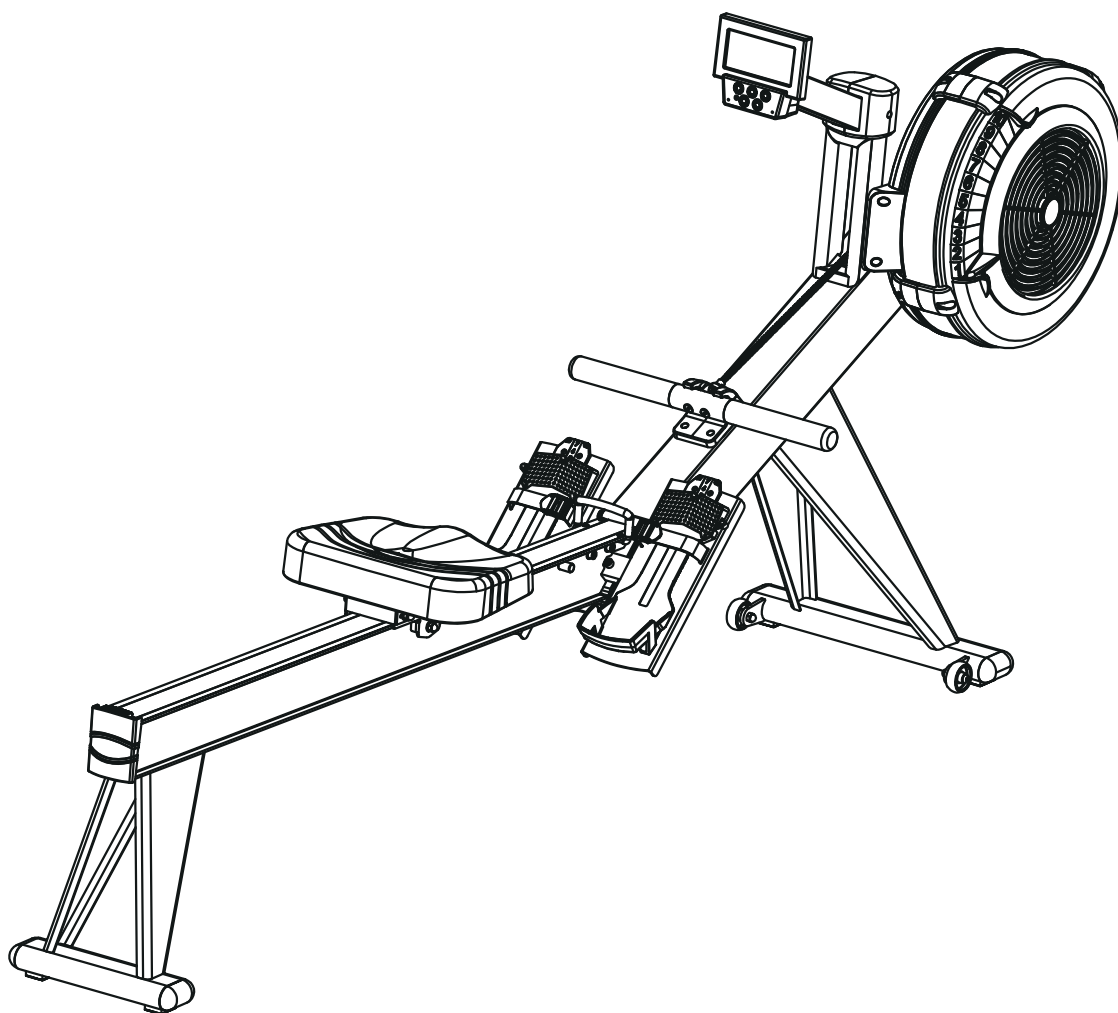


# **XEBEX**

F I T N E S S

## **AIR ROWER AR-2**



## **ASSEMBLY INSTRUCTIONS / OWNER'S MANUAL**

**IMPORTANT:** READ ALL ASSEMBLY INSTRUCTIONS AND SAFETY PRECAUTIONS BEFORE USING THIS PRODUCT. REFERENCE ALL SAFETY GUIDELINES AND WARNING LABELS. RETAIN PRODUCT LITERATURE FOR FUTURE REFERENCE.

**SAFETY:** PROPERLY WARM UP AND STRETCH BEFORE EXERCISING. IF YOU FEEL PAIN OR DIZZINESS AT ANY TIME WHILE EXERCISING, STOP IMMEDIATELY AND CONSULT YOUR PHYSICIAN.

## ASSEMBLY PREPARATION

- ⇒ To ensure ease of product assembly, please take time to verify the size and quantities of all required assembly hardware. Use the itemized parts listing and hardware chart for reference.
- ⇒ The product assembly process has been documented in easy to follow steps. Please read all assembly instructions carefully. Take time to review the manual and familiarize yourself with the entire assembly process before proceeding.

Assembly Tip: It is always helpful to pre-stage the items needed for each assembly step.

- ⇒ Perform product assembly in a 4-ft. x 10-ft. flat area. Note: After assembly is completed, allow a minimal 2-3 feet of space on each side of rower for user access and dismounting.
- ⇒ Do not dispose of any packaging materials until assembly of the product is completed.
- ⇒ Assembly tools are included, but you may also use standard household tools to complete assembly of this product.

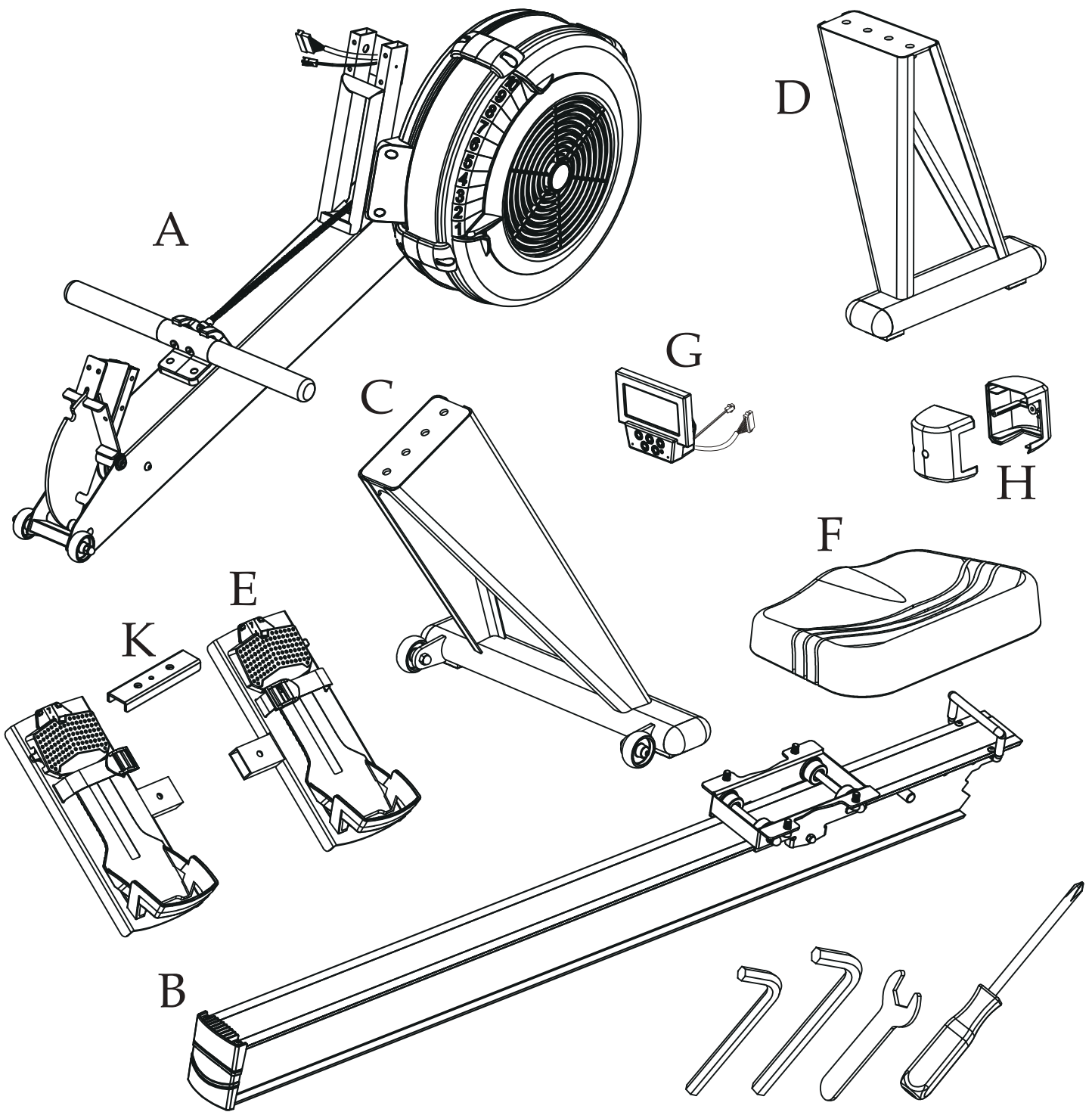
## IMPORTANT PRECAUTIONS




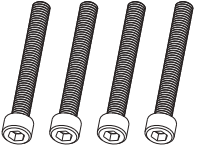

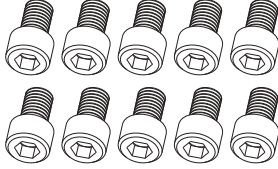
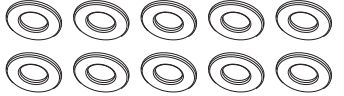



**WARNING:** To reduce the risk of injury, please read the following precautions before assembling or using your new product.

1. It is the responsibility of the owner to ensure that all users of this equipment are adequately informed of stated precautions.
2. Read all instructions and enclosed literature carefully. Understand the assembly and operation before using the equipment.
3. Use equipment on a flat level surface. Use adjustment levelers on the bottom of equipment to help stabilize unit.
4. It's recommended to place an exercise mat beneath the equipment for added protection of floors or carpets.
5. Keep children and pets away from equipment at all times.
6. Inspect product on a frequent basis. Tighten loose assemblies or hardware as needed. Replace worn or damaged parts.
7. This equipment is intended for indoor use only. Use in non-recommended environment can lead to serious injury and will void all related warranties and liabilities.
8. Recommended user weight should not exceed 350 pounds.
9. Keep equipment clean and properly maintained.
10. Observe and adhere to all warning labels posted on equipment.
11. Properly warm up and stretch before starting any strength training or cardio exercise routine.
12. If you feel pain or dizziness at any time while exercising, stop immediately and consult your physician.

**SAFETY WARNING:** Before starting an exercise program, consult your physician. This is especially important for individuals over the age of 35 or persons with pre-existing health problems. It's important to read all instructions carefully. We assume no responsibility for personal injury or consequential damages sustained by or through the use of this equipment. Additional terms and conditions are listed in the back of this manual or enclosed owner's manual.

Colors and specifications subject to change without notice.



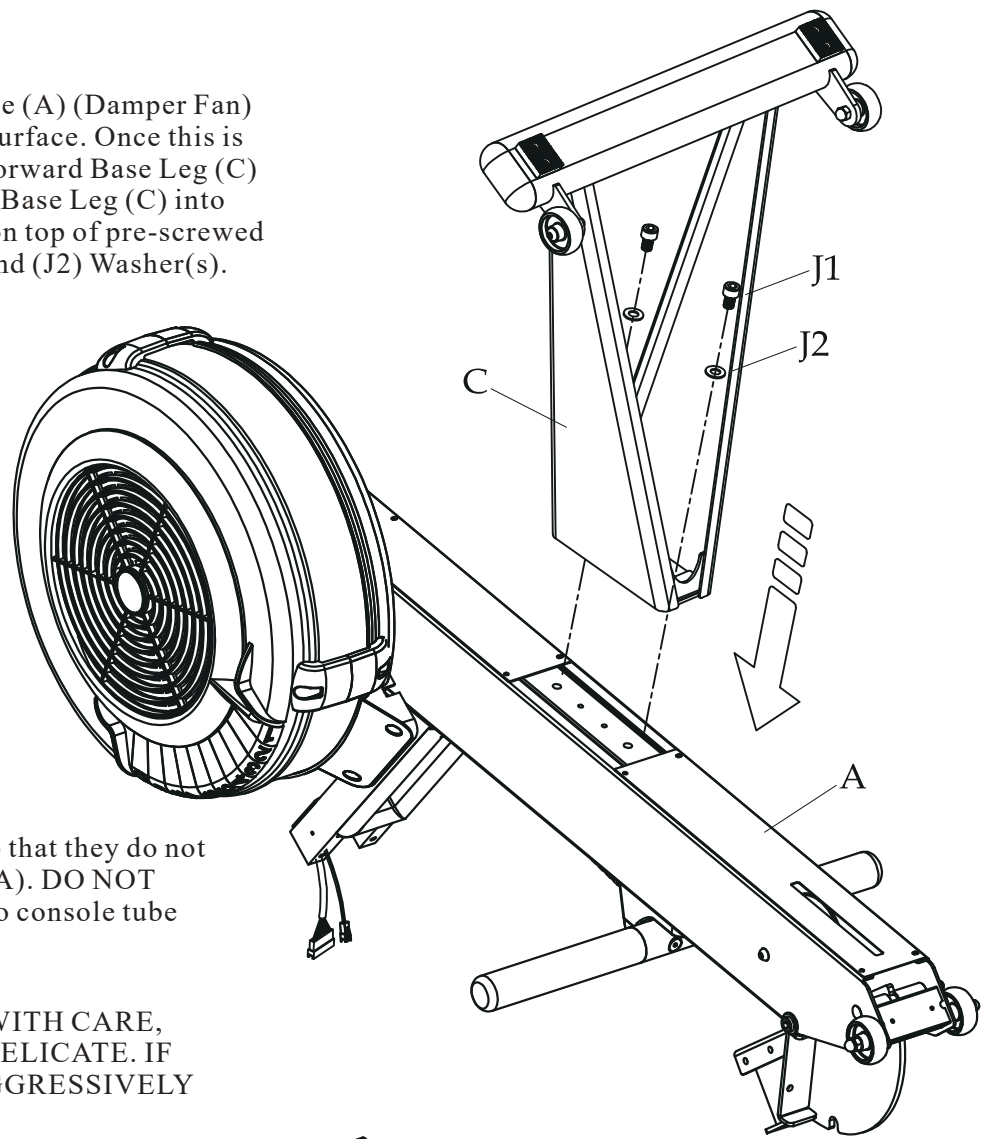
- J**
- |   |   |  |   |
|---|---|--|---|
| (J0) M8 Nylon Nut<br>    | (J1) Bolt M10x16mm<br> | (J2) Washer M10x1.5t<br> | (J3) Bolt M6x50mm<br>  |
| (J4) Screw M4x12.7mm<br> | (J6) Bolt M8x16mm<br>  | (J7) Washer M8x1.5t<br>  | (J8) Pull pin<br>      |
| (J5) Bolt M8x25mm<br>    |   |  | (J9) Screw M4x10mm<br> |

NOTE: Before assembly please lay out ALL pieces accordingly to ensure you are not missing any items.

PLEASE BE CAUTIOUS as some components may be sharp and can cause harm if not handled correctly. Always use safety measurements when assembling any piece of equipment or machinery.

# Step 1

For best results place Forward Base (A) (Damper Fan) upside down on a soft and secure surface. Once this is done, the pre-screwed holes for Forward Base Leg (C) will be visible. To bolt in Forward Base Leg (C) into Forward Base (A), place directly on top of pre-screwed holes. Secure with 2 (J1) Bolt(s) and (J2) Washer(s).

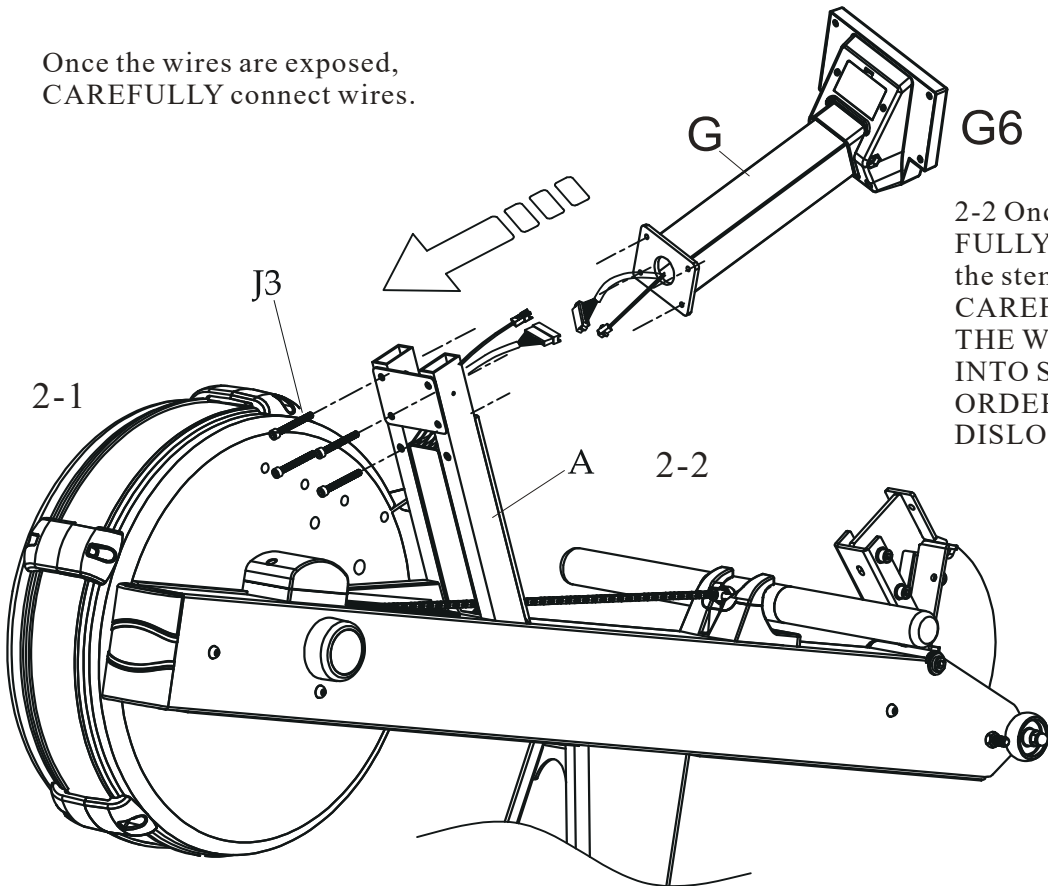


# Step 2

2-1 Please LIGHTLY pull wires so that they do not recede into the stem of Base Leg (A). DO NOT CUT WIRES; wires will connect to console tube when installing console.

**CAUTION:** PLEASE HANDLE WITH CARE, AS ELECTRICAL WIRES ARE DELICATE. IF WIRES ARE HANDLED TOO AGGRESSIVELY THEY WILL DISLOCATE.

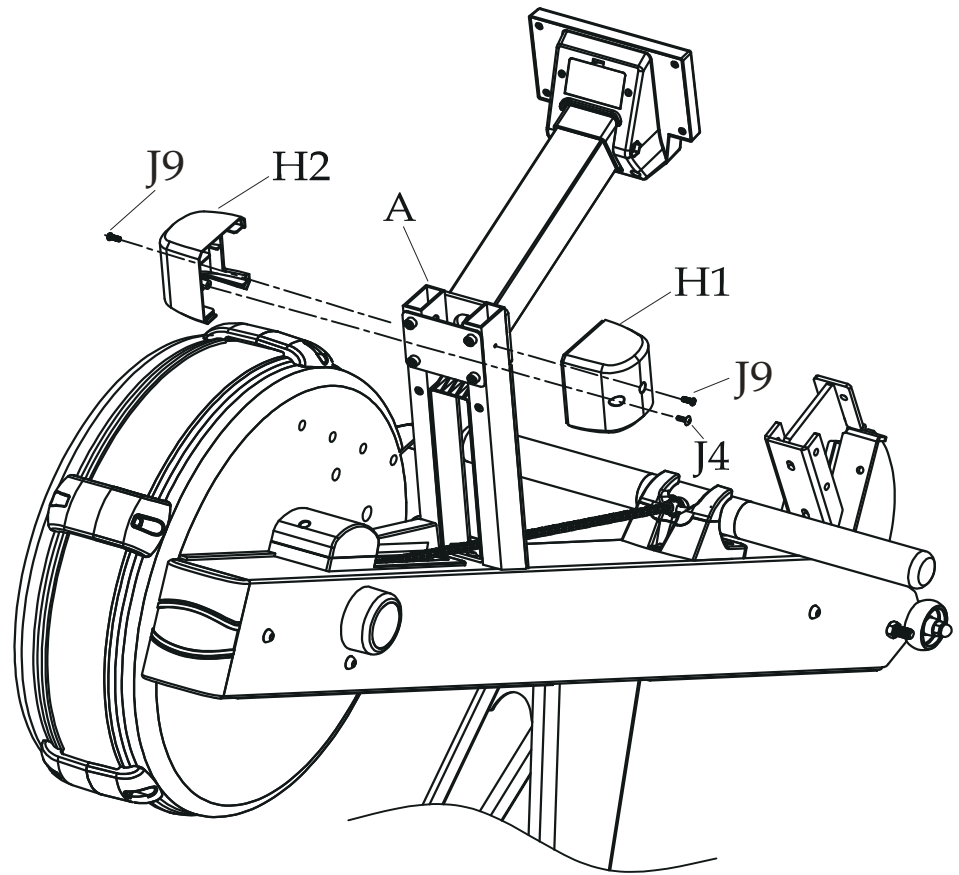
Once the wires are exposed, CAREFULLY connect wires.



2-2 Once wires are connected CAREFULLY secure Console Tube (G) to the stem of Base Leg (A). PLEASE BE CAREFUL OF EXPOSED WIRE ENDS. THE WIRES SHOULD RECEDE BACK INTO STEM ONCE CONNECTED IN ORDER TO PREVENT DAMAGE OR DISLOCATION.

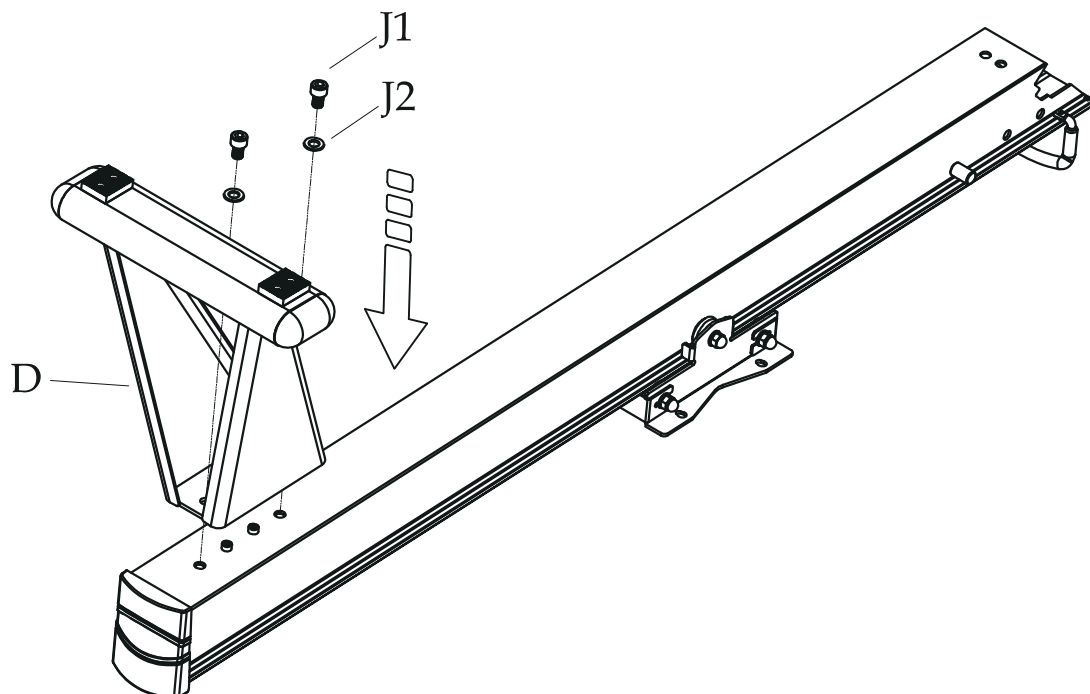
### Step 3

To finish securing Console (G) onto Forward Base (A) please attach Place Holder (H). Place Holder (H) will break up into 2 components (H1) and (H2). These components will rejoin together once attached onto forward Base (A). Once rejoined please secure with 2 screws (J9) and 1 screw(J4).

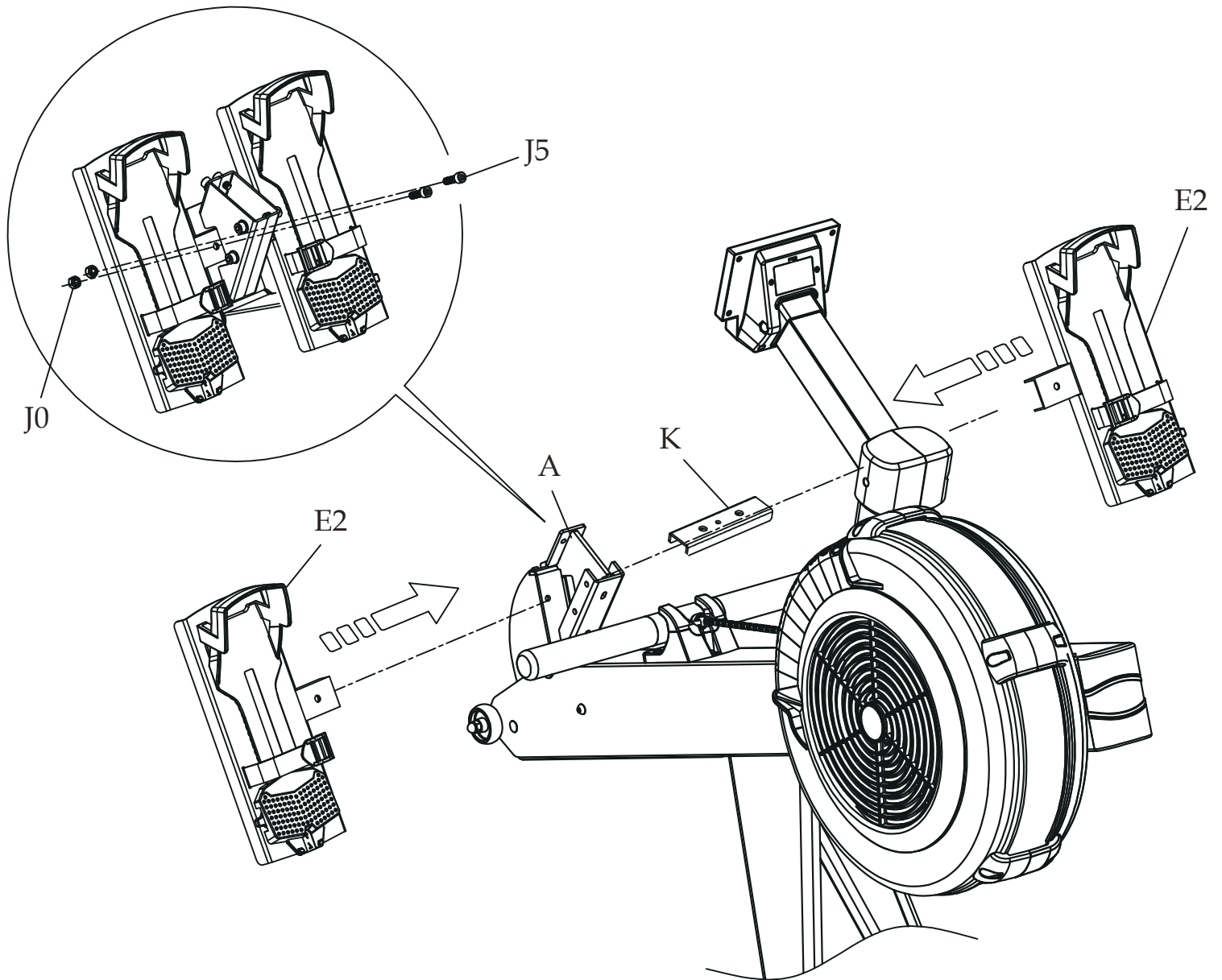


### Step 4

To install Rear Base Leg (D), face Base Railing (B) face down so that the receiving device for the seat cushion is on the floor. Place Rear Base Leg (D) above the pre-screwed holes of the Base Rail (B). Once placed secure with 2 (J1) Bolt(s) and (J2) washer(s).



## Step 5



To install foot pedals (E1) and (E2) into (A) Forward Base join the together by Steel Bracket (K). Steel Bracket (K) should slide into place of Foot Pedal (E1). Once placed secure with 2 (J5) bolts and 2 (J0) nuts.

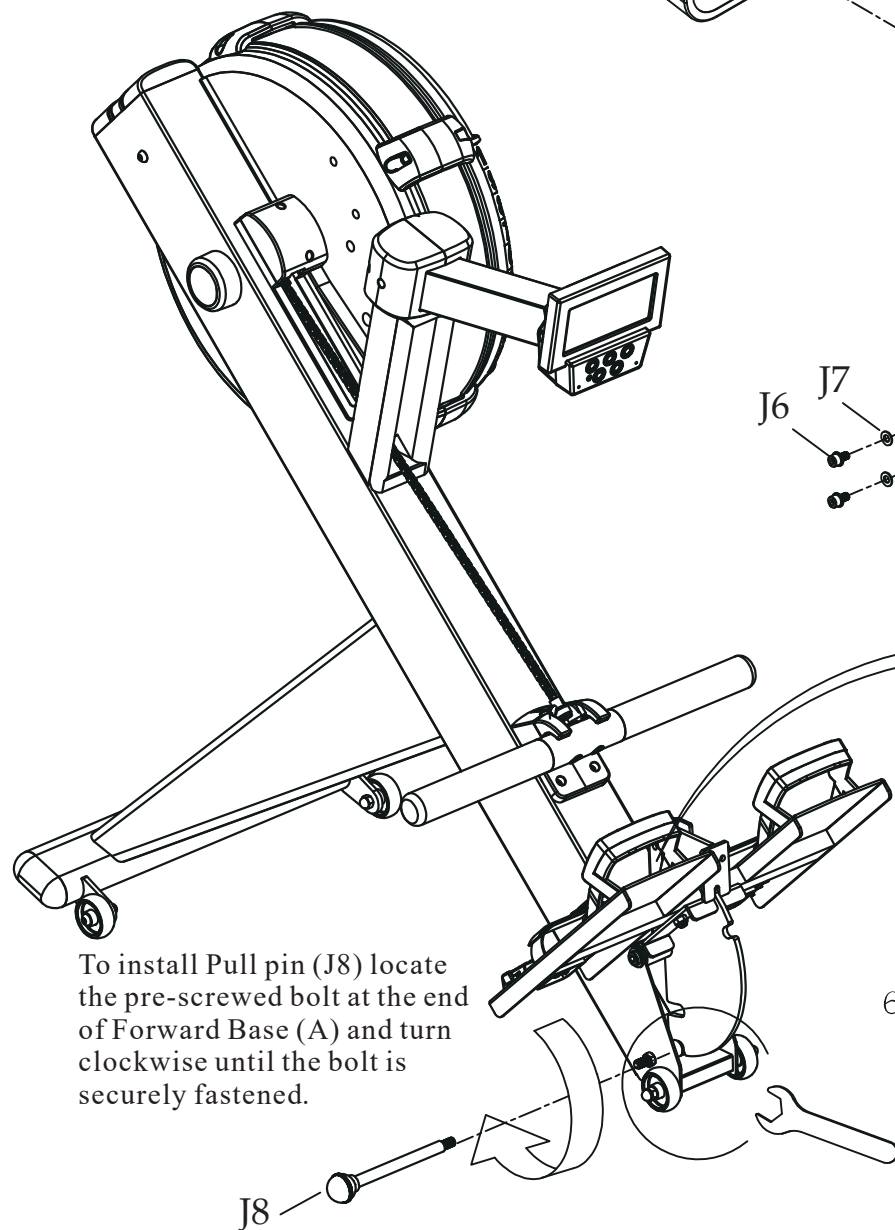
**NOTE:** You must install foot pedals before moving forward with the assembly process. Should Step 5 be skipped the Pre-screwed holes on the base railing would cover up the pre screwed holes on the Forward Base leg where the foot pedals are to be installed.

## Step 6

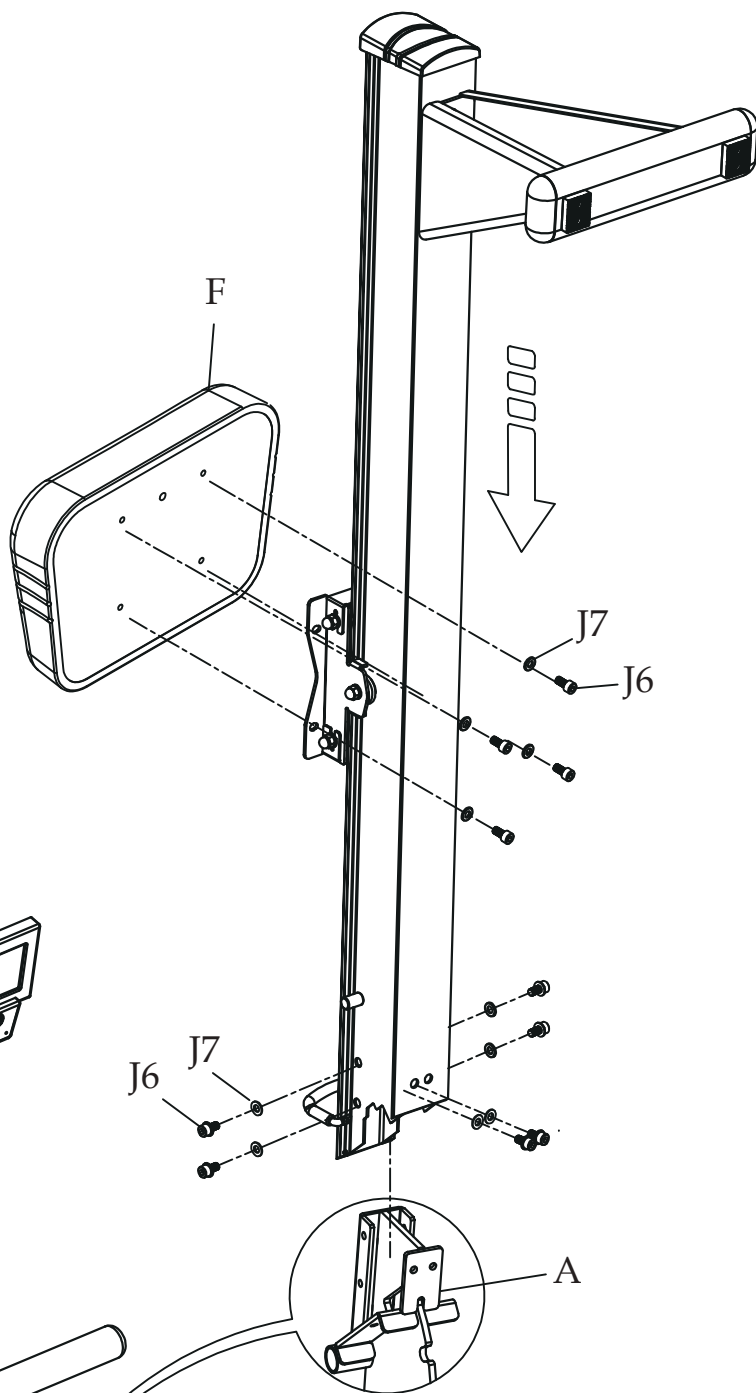
6-1

To install Seating place Seat Cushion (F) above the pre-screwed holes of Base Railing (B)  
The high angled read end of Seat Cushion (F) should face the back end of Base Railing (B).  
Secure with 4 Bolts (J6) and 4 washers (J7).

6-2



To install Pull pin (J8) locate the pre-screwed bolt at the end of Forward Base (A) and turn clockwise until the bolt is securely fastened.

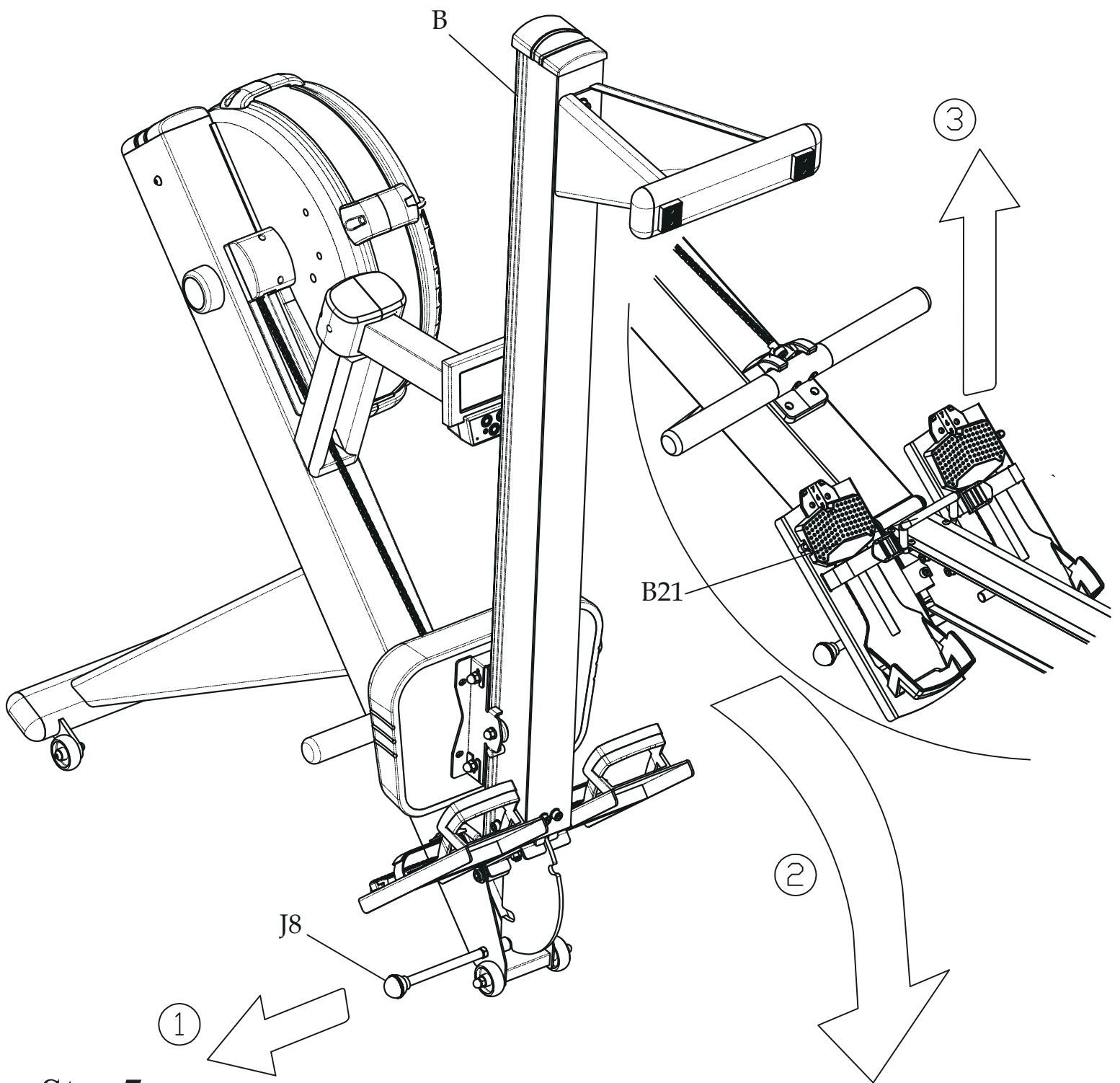


Align Forward Base (A) with Base Railing (B) until the pre-screwed holes are aligned with one another. Secure Forward Base (A) to Base Railing (B) with 4 Bolts (J6) and 4 Washers (J7).

6-3

**NOTE:** Please be sure to tighten and secure ALL BOLTS AND WASHERS IN THEIR PLACE TO ENSURE A SOLID AND SECURE foundation to the rower.



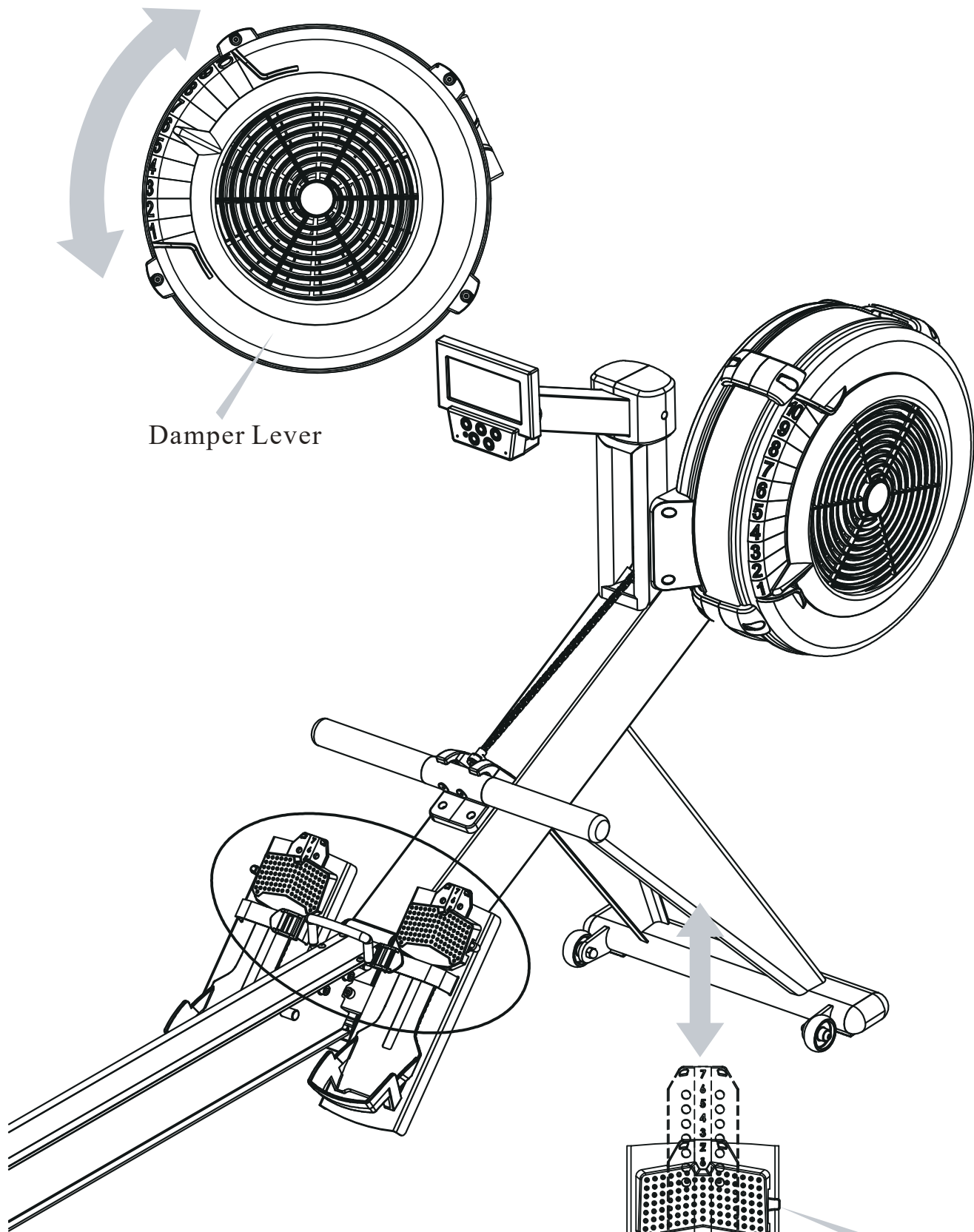


## Step 7

### Rower Storage

To fold the Xebex Rower, simply pull the PULL PIN (J8) located between Forward Base (A) and Base Railing (B). This will cause Forward Base (A) to drop down and will allow you to raise Base Railing (B) so that Forward Base Leg (C) will be facing outward. When you are ready to unfold the Xebex Rower again, simply pull on PULL PIN (J8) while holding onto Base Railing (B). This will cause Base Railing (B) to drop.

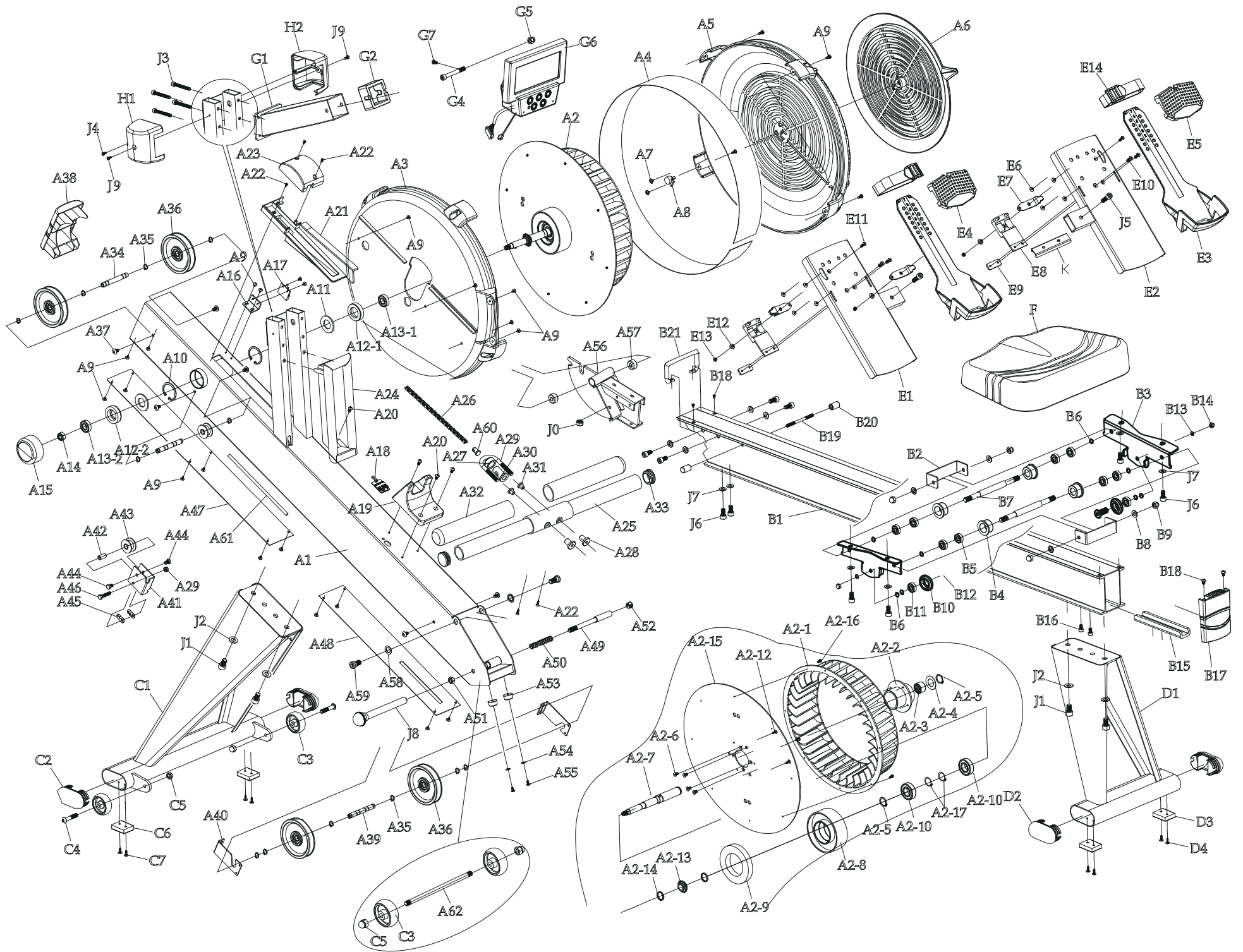
**NOTE:** Please use a firm grip on ALL MOVING PARTS when folding the Xebex Rower. The weight of the rower will cause Forward Base (A) to drop aggressively when folding and will cause Base Railing (B) to drop aggressively when unfolding.



Damper Lever

Foot Height Adjuster

Push down to adjust the position of the heel support.



| NO.   | NAME                     | SPECIFICATION | Q'TY | NO. | NAME                           | SPECIFICATION | Q'TY |
|-------|--------------------------|---------------|------|-----|--------------------------------|---------------|------|
| A1    | Main Frame Assembly      |               | 1    | A21 | Sensor Base Cover              | ABS           | 1    |
| A2    | Flywheel Fan Assembly    |               | 1    | A22 | Tapping Screw                  | M4*12mm       | 5    |
| A2-1  | Fan                      |               | 1    | A23 | Sensor Cover                   | ABS           | 1    |
| A2-2  | Tube                     |               | 1    | A24 | Outer Chain Cover              | ABS           | 1    |
| A2-3  | One-Way Bearing          | FC 2016       | 1    | A25 | Handle-bar                     | Φ31.8         | 1    |
| A2-4  | Iron Washer              |               | 1    | A26 | 1/4" Chain                     |               | 1    |
| A2-5  | S-type Buckle            | S20           | 2    | A27 | Chain Connecting Spacer        | SC-2473       | 1    |
| A2-6  | Cap Head Socket Screw    | M5*10mm       | 4    | A28 | Evan Nut                       |               | 2    |
| A2-7  | Axial of Flywheel        | Φ20*197mm     | 1    | A29 | Chain Hook                     |               | 1    |
| A2-8  | Magnet Covering          |               | 1    | A30 | Chain Connector                |               | 1    |
| A2-9  | Ring Magnet              | Φ100*Φ60*15T  | 1    | A31 | T-type Nut                     |               | 2    |
| A2-10 | Bearing                  | BR-6004ZZDKFL | 2    | A32 | Hand Grip                      |               | 2    |
| A2-11 | <del>Interval Ring</del> | Old Design    | 1    | A33 | End Cap                        |               | 2    |
| A2-12 | Tapping Screw            | M4*12mm       | 3    | A34 | Axial of Pulley(Front)         | Φ10*79.8mm    | 1    |
| A2-13 | 1/4" Chain Gear          |               | 1    | A35 | C-Type Buckle                  |               | 10   |
| A2-14 | PU Washer                |               | 2    | A36 | Pulley                         |               | 4    |
| A2-15 | Fan stable Bracket       | Φ430*2.5T     | 1    | A37 | Philip Head Socket Screw       | M5*10mm       | 4    |
| A2-16 | Tapping Screw            | M4*10mm       | 8    | A38 | Main Frame Front Cap           | ABS           | 1    |
| A2-17 | R-type Buckle            | R42           | 2    | A39 | Axial of Pulley(Back)          | Φ10*79.8mm    | 2    |
| A3    | Chain Cover(Left)        | ABS           | 1    | A40 | Elastic Rope Bracket           |               | 2    |
| A4    | Mesh                     |               | 1    | A41 | Chain Bracket                  |               | 1    |
| A5    | Chain Cover(Right)       | ABS           | 1    | A42 | Pulley Socket                  |               | 1    |
| A6    | Adjust Disc              | ABS           | 1    | A43 | Chain Pulley                   |               | 2    |
| A7    | Tapping Screw            | M4*8mm        | 2    | A44 | Hexagon Head Screw             | M6*10mm       | 2    |
| A8    | Variable Resistor        |               | 1    | A45 | Trim Panel                     |               | 2    |
| A9    | Tapping Screw            | M4*12mm       | 21   | A46 | Hexagon Head Screw             | M6*30mm       | 1    |
| A10   | C-Type Buckle            | R40           | 2    | A47 | Main Frame Bottom Board(Front) |               | 1    |
| A11   | Washer                   | Φ22*Φ44.2*3T  | 2    | A48 | Main Frame Bottom Board(Back)  |               | 1    |
| A12-1 | Rubber Cover             | 6001          | 1    | A49 | Axial of Pin                   | Φ12.7*76mm    | 1    |
| A12-2 | Rubber Cover             | 6903          | 1    | A50 | Spring                         |               | 1    |
| A13-1 | Bearing                  | BR-6001ZZDKFL | 1    | A51 | Nut                            |               | 1    |
| A13-2 | Bearing                  | BR-6903ZZDKFL | 1    | A52 | Plug Block                     |               | 1    |
| A14   | Nylon Insert Lock Nut    | M10           | 1    | A53 | Foot Pad                       |               | 1    |
| A15   | Ring Cover               | ABS           | 1    | A54 | Washer                         | M4*Φ10*1T     | 2    |
| A16   | Sensor Bracket           |               | 1    | A55 | Tapping Screw                  | M4*10mm       | 2    |
| A17   | Sensor                   |               | 1    | A56 | Swivel Axial                   |               | 1    |
| A18   | Heart Rate Receiver      |               | 1    | A57 | Swivel Axial Socket            | Φ21.5*12mm    | 2    |
| A19   | Handle Holder            | ABS           | 1    | A58 | Washer                         | 1/2"*2.0T*Φ23 | 2    |
| A20   | Philip Head Socket Screw | M5*10mm       | 4    | A59 | Cap Head Socket Screw          | M10*16mm      | 2    |

| NO. | NAME                       | SPECIFICATION | Q'TY | NO.           | NAME                          | SPECIFICATION | Q'TY |
|-----|----------------------------|---------------|------|---------------|-------------------------------|---------------|------|
| A60 | Chain Connecting Axial     |               | 1    | E1            | Left Pedal Rest               |               | 1    |
| A61 | Elastic Rope               |               | 1    | E2            | Right Pedal Rest              |               | 1    |
| A62 | Axial of Moving Wheel      | Φ8X156mm      | 1    | E3            | Adjust Pedal Pad              | TPE           | 2    |
|     |                            |               |      | E4            | Left Pedal Rest Cover         |               | 1    |
| B1  | Aluminum Rail              |               | 1    | E5            | Right Pedal Rest Cover        |               | 1    |
| B2  | Seat Carriage Roller Cover |               | 2    | E6            | Tapping Screw                 | M4*8mm        | 8    |
| B3  | Seat Carriage Cover        |               | 2    | E7            | Set Piece                     |               | 2    |
| B4  | Seat Carriage Wheel        |               | 4    | E8            | Set Base                      |               | 2    |
| B5  | Bearing                    | PR-608ZZ(BMC) | 8    | E9            | Foot Snap                     |               | 2    |
| B6  | Spacer                     | Φ8*Φ12*2mm    | 8    | E10           | Flat Head Phillips Screw      | M5*15mm       | 4    |
| B7  | Seat Carriage Axial        | Φ10*121mm     | 2    | E11           | Flat Head Phillips Screw      | M4*15mm       | 2    |
| B8  | Washer                     | M8*2.0T*Φ16   | 4    | E12           | Spacer                        |               | 2    |
| B9  | Lower Acorn Nut            | M8            | 4    | E13           | Nylon Insert Lock Nut         | M4            | 2    |
| B10 | Seat Carriage Roller       |               | 2    | E14           | Foot Strap                    |               | 2    |
| B11 | Bearing                    | PR-608ZZ(BMC) | 2    |               |                               |               |      |
| B12 | Even Head Socket Screw     | M8*20mm       | 2    | F             | Seat                          |               | 1    |
| B13 | Washer                     | M8*Φ16*2T     | 2    |               |                               |               |      |
| B14 | Lower Acorn Nut            | M8            | 2    | G1            | Console Tube                  |               | 1    |
| B15 | Rail Upper Plate           |               | 1    | G2            | Console Bracket               |               | 1    |
| B16 | Cap Head Socket Screw      | M6*10mm       | 2    | <del>G3</del> | <del>Console Back Cover</del> | Old design    | 1    |
| B17 | Rail End Cap               | ABS           | 1    | G4            | Cap Head Socket Screw         | M8*85mm       | 1    |
| B18 | Phillip Head Socket Screw  | M5*10mm       | 4    | G5            | Nylon Acorn Nut               | M8            | 1    |
| B19 | Double Head Screw          | Φ5.25*85mm    | 1    | G6            | Console                       |               | 1    |
| B20 | Seat Carriage Stopper      | TPR           | 2    | G7            | Ball Head Screw               | M5*10mm       | 4    |
| B21 | Rail Handle                |               | 1    |               |                               |               |      |
|     |                            |               |      | H1            | Left Console Tube Cover       | ABS           | 1    |
| C1  | Front Stabilizer           |               | 1    | H2            | Right Console Tube Cover      | ABS           | 1    |
| C2  | Flat Oval End Cap          | 40*80         | 2    | J0            | Nylon Insert Lock Nut         | M8            | 2    |
| C3  | Moving Wheel               | Φ50           | 4    | J1            | Cap Head Socket Screw         | M10*16mm      | 4    |
| C4  | Phillip Head Socket Screw  | M8*40mm       | 2    | J2            | Washer                        | M10*1.5T*Φ20  | 4    |
| C5  | Lower Acorn Nut            | M8            | 4    | J3            | Cap Head Socket Screw         | M6*50mm       | 4    |
| C6  | Foot Pad                   | 40*32mm       | 2    | J4            | Tapping Screw                 | M4*12mm       | 3    |
| C7  | Tapping Screw              | M4*12mm       | 2    | J5            | Cap Head Socket Screw         | M8*35mm       | 2    |
|     |                            |               |      | J6            | Cap Head Socket Screw         | M8*16mm       | 10   |
| D1  | Rear Stabilizer            |               | 1    | J7            | Washer                        | M8*Φ16*1.5T   | 10   |
| D2  | Flat Oval End Cap          | 40*80         | 2    | J8            | Pull Pin                      |               | 1    |
| D3  | Foot Pad                   | 40*32mm       | 2    | J9            | Ball Head Screw               | M4*10mm       | 2    |
| D4  | Tapping Screw              | M4*12mm       | 2    | K             | Pedal Stable Bracket          |               | 1    |