



CW800 Rower

OWNER'S MANUAL

Please carefully read this entire manual before operating your new rower.

Thank you for purchasing our product, please save these instructions. Please do not perform or attempt any customizing, adjustments, repair or maintenance that is not described in this manual, if you experience any difficulty, please contact our website.


NOTE:

Article number: CW800

Use: Studio use


Max. user's weight.: 150kg

DYACO
Rowing machine
Model: CW800
Rating: DC 12V, 1.5A
Date code:



WARNING: RISK OF ELECTRICAL SHOCK AND MOVING PARTS. DISCONNECT POWER BEFORE REMOVING ENCLOSURE.
MISE EN GARDE: PIÈCES MOBILES. RISQUE DE SECOURS ÉLECTRIQUE. DÉBRANCHER AVANT D'ENLEVER L'EMBOÎTEMENT.

Studio use
Usage en Atelier
Made In Taiwan
Fabriqué à Taiwan



C US

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Important Safety Instructions

WARNING

When using an electrical appliance, basic precautions should always be followed, including the following:

Read all instructions before using this appliance.

DANGER - To reduce the risk of electric shock:

Always unplug this appliance from the electrical outlet immediately after using and before cleaning.

WARNING - To reduce the risk of burns, fire, electric shock, or injury to persons, install the Rower on a flat level surface with access to a 110- volt, 15-amp grounded outlet with only the Rower plugged into the circuit.

DO NOT USE AN EXTENSION CORD UNLESS IT IS A 14AWG OR BETTER, WITH ONLY ONE OUTLET ON THE END:

- Do not operate Rower on deeply padded, plush or shag carpet. Damage to both carpet and Rower may result.
- 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.
- Never operate the Rower if it has a damaged cord or plug. If the Rower is not working properly, call your dealer.
- Keep the cord away from heated surfaces.
- 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.
- To disconnect, turn all controls to the off position, then remove the plug from the outlet.
- 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.

CAUTION:

To assure continued FCC compliance:

1. Any changes or modifications not expressly approved by the grantee of this device could void the user's authority to operate the equipment.

2. This equipment complies with FCC radiation exposure limits set forth for an uncontrolled environment. This equipment should be installed and operated with minimum distance of 20 cm between the radiator and your body.

SAVE THESE INSTRUCTIONS - THINK SAFETY!

Important Electrical Instructions

WARNING

NEVER remove any cover without first disconnecting AC power. If voltage varies by ten percent (10%) or more, the performance of your Rower may be affected. Such conditions are not covered under your warranty. If you suspect the voltage is low, contact your local power company or a licensed electrician for proper testing.

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).

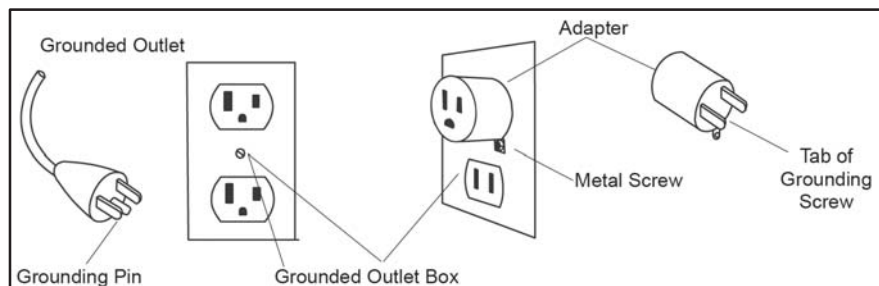
Circuit Breakers: Some circuit breakers used in homes are not rated for high inrush currents that can occur when a Rower is first turned on or even during use. If your Rower is tripping the house circuit breaker (even though it is the proper current rating) but the circuit breaker on the Rower itself does not trip, you will need to replace the home breaker with a high inrush type. This is not a warranty defect. This is a condition we as a manufacture have no ability to control. This part is available through most electrical supply stores. Examples: Grainger part # 1D237, or available online at www.squared.com part #QO120HM. The electrical outlet used should have a dedicated 15 amp circuit breaker.

Grounding Instructions

This product must be grounded. If the Rower should malfunction or breakdown, grounding provides a path of least resistance for electric current, reducing the risk of electric shock. This product is equipped with a cord having an equipment- grounding plug. The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.

DANGER - Improper connection of the equipment- grounding conductor can result in a risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly grounded. Do not modify the plug provided with the product if it will not fit the outlet; have a proper outlet installed by a qualified electrician.

This product is for use on a nominal 110-volt/15 amp dedicated circuit, and has a grounding plug that looks like the plug illustrated below. A temporary adapter that looks like the adapter illustrated below may be used to connect this plug to a 2-pole receptacle as shown below if a properly grounded outlet is not available. The temporary adapter should be used only until a properly grounded outlet, (shown below) can be installed by a qualified electrician. The green colored rigid ear-lug, or the like, extending from the adapter, must be connected to a permanent ground such as a properly grounded outlet box cover. Whenever the adapter is used, it must be held in place by a metal screw.



Important Operation Instructions

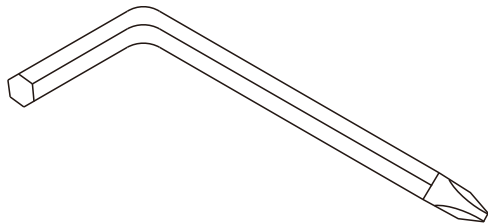
- **NEVER** operate this Rower without reading and completely understanding the results of any operational change you request from the computer.
- Understand that changes in resistance do not occur immediately. Set your desired resistance level on the computer console and release the adjustment key. The computer will obey the command gradually.
- Use caution while participating in other activities while pedaling on 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 keys. They are precision set to function properly with little finger pressure.

Assembly Instructions

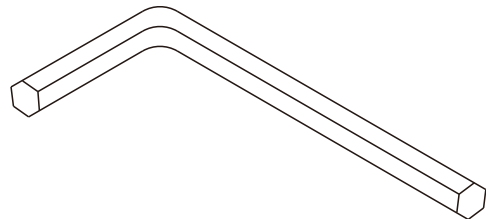
PRE-ASSEMBLY

1. Using a razor knife (Box Cutter), cut the banding straps that wrap around the carton. Reach under the bottom edge of the carton and pull it away from the cardboard underneath, separating the staples that join the two together. Lift the box over the unit and unpack.
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.

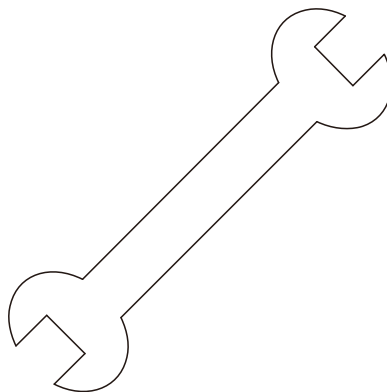
Assembly Tools



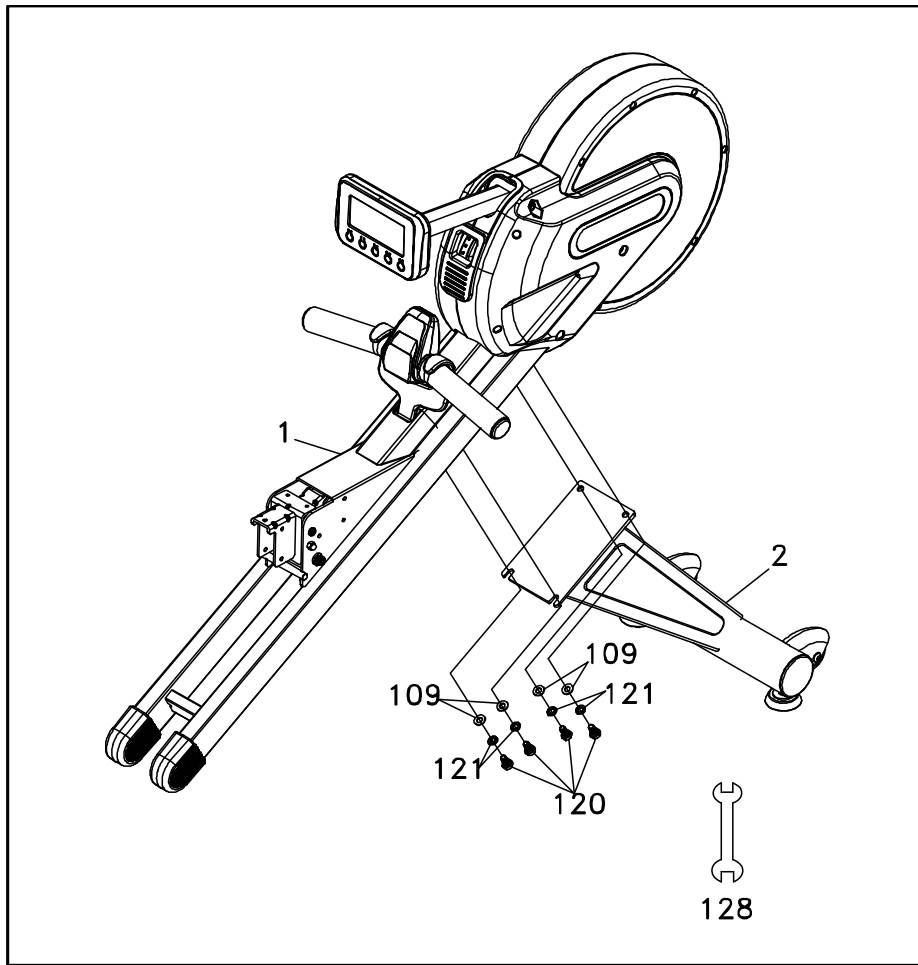
#127. Combination M5 Allen Wrench
& Phillips Head Screw Driver
(1 pc)



#126. L Allen Wrench
(1 pc)



#128. 13/14mm Wrench
(1 pc)



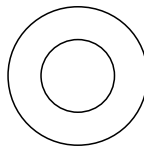
STEP 1

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.

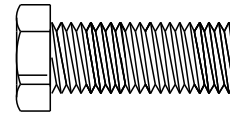
HARDWARE



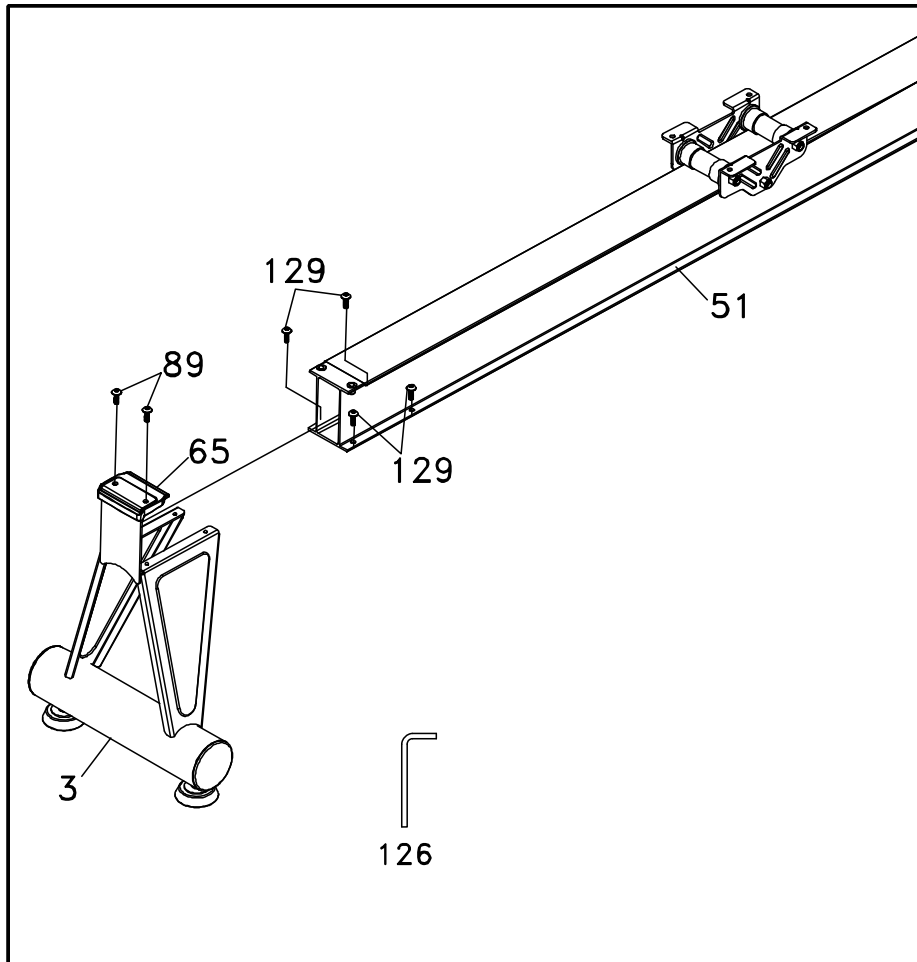
#121. 10 x 2T
Spring Washer
(4 pcs)



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



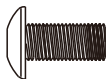
#120. 3/8" x 3/4"
Hex Head Bolt
(4 pcs)



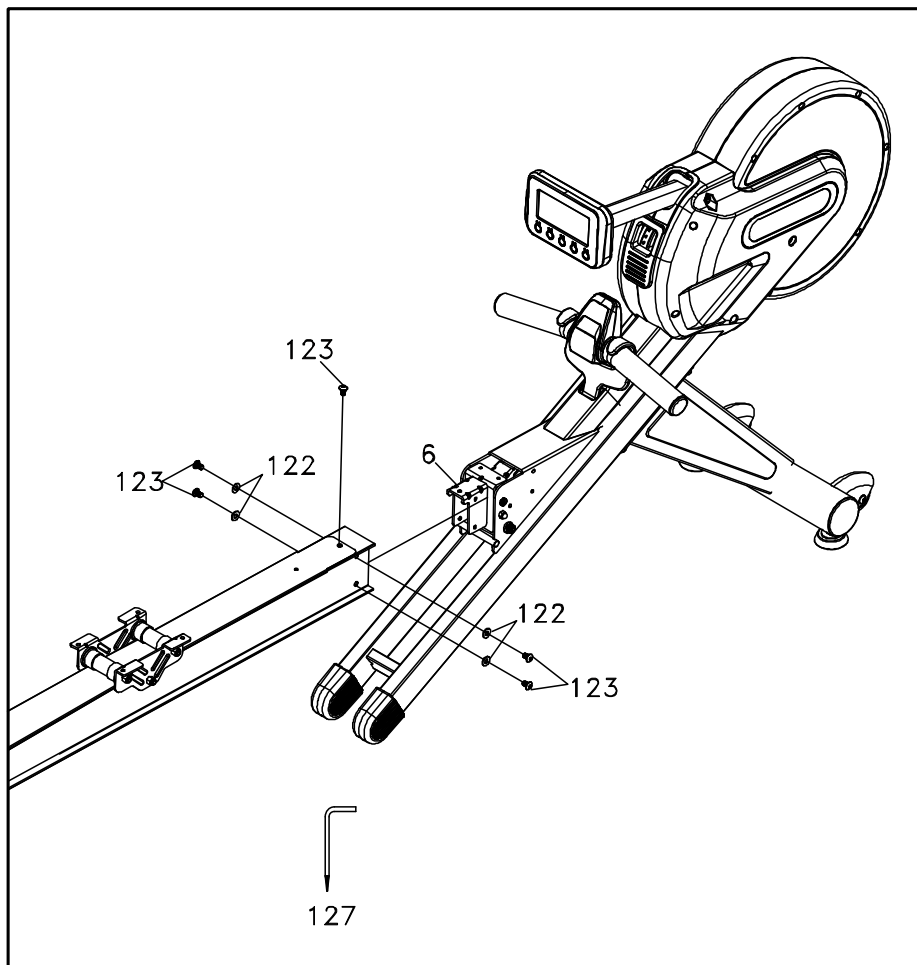
STEP 2

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



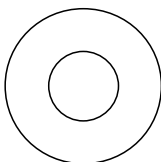
#129. M6 x 10m/m
Button Head Socket Bolt
(4pcs)



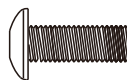
STEP 3

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)**.

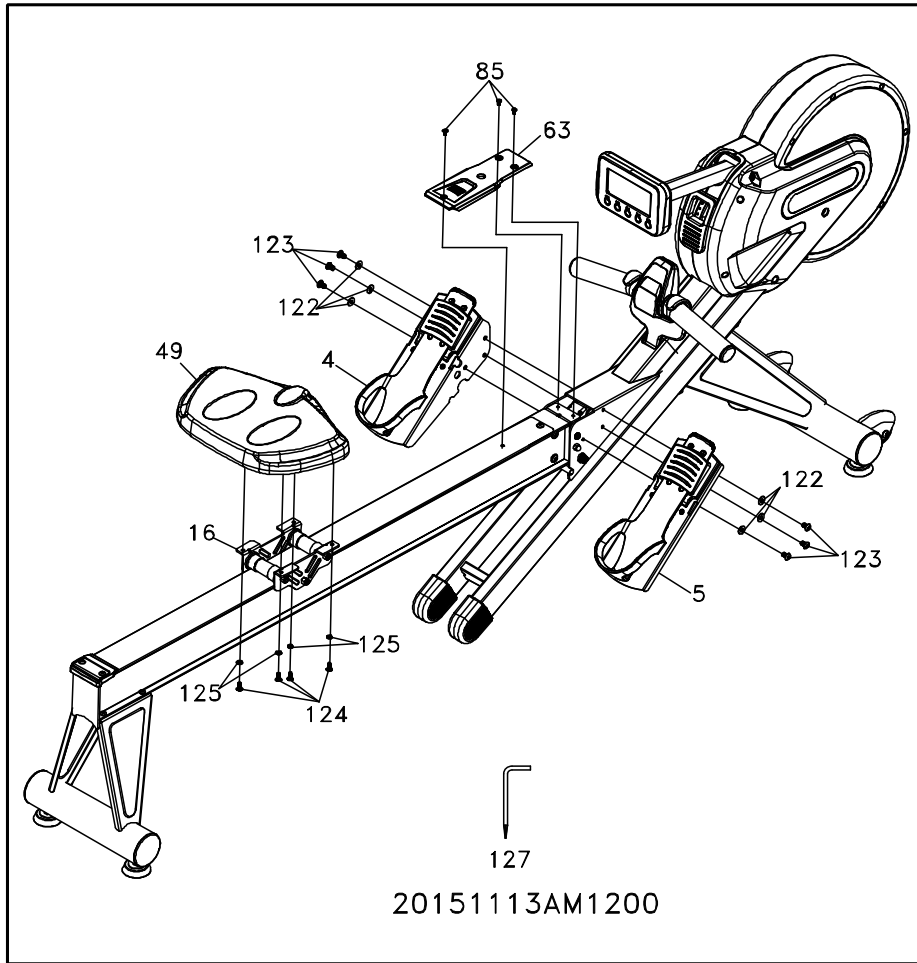
HARDWARE



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



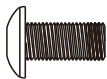
#123. M8 x 12m/m
Button Head Socket Bolt
(5pcs)



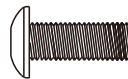
STEP 4

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 again **COMBINATION WRENCH (127)** 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



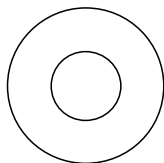
#85. M5 × 10m/m
Phillips Head Screw
(3pcs)



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



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

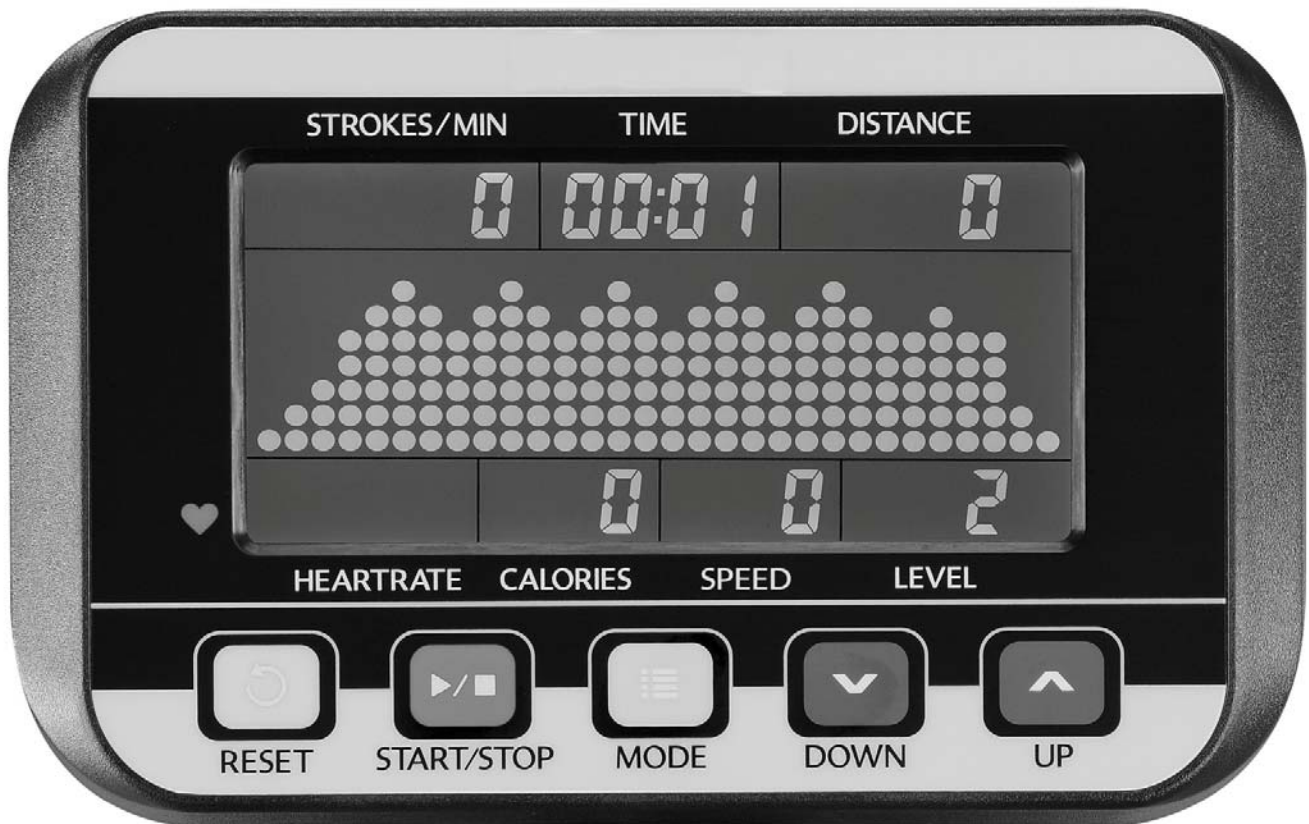


#122. 5/16" × 18 × 1.5T
Flat Washer
(6 pcs)



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

CONSOLE OPERATION



Power

When Pressing any key button wakes up the console which has been turned off, the console LCD will turn on with full display and beeps for 2 seconds then enters idle mode. When there is speed signal input with the speed sensor detected, it directly enters Manual workout mode.

Power off: In any mode during turning on, if there is not any button activated or no rowing activity lasts for 1 minute, it turns off automatically.

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 calorie dissipated.
- The calorie range is 0~999.

SPEED: Average speed per hour

- Average speed range 0.0 ~ 99.9
- Display in km/hr

Level

- The level window shows the current resistance level.
- The level range is 1~16
- Level 1 and 2 would light the first dot, level 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 repeat again by pressing "MODE" button it goes back with "SCAN" function (recyclable).

Key button Function

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

Mode Key

- Under idle mode, pressing **MODE** key 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 Key

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

Down Key

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

Start/Stop Key

- Under idle mode, pressing Start/Stop key 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 Key

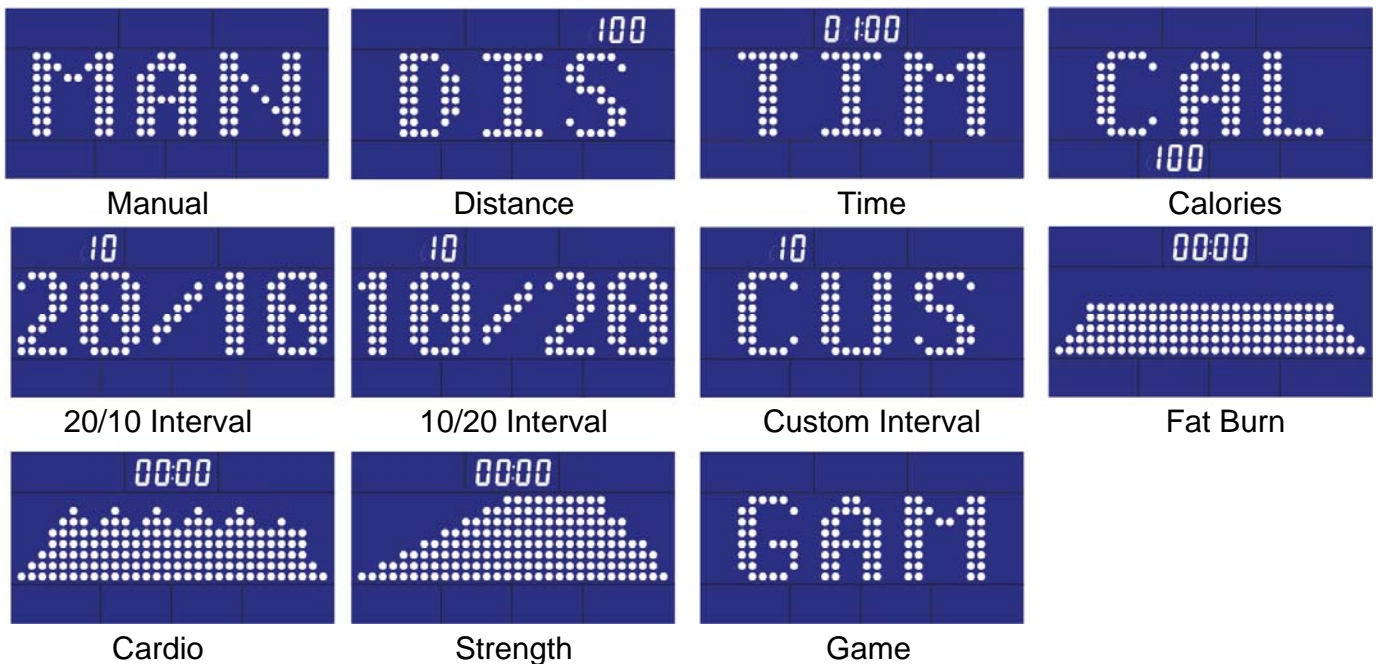
- Pressing this key button under stopping mode, the image switches to the idle mode.
- The reset key button is valid only in stopping mode.
- Under any mode, pressing this key button for 3 seconds turns on the console again.

Operating Instruction

The screen is with 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 and 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 count-down Distance workout mode (Fig. 2-1)

Use **UP/DOWN** buttons to adjust and set the workout distance. The default distance is 100M with increment of **50M** up or down. Press **Start/Stop** button to confirm the setting and start the workout 20 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** key 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 count-down repeats.



Fig 2-1



Fig 2-2



Fig 2-3

Target Time

To choose target time count-down 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 Star t/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** key button adjusts the resistance level.

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

If paddling continues, the time count-down repeats.



Fig 3-1



Fig 3-2



Fig 3-3

Target Calorie

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

Use **UP/DOWN** buttons to adjust and set the target calorie. The default value is 100 with increment 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** key button adjusts the resistance level.

When calorie is counted down to 0, the workout completes and the buzzer sounds with a long beep. If paddling continues, the time count-down 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 count-down of current workout and wave (Fig. 5-2) or rest time count-down and mark (Fig. 5-3).

Under the workout mode, pressing **UP** or **DOWN** key 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 count-down 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 count-down of current workout and wave (Fig. 6-2) or rest time count-down and mark (Fig. 6-3).

Under the workout mode, pressing UP or DOWN key 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 count-down repeats.



Fig 6-1



Fig 6-2



Fig 6-3

Custom Interval

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

User-define 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 count-down of current workout and wave (Fig. 7-2) or rest time count-down and mark (Fig. 7-3).

Under the workout mode, pressing **UP** or **DOWN** key 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 and begins the workout mode or setting the workout time. Use **UP/ DOWN** buttons to adjust the time. The increment of adjustment is 5-minute (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**)

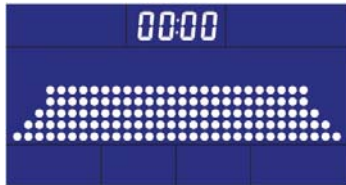


Fig 8-1

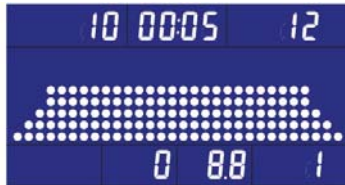


Fig 8-2

Under the workout mode, pressing **UP** or **DOWN** key button adjusts the resistance level. Time window starts count-down from the setting time and shows the remaining workout time. When time is counted down to 0:00, the workout completes and the buzzer sounds with a long beep. If paddling continues, the time count-down repeats.

Cardio Workout

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

Pressing **Start/Stop** button and begins the workout mode or setting the workout time. Use **UP/ DOWN** buttons to adjust the time. The increment of adjustment is 5-minute (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** key button adjusts the resistance level. Time window starts count-down from the setting time and shows the remaining workout time. When time is counted down to 0:00, the workout completes and the buzzer sounds with a long beep. If paddling continues, the time count-down repeats.

Strength Workout

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

Pressing Start/Stop button and begins the workout mode or setting the workout time. Use UP/DOWN buttons to adjust the time. The increment of adjustment is 5-minute (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 count-down from the setting time and shows the remaining workout time.

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

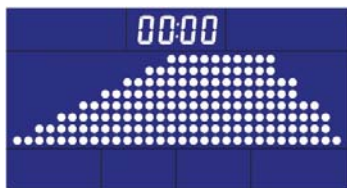


Fig 10-1

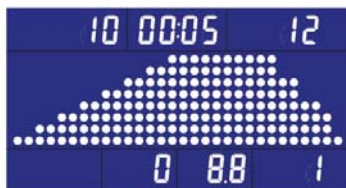


Fig 10-2

Game Workout

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

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

Three dots at left side represents the user position and the image shift one profile left per second and continue to scroll.

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

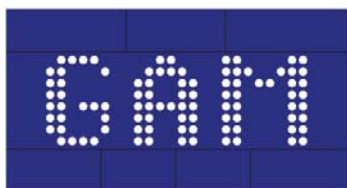


Fig 11-1

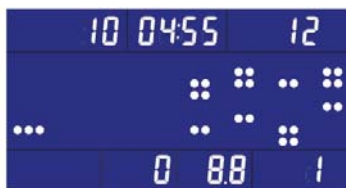
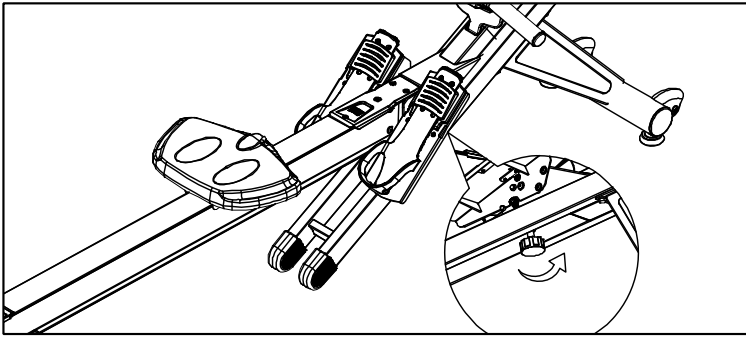
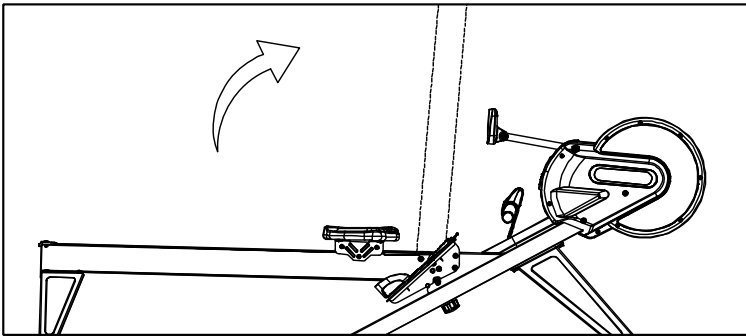


Fig 11-2

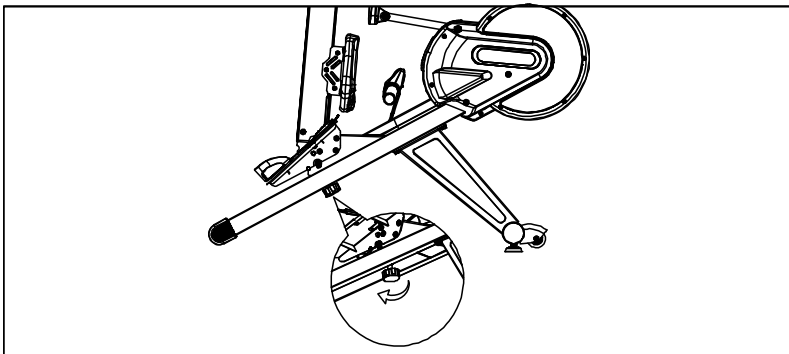
Folding/Unfolding Procedures



1. Turn the knob counterclockwise to release.

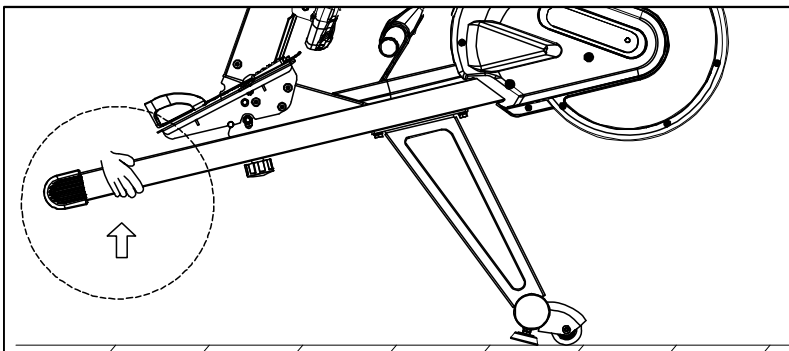


2. Fold up the aluminum rail assembly.



3. Turn the knob clockwise to tighten.

Moving Procedures



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

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.

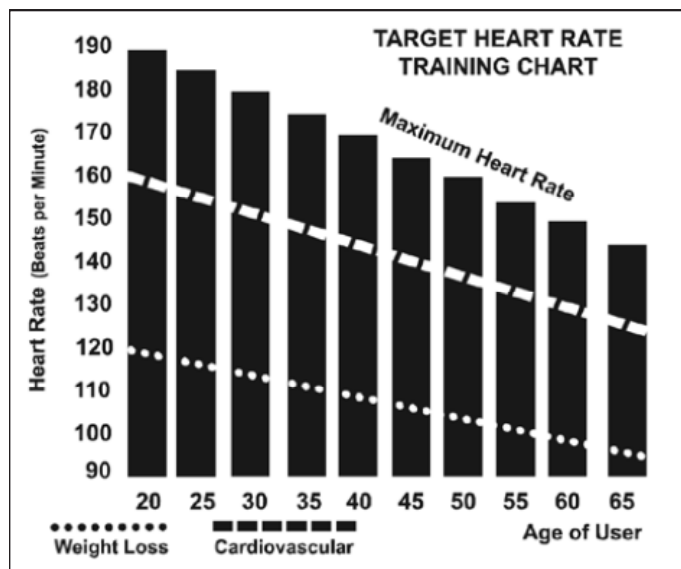
To determine the benefit range in which you wish to train, you must first determine your Maximum Heart Rate. This can be accomplished by using the following formula: 220 minus your age. This will give you the Maximum heart rate (MHR) for someone of your age. To determine the effective heart rate range for specific goals you simply calculate a percentage 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 cardio vascular 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.

With all Heart Rate Control elliptical you may use the heart rate monitor feature without using the Heart Rate Control program. This function can be used during manual mode or during any of the nine different programs. The Heart Rate Control program automatically controls resistance at the pedals.

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 workout 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 know 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 up 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 centered 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 heart beat 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 work out. 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 elliptical 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 which may cause erratic heart rate:

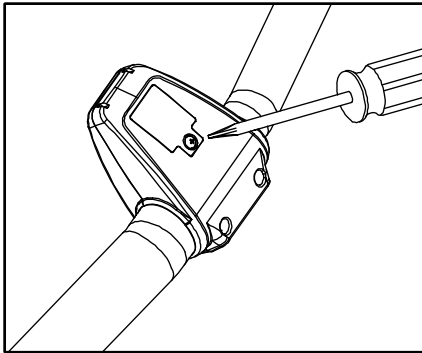
1. Microwave ovens, TV's, small appliances, etc.
2. Fluorescent lights.
3. Some household security systems.
4. Perimeter fence for a pet.
5. Some people have problems with the transmitter picking up a signal from their skin. If you have problems try wearing the transmitter upside down. Normally the transmitter will be oriented so the logo is right side up.
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.

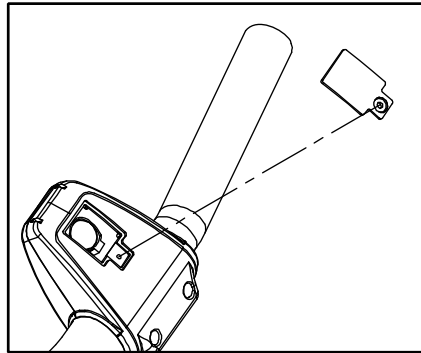
Wireless handle coding steps

1. Unplug the rower and change battery (CR2032) if needed. Plug in the rower and restart the power.
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.

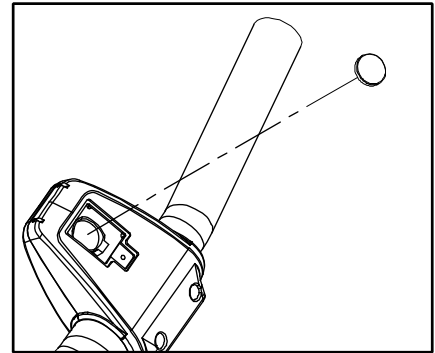
Handle Battery Changing Instructions



Step 1
Remove the battery cover screw.



Step 2
Remove the battery cover.

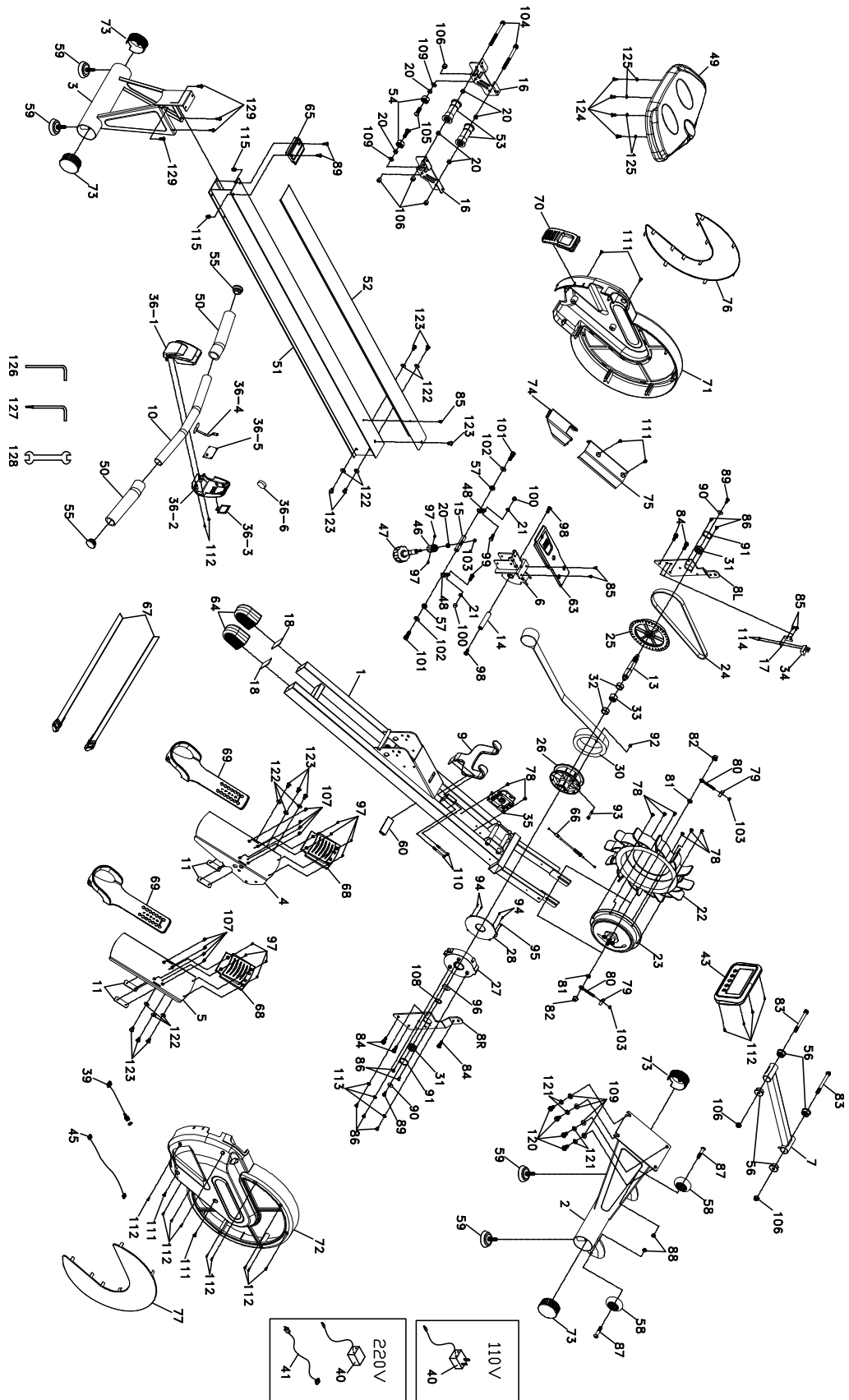


Step 3
Remove and replace the battery with new one, put on the cover and secure with screw.

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:
 - I. 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.
 - II. The crank arm nut needs to be retightened
 - III. If squeaks or other noises persist, check that the unit is properly leveled. There are 2 leveling pads on the bottom of the rear stabilizer, use a 14mm wrench (or adjustable wrench) to adjust the levelers.

Exploded View Diagram



Parts List

NO.	DESCRIPTION	Q'TY
1	Main Frame	1
2	Front Stabilizer	1
3	Rear Stabilizer	1
4	Pedal (L)	1
5	Pedal (R)	1
6	Folding End Assembly	1
7	Console Holder Assembly	1
008L	Attaching Plate (L)	1
008R	Attaching Plate (R)	1
9	Hook	1
10	Handle	1
11	Pedal Attaching Board	4
13	Flywheel Pulley Axle	1
14	Track Axle	1
15	Seat Stop Axle	1
16	Seat Attaching Board	2
17	Sensor Plate	1
18	Back Plate	2
20	Sleeve(Ø10xØ14x7L)	7
21	Sleeve(Ø8.2xØ12.7x5L)	2
22	Fan	1
23	Flywheel	1
24	Drive Belt(6PJ-787L)	1
25	Flywheel Pulley	1
26	Latch	1
27	Spring Latch	1
28	Spring Cover	1
30	Ribbon Roll	1
31	Bearing(6201 UOU)	2
32	Bearing(HK2012)	2
33	Unidirectional Bearing(HF2016)	1
34	Board	1
35	Gear Motor	1
36	Controller Assembly	1
36~1	Top Handgrip Cap	1
36~2	Rear Handgrip Cap	1
36~3	Battery Cover	1
36~4	Resistance Button W/Cable+Faceplate	1
36~5	RF Module	1
36~6	Battery	1
39	750m/m_DC Power Cord	1
40	Power Adaptor	1
41	Transformer Power Cord(220V Use)	1
43	Console Assembly	1
44	500m/m_Computer Cable (Upper)	1
45	500m/m_Computer Cable (Lower)	1

NO.	DESCRIPTION	Q'TY
46	22L x M16 x M22 x 37L_Knob Nut	1
47	Seat Up/Down Adjustment Knob	1
48	Tension Spring	2
49	Seat	1
50	Handgrip Foam	2
51	Aluminum Track	1
52	Aluminum Board	1
53	Aluminum Track Pulley	2
54	Pulley	2
55	Ø32(1.8T)_Button Head Plug	2
56	Axle End Cover	4
57	Bushing	2
58	Ø65 _Transportation Wheel	2
59	Adjustment Foot Pad	4
60	Square End Cap	1
63	Connecting Cover	1
64	End Cover	2
65	Seat Stop Cover	1
66	Steel Cable	1
67	Wire Tie Mount	2
68	Pedal	2
69	Pedal Plate	2
70	Chain Cover Foam	1
71	Chain Cover (L)	1
72	Chain Cover (R)	1
73	Stabilizer End Cap	4
74	Front Gear Motor Cover	1
75	Rear Gear Motor Cover	1
76	Galvanized iron net (L)	1
77	Galvanized iron net (R)	1
78	M5 x P0.8 x 15L_Phillips Head Screw	8
79	Ø6_Nut Stopper	2
80	M6 x 57L_Idle Wheel Screw	2
81	3/8" x UNF26 x 6T_Luck Nut	2
82	3/8" x UNF26 x 11T_Nut	2
83	3/8" x UNC16 x 3-3/4"_Socket Head Cap Bolt	2
84	M8 x P1.25 x 20L_Socket Head Cap Bolt	5
85	M5 x 10L_Phillips Head Screw	5
86	M5 x 10L_Phillips Head Screw	7
87	5/16" x UNC18 x 1-3/4"_Button Head Socket Bolt	2
88	5/16" x 6T_Nyloc Nut	2
89	M6 x P1.0 x 18L_Button Head Socket Bolt	4
90	Ø6 x Ø19 x 1.5T_Flat Washer	2
91	Ø32 x 1.6T_C Ring	2
92	M5 x 5T_Nyloc Nut	1
93	M5 x P0.8 x 32L_Socket Head Cap Bolt	1
94	3 x 10L_Sheet Metal Screw	4

NO.	DESCRIPTION	Q'TY
95	3 x 10L_Sheet Metal Screw	1
96	Ø20 x Ø30 x 0.5T_Flat Washer	1
97	M4 x 5L_Phillips Head Screw	10
98	M8 x P1.25 x 15L_	2
99	M8 x P1.25 x 20L_Hex Head Bolt	2
100	M8 x P1.25 x 13T_Cap Nut	2
101	3/8" x UNC16 x 1" _Socket Head Cap Bolt	2
102	Ø3/8" x 20 x 3.0T_Flat Washer	2
103	M6 x 6T_Nyloc Nut	3
104	3/8" x UNC16 x 4-1/4" _Socket Head Cap Bolt	2
105	3/8" x UNC16 x 1-1/4" _Button Head Socket Bolt	2
106	3/8" x 11T_Nyloc Nut	6
107	M5 x 12L_Flat Head Socket Screw	8
108	Ø20_C Ring	1
109	Ø3/8" x Ø19 x 1.5T_Flat Washer	6
110	M5 x P0.8 x 50L_Socket Head Cap Bolt	2
111	Ø5 x 16L_Tapping Screw	6
112	3.5 x 12L_Sheet Metal Screw	15
113	Ø5 x Ø13 x 2T_Flat Washer	3
114	Ø2.6 x 8L_Tapping Screw	2
115	M6,Ø6 x 1.5 + 14.5L_Hex Blind Nut	2
120	3/8" x 3/4" _Hex Head Bolt	4
121	Ø10 x 2T_Spring Washer	4
122	Ø5/16" x Ø18 x 1.5T_Flat Washer	10
123	M8 x P1.25 x 12L_Button Head Socket Bolt	11
124	M6 x 15L_Phillips Head Screw	4
125	Ø1/4" _Spring Washer	4
126	L Allen Wrench	1
127	Combination M5 Allen Wrench & Phillips Head Screw Driver	1
128	13/14m/m_Wrench	1
129	M6 x P1.0 x 10L_Button Head Socket Bolt	4