# TKO®

# AirRaid Rower Owner's Manual
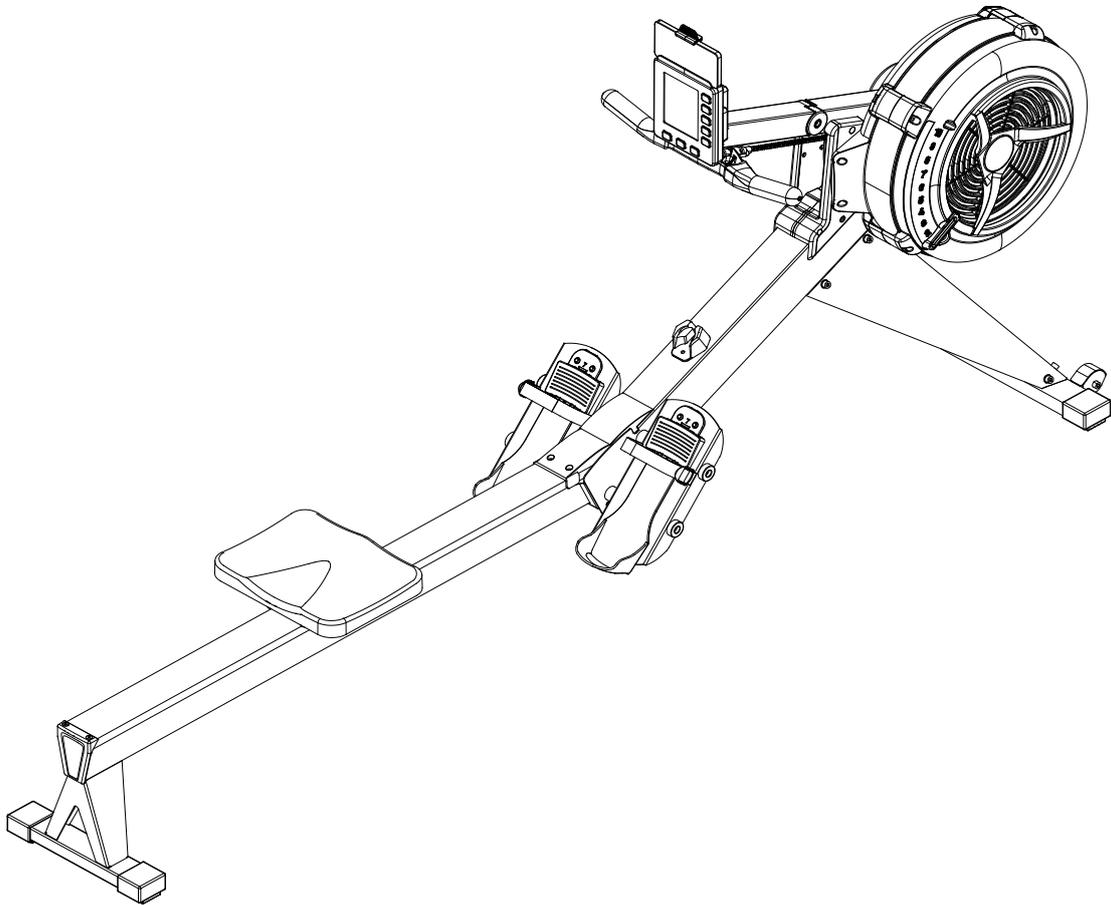
## TABLE OF CONTENTS

## 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(36). Replace the CHAIN(36) 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(51) to move the **ROWER.** The SEAT(51) will move and the SEAT CARRIAGE(10) 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 297 lbs /135 kgs.

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

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.**

Console Monitor Post

Cell Phone Bracket

Console Monitor

Handlebar

Right Fan Shrould

Damper

Handlebar Holder

Pedal Strap

Left and Right Support Leg

Foot Cushion

Main Frame

Seat

Pedal Support Plate

Rail

Back Cover

Foot Pedal

Foot Cushion
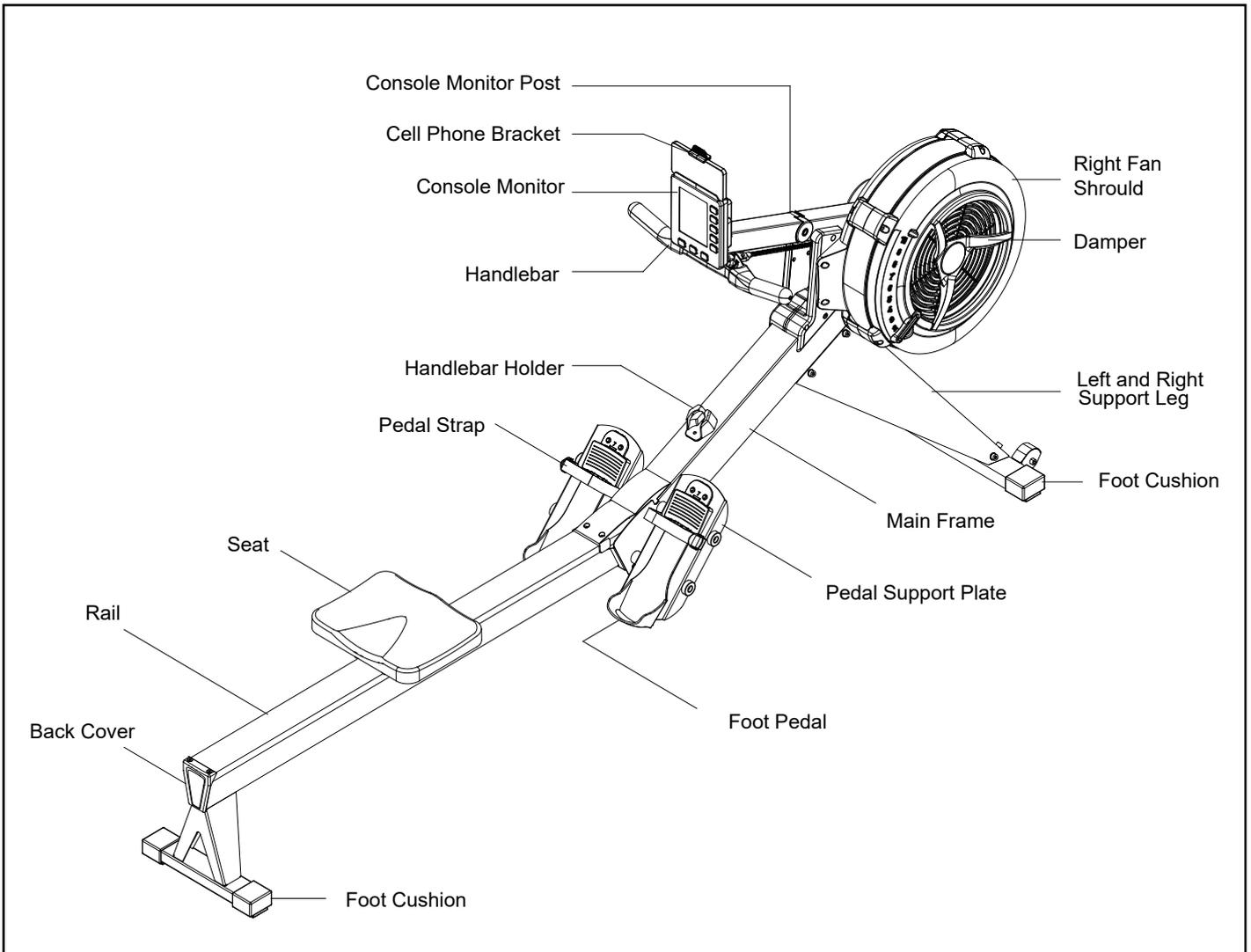
**THE FOLLOWING TOOLS ARE INCLUDED FOR ASSEMBLY :**

**Allen Wrench (6mm)**
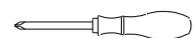
**Screwdriver**

**Wrench**

## EQUIPMENT WARNING, WARNING LABELS

This chart is provided to help identify the warning, caution, and notice labels on the **ROWER.** Please take a moment to familiarize yourself with all of the warning, caution, and notice labels.

**Label is larger than actual size**

**C1**     **WARNING LABEL**

## WARNING ⚠

This product should be placed on a level surface at all times.

Before using this product, we recommend that you consult with a staff member and/or read the safety instructions in the user's manual.

Before starting any exercise program, consult with your physician or health professional.
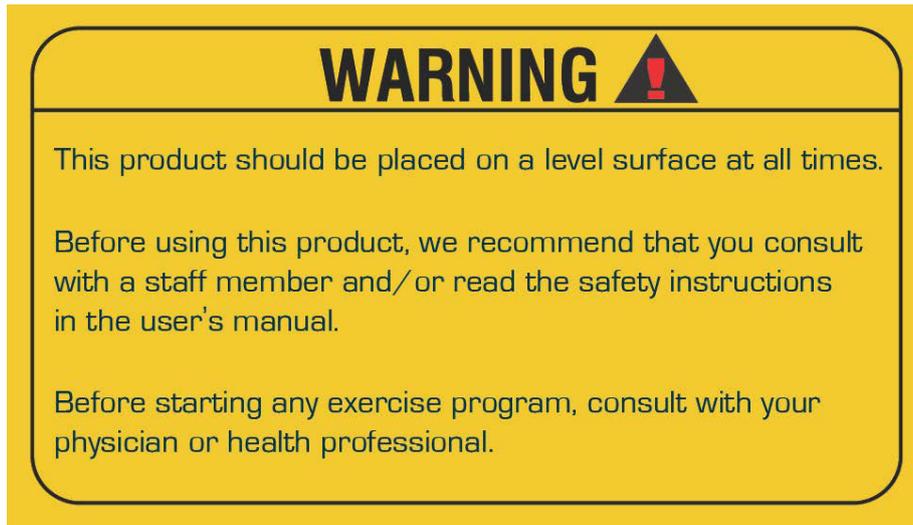
# HARDWARE IDENTIFICATION CHART

This chart is provided to help identify the fasteners used in the assembly process. Place the washers or the ends of the bolts or screws on the circles to check for the correct diameter. Use the small scale to check the length of the bolts and screws.

3/16"   1/4"   5/16"   3/8"   1/2"

**INCHES**

0   1/2   1   1/2   2   1/2   3   1/2   4   1/2   5   1/2   6   in.

0   10   20   30   40   50   60   70   80   90   100   110   120   130   140   150   mm.

**MILLIMETERS**

6   8   10   12
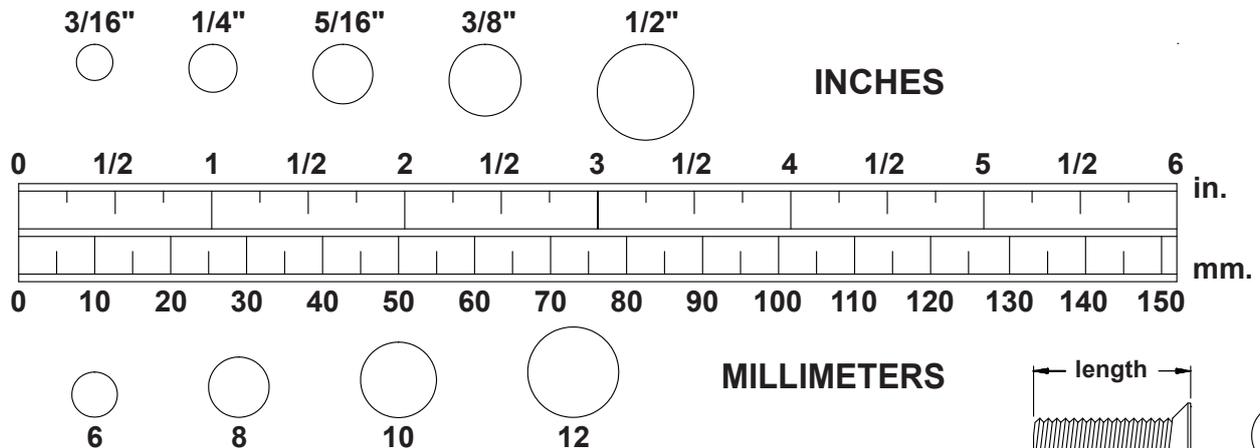
length

length

**NOTICE:** The length of all bolts and screws, except those with flat heads, is measured from below the head to the end of the bolt or screw. Flat head bolts and screws are measured from the top of the head to the end of the bolt or screw.

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.
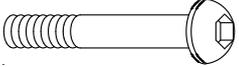
| | Part Number and Description | Qty |
|---|---|---|
| | 78  Button Head Cap Screw, M8x75mm | 1 |
| | 79  Flat Washer, M8 | 10 |
| | 80  Nylon Lock Nut, M8 | 1 |
| | 81  Socket Head Cap Screw, M8x12mm | 8 |
| | 173  Socket Head Cap Screw, M8x20mm | 1 |
| | 131  Philip Pan Head Screw, M6x12mm | 3 |
| | 178  Foot Pedal End Cap, M8 | 1 |
| | 98  Pull Pin | 1 |
| | 139  Pedal Shaft 16mm | 1 |
| | 84  Socket Head Cap Screw, M10 x160mm | 2 |
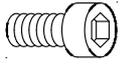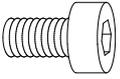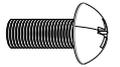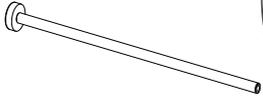
# HARDWARE IDENTIFICATION CHART
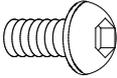
| | Part Number and Description | Qty |
|---|---|---|
| | **117**   **Button Head Cap Screw, M8x20mm** | **1** |
| | **83**   **Philips Flat Head Screw, M6x16mm** | **2** |
| | **9**   **Foot Pedal End Cap, M10 (Large Hole)** | **2** |
| | **59**   **Foot Cushion** | **2** |
| | **67**   **Back Cover** | **1** |
| | **116**   **Stopper Bumper** | **1** |
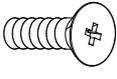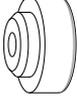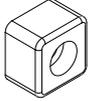
**6**

## ASSEMBLY INSTRUCTIONS

**STEP 1**

First, take out the packing materials **Styrofoam (A)**, **Styrofoam (B)** and **Styrofoam (C)**. Then stack **Styrofoam (B)** on the top of **Styrofoam (A)** as the picture. Take the **Main Frame (182)** out from the carton and put it on both **Styrofoam (B & A)** and **Styrofoam (C)** as the picture shown. The **Right** and **Left Fan Shrouds (43 & 44)**should be placed in the groove of **Styrofoam (A)**.
NOTE: Fan Shrounds will be easy damaged if the whole product is placed on the ground directly during the assembly.
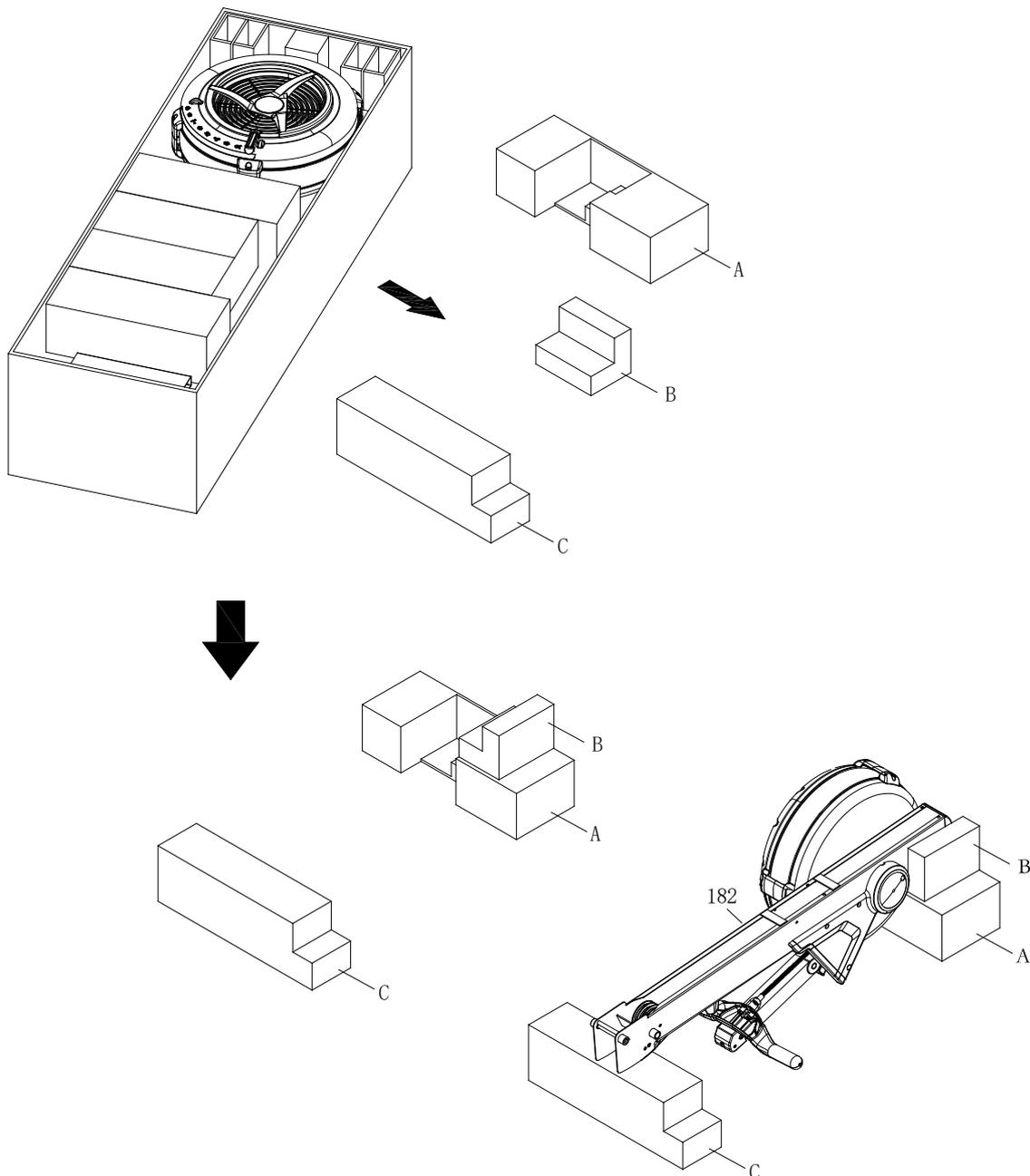
## STEP 2

Turn the main assembly of the **ROWER** upside down and place it in the packing material
**Styrofoam( B & A)** and **Styrofoam (C)** to avoid damage of housing.
Attach **Left** and **Right Support Legs (7 & 8)** to the **Main Fram (182)** using: 4 PCs of **M8x12mm**
**Socket Head Cap Screw (81)** and **M8 Flat Washer (79)**.
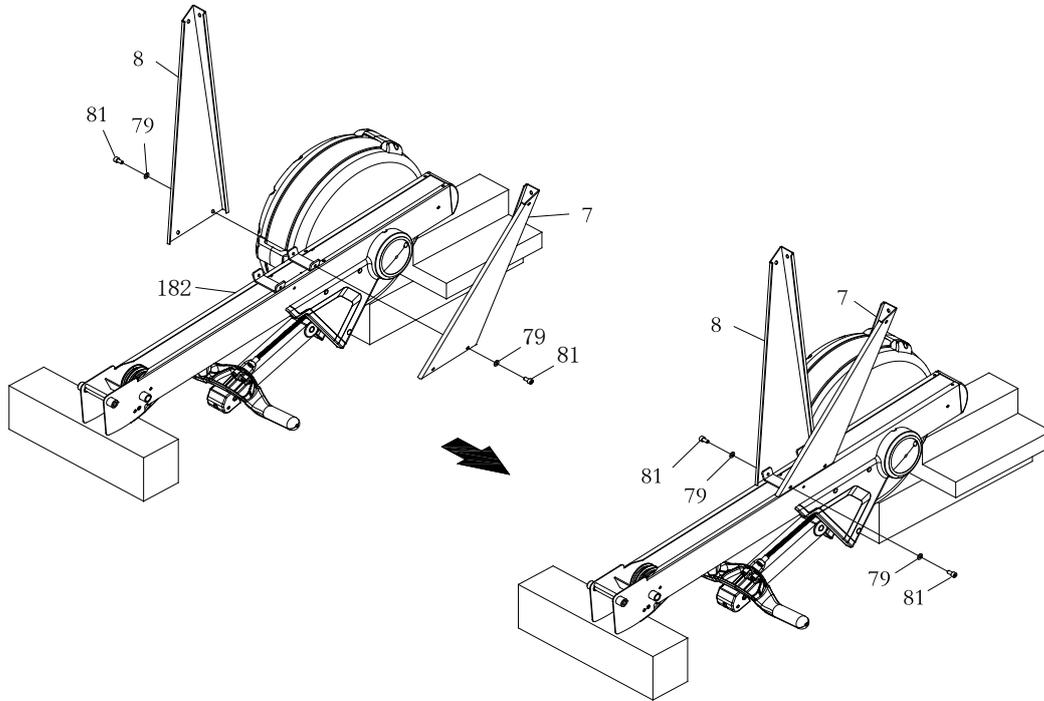
## STEP 3

Attach the **Front Stabilizer (4)** to **Left** and **Right Support Legs (7& 8)** using: 4 PCs of
**M8x12mm Socket Head Cap Screw (81)** and **M8 Flat Washer (79)**. Then tighten all bolts.

NOTE: Fully tighten bolts at end of above steps

## STEP 4

Lift up the **Main Frame (182)**. Insert the **Pedal Shaft 16mm (139)** through right and left **Pedal Support Plate (184)** and **Main Frame (182)**. Attach **Pedal Support Plate (184)** lower part on **Main Frame (182)** by using **Socket Head Cap Screw, M8X20 (173)** and **Foot Pedal End Cap (178)**.

Attach **Pedal Support Plate (184)** upper part on **Main Frame (182)** by using **Socket Head Cap Screw, M10X160 (84)** and **Foot Pedal End Cap, Large Hole (9)**.

NOTE: Fully tighten bolts at end of this step.

## STEP 5

Assemble the **Foot Pad (59)** onto the **Rail (183)**. Then Assemble the **Seat Set (51)** into the **Rail (183)**. Attach the **Rail End Cap (67)** to the **Rail (183)** by using 2 PCs of **Philips Flat Head Screw, M6X16 (83)**.

Attach the **Stopper Bumper (116)** to the **Rail (183)** by using 1 PC of **Socket Head Cap Screw, M8X20(117)** and 1 PC of **M8 Flat Washer (79)**.

**STEP 6**

One hand hold the **Pedal Strap (47)** and lifts up the **Main Frame (182)**, while the other hand lifts up the **Rail Frame (183)**. Insert the **Rail Frame (183)** into the **Main Frame (182)**. Make the **Pedal Shaft 12mm (140)** fit into the gap in the **Rail Frame (182)**. Finally, insert the **Pull Pin (98)** into the **Main Frame (182).**
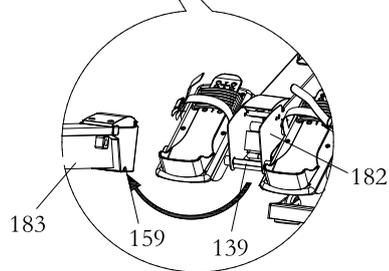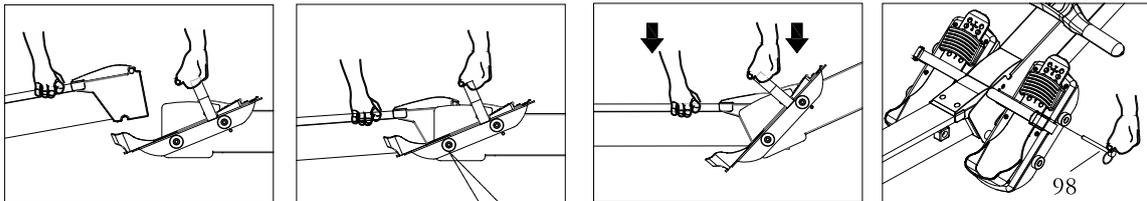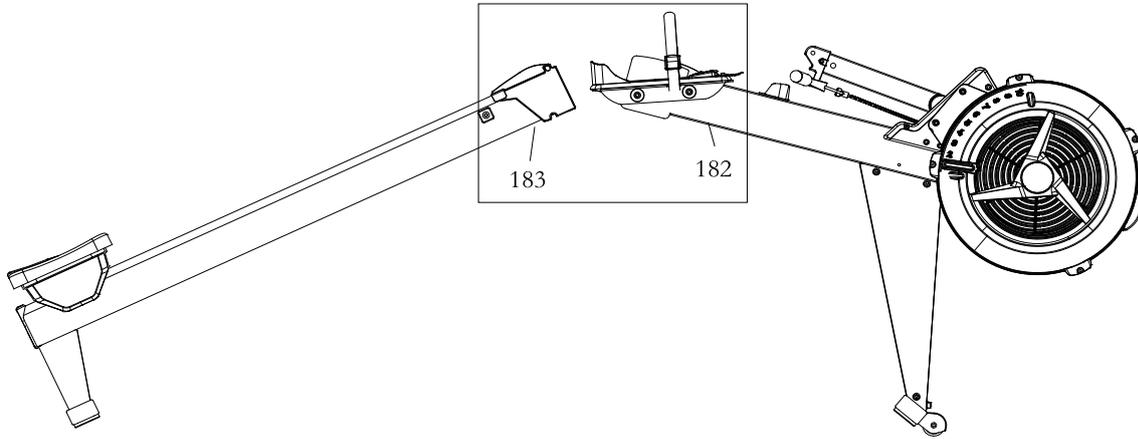
**STEP 7**

Lift up the **Lower Console Monitor Post (135)**. Attach the **Lower Console Monitor Post (135)** on **Left/Right Side Cover (185 / 186)** by using **Phillips Pan Head Screw, M6x12mm (131)**.

NOTE: Fully tighten bolts at end of this step.

## Back View

## Front View

Smartphone Holder

Batteries Cover

Sensor Cable Plugin

D    D
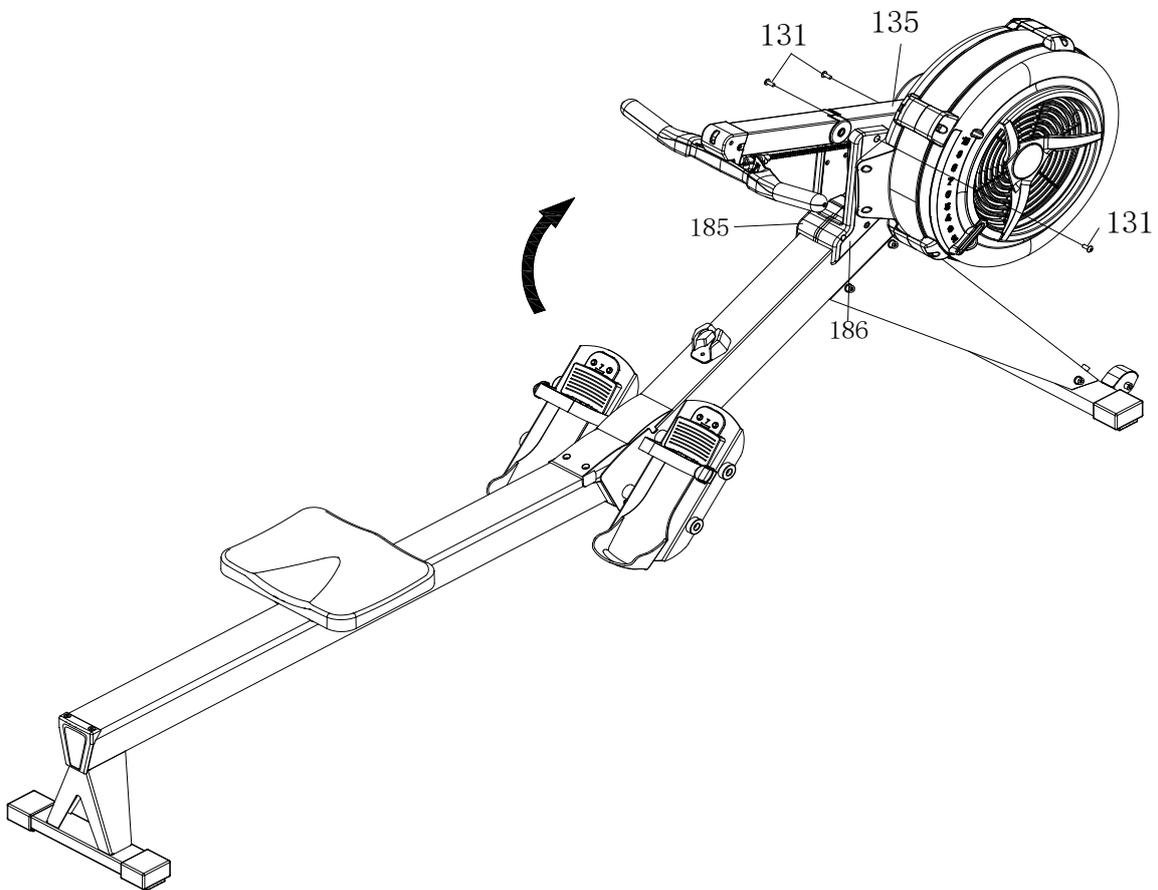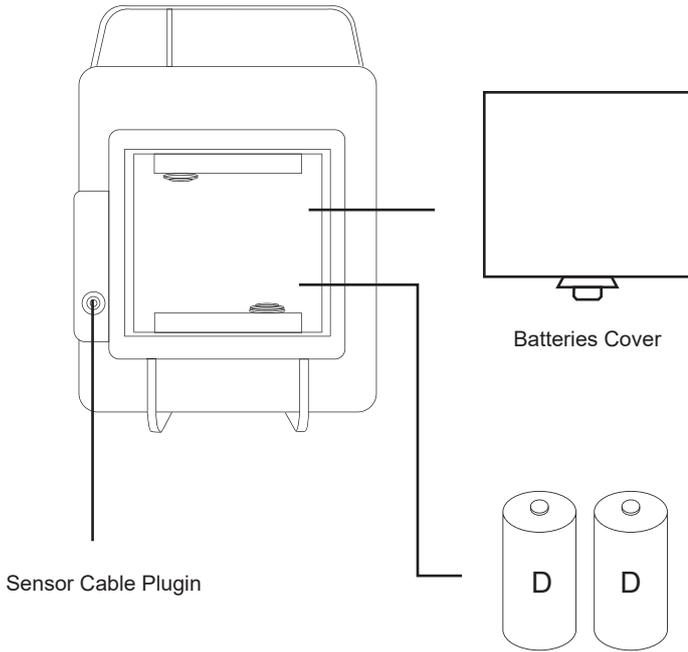
Operates on 2 size D batteries.

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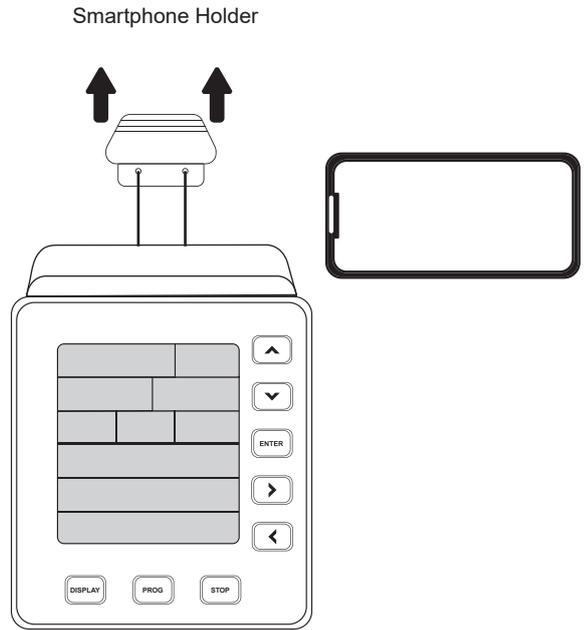
**Your ROWER utilizes an air fan system to create resistance for your workout. We recommend that you use this computer console to vary your workout from session to session and note your progress toward your fitness goals. When used regularly in this way, the computer console can become an important source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

## INITIAL SETUP

Move the handlebar or long press any button to awake the monitor. You will be asked to set the **DATE** and **TIME** the first time.

D = Day / M = Month / Y = Year

20:04:22
D    M    Y

TIME 06:20

24- hour clock

Long press DISPLAY & PROG to reset date and time

DISPLAY    PROG    STOP

Press UP & DOWN to increase or decrease the number.

Press ENTER to confirm the date and time.

Press LEFT & RIGHT to select the number.
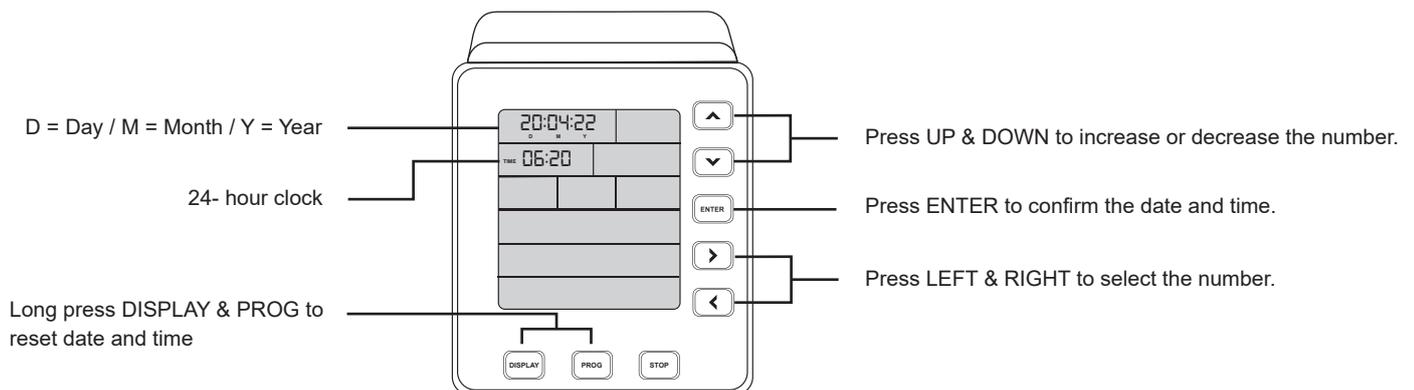
**STEP 8**

Attach the **Console Monitor (19)** to the **Console Mounting Bracket (179)** by using
**M8X75mm Button Head Cap Screw (78)**, **M8 Flat Washer (79)**, and **M8 Nylon Lock Nut (80)**.

**STEP 9**

 Connect **Sensor Cable (23)** into the back of the **Console Monitor (19a)**.
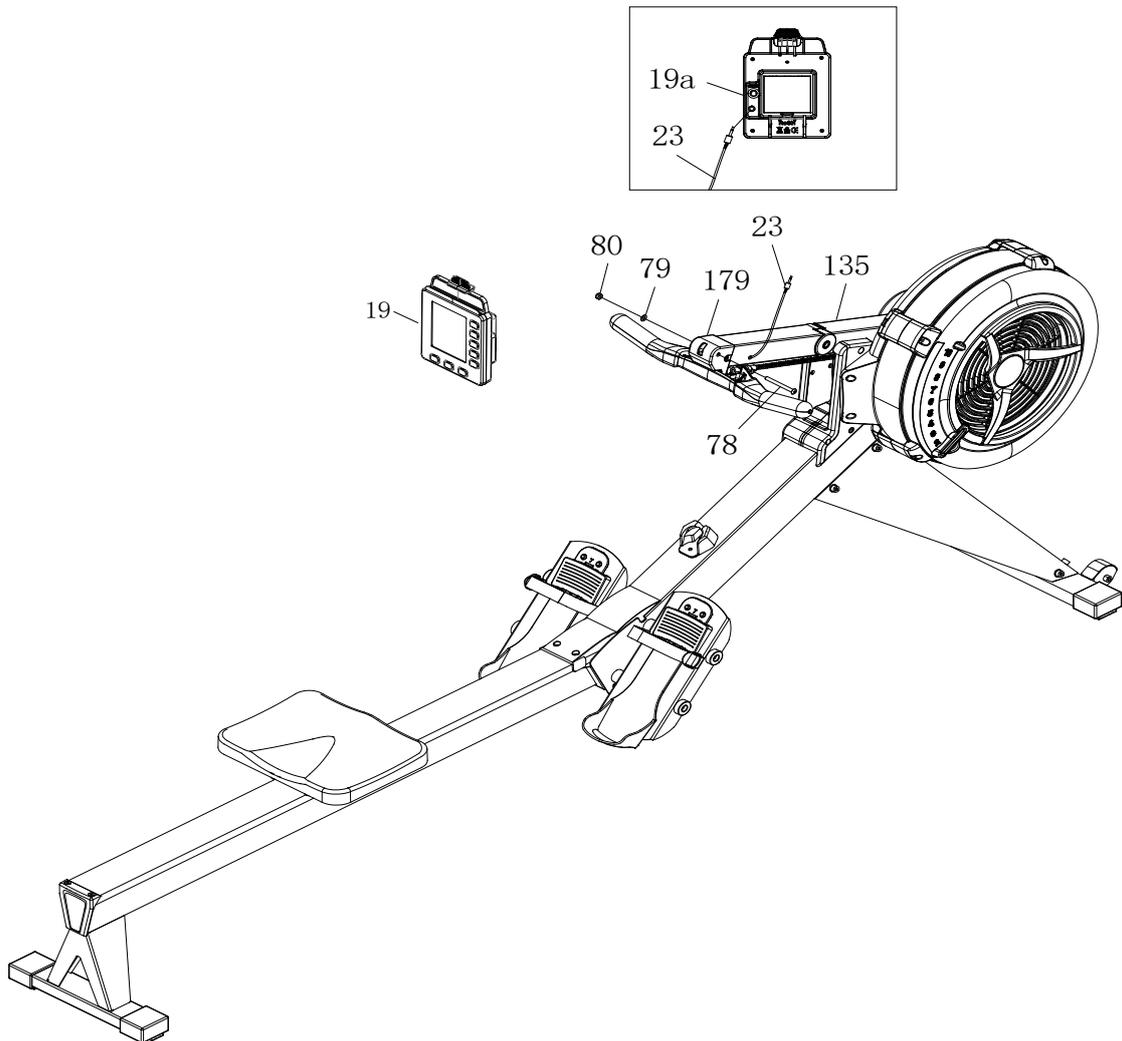
## Function Buttons

**POWER ON**

- Move the handlebar to start exerciseing in Quick Start Porgram or press any button to go into IDEL mode.

- When there is no batteries installed, monitor can still work in Quick Start Porgram.

**POWER OFF**

- In IDEL mode, monitor will automatically shut off after 20 seconds of inactivity.

- When running an interval program, monitor will automatically shut off after 2 minutes of inactivity.

- In all other programs, monitor will automatically shut off after 30 seconds of inactivity.

- Monitor will not shut off when connecting to Bluetooth.
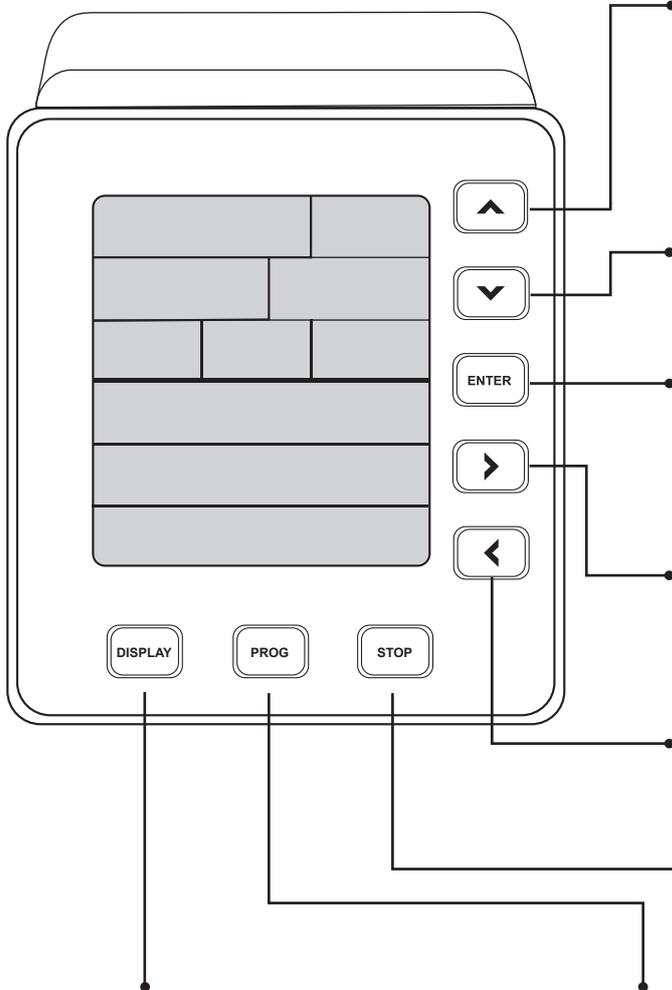
**▲ UP BUTTON**

- Press to increase the preset value. Release to stop.
- Hold to make values increase automatically.
- In Memory Mode, use to change between different workouts saved.

**▼ DOWN BUTTON**

- Press to decrease the preset value. Release to stop.
- Hold to make values decrease automatically.
- In Memory Mode, use to change between different workouts saved.

**ENTER BUTTON**

- Press to confirm the programs or setting values.

**▶ RIGHT BUTTON**

- Press to move around digits for faster setting.
- In Memory and Summary Modes, press to view different splits.

**▶ LEFT BUTTON**

- Press to move around digits for faster setting.
- In Memory and Summary Modes, press to view different splits.

**DISPLAY BUTTON**

- Press to view different set of data.
  **1 BEEP: Switch to second display.**
  **2 BEEP: Scan between 2 sets of display.**
- When viewing workout summary or in memory, press DISPLAY button to cycle through sets of display.

**PROGRAM BUTTON**

- Press to cycle through each program options:
- Target Values( DISTANCE > TIME > CALORIES)
- Interval Programs( DISTANCE > TIME > CALORIES)

  ***Default exercising mode is Quick Start Program**

**STOP BUTTON**

- When selecting the programs or setting value, press the STOP button as back button.

- In any workout modes:
  **1st time: Stop the workout.**
  **2nd time: View the workout summary.**
  **3rd time: Return back to IDLE mode.**

  ***Must press to save the data.**
  (not include Quick Start Mode)

# Monitor Display

**TIME & D M Y**

- Total workout time

**TIME/500M & AVE TIME/500M & REST TIME**

- TIME/500M is the estimated time to reach 500m based on your current stroke.

- AVE TIME/500M is the average time needed to reach 500m accumulated in entire workour.

- REST TIME is the reat time set in Interval Programs.

**CYCLE**

- CYCLE display only in Interval Program. It's accumulated up to indicated which cycle of interval your are on.
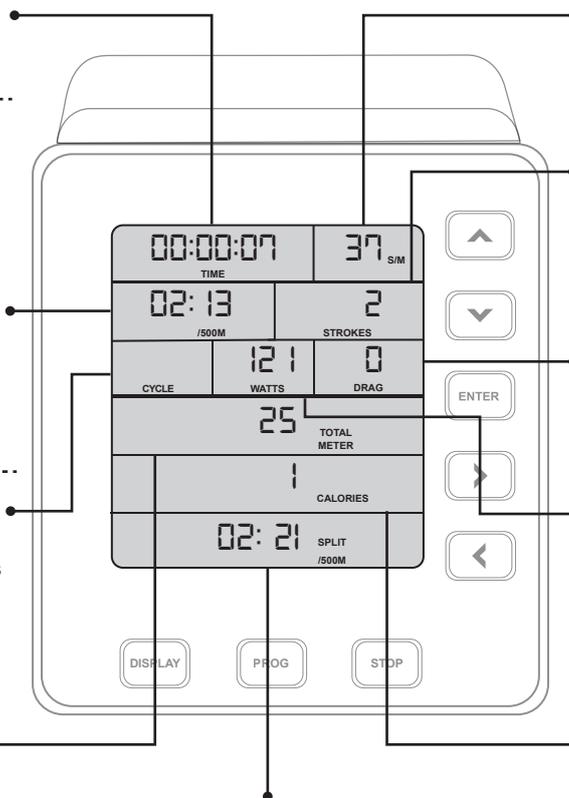
**S/M (STROKE RATE)**

- Display the current stroke per minute.

**STROKES**

- Total number of strokes.

**DRAG & PULSE**

- Must wear heart rate detection device with 5.3 K Hz frequency to connect.

- DRAG display the reference number of the rowing cadence and resistance you feel.

**WATTS & AVE**

- WATT display current watt value.

- AVE WATT display the total avaergae watts in the entire workout.

**TOTAL METER & TOTAL METER/30MIN**

- TOTAL METER is accunulated when under any workout mode except for Distance Countdown Program.

- TOTAL METER/30MIN is the estimated distance for 30 minutes with your current stroke.

- It's accumulated in cycle mode that numbers go back to 0 if the distance exceeds the max value.

**SPLIT TIME/500M & SPLIT CALORIES**

- Display the average TIME/500M on current split.

- Display the average Calories on current split.

**CALORIES & CALORIES/HR**

- CALORIES is the amout of calories burend.

- CALORIES/HR is the estimated calories burend in 1 hour with the current stroke rate

- It's accumulated in cycle mode that numbers go back to 0 if the calories exceeds the max value.
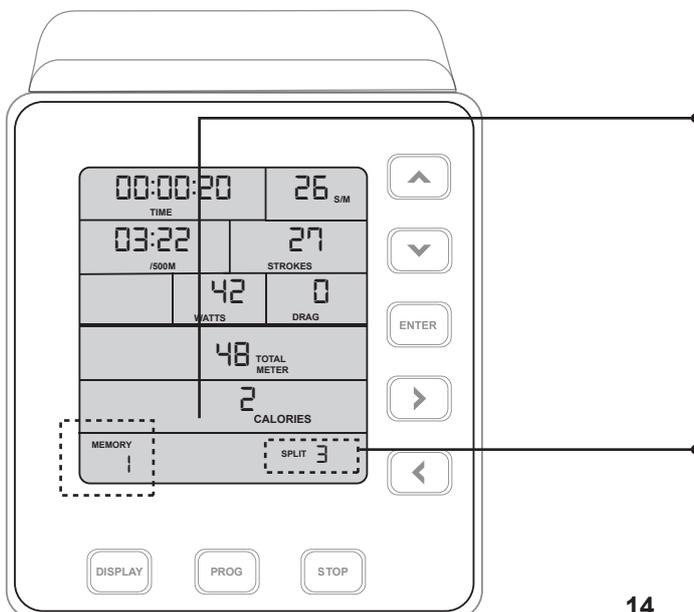
**SPLIT (XX)**

- Display range:  0 ~ 35

- SPLIT shows up in workout summary and memory modes.

- When SPLIT displays 0, it means no split is done and is the total workout data.

**MEMORY**

- Display range:  0 ~ 35

- Display the training data of your previous workouts. It'll only be displayed in Memory mode.

- The newest training data will be saved in Memory 01. The second newest data will be saved in Memory 02..., and the oldest training data will be saved in Memory 35. The older data will be erased when the training sections exceed 35.

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## PROGRAMS

The console monitor has 8 programs. Press **PROG** button to change workout programs according to the following sequence.

**Quick Start Program > Distance Countdown > Time Countdown > Calories Countdown >**

**Time Interval > Distance Interval > Calories Interval > Memory**

-------------------------------------------------------------------------------

### QUICK START PROGRAM

- To enter Quick Satrt Pogram, you can pull the Handlebar (3) to start the training. All function values for the console will count up. You can start it in either POWER OFF ot IDLE mode by just starting the rowing.

- Quick Start Program will have a summary of the workout when pressing STOP button, but the training data will not be saved into Memory mode.

### DISTANCE COUNTDOWN PROGRAM

- During the workout, the distance will countdown from the preset distance value.

- Workout setting range: 100 ~ 50000 meters.

- The Distance Countdown Program will start once the user pulls the Handlebar (3). When the program is finished, the monitor will show your workout summary. Press STOP button to save the training data into Memory mode and go back to IDLE mode.

### TIME COUNTDOWN PROGRAM

- During the workout, the time will countdown from the preset value.

- Workout setting range: 00:00:20 ~ 09:59:59. (Hours: Minutes: Seconds)

- The Time Countdown Program will start once the user pulls the Handlebar (3). When the program is finished, the monitor will show your workout summary. Press STOP button to save the training data into Memory mode and go back to IDLE mode.

### CALORIES COUNTDOWN PROGRAM

- During the workout, the calories will countdown from the preset value.

- Workout setting range: 10 ~ 5000 cal.

- The Calories Countdown Program will start once the user pulls the Handlebar (3). When the program is finished, the monitor will show your workout summary. Press STOP button to save the training data into Memory mode and go back to IDLE mode.

### TIME INTERVAL PROGRAM

- When Time Interval Program is seleted, you will see TIME flashing and also REST TIME will be displayed.

- You will set the desired workout TIME of each interval. Once finish setting, press ENTER button to set the REST TIME of each interval.

- Workout time value setting range: 00:00:20 ~ 09:59:59 (Hours: Minutes: Seconds).

- Rest Time value setting range: 00:10 ~ 30:00 (Minutes: Seconds).

- Interval cycle accumulates up to 35 cycles.

## PROGRAMS

The console monitor has 8 programs. Press **PROG** button to change workout programs according to the following sequence.

**Quick Start Program > Distance Countdown >  Time Countdown > Calories Countdown >**

**Time Interval > Distance Interval > Calories Interval > Memory**

--------------------------------------------------------------------------------

### DISTANCE INTERVAL PROGRAM

- When Distance Interval Program is seleted, you will see TOTAL METER flashing and also REST TIME will be displayed.

- You will set the desired workout METER of each interval. Once finish setting, press ENTER button to set the REST TIME of each interval.

- Workout time value setting range: 100 ~ 50000 meters.

- Rest Time value setting range: 00:10 ~ 30:00 (Minutes: Seconds).

- Interval cycle accumulates up to 35 cycles.

### CALORIES INTERVAL PROGRAM

- When Calories Interval Program is seleted, you will see CALORIES flashing and also REST TIME will be displayed.

- You will set the desired workout CALORIES of each interval. Once finish setting, press ENTER button to set the REST TIME of each interval.

- Workout time calories setting range: 10 ~ 5000 cal.

- Rest Time value setting range: 00:10 ~ 30:00 (Minutes: Seconds).

- Interval cycle accumulates up to 35 cycles.

### MEMORY MODE

- After pressing PROG button and you see MEMORY displayed, press ENTER to view your past workouts. Use the UP and DOWN buttons to scroll through your workouts. Press ENTER to view the workout data. Once in the data, you can press RIGHT and LEFT button to view your SPLIT data. Press STOP to go back and scroll to a different workout.

- Only program modes workout summary will be saved to MEMORY MODE. Quick Start will not be saved to MEMORY MODE

- The computer memory can save at most 80 sets of data or 80 splits of data. Computer will only save up to 35 work-outs. (Example: When you row 1000M countdown, you will save 3 sets of data. 1 total average and 2 500M split data)

- When you try to save a workout summary and the computer does not have enough memory it will automatically erase the oldest workout(s) in order to save your newest workout into memory.

- The lower the number under MEMORY the newer the workout is.

- In MEMORY MODE, the TIME window will scan between the date (D M Y) every 5 seconds.

- You can press DISPLAY button to switch display around.

- When SPLIT displays "00" it means it is the total workout average with no splits.

- Below is how the computer decides to split the data into.

## PROGRAMS

The console monitor has 8 programs. Press **PROG** button to change workout programs according to the following sequence.

**Quick Start Program > Distance Countdown >  Time Countdown > Calories Countdown >**

**Time Interval > Distance Interval > Calories Interval > Memory**

### Time Countdown Mode

| Rule | Splits by |
|------|-----------|
| 10 hour >= TIME > 5 hour | 30min |
| 5 hour >= TIME > 200 min | 15min |
| 200 min >= TIME > 100 min | 10min |
| 100 min >= TIME > 60 min | 5min |
| 60 min >= TIME > 20 min | 3min |
| 20 min >= TIME > 5 min | 1min |
| 5 min >= TIME > 1 min | 30sec |
| 1 min >= TIME | 30sec |

### Calories Countdown Mode

| Rule | Splits by |
|------|-----------|
| 5000 >= Calories > 4000 | 250cal |
| 4000 >= Calories > 3000 | 200cal |
| 3000 >= Calories > 2000 | 150cal |
| 2000 >= Calories > 1000 | 100cal |
| 1000 >= Calories > 500 | 50cal |
| 500 >= Calories > 100 | 20cal |
| 100 >= Calories | 10cal |

### Time Countdown Mode

| Rule | Splits by |
|------|-----------|
| 1 Cycle = 1 Split | Up to 35 |

### Distance Countdown Mode

| Rule | Splits by |
|------|-----------|
| 500 >= Distance > 250 | 20km |
| 250 >= Distance > 100 | 10km |
| 100 >= Distance > 50 | 5km |
| 50 >= Distance > 20 | 2km |
| 20 >= Distance | 1km |

**Note: If you set workout value not a multiple of the split data the last split will not be display when you view your splits, but it will be added to the total workout Split "00"**

**Example: If you set 1200M and finish the workout, Split "00" will show the total average of 1200M, but when you view the splits you will only see 2 500M splits and will not have a 3rd split of 200M. It will be the same if you stop midway of the workout.**

## BLUETOOTH CONNECTION
## ⍟ FTMS PROTOCOL

Please make sure the console is activated in order to proceed Bluetooth connection with your smartphone or tablet devices.



## AVAILABLE APPS

Kinomap

D-fit

EXR
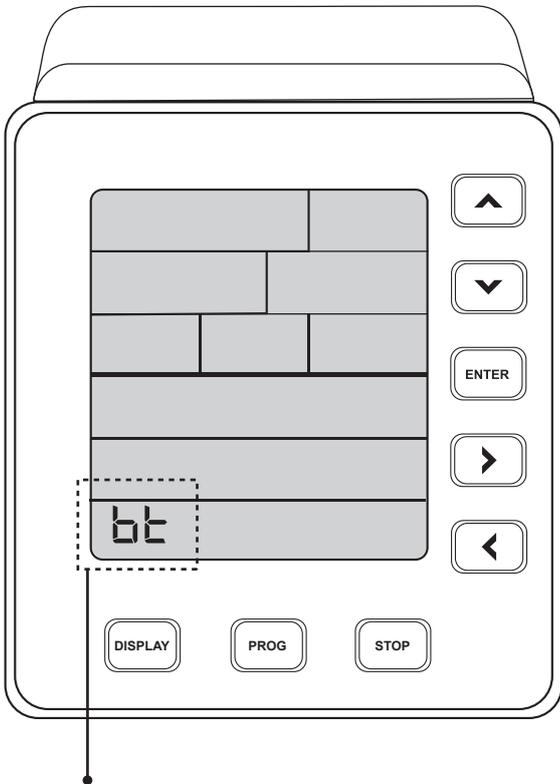
The "bt" will be displayed at the bottom left of console screen when it's connected to an app.

**\*Please go to settings on your device to allow the apps to access Bluetooth connection.**

## SCAN TO DOWNLOAD

**Android**

**IOS**

## LOAD ADJUSTMENT

There is a **Damper (42)** built into the **Right Fan Shroud (43).** Move the Indicator in the **Damper (42)** to point to the numbers on the **Right Fan Shroud (43)** to adjust the load. There are settings from 1 to 10. Setting #1 will provide the lowest resistance. Setting
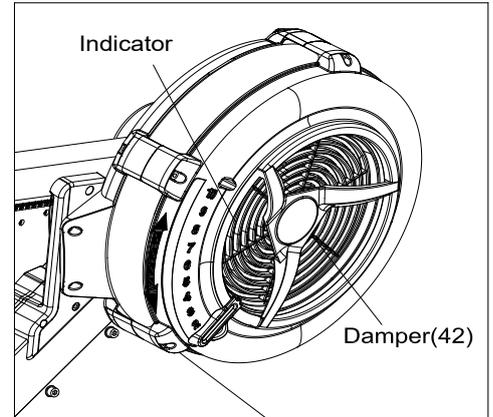


## HANDLEBAR POSITION

The **Handlebar (3)** can be placed on the hook in the **Upper Console Monitor Post (134),** refer to illustration A. Or, you can place the **Handlebar (3)** on the **Handlebar Holder (52)** as shown in illustration B.
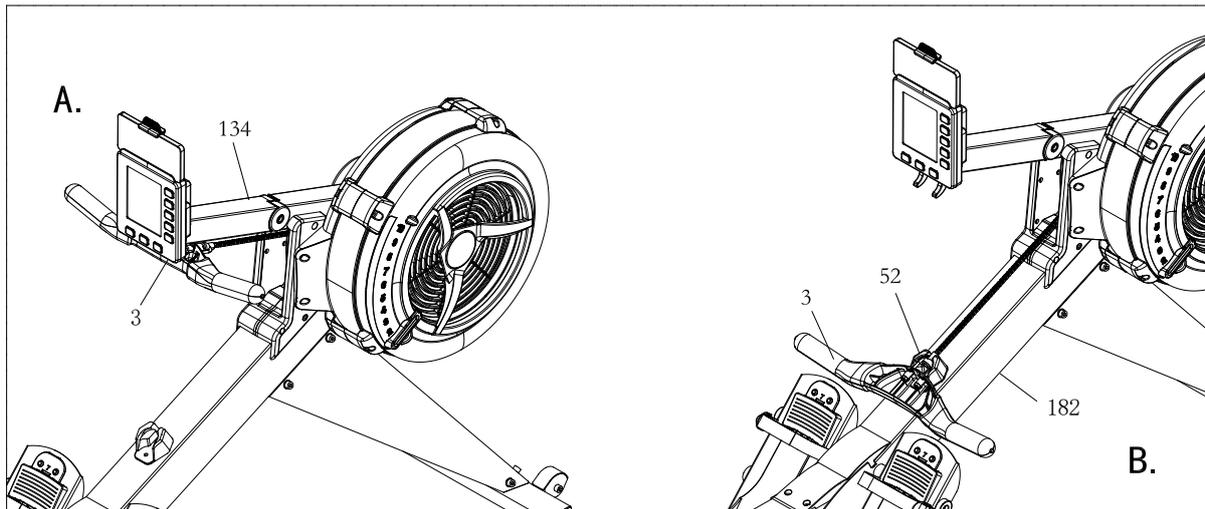


## PEDAL CAP ADJUSTMENT

The position of the **Foot Pedal (45)** can be adjusted. Refer to the illustration. Pull the **Foot Pedal (45)** out from the two bulges in the **Pedal Support Plate (177),** then lower or raise the **Foot Pedal (45)** to the desired position. Lock the **Foot Pedal (45)** in position by pressing the adjustment holes of the desired position onto the two bulges.

Refer to the numbers on the **Foot Pedal (45)** to make sure that **Foot Pedal (45)** are adjusted on the same position on both sides.
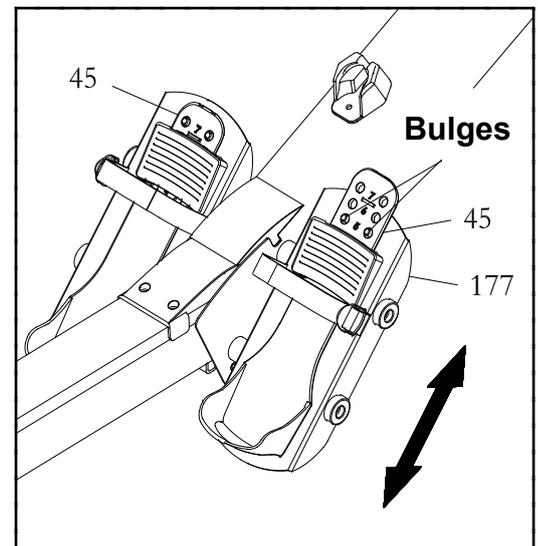
## USING THE SMARTPHONE HOLDER

The **Smartphone Holder (156)** can move up and down. Move up the **Smartphone Holder (156),** then slide the Cell Phone into the gap between the **Smartphone Holder (156)** and the **Console Monitor (19).** Move down the **Smartphone Holder (156)** to clip the Cell Phone in position.
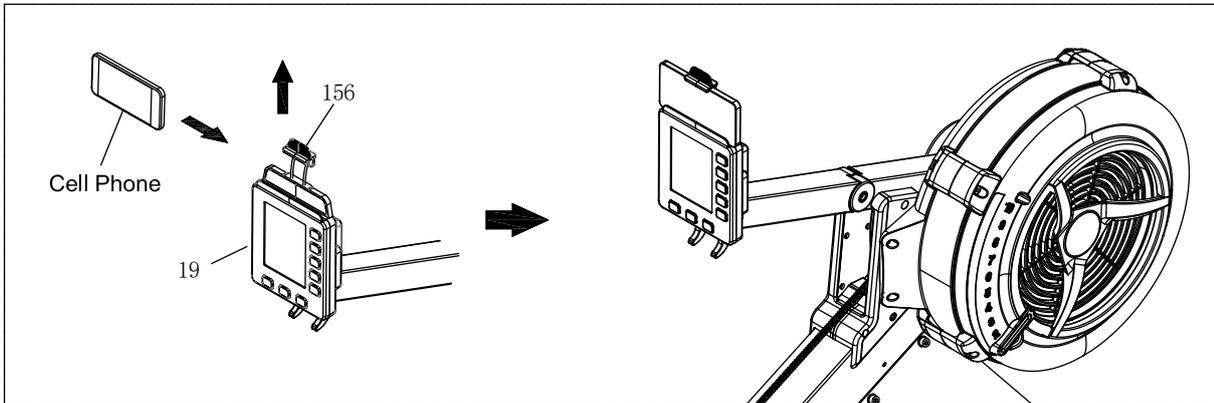


## CONSOLE MONITOR POST ADJUSTMENT

Hold the **Console Monitor (19)** by 2 hands, then adjust the **Upper Console Monitor Post (134)** up and down to the best position for you.
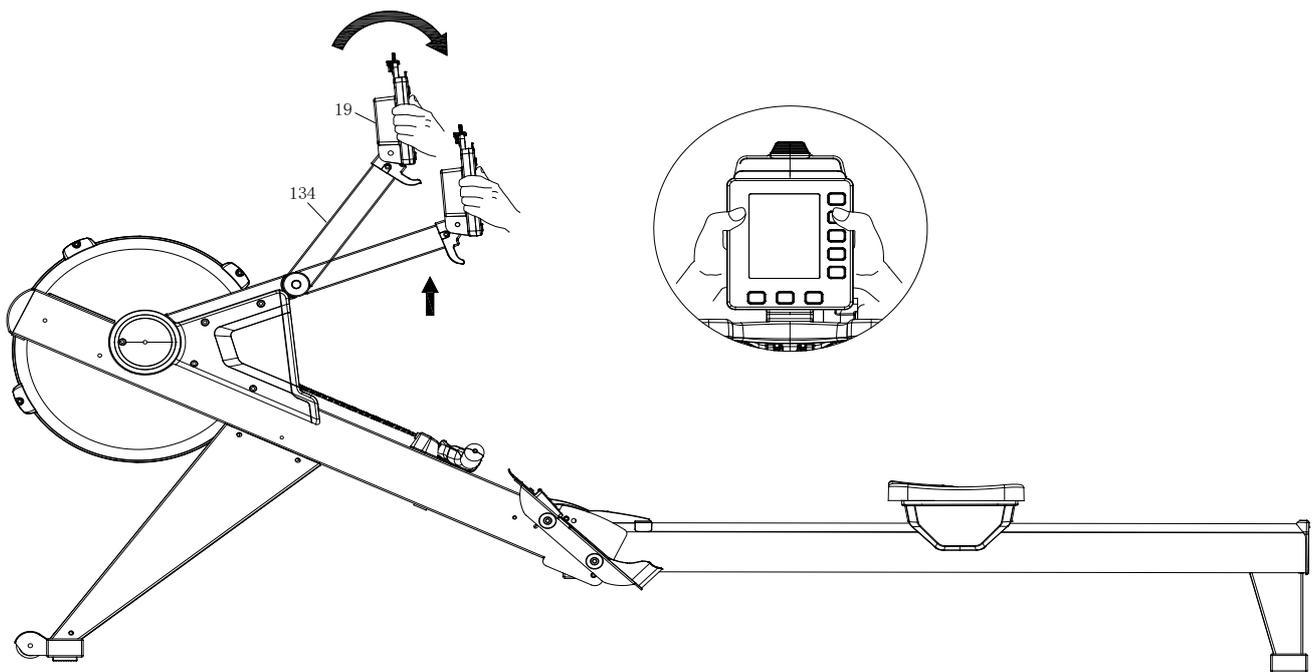
The safety and integrity designed into the **ROWER** can only be maintained when the **ROWER** is regularly examined for damage and wear. Special attention should be given to the following:

1. Pull on the **Handlebar (3)** and verify that the Magnetic System provides tension and the seat travel is smooth and stable.
2. Clean the roller tracks in the **Stainless Steel Rail (14)** 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 (36).** Replace the **Chain (36)** if it is cracked or broken.
5. Verify that the **Warning Label** is in place and easy to read.
6. It is the sole responsibility of the user/owner to ensure that regular maintenance is performed.
7. Worn or damaged components must be replaced immediately or the **ROWER** removed from service until repair is made.
8. Only Stamina Products supplied components should be used to maintain/repair the **ROWER**.
9. 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 (3),** your **Bungee Cord (38)** may stretch. Follow the following process to adjust:

**1.** Position the **Main Frame Assembly (182)** as shown in the illustration. Remove the **Main Frame Top Cap (68)** from the **Main Frame (182)**. Slide out the **Bottom Cover (70)** from the **Main Frame (182)**.
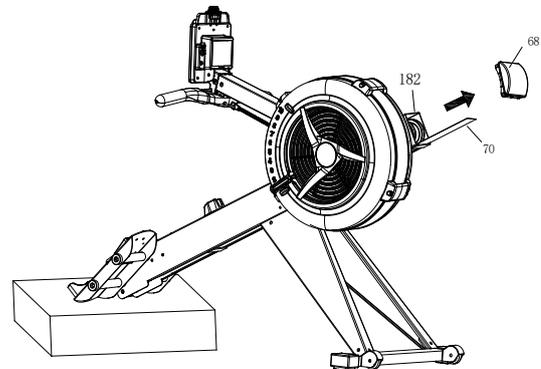
**2.** Position the **Main Frame Assembly (182)** as shown in the below illustration. Unhook the **Left Bungee Cord Hook (12L)** from the **Main Frame (182).** Make a mark on the **Bungee Cord (38)** to move the hook forward 2 inches. Refer to **View 1** to **View 3** to untie the **Bungee Cord (38)** from the **Left Bungee Cord Hook (12L),** and move the hook forward 2 inches. Refer to **View 4** to **View 6** to retie the **Bungee Cord (38)** to the **Left Bungee Cord Hook (12L).** Hook the **Left Bungee Cord Hook (12L)** back into the **Main Frame (182)** and push the hook to the left side to touch the inner wall of the **Main Frame (182).** NOTE: Always use two hands with a secure grip when re-attaching the **Bungee Cord Hooks (12L & 12R).** Unhook the **Right Bungee Cord Hook (12R)** from the **Main Frame (182).** Do the same
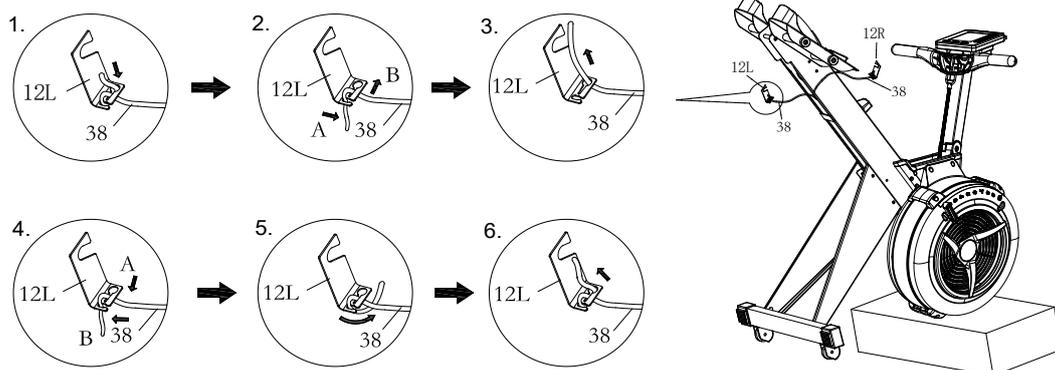
**3.** Position the **Main Frame Assembly (182)** as shown in the illustration. Slid the **Bottom Cover (70)** back into the **Main Frame (182).** Press the **Main Frame Top Cap (68)** into the **Main Frame (182)**.
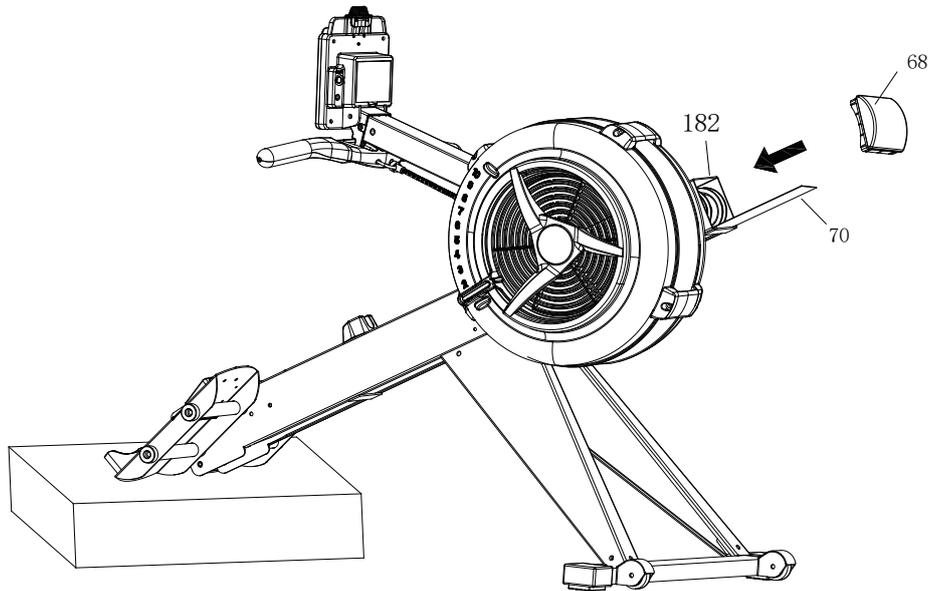


## CONSOLE MONITOR POST ADJUSTMENT

If the **Lower Console Monitor Post (135)** is getting loosen, please tighten **Socket Head Cap Screw, M6x16mm (99)** by using Allen Wrench (5mm).
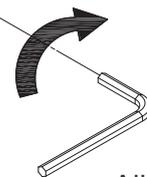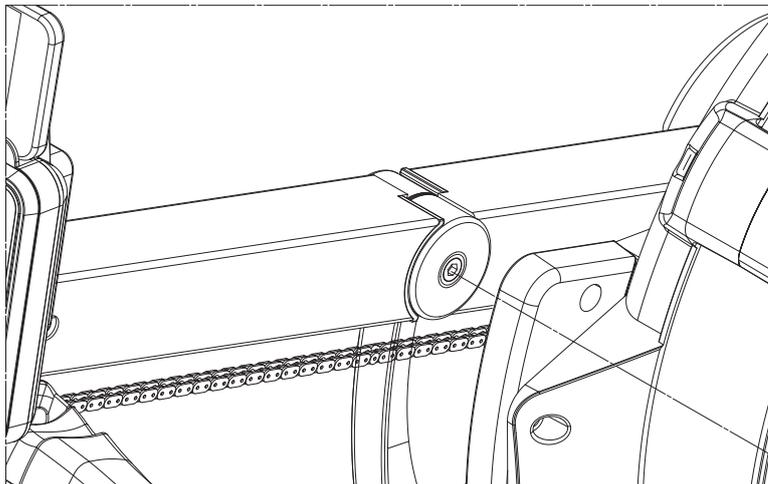


Allen Wrench (5mm)

## 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 (19)** before storing the **ROWER** for one year or more.
3. Move the **ROWER** with the **Transport Wheels (66)** on the **Front Stabilizer (4).** Lift the Rear Stand of the **Rail Frame (2)** to move the **ROWER.** Refer to the illustration below. Do not use the **Seat (51)** to move the **ROWER.** The **Seat (51)** will move and the **Seat Carriage (10)** may pinch your hand or fingers.
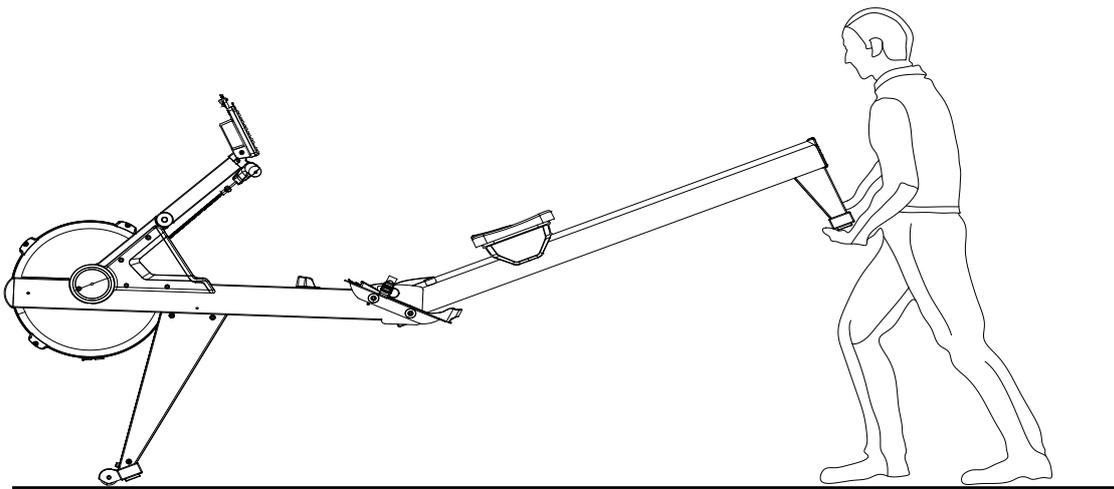


4. The **Main Frame (182)** and the **Rail Frame (183)** can be separated to minimize the unit size for storage. Remove the **Pull Pin (98)** from the **Main Frame (182).** Lift up the **Main Frame (182)** and pull out the **Rail Frame (183)** to separate. Insert the **Pull Pin (98)** back to the hole in the **Main Frame (182)** for storage.

FRONT

BACK
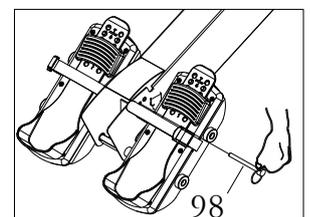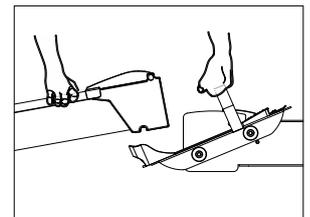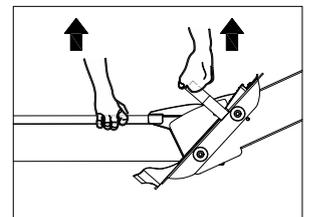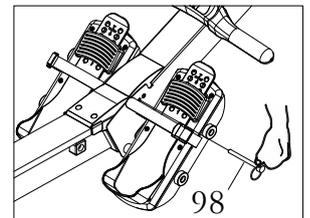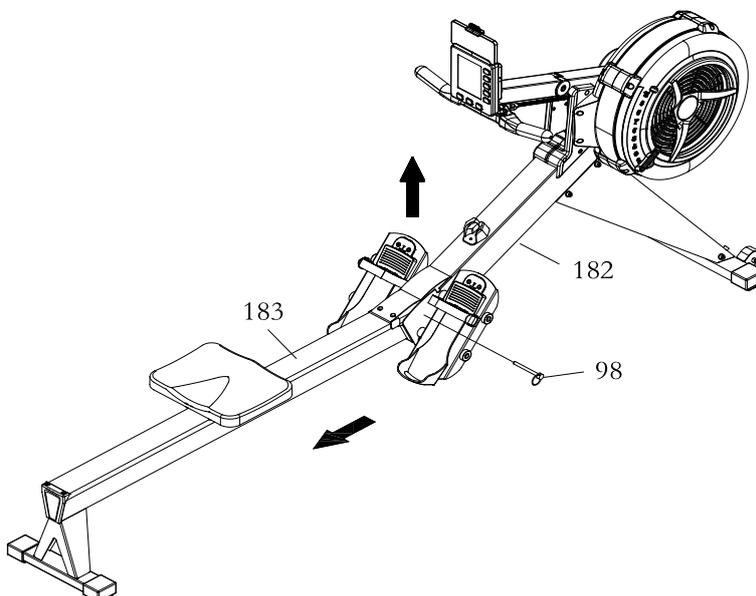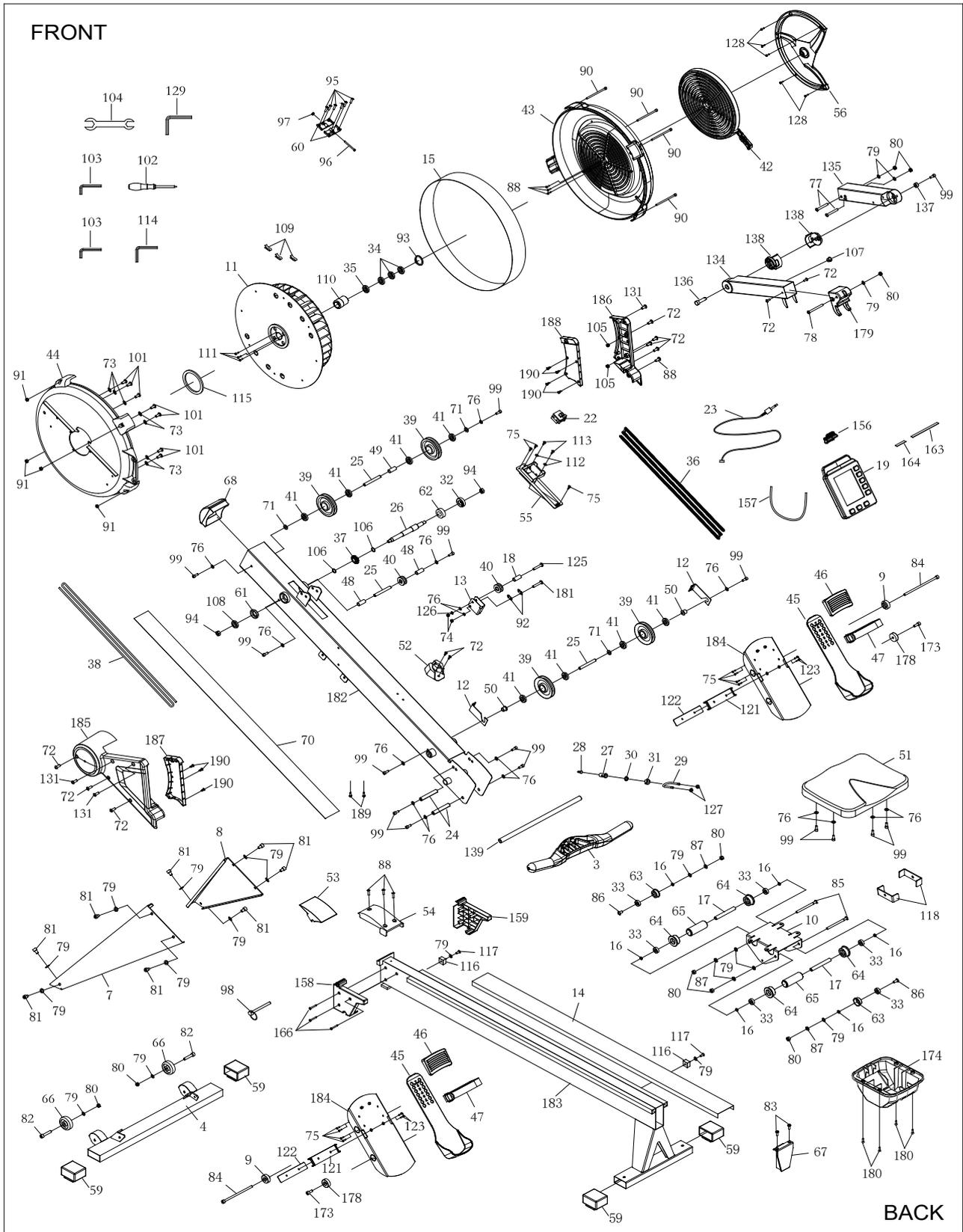
| ART# | DESCRIPTION | QTY |
| --- | --- | --- |
| 3 | Handlebar | 1 |
| 4 | Front Stabilizer | 1 |
| 7 | Left Support Leg | 1 |
| 8 | Right Support Leg | 1 |
| 9 | Foot Pedal End Cap, M10 (Large Hole) | 2 |
| 10 | Seat Carriage | 1 |
| 11 | Fan | 1 |
| 12 | Bungee Cord Hook | 2 |
| 13 | Chain Bracket | 1 |
| 14 | Stainless Steel Rail | 1 |
| 15 | Perforated Steel Mesh | 1 |
| 16 | Spacer, ø8.2xø12x3.2mm | 6 |
| 17 | Spacer, ø8.2xø12x71.6mm | 2 |
| 18 | Spacer, ø6.2xø10x15.5mm | 1 |
| 19 | Console Monitor | 1 |
| 22 | Generator | 1 |
| 23 | Sensor Cable | 1 |
| 24 | Shaft, M6xø12x80mm | 1 |
| 25 | Shaft, M6xø10x76.5mm | 3 |
| 26 | Fan Axle | 1 |
| 27 | Hook Connector | 1 |
| 28 | Chain Connector | 1 |
| 29 | U Bolt | 1 |
| 30 | Inner Spacer | 1 |
| 31 | Outer Collar | 1 |
| 32 | Bearing 6003RS | 1 |
| 33 | Bearing 608ZZ | 6 |
| 34 | Bearing 6201RS | 3 |
| 35 | One Way Bearing HF2016 | 1 |
| 36 | Chain | 1 |

| 37 | Sprocket | 1 |
|----|----------|---|
| 38 | Bungee Cord | 1 |
| 39 | Bungee Cord Pulley | 4 |
| 40 | Chain Roller | 2 |
| 41 | Bearing 6000ZZ | 8 |
| 42 | Damper | 1 |
| 43 | Right Fan Shroud | 1 |
| 44 | Left Fan Shroud | 1 |
| 45 | Foot Pedal | 2 |
| 46 | Foot Pedal Holder | 2 |
| 47 | Pedal Strap | 2 |
| 48 | Spacer, ⌀10x⌀16x30.5mm | 2 |
| 49 | Pulley Spacer, ⌀10x⌀16x26.5mm | 1 |
| 50 | Pulley Bushing | 2 |
| 51 | Seat | 1 |
| 52 | Handlebar Holder | 1 |
| 53 | Upper Joint Cover | 1 |
| 54 | Lower Joint Cover | 1 |
| 55 | Generator Base | 1 |
| 56 | Damper Cap | 1 |
| 59 | Foot Cushion | 4 |
| 60 | Steel Plate | 2 |
| 61 | Bushing 6001 | 1 |
| 62 | Bushing 6003 | 1 |
| 63 | Guide Roller | 2 |
| 64 | Seat Roller | 4 |
| 65 | Roller Sleeve | 2 |
| 66 | Transport Wheel | 2 |
| 67 | Rail End Cap | 1 |
| 68 | Main Frame Top Cap | 1 |

| 70 | Bottom Cover | 1 |
| 71 | Plastic Washer, ⌀10.2x⌀14x1mm | 3 |
| 72 | Phillips Head Screw, M6x10mm | 11 |
| 73 | Lock Washer, Internal Tooth M6 | 7 |
| 74 | Nylon Lock Nut, M6 | 2 |
| 75 | Phillips Head Screw, ST4.2x10mm | 11 |
| 76 | Flat Washer, M6 | 16 |
| 77 | Socket Head Cap Screw, M8x65mm | 2 |
| 78 | Button Head Cap Screw, M8x75mm | 1 |
| 79 | Flat Washer, M8 | 19 |
| 80 | Nylon Lock Nut, M8 | 9 |
| 81 | Socket Head Cap Screw, M8x12mm | 8 |
| 82 | Socket Head Cap Screw, M8x40mm | 2 |
| 83 | Phillips Flat Head Screw, M6x16mm | 2 |
| 84 | Socket Head Cap Screw, M10x160mm | 2 |
| 85 | Socket Head Cap Screw, M8x110mm | 2 |
| 86 | Button Head Cap Screw, M8x25mm | 2 |
| 87 | Lock Washer, M8 | 4 |
| 88 | Phillips Head Screw, ST4.2x16mm | 7 |
| 90 | Socket Head Cap Screw, M5x92mm | 4 |
| 91 | Hex Nut, M5 | 4 |
| 92 | Chain Hook | 2 |
| 93 | Elastic Ring | 1 |
| 94 | Nylon Lock Nut, M10 | 2 |
| 95 | Phillips Head Screw, ST4.2x6mm | 6 |
| 96 | Phillips Head Screw, M4x45mm | 1 |
| 97 | Hex Nut, M4 | 1 |
| 98 | Pull Pin | 1 |
| 99 | Socket Head Cap Screw, M6x16mm | 15 |
| 101 | Phillips Head Screw, M6x10mm | 7 |
| 102 | Screwdriver | 1 |

| | | |
|---|---|---|
| 103 | Allen Wrench, 6mm | 2 |
| 104 | Wrench | 1 |
| 105 | Hex Nut, M6 | 2 |
| 106 | PU Spacer | 2 |
| 107 | Plug | 1 |
| 108 | Bearing, 6001RS | 1 |
| 109 | Balance Weight | 3 |
| 110 | Bearing Bushing | 1 |
| 111 | Socket Head Cap Screw, M4x12mm | 3 |
| 112 | Washer, ø12xø3.5x1mm | 2 |
| 113 | Phillips Head Screw, ST3.5x12mm | 2 |
| 114 | Magnet | 1 |
| 115 | Caution Label | 1 |
| 116 | Stopper Bumper | 2 |
| 117 | Socket Head Cap Screw, M8x20mm | 2 |
| 118 | Stopper bracket | 2 |
| 121 | Pedal Strap Protector | 2 |
| 122 | Pedal Strap Stopper Plate | 2 |
| 123 | Phillips Flat Head Screw, M5x12mm | 4 |
| 125 | Phillips Head Screw, M6x30mm (Half Thread) | 1 |
| 126 | Lock Washer, M6 | 1 |
| 127 | Nylon Lock Nut, M6 | 2 |
| 128 | Philips Pan Head Self-Tapping Screw | 5 |
| 129 | Allen Wrench T8 | 1 |
| 131 | Phillips Pan Head Screw, M6X12mm | 3 |
| 134 | Upper Console Monitor Post | 1 |
| 135 | Lower Console Monitor Post | 1 |
| 136 | Screw Shaft | 1 |
| 137 | Sink Pad | 1 |
| 138 | Rotation Sleeve | 2 |
| 139 | Padel Shaft, 16mm | 1 |

| | | |
|---|---|---|
| 156 | Smartphone Holder | 1 |
| 157 | Bungee Cord of Smartphone Holder | 1 |
| 158 | Left Joint Cover | 1 |
| 159 | Right Joint Cover | 1 |
| 163 | Console EVA Pad | 1 |
| 164 | Smart Phone Holder EVA Pad | 1 |
| 166 | Phillips Pan Head Self-Tapping Screw, ST4.2X35mm | 3 |
| 173 | Socket Head Cap Screw, M8X20 | 2 |
| 174 | Seat Carriage Cover | 1 |
| 178 | Foot Pedal End Cap | 4 |
| 179 | Console Mounting Bracket | 1 |
| 180 | Socket Head Cap Screw  M5x16 | 1 |
| 181 | Phillips Truss Head Screw M6x28 | 1 |
| 182 | Main Frame | 1 |
| 183 | Rail Frame | 1 |
| 184 | Pedal Support Plate | 2 |
| 185 | Left Side Cover | 1 |
| 186 | Right Side Cover | 1 |
| 187 | Left Side Inner Cover | 1 |
| 188 | Right Side Inner Cover | 1 |
| 190 | Phillips Flat Head Self-Tapping Screw ST4.2x10 | 7 |