TABLE OF CONTENTS:

IMPORTANT SAFETY NOTICE:

Equipment Safety:

Your product is intended for use in clean dry conditions. You should avoid storage in excessively cold or damp places as this may lead to corrosion and other related problems that are outside our control. FOR INDOOR USE ONLY.
This product is not suitable for therapeutic purposes.

1. Please keep all children away from exercise products when in use. Do not allow children to climb or play on them when they are not in use.
2. Regularly check to see that all nuts, bolts and fittings are securely tightened. Periodically check all moving parts for obvious signs of wear or damage. The safety level of this equipment can only be maintained only if it is regularly examined for wear and tear.
3. Replace defective components immediately. If you are in any doubt, do not use your product. **CONTACT CUSTOMER SUPPORT**.
4. Clean only with a damp cloth. Do not use solvent cleaners.
5. Before use, always ensure that your product is positioned on a solid, flat surface. If necessary, use a rubber mat underneath to reduce the possibility of slippage during use.
6. Always ensure that the equipment has adequate space one each side and front.
7. Use this appliance only for its intended use as described in this manual. Do not use attachments not recommended by the manufacturer.
8. Always check that any pins / fixings are tight and secure before use and / or after adjustment.
9. Never leave any adjustment devices projecting from the product.

Fitness Precautions:

Before you undertake any programme of exercise that will increase cardiovascular activity, please be sure to consult with your doctor. Frequent strenuous exercise should be approved by your doctor, and proper use of your product is essential.
If you feel any pain or abnormal symptoms, **STOP YOUR WORKOUT IMMEDIATELY**. Consult your physician immediately.
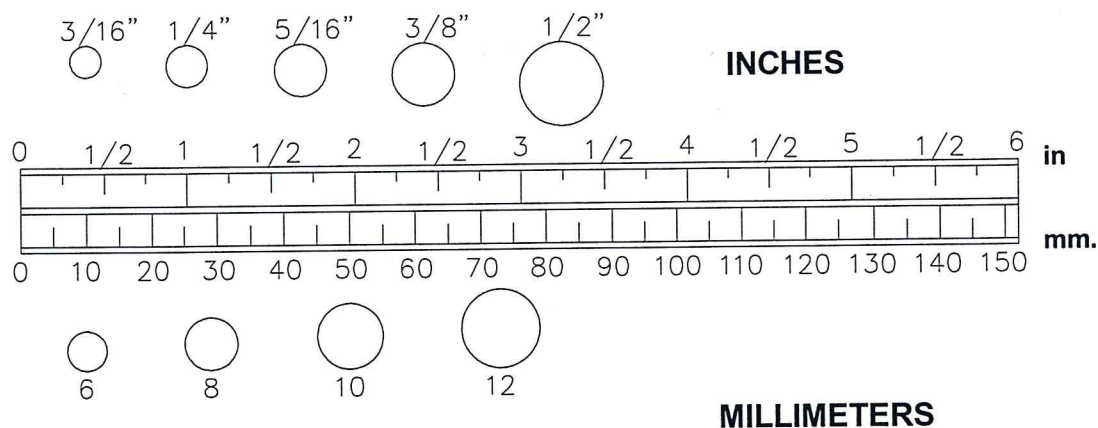
Exercise Safety:

1. Wear proper workout clothing: Do not wear loose clothing.
2. Do not wear shoes with leather soles or high heels. Tie all long hair back.
3. Remove all personal jewelry before exercising.
4. After eating, allow 1-2 hours before exercising as this will help to prevent muscle strain.
5. Injuries may result from incorrect or excessive training.
6. **The Maximum Weight Capacity is 130KG.**

WARNING: BEFORE BEGINNING ANY EXERCISE PROGRAM, CONSULT YOUR PHYSICIAN. THIS IS ESPECIALLY IMPORTANT FOR INDIVIDUALS OVER THE
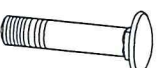
AGEOF 35 OR PERSONS WITH PRE-EXISTING HEALTH PROBLEMS. READ ALL INSTRUCTIONS BEFORE USING ANY FITNESS EQUIPMENT.

HARDWARE IDENTIFICATION CHART:

This chart is provided to help identify the hardware used in the assembly process. Place the washers or the ends of the bolts or screws on the circles to check for the correct diameter. Use the small scale to check the length of the bolts and screws.

3/16" 1/4" 5/16" 3/8" 1/2"   **INCHES**

0 1/2 1 1/2 2 1/2 3 1/2 4 1/2 5 1/2 6 **in**

0 10 20 30 40 50 60 70 80 90 100 110 120 130 140 150 **mm.**

6   8   10   12

MILLIMETERS

After unpacking the unit, open the hardware bag and make sure that you have all the following items. Some hardware may be already attached to the part.

	Part Number and Description	Qty
83	Bolt, Button Head (M8 x 50mm)	2
24	Bolt, Button Head (M8 x 20mm)	6
14	allen pan head bolt (M10x 120mm)	1
39	Carriage Bolt (M8 x 45mm)	2
23	Flat Washer (M8)	12
18	Flat Washer (M10)	1
37	Spring Washer (M8)	4
63	Acorn Nut (M8)	2
31	Nylock Nut (M8)	2
19	Nylock Nut (M10)	1
73	Screw, Round Head (M5 x 10mm)	4
22	Screw, Round Head (M6 x 25mm)	2

THE FOLLOWING TOOLS ARE INCLUDED FOR ASSEMBLY:
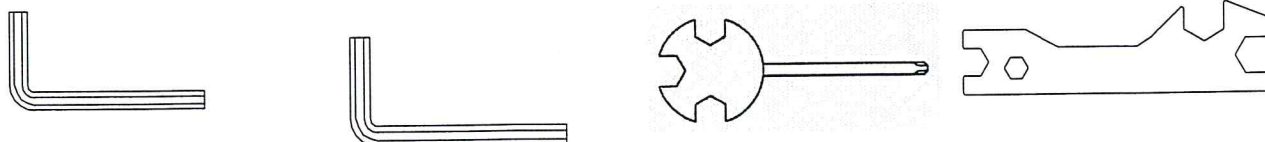
ASSEMBLY INSTRUCTION:

1.PREPARATION:

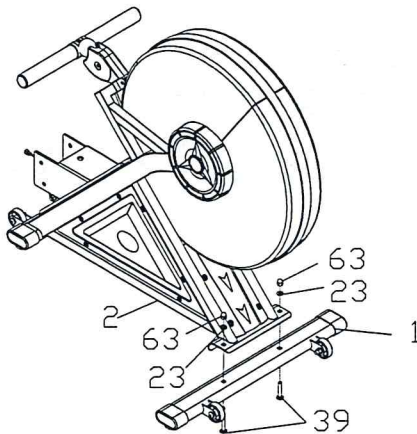A. Before assembling make sure that you have enough space to complete.
B. Use the supplied tools for assembling.
C. Enlist the help of another person.

2.ASSEMBLY INSTRUCTIONS:

STEP 1 (See Diagram1):

Diagram1

A): Attach the Front Stabilizer (1) to the Main Frame (2). Secure it with two M8x 45 Carriage bolts (39), Washers (23), and Acorn Nuts (63).

STEP 2 (See Diagram2):

Diagram2
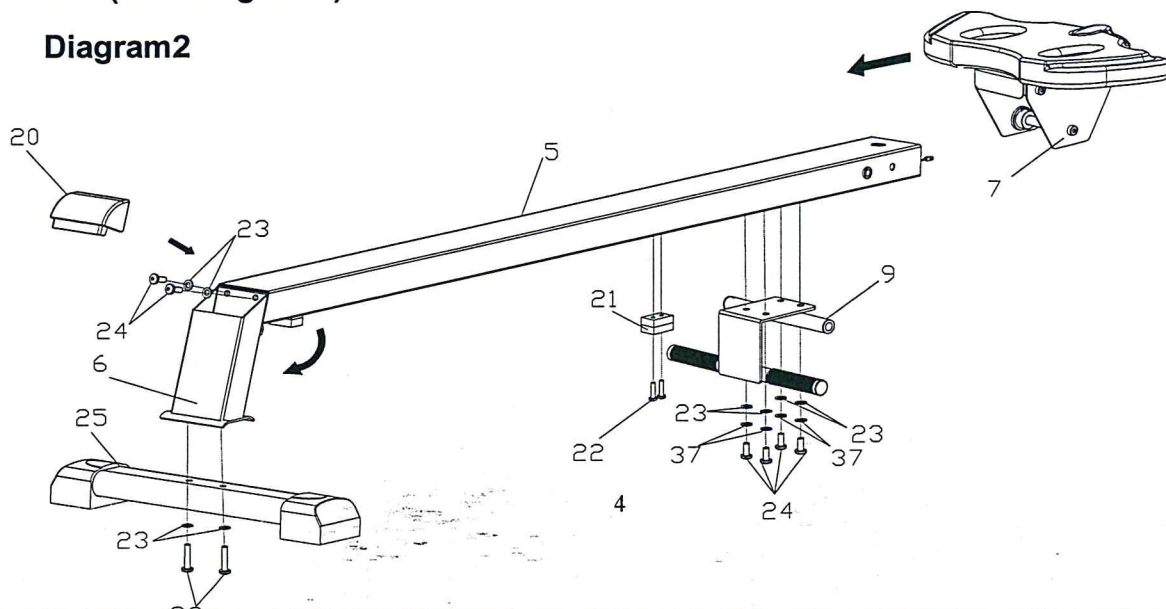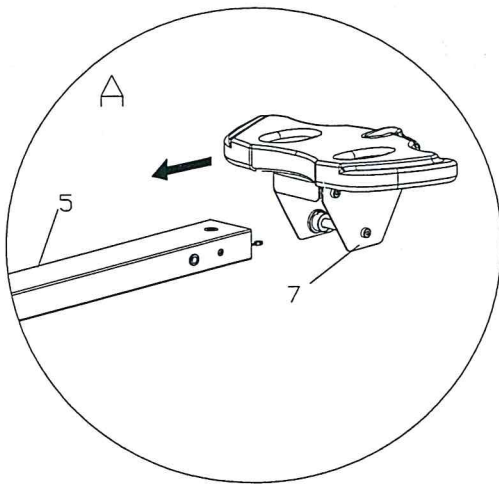
A): Slide the seat with the carriage assembly (7) onto the rower track (5) carefully,
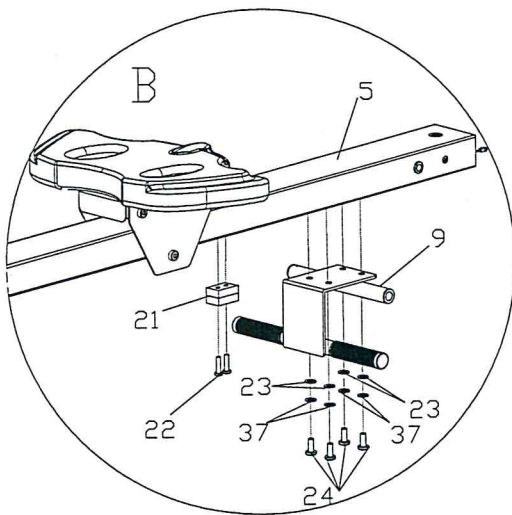
B): Secure the fixed block (21) on the rower track (5) with 2 M6X25 (22) cross-head screws as the per picture,
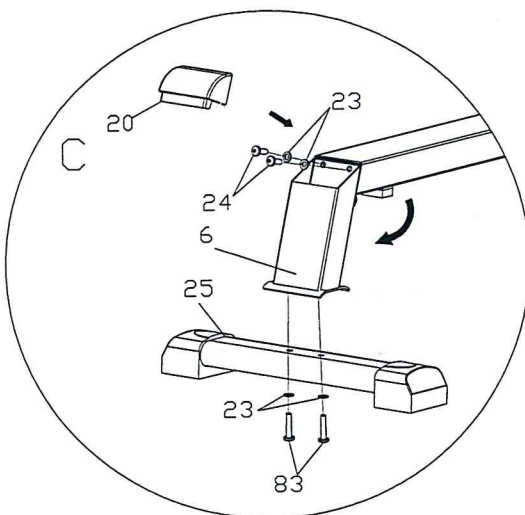
C): Add the rear stabilizer (6) as per the picture shown, then secure on to the rower track (5) with 2 Button Head M8X20 bolts (24) and Flat Washers (23) , then add the Rear Cover (20) .

Please assemble the tube (Part 6) to base (part 25) and lock with 2 bolts (83) and washers (23).

STEP 3 (See Diagram3):

Diagram3
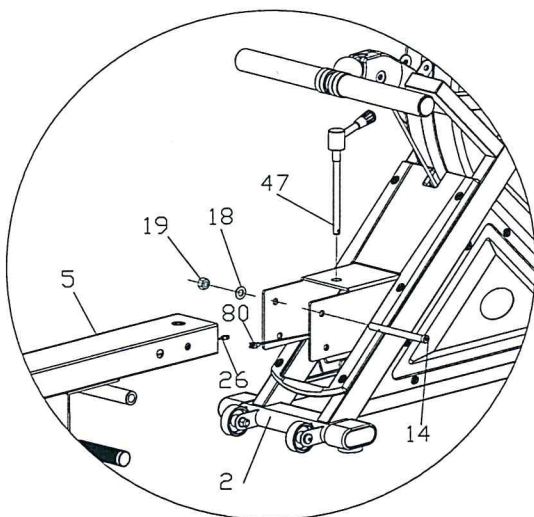
A): have your helper lift the (5) rower seat track, while you connect the (26) sensor wire and the middle wire (80)

B): assemble the rower seat track (5) to the main frame (2) connecting base, then fasten it with Button Head bolts (M10 x120mm) (14), flat washers (18), and Nyloc Locknuts (M10)(19) then fasten the L knob.

note: pay attention to the sensor wire when assembling the rower seat track. If broken this may cause the computer work to abnormally.

STEP 4 (See Diagram4):

Diagram4
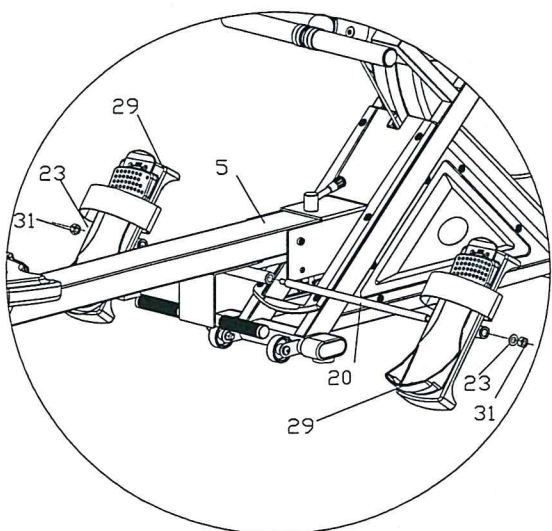
A) Assemble the pedal shafts (32) and the pedals (29), and then fasten them with two Nylon Locknuts (31) and flat washers (23)

STEP 5 (See Diagram5):

Diagram5
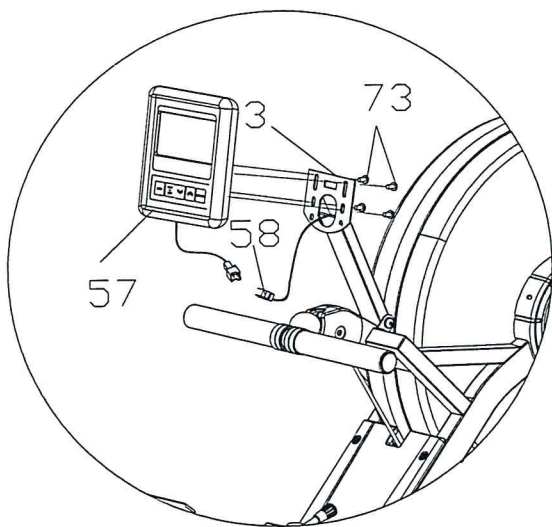
A) Put two batteries in to the computer, then check the computer function. Then connect the sensor wire with the up wire (58), and fix the computer to the computer post.

Final Checks:

The Rower is now assembled. Please make the following final checks:
A): Make sure all screws / bolts are tightened.
B): Before exercise, please make sure the equipment is on a flat, level surface

EXPLODED DIAGRAM:
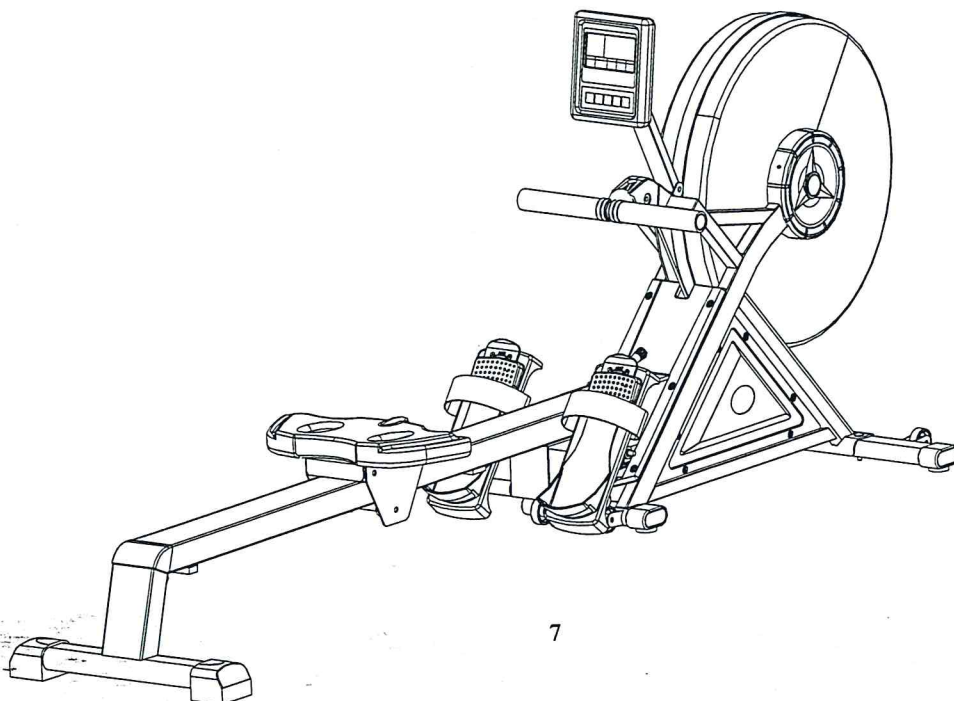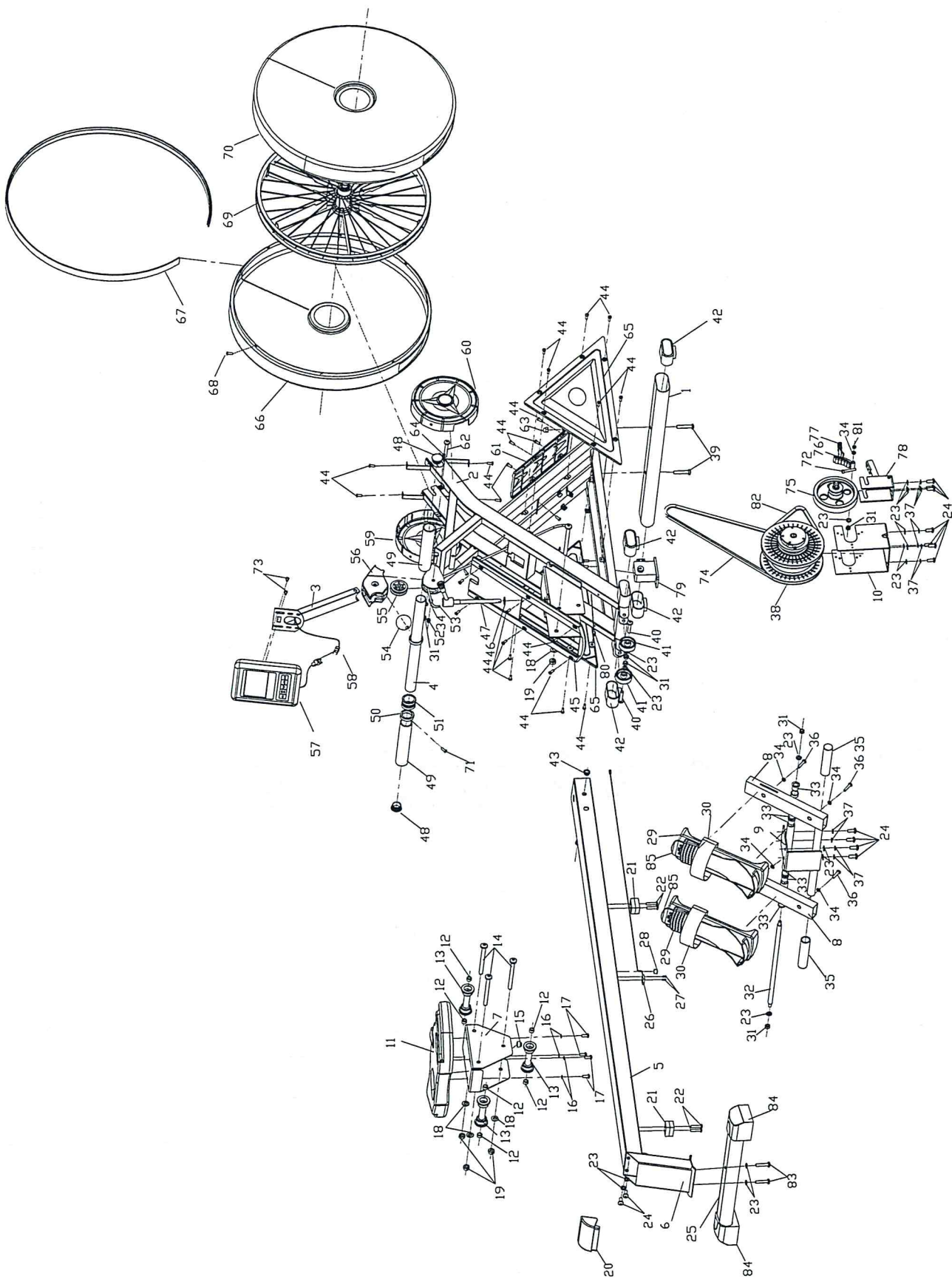
PARTS LIST:

PART#	PART NAME	Qty
1	Front Stabilizer	1
2	Main Frame	1
3	Exercise computer Post	1
4	Main Frame	1
5	Rower Seat Track	1
6	Rear Stabilizer	1
7	Seat Carriage Bracket	1
8	Pedal support tube	2
9	Pedal fixing plate	1
10	Spring system fixing plate	1
11	Seat	1
12	Metal Sleeve	6
13	Seat Carriage Roller	3
14	allen pan head bolt (M10x 120mm)	4
15	Magnet	1
16	Spring Washer (M6)	6
17	Screw, Round Head (M6 x 15mm)	4
18	Flat Washer (M10)	7
19	Acorn Nut (M10)	9
20	Back Cover	1
21	Fixed block	4
22	Screw, Round Head (M6 x 25mm)	4
23	Flat Washer (M8)	29
24	Bolt, Button Head (M8 x 20mm)	12
25	Rear stabilizer 2	1
26	Split End Sensor Wire	1
27	Countersunk head screws M3*8	2
28	Line plug	3
29	Pedal plate	2
30	Pedal Strap	2
31	Acorn Nut (M8)	5
32	Pedal axle	1
33	Pedal rotating bushing	6
34	Flat Washer (M6)	11
35	bushing	2
36	Counter Hex socket screw (M6 x 45mm)	6
37	Spring Washer (M8)	11
38	wheel	1
39	Carriage Bolt (M8 x 45mm)	2
40	Bolt, Button Head (M8 x 40mm)	2

41	Wheel	2
42	30*70 plastic cap	2
43	Bushing	2
44	screw M5*15	26
45	Decoration board	1
46	Nylon washer	1
47	L shape knob	1
48	Round Internal End Cap(φ30)	2
49	Pulling Handle Bar Foam Grip	2
50	bushing	1
51	Rotating bushing	1
52	Cap nut M6	1
53	Nylon rope	1
54	ball	1
55	Pulley	1
56	Protection cover	1
57	Meter	1
58	Sensor wire up	1
59	Left chain cover	1
60	Right chain cover	1
61	Decoration cover	1
62	Bolt, Button Head (M8 x 60mm)	1
63	Acorn Nut (M8)	2
64	Cross recessed pan head tapping screws（ST4.2 x 16）	2
65	Triangle decoration cover	2
66	Left chain cover	1
67	Decoration line	1
68	Screw, Round Head（ST4.2 x 16）	2
69	Steel ring	1
70	Right chain cover	1
71	screw M5*5	1
72	allen pan head bolt (M6x 30mm)	1
73	Screw, Round Head (M5 x 10mm)	4
74	Belt A686	1
75	Magnetic wheel set	1
76	Magnetic bracket	1
77	spring	1
78	Magnetic fixing plate	1
79	Motor	1
80	Low sensor wire	1
81	Acorn Nut (M6)	7
82	belt A1245	1
83	Bolt, Button Head (M8 x 50mm)	2
84	Plastic hole plug	2
85	Adjustable pedal	2

EXERCISE COMPUTER:

Function:

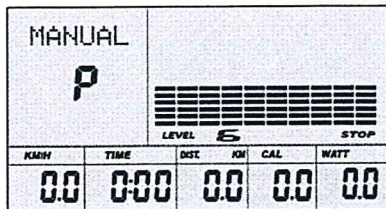1. Program: 21 programs are included:
2. A: 1 Manual Program (See fig 1)

MANUAL

P

LEVEL 5

KMH | TIME | DIST. KM | CAL | WATT
0.0 | 0:00 | 0.0 | 0.0 | 0.0

fig 1

B: 10 Preset Program Profile: (See fig 2~fig 11)

P1

P

LEVEL 4

KMH | TIME | DIST. KM | CAL | WATT
0.0 | 0:00 | 0.0 | 0.0 | 0.0

fig 2

P2

P

LEVEL 2

KMH | TIME | DIST. KM | CAL | WATT
0.0 | 0:00 | 0.0 | 0.0 | 0.0

fig 3

P3

P

LEVEL 2

KMH | TIME | DIST. KM | CAL | WATT
0.0 | 0:00 | 0.0 | 0.0 | 0.0

fig 4

P4

P

LEVEL 4

KMH | TIME | DIST. KM | CAL | WATT
0.0 | 0:00 | 0.0 | 0.0 | 0.0

fig 5

P5

P

LEVEL 2

KMH | TIME | DIST. KM | CAL | WATT
0.0 | 0:00 | 0.0 | 0.0 | 0.0

fig 6

P6

P

LEVEL 4

KMH | TIME | DIST. KM | CAL | WATT
0.0 | 0:00 | 0.0 | 0.0 | 0.0

fig 7

P7

P

LEVEL 5

KMH | TIME | DIST. KM | CAL | WATT
0.0 | 0:00 | 0.0 | 0.0 | 0.0

fig 8

P8

P

LEVEL 5

KMH | TIME | DIST. KM | CAL | WATT
0.0 | 0:00 | 0.0 | 0.0 | 0.0

fig 9

P9

P

LEVEL 3

KMH | TIME | DIST. KM | CAL | WATT
0.0 | 0:00 | 0.0 | 0.0 | 0.0

fig 10

P10

P

LEVEL 5

KMH | TIME | DIST. KM | CAL | WATT
0.0 | 0:00 | 0.0 | 0.0 | 0.0

fig 11

P1: ROLLING P2: VALLEY P3: FATBURN P4:RAMP P5:MOUNTAIN
P6: INTERVAL P7: CARDIO P8: ENDURANCE P9:SLOPE P10:RALLY
C: 1 Watt Control Program （See fig 12）

WATT				
P				
KMH	TIME	DIST KM	CAL	WATT
0.0	0:00	0.0	0.0	100

fig 12

D: 4 User Setting Programs: CUSTOM1 to CUSTOM4 (See fig 17 ~ fig 20)

CUSTOM1				
P				
KMH	TIME	DIST KM	CAL	WATT
0.0	0:00	0.0	0.0	0.0

fig 17

CUSTOM2				
P				
KMH	TIME	DIST KM	CAL	WATT
0.0	0:00	0.0	0.0	0.0

fig 18

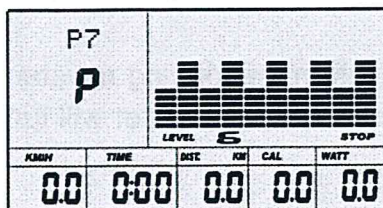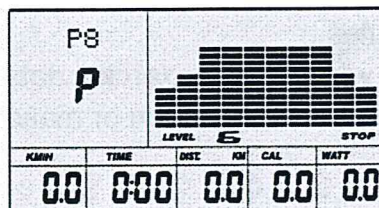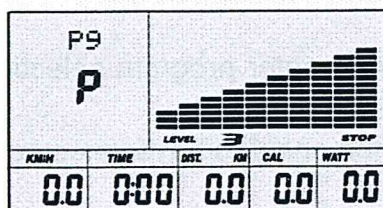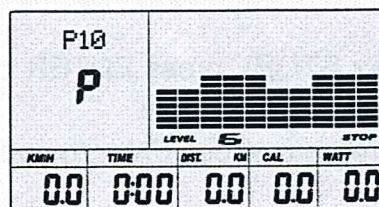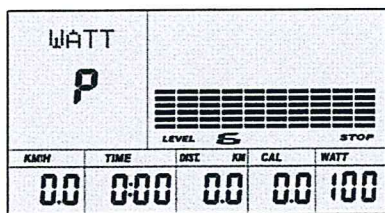| CUSTOM3				
P				
KMH	TIME	DIST KM	CAL	WATT
0.0	0:00	0.0	0.0	0.0

fig 19

CUSTOM4				
P				
KMH	TIME	DIST KM	CAL	WATT
0.0	0:00	0.0	0.0	0.0
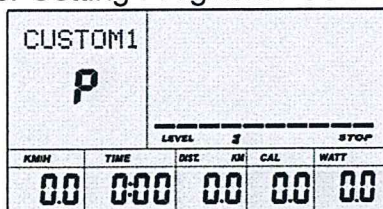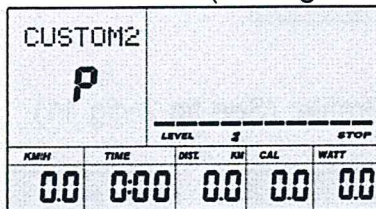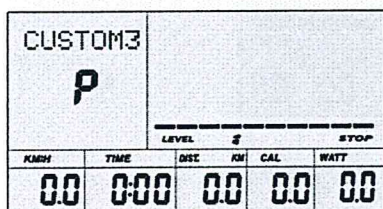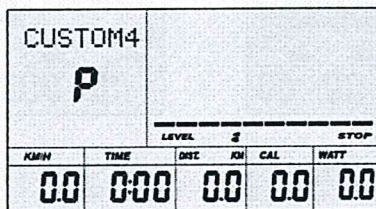
fig 20

E: 1 Body Fat Measuring Program (See fig 21)

FAT				
170				
-			STOP	
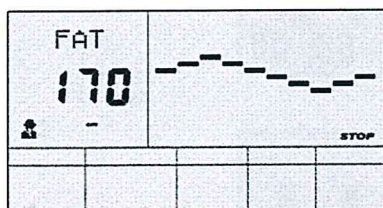
fig 21

2. Records the user's data: GENDER, HEIGHT, WEIGHT and AGE.

3. Dot matrix display showing your current status. (See fig 22)

5. Displays Speed (RPM), TIME, DIST., CAL., WATT, PULSE, LEVEL at the same time.

6. The computer will turn off automatically if there is no operation, speed signal and pulse signal over 4 minutes.

The computer will store your current exercise data and return the loading resistance to the minimum. Once you press any button or make a motion, the computer will turn on automatically.

Buttons:

1. ENTER:

●　In "stop" mode (display STOP), press ENTER button to enter program selection and setting values which will flash in the window.

A: When you choose any program, press Enter to confirm the one you have selected.

B: When in setting mode, press ENTER to confirm the value that you would like to preset.
- During start mode (display START), press ENTER to choose display the speed or RPM, or switch automatically.

2. START/STOP:
- Press START/STOP button to start or stop the programs.
- In any mode, hold down this button for 2 seconds to totally reset the computer.

3. UP:
- In stop mode the dot matrix character will flash, press this button (or rotate clockwise) to select the program up. When the window value flashes, press this button (or rotate clockwise) to increase the value.
- During the start mode (display START), press this button (or rotate clockwise) to increase the training resistance.

4. DOWN:
- In stop mode and the dot matrix characters will flash, press this button (or rotate anticlockwise) to select the program down. Then press this button (or rotate anticlockwise) to decrease the value.
- During start mode (display START), press this button (or rotate anticlockwise) to decrease the training resistance.

5. PULSE RECOVERY:
- First test your current heart rate and show your heart rate value, press this button to enter into pulse recovery testing.
- When you are in pulse recovery mode, press this button to exit.

6. RESET (IF HAVE)
- When in setting mode, press RESET to reset the value that you would like to preset.
- During any mode, hold down this button for 2 seconds to totally reset the computer.

NOTE: ① To press or rotate of UP, DOWN button should be followed by different model.
　　　　② It is suggested to cover your finger within the marked region to select functions in case of any wrong action.

Operation

1. Turn on the computer
Plug in one end of the adaptor to the AC electrical source and connect the other end to the computer.
The computer will beep and enter into initial mode. (See fig 24)
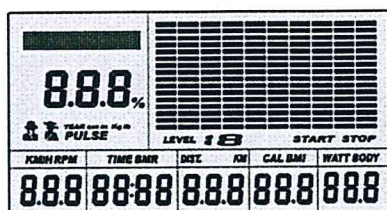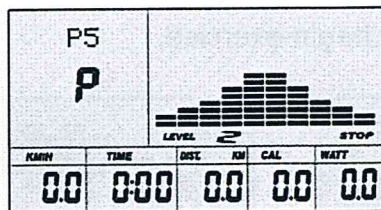

fig 24   fig 25

2. Program select and value setting
- Manual Program and Preset Program P1~P10

A. Press (or rotate) the UP, DOWN button to select the program that you want. （See fig 25)

B. Press the ENTER button to confirm the selected program and enter the **time** setting window.

C. The time setting will flash, and then press (or rotate) UP, DOWN button to set up your desired time. Press ENTER to confirm the value. (See fig 26)
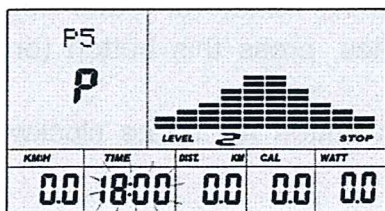

P5				
P				
	LEVEL 2			STOP
KMH	TIME	DIST KM CAL		WATT
0.0	18:00	0.0	0.0	0.0

fig 26

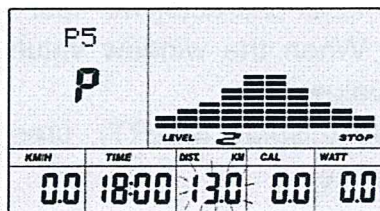|				
P5				
P				
	LEVEL 2			STOP
KMH	TIME	DIST KM CAL		WATT
0.0	18:00	13.0	0.0	0.0

fig 27

D. The distance setting will flash, then press (or rotate) UP, DOWN button to set up the desired distance value. Press ENTER to confirm the value. (See fig 27)

E. The calories setting will flash, then press (or rotate) UP, DOWN to set up the desired calories to be consumed. Press ENTER to confirm the value. (See fig 28)

F. Press START/ STOP to begin exercise. (See fig 29)

● Watt Control Program

A. Press (or rotate) UP, DOWN to select the watt control program.
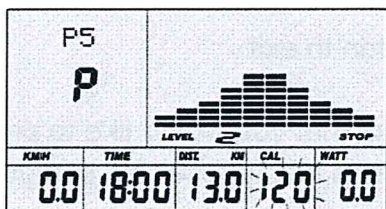

P5				
P				
	LEVEL 2			STOP
KMH	TIME	DIST KM CAL		WATT
0.0	18:00	13.0	20	0.0

fig 28

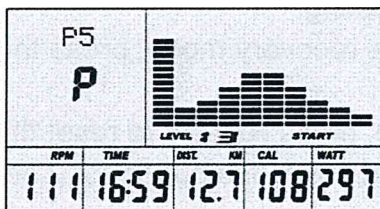|				
P5				
P				
	LEVEL 1 3			START
RPM	TIME	DIST KM CAL		WATT
111	16:59	12.7	108	297

fig 29

-5-

B. Press ENTER to confirm the selected watt control program, and enter into time setting window.

C. The time will flash, and then press (or rotate) UP, DOWN button to set up the desired time,. Press ENTER to confirm the value.

D. The distance will flash, and then press (or rotate) UP, DOWN button to set up the desired distance value. Press ENTER to confirm the value.

E. The calories will flash, and then press (or rotate) UP, DOWN button to set up the desired calories to be consumed. Press ENTER to confirm the value.

F. The watt display will flash, and then press(or rotate) UP, DOWN button to set up the watt to do the exercise. Press ENTER to confirm the value. (See fig 30)

G. Press START/ STOP to begin exercise.

WATT				
P				
	LEVEL 6			STOP
KMH	TIME	DIST KM CAL		WATT
0.0	0:00	0.0	0.0	280

fig 30

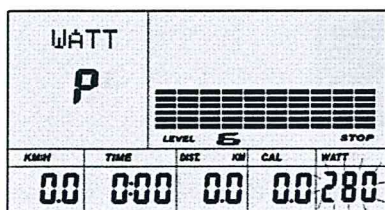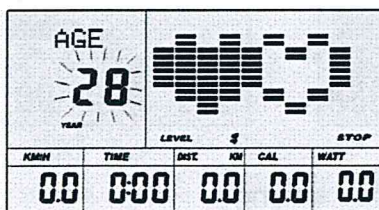|				
AGE				
28				
YEAR	LEVEL 1			STOP
KMH	TIME	DIST KM CAL		WATT
0.0	0:00	0.0	0.0	0.0

fig 31

NOTE: The WATT value is decided by the tension and RPM. In this program, the WATT value will keep at constant value. It means that if you row quickly, the load resistance will decrease and if you row slowly, the load resistance will increase to ensure you are at the same watt value.

Specifications

Speed KM/H(M/H): showing your current speed. Range: 0.0~99.9 KM/H (M/H).

RPM: showing the current rotate per minute. Range: 0~999.

TIME: the accumulative exercise time, range: 0:00~99M59S.

The preset time range is 5:00~99M00S. The computer will start to count down from preset time to 0:00 with average time for each resistance level. When it reaches to zero, the program will stop and computer will go to alarm. If you do not preset the time, it will run with one minute decrement through each resistance level.

DIST: the exercise accumulative distance. Range: 0.0~99.9~999KM (MILE) the preset distance range :1.0~99.0~999. When the distance reaches 0, the program will stop and the computer will go to alarm.

CALORIE: he exercise accumulative calories burnt. Range: 0.0~99.9~999 the preset calories range :10.0~90.0~990. When the calorie level reaches 0, the program will stop and the computer will go to alarm.

PULSE: showing the exercise heart rate value. Range: 30~240BPM(beat per minute)

RESISTANCE LEVEL: showing resistance level. Range:1~16

WATT: show the exercise watt

■ BREAKDOWN DISPLAY

1. If the computer displays ERROR1, please check to see that the wires are well connected.

2. If the computer displays ERROR2, please check that your hands contact the sensors well, and there is no body fat signal detected.

■ AUDIO AMPLIFIER AND SPEAKER (IF SUPPLIED)

Connect the audio input plug to the audio player, then turn on the audio switch on the right side of the computer. The audio will then play.

NOTE: If the computer is also equipped with wireless heart rate measuring via the transmitter belt and MP3 function. The two functions cannot work together. Turn the switch to heart rate, the wireless heart rate measuring work. Turn switch to MP3, MP3 will work.
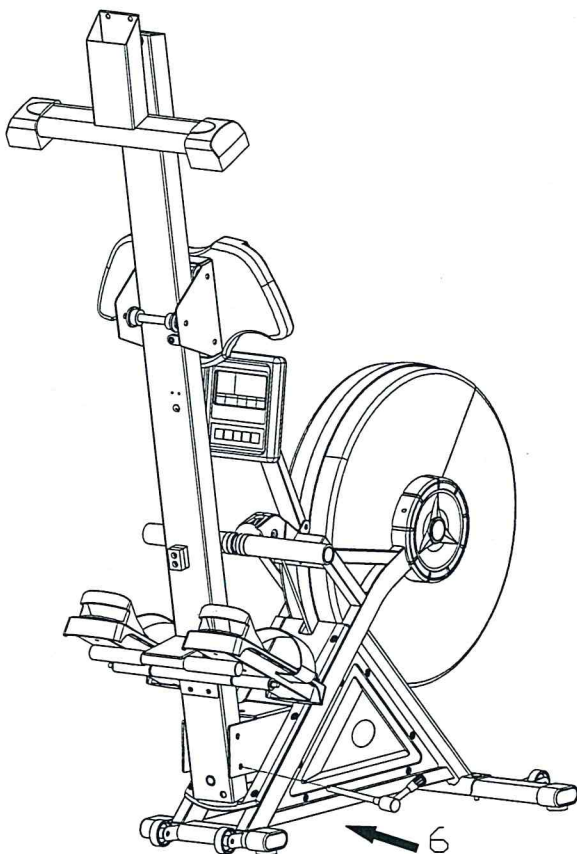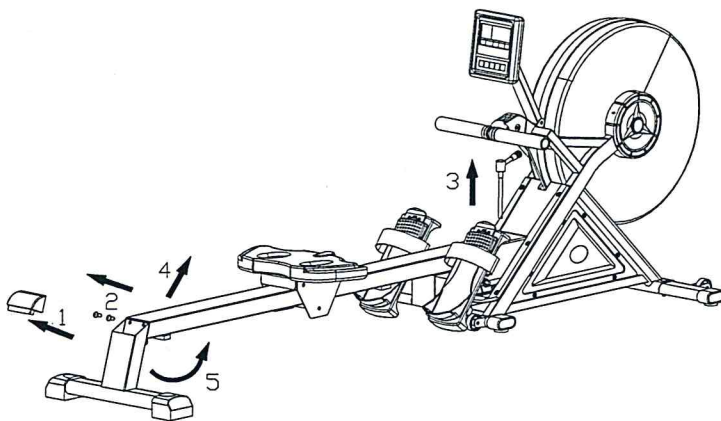
■ ADAPTOR

INPUT: AC (The voltage depends on different country)

OUTPUT:

PMS: 8VDC 500mA AC-DC ADAPTOR or 9VDC 800mA AC-DC ADAPTOR (for MP3) or 8VDC 600mA SWITCHING POWER SUPPLY ADAPTOR EMS: 24VDC 1500mA or 34VDC 1500mA (for over 260W)

Folding For Storage:

1: Pull out the Back cover (28).

2: Undo 2 Bolts, Button Head（M8X20)

3: Take out the L knob (11) according per the picture direction

4. Fold the seat track up according to the picture

5.fold the supporting tube (27) according to the picture

6. insert the L knob (11) into the folding position lock hole

Note: put the rower machine on smooth

1: Pull out the L knob (11) according to the picture direction

2: Unfold the seat track (4)

3: Fix the supporting tube (27)

4: Secure the support tube with it with 2PCS Bolt, Button Head（M8 x20mm(23) and flat washer (24)

5. Put the back cover (27) on to the supporting tube

6: secure the L knob (11) according to the picture direction

UNFOLDING FOR USE
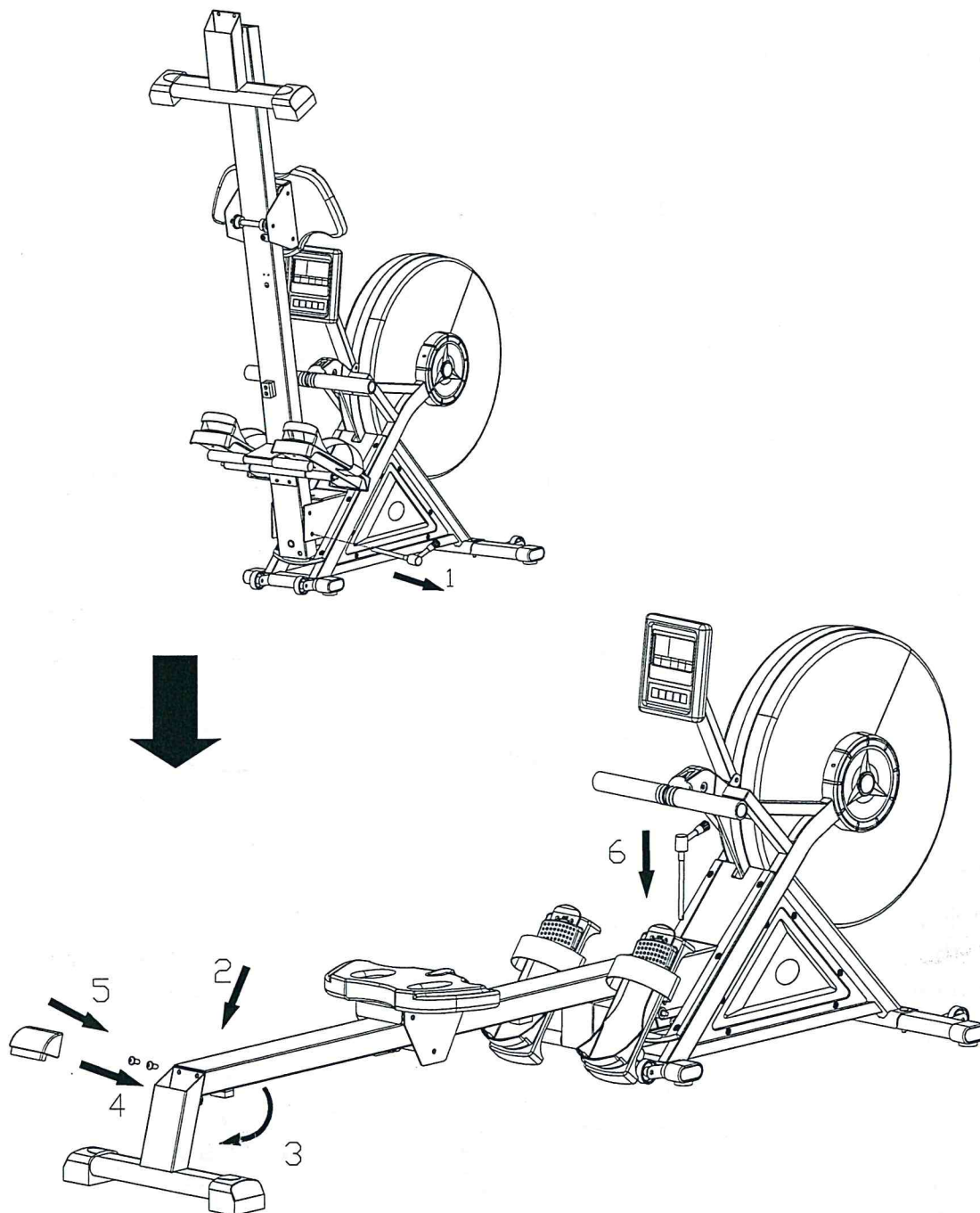
FITNESS GUIDE:

Exercising with your rower:

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

ALWAYS CONSULT YOUR DOCTOR BEFORE UNDERTAKING A NEW EXERCISE REGIME.
IF YOU EXPERIENCE NAUSEA, DIZZINESS OR OTHER ABNORMAL SYMPTOMS DURING EXERCISE, STOP AT ONCE AND CONSULT YOUR DOCTOR.

How to row:

1: Take up the initial position leaning forward, knee bent and arms straight.
2: Push yourself backwards, straightening your back and legs at the same time.
3: Continue movement until you are leaning slightly backwards, bending return to Step 1 and repeat.
(1): Please ensure that fingers are not placed inside of the runner assembly when moving the product.•
(2): When adjusting your exercise position and you need to steady yourself by holding onto the rower, ensure that it is the underside of the seat upholstery that you are grasping.
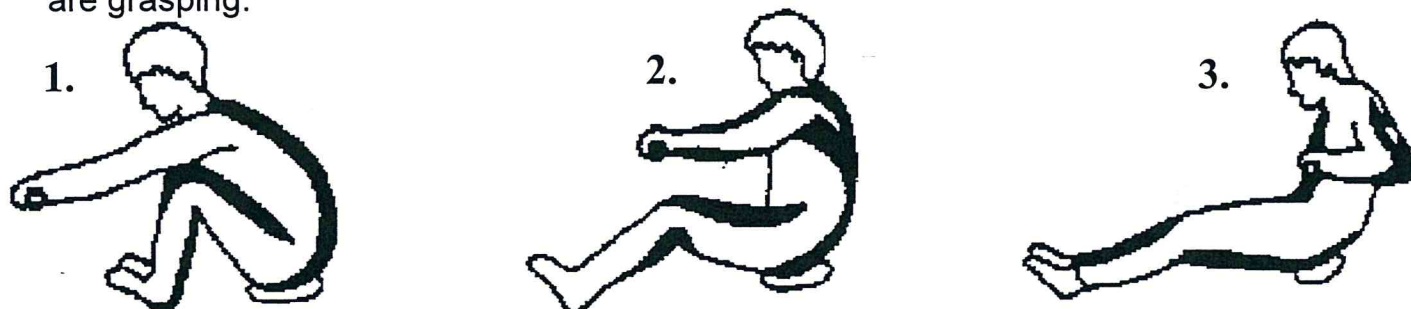
Alternative exercise- leg only rowing:

This exercise will help tone and strengthen the muscles in your legs and back. With your back straight and arms outstretched, bend your legs until the row arms are in the starting position. Use your legs to push your body back whilst keeping your arms and back straight, slowly return to start position and repeat.

FITNESS GUIDE:

Conditioning Guidelines:

How you begin your exercise program depends on your physical condition. If you have been inactive for several years or are out of shape, start slowly and increase your workout gradually. Increase your workout intensity gradually by monitoring your heart rate while you exercise.

Remember to follow these essentials:

(1):Have your doctor review your training and diet programs.•
(2):Begin your training program slowly with realistic goals that have been set by you and your physician.•
(3):Warm up before you exercise and cool down after you work out.•
(4):Take your pulse periodically during your workout and strive to stay within a range of 60% (lower intensity) or 90% • (higher intensity) of your maximum heart rate

zone. Start at the lower intensity and build up to higher intensity as you become

more aerobically fit.
(5):If you feel dizzy or light-headed you should slow down or stop exercising.•
Initially you may only be able to exercise within your target zone for a few minutes; however, your aerobic capacity will improve over the next six to eight weeks. It is important to pace yourself while you exercise so you don't tire too quickly.

To determine if you are working out at the correct intensity, use a heart rate monitor or use the table below. For effective aerobic exercise, your heart rate should be maintained at a level between 60% and 90% of your maximum heart rate. If just starting an exercising program, work out at the low end of your target heart rate zone. As your aerobic capacity improves, gradually increase the intensity of your workout by increasing your heart rate.

Measure your heart rate periodically during your workout by stopping the exercise but continuingly to move your legs or walk around. Place two or three fingers on your wrist and take a six second heartbeat count. Multiply the results by ten to find your heart rate. For example, if your six second heartbeat count is 14, your heart rate is 140 beats per minute. A six second count is used because your heart rate will drop rapidly when you stop exercising. Adjust the intensity of your exercise until your heart rate is at the proper level.

FITNESS GUIDE:

Target Heart Rate Zone Estimated by Age*

AGE	TARGET HEART RATE ZONE (55% - 90% OF MAXIMUM HEART RATE)	AVERAGE MAXIMUM HEART RATE100%
20 YEARS	110-180 BEATS PER MINUTE	200 BEATS PER MINUTE
25 YEARS	107-175 BEATS PER MINUTE	195 BEATS PER MINUTE

30 YEARS	**105-171 BEATS PER MINUTE**	**190 BEATS PER MINUTE**
35 YEARS	**102-166 BEATS PER MINUTE**	**185 BEATS PER MINUTE**
40 YEARS	**99-162 BEATS PER MINUTE**	**180 BEATS PER MINUTE**
45 YEARS	**97-157 BEATS PER MINUTE**	**175 BEATS PER MINUTE**
50 YEARS	**94-153 BEATS PER MINUTE**	**170 BEATS PER MINUTE**
55 YEARS	**91-148 BEATS PER MINUTE**	**165 BEATS PER MINUTE**
60 YEARS	**88-144 BEATS PER MINUTE**	**160 BEATS PER MINUTE**
65 YEARS	**85-139 BEATS PER MINUTE**	**155 BEATS PER MINUTE**
70 YEARS	**83-135 BEATS PER MINUTE**	**150 BEATS PER MINUTE**

*For cardiorespiratory training benefits, the American College of Sports Medicine recommends working out within a heart rate range of 55% to 90% of maximum heart rate. To predict the maximum heart rate, the following formula was used:
220 - AGE = PREDICTED MAXIMUM HEART RATE

For any service matters please call toll free;

TFG Australia 1300 796 636 or email servicem@fitgen.com.au