

# Roger Black Plus Cross Trainer

Assembly & Instructions- Please Keep for future reference

391/8838

**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 the Customer Helpline: 0345 600 1714  
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# Roger Black Cross Trainer Instruction Manual

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