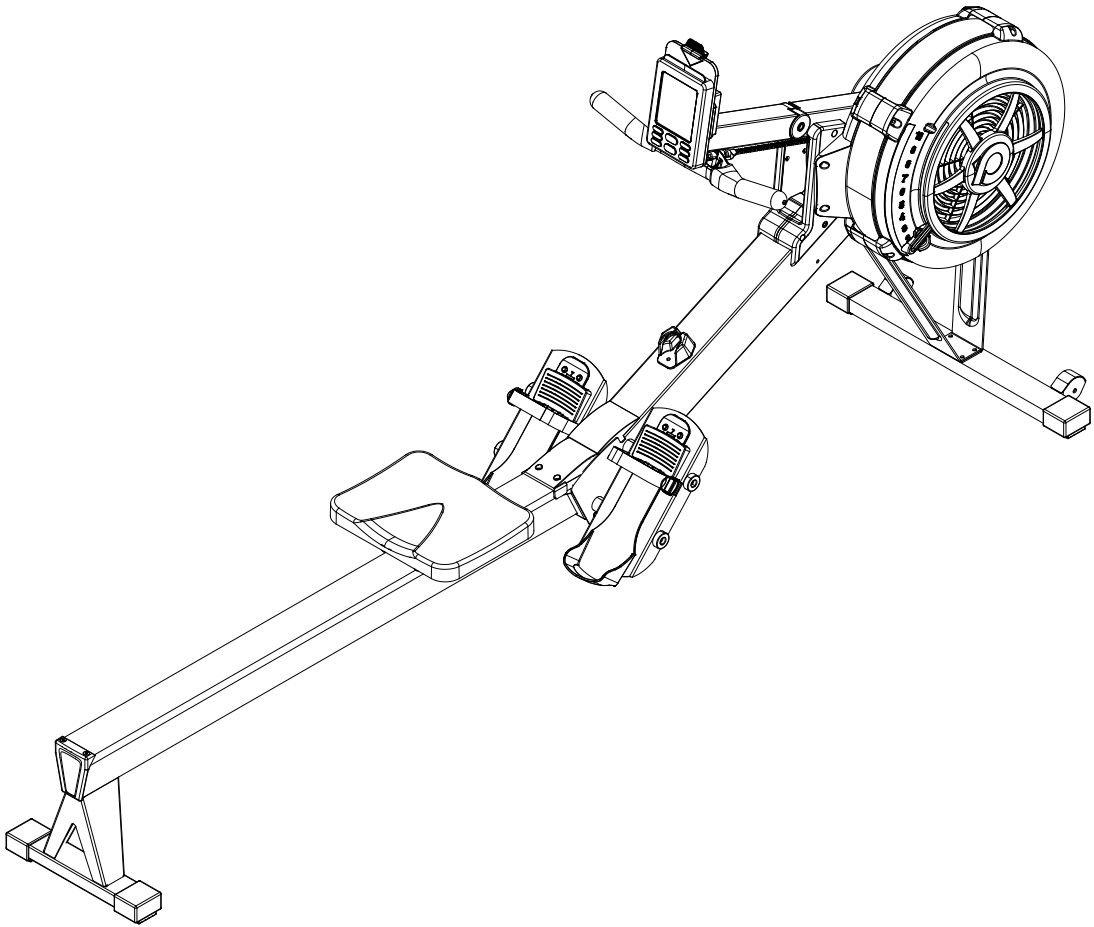


# OWNER'S MANUAL



*Product May Vary Slightly From Pictured.*

**ITEM NO.:**

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## SAFETY INSTRUCTIONS

1. To reduce the risk of serious injury, read the following Safety Instructions before using the **ROWER**.
2. Save these instructions and ensure that other exercisers read this manual prior to using the **ROWER** for the first time.
3. Read all warnings and cautions posted on the **ROWER**.
4. The **ROWER** should only be used after a thorough review of the Owner's Manual. Make sure that it is properly assembled and tightened before use.
5. We recommend that two people be available for assembly of this product.
6. Keep children away from the **ROWER**. Do not allow children to use or play on the **ROWER**. Keep children and pets away from the **ROWER** when it is in use.
7. It is recommended that you place this exercise equipment on an equipment mat.
8. Set up and operate the **ROWER** on a solid level surface. Do not position the **ROWER** on loose rugs or uneven surfaces.
9. Make sure that adequate space is available for access to and around the **ROWER**.
10. Before using, inspect the **ROWER** for worn or loose components, and securely tighten or replace any worn or loose components prior to use.
11. Before using, check the condition of the CHAIN(36). Replace the CHAIN(36) if it is cracked or broken.
12. Consult a physician prior to commencing an exercise program and follow his/her recommendations in developing your fitness program. If at any time during exercise you feel faint, dizzy, or experience pain, stop and consult your physician. Failure to follow all warnings and instructions could result in serious injury or death.
13. Always choose the workout which best fits your physical strength and flexibility level. Know your limits and train within them. Always use common sense when exercising.
14. Do not wear loose or dangling clothing while using the **ROWER**.
15. Never exercise in bare feet or socks; always wear proper footwear such as running, walking, or cross training shoes that fit well, provide foot support, and feature non-skid rubber soles.
16. Be careful to maintain your balance while using, mounting, dismounting, or assembling the **ROWER**, loss of balance may result in a fall and bodily injury.
17. Do not use the SEAT(51) to move the **ROWER**. The SEAT(51) will move and the SEAT CARRIAGE(10) may pinch your hand or fingers. When assembling or separating the unit, keep all children away and make sure your hands are clear of any pinch point.
18. The **ROWER** should not be used by persons weighing over 297 lbs /135 kgs.
19. The **ROWER** should be used by only one person at a time.

## BEFORE YOU BEGIN

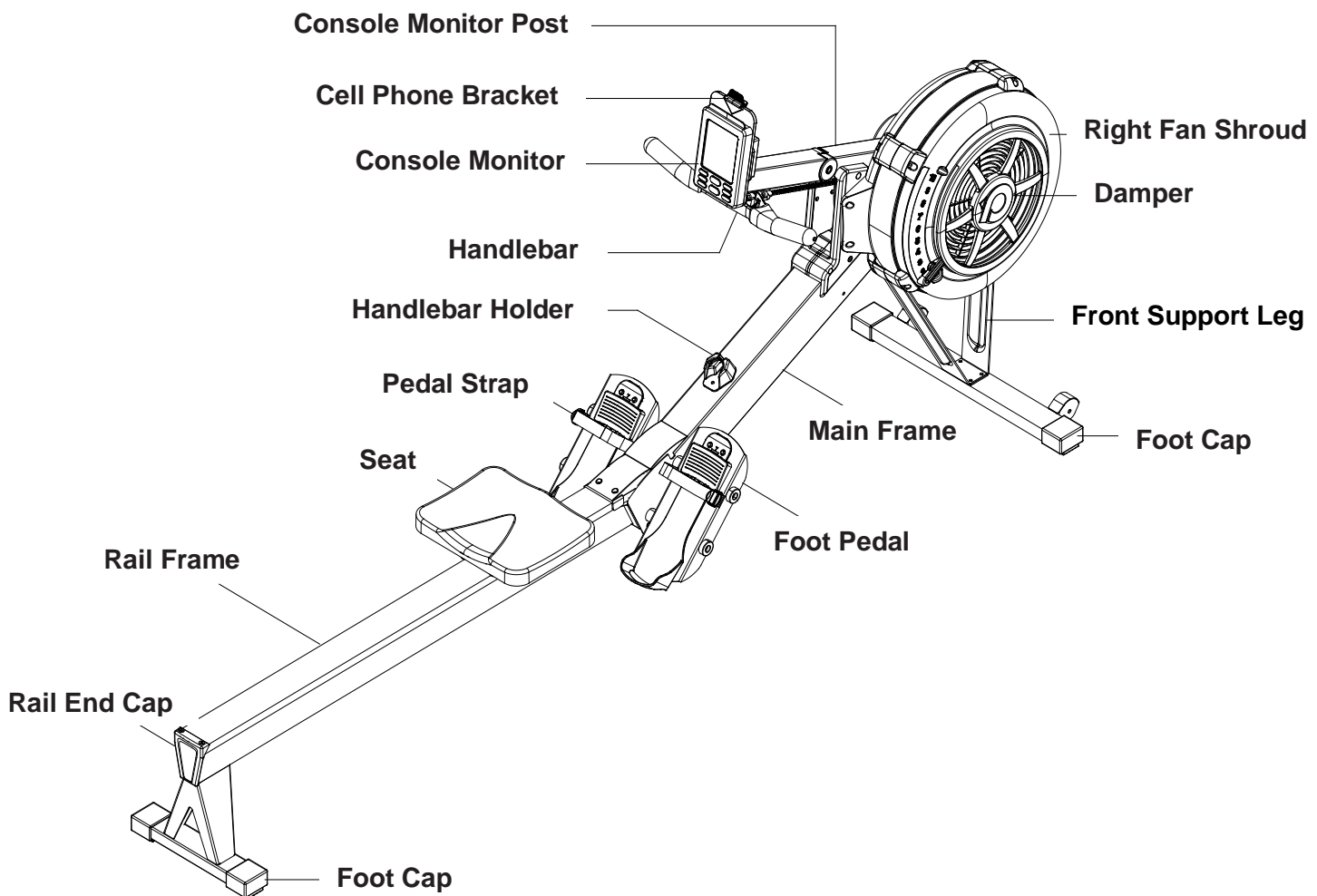
Thank you for choosing the **ROWER**. We take great pride in producing this quality product and hope it will provide many hours of quality exercise to make you feel better, look better, and enjoy life to its fullest.

It's a proven fact that a regular exercise program can improve your physical and mental health. Too often, our busy lifestyles limit our time and opportunity to exercise. The **ROWER** provides a

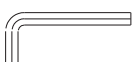
convenient and simple method to begin your journey of getting your body in shape and achieving a happier and healthier lifestyle.

Before reading further, please review the drawing below and familiarize yourself with the parts that are labeled.

Read this manual carefully before using the **ROWER**.



### THE FOLLOWING TOOLS ARE INCLUDED FOR ASSEMBLY :



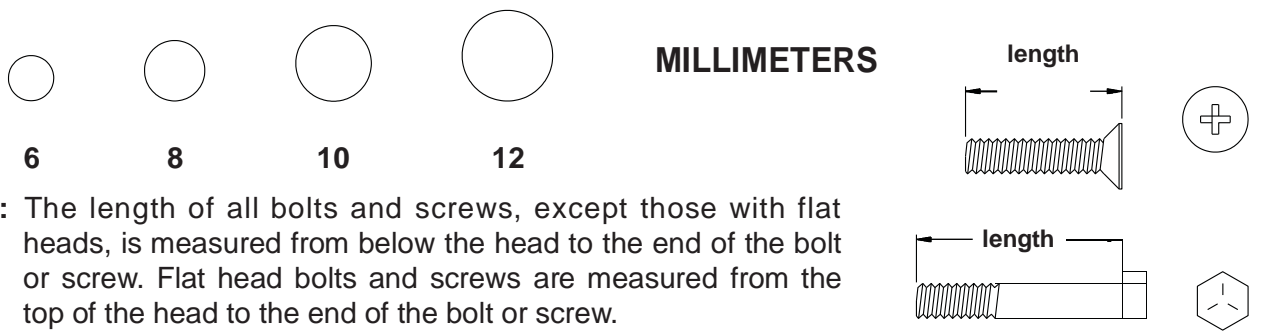
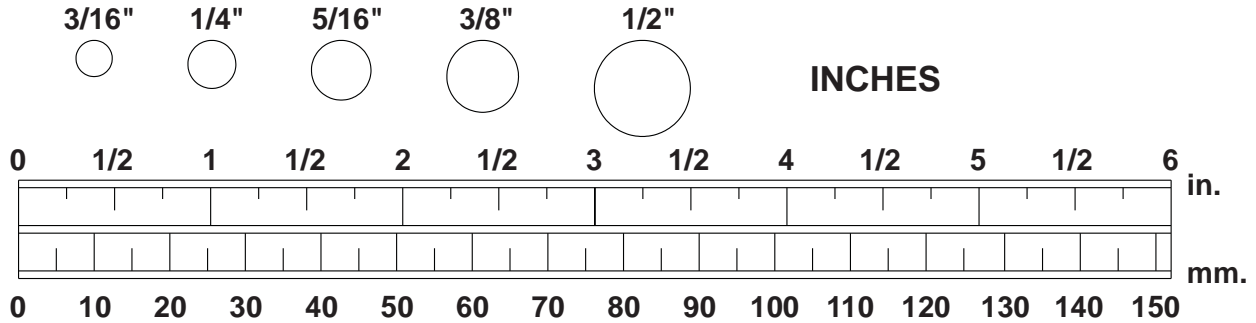
Allen Wrench (6mm)  
Allen Wrench (5mm)



Screwdriver

## HARDWARE IDENTIFICATION CHART

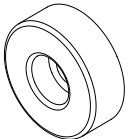
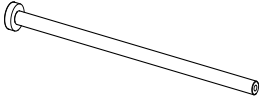
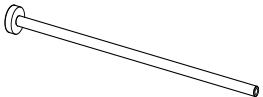
This chart is provided to help identify the fasteners used in the assembly process. Place the washers or the ends of the bolts or screws on the circles to check for the correct diameter. Use the small scale to check the length of the bolts and screws.



**NOTICE:** The length of all bolts and screws, except those with flat heads, is measured from below the head to the end of the bolt or screw. Flat head bolts and screws are measured from the top of the head to the end of the bolt or screw.

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

Part Drawing	Part No.	Description	Qty
	<b>78</b>	<b>Button Head Cap Screw, M8x75mm</b>	<b>1</b>
	<b>79</b>	<b>Flat Washer, M8</b>	<b>1</b>
	<b>76</b>	<b>Flat Washer, M6</b>	<b>8</b>
	<b>80</b>	<b>Nylon Lock Nut, M8</b>	<b>1</b>
	<b>81</b>	<b>Socket Head Cap Screw, M6x16mm</b>	<b>8</b>
	<b>131</b>	<b>Phillips Pan Head Screw, M6x12mm</b>	<b>3</b>
	<b>173</b>	<b>Socket Head Cap Screw, M8x20mm</b>	<b>2</b>
	<b>98</b>	<b>Pull Pin</b>	<b>1</b>

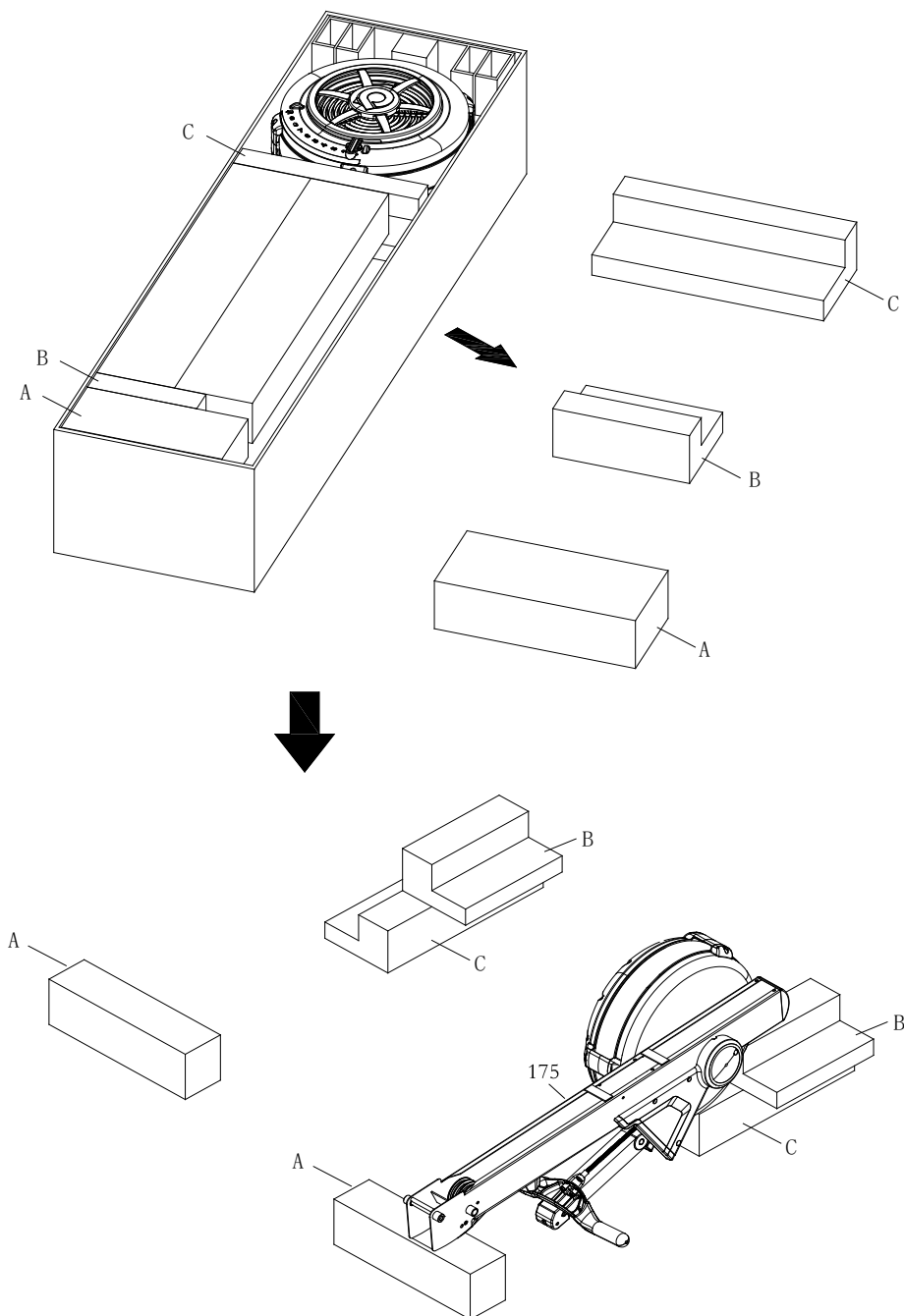
	<b>178</b>	<b>Foot Pedal End Cap</b>	<b>2</b>
	<b>139</b>	<b>Pedal Shaft 16mm</b>	<b>1</b>
	<b>140</b>	<b>Pedal Shaft 12mm</b>	<b>1</b>

## ASSEMBLY INSTRUCTIONS

### STEP 1

First, take out the accessory box, then remove the corresponding cardboard **packaging materials (A/B/C)**. Stack **cardboard (B)** on top of **cardboard (C)** as shown in the diagram. Next, lift out the **Main frame (175)** and place it on top of **cardboard (B/C)** and **cardboard (A)**. The chain cover should be placed into the groove of **cardboard (C)**.

NOTE: Fan Shrouds will be easily damaged if the whole product is placed on the ground directly during the assembly.

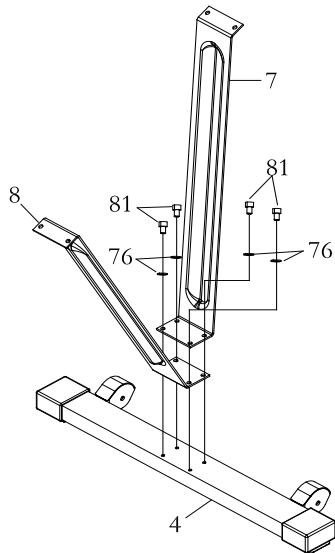


## ASSEMBLY INSTRUCTIONS

### STEP 2

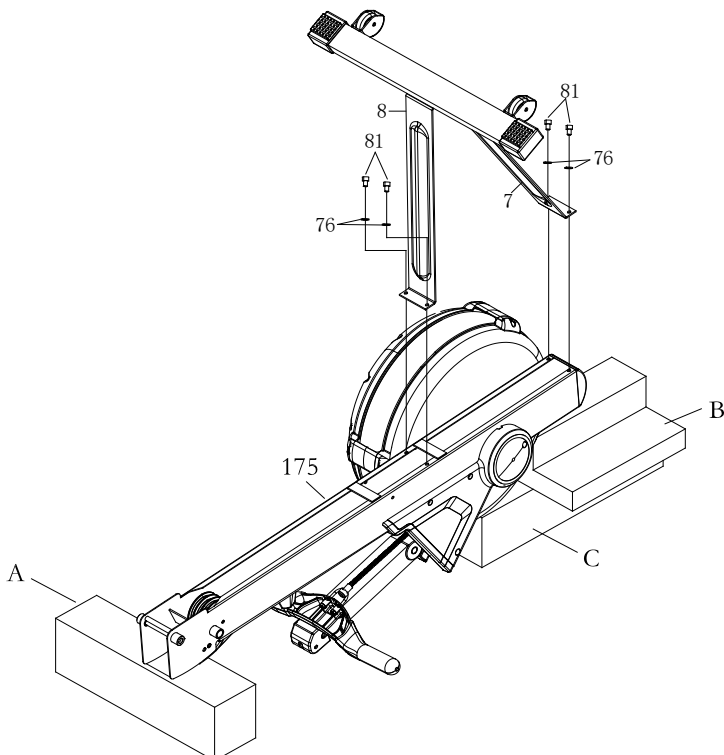
Attach **Front Support Leg A (7)** and **Front Support Leg B (8)** to **Front Stabilizer (4)** using: 4 PCs of **M6X16mm Socket Head Cap Screw (81)** and **M6 Flat Washer (76)**.

NOTE: Do not fully tighten bolts until instructed.



### STEP 3

Attach **Front Support Leg A (7)** and **Front Support Leg B (8)** to **Main Frame 175** using: 4 PCs of **M6X16mm Socket Head Cap Screw (81)** and **M6 Flat Washer (76)**.

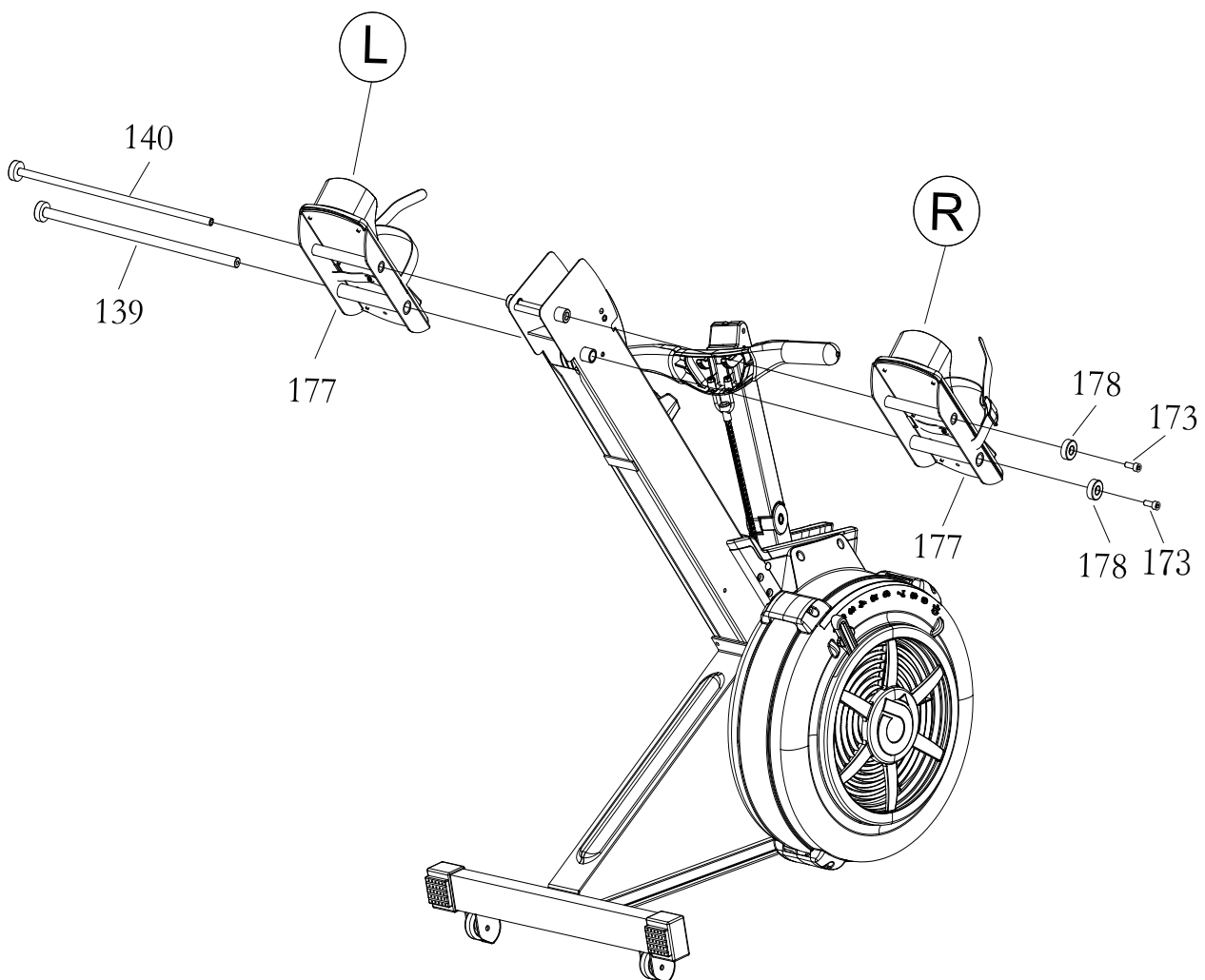


## ASSEMBLY INSTRUCTIONS

### STEP 4

Flip and stand up the main frame. Insert the **Pedal Shaft 16mm (139)** and **Pedal Shaft 12mm (140)** through the **Left Pedal Support Plate (177)** and the **Main frame (175)**. Then, attach **Right Pedal Support Plate (177)** onto **Main frame (175)** and use 2 PCs of **Socket Head Cap Screw, M8x20mm (173)** and **Foot Pedal End Cap (178)** to secure the above parts.

NOTE: Fully tighten bolts at end of this step.

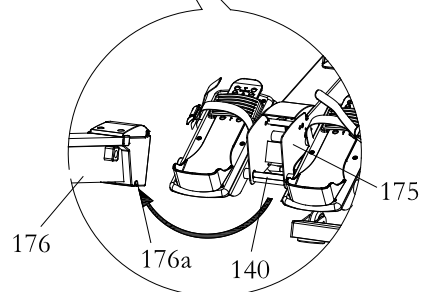
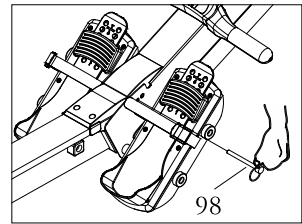
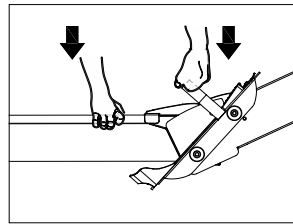
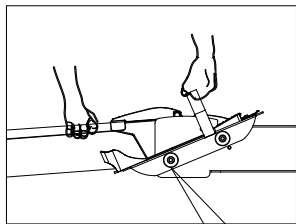
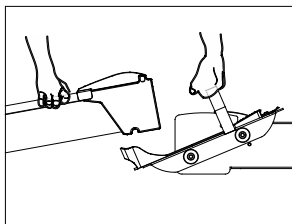
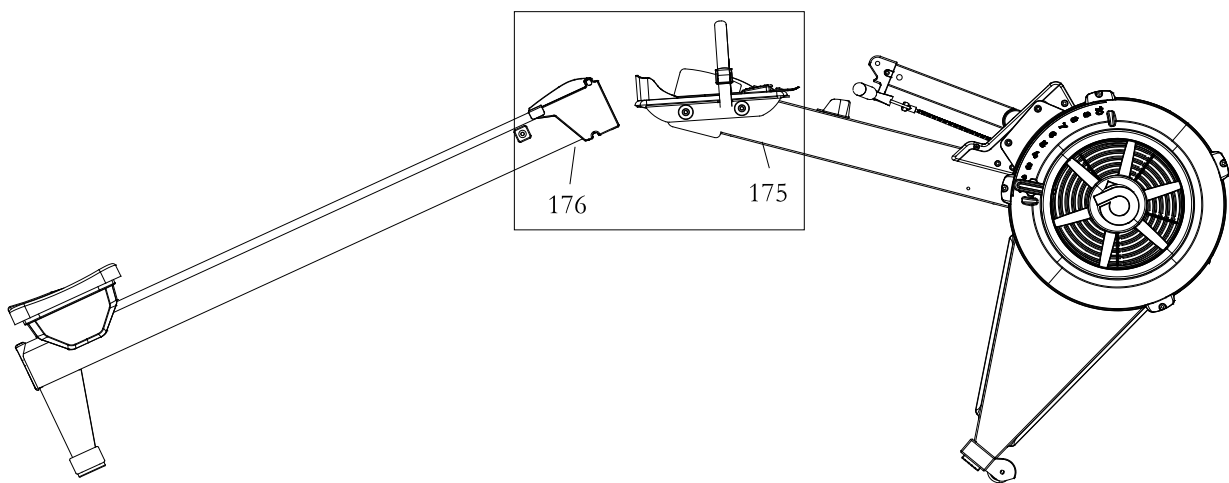


## ASSEMBLY INSTRUCTIONS

### STEP 5

One hand holds the **Pedal Strap (47)** and lifts up the **Main Frame (175)**, while the other hand lifts up the **Rail Frame (2)**. Insert the **Rail Frame (2)** into the **Main Frame (175)**. Make the **Pedal Shaft 12mm (140)** fit into the gap in the **Rail Frame (176)**. Insert the **Pull Pin (98)** into the **Main Frame (175)**.

NOTE: Fully tighten bolts at end of this step.

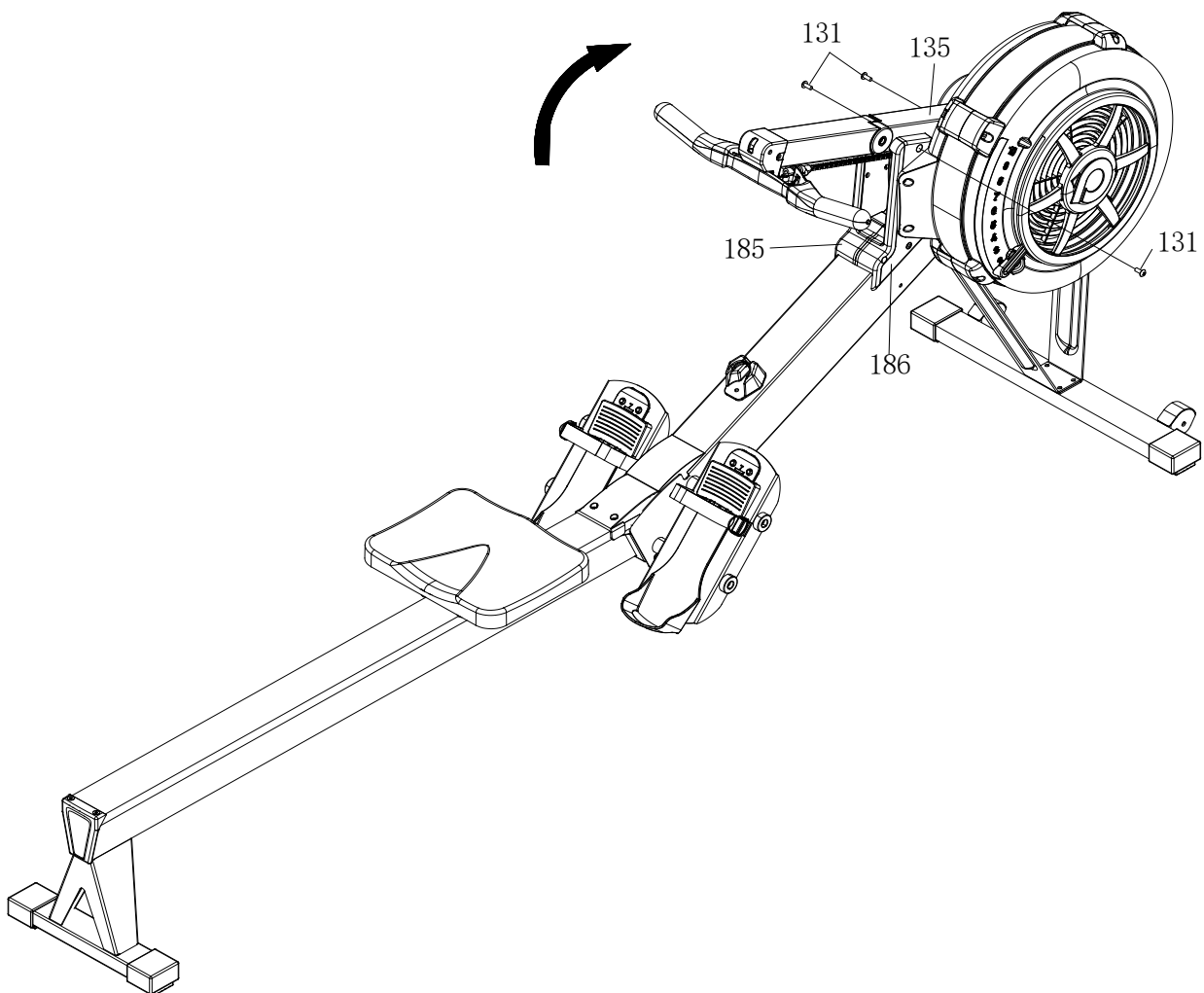


## ASSEMBLY INSTRUCTIONS

### STEP 6

Lift the **Lower Console Monitor Post (135)** upward and secure it to the **Left and Right Side Cover (185/186)** using 2 PCs of **Phillips Head Screw, ST4.2x19mm (131)**.

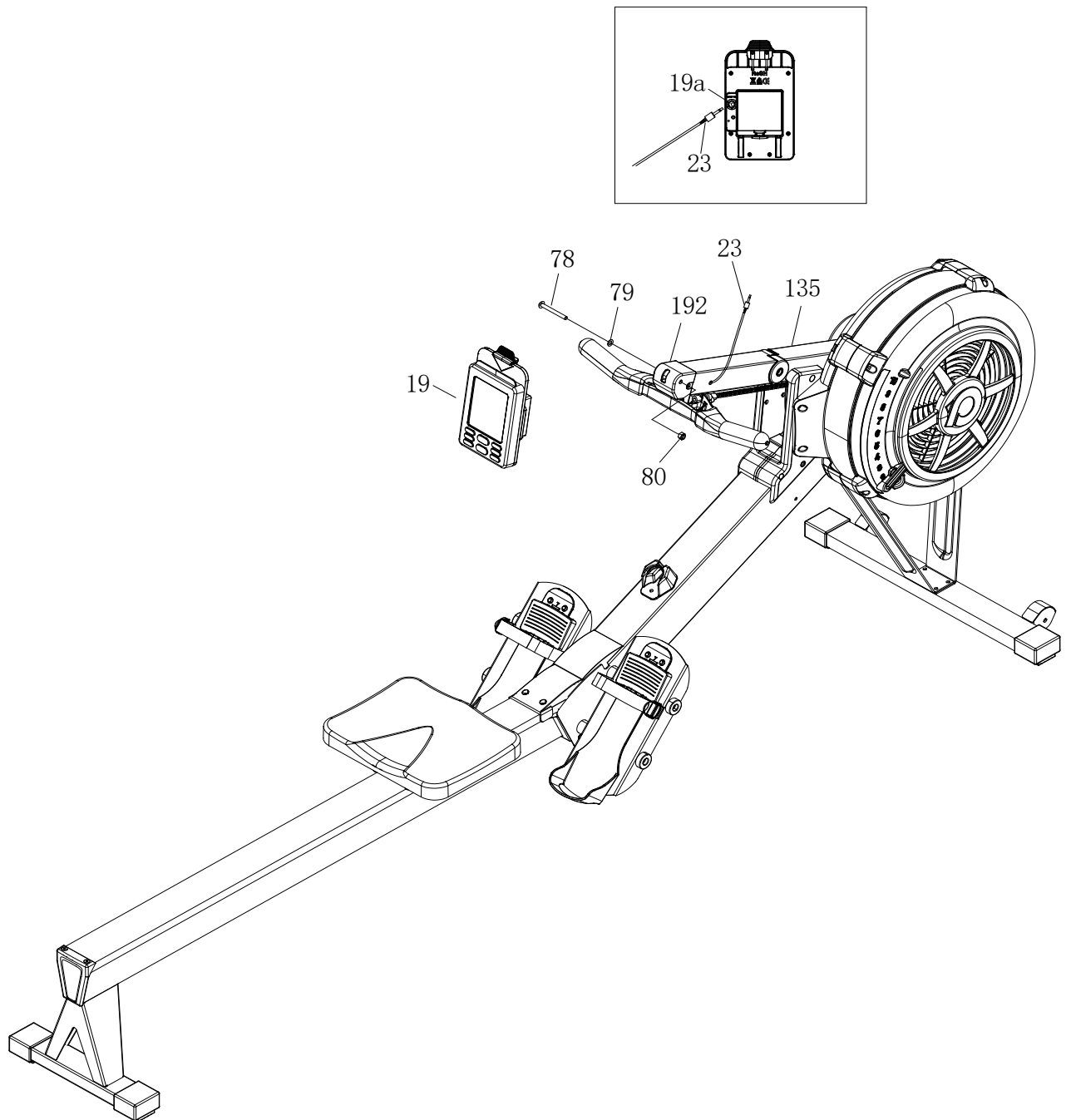
NOTE: Fully tighten bolts at end of this step.



## ASSEMBLY INSTRUCTIONS

### STEP 7

Secure the **Console Monitor (19)** to the **Monitor Holder (192)** using: 1 PC of **Button Head Cap Screw, M8x75mm (78)**, **Flat Washer, M8 (79)**, and **Nylon Lock Nut, M8 (80)**. Then, insert the **Sensor Cable (23)** into the **Console Monitor (19a)**.



## COMPUTER INSTRUCTIONS

Your **AIR ROWER** utilizes an air fan system to create resistance for your workout. We recommend that you use this computer console to vary your workout from session to session and note your progress toward your fitness goals. When used regularly in this way, the computer console can become an important source of motivation and interest which will help keep you on track.



### I. INITIAL SETUP

#### POWER ON:

- When sensor is connected, start rowing and it will enter Quick Start.
- Press any buttons to turn on computer and it will enter IDLE mode.

#### POWER OFF:

- In IDLE mode, automatically shuts off after 1 minute of inactivity.
- In all other programs, automatically shuts off after 2 minutes of inactivity.

#### BATTERY INSTALLATION:

- Console operates on 2 Size D batteries. The battery compartment is on the back of the console. Battery is included.
- When there's no batteries installed, console can still work in Quick Start.

## COMPUTER INSTRUCTIONS

### II. FUNCTION BUTTONS

**NOTE:** Default exercising mode is Quick start program. Press any button to wake up the monitor.

**\*When the backlight is off, press any button to turn on the backlight.**

#### **UP BUTTON:**

- Press to increase the preset values. Press the button and hold it down, the presetting value will go faster, release the button to stop. In MEMORY mode, use to change between different workouts saved.

#### **DOWN BUTTON:**

- Press to decrease the preset values. Press the button and hold it down, the presetting value will go faster, release the button to stop. In MEMORY mode, use to change between different workouts saved.

#### **BACK BUTTON:**

- Press to go back to the previous step. When the program finishes, press the button to go back to the IDLE mode.

#### **STOP BUTTON:**

- During any workout modes, pressing the first time will awake the backlight if the light is off. Pressing the second time will stop the workout. All the values will stop counting. Pressing the third time will enter the SUMMARY to view your workout result. Pressing the fourth time to go back to the IDLE mode.
- During any workout modes, pressing the STOP button will pause the counting of all the value. Monitor show the PAUSE icon. The heart rate will also be shown if the user is wearing the compatible heart rate belt. The monitor will start counting the value when the user start exercising.
- During program modes, not including Quick Start mode you must press stop in order to save your workout into memory.
- Hold STOP button and everything will reset and return you to IDLE mode

#### **ENTER BUTTON:**

- When selecting the programs and presetting target values, press the button to confirm or go into next value setting.

#### **TARGET BUTTON:**

- In the IDLE mode, press the button to enter the Target Countdown Programs. Keeping pressing the button to cycle through the programs in the following sequence: DISTANCE -> CALORIE -> TIME.

- In the TARGET program, you will be asked to set the target value. The flashing number indicates the value you need to set as the target.

#### **INTERVAL BUTTON:**

- In the IDLE mode, press the button to enter the Interval Programs. Keeping pressing the button to cycle through the programs in the following sequence: DISTANCE -> CALORIE -> TIME.
- In the Interval Programs, you will be asked to set the Workout value and the resting value. The flashing number indicates the value you are setting.

#### **SELECT BUTTON:**

In any program, press the button to change the display values in the window. Press the first time to view the different values. Press the second time to alter the values every 5 seconds. You will hear two beep sounds when you press the button for the second time.

### **III. CONSOLE DISPLAY**

#### **S/M (STROKE RATE):**

- Display the current stroke per minute during exercise.
- Display range: 0-99

#### **STROKES & METER/30MIN:**

- STROKES displays the total number of strokes during exercise. Display range 0 - 99999.
- METER/30MIN displays the estimate distance based on the current S/M. Display range 0 - 99999.

#### **TIME :**

- Display range: 00:00 - 99:59 (Minutes: Seconds). The numbers go back to 00:00 if reaching the max time.
- The workout time is accumulated when under any workout mode. Except for Time Countdown Program.

#### **/500M:**

- Displays the estimate time to reach 500 meters. Display range 00:00 - 99:59.

#### **AVE /500M & M:**

- AVE /500M displays the estimate average time to reach 500 meters. Display range 00:00 - 99:59.
- M displays the total distance accumulated in the exercise. Display range 0 - 99999.
- In the Distance Countdown Program, the default setting is 500 meters. Display range 100 - 99900m.
- In the Distance Interval Program, the default setting is 500 meters. Display range 100 - 50000m.
- When setting the distance, the number changes by 100 every time the button is pressed.

#### **CAL / HR & WATT:**

- CAL/HR displays the estimate calories accumulated in an hour. Display range 0 - 9999.
- WATT displays the current watt during the exercise. Display range 0 - 9999.

## COMPUTER INSTRUCTIONS

### AVE WATT & CAL:

- AVE WATT displays the average watt during the exercise. Display range 0 - 9999.
- CAL displays the total calories accumulated in the exercise. Display range 0 - 9999.
- In the Calorie Countdown Program, the default setting is 20 cal. Display range 10 - 9999.
- In the Calorie Interval Program, the default setting is 20 cal. Display range 10 - 9990. Each time the up or down button are pressed, the setting changes by 1 cal.

### PULSE & DRAG

- Display the heart rate from 40 to 220 beats per minute during exercise. To use this function, the user must wear Heart Rate Chest Strap with a 5.3K Hz frequency.
- Display Drag Factor value. Drag value is a value for reference of the rowing cadence and resistance you feel.

### INTERVAL

- Display only in INTERVAL programs. It is accumulated up to let you know which cycle of interval you are on.

### RUN & REST:

- RUN and REST will only appear in the Interval Programs.
- In the Time Interval Program, RUN displays the remaining time for workout. Display range 0:20 - 99:00.
- In the Distance Interval Program and Calorie Interval Program, RUN displays the accumulated time for workout. Display range 0:20 - 99:59.
- REST displays the remaining time for break in the interval programs. Display range 00:01 - 99:59.
- In the setting, Each press of the UP or Down buttons changes the number by 1 unit.

### SPLIT & MEMORY:

- MEMORY displays the workout history. Use SELECT button to enter the program.
- SPLIT doesn't display during the exercise, but only in the summary and memory program.
- SPLIT XX indicates which segment of movement. Display range 0 -99.
- 

## IV. PROGRAMS

The Console Monitor has eight programs: QUICK START, TIME (countdown), DISTANCE (countdown), CALORIES (countdown), INTERVAL PROGRAMS of Time, Distance, and calories, and MEMORY mode.

Press “**INTERVAL**” button to enter the Interval Programs. Press multiple times to cycle through the Distance, Calories, Time Interval Programs.

Press “**Target**” button to enter the Countdown Programs. Press multiple times to cycle through the Distance, Calories, Time Countdown Programs.

## COMPUTER INSTRUCTIONS

For Quick Start and all programs, press “**DISPLAY**” button to choose the data displayed in the same display window. Or let it scan between every 5 seconds.

Press “**STOP**” button once to stop counting, CALORIES and WATT value with display 0. Press “**STOP**” button again and computer will show your workout summary. Press “**STOP**” button again in workout summary to save workout into memory mode and enter back into IDLE mode. Note: QUICK START’s workout summary will not be saved into memory mode.

### 1. QUICK START PROGRAM

- To Quick Start the program, you can pull on the Handlebar to start. All function values for the console will count up. You can start Quick Start in either POWER OFF or IDLE mode by just start rowing.
- Quick Start mode will have a summary of the workout when you hit STOP, but it will not be saved into MEMORY mode.

### 2. TIME (Countdown) PROGRAM

- During the workout, the “**TIME**” program will count down from preset value.
- Workout value setting range: 01:00 - 99:00. The default setting is 20:00.
- The program will start once the user pulls the Handlebar. When the program is finished, the monitor will show your workout summary. Press “**STOP**” button to save into memory and back to IDLE mode

### 3. DISTANCE (Countdown) PROGRAM

- During the workout, the “**DISTANCE**” program will count down from preset value.
- Workout value setting range: 500 - 99900m. The default setting is 500m.
- The program will start once the user pulls the Handlebar. When the program is finished, the monitor will show your workout summary. Press “**STOP**” button to save into memory and back to IDLE mode

### 4. CALORIES (Countdown) PROGRAM

- During the workout, the “**CALORIES**” program will count down from preset value.
- Workout value setting range: 10 - 9990 cal. The default setting is 20 cal.
- The program will start once the user pulls the Handlebar. When the program is finished, the monitor will show your workout summary. Press “**STOP**” button to save into memory and back to IDLE mode.

### 5. TIME INTERVAL PROGRAM

- When “**TIME INTERVAL**” program is selected, you will see TIME flashing.
- You will set the desired workout time of each interval first. Once finish setting press “**ENTER**” button to set the REST TIME of each interval. Press “**ENTER**” button again to set the target cycles.
- When finishing all the settings, press “**ENTER**” to start the exercise.
- Workout time value setting range: 00:20 - 99:00. The default setting is 30 seconds.
- Rest time value setting range: 00:10 - 30:00. The default setting is 30 seconds.
- Cycle value setting range: 1 - 99. The default setting is 1.

## COMPUTER INSTRUCTIONS

### 6. DISTANCE INTERVAL PROGRAM

- When "**DISTANCE INTERVAL**" program is selected, you will see TOTAL METER flashing.
- You will set the desired workout meters of each interval first. Once finish setting press "**ENTER**" button to set the REST TIME of each interval. Press "**ENTER**" button again to set the target cycles.
- When finishing all the settings, press "**ENTER**" to start the exercise.
- Workout time value setting range: 100~50000. The default setting is 500m.
- Rest time value setting range: 00:10~30:00. The default setting is 30 seconds.
- Cycle value setting range: 1 - 99. The default setting is 1.

### 7. CALORIES INTERVAL PROGRAM

- When "**CALORIES INTERVAL**" program is selected, you will see CALORIES flashing.
- You will set the desired workout calories of each interval first. Once finish setting press "**ENTER**" button to set the REST TIME of each interval. Press "**ENTER**" again to set the target cycles.
- When finishing all the settings, press "**ENTER**" to start the exercise.
- Workout time value setting range: 10 - 9990. The default setting is 20.
- Rest time value setting range: 00:10~30:00. The default setting is 30.
- Cycle value setting range: 1 - 99. The default setting is 1.

### 8. MEMORY MODE

- Press the "**SELECT**" button in the IDLE mode to enter the **MEMORY MODE**. Press "**ENTER**" to confirm.
- Press "**UP**" and "**DOWN**" button to view the different summary reports in the history. The maximum number is 99.
- Only program modes workout summary will be saved to **MEMORY MODE**. Quick Start will not be saved to **MEMORY MODE**
- The computer memory can save at most 99 sets of data or 99 splits of data. Computer will only save up to 99 workouts. (Example: When you row 1000M countdown, you will save 3 sets of data. 1 total average and 2 500M split data)
- When you try to save a workout summary and the computer does not have enough memory it will automatically erase the oldest workout(s) in order to save your newest workout into memory. - The lower the number under **MEMORY** the newer the workout is.
- You can press "**SELECT**" button to switch the display of the value.
- When **SPLIT** displays "**00**" it means it is the total workout average with no splits. Below is how the computer decides to split the data into.

#### Time Countdown Mode

Rule	Splits by
10 hour > TIME > 5 hour	30min
5 hour >= TIME > 200min	15min
200min >= TIME > 100min	10min
100min >= TIME > 60min	5min

60min>= TIME>20min	3min
20min>= TIME>5min	1min
5min>= TIME>1min	30sec
1min>= TIME	20sec

### Calories Countdown Mode

Rule	Splits by
5000>= Calories >4000	250cal
4000>= Calories >3000	200cal
3000>= Calories >2000	150cal
2000>= Calories >1000	100cal
1000>= Calories >500	50cal
500>= Calories >100	20cal
100>= Calories	10cal

### Interval Program Modes

Rule	Splits
1 Cycle = 1 Split	Up to 35

### Distance Countdown Mode

Rule	Splits
50000>= Distance >20000	2000m
20000>= Distance >10000	1000m
10000>= Distance >500	500m
500>= Distance	100m

Note: If you set workout value not a multiple of the split data, the last split will not display when you view your splits, but will be added to the total workout Split "00"

- **Example: If you set 1200M and finish the workout, Split "00" will show the total average of 1200M, but when you view the splits, you will only see 2 500M splits and will not have a 3<sup>rd</sup> split of 200M. It will be the same if you stop midway of the workout.**

## COMPUTER INSTRUCTIONS

### V. BLUETOOTH CONNECTION



#### BTMS PROTOCOL

\*The Bluetooth icon will be displayed at the top of the monitor screen when it's connected to an app.



Please make sure the console is activated in order to proceed Bluetooth connection with your smartphone or tablet devices.

#### AVAILABLE APPS



Kinomap



D-Fit

\*Please go to settings on your device to allow the apps to access Bluetooth connection.

#### SCAN TO DOWNLOAD



ANDROID

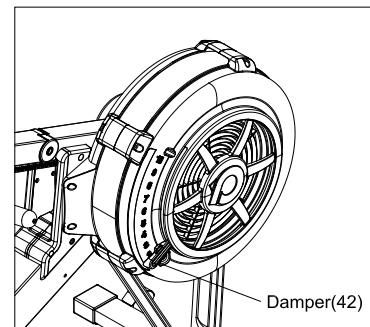


iOS

## OPERATIONAL INSTRUCTIONS

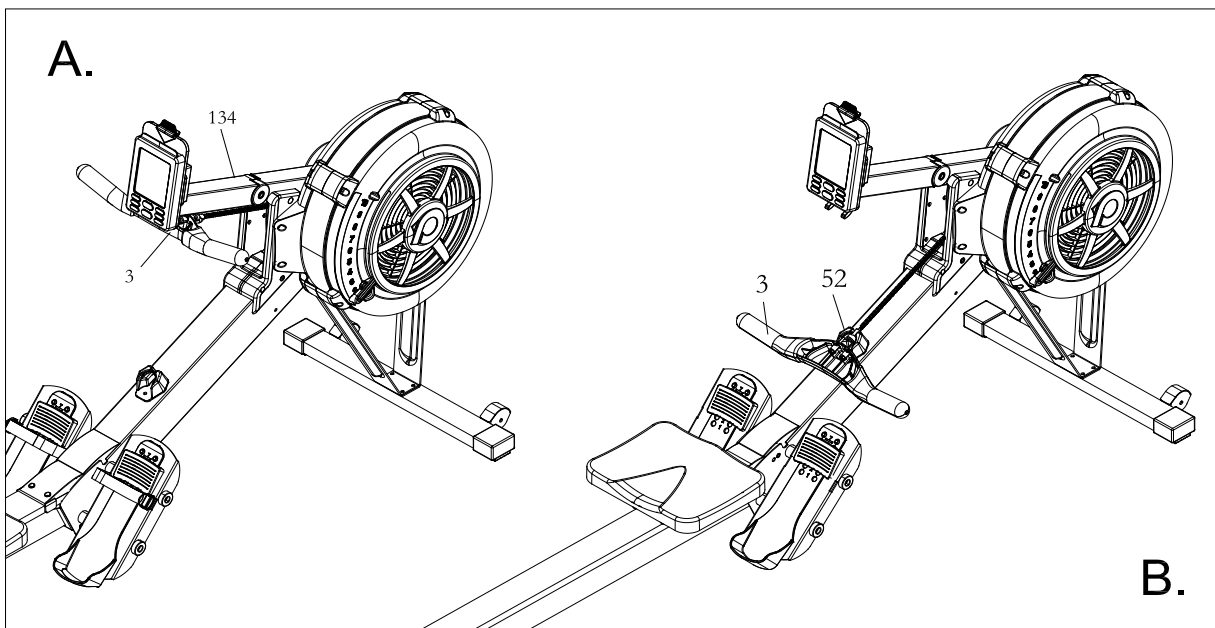
### I. LOAD ADJUSTMENT

There is a **Damper (42)** built into the **Right Fan Shroud (43)**. Move the Indicator in the **Damper (42)** to point to the numbers on the **Right Fan Shroud (43)** to adjust the load. There are settings from 1 to 10. Setting #1 will provide the lowest resistance. Setting #10 will provide the highest resistance.



### II. HANDLEBAR POSITION

The **Handlebar (3)** can be placed on the hook in the **Console Monitor Post (134)** refer to illustration A. Or, you can place the **Handlebar (3)** on the **Handlebar Holde (52)** as shown in illustration B.

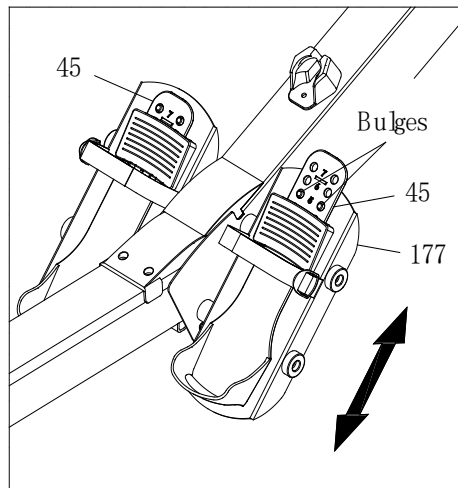


## OPERATIONAL INSTRUCTIONS

### III. PEDAL ADJUSTMENT

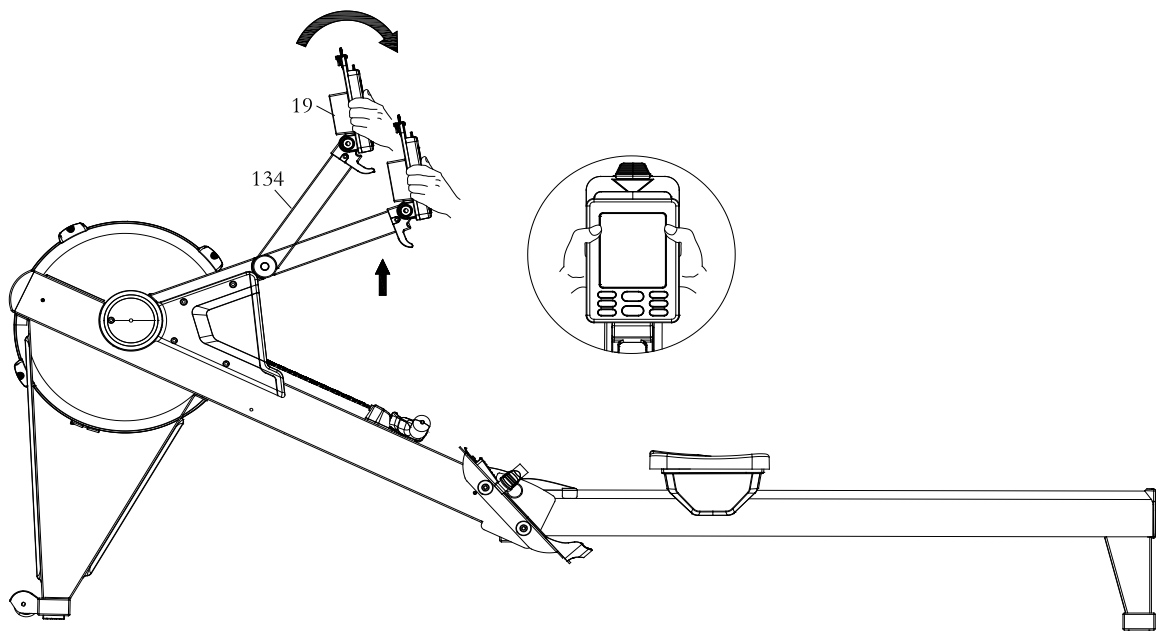
The position of the **Foot Pedal (45)** can be adjusted. Refer to the illustration. Pull the **Foot Pedal (45)** out from the two bulges in the **Pedal Support Plate (177)**, the lower or raise the **Foot Pedal (45)** to the desired position. Lock the **Foot Pedal (45)** in position by pressing the adjustment holes of the desired position onto the two bulges.

Refer to the numbers on the **Foot Pedal (45)** to make sure that **Foot Pedal (45)** are adjusted on the same position on both sides.



### IV. CONSOLE MONITOR POST ADJUSTMENT

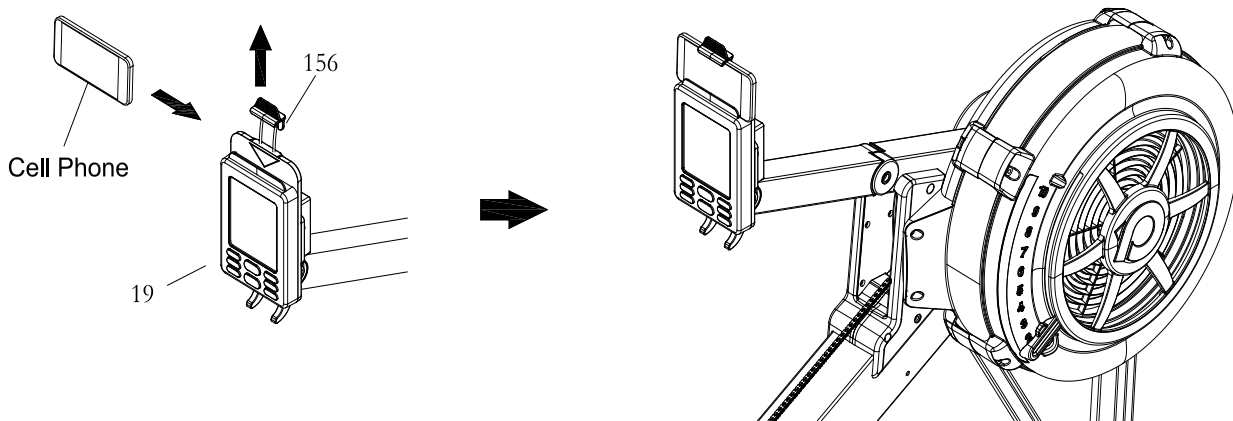
Hold the **Console Monitor (19)** by 2 hands, then adjust the **Upper Console Monitor Post (134)** up or down to the best position for you.



## OPERATIONAL INSTRUCTIONS

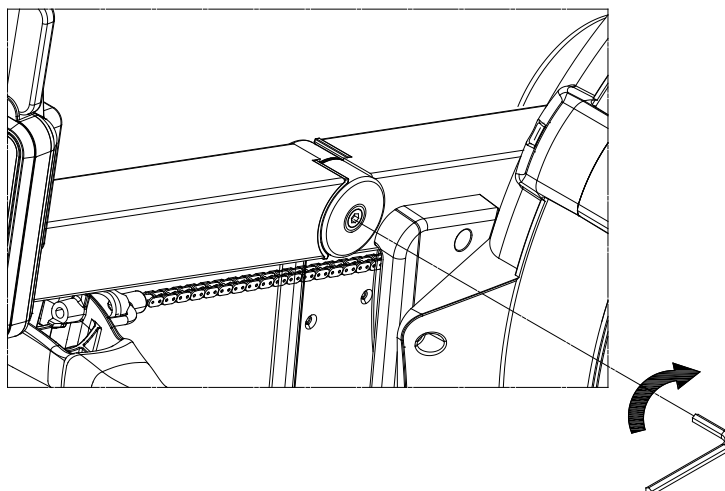
### V. USING THE CELL PHONE BRACKET

The **Cell Phone Bracket (156)** can move up and down. Move up the **Cell Phone Bracket (156)**, then slide the Cell Phone into the gap between the **Cell Phone Bracket (156)** and the **Console Monitor (19)**. Move down the **Cell Phone Bracket (156)** to clip the Cell Phone in position.



### VI. CONSOLE MONITOR POST ADJUSTMENT

If the **Lower Console Monitor Post (135)** is getting loosen, please tighten **Socket Head Cap Screw M6x16mm (99)** using: **Allen Wrench (5mm)**.



## **MAINTENANCE**

The safety and integrity designed into the **ROWER** can only be maintained when the **ROWER** is regularly examined for damage and wear. Special attention should be given to the following:

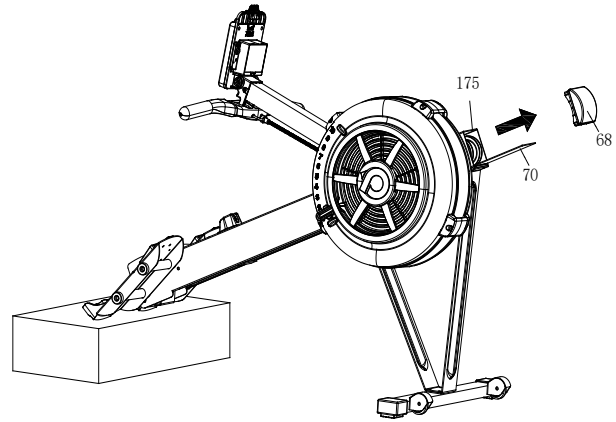
1. Pull on the **Handlebar (3)** and verify that the Magnetic System provides tension and the seat travel is smooth and stable.
2. Clean the roller tracks in the **Stainless Steel Rail (14)** with an absorbent cloth.
3. Verify that all nuts and bolts are present and properly tightened. Replace missing nuts and bolts. Tighten loose nuts and bolts.
4. Check the condition of the **Chain (36)**. Replace the **Chain (36)** if it is cracked or broken.
5. It is the sole responsibility of the user/owner to ensure that regular maintenance is performed.
6. Worn or damaged components must be replaced immediately or the **ROWER** removed from service until repair is made.
7. Only Stamina Products supplied components should be used to maintain/repair the **ROWER**.
8. Keep your **ROWER** clean by wiping it off with an absorbent cloth after use.

## MAINTENANCE

### BUNGEE CORD ADJUSTMENT

Over time, about 250,000 strokes on **Handlebar (3)**, your **Bungee Cord (38)** may stretch. Follow the following process to adjust:

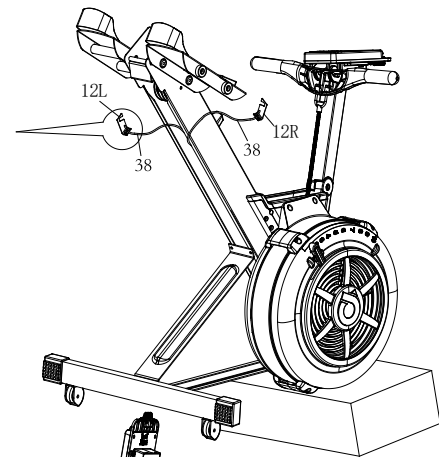
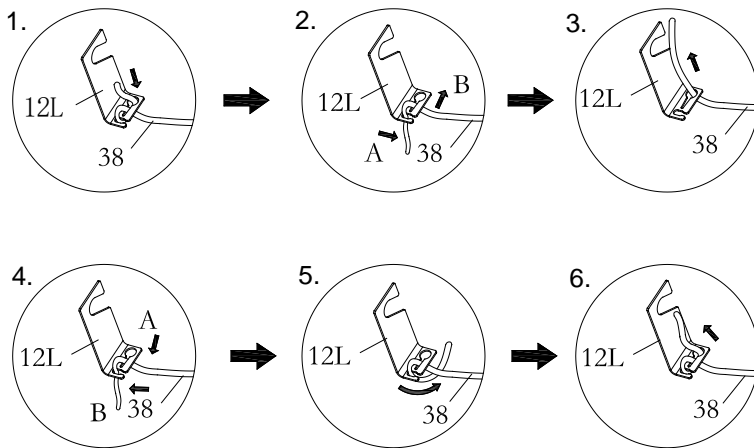
1. Position the **Main Frame Assembly (175)** as shown in the illustration. Remove the **Main Frame Top Cap (68)** from the **Main Frame (175)**. Slide out the **Bottom Cover (70)** from the **Main Frame (175)**.



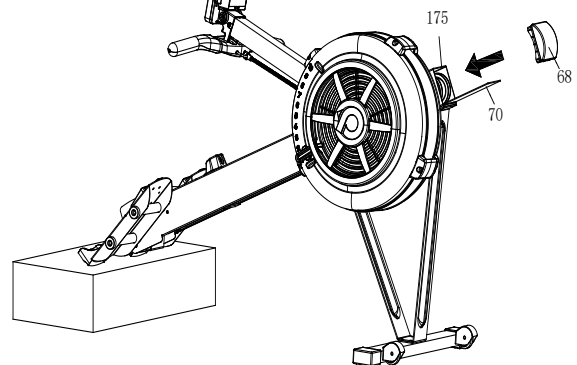
2. Position the **Main Frame Assembly (175)** as shown in the below illustration. Unhook the **Left Bungee Cord Hook (12L)** from the **Main Frame (175)**. Make a mark on the **Bungee Cord (38)** to move the hook forward 2 inches. Refer to **View 1** to **View 3** to untie the **Bungee Cord (38)** from the **Left Bungee Cord Hook (12L)**, and move the hook forward 2 inches. Refer to **View 4** to **View 6** to retie the **Bungee Cord (38)** to the **Left Bungee Cord Hook (12L)**. Hook the **Left Bungee Cord Hook (12L)** back into the **Main Frame (175)** and push the hook to the left side to touch the inner wall of the **Main Frame (175)**.

NOTE: Always use two hands with a secure grip when re-attaching the **Bungee Cord Hooks (12L & 12R)**.

Unhook the **Right Bungee Cord Hook (12R)** from the **Main Frame (175)**. Do the same as above to adjust the **Bungee Cord (38)** on the right side.

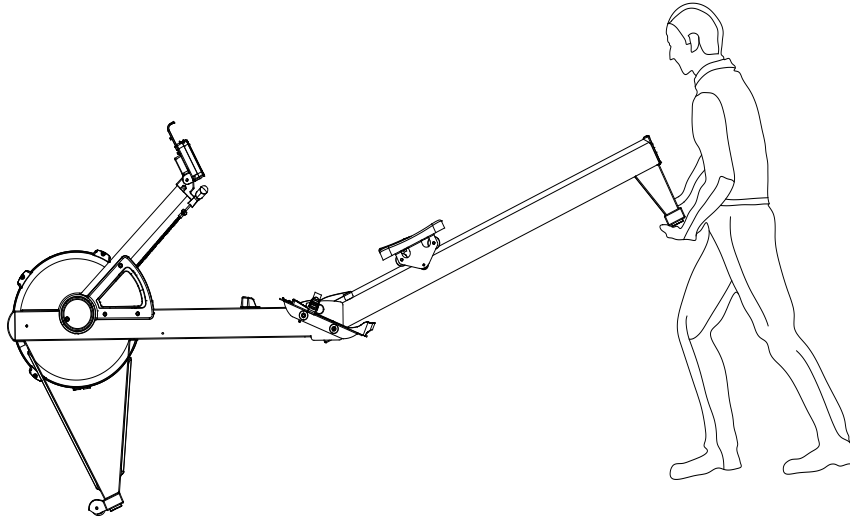


3. Position the **Main Frame Assembly (175)** as shown in the illustration. Slid the **Bottom Cover (70)** back into the **Main Frame (175)**. Press the **Main Frame Top Cap (68)** into the **Main Frame (175)**.

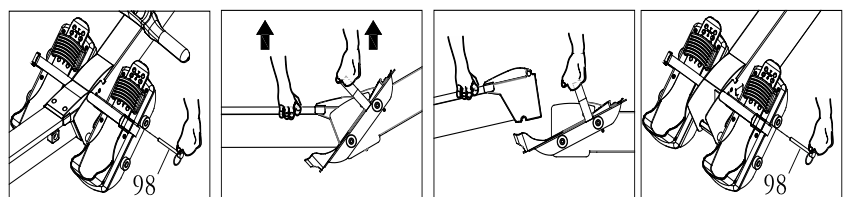
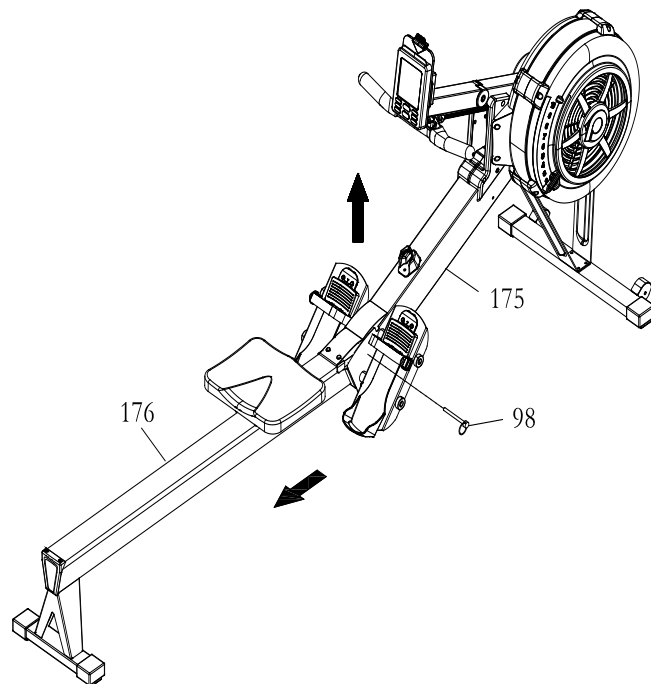


## STORAGE

1. To store the **ROWER**, simply keep it in a clean dry place.
2. To avoid damage to the electronics, remove the batteries from the **Console Monitor (19)** before storing the **ROWER** for one year or more.
3. Move the **ROWER** with the **Transport Wheels (66)** on the **Front Stabilizer(4)**. Lift the Rear Stand of the **Rail Frame (176)** to move the **ROWER**. Refer to the illustration below. Do not use the **Seat (51)** to move the **ROWER**. The **Seat (51)** will move and the **Seat Carriage (10)** may pinch your hand or fingers.

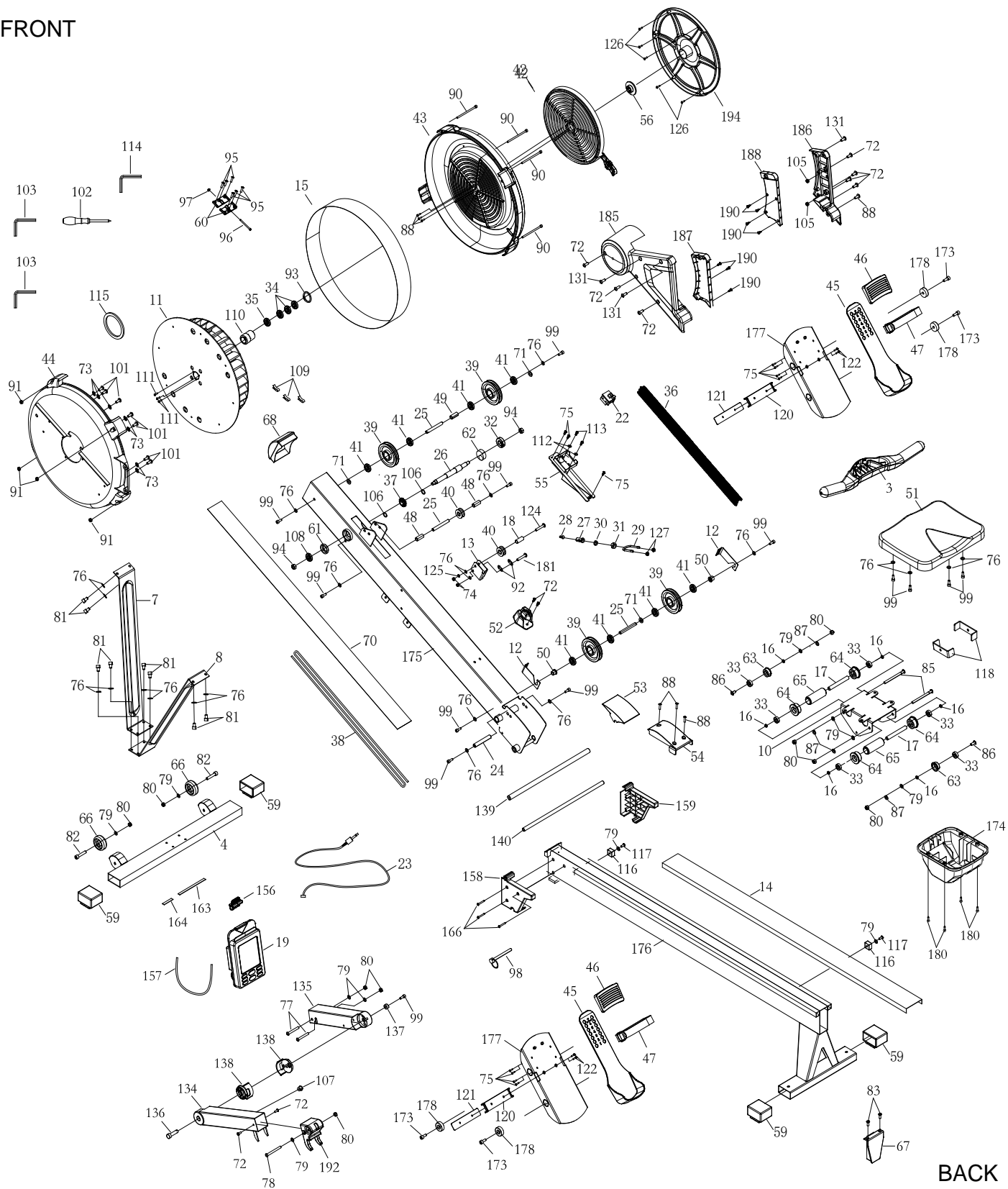


4. The **Main Frame (175)** and the **Rail Frame (176)** can be separated to minimize the unit size for storage. Remove the **Pull Pin (98)** from the **Main Frame (175)**. Lift up the **Main Frame (175)** and pull out the **Rail Frame (176)** to separate. Insert the **Pull Pin (98)** back to the hole in the **Main Frame (175)** for storage.



# PRODUCT PARTS DRAWING

FRONT



BACK

**PARTS LIST**

<b>PART#</b>	<b>DESCRIPTION</b>	<b>QTY</b>
3	Handlebar	1
4	Front Stabilizer	1
7	Front Support Leg A	1
8	Front Support Leg B	1
10	Seat Carriage	1
11	Fan	1
12	Bungee Cord Hook	2
13	Chain Bracket	1
14	Stainless Steel Rail	1
15	Perforated Steel Mesh	1
16	Spacer, $\varnothing 8.2 \times \varnothing 12 \times 3.2 \text{mm}$	6
17	Spacer, $\varnothing 8.2 \times \varnothing 12 \times 71.6 \text{mm}$	2
18	Spacer, $\varnothing 6.2 \times \varnothing 10 \times 15.5 \text{mm}$	1
19	Console Monitor	1
22	Generator	1
23	Sensor Cable	1
24	Shaft, M6 $\times \varnothing 12 \times 80 \text{mm}$	1
25	Shaft, M6 $\times \varnothing 10 \times 76.5 \text{mm}$	3
26	Fan Axle	1
27	Hook Connector	1
28	Chain Connector	1
29	U Bolt	1
30	Inner Spacer	1
31	Outer Collar	1
32	Bearing 6003RS	1
33	Bearing 608ZZ	6
34	Bearing 6201RS	3
35	One Way Bearing HF2016	1

36	Chain	1
37	Sprocket	1
38	Bungee Cord	1
39	Bungee Cord Pulley	4
40	Chain Roller	2
41	Bearing 6000ZZ	8
42	Damper	1
43	Right Fan Shroud	1
44	Left Fan Shroud	1
45	Foot Pedal	2
46	Foot Pedal Holder	2
47	Pedal Strap	2
48	Spacer, $\varnothing 10 \times \varnothing 16 \times 30.5 \text{mm}$	2
49	Pulley Spacer, $\varnothing 10 \times \varnothing 16 \times 26.5 \text{mm}$	1
50	Pulley Bushing	2
51	Seat	1
52	Handlebar Holder	1
53	Upper Joint Cover	1
54	Lower Joint Cover	1
55	Generator Base	1
56	Damper Cap	1
59	Foot Cap	4
60	Steel Plate	2
61	Bushing 6001	1
62	Bushing 6003	1
63	Guide Roller	2
64	Seat Roller	4
65	Roller Sleeve	2
66	Transport Wheel	2
67	Rail End Cap	1
68	Main Frame Top Cap	1
70	Bottom Cover	1

<b>71</b>	Plastic Washer, $\varnothing 10.2 \times \varnothing 14 \times 1 \text{mm}$	3
<b>72</b>	Phillips Head Screw, M6x10mm	11
<b>73</b>	Lock Washer, Internal Tooth M6	7
<b>74</b>	Nylon Lock Nut, M6	2
<b>75</b>	Phillips Head Screw, ST4.2x10mm	11
<b>76</b>	Flat Washer, M6	22
<b>77</b>	Socket Head Cap Screw, M8x65mm	2
<b>78</b>	Button Head Cap Screw, M8x75mm	1
<b>79</b>	Flat Washer, M8	11
<b>80</b>	Nylon Lock Nut, M8	9
<b>81</b>	Socket Head Cap Screw, M6x16mm	8
<b>82</b>	Socket Head Cap Screw, M8x40mm	2
<b>83</b>	Phillips Flat Head Screw, M6x16mm	2
<b>85</b>	Socket Head Cap Screw, M8x110mm	2
<b>86</b>	Button Head Cap Screw, M8x25mm	2
<b>87</b>	Lock Washer, M8	4
<b>88</b>	Phillips Head Screw, ST4.2x16mm	7
<b>90</b>	Socket Head Cap Screw, M5x92mm	4
<b>91</b>	Hex Nut, M5	4
<b>92</b>	Chain Hook	2
<b>93</b>	Elastic Ring	1
<b>94</b>	Nylon Lock Nut, M10	2
<b>95</b>	Phillips Head Screw, ST4.2x6mm	6
<b>96</b>	Phillips Head Screw, M4x45mm	1
<b>97</b>	Hex Nut, M4	1
<b>98</b>	Pull Pin	1
<b>99</b>	Socket Head Cap Screw, M6x16mm	13
<b>101</b>	Phillips Head Screw, M6x10mm	7
<b>102</b>	Screwdriver	1
<b>103</b>	Allen Wrench, 6mm	1
<b>105</b>	Hex Nut, M6	2
<b>106</b>	PU Spacer	2

<b>107</b>	Plug	1
<b>108</b>	Bearing, 6001RS	1
<b>109</b>	Balance Weight	3
<b>110</b>	Bearing Bushing	1
<b>111</b>	Socket Head Cap Screw, M4x12mm	3
<b>112</b>	Washer, $\varnothing 12 \times \varnothing 3.5 \times 1$ mm	2
<b>113</b>	Phillips Head Screw, ST3.0x12mm	2
<b>114</b>	Allen Wrench, 5mm	1
<b>115</b>	Magnet	1
<b>116</b>	Stopper Bumper	2
<b>117</b>	Socket Head Cap Screw, M8x20mm	2
<b>118</b>	Stopper Bracket	2
<b>120</b>	Pedal Strap Protector	2
<b>121</b>	Pedal Strap Stopper Plate	2
<b>122</b>	Phillips Flat Head Screw, M5x12mm	4
<b>124</b>	Phillips Head Screw, M6x30mm (Half Thread)	1
<b>125</b>	Lock Washer, M6	1
<b>126</b>	Phillips Head Screw, ST4. 2x10mm	5
<b>127</b>	Nylon Lock Nut, M6 (Thick)	2
<b>131</b>	Phillips Pan Head Screw, M6x12mm	3
<b>134</b>	Upper Console Monitor Post	1
<b>135</b>	Lower Console Monitor Post	1
<b>136</b>	Screw Shaft	1
<b>137</b>	Small Pulley Bushing	1
<b>138</b>	Rotation Sleeve	2
<b>139</b>	Padel Shaft, 16mm	1
<b>140</b>	Padel Shaft, 12mm	1
<b>156</b>	Smartphone Holder	1
<b>157</b>	Bungee Cord of Smartphone Holder	1
<b>158</b>	Left Joint Cover	1
<b>159</b>	Right Joint Cover	1
<b>163</b>	EVA Pad on Console	1

<b>164</b>	EVA Pad on Smart Phone Holder	1
<b>166</b>	Phillips Pan Head Self-Tapping Screw, ST4.2X35mm	3
<b>173</b>	Socket Head Cap Screw, M8X20mm	4
<b>174</b>	Seat Carriage Cover	1
<b>175</b>	Main Frame	1
<b>176</b>	Rail Frame	1
<b>177</b>	Pedal Support Plate	2
<b>178</b>	Foot Pedal End Cap	4
<b>180</b>	Socket Head Cap Screw, M5x16mm	4
<b>181</b>	Phillips Truss Head Screw, M6x28mm	1
<b>185</b>	Left Side Cover	1
<b>186</b>	Right Side Cover	1
<b>187</b>	Left Inner Cover	1
<b>188</b>	Right Inner Cover	1
<b>190</b>	Phillips Flat Head Self-Tapping Screw, ST4.2x10mm	7
<b>192</b>	Monitor Holder (Wider Version)	1
<b>194</b>	Damper	1