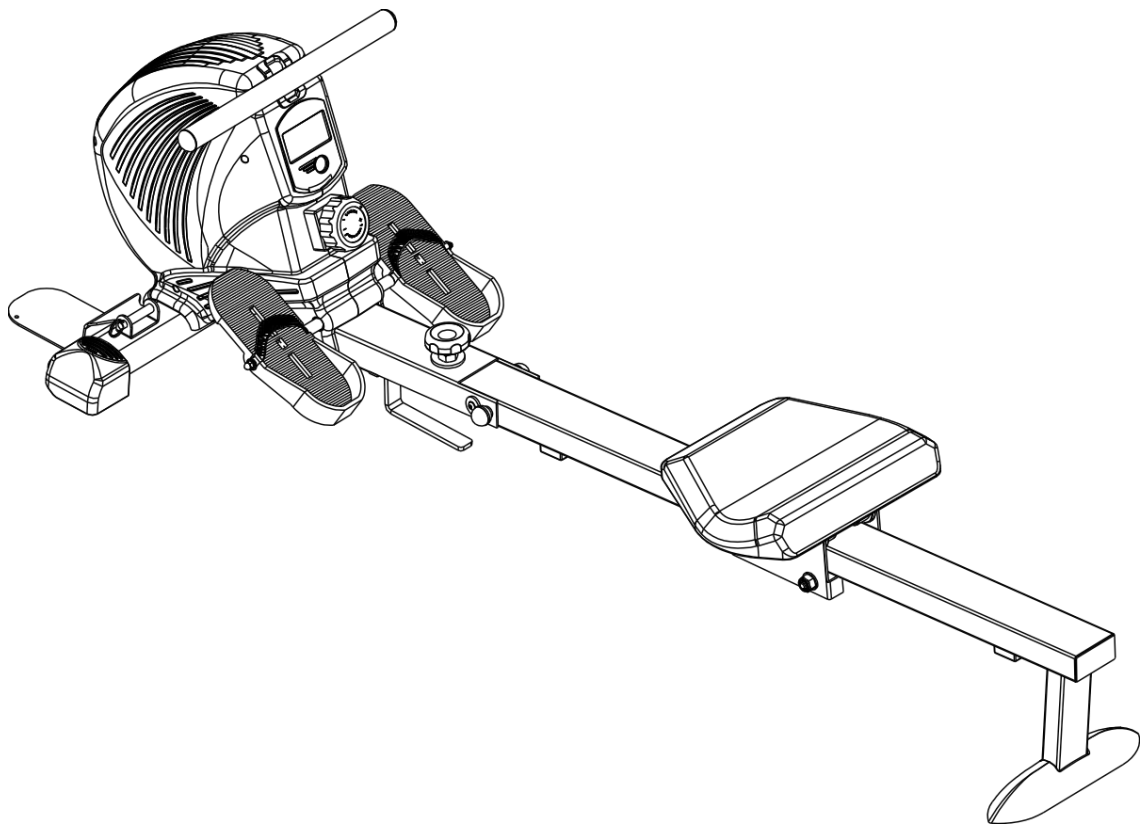




English manual

IN 1979 Rowing machine machine inSPORTline Ocean

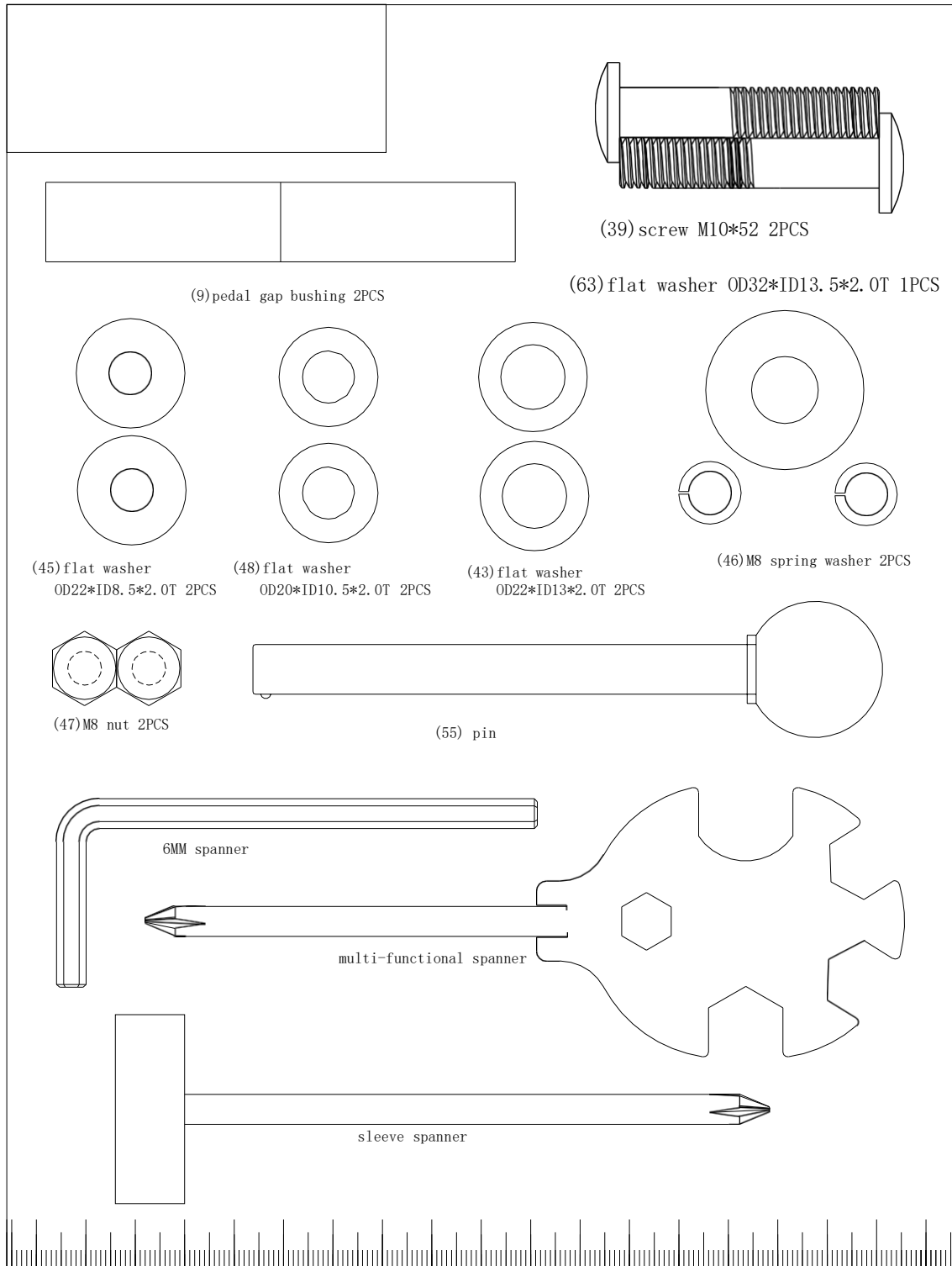


1. IMPORTANT SAFETY INFORMATION

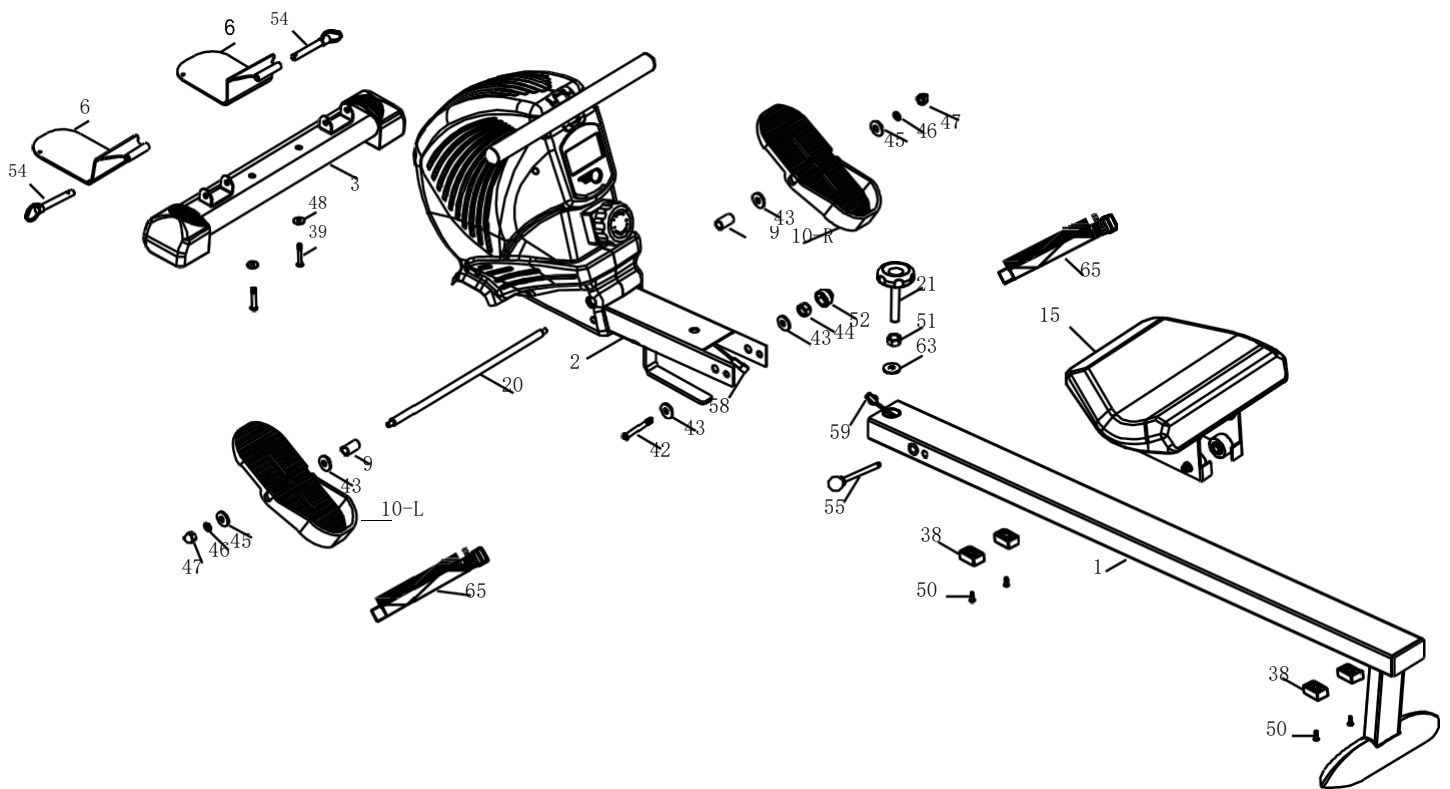
Please keep this manual in a safe place for reference.

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.
6. The safety level of the equipment can only be maintained if it is regularly examined for damage and/or wear and tear.
8. Warning the equipment must be installed on a stable base and properly leveled floor. 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 HC. Suitable for domestic, home use only. Maximum weight of user, 110kg. Breaking 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. Regular checking of the integrity of guards and safety devices req.
13. Parents and those in charge of children should be aware of their responsibility around this equipment. The natural play instinct and fondness for experimenting of children can lead to situations and use of the training equipment for which it is not intended.
14. If children are allowed to use the equipment their mental and physical development and above all their temperament should be taken in to account. They should be supervised and instructed to the correct use of the equipment. The equipment is under no circumstances suitable as a child's toy.

2. PACKAGE CONTENTS

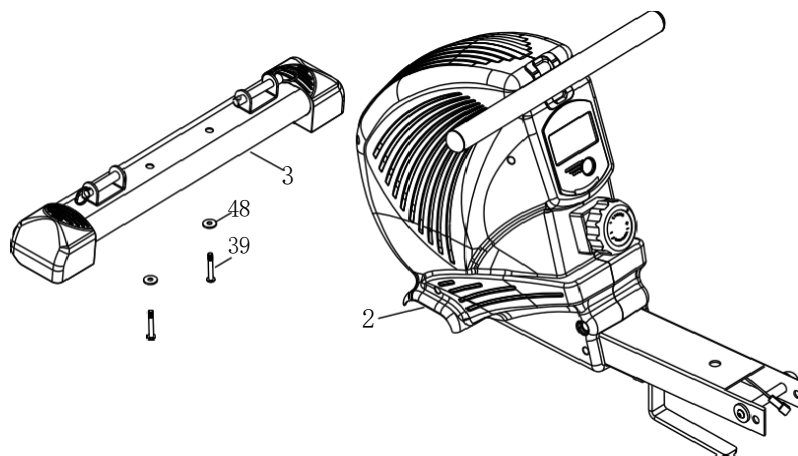


3. ASSEMBLY



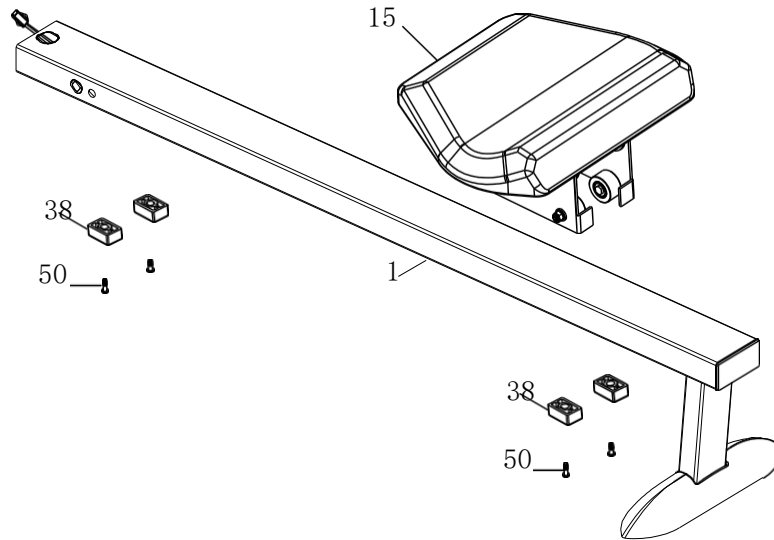
1. assembly for front stabilizer

put front stabilizer set (3) under the main frame, lock with screw M10*52 (39) and flat washerOD20*ID10.5*2.0T(48).



2. assembly for seat

Unscrew 4pcs M8*25 screw(50) and 4pcs seat stopper(38) which premounted under seat post(1).
Insert seat(15) into seat post(1),lock with 4pcs M8*25 screw(50) and 4pcs seat stopper(38).

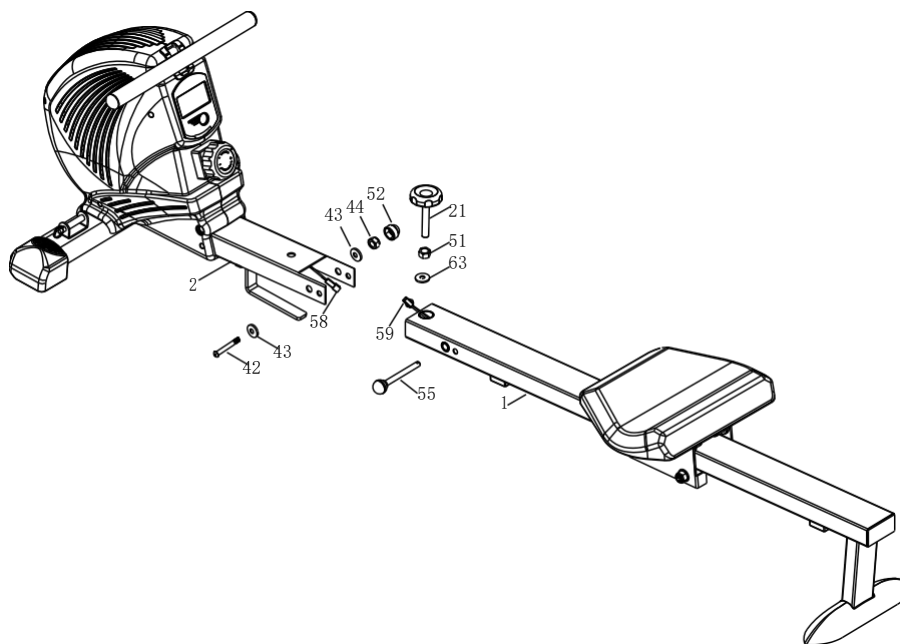


3. connection for seat post and main frame

unscrew 1pcs 1/2*100 screw(42)、 2pcs flat washer OD22*ID13*2.0T(43)、 1pcs 1/2 nylon nut(44) and 1pcs 1/2 nylon nut cover(52) which are premounted on the main frame . connect sensor line upper section(58) with sensor line below section(59).

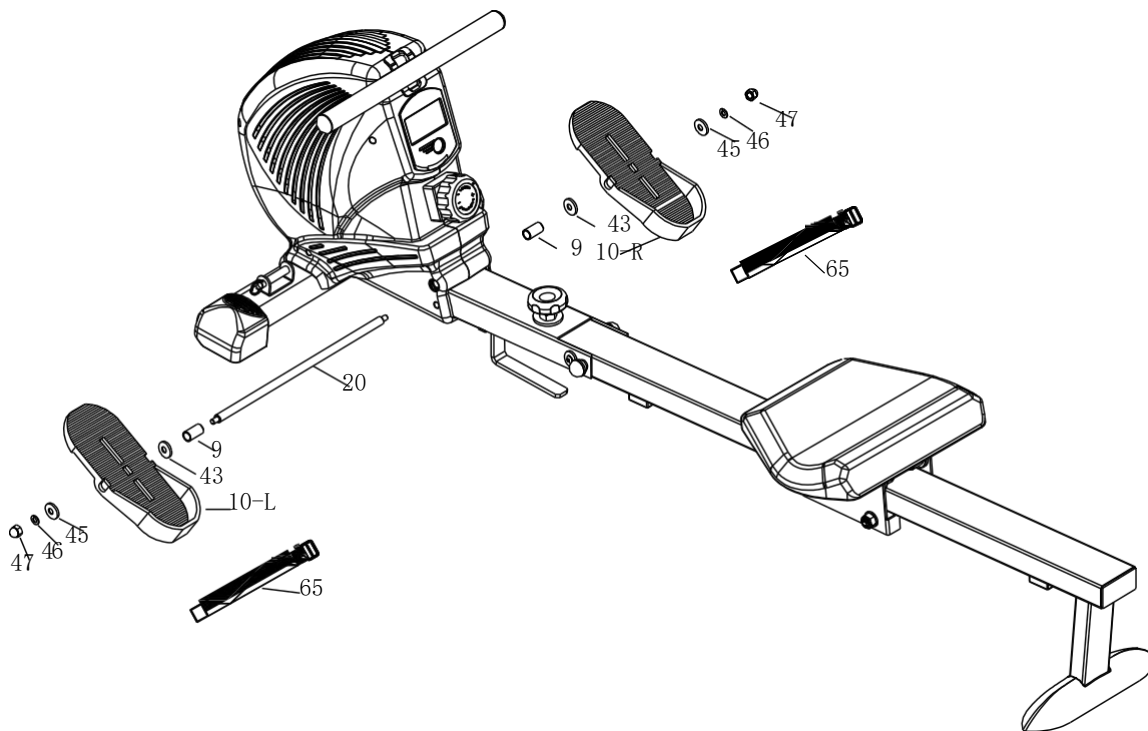
Insert seat post(1) into main frame (2),insert main frame pin(55) into main frame and seat post(1), lock with 1pcs 1/2*100 screw(42)、 2pcs flat washer OD22*ID13*2.0T(43)、 1pcs 1/2 nylon nut(44) and 1pcs 1/2 nylon nut cover(52).

connect seat post and main frame with connection pin(21) , nut M12*1.75 (51) and flat washer OD32*ID13.5*2.0T(63).



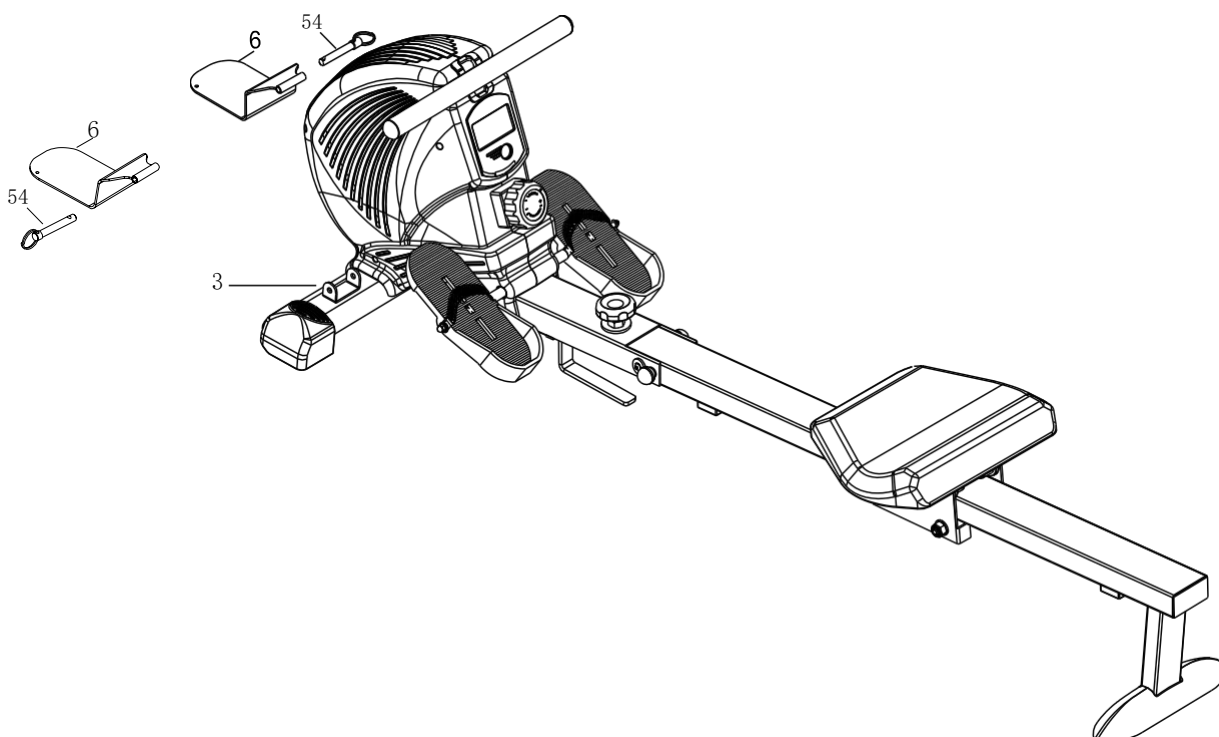
4. assembly for pedal

Insert pedal axes(20) into the hole on the main frame. Insert 2pcs pedal gap washer(9)、 2pcs flat washer OD22*ID13*2.0T(43), 2pcs pedal(10-L、 10-R) into pedal axes(20), lock with 2pcs flat washer OD22*ID8.5*2.0T(45)、 2pcs M8spring washer(46)、 2pcs M8 nut (47), tight with 6MM spanner and seelve spanner. Put pedal belt(65) on pedal.

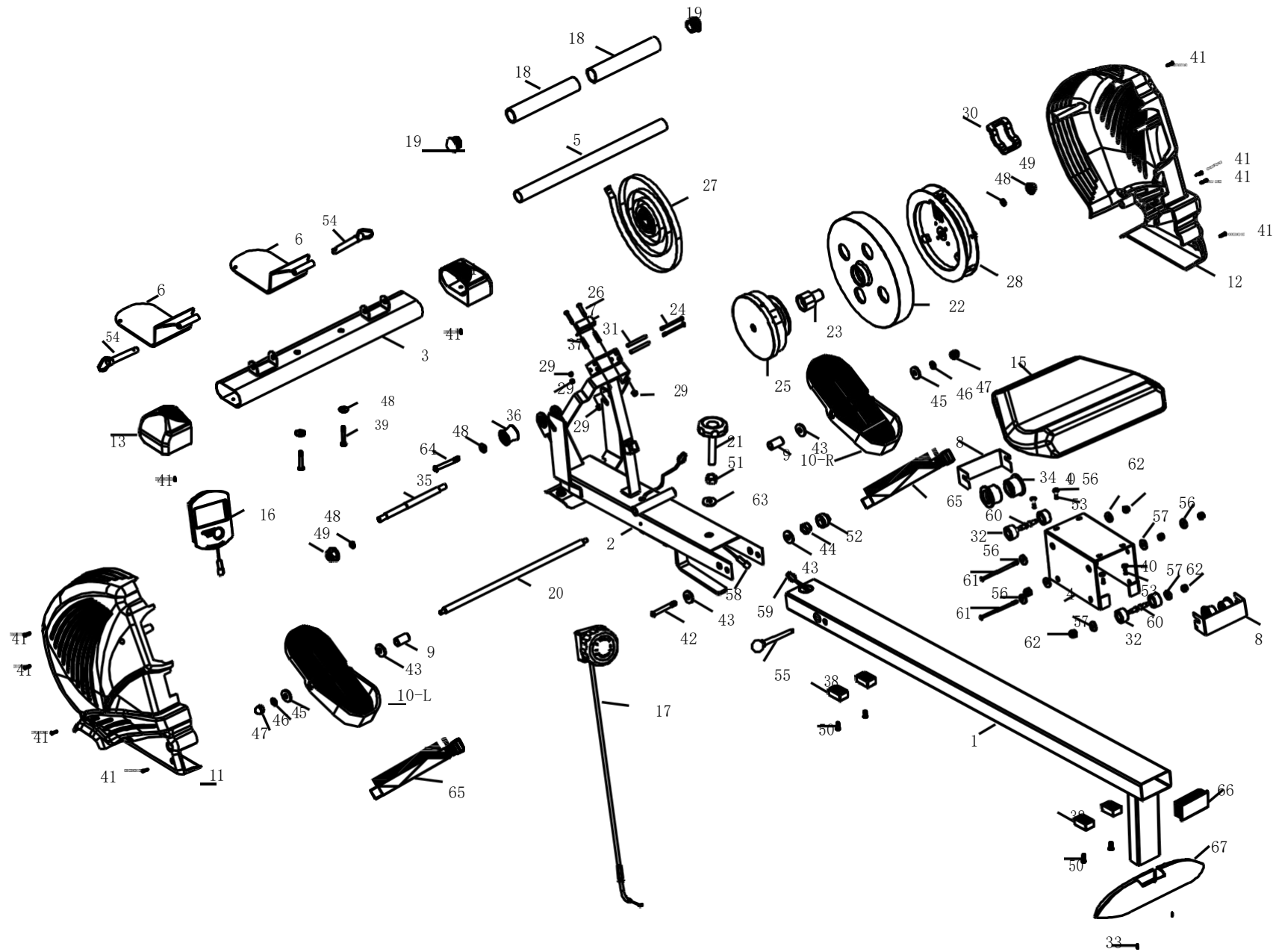


5. assembly for metal pedal

Take out the metal pedal pin(54) which is premounted on the front stabilizer(3), put the metal pedal (6)into the U shape metal piece on the front stabilizer set(3),insert and lock with metal pedal pin(54).



4. PARTS



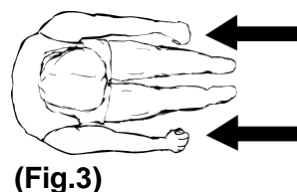
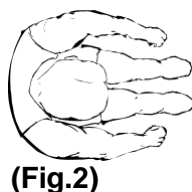
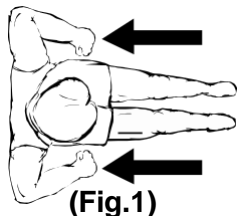
No.	Name	qty	No.	Name	qty
1	seat post	1	35	Flywheel axes	1
2	Main frame	1	36	Belt wheel(include 2pcs 6000 bearing)	1
3	Front stabilizer set	1	37	Belt plastic tube (1)	2
4	Seat fixer	1	38	Seat stopper	4
5	handlebar	1	39	M10*52 screw	2
6	metal pedal	2	40	M6flat washer	4
7	Decorate piece	1	41	M4*20 screw	10
8	Seat wheel cover	2	42	1/2*100 screw	1
9	Pedal gap washer	2	43	flat washer OD22*ID13*2.0T	4
10	Right and left pedal	2	44	1/2 nylon nut	1
11	Left cover	1	45	flat washer OD22*ID8.5*2.0T	2
12	Right cover	1	46	M8 spring washer	2
13	Front stabilizer left endcap	1	47	M8 nut	2
14	Front stabilizer right endcap	1	48	flat washer OD20*ID10.5*2.0	5
15	seat	1	49	M10 nut	2
16	computer	1	50	M8*25 screw	4
17	TCD set	1	51	nut M12*1.75	1
18	Handlebar foam	2	52	1/2 nylon nut cover	1
19	Handlebar endcap	2	53	M6*16screw	4
20	pedal axes	1	54	Pedal pin	2
21	Connection knob	1	55	Main frame pin	1
22	Flywheel	1	56	flat washer OD16*ID8.5*1.5T	4
23	small belt wheel	1	57	flat washer OD14*ID8.5*2.0T	4
24	M6*67screw	2	58	sensor line upper section	1
25	Spring set	1	59	sensor line below section	1
26	M6*40screw	2	60	φ9.96*16*M8*13 screw	4
27	belt	1	61	M8*115 screw	2
28	inner magnetic set	1	62	M8 nylon nut	6
29	M6 nylon nut	4	63	flat washer OD32*ID13.5*2.0T	1
30	Rubber ring	1	64	M10*48 screw	1
31	Belt plastic tube (2)	2	65	Pedal belt	2
32	wheel(2)	4	66	Seat tube endcap	1
33	M4*16 screw	2	67	Rear stabilizer set	1
34	wheel(1)	4	68		

5. 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.



Training Time

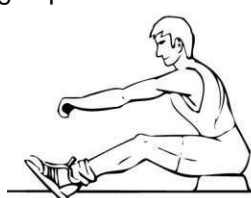
Rowing is a strenuous form of exercise, because of this it is best to start with a short, easy exercise programmed and build up to longer and harder workouts. Start rowing for about 5 minutes and as you progress, increase the length of your work out to match your improving level of fitness. You should 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.

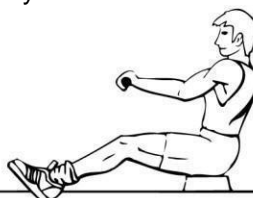
Alternate Rowing Styles.

Arms Only Rowing

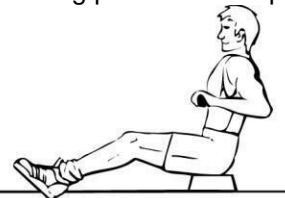
This exercise will tone muscles in your arms, shoulders, back and stomach. Sit as shown in Fig 4 with your legs straight, lean forward and grasp the handles. In a gradual and controlled manner lean back to just past the up right position continuing to pull the handles towards your chest. Return to the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



(Fig.4)



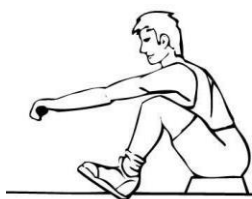
(Fig.5)



(Fig.6)

Legs Only Rowing

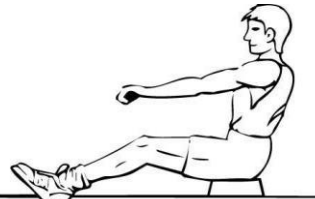
This exercise will help tone muscles in your legs and back. With your back straight and arms out stretched, bend your legs until you are grasping the rowing arm handles in the starting position, Fig 7. Use your legs to push your body back whilst keeping your arms and back straight.



(Fig.7)



(Fig.8)



(Fig.9)

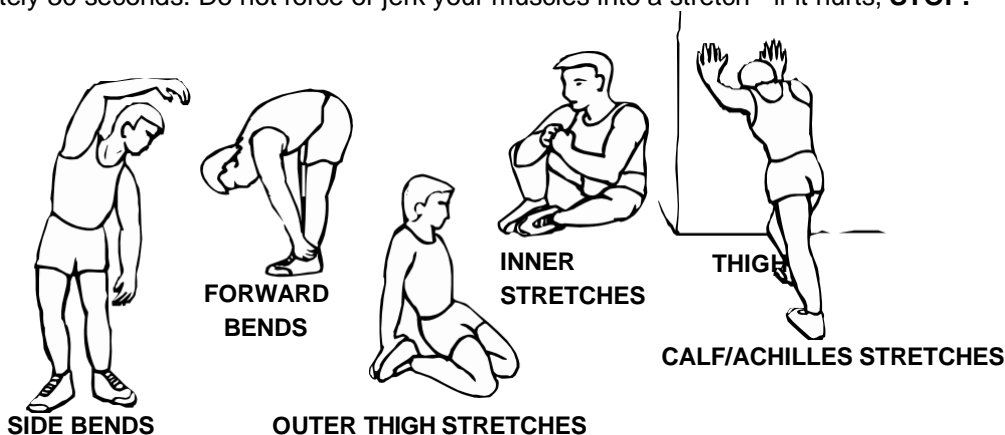
EXERCISE INSTRUCTIONS

Using your **GYM N ROWER** 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

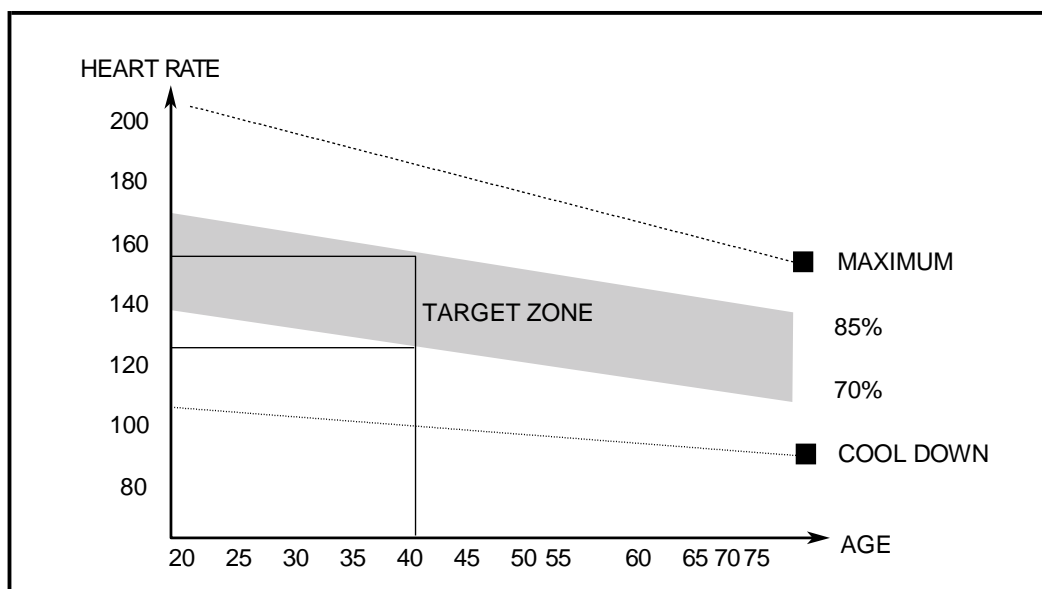
This stage helps get the blood flowing around the body and the muscles working properly. It will also reduce the risk of cramp and muscle injury. It is advisable to do a few stretching exercises as shown below. Each stretch should be

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.

1. Before using the ROWING MACHINE, always make sure all bolts/nuts are fully tightened.
2. A spent battery is hazardous waste – please dispose of it correctly and do not throw it in the trash.
3. When eventually you want to scrap the machine, you should remove the batteries from the computer and dispose of them separately as hazardous waste.



Office:	Русе, ул. "ТЕЦ Изток" 20
Phone:	070080020 / 09897612190
E-mail:	office@yako.bg
Web:	www.insportline.bg