

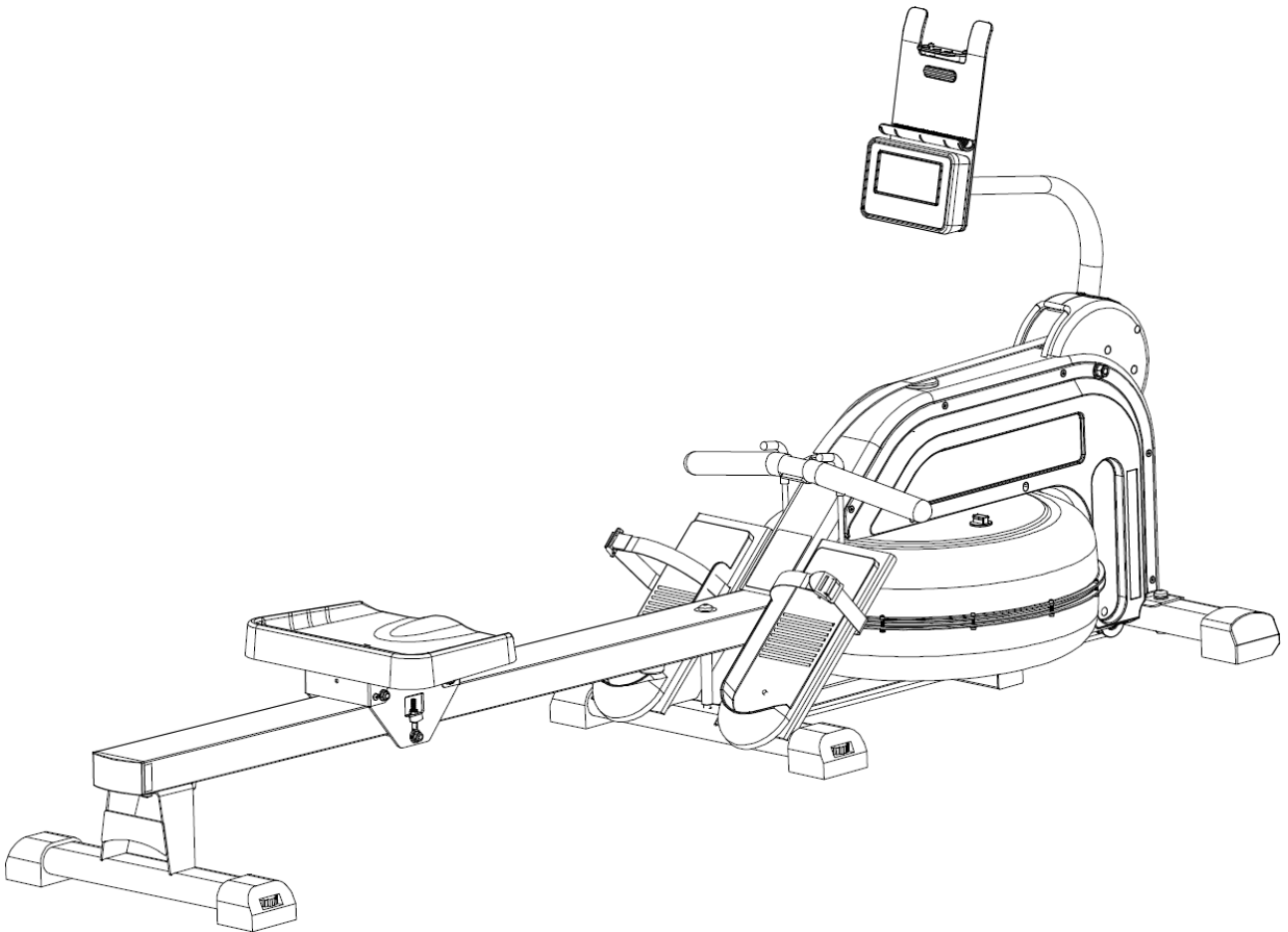


**D.C. ATHLETICS®**

# ***Club Rower 3.0***

---

MANUAL



## IMPORTANT!

---

*Please read all instructions carefully before using this product.*

*Retain this manual for future reference.*

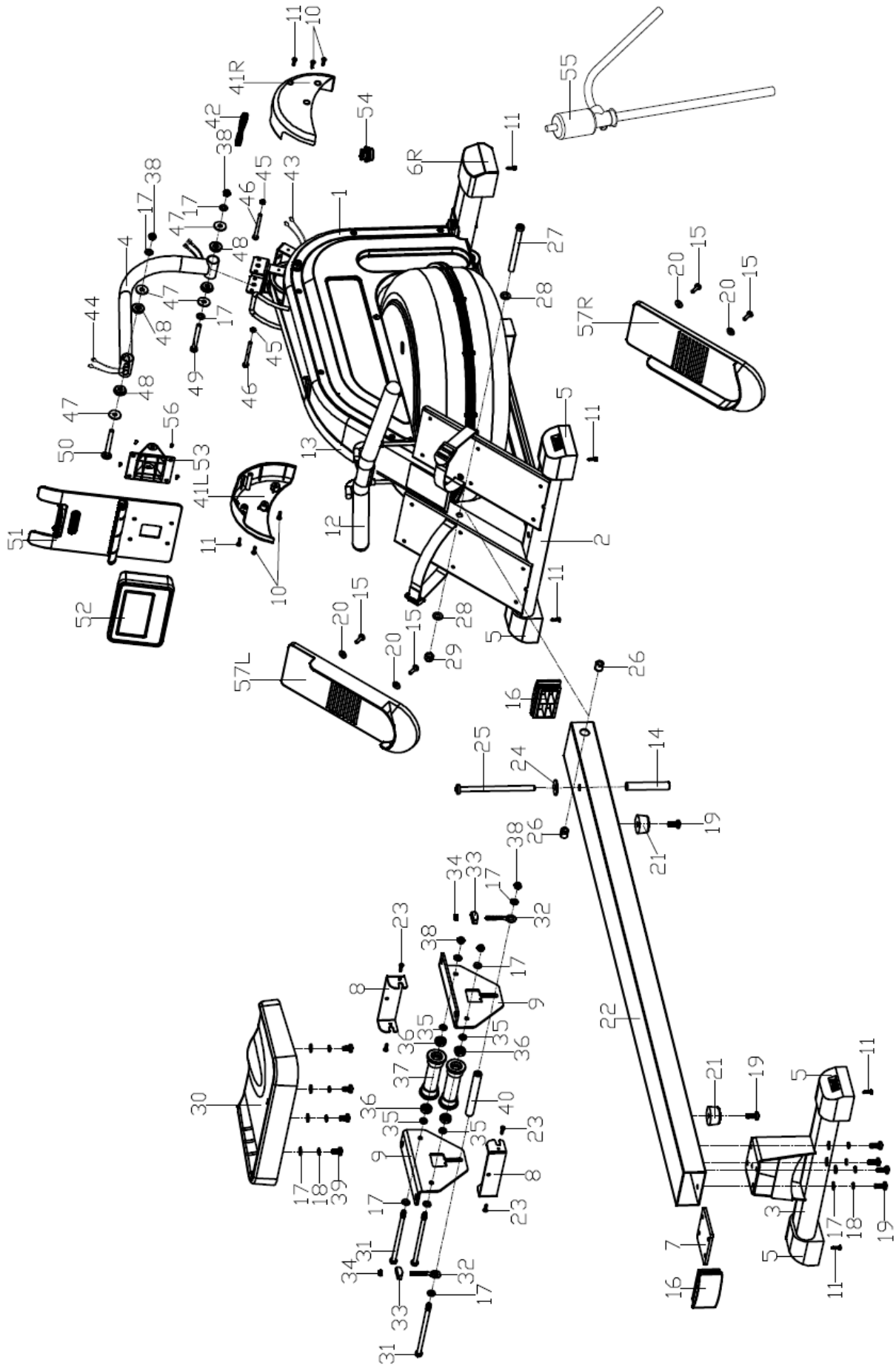
*The specifications of this product may vary slightly from the illustrations and are subject to change without notice.*

## **IMPORTANT SAFETY NOTICE**

Note the following precautions before assembling and operating the machine.

- 01-ENRead this Owner's Manual and follow the instruction carefully before using the Rowing Machine. Make sure that it is properly assembled and tightened before use.
- 02- We recommend having two people for assembling this machine.
- 03- To lubricate all moving parts annually is recommended.
- 04- Do not wear loose clothing to avoid entangling in any moving parts.
- 05- Set up and operate the rowing machine on a solid level surface.
- 06- Always wear shoes when using the machine.
- 07- Please keep children and pets away from the machine while it is in use. Do not allow children to play or use the machine. This machine is designed for adults, not children.
- 08- Please maintain your balance while using the machine.
- 09- Stop exercise immediately in case of nausea, shortness of breath, faint, headache, pain, tightness in your chest or any discomfort.
- 10- Do not place fingers or any other objects into the moving parts.
- 11- Prior to any exercise, consult with your physician first to establish the exercise frequency, time and intensity appropriate for your particular age and condition. THIS IS ESPECIALLY IMPORTANT FOR INDIVIDUALS OVER THE AGE OF 35 OR PERSONS WITH PRE-EXISTING HEALTH PROBLEMS.
- 12- Do not grasp the seat to move the Rowing Machine. The seat will move and it may hurt your hand and fingers.
- 13- The rowing machine should be used by only one person at a time, and it is designed for consumer use only.
- 14- Maximum user's weight is 150Kg/ 330LB.

# EXPLODED DIAGRAM



# PARTS LIST


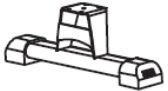
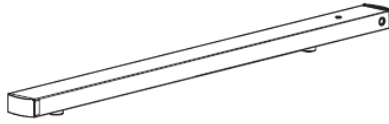



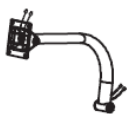





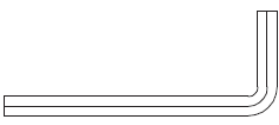
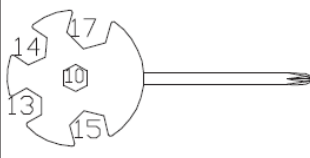



NO.	Description	QTY	NO.	Description	QTY
1	Main frame combination	1	30	Saddle	1
2	Pedestal combination	1	31	Allen bolt M8×145	3
3	Rear stabilizer combination	1	32	Adjustable bolt	2
4	Display arm	1	33	U-shape washer	2
5	Rear stabilizer end cap	4	34	Nylon nut M6	2
6L/R	Front end cap	1/1	35	Rail roller bushing	4
7	Board	1	36	Bearing	4
8	U baffle plate	2	37	Rail roller	2
9	Left support frame	2	38	Nylon nut M8	5
10	Cross head screw M5×10	4	39	Allen bolt M8×16	4
11	Cross tapping screw ST4.2×18	8	40	Bushing	1
12	Handlebar	1	41L/R	Pulley cover	1/1
13	Braid	1	42	Seal ring	1
14	Bushing	1	43	Sensor wire	2
15	Cross head screw M6×15	4	44	Extension wire	2
16	Square tube end cap	2	45	Hexagon Nut M6	2
17	Flat washer D8×1.5	17	46	Hexagon bolt M6×65	2
18	Spring washer D8	8	47	Cushion 1	4
19	Allen bolt M8×20	6	48	Alloy bushing	4
20	Flat washer D6×D16×1.2	4	49	Allen bolt M8×70	1
21	Cushion	2	50	Carriage bolt M8×74	1
22	Rowing rail	1	51	Tablet shelf	1
23	Cross head screw M5×7	4	52	Display	1
24	Flat washer D10×D32×2	1	53	Fixed base	1
25	Allen bolt M10×165	1	54	Hole plug	1
26	Alloy bushing	2	55	Plastic water pump	1
27	Hex socket cap bolt M10×125	1	56	Cross head screw	4
28	Flat washer D10×2	2	57L/R	Paddle combination	1pr.
29	Nylon nut M10	1			

## NOTE:

Most of the listed assembly hardware has been packaged separately, but some hardware items have been preinstalled in the identified assembly parts. In these instances, simply remove and reinstall the hardware as assembly is required.

Please reference the individual assembly steps and make note of all preinstalled hardware.

# PACKING LIST

			
#1 1PC	#3 1PC	#22 1PC	
			
#51 1PC	#30 1PC	#52 1PC	#4 1PC
			
#55 1PC	#41L/R 1/1	#7 1PC	#42 1PC
			
#57L/R 1/1	S=8 1PC	S=10/13/14/15/17 1PC	S=6 1PC
			
S=17/19 1PC	S=10/14 2PCS		

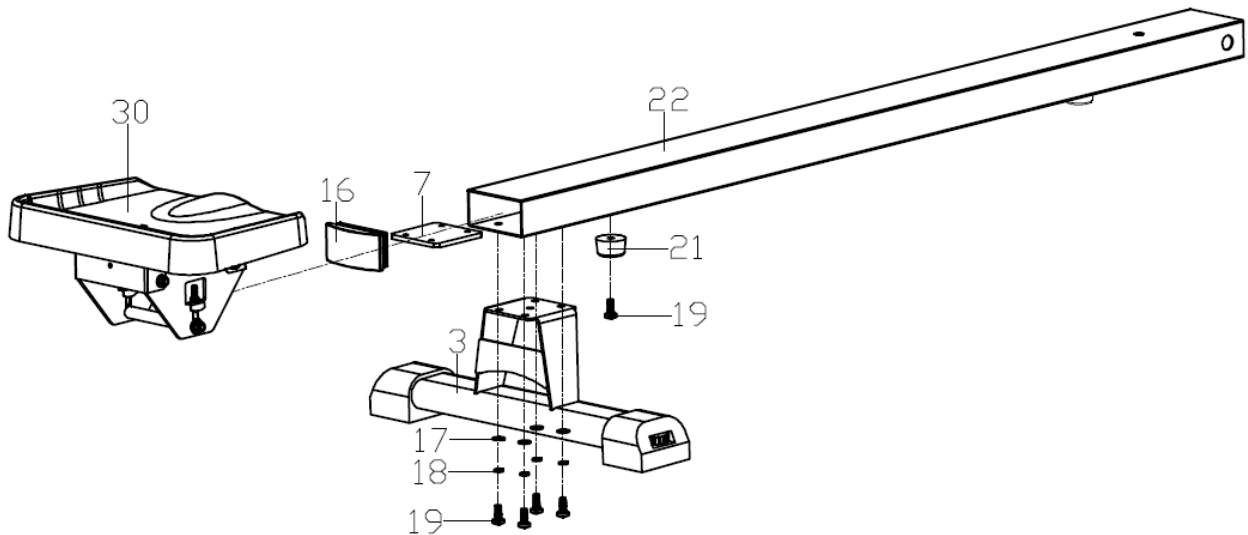
# ASSEMBLY INSTRUCTIONS

**PREPARATION:** Before assembling, make sure that you will have enough space around the item; Use the present tooling for assembling; before assembling please check whether all needed parts are available.

It is strongly recommended this machine to be assembled by two or more people to avoid possible injury.

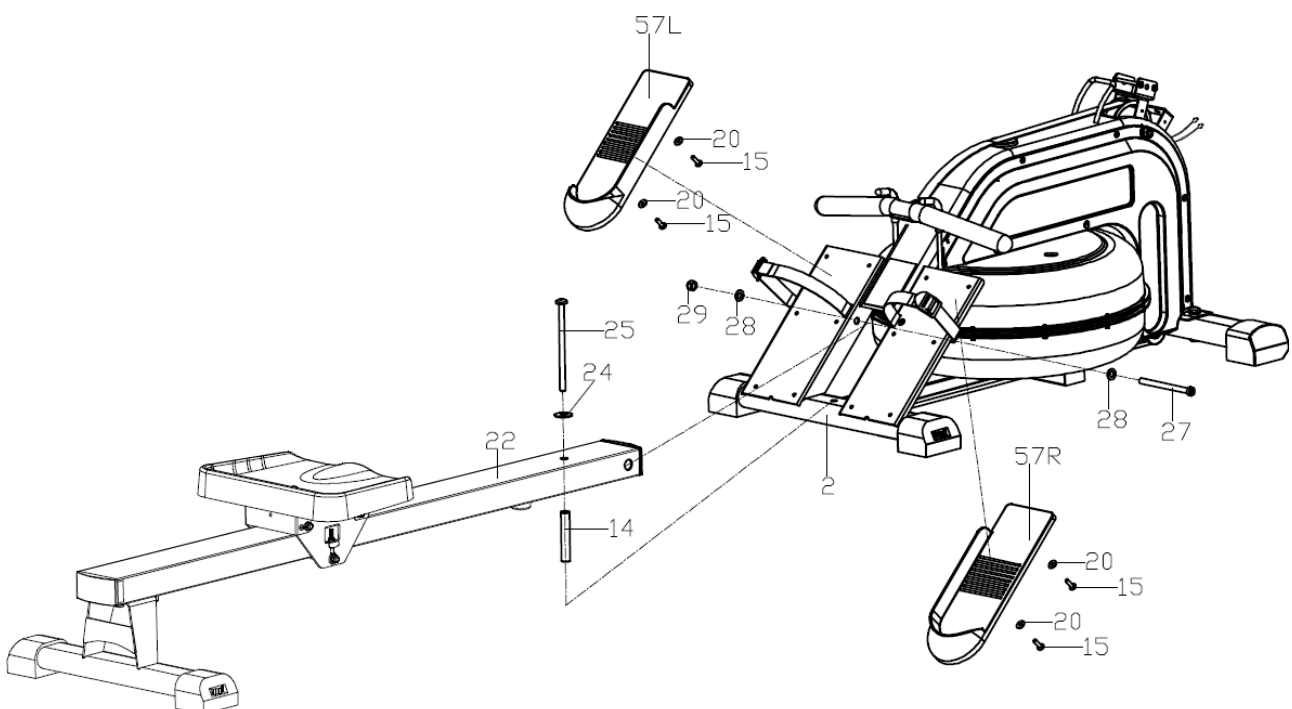
## STEP 1:

1. Take off Cushion (21) and Square tube end cap (16) from Rowing rail (22), then insert Saddle (30) onto the trailing end of Rowing rail (22), and then secure Cushion (21) back to Rowing rail (22) with Allen bolt (19) as shown.
2. Put Board (7) on lumen of Rowing rail (22), align the hole on the bottom and the end of Rowing rail (22). Lock Rear stabilizer combination (3) onto Rowing rail (22) with Allen bolts (19), Spring washers (18) and Flat washers (17), then cover Square tube end cap (16). **Note:** Allen bolts (19) should be locked on Board (7) properly.



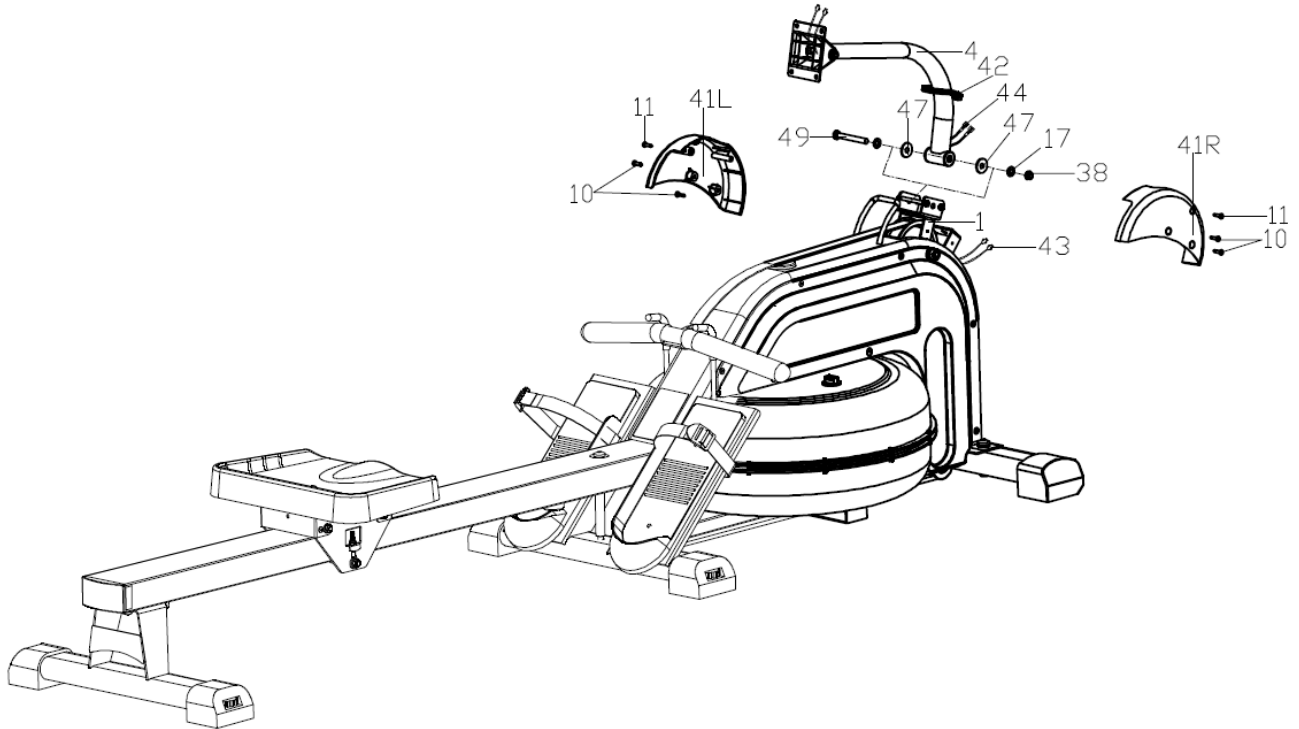
## STEP 2:

1. Fasten Rowing rail (22) to Pedestal combination (2) with Hex socket cap bolt (27), Flat washers (28) and Nylon nut (29), and then fix with Allen bolt (25), Flat washer (24) and Bushing (14) onto Pedestal combination (2).
2. Lock Paddle combination (57L/R) onto Pedestal combination (2) with Cross head screws (15).



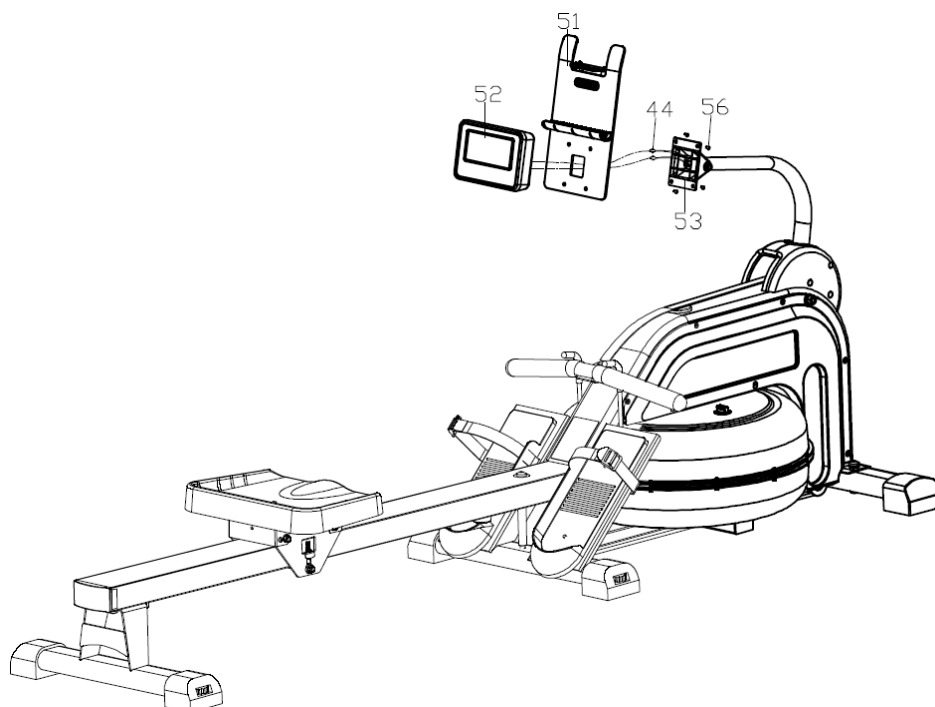
### STEP 3:

1. Fit the Seal ring (42) onto Display arm (4), then Lock Display arm (4) to Main frame combination (1) with Allen bolt (49), Flat washers (17), Cushion-1s (47) and Nylon nut (38).
2. Connect Sensor wire (43) and Extension wire (44) well. Attach Pulley cover (41L/R) on Main frame combination (1) and Display arm (4), fit Seal ring (42) on Pulley cover (41L/R). Finally, fix Pulley cover (41L/R) onto Main frame combination (1) with Cross head screws (10) and Cross tapping screws (11).



### STEP 4:

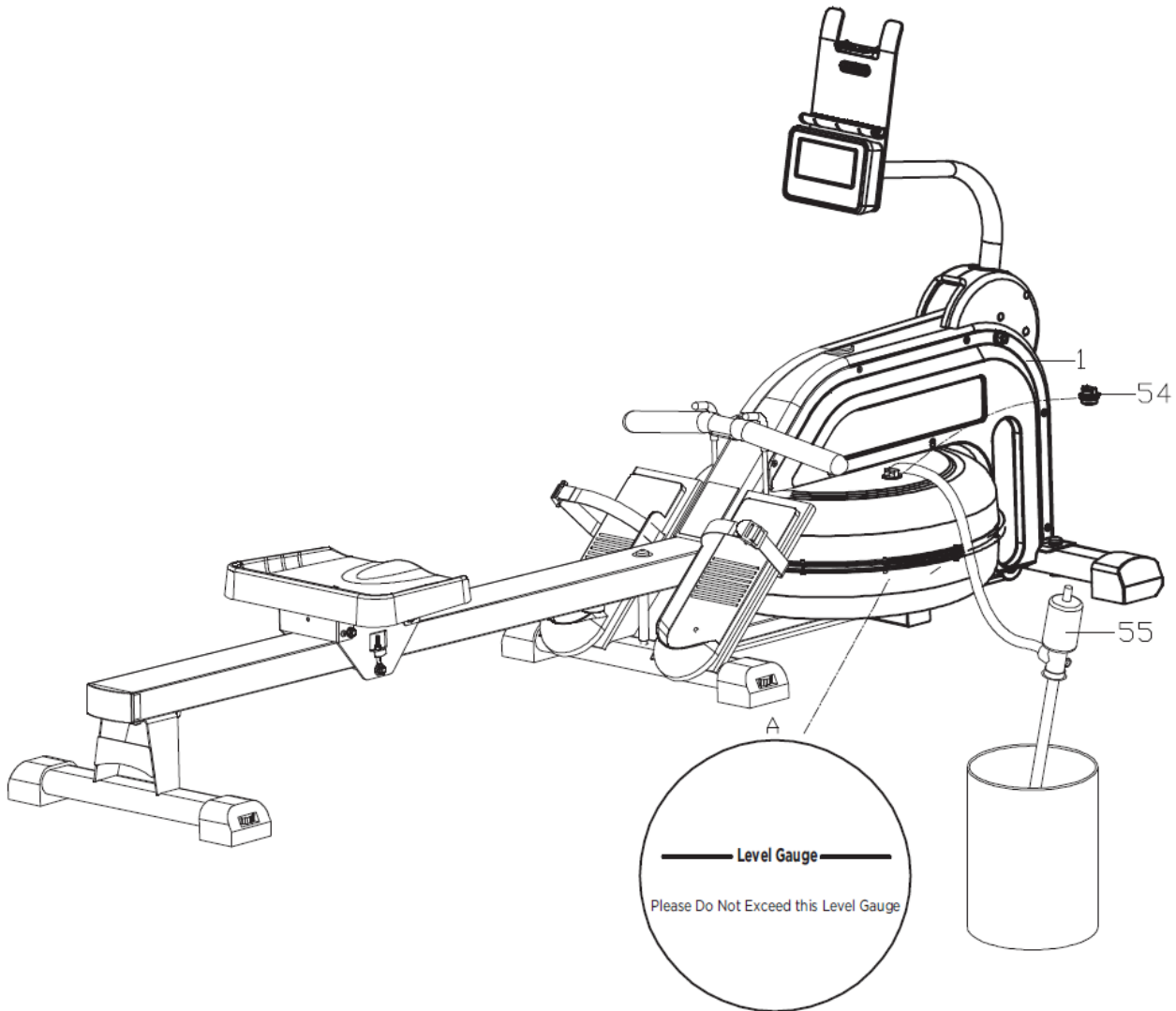
- Feed Extension wire (44) go through Tablet shelf (51) and then connect Extension wire (44) with the wire of Display (52). Finally, secure Tablet shelf (51) and Display (52) onto Fixed base (53) with Cross head screws (56).



## STEP 5:

Unscrew Hole plug (54), insert one end of Plastic water pump (55) into the Water holder and insert another end into Water tank of Main frame combination (1). Push the Plastic water pump (55) to store water into Water tank, after finishing, screw back Hole plug (54).

**Note:** There is a Level Gauge sticker on the Water Tank. Please make sure the storage water Do Not Exceed this Level Gauge.



## **STORAGE AND MAINTENANCE**

1. Keep the rowing machine in a clean dry place.
2. Grasp the frame to move the rowing machine. Do not use the seat to move it. The seat will move and it may hurt your hand and fingers.
3. Please remove the battery before storing the machine for a long time.
4. Clean the Rowing Rail with an absorbent cloth.
5. Always make sure all the nuts and bolts are properly tightened.
6. Regular maintenance is required.
7. Replace any worn or damaged parts immediately.



## **WARM-UP and COOL-DOWN**

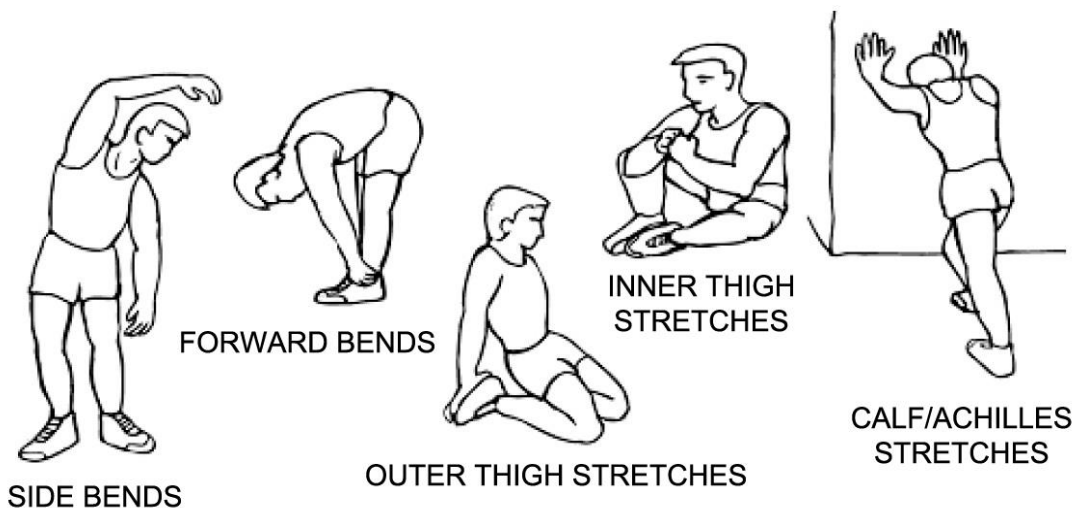
A successful exercise program consists of a warm-up, aerobic exercise, and a cool-down. Do the entire program at least two and preferably three times a week, resting for a day between workouts. After several months, you can increase your workouts to four or five times per week.

### **WARM-UP PHASE**

The purpose of warming up is to prepare your body for exercise and to minimize injuries. Warm up for two to five minutes before strength-training or aerobic exercising. Perform activities that raise your heart rate and warm the working muscles. Activities may include brisk walking, jogging, jumping jacks, jump rope, and running in place.

### **STRETCHING**

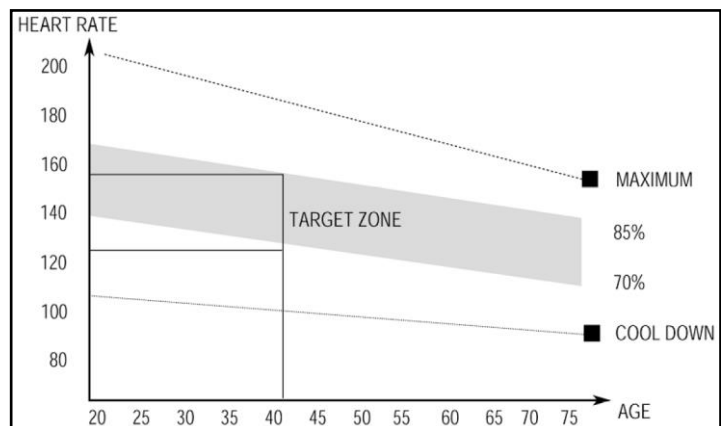
Stretching while your muscles are warm after a proper warm-up and again after your strength or aerobic training session is very important. Muscles stretch more easily at these times because of their elevated temperature, which greatly reduces the risk of injury. Stretches should be held for 15 to 30 seconds. **DO NOT BOUNCE.**



**Remember always** to check with your physician before starting any exercise program.

### **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 and 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.



### **COOL-DOWN PHASE**

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 and allows blood to return to the heart.