Water Resistance Row 900

User Manual
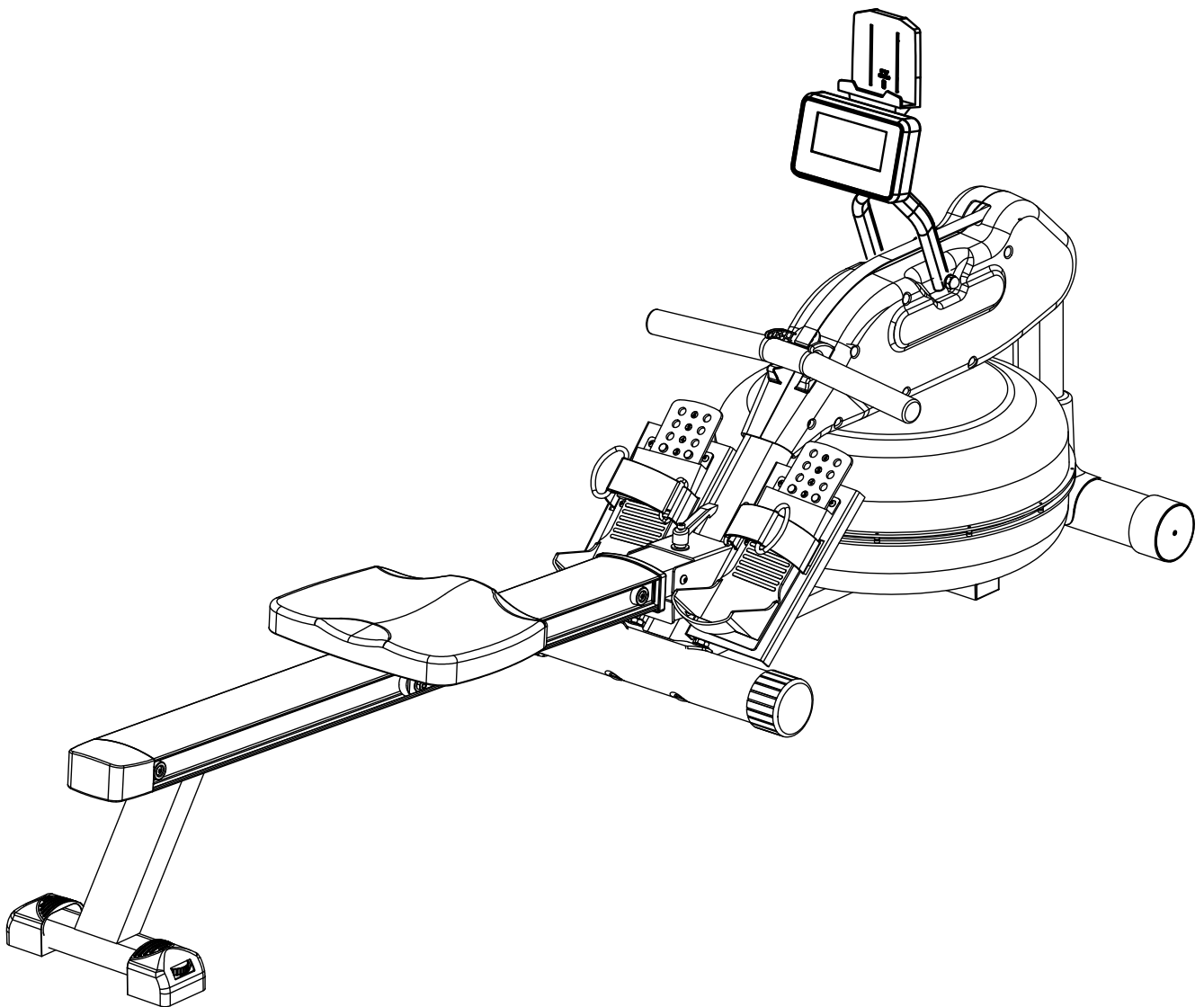
INDEX

WARNING: Before beginning any exercise program, consult your physician. This is especially importent for individuals over the age of 35 or persons with pre-existing health problems. Read all instructions before using any fitness equipment. Save these instructions.

ATTENTION

- Before starting any exercise program you should consult your physician to determine if you have any medical or physical conditions that could put your health and safety at risk or prevent you from using the equipment properly. Your physician's advice is essential if you are taking any medication that may affect your heart rate, blood pressure, or cholesterol level.

- Be aware of your body's signals. Incorrect or excessive exercise can damage your health. Stop exercising if you experience any of the following symptoms: pain, tightness in your chest, irregular heartbeat, shortness of breath, lightheadedness, dizziness, or feelings of nausea. If you do experience any of these conditions, you should consult your physician before continuing with your exercise program.

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

- Use the equipment on a solid, flat level surface with a protective cover for your floor or carpet. To ensure safety, the equipment should have at least 2 feet of free space all around it.

- Ensure that all nuts and bolts are securely tightened before using the equipment. The safety of the equipment can only be maintained if it is regularly examined for damage and/or wear and tear.

- Always use the equipment as indicated. If you find any defective components while assembling or checking the equipment, or if you hear any unusual noises coming from the equipment during exercise, stop using the equipment immediately and don't use the equipment until the problem has been rectified.

- Wear suitable clothing while using the equipment. Avoid wearing loose clothing that may become entangled in the equipment.

- Do not place fingers or objects into the moving parts of the equipment.

- The maximum user weight of this rower is 155kg.

- This equipment is not suitable for therapeutic use.

- Move with caution when lifting and moving the equipment. Always use proper lifting technique and seek assistance if necessary.

- Your product is intended for use in cool, dry conditions. You should avoid storage in extreme cold, hot, or damp areas as this may lead to corrosion and other related problems.

- This equipment is designed for indoor use only! It is not intended for commercial use or medical treatment!
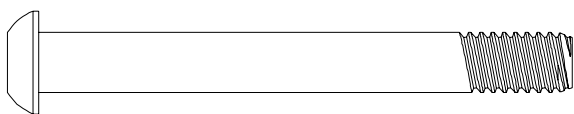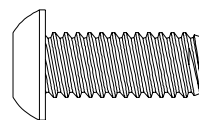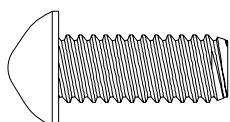
Allen Wrench (5mm)

Allen Wrench (6mm)
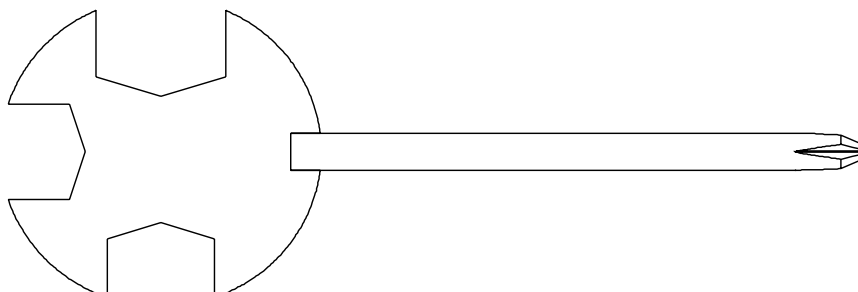
Combination Wrench

Bolt, Button Head (M8 x 1.25 x 135 mm) - 1 stuk
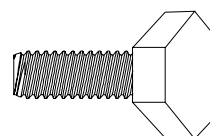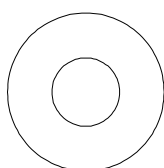
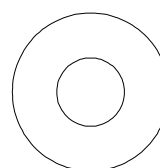Screw, Cross Head (M5 x 12 mm) - 2 stuks

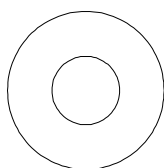Bolt, Round Head (M6 x 1 x 15 mm) - 1 stuk

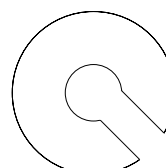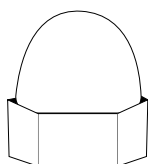Bolt, Hex Head (M8 x 1.25 x 20 mm) - 4 stuks

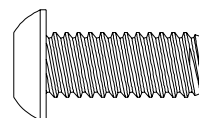Washer (M10) - 1 stuk

Washer (M8) - 5 stuks

Washer (M6) - 2 stuks

Lock Washer (M8) - 1 stuk

Acorn Nut (M8 x 1.25) - 1 stuk

Bolt, Cross Head (M6 x 20 mm) - 2 stuks
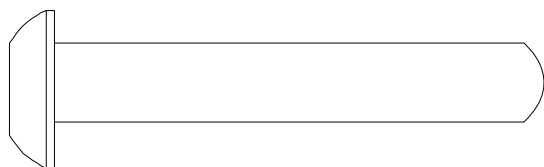
Barrel Nut (M10 x 1.25 x90 mm) - 1 stuk
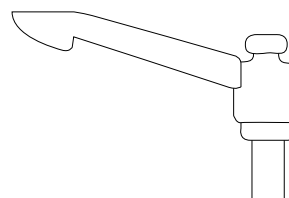
Fixing Lever -1 stuk
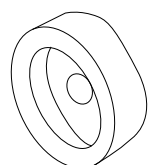
Stopper - 2 stuks

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

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

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

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

STEP 1
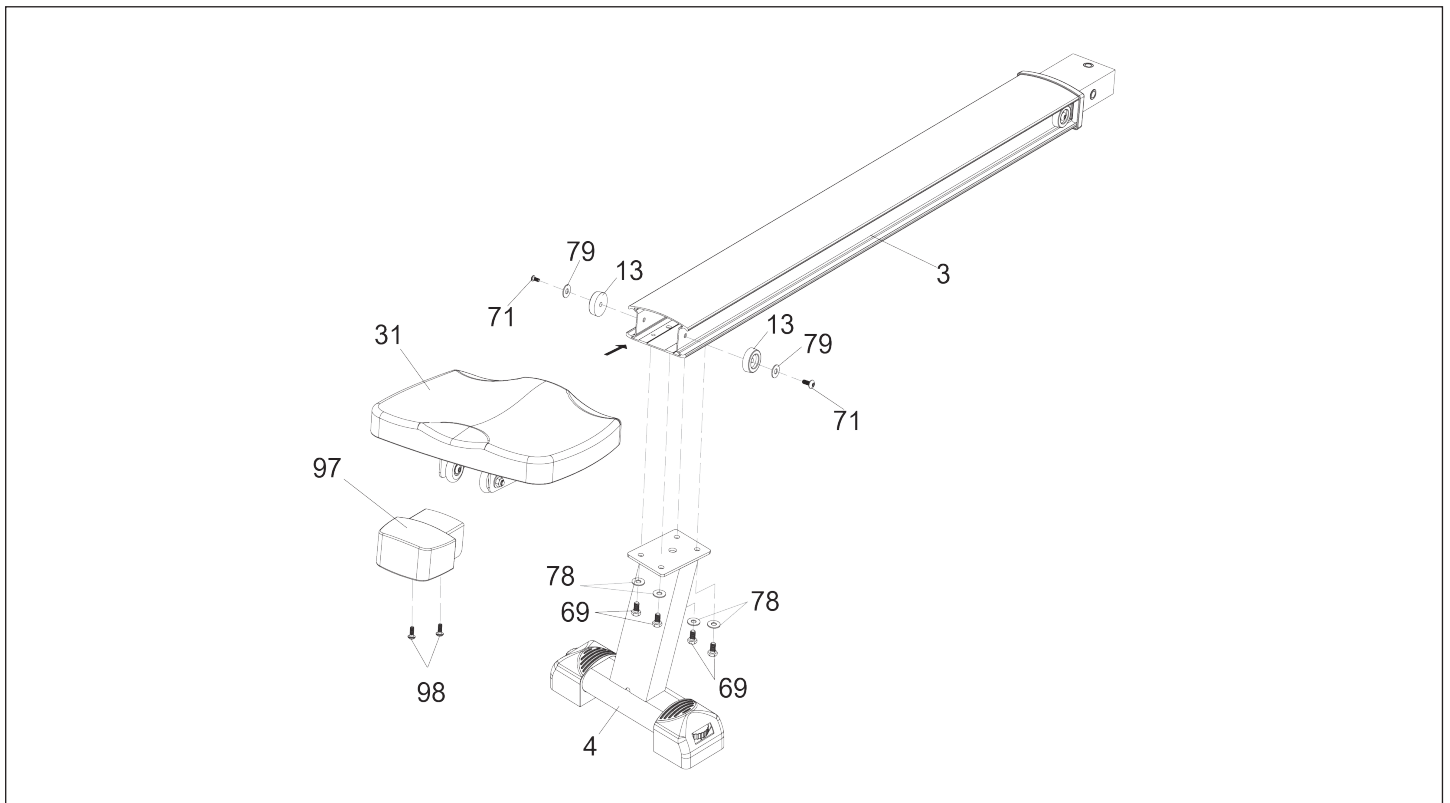
I.   Slide the Seat (31) onto the rail (3).

II. Insert Rear end cap (97) into Rail (3), then secure with two Screws (98).

III. Secure the two stoppers (13) onto the Rail (3) with two Bolt (71) and Washer (Ø6) (79).

IV. Attach the Rear stand (4) to the rail (3) with four bolt (M8*20) (69) and washer (Ø8) (78).

STEP 2
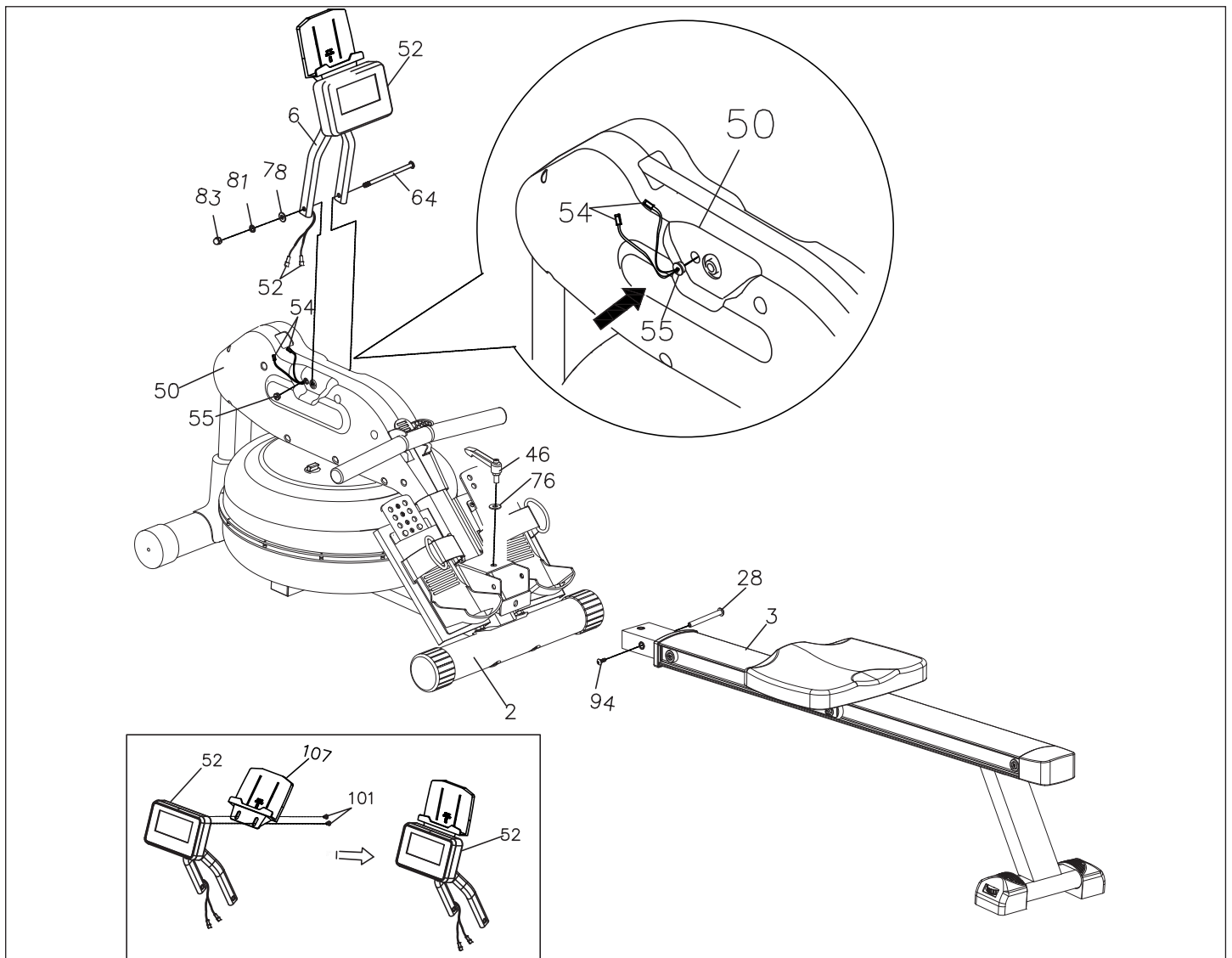
I.   Attach the Rail (3) to the Main frame (2) with one Bolt (M6*15)(94) and one Barrel nut (M10)(28). Loch the Rail (3) in unfold position with the Fixing lever (46) and one Washer the Rail (3) in unfold position with Fixing lever (46) and one Washer (Ø10)(76).
NOTE: After tightening the Fixing lever (46) the rear stabilizer of the Base frame (1) might be raised off the floor slightly, this is normal, it will rest on the floor once you are seated.

II.   Install batteries into the Meter (52). Attach the Meter post (6) to Main frame (2) with one Bolt (M8*135) (64), one washer (Ø8) (78), one lock washer (Ø8) (81), and Acorn nut (M8) (83).

III. Clip the Grommet (55) on to both sensor wire (54), then press the Grommet (55) into the Left cover (50). Connect the Sensor wire (54) to the Connection wire of the meter (52). Push the excess wires back into the Left cover (50).

1. Remove the Fill plug (24) from the Upper tank (17)

2. To fill with water, refer to illustration A. Place the Funnel (108) into the tank. Use a water cup, or the Syphon pump (107) and a bucket to fill the tank. Use water level gauge on the side of tank to measure volume of water in tank to the desired level.

3. To empty tank, refer to illustration B. Place a bucket next to the rower. Use the Syphon pump (107) to pump out the water from the tank into the bucket.

4. Once completed, insert the Fill plug (24) into the Upper tank (17). Please wipe excess water from the frames after filling.

NOTE:
– Fill the tank only with municipal water, do not use well water. If municipal water is unavailable, use distilled water and add a water purification tablet. NEVER USE POOL CHLORINE OR CHLORINE BLEACH. Refer to the maintenance section for more advice on water treatment.
– The water in the tank is not for human or animal consumption. Please safely dispose of the water after removal from the tank.
– Every 6 months a water purification tabelet needs to be added. If the water is still not clear, change all water and refill with new water.

WATER LEVEL
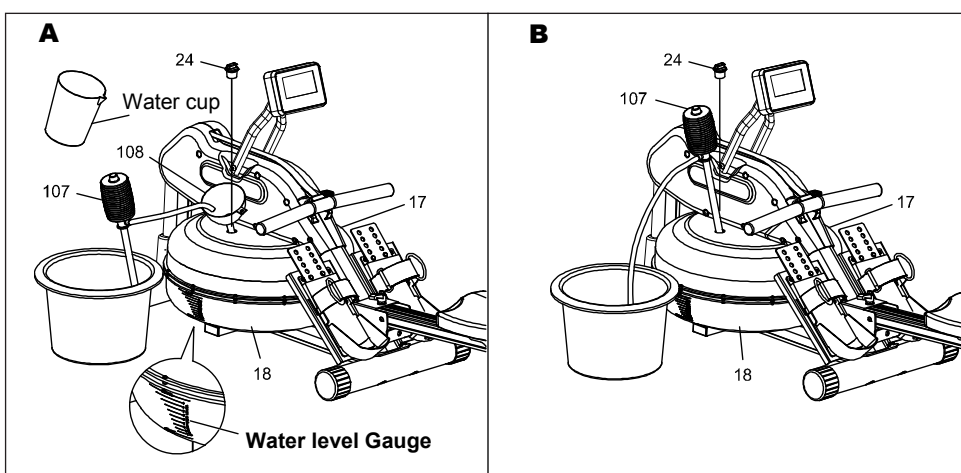
Refer to the detail view of illustration A. The water level gauge is positioned on the side of the tank. **DO NOT** fill above the Maximum level- this could void the warranty. The amount of resistance is dictated by the amount of water in the tank. For example level 3 of water offers light resistance, level 6 offers a heavier resistance.

1. To store the water rowing machine, simply keep it in a clean dry place. Avoid a room with high humidity like a shed or near a washing machine.

2. To avoid damage to the electronics, remove the batteries before storing the Water rowing machine for one year or more.

3. Move the Water rowing machine with the moving wheels end cap (26) on the front of the Base frame (1). Grasp the rear stand (4) to move the Water rowing machine. Do not use the seat (31) to move the water rowing machine. The seat (31) will move and the seat carriage (5) may pinch your hand or fingers

4. Remove water from tank if storing the rower for more than a month without use.

5. Follow the following process to fold the water rowing machine as illustrated for easy storage.
   a. Remove the Fixing lever (46) and Washer (76) from the Main frame (2).
   b. Fold the Rail (3) and lock in the folded position with the fixing lever (46) and Washer (76). Make sure the Rail (3) is secured firmly enough or the rail might drop down.
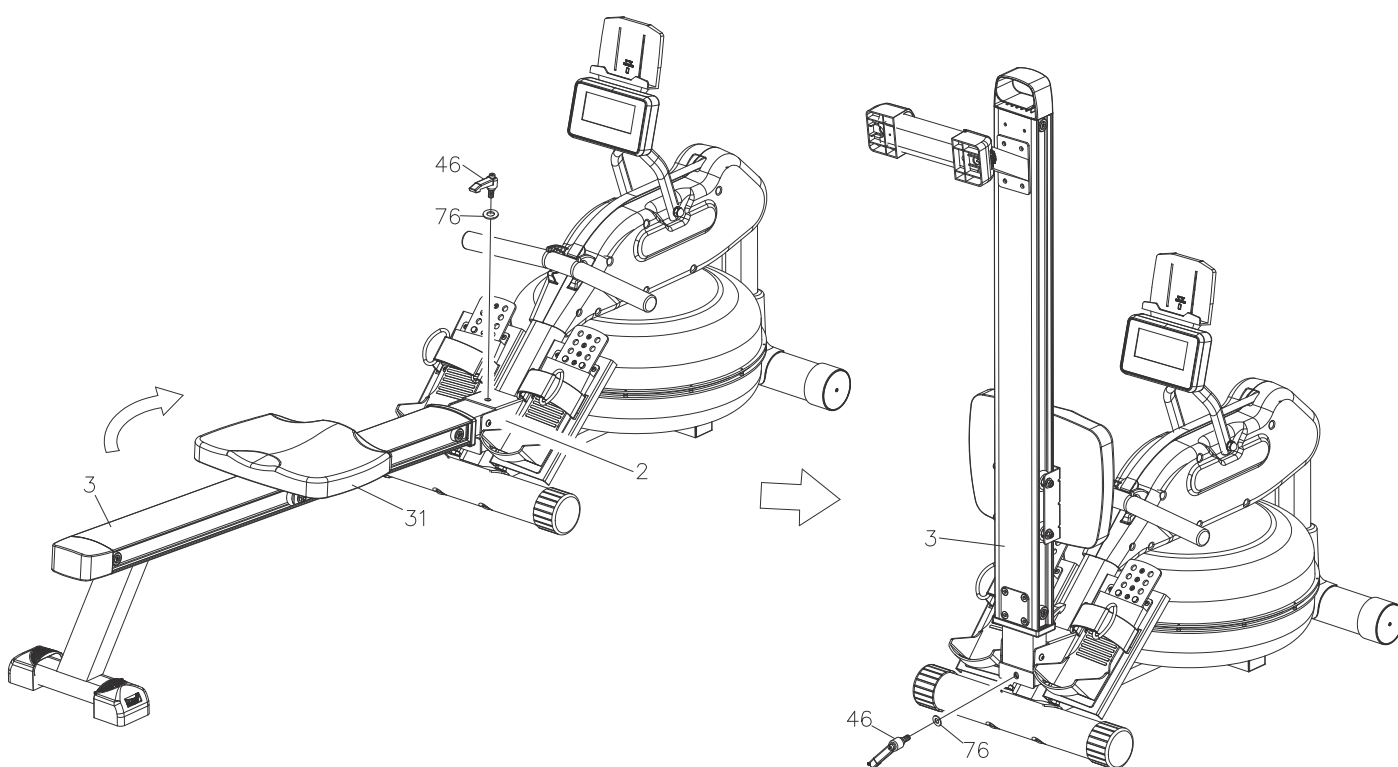
The safety and integrity designed into the Water rowing machine can only be maintained when the Water rowing machine is regularly examined for damage and wear. Special attention should be given to the following:

1. Sit on the Seat (31) and pull on the handlebar (8) to verify that the water system provides resistance and the seat travel is smooth and stable

2. Periodic maintenance is required to maintain proper condition of the water in the tank. The water must be refreshed periodically by adding a water purification tablet, such as sodium dichlor (56% chlorine) every 6 months. NEVER USE POOL CHLORINE (TRICHLOR 90% CHLORINE) OR CHLORINE BLEACH. Use of these products will void the warranty and damage the product.

3. Clean the roller tracks on the Rails (3) with an absorbent cloth. Do not let dirt accumulate.

4. It is the sole responsibility of the user/owner to ensure that regular maintenance is performed.

5. Worn or damaged components shall be replaced immediately or the Water rowing machine removed from service until repair is made.

6. Add a bit of silicone oil on rails and wheels for smooth training. Depending on usage this needs to be done every 3 months.
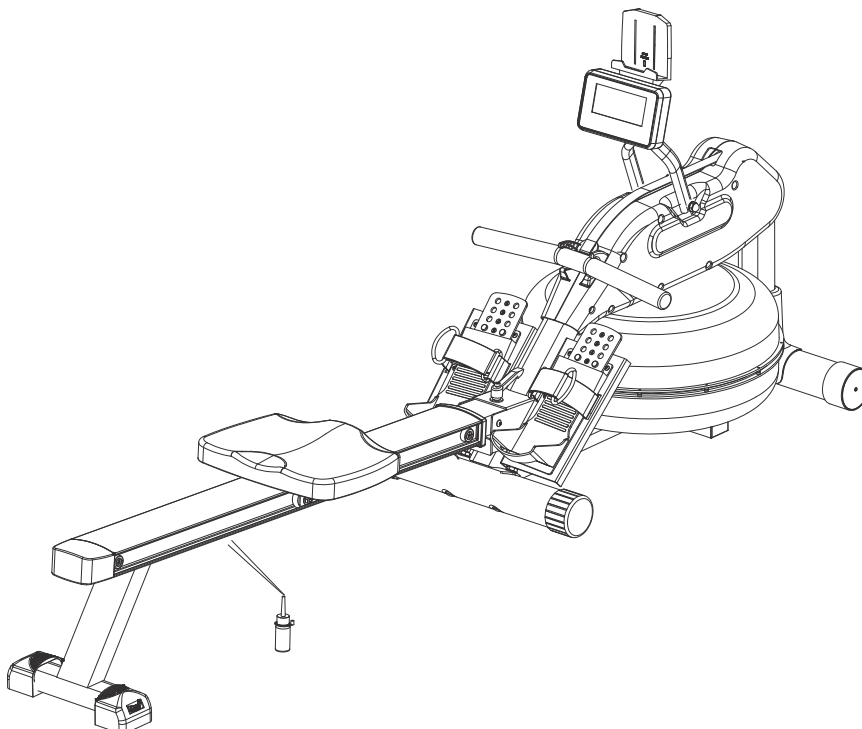
CONTROL PANEL
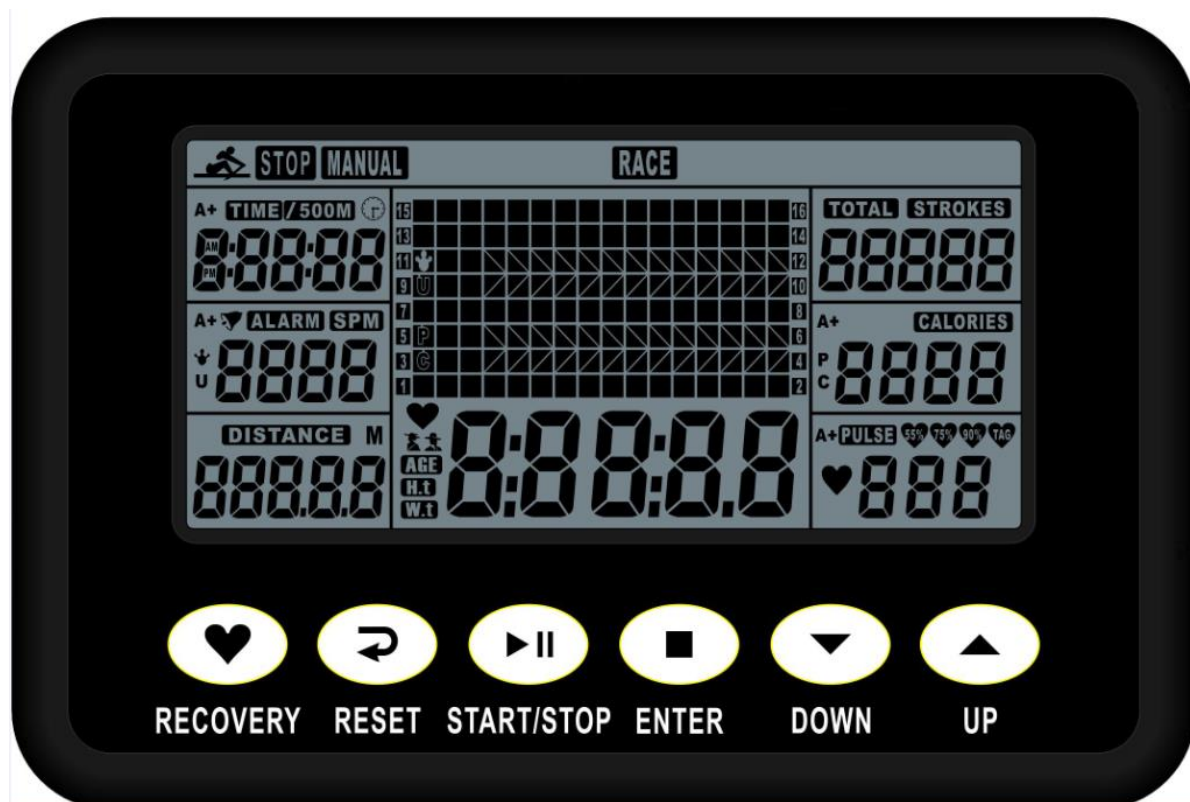
BUTTONS	FUNCTION
(1) UP▲ / DOWN▼	Press these two buttons to scroll through available selection. To adjust the function value upward and downward.
(2) ENTER	– To confirm your selection – During training, press the button to scan each display function
(3) START/STOP	To start and stop your slected workout program
(4) RESET	To return the computer back to the main menu. Press and hold to reset values.
(5) RECOVERY	To activate the "RECOVERY PROGRAM" that will automatically evaluate your fitness immediately after your work out.

FUNCTIONS

FUNCTIE	UITLEG
TIME	Set target time by pressing "UP" and "DOWN" buttons (1 min ~ 99 min , in 1 minute increments.
TIME/500M	Your average 500 time is automatically displayed.
SPM	Strokes per minute.
DISTANCE	Preset target value by presiing "UP" and "DOWN" buttons (10 ~ 99900 meters). 100 meters increments.
STROKES	Set target value by pressing "UP" and "DOWN" buttons (10 ~ 9990 strokes). 10 strokes increments.
TOTAL STROKES	Accumulates total strokes from 0 up to 9999.
CALORIES	Set target "CALORIES" by pressing "UP" or "DOWN" buttons (10Cal ~ 9990Cal), 10 Cal increments.
PULSE	Set target value by pressing up / down / mode from 30 to 240, 1 BPM increments. The computer will display user's heart rate during training. The pulse measurement function is only used by chest belt system.
CALENDAR	The computer will display year, month and day when the computer is in sleep mode.
TEMPERATURE	The computer will display current temperature when the computer is in sleep mode.
CLOCK	The computer will display current clock when the computer is in sleep mode.

OPERATION

1. Install 2PCS AA batteries (included) and computer will beep for 2 seconds (Fig.1).Then, the computer enters into the "CLOCK" & "CALENDAR MODE" (Fig.2).

2. The CLOCK will flash. Press "UP" to set the hour. Press "ENTER" to confirm. Press "UP" to set the minutes. Press "ENTER" to confirm. Continue to set up "YEAR" (in the "STROKES" window); "MONTH" (in the "CALORIES" window); "DAY" (in the "PULSE" window) by pressing "UP" or "DOWN". Each time, press "ENTER" to confirm. After you confirm it, "ALARM" will blink. To skip setting up an alarm, press "ENTER". To set up an alarm, press UP KEY to turn on ALARM. An arrow will appear next to "ALARM". Press "ENTER". "CLOCK" window will flash. Press "UP" or "DOWN" to set the alarm time. Press "ENTER" to confirm. Computer will go into the "SPORT" screen (Fig.3).
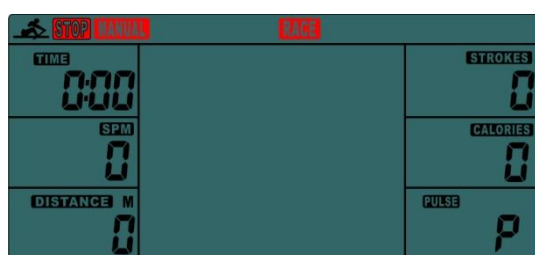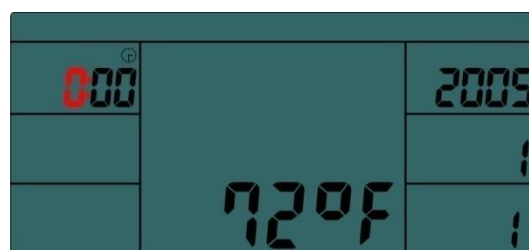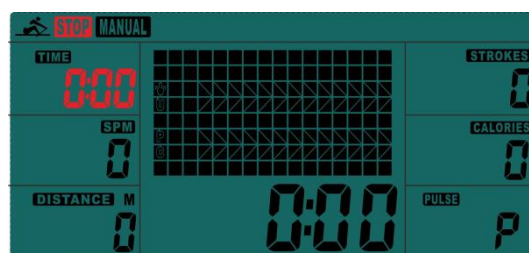

Fig.1

Fig.2

Fig.3

Fig.4

13

3. When you enter into the "SPORT" screen, "MANUAL" and "RACE" will blink. Press "UP" or "DOWN" to select "MANUAL" or "RACE". Press "ENTER" to confirm your selection.

I. MANUAL (Fig.4): There are 2 options in MANUAL mode
The computer can be set to countdown. When you select "MANUAL", the value of "TIME" will start to flash. Press "UP" to set the value of "TIME" to countdown. Press "ENTER" to confirm it. If you do not want to set the value of time to "COUNTDOWN", press "ENTER" to go to the next function. You can set the values for "DISTANCE", "STROKES", "CALORIES", or "PULSE". (You can only set the value for one function to countdown. For example, if you have set the target value for "TIME", then "DISTANCE" can't be set.) Press "START" button to start. The "STOP" icon will disappear. When the function you have selected counts down to zero or you press "STOP" button, the computer will stop and display the average value.

B. The computer counts the value of your workout. Press "START" to start.

II. RACE (Fig.5):
Select "RACE" mode and L1 will flash. The "TIME / 500M will display 8:00.Then, press "UP" or "DOWN" to select L1 ~ L15. Press "ENTER" to confirm. Then, you can set the distance of the race (500M~10000M) while the value of "DISTANCE" is blinking. Press "ENTER" and the picture of the race will display on the screen. The "TIME" / 500M of the programs are as follows:

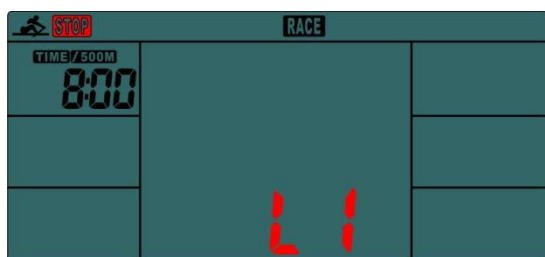| L1	L2	L3	L4	L5	L6	L7	L8	L9	L10	L11	L12	L13	L14	L15
8:00	7:30	7:00	6:30	6:00	5:30	5:00	4:30	4:00	3:30	3:00	2:30	2:00	1:30	1:00

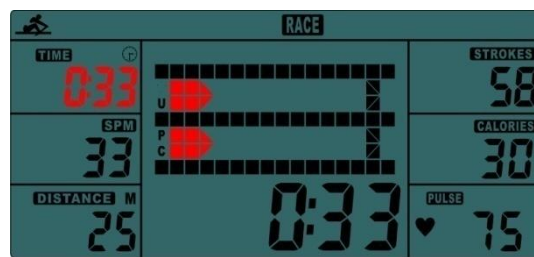Fig.5   Fig.6

A. Press "START" button to start and "STOP" will disappear. "USER" and "PC" will display in the matrix (Fig.6). The computer will stop when either user or computer has reached the race distance that was set. Then the matrix displays "PC WIN" or "USER WIN" (Fig.7).

Fig.7

B. When the race is over, you can press START to start a race once again. Press RESET to leave the RACE screen.

III. RECOVERY
1. This meter works with a 5.3 KHz chest strap heart rate monitor (not included). After exercising for a period of time, keep wearing chest strap monitor and press "RECOVERY" button. All function displays will stop except "TIME" starts counting down from 00:60 to 00:00.
2. Screen will display your heart rate recovery status with the F1,F2….to F6.
3. F1 is outstanding. F6 is poor. User may keep exercising to improve the heart rate recovery status. (Press the RECOVERY button again to return the main display.)

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

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

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

INSTRUCTION

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

KINOMAP
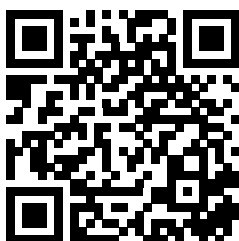
APP STORE
KINOMAP

GOOGLE PLAY
KINOMAP

USER MANUAL
KINOMAP

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

Rowing is an extremely effective form of exercising. It strengthens your heart and improves blood circulation as well. There are involved all major muscle groups of back, waist, arms, shoulders, hips and legs.

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

| Fig. 1 | Fig. 2 | Fig. 3 |
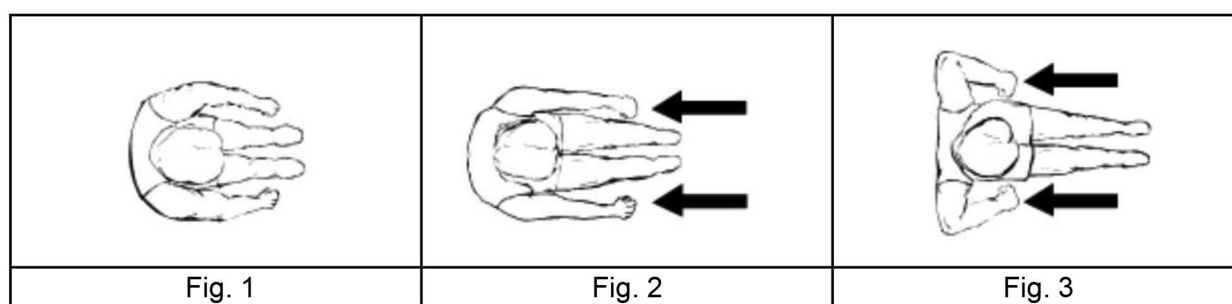
TRAINING TIME

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

ROWING STYLE ALTERNATION

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

| Fig. 4 | Fig. 5 | Fig. 6 |
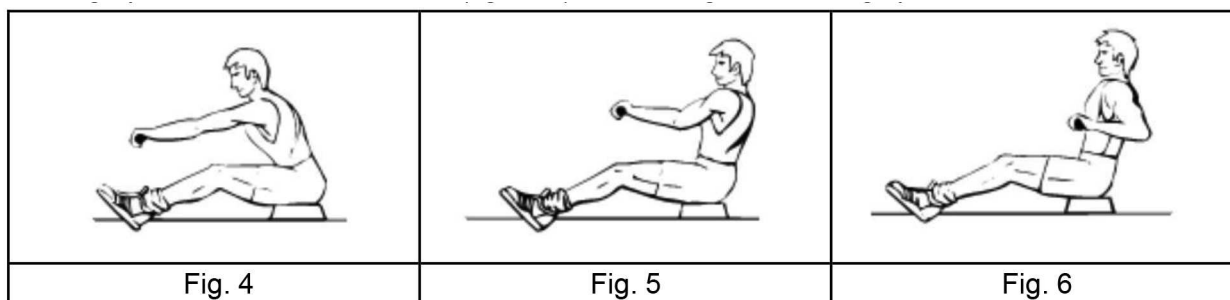
ONLY LEG ROWING: This workout helps toning your leg and back muscles. Keep your back straight and arms out-stretched, bend your legs until you will grasp the rowing handles in the starting position (Fig. 7). Use your legs to push your body back (Fig. 8) while keeping your arms and back straight as shown in Fig. 9.

| Fig. 7 | Fig. 8 | Fig. 9 |

WARM-UP PHASE

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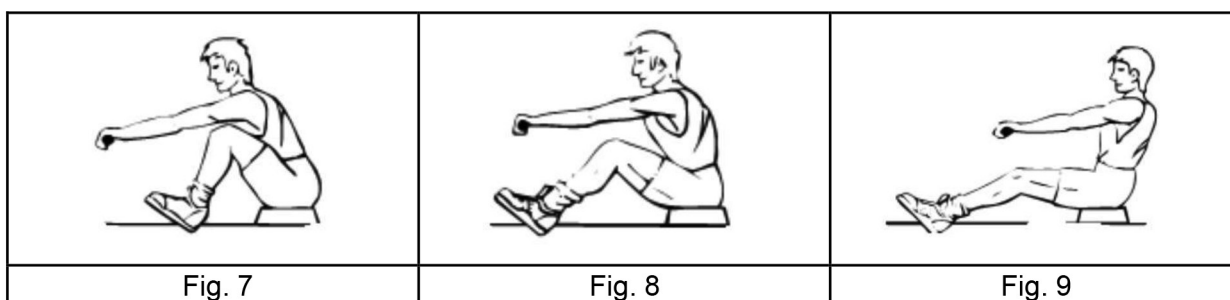
This phase should help improving blood circulation and make your muscles working properly while reducing a cramp risk or injury. It is advisable to do a few stretching exercises as shown below. Each stretching exercise should be taken for approx. 30 seconds. Don't overstretch and don't jerk your muscles.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

	Side bends
	Forward bends
	Outher thigh
	Inner thigh
	Calves and Achilles tendon

EXERCISE PHASE

It is a phase, during which you should put in your effort. After regular workout, your leg muscles should get more flexible.Keep steady tempo throughout your exercising. The workout intensity should be sufficient to raise your heartbeat into the target zone as shown below.
NOTE: This stage should last for at least 12 mins. Thus, most people start at approx. 15-20 mins.
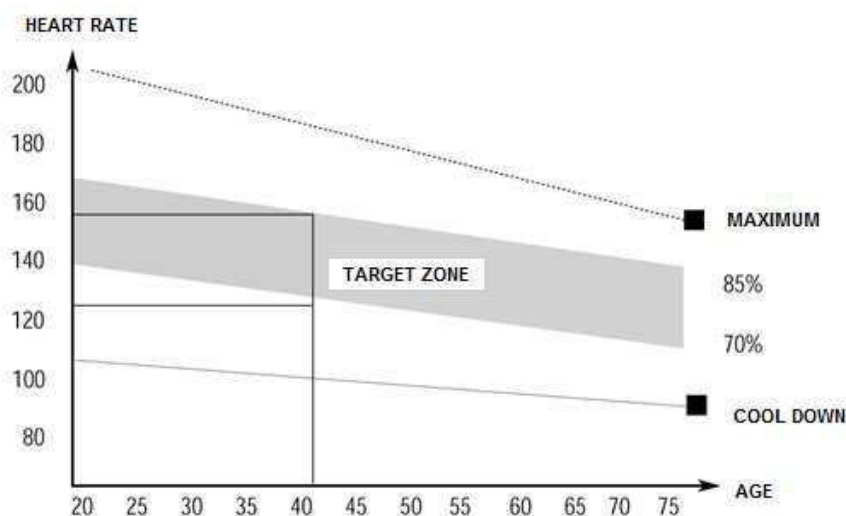
COOLING DOWN

In this stage, your cardio-vascular system and muscles should get calm. Repeat the warm-up exercises, reduce your tempo and continue for approx. 5 mins. Repeat the stretching exercises, but don't overstretch or jerk your muscles. As you get fitter, you can exercise longer and harder. It is advisable to train at least three times a week and, if possible, to space your workouts evenly throughout a week.
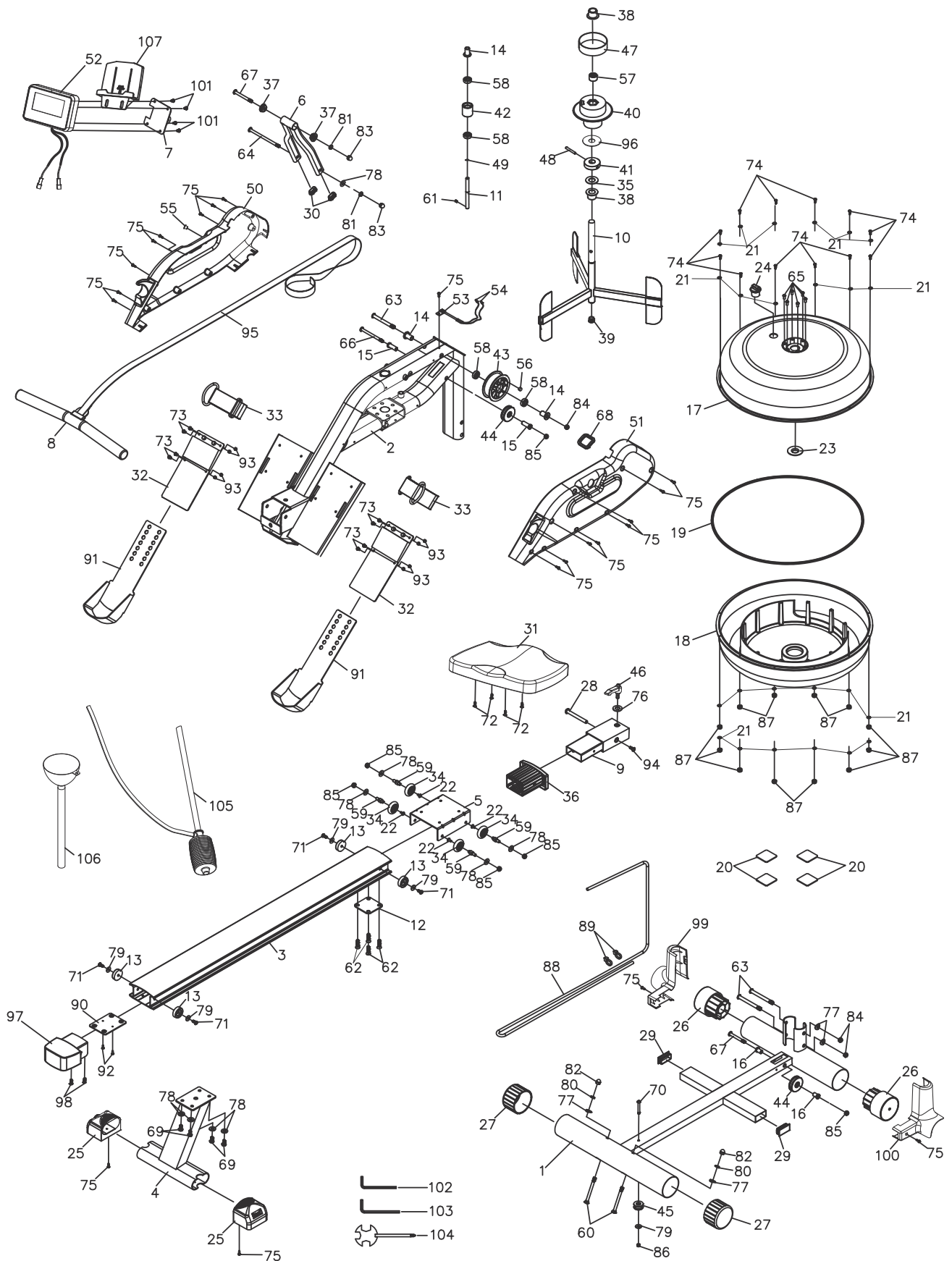
#	Description	QTY
1	Base frame	1
2	Main frame	1
3	Rail	1
4	Rear stand	1
5	Seat carriage	1
6	Meter post	1
7	Support plate	1
8	Handlebar	1
9	Rail connector	1
10	Impeller	1
11	Impeller shaft	1
12	Rail support	1
13	Stopper	4
14	Strap pulley bushing	3
15	Bungee cord pulley bushing	2
16	Small bungee cord pullay bushing	2
17	Upper tank	1
18	Lower tank	1
19	Rubber ring seal	1
20	Lower pad	4
21	Stainless washer	24
22	Bolt(M5*8)	4
23	Impeller shaf seal	1
24	Fill plug	1
25	Adjustable end cap	2
26	Wheel end cap	2
27	Round end cap	2
28	Barrel Bolt (M10*90)	1
29	Rectangular plug	2
30	Oval plug	2
31	Seat	1
32	Pedal support	2
33	Pedal strap	2

#	Description	QTY
34	Roller	4
35	Plastic washer (Ø20)	1
36	Front end cap	1
37	Plastic bushing	2
38	Strao / bungee pulley bushing	2
39	Round plug	1
40	Strap / bungee pulley	1
41	Shaft retainer	1
42	Idle roller	1
43	Strap pulley	1
44	Bungee pulley	2
45	Small bungee pulley	1
46	Fixing lever	1
47	Hook pad	1
48	Spring pin	1
49	E-ring	1
50	Left cover	1
51	Right cover	1
52	Meter	1
53	Sensor holder	1
54	Sensor wire	4
55	Grommet	1
56	Magnet	2
57	One way bearing	1
58	Bearing	4
59	Roller shaft	4
60	Carriage bolt (M10*85)	2
61	Set screw (M5*8)	1
62	Bolt (M8*30)	4
63	Bolt (M10*95)	3
64	Bolt (M8*135)	1
65	Screw (ST5.5*16)	6
66	Bolt (M8*95)	1

#	Description	QTY
67	Bolt (M8*65)	2
68	Rubber Ring	1
69	Screw (M8*20)	4
70	Bolt (M8*65)	1
71	Bolt (M6*20)	4
72	Bolt (M6*15)	4
73	Bolt (M5*12)	8
74	Stainless screw (M3*24)	12
75	Screw (M4*16)	21
76	Washer (Ø10)	1
77	Arc washer (Ø10)	4
78	Washer (Ø8)	9
79	Washer (Ø6)	5
80	Lock washer (Ø10)	2
81	Lock washer (Ø8)	1
82	Acorn nut (M10)	2
83	Acorn nut (M8)	2
84	Nylock nut (M10)	3
85	Nylock nut (M8)	6
86	Nylock nut (M6)	1
87	Stainless nylock nut (M3)	12

#	Description	QTY
88	Bungee cord	1
89	Aluminium Cap	2
90	Plate	1
91	Pedal cap	2
92	Bolt (M4*12)	2
93	Nylock nut (M5)	8
95	Strap	1
96	Plastic washer (Ø20)	1
97	Rear end cap	1
98	Bolt M5*12	2
99	Left front cover	1
100	Right front cover	1
101	Screw (M5*12)	4
102	Allen wrench (5mm)	1
103	Allen wrench (6mm)	1
104	Combination wrench	1
105	Syphon pump	1
106	Funnel	1
107	Tablet Holder	1

For questions or missing parts please contact your dealer.