MYROW 40

(Code: 92352)

Assembly instructions & User manual
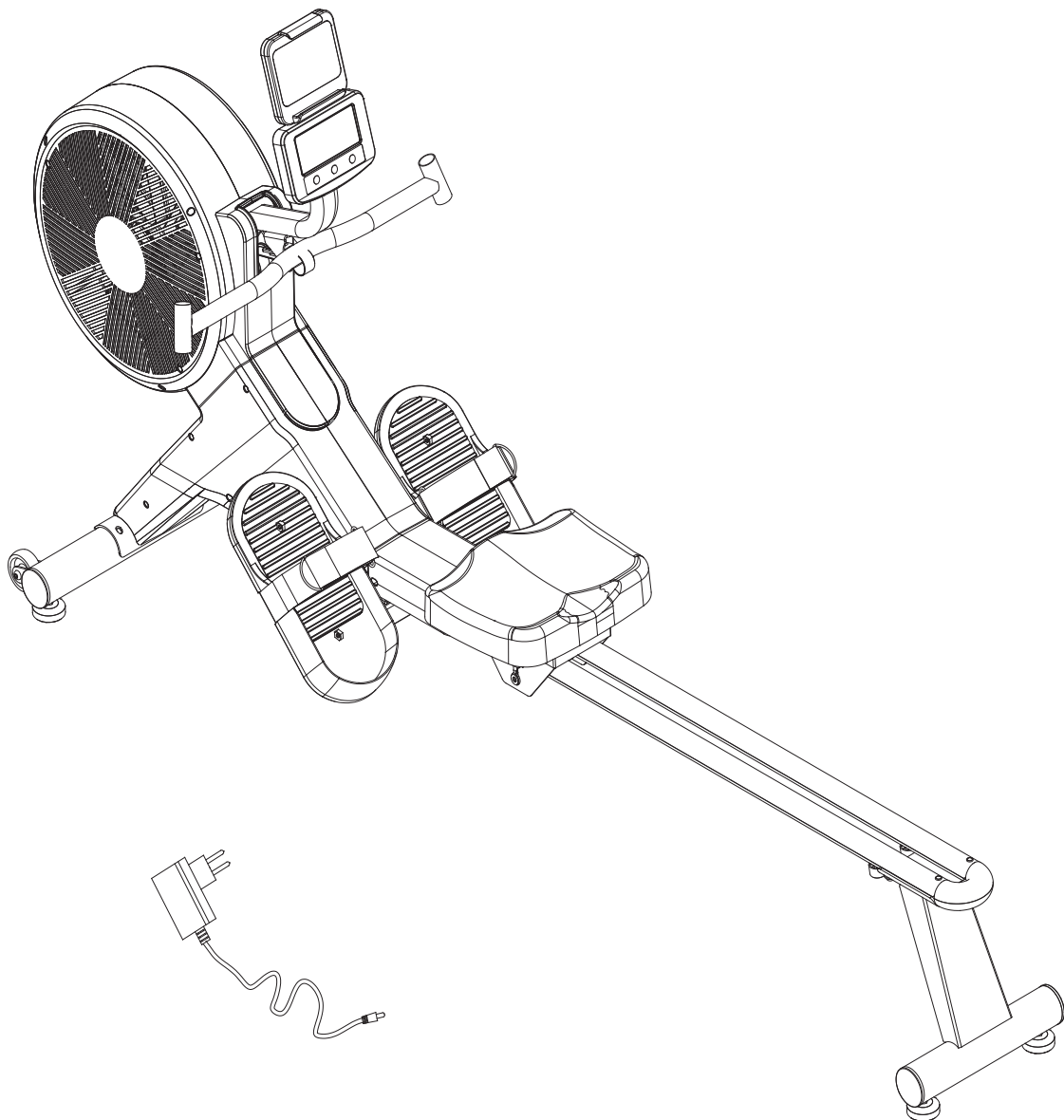
TOOLS AND PARTS

Number	Description	Drawing
#3	Arc washer 8x16x1.5 (4 pcs)	
#11	Split washer 8 (4 pcs)	
#24	Bolt M8x20xS5 (4 pcs)	
#34	Limiter Ø27xØ23x16xØ6 (2 pcs)	
#35	Bolt M6x16xØ10 (2 pcs)	
#A	Allen wrench S5 (1 pcs)	
#B	Combination of allen wrench and philips screwdriver (#13-14-15) (1 pc)	

ASSEMBLY INSTRUCTIONS

Step 1: Front stabiliser

Remove the bolts (9), arc washers (10), spring washers (11), cap nuts (12) and paper tube (99) from the main frame (27), throw away the paper tube and use the other parts to attach the front stabiliser (6) to the front of the main frame (27)
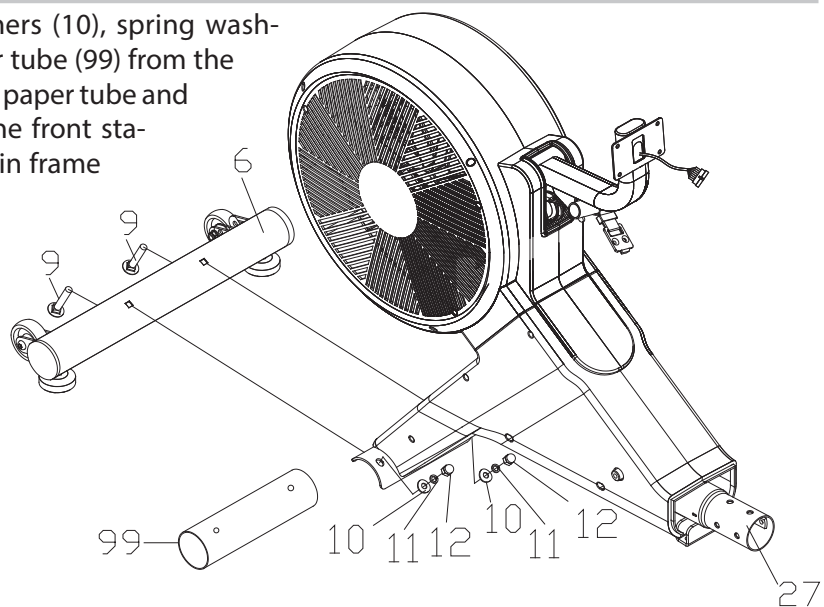
Step 2: Seat and rails

• Remove the bolts (31) from the rails (33).
  • Insert the seat (40) on the rails (33).
    • Replace the bolts (31) you removed previously.
      • Attach the limiters (34) to the rails (33) using bolts (35).

Step 3: Rails and rear stabiliser

• Remove the bolt (25) from the upper and lower cover of the rails (36 & 37).
  • Attach the covers (36 & 37) to the back of the rails (33) using the bolt (25) you just removed.
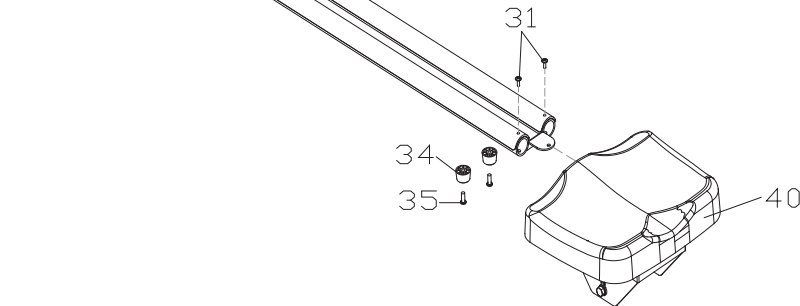   • Attach the rear stabiliser (38) to the back of the rails (33) using arc washers (3), split washers (12) and bolts (24).
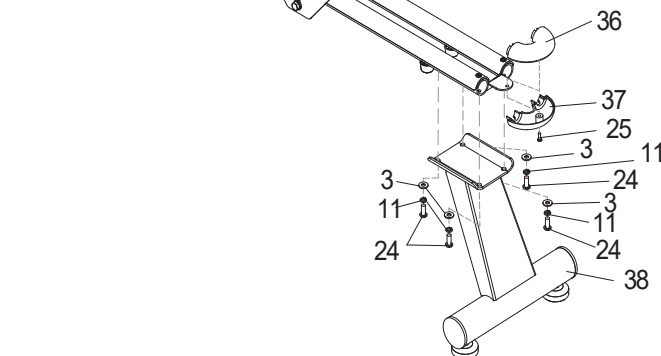
Step 4: Rails and main frame

• Remove the bolts (24), arc washers (10) and split washers (11) from the main frams (27), as well as the bolts (25) from the covers (26L & 26R).
• Attach the rails (33) to the main frame (27) and secure them using the bolts (24), arc washers (10) and split washers (11) you previously removed.
• Secure the covers (26L & 26R) to the main frame (27) using the bolts (25) you previously removed.
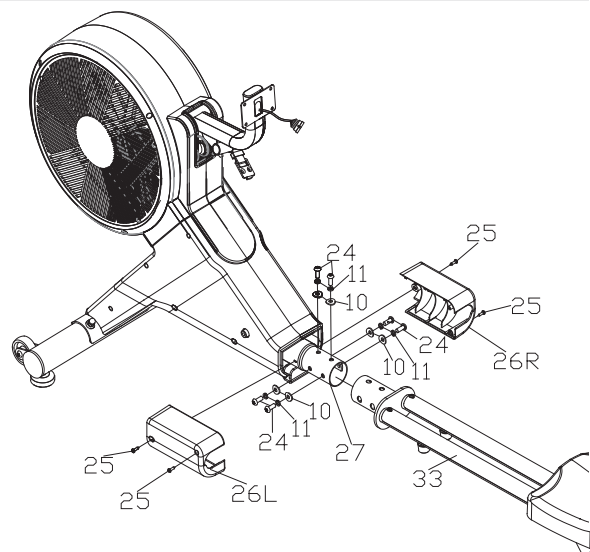
Step 5: Pedals and handlebar

- Remove the bolts (22), washers (23) and spring washers (11) from the main frame(27).
- Attach the pedal plate (30) to the main frame (27) with the part you just removed.
- Secure the pedals (29) to the pedal plate (30) using bolts (24).
- Secure the handlebar (21) to the mesh belt buckle (20) with bolts (19) already placed there, remove the paper tube (100) and the plastic clips(101).
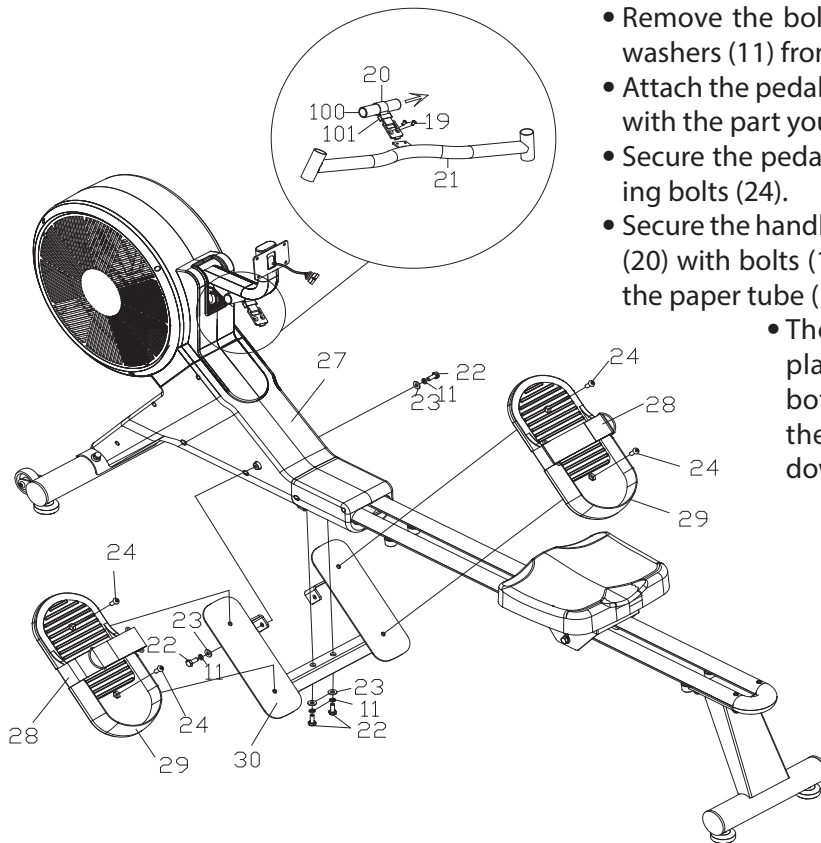- The pedal straps (28) should be placed in the long groove at the bottom of the pedals (29) so that they can freely be pulled up and down.

Strep 6: Console

- Pull the cable (15α) from the computer post (67) and connect it to the other cable (16α) comming out of the console(15).
- Attach the iPad holder plate (98) to the computer post (67), also attach the console (15) and secure them all together using the bolts (13) already placed there, pushing the wires (15α & 16α) in the computer post (67).
- Secure the iPad holder (63) on its plate (98) using other bolts (13) already placed there.
- Insert the adapter line (92) to the power hole on the front of the main frame and then insert the adapter in an outlet. It is advised to remove the adapter from the the outlet if you are not going to use the rower for a long time.
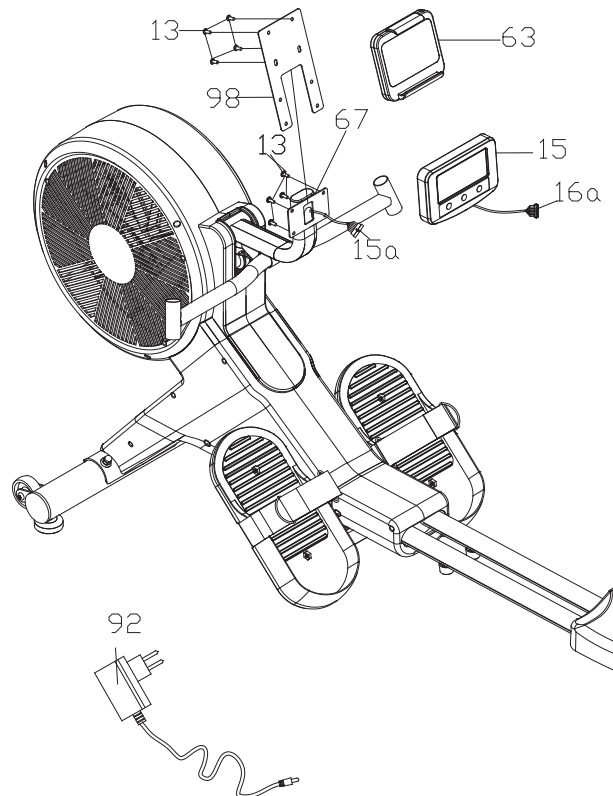
Moving the rower

Lift it from the rear stabiliser (38) until the wheels on the front stabiliser (6) touch the ground. You can now easily transport the rower where you want.
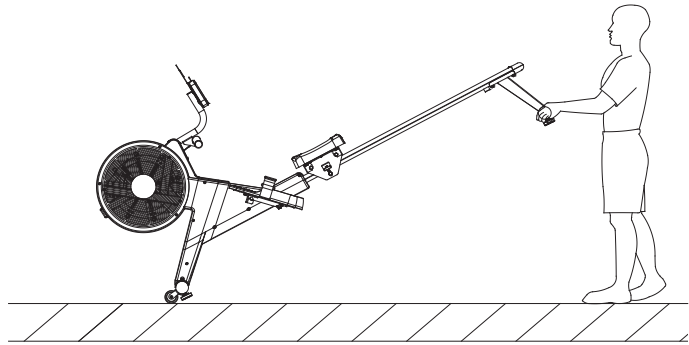
Pedals

The pedal straps' (28) length is adjustable in order to fit any user's foot size.
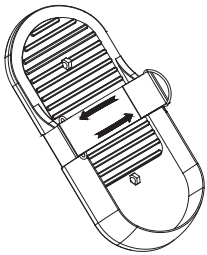
Computer angle

The computer angle can be adjusted in order to achieve the best visualisation of the data while exercising.
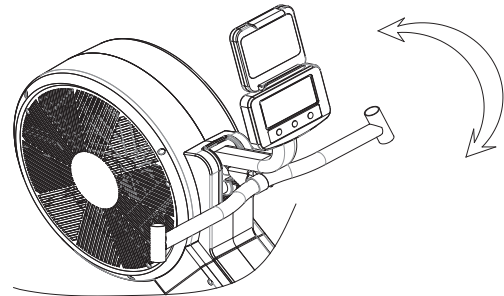
Storage

When not in use, you may store the rower vertically, in order to save space. However, keep in mind the folowing:
a) Take care not to knock your head on the rear stabiliser when the rower is upright.
b) FIRST push the seat to the front and THEN raise the rower to the vertical position; otherwise the seat will abruptly fall down, risking damage to the rower and/or injury to yourself.
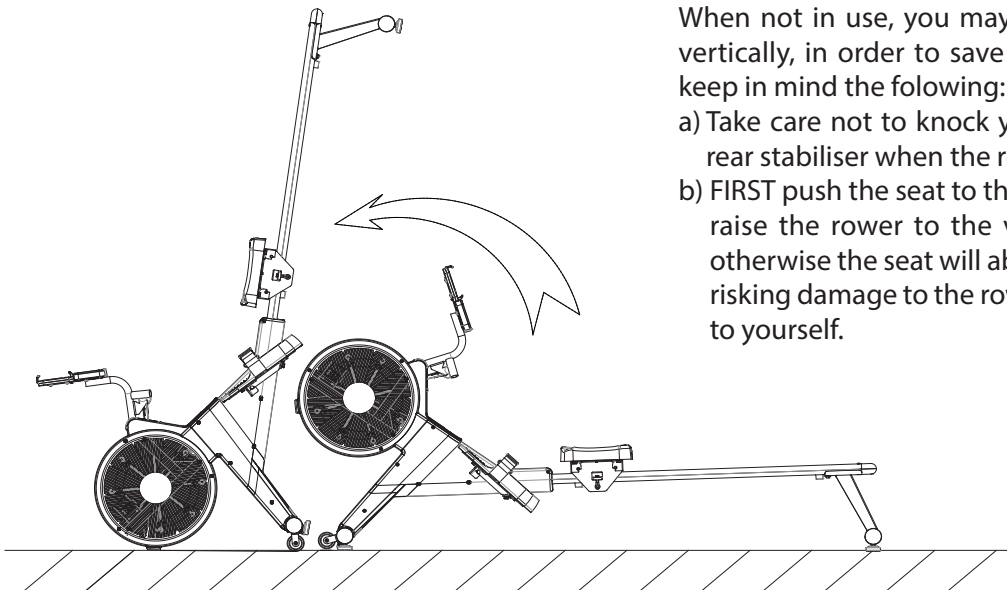
CONSOLE DESCRIPTION
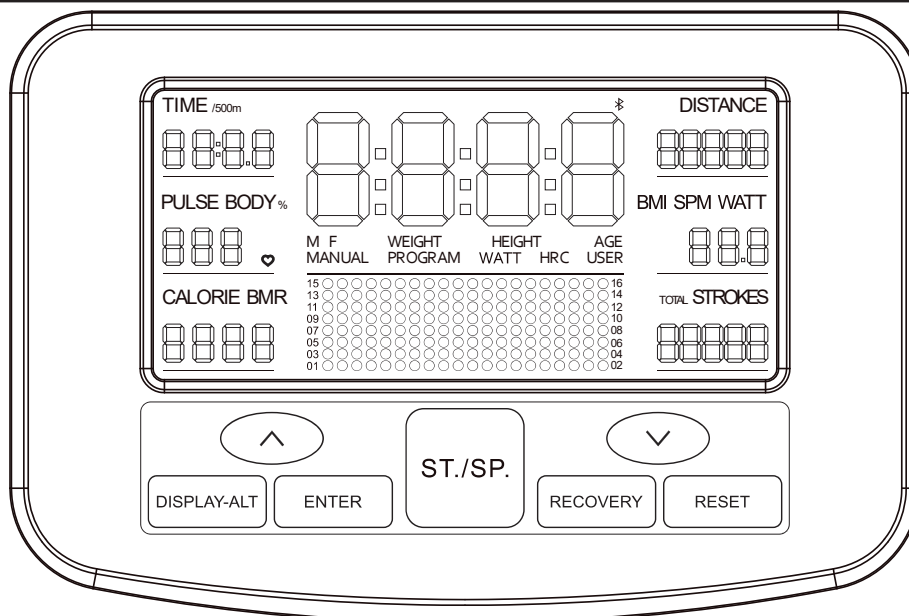
TIME:	Workout time, range 0:00-99:59.
TIME/500m:	Time needed to cover 500 meters, range 0:00-99:59.
DISTANCE:	Distance covered while working out, range 0-99.999 meters.
PULSE:	Your heart rate, range 40-240 beat per minute (bpm).
CALORIE:	Calories consumed while exercising, 0-9.999kcal.
SPM:	Strokes per minute, range 0-999 spm.
STROKES:	Number of strokes while exercising, 0-9.999 strokes.
TOTAL STROKES:	Total number of strokes using this machine, range 0-99.999 strokes.
WATT:	Power you generated while exercising, range 0-899 watt.

On-screen data:

• Resistance of the rower (16 levels).
• All exercise data on the small windows. As far as TIME → TIME/500M, SPM → WATT & STROKES → TOTAL STROKES, this data is displayed in the same windows; you can switch the display of the windows using the «ENTER» button.
• Concerning the big display, the data displayed changes automatically every 6 seconds in the following order: TIME → TIME/500m → DISTANCE → PULSE → SPM → WATT → CALORIE → STROKES → TOTAL STROKES. If you want to see a specific value, you may do so by using the «DISPLAY-ALT» button.

BUTTON DESCRIPTION

▲:	Upward adjustment of a setting and increase of resistance.
▼:	Downward adjustment of a setting and decrease of resistance.

RESET:	Return to manual program in any mode. All values are cleared, except user for programs, watt program and target heart rate value.
ST./SP.:	Start/stop exercising.
RECOVERY:	Test the hear-rate recovery speed.
ENTER:	When exercising, change the display value of the small windows. When not exercising, accept the values of various settings.
DISPLAY-ALT:	Select a specific data for the main window.

Manual program (#1)

This is the default program for the rower, numbers as "1" (see on the right). Just press the "ST./SP." button to begin exercising. All values will start counting up from "0".
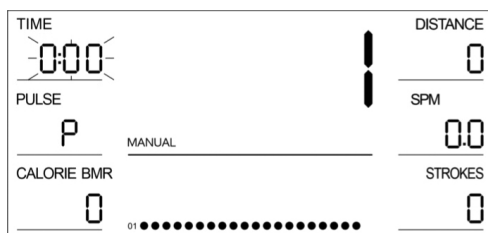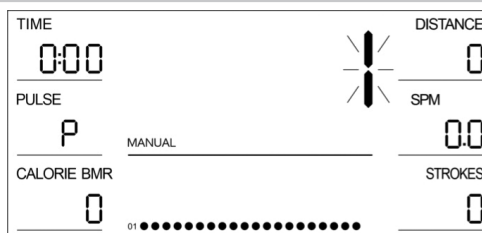
Otherwise, by pressing "ENTER" you can change the parameters of your workout. Press it once to change the "Time" (exercise length). If you want to exercise for a specific time, do so with the ▼ / ▲ buttons and press "ENTER" to move on to the next parameter.

The next parameter you can change and set as a target for your workout is Distance, using the same procedure as above.
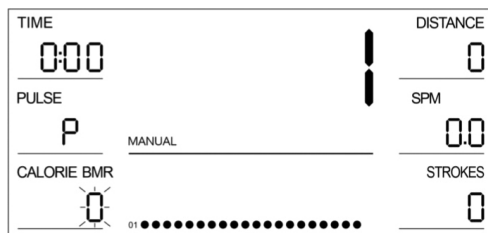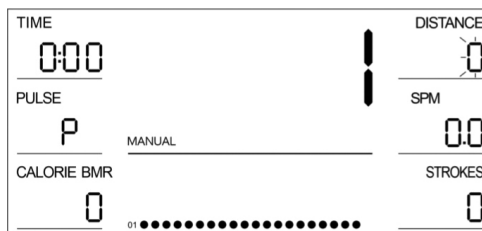
You may also use the Calories as a parameter.

Or even the Strokes you want to make while exercising.
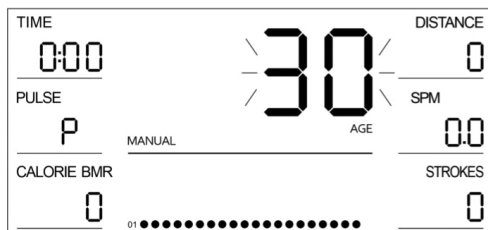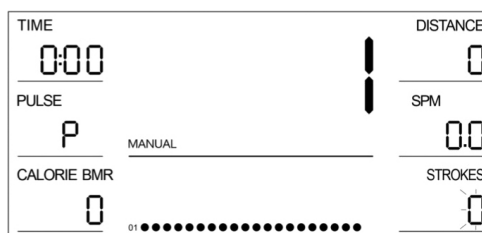
Finaly, you will be asked to enter your Age. This value is used for the calorie calculation.

While changing values, you may press the "ST./SP." button to immediately begin exercising, the rest of the values not being used as exercise parameters.

Whatever values you have set as exercise parameters will perform a countdown and, when any reaches "0", you will hear an sound and the workout will end.

While exercising, you may change the rower's resistance by using the ▼ / ▲ buttons. You may also terminate the exercise at any time by pressing "ST./SP.".

Fixed programs (#2-12)

Choose the desired program using ▼/▲ and press "ST./ SP." to begin exercising or "ENTER" to specify exercise parameters. These parameters are TIME → DISTANCE → CALORIES → STROKES → AGE and you can change them the same way as in the manual program.

When using these programs, the resistance changes automatically according to the program. You may change the resistance using ▼/▲.

Body Fat (#13)

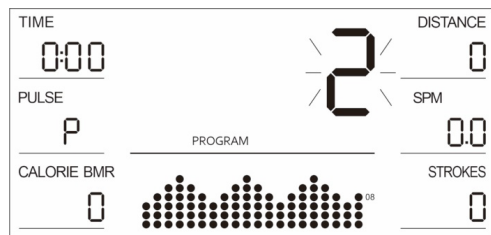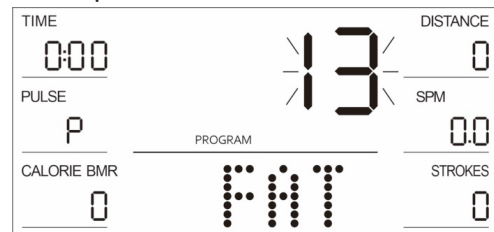To perform this test you must wear a wireless chest strap and keep the heart rate normal, with the body relaxed and calm.

Choose the test using ▼/▲ and press "ENTER". You will be asked to enter the following values:

- Your gender, where "M" is Male and "F" is Female. Do so using ▼/▲ and pressing "ENTER".
- Next enter you Height.
- After that your Weight.
- Finally, your Age

After that, press "ST./SP." to begin the test, which will be concluded in about 8 seconds, and then you will see on the screen the 3 following measurements:

- BMI (Body Mass Index)
- FAT%: Your bodys fat percentage
- BMR (Basal Metabolic Rate): The average amount of calories you must consume to maintain the basic living condition every day)

The below tables help you find out what the numbers on screen mean. The reference values used are 1,300±100, corresponding to an average person 22~40 years old:

BMI (Body Mass Index)

Gender/age	Thin	Normal	Slightly fat	Fat	Fatter
Male ≤ 30	< 14	14~20	20,1~25	25,1~35	> 35
Male > 30	< 17	17~23	23,1~28	28,1~38	> 38
Female ≤ 30	< 17	17~24	24,1~30	30,1~40	> 40
Female > 30	< 20	20~27	27,1~33	33,1~43	> 43

BODY FAT (FAT%)

Gender	Low	Medium	Medium/high	High
Male	< 13%	13%-25,9%	26%-30%	> 30%
Female	< 23%	23%-35,9%	36%-40%	> 40%

BODY TYPE

B1	B2	B3	B4	B5	B6	B7	B8	B9
Seriously thin	Thin	Slightly thin	A bit thin	Normal	A bit fat	Overweight	Fatter	Seriously fat

Watt program (#14)

Choose the program using ▼/▲ and press "ENTER" to change the exercise parameters (TIME → DISTANCE → STROKES → WATT) in the same way as before.

Concerning the WATT parameter, it coresponds to the energy you produce while exercising. The watt value is determined by both torque and speed. In this program, the watt value will remain constant, which means that if the stroke speed is high, the load resistance will decrease, and if the stroke speed is low, the load resistance will increase, so as to ensure that the watt value be constant.
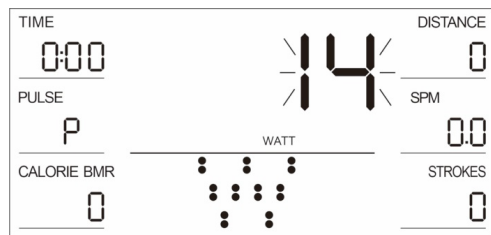
Heart rate programs (HRC - #15-18)

In order to use these programs, you must wear a wireless chest strap.

Choose the program you wish using ▼/▲ and press "ENTER" to change the exercise parameters (TIME → DISTANCE → CALORIES → STROKES → AGE). AGE is a must, since it is used in order to calculate the maximum allowed heart rate for your age. To get this value, your age is subtracted from 220. For example, if you are 40 years old, you will get 220 - 40 = 180. This number corresponds to the maximum allowed heart rate for your age, if of course you are yound and healthy. If you are more than 35 years old and/or have problems with your health, you are advised to consult your physician before using these programs.

The 3 first programs automatically calculate the value for exercising. The first (#15) uses a value of 65% of your maximum heart rate (in our example 180 x 65% = 117 bpm). The second (#16) 75% and the third (#17) 85%. The rower will automatically change the resistance in order to keep your heart rate as close as possible to the target value. We recomend that you start light and then advancing to the more demanding ones.

If you choose the fourth program (#18), you will not be required to input your age, but the Target Heart Rate (HRC) with which you want to exercise.
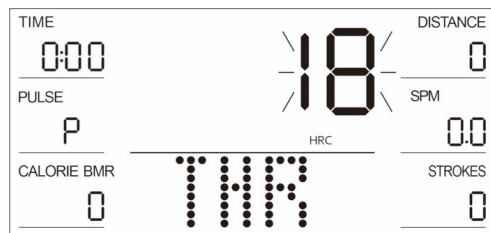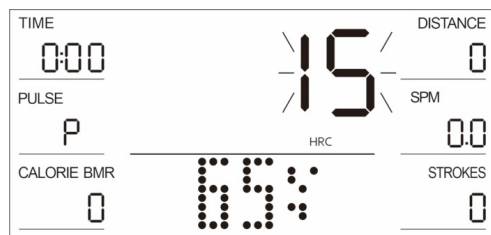
User programs (01-04 - #19-22)

Choose the desired program using ▼/▲ and press "ST./SP." to begin using it with the stored parameters, or press "ENTER" in order to set new parameters (TIME → DISTANCE → CALORIES → STROKES → AGE). These four (4) user programs allow 4 members of the same family to choose their own custom programs or for one person to have up to 4 different programs for himself.

After setting the above mentioned parameters, you will also be asked to set the resistance of each part of the program, each program consisting of 20 dinstict parts, the length of each being 1/20 of the total program duration. Change the resistance using ▼/▲ and pressing "ENTER". The program is saved automatically for next use.
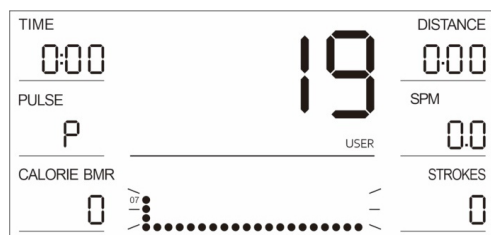
Recovery

In order to use this function, you must wear a wireless chest strap.

It tests the amount of time required for your heart rate to return to normal levels after a period of exercising. It is an indication of your physical heald/condition. So, as soon as you finish your exercise, press the "RECOVERY" button on the console.
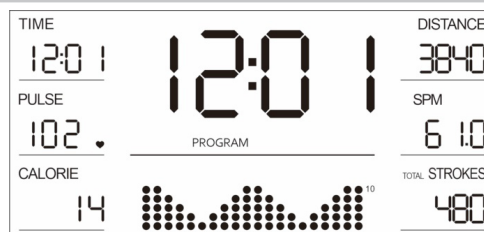
On the screen you will see your heart rate and a 60 second timer. The timer will count down and, when it reaches zero, you'll see the result of the test on the main screen (F1-F6). The table below will help you analyze the result:

F1 = 1,0	Best
1,0 < F2 < 1,9	Better
2,0 < F3 < 2,9	Good

| 3,0 < F4 < 3,9	Normal
4,0 < F5 < 5,9	Slightly poor
F6 = 6,0	Poor

BLUETOOTH AND APPLICATION

Scan the code on the right and install the FitShow application.

1. Turn on the Bluetooth of mobile phone, and start up the Fit Show APP, then click "Search for devices".
2. Select the device, and click "Connect". At this time, the Bluetooth icon of on the instrument display will be ON.
3. Enter the exercise mode of Scene Selection, with the default of no-scene mode.
4. Click the button of "START" to start the exercise.
5. You can select the function of "Control", and allow the APP to control your device and query all the information on the APP.
6. Click the button of "Stop" to stop the exercise and upload the information.

WEAR A CHEST BELT

This product is compatible with standard 5.3Khz wearable heart rate detector. During a workout, the heart rate features appear on the display when you wear a chest strap. To receive an accurate reading, the chest strap needs to be in direct contact with your skin. After you put on the chest strap, face the display console for a minimum of 15 seconds. This allows the receiver in the console to recognize the signal from the chest strap.
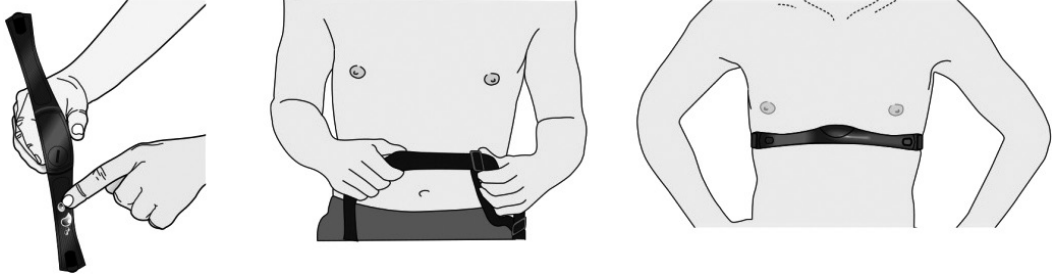
1. Carefully dampen the back of the strap with tap water. Important: Do not use deionized water. It does not have the proper minerals and salts to conduct electrical impulses.

2. Adjust the strap and fasten it around your chest. The strap should feel snug, not restrictive.

3. Make sure that the chest strap is right side up, lies horizontally across your chest, and is centered in the middle of your chest.

NOTES

• This rower requires a 9V/1A power adapter. When the console display is abnormal, please unplug and then plug in the power plug again.
• Without any operation, the product will enter standby mode after five minutes.

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. 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.

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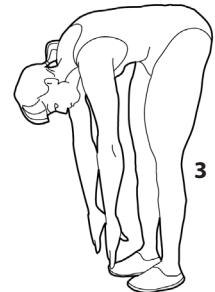
4. Biceps exercise: Sit with your right leg outstretched towards the front and the left one tucked in with the sole touching the right leg. Lean forward trying to grab the toes of the outstretched foot. Perform 15 repetitions. Rest for a while and repeat with the other leg outstretched.
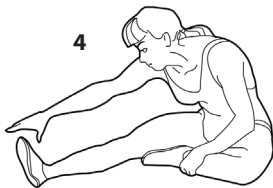
5. Neck stretching (Head rolling): Tilt your head to the right, feeling the stretching of the left side of the neck. Then tilt your head towards the other side. Finally, tilt the head once forward and once backwards.

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.

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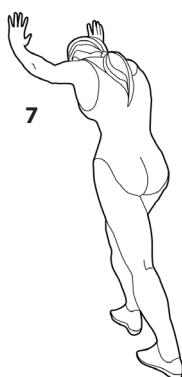
8. Side stretching: Stretch your hands upwards and try to lift your left outstretched hand as high as possible, so that you feel your left side being pulled. Repeat for the right hand.

ELDICO sport

ISO 9001 BUREAU VERITAS Certification

In conformity with the alternative packing management system