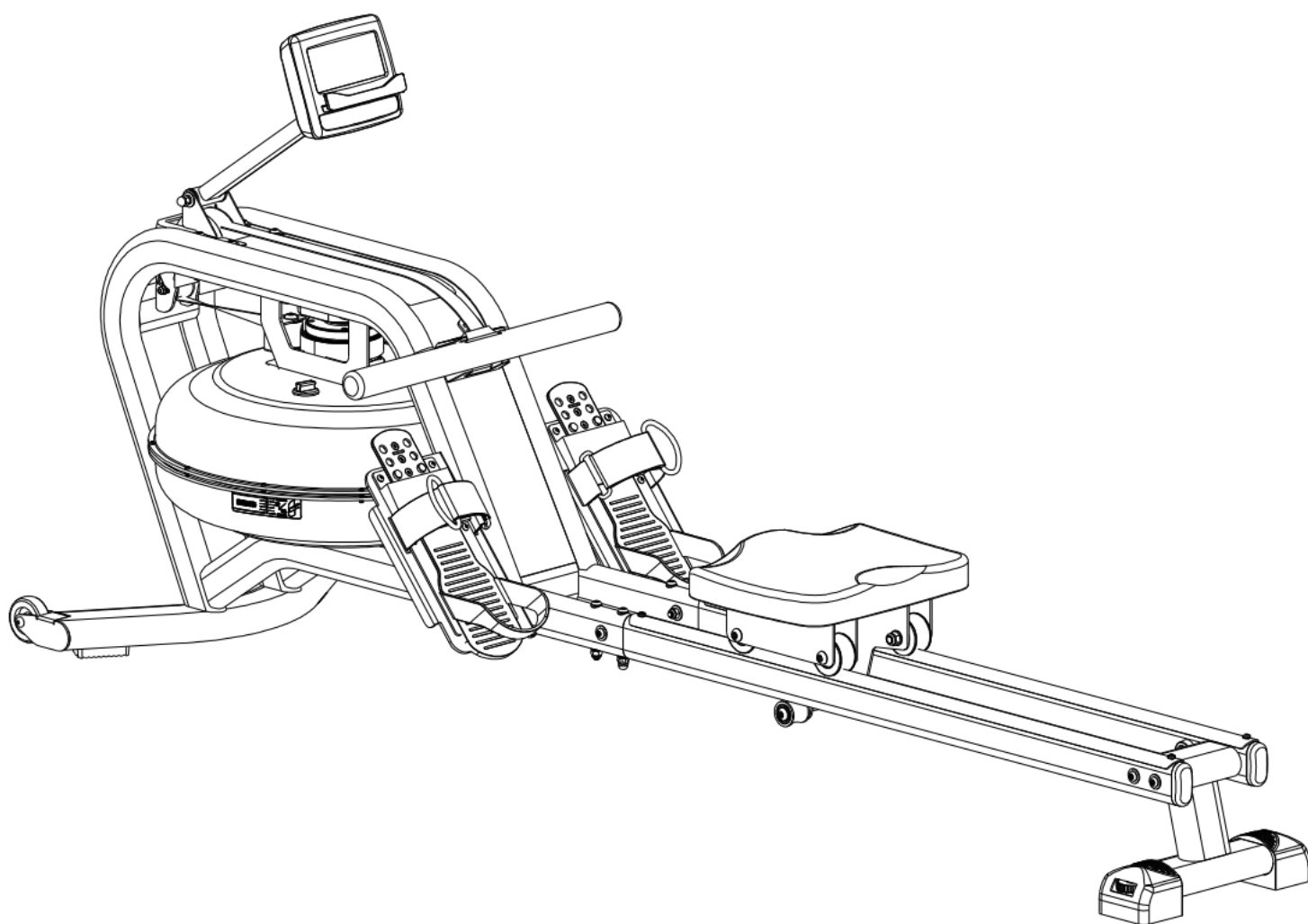




Water Resistance Row 1000

User Manual

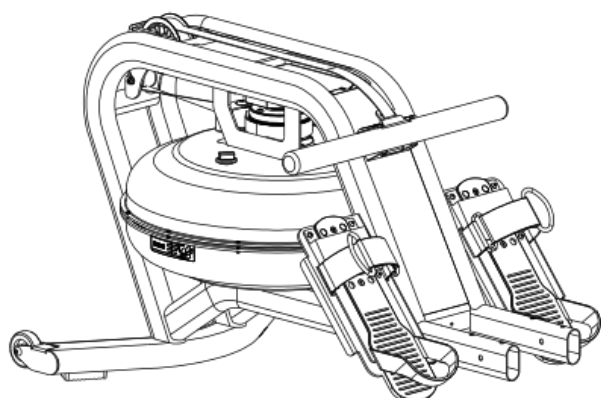


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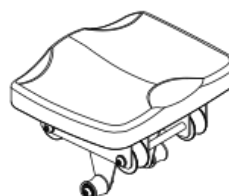
WARNING: BEFORE BEGINNING ANY EXERCISE PROGRAM, CONSULT YOUR PHYSICIAN. THIS IS ESPECIALLY IMPORTANT FOR INDIVIDUALS OVER THE AGE OF 35 OR PERSONS WITH PRE-EXISTING HEALTH PROBLEMS. READ ALL INSTRUCTIONS BEFORE USING ANY FITNESS EQUIPMENT. SAVE THESE INSTRUCTIONS.

ATTENTION

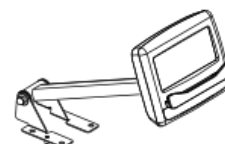
- Before starting any exercise program you should consult your physician to determine if you have any medical or physical conditions that could put your health and safety at risk or prevent you from using the equipment properly. Your physician's advice is essential if you are taking any medication that may affect your heart rate, blood pressure, or cholesterol level.
- Be aware of your body's signals. Incorrect or excessive exercise can damage your health. Stop exercising if you experience any of the following symptoms: pain, tightness in your chest, irregular heartbeat, shortness of breath, lightheadedness, dizziness, or feelings of nausea. If you do experience any of these conditions, you should consult your physician before continuing with your exercise program.
- Keep children and pets away from the equipment. The equipment is designed for adult use only.
- Use the equipment on a solid, flat level surface with a protective cover for your floor or carpet. To ensure safety, the equipment should have at least 2 feet of free space all around it.
- Ensure that all nuts and bolts are securely tightened before using the equipment. The safety of the equipment can only be maintained if it is regularly examined for damage and/or wear and tear.
- Always use the equipment as indicated. If you find any defective components while assembling or checking the equipment, or if you hear any unusual noises coming from the equipment during exercise, stop using the equipment immediately and don't use the equipment until the problem has been rectified.
- Wear suitable clothing while using the equipment. Avoid wearing loose clothing that may become entangled in the equipment.
- Do not place fingers or objects into the moving parts of the equipment.
- The maximum user weight of this rower is 227KG.
- Move with caution when lifting and moving the equipment. Always use proper lifting technique and seek assistance if necessary.
- Your product is intended for use in cool, dry conditions. You should avoid storage in extreme cold, hot, or damp areas as this may lead to corrosion and other related problems.
- This equipment is designed for indoor use only! It is not intended for commercial use or medical treatment!



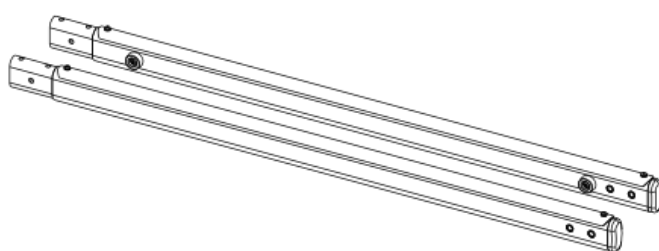
No. 1



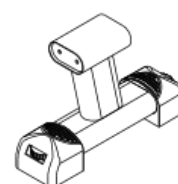
No. 38



No. 51



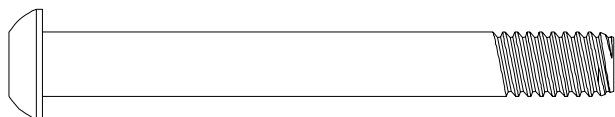
No. 3 L/R



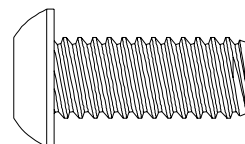
No. 2

No.	Description	QTY
1	Main frame	1
2	Rear Stabilizer	1
3 L/R	Slide rail	2
38	Seat	1
51	Computer	1

TOOL KIT



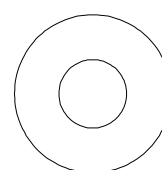
#57 - M8*45 - 6 pcs



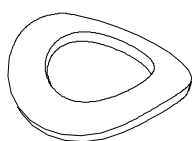
#58 - M8*15 - 4 pcs



#61 - M8*75 - 4 pcs



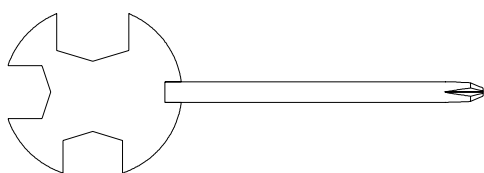
#68 - OD20*ID8.5*1.5 - 12 pcs



#71 - M8 - 8 pcs



#89 - S5 - 1 pc



#90 - S13-17 - 1 pc



#94 - M8 - 6 pcs



#95 - M8 - 6 pcs

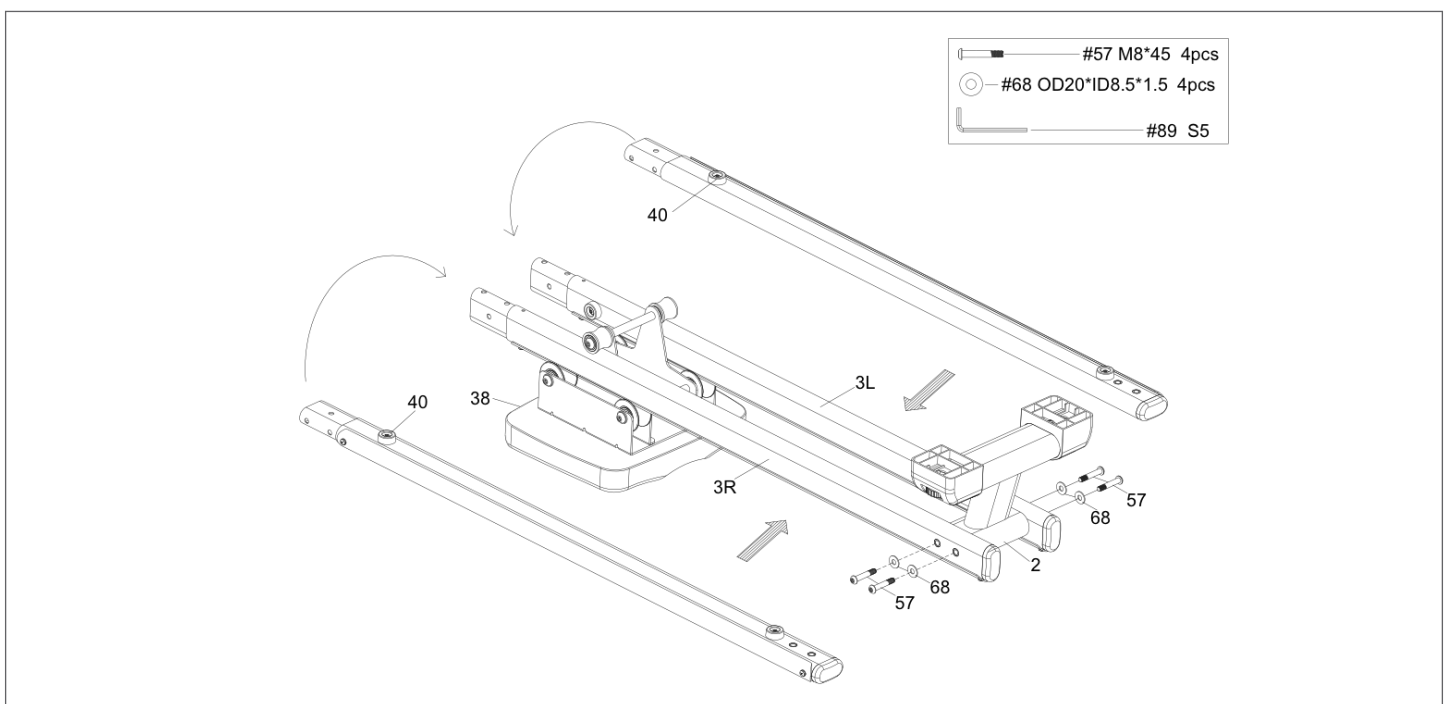
Open the box and remove all parts from the packaging and place them on the floor.

Missing parts: If you think you are missing certain parts in your package, carefully check the styrofoam and the treadmill. Some parts (bolts, screws, etc.) are already attached to / in the treadmill.

Error message: Make sure that all cables are carefully attached. The aluminum legs are very sensitive and should remain straight. Do you get an error message after mounting your rowing machine? Then you should bend these copper feet straight again, this may cause the error message to disappear.

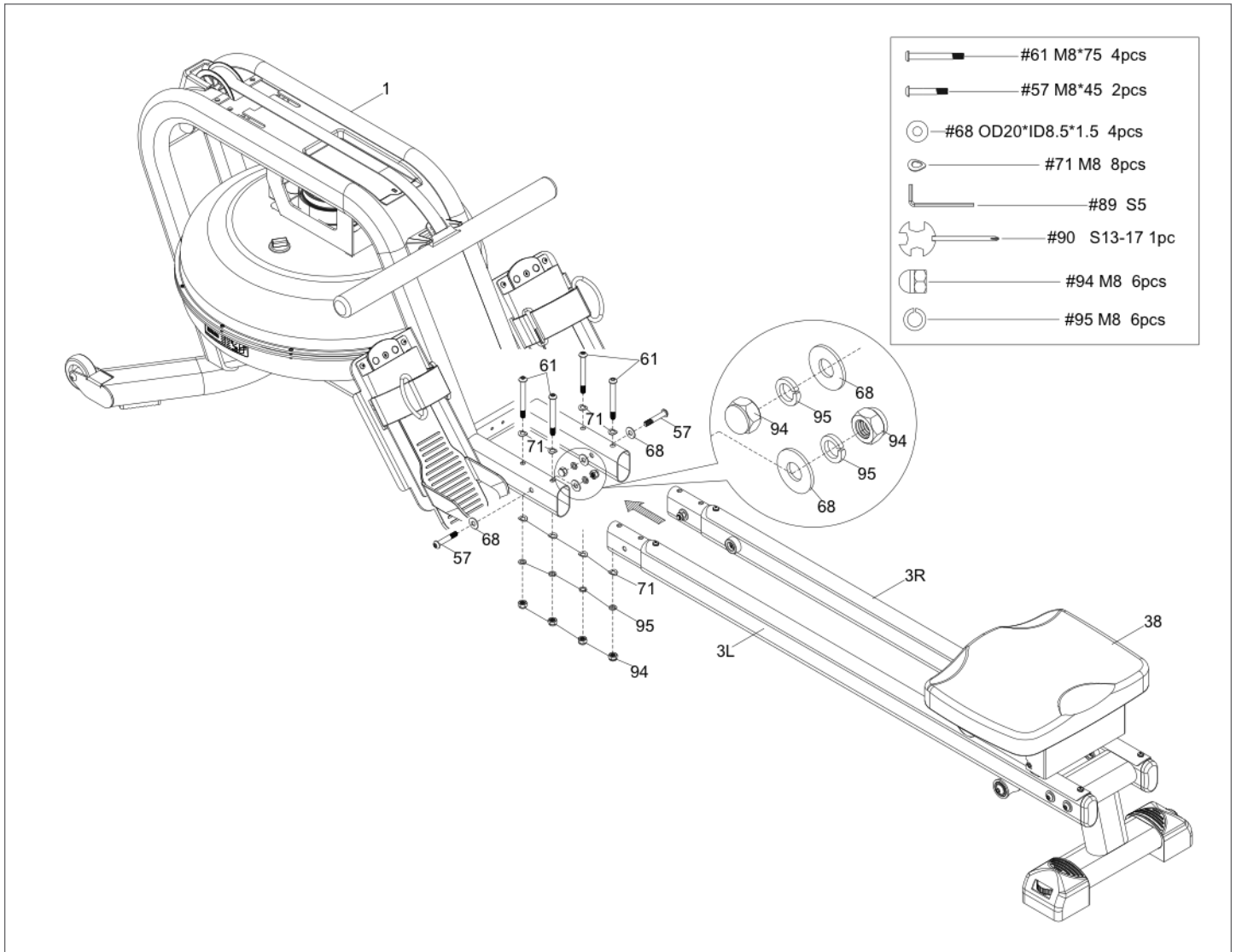
Allen bolts: Make sure that the Allen key fits securely into the bolt before you apply force to the key. In this way you prevent the head of the socket head from being turned.

STEP 1



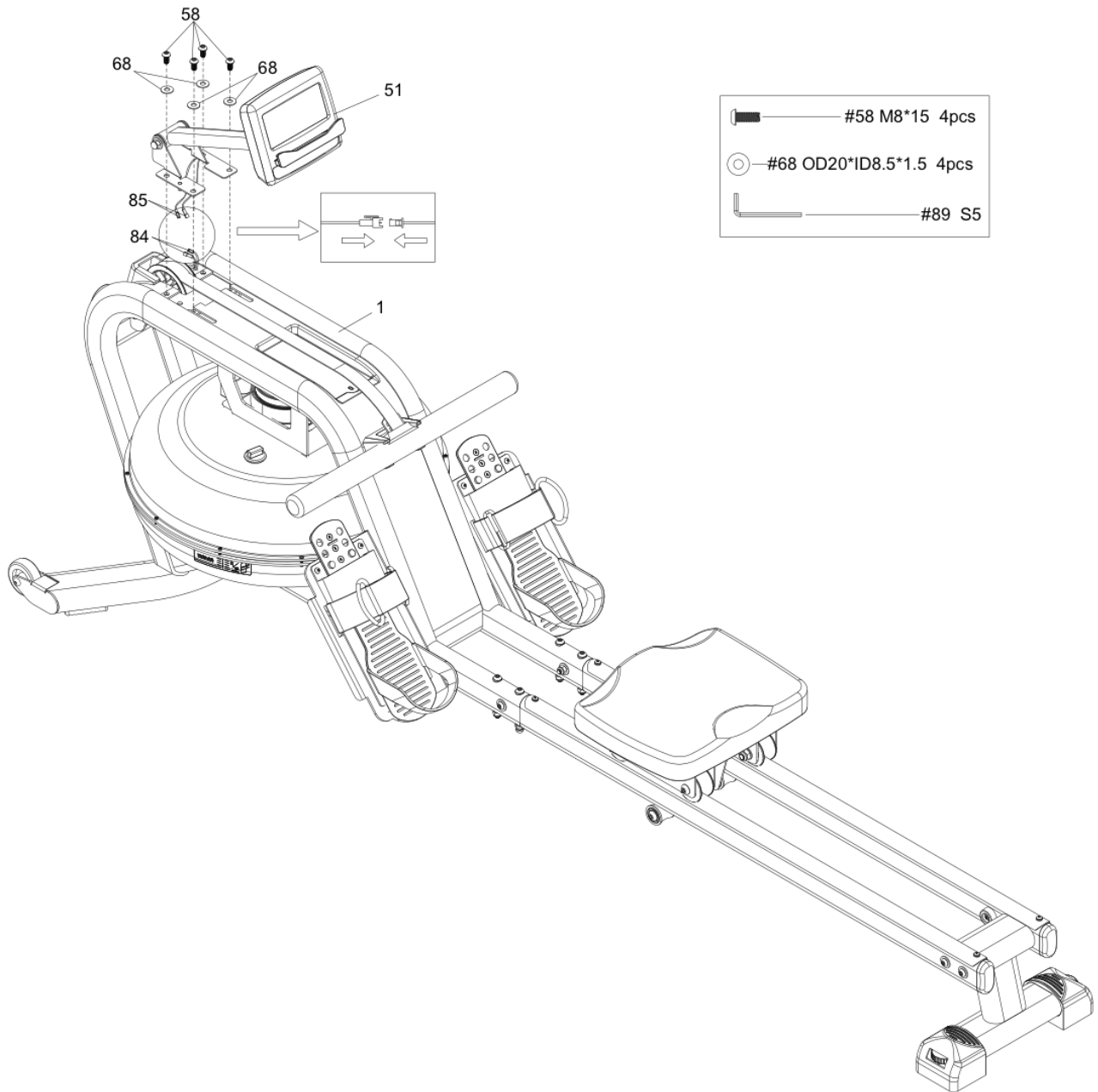
- Turn over the Slide Rail (3), the Rear Stabilizer (2) and the seat (38) as above picture;
- Install the slide rail (3 L/R) into the seat;
- Attach the Rear Stabilizer (2) to the Slide Rail (3), tighten with 4 Washers (68) and 4 screws (57).

STEP 2



- Attach the Slide Rail (3) to the Main Frame (1), tighten with 8 Arc Washers (71), 4 screws (61), 4 screws (61), 4 spring washers (95) and 4 cap nut (94) 4 washers (68), 4 screws (57), 2 spring washers (95) and 2 cap nut (94).

STEP 3



- Connect the connection wire (85) to the sensor wire (84).
- Attach the Support for computer (51) to Main Frame, tighten with 4 Washers (68) and 4 screws (58).
- If the seat makes noise, the wheels under the seat should be slightly greased with the supplied silicone oil.

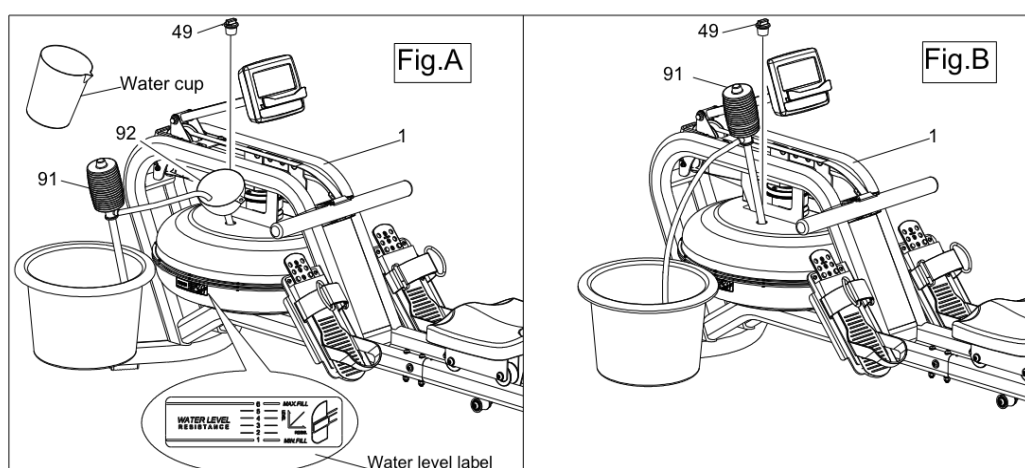
1. Remove the Fill Plug (49) from the Upper Tank Cover;
2. To fill tank with water, refer to Fig. A. Insert the Funnel (92) into the tank, then use a cup or the Pumping siphon (91) and a bucket to fill the tank. Use the water level gauge on the side of the tank to measure desired water level in the tank.
3. To empty the tank, refer to Fig. B. Place a bucket next to the rower, and use the Pumping siphon (91) to pump out the water from the tank into the bucket.
4. Insert the Fill Plug (49) into the Upper Tank Cover. Wipe excess water off of the frame.

NOTE:

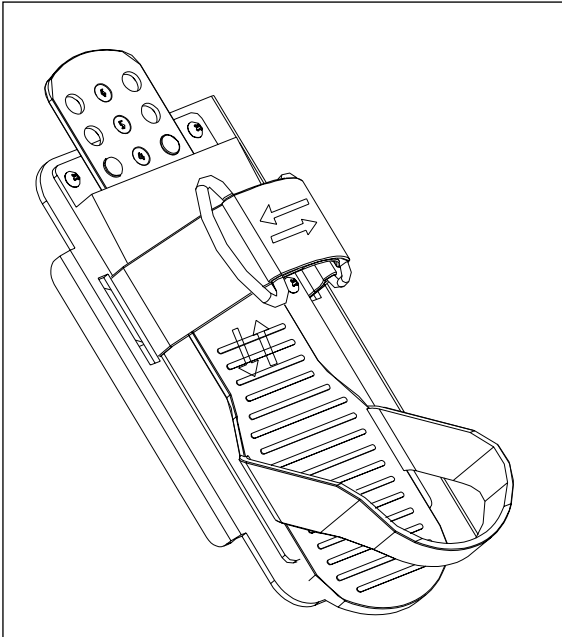
- Fill the tank only with tap water. Add 1 water-purification tablet (1 packet is included.). Never use pool chlorine or chlorine bleach. This will damage the tank and void the warranty.
- Add a water purification tablet every 6 months or as needed. If water remains cloudy, replace the water in the tank.
- Water from the tank is not suitable for consumption. Dispose the water after pumping it out from the tank.

WATER LEVEL

- See Fig. A. The water level gauge is on the side of the tank. The maximum fill is the top bar. Never fill it over this limit. Filling the tank over this limit will void the warranty.
- The resistance depends on the water level in the tank. Water level 1 is the lowest resistance. Level 6 is a higher resistance.



PEDAL ADJUSTMENT



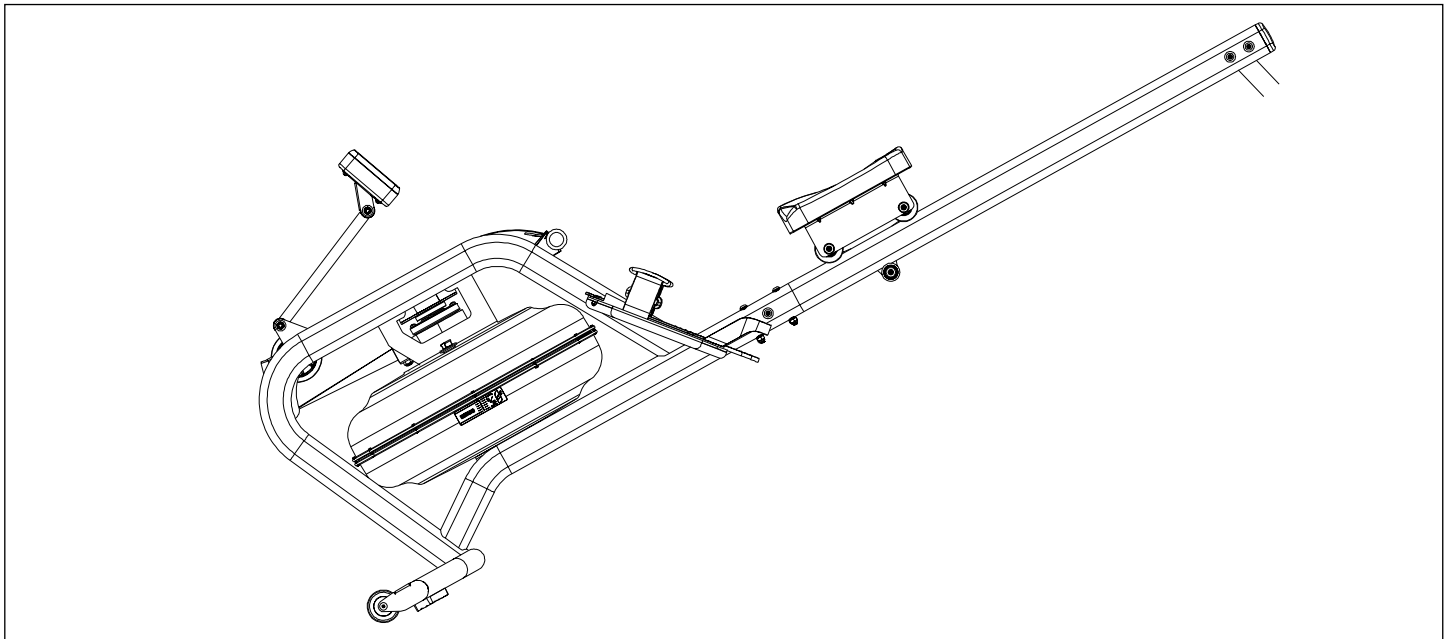
The pedal strap is adjustable and can be personalized to fit the user's foot size.

To adjust the pedal strap, remove the Velcro end of the strap from the mesh side by pulling it upward then to the left.

Once removed, you may increase the opening of the pedal strap by pulling the mesh end up and to the right.

To tighten, pull the Velcro end of the pedal strap upward then to the right and down to secure it to the mesh side of the strap.

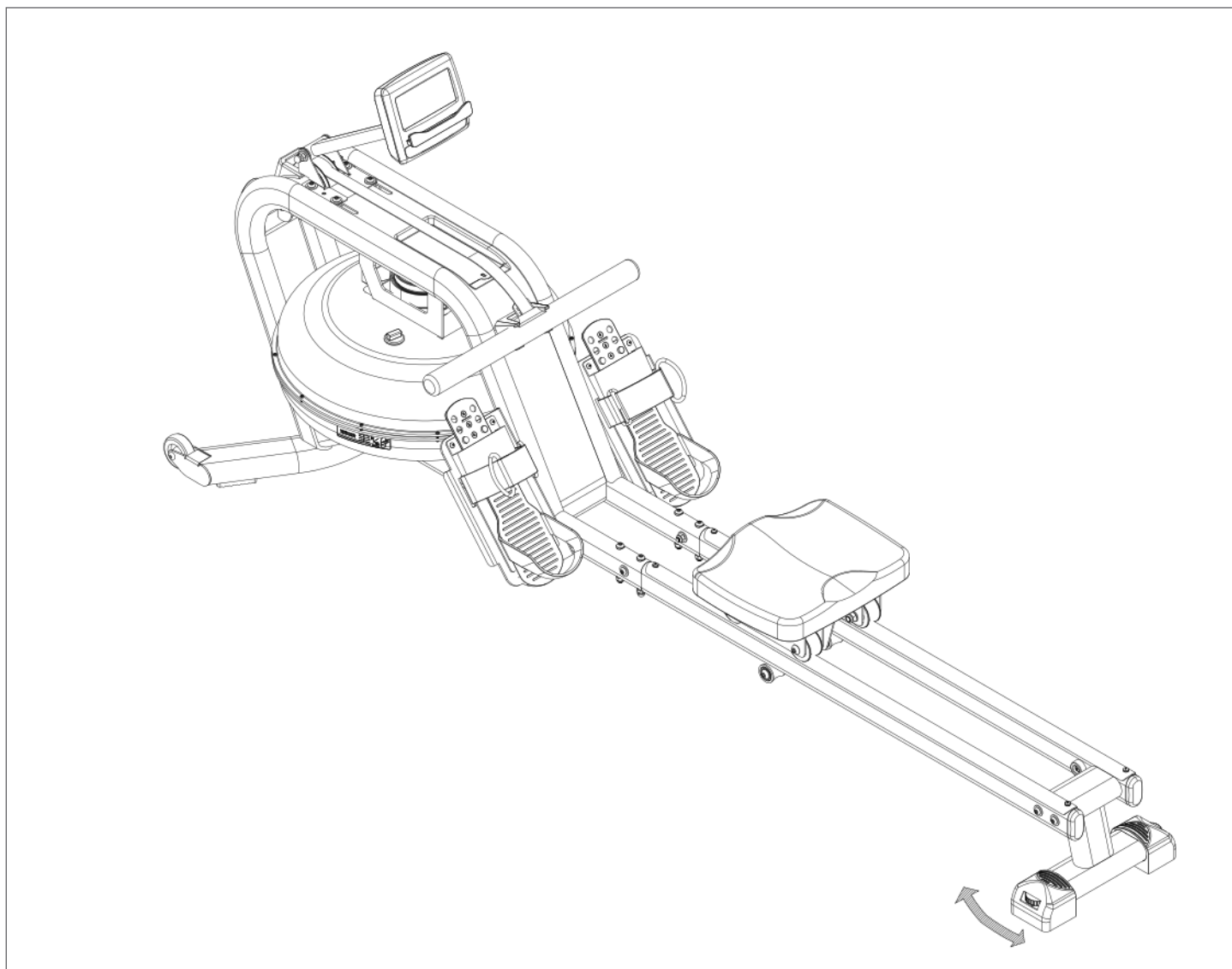
MOVING THE MACHINE



To move the machine, lift up the rear stabilizer until the transportation wheels on the front stand touch the ground. With the wheels on ground, you can transport the rower to the desired location with ease.

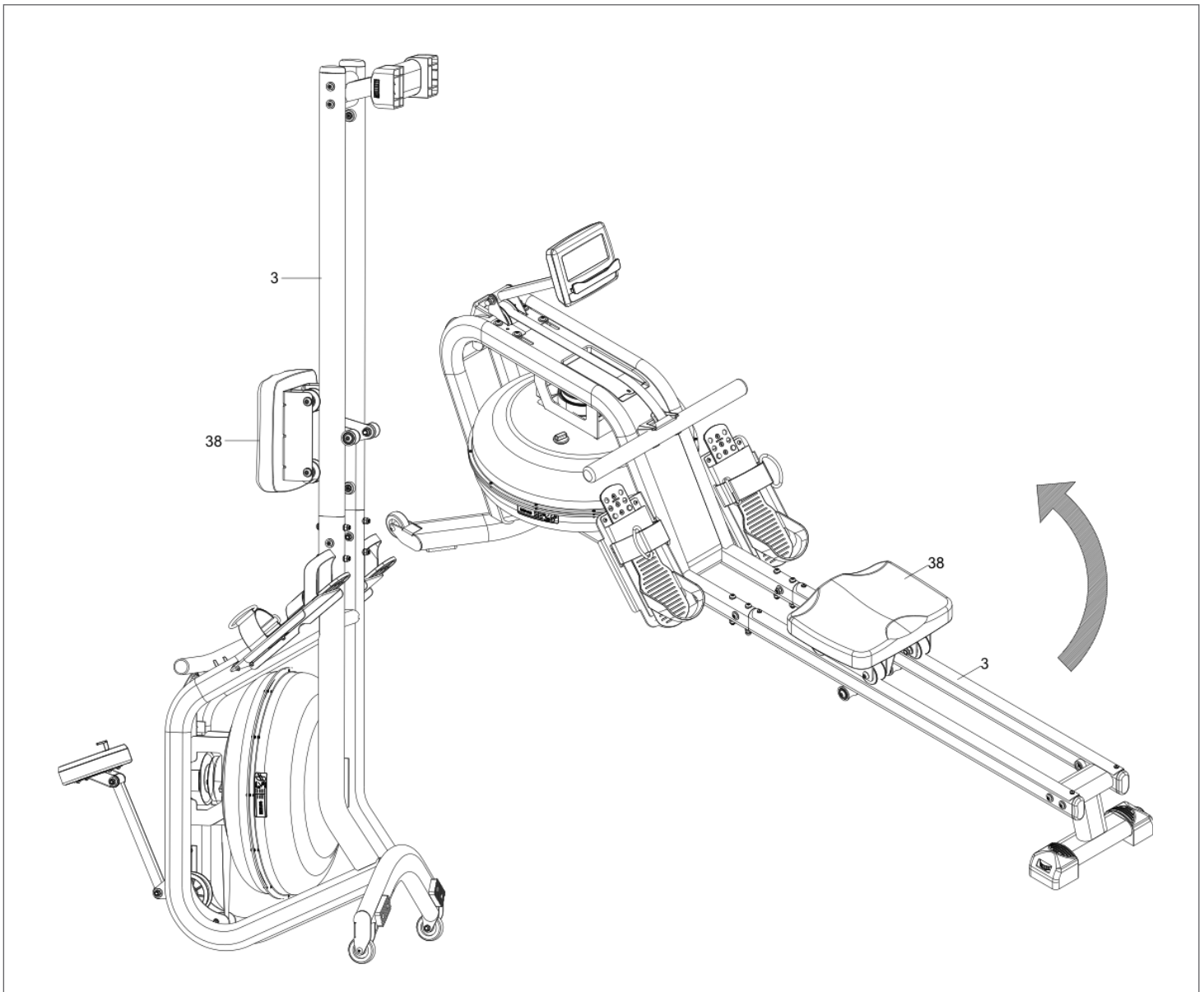
Caution: the seat moves.

ADJUSTING THE BALANCE



Adjust the Rear Stabilizer of the machine if the machine is unbalanced during use.

Caution! Moving parts, such as the seat, could crush and cut your body. Please do not touch the slide rail when using the machine.



When not in use, you can save space by storing the rower vertically. If not using the rower for more than a month, empty the tank before storing.

Caution: When you stand the rower up, the Seat will slide down.

Caution: Move with caution when you raise the rower up, as your head may touch the Rear Stabilizer.

MAINTENANCE

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

1. Sit on the seat and pull on the handlebar to verify that the water system provides resistance and the seat travel is smooth and stable
2. Periodic maintenance is required to maintain proper condition of the water in the tank. The water must be refreshed periodically by adding a water purification tablet, such as sodium dichlor (56% chlorine) every 4-6 months. NEVER USE POOL CHLORINE (TRICHLOR 90% CHLORINE) OR CHLORINE BLEACH. Use of these products will void the warranty and damage the product.
3. Clean the roller tracks on the rails with an absorbent cloth. Do not let dirt accumulate. Check before every training.
4. It is the sole responsibility of the user/owner to ensure that regular maintenance is performed.
5. Worn or damaged components shall be replaced immediately. Contact your dealer for help.
6. Add a bit of silicone oil on rails and wheels for smooth training. Depending on usage this needs to be done every 3 months.

COMPUTER INSTRUCTIONS



Power on

The full LCD display will be shown 2 seconds after the installation of batteries. It will enter the workout intensity of selection mode from L1 to L6 by pressing "v" or "^" to select (the default is L6) then press Enter to confirm and enter the standby mode.

Function buttons

- **Recovery:** Press this button to test the pulse recovery for 60 seconds , the computer need to have the pulse singal input.
- **Reset:** 1. Press it to back the preset value during the parameter setting mode, press again to back program selection.
2. Press it to go back to the standy mode during training.
3. Hold it 2 seconds, the computer will reset.
- **Start / Stop:** To start and stop your selected workout program.
- **Enter:** 1. Confirm the selection of program.
2. Confirm the setting of parameter and enter the next parameter setting.
3. Press it to switch the function value display during the training.
- **"^"** 1. Increase the setting parameter.
2. Select the program (QUICK, STANDARD, TARGET, SINGLE, TARGET INTERVALS, CUSTOM, RACE).
- **"v"** 1. Decrease the setting parameter.
2. Select the program (QUICK, STANDARD, TARGET, SINGLE, TARGET INTERVALS, CUSTOM, RACE).

Remark: Press "^"/"v" to display the function value in the large middle display window.

	Default	Increment Decrement	Setting range	Display range
TIME	0:00	±1	0:00~99:00	0:00~99:59
DISTANCE	0	±100	0~99900	0~99999
STROKES	0	±10	0~99990	0~99999
CALORIES	0	±10	0~9990	0~9999

Remark: TIME and DISTANCE can't be set together but can choose TIME or DISTANCE to set.

Display functions

- **TIME:** Display the training time.
- **TIME/500M:** The average 500 meter time will automatically displayed and continuously updated.
- **SPM:** Strokes per minute.
- **DISTANCE:** Display the training distance.
- **STROKES:** Display the current strokes.
- **TOTAL STROKES:** Accumulates total strokes.
- **CALORIES:** Display the consumption calories.
- **PULSE:** Display user's heart rate during the training.
- **DRAG FORCE:** Display the current drag force.
- **WATT:** Display the current watt.
- **A+:** Display the average function value of time, calories, watt and pulse.

Operation guide

- **QUICK START:** Press “^” / “v” to choose Quick Start then press “START/STOP” to start the training.
 1. Press “ENTER” to switch the function value to display in the large middle display during the training.
 2. The program profile with 16 columns, each columns equal to 100 meter.
- **STANDARD:** Press “^” / “v” to choose Standard then press “ENTER” to confirm and enter five training mode selection of: 2000m, 5000m, 10000m, 30:00, 500m/1:00. After that press “START/STOP” to start the training. The preset function value will count down, other function value will count up. Press “RESET” back to standby mode when the preset function value counts down to zero.
- **TARGET SINGLE:** Press “^” / “v” to choose Target Single then press “ENTER” to confirm and enter four Single setting of Single Time, Single Distance, Single Calories, Single THR.
 - A) Single Time: Only can preset the time ,press START/STOP to start the training after setting finished.
 - B) Single Distance: Only can preset the distance ,press START/STOP to start the training after setting finished.
 - C) Single Calories :Only can preset the calories ,press START/STOP to start the training after setting finished.
 - D) Single T.H.R: Only can preset the Target Heart Rate form 90 to 200 Bpm, press START/STOP to start the training after setting finished. It will have beep beep sound then the heart rate is higher than THR.

- TARGET INTERVAL:** Press “^”/“v” to choose Target Interval then press ENTER to confirm and enter to three Intervals setting mode of Intervals Time, Intervals Distance, Intervals Variable.
 - A) Intervals Time :Press “^”/“v” to set the training time then press ENTER to confirm and set the REST TIME .Press “^”/“v” START/STOP to start the training after setting finished.
 - B) Intervals Distance: Press “^”/“v” to set the training distance then press ENTER to confirm and set the REST TIME .Press START/STOP to start the training after setting finished.
 - C) Intervals Variable: Press “^”/“v” to set the training time then press ENTER to confirm and set the training distance. Press ENTER to confirm and set the REST TIME then press START/STOP to start the training after setting finished.
- CUSTOM:** Press “^”/“v” to choose CUSTOM then press ENTER to confirm and enter to four Custom mode of V :30/:30R, V1:00/1:00R...7, V2000m/3:00R...4, V1:40/:20R.
 - A) V :30/:30R, Training 30 seconds, Rest 30 seconds.
 - B) V1:00/1:00R...7, Training one minute, Rest one minute, Repeat 7 times.
 - C) V2000m/3:00R...4, Training 2000m, Rest three minutes, Repeat 4 times.
 - D) V1:40/:20R, Training one minute forty seconds, Rest 20 seconds, Repeat 9 times.
- RACE:** Press “^”/“v” to choose RACE then press ENTER to confirm then press “^”/“v” to select L1~L15. Press ENTER to confirm and enter DISTANCE setting, DISTANCE will blink then press UP or DOWN to adjust. Press ENTER to STOP mode then press STARTt to train.
 The dot-matrix will show U and PC graphic to race.
 Once PC or User reach the end of training, the computer will stop.
 TIME winder can press ENTER to switch display TIME and TIME/500M A+,SPM window can press ENTER to switch display SPM and SPM A+, DISTANCE display training distance ,TOTAL STROKES window press ENTER to switch display STROKES and TOTAL STRKOES, CALORIES window press ENTER to switch display CALORIES and WATT A+, PULSE window display PULSE A+, The dot-matrix will show PC WIN or USER WIN
 Renmark: RACE PROGRAM, :only can set DISTANCE, TIME/500M is fixed , TIME/500M for L1-L15 is as below.

L1	8:00	L6	5:30	L11	3:00
L2	7:30	L7	5:00	L12	2:30
L3	7:00	L8	4:30	L13	2:00
L4	6:30	L9	4:00	L14	1:30
L5	6:00	L10	3:30	L15	1:00

Recovery

This meter works with a 5.3 KHz chest strap heart rate monitor (not included). After exercising for a period of time, keep wearing chest strap monitor and press "RECOVERY" button. All function displays will stop except "TIME" starts counting down from 00:60 to 00:00. Your condition will be measured.

1. Screen will display your heart rate recovery status with the F1, F2...to F6.
2. F1 is outstanding. F6 is poor. User may keep exercising to improve the heart rate recovery status.
(Press the "RECOVERY" button again to return the main display.)

Alarm

Alarm only works while the computer is in sleep mode. Alarm will not sound during exercise. Press and hold "RESET" to go to clock screen to set up "ALARM".

Sleep mode

The computer will go into sleep mode after about 4 minutes of inactivity.

Battery

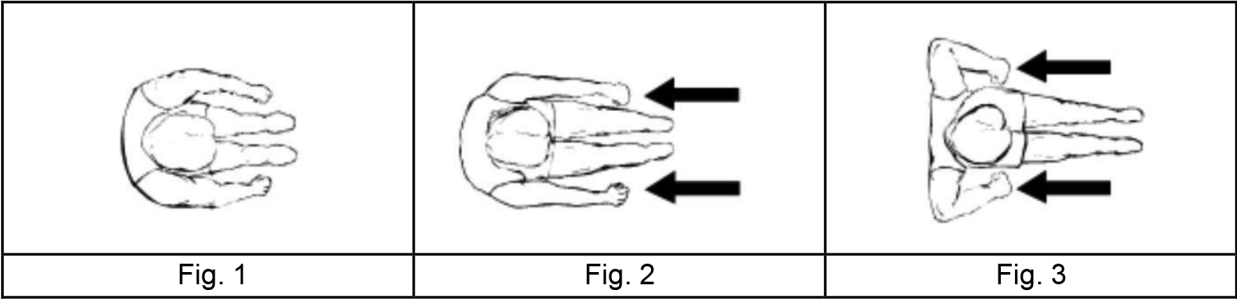
This meter uses 2 AA batteries, which are included. Changing the batteries will reset all values. If there is a problem with the display, try changing the batteries rst. When changing the batteries, change both of them. Do not mix battery types. Do not mix old and new batteries. Dispose of old batteries according to your regional guidelines.

EXERCISE GUIDE

Rowing is an extremely effective form of exercising. It strengthens your heart and improves blood circulation as well.

There are involved all major muscle groups of back, waist, arms, shoulders, hips and legs.

Sit on the saddle and fasten your feet to the pedals using Velcro straps. Then take hold of the rowing bar. Take the start position, lean forward with your arms straight and knees bent as shown in Fig. 1. Push your body backwards while simultaneously straightening your back and legs (Fig. 2). Continue this movement until you are leaning slightly backwards. Bring your arms out of the side during this phase (Fig. 3). Thereafter return to the second position and repeat it as shown below.

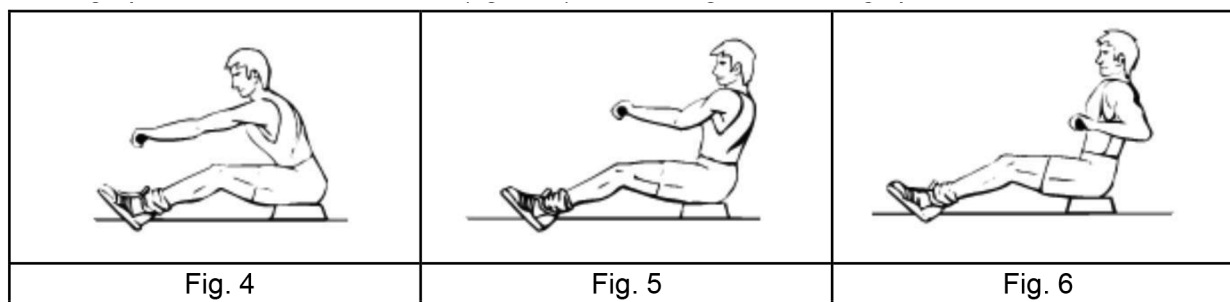


TRAINING TIME

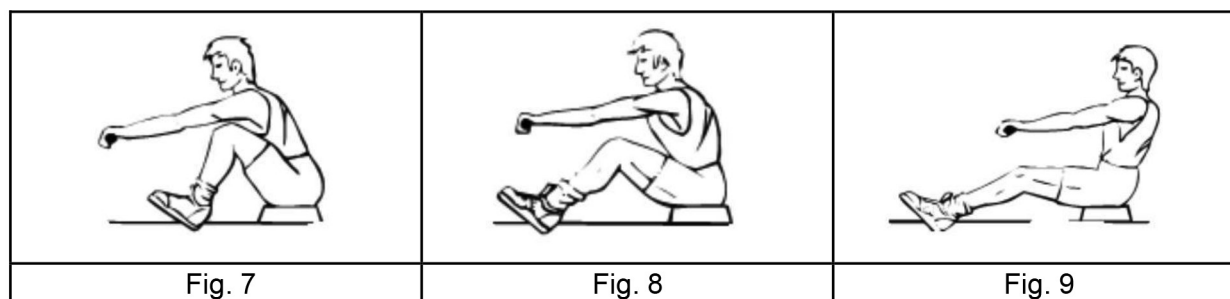
Rowing is a strenuous training style. Because of it, it is better to start with a short and easy program and continue to a longer and intensive workout. Start rowing for about 5 minutes and increase the workout length gradually to improve your fitness. Finally, you should be able to row for 15-20 minutes. Don't try to do it too quickly. Try to train on alternate days, 3 times a week. Take recovery time between workouts.

ROWING STYLE ALTERNATION

ONLY ARM ROWING: This workout should tone your arm, shoulder, back and abdominal muscles. Sit on the machine as shown in Fig. 4. Straight your legs, lean forward and grasp the handles. Control your moving and gradually lean back to just past the up-right position (Fig. 5) and continue to pull the handles towards your chest (Fig. 6). Return to the starting position and repeat.








ONLY LEG ROWING: This workout helps toning your leg and back muscles. Keep your back straight and arms out-stretched, bend your legs until you will grasp the rowing handles in the starting position (Fig. 7). Use your legs to push your body back (Fig. 8) while keeping your arms and back straight as shown in Fig. 9.



WARM-UP PHASE

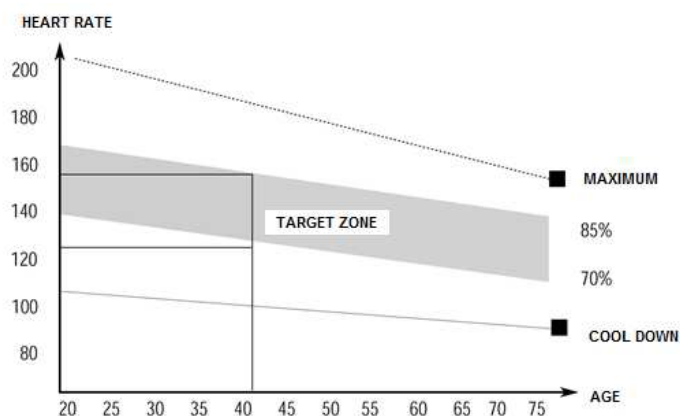
This phase should help improving blood circulation and make your muscles working properly while reducing a cramp risk or injury. It is advisable to do a few stretching exercises as shown below. Each stretching exercise should be taken for approx. 30 seconds. Don't overstretch and don't jerk your muscles. If you feel pain, stop immediately.

	Side bends
	Forward bends
	Outer thigh
	Inner thigh
	Calves and achilles tendon

EXERCISE PHASE

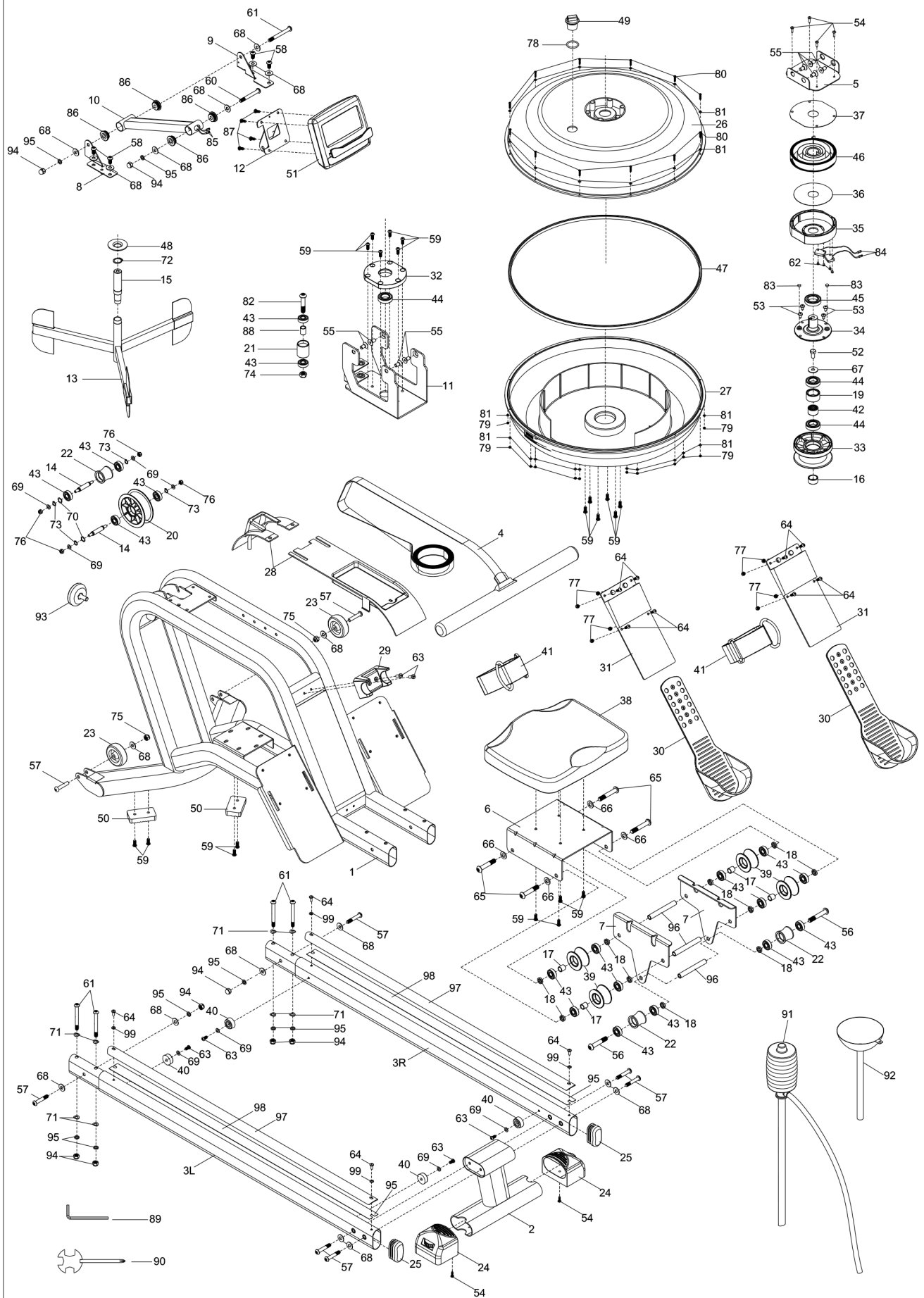
It is a phase, during which you should put in your effort. After regular workout, your leg muscles should get more flexible. Keep steady tempo throughout your exercising. The workout intensity should be sufficient to raise your heartbeat into the target zone as shown below.

NOTE: This stage should last for at least 12 mins.



COOL-DOWN PHASE

In this stage, your cardio-vascular system and muscles should get calm. Repeat the warm-up exercises, reduce your tempo and continue for approx. 5 mins. Repeat the stretching exercises, but don't overstretch or jerk your muscles. As you get fitter, you can exercise longer and harder. It is advisable to train at least three times a week and, if possible, to space your workouts evenly throughout a week.



No.	Description	Spec.	QTY
1	Main frame		1
2	Rear stabilizer		1
3	Slide rail L/R		2
4	Handlebar		1
5	Spring fixed plate		1
6	Seat carriage	SPHC, T=3.0	1
7	Seat support plate	SPHC, T=3.0	2
8	Sensor Stand L	SPHC, T=2.0	1
9	Sensor Stand R	SPHC, T=2.0	1
10	Support for computer		1
11	Tank plate		1
12	Support plate		1
13	Impeiler		1
14	Mesh belt wheel shaft	Ø10*64*M6	2
15	Impeller shaft	Ø10*99*M8	1
16	Spacer for belt wheel	Ø25*Ø20*13	1
17	Spacer for seat roller	¢14* ¢11*14	4
18	Short spacer	¢16* ¢10.2*4	10
19	Bearing sleeve	¢35* ¢26*18	1
20	Belt wheel	POM, black	1
21	Guide roller	POM, black	1
22	Guide roller 2	POM, black	3
23	Carrying wheel	PP, black	2
24	Adjustable end cap	PP, black	2
25	Oval plug	PP, black	2
26	Upper tank	PC	1
27	Lower tank	PC	1
28	Decorate cover	HIPS, black	1
29	Handlebar seat	TPR, black	1
30	Top pedal	PP, black	2
31	Under pedal	PP, black	2

No.	Description	Spec.	QTY
32	Bearing seat	POM, black	1
33	Mesh belt wheel	POM, black	1
34	Volute spring shaft	POM, black	1
35	Volute spring seat	POM, black	1
36	Small insulation board	PC, transparent	1
37	Large insulation board	PC, transparent	1
38	Seat	PU, black	1
39	Seat roller	PU, black	4
40	Stopper	PVC, black	4
41	Pedal strap	Nylon, black	2
42	One way bearing	HF2016	1
43	Bearing	6000ZZ	18
44	Bearing	61904ZZ	3
45	Bearing	61905ZZ	1
46	Volute spring	65Mn, 5M	1
47	Rubber sealing ring	Rubber, black	1
48	Impeller shaft seal	Rubber, black	1
49	Fill plug	Rubber, black	1
50	Skid pad	Rubber, black	1
51	Computer		1
52	Outer hex screw	M8*15	1
53	Screw	ST5*10	4
54	Screw	ST4.2*12	6
55	Flat screw	M8*15	8
56	Screw	M10*55	2
57	Screw	M8*45	8
58	Screw	M8*15	4
59	Screw	M6*15	20
60	Screw	M8*65	1
61	Screw	M8*75	5
62	Cross Screw	M4*10	1

No.	Description	Spec.	QTY
63	Cross Screw	M6*15	6
64	Cross Screw	M5*15	8
65	Screw	M10*60	4
66	Washer	OD25*ID10.5*2.0	10
67	Washer	OD25*ID8.5*1.5	1
68	Washer	OD20*ID8.5*1.5	18
69	Washer	OD12*ID6.5*1.5	8
70	Wave Washer	¢ 10	2
71	Arc Washer	M8	8
72	C-clip	¢ 20	1
73	C-clip	¢ 10	4
74	Nylon lock nut	M10	7
75	Nylon lock nut	M8	10
76	Nylon lock nut	M6	4
77	Nylon lock nut	M5	8
78	O shape ring	Rubber, black	1
79	Nylon lock nut	M3	12
80	Cross Screw	M3*20	12
81	Washer	OD7*ID3.2*1.0	24
82	Screw	M10*50	1
83	Magnet	Ø10*5	1
84	Sensor wire		2
85	Connection wire		2
86	Plastic Bushing	PP, black	4
87	Cross Screw	M5*12	4
88	Guide roller spacer	ABS, black	1
89	Allen wrench	S5	1
90	Spanner	13#-17#	1
91	Pumping siphon		1
92	Funnel		1
93	Adjustable knob		1

No.	Description	Spec.	QTY
94	Cap Nut	M8	8
95	Spring washer	M8	8
96	Support sleeve	Ø12.7*L94	3
97	Aluminum rail	Aluminum	2
98	EVA pad	EVA	2
99	Washer	OD10*ID5.2*1.5	4



For questions or missing parts please contact your dealer.