

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,
 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

M Tight

Roger Black Gold Cross Trainer Instruction Manual:

The Enigmatic Realm of Roger Black Gold Cross Trainer Instruction Manual: Unleashing the Language is Inner Magic

In a fast-paced digital era where connections and knowledge intertwine, the enigmatic realm of language reveals its inherent magic. Its capacity to stir emotions, ignite contemplation, and catalyze profound transformations is nothing short of extraordinary. Within the captivating pages of **Roger Black Gold Cross Trainer Instruction Manual** a literary masterpiece penned by a renowned author, readers set about a transformative journey, unlocking the secrets and untapped potential embedded within each word. In this evaluation, we shall explore the book is core themes, assess its distinct writing style, and delve into its lasting effect on the hearts and minds of those who partake in its reading experience.

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