EVO ®
CARDIO FOR LIFE

ReNegaDE Air Rower Pro

! PLEASE READ THIS INSTRUCTION MANUAL BEFORE YOU BEGIN ASSEMBLY

INSTRUCTION MANUAL

contents

Safety Information

EVO ®
CARDIO FOR LIFE

PLEASE READ THIS INSTRUCTION MANUAL BEFORE YOU BEGIN ASSEMBLY. GREAT CARE HAS BEEN TAKEN TO DESIGN THESE INSTRUCTIONS AND FOLLOWING THEM WILL HELP YOU WITH QUICKER ASSEMBLY AND MINIMISE THE RISK OF INJURY

YOU ARE RESPONSIBLE FOR YOUR OWN SAFETY -
THIS LIST IS NOT EXHAUSTIVE.

- Always assemble and operate the product on a level surface, ensure that the product is stable before use.

- The free area shall be not less than 0.6 m greater than the training area in the directions from which the equipment is accessed.

- Try to ensure that your back is straight whilst exercising, especially for long periods

- The safety level of this equipment can only be maintained if it is regularly examined for wear and tear

- Keep hands away from moving parts.

- Replace defective components immediately, and/or keep the equipment out of use until it is repaired.

- Use only the adjustment settings as described in the instructions. Always use the correct adjustment pin/fixing.

- Special attention should be taken to inspect the components, such as pulleys, bearings, straps, rollers are always more susceptible to wear before use.

- Never leave any adjustment devices projecting from the product.

- Always wear suitable clothing and footwear e.g. tracksuit / shorts / training shoes

- Remove all personal jewellery before exercising.

- Ensure you warm-up well before using the equipment as this will help to prevent muscle strain.

- After eating, allow 1-2 hours before exercising as this will help to prevent muscle strain.

- Never overload the equipment – the maximum user weight of this rower is 150kg.

- Don't rock the rower form side to side

- Never use the equipment in any other manner other than the ways explained in these instructions and/or any wall-chart supplied.

- This product has an intergrated speed dependent resistance system without a constant power mode that is governed by magnetic resistance.

- Losing grip or suddenly releasing the handle could result in an uncontrolled return, ensure there is freee space around the product.

- You may want to store this product away to save space - be aware of moving mechanical parts which could cause injury.

- To prevent shock, keep all electical components, shuch as the console, motor, cord and switch away from water.

- Do not use any accessories that aren't specifically recommended by the manufacturer, these might cause injuries or cause the unit to fail.

- Work within your recommended exercise level, do **NOT** work to exhaustion.

- If you feel any pain or abnormal symptoms, **STOP YOUR WORKOUT IMMEDIATELY**. Consult your physician immediately.

- Parents and others in charge of children should be aware of their responsibility, because the natural play instinct and the fondness of experimenting of children can lead to situations and behaviour for which the training equipment is not intended

- If children are allowed to use the equipment, their mental and physical development and above all their temperament should be taken into account. They should be controlled and instructed in the correct use of the equipment.

- The equipment is under no circumstances suitable as a children's toy.

- This appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety.

! **Injuries to health may result from incorrect or excessive training.**

! **Heart Rate Monitoring System may be inaccurate, Over exercise may result in serious injury or death. If you feel faint stop exercising immediately !**

! **Be aware of the sharp edges on the rower track rail when in use or move it around.**

Safety Standards

This rower meets the requirements of the EN ISO 20957-1: 2013, EN-957-7: 1998 Class SA and also the EU's EMC and Low Voltage directives (where applicable).

This product is not suitable for therapeutic purposes.

! **It is important that you keep these instructions for future reference.**

CE

Care & Maintenance

- Always place the equipment in a dry environment.

- Use a warm, damp cloth to keep the product clean.

- No wet cleaning of electrical components, unplug before any care and maintenance

- The safety level of the equipment can be maintained only if it is regularly examined for damage and wear. This includes any straps, pulleys, nuts, bolts, moving parts, bushes, chains, wheels, bearings & connection points etc

- Ensure that you inspect the product regularly - at least once a week is recommended.

- Ensure that all fixings are tight before use.

- Always replace damaged / worn components with original parts from the manufacturer.

Protect the environment by not disposing of this product with household waste. Check your local authority for recycling advice and facilities (Europe only).
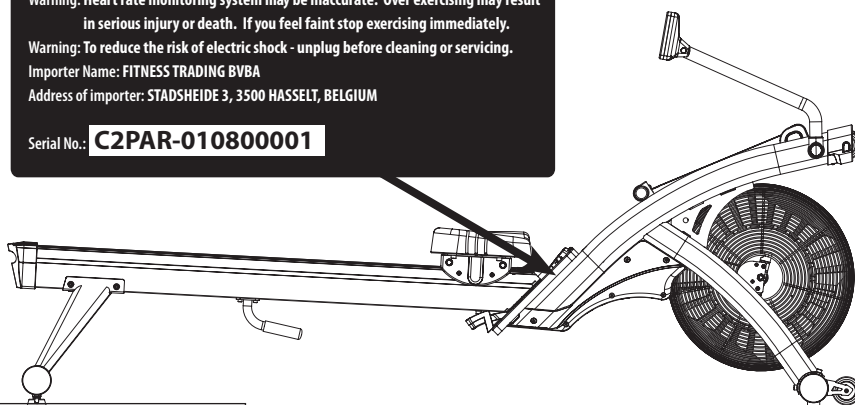
Customer Support

Should you require any assistance regarding this product please gather the following information, and then contact us using the details below:

1. **Serial no.** - this can be found on the sticker below, located as indicated. For future reference, please write down your serial number in the space provided below.

2. **Original purchase date**

3. **Place of purchase**

4. **Information about the place and conditions of use**

5. **Precise description of the issue/defect**

Model: **AIR ROWER**
Manufacture Date: **2017-08**
Max. User Weight: **150kg**
Class Requested by standard: **EN ISO 20957-1, EN 957-7, Class SA**
Warning: Heart rate monitoring system may be inaccurate. Over exercising may result in serious injury or death. If you feel faint stop exercising immediately.
Warning: **To reduce the risk of electric shock - unplug before cleaning or servicing.**
Importer Name: **FITNESS TRADING BVBA**
Address of importer: **STADSHEIDE 3, 3500 HASSELT, BELGIUM**

Serial No.: **C2PAR-010800001**

Your Serial No. is:

Contact Us

C2P Taiwan Ltd.
No. 161, Shihjheng S 2nd Rd., Nantun Dist.,
Tachung City 408, Taiwan (R.O.C.)
mail: tony@c2p.asia
tel: +886 4 22556488
fax: +886 4 22556458
www.c2p.en.taiwantrade.com

Assembly Instruction

Before you start

1. **Prepare your work area -** it is important you assemble the product in a clean and uncluttered space.

2. **Work with a friend -** we recommend you have someone assist you with the assembly as some of the components are quite heavy.

3. **Open the carton -** checking any warnings on the carton and make sure you have it the right way up.

4. **Unpack the carton**
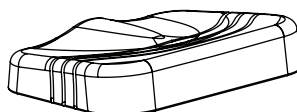
   Make sure you have the following parts:
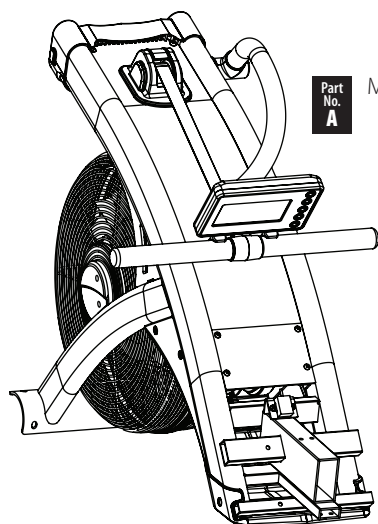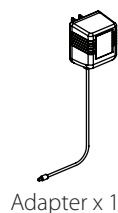
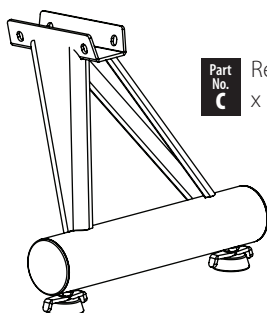**Part No. A** Main Frame
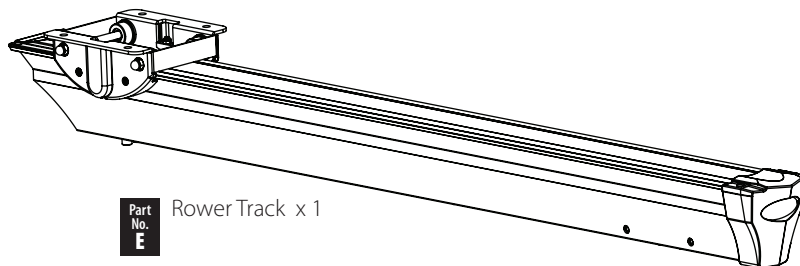
Part No. E Rower Track x 1
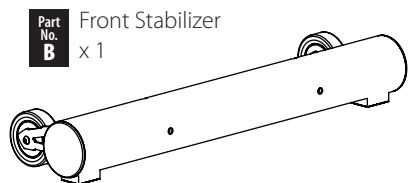
Part No. B Front Stabilizer x 1

Part No. D Seat x 1

Adapter x 1

Part No. C Rear Stabilizer x 1
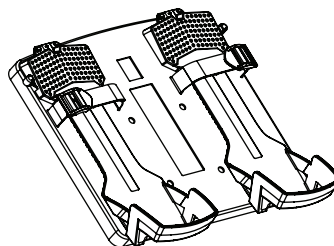
Part No. F Foot Rest x 1
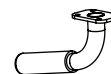
Part No. G Rear Handle x 1

Tools and Consumables

Allen Key (6 and 5mm)

! This Rower takes up a floor space of 223.5cm x 61.4cm for use, 61.5 x 76 x 223.5cm for fold up storage and weighs 49kg

! If you suspect you may have some parts missing, please contact us before going back to your retailer. Refer to the Customer Support section on page 4 for contact details.

1. Locate the Handle Bar

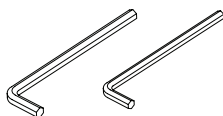- Place the handle bar against the handle hooks in position shown.

- Pull out the **Stop Pin** attached on pulling strap and remove the stopper carefully.

- The pulling strap stopper is used for packaging purpose, which won't be used again during the assembly.

1.

Handle
Bar

Handle
Hook

2.

Stop
Pin

Strap
Stopper

3.
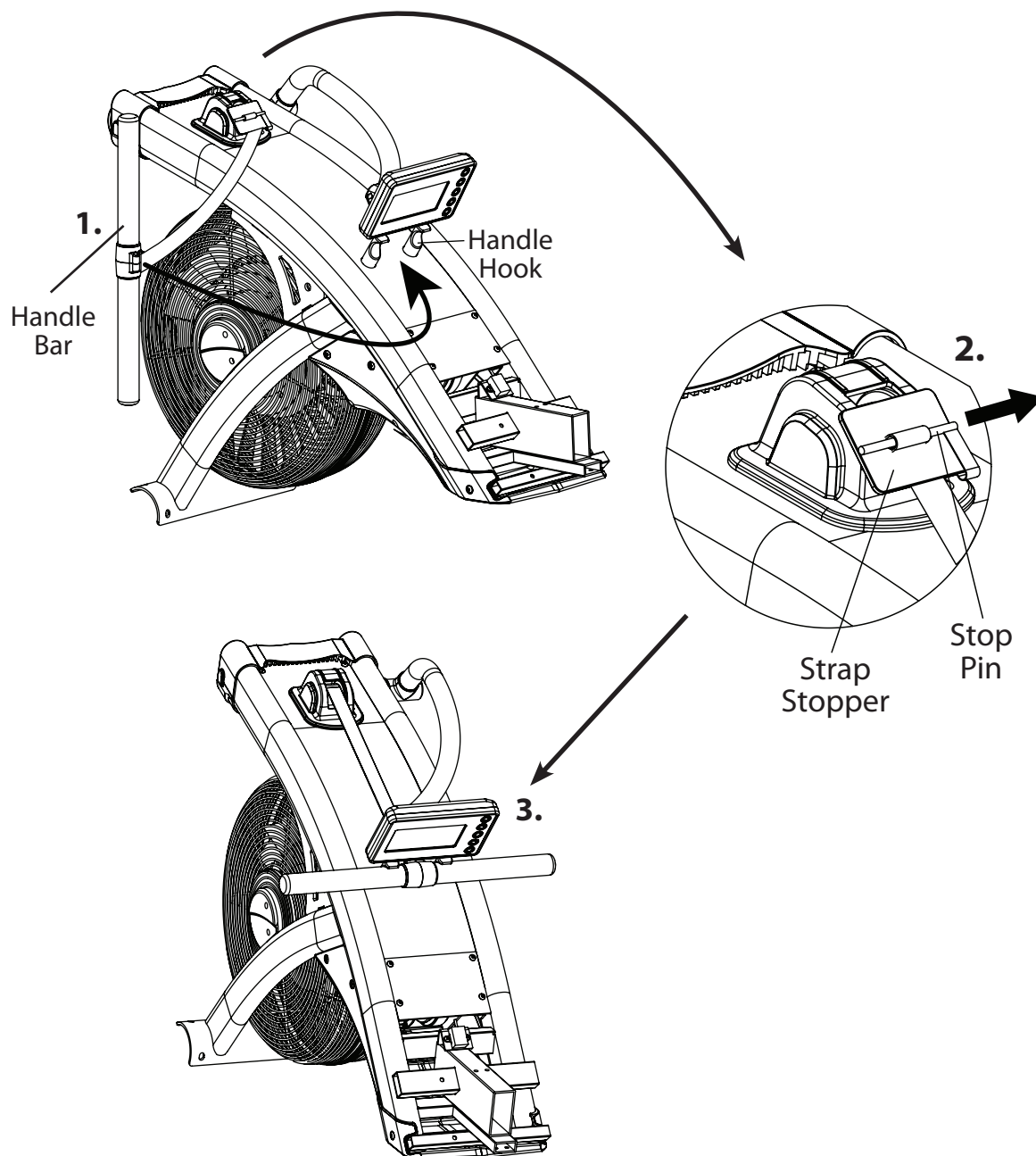
All of the required bolts & washers had been pre-assembled to ensure its installation quality, remove the relative bolts & washers then fasten as instructions to complete your rower assembly.

2. Attach the Front Stabilizer

2-1. Remove the cardboard tube from the front end stabilizer bracket

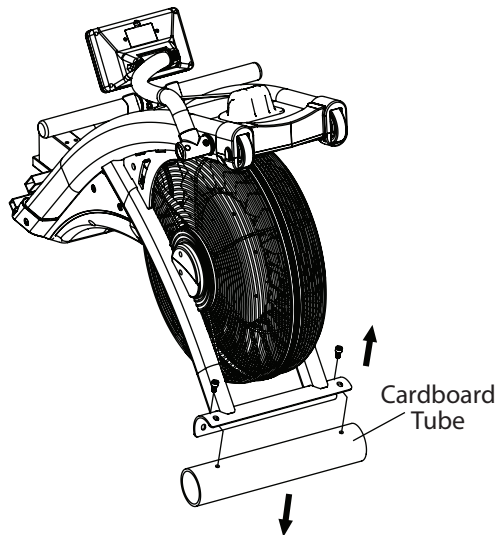- Loosen the **two M8 x 16mm Allen Head Bolts** from the cardboard tube and remove the cardboard tube.

- The two Allen Head Bolts and the cardboard tube are used for packaging protection purpose, which won't be used again during the assembly.

FIXINGS:

x **2**

TOOLS:

6mm

Cardboard Tube
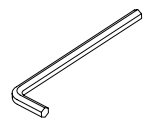
2-2 Attach the front Stabilizer

- Remove the **four M8 x 16mm Hex Socket Head Bolt (B5)** & **M8 x 19mm x1.5mm Curve Washer (B6)** from the **Front Stabilizer (B)** with the 6mm Allen Key provided as shown.

- Attach the **Front Stabilizer (B)** to the **Main Frame (A)** with **four M8 x 16mm Hex Socket Head Bolt (B5)** & **M8 x 19mm x1.5mm Curve Washer (B6)** then tighten these bolts with the 6mm Allen Key provided securely.

FIXINGS:

Part No. **B5**

x **4**

Part No. **B6**

x **4**

TOOLS:

6mm

! Be sure to fit the parts in the same order as the diagrams shown.

! Make sure the bolts are fully tightened with the allen key.

! Make sure the moving wheels on the front stabilizer face out after assembly.
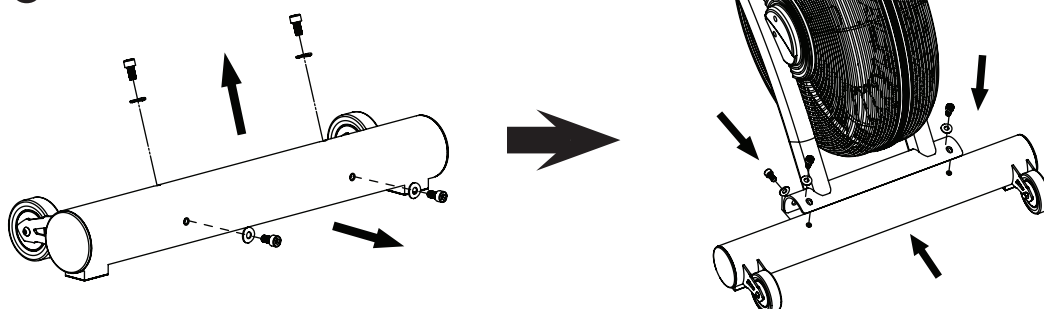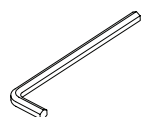
3. Attach the Foot Rest Assembly

3-1. Remove the bolts for Rower Track Assembly

- Fold the rower main frame from the rear end, and stand the whole main frame vertically as shown.

- Remove the **M8 x 16mm Hex Socket Head Bolt (B5)** & **M8 x 16mm x1.5mm Flat Washer (B7)** from the top & bottom **Rower Track Mounting Tube** with the 6mm Allen Key provided as shown.

- **Keep these bolts & washers somewhere until step 5. Rower Track Assembly**
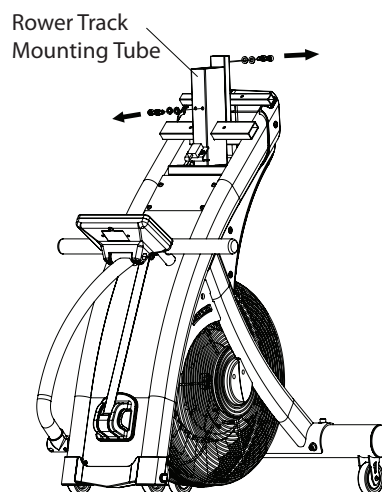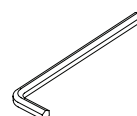
3-2. Attach the Foot Rest Assembly

- Remove the **M8 x 30mm Hex Socket Head Bolt (B8)** & **M8 x 16mm x1.5mm Flat Washer (B7)** from the **Foot Rest mounting bracket** with the 6mm Allen Key provided as shown.

- Insert the **Foot Rest Assembly** and attach onto the **Main Frame Mounting Bracket** carefully with **four M8 x 30mm Hex Socket Head Bolt (B8)** & **M8 x 16mm x1.5mm Flat Washer (B7)** then tighten these bolts with the 6mm Allen Key.

Rower Track Mounting Tube

FIXINGS:

Part No. **B5**

x **4**

Part No. **B7**

x **4**

TOOLS:

6mm

FIXINGS:

Part No. **B8**

x **4**

Part No. **B7**

x **4**

TOOLS:

6mm

! Be sure to fit the parts in the same order as the diagrams shown.

! Make sure the bolts are fully tightened with the allen key.

Main Frame Mounting Bracket
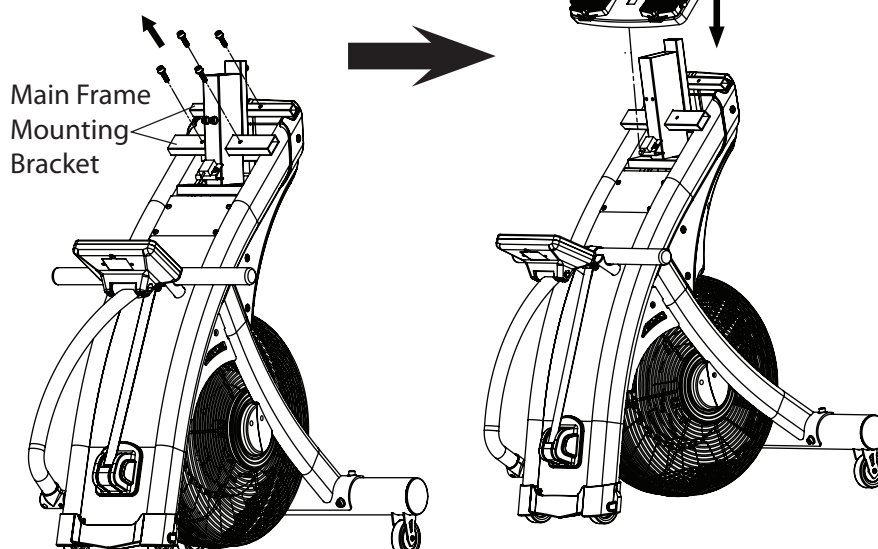
4. Attach the Rear Stabilizer & the Rear Handle

4-1. Attach the Rear Stabilizerr

- Remove the **four M8 x 20mm Hex Socket Head Bolt (B5)** & **M8 x 16mm x1.5mm Flat Washer (B7)** from both sides of the rear end **Rower Track** with the 6mm Allen Key provided as shown.

- Attach the **Rear Stabilizer (C)** to the rear end of the Rower Track with **four M8 x 20mm Hex Socket Head Bolt (B5)** & **M8 x 16mm x1.5mm Flat Washer (B7)** then tighten these bolts with the 6mm Allen Key securely.

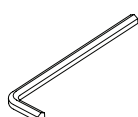**!** **Be sure to fit the parts in the same order as the diagrams shown.**

! **Make sure the rear stabilizer is fully tightened with the allen key.**

FIXINGS:

Part No. B5	x 4
Part No. B7	x 4

TOOLS:

6mm
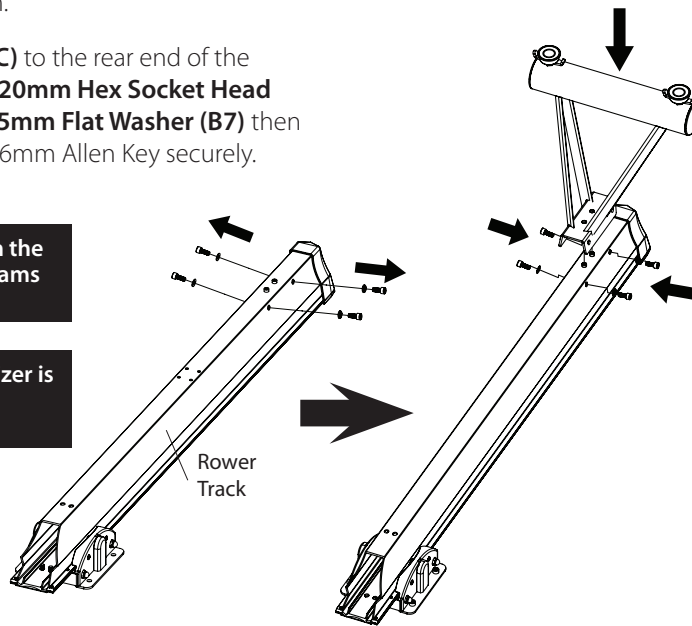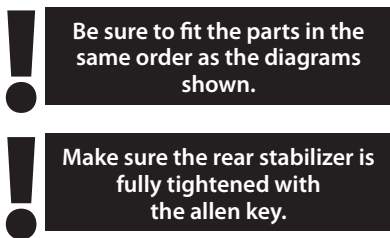
Rower Track

4-2. Attach the Rear Handle

- Remove the **four M6 x 16mm Hex Socket Head Bolt (B9)** from the **Rower Track** with the 5mm Allen Key provided as shown.

- Attach the **Rear Handle (G)** to the centre position of the **Rower Track** with four **M6 x 16mm Hex Socket Head Bolt (B9)** then tighten these bolts with the 5mm Allen Key securely.

- Cut off the **Cable Tie** which secured the **Seat Carriage Assembly** in front end of the **Rower Track**.

**!** **Be sure to fit the parts in the same order as the diagrams shown.**

! **Make sure the bolts are fully tightened with the allen key.**

FIXINGS:
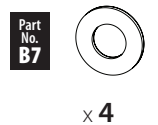
Part No. B9	x 4

TOOLS:

5mm

Rower Track

Seat Carriage Assembly
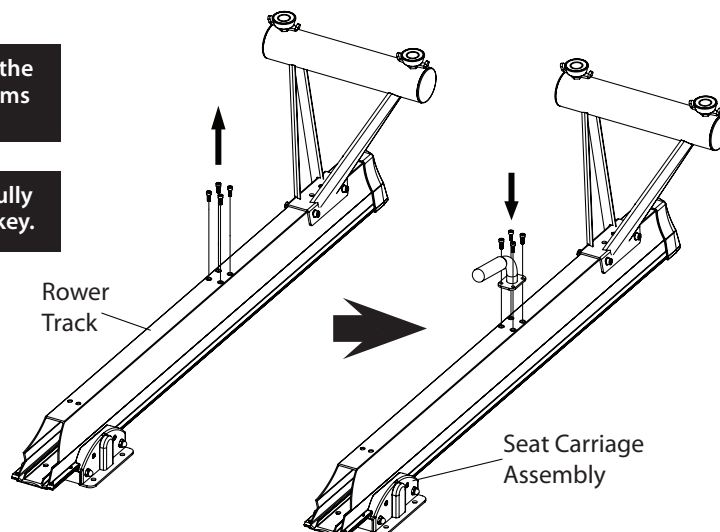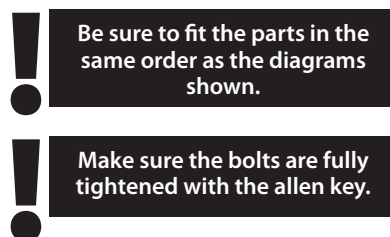
5. Attach the Rower Track Assembly

- Hold the **Rower Track Assembly** and slide it onto the **mounting tube** of the main frame carefully.

- Finger tighten **two M8 x 16mm Hex Socket Head Bolt (B5)** & **M8 x 16mm x1.5mm Flat Washer (B7)** from the bottom of **Rower Track** carefully.

- With one hand, raise and hold the **Seat Carriage Assembly** , with the other finger tighten the **two M8 x 16mm Hex Socket Head Bolt (B5)** & **M8 x 16mm x1.5mm Flat Washer (B7)** from the top of Rower Track carefully.

- When all four bolts and washers are in place, tighten with 6mm Allen Key provided securely.

- Lower the seat carriage gently until it stops.

! **Be sure to fit the parts in the same order as the diagrams shown.**

! **Make sure the rower track is fully tightened with the allen key.**

FIXINGS:

Part No. **B5**   x **4**

Part No. **B7**   x **4**

TOOLS:
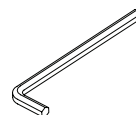
6mm

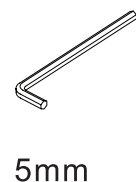Seat Carriage
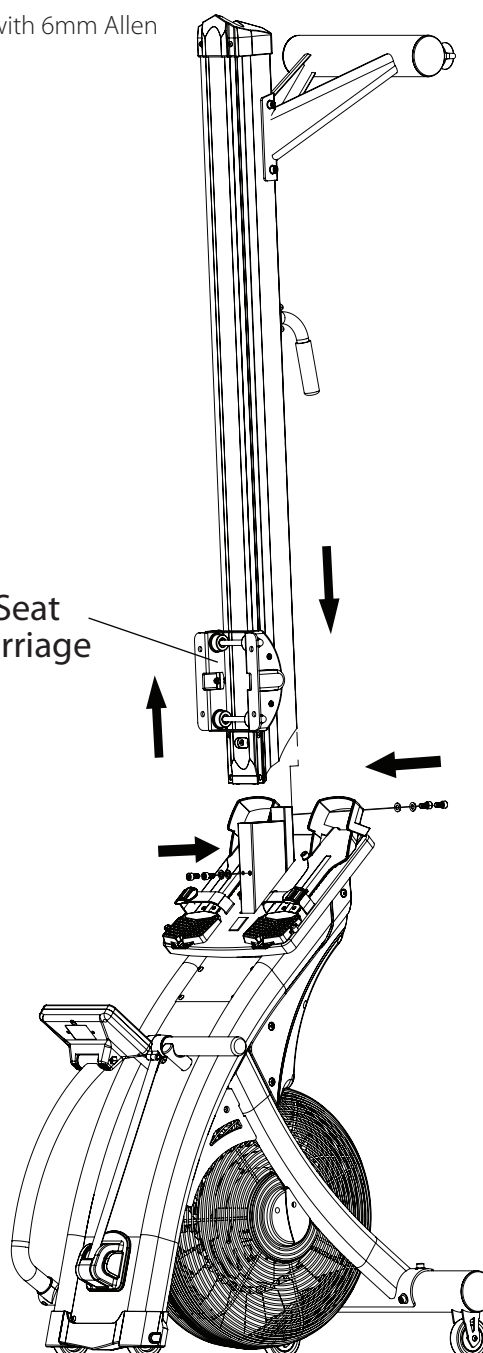
6. Attach the Rower Seat

- Remove the **four M8 x 16mm Hex Socket Head Bolt (J6)** from the bottom of Rower Seat with the 6mm Allen Key provided as shown.

- Attach the **Rower Seat** to the **Seat Carriage Assembly** with **four M8 x 16mm Hex Socket Head Bolt (B5)** as shown.

- Tighten these bolts with the 6mm Allen Key provided securely.
  NOTE : The front (shorter edge) of the seat should face to the ground.

! Be sure to fit the parts in the same order as the diagrams shown.

! Make sure the bolts are fully tightened with the allen key.

Seat Carriage Assembly

Rower Seat
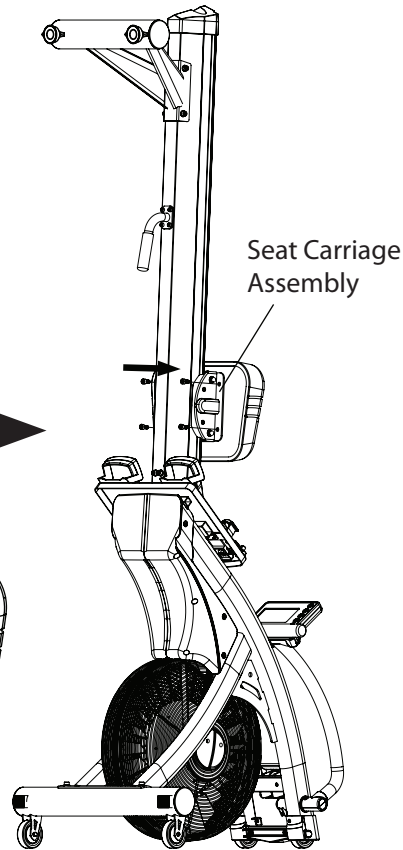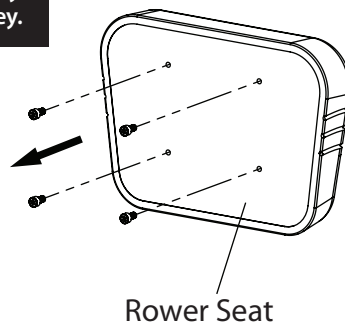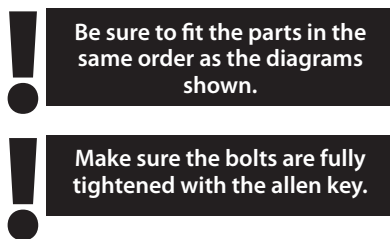
FIXINGS:

Part No. **B5**

x **4**

TOOLS:
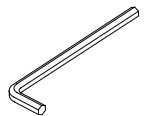
6mm

7. Power Up

- Plug one end of the adaptor into your rower as shown.

- Plug the other end into a suitable AC outlet (110 or 220~240V / 50Hz)

Adapter
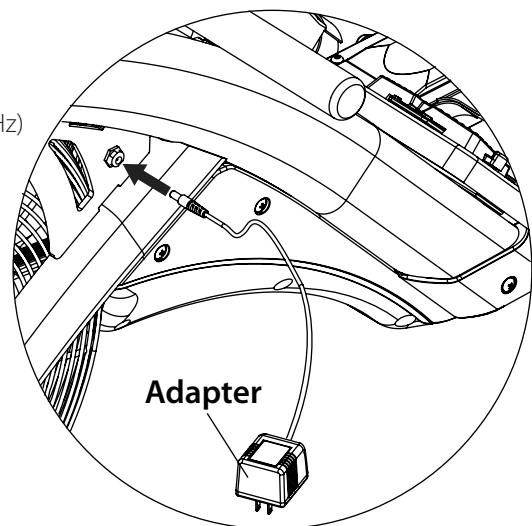
Final Checks

Your Rower is now assembled. Please make the following checks before you use it for the first time.

- Make sure all screws, bolts and nuts are tighten securely.
- Make sure you have positioned it on a flat , level surface.

Air Rower Features Explained

Adjusting the Foot Rest

1. To set the Foot Rest, pull the yellow lever with one hand and with the other to slide the Heel piece up or down to achieve the required setting, then release the yellow lever to lock it in position.

2. Begin by setting the Foot Rest Heel so the strap crosses the ball of your foot.

3. As you gain familiarity with your Rower, you may choose to raise or lower the Foot Rest Heel a notch for reasons of flexibility or general comfort.

4. Optimal setting permits the knee, lower leg and ankle to be perpendicular to the floor at the beginning position.
   - Lowering the Foot Rest Heel permit more seat carriage travel.
   - Raising the Foot Rest Heel cuts down on leg flexion.

Yellow Lever

Foot Strap

Heel

Foot Rest Heel
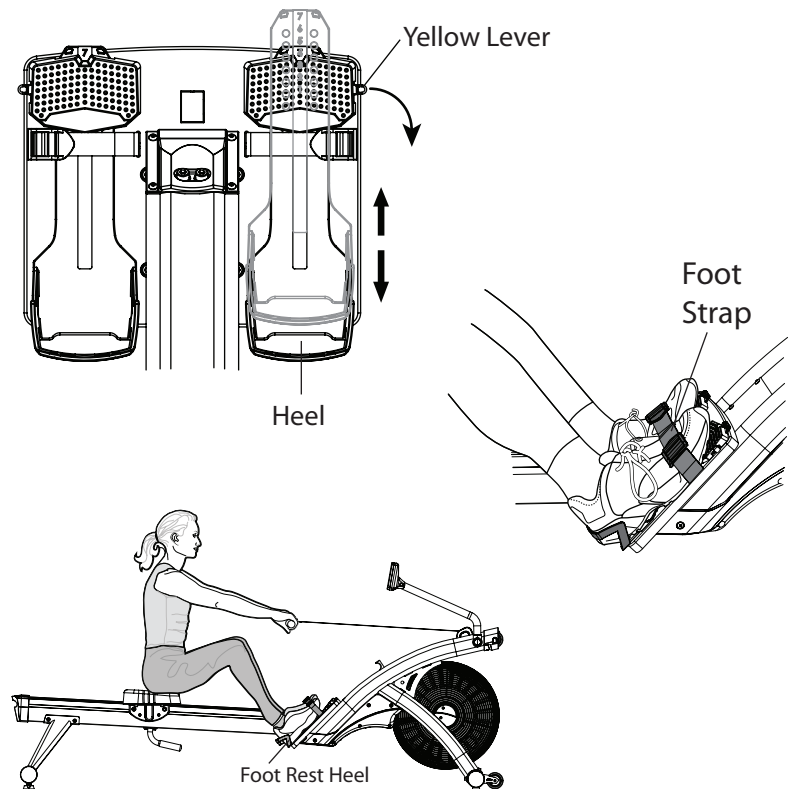
Rest the Pulling Handle

1. Before start your workout, place the pulling handle in the **Handle Hook** to make it easier to reach when you are seated on the rower.

Handle Hook
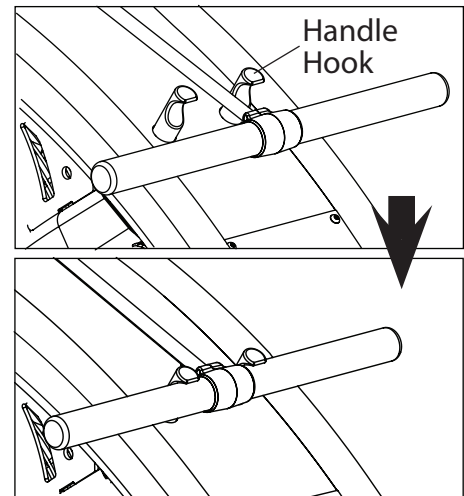
Adjusting the Console

1. Adjust the console arm and console display to suitable height and angle for easy viewing by rotating the arm and console itself as shown.
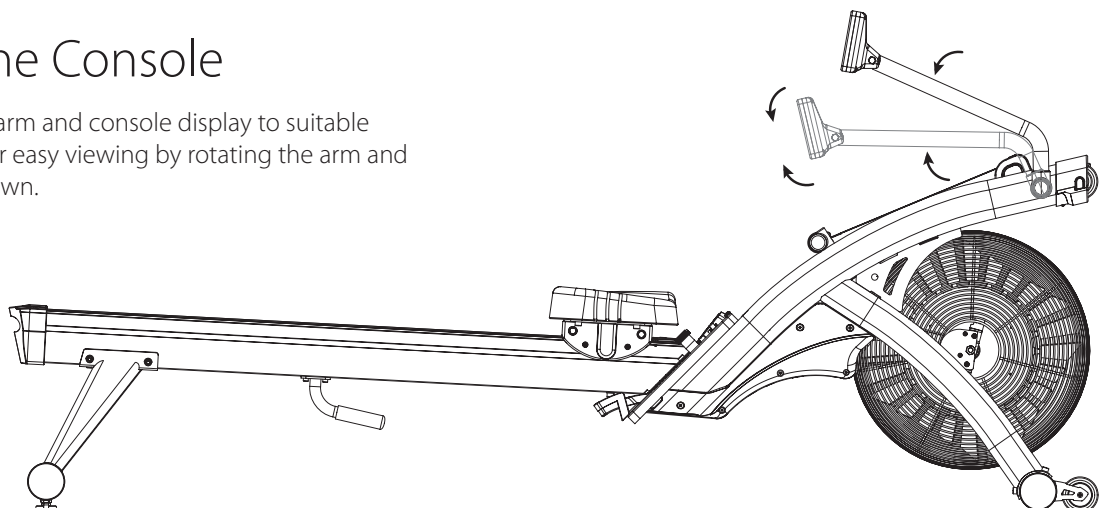
Adjusting the Resistance

1. This Rower features a speed dependent braking (resistance) system.

2. The harder you pull, the more resistance you will feel. As you put more effort into your rowing, you will go faster, produce more watts, and burn more calories.   But it is more important to row for a longer time than to row harder.

3. The resistance is controlled by a magnet assembly, which is moved closer or further away from the fan wheel assembly – the closer the magnet is to the fan wheel the harder the resistance.

4. The magnet is console controlled, to adjust simply press the " ▼ / ▲ " button on the console.

5. The resistance levels goes from 1 = easy to 16 = hard.
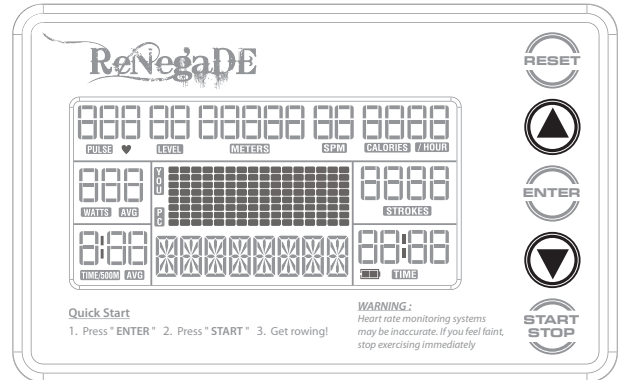
Levelling your Air Rower

1. To help you level the Rower on uneven surface, there are 2 height adjusters attached on the rear stabilizer.

2. Simply turn it to adjust the height of your Rower and double secured the locked handle to the rear stabilizer as required.

Locked Handle
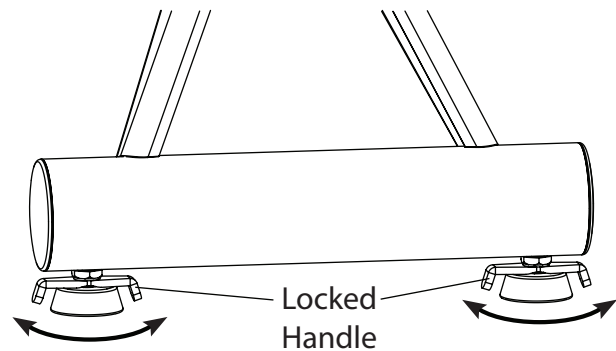
Transporting your Air Rower

1. Your Rower has 4 transport wheels located on the front stabilizer & main frame.

2. Fold up the Rower using the rear handle underneath the rower track and then pull or push to move it around.
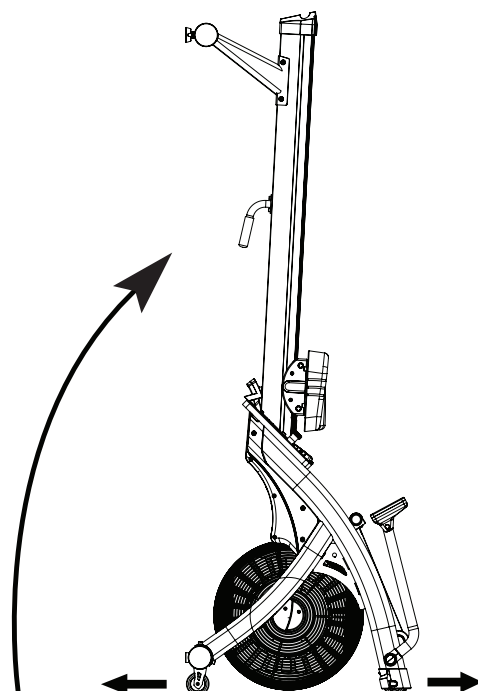
How to Fold Up and Fold Down the Rower

TO FOLD-UP YOUR ROWER

- Adjust the console arm and console for storage as shown.
- Move the seat carriage to the front end.
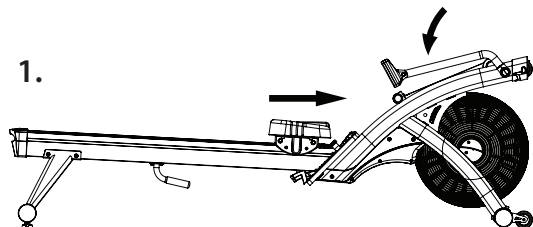
1.

- With right hand, hold the rear end of the seat track, with the other hold the handle firmly as shown.

2.
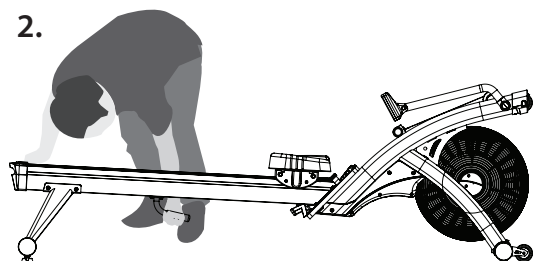
3.

- Raise the rower from the rear end, and stand the whole rower vertically.

4.

NOTE: Use your right foot to stop the front stabilizer and left hand to hold the rower can make the fold-up easily.
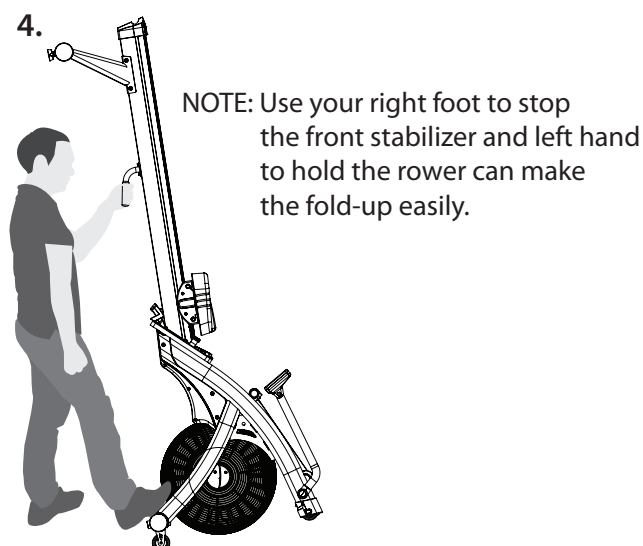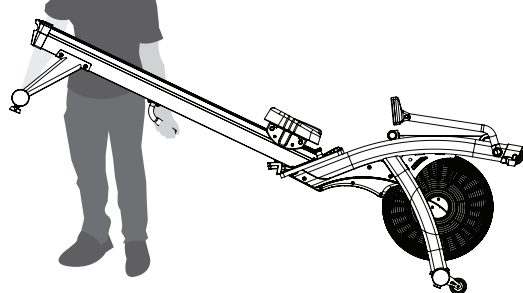
TO FOLD-DOWN YOUR ROWER

- Stand yourself behind the rower comfortably and hold the handle with left hand as shown.
- Use your right foot to stop the front stabilizer while lower the rower carefully.
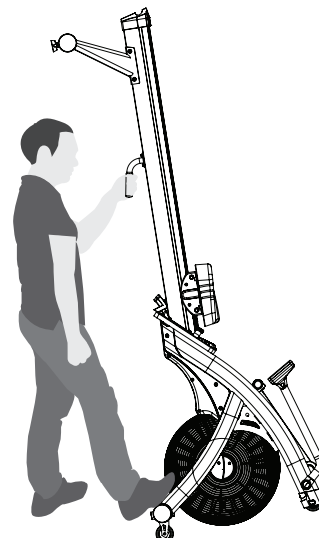
1.

- With right hand, hold the rear end of the seat track, with the other hold the handle firmly as shown.

2.

- Rest the whole rower on the flat, level, solid floor

3.
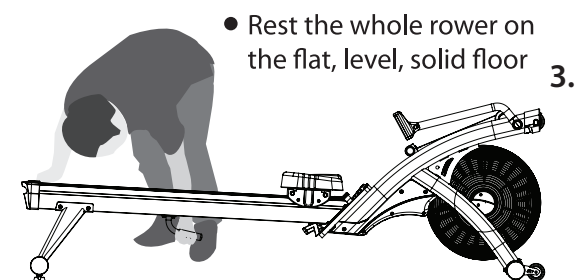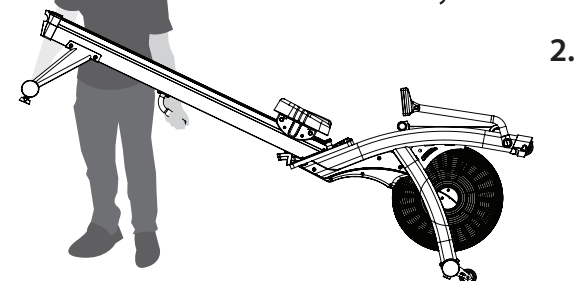
- Adjust the console arm and console for easy viewing as shown.
- Move the seat carriage to the suitable position before setting on.

4.
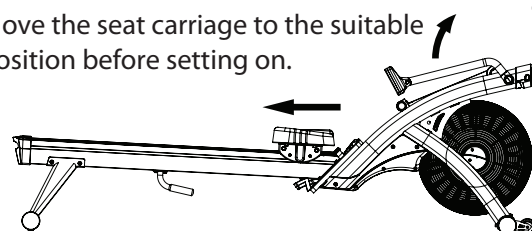
Computer Instructions

Quick Start

Use this mode if you just want a quick workout session and are not interested in setting up any personal data.

- Row for a few seconds to power the console on.
- "**MAINPAGE**" shown on the bottom segment display.
- Press the "**START**" button.
- "**QUICK**" shown on the bottom segment display.
- The values of **TIME**, **METER**, **STROKES**, **WATTS**, **CALORIES**, **TIME/ 500M**, **SPM**, **HEART RATE** (if heart rate signal is detected) will start displaying.
- The values of **TIME**, **METER**, **STROKES**, **WATTS**, **CALORIES** will start counting upwards.

" You can change the resistance at any point during the workout by " ▼ / ▲ " buttons on console as wished. "

To finish this quick workout session and view your workout summary –

- Stop rowing.
- Press " **STOP** " button.
- "**SUMMARY**" shown on the bottom segment display.
- The values of **WATTS**, **CALORIES**, **TIME**, **TIME/ 500M**, **DISTANCE**, **STROKES**, **S/M**, **HEART RATE** (if heart rate signal is detected) will be displayed.

" If you stop rowing without pressing the "**STOP**" button, after 5 seconds the program will automatically pause. You can resume the program by rowing again. After 1 minute of inactivity the program will end. "

Button Functions

Quick Start
1. Press " **ENTER** "   2. Press " **START** "   3. Get rowing!

WARNING :
Heart rate monitoring systems may be inaccurate. If you feel faint, stop exercising immediately
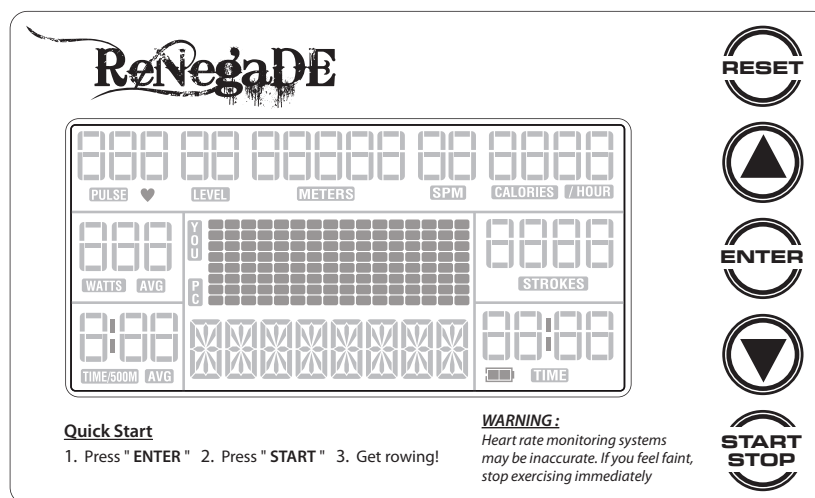
RESET

- Press the " **RESET**" button, during the program setting mode, to return to "**START**" mode on display.

- Press the "**RESET**" button, in "**STOP**"/ " **PAUSE** " mode , to reset all of the values on display to zero and return to " **START**" mode.

▲

- To select the pre-set programs of **MANUAL** > **RACE** > **PROFILE** > **WATT** > **H.R.C.** > **USER 1** ~ **USER 5.** in the "**START** " mode.

- To increase values when setting the target of the program. Press and hold for rapid value change.

- To increase resistance level during the workout.

ENTER

- To confirm the target settings / program selection.

▼

- To select the pre-set programs of **USER 5 ~ USER 1** > **H.R.C.** > **WATT** > **PROFILE** > **RACE** > **MANUAL** in the " **START** " mode.

- To decrease values when setting the target of the program. Press and hold for rapid value change.

- To decrease resistance level during the workout.

START/STOP

- To begin a workout or restart a paused program

- To finish or pause a workout.

Console Display and Feedback

- Indicates the current heart rate in beats per minute (bpm), which are detected by a wireless heart rate chest strap, displayed 30 ~ 220 bpm.

NOTE : To get your pulse reading throughout the exercise, which it gets from you by a 5.4 kHz Polar Telemetry Chest Strap.

! **Heart Rate Monitoring System may be inaccurate, Over exercise may result in serious injury or death. If you feel faint stop exercising immediately !**

- Indicates the resistance level loaded this session, 1= easy and 16= hard.

- Indicates the distance travelled this session, default counts up from 0 to 99999 meter , but counts down if a target had been set (500 ~ 99900 meters).

- Indicates the current Stroke Per Minute you are rowing at , default counts up from 0 to 99.

- This SPM readout is automatically calculated and displayed when your rower in use and should be used as a guide to pace in workout.

- Indicates the approximate calories burned this session, (for comparison only, not to be used for medical purpose) default counts up from zero to 9999 cal, but counts down if a target had been set (50 ~ 9990 cal /hr.).

- Indicates the current energy (power) generated this session, (for comparison only, not to be used for medical purpose) default counts up from zero to 999, but counts down if a target had been set (10 ~ 995 watts)

- Indicates the current program profiles for reference.
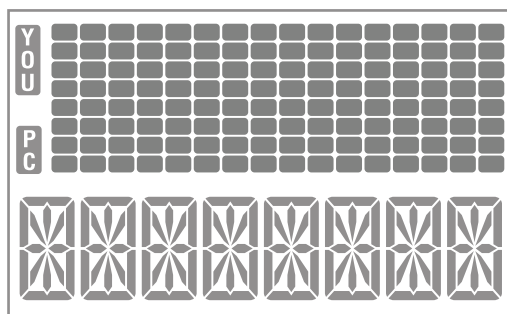
- Indicates the current program text message for reference.
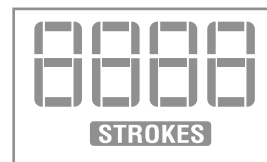
- Indicates the cycles exercised this session, default counts up from 0 to 9999 , but counts down if a target had been set (300 ~ 9990).

- Indicates the time that is needed to achieve 500 meters distance travelled, which is automatically calculated, default counts up from 00:00 to 9:59 , but counts down if a target had been set (1:00 ~ 9:55).

- Indicates the time exercised this session, default counts up from 00:00 to 99:59 , but counts down if a target had been set (05:00 ~ 99:00).

Using Workout Programs

MANUAL / TARGET Programs

This console features 4 target programs : **Target TIME**, **Target STROKES**, **Target CALORIES**, **Target DISTANCE**. You can choose to workout by setting a target based on time , stroke, calories burned or distance travelled. Throughout these programs the user is free to adjust the resistance level if needed.   When you reach your target the console will sound a short alarm and end the workout by coming a stop.

Target TIME
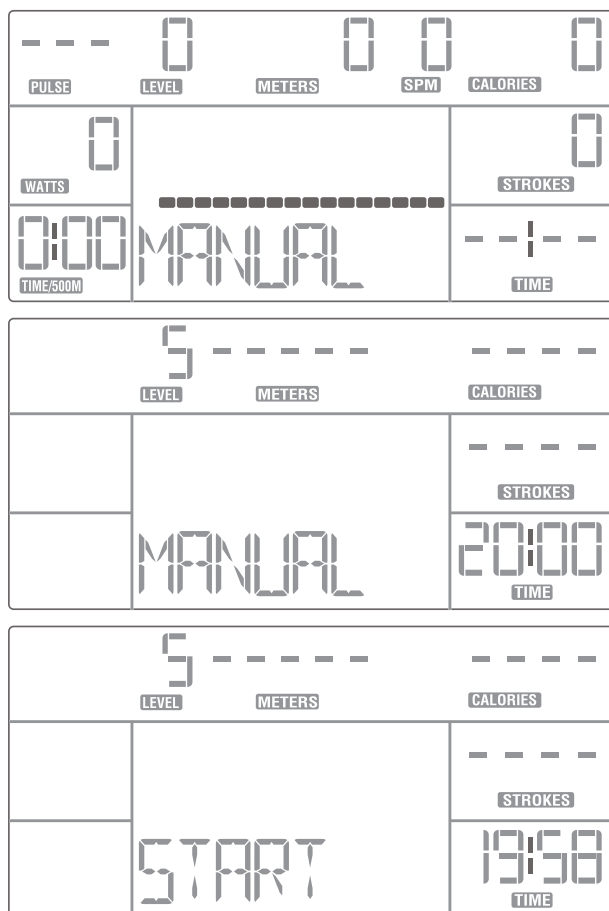
1. Make sure the console is switched on.
    "**MAINPAGE** " shown on the bottom segment display.
2. Use the "▼ / ▲" buttons to select the program mode you want.
    "**MANUAL**" shown on the bottom segment display.
3. Press " **ENTER**" to confirm your selection.
4. The default value of " **-- : --** " is flashing in the **TIME** window.
5. Use the "▼ / ▲" buttons, default value " **20:00** " is flashing in window, to set your workout time (5:00 ~ 99:00 minutes).
6. Press " **ENTER**" to confirm your setting and to set the resistance loaded of workout.
8. The default value of " **5** " is flashing in the **LEVEL** window.
9. Use the "▼ / ▲" buttons to set your workout resistance loaded level (1~16)
10. Press " **ENTER**" to confirm your setting.
11. "**START**" is flashing on the bottom segment display.
12. Press " **START**" to begin the workout and then start rowing. The program will not start until you begin rowing.
NOTE : You can press "**STOP**" button to end the program at any time. The workout summary will displayed on the screen.
NOTE : You can change the resistance level (1~ 16) at any point during the workout by "▼ / ▲" buttons on console as wished and some of the readouts on display will be adjusted accordingly.
NOTE: Each of the pre-set program is made up of 16 segments and the length of each segment will depend on the time you set for your workout. If the workout time is 32 minutes it is 2 minutes per segment. When the end of the segment is reached the console will sound a short alarm before changing to next segment.

Target STROKES
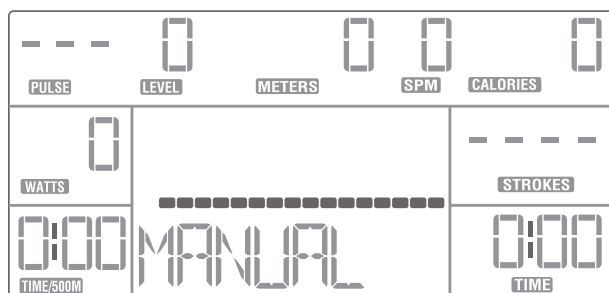
1. Make sure the console is switched on.
    "**MAINPAGE** " shown on the bottom segment display.
2. Use the "▼ / ▲" buttons to select the program mode you want.
    "**MANUAL**" shown on the bottom segment display.
3. Press " **ENTER"** to confirm your selection and press again to reach target strokes program.
4. The default value of "**----** " is flashing in the **STROKES** window.
5. Use the "▼ / ▲" buttons, default value " **300** " is flashing in window, to set your target strokes (300 ~ 9990).

300 STROKES

--:-- TIME

MANUAL

5 ----- ---- ---- LEVEL METERS CALORIES

300 STROKES

--:-- TIME

START

6. Press " **ENTER** " to confirm your setting and set the resistance loaded of workout.
7. The default value of " **5** " is flashing in the **LEVEL** window.
8. Use the " ▼ / ▲ " buttons to set your workout resistance loaded level (1~16)
9. Press " **ENTER**" to confirm your setting.
10. "**START**" is flashing on the bottom segment display.
11. Press " **START**" to begin the workout and then start rowing.
     The program will not start until you begin rowing.

NOTE : You can press " **STOP**" button to end the program at any time.
     The workout summary will displayed on the screen.

NOTE : You can change the resistance level (1~ 16) at any point during the workout by " ▼ / ▲ " buttons on console as wished and some of the readouts on display will be adjusted accordingly.

NOTE: Each of the pre-set program is made up of 16 segments and the total strokes you set for the workout will be evenly divided in to 16. If the workout strokes is 320, it is 20 strokes per segment and the time used in each segment will change accordingly with the different resistance level settings. When the end of the segment is reached the console will sound a short alarm before changing to next segment.

Target CALORIES

1. Make sure the console is switched on.
    "**MAINPAGE** " shown on the bottom segment display.
2. Use the " ▼ / ▲ " buttons to select the program mode you want.
    "**MANUAL**" shown on the bottom segment display.
3. Press " **ENTER**" to confirm your selection and press twice to reach target calories program..
4. The default value of "**----** " is flashing in the **CALORIES** window.
5. Use the " ▼ / ▲ " buttons default value "**150** " is flashing in window, to set your target calories (50 ~ 9990).
6. Press " **ENTER** " to confirm your setting and to set the resistance loaded of workout.
7. The default value of "**5** " is flashing in the **LEVEL** window.
8. Use the " ▼ / ▲ " buttons to set your workout resistance loaded level (1~16)
9. Press " **ENTER**" to confirm your setting.
    "**START**" is flashing on the bottom segment display.
10. Press " **START**" to begin the workout and then start rowing.
   The program will not start until you begin rowing.

NOTE : You can press " **STOP**" button to end the program at any time. The workout summary will displayed on the screen.

NOTE : You can change the resistance level (1~ 16) at any point during the workout by " ▼ / ▲ " buttons on console as wished and some of the readouts on display will be adjusted accordingly.

NOTE: Each of the pre-set program is made up of 16 segments and the total calories consumption you set for the workout will be evenly divided in to 16. If the workout calories consumption is 160, it is 10 calories per segment and the time used in each segment will change accordingly with the different resistance level settings. When the end of the segment is reached the console will sound a short alarm before changing to next segment.

--- 0 _ 0 0 ---- PULSE LEVEL METERS SPM CALORIES

0 WATTS

0 STROKES

0:00 TIME/500M

MANUAL

0:00 TIME

5 ----- --- 150 LEVEL METERS CALORIES

---- STROKES

--:-- TIME

MANUAL

5 ----- --- 150 LEVEL METERS CALORIES

---- STROKES

--:-- TIME

START

Target DISTANCES

1. Make sure the console is switched on.
   "**MAINPAGE** " shown on the bottom segment display.
2. Use the " ▼ / ▲" buttons to select the program mode you want.
   "**MANUAL**" shown on the bottom segment display.
3. Press " **ENTER**" to confirm your selection and press three times to reach target distance program..
4. The default value of "**-----** " is flashing in the **METERS** window.
5. Use the " ▼ / ▲" buttons, default value "**1000** " is flashing in window, to set your target distance (500 ~ 99900).
6. Press " **ENTER** " to confirm your setting and set the resistance loaded of workout.
7. The default value of " **5** " is flashing in the **LEVEL** window.
8. Use the " ▼ / ▲" buttons to set your workout resistance loaded level (1~16)
9. Press " **ENTER**" to confirm your setting.
   "**START**" is flashing on the bottom segment display.
10. Press " **START**" to begin the workout and then start rowing.
    The program will not start until you begin rowing.

NOTE : You can press " **STOP**" button to end the program at any time. The workout summary will displayed on the screen.

NOTE : You can change the resistance level (1~ 16) at any point during the workout by " ▼ / ▲" buttons on console as wished and some of the readouts on display will be adjusted accordingly.

NOTE: Each of the pre-set program is made up of 16 segments and the total distances travelled you set for the workout will be evenly divided in to 16. If the distances travelled is 800, it is 50 meter per segment and the time used in each segment will change accordingly with the different resistance level settings. When the end of the segment is reached the console will sound a short alarm before changing to next segment.
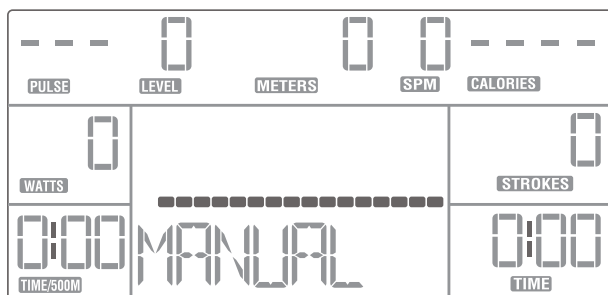
RACE Programs

As the common measure of pace is generally "**time per 500 meters**" which can be stated as how long it takes you to row 500 meters. Rowers are often gauging their progress based off their 500 meter split time, since it is used in racing. This measurement becomes ingrained and precise with practice for trainers.

This console features a **RACE** program to allow you to simulate your workout rowing with a preset "**time /500m**" target. You can either follow the target pace or compete it throughout your workout.

As the Olympic rowing race distance is 2000m, we recommend you to set up 2000m for target distance of your workouts if possible. Please check the " **Table Of Time For 2000 Meters Training** " for reference before you set up the " time / 500m " target value for this workout.

1. Make sure the console is switched on.
   "**MAINPAGE** " shown on the bottom segment display.
2. Use the " ▼ / ▲" buttons to select the program mode you want.
   "**RACE**" shown on the bottom segment display.
3. Press " **ENTER**" to confirm your selection.
4. The default value of "**2:15** " is flashing in the **TIME /500M** window.
5. Use the " ▼ / ▲" buttons to set your target sailing speed (1:00 ~ 9:55).

6. Press " **ENTER** " to confirm your setting.

7. The default value of "**-----**" is flashing in the **METERS** window.

8. Use the " ▼ / ▲ " buttons, default value " **1000** " is flashing in window, to set your target travelled distance (500 ~ 99900).

9. Press " **ENTER** " to confirm your setting.

10. The default value of " **5** " is flashing in the **LEVEL** window.

11. Use the " ▼ / ▲ " buttons to set your workout resistance loaded level (1~16)

12. Press " **ENTER** " to confirm your setting.

   "**START**" is flashing on the bottom segment display.

13. Press " **START** " to begin the workout and then start rowing.

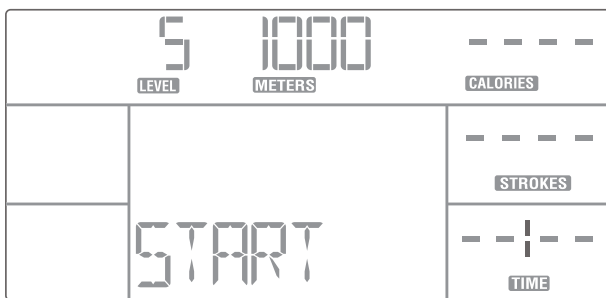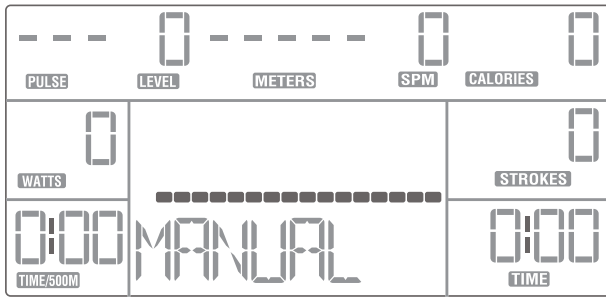   The program will not start until you begin rowing.

NOTE : You can press " **STOP** " button to end the program at any time. The workout summary will displayed on the screen.

NOTE : You can change the resistance level (1~ 16) at any point during the workout by " ▼ / ▲ " buttons on console as wished and some of the readouts on display will be adjusted accordingly.

NOTE: The whole program is made up of 16 segments and the target distances travelled you set for the workout will be evenly divided into 16. If the target distances is 2000, it is 125 meter per segment and the time used in each segment will change accordingly with the different resistance setting & SPM done. When the end of the segment is reached the console will sound a short alarm before changing to next segment.
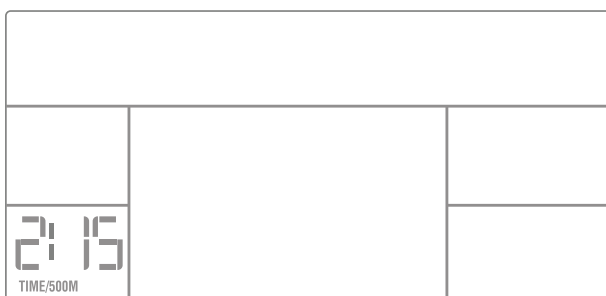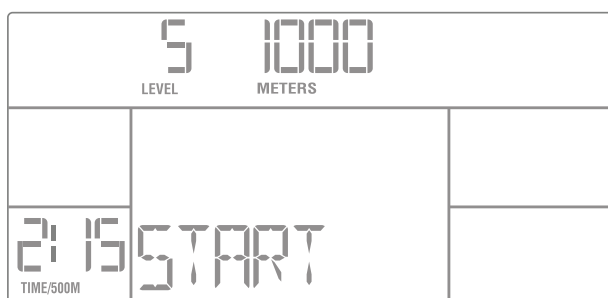
PROFILES / PRE-SET Programs

This console features 12 preset resistances loaded programs available for you to choose from.

The resistance adjusts automatically throughout the program workout. You can choose to workout by setting a target based on time , stroke, calories burned or distance travelled. Throughout these programs the user is free to adjust the resistance level if needed.

When you reach your target the console will sound a short alarm and end the workout by coming a stop.
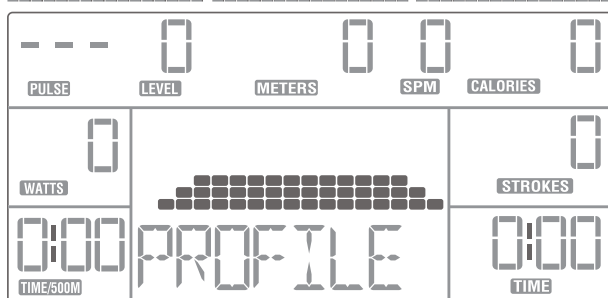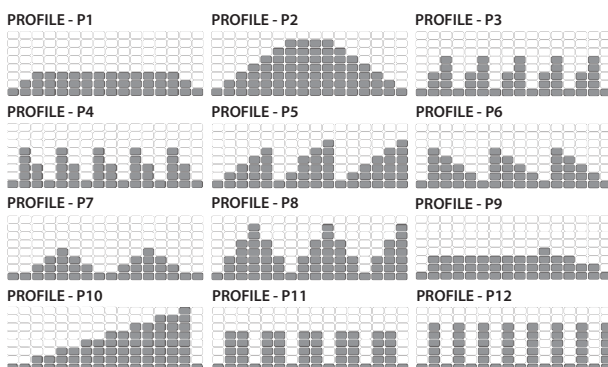
1. Make sure the console is switched on.
   "**MAINPAGE**" shown on the bottom segment display.

2. Use the " ▼ / ▲ " buttons to select the program mode you want.
   "**PROFILE**" shown on the bottom segment display.

3. Press " **ENTER** " to confirm your selection.

4. The default " **P1 Profile** " shown on the top dot matrix display.

5. The default "**P1**" shown on the bottom segment display.

6. Use the " ▼ / ▲ " buttons to select the preset program you want.
   (P1 ~ P12)

7. Press " **ENTER** " to confirm your selection.

8. The default value of " **-- : --** " is flashing in the **TIME** window.

9. Use the " ▼ / ▲ " buttons, default value " **20:00** " is flashing in window, to set your workout time (5:00 ~ 99:00 minutes).

10. Press " **START** " to begin your workout or press " **ENTER** " to set the target strokes.

11. The default value of "**----**" is flashing in the **STROKES** window.

12. Use the " ▼ / ▲ " buttons, default value " **300** " is flashing in window, to set your target strokes (300 ~ 9990).

13. Press " **START** " to begin your workout or press " **ENTER** " to set the target calories.

TABLE OF TIME FOR 2000 METRES

WOMEN - 2000 METRES

AGE	WEIGHT	EXCELLENT	VERY GOOD	GOOD	AVERAGE	INSUFFICIENT	POOR
16-18	HW	06:38,0	07:08,0	07:47,9	08:37,9	09:47,9	11:17,9
	LW	07:07,0	07:37,0	08:17,1	09:07,0	10:17,0	11:47,0
19-29	HW	06:33,0	07:03,0	07:42,6	08:32,6	09:42,6	11:12,6
	LW	07:02,0	07:32,0	08:12,2	09:02,2	10:12,2	11:42,2
30-39	HW	06:32,0	07:02,0	07:42,3	08:32,3	09:42,3	11:12,3
	LW	06:57,0	07:27,0	08:06,7	08:56,7	10:06,7	11:36,7
40-49	HW	06:52,0	07:32,0	08:21,6	09:21,7	10:41,7	12:11,7
	LW	07:23,0	08:03,0	08:53,2	09:53,3	11:13,3	12:43,3
50-59	HW	07:17,0	07:57,0	08:46,6	09:46,7	11:06,7	12:36,7
	LW	07:49,0	08:29,0	09:19,3	10:19,4	11:39,4	13:09,4
60-69	HW	08:12,0	09:02,0	10:01,7	11:11,7	12:31,7	14:01,7
	LW	08:15,0	09:05,0	10:04,8	11:14,8	12:34,8	14:04,8

NOTE: HW - Lighter than 61.5kg (135lb) / LW - Heavier than 61.6kg (135lb)

MEN - 2000 METRES

AGE	WEIGHT	EXCELLENT	VERY GOOD	GOOD	AVERAGE	INSUFFICIENT	POOR
16-18	HW	05:56,4	06:26,4	07:06,4	07:56,4	09:06,4	10:36,4
	LW	06:16,1	06:46,1	07:26,1	08:16,1	09:26,1	10:56,1
19-29	HW	05:38,3	06:08,3	06:48,3	07:38,3	08:48,3	10:18,3
	LW	06:03,2	06:33,2	07:13,2	08:03,2	09:13,2	10:43,2
30-39	HW	05:42,0	06:12,0	06:52,0	07:42,0	08:52,0	10:22,0
	LW	06:08,9	06:38,9	07:18,9	08:08,9	09:18,9	10:48,9
40-49	HW	05:52,0	06:32,0	07:22,0	08:22,1	09:42,1	11:12,1
	LW	06:26,5	07:06,5	07:56,5	08:56,6	10:16,6	11:46,6
50-59	HW	06:07,7	06:47,7	07:37,7	08:37,8	09:57,8	11:27,8
	LW	06:31,6	07:11,6	08:01,6	09:01,7	10:21,7	11:51,7
60-69	HW	06:31,4	07:21,4	07:41,4	09:31,5	10:51,5	12:21,5
	LW	06:50,9	07:40,9	08:41,0	09:51,0	11:11,0	12:41,0

NOTE: HW - Lighter than 75kg (165lb) / LW - Heavier than 75kg (165lb)

PROFILE - P1 PROFILE - P2 PROFILE - P3

PROFILE - P4 PROFILE - P5 PROFILE - P6

PROFILE - P7 PROFILE - P8 PROFILE - P9

PROFILE - P10 PROFILE - P11 PROFILE - P12

--- 0   0 0
PULSE LEVEL METERS SPM CALORIES

0   0
WATTS   STROKES

0:00 PROFILE 0:00
TIME/500M TIME

14. The default value of "**----** " is flashing in the **CALORIES** window.
15. Use the " ▼ / ▲" buttons default value " **150** " is flashing in window, to set your target calories (50 ~ 9990).
16. Press " **START** " to begin your workout or press " **ENTER** "to set the target distances.
17. The default value of "**-----** " is flashing in the **METERS** window.
18. Use the " ▼ / ▲" buttons, default value " **1000** " is flashing in window, to set your target distance (500 ~ 99900).
19. Press " **ENTER**" to confirm your setting.
20. " **LEVEL + / -** " is flashing on the bottom segment display.
21. Use the " ▼ / ▲" buttons to adjust the whole program profile if needed.
22. Press " **ENTER**" to confirm your setting. "**START**" is flashing on the bottom segment display.
23. Press " **START**" to begin the workout and then start rowing. The program will not start until you begin rowing.
NOTE : You can press " **STOP**"button to end the program at any time. The workout summary will displayed on the screen.
NOTE: You can ignore any program target based on time, strokes, calories, distances setting if you are not interested in " **target setting** " while exercising. You can only set one of the targets described above. Once done you can press " **START** " to go straight into your workout.
NOTE: Each of the pre-set program is made up of 16 segments and the target times, strokes, calories, distances you set for the workout will be evenly divided in to 16. The time used in each segment will change accordingly with the different resistance level settings. When the end of the segment is reached the console will sound a short alarm before changing to next segment.
*NOTE :* You can change the resistance level (1~ 16) at any point during the workout by " ▼ / ▲" buttons on console as wished and some of the readouts on display will be adjusted accordingly.

WATT Program

This Watt program allows you to work out at a specific level of effort (known as watts). The resistance is adjusted automatically to ensure you are using the pre-set effort level during your workout.
Please check the " **Table Of Watts V.S. SPM with Level 1 ~ Level 16** " for reference before you set up the " **WATT** " training target value for this workout.
1. Make sure the console is switched on. "**MAINPAGE** " shown on the bottom segment display.
2. Use the " ▼ / ▲" buttons to select the program mode you want. "**WATT**" shown on the bottom segment display.
3. Press " **ENTER**" to confirm your selection.
4. The default value of " **50**" is flashing in the **WATTS** window.
5. Use the " ▼ / ▲" buttons to set your workout time (10 ~ 995 watts).
6. Press " **ENTER**" to confirm your setting.
7. The default value of " **-- : --** " is flashing in the **TIME** window.
8. Use the " ▼ / ▲" buttons, default value " **20:00** " is flashing in window, to set your workout time (5:00 ~ 99:00 minutes).
9. Press " **START** " to begin your workout or press " **ENTER** "to set the target strokes.
10. The default value of "**----** " is flashing in the **STROKES** window.
11. Use the " ▼ / ▲" buttons, default value " **300** " is flashing in window, to set your target strokes (300 ~ 9990).

S 1000 150
LEVEL METERS CALORIES
50 300
WATTS STROKES
START 20:00
TIME

Table of Watts V.S. SPM with Level 1 ~ Level 16

SPM / Level	S10	S15	S20	S25	S30	S35	S40	S45	S50	S55	S60
L1	9	19	29	39	48	60	79	125	172	220	269
L2	9	19	29	39	48	61	79	126	174	220	271
L3	9	19	30	40	49	63	79	128	176	220	273
L4	9	20	31	40	51	66	83	130	178	227	277
L5	10	21	32	41	55	70	91	139	188	238	289
L6	11	22	33	43	59	76	96	145	195	246	298
L7	12	23	35	46	64	83	105	155	206	258	311
L8	14	25	37	49	69	91	115	166	218	271	325
L9	16	27	38	54	74	99	126	179	233	288	344
L10	18	29	39	57	80	107	137	193	250	308	367
L11	20	31	41	60	84	115	147	205	264	324	385
L12	22	33	43	62	91	123	158	218	279	341	404
L13	24	35	45	64	95	131	168	230	293	357	422
L14	26	37	47	67	99	137	178	242	307	373	440
L15	28	39	49	70	102	143	190	257	325	394	464
L16	30	40	51	73	106	149	202	272	343	415	488

NOTE: The deta may vary from the different magnetic structures / models

12. Press " **START** " to begin your workout or press " **ENTER** " to set the target calories.
13. The default value of "**----** " is flashing in the **CALORIES** window.
14. Use the " ▼ / ▲ " buttons default value " **150** " is flashing in window, to set your target calories (50 ~ 9990).
15. Press " **START** " to begin your workout or press " **ENTER** " to set the target distances.
16. The default value of "**-----** " is flashing in the **METERS** window.
17. Use the " ▼ / ▲ " buttons, default value " 1000 " is flashing in window, to set your target distance (500 ~ 99900).
18. Press " **ENTER** " to confirm your setting.
19. The default value of " **5** " is flashing in the **LEVEL** window.
20. Use the " ▼ / ▲ " buttons to set your workout resistance loaded level (1~16)
21. Press " **ENTER** " to confirm your setting.
   " **START** " is flashing on the bottom segment display.
22. Press " **START** " to begin the workout and then start rowing. The program will not start until you begin rowing.

NOTE : You can change the target watts setting of this workout at any point during the workout by " ▼ / ▲ " buttons on console as wished and the new target value will be adjusted & shown on the bottom segments of display accordingly.

NOTE : You can press " **STOP** " button to end the program at any time. The workout summary will displayed on the screen.

NOTE: You can ignore any program target based on time, strokes, calories, distances setting if you are not interested in " **target setting** " while exercising.
   You can only set one of the targets described above. Once done you can press " **START** " to go straight into your workout.

NOTE: Each of the pre-set program is made up of 16 segments and the target times, strokes, calories, distances you set for the workout will be evenly divided in to 16.
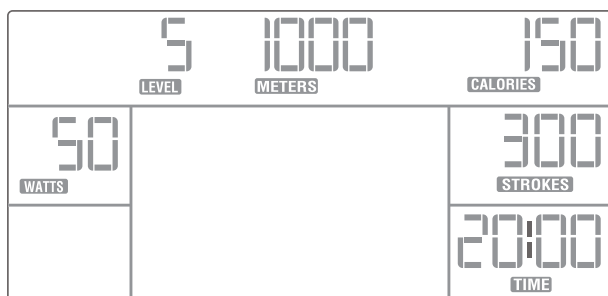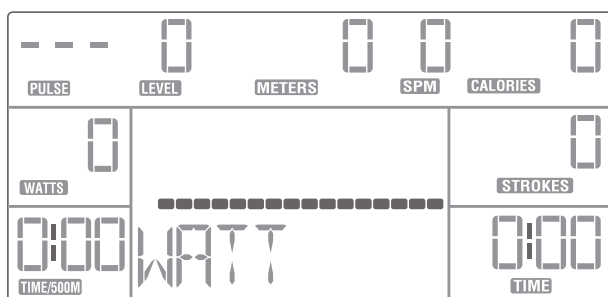   The time used in each segment will change accordingly with the different resistance level & SPM done. When the end of the segment is reached the console will sound a short alarm before changing to next segment.

HRC (Heart Rate Control) Programs

HRC Programs work by automatically adjusting the resistance level to keep your workout at your target heart rate. To do this the console will need your pulse reading throughout the exercise, which it gets from you by using a **5.4kHz Telemetry Chest Strap**. (We recommend you use a Polar 5.4KhZ Telemetry Chest Strap for this program.)

The HRC programs can not be operated with heart rate signals detected from hand pulse sensors.

If your heart rate is too high the resistance is decreased, at a rate of 1 level every 30 seconds.

If your heart rate is too low the resistance is increased, at a rate of 1 level every 30 seconds.

This console features 4 Heart Rate Controlled (HRC) workout programs :
• **55%** - targeted to operate at 55% of your maximum heart rate.
• **75%** - targeted to operate at 75% of your maximum heart rate.
• **85%** - targeted to operate at 85% of your maximum heart rate.
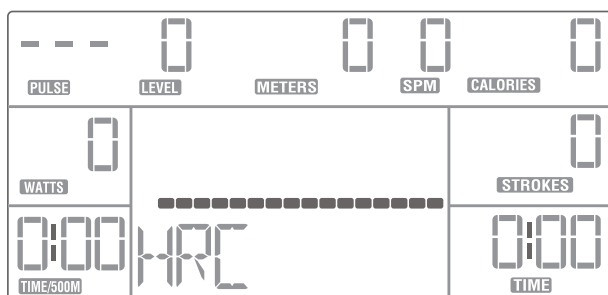• **THR** - targeted to operate at your wished setting heart rate.

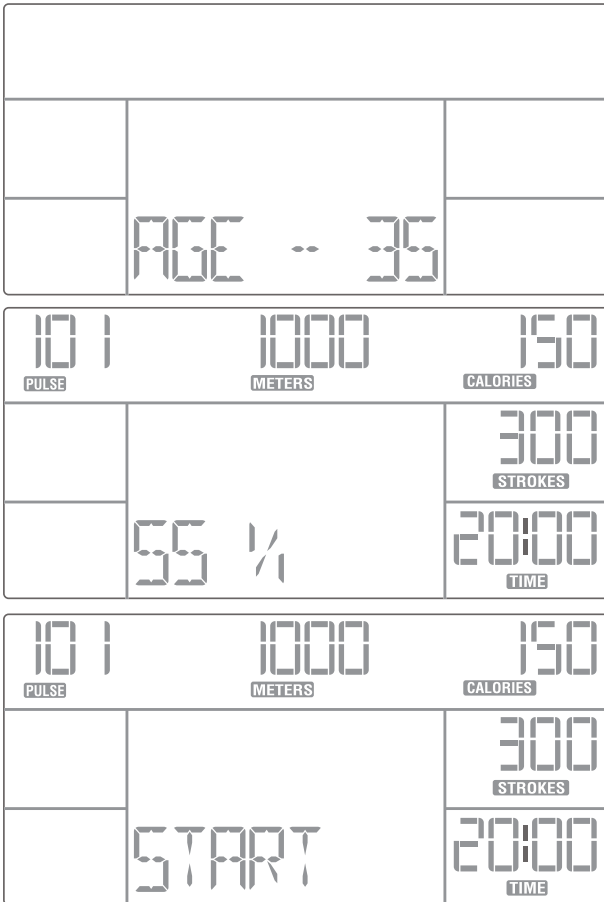1. Make sure the console is switched on.
   " **MAINPAGE** " shown on the bottom segment display.

2. Use the " ▼ / ▲ " buttons to select the program mode you want.
   " **HRC** " shown on the bottom segment display.

3. Press " **ENTER** " to confirm your selection.

AGE -- 35

101 1000 150
PULSE METERS CALORIES
300
STROKES
55 ½
20:00
TIME

101 1000 150
PULSE METERS CALORIES
300
STROKES
START
20:00
TIME

! **Do not use the HRC program if your heart rate is not registering properly on the display.**

! **Please see the** *" Exercising with Your Rower "* **section for more details about the benefits of heart rate training.**
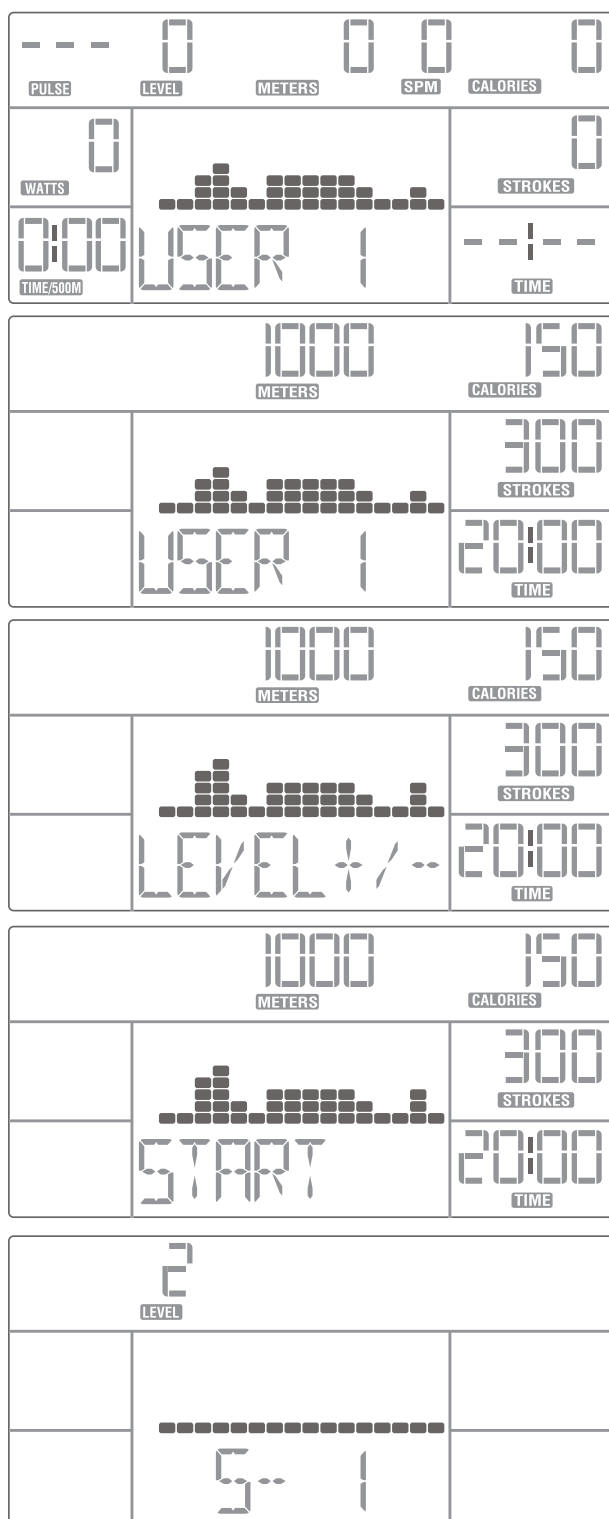
! **Heart Rate monitoring system may be inaccurate, Over exercise may result in serious injury or death. If you feel faint stop exercising immediately !**

4. The default " **AGE - 35** " shown on the bottom segment display.

5. Use the " ▼ / ▲ " buttons to set the user's age (10 ~ 99).

6. Press " **ENTER** " to confirm your setting.

7. The target heart rate value will shown in the "**PULSE** " window accordingly when you select the different HRC programs by using the " ▼ / ▲ " buttons.

8. The bottom segment screen will display " **55 % > 75% > 85% > THR** " accordingly in order for your selection.

9. Use the " ▼ / ▲ " buttons to adjust your target heart rate if required (40 ~ 220).

10. Press " **ENTER** " to confirm your setting.

11. The default value of " **-- : --** " is flashing in the **TIME** window.

12. Use the " ▼ / ▲ " buttons, default value " **20:00** " is flashing in window, to set your workout time (5:00 ~ 99:00 minutes).

13. Press " **START** " to begin your workout or press " **ENTER** " to set the target strokes.

14. The default value of "**----** " is flashing in the **STROKES** window.

15. Use the " ▼ / ▲ " buttons, default value " **300** " is flashing in window, to set your target strokes (300 ~ 9990).

16. Press " **START** " to begin your workout or press " **ENTER** " to set the target calories.

17. The default value of "**----** " is flashing in the **CALORIES** window.

18. Use the " ▼ / ▲ " buttons default value " **150** " is flashing in window, to set your target calories (50 ~ 9990).

19. Press " **START** " to begin your workout or press " **ENTER** " to set the target distances.

20. The default value of "**-----** " is flashing in the **METERS** window.

21. Use the " ▼ / ▲ " buttons, default value " **1000** " is flashing in window, to set your target distance (500 ~ 99900).

22. Press " **ENTER** " to confirm your setting. "**START**" is flashing on the bottom segment display.

23. Press " **START** " to begin the workout and then start rowing. The program will not start until you begin rowing.

! **" NO PULSE "** **will shown on the bottom segment display if there is no wireless heart rate signal detected when starting the program.**

NOTE : You can press "**STOP**" button to end the program at any time. The workout summary will displayed on the screen.

NOTE: You can ignore any program target based on time, strokes, calories, distances setting if you are not interested in " **target setting** " while exercising. You can only set one of the targets described above. Once done you can press " **START** " to go straight into your workout.

NOTE: Each of the pre-set program is made up of 16 segments and the target times, strokes, calories, distances you set for the workout will be evenly divided in to 16. The time used in each segment will change accordingly with the different resistance level settings. When the end of the segment is reached the console will sound a short alarm before changing to next segment.

NOTE : You can change the resistance level (1~ 16) at any point during the workout by " ▼ / ▲ " buttons on console as wished and some of the readouts on display will be adjusted accordingly.

USER / USER 1 ~ USER 5 Programs

This program allows you to create and store 5 personal workout programs, which appear as **USER 1**, **USER 2**, **USER 3**, **USER 4** or **USER 5**. The first time you choose program **USER1**, **USER 2**, **USER 3**, **USER 4** or **USER 5**. from the program selection screen you must set and store the resistance level for each of the 16 profile "**segments**" as displayed in the profile window as your workout routine, but from then on you can go straight to using the program.

1. Make sure the console is switched on.

   "**MAINPAGE** " shown on the bottom segment display.
2. Use the " ▼ / ▲" buttons to select the program mode you want.

   The " **USER 1 > USER 2 > USER 3 > USER 4 > USER 5** " shown on the bottom segment display to indicate the preset programs in order.
3. The top dot matrix screen will display the different personal workout resistance profiles accordingly in order for your selection.
4. Press " **ENTER**" to confirm your selection.
5. The preset " **U1 Profile** " shown on the top dot matrix display.
6. The " **USER 1** " shown on the bottom segment display.
7. Press " **ENTER**" to confirm your selection.
8. The default value of " **-- : --** " is flashing in the **TIME** window.
9. Use the " ▼ / ▲" buttons, default value " **20:00** " is flashing in window, to set your workout time (5:00 ~ 99:00 minutes).
10. Press " **START** " to begin your workout or press " **ENTER** "to set the target strokes.
11. The default value of "**----** " is flashing in the **STROKES** window.
12. Use the " ▼ / ▲" buttons, default value " **300** " is flashing in window, to set your target strokes (300 ~ 9990).
13. Press " **START** " to begin your workout or press " **ENTER** "to set the target calories.
14. The default value of "**----** " is flashing in the **CALORIES** window.
15. Use the " ▼ / ▲" buttons default value " **150** " is flashing in window, to set your target calories (50 ~ 9990).
16. Press " **START** " to begin your workout or press " **ENTER** "to set the target distances.
17. The default value of "**-----** " is flashing in the **METERS** window.
18. Use the " ▼ / ▲" buttons, default value "**1000** " is flashing in window, to set your target distance (500 ~ 99900).
19. Press " **ENTER**" to confirm your setting.
20. " **LEVEL + / -** " is flashing on the bottom segment display.
21. Use the " ▼ / ▲" buttons to adjust the whole program profile if needed.
22. Press " **ENTER**" to confirm your setting.

    "**START**" is flashing on the bottom segment display.
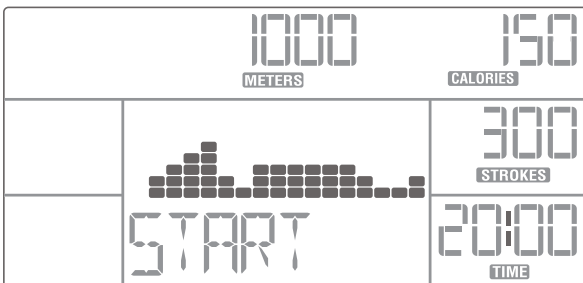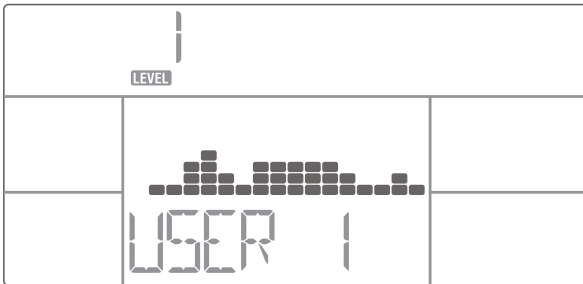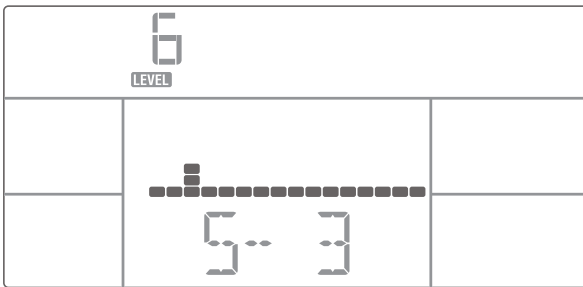23. Press " **START**" to begin the workout and then start rowing. The program will not start until you begin rowing.

Or for the first time personal training program setting --

7. Press & hold " **ENTER**" to start your personal workout profile setting.
8. The default value of " **1** " is shown in the **LEVEL** window.
9. "**S1**" is flashing on the bottom segment display.

6
LEVEL

5·· 3

I
LEVEL

USER 1

1000 METERS   150 CALORIES
300 STROKES
LEVEL +/-- 20:00 TIME

1000 METERS   150 CALORIES
300 STROKES
START 20:00 TIME

10. Use the " ▼ / ▲ " buttons to set your workout resistance level (1~16) for your first segment.
The " **segments** " flashing and changing accordingly on the top dot matrix display.

11. Press " **ENTER** " to confirm your setting.

12. Repeat step. **10**, **11** until all 16 segments have been set.

13. Press & hold " **ENTER** " to confirm your setting.

14. The new setting resistances program profiles will be displayed on top dot matrix window for you to confirm by press & hold " **ENTER** " button.

15. The default value of " **-- : --** " is flashing in the **TIME** window.

16. Use the " ▼ / ▲ " buttons, default value " **20:00** " is flashing in window, to set your workout time (5:00 ~ 99:00 minutes).

17. Press " **START** " to begin your workout or press " **ENTER** " to set the target strokes.

18. The default value of " **----** " is flashing in the **STROKES** window.

19. Use the " ▼ / ▲ " buttons, default value " **300** " is flashing in window, to set your target strokes (300 ~ 9990).

20. Press " **START** " to begin your workout or press " **ENTER** " to set the target calories.

21. The default value of " **----** " is flashing in the **CALORIES** window.

22. Use the " ▼ / ▲ " buttons default value " **150** " is flashing in window, to set your target calories (50 ~ 9990).

23. Press " **START** " to begin your workout or press " **ENTER** " to set the target distances.

24. The default value of " **-----** " is flashing in the **METERS** window.

25. Use the " ▼ / ▲ " buttons, default value " **1000** " is flashing in window, to set your target distance (500 ~ 99900).

26. Press " **ENTER** " to confirm your setting.

27. " **LEVEL + / -** " is flashing on the bottom segment display.

28. Use the " ▼ / ▲ " buttons to adjust the whole program profile if needed.

29. Press " **ENTER** " to confirm your setting.
   " **START** " is flashing on the bottom segment display.

30. Press " **START** " to begin the workout and then start rowing.
   The program will not start until you begin rowing.

NOTE : You can press " **STOP** " button to end the program at any time. The workout summary will displayed on the screen.

NOTE: You can ignore any program target based on time, strokes, calories, distances setting if you are not interested in " **target setting** " while exercising.
   You can only set one of the targets described above. Once done you can press " **START** " to go straight into your workout.

NOTE: Each of the pre-set program is made up of 16 segments and the target times, strokes, calories, distances you set for the workout will be evenly divided in to 16.
   The time used in each segment will change accordingly with the different resistance level settings. When the end of the segment is reached the console will sound a short alarm before changing to next segment.

NOTE : You can change the resistance level (1~ 16) at any point during the workout by " ▼ / ▲ " buttons on console as wished and some of the readouts on display will be adjusted accordingly.

How to Take Care of Your Rower

Storage

Keep the equipment in a dry place with as little temperature variation as possible. Try to protect from dust and always unplug when not in use (if applicable).

Cleaning & Maintenance

Your rower is designed for indoor rowing used only and should not be used or stored in damp areas.
Ensure you regularly check components for wear and make sure all the nuts & bolts are tightened before each exercise session.

Rower Track – Clean daily before use.

- Use a warm, damp cloth or non-abrasive scouring pad to wipe the top surface of the track with soap water or any glass cleaner.   Pay special attention on the both outside edges rails … remove any spots or dirt on it.

Seat Carriage Rollers – Clean daily before use.

- These rollers are easily damaged by dust & dirt to affect its smooth moving, so should be check and clean regularly before user if possible. Use a warm, damp cloth to clean the roller contact area with mild detergent if necessary.

! Loosen and remove the bolts of the rower seat to clean the rollers that inside of the seat carriage

Pulling Strap – Clean & check daily after use.

- Check for nicks or cuts and fraying that may weaken the pulling strap's integrity even though it is made of superior quality Nylon webbing fabric to make it extremely strong. Also check the stitching at the handlebar end is intact. Use a warm, damp cloth to clean the both surfaces of the pulling strap after every exercise if possible

Foot Rest Assembly –Clean & check every week before use.

- This Foot Rest Assembly had a lot of moving parts. It is essential that these parts are in good condition all the times in used. Check that if the foot strap buckle firmly holds the foot strap or not. Check that if the foot heel self locking assembly is working correctly or not. Make sure that if all of the nuts & bolts are tight and firm. Use a warm, damp cloth to clean the foot heels contact area with mild detergent if necessary.

Check and Replace the Console AA Battery – approximately every 200 hours if equipped.

Clean for Dust on Fan Wheel Assembly – approximately every month.

Check for loose Console arm – approximately every month.

! Never remove the protective casing.

! Discontinue use immediately and contact your dealer for replacement if any of the symptoms are found.

Troubleshooting

! If you have a problem with your equipment, before you do anything else please check that all the cables have been connected correctly. Loose cables are very common and many problems can be solved by making sure the cables are properly connected

If you are having problems with your heart rate reading please note that some fibres used in clothes eg) polyester, create static electricity that may prevent a reliable heart rate reading. Mobile phones, TV's, microwaves and other electrical appliances that generate an electromagnetic field may also interfere with heart rate measurement.

If you are still having problems with your equipment, please get in touch with your local distributor using the details found in the Customer Support section on page 4.

EVO®
CARDIO FOR LIFE

Before Exercising Check:

- You have to adequate space ie. at least 2ft (60cm) clearance on each side.

- Check all bolts and locking pins are secured and protruding. In particular check all the bolts and pins for wear, replace doubtful parts before using the equipment.

- Always use your Air Rower on a flat level solid surface.

- Always work within your exercise level, do not work to exhaustion.

- If you feel pain or unwell **STOP YOUR WORKOUT IMMEDIATELY**.

- Injuries to health may result from incorrect or excessive training.

- Please make sure you have read the safety guideline.

- Consult your physician to be sure it is not dangerous for you to undertake a strenuous exercise program.

- Pull straight back the handle with both hands.

- Do not let the handle fly onto the pulling strap guard.

- Do not row with one hand only, abuse of the pulling strap can result in injury.

- Never twist the pulling strap or pull from side to side.

- Keep clothing free of the seat carriage on the rower track.

- Be aware that the seat will roll forward on the rower track when not in use.

- Check your **Proper Rowing Techniques** as below:

A. Forward body angle at the " START"
The shins should not go beyond vertical; and the forward body angle should not be more than about 30 degrees, It should feel like a comfortable amount of reach.
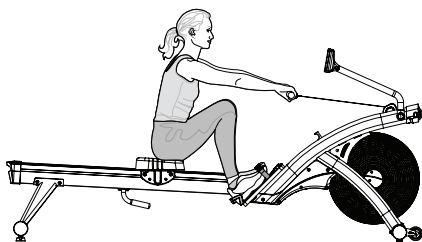
B. Coordination of the " PULLING "
You should begin the pulling by pressing down your legs, keeping the arms straight, and without changing the angle of the back initially. When your legs are about halfway extended, start prying open the back.Finally, finish the drive by pulling the handle all the way into your abdomen.
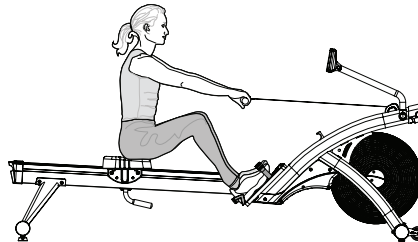
C. Layback at the " FINISH"
Your back should swing past the vertical by about 25 degrees at the finish of the stroke. This layback position should feel comfortable, not stresses. You should feel your abdominal muscles doing some works when you sit in the finish position.
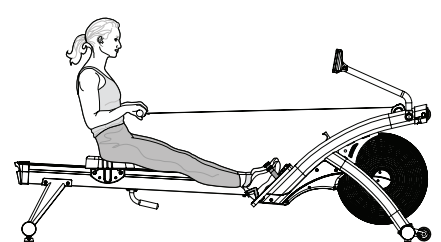
- Include some stretching in your exercise routine. A variety of aches and pains can be eased or prevented by investing a little time in stretching without bouncing gently .

- Start each workout with several minutes of easy rowing for a warm-up. Take at least 5 minutes to build your intensity before starting a hard workout.

- Start your exercise program gradually and build up to heavy work. If you have not rowed in over a week, take it easy for your first row.

- Don't expect to be able to jump right on where you left off and don't try to do intense interval work. Start with a steady row at a comfortable pace and try building the intensity gradually through several intervals of 1-3 minutes in length from next row.

- Use a resistance level setting on 8. The best, all-purpose resistance setting for a great cardiovascular workout is in the setting range of 6-10.

- Rowing with the resistance setting too high can be detrimental to your training program by reducing your output and increasing your risk of injury.

- The lower setting requires you to be a little faster in applying your power which, in the end, gives you a better workout.

- Aim for a stroke rate / SPM of between 24 ~ 30 spm.

- Allow a little extra time for warm-up, and start very easily.

- Don't expect to be abler to do a hard interval workout right away.

- It is important to give your body a rest every so often, even though rowing makes you feel great and you want to do it every day. We recommend taking at least one day off per week from rowing and it will make you more eager and have a better workout next day.

- Rowing is an extremely effective form of exercise. It strengthens the heart, improves circulation, as well as exercising all the major muscle groups - back, waist, arms, shoulders, hips & legs.

- Rowing is also impact-free and non-weight-bearing, which makes it that much more appropriate and valuable as a tool for rehabilitation and recovery, and for people of all ages.

- The pictures below show the proper body position in use during each stroke.
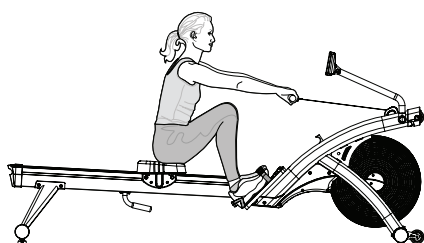
START

- Extend your arms straight toward the flywheel.
- Lean your upper body slightly forward with back straight but not stiff.
- Slide forward on the seat until your shins are vertical (or as close to this as your flexibility will allow).
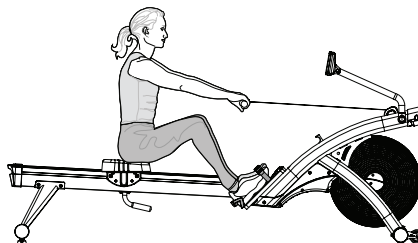
PULLING

- Begin the drive by pushing off the footplates with your legs.
- Keep your arms straight and once your legs are straight, lean back slightly.
- Complete the move by pulling the handle towards your torso, just below the chest.
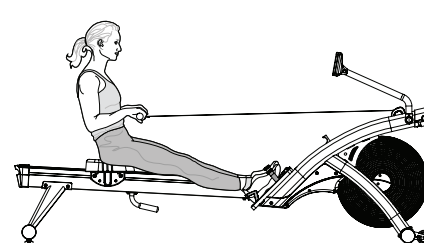
FINISH

- Pull the handle all the way into your abdomen.
- Straighten your legs.
- Lean your upper body back slightly.
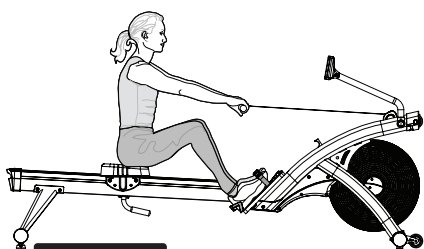
RETURN

- Extend your arms toward the flywheel.
- Lean your upper body forward at the hips to follow the arms.
- Gradually bend legs to slide forward on the seat. Be sure your arms are extended before you bend your knees.
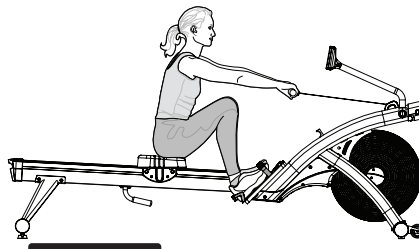
REPEAT

- Draw your body forward until the shins are vertical.
- Upper body should be leaning forward at the hips.
- Arms should be fully extended.
- You are ready to take the next stroke.

NOTE:

- Have someone watch you to help you match your body positions as the pictures shown above.
- These positions should be blended together to make a smooth and continuous stroke with no stopping at any points in the stroke.
- Your handle grip should be loose and comfortable and your wrist should be level during the rowing.
- Please ensure that fingers are not placed inside of the runner assembly when moving the product.
- When adjusting your exercise position and you need to steady yourself by holding onto the rower, ensure that it is the underside of the seat upholstery that you are grasping.

Fitness

Many things contribute to fitness and well being but the most important factor is the condition of your heart and lungs and how efficient they are in delivering oxygen via your blood to your muscles.
Your muscle use this oxygen to provide enough energy for daily activity.
This is called aerobic activity (with oxygen).

When you are fit your heat and lungs work well and efficiently.
This means your heart will not have to work so hard. It will pump a lot fewer times per minute so reducing the werar and tear on your heart.
This in turm reduces the chances of your suffering heart disease.

Fitness also helps you control your weight and reduces the effects of aging and stress.

You com across the need for fitness continually in everyday life.
When you are fit you can walk briskly up hills and stairs without being too out of breath once at the top you recover quickly.

As you can see there are great advantages in being fit.

How to improve your fitness

Like any muscle in your body your heart can be strengthened by systematic physical exercise which requires an increased blood flow and heart rate.
You can measure your heart rate by taking a pulse reading.
Your heart of pulse rate corresponds directly to your exertion level and exercise efficiency.
To improve your fitness in a safe and effective way you need to exercise at a high enough level to improve your aerobic fitness.
The area between these 2 levels is called the **target zone**.
It is important to exercise at the right intensity to stay within this zone.

For the best results you should exercise within the target zone and gradually increase the duration.
Ideally you should aim to exercise (within zone) for at least 15-20 minute continuously, 3-4 times per week.

Caution

Do not try to do too much to quickly start gradually and build up.
If you become ill, if you are under doctor care, or over 35-40 and not currently taking regular exercise then we would advise you not to start to exercise without consulting your doctor.

Target Zone

- PULSE RATE
- MAXIMUM PULSE RATE
- 85% OF MAX.
- EXERCISE SO THAT YOUR PULSE STAYS IN THIS RATE FOR AT LEAST 15-20 MINUTES
- 70% OF MAX.
- 55% OF MAX.
- COOL DOWN LEVEL
- RESET PULSE
- TIME
- WARM UP
- COOL DOWN
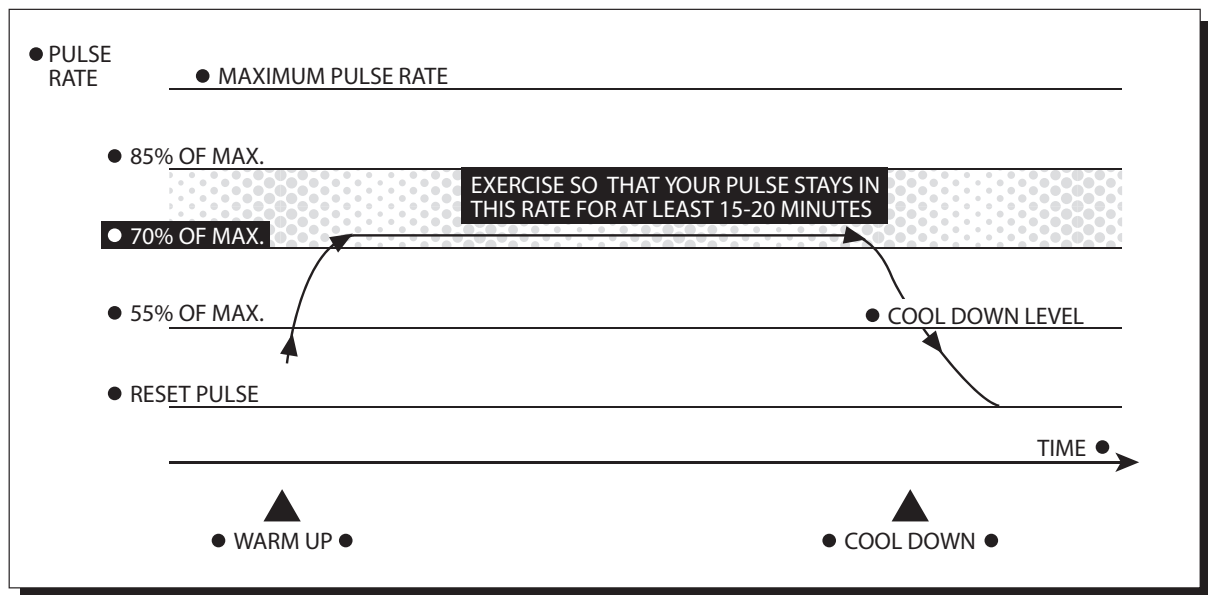
THIS IS HOW YOUR PULSE SHOULD BEHAVE DURING GENERAL FITNESS EXERCISE. REMEMBER TO WARM UP AND COOL DOWN FOR A FEW MINUTES.

HEART RATE — BEATS PER MINUTE

87% maximum heart rate

TRAINING ZONE

200, 195, 190, 185, 180, 175, 170, 165, 160, 174, 169, 165, 161, 157, 152, 148, 143, 139, 144, 140, 136, 133, 130, 125, 122, 119, 115

155 — The top of this bar represents 100% of maximum heart rate for each age group.

135

111 — The lower end of the training zone represents 72% of maximum heart rate for each age group.

AGE IN YEARS: 20 25 30 35 40 45 50 55 60 65

AGE IN YEARS

FIND YOUR OWN EXERCISE PULSE RATE RANGE BY MOVING UP THE VERTICAL LINE FOR YOUR AGE.

Example: Age 40, the vertical line meets the 70% level at about 128 and the 85% level at about 154, pulse rate should remain between these values. Use this graph to determine your personal target zone.

!
<table>
<tr><td>**Always consult your doctor before undertaking a new exercise regime**</td><td>**If you experience nausea, dizziness or other abnormal symptoms during exercise, stop at once and consult your doctor**</td></tr>
</table>

Starting and finishing your workout

Begin and end each workout with a Warm Up / Down session – a few minutes of stretching to help prevent strains, pulls and cramps

Correct rowing form

- Sit on the rower, with your feet on the foot rest and inside the foot straps

- Ensure that the foot rest is adjusted correctly - you should be stable and balanced whilst on the saddle. The basic rule for getting the foot rest right is that as the seat reaches its farest point, the leg is almost straight.

- Try to ensure that your back is straight whilst exercising, especially for long periods.

How long should I exercise for?

That really depends on your current level of fitness. If you're just starting out on a new exercise program, you should start gradually and build up – do not try to do too much too quickly. 30 minutes, 3 times a week should be enough.

Don't push yourself too hard - you should never feel exhausted during or following exercise.

Heart Rate Training

To get the most out of your new piece of fitness equipment and see the best results from your training you should exercise at the right level of effort, and that means listening to your heart! Working out to a target heart rate means you can direct your workout to achieve different goals:

Good health - For those wishing to improve quality of life and general well being. Your sessions will need to be done at an intensity of between 50-60% of your estimated maximum heart rate, should last about 30 minutes and can be done on most days of the week.

Weight loss – To see a significant reduction in body fat, your sessions must be a little more intense - between 60 and 70% of your estimated maximum heart rate. These sessions can also be performed on most days of the week for up to 30 minutes.

Improving Fitness levels –These sessions should be performed at 70-80% of your estimated maximum heart rate and can also involve bouts of interval training that would have your heart rate peaking for short times near your maximum heart rate level. These are intense sessions and will require at least a 48 hour rest between sessions.

Calculating your target heart rate

First, you need to find your estimated maximum heart rate using the formula '220 minus your age in years'. So, if you are 35 years old your estimated maximum heart rate is:

220 – 35 = 185 beats per minute (bpm)

Next, to calculate your target heart rate, simply multiply your estimated maximum heart rate (185 bpm) by the applicable percentage. So, if your goal is better heath:

185 x 60% = 111 bpm

!
NOTE: The important issue to remember with all estimated calculations is that they are just estimates – if you don't feel comfortable exercising at your target then reduce it to a level you are comfortable with.

Note: Heart rate training requires you to monitor your heart rate throughout the workout. For this we recommend using a chest strap (if your machine has a wireless receiver) or a heart rate monitor.

Exploded Diagram
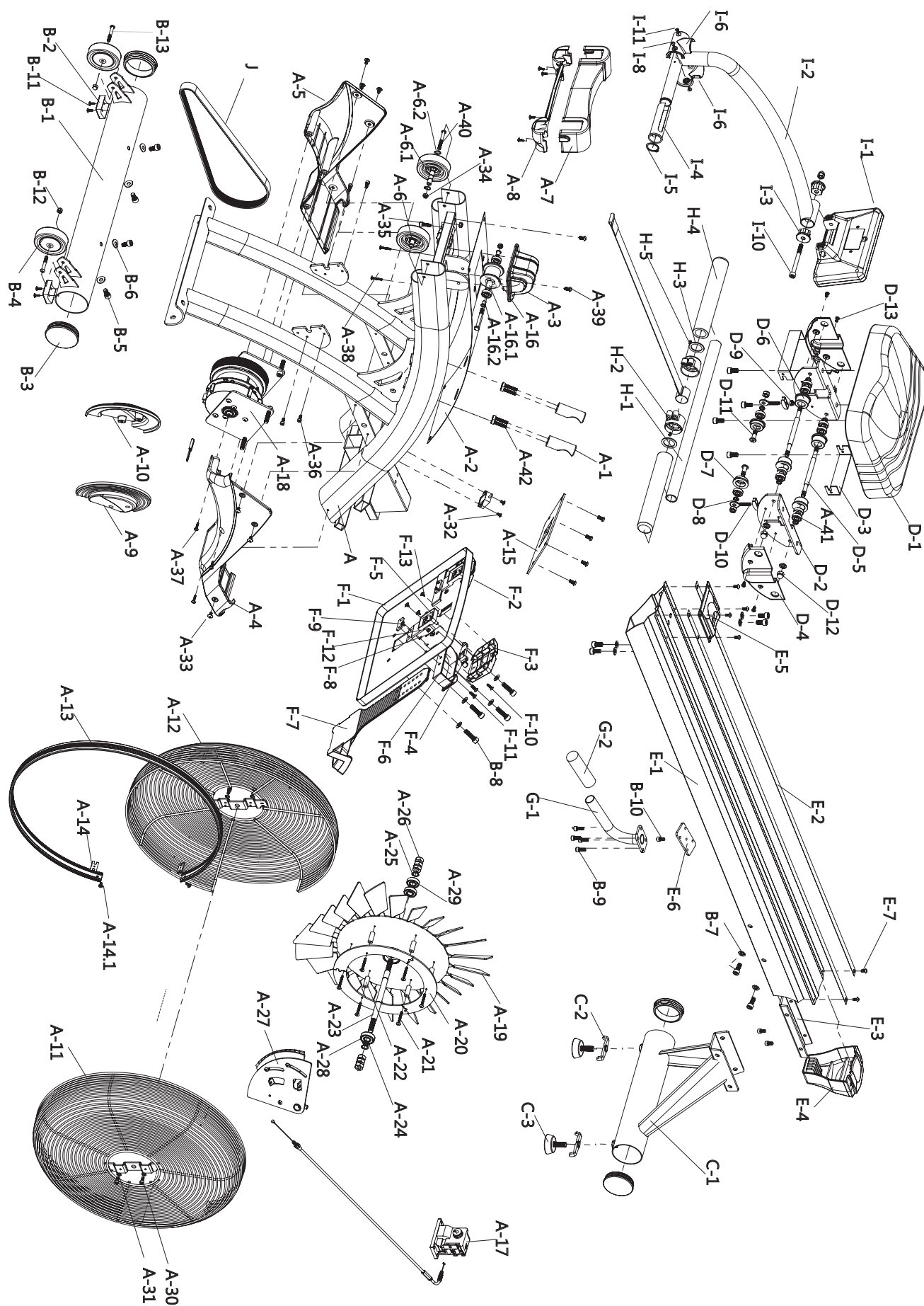
Parts List

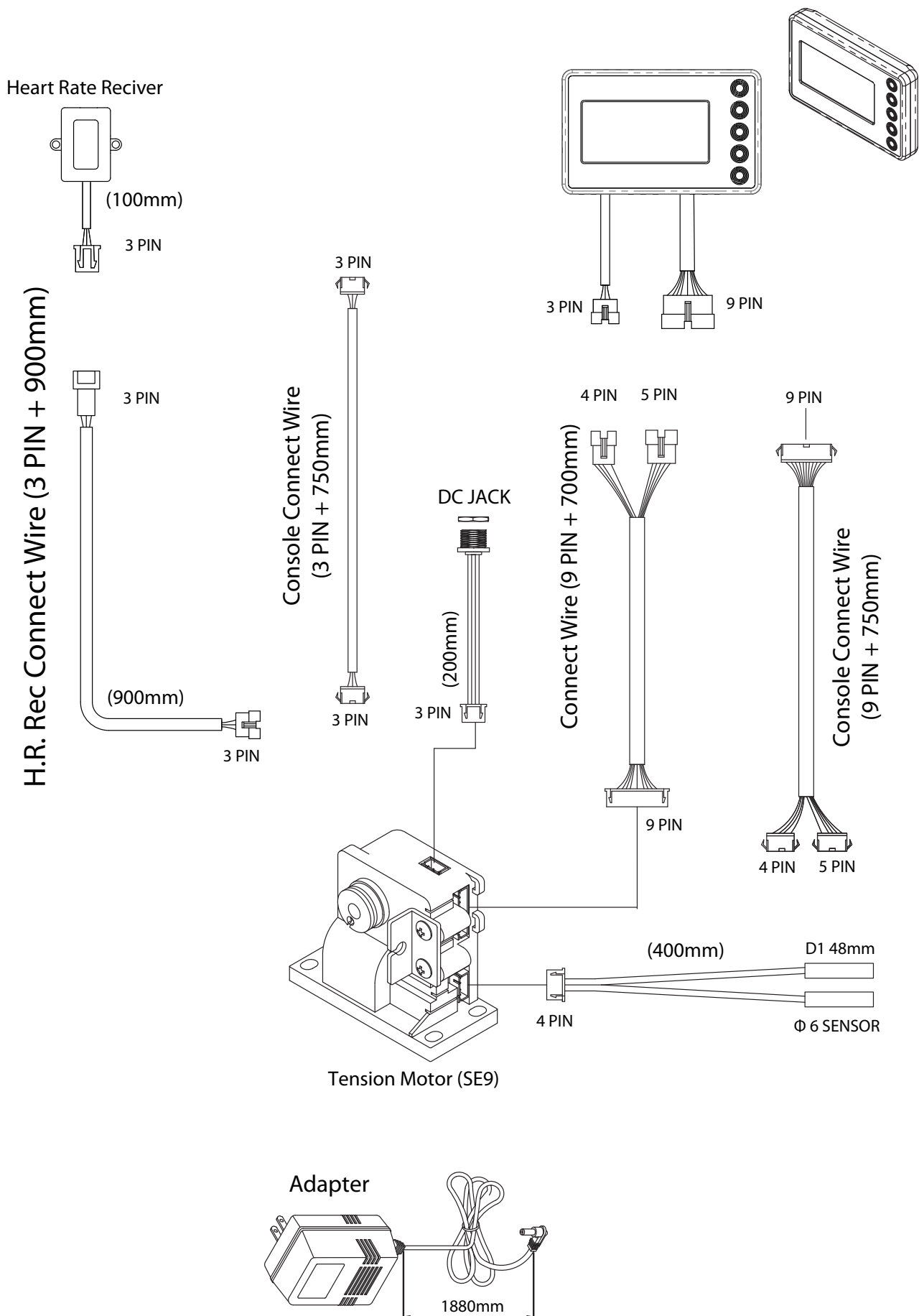| P/N	DESCRIPTION	Q'TY	P/N	DESCRIPTION	Q'TY
A	Main Frame	1	B-7	M8*16*1.5mm Flat Washer	16
A-1	Handle Bar Holder	2	B-8	Hex Socket Head Bolt(M8*30mm)	4
A-2	Metal Top Cover	1	B-9	Hex Socket Head Bolt(M6*16mm)	4
A-3	Pull Strap Top Cover	1	B-10	Hex Socket Head Bolt(M6*12mm)	3
A-4	Main Cover (L)	1	B-11	Self Tapping Screw M4*12.7	4
A-5	Main Cover (R)	1	B-12	Cap Nut(M6)	2
A-6	Moving Wheel (With Bushing / C Clip)	2	B-13	Phillip Head Machine Screw M6*35mm	2
A-6.1	Moving Wheel Bushing Φ6.1xΦ9.8x35.8mm	2	C-1	Rear Stabilizer	1
A-6.2	C Clip-S10	4	C-2	Height Adjustable Lock	2
A-7	Moving Wheel Cover (Top)	1	C-3	Height Adjustable Foot -Φ50mm	2
A-8	Moving Wheel Cover (Bottom)	1	D-1	Seat (ND-39)	1
A-9	Fan Wheel Cover (L)	1	D-2	Seat Carriage - Side Plate	2
A-10	Fan Wheel Cover (R)	1	D-3	Seat Carriage - Flat Stop	2
A-11	Steel - Fan Wheel Cover (L)	1	D-4	Seat Carriage - Side Cover	2
A-12	Steel - Fan Wheel Cover (R)	1	D-5	Seat Carriage - AXLE	2
A-13	Plastic Strip	1	D-6	Seat Carriage - Moving Roller (Top)	4
A-14	Plastic Strip Holder	2	D-7	Seat Carriage - Moving Roller (Bottom)	2
A-14.1	Phillip Head Machine Screw M4*10mm	2	D-8	Metal Spacer (12×8×2mm)	6
A-15	Manual Tension Fixed Pad	1	D-9	Nylon Locknut (M8)	2
A-16	Pull Strap Pulley Wheel	1	D-10	Axle Adjusting Screw	2
A-16.1	Metal Sleeve Φ12xΦ8.1x23mm	1	D-11	Flat Hex Head Screw	2
A-16.2	Metal Bushing Φ6.1X(Φ8+Φ11)X(10+1.5)L	2	D-12	Cap Nut(M8)	4
A-17	Tension Cable	1	D-13	Phillip Head Machine Screw M5*8mm	4
A-18	Spring Box Assembled Set	2	E-1	Rower Track	1
A-19	Steel - Fly Wheel Set	1	E-2	Rower Track Rail	2
A-20	Aluminum Pad	3	E-3	Rear Breaket	1
A-21	Fixing screw M4*35mm	6	E-4	Rower Track Rear Cover	1
A-22	Plastic Bushing Φ10XΦ4X26.8mm	8	E-5	Rower Track Front Pad	1
A-23	Fly Wheel Axle Φ12×210mm	1	E-6	Fixing Pad	1
A-24	Wave Washer	1	E-7	Phillip Head Machine Screw M5*10mm	6
A-24.4	Metal Bushing Φ4XΦ(6+12)X(3.3+1.5)L	3	F-1	Foot Rest Plate	1
A-25	C Clip-S12	2	F-2	Foot Rest Pad (R)	1
A-26	Nut 3"26 8T	6	F-3	Foot Rest Pad (L)	1
A-27	Maganet Resistance Set	1	F-4	Pedal Adjustable Lever	2
A-27.1	Maganetic Pad	1	F-5	Pedal location Key	2
A-27.2	Maganet	12	F-6	Pedal Strap	2
A-27.3	Phillip Head Machine Screw M4*8mm	3	F-7	Adjustable Foot Heel	2
A-27.5	Nut (M4)	2	F-8	Matel Bushing Φ4XΦ(6+12)X(3.3+1.5)L	2
A-27.6	Spring	1	F-9	Pedal Strap Locker	2
A-27.7	Phillip Head Machine Screw M4*12mm	2	F-10	Hex Socket Flat Head Bolt (M4*15mm)	2
A-27.8	Hex Socket Head Bolt(M5*8mm)	2	F-11	Hex Socket Flat Head Bolt (M5*15mm)	4
A-28	Bearing 6001zz	1	F-12	Nylon LockNut (M4)	2
A-29	Bearing 6201zz	2	F-13	Self Tapping Screw M4*8	8
A-30	Hex Socket Head Bolt(M5*12mm)	4	G-1	Rear Handle Bar	1
A-31	M5*13*1.5mm Flat Washer	4	G-2	PVC-Dipping Handle Bar Grip Φ7/8 X 3T X 100mm	1
A-32	Phillip Head Machine Screw M4*8mm	2	H-1	Handle Bar 25.4×2T×480m (Aluminum)	1
A-33	Phillip Head Machine Screw M5*10mm	8	H-2	Strap Cover	2
A-34	M6 Nylon Locknut	3	H-3	Handle Bar Spacer	2
A-35	Hex Socket Head Bolt(M6*20mm)	1	H-4	PVC-Dipping Handle Bar Grip Φ25.4×5T×223mm	2
A-36	Hex Socket Head Bolt(M5*12mm)	4	H-5	Self Tapping Screw M3*8	2
A-37	Self Tapping Screw M4*20	3	I-1	Console Assembly	1
A-38	Self Tapping Screw M4*25	2	I-2	Console Support Frame	1
A-39	Phillip Head Machine Screw M6*12mm	6	I-3	Plastic Bushing Φ31.8mm	2
A-40	Phillip Head Machine Screw M6*50mm	2	I-4	Reducer 25.4mm	1
A-41	Bearing 608 zz	12	I-5	C Clip - S25	1
A-42	Hex Socket Head Bolt(M6*30mm)	4	I-6	Console Support Cover (Top)	1
B-1	Front Stabilizer	1	I-7	Console Support Cover (Bottom)	1
B-2	Foot Stop	2	I-8	Self Tapping Screw M4*12	4
B-3	Stabilizer End Cap 3"	4	I-9	Nylon Cap Nut M8	1
B-4	Moving Wheel	2	I-10	Hex Socket Head Bolt(M8*85mm)	1
B-5	Hex Socket Head Bolt(M8*16mm)	16	I-11	Self Tapping Screw M4*12	1
B-6	Curve Washer	4	J	Ribbed Belt - 370 J8	1

I - 1 Console Assembly

Heart Rate Reciver

(100mm)

3 PIN

H.R. Rec Connect Wire (3 PIN + 900mm)

3 PIN

(900mm)

3 PIN

3 PIN

Console Connect Wire
(3 PIN + 750mm)

DC JACK

(200mm)

3 PIN

3 PIN

3 PIN

9 PIN

4 PIN   5 PIN

Connect Wire (9 PIN + 700mm)

9 PIN

9 PIN

Console Connect Wire
(9 PIN + 750mm)

4 PIN   5 PIN

(400mm)

D1 48mm

4 PIN

Φ 6 SENSOR

Tension Motor (SE9)

Adapter

1880mm

Your Warranty

This product is supplied with a 1 year warranty as follows:

This product is warranted for use in a commercial environment

This warranty excludes damage to the finish of the machine, damage sustained as a result form neglect, abuse, or failure to follow the suggested maintenance requirements (see Maintanance), shipping charges and if applicable, labor for the installation of any parts shipped to the owner under this warranty.

Please Note: Warranty details may vary from one market area to another

Warranty Terms

We warrants that the Product you have purchased from an authorised reseller is free from defects in materials and workmanship. The Warranty is valid subject to normal and reasonable use in the environment as described above, and correct assembly of the product during the warranty period. The warranty period extends to the original purchaser only. It is not transferable to anyone who subsequently purchases the Product from you.

The warranty excludes normal wear and tear on parts.

Your sales receipt, showing the date of purchase of the product, is your proof of the date of purchase.

This warranty becomes valid only if the Product is assembled / installed according to the instructions / directions included with the product. This warranty does not extend to any product that has been damaged or rendered defective: (a) as a result of accident, misuse, abuse or lack of reasonable care; (b) by the use of parts not manufactured by us or sold by us by modification of the product; (d) as a result of service by anyone else other than us or an authorised warranty service provider.

During the warranty period we will at no additional charge provide replacement part(s) or repair the product (at our option) if it becomes defective, malfunctions or otherwise fails to conform with this warranty under normal, non-commercial, personal, family or household use. In repairing the product, we may replace defective parts or at the option of ours, use serviceable used parts that are equivalent to new parts in performance. All exchanged parts and products replaced under this warranty will become the property of ours. We reserves the right to change manufacturers of any part to cover any existing warranty.

If the product must be returned, you must return the Product or defective part to us in its original container (or equivalent) with Proof of Purchase. Any evidence of alteration, erasing or forgery of proof of purchase documents will be cause to void this warranty. You must prepay any shipping charges and you are responsible for insuring any product or part that is returned. Should any product submitted for warranty service be found to be ineligible, an estimate of repair cost will be furnished and the repair will be made if requested, upon our receipt of payment or acceptable arrangement of payment. Under no circumstances will returns be accepted without return authorisation by our Customer Service department.

To obtain warranty service you must and provide the following information:

Name of Product, Product Code, Batch No, Date Purchased, and Nature of fault or part number required.

Neither dealer of this product nor any retail establishment selling this product has any authority to make any warranties or to promise remedies in addition to, or inconsistent with, those stated above. This warranty does not affect your statutory rights.

Please note that warranty terms may vary from one market area to another

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