



ROGER BLACK GOLD 2 IN 1 EXERCISE BIKE AND CROSS TRAINER

► ABOUT THIS PRODUCT

This two in one home workout machine from Roger Black can be used as a cross trainer or exercise bike. With fully programmable resistance for a smoother workout and a large choice of 16 tension levels, you can push yourself for a tough workout right in the comfort of your own home.

► SPECIFICATIONS

- Mains powered.
- Programmable resistance system.
- Hand grip pulse sensor.
- 9 user programmes.
- Programmes include: manual, 9 preset, heart rate control, rate recovery and body fat analysis.
- Console feedback: speed, time, distance, calories, pulse, RPM and program.
- 26 inch stride length.
- Maximum user weight 125kg (19st 10lb).

► PRODUCT DETAILS

- Size H110, W73, D156cm.
- Weight 48kg.
- 6kg flywheel.
- Transportation wheels.



Roger Black Gold Cross Trainer Instruction Manual

Patrick Vollmar



Roger Black Gold Cross Trainer Instruction Manual:

The book delves into Roger Black Gold Cross Trainer Instruction Manual. Roger Black Gold Cross Trainer Instruction Manual is a vital topic that must be grasped by everyone, from students and scholars to the general public. The book will furnish comprehensive and in-depth insights into Roger Black Gold Cross Trainer Instruction Manual, encompassing both the fundamentals and more intricate discussions.

1. The book is structured into several chapters, namely:
 - Chapter 1: Introduction to Roger Black Gold Cross Trainer Instruction Manual
 - Chapter 2: Essential Elements of Roger Black Gold Cross Trainer Instruction Manual
 - Chapter 3: Roger Black Gold Cross Trainer Instruction Manual in Everyday Life
 - Chapter 4: Roger Black Gold Cross Trainer Instruction Manual in Specific Contexts
 - Chapter 5: Conclusion
 2. In chapter 1, this book will provide an overview of Roger Black Gold Cross Trainer Instruction Manual. The first chapter will explore what Roger Black Gold Cross Trainer Instruction Manual is, why Roger Black Gold Cross Trainer Instruction Manual is vital, and how to effectively learn about Roger Black Gold Cross Trainer Instruction Manual.
 3. In chapter 2, the author will delve into the foundational concepts of Roger Black Gold Cross Trainer Instruction Manual. The second chapter will elucidate the essential principles that need to be understood to grasp Roger Black Gold Cross Trainer Instruction Manual in its entirety.
 4. In chapter 3, this book will examine the practical applications of Roger Black Gold Cross Trainer Instruction Manual in daily life. The third chapter will showcase real-world examples of how Roger Black Gold Cross Trainer Instruction Manual can be effectively utilized in everyday scenarios.
 5. In chapter 4, the author will scrutinize the relevance of Roger Black Gold Cross Trainer Instruction Manual in specific contexts. This chapter will explore how Roger Black Gold Cross Trainer Instruction Manual is applied in specialized fields, such as education, business, and technology.
 6. In chapter 5, the author will draw a conclusion about Roger Black Gold Cross Trainer Instruction Manual. The final chapter will summarize the key points that have been discussed throughout the book.
- This book is crafted in an easy-to-understand language and is complemented by engaging illustrations. This book is highly recommended for anyone seeking to gain a comprehensive understanding of Roger Black Gold Cross Trainer Instruction Manual.

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Roger Black Gold Cross Trainer Instruction Manual Introduction

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