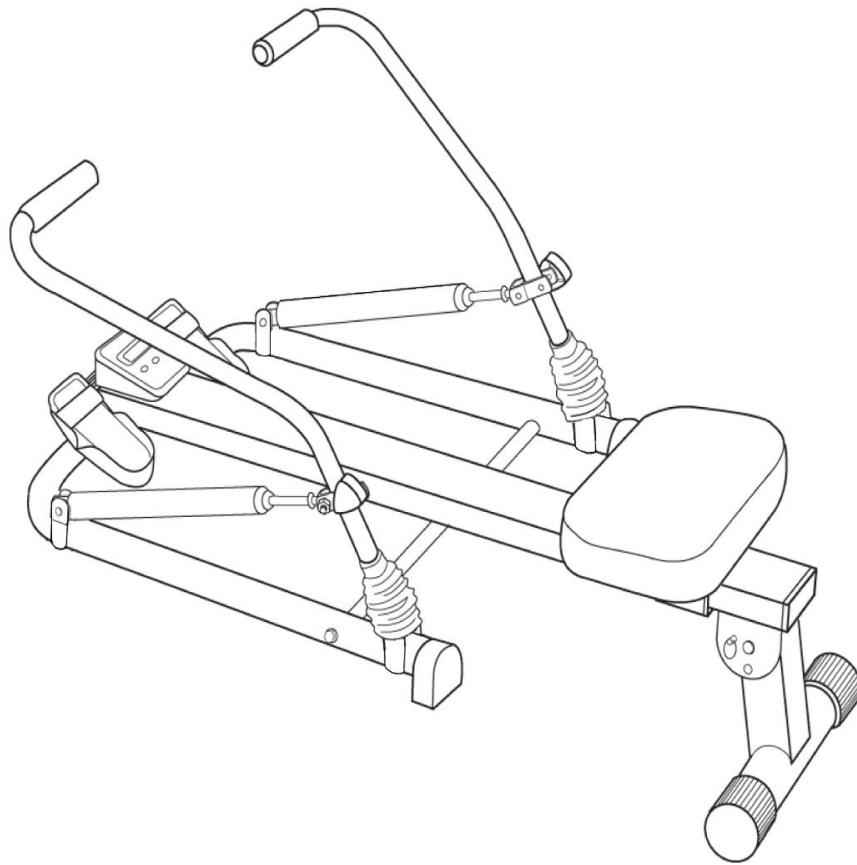


**BR-2444**

**ROWING MACHINE**

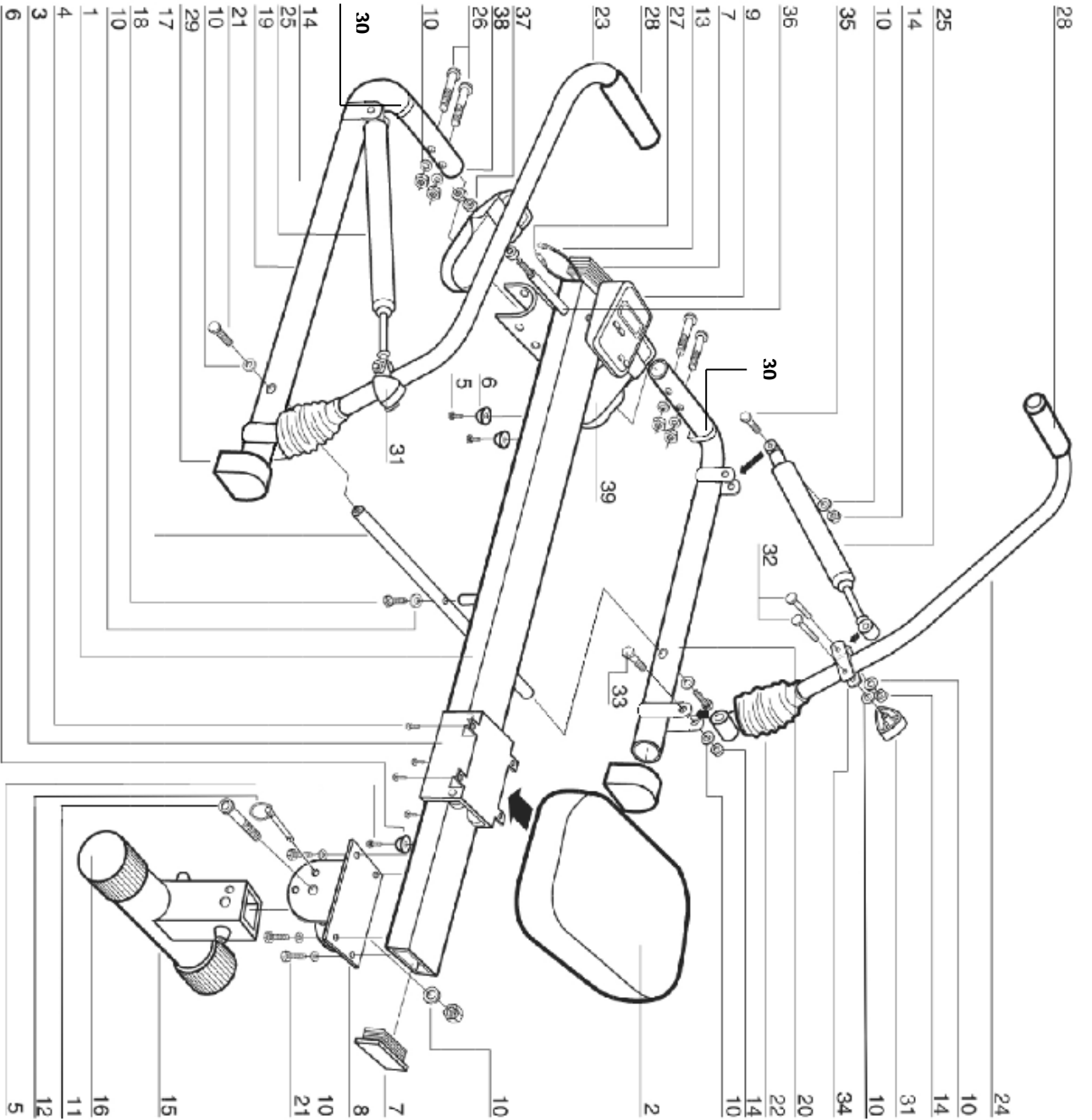


# Important Safety Information

**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 metre 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.

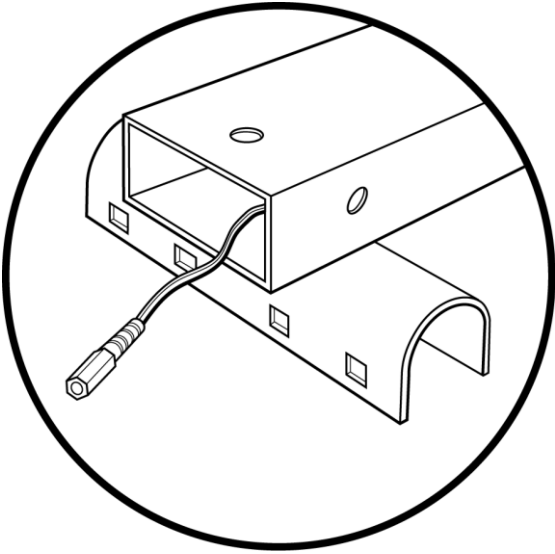
# Exploded-View Assembly Drawing



## PARTS LIST

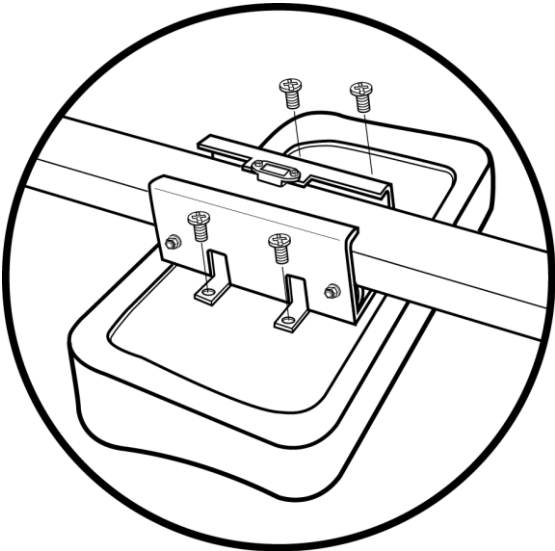
PART NO.	DESCRIPTION	Q'TY
1	Main Frame Tube	1
2	Seat	1
3	Seat Carriage	1
4	Slot Head Screw (1/4"x1/2")	4
5	Self Tapping Screw (M4x16)	3
6	End Stop	3
7	Plastic Cap	2
8	Rear Stabilizer Bracket	1
9	Computer	1
10	Washer	19
11	Key Head Bolt (M8x70L)	1
12	Fixing Pin	1
13	Upper Sensor Wire	1
14	Nut (M8)	8
15	Rear Stabilizer	1
16	End Cap (Rear)	2
17	Link Bar	1
18	Hex Head Bolt (M8x30)	1
19	Left Frame Tube	1
20	Right Frame Tube	1
21	Hex Head Bolt (M8x15L)	6
22	Rubber Sleeve	2
23	Left Hand Rower Arm	1
24	Right Hand Rower Arm	1
25	Hydraulic Cylinder	2
26	Carriage Bolt (M8x50L)	4
27	Lower Sensor Wire	1
28	Foam Grips	2
29	Rear Rubber Feet	2
30	Front Rubber Feet	2
31	Locking Knob	2
32	Carriage Bolt (M8x40L)	4
33	Hex Head Bolt (M8x50)	2
34	"H" Bracket	2
35	Hex Head Bolt (M8x40)	2
36	Pedal Spindle Bar	1
37	Rubber Washer	4
38	Large Nut (1/2")	2
39	Pedal	2

## Assembly Instruction



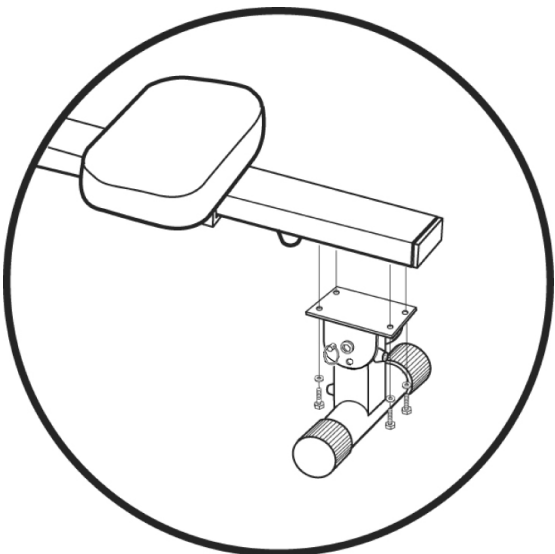
### STEP 1

Make sure the sensor wire plug is accessible from the front of the main frame tube.



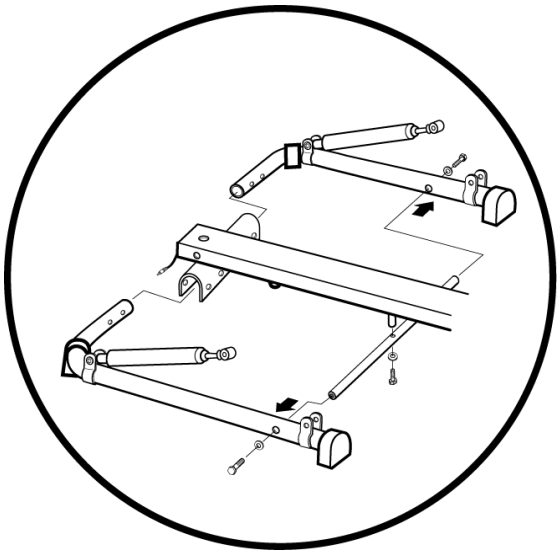
### STEP 2

Attach the seat to the carriage using 4 slot head screws (pt.4).  
Note: The thicker end of the seat should be facing the rear end of the rower.



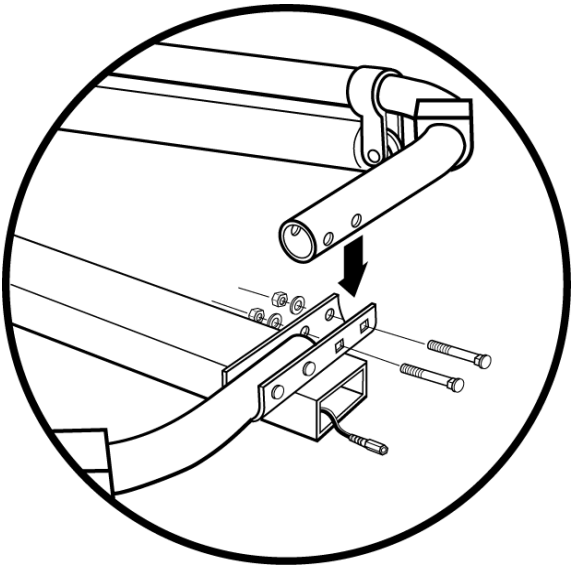
### STEP 3

Attach the rear stabilizer (pt.15) to the main frame tube (pt.1) using 4 hex head bolt (pt.21) and 4 washers (pt.10).



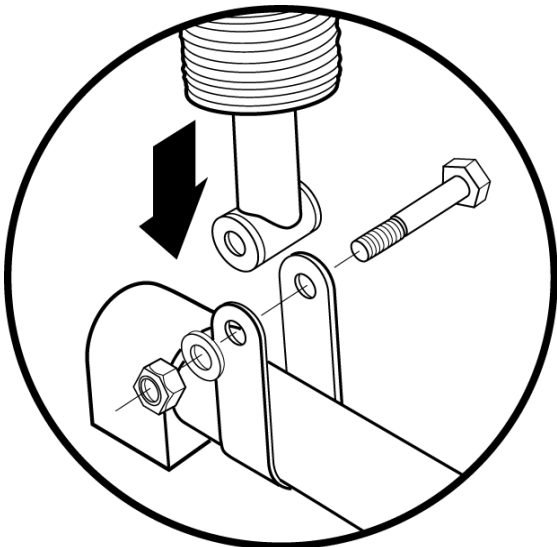
## STEP 4

Fix the link tube (pt.17) to the main frame tube (pt.1) then fasten the link tube (pt.17) to the left frame tube (pt.19) using a hex head bolt & washer (pt.21 &10). Repeat the above procedure for the right frame tube (pt.20).



## STEP 5

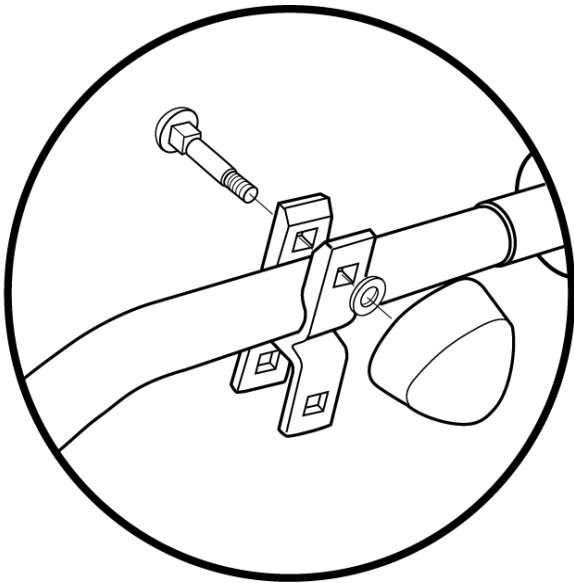
Attach the left and right frame tubes (pt.19 & 20) to the main frame (pt.1) as shown, using 4 carriage bolts, washers and nylock nuts (pt.26,10 and 14) make sure these are well tightened. remaining arm.



## STEP 6

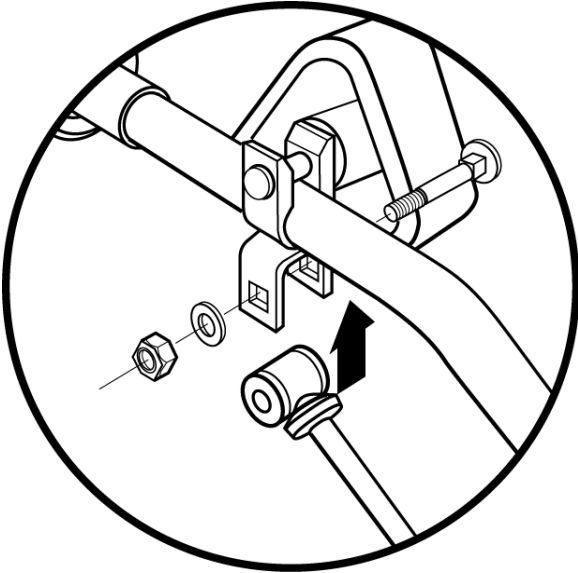
Connect one rowing arm to the frame using a hex head bolt, a washer and a nylock nut (pt.33,10 and 14). Then pull the rubber sleeve down over the joint.

Note: The handle on the arm should point inwards with the elbow bend pointing upwards. Repeat this procedure with remaining arm.



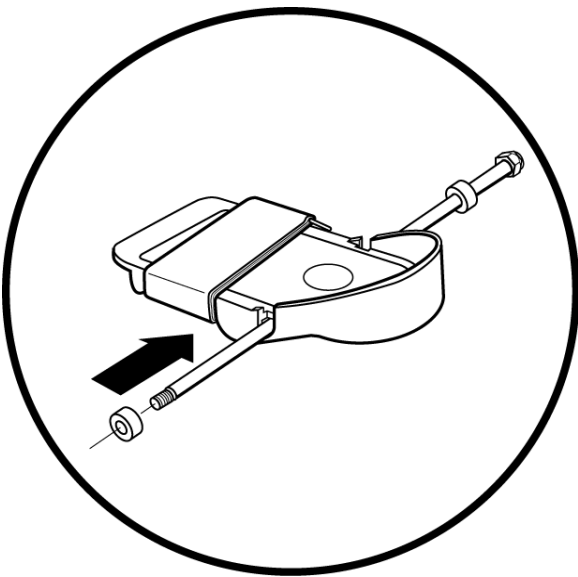
## STEP 7

Fix the locking knob (pt.31) to the rower arm "H" Bracket (pt.34) with a carriage bolt and washer (Pt.32,10) and tighten. The bolt should be fitted from the inside of the rower facing outwards. Repeat the above with second rower arm and "H" bracket making sure that the "H" brackets are spaced at similar distances along the rower arms (check them against the numbers stamped on the arms.)



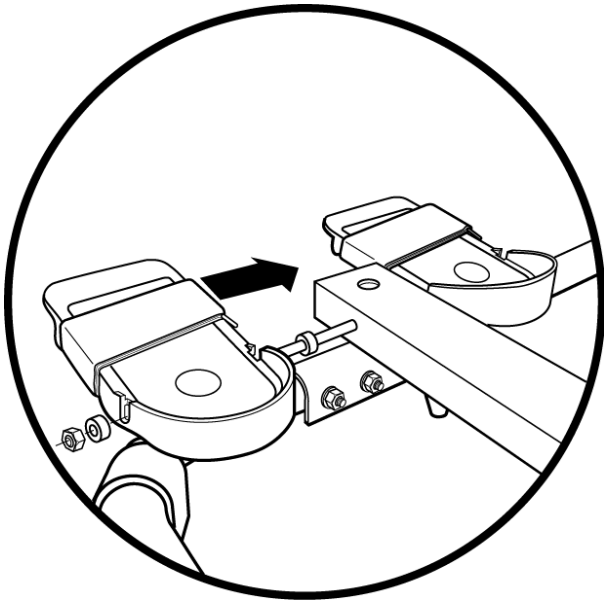
## STEP 8

Attach the free end of the hydraulic cylinder (pt.25) to the bottom of the "H" Bracket on the rower arm using a carriage bolt, a washer and a nylock nut (pt.32, 10 and 14). The bolt should be fitted from the inside of the rower facing outwards. Repeat the procedure with the second rower arm and hydraulic cylinder.



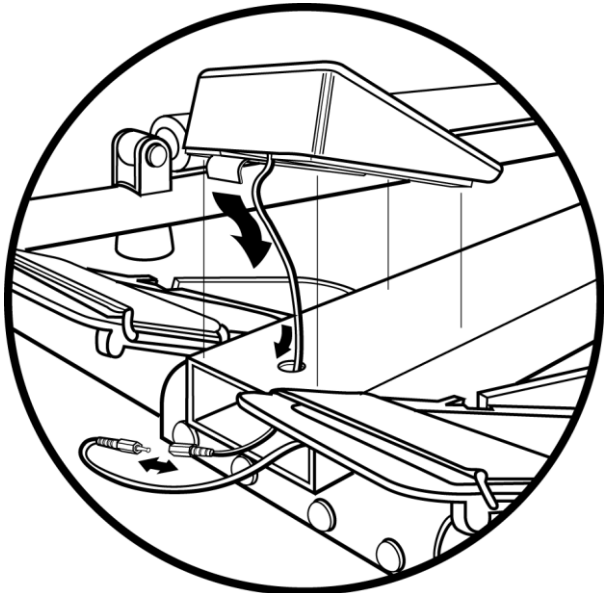
## STEP 9

Fix the large nut (pt.38) to the pedal spindle bar (pt.36) and slide a rubber washer (pt.37) up to it. Then slide the bar through the pedal (pt.39) and fit a second rubber washer (pt.37)



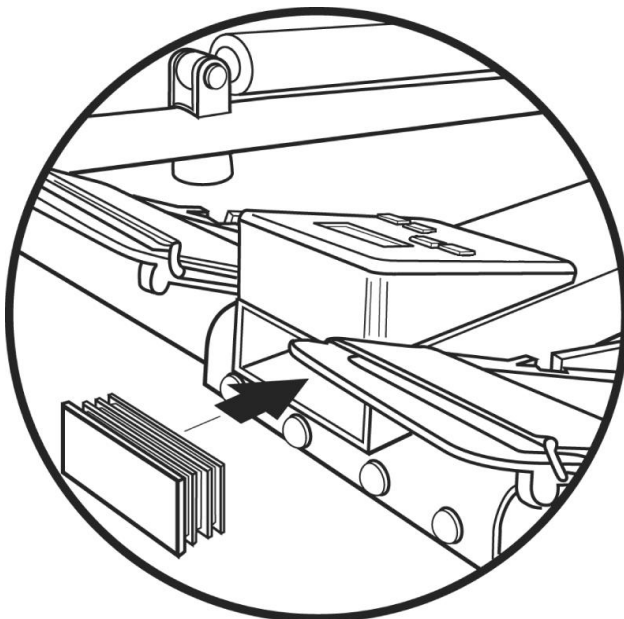
## STEP 10

Feed the pedal spindle with the pedal attached through the holes at the frame. Slide a rubber washer (pt.37), the second pedal (pt.39) and then another rubber washer (pt.37) onto the spindle and lock them in place with the remaining large nut (pt.38).



## STEP 11

Feed the computer cable (pt.13) through the hole in the top of the main frame tube and plug it into the sensor cable (pt.27). Peel off the backing strips from the velcro pads underneath the computer, and while pulling excess cable through the hole stick the computer to the frame.



## STEP 12

Making sure that the sensor cable is out of the way push the plastic cap (pt.7) into front end of the main frame tube. Repeat this with the second cap at the rear of the frame.



# Exercise Computer

## **FUNCTION BUTTON:**

- MODE** TO SELECT FUNCTIONS.
- SET** TO SET CLOCK, TIME, COUNT, DISTANCE, TEMPO AND CALORIE.
- RESET** TO RESET TIME, COUNT, TEMPO AND CALORIE.

## **FUNCTION:**

- SCAN** AUTOMATICALLY SCAN FUNCTIONS OF CLOCK, TIME, COUNT, DISTANCE, TEMPO, AND CALORIE IN EVERY 6 SECONDS.
- COUNT** COUNT UP : ACCUMULATES COUNT UP TO MAX 9999 FROM ZERO.  
COUNT DOWN : YOU MAY PRESET WITH EACH INCREMENT OF 10 COUNTS. THE MONITOR WILL COUNT DOWN FROM PRESET DATAS TO ZERO AS SOON AS TRAINING STARTS. WHEN ZERO IS ACHIEVED, THE MONITOR STARTS TO BEEP TO REMIND YOU.
- TIME** COUNT UP : ACCUMULATES TOTAL WORKING TIME UP TO 99:59.  
COUNT DOWN : YOU MAY PRESET WITH EACH INCREMENT OF 1 MINUTE. THE MONITOR WILL COUNT DOWN FROM PRESET TIME TO 0:00 AS SOON AS TRAINING STARTS. WHEN 0:00 IS ACHIEVED, THE MONITOR STARTS TO BEEP TO REMIND YOU.
- TOTAL COUNT** COUNT UP : ACCUMULATES TOTAL COUNT TO 9999 FROM ZERO. THIS DATA COULD NOT BE RESET BY ANY BUTTON OPERATION EXCEPT CHANGING BATTERIES.

## **NOTE:**

1. WITHOUT ANY SIGNAL FOR 5 MINUTES, THE LCD DISPLAY WILL SHUT OFF AUTOMATICALLY, AND ALL TRAINING DATAS WILL BE KEPT. YOU MAY WAKE MONITOR DISPLAY BY PRESSING ANY BUTTON OR START TRAINING DIRECTLY.
2. WHEN YOU WOULD LIKE TO PRESET EACH FUNCTION DATA, THE MONITOR SHOULD BE IN STOP MODE.
4. IF IMPROPER DISPLAY ON MONITOR, PLEASE RE-INSTALL BATTERIES TO HAVE A GOOD RESULT.
5. BATTERY SPEC: 1.5V UM-3 OR AA(2PCS).