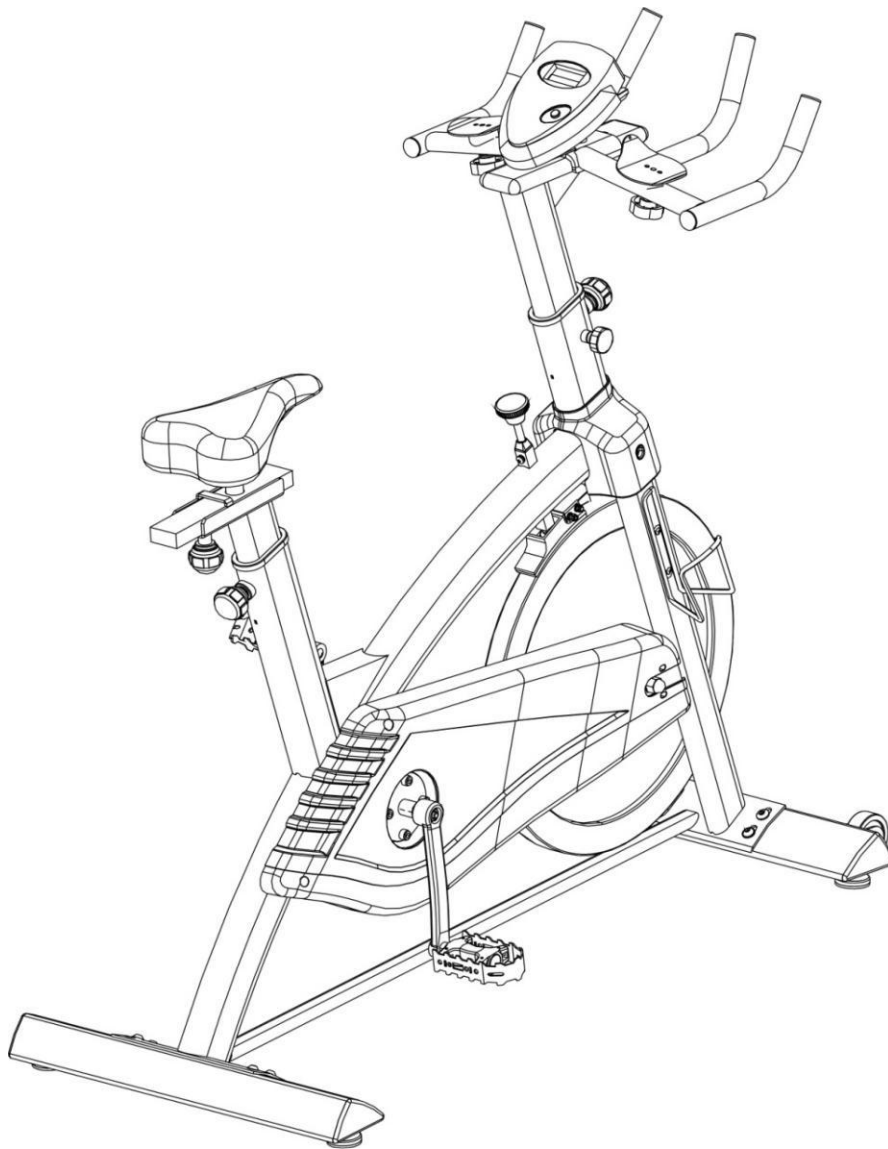




## OWNERS MANUAL V-V700 Spin Bike



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

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



# Safety Information

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

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

## Assembly

- 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 product must be installed on a stable and level surface.
- Dispose of all packaging carefully and responsibly.
- The assembly of this equipment is best carried out by 2 people.

## Using

- It is the responsibility of the owner to ensure that all users of this product are properly informed as to how to use this product safely.
- Keep unsupervised children away from the equipment.
- 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.
- Injuries to health may result from incorrect or excessive training.
- This product is not suitable for therapeutic purposes.
- This product is suitable for user's weight of: **125kgs.**
- This product conforms to: BS EN ISO 20957 Part 1 and BS EN 957 Part 10 class (H) - Home Use - Class (C).
- Keep in mind that you should lock the spinning bike by adjusting the brake knob to "+" after using it.
- Put your hand on the top of the knob, turn the tension control by "+" for more resistance, until that it's difficult to turn the flywheel when you want to lock the mechanism.
- Please be aware the risk caused by the absence of a freewheel system. Please press the brake knob to stop exercising or slow down the speed in case of causing any injury on feet from the compulsory strength from the inertia of the flywheel.

## 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

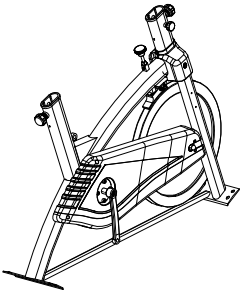


**Warning:** Before beginning any exercise program, consult your Doctor. This is especially important for persons over the age of 35 or persons with pre-existing health problems. You **MUST** read all instructions before using any fitness equipment. Argos and its associates assumes no responsibility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

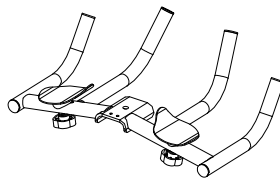
# Components - Parts

Please check you have all parts listing below

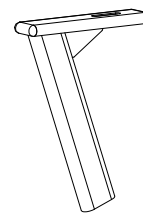
**Note:** Some of the smaller components may be pre-fitted to larger components. Please check carefully before contacting Argos regarding any missing components. Total mass of the product is 44kg. Total surface area of equipment is 115 × 51cm.



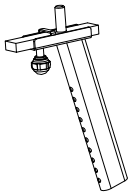
1. Main body × 1



2. Handle frame × 1



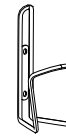
3. Handle support frame × 1



4&5. Saddle post assemble × 1



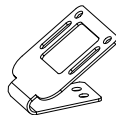
29. Computer × 1



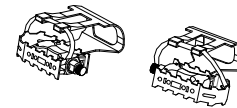
32. Water bottle rack × 1



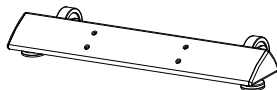
27. Saddle × 1



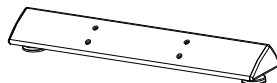
12. Computer holder bracket × 1



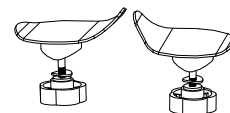
20. Pedal (Left/Right) × 1 set



9. Front stabilizer × 1



8. Rear stabilizer × 1



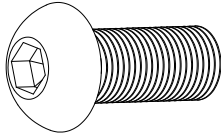
6&7. Elbow pad assembly (Left/Right) × 1 set

# Components - Fixings

Please check you have all parts listing below

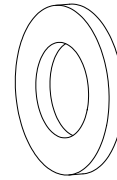
**Note:** Some of the fixings are pre-fitted to the larger components. Please check carefully before contacting Argos regarding any missing fixings.

74



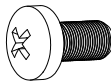
20mm Allen Bolt × 8

75



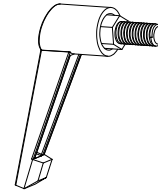
8mm Washer × 8

89



6mm Flat Head Philips Bolt × 2

28

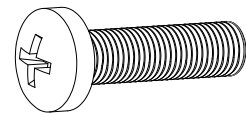


20mm L-Shaped Lock Knob × 1

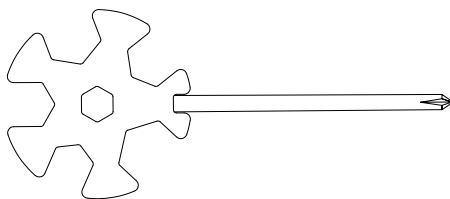


5# Allen Wrench × 1

71



15mm Flat Head Philips Bolt × 2

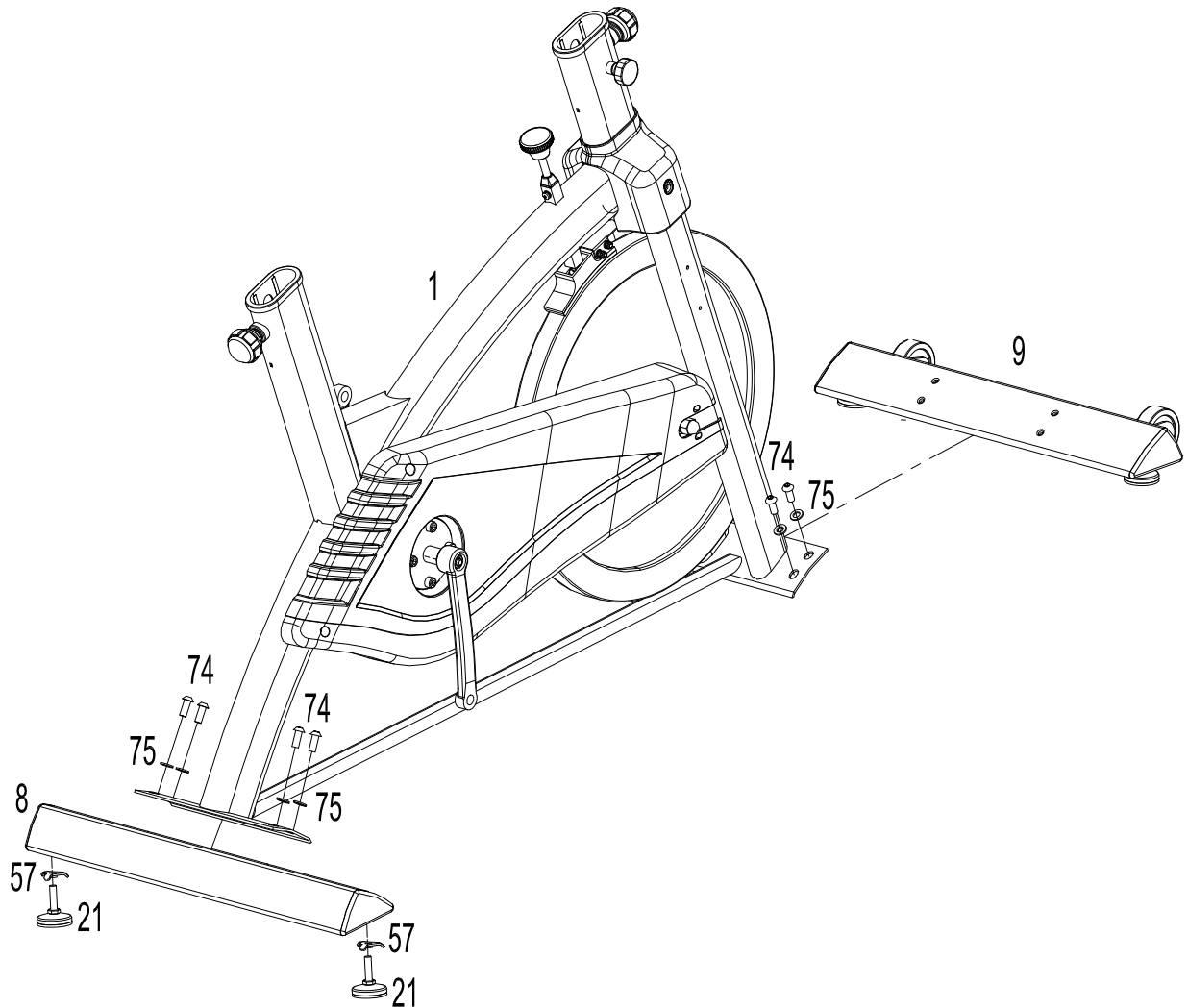


Multi Wrench × 1

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

0 5 10 15 20 25 30 35 40 45 50 55 60 65 70 75 80 85 90 95 100 105 110 115 120 125 130 135 140 145 150 155 160 165 170

# Assembly Instructions



## Step 1

a. Attach Front stabilizer (9) to Main Body (1) using 4x 20mm Allen bolts (74), 4 x 8mm washers (75).

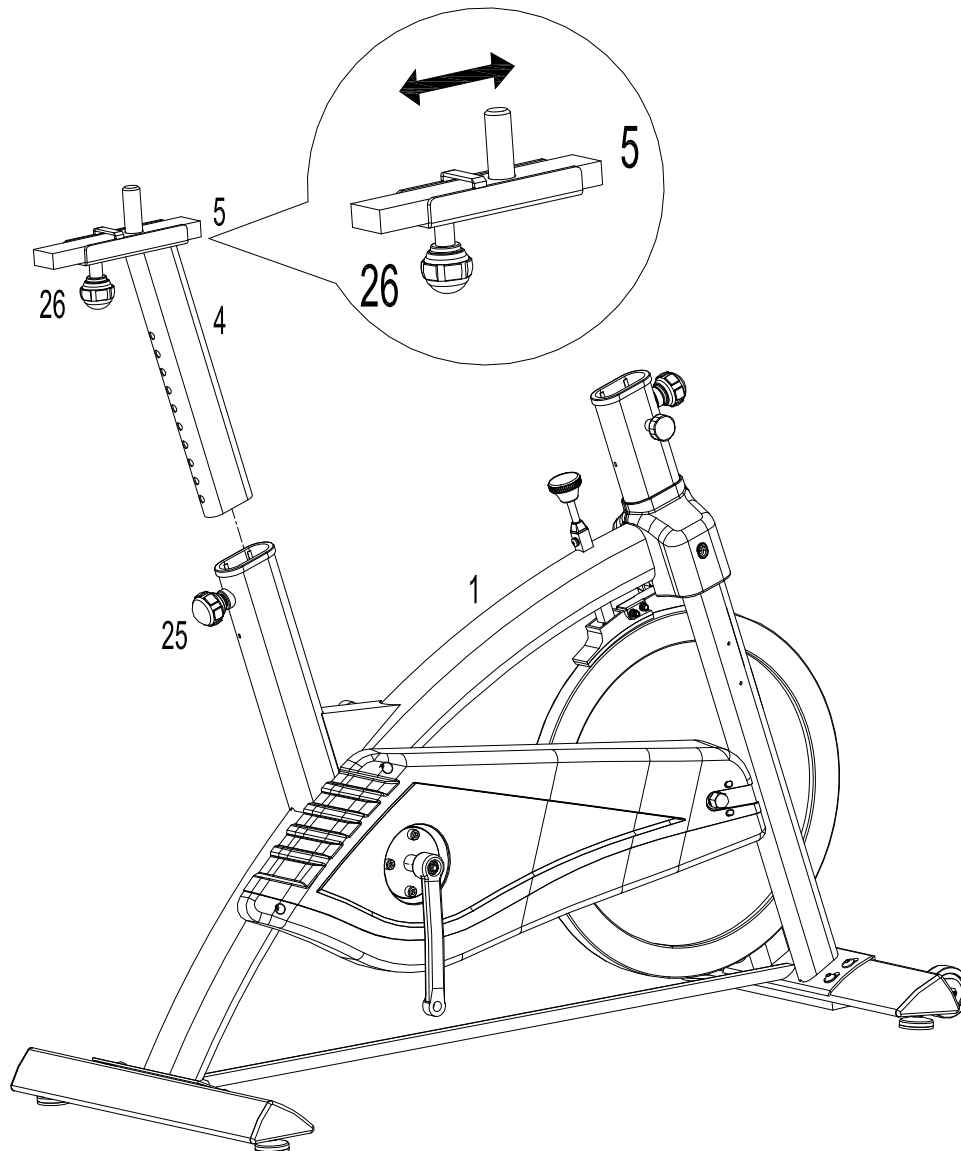
b. Repeat step a to install Rear stabilizer (8) to Main Body (1).

### c. Lever the machine

The user can tighten or loose 2 x Level Feet (21) to level the machine if needed. Tighten 2 x Level foot lock nuts (57) to make the machine stable before starting workout.

**Note:** Level Feet (21) and Level foot lock nuts (57) are pre-fitted.

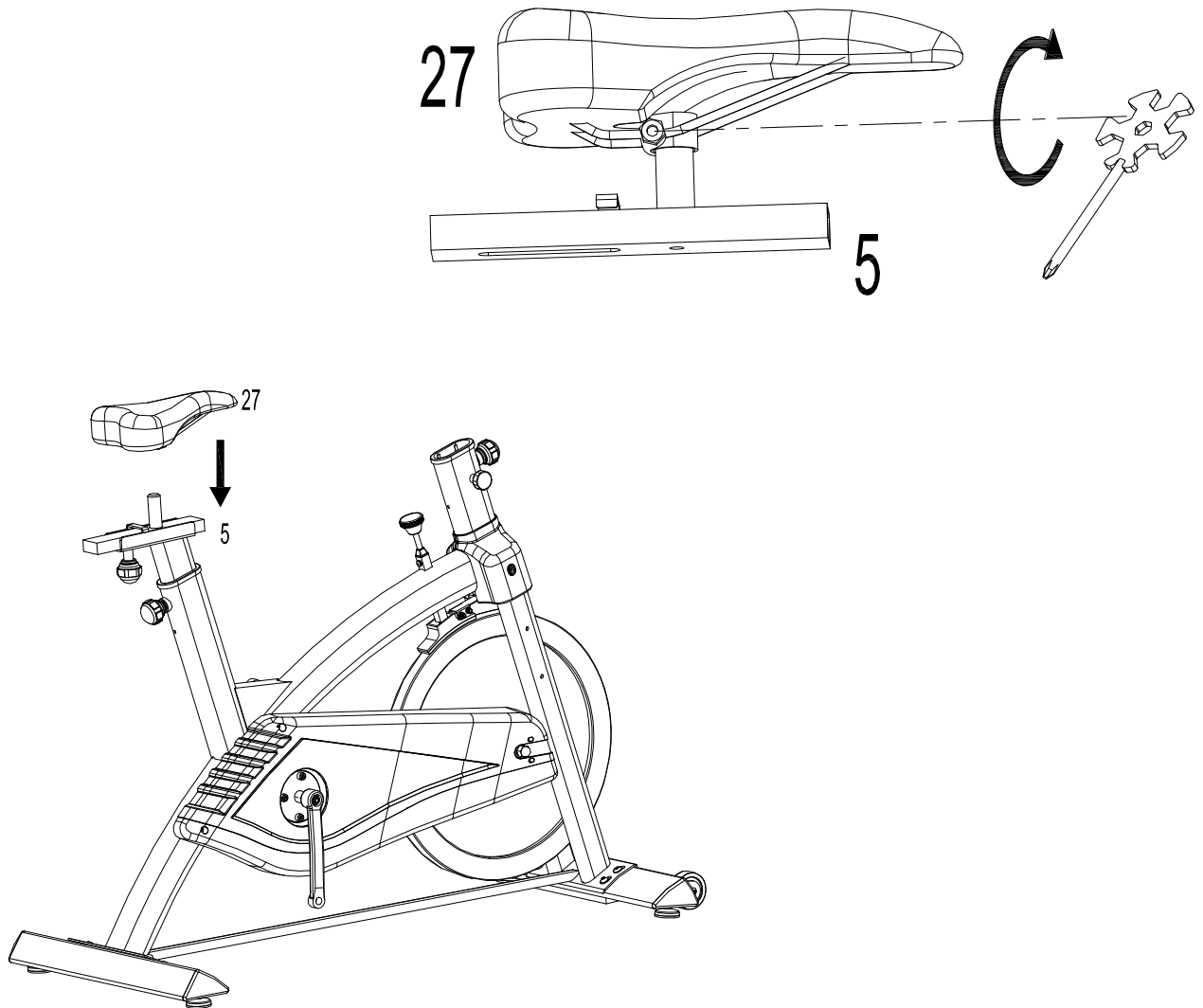
# Assembly Instructions



## Step 2

- Loosening Lock Knob (25) and pull out, insert Saddle Post Assembly (4&5) into the rear opening tube of the Main body (1).
- Adjust the Saddle Post Assembly (4&5) to your desired height, then tighten the Lock knob (25).
- Loosening Knob (26) to select your desired forward or backward position, then tighten the Lock knob (26).

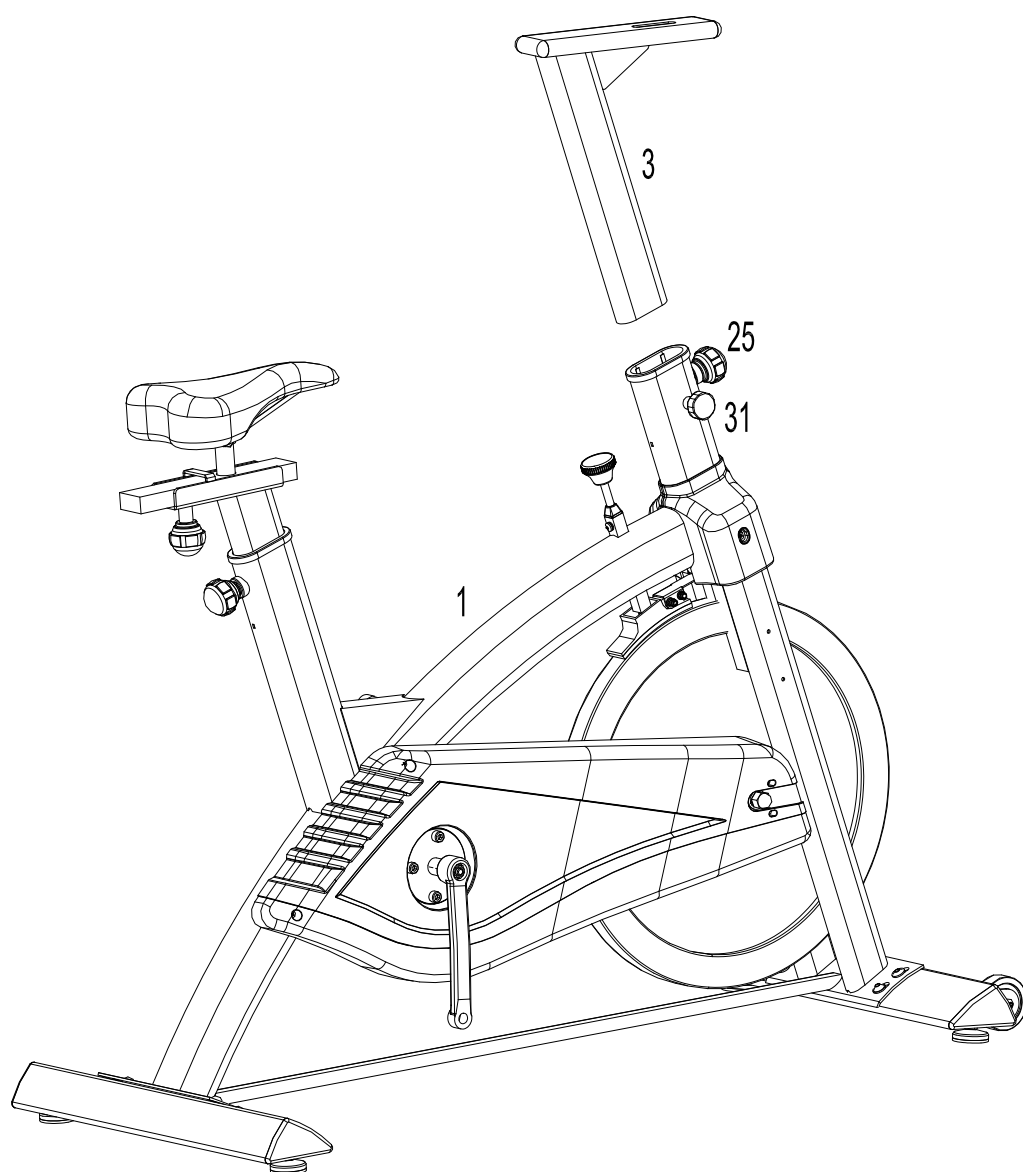
# Assembly Instructions



## Step 3

Place Saddle (27) onto the post of the Saddle Support (5), secure the Saddle (27) by tightening the saddle locking nuts (Pre-fitting on the Saddle).

# Assembly Instructions

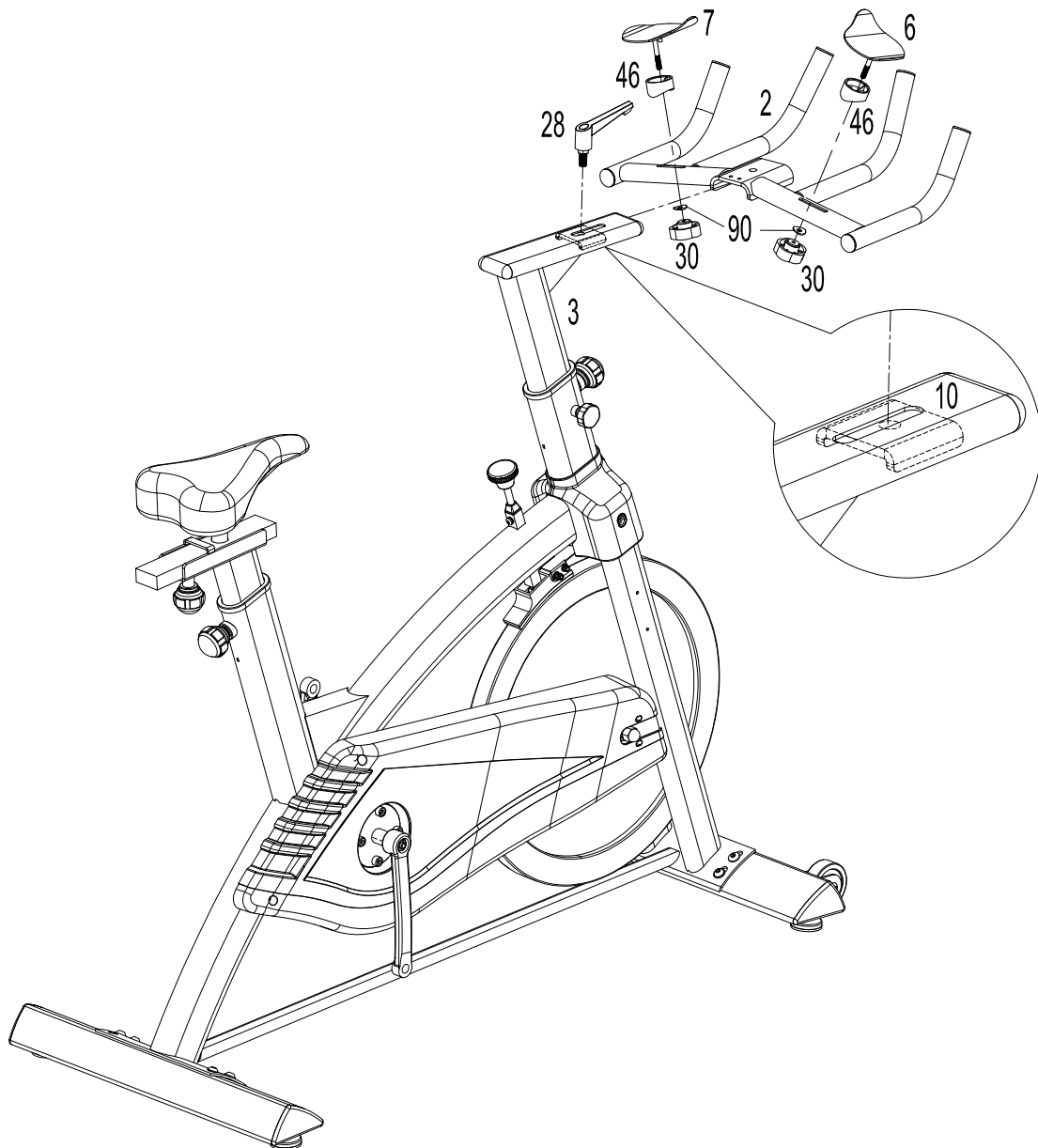


## Step 4

Loose the side Knob (31) and Lock Knob (25) and pull it out. Insert Handle Support Frame (3) into the front opening tube of the Main Body (1). Tighten Lock knob (25) and Knob (31).



# Assembly Instructions



## Step 5

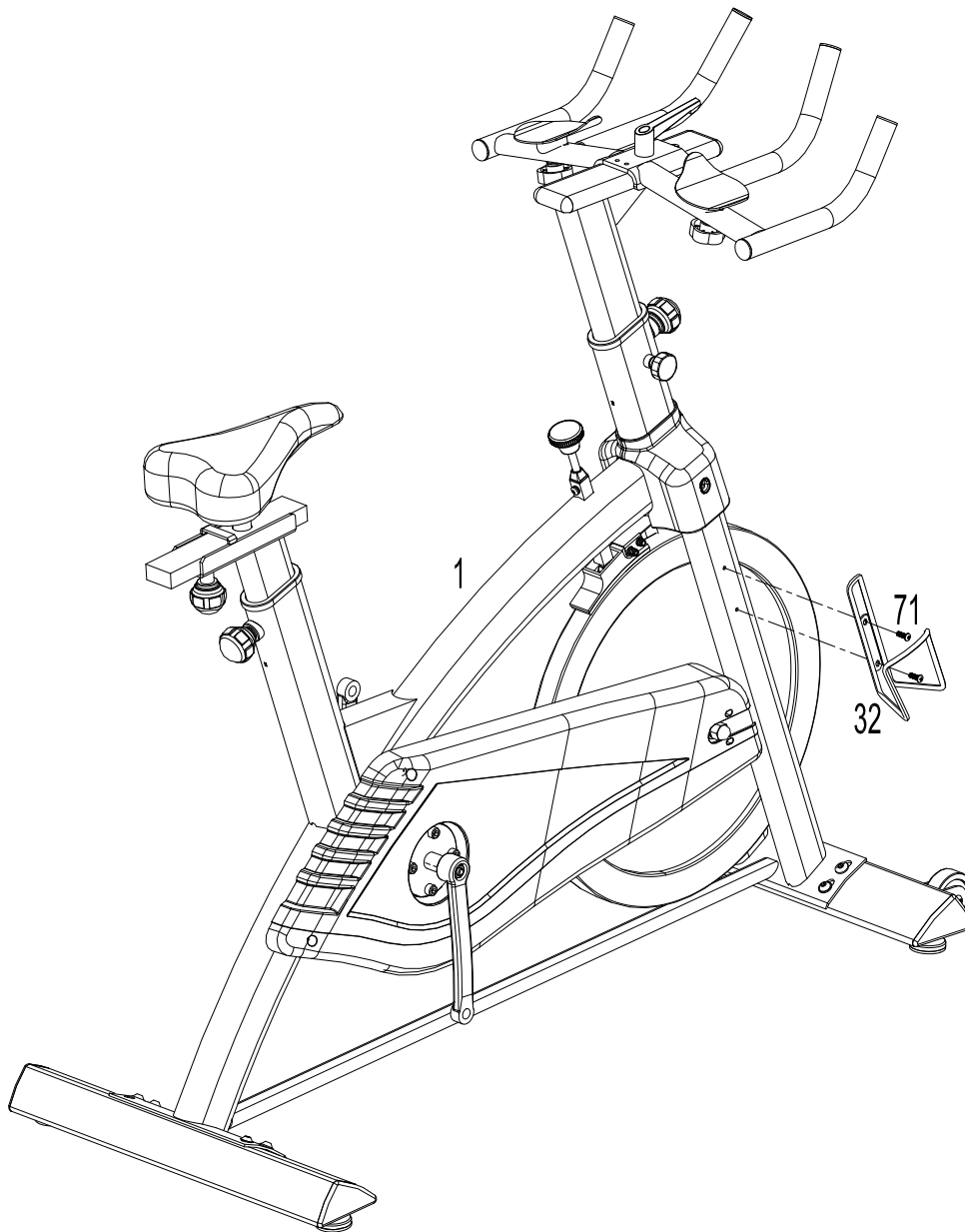
a. Attach the Left Elbow Pad (7), Right Elbow Pad (6) and Elbow Pad Rubber Bushing (46) onto the Handle Frame (2). Adjust to your desired position and fix using M6 Knob (6) and  $\phi 18 \times \phi 6.5 \times R29 \times 1.5$ mm Arc Washer.

b. Attach the Handle Frame (2) onto the Handle Support Frame (3). Adjust to your desired position and fix using 1 x 20mm L-Shaped Lock Knob (28) and 1 x U-Shaped handle locking bracket (10) (Which was pre-fitted inside of the Handle support frame (3)).

**To Tighten:** Turn 20mm L-Shaped Lock Knob (28) handle clockwise, then pull the handle upward and turn anticlockwise to the starting position, repeat above operation to tighten the lock knob.

**To Loosen:** Turn 20mm L-Shaped Lock Knob (28) handle anticlockwise, then pull the handle upward and turn clockwise to starting position. Repeat above operation to loose the lock knob.

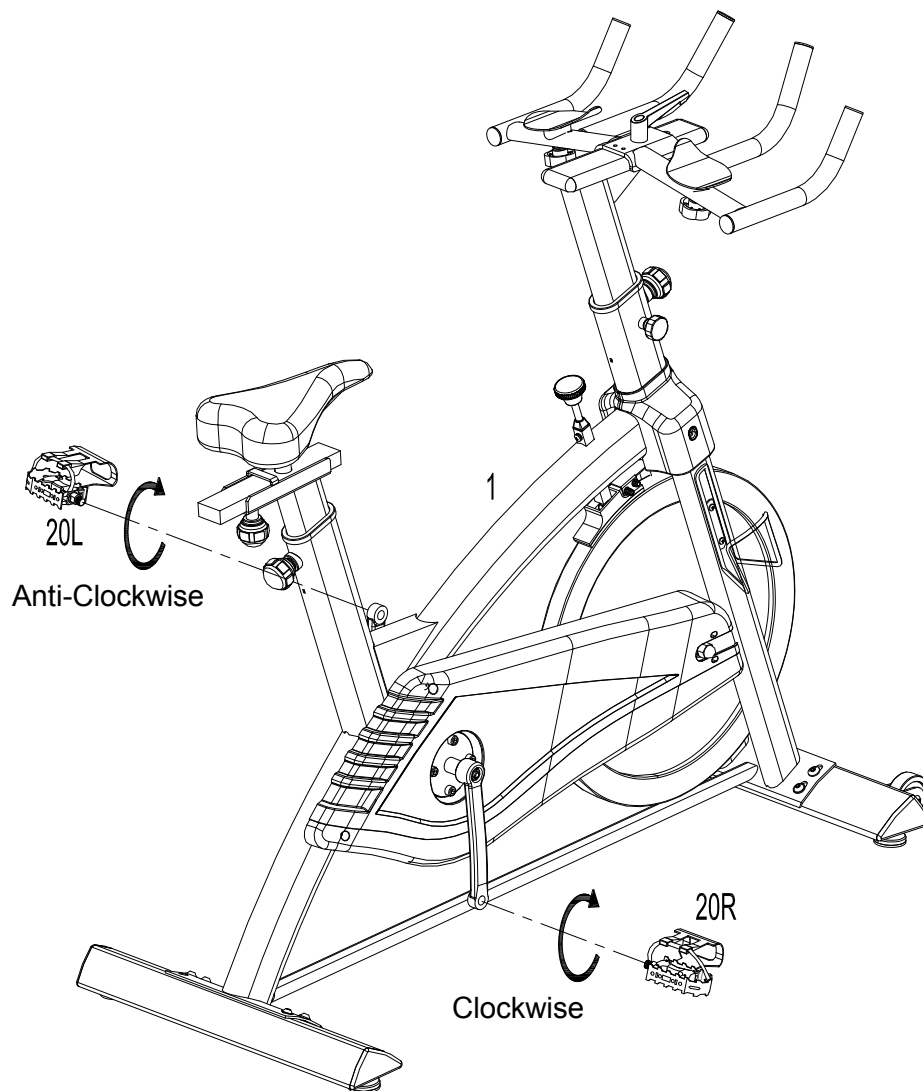
# Assembly Instructions



## Step 6

Attach Water Bottle Rack (32) to the Main Body (1), fix using 2 x 15mm Flat Head Philips Bolts (71).

# Assembly Instructions



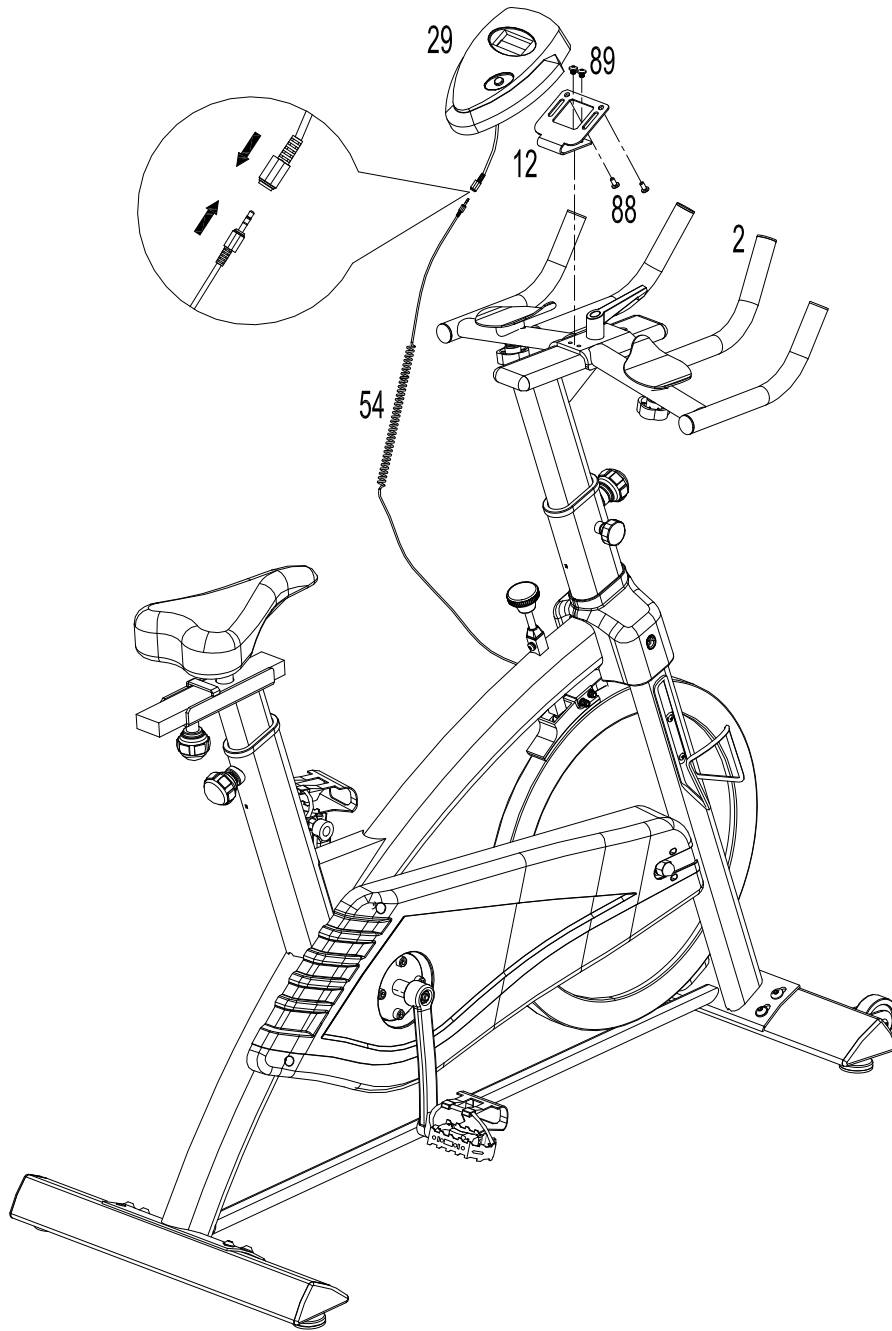
## Step 7

Connect Pedals (**20 Right & Left**) to Cranks as shown in above diagram.

**Note:** The left one is marked "L" and right one marked "R". Fasten the left pedal by turning in an anti-clockwise direction and fasten the right pedal by turning in a clockwise direction.

The pedals include a system which maintains the foot in a position preventing unintended movement. You must fix the pedals strap to the feet.

# Assembly Instructions

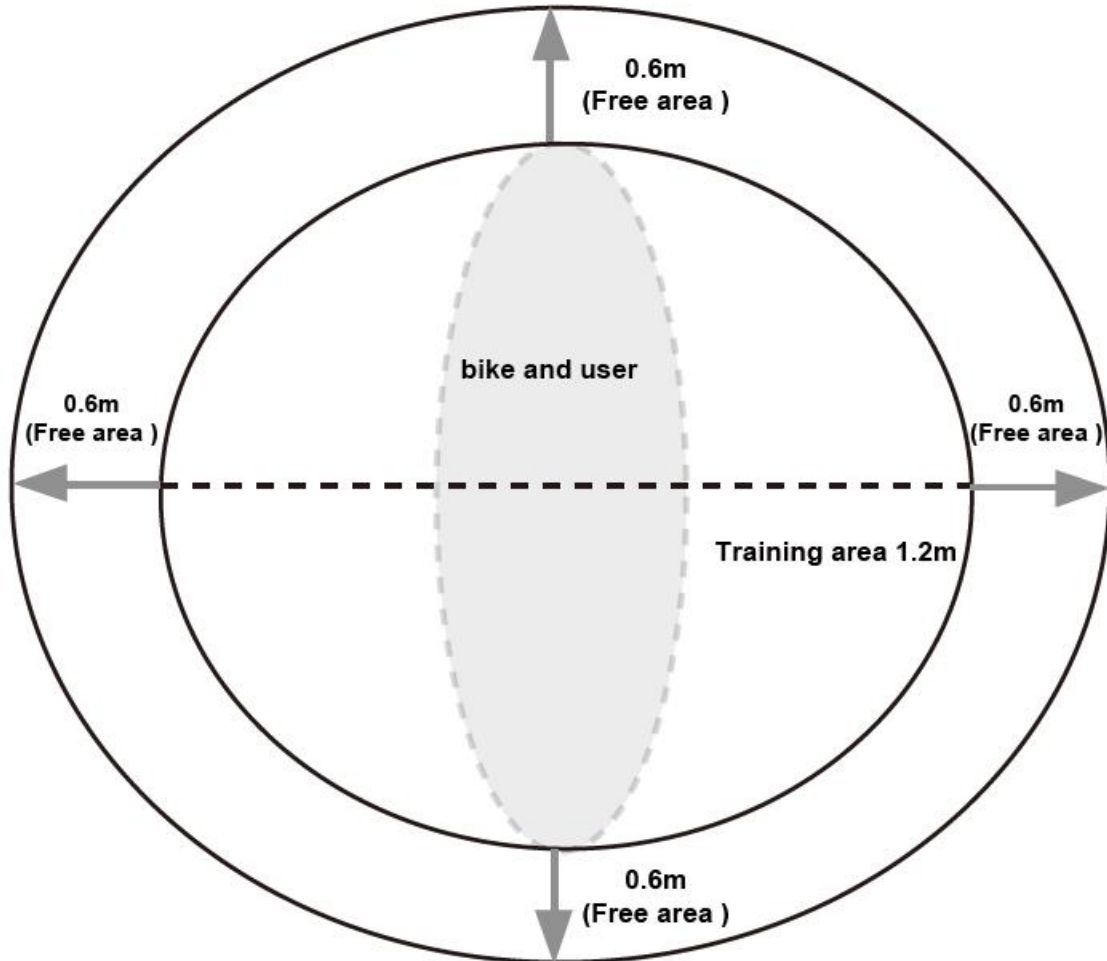


## Step 8

- a. Attach the Computer Holder Bracket (12) to the Handle Frame (2), fix using 2 x 6mm Flat Head Philips Bolts (89).
- b. Attach the Computer (29) to the Computer Holder Bracket (12), fix using 2 x 12mm Philips Bolts (88), (Please note these two bolts were pre-fitted to the bottom of the Computer (29)).
- c. Connect Sensor wire (54) from the Main Body (1) to the Sensor wire from Computer (29).

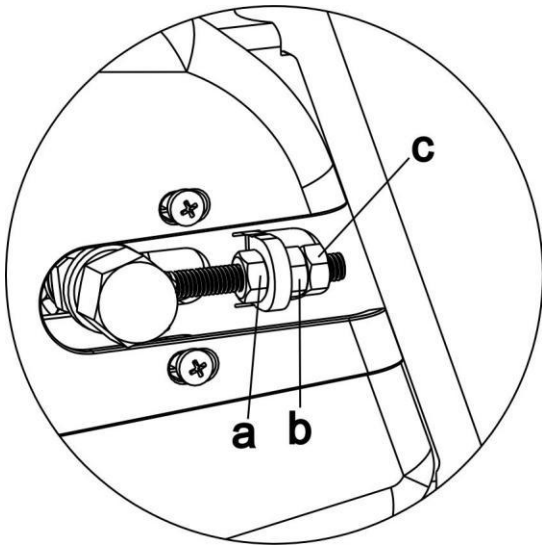
# Workout Area

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.

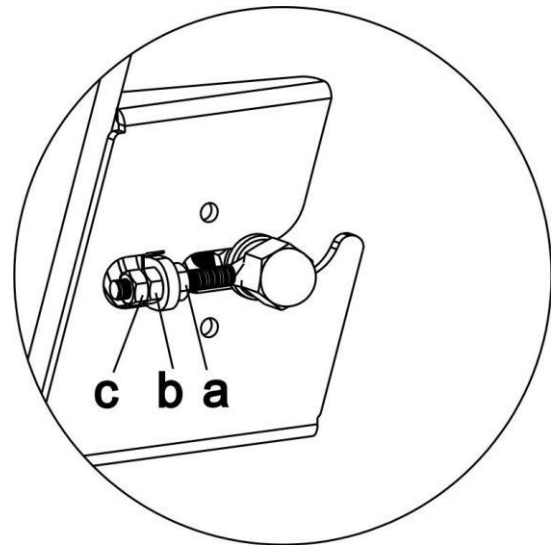


# Belt Tension Adjustment

Right Side



Left Side



The belt of the bike will get loose when you work out for long time. If you feel the belt is getting slip or hesitating during workout, please follow the below instructions to adjust the tension of the belt.

Step 1: Loose M6 Hex Nut (a) 2 or 3 turns by using adjustable wrench (user self-prepared).

Step 2: Tighten M6 Hex Nut (b) and M6 Aircraft Nut (c) 1/4 turn.

Step 3: Repeat step 1 and 2 to tighten the tension bolt on the other side.

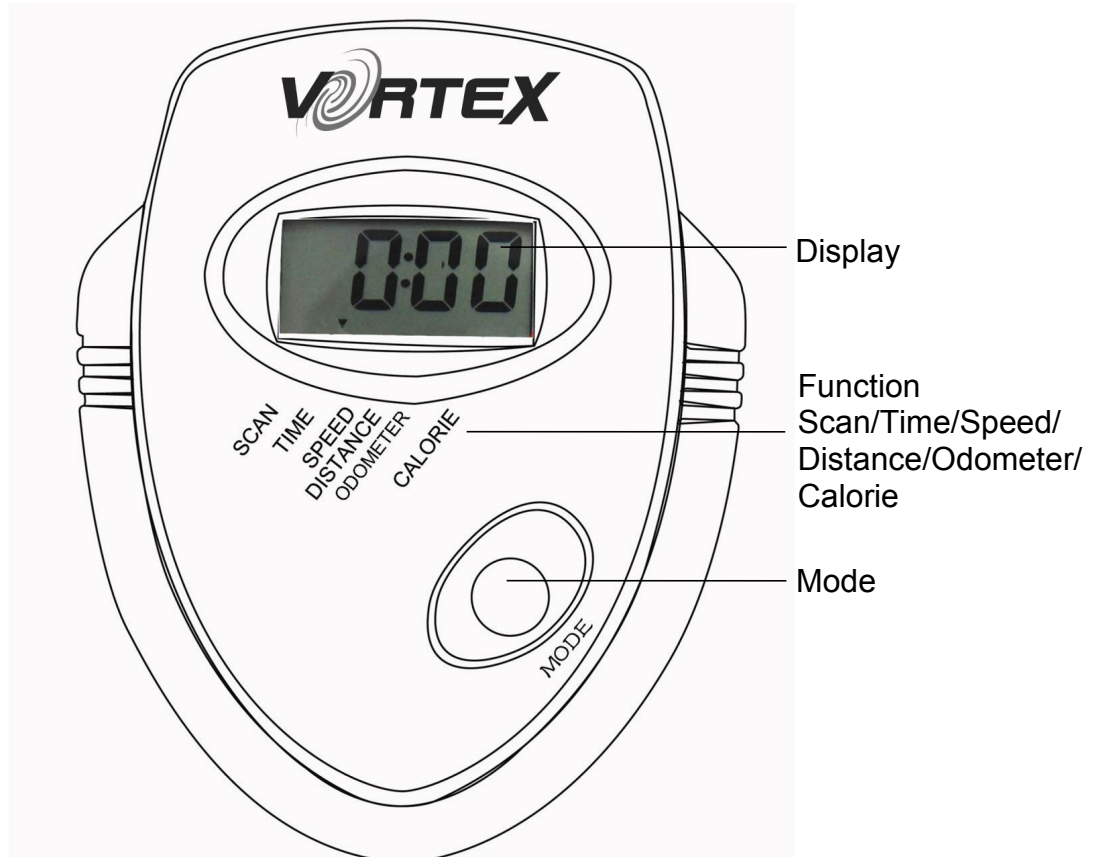
Step 4: Ride the bike and feel the tension of the belt, repeat step 1, 2 and 3 until the slipping is eliminated.

Step 5: Tighten M6 Hex Nut (a) on both sides.

**Warning:** Over tightening the belt may reduce the lifetime of the belt.

# Computer Operation

## Functions and operations



- **MODE:** This key lets you select and lock on to a particular function which you want. Press to Choose **SCAN** or **LOCK**, if you do not want the scan mode, press the **Mode** key until the pointer is next to the “flashing” function which you want.
- **AUTO ON /OFF:** The monitor will switch on automatically when the exercise machine is in motion. The monitor will turn off automatically when the speed has no signal input or no keys are pressed for approximately 4 minutes.
- **RESET:** The unit can be reset by either changing the battery or pressing the **MODE** key for 3 seconds.
- **SPEED:** Press Mode key until the pointer advances to SPEED. The Computer will display the current speed.
- **DISTANCE:** Press Mode key until the pointer advances to DIST. The Computer will display each trip distance you have traveled.
- **TIME:** Press Mode key until the pointer advances to TIME. The total working time will be shown when starting exercise.
- **CALORIES:** Press Mode key until the pointer advances to CAL. The Computer will display total calories burns when starting to exercise.
- **SCAN:** Press Mode key until the pointer advances to SCAN, the display will automatically rotate among Time, Speed, Distance, Calories, each display will be held for 4 seconds.
- **ODOMETER:** Press the **MODE** Key until the pointer advance to **ODOMETER**. The total accumulated distance will be shown.

# Computer Operation

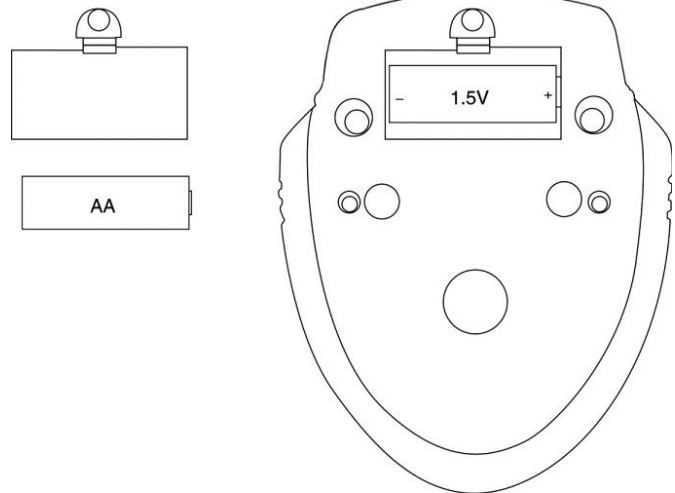
## Specification

<b>Function</b>	Auto Scan	Every 4 Seconds
	Speed	0.0 – 99.9 Km/h
	Distance	0.0 – 999.9 Km
	Time	00:00 – 99:59 (Minute: Second )
	Odometer	0.0-999.9 Km
	Calories	0.0 – 999.9 Kcal
Battery type	1 x SIZE – AA	
Operation Temperature	0°C - +40°C	

## Replacement of the battery

1. Remove the battery cover on the back of the computer.
2. Replace 1.5V (AA) battery.
3. Make sure the battery is installed correctly and the polarities are correct.
4. If the display is not clear or only partial segments appeared, remove the battery and wait for 15 seconds before re-installing it.
5. The battery life is approx. 10 months under normal usage.
6. When the battery is removed, all the functional values will reset to zero.

Battery Cover





# Exercising Information

## Before starting

How you begin your exercise will vary from person to person. If you have not exercised for a long period of time, or are severely overweight, you **MUST** start slowly and increase your time gradually, by perhaps only few minutes for each session per week.

Combine a carefully structured nutritious diet with a simple but effective exercise routine and this can help make you feel better, look better and will almost certainly enable you to enjoy life more.

### **Aerobic fitness**

Aerobic exercise is simply defined as any sustained activity that increase the supply of oxygen to your muscles via the blood pumped by your heart. With regular exercise, your cardiovascular system will become stronger and more efficient. Your recovery rate i.e. the time taken for your heart to reach its normal level, will also decrease.

Initially you may only be able to exercise for a few minutes each day. Do not hesitate to breathe through your mouth should you need more oxygen.

Do not be discouraged if it takes longer than this to begin to feel lethargic, everyone is different and some will achieve their targets quicker than others, work at your own, comfortable pace and the results will come, the better your aerobic fitness the harder you will have to work to start in your "Target Zone".

### **Warming up**

A successful exercise program consists of three parts: Warm up. Aerobic exercise and cool down. Never start a training session without warming up and never finish one without cooling down correctly. Perform between five and ten minutes of stretching before starting your workout to prevent muscle strains, pulls and cramps.

### **Aerobic exercise session**

Those new to exercise should exercise no more than every other day to start with.

When you are comfortable with your routine, you can exercise for 6 days per week. Always take at least one day off per week.

### **Exercise in your Target Zone**

To ensure that your heart is working in its exercise target zone, you need to be able to take your pulse, if you do not have a pulse monitor, you will need to locate the pulse in your carotid artery. This is situated in the side of the neck and can be felt by using the index and middle fingers.

Simply count the number of beats you feel in 10 seconds and then multiply by six to get your pulse rate. This should be taken before you start to exercise for easy reference.

People, who have a greater aerobic fitness, will have a lower resting pulse level and will also be able to exercise with a higher pulse level.

### **Target Zone**

To determine your "Target Zone", see table on page 16, if you are new to exercise and by definition unfit, refer to the middle column, if you exercise regularly and have good aerobic fitness, refer to the right column.

# Exercising Information

## Before starting

<b>Users age (years)</b>	<b>Unconditioned (Target Zone A ) beats per minute</b>	<b>Conditioned (Target Zone B) Beat per minute</b>
20 -----24	145----165	155----175
25-----29	140----160	150----170
30-----34	135----155	145----165
35-----39	130----150	140----160
40-----44	125----145	135----155
45-----49	120---140	130----150
50-----54	115---135	125----145
55-----59	110----135	120----140
60 and over	105----125	115----135

# Exercising Information

## Before starting

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.

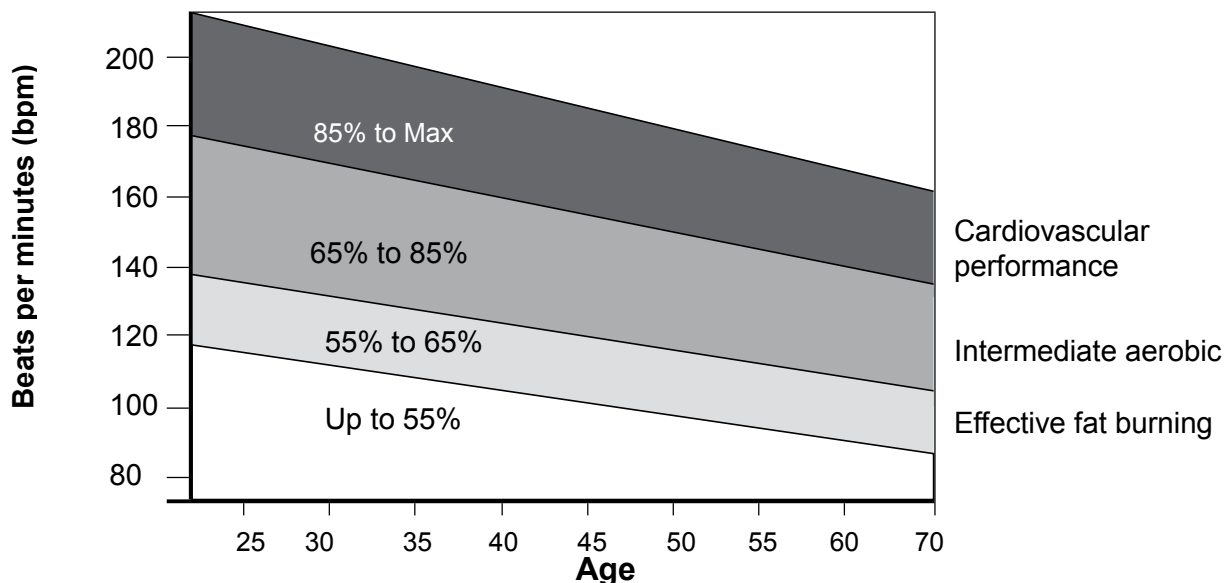
Initially, you may be able to exercise only for a few minutes in your target zone, however, your aerobic fitness will improve over the next six to eight weeks. Don't be discouraged if it takes longer. It's important to work at your own pace. Ultimately, you'll be able to exercise continuously for 30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

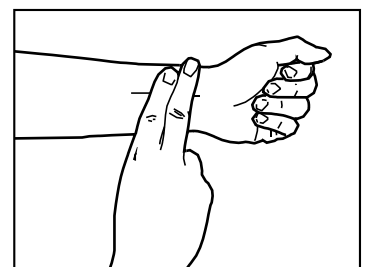
To maximize the benefits of exercising, it is important to exercise with the proper intensity. The proper intensity level can be found by using your heart rate as a guide. For effective aerobic exercise, your heart rate should be maintained at a level between 65% and 85% of your maximum heart rate as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



# Exercising Information

## Muscle Chart

### Aerobic Exercise

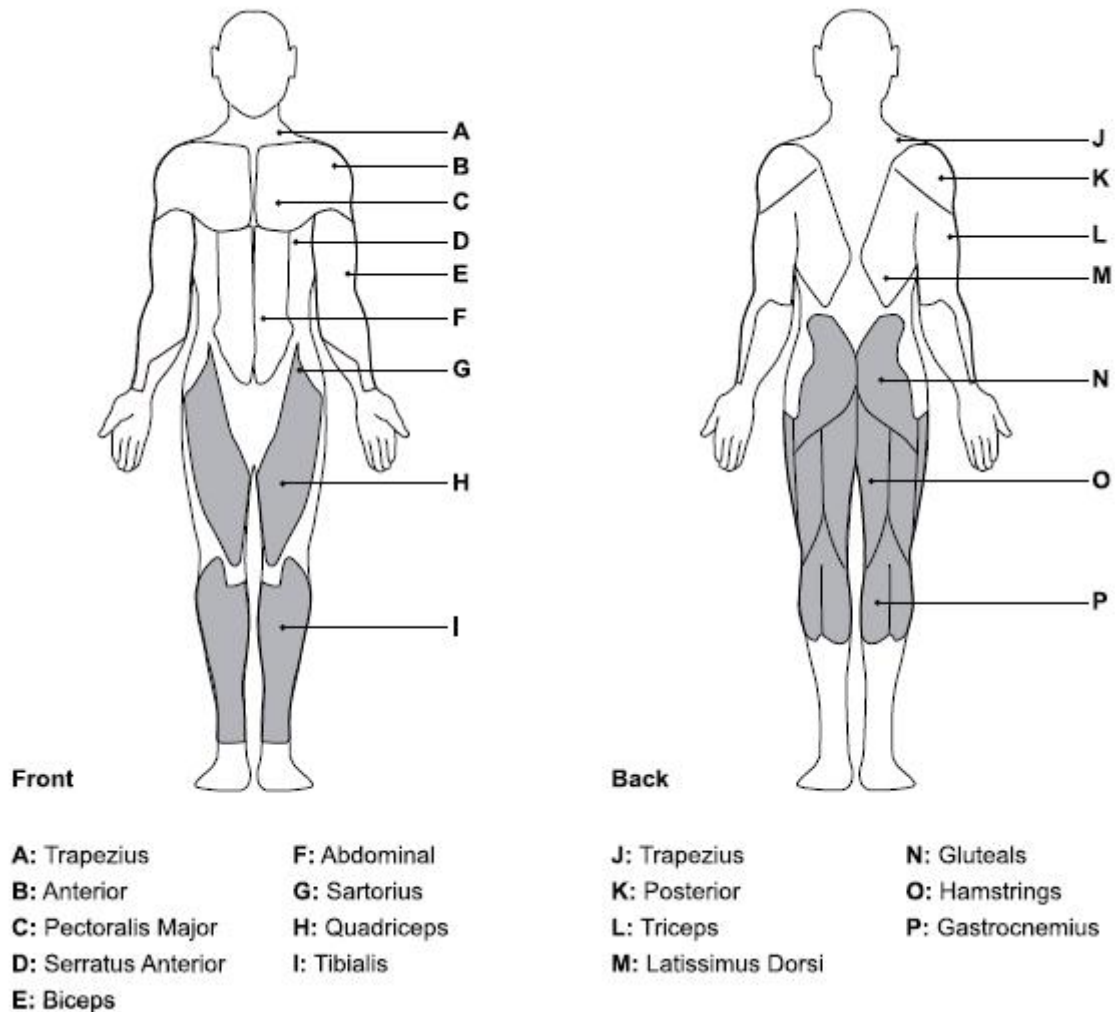
Aerobic exercise improves the fitness of your lungs and heart - your body's most important muscle. Aerobic exercise fitness is promoted by any activity that uses your large muscles (arms, legs, or buttock, for example). Your heart beats quickly and you breathe deeply. An aerobic exercise should be part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

**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.

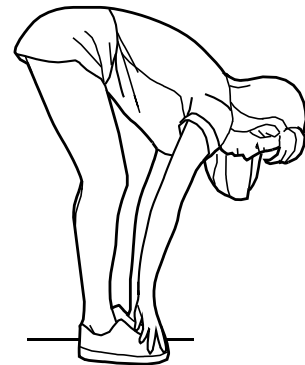
### Toe touch stretch

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.



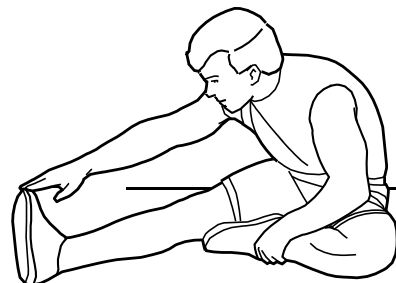
### Hamstring stretch

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.



# Exercising Information

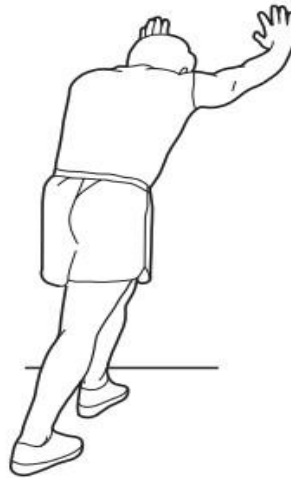
## Calf/achilles stretch

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

Hold for 15 counts, then relax.

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

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



## Quadriceps stretch

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

Hold for 15 counts, then relax.

Repeat 3 times for each leg.

**Stretches:** Quadriceps and hip muscles.



## Inner thigh stretch

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

Hold for 15 counts, relax.

Repeat 3 times.

**Stretches:** Quadriceps and hip muscles.



# Care and Maintenance

**1.** Examine the equipment periodically in order to detect any damage or wear which may have been produced. The safety level of the equipment can be maintained only if it is examined regularly for damage and wear, e.g. ropes, pulleys, connection points

**2.** Lubricate moving parts with light oil periodically to prevent premature wear. Special attention to components most susceptible to wear.

**3.** Inspect and tighten all parts before using the equipment, replace any defective parts immediately, and do not use the equipment again until it is in perfect working order.

**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.

## **Guarantee:**

For guarantee purposes, please retain your purchase receipt.

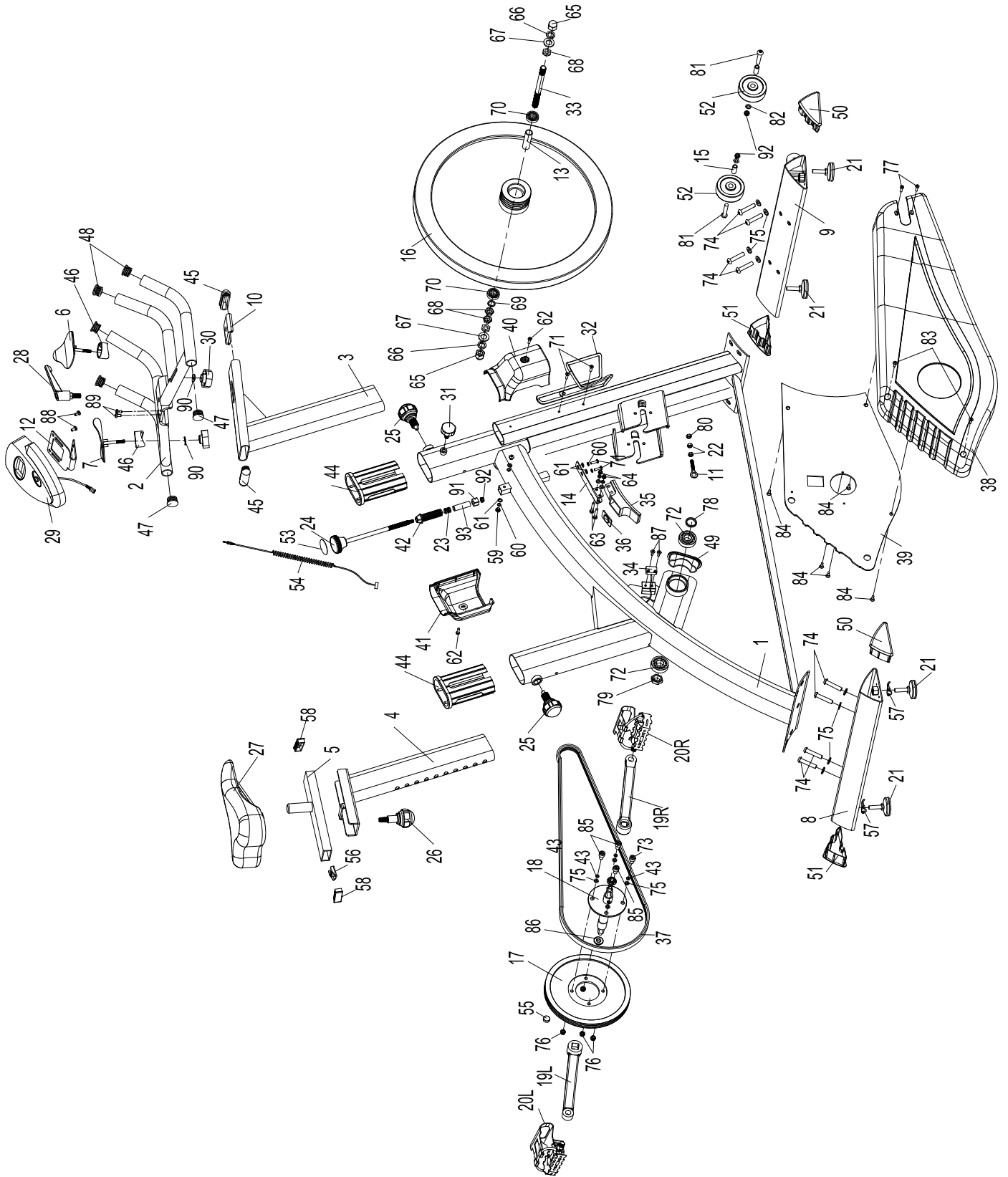
## Information for Users on Disposal of old Equipment and Batteries (European Union only)

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.



# Exploded Parts Diagram





# Parts List

Part	Description	QTY	Part	Description	QTY
1	Main Body	1	29	Computer	1
2	Handle Frame	1	30	M6 Knob	2
3	Handle Support Frame	1	31	M8×14mm Knob	1
4	Saddle Adjustable Support	1	32	Water Bottle Rack	1
5	Saddle Support	1	33	Axle	1
6	Right Elbow Pad	1	34	Reed	1
7	Left Elbow Pad	1	35	Brake Sheet	1
8	Rear Stabilizer	1	36	Brake Bracket	1
9	Front Stabilizer	1	37	PL1350mm Belt	1
10	U-Shaped Locking Bracket	1	38	Belt Cover	1
11	M6×45×Φ12.3mm Tension Bolt / Zinc	2	39	Belt Rear Cover	1
12	Computer Holder Bracket	1	40	Front Fork Left Cover	1
13	Fly Wheel Inner Sleeve	1	41	Front Fork Right Cover	1
14	Brake	1	42	Brake Holder	1
15	Transport Wheel Inner Sleeve	2	43	Φ8mm Spring Washer	4
16	Fly Wheel	1	44	40×80mm Elliptical Sleeve	2
17	Belt Pulley	1	45	60×20×2mm Flat Elliptical End Cap	2
18	Drive Shaft Assembly	1	46	Elbow Pad Rubber Bushing	2
19	Crank (L/R)	1	47	Ø25×2mm Flat End Cap	2
20	Pedal(Left & Right)	1	48	Ø25×2mm Cone End Cap	4
21	Level Foot	4	49	80x40×1.5mm Flat Elliptical End Cap	1
22	M6 Hex Nut	4	50	Right Base Stabilizer End Cap	2
23	Ø9.8×Ø1.2×70mm Spring	1	51	Left Base Stabilizer End Cap	2
24	Brake Knob	1	52	Transport Wheel	2
25	M16 Lock Knob	2	53	Brake Sticker	1
26	M10 Knob	1	54	Console Sensor Wire	1
27	Saddle	1	55	Ø10×2.0mm Magnetic	
28	M10×20mm L-Shaped Lock Knob	1	56	U Shaped Seat Locking Bracket	1

# Parts List

Part	Description	QTY	Part	Description	QTY
57	M12 Level Foot Lock Nut	2	75	Φ8mm Washer	14
58	40×20×2mm Flat End Cap	2	76	M8 Aircraft Nut / Black	5
59	M5×5mm Dome Head Philips Bolt	1	77	M6×16mm Philips Bolt/Black	2
60	Ø5mm Spring Washer/Black	5	78	Ø25×20.5×4/Zinc	1
61	Ø5mm Washer/Black	5	79	M20 Aircraft Nut	1
62	ST4.2×15mm Dome Head Philips Screw	2	80	M6 Aircraft Nut/Zinc	2
63	M5×30mm Dome Head Philips Bolt/Black	2	81	M6×40mm Allen Bolt/Zinc	2
64	M5 Aircraft Nut/Black	2	82	Ø6mm Washer/Zinc	2
65	M12 Cap Nut /Chromed	2	83	ST4.2×20mm Dome Head Philips Screw/Black	2
66	Ø12mm Spring Washer/Chromed	2	84	ST4.2×15mm Dome Head Philips Screw/Black	6
67	φ 20× φ 12.5×5mm Washer/Zinc	2	85	M8×12mm Round Head Allen Bolt/Zinc	2
68	M12×1/5T Conical nut /Zinc	4	86	M10×1.25mm Flange Nut	2
69	Ø17×12.5×2mm Washer/Zinc	1	87	ST4.2×15mm Dome Head Philips Screw	2
70	6301-2RZ Bearing	2	88	M5×12mm Philips Bolt	2
71	M5×15mm Flat Head Philips Bolt	4	89	M6×6mm Flat Head Philips Bolt	2
72	6004-2RS Bearing	2	90	φ18×φ6.5×R29×1.5mm Arc Washer	2
73	M8×12mm Round Head Allen Bolt/Zinc	2	91	Square Nut	1
74	M8x20mm Allen Bolt	9	92	M6 Aircraft Nut/Zinc	3