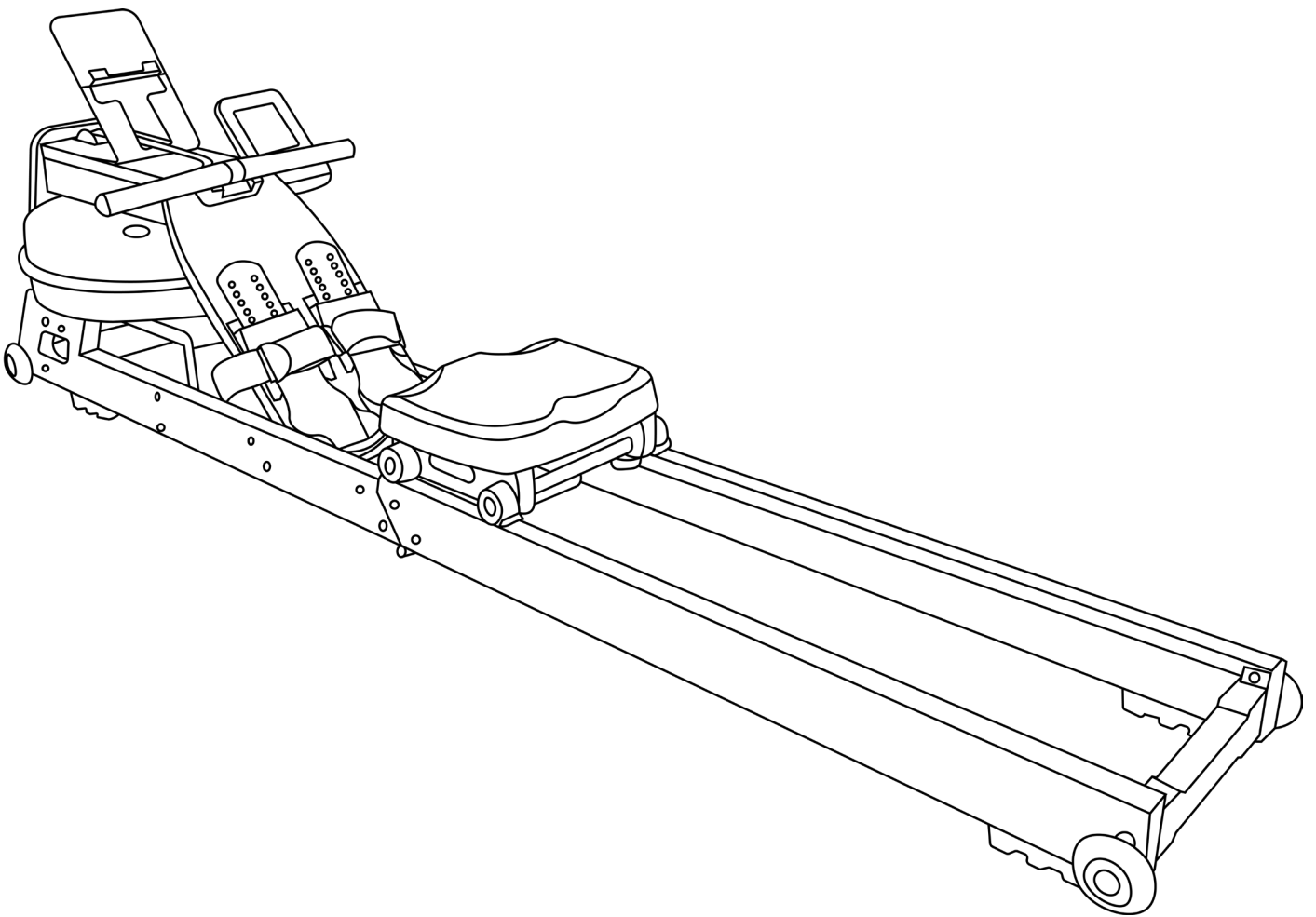


# **AQUA 2** WOODEN WATER ROWER

---

## INSTRUCTION MANUAL



# ENGLISH USER MANUAL

## ASSEMBLY INSTRUCTIONS AND TECHNICAL SUPPORT

1. Scan the QR Code
2. Follow the link to either our YouTube channel or our support centre.
3. Safely assembly your machine



## FOLLOW US ON SOCIAL MEDIA!

Get the latest product information, training content and more.



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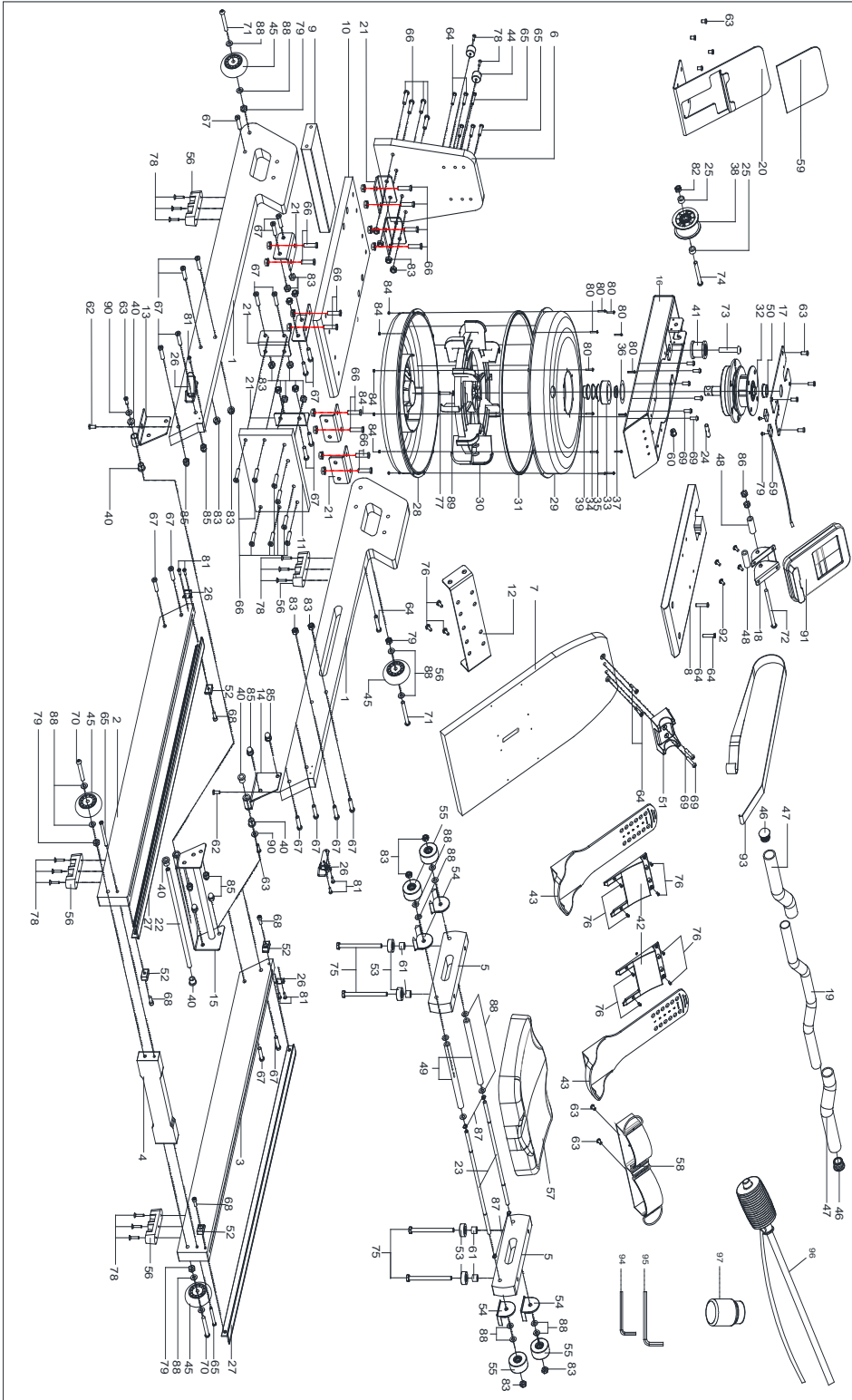
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# EXPLODED DIAGRAM



# PARTS LIST

NO.	DESCRIPTION	QTY	NO.	DESCRIPTION	QTY
1	Front rail 983*160*27	2	21	L-connection plate Q235/ 3	8
2	Rear left rail 998*80*27	1	22	Long Bearing Q235/ 10*305	1
3	Rear right rail 998*80*27	1	23	Seat Bearing Q235/ 8*320	2
4	Rail connection plate 260*55*27	1	24	Fixed Pin SUS304/ 10*40	1
5	Seat mounting plate 231.7*60*27	2	25	Bottom Half of Tank 14* 10.2*3	2
6	Front pedals 255*240*20	1	26	Buckle Q235/ 2	2
7	Foot pedals 500*250*20	1	27	Edges 992*30*17.5* 2.0	2
8	Top plate 385.5*152*20	1	28	Bottom Tank 445*69.5	1
9	Front connection plate 260*80*27	1	29	Top Tank 445*69.5	1
10	Tank plate	1	30	Blade 330*106	1
11	Tank connection plate 450*240*20	1	31	Tank Sealing Ring 430*7	1
12	U-connection plate	1	32	Pullback device 140*134	1
13	Tank Fitting Part	1	33	Sealing Ring Fixing Part 60* 45*32	1
14	Back Connecting Panel	1	34	Washer 40*7	1
15	Tank Fitting Part	1	35	Washer 2 42* 25* 2	1
16	Tank Fitting Part	1	36	Rubber Sealing Washer 60* 45* 2	1
17	Fixing Panel Q235/ 2	1	37	TC skeleton oil seal 20* 40*8	2
18	Monitor Support Base Q235/ 2	1	38	Pulley 68* 54*32	1
19	Handlebar Q235/ 25*415	1	39	Water Tank Plug 31.3*10.4	1
20	Tablet/phone holder Q235/ 2	1	40	Bearing Sleeve 18* 10.2*13	6

NO.	DESCRIPTION	QTY	NO.	DESCRIPTION	QTY
41	Strap Wheel 51* 38*32	1	61	PVC grip sleeve 15* 8.2*10	4
42	Pedal base plate 132*106*18	2	62	Screw M6 15 S4	2
43	Adjusting pedal 343*106*56	2	63	Screw M6 10 S4	12
44	Foot Pad 20*15	2	64	Screw M6 35 S4	8
45	Pu roller 69*23.5	4	65	Screw M6 50 S4	4
46	End TOP 25*1.5	2	66	Screw M8 32 S5	24
47	Grip Cover 30*3*180	2	67	Screw M8 40 15 S5	18
48	PVC casing 15* 8.2*40	2	68	Screw M6*16 S5	4
49	PVC casing 15* 8.2*195	2	69	Screw M6 15 S5	8
50	Main Bearing Sleeve 30* 17*10	1	70	Screw M8 80 20 S5	2
51	Handle bar fixing 96*54*40	1	71	Screw M8 80 60 S5	2
52	Cushion stop 25*15*10	4	72	Screw M8 110 30 S6	1
53	Small roller 28*11.5	4	73	Bolt M10 50 15 S6	1
54	Roller positioning seat 46*43.5*32.4	4	74	Bolt M10 55 S6	1
55	Seat roller 46*22	4	75	Bolt M8 90 20 S14	4
56	Foot pad 100*25*25	4	76	Screw M6 15 S10	3
57	Seat 320*260*52	1	77	Screw M6*30 S5 SUS304	1
58	Foot strip 50*1.5*1203	1	78	Screw ST4.2x19x 11	14
59	Tablet/phone holder 120*146* 2	1	79	Screw M4x6x 7	2
60	Cover cable 14.5* 12	1	80	Screw M3x17x 6	12



<b>NO.</b>	<b>DESCRIPTION</b>	<b>QTY</b>	<b>NO.</b>	<b>DESCRIPTION</b>	<b>QTY</b>
81	Screw ST4.2x13x 7	8	91	Console JS-10481	1
82	Nylon nut M10x1.25xH12xS17	1	92	Screw M5x12x 7	4
83	Nylon nut M8xH7.5xS13	52	92	Tension band 24*3100	1
84	Nylon nut M3xH3.8xS6	12	94	Allen wrench 25*60*4 S4	1
85	Nylon nut M8 H16 S13	8	95	Allen wrench 30*80*5 S5	1
86	Nylon nut M8 H6.8 S14	2	96	Water pump PE/570	1
87	Shank D7 0.9	4	97	Water purification tablet 30*30	1
88	Flat washer d8 16 1.5	22			
89	Flat washer d6 16 1	1			
90	Flat washer d6 16 1	2			



# 1 SAFETY INSTRUCTIONS

Please pay attention to the following instructions before operating this rowing machine.

## IMPORTANT SAFETY INFORMATION

---

Thank you for choosing our product. To ensure your health and safety, please use this equipment as advised. It is important to read this entire manual before assembling and using the equipment. Safe and effective use can only be achieved if the equipment is assembled, maintained and used in accordance to the manual. It is your responsibility to ensure that all users of the equipment are informed of all warnings and precautions.

1. Before starting any exercise program, you should consult a health professional to determine if you have any medical or physical conditions that could put your health and safety at risk or prevent you from using the equipment properly. A health professional's advice is essential if you are taking medication that affects your heart rate, blood pressure or cholesterol level.
2. Be aware of your body's signals. Incorrect or excessive exercise can damage your health. Stop exercising if you experience any of the following symptoms: pain, tightness in your chest, irregular heartbeat, light-headedness, dizziness or feelings of nausea. If you do experience any of these conditions, you should consult a health professional before continuing with your exercise program.
3. Keep children and pets away from the equipment. The equipment is designed for adult use only.
4. Use the equipment on a solid, flat level surface with a protective cover for your floor or carpet. To ensure safety, the equipment should have at least 2 feet (61 cm) of free space all around it.
5. Ensure that all nuts and bolts are securely tightened before using the equipment. The safety of the equipment can only be maintained if it is regularly examined for damage and/or wear and tear.
6. Always use the equipment as indicated. If you find any defective components while assembling or checking the equipment, or if you hear any unusual noises coming from the equipment during exercise, discontinue use of the equipment immediately. Please contact JLL Fitness on 0800 6123 988 for advice on how to resolve the issue.
7. Wear suitable clothing while using the equipment. Avoid wearing loose clothing that may become entangled in the equipment.
8. Do not place fingers or objects into the moving parts of the equipment.

9. The maximum weight capacity of this unit is 150 kg.
10. To avoid bodily injury and/or damage to the product or property, ensure to follow safe procedures for lifting and moving the item.
11. Your product is intended for use in cool, dry conditions. You should avoid storage in extreme cold, hot or damp areas as this may lead to corrosion and other related problems.
12. This equipment is designed for indoor home use only, it is not intended for commercial use.

## **USER SAFETY PRECAUTIONS**

---

### **PRIOR TO USE**

- Assemble the rower according to the instruction manual.
- Consult your doctor before beginning any exercise program.
- Read instructions.
- Read warning labels.
- Read emergency stop procedures.
- Maximum user weight is 150 kg, 23.62 St or 330 lb.
- Inspect unit. If damaged, DO NOT USE.
- Ensure every bolt and screw is securely tightened.

### **DURING USE**

- DO NOT use for stretching and DO NOT attach straps or other devices.
- DO NOT allow children aged 12 or younger to be on or near the machine.
- Stop exercising if you feel faint, dizzy, or encounter pain.
- Keep all clothing and accessories clear of moving parts.

## **EXERCISE SAFETY PRECAUTIONS**

---

- Use sports clothes and gym shoes.
- This model should only be used at home, DO NOT use for commercial purposes.

## **FACILITY SAFETY PRECAUTIONS**

---

- DO NOT operate this machine in damp or wet locations.
  - Use caution when getting on or off the rower.
  - Check the rowing machine for worn or loose components before each use. DO NOT use until worn or damaged parts are replaced.
  - Maintain regularly. Refer to *Preventive Maintenance* chapter.
  - DO NOT use the rower if: (1) the machine is not working adequately or (2) the rower has been dropped or damaged.
  - DO NOT use the rower outdoors.
-



- Read the instruction manual completely before using the rower.
- Ensure all users wear appropriate footwear on JLL® equipment.
- Set up and operate the rowing machine on a level surface. DO NOT operate in small restricted areas or on plush carpet.
- As far as possible provide the following clearances: 0.5 m at each side and 2 m at the back. Be sure your machine is clear of walls, equipment and other hard surfaces.
- DO NOT modify the unit in any way. Any modifications will void the warranty.
- All the data displayed by the monitor is for reference purposes only.

## WARNING STICKERS

---

Warning stickers indicate a potentially hazardous situation which, if not avoided, could result in death or serious injury. Carefully read the following caution and warning labels before using the unit.

### **WARNING**

DO NOT touch any moving parts during use.

Children and pets must be kept away from machine at all times.

Appropriate clothing **MUST** be worn whilst exercising.

Please consult a doctor or health professional before undertaking any exercise or health regime.

# 2 ASSEMBLY

## PREPARING SITE

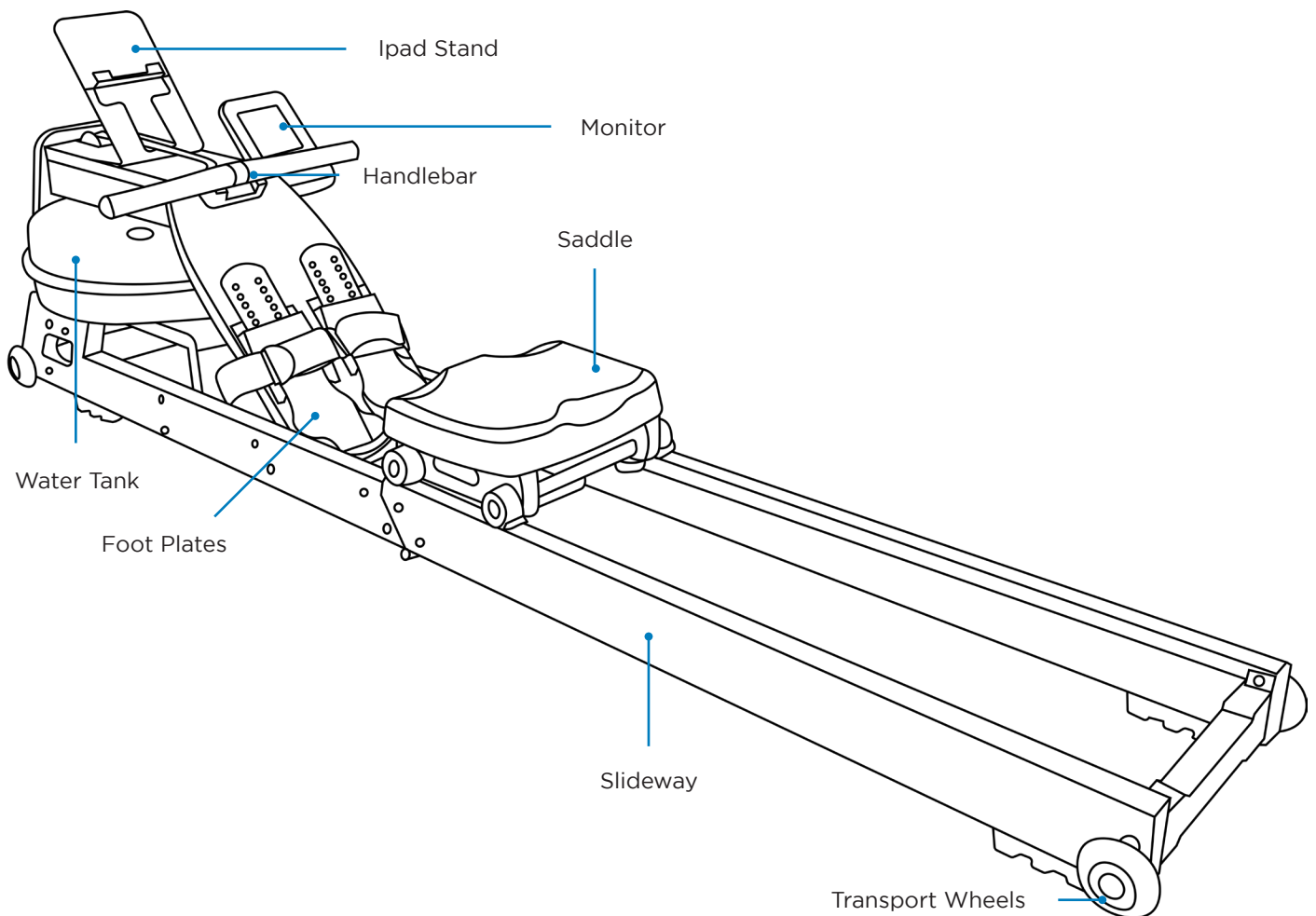
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To find the ideal location to set up this rowing machine, ensure that:

- Area is well illuminated and well ventilated.
- Surface is level.
- There is enough space to access the unit and emergency dismount. If it is possible, keep the following clearances: 0.5 m at each side and 2 m at the back.
- The rowing machine is placed in an environment with a relative humidity range of 30-50%. Please ensure the temperature is kept constant. Do not use in a moist or damp environment as this may impact on the integrity and performance of the machine.

## DIAGRAM

---

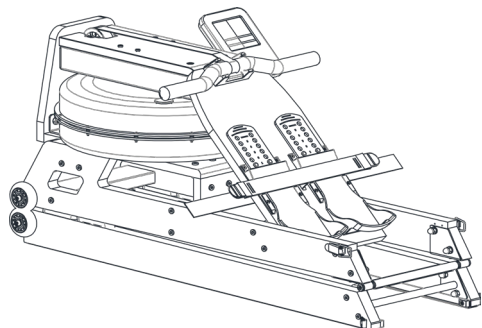


## CONTENT LISTING

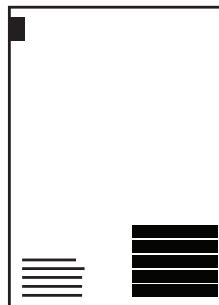


See diagram (left) and content listing (below) for rower box contents. See *Customer Service* chapter for contact information if any parts are missing.

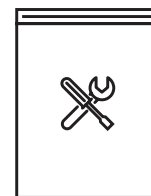
### BOX CONTENTS



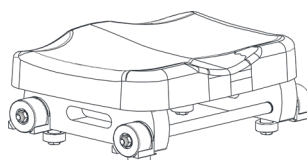
Rower Main Base



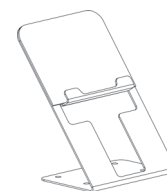
Manual



Tools Pack<sup>2</sup>



Saddle



Device Stand

### TOOLS PACK



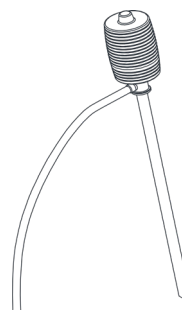
Large Hex Allen Key  
x1



Small Hex Allen Key  
x1



Water Purification  
Tablets  
x1

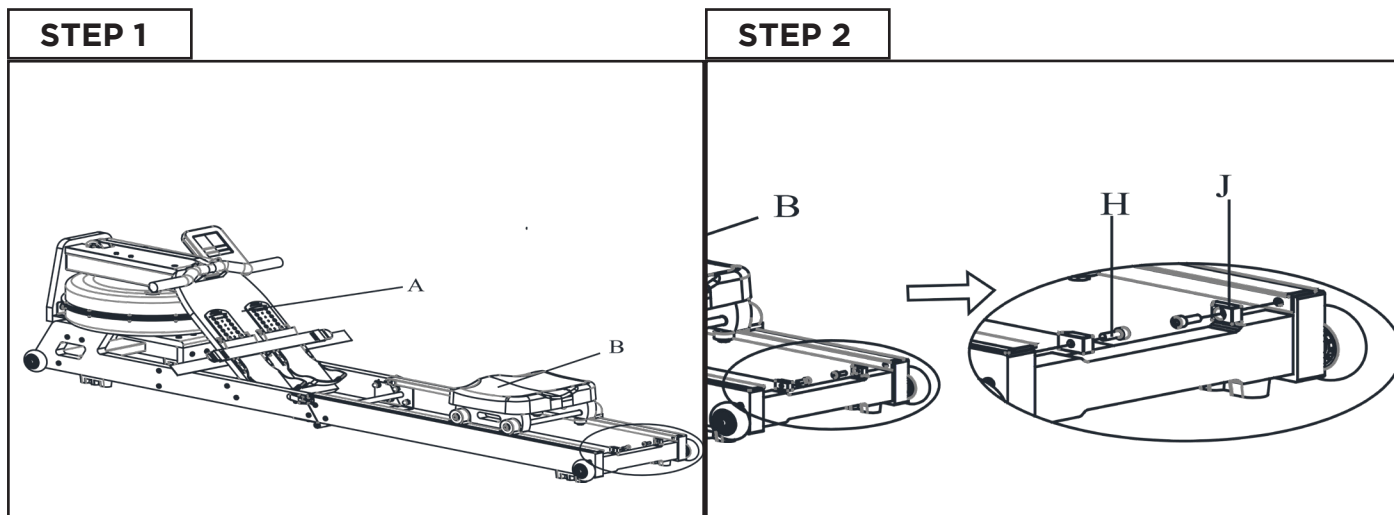


Pump

## AQUA 2 ASSEMBLY

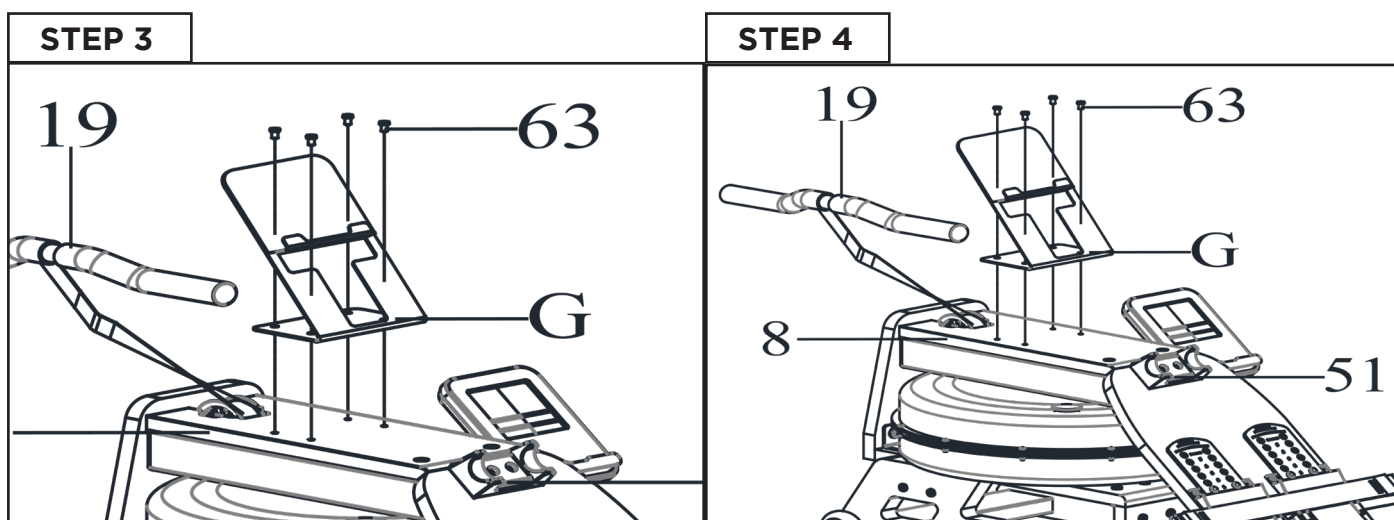
The rower has been assembled and tested at the factory, so you shouldn't have any problems putting all the parts together. Components are designed to fit together, and only basic tools are required for the assembly process. Inside the box you will find a Tools Pack (Hex Allen Key, Spanner, Washers and Bolts). See previous page.

To assemble your JLL Aqua 2 please follow these easy steps:



Unfold your rower and slide the seat (B) onto the slideway (M).

Then screw the seat stoppers (J) to the slideway (M) using the socket head screws (H).

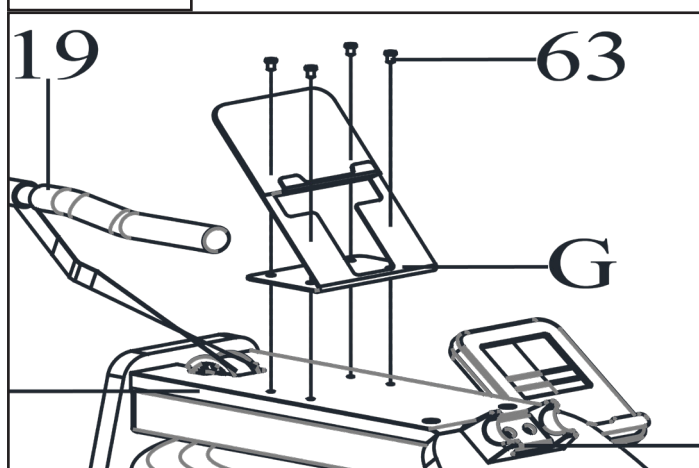


To attach the device stand (G) start by removing the four screws (63) already in the top of the base.

Then, feed the handle (19) through the hole in the device stand (G) and secure in the holder (51).



## STEP 5



Now line the holes on the bottom of the device stand (G) to the holes in the base and re-attach the four screws (63).

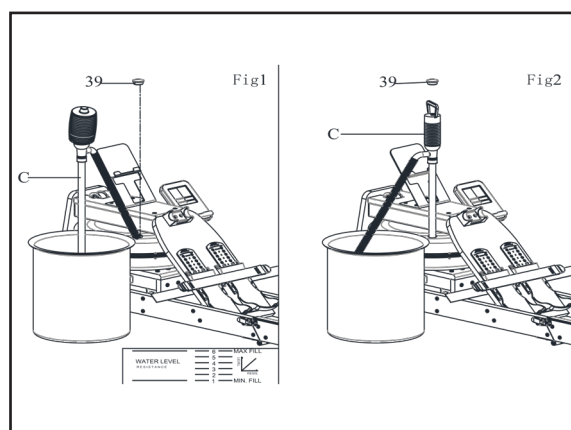
## FILLING THE TANK

Pop out the hole plug on top of the tank. insert the flexible end of the pump into the hole and insert the rigid end into a container of water.

Squeeze the pump to filter water in and fill to the level gauge.

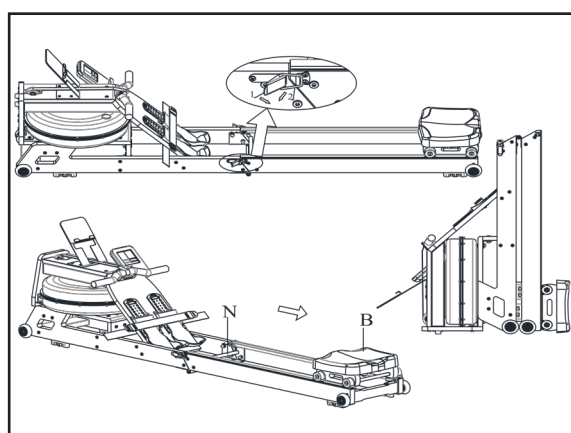
Refer to Fig.1 for filling the tank and Fig.2 for emptying the tank.

**It's recommended to empty the tank if you do not intend to use for a period of 1 month or more.**



## FOLDING AND UNFOLDING THE MACHINE

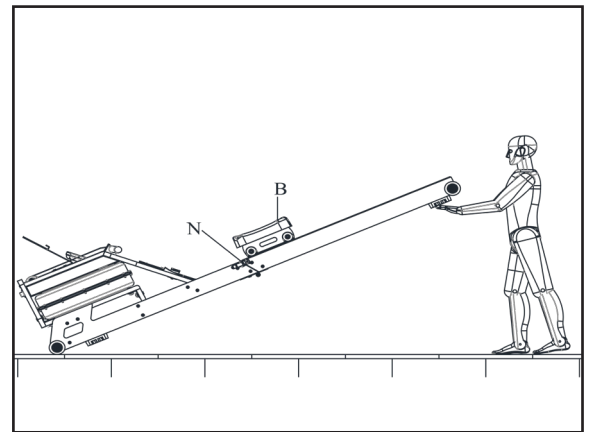
To fold, first slide the seat (B) to the end of the slideway. Then open the buckle (1) and remove the hook on both sides. Grasp the rower by the centre round bar (N) and gently pull up.



## MOVING THE MACHINE

---

To move the machine, lift up from the end of the slideway until the transport wheels on the opposite end touch the ground. With the wheels on the ground, you can transport the rower to the desired location with ease.

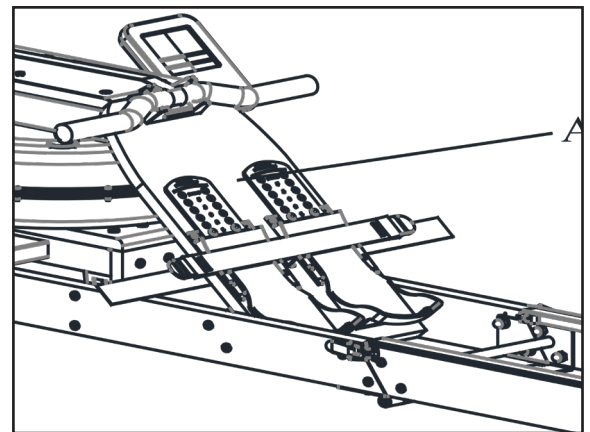


## ADJUSTING THE PEDALS

---

The pedal foot length can be adjusted to fit the users size. Lift the top lip until it pops out of the two raised plugs then slide to your desired length.

To tighten, pull on the end of the pedal strap.





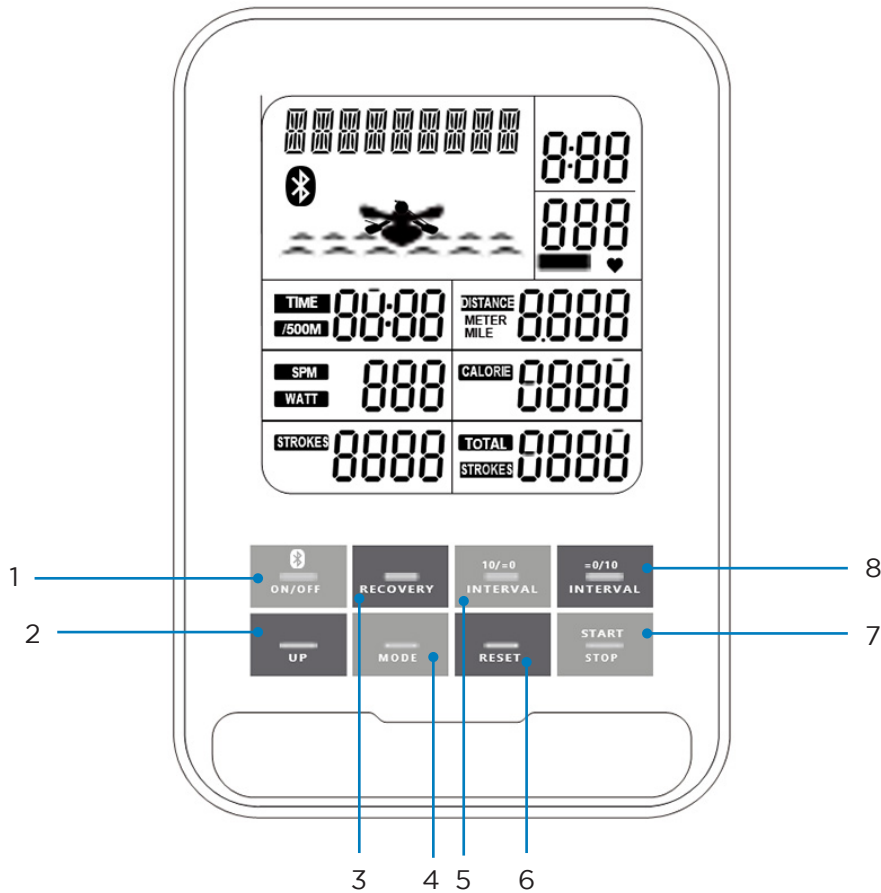
## SPECIFICATIONS



<b>Display</b>	LCD Monitor: Time, Time 500M, Calorie, Distance, Strokes, Strokes Per Minute (SPM), Total Stroke, Watts & Pulse
<b>Storage</b>	Foldable & Built-in wheels.
<b>Resistance</b>	Water Resistance
<b>Battery</b>	2 x AA
<b>Saddle</b>	Foam filled seat with free movement up and down the slideway.
<b>Pedals</b>	Wide platform pedals with adjustable lengths and straps
<b>Handlebars</b>	Ergonomic handlebar
<b>Colour</b>	Brown
<b>Slideway Length</b>	94cm
<b>Maximum User Weight</b>	150 kg, 23.62 St or 330 lb.
<b>Occupying Area</b>	196 cm (Length) x 44.5 cm (Width) x 61 cm (Height)
<b>Packaging Dimensions</b>	110 cm x 45.5 cm x 52 cm
<b>Gross Weight</b>	31.5kg
<b>Net Weight</b>	26kg

# 3 OPERATION

## MONITOR CONFIGURATION



<b>1</b>	Bluetooth On/Off Button	<b>2</b>	Up Button
<b>3</b>	Recovery Button	<b>4</b>	Mode Button
<b>5</b>	Interval 10/20 Button	<b>6</b>	Reset Button
<b>7</b>	Start/Stop Button	<b>8</b>	Interval 20/10 Button

## MONITOR SPECIFICATIONS

Time.....	00:00 - 99:59 MIN:SEC
Time 500M.....	00:00 - 99:59 MIN:SEC
Stroke.....	0 - 9999
Calorie.....	0 - 9999
Distance.....	0 - 9999 METERS
Strokes Per Minute.....	0 - 9999
Total Strokes.....	0 - 999
Pulse.....	30 - 240
Watts.....	0 - 999

## FUNCTIONS

---



TIME: Counts the duration of your workout.

TIME 500M: Calculates your average 500 meter time. Shares the same segment as time.

STROKES: Counts the strokes completed during your workout.

STROKES PER MINUTE: Displays the average strokes per minute.

TOTAL STROKES: Displays the accumulated number of strokes completed since the machine was first powered on.

CALORIE: Counts the estimated calories burnt while exercising.

DISTANCE: Displays the distance covered in meters throughout your workout.

PULSE: Displays your current heart rate during your workout. The pulse measurement will only function with a chest belt system.

WATTS: Displays the power consumption during your workout. Shares the same segment as SPM.

## TESTING THE ROWER OPERATION

---

Use the following instructions to test the full resistance of the rower and to check the blades for proper operation.

1. Sit on the machine and place your feet on the foot plates, gently complete a few strokes.
2. Check the monitor to make sure the digits are changing.
3. As you are performing each stroke make sure the belt is retracting fully into in the base and is not slack.
4. Also make sure there are no unusual noises coming from the machine and no wobble during your workout.

## OPERATION PROCEDURES

---

Auto On/Off: The monitor will turn on when you start rowing or by pressing any button. The monitor will turn off after being inactive for 1 minute.

When the monitor is powered on, the LCD display will show all the segments for 1 second and make a beeping sound.

## **QUICK START**

---

Once you start rowing the monitor will automatically power on and start displaying your readouts. The monitor will automatically be in a scan mode sharing the screens between the following readouts.

Time / Time 500m

SPM / Watts

You will also see the graphic in the top segment start to move as well, when you stop moving this graphic will also stop as well.

The distance will be defaulted to record in meters.

Press 'MODE' once to constantly display Time and SPM in their segments, press 'MODE' again to switch to constantly display Time 500m and Watts in each of their segments.

## **METRIC/IMPERIAL**

---

Press and hold 'Reset' and 'UP' for 2 seconds, the monitor will beep and distance will start to flash between METER & MILE.

Press 'UP' to select between METER or MILE, then press 'MODE' to confirm.

## **INTERVAL 20/10 MODE**

---

Press the 'INTERVAL 20/10' button to enter the interval 20/10 mode.

The monitor will then begin to countdown from 3 to 0, the monitor will then display WORK 01/08. You can now begin exercising for the duration of 20 seconds, you will see the 20 second countdown in the top right corner of the screen.

Once the 20 seconds are complete the monitor will display REST 01/08, this indicates for you to stop exercising for 10 seconds. The 10 second countdown will be in the top right corner again.

The monitor will then take you through this same process 8 times with a total workout time of 4 minutes.

Once completed you can choose to press 'START/STOP' to begin this program again or press 'RESET' to return to the standby mode.

During this program you can press 'START/STOP' to pause and restart your workout as you wish.

## INTERVAL 10/20 MODE

---



Press the 'INTERVAL 10/20' button to enter the interval 10/20 mode.

The monitor will then begin to countdown from 3 to 0, the monitor will then display WORK 01/08. You can now begin exercising for the duration of 10 seconds, you will see the 10 second countdown in the top right corner of the screen.

Once the 10 seconds are complete the monitor will display REST 01/08, this indicates for you to stop exercising for 20 seconds. The 20 second countdown will be in the top right corner again.

The monitor will then take you through this same process 8 times with a total workout time of 4 minutes.

Once completed you can choose to press 'START/STOP' to begin this program again or press 'RESET' to return to the standby mode.

During this program you can press 'START/STOP' to pause and restart your workout as you wish.

## INTERVAL CUSTOM PROGRAM

---

- To create your own interval program press the 'MODE' button while in the standby mode and you will see MANUAL start to flash.
- Press the 'UP' button and you will then see INTERVAL flashing.
- Press the 'MODE' button again and you will then see CUSTOM start to flash.
- Use the 'UP' button to select 10/20, 20/10 or custom, once you have selected CUSTOM press the 'MODE' button to confirm.
- **You cannot change the 10/20 or 20/10 pre-set programs.**
- Next, round and 01 are displayed, press the 'UP' button to set the number of rounds.
- Press 'MODE' to confirm.
- WORK and work time will then be displayed, again use the 'UP' button to set the work time and press 'MODE' to confirm.
- REST and rest time will then be displayed, again use the 'UP' button to set the rest time and press 'MODE' to confirm.
- Once all of this has been confirmed the monitor will take you to the program screen to begin your custom workout.

## TARGET PROGRAMS

---

- To set your target programs make sure you are in the standby mode, if you're not sure press and hold the 'RESET' button.
- Press 'MODE' and you will see MANUAL start to flash.
- Use the 'UP' button until you see TARGET start to flash.
- Press 'MODE' to confirm the target selection, you will then see TIME start to flash in it's segment.
- Use the 'UP' button to choose between TIME, DISTANCE, CALORIES, STROKES & PULSE.
- When you have chosen your selected readout to set a target for press the 'MODE' button and the digits next to your readout will appear.
- Use the 'UP' button to increase the digits to whatever you choose.
- Press 'START/STOP' to begin your workout with your target readout set.
- **You cannot set more than one target at a time.**
- Once your target program is complete press the 'RESET' button to return to the standby mode.

## PULSE RECOVERY

---

Whilst wearing your heart rate band stop exercising and press the 'Recovery' button, the display will then show a 1 minute countdown. After the countdown is complete you will see a reading from F1 to F6, this a gauge to how well your recovery is, F1 being the best and F6 being the slowest. Press 'Recovery' again to exit this function.

## BLUETOOTH

---

Press the bluetooth button to activate, the bluetooth icon will also display on the screen. Press the button again to turn off the bluetooth function.



## KINOMAP APP

This monitor is equipped with Bluetooth which is designed to connect to the Kinomap app. Once connected the monitor will power off and all readings will be displayed within the app.



## KINOMAP APP INSTRUCTIONS

### HEART-RATE BAND

---

This rowing machine comes with a heart rate band to be attached around your torso with the sensor approx over your diaphragm.

The band uses a CR2032 3v battery (Not Supplied), to replace it simply unscrew the cap from the back of the band and replace with a new battery.

The elastic strap is fully adjustable and can be detached. After every workout make sure the sensor on the back of the band is cleaned and free of contaminants such as lotions or sweat.

Once the band has been attached and the rower is powered on the two will automatically sync. When the monitor detects a pulse signal a heart icon will flash in the pulse segment.

### RESETTING THE MONITOR

---

Press and hold the 'MODE' button for approx 3 seconds, the monitor will beep once and return to the standby mode with all digits erased.

---

# 4 MAINTENANCE

Maintenance must be performed on a regular basis. Performing maintenance actions can aid in providing safe and trouble-free operation of all JLL® equipment.

JLL® are not responsible for performing regular inspection and maintenance actions for your machine. JLL® representatives are available to answer any questions that you may have on +44 (0)800 6123 988.

## PREVENTIVE MAINTENANCE ACTIVITIES

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Keeping the rowing machine in a clean state will help to prolong its life. Perform regular preventive maintenance to ensure normal operation of the unit. Keep a log of all maintenance actions to assist in staying current with all preventive maintenance activities. JLL® is not responsible for performing regular inspection or maintenance.

Read all instructions and warnings listed both in this chapter and in the *Safety* chapter. Contact JLL® Customer Service on +44 (0)800 6123 988 for any maintenance or service concerns.

Requirements:

- Water
- Dry cloth
- Vacuum

### **WARNING**

1. Only use water to clean and dust. Do not use any cleaning product because they may damage the rower.
2. Be careful not to spill or get excessive moisture between the edge of the display panel, as this might create an electrical hazard or cause failure of the electronics.
3. Direct spraying could cause damage to the electronics and may void the warranty.





Depending on where the rowing machine is placed, you may experience dry air, causing a common experience of static electricity. You can notice that by walking across a carpet and then touching a metal object. On your rower you may experience a shock due to the build-up of static electricity on your body and the discharge path of the rower. If you experience this type of situation, you may want to increase the humidity to a comfortable level through the use of a humidifier.

Check your machine regularly for rust. If rust starts to appear on the screws it means the item is not housed in the correct environment and will need to be moved to a more suitable room. Any rust will indicate there may be moisture in the air and as a result this could impact on the integrity and performance of your machine.

**⚠ WARNING**

1. Use only JLL® replacement parts.
2. Keep water and liquids away from electrical parts.
3. If you allow your machine to become rusty, this will affect your warranty.

## **WATER PURIFICATION**

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With your new machine you'll also receive a bottle of water purification tablets. Each time you refill the tank one of these must be added. Use the syphon pump provided to empty and refill the tank.

It is recommended to refill your tank with clean water every 6 month's or when the water has gone cloudy.

\*Please wash your hands after handling the tablets and do not place them near your eyes or mouth.

## **ROWER CLEANING**

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Keep the slideway free of dust and debris for smooth running and preventing injuries. Debris may cause damage to the rollers underneath the saddle.

After every workout use a neat, dry cloth for cleaning the machine and the handlebars to prevent the unit of corrosion. Wipe away any sweat that may have dripped. Avoid scratching the display by using a soft cloth.

Do not use abrasive or chemical cleaning agents.

### **3 EASY STEPS TO CLEAN YOUR ROWING MACHINE**

Recommendation (these are just a guideline):

- Use a clean cloth to wipe down the whole machine.
- Vacuum or sweep the floor underneath and around the rower to prevent any dust going into the machine. A treadmill mat can help to reduce dust.
- Use a vacuum cleaner or a soft damp cloth to clean machines entire cover area. When not using product for an extended period of time the product should be folded and stored in a suitable environment.

# 5 ADDITIONAL INFORMATION



## CONTACT INFORMATION

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In case any issues arise, please do not hesitate to contact our Customer Service team on +44 (0)800 6123 988 or email us at **CONTACT@JLLFITNESS.CO.UK**

You can also visit our support centre at **SUPPORT.JLLFITNESS.CO.UK** for maintenance and assembly articles & videos.

## DISCLAIMER

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- You should consult your physician, doctor or other health care professional before starting or taking part in any of our workout guides. It is your responsibility to evaluate your own health before taking part or performing any physical activity you may see associated with JLL Fitness Ltd.
- Always seek professional advice before changing your diet or starting any exercise program.
- JLL Fitness Ltd is not liable for any injuries or damages that may occur when assembling or using this rowing machine.
- By reading this you assume full responsibility for any injuries or changes to your physical well-being. You waive all rights and release JLL Fitness Ltd of blame from any injuries or damages to property that may occur whilst following our advice.
- This manual offers specific instructions on how to assemble and maintain your rowing machine. Failure to follow these directions may result in your warranty being void.



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