AIR ROWER ERG780

INSTALLATION STANDARD GUIDE

OWNER'S MANUAL

Before using this Air Rower read this manual and
follow all its safety Rules and Operating

C O N T E N T S

SAFETY INSTRUCTIONS

1. To reduce the risk of serious injury, read the following Safety Instructions before using the ROWER.

2. Save these instructions and ensure that other exercisers read this manual prior to using the ROWER for the first time.

3. Read all warnings and cautions posted on the ROWER.

4. The ROWER should only be used after a thorough review of the Owner's Manual. Make sure that it is properly assembled and tightened before use.

5. We recommend that two people be available for assembly of this product.

6. Keep children away from the ROWER. Do not allow children to use or play on the ROWER. Keep children and pets away from the ROWER when it is in use.

7. It is recommended that you place this exercise equipment on an equipment mat.

8. Set up and operate the ROWER on a solid level surface. Do not position the ROWER on loose rugs or uneven surfaces.

9. Make sure that adequate space is available for access to and around the ROWER.

10. Before using, inspect the ROWER for worn or loose components, and securely tighten or replace any worn or loose components prior to use.

11. Before using, check the condition of the Chain (10). Replace the Chain (10) if it is cracked or broken.

12. Consult a physician prior to commencing an exercise program and follow his/her recommendations in developing your fitness program. If at any time during exercise you feel faint, dizzy, or experience pain, stop and consult your physician. Failure to follow all warnings and instructions could result in serious injury or death.

13. Always choose the workout which best fits your physical strength and flexibility level. Know your limits and train within them. Always use common sense when exercising.

14. Do not wear loose or dangling clothing while using the ROWER.

15. Never exercise in bare feet or socks; always wear proper footwear such as running, walking, or cross training shoes that fit well, provide foot support, and feature non-skid rubber soles.

16. Be careful to maintain your balance while using, mounting, dismounting, or assembling the ROWER, loss of balance may result in a fall and bodily injury.

17. Do not use the Seat (59) to move the ROWER. The Seat (59) will move and the Seat Fixing Clip (78) may pinch your hand or fingers. When assembling or separating the unit, keep all children away and make sure your hands are clear of any pinch point.

18. The ROWER should not be used by persons weighing over 150 kgs.

19. The ROWER should be used by only one person at a time.

Failure to follow all guidelines may compromise the effectiveness of the exercise experience, expose yourself (and possibly others) to injury, and reduce the longevity of the equipment.

SAVE THESE INSTRUCTIONS - THINK SAFETY!

**Caution!** Please be careful when unpacking the carton.

BEFORE YOU BEGIN

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

It's a proven fact that a regular exercise program can improve your physical and mental health. Too often, our busy lifestyles limit our time and opportunity to exercise. The ROWER provides a convenient and simple method to begin your journey of getting your body in shape and achieving a happier and healthier lifestyle.

Before reading further, please review the drawing below and familiarize yourself with the parts that are labeled.

Read this manual carefully before using the ROWER.
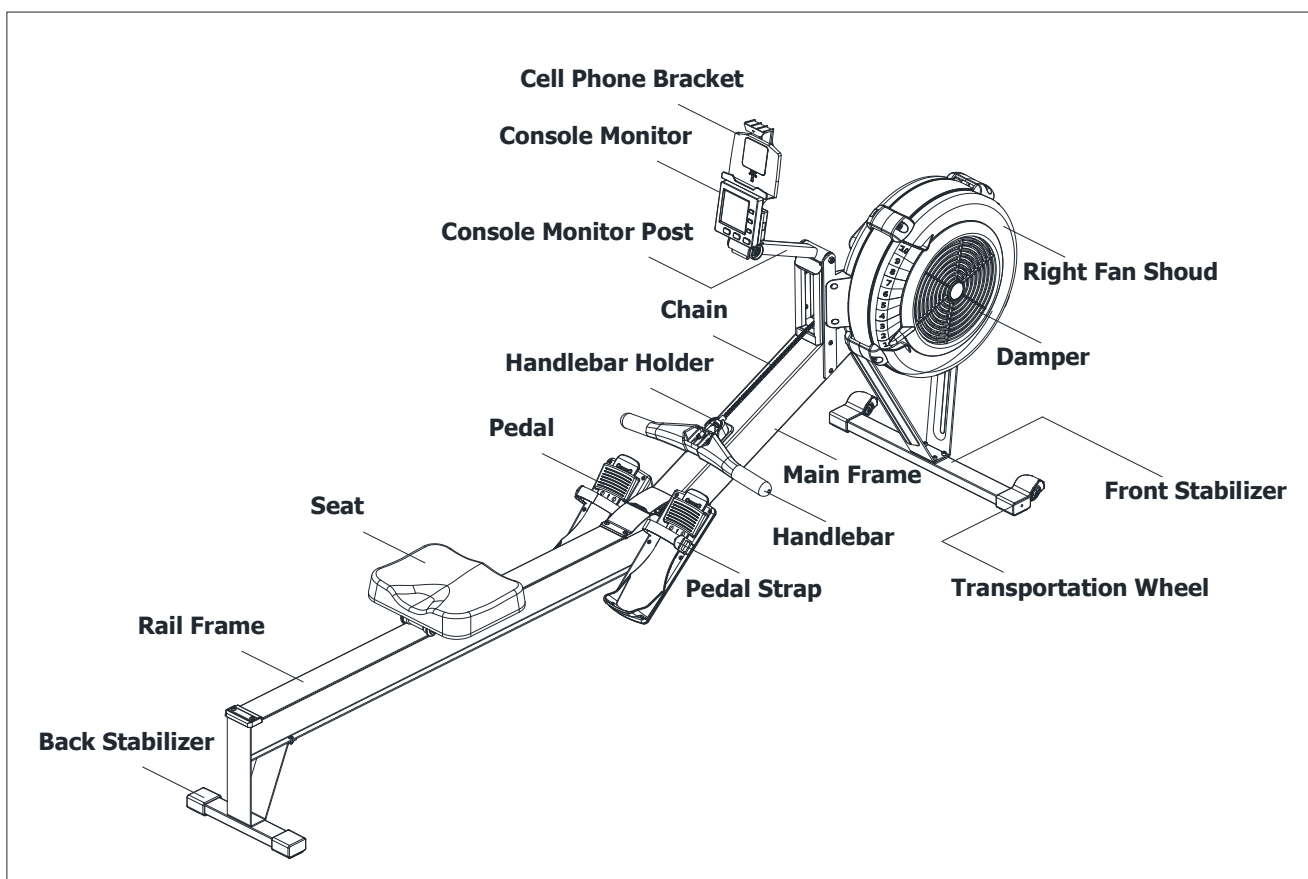
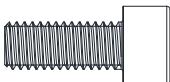# THE FOLLOWING TOOLS ARE INCLUDED FOR ASSEMBLY

Allen Wrench (5mm)   Allen Wrench (5mm/Cross Head)

HARDWARE IDENTIFICATION CHART

After unpacking the unit, open the hardware bag and make sure that you have all the following fasteners. Some fasteners may be already attached to the parts.

	PART#	DESCRIPTION	QTY
	106	Socket Head Cap Screw, M6×15mm	8

ASSEMBLY STEPS

STEP 1

First, take out the packing materials Styrofoam (A) and Styrofoam (B). Then flip them over so the sides with carved letter are facing up. Take the Main Frame (1) out from the carton and put it on both Styrofoam (A & B) as picture shown. The Right and Left Fan Shrouds (4 & 5) should be placed in the groove of Styrofoam (A).
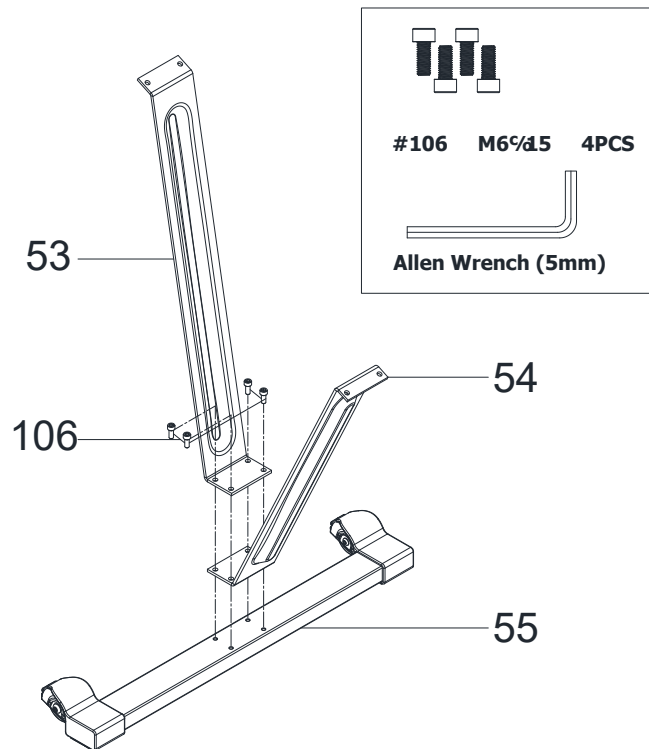
NOTE: Fan Shrouds will be easily damaged if the whole product is placed on the ground directly during the assembly.
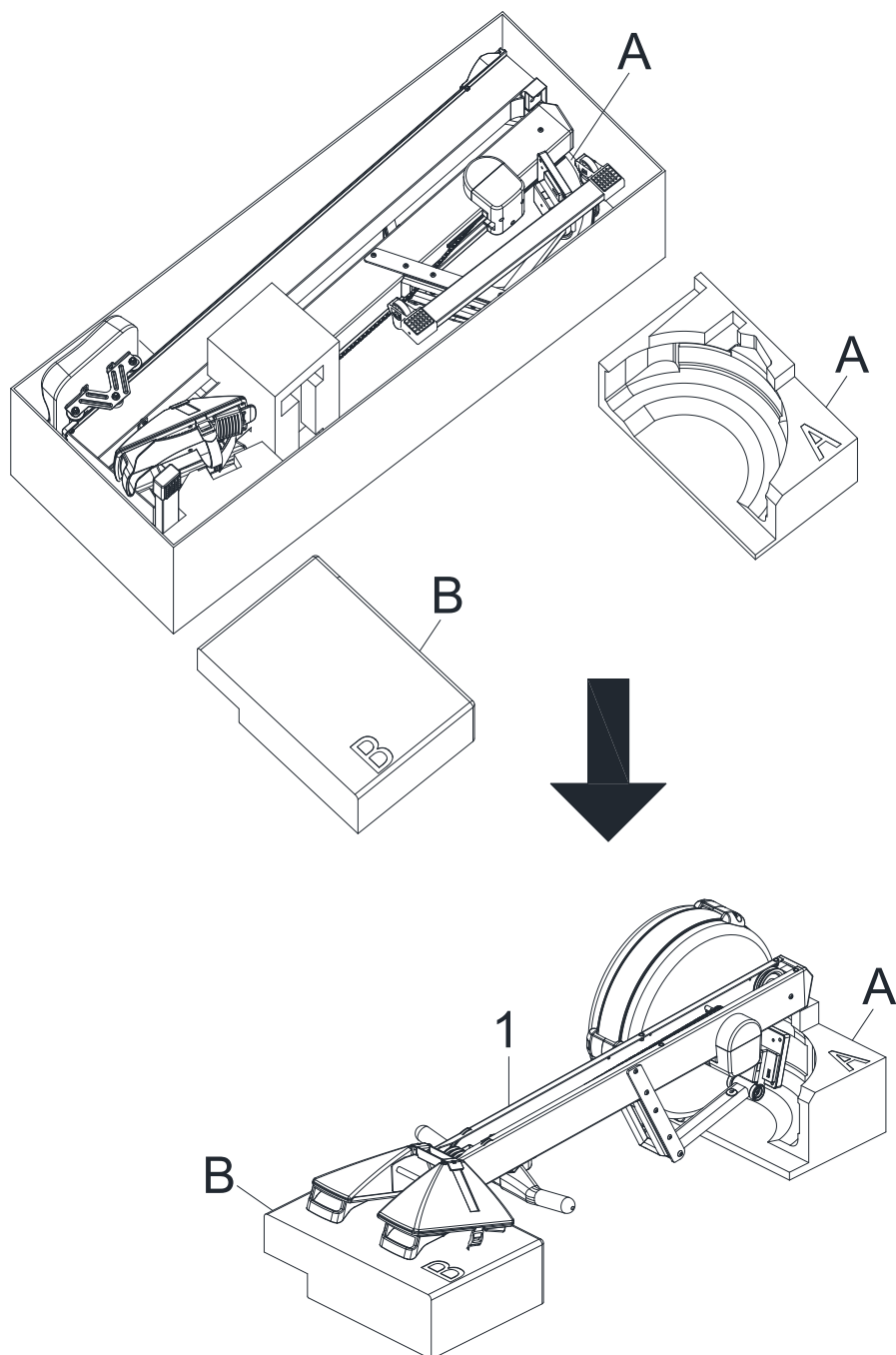
STEP 2

Attach Long Front Support Leg (53) and Short Front Support Leg (54) to Front Stabilizer (55) using 4 PCs of M6×15mm Cylindrical Head Hexagon Socket Screws (106).

NOTE: Do not fully tighten bolts until instructed.

#106   M6×15   4PCS

Allen Wrench (5mm)

STEP 3

Attach Front Long Front Support Leg (53) and Short Front Support Leg (54) to Main Frame (1) using 4 PCs of M6×15mm Cylindrical Head Hexagon Socket Screws (106).

#106   M6×15   4PCS

Allen Wrench (5mm)
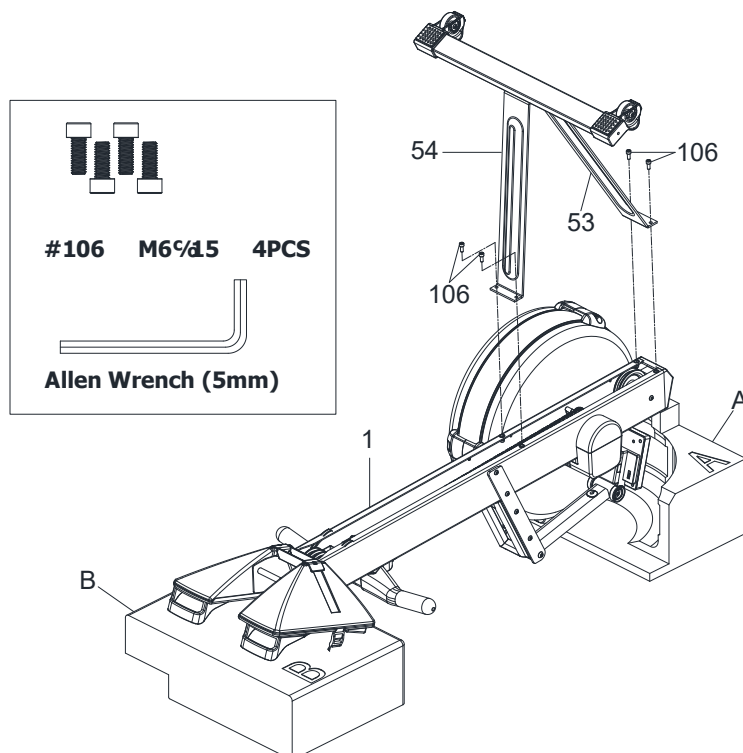
STEP 4

Adjust the Console Monitor Post (52) and the Console Monitor (51) to the appropriate position Install the Pad Holder (50) onto the Console Monitor (51) and secure it with 2 Cross Half-round Head Screws (113).

**Allen Wrench
(5mm/Cross Head)**
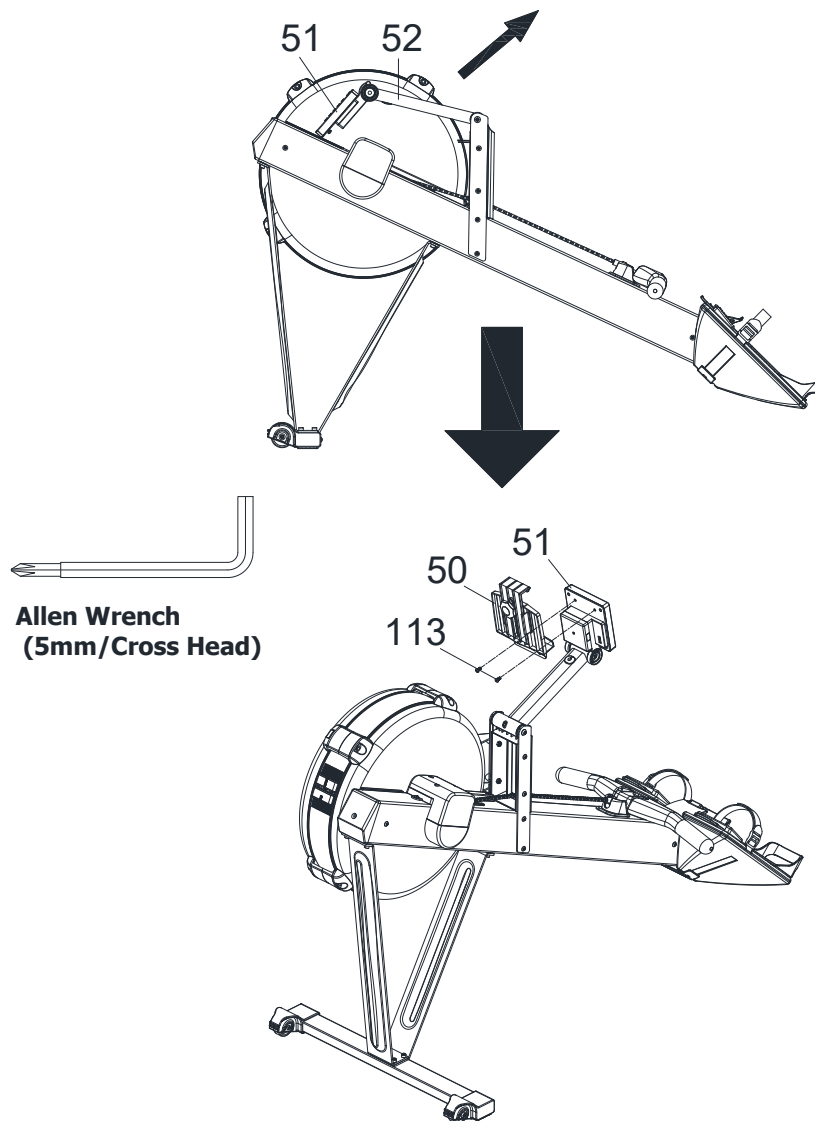
STEP 5

Set Main Frame (1) on the ground as the pic shows below, use left hand grab the strap pf left pedal to lift up the backside of Main Frame. Then attach the front side of Rail (58) with the backside of Main Frame (1). Lower Main Frame (1) slower and finish the assembly of Aluminum Rail.
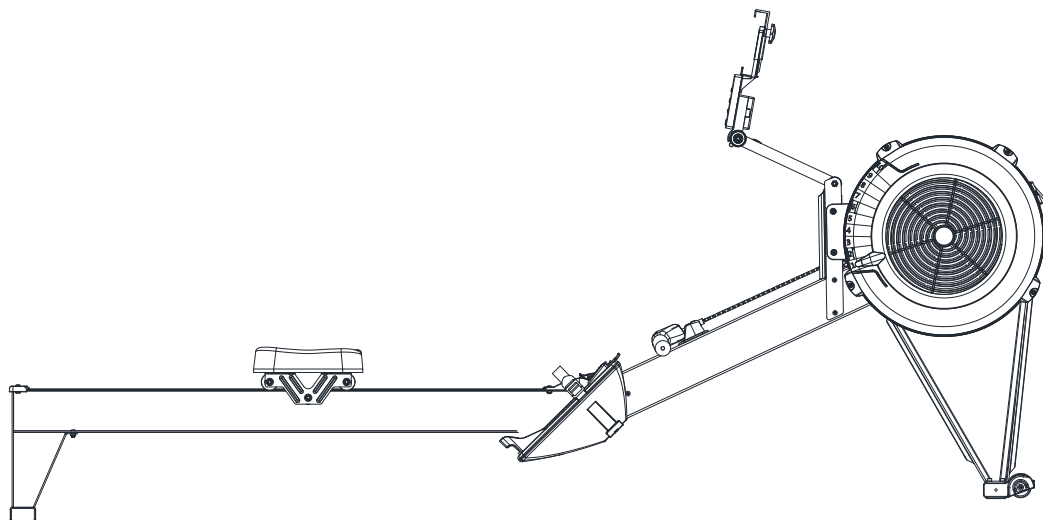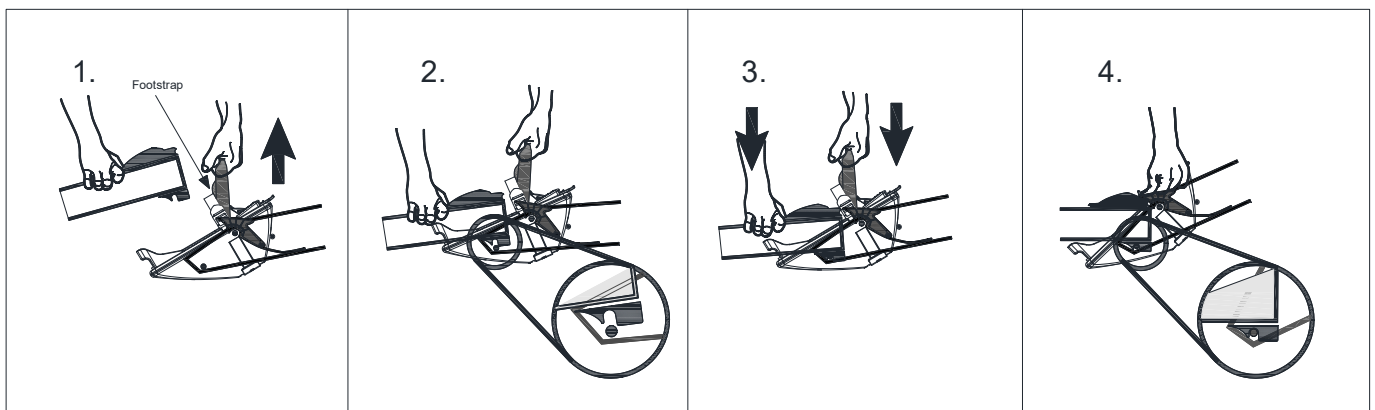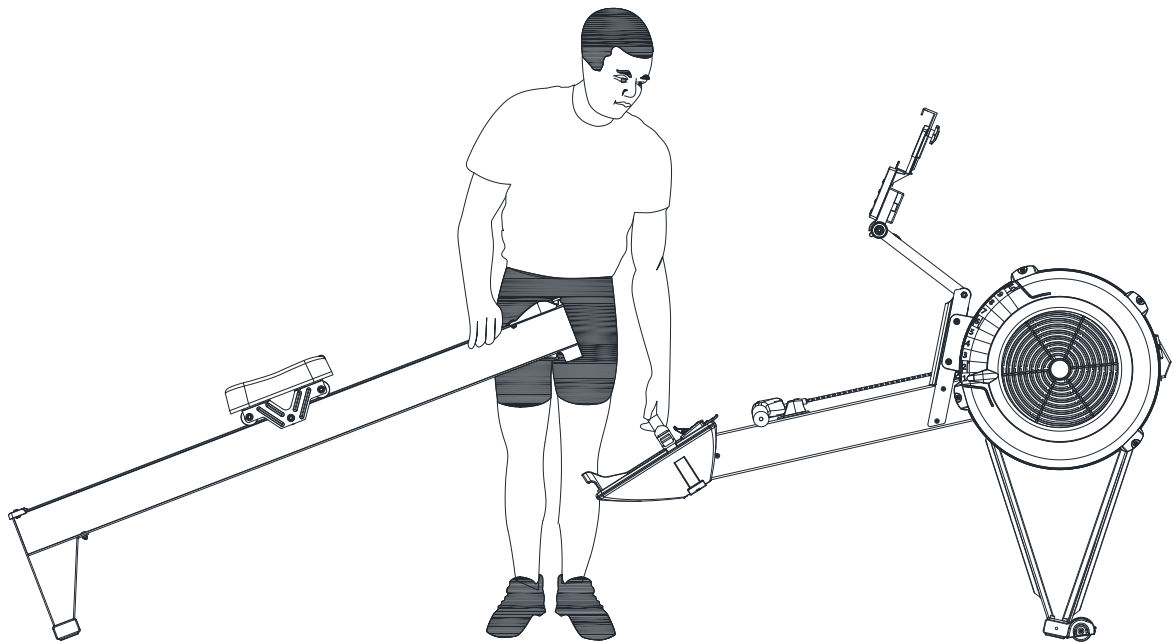
STEP 6

Assembling Batteries

NOTE: Use 1.5 volt alkaline D Cell (LR20) batteries. Do not use lithium or 3.6 volt batteries, as there is risk of fire or explosion. Remove batteries when not in use for a period of four months or more.
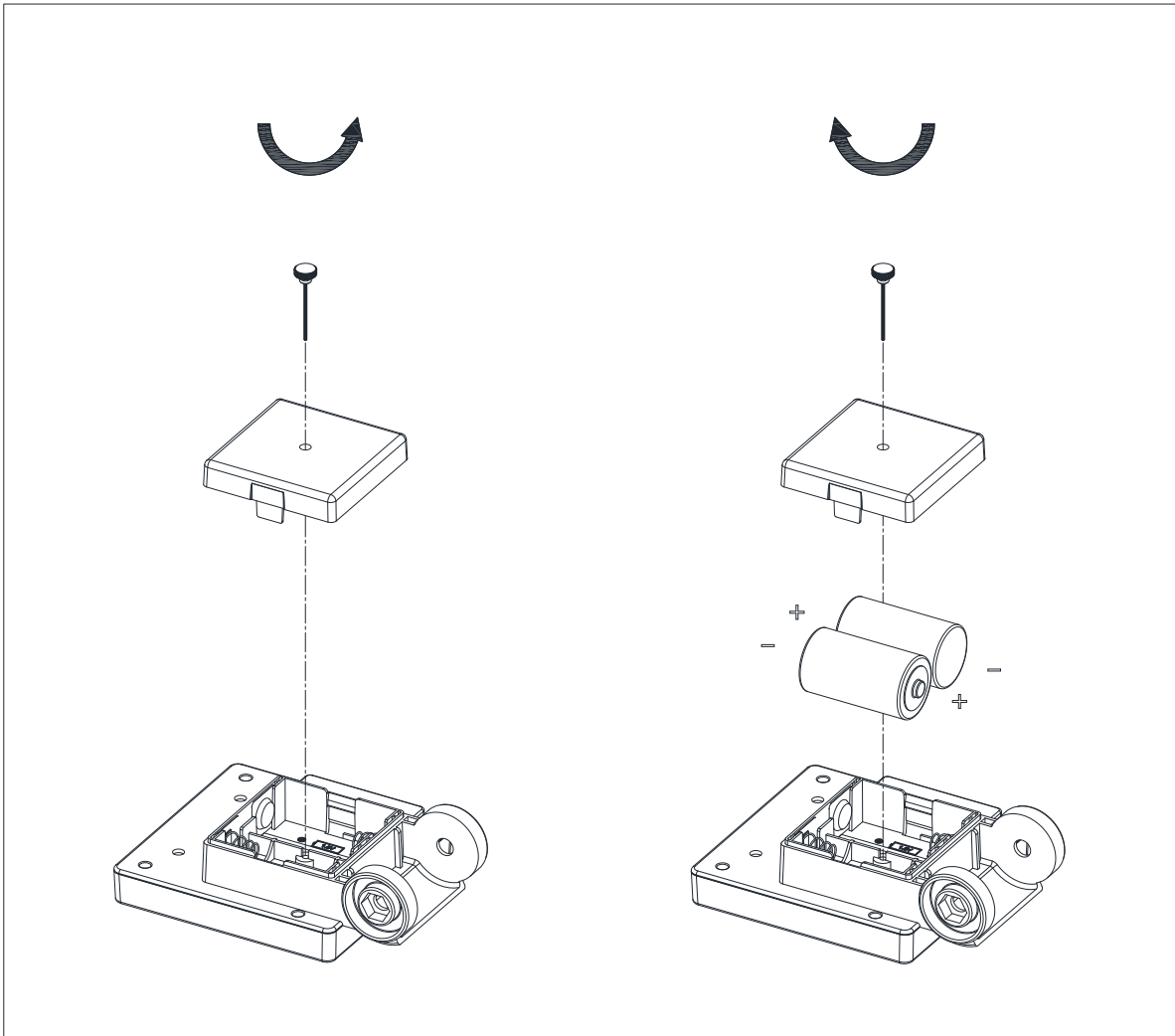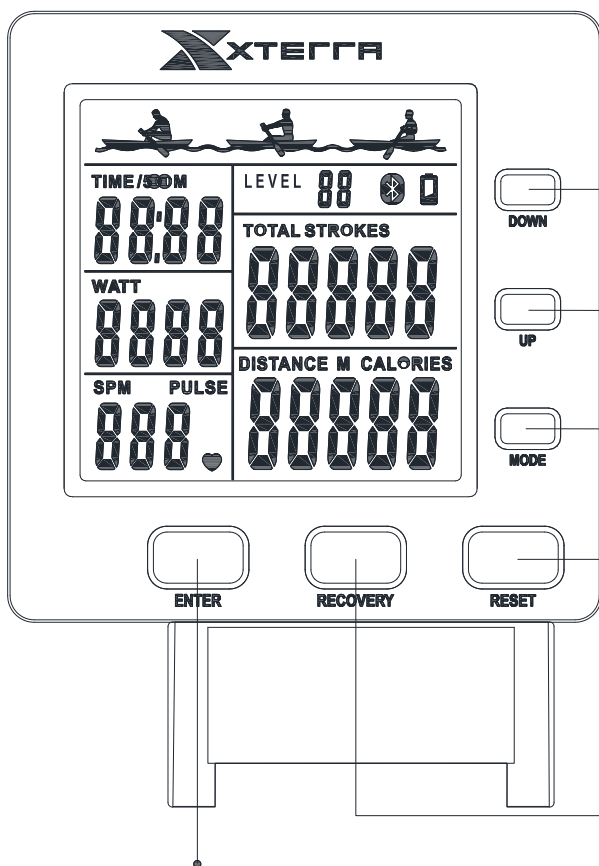
COMPUTER INSTRUCTIONS

Your AIR ROWER utilizes an air fan system to create resistance for your workout. We recommend that you use this computer console to vary your workout from session to session and note your progress toward your fitness goals. When used regularly in this way, the computer console can become an important source of motivation which will help keep you on track.

FUNCTIONAL BUTTON :

DOWN:
- Press to decrease the preset values. Press the button and hold it down, the presetting value will go faster, release the button to stop.

UP⊔
- Press to increase the preset values. Press the button and hold it down, the presetting value will go faster, release the button to stop.

MODE⊔
- Press this button to select time, strokes, distance, calories and pulse functions

RESET⊔
- Press the mode button to switch to the target function, and then press the reset button to reset the function value (time, strokes, distance, calories and pulse). Press and hold the reset button for about 2 seconds to restart the computer, and all values of the computer will be reset (except the total strokes, which will return to zero after the battery is reinstalled)

RECOVERY⊔
Press this button to test the pulse recovery ability of the user. After a period of exercise, you still need to wear the bluetooth heartbeat chest belt. When the computer has pulse value display, press this button to start the pulse recovery function. The computer will enter the 60 second countdown. After the countdown, the user's pulse recovery status will be displayed on the screen. The recovery status represented by the F value is as follows:(Press the reset button to switch back to the main display screen.)
F1:means OUTSTANDING
F2:means EXCELLENT
F3:means GOOD
F4:means FAIR
F5:means BELOW AVERAGE
F6:means POOR

ENTER⊔
- Press this button to switch time and time/500M functions, SPM and pulse functions, distance and calories functions, strokes and total strokes functions.

FUNCTIONS AND OPERATIONS:

TIME⊔
- Displays the user's exercise time.

TIME/500M⊔
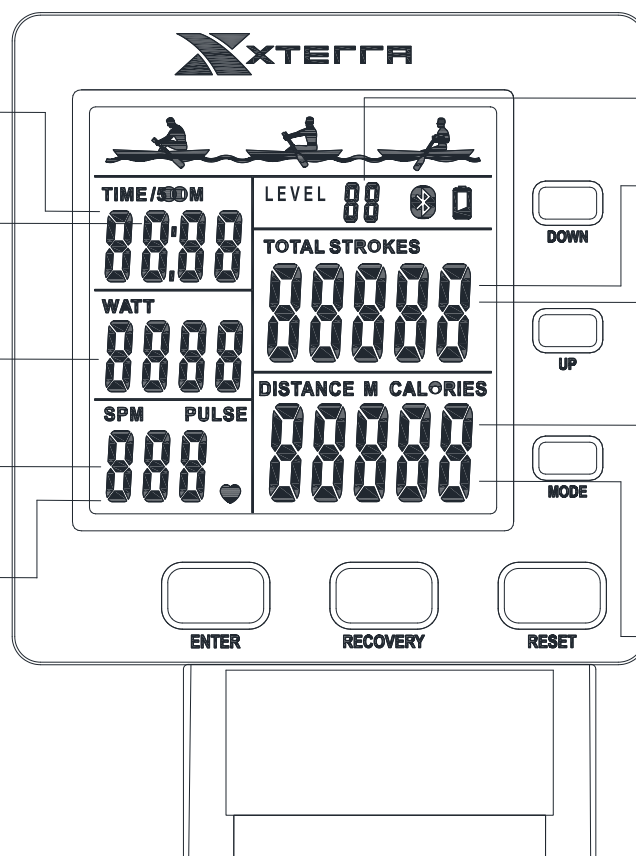- Displays the time required for the user to exercise 500m.

WATT⊔
- Displays the user's exercise power.

SPM⊔
- Displaythe strokes per minute.

PULSE⊔
- Display the user's heart rate value.

LEVEL⊔
- Level display

STROKES⊔
- Displays the number of times the user exercises

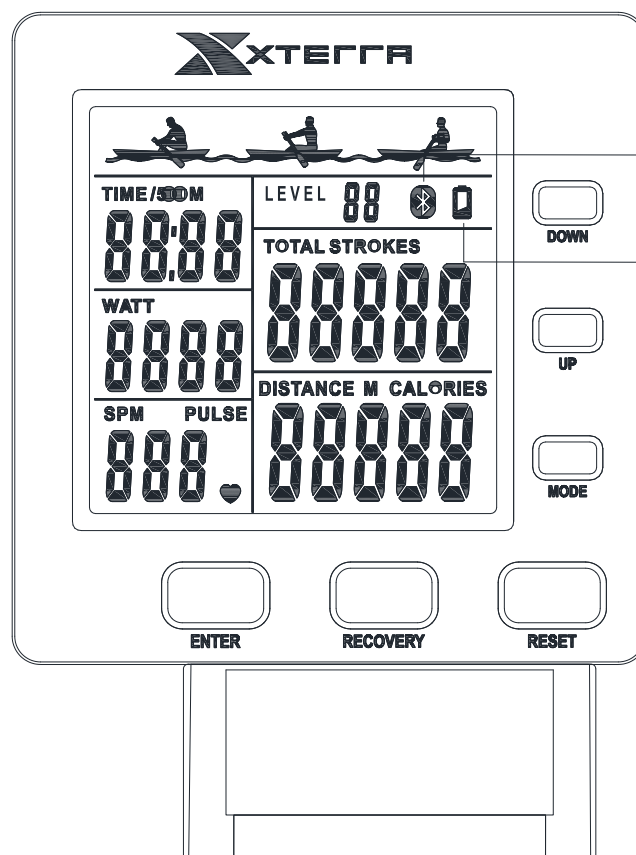TOTAL STROKES⊔
- Displays the cumulative number of times the user has exercised for many times. After the battery is reinstalled, the value is reset.

DISTANCE⊔
- Displays the distance the user exercises

CALORIES⊔
- Displays the calorie value consumed by the user during exercise.

Show Bluetooth icon only when the APP is successfully connected

Display battery symbol only when the battery is low.

TARGET TRAINING SETTINGS:

This computer has five target training modes: time, strokes, distance, calories and pulse (Set when stopping exercise) .

1. **TIME target training mode:** first press the "MODE" button to switch to the "TIME" function, and then press the "UP" and "DOWN" button to set the target time (Press and hold the up and down button to speed up the setting).when it reaches the required time, stop the button. Then start to use the machine, and the display will start to count down. When the count down reaches zero, the computer will sound an alarm to remind the user that the training goal is completed. if you continue to train, the computer will automatically start to count up from zero.

2. **STROKES target training mode:** first press the "MODE" button to switch to the "STROKES" function, and then press the "UP" and "DOWN" button to set the target strokes (Press and hold the up and down button to speed up the setting).when it reaches the required strokes, stop the button. Then start to use the machine, and the display will start to count down. When the count down reaches zero, the computer will sound an alarm to remind the user that the training goal is completed. If you continue to train, the computer will automatically start to count up from zero.

3. **DISTANCE target training mode:** first press the "MODE" button to switch to the "DISTANCE" function, and then press the "UP" and "DOWN" button to set the target distances (Press and hold the up and down button to speed up the setting).when it reaches the required distances, stop the button. Then start to use the machine, and the display will start to count down. When the count down reaches zero, the computer will sound an alarm to remind the user that the training goal is completed. If you continue to train, the computer will automatically start to count up from zero.

4. **CALORIES target training mode:** first press the "MODE" button to switch to the "CALORIES" function, and then press the "UP" and "DOWN" button to set the target calories (Press and hold the up and down button to speed up the setting).when it reaches the required calories, stop the button. Then start to use the machine, and the display will start to count down. When the count down reaches zero, the computer will sound an alarm to remind the user that the training goal is completed. If you continue to train, the computer will automatically start to count up from zero.

5. **PULSE target training mode:** first press the "MODE" button to switch to the "PULSE" function, and then press the "UP" and "DOWN" button to set the target pulse (Press and hold the up and down button to speed up the setting). When it reaches the required pulse, stop the button. Then start to use the machine, when the user's pulse is higher than the target pulse, the computer will give an alarm.

During the setting process, if you want to modify the target value, press the reset button to clear the current setting or press and hold the reset button for about 2 seconds to clear all target values, and then reset according to the above description.

FUNCTIONS OF THE BLUETOOTH:

1.1 Working frequency : this wireless transmitter is a Bluetooth 4.2 device. Its working frequency is 2.4GHZ.

1.2 Requirements for Cell-phone APP Installation:

1.2.1 IOS cell-phone system should be no lower than 7.1 version and support Bluetooth 4.2, iphone 4s and beyond.

1.2.2 For Android, a system no lower than 4.3 is required and the cell-phone shall support blue tooth 4.2.

1.3 To ensure the data record is real and effective at the cell-phone end, the wireless transmitter records and sends the data of the user to cell-phone APP only when Bluetooth computer and the cell-phone are connected. First connect the APP to the Bluetooth computer before starting the sports equipment to ensure the trueness and effectiveness of the data recorded in cell-phone APP.

1.4 The computer will go into Sleep mode if it receives no signal input in 4 minutes. In Sleep mode, computer is unavailable for cell-phone. At this time, consumers need to press the button or use a rower to wake up the computer.

1.5 When the computer is successfully connected to the app, the computer will turn off the display and all data will be displayed on the app.

1.6 After connecting the app, if you need to reuse the computer, you need to exit the app and turn off the Bluetooth of the mobile phone.

APP OPERATING INSTRUCTIONS : (NOTE: The "KINOMAP" software will be updated in real time, and this operation process is only for reference.)
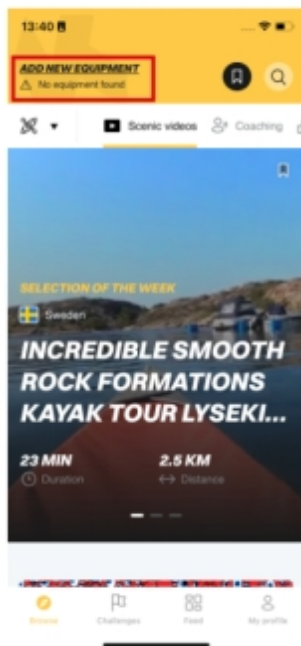
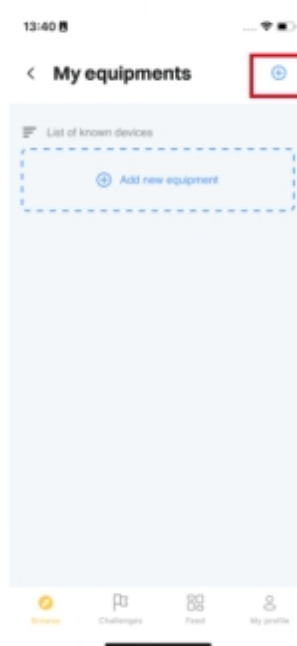1.1 Search "KINOMAP" in mobile app store to download app.
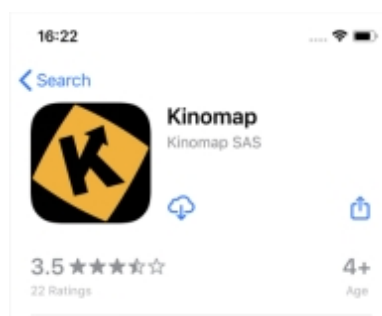
1.2 After the download is completed, open the app and register the personal information. Turn on the Bluetooth of the mobile phone to ensure that the computer is powered on and in the wake-up state.

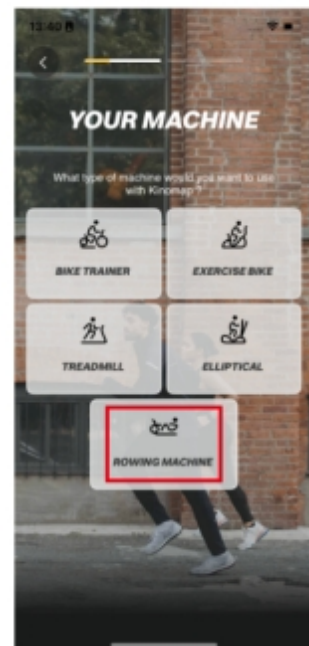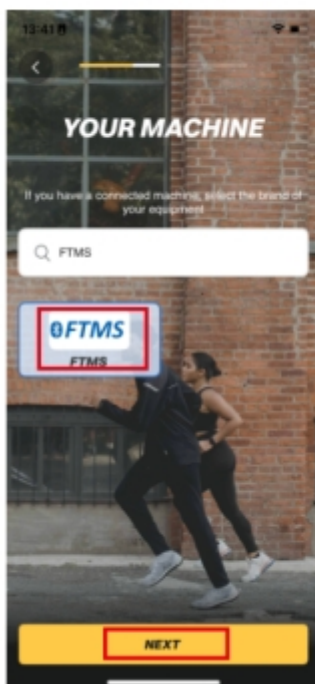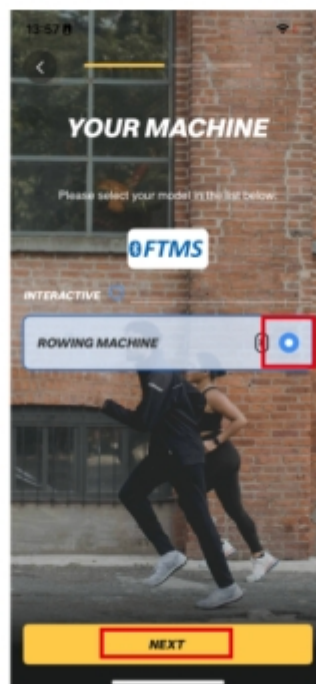1.3 Add sports equipment as follows:

1."ADD NEW EQUIPMENT"
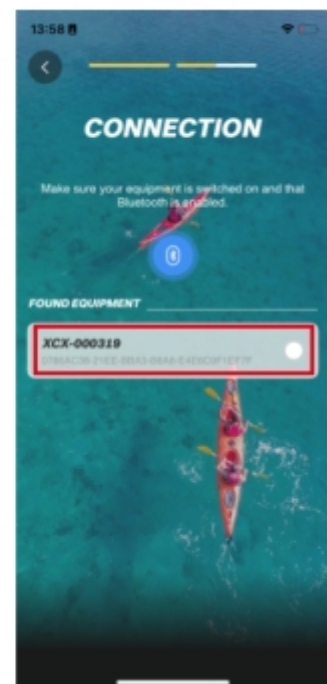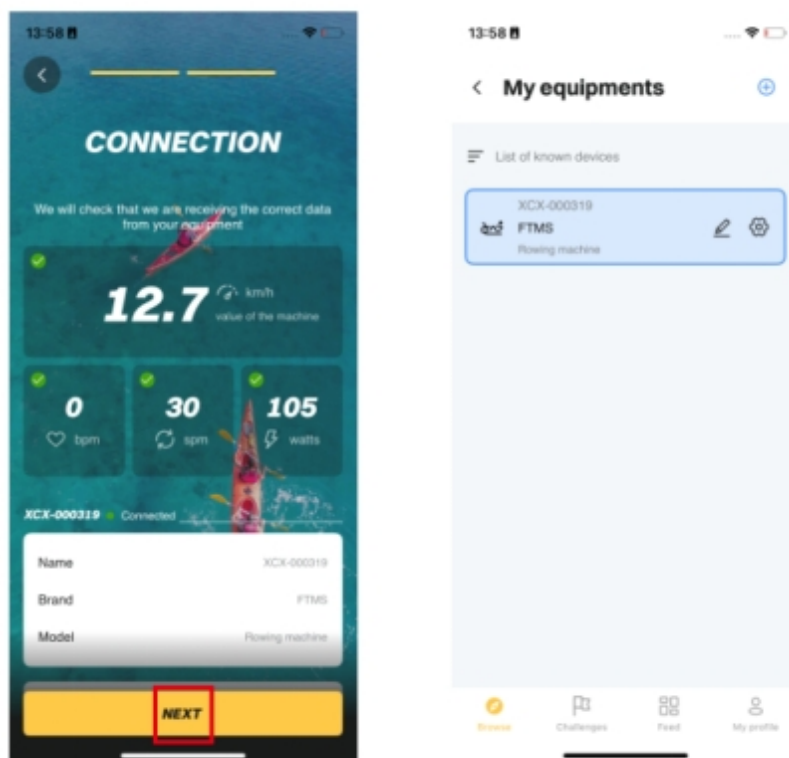
2."+"

3."ROWING MACHINE"

4."FTMS"

5."SELECT MODEL"

6."SELECT EQUIPMENT"

1.4 Add equipment to complete, start your exercise!

NOTE：

1. If the battery icon on the display interface is lit, please replace the batteries.

2. The monitor will automatically shut off if there is no signal received and no operation button about 4 minutes.

3. The monitor will be auto powered on when starting to exercise or push button signal in.

4. The monitor will automatically start calculating when you start to exercise and will stop calculating when you stop exercising for 4 seconds.

5. Press any button to turn on the computer backlight, and the backlight will automatically turn off and enter the energy-saving mode after about 8 seconds of no button operation.

SPECIFICATIONS:

|		
FUNCTION	TIME	0:00~99:59
	TIME/500M	0:00~99:59
	STROKES	0~65535 TIMES
	TOTAL STROKES	0~65535 TIMES
	DISTANCE	0~65535 METERS
	WATT	0~999W
	CALORIES	0~65535 CAL
	SPM	0~999 TIMES/MIN
	PULSE	60~240 BPM
BATTERY TYPE		2pcs of D batteries
OPERATING TEMPERATURE		0°C ~ +40°C
STORAGE TEMPERATURE		-10°C ~ +60°C

OPERATIONAL INSTRUCTIONS

1. LOAD ADJUSTMENT

There is a Damper (6) built into the Right Fan Shroud (5). Move the Indicator in the Damper (6) to point to the numbers on the Right Fan Shroud (5) to adjust the load. There are settings from 1 to10. Setting #1 will provide the lowest resistance. Setting #10 will provide the highest resistance.

Damper(6)

Indicator
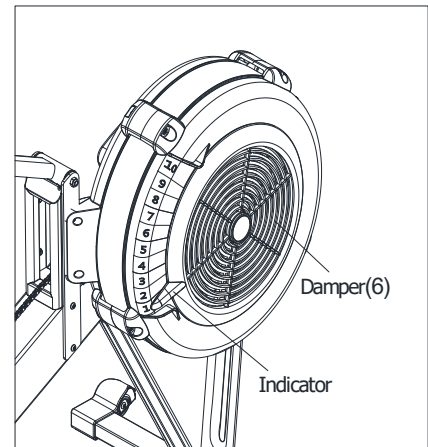
2. HANDLEBAR POSITION

You can place the Handlebar (9) on the Handlebar Holder (25).

9   25
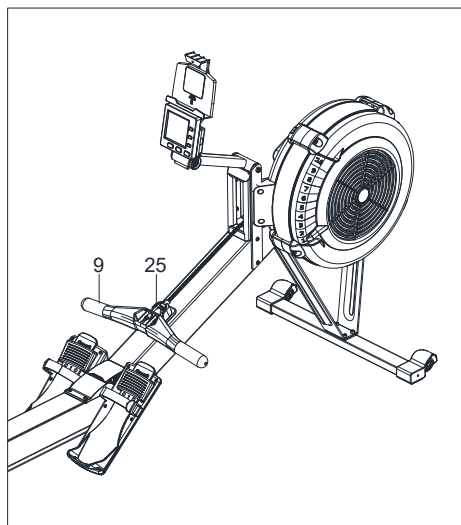
3. PEDAL CAP ADJUSTMENT

The position of the Pedal (62) can be adjusted. Refer to the illustration. Pull the Pedal (62) out from the two bulges in the Left Pedal Cage (61) or the Right Pedal Cage (64), then lower or raise the Pedal (62) to the desired position. Lock the Pedal (62) in position by pressing the adjustment holes of the desired position onto the two bulges.

Refer to the numbers on the Pedal (62) to make sure that Pedal (62) are adjusted on the same position on both sides.

62

Bulges

61

62

64

4. How to Storage
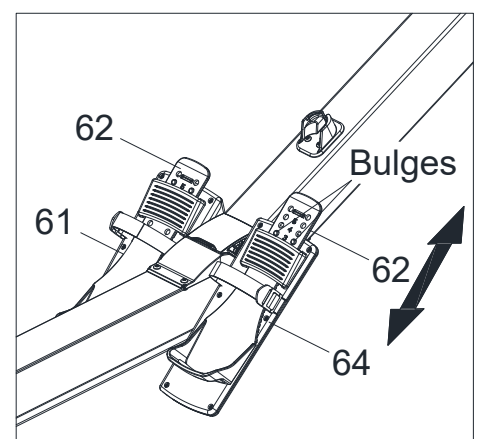
DO NOT stand rower up on end as the monorail will separate!
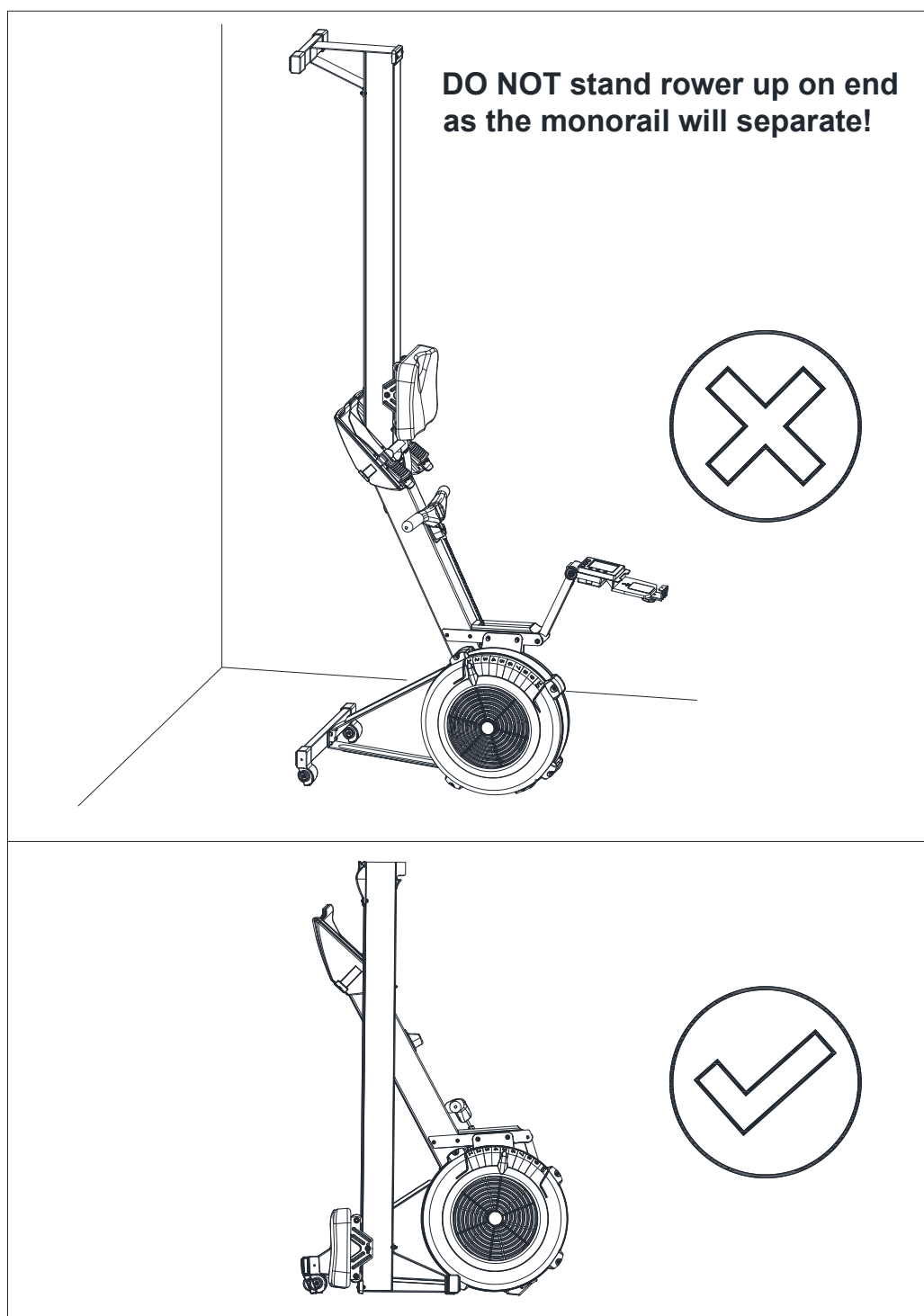
USING THE CELL Pad Holder

The Pad Holder Clip (50-1) can move up and down. Move up the Pad Holder Clip then slide the Cell Phone into the gap between the Pad Holder (50) and the Pad Holder Clip (50-1). Move down the Pad Holder Clip (50-1) to clip the Cell Phone in position.
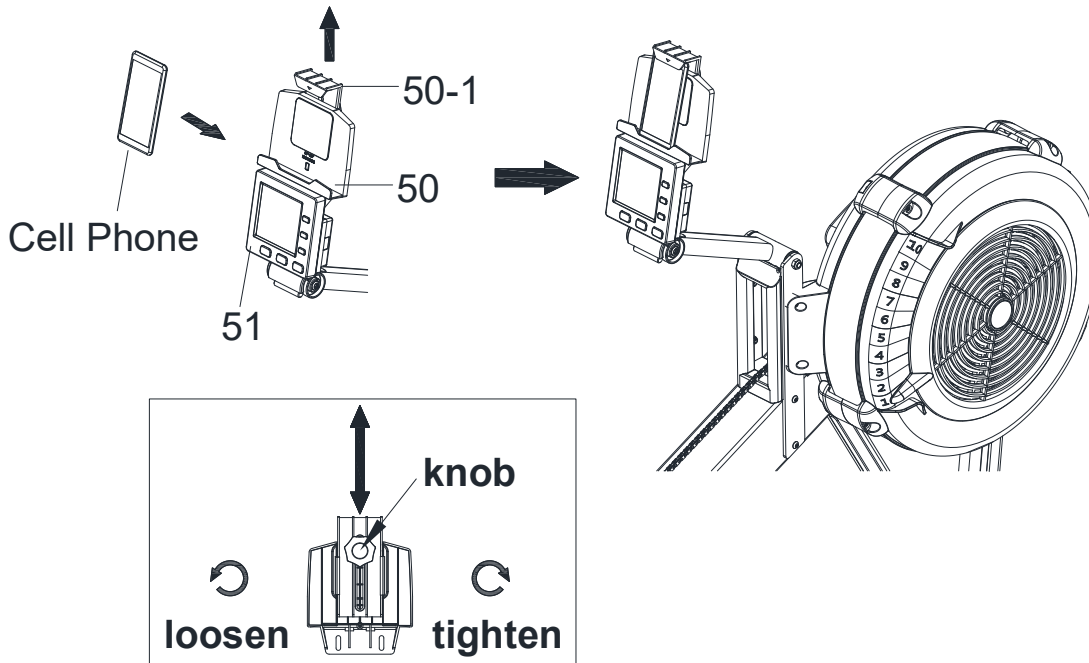
CONSOLE MONITOR POST ADJUSTMENT

Hold the Console Monitor (51) by 2 hands, then adjust the Upper Console Monitor Post (52) up and down to the best position for you.
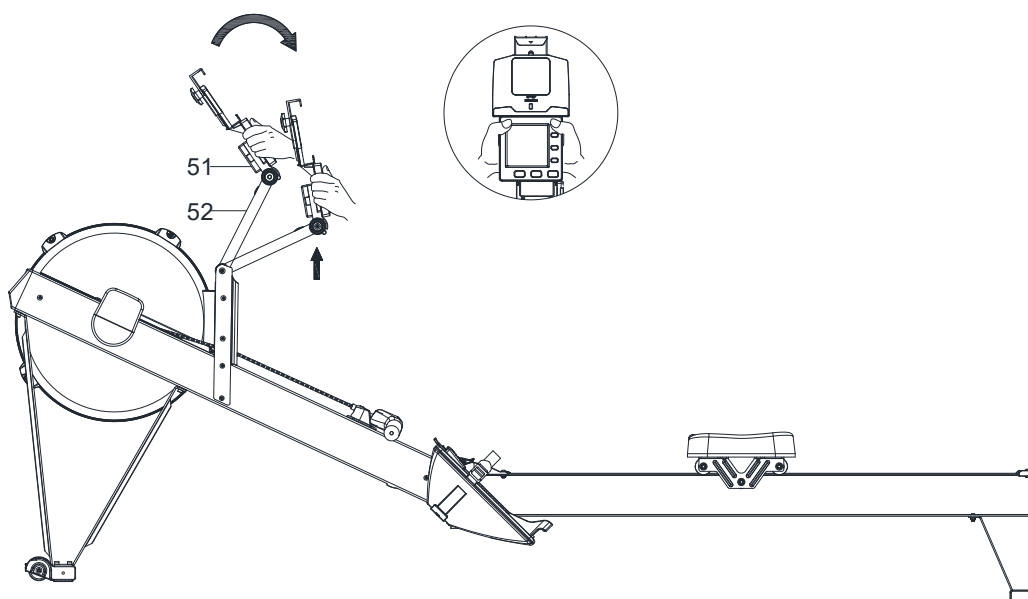
M A I N T E N A N C E

The safety and integrity designed into the ROWER can only be maintained when the ROWER is regularly examined for damage and wear. Special attention should be given to the following:

1. Pull on the Handlebar (9) and verify that the Magnetic System provides tension and the seat travel is smooth and stable.

2. Clean the roller tracks in the Stainless Aluminum Rail (58) with an absorbent cloth.

3. Verify that all nuts and bolts are present and properly tightened. Replace missing nuts and bolts. Tighten loose nuts and bolts.

4. Check the condition of the Chain (10). Replace the Chain (10) if it is cracked or broken.

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

6. Worn or damaged components must be replaced immediately or the ROWER removed from service until repair is made.

7. Only Stamina Products supplied components should be used to maintain/repair the ROWER.

8. Keep your ROWER clean by wiping it off with an absorbent cloth after use.

BUNGEE CORD ADJUSTMENT

Over time, about 250,000 strokes on Handlebar (9), your Bungee Cord (11) may stretch. Follow the following process to adjust:
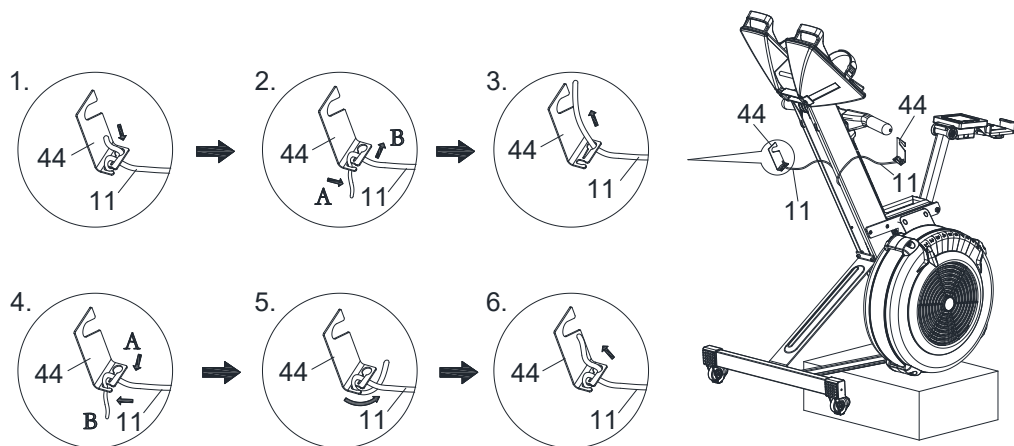
1. Position the Main Frame Assembly (1) as shown in the illustration. Remove the Main Frame Top Cap (16)、Flat Head Hexagon Socket Screw(97) from the Main Frame (1).
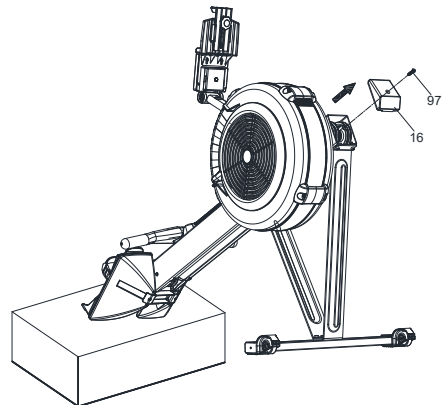
2. Position the Main Frame Assembly (1) as shown in the below illustration. Unhook the Left Bungee Cord Hook (44) from the Main Frame (1). Make a mark on the Bungee Cord (11) to move the hook forward 2 inches. Refer to View 1 to View 3 to untie the Bungee Cord (38) from the Left Bungee Cord Hook (44), and move the hook forward 2 inches. Refer to View 4 to View 6 to retie the Bungee Cord (11) to the Left Bungee Cord Hook (44). Hook the Left Bungee Cord Hook (44) back into the Main Frame (1) and push the hook to the left side to touch the inner wall of the Main Frame (1).

    NOTE: Always use two hands with a secure grip when re-attaching the Left/Right Bungee Cord Hooks (44).

    Unhook the Right Bungee Cord Hook (44) from the Main Frame (1). Do the same as above to adjust the Bungee Cord (11) on the right side.

1. Position the Main Frame Assembly (1) as shown in the illustration. Install the Top Cap (16) onto the Main Frame (1) and tighten it with Flat Head Hexagon Socket Screw (97).

22
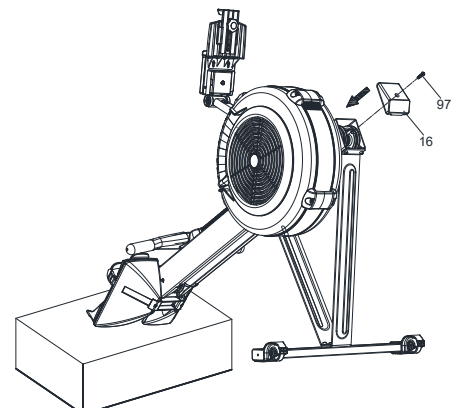
R O W E R   M A I N T E N A N C E

D A I LY

Wipe the stainless-steel rail with a cloth or non-abrasive pad with soap or alcohol after use.

Note: Do not use bleach or acid cleaners.
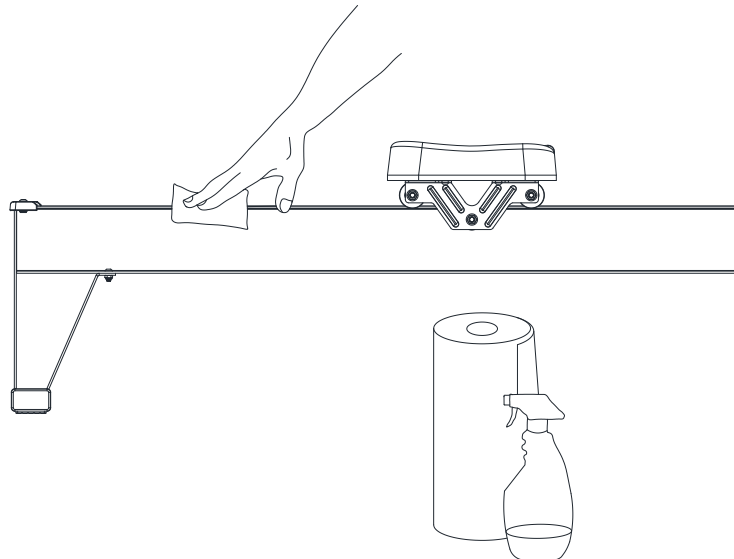
E V E R Y 50 H O U R S O F U S E
(W E E K LY F O R C O M M E R C I A L S E T T I N G)

Lubricate the chain with a teaspoon of purified mineral oil, 20W motor oil, or 3-in1 oil. Apply the oil on a paper towel. Rub the paper towel along the full length of the chain. Wipe off excess. Repeat if not enough.
Note: Do not clean the chain with any kind of cleaner

3-in1 oil
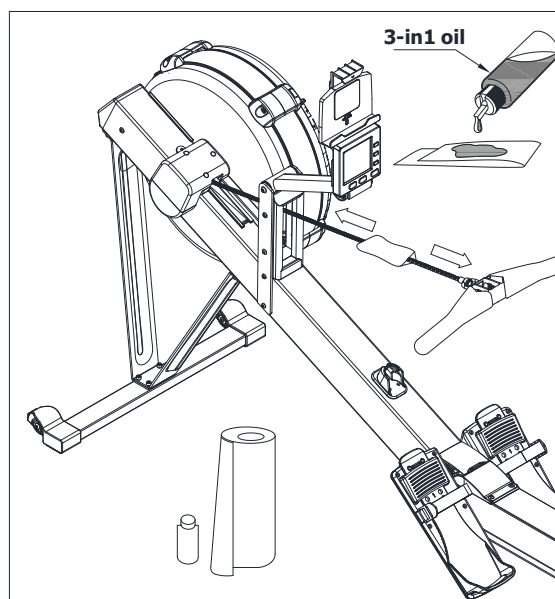
EVERY 250 HOURS OF USE
(MONTHLY FOR COMMERCIAL SETTING)

1. **Inspect the chain**
   Inspect the chain for stiff link. If there is stiff link use thorough lubrication to help. If does not help, replace chain.
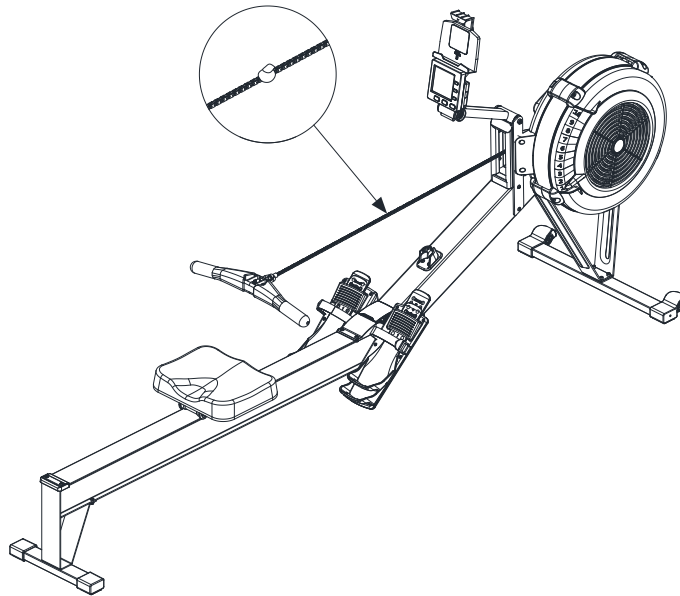
2. **Inspect the handle connection**
   Inspect the nuts on the U-bolt that holds the chain and handle together.
   Check to see if it has become loose. If not, tighten the nuts. See illustration below
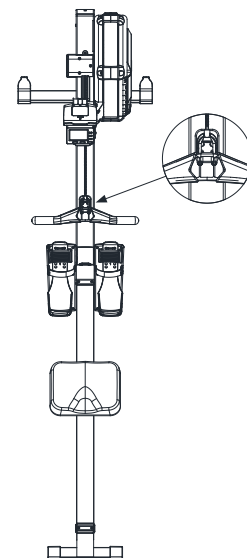
3. **Adjust bungee cord**
   If handle does not retract all the way to the fan or feel the bungee does not retract as fast as before, tighten the bungee cords. Please refer to user manual.

4. **Inspect fasteners**
   Check to see all screws including ones you assembled are all tight. If any are loose, tighten them. Loosen or tighten the screws for the computer as necessary.

5. Clean the flywheel

Dust and lint may collect inside the flywheel and on the stainless-steel mesh. This will restrict airflow and lower the resistance of the fan. The flywheel and mesh can be cleaned by illustrations below.

1.

2.

3.

4.

5.

6.

7.
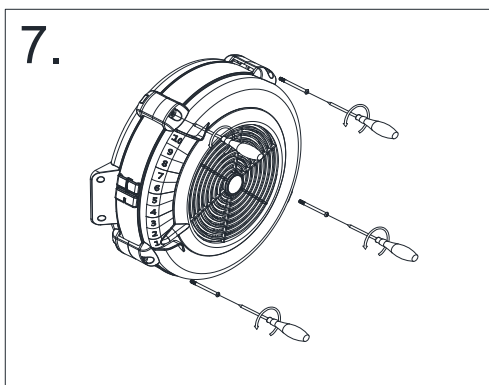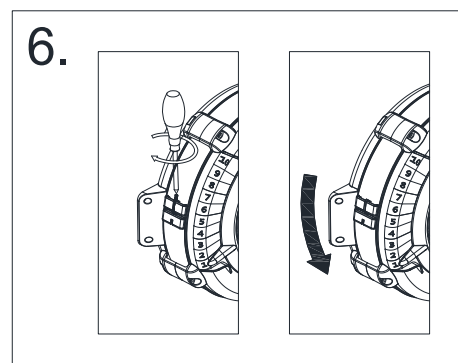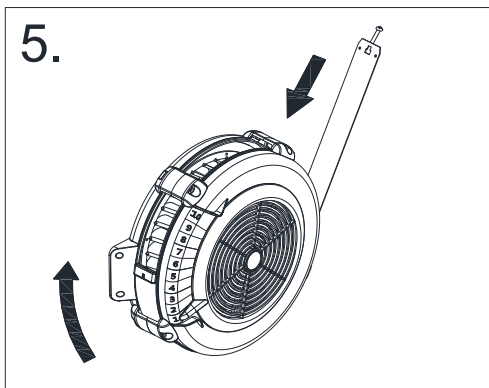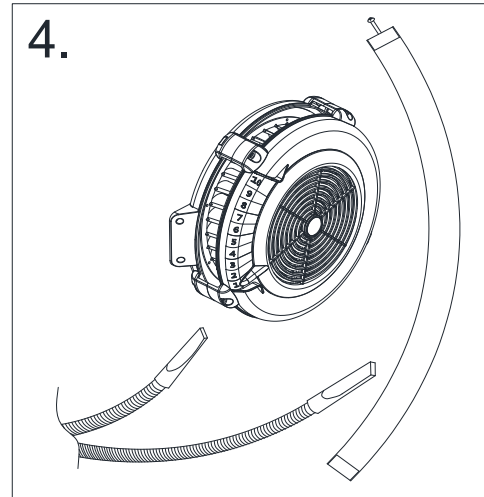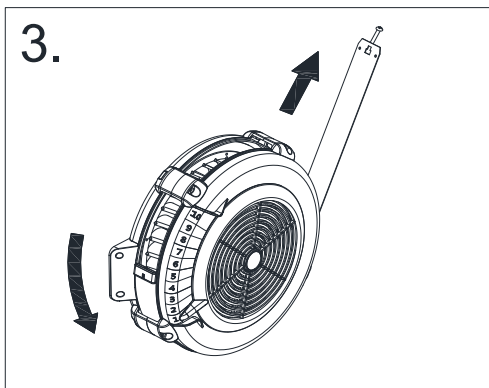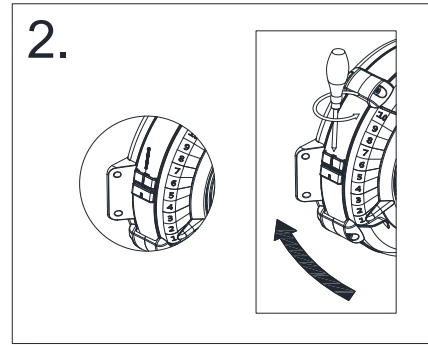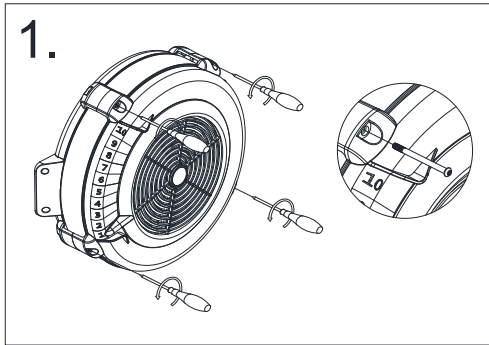
STORAGE

1. To store the ROWER, simply keep it in a clean dry place.

2. To avoid damage to the electronics, remove the batteries from the **Console Monitor (51)** before storing the ROWER for one year or more.

3. Move the ROWER with the **Transportation Wheel (66)** on the **Front Stabilizer (55)**. Lift the Rear Stand of the **Aluminum Rail (58)** to move the ROWER. Refer to the illustration below. Do not use the **Seat (59)** to move the ROWER. The **Seat (59)** will move and the **Seat Fixing Clip (78)** may pinch your hand or fingers.
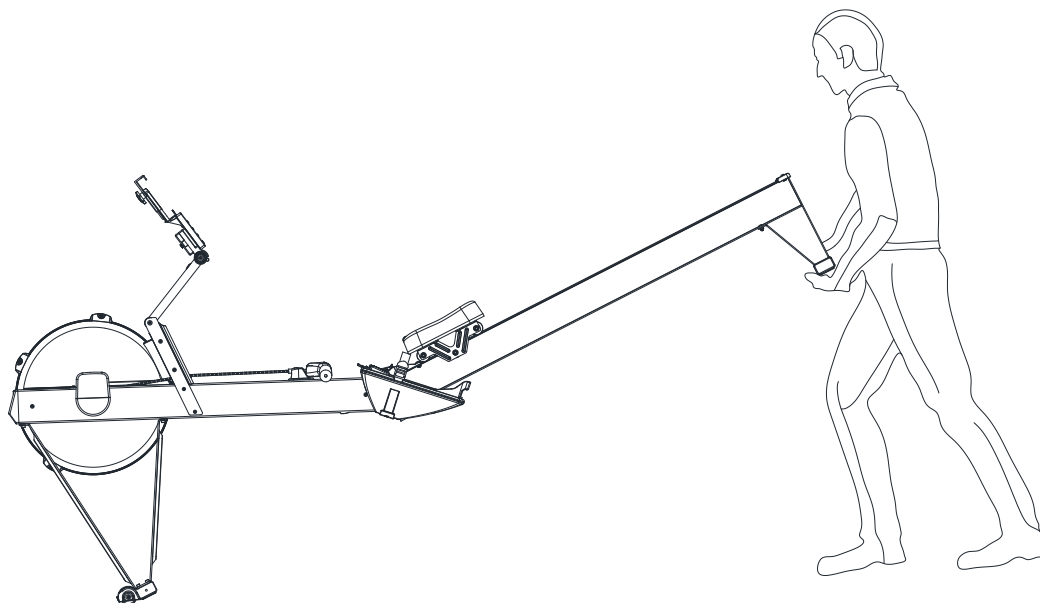
EXPLODED DRAWING
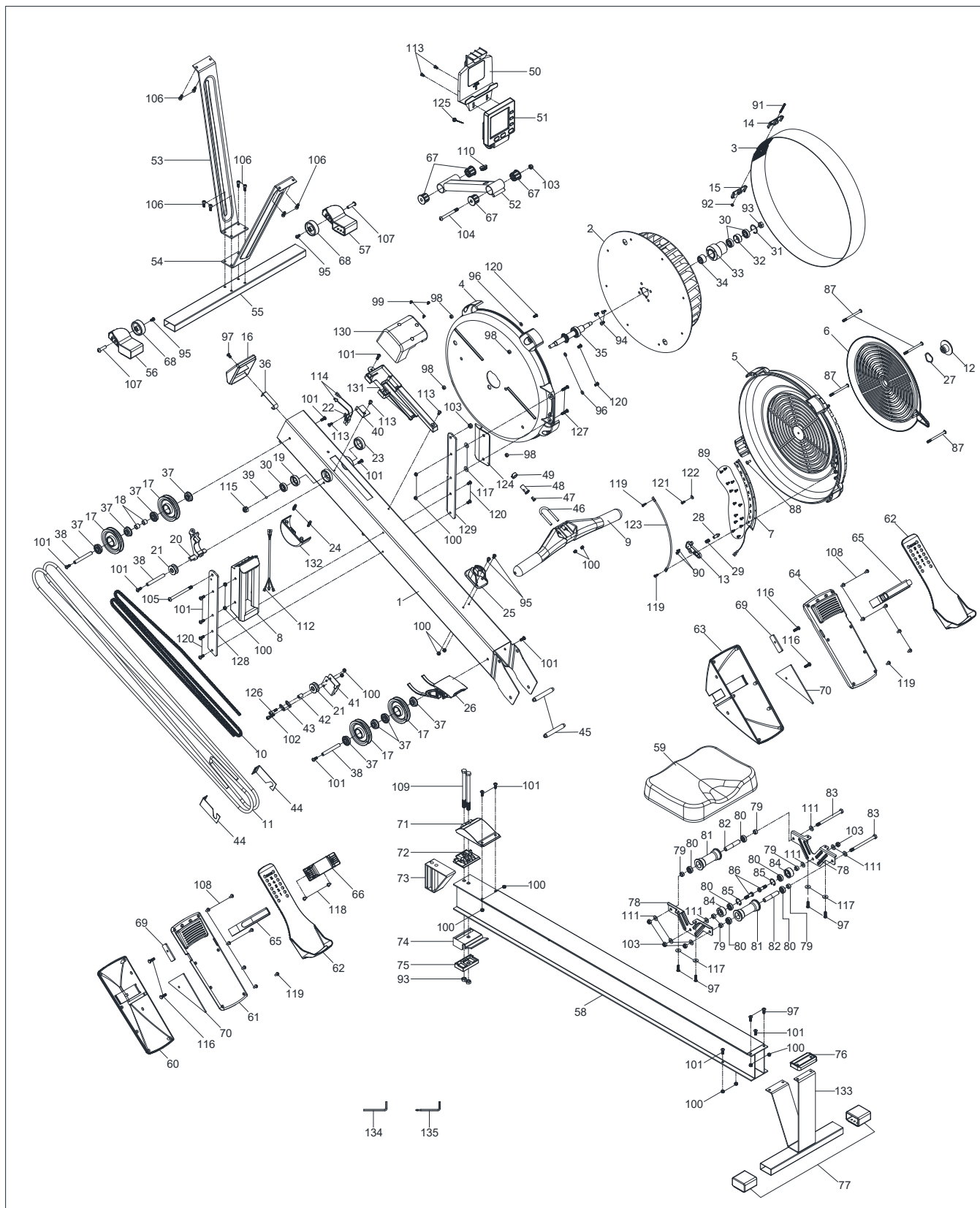
P A R T S   L I S T

PART#	DESCRIPTION	Q' TY	PART#	DESCRIPTION	Q' TY
1	Main Frame	1	41	Chain Bracket	1
2	Fan	1	42	Chain Roller Sleeve	1
3	Perforated Steel Mesh	1	43	Chain Hook	2
4	Left Fan Shoud	1	44	Bungee Cord Hook	2
5	Right Fan Shoud	1	45	Rail Connecting Axis	2
6	Damper	1	46	U Bolt	1
7	PCB control board	1	47	Chain Connector	1
8	Display Fixing Base	1	48	Hook Connector	1
9	Handlebar	1	49	Outer Collar	1
10	Chain	1	50	Pad Holder	1
11	Bungee Cord	1	51	Console Monitor	1
12	Fixing Decorative Cover	1	52	Console Monitor Post	1
13	Level Adjustment Base	1	53	Long Front Support Leg	1
14	Inlet Fixing Part1	1	54	Short Front Support Leg	1
15	Inlet Fixing Part2	1	55	Front Stabilizer	1
16	Main Frame Top Cap	1	56	Left Front Stabilizer cap	1
17	Bungee Cord Pulley	4	57	Right Front Stabilizer cap	1
18	Pulley Spacer	2	58	Aluminum Rail	1
19	Bushing 6001	1	59	Seat	1
20	Chain Roller Fixing Part	1	60	Left Pedal Base	1
21	Chain Roller	2	61	Left Pedal Cage	1
22	Double Sensor Bases	1	62	Pedal	2
23	Bushing 6003	1	63	Right Pedal Base	1
24	Chain Cover Plunger	2	64	Right Pedal Cage	1
25	Handlebar Holder	1	65	Pedal Strap	2
26	Rail Upper Connecting Part 1	1	66	Pedal Connecting Base	1
27	Elastic Ring	1	67	Sleeve	4
28	Level Adjustment Axis	1	68	Transportation Wheel	2
29	Compressed Spring	1	69	Pedal Fixing Clip 1	2
30	Bearing 6001-2RS	3	70	Pedal Fixing Clip 2	2
31	Inner Circlip Φ28	1	71	Rail Upper Connection Part 2	1
32	Flywheel Sleeve	1	72	Rail Upper Connection Part 3	1
33	Bearing Bushing	1	73	Aluminum Rail Support Block	1
34	One-way Needle Bearing	1	74	Aluminum Rail Down Decorative Cover	1
35	Fan Axis	1	75	Aluminum Rail Down Connecting Block	1
36	Hook Clip	1	76	Back Support Decorative Cover	1
37	Flange Bearing	8	77	Back Stabilizer cap	2
38	Chain Roller Axis	3	78	Seat Fixing Clip	2
39	Magnet	1	79	Seat Roller Outside Sleeve	6
40	Sensor Fixing Clip	1	80	Bearing 608ZZ	6

PART#	DESCRIPTION	Q' TY	PART#	DESCRIPTION	Q' TY
81	Upper Seat Roller	2	109	Hexagonal head half-tooth screw M10×140	2
82	Seat Roller Axis Sleeve	2	110	Cable Plug	1
83	Outer Hexagonal Half Thread Screw M8×110×15	2	111	Flat washer Φ8.5×Φ17	8
84	Down Seat Roller	2	112	Downside Cable of Display Holder	1
85	Inner Snap Ring Φ22	2	113	Phillips Round Head Screw M5×10	5
86	Down Seat Roller Screw M8×28	2	114	Sensor Cable	2
87	Phillips Button Head Screw M6×80	4	115	Thickened Nylon Nut M10	1
88	Phillips Half-round Head Self-tapping Screw ST5×20	1	116	Outer Hexagonal Full Tooth Screw M6×20	4
89	Phillips Half-round Head Self-tapping Screw ST3×6	14	117	Flat washer Φ6.5×Φ17	6
90	Phillips Half-round Head Self-tapping Screw ST3×15	2	118	Phillips Half-round Head Self-tapping Screw ST4×20	2
91	Phillips Round Head Screw M4×45	1	119	Phillips Big and flat Head Self-tapping Screw ST4×15	4
92	Hex Nut M4	1	120	Flat Head Hexagon Socket Screw M6×10	7
93	Nylon Nut M10	3	121	Phillips Big and flat Head Screw M4×10	1
94	Phillips Round Head Screw M5×16	3	122	Flat washer Φ4.2×Φ12	1
95	Flat Head Hexagon Socket Screw M6×12	4	123	Limiting circular arc	1
96	Flat washer Φ6×Φ25	3	124	Right Fan Shoud Cover	1
97	Flat Head Hexagon Socket Screw M6×20	7	125	Rolling screw M3×35	1
98	Hex Nut M6	4	126	Cylindrical Head Hexagon Socket half Tooth Screw M6×25	1
99	Phillips Half-round Head Self-tapping Screw ST4×15	3	127	Flat Head Hexagon Socket Screw M6×25	2
100	Nylon Nut M6	14	128	Left Display Support Clip	1
101	Flat Head Hexagon Socket Screw M6×16	13	129	Right Display Support Clip	1
102	Cylindrical Head Hexagon Socket Full Tooth Screw M6×25	1	130	Sensor Decorative Cover 1	1
103	Hex Nut M8	6	131	Sensor Decorative Cover 2	1
104	Flat Head Hexagon Socket Screw M8×75	1	132	Sensor Decorative Cover 3	1
105	Flat Head Hexagon Socket Screw M8×100	1	133	Back Stabilizer	1
106	Cylindrical Head Hexagon Socket Screw M6×15	8	134	Allen Wrench (5mm)	1
107	Flat Head Hollow Screw M8	2	135	Allen Wrench (5mm/Cross Head)	1
108	Phillips Half-round Head Self-tapping Screw ST4×10	12			

BEGINNER'S GUIDE TO EXERCISE

The following guidelines will help you to plan your workout program and exercise safely. Remember that proper nutrition and adequate rest are essential for successful results.

WARNING: Before beginning this or any other exercise program consult your doctor. This is especially important for pregnant women and new mothers, all people over the age of 35, and those with medical problems such as heart disease, high or low blood pressure, injuries, joint problems, obesity and asthma.

WHY EXERCISE?

Exercise has been proven essential for good health and general wellbeing. Regular exercise will:

- Relieve tension and stress
- Provide enjoyment and fun
- Stimulate the mind
- Help maintain stable weight
- Control appetite
- Boost self-image
- Improve muscle tone and strength
- Improve flexibility
- Lower blood pressure
- Relieve insomnia

BEFORE YOU START

If you're beginning an exercise program for the first time or starting a new exercise routine, you must check with your doctor that you are fit to do so particularly if:

- You have been diagnosed with heart problems, high blood pressure or other medical conditions
- You have not exercised for over a year
- You are over 35 and do not currently exercise
- You are pregnant or are a new mother
- You have diabetes
- You have chest pain, or experience dizziness or fainting spells
- You are recovering from an injury or illness

TARGET HEART RATE

To train effectively you should aim to work in the heart rate zone appropriate to your age as stipulated below. Please note this is a guide and your heart rate at rest and during training is determined by your fitness level and other lifestyle factors as well as your age. If you reach the recommended beats per minute below and feel you're over-exerting yourself stop, rest and when you feel recovered return to exercise at a lower intensity.

	TRAINING ZONE
AGE	MIN/MAX (BPM)
20	133-167
25	132-166
30	130-164
35	129-162
40	127-161
45	125-159
50	124-156
55	122-155
60	121-153
65	119-151
70	118-150
75	117-147
80	115-146
85	114-144

WORKOUT TIPS

- Always perform a warm-up and stretching exercises before your workout and a cool-down and stretching exercises at the end.
- Start slowly and build up your time, speed and resistance gradually; doing too much too soon can lead to injuries.
- If you are sore or tired, give yourself a few extra days to recover.

HOW TO BEGIN

- Start with two or three 15-minute sessions per week with a rest day between workouts.

- Warm up for 5 to 10 minutes with gentle movements incorporating the whole body such as walking while swinging your arms in a circle and then stretch the muscles you'll use during your workout.

- Increase the pace and resistance to slightly harder than comfortable and exercise for as long as you can. You may only be able to exercise for a few minutes at a time, but that will change quickly when you exercise regularly.

- End each workout with a 5-minute cool-down with the resistance set to a low level. You should then stretch the muscles you've just worked to develop flexibility, reduce muscle soreness and prevent injury.

- Increase your workout time by a few minutes each week until you can work continuously for 30 minutes per session.

- Don't worry about distance or pace for the first few weeks, focus on endurance and conditioning.

HOW HARD SHOULD YOU WORK?

When exercising, you should try to stay within your target heart rate (THR) zone. The table on the previous page will tell you the THR for your age. Always be aware of how you feel when you exercise. If you feel dizzy or light-headed, stop immediately and rest.

STRETCHING GUIDE

TIPS FOR STRETCHING

- Begin with small mobility exercises of all the joints e.g. simply rotate your ankles, bend your knees and roll your hips. Gradually make the movements larger and faster. This will allow the body's natural lubrication (synovial fluid) to protect the surface of your bones at these joints.

- Always warm up the body before stretching as this increases blood flow around the body, creating warmth which makes the muscles suppler.

- Start with your legs, and steadily work up the body.

- Each stretch should be held for at least 10 seconds (working up to 20 to 30 seconds) and usually repeated about 2 or 3 times.

- Do not stretch until it hurts. If there's any pain, ease off.

- Don't bounce. Stretching should be gradual and relaxed.

- Don't hold your breath during a stretch.

- Stretch after exercising to prevent muscles from tightening up.

- Stretch at least three times a week to maintain flexibility.

WARM-UP AND COOL-DOWN

A successful cardio-vascular exercise program consists of a full-body warm-up, aerobic exercise, and a cool-down. Do the entire program at least two and preferably 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.

WARM-UP

The purpose of warming up is to prepare your body for exercise and to minimise injuries. Warm up for five minutes before strength-training or exercising aerobically. Perform activities that raise your heart rate and warm the working muscles. Activities may include brisk walking, jogging, jumping jacks, jump rope, and running on the spot. Try to incorporate moves that take the joints through their full range of motion.

STRETCHING

Stretching while your muscles are warm after a proper warm-up and again after your strength or aerobic training session is very important. Muscles stretch more easily at these times because of their elevated temperature, which greatly reduces the risk of injury. Stretching develops flexibility and reduces muscles soreness.

Stretches should be held for 15 to 30 seconds.

Do not bounce or over- stretch. Take your time on each stretch. Gradually take each stretch a little deeper on every out breath to your personal maximum.

Toe Touch

Inner Thigh Stretch

Calf-Achilles Stretch

Hamstring Stretch
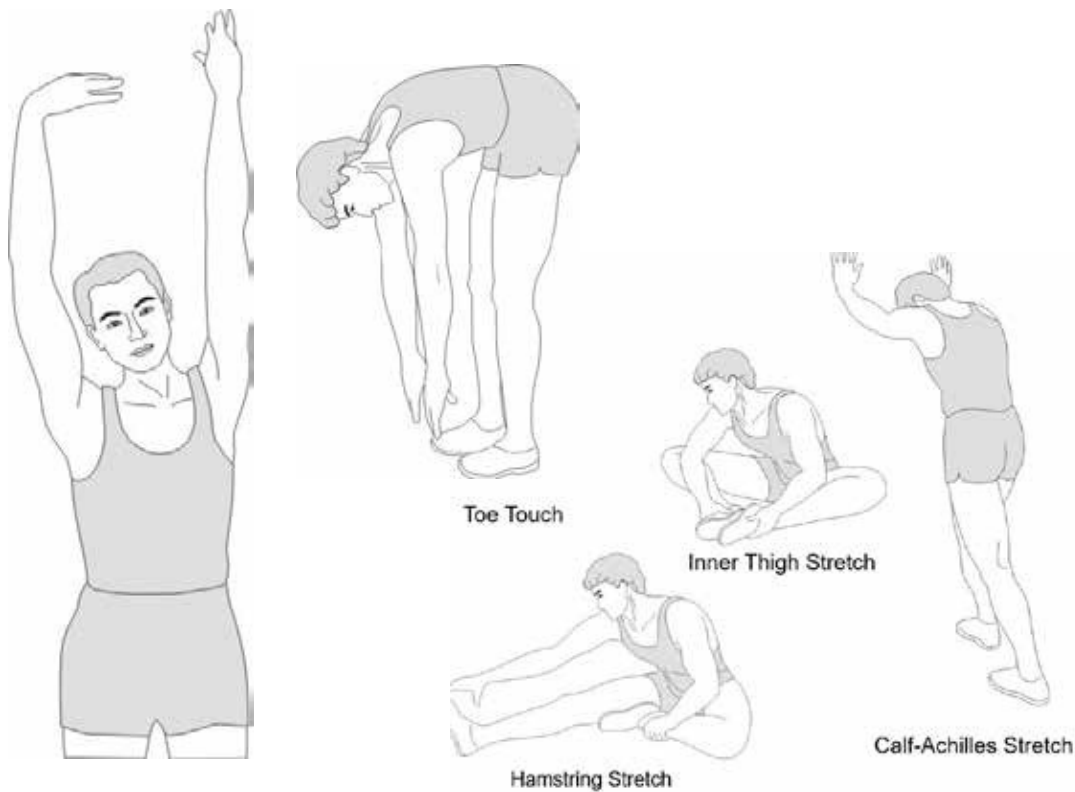
Side Stretch

Always remember to check with your physician before starting any exercise program.

COO L-DOWN

The purpose of cooling down is to return the body to its normal, or near normal, resting state at the end of each exercise session. A proper cool-down slowly lowers your heart rate, allows blood to return to the heart and helps prevent muscle soreness caused by the build-up of lactic acid in the muscles.

⚠ T R A I N I N G   S A F E T Y   W A R N I N G S

Consult a physician before starting an exercise program.
Stop exercising if you feel pain or tightness in your chest, become short of breath, or feel faint.
Contact your doctor before using the equipment again.
Choose your training intensity according to the training difficulty, training time, etc.
For more training moves, check out professional exercise manuals, books, and videos or consult a personal trainer to learn the correct posture, technique, and methods.

C U S T O M E R **S U P P O R T**

CONTACT INFORMATION

Should you require any assistance regarding this product please gather the following information and contact us using the details below:

- Serial No – this can be found on the label on the product. Original purchase date
- Place of purchase
- Precise details of the issue of defect
- Information about the place and conditions of use

Important- please retail your sales receipt, XTERRA customer care may request proof pf purchase to validate eligibility for warranty service.
Warranty cover starts from the date shown on the proof of purchase.

ADDRESS
Sweatband.com
Unit 5 Mill Square
Feathersone road,
Wolverton Mill, Milton Keynes,
MK12 5ZD
Email:**support@sweatband.com**

Declaration of Conformity

We,

Company: Dyaco International Inc.

Address: 12F, No.111, Songjiang Road, 10486 Taipei, TAIWAN

....

declare under our sole responsibility that the product:

product name: Rowing machine

trade name: XTERRA

type or model: ERG780

According to the following directives:

General Product Safety Regulation (GPSR - Regulation (EU) 2023/988)

Electromagnetic Compatibility Directive (EMC - 2014/30/EU)

Radio Equipment Directive (RED - 2014/53/EU)

Restriction of Hazardous Substances (RoHS - Directive 2011/65/EU & Amendment (EU) 2015/863)

Standards to which Conformity is Declared:

EN IEC 55014-1:2021, EN IEC 55014-2:2021, EN 55032:2015+A11:2020+A1:2020,

EN 55035:2017+A11:2020,

EN 301489-1 V2.2.3, EN 301489-17 V3.2.4, EN 300328 V2.2.2, EN IEC 62311:2010,

EN 60335-1:2012/A15:2021, EN 62233:2008, EN 50564:2011,

EN ISO 20957-1:2013, EN ISO 20957-5:2016

Sincerely,
DYACO INTERNATIONAL INC.

Andy Chiu

....
Authorized Signature