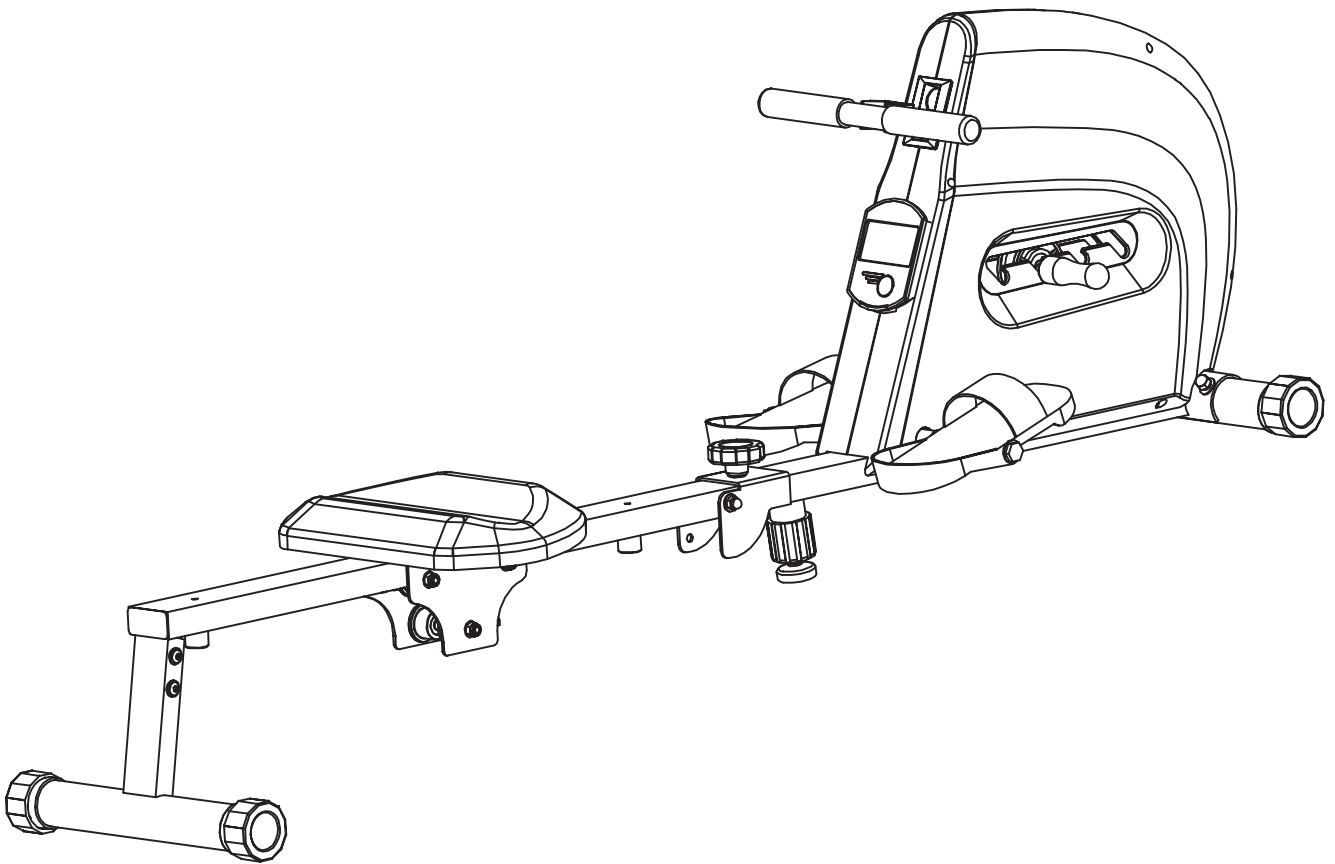


virtuafit

Row 1.0 Rowing Machine

User Manual



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WARNING:

Before beginning any exercise program consult your physician. This is especially important for people who are over 35 years old or who have pre-existing health problems. Read all instructions before using any fitness equipment. Do not operate this exercise equipment without properly fitted guards, as the moving parts can present a risk of serious injury if exposed.

ATTENTION

- It is important to read this entire manual before assembling and using the equipment. Safe and effective 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.
- Before starting any exercise program, you should consult your doctor to determine if you have any medical or physical conditions that could put your health and safety at risk, 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.
- 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, lightheadedness, dizziness or feelings of nausea. If you do experience any of these conditions you should consult your doctor before continuing with your exercise program.
- Keep children and pets away from the equipment. The equipment is designed for adult use only.
- Use the equipment on a solid, flat level surface with a protective cover for your floor or carpet. To ensure safety, the equipment should have at least 0.5 metres of free space all around it.
- Before using the equipment, check that the nuts and bolts are securely tightened.
- The safety of the equipment can only be maintained if it is regularly examined for damage and/or wear and tear.
- Always use the equipment as indicated. If you find any defective components while assembling or checking the equipment, or if you hear any unusual noises coming from the equipment during use, stop immediately. Do not use the equipment until the problem has been rectified.

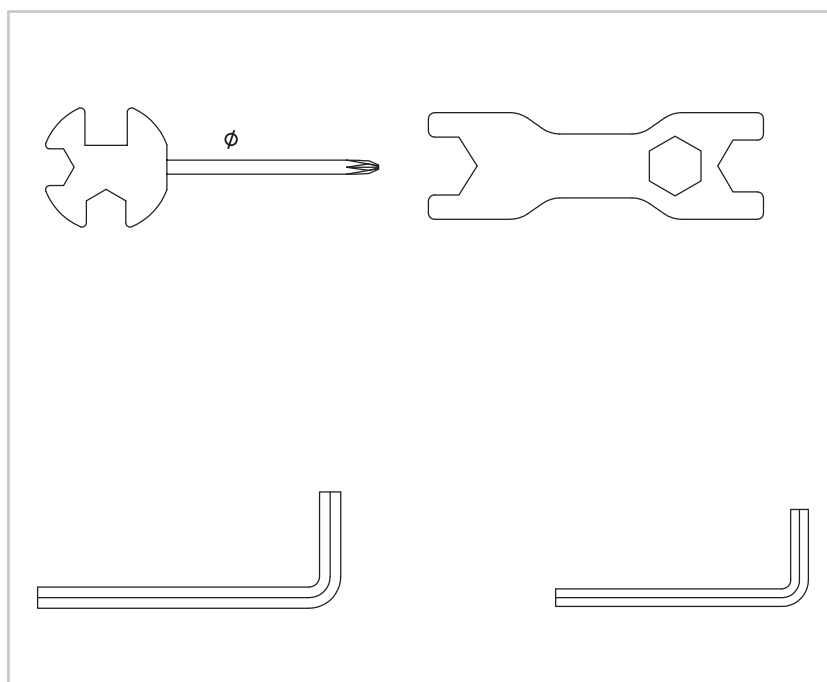
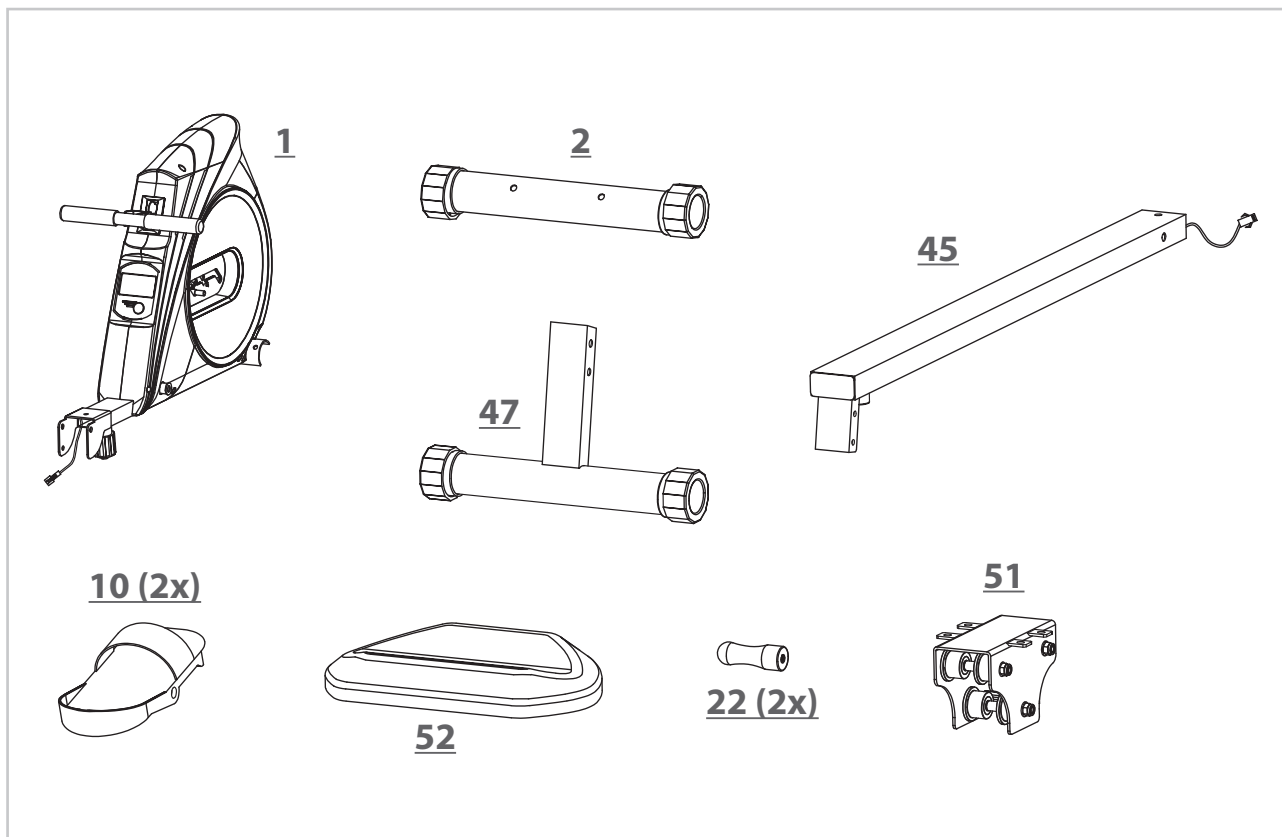
- Wear suitable clothing while using the equipment. Avoid wearing loose clothing that may get caught in the equipment or that may restrict or prevent movement.
- The max user weight is 115 KGS. Braking ability is independent of speed.
- The equipment is not suitable for therapeutic use.
- Care must be taken when lifting or moving the equipment so as not to injure your back. Always use proper lifting techniques and/or seek assistance if necessary.
- Please keep the space at least 1 to 2 meter at the end of base frame to escape any accidents!
- Place the device on a clean and flat surface. Do not place the equipment on a thick carpet.
- The device is for indoor use and not for outdoor use to prevent damage. Keep the storage location dry, clean and flat. It is forbidden to use the device for purposes other than training.
- Only use the machine in an environment with an ambient temperature between 10 ° C and 35 ° C. Only store the device at an ambient temperature between 5 ° C and 45 ° C

Warranty claim is excluded if the cause of the defect is the result of:

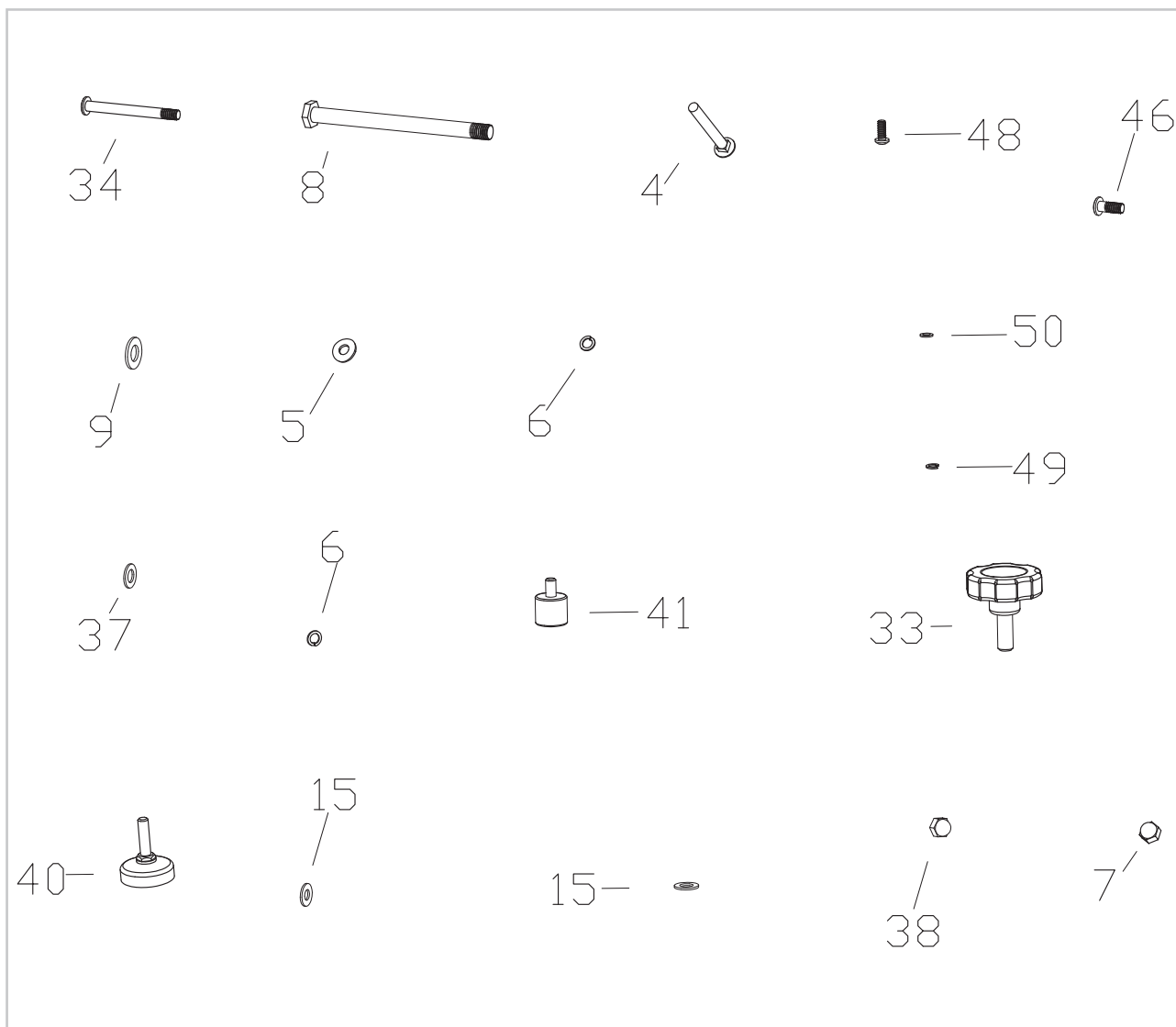
- Maintenance assembly and repair work not carried out by an official dealer.
- In the event of improper use, neglect and / or poor maintenance.
- Failure to maintain the fitness equipment in accordance with the manufacturer's instructions (see the enclosed manual).

TOOLKIT

When you open the carton, you will find the below parts in the carton.



TOOLKIT

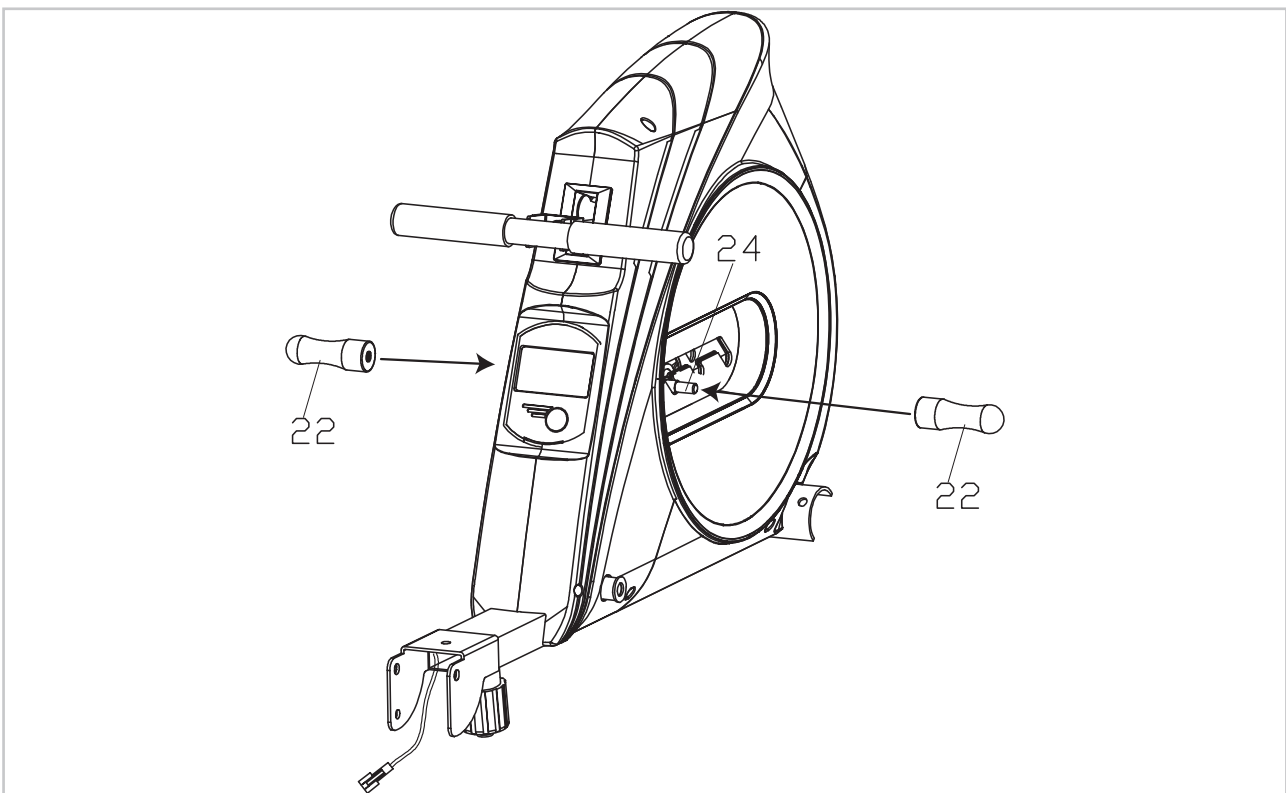


Missing parts: If you think you are missing certain parts in your package, carefully check the styrofoam and the rowing machine. Some parts (bolts, screws, etc.) are already attached to / in the rowing machine.

Error message: Ensure that all cables are carefully attached. The aluminum legs are very sensitive and must remain straight. Do you receive an error message after mounting your rowing machine? Then you have to straighten these aluminum legs again, this may cause the error message to disappear.

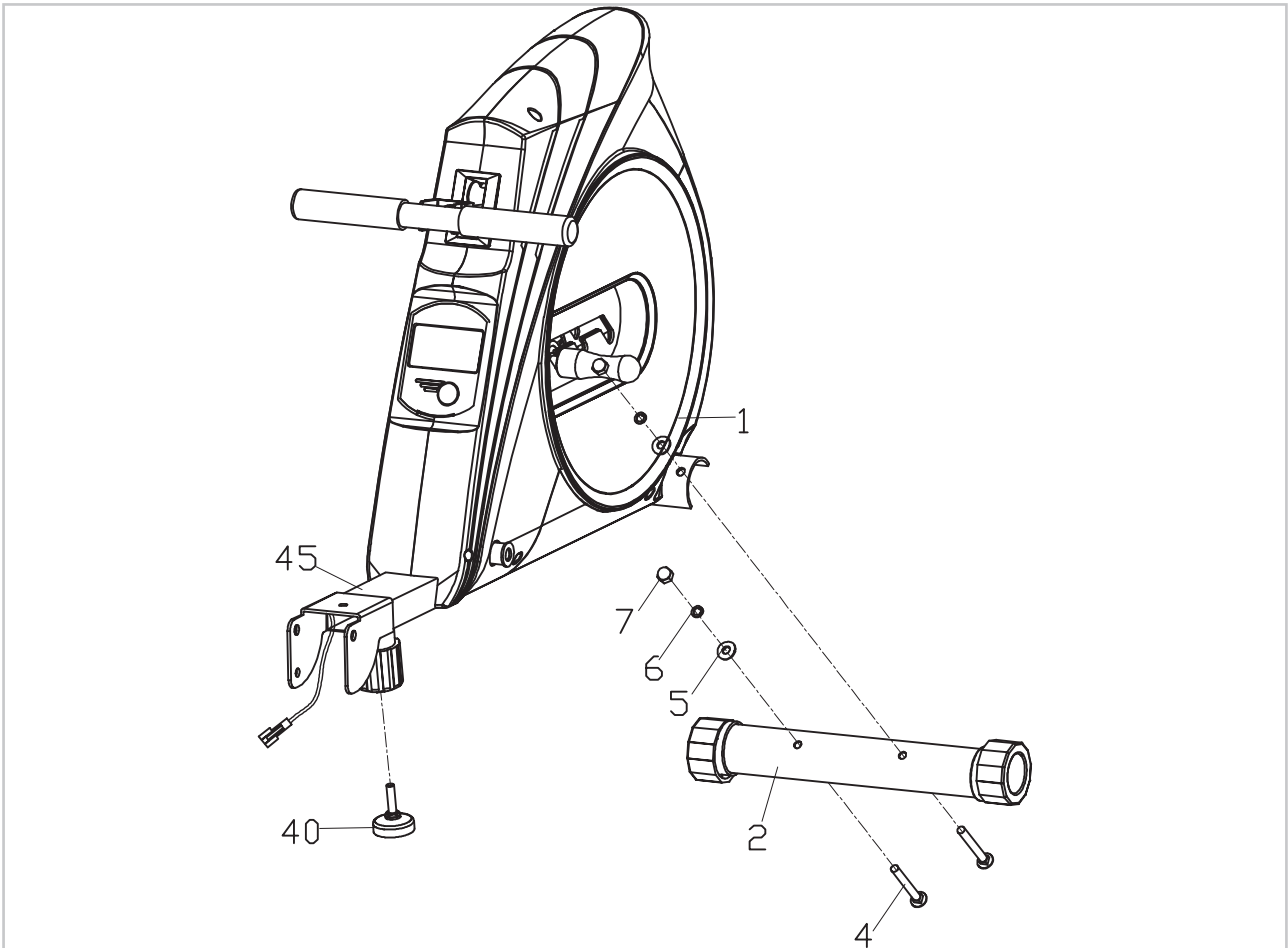
Socket screws: The rowing machine contains socket screws, make sure that the allen key is firmly in the bolt before you apply force to the key. In this way you prevent the head of the socket head screw from being rotated.

STEP 1



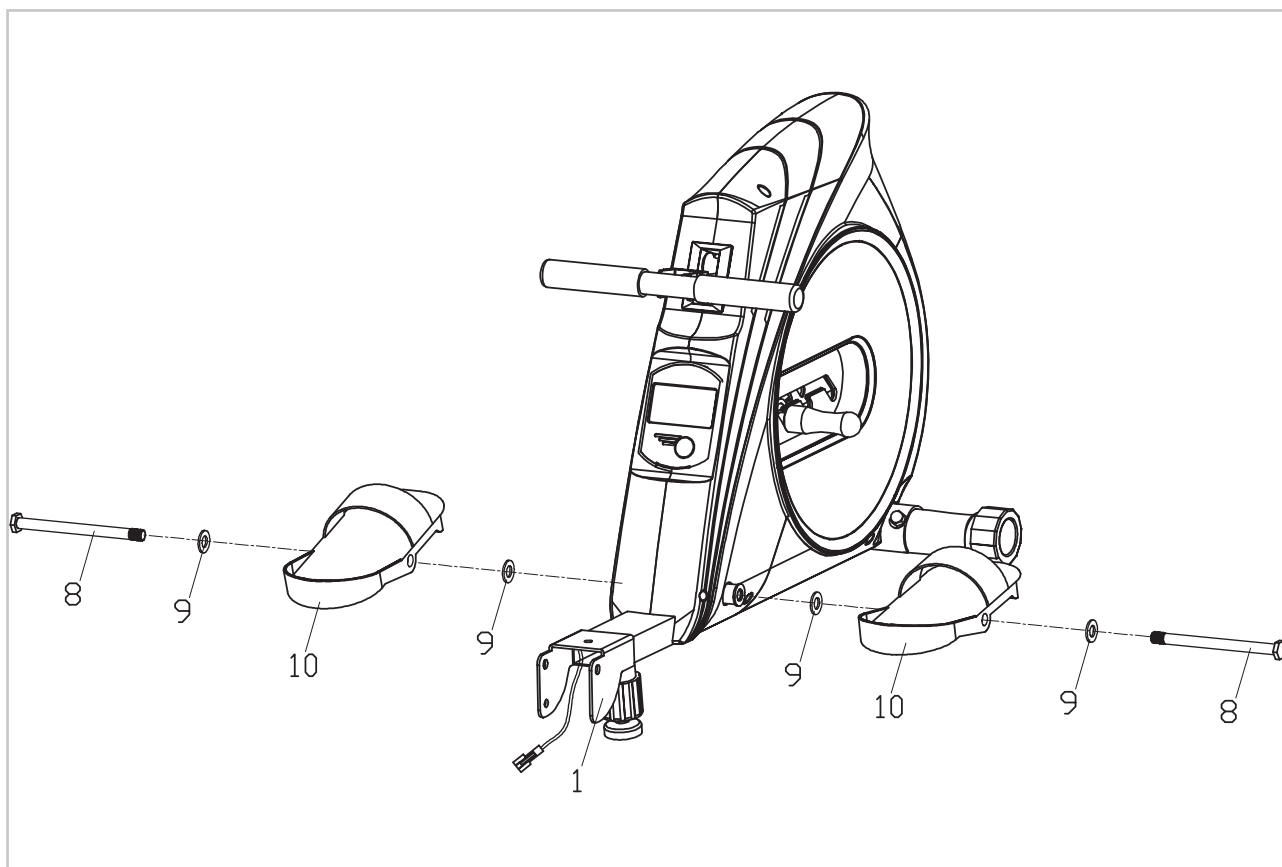
- Attach the handlebar (22) to the axle (24).

STEP 2



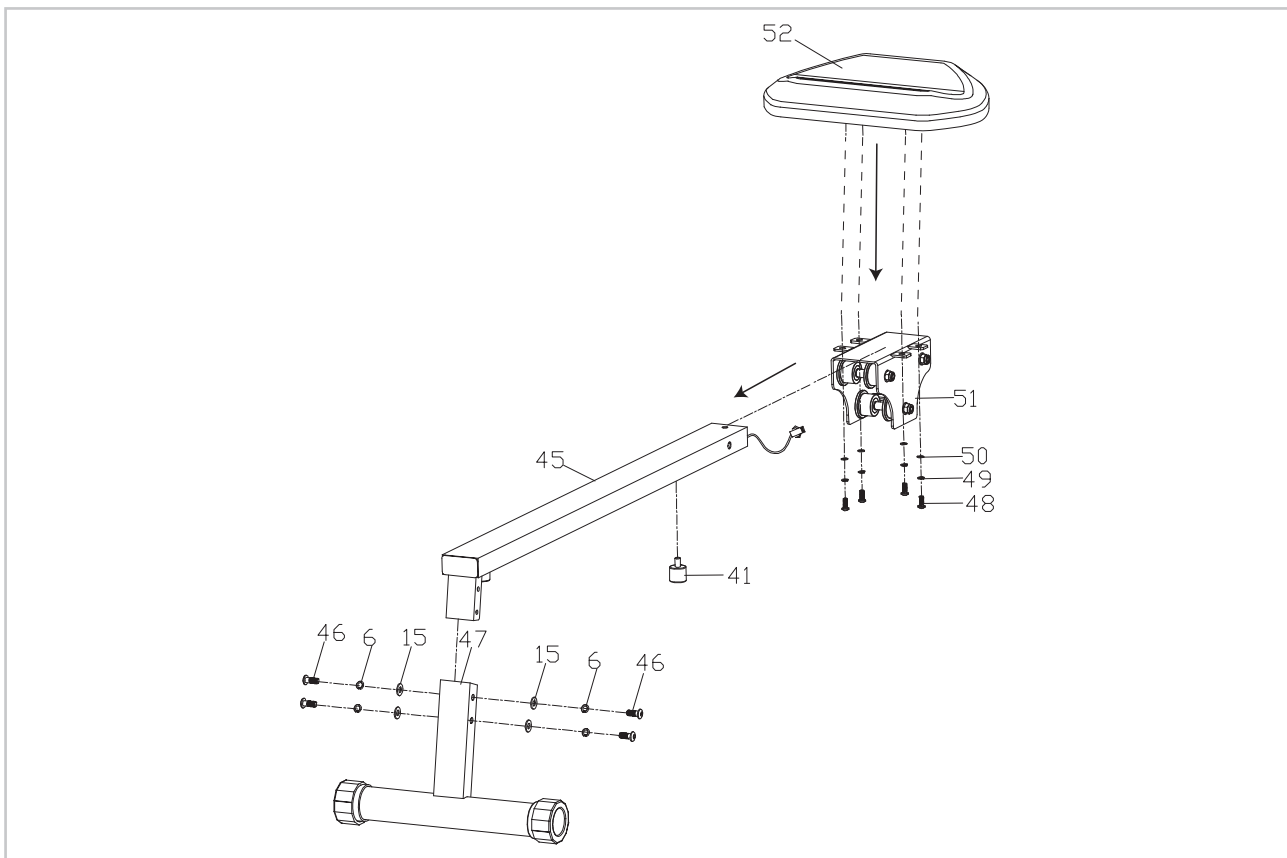
- Attach the front stabilizer (2) to the main frame (1) with the bolt (4), washer (5), spring washer (6) and nut (7).
- Mount the adjustable cushion (40) on the main frame (1). Set to the appropriate position to the rail frame (45).

STEP 3



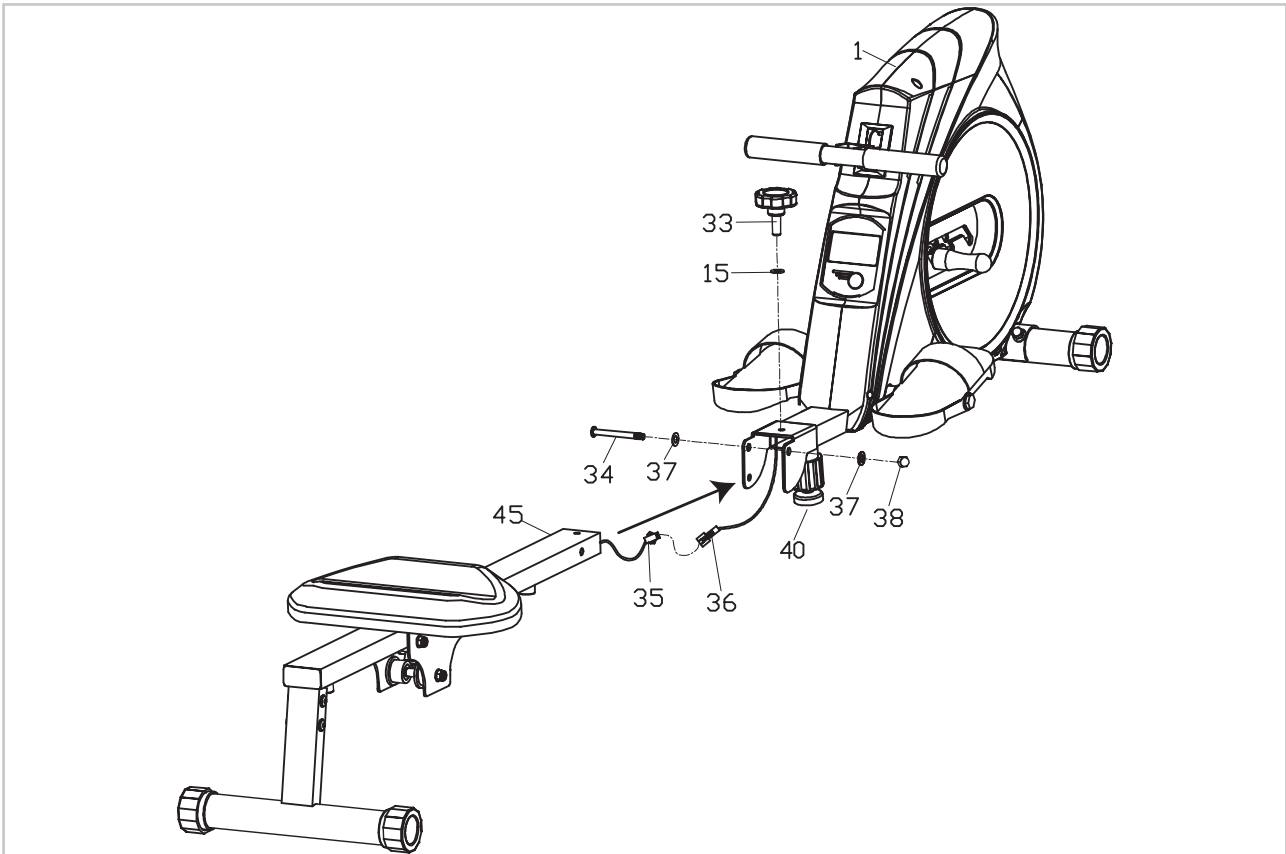
- Attach the pedals (10) to the main frame (1) with the bolts (8) and the flat washers (9).

STEP 4



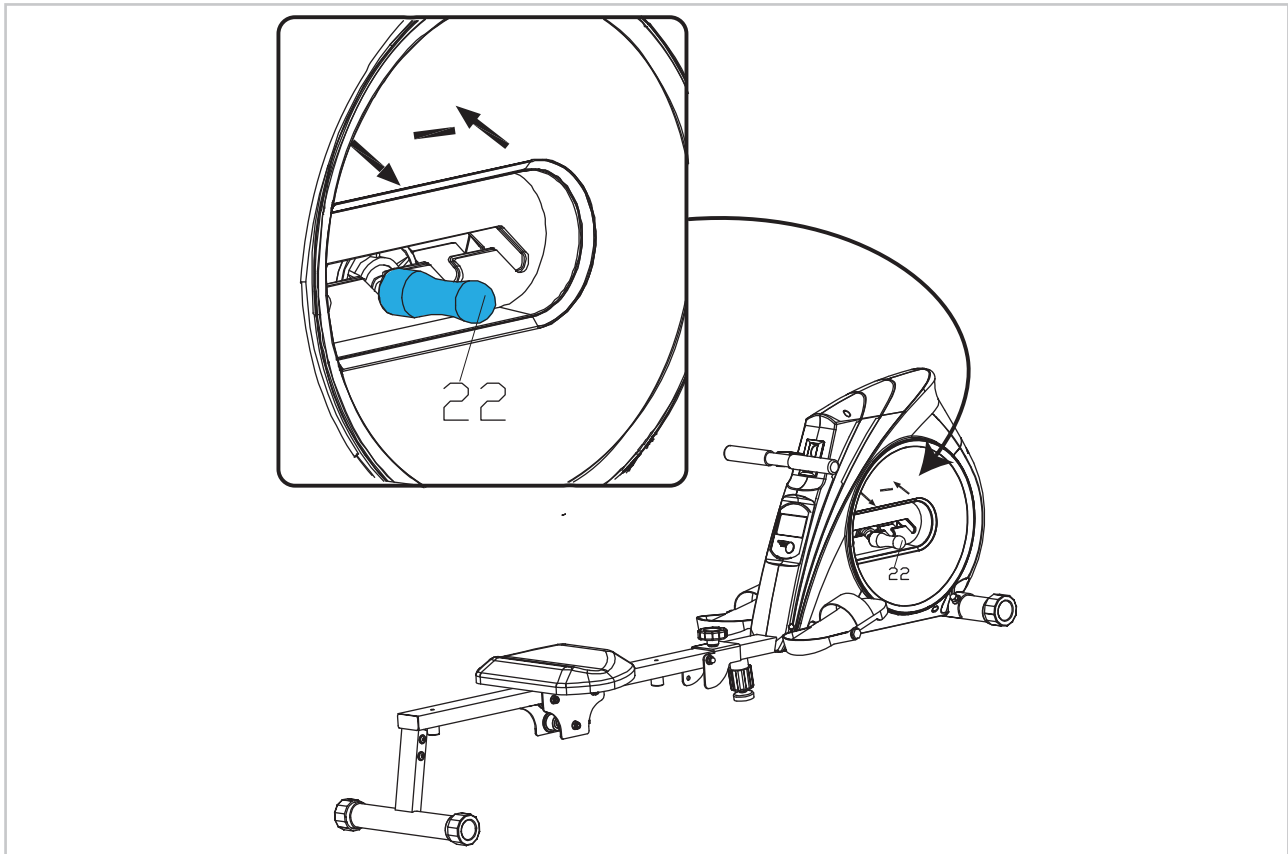
- Attach the saddle (52) to the saddle frame (51) with the screw (48) spring washers (49) and flat washers (50).
- Attach the rear support frame (47) to the rail frame (45) with the screw (46) spring washers (6) and flat rings (15).
- First remove the cushion (41) and then install the seat post (51) on the rail frame (45). Attach the cushion (41) finally on rail frame (45).

STEP 5



- Connect the wire (36) with the sensor wire (35). The sensor wire (35+36) must be around part "40". This reduces the chance of the cable getting pinched.
- Attach the rail frame (45) to the main frame (1) with the bolts (34), washers (37) and nuts (38).
- Then attach the bolt (33) and the flat washer (15) to the main frame (1).

STEP 6

**Adjusting the resistance**

Pull the resistance knob (22) out of the groove as shown by the arrow, forward or backward, then insert the resistance knob into a different groove to adjust the resistance. The resistance can be adjusted in 4 positions.

Adjusting the support feet

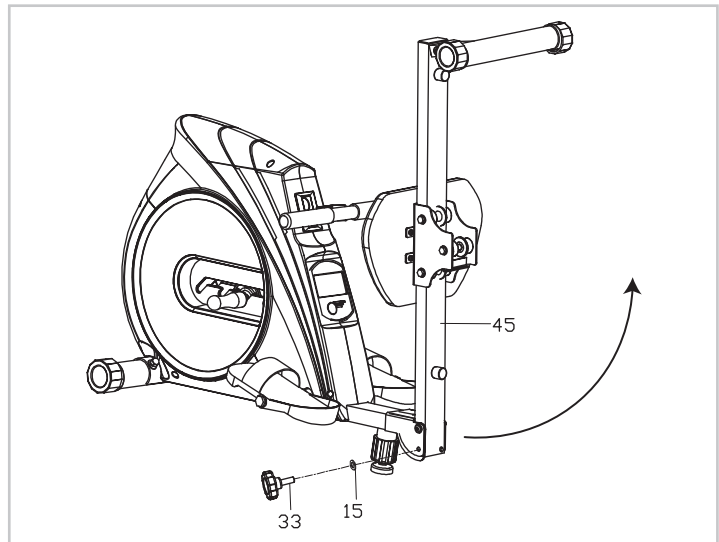
The equipment is equipped with 4 support feet. If the equipment is not stable, the support feet can be adjusted. Turn the support feet as required to put the equipment in a stable position.

NOTE! *The machine is the most stable when all support feet are turned fully in. Therefore start to level the machine by turning all support feet fully in, before turning out the required support feet to stable the machine.*

NOTE! Store your machine in a dry area away from children and high traffic areas as shown in the illustration. Be sure it is secure and cannot fall onto small animals or children.

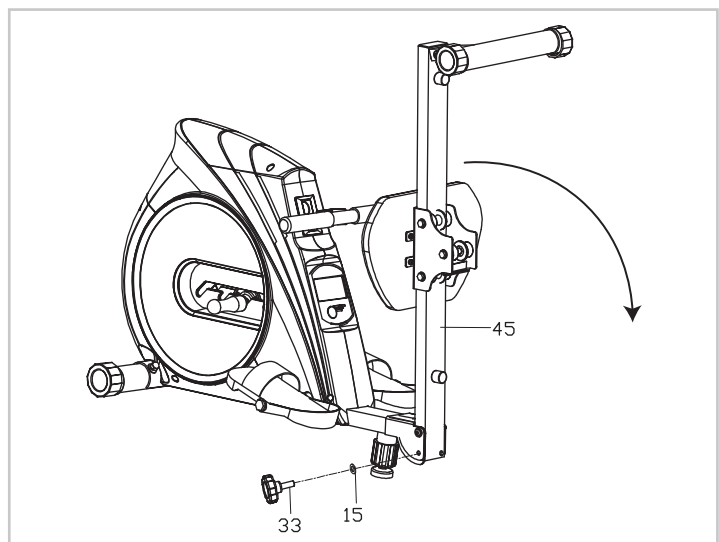
FOLDING

Unscrew the locking pin (33), then remove the locking pin and flat washer (15), at the same time fold the rails upwards. Replace the locking pin (33) with flat washer (15).



UNFOLDING

Unscrew the locking pin (33), then remove the locking pin and flat washer (15), at the same time unfold the rails towards the ground. Replace the locking pin (33) with flat washer (15).



Safe and effective use can only be achieved if the device will be assembled and maintained well. It is your responsibility to ensure that the equipment is regularly maintained. Parts that are already used and / or damaged must be replaced before continuing using. The rower machine may only be used indoors and stored away, prolonged exposure to weathering and changes in temperature / humidity can have a serious impact on the electrical components and moving parts of the rowing machine.

DAILY MAINTENANCE

- Clean and remove sweat after each use. Do not use aggressive cleaning agents and ensure that the device remains free of moisture.
- Check that the rail and the wheels under the seat are free from dust and dirt.

SEMI-ANNUAL MAINTENANCE

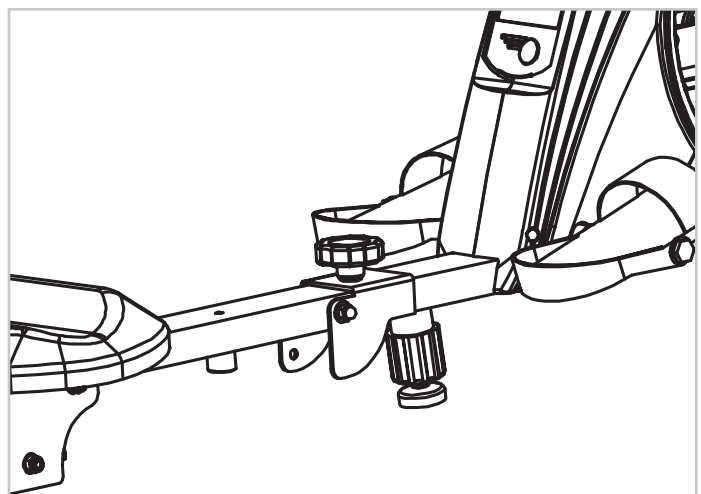
- Inspect all bolts and nuts in connection with moving parts of the device, tighten as required.
- Check the mobility of moving parts and components of the use equipment, silicone spray if necessary.

TENSION KNOB

TENSION KNOB ADJUSTMENT

You could adjust the tension for varied resistance as shown in the illustration.

NOTE: *You should begin your "Exercise Period" at the resistance level and speed to suit your needs. Remember to start out slow and easy, and work your way up to the fitness level you desire.*

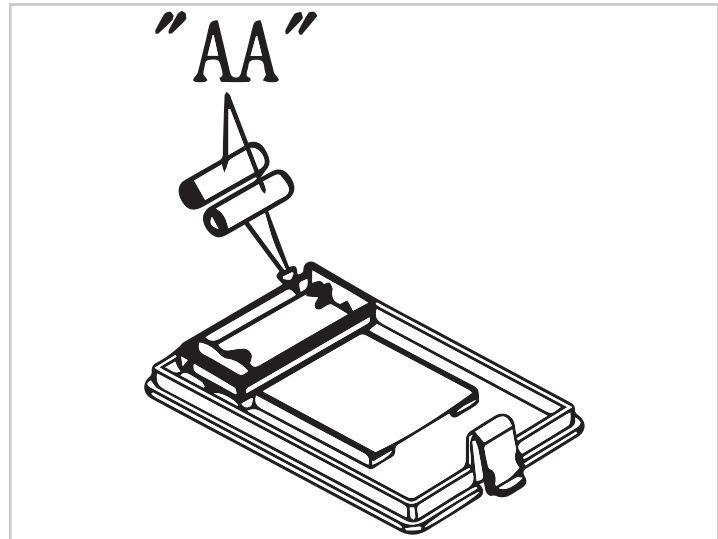


BATTERY

AA BATTERIJEN

The monitor uses on "AA" battery. You can replace the battery through the back of the unit.

The batteries must be installed correctly. If the screen is unreadable or only parts of the image work, follow the next step: Remove the batteries and wait 15 seconds, then reinsert the batteries correctly.



ADVICE FOR HANDLING BATTERIES

1. Remove the batteries when they are exhausted or if you do not use the product for an extended period of time in order to avoid hazards through leaking batteries.
2. Do not recharge batteries nor disassemble or throw them into fire. Danger of explosion!
3. Pay attention to the polarity (+) and (-). Always replace all the batteries; do not mix old and new batteries, or different battery types.
4. Use preferably alkaline batteries, as they have a longer operation time than usual zinc-coal batteries.
5. A change of batteries is necessary when the display becomes weaker or completely faded.

CHANGING THE BATTERIES

1. If you see an improper display on the monitor, please replace the batteries to have a good result.
2. Please use 2pcs of 1.5v AA batteries as a power supply.

PROBLEM SOLUTIONS

Display does not work

If the display no longer works, you can replace the batteries. These are at the back of the display.

Display shows no values

If the display does not show any values, you can try to check the sensor cables and the cables in the back of the display. If this still does not work, you can move the sensor slightly.

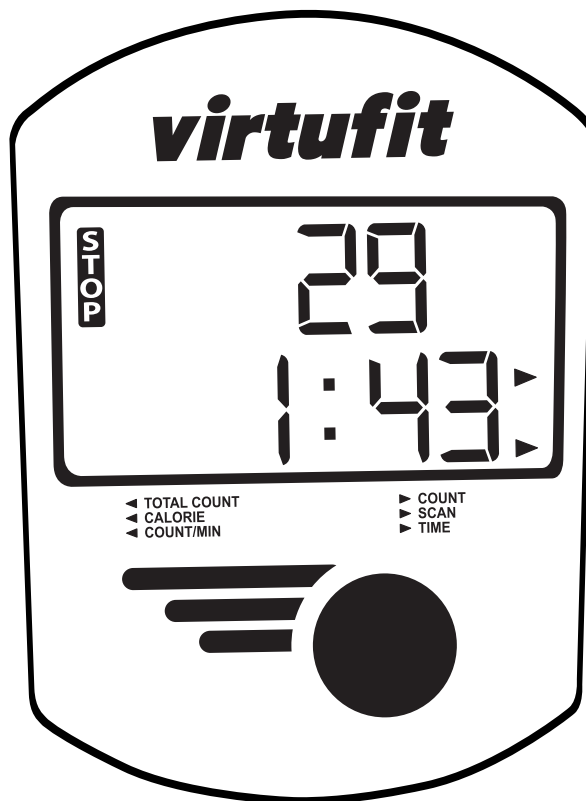
Rowing machine beeps

Check that all bolts and nuts are tightened securely. Spray silicone spray if necessary. Also check the wheels under the seat.

NOTE:

Keep the console away from direct sunlight. Dry the surface of the console when it is covered with drops of sweat. Do not lean on the console. Only touch the display with the tip of your finger. Make sure that your nails or sharp objects do not touch the display.

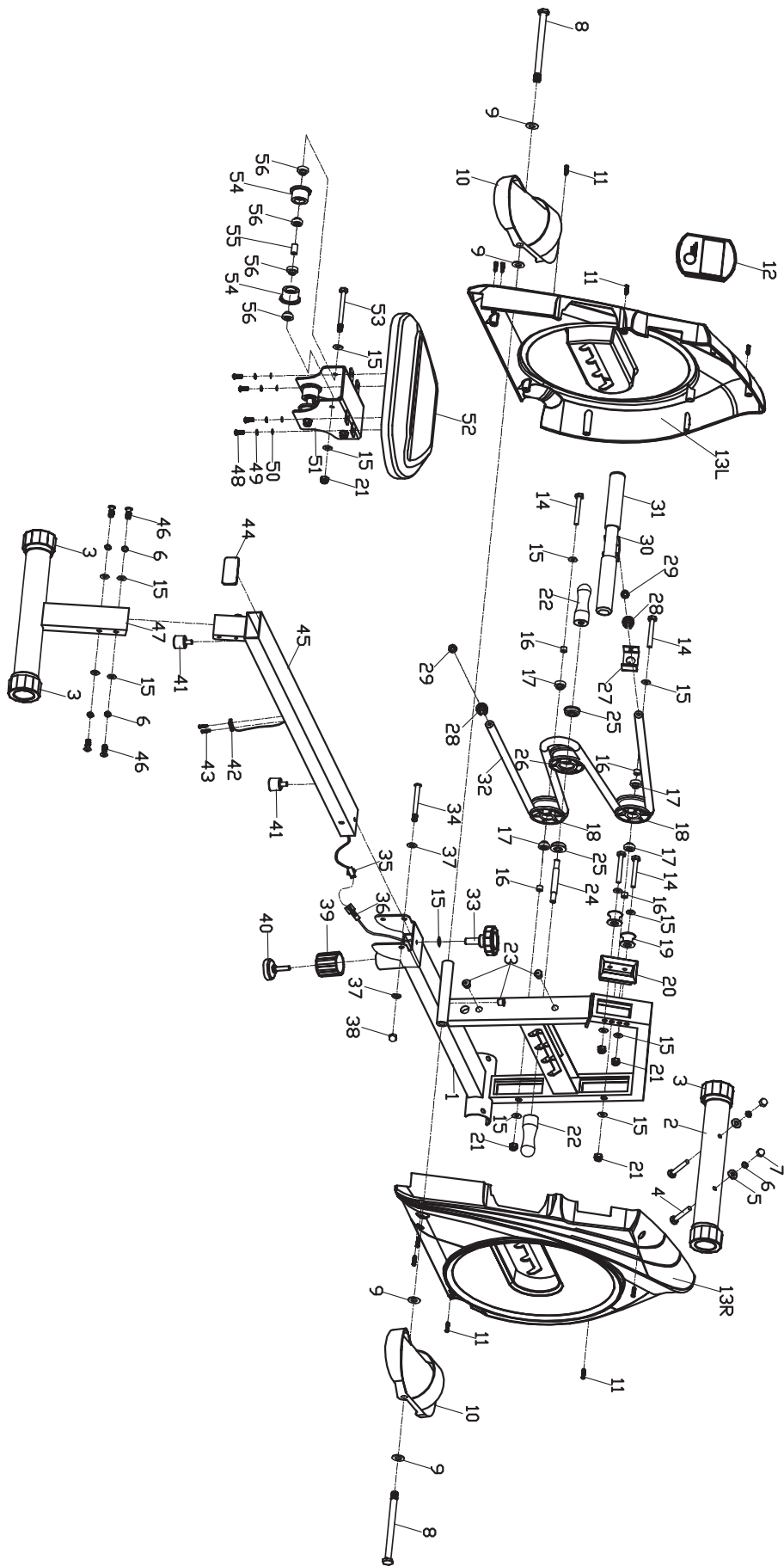
CONSOLE



BUTTON	FUNCTION
MODE	Press Mode/ Reset button to select console functions.

FUNCTION

BUTTON	EXPLANATION
SCAN	The following functions are displayed in the SCAN position: TIME, COUNT, TOTAL COUNT, CALORIE, COUNT / MIN.
TIME	Counts rowing time from the beginning of the exercise to the end.
COUNT	Counts the rowing strokes from start to finish.
TOTAL COUNT	Counts the total rowing strokes from start to finish.
CALORIES	Counts total calories from the beginning to the end of rowing.
COUNT/MIN	Displays the current rowing strokes per minute or the frequency per minute.
AUTO ON/ OFF & AUTO START/STOP	Without any signal being transmitted into the monitor for 4 minutes the monitor will enter SLEEP mode automatically. Active training data will be lost. When you start rowing or press the button, the monitor is working again.



#	DESCRIPTION	QTY
1	Mainframe	1
2	Front stabilizer	1
3	End cap	4
4	Bolt M8*65	2
5	Arc washer d8*1.5*Φ20*R30	2
6	Spring washer D8	6
7	Nut M8	2
8	Bolt φ12.5*130*M12*16	2
9	Flat washer D13*φ26*2	4
10	Pedal	2
11	Screw ST4.2*18	10
12	Computer	1
13	L/R Chain cover	1 pr
14	Bolt M8*62	4
15	Flat washer D8*φ19*1.5	19
16	Bushing φ12*φ8.5*10.5	4
17	Bearing 608	4
18	Wheel	2
19	Idler wheel	2
20	Fixed sleeve	1
21	Nulon nut M8	7
22	Handlebar	2
23	End cap	3
24	Axle M10*φ12*95	1
25	Bearing φ32*φ12*11	2
26	Wheel	1
27	U-shaped washer	1
28	Rope lock	2

#	DESCRIPTION	QTY
29	Plug	2
30	Handlebar	1
31	Foam grip	2
32	Rope	1
33	Bolt	1
34	Bolt M10x80	1
35	Sensor wire	1
36	Extended wire	1
37	Flat washer D10*φ20*1.5	2
38	Nut M10	1
39	End cap	1
40	Adjustable support leg	1
41	Cushion pad	2
42	Sensor	1
43	Screw ST3*10	2
44	End cap	1
45	Rail tube	1
46	Screw M8*16	4
47	Rear support frame	1
48	Bolt M6*15	4
49	Spring washer D6	4
50	Flat washer D6	4
51	Saddle post	1
52	Saddle	1
53	Bolt M8*90	3
54	Wheel	6
55	Bushing φ12*φ8*20	3
56	Bearing	12

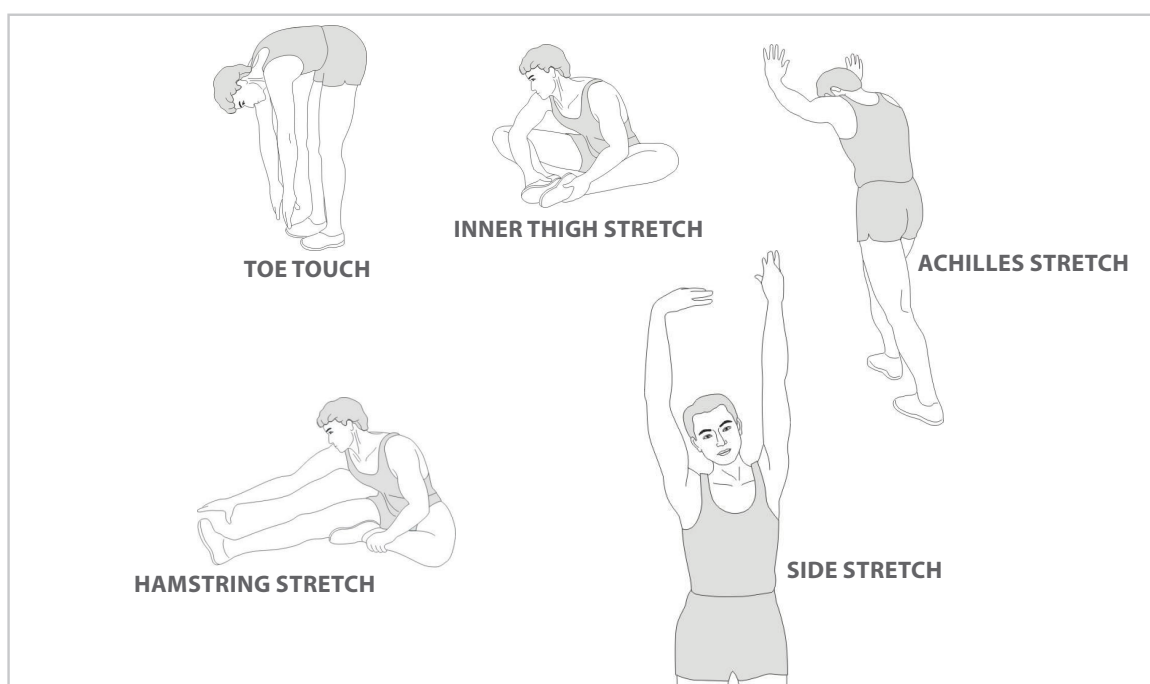
A successful exercise program consists of a warm-up, aerobic exercise, and a cool-down. Do the entire program at least two and preferably three times a week, resting for a day between workouts. After several months, you can increase your workouts to four or five times per week.

WARMING UP

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.

STRETCHEN

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.



COOLING 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 and allows blood to return to the heart.

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For questions or missing parts please contact your dealer.