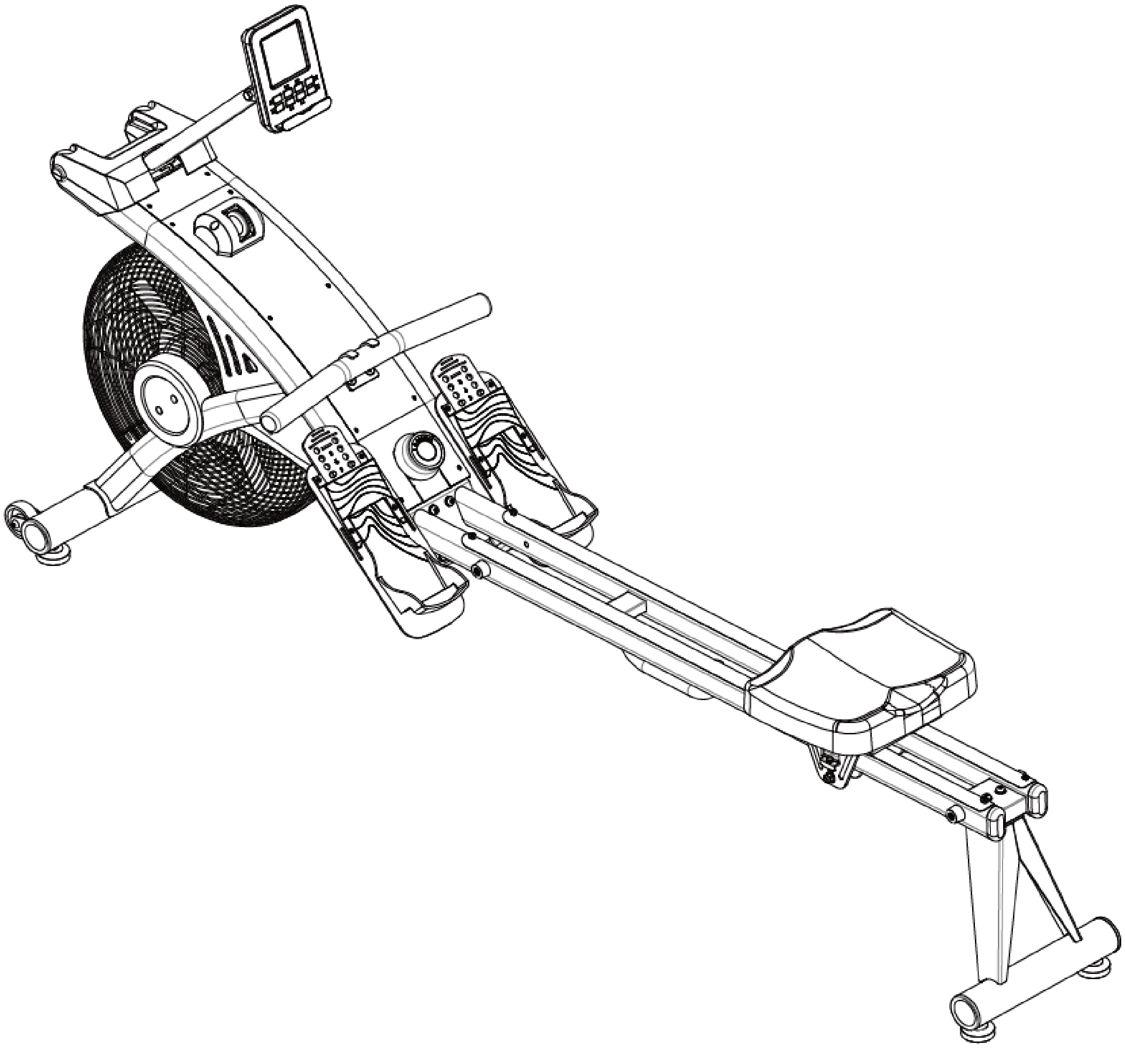
AIR ROWER ER7466P

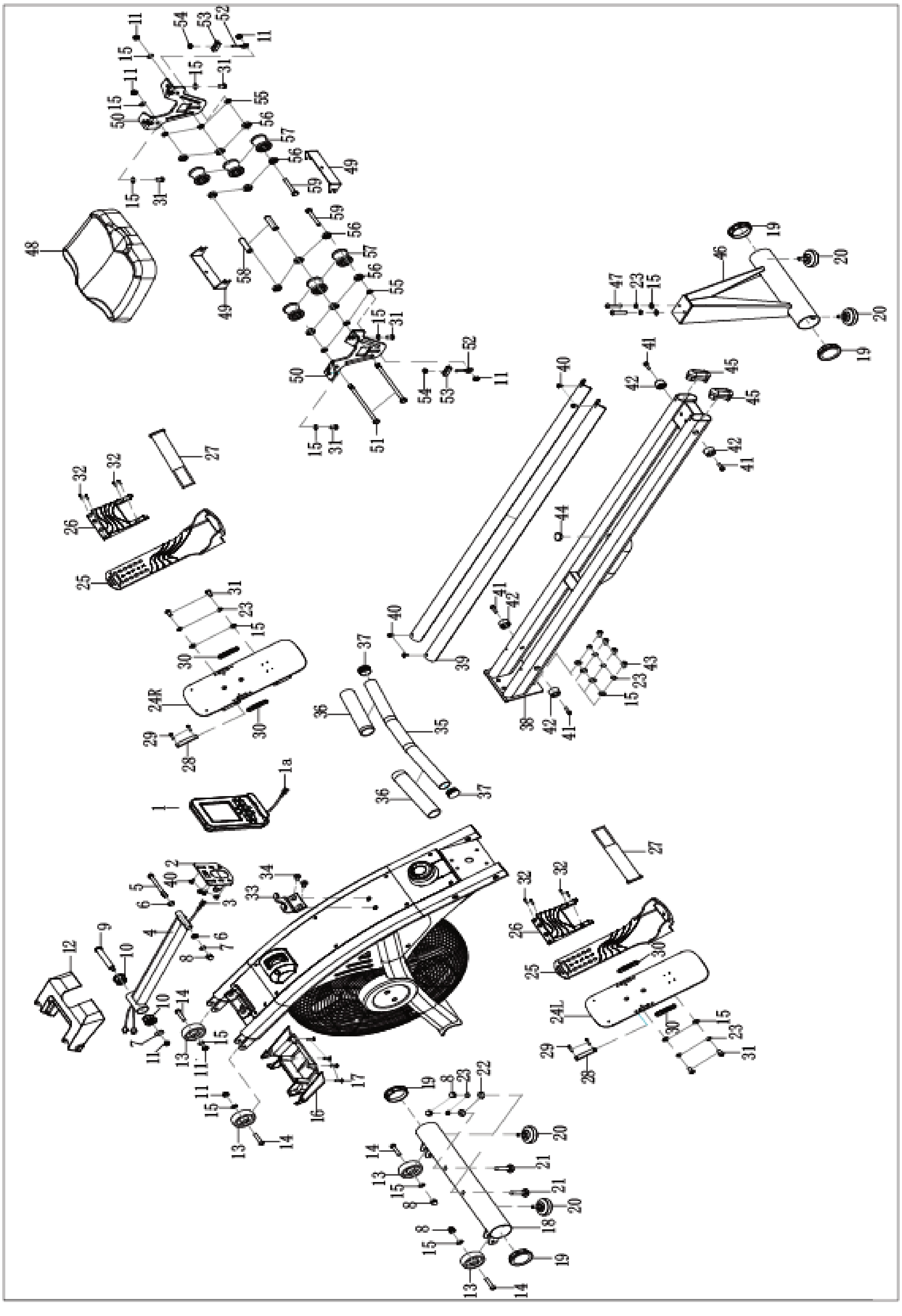
(code: 92351)

Assembly instructions



IN ORDER FOR THE WARRANTY TO BE VALID,
PLEASE, BEFORE YOU BEGIN
ASSEMBLING AND USING THE BIKE,
READ THIS INSTRUCTIONS.

EXPLODED DRAWING 1/2


1
1a
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20
21
22
23
24L
24R
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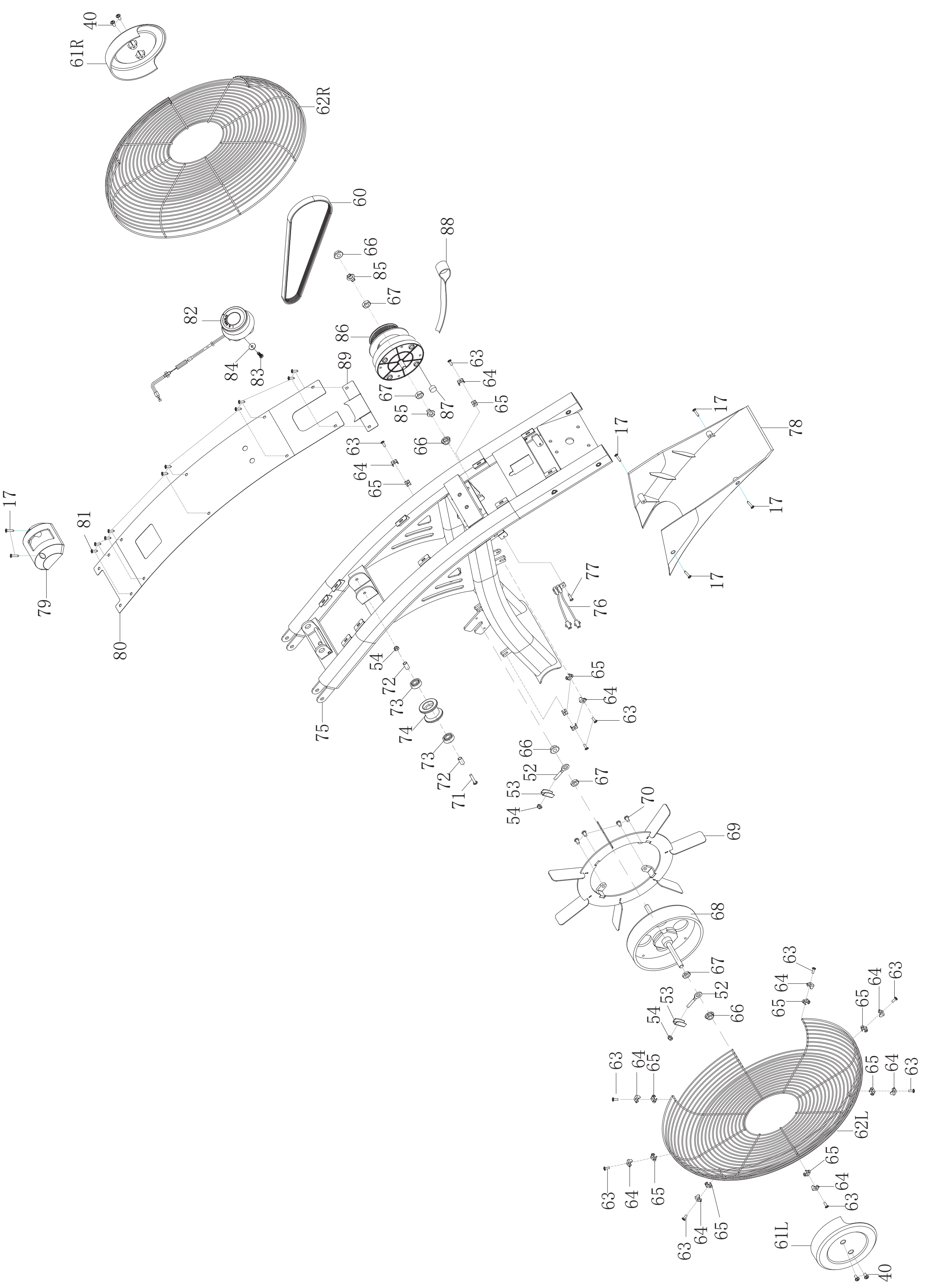
EXPLODED DRAWING 2/2


40
61R
62R
60
88
66
85
67
82
86
84
83
89
63
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67
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87
17
78
17
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63
64
65
62L
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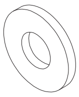
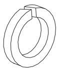
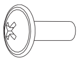
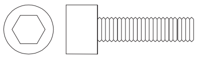
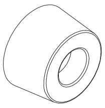
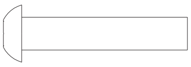
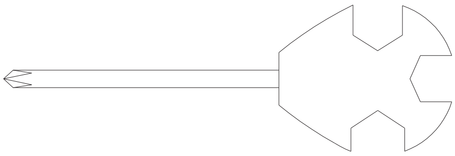
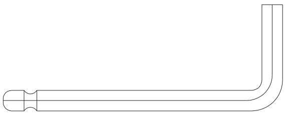
64
65
61L
40

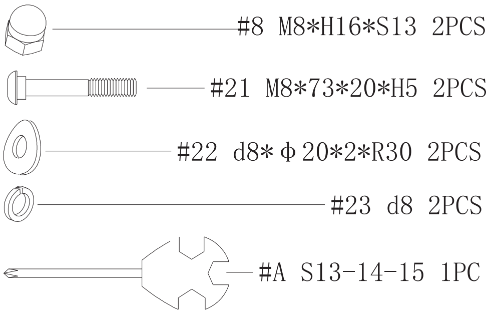
PARTS LIST

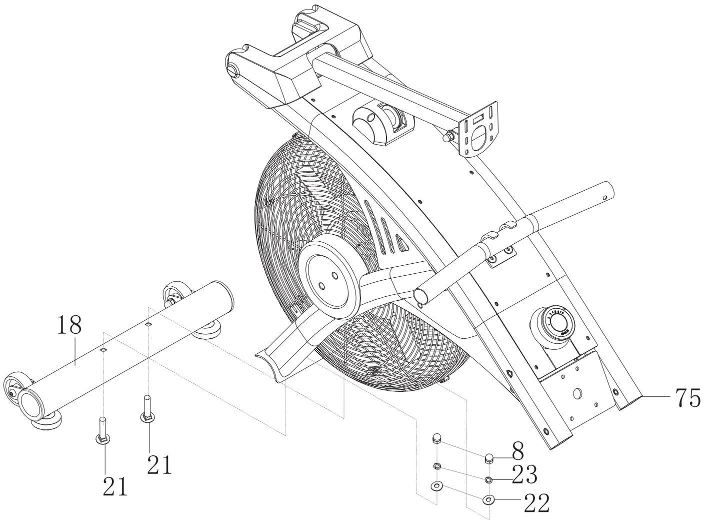
#	PCS	DRAWING	DESCRIPTION
15	2		Washer d8xΦ16x1.5
23	2		Spring washer d8
40	2		Bolt M5x10xΦ8
41	2		Bolt M6x30xS5
42	2		Limiter Φ27x16
47	2		Bolt M8x40x20xS5
A	1		Combination Philips screwdriver and spanner S13-14-15
B	1		Allen wrench S5

ASSEMBLY

Before you begin, spread all parts on the floor, somewhere with ample space and familiarize with them by carefully reading the instructions.

Step 1

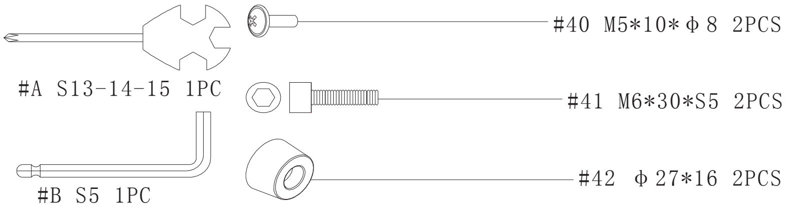

#8 M8*H16*S13 2PCS
#21 M8*73*20*H5 2PCS
#22 d8*Φ20*2*R30 2PCS
#23 d8 2PCS
#A S13-14-15 1PC

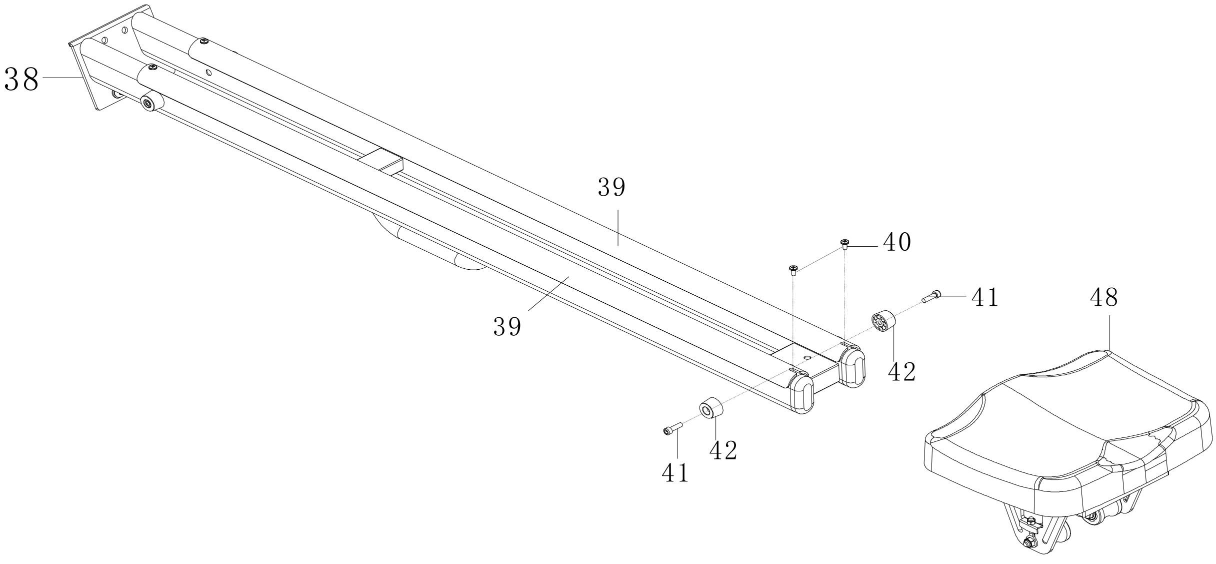

18
21
21
8
23
22
75

- Remove the bolts (21), arc washers (22), spring washers (23) and domed nuts (8) from the main frame.
- Attach the front stabilizer (18) to the main frame (75) with the bolts (21), arc washers (22), spring washers (23) and domed nuts (8) you have just removed. Tighten with the spanner (A).

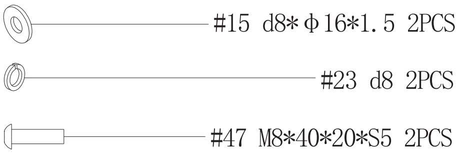
Step 2

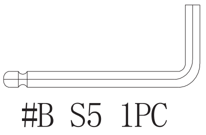
- Insert the seat (48) over the sliding rail (38).
- Fix the aluminum sheets (39) on the sliding rail (38) with bolts (40) using the spanner (A).
- Use bolts (41) and the allen wrench (B) to fix the limiters (42) on the back end of the sliding rail (38).


#A S13-14-15 1PC
#B S5 1PC
#40 M5*10*Φ8 2PCS
#41 M6*30*S5 2PCS
#42 Φ27*16 2PCS

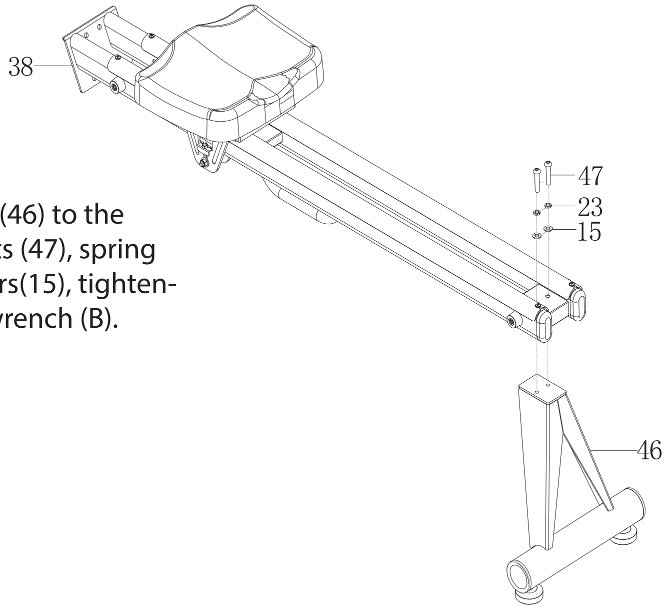

38
39
39
40
41
48
42
42
41

Step 3

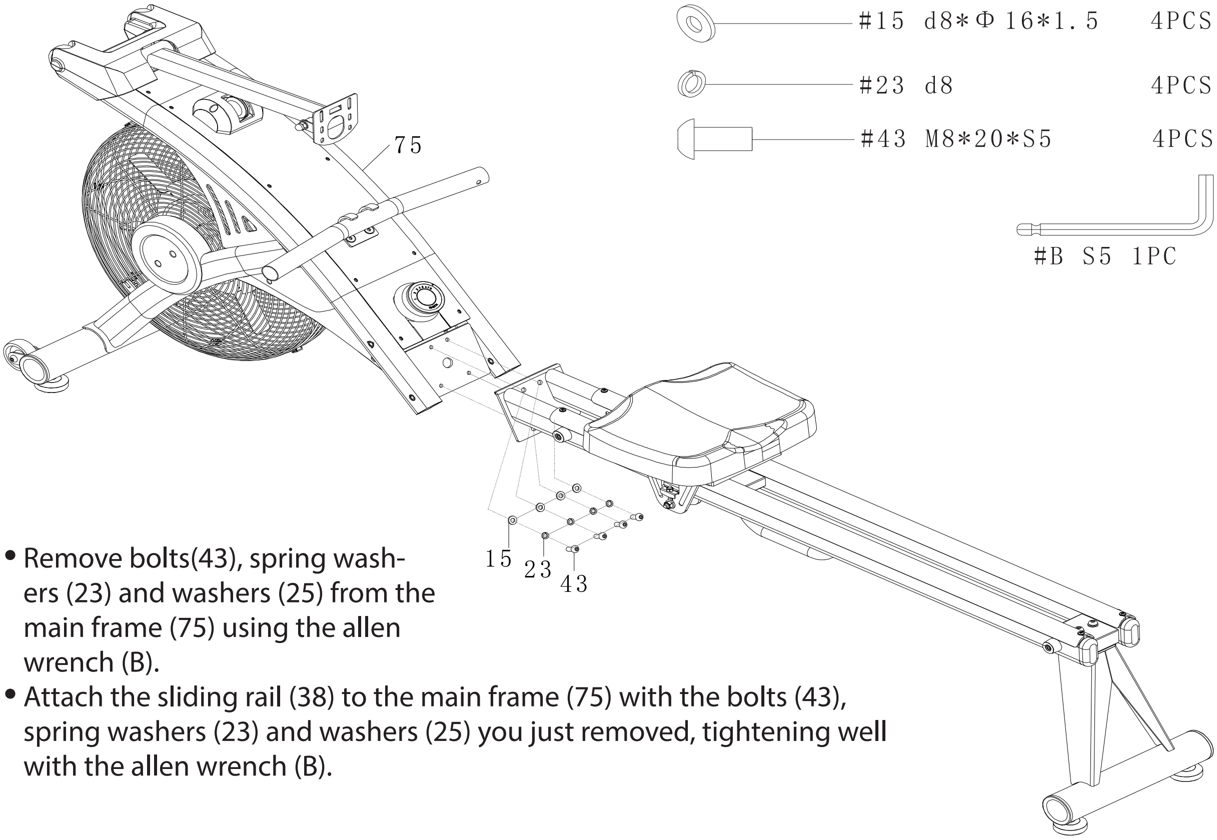

#15 d8*Φ16*1.5 2PCS
#23 d8 2PCS
#47 M8*40*20*S5 2PCS



- Attach the rear support (46) to the sliding rail (38) with bolts (47), spring washers (23) and washers(15), tightening well with the allen wrench (B).


38
47
23
15
46

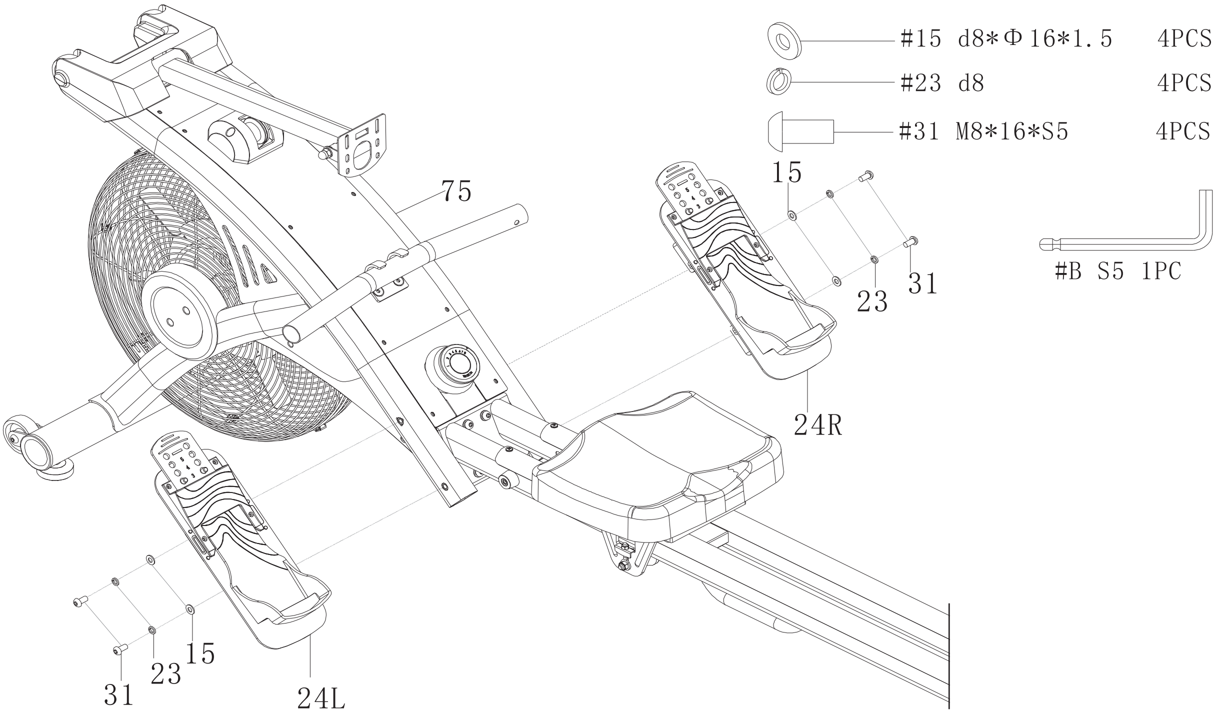
Step 4


#15 d8*Φ16*1.5 4PCS
#23 d8 4PCS
#43 M8*20*S5 4PCS
#B S5 1PC
75
15
23
43

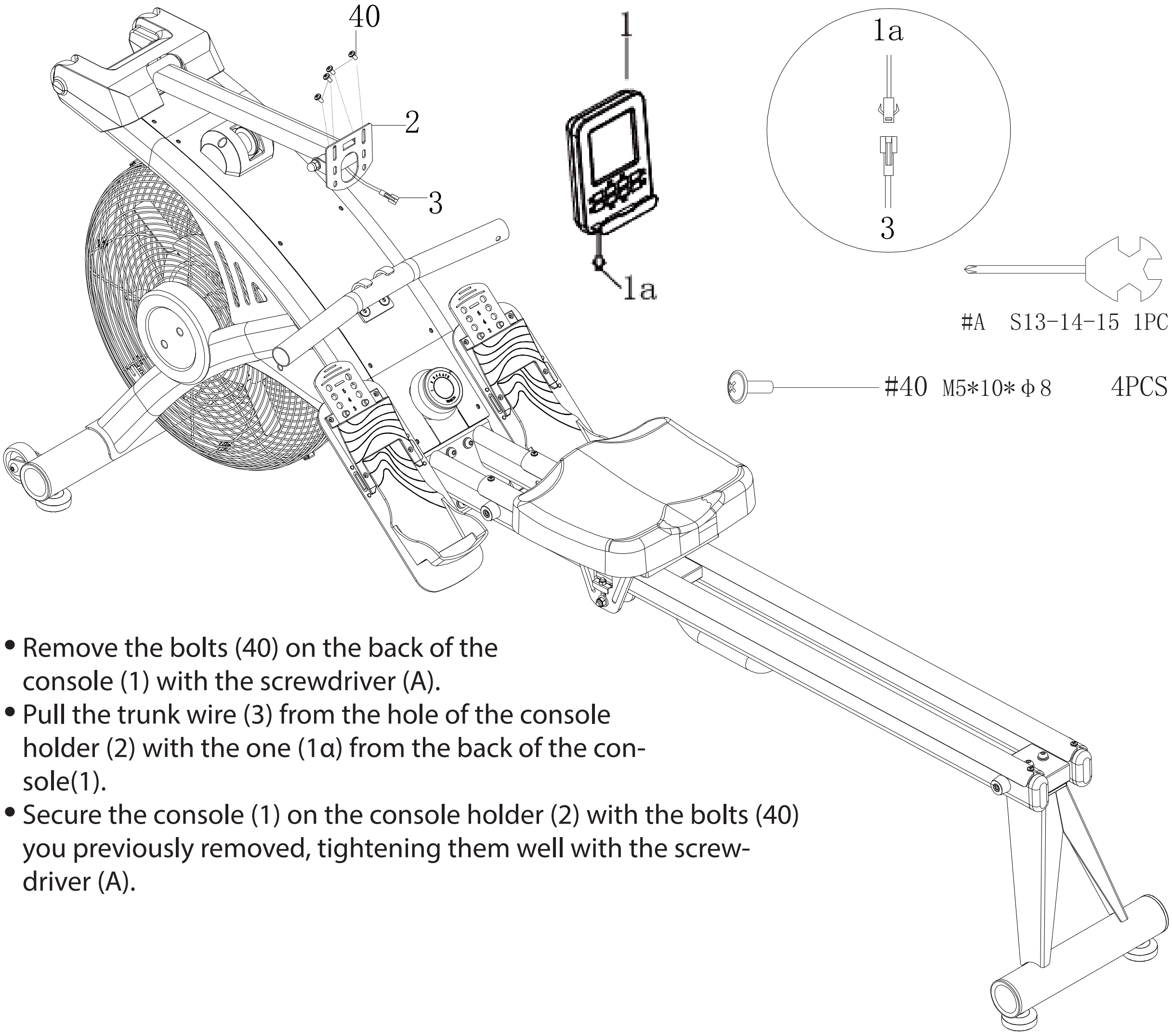
- Remove bolts(43), spring washers (23) and washers (25) from the main frame (75) using the allen wrench (B).
- Attach the sliding rail (38) to the main frame (75) with the bolts (43), spring washers (23) and washers (25) you just removed, tightening well with the allen wrench (B).

Step 5

- Remove bolts (31), spring washers (23) and washers (15) from the main frame (75) using the allen wrench (B).
- Attach the pedals (24L/R) to the main frame (75) with the bolts (43), spring washers (23) and washers (25) you just removed, tightening well with the allen wrench (B).

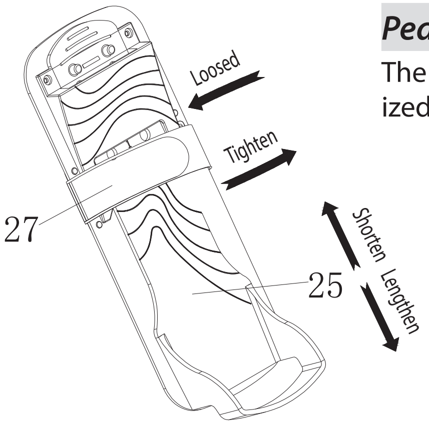

#15 d8*Φ16*1.5 4PCS
#23 d8 4PCS
#31 M8*16*S5 4PCS
#B S5 1PC
75
15
23
31
24R
15
23
31
24L

Βήμα 6


40
1
1a
2
3
1a
3
#A S13-14-15 1PC
#40 M5*10*Φ8 4PCS

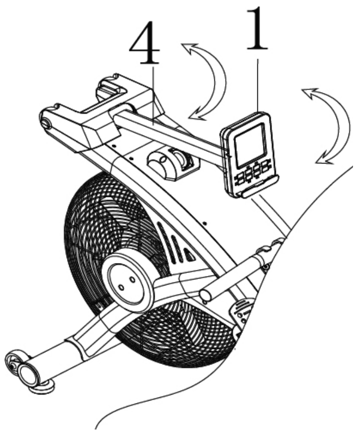
- Remove the bolts (40) on the back of the console (1) with the screwdriver (A).
- Pull the trunk wire (3) from the hole of the console holder (2) with the one (1α) from the back of the console(1).
- Secure the console (1) on the console holder (2) with the bolts (40) you previously removed, tightening them well with the screwdriver (A).

ADJUSTMENTS


Loosed
Tighten
Shorten
Lengthen
27
25

Pedals

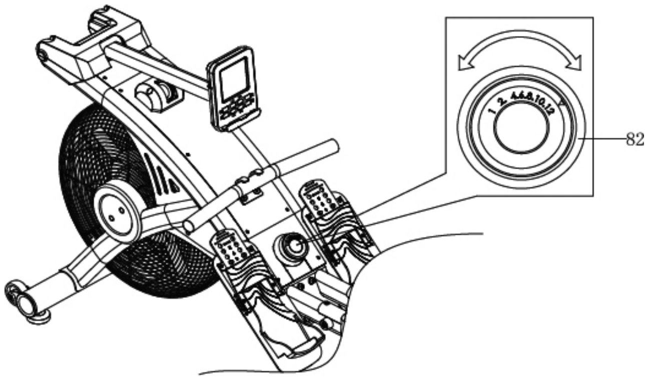
The strap (27) on the pedals (25) is adjustable and can be personalized to fit the user's foot size.



Console angle adjustment

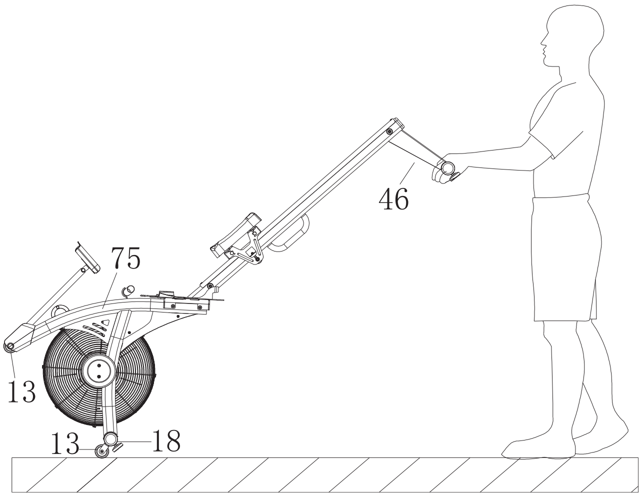
The angle of the console (1) and its post (4) can be adjusted to obtain the best view of the LCD screen.

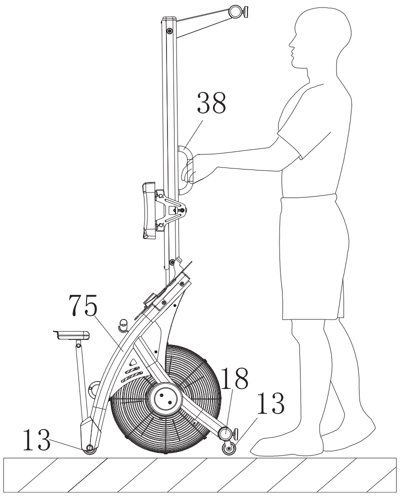
Resistance



Rotate the tension knob (82) **clockwise** (the same as the clock's hands) to **increase** the resistance, or **counterclockwise** (the opposite of the clock's hands) to **decrease** the resistance. The range is between «1» (minimum) to «12» (maximum).

Transporting and Storing



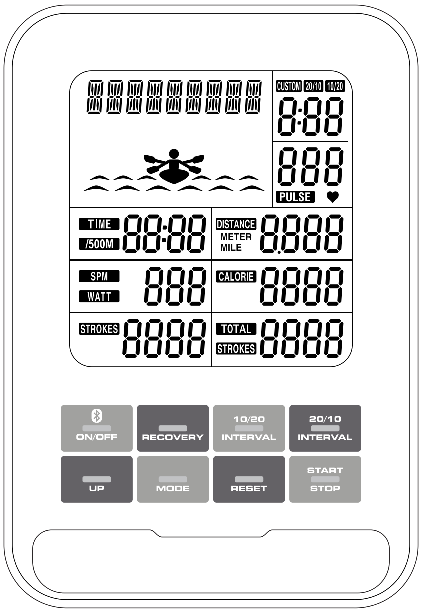


To move the rower, lift if by the rear support (46) until the wheels (13) on the front support (18) touch the ground. You can then easily transport it wherever you want (left drawing).

You can also fully lift it, so that all the wheels (13) touch the ground and, by holding it with the handle (38) move it around (right drawing). It is reccomended to do as illustrated on the left drawing, the right illustration is to show you how you may make micro-adjustments to the rowers position after you fully lift it for storing purposes.

WARNING!!! Before fully lifting the rower, move the seat to the front of the sliding rail ***BEFORE*** raising it, otherwise the seat may slide downwards abruptly, possibly causing damage and/or injury.

USING THE CONSOLE



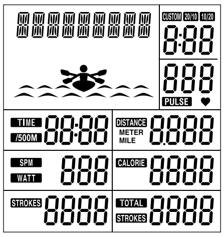
Buttons

MODE:	To confirm selections and change display values.
UP:	Select functions and adjust values.
RESET:	• When selection function, to go back to the previous one. • When adjusting values, to clear the current value. • When in pause mode, to go back to the standby screen. • At all times, press and hold for 3 seconds to enter standby mode.
START/STOP:	To start/stop your workout.
INTERVAL 20/10:	To execute the Interval 20/10 program.
INTERVAL 10/20:	To execute the Interval 10/20 program.
RECOVERY:	To check the recovery status of your heart.

Display functions

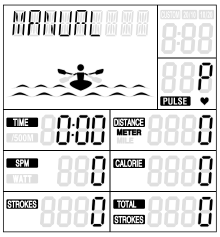
TIME:	The time you workout or the time you have set-up as a target, range 1-99 minutes, step 1 minute.
TIME/500M:	The time needed to cover 500 meters with the current speed.
DISTANCE:	The distance you have covered or the distance you want to cover as the target of your workout, range 0-9.000 meters, strep 10 meters.
SPM:	Strokes-per-minute, range 0-999 strokes.
STROKES:	Strokes you have done or strokes you have set-up as a target for your workout, range 0-9.999 strokes, step 10 strokes.
TOTAL STROKES:	The total number of strokes you have performed using the rower, range 0-9.999 strokes.
CALORIES:	The calories you have consumed while using the rower or the desired number of calories you want to consume as a target, range 0-9.999 calories, step 10 calories.
WATTS:	Your power consumption while rowing, range 0-999 watt.
PULSE:	You may enter the desired maximum value of your heart beat (range 30-240 beats/minute); the buzzer will sound whenever your heart-beat exceeds this value.

Using the rower


CUSTOM
20/10
10/20
8:88
888
PULSE
TIME
/500M
88:88
DISTANCE
METER
MILE
8888
SPM
WATT
888
CALORIE
8888
STROKES
8888
TOTAL
STROKES
8888

Press any button. You will hear the buzzer and all windows will light. The console will be in standby mode. If you do not use the rower or press any button for 60 seconds, the console will enter sleeping mode.

MANUAL


MANUAL
P
PULSE
TIME
0:00
DISTANCE
METER
0
SPM
0
CALORIE
0
STROKES
0
TOTAL
STROKES
0

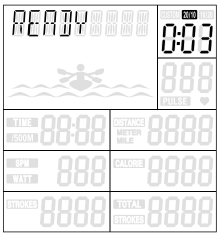
While in standby mode, start using the rower of press the MODE button. You will see the MANUAL indication flash. Press the MODE button once more and start your workout. All readings will start to count-up.

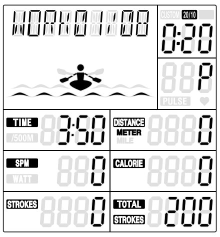
Whenever the console receives a heart rate signal, you will see the indication ♥ and, above it, the relevant value. Otherwise, you will be seeing the value “P”..

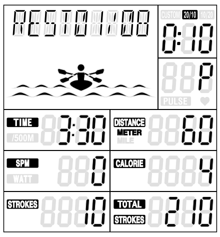
You can pause your workout at any time by pressing the START/STOP button. All the values will stop changing. You may continue your workout by pressing the START/STOP once more. Alternatively, you can enter stanby mode by pressing the RESET button.

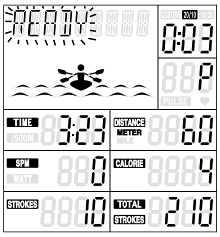
While working-out, you may use the MODE button to change the values displayed on the console, between Time and Time/500m and Strokes-per-minute and WATT.

INTERVAL 20/10


READY
20/10
0:03


WORK 01/08
20/10
0:20
P
TIME
3:50
DISTANCE
METER
0
SPM
0
CALORIE
0
STROKES
0
TOTAL
STROKES
200


REST 01/08
20/10
0:10
P
TIME
3:30
DISTANCE
METER
60
SPM
0
CALORIE
4
STROKES
10
TOTAL
STROKES
210


READY
20/10
0:03
P
TIME
3:23
DISTANCE
METER
60
SPM
0
CALORIE
4
STROKES
10
TOTAL
STROKES
210

Press the relative button. The corresponding indication will light-up. You will see the word READY and the console will perform a 3-second coundown. The program will then begin (Fig. 1).

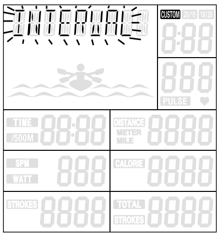
The first of a total of eight workout periods begins. (Value WORK 01/08, Fig. 2). On the top-right you will see the period’s remaining time (20 seconds). The value of TIME corresponds to the remaining time of the whole program. The workout period is followed bgy the rest period (Value REST 01/08, Fig. 3), with a smaller length (10 seconds). You will see the indication READY flashing for the last 3 seconds of the rest period, followed by the buzzer (Fig. 4).

After completion of the 8 periods, you may repeat the workout by pressing the START/STOP button once more.

INTERVAL 10/20

This program functions in exactly the same manner as the previous one, whith the sole difference being the reversal of the work and rest time lengths.

INTERVAL CUSTOM


INTERVAL
CUSTOM

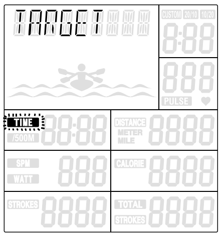
While in stanby mode, press the MODE button. You will see the MANUAL value light-up. Press the UP button until the INTERVAL value lights-up. Press MODE and then, using the UP button, search for the value of CUSTOM and then press MODE once more.

If you have selected any other Interval program (20/10 or 10/20) instead of Custom, the program will automatically start.

You will now be seeing the word ROUND light, with the number 01 flashing. Use the UP button to select the number of work/rest periods and then press MODE.

You will then be asked to set-up the Work and Rest duration. You have to do it using the UP and MODE buttons as in the above procedure. When you finish setting values, the program will automatically begin.

TARGET PROGRAMS (Time, Distance, Calorie, Strokes, Pulse)



All these programs work in the same way. In order to not repeat ourselves, we will just describe the usage of the Time Target program.

While in standby mode, press the MODE button. You will see the word MANUAL. Keep presing the UP button until the TARGET indication starts flashing.

Press MODE once more. The TARGET indication will be steadily lit and the TIME indication will begin flashing. Use the UP button to choose between Time, Distance, Calorie, Strokes, Pulse; confirm your selection with the MODE button.

The word SET will be lit, with the chosen parameter flashing. Use the UP button to change the value of the parameter and start exercising by pressing the START/STOP button.

The selected parameter will perform a countdown (towards zero), while all the other will count upwards. When the selected parameter reaches zero, the workout ends and you will see the indication STOP flashing on the console.

Concerning the Heart Rate Target Program, you input the maximum heart rate you wish to achieve while exercising. If your heart rate goes over that value, you will hear a warning sound every 10 seconds it is over the stated limit.

PULSE RECOVERY

Immediately after your workout, while wearing a chest belt with a heart rate receiver and your heart rate diplayed on the screen, press the RECOVERY button. The computer will keep diplaying your heart rate, while performing a 1 minute countdown. At the end of the countdown, you will be presented with a value from F1 to F6, where F1 is a very nice/quick pulse recovery to normal readings, while F6 corresponds to a not-so-desired physical condition.

Other functions

Change between Metric/Imperial units

Keep both UP and RESET pressed for 2 seconds. You will hear the buzzer for a long duration. The indication DISTANCE will be lit, with the values METER and MILE flashing. Choose the desired unit of length with the UP button and press MODE to confirm.

Reset

Keep the RESET button pressed for 3 seconds. The screen will flash and you will hear the buzzer sounding for 2 seconds.

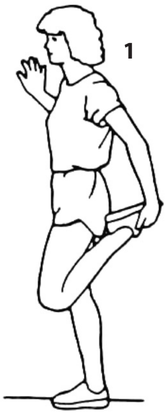
Turning the console off

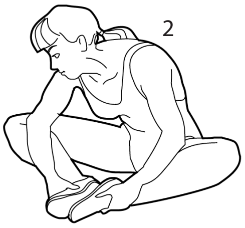
If you press the RESET button while in pause mode or if you do not use the rower for 4 minutes, the console will go into standby mode.

After 1 more minute, the console will go into sleep mode and turn off. You may turn it on by pressing any button or start using the rower.

WARM-UP EXERCISES

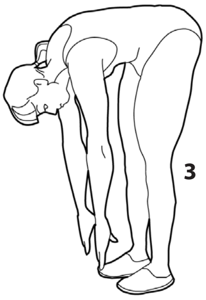
A proper workout consists of warm-up, aerobic exercise and relaxation. Repeat the program 2 or, preferably, 3 times a week, relaxing one day in between. After a few months you will be able to increase the frequency of your workouts to 4 or 5 times per week. Warming up should be a key part of your exercise, something not to be missed. It prepares your body for more strenuous exercises by warming and stretching your muscles, increasing blood circulation and heart rate and sending more oxygen to your muscles. Repeat these exercises after your workout to minimize muscle soreness. We suggest the following exercises:


1


2

1. Quadriceps stretch: Lean against the wall using your right hand while bending your left leg backwards and holding it with the other hand. Try to bend the leg as much as you can. Hold this position for 15 seconds. Repeat for the right leg.

2. Adductor exercise: Sit down pulling your feet towards you, knees bent and the soles pressed together. Then use your elbows to press your knees towards the floor. Perform 15 repetitions.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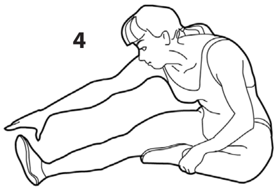
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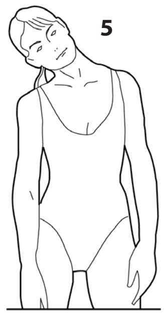
3. Touch the toes: Bend your waist slowly forward with your knees slightly bent and your hands trying to grip the toes. Hold this position for 15 seconds.

4. Biceps exercise: Sit with your right leg outstretched towards the front and the left one tucked in with the sole touching the right leg. Lean forward trying to grab the toes of the outstretched foot. Perform 15 repetitions. Rest for a while and repeat with the other leg outstretched.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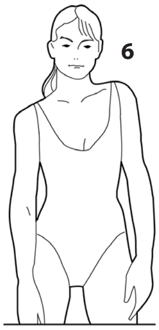
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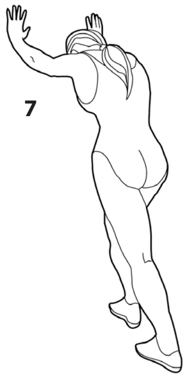
5. Neck stretching (Head rolling): Tilt your head to the right, feeling the stretching of the left side of the neck. Then tilt your head towards the other side. Finally, tilt the head once forward and once backwards.

6. Shoulder lift: Raise your right shoulder as close as you can to your ear. Repeat with the left shoulder. This exercise should be performed at a slow pace.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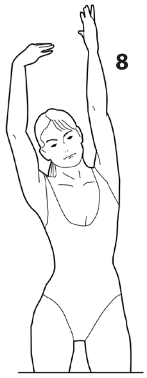
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7. Tension of the Achilles tendon: This exercise is performed by leaning on a wall, which you press with your hands. The right foot should be bent at the knee and the left one stretched backwards, the soles of both feet touching the ground. Repeat the exercise by reversing the feet.

8. Side stretching: Stretch your hands upwards and try to lift your left outstretched hand as high as possible, so that you feel your left side being pulled. Repeat for the right hand.

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