

PROGRESSION
Fitness™

R200 Rowing Machine



OWNERS MANUAL

INTRODUCTION

Congratulations!

Welcome to the world of the R200 Premier Rower. The R200 Premier Rower is one of the finest and most comprehensive rowing machines available.

By choosing R200 Premier Rower, you have made a decision that will improve the health and fitness and well being for you and your family. Being fit and healthy will improve your energy levels and your quality of life.

Cardiovascular training is vital for all ages and the R200 Premier Rower provides a more effective workout, producing better results and will encourage you to reach your fitness goals and maintain the body you have always wanted.

All you need to do is to spend 15 to 30 minutes three times a week to start seeing the benefits of a regular exercise program on the R200 Premier Rower.

We want you to enjoy the full benefits of your exercise program and so we recommend that you read this manual thoroughly and by doing so you will:

- **Save valuable exercise time in the long run.**
- **Exercise safely and more effectively.**
- **Learn proper techniques.**
- **Be able to better define your fitness goals.**

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IMPORTANT INFORMATION - PLEASE READ

Failure to read and follow the safety instructions below may result in serious injury.

Medical / Safety

Read this Owner's Manual safety instructions thoroughly to familiarize yourself with the R200 Premier Rower before using it.

Before beginning any exercise program, consult your physician. He or she can help evaluate your present fitness level and determine the exercise program that is the most appropriate for your age and physical condition.

If you experience any pain or tightness in your chest, irregular heartbeat, shortness of breath, faintness, or unusual discomfort upon exercising, stop and consult a physician.

Adult supervision is required at all times when children are on or near the R200 Premier Rower. Unsupervised children should keep away from the equipment at all times.

Keep fingers and limbs, loose clothing and hair away from moving parts.

Before each workout on your R200 Premier Rower we advise that a Precautionary Safety Check is wise. All equipment should be Safety Checked for wear and damage. If you find any damage or defective components STOP using the R200 Premier Rower IMMEDIATELY. Replace defective components immediately and/or keep the equipment out of use until repaired. For repair help - see General Information on this page.

Care should be taken when getting ON or OFF your R200 Premier Rower. Please follow the instructions on page 4.

Wear comfortable, lightweight, well-ventilated clothing to help sweat evaporate. Make sure your shoes fit you properly and provide external and lateral stability support to prevent ankle and knee injuries. Wear cross-training, walking or running shoes.

It's very important not to become dehydrated. Your body needs water lost during exercise.

Don't forget to warm-up and cool-down. Limbering up "cold" muscles and cooling down after exercise are important injury-prevention measures.

Use only the accessory attachments recommended by the manufacturer. DO NOT attempt to modify or alter your R200 Premier Rower as injury may result.

Care and Maintenance

Your R200 Premier Rower is made of the highest quality materials, it is still important that you take care of your R200 Premier Rower on a regular basis.

Your R200 Premier Rower is for indoor use only and should NOT be used or stored in damp areas. Wipe all perspiration from your R200 Premier Rower after each use.

For safety, inspect your R200 Premier Rower on a regular basis. When used in a commercial environment safety check and clean every day. When used in a domestic environment safety check and clean before use.

Components most Susceptible to Wear

SEAT ROLLERS - ALUMINUM BEAM [part#001,118]

These parts are easily damaged by dust and dirt and should be cleaned regularly. The SEAT ROLLERS [118] are hidden so all you can do is clean the ALUMINUM BEAM [001]. Using a damp cloth wipe the top of the ALUMINUM BEAM [001]. Pay special attention to the outside edges. Check and remove any black spots.

DRIVE STRAP [part#709]

The DRIVE STRAP [709] is made of high quality nylon webbing which is extremely strong making it almost impossible to break. Even so it is important to check the DRIVE STRAP [709] for wear. Check for nicks or cuts and fraying that may weaken the integrity. Also check that the stitching at the handle bar end is intact. If any of these symptoms are found discontinue use immediately and contact your dealer for a replacement DRIVE STRAP [709].

FOOT REST Assembly [part#014,126,127,128,143,319,360,710]

The FOOT REST Assembly has a lot of moving parts. It is essential that these parts be in good condition at all times. Check that the FOOT STRAP BUCKLE firmly holds the FOOT STRAP. Check that the HEEL SUPPORT [126] self locking system is working correctly. Make sure that all Bolts are tight and firm. If any defects are found discontinue use immediately and contact your dealer for replacement parts.

All FASTENERS [Nuts, Bolts, and Screws]

A lot of these parts are assembled by the consumer and should be checked regularly. Make sure that all Nuts, Bolts and Screws are tight and firm.

General Information

The R200 Premier Rower is designed for light commercial use ONLY and should not be used in a full commercial, therapeutic or medical environment.

The official maximum load is 150kg.

The R200 Premier Rower has been tested and certified according to EN 957-1 and EN 957-7, Class S.A.

In the unlikely event that your R200 Premier Rower needs servicing, repairs or something is missing or broken then contact your dealer as soon as possible. They should be able to help you immediately with any and all problems you have. If for any reason that you are unsatisfied with the level of service or are unhappy with their cooperation, then you can contact the manufacturer directly at the following contact details.

INFINITI FITNESS SYSTEMS

No.5 Chauguei 1st. ST.,
Taichung
Taiwan

TEL: +886-4-2258-3088

FAX: +886-4-2258-3137~8

E-mail: Sales@infititfit.com

Web site: www.infititfit.com

It is important to keep your purchase receipt!

You may be asked to produce it too authenticate your Warranty.

The Warranty terms are provided by your dealer.

DO NOT attempt to modify or alter your R200 Premier Rower as it will be considered tampering and will invalidate your warranty.

Please continue to read the Owner's Manual and all safety instructions thoroughly to familiarize yourself with the R200 Premier Rower before using it.

DESIGNERS NOTE: The return spring on the R200 Premier Rower has been designed with the lightest possible force. There is more than sufficient spring tension to recoil the DRIVE STRAP ASSEMBLY [709] regardless of the return speed of the handle to the start position.

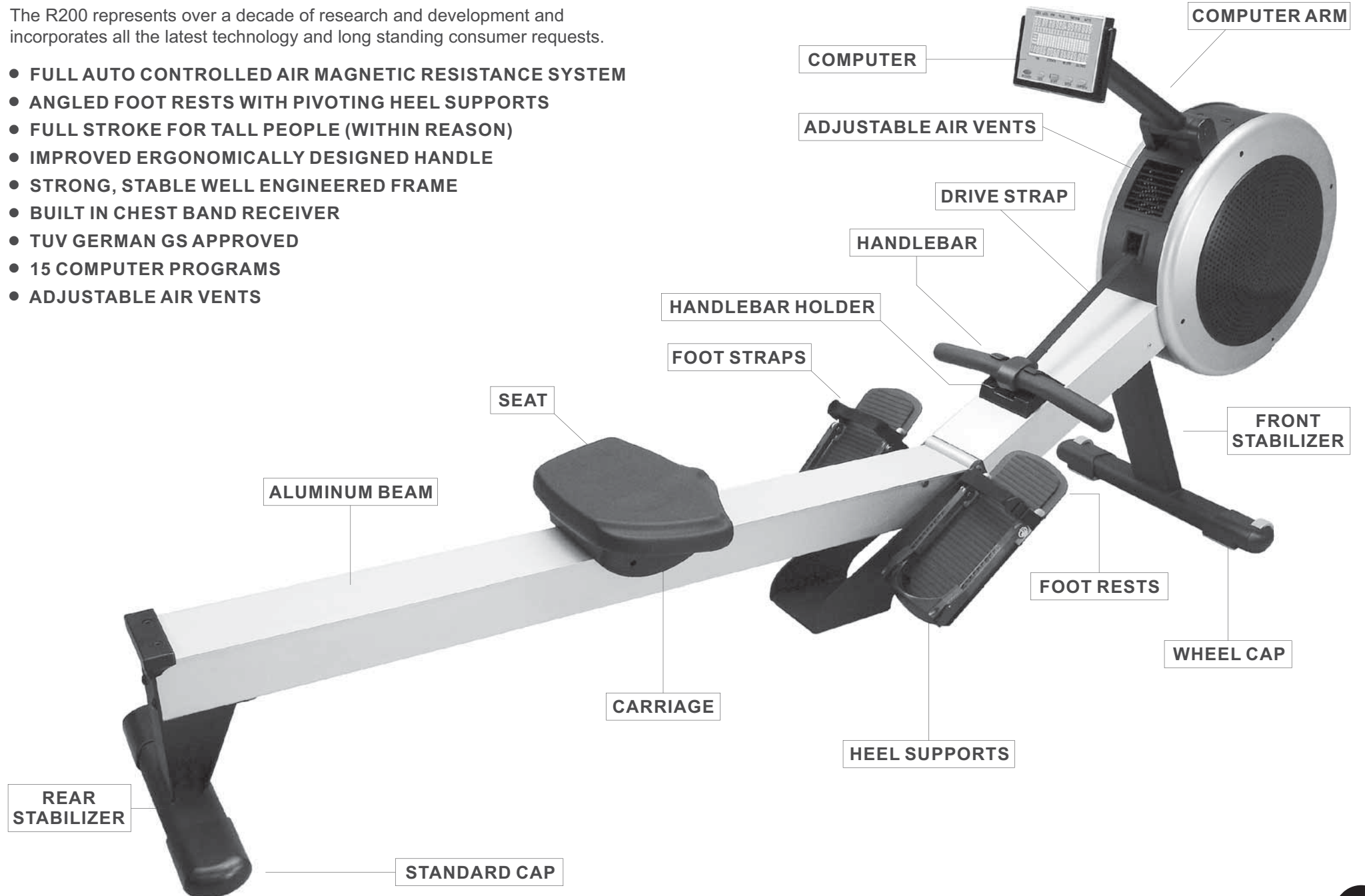
The reason for the light return spring is to give the user an improved level of exercise by increasing the benefit to the hamstring group of muscles at the rear of the thigh. This muscle group is called upon when the user moves the seat forward.

We have faithfully duplicated the "normal" rowing action one would get when rowing on water where the oar is not pulled forward.

R200 Premier Rower GENERAL PARTS IDENTIFICATION

The R200 represents over a decade of research and development and incorporates all the latest technology and long standing consumer requests.

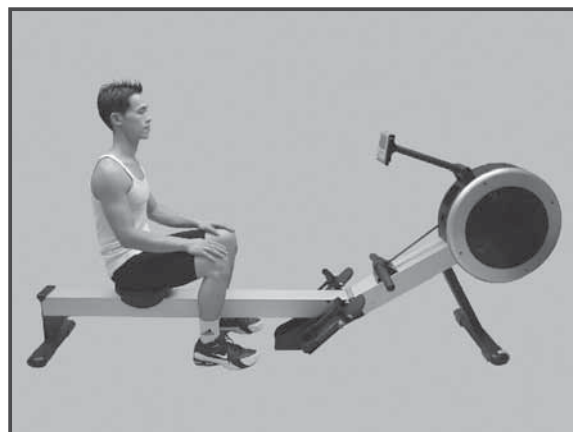
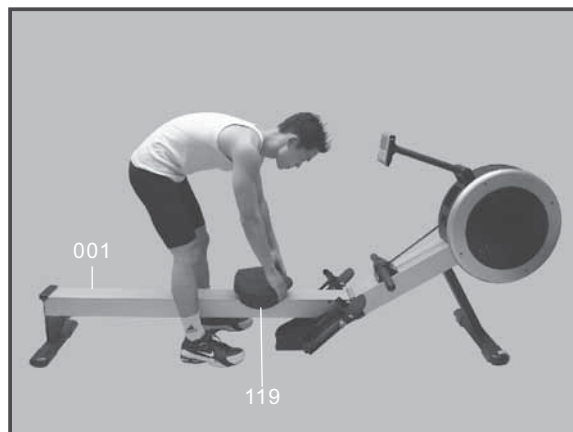
- FULL AUTO CONTROLLED AIR MAGNETIC RESISTANCE SYSTEM
- ANGLED FOOT RESTS WITH PIVOTING HEEL SUPPORTS
- FULL STROKE FOR TALL PEOPLE (WITHIN REASON)
- IMPROVED ERGONOMICALLY DESIGNED HANDLE
- STRONG, STABLE WELL ENGINEERED FRAME
- BUILT IN CHEST BAND RECEIVER
- TUV GERMAN GS APPROVED
- 15 COMPUTER PROGRAMS
- ADJUSTABLE AIR VENTS



SETTING UP YOUR R200 Premier Rower

Getting on Safely

Getting on safely is a simple procedure. Just be careful that the SEAT [119] is directly underneath you before sitting down.

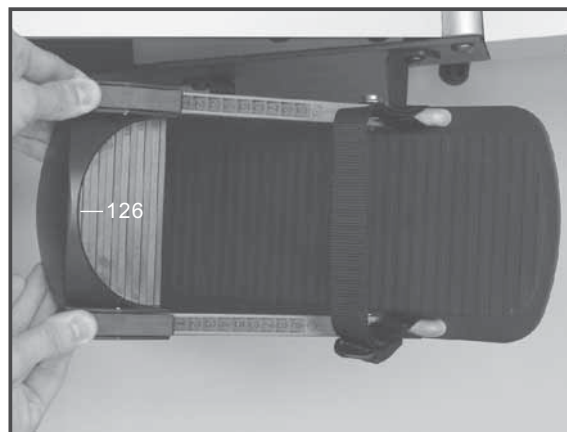
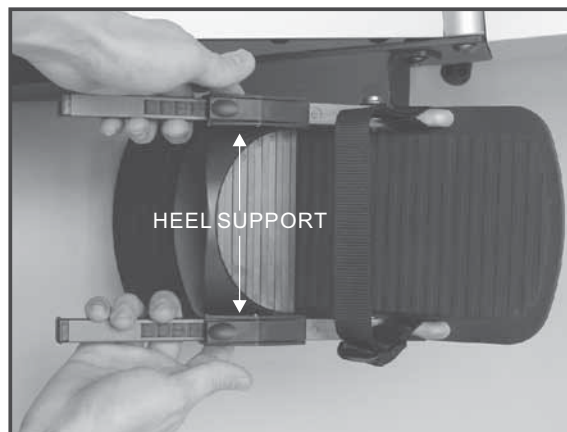


- 1) Straddle the ALUMINUM BEAM [001].
- 2) Correctly position the SEAT [119] beneath you.
- 3) Sit down taking care that the SEAT [119] has not moved.

Heel Support Pre Adjustment

There are ten heel support settings clearly numbered.

Before exercising move the HEEL SUPPORT [126] to setting number one.

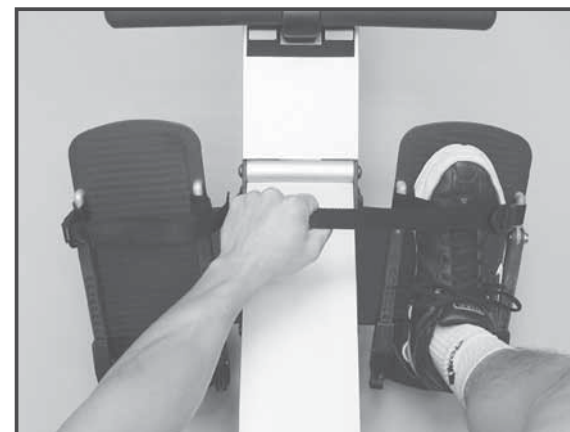
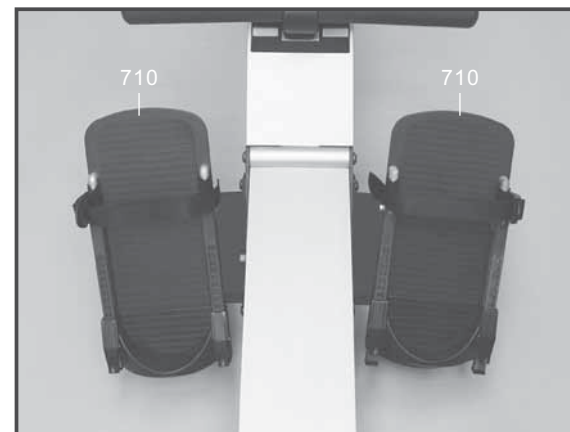


- 1) Squeeze the HEEL SUPPORT LEVERS to release the locking mechanism.
- 2) Slide the HEEL SUPPORT [126] to setting number one.
- 3) Release the HEEL SUPPORT LEVERS to engage the locking mechanism.

Foot Strap Adjustment

The correct position for the FOOT STRAP [710] is across the top of the foot just below the toes. Approximately across the toe pivot joints.

Ensure the FOOT STRAP [710] is tight.



- 1) With the HEEL SUPPORT [126] at setting number one, slide your feet underneath the FOOT STRAP [710].
- 2) The correct position for the FOOT STRAP [710] is across the top of the foot just below the toes. Approximately across the toe pivot joints.
- 3) Pull the FOOT STRAP [710] tight as shown in the above diagram.

SETTING UP YOUR R200 Premier Rower

Heel Support Adjustment

The HEEL SUPPORT [126] has a sprung loaded locking system designed for easy adjustment

Simply push it up to your heel to take up any slack.

Memorize the setting number best suited for future reference.

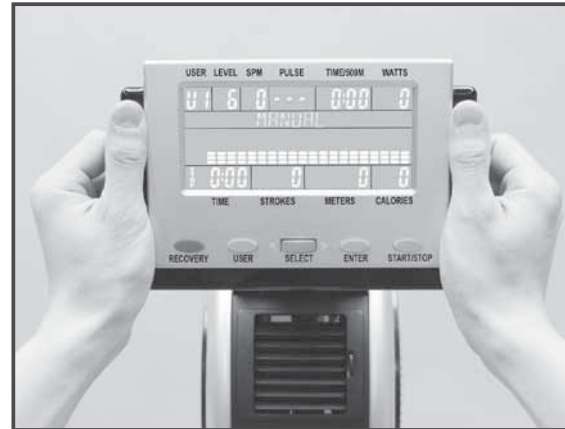
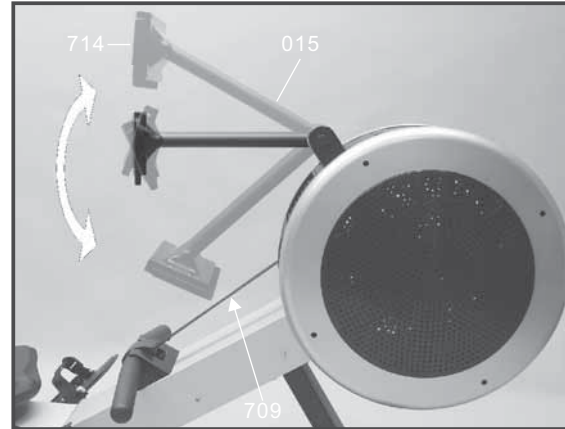


- 1) With your feet tightly secured by the FOOT STRAP [710], simply push the HEEL SUPPORT [126] up to your heel to take up any slack as shown in the above diagram.
- 2) Memorize the setting number best suited to you for future reference.

Computer Angle Adjustment

The COMPUTER [714] and COMPUTER ARM [015] are designed to rotate and pivot giving you full adjustment to almost any height and angle.

NOTE: For safety reasons, whilst exercising avoid the DRIVE STRAP [709] touching the COMPUTER [714].

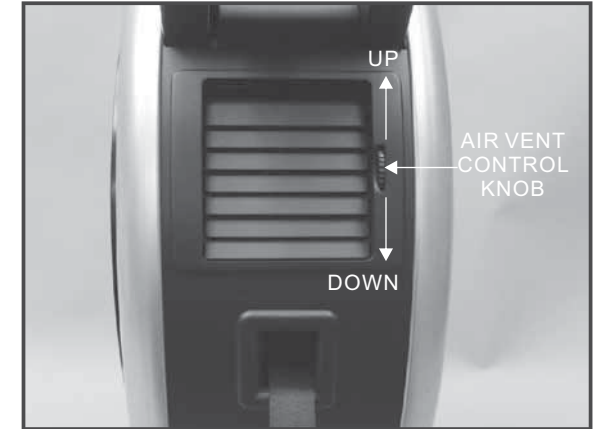


- 1) Hold the COMPUTER [714] with both hands as shown in the diagram above. Rotate and pivot the COMPUTER [714] to the desired height and angle.
- NB** For safety reasons, avoid the DRIVE STRAP [709] touching the COMPUTER [714]. Straddle the ALUMINUM BEAM [001].

Air Vent Adjustment

The R200APM Premier Rower flywheel fan generates an air flow that can be directed with the adjustable air vents.

Rotate the AIR VENT CONTROL KNOB to adjust the air flow direction. To stop all air flow, rotate fully down.

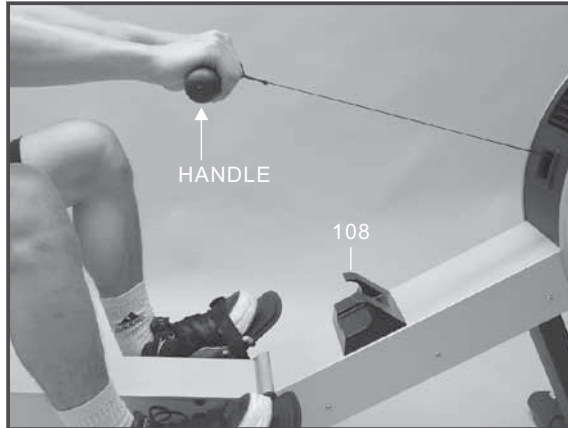


- 1) Rotate the AIR VENT CONTROL KNOB to adjust the air flow direction.
- 2) To stop all air flow, rotate the AIR VENT CONTROL KNOB fully down.

SETTING UP YOUR R200 Premier Rower

Handle Bar Holder

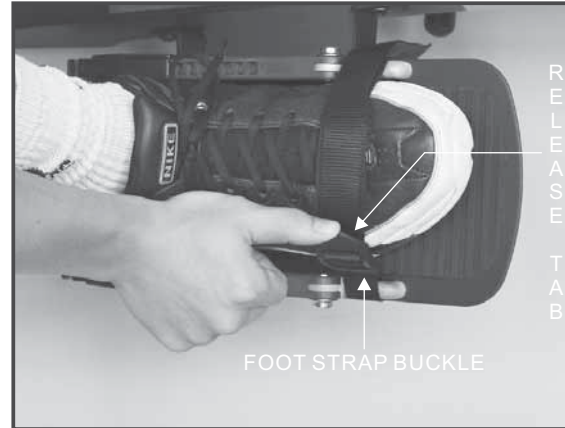
When you have finished your workout remember to store the HANDLE BAR into the HANDLE BAR HOLDER [108].



- 1) When you have finished your workout place the HANDLE BAR into the HANDLE BAR HOLDER [108] as shown in the diagrams above.

Foot Strap Release

Releasing the FOOT STRAP is made easy with the quick release tab.



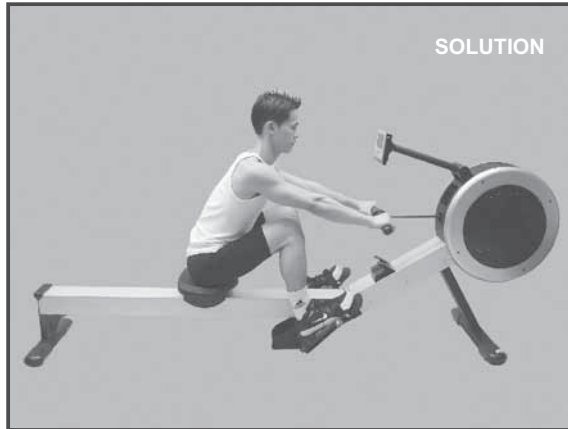
- 1) Lift the FOOT STRAP BUCKLE RELEASE TAB with your thumb as shown in the diagrams above.

CORRECT ROWING GUIDE

Over Reaching

FAULT

The body stretches too far forward. The shins may be past vertical. The head and shoulders tend to drop towards the feet. The body is in a weak position for the stroke.



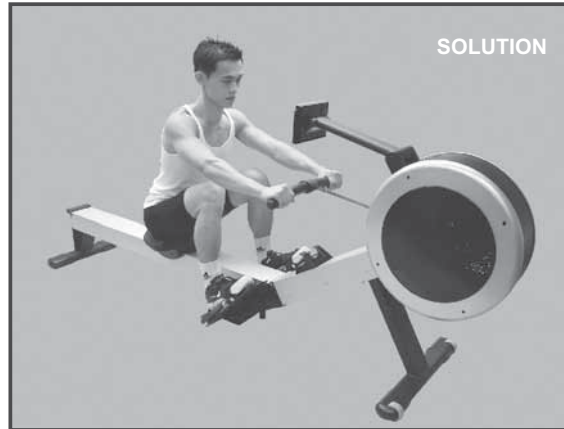
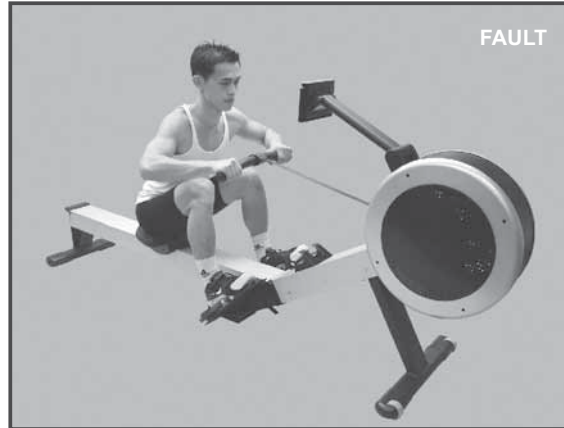
SOLUTION

The shins are vertical. The body is pressed up to the legs. The arms are fully extended and relaxed, body tilted slightly forward. This position should feel comfortable.

Rowing with Arms Bent

FAULT

The user starts the stroke by pulling with the arms rather than pushing with the legs.



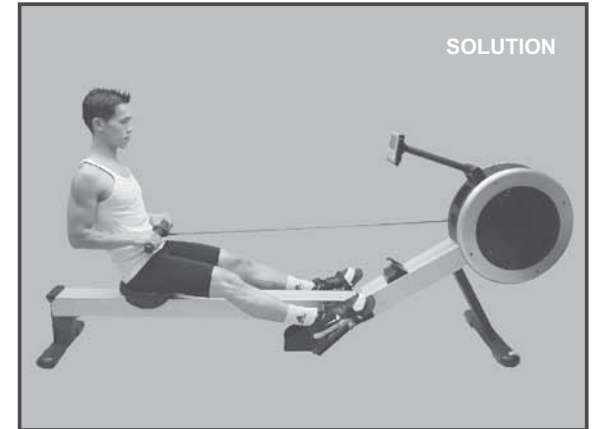
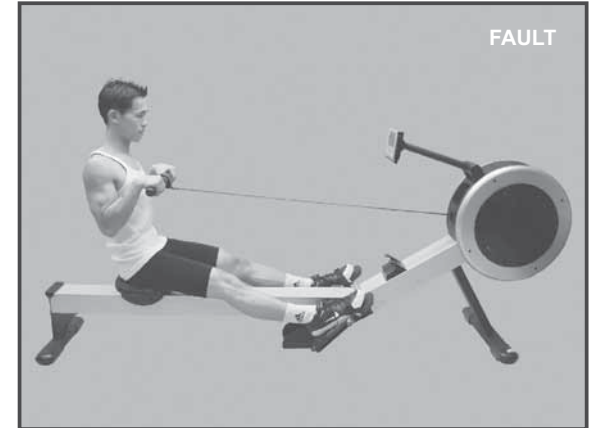
SOLUTION

The user starts the stroke by pushing the legs and bracing the back with the arms fully extended and relaxed.

Bent Wrists

FAULT

The user bends their wrists at any time through the stroke.



SOLUTION

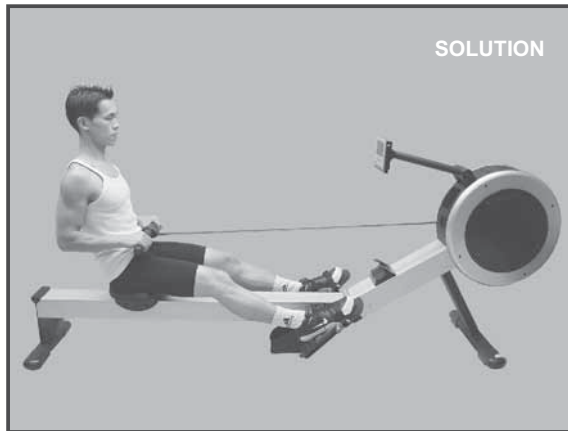
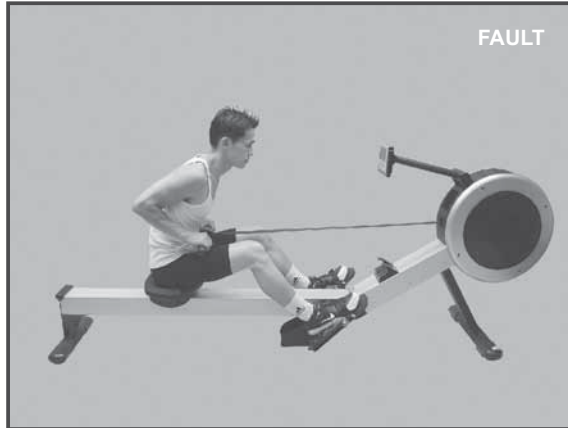
Always row with flat wrists through the entire stroke.

CORRECT ROWING GUIDE

Pulling the Body to the Handle

FAULT

At the finish, the user, instead of pulling the handle to the body, pulls themselves forward to the handle.



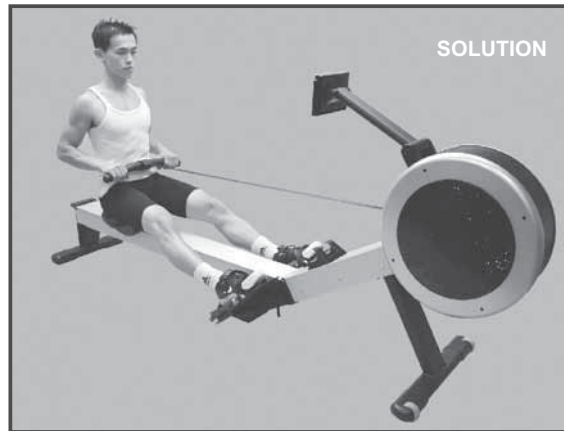
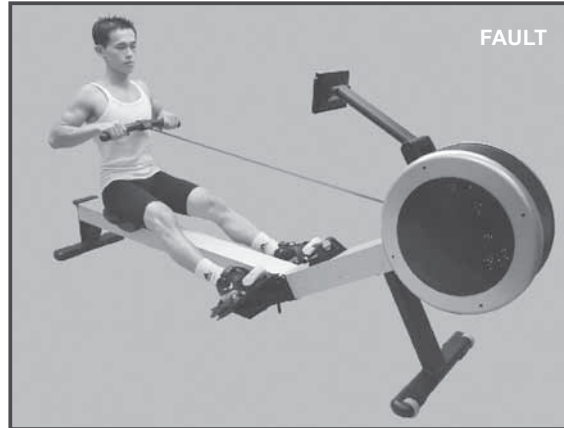
SOLUTION

At the finish the user leans back slightly, holds the legs down and draws the handle to the body using the upper body as a firm platform.

Flying Elbows

FAULT

The user's elbows are sticking out from the body at the finish and the handle is at chest level.



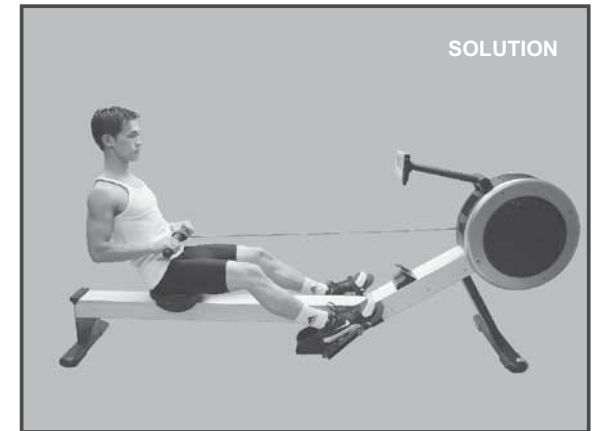
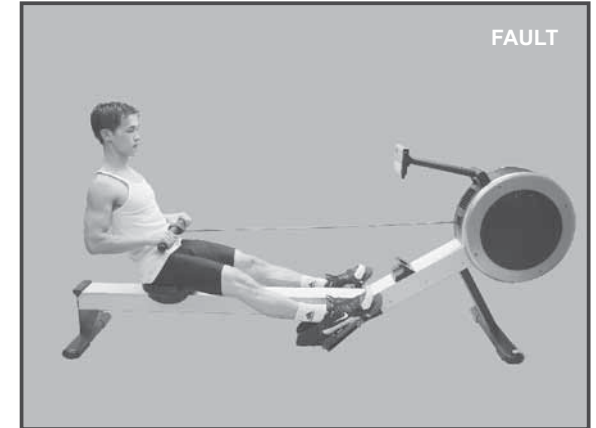
SOLUTION

Draw the handle to the body. The wrists are flat and the elbows pass close to the body. Elbows extend behind the body as the handle is drawn to the waist.

Locking the Knees

FAULT

At the end of the stroke the user locks the knees making the legs straight.



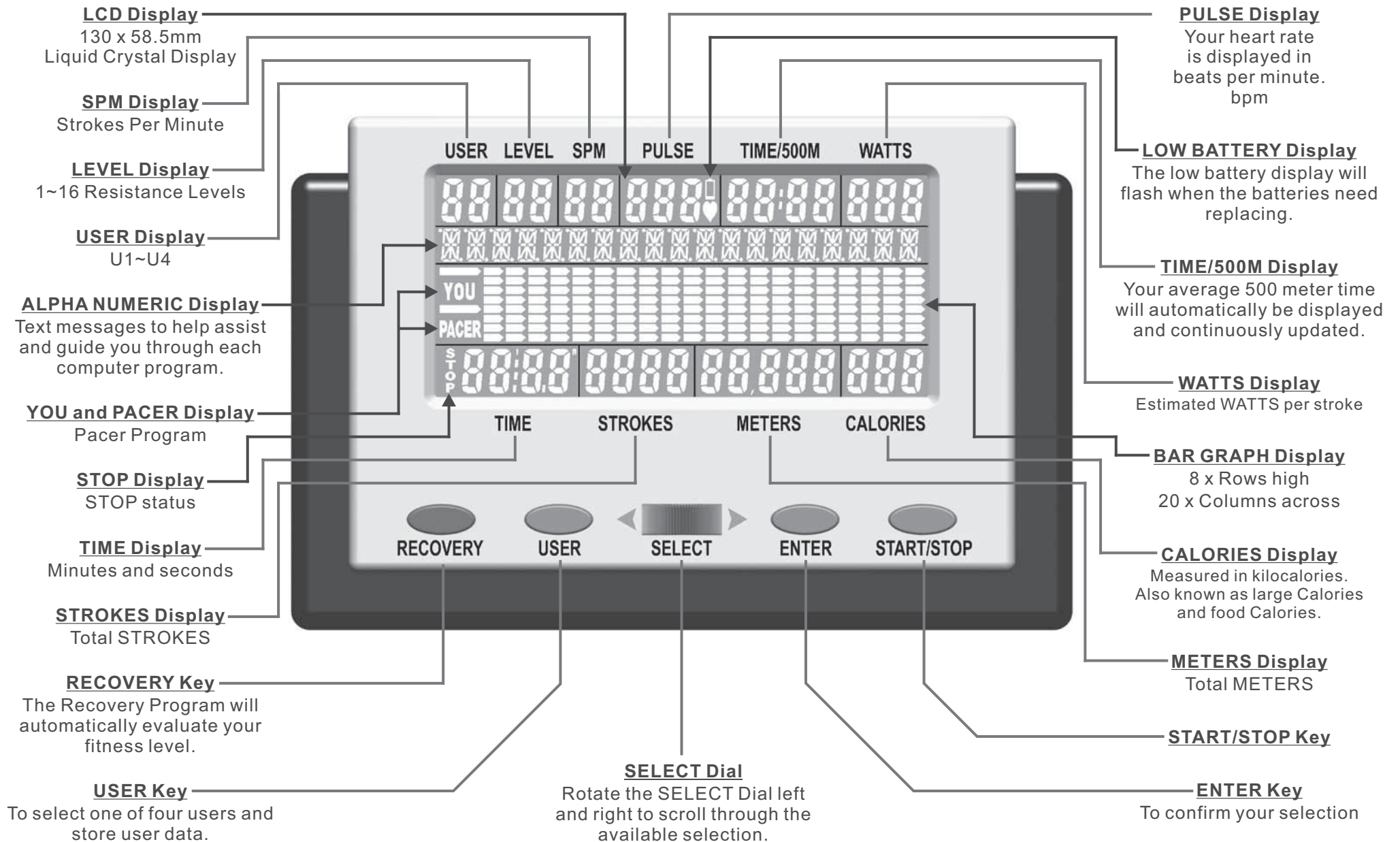
SOLUTION

Always keep the legs slightly bend in the fully extended position..do not lock the knees.

COMPUTER INSTRUCTIONS



Function Identification



COMPUTER INSTRUCTIONS

Power Functions

BATTERIES: Remove the battery cover as shown in the diagram below and install four pieces of R14UG * SUM2 * SIZE"C" * 1.5V batteries. Insure the batteries are correctly positioned and the battery springs are in proper contact with batteries. Replace the battery cover and insure it is tightly closed.



To prevent damaging the computer we suggest that you replace the batteries at least every six months. DO NOT mix old and new batteries. DO NOT mix different brands of batteries.

Battery life is approximately three months under normal use.

WARNING: If you plan to store your exercise machine for a long period of time then it is important to REMOVE the batteries to prevent damaging the computer.

LOW BATTERY Display: The low battery display will flash when the batteries need replacing.

AUTO POWER ON: The computer will automatically turn on when the R200APM Premier Rower is in use, or when any key on the computer is pressed.

AUTO POWER OFF: The computer will automatically turn off when the R200APM Premier Rower is NOT in use. After 256 seconds (4 minutes) only the LCD will power off, this is called stage one power down. After 10 minutes the computer will fully power off, this is called stage two power down.

LCD Display: If the LCD display is illegible or only partial segments are displayed then reboot the computer. Disconnect the power for approximately 15 seconds by removing the batteries .

Key Functions

There are four keys plus one dial on the computer. Each key indicates its function. Press the keys with moderate pressure. DO NOT hit the keys as it may damage the computer.

SELECT Dial: Rotate the SELECT Dial left and right to scroll through the available selection. The SELECT Dial works best when rotated slowly.

ENTER Key: Press the ENTER Key to confirm your selection.

START/STOP Key: Press the START/STOP Key to start the workout program you have selected. Press it again to stop your workout. While your workout program is in the stop mode all information will be kept for a total of 10 minutes. After 256 seconds (4 minutes) only the LCD will power off, but your workout program will be kept for an additional 6 minutes. Repress the START/STOP Key to resume your workout program. This information is useful if you are interrupted during your workout, by allowing you to return to your workout without the need of reprogramming the computer.

USER Key: Press the USER Key to select one of four users and to enter your user data (i.e. height, weight, age and sex). For more information see User Data entry on page 14.

RECOVERY Key: Press the RECOVERY Key to activate the Recovery Program which will automatically evaluate your fitness level. For more information see Recovery Program on page 13.

Just Start Rowing

From stage two power down (see AUTO POWER OFF on this page), just start rowing and the computer will automatically wake up and start the Manual Program. This is useful as it allows you to just start rowing without having to touch the computer.

Program Select

There are a total of 15 programs but there are three ways to select the program of your choice.

PROGRAM MENU: With the computer powered up and in the stop mode. Rotate the SELECT Dial to scroll through 11 program choices.

USER PROFILES: Press the USER Key. Select one of four users by rotating the SELECT Dial. Press the ENTER Key to confirm your selection. Press the start key. Select user profiles program by rotating the SELECT Dial. For more information see P7 User Profiles Programs on page 12.

RECOVERY PROGRAM: Press the RECOVERY Key to activate the Recovery Program which will automatically evaluate your fitness level. For more information see Recovery Program on page 13.

P1 - Manual Program

The Manual Program is a simple program that has a flat profile and is preset at resistance level 6.

1) With the computer powered up and in the stop mode. Rotate the SELECT Dial and scroll to the Manual Program.

NB To quick start just press the start key and the computer will count from zero upwards.

2) To enter Target Values do not press the start key, instead press the ENTER Key. For more information see Target Values on page 14.

3) Select your Target Values by rotating the SELECT Dial then press the ENTER Key to confirm your selection. If you wish to change a Target Value already entered then keep pressing the ENTER Key until you return to the Target Value you wish to change.

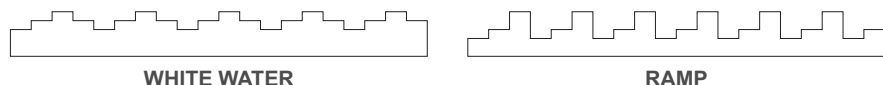
4) Once you are happy with all your Target Values then press the start key and begin your workout.

NOTE: During your workout you can adjust the resistance levels by rotating the SELECT Dial.

COMPUTER INSTRUCTIONS

P2~P3 Preset Profile Programs

There are two preset program profiles to choose from as shown in the diagrams below:



The computer will automatically adjust the resistance levels according to the program profile you select. During your workout you can adjust the resistance levels by rotating the SELECT Dial.

1) With the computer powered up and in the stop mode. Rotate the SELECT Dial and scroll to the white water or ramp program.

NB To quick start just press the start key and the computer will count from zero upwards.

2) To enter Target Values do not press the start key, instead press the ENTER Key. For more information see Target Values on page 14.

3) Select your Target Values by rotating the SELECT Dial then press the ENTER Key to confirm your selection. If you wish to change a Target Value already entered then keep pressing the enter key until you return to the Target Value you wish to change.

4) Once you are happy with all your Target Values then press the start key and begin your workout.

NOTE: There are four more profile programs available through the P7 User Profiles program. For more information see Program Select on page 11 and see User Data Entry on page 14.

P4 - Pacer Program

This is the most popular and of all the rowing machine programs the best known. The Pacer Program allows you to row beside a pace boat to help you pace your workout. Or for a more vigorous workout have a race against the pace boat.

1) With the computer powered up and in the stop mode. Rotate the SELECT Dial and scroll to the Pacer Program. Press the ENTER Key to confirm your selection.

NB To quick start just press the start key and the computer will default to a course distance of 5000 meters and a course time of 30 minutes.

2) To enter Target Values do not press the start key, instead press the ENTER Key. For more information see Target Values on page 14.

3) Select your course distance by rotating the SELECT Dial. Press the ENTER Key to confirm your selection.

4) Select your course time by rotating the SELECT Dial. Press the ENTER Key to confirm your selection. If you wish to change a Target Value already entered then keep pressing the ENTER Key until you return to the Target Value you wish to change.

5) Once you are happy with all your Target Values then press the start key and begin your workout.

NOTE: Traditionally the Pacer Program is performed at resistance level one, but if you wish to increase the resistance then you can adjust the resistance levels by rotating the SELECT Dial during your workout.

P5~P6 Intervals Programs

There are two Interval Programs, intervals distance and interval time. The only difference between them is the way you select your work interval. In the interval distance program you select a work distance. In the interval time program you select a work time.

These are excellent training programs designed for short intense rowing spurts followed by a short rest to recuperate then repeated. Select your work interval then select your rest time up to a maximum of ten intervals. If ten intervals are insufficient then just press the start key to repeat the program.

1) With the computer powered up and in the stop mode. Rotate the SELECT Dial and scroll to the intervals distance or intervals time program. Press the ENTER Key to confirm your selection.

NB To quick start just press the start key and the computer will default to a work distance of 100 meters or a work time of 1:00 minute, a rest time of 30 seconds and 10 total intervals.

2) To enter Target Values do not press the start key, instead press the ENTER Key. For more information see Target Values on page 14.

3) Select your work distance or work time by rotating the SELECT Dial. Press the ENTER Key to confirm your selection.

4) Select your rest time by rotating the SELECT Dial. Press the ENTER Key to confirm your selection.

5) Select your total intervals by rotating the SELECT Dial. Press the ENTER Key to confirm your selection. If you wish to change a Target Value already entered then keep pressing the ENTER Key until you return to the Target Value you wish to change.

6) Once you are happy with all your Target Values then press the start key and begin your workout.

P7 - User Profiles Programs

There are four User Profiles Programs. The User Profiles Programs are custom designed by the user. The computer can store one profile program per user and there are four users to choose from. For more information see Program Select on page 11 and see User Data Entry on page 14.

These four User Profiles Programs are extremely useful as they allow you to custom design a profile program to your liking giving your workouts endless variety, which will help you to keep motivated.

The computer will automatically adjust the resistance levels according to the program profile you custom design. During your workout you can adjust the resistance levels by rotating the SELECT Dial.

1) With the computer powered up and in the stop mode. Rotate the SELECT Dial and scroll to the user profiles program.

NB To quick start just press the start key and the computer will count from zero upwards.

2) To enter Target Values or modify the user profile do not press the start key, instead press the enter key. For more information see Target Values on page 14.

3) Select your Target Values and user profile by rotating the SELECT Dial then press the ENTER Key to confirm your selection. If you wish to change a Target Value already entered then keep pressing the ENTER Key until you return to the Target Value you wish to change.

4) Once you are happy with all your Target Values then press the start key and begin your workout.

NOTE: During your workout you can adjust the resistance levels by rotating the SELECT Dial.

COMPUTER INSTRUCTIONS

P8 - Watts Control Program

The Watts Control Program is designed to keep your watt output at a constant level you have selected.

1) With the computer powered up and in the stop mode. Rotate the SELECT Dial and scroll to the Watts Control Program.

NB To quick start just press the start key and the computer will default to 100 watts.

2) To enter Target Values do not press the start key, instead press the ENTER Key. For more information see Target Values on page 14.

3) Select your Target Values by rotating the SELECT Dial then press the ENTER Key to confirm your selection. If you wish to change a Target Value already entered then keep pressing the ENTER Key until you return to the Target Value you wish to change.

4) Once you are happy with all your Target Values then press the start key and begin your workout.

NOTE: During your workout you can NOT adjust the resistance levels because the Watts Control Program will change the resistance automatically.

P9~P11 Heart Rate Control Programs

There are three H-R-C Programs 60% 75% 85%. They are designed to keep your heart rate at a constant level. Every 20 seconds the computer will check your selected target heart rate verses your pulse and will adjust the resistance level accordingly.

These H-R-C programs are excellent cardiovascular training programs. To achieve effective results you should do your cardiovascular workout within your training zone (see Calculating Target Heart Rate on this page).

CAUTION: While increasing your heart rate is an important part of exercise, it is also important that your heart rate not be too high. To be safe we suggest that you start your workouts at the 60% Gentle level and increase your heart rate levels as your fitness improves.

The computer will automatically calculate your target heart rate based on which H-R-C program you select, selected user i.e. U1~U4 and the user data entered (for more information see User Data Entry on page 14). All Target Values are adjustable.

Your heart rate will only register on the computer if you are wearing a compatible chest band (for more information see Chest Bands on page 14).

1) With the computer powered up and in the stop mode. Rotate the SELECT Dial and scroll to the heart rate control program best suited. See Calculating Target Heart Rate on this page.

NB To quick start just press the start key and the computer will default to the user data.

2) To enter Target Values do not press the start key, instead press the ENTER Key. (for more information see Target Values on page 14).

3) Select your Target Values by rotating the SELECT Dial then press the ENTER Key to confirm your selection. If you wish to change a Target Value already entered then keep pressing the ENTER Key until you return to the Target Value you wish to change.

4) Once you are happy with all your Target Values then press the start key and begin your workout.

NOTE: During your workout you can adjust the resistance levels by rotating the SELECT Dial.

Recovery Program

The Recovery Program will automatically evaluate your fitness level. The computer requires a pulse signal so you must be wearing a compatible chest band (for more information see Chest Bands on page 14).

1) With the computer powered up and in the stop mode. Press the RECOVERY Key.

2) The computer will analyze your heart rate recovery for one minute and display a result as follows.

F1.0~1.9: SUPER FIT

F2.0~2.9: VERY FIT

F3.0 ~ 3.9: FIT

F4.0~4.9: FAIR

F5.0~5.9: UNFIT

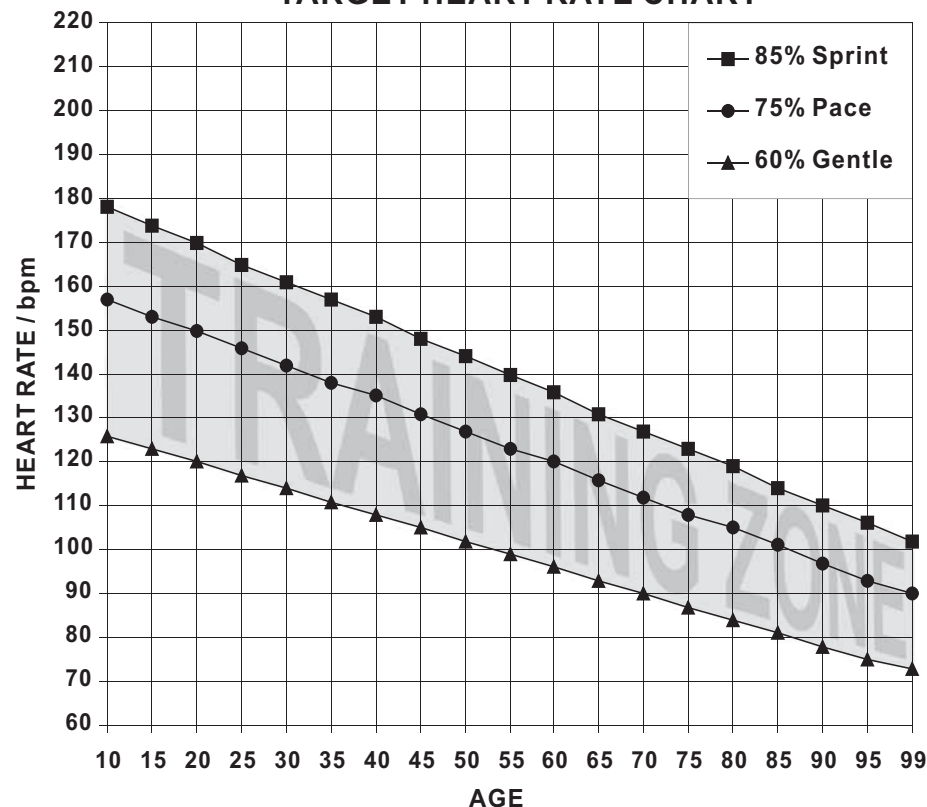
F6.0: VERY UNFIT

Calculating Target Heart Rate

Your optimal heart rate range during exercise is referred to as your "Training Zone." To achieve effective results you should do your cardiovascular workout within your Training Zone. Refer to the TARGET HEART RATE CHART below to calculate your T.H.R at 60% 75% and 85%, that is our suggested Training Zone. We also suggest that you start your workouts at the 60% T.H.R and increase your T.H.R % as your fitness improves.

TARGET HEART RATE FORMULA: $220 - \text{AGE} \times \text{T.H.R}\%$ (e.g. $220 - 30 \text{ years old} \times 60\% = \text{T.H.R } 114$)

TARGET HEART RATE CHART



COMPUTER INSTRUCTIONS

User Select

The computer can store four sets of personal user data. This stored information will be used in conjunction with P7 - User Profiles Programs and P9~P11 Heart Rate Control Programs.

- 1) With the computer powered up and in the stop mode. Press the USER Key.
- 2) Select one of four users by rotating the SELECT Dial then press the START/STOP Key to exit.

User Data Entry

The computer can store four sets of personal user data. This stored information will be used in conjunction with P7 - User Profiles Programs and P9~P11 Heart Rate Control Programs.

- 1) With the computer powered up and in the stop mode. Press the USER Key.
- 2) Select one of four users by rotating the SELECT Dial then press the ENTER Key to confirm your selection.
- 3) Select your height by rotating the SELECT Dial. Press the ENTER Key to confirm your selection.
- 4) Select your weight by rotating the SELECT Dial. Press the ENTER Key to confirm your selection.
- 5) Select your age by rotating the SELECT Dial. Press the ENTER Key to confirm your selection.
- 6) Select your sex by rotating the SELECT Dial. Press the ENTER Key to confirm your selection.

NB If you wish to change a Target Value already entered then keep pressing the ENTER Key until you return to the Target Value you wish to change.

- 7) Once you are happy with all your Target Values then press the START/STOP Key to exit.

Measurement Selection METRIC or IMPERIAL

For User Data Entry only there is the choice between metric or imperial measurements.

- 1) With the computer powered up and in the stop mode. Press and hold the ENTER Key and the START/STOP Key for three seconds.
- 2) Select either metric or imperial by rotating the SELECT Dial then press the ENTER Key to confirm your selection.

WARNING: Changing the measurement system will erase all entered user data and user profiles.

Target Values

Course distance and course time are optional Target Values. If these values are set to zero then the computer will count upwards. If you select a Target Value for one or both options then the computer will count down from your selection.

The computer will stop and sound an alarm once the **FIRST Target Value has been achieved.**

The Watts and Heart Rate Control Programs also have Target Values that only count down.

COURSE DISTANCE: 100-99,900 METERS in **100 meter steps**

COURSE TIME: 01:00-99:00 MINUTES in **1 minute steps**

WATTS: 30-300 in **10 watt steps**

AGE: 10-99 YEARS in **1 year steps**

TARGET H R: 60-220 bpm in **1 bpm steps**

Default Values

When selecting Target Values the computer has been designed to assist you by having preset Default Values. We understand that these Default Values are not always helpful, but in general they are considered more useful than not.

COURSE DISTANCE: 5000 METERS

COURSE TIME: 30 MINUTES

WORK TIME: 1 MINUTE

REST TIME: 30 SECONDS

TOTAL INTERVALS: 10

HEIGHT: 175cm 5'9"

WEIGHT: 70kg 154lbs

AGE: 30

SEX: M

Error Messages

If the Computer detects an Error it will display the text "ERROR 1" or "ERROR 2".

ERROR 1: The computer can not detect the motor that drives the resistance system. The problem is with either the motor or the cables going to the motor.

ERROR 2: Software failure. The computer cannot interface with the IC chip.

Solution: For both errors try rebooting the computer.

Disconnect the batteries for approximately 15 seconds.

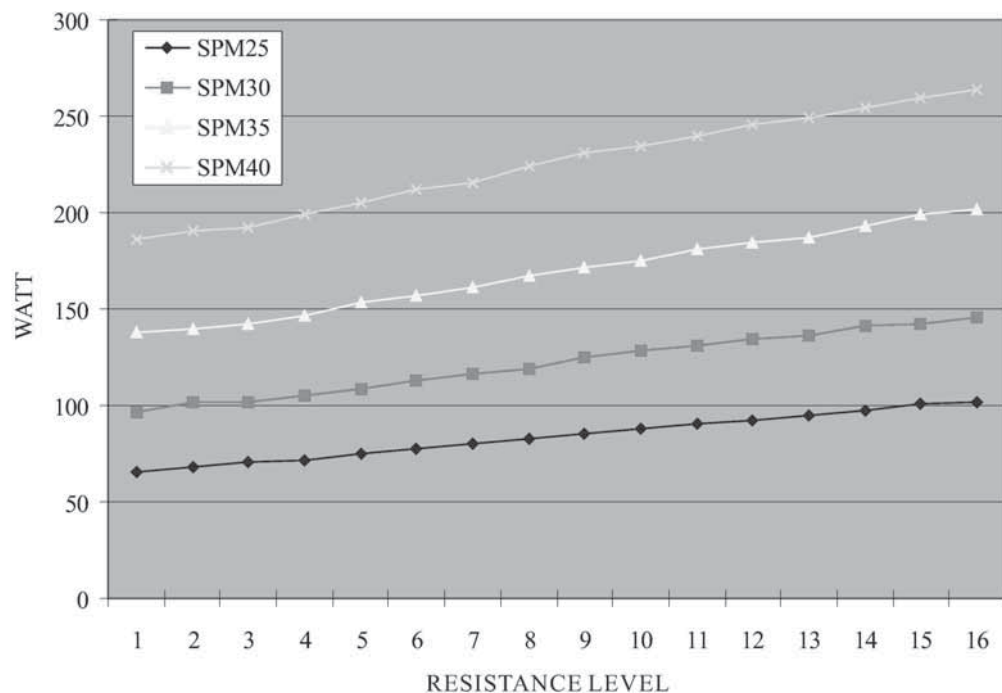
If this solution fails to correct the problem then contact your dealer for assistance.

Chest Bands

The R200APM Premier Rower has a built in chest band receiver that uses the international standard 5 kHz bandwidth. Your heart rate will only register on the computer if you are wearing a compatible chest band. If you are unsure that your existing chest band is compatible then contact your dealer for verification.

UNDERSTANDING THE RESISTANCE SYSTEM

This Chart shows the calibrated GS approved Watts values at various Resistance Levels and Strokes Per Minute.



Watts Accuracy Test

An example of how to use the chart to test the accuracy of your resistance system is as follows:

- 1) Set the computer Resistance Level at Level 15.
- 2) Row at 25 SPM at a measured distance of one meter per stroke.
- 3) Test Results = The WATTS display on the computer should now read 100 ± 10% (i.e. 90~110 watt).

Pull One Meter

It is vital for the Watts Test accurately that you row **at a measured distance of one meter per stroke**. To achieve this we suggest that you request the help of a friend.

First ~ While correctly seated on the R200 Premier Rower comfortably find your start position. Your friend can now mark the position.

Next ~ Measure a distance of one meter (i.e. 100cm or 1000mm) and once again your friend can mark this end position.

Practice ~ With your friend help please practice your one meter strokes at 25 SPM until you are confident that your speed and distance is accurate.

FAQ FREQUENTLY ASKED QUESTIONS

Q: How does the computer calculate WATT ?

A: watt Calculation: This computers WATT display values have been calibrated according to the EN 957 European Standards. This exercise machine was tested by an approved testing laboratory using a Dynamometer which measures the precise torque/power/WATT values for all 16 LOAD resistance levels at various speeds. Then the computer is programmed with this information and must pass a final test within ± 10% accuracy.

watt Definition: a watt is the rate at which energy is expended. watt is used both in mechanics and in electricity, so it links the mechanical and electrical units to one another. One watt is "equal to a power rate of one joule of work per second of time".

Q: How does the computer calculate CALORIES ?

A: Kilocalories Generated versus Kilocalories Consumed: This computers kilocalorie estimations are an attempt to show you how many food Calories/kilocalories consumed it took to generate the work done (i.e. your workout). And as the human body is estimated to run at 25% efficiency ± ?, and one kilocalorie per hour = 1.163 watt (i.e. per hour), you can roughly estimate the computer displayed kilocalories as being 4~5 times the computer displayed watt value.

Kilocalorie Calculation: The computer stores your watt generated over time and converts it into kilocalories, then the computer alters the kilocalorie figure to better match the human body efficiently taking into account your input User Data gender, age, height and weight. Because, it is extremely difficult and complicated to accurately determine precise kilocalorie expenditure based on the minimal amount of data the computer receives, and the huge differences between every persons metabolism, combined with the fact that there are no international standards regulating Calorie accuracy of exercise equipment, the kilocalories displayed by this computer are an estimation only !

Kilocalorie Definition: A kilocalorie is a unit of heat energy. One kilocalorie is "the amount of heat required at a pressure of one atmosphere to raise the temperature of one kilogram of water by one degree Celsius". Not to get confused with calorie (cal) gram calorie or small calorie. One kilocalorie equals 1000 small calories. A kilocalorie is often (but certainly not always!) distinguished from the small calorie by capitalizing its name and symbol. One kilocalorie per hour = 1.163 watt.