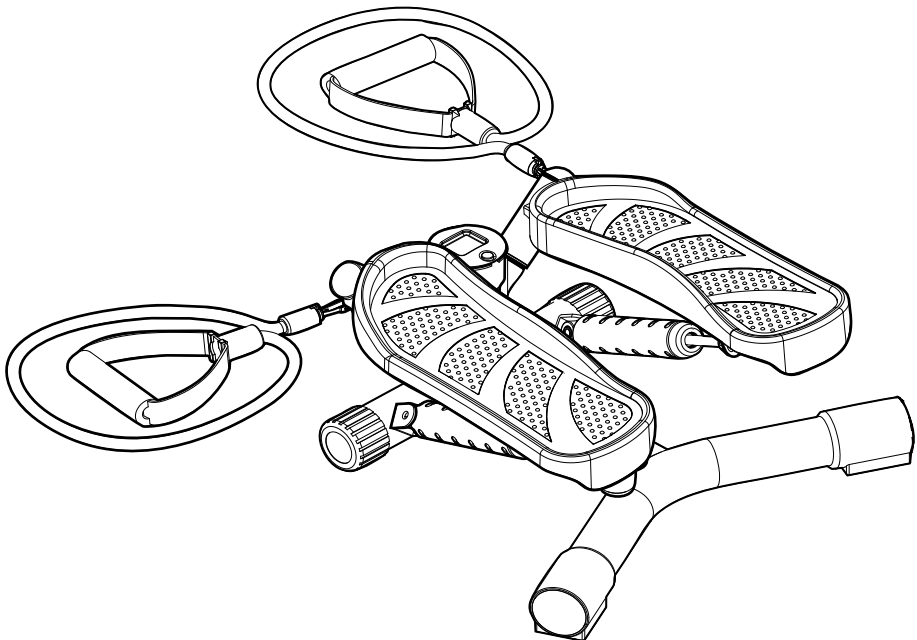


Lateral Twist Stepper with Bungee Resistance Cords

Assembly & User Instructions - Please keep for future reference

910/2844

PRO FITNESS



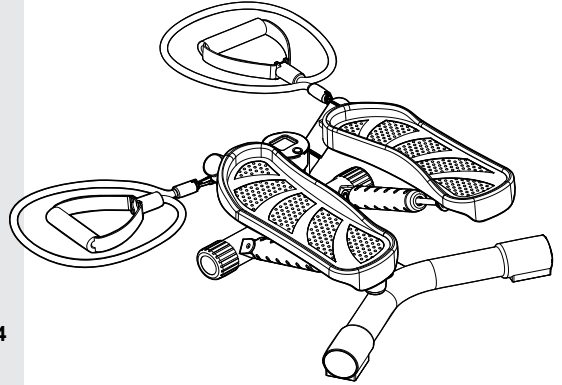
Important

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: 0845 6000 464**

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Safety Information

PRO FITNESS

– Please read fully before assembly or using

To reduce the risk of serious injury, read the entire manual before you assemble or operate the Lateral Twist Stepper with Bungee Resistance Cords. In particular, note the following safety precautions:

Assembly

- Check you have all the components and tools listed, 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.
- Position the equipment on a clear, level surface.
- Dispose of all packaging carefully and responsibly.
- Only one person at a time should use the equipment.
- Keep hands away from all moving parts.
- Always wear appropriate workout clothing when exercising. wear loose or baggy clothing, since it may get caught in the equipment. Wear athletic shoes to protect your feet while exercising.
- Place any sharp objects around the equipment.
- Disabled persons should not use the equipment without a qualified person or doctor in attendance.
- This product is suitable for user's weight of: 130kg
- This product conforms to: (BS EN957) - PARTS 1 and 8 class (H) - Home Use - Class (C).
- This exercise product has been designed and manufactured to comply with the latest (BS EN 957) British and European Safety Standards.

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.**

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.



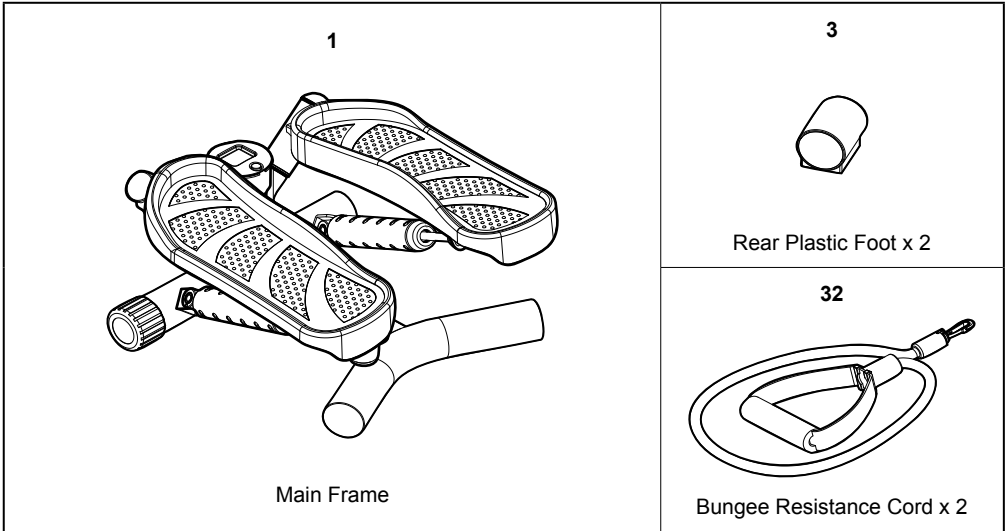
Warning: Before beginning any exercise program, consult your Doctor. This is especially important for persons over the age of 35 or persons with pre-existing health problems. You **MUST** read all instructions before using any fitness equipment. Argos and its associates assumes no responsibility for 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: 0845 6000 464**

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.



Ruler - Use this ruler to help correctly identify the screws.



Note: Cut out this page to help fixing identification during assembly.



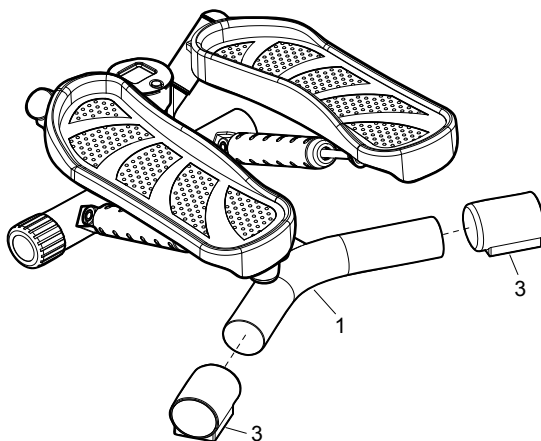
Assembly Instructions

PRO FITNESS

**UNPACK THE CARTON AND
PLACE ALL PARTS ON THE
FLOOR CAREFULLY
REMOVE ALL PACKING
MATERIAL AND CHECK EACH
PART AS THE MANUAL FIRST.**

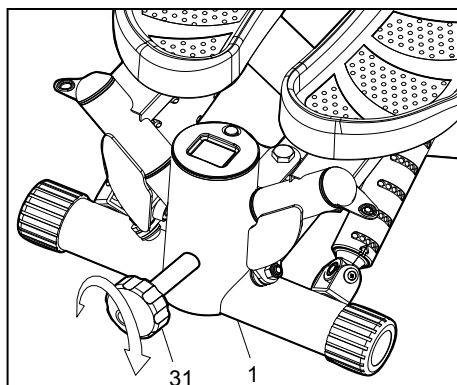
Step 1

Slide two Rear plastic feet (3)
onto Rear stabiliser of Main
frame (1).

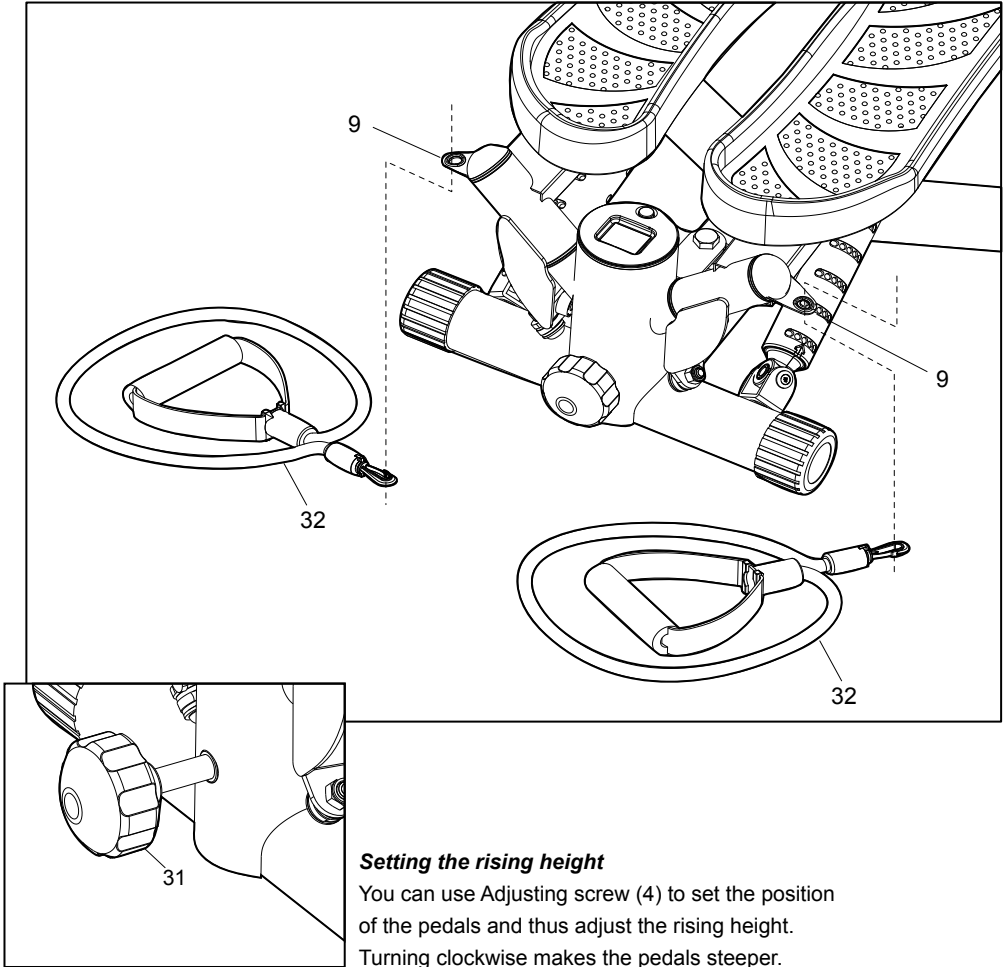


Step 2

Screw Adjusting screw (31) into
the thread on Front frame of
Main frame (1).



Assembly Instructions



Setting the rising height

You can use Adjusting screw (4) to set the position of the pedals and thus adjust the rising height. Turning clockwise makes the pedals steeper.

Step 3

Hook both Bungee resistance cords (32) into the eyelets that are located in front of the pedal treads.

Before every training session in which you want to use the elastic ropes, please make sure the connections on the rope hooks are always closed.

Attention:

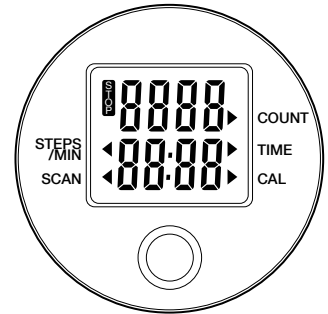
If the elastic ropes are not being used whilst training with the stepper, they must be unhooked and removed from the device. This is to avoid a risk of tripping

Computer Operation

PRO FITNESS

Function Button

SCAN / TIME / COUNT / CAL /
STEPS/MIN



Starting

- Press the button until an indicator appears alongside the function which you want to use.
- NB: press the button for three seconds to reset the counter to zero before each workout.
- To activate the system, press the display button or start the exercises.
- The system will automatically go to standby mode after four minutes if no movement is detected.

Functions

STRIDE MIN: Number of steps per minute. Counts the number of steps which you make per minute.

SCAN: automatically displays the TIME, CAL, and STRIDE MIN functions.

COUNT: total number of steps. Displays a cumulative total of the number of steps taken since

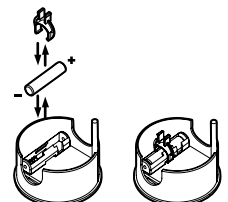
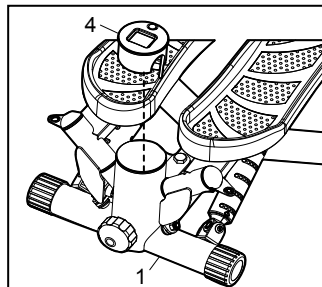
your first training session.

TIME: Displays the time lapsed until 99:59mn.

CAL: Calculates the estimated calorie loss, set values for average effort and a person of average body size and strength.

How to replace the battery

1. Remove the computer from the counter by disconnecting it from its slot.
2. Install or replace a 1.5V R03P AAA battery, following the polarity instructions in the diagram below.
3. Replace the counter.
4. If the display still does not appear, or is displayed partially, remove the battery, wait 15 seconds and reinsert it.
5. The display values are automatically reset to zero if you remove the battery.
6. If you do not use the counter for a long time, remove the battery to avoid rust forming on the contacts, which will prevent the machine from operating correctly.
7. In order to protect the environment, take the used batteries and deposit them in a specially designed collection point.



Exercising Information

Before starting to exercise

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

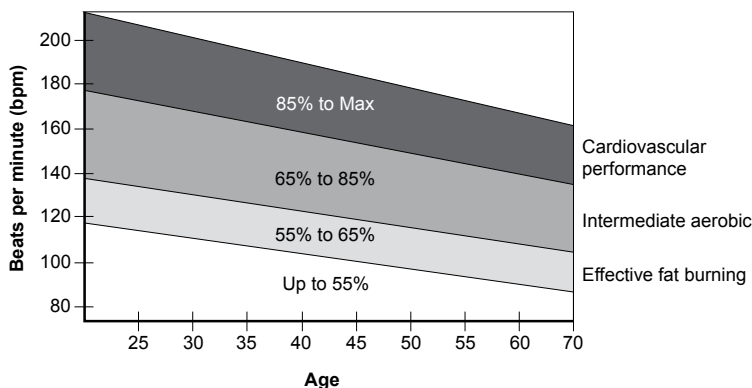
Initially, you may be able to exercise only for a few minutes in your target zone, however, your aerobic fitness will improve over the next six to eight weeks. Don't be discouraged if it takes longer. It's important to work at your own pace. Ultimately, you'll be able to exercise continuously for 30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

Please remember these essentials:

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

Exercise intensity

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



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

To measure your heart rate, stop exercising but continue moving your legs or walking around and place two fingers on your wrist. Take a six-second heartbeat count and multiply the results by 10 to find your heart rate. For example, if your six-second heartbeat count is 14, your heart rate is 140 beats per minute. (A six-second count is used because your heart rate will drop rapidly when you stop exercising.) Adjust the intensity of your exercise until your heart rate is at the proper level.



Muscle chart

Aerobic Exercise

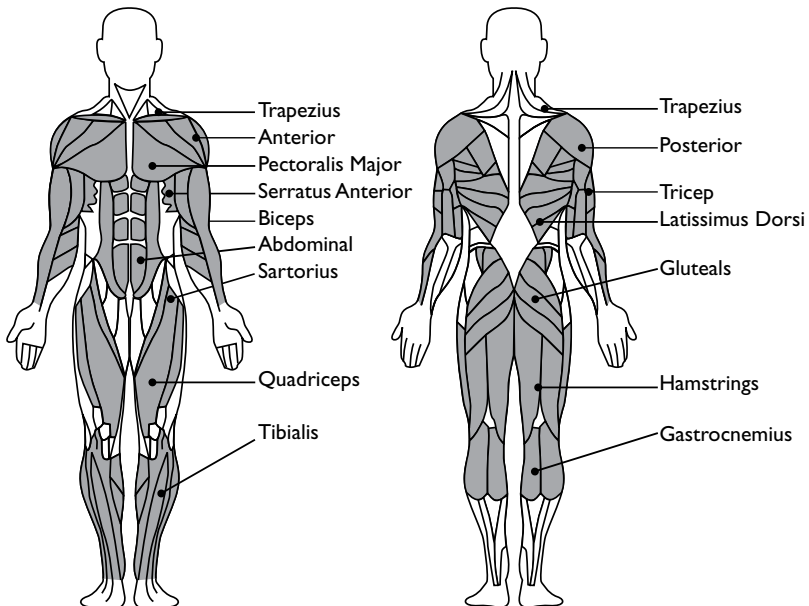
Aerobic exercise improves the fitness of your lungs and heart - your body's most important muscle. Aerobic exercise fitness is promoted by any activity that uses your large muscles (arms, legs, or buttock, for example). Your heart beats quickly and you breathe deeply. An aerobic exercise should be part 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 lesser amount of reps. As always, consult your doctor before beginning any exercise program.

Targeted Muscle Groups

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



Exercising Information

Warming up and Cooling down exercises

Each workout should include the following three parts:

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

Exercise Frequency

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

Suggested Stretches

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

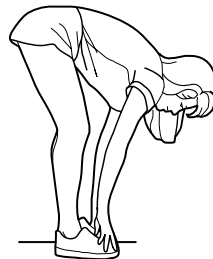
Toe touch stretch

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

Hold for 15 counts, then relax.

Repeat 3 times.

: Hamstrings, back of knees and back.



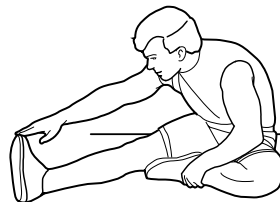
Hamstring stretch

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.



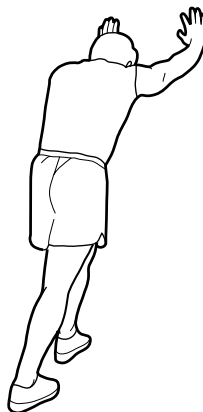
Calf/achilles stretch

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, gentle pull your heel towards your buttock until you feel a gentle stretch in the target area.

Hold for 15 counts, then relax.

Repeat 3 times for each leg.

Stretches: Quadriceps and hip muscles.



Inner thigh stretch

Sit with the soles of your feet together and your knees outward. Pull your feet toward your groin area as far as possible.

Hold for 15 counts, then relax.

Repeat 3 times.

Stretches: Quadriceps and hip muscles.



Care and Maintenance

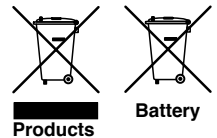
Using the Equipment

- | | | |
|--|--|--|
| <p>1. Examine the equipment periodically in order to detect any damage or wear which may have been produced.</p> <p>2. Lubricate moving parts with light oil periodically to prevent premature wear.</p> <p>3. Inspect and tighten all parts before using the equipment, replace any defective parts immediately, and do not use</p> | <p>the equipment again until it is in perfect working order.</p> <p>4. The equipment can be cleaned using a damp cloth and mild non-abrasive detergent. Do not use solvents.</p> <p>5. Do not attempt to repair this equipment yourself. Should you have any difficulty with</p> | <p>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: 0845 6000 464</p> <p>Guarantee:
For guarantee purposes, please retain your purchase receipt.</p> |
|--|--|--|

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.



Exercise Chart

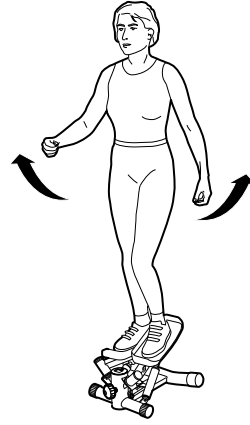
PRO FITNESS

Working out without bungee resistance cord

Exercises: for thighs, calves and buttocks

While using the stepper, move your arms naturally back and forth as if you were running or climbing stairs.

Slowly raise your arms.



Working out with bungee resistance cord

Exercise 1: for arms, shoulders, legs and buttocks

Slightly bend your left arm away from the body at about shoulder height and raise it upwards while pushing down the right pedal.

Lower your left arm and raise your right arm while pushing down the left pedal.

Repeat.



Working out with bungee resistance cord

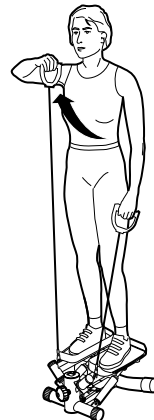
Exercise 2: for arms and particularly for the shoulders

Palms pointing downwards.

At the same time, lower the left handle.

Repeat.

We recommend three sets of exercises each with six to ten reps.



Exercise Chart

Working out with bungee resistance cord

Exercise 3: for arms, legs, buttocks and particularly the upper arms

Palms pointing upwards.

Press your elbows firmly against your body.

Lower the left pedal and use your left arm to pull the band upwards.

Lower the right pedal and your left arm while pulling your right arm upwards.



Working out with bungee resistance cord

Exercise 4: for back, shoulders, chest, legs and buttocks

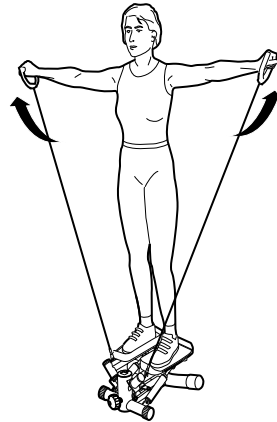
Start performing steps.

While performing the steps, raise your arms sideways till they reach shoulder height.

Put your arms back down.

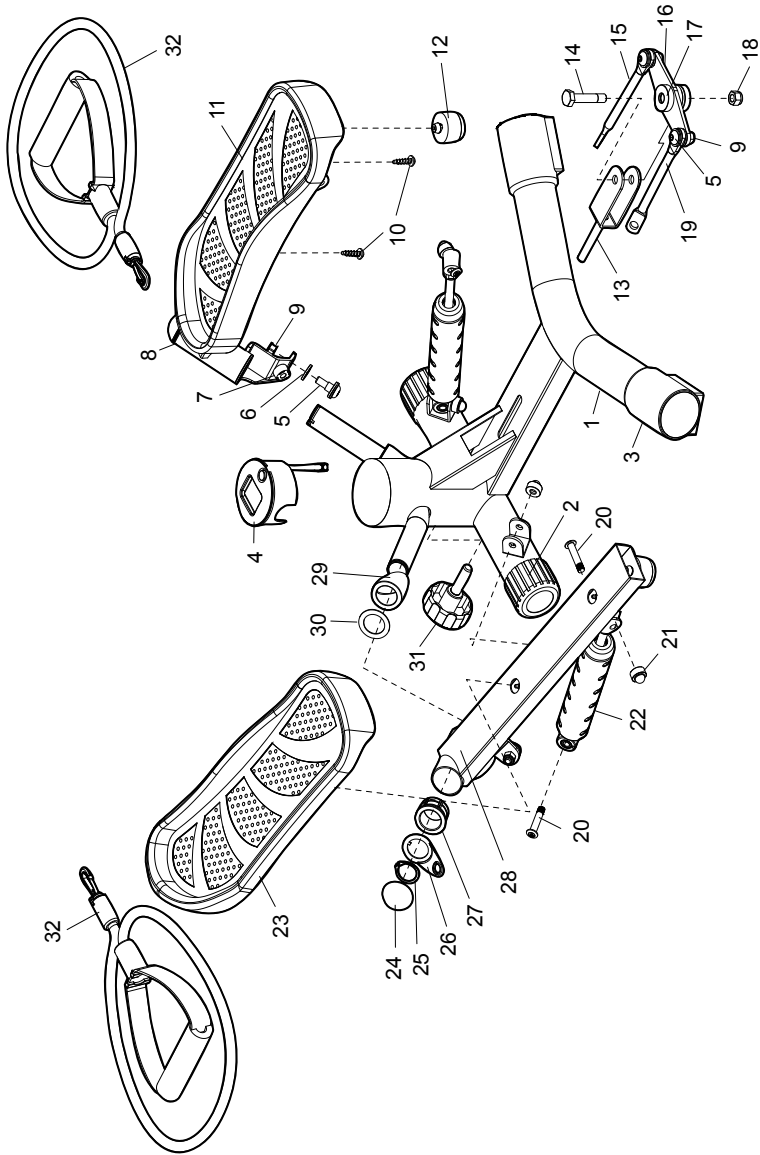
Repeat.

Variation: Perform the exercise with your palms pointing upwards.



Exploded Drawing

PRO FITNESS



Parts List

Part	Description	Qty	Part	Description	Qty
1	Base Frame	1	17	Washer	2
2	Front Plastic Foot	2	18	Nut	2
3	Rear Plastic Foot	2	19	Diagonal Connector (Left Side)	2
4	Computer	1	20	Bolt	2
5	Self-Tap Bolt	2	21	Nut	2
6	Bolt	4	22	Hydraulic Cylinder	2
7	Magnet Unit	1	23	Footrest (Left Side)	1
8	Right Crossbeam	1	24	Plastic Cap	2
9	Lock Nut	2	25	C-Ring	2
10	Self-Tapping Screw	4	26	Washer with Hooker	2
11	Footrest (Right Side)	1	27	Plastic Bush	2
12	Stopper	2	28	Left Crossbeam	1
13	Retaining Clevis	1	29	Plastic Bush	2
14	Bolt	2	30	Washer	2
15	Diagonal Connector (Right Side)	1	31	Adjusting Screw	1
16	Reversing Plate	1	32	Bungee Resistance Cord	2