virtufit

Row 1000 Rowing Machine

User manual
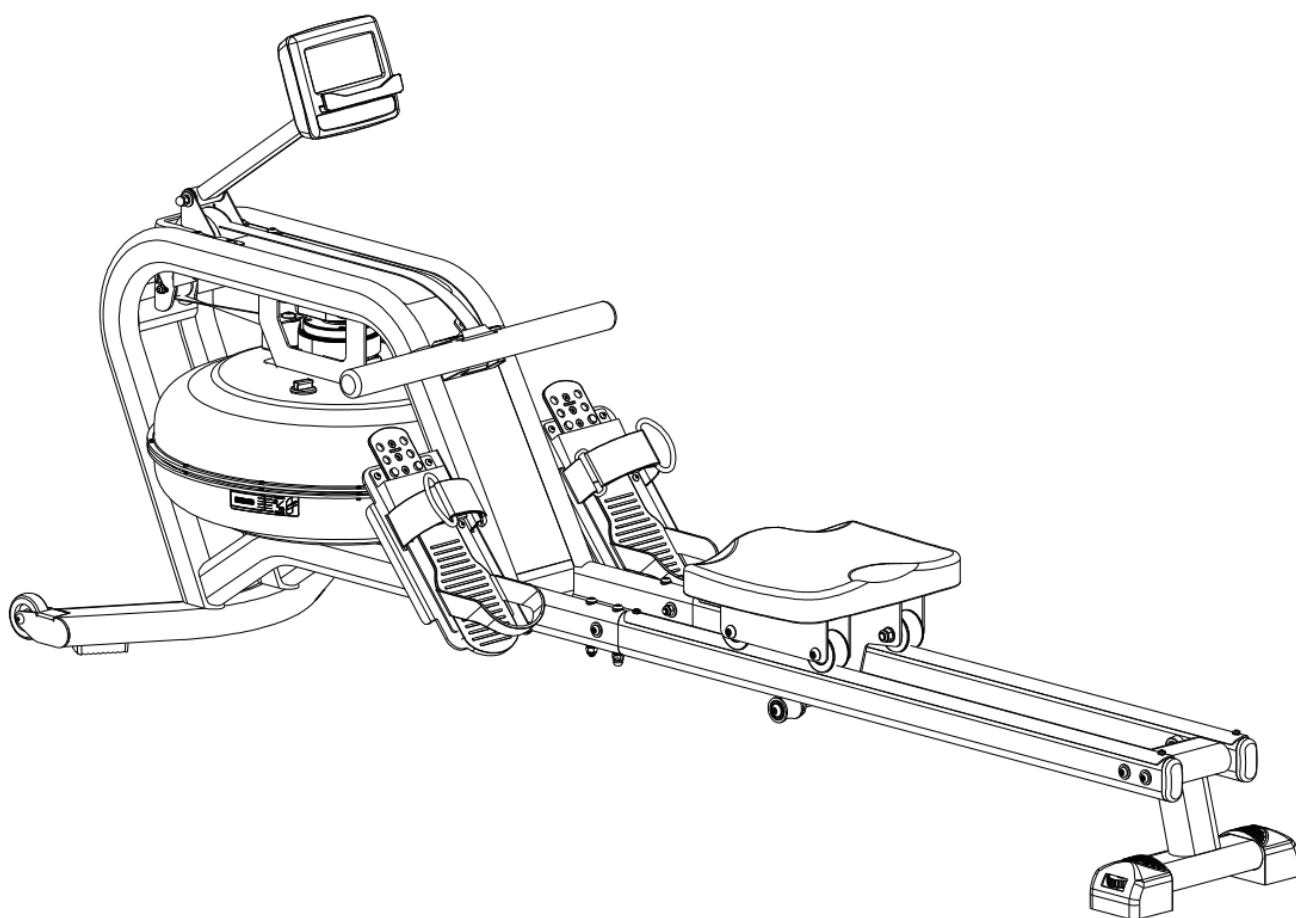
INDEX

WARNING

Before beginning any exercise program consult your physician. This is especially important for people who are over 35 years old or who have pre-existing health problems. Read all instructions before using any fitness equipment. Do not operate this device without properly fitted guards, as the moving parts can present a risk of serious injury if exposed.

ATTENTION

- It is important to read this entire manual before assembling and using the device. Safe and effective use can only be achieved if the device is assembled, maintained and used properly. It is your responsibility to ensure that all users of the device are informed of all warnings and precautions.

- Before starting any exercise program, you should consult your doctor to determine if you have any medical or physical conditions that could put your health and safety at risk, or prevent you from using the device properly. Your doctor's advice is essential if you are taking medication that affects 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, extreme shortness of breath, lightheadedness, dizziness or feelings of nausea. If you do experience any of these conditions you should consult your doctor before continuing with your exercise program.

- Keep children and pets away from the device. The device is designed for adult use only.

- Use the device on a solid, flat level surface with a protective cover for your floor or carpet. To ensure safety, the device should have at least 0.5 metres of free space all around it.

- Before using the device, check that the nuts and bolts are securely tightened.

- The safety of the device can only be maintained if it is regularly examined for damage and/or wear and tear.

– Always use the device as indicated. If you find any defective components while assembling or checking the device, or if you hear any unusual noises coming from the device during use, stop immediately. Do not use the device until the problem has been rectified.

– Wear suitable clothing while using the device. Avoid wearing loose clothing that may get caught in the device or that may restrict or prevent movement.

– The max user weight is 227 KGS. Braking ability is independent of speed.

– The device is not suitable for therapeutic use.

– Care must be taken when lifting or moving the device so as not to injure your back. Always use proper lifting techniques and/or seek assistance if necessary.

– Please keep the space at least 1 to 2 meter at the end of base frame to escape any accidents!

– Place the device on a clean and flat surface. Do not place the device on a thick carpet.

– The device is for indoor use and not for outdoor use to prevent damage. Keep the storage location dry, clean and flat. It is forbidden to use the device for purposes other than training.

– Only use the machine in an environment with an ambient temperature between 10 °C and 35 °C. Only store the device at an ambient temperature between 5 °C and 45 °C.

Warranty claim is excluded if the cause of the defect is the result of:
– Maintenance assembly and repair work not carried out by an official dealer.
– In the event of improper use, neglect and / or poor maintenance.
– Failure to maintain the device in accordance with the manufacturer's instructions (see the enclosed manual).

TOOLKIT

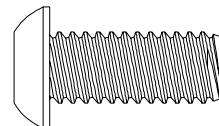**When you open the carton, and you will find the below parts in the carton:**

No. 1

No. 38

No. 51

No. 3 L/R

No. 2
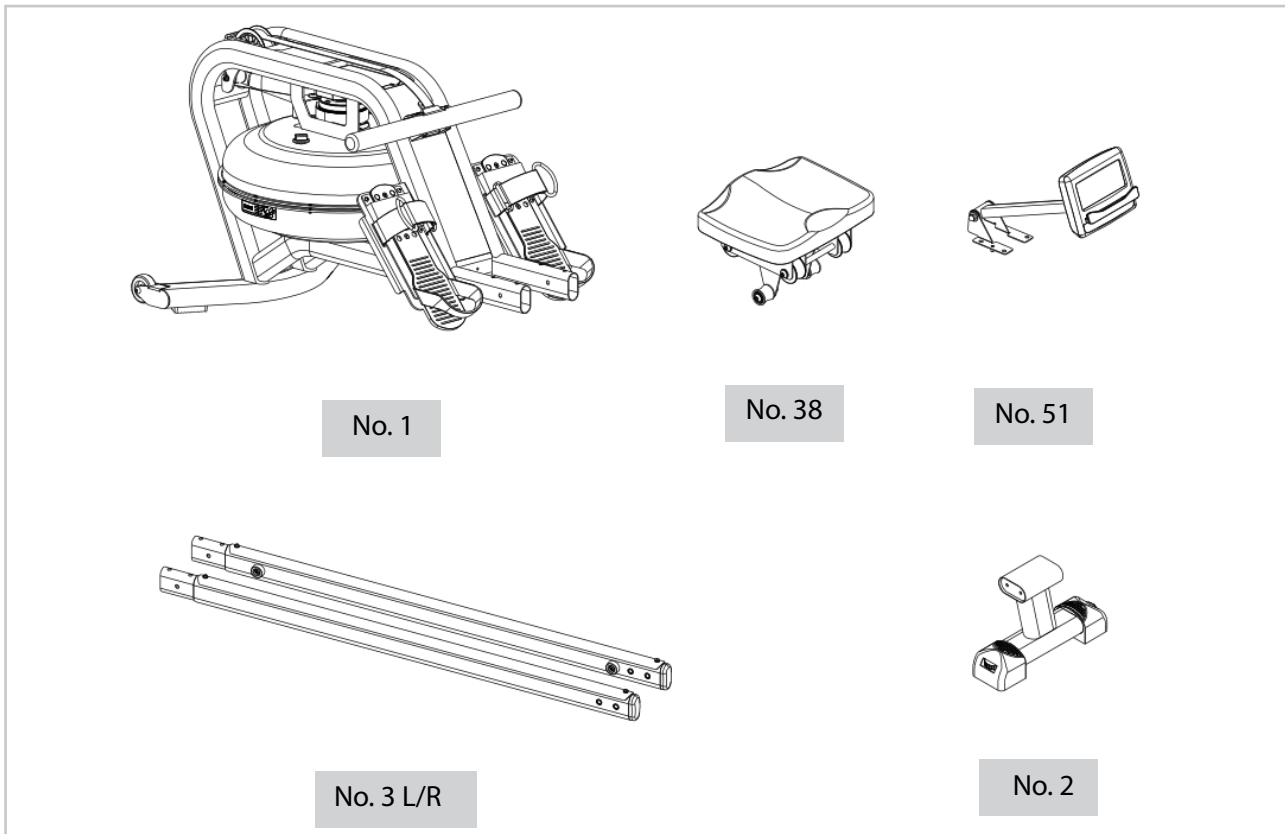
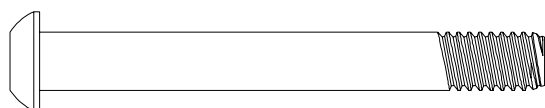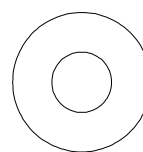| #	DESCRIPION	QTY
1	Main Frame	1
2	Rear Stabilizer	1
3 L/R	Slide Rail	2
38	Saddle	1
51	Console	1

TOOLKIT

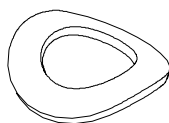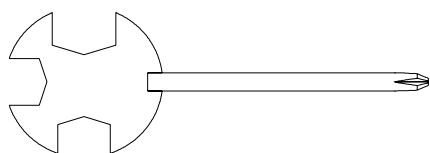|	
#57 - M8*45 - 6 pcs	#58 - M8*15 - 4 pcs
#61 - M8*75 - 4 pcs	#68 - OD20*ID8.5*1.5 - 12 pcs
#71 - M8 - 8 pcs	#89 - S5 - 1 pc
#90 - S13-17 - 1 pc	#94 - M8 - 6 pcs
#95 - M8 - 6 pcs	

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

Error message: Ensure that all cables are carefully attached. The aluminum legs are very sensitive and must remain straight. Do you receive an error message after mounting your device? Then you have to straighten these aluminum legs again, this may cause the error message to disappear.

Socket screws: The device contains socket screws, make sure that the allen key is firmly in the bolt before you apply force to the key. In this way you prevent the head of the socket head screw from being rotated.

STEP 1

#57 M8*45 4pcs
#68 OD20*ID8.5*1.5 4pcs
#89 S5
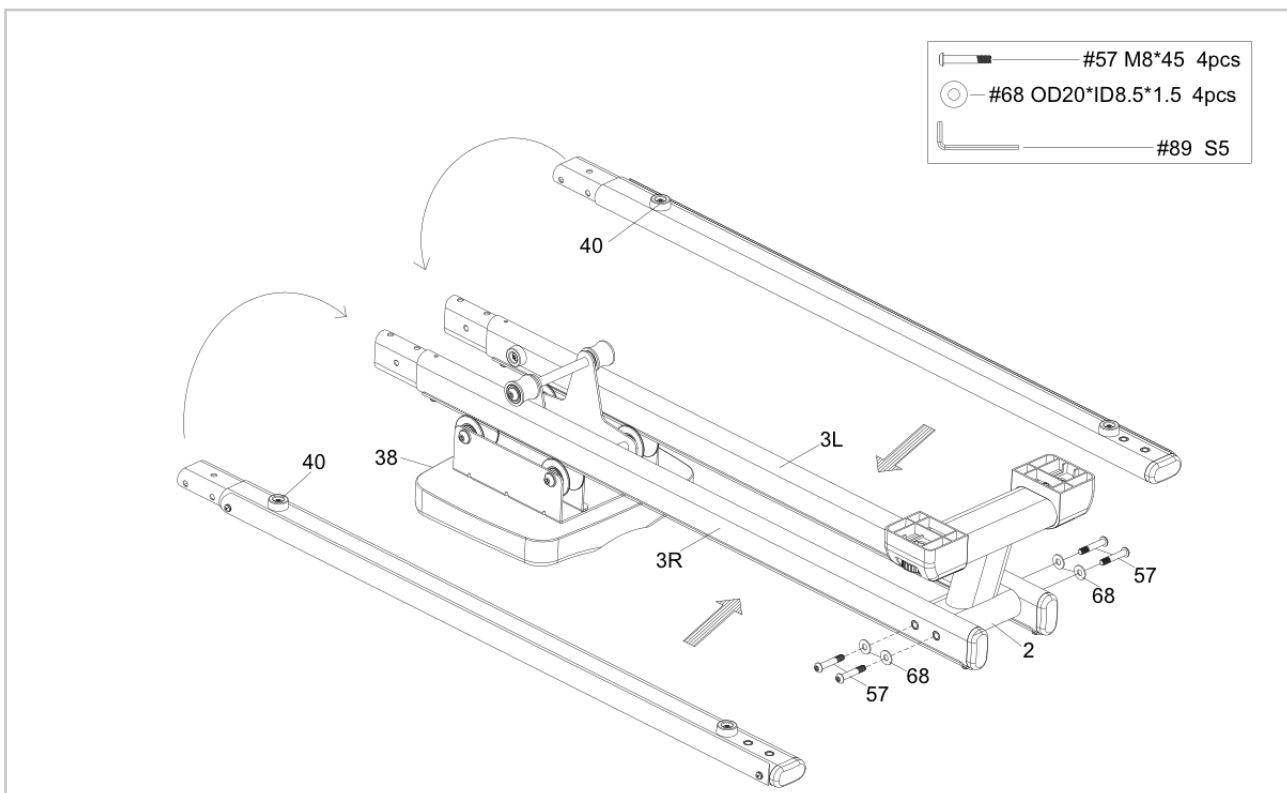
- Turn over the Slide Rail (3), the Rear Stabilizer (2) and the seat (38) as above picture.

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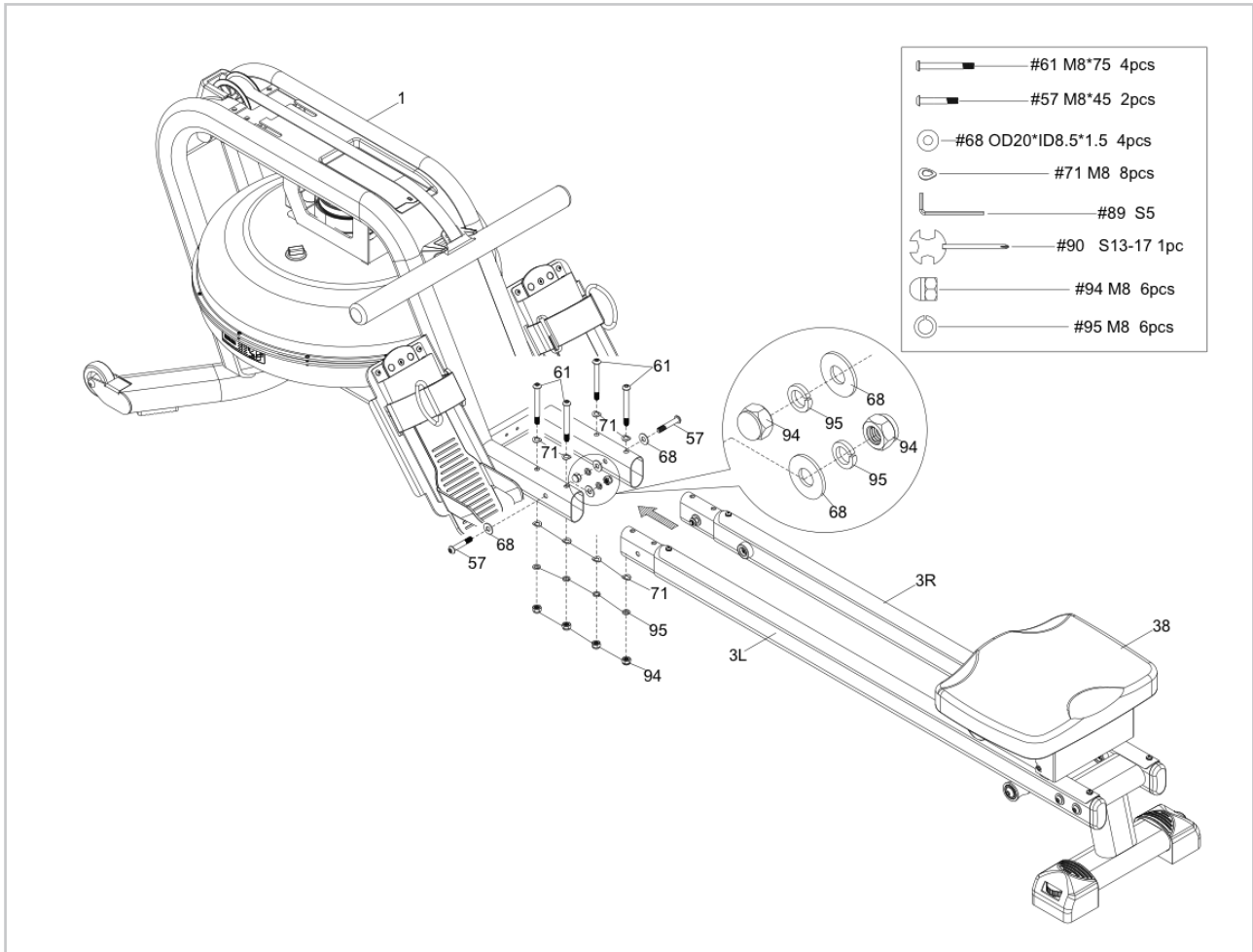
- Attach the Slide Rail (3) to the Main Frame (1), tighten with 8 Arc Washers (71), 4 screws (61), 4 screws (61), 4 spring washers (95) and 4 cap nut (94) 4 washers (68), 4 screws (57), 2 spring washers (95) and 2 cap nut (94).

STEP 3
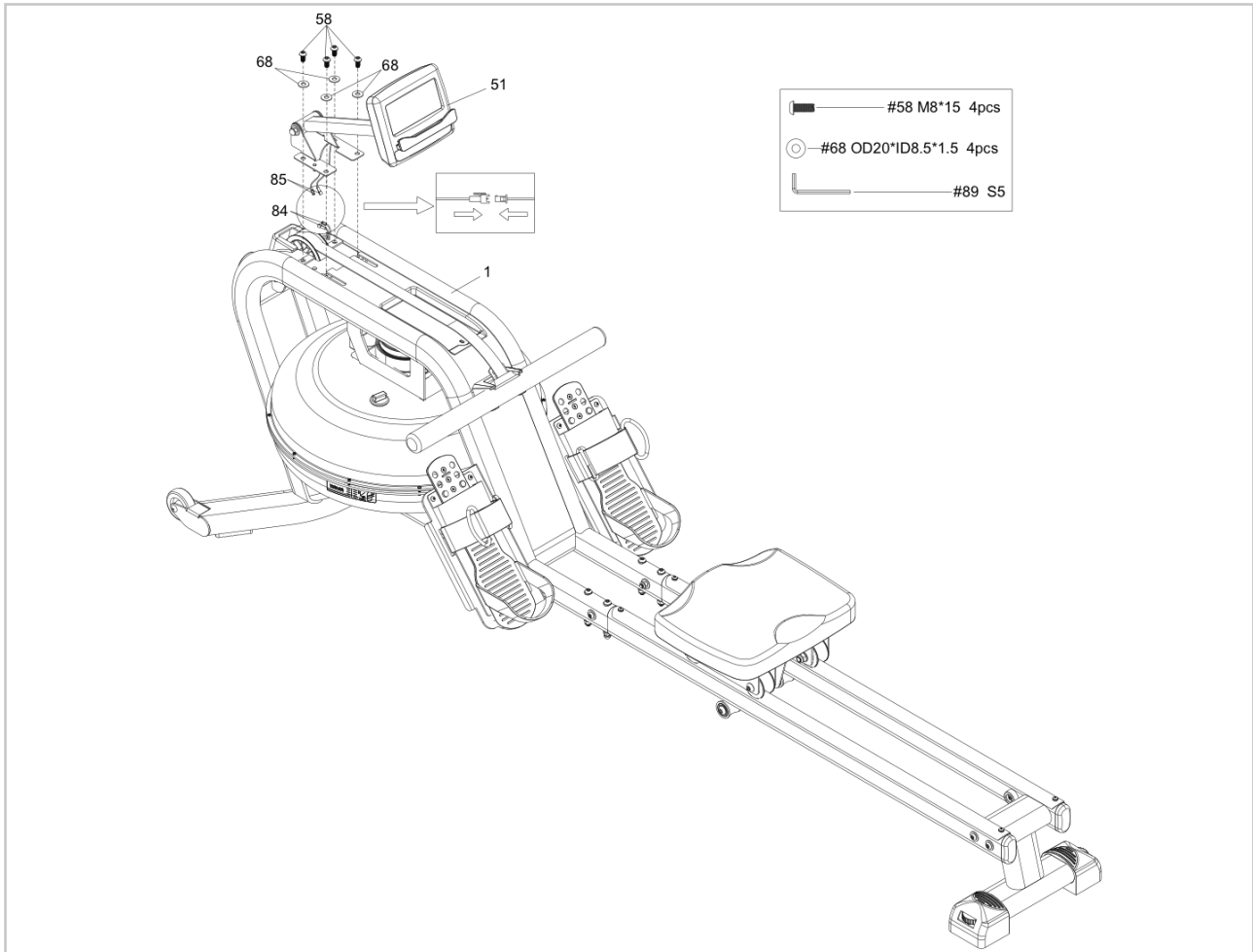
- Connect the connection wire (85) to the sensor wire (84).

- 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 supplied silicone oil.

FILL AND EMPTY THE TANK

- Remove the Fill Plug (49) from the Upper Tank Cover.

- 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.

- 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.

- 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.
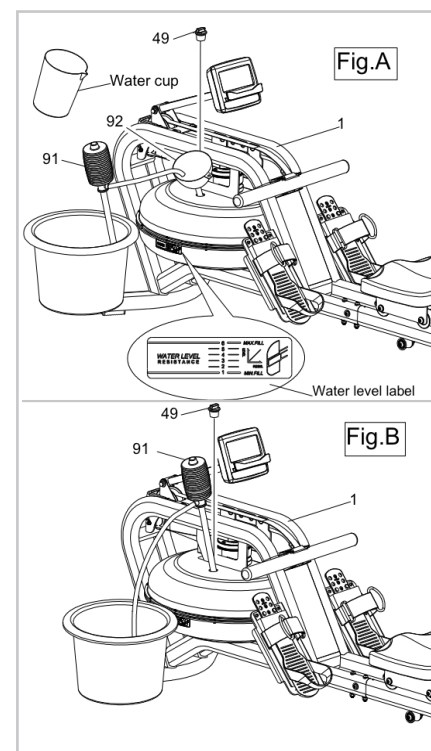
PEDAL ADJUSTMENT

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.
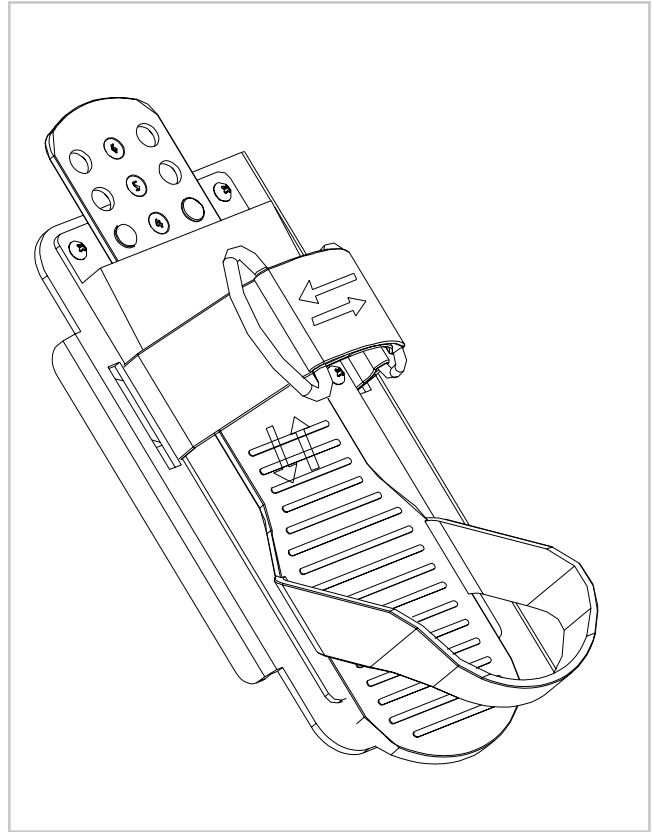
ADJUSTING THE BALANCE

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

LET OP! *Moving parts, such as the seat, could crush and cut your body. Please do not touch the slide rail when using the machine.*
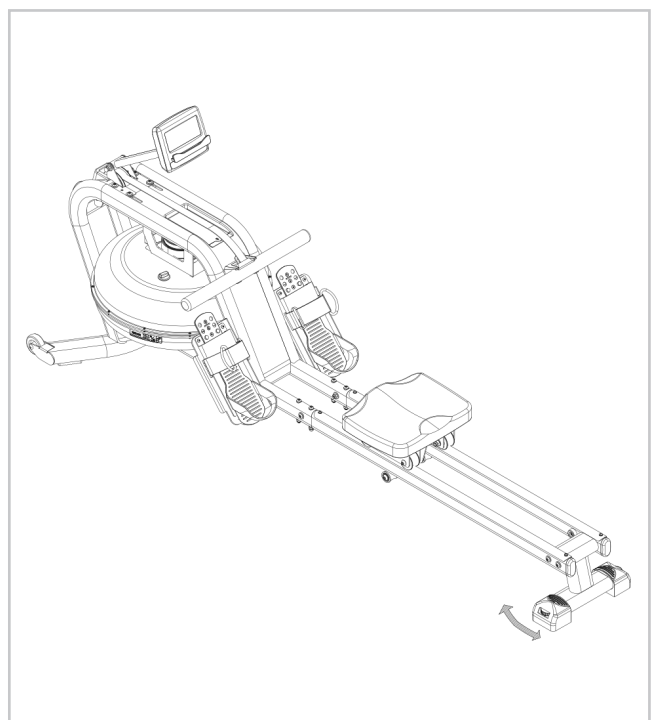
NOTE! *Store your machine in a dry area away from children and high traffic areas as shown in the illustration. Be sure it is secure and cannot fall onto small animals or children.*

MOVING

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.

NOTE! *The seat moves.*
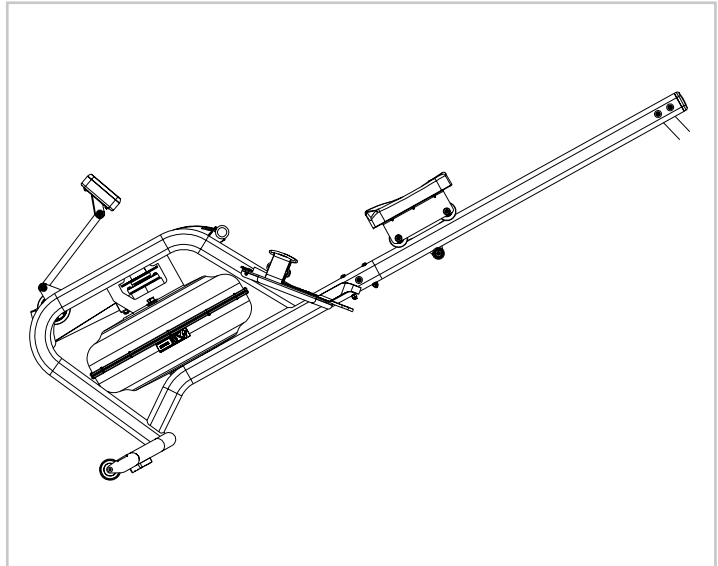
STORAGE

When not in use, you can save space by storing the rower vertically. Empty the tank before storing.

NOTE!
- *When you stand the rower up, the Seat will slide down.*
- *Move with caution when you raise the rower up, as your head may touch the Rear Stabilizer.*
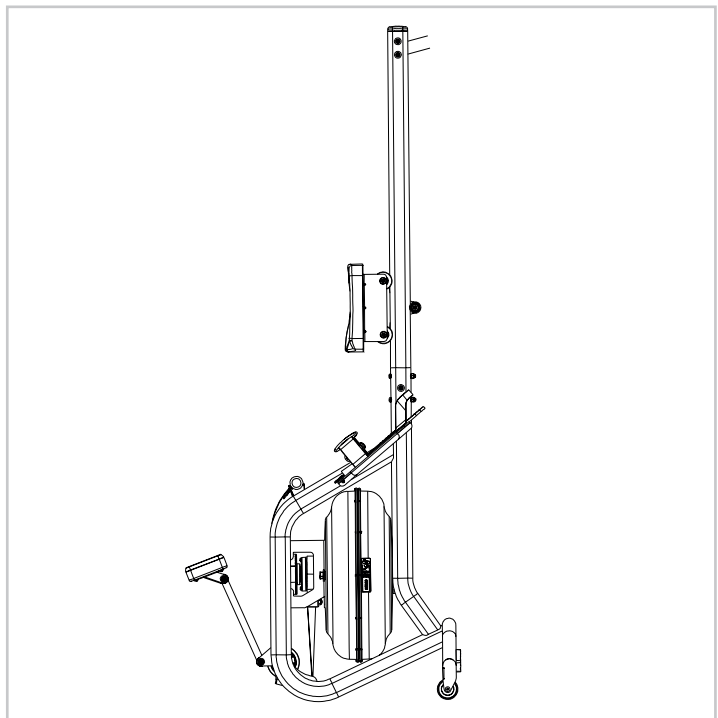
Safe and effective use can only be achieved if the device will be assembled and maintained well. It is your responsibility to ensure that the equipment is regularly maintained. Parts that are already used and / or damaged must be replaced before continuing using. The rower machine may only be used indoors and stored away, prolonged exposure to weathering and changes in temperature / humidity can have a serious impact on the electrical components and moving parts of the rowing machine.

DAILY MAINTENANCE

- Clean and remove sweat after each use Do not use aggressive cleaning agents and ensure that the device remains free of moisture.

- Check that the rail and the wheels under the seat are free from dust and dirt.

SEMI-ANNUAL MAINTENANCE

- Inspect all bolts and nuts in connection with moving parts of the device, tighten as required.

- Check the mobility of moving parts and components of the use equipment, silicone spray if necessary.

WATER TANK

- Sit on the seat and pull the handle to make sure the water system is enough resistance, and the mobility of the chair is smooth and stable.

- Maintenance is required every so often to ensure the quality of the operation of the water tank guarantee. The water must be changed regularly, this can be done by removing the old water and adding new water or putting a water purification tablet in the tank that is included with your rowing machine. Do this every 6 months. When the water remains cloudy after adding the tablet, then the water should be replaced. Do not use bleach or other cleaning products. Using these products will void the warranty and may damage the product.

BATTERY

AA BATTERIES

The screen uses 4 AA batteries, which you can replace at the back of the screen. Do not mix old and new batteries or batteries from different brands.

The batteries must be installed correctly. If the screen is unreadable or if there is another problem with the console, we recommend the following step: Remove the batteries and wait 15 seconds, then replace four new AA batteries. All values are reset by removing or replacing batteries.

ADVICE FOR HANDLING BATTERIES

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

CHANGING THE BATTERIES

1. If you see an incorrect display on the screen, it is recommended to replace the batteries to replace.
2. Use 4 new AA batteries as power supply and place them in the console.

NOTE! *All values are reset by replacing batteries.*

PROBLEM SOLUTIONS

Display does not work

If the display no longer works, you can replace the batteries. These are at the back of the display.

Display shows no values

If the display does not show any values, you can try to check the sensor cables and the cables in the back of the display. If this still does not work, you can move the sensor slightly.

Rowing machine beeps

Check that all bolts and nuts are tightened securely. Spray silicone spray if necessary. Also check the wheels under the seat.

CONSOLE

BUTTON	FUNCTION
RECOVERY	Press this button to test the pulse recovery for 60 seconds, the computer must have the pulse signal.
RESET	1. Press to go back to the preset value while setting the parameters, then press it again to reset the program selection. 2. Press to return to standby mode during stop. 3. Hold it for 2 seconds and the computer will reset.
START/ STOP	To start or stop the selected training program.
ENTER	1. Press to confirm the selected program. 2. Press to confirm the parameter setting and move to the next parameter. 3. Press to switch to another function display during exercise.
"∧"	1. Increase the parameter setting. 2. Select the program (QUICK, STANDARD, TARGET etc.).
"∨"	1. Decrease the parameter setting. 2. Select the program (QUICK, STANDARD, TARGET etc.).

FUNCTIONS

BUTTON	EXPLANATION
TIME	Counts rowing time from the beginning of the workout to the end.
TIME/500M	Counts rowing time from the beginning of the workout to the end. The average time per 500 meters is automatically displayed and continuously updated.
DISTANCE	The distance traveled during the exercise is displayed.
STROKES	Displays the current rowing strokes.
TOTAL STROKES	Counts rowing strokes from start to finish.
CALORIES	Counts the total calories from the beginning to the end of rowing.
PULSE (PUL)	Displays the heart rate during exercise.
DRAG FORCE	Displays the current drag speed.
WATT	Displays the current wattage.
A+	Displays the average function value of time, calories, watts and pulse.

	STANDARD	INCREASE / DECREASE	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

NOTE! *TIME and DISTANCE cannot be set simultaneously, but can be set separately. You train for a certain time or a certain distance.*

SWITCH ON

The full LCD screen is displayed for 2 seconds when the batteries are installed. The exercise intensity of the selection mode from L1 to L6 must be entered by pressing "^" or "v" to select (the default is L6) then press enter to confirm and enter standy mode.

FUNCTION EXPLANATION

QUICK START

Press "^" / "v" to choose Quick Start and then press "START / STOP" to start training.

- Press "ENTER" to set the function value on the large display during training.
- The program profile with 16 columns, each column is equal to 100 meters.

STANDARD

Press "^" / "v" to select STANDARD then press ENTER to confirm and enter 5 selections of the training mode from: 2000m, 5000m, 10000m, 30:00, 500m / 1: 00. Then press "START / STOP" to start training. The preset function value will count down, other function value will count up. Press RESET to enter standby mode when the preset function value drops to 0.

TARGET SINGLE

Press "^" / "v" to choose TARGET SINGLE then press ENTER to select and enter four single setting of; Single Time, Single Distance, Single Calories and Single THR in.

- **Single Time:** Can only preset the time, after the setting is completed, press "START / STOP".
- **Single Distance:** Can only preset the distance, after the setting is completed, press then press START / STOP.
- **Single Calories:** Can only preset calories, then press START / STOP.
- **Single:** Can only set target heart rate from 90 to 200 BPM, after setting completed, press then press START / STOP. A beep sounds when the current heart rate is above T.H.R.

TARGET INTERVAL

Press "^" / "v" to select TARGET INTERVAL, then press ENTER to and to enter the 3 interval settings. This consists of interval Time, Interval \ Distance and Interval Variable.

- **Intervals Time:** Press "^" / "v" to set the training time and press ENTER to confirm and set the REST TIME. Press START / STOP to start training after setting is complete.
- **Intervals Distance:** Press "^" / "v" to set the training distance and press ENTER to and set the REST TIME. Press START / STOP to start training after the setting is complete.
- **Intervals Variable:** Press "^" / "v" to set the exercise time, then press ENTER to confirm and set the training distance. Press ENTER to confirm and set the REST TIME and press START / STOP to start training after the setting is completed.

CUSTOM

Press "^" / "v" to select CUSTOM and press "ENTER" to confirm and move to four Custom mode from V: 30 /: 30R, V1: 00/1: 00R… 7, V2000m / 3: 00R… 4, V1: 40 /: 20R.

- V: 30 /: 30R, train for 30 seconds, rest for 30 seconds.
- V1: 00/1: 00R… 7, train for 1 minute, rest for 1 minute, repeat 7 times.
- V2000m / 3: 00R… 4, train 2000 meters, rest 3 minutes, repeat 4 times
- V1: 40 /: 20R, 1 minute workout in 40 seconds, rest 20 seconds, repeat 9 times.

RACE

- Press "^" / "v" to select RACE and press "ENTER" to confirm, then press L1 ~ L15.
- Press "ENTER" to confirm and enter the DISTANCE setting, DISTANCE flashes and press UP or DOWN to adjust. Press "ENTER" to stop and then press START to exercise. The dot matrix shows U and PC image for racing.
- When the PC or user has reached the end of the workout, the computer stops.

View race details

- In the TIME window, press ENTER to toggle between TIME and TIME / 500M A + display.
- In the SPM window, press ENTER to switch between the SPM and SPM A + view.
- The DISPLAY window shows the total training distance.
- In the TOTAL STROKES window, press ENTER to switch between STROKES and
- TOTAL STROKES.
- In the CALORIE window, press ENTER to switch between CALORIES and WATT A +.
- The PULSE window displays PULSE A +
- The dot matrix displays PC WIN or USER WIN.

NOTE! *In the RACE program only the DISTANCE can be set, TIME / 500M is fixed. TIME / 500M for L1-L15 is as shown on the next page.*

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

RECOVERY

This meter works with a 5.3 kHz heart rate monitor (not included). After a while, continue to wear the chest strap monitor and press the "RECOVERY" button. All function displays stop, "TIME" starts to count down from 06:00 to 00:00. Your condition is measured.
- The screen will display your heart rate status with F1, F2 .... to F6.
- F1 is excellent. F6 is bad. The user can continue to exercise to recover from the heart rate (press the "RECOVERY button" again to return to the main screen).

ALARM

The alarm only works when the computer is in sleep mode. No alarm will sound during training. Press and hold "RESET" to enter the clock screen to set "ALARM".

SLEEP MODE

The computer will enter sleep mode after approximately 4 minutes of inactivity.

INSTRUCTION

1. QR code scanner app is required to scan the QR code with an Android or IOS phone or tablet. This app can be downloaded in the App Store or Google Play Store.
2. Scan one of the QR codes below to go directly to the place in the App Store or Google Play Store where the app is located and can be downloaded.
3. Scan the QR code on the right to go to the user manual of the app. The manual describes step by step how the app should be connected to the device, how the app works and what the options are.

KINOMAP
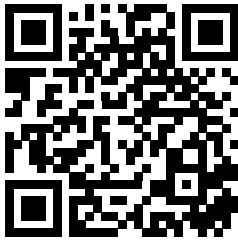
APP STORE
KINOMAP
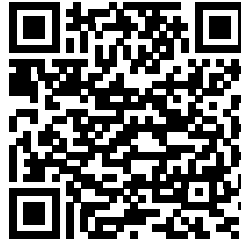
GOOGLE PLAY
KINOMAP

USER MANUAL
KINOMAP

VirtuFit does not provide service for third-party fitness apps such as Kinomap, iConsole, FitShow etc.. If you encounter any troubles with a third-party fitness app, please contact the app developer.

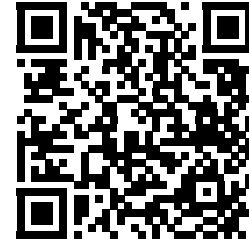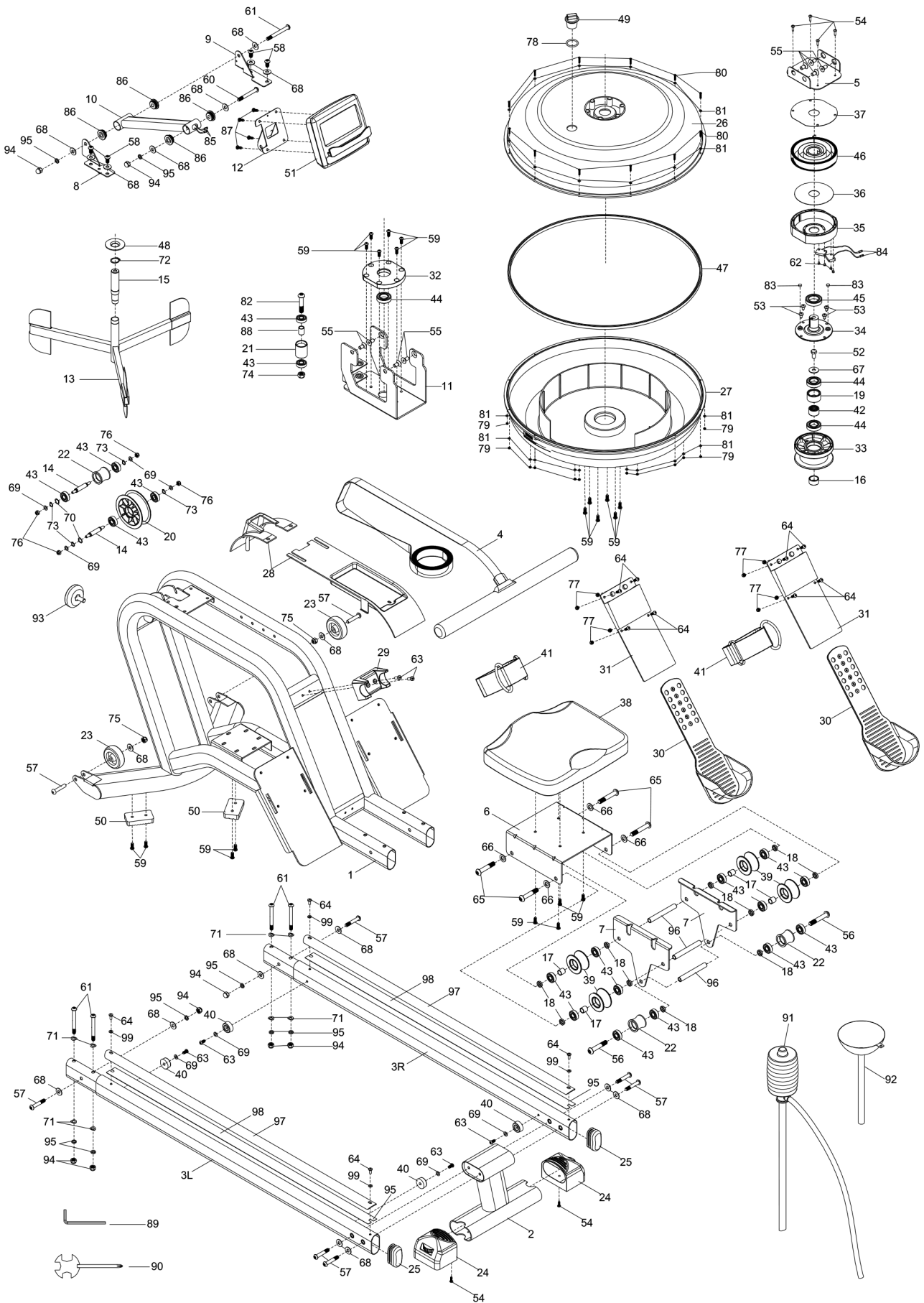| #	DESCRIPTION	QTY	#	DESCRIPTION	QTY
1	Main Frame	1	31	Under pedal	2
2	Rear Stabilizer	1	32	Beang seat	1
3	Slide Rail R/L	2	33	Mesh belt wheel	1
4	Handlebar	1	34	Volute spring shaft	1
5	Spring fixed plate	1	35	Volute spring seat	1
6	Seat Carriage	1	36	Small insulation board	1
7	Seat Support Plate	2	37	Large insulation board	1
8	Sensor Strand L	1	38	Seat	1
9	Sensor Strand R	1	39	Seat roller	4
10	Support for Console	1	40	Stopper	4
11	Tank Plate	1	41	Pedal strap	2
12	Support Plate	1	42	One way bearing	1
13	Impeiler	1	43	Bearing	18
14	Mesh Belt Wheel Shaft	2	44	Bearing	3
15	Impeller Shaft	1	45	Bearing	1
16	Spacer for belt wheel	1	46	Volute spring	1
17	Spacer for seat roller	4	47	Rubber sealing ring	1
18	Short spacer	10	48	Impeller shaft seal	1
19	Bearing Sleeve	1	49	Fill plug	1
20	Belt wheel	1	50	Skid pad	1
21	Guide roller	1	51	Console	1
22	Giude roller 2	3	52	Outer hex screw	1
23	Carrying wheel	2	53	Screw ST5*10	4
24	Adjustable end cap	2	54	Screw ST4.2*12	6
25	Oval plug	2	55	Flat screw M8*15	8
26	Upper tank	1	56	Screw M10*55	2
27	Lower tank	1	57	Screw M8*45	8
28	Decorate cover	1	58	Screw M8*15	4
29	Handlebar seat	1	59	Screw M6*15	20
30	Top pedal	2	60	Screw M8*65	1

#	DESCRIPTION	QTY
61	Screw M8*75	5
62	Cross screw M4*10	1
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 locknut M10	7
75	Nylon locknut M8	10
76	Nylon locknut M6	4
77	Nylon locknut M5	8
78	O-shape ring M4	1
79	Nylon locknut 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	1
86	Plastic bushring	4
87	Cross screw M5*12	4
88	Guide roller spacer	1
89	Allen wrench S5	1
90	Spanner 13#-17#	1

| #	DESCRIPTION	QTY
91	Pumping siphon	1
92	Funnel	1
93	Adjustable knob	1
94	Cap nut M8	8
95	Spring washer M8	8
96	Support sleeve Ø12.7*L94	3
97	Aluminum rail	3
98	EVA pad	2
99	Washer OD10*ID5.2*1.5	4

A successful exercise program consists of a warm-up, aerobic exercise, and a cool-down. Do the entire program at least two and preferably three times a week, resting for a day between workouts. After several months, you can increase your workouts to four or five times per week.

WARMING UP

The purpose of warming up is to prepare your body for exercise and to minimize injuries. Warm up for two to five minutes before strength-training or aerobic exercising. Perform activities that raise your heart rate and warm the working muscles. Activities may include brisk walking, jogging, jumping jacks, jump rope, and running in place.

STRETCHEN

Stretching while your muscles are warm after a proper warm-up and again after your strength or aerobic training session is very important. Muscles stretch more easily at these times because of their elevated temperature, which greatly reduces the risk of injury. Stretches should be held for 15 to 30 seconds.

INNER THIGH STRETCH

ACHILLES STRETCH

TOE TOUCH

HAMSTRING STRETCH

SIDE STRETCH
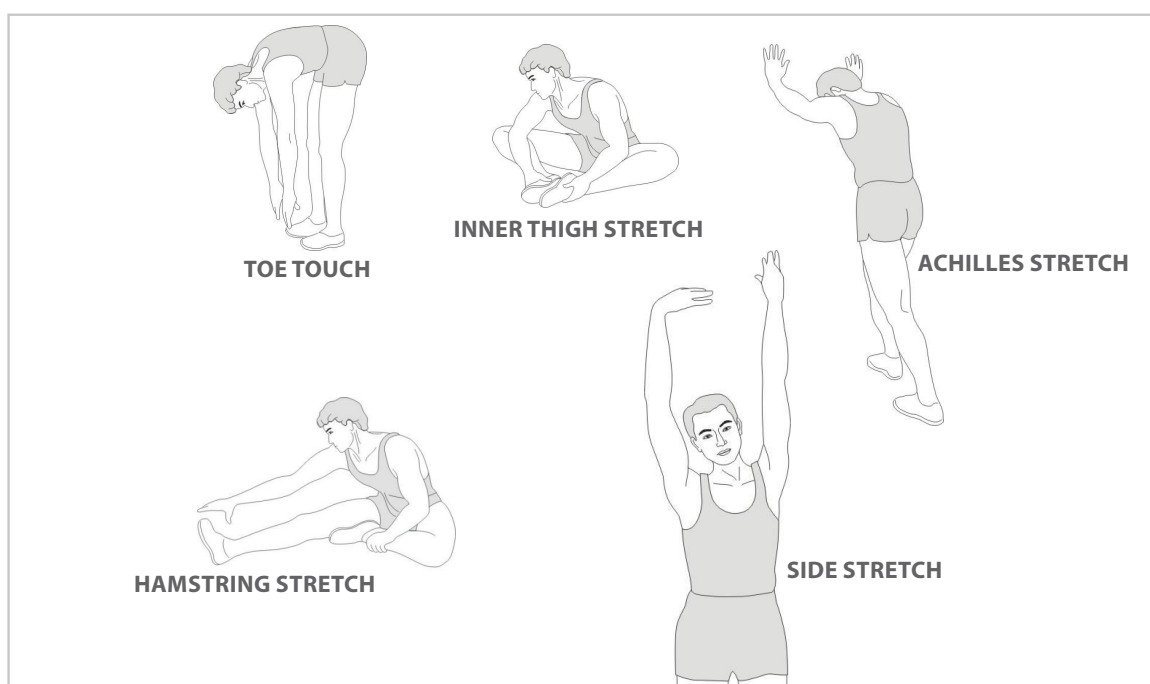
COOLING DOWN

The purpose of cooling down is to return the body to its normal or near normal, resting state at the end of each exercise session. A proper cool-down slowly lowers your heart rate and allows blood to return to the heart.

For questions or missing parts please contact your dealer.