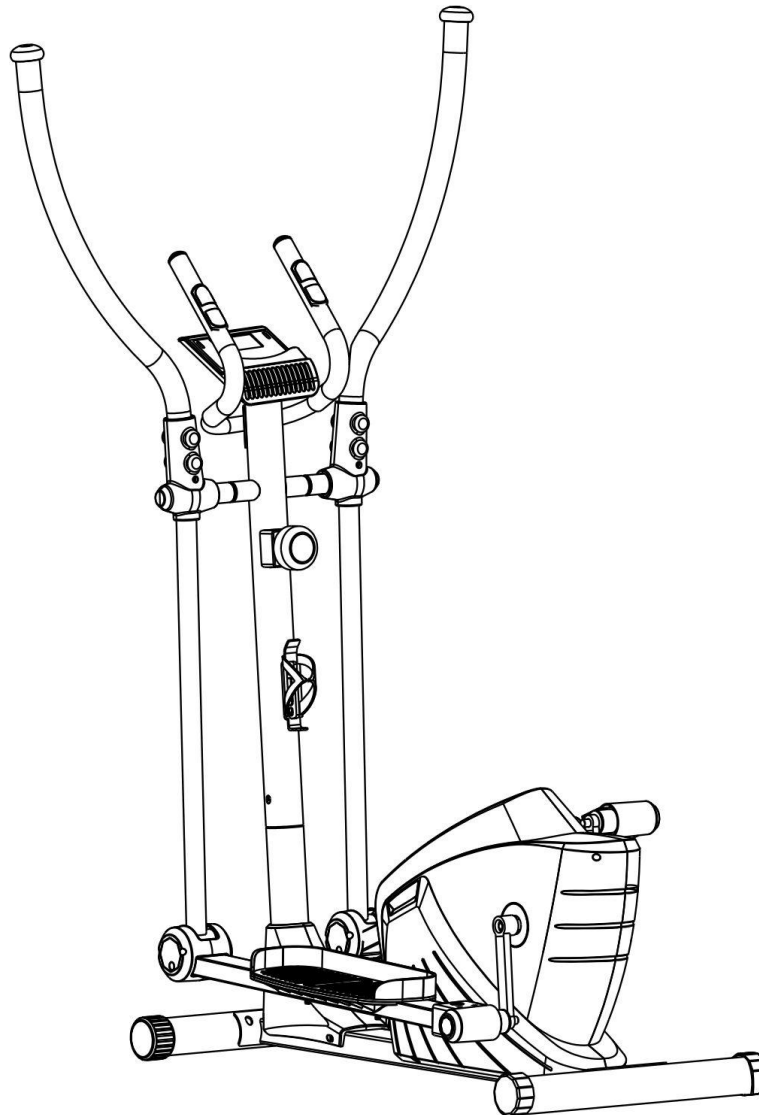


Gold Cross Trainer

Assembly & User Instructions- Please Keep for future reference RBF21GXTRAIN01

ROGERBLACK
FITNESS



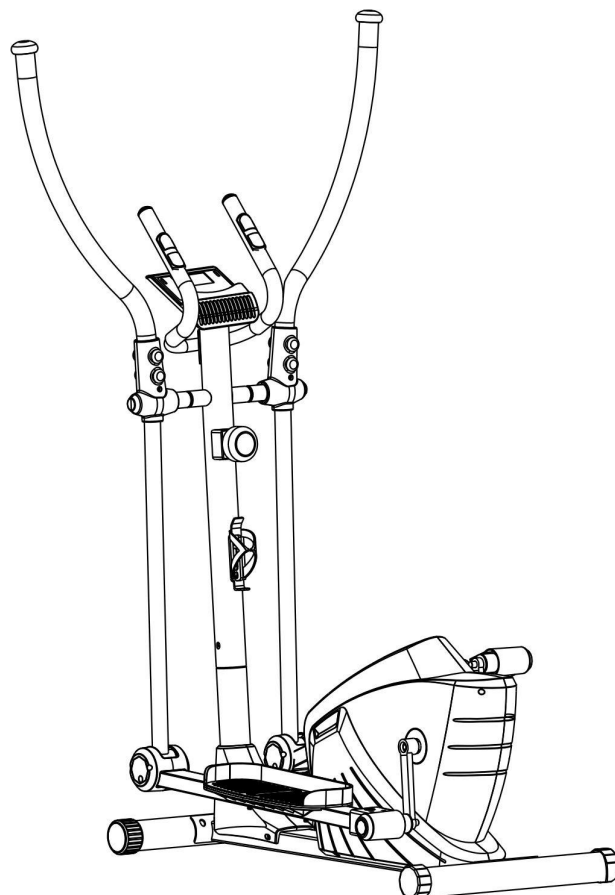
Important – Please read these instructions fully before assembly or use

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

If you need help or have damaged or missing parts, call our Service Centre on 0345 222 1462 or visit www.rogerblackfitness.com

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Safety Information

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 Roger Black Cross Trainer. In particular, note the following safety precautions:

Assembly

- Check you have all the components and tools listed on pages 3 and 4.
- Remove all fittings from the plastic bags and separate them into their groups.
- Keep children and animals away from the work area, small parts can pose a choking hazard if swallowed.
- Make sure you have enough space to layout the parts before starting.
- The assembly of this equipment is best carried out by 2 people.
- Assemble the item as close to its final position (in the same room) as possible.
- This equipment must be built and used on a stable and level surface.
- Dispose of all packaging carefully and responsibly.

Using

- Do not use the equipment near water or outdoors.
- Keep children and pets away from the equipment at all times. **Do not** leave children unattended in the same room with the equipment.
- Before using the equipment to exercise, always do stretching exercises as part of a proper warm up.
- This product is intended for domestic use only.
- If the user experiences dizziness, nausea, chest pain or any other abnormal symptoms **STOP** the workout at once. **CONSULT A DOCTOR IMMEDIATELY**
- 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, as it may get caught in the equipment. Trainers must also be worn when using the equipment.

- Use the equipment only for the intended use, as described in this manual. Do not use attachments not recommended by the manufacturer.
- **Do not** place any sharp objects on or near the equipment.
- Disabled persons should not use the equipment without a qualified person or doctor in attendance.
- Never operate or use the equipment if it is damaged or not functioning properly.
- Examine the equipment frequently especially the easily damaged parts. The safety level of the equipment can only be maintained if it is examined regularly. Replace any defective components immediately. **Do not** use the equipment until it has been repaired.
- Parents and others responsible for children must be aware that playing on the equipment could be dangerous and lead to possible injury. Children must not be left unattended with the equipment.
- This product is suitable for a maximum user weight of: **125kgs**.
- Your product is intended for use in a clean and dry environment. You should avoid storage in excessively cold or damp places.
- This product conforms to: BS EN ISO 20957-1 and BS EN 957-9. Class (H) - Home Use - Class (C).
- This exercise equipment has been designed and manufactured to comply with the latest (BS EN 957) British and European Safety Standards.

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 individuals over the age of 35 or persons with pre-existing health problems. You **MUST** read all instructions before using any fitness equipment. Roger Black Fitness Limited 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 parts, please call our Service Centre on **0345 222 1462**

Please check you have all parts listed below

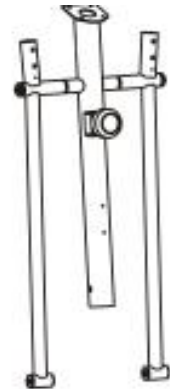
Note: Some of the smaller components may be pre-fitted to larger components. Please check carefully before contacting Roger Black Fitness Limited regarding any missing components.
Total mass of the product is 38.5kg. Footprint of the product is 123cm × 90cm.



1. Main Frame



7. Handles (L/R)



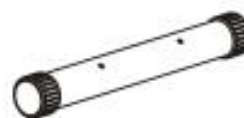
10. Front Post



2. Footplate Bar (L)



2. Footplate Bar (R)



3. Front Stabilizer



4. Rear Stabilizer



9. Fixed Handle



21. Left Linkage Cover x2



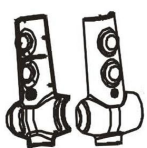
22. Right Linkage Cover x2



26. Footplate Bar Cover x 2



41. Computer



27. Action Arm Cover x2



31. Footplate x2



33. Bottle Holder



39. Tension Knob




















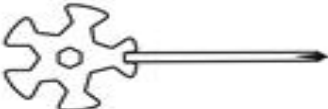


57. M6 Knob x 4

Components – Fixings

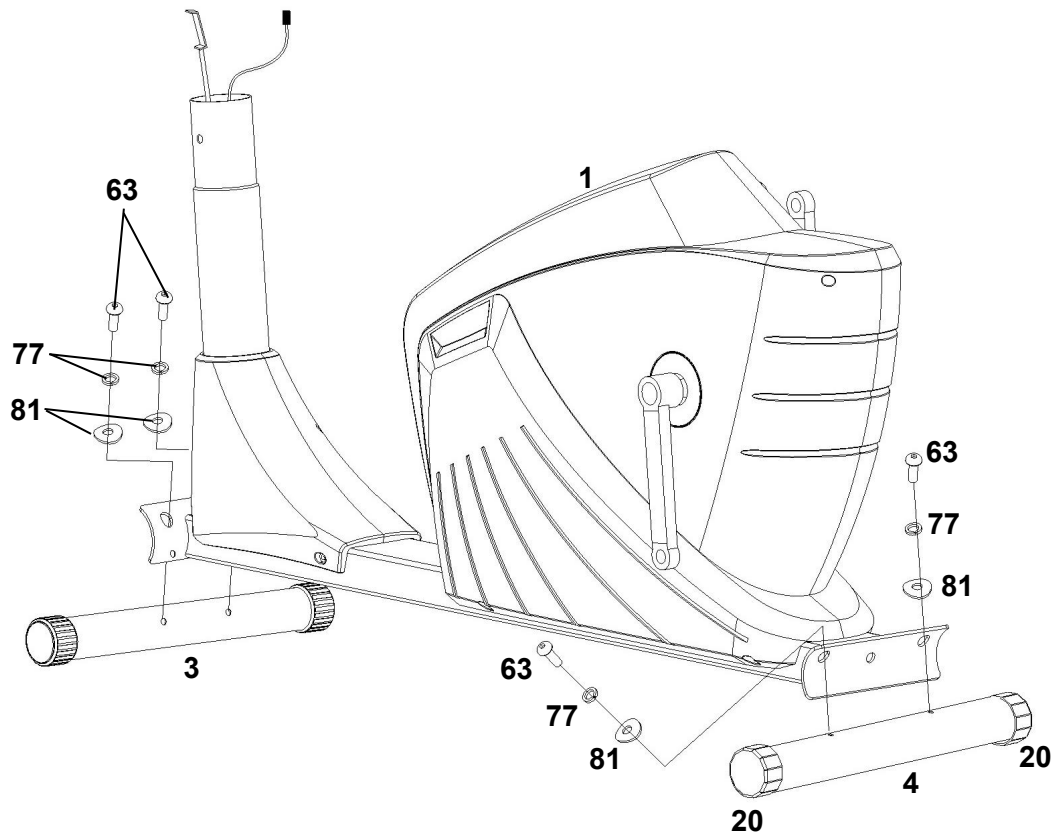
Please check you have all the fixings listed below

Note: Please check carefully before contacting Roger Black Fitness Limited regarding any missing fixings.

63  M10x20mm Allen Bolt x 4	77  Φ10mm Spring Washer x4	81  Φ10xR34mm Arc Washer x4
65  M8x15mm Allen Bolt x 4	64  M8x20mm Allen Bolt x 2	66  M8x42mm Hex Bolt x 4
78  Φ8mm Spring Washer x 6	83  Φ8mm Washer x 4	82  Φ8xR30mm Arc Washer x 8
73  M4x10mm Philips Bolt x 8	56  Computer Wire Clamp x 1	75  Φ11.5x66mm Allen Bolt x 2
87  M8 Nut x 6	102  ST4.2 x 15mm Dome Head Philips Screw x 4	103  ST4.2 x 15mm Dome Head Philips Screw x 8
104  ST4.8 x 15mm Dome Head Philips Screw x 2		
 #5 Allen Wrench x 1	 #6 Allen Wrench x 1	 #8 Allen Wrench x 1
 Multi Wrench x 1		

Ruler - Use this ruler to help correctly identify the hardware



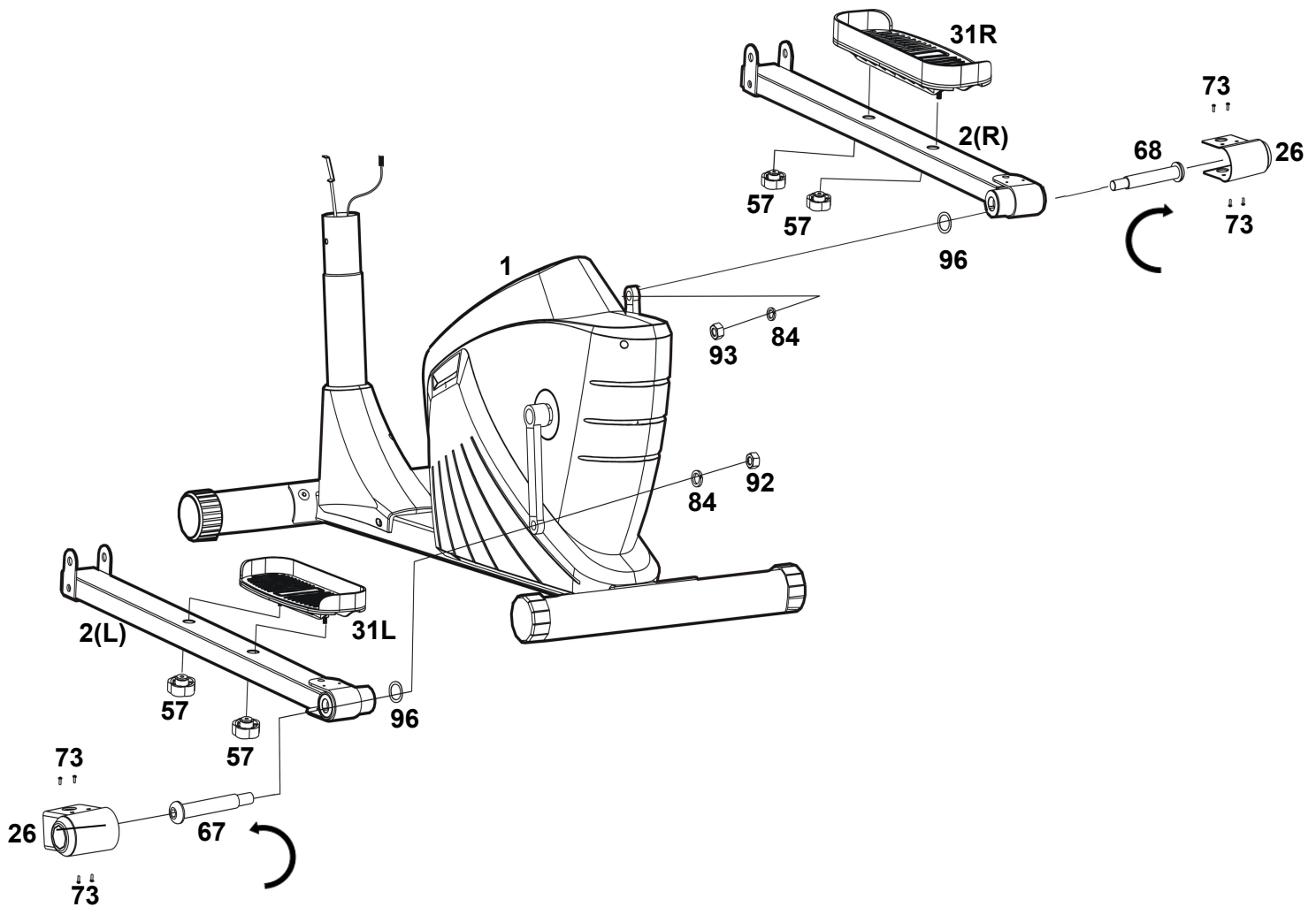


Step 1

a. Attach the Front Stabilizer (3) to the Main Frame (1) using 2 x M10x20mm Allen Bolts (63), 2 x 10mm Spring Washers (77), 2 x 10mmxR34 Arc Washer (81).

b. Attach the Rear Stabilizer (4) to the Main Frame (1) using 2 x M10x20mm Allen Bolts (63), 2 x 10mm Spring Washers (77), 2 x 10mmxR34 Arc Washer (81).

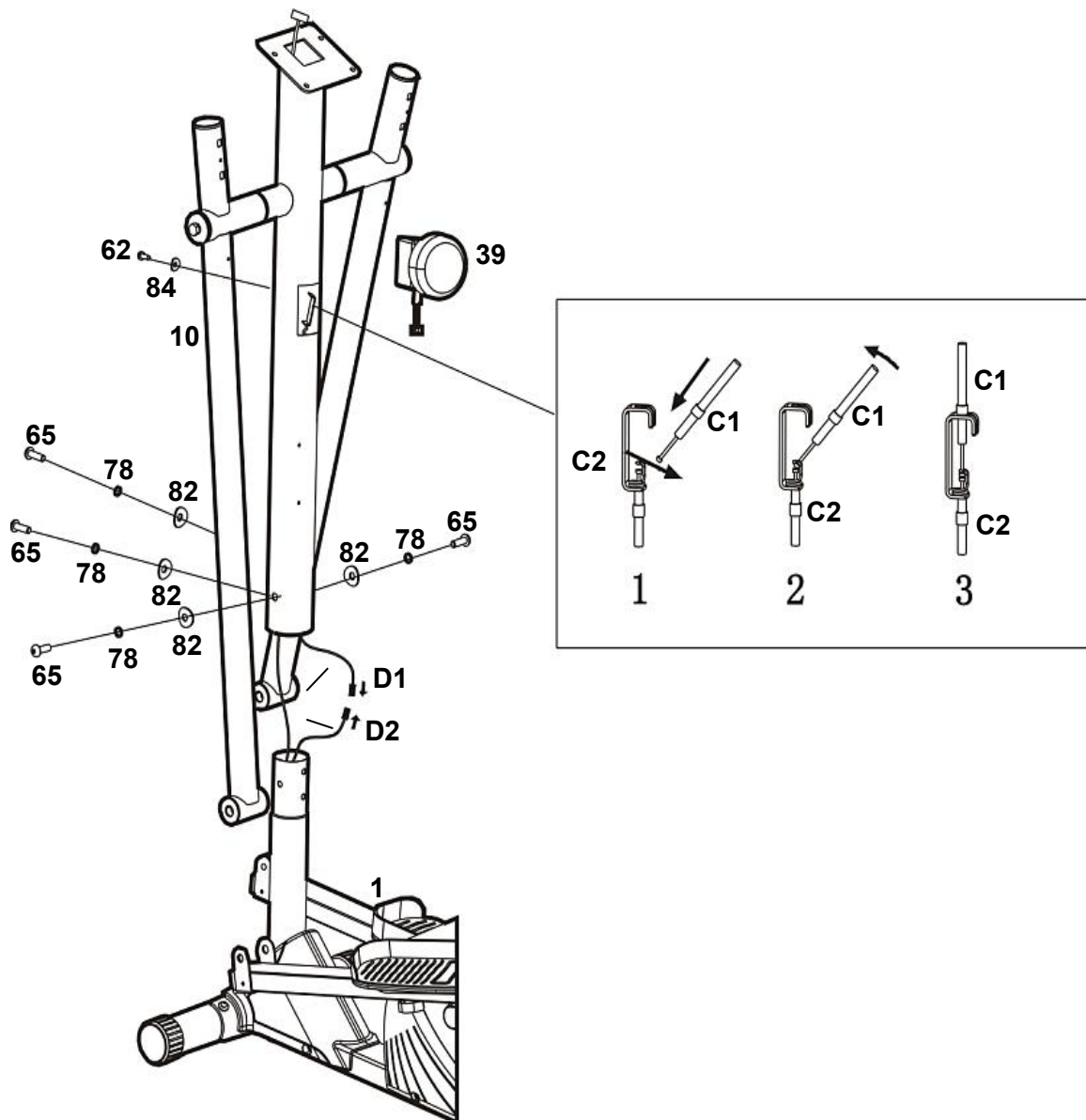
Note: Pull then rotate the floor level adjustment knob at the end of the stabilizer to ensure the cross trainer does not wobble on the floor.



Step 2

- Attach the Left Footplate (**31L**) to the Left Footplate Bar (**2L**) and secure by 2 x M6 Knob (**57**); attach the Right Footplate (**31R**) to the Right Footplate Bar (**2R**) and secure by 2 x M6 Knob (**57**).
- Attach the Footplate Bar (**2L**) to the Main Frame (**1**) using $\Phi 15.7 \times 89$ mm Allen Bolt/ End 1/2"x24(L) (**67**), $\Phi 16$ mm Corrugated Washer (**96**), $\Phi 13$ mm Spring Washer (**84**) and 1/2" Nut/L (**92**). Please note that the part (**67**) is tightened anti clockwise.
- Attach the Footplate Bar (**2R**) to the Main Frame (**1**) using $\Phi 15.7 \times 89$ mm Allen Bolt/ End 1/2"x24(R) (**68**), $\Phi 16$ mm Corrugated Washer (**96**), $\Phi 13$ mm Spring Washer (**84**) and 1/2" Nut/R (**93**). Please note that the part (**68**) is tightened clockwise.
- Attach the Footplate Bar Covers (**26**) to Footplate Bar (**2L&2R**) and secure with 8 x M4x10mm Philips Bolt (**73**).

Note: Parts (**67**), (**68**), (**92**), (**93**) are pre-assembled.



Step 3

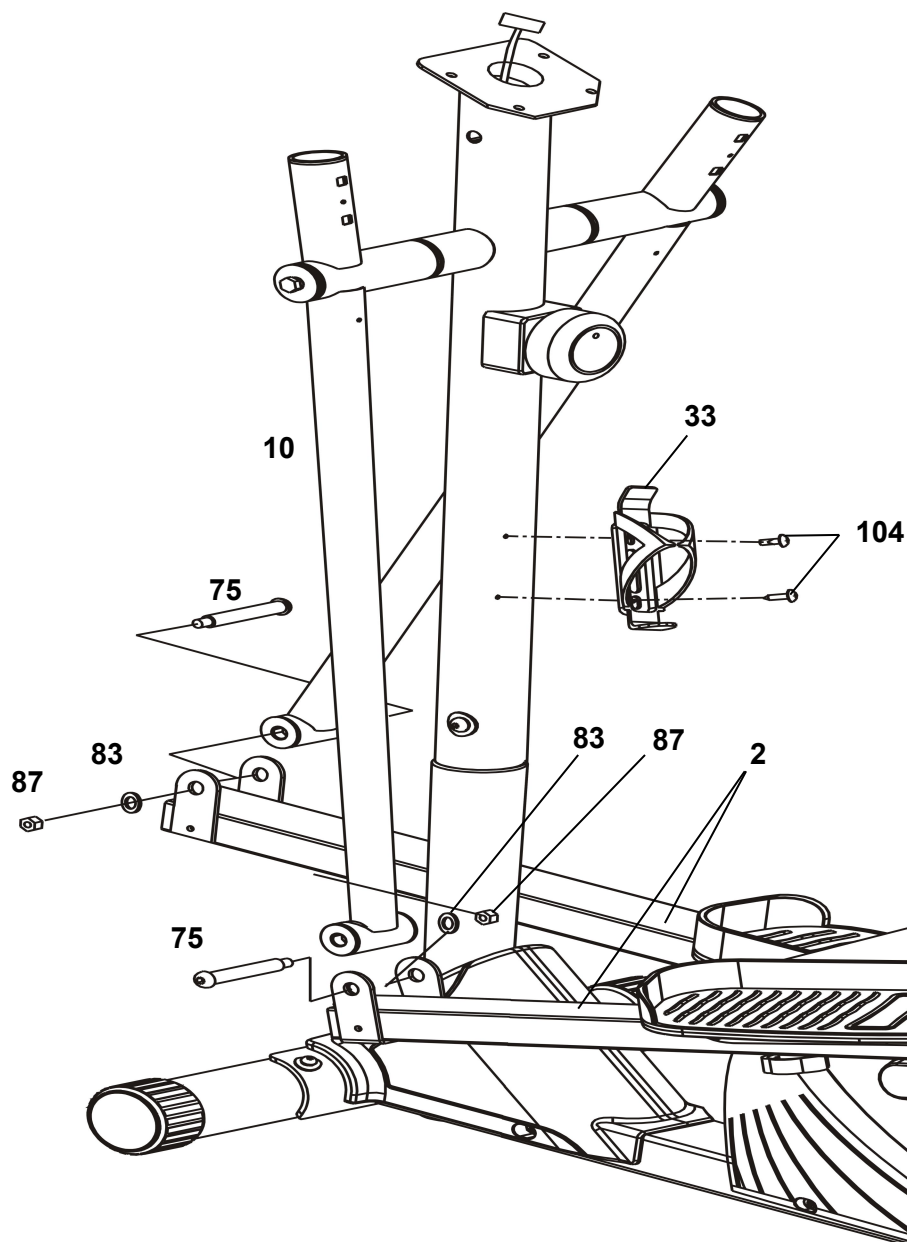
a. Connect the Wire (D1) to the Wire (D2).

b. Attach the Front Post (10) to Main Frame (1) and loosely fasten with 4x M8x15mm Allen Bolt (65), 4 x 8mm Spring Washers (78) and 4 x 8mmxR30 Arc Washers (82).

c. Remove the M5x50mm Philips Bolt (62) and Ø5mm Arc Washer (84) from the Tension Knob (39). Please note that the parts (62) and (84) are pre-assembled on the Tension Knob (39).

d. Turn the Tension Knob (39) to Level 1 as shown (1) and connect the bottom of the tension knob with the hook as shown (2). Then attach the Tension Knob (39) to the Front Post (10) using 1 x M5x50mm Philips Bolt (62) and Ø5mm Arc Washer (84).

Note: Turn the Tension Knob (39) clockwise to increase resistance, turn it anti clockwise to decrease resistance.

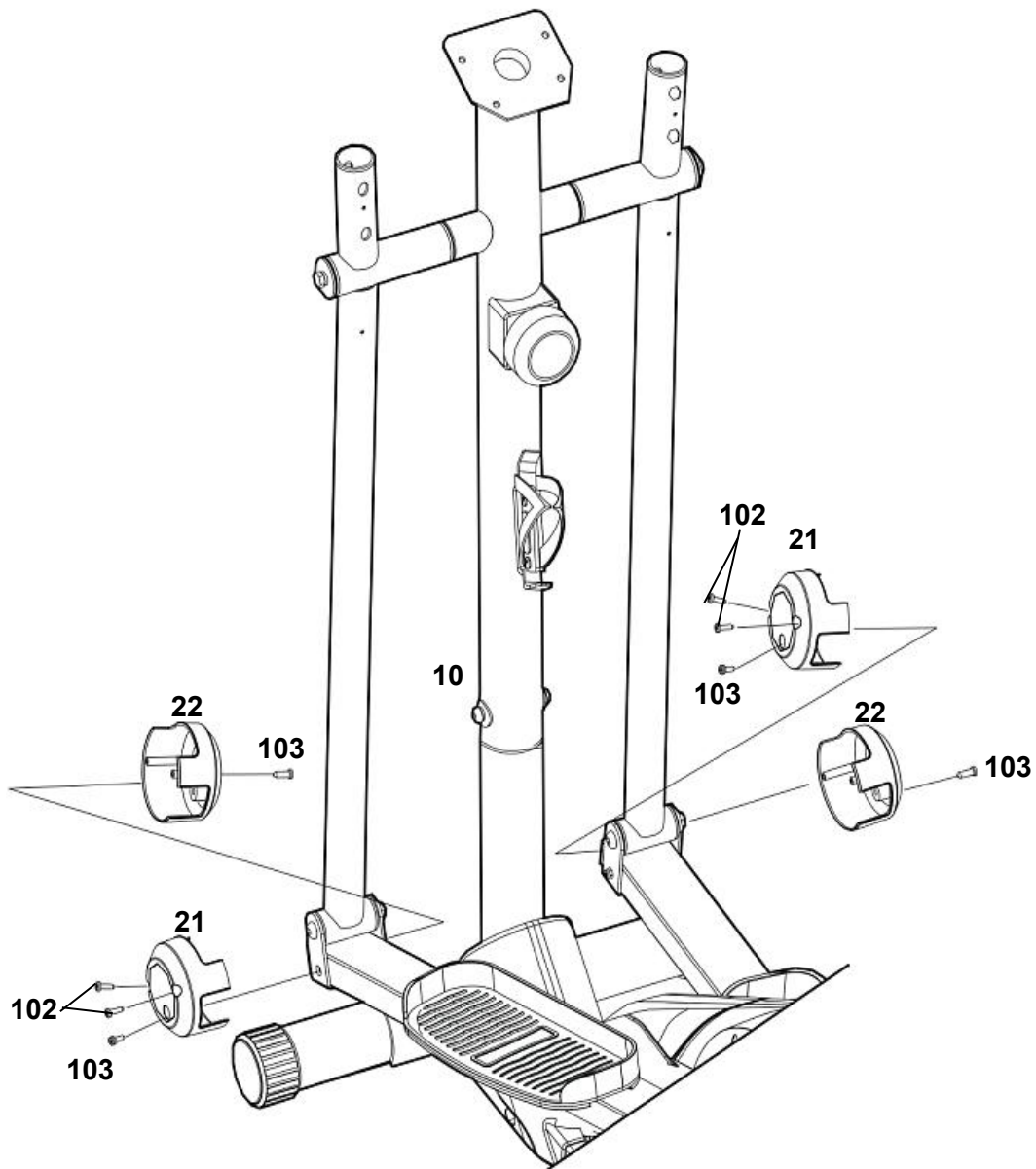


Step 4

a. Attach the Front Post (10) to the Footplate Bar (2) using 2 x $\Phi 11.5 \times 66$ mm Allen Bolts (75), and secure with 2 x $\Phi 8$ mm Washers (83), 2 x M8 Nuts (87).

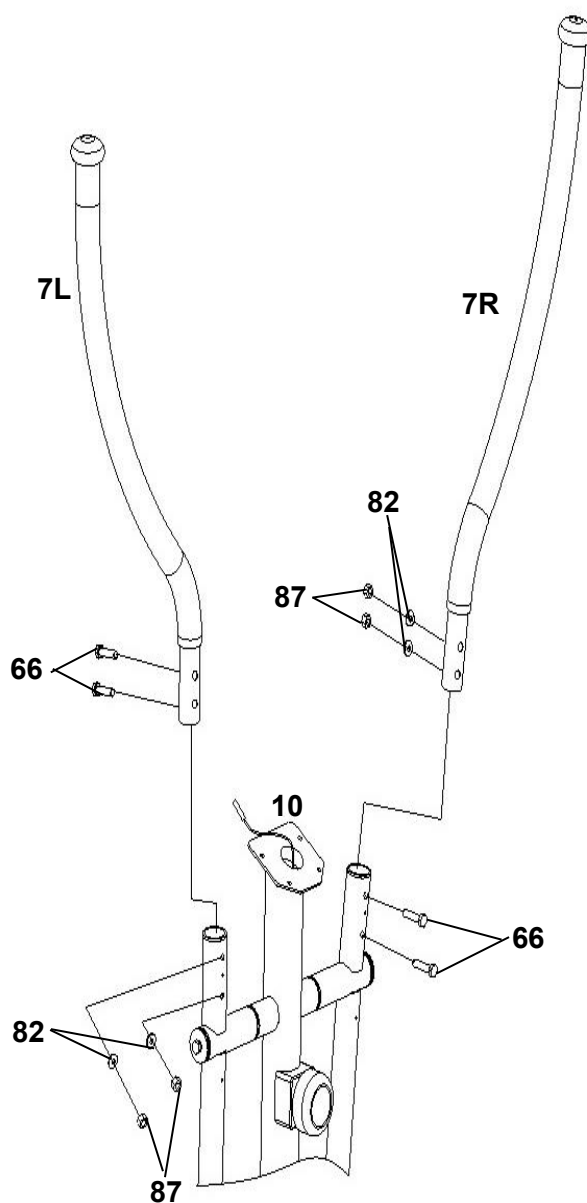
b. Tighten the bolts from step 3.

c. Attach the Bottle Holder (33) to the Front Post (10) using 2 x ST4.8x15 Dome Head Philips Screw (104).



Step 5

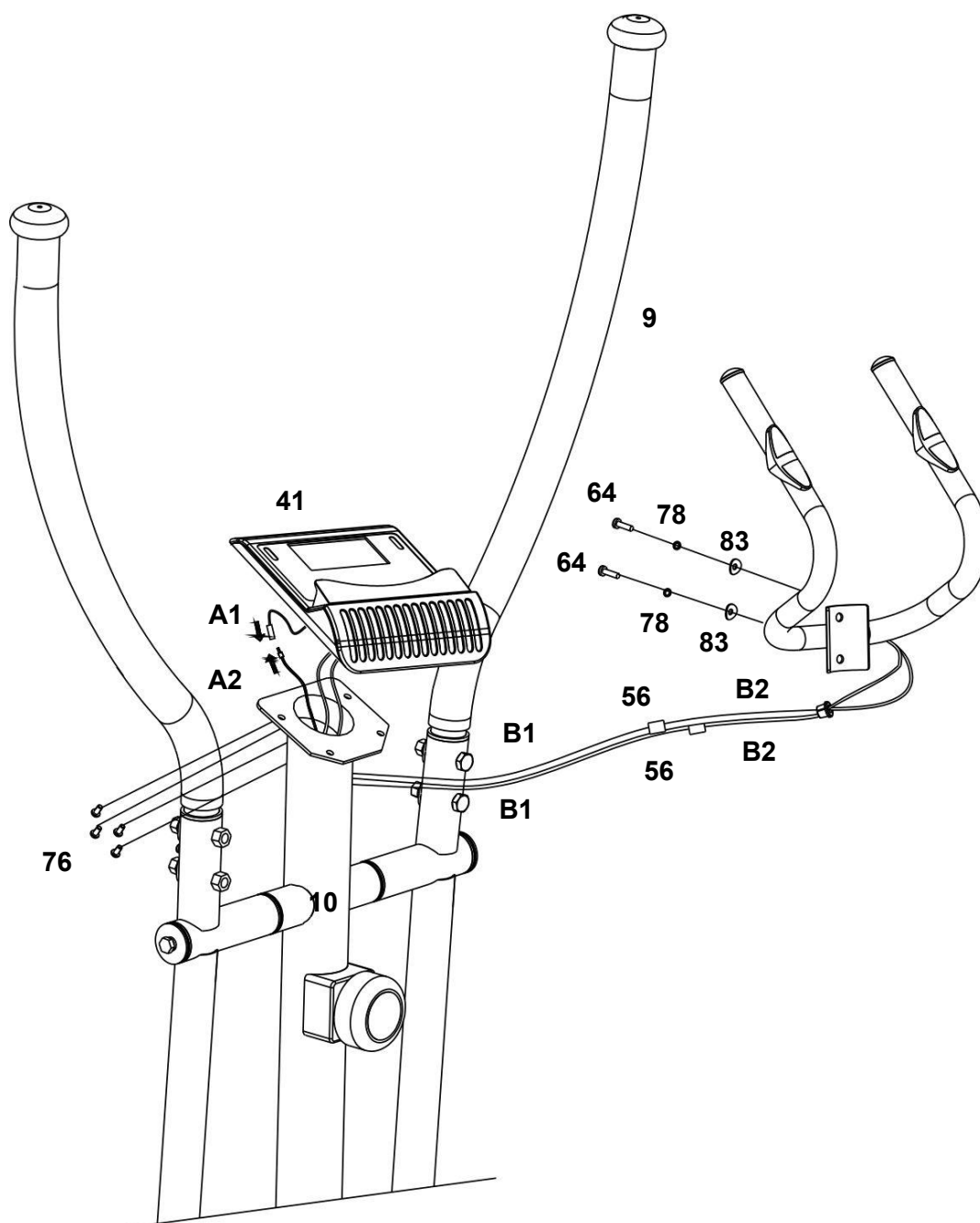
- a. Attach the Left Linkage Cover (**21**) and Right Linkage Cover (**22**) to the Front Post (**10**), and tighten using 4 x ST4.2x15 Dome Head Philips Screws (**103**) and 4 x ST4.2x15 Dome Head Philips Screws (**102**).



Step 6

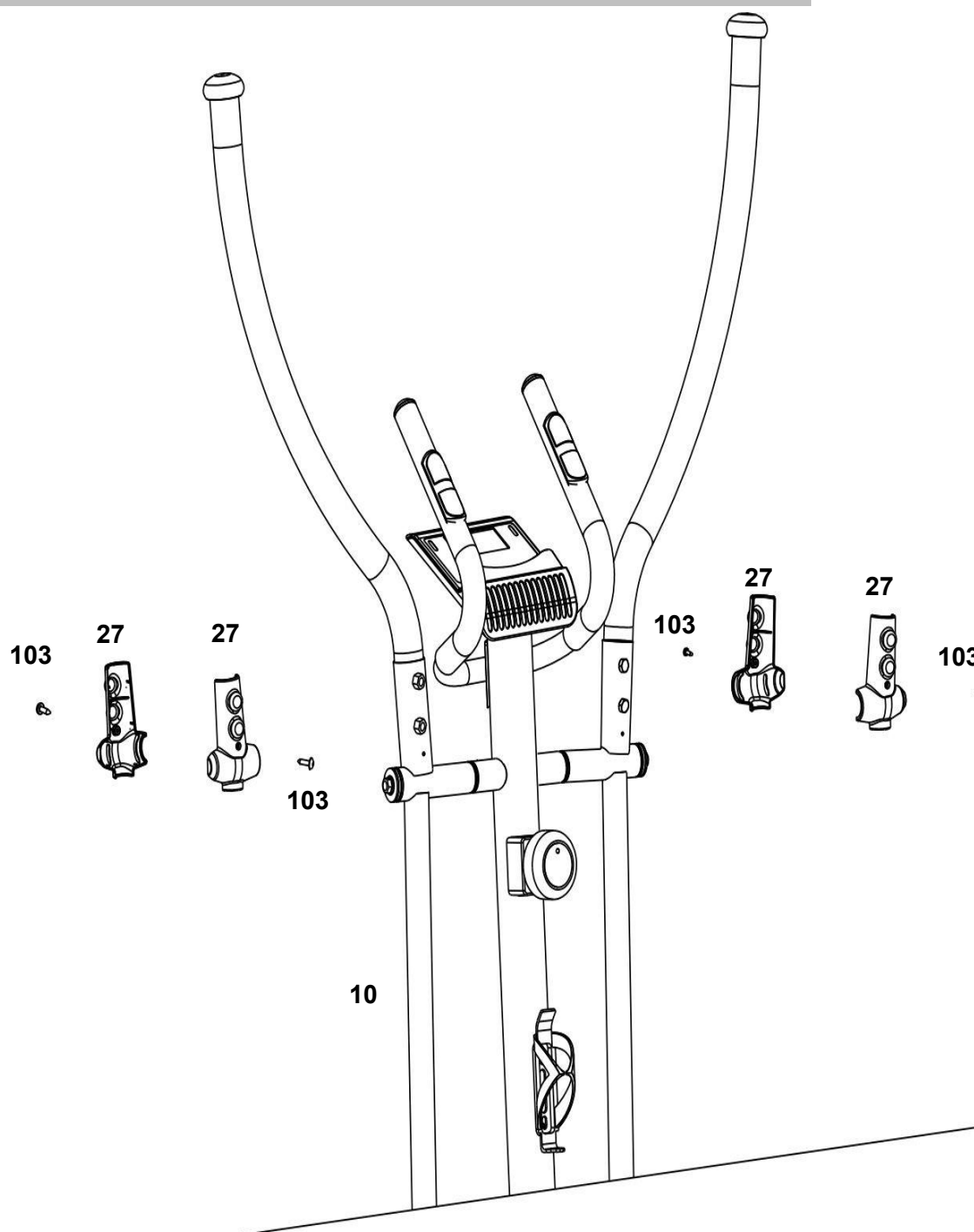
- a. Attach the Handles (7L/R) to the Front Post (10) using 2 x M8x42mm Hex Bolts (66), 2 x Φ 8xR30mm Arc Washers (82) and 2 x M8 Nuts (87).

Notes: The Left Handle (7L) is marked "L", the Right Handle (7R) is marked "R".



Step 7

- Attach the Fixed Handle (9) to the Front Post (10) using 2 x M8x20mm Allen Bolts (64), 2 x Φ 8mm Spring Washers (78), 2 x Φ 8mm Washers (83).
- Remove the four screws on the back of the Computer (41).
- Pull out the wire B1 from the hole as shown in the diagram, then connect the wire A1 to A2
- Attach the Computer (41) to the Front Post (10) using 4 x M5x10mm Philips Bolts (76).
- Connect the wire B1 to B2, and insert into B1 hole.
- Connect the Computer Wire Clamp (56).

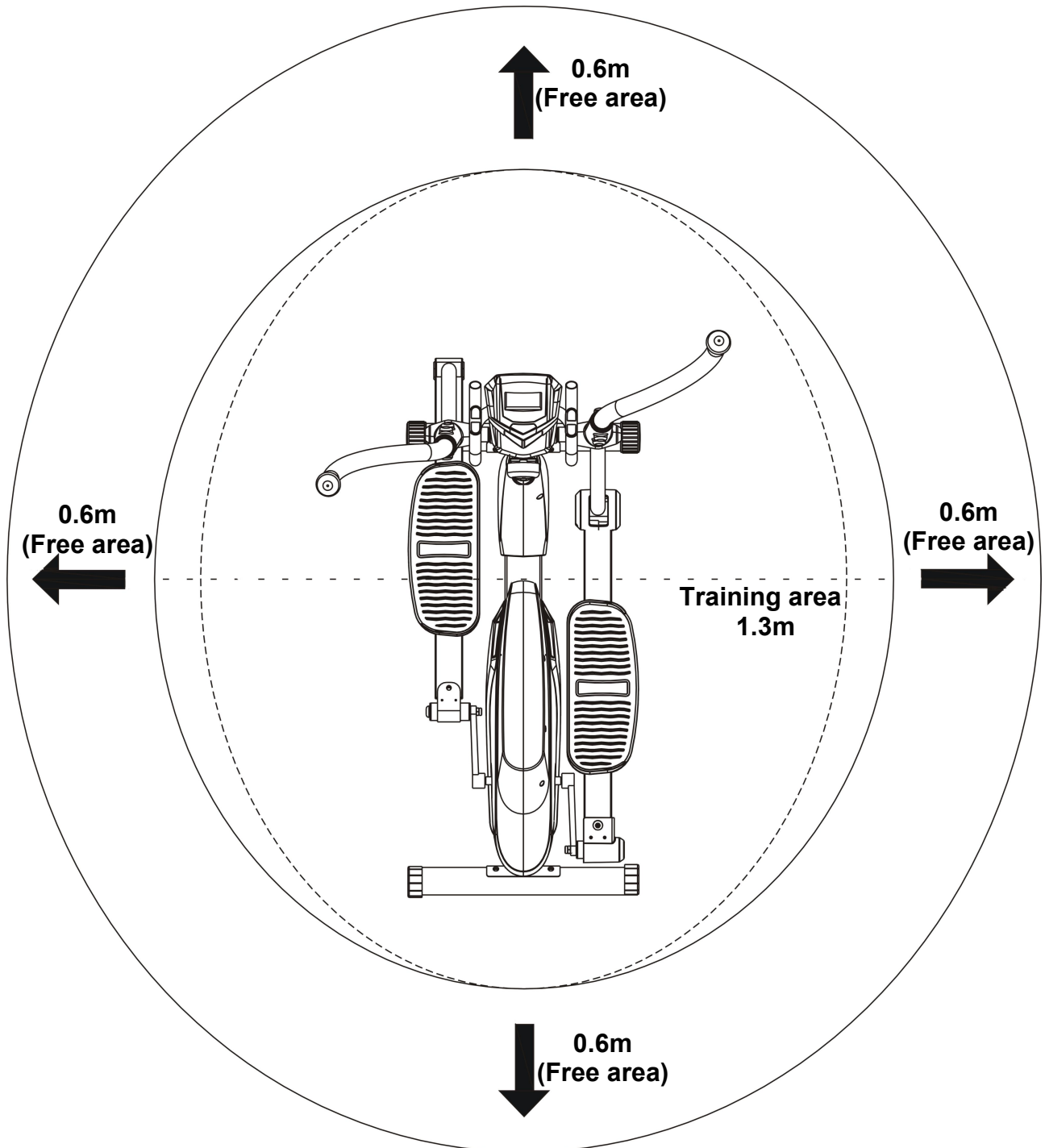


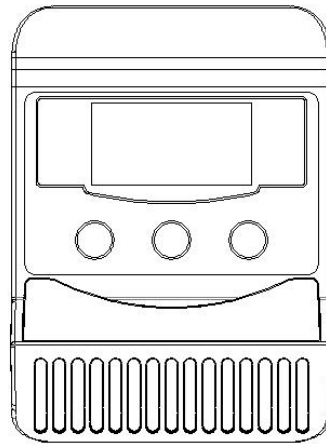
Step 8

- a. Attach the Action Arm Cover (**27**) to the Front Post (**10**) using 2 x ST4.2x15mm Dome Head Philips Screws (**103**).

Free area and training area

The free area must be at least 0.6m greater than the training area in the directions from which the equipment is accessed. The free area is a place should you need to dismount in an emergency. Where two pieces of equipment are positioned adjacent to each other the value of the free area may be shared.





MODE: Pressing Mode allows you to change the display function on the console.

SET: Press to confirm your target time, distance, pulse or calories.

RESET: Press the Reset key for 3 seconds and all value will be reset.

1. AUTO ON/OFF

- The system turns on when any key is pressed or when you start working out.
- The system turns off automatically when the bike has detected no activity for 4 minutes.

2. RESET

The cross trainer can be reset by either changing the batteries or pressing the MODE key for 3 seconds.

3. MODE

The console will scan through the display functions. If you want to lock the display to only look at one function then press MODE when the required function is flashing.

FUNCTIONS:

1. **TIME:** Press MODE until TIME is displayed. Time will now be displayed during your workout.
2. **SPEED:** Press MODE until speed is displayed. The current speed will now be displayed during your workout.

3. **DISTANCE:** Press MODE until distance is displayed. The distance will now be displayed during your workout.

4. **CALORIES:** Press MODE until Calorie is displayed. The number of calories burnt will now be displayed during your workout.

5. **ODOMETER:** Press MODE until odometer is displayed. This will then show the total distance cycled with this product since last reset.

6. **PULSE:** Press MODE until Pulse is displayed. The user's heart rate in beats per minute will be displayed during your workout if holding the hand pulse sensors. Ensure you wait for 30 seconds to get a reading.

SCAN: The display will change every 4 seconds, scrolling through time, speed, distance, calories.

BATTERY:

If the display is faded, please check the batteries and replace as necessary.

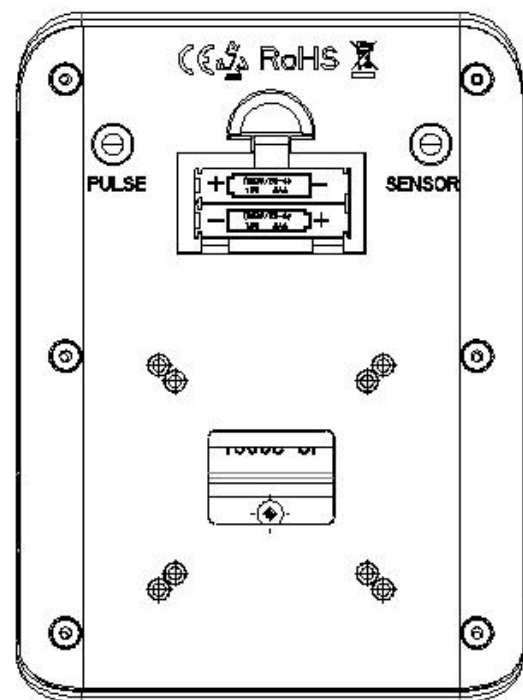
Computer Operation

Specification

Function	Auto Scan	Every 4 Seconds
	Speed	0.0 – 99.9 Km/h
	Distance	0.0 – 999.9 Km
	Time	0:00 – 99:59 (Minute: Second)
	Calories	0.0 – 999.9 Cal
	Odometer	0.0 – 999.9 Km
	Pulse	40 – 240 BPM
Battery type		2 x AAA

Replacing the batteries

1. Remove the battery cover on the back of the computer.
2. Replace 2x1.5V (AAA) batteries.
3. Make sure the batteries are installed correctly and the polarities are correct.
4. The battery life is approx. 10 months under normal usage.
5. When the batteries are removed, all values will reset to zero.



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 overweight, you must start slowly and increase your time on the equipment; a few minutes per workout increase is advisable.

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

Please remember these essentials:

- Have your doctor review your training and diet programs to advise you of a workout routine you should adopt.
- Begin your training program slowly with realistic goals 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.

Care and Maintenance

1. Examine the equipment periodically in order to detect any damage or wear. The safety level of the equipment can be maintained only if it is examined regularly for the 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; Special attention to components most susceptible to wear.

4. The equipment can be cleaned using a damp cloth and mild non-abrasive detergent. **Do not** use solvents.

5. Do not attempt to repair this equipment yourself. Should you have any difficulty with assembly, operation or use of your exercise product or if you think that you may have parts missing, contact our Service Centre on 0345 222 1462

Guarantee:

For guarantee purposes, please retain your purchase receipt.

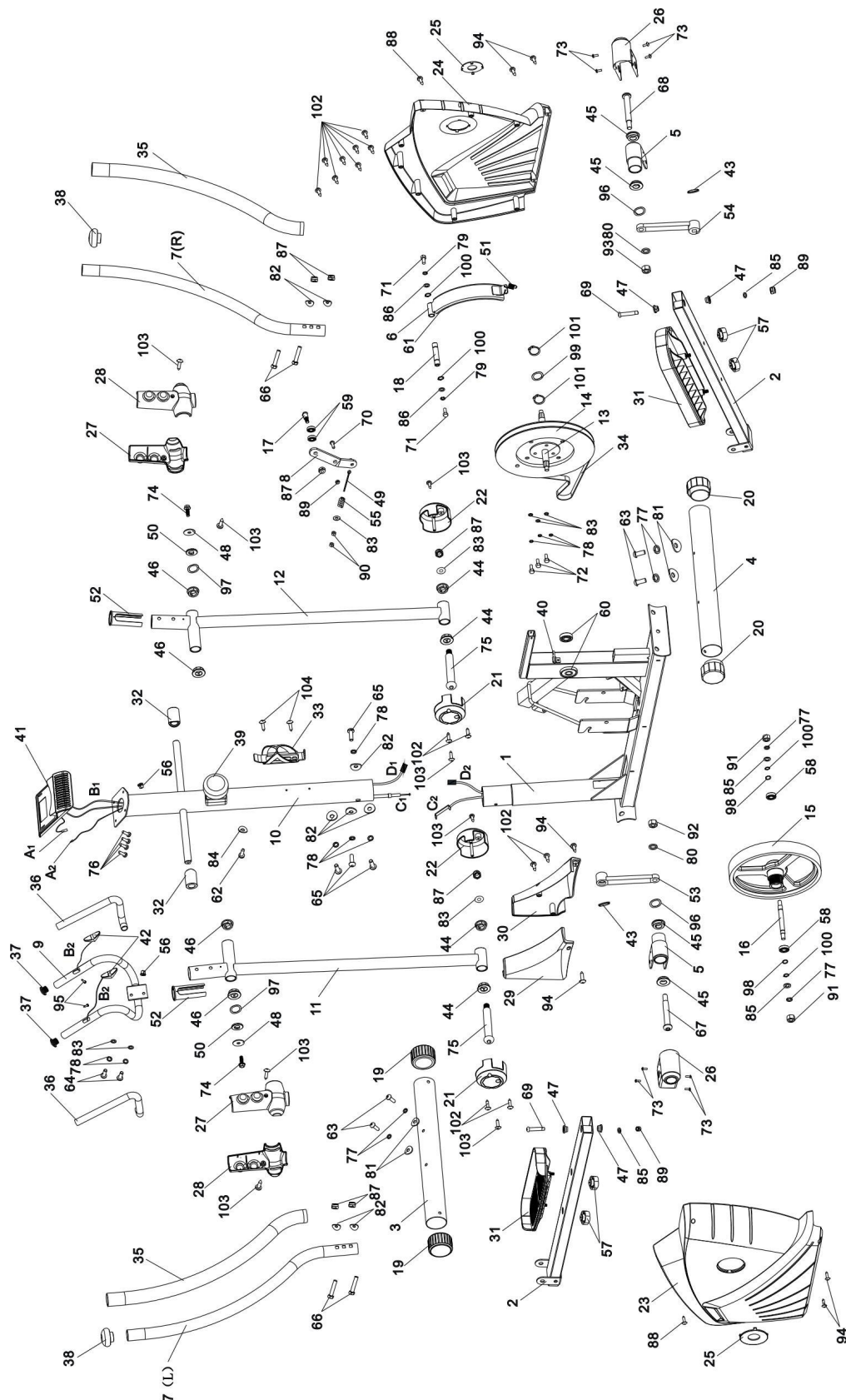
Information for Users on Disposal of old Equipment and Batteries (European Union only)

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



Exploded Parts List

Part	Description	Qty.	Part	Description	Qty.
1	Main Frame	1	35	Ø30xØ38x650mm Handle Grip	2
2	Footplate Bar (L & R)	2	36	Ø20xØ28x470mm Handle Grip	2
3	Front Stabilizer	1	37	Ø22x1.5mm End Cap	2
4	Rear Stabilizer	1	38	Ø38x1.5mm End Cap	2
5	U-Shaped Connector	2	39	Tension Knob	1
6	Magnet Bracket	1	40	Reed Base	1
7	Handles (L & R)	1	41	Computer	1
8	Idle Wheel Bracket	1	42	Handle Grip Sensor	2
9	Fixed Handle	1	43	Crank Cover	2
10	Front Post	1	44	Ø32xØ11.5x9.5mm Bushing	4
11	Left Action Arm	1	45	Ø38xØ15.7x9.5mm Bushing	4
12	Right Action Arm	1	46	Ø32xØ19x9.5mm Nylon Bushing	4
13	Dynamic Axle	1	47	Bushing	4
14	Belt Pulley	1	48	Big Washer	2
15	Flywheel	1	49	M8x95mm Tension Bolt	1
16	Flywheel Axle	1	50	Φ32×4mm D-Hole Washer	2
17	Idle Axle	1	51	Φ11.5xΦ1.5x40mm Spring	1
18	Ø12x60mm Axle	1	52	Φ38xΦ32x83mm Sleeve	2
19	Transport Wheel	2	53	Crank (L)	1
20	Level Foot	2	54	Crank (R)	1
21	Left Linkage Cover	2	55	Φ19xΦ4.5x31.5mm Compressed Spring	1
22	Right Linkage Cover	2	56	Φ13mm Computer Wire Clamp	2
23	Left Main Plastic Cover	1	57	M6 Knob	4
24	Right Main Plastic Cover	1	58	Bearing 6001-2Z	2
25	Crank Cover	2	59	Bearing 6202-2RS-Z3	2
26	Footplate Bar Cover	2	60	Bearing 6203	2
27	Action Arm Cover	2	61	40x25x10 Magnet	8
29	Left Front Cover	1	62	M5x50mm Philips Bolt	1
30	Right Front Cover	1	63	M10x20mm Allen Bolt	4
31	Footplate	2	64	M8x20mm Allen Bolt	2
32	Nylon Sleeve	2	65	M8x15mm Allen Bolt	4
33	Bottle Holder	1	66	M8x42mm Hex Bolt	4
34	Belt	1	67	Φ15.7x89 Allen Bolt/ End 1/2"x24(L)	1

Exploded Parts List

Part	Description	Qty.	Part	Description	Qty.
68	Φ15.7x89 Allen Bolt/ End 1/2"x24(R)	1	88	ST4.2X10MM Dome Head Philips Screw	2
69	M10x55mm Allen Bolt	2	89	M10 Nut	4
70	M10x20mm Hex Bolt	1	90	M8 Nut	2
71	M6x15mm Hex Bolt	2	91	M10x1.25mm Hex Flange Nut	2
72	M8x15mm Hex Bolt	3	92	1/2" Nut (L)	1
73	M4x10mm Philips Bolt	8	93	1/2" Nut (R)	1
74	M8x25mm Hex Flange Bolt	2	94	ST4.8x15 Dome Head Philips Screw	6
75	Φ11.5x66mm Allen Bolt	2	95	ST4.2x25 Dome Head Philips Screw	2
76	M5x10mm Philips Bolt	4	96	Φ16mm Corrugated Washer	2
77	Φ10mm Spring Washer	4	97	Φ20mm Corrugated Washer	2
78	Φ8mm Spring Washer	9	98	Φ12mm Corrugated Washer	2
79	Φ6mm Spring Washer	2	99	Φ17mm Corrugated Washer	1
80	Φ13mm Spring Washer	2	100	Φ12mm Bead Flange	4
81	Φ10xR34mm Arc Washer	4	101	Φ17mm Bead Flange	2
82	Φ8xR30mm Arc Washer	8	102	ST4.2x15 Dome Head Philips Screw	13
83	Φ8mm Washer	8	103	ST4.2x15 Dome Head Philips Screw	10
84	Φ5mm Arc Washer	1	104	ST4.8x15 Dome Head Philips Screw	2
85	Φ10mm Washer	4		A1/A2	1
86	Φ6mm Washer	2		B1/B2	2
87	M8 Nut	6		C1/C2	1
				D1/D2	1

Product Guarantee

This product is guaranteed against manufacturing defects from a period of



Year

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

The guarantee is subject to the following provisions:

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

Service Centre on 0345 222 1462

**Guarantor: Roger Black Fitness Limited, 9 Stratfield Park, Elettra Avenue
Waterlooville, United Kingdom, PO7 7XN**