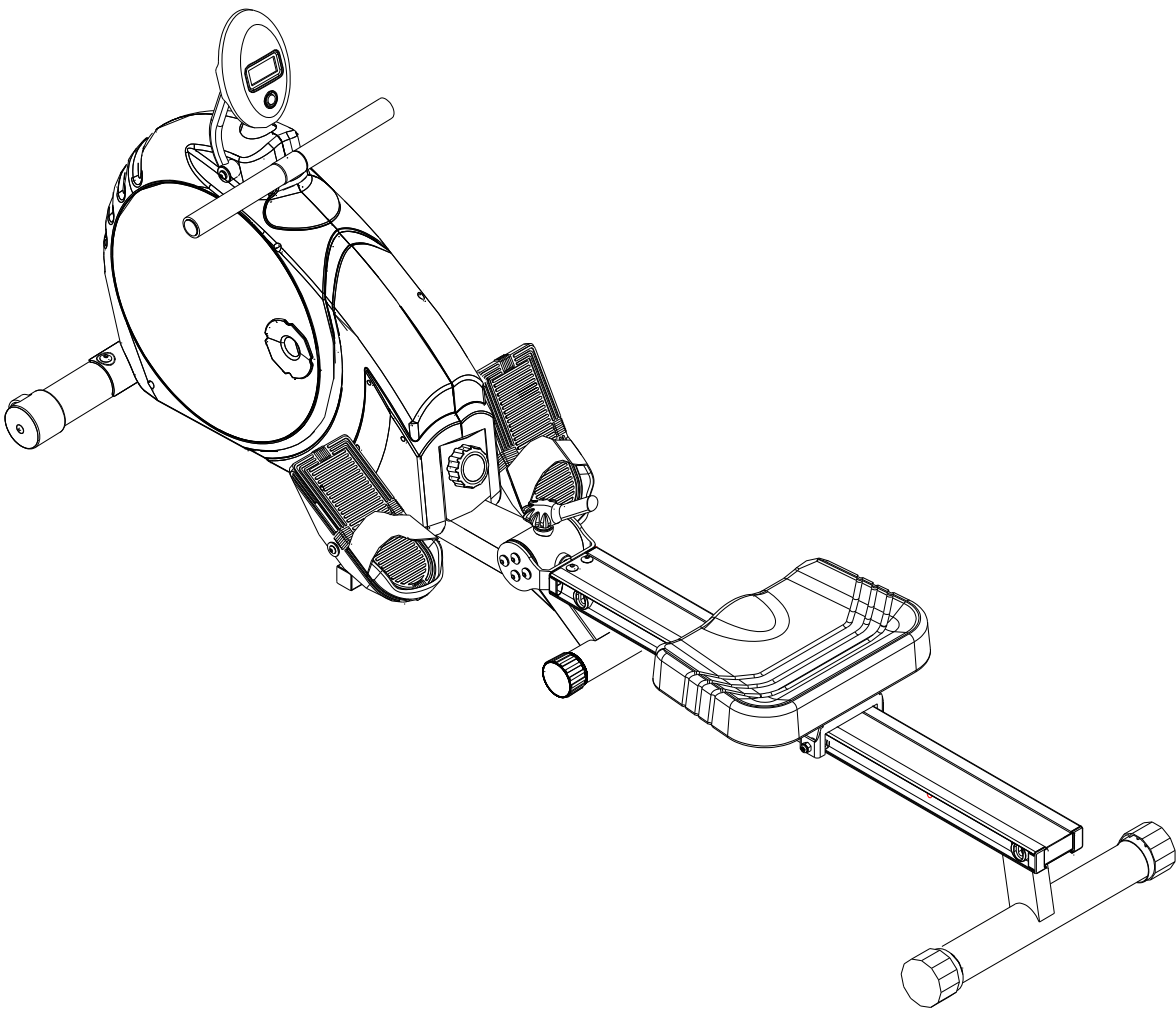




**OWNER'S MANUAL – EN**

**IN 351 Row machine inSPORTline Oxford**

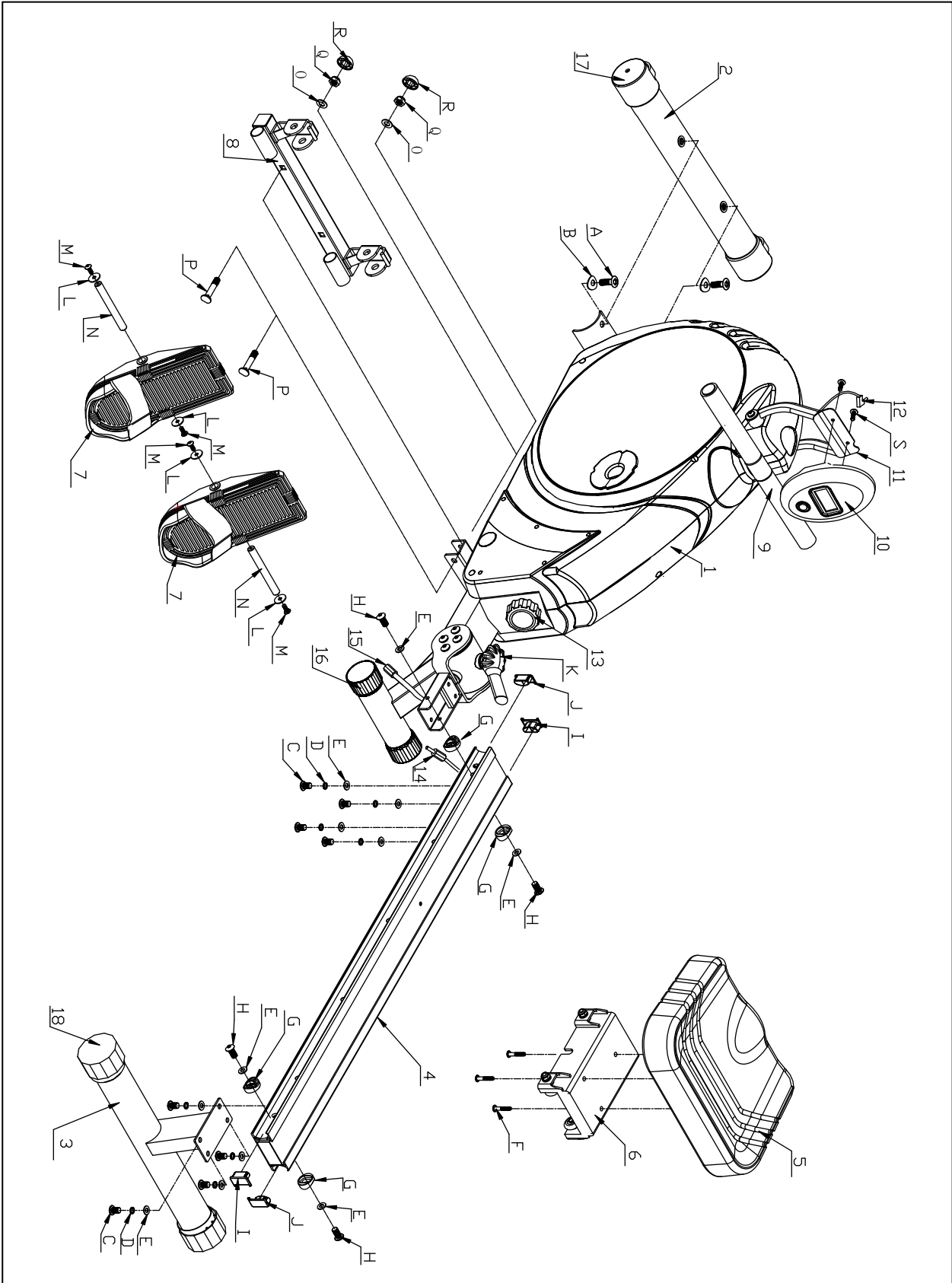


**Important Safety Information**

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

1. It is important to read this entire manual before assembling and using the equipment. Safe and effective 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 medical or physical conditions that could put your health and safety at risk, 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, lightheadedness, dizziness or feelings of nausea. 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. To ensure safety, the equipment should have at least 0.5 metres of free space all around it.
6. Before using the equipment, check that the nuts and bolts are securely tightened.
7. The safety of the equipment can only be maintained if it is regularly examined for damage and/or wear and tear.
8. Always use the equipment as indicated. If you find any defective components while assembling or checking the equipment, or if you hear any unusual noises coming from the equipment during use, stop immediately. Do not use the equipment until the problem has been rectified.
9. Wear suitable clothing while using the equipment. Avoid wearing loose clothing that may get caught in the equipment or that may restrict or prevent movement.
10. The equipment has been tested under class H.C. Maximum weight of user: 120kg. Braking ability is independent of speed.
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 seek assistance if necessary.

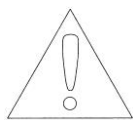
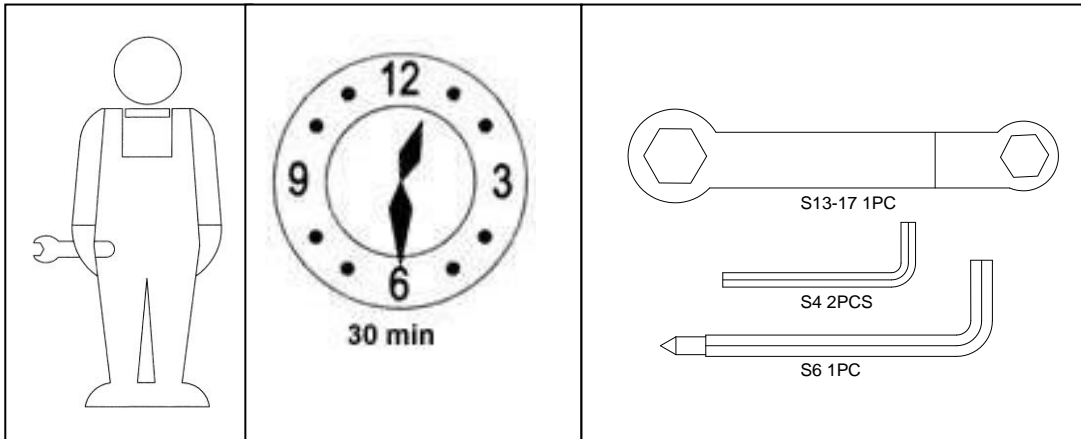
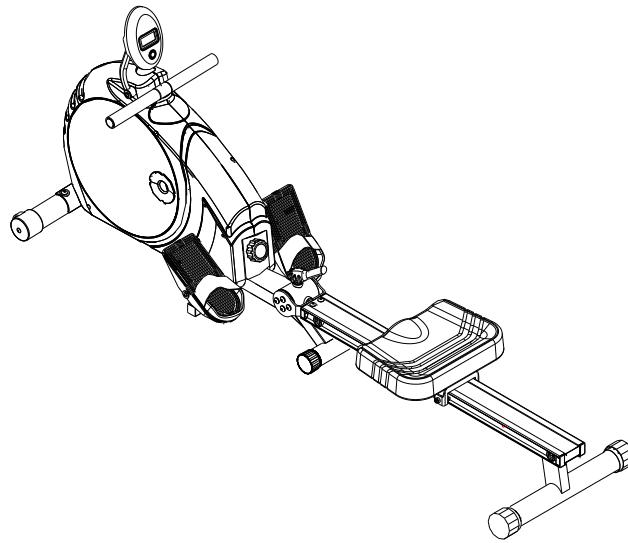
# EXPLODED DIAGRAM



## PART LIST:

<b>NO</b>	<b>DESCRIPTION</b>	<b>Q'TY</b>
<b>A</b>	Bolt M10x20	2
<b>B</b>	Arc Washer ID10.5 x OD25 x T1. 5	2
<b>C</b>	Bolt M8x15	8
<b>D</b>	Spring Washer ID8.5 x OD11.5 x T1. 5	8
<b>E</b>	Washer ID8.5 x OD16 x T1. 5	12
<b>F</b>	Bolt M6x35	3
<b>G</b>	Rubber Cushion	4
<b>H</b>	M8x20	4
<b>I</b>	End Cap	2
<b>J</b>	End Cap	2
<b>K</b>	Knob	1
<b>L</b>	Washer ID6.5 x OD22 x T1. 5	4
<b>M</b>	Bolt M6x15	4
<b>N</b>	Axle Sleeve	2
<b>O</b>	Washer ID10.5 x OD25 x T1. 5	2
<b>P</b>	Bolt M10x50	2
<b>Q</b>	Nut M10	2
<b>R</b>	End Cap	2
<b>S</b>	Screw M5x15	2
<b>1</b>	Main Frame	1
<b>2</b>	Front Stabilizer	1
<b>3</b>	Rear Stabilizer	1
<b>4</b>	Main Rail	1
<b>5</b>	Seat	1
<b>6</b>	Seat Support	1
<b>7</b>	Pedal	2
<b>8</b>	Pedal Support	1
<b>9</b>	Rowering handle bar	1
<b>10</b>	Computer	1
<b>11</b>	Computer Bracket	1
<b>12</b>	Computer Wire	1
<b>13</b>	Tension Knob	1
<b>14</b>	Sensor Wire	1
<b>15</b>	Sensor Wire	1
<b>16</b>	End Cap	2
<b>17</b>	End Cap	2
<b>18</b>	End Cap	2
<b>T</b>	Wrench S13-17	1
<b>U</b>	Wrench S4	2
<b>V</b>	Wrench S6	1

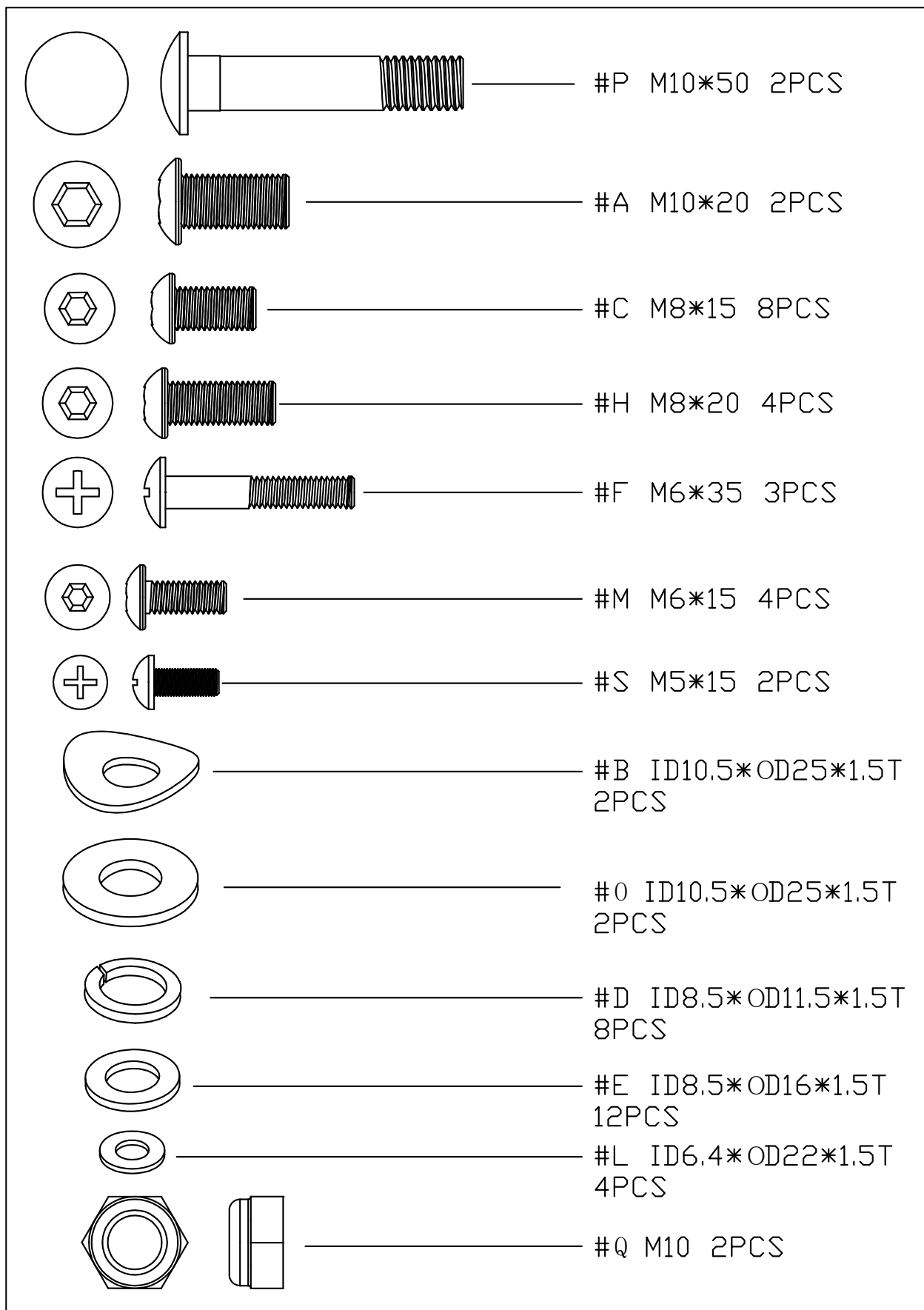
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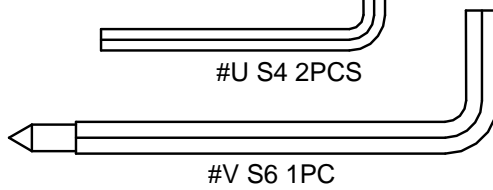
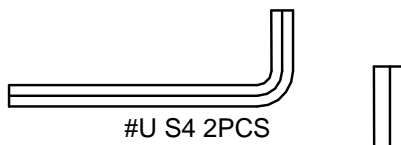
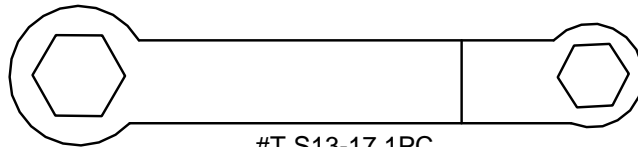
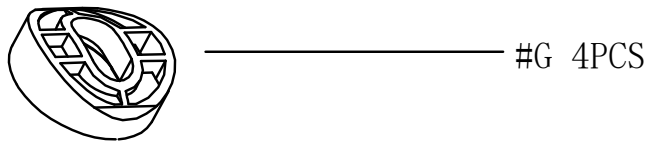
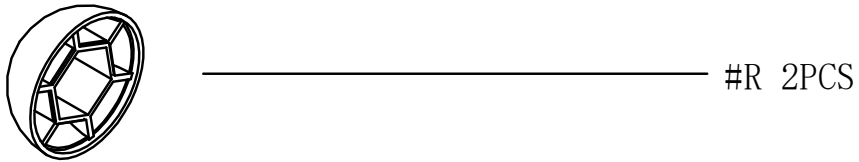
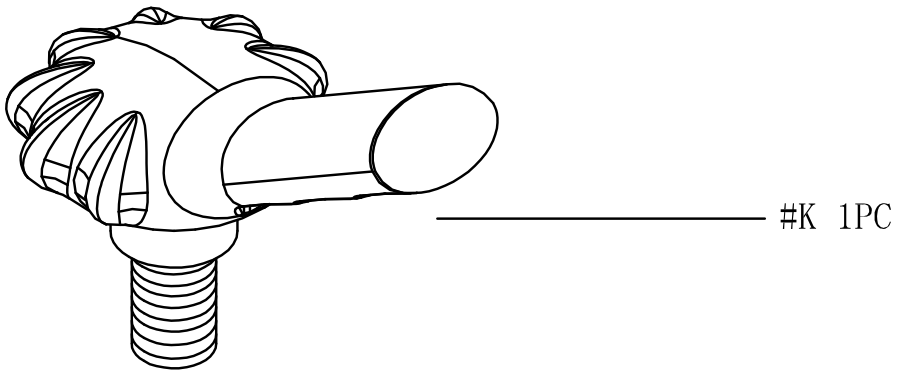
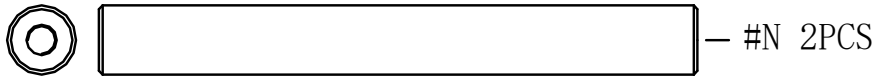


## NOTICE

- Read this manual before assembly
- Recognize the spare parts first.
- Check the hardware.
- Ensure that you have the right tool.
- Prepare an area to assemble.
- Follow the instruction accordingly.
- Never force the joints
- Periodically tighten the joints
- Keep this manual with you.

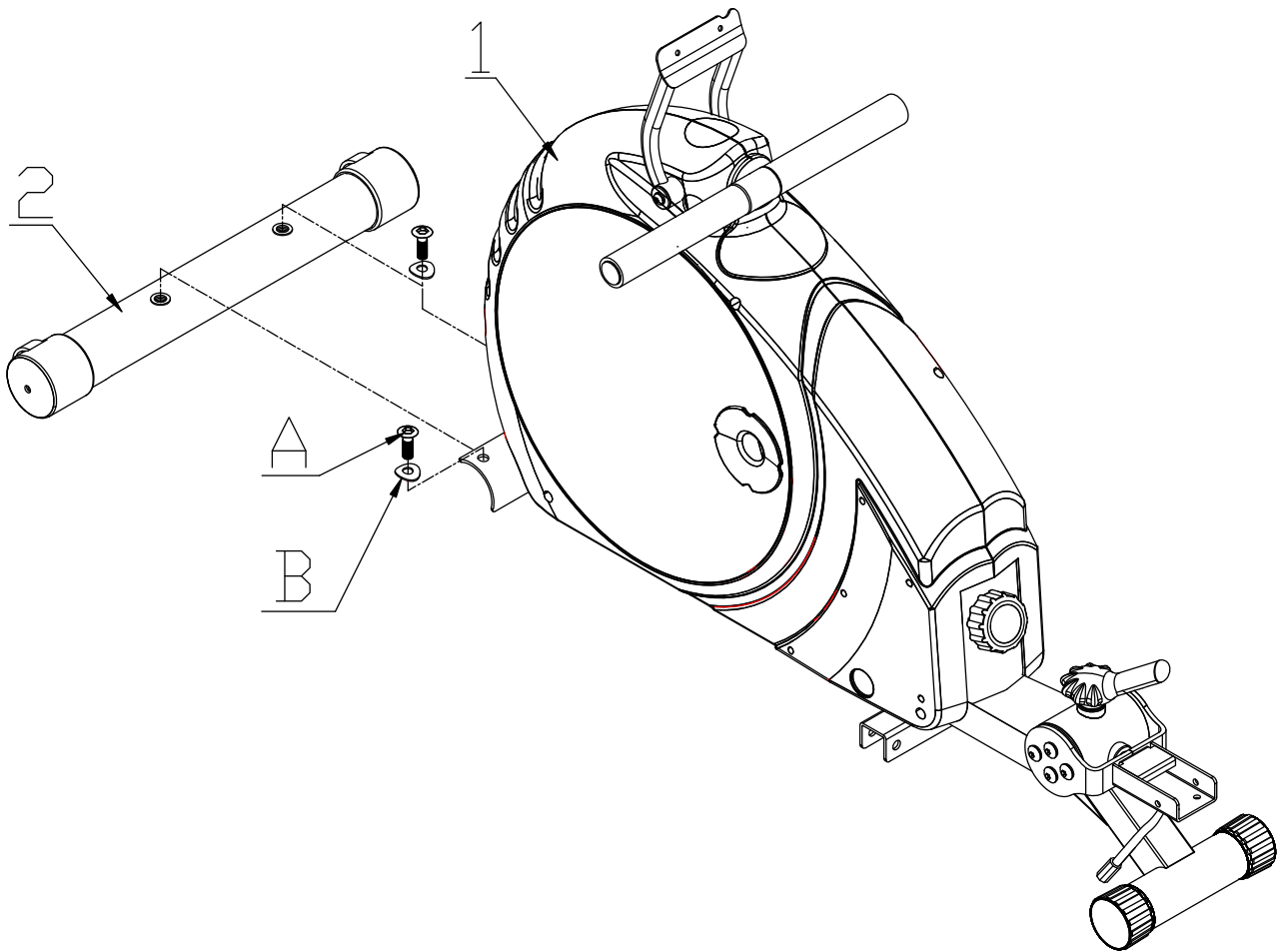
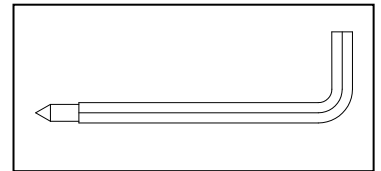
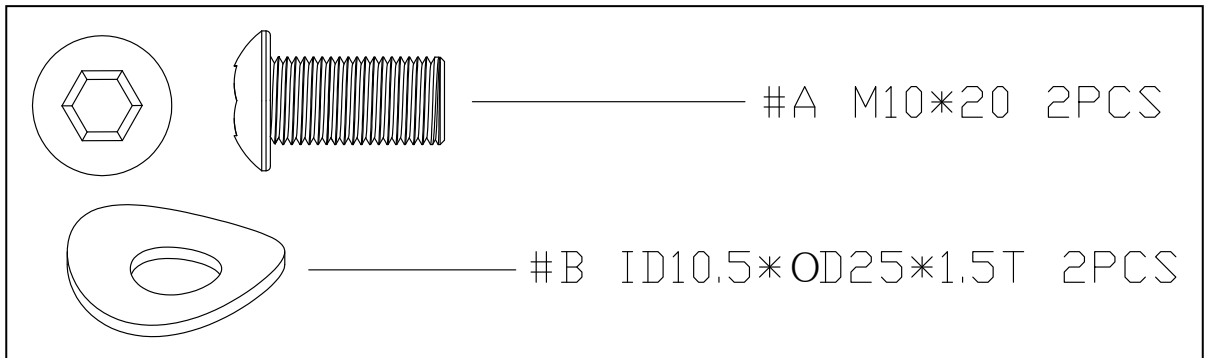
## II. Identify your hardware





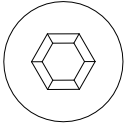
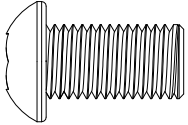
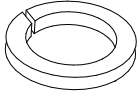
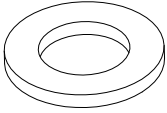
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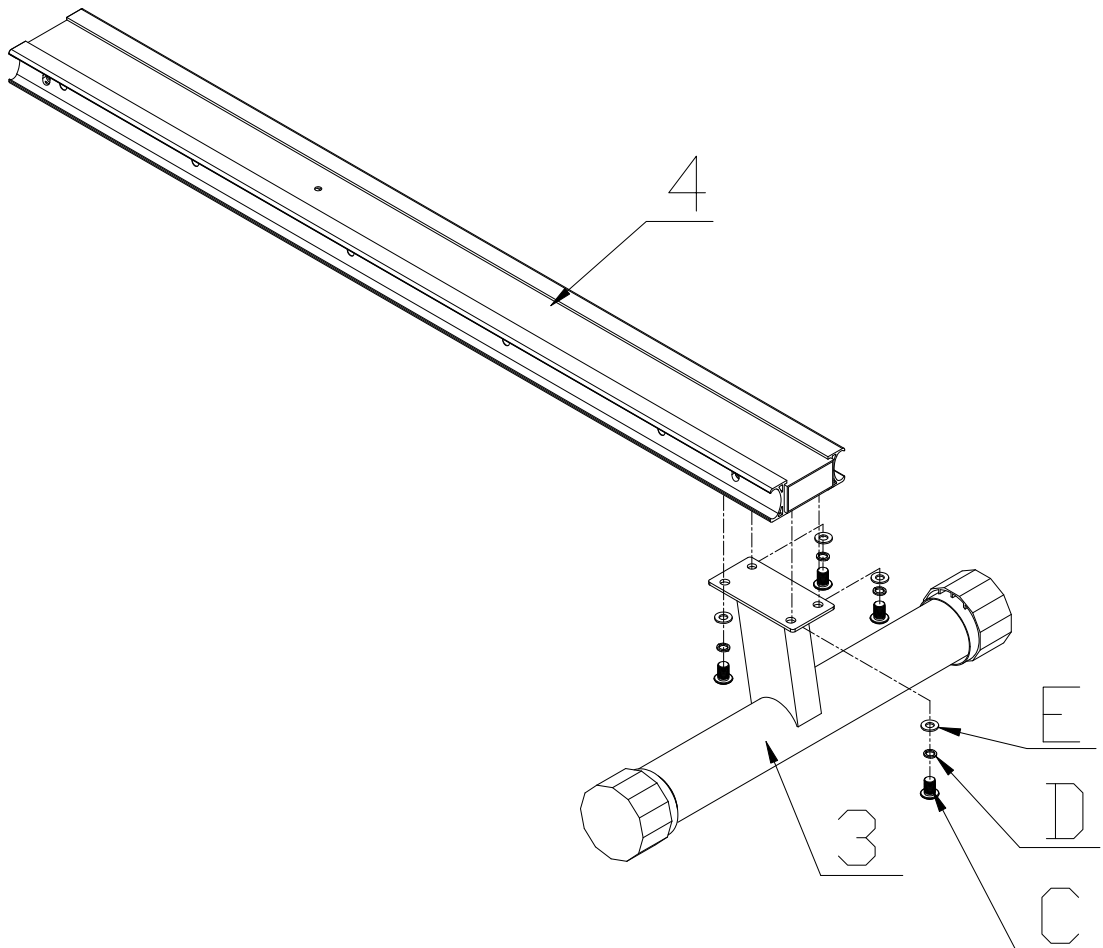
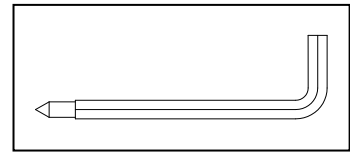
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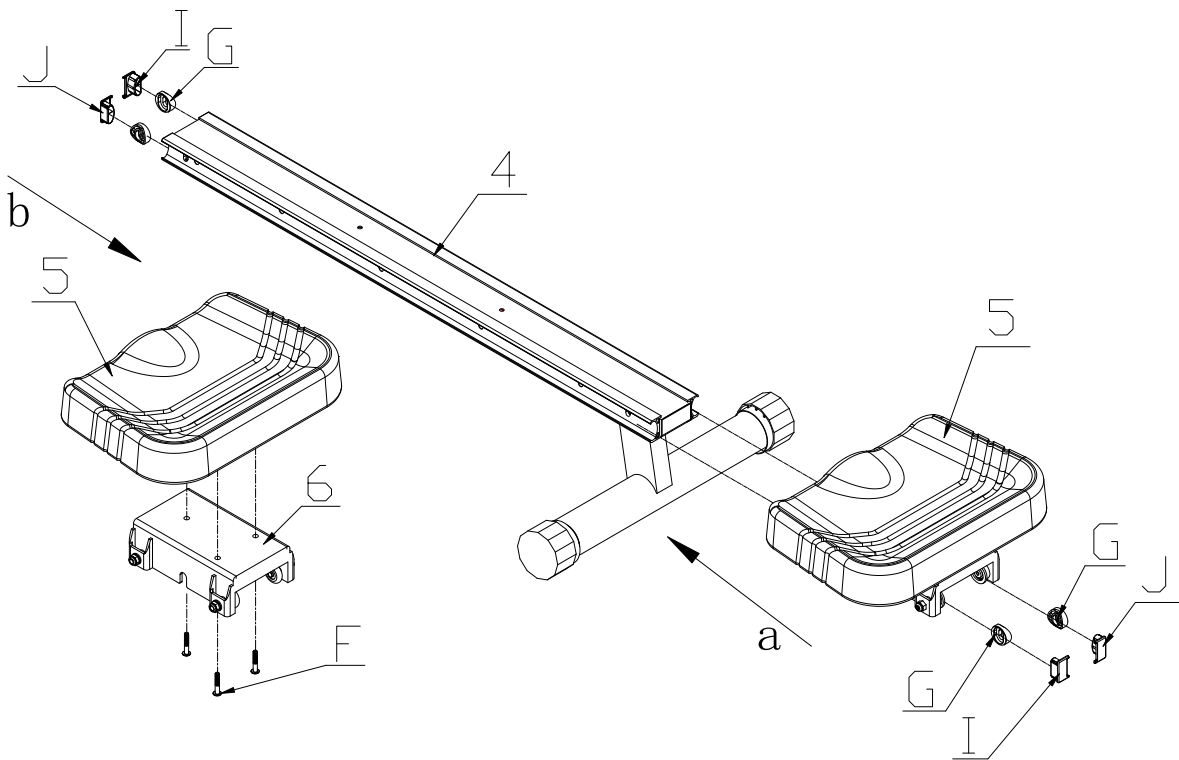
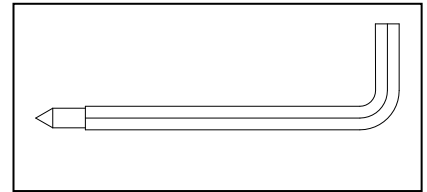
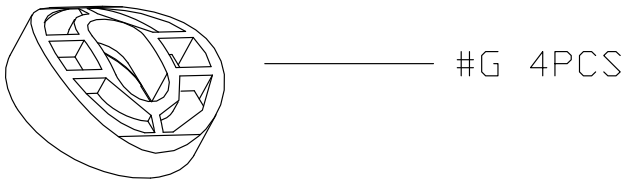
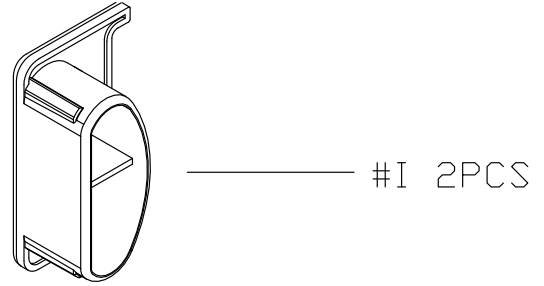
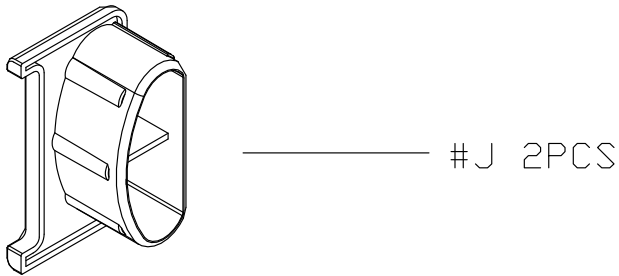
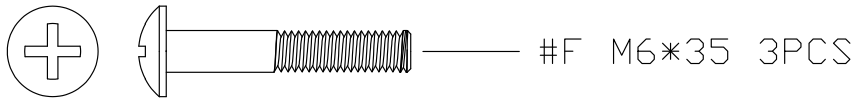


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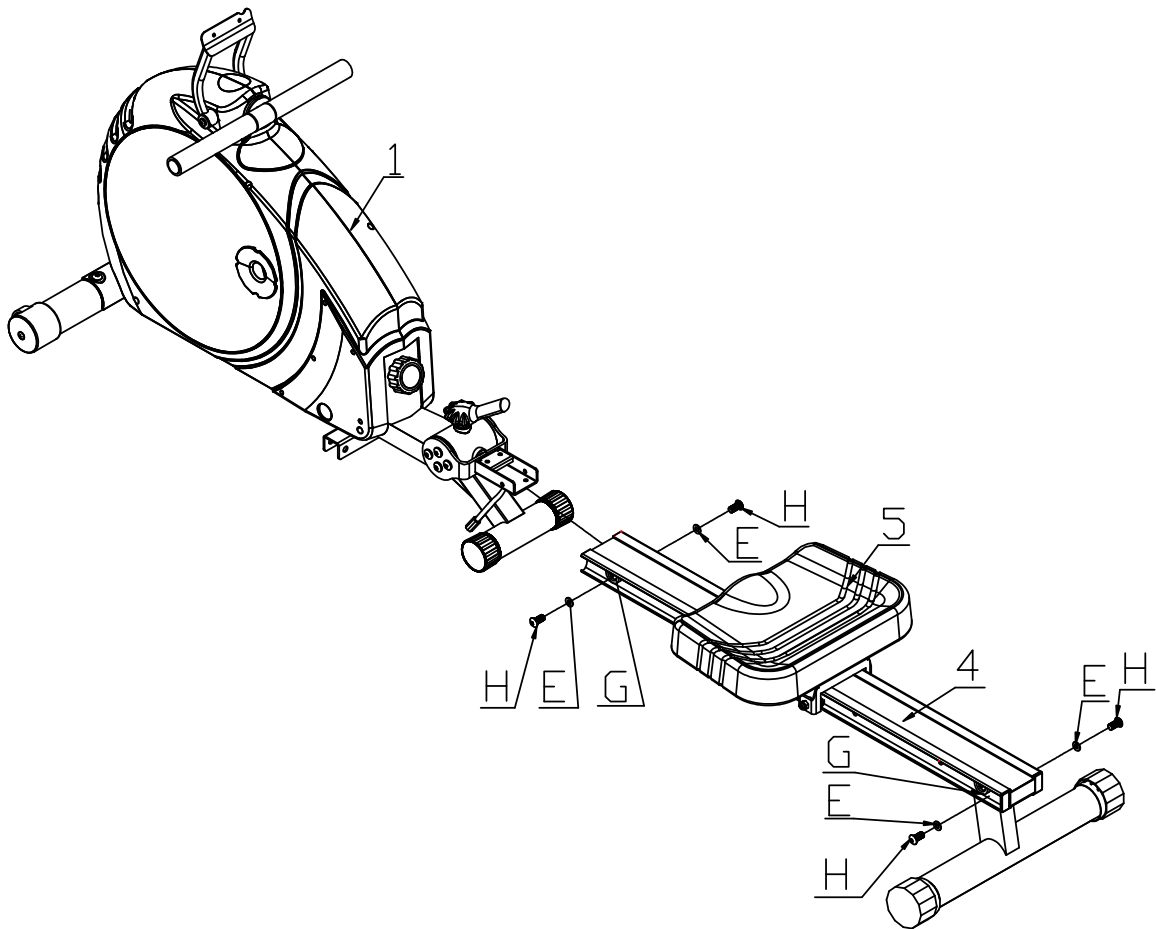
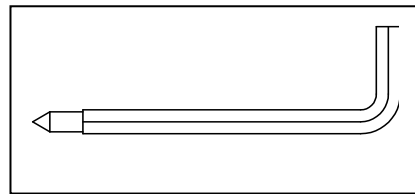
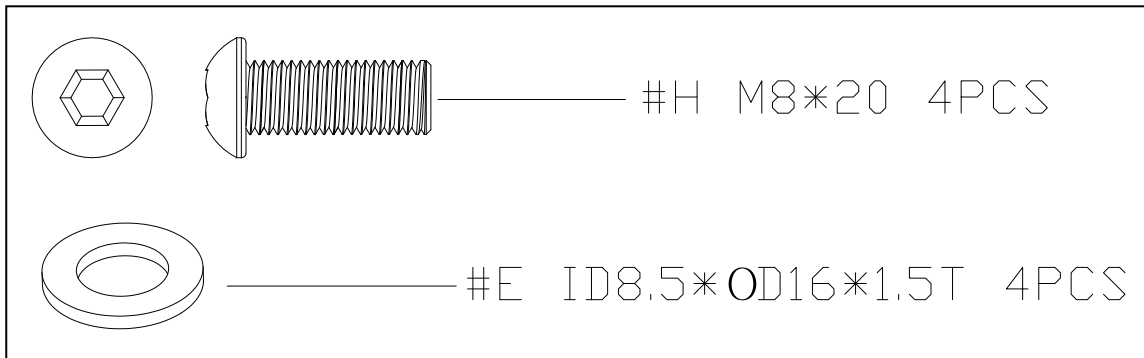
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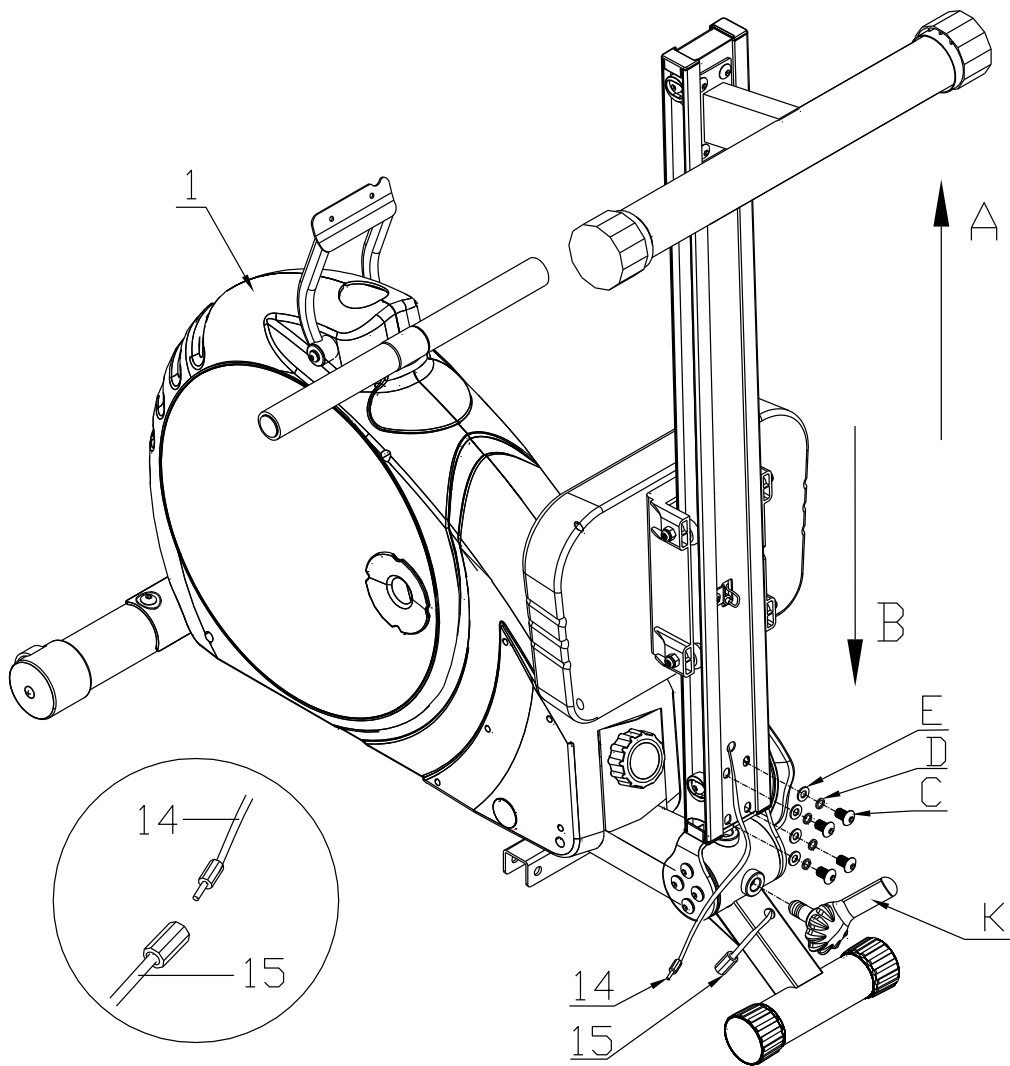
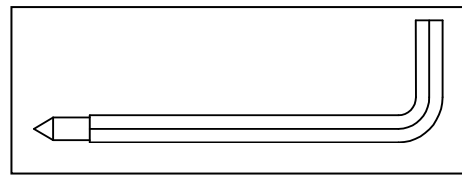
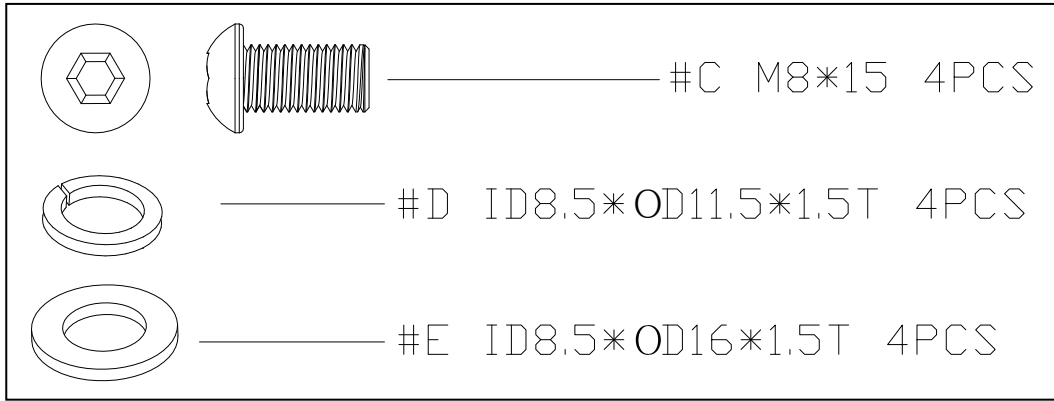
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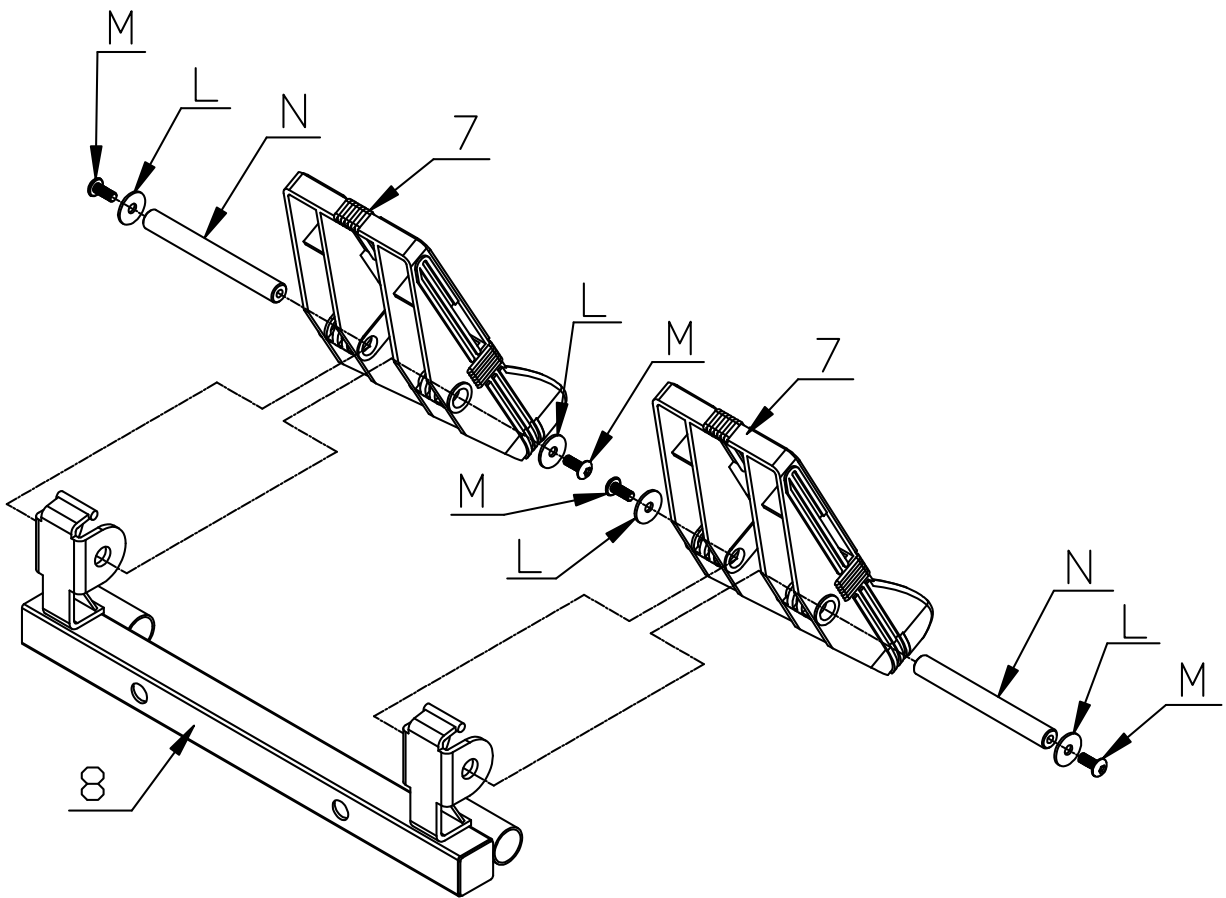
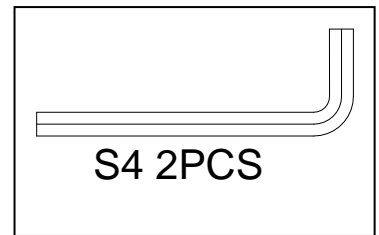
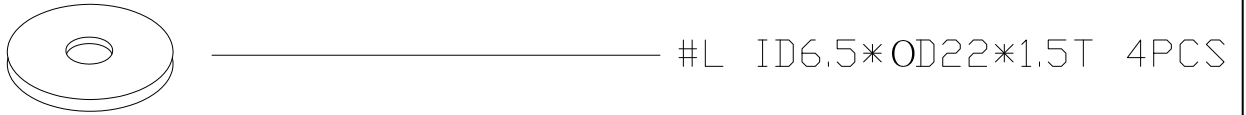
STEP 4:



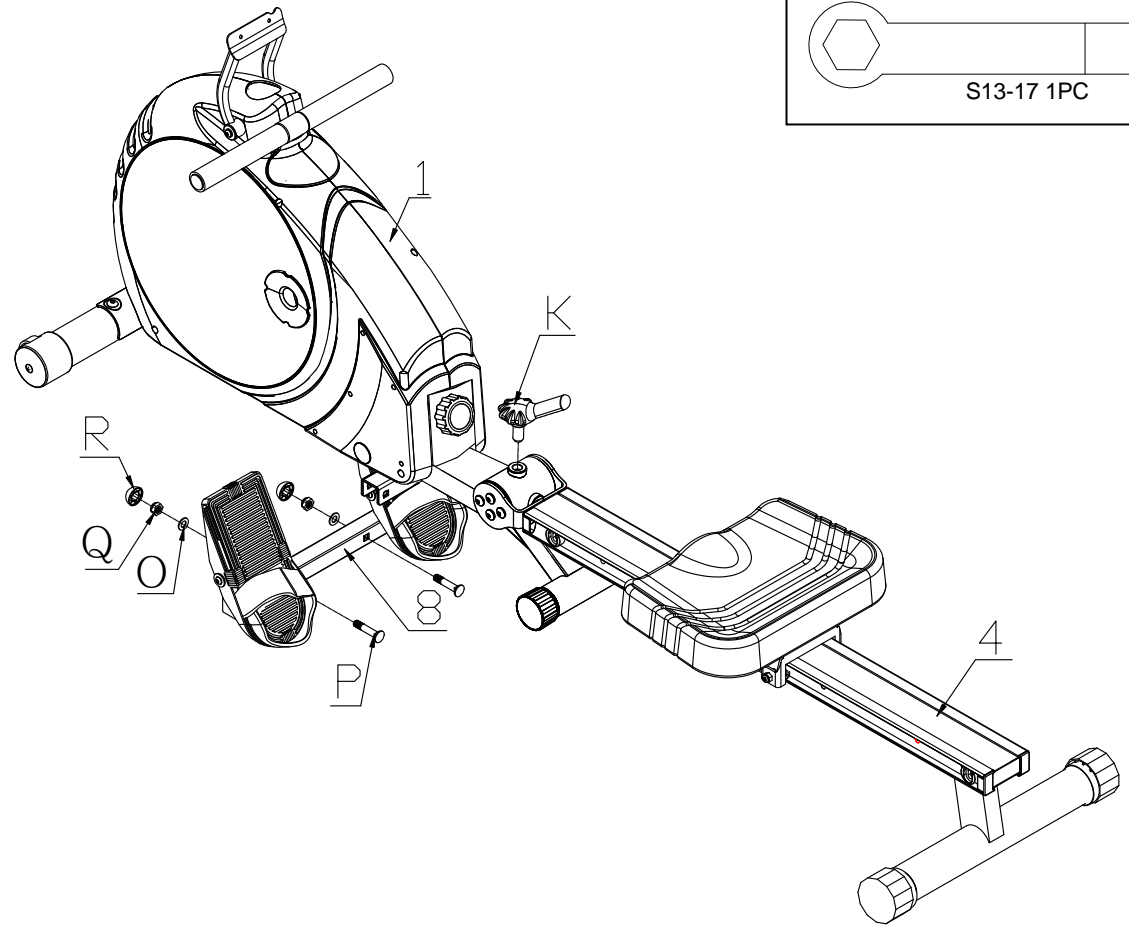
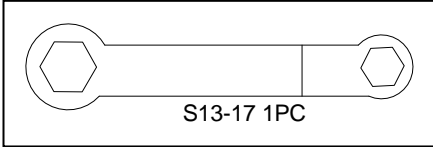
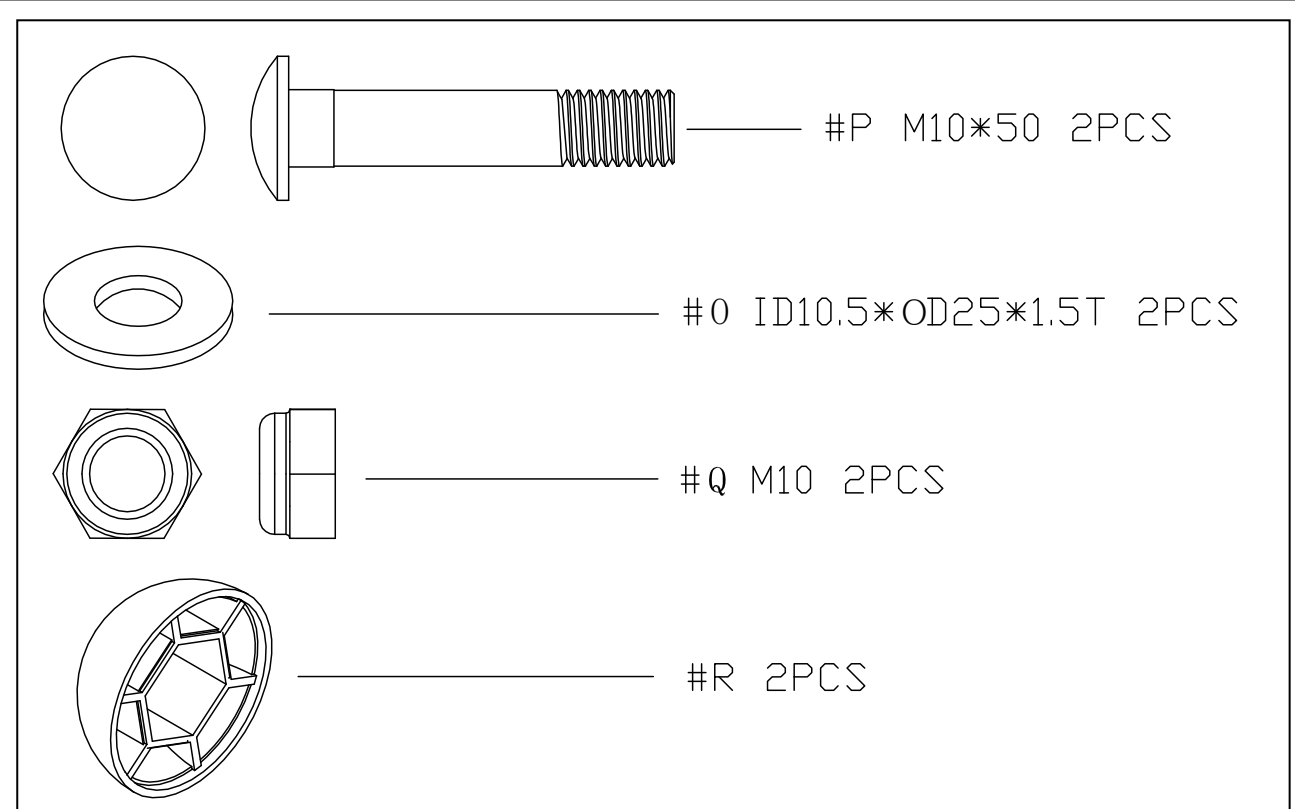
STEP 5:



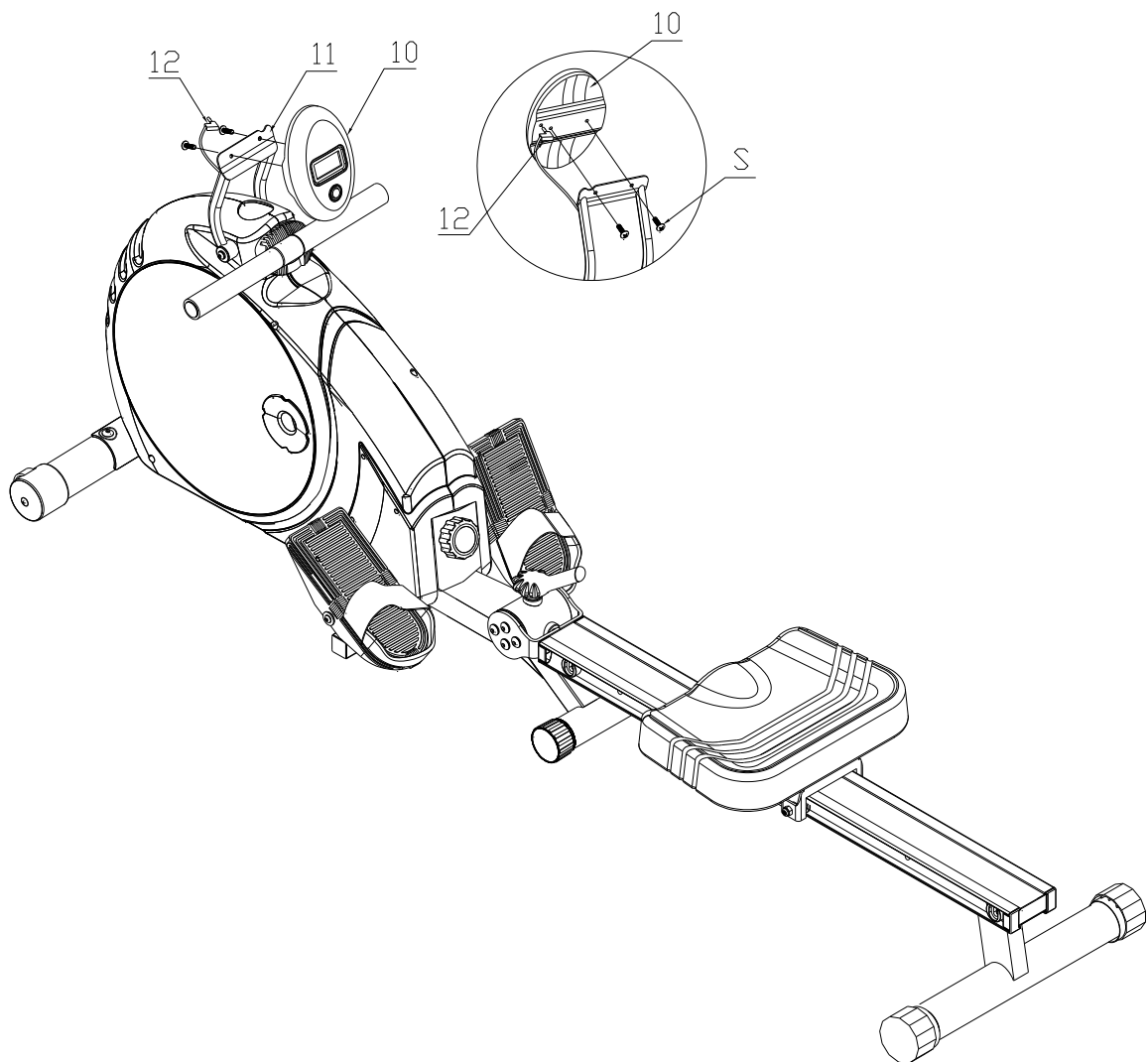
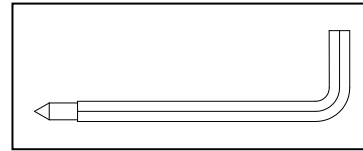
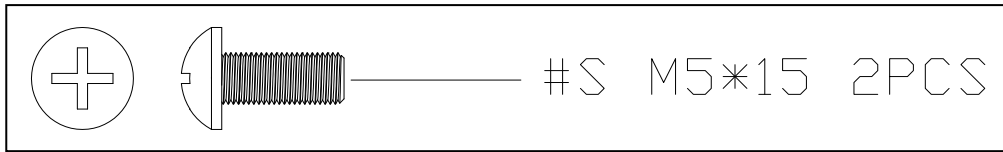
**STEP 6:**



STEP 7:

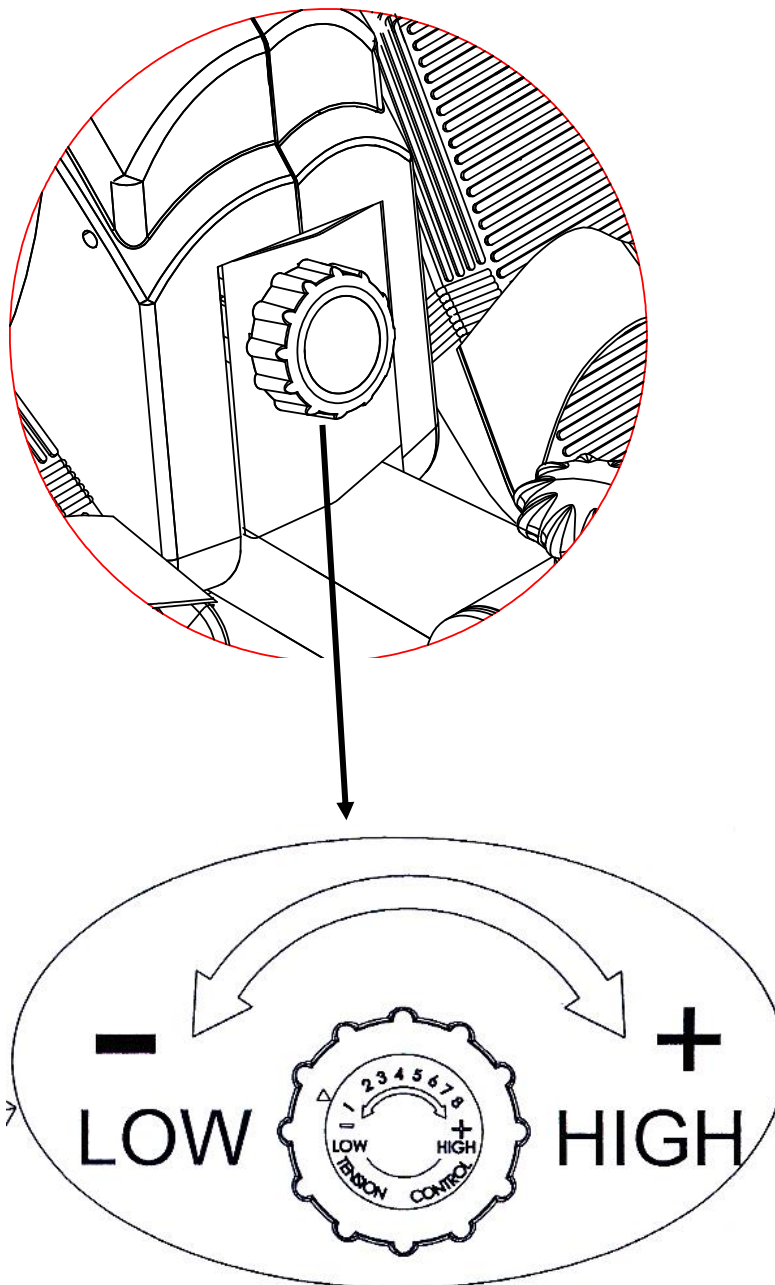


STEP 8:



Tension Knob adjustment:

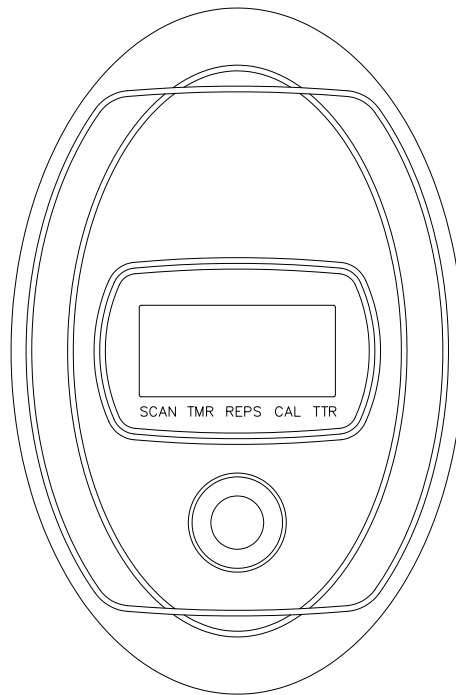
You could adjust the tension for varied resistance as below:



NOTE: You should begin your “Exercise Period” at the resistance level and speed to suit your needs. Remember to start out slow and easy and work your way up to the fitness level you desire.



# THE OPERATION OF COMPUTER



## FUNCTIONS AND OPERATIONS:

- **RESET:** Press the button for more than 2 seconds to reset to zero.
- **SCAN:** Press the button until SCAN shows, the monitor will automatically SCAN between STEP /MIN ,TIME, COUNT , CAL every 5 seconds.
- **TIME:** (unit=Minute: Second) Press the button until TIME is shown Time counts up from zero
- **REPS:** (Number of Strokes) Press the button until REPS appears ,  
The Reps Display shows the number of Strokes the user has performed
- **TTR:** (TOTAL COUNT ) Press the button until TTR appears, The TOTAL COUNT Display: Shows the total number of strokes of the user has performed..
- **CALORIE:** (unit=Calorie) Press the button until CAL appears, The CAL display shows the numbers of calories the user has burnt

## SPECIFICATION:

FUNCTION	Auto Scan	Every 6 seconds
	Time	0:00-99:59 Second
	Count (REPS)	1-9999
	Calorie	0.1-999.9 Kcal
	TTR( Total count)	1--9999
Controller	4 bit, 1 chip microprocessor	
Sensor	No-contact magnetic type	
Battery type	1 PCS of SIZE-AA or UM-4	
Operating temperature	0°C - +40°C ( 32°F - 104°F )	
Storage temperature	-20°C - +50°C (-4°F - 122°F )	

## BATTERY:

1. The monitor uses on “AA” or AG76 battery. You can replace the battery through the back of the unit.
2. Battery must be correctly positioned and make sure the battery spring is properly contact with battery.
3. If the display is illegible or only partial segment appeared. Please take out the battery and wait for 15 seconds, then reinstall it.

## ADVICE FOR HANDLING BATTERIES

- 1 Remove the batteries when they are exhausted or if you do not use the product for an extended period of time in order to avoid hazards through leaking batteries.
- 2 Do not recharge batteries nor disassemble or throw then into fire. Danger of explosion!
- 3 Pay attention to the polarity (+) and (-). Always replace all the batteries; do not mix old and new batteries, or different battery types.
- 4 Use preferably alkaline batteries, as they have a longer operation time then usual zinc-coal-batteries.
- 5 A change of batteries is necessary when the display becomes weaker or completely faded.



## PHYSICAL FITNESS PROGRAM:

You can design a program to meet your need and current physical condition. A successful exercise program consists of a warm-up, aerobic exercise. And a cool-down. To be effective, an exercise program must be done on a continuing basis at least two and preferably three times a week, resting for a day between workouts, after several months, you can increase your workouts to four or five times per week.

### 1. WARM UP

Warming up is an important part of your workout, and should begin every session. It prepares your body for more strenuous exercise by heating up and stretching out your muscles, increasing your circulation and pulse rate, and delivering more oxygen to your workout, repeat these exercises to reduce sore muscle problems. We suggest the following warm-up and cool-down exercise.

#### 1. Inner Thigh Stretch

Sit with the soles of your feet together with your knees pointing outward. Pull your feet as close into your groin as possible. Gently push your knees towards the floor. Hold for 15 counts.



#### 2. Hamstring Stretch

Sit with your right leg extend. Rest the sole of your left foot against your right inner thigh. Stretch toward your toe as far as possible. Hold for 15 counts. Relax and then repeat with left leg extend.



#### 3. Head Roll

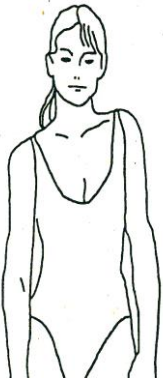
Rotate your head to the right for one count, feeling the stretch up the left side of your neck. Next, rotate your head back for one count, stretching your chin to the ceiling and letting your mouth open. Rotate your head to the left for one count, and finally, drop your head to your

chest for one count.



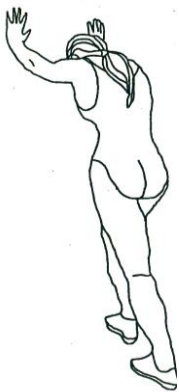
4. **Shoulder lift**

Lift your right shoulder up toward your ear for one count. Then lift your left shoulder up for one count as you lower your right shoulder.



5. **Calf-Achilles Stretch**

Lean against a wall with your left leg in front of the right and your arms forward, Keep your right leg straight and the left foot on the floor, then bend the left leg and lean forward by moving your hips toward the wall, Hold, then repeat on the other side for 15 counts.



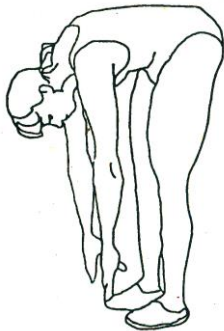
6. **Side Stretch**

Open your arms to the side and continue lifting them until they are over your head, Reach your right arm as far upward toward the ceiling as you can for one count, Feel the stretch up your right side, Repeat this action with your left arm.



#### 7. Toe Touch

Slow bend forward from your waist, letting your back and shoulders relax as you stretch toward your toes, Reach down as far as you can and hold for 15 counts.



## **2. EXERCISE INSTRUCTIONS**

Using your ROWING MACHINE will provide you with several benefits.

- (1) It will improve your physical fitness, It strengthens the heart and improves circulation as well as exercising all the major muscle groups; the back, waist, arms, shoulders, hips and legs.
- (2) tone your muscles and, in conjunction with a calorie-controlled diet, help you lose weight.

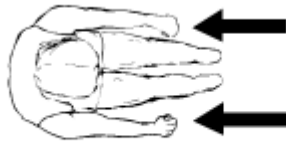
Rowing is an extremely effective form of exercise.

### **The Basic Rowing Stroke**

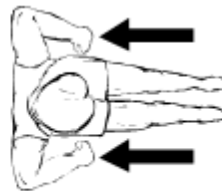
- 1) Sit on the saddle and fasten your feet to the pedals using the Velcro straps. Then take hold of the rowing bar.
- 2) Take up the starting position, leaning forward with your arms straight and knees bent as shown in (Fig 1).
- 3) Push yourself backwards, straightening your back and legs at the same 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**

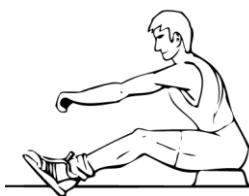
Rowing is a strenuous form of exercise, because of this it is best to start with a short, easy exercise programmed and build up to longer and harder workouts. Start rowing for about 5 minutes and as you progress, increase the length of your work out to match your improving level of fitness. You should 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.

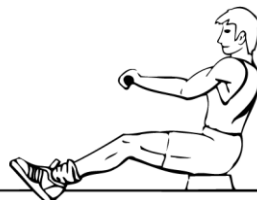
### **Alternate Rowing Styles.**

#### **Arms Only Rowing**

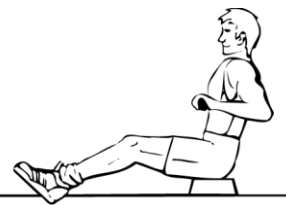
This exercise will tone muscles in your arms, shoulders, back and stomach. Sit as shown in Fig 4 with your legs straight, lean forward and grasp the handles. In a gradual and controlled manner lean back to just past the upright position continuing to pull the handles towards your chest. Return to the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



**Fig.4**



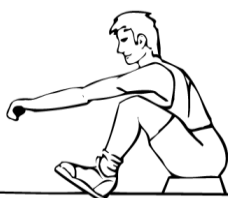
**Fig.5**



**Fig.6**

#### **Legs Only Rowing**

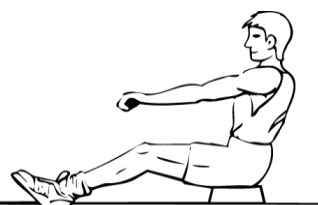
This exercise will help tone muscles in your legs and back. With your back straight and arms out stretched, bend your legs until you are grasping the rowing arm handles in the starting position, Fig 7. Use your legs to push your body back whilst keeping your arms and back straight.



**Fig.7**



**Fig.8**



**Fig.9**

### **MUSCLE TONING**

To tone muscle while on your 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.

### **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.