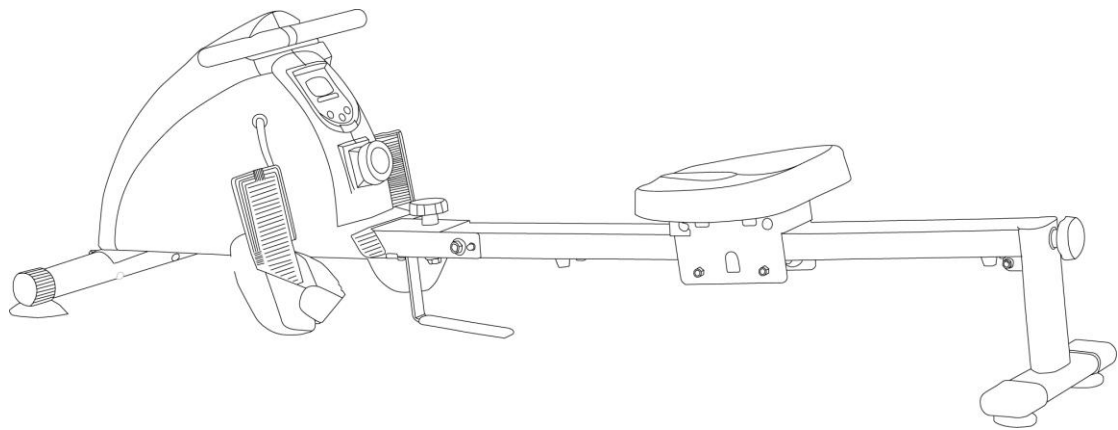


# **Mag. Rowing Machine**

**TF-202**

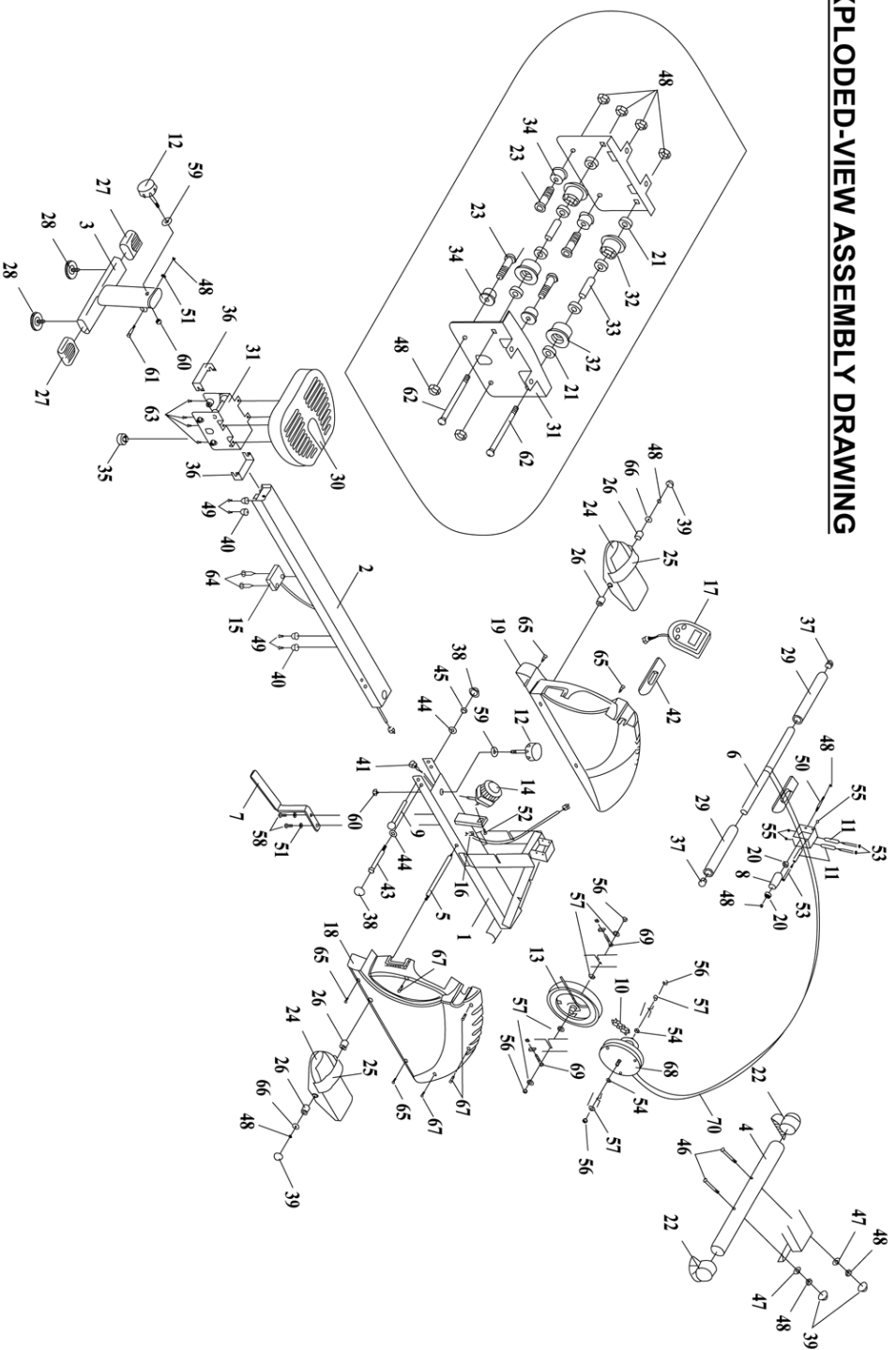


## **Important Safety Information**

**Please keep this manual in a safe place for reference.**

1. It is important to read this entire manual before assembling and using the equipment. Safe and efficient use can only be achieved if the equipment is assembled, maintained and used properly. It is your responsibility to ensure that all users of the equipment are informed of all warnings and precautions.
2. Before starting any exercise program you should consult your doctor to determine if you have any physical or health conditions that could create a risk to your health and safety, or prevent you from using the equipment properly. Your doctor's advice is essential if you are taking medication that affects your heart rate, blood pressure or cholesterol level.
3. Be aware of your body's signals. Incorrect or excessive exercise can damage your health. Stop exercising if you experience any of the following symptoms: Pain, tightness in your chest, irregular heartbeat, extreme shortness of breath, feeling light headed, dizzy or nauseous. If you do experience any of these conditions you should consult your doctor before continuing with your exercise program.
4. Keep children and pets away from the equipment. The equipment is designed for adult use only.
5. Use the equipment on a solid, flat level surface with a protective cover for your floor or carpet. For safety, the equipment should have at least 0.5 meter of free space all around it.
6. Before using the equipment, check the nuts and bolts are securely tightened.
7. The safety level of the equipment can only be maintained if it is regularly examined for damage and/or wear and tear.
8. Always use the equipment as indicated. If you find any defective components whilst assembling or checking the equipment, or if you hear any unusual noise coming from the equipment during use, stop. Do not use the equipment until the problem has been rectified.
9. Wear suitable clothing whilst using the equipment. Avoid wearing loose clothing which may get caught in the equipment or that may restrict or prevent movement.
10. The equipment has been tested and certified to EN957 under class H.C. Suitable for domestic, home use only. Maximum weight of user: 100kg. Braking is speed independent.
11. The equipment is not suitable for therapeutic use.
12. Care must be taken when lifting or moving the equipment so as not to injure your back. Always use proper lifting techniques and/or use assistance.

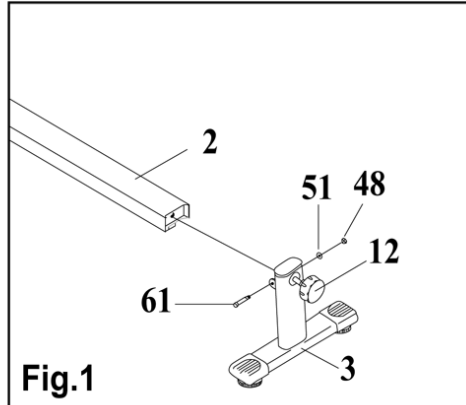
# EXPLODED-VIEW ASSEMBLY DRAWING



## PARTS LIST

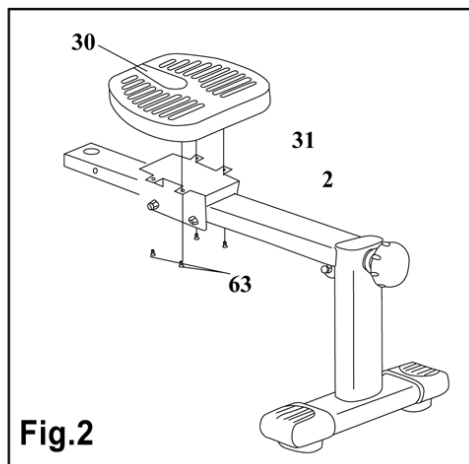
PART NO.	DESCRIPTION	Q'TY	PART NO.	DESCRIPTION	Q'TY
1.	Main Frame	1	36.	Bracket Cover	2
2.	Rower Frame	1	37.	Cap For Handle Bar	2
3.	"T" Rear Stabilizer	1	38.	Nut Cover (Ø1/2")	2
4.	Front Stabilizer	1	39.	Nut Cover (M8)	4
5.	Axle for Pedal	1	40.	Stopper	4
6.	Handle Bar	1	41.	Sensor Wire (Upper)	1
7.	Holder Bracket	1	42.	Handle Bar Holder	1
8.	Plastic Bushing	1	43.	Fixing Bolt (1/2" x 105mm)	1
9.	Pull Pin (Ø10mm x 97mm(L))	1	44.	Washer (Ø13mm x Ø26mm x 2(t))	2
10.	Pulley Chain	1	45.	Nylock Nut (1/2")	1
11.	Plastic Bushing	3	46.	Carriage Bolt (M8 x 63mm(L))	2
12.	Fixing Knob	2	47.	Curved Washer ( 8mm)	2
13.	Magnetic System Set	1	48.	Nylock Nut (M8)	13
14.	Tension Knob	1	49.	Screw (4mm x 15mm(L))	4
15.	Sensor Wire (Lower)	1	50.	Fixing Bolt	1
16.	Wire Cap (700mm(L))	1	51.	Washer	3
17.	Computer	1	52.	Screw (M5 x 19mm(L))	1
18.	Chain Cover (Right)	1	53.	Screw (M6 x 70mm(L))	3
19.	Chain Cover (Left)	1	54.	Domed Nut (3/8")	2
20.	Ball Bearing	2	55.	Nylock Nut (M6)	3
21.	Ball Bearing	8	56.	Domed Nut (3/8")	4
22.	Front End Cap	2	57.	Washer (Ø10mm xØ20mm x 2(t))	6
23.	Fixing Bolt (M8 x 25mm(L))	4	58.	Fixing Screw (M8 x 15mm(L))	2
24.	Pedal	2	59.	Washer (Ø13mm xØ34mm x 3(t))	2
25.	Velcro strap	2	60.	Nut (1/2")	2
26.	Plastic Bushing	4	61.	Bolt (M8 x 40mm(L))	1
27.	Rear End Cap	2	62.	Carriage Bolt (M 8 x 103mm(L))	2
28.	Adjustment Bolt (3/8" x 38mm(L))	2	63.	Screw (1/4" x 1/2")	4
29.	Foam Grip	2	64.	Screw (3.5mm x 12mm (L))	2
30.	Seat	1	65.	Screw (M5 x 15mm(L))	4
31.	Seat Bracket	1	66.	Washer (Ø8mm x 23mm x 1.5(t))	2
32.	Seat Roller	4	67.	Screw (4mm x 25mm(L))	4
33.	Tube for Roller	2	68.	Spring Pulley	1
34.	Fix Roller	4	69.	Eye Bolt	2
35.	Magnetic	1	70.	Pulley Rope	1

## **ASSEMBLY INSTRUCTIONS**



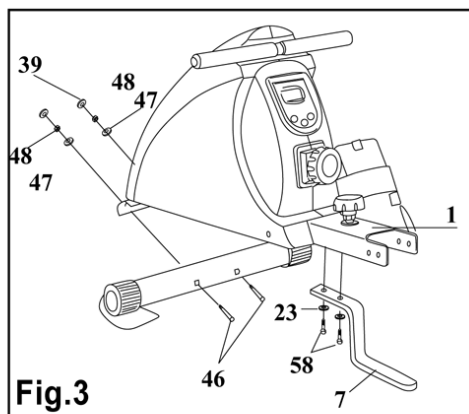
### **STEP 1**

Connect the seat bar (pt2) to the rear "T" stabilizer (pt3) using the bracket provided, slot the M8 x 40mm bolt (pt61) through the bracket and lock in place using the washer (pt51) and the M8 Nylock Nut (pt48). Place the fixing knob (pt12) and screw into the rear "T" stabilizer (pt3) (per diagram 1).



### **STEP 2**

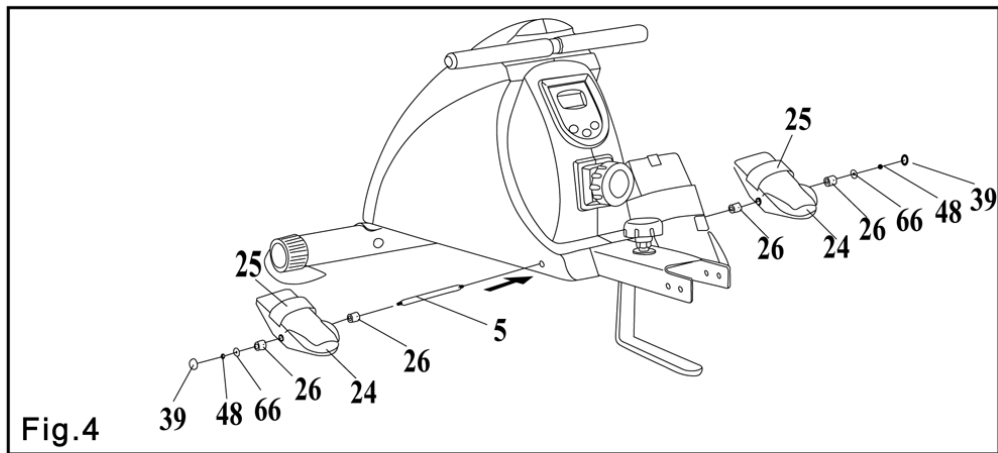
Attach the seat bracket (pt31) to the underside of the seat (pt30) using the four fixing screws (pt63) provided. (per diagram 2).



### **STEP 3**

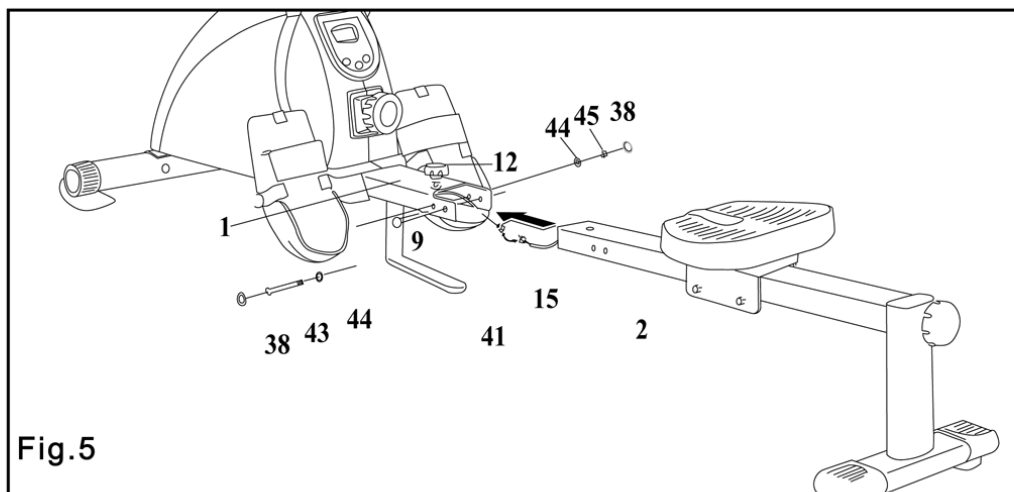
Bolt the front stabilizer onto the main housing bracket (per diagram 3) using the two carriage bolts (pt46), 2 curved washers (pt47) and the nylock nuts (pt48), ensuring to attach the nut covers (pt39) when you have tightened the nuts.

Attach the bracket (pt7) to the Main frame (pt1) using two pcs of screws (pt58).



#### **STEP 4**

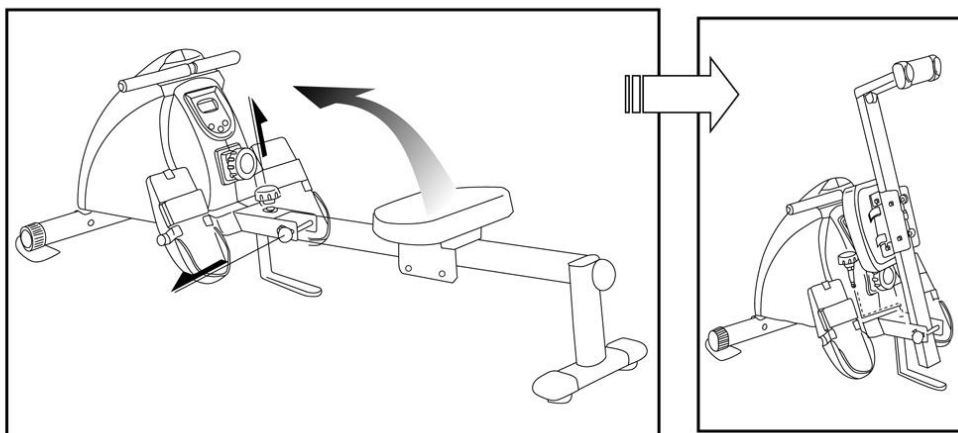
Attach the Nylock Nut to the end of the left hand side of the spindle bar (pt5), then slide onto the bar from the right the washer (pt66), followed by the pedal bushing (pt26) then the pedal (pt24) and finally another pedal bushing (pt26). Then slot the part assembled spindle bar through the hole in the main housing (per diagram 4.). Now start to assemble the right hand pedal onto the spindle bar (pt5). Slide the plastic bushing (pt26) onto the right hand side of the pedal spindle bar (pt5) followed by the pedal (pt24) followed by another pedal bushing (pt26) , the washer (pt66) and finally the M8 Nylock nut remembering to cover each nut on the end of your spindle bar with the Nut Cover(pt39).



#### **STEP 5**

Connect the sensor wires (pt41a & pt41B) together, then slide the seat bar unit (pt2) into the main housing (per diagram 5) and bolt into place using the fixing bolt (pt43), once the bolt is slotted through the nearest pre-drilled hole to the main housing attach the washer (pt44) and the Nylock nut (pt45). Using the second pre-drilled hole away from the main housing slot through your Pull pin(pt9). Finally, Screw the fixing knob (pt12) into the seat bar frame (pt2) using the pre-drilled hole provided.

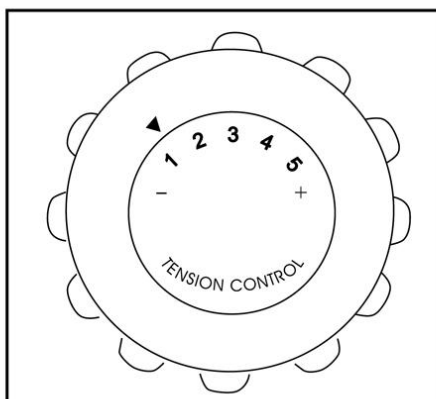
## FOLDING FOR STORAGE



Unscrew the fixing knob (pt12) from the mainframe (pt2) and remove the locking pin, then pull the mainframe bar (pt2) in towards the main housing unit and replace the locking pin to keep the rower in a folded position.

(NB please ensure that the sensor cables do not get trapped when tilting the mainframe bar in towards the main housing).

## TENSION ADJUSTMENT



### **Adjustable tension for varied resistance**

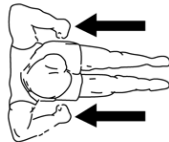
Turn the Tension Knob (pt.14) clockwise for high resistance tension, for lower resistance turns the tension knob by anti-clockwise.

## **EXERCISE GUIDE**

Rowing is an extremely effective form of exercise. It strengthens the heart and improves circulation as well as exercising all the major muscle groups; the back, waist, arms, shoulders, hips and legs.

### **The Basic Rowing Stroke**

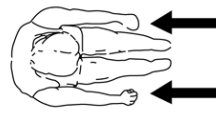
- 1) Sit on the saddle and fasten your feet to the pedals using the Velcro straps. Then take hold of the rowing bar.
- 2) Take up the starting position, leaning forward with your arms straight and knees bent as shown in (Fig 1).
- 3) Push yourself backwards, straightening your back and legs at the same time (Fig 2).
- 4) Continue this movement until you are leaning slightly backwards, during this stage you should bring your arms out of the side. (Fig 3). Then return to stage 2 and repeat. See attached.



(Fig.1)



(Fig.2)



(Fig.3)

### **Training Time**

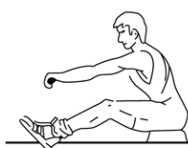
Rowing is a strenuous form of exercise, because of this it is best to start with a short, easy exercise programmed and build up to longer and harder workouts. Start rowing for about 5 minutes and as you progress, increase the length of your work out to match your improving level of fitness. You should eventually be capable of rowing for 15-20 minutes, but do not try to achieve this too quickly.

Try to train on alternate days, 3 times a week. This gives your body time to recover between workouts.

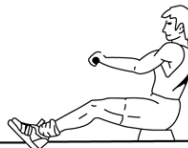
## **Alternate Rowing Styles.**

### **Arms Only Rowing**

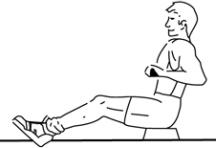
This exercise will tone muscles in your arms, shoulders, back and stomach. Sit as shown in Fig 4 with your legs straight, lean forward and grasp the handles. In a gradual and controlled manner lean back to just past the up right position continuing to pull the handles towards your chest. Return to the starting position and repeat. See attached.



(Fig.4)



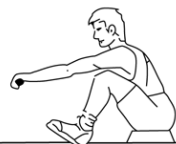
(Fig.5)



(Fig.6)

### **Legs Only Rowing**

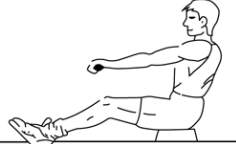
This exercise will help tone muscles in your legs and back. With your back straight and arms out stretched, bend your legs until you are grasping the rowing arm handles in the starting position, Fig 7. Use your legs to push your body back whilst keeping your arms and back straight.



(Fig.7)



(Fig.8)



(Fig.9)

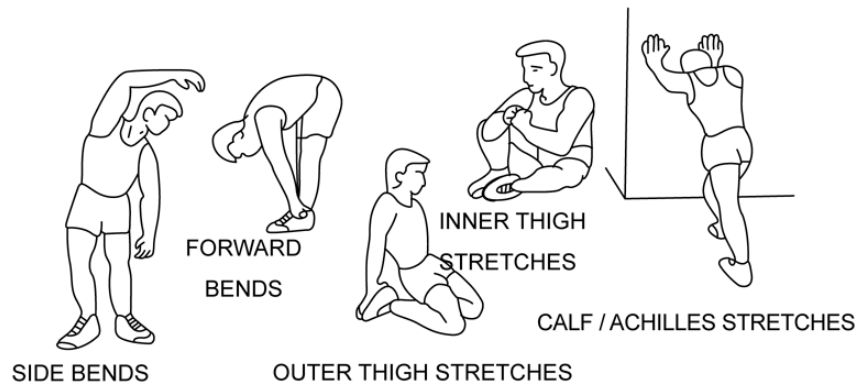


## EXERCISE INSTRUCTIONS

Using your ROWING MACHINE will provide you with several benefits. It will improve your physical fitness, tone your muscles and, in conjunction with a calorie-controlled diet, help you lose weight.

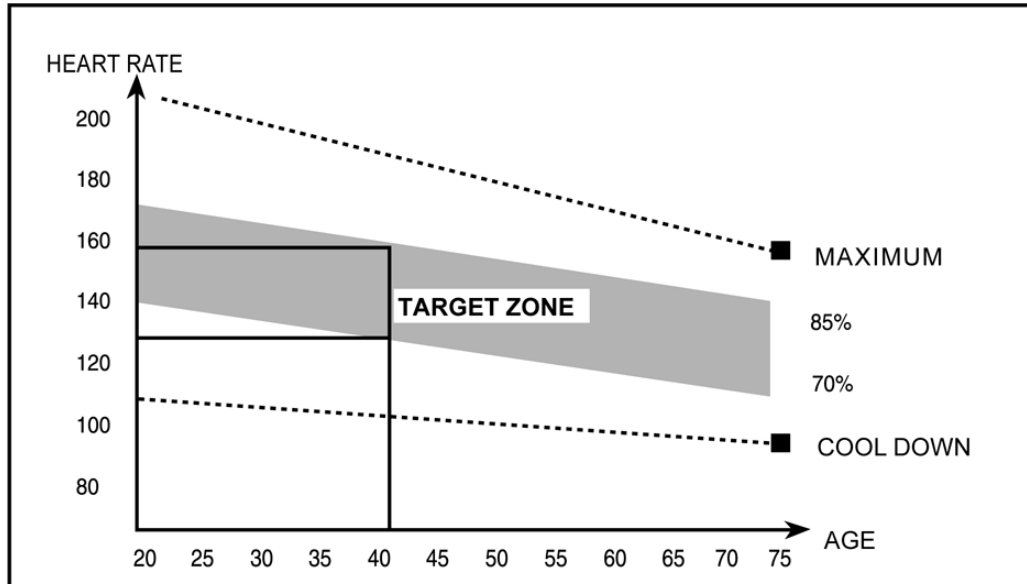
### 1. The Warm-Up Phase

This stage helps get the blood flowing around the body and the muscles working properly. It will also reduce the risk of cramp and muscle injury. It is advisable to do a few stretching exercises as shown below. Each stretch should be held for approximately 30 seconds. Do not force or jerk your muscles into a stretch - if it hurts, STOP.



### 2. The Exercise Phase

This is the stage where you put the effort in. After regular use, the muscles in your legs will become more flexible. Work at your own pace, but be sure to maintain a steady tempo throughout. The rate of work should be sufficient to raise your heartbeat into the target zone shown on the graph below.



This stage should last for a minimum of 12 minutes though most people start at about 15-20 minutes.

### **3. Cooling-Down Phase**

This stage is to let your cardio-vascular system and muscles wind down. This is a repeat of the warm-up phase. First, reduce your tempo and continue at this slower pace for approximately 5 minutes before you get off your Exercise Bike. The stretching exercises should now be repeated, again remembering not to force or jerk your muscles into the stretch.

As you get fitter you may need to train longer and harder. It is advisable to train at least three times a week, and if possible to space your workouts evenly throughout the week.

## **MUSCLE TONING**

To tone muscle while on your ROWING MACHINE you will need to have the resistance set quite high. This will put more strain on our leg muscles and may mean you cannot train for as long as you would like. If you are also trying to improve your fitness you need to alter your training program. You should train as normal during the warm up and cool down phases, but towards the end of the exercise phase you should increase resistance making your legs work harder. You will have to reduce your speed to keep your heart rate in the target zone.

## **WEIGHT LOSS**

The important factor here is the amount of effort you put in. The harder and longer you work the more calories you will burn. This is effectively the same as if you were training to improve your fitness, the difference being the goal.

## EXERCISE COMPUTER

### FUNCTION BUTTON

<b>MODE</b>	PRESS TO SELECT FUNCTION OF COUNT, TIME, AND CALORIES FOR PRESETTING.
<b>RESET</b>	PRESS TO RESET EACH SINGLE FUNCTION OF COUNT, TIME, AND CALORIES.
<b>SET</b>	PRESS TO SET COUNT, TIME ,AND CALORIES.

### FUNCTIONS

<b>SCAN</b>	AUTOMATICALLY SCANS EACH FUNCTION IN SEQUENCE.
<b>COUNT</b>	<b>COUNT UP</b> - THE MONITOR WILL DISPLAY CURRENT STROKE NUMBERS FROM 0 TO 9999. <b>COUNT DOWN</b> - THE MONITOR WILL START TO COUNT FROM PRESET STROKE NUMBERS DOWN TO 0 SOON AS TRAINING STARTS.
<b>TIME</b>	<b>COUNT UP</b> - THE MONITOR WILL ACCUMULATE TRAINING TIME FROM 0:00 TO 99:59. <b>COUNT DOWN</b> - THE MONITOR WILL START TO COUNT FROM PRESET TIME DOWN TO 0:00 AS SOON AS TRAINING STARTS.
<b>TOTAL COUNT</b>	<b>COUNT UP</b> - THE TOTAL WORKING COUNTS WHICH WILL BE KEPT DISPLAYING ON THE LCD TO SHOW THE USER'S TOTAL COUNTS. <b>COUNT DOWN</b> - THE MONITOR WILL START TO COUNT FROM PRESET TOTAL COUNT DOWN TO 0:00 AS SOON AS TRAINING STARTS.
<b>CALORIES</b>	<b>COUNT UP</b> - THE MONITOR WILL ACCUMULATE CALORIES CONSUMPTION FROM 0 TO 999 CAL. <b>COUNT DOWN</b> - THE MONITOR WILL START TO COUNT FROM PRESET CALORIES DOWN TO 0 AS SOON AS TRAINING STARTS.  (THIS DATA IS A ROUGH GUIDE FOR COMPARISON OF DIFFERENT EXERCISE SESSIONS WHICH CAN NOT BE USED IN MEDICAL TREATMENT).

### NOTE

1. WITHOUT SIGNAL TRANSFERRED TO THE COMPUTER FOR 5 MINUTES, THE LCD WILL SHUT OFF AUTOMATICALLY TO CONSERVE THE BATTERY POWER.
2. PRESS "MODE" BUTTON OR START EXERCISE ON THE EQUIPMENT SHALL TURN THE POWER ON.
3. PRESS AND HOLD "MODE" BUTTON FOR 4 SECONDS, ALL VALUE WILL BE RESET TO ZERO.
4. THE COMPUTER OPERATES WITH 1 PC 1.5 Y AA SIZE BATT.