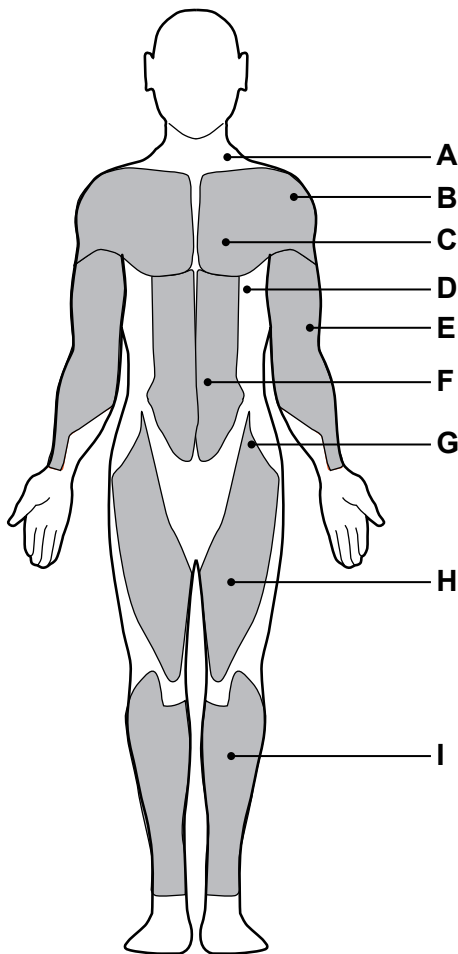
Aerobic exercise improves the fitness of your lungs and heart - your body's most important muscle. Aerobic exercise fitness is promoted by any activity that uses your large muscles (arms, legs, or buttock, for example). Your heart beats quickly and you breathe deeply. An aerobic exercise should be part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

### Weight Training

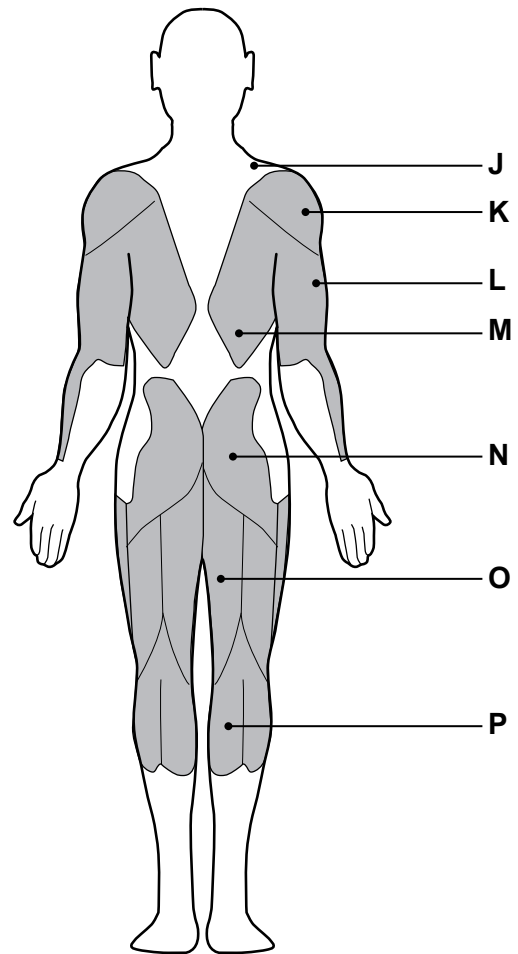
Along with aerobic exercising which helps get rid of and keep off the excess fat that our bodies can store, weight training is an essential part of the exercise routine process. Weight training helps tone, build and strengthen muscle. If you are working above your target zone, you may want to do a lower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

### Targeted Muscle Groups

The exercise routine that is performed on the Rower 'n' Gym will develop the upper and lower body muscle groups. These muscle groups are highlighted on the muscle chart below.



**Front**



**Back**

- |                             |                             |
|-----------------------------|-----------------------------|
| <b>A:</b> Trapezius         | <b>F:</b> Abdominal         |
| <b>B:</b> 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            |                             |

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

# Exercising Information

## 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 problems.

### **Exercise Frequency**

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

### **Suggested Stretches**

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

#### **Toe touch stretch**

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

Hold for 15 counts, then relax.

Repeat 3 times.

**Stretches:** Hamstrings, back of knees and back.



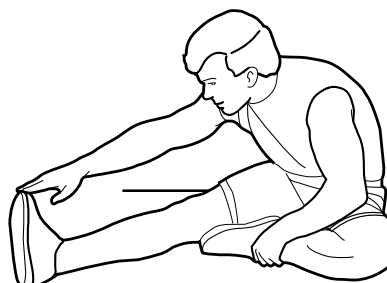
#### **Hamstring stretch**

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

Hold for 15 counts, then relax.

Repeat 3 times for each leg.

**Stretches:** Hamstrings, lower back and groin.



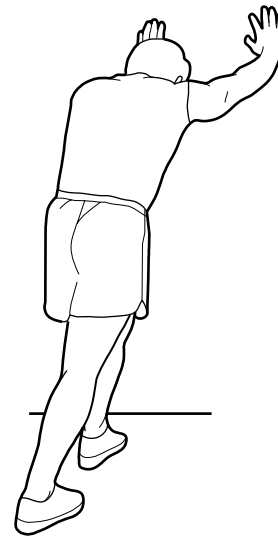
## Calf/Achilles stretch

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

Hold for 15 counts, then relax.

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

**Stretches:** Calves, Achilles tendons and ankles.



## Quadriceps stretch

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

Hold for 15 counts, then relax.

Repeat 3 times for each leg.

**Stretches:** Quadriceps and hip muscles.



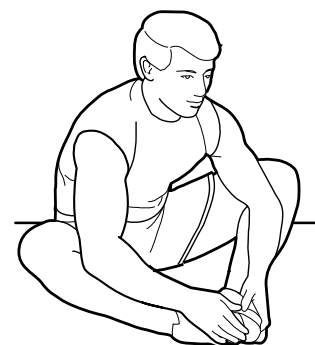
## Inner thigh stretch

Sit with the soles of your feet together and your knees outwards. Pull your feet toward your groin area as far as possible and push your knees down towards the ground.

Hold for 15 counts, then relax.

Repeat 3 times.

**Stretches:** Quadriceps and hip muscles.

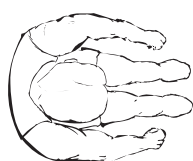


# Exercise Guide

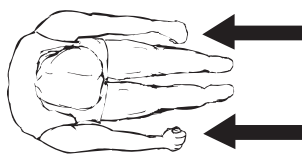
Rowing is an extremely effective form of exercise. It strengthens the heart and improves circulation as well as exercising all the major muscle groups; the back, waist, arms, shoulders, hips and legs.

## The Basic rowing stroke

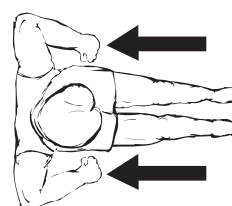
- (1) Sit on the saddle and fasten your feet to the pedals using the Velcro straps. Then take hold of the rowing bar.
- (2) Take up the starting position, leaning forward with your arms straight and knees bent as shown in (Fig 1).
- (3) Push yourself backwards, straightening your back and legs at the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

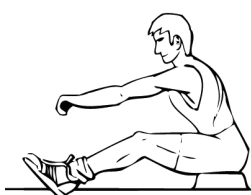
### Training Time

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.

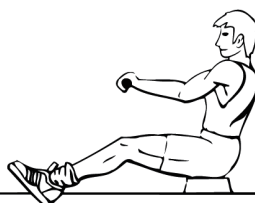
## Alternate rowing styles.

### Arms Only Rowing

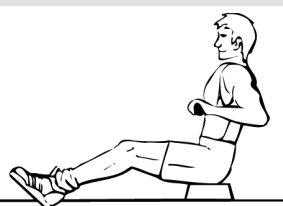
This exercise will tone muscles in your arms, shoulders, back and stomach. Sit as shown in Fig 4 with your legs straight, lean forward and grasp the handles. In a gradual and controlled manner lean back to just past the up right position continuing to pull the handles towards your chest. Return to the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



## Exercise 1 Leg n thigh burner row



Sit facing the front of the Gym N Rower. Position the seat close to the mainframe. Have your knees bent and your feet firmly in the footrest. Now, grip the handsets and, keeping your elbows tucked at your sides, inhale and extend your legs straight, pushing your body backward. Hold a moment, and then exhale as you return to first position.

Repeat 7 to 10 times, rest, and then do another set. This will work your thighs and lower leg muscles, as well as your shoulders and back. To increase the tension, hook up another resistance strap. But please don't overdo it; if you get tired, do less reps.



## Exercise 2 Front deltoid pull



For this exercise sit with your back to the mainframe. Grasp the pulley handle and bring it up to your shoulder. Grasp the roller bar with your other hand for support.

Now, as you inhale, extend your arm out in front of you. Hold this pose a moment, and then exhale as you retract your arm to first position

Repeat 7 to 10 times, depending on your present level of strength; then do another set. When you've completed one arm, work the other.



This movement will give your front deltoids a good workout.

# Exercise Session

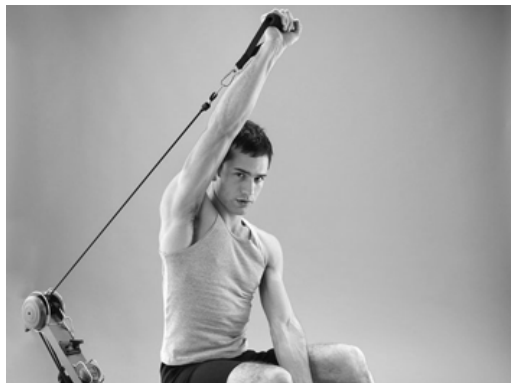
## Exercise 3 Leg n thigh burner row



Sitting in the same position as the above exercise, grip one handle holding it near the back of your head like this. Your other hand can hold onto the roller tube for support. Inhale and extend your arm up over your head. Hold it there a moment... and exhale as you return your arm to first position.

Repeat this action several times and do a couple of reps before working the other arm

This exercise focuses primarily on the tricep muscles, but it also gives your upper back a good workout.



## Exercise 4 Front deltoid pull



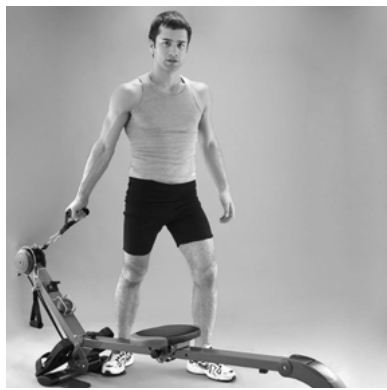
Again, sit with your back to the mainframe. Now, take the handles in each hand like this. Your legs should be bent and your feet flat on the floor for good support. Take a breath in and as you exhale extend your arms out in front of you. Hold a moment as you tense your chest muscles.

Now, breathe in as you slowly return your arms to first position. Do several reps and two set of this exercise.

This is a wonderful overall exercise that has all the benefits of the bench press. Your whole upper body is brought into play when doing this motion.



## Exercise 5 Leg n thigh burner row



Sit facing the front of the Gym N Rower. Position the seat close to the mainframe. Have your knees bent and your feet firmly in the footrest. Now, grip the handsets and, keeping your elbows tucked at your sides, inhale and extend your legs straight, pushing your body backward. Hold a moment, and then exhale as you return to first position.

Repeat 7 to 10 times, rest, and then do another set. This will work your thighs and lower leg muscles, as well as your shoulders and back. To increase the tension, hook up another resistance strap. But please don't overdo it; if you get tired, do less reps.



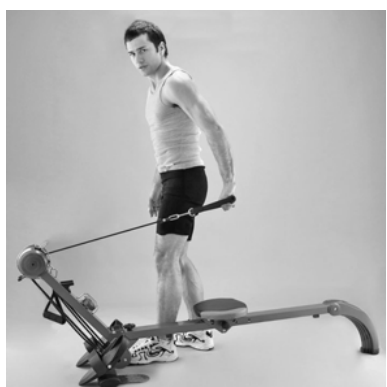
## Exercise 6 Front deltoid pull



Stand on one side of the Gym N Rower facing the mainframe. Keep your legs approximately shoulder width apart and have one leg on the front stabilizer footplate. To work the left arm, grasp the handle with your left hand and hold it in this ready position. Keep your arm firm and close to your body. Now, inhale and pull the strap backward and behind you. Hold this position a moment, then exhale and return your arm to first position.

Do several reps and 2 sets, before switching sides.

This exercise will work your shoulders, upper arms, and back muscles.



# Exercise Session

## Exercise 7 Rear deltoid / tricep pullback



For the Rear Deltoid / Tricep Pullback exercise place your right knee comfortably on the padded seat rest. Your left hand can be supported on your left knee, or on the head of the mainframe.

Now, take hold of the pulley handle with your right hand and bring it up to this position. Keep your elbow bent and close to your torso. Take a breath in and pull your arm back. Hold a moment before exhaling and returning to first position.

Positioning your body in this way places localized tension on your arms thereby giving your shoulder and upper arm and lats a more intensive workout. Remember to do both sides of your body.



## Exercise 8 Gym n rower power twist



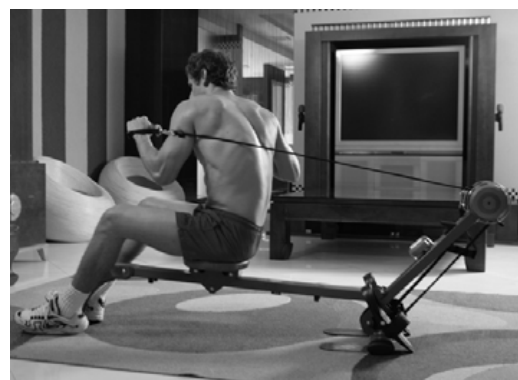
Facing the mainframe, sit on the seat rest and secure your feet properly in the footrests.

Grip one of the pulley handles and bring it up to your shoulder area. Now, start twisting your upper body from the waist, first to the left then to the right. Breathe rhythmically as you do so.

Be careful not to twist beyond your limit to avoid injury.

Do several repetitions and do the exercise again with your other hand.

This will work your whole upper body and take inches off your waistline.



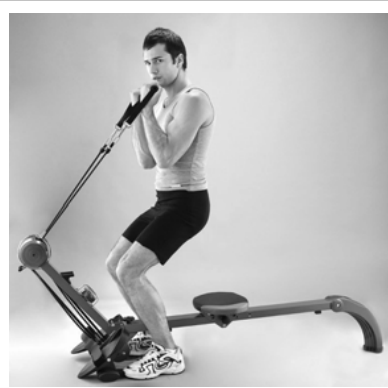
## Exercise 9 Leg n thigh burner row



For this exercise stand straight facing the mainframe; your legs should be on either side of the roller tube and placed firmly on the front stabilizer foot plates.

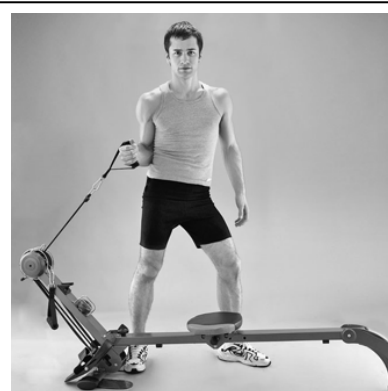
Now, take the handles, one in each hand, and bring them up around your chin or upper chest area. Keep your elbows in. Take a couple of breaths to ready yourself. Now, as you inhale, bend your knees into a half squat. Hold a moment, then exhale as you stand up straight again.

Do several sets and two reps.

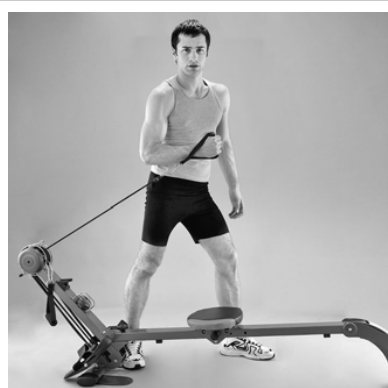


This exercise will tone up your thighs and buns, as well as other muscles in your legs and lower back.

## Exercise 10 Front deltoid pull



Stand adjacent to the mainframe, like you did in the power pull exercise. To work the right arm, your stance will be like this – left knee slightly bent and placed firmly on the front stabilizer footplate. Now, take the handset with your right hand and hold it in this position; your elbow is bent and close to your side. Keeping your arm bent, inhale as you rotate your arm pulling the cord across your chest. Hold a moment, then exhale and return to first position. Repeat several times and do two sets, before working your left arm. This works your entire arm, waist and upper body.



# Exercise Session

## Exercise 11 Leg n thigh burner row



Stand on one side of the Gym N Rower and grip the handle with your right hand. Your right foot should be on the footplate. Now exhale and raise your arm bringing it to shoulder level.... Hold it a moment then return to first position as you exhale.

Do 7 to 10 reps and 2 sets before working the left arm.

This exercise is great for your shoulder muscles.



## Exercise 12 Front deltoid pull



For this variation on the Burner Row, you'll need to connect the handlebar to the resistance cords. Sit comfortably facing the mainframe and secure your feet on the footrests.

Take hold of the handlebar. Now breath in and as you do so extend your legs straight and pull the handlebar to your chest at the same time. Hold this position a moment; then exhale bending your legs and extending your arms to return to first position.

This rowing action is great for the whole body



For an effective workout, we recommend you do 2 sets of 7 to 10 repetitions.

## Exercise 13 Leg n thigh burner row



For this exercise you will again use the handlebar. Now, sitting in the same position as the last exercise, place the handlebar across the inner elbows like this. Your feet should be placed securely in the footrests and your knees bent at about 90 degrees. Staying in this posture, inhale and arch your back, pulling the cords as you do so, to about a 45- degree angle. Hold a moment before exhaling and returning to first position. Do several repetitions and two sets. This is a great exercise to increase strength and muscle tone in your back. Remember not to strain your waist by leaning too far back. Always go easy at first; you can increase the intensity of the movement after more practice.

## Exercise 14 Front deltoid pull



For the standing bicep curls, face the mainframe and straddle the roller bar. Grasp the handsets firmly, one in each hand. Keep your body upright and your elbows close to your sides. Now, inhale and flex your arms pulling the straps up to your chest. Hold this position a moment, then exhale as you easily extend your arms returning to first position. That's a full bicep curl. You may also alternate each arm in this exercise (i.e., one arm extends as the other flexes).

Do 7 to 10 repetitions and 2 sets.

Remember to focus on your breathing and on the muscle parts you are working during all exercises to get the most out of them.

# Care and Maintenance

1. Examine the equipment periodically in order to detect any damage or wear.

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

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

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

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

**Do not** use solvents.

5. **Do not** attempt to repair this equipment yourself. Should you have any difficulty with assembly, operation or use of your exercise product or if you think that you may have parts missing, contact the manufacturer, their approved service agent or the **Customer Helpline: 0345 600 1714.**  
<http://www.argos-support.co.uk/>

6. Special attention to components most susceptible to wear

**Guarantee:**

For guarantee purposes, please retain your purchase receipt.

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

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

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



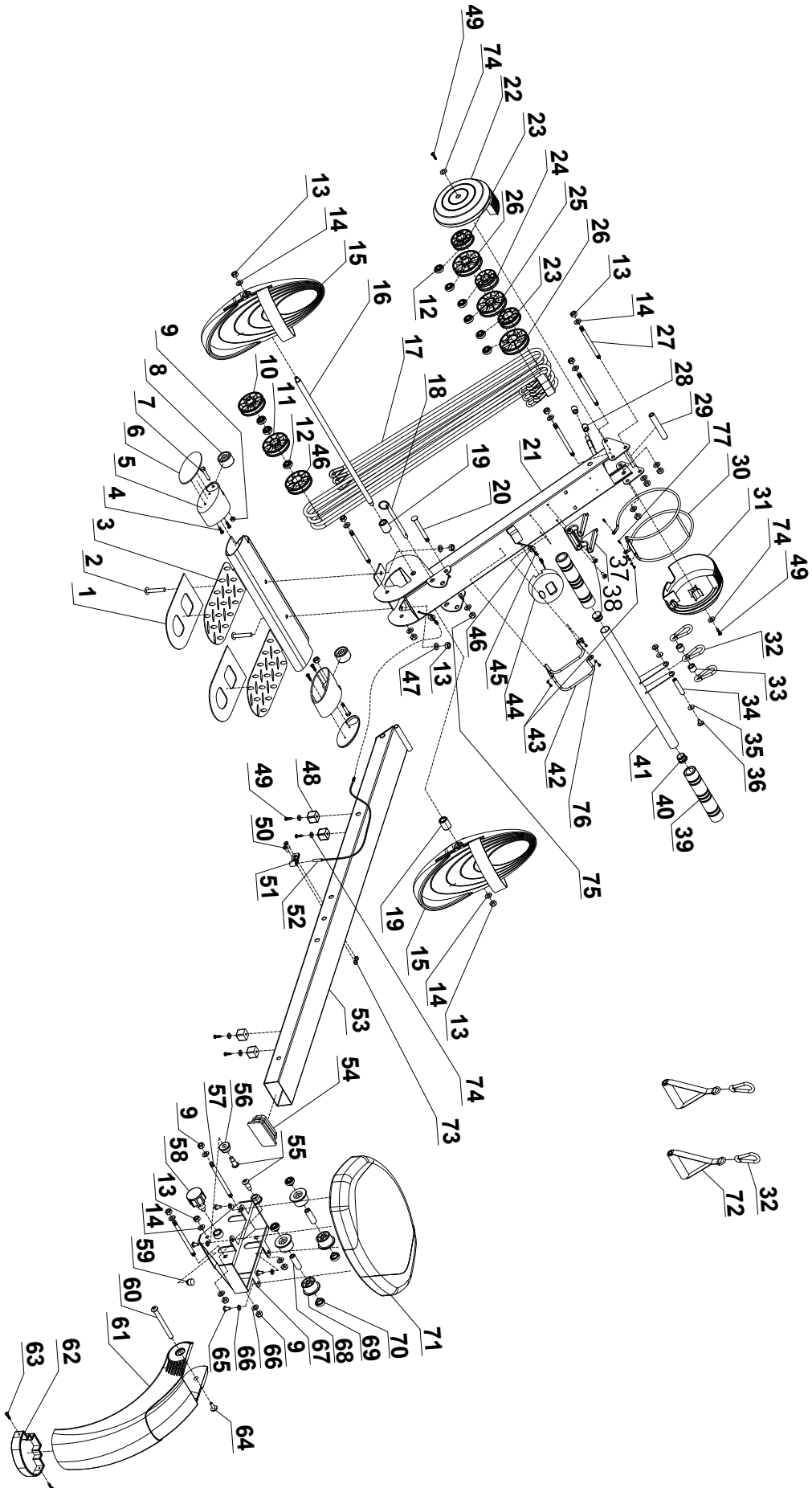
**Products**



**Battery**



# Exploded Diagram



# Parts List

Part	Description	Qty	Part	Description	Qty
1	Rubber pad	2	40	End cap	2
2	Bolt (m8*48)	2	41	Handlebar	1
3	Front stabilizer	1	42	Computer protector	1
4	Screw (st4.2*10)	4	43	Screw (st2.9*8)	5
5	End cap	2	44	Computer	1
6	End cap cover	2	45	Upper computer wire	1
7	Bolt (m6*40)	2	46	Wire bracket	1
8	Transport wheel	2	47	Curved washer (φ8)	2
9	Lock nut (m6)	6	48	Stopper	4
10	Pulley (φ63*29.25)	2	49	Screw (st4.2*13)	6
11	Pulley (φ63*20.5)	1	50	Screw (m5*12)	2
12	Bearing	9	51	Sensor	1
13	Lock nut (m8)	14	52	Lower computer wire	1
14	Washer (φ8)	13	53	Roller tube	1
15	Pedal	2	54	End cap	1
16	Axle for pedal	1	55	Bolt (φ10*14.5*m8)	2
17	Weave belt	3	56	Bushing	2
18	Pin	1	57	Bolt (φ8*110)	2
19	Bushing	2	58	Adjustment knob	1
20	Bolt (m8*95)	1	59	Magnet	1
21	Main frame	1	60	Bolt (φ9.5*94.5*m6)	1
22	Chain cover (l)	1	61	Rear stabilizer	1
23	Pulley (φ53*29.25)	2	62	Slip resistance mat	1
24	Pulley (φ53*20.5)	1	63	Screw (st2.9*16)	2
25	Pulley (φ73*20.5)	1	64	Screw (m6*10)	1
26	Pulley (φ73*29.25)	2	65	Screw (m6*15)	4
27	Axle	4	66	Flat washer(φ6)	8
28	Bushing	2	67	Seat bracket	1
29	Bushing	1	68	Bushing	2
30	Chain cover framework	1	69	Sear wheel	4
31	Chain cover (r)	1	70	Bearing	4
32	Hook	5	71	Seat	1
33	Bushing	2	72	Pull sets	1
34	Axle	1	73	Lock nut	2
35	Washer	2	74	Flat washer(φ5)	6
36	Screw (m5*10)	2	75	lock nut	1
37	Handlebar bracket	1	76	Flat washer (φ3)	5
38	Screw (m5*15)	2	77	Screw (st3.5*8)	2
39	Foam grip	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 within the guarantee period call the **Customer Helpline: 0345 600 1714.**  
<http://www.argos-support.co.uk/>

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