



USER MANUAL – EN
IN 1920 Rowing Machine inSPORTline River



CONTENTS

SAFETY INSTRUCTIONS.....	3
EXPLODED DIAGRAM	4
PARTS LIST	5
GENERAL INFORMATION	8
ASSEMBLY	9
SETTING UP	13
HEEL SUPPORT ADJUSTMENT	15
COMPUTER ANGLE ADJUSTMENT	15
AIR VENT ADJUSTMENT	16
HANDLE BAR HOLDER	16
FOOT STRAP RELEASE	17
FOLDING	17
EXERCISING.....	18
OVER REACHING	19
ROWING WITH ARMS BENT.....	20
BENT WRISTS	21
PULLING THE BODY TO THE HANDLE	21
FLYING ELBOWS.....	22
LOCKING THE KNEES	23
COMPUTER INSTRUCTIONS.....	24
PROGRAM COUNT.....	26
ROW START JUST START ROWING	26
GETTING STARTED	26
MAIN MENU.....	26
TROUBLE SHOOTING GUIDE	42
TRANSPORTATION AND STORAGE	42
CARE AND MAINTENANCE.....	43
ENVIRONMENT PROTECTION	43
TERMS AND CONDITIONS OF WARRANTY, WARRANTY CLAIMS.....	43

SAFETY INSTRUCTIONS

- Keep this manual for future use.
- Ask your physician before your training. You should ask about possible problems connected with training program.
- Read all instructions. Instructions are written for safety of user and protection of the product.
- Keep away from kids.
- Kids and people with physical or mental disorder must be supervised.
- Use this product as intended by the manufacturer. Do only exercises that are intended by this product. All other exercises are considered wrong and dangerous.
- Do not modify this product.
- Keep legs and arms away from moving parts.
- Do not put any object to the ventilation.
- Do not excessive training to total exhaustion. Wrong or excessive training can lead to serious health problems or death. If you feel unusual pain or abnormal symptoms, stop immediately and ask physician for help.
- Always wear sport clothes. Do not wear loose clothes. Secure your hair. Keep towel and clothes away from moving parts.
- When someone use the product, others need to stay away in safe distance.
- Do not use if you have pet nearby.
- Owner or trainer must explain the safe use of the device.
- Assembly the product before use. Check the device before exercise. Do not use the product if it is not working as intended.
- Assembly the product on solid and flat ground. Keep distance of 0.6 m from other objects.
- Adjustable parts can not prohibit the movement of the user.
- Keep the device in good condition. If signs of wear appear, contact the manufacturer.
- Maintain the product as is described in the manual.
- Assembly, maintenance and setup can be done by qualify person.
- The electrical connection must meet the requirements of the country.
- Do not place anything on the construction or display of the device.
- **Maximum load capacity:** 150 kg
- **Weight:** 45 kg
- **Use:** Category S (EN 957) for professional or commercial use

The seller is not responsible for any damage or failure caused by unauthorized service, misuse, accident, neglect, misconduct, environmental damage, corrosion caused by incorrect placement, modification without approval, sale or failure to use and maintain the machine.

STYLE NO. R100APM
August 2005



PARTS LIST

NO.	DESCRIPTION	QTY
001	ALUMINUM BEAM	1
002	MAIN FRAME	1
003	DIE CAST PIVOT	1
004	DIE CAST PIVOT SHAFT	1
005	STABILIZER - FRONT	1
006	STABILIZER - REAR	1
007	REAR BRACKET	1
008	ALI HANDLE BAR	1
009	SEAT CARRIAGE - SIDE PLATE	2
010	SEAT CARRIAGE - SHAFT	2
011	GUIDE ROLLER - BOLT	2
012	GUIDE ROLLER - PLATE	2
013	FOOT REST - RIGHT	1
014	FOOT REST – LEFT	1
015	COMPUTER ARM	1
016	TENSION WHEEL ASSEMBLY	1
017	CLUTCH SHAFT	1
018	RETURN SPRING	1
019	GUIDE ROLLER - SPACER	2
100	PANCAKE – SLIDER	1
101	PANCAKE - SLIDER WHEEL	1
102	PANCAKE - CABLE GUIDE	3
103	COMPUTER ARM - PLUG	2
104	COMPUTER ARM - PIVOT	2
105	COMPUTER ARM - PLUG COVER	2
106	COMPUTER CASE NUT COVER	2
107	COMPUTER ARM - SPACER	2
108	HANDLE BAR HOLDER	1
109	COVER – FRONT	1
110	COVER – HUB	2
111	COVER – MAIN	2
112	MESH	1
113	WHEEL CAP – LEFT	1
114	WHEEL CAP - RIGHT	1
115	STANDARD CAP	2
116	ALUMINUM BEAM END CAP	1

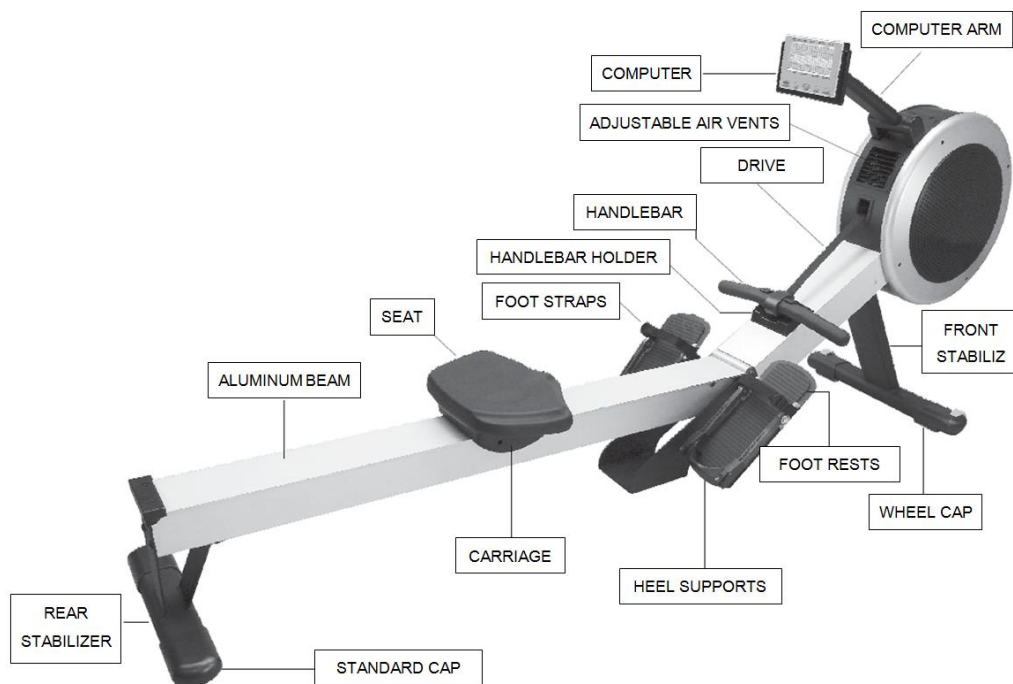
117	SEAT CARRIAGE - COVER	2
118	SEAT CARRIAGE - ROLLER	4
119	SEAT	1
120	STRAP BUCKLE COVER - TOP	1
121	STRAP BUCKLE COVER - BOTTOM	1
122	PLUG	2
123	FOAM GRIP	1
124	SEAT CARRIAGE STOPPER	1
125	CLAMP KNOB	1
126	HEEL SUPPORT - ASSEMBLY	2
127	HEEL SUPPORT - STOPPER	4
128	HEEL PIVOT ASSEMBLY	4
129	COVER - VENT	1
130	PANCAKE - ALUMINUM	1
131	PANCAKE - SLEEVE	2
132	STRAP SLOT TRIM	1
133	BATTERY COVER	1
134	POLY "V" DRIVE BELT	1
135	DRIVE PULLEY	1
136	STRAP DRUM	1
137	RETURN SPRING - DRUM	1
138	RETURN SPRING - COVER	1
139	RETURN SPRING - HOLDER	1
140	FLYWHEEL FAN with MAGNETS	1
141	TENSION WHEEL ASSEMBLY - SPACER	1
142	GUIDE ROLLER	2
143	FOOT REST TREAD	2
200	NUT	9
201	NUT	2
202	NUT	1
203	NUT	1
204	NUT	1
300	BOLT	24
301	BOLT	1
302	BOLT	2
303	BOLT	4
304	BOLT	2
305	BOLT	2

306	BOLT	8
307	BOLT	1
308	BOLT	1
309	BOLT	1
310	BOLT	1
311	BOLT	1
312	BOLT	1
313	BOLT	2
314	BOLT	2
400	WASHER	1
401	WASHER	8
402	WASHER	2
403	WASHER	4
404	WASHER	4
500	SCREW	1
501	SCREW	34
502	SCREW	8
503	SCREW	5
504	SCREW	2
505	SCREW	5
600	RETAINING RING	1
700	TENSION CABLE	1
701	MOTOR with CABLE	1
702	MOTOR SENSOR CABLE	1
703	COMPUTER CABLE - 6 x PIN	1
704	COMPUTER CABLE - 9 x PIN	1
705	PANCAKE - CABLE	1
706	PANCAKE - FLYWHEEL SHAFT	1
707	PANCAKE - SPRING	1
708	SENSOR MAGNET ASSEMBLY	1
709	DRIVE STRAP ASSEMBLY	1
710	FOOT REST - STRAP	2
711	CHEST BAND RECEIVER	1
712	AC ADAPTOR - CABLE	1
713	BATTERY CASE with CABLE	1
714	COMPUTER	1
715	AC ADAPTOR	1
800	BEARING	2

801	BEARING	1
802	BEARING	2
803	BEARING	1
804	CLUTCH	1

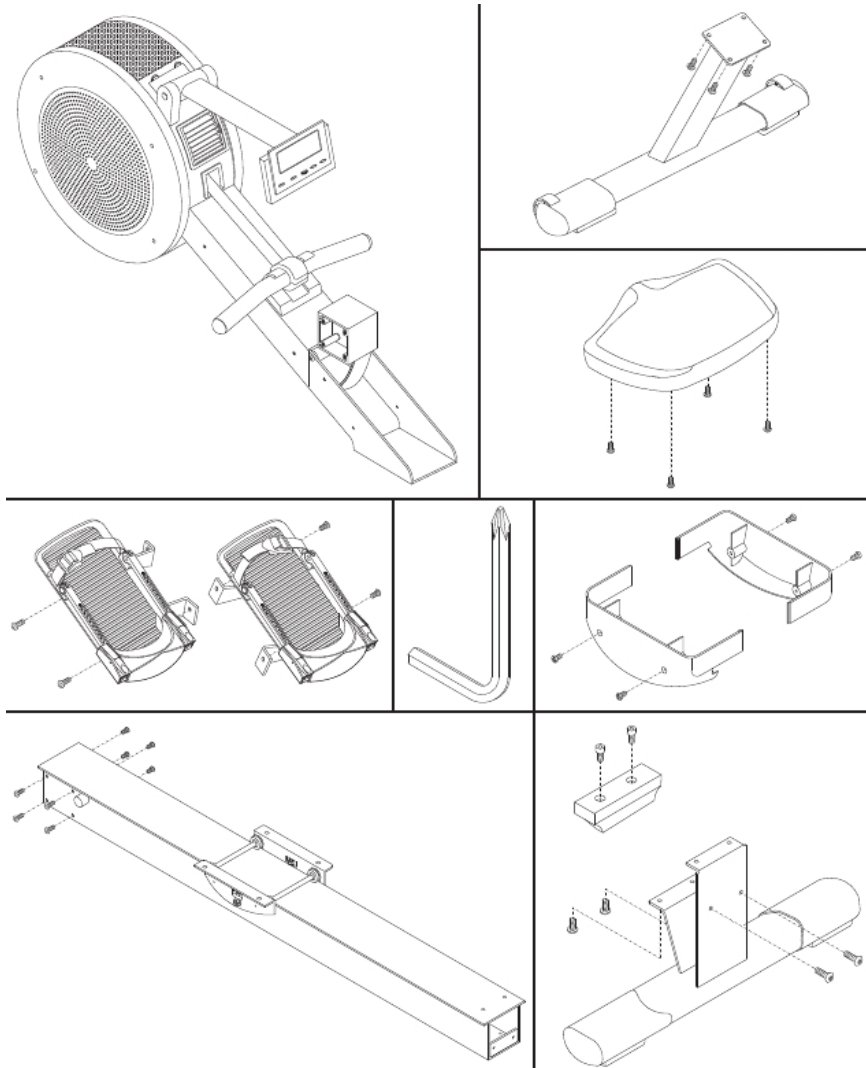
GENERAL INFORMATION

- Full auto-controlled air magnetic resistance system
- Angled foot rests with pivoting heel supports
- Full stroke for tall people (within reason)
- Improved ergonomically designed handle
- Strong, stable well engineered frame
- Built in chest band receiver
- TUV German GS approved
- 15 computer programs
- Adjustable air vents
- Folds for storage



ASSEMBLY

Before assembly check that none of the parts are missing.



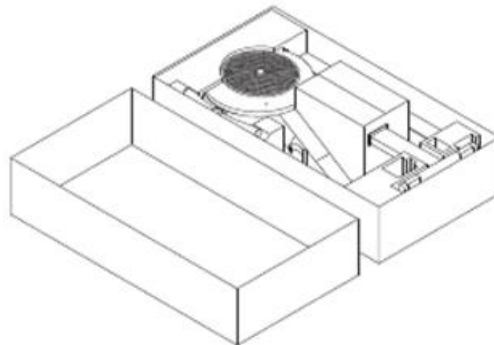
Step 1

Clear a 2 x Meter by 2.5 Meter working space before unpacking your Air Magnetic Rower.

Step 2

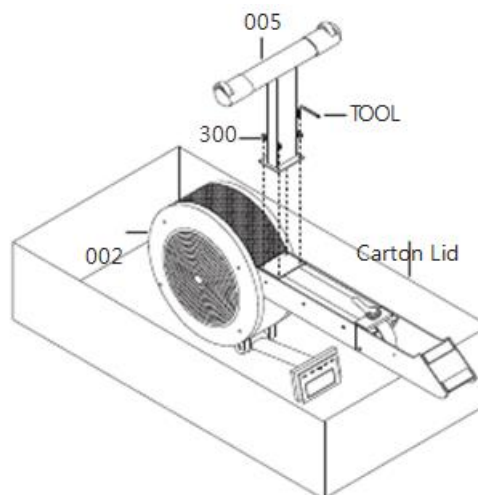
Open the carton as shown in the diagram below.

NOTE: To protect the Air Magnetic Rower while assembling we suggest that you do not remove the Protective Packing Material until it is necessary.



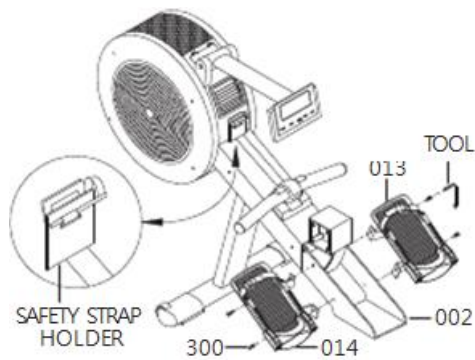
Step 3

- Place the MAIN FRAME (002) in the Carton Lid as shown in the diagram below.
- Remove 4 x BOLT (300) from MAIN FRAME (002) with the TOOL provided.
- Assemble the FRONT STABILIZER (005) with the same 4 x BOLT (300) and tighten firmly.



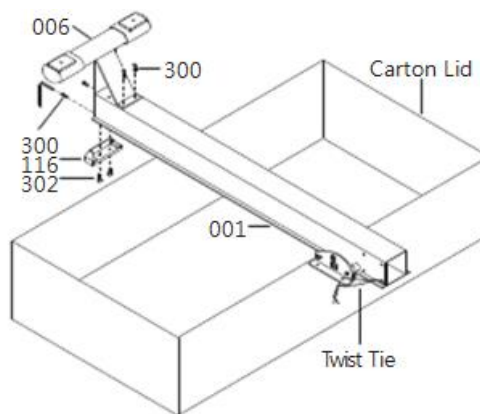
Step 4

- Remove the partly assembled Rower from the Carton Lid and place it the correct way up as shown in the diagram below.
- Remove the SAFETY STRAP HOLDER and discard. Place the HANDLE BAR in its HOLDER.
- Remove 4 x BOLT (300) from MAIN FRAME (002) with the TOOL provided.
- Assemble 2 x FOOT REST (013&014) with the same 4 x BOLT (300) and tighten firmly. Each FOOT REST is marked Left and Right with "L" and "R" stickers.



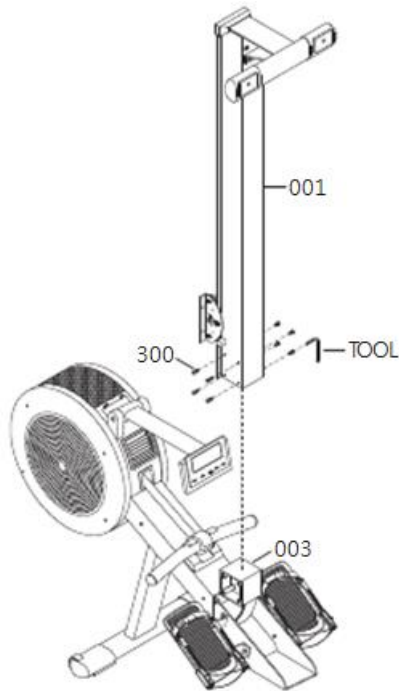
Step 5

- Remove the ALUMINUM BEAM (001) from the Carton and place it on top of the Carton Lid as shown in the diagram below.
- Remove 4 x BOLT (300) from ALUMINUM BEAM (001) and 2 x BOLT (302) from REAR STABILIZER (006) with the TOOL provided.
- Assemble REAR STABILIZER (006) with the same 4 x BOLT (300) and tighten firmly.
- Assemble ALUMINUM BEAM END CAP (116) with 2 x BOLT (302) and tighten firmly.
- Remove the Twist Tie and discard.



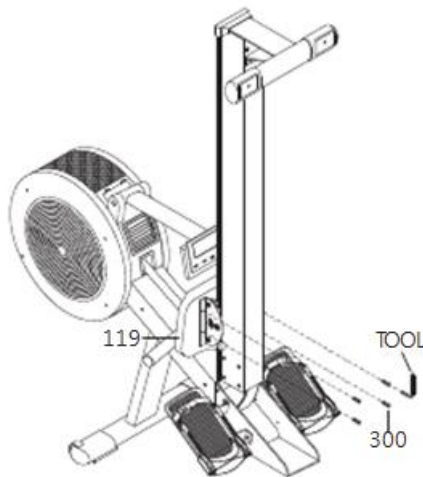
Step 6

- Remove 8 x BOLT [300] from DIE CAST PIVOT (003) with the TOOL provided.
- Assemble the ALUMINUM BEAM (001) with the same 8 x BOLT (300) and tighten firmly.



Step 7

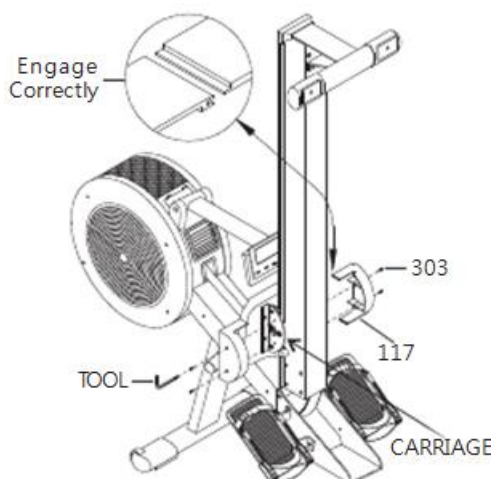
- Remove 4 x BOLT (300) from SEAT (119) with the TOOL provided.
- Assemble SEAT (119) with the same 4 x BOLT (300) and tighten firmly.



Step 8

- Remove 4 x BOLT (303) from CARRIAGE with the TOOL provided.
- Assemble 2 x SEAT CARRIAGE COVER (117) with the same 4 x BOLT (303) and tighten firmly.

NOTE: Ensure that the 2 x SEAT CARRIAGE COVER (117) are connected into each other as shown in the diagram below



Step 9

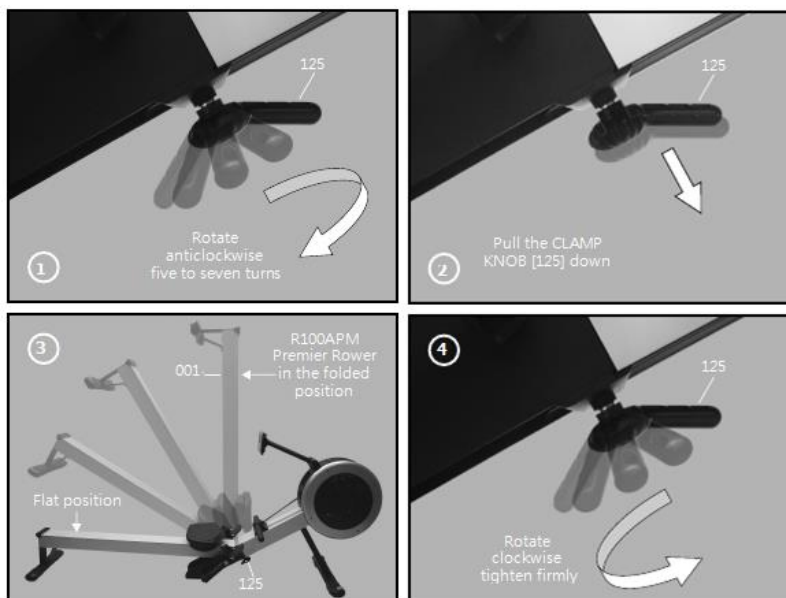
Remove all Protective Packing Material and discard.

SETTING UP

Clear a workout area 1 x 2.5 Meters before setting-up your Air Magnetic Rower. Ensure the floor is solid and level.

Unfolding

Two people are required to unfold the Air Magnetic Rower. One person to hold the ALUMINUM BEAM (001) while the other person releases the CLAMP KNOB (125)



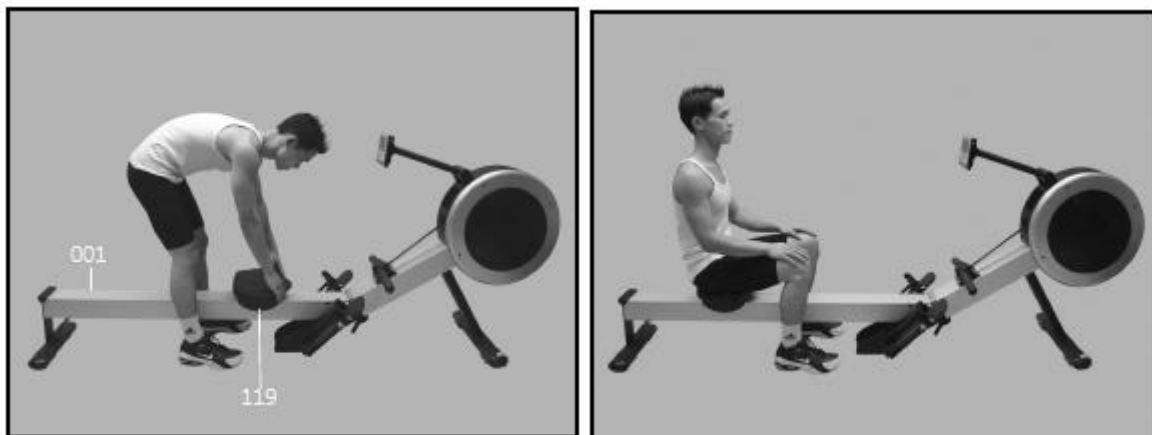
- 1) With the Air Magnetic rower in the folded position, rotate the CLAMP KNOB (125) anticlockwise five to seven turns.

- 2) With the first person holding the ALUMINUM BEAM [001] the second person pulls the CLAMP KNOB (125) down releasing the safety lock allowing the ALUMINUM BEAM (001) to be laid down flat.
- 3) With the Air Magnetic Rower in the flat position, rotate the CLAMP KNOB (125) clockwise and tighten firmly.

WARNING: When unfolding and folding the Air Magnetic Rower to avoid serious injury keep finger and hands away from folding hinge points.

GETTING ON SAFELY

Getting on safely is a simple procedure. Just be careful that the SEAT (119) is directly underneath you before sitting down.

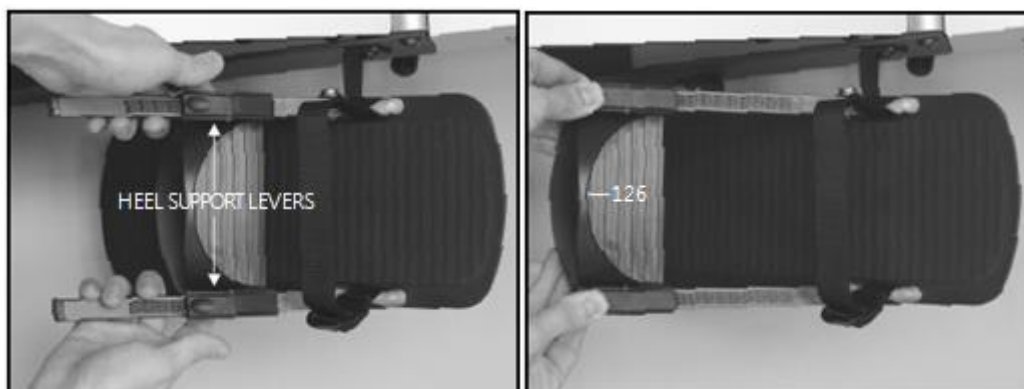


- 1) Straddle the ALUMINUM BEAM (001).
- 2) Correctly position the SEAT (119) beneath you.
- 3) Sit down taking care that the SEAT (119) has not moved.

HEEL SUPPORT PRE-ADJUSTMENT

There are ten heel support settings clearly numbered.

Before exercising move the HEEL SUPPORT [126] to setting number one.

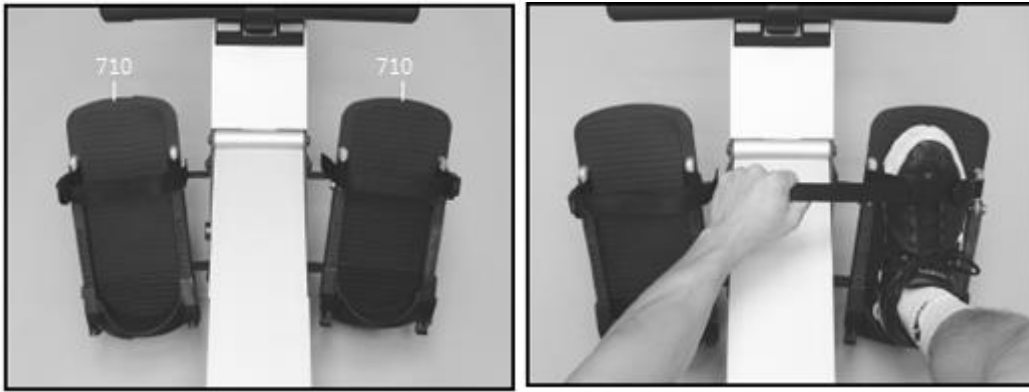


- 1) Squeeze the HEEL SUPPORT LEVERS to release the locking mechanism.
- 2) Slide the HEEL SUPPORT (126) to setting number one.
- 3) Release the HEEL SUPPORT LEVERS to engage the locking mechanism.

FOOT STRAP ADJUSTMENT

The correct position for the FOOT STRAP (710) is across the top of the foot just below the toes. Approximately across the toe pivot joints.

Ensure the FOOT STRAP (710) is tight.



- 1) With the HEEL SUPPORT (126) at setting number one, slide your feet underneath the FOOT STRAP (710).
- 2) The correct position for the FOOT STRAP (710) is across the top of the foot just below the toes. Approximately across the toe pivot joints.
- 3) Pull the FOOT STRAP (710) tight as shown in the above diagram.

HEEL SUPPORT ADJUSTMENT

The HEEL SUPPORT (126) has a sprung loaded locking system designed for easy adjustment. Simply push it up to your heel to take up any slack.

Memorize the setting number best suited for future reference.

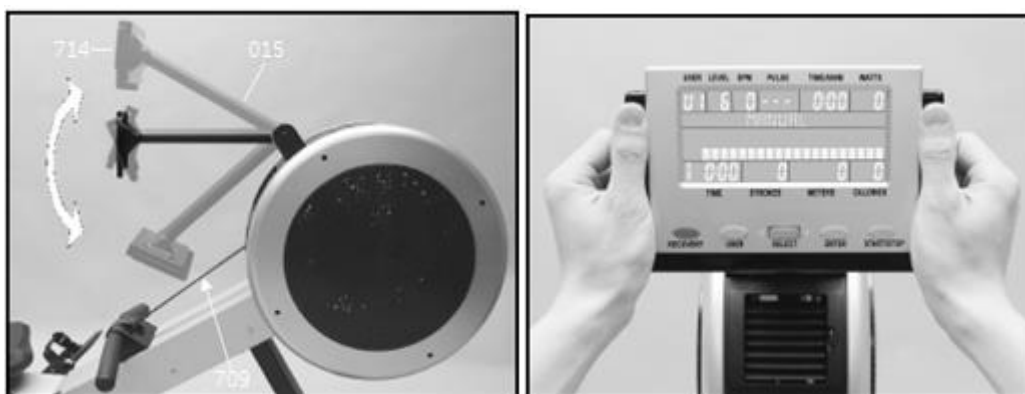


- 1) With your feet tightly secured by the FOOT STRAP (710). Simply push the HEEL SUPPORT (126) up to your heel to take up any slack as shown in the above diagram.
- 2) Memorize the setting number best suited to you for future reference.

COMPUTER ANGLE ADJUSTMENT

The COMPUTER (714) and COMPUTER ARM (015) are designed to rotate and pivot giving you full adjustment to almost any height and angle.

NOTE: For safety reasons, whilst exercising avoid the DRIVE STRAP (709) touching the COMPUTER (714).



Hold the COMPUTER (714) with both hands as shown in the diagram above. Rotate and pivot the COMPUTER (714) to the desired height and angle.

NB for safety reasons, avoid the DRIVE STRAP [709] touching the COMPUTER (714). Straddle the ALUMINUM BEAM (001).

AIR VENT ADJUSTMENT

The Air Magnetic Rower flywheel fan generates an air flow that can be directed with the adjustable air vents.

Rotate the AIR VENT CONTROL KNOB to adjust the air flow direction. To stop all air flow, rotate fully down.



- 1) Rotate the AIR VENT CONTROL KNOB to adjust the air flow direction.
- 2) To stop all air flow, rotate fully down.

HANDLE BAR HOLDER

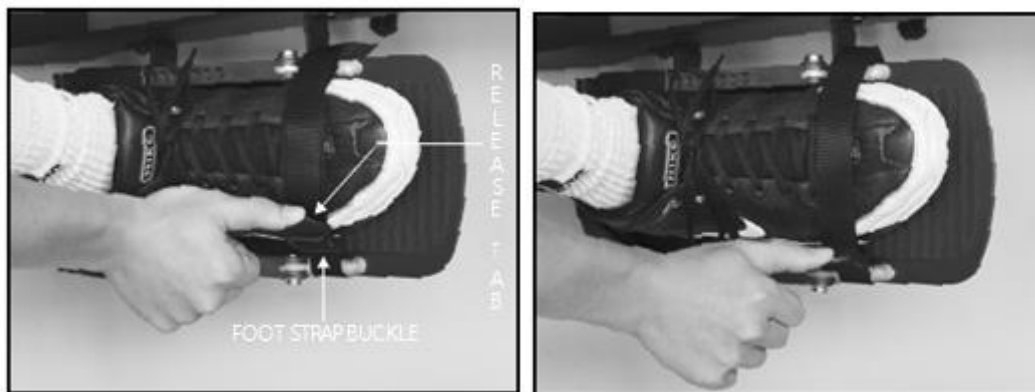
When you have finished your workout remember to store the HANDLE BAR into the HANDLE BAR HOLDER (108).



When you have finished your workout place the HANDLE BAR into the HANDLE BAR HOLDER [108] as shown in the diagrams above.

FOOT STRAP RELEASE

Releasing the FOOT STRAP is made easy with the quick release tab.

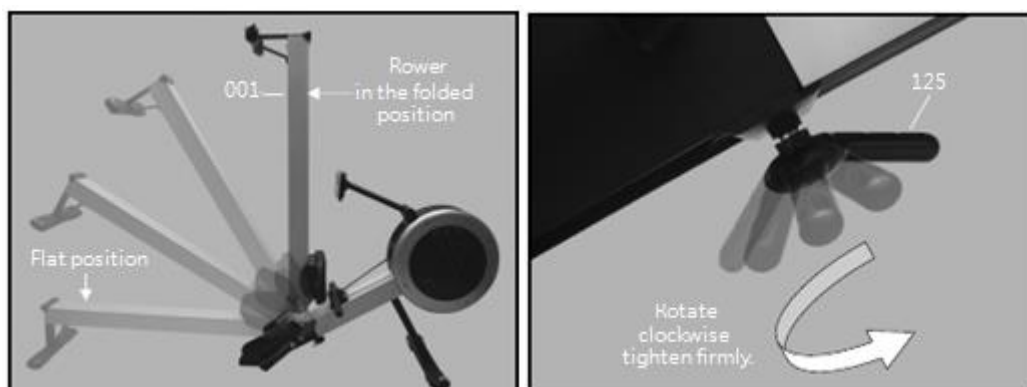


Lift the FOOT STRAP BUCKLE RELEASE TAP with your thumb as shown in the diagram above.

FOLDING

Folding the Air Magnetic Rower is the reverse of the unfolding procedure.

WARNING: When unfolding and folding the Air Magnetic Rower to avoid serious injury keep finger and hands away from folding hinge points.



- 1) With the Air Magnetic Rower in the flat position, rotate the CLAMP KNOB [125] anticlockwise five to seven turns.

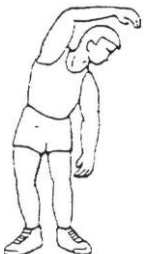



- 2) With the first person holding the ALUMINUM BEAM [001] the second person pulls the CLAMP KNOB (125) down releasing the safety lock allowing the ALUMINUM BEAM (001) to be rotated up.
- 3) With the Air Magnetic Rower in the folded position, rotate the CLAMP KNOB (125) clockwise and tighten firmly.

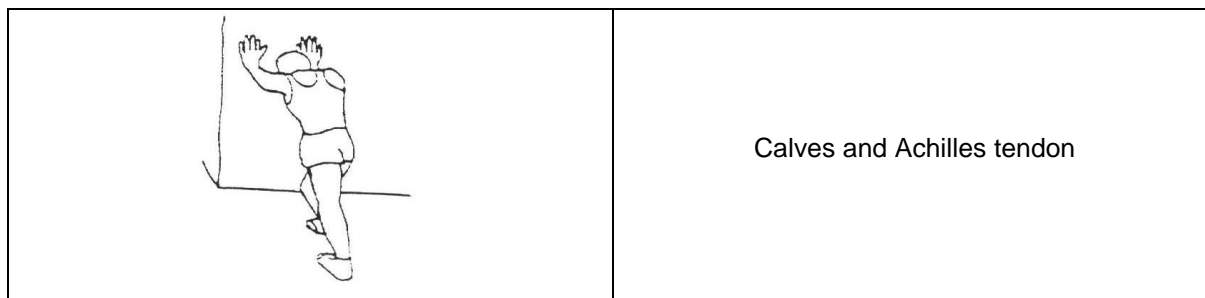
EXERCISING

Using your **ROWING MACHINE** will provide you with several benefits. It will improve your physical fitness, tone your muscles and, in conjunction with a calorie-controlled diet, help you lose weight.

The Warm-Up Phase

This stage helps get the blood flowing around the body and the muscles working properly. It will also reduce the risk of cramp and muscle injury. It is advisable to do a few stretching exercises as shown below. Each stretch should be held for approximately 30 seconds. Do not force or jerk your muscles into a stretch - if it hurts, **STOP**.

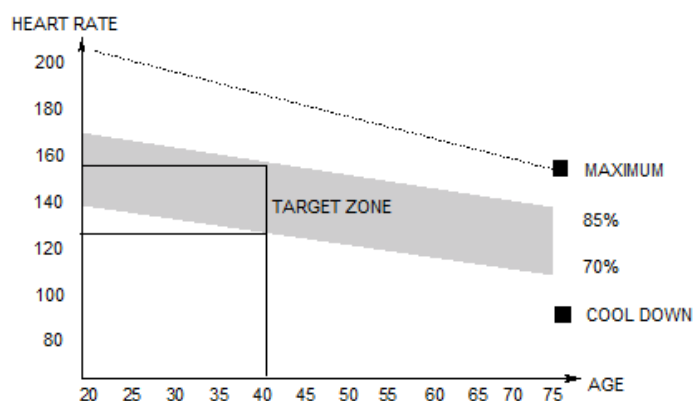
	Sides and hips
	Back thighs
	Front thighs
	Inner thighs



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

The Exercise Phase

This is the stage where you put the effort in. After regular use, the muscles in your legs will become more flexible. Work at your own pace but be sure to maintain a steady tempo throughout. The rate of work should be enough to raise your heartbeat into the target zone shown on the graph below.



Cooling-Down Phase

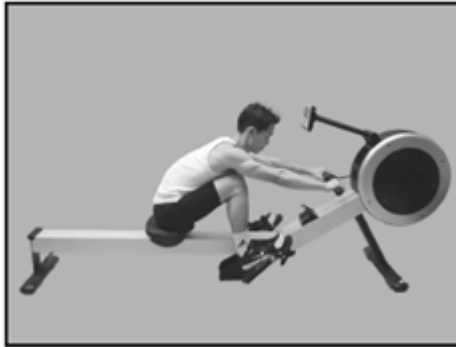
This stage is to let your cardio-vascular system and muscles wind down. This is a repeat of the warm-up phase. First, reduce your tempo and continue at this slower pace for approximately 5 minutes before you get off your Exercise Bike. The stretching exercises should now be repeated, again remembering not to force or jerk your muscles into the stretch.

As you get fitter you may need to train longer and harder. It is advisable to train at least three times a week, and if possible, to space your workouts evenly throughout the week.

OVER REACHING

INCORRECT

The body stretches too far forward. The shins may be past vertical. The head and shoulders tend to drop towards the feet. The body is in a weak position for the stroke.



CORRECT

The shins are vertical. The body is pressed up to the legs. The arms are fully extended and relaxed, body tilted slightly forward. This position should feel comfortable.



ROWING WITH ARMS BENT

INCORRECT

The user starts the stroke by pulling with the arms rather than pushing with the legs.



CORRECT

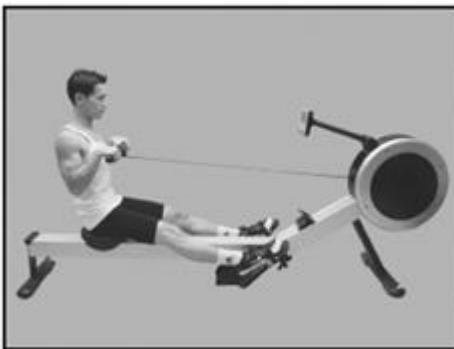
The user starts the stroke by pushing the legs and bracing the back with the arms fully extended and relaxed.



BENT WRISTS

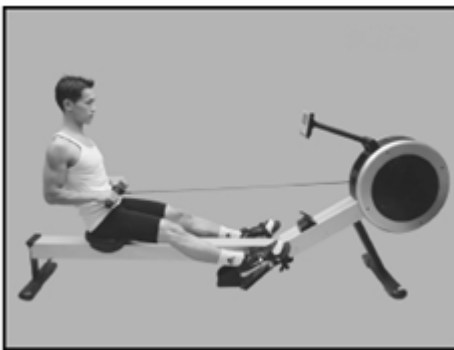
INCORRECT

The user bends their wrists at any time through the stroke.



CORRECT

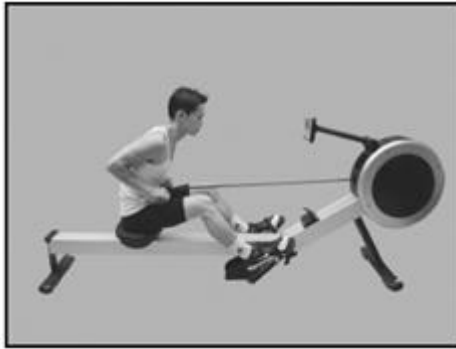
Always row with flat wrists through the entire stroke.



PULLING THE BODY TO THE HANDLE

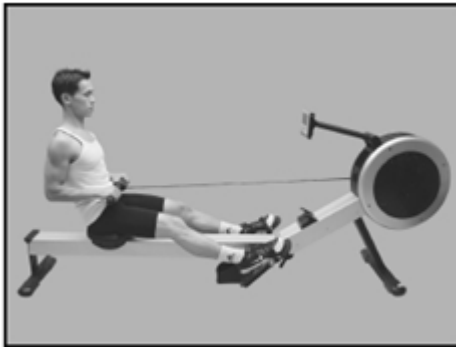
INCORRECT

At the finish, the user, instead of pulling the handle to the body, pulls themselves forward to the handle.



CORRECT

At the finish the user leans back slightly, holds the legs down and draws the handle to the body using the upper body as a firm platform.



FLYING ELBOWS

INCORRECT

The user's elbows are sticking out from the body at the finish and the handle is at chest level.



CORRECT

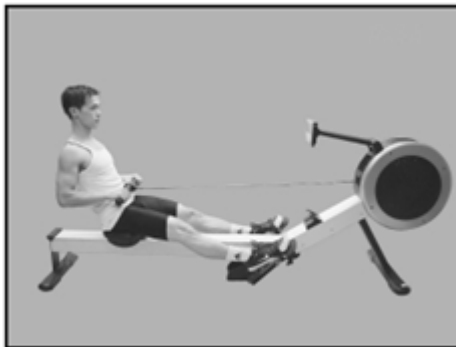
Draw the handle to the body. The wrists are flat, and the elbows pass close to the body. Elbows extend behind the body as the handle is drawn to the waist.



LOCKING THE KNEES

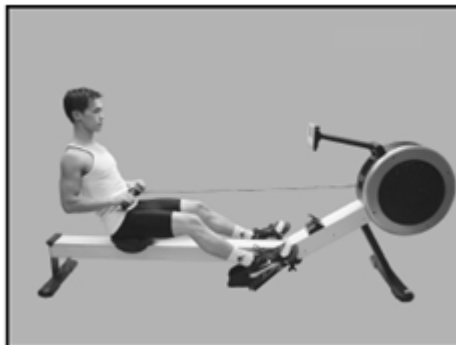
INCORRECT

At the end of the stroke the user locks the knees making the legs straight.

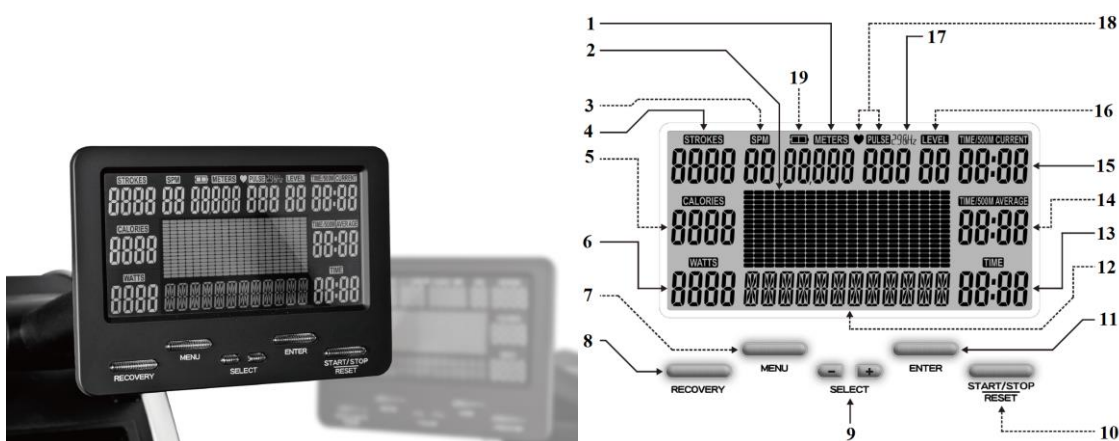


CORRECT

Always keep the legs slightly bend in the fully extended position, do not lock the knees.



COMPUTER INSTRUCTIONS



1. Meters display	Distance travelled in meters
2. Bar graph display	Program profiles and text. Messages are shown here. 16x rows = 24x resistance levels 20x columns = 20x time intervals
3. SPM display	Strokes per minute
4. Strokes display	Total rowing strokes
5. Calories display	Measured in kilocalories (kcal) Note: Your USER DATA significantly affects your calorie count.
6. Watts display	Estimated watts per stroke, calibrated to EN 957. One watt (W) is equal to a power rate of one joule of work per second of time.
7. Menu key	A shortcut button to main menu. Note: Button does not function in Workout mode. Function in menu mode and paused mode.
8. Recovery key	Two function: <ul style="list-style-type: none"> • Odometer – press and hold the recovery key • Recovery program <p>Automatically evaluate your heart rate recover for one minute after your workout.</p> <ul style="list-style-type: none"> • 90 – 100 Super fit • 80 – 89 Extremely fit • 70 – 79 Very fit • 60 – 69 Good condition • 50 – 59 Average condition • 40 – 49 Fair condition • 30 – 39 Poor condition • 20 – 29 Unfit

	<ul style="list-style-type: none"> • 10 – 19 Bad condition • 0 – 9 Worst condition <p>Note: You need to use chest belt for recovery function.</p>
9. Select key	<p>Four functions:</p> <ol style="list-style-type: none"> 1. Before workout: Press SELCET to scroll through available selection. 2. Before workout: Press and hold SELECT key to fast track. 3. During workout: Press the SELECT to adjust resistance levels. 4. Before workout: Press and hold both SELECT keys to access measurement system. (Metric/Imperial) <p>Note: Applies to Height or Weight.</p>
10. Start/Stop/Reset key	<p>Three functions:</p> <ol style="list-style-type: none"> 1. Before workout: Press START to begin workout 2. During workout: Press the STOP key to end workout. 3. Any time: Press and hold RESET key for 3 seconds to reset the computer to main menu. <p>Note: Present data will be lost.</p>
11. Enter key	<p>Two functions:</p> <ol style="list-style-type: none"> 1. Before workout: Press enter to confirm your selection 2. Before workout: Press and hold for 3 seconds to bypass the selections process <p>Note: The enter key will not function in workout mode.</p>
12. Alpha numeric display	Test message to assist and guide you through each program
13. Time display	Minutes and seconds
14. Time/500 m average display	Display average time/500m
15. Time/500 m current display	Display current time/500m
16. Level display	<p>24 resistance levels</p> <p>Level 1 = minimum resistance</p> <p>Level 24 = maximum resistance</p>
17. Heart rate receiver	5kHz receiver
18. Pulse display	<p>Displayed in bpm (beats per minute) Received via 5kHz chest strap.</p> <p>Flashing heart is in-sync with your heart rate.</p> <p>Note: “- - -” indicates that the computer is not receiving a heart rate/pulse signal.</p>
19. Battery display	<p>Full – half empty – empty</p> <p>Note: Does not apply to A/C powered computers</p>

PROGRAM COUNT

This Computer has the following Programs:

1 x PACE BOAT PROGRAM
1 x RACE PROGRAM
2 x INTERVAL PROGRAMS ~ INTERVAL DISTANCE and INTERVAL TIME
4 x HEART RATE CONTROL PROGRAMS 60% 75% 90% and Target Heart Rate
1 x WATTS CONTROL PROGRAM
5 x PERSONAL PROFILE PROGRAMS one per user, stored in the computer's memory
25 x PROFILE PROGRAMS which includes the endless RANDOM PROFILES
1 x FITNESS TEST PROGRAM
1 x GAME
1 x RECOVERY PROGRAM

42 x PROGRAMS in Total

ROW START JUST START ROWING

Just start rowing and the computer will automatically power up and start the ROWER PROGRAM with a PACE BOAT DEFAULT 2:15 TIME/500M.

GETTING STARTED

It is important to input your USER DATA, so the computer can calculate your:

BMI = Body Mass Index

BMR = Basal Metabolic Rate

TDEE = Total Daily Energy Expenditure

And your USER DATA will allow the computer to more accurately calculate your Calorie expenditure.

Input your USER DATA via the MAIN MENU, then select "USER DATA".

MAIN MENU

The Main Menu consists of the 12 x following selections:

1. PACE:	1 x PACE BOAT PROGRAM
2. RACE:	1 x RACE PROGRAM
3. INTERVAL:	2 x INTERVAL PROGRAMS ~ INTERVAL DISTANCE and INTERVAL TIME
4. HEART RATE:	4 x Heart Rate Control PROGRAMS 60% 75% 90% and Target Heart Rate
5. WATTS:	1 x WATTS CONTROL PROGRAM
6. PROFILE:	5 x USER PROFILES + 25 x PROFILE PROGRAMS
7. FITNESS TEST:	1 x FITNESS TEST PROGRAM
8. GAME:	1 x GAME

9. USER DATA:	USER DATA INPUT
10. USER PROFILE:	USER PROFILE CREATION PROGRAM
11. USER DELETE:	DELETE A USER
12. HOW TOO:	COMPUTER INSTRUCTIONS for those who will not read this booklet the computer automatically starts at the MAIN MENU. However, if at any time you wish to return to the Main Menu then simply press the MENU Key.

PACER OR PACE BOAT PROGRAM

The PACER PROGRAM allows you to row beside a pace boat to help you pace your workout.

There are two ways to program the Pace Boat Time:

- 1) Set the TIME/500M
- 2) Set the TIME and METERS

1. PACE PROGRAM

From the Main Menu, press the SELECT Keys to scroll and select the "PACE" Program. Then press the ENTER Key to confirm your selection.

NOTE: To return to the Main Menu press the MENU Key.

2. USER SELECT

Press the SELECT Keys to scroll and select "GUEST USER" or one of 5x possible existing Users (e.g. "USER 1" or "USER 2" or "USER 3" or "USER 4" or "USER 5"). Then press the ENTER Key to confirm your selection.

3.1 TIME/500M

Press the SELECT Keys to scroll and select a "TIME/500M" OR go to 3.2. Then press the ENTER Key to confirm your selection.

3.2 TIME and METERS

Press the ENTER Key to bypass the TIME/500M selection. Press the SELECT Keys to scroll and select a "TIME". Then press the ENTER Key to confirm your selection. Press the SELECT Keys to scroll and select "METERS". Then press the ENTER Key to confirm your selection.

NOTE: To immediately start your workout press the START Key.

4. RESISTANCE LEVEL

Press the SELECT Keys to scroll and select a Resistance "LEVEL". Then press the ENTER Key to confirm your selection.

5. TARGET VALUES

TARGET VALUES are optional.

To bypass all "TARGET VALUES" press and hold the ENTER Key. To bypass an individual "TARGET VALUE" press the ENTER Key. To select a "TARGET VALUE" press the SELECT Keys. Then press the ENTER Key to confirm your selection.

6. ALARMS

Both Minimum and/or Maximum "ALARMS" are optional.

To bypass all "ALARMS" press the START Key. To bypass an individual Minimum and/or Maximum "ALARM" press the ENTER Key. To select a Minimum and/or Maximum "ALARM" press the SELECT Keys. Then press the ENTER Key to confirm your selection.

7. START ROWING

When you have reached the end of the selection process the computer will flash "START ROWING". At this point you can either Start Rowing or press the ENTER Key to redo the TARGET VALUES and ALARMS.

NOTE: During your workout you can adjust the Resistance LEVELS by pressing the SELECT Keys.

RACE PROGRAM

The RACE PROGRAM allows you to row against any USERS AVERAGE TIME/500M. Race father against son, mother against daughter. Be the best in your family.

1. RACE PROGRAM

From the Main Menu, press the SELECT Keys to scroll and select the "RACE" Program. Then press the ENTER Key to confirm your selection.

NOTE: To return to the Main Menu press the MENU Key.

2. USER SELECT (i.e. you)

Press the SELECT Keys to scroll and select "GUEST USER" or one of 5x possible existing Users (e.g. "USER 1" or "USER 2" or "USER 3" or "USER 4" or "USER 5"). Then press the ENTER Key to confirm your selection.

3. USER TO RACE AGAINST (i.e. not you)

Press the SELECT Keys to scroll and select a "USER" to race against. Then press the ENTER Key to confirm your selection.

NOTE: To immediately start your workout press the START Key.

4. RESISTANCE LEVEL

Press the SELECT Keys to scroll and select a Resistance "LEVEL". Then press the ENTER Key to confirm your selection.

5. TARGET VALUES

TARGET VALUES are optional.

To bypass all "TARGET VALUES" press and hold the ENTER Key. To bypass an individual "TARGET VALUE" press the ENTER Key. To select a "TARGET VALUE" press the SELECT Keys. Then press the ENTER Key to confirm your selection.

6. ALARMS

Both Minimum and/or Maximum "ALARMS" are optional.

To bypass all "ALARMS" press the START Key. To bypass an individual Minimum and/or Maximum "ALARM" press the ENTER Key. To select a Minimum and/or Maximum "ALARM" press the SELECT Keys. Then press the ENTER Key to confirm your selection.

7. START ROWING

When you have reached the end of the selection process the computer will flash "START ROWING". At this point you can either Start Rowing or press the ENTER Key to redo the TARGET VALUES and ALARMS.

NOTE: During your workout you can adjust the Resistance LEVELS by pressing the SELECT Keys.

INTERVAL DISTANCE & INTERVAL TIME PROGRAMS

These two INTERVAL PROGRAMS are designed for Interval Training, where intense periods of training are combined with short timed rest periods. It is scientifically proven that Interval Training burns more calories than Static Cardio Training, however it does put your body under a lot more stress

so one needs to use common sense when Interval Training. We suggest that you do not exceed 100% Heart Rate (see Calculating Target Heart Rate).

INTERVAL DISTANCE PROGRAM = A work "DISTANCE" combined with timed rest periods

INTERVAL TIME PROGRAM = A work "TIME" combined with timed rest periods

1. INTERVAL PROGRAM

From the Main Menu, press the SELECT Keys to scroll and select the "INTERVAL" Program. Then press the ENTER Key to confirm your selection.

NOTE: To return to the Main Menu press the MENU Key.

2.1. INTERVAL DISTANCE PROGRAM

Press the SELECT Keys to scroll and select the "INTERVAL DISTANCE" Program. Then press the ENTER Key to confirm your selection.

2.2. INTERVAL TIME PROGRAM

Press the SELECT Keys to scroll and select the "INTERVAL TIME" Program. Then press the ENTER Key to confirm your selection.

3. USER SELECT

Press the SELECT Keys to scroll and select "GUEST USER" or one of 5x possible existing Users (e.g. "USER 1" or "USER 2" or "USER 3" or "USER 4" or "USER 5"). Then press the ENTER Key to confirm your selection.

4. NUMBER OF INTERVALS

Press the SELECT Keys to scroll and select a Number of "INTERVALS". Then press the ENTER Key to confirm your selection.

5.1. INTERVAL DISTANCE PROGRAM

Press the SELECT Keys to scroll and select the Interval Distance in "METERS". Then press the ENTER Key to confirm your selection.

5.2. INTERVAL TIME PROGRAM

Press the SELECT Keys to scroll and select "INTERVAL TIME". Then press the ENTER Key to confirm your selection.

6. REST TIME

Press the SELECT Keys to scroll and select a "REST TIME". Then press the ENTER Key to confirm your selection.

NOTE: To immediately start your workout press the START Key.

7. RESISTANCE LEVEL

Press the SELECT Keys to scroll and select a Resistance "LEVEL". Then press the ENTER Key to confirm your selection.

8. TARGET VALUES

TARGET VALUES are optional.

To bypass all "TARGET VALUES" press and hold the ENTER Key. To bypass an individual "TARGET VALUE" press the ENTER Key. To select a "TARGET VALUE" press the SELECT Keys. Then press the ENTER Key to confirm your selection.

9. ALARMS

Both Minimum and/or Maximum "ALARMS" are optional.

To bypass all "ALARMS" press the START Key. To bypass an individual Minimum and/or Maximum "ALARM" press the ENTER Key. To select a Minimum and/or Maximum "ALARM" press the SELECT Keys. Then press the ENTER Key to confirm your selection.

10. START ROWING

When you have reached the end of the selection process the computer will flash "START ROWING". At this point you can either Start Rowing or press the ENTER Key to redo the TARGET VALUES and ALARMS.

NOTE: During your workout you can adjust the Resistance LEVELS by pressing the SELECT Keys.



60% 75% 90% HEART RATE PROGRAMS

The % HEART RATE PROGRAMS are designed to keep your heart rate/pulse at the constant level you have selected. Every 30 x seconds the computer will check your heart rate/pulse against what you have selected and will automatically adjust the Resistance LEVELS accordingly.

All Heart Rate Programs require a heart rate signal via a compatible Chest Strap.

These three % HEART RATE PROGRAMS work in conjunction with your selected User and the User Data you have input, therefore it is important that you select the correct User and have input the correct User Data before you begin any of the three % HEART RATE PROGRAMS.

NOTE: During your workout you cannot adjust your %HR or the Resistance LEVELS. To select a heart rate that is optimal for you, see CALCULATING TARGET HEART RATE. While increasing your heart rate is an important part of exercise, it is also important that your heart rate is not too high. To be safe we suggest that you start your workouts at the 60% and increase your heart rate % as your fitness improves.

NOTE: The recommended absolute **Maximum Heart Rate** is equal to **220 bpm minus your age**.

1. HEART RATE PROGRAM

From the Main Menu, press the SELECT Keys to scroll and select the "HEART RATE" Program. Then press the ENTER Key to confirm your selection.

NOTE: To return to the Main Menu press the MENU Key.

2. % HEART RATE PROGRAM

Press the SELECT Keys to scroll and select the "%HR" Program. Then press the ENTER Key to confirm your selection.

3. USER SELECT

Press the SELECT Keys to scroll and select one of 5x possible existing Users (e.g. "USER 1" or "USER 2" or "USER 3" or "USER 4" or "USER 5"). Then press the ENTER Key to confirm your selection.

NOTE: User Data is required hence you can NOT select "Guest User".

4. 60% 75% 90% HEART RATE PROGRAM

Press the SELECT Keys to scroll and select either "60%" or "75%" or "90%". The computer will automatically show your % Heart Rate calculation. Then press the ENTER Key to confirm your selection.

NOTE: To immediately start your workout press the START Key.

5. RESISTANCE LEVEL

Press the SELECT Keys to scroll and select a Resistance "LEVEL". Then press the ENTER Key to confirm your selection.

6. TARGET VALUES

TARGET VALUES are optional.

To bypass all "TARGET VALUES" press and hold the ENTER Key. To bypass an individual "TARGET VALUE" press the ENTER Key. To select a "TARGET VALUE" press the SELECT Keys. Then press the ENTER Key to confirm your selection.

7. ALARMS

Both Minimum and/or Maximum "ALARMS" are optional.

To bypass all "ALARMS" press the START Key. To bypass an individual Minimum and/or Maximum "ALARM" press the ENTER Key. To select a Minimum and/or Maximum "ALARM" press the SELECT Keys. Then press the ENTER Key to confirm your selection.

8. START ROWING

When you have reached the end of the selection process the computer will flash "START ROWING". At this point you can either Start Rowing or press the ENTER Key to redo the TARGET VALUES and ALARMS.

NOTE: During your workout you cannot adjust the Resistance LEVELS.



THR ~ TARGET HEART RATE PROGRAM

The TARGET HEART RATE PROGRAM is designed to keep your heart rate/pulse at the constant level you have selected. Every 30 x seconds the computer will check your heart rate/pulse against what you have selected and will automatically adjust the Resistance LEVELS accordingly. During your workout you can adjust your Target Heart Rate value by pressing the SELECT Keys.

NOTE: During your workout you cannot adjust the Resistance LEVELS.

All Heart Rate Programs require a heart rate signal via a compatible Chest Strap.

To select a heart rate that is optimal for you, see CALCULATING TARGET HEART RATE.

While increasing your heart rate is an important part of exercise, it is also important that your heart rate is not too high. To be safe we suggest that you start your workouts at the 60% and increase your heart rate % as your fitness improves.

NOTE: The recommended absolute **Maximum Heart Rate** is equal to **220 bpm minus your age**.

1. HEART RATE PROGRAM

From the Main Menu, press the SELECT Keys to scroll and select the "HEART RATE" Program. Then press the ENTER Key to confirm your selection.

NOTE: To return to the Main Menu press the MENU Key.

2. THR PROGRAM

Press the SELECT Keys to scroll and select the "THR" Program. Then press the ENTER Key to confirm your selection.

3. USER SELECT

Press the SELECT Keys to scroll and select "GUEST USER" or one of 5x possible existing Users (e.g. "USER 1" or "USER 2" or "USER 3" or "USER 4" or "USER 5"). Then press the ENTER Key to confirm your selection.

NOTE: To immediately start your workout press the START Key.

4. RESISTANCE LEVEL

Press the SELECT Keys to scroll and select a Resistance "LEVEL". Then press the ENTER Key to confirm your selection.

5. TARGET VALUES

TARGET VALUES are optional.

To bypass all "TARGET VALUES" press and hold the ENTER Key. To bypass an individual "TARGET VALUE" press the ENTER Key. To select a "TARGET VALUE" press the SELECT Keys. Then press the ENTER Key to confirm your selection.

6. ALARMS

Both Minimum and/or Maximum "ALARMS" are optional.

To bypass all "ALARMS" press the START Key. To bypass an individual Minimum and/or Maximum "ALARM" press the ENTER Key. To select a Minimum and/or Maximum "ALARM" press the SELECT Keys. Then press the ENTER Key to confirm your selection.

7. START ROWING

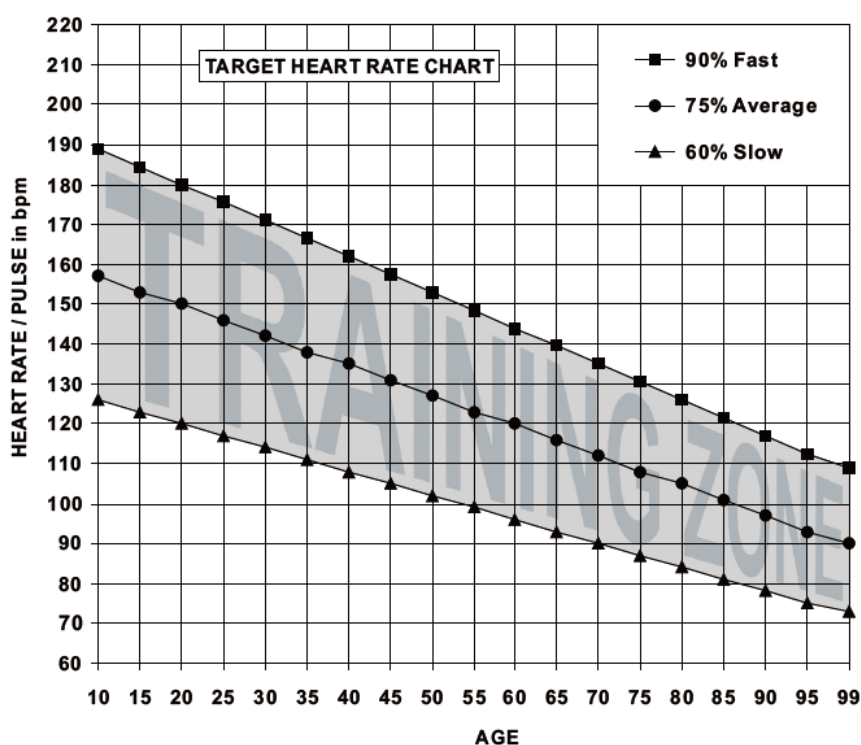
When you have reached the end of the selection process the computer will flash "START ROWING". At this point you can either Start Rowing or press the ENTER Key to redo the TARGET VALUES and ALARMS.

NOTE: During your workout you can adjust your Target Heart Rate value by pressing the SELECT Keys.

CALCULATING TARGET HEART RATE

Your optimal heart rate range during exercise is referred to as your training zone. To achieve effective results you should do your cardiovascular workout within your training zone. Refer to the target heart rate chart below to calculate your THR at 60%, 75% and 90%, that is our suggested training zone. We also suggest that you start your workouts at the 60% THR and increase your THR % as your fitness improves.

TARGET HEART RATE FORMULA: $220 - \text{AGE} \times \text{THR}\%$ (e.g. $220 - 30 \text{ years old} \times 60\% = \text{THR } 114$)



WATTS PROGRAM



The WATTS PROGRAM is designed to keep your watt output at a constant level you have selected. Every 20 x seconds the computer will check your Watts output against what you have selected and will automatically adjust the Resistance LEVELS accordingly. During your workout you can adjust the Watts Value by pressing the SELECT Keys.

NOTE: During your workout you cannot adjust the Resistance LEVELS.

WATT TARGET VALUE CHOICE: 10~995 Watts (in 5 watt steps)

1. WATTS PROGRAM

From the Main Menu, press the SELECT Keys to scroll and select the "WATTS" Program. Then press the ENTER Key to confirm your selection.

NOTE: To return to the Main Menu press the MENU Key.

2. USER SELECT

Press the SELECT Keys to scroll and select "GUEST USER" or one of 5x possible existing Users (e.g. "USER 1" or "USER 2" or "USER 3" or "USER 4" or "USER 5"). Then press the ENTER Key to confirm your selection.

3. WATTS VALUE

Press the SELECT Keys to scroll and select a "WATTS" Value. Then press the ENTER Key to confirm your selection.

NOTE: To immediately start your workout press the START Key.

4. RESISTANCE LEVEL

Press the SELECT Keys to scroll and select a Resistance "LEVEL". Then press the ENTER Key to confirm your selection.

5. TARGET VALUES

TARGET VALUES are optional.

To bypass all "TARGET VALUES" press and hold the ENTER Key. To bypass an individual "TARGET VALUE" press the ENTER Key. To select a "TARGET VALUE" press the SELECT Keys. Then press the ENTER Key to confirm your selection.

6. ALARMS

Both Minimum and/or Maximum "ALARMS" are optional.

To bypass all "ALARMS" press the START Key. To bypass an individual Minimum and/or Maximum "ALARM" press the ENTER Key. To select a Minimum and/or Maximum "ALARM" press the SELECT Keys. Then press the ENTER Key to confirm your selection.

7. START ROWING

When you have reached the end of the selection process the computer will flash "START ROWING". At this point you can either Start Rowing or press the ENTER Key to redo the TARGET VALUES and ALARMS.

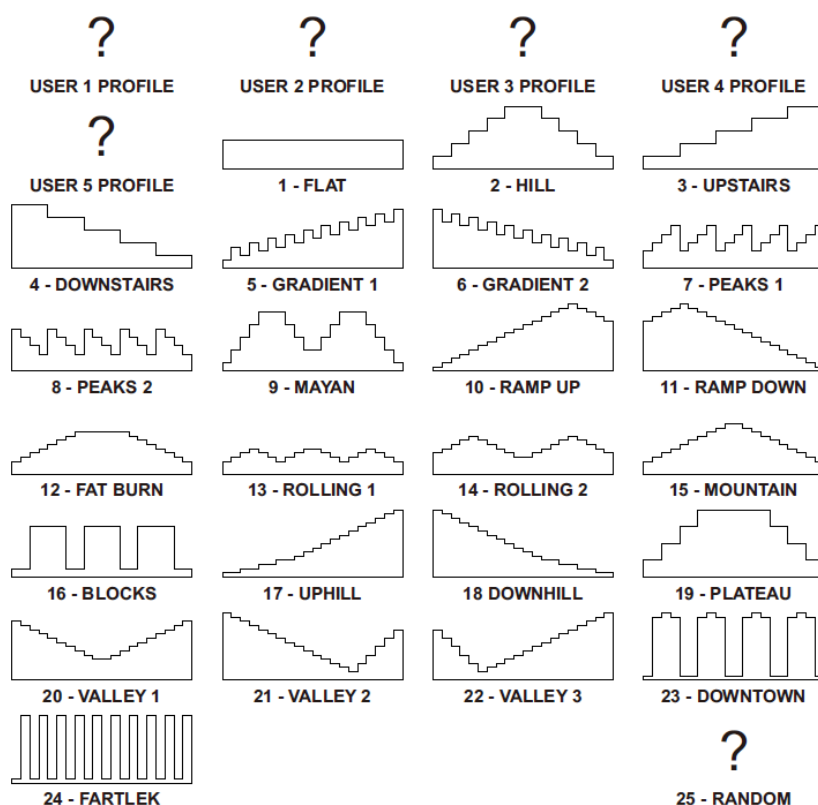
NOTE: During your workout you can adjust the Watts Value by pressing the SELECT Keys.

PROFILE PROGRAMS



The computer will automatically adjust the Resistance LEVEL according to the Profile Program you select. During your workout you can adjust the Resistance LEVELS by pressing the SELECT Keys.

There are 30 x Profile Programs to choose from as shown in the diagrams below:



"FARTLEK" is Swedish for 'Speed Play, it's an athletic training technique developed in the 1930's in which periods of intense effort alternate with periods of less strenuous effort in a continuous workout.

1. PROFILE PROGRAM

From the Main Menu, press the SELECT Keys to scroll and select the "PROFILE" Program. Then press the ENTER Key to confirm your selection.

NOTE: To return to the Main Menu press the MENU Key.

2. PROFILE SELECTION

Press the SELECT Keys to scroll and select a "PROFILE". Then press the ENTER Key to confirm your selection.

NOTE: To return to the Main Menu press the MENU Key.

3. USER SELECT

Press the SELECT Keys to scroll and select "GUEST USER" or one of 5x possible existing Users (e.g. "USER 1" or "USER 2" or "USER 3" or "USER 4" or "USER 5"). Then press the ENTER Key to confirm your selection.

NOTE: To immediately start your workout press the START Key.

4. TARGET VALUES

TARGET VALUES are optional.

To bypass all "TARGET VALUES" press and hold the ENTER Key. To bypass an individual "TARGET VALUE" press the ENTER Key. To select a "TARGET VALUE" press the SELECT Keys. Then press the ENTER Key to confirm your selection.

5. ALARMS

Both Minimum and/or Maximum "ALARMS" are optional.

To bypass all "ALARMS" press the START Key. To bypass an individual Minimum and/or Maximum "ALARM" press the ENTER Key. To select a Minimum and/or Maximum "ALARM" press the SELECT Keys. Then press the ENTER Key to confirm your selection.

6. START ROWING

When you have reached the end of the selection process the computer will flash "START ROWING". At this point you can either Start Rowing or press the ENTER Key to redo the TARGET VALUES and ALARMS.

NOTE: During your workout you can adjust the Resistance LEVELS by pressing the SELECT Keys.

Fitness **FITNESS TEST TEST**

A five minute Fitness Test based on your heart rate recovery. You must provide the computer with a heart rate signal via a compatible Chest Strap. Row as fast as you can for five minutes to get your heart rate to maximum. Then the computer will test heart rate recovery for one minute.

FITNESS TEST RESULTS

SUPER FIT	90-100
EXTREMELY FIT	80-89
VERY FIT	70-79
GOOD FITNESS	60-69
AVERAGE FITNESS	50-59
FAIR FITNESS	40-49
POOR FITNESS	30-39
UNFIT	20-29
VERY UNFIT	10-19
EXTREMELY UNFIT	0-9

1. FITNESS TEST

From the Main Menu, press the SELECT Keys to scroll and select the "FITNESS TEST". Then press the ENTER Key to confirm your selection.

NOTE: To return to the Main Menu press the MENU Key.

2. START ROWING

Remember to STOP rowing immediately after the five minutes are up.

NOTE: During your workout you cannot adjust the Resistance LEVELS by pressing the SELECT Keys.

GAME **GAME**

A five minute GAME with high score.

1. GAME

From the Main Menu, press the SELECT Keys to scroll and select the "GAME". Then press the ENTER Key to confirm your selection.

NOTE: To return to the Main Menu press the MENU Key.

2. START ROWING

At the end of your game, to play again, press the START Key. To exit press the MENU Key.

NOTE: During your workout you can adjust the Resistance LEVELS by pressing the SELECT Keys.

USER DATA

USER DATA CREATE A NEW USER and INPUT USER DATA

The computer can store five sets of personal USER DATA. This stored information will be used in conjunction with the Percentage Heart Rate Programs, to more accurately calculate your Calorie expenditure and compute your "End of Workout Display" which includes your BMI, BMR and TDEE.

BMI = Body Mass Index

BMR = Basal Metabolic Rate

TDEE = Total Daily Energy Expenditure

The computer will also memorize your selections for every program to aid in the selection process.

REMEMBER: It's important to keep your USER DATA up-to-date otherwise the computer will give you false readings, such as Heart Rate Percentage, expended Calories BMI BMR TDEE.

NOTE: Guest User. The computer will not memorize any input Guest User selections.

USER DATA INPUT

NAME 12x Alphanumeric Digits available.

NOTE: press and hold the ENTER Key to bypass.

AGE in years only.

SEX - GENDER Male or Female.

HEIGHT in Centimeters or Feet and Inches (to convert see "Measurement Selection").

WEIGHT in Kilograms or Pounds (to convert see "Measurement Selection").

ACTIVE FACTOR How active you are affects your metabolism which affects how many calories you burn while exercising. Your ACTIVE FACTOR will adjust the computers Calorie calculations and your TDEE Total Daily Energy Expenditure.

- 1) SEDENTARY: desk job with little or no daily exercise
- 2) LIGHTLY ACTIVE: light exercise 1~3 days a week
- 3) MODERATELY ACTIVE: moderate exercise 3~5 days a week
- 4) VERY ACTIVE: hard exercise 6~7 days a week
- 5) EXTREMELY ACTIVE: extremely active all day every day or athlete marathon fitness level

1. USER DATA

From the Main Menu, press the SELECT Keys to scroll and select "USER DATA". Then press the ENTER Key to confirm your selection.

NOTE: To return to the Main Menu press the MENU Key.

2. SELECT USER

Press the SELECT Keys to scroll and select "NEW USER" or one of 5x possible existing Users. Then press the ENTER Key to confirm your selection.

3. NAME

Press the SELECT Keys to scroll and select "ALPHANUMERIC DIGIT". Then press the ENTER Key to confirm your selection. Repeat this process until your NAME is complete. Then press and hold the ENTER Key to bypass all the remaining Alphanumeric Digits.

4. AGE

Press the SELECT Keys to scroll and select your "AGE" in years only. Then press the ENTER Key to confirm your selection.

5. SEX - GENDER

Press the SELECT Keys to scroll and select your "SEX". Then press the ENTER Key to confirm your selection.

6. HEIGHT

Press the SELECT Keys to scroll and select your "HEIGHT". Then press the ENTER Key to confirm your selection.

7. WEIGHT

Press the SELECT Keys to scroll and select your "WEIGHT". Then press the ENTER Key to confirm your selection.

8. ACTIVE FACTOR

Press the SELECT Keys to scroll and select your "ACTIVE FACTOR". Then press the ENTER Key to confirm your selection.

USER Profile

USER PROFILE CREATE YOUR OWN PROFILE

As there are 5x possible Users and each User can design their own Custom Profile Program makes a total of 5x USER PROFILES. All Profiles use the Bar Graph Display being 16x Rows High = 24x Resistance Levels and 20x Columns Long = 20x Time Intervals. These USER PROFILE Programs are extremely useful as they allow you to custom design a Profile Program to your liking giving your workouts endless variety, which will help you to keep motivated. The computer will automatically adjust the Resistance LEVELS according to the PROFILE you design.

During your workout you can also adjust the Resistance LEVELS with the SELECT Keys.

1. USER PROFILE

From the Main Menu, press the SELECT Keys to scroll and select "USER PROFILE". Then press the ENTER Key to confirm your selection.

NOTE: To return to the Main Menu press the MENU Key.

2. SELECT USER

Press the SELECT Keys to scroll and select one of 5x possible existing "USERS". If there are no "USERS" available then go to User Data to create one. Then press the ENTER Key to confirm your selection.

3. PROFILE CREATION

Press the SELECT Keys to scroll and select a "Resistance LEVEL". Then press the ENTER Key to confirm your selection. Repeat this process until your PROFILE is complete.

NOTE: To bypass all the remaining columns, press and hold the ENTER Key. This is extremely useful when making small adjustments to your custom PROFILE.

USER Delete

USER DELETE DELETE AN EXISTING USER

For whatever reason, we have made it simple to delete an existing User.

1. USER DELETE

From the Main Menu, press the SELECT Keys to scroll and select "USER DELETE". Then press the ENTER Key to confirm your selection.

NOTE: To return to the Main Menu press the MENU Key.

2. SELECT USER

Press the SELECT Keys to scroll and select one of 5x possible existing "USERS". Then press the ENTER Key to confirm your selection.

3. VERIFY DELETION

Press the ENTER Key again to reconfirm Deletion.

HEART RATE RECEIVER FREQUENCY

Dealer optional 5 kHz or 2.4 GHz or both 5 kHz and 2.4 GHz together.

We, the manufacturer, sell to Dealers who in turn sell to shops around the world. The Dealers have requested that this computer have Optional Analog and/or Digital Heart Rate Receiver Frequencies. Unfortunately, you the consumer do not have the choice.

Your computer is: Fixed 5kHz Analog or

If the Main Menu does NOT display an "Optional Heart Rate Receiver Frequency" choice, then your computer has a fixed Heart Rate Receiver Frequency. At the top of the LCD next to the Pulse Display Window the Heart Rate Receiver Frequency is displayed.

The 5kHz Analog Heart Rate Frequency (HRF) is the most common international HRF it has problems with interference from a wide range of electrical devices and has a limited working distance.

HOW TOO THE LAST MAIN MENU SELECTION

The "HOW TOO" is the last Main Menu selection and are COMPUTER INSTRUCTIONS for those who will not read this booklet.

FYI ~ It reads as follows:

SELECT KEYS	PRESS THE SELECT KEYS TO SCROLL AND SELECT PRESS AND HOLD A SELECT KEY TO FAST TRACK
ENTER KEY	PRESS THE ENTER KEY TO CONFIRM YOUR SELECTION PRESS AND HOLD THE ENTER KEY TO BYPASS AN ENTIRE SELECTION
START/STOP/RESET KEY	PRESS THE START KEY TO BEGIN YOUR WORKOUT PRESS THE STOP KEY TO END YOUR WORKOUT PRESS AND HOLD THE RESET KEY TO RESET THE COMPUTER
MENU KEY	PRESS THE MENU KEY TO RETURN TO THE MAIN MENU
RECOVERY KEY	PRESS THE RECOVERY KEY TO START THE RECOVERY PROGRAM

1. HOW TOO

From the Main Menu, press the SELECT Keys to scroll and select "HOW TOO".

NOTE: To return to the Main Menu press the MENU Key.

RECOVERY PROGRAM ACTIVATE BY PRESSING THE RECOVERY KEY

If you are already at a stable cardiovascular fitness level, then this RECOVERY PROGRAM is not much help. However, if you are in the process of improving your cardiovascular fitness level then the RECOVERY PROGRAM is an excellent cardiovascular fitness level indicator.

The RECOVERY PROGRAM will evaluate your cardiovascular fitness level by measuring how quickly your heart rate recovers over a period of one minute immediately at the end of your workout. For the entire sixty second countdown it is essential that you provide the computer with a heart rate signal via a compatible Chest Strap. Then the computer will display your cardiovascular Fitness recovery score from 0~100.

RECOVERY TEST RESULTS:

SUPER FIT	90-100
EXTREMELY FIT	80-89
VERY FIT	70-79
GOOD FITNESS	60-69
AVERAGE FITNESS	50-59
FAIR FITNESS	40-49
POOR FITNESS	30-39
UNFIT	20-29
VERY UNFIT	10-19
EXTREMELY UNFIT	0-9

1. ACTIVATE THE RECOVERY PROGRAM

Immediately at the end of your workout press the “RECOVERY Key”.

2. RETURN TO THE MAIN MENU

To return to the “MAIN MENU” press the MENU Key.

END OF WORKOUT DISPLAY BMI BMR TDEE BODY FAT %

At the end of your workout the computer will automatically display the following using your input User Data.

BMI: BODY MASS INDEX is one of the most accurate ways to determine when extra weight translates into a health risk.

Number	Classification	Risk
Below 18	Underweight	Low Risk
19 - 25	Normal	Average Risk
26 - 30	Overweight	High Risk
31 and above	Excess Weight	Extreme Risk

BMR: Your BASAL METABOLIC RATE is the minimum Calories required to sustain life in a resting individual. It can be looked at as being the amount of energy (measured in Calories / kcal) expended by the body to remain in bed asleep all day.

If you count the Calories of the food you consume each day, subtract your BMR, and subtract your Calories burnt whilst exercising, the result will be an approximate check whether you are losing or gaining weight.

If you are trying to lose weight, then you must reduce your Calorie intake. However, reducing your Calorie intake too fast and too much will upset your metabolism and may result in an overall weight gain. It's important to reduce your Calorie intake slowly over two-to-three weeks to allow your metabolism to adjust and never reduce your daily Calorie intake below your BMR.

TDEE: Your TOTAL DAILY ENERGY EXPENDITURE is an estimate of your daily Calorie requirements.

If you are trying to lose weight, then your TDEE is an excellent maximum Calorie guide.

We suggest that to lose weight at a moderate level you adjust your Calorie intake to halfway between your BMI and your TDEE.

TDEE + BMI ÷ 2 = WEIGHT LOSS

BODY FAT %: Your estimated body fat percentage for your reference only.

Classification	Women (% fat)	Men (% fat)
Essential Fat	10-13%	2-4%
Extremely Low	14-20%	6-13%
Low	21-24%	14-17%
Average	25-31%	18-25%
Obese	32% plus	26% plus

TARGET VALUES TIME - METERS - STROKES - CALORIES

TIME - METERS - STROKES - CALORIES Target Values are optional. If you do not select any of these optional Target Values, then the computer will count from zero upwards. If you select one or more of these optional Target Values, then the computer will countdown from your selection.

The computer will stop your workout and sound an alarm for once the FIRST Target Value has been achieved.

TIME 1:00 ~ 99:00 minutes (in 1x minute steps)

METERS 100 ~ 99,900 Meters (in 100x Meter steps)

STROKES 10 ~ 990 strokes (in 10x stroke steps)

CALORIES 10 ~ 990 Calories (in 10x Calorie steps)

TARGET VALUES ~ HOW TOO

TARGET VALUES are optional.

To bypass all "TARGET VALUES" press and hold the ENTER Key. To bypass an individual "TARGET VALUE" press the ENTER Key. To select a "TARGET VALUE" press the SELECT Keys. Then press the ENTER Key to confirm your selection.

ALARMS TIME/500M – PULSE – SPM - WATTS

TIME/500M – PULSE – SPM - WATTS Minimum and Maximum Alarms are optional.

Minimum and Maximum Alarms are a helpful tool if used wisely. We strongly suggest that only one or two alarms be used at any one time.

When an Alarm is triggered the computer will sound an audio Alarm as well as a visual indicator to notify you which of the four Alarms (i.e. TIME/500M or PULSE or SPM or WATTS) has been triggered. Followed by flashing text (i.e. SLOW DOWN or ROW FASTER) accordingly depending whether it's a Minimum or Maximum Alarm.

TIME/500M 01:00 ~ 9:55 minutes and seconds (in 5x second steps)

TIME/500M SEPARATION 10 seconds

PULSE 30~220 bpm (in 1x bpm steps)

PULSE SEPARATION 4bpm

SPM 15~60 SPM (in 1x SPM steps)

SPM SEPARATION 4SPM

WATTS 10~995 Watts (in 5x Watt steps)

WATTS SEPARATION 20 Watts

ALARMS ~ HOW TOO

Both Minimum and/or Maximum "ALARMS" are optional.

To bypass all "ALARMS" press the START Key. To bypass an individual Minimum and/or Maximum "ALARM" press the ENTER Key. To select a Minimum and/or Maximum "ALARM" press the SELECT Keys. Then press the ENTER Key to confirm your selection.

DEFAULTS THE LAST MAIN MENU SELECTION

Selection Process

Resistance LEVEL 10 (1~24 in 1x LEVEL steps)

TIME/500M 2:15

Target Values

TIME 20:00 minutes (1:00 ~ 99:00 minutes in 1x minute steps)

METERS 2000 Meters (100 ~ 99,900 Meters in 100x Meter steps)

STROKES 300 strokes (10 ~ 990 strokes in 10x stroke steps)

CALORIES 160 Calories (10 ~ 990 Calories in 10x Calorie steps)

Alarm Min and Max

TIME/500M Min 2:10 ~ Max 2:20 (01:00 ~ 9:55 minutes and seconds in 5x second steps)

PULSE Min 138 bpm ~ Max 142 (30~220 bpm in 1x bpm steps)

SPM Min 23 spm ~ Max 27 spm (15~60 SPM in 1x SPM steps)

WATTS Min 95 ~ Max 105 (10~995 Watts in 5x Watt steps)

Interval Program

NUMBER of INTERVALS 10 (2~99 in 1xinterval steps)

INTERVAL DISTANCE 500 Meters (100 ~ 99,900 Meters in 100x Meter steps)

INTERVAL TIME 60 seconds (0:30 ~ 10:00 in 5x second steps)

REST TIME 30 seconds (0:30 ~ 10:00 in 5x second steps)

Target Heart Rate Program

TARGET HEART RATE 140 bpm (30~220 bpm in single steps)

User Data

YEARS 35 (10~99 in 1x year steps)

SEX - GENDER Female (or Male)

HEIGHT METRIC Female 163 cm ~ Male 178 cm (90~240 cm in 1x cm steps)

HEIGHT IMPERIAL Female 5 foot 4 inches ~ Male 5 foot 10 inches (3~8 feet in 1x inch steps)

WEIGHT METRIC Female 60 kg ~ Male 86 kg (30~200 kg in 1x kg steps)

WEIGHT IMPERIAL Female 135 lb ~ Male 190 lb (60~440 lb in 1x lb steps)

ACTIVE FACTOR 2-Lightly Active (1-Sedentary, 2-Lightly Active, 3-Moderately Active, 4-Very Active, 5-Extremely Active)

MEASUREMENT SELECTION METRIC or IMPERIAL

For User Data HEIGHT and WEIGHT input there is the choice between metric or imperial measurements.

HEIGHT in Centimeters or Feet and Inches

WEIGHT in Kilograms or Pounds

MEASUREMENT SELECTION ~ HOW TOO

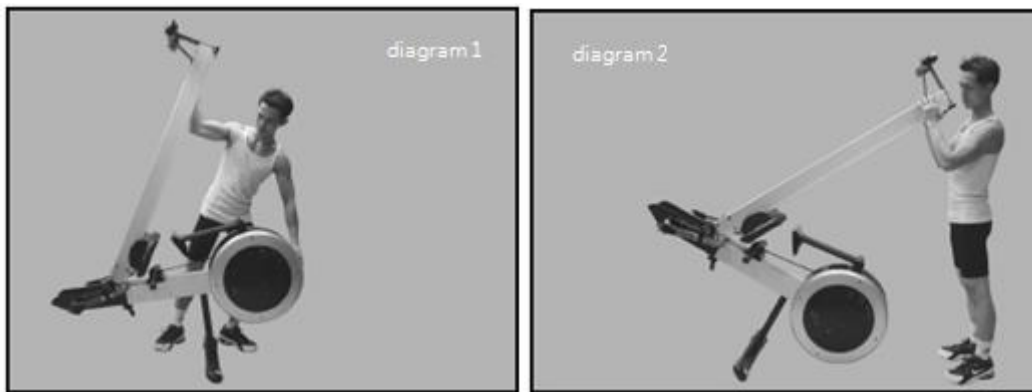
Press and hold both SELECT Keys for 3x seconds. Press the SELECT Keys to scroll and select either "METRIC" or "IMPERIAL". Then press the ENTER Key to confirm your selection.

TROUBLE SHOOTING GUIDE

PROBLEM	"NO PULSE" / heart rate detected.
SOLUTION	<ol style="list-style-type: none">1) If your skin is too dry then the Chest Strap's CONDUCTIVE PADS will NOT be able to detect the electrical impulses of your heartbeat. To improve contact slightly moisten the CONDUCTIVE PADS with water. For long events such as a marathon we strongly suggest you use ECG Gel.2) Ensure you are wearing a compatible 5 kHz frequency Chest Strap or a compatible Linked 2.4 GHz frequency Chest Strap. See Heart Rate Receiver Frequency and/or Link 2.4 GHz.3) Replace the batteries in your Chest Strap, even if the Chest Strap is new.4) If you are using a 5 kHz frequency Chest Strap then Interference may be an issue. Move your rower to a different location away from all electrical appliances and recheck the heart rate signal.5) Verify that your Chest Strap is working correctly. Check your Chest Strap on another exercise machine, perhaps a friends exercise machine, or your place of purchase, or a local fitness shop or a local gym club.6) Contact your place of purchase to verify your Chest Straps compatibility. If that fails then contact the dealer who supplies the place of purchase. If that fails then contact us the manufacturer.
PROBLEM	LCD Ghosting - Partial LCD - Software Failure ~ etc
SOLUTION	<ol style="list-style-type: none">1) Reset the computer. Press and hold the RESET Key.2) Reboot the computer. Disconnect the power for approximately 15 seconds3) Reconnect all cable plug connections, refer to the assembly instructions.4) Request and fit a replacement computer.

TRANSPORTATION AND STORAGE

The Air Magnetic Rower is fitted with TRANSPORTATION WHEELS making it simple for one person to move it by themselves. The Air Magnetic Rower is a large rowing machine that weights 44kg (96lbs) so you may require help when moving it around depending on your size and strength.



- 1) Position yourself as shown in diagram 1. Hold onto the rowing machine with both hands. Using your body weight, slowly tip the Rower towards the front whilst at the same time move around to the front of the machine to support the weight.
- 2) Once balanced wheeling the machine is made easy with the special Soft PVC Tires on the Wheels to protect your floors & carpet.
- 3) When resting the Rower to the floor follow the reverse of step one (as shown in diagram 1).

CARE AND MAINTENANCE

Your Air Magnetic Rower is made of the highest quality materials, it is still important that you take care of your Air Magnetic Rower on a regular basis.

Your Air Magnetic Rower is for indoor use only and should NOT be used or stored in damp areas. Wipe all perspiration from your Air Magnetic Rower after each use.

For safety, inspect your Air Magnetic Rower on a regular basis. When used in a light commercial environment safety check and clean every day. When used in a domestic environment safety check and clean before use.

ENVIRONMENT PROTECTION

After the product lifespan expired or if the possible repairing is uneconomic, dispose it according to the local laws and environmentally friendly in the nearest scrapyard.

By proper disposal you will protect the environment and natural sources. Moreover, you can help protect human health. If you are not sure in correct disposing, ask local authorities to avoid law violation or sanctions.

Don't put the batteries among house waste but hand them in to the recycling place.

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. 89/2012 Coll. Civil Code, and Act No. 634/1992 Coll., Consumer Protection, 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.

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.



SEVEN SPORT s.r.o.

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Date of Sale:

Stamp and Signature of Seller: