FITNORD

TÄRKEÄÄ | LUE TÄMÄ KÄYTTÖOPAS ENNEN TUOTTEEN KÄYTTÖÄ.
IMPORTANT | READ THIS MANUAL FIRST BEFORE USE THE PRODUCT.
VIKTIG | LÄS BRUKSANVISNINGEN NOGGRANT INNAN ANVÄNDNING..
VIKTIGT | LES BRUKSANVISNINGEN FØR DU BRUKER PRODUKTET.

EN

Thank you for purchasing a FitNord cardio machine! For your safety, please carefully read this user manual before using the cardio machine. This user manual applies to the FitNord Oceans 1000 model.

CONGRATULATIONS ON PURCHASING A FITNORD CARDIO MACHINE!

REGARDS FROM THE FITNORD TEAM

TABLE OF CONTENTS

1 ABOUT THE MANUAL

⚠️

Pay special attention to the warnings and cautions in this manual.

⚠️ **WARNING!**

Misuse of the cardio machine or failure to read the user manual may lead to serious injuries.

Seller will take no responsibility for any injuries caused by improper use without following the manual.

Please contact the importer (Nordic Sports Brands / Kuntokauppa.fi) if you have any questions about the product or its use.

⚠️ **NOTE**

*Store this user manual for future reference.*

2 SAFETY INFORMATION

PLEASE READ THIS INSTRUCTION MANUAL BEFORE YOU BEGIN ASSEMBLY. GREAT CARE HAS BEEN TAKEN TO DESIGN THESE INSTRUCTIONS AND FOLLOWING THEM WILL HELP YOU WITH QUICKER ASSEMBLY AND MINIMISE THE RISK OF INJURY

YOU ARE RESPONSIBLE FOR YOUR OWN SAFETY - THIS LIST IS NOT EXHAUSTIVE.

- Always assemble and operate the product on a level surface, ensure that the product is stable before use.
- Try to ensure that your back is straight whilst exercising, especially for long periods
- The safety level of this equipment can only be maintained if it is regularly examined for wear and tear
- Keep hands away from moving parts.
- Replace defective components immediately, and/or keep the equipment out of use until it is repaired.
- Use only the adjustment settings as described in the instructions. Always use the correct adjustment pin/fixing.
- Special attention should be taken to inspect the components, such as pulleys, bearings, straps, rollers are always more susceptible to wear before use.
- Never leave any adjustment devices projecting from the product.
- Always wear suitable clothing and footwear e.g. tracksuit / shorts / training shoes
- Remove all personal jewellery before exercising.
- Ensure you warm-up well before using the equipment as this will help to prevent muscle strain.
- After eating, allow 1-2 hours before exercising as this will help to prevent muscle strain.
- Never overload the equipment – the maximum user weight of this rower is 150kg.
- Don't rock the rower from side to side
- Never use the equipment in any other manner other than the ways explained in these instructions and/or any wall-chart supplied.
- This product has an intergrated resistance system without a constant

power mode that is governed by magnetic resistance.

- Losing grip or suddenly releasing the handle could result in an uncontrolled return, ensure there is free space around the product.
- You may want to store this product away to save space - be aware of moving mechanical parts which could cause injury.
- To prevent shock, keep all electrical components, such as the console, motor, cord and switch away from water.
- Do not use any accessories that aren't specifically recommended by the manufacturer, these might cause injuries or cause the unit to fail.
- Work within your recommended exercise level, do NOT work to exhaustion.
- If you feel any pain or abnormal symptoms, STOP YOUR WORKOUT IMMEDIATELY. Consult your physician immediately.
- Parents and others in charge of children should be aware of their responsibility, because the natural play instinct and the fondness of experimenting of children can lead to situations and behaviour for which the training equipment is not intended
- If children are allowed to use the equipment, their mental and physical development and above all their temperament should be taken into account. They should be controlled and instructed in the correct use of the equipment.
- The equipment is under no circumstances suitable as a children's toy.
- This appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of
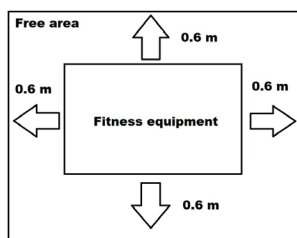
experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety.

- The free area shall be not less than 0.6 m greater than the training area in the directions from which the equipment is accessed.

⚠ NOTE

Injuries to health may result from incorrect or excessive training.

Heart rate monitoring system may be inaccurate, over exercise may result in serious injury or death. If you feel faint stop exercising immediately.

Be aware of the edges on the rower track rail when in use or move it around.

CARE & MAINTENANCE

- Always place the equipment in a dry environment.
- Use a warm, damp cloth to keep the product clean.
- No wet cleaning of electrical components, unplug before any care and maintenance
- The safety level of the equipment can be maintained only if it is regularly examined for damage and wear. This includes any straps, pulleys, nuts, bolts, moving parts, bushes, chains, wheels, bearings & connection points etc.
- Ensure that you inspect the product regularly - at least once a week is recommended.
- Ensure that all fixings are tight before use.
- Always replace damaged / worn components with original parts from the manufacturer.
- Protect the environment by not disposing of this product with household waste. Check your local authority for recycling advice and facilities (Europe only).
- This appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety.
- Children should be supervised to ensure that they do not play with the appliance.
- The appliance is only to be used with the power supply unit provided with the appliance.
- It must only be supplied at safety extra low voltage corresponding to the marking on the appliance.

CUSTOMER SUPPORT

Should you require any assistance regarding this product please gather the following information, and then contact us using the details below:

1. Serial no. - this can be found on the sticker below, located as indicated.
2. For future reference, please write down your serial number in the space provided below.
3. Original purchase date
4. Place of purchase
5. Information about the place and conditions of use
6. Precise description of the issue/defect
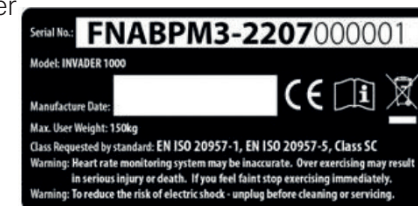
3 ASSEMBLY INSTRUCTION

Before you start

1. Prepare your work area -

it is important you assemble the product in a clean and uncluttered space.
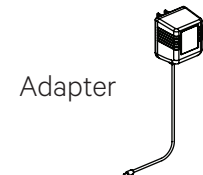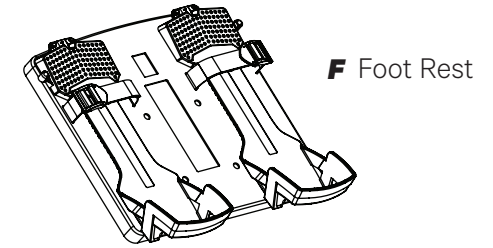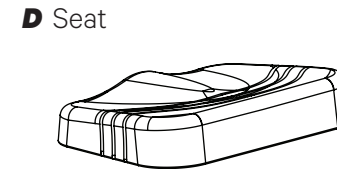
2. Work with a friend -

we recommend you have someone assist you with the assembly as some of the components are quite heavy.

3. Open the carton -

checking any warnings on the carton and make sure you have it the right way up.

4. Unpack the carton -

Make sure you have the following parts:

part nro **A** Main Frame

part nro **B** Front Stabilizer

part nro **C** Rear Stabilizer

E Rower Track

D Seat

F Foot Rest

Adapter

G Rear Handle
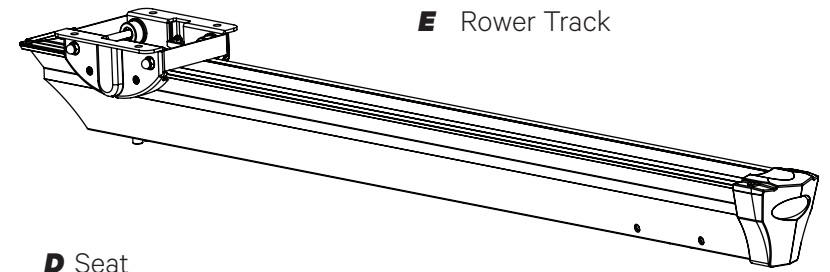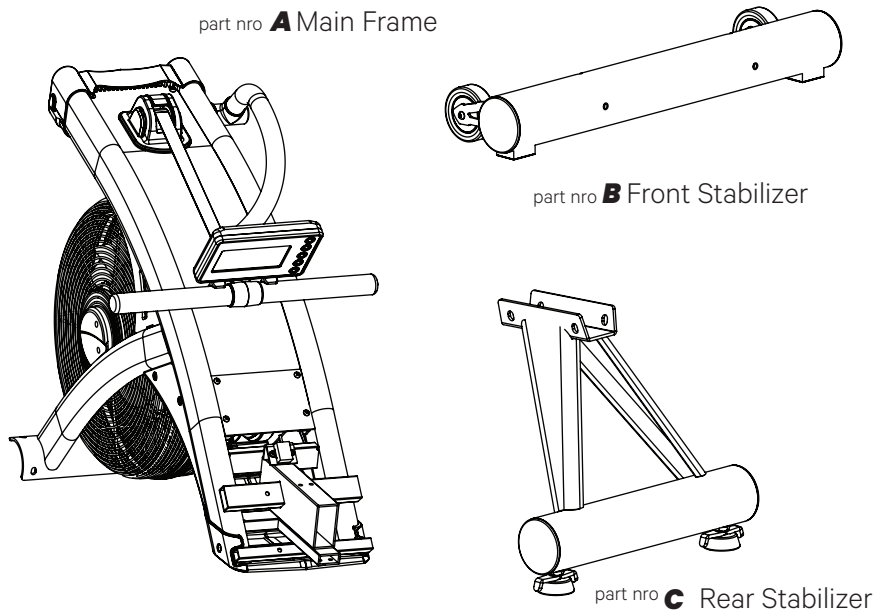
Tools and Consumables
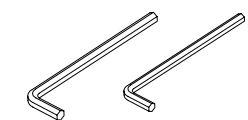
Allen Key (6 and 5mm)

⚠️ **NOTE**

This Rower takes up a floor space of 223.5cm x 61.4cm for use, 61.5 x 76 x 223.5cm for fold up storage and weighs 49kg

1. Locate the Handle Bar

- Place the handle bar against the handle hooks in position shown.
- Pull out the Stop Pin attached on pulling strap and remove the stopper carefully.
- The pulling strap stopper is used for packaging purpose, which won't be used again during the assembly.
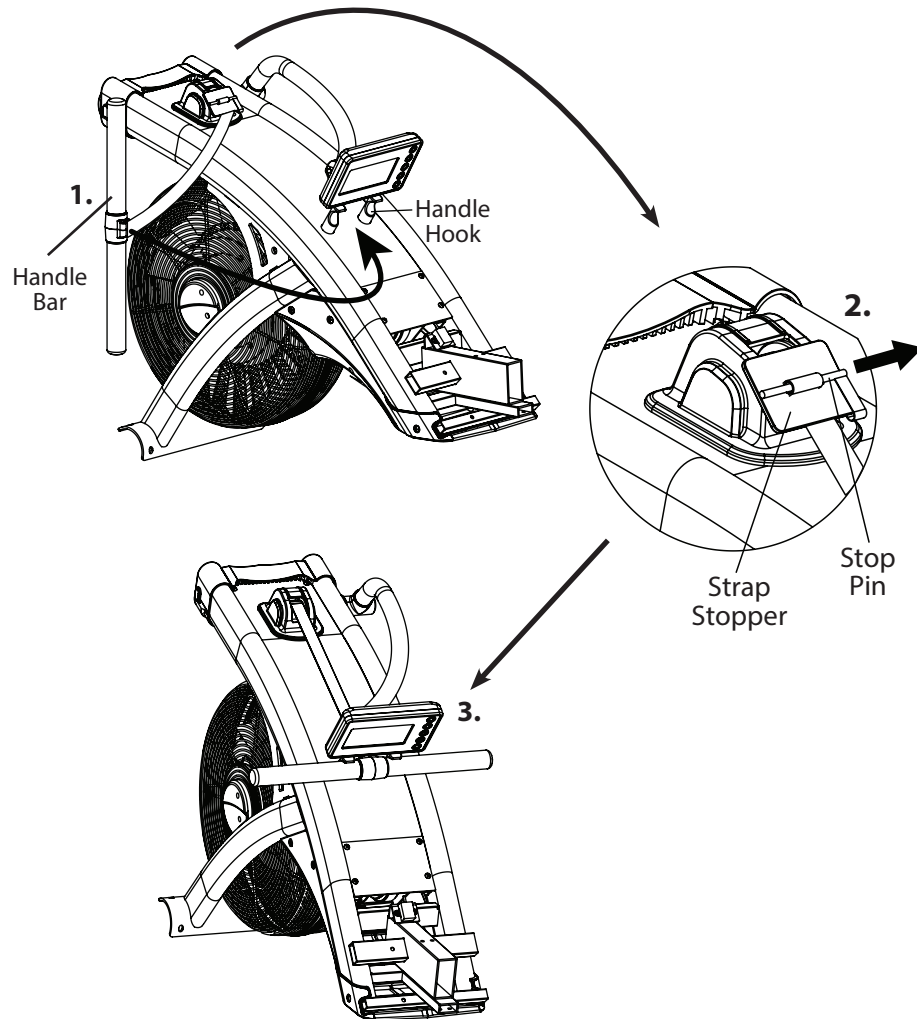
1.

Handle Hook

Handle Bar

2.

Strap Stopper

Stop Pin

3.

2. Attach the Front Stabilizer

2.1 Remove the cardboard tube from the front end stabilizer bracket.

- Loosen the two m8 x 16mm allen head bolts from the cardboard tube and remove the cardboard tube.
- The two Allen Head Bolts and the cardboard tube are used for packaging protection purpose, which won't be used again during the assembly.

Cardboard Tube
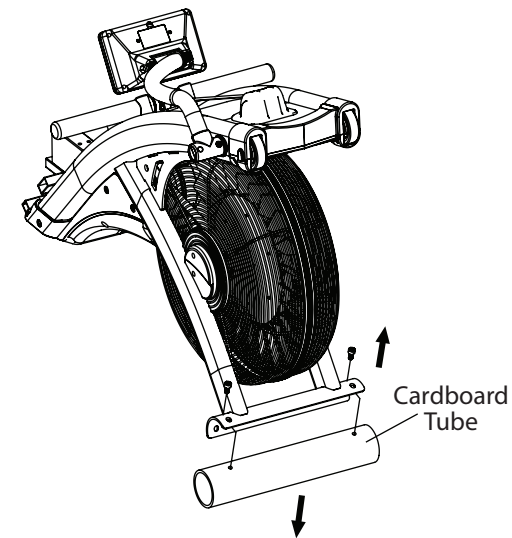
FIXINGS:

x **2**

TOOLS:
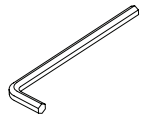
6mm

2.2 Attach the front Stabilizer

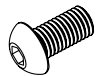- Remove the four m8 x 16mm hex socket head bolt (b5) & m8 x 19mm x1.5mm curve washer (b6) from the front stabilizer (b) with the 6mm allen key provided as shown.
- Attach the front stabilizer (b) to the main frame (a) with four m8 x 16mm hex socket head bolt (b5) & M8 x 19mm x1.5mm curve washer (b6) then tighten these bolts with the 6mm allen key provided securely.
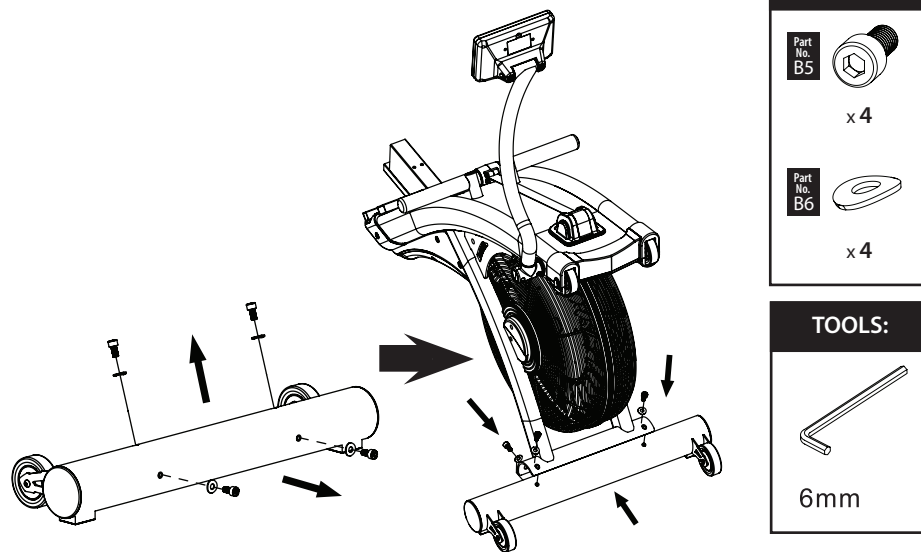
FIXINGS:

| Part No. B5 | ⬡ | x 4 |
| Part No. B6 | ⬭ | x 4 |

TOOLS:

6mm

⚠ **NOTE**

Be sure to fit the parts in the same order as the diagrams shown.

Make sure the bolts are fully tightened with the allen key.

Make sure the moving wheels on the front stabilizer face out after assembly.

3. Attach the Foot Rest Assembly

3.1. Remove the bolts for rower track assembly

- Fold the rower main frame from the rear end, and stand the whole main frame vertically as shown.
- Remove the m8 x 16mm hex socket head bolt (b5) & m8 x 16mm x1.5mm flat washer (b7) from the top & bottom rower track mounting tube with the 6mm allen key provided as shown.
- Keep these bolts & washers somewhere until step 5. Rower track assembly

Rower Track Mounting Tube

FIXINGS:

| Part No. B5 | ⬡ | x 4 |
| Part No. B7 | ◯ | x 4 |

TOOLS:

6mm

3.2. Attach the Foot Rest Assembly

- Remove the m8 x 30mm hex socket head bolt (b8) & m8 x 16mm x1.5mm flat washer (b7) from the foot rest mounting bracket with the 6mm allen key provided as shown.
- Insert the foot rest assembly and attach onto the main frame mounting bracket carefully with four M8 X 30mm hex socket head bolt (b8) & m8 x 16mm x1.5mm flat washer (b7) then tighten these bolts with the 6mm allen key

FIXINGS:

| Part No. B8 | x **4** |
| Part No. B7 | x **4** |

Main Frame Mounting Bracket

TOOLS:

6mm
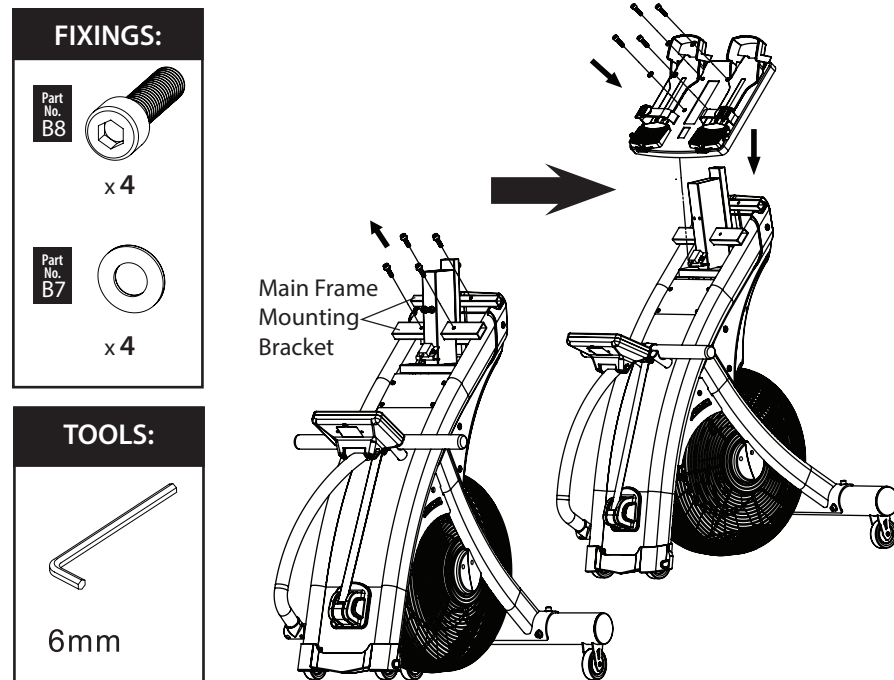
NOTE

Be sure to fit the parts in the same order as the diagrams shown.

Make sure the bolts are fully tightened with the allen key.

4. Attach the Rear Stabilizer & the Rear Handle

4.1. Attach the Rear Stabilizerr

- Remove the four m8 x 20mm hex socket head bolt (b5) & m8 x 16mm x1.5mm flat washer (b7) from both sides of the rear end rower track with the 6mm allen key provided as shown.
- Attach the rear stabilizer (c) to the rear end of the rower track with four m8 x 20mm hex socket head
- Bolt (b5) & m8 x 16mm x1.5mm flat washer (b7) then tighten these bolts with the 6mm allen key securely.

NOTE

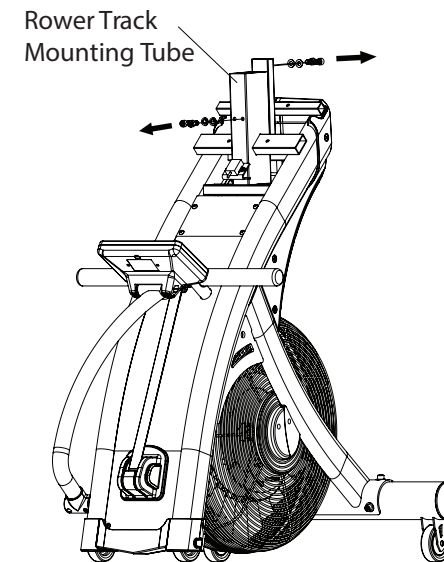*Be sure to fit the parts in the same order as the diagrams shown.*

Make sure the bolts are fully tightened with the allen key.

FIXINGS:

| Part No. B5 | x **4** |
| Part No. B7 | x **4** |

Rower Track

TOOLS:

6mm
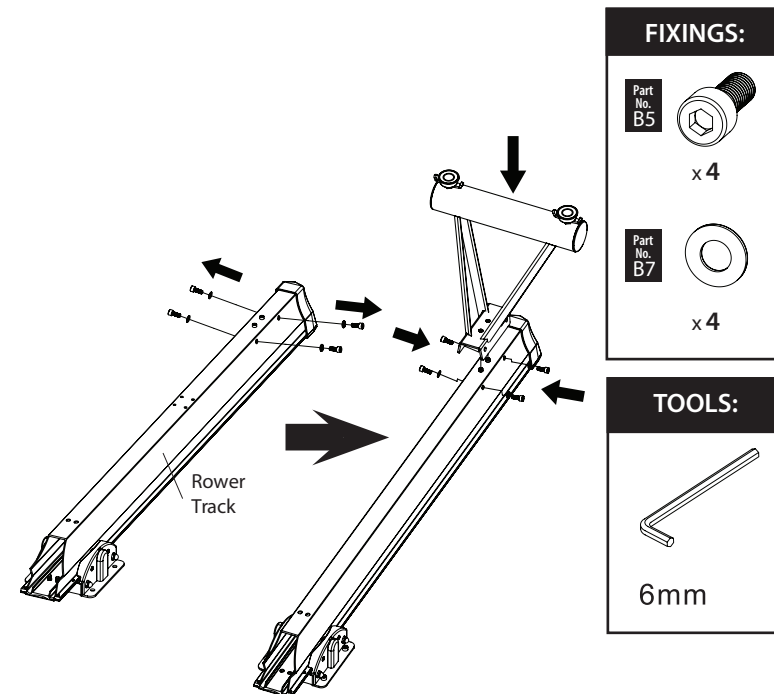
4.2. Attach the rear handle

- Remove the four m6 x 16mm hex socket head bolt (b9) from the rower track with the 5mm allen key provided as shown.
- Attach the rear handle (g) to the centre position of the rower track with four m6 x 16mm hex socket head bolt (b9) then tighten these bolts with the 5mm allen key securely.
- Cut off the cable tie which secured the seat carriage assembly in front end of the rower track.

> **! NOTE**
>
> *Be sure to fit the parts in the same order as the diagrams shown.*
>
> *Make sure the bolts are fully tightened with the allen key.*

FIXINGS:

Part No. B9	⬡
	x **4**

TOOLS:

5mm

Rower Track

Seat Carriage Assembly
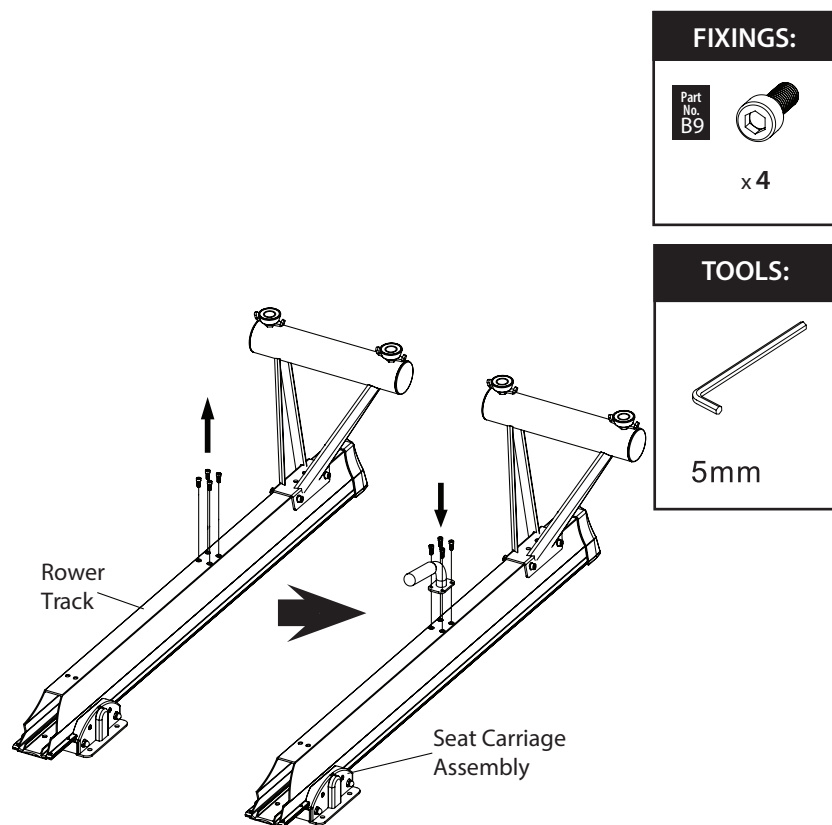
5. Attach the rower track assembly

- Hold the rower track assembly and slide it onto the mounting tube of the main frame carefully.
- Finger tighten two m8 x 16mm hex socket head bolt (b5) & m8 x 16mm x1.5mm flat washer (b7) from the bottom of rower track carefully.
- With one hand, raise and hold the seat carriage assembly , with the other finger tighten the two m8 x 16mm hex socket head bolt (b5) & m8 x 16mm x1.5mm flat washer (b7) from the top of rower track carefully.
- When all four bolts and washers are in place, tighten with 6mm allen key provided securely.
- Lower the seat carriage gently until it stops.

> **! NOTE**
>
> *Be sure to fit the parts in the same order as the diagrams shown.*
>
> *Make sure the bolts are fully tightened with the allen key.*

FIXINGS:

Part No. B5	⬡
	x **4**
Part No. B7	◯
	x **4**

TOOLS:

6mm

Seat Carriage

6. Attach the Rower Seat

- Remove the four M8 x 16mm Hex Socket Head Bolt (J6) from the bottom of Rower Seat with the 6mm Allen Key provided as shown.
- Attach the Rower Seat to the Seat Carriage Assembly with four M8 x 16mm Hex Socket Head Bolt (B5) as shown.
- Tighten these bolts with the 6mm Allen Key provided securely.

> ⚠ **NOTE**
>
> *The front (shorter edge) of the seat should face to the ground.*
>
> *Be sure to fit the parts in the same order as the diagrams shown.*
>
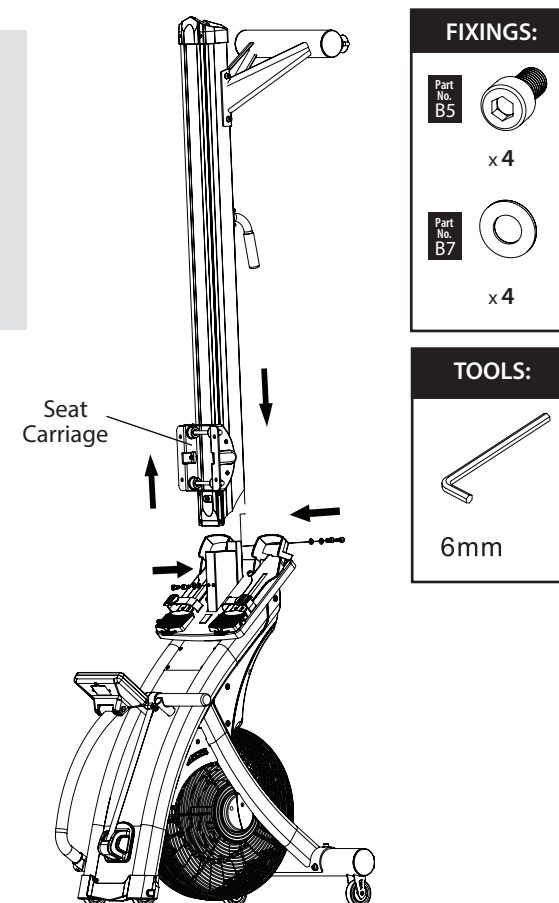> *Make sure the bolts are fully tightened with the allen key.*

FIXINGS:

Part No. B5

x **4**

Seat Carriage Assembly

TOOLS:

6mm

Rower Seat
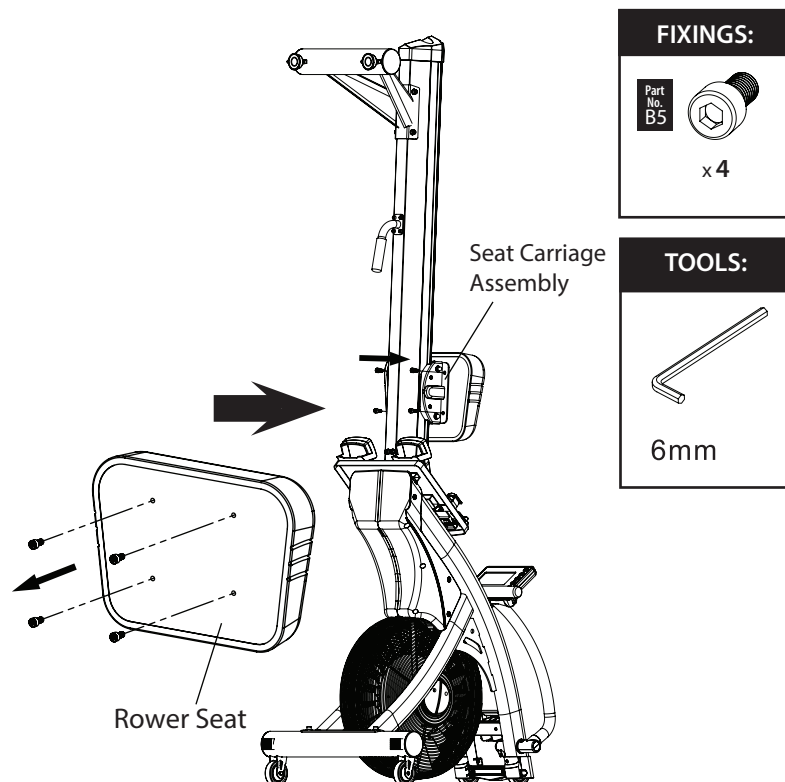
7. Power Up

- Plug one end of the adaptor into your rower as shown.
- Plug the other end into a suitable AC outlet (110 or 220~240V / 50Hz)

OCEANS 1000
Input: 9 Vd.c., 1A

◇ CE ⌧

Adapter
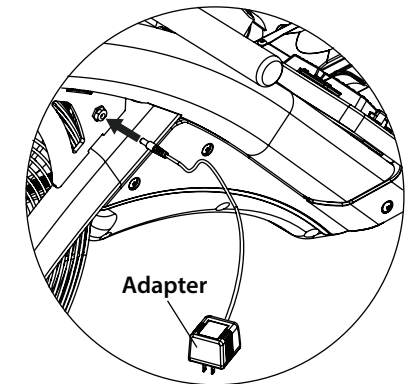
Final checks

Your Rower is now assembled. Please make the following checks before you use it for the first time.

- Make sure all screws, bolts and nuts are tighten securely.
- Make sure you have positioned it on a flat , level surface.

4 AIR ROWER FEATURES EXPLAINED

Adjusting the Foot Rest

1. To set the Foot Rest, pull the yellow lever with one hand and with the other to slide the Heel piece up or down to achieve the required set- ting, then release the yellow lever to lock it in position.
2. Begin by setting the Foot Rest Heel so the strap crosses the ball of your foot.
3. As you gain familiarity with your Rower, you may choose to raise or lower the Foot Rest Heel a notch for reasons of flexibility or general comfort.
4. Optimal setting permits the knee, lower leg and ankle to be perpendicular to the floor at the beginning position.

- Lowering the Foot Rest Heel permit more seat carriage travel.
- Raising the Foot Rest Heel cuts down on leg flexion.

Yellow Lever

Heel

Foot Strap

Foot Rest Heel
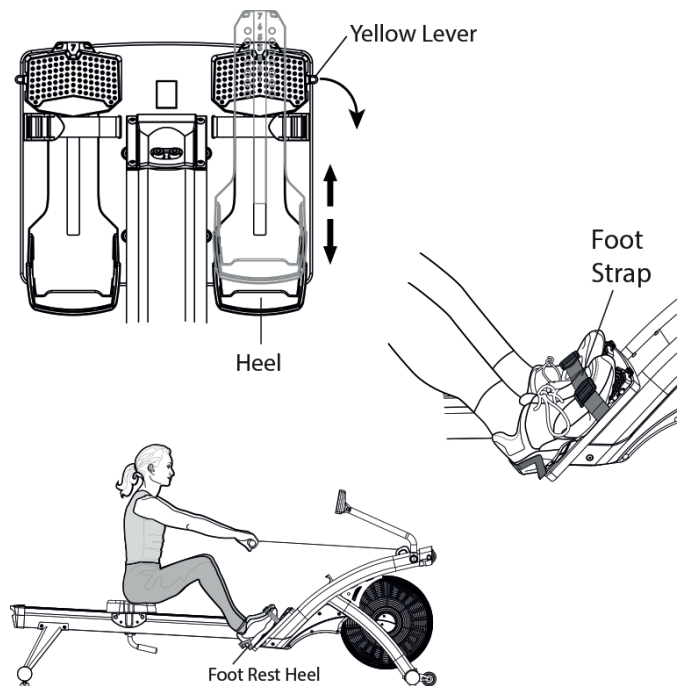
Rest the Pulling Handle

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

Adjusting the Console

1. Adjust the console arm and console display to suitable height and angle for easy viewing by rotating the arm and console itself as shown.

Adjusting the Resistance

1. This Rower features a speed independent (16 levels adjustable) system.
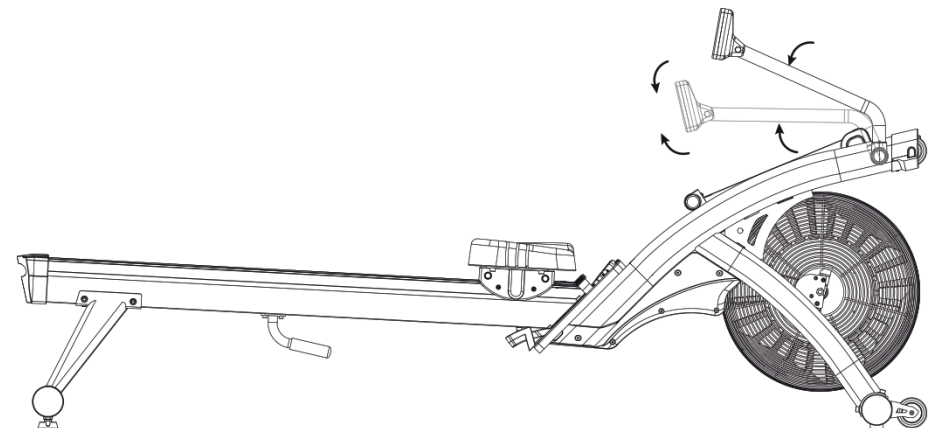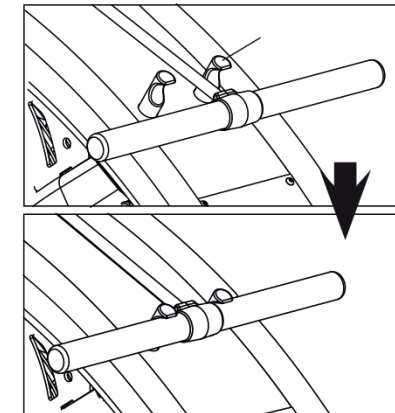2. The harder you pull, the more resistance you will feel. As you put more effort into your rowing, you will go faster, produce more watts, and burn more calories. But it is more important to row for a longer time than to row harder.
3. The resistance is controlled by a magnet assembly, which is moved closer or further away from the fan wheel assembly – the closer the magnet is to the fan wheel the harder the resistance.
4. The magnet is console controlled, to adjust simply press the "▼/▲" -button on the console.
5. The resistance levels goes from 1 = easy to 16 = hard.
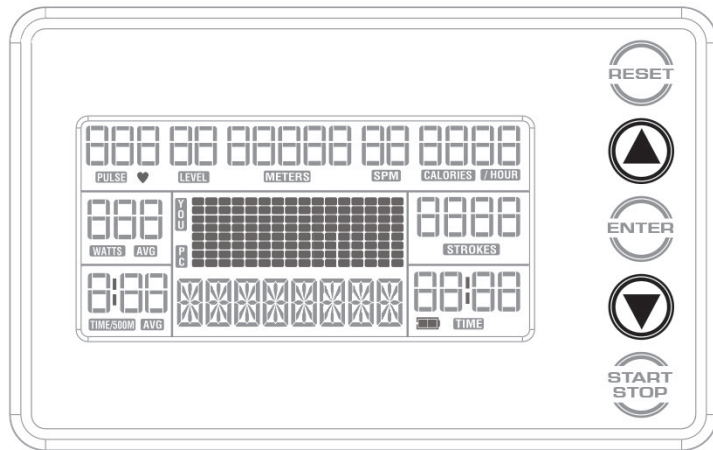
5 LEVELLING YOUR AIR ROWER

Levelling your air rower

1. To help you level the Rower on uneven surface, there are 2 height adjusters attached on the rear stabilizer.
2. Simply turn it to adjust the height of your Rower and double secured the locked handle to the rear stabilizer as required.

Transporting your Air Rower

1. Your Rower has 4 transport wheels located on the front stabilizer & main frame.
2. Fold up the Rower using the rear handle underneath the rower track and then pull or push to move it around.

How to fold up and fold down the rower

To fold-up your rower

1. Adjust the console arm and console for storage as shown.
2. Move the seat carriage to the front end.
3. With right hand, hold the rear end of the seat track, with the other hold the handle firmly as shown.
4. Raise the rower from the rear end, and stand the whole rower vertically.

NOTE: Use your right foot to stop the front stabilizer and left hand to hold the rower can make the fold-up easily.

Locked Handle
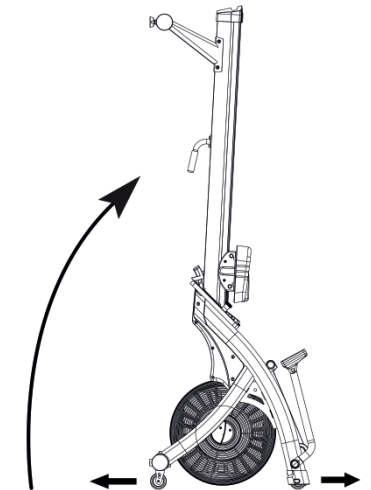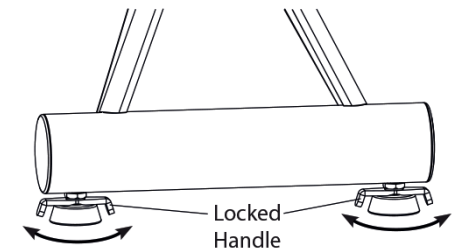
To fold-down your rower

1. Stand yourself behind the rower comfortably and hold the handle with left hand as shown.
2. Use your right foot to stop the front stabilizer while lower the rower carefully.
3. With right hand, hold the rear end of the seat track, with the other hold the handle firmly as shown.
4. Rest the whole rower on the flat, level, solid floor.
5. Adjust the console arm and console for easy viewing as shown.
6. Move the seat carriage to the suitable position before setting on.
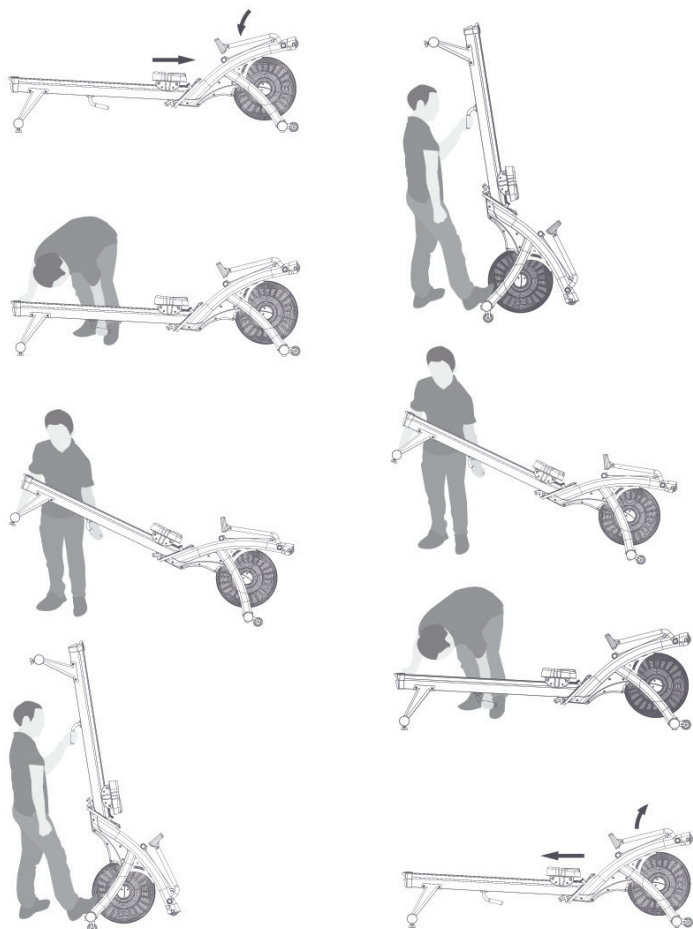
6 COMPUTER INSTRUCTIONS

Quick Start

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

1. Row for a few seconds to power the console on.
2. "**MAINPAGE** " shown on the bottom segment display.
3. Press the "**START**" button.
4. "**QUICK**" shown on the bottom segment display.
5. The values of **TIME**, **METER**, **STROKES**, **WATTS**, **CALORIES**, **TIME/ 500M**, **SPM**, **HEART RATE**（if heart rate signal is detected）will start displaying.
6. The values of **TIME**, **METER**, **STROKES**, **WATTS**, **CALORIES** will start counting upwards.
7. You can change the resistance at any point during the workout by "▼/▲" -buttons on console as wished.
8. To finish this quick workout session and view your workout summary –

Stop rowing.

1. Press "**STOP**" button.

- "**SUMMARY**" shown on the bottom segment display.
- The values of **WATTS**, **CALORIES**, **TIME**, **TIME/ 500M**, **DISTANCE**, **STROKES**, **S/M**, **HEART RATE**（if heart rate signal is detected）will be displayed.
- If you stop rowing without pressing the "**STOP**" button, after 5 seconds the program will automatically pause. You can resume the program by rowing again. After 1 minute of inactivity the program will end.
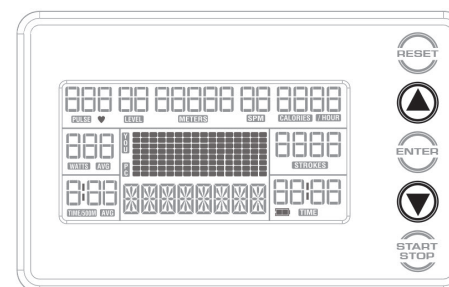
Button Functions

RESET

Press the " RESET" button, during the program setting mode, to return to "START" mode on display.

Press the "RESET" button, in "STOP" / " PAUSE " mode , to reset all of the values on display to zero and return to " START" mode.

To select the pre-set programs of MANUAL > RACE > PROFILE

> WATT > H.R.C. > USER 1 ~ USER 5. in the "START " mode.

• To increase values when setting the target of the program. Press and hold for rapid value change.

• To increase resistance level during the workout.

EntEr

• To confirm the target settings / program selection.

To select the pre-set programs of USER 5 ~ USER 1 >

H.R.C. > WATT > PROFILE > RACE > MANUAL

in the " START " mode.

• To decrease values when setting the target of the program. Press and hold for rapid value change.

• To decrease resistance level during the workout.

start/stoP

• To begin a workout or restart a paused program

• To finish or pause a workout.

Console Display and Feedback

• Indicates the current heart rate in beats per minute (bpm), which are detected by a wireless heart rate chest strap, displayed 30 ~ 220 bpm.

NOTE : To get your pulse reading throughout the exercise, which it gets from you by a 5.4 kHz Polar Telemetry Chest Strap.

! Heart Rate Monitoring System may be inaccurate, Over exercise may result in serious injury or death.

If you feel faint stop exercising immediately!

• Indicates the current energy (power) generated this session, (for comparison only, not to be used for medical purpose) default counts up from zero to 999, but counts down if a target had been set (10 ~ 995 watts)

• Indicates the time that is needed to achieve 500 meters distance travelled, which is automatically calculated, default counts up from 00:00 to 9:59 , but counts down if a target had been set (1:00 ~ 9:55).

• Indicates the resistance level loaded this session, 1= easy and 16= hard.

• Indicates the distance travelled this session, default counts up from 0 to 99999 meter, but counts down if a target had been set (500 ~ 99900 meters).

• Indicates the current program profiles for reference.

• Indicates the current program text message for reference.

• Indicates the current Stroke Per Minute you are rowing at , default counts up from 0 to 99.

• This SPM readout is automatically calculated and displayed when your rower in use and should be used as a guide to pace in workout.

• Indicates the approximate calories burned this session, (for comparison only, not to be used for medical purpose) default counts up from zero to 9999 cal, but counts down if a target had been set (50 ~ 9990 cal /hr.).

• Indicates the cycles exercised this session, default counts up from 0 to 9999 , but counts down if a target had been set (300 ~ 9990).

• Indicates the time exercised this session, default counts up from 00:00 to 99:59 , but counts down if a target had been set (05:00 ~ 99:00).

Using Workout Programs

MANUAL / TARGET Programs

This console features 4 target programs : Target TIME, Target STROKES, Target CALORIES, Target DISTANCE. You can choose to workout by setting a target based on time , stroke, calories burned or distance travelled. Throughout these programs the user is free to adjust the resistance level if needed. When you reach your target the console will sound a short alarm and end the workout by coming a stop.

Target TIME

1. Make sure the console is switched on. "MAINPAGE " shown on the bottom segment display.

2. Use the "▼/▲" buttons to select the program mode you want. "MANUAL" shown on the bottom segment display.

3. Press " ENTER" to confirm your selection.

4. The default value of " " is flashing in the TIME window.

5. Use the "▼/▲" buttons, default value " 20:00 " is flashing in window, to set your workout time (5:00 ~ 99:00 minutes).

6. Press " ENTER" to confirm your setting and to set the resistance loaded of workout.

7. The default value of " 5 " is flashing in the LEVEL window.

8. The default value of " 5 " is flashing in the LEVEL window.

9. Use the "▼/▲" buttons to set your workout resistance loaded level (1~16)

10. Press " ENTER" to confirm your setting.

11. "START" is flashing on the bottom segment display.

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

NOTE : You can press " STOP" button to end the program at any time. The workout summary will displayed on the screen.

NOTE : You can change the resistance level (1~ 16) at any point during the workout by "▼/▲" buttons on console as wished and some of the readouts on display will be adjusted accordingly.

NOTE: Each of the pre-set program is made up of 16 segments and the length of each segment will depend on the time you set for your workout. If the workout time is 32 minutes it is 2 minutes per segment. When the end of the segment is reached the console will sound a short alarm before changing to next segment.

Target STROKES

1. Make sure the console is switched on. "MAINPAGE " shown on the bottom segment display.

2. Use the "▼/▲" buttons to select the program mode you want. "MANUAL" shown on the bottom segment display.

3. Press " ENTER" to confirm your selection and press again to reach target strokes program.

4. The default value of " " is flashing in the STROKES window.

5. Use the "▼/▲" buttons, default value " 300 " is flashing in window, to set your target strokes (300 ~ 9990).

6. Press " ENTER " to confirm your setting and set the resistance loaded of workout.

7. The default value of " 5 " is flashing in the LEVEL window.

8. Use the "▼/▲" buttons to set your workout resistance loaded level (1~16)

9. Press " ENTER" to confirm your setting.

10. "START" is flashing on the bottom segment display.

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

NOTE : You can press " STOP" button to end the program at any time. The workout summary will displayed on the screen.

NOTE : You can change the resistance level (1~ 16) at any point during the workout by "▼/▲" buttons on console as wished and some of the readouts on display will be adjusted accordingly.

NOTE: Each of the pre-set program is made up of 16 segments and the total strokes you set for the workout will be evenly divided in to 16. If the workout strokes is 320, it is 20 strokes per segment and the time used in each segment will change accordingly with the different resistance level settings. When the end of the segment is reached the console will sound a short alarm before changing to next segment.

Target CALORIES

1. Make sure the console is switched on. "MAINPAGE " shown on the bottom segment display.

2. Use the "▼/▲" buttons to select the program mode you want. "MANUAL" shown on the bottom segment display.

3. Press " ENTER" to confirm your selection and press twice to reach target calories program..

4. The default value of " " is flashing in the CALORIES window.

5. Use the "▼/▲" buttons default value "150 " is flashing in window, to set

your target calories (50 ~ 9990).

6. Press " ENTER " to confirm your setting and to set the resistance loaded of workout.

7. The default value of "5 " is flashing in the LEVEL window.

8. Use the "▼/▲" buttons to set your workout resistance loaded level (1~16)

9. Press " ENTER" to confirm your setting. "START" is flashing on the bottom segment display.

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

NOTE : You can press " STOP" button to end the program at any time. The workout summary will displayed on the screen.

NOTE : You can change the resistance level (1~ 16) at any point during the workout by "▼/▲" buttons on console as wished and some of the readouts on display will be adjusted accordingly.

NOTE: Each of the pre-set program is made up of 16 segments and the total calories consumption you set for the workout will be evenly divided in to 16. If the workout calories consumption is 160, it is 10 calories per segment and the time used in each segment will change accordingly with the different resistance level settings.

When the end of the segment is reached the console will sound a short alarm before changing to next segment.

Target DISTANCES

1. Make sure the console is switched on. "MAINPAGE " shown on the bottom segment display.

2. Use the "▼/▲" buttons to select the program mode you want. "MANUAL" shown on the bottom segment display.

3. Press " ENTER" to confirm your selection and press three times to reach target distance program..

4. The default value of " " is flashing in the METERS window.

5. Use the "▼/▲" buttons, default value "1000 " is flashing in window, to set your target distance (500 ~ 99900).

6. Press " ENTER " to confirm your setting and set the resistance loaded of workout.

7. The default value of " 5 " is flashing in the LEVEL window.

8. Use the "▼/▲" buttons to set your workout resistance loaded level (1~16)

9. Press " ENTER" to confirm your setting. "START" is flashing on the bottom segment display.

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

NOTE : You can press " STOP" button to end the program at any time. The workout summary will displayed on the screen.

NOTE : You can change the resistance level (1~ 16) at any point during the workout by "▼/▲" buttons on console as wished and some of the readouts on display will be adjusted accordingly.

NOTE: Each of the pre-set program is made up of 16 segments and the total distances travelled you set for the workout will be evenly divided in to 16. If the distances travelled is 800, it is 50 meter per segment and the time used in each segment will change accordingly with the different resistance level settings.

When the end of the segment is reached the console will sound a short alarm before changing to next segment.

RACE Programs

As the common measure of pace is generally "time per 500 meters" which can be stated as how long it takes you to row 500 meters.

Rowers are often gauging their progress based off their 500 meter split time, since it is used in racing. This measurement becomes ingrained and precise with practice for trainers.

This console features a RACE program to allow you to simulate your workout rowing with a preset "time /500m" target. You can either follow the target pace or compete it throughout your workout.

As the Olympic rowing race distance is 2000m, we recommend you to set up 2000m for target distance of your workouts if possible. Please check the " Table Of Time For 2000 Meters Training " for reference before you set up the " time / 500m " target value for this workout.

1. Make sure the console is switched on. "MAINPAGE " shown on the bottom segment display.

2. Use the "▼/▲" buttons to select the program mode you want. "RACE" shown on the bottom segment display.

3. Press " ENTER" to confirm your selection.

4. The default value of "2:15 " is flashing in the TIME /500M window.

5. Use the "▼/▲" buttons to set your target sailing speed (1:00 ~ 9:55).

6. Press " ENTER " to confirm your setting.

7. The default value of " " is flashing in the METERS window.

8. Use the "▼/▲" buttons, default value " 1000 " is flashing in window, to set your target travelled distance (500 ~ 99900).

9. Press " ENTER " to confirm your setting.

10. The default value of " 5 " is flashing in the LEVEL window.

11. Use the "▼/▲" buttons to set your workout resistance loaded level (1~16)

12. Press " ENTER" to confirm your setting.

"START" is flashing on the bottom segment display.

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

NOTE : You can press " STOP" button to end the program at any time. The workout summary will displayed on the screen.

NOTE : You can change the resistance level (1~ 16) at any point during the

workout by "▼/▲" buttons on console as wished and some of the readouts on display will be adjusted accordingly.

NOTE: The whole program is made up of 16 segments and the target distances travelled you set for the workout will be evenly divided into 16. If the target distances is 2000, it is 125 meter per segment and the time used in each segment will change accordingly with the different resistance setting & SPM done. When the end of the segment is reached the console will sound a short alarm before changing to next segment.

PROFILES / PRE-SET Programs

This console features 12 preset resistances loaded programs available for you to choose from.

The resistance adjusts automatically throughout the program workout. You can choose to workout by setting a target based on time , stroke, calories burned or distance travelled. Throughout these programs the user is free to adjust the resistance level if needed.

When you reach your target the console will sound a short alarm and end the workout by coming a stop.

1. Make sure the console is switched on. "MAINPAGE " shown on the bottom segment display.

2. Use the "▼/▲" buttons to select the program mode you want. "PROFILE" shown on the bottom segment display.

3. Press " ENTER" to confirm your selection.

4. The default " P1 Profile " shown on the top dot matrix display.

5. The default "P1" shown on the bottom segment display.

6. Use the "▼/▲" buttons to select the preset program you want. (P1 ~ P12)

7. Press " ENTER" to confirm your selection.

8. The default value of " " is flashing in the TIME window.

9. Use the "▼/▲" buttons, default value " 20:00 " is flashing in window, to set your workout time (5:00 ~ 99:00 minutes).

10. Press " START " to begin your workout or press " ENTER "to set the target strokes.

11. The default value of "   " is flashing in the STROKES window.

12. Use the "▼/▲" buttons, default value " 300 " is flashing in window, to set your target strokes (300 ~ 9990).

13. Press " START " to begin your workout or press " ENTER "to set the target calories.

TABLE OF TIME FOR 2000 METRES

WOMEN - 2000 METRES

NOTE: LW - Lighter than 61.5kg (135lb) / HW - Heavier than 61.6kg (135lb)

MEN - 2000 METRES

NOTE: LW - Lighter than 75kg (165lb) / HW - Heavier than 75kg (165lb)

14. The default value of "---- " is flashing in the CALORIES window.

15. Use the " / " buttons default value " 150 " is flashing in window, to set your target calories (50 ~ 9990).

16. Press " START " to begin your workout or press " ENTER "to set the target distances.

17. The default value of "----- " is flashing in the METERS window.

18. Use the " / " buttons, default value " 1000 " is flashing in window, to set

your target distance（500 ~ 99900）.

19. Press " ENTER" to confirm your setting.

20. " LEVEL + / - " is flashing on the bottom segment display.

21. Use the "▼/▲" buttons to adjust the whole program profile if needed.

22. Press " ENTER" to confirm your setting. "START" is flashing on the bottom segment display.

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

NOTE : You can press " STOP" button to end the program at any time. The workout summary will displayed on the screen.

NOTE: You can ignore any program target based on time, strokes, calories, distances setting if you are not interested in " target setting " while exercising. You can only set one of the targets described above. Once done you can press " START " to go straight into your workout.

NOTE: Each of the pre-set program is made up of 16 segments and the target times, strokes, calories, distances you set for the workout will be evenly divided in to 16. The time used in each segment will change accordingly with the different resistance level settings. When the end of the segment is reached the console will sound a short alarm before changing to next segment.

NOTE : You can change the resistance level（1~ 16）at any point during the workout by "▼/▲" buttons on console as wished and some of the readouts on display will be adjusted accordingly.

WATT Program

This Watt program allows you to work out at a specific level of effort (known as watts). The resistance is adjusted automatically to ensure you are using the pre-set effort level during your workout. Please check the " Table Of Watts V.S. SPM with Level 1 ~ Level 16 " for reference before you set up the " WATT " training target value for this workout.

1. Make sure the console is switched on. "MAINPAGE " shown on the bottom segment display.

2. Use the "▼/▲" buttons to select the program mode you want. "WATT" shown on the bottom segment display.

3. Press " ENTER" to confirm your selection.

4. The default value of " 50" is flashing in the WATTS window.

5. Use the "▼/▲" buttons to set your workout time（10 ~ 995 watts）.

6. Press " ENTER" to confirm your setting.

7. The default value of " -- : -- " is flashing in the TIME window.

8. Use the " / " buttons, default value " 20:00 " is flashing in window, to set your workout time（5:00 ~ 99:00 minutes).

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

10. The default value of "---- " is flashing in the STROKES window.

11. Use the " / " buttons, default value " 300 " is flashing in window, to set your target strokes（300 ~ 9990）.

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

13. The default value of "   " is flashing in the CALORIES window.

14. Use the "▼/▲" buttons default value " 150 " is flashing in window, to set your target calories（50 ~ 9990）.

15. Press " START " to begin your workout or press " ENTER "to set the target distances.

16. The default value of "   " is flashing in the METERS window.

17. Use the "▼/▲" buttons, default value " 1000 " is flashing in window, to set your target distance（500 ~ 99900）.

18. Press " ENTER" to confirm your setting.

19. The default value of " 5 " is flashing in the LEVEL window.

20. Use the "▼/▲" buttons to set your workout resistance loaded level（1~16）

21. Press " ENTER" to confirm your setting."START" is flashing on the bottom segment display.

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

NOTE : You can change the target watts setting of this workout at any point during the workout by "▼/▲" buttons on console as wished and the new target value will be adjusted & shown on the bottom segments of display accordingly.

NOTE : You can press " STOP" button to end the program at any time. The workout summary will displayed on the screen.

NOTE: You can ignore any program target based on time, strokes, calories, distances setting if you are not interested in " target setting " while exerci-

sing.

You can only set one of the targets described above. Once done you can press " START " to go straight into your workout.

NOTE: Each of the pre-set program is made up of 16 segments and the target times, strokes, calories, distances you set for the workout will be evenly divided in to 16. The time used in each segment will change accordingly with the different resistance level & SPM done. When the end of the segment is reached the console will sound a short alarm before changing to next segment.

Table of Watts V.S. SPM with Level 1 ~ Level 16

NOTE: The data may vary from the different magnetic structures / models

HRC (Heart Rate Control) Programs

HRC Programs work by automatically adjusting the resistance level to keep your workout at your target heart rate. To do this the console will need your pulse reading throughout the exercise, which it gets from you by using a 5.4kHz Telemetry Chest Strap. (We recommend you use a Polar 5.4KhZ Telemetry Chest Strap for this program.)

The HRC programs can not be operated with heart rate signals detected from hand pulse sensors.

If your heart rate is too high the resistance is decreased, at a rate of 1 level every 30 seconds.

If your heart rate is too low the resistance is increased, at a rate of 1 level every 30 seconds.

This console features 4 Heart Rate Controlled (HRC) workout programs :

• 55% - targeted to operate at 55% of your maximum heart rate.

• 75% - targeted to operate at 75% of your maximum heart rate.

• 85% - targeted to operate at 85% of your maximum heart rate.

• THR - targeted to operate at your wished setting heart rate.

1. Make sure the console is switched on. "MAINPAGE " shown on the bottom segment display.

2. Use the "▼/▲" buttons to select the program mode you want. "HRC" shown on the bottom segment display.

3. Press " ENTER" to confirm your selection.

4. The default " AGE - 35 " shown on the bottom segment display.

5. Use the "▼/▲" buttons to set the user's age (10 ~ 99).

6. Press " ENTER" to confirm your setting.

7. The target heart rate value will shown in the "PULSE " window accordingly when you select the different HRC programs by using the "▼/▲" buttons.

8. The bottom segment screen will display " 55 % > 75% > 85% > THR " accordingly in order for your selection.

9. Use the "▼/▲" buttons to adjust your target heart rate if required (40 ~ 220).

10. Press " ENTER" to confirm your setting.

11. The default value of " -- : -- " is flashing in the TIME window.

12. Use the "▼/▲" buttons, default value " 20:00 " is flashing in window, to set your workout time (5:00 ~ 99:00 minutes).

13. Press " START " to begin your workout or press " ENTER "to set the target strokes.

14. The default value of "---- " is flashing in the STROKES window.

15. Use the "▼/▲" buttons, default value " 300 " is flashing in window, to set your target strokes (300 ~ 9990).

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

17. The default value of "---- " is flashing in the CALORIES window.

18. Use the "▼/▲" buttons default value " 150 " is flashing in window, to set your target calories (50 ~ 9990).

19. Press " START " to begin your workout or press " ENTER "to set the target distances.

20. The default value of "----- " is flashing in the METERS window.

21. Use the "▼/▲" buttons, default value " 1000 " is flashing in window, to set your target distance (500 ~ 99900).

22. Press " ENTER" to confirm your setting.

 "START" is flashing on the bottom segment display.

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

! " NO PULSE " will shown on the bottom segment display if there is no wireless heart rate signal detected when starting the program.

! Do not use the HRC program if your heart rate is not registering properly on the display.

! Please see the " Exercising with Your Rower " section for more details about the benefits of heart rate training.

! Heart Rate monitoring system may be inaccurate, Over exercise may result in serious injury or death. If you feel faint stop exercising immediately !

NOTE : You can press "STOP" button to end the program at any time. The workout summary will displayed on the screen.

NOTE: You can ignore any program target based on time, strokes, calories, distances setting if you are not interested in " target setting " while exercising. You can only set one of the targets described above. Once done you can press " START " to go straight into your workout.

NOTE: Each of the pre-set program is made up of 16 segments and the target times, strokes, calories, distances you set for the workout will be evenly divided in to 16. The time used in each segment will change accordingly with the different resistance level settings. When the end of the segment is reached the console will sound a short alarm before changing to next segment.

NOTE : You can change the resistance level (1~ 16) at any point during the workout by " / " buttons on console as wished and some of the readouts on display will be adjusted accordingly.

USER / USER 1 ~ USER 5 Programs

This program allows you to create and store 5 personal workout pro- grams, which appear as USER 1, USER 2, USER 3, USER 4 or USER 5. The first time you choose program USER1, USER 2, USER 3, USER 4 or USER 5. from the program selection screen you must set and store the resistance level for each of the 16 profile " segments" as displayed in the profile window as your workout routine, but from then on you can go straight to using the program.

1. Make sure the console is switched on. "MAINPAGE " shown on the bottom segment display.

2. Use the "▼/▲" buttons to select the program mode you want.

The " USER 1 > USER 2 > USER 3 > USER 4 > USER 5 " shown on the bottom segment display to indicate the preset programs in order.

3. The top dot matrix screen will display the different personal workout resistance profiles accordingly in order for your selection.

4. Press " ENTER" to confirm your selection.

5. The preset " U1 Profile " shown on the top dot matrix display.

6. The " USER 1 " shown on the bottom segment display.

7. Press " ENTER" to confirm your selection.

8. The default value of " " is flashing in the TIME window.

9. Use the "▼/▲" buttons, default value " 20:00 " is flashing in window, to set your workout time (5:00 ~ 99:00 minutes).

10. Press " START " to begin your workout or press " ENTER "to set the target strokes.

11. The default value of " " is flashing in the STROKES window.

12. Use the "▼/▲" buttons, default value " 300 " is flashing in window, to set your target strokes (300 ~ 9990).

13. Press " START " to begin your workout or press " ENTER "to set the target calories.

14. The default value of " " is flashing in the CALORIES window.

15. Use the "▼/▲" buttons default value " 150 " is flashing in window, to set your target calories (50 ~ 9990).

16. Press " START " to begin your workout or press " ENTER "to set the target distances.

17. The default value of " " is flashing in the METERS window.

18. Use the "▼/▲" buttons, default value "1000 " is flashing in window, to set your target distance (500 ~ 99900).

19. Press " ENTER" to confirm your setting.

20. " LEVEL + / - " is flashing on the bottom segment display.

21. Use the "▼/▲" buttons to adjust the whole program profile if needed.

22. Press " ENTER" to confirm your setting.

"START" is flashing on the bottom segment display.

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

Or for the first time personal training program setting --

7. Press & hold " ENTER" to start your personal workout profile setting.

8. The default value of " 1 " is shown in the LEVEL window.

9. "S1" is flashing on the bottom segment display.

10. Use the "▼/▲" buttons to set your workout resistance level (1~16) for your first segment.

The " segments " flashing and changing accordingly on the top dot matrix display.

11. Press " ENTER" to confirm your setting.

12. Repeat step. 10, 11 until all 16 segments have been set.

13. Press & hold " ENTER " to confirm your setting.

14. The new setting resistances program profiles will be displayed on top dot matrix window for you to confirm by press & hold " ENTER " button.

15. The default value of "   " is flashing in the TIME window.

16. Use the "▼/▲" buttons, default value " 20:00 " is flashing in window, to set your workout time (5:00 ~ 99:00 minutes).

17. Press " START " to begin your workout or press " ENTER "to set the target strokes.

18. The default value of "   " is flashing in the STROKES window.

19. Use the "▼/▲" buttons, default value " 300 " is flashing in window, to set your target strokes (300 ~ 9990).

20. Press " START " to begin your workout or press " ENTER "to set the target calories.

21. The default value of "   " is flashing in the CALORIES window.

22. Use the "▼/▲" buttons default value " 150 " is flashing in window, to set your target calories (50 ~ 9990).

23. Press " START " to begin your workout or press " ENTER "to set the target distances.

24. The default value of "   " is flashing in the METERS window.

25. Use the "▼/▲" buttons, default value " 1000 " is flashing in window, to set your target distance (500 ~ 99900).

26. Press " ENTER" to confirm your setting.

27. " LEVEL + / - " is flashing on the bottom segment display.

28. Use the "▼/▲" buttons to adjust the whole program profile if needed.

29. Press " ENTER" to confirm your setting.

"START" is flashing on the bottom segment display.

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

NOTE : You can press " STOP" button to end the program at any time. The workout summary will displayed on the screen.

NOTE: You can ignore any program target based on time, strokes, calories, distances setting if you are not interested in " target setting " while exerci-

sing. You can only set one of the targets described above. Once done you can press " START " to go straight into your workout.

NOTE: Each of the pre-set program is made up of 16 segments and the target times, strokes, calories, distances you set for the workout will be evenly divided in to 16.

The time used in each segment will change accordingly with the different resistance level settings. When the end of the segment is reached the console will sound a short alarm before changing to next segment.

NOTE : You can change the resistance level (1~ 16) at any point during the workout by "▼/▲" buttons on console as wished and some of the readouts on display will be adjusted accordingly.

How to Take Care of Your Rower

Storage

Keep the equipment in a dry place with as little temperature variation as possible. Try to protect from dust and always unplug when not in use (if applicable).

Cleaning & Maintenance

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

Ensure you regularly check components for wear and make sure all the nuts & bolts are tightened before each exercise session.

Rower Track – Clean daily before use.

• Use a warm, damp cloth or non-abrasive scouring pad to wipe the top surface of the track with soap water or any glass cleaner. Pay special attention on the both outside edges rails … remove any spots or dirt on it.

Seat Carriage Rollers – Clean daily before use.

• These rollers are easily damaged by dust & dirt to affect its smooth moving, so should be check and clean regularly before user if possible. Use a warm, damp cloth to clean the roller contact area with mild detergent if necessary.

! Loosen and remove the bolts of the rower seat to clean the rollers that inside of the seat carriage.

Pulling Strap – Clean & check daily after use.

• Check for nicks or cuts and fraying that may weaken the pulling strap's integrity even though it is made of superior quality Nylon webbing fabric to make it extremely strong. Also check the stitching at the handlebar end is

intact.

Use a warm, damp cloth to clean the both surfaces of the pulling strap after every exercise if possible

Foot Rest Assembly –Clean & check every week before use.

• This Foot Rest Assembly had a lot of moving parts. It is essential that these parts are in good condition all the times in used. Check that if the foot strap buckle firmly holds the foot strap or not.

Check that if the foot heel self locking assembly is working correctly or not. Make sure that if all of the nuts & bolts are tight and firm.

Use a warm, damp cloth to clean the foot heels contact area with mild detergent if necessary. Check and Replace the Console AA Battery – approximately every 200 hours if equipped. Clean for Dust on Fan Wheel Assembly – approximately every month.

Check for loose Console arm – approximately every month.

! Never remove the protective casing.

! Discontinue use immediately and contact your dealer for replacement if any of the symptoms are found.

Troubleshooting

! If you have a problem with your equipment, before you do anything else please check that all the cables have been connected correctly. Loose cables are very common and many problems can be solved by making sure the cables are properly connected.

If you are having problems with your heart rate reading please note that some fibres used in clothes eg. polyester, create static electricity that may prevent a reliable heart rate reading. Mobile phones, TV's, microwaves and other electrical appliances that generate an electromagnetic field may also interfere with heart rate measurement.

If you are still having problems with your equipment, please get in touch with your local distributor using the details found in the Customer Support section on page 4.

Exercising with Your Air Rower

Before Exercising Check:

• You have to adequate space ie. at least 2ft (60cm) clearance on each side.

• Check all bolts and locking pins are secured and protruding. In particular check all the bolts and pins for wear, replace doubtful parts before using the equipment.

• Always use your Air Rower on a flat level solid surface.

• Always work within your exercise level, do not work to exhaustion.

• If you feel pain or unwell STOP YOUR WORKOUT IMMEDIATELY.

• Injuries to health may result from incorrect or excessive training.

• Please make sure you have read the safety guideline.

• Consult your physician to be sure it is not dangerous for you to undertake a strenuous exercise program.

• Pull straight back the handle with both hands.

• Do not let the handle fly onto the pulling strap guard.

• Do not row with one hand only, abuse of the pulling strap can result in injury.

• Never twist the pulling strap or pull from side to side.

• Keep clothing free of the seat carriage on the rower track.

• Be aware that the seat will roll forward on the rower track when not in use.

• Check your Proper Rowing Techniques as below:

A. Forward body angle at the " START" The shins should not go beyond vertical; and the forward body angle should not be more than about 30 degrees, It should feel like a comfortable amount of reach.

B. Coordination of the " PULLING " You should begin the pulling by pressing down your legs, keeping the arms straight, and without changing the angle of the back initially. When your legs are about halfway extended, start prying open the back.Finally, finish the drive by pulling the handle all the way into your abdomen.

C. Layback at the " FINISH"

Your back should swing past the vertical by about 25 degrees at the finish of the stroke. This layback position should feel comfortable, not stresses. You should feel your abdominal muscles doing some works when you sit in the finish position.

• Include some stretching in your exercise routine. A variety of aches and pains can be eased or prevented by investing a little time in stretching without bouncing gently .

• Start each workout with several minutes of easy rowing for a warm-up. Take at least 5 minutes to build your intensity before starting a hard workout.

• Start your exercise program gradually and build up to heavy work. If you have not rowed in over a week, take it easy for your first row.

• Don't expect to be able to jump right on where you left off and don't try to do intense interval work. Start with a steady row at a comfortable pace and try building the intensity gradually through several intervals of 1-3 minutes in length from next row.

• Use a resistance level setting on 8. The best, all-purpose resistance setting for a great cardiovascular workout is in the setting range of 6-10.

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

• The lower setting requires you to be a little faster in applying your power which, in the end, gives you a better workout.

• Aim for a stroke rate / SPM of between 24 ~ 30 spm.

• Allow a little extra time for warm-up, and start very easily.

• Don't expect to be abler to do a hard interval workout right away.

• It is important to give your body a rest every so often, even though rowing makes you feel great and you want to do it every day. We recommend taking at least one day off per week from rowing and it will make you more eager and have a better workout next day.

• 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.

• Rowing is also impact-free and non-weight-bearing, which makes it that much more appropriate and valuable as a tool for rehabilitation and recovery, and for people of all ages.

• The pictures below show the proper body position in use during each stroke.

 START

• Extend your arms straight toward the flywheel.

• Lean your upper body slightly forward with back straight but not stiff.

• Slide forward on the seat until your shins are vertical (or as close to this as your flexibility will allow).

 PULLING

• Begin the drive by pushing off the footplates with your legs.

• Keep your arms straight and once your legs are straight, lean back slightly.

• Complete the move by pulling the handle towards your torso, just below the chest.

 FINISH

• Pull the handle all the way into your abdomen.

• Straighten your legs.

• Lean your upper body back slightly.

RETURN

• Extend your arms toward the flywheel.

• Lean your upper body forward at the hips to follow the arms.

• Gradually bend legs to slide forward on the seat. Be sure your arms are extended before you bend your knees.

REPEAT

• Draw your body forward until the shins are vertical.

• Upper body should be leaning forward at the hips.

• Arms should be fully extended.

• You are ready to take the next stroke.

NOTE:

• Have someone watch you to help you match your body positions as the pictures shown above.

• These positions should be blended together to make a smooth and continuous stroke with no stopping at any points in the stroke.

• Your handle grip should be loose and comfortable and your wrist should be level during the rowing.

• Please ensure that fingers are not placed inside of the runner assembly when moving the product.

• 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.

Fitness

Many things contribute to fitness and well being but the most important factor is the condition of your heart and lungs and how efficient they are in delivering oxygen via your blood to your muscles.

Your muscle use this oxygen to provide enough energy for daily activity. This

is called aerobic activity (with oxygen).

When you are fit your heat and lungs work well and efficiently.

This means your heart will not have to work so hard. It will pump a lot fewer times per minute so reducing the wear and tear on your heart.

This in turn reduces the chances of your suffering heart disease.

Fitness also helps you control your weight and reduces the effects of aging and stress. You com across the need for fitness continually in everyday life.

When you are fit you can walk briskly up hills and stairs without being too out of breath once at the top you recover quickly. As you can see there are great advantages in being fit.

How to improve your fitness

Like any muscle in your body your heart can be strengthened by systematic physical exercise which requires an increased blood flow and heart rate.

You can measure your heart rate by taking a pulse reading.

Your heart of pulse rate corresponds directly to your exertion level and exercise efficiency.

To improve your fitness in a safe and effective way you need to exercise at a high enough level to improve your aerobic fitness. The area between these 2 levels is called the target zone.

It is important to exercise at the right intensity to stay within this zone.

For the best results you should exercise within the target zone and gradually increase the duration.

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

Caution

Do not try to do too much to quickly start gradually and build up.

If you become ill, if you are under doctor care, or over 35-40 and not currently taking regular exercise then we would advise you not to start to exercise without consulting your doctor.

Target Zone

PULSE RATE

MAXIMUM PULSE RATE

85% OF MAX.

70% OF MAX.

55% OF MAX.

RESET PULSE

WARM UP

EXERCISE SO THAT YOUR PULSE STAYS IN THIS RATE FOR AT LEAST 15-20 MINUTES

COOL DOWN LEVEL

TIME

COOL DOWN

THIS IS HOW YOUR PULSE SHOULD BEHAVE DURING GENERAL FITNESS EXERCISE. REMEMBER TO WARM UP AND COOL DOWN FOR A FEW MINUTES.

HEART RATE

BEATS PER MINUTE

87% maximum heart rate

TRAINING ZONE

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

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

AGE IN YEARS

FIND YOUR OWN EXERCISE PULSE RATE RANGE BY MOVING UP THE VERTICAL LINE FOR YOUR AGE.

Example: Age 40, the vertical line meets the 70% level at about 128 and the 85% level at about 154, pulse rate should remain between these values.

Use this graph to determine your personal target zone.

! 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.

Starting and finishing your workout

Begin and end each workout with a Warm Up / Cool Down session – a few minutes of stretching to help prevent strains, pulls and cramps.

Correct rowing form

• Sit on the rower, with your feet on the foot rest and inside the foot straps

• Ensure that the foot rest is adjusted correctly - you should be stable and balanced whilst on the saddle. The basic rule for getting the foot rest right is that as the seat reaches its farest point, the leg is almost straight.

• Try to ensure that your back is straight whilst exercising, especially for long periods.

How long should I exercise for?

That really depends on your current level of fitness. If you're just starting out on a new exercise program, you should start gradually and build up – do not try to do too much too quickly. 30 minutes, 3 times a week should be enough.

Don't push yourself too hard - you should never feel exhausted during or following exercise.

Heart Rate Training

To get the most out of your new piece of fitness equipment and see the best results from your training you should exercise at the right level of effort, and that means listening to your heart! Working out to a target heart rate means you can direct your workout to achieve different goals:

Good health - For those wishing to improve quality of life and general well being. Your sessions will need to be done at an intensity of between 50-60% of your estimated

maximum heart rate, should last about 30 minutes and can be done on most days of the week.

Weight loss – To see a significant reduction in body fat, your sessions must be a little more intense - between 60 and 70% of your estimated maximum heart rate. These sessions can also be performed on most days of the week for up to 30 minutes.

Improving Fitness levels –These sessions should be performed at 70-80% of your estimated maximum heart rate and can also involve bouts of interval training that would have your heart rate peaking for short times near your maximum heart rate level. These are intense sessions and will require at least a 48 hour rest between sessions.

Calculating your target heart rate

First, you need to find your estimated maximum heart rate using the formula '220 minus your age in years'. So, if you are 35 years old your estimated maximum heart rate is:

220 – 35 = 185 beats per minute (bpm)

Next, to calculate your target heart rate, simply multiply your estimated maximum heart rate (185 bpm) by the applicable percentage. So, if your goal is better heath:

185 x 60% = 111 bpm

! NOTE: The important issue to remember with all estimated calculations is that they are just estimates – if you don't feel comfortable exercising at your target then reduce it to a level you are comfortable with.

Note: Heart rate training requires you to monitor your heart rate throughout the workout. For this we recommend using a chest strap (if your machine has a wireless receiver) or a heart rate monitor.

I - 1 Console Assembly
Heart Rate Receiver
H.R. Rec Connect Wire (3 PIN + 900mm)
Console Connect Wire (3 PIN + 750mm)
DC JACK
Connect Wire (9 PIN + 700mm)
Console Connect Wire (9 PIN + 750mm)
Tension Motor (SE9)
Adapter

FITNORD