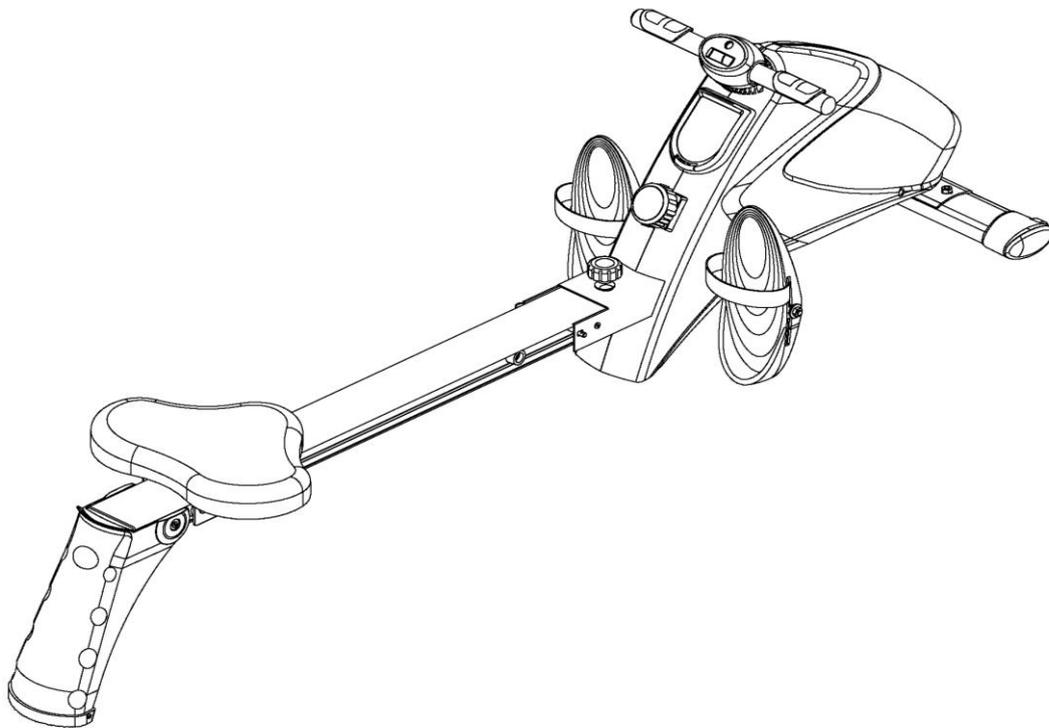




**User manual -EN**

**IN 2812 – Rowing machine Amazonian**

**(BR-3160-H)**

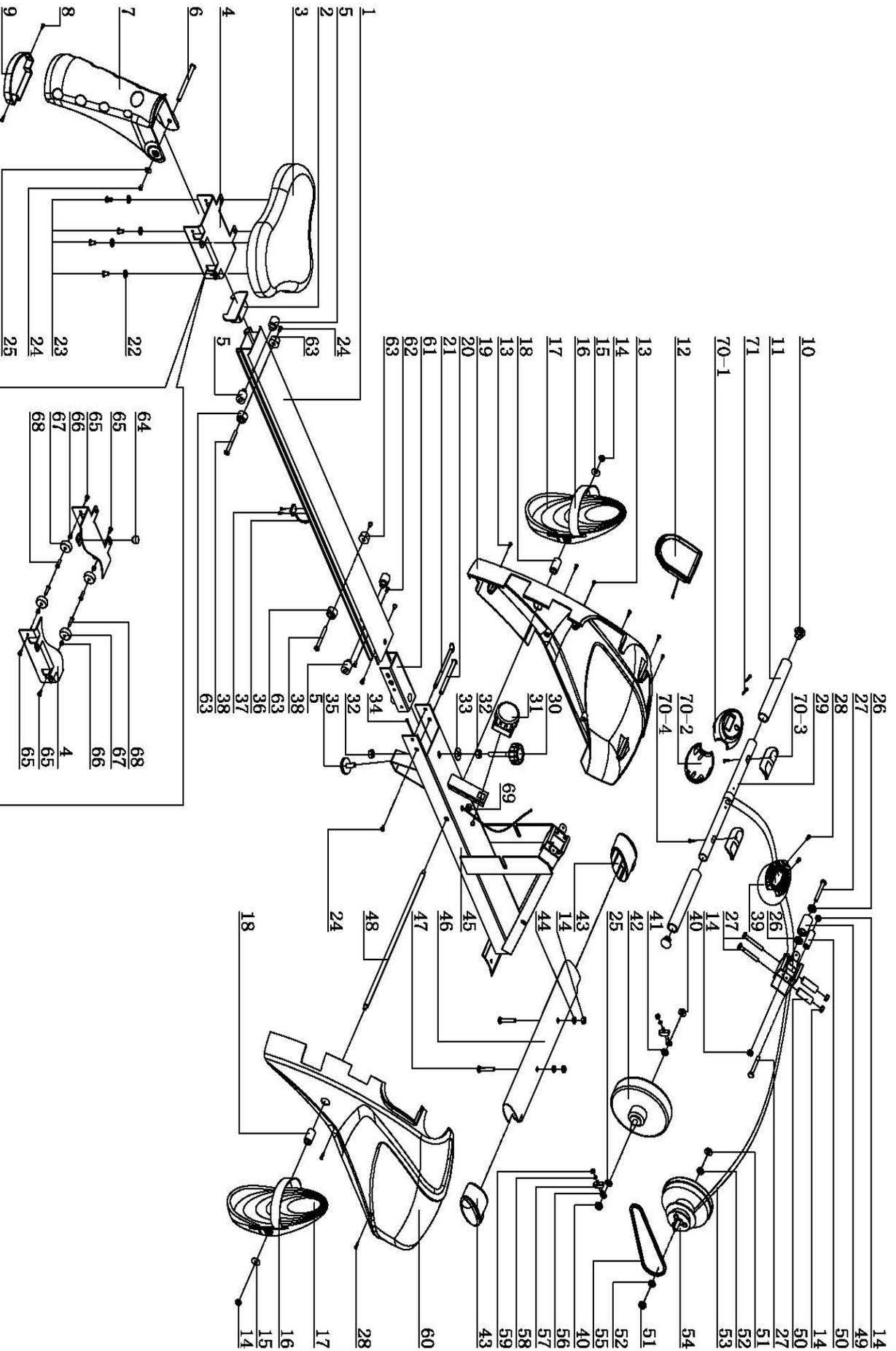


# **Important Safety Information**

**Please keep this manual in a safe place for reference.**

1. It is important to read this entire manual before assembling and using the equipment. Safe and efficient use can only be achieved if the equipment is assembled, maintained and used properly. It is your responsibility to ensure that all users of the equipment are informed of all warnings and precautions.
2. Before starting any exercise program you should consult your doctor to determine if you have any physical or health conditions that could create a risk to your health and safety, or prevent you from using the equipment properly. Your doctor's advice is essential if you are taking medication that affects your heart rate, blood pressure or cholesterol level.
3. Be aware of your body's signals. Incorrect or excessive exercise can damage your health. Stop exercising if you experience any of the following symptoms: Pain, tightness in your chest, irregular heartbeat, extreme shortness of breath, feeling light headed, dizzy or nauseous. If you do experience any of these conditions you should consult your doctor before continuing with your exercise program.
4. Keep children and pets away from the equipment. The equipment is designed for adult use only.
5. Use the equipment on a solid, flat level surface with a protective cover for your floor or carpet. For safety, the equipment should have at least 0.5 meter of free space all around it.
6. Before using the equipment, check the nuts and bolts are securely tightened.
6. The safety level of the equipment can only be maintained if it is regularly examined for damage and/or wear and tear.
8. Warning the equipment must be installed on a stable base and properly leveled floor. Always use the equipment as indicated. If you find any defective components whilst assembling or checking the equipment, or if you hear any unusual noise coming from the equipment during use, stop. Do not use the equipment until the problem has been rectified.
9. Wear suitable clothing whilst using the equipment. Avoid wearing loose clothing which may get caught in the equipment or that may restrict or prevent movement.
10. The equipment has been tested and certified to EN957 under class HC. Suitable for domestic, home use only. Maximum weight of user, 120kg. Breaking is speed independent.
11. The equipment is not suitable for therapeutic use.
12. Care must be taken when lifting or moving the equipment so as not to injure your back. Always use proper lifting techniques and/or use assistance. Regular checking of the integrity of guards and safety devices.
13. Parents and those in charge of children should be aware of their responsibility around this equipment. The natural play instinct and fondness for experimenting of children can lead to situations and use of the training equipment for which it is not intended.
14. If children are allowed to use the equipment their mental and physical development and above all their temperament should be taken in to account. They should be supervised and instructed to the correct use of the equipment. The equipment is under no circumstances suitable as a child's toy.
15. **If you experience any problems or require assistance, please contact the customer service in your country, see 1<sup>st</sup> page for tel. numbers.**

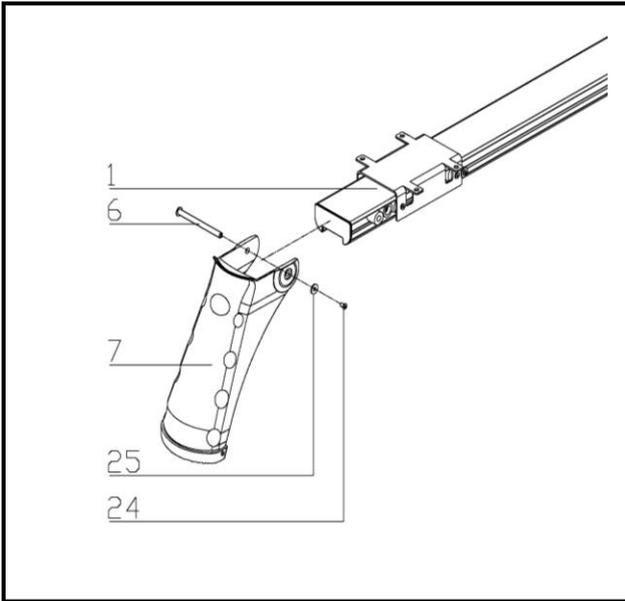
# EXPLODED-VIEW ASSEMBLY DRAWING



## Parts List

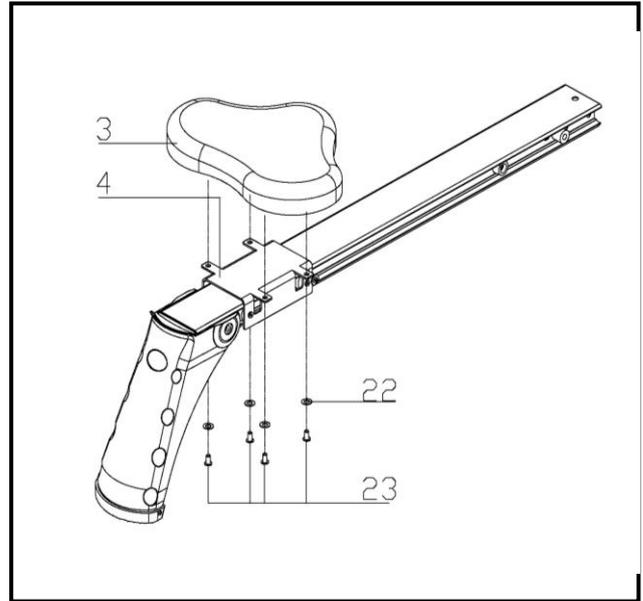
| PART NO. | DESCRIPTION             | Q'TY | PART NO. | DESCRIPTION                          | Q'TY |
|----------|-------------------------|------|----------|--------------------------------------|------|
| 1.       | Rower Frame             | 1    | 39.      | Cushion Cover                        | 1    |
| 2.       | Cover for Rower Frame   | 1    | 40.      | Nut(M10*1)                           | 2    |
| 3.       | Seat                    | 1    | 41.      | Nut(M10*1)                           | 1    |
| 4.       | Seat Bracket            | 1    | 42.      | Fly wheel                            | 1    |
| 5.       | Pad                     | 4    | 43.      | Front End Cap                        | 2    |
| 6.       | Fixing Bolt (φ9.5*115)  | 1    | 44.      | Curved Washer(φ8)                    | 2    |
| 7.       | Rear Stabilizer         | 1    | 45.      | Main Frame                           | 1    |
| 8.       | Screw (ST4.2*10F)       | 7    | 46.      | Front Stabilizer                     | 1    |
| 9.       | Rear End Cap            | 1    | 47.      | Carriage Bolt (M8*50)                | 2    |
| 10.      | End Cap                 | 2    | 48.      | Axle for Pedal                       | 1    |
| 11.      | Foam Grip               | 2    | 49.      | Roller1(φ28*48)                      | 1    |
| 12.      | Computer                | 1    | 50.      | Roller2(φ17*48)                      | 3    |
| 13.      | Screw (ST4.2*15)        | 4    | 51.      | Nut(M10*1.25)                        | 2    |
| 14.      | Nut(M8)                 | 14   | 52.      | Nut(M10*1.25)                        | 2    |
| 15.      | Washer(φ8)              | 2    | 53.      | Weave Belt                           | 1    |
| 16.      | Velcro strap            | 2    | 54.      | Rub wheel                            | 1    |
| 17.      | Pedal                   | 2    | 55.      | Chain                                | 1    |
| 18.      | Plastic Bushing         | 2    | 56.      | Nut(M6)                              | 2    |
| 19.      | Chain Cover (Left)      | 1    | 57.      | U Type Bracket                       | 2    |
| 20.      | Pivot                   | 1    | 58.      | Spring washer                        | 2    |
| 21.      | Pull Pin                | 1    | 59.      | Nut(M6)                              | 2    |
| 22.      | Washer(φ8)              | 4    | 60.      | Chain Cover (Right)                  | 1    |
| 23.      | Screw(M8*15)            | 4    | 61.      | U Connection Tube                    | 1    |
| 24.      | Bolt(M6*10)             | 4    | 62.      | Cross Bolt (M6*10)                   | 4    |
| 25.      | Washer(φ10)             | 2    | 63.      | Stopper                              | 4    |
| 26.      | Bearing                 | 2    | 64.      | Magnet                               | 1    |
| 27.      | Bolt(M8*65)             | 4    | 65.      | Cross Bolt (M5*10)                   | 4    |
| 28.      | Cross screw(ST4.2*19)   | 6    | 66.      | Tube for Roller                      | 4    |
| 29.      | Handlebar               | 1    | 67.      | Wheel for Seat                       | 4    |
| 30.      | Adjustment Knob(M10*55) | 1    | 68.      | Fixing Bolt                          | 4    |
| 31.      | Tension Knob            | 1    | 69.      | Clip                                 | 1    |
| 32.      | Nut(M10)                | 2    | 70.      | Computer For Handlebar               | 1    |
| 33.      | Washer(φ10)             | 1    | 70-1     | Upper cover for handlebar's computer | 1    |
| 34.      | Upper Wire              | 1    | 70-2     | Low cover for handlebar's computer   | 1    |
| 35.      | Rubber Pad              | 1    | 70-3     | Hand pulse                           | 1    |
| 36.      | Lower Wire              | 1    | 70-4     | Bolt                                 | 2    |
| 37.      | Cross screw (ST2.9*10)  | 2    | 71.      | Cross screw (ST3.5*30)               | 2    |
| 38.      | Pivot                   | 2    |          |                                      |      |

# **ASSEMBLY INSTRUCTIONS**



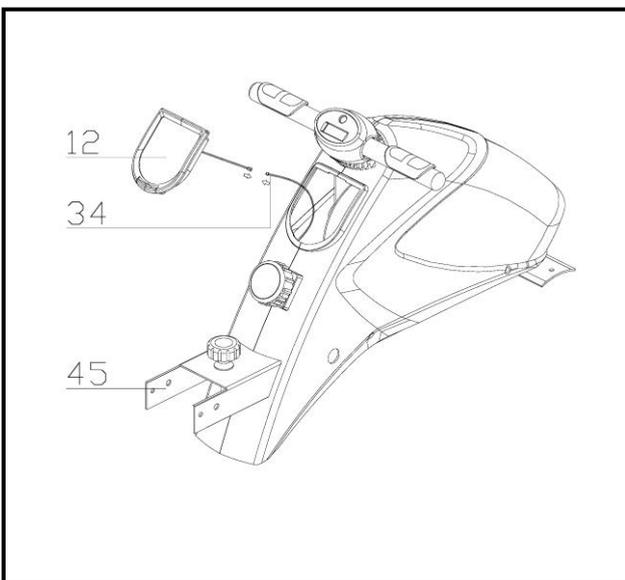
## **STEP 1**

Connect the rower frame (pt.1) to the rear stabilizer (pt.7) using the bracket provided, slot the fixing bolt ( $\varnothing 9.5 \times 115$ ) (pt.6) through the bracket and lock in place using the washer (pt.25) and (M6\*10) Bolt (pt.24).



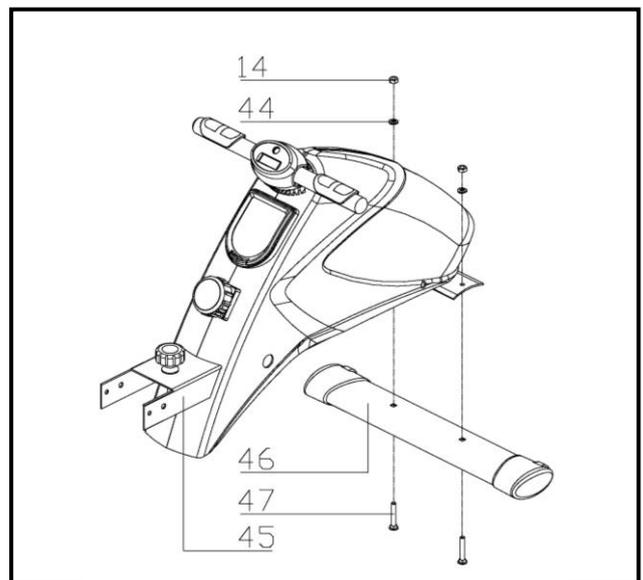
## **STEP 2**

Attach the seat bracket (pt.4) to the underside of the seat (pt.3) using the four Washer ( $\varnothing 8$ ) (pt.22) and Screw (M8\*15) (pt.23).



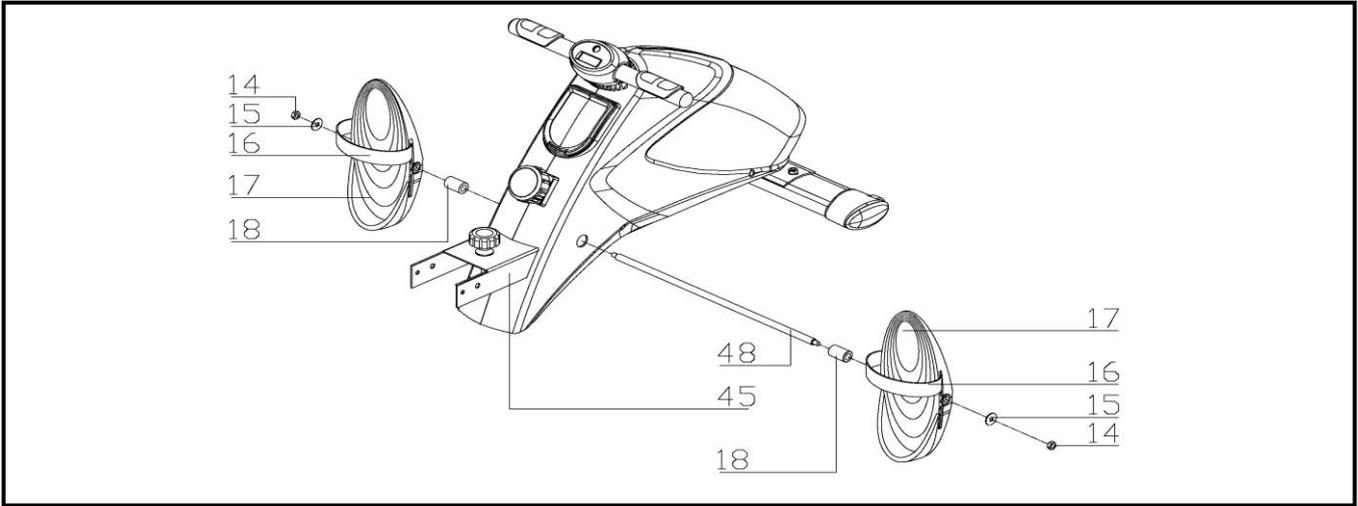
## **STEP 3**

Connect upper wire (pt.34) with Computer (pt.12) then attach computer to the Main Frame (pt.45).



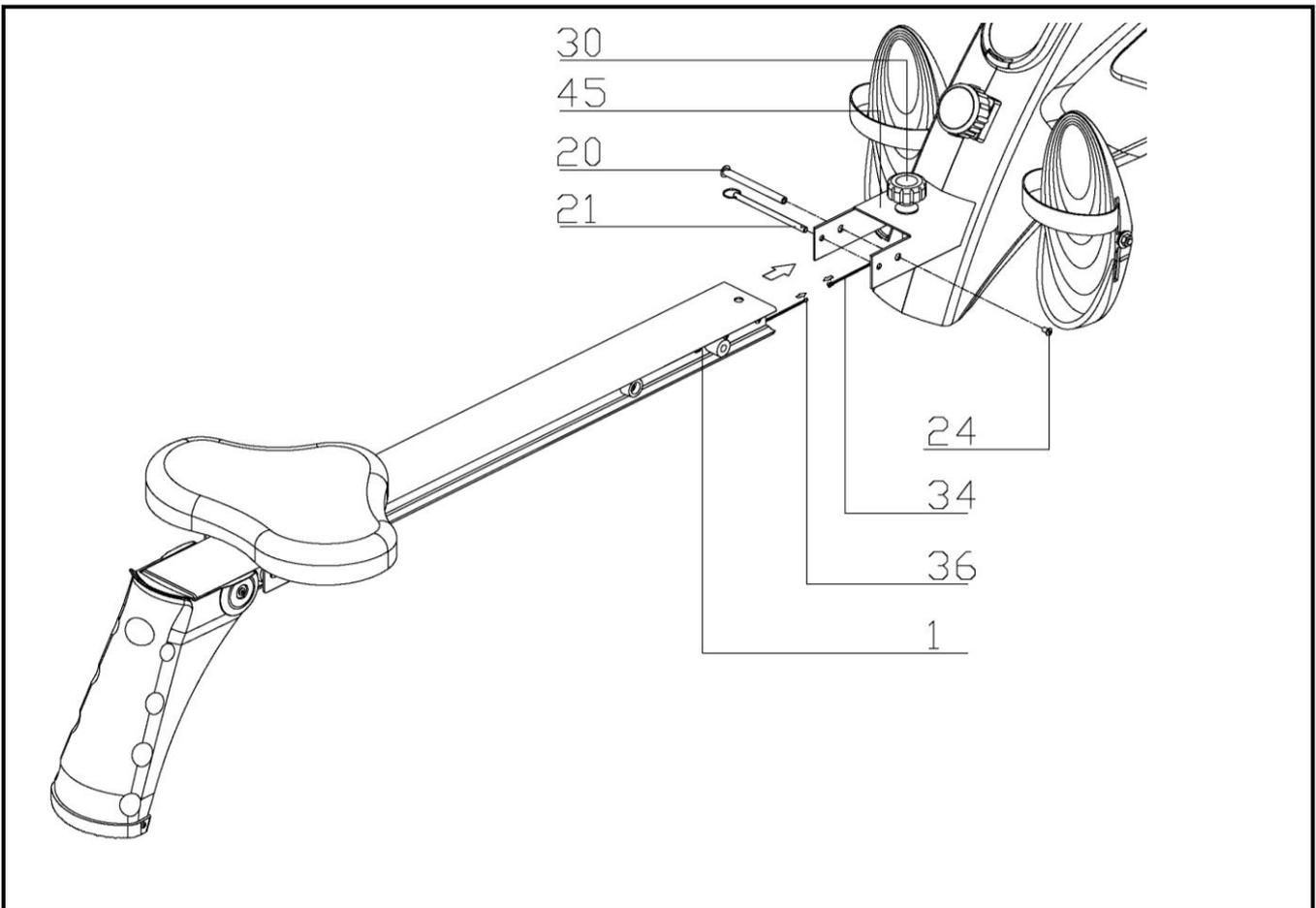
## **STEP 4**

Attach the front stabilizer (pt.46) to the underside of the Main Frame (pt.45) using the two Carriage Bolt (M8\*50) (pt.47), Curved Washer ( $\varnothing 8$ ) (pt.44) and S Nut (M8) (pt.14).



### **STEP 5**

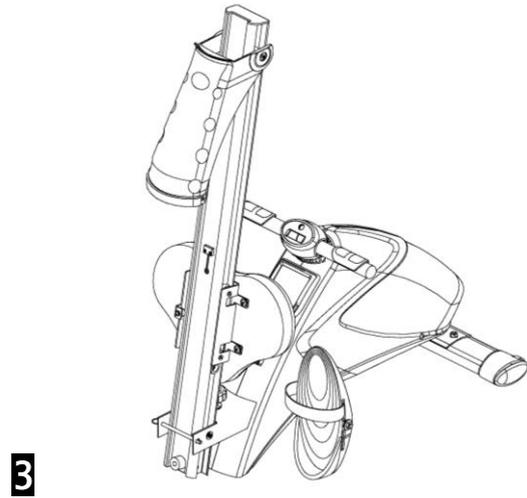
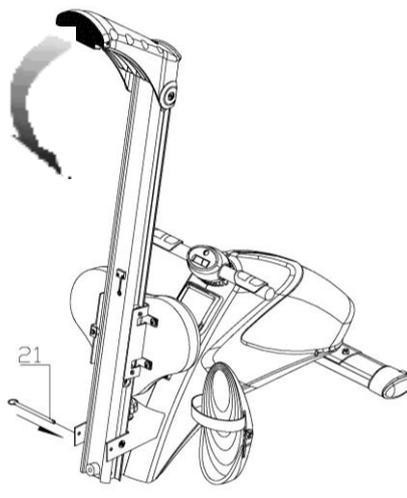
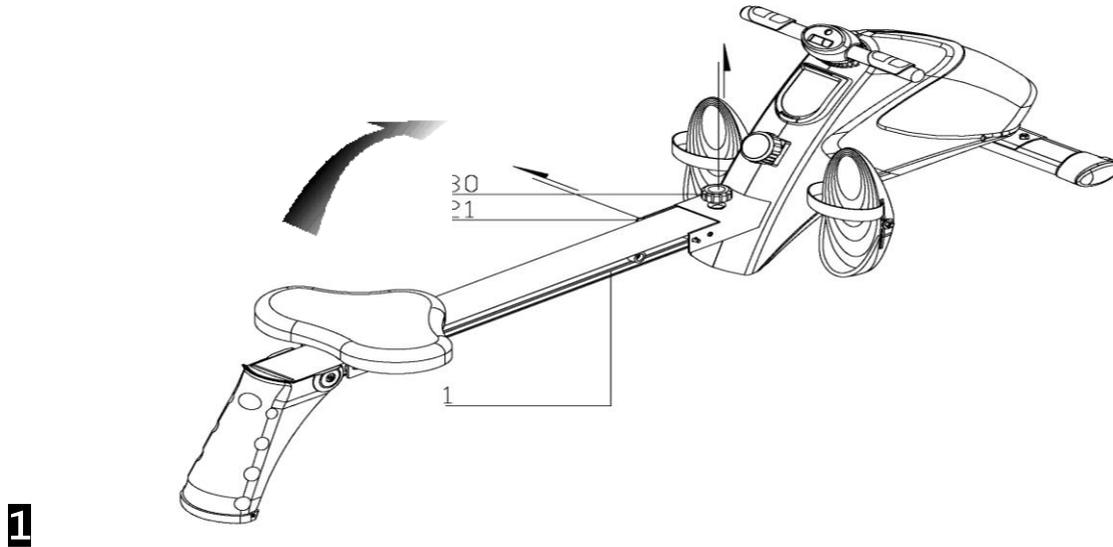
Insert the Axle for Pedal (pt.48) to the Main Frame (pt.45), cover the Plastic Bushing (pt.18), pedal (pt.17) and bigger Washer( $\phi$ 8) (pt.15) in order. Then fix tightly by lock Nut (M8) (pt.14) .



### **STEP 6**

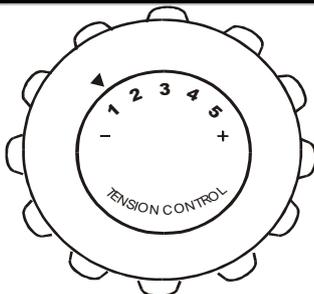
Attach rower frame (pt.48) to the main frame (pt.45), connect upper wire (pt.34) with lower wire(pt.36).Fix them tightly by Pivot (pt.20) and Bolt (pt.24) ,then insert Pull Pin (pt.21), at last tight tighten adjustment knob (pt.30).

## FOLDING FOR STORAGE



Unscrew the adjustment knob (pt.30) from the mainframe (pt.45) and remove the pull pin (pt.21), then pull the royer frame (pt.1) in towards the main housing unit and replace the pull pin to keep the royer in a folded position. Then down the rear stabilizer (pt.7). (NB please ensure that the sensor cables do not get trapped when tilting the mainframe bar in towards the main housing).

## TENSION ADJUSTMENT



### **Adjustable tension for varied resistance**

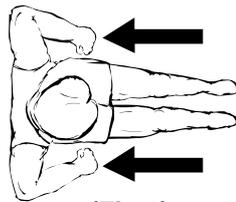
Turn the Tension Knob (pt.31) clockwise for high resistance tension, for lower resistance turns the tension knob by anti-clockwise.

## **EXERCISE GUIDE**

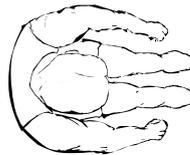
Rowing is an extremely effective form of exercise. It strengthens the heart and improves circulation as well as exercising all the major muscle groups; the back, waist, arms, shoulders, hips and legs.

### **The Basic Rowing Stroke**

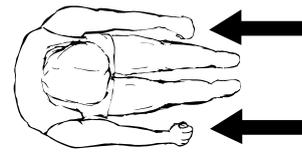
- 1) Sit on the saddle and fasten your feet to the pedals using the Velcro straps. Then take hold of the rowing bar.
- 2) Take up the starting position, leaning forward with your arms straight and knees bent as shown in (Fig 1).
- 3) Push yourself backwards, straightening your back and legs at the same time (Fig 2).
- 4) Continue this movement until you are leaning slightly backwards, during this stage you should bring your arms out of the side. (Fig 3). Then return to stage 2 and repeat. See attached.



(Fig.1)



(Fig.2)



(Fig.3)

### **Training Time**

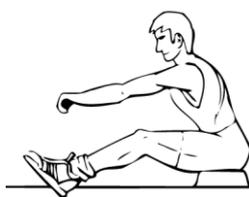
Rowing is a strenuous form of exercise, because of this it is best to start with a short, easy exercise programmed and build up to longer and harder workouts. Start rowing for about 5 minutes and as you progress, increase the length of your work out to match your improving level of fitness. You should eventually be capable of rowing for 15-20 minutes, but do not try to achieve this too quickly.

Try to train on alternate days, 3 times a week. This gives your body time to recover between workouts.

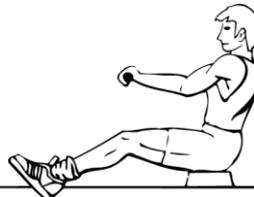
## **Alternate Rowing Styles.**

### **Arms Only Rowing**

This exercise will tone muscles in your arms, shoulders, back and stomach. Sit as shown in Fig 4 with your legs straight, lean forward and grasp the handles. In a gradual and controlled manner lean back to just past the up right position continuing to pull the handles towards your chest. Return to the starting position and repeat. See attached.



(Fig.4)



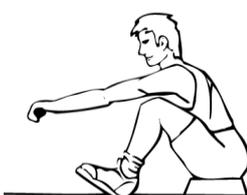
(Fig.5)



(Fig.6)

### **Legs Only Rowing**

This exercise will help tone muscles in your legs and back. With your back straight and arms out stretched, bend your legs until you are grasping the rowing arm handles in the starting position, Fig 7. Use your legs to push your body back whilst keeping your arms and back straight.



(Fig.7)



(Fig.8)



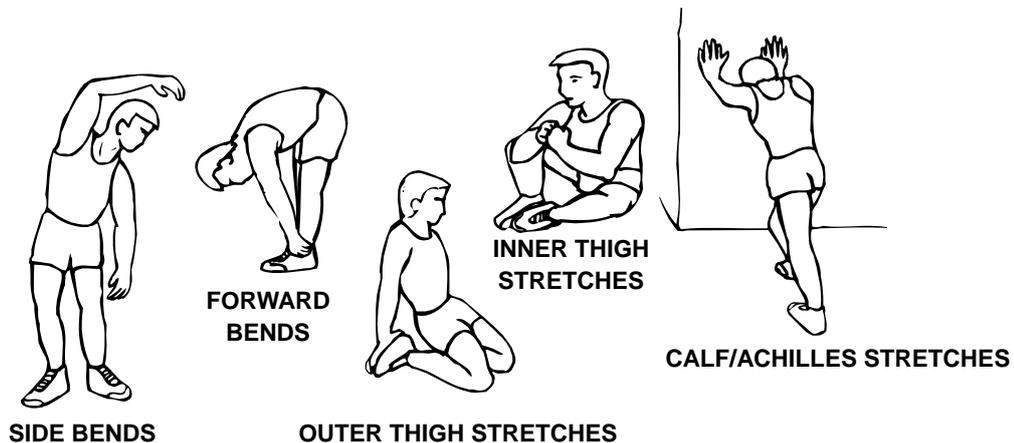
(Fig.9)

# EXERCISE INSTRUCTIONS

Using your **MAGNETIC 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.

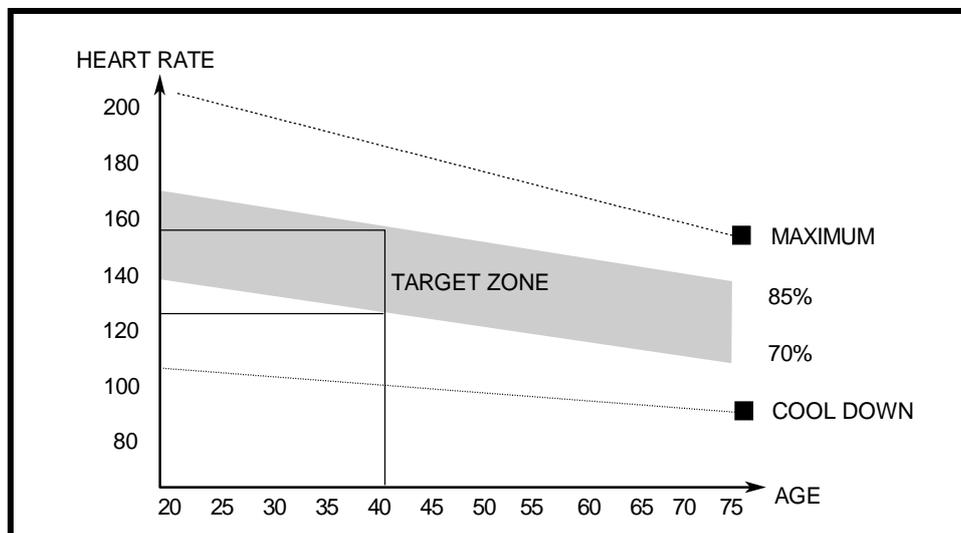
## 1. The Warm-Up Phase

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**.



## 2. 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 sufficient to raise your heartbeat into the target zone shown on the graph below.



This stage should last for a minimum of 12 minutes though most people start at about 15-20 minutes.

## 3. 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.

## **MUSCLE TONING**

To tone muscle while on your **MAGNETIC ROWING MACHINE** you will need to have the resistance set quite high. This will put more strain on our leg muscles and may mean you cannot train for as long as you would like. If you are also trying to improve your fitness you need to alter your training program. You should train as normal during the warm up and cool down phases, but towards the end of the exercise phase you should increase resistance making your legs work harder. You will have to reduce your speed to keep your heart rate in the target zone.

## **WEIGHT LOSS**

The important factor here is the amount of effort you put in. The harder and longer you work the more calories you will burn. This is effectively the same as if you were training to improve your fitness, the difference being the goal.

## **TROUBLE SHOOTING**

**Computer not working correctly.** If your computer is not working correctly, please check whether the lower wire is connected to the upper wire, and make sure that the upper wire is connected to the computer. If you have checked for the above, and the computer still not working, then please make sure the batteries are still working and are installed correctly in the computer.

## **MAINTENANCE**

1. Before using the **MAGNETIC ROWING MACHINE**, always make sure all bolts/nuts are fully tightened.
2. A spent battery is hazardous waste – please dispose of it correctly and do not throw it in the trash.
3. When eventually you want to scrap the machine, you should remove the batteries from the computer and dispose of them separately as hazardous waste.

## **BATTERY DISPOSAL**

1. A spent battery is hazardous waste - please dispose of it correctly and do not throw it in the trash.
2. When you eventually want to scrap the machine, you should remove the batteries from the computer, and dispose of them separately as hazardous waste.
3. Keep batteries out of the reach of small children. Batteries are extremely dangerous when swallowed. If a battery has been swallowed, seek immediate medical treatment.

# EXERCISE COMPUTER

## FUNCTION BUTTON

|              |   |
|--------------|---|
| <b>MODE</b>  | PRESS TO SELECT FUNCTION OF COUNT, TIME, AND CALORIES FOR PRESETTING. |
| <b>RESET</b> | PRESS TO RESET EACH SINGLE FUNCTION OF COUNT, TIME, AND CALORIES.     |
| <b>SET</b>   | PRESS TO SET COUNT, TIME ,AND CALORIES.                               |



## FUNCTIONS

|                    |   |
|--------------------|---|
| <b>SCAN</b>        | AUTOMATICALLY SCANS EACH FUNCTION IN SEQUENCE.  |
| <b>COUNT</b>       | <b>COUNT UP</b> - THE MONITOR WILL DISPLAY CURRENT STROKE NUMBERS FROM 0 TO 9999.<br><b>COUNT DOWN</b> - THE MONITOR WILL START TO COUNT FROM PRESET STROKE NUMBERS DOWN TO 0 SOON AS TRAINING STARTS.  |
| <b>TIME</b>        | <b>COUNT UP</b> - THE MONITOR WILL ACCUMULATE TRAINING TIME FROM 0:00 TO 99:59.<br><b>COUNT DOWN</b> - THE MONITOR WILL START TO COUNT FROM PRESET TIME DOWN TO 0:00 AS SOON AS TRAINING STARTS.  |
| <b>TOTAL COUNT</b> | <b>COUNT UP</b> - THE TOTAL WORKING COUNTS WHICH WILL BE KEPT DISPLAYING ON THE LCD TO SHOW THE USER'S TOTAL COUNTS.<br><b>COUNT DOWN</b> - THE MONITOR WILL START TO COUNT FROM PRESET TOTAL COUNT DOWN TO 0:00 AS SOON AS TRAINING STARTS.  |
| <b>CALORIES</b>    | <b>COUNT UP</b> - THE MONITOR WILL ACCUMULATE CALORIES CONSUMPTION FROM 0 TO 999 CAL.<br><b>COUNT DOWN</b> - THE MONITOR WILL START TO COUNT FROM PRESET CALORIES DOWN TO 0 AS SOON AS TRAINING STARTS.<br>(THIS DATA IS A ROUGH GUIDE FOR COMPARISON OF DIFFERENT EXERCISE SESSIONS WHICH CAN NOT BE USED IN MEDICAL TREATMENT). |

## NOTE

1. WITHOUT SIGNAL TRANSFERRED TO THE COMPUTER FOR 5 MINUTES, THE LCD WILL SHUT OFF AUTOMATICALLY TO CONSERVE THE BATTERY POWER.
2. PRESS "MODE" BUTTON OR START EXERCISE ON THE EQUIPMENT SHALL TURN THE POWER ON.
3. PRESS AND HOLD "MODE" BUTTON FOR 4 SECONDS, ALL VALUE WILL BE RESET TO ZERO.
4. THE COMPUTER OPERATES WITH 1 PC 1.5 V AAA SIZE BATTERY.

## **FUNCTION BUTTON**

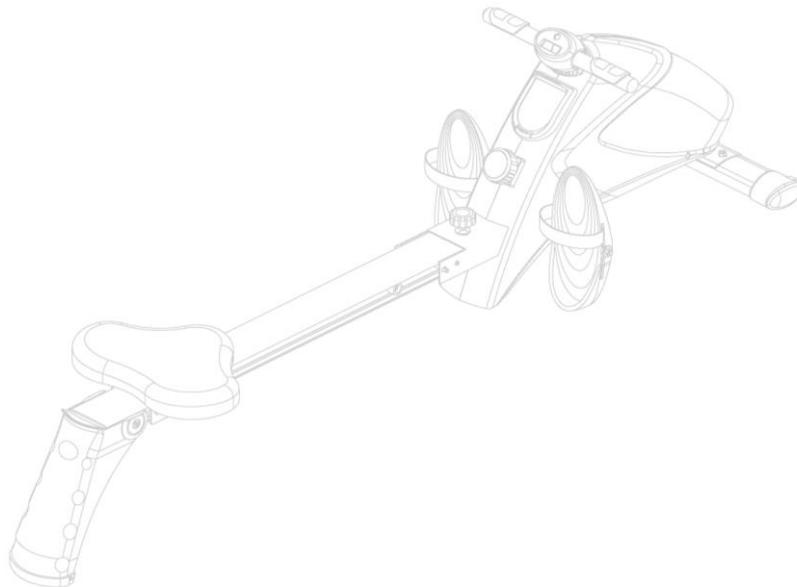
PRESS TO HAVE HANDGRIP HEART RATE FIGURES DISPLAY ON THE MONITOR.

## **FUNCTION**

**PULSE** THE MONITOR WILL DISPLAY THE USER'S HEART RATE WHILE EXERCISING. YOU WILL SEE YOUR CURRENT HEART RATE (BPM) DISPLAY ON THE LCD DURING EXERCISING. WHEN YOU START TO EXERCISE, YOU HAVE TO HOLD ON GRIPS WITH BOTH HANDS, AFTER 30 SECONDS TO MAX. 1 MINUTE, THE PULSE FIGURE WILL DISPLAY ON THE LCD. IF YOU HOLD ON THE GRIP WITH ONE HAND ONLY, THE PULSE FIGURE DISPLAY WILL BECOME UNSTABLE. FOR THE PULSE READOUT ACCURACY REASON, WE'LL SUGGEST YOU TO HOLD ON BOTH HANDS DURING EXERCISING. YOU MAY ALSO PRESET TARGET PULSE TO ASSIST TRAINING. AS SOON AS YOUR CURRENT HEART RATE IS EXCEED THE TARGET FIGURE, THE MONITOR STARTS TO ALARM TO REMIND THE USER.

## **NOTE**

5. WHEN THERE IS NO SIGNAL BEEN TRANSFERRED INTO THE MONITOR FOR 4 MINUTES, THE MONITOR DISPLAY WILL SHUT OFF AUTOMATICALLY.
6. IF IMPROPER DISPLAY ON MONITOR, PLEASE RE-INSTALL BATTERIES TO HAVE A GOOD RESULT.
7. THE MONITOR REQUIRES 2 PCS OF 1.5V AAA SIZE OR UM-3 BATTERIES.
8. BATTERIES SHOULD BE REMOVED FORM THE DEVICE IF NOT USED FOR PROLONGED PERIODS. ALWAYS CHANGE BOTH BATTERIES AT THE SAME TIME.







**SEVEN SPORT s.r.o.**

Sídlo: Bořivojova 35/878, 130 00, Praha 3, ČR  
Centrála: Dělnická 957, 749 01 Vítkov  
Reklamace a servis: Čermenská 486, 749 01 Vítkov

IČO: 26847264  
DIČ: CZ26847264  
Telefon: +420 556 300 970  
Mail: eshop@insportline.cz  
reklamace@insportline.cz  
servis@insportline.cz  
Web: www.insportline.cz

---

**SK  
inSPORTline s.r.o.**

Centrála, reklamácie, servis: Električná 6471, 911 01 Trenčín, SK

IČO: 36311723  
DIČ: SK2020177082  
Telefón: +421(0)326 526 701  
Mail: objednavky@insportline.sk  
reklamacie@insportline.sk  
servis@insportline.sk  
Web: www.insportline.sk