

Gold Magnetic Bike

Assembly & User Instruction – Please keep for future reference

901 / 7609

ROGERBLACK
FITNESS 



Important – Please read these instructions fully before assembly or using

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 the **Customer Helpline: 0845 600 0464**

Roger Black Fitness Bike Manual

Katrin Zwirgmaier



Roger Black Fitness Bike Manual:

The Advanced Cyclist's Training Manual Luke Edwardes-Evans, 2013-06-30 The Advanced Cyclist's Training Manual aims to follow on from The Cyclist's Training Manual where the latter aimed to introduce the sport of cycling to the beginner audience The Advanced Cyclist's Training Manual looks to take the reader to the next level in their enjoyment of the sport There will be less emphasis on choosing your type of cycling and the basic skills and more emphasis on improving as a cyclist whether this be for competition or personal improvement As with the previous title this book will balance tried and tested practical guidance with stunning action and how to photography In addition there will be tips interviews and training logs from some of the world's best pro riders giving both insight and advice

American Motorcyclist, 1984-09 American Motorcyclist magazine the official journal of the American Motorcyclist Association tells the stories of the people who make motorcycling the sport that it is It's available monthly to AMA members Become a part of the largest most diverse and most enthusiastic group of riders in the country by visiting our website or calling 800 AMA JOIN

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