inSPORTline

USER MANUAL – EN

IN 16384 Rowing Machine inSPORTline Air Master

CONTENTS

SAFETY PRECAUTIONS

BEFORE BEGINNING ASSEMBLY, READ THE INSTRUCTION MANUAL FIRST. WE'VE PREPARED THE INSTRUCTIONS WITH CARE AND FOLLOWING THEM WILL MAKE THE ASSEMBLY EASIER FOR YOU, AS WELL AS MINIMISE THE RISK OF AN INJURY. KEEP THESE INSTRUCTIONS FOR FUTURE REFERENCE.

THIS PRECAUTION LIST IS NOT DEFINITIVE. YOU ARE RESPONSIBLE FOR YOUR OWN SAFETY.

- Always assemble and operate the product on a level surface. Make sure the product is stable before you use it.

- Always make sure that there is at least 0.6 m of free space on each side and at the front of the rowing machine. The back can be placed near a wall.

- Try to keep your back straight while exercising, especially when you do it for long periods of time.

- Appropriate safety level can only be maintained if you regularly check the equipment for wear and tear.

- Keep your hands away from moving parts.

- Replace any defective components immediately and/or keep the rowing machine out of use until it is repaired.

- Adjust the settings only as described in these instructions. Always use the correct connecting materials.

- Pay special attention to components such as pulleys, bearings, straps and rollers, since they are always more susceptible to wear.

- No adjustable part should be left protruding from the product.

- Always wear suitable clothing and footwear (tracksuit, shorts, training shoes, etc.).

- Remove all jewellery before exercising.

- Do a warm-up before exercising to prevent straining your muscles.

- It is best not to eat at least 1 hour before exercising.

- Don't rock the rowing machine from side to side.

- Always use this product in accordance with the instructions provided in this manual.

- Incorrect or excessive training may lead to injuries and damage to your health.

- This product has an integrated speed-dependent braking system that uses magnetic resistance to adjust the difficulty of the exercise.

- Losing your grip or suddenly releasing the handle could result in an uncontrolled return of the handle, that's why it is important to keep free space around the product.

- If you decide to store the product to save space, be careful not to injure yourself while handling it.

- To prevent electric shock, make sure all electronic components, such as the console, motor, power cord and power switch don't come into contact with water.

- Do not use any accessories that aren't specifically recommended by the manufacturer. Unauthorized accessories might cause injuries or damage to the product.

- Exercise in accordance with your fitness level, do NOT work to exhaustion.

- If you feel any pain or other abnormal symptoms, STOP YOUR WORKOUT IMMEDIATELY and consult your physician.

- Parents and other adults in charge of children are responsible for keeping the children in their care from playing on the rowing machine. The product should under no circumstances be used as a children's toy.

- If you allow children to use this machine, their mental and physical development, as well as their temperament, should be taken into account. They should be under constant supervision and instructed in the correct use of the equipment.

- This appliance is not intended to be used by people (including children) with reduced physical, sensory or mental capabilities or lack of experience and knowledge, unless they have been given instructions concerning the use of the appliance by a person responsible for their safety. They also need to be under constant supervision while exercising.

- The product is not suitable for therapeutic purposes.

- **Weight limit:** 150 kg

- **Category:** SA (according to EN957) suitable for commercial use.

- **WARNING!** The hart rate monitor may not be accurate. Overexertion during training may cause serious injury or even death. If you feel any discomfort, immediately stop the exercise!

SPECIFICATIONS

Dimensions	length 223.5 x width 61.4 cm
Dimensions while folded	width 61.5 x length 76 x height 223.5 cm
Weight	49 kg
Weight limit	150 kg
Braking system	Air with magnetic resistance adjustment
Resistance levels	16
Seat range	124 cm
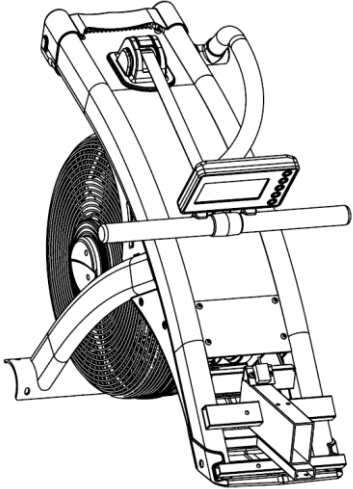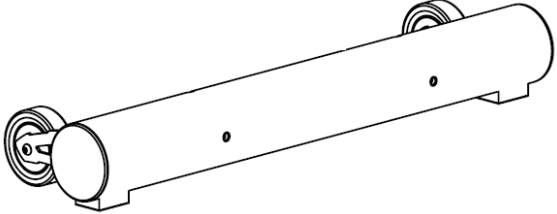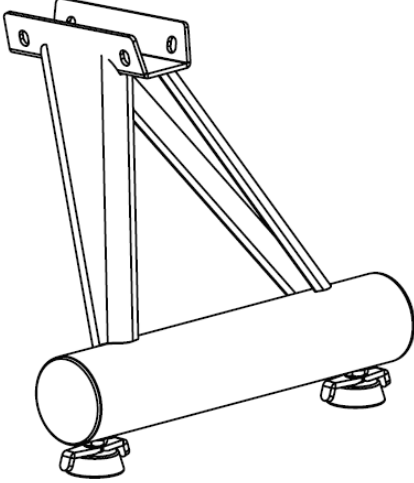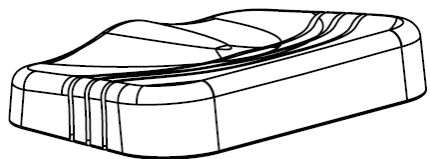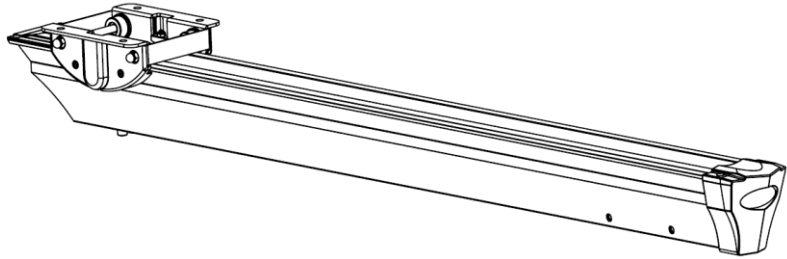
ASSEMBLY
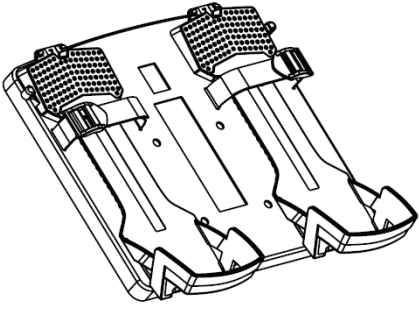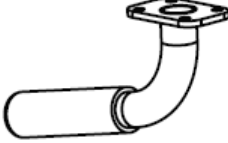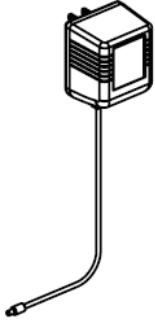
Before you start

1. **Prepare your work area:** It is important you assemble the product in a clean place free of clutter.

2. **Work with a friend:** We recommend you invite someone to assist you with the assembly as some of the components are quite heavy.

3. **Open the box:** Read all the warnings on the box and make sure it is the right way up.

4. **Unpack the box:** Make sure you have all the listed parts.

   If you suspect some parts are missing from the box, contact our authorized customer service.

Parts list

A. Main Frame	B. Front Stabilizer (1 pc)
C. Rear Stabilizer (1 pc)	D. Seat (1 pc)
E. Track (1 pc)	

F. Foot Rest (1 pc)	G. Rear Handle (1 pc)	Power adapter (1 pc)

Tools

- Allen Key (6 and 5 mm)
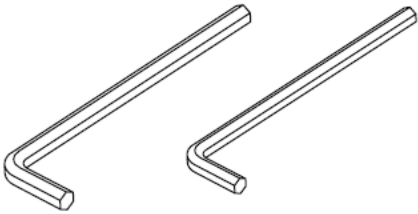
Assembly steps

LOCATE THE HANDLEBAR

- Place the handlebar against the hooks, as shown in the picture.
- Pull out the **Stop Pin** attached to the pulling strap and carefully remove the strap stopper.
- The stopper is there for transporting purposes and won't be needed again.
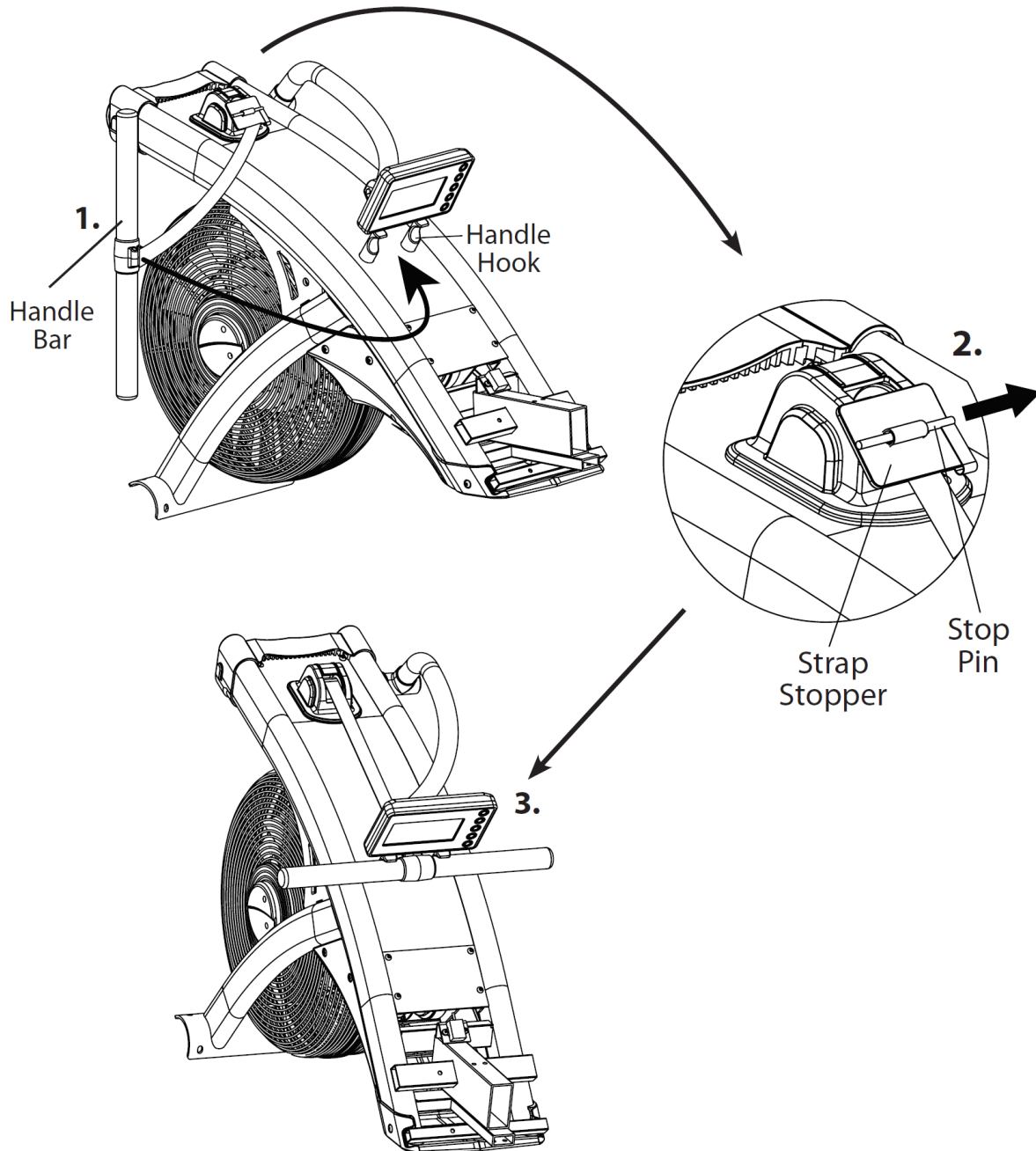
All bolts and washers had been pre-assembled to make the assembly easier. Remove the bolts and washers and then fasten them according to instructions to complete the assembly.

ATTACH THE FRONT STABILIZER

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

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

    - The two Allen Head Bolts and the cardboard tube are there for transporting purposes and won't be needed again during the assembly.
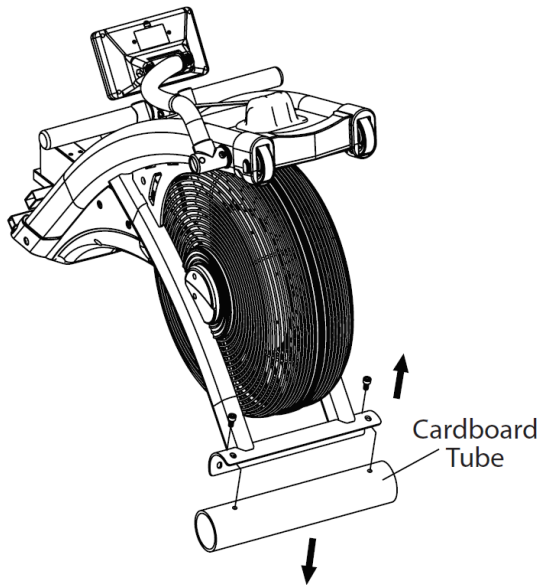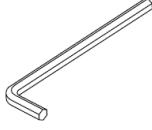
Bolts (2 pcs)	Tools (6 mm)

Cardboard Tube

2. Attach the front stabilizer

    - Remove the **four M8 x 16 mm Hex Socket Head Bolts (B5)** and **M8 x 19 x 1.5 mm Curve Washers (B6)** from the Front Stabilizer (B) with the 6-mm Allen Key as shown in the picture.

    - Attach the **Front Stabilizer (B)** to the **Main Frame (A)** with **four M8 x 16 mm Hex Socket Head Bolts (B5)** and **M8 x 19 mm x 1.5 mm Curve Washers (B6)**, then securely tighten the bolts with the 6-mm Allen Key.
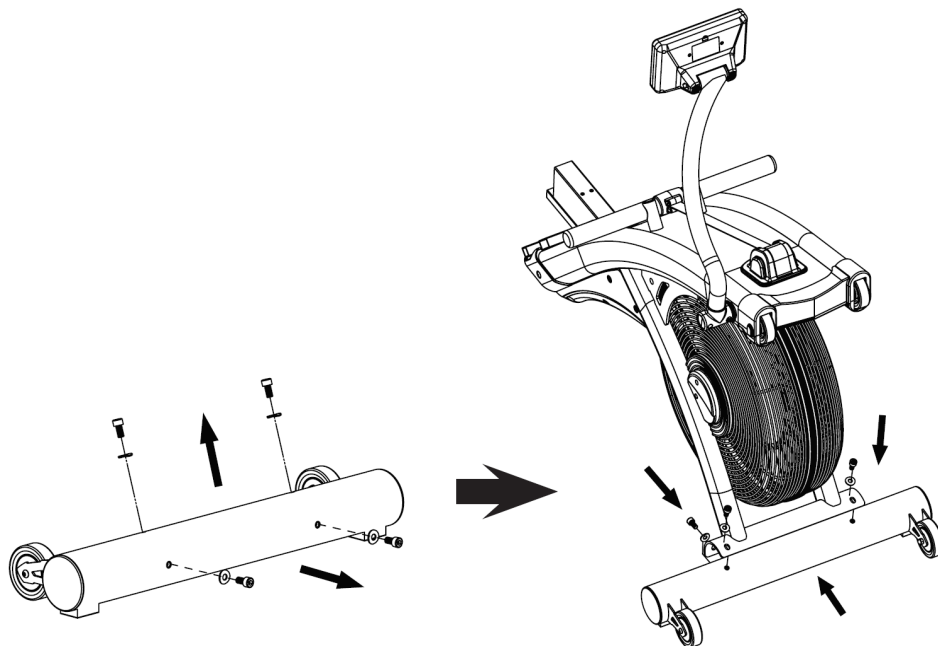
Connecting material		Tools
B5 (4 pcs)	B6 (4 pcs)	6 mm

Make sure you connect the parts in the same order as shown on the picture.

Make sure the bolts are tightened fully.

Make sure the wheels on the front stabilizer face outwards.

ATTACH THE FOOT REST ASSEMBLY

1. Remove the bolts for the track assembly.

- Pick up the main frame from the rear and fold it up so that it stands as shown in the picture.

- Remove the **M8 x 16 mm Hex Socket Head Bolts (B5)** and **M8 x 16 mm x 1.5 mm Flat Washers (B7)** from the top and the bottom of the **Track Mounting Tube** with the 6-mm Allen Key.

- **Keep the bolts and washers in a secure place until you reach step 5.**

Rower Track Mounting Tube
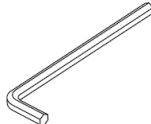
Connecting material		Tools
B5 (4 pcs)	B7 (4 pcs)	6 mm

2. Attach the Foot Rest Assembly

- Remove the **M8 x 30 mm Hex Socket Head Bolts (B8)** and **M8 x 16 mm x 1.5 mm Flat Washers (B7)** from the **Foot Rest mounting bracket** with the 6-mm Allen Key, as shown in the picture.

- Insert the **Foot Rest Assembly** and attach it onto the **Main Frame Mounting Bracket** carefully with **four M8 x 30 mm Hex Socket Head Bolts (B8)** and **M8 x 16 mm x 1.5 mm Flat Washers (B7)**, then tighten the bolts with the 6-mm Allen Key.
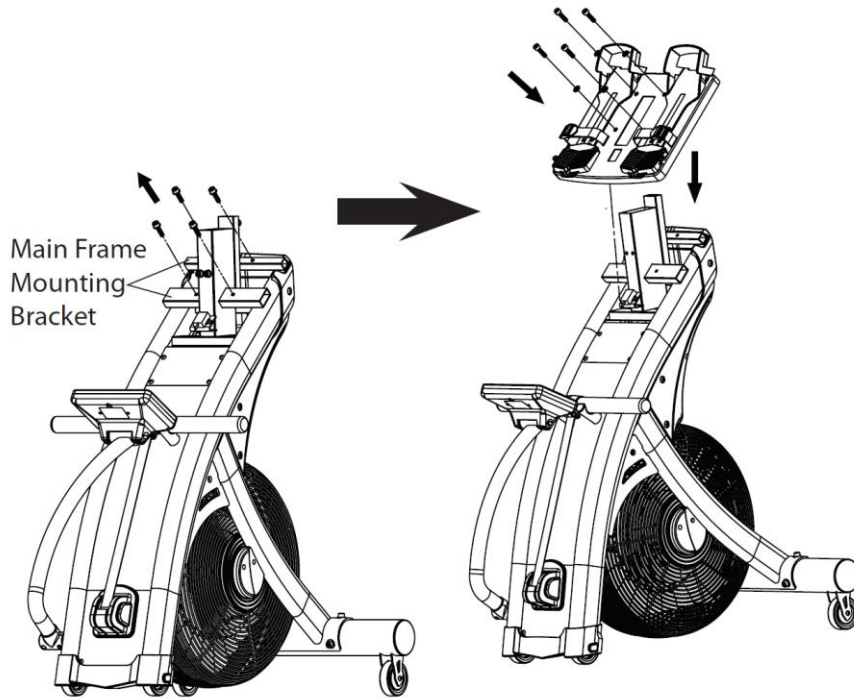
Connecting material		Tools
B8 (4 pcs)	B7 (4 pcs)	6 mm

Make sure you connect the parts in the same order as shown in the picture.

Make sure the bolts are tightened fully.

ATTACH THE REAR STABILIZER AND THE REAR HANDLE

1. Attach the rear stabilizer.

- Remove the **four M8 x 20 mm Hex Socket Head Bolts (B5)** and **M8 x 16 mm x 1.5 mm Flat Washers (B7)** from both sides of the rear end of the **Track** with the 6-mm Allen Key.

- Attach the **Rear Stabilizer (C)** to the rear end of the rack with **four M8 x 20 mm Hex Socket Head Bolts (B5)** and **M8 x 16 mm x 1.5 mm Flat Washers (B7)**, then tighten the bolts with the 6-mm Allen Key.

Rower
Track

Connecting material		Tools
B5 (4 pcs)	B7 (4 pcs)	6 mm

Make sure you connect the parts in the same order as shown on the picture.
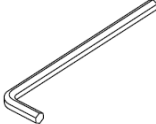
Make sure the bolts are tightened fully.

2. Attach the rear handle.

- Remove the **four M6 x 16 mm Hex Socket Head Bolts (B9)** from the **Track** with the 5-mm Allen Key, as shown in the picture.

- Attach the **Rear Handle (G)** to the middle of the **Track** with four **M6 x 16 mm Hex Socket Head Bolts (B9)**, then tighten the bolt with the 5-mm Allen Key.

- Cut off the **line** that secures the **Seat Carriage Assembly** to the front end of the **Track**.

Rower
Track

Seat Carriage
Assembly
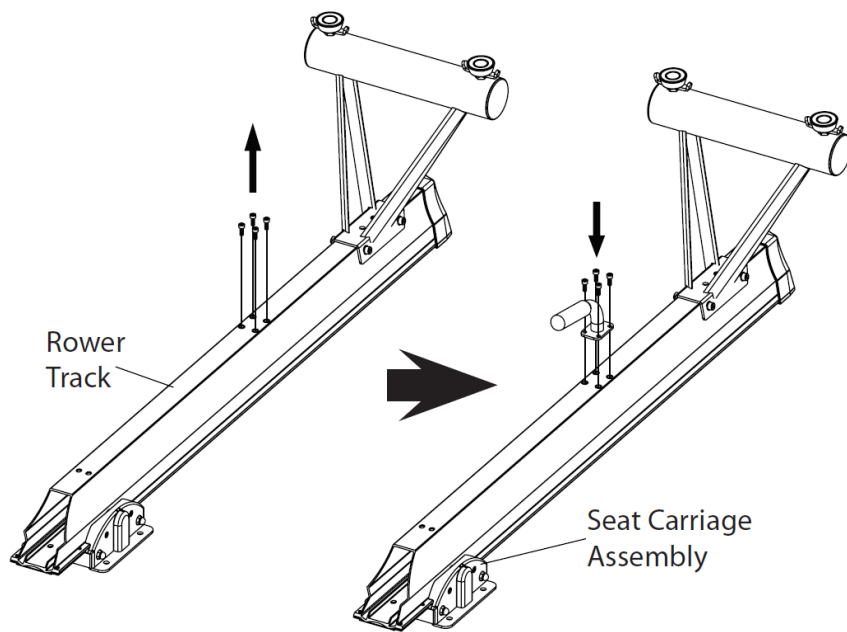
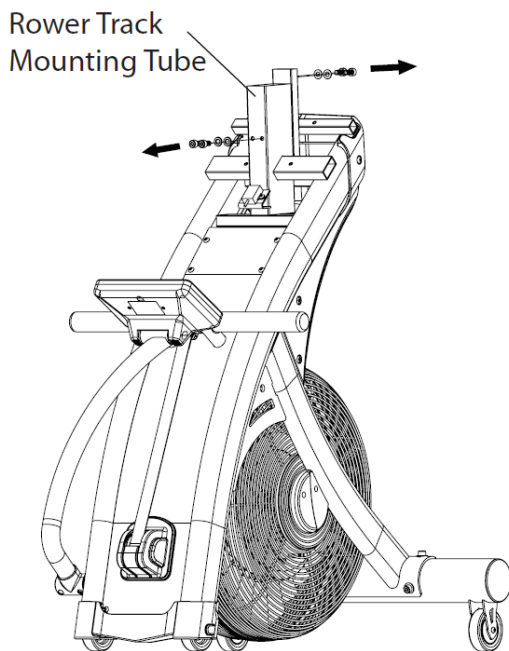| Connections	Tools
B9 (4 pcs)	5 mm

Make sure you connect the parts in the same order as shown on the picture.

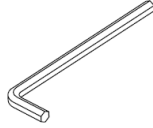**Make sure the bolts are tightened fully.**

ATTACH THE TRACK ASSEMBLY

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

- Use your hands to carefully tighten two **M8 x 16 mm Hex Socket Head Bolt (B5)** and **M8 x 16 mm x 1.5 mm Flat Washers (B7)** on the bottom of the Track.

- Raise and hold the **Seat Carriage Assembly** with one hand and with the other carefully tighten **two M8 x 16 mm Hex Socket Head Bolts (B5)** and **M8 x 16 mm x 1.5 mm Flat Washers (B7)** on the top of the Track.

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

- Gently lower the Seat Carriage until it stops.
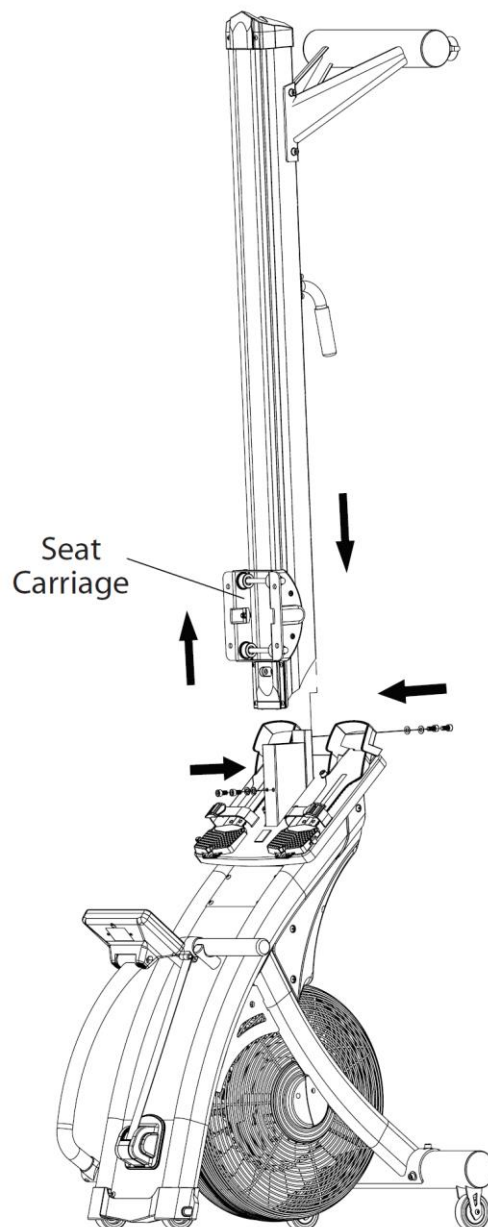
Make sure you connect the parts in the same order as shown on the picture.
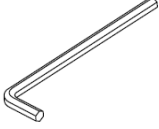
Make sure the bolts are tightened fully.

ATTACH THE SEAT

- Remove the four M8 x 16 mm Hex Socket Head Bolts (B5) from the underside of the seat with the 6-mm Allen Key, as shown in the picture.

- Attach the Seat to the Seat Carriage Assembly with four M8 x 16 mm Hex Socket Head Bolts (B5).

- Tighten the bolts with the 6-mm Allen Key.

    NOTE: The front (with shorter edge) of the seat should face the ground.

Rower Seat

Seat Carriage Assembly
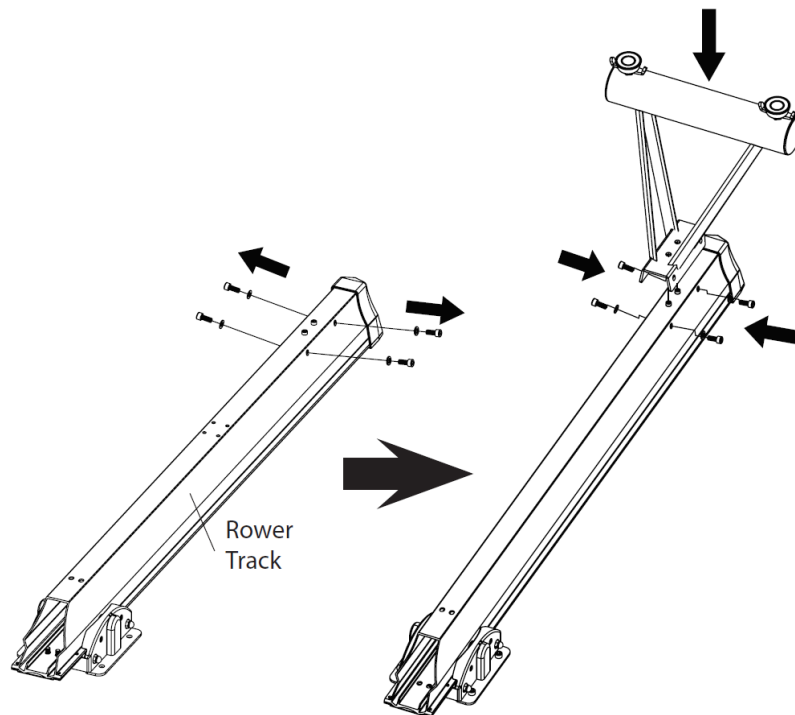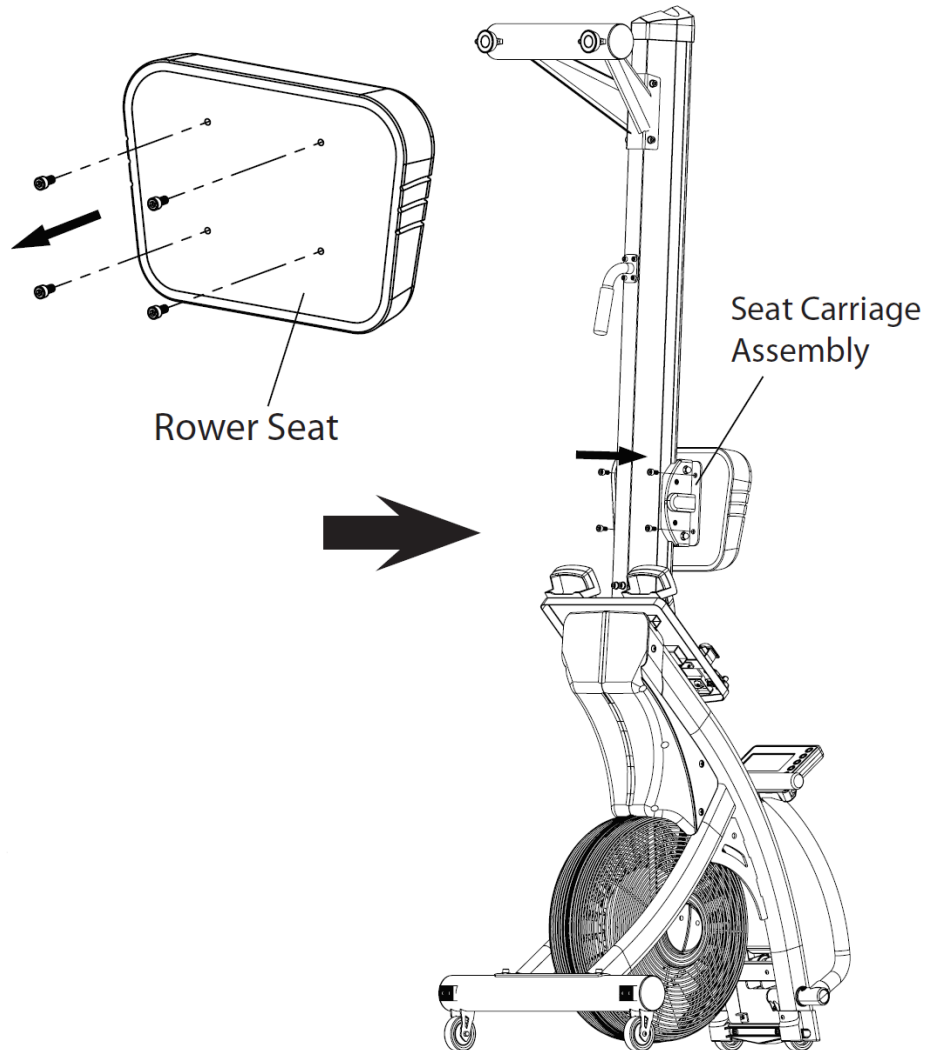
Connections	Tools
B5 (4 pcs)	6 mm

Make sure you connect the parts in the same order as shown on the picture.

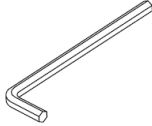**Make sure the bolts are tightened fully.**

POWER UP

- Connect the power cord to the rowing machine, as shown in the picture.

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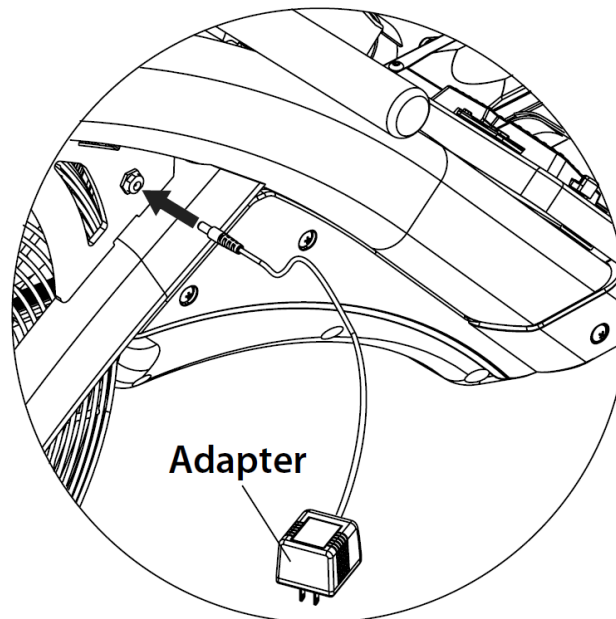
FINAL CHECKS

Your rowing machine is now assembled. Before first use, follow the following steps.

- Make sure all screws, bolts and nuts are securely tightened.

- Place the rowing machine on a flat, level surface.

FEATURES

Adjusting the foot rest

1. To adjust the foot rests, pull the yellow lever with one hand and use the other to slide the heel up or down. Release the yellow lever to lock the foot rest in the adjusted position.

2. Adjust the foot rest so that you have the tightening straps across the balls of your feet.

3. As you become more familiar with the rowing machine, you may want to adjust the heel again, for better flexibility or comfort.

4. Optimal setting should allow your knees, lower legs and ankles to be perpendicular to the floor in the initial position.

   - Lowering the heel of the foot rests allows for a longer seat range.

   - Raising the heel of the foot rests limits the seat range.

Yellow Lever

Heel

Foot Strap

Foot Rest Heel
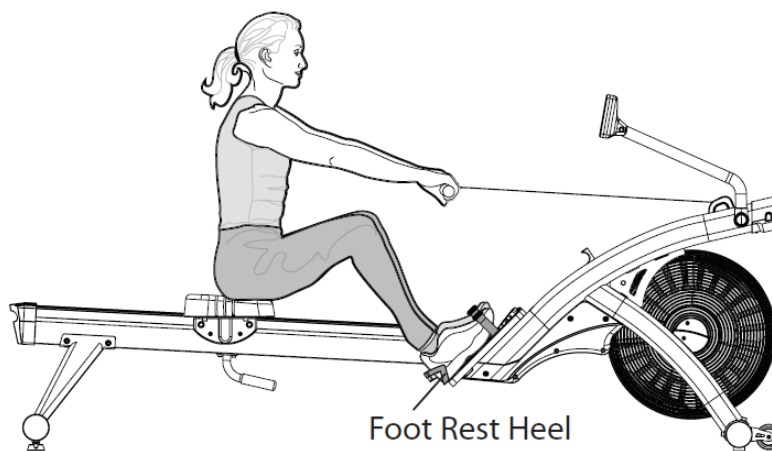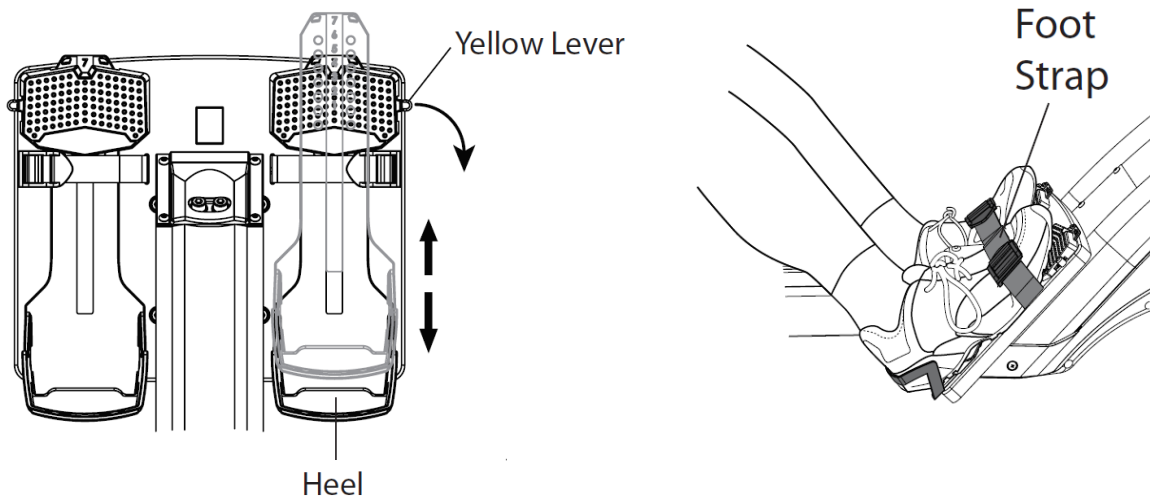
Hook for the pulling handle

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

Handle Hook
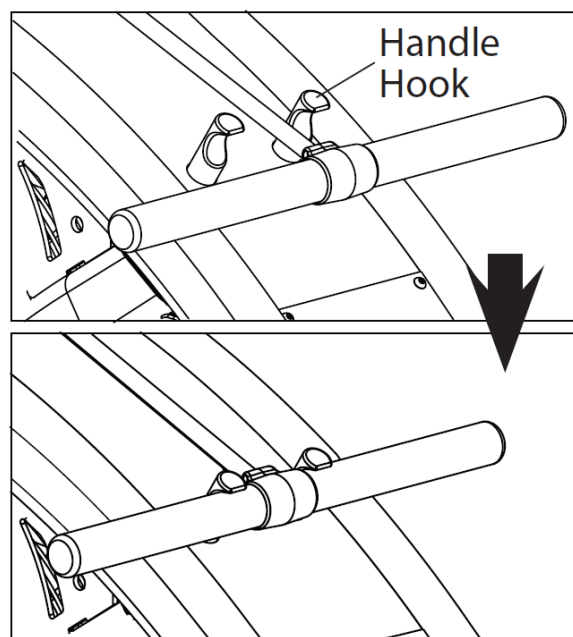
Adjusting the console position

Adjust the console arm and display to a position that suits you best, as shown in the picture.
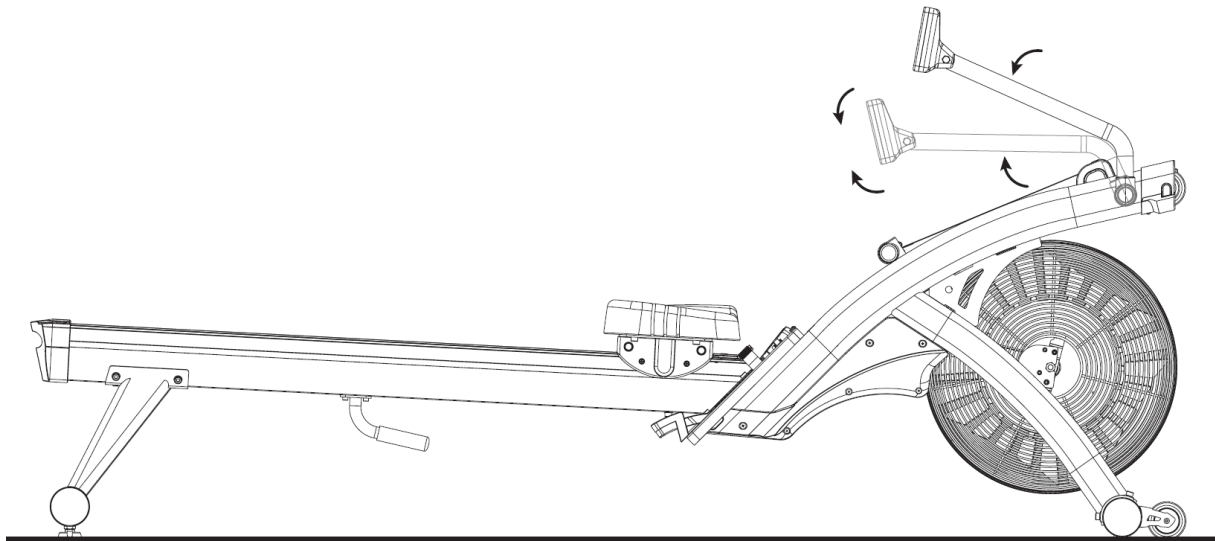
Resistance adjustment
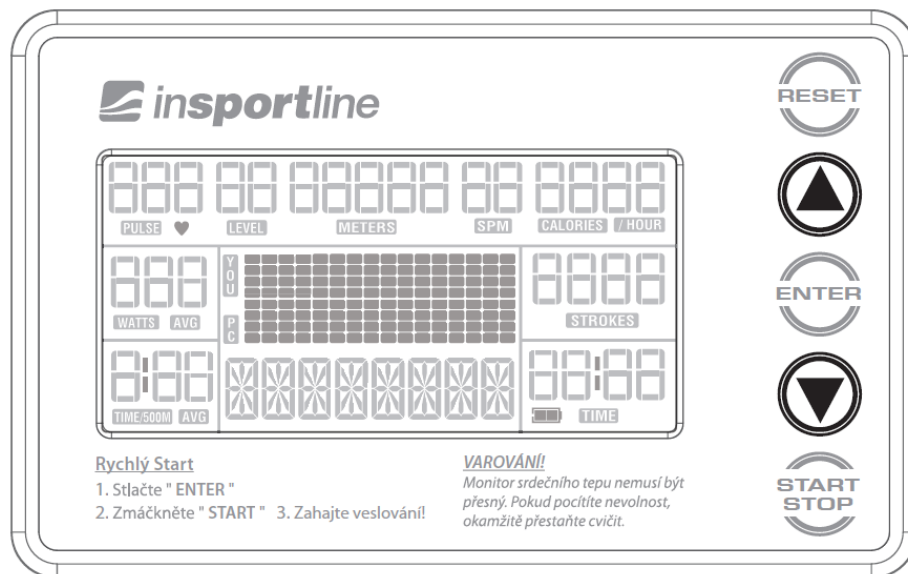
1. The rowing machine features a speed-dependent braking system.

2. The harder you pull, the more resistance you will experience. If you put more effort into the rowing movement, you will go faster, produce more watts and burn more calories. However, it is more important to row for a longer period of time than to row hard.

3. The resistance is adjusted via a magnet assembly, which can be moved either closer or further away from the fan assembly. The closer the magnet is to the fan, the more difficult the resistance.

4. The resistance is adjusted through console. Press the arrow buttons to decrease or increase the resistance.

5. There are 16 resistance levels, where level 1 is the easiest and level 16 the hardest.

Levelling

1. There are two adjustable footpads to level the rowing machine on an uneven surface.

2. Simply turn them to adjust the height of the rowing machine and secure the locked handles to the rear stabilizer as required.

Locked Handle
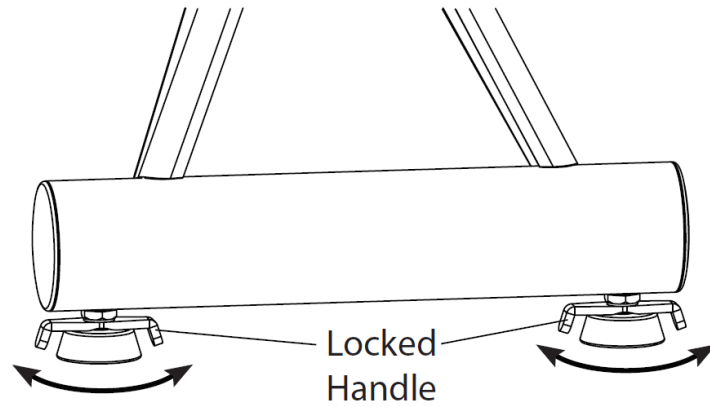
Transport

1. There are 4 transport wheels on the front stabilizer and main frame.

2. Fold the rowing machine using the rear handle underneath the track and then use it to move it around.
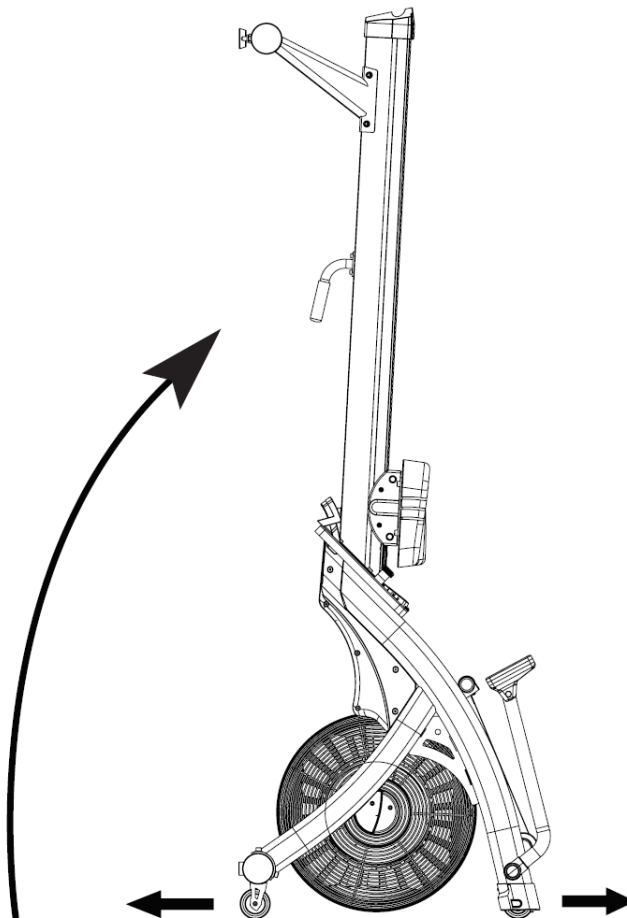
HOW TO FOLD THE ROWING MACHINE

Folding

Fold the console and the console arm as shown in the picture. Move the seat to the front.	
Hold the rear end of the seat track with your right hand. Use the left hand to firmly grasp the handle, as shown in the picture.	
Raise the rowing machine to a vertical position.	
NOTE: While you're folding the rowing machine with your left hand, use your right foot to keep the front stabilizer in place.	
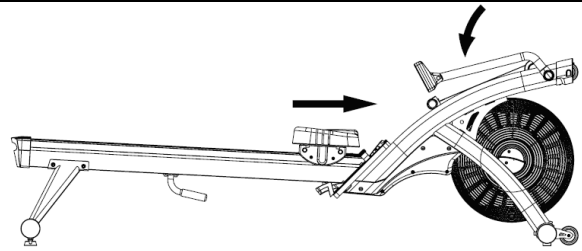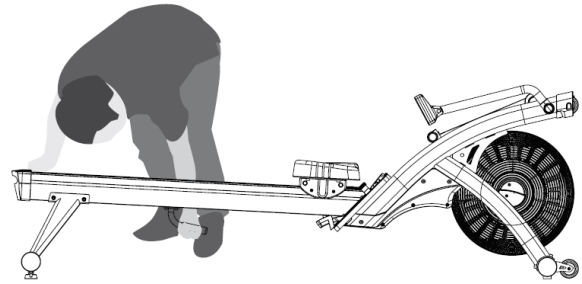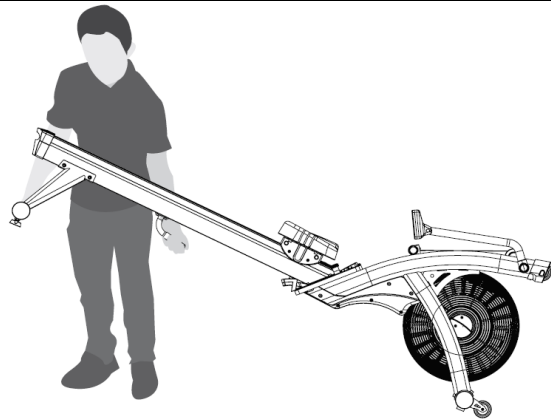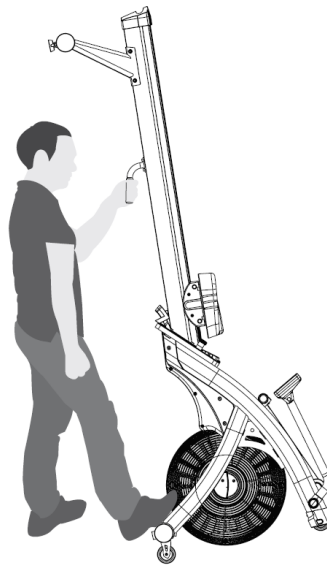
Unfolding

Stand behind the rowing machine and hold the handle with your left hand, as shown in the picture. Use your right foot to stop the front stabilizer while you carefully lower the rowing machine.	
Hold the rear end of the seat track with your right hand and continue to hold the handle with your left.	
Let the rowing machine stand on a flat, level and solid floor.	
Adjust the console arm and the display according to your needs. Move the seat to a suitable position.	
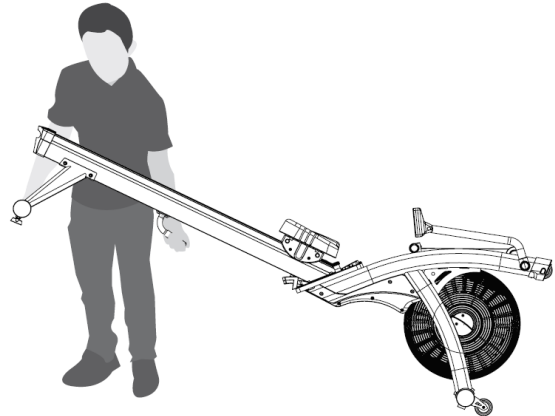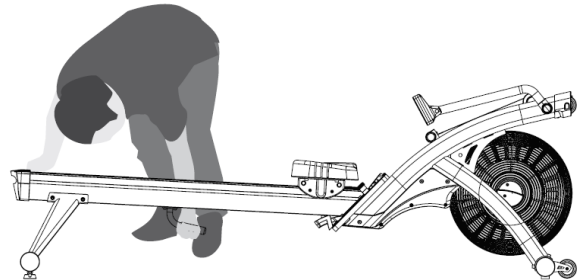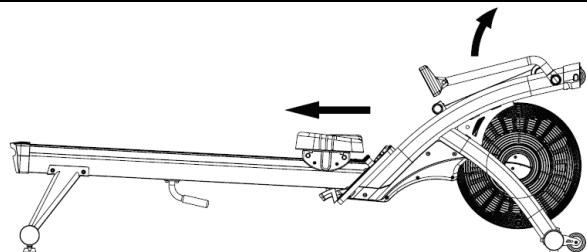
COMPUTER INSTRUCTIONS

Quick Start

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

- Row for a few seconds to power on the console.
- "**MAINPAGE**" will be shown on the display.
- Press the "**START**" button.
- "**QUICK**" will be shown on the display.
- **TIME, METER, STROKES, WATTS, CALORIES, TIME/500, SPM, HEART RATE** (if heart rate is detected) values will be displayed.
- **TIME, METER, STROKES, WATTS** and **CALORIES** values start counting.
- You can change the resistance at any point while exercising. Use the arrow buttons on the console.

If you want to finish your rowing session and review your workout data:

- Stop rowing.
- Press the "**STOP**" button.
- "**SUMMARY**" will appear on the display.
- The display will show the values of **WATTS, CALORIES, TIME, TIME/500M, DISTANCE, STROKES, SPM, HEART RATE** (if heart rate was detected).
- If you stop rowing without pressing the "**STOP**" button, the program will pause automatically after 5 seconds. You can resume the program by starting to row again. The program will end after 1 minute of inactivity.

Button functions
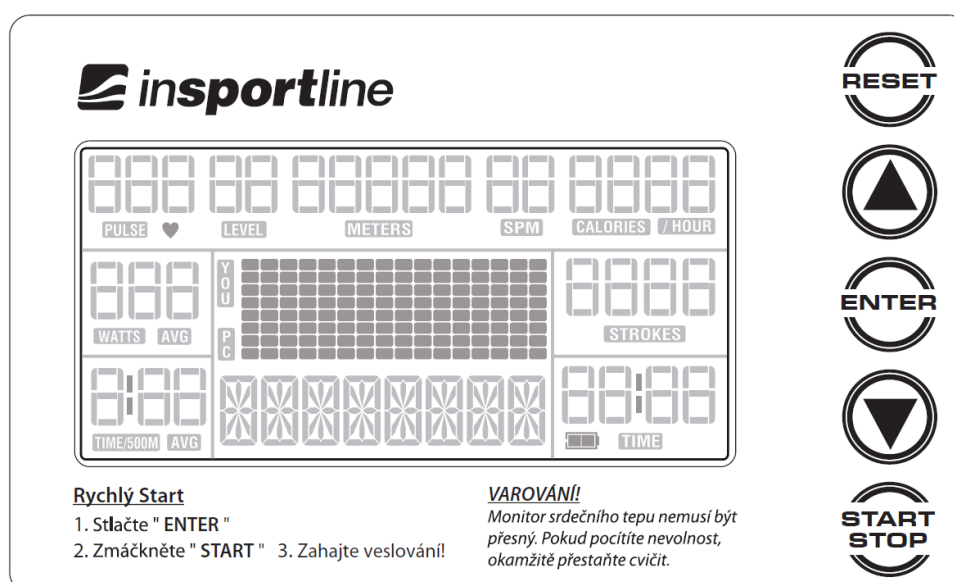
RESET

- Press **"RESET"** during program setting to return to the standby mode.
- Press "**RESET**" in the "**STOP/PAUSE**" mode to reset all the values on the display to zero and to return to the standby mode.

▲

- Use this button to select a pre-set program in the standby mode (**MANUAL** > **RACE** > **PROFILE** > **WATT** > **H.R.C.** > **USER 1** – **USER 5**).

- Use this button to increase the value while you are setting a value target. If you want the value change more quickly, hold the button.

- Use this button to increase resistance level during your workout.

ENTER

- Use this button to confirm a setting or selection.

▼

- Use this button to select a pre-set program in the standby mode (**USER 5 – USER1 > H.R.C. > WATT > PROFILE > RACE > MANUAL**).

- Use this button to decrease the value while you are setting a value target. If you want the value change more quickly, hold the button.

- Use this button to decrease resistance level during your workout.

START/STOP

- Use this button to begin a rowing session or to restart a paused program.

- Use this button to finish or pause a rowing session.

Display and feedback

PULSE ♥	Displays the current heart rate in beats per minute (bmp), as detected through the chest strap. Display range: 30~220 bpm. **NOTE:** In order to measure your heart rate, you have to be wearing a chest strap (5.4 kHz Polar Telemetry Chest Strap). *The heart rate monitoring may be inaccurate. Over-exercising may lead to a serious injury or even death. If you start to feel faint, stop exercising immediately!*
LEVEL	Displays the current resistance level in the range of 1-16, where level 1 is the easiest and level 16 the most difficult.
SPM	Displays the current number of strokes per minute (SPM). The display range is 0-99 strokes per minute. The SPM readout is automatically calculated and displayed when the rowing machine is in use. It serves as a guideline to pace your workout.
METERS	Displays the overcome distance in the range of 0-99999 meters. If a target value has been set, the value is counted down in the range of 500-99900 meters.
CALORIES **/ HOUR**	Displays the approximate number of calories burned. (This function serves only as an indication, it is not suitable for medical purposes.) The display range is 0-9999 cal. If a target value has been set, the value is counted down in the range of 50-9990 cal/h.

888 WATTS AVG	Displays the power generated by your movement. (This function serves only as an indication, it is not suitable for medical purposes.) The display range is 0-999 W. If a target value has been set, the value is counted down in the range of 10-995 W.
8888 STROKES	Displays the number of strokes during a rowing session in the range of 0-9999 strokes. If a target value has been set, the value is counted down in the range of 300-9990 strokes.
8:88 TIME/500M AVG	Displays the time needed to overcome 500 m. The value is automatically calculated. The display range is 00:00-9:59 min. If a target value has been set, the value is counted down in the range of 1:00-9:55 min.
88:88 TIME	Displays the time of the rowing session. Display range is 00:00-99:59 min. If a target value is set, the value is counted down in the range of 05:00-99:00 min.

MAIN DISPLAY WINDOW

- Displays the profile of the current program.

- The bottom row displays text related to the current program.
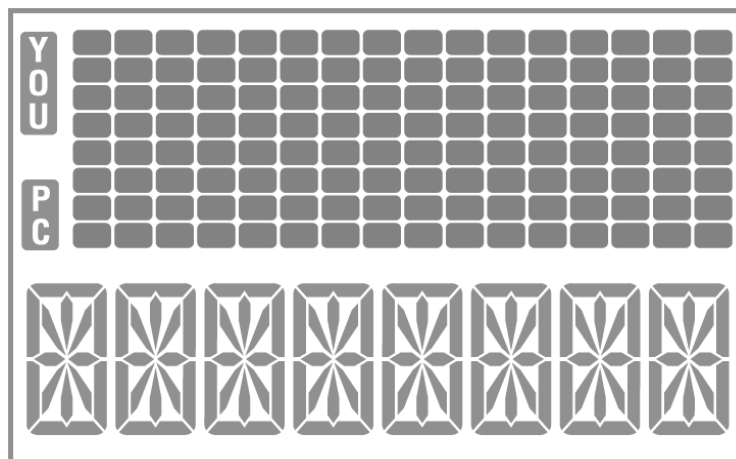
Programs

MANUAL / TARGET

There are 4 target programs available: **Target TIME, Target STROKES, Target CALORIES** and **Target DISTANCE**. You can choose to set a target value of time, strokes, calories burned or distance travelled. During a target program, you can adjust resistance as needed. Once you have reached the target value, there will be a chime and the workout will come to a stop.

Target TIME

1. Make sure the console is switched on. "**MAINPAGE**" will be shown at the bottom of the display.

2. Use the arrow buttons to select "**MANUAL**".

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

4. "**--:--**" will start flashing in the **TIME** window.
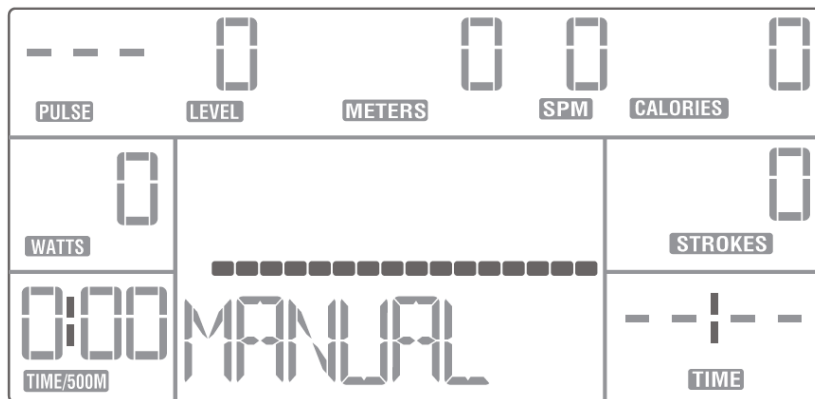
5. Use to arrow buttons to set a target value. The default value is **20:00**. The settings range is 5:00-99:00 minutes.

6. Press "**ENTER**" to confirm your setting and to set the resistance level.

7. The default value of "**5**" will start flashing in the "**LEVEL**" window.

8. Use the arrow buttons to set the resistance level (1-16).

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

10. "**START**" will start flashing at the bottom of the 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**" to end the program at any point. A workout summary will be displayed on the screen.

NOTE: You can change the resistance level (1-16) at any point with the arrow buttons.

NOTE: Each of the pre-set programs is made up of 16 segments. The length if each segment depends on the time set for your rowing session. If the total workout time is 32 minutes, you will have 2 minutes per segment. The end of each segment and a beginning of new one is denoted with a chime.

Target STROKES

1. Make sure the console is switched on. "**MAINPAGE**" will be shown at the bottom of the display.

2. Use the arrow buttons to select "**MANUAL**".

3. Press "**ENTER**" to confirm your selection, then press it again to select the strokes target program.

4. "**----**" will start flashing in the **STROKES** window.

5. Use the arrow buttons to set a target value. The default value is **300**. The settings range is 300-9990 strokes.

6. Press "**ENTER**" to confirm your setting and to set the resistance level.

7. The default value of "**5**" will start flashing in the "**LEVEL**" window.

8. Use the arrow buttons to set the resistance level (1-16).

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

10. "**START**" will start flashing at the bottom of the 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**" to end the program at any point. A workout summary will be displayed on the screen.

NOTE: You can change the resistance level (1-16) at any point with the arrow buttons.

NOTE: Each of the pre-set programs is made up of 16 segments. The total number of strokes will be evenly divided into 16 parts. If the total number of strokes is 320, you will have 20 strokes per segment and the time of each segment will change according to the resistance setting. The end of each segment and a beginning of new one is denoted with a chime.

Target CALORIES

1. Make sure the console is switched on. "**MAINPAGE**" will be shown at the bottom of the display.

2. Use the arrow buttons to select "**MANUAL**".

3. Press "**ENTER**" to confirm your selection, then press it again twice to select the calories target program.

4. "**----**" will start flashing in the **CALORIES** window.
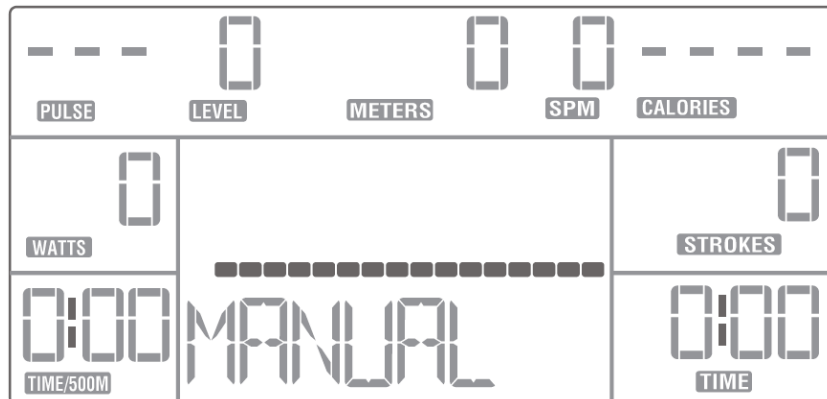
5. Use the arrow buttons to set a target value. The default value is **150**. The settings range is 50-9990 cal.

6. Press "**ENTER**" to confirm your setting and set the resistance level.

7. The default value of "**5**" will start flashing in the "**LEVEL**" window.

8. Use the arrow buttons to set the resistance level (1-16).

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

10. "**START**" will start flashing at the bottom of the 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**" to end the program at any point. A workout summary will be displayed on the screen.

NOTE: You can change the resistance level (1-16) at any point with the arrow buttons.

NOTE: Each of the pre-set programs is made up of 16 segments. The total number of calories burned will be evenly divided into 16 parts. If the total number of burned calories is 160, you will burn 10 calories per segment and the time of each segment will change according to the resistance setting. The end of each segment and a beginning of new one is denoted with a chime.

Target DISTANCE

1. Make sure the console is switched on. "**MAINPAGE**" will be shown at the bottom of the display.

2. Use the arrow buttons to select "**MANUAL**".

3. Press "**ENTER**" to confirm your selection, then press it again three times to select the distance target program.

4. "**-----**" will start flashing in the **METERS** window.
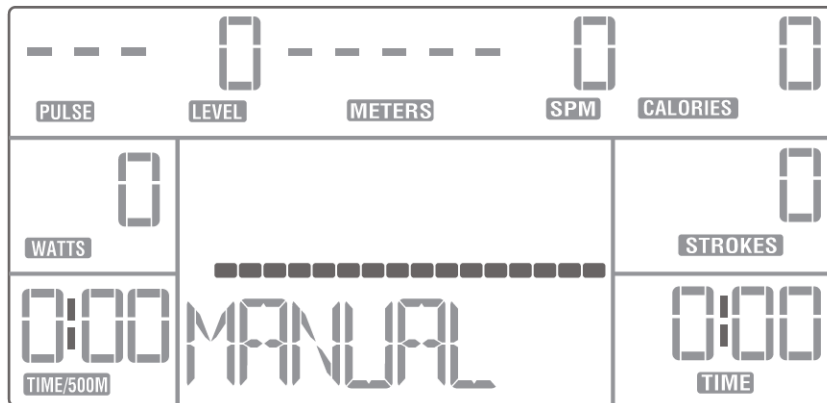
5. Use to arrow buttons to set a target value. The default value is **1000** meters. The settings range is 500-99900 meters.

6. Press "**ENTER**" to confirm your setting and set the resistance level.

7. The default value of "**5**" will start flashing in the "**LEVEL**" window.

8. Use the arrow buttons to set the resistance level (1-16).

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

10. "**START**" will start flashing at the bottom of the 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**" to end the program at any point. A workout summary will be displayed on the screen.

NOTE: You can change the resistance level (1-16) at any point with the arrow buttons.

NOTE: Each of the pre-set programs is made up of 16 segments. The total distance will be evenly divided into 16 parts. If the total distance is 800 m, there will be 50 meters per segment and the time of each segment will change according to the resistance setting. The end of each segment and a beginning of new one is denoted with a chime.

RACE

A common measure of pace is generally the **time per 500 meters**, which indicates how long it takes you to overcome 500 meters. Rowers are often gauging their progress according to their 500-m split time, since it's used in racing. It serves as a way to make their practice more precise.

The **RACE** program allows you to simulate a rowing session with a **time/500 m** target. You can either follow the target pace or compete with it.

Since the Olympic rowing distance is 2000 m, we recommend you set up a 2000-m target distance for your workouts. Check the **Times for 2000 m** table for reference.

1. Make sure the console is switched on. "**MAINPAGE**" will be shown at the bottom of the display.

2. Use the arrow buttons to select "**RACE**".

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

4. The default value of "**2:15**" will start flashing in the **TIME/500M** window.
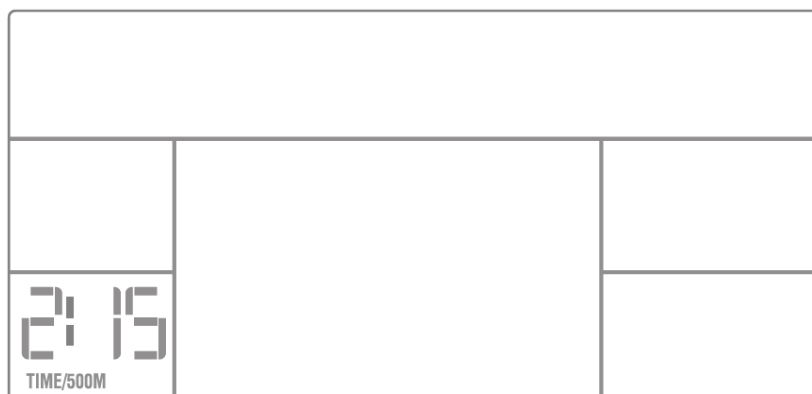
5. Use the arrow buttons to set your target rowing speed (settings range: 1:00~9:55 min).

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

7. "**-----**" will start flashing in the **METERS** window.

8. Use the arrow buttons to set a target value. The default value is **1000** meters. The settings range is 500-99900.

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

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

11. Use the arrow buttons to set the resistance level (1-16).

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

13. "**START**" will start flashing at the bottom of the display.

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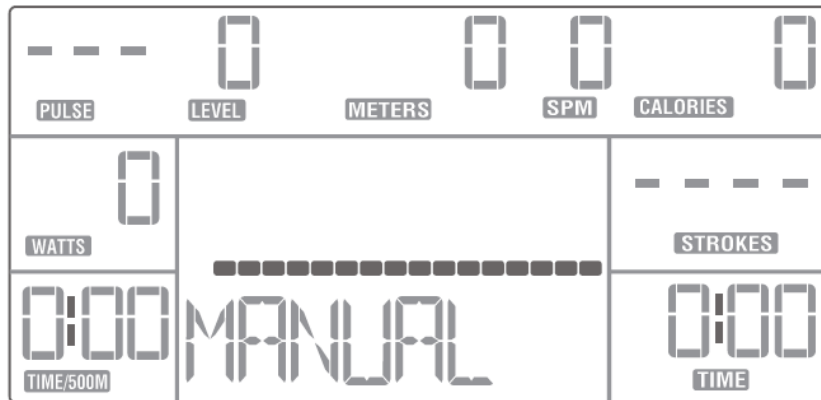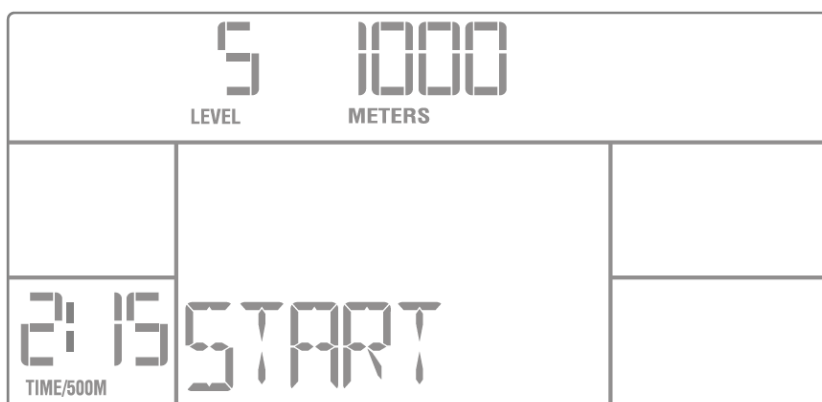

NOTE: You can press "**STOP**" to end the program at any point. A workout summary will be displayed on the screen.

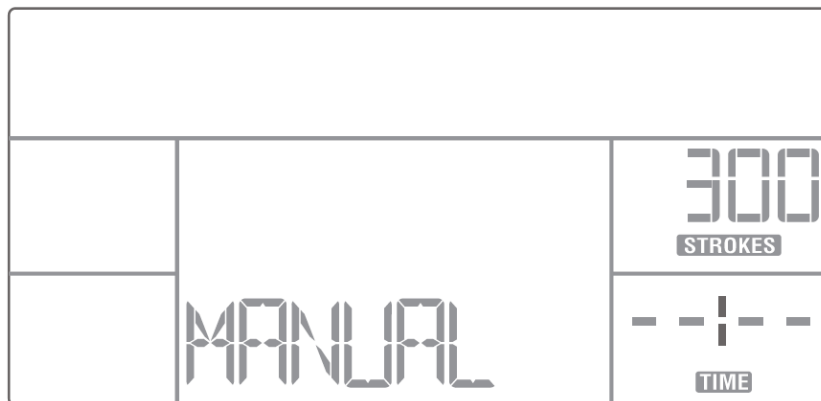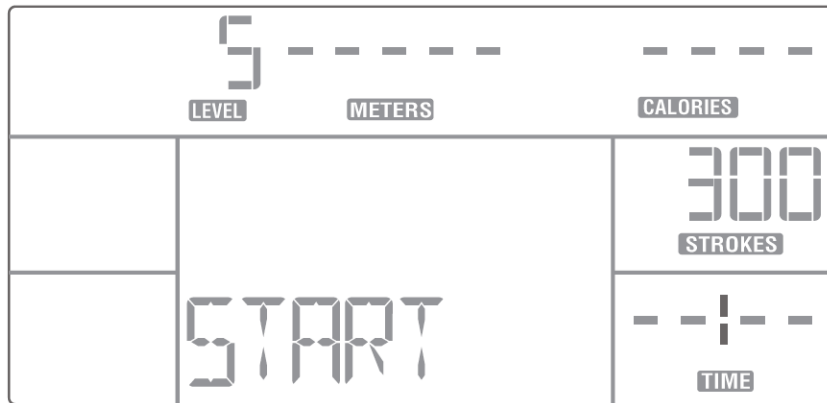**NOTE:** You can change the resistance level (1-16) at any point with the arrow buttons.

NOTE: Each program is made up of 16 segments. The total distance will be evenly divided into 16 parts. If the target distance is 2000, there will be 125 meters per segment and the time of each segment will change according to the resistance setting and strokes per minute. The end of each segment and a beginning of new one is denoted with a chime.

Times for 2000 metres

WOMEN

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 – under 61.5 kg (135 lb) / LW – over 61.6 kg (135 lb)

MEN

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	08:21,5	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 – under 75 kg (165 lb) / LW – over 75 kg (165 lb)

PRE-SET PROGRAMS

This feature allows you to choose from 12 programs with pre-set resistance profiles. The resistance adjusts automatically throughout the program. You can set a target time, strokes per minute, burned calories and distance travelled. You can adjust the resistance throughout the program if needed. Once you meet your target, there will be a chime and the rowing machine will come to a stop.
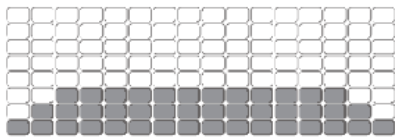
PROFILE - P1 | PROFILE - P2 | PROFILE - P3
PROFILE - P4 | PROFILE - P5 | PROFILE - P6
PROFILE - P7 | PROFILE - P8 | PROFILE - P9
PROFILE - P10 | PROFILE - P11 | PROFILE - P12
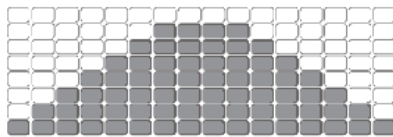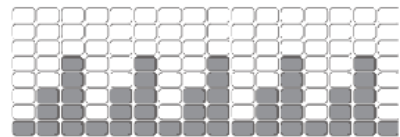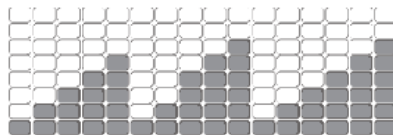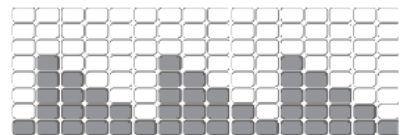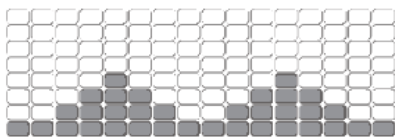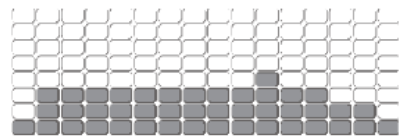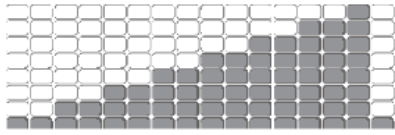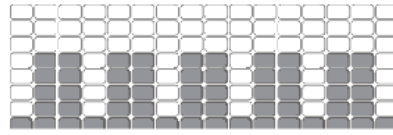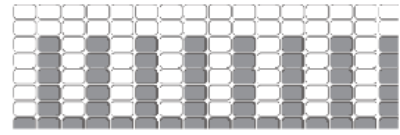
1. Make sure the console is switched on. "**MAINPAGE**" will be shown at the bottom of the display.

2. Use the arrow buttons to select "**PROFILE**".

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

4. "**P1**" will appear at the bottom of the screen and the program profile will be displayed.
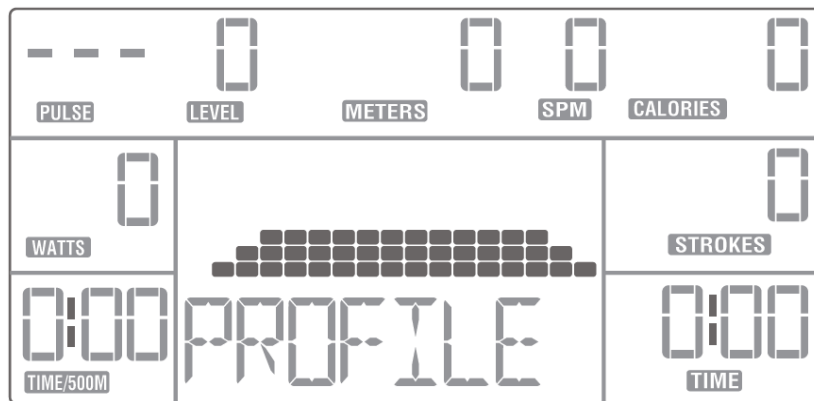
5. Use the arrow buttons to select the program you want (P1-P12).

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

7. "**--:--**" will start flashing in the **TIME** window.
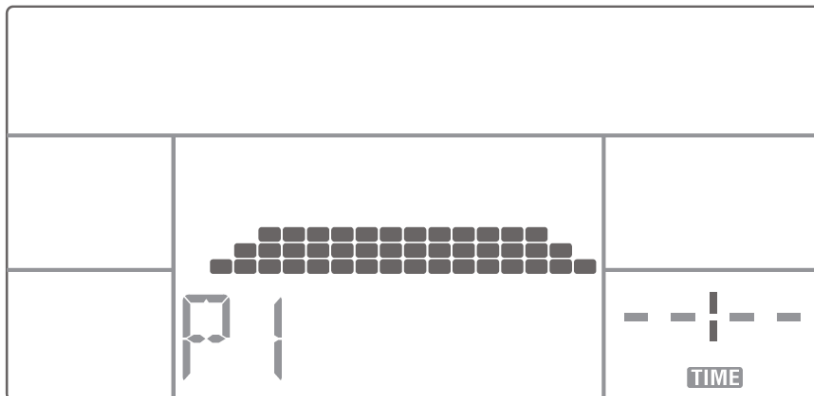
8. Use the arrow buttons to set the target time. The default value is **20:00** min. The settings range is 5:00-99:00 min.

9. Press "**START**" to begin your workout or press "**ENTER**" to set your strokes target value.

10. "**----**" will start flashing in the **STROKES** window.

11. Use to arrow buttons to set a target value. The default value is **300** strokes. The settings range is 300-9990 strokes.

12. Press "**START**" to begin your workout or press "**ENTER**" to set target calories value.

13. "**----**" will start flashing in the **CALORIES** window.

14. Use the arrow buttons to set a target value. The default value is **150** cal. The settings range is 50-9990 cal.

15. Press "**START**" to begin your workout or press "**ENTER**" to set target distance.

16. "**-----**" will start flashing in the **METERS** window.

17. Use the arrow buttons to set the target value. The default value is **1000** meters. The settings range is 500-99900 m.

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

19. "**LEVEL +/-**" will start flashing at the bottom of the display.

20. Use the arrow buttons to adjust the program profile if needed.

21. Press "**ENTER**" to confirm your setting. "**START**" will start flashing at the bottom of the display.

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

NOTE: You can press "**STOP**" to end the program at any point. A workout summary will be displayed on the screen.

NOTE: You can ignore any program "**target settings**" if you are not interested in them. You can only set one of the targets described above. Once you are done, press "**START**" to start your workout.

NOTE: Each program is made up of 16 segments. The target time, number of strokes, burned calories and distance will be evenly divided into 16 parts. The time of each segment will change according to the resistance setting. The end of each segment and a beginning of new one is denoted with a chime.

NOTE: You can change the resistance level (1-16) at any point with the arrow buttons.

WATT

The WATT program helps you to achieve a specific target output. The resistance is adjusted automatically to ensure the pre-set output is reached.

Check the **Watts vs. SPM** table for reference before adjusting the settings of your workout.

1. Make sure the console is switched on. "**MAINPAGE**" will be shown at the bottom of the display.

2. Use the arrow buttons to select "**WATT**".
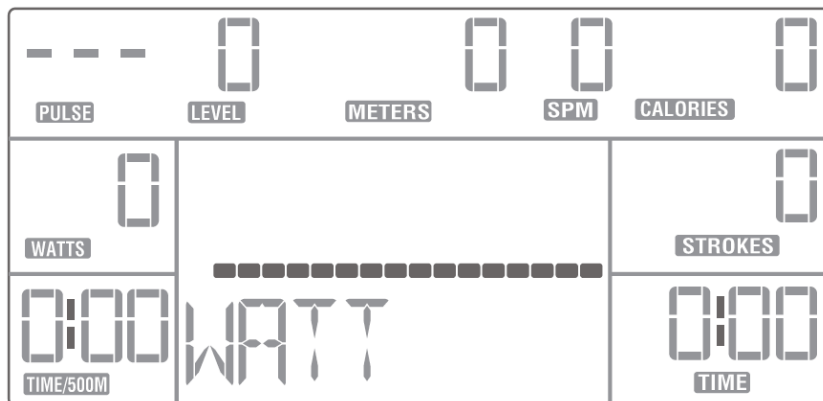

3. Press "**ENTER**" to confirm your selection.

4. The default value of "**50**" will start flashing in the **WATTS** window.

5. Use the arrow buttons to adjust the setting. The settings range is 10-995 W.

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

7. "**--:--**" will start flashing in the **TIME** window.

8. Use the arrow buttons to set the value. The default value is **20:00** min. The settings range is 5:00-99:00 min.

9. Press "**START**" to begin your workout or press "**ENTER**" to set target number of strokes.

10. "**----**" will start flashing in the **STROKES** window.

11. Use the arrow buttons to set the target value. Default value is **300** strokes. The settings range is 300-9990.

12. Press "**START**" to begin your workout or press "**ENTER**" to set target calories value.

13. "**----**" will start flashing in the **CALORIES** window.

14. Use the arrow buttons to set a target value. The default value is **150** cal. The settings range is 50-9990 cal.

15. Press "**START**" to begin your workout or press "**ENTER**" to set target distance.

16. "**-----**" will start flashing in the **METERS** window.

17. Use the arrow buttons to set the target value. The default value is **1000** meters. The settings range is 500-99900.

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

19. The default value of "**5**" will start flashing in the **LEVEL** window.

20. Use the arrow buttons to set the resistance level (1-16).

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

22. "**START**" will start flashing at the bottom of the display.

23. 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 value at any point during your workout by using the arrow buttons. The new value will be displayed at the bottom of the screen.

NOTE: You can press "**STOP**" to end the program at any point. A workout summary will be displayed on the screen.

NOTE: You can ignore any program "**target settings**" if you are not interested in them. You can only set one of the targets described above. Once you are done, press "**START**" to start your workout.

NOTE: Each program is made up of 16 segments. The target time, number of strokes, burned calories and distance will be evenly divided into 16 parts. The time of each segment will change according to the resistance setting. The end of each segment and a beginning of new one is denoted with a chime.

Watts vs. SPM Table

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 data may vary, depending on the model of a rowing machine.

HRC (HEART RATE CONTROL)

HRC programs automatically adjust your resistance to keep your heart rate in the target zone. To do this, the console needs to be able to receive your heart rate data throughout your workout. You'll need a **chest strap with a 5.4 kHz transmitter** (Polar 5.4 kHz chest strap is recommended).

The HRC program will not work with hand heart rate detectors.

If your heart rate is too high, the resistance will be decreased at the rate of 1 level every 30 seconds. If your heart rate is too low, the resistance will be increased at the rate of 1 level every 30 seconds.

There are 4 Heart Rate Control (HRC) programs:

- **55%** - target heart rate is 55% of your maximum heart rate

- **75%** - target heart rate is 75% of your maximum heart rate

- **85%** - target heart rate is 85% of your maximum heart rate

- **THR** - target heart rate is set by the user

  1. Make sure the console is switched on. "**MAINPAGE**" will be shown at the bottom of the display.

  2. Use the arrow buttons to select "**HRC**".
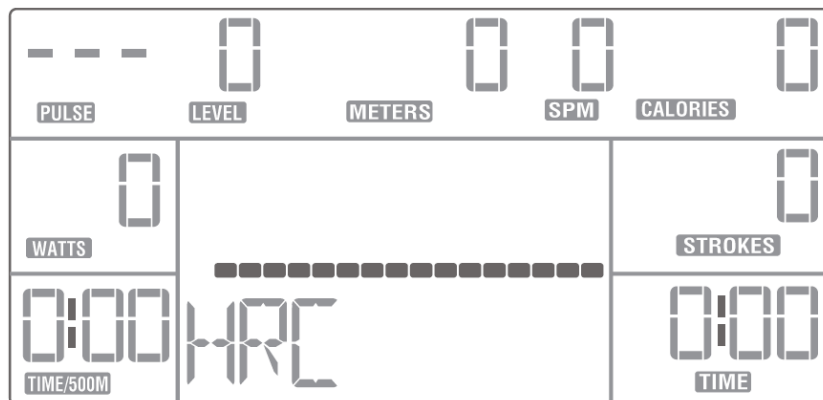
  3. Press "**ENTER**" to confirm your selection.

  4. "**AGE – 35**" will appear at the bottom of the display.

  5. Use the arrow buttons to set your age in the range of 10-99 years.

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

  7. The target heart rate value will be displayed in the "**PULSE**" window. Select a HRC program using the arrow buttons.

8. The selection of programs will be displayed at the bottom of the screen (**55% > 75% > 85% > THR**).
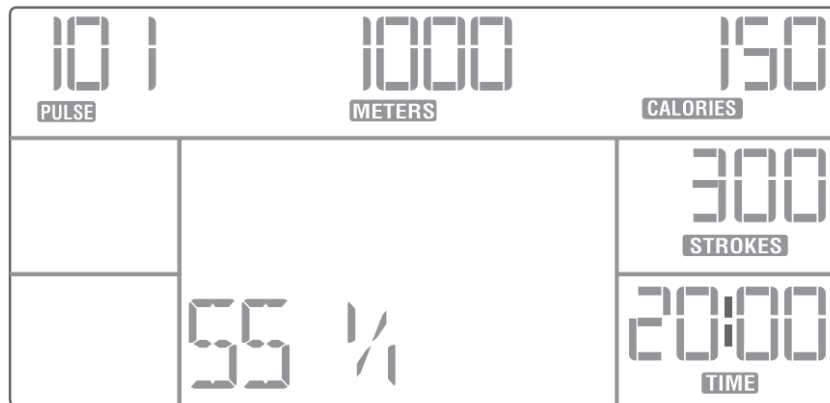
9. If required, use the arrow buttons to adjust your target heart rate. Settings rage is 40-220 bpm.

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

11. "**--:--**" will start flashing in the **TIME** window.

12. Use the arrow buttons to set the value. The default value is **20:00** min. The settings range is 5:00-99:00 min.

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

14. "**----**" will start flashing in the **STROKES** window.

15. Use the arrow buttons to set the target value. Default value is **300** strokes. The settings range is 300-9990 strokes.

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

17. "**----**" will start flashing in the **CALORIES** window.

18. Use the arrow buttons to set a target value. The default value is **150** cal. The settings range is 50-9990 cal.

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

20. "**-----**" will start flashing in the **METERS** window.

21. Use the arrow buttons to set the target value. The default value is **1000** meters. The settings range is 500-99900 m.

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

23. "**START**" will start flashing at the bottom of the display.

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

If the console doesn't receive heart rate signal, "NO PULSE" will appear at the bottom of the display.

NOTE: You can press "**STOP**" to end the program at any point. A workout summary will be displayed on the screen.

NOTE: You can ignore any program "**target settings**" if you are not interested in them. You can only set one of the targets described above. Once you are done, press "**START**" to start your workout.

NOTE: Each program is made up of 16 segments. The target time, number of strokes, burned calories and distance will be evenly divided into 16 parts. The time of each segment will change according to the resistance setting. The end of each segment and a beginning of new one is denoted with a chime.

NOTE: You can change the resistance level (1-16) at any point with the arrow buttons.

Do not use the HRC program if the console does not register your heart rate and doesn't display it on the screen.

See the chapter on exercising with your rowing machine for more details about the benefits of heart rate training.

The heart rate monitoring may be inaccurate. Over exercising may result in serious injuries or even death. If you start to feel faint, stop exercising immediately.

USER programs

User programs allow you to set and save 5 personal programs – **USER 1, USER 2, USER 3, USER 4** and **USER 5**. When you select one of the programs for the first time, you must set and save resistance level for each of the 16 profile **segments**. Once the user program is set and saved, you can use it straight away.

1. Make sure the console is switched on. "**MAINPAGE**" will be shown at the bottom of the display.
2. Use the arrow buttons to select "**USER 1 > USER 2 > USER 3 > USER 4 > USER 5**".
3. The selected resistance profile will be shown in the main display window.
4. Press "**ENTER**" to confirm your selection.
5. The name of the user program will be shown at the bottom of the display.

6. Press "**ENTER**" to confirm your selection.
7. "**--:--**" will start flashing in the **TIME** window.

8. Use the arrow buttons to set the value. The default value is **20:00** min. The settings range is 5:00-99:00 min.

```
 1000                    150
 METERS                  CALORIES

                         300
                         STROKES
       USER  1           20:00
                         TIME
```

9. Press "**START**" to begin your workout or press "**ENTER**" to set target number of strokes.

10. "**----**" will start flashing in the **STROKES** window.

11. Use the arrow buttons to set the target value. Default value is **300** strokes. The settings range is 300-9990 strokes.

12. Press "**START**" to begin your workout or press "**ENTER**" to set target calories value.

13. "**----**" will start flashing in the **CALORIES** window.

14. Use the arrow buttons to set a target value. The default value is **150** cal. The settings range is 50-9990 cal.

15. Press "**START**" to begin your workout or press "**ENTER**" to set target distance.

16. "**-----**" will start flashing in the **METERS** window.

17. Use the arrow buttons to set the target value. The default value is **1000** meters. The settings range is 500-99900 m.

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

19. "**LEVEL +/-**" will start flashing at the bottom of the display.

```
 1000                    150
 METERS                  CALORIES

                         300
                         STROKES
     LEVEL +/-           20:00
                         TIME
```

20. Use the arrow buttons to adjust the program profile if needed.

21. Press "**ENTER**" to confirm your setting. "**START**" will start flashing at the bottom of the display.

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

```
 1000              150
  METERS           CALORIES

                   300
                   STROKES
 START            20:00
                   TIME
```

When setting a personal training program for the first time…

6. Press and hold "**ENTER**" to start your personal workout profile setting.

```
 - - -   0        0  0        0
 PULSE   LEVEL   METERS  SPM  CALORIES

  0                              0
 WATTS                         STROKES

 0:00  USER  1              0:00
 TIME/500M                    TIME
```
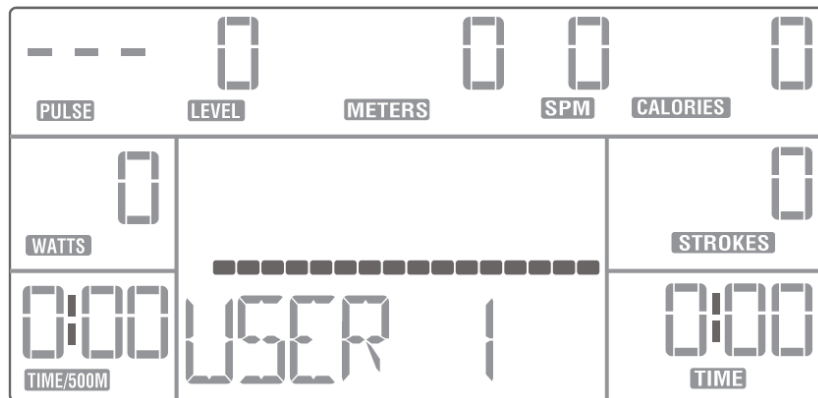
7. The default value of "**1**" will start flashing in the **LEVEL** window.

8. Use the arrow buttons to set the resistance level of the first segment (1-16). The selected segment will be flashing in the main display window.

```
      1
     LEVEL


      USER  1
```

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

10. Set the rest of the segments in the same way.

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

12. The new resistance profile of the program will be displayed at the top of the main display window. Confirm your setting by holding "**ENTER**".

13. "**--:--**" will start flashing in the **TIME** window.

14. Use the arrow buttons to set the value. The default value is **20:00** min. The settings range is 5:00-99:00 min.

15. Press "**START**" to begin your workout or press "**ENTER**" to set target number of strokes.

16. "**----**" will start flashing in the **STROKES** window.

17. Use the arrow buttons to set the target value. Default value is **300** strokes. The settings range is 300-9990 strokes.

18. Press "**START**" to begin your workout or press "**ENTER**" to set target calories value.

19. "**----**" will start flashing in the **CALORIES** window.

20. Use the arrow buttons to set a target value. The default value is **150** cal. The settings range is 50-9990 cal.

21. Press "**START**" to begin your workout or press "**ENTER**" to set target distance.

22. "**-----**" will start flashing in the **METERS** window.

23. Use the arrow buttons to set the target value. The default value is **1000** meters. The settings range is 500-99900 m.

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

25. "**LEVEL +/-**" will start flashing at the bottom of the display.

26. Use the arrow buttons to adjust the program profile if needed.

27. Press "**ENTER**" to confirm your setting. "**START**" will start flashing at the bottom of the display.

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

NOTE: You can press "**STOP**" to end the program at any point. A workout summary will be displayed on the screen.

NOTE: You can ignore any program "**target settings**" if you are not interested in them. You can only set one of the targets described above. Once you are done, press "**START**" to start your workout.

NOTE: Each program is made up of 16 segments. The target time, number of strokes, burned calories and distance will be evenly divided into 16 parts. The time of each segment will change according to the resistance setting. The end of each segment and a beginning of new one is denoted with a chime.

NOTE: You can change the resistance level (1-16) at any point with the arrow buttons.

CARE AND MAINTENANCE

- Always use the product in a dry environment.

- To clean the product, use a warm and damp cloth.

- Unplug the device from electric outlet before cleaning. Make sure the electronic components don't get wet.

- The proper safety level can only be maintained if the product is regularly checked for damage and wear. This includes straps, pulleys, nuts, bolts, moving parts, bushings, chains, wheels, bearings, connecting material, etc.

- It is recommended to inspect the product at least once a week.

- Before use, make sure all connections are tightened.

- Damaged or worn components always replace with original spare parts from the manufacturer.

Protect the environment and do not dispose of this product along with a regular waste. Check with your local authorities to get recycling advice and to find the proper facilities.

Storage

Keep the equipment in a dry place with as little temperature variation as possible. Try to protect the rowing machine from dust and always unplug it when it is not in use.

Cleaning and maintenance

Your rowing machine is designed for indoor training only and should not be used or stored in damp areas.

Make sure to regularly check components for wear and before each training session check that all the nuts and bolts are properly tightened.

Track – Clean daily before use.

- Use a warm, damp cloth or a soft sponge to wipe the surface of the track with soapy water or any glass cleaning product. Pay special attention to the outside edges and remove any stains or dirt in that area.

Seat Carriage Rollers – Clean daily before use.

- The rollers are easily damaged by dust and dirt, which affects the smoothness of their movement. You should check and clean them regularly, before each use if possible. Use a warm, damp cloth to clean the roller contact area with mild detergent if necessary.

NOTE: To clean the rollers, remove all bolts that connect the seat to the seat carriage.

Pulling Strap – Clean and check daily, after each use.

- Despite the high quality of the nylon strap, check for nicks, cuts or fraying that may weaken its integrity. Make sure the stitching at the handlebar end is intact as well.

- Use a warm, damp cloth to clean the entire surface of the pulling strap, after every exercise if possible.

Foot Rest Assembly –Clean and check once a week before use.

- There are a lot of moving parts in the foot rest assembly. It is essential that these parts are in good condition every time you use the rowing machine.

- Check if the foot strap is tightly secured by the buckle.

- Check if the foot pad self-locking mechanism is working correctly or not.

- Make sure that all the nuts and bolts are tightly secured.

- Use a warm, damp cloth to clean the foot pads. Use a mild detergent if necessary.

Check and replace the AA battery in the control panel – approximately every 200 hours.

Clean for dust on the fan assembly – approximately every month.

Check if the console arm isn't loose – approximately every month.

WARNING: Never remove the protective covers.

WARNING: If you find any damaged parts, contact your local dealer to get replacement parts.

TROUBLESHOOTING

If you have a problem with your rowing machine, check first if all the cables have been connected correctly. Loose cables are a very common occurrence and many problems with the machine can be solved by making sure the cables are properly connected.

If you are having problems with your heart rate monitoring, note that some clothing materials (e.g. 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.

EXERCISING

Before exercising
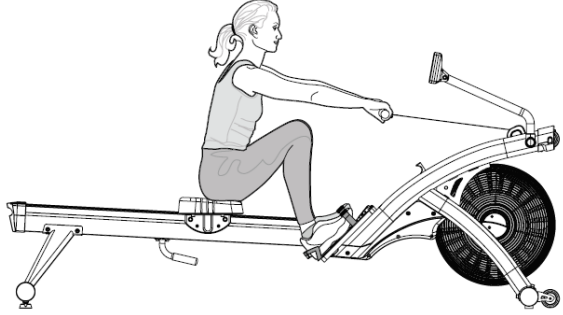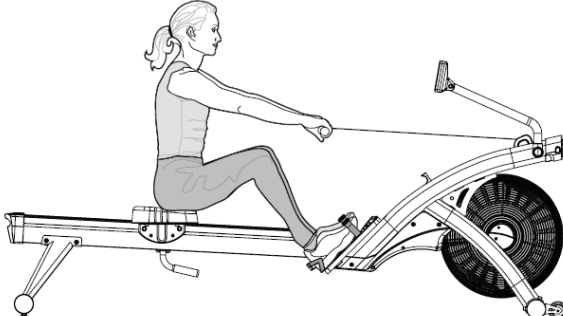
- Check that you have enough free space on every side (at least 0.6 m).

- Make sure all the bolts and locking pins are secured and not protruding. Check all the bolts for wear and replace damaged or worn parts before using the rowing machine.

- Always use the rowing machine on a flat and even surface.

- Always exercise in accordance with your fitness level. Do not work to the brink of exhaustion.

- If you feel pain or start to feel unwell during training, **STOP EXERCISING IMMEDIATELY**.

- Incorrect or excessive training may result in injuries or even death.

- Make sure to read all the safety precautions.

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

- When exercising, grab the handle with both hands.

- Do not let the handle snap back into the strap guard.

- Do not row with one hand only, it can result in an injury.

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

- Make sure your clothing doesn't get stuck between the track and the carriage seat.

- When not in use, the seat will move towards the front of the rowing machine.
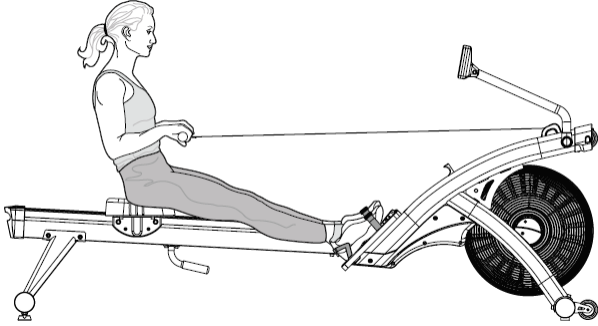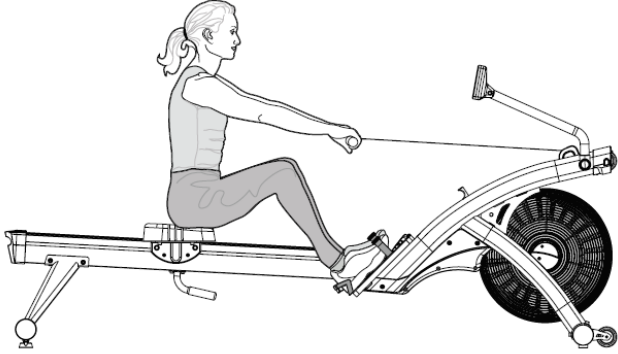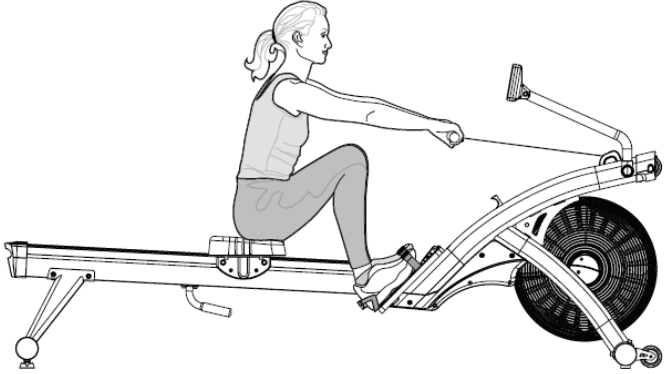
Proper exercise techniques

- 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 before training.

- Start each workout with several minutes of easy rowing as a warm-up. Take at least 5 minutes to build up the intensity before starting a proper workout. If you haven't rowed in over a week, take it easy at first.

- Don't expect to be able to jump right to where you left off and don't try to begin with intense interval workout. Start with a steady and comfortable pace and try to build up the intensity gradually through several 1-3-minute intervals.

- Use a resistance level setting 8. The generally best resistance setting for a great cardiovascular workout is the range of 6-10.

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

- Lower resistance setting requires you to be a little faster in applying your power which, in the end, provides a better workout.

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

- 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.

- Rowing is an extremely effective form of exercise. It strengthens your heart, improves circulation and help you exercise all the major muscle groups - back, waist, arms, shoulders, hips and legs.

- Rowing is also impact-free training during which you don't have to carry your own weight. That makes it that much more appropriate for rehabilitation and recovery. Rowing is suitable for people of all ages.

The pictures below show the proper body position during each stroke:

Initial position Your shins should be in an approximately vertical position and the body angle should not be more than 30 degrees. You should be able to comfortably reach for the pulling strap.	
Pull Press down your legs and keep your arms straight without changing the angle of your back. When your legs are halfway extended, start leaning backwards. Finish the pull by pulling the handle all the way to your abdomen.	

End position	
Your back should be leaned lightly backwards (around 25 degrees), your legs fully extended. You should feel comfortable in this position, not strained. When you reach this position, you should feel your abdominal muscles working.	
Return	
Extend your arms towards the fan. Lean your upper body forward at the hips. Gradually bend your legs and slide forward on the seat. Make sure your arms are extended before you bend the knees.	
Repeat	
Draw your body forward, until your shins are vertical. Your upper body should be leaning forward at the hips. Our arms should be fully extended. After this, you are ready for the next pull.	

NOTE:

- Have someone watch and correct your body position to match the pictures above.

- The positions should blend together to make a smooth continuous stroke. You should not stop at any point.

- Your grip on the handle should be loose and comfortable. Your wrist should be level while you row.

- When you move the rowing machine, make sure your fingers are not in the way of the moving seat.

- When you need to steady yourself on the seat, grasp the underside of the seat carriage.

Fitness

There are many things that improve your fitness but the most important factor is the condition of your heart and lungs and how efficiently oxygen is delivered to your muscles through blood.

Your muscles use oxygen to provide enough energy for your daily activities. This is called aerobic activity.

When you are fit, your heart and lungs work well and efficiently. This means your heart will not have to develop too much effort. It will pump fewer times per minute, reducing the wear rate of the tissue. It reduces your chances of suffering heart disease.

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

How to improve your fitness

Like any muscle in your body, your heart can be strengthened by systematic physical exercise which provides an increase in blood flow.

You can measure your heart rate through a chest strap.

Your heart rate is directly dependent on the level of your exertion and exercise efficiency.

To improve your fitness safely and effectively, 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 of the training sessions.

Ideally, you should aim to exercise (within the target zone) for at least 15-20 minutes continuously, 3-4 times per week.

CAUTION: Do not try to do too much too quickly. You should increase exercise difficulty gradually. If you start to feel unwell while exercising, if you are currently under medical care or if you are over 35-40 years old and not regularly exercising, you should consult your physician.

TARGET ZONE
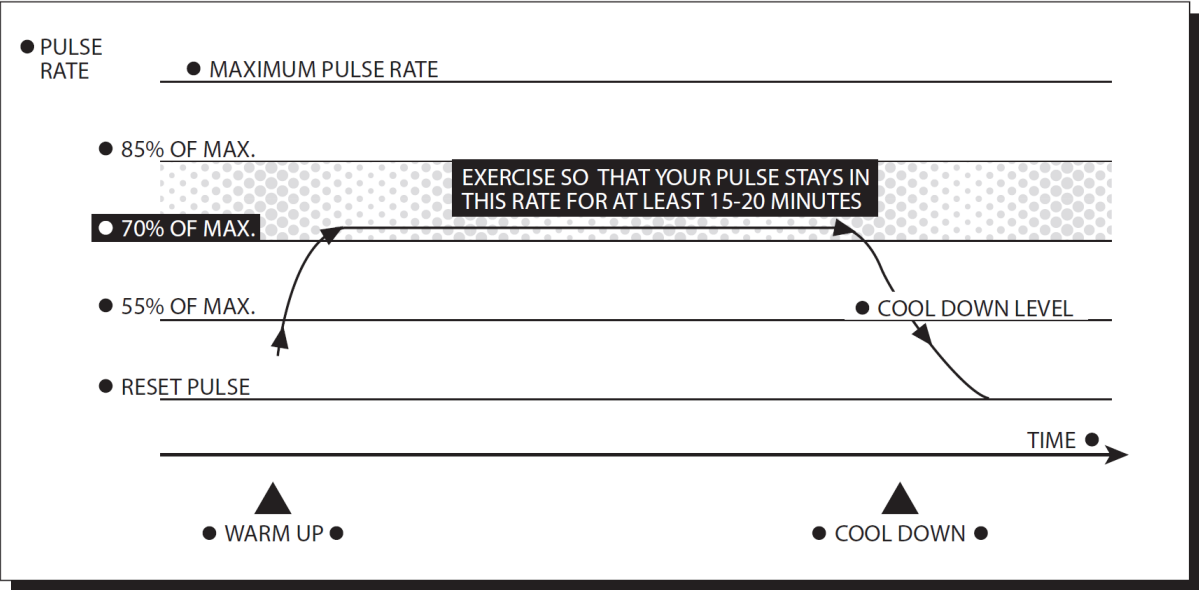
This is what your heart rate should be during a general fitness exercise.

Heart rate (bpm)

87% maximum heart rate

TRAINING ZONE

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

The lower end of the training zone represents 72% of maximum heart rate for each age group.
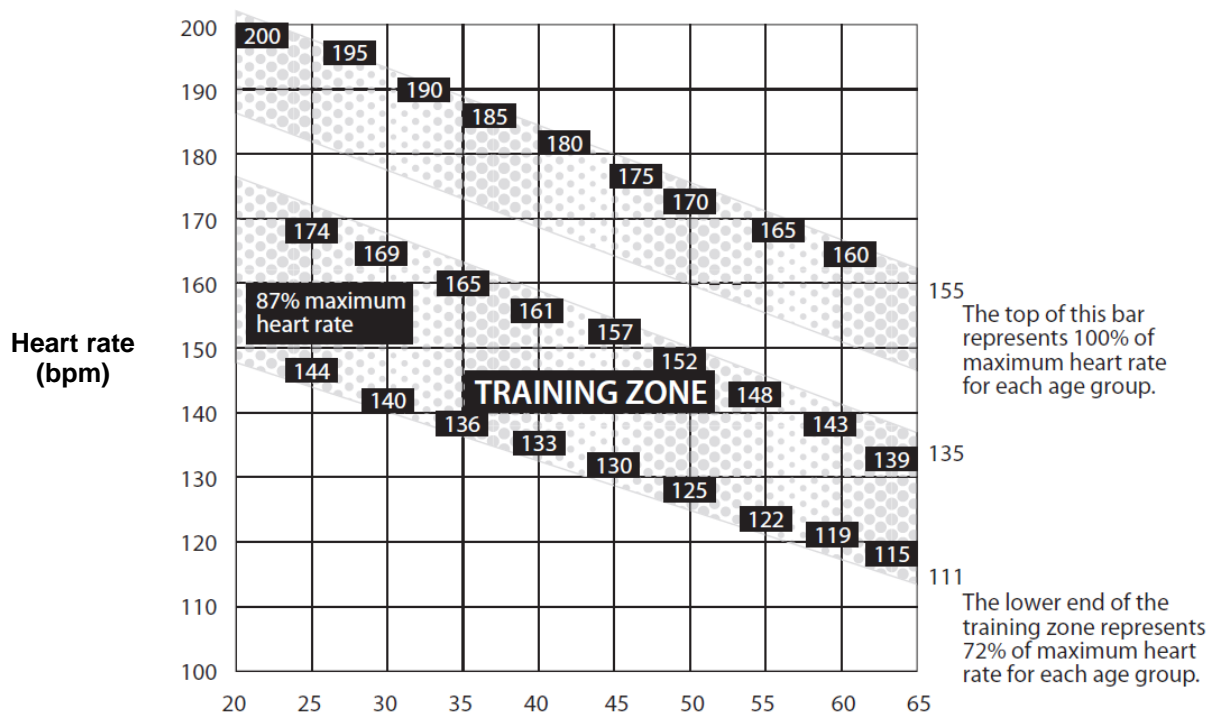
Age (years)

Find your own heart rate range by finding your age and moving up the vertical line.

Example: At age 40, the vertical line meets the 70% heart rate at about 128 bpm and the 85% heart rate at 154 bpm. Your heart rate should remain between these values. Use this graph to determine your own personal target zone.

WARNING: Always consult a doctor before undertaking a new exercise regime. If you experience nausea, dizziness or other abnormal symptoms while exercising, stop at once and consult your physician.

Heart rate training

To get the best results with your new piece of fitness equipment, you should exercise at the right difficulty level 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 their quality of life and general wellbeing. Your sessions will need to be done at an intensity between 50-60% of your estimated maximum heart rate, should last about 30 minutes and can be done almost daily.

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 almost daily for up to 30 minutes.

Improving your fitness –These sessions should be performed at 70-80% of your estimated maximum heart rate and can also involve bouts of interval training with your heart rate peaking for short times close to your maximum heart rate level. These are intense sessions and you will require at least a 48-hour rest afterwards.

Calculating your target heart rate

First, you need to calculate your maximum heart rate through the formula "220 – your age in years". For example, if you are 35 years old, your estimated maximum heart rate is:

220 – 35 = 185 bpm

To calculate your target heart rate, simply multiply your maximum heart rate by the required percentage. So, if your goal is better health, the calculations will look like this:

185 x 60% (0.60) = 111 bpm

NOTE: The important issue to remember with all estimated calculation is that they are just that – estimates. If you don't feel comfortable while exercising at our target heart rate level, then reduce the resistance to a level you are comfortable with.

NOTE: Heart rate training requires you to monitor your heart rate throughout the workout. To monitor your heart rate, it is recommended to use a chest strap or a heart rate monitor.

EXPLODED VIEW
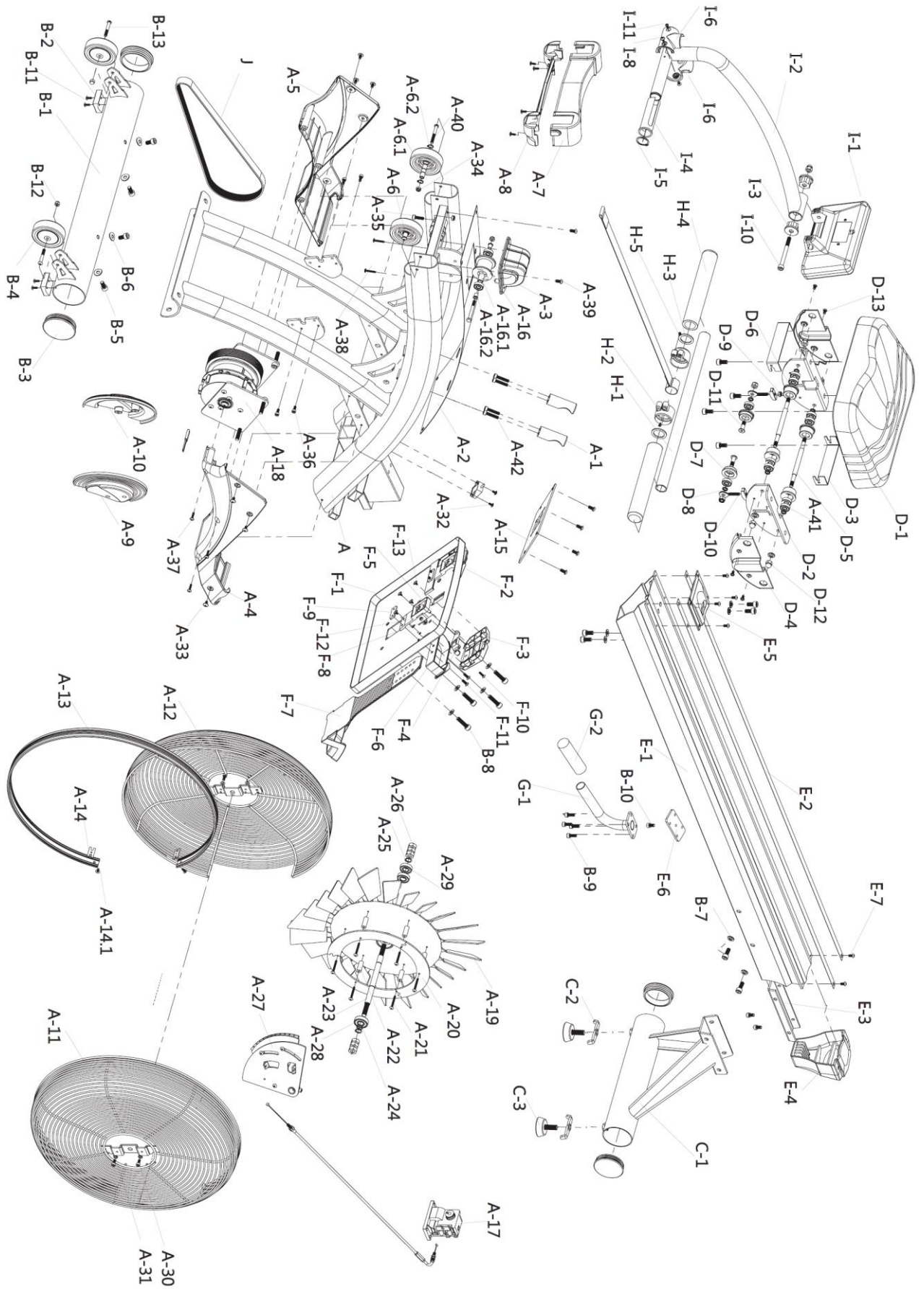
PARTS LIST

ITEM	DESCRIPTION	Q'TY	ITEM	DESCRIPTION	Q'TY
A	Main Frame	1	B-7	M8*16*1.5mm Flat Washer	16
A-1	Handlebar Holder	2	B-8	Hex Socket Head Bolt (M8*30mm)	4
A-2	Metal Top Cover	1	B-9	Hex Socket Head Bolt (M8*16mm)	4
A-3	Pulling Strap Top Cover	1	B-10	Hex Socket Head Bolt (M8*12mm)	3
A-4	Main Cover (L)	1	B-11	Self-Tapping Screw M4*12.7	4
A-5	Main Cover (P)	1	B-12	Cap Nut (M6)	2
A-6	Transport Wheel (with bushing / C clip)	2	B-13	Phillip Head Machine Screw M6*35mm	2
A-6.1	Transport 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	Transport Wheel Cover (Top)	1	C-3	Height-Adjustable Foot - φ50mm	2
A-8	Transport Wheel Cover (Bottom)	1	D-1	Seat (ND-39)	1
A-9	Fan Cover (L)	1	D-2	Seat Carriage - Side Plate	2
A-10	Fan Cover (R)	1	D-3	Seat Carriage - Flat Stop	2
A-11	Steel Fan Cover (L)	1	D-4	Seat Carriage - Side Cover	2
A-12	Steel Fan 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 (12x8x2mm)	6
A-15	Manual Tension Fixed Pad	1	D-9	Nylon Locknut (M8)	2
A-16	Pull Strap Pulley	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	Track	1
A-19	Steel Flywheel Set	1	E-2	Track Rail	2
A-20	Aluminium Pad	3	E-3	Rear Bracket	1
A-21	Fixing Screw M4*35mm	6	E-4	Track Rear Cover	1
A-22	Plastic Bushing φ10xφ4x26.8mm	8	E-5	Track Front Pad	1
A-23	Flywheel Axle φ12x210mm	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	Footrest Plate	1
A-25	C Clip - S12	2	F-2	Footrest Pad (R)	1
A-26	Nut 3"26 8T	6	F-3	Footrest Pad (L)	1
A-27	Magnet Resistance Set	1	F-4	Pedal-Adjusting Lever	2
A-27.1	Magnetic Pad	1	F-5	Pedal Securing Key	2
A-27.2	Magnet	12	F-6	Pedal Strap	2
A-27.3	Phillip Head Machine Screw M4*8mm	3	F-7	Adjustable Foot Pad	2
A-27.5	Nut (M4)	2	F-8	Metal Bushing φ4φ(6+12) x (3.3+1.5)L	2
A-27.6	Spring	1	F-9	Pedal Strap Lock	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 Handlebar	1
A-31	Flat Washer M5*13*1.5mm	4	G-2	PVC Handlebar Grip φ7/8x3Tx100mm	1
A-32	Phillip Head Machine Screw M4*8mm	2	H-1	Handlebar 25.4x2Tx480m (Aluminium)	1
A-33	Phillip Head Machine Screw M5*10mm	8	H-2	Strap Cover	2
A-34	Nylon Locknut M6	3	H-3	Handlebar Spacer	2
A-35	Hex Socket Head Bolt (M6*20mm)	1	H-4	PVC Handlebar Grip φ25.4x5Tx223mm	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 608zz	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	Transport 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

CONSOLE ASSEMBLY

Hear rate receiver	H.R. Rec Connecting Cable (3 PIN + 900mm)	Console Connecting Cable (3 PIN + 750mm)
(100mm) 3 PIN	3 PIN (900mm) 3 PIN	3 PIN 3 PIN
3 PIN 9 PIN		
Adapter 1880mm		
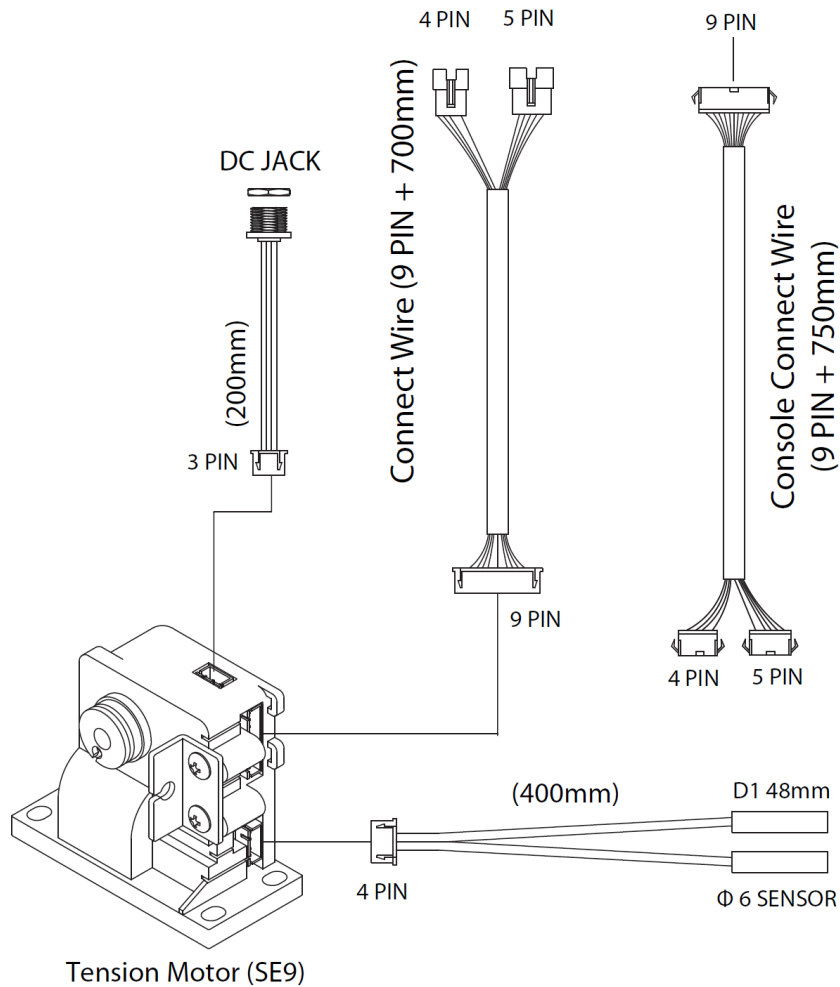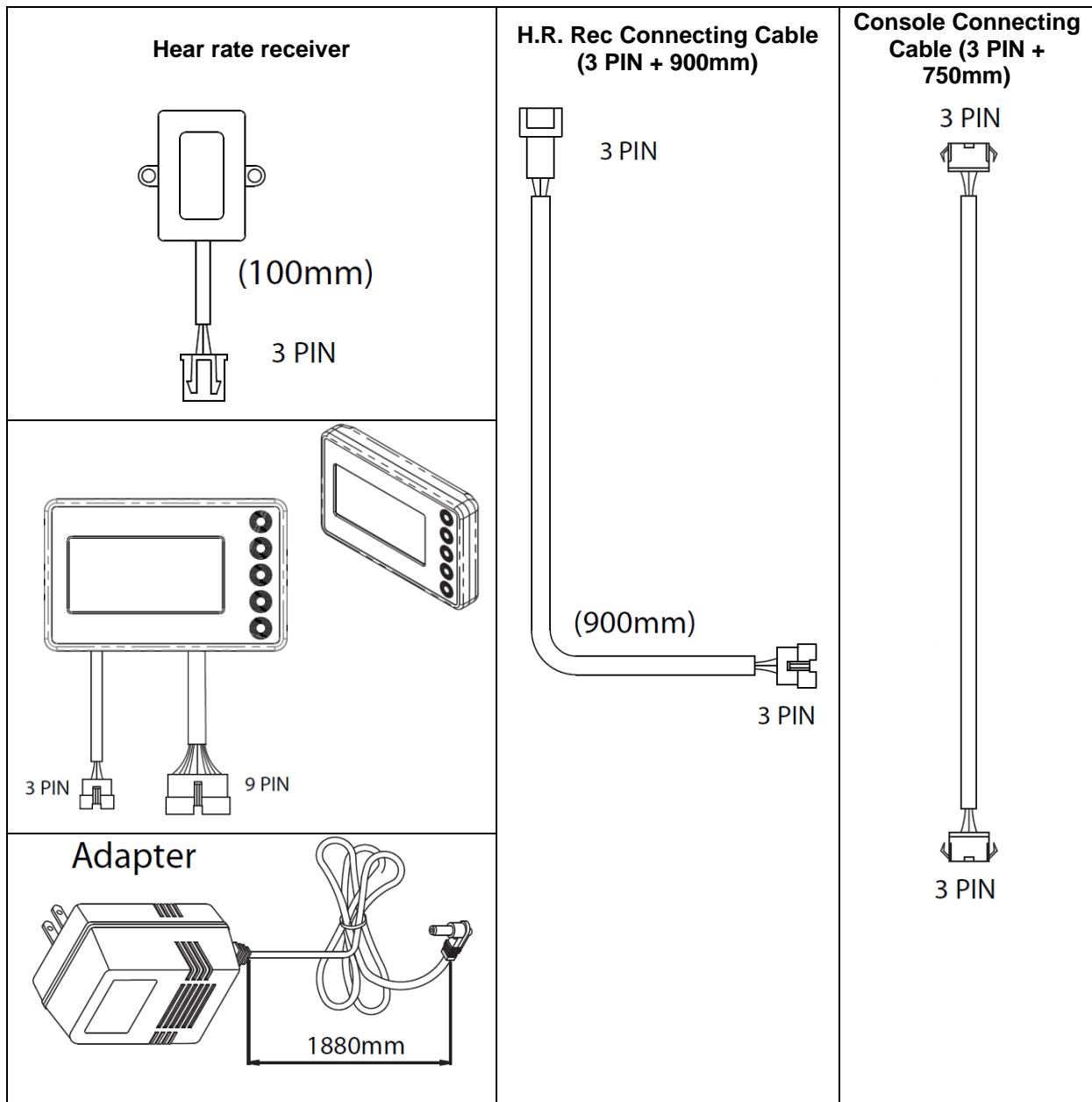
TERMS AND CONDITIONS OF WARRANTY, WARRANTY CLAIMS

General Conditions of Warranty and Definition of Terms

All Warranty Conditions stated hereunder determine Warranty Coverage and Warranty Claim Procedure. Conditions of Warranty and Warranty Claims are governed by Act No. 40/1964 Coll. Civil Code, Act No. 513/1991 Coll., Commercial Code, and Act No. 634/1992 Coll., Consumer Protection Act, as amended, also in cases that are not specified by these Warranty rules.

The seller is SEVEN SPORT s.r.o. with its registered office in Borivojova Street 35/878, Prague 13000, Company Registration Number: 26847264, registered in the Trade Register at Regional Court in Prague, Section C, Insert No. 116888.

According to valid legal regulations it depends whether the Buyer is the End Customer or not.

"The Buyer who is the End Customer" or simply the "End Customer" is the legal entity that does not conclude and execute the Contract in order to run or promote his own trade or business activities.

"The Buyer who is not the End Customer" is a Businessman that buys Goods or uses services for the purpose of using the Goods or services for his own business activities. The Buyer conforms to the General Purchase Agreement and business conditions to the extent specified in the Commercial Code.

These Conditions of Warranty and Warranty Claims are an integral part of every Purchase Agreement made between the Seller and the Buyer. All Warranty Conditions are valid and binding, unless otherwise specified in the Purchase Agreement, in the Amendment to this Contract or in another written agreement.

Warranty Conditions

Warranty Period

The Seller provides the Buyer a 24 months Warranty for Goods Quality, unless otherwise specified in the Certificate of Warranty, Invoice, Bill of Delivery or other documents related to the Goods. The legal warranty period provided to the Consumer is not affected.

By the Warranty for Goods Quality, the Seller guarantees that the delivered Goods shall be, for a certain period of time, suitable for regular or contracted use, and that the Goods shall maintain its regular or contracted features.

The Warranty does not cover defects resulting from (if applicable):

- User's fault, i.e. product damage caused by unqualified repair work, improper assembly, insufficient insertion of seat post into frame, insufficient tightening of pedals and cranks

- Improper maintenance

- Mechanical damages

- Regular use (e.g. wearing out of rubber and plastic parts, moving mechanisms, joints etc.)

- Unavoidable event, natural disaster

- Adjustments made by unqualified person

- Improper maintenance, improper placement, damages caused by low or high temperature, water, inappropriate pressure, shocks, intentional changes in design or construction etc.

Warranty Claim Procedure

The Buyer is obliged to check the Goods delivered by the Seller immediately after taking the responsibility for the Goods and its damages, i.e. immediately after its delivery. The Buyer must check the Goods so that he discovers all the defects that can be discovered by such check.

When making a Warranty Claim the Buyer is obliged, on request of the Seller, to prove the purchase and validity of the claim by the Invoice or Bill of Delivery that includes the product's serial number, or eventually by the documents without the serial number. If the Buyer does not prove the validity of the Warranty Claim by these documents, the Seller has the right to reject the Warranty Claim.

If the Buyer gives notice of a defect that is not covered by the Warranty (e.g. in the case that the Warranty Conditions were not fulfilled or in the case of reporting the defect by mistake etc.), the Seller is eligible to require a compensation for all the costs arising from the repair. The cost shall be calculated according to the valid price list of services and transport costs.

If the Seller finds out (by testing) that the product is not damaged, the Warranty Claim is not accepted. The Seller reserves the right to claim a compensation for costs arising from the false Warranty Claim.

In case the Buyer makes a claim about the Goods that is legally covered by the Warranty provided by the Seller, the Seller shall fix the reported defects by means of repair or by the exchange of the damaged part or product for a new one. Based on the agreement of the Buyer, the Seller has the right to exchange the defected Goods for a fully compatible Goods of the same or better technical characteristics. The Seller is entitled to choose the form of the Warranty Claim Procedures described in this paragraph.

The Seller shall settle the Warranty Claim within 30 days after the delivery of the defective Goods, unless a longer period has been agreed upon. The day when the repaired or exchanged Goods is handed over to the Buyer is considered to be the day of the Warranty Claim settlement. When the

Seller is not able to settle the Warranty Claim within the agreed period due to the specific nature of the Goods defect, he and the Buyer shall make an agreement about an alternative solution. In case such agreement is not made, the Seller is obliged to provide the Buyer with a financial compensation in the form of a refund.

insportline

SEVEN SPORT s.r.o.

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Date of Sale: Stamp and Signature of Seller: