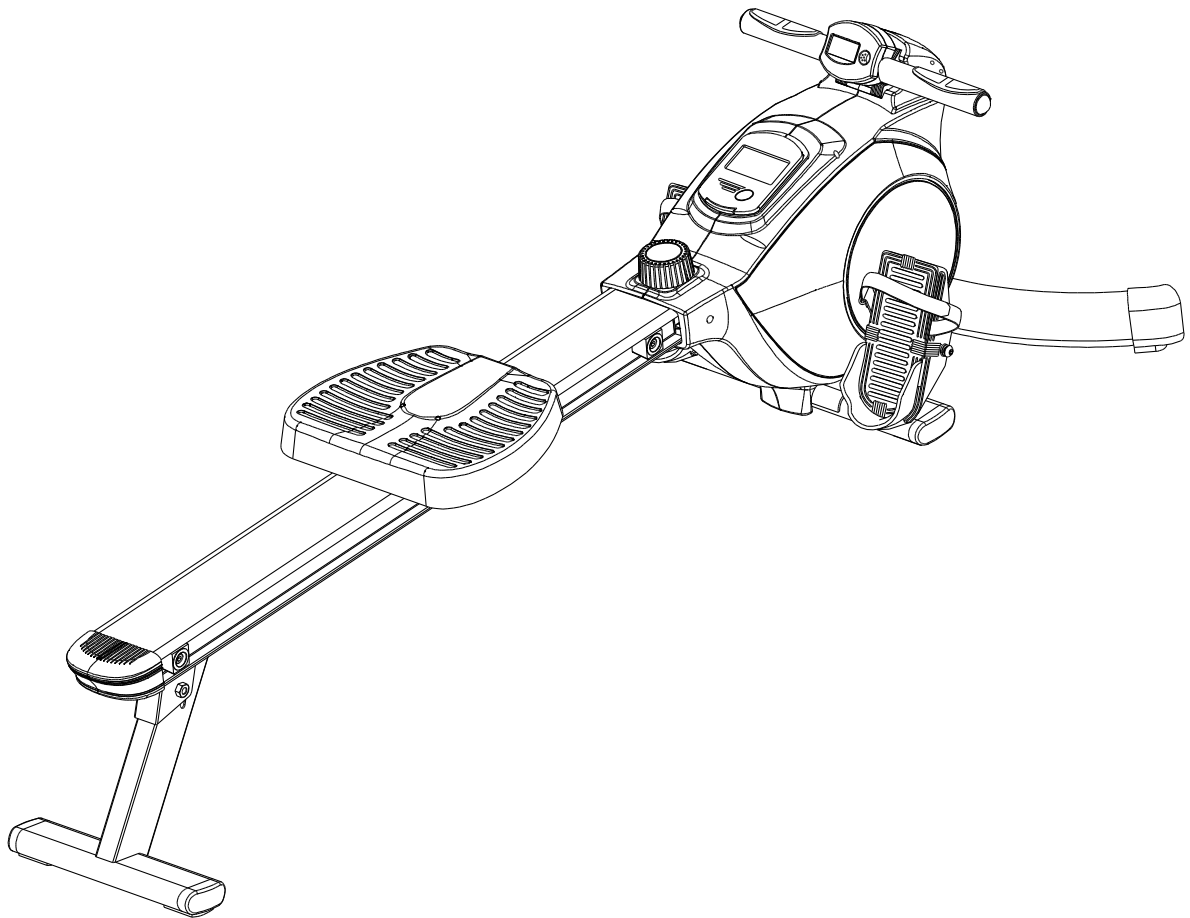


X-ROWER

ITEM NO: 30680HP

PROGRESSION
Fitness™



OWNER'S MANUAL

IMPORTANT: Read all instructions carefully before using this product. Retain this owner's manual for future reference.
The specifications of this product may vary from this photo and are subject to change without prior notice.

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IMPORTANT SAFETY INSTRUCTIONS

Basic precautions should always be followed, including the following important safety instructions when using this equipment. Read all instructions before using this equipment.

1. Read all instructions and follow it carefully before using this equipment. Make sure the equipment is properly assembled and tightened before use.
2. Before exercise, in order to avoid muscle injury, warm-up exercises are recommended.
3. Please make sure all parts are undamaged and undamaged and properly secured. This equipment should be placed on a flat surface when in use.
4. Please wear appropriate clothing and shoes when using this equipment. Do not wear clothes that may catch any part of the machine and remember to tighten the pedaling straps.
5. Do not attempt any maintenance or adjustments other than those described in this manual. Should any problems arise, discontinue use and consult your local dealer.
6. This equipment is not suitable for therapeutic use.
7. Do not use the equipment outdoors.
8. This equipment is for household use only. It is not a commercial model.
9. Only one person at a time should use this equipment.
10. If you experience any chest pain, nausea, dizziness, or shortness of breath, you should stop exercising immediately and consult your physician before continuing.
11. Care should be taken in mounting or dismounting the equipment.
12. This machine is designed for adult use only. Do not allow children to use or play on the equipment at any time.
13. The minimum free space required for safe operation of this machine is two meters. Keep children and pets away from the equipment while it is in use.
14. The maximum weight capacity for this product is 250 lbs.

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.

CAUTION: Read all instructions carefully before operating this product. Retain this Owner's Manual for future reference.

PARTS LIST

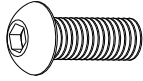
(Includes parts and bolts already pre-installed)

	Description	Qty	No.	Description	Qty
001	Main Frame	1	033	Plate 26x23.5x2.5t	3
002	Front Stabilizer	1	034	Bolt M6x10	6
003	Front Stabilizer End Cap	2	035	Sensor with Wire 30 cm	1
004	Stabilizer End Cap	4	036	Sensor Holder	1
005	Plastic Cap for Foot Pedal	2	037	Screw M3x10	2
006	Pulley Ø40	5	038	Bolt M5x10	1
007	Bearing 6900RS	7	039	Extension Sensor Wire 40 cm	1
008	Bearing Pipe 10x8x2.5Tx8T	10	040	L Type Plate	2
009	Bolt M8x35	7	041	Rear Stabilizer Support Tube	1
010	Nylon Locknut M8	12	042	Bolt M8x15	4
011	Fixed Plate	1	043	Aluminum Beam Rear Cover	1
012	Hexagon Nut M10	2	044	Knob	1
013	Nut M10	2	045	Washer Ø17xØ8.5x1.5T	1
014	Flywheel	1	046	Rear Stabilizer	1
015	Tension Strap Wheel	1	047	Bumper Stopper □23x20	4
016	Flywheel Axle Ø10x143	1	048	Hexagon Socket Head Cap Bolt M8x20	4
017	Elastic Belt 1620 mm	1	049	Seat	1
018	Tension Strap	1	050	Bolt M6x15	4
019	Handlebar	1	051	Seat Slide Plate	1
020	Handlebar Foam Grip Ø22x187.5	2	052	Magnet 5x10x2t	1
021	Handlebar End Cap Ø22	2	053	Magnet Box	1
022	Handlebar Plastic Cover	1	054	Screw M3x10L	2
023	Adjustable Leveler	1	055	Bolt M8x30	6
024	Tension Strap Pulley Ø40x34	1	056	Seat Carriage Roller	6
025	Bearing Pipe 10x8x4Tx3T	2	057	Bearing Pipe for Seat	6
026	Bolt M8x55	1	058	Washer Ø21xØ10.5x1.5T	4
027	Bolt M8x20	4	059	Right Cover	1
028	Tension Control Knob	1	060	Left Cover	1
029	Bolt M5x10	1	061	Screw M4x25	2
030	Screw M4x14	2	062	Screw M4x20	6
031	Aluminum Beam Bushing	1	063	Screw M4x16 (Galvanization)	2
032	Aluminum Beam 900 mm	1	064	Computer TZ-1104	1

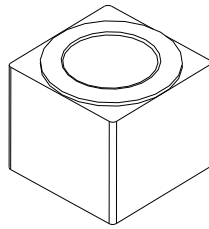
PARTS LIST

No.	Description	Qty	No.	Description	Qty
065	Foot Pedal	2	071	Nylon Locknut M6	2
066	Foot Pedal Strap	2	072	Pulse Computer	1 Set
067	Foot Pedal Pivot Axle Ø13x111 mm	2	073	Screw M4x16 (Black)	4
068	Bolt M8x15	4	074	Washer Ø12xØ5x1.0T	2
069	Tension Eyebolt	2	075	Hand Pulse Sensor	2
070	Tension Bracket	2	076	Hand Pulse Sensor Wire L=185 mm	2

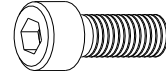
HARDWARE LIST



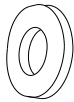
(9) Bolt M8x35
2 PCS



(47) Bumper
Stopper \square 23x20
2 PCS



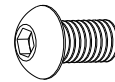
(48) Hexagon Socket
Head Cap Bolt M8x20
2 PCS



(58) Washer
 \varnothing 21x \varnothing 10.5x1.5T
4 PCS



(67) Foot Pedal Pivot Axle
 \varnothing 13x111mm
2 PCS

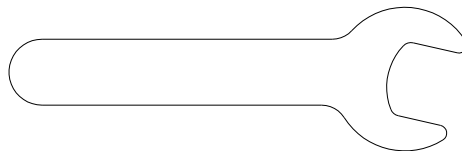


(68) Bolt
M8x15
1 PCS

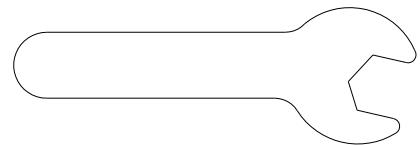
TOOLS



Allen Wrench
2 PCS

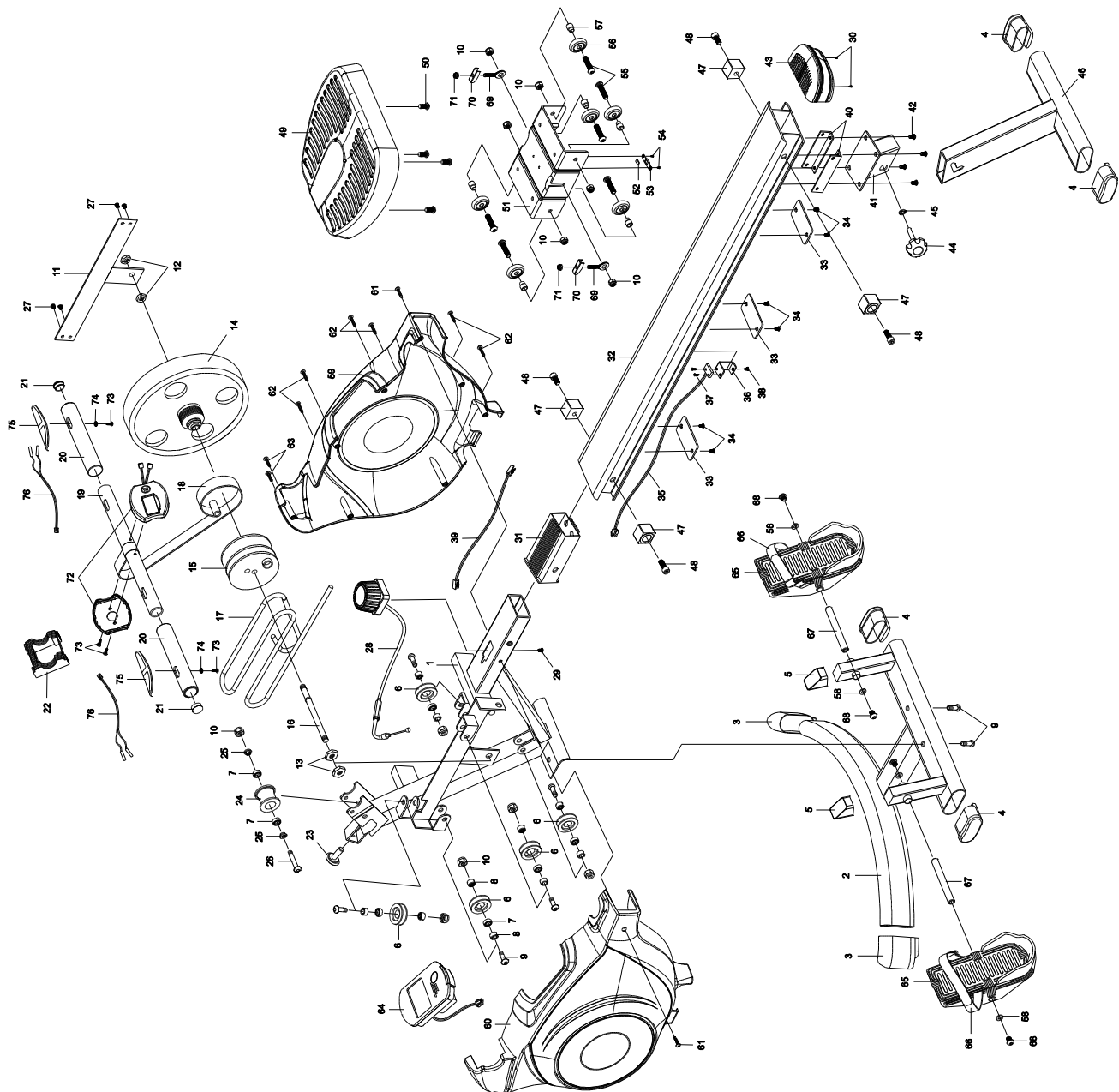


Open-Ended Flat Wrench
1 PC

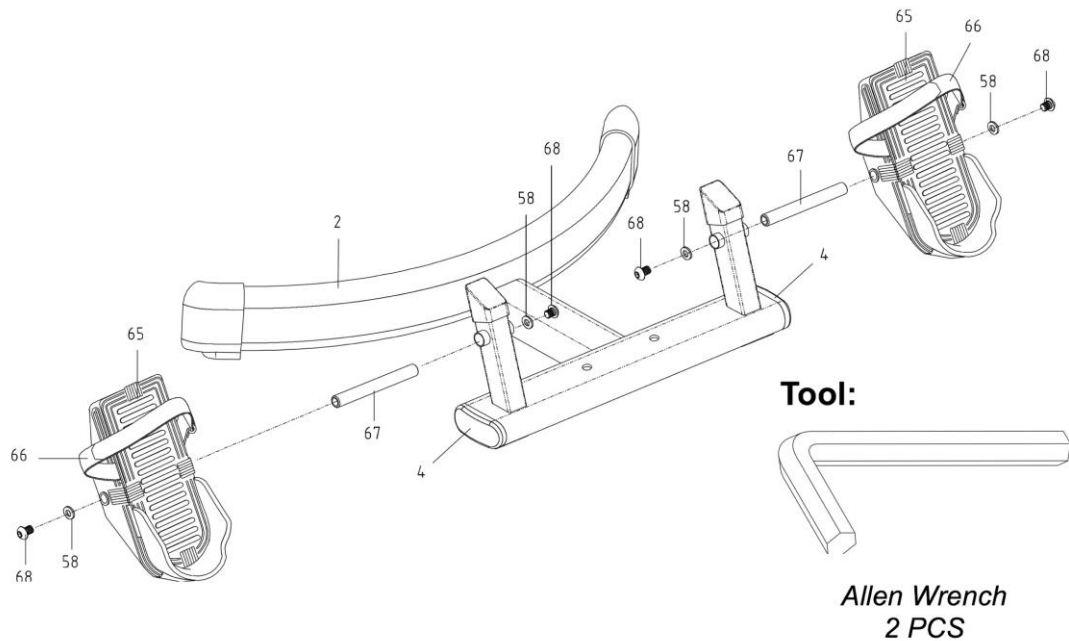


Open-Ended Flat Wrench
1 PC

EXPLODED VIEW



ASSEMBLY INSTRUCTIONS



Step 1

Position the Foot Pedal (65) onto the Front Stabilizer (2) and align bolt holes. Insert the Foot Pedal Pivot Axle (67) through into the holes on the Foot Pedal (65) and Front Stabilizer (2). Secure with two $\text{Ø}21 \times \text{Ø}10.5 \times 1.5\text{T}$ Washers (58) and two M8x15 Bolts (68). Tighten bolts with two Allen Wrenches provided. Repeat above steps to install the other Foot Pedal (65) onto the Front Stabilizer (2).

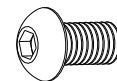
Hardware:



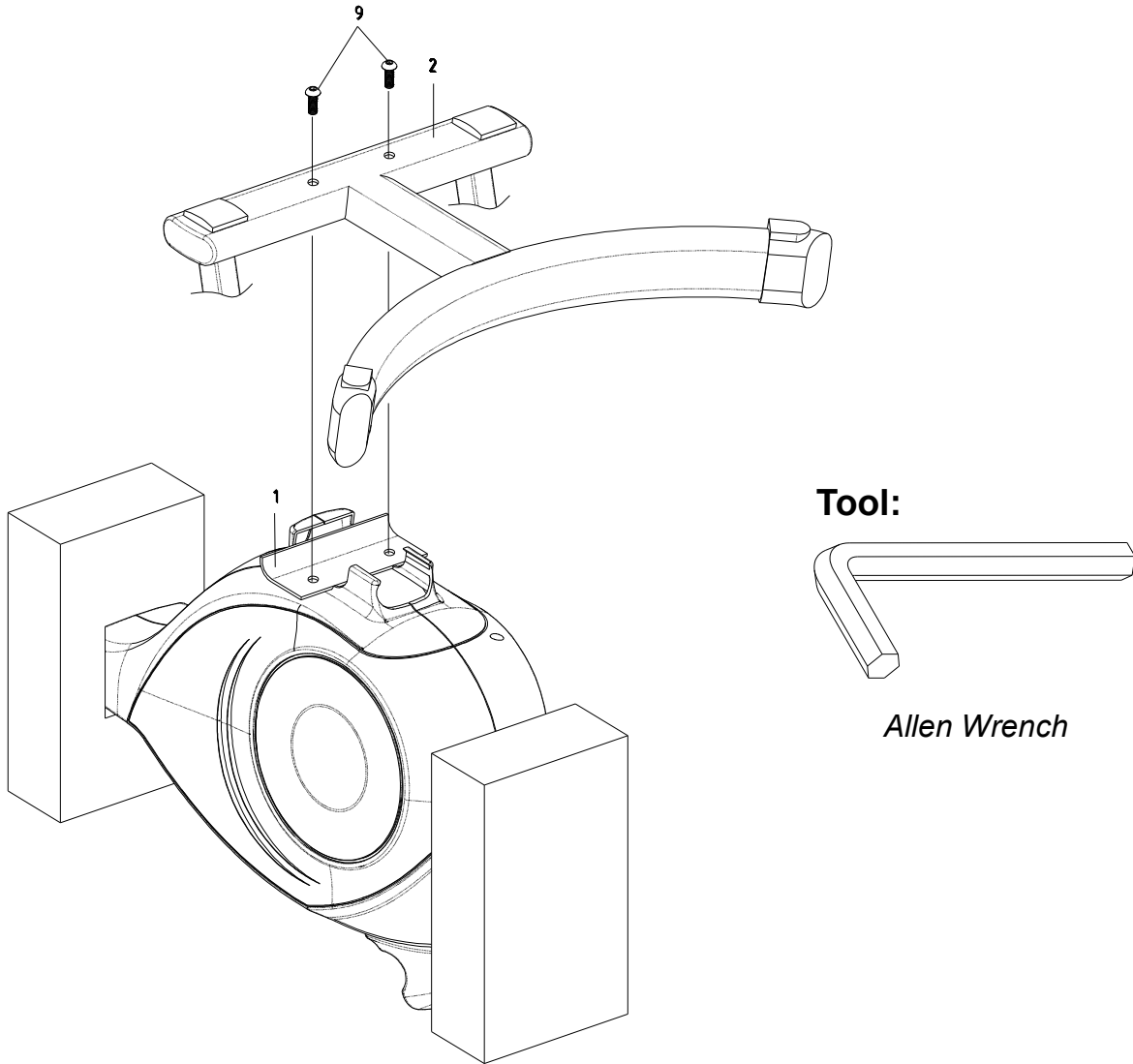
(58) Washer
 $\text{Ø}21 \times \text{Ø}10.5 \times 1.5\text{T}$
4 PCS



(67) Foot Pedal Pivot Axle
 $\text{Ø}13 \times 111\text{mm}$
2 PCS



(68) Bolt
M8x15
4 PCS

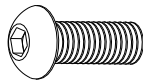


Step 2

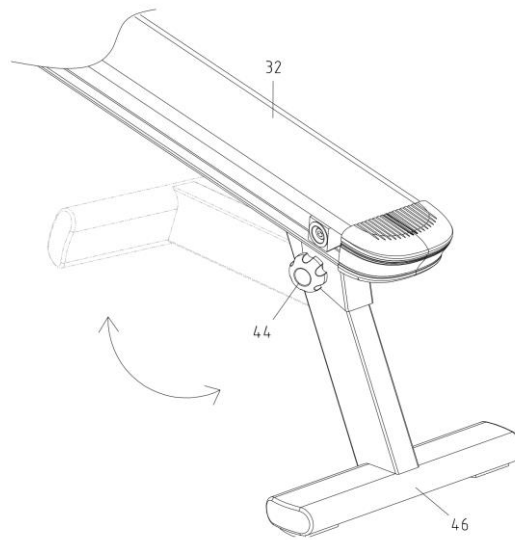
Keep the styrofoam attached to the main frame (A1)

Attach the Front Stabilizer (2) onto the Main Frame (1) with two M8x35 Bolts (9). Tighten bolts with the Allen Wrench provided.

Hardware:

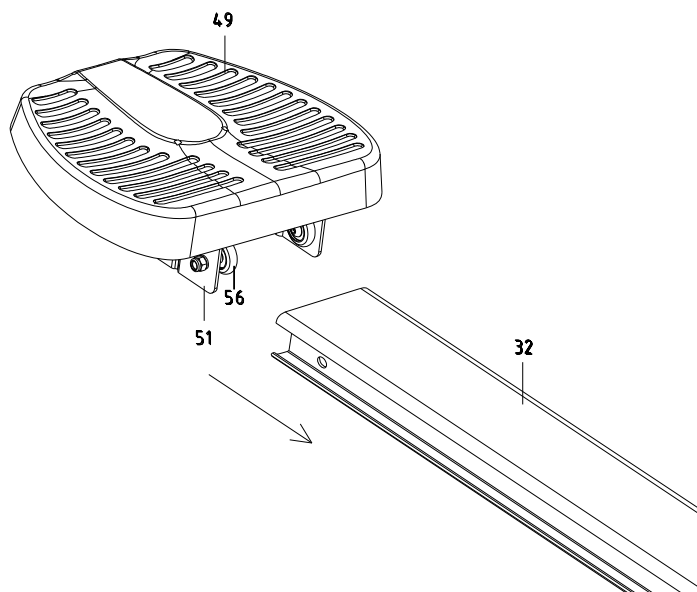


(9) Bolt M8x35
2 PCS



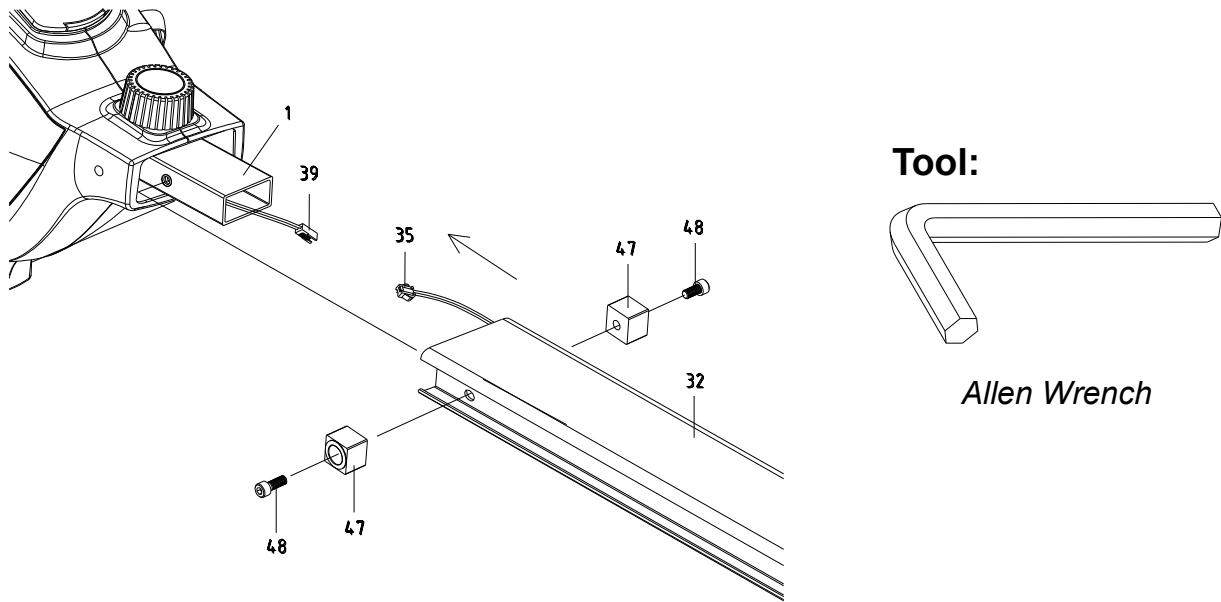
Step 3

Turn the Knob (44) in a counterclockwise direction until the Rear Stabilizer (46) can be straightened out. Lock the Rear Stabilizer (46) in place by tightening the Knob (44) in a clockwise direction.



Step 4

Slide the Seat Carriage Rollers (56) into the tracks of the Aluminium Beam (32).

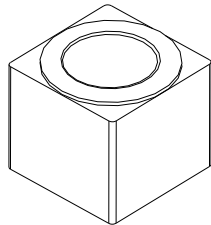


Step 5

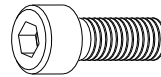
Connect the Sensor Wire (35) from the Aluminum Beam (32) to the Extension Sensor Wire (39) from the Main Frame (1).

Attach the Aluminum Beam (32) onto the tube protruding from the Main Frame (1) with two □23x20 Bumper Stoppers (47) and two M8x20 Hexagon Socket Head Cap Bolts (48). Tight bolts with the Allen Wrench provided.

Hardware:



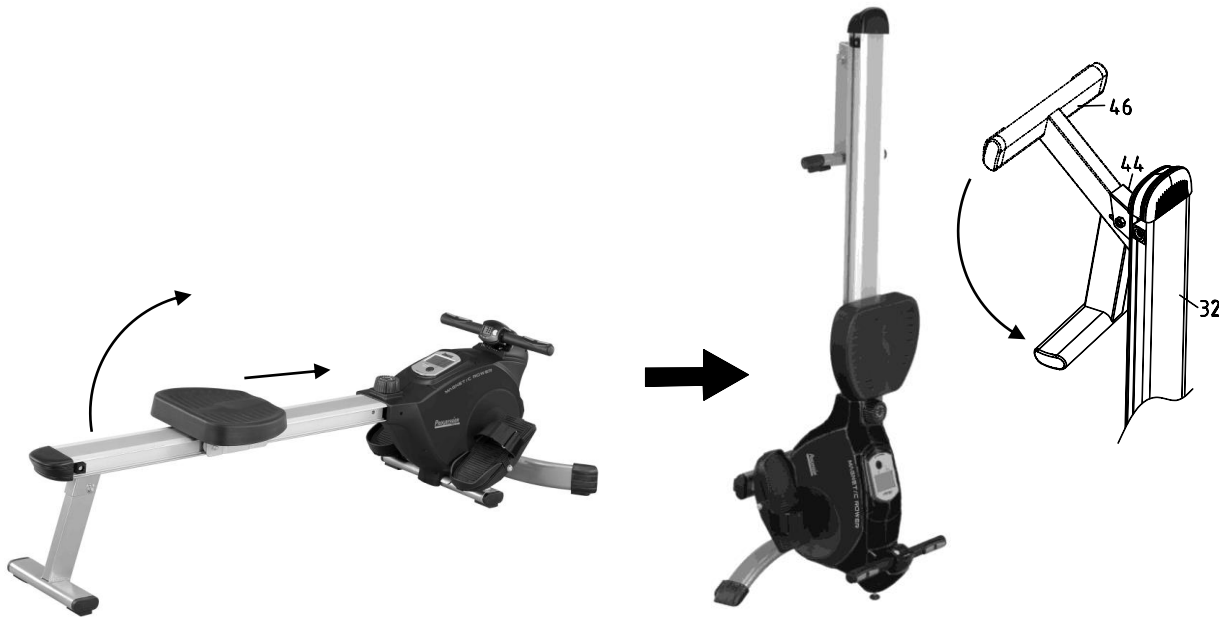
(47) Bumper Stopper □23x20
2 PCS



(48) Hexagon Socket Head Cap Bolt M8x20
2 PCS

Make sure that all parts are properly tightened before using the equipment.

STORAGE



Before lifting the rower up into the vertical storage position please roll the seat forward to the front bumper stoppers. Then lift the rower up in the vertical storage position. Turn the Knob (44) in a counterclockwise direction until the Rear Stabilizer (46) can be pushed down. Lock the Rear Stabilizer (46) in place by tightening the Knob (44) in a clockwise direction.

Store the rower in a clean and dry environment away from children.

MAINTENANCE

The rower can be cleaned with a soft damp cloth. Do not use abrasives or solvents on plastic parts. Please wipe your perspiration off the rower after each use. Be careful not to get excessive moisture on the computer display panel as this might cause an electrical

hazard or it may cause the electronics to fail.

Please keep the rower, especially the computer console out of direct sunlight to prevent screen damage.

Please inspect your machine every week to ensure that all assembly bolts, nuts, screws and pedals on the machines are securely tightened.

OPERATING THE COMPUTER

SPECIFICATIONS:

TIME -----0:00-99:59 MIN: SEC
COUNT ----- 0-9999 STROKE(S)
TOTAL COUNT ----- 0-9999 STROKE(S)
CALORIE -----0.0-999.9 KCAL
COUNT/MIN -----0-999 STROKE(S)



USING YOUR COMPUTER

The computer can be activated by pressing the button or by rowing. If you leave the equipment idle for 256 seconds, the power will turn off automatically.

BUTTON FUNCTIONS:

Press the button to select the function of the computer.

Press and hold the button for 2 seconds to reset all data values to zero except the TOTAL COUNT data values.

COMPUTER FUNCTIONS:

SCAN: Automatically scans each function in sequence.

TIME: Displays your elapsed workout time in minutes and seconds.

COUNT: Displays the number of strokes you have taken.

TOTAL COUNT: Displays the accumulated number of strokes.

CALORIE: Displays approximate amount of calories burned during workout.

(This data is a rough guide for comparison of different exercise sessions and should not be used in medical treatment).

COUNT/MIN: Displays the number of strokes per minute.

HOW TO INSTALL THE BATTERIES:



1 Push the tip of the computer.



2 Remove the computer from the console.



3 Remove the battery cover and place two size AA batteries into the battery housing.



4 Re-install the battery cover and press the computer into position on the console.

OPERATING THE PULSE COMPUTER

USING YOUR COMPUTER

The computer can be activated by pressing the MODE button or by gripping the hand pulse sensors. If you leave the equipment idle for 256 seconds, the power will turn off automatically.



BUTTON FUNCTIONS:

Press the MODE button to select the function of the computer.

Press and hold the MODE button for 5 seconds to reset all data values to zero.

COMPUTER FUNCTIONS:

SCAN: Automatically scans each function in sequence.

TIME: Displays your elapsed workout time in minutes and seconds.

PULSE: Displays the current heart rate in beats per minute.

HOW TO INSTALL THE BATTERIES:



1
Push both top and bottom tips of the pulse computer.



2
Remove the pulse computer from the handlebar.



3
Place two size AAA batteries into the battery housing.



4
Place the pulse computer back on.

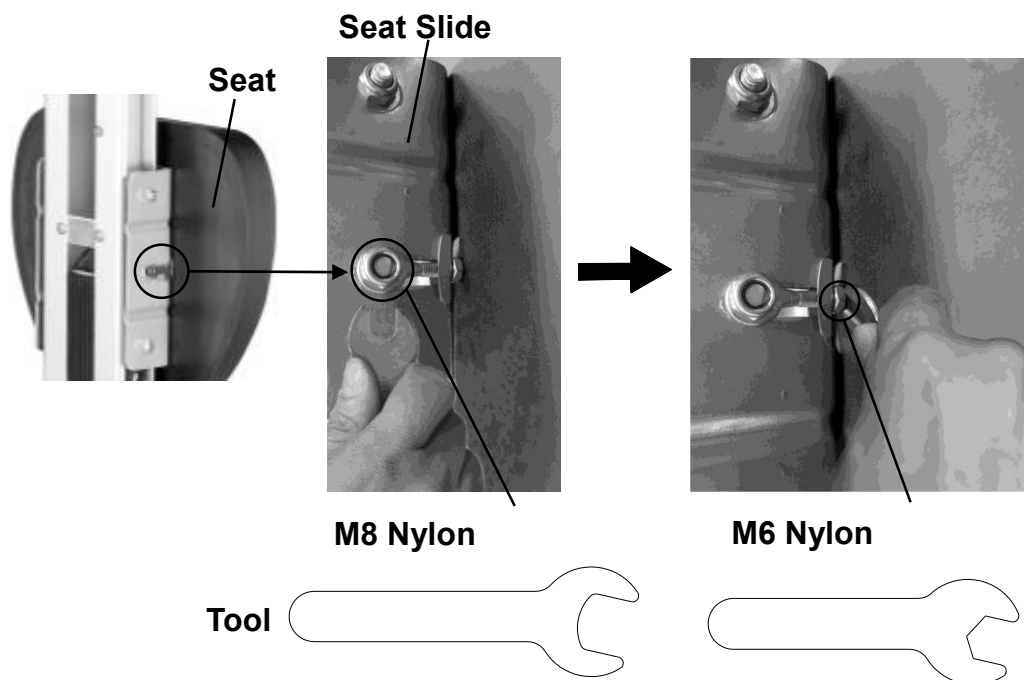
ADJUSTMENTS



Adjusting the Tension Control Knob

To increase the tension, turn the tension control knob in a clockwise direction.

To decrease the tension, turn the tension control knob in a counterclockwise direction.

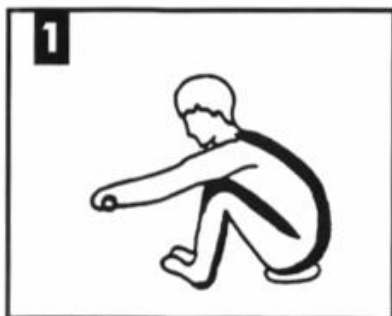


Adjusting the M8/M6 Nylon Locknuts (10/ 71) on the Seat Slide Plate (51)

If it is difficult to slide the seat onto the aluminum beam, first you need to make sure that the M8 Nylon Locknut (10) can be turned freely. To do this, use the Open-Ended Flat Wrench to turn the M8 Nylon Locknut (10) counterclockwise until it can be turned freely. Then turn the M6 Nylon Locknut (71) counterclockwise with the Open-Ended Flat Wrench to lower the position of the Seat Carriage Roller (56). Repeat the steps above on the M8 and M6 Nylon Locknuts (10/ 71) on the other side.

If the seat rocks on the Aluminum Beam (32), first you need to make sure that the M8 Nylon Locknut (10) can be turned freely. To do this, use the Open-Ended Flat Wrench to turn the M8 Nylon Locknut (10) counterclockwise until it can be turned freely. Then turn the M6 Nylon Locknut (71) with the Open-Ended Flat Wrench in a clockwise direction to tighten the Seat Carriage Roller (56). Repeat the steps above on the M8 and M6 Nylon Locknuts (10/ 71) on the other side.

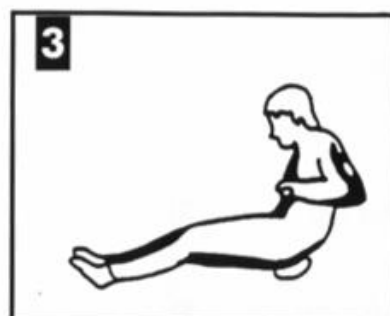
HOW TO ROW



1
Take up the initial position leaning forward, knees bent and arms straight.



2
Push yourself backwards, straight your back and legs at the same time.



3
Continue movement until you are leaning slightly backwards, bending the arms at the same time. Return to 1 and repeat.

ALTERNATIVE EXERCISE LEG ONLY ROWING



4
This exercise will help tone and strengthen the muscles in your legs and back. With your back straight and arms outstretched, bend your legs until the row arms are in the starting position 4.



5
Use your legs to push your body back while keeping your arms and back straight, slowly return to starting position and repeat.



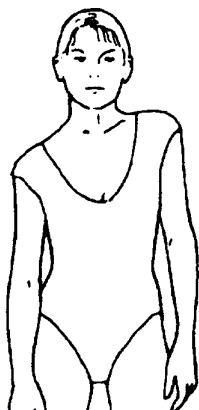
WARM UP AND COOL DOWN ROUTINE

The **WARM-UP** is an important part of any workout. The purpose of warming up is to prepare your body for exercise and to minimize injuries. Warm up for two to five minutes before aerobic exercising. Warming up should prepare your body for more strenuous exercise by heating up and stretching your muscles, increasing your circulation and pulse rate, and delivering more oxygen to your muscles.

COOL DOWN at the end of your workout, repeat these exercises to reduce soreness in tired muscles. The purpose of cooling down is to return the body to its 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.

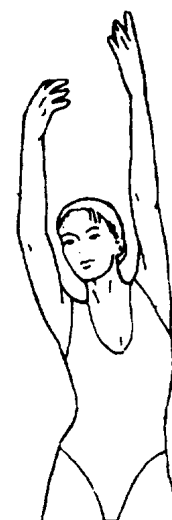
HEAD ROLLS

Rotate your head to the right for one count, you should feel a stretching sensation up the left side of your neck. Then rotate your head back for one count, stretching your chin to the ceiling and letting your mouth open. Rotate your head to the left for one count, then drop your head to your chest for one count.



SHOULDER LIFTS

Lift your right shoulder toward your ear for one count. Then lift your left shoulder up for one count as you lower your right shoulder.



SIDE STRETCHES

Open your arms to the side and lift them until they are over your head. Reach your right arm as far toward the ceiling as you can for one count. Repeat this action with your left arm.

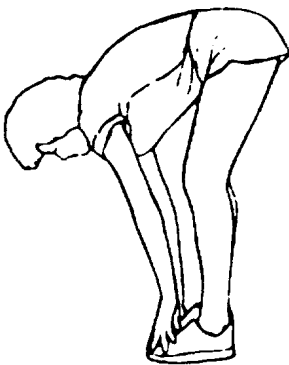


QUADRICEPS STRETCH

With one hand against a wall for balance, reach behind you and pull your right foot up. Bring your heel as close to your buttocks as possible. Hold for 15 counts and repeat with left foot.

INNER THIGH STRETCH

Sit with the soles of your feet together and your knees pointing outward. Pull your feet as close to your groin as possible. Gently push your knees toward the floor. Hold for 15 counts.

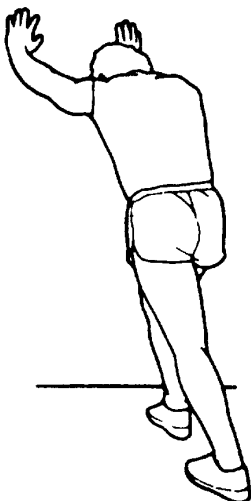
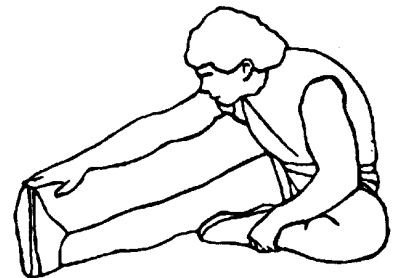


TOE TOUCHES

Slowly bend forward from your waist, letting your back and shoulders relax as you stretch toward your toes. Reach as far as you can and hold for 15 counts.

HAMSTRING STRETCHES

Extend your right leg. Rest the sole of your left foot against your right inner thigh. Stretch toward your toe as far as possible. Hold for 15 counts. Relax and then repeat with left leg.



CALF/ACHILLES STRETCH

Lean against a wall with your left leg in front of the right and your arms forward. Keep your right leg straight and the left foot on the floor; then bend the left leg and lean forward by moving your hips toward the wall. Hold, then repeat on the other side for 15 counts.