

# DUAL MODE ROWER

*Enjoy the Sensation*



**OWNER'S MANUAL**

# **INTRODUCTION**

## **Congratulations!**

Welcome to the world of the Air Magnetic Rower. The Air Magnetic Rower is one of the finest and most comprehensive rowing machines available. We know as we have been designing rowing machines for over a decade.

By choosing Air Magnetic 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 Air Magnetic 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 Air Magnetic 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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## **BENEFITS OF EXERCISE**

Regular exercise improves both the quality and quantity of life.

The benefits of regular participation in a well-balanced fitness program include:

1. Weight loss
2. Improved body shape and definition
3. Increased muscle mass, strength, endurance, power, and definition
4. Enhanced flexibility
5. Increased metabolism
6. Injury prevention
7. Improved self-esteem
8. Improved aerobic fitness
9. Improved coordination and agility

A regular exercise program will improve the quality of your life, give you more energy, and slow down the aging process.

Fifteen to thirty minutes, three times a week, or only one and a half hours a week is a small price to pay for huge benefits of a regular exercise program.

## **MEDICAL/SAFETY NOTICE**

Failure to read and follow the safety instructions below and in the Owner's Manual may result in serious injury or even death.

1. Read the Owner's Manual and all safety instructions thoroughly and familiarize yourself with the Air Magnetic Rower before using it.
2. 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.
3. If you experience any pain or tightness in your chest, irregular heartbeat, and shortness of breath, faintness, or unusual discomfort during exercising, stop and consult a physician before continuing.
4. Adult supervision is required at all times when a child is on or near the Rower.
5. Keep fingers and limbs, loose clothing and hair away from moving parts.
6. All equipment should be checked for wear before each use. Do not use this equipment unless all moving parts are working correctly.
7. Care should be taken when getting on or off this or any exercise equipment.
8. Use only the accessory attachments recommended by the manufacturer.
9. All equipment should be set up and operated on solid, level surfaces.

## **CARE AND MAINTENANCE**

Your Rower is made of the highest quality materials. It is so important that you take care of your Rower on a regular basis.

1. Your Air Magnetic Rower is for indoor use only and should not be used or stored in damp areas. Wipe all perspiration from your Air Magnetic Rower after each use.
2. The Air Magnetic Rower should be dusted and cleaned on a regular basis to stop build-up of dust. Use Windex or an alcohol-based cleaner on a clean cloth on a regular basis. Do not use any abrasive cleaners, as this will damage the surface.



3. To ensure that the seat runs smoothly the roller track of the monorail and the rollers need special cleaning with an oil based furniture polish
4. Regularly check tightness of nuts, bolts, and pins, etc.

## FEATURES OF THE AIR MAGNETIC ROWER

The Air Magnetic Rower allows you all the advantages of a full sized rowing machine in a compact, foldaway design.

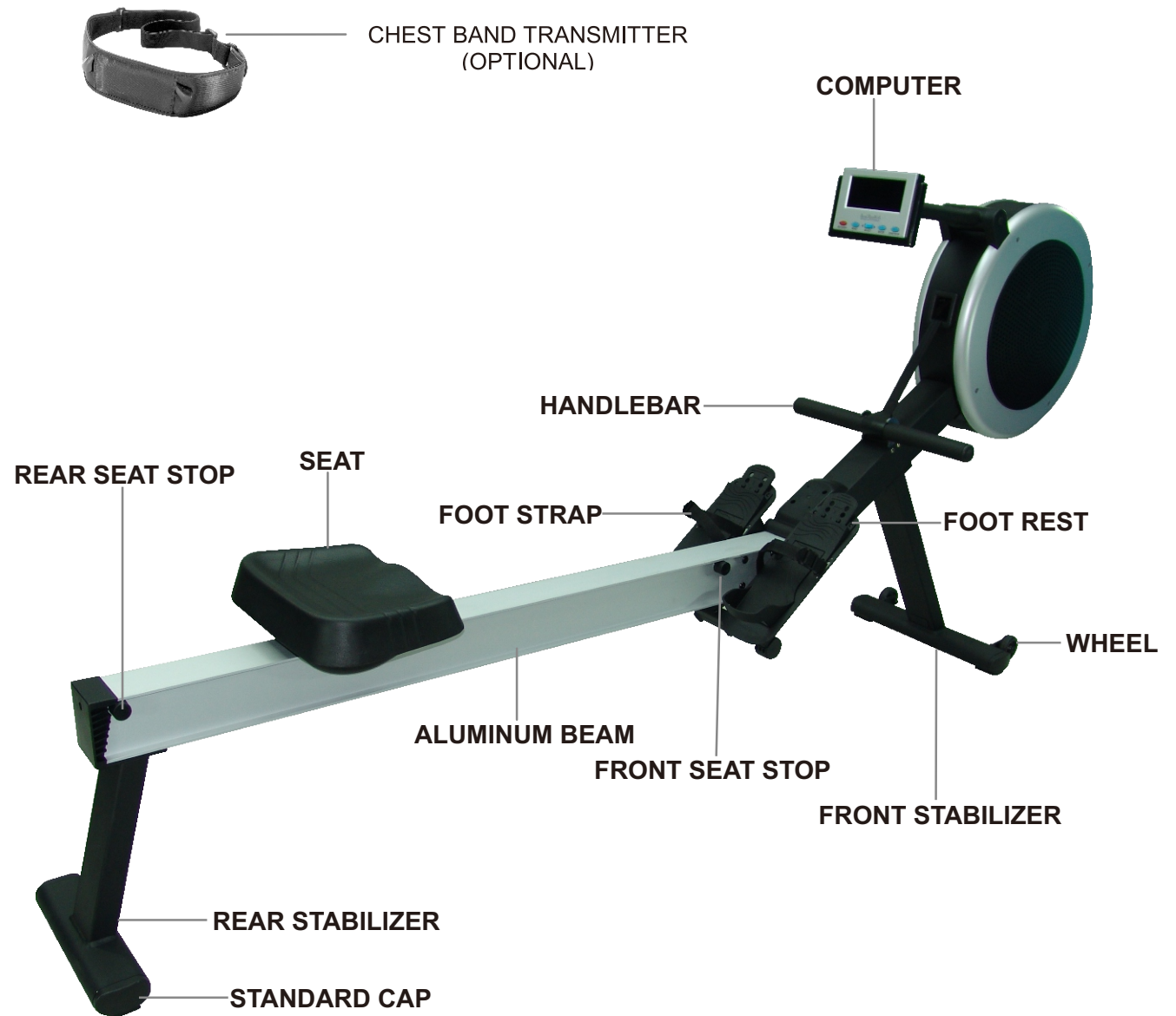
The Air Magnetic Rower provides smooth and variable exercise capabilities with:

- Full range Resistance Control.
- Rotating Foot Pedals.
- Ergonomic rowing action.
- Full Electronics package.
- Strong stable frame.
- Chest Band Pulse Transmitter (Optional).

**DESIGNERS NOTE.** The return spring on this Air Magnetic Rower has been designed with the lightest possible force. There is more than sufficient spring tension to recoil the polyester strap 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.



## **TRAINING TIPS**

Rowing machines have been around for many years and were perhaps one of the first indoor exercise machines on the market.

Almost everyone knows how to row on one of these machines and there is very little one can do wrong. However, there are few pointers we can give you to reduce strain on your back and other joints and muscles. Rowing, more than any other aerobic exercise, utilizes the back muscles and the spine to transfer the pulling force from the arms (holding the handle) to the legs (providing most the pulling power).

To reduce exercise strain on the back muscles, spine, shoulders, arms and wrists we strongly suggest that you to keep your back straight throughout the entire rowing action. When moving forward to the start position bend at the hips, don't overreach (trying to stretch forward too much) and keep your arms straight. Pull the handle to your stomach, not your chest and keep your elbows in at your sides during the entire stroke with your wrists straight.

## **TRAINING GUIDELINES**

### **Exercise**

Exercise is one of the most important factors in the overall health of an individual. Listed among its benefits are:

- Increased capacity for physical work (strength endurance)
- Increased cardiovascular (heart and arteries/veins) and respiratory efficiency
- Decreased risk of coronary heart disease  
Changes in body metabolism, e.g. losing weight
- Delaying the physiological effects of age  
Physiological effects, e.g. reduction in stress, increase in self-confidence, etc.

Your Rower's unique design provides an excellent opportunity for a high level of overall fitness.

### **Basic Components of Physical Fitness**

There are four all encompassing components of physical fitness and we need to briefly define each and clarify its role.

**Strength** is the capacity of a muscle to exert a force against resistance. Strength contributes to power and speed and is of great importance to a majority of sports people.

**Muscular Endurance** is the capacity to exert a force repeatedly over a period of time, e.g. it is the capacity of your legs to carry you 10 Km without stopping.

**Flexibility** is the range of motion about a joint. Improving flexibility involves the stretching of muscles and tendons to maintain or increase suppleness, and provides increased resistance to muscle injury or soreness.

**Cardio-Respiratory Endurance** is the most essential component of physical fitness. It is the efficient functioning of the heart and lungs.

### **What to Wear**

Wear clothing that will not restrict your movement in any way while exercising.

Clothes should be light enough to allow the body to cool. Excessive clothing that causes you to perspire more than you normally would while exercising, gives you no advantage. The extra weight you lose is body fluid and will be replaced with the next glass of water you drink.

It is advisable to wear a pair of gym or running shoes or "sneakers".

### **Breathing During Exercise**

Do not hold your breath while exercising. Breathe normally as much as possible. Remember, breathing involves the intake and distribution of oxygen, which feeds the working muscles.

### **Rest Periods**

Once you start your exercise program, you should continue through to the end. Do not break off halfway through and then restart at the same place later on without going through the warm-up stage again.

The rest period required between strength training exercises may vary from person to person. This will depend mostly on your level of fitness and the program you have chosen. Rest between exercises by all means, but do not allow this to exceed two minutes. Most people manage with half minute to one-minute rest periods.



## **Aerobic Fitness**

The largest amount of oxygen that you can use per minute during exercise is called your **maximum oxygen uptake** (MVO<sub>2</sub>). This is often referred to as your **aerobic capacity**.

The effort that you can exert over a prolonged period of time is limited by your ability to deliver oxygen to the working muscles. Regular vigorous exercise produces a training effect that can increase your aerobic capacity by as much as 20 to 30%. An increased MVO<sub>2</sub> indicates an increased ability of the heart to pump blood, of the lungs to ventilate oxygen and of the muscles to take up oxygen.

## **Anaerobic Training**

This means "without oxygen" and is the output of energy when the oxygen supply is insufficient to meet the body's long-term energy demands. (For example, 100-meter sprint).

## **The Training Threshold**

This is the minimum level of exercise, which is required to produce significant improvements in any physical fitness parameter.

## **Progression**

As you become fitter, a higher intensity of exercise is required to create an overload and therefore provides continued improvement.

## **Overload**

This is where you exercise at a level above that which can be carried out comfortably. The intensity, duration and frequency of exercise should be above the training threshold and should be gradually increased as the body adapts to the increasing demands. As your fitness level improves, so the training threshold should be raised. Working through your program and gradually increasing the overload factor is important.

## **Specificity**

Different forms of exercise produce different results. The type of exercise that is carried out is specific both to the muscle groups being used and to the energy source involved. There is little transfer of the effects of exercise, e.g. from strength training to cardiovascular fitness. That is why it is important to have an exercise program tailored to your specific needs.

## **Reversibility**

If you stop exercising or do not do your program often enough, you will lose the benefits you have gained. Regular workouts are the key to success.

## **Warm Up**

Every exercise program should start with a **warm up** where the body is prepared for the effort to come. It should be gentle and preferably use the muscles to be involved later.

Stretching should be included in both your **warm up** and **cool down**, and should be performed after 3~5 minutes of low intensity aerobic activity or callisthenic type exercise.

## **Warm Down or Cool Down**

This involves a gradual decrease in the intensity of the exercise session. Following exercise, a large supply of blood remains in the working muscles. If it is not returned promptly to the central circulation, pooling of blood may occur in the muscles.

## **Heart Rate**

As you exercise, so the rate at which your heart beat also increases. This is often used as a measure of the required intensity of exercise. You need to exercise hard enough to condition your circulatory system, and increase your heart rate, but not enough to strain your heart.

Your initial level of fitness is important in developing an exercise program for you. If you are starting off, you can get a good training effect with a heart rate of 110-120 beats per minute (BPM). If you are fitter, you will need a higher threshold of stimulation.

To begin with, you should exercise at a level that elevates your heart rate to about 65 to 70% of your maximum heart rate. If you find this is too easy, you may want to increase it, but it is better to lean on the conservative side.

As a rule of thumb, the maximum heart rate is 220 BPM minus your age. As you increase in age, so your heart, like other muscles, loses some of its efficiency. Some of its natural loss is won back as fitness improves.

The following table is a guide for those who are "starting fitness".

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Age	25	30	35	40	45	50	55	60	65
Target Heart Rate									
10 Second Count	23	22	22	21	20	19	19	18	18
Beats per Minute	138	132	132	126	120	114	114	108	108

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## Pulse Count

The pulse count (on your wrist or carotid artery in the neck, taken with two index fingers) is done for ten seconds, taken a few seconds after you stop exercising. This is for two reasons: (a) 10 seconds is long enough for accuracy, (b) the pulse count is to approximate your BPM rate at the time you are exercising. Since heart rate slows as you recover, a longer count isn't as accurate.

The target is not a magic number, but a general guide. If you're above average fitness, you may work quite comfortably a little above that suggested for your age group.

The following table is a guide to those who are keeping fit. Here we are working at about 80% of maximum.

Age	25	30	35	40	45	50	55	60	65
Target Heart Rate 10 Second									
Count	26	26	25	24	23	22	22	21	20
Beats per Minute	156	156	150	144	138	132	132	126	120

Don't push yourself too hard to reach the figures on this table. It can be very uncomfortable if you overdo it. Let it happen naturally as you work through your program. Remember, the target is a guide, not a rule, a little above or below is just fine.

Two final comments: (1) don't be concerned with day to day variations in your pulse rate, being under pressure or not enough sleep can affect it; (2) your pulse rate is a guide, don't become a slave to it.

## Endurance Circuit Training

Cardiovascular endurance, muscle strength, flexibility and coordination are all necessary for maximum fitness. The principle behind circuit training is to give a person all the essentials at one time by going through your exercise program moving as fast as possible between each exercise. This increases the heart rate and sustains it, which improves the fitness level. Do not introduce this circuit training effect until you have reached an advanced program stage.

## Periodization

This is the term used to vary your exercise program for both physiological and psychological benefits. In your overall program, you should vary the workload, frequency and intensity. The body responds better to variety and so do you. In addition, when you feel yourself getting "stale", bring in periods of lighter exercise to allow the body to recuperate and restore its reserves. You will enjoy your program more and feel better for it.

## Muscle Soreness

For the first week or so, this may be the only indication you have that you are on an exercise program. This, of course, does depend on your overall fitness level. A confirmation that you are on the correct program is a very slight soreness in most major muscle groups. This is quite normal and will disappear in a matter of days.

If you experience major discomfort, you may be on a program that is too advanced or you have increased your program too rapidly.

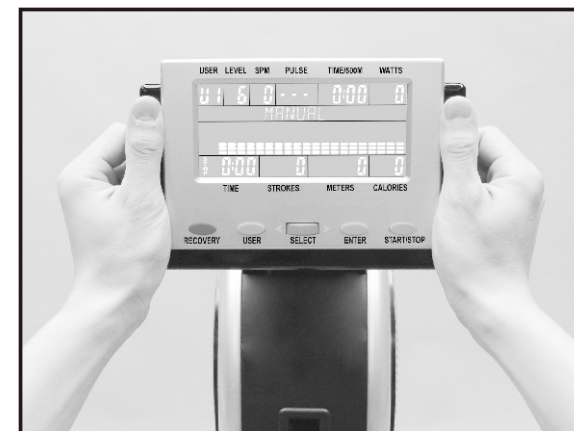
If you experience PAIN during or after exercise, your body is telling you something. Stop exercising and consult your doctor.

# SETTING UP YOUR ROWER

## Computer Angle Adjustment

The COMPUTER and COMPUTER ARM 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 touching the COMPUTER.



Hold the COMPUTER with both hands as shown in the diagram above. Rotate and pivot the COMPUTER to the desired height and angle.

For safety reasons, avoid the DRIVE STRAP touching the COMPUTER. Straddle the ALUMINUM BEAM.

# SETTING UP YOUR ROWER

## Getting on Safely

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

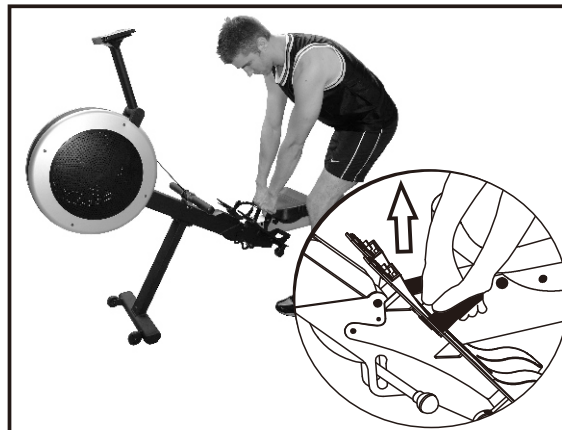
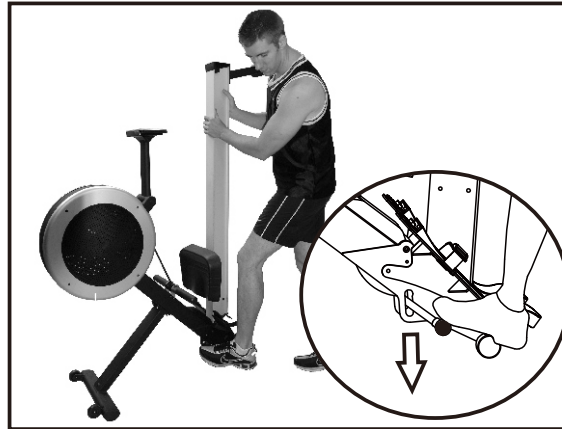


1. Straddle the ALUMINUM BEAM .
2. Correctly position the SEAT beneath you.
3. Sit down taking care that the SEAT has not moved.

## Unfolding

1. Step on the FOLDING KNOB with on hand supporting the Aluminum Beam.

**Warning: When unfolding and folding the Rower to avoid serious injury keep fingers, hands and feet away from folding hinge**

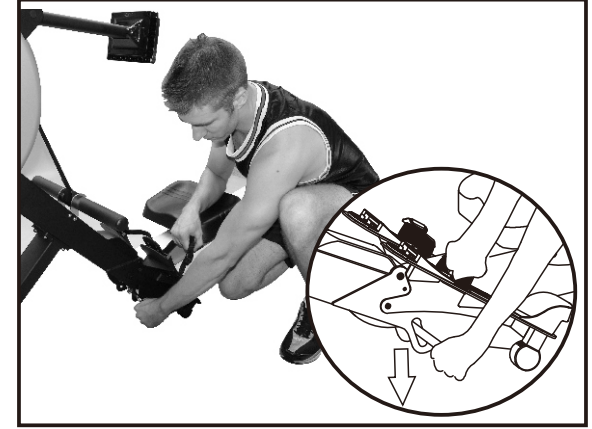


2. Slightly put the ALUMINUM BEAM down on the ground.
3. Lift up the ALUMINUM BEAM by pulling up the FOOT REST STRAP till the "CLICK" sound.
4. Ensure the FOLDING KNOB at the correct position.

## Folding

1. Hold the LEFT FOOT STRAP with right hand and raise up the ALUMINUM BEAM

2. Push down the FOLDING KNOB with left hand.



2. Pull the ALUMINUM BEAM up to the folding position till the "CLICK" sound.
4. Ensure the FOLDING KNOB at the correct position..

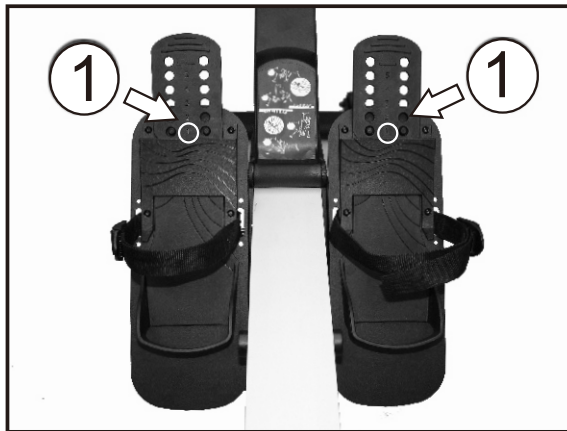
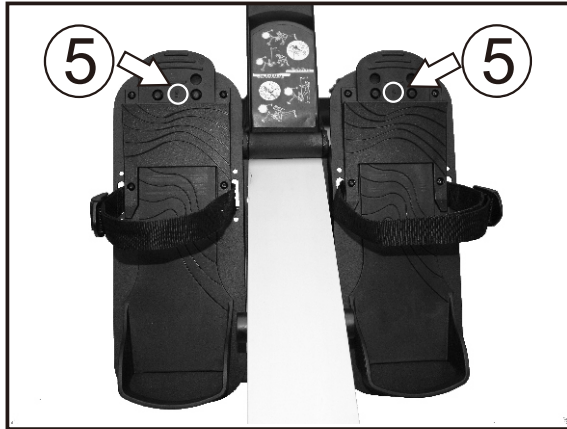
**IMPORTANT:** Clear a workout area 1 x 2.5 Meters before setting-up your Air Magnetic Rower. Ensure the floor is solid and level.



## SETTING UP YOUR ROWER

### Heel Support Pre Adjustment

There are five heel support settings clearly numbered. Before exercising move the HEEL SUPPORT [126] to setting number five.



Adjust the HEEL REST to your desired position..

### 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.

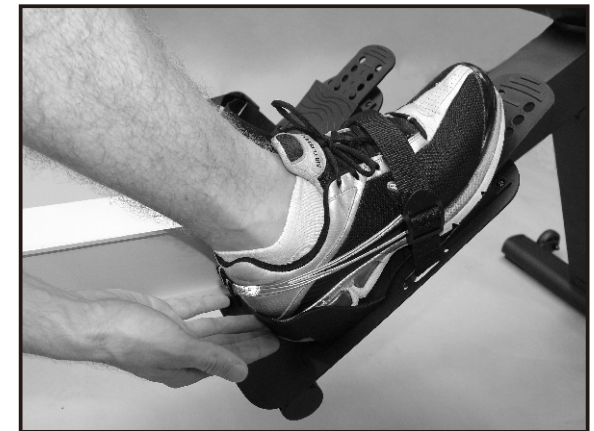


Ensure the FOOT STRAP is tight.

### Heel Support Adjustment

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

Memorize the setting number best suited for future reference.



With your feet tightly secured by the FOOT REST. Memorize the setting number best suited to you for future reference.

# CORRECT ROWING GUIDE

## Over Reaching

INCORRECT

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

INCORRECT

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

INCORRECT

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

INCORRECT

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



CORRECT

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

INCORRECT

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



CORRECT

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

INCORRECT

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

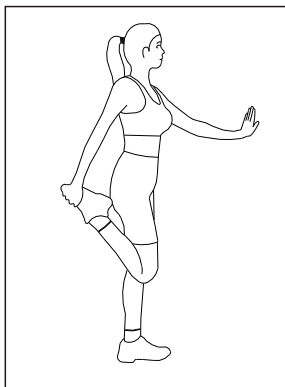


CORRECT

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

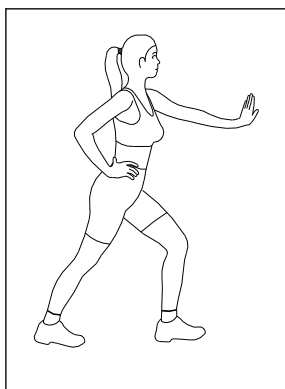
# STRETCHING

Stretching should be included in both your warm up and cool down, and should be performed after 3-5 minutes of low intensity aerobic activity or calisthenic type exercise. Movements should be performed slowly and smoothly, with no bouncing or jerking. Move into the stretch until slight tension, not pain, is felt in the muscle and hold for 20-30 seconds. Breathing should be slow, rhythmical and under control, making sure never to hold your breath.



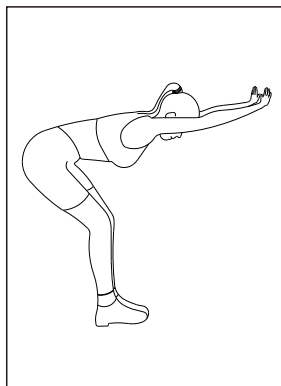
### **1. Quadriceps Stretch**

Reach behind body with one hand, grasp top of foot and pull heel toward buttocks while maintaining an erect and upright posture. Hold for 20-30 seconds and release. Repeat for opposite leg.



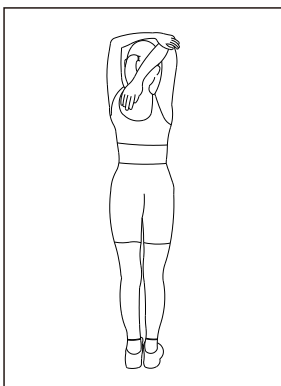
### **2. Calf, Achilles Stretch**

Keeping back leg straight and foot flat on floor with toes pointed straight ahead, move hips forward by bending knee on front leg. Hold for 20-30 seconds and release. Repeat for opposite leg.



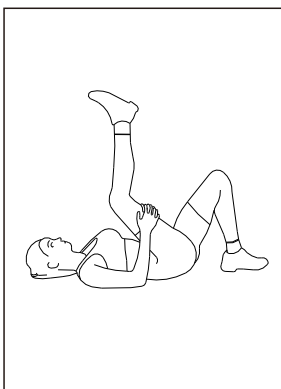
### **3. Back Stretch**

With arms extended and hips directly over feet, lower upper body below hand level by bending at the knees. Hold for 20-30 seconds and release.



### **4. Rear Upper Arm Stretch**

Grasp elbow and pull hand toward midline of the body while maintaining an erect and upright posture. Hold for 20-30 seconds and release. Repeat for opposite arm.

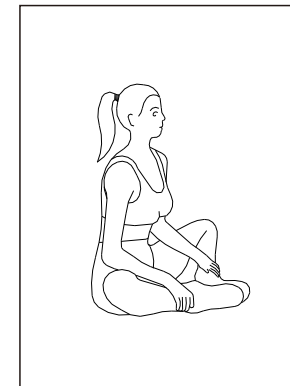
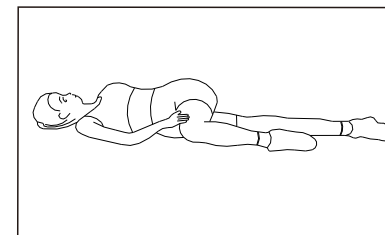


### **5. Hamstring, Lower Back Stretch**

Holding thigh against upper body, extend leg toward ceiling. Hold for 20-30 seconds. Repeat for opposite leg.

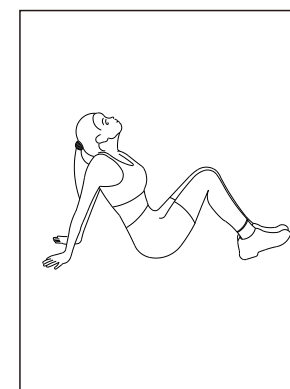
### **6. Buttocks, Hips, Abdominal Stretch**

While keeping both shoulders in contact with the ground, gently pull knee toward the ground. Hold for 20-30 seconds and release. Repeat for opposite side.



### **7. Inner Thigh Stretch**

With soles of feet together, lean forward from the waist while applying downward pressure to the inside of the knees. Hold for 20-30 seconds and release.



### **8. Chest, Shoulder, Upper Arm Stretch**

Move buttocks forward away from arms while keeping arms extended back and palms on ground. Hold for 20-30 seconds and release.



## ***DUAL MODE ROWER WARRANTY***

The manufacturer warrants that its products are free of defects in workmanship and materials, and will repair or replace defective parts, free of charge, for a period of one year from the date of purchase.

This warranty is valid only in accordance with the following conditions:

1. This warranty applies to the DUAL MODE ROWER product only while the products remain in the possession of the original purchaser and proof of purchase is demonstrated.
- 2.

This warranty applies to residential use only (unless specifically stated by the manufacturer to be warranted for institutional use) and is void when used in a

3. non-residential environment.

This warranty excludes misuse, abuse, alteration, improper service, or non

4. DUAL MODE ROWER product modifications.

This warranty is in lieu of all warranties, expressed or implied, and/or all other obligations or liabilities on the part of the manufacturer, and we neither assume nor authorize any person to assume for us any other obligation or liability in connection with the sale of this product, Under no circumstances shall the manufacturer be liable by virtue of this warranty or otherwise for damage to any person or property whatsoever for any special , indirect, incidental, secondary or consequential damage of any nature whatsoever arising out of the use or inability to use this product.