

Owner's Manual

**Model No.**  
**16807038000**  
CRW800

- Assembly
- Operation
- Adjustments
- Parts
- Warranty

**CAUTION:**

Read and understand this manual before operating unit

# ***SPIRIT***



**Retain For Future  
Reference**

# TABLE OF CONTENTS

Safety Precautions ..... 4

Important Safety Instructions..... 6

Important Operation Instructions..... 6

Assembly Instructions..... 7

Operation of Your Rower ..... 12

Operating Instruction..... 15

Folding/Unfolding Procedures..... 21

Heart Rate Programs..... 22

Using a Heart Rate Transmitter..... 24

Wireless Handle Coding Steps ..... 25

Parts List and Diagram ..... 27

Training Guidelines ..... 32

Stretching ..... 36

Manufacturer's Limited Warranty..... 38

# ***SPIRIT***

## **CONGRATULATIONS ON YOUR NEW ROWER**

Thank you for your purchase of this quality Rower from Dyaco Canada Inc. Your new Rower was manufactured by one of the leading fitness manufacturers in the world and is backed by one of the most comprehensive warranties available. Through your dealer, Dyaco Canada Inc. will do all we can to make your ownership experience as pleasant as possible for many years to come. The local dealership where you purchased this Rower is your administrator for all warranty and service needs. Their responsibility is to provide you with the technical knowledge and service personnel to make your experience more informed and any difficulties easier to remedy.

Please take a moment at this time to record the name of the dealer, their telephone number, and the date of purchase below to make any future needed contact easy. We appreciate your support, and we will always remember that you are the reason that we are in business. Please go to [www.dyaco.ca/warranty.html](http://www.dyaco.ca/warranty.html) and complete the online warranty registration.

Yours in Health,  
Dyaco Canada Inc.

**Name of Dealer** \_\_\_\_\_

**Telephone Number of Dealer** \_\_\_\_\_

**Purchase Date** \_\_\_\_\_

## ***Product Registration***

### **RECORD YOUR SERIAL NUMBER**

Please record the Serial Number of this fitness product in the space provided below.

**Serial Number** \_\_\_\_\_

### **REGISTER YOUR PURCHASE**

Please visit us at [www.dyaco.ca/warranty.html](http://www.dyaco.ca/warranty.html) to register your purchase.

# SAFETY PRECAUTIONS

## IMPORTANT SAFETY INFORMATION

### READ ALL INSTRUCTIONS BEFORE USING THIS ROWER

**▲CAUTION:** Before starting any exercise program, it is recommended that you consult your physician.

Thank you for purchasing our product. Even though we go to great efforts to ensure the quality of each product we produce, occasional errors and/or omissions do occur. In any event, should you find this product to have either a defective or a missing part, please contact us for a replacement.

This product has been designed for home use only. Product liability and guarantee conditions will not be applicable to products being subjected to professional use or products being used in a gym center.

This exercise equipment was designed and built for optimum safety. However, certain precautions apply whenever you operate a piece of exercise equipment. Be sure to read the entire manual before assembly and operation of this machine. Also, please note the following safety precautions:

1. Read the OWNER'S OPERATING MANUAL and all accompanying literature and follow it carefully before using your Rower.
2. It is the responsibility of the owner to ensure that all users of the Rower exerciser are adequately informed of all precautions.
3. If dizziness, nausea, chest pains, or any other abnormal symptoms are experienced while using this equipment, STOP the workout at once. CONSULT A PHYSICIAN IMMEDIATELY.
4. The Rower exerciser is intended for in-home use only. Do not use the Rower exerciser in a commercial, rental, or institutional setting.
5. Inspect your exercise equipment prior to exercising to ensure that all nuts and bolts are fully tightened before each use.
6. The Rower must be regularly checked for signs of wear and damage. Any part found defective; the part must be replaced with new spare part from the manufacturer.
7. Fitness equipment must always be installed on a flat surface, do not place the unit on a loose rug or uneven surface. It is recommended to use an equipment mat to prevent the unit from moving while it is being used, which could possibly scratch or damage the surface of your floor. Keep the Rower exerciser indoors, away from moisture and dust.
8. No changes must be made which might compromise the safety of the equipment.
9. It is recommended to have a minimum of 1' safe clearance around the exercise equipment while in use.
10. Keep children and pets away from this equipment at all times while exercising.
11. Warm-up 5 to 10 minutes before each workout and cool down 5 to 10 minutes afterward. This allows your heart rate to gradually increase and decrease and will help prevent you from straining muscles.
12. Never hold your breath while exercising. Breathing should remain at a normal rate in conjunction with the level of exercise being performed
13. Always wear suitable clothing and footwear while exercising. Do not wear loose-fitting clothing that could become entangled with the moving parts of your Rower.
14. Keep your back straight when using the Rower exerciser; do not arch your back.
15. If decals on the Rower exerciser are missing or illegible, please call our customer service department toll-free at 1-888-707-1880 and order a replacement decal.

16. Care must be taken when lifting or moving the equipment so as not to injure your back.  
Always use proper lifting techniques
17. User weight should not exceed 450 lbs.

**▲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. We assume no responsibility for personal injury or property damage sustained by or through the use of this product.

## SAVE THESE INSTRUCTIONS

# IMPORTANT SAFETY INSTRUCTIONS

**WARNING** - Read all instructions before using this equipment

- Keep children away from the rower. There are obvious pinch points and other caution areas that can cause harm.
- Keep hands away from all moving parts.
- Do not operate where aerosol spray products are being used or where oxygen is being administered. Sparks from the motor may ignite a highly gaseous environment.
- Never drop or insert any object into any openings.
- Do not use outdoors.
- Do not attempt to use your rower for any purpose other than for the purpose it is intended.
- Use of a chest strap transmitter (sold separately) is an accurate method of heart rate analysis. Various factors, including the user's movement, may affect the accuracy of heart rate readings.
- Wear proper shoes. High heels, dress shoes, sandals or bare feet are not suitable for use on your rower. Quality athletic shoes are recommended to avoid leg fatigue.
- Keep children under the age of 13 away from this machine.
- This exercise equipment is not intended for use by persons with reduced physical, sensory or mental capabilities or lack of experience and knowledge.
- Before beginning this or any exercise program, consult a physician. This is especially important for persons over the age of 35 or persons with pre-existing health conditions.
- Close supervision is necessary when this exercise equipment is used by, on, or near children, invalids, or disabled persons.

**SAVE THESE INSTRUCTIONS - THINK SAFETY!**

# IMPORTANT OPERATION INSTRUCTIONS

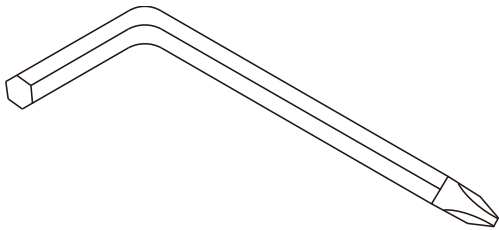
- **NEVER** operate this Rower without reading and completely understanding the results of any operational change you request from the computer.
- Understand that changes in resistance do not occur immediately. Set your desired resistance level on the computer console and release the adjustment button. The computer will obey the command gradually.
- Use caution while participating in other activities while using your Rower, such as watching television, reading, etc.  
These distractions may cause you to lose balance which may result in serious injury.
- Do not use excessive pressure on console control buttons. They are precision set to function properly with little finger pressure.
- **NEVER** expose this Rower to rain or moisture. This product is **NOT** designed for use outdoors, near a pool or spa, or in any other high humidity environment. The operating temperature specification is 40 to 120 degrees Fahrenheit, and humidity is 95% non-condensing (no water drops forming on surfaces).

# ASSEMBLY INSTRUCTIONS

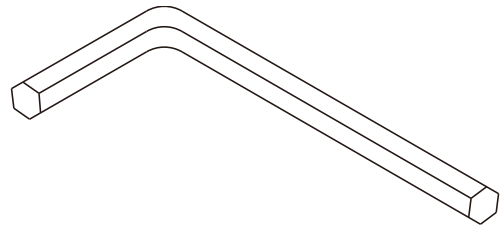
## PRE-ASSEMBLY

1. Using a razor knife (Box Cutter), cut the banding straps that wrap around the carton. Place the rower in a cleared area and remove all packing materials. Do not dispose of the packing materials until the rower is assembled.
2. Carefully remove all parts from carton and inspect for any damage or missing parts. If damaged parts are found or parts are missing, contact your dealer immediately.
3. Locate the hardware package. The hardware is separated into four steps. Remove the tools first. Remove the hardware for each step as needed to avoid confusion. The numbers in the instructions that are in parenthesis (**#**) are the item number from the assembly drawing for reference.

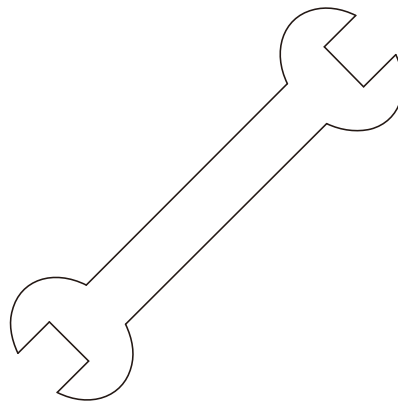
## ASSEMBLY TOOLS



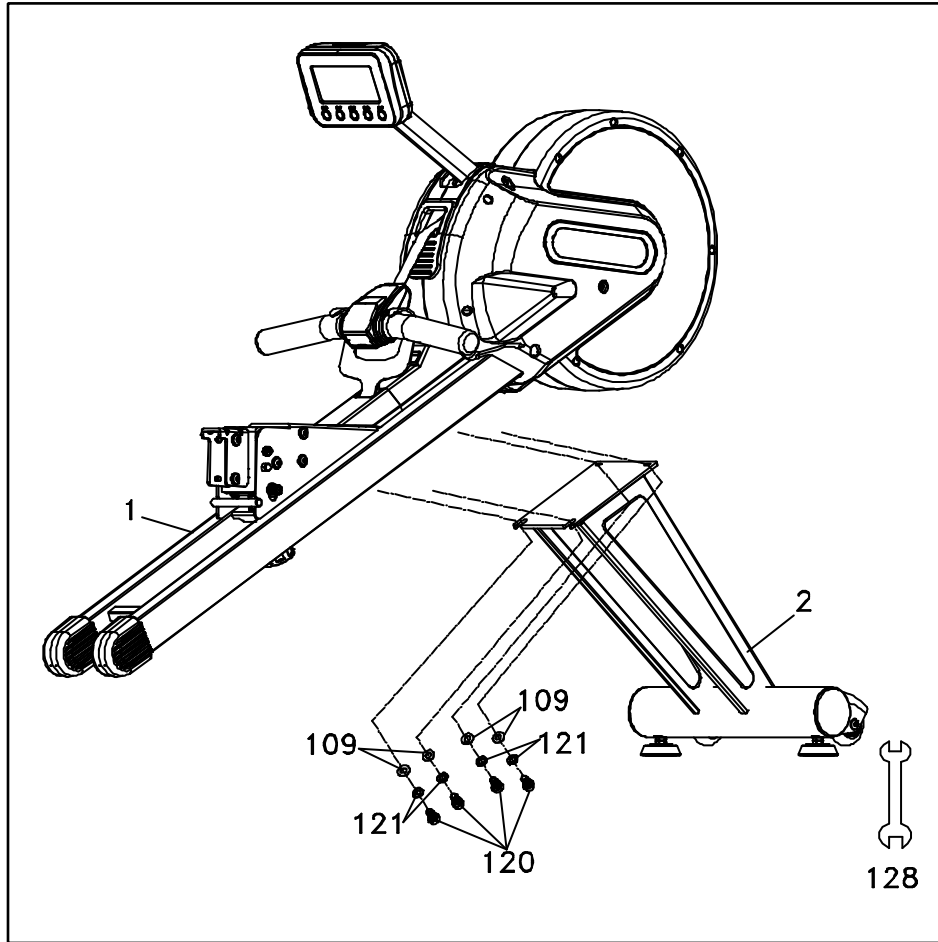
**#127.** Combination M5 Allen Wrench  
& Phillips Head Screw Driver  
(1 pc)



**#126.** L Allen Wrench  
(1 pc)



**#128.** 13/14m/m Wrench  
(1 pc)



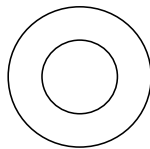
## STEP 1

1. Gather **HARDWARE FOR STEP 1**.
2. Use the **WRENCH (128)** to tighten 4 **HEX HEAD BOLTS (120)** together with 4 **SPRING WASHERS (121)** and 4 **FLAT WASHERS (109)** to secure the **MAIN FRAME (1)** and **FRONT STABILIZER (2)** together.

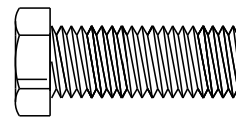
### HARDWARE



**#121.** 10 x 2T  
Spring Washer  
(4 pcs)

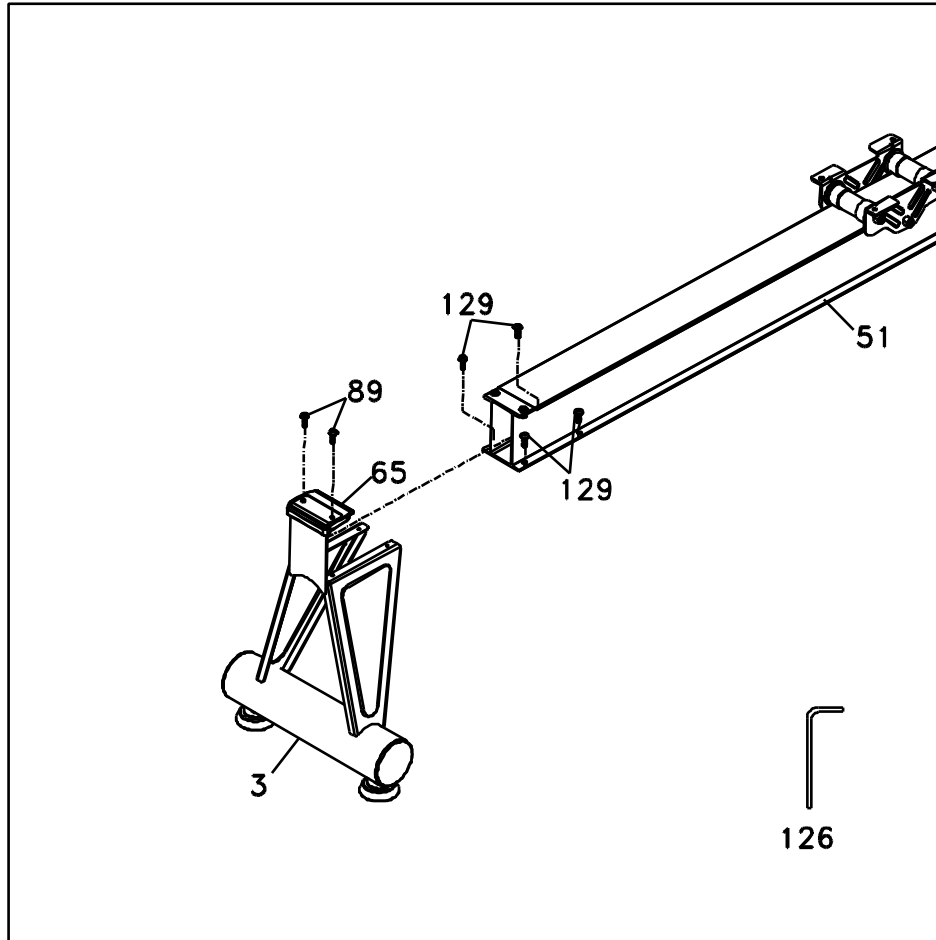


**#109.** 3/8" x 19 x 1.5T  
Flat Washer  
(4 pcs)



**#120.** 3/8" x 3/4"  
Hex Head Bolt  
(4 pcs)

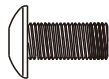




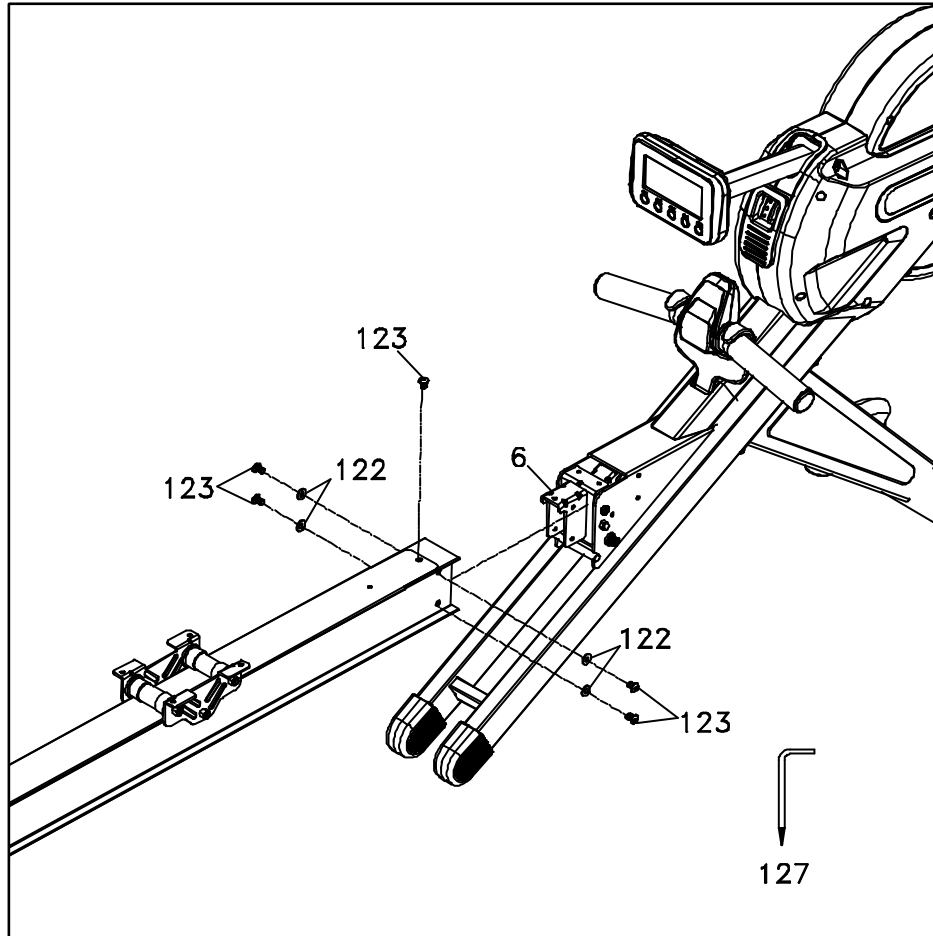
## STEP 2

1. Gather **HARDWARE FOR STEP 2**.
2. Use **ALLEN WRENCH (126)** to remove 2 **BUTTON HEAD SOCKET BOLTS (89)** on **ALUMINUM TRACK (51)**, then attach **SEAT STOP COVER (65)** to **REAR STABILIZER (3)** and install at rear end of the **ALUMINUM TRACK (51)**. Use **ALLEN WRENCH (126)** to tighten 4 **BUTTON HEAD SOCKET BOLTS (129)** and 2 **BUTTON HEAD SOCKET BOLTS (89)** onto the Aluminum Track (51).

### HARDWARE



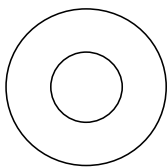
**#129.** M6 x 10m/m  
Button Head Socket Bolt  
(4pcs)



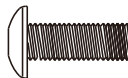
## STEP 3

1. Gather **HARDWARE FOR STEP 3**.
2. Attach the other end of the **ALUMINUM TRACK (51)** to **FOLDING END ASSEMBLY (6)** and use **COMBINATION WRENCH (127)** to tighten the 5 **BUTTON HEAD SOCKET BOLTS (123)** together with 4 **FLAT WASHERS (122)**.

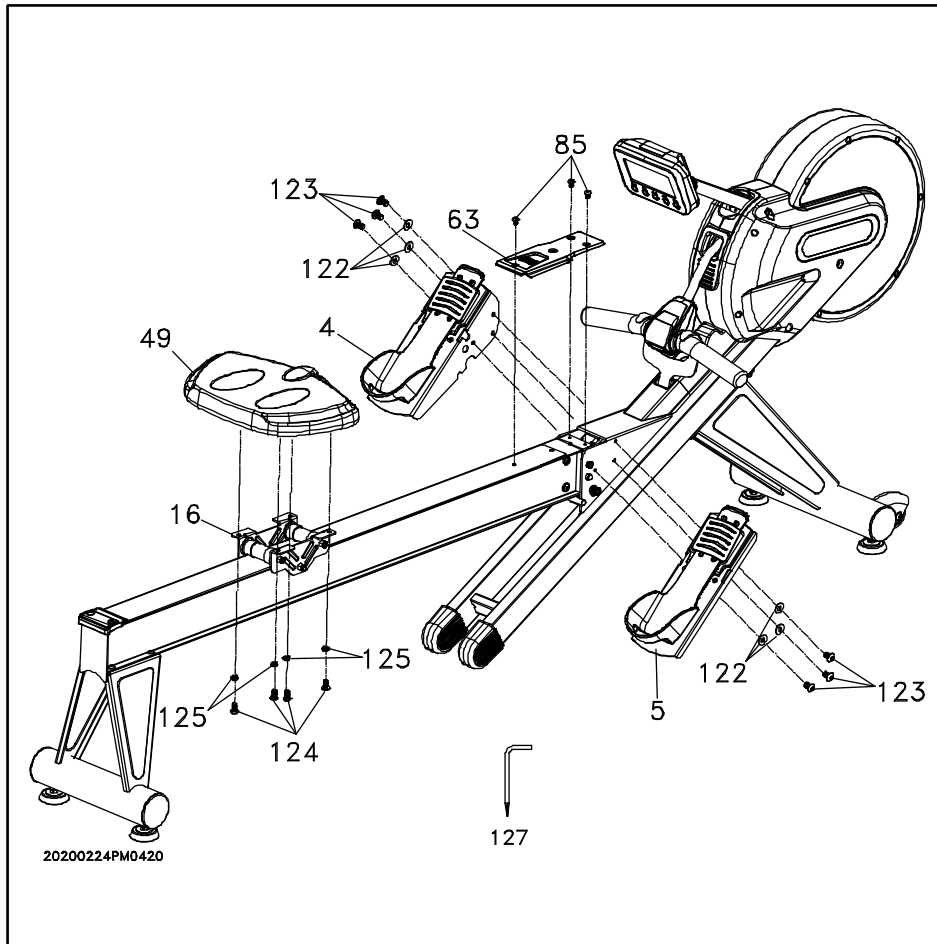
### HARDWARE



**#122.** 5/16" x 18 x 1.5T  
Flat Washer  
(4 pcs)



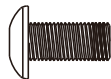
**#123.** M8 x 12m/m  
Button Head Socket Bolt  
(5pcs)



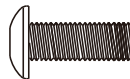
## STEP 4

1. Gather **HARDWARE FOR STEP 4.**
2. Install left and right **PEDALS (4, 5)** on the **MAIN FRAME (1)** with 6 **BUTTON HEAD SOCKET BOLTS (123)** and 6 **FLAT WASHERS (122)** by using **COMBINATION WRENCH (127)** to tighten. Use **COMBINATION WRENCH (127)** again to install **CONNECTING COVER (63)** on **ALUMINUM TRACK (51)** with 3 **PHILLIPS HEAD SCREWS (85)**. Install **SEAT (49)** and **SEAT ATTACHING BOARD (16)** with 4 **PHILLIPS HEAD SCREWS (124)** together with 4 **SPRING WASHERS (125)** by using **COMBINATION WRENCH (127)**.

### HARDWARE



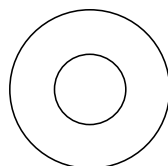
**#85.** M5 x 10m/m  
Phillips Head Screw  
(3pcs)



**#123.** M8 x 12m/m  
Button Head Socket Bolt  
(6pcs)



**#124.** M6 x 15m/m  
Phillips Head Screw  
(4pcs)



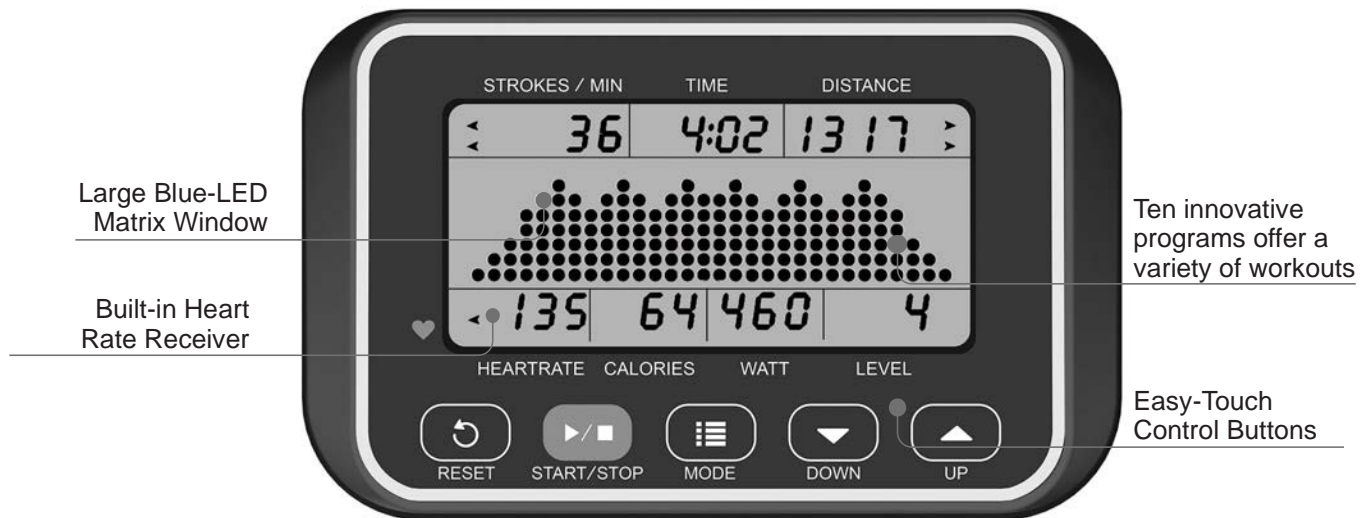
**#122.** 5/16" x 18 x 1.5T  
Flat Washer  
(6 pcs)



**#125.** 1/4"  
Spring Washer  
(4 pcs)

# OPERATION OF YOUR ROWER

## GETTING FAMILIAR WITH THE CONTROL PANEL



## POWER

Wake the console by pressing any button, and the LCD will turn on. If speed is sensed by speed sensor, manual workout mode will begin. After 30 seconds of inactivity, the LCD will turn off, and then 270 seconds later, the console will automatically go to sleep.

## BATTERY INSTALLATION

The console operates on 2\*C batteries (not included). The battery compartment is on the backside of the console.

## WINDOW FUNCTIONS

### Stroke/min

- s/m value shows the equivalent strokes per minute.

### Time

- It shows the Time.
- Range of time: 00:00~99:59(minute: second)
- The time is accumulated for each workout mode.
- When time is set to count down, it shows the time remaining.

### Distance

- The distance range is 0~9999 and switches to the format of 1X.XX when the value is over 9999.
- The distance will be accumulated for each workout mode.
- When the distance is set to count down, it shows the remaining distance.

## Heart Rate

- The heart rate range is 40~220 bpm
- When the heart rate signal is detected, the small dot at lower right corner of the heart rate window will be blinking together with heart rate value showing.
- When there is no heart rate signal detected, the heart rate window shows nothing.

## Calories

- The Calorie window shows the value of calories dissipated.
- The calorie range is 0~999.

## Watts

- The Watts window shows Watt value for each stroke.
- The Watt range is 0~2000
- When the numbers over 999 to four digits, the display would use point to show digits in thousands. E.g. 1000 shows 1.00, 1009 shows 1.01, 1240 shows 1.24, 1250 shows 1.25, 2000 shows 2.00, etc.

## Level

- The level window shows the current resistance level.
- The level range is 1~16

Levels 1 and 2 would light the first dot, levels 3 and 4 would light the second dot, etc.

## 500M/Time

- Only workout modes of Manual, Distance, Time and Calorie are with this display function.
- For Manual workout mode as an example: When the console starts, Matrix in the middle of LCD will show the wave pattern then switch to **500M/TIME 00:00** across center display after 5 seconds then switch again back to the wave pattern after another 5 seconds and continue to repeat the cycle. This is the function of **SCAN**.
- The console goes directly into **SCAN** mode after start. If **MODE** button is pressed, it shows the wave pattern. Pressing the **MODE** button again, it displays 500M/TIME and repeats again by pressing "MODE" button it goes back with "SCAN" function (recyclable).

## BUTTON FUNCTION

- Any valid button pressed will generate a beep sound.
- When in power off mode, pressing any button turns on the console.

## Mode Button

- Under idle mode, pressing **MODE** button each time switches the workout mode with the following sequence:
- **MANUAL » DISTANCE » TIME » CALORIES » 20/10 INTERVAL » 10/20 INTERVAL » CUSTOM INTERVAL » Fat Burn » Cardio » Strength » Game**
- The default workout mode after turning on the unit is Manual mode.
- To choose the target workout mode, when the matrix window shows the desired workout pattern and parameter window value to be set will be blinking each second.

## Up Button

- Under the setting mode of the target workout, the parameter will be counted up.
- The value increases one increment when "**UP**" button is pressed once.

## **Down Button**

- Under the setting mode of the target workout, the parameter will be counted down.
- The value decreases one increment when **DOWN** button is pressed once.

## **Start/Stop Button**

- Under idle mode, press Start/Stop button enters Manual workout mode.
- To confirm the value, the window is showing when setting the parameter under each target workout mode and to start the workout mode.
- Press to end the current workout mode, and all message windows stop counting.

## **Reset Button**

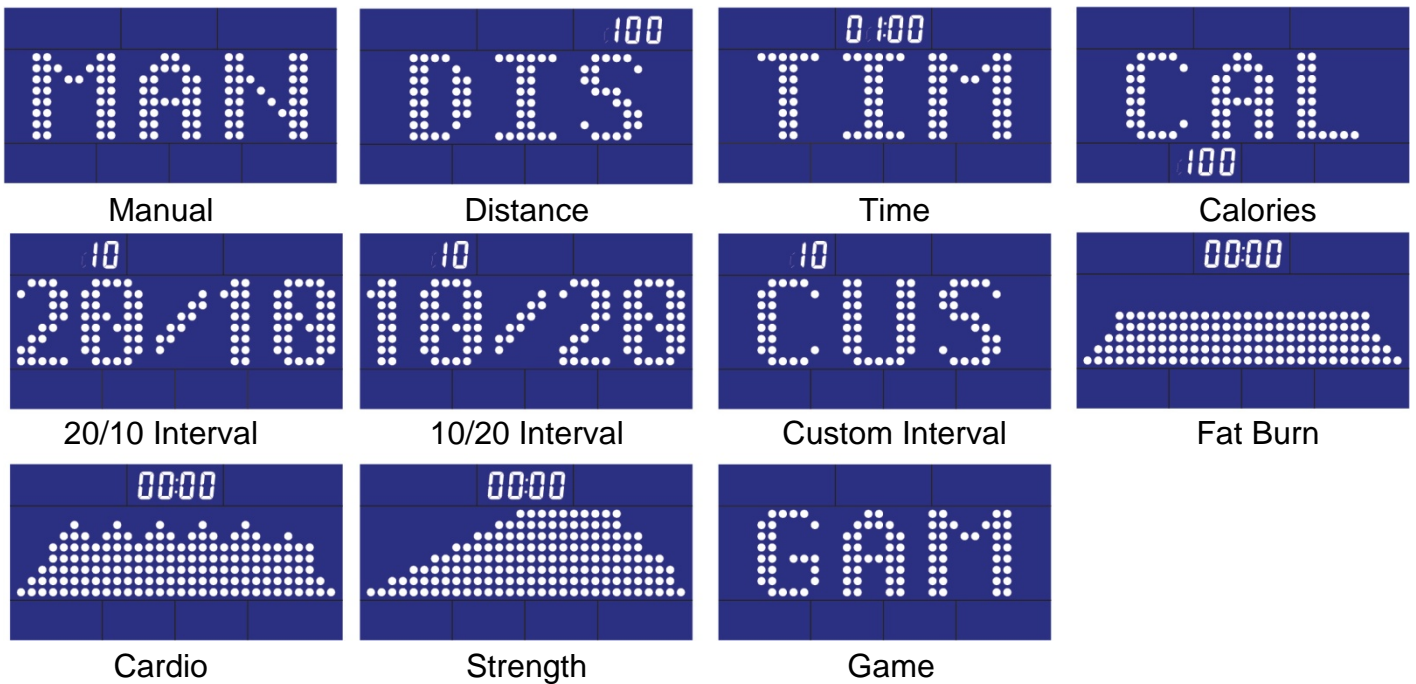
- Pressing this button under stopping mode, the image switches to the idle mode.
- The reset button is valid only in stopping mode.
- Under any mode, pressing this button for 3 seconds turns on the console again.

# OPERATING INSTRUCTION

The screen shows full display, and the buzzer beeps for two seconds after turning on. Pressing **Start** button goes directly to **Manual** workout mode or pressing **MODE** button to switch and select a workout mode with the workout sequence shown as below:

**MANUAL » DISTANCE » TIME » CALORIES » 20/10 INTERVAL » 10/20 INTERVAL » CUSTOM INTERVAL » Fat Burn » Cardio » Strength » Game**

The program name will scroll from left to right to tell the user what it is.



## Manual Mode

To choose **MANUAL** mode (Fig. 1-1)

Pressing **Start/Stop** button begins the workout mode, or pulling the paddle under the idle mode enters directly into Manual workout mode.

The image at the center of LCD will scan every 5 seconds to show the stroke speed with wave pattern (Fig. 1-2) and 500M/TIME (Fig. 1-3) or pressing **MODE** button to cancel scanning with wave pattern only. Pressing **MODE** again switches the image to show **500M/TIME**.

Pressing **UP** or **DOWN** button adjusts the resistance level, which is shown at bottom right corner of **LEVEL** window.

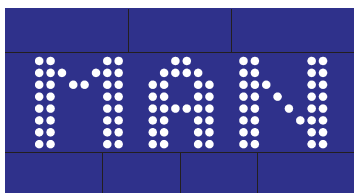


Fig 1-1

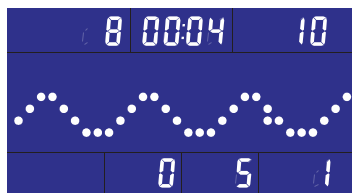


Fig 1-2

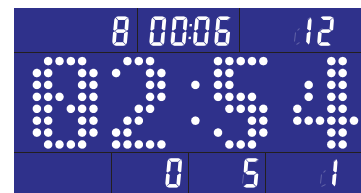


Fig 1-3

## Target Distance

To choose target distance countdown Distance workout mode (Fig. 2-1)

Use **UP/DOWN** buttons to adjust and set the workout distance. The default distance is 100M with increments of 50M up or down. Press **Start/Stop** button to confirm the setting and start the workout mode.

The image at the center of LCD will scan every 5 seconds to show the stroke speed with wave pattern (Fig. 2-2) and 500M/TIME (Fig. 2-3) or pressing **MODE** button to cancel scanning with wave pattern only. Pressing **MODE** again switches the image to show **500M/TIME**.

**Distance** window counts down from target distance setting value and shows the remaining distance of the workout.

Under the workout mode, pressing **UP** or **DOWN** button adjusts the resistance level.

When the distance is counted down to 0, the workout completes, and the buzzer sounds with a long beep. If paddling continues, the distance countdown repeats.

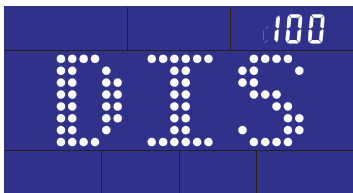


Fig 2-1



Fig 2-2

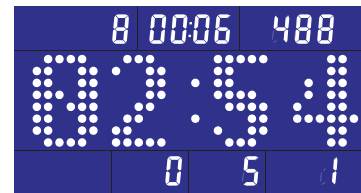


Fig 2-3

## Target Time

To choose target time countdown Time workout mode (Fig. 3-1)

Use **UP/DOWN** buttons to adjust and set the workout time. The default distance is 1:00 with 1-minute increment of up or down (99:00 maximum). Press Start/Stop button to confirm the setting and start the workout mode.

The image at the center of LCD will scan every 5 seconds to show the stroke speed with wave pattern (Fig. 3-2) and 500M/TIME (Fig. 3-3) or pressing **MODE** button to cancel scanning with wave pattern only. Pressing **MODE** again switches the image to show 500M/TIME.

Under the workout mode, pressing **UP** or **DOWN** button adjusts the resistance level.

Time window counts down from the setting time value and shows the remaining time of the workout. When time has counted down to 0:00, the workout completes, and the buzzer sounds with a long beep. If paddling continues, the time countdown repeats.

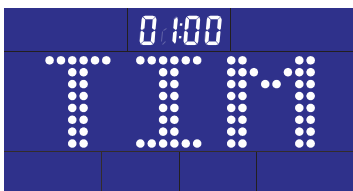


Fig 3-1



Fig 3-2

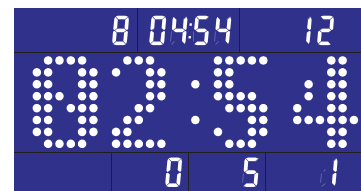


Fig 3-3



## Target Calorie

To choose target calorie countdown Calories workout mode (Fig. 4-1)

Use **UP/DOWN** buttons to adjust and set the target calorie. The default value is 100 with increments of 10 up or down. Press **Start/Stop** button to confirm the setting and start the workout mode.

The image at the center of LCD will scan every 5 seconds to show the stroke speed with wave pattern (Fig. 4-2) and 500M/TIME (Fig. 4-3) or pressing **MODE** button to cancel scanning with wave pattern only. Pressing **MODE** again switches the image to show **500M/TIME**.

Calorie window counts down from the setting target calorie value and shows the remaining calorie of the workout.

Under the workout mode, pressing **UP** or **DOWN** button adjusts the resistance level.

When calorie has counted down to 0, the workout completes, and the buzzer sounds with a long beep. If paddling continues, the time countdown repeats.

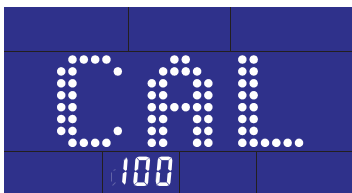


Fig 4-1



Fig 4-2

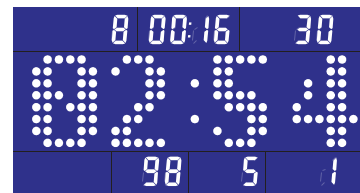


Fig 4-3

## 20/10 Interval

To choose 20/10 INTERVAL workout mode (Fig. 5-1)

The image at the center of LCD: 20 seconds (Exercise)/10 seconds (Rest)

Pressing **Start/Stop** button starts the workout mode.

The image at the center of LCD shows time countdown of current workout and wave (Fig. 5-2) or rest time countdown and mark (Fig. 5-3).

Under the workout mode, pressing **UP** or **DOWN** button adjusts the resistance level. There are 10 Exercise/Rest cycles for each workout time.

When workout completes, the buzzer sounds with a long beep. If paddling continues, the time countdown repeats.

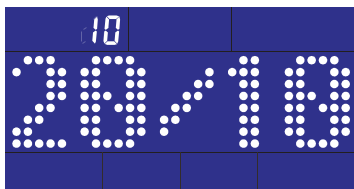


Fig 5-1

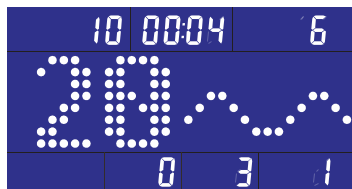


Fig 5-2

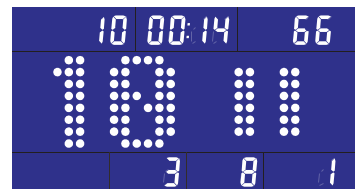


Fig 5-3

## 10/20 Interval

To choose 10/20 INTERVAL workout mode (Fig. 6-1)

The image at the center of LCD: 10 seconds (Exercise)/20 seconds (Rest)

Pressing **Start/Stop** button starts the workout mode.

The image at the center of LCD shows time countdown of current workout and wave (Fig. 6-2) or rest time countdown and mark (Fig. 6-3).

Under the workout mode, pressing **UP** or **DOWN** button adjusts the resistance level. There are 10 Exercise/Rest cycles for each workout time.

When workout completes, the buzzer sounds with a long beep. If paddling continues, the time countdown repeats.

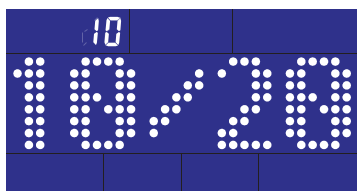


Fig 6-1

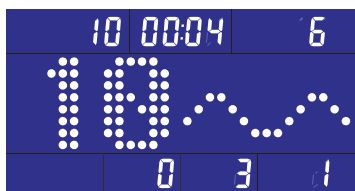


Fig 6-2

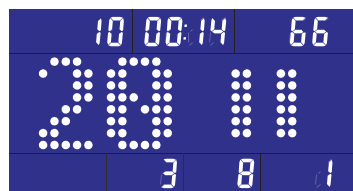


Fig 6-3

## Custom Interval

To choose CUSTOM INTERVAL workout mode (Fig. 7-1)

User-defined time (Exercise)/time (Rest): the default is 10 seconds (Exercise)/10 seconds (Rest). The value at left side of the matrix window flashes for setting the exercise time. Use **UP/DOWN** buttons to adjust and set the workout time. The default time is 10 seconds with 1-second increment of up or down. Press **Start/Stop** button to confirm the setting and start the workout mode.

The value at right side of the matrix window flashes for setting the rest time. Use **UP/DOWN** buttons to adjust and set the workout time. The default time is 10 seconds with 1-second increment of up or down. Press **Start/Stop** button to confirm the setting and start the workout mode.

The image at the center of LCD: 10 seconds (Exercise)/10 seconds (Rest).

Pressing **Start/Stop** button starts the workout mode.

The image at the center of LCD shows time countdown of current workout and wave (Fig. 7-2) or rest time countdown and mark (Fig. 7-3).

Under the workout mode, pressing **UP** or **DOWN** button adjusts the resistance level. There are 10 Exercise/Rest cycles for each workout time. When workout completes, the buzzer sounds with a long beep. If paddling continues, the time countdown repeats.

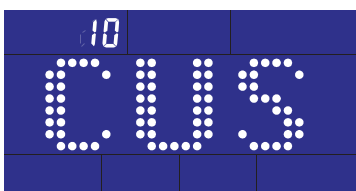


Fig 7-1

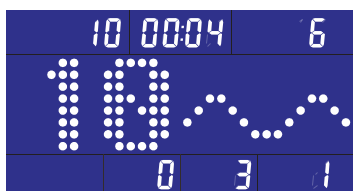


Fig 7-2

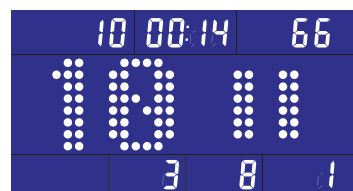


Fig 7-3

## Fat Burn

### To choose Fat Burn workout mode (Fig. 8-1)

Pressing **Start/Stop** button begins the workout mode or sets the workout time. Use **UP/ DOWN** buttons to adjust the time. The increment of adjustment is 5-minutes (99:00 maximum). Press **Start/Stop** button to start the workout mode.

The image at the center of LCD shows the fat burn profile (**Fig. 8-2**)

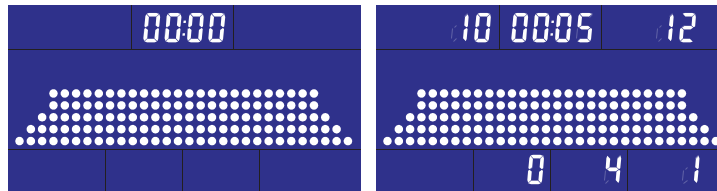


Fig 8-1

Fig 8-2

Under the workout mode, pressing **UP** or **DOWN** button adjusts the resistance level. Time window starts countdown from the setting time and shows the remaining workout time.

When time has counted down to 0:00, the workout completes, and the buzzer sounds with a long beep. If paddling continues, the time countdown repeats.

## Cardio Workout

### To choose cardio workout mode (Fig. 9-1)

Pressing **Start/Stop** button begins the workout mode or sets the workout time. Use **UP/ DOWN** buttons to adjust the time. The increment of adjustment is 5-minutes (99:00 maximum). Press **Start/Stop** button to start the workout mode.

The image at the center of LCD shows the cardio profile (**Fig. 9-2**)

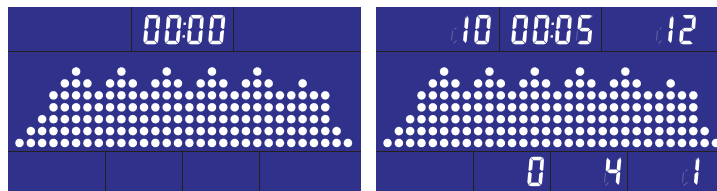


Fig 9-1

Fig 9-2

Under the workout mode, pressing **UP** or **DOWN** button adjusts the resistance level. Time window starts countdown from the setting time and shows the remaining workout time.

When time has counted down to 0:00, the workout completes, and the buzzer sounds with a long beep. If paddling continues, the time countdown repeats.

## Strength Workout

To choose **Strength** workout mode (Fig. 10-1)

Pressing **Start/Stop** button begins the workout mode or sets the workout time. Use **UP/ DOWN** buttons to adjust the time. The increment of adjustment is 5-minutes (99:00 maximum). Press **Start/Stop** button to start the workout mode.

The image at the center of LCD shows the strength profile (Fig. 10-2)

Time window starts countdown from the setting time and shows the remaining workout time.

When time has counted down to 0:00, the workout completes, and the buzzer sounds with a long beep. If paddling continues, the time countdown repeats.

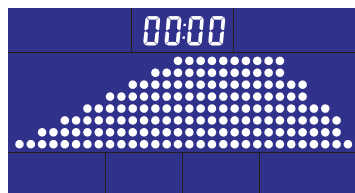


Fig 10-1

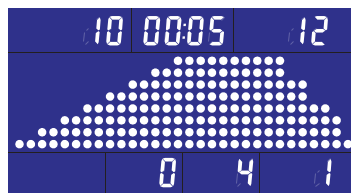


Fig 10-2

## Game Workout

To choose **GAME** workout mode (Fig. 11-1)

Pressing **Start/Stop** button begins the **GAME** workout mode (11-2).

Three dots at left side represent the user position, and the image shifts one profile left per second and continue to scroll.

The position of the user will not shift. However, the faster the user strokes, the higher the user's position. When there is no stroke, the position of the user goes down to the lowest level. The height of the user's position is equivalent to the speed the user strokes.

The time for the game workout starts counting down from 5 minutes and ends when time is up.

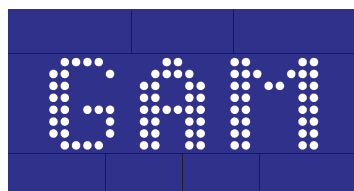


Fig 11-1

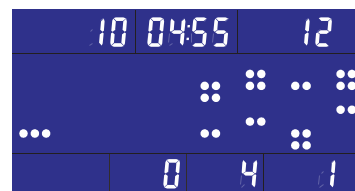
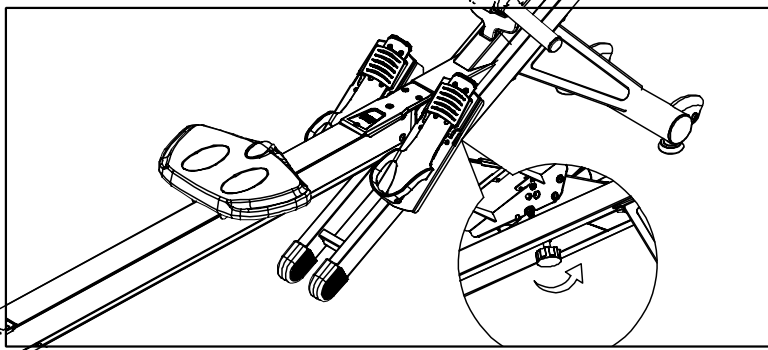
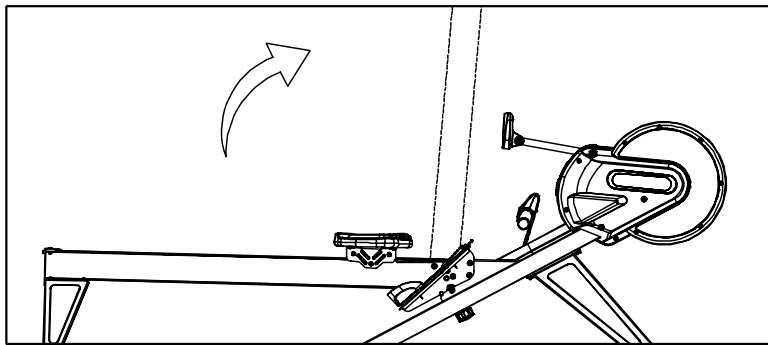


Fig 11-2

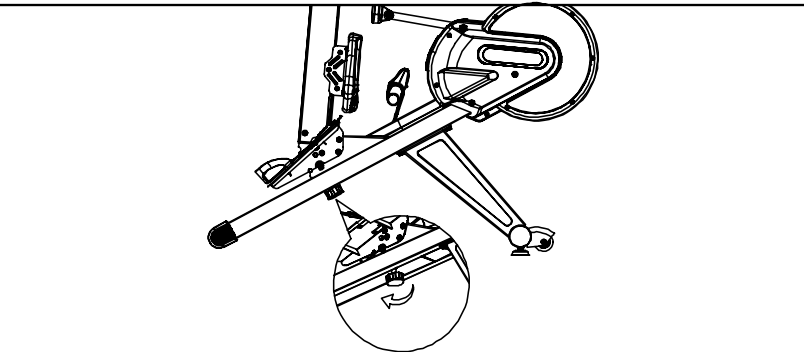
# FOLDING/UNFOLDING PROCEDURES



1. Turn the knob counterclockwise to release.

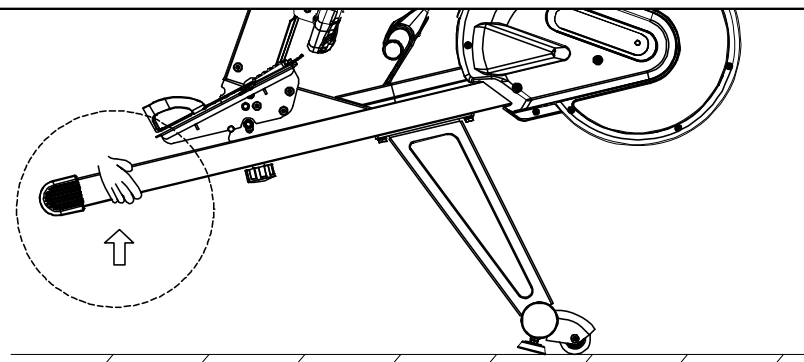


2. Fold up the aluminum rail assembly.



3. Turn the knob clockwise to tighten.

# MOVING PROCEDURES



1. Fold the aluminum rail assembly up.
2. Lift the rear and roll away.

# HEART RATE PROGRAMS

Before we get started, a word about Heart Rate:

The old motto, "no pain, no gain," is a myth that has been overpowered by the benefits of exercising comfortably. A great deal of this success has been promoted by the use of heart rate monitors. With the proper use of a heart rate monitor, many people find that their usual choice of exercise intensity was either too high or too low, and exercise is much more enjoyable by maintaining their heart rate in the desired benefit range.

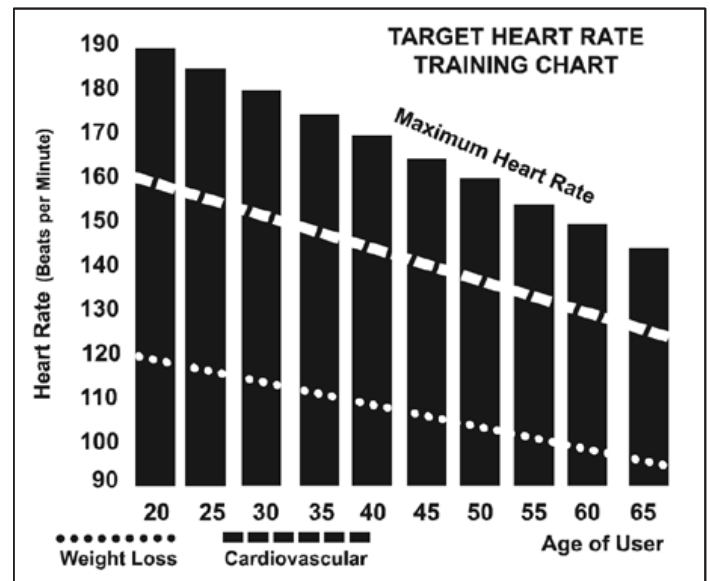
To determine the benefits range in which you wish to train, you must first determine your Maximum Heart Rate. This can be accomplished by using the following formula: 220 minus your age. This will give you the Maximum heart rate (MHR) for someone of your age. To determine the effective heart rate range for specific goals, you simply calculate a percentage of your MHR. Your Heart rate training zone is 50% to 90% of your maximum heart rate. 60% of your MHR is the zone that burns fat, while 80% is for strengthening the cardiovascular system. This 60% to 80% is the zone to stay in for maximum benefit.

For someone who is 40 years old their target heart rate zone is calculated:

$220 - 40 = 180$  (maximum heart rate)  
 $180 \times .6 = 108$  beats per minute (60% of maximum)  
 $180 \times .8 = 144$  beats per minute (80% of maximum)

So for a 40-year-old, the training zone would be 108 to 144 beats per minute.

If you enter your age during programming, the console will perform this calculation automatically. Entering your age is used for the Heart Rate control programs. After calculating your Maximum Heart Rate, you can decide upon which goal you would like to pursue.



The two most popular reasons for, or goals, of exercise are cardiovascular fitness (training for the heart and lungs) and weight control. The black columns on the chart above represent the Maximum Heart Rate for a person whose age is listed at the bottom of each column. The training heart rate, for either cardiovascular fitness or weight loss, is represented by two different lines that cut diagonally through the chart. A definition of the lines' goal is in the bottom left-hand corner of the chart. If your goal is cardiovascular fitness or if it is weight loss, it can be achieved by training at 80% or 60%, respectively, of your Maximum Heart Rate on a schedule approved by your physician. Consult your physician before participating in any exercise program.

# RATE OF PERCEIVED EXERTION

Heart rate is important but listening to your body also has a lot of advantages. There are more variables involved in how hard you should work out than just heart rate. Your stress level, physical health, emotional health, temperature, humidity, the time of day, the last time you ate and what you ate all contribute to the intensity at which you should workout. If you listen to your body, it will tell you all of these things.

The rate of perceived exertion (RPE), also known as the Borg scale, was developed by Swedish physiologist G.A.V. Borg. This scale rates exercise intensity from 6 to 20 depending upon how you feel or the perception of your effort.

The scale is as follows:

Rating Perception of Effort

- 6** Minimal
- 7** Very, very light
- 8** Very, very light +
- 9** Very light
- 10** Very light +
- 11** Fairly light
- 12** Comfortable
- 13** Somewhat hard
- 14** Somewhat hard +
- 15** Hard
- 16** Hard +
- 17** Very hard
- 18** Very hard +
- 19** Very, very hard
- 20** Maximal

You can get an approximate heart rate level for each rating by simply adding a zero to each rating. For example, a rating of 12 will result in an approximate heart rate of 120 beats per minute. Your RPE will vary depending on the factors discussed earlier. That is the major benefit of this type of training. If your body is strong and rested, you will feel strong, and your pace will feel easier. When your body is in this condition, you are able to train harder, and the RPE will support this. If you are feeling tired and sluggish, it is because your body needs a break. In this condition, your pace will feel harder. Again, this will show up in your RPE, and you will train at the proper level for that day.

# USING A HEART RATE TRANSMITTER (OPTIONAL)

How to wear your wireless chest strap transmitter:

1. Attach the transmitter to the elastic strap using the locking parts.
2. Adjust the strap as tightly as possible as long as the strap is not too tight to remain comfortable.
3. Position the transmitter with the logo centred in the middle of your body facing away from your chest (some people must position the transmitter slightly left of center). Attach the final end of the elastic strap by inserting the round end and, using the locking parts, secure the transmitter and strap around your chest.
4. Position the transmitter immediately below the pectoral muscles.
5. Sweat is the best conductor to measure very minute heartbeat electrical signals. However, plain water can also be used to pre-wet the electrodes (2 ribbed oval areas on the reverse side of the belt and both sides of the transmitter). It's also recommended that you wear the transmitter strap a few minutes before your workout. Some users, because of body chemistry, have a more difficult time in achieving a strong, steady signal at the beginning. After "warming up," this problem lessens. As noted, wearing clothing over the transmitter/strap doesn't affect performance.
6. Your workout must be within range - distance between transmitter/receiver – to achieve a strong, steady signal. The length of range may vary somewhat but generally stay close enough to the console to maintain good, strong, reliable readings. Wearing the transmitter immediately against bare skin assures you of proper operation. If you wish, you may wear the transmitter over a shirt. To do so, moisten the areas of the shirt that the electrodes will rest upon.



Note: The transmitter is automatically activated when it detects activity from the user's heart.

Additionally, it automatically deactivates when it does not receive any activity. Although the transmitter is water-resistant, moisture can have the effect of creating false signals, so you should take precautions to completely dry the transmitter after use to prolong battery life (estimated transmitter battery life is 2500 hours). The replacement battery is Panasonic CR2032.

## ERRATIC OPERATION

Caution! Do not use this Rower for Heart Rate Control unless a steady, solid Actual Heart Rate value is being displayed. High, wild, random numbers being displayed indicate a problem.

Areas to look for interference that may cause erratic heart rate:

1. Microwave ovens, TVs, small appliances, etc.
2. Fluorescent lights.
3. Some household security systems.
4. Perimeter fence for a pet.
5. Some people have problems with the transmitter picking up a signal from their skin. If you have problems, try wearing the transmitter upside down.
6. The antenna that picks up your heart rate is very sensitive. If there is an outside noise source, turning the whole machine 90 degrees may de-tune the interference.
7. Another Individual wearing a transmitter within 3' of your machine's console.

If you continue to experience problems, contact your dealer.



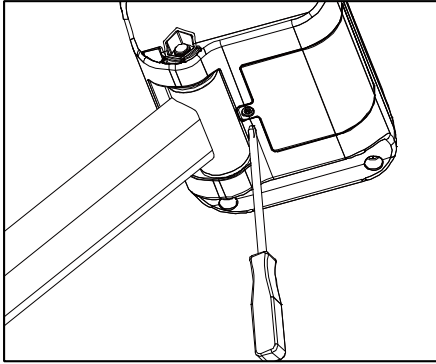
## WIRELESS HANDLE CODING STEPS

1. Replace the battery (CR2032) if needed.
2. When the console is turned on again, press and hold the **UP** or **DOWN** handle button for 3 seconds to complete the coding between console and handlebar.
3. Check if coding between console and handlebar is successful: Press **START** button on the console and then press **UP** or **DOWN** button on the handle to see if **LEVEL** on LCD changes. If yes, it is successful. Otherwise, go back to step 1 to repeat Coding between Console and Handlebar.

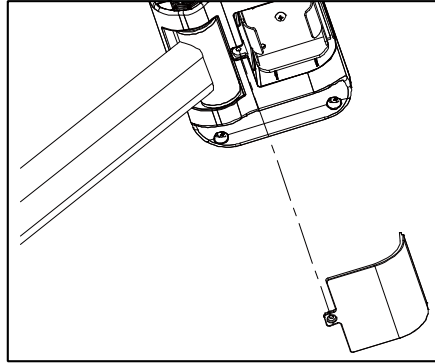
## GENERAL MAINTENANCE

1. Wipe down all areas in the sweat path with a damp cloth after each workout.
2. If a squeak, thump, clicking or rough feeling develops, the main cause is most likely one of two reasons:
  - a. The hardware was not sufficiently tightened during assembly. All bolts that were installed during assembly need to be tightened as much as possible. It may be necessary to use a larger wrench than the one provided if you cannot tighten the bolts sufficiently. I cannot stress this point enough; 90% of calls to the service department for noise issues can be traced to loose hardware.
  - b. If squeaks or other noises persist, check that the unit is properly levelled. There are 2 levelling pads on the bottom of the rear stabilizer; use a 14mm wrench (or adjustable wrench) to adjust the levellers.

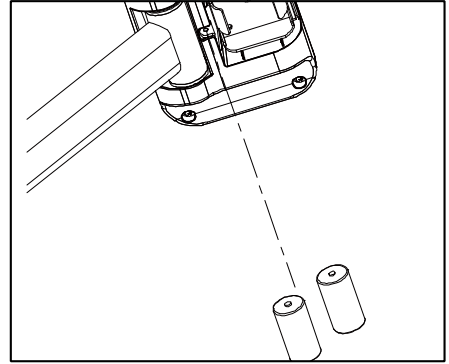
## BATTERY CHANGING INSTRUCTIONS



**Step 1**  
Remove the battery cover screw

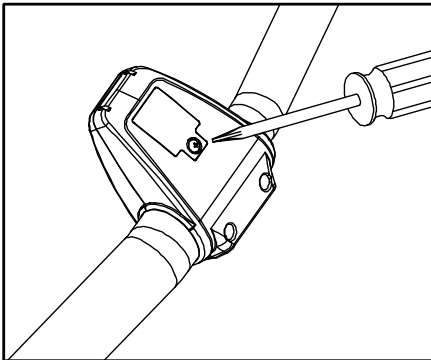


**Step 2**  
Remove the battery cover.

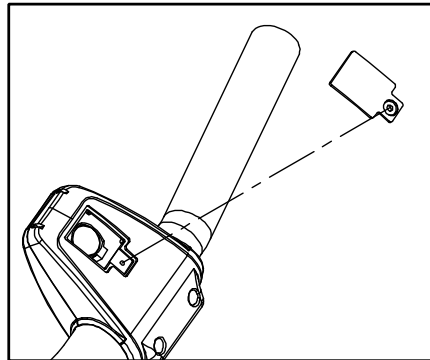


**Step 3**  
Replace the battery with new one, put on the cover and secure

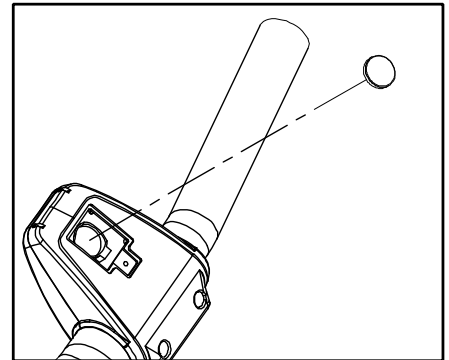
## HANDLE BATTERY CHANGING INSTRUCTIONS



**Step 1**  
Remove the battery cover screw.

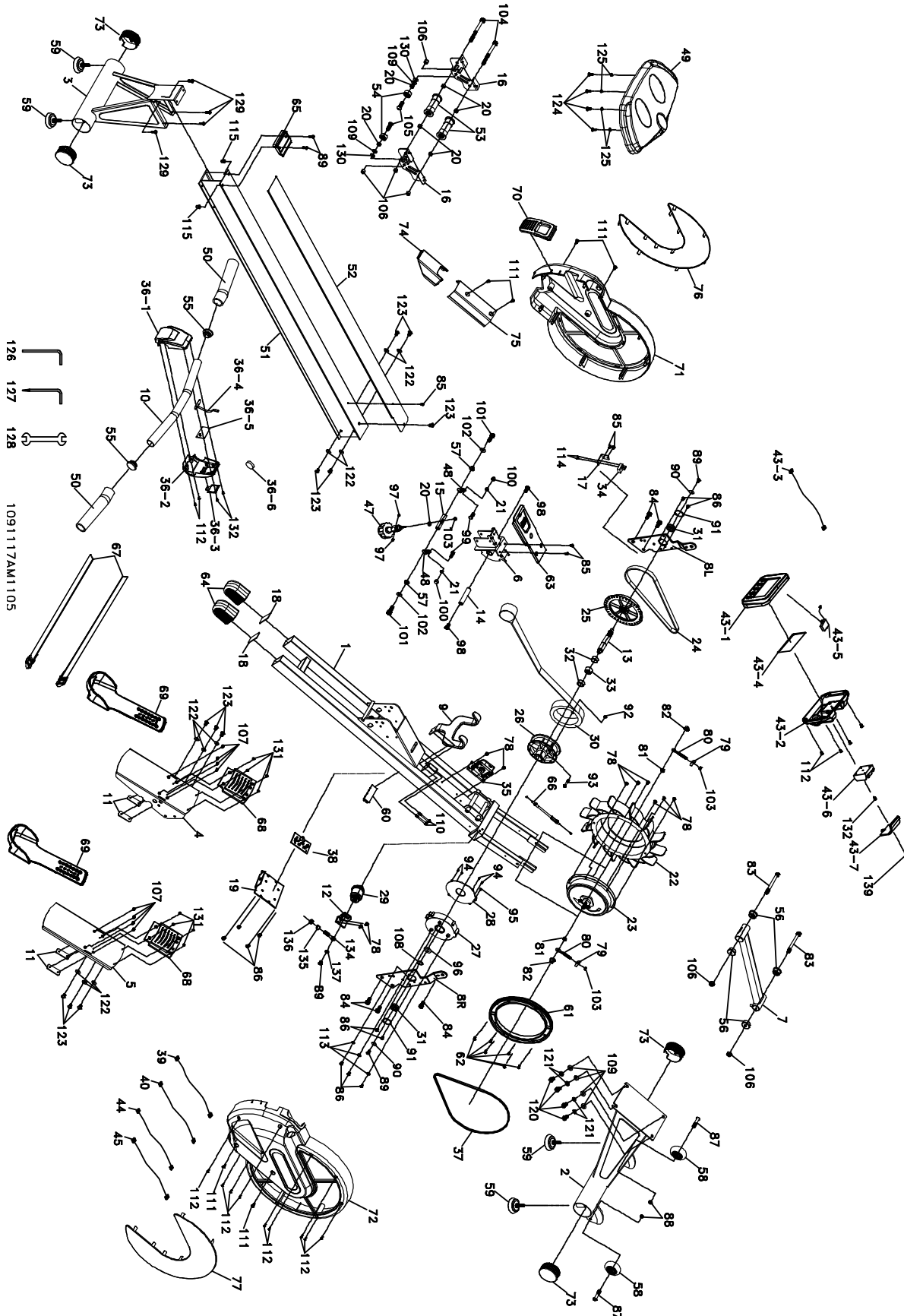


**Step 2**  
Remove the battery cover.



**Step 3**  
Remove and replace the battery with new one, put on the cover and secure.

# EXPLODED VIEW



# PARTS LIST

KEY NO.	PART NO.	DESCRIPTION	Q'TY
1	CC010104-S13	Main Frame	1
2	RCC050018-S13	Front Stabilizer	1
3	RCC050019-S13	Rear Stabilizer	1
4	RCC060105-Q2	Pedal (L)	1
5	RCC060106-Q2	Pedal (R)	1
6	CC060107-Q7	Folding End Assembly	1
7	RCC070004-Q2	Console Holder Assembly	1
8L	RB130286-Z3	Attaching Plate (L)	1
8R	RB130287-Z3	Attaching Plate (R)	1
9	B140025-Q2-A	Hook	1
10	RA040598-Q7	Handle	1
11	B020132-Y3	Pedal Attaching Board	4
12	B070134-Z3	Fixing Plate	1
13	C030042	Flywheel Pulley Axle	1
14	C100008-Z1	Track Axle	1
15	C120078-Z1	Seat Stop Axle	1
16	B130289-S13	Seat Attaching Board	2
17	B070034-Z1	Sensor Plate	1
18	B010088	Back Plate	2
19	B070135-S13	Controller Back Plate	1
20	K090007	Sleeve(Ø10xØ14x7L)	7
21	K090006	Sleeve(Ø8.2xØ12.7x5L)	2
22	P250027	Fan	1
23	RK500083	Flywheel	1
24	N011025	Drive Belt(6PJ-787L)	1
25	RN200104	Flywheel Pulley	1
26	RN200105	Latch	1
27	RN200106	Spring Latch	1
28	P060639-A1	Spring Cover	1
29	F090361	Generator/Brake Controller	1
30	N051027	Ribbon Roll	1
31	K056201B	Bearing(6201 UOU)	2
32	K051012	Bearing(HK2012)	2
33	K050005	Unidirectional Bearing(HF2016)	1
34	D024302	Board	1
35	D020601	Gear Motor	1
36	RF092141	Controller Assembly	1
36~1	P180144-A1	Top Handgrip Cap	1
36~2	P180145-A1	Rear Handgrip Cap	1

KEY NO.	PART NO.	DESCRIPTION	Q'TY
36~3	P020444-A1	Battery Cover	1
36~4	F090407-A1	Resistance Button W/Cable+Faceplate	1
36~5	D024301	RF Module	1
36~6	D024303	Battery	1
37	N013007B	Belt	1
38	D024203	Lower Control Board	1
39	E070557	600 m/m_DC Power Cord	1
40	E070558	Power Adaptor	1
43	RZAYR0030-20	Console Assembly	1
44	E020356	500m/m_Computer Cable (Upper)	1
45	E020135	500m/m_Computer Cable (Lower)	1
47	RN200198	Seat Up/Down Adjustment Knob	1
48	K010071-Y3	Tension Spring	2
49	RN120026A	Seat	1
50	L030025-A1	PVC Sleeve	2
51	RM020016-XG-03	Aluminum Track	1
52	B110043	Aluminum Board	1
53	N200107	Aluminum Track Pulley	2
54	P050050-BY	Pulley	2
55	P040052-A1	Ø32(1.8T)_Button Head Plug	2
56	P040178-A1	Axle End Cover	4
57	K090008	Bushing	2
58	P050021-A1	Ø65 _Transportation Wheel	2
59	P270036	Adjustment Foot Pad	4
60	P040074-A1	Square End Cap	1
61	PP260025-A1-B	Drive Pulley	1
62	J352003-YV	M5 x P0.8 x 15L_Phillips Head Screw	6
63	P180140-A1	Connecting Cover	1
64	P040179-A1	End Cover	2
65	P180143-A1	Seat Stop Cover	1
66	K020088	Steel Cable	1
67	N051031	Wire Tie Mount	2
68	P130029-A1	Pedal	2
69	PP130028-A1	Pedal Plate	2
70	P060643-DJ	Chain Cover Foam	1
71	RPP100215-I1	Chain Cover (L)	1
72	RPP100216-I1	Chain Cover (R)	1
73	P040091-B6	Stabilizer End Cap	4
74	P180141-A1	Front Gear Motor Cover	1
75	P180142-A1	Rear Gear Motor Cover	1

KEY NO.	PART NO.	DESCRIPTION	Q'TY
76	B130284	Galvanized iron net (L)	1
77	B130285	Galvanized iron net (R)	1
78	J092003-ZP	M5 x P0.8 x 15L_Phillips Head Screw	10
79	J280001-Z1	Ø6_Nut Stopper	2
80	J082514-Z1	M6 x 57L_Idle Wheel Screw	2
81	J129035-ZF	3/8" x UNF26 x 6T_Luck Nut	2
82	J160028-Z1	3/8" x UNF26 x 11T_Nut	2
83	J031015R-Z4	3/8" x UNC16 x 3-3/4"_Socket Head Cap Bolt	2
84	J033004-YN	M8 x P1.25 x 20L_Socket Head Cap Bolt	5
85	J092001-Y3	M5 x 10L_Phillips Head Screw	5
86	J092001-YV	M5 x 10L_Phillips Head Screw	11
87	J020507AB-Z1	5/16" x UNC18 x 1-3/4"_Button Head Socket Bolt	2
88	J139061-Z1	5/16" x 6T_Nyloc Nut	2
89	J022517-YV	M6 x P1.0 x 18L_Button Head Socket Bolt	5
90	J210092-Z1	Ø6 x Ø19 x 1.5T_Flat Washer	2
91	J310011-Z4	Ø32 x 1.6T_C Ring	2
92	J139161-Z1	M5 x 5T_Nyloc Nut	1
93	J032020I-Z1	M5 x P0.8 x 32L_Socket Head Cap Bolt	1
94	J547003-Z1	3 x 10L_Sheet Metal Screw	4
95	J397003-Z1	3 x 10L_Sheet Metal Screw	1
96	J210094-Z1	Ø20 x Ø30 x 0.5T_Flat Washer	1
97	J354513-Y3	M4 x 5L_Phillips Head Screw	2
98	J080074-XE	M8 x P1.25 x 15L_Socket Head Cap Bolt	2
99	J013004-Z1	M8 x P1.25 x 20L_Hex Head Bolt	2
100	J149281-Z1	M8 x P1.25 x 13T_Cap Nut	2
101	J031004-Z4	3/8" x UNC16 x 1"_Socket Head Cap Bolt	2
102	J210038-Z1	Ø3/8" x 20 x 3.0T_Flat Washer	2
103	J139601-Z1	M6 x 6T_Nyloc Nut	3
104	J031017U-Z4	3/8" x UNC16 x 4-1/4"_Socket Head Cap Bolt	2
105	J341042AB-Z1	3/8" x UNC16 x 1-1/4"_Button Head Socket Bolt	2
106	J139012-Y3	3/8" x 11T_Nyloc Nut	6
107	J552002-Y3	M5 x 12L_Flat Head Socket Screw	8
108	J310004-Z4	Ø20_C Ring	1
109	J210003-Z1	Ø3/8" x Ø19 x 1.5T_Flat Washer	6
110	J032010P-Z1	M5 x P0.8 x 50L_Socket Head Cap Bolt	2
111	J367105-Y3	Ø5 x 16L_Tapping Screw	6
112	J396804-Y3	3.5 x 12L_Sheet Metal Screw	15
113	J210093-Z1	Ø5 x Ø13 x 2T_Flat Washer	3
114	J517302-ZF	Ø2.6 x 8L_Tapping Screw	2
115	J160035-ZF	M6,Ø6 x 1.5 + 14.5L_Hex Blind Nut	2
120	J011002-ZR	3/8" x 3/4"_Hex Head Bolt	4

KEY NO.	PART NO.	DESCRIPTION	Q'TY
121	J260003-Z1	Ø10 x 2T_Spring Washer	4
122	J210005-Z1	Ø5/16" x Ø18 x 1.5T_Flat Washer	10
123	J023002-XF	M8 x P1.25 x 12L_Button Head Socket Bolt	11
124	J092503-Z1	M6 x 15L_Phillips Head Screw	4
125	J260006-Z1	Ø1/4" _Spring Washer	4
126	J330053-Z1	L Allen Wrench	1
127	J330001-Z1	Combination M5 Allen Wrench & Phillips Head Screw Driver	1
128	J330027	13/14m/m_Wrench	1
129	J022501-YV	M6 x P1.0 x 10L_Button Head Socket Bolt	4
130	J210045-Z1	Ø3/8" x Ø21 x 2T_Flat Washer	2
131	J094517-Y3	M4 x 6L_Phillips Head Screw	8
132	J397003-Y3	3 x 10L_Sheet Metal Screw	2
134	J080110J-Z1	M8 x P1.25 x 45L_Idle Wheel Screw	1
135	C070025-Z1	Shaft Bushing	1
136	J139261-Y3	M8 x 7T_Nylon Nut	1
137	J210078-Z1	Ø6 x Ø14 x 1T_Flat Washer	1

# TRAINING GUIDELINES

## **EXERCISE**

Exercise is one of the most important factors in the overall health of an individual. Listed among its benefits are:

- Increased capacity for physical work (strength endurance)
- Increased cardiovascular (heart and arteries/veins) and respiratory efficiency
- Decreased risk of coronary heart disease
- Changes in body metabolism, e.g. losing weight
- Delaying the physiological effects of age
- Physiological effects, e.g. reduction in stress, increase in self-confidence, etc.

## **BASIC COMPONENTS OF PHYSICAL FITNESS**

There are four all-encompassing components of physical fitness, and we need to briefly define each and clarify its role.

**Strength** is the capacity of a muscle to exert a force against resistance. Strength contributes to power and speed and is of great importance to a majority of sportspeople.

**Muscular Endurance** is the capacity to exert a force repeatedly over a period of time, e.g. it is the capacity of your legs to carry you 10 km without stopping.

**Flexibility** is the range of motion about a joint. Improving flexibility involves the stretching of muscles and tendons to maintain or increase suppleness and provides increased resistance to muscle injury or soreness.

**Cardio-Respiratory Endurance** is the most essential component of physical fitness. It is the efficient functioning of the heart and lungs

## **AEROBIC FITNESS**

The largest amount of oxygen that you can use per minute during exercise is called your maximum oxygen uptake (MVo<sub>2</sub>). This is often referred to as your aerobic capacity.

The effort that you can exert over a prolonged period of time is limited by your ability to deliver oxygen to the working muscles. Regular vigorous exercise produces a training effect that can increase your aerobic capacity by as much as 20 to 30%. An increased MVO<sub>2</sub> indicates an increased ability of the heart to pump blood, of the lungs to ventilate oxygen and of the muscles to take up oxygen.

### **Anaerobic Training**

This means "without oxygen" and is the output of energy when the oxygen supply is insufficient to meet the body's long-term energy demands. (For example, 100-meter sprint).

### **The Training Threshold**

This is the minimum level of exercise which is required to produce significant improvements in any physical fitness parameter.

### **Progression**

As you become fitter, a higher intensity of exercise is required to create an overload and therefore provide continued improvement



## Overload

This is where you exercise at a level above that which can be carried out comfortably. The intensity, duration and frequency of exercise should be above the training threshold and should be gradually increased as the body adapts to the increasing demands. As your fitness level improves, the training threshold should be raised.

Working through your program and gradually increasing the overload factor is important.

## Specificity

Different forms of exercise produce different results. The type of exercise that is carried out is specific both to the muscle groups being used and to the energy source involved.

There is little transfer of the effects of exercise, i.e. from strength training to cardiovascular fitness. That is why it is important to have an exercise program tailored to your specific needs.

## Reversibility

If you stop exercising or do not do your program often enough, you will lose the benefits you have gained. Regular workouts are the button to success.

## WARM-UP

Every exercise program should start with a warm-up where the body is prepared for the effort to come. It should be gentle and preferably use the muscles to be involved later.

Stretching should be included in both your warm-up and cool down and should be performed after 3-5 minutes of low intensity aerobic activity or callisthenic type exercise.

## Warm Down or Cool Down

This involves a gradual decrease in the intensity of the exercise session. Following exercise, a large supply of blood remains in the working muscles. If it is not returned promptly to the central circulation, pooling of blood may occur in the muscles

## Heart Rate

As you exercise, the rate at which your heartbeat also increases. This is often used as a measure of the required intensity of exercise. You need to exercise hard enough to condition your circulatory system and increase your pulse rate, but not enough to strain your heart.

Your initial level of fitness is important in developing an exercise program for you. If you are starting off, you can get a good training effect with a heart rate of 110-120 beats per minute(BPM). If you are fitter, you will need a higher threshold of stimulation.

To begin with, you should exercise at a level that elevates your heart rate to about 65 to 70% of your maximum. If you find this is too easy, you may want to increase it, but it is better to lean on the conservative side.

As a rule of thumb, the maximum heart rate is 220 minus your age. As you increase in age, so your heart, like other muscles, loses some of its efficiency. Some of its natural loss is won back as fitness improves.

The following table is a guide to those who are "starting fitness."

Age	25	30	35	40	45	50	55	60	65
Target heart Rate									
10 Second Count	23	22	22	21	20	19	19	18	18
Beats per Minute	138	132	132	126	120	114	114	108	108

## Pulse Count

The pulse count (on your wrist or carotid artery in the neck, taken with two index fingers) is done for ten seconds, taken a few seconds after you stop exercising. This is for two reasons: (a) 10 seconds is long enough for accuracy, (b) the pulse count is to approximate your BPM rate at the time you are exercising. Since heart rate slows as you recover, a longer count isn't as accurate.

The target is not a magic number but a general guide. If you're above average fitness, you may work quite comfortably, a little above that suggested for your age group.

The following table is a guide for those who are keeping fit. Here we are working at about 80% of maximum.

Age	25	30	35	40	45	50	55	60	65
Target heart Rate									
10 Second Count	26	26	25	24	23	22	22	21	20
Beats per Minute	156	156	150	144	138	132	132	126	120

Don't push yourself too hard to reach the figures on this table. It can be very uncomfortable if you overdo it. Let it happen naturally as you work through your program. Remember, the target is a guide, not a rule; a little above or below is just fine.

Two final comments:(1) don't be concerned with day-to-day variations in your pulse rate; being under pressure or not enough sleep can affect it;(2) your pulse rate is a guide, don't become a slave to it.

## **ENDURANCE CIRCUIT TRAINING**

Cardiovascular endurance, muscle, strength, flexibility and coordination are all necessary for maximum fitness. The principle behind circuit training is to give a person all the essentials at one time by going through your exercise program moving as fast as possible between each exercise. This increases the heart rate and sustains it, which improves the fitness level. Do not introduce this circuit training effect until you have reached an advanced program stage.

### **Body Building**

Is often used synonymously with strength training. The fundamental principle here is OVERLOAD. Here, the muscle works against greater loads than usual. This can be done by increasing the load you are working against.

### **Patronization**

This is the term used to vary your exercise program for both physiological and psychological benefits. In your overall program, you should vary the workload, frequency and intensity. The body responds better to variety, and so do you. In addition, when you feel yourself getting "stale", bring in periods of lighter exercise to allow the body to recuperate and restore its reserves. You will enjoy your program more and feel better about it.

### **Muscle Soreness**

For the first week or so, this may be the only indication you have that you are on an exercise program. This, of course, does depend on your overall fitness level. A confirmation that you are on the correct program is a very slight soreness in most major muscle groups. This is quite normal and will disappear in a matter of days.

If you experience major discomfort, you may be on a program that is too advanced, or you have increased your program too rapidly.

If you experience PAIN during or after exercise, your body is telling you something. Stop exercising and consult your doctor.

## **WHAT TO WEAR**

Wear clothing that will not restrict your movement in any way while exercising. Clothes should be light enough to allow the body to cool. Excessive clothing that causes you to perspire more than you normally would while exercising gives you no advantage. The extra weight you lose is body fluid and will be replaced with the next glass of water you drink. It is advisable to wear a pair of gym or running shoes or "sneakers."

### **Breathing during Exercise**

Do not hold your breath while exercising. Breathe normally as much as possible. Remember, breathing involves the intake and distribution of oxygen, which feeds the working muscles.

### ***Rest periods***

Once you start your exercise program, you should continue through to the end. Do not break off halfway through and then restart at the same place later on without going through the warm-up stage again.

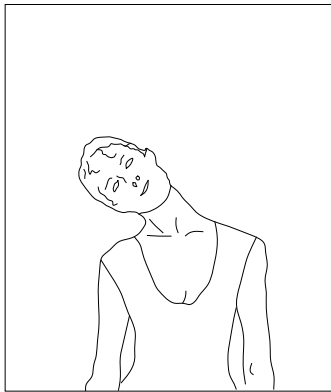
The rest period required between strength training exercises may vary from person to person. This will depend mostly on your level of fitness and the program you have chosen. Rest between exercises by all means, but do not allow this to exceed two minutes. Most people manage with half-minute to one minute rest periods

# STRETCHING

Stretching should be included in both your warm-up and cool down and should be performed after 3-5 minutes of low intensity aerobic activity or callisthenic type exercise. Movements should be performed slowly and smoothly, with no bouncing or jerking. Move into the stretch until slight tension; not pain is felt in the muscle and hold for 20-30 seconds. Breathing should be slow, rhythmical and under control, making sure never to hold your breath.

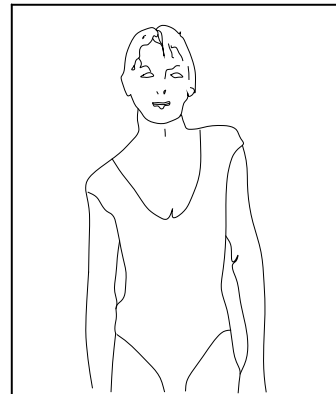
## HEAD ROLLS

Rotate your head to the right for one count, feeling the stretch up the left side of your neck. Next, rotate your head back for one count, stretching your chin to the ceiling and letting your mouth open. Rotate your head to the left for one count, and finally, drop your head to your chest for one count.



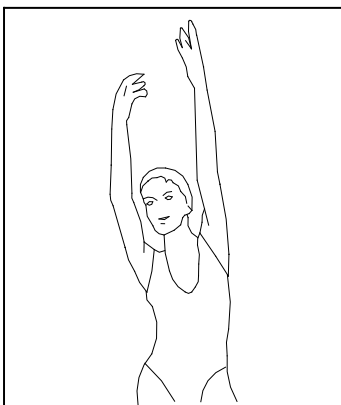
## SHOULDER LIFTS

Lift your right shoulder up toward your ear for one count. Then lift your left shoulder up for one count as you lower your right shoulder.



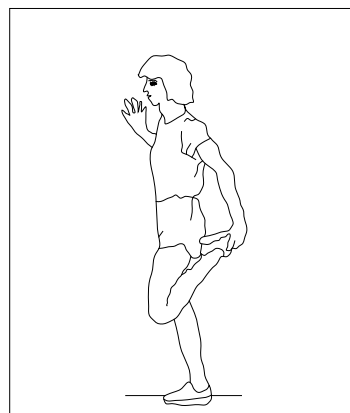
## SIDE STRETCHES

Open your arms to the side and continue lifting them until they are over your head. Reach your right arm as far upward toward the ceiling as you can for one count. Feel the stretch up your right side. Repeat this action with your left arm.



## QUADRICEPS STRETCH

With one hand against a wall for balance, reach behind you and pull your right foot up. Bring your heel as close to your buttocks as possible. Hold for 15 counts and repeat with left foot up.



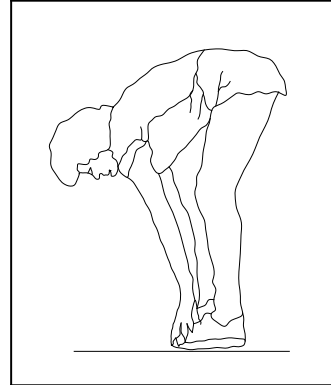
## INNER THIGH STRETCH

Sit with the soles of your feet together with your knees pointing outward. Pull your feet as close into your groin as possible. Gently push your knees towards the floor. Hold for 15 counts.



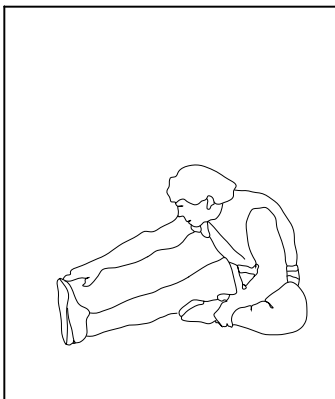
## TOUCHES

Slowly bend forward from your waist, letting your back and shoulders relax as you stretch toward your toes. Reach down as far as you can and hold for 15 counts.



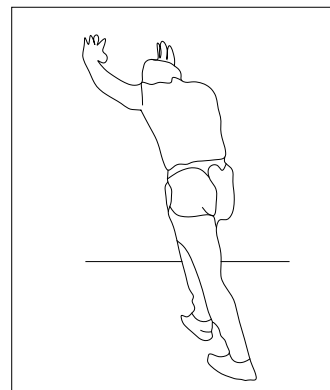
## HAMSTRING STRETCHES

Sit with your right leg extended. Rest the sole of your left foot against your right inner thigh. Stretch as far as possible. Hold for 15 counts. Relax and then repeat with left leg extended.



## CALF / ACHILLES STRETCH

Lean against a wall with your left leg in front of the right and your arms forward. Keep toward your toe your right leg straight and the left foot on the floor then bend the left leg and lean forward by moving your hips toward the wall. Hold, then repeat on the other side for 15 counts.



# MANUFACTURER'S LIMITED WARRANTY

Dyaco Canada Inc. warrants all its Rower parts for a period of time listed below, from the date of retail sale, as determined by a sales receipt. Dyaco Canada Inc.'s responsibilities include providing new or remanufactured parts at Dyaco Canada Inc.'s option and technical support to our independent dealers and servicing organizations. In the absence of a dealer or service organization, these warranties will be administered by Dyaco Canada Inc. directly to a consumer. The warranty period applies to the following components:

## **Light Commercial (5 hours use or less in a non-dues paying facility)**

Frame: Lifetime  
Brake: 5 Years  
Parts: 5 Years  
Labour: 2 Years

## **Residential**

Frame: Lifetime  
Brake: 10 Years  
Parts: 10 Years  
Labour: 2 Years

This warranty is not transferable and is extended only to the original owner.

The warranty shall not apply to exercise units that are (1) used for commercial or other income-producing purposes or (2) subject to misuse, neglect, accident or unauthorized repair and alterations.

This warranty provided herein is lieu of all other express warranties; any implied warranties, including any implied warranties of merchantability of fitness for particular purpose, are limited in duration to the first 24 months from date of purchase. All other obligations or liabilities, including liability for consequential damages, are hereby excluded.

## **REPAIR PARTS AND SERVICE**

All of the parts for the Rower shown in figure can be ordered from Dyaco Canada Inc., 5955 Don Murie Street, Niagara Falls, Ontario L2G 0A9. When ordering parts, the parts will be sent and billed at the current prices. Prices may be subject to change without notice. Cheque or money order must accompany all orders. Standard hardware items are available at your local hardware store.

To ensure prompt and correct handling of any errors, or to answer any questions, please call our Toll Free number: 1-888-707-1880, or local number 1-905-353-8955 or fax 1-905-353-8968 or email [customerservice@dyaco.ca](mailto:customerservice@dyaco.ca) or visit us at [www.dyaco.ca](http://www.dyaco.ca) Office hours are from 8:30 AM to 5:00 PM Monday to Friday Eastern Standard Time.

Always include the following information when ordering parts

- \_ Model number
- \_ Name of each part
- \_ Part number of each part

The Dyaco logo consists of the word "dyaco" in a white, lowercase, sans-serif font, centered within a solid teal square.

Please visit us online for information about our other brands and products manufactured and distributed by Dyaco Canada Inc.

**SPIRIT**

[spiritfitness.ca](http://spiritfitness.ca)

**XTEERRA**

[xterrafitness.ca](http://xterrafitness.ca)

**UFC**

[dyaco.ca/UFC/UFC-home.html](http://dyaco.ca/UFC/UFC-home.html)

**SOLE**  
FITNESS

[solefitness.ca](http://solefitness.ca)

**EVERLAST**

[dyaco.ca/products/everlast.html](http://dyaco.ca/products/everlast.html)

The logo for Johnny G by Spirit features a stylized circular symbol on the left and the signature "Johnny G" in a cursive font on the right, with "by SPIRIT" in a smaller font below the signature.

[spiritfitness.ca/johnnyg.html](http://spiritfitness.ca/johnnyg.html)

**TRINOR**  
**SPORTS**

[trainorsports.ca](http://trainorsports.ca)

For more information, please contact Dyaco Canada Inc.

T: 1-888-707-1880 □ 5955 Don Murie St., Niagara Falls, Ontario L2G 0A9 □ [sales@dyaco.ca](mailto:sales@dyaco.ca)