



## 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

**Marco Cascella**



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