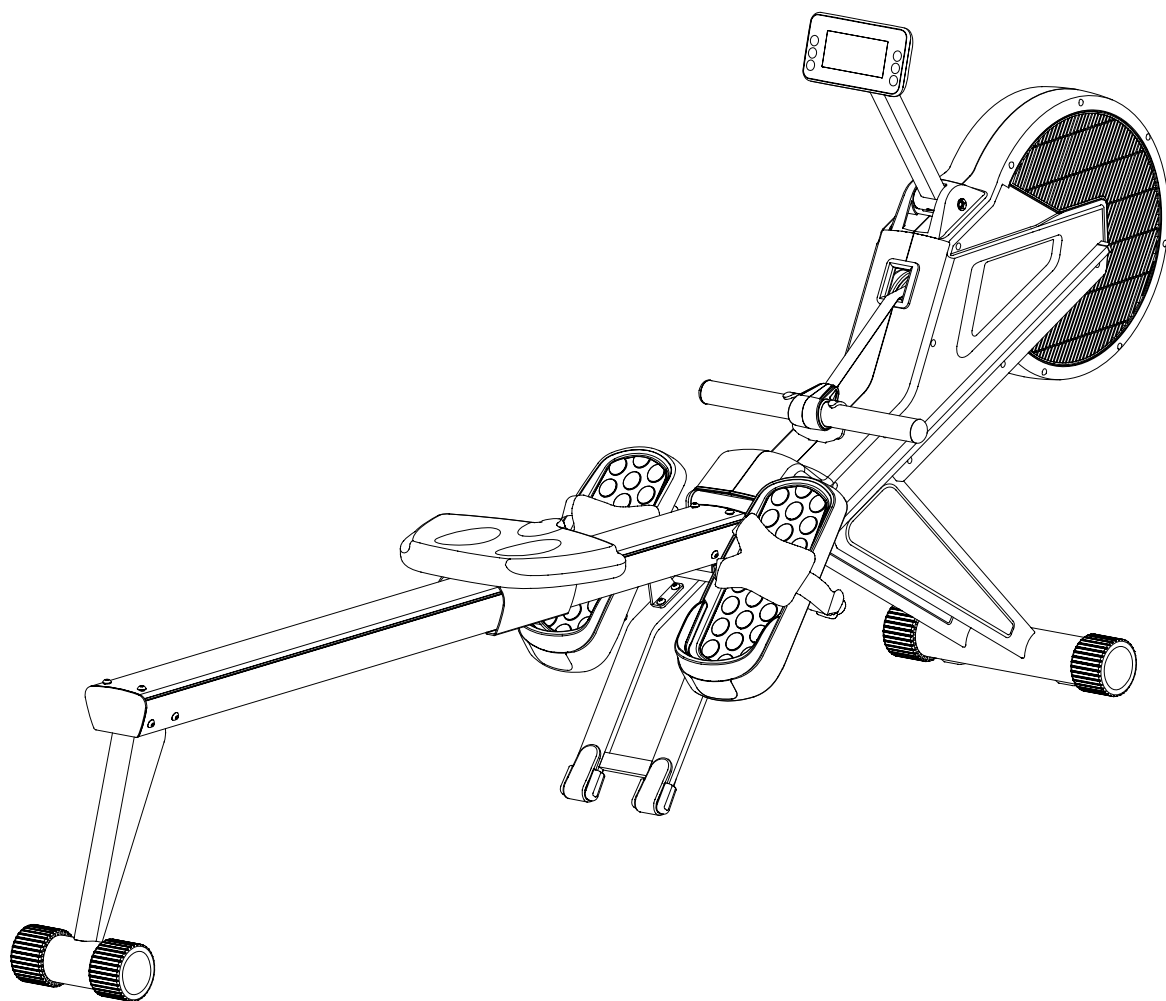




**SPIRIT** FITNESS

# *Fan-Magnetic Rower*



MODEL: **R 800**

Owner's Operating Manual

ENGLISH



Congratulations on the purchase of your new fitness product.

Once you have assembled your product please could you register the serial no and your name and address details at [www.spiritfitnessuk.co.uk](http://www.spiritfitnessuk.co.uk)

If you are unable to do this please contact us on 01782 645000 and press 1 for service.

Please have the following information to hand

Model no: \_\_\_\_\_

Serial no: \_\_\_\_\_

Purchased from: \_\_\_\_\_

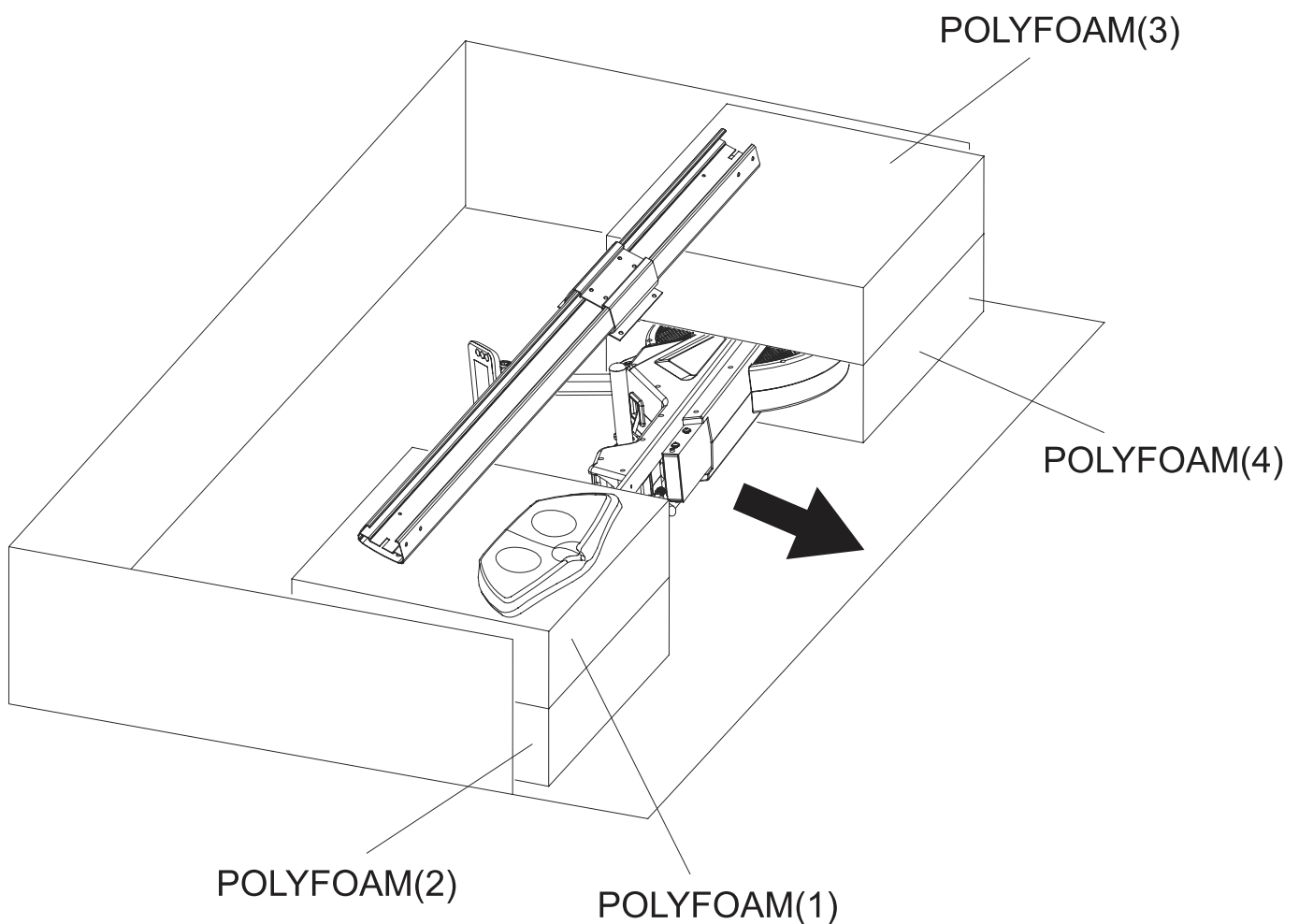
Date purchased: \_\_\_\_\_

WARRANTIES ARE NON TRANSFERABLE

**\*\*Before you start to assemble the machine, please be sure to read the below instructions first and follow each assembly step.**

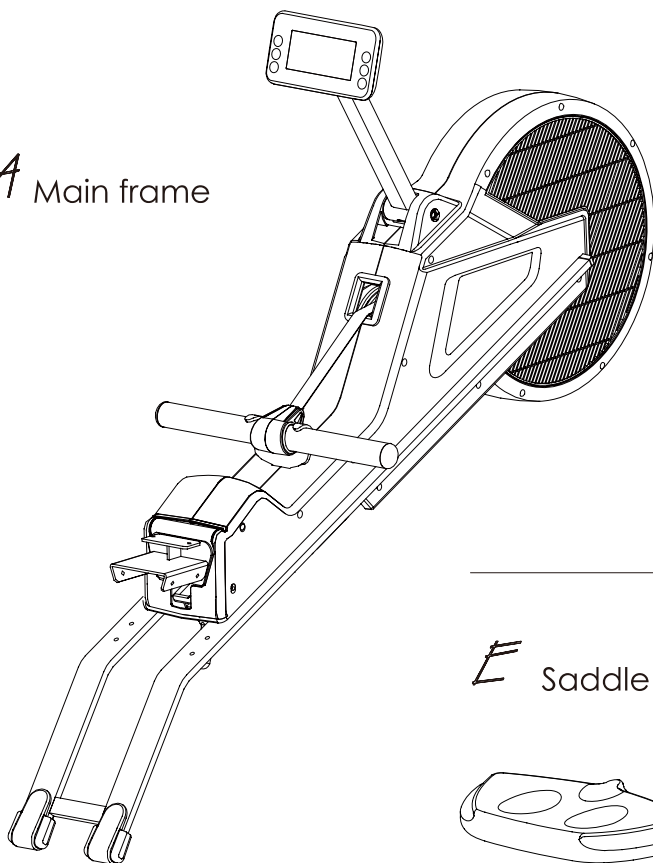
**Warning:**

- (1) Due to the weight of the machine it is recommend that 2 people carry out the assembly process.
- (2) As the machine is heavy the poly-foam is there to help support the machine until assembly steps are completed. Please do not throw away until the machine is assembled.
- (3) When you open the box you will see the machine lying as shown below. Keep part of the carton down under the machine so you can use it as a mat to keep under the machine to protect the floor area until the assembly process is complete.

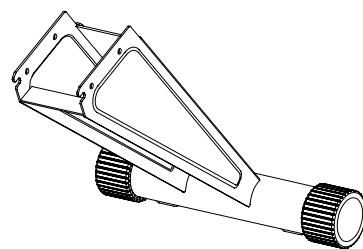


# PARTS LIST

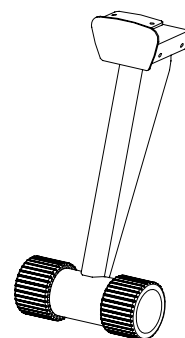
*A* Main frame



*B* Front stabilizer



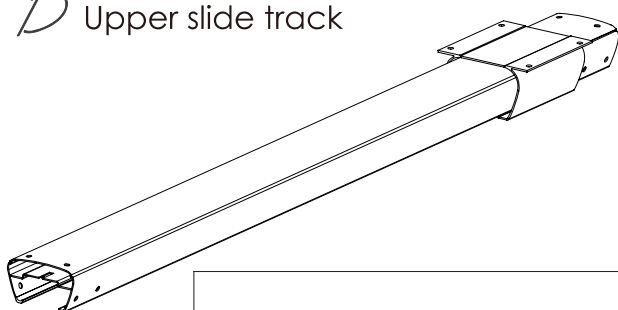
*C* Rear stabilizer



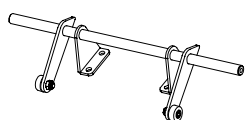
*E* Saddle



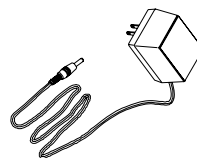
*D* Upper slide track



*G* Connection pedal tube



*K* Adaptor

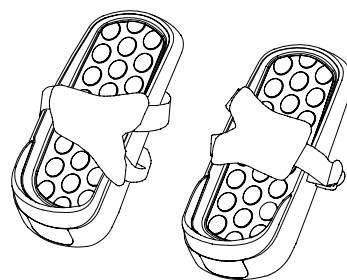


*L* Chest strap



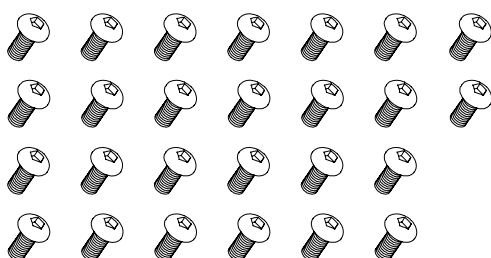
(F1) Pedal(right)

*F*

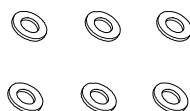


(F2) Pedal(left)

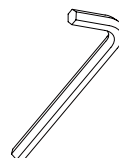
*J* (J1) Screw M8\*16



(J2) Washer M8



Tool  
M6



M5

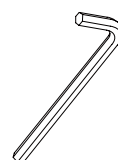
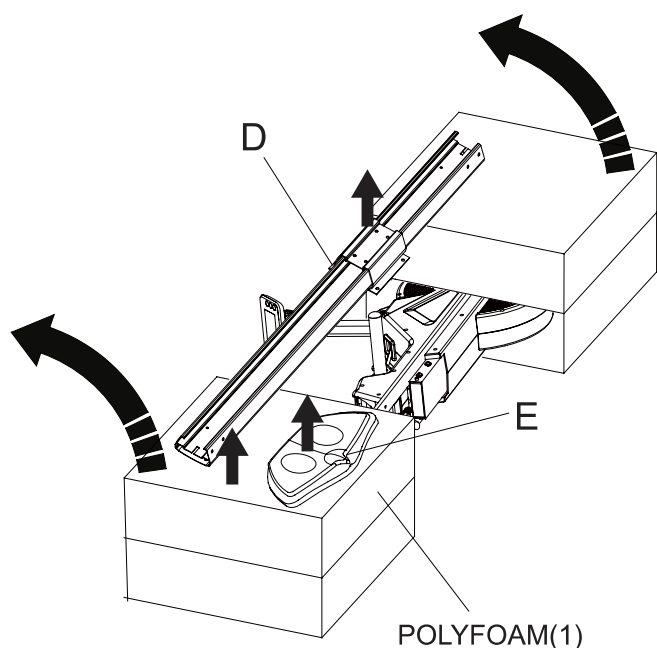


FIGURE 1  
FIGURE 1



## HOW TO REMOVE THE POLY-FOAM

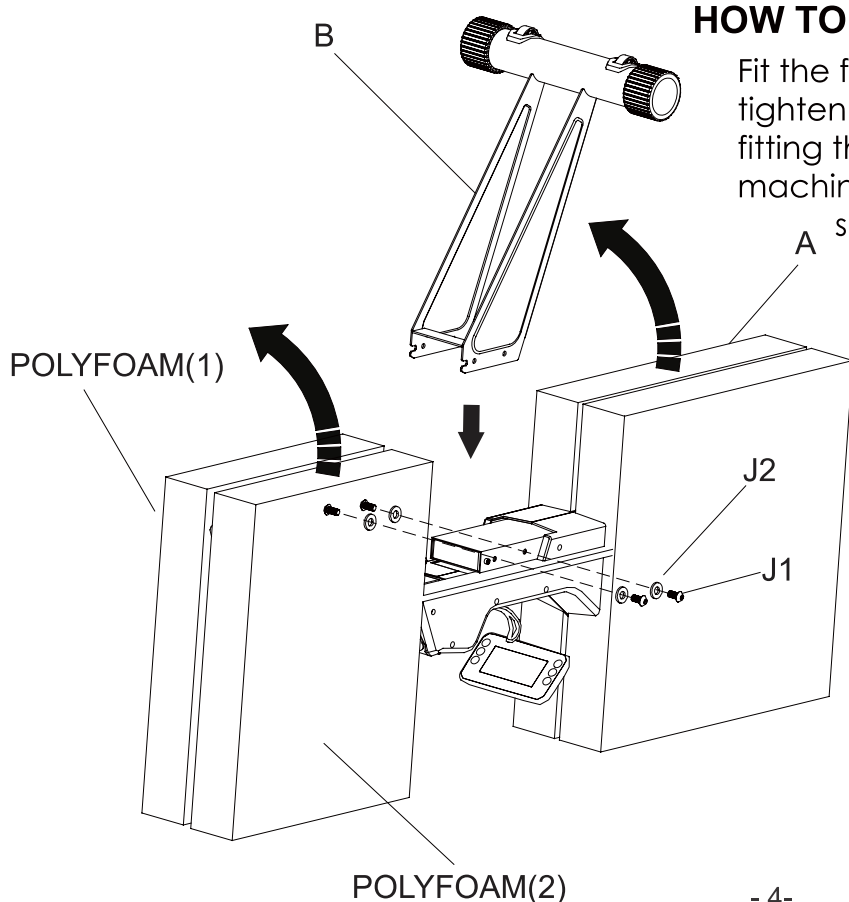
Open the box to see the row as shown in figure 1. Take out all the components except the machine, and then remove the poly-foam and remaining components from inside. Please put the components aside for later use.

Put the poly-foam back to it's original position, then turn the whole unit by 90 degrees (as shown) You are now ready to move on to figure 2.

FIGURE 2  
FIGURE 2

## HOW TO ASSEMBLE THE FRONT STABILIZER

Fit the front stabilizer (B) on to the main frame and tighten it with screws (J1) and washers (J2). After fitting the front stabilizers, using 2 people turn the machine in to the direction of the next figure 3 as shown.



USE TOOL

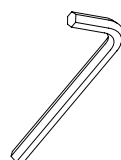


FIGURE 3

FIGURE 3

## HOW TO ASSEMBLE THE CONNECTION PEDAL TUBE

After turning the main frame (A), remove the poly-foam (3, 4) first. Fit the connection pedal tube (G) on to the main frame (A) and using screws (J1) to tighten.

\*\* Please note - before using the pull rope for exercise it is necessary to take out the strap holder first.

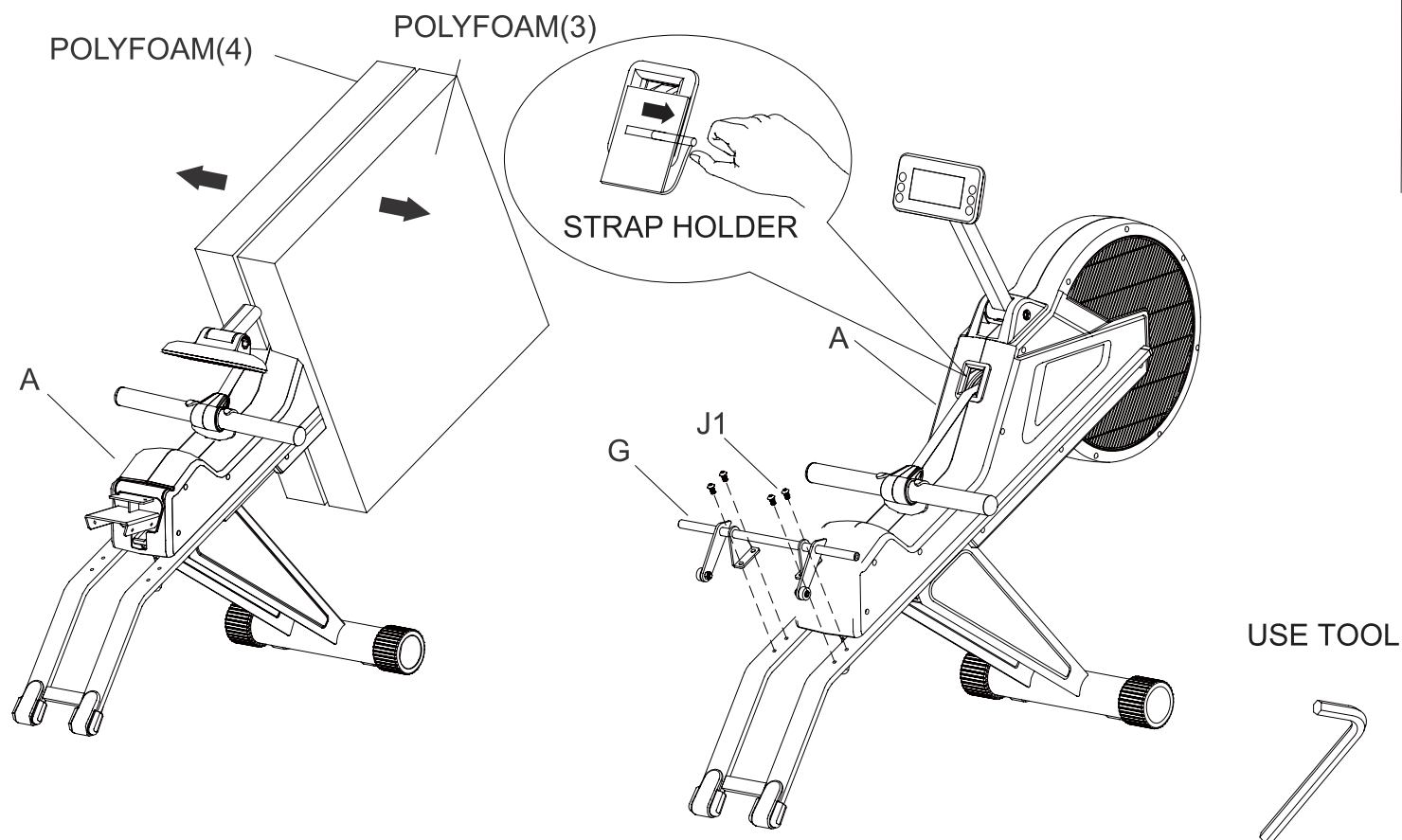
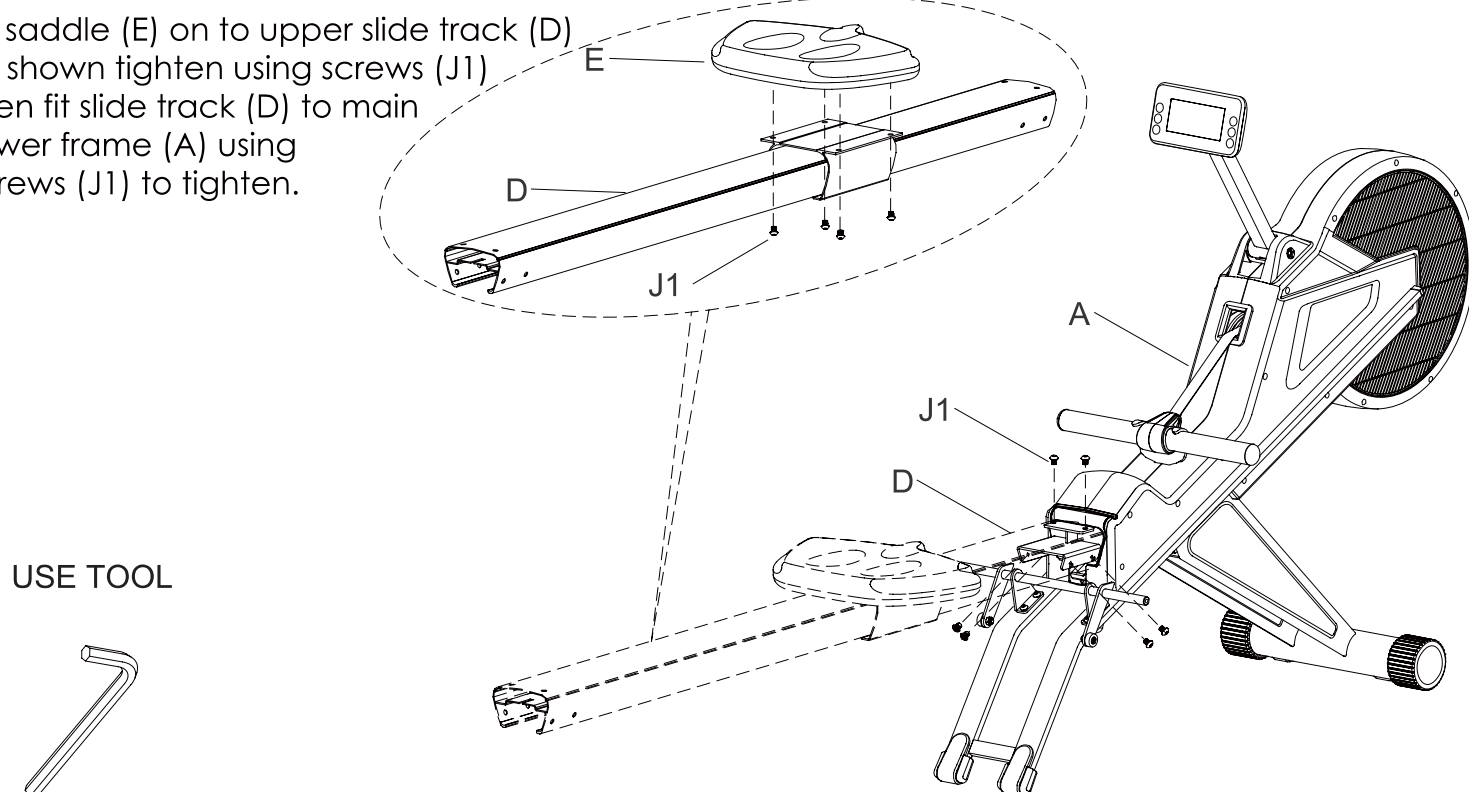


FIGURE 4

FIGURE 4

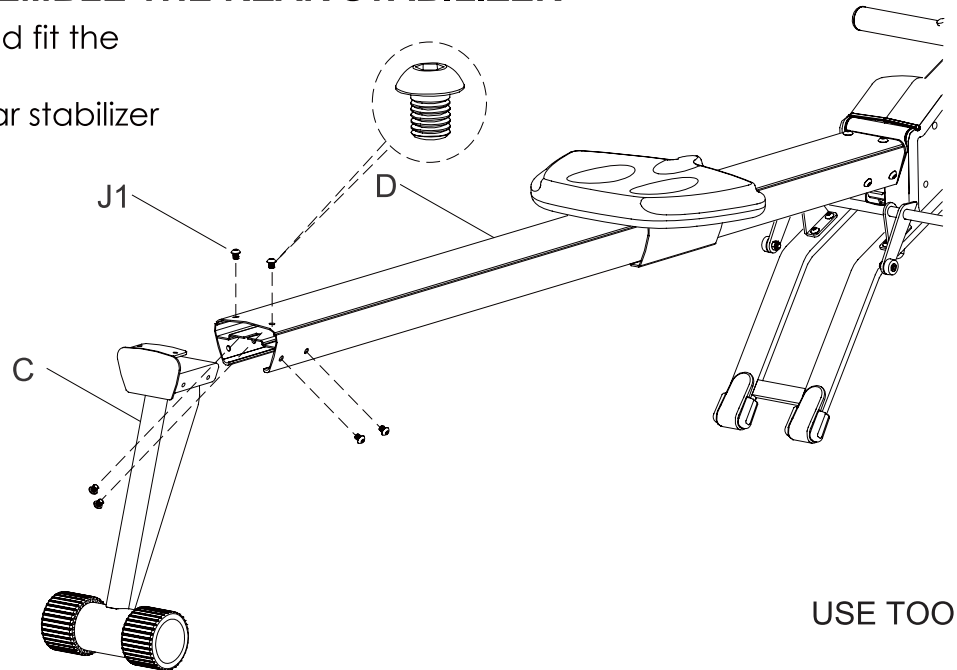
## HOW TO ASSEMBLE THE SADDLE WITH UPPER SLIDE TRACK

Fit saddle (E) on to upper slide track (D) as shown tighten using screws (J1) then fit slide track (D) to main rower frame (A) using screws (J1) to tighten.

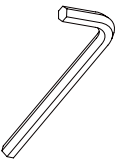


## FIGURE 5 HOW TO ASSEMBLE THE REAR STABILIZER

Pull up the upper slide track(D) and fit the rear stabilizer (C) on.  
Using screws (J1) to attach the rear stabilizer to the upper slide track (D).



USE TOOL



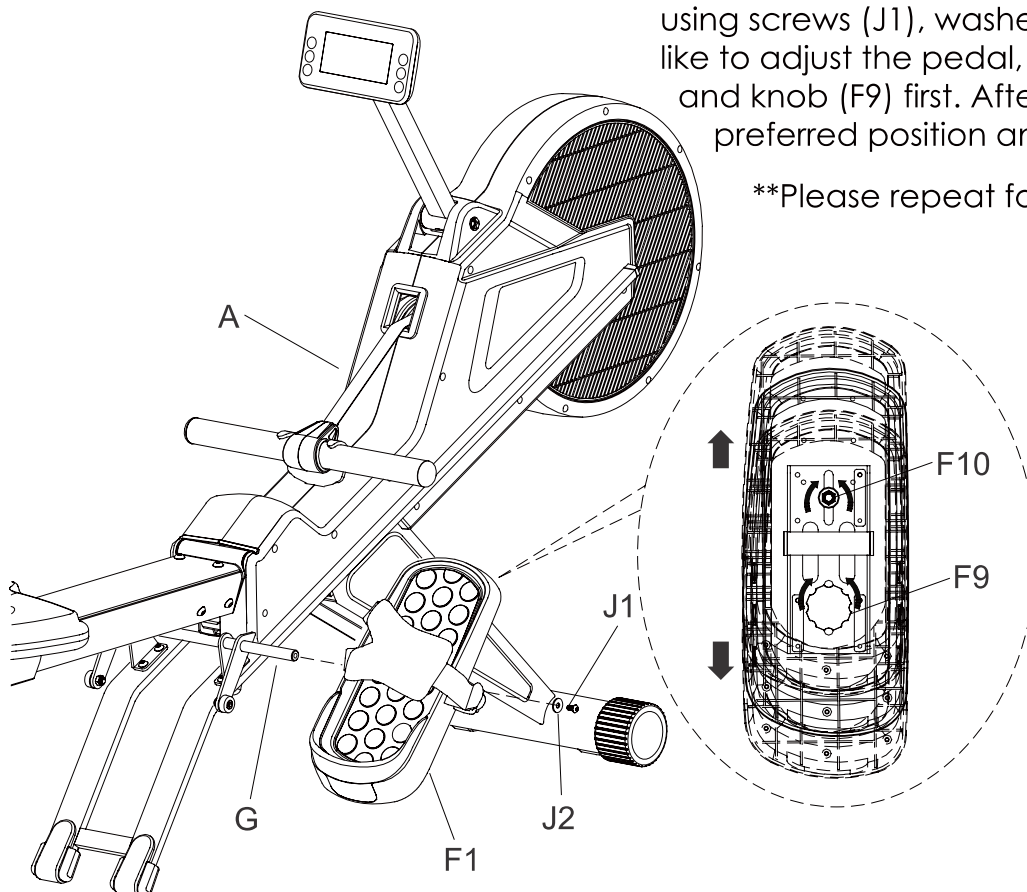
## FIGURE 6

## FIGURE 6

## HOW TO ASSEMBLE AND ADJUST THE PEDAL

Fit right pedal (F1) on to connection pedal tube (G) using screws (J1), washers (J2) to tighten. If you would like to adjust the pedal, please loosen the nut (F10) and knob (F9) first. After up & down adjustment for preferred position and then re-tighten.

\*\*Please repeat for left pedal is required.



USE TOOL

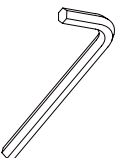


FIGURE 7

**HOW TO ASSEMBLE THE MACHINE**

We recommend that 2 people operate the machine when you would like to fold away this will prevent any possible injury. Loosen the knob (A4) then pull it down. Fold up the slide tracking as shown then tighten the knob. Please be aware to hold the slide tracking until the knob is tightly secured. The mains adapter is required to operate the computer console.

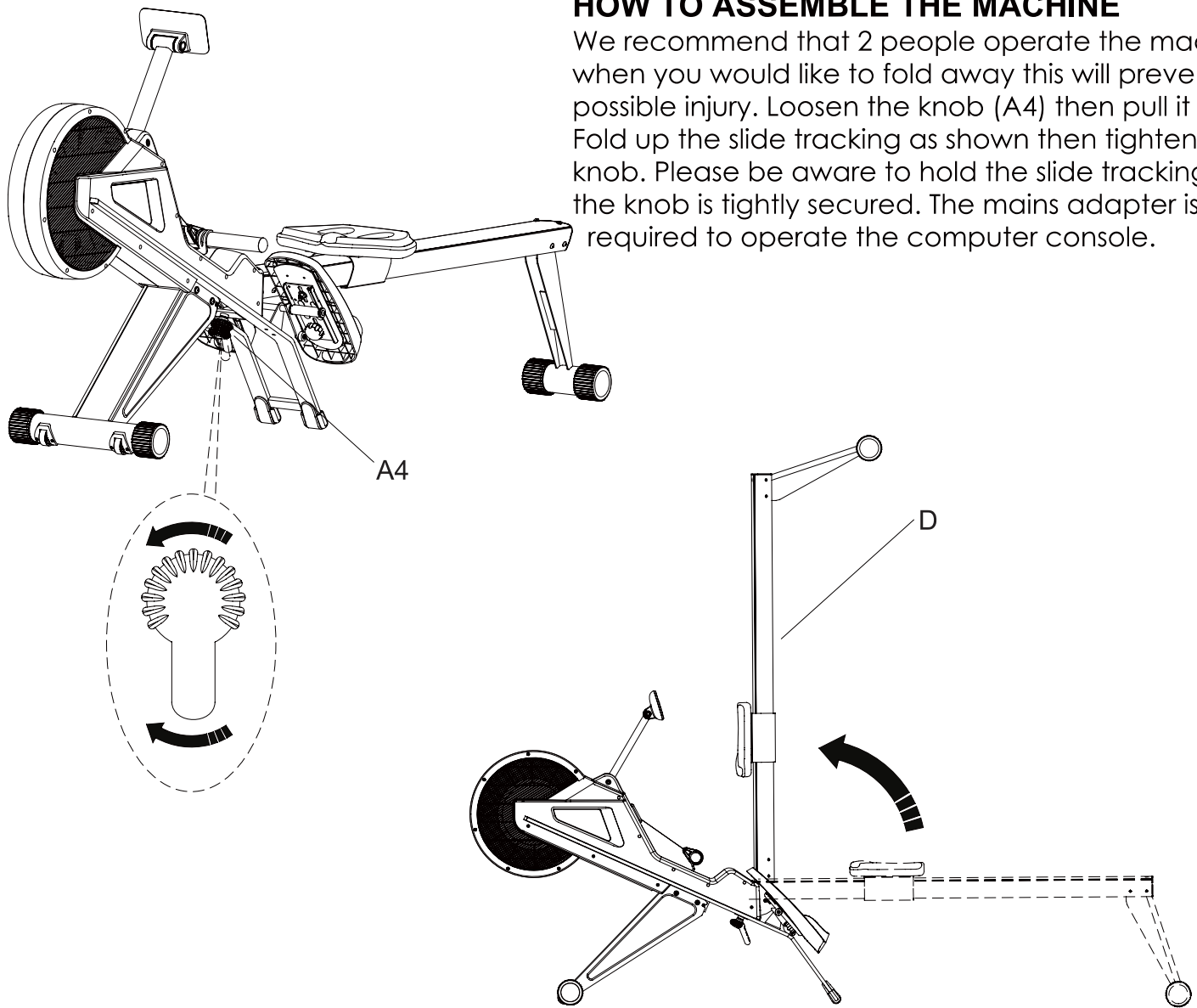


FIGURE 8

**FIGURE 8 HOW TO USE THE ADAPTOR**

The power socket is located at the front of the machine as pictured in Figure 8.

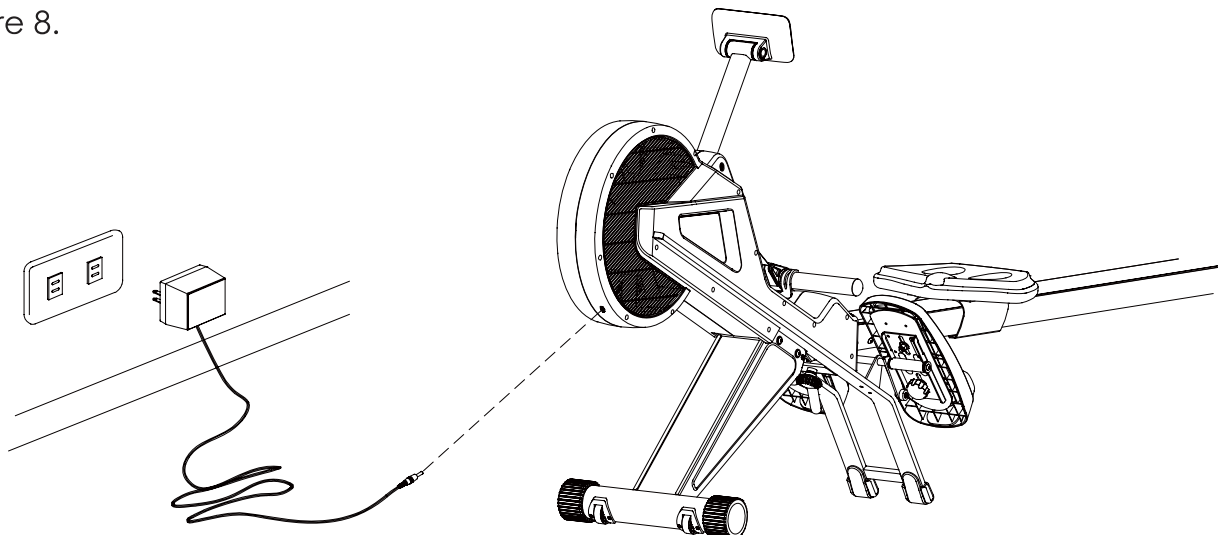




FIGURE 9

## FIGURE 9 — HOW TO MOVE THE MACHINE

The front stabilizer has built-in transport wheels.

Stand at the front of the machine and lift it up until the weight of the machine is transferred to the transport wheels.

You can now easily move the machine to a new location.

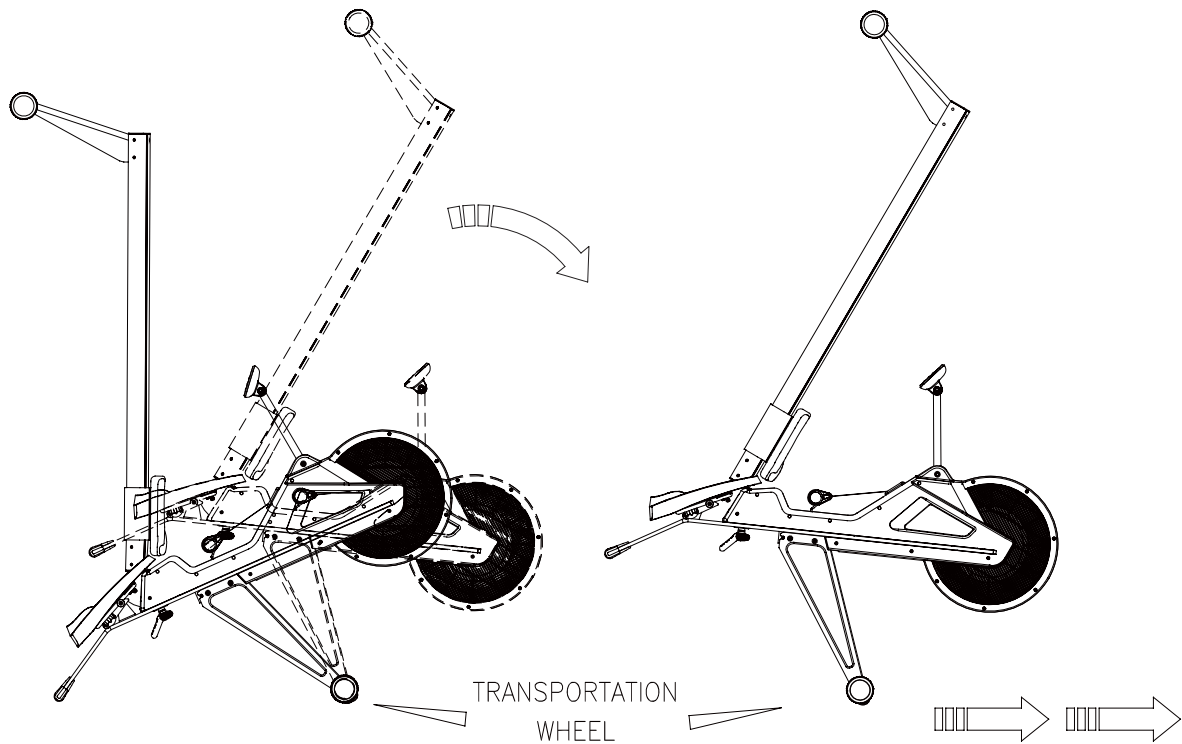


FIGURE 10

## FIGURE 10 —

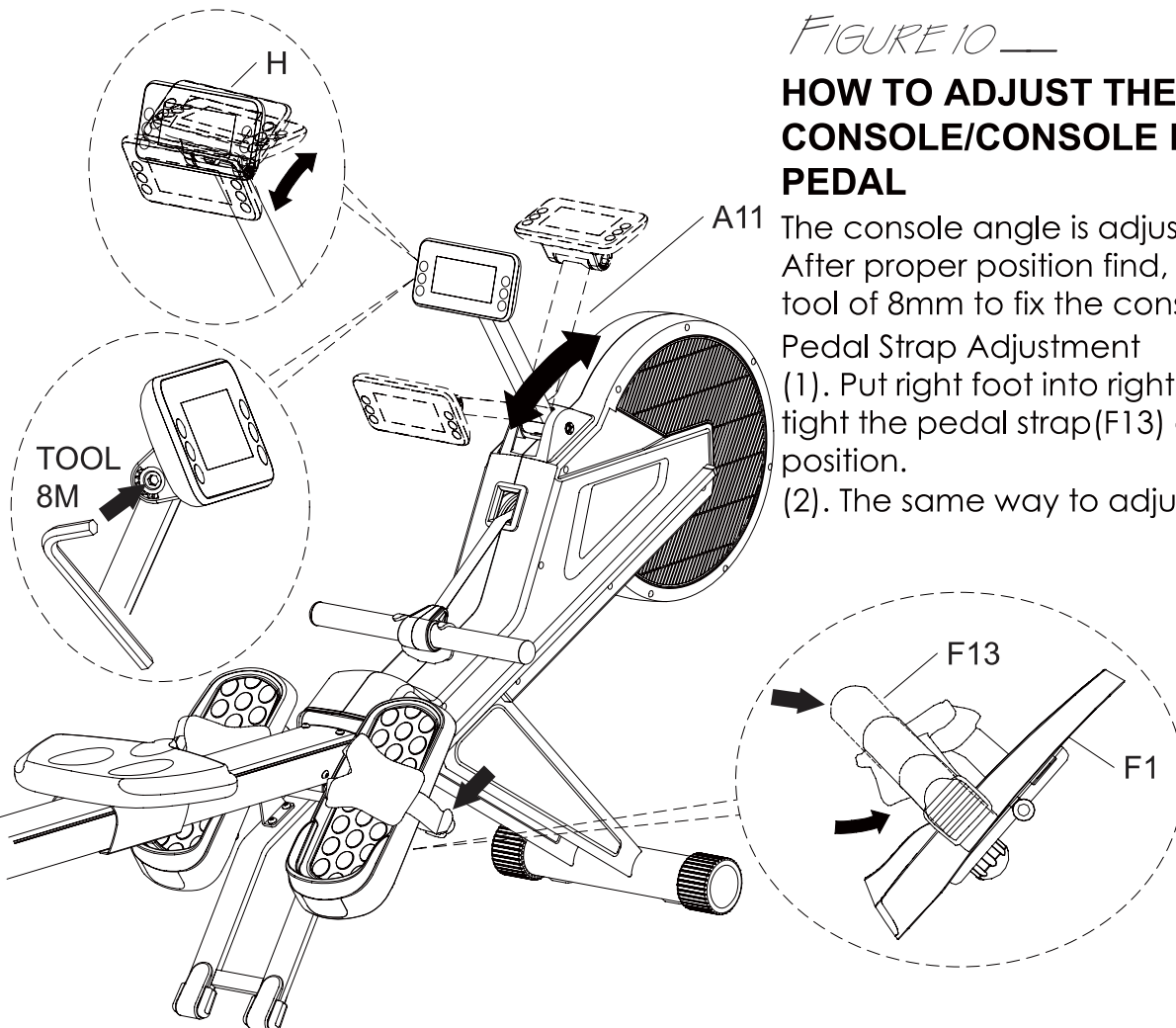
### HOW TO ADJUST THE POSITION FOR CONSOLE/CONSOLE HOUSING AND PEDAL

A11 The console angle is adjustable as shown. After proper position find, please using tool of 8mm to fix the console in to position.

Pedal Strap Adjustment

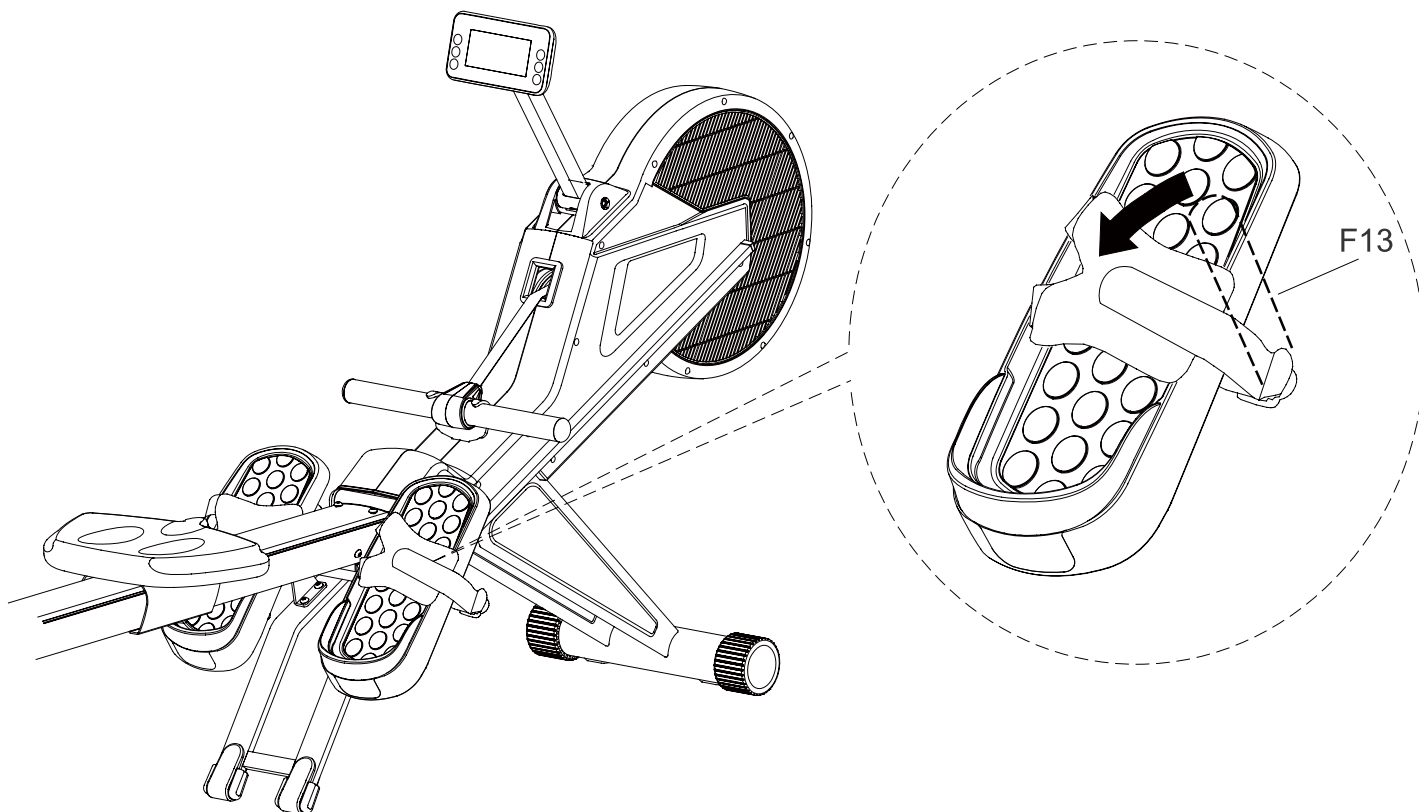
(1). Put right foot into right pedal (F1), tight the pedal strap(F13) after find proper position.

(2). The same way to adjust left side.



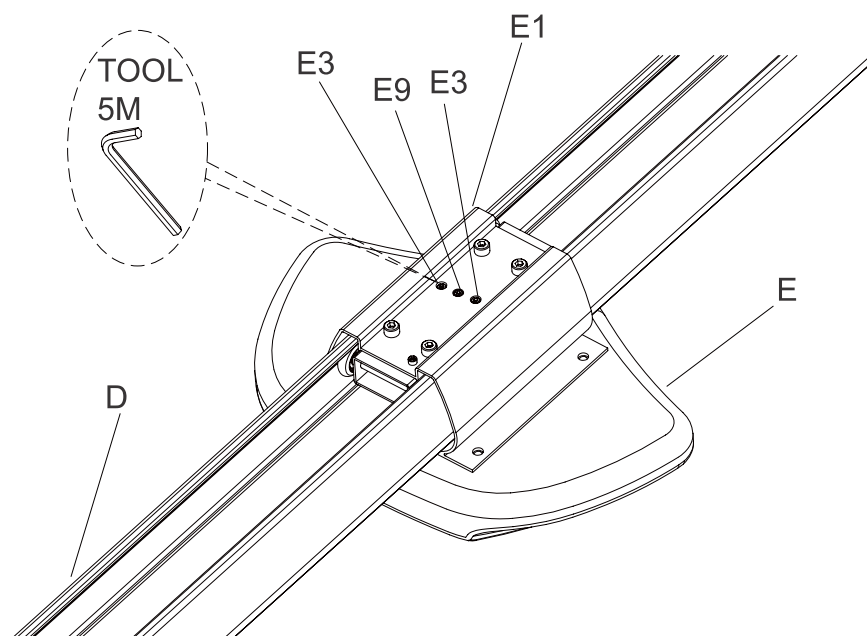
## HOW TO FIX PEDAL STRAP

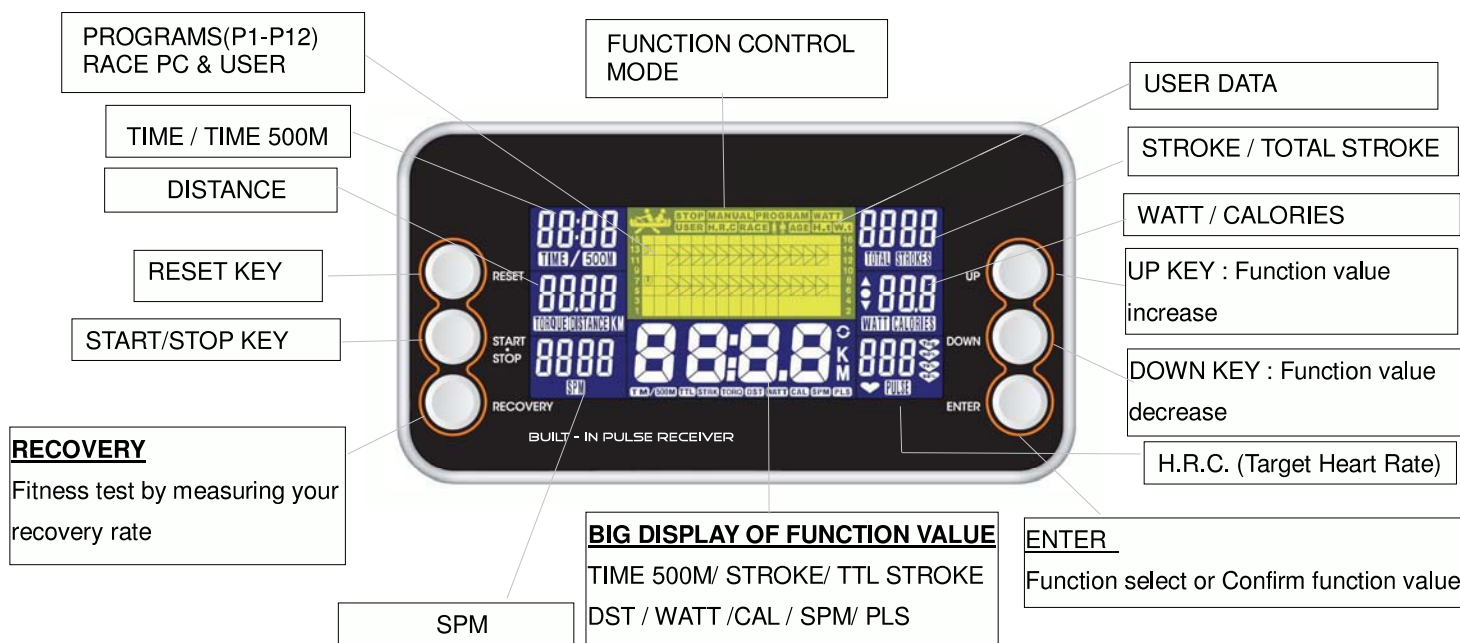
- (1). Tighten the pedal strap (F13) after you have found the position which is correct for you.
- (2). The same way to adjust left side pedal strap.





### **\*\*Notice about Adjustment of Upper Slide Track (D) and Sliding Track (E1)**

There are 3 pieces of screws (E9\*1pc and E3\*2pcs) as the diagram shown under the sliding track (E1). Loosen the middle screw (E9) first and then adjust the other 2 pieces of screws (E3) to be loose or tight depending personally. Lastly, tighten the middle screw (E9) to fix.





## FUNCTION

SCAN	: Alternates between WATTS/CALORIES and SPM/SPEED. 6 seconds per display.
SPM	: 0~15~999
SPEED	: 0.0~99.9 km/h
TIME	: 0:00~99:59.
DISTANCE	: 0.00~99.99 km
CALORIES	: 0~999.
HEART SYMBOL	: ON / OFF flashes
MANUAL	: 1~16 level
PROGRAM	: P1~P12
WATT	: 0~999 watts
WATTS CONSTANT	: 10~350
USER	: U1~U4
H.R.C	: 55%、75%、90%、IND (TARGET)
PULSE	: P~30~240, max value is available.
STROKES	: 0 ~ 9999
TOTAL STROKES	: 0 ~ 9999
TIME/500M	: 0:00 ~ 99:59
USER DATA	: U0 ~U4 (U1 ~ U4 memorized user data)
◆ GENDER / SEX	: GIRL / BOY SYMBOL select  
◆ AGE	: 10-25-99
◆ HEIGHT	: 100-160-200 ( CM ) / 40-60-80 (INCH)
◆ WEIGHT	: 20-50-150 (KG) / 40-100-350 (LB)

## OPERATION DESCRIPTION

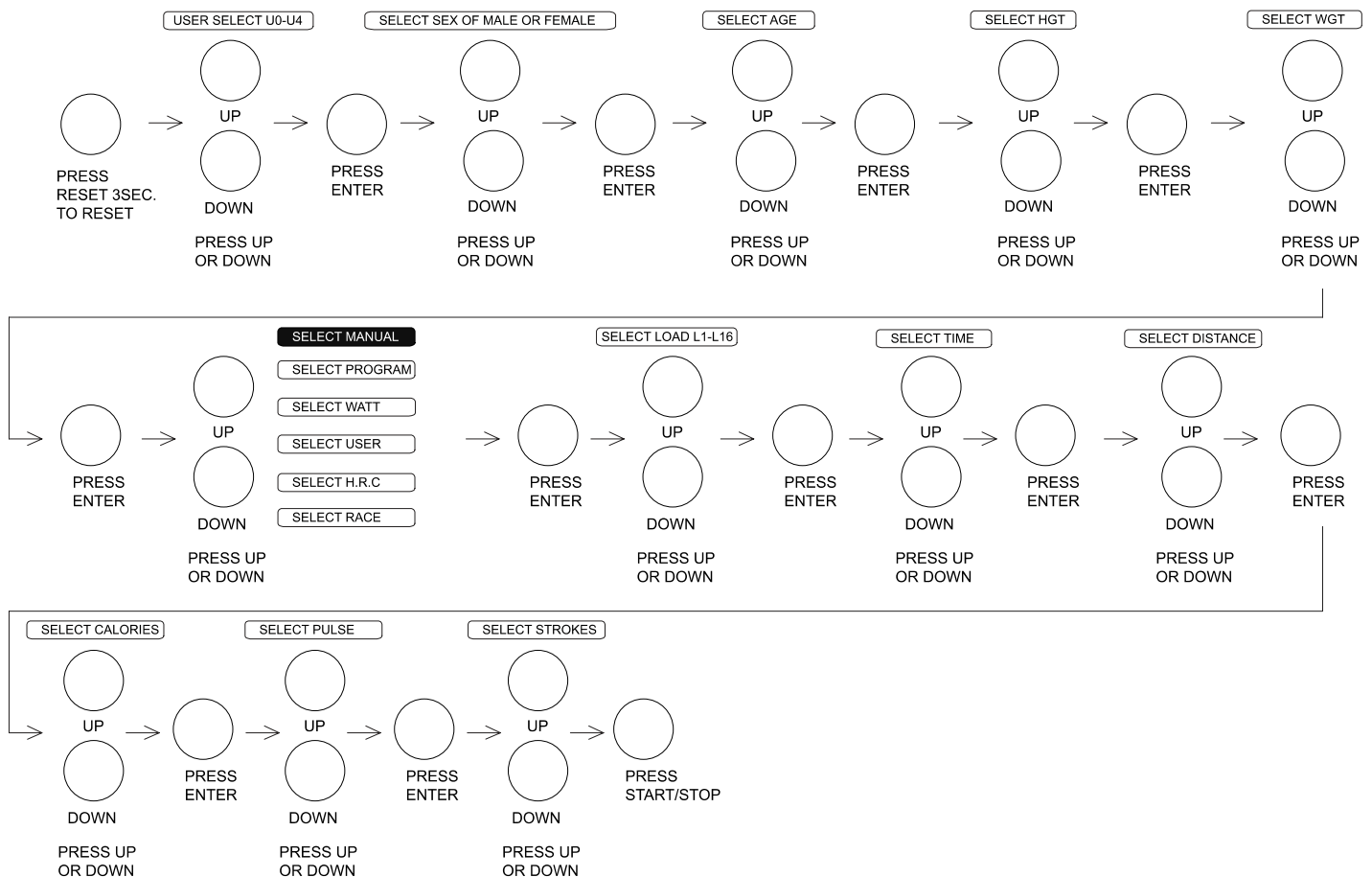
1. Make sure plug in right power adaptor (6V 1A), and regarding with different country system pin, and then powering on: LCD full display for 2 seconds.
2. BUILT-IN Heart Rate Receiver with chest Belt  
The computer with built-in Heart Rate receiver , the user can put on chest belt to detect the Heart Rate beat.; How to put on chest belt, please refer Chest Belt user manual.

3. Powering on (or hold RESET key for 2 seconds) full display. Press START/STOP key entering MANUAL control mode directly and start exercise.
4. USER display in dot matrix to choose (U0-U4), you can **Press UP increase / Down decrease keys** — to choose USER number and input USER data (GENDER / AGE / HEIGHT / WEIGHT) after pressing ENTER for confirmation. Press ENTER key for confirmation of everything, it will step to upper key functions, all blink and wait for USER, **Press UP increase / Down decrease keys** for choice, it will jump back to UX(0-4) choice). ※ USER: U0 ~U4 ( U1 ~ U4 memorized user data; U0- No memory of data and workout value)
5. ENTER “CONTROL MODE”- MANUAL / PROGRAMS / WATT/ USERS / H.R.C./ RACE

#### 5.1 Manual

LOAD1 and display in dot matrix after pressing ENTER key for confirmation, now Press UP increase / - Down decrease keys for adjusting LOAD value and ENTER key for confirmation, **Press UP increase / Down decrease keys** again for setting, Press START and begin to exercise after finish all functions' setting (I.e. TIME 、DISTANCE 、CALORIES 、HEART RATE 、STROKE).

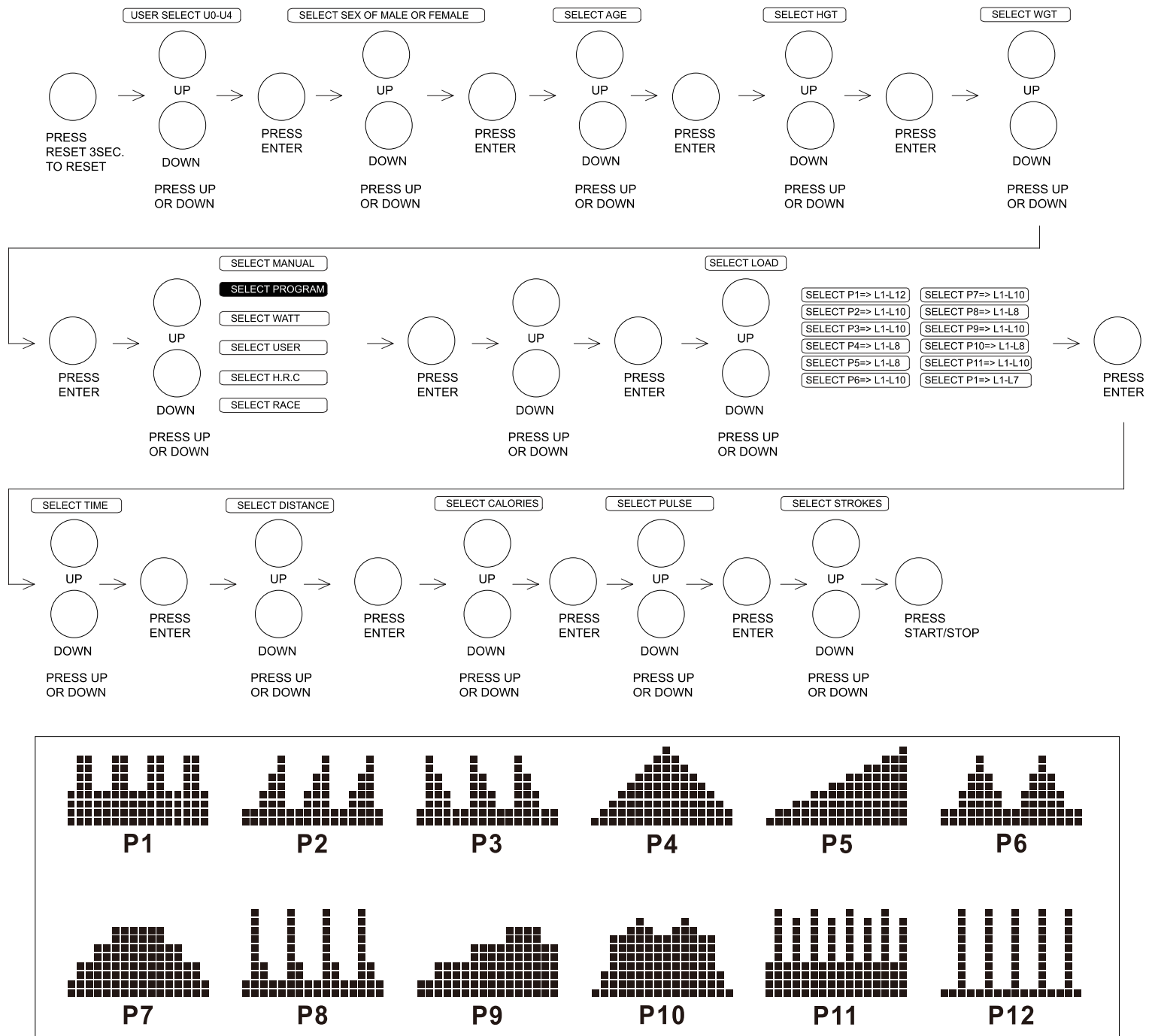
### MANUAL mode



#### 5.2 PROGRAM

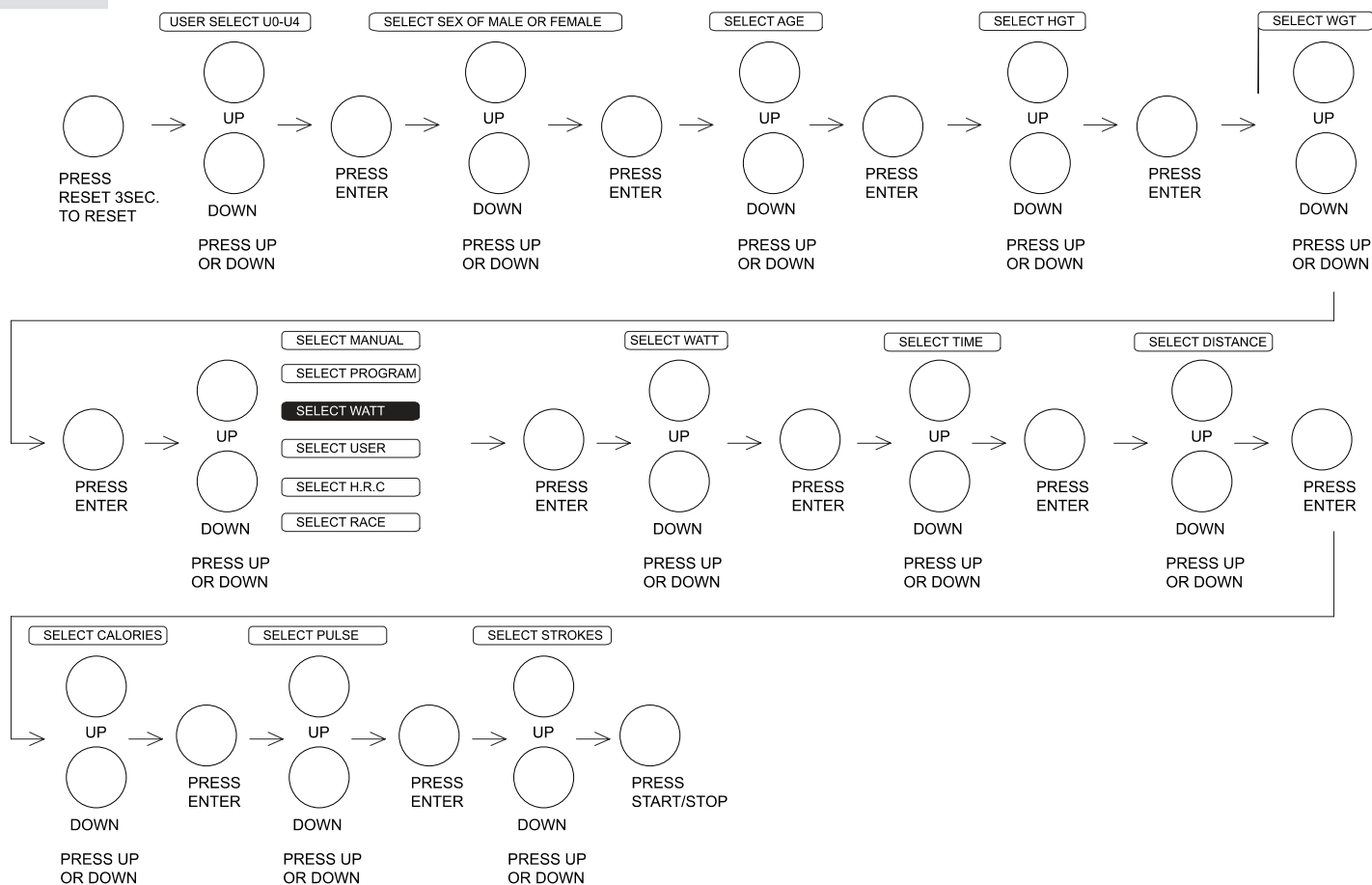
If choose Program diagram P1-P12 in dot matrix after pressing ENTER -key to program. After select ideal program diagram to Press UP increase / Down decrease keys for adjusting LOAD value, and begin to exercise after finish all functions' setting (I.e. TIME 、DISTANCE 、CALORIES 、HEART RATE 、STROKE).

## PROGRAM mode



5.3 WATTS CONSTANT User can default WATTS value at his/her desire watts between 10~350 watts by using the UP/ DOWN keys. To fix WATTS constant value and then press START/STOP key. Utilizing WATTS control mode to train yourself in different WATTS constant.

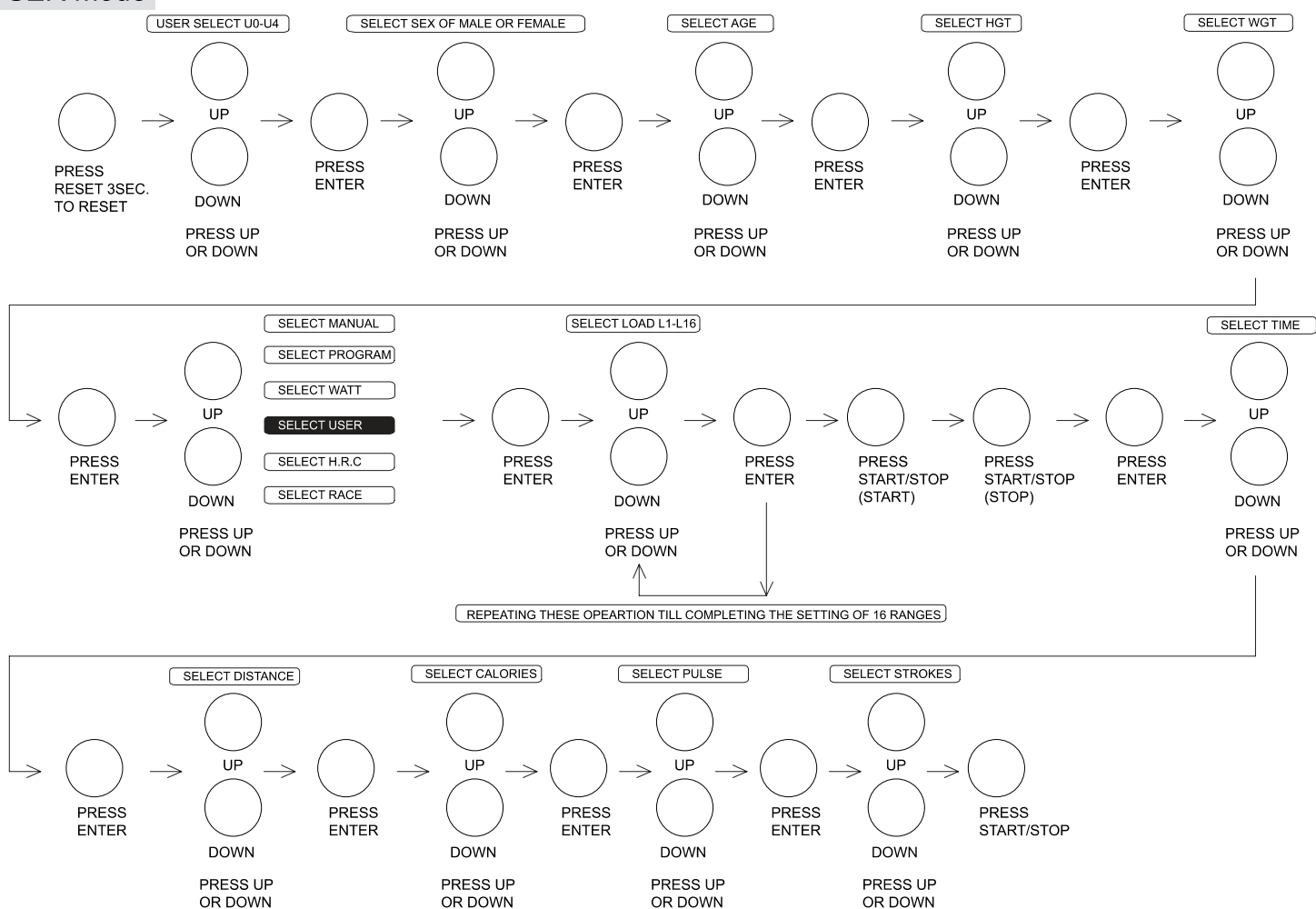
## WATT mode



### 5.4 USER

Create USER own Program profile through U1~U4 by setting the resistance level (1~16 levels) for each individual segment. Then the Program will be automatically saved for future use. U0 ENTER can be set the same as U1~U4 but this Program cannot be saved.

## USER mode

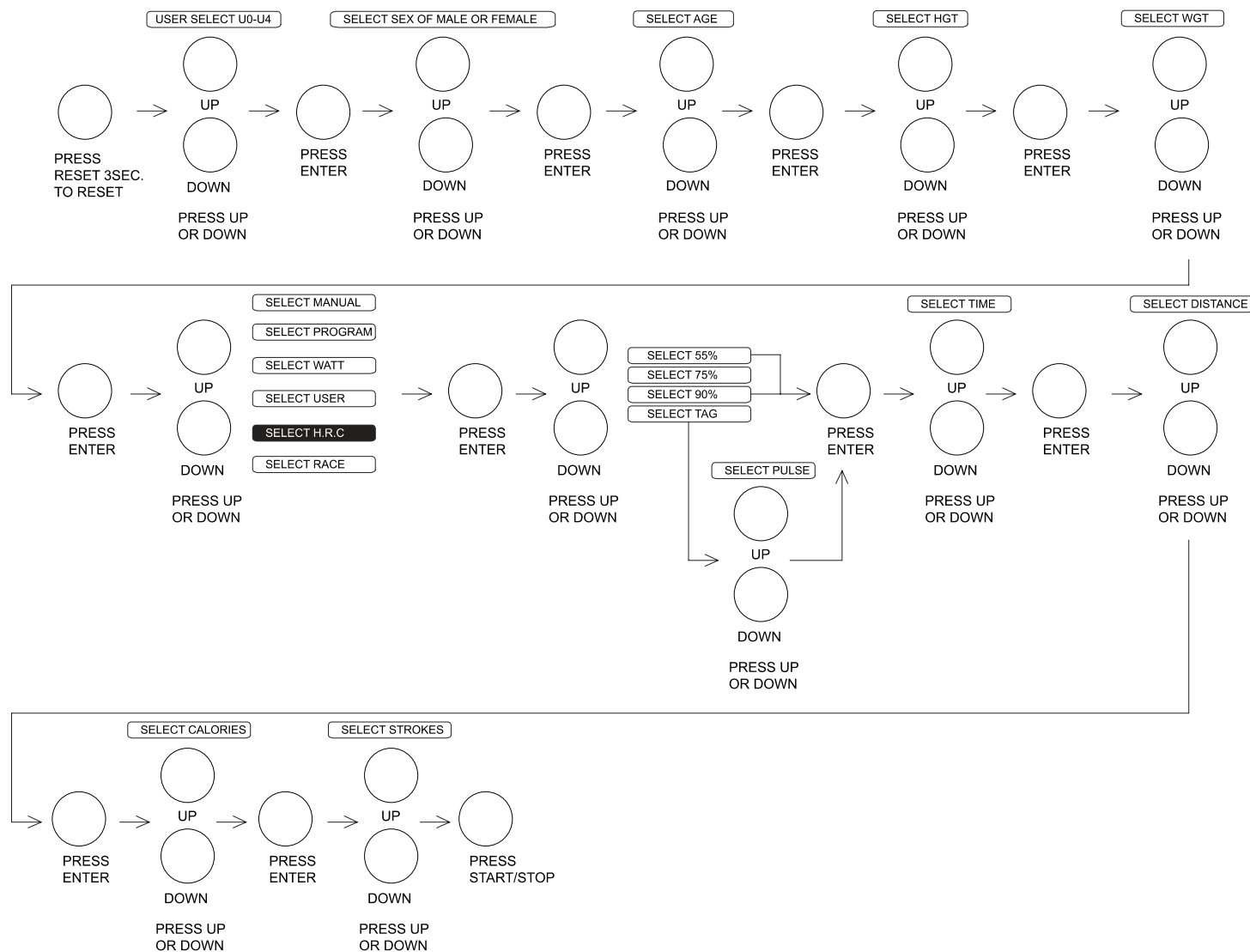


## 5.5 H.R.C

**HEART RATE CONTROL-** Select your own target Heart Rate by choosing from one of the preset programs 55%, 75%, or 90%. Please ENTER your age into the User Data to ensure that your target heart rate is set correctly. The HEART RATE display will flash when you have reached your target heart rate according to the Program you have chosen.

- i. 55% -- DIET PROGRAM
- ii. 75% -- HEALTH PROGRAM
- iii. 90% -- SPORTS PROGRAM
- iv. TAG --USER SET TARGET HEART RATE

### H.R.C mode



## 5.6 RECOVERY

When you have finished your workout, press RECOVERY. For RECOVERY to function correctly, it needs your Heart Rate input. TIME will count down from 1 minute and then your fitness level from F1 to F6 will be displayed.

NOTE: during RECOVERY, no other displays will operate.

**F1 ~ F6 = RECOVERY HEART RATE LEVEL**

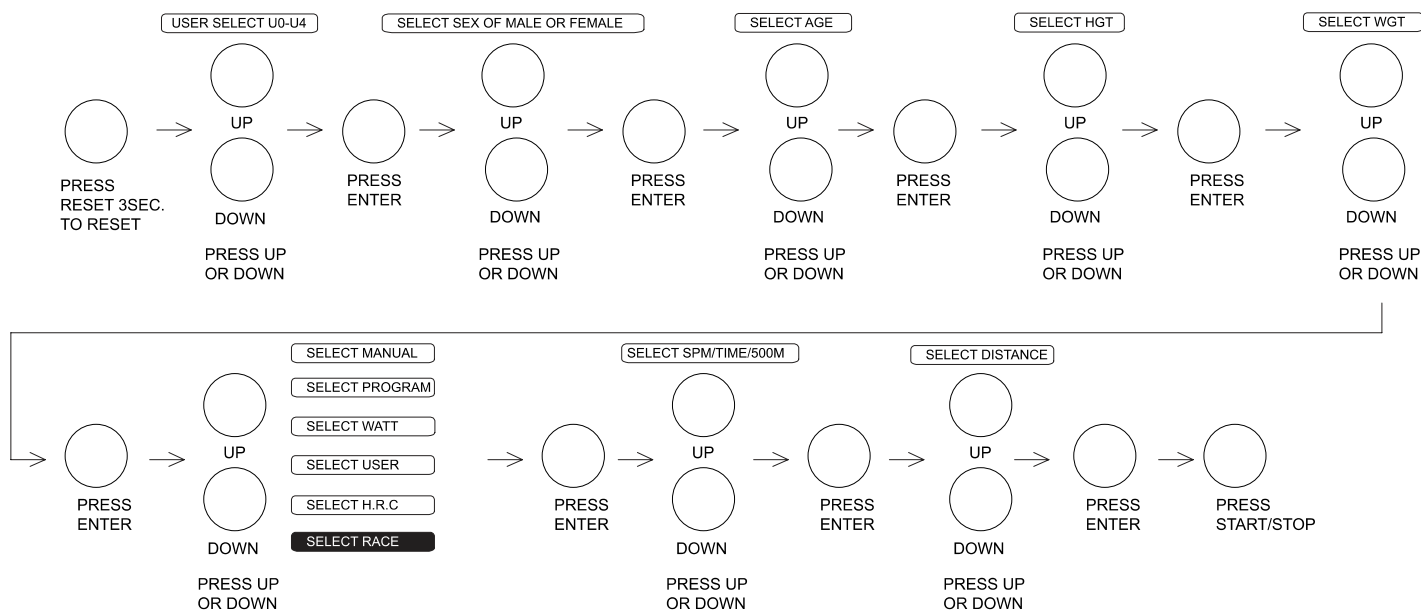
Score <sup>Ⓢ</sup>	Condition <sup>Ⓢ</sup>	Heart Rate <sup>Ⓢ</sup> ( from test HR minus end HR) <sup>Ⓢ</sup>
F1 <sup>Ⓢ</sup>	Excellent <sup>Ⓢ</sup>	Above 50 <sup>Ⓢ</sup>
F2 <sup>Ⓢ</sup>	Good <sup>Ⓢ</sup>	40 ~ 49 <sup>Ⓢ</sup>
F3 <sup>Ⓢ</sup>	Average <sup>Ⓢ</sup>	30 ~ 39 <sup>Ⓢ</sup>
F4 <sup>Ⓢ</sup>	Fair <sup>Ⓢ</sup>	20 ~ 29 <sup>Ⓢ</sup>
F5 <sup>Ⓢ</sup>	Poor <sup>Ⓢ</sup>	10 ~ 19 <sup>Ⓢ</sup>
F6 <sup>Ⓢ</sup>	Very Poor <sup>Ⓢ</sup>	Under 10 <sup>Ⓢ</sup>



## 5.7 RACE

**Press UP increase / Down decrease keys** to adjust SPM and DISTANCE of PC. PRESS START to begin the RACE , USER & PC symbol blinking to show who run first (USER 1~16 LOAD is adjustable in race). End of race distance, the result is WIN, or USER LOSE.

### RACE mode



## 5.8 TIME/500M

Computer/console will automatically calculate user's rowing 500 meter need to spend how much time regarding with USER'S SPM. We call TIME/500M function value.

## 5.9 AVERAGE: A + Display

USER press STOP KEY to stop workout, the monitor will show A + ( AVERAGE -FUNCTION VALUE), Include TIME/500 M ; SPM ; HEART RATE.

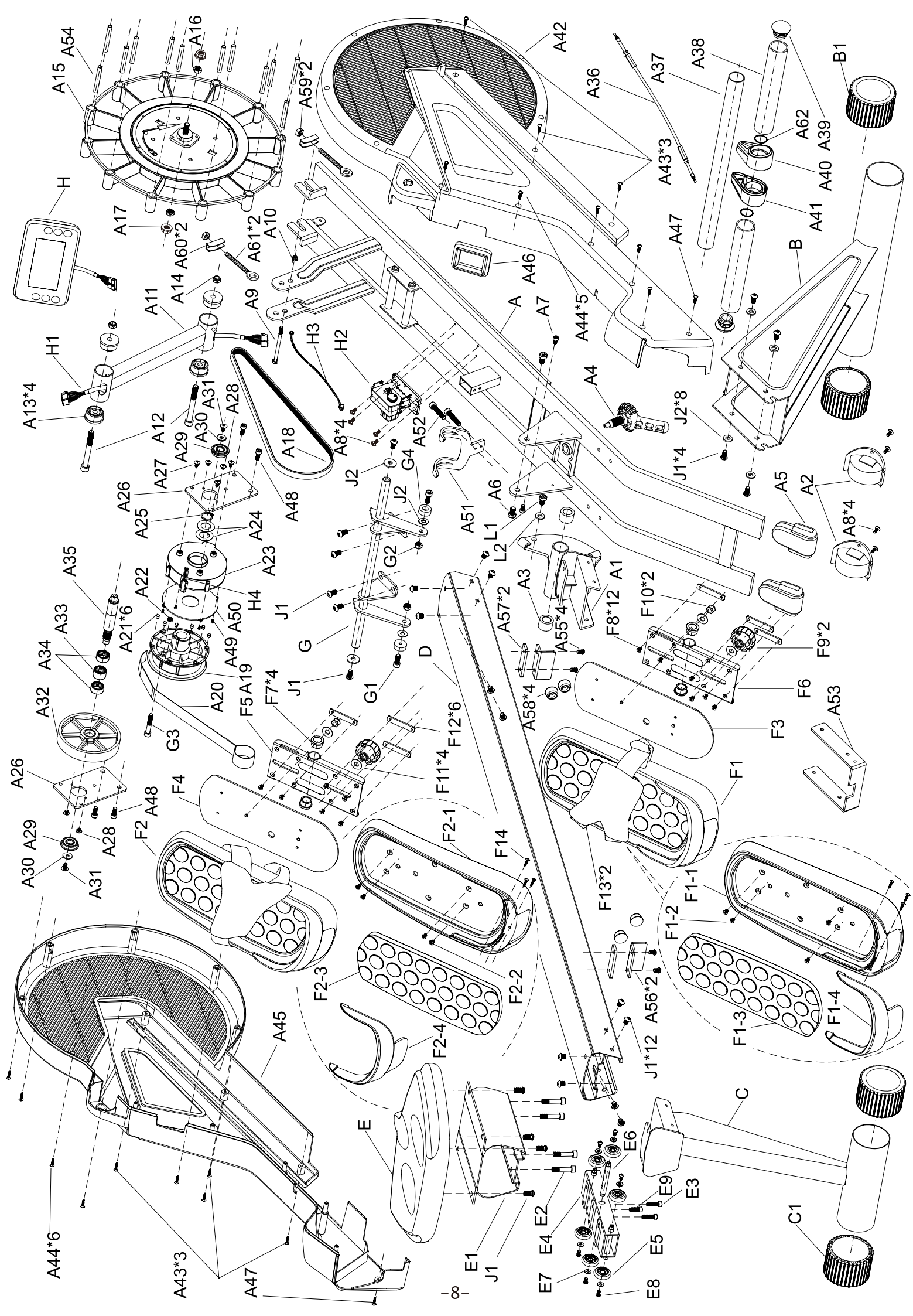
## KEY FUNCTIONS

1. ENTER KEY : Function select and confirmation key.
2. UP / DOWN KEY : Increase and decrease or select option.
3. RESET KEY : reset all displays to default values.
4. START/STOP KEY : start/stop key
5. RECOVERY KEY : Fitness test by measuring your recovery rate.
6. ENTER+RESET : Under STOP situation, if press ENTER+RESET together then the units KM / ML can be switched

## TIPS

1. Option: Plug in AC Adaptor (**6 VOLT, 1A**).
2. Keep moisture away from computer.





P/N	DESCRIPTION	Q"TY	P/N	DESCRIPTION	Q"TY
A	MAIN FRAME	1	A53	FIX PLATE OF FRONT STABILIZER	1
A1	SWIVEL AXIS	1	A54	AXLE $\phi$ 12*39	12
A2	TRANSPORTATION WHEEL	2	A55	SCREW M6*12	4
A3	BUSH	2	A56	BLOCK PLATE OF SLIDE TRAIL	2
A4	KNOB	1	A57	PLATE 20*60*4T	2
A5	FEET END CAP	2	A58	BUMPER	4
A6	SCREW M8*16	2	A59	NUT M6	2
A7	SCREW M6*10	2	A60	BRACKET	2
A8	SCREW 5/32"*1/2"	8	A61	SCREW M6*40	2
A9	SCREW M6*90	1	A62	RUBBER STINGER	2
A10	NUT M6	1	B	FRONT STABILIZER	1
A11	CONSOLE TUBE	1	B1	END CAP	2
A12	SCREW 3/8"*3 3/4"*	2	C	REAR STABILIZER	1
A13	BUSH $\phi$ 38*3/8	4	C1	END CAP	2
A14	NUT 3/8	2	D	UPPER SLIDE TRACK 1500MM	1
A15	PLASTIC PULLEY	1	E	SADDLE LS-E29	1
A16	NUT 3/8*26(UNF)	2	E1	SLIDING TRACK 180MM	1
A17	NUT 3/8*26(UNF)	2	E2	SCREW M8*40	4
A18	BELT 350J6	1	E3	SCREW M6*25	2
A19	PULLEY	1	E4	PULLEY SEAT	1
A20	TENSION BELT	1	E5	WHEEL	6
A21	MAGNETIC $\phi$ 6*5T	6	E6	AXLE	1
A22	NUT 3/16"	1	E7	WASHER $\phi$ 5* $\phi$ 13*1.5T	6
A23	SPRING BOX	1	E8	SCREW M5*10	6
A24	WASHER	2	E9	SCREW M6*20	1
A25	C CLIP S20	1	F1	PEDAL(R)	1
A26	PULLEY SEAT PLATE	2	F1-1	BOTTOM COVER OF PEDAL(R)	1
A27	SCREW M5*10	3	F1-2	SCREW M6*8	4
A28	SCREW M5*6	4	F1-3	CUSHION PAD(R)	1
A29	BEARING 6201ZZ	2	F1-4	FRONT COVER OF PEDAL(R)	1
A30	WASHER M6	2	F2	PEDAL(L)	1
A31	SCREW M6*12	2	F2-1	BOTTOM COVER OF PEDAL(L)	1
A32	BELT WHEEL $\phi$ 126	1	F2-2	SCREW M6*8	4
A33	ONE WAY BEARING(FC2016)	1	F2-3	CUSHION PAD(L)	1
A34	BEARING(HK2012)	2	F2-4	FRONT COVER OF PEDAL(L)	1
A35	AXLE	1	F3	PEDAL PLATE (R)	1
A36	TENSION CABLE 600MM	1	F4	PEDAL PLATE (L)	1
A37	HANDLE	1	F5	PEDAL BOTTOM SEAT (L)	1
A38	SPONGE HDR $\phi$ 30*3T*215MM	2	F6	PEDAL BOTTOM SEAT (R)	1
A39	END CAP $\phi$ 1 1/4"	2	F7	BUSH (T021F)	4
A40	COVER OF TENSION BELT (R)	1	F8	SCREW M5*8	12
A41	COVER OF TENSION BELT (L)	1	F9	KNOB 3/8"	2
A42	CHAIN COVER(R)	1	F10	NUT 3/8	2
A43	SCREW 3/16"*1/2"	6	F11	WASHER $\phi$ 3/8"*2T* $\phi$ 23	4
A44	SCREW 3/16"*5/8"	11	F12	CLAMP OF MESH BELT	6
A45	CHAIN COVER(L)	1	F13	PEDAL COVER	2
A46	FRAME OF TENSION BELT	1	F14	SCREW 5/32*5/8	6
A47	SCREW M5*12	2	G	CONNECTION PEDAL TUBE	1
A48	SCREW M8*16	4	G1	SCREW M8*20	2
A49	SCREW 1/8"*1/2"	4	G2	NUT M8	2
A50	COVER OF SPRING BOX	1	G3	SCREW 3/16"*1 1/4"	1
A51	HANDLE FIXED SEAT	1	G4	BUMPER	2
A52	SCREW M5*45	2	H	CONSOLE	1

P/N	DESCRIPTION	Q"TY	P/N	DESCRIPTION	Q"TY
H1	SENSOR WIRE	1			
H2	MOTOR	1			
H3	DC WIRE	1			
H4	SENSOR WIRE	1			
J1	SCREW M8*16	26			
J2	WASHER § 8	8			
K	ADAPTOR	1			
L	CHEST STRAP	1			
L1	SCREW M8*10	1			
L2	WASHER § 8	1			