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***Roger Black Gold
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**Summary of Contents for
Rogerblack Cross Trainer
Page 1 Silver Medal Two In
One Cross Trainer Assembly &
User's Instruction- 335/9071
Please Keep for future
reference 335/9071 Important
- Please read these**

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***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 ...***

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Roger Black Gold 2 in 1
Exercise Bike and Cross
Trainer (335/8742) This is the
instruction manual for the
Roger Black Gold 2 in 1***

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Roger Black Gold Cross

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Trainer

***The Roger Black Gold 2 in 1
Cross Trainer Bike is as basic
as they come in regard to the
shape of the frame, the
console and the functions.
There is very little to this
aside from the 6kg flywheel, a***

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strong frame, large pedals for the bike and elliptical workouts and a small console.

***Argos Product Support for
ROGER BLACK GOLD CROSS
TRAINER ...***

Roger Black Gold 2 in 1

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Exercise Bike and Cross Trainer ... This two-in-one home workout machine can be used as a cross trainer or exercise bike, giving you options and a varied workout every single day. ... Be the first to review "Roger Black

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***Gold 2 in 1 Exercise Bike and
Cross Trainer” Cancel reply.***

***Roger Black Gold Cross
Trainer Review (Read Before
You Buy!)***

***Roger Black Gold 2-in-1
Exercise Bike And Cross***

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Trainer The Gold 2-in-1 is a versatile machine that can provide both a bike and cross trainer workout. It's not suitable for high-intensity workouts, but for basic cardio it's a good choice.

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***Roger Black Gold Magnetic
Cross Trainer and Exercise
Bike ...***

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manuals, service manuals,
operating guides. Exercise
Bike, Fitness Equipment user***

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manuals, operating guides & specifications

***Roger Black Gold 2 in 1 Cross Trainer | Best Cross Trainers
The Roger Black Gold cross trainer (sold exclusively at Argos) features a clear LCD***

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display, 16 resistance levels, and twelve preset programs, making it a popular budget cross trainer. This sleek model isn't the cheapest cross trainer on the market, but with its relatively affordable price tag, it definitely still

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qualifies as a budget option.

***Instruction manual for Roger
Black Gold 2 in 1 Exercise ...
Roger black cross trainer +
bike. My cousin lost A LOT OF
WEIGHT with this cross
trainer Stable and Gym***

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***Quality at Argos over Rrp
£200 Very good machine for
people who would workout at
home!! I use this and have
also seen changes/ more
toned body!! :) love it.
Verified purchase: No***

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***Roger Black Cross Trainers
(2019) - Are They Worth
Buying?***

***Check Price of the Roger
Black Gold Magnetic Cross
Trainer. This is the mid-range
version, both in terms of
features and price. For your***

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money, you get an excellent set of features, especially when stacked up against other company's products in the same price range. The key features and specification are: Mains operated programmable LCD display

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***Roger Black Gold 2 in 1
Exercise Bike and Cross
Trainer ...***

***Roger Black Gold Magnetic
Cross Trainer and Exercise
Bike. Click here for more
information and to buy. This 2***

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in 1 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, ...

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***Roger Black Cross Trainer -
Elliptical Machines/Trainers
The Roger Black Gold Cross
Trainer. The Roger Black Gold
cross trainer features
programmable resistance and
16 levels of tension control,
giving you flexibility with***

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your workout. The console provides a range of statistics, including calories burned and distance travelled. Mains powered. Programmable resistance system. Hand grip pulse sensor.

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***Roger Black Cross Trainer
Review - Great Value For
Money***

***Get a Roger Black cross
trainer for a perfect body.
Roger Black is an exclusive
fitness brand from Argos,
specializing in low-budget***

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training equipment. ... We think the best model is the Roger Black Gold 2 in 1 Exercise Bike. Special features Roger Black Ellipticals.

Roger Black Gold Exercise

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**Bike - REVIEW + CHEAPEST
PRICE**

**Roger Black Plus Magnetic
Cross Trainer. Rating**

4.400097 out of 5 (97)

**£189.99. Add to Trolley. Add
to wishlist. Add to wishlist.**

Roger Black 2 in 1 Exercise

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***Bike and Cross Trainer. Rating
4.500127 out of 5 (127)
£219.99. Add to Trolley. Add
to wishlist. Page 1 of 1.***

***Roger Black Cross trainers |
Argos
Roger black gold magnetic***

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***cross trainer, very little use.
Has 8 resistance levels, 6kg
fly wheel, several pre loaded
programmes, heart rate
sensors on static arms, LCD
control display at front and
bottle holder. Max user
weight 19st, item weight 45k***

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(24 pages) 3: Rogerblack Gold
Manuals: Rogerblack Fitness**

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ROWER AG-14402 Manuals:
Rogerblack Fitness Equipment
GOLD MEDAL ROWER
AG-14402 Operation & user's
manual (17 pages) 5***

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***Roger Black Gold Cross
Trainer | Maxx***

***Roger Black Gold Medal Cross
Trainer Flywheel Weight: 6kg
(Weight of the flywheel in kg)
Resistance Levels: 8 (The
number of resistance levels***

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the cross trainer has, the greater the number, the more you can control how hard you workout) Number of Programmes: 6 user programmes (Number of Programmes available) Programmes: Details of

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***programmes manual and 5
pre-set programs (Number of
programmes ...***

***ROGER BLACK GOLD CROSS
TRAINER: Amazon.co.uk:
Sports ...***

ROGER BLACK FITNESS Roger

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**Black Gold Magnetic Cross
Trainer 413/7089 - CS 598.
£62.00. 7 bids Ending 2 Nov
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Collection in person. Roger
BLACK Elliptical Trainer .
£58.00. Collection in person.
Roger Black Cross trainer.**

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trainer used.***

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***and Exercise Bike Review .
Read More. Look after your
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well-being tips to stay
positive . Read More. Find the
Workout Gear that is Right for
You. ... The Roger Black Gold
is a great mid-range exercise***

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***bike that will suit the majority
of users.***

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