GYMSTICK™

AIR ROWER PRO
USER MANUAL

GYMSTICK.COM

BEFORE YOU BEGIN

Thank you for choosing the Gymstick Air Rower Pro. We take great pride in producing this quality product and hope it will provide many hours of effective exercise to make you feel better, look better and enjoy life to its fullest.

TABLE OF CONTENT

NOTIFICATION!

READ AND FOLLOW THE SAFETY INSTRUCTIONS. FAILURE TO FOLLOW THESE INSTRUCTIONS CAN RESULT IN SERIOUS INJURY.

SAFETY INSTRUCTIONS

Basic precautions should always be followed, including the following safety instructions when using this equipment: Read all instructions before using this equipment.

1. Keep children and pets away from the Rowing Machine at all times. Do not leave unattended children in the same room with the machine.
2. Handicapped or disabled persons should not use the Rowing Machine without the presence of a qualified health professional or physician.
3. If the user experiences dizziness, nausea, chest pain, or any other abnormal symptoms, stop the workout at once. Consult Physician immediately.
4. Before beginning training, remove all within a radius of 2 meters from the machine. Do not place any sharp objects around the Rowing Machine.
5. Position the Rowing Machine on a clear, level surface away from water and moisture. Place mat under the unit to help keep the machine stable and to protect the floor.
6. Use the Rowing Machine only for its intended use as described in this manual. Do not use any other accessories not recommended by the manufacturer.
7. Assemble the machine exactly as the descriptions in the instruction manual.
8. Check all bolts and other connections before using the machine for the first time and ensure that the trainer is in the safe condition.
9. Hold a routine inspection of the equipment. Pay special attention to components which are the most susceptible to wear off, i.e. connecting points and wheels. The defective components should be replaced immediately. The safety level of this equipment can only be maintained by doing so. Please don't use the Rowing Machine until it is repaired well.
10. Never operate the Rowing Machine if it is not functioning properly.
11. This machine can be used for only one person's training at a time.
12. Do not use abrasive cleaning articles to clean the machine. Remove drops of sweat from the machine immediately after finishing training.
13. Always wear appropriate workout clothing when exercising. Running or aerobic shoes are also required.
14. Before exercising, always do stretching first.
15. Maximum user weight 160 kgs.

⚠️

WARNING!

BEFORE BEGINNING THIS OR ANY EXERCISE PROGRAM, CONSULT YOUR PHYSICIAN FIRST. THIS IS ESPECIALLY IMPORTANT FOR INDIVIDUALS OVER THE AGE OF 35 OR PERSONS WITH PRE-EXISTING HEALTH PROBLEMS.
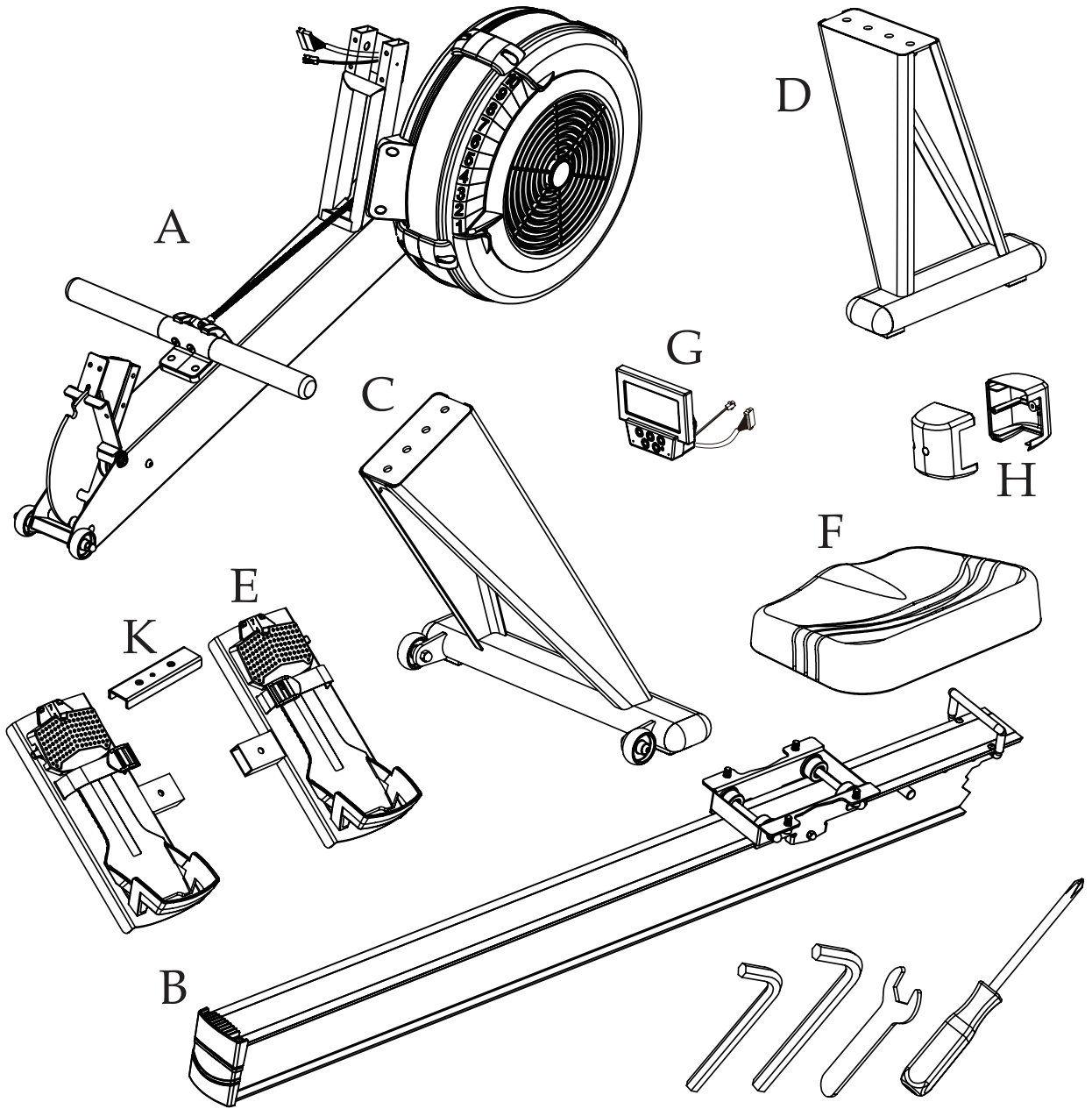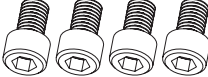
GYMSTICK™
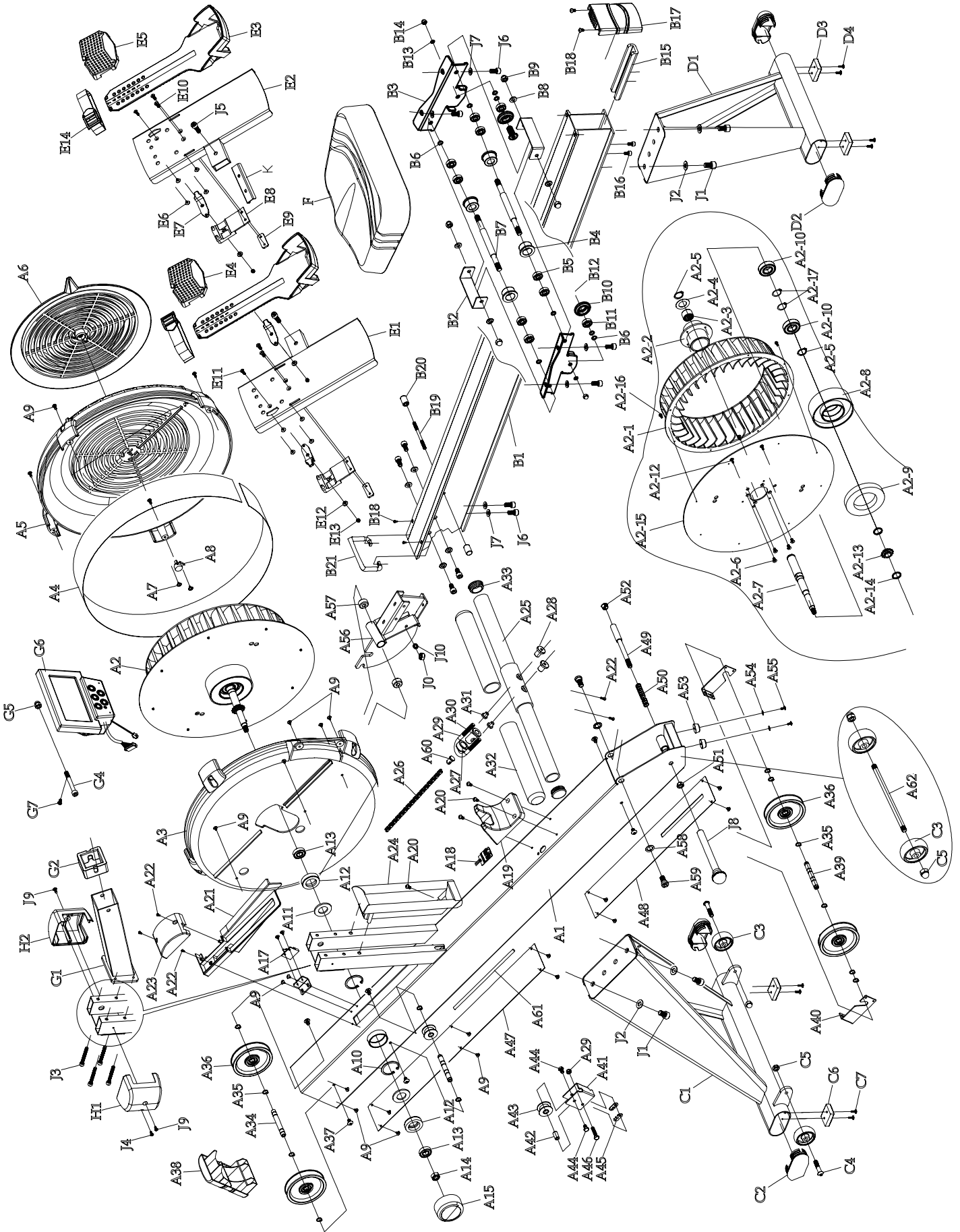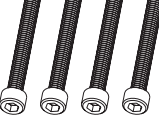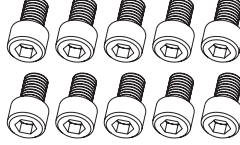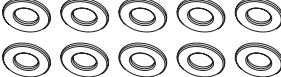
NO.	NAME	SPECIFICATION	Q'TY	NO.	NAME	SPECIFICATION	Q'TY
A1	Main Frame Assembly		1	A21	Sensor Base Cover	ABS	1
A2	Flywheel Fan Assembly		1	A22	Tapping Screw	M4*12mm	5
A2-1	Fan		1	A23	Sensor Cover	ABS	1
A2-2	Tube		1	A24	Outer Chain Cover	ABS	1
A2-3	One-Way Bearing	FC 2016	1	A25	Handle-bar	Φ31.8	1
A2-4	Iron Washer		1	A26	1/4" Chain		1
A2-5	S-type Buckle	S20	2	A27	Chain Connecting Spacer	SC-2473	1
A2-6	Cap Head Socket Screw	M5*10mm	4	A28	Even Head Nut	Ø18×Ø9(M6)×15mm	2
A2-7	Axial of Flywheel	Φ20*197mm	1	A29	Chain Hook		1
A2-8	Magnet Covering		1	A30	Chain Connector		1
A2-9	Ring Magnet	Φ100*Φ60*15T	1	A31	T-type Nut	Ø14×Ø8(M6)×10.5mm	2
A2-10	Bearing	BR-6004ZZDKFL	2	A32	Hand Grip		2
A2-11	~~Interval Ring~~	Old Design	1	A33	End Cap		2
A2-12	Tapping Screw	M4*12mm	3	A34	Axial of Pulley(Front)	Φ10*79.8mm	1
A2-13	1/4" Chain Gear		1	A35	C-Type Buckle		10
A2-14	PU Washer		2	A36	Pulley		4
A2-15	Fan stable Bracket	Φ430*2.5T	1	A37	Philip Head Socket Screw	M5*10mm	4
A2-16	Tapping Screw	M4*10mm	8	A38	Main Frame Front Cap	ABS	1
A2-17	R-type Buckle	R42	2	A39	Axial of Pulley(Back)	Φ10*79.8mm	2
A3	Chain Cover(Left)	ABS	1	A40	Elastic Rope Bracket		2
A4	Mesh		1	A41	Chain Bracket		1
A5	Chain Cover(Right)	ABS	1	A42	Pulley Socket		1
A6	Adjust Disc	ABS	1	A43	Chain Pulley		2
A7	Tapping Screw	M4*8mm	2	A44	Hexagon Head Screw	M6*10mm	2
A8	Variable Resistor		1	A45	Trim Panel		2
A9	Tapping Screw	M4*12mm	21	A46	Hexagon Head Screw	M6*30mm	1
A10	C-Type Buckle	R40	2	A47	Main Frame Bottom Board(Front)		1
A11	Washer	Φ22*Φ44.2*3T	2	A48	Main Frame Bottom Board(Back)		1
A12-1	Rubber Cover	6001	1	A49	Axial of Pin	Φ12.7*76mm	1
A12-2	Rubber Cover	6903	1	A50	Spring		1
A13-1	Bearing	BR-6001ZZDKFL	1	A51	Nut		1
A13-2	Bearing	BR-6903ZZDKFL	1	A52	Plug Block		1
A14	Nylon Insert Lock Nut	M10	1	A53	Foot Pad		1
A15	Ring Cover	ABS	1	A54	Washer	M4*Φ10*1T	2
A16	~~Sensor Bracket~~		~~1~~	A55	Tapping Screw	M4*10mm	2
A17	Sensor		1	A56	Swivel Axial		1
A18	Heart Rate Receiver		1	A57	Swivel Axial Socket	Φ21.5*12mm	2
A19	Handle Holder	ABS	1	A58	Washer	1/2"*2.0T*Φ23	2
A20	Philip Head Socket Screw	M5*10mm	4	A59	Cap Head Socket Screw	M10*16mm	2

NO.	NAME	SPECIFICATION	Q'TY	NO.	NAME	SPECIFICATION	Q'TY
A60	Chain Connecting Axial		1	E1	Left Pedal Rest		1
A61	Elastic Rope		1	E2	Right Pedal Rest		1
A62	Axial of Moving Wheel	Φ8X156mm	1	E3	Adjust Pedal Pad	TPE	2
				E4	Left Pedal Rest Cover		1
B1	Aluminum Rail		1	E5	Right Pedal Rest Cover		1
B2	Seat Carriage Roller Cover		2	E6	Tapping Screw	M4*8mm	8
B3	Seat Carriage Cover		2	E7	Set Piece		2
B4	Seat Carriage Wheel		4	E8	Set Base		2
B5	Bearing	PR-608ZZ(BMC)	8	E9	Foot Snap		2
B6	Spacer	Φ8*Φ12*2mm	8	E10	Flat Head Phillips Screw	M5*15mm	4
B7	Seat Carriage Axial	Φ10*121mm	2	E11	Flat Head Phillips Screw	M4*15mm	2
B8	Washer	M8*2.0T*Φ16	4	E12	Spacer		2
B9	Lower Acorn Nut	M8	4	E13	Nylon Insert Lock Nut	M4	2
B10	Seat Carriage Roller		2	E14	Foot Strap		2
B11	Bearing	PR-608ZZ(BMC)	2				
B12	Even Head Socket Screw	M8*20mm	2	F	Seat		1
B13	Washer	M8*Φ16*2T	2				
B14	Lower Acorn Nut	M8	2	G1	Console Tube		1
B15	Rail Upper Plate		1	G2	Console Bracket		1
B16	Cap Head Socket Screw	M6*10mm	2	G3	Console Back Cover	Old design	1
B17	Rail End Cap	ABS	1	G4	Cap Head Socket Screw	M8*85mm	1
B18	Philip Head Socket Screw	M5*10mm	4	G5	Nylon Acorn Nut	M8	1
B19	Double Head Screw	Φ5.25*85mm	1	G6	Console		1
B20	Seat Carriage Stopper	TPR	2	G7	Ball Head Screw	M5*10mm	4
B21	Rail Handle		1				
				H1	Left Console Tube Cover	ABS	1
C1	Front Stabilizer		1	H2	Right Console Tube Cover	ABS	1
C2	Flat Oval End Cap	40*80	2	J0	Nylon Insert Lock Nut	M8	2
C3	Moving Wheel	Φ50	4	J1	Cap Head Socket Screw	M10*16mm	4
C4	Phillip Head Socket Screw	M8*40mm	2	J2	Washer	M10*1.5T*Φ20	4
C5	Lower Acorn Nut	M8	4	J3	Cap Head Socket Screw	M6*50mm	4
C6	Foot Pad	40*32mm	2	J4	Tapping Screw	M4*12mm	3
C7	Tapping Screw	M4*12mm	2	J5	Cap Head Socket Screw	M8*35mm	2
				J6	Cap Head Socket Screw	M8*16mm	10
D1	Rear Stabilizer		1	J7	Washer	M8*Φ16*1.5T	10
D2	Flat Oval End Cap	40*80	2	J8	Pull Pin		1
D3	Foot Pad	40*32mm	2	J9	Ball Head Screw	M4*10mm	2
D4	Tapping Screw	M4*12mm	2	J10	Spring Washer		2
				K	Pedal Stable Bracket		1

HARDWARE PACKAGE

A

D

C

G

H

E

K

F

B

J

(J0) M8 Nylon Nut

(J1) Bolt M10x16mm

(J2) Washer M10x1.5t

(J3) Bolt M6x50mm

(J4) Screw M4x12.7mm

(J6) Bolt M8x16mm

(J7) Washer M8x1.5t

(J8) Pull pin

(J9) Screw M4x10mm

(J5) Bolt M8x25mm

(J10) Spring Washer

ASSEMBLY INSTRUCTION

NOTE:
Before assembly please lay out ALL pieces accordingly to ensure you are not missing any items.

PLEASE BE CAUTIOUS as some components may be sharp and can cause harm if not handled correctly. Always use safety measurements when assembling any piece of equipment or machinery.

STEP 1.

For best results place Forward Base (A) (Damper Fan) upside down on a soft and secure surface.

Once this is done, the pre-screwed holes for Forward Base Leg (C) will be visible. To bolt in Forward Base Leg (C) into Forward Base (A), place directly on top of pre-screwed holes.

Secure with 2 (J1) Bolt(s) and (J2) Washer(s).
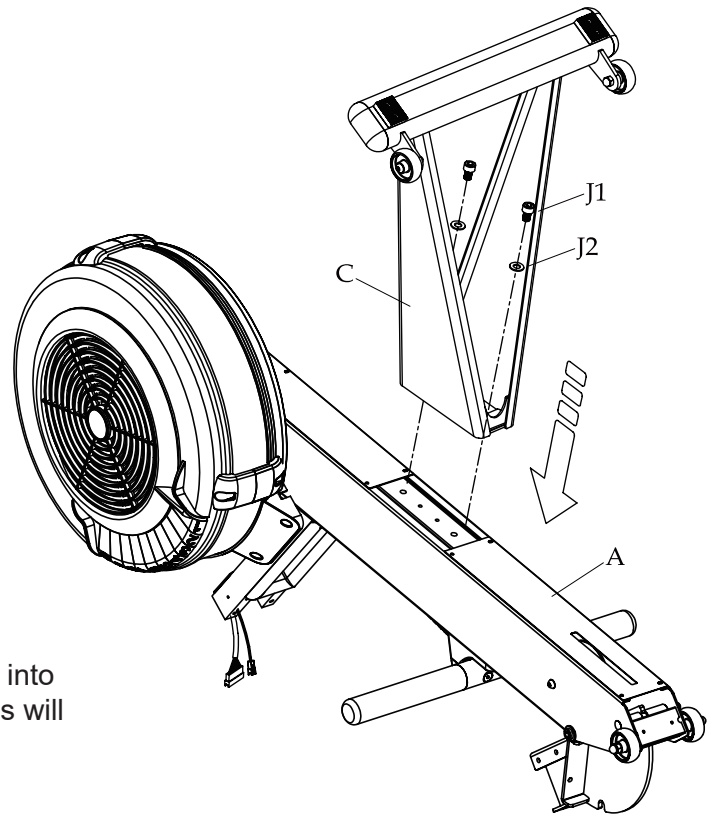
STEP 2-1

Please LIGHTLY pull wires so that they do not recede into the stem of Base Leg (A). DO NOT CUT WIRES; wires will connect to console tube when installing console.

CAUTION: PLEASE HANDLE WITH CARE, AS ELECTRICAL WIRES ARE DELICATE. IF WIRES ARE HANDLED TOO AGGRESSIVELY THEY WILL DISLOCATE.

Once the wires are exposed, CAREFULLY connect wires.
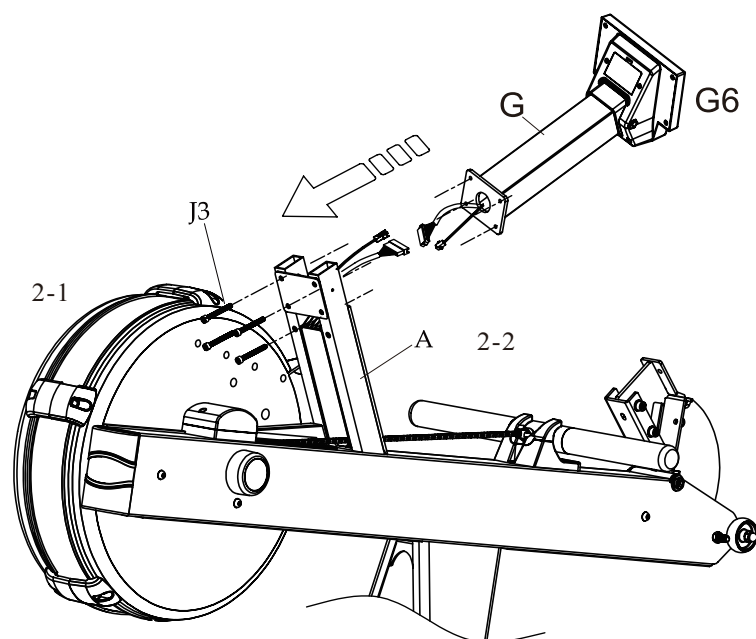
STEP 2-2

Once wires are connected CAREFULLY secure Console Tube (G) to the stem of Base Leg (A).

PLEASE BE CAREFUL OF EXPOSED WIRE ENDS. THE WIRES SHOULD RECEDE BACK INTO STEM ONCE CONNECTED IN ORDER TO PREVENT DAMAGE OR DISLOCATION.

STEP 3.

To finish securing Console (G) onto Forward Base (A) please attach Place Holder (H).

Place Holder (H) will break up into 2 components (H1) and (H2). These components will rejoin together once attached onto forward Base (A).

Once rejoined please secure with 2 screws (J9) and 1 screw(J4).
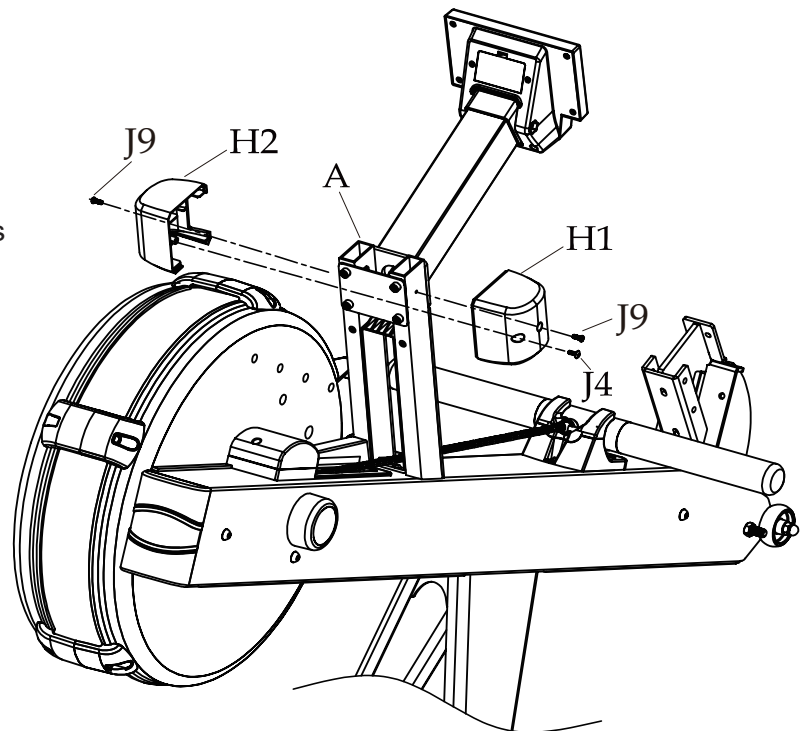
STEP 4.

To install Rear Base Leg (D), face Base Railing (B) face down so that the receiving device for the seat cushion is on the floor. Place Rear Base Leg (D) above the pre-screwed holes of the Base Rail (B). Once placed secure with 2 (J1) Bolt(s) and (J2) washer(s).
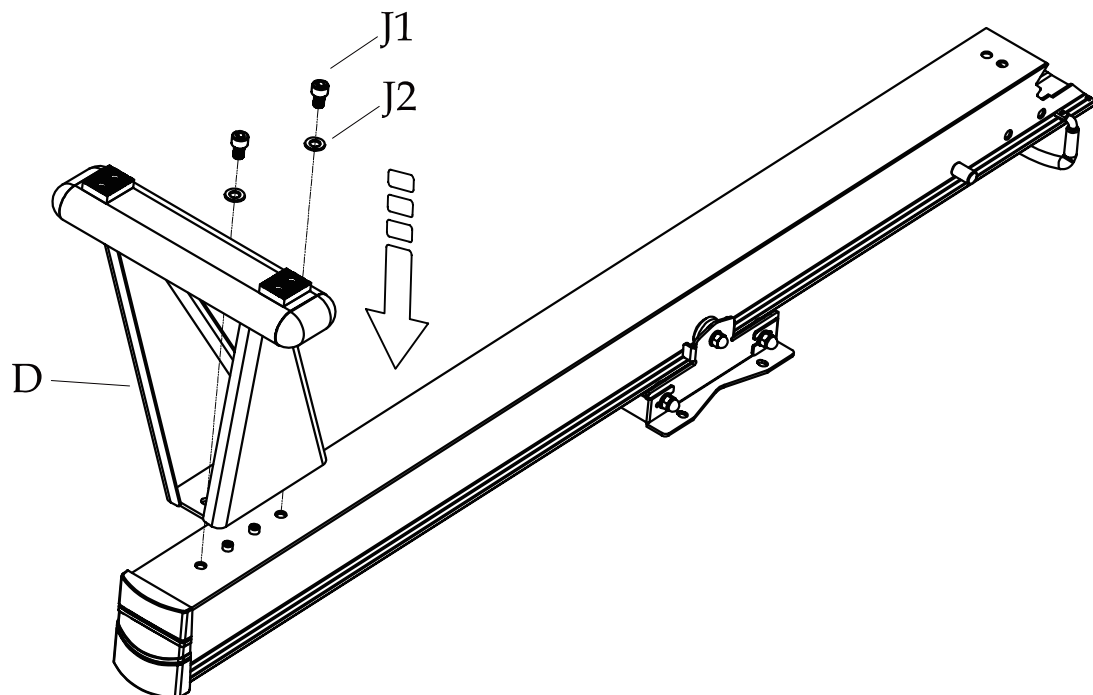
STEP 5.

To install foot pedals (E1) and (E2) into (A) Forward Base join the together by Steel Bracket (K). Steel Bracket (K) should slide into place of Foot Pedal (E1). Once placed secure with 2 (J5) bolts, 2 (J10) spring washer and 2 (J0) nuts.

NOTE: You must install foot pedals before moving forward with the assembly process. Should Step 5 be skipped the Pre-screwed holes on the base railing would cover up the pre screwed holes on the Forward Base leg where the foot pedals are to be installed.

ASSEMBLY INSTRUCTION
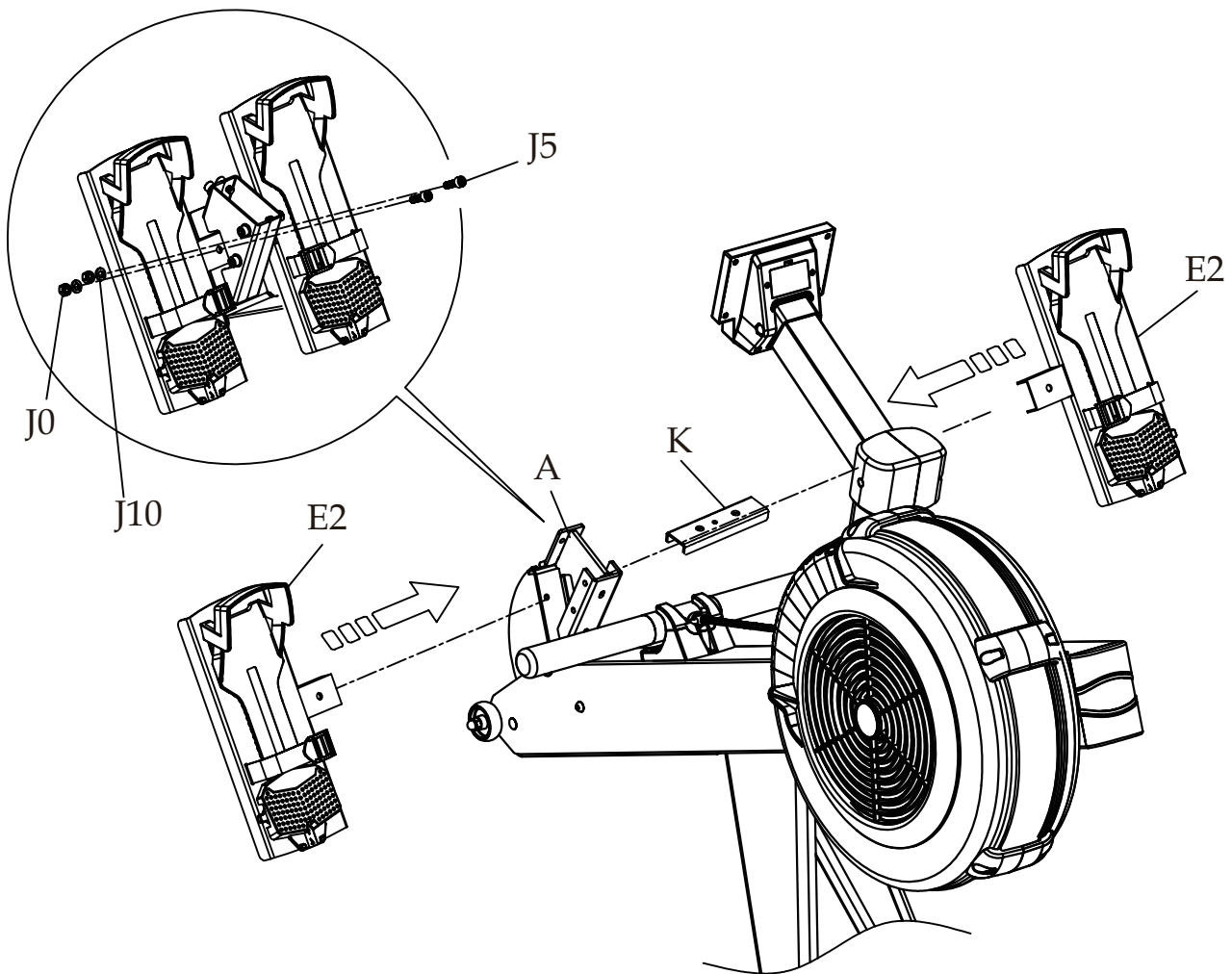
STEP 6-1

To install Seating place Seat Cushion (F) above the pre-screwed holes of Base Railing (B) The high angled read end of Seat Cushion (F) should face the back end of Base Railing (B).

Secure with 4 Bolts (J6) and 4 washers (J7).

STEP 6-2

To install Pull pin (J8) locate the pre-screwed bolt at the end of Forward Base (A) and turn clockwise until the bolt is securely fastened.

F

J7

J6

J7

J6

J8
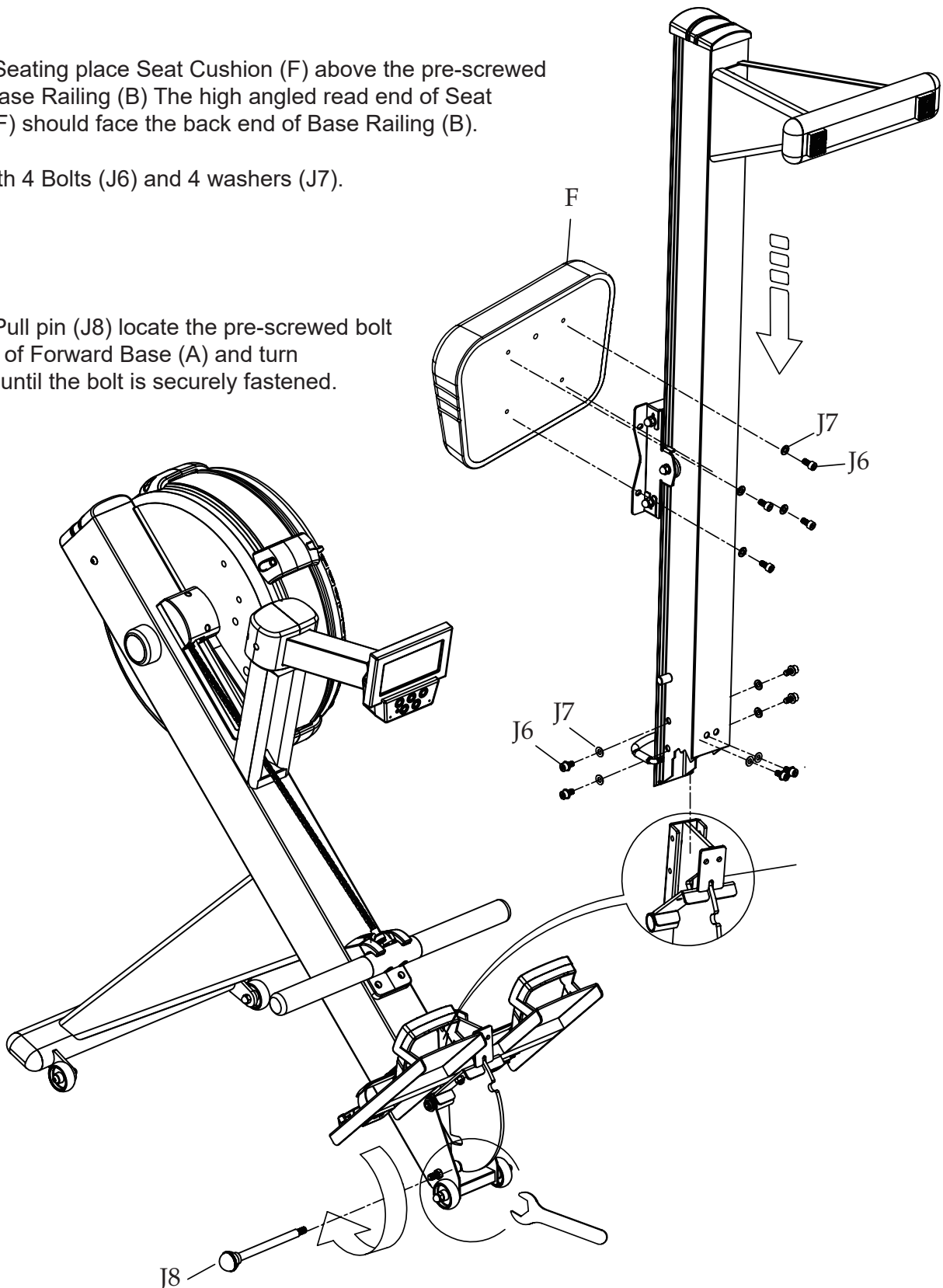
STEP 6-3

Align Forward Base (A) with Base Railing (B) until the pre-screwed holes are aligned with one gmother. Secure Forward Base (A) to Base Railing (B) with 4 Bolts (J6) and 4 Washers (J7).

NOTE: Please be sure to tighten and secure ALL BOLTS AND WASHERS IN THEIR PLACE TO ENSURE A SOLID AND SECURE foundation to the rower.
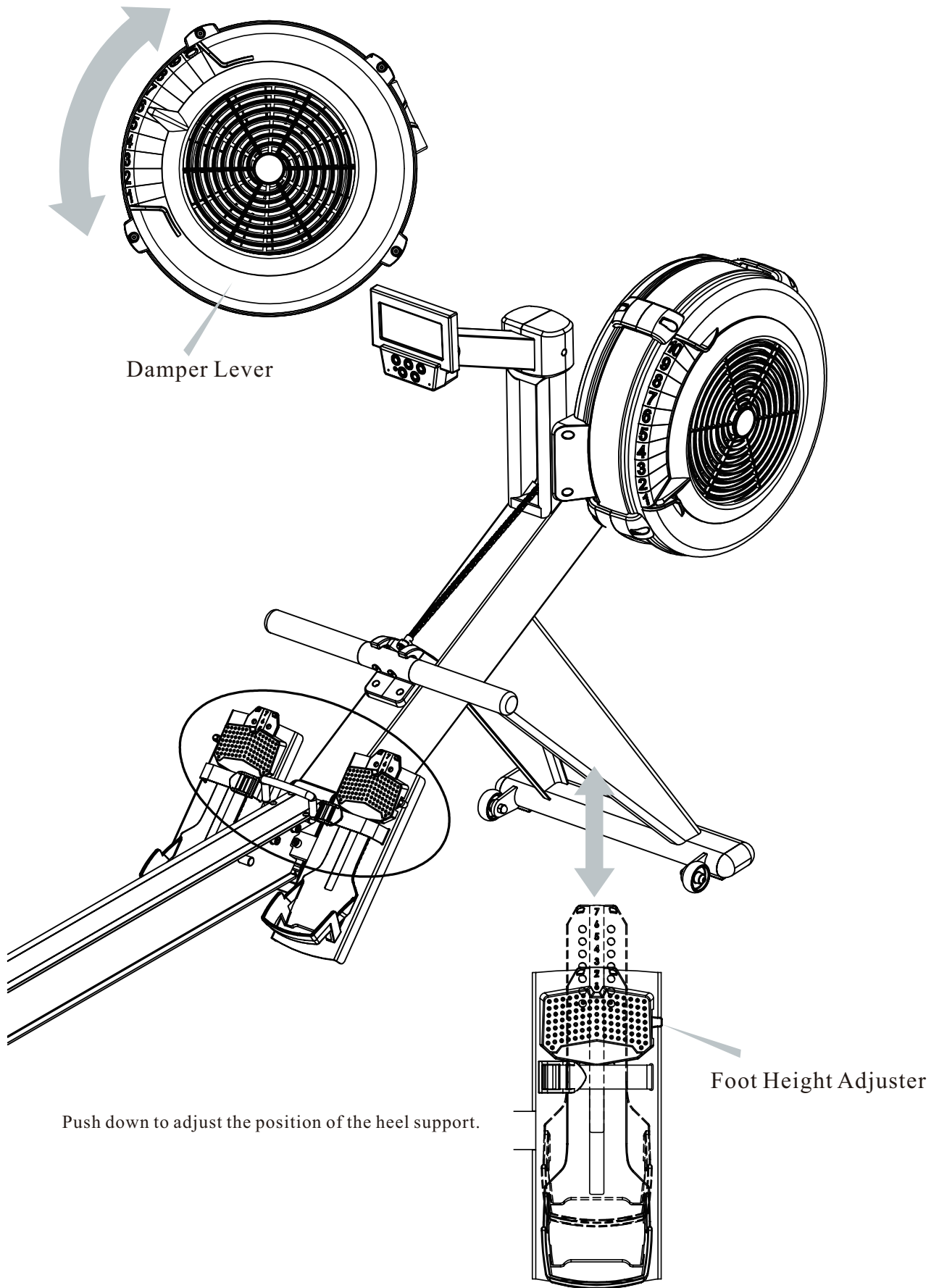
B

③

B21

J8

①

②
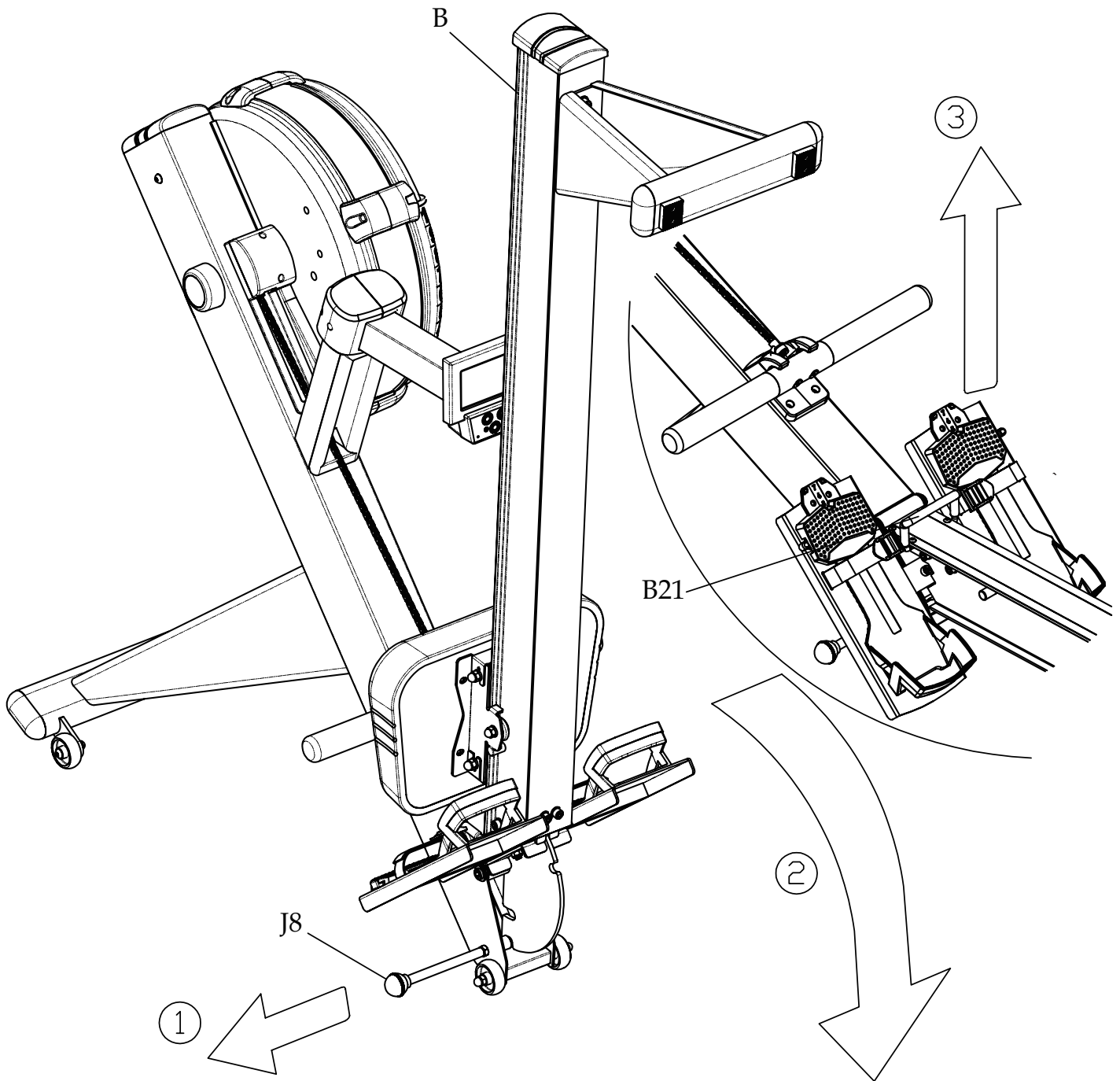
STEP 7. ROWER STORAGE

To fold the Rower, simply pull the PULL PIN (J8) located between Forward Base (A) and Base Railing (B). This will cause Forward Base (A) to drop down and will allow you to raise Base Railing (B) so that Forward Base Leg (C) will be facing outward.

When you are ready to unfold the Rower again, simply pull on PULL PIN (J8) while holding onto Base Railing (B). This will cause Base Railing (B) to drop.

NOTE: Please use a firm grip on ALL MOVING PARTS when folding the Rower. The weight of the rower will cause Forward Base (A) to drop aggressively when folding and will cause Base Railing (B) to drop aggressively when unfolding.

Damper Lever

Foot Height Adjuster

Push down to adjust the position of the heel support.

CONSOLE OPERATION INSTRUCTIONS

METERS
Displays total distance rowed in meters

SPM
Displays strokes per minute (stroke rate)

PULSE
Displays heart rate when connected to a heart rate monitor

CALORIES
Displays total calories

WATTS
Displays watts per pull

STROKES
Displays total number of strokes

TIME/500M
Displays projected time needed to complete 500 meters based on current stroke

TIME
Displays amount of time spent rowing (does not count rest)

LARGE TOGGLE DISPLAY FOR 9 PERFORMANCE MEASUREMENTS
Track total workout time in minutes and seconds or toggle between 9 different performance measurements to display at the center of the screen

AVERAGE 500M PACE

Project time needed to complete 500 meters based on all strokes

AVERAGE M/STROKE

Average meters rowed per stroke

MAX HEART RATE

Maximum heart rate during the workout

CALORIES PER HOUR

Projected calories burned per hour based on all pulls during the workout

FORCE CURVE

Graphically represent how force is applied during the rowing stroke

MAX WATT

Maximum watts produced during all strokes

WATTCHART

Graphically represents watts produced relative to other strokes during the workout

AVERAGE WATT

Average watts per stroke based on all strokes

PRE-BUILT PROGRAMS
Toggle through the menu using the UP/DOWN arrows to select from various pre-built programs:
Quick Start, Competition Racing, Interval/Tabata, Target time, Target Distance, Target Calories, Target strokes or Target Distance.

CONSOLE OPERATION INSTRUCTIONS
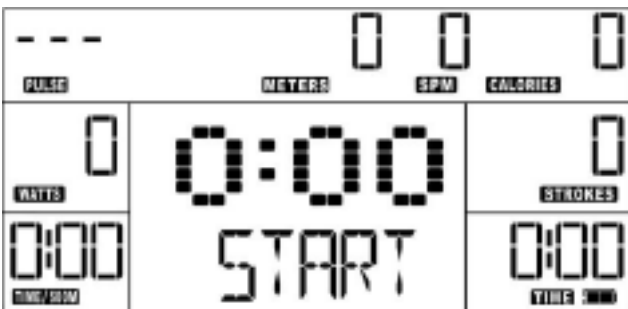
MODE OF OPERATION

1. Press START to turn on console. You will see "PRESS START TO QUICKSTART OR SELECT PROGRAM" on the meter display.

2. To choose QUICKSTART, press START again and begin your workout.

3. To choose a program, press the "UP/DOWN" key to make your program selection between the following programs: QUICKSTART / RACE / INTERVAL / TIME / DISTANCE / CUSTOM

QUICK START

1. The monitor will default to the QUICKSTART mode when you press "START/STOP" or start rowing and do not choose a program.

2. During use, the monitor will display the following metrics TIME / STROKES / CALORIES / METERS / WATTS / TIME/500M / PULSE / STROKES PER MINUTE (SPM) Each metric will count up in increments.

3. Press the UP / DOWN button to display other metrics such as the TOTAL TIME, AVG / 500M, AVG METER /STROKE, MAX HR, MAX WATT, AVG WATT, CAL / HR, WATT CHART, and FORCE CURVE in the middle window.

4. If you stop rowing, the time shown on the lower right window of monitor will pause. When you start rowing again, it will continue operating from where you left off.

5. Press the STOP button to pause the monitor.

CONSOLE OPERATION INSTRUCTIONS

QUICK - PROGRAM

1. The monitor will default to the QUICKSTART mode when you press "START/STOP" or start rowing and do not choose a program.

2. During use, the monitor will display the following metrics TIME / STROKES / CALORIES / METERS / WATTS / TIME/500M / PULSE / STROKES PER MINUTE (SPM).

3. Press the UP / DOWN button to display other metrics such as the TOTAL TIME, AVG / 500M, AVG METER /STROKE, MAX HR, MAX WATT, AVG WATT, CAL / HR, WATT CHART, and FORCE CURVE in the middle window.

4. If you stop rowing, the time shown on the lower right window of monitor will pause. When you start rowing again, it will continue operating from where you left off.

5. Press the STOP button to pause the monitor.

RACE - PROGRAM

1. In the start menu, use the "UP / DOWN" key to select RACE, and then press the ENTER key to choose the program.

A. Meters setting procedure

1. When the user selects the RACE program, the program defaults to a 2000 meter distance.

2. Users can use the "UP / DOWN" button to change the targer race distance.

   Press the ENTER key when finished.

B. TIME/500M setting procedure

1. Once your target race distance is set, the program defaults to a 2:15 TIME / 500M setting.

2. Users can use the "UP / DOWN" button to change the "TIME / 500M" settings.

   Press the ENTER key when finished.

C. Press START key to begin the program

1. During the RACE program, the following metrics "TIME / STROKES / CALORIES / WATTS /" will count up. METERS metric will count down to your target race distance.

2. During the race, the dot matrix will show YOUR position and the COMPUTER's position; the monitor will display the meter distance between the two. After the end of the race, the computer will show either the COMPUTER or YOU as the winner.

3. If you stop rowing, the time shown on the lower right window of monitor will pause. When you start rowing again, it will continue operating from where you left off. Press the STOP button to pause the monitor.
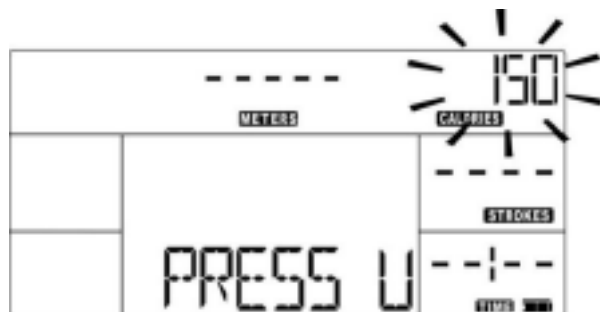
INTERVAL - PROGRAM

1. In the start menu, use the "UP / DOWN" key to select INTERVAL, and then press the ENTER key to choose the program.

2. WORK TIME / STROKES / CALORIES / METERS MODE Setting Program.

1. After pressing the ENTER key, 4 metrics (time, strokes, calories, distance) will be flashing.

2. USERS can use the "UP / DOWN" button to choose the program, then press "ENTER" to select that metric as the work portion of the interval.

3. Then, the user will be able to set the amount of work based on one of those 4 metrics, rest time, interval rounds, press the ENTER key when you are finished.

CONSOLE OPERATION INSTRUCTIONS

WORK TIME setting procedure

1. Once your number of intervals is set, the program will default to 1:00 of work time.

2. Users can use the "UP / DOWN" button to change the amount of work time.

   Press the ENTER key when you are finished.

REST TIME setting procedure

1. Once the amount of work time is set, the program will default to 0:30 of rest time.

2. You can use the "UP / DOWN" button to change the amount of rest time.

   Press the ENTER key when you are finished.

STROKES setting procedure

1. Once the amount of rest time is set, the program will default to 300 target strokes.

2. You can use the "UP / DOWN" button to change the number of target strokes.

   Press the ENTER key when you are finished.

CALORIES setting procedure

1. Once the number of strokes is set, the program will default to a 150 calorie target.

2. You can use the "UP / DOWN" button to change the amount of calories.

   Press the ENTER key when you are finished.

CONSOLE OPERATION INSTRUCTIONS

METERS setting procedure

1. Once the amount of calories is set, the program will default to 2000 meters target distance.

2. Users can use the "UP / DOWN" button to change the amount of meters.

   Press the ENTER key when you are finished.

Press the START key to begin with the program.

1. During the INTERVAL program, the monitor will display "WORK" during work intervals and count down the amount of work time remaining. Once the work time is completed, the monitor will display "REST" and count down the amount of rest time remaining.

2. The program will alternate between WORK and REST time for the number of intervals set.

3. During the program, STROKES, CALORIES, and METERS will count down from your preset values.

4. Press the STOP button to pause the monitor.

TIME - PROGRAM

1. In the start menu, use the "UP / DOWN" key to select TIME, and then press the ENTER key to choose the program.

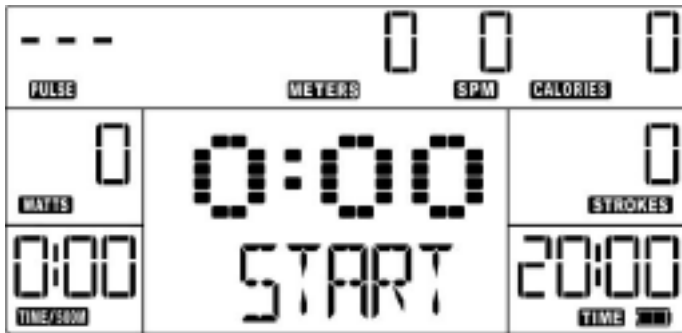**Press the START key to begin with the program.**

1. When the user selects the TIME program, the program defaults to a time of 20 minutes.

2. Users can use the "UP / DOWN" button to change the amount of time.

   Press the ENTER key when finished.

CONSOLE OPERATION INSTRUCTIONS

Press the START key to begin the program.

1. During the program, the TIME display on the bottom right will count down to 0:00. The STROKES, CALORIES, and METERS metrics will count up.

2. Press the UP / DOWN button to display other metrics such as the TOTAL TIME, AVG / 500M, AVG METER / STROKE, MAX HR, MAX WATT, AVG WATT, CAL / HR, WATT CHART, and FORCE CURVE in the middle window.

3. If you stop rowing, the time shown on the lower right window of monitor will pause. When you start rowing again it will continue operating from where you left off.

4. Press the STOP button to pause the monitor.

DISTANCE - PROGRAM

1. In the start menu, use the "UP / DOWN" key to select DISTANCE, and then press the ENTER key to choose the program.

Press the START key to begin with the program.

1. When the user selects DISTANCE program, the program will default to a target distance of 2000 meters.

2. Users can use the "UP / DOWN" button to change the target distance.

   Press the ENTER key when finished.

Press the START key to begin with the program.

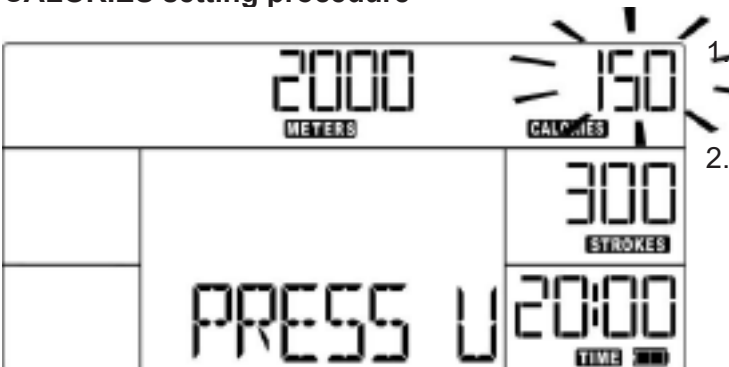1. During the program, the METERS display on the top center will count down to zero. The TIME, STROKES, CALORIES displays will count up.

2. Press the UP / DOWN button to display other metrics such as the TOTAL TIME, AVG / 500M, AVG METER / STROKE, MAX HR, MAX WATT, AVG WATT, CAL / HR, WATT CHART, and FORCE CURVE in the middle window.

3. If you stop rowing, the time shown on the lower right window of monitor will pause. When you start rowing again it will continue operating from where you left off. When needed, press the STOP button to pause the monitor.

CUSTOM - PROGRAM

1. In the start menu, use the "UP / DOWN" key to select CUSTOM, and then press the ENTER key to choose the program.

2. Note that the program has default settings for the number of intervals, amount of work time, amount of rest time, strokes, calories, meters. You caN change any of the defaults with the directions below.

At any time, press START or begin rowing to begin the program with the default settings or mix of your changes and default setting.

TIME setting procedure

1. When the user selects the CUSTOM program, the program defaults to a 20:00 minute default time.

2. Users can use the "UP / DOWN" button to change the amount of time.

   Press the ENTER key when you are finished.

STROKES setting procedure
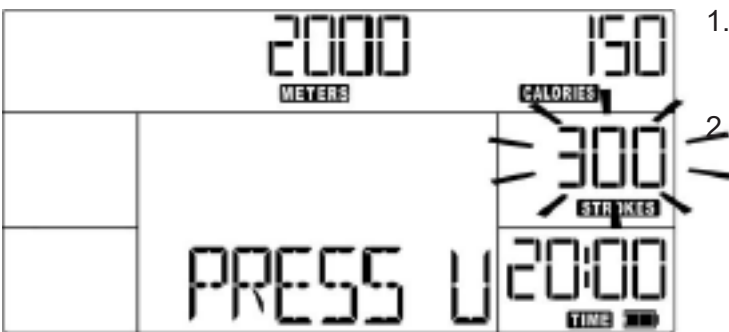
1. Once the time is set, the program will default to 300 strokes.

2. You can use the "UP / DOWN" button to change the number of strokes.

   Press the ENTER key when finished.

CALORIES setting procedure

1. Once the number of strokes is set, the program will default to 150 calories.

2. You can use the "UP / DOWN" button to change the amount of calories.

   Press the ENTER key when finished.

CONSOLE OPERATION INSTRUCTIONS

METERS setting procedure

1. Once the amount of meters is set, the program will default to 2000 meters.

2. You can use the "UP / DOWN" button to change the amount of meters.

   Press the ENTER key when finished.

Press the START key after the operation of the program.

1. During the program, the TIME, STROKES, CALORIES, and METERS displays will count down to zero and will stop at zero.

2. Press the UP / DOWN button to display other metrics such as the TOTAL TIME, AVG / 500M, AVG METER / STROKE, MAX HR, MAX WATT, AVG WATT, CAL / HR, WATT CHART, and FORCE CURVE in the middle window.

3. If you stop rowing, the time shown on the lower right window of monitor will pause. When you start rowing again, it will continue operating from where you left off.

4. Press the STOP button to pause the monitor.

CORRECT ROWING METHOD

There are two rowing actions: slide and catch. However, for the coherence of actions, these two actions usually are mixed together. No pause shall exist during rowing. We suggest someone observe your driving and compare your position with that in the picture. Wrong exercise method may cause bodily harm.

CATCH
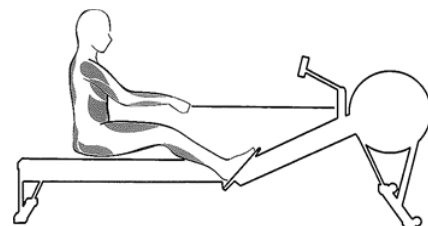
Pull your body to the starting position of next rowing with your leg strength. Now, the user can start the next rowing.

Remember that your body never stops suddenly.
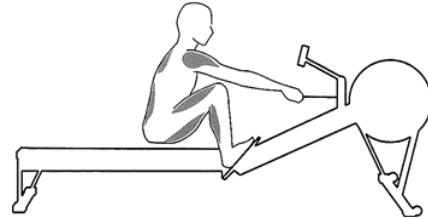
SLIDE

During the rowing process, the user straight the legs, and swings legs backwards through upright position. During the rowing process, the arms are still straight, and the shoulders shall be
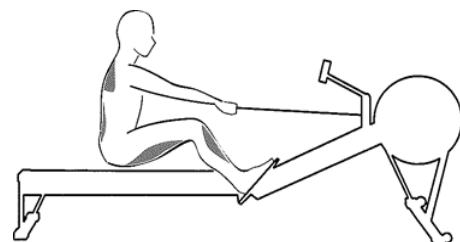relaxed.

RECOVERY

At the end of rowing process, pull the handles toward the abdomen with the strength of arms and shoulders. The legs are straight, and the body leans back slightly. Notice that the height of handles
is not at the height of chest nor knee.
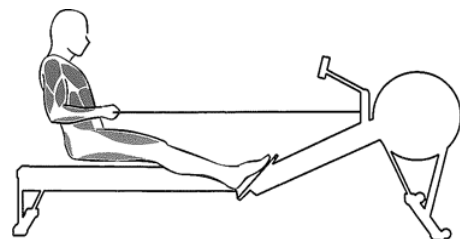
SLIDE

Reach out arms, swing your body forward in the support of hips and start homing. In this way, the handles can be put in front of knees, avoiding the mutual interference of knees and hands when the seat moves forward.

CATCH

The rower bends knees, reaches out arms, and his body leans towards the flywheel. All strength is focused on legs and back. Start rowing. Note: arms shall be straight, and shoulders shall be relaxed.

WARM UP AND COOL DOWN ROUTINE
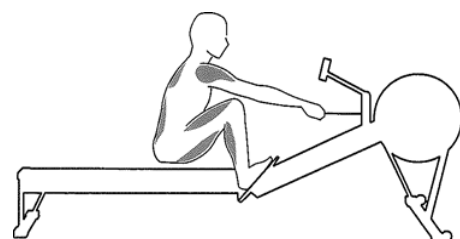
A good exercise program consists of a warm-up, aerobic exercise, and a cool down. Do the entire program at least two to three times a week, resting for a day between workouts. After several months you can increase your workouts to four or five times per week.

AEROBIC EXERCISE is any sustained activity that sends oxygen to your muscles via your heart and lungs. Aerobic exercise improves the fitness of your lungs and heart. Aerobic fitness is promoted by any activity that uses your large muscles eg: legs, arms and buttocks. Your heart beats quickly and you breathe deeply. An aerobic exercise should be part of your entire exercise routine.

The WARM-UP is an important part of any workout. It should begin every session to prepare your body for more strenuous exercise by heating up and stretching your muscles, increasing your circulation and pulse rate, and delivering more oxygen to your muscles.

COOL DOWN at the end of your workout, repeat these exercises to reduce soreness in tired muscles.

HEAD ROLLS

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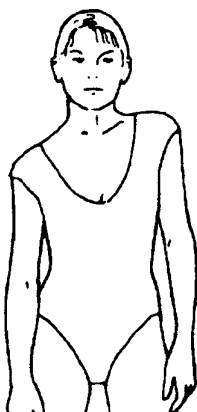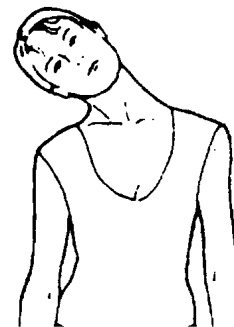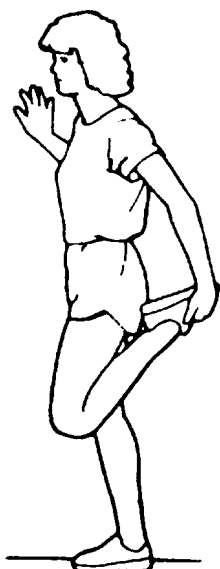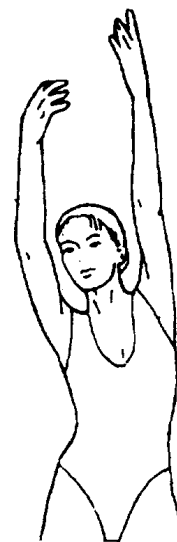
SHOULDER LIFTS

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

SIDE STRETCHES

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

QUADRICEPS STRETCH

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

INNER THIGH STRETCH

Sit with the soles of your feet together and your knees pointing outward. Pull your feet as close to your groin as possible. Gently push your knees toward the floor. Hold for 15 counts.
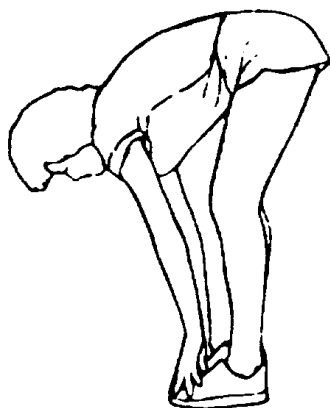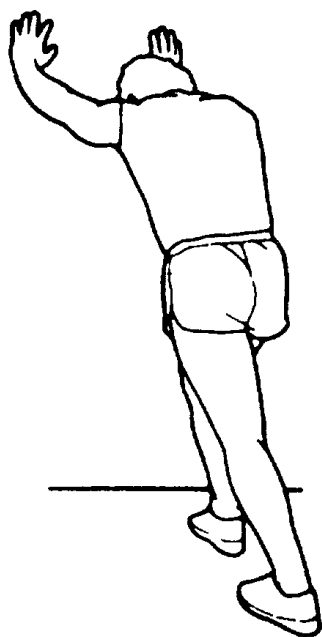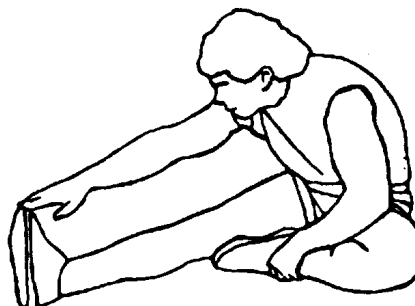
TOE TOUCHES

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

HAMSTRING STRETCHES

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

CALF/ACHILLES STRETCH

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

IMPLIED WARRANTY

The importer of this product assures that this device is manufactured with high quality materials.

The prerequisite for the implied warranty is the proper setup in accordance with the operating instructions. Improper use and /or incorrect transportation can void the warranty.

The implied warranty for wear parts is valid for 1 year and for frame 3 years, beginning from the date of purchase. For eventual defects please contact the dealer of this product within the guarantee period.

The warranty applies to the following parts (as far as included in the scope of delivery): frame, electronic devices, wheels, foot straps and pedal set.

The guarantee does not cover:
• Damage effected by outer force
• Intervention by unauthorized parties
• Incorrect handling of the product
• Non-compliance of the operating instructions

Note: Wear parts and expendable parts are also not covered.

The device is intended for home and professional use.

Manufactured for:
Gymstick International Oy
Ratavartijankatu 11
15170 Lahti, FINLAND

Devices marked with this symbol must be disposed of separately from your household waste, as they contain valuable materials which can be recycled. Proper disposal protects the environment and human health. Your local authority or retailer can provide information on the matter.