G-FITNESS
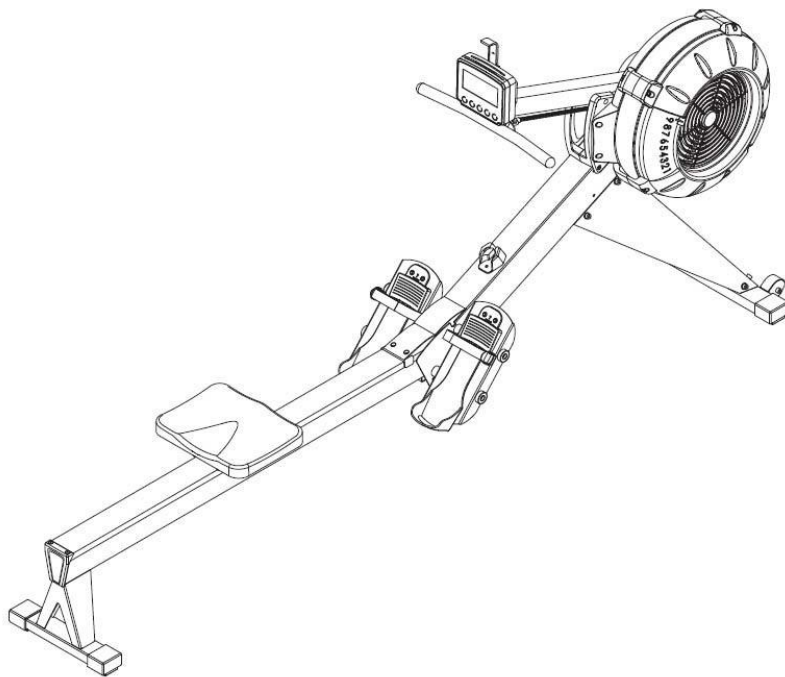
AIR ROWER
USER MANUAL

IMPORTANT !

**Please read all instructions carefully before using this product.
Retain this manual for future reference.
The specifications of this product may vary slightly from the
illustrations and are subject to change without notice.**

TABLE OF CONTENTS

SAFETY INSTRUCTIONS

⚠ WARNING **Cancer and Reproductive Harm www.P65Warnings.ca.gov**
⚠ WARNING **Consult your physician before starting this or any exercise program. This is especially important if you are over the age of 35, have never exercised before, are pregnant, or suffer from any health problem. This product is for home use only. Do not use in institutional or commercial applications. Failure to follow all warnings and instructions could result in serious injury or death.**
⚠ WARNING **To reduce the risk of serious injury, read the following Safety Instructions before using the FAN ROWER.**

1. Save these instructions and ensure that other exercisers read this manual prior to using the **FAN ROWER** for the first time.
2. Read all warnings and cautions posted on the **FAN ROWER.**
3. The **FAN ROWER** should only be used after a thorough review of the Owner's Manual. Make sure that it is properly assembled and tightened before use.
4. We recommend that two people be available for assembly of this product.
5. Keep children away from the **FAN ROWER.** Do not allow children to use or play on the **FAN ROWER.** Keep children and pets away from the **FAN ROWER** when it is in use.

6. It is recommended that you place this exercise equipment on an equipment mat.
7. Set up and operate the **FAN ROWER** on a solid level surface. Do not position the **FAN ROWER** on loose rugs or uneven surfaces.
8. Make sure that adequate space is available for access to and around the **FAN ROWER.**
9. Before using, inspect the **FAN ROWER** for worn or loose components, and securely tighten or replace any worn or loose components prior to use.
10. Before using, check the condition of the CHAIN(36). Replace the CHAIN(36) if it is cracked or broken.
11. Consult a physician prior to commencing an exercise program and follow his/her recommendations in developing your fitness program. If at any time during exercise you feel faint, dizzy, or experience pain, stop and consult your physician.
12. Always choose the workout which best fits your physical strength and flexibility level. Know your limits and train within them. Always use common sense when exercising.
13. Do not wear loose or dangling clothing while using the **FAN ROWER.**
14. Never exercise in bare feet or socks; always wear proper footwear such as running, walking, or cross training shoes that fit well, provide foot support, and feature non-skid rubber soles.
15. Be careful to maintain your balance while using, mounting, dismounting, or assembling the **FAN ROWER,** loss of balance may result in a fall and bodily injury.
16. Do not use the SEAT(51) to move the **FAN ROWER .** The SEAT(51) will move and the SEAT and CARRIAGE(10) may pinch your hand or fingers. When assembling or separating the unit, keep all children away make sure your hands are clear of any pinch point.
17. The **FAN ROWER** should not be used by persons weighing over 300 pounds.
18. The **FAN ROWER** should be used by only one person at a time.
19. The **FAN ROWER** is for consumer use only. It is not for use in public or semipublic facilities.
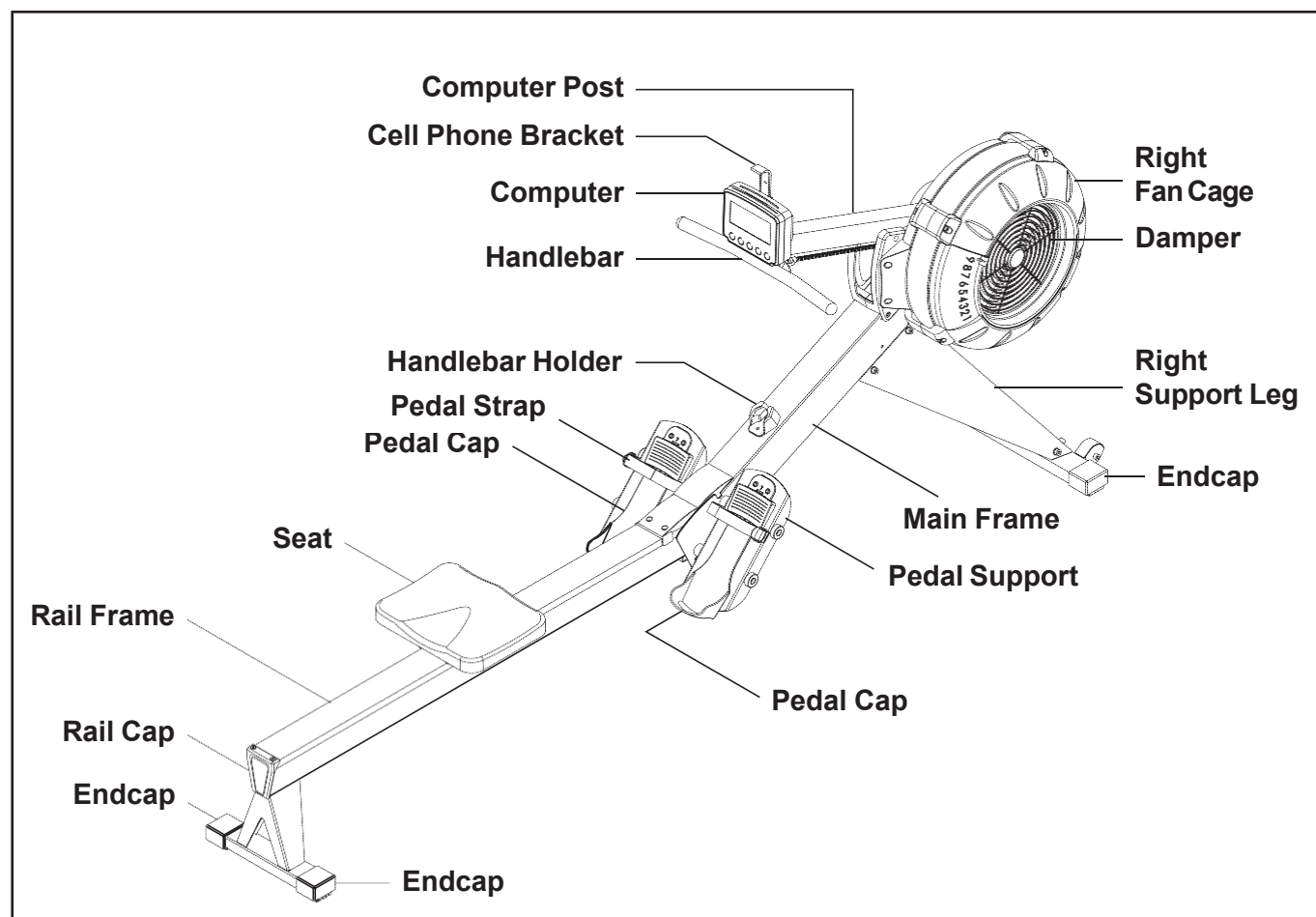
BEFORE YOU BEGIN

Thank you for choosing the **FAN ROWER .** We take great pride in producing this quality product and hope it will provide many hours of quality exercise to make you feel better, look better, and enjoy life to its fullest.
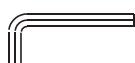
It's a proven fact that a regular exercise program can improve your physical and mental health. Too often, our busy lifestyles limit our time and opportunity to exercise. The **FAN ROWER** provides a convenient and simple method to begin your journey of getting your body in shape and achieving a happier and healthier lifestyle.

Before reading further, please review the drawing below and familiarize yourself with the parts that are labeled.
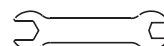
Read this manual carefully before using the **FAN ROWER** .

Computer Post
Cell Phone Bracket
Computer
Handlebar
Right Fan Cage
Damper
Handlebar Holder
Pedal Strap
Pedal Cap
Right Support Leg
Endcap
Main Frame
Seat
Pedal Support
Rail Frame
Pedal Cap
Rail Cap
Endcap
Endcap

THE FOLLOWING TOOLS ARE INCLUDED FOR ASSEMBLY :

Allen Wrench (6mm)
Allen Wrench (5mm)

Screwdriver

Wrench

EQUIPMENT WARNING, CAUTION & NOTICE LABELS

This chart is provided to help identify the warning, caution, and notice labels on the **FAN ROWER.** Please take a moment to familiarize yourself with all of the warning, caution, and notice labels.
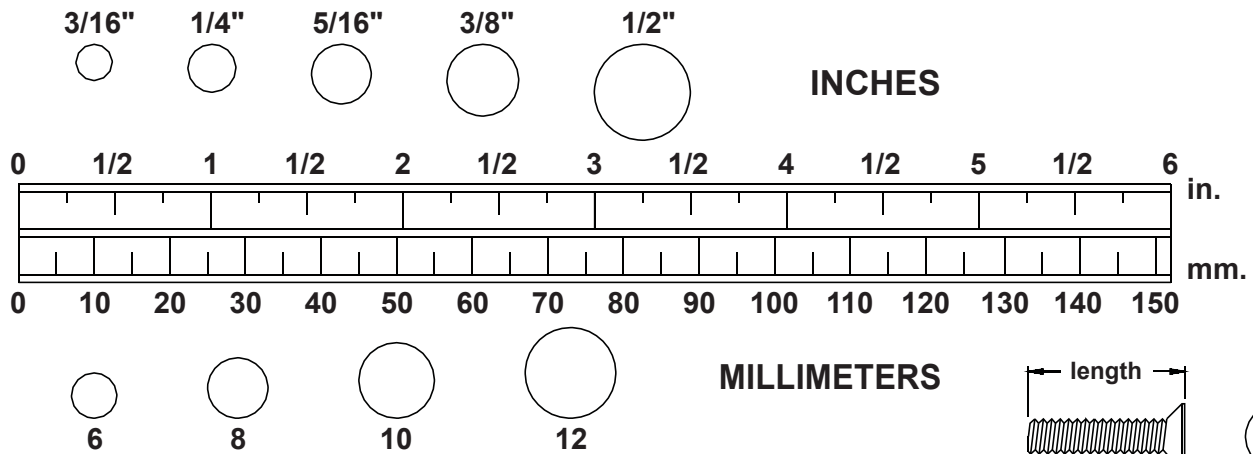
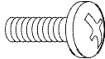**Label is larger than actual size**

C1   **CAUTION LABEL(115)**

⚠ **CAUTION**

For consumer use only. Failure to follow all warnings and instructions could result in injury or property damage. Before assembling or using this product, read and follow the Owner's Manual and all other warnings and instructions that accompany this product. Replace this caution label if damaged, illegible, or removed.

Keep others including children & pets away from equipment when in use.

Consult your physician before starting this or any exercise program. This is especially important if you are over the age of 35 or have any pre-existing health condition. Always make sure all nuts and bolts are securely tightened before using this product. This product should not be used by person weighing more than 250 lbs. unless otherwise stated in your Owner's Manual.
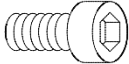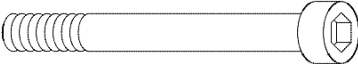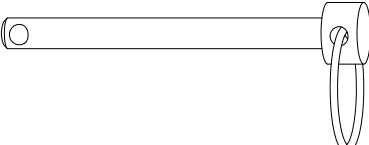
HARDWARE IDENTIFICATION CHART

This chart is provided to help identify the fasteners used in the assembly process. Place the washers or the ends of the bolts or screws on the circles to check for the correct diameter. Use the small scale to check the length of the bolts and screws.

3/16"	1/4"	5/16"	3/8"	1/2"	
○	○	○	○	○	**INCHES**

| 0 | 1/2 | 1 | 1/2 | 2 | 1/2 | 3 | 1/2 | 4 | 1/2 | 5 | 1/2 | 6 | in. |

| 0 | 10 | 20 | 30 | 40 | 50 | 60 | 70 | 80 | 90 | 100 | 110 | 120 | 130 | 140 | 150 | mm. |

| ○ | ○ | ○ | ○ | **MILLIMETERS** |
| 6 | 8 | 10 | 12 | |

NOTICE: The length of all bolts and screws, except those with flat heads, is measured from below the head to the end of the bolt or screw. Flat head bolts and screws are measured from the top of the head to the end of the bolt or screw.

After unpacking the unit, open the hardware bag and make sure that you have all the following fasteners. Some fasteners may be already attached to the parts.

	Part Number and Description	Qty
	72 Philips Head Screw,M6x10mm	2
	78 Button Head Cap Screw, M8x75mm	1
	79 Flat Washer,M8	1
	76 Flat Washer, M6	8
	80 NylonLock Nut, M8	1
	81 Socket Head Cap Screw, M6x16mm	8
	84 Socket Head Cap Screw, M8x160mm	4
	9 Foot Pedal End Cap	4
	98 Pull Pin	1

ASSEMBLY INSTRUCTIONS

STEP 1

Take out the packing materials Styrofoam (A) , Styrofam (B). Take the main frame(1) out and put it on the Styrofoam(A) and Styrofoam(B).The chain cover should be place in the groove of Styrofoam(B). (Please note the the product can not be placed directly on the ground ,otherwise the chain cover will be easily crushed or scratched.)
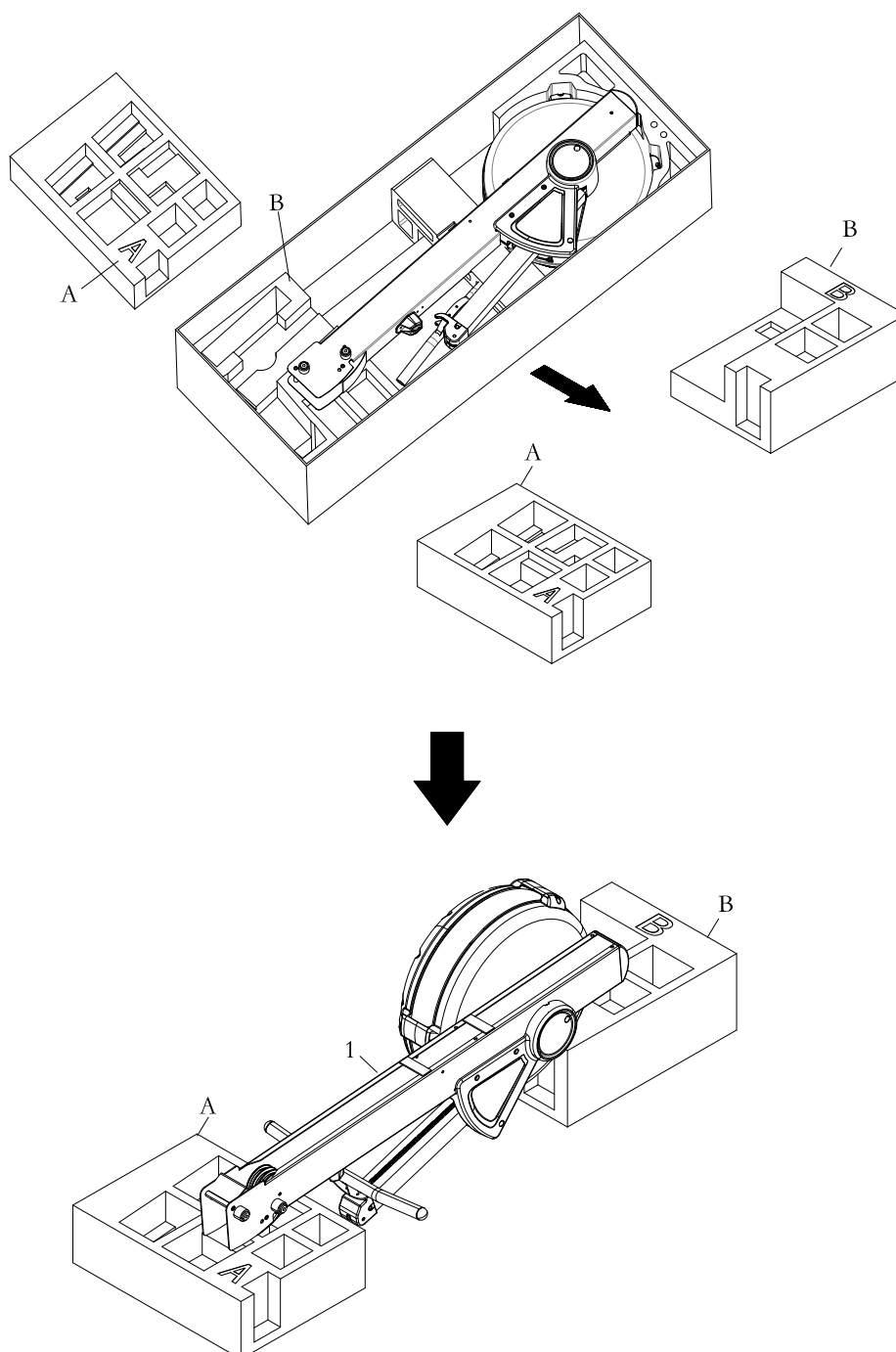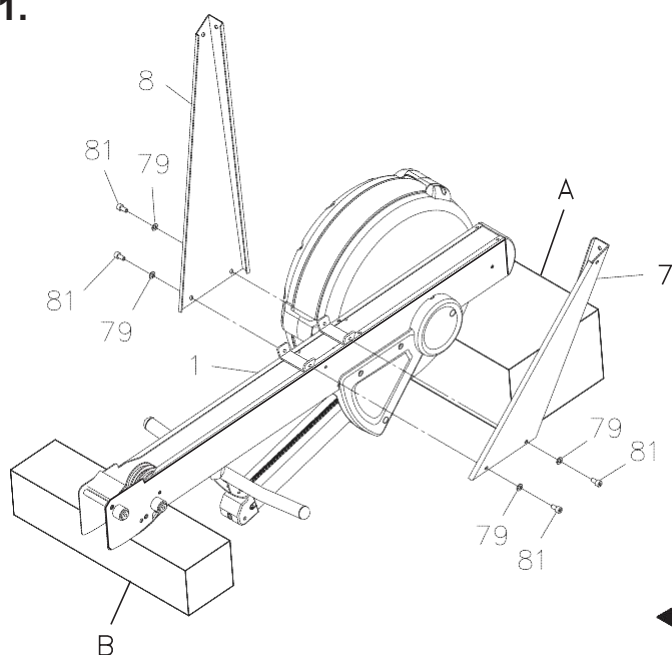
ASSEMBLY INSTRUCTIONS

STEP 2

Refer to illustration 1. Turn the main assembly of the **FAN ROWER** upside down and place
it in the packing material styrofoam(A) and (B) to avoid breaking the chain covers. Attach the **LEFT** and
RIGHT SUPPORT LEGS(7, 8) to the **MAIN FRAME(1)** with **SOCKET HEAD BOLTS(M8x1.25x12mm)
(81)** and **WASHERS(M8)(79).** Do not tighten all bolts until Step 2.
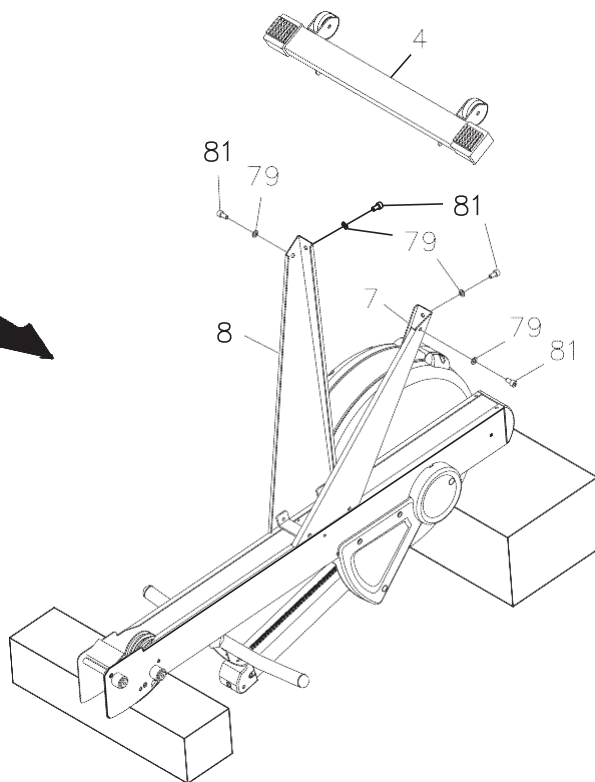
STEP 3

Refer to illustration 2. Attach the **FRONT STABILIZER(4)** to the **LEFT** and **RIGHT SUPPORT LEGS
(7, 8)** with **SOCKET HEAD BOLTS(M8x1.25x12mm)(81)** and **WASHERS(M8)(79).** Then tighten all bolts.
Turn the assembly over.

NOTE: Do not fully tighten bolts until instructed.

1.

2.

ASSEMBLY INSTRUCTIONS

STEP 4
Refer to illustration 3. Lift up the **MAIN FRAME(1)** and **RAIL FRAME(2)** to insert the **RAIL FRAME(2)** into the **MAIN FRAME(1).** Make the **SHAFT(24)** on the **MAIN FRAME(1)** fit into the gap in the **RAIL FRAME(2).** Then put the **MAIN FRAME(1)** and **RAIL FRAME(2)** down. Refer to illustration 4. Lock the **MAIN FRAME(1)** and **RAIL FRAME(2)** together with the **PULL PIN(98).**

STEP 5
Refer to illustration 4. Swing up the **COMPUTER POST(6),** and attach it to the **LEFT** and **RIGHT COVERS (57, 58)** with **ROUND HEAD BOLTS(M6x1x10mm)(72).**
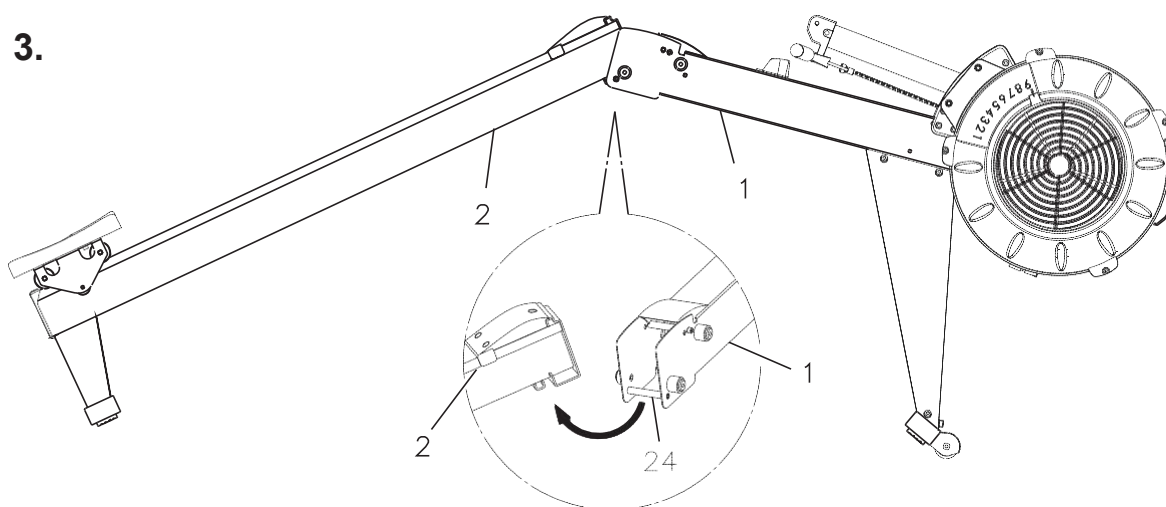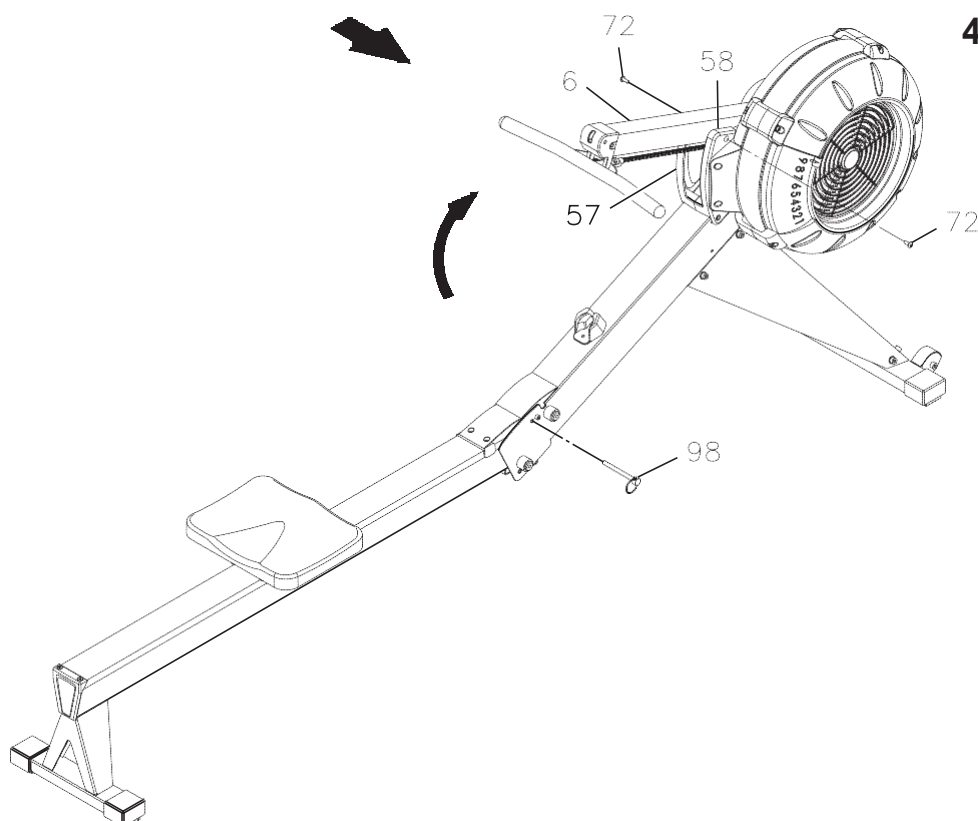
STEP 6

There is an **"L"** decal on the left **PEDAL CAP(45L),** and an **"R"** decal on the right **PEDAL CAP(45R).** Attach the right **PEDAL CAP ASSEMBLY(45R)** to the right side of the **MAIN FRAME(1)** with **SOCKET HEAD BOLTS(M8x1.25x160mm)(84)** and **SECURING CAPS(9).** Repeat on other side.
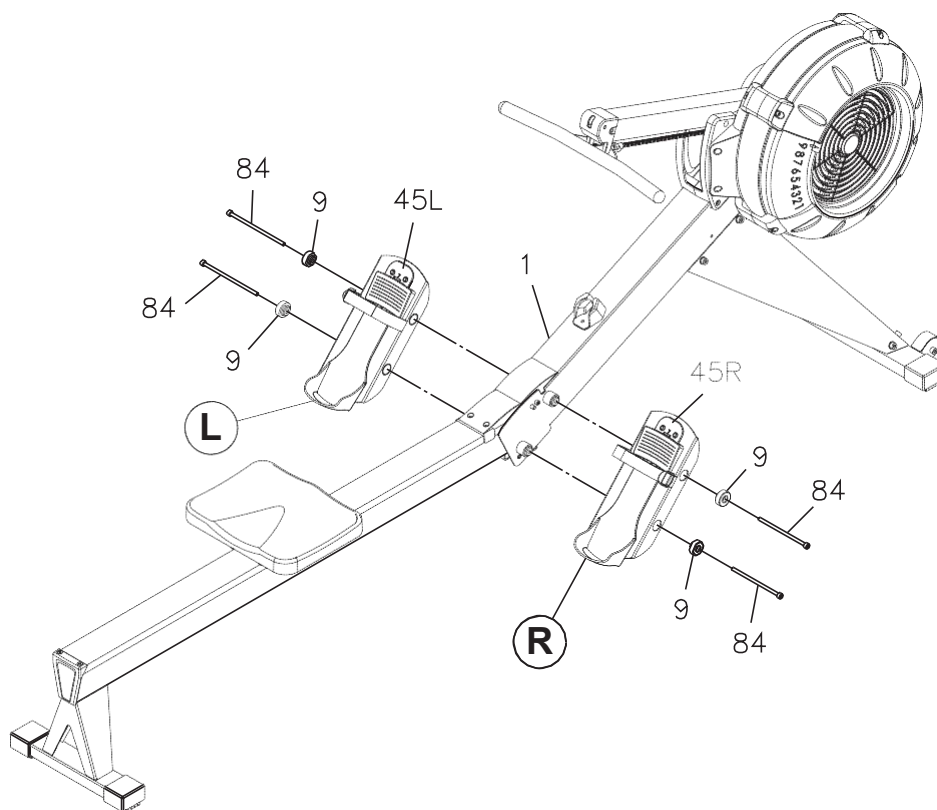
ASSEMBLY INSTRUCTIONS

STEP 7
Refer to the detail view. Insert the **CELL PHONE BRACKET(20)** into the slot in the **COMPUTER(19).** Hang the **RUBBER BAND(21)** onto the **CELL PHONE BRACKET(20)** and the **COMPUTER(19)** as shown**.**

STEP 8
Install two size C batteries into the **COMPUTER(19),** the batteries are not included. See page 18 for detailed battery installation instructions. Attach the **COMPUTER(19)** to the **COMPUTER POST(6)** with **BUTTON HEAD BOLT(M8x1.25x75mm)(78), WASHER(M8)(79),** and **NYLOCK NUT(M8x1.25)(80).** Plug the **SENSOR WIRE(23)** into the back of the **COMPUTER(19).**
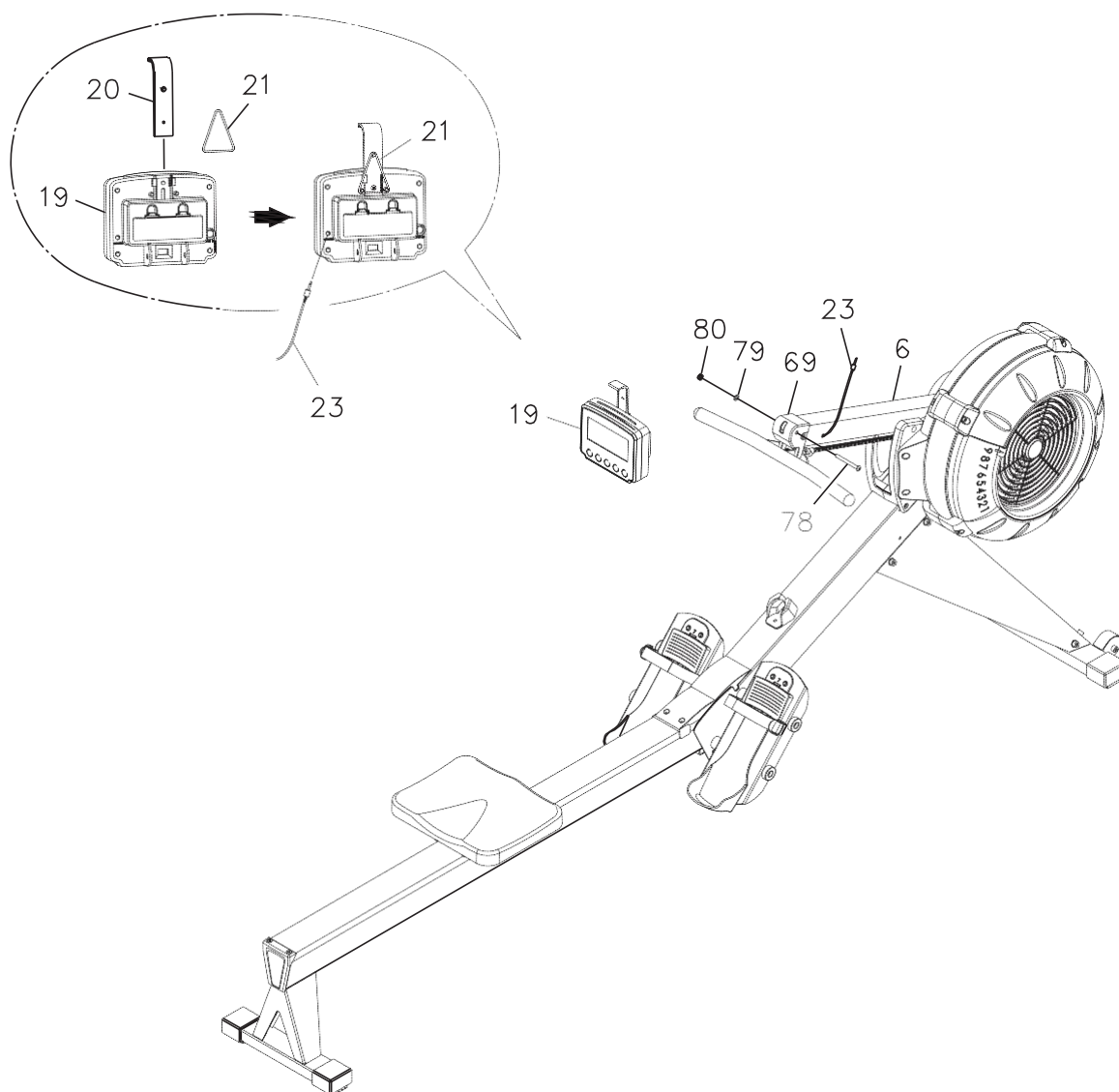
BUNGEE CORD ADJUSTMENT

Over time, about 250,000 strokes on **HANDLEBAR(3),** your **BUNGEE CORD(38)** may stretch. Follow the following process to adjust:

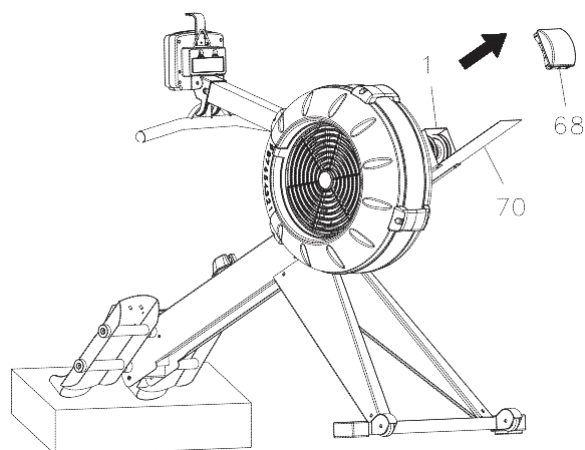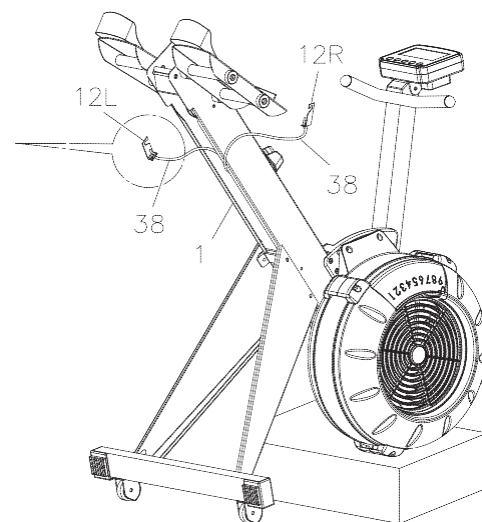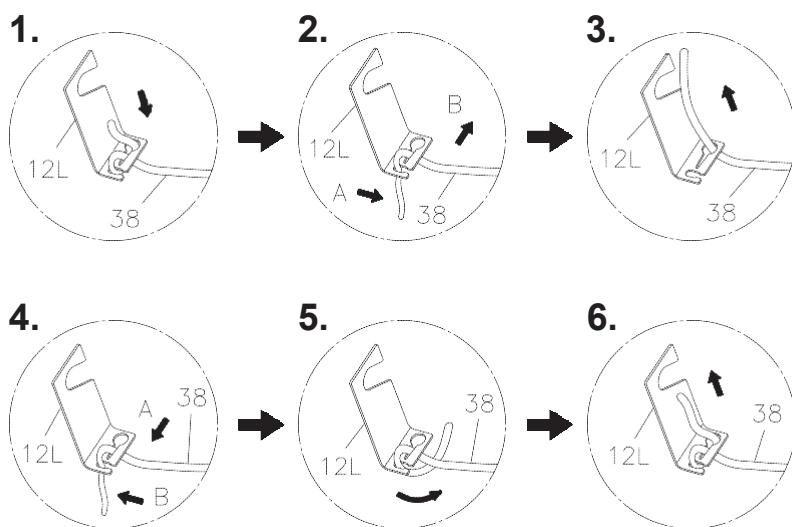**1.** Position the **MAIN FRAME ASSEMBLY(1)** as shown in the illustration. Remove the **MAIN FRAME CAP(68)** from the **MAIN FRAME(1).** Slid out the **BOTTOM COVER(70)** from the **MAIN FRAME(1).**

2. Position the **MAIN FRAME ASSEMBLY(1)** as shown in the below illustration. Unhook the **LEFT BUNGEE CORD HOOK(12L)** from the **MAIN FRAME(1).** Make a mark on the **BUNGEE CORD(38)** to move the hook forward 2 inches. Refer to **View 1** to **View 3** to untie the **BUNGEE CORD(38)** from the **LEFT BUNGEE CORD HOOK(12L),** and move the hook forward 2 inches. Refer to **View 4** to **View 6** to retie the **BUNGEE CORD(38)** to the **LEFT BUNGEE CORD HOOK(12L).** Hook the **LEFT BUNGEE CORD HOOK(12L)** back into the **MAIN FRAME(1)** and push the hook to the left side to touch the inner wall of the **MAIN FRAME(1). CAUTION: Always use two hands with a secure grip when re-attaching the BUNGEE CORD HOOKS(12L & 12R).**
Unhook the **RIGHT BUNGEE CORD HOOK(12R)** from the **MAIN FRAME(1).** Do the same as above to adjust the **BUNGEE CORD(38)** on the right side.

3. Position the **MAIN FRAME ASSEMBLY(1)** as shown in the illustration. Slid the **BOTTOM COVER(70)** back into the **MAIN FRAME(1).**Press the **MAIN FRAME CAP(68)** into the **MAIN FRAME(1).**
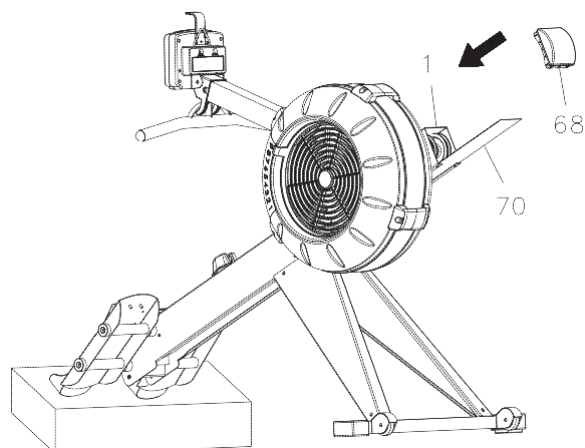
Your **FAN ROWER** utilizes an air fan system to create resistance for your workout. We

recommend that you use this computer console to vary your workout from session to session and progress toward your fitness goals. When used regularly in this way, the computer console can become an note your important

source of motivation and interest which will help keep you on track. **Meter Function**
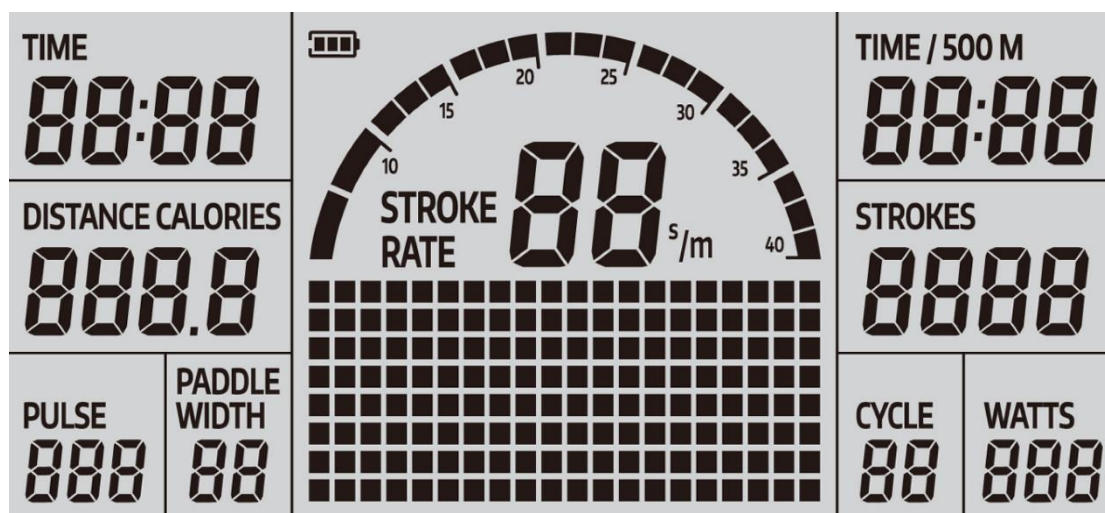
I. INITIAL SETUP
POWER ON:
- Move the handlebar to start exercising in Quick start program or press any button to go into IDEL mode.

POWER OFF:
- In IDLE mode, automatically shuts off after 20 seconds of inactivity.

- When running an Interval Program, automatically shuts off after 2 minutes of inactivity

- In all other programs, automatically shuts off after 30 seconds of inactivity.

METRIC & STANDARD UNIT:
- The initial factory setting is in "KM". To toggle between Miles and Kilometers, press and hold "UP" and

    DOWN" buttons when console in IDLE mode, it will display flashing "KM"&"MILE". Press "UP" or

    "DOWN" arrows to select "KM" or "MILE" and then press "ENTER" to confirm.

BATTERY INSTALLATION:
- Console operates on 2 Size C batteries. The battery compartment is on the back of the console.

    Battery is included.

- When there's no batteries installed, console can still work in Quick start program.

-

II.FUNCTION BUTTONS

SELECT BUTTON:

- In IDLE mode, press and release SELECT to cycle through each program option. Stopon the program of your choosing. You can preset target values for DISTANCE, TIME, andCALORIES, GAME, or select an Interval Program of 20/10, 10/20, or 10/10.

NOTE: Default exercising mode is Quick start program.

▲ **(UP BUTTON):**

- Press to increase the preset values. Press the button and hold it down, the presetting valuewill go faster, release the button to stop.

-

▼ **(DOWN BUTTON):**

- Press to decrease the preset values. Press the button and hold it down, the presetting valuewill go faster, release the button to stop.

BACK BUTTON:

- When selecting the programs, press the button to return to the previous program.

- When you finish a running program, press the button to jump into the IDEL mode.

ENTER/STOP BUTTON:

- When selecting the programs and presetting target values, press the button to confirm.

- Press the button and hold it down for three seconds to reset all functions to zero and restart the computer.

- During exercise, when back light is turned off, the first pressing of this button will turn on the back light. When the back light is still lit, press the button a second time to pause the counting of all function values. Press the button a third time to restart the workout and continue of the counting of all function values.

III. CONSOLE DISPLAY

STROKE RATE:

- Display the current stroke per minute during exercise.
- The lightened up semi-circle equals to the stroke rate that displayed in numbers. The more grids it shows, the higher your stroke rate is.
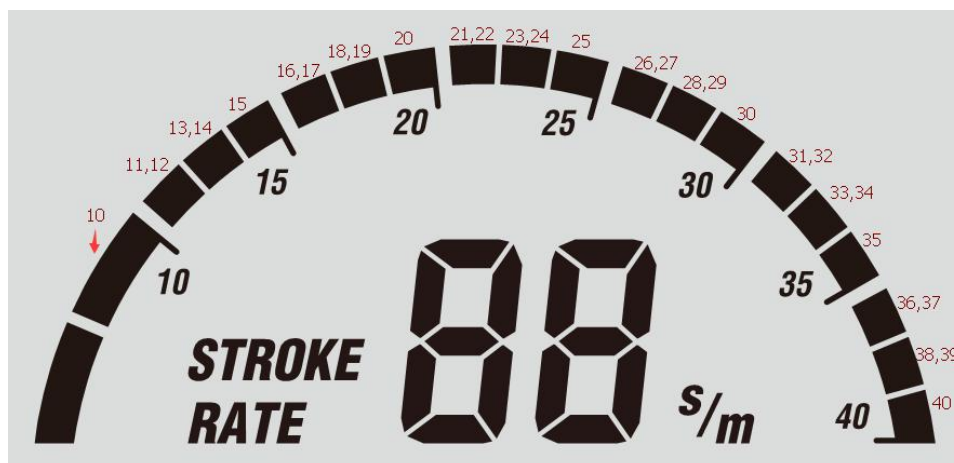
PULSE:

- Display the heart rate from 40 to 220 beats per minute during exercise. To use this function, the user must wear Heart Rate Chest Strap.

TIME & TIME/500m AVG:

- Display range: 00:00 ~ 99:59 minutes.
- The workout time is accumulated when under any workout mode.
- Display flashing "00:00" for presetting the TIME (countdown) program. Time can be set from 1:00 to 99:00 minutes.
- Time cannot be saved under10/10 INTERVAL program. Setting range is 10 ~ 99.
- The time/500m is the average time per hour for reaching distance of 500 meters.

WATTS:

- Display range: 0 ~ 999 watts.
- Display the amount of power generated at any moment during the workout.

DISTANCE& DIST/30MIN:

- Display range: 0 ~ 9999 meters. It's accumulated in cycle mode that numbers go back to 0 if the distance exceeds 9999 meters.
- The workout distance is accumulated when under any workout mode.
- Display flashing "500" for presetting DISTACNE (countdown) program. The target distance value can be set from 500 to 9999 meters.
- The distance/30min is the estimated distance for 30 minutes with the current stroke rate.

CALORIES/HOUR:
- Display range: 0 ~ 9999 meters. It's accumulated in cycle mode that numbers go back to 0 if the distance exceeds 9999 meters.
- The workout distance is accumulated when under any workout mode.
- Display flashing "500" for presetting DISTACNE (countdown) program. The target distance value can be set from 500 to 9999 meters.
- The distance/30min is the estimated distance for 30 minutes with the current stroke rate.

WATTS AVG:
- Display the average watts during the exercise.

CYCLE:
- Display only in INTERVAL program.
- Display flashing "8" for presetting the target rounds of exercise in INTERVAL program. The target cycle value can be set from 1 to 99 rounds.

LOW BATTERY REMINDER:
- Display battery symbol only when the battery is low.

IV. PROGRAMS

The Console Monitor has eight programs: QUICK START, TIME (countdown), DISTANCE (countdown), CALORIES (countdown), GAME, and INTERVAL PROGRAMS of 20/10, 10/20, & 10/10.

Press "Select" to change workout programaccording to the following sequence:Quick Start→Distance →Time →Calories →Game →20/10 Interval→10/20Interval→10/10 User Setting Interval

1.   QUICK START PROGRAM
- To Quick Start the program, you can pull on the Handlebar(3) to start. All function values for the console will count up.

- Press "**STOP**" button once to temporarily stop counting all values (Pause function). Pull the Handlebar (3) again to continue the counting. Long press "**STOP**" button to delete all counting data.

- For Quick Start and all three countdown programs, press "**SELECT**" button to choose the data displayed in the same display window, including Time & Time/500m AVG.

- For the other seven programs, press "**BACK**" button to enter IDLE mode. Or press and hold "**ENTER/STOP**" button for over 3 seconds to re-start the console. Use "**SELECT**" button to toggle between programs. Use "**UP**" and "**DOWN**" buttons to adjust the value and press "**ENTER/STOP**" to confirm.

-

2.   DISTANCE(Countdown)PROGRAM

- During the workout, the "**DISTANCE**" program will count down from preset value.

- The program will start once the user pulls the Handlebar(3). When the program is finished, the monitor will show "**WINNER**" with an audible alarm. Press the "**BACK**" button to go to the IDLE mode.
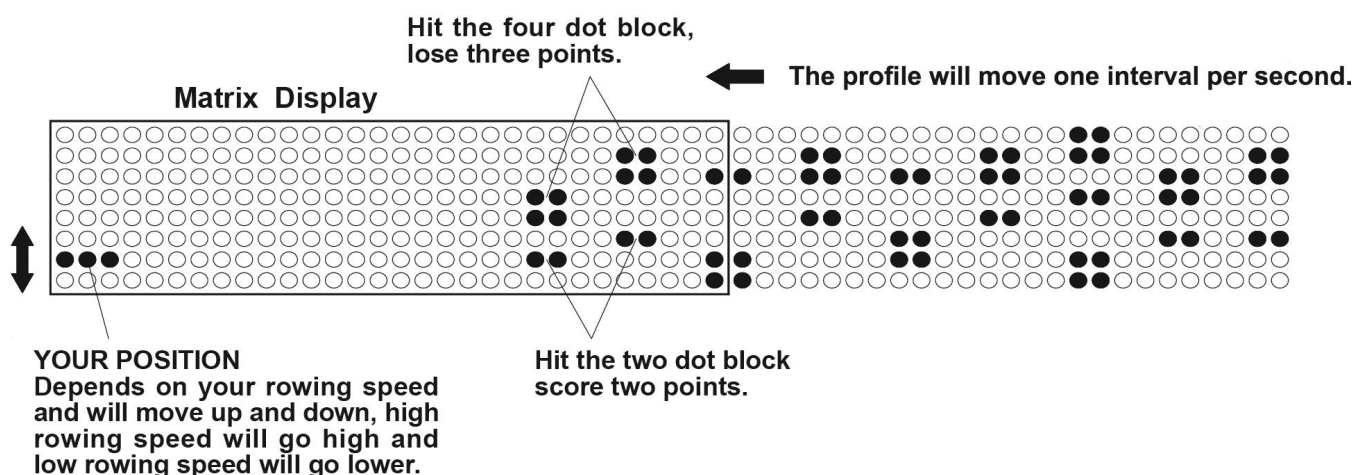
3.   TIME (Countdown) PROGRAM

- During the workout, the "**TIME**" program will count down from preset value. The program will start once the user pulls the Handlebar(3). When the program is finished, the monitor will end with an audible alarm. Press "**BACK**" button to go to the IDLE mode.

4.   CALORIES (Countdown) PROGRAM

- During the workout, the "**CALORIES**" program will count down from preset value. The program will start once the user pulls the Handlebar(3). When the program is finished, the monitor will show "**END**" with an audible alarm. Press "**BACK**" button to go to the IDLE mode.

5.   GAME PROGRAM

- When the "**GAME**" program is selected, the program will start once the user pulls the Handlebar. There is no presetting value to be entered. When the program is finished, the monitor will show your score with an audible alarm. Press the "**BACK**" button to go to the IDLE mode.

-

Hit the four dot block, lose three points.

The profile will move one interval per second.

Matrix Display

YOUR POSITION
Depends on your rowing speed and will move up and down, high rowing speed will go high and low rowing speed will go lower.

Hit the two dot block score two points.

6.   20/10 INTERVAL PROGRAM

- When it is in the "**20/10 INTERVAL**" program, the console monitor will display flashing "8" for presetting value of cycle. "**20**" is 20 seconds for exercising, and "**10**" is 10 seconds for resting. Then user can use "**UP**" and "**DOWN**" buttons to input the value from 1 to 99. The user willworkout for 20 seconds and then rest for 10 seconds. When the program is finished, the monitor will end with an audible alarm. Press the "**BACK**" button to go to the IDLE mode.

7.   10/20 INTERVAL PROGRAM

- When it is in the "**10/20 INTERVAL**" program, the console monitor will display flashing "8" for presetting value of cycle. Then user can user "**UP**" and "**DOWN**" buttons to input the value from 1 to 99. User willworkout for 10 seconds and then rest for 20 seconds. The program will start once the user pulls the Handlebar(3). When the program is finished, the monitor will end with an audible alarm. Press the "**BACK**" button to go to the IDLE mode.

8.   10/10 INTERVAL PROGRAM

- When it is in the "**10/10" INTERVAL**" program, the console monitor will display flashing "8" for presetting value of cycle. Then user can use "**UP**" and "**DOWN**" buttons to input the value from 1 to 99 for number of cycle, workout time, and rest time. The program will start once the user pulls the Handlebar(3). When the program is finished, the monitor will end with an audible alarm. Press the "**BACK**" button to go to the IDLE mode.

OPERATION DESCRIPTIONS

1. The back light of the LCD display will stay on for 10 seconds after the last pressing of any button, then it will turn off. You can press any button to turn it on again.
2. To stop a running program, press the **ENTER/STOP** button. During exercise, when back light is turned off, the first pressing of this button will turn on the back light. When the back light is still lit, press the button a second time to pause the counting of all function values. Press the button a third time to restart the workout and continue the counting of all function values.
3. If you want to restart with a new program, press and hold the **ENTER/STOP** button down for three seconds to reset all of the function values to zero and restart the computer. Use **SELECT** button to select a new program.
4. The units of DISTANCE can be switched between mile to kilometer. Press the ▲ and ▼ buttons at the same time. The matrix display will display flashing **"KM"** or **"MILE".** Press the ▲ or ▼ button to change to **"KM"** or **"MILE",** and press **ENTER/STOP** button to confirm.

HOW TO INSTALL AND REPLACE BATTERIES:

1. Open the Battery Door on the back of the COMPUTER(19).
2. The COMPUTER(19) operates with two C batteries (1.5V each), the batteries are included. Refer to the illustration to install or replace the batteries.

**NOTE:**
  1. Do not mix a new battery with an old battery.
  2. Use the same type of battery. Do not mix an alkaline battery with another type of battery.
  3. Rechargeable batteries are not recommended.
  4. Ultimate disposal of battery should be handled according to all state and federal laws and regulations.
  5. Do not dispose of batteries in fire.
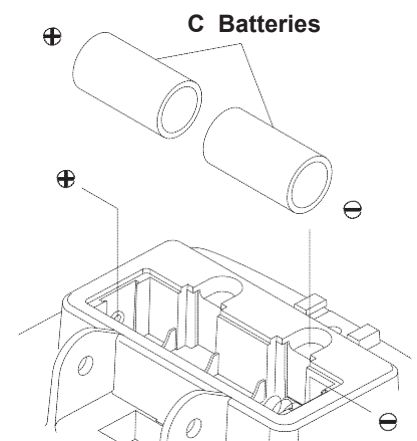
C Batteries

LOAD ADJUSTMENT

There is a **DAMPER(42)** built into the **RIGHT FAN CAGE(43).** Move the Indicator in the **DAMPER(42)** to point to the numbers on the **RIGHT FAN CAGE(43)** to adjust the load. There are settings from 1 to 9. Setting #1 will provide the lowest resistance. Setting #9 will provide the highest resistance.
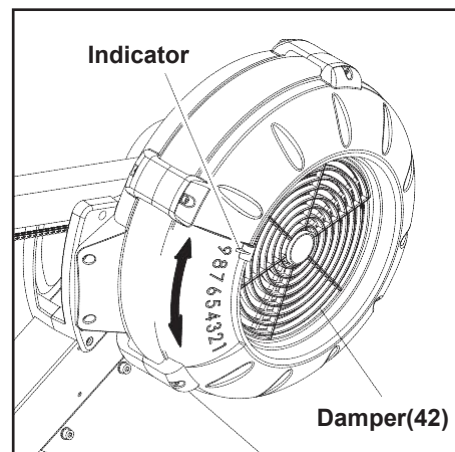
HANDLEBAR POSITION

The **HANDLEBAR(3)** can be placed on the hook in the **COMPUTER POST(6),** refer to illustration A. Or, you can place the **HANDLEBAR(3)** on the **HANDLEBAR HOLDER(52)** as shown in illustration B.

A.

B.
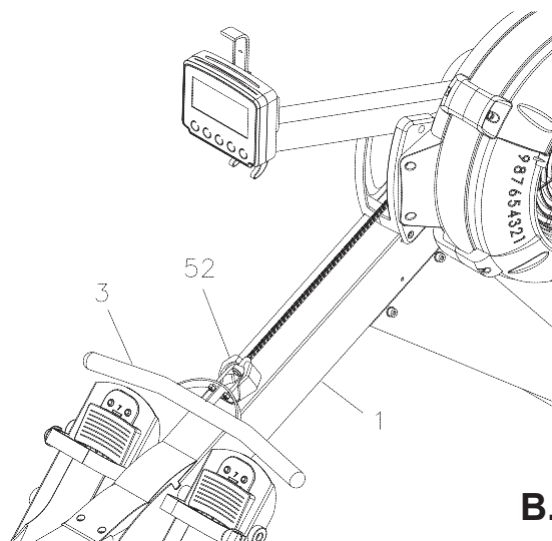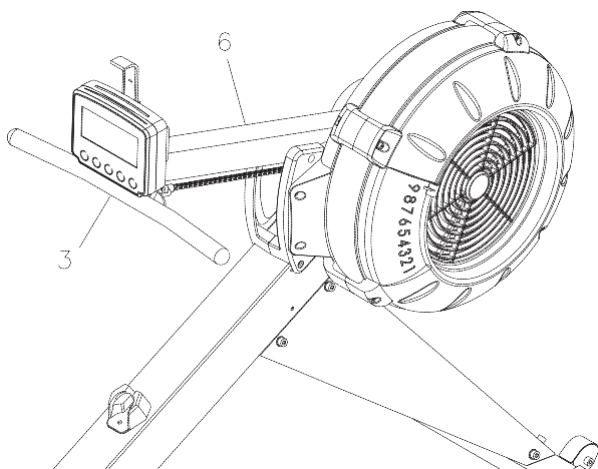
PEDAL CAP ADJUSTMENT

The position of the **PEDAL CAPS(45)** can be adjusted. Refer to the illustration. Pull the **PEDAL CAP(45)** out from the two bulges in the **PEDAL SUPPORT(5),** then lower or raise the **PEDAL CAPS(45)** to the desired position. Lock the **PEDAL CAPS(45)** in position by pressing the adjustment holes of the desired position onto the two bulges.

Refer to the numbers on the **PEDAL CAPS(45)** to make sure that **PEDAL CAPS(45)** are adjusted on the same position on both sides.
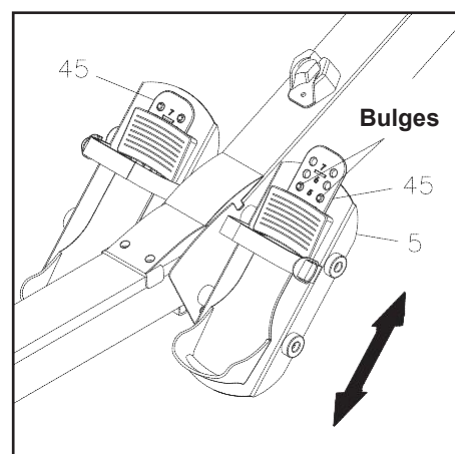
USING THE CELL PHONE BRACKET

The **CELL PHONE BRACKET(20)** can move up and down. Move up the **CELL PHONE BRACKET(20),** then slide the Cell Phone into the gap between the **CELL PHONE BRACKET(20)** and the **COMPUTER(19).** Move down the **CELL PHONE BRACKET(20)** to clip the Cell Phone in position.

MAINTENANCE

The safety and integrity designed into the **FAN ROWER** can only be maintained when the **FAN ROWER** is regularly examined for damage and wear. Special attention should be given to the following:
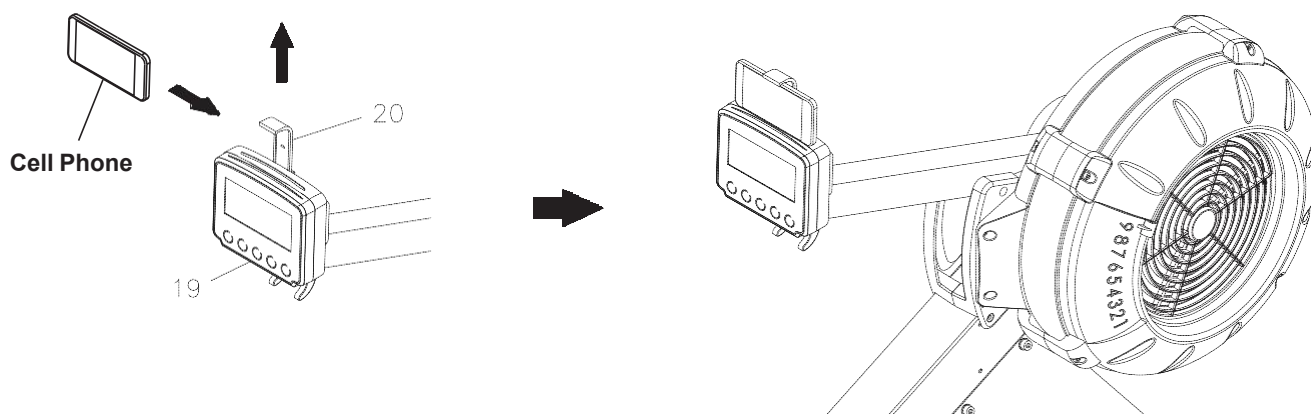
1. Pull on the **HANDLEBAR(3)** and verify that the Magnetic System provides tension and the seat travel is smooth and stable.
2. Clean the roller tracks in the **RAIL(14)** with an absorbent cloth.
3. Verify that all nuts and bolts are present and properly tightened. Replace missing nuts and bolts. Tighten loose nuts and bolts.
4. Check the condition of the **CHAIN(36).** Replace the **CHAIN(36)** if it is cracked or broken.

STORAGE

1. To store the **FAN ROWER**, simply keep it in a clean dry place.
2. To avoid damage to the electronics, remove the batteries from the **COMPUTER(19)** before storing the **FAN ROWER** for one year or more.
3. Move the **FAN ROWER** with the **MOVING WHEELS(66)** on the **FRONT STABILIZER (4).** Lift the Rear Stand of the **RAIL FRAME(2)** to move the **FAN ROWER .** Refer to the illustration below. Do not use the **SEAT(51)** to move the **FAN ROWER .** The **SEAT(51)** will move and the **SEAT CARRIAGE(10)** may pinch your hand or fingers.
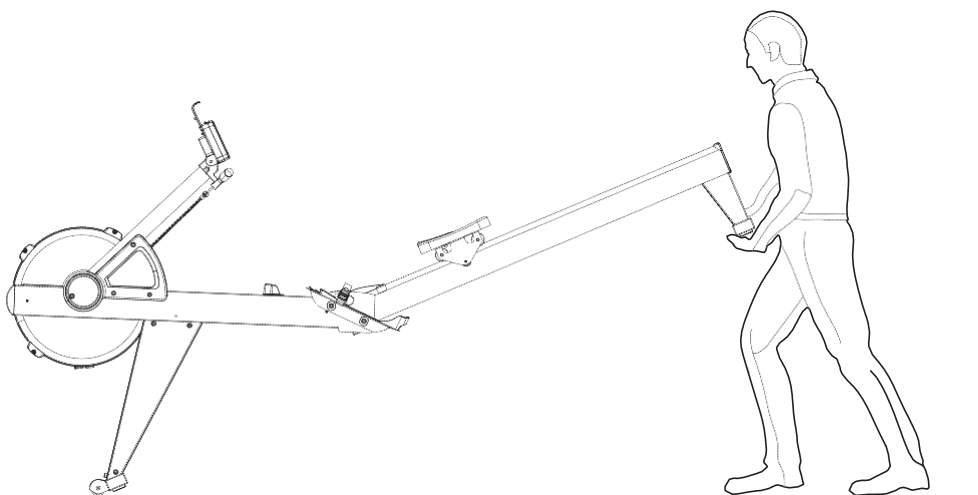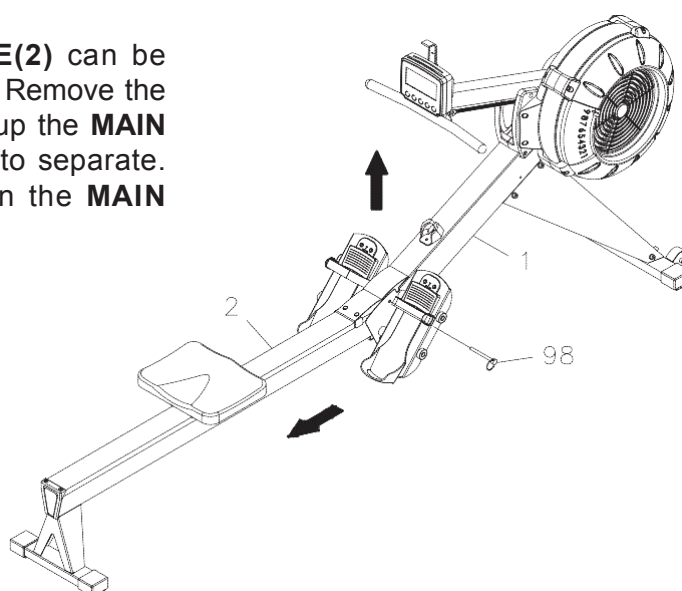

4. The **MAIN FRAME(1)** and the **RAIL FRAME(2)** can be separated to minimize the unit size for storage. Remove the **PULL PIN(98)** from the **MAIN FRAME(1).** Lift up the **MAIN FRAME(1)** and pull out the **RAIL FRAME(2)** to separate. Insert the **PULL PIN(98)** back to the hole in the **MAIN FRAME(1)** for storage.

CONDITIONING GUIDELINES

How you begin your exercise program depends on your physical condition. If you have been inactive for several years or are severely overweight, start slowly and increase your workout time gradually. Increase your workout intensity gradually by monitoring your heart rate while you exercise.

Remember to follow these essentials:

- Have your doctor review your training and diet programs.
- Begin your training program slowly with realistic goals that have been set by you and your physician.
- Warm up before you exercise and cool down after you work out.
- Take your pulse periodically during your workout and strive to stay within a range of 60% (lower intensity) to 90% (higher intensity) of your maximum heart rate zone. Start at the lower intensity, and build up to higher intensity as you become more aerobically fit.
- If you feel dizzy or lightheaded you should slow down or stop exercising.

Initially you may only be able to exercise within your target zone for a few minutes; however, your aerobic capacity will improve over the next six to eight weeks. It is important to pace yourself while you exercise so you don't tire too quickly.

To determine if you are working out at the correct intensity, use a heart rate monitor or use the table below. For effective aerobic exercise, your heart rate should be maintained at a level between 60% and 90% of your maximum heart rate. If just starting an exercise program, work out at the low end of your target heart rate zone. As your aerobic capacity improves, gradually increase the intensity of your workout by increasing your heart rate.

Measure your heart rate periodically during your workout by stopping the exercise but continuing to move your legs or walk around. Place two or three fingers on your wrist and take a six second heartbeat count. Multiply the results by ten to find your heart rate. For example, if your six second heartbeat count is 14, your heart rate is 140 beats per minute. A six second count is used because your heart rate will drop rapidly when you stop exercising. Adjust the intensity of your exercise until your heart rate is at the proper level.

wrist pulse
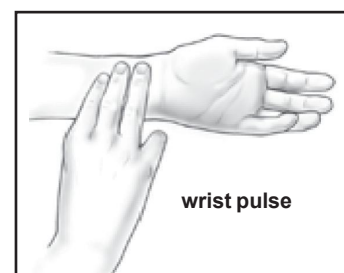
Target Heart Rate Zone Estimated by Age*

| Age	Target Heart Rate Zone (55%-90% of Maximum Heart Rate)	Average Maximum Heart Rate 100%
20 years	110-180 beats per minute	200 beats per minute
25 years	107-175 beats per minute	195 beats per minute
30 years	105-171 beats per minute	190 beats per minute
35 years	102-166 beats per minute	185 beats per minute
40 years	99-162 beats per minute	180 beats per minute
45 years	97-157 beats per minute	175 beats per minute
50 years	94-153 beats per minute	170 beats per minute
55 years	91-148 beats per minute	165 beats per minute
60 years	88-144 beats per minute	160 beats per minute
65 years	85-139 beats per minute	155 beats per minute
70 years	83-135 beats per minute	150 beats per minute

* For cardiorespiratory training benefits, the American College of Sports Medicine recommends working out within a heart rate range of 55% to 90% of maximum heart rate. To predict the maximum heart rate, the following formula was used: 220 - Age = predicted maximum heart rate

WARM-UP and COOL DOWN

Warm-Up The purpose of warming up is to prepare your body for exercise and to minimize injuries. Warm up for two to five minutes before strength training or aerobic exercising. Perform activities that raise your heart rate and warm the working muscles. Activities may include brisk walking, jogging, jumping jacks, jump rope, and running in place.

Stretching Stretching while your muscles are warm after a proper warm-up and again after your strength or aerobic training session is very important. Muscles stretch more easily at these times because of their elevated temperature, which greatly reduces the risk of injury. Stretches should be held for 15 to 30 seconds. Do not bounce.

Suggested Stretching Exercises
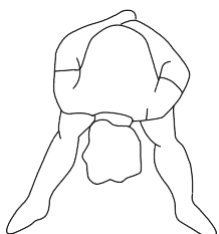
Lower Body Stretch
Place feet shoulder-width apart and lean forward. Keep this position for 30 seconds using the body as a natural weight to stretch the backs of the legs.
DO NOT BOUNCE!
When the pull on the back of the legs lessens, gradually try a lower position.
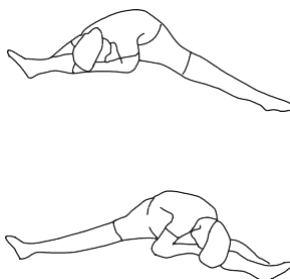
Floor Stretch
While sitting on the floor, open the legs as wide as possible. Stretch the upper body toward the knee on the right leg by using your arms to pull your chest to your thighs. Hold this stretch 10 to 30 seconds.
DO NOT BOUNCE!
Do this stretch 10 times. Repeat the stretch with the left leg.
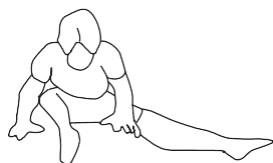
Bent Torso Pulls
While sitting on the floor, have legs apart, one leg straight and one knee bent. Pull the chest down to touch the thigh on the leg that is bent, and twist at the waist. Hold this position at least 10 seconds. Repeat 10 times on each side.

Bent Over Leg Stretch
Stand with feet shoulder-width apart and lean forward as illustrated. Using the arms, **gently** pull the upper body towards the right leg. Let the head hang down.
DO NOT BOUNCE!
Hold the position a minimum of 10 seconds. Repeat pulling the upper body to the left leg. Do this stretch several times slowly.

Remember to always check with your physician before starting any exercise program.

Cool-Down The purpose of cooling down is to return the body to its normal, or near normal, resting state at the end of each exercise session. A proper cool-down slowly lowers your heart rate and allows blood to return to the heart. Your cool-down should include the stretches listed above and should be completed after each strength training session.
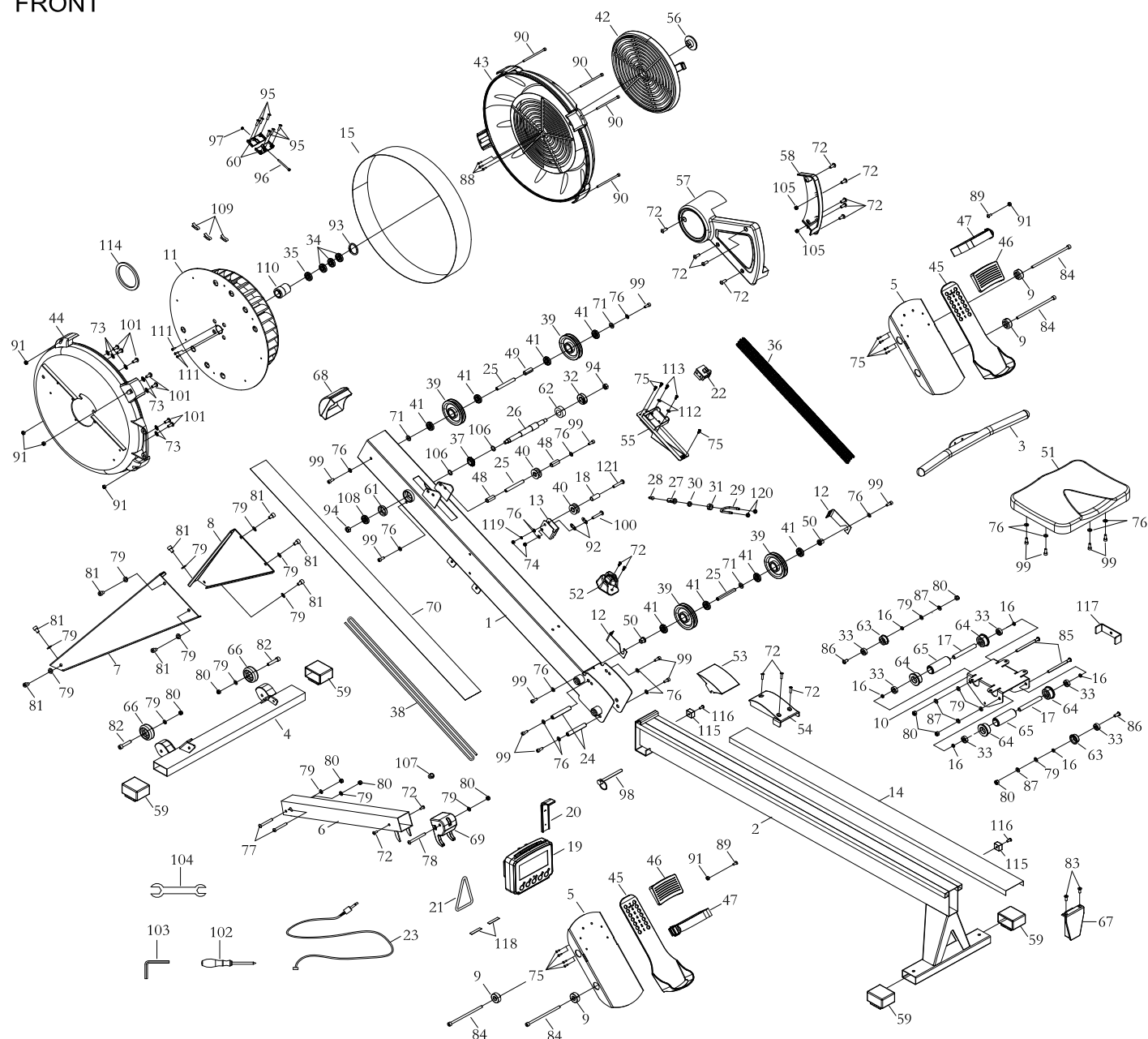
FRONT

BACK

PARTS LIST

PART#	PART NAME	QTY
1	Main Frame	1
2	Rail Frame	1
3	Handlebar	1
4	Front Stabilizer	1
5	Pedal Support	2
6	Computer Post	1
7	Left Support Leg	1
8	Right Support Leg	1
9	Securing Cap	4
10	Seat Carriage	1
11	Fan	1
12	Bungee Cord Hook	2
13	Chain Idler Bracket	1
14	Rail	1
15	Outlet Perforation	1
16	Spacer (ø8.2 x ø12 x 3.2mm)	6
17	Long Spacer (ø8.2 x ø12 x 71.6mm)	2
18	Chain Roller Spacer (ø6.2 x ø10 x 15.5mm)	1
19	Computer	1
20	Cell Phone Bracket	1
21	Rubber Band	1
22	Generator	1
23	Sensor Wire	1
24	Shaft (M6 x 1, ø11.8 x 79.5mm)	2
25	Pulley Shaft (M6 x 1, ø10 x 76.5mm)	3
26	Fan Axle	1
27	Hook Connector	1
28	Chain Connector	1
29	U Bolt	1
30	Inner Spacer	1
31	Outer Collar	1
32	Bearing (6003RS)	1
33	Bearing (608ZZ)	6
34	Bearing (6201RS)	3
35	One-way Bearing (HF2016)	1
36	Chain	1
37	Sprocket	1
38	Bungee Cord	1
39	Bungee Cord Pulley	4
40	Chain Roller	2
41	Bearing (6000ZZ)	8
42	Damper	1
43	Right Fan Cage	1
44	Left Fan Cage	1
45	Pedal Cap	2
46	Toe Piece	2
47	Pedal Strap	2
48	Small Chain Roller Spacer (ø10 x ø16 x 30.5mm)	2
49	Pulley Spacer (ø10 x ø16 x 26.5mm)	1
50	Pulley Bushing	2
51	Seat	1
52	Handlebar Holder	1
53	Joint Cover	1
54	Fixed Joint Cover	1
55	Generator Base	1
56	Damper Securing Cap	1
57	Left Cover	1
58	Right Cover	1
59	Endcap (30mm x 60mm)	4
60	Connecting Plate	2
61	Bearing Cup (6001RS)	1
62	Bearing Cup (6003RS)	1

PARTS LIST

PART#	PART NAME	QTY
63	Guide Roller	2
64	Seat Roller	4
65	Roller Sleeve	2
66	Moving Wheel	2
67	Rail Cap	1
68	Main Frame Cap	1
69	Mounting Cap	1
70	Bottom Cover	1
71	Plastic Washer	3
72	Bolt, Round Head (M6 x 1 x 10mm)	16
73	Lock Washer, Internal Tooth (M6)	7
74	Nylock Nut (M6 x 1)	4
75	Screw, Round Head (ST4.2 x 10mm)	11
76	Washer (M6)	16
77	Bolt, Socket Head (M8 x 1.25 x 65mm)	2
78	Bolt, Button Head (M8 x 1.25 x 75mm)	1
79	Washer (M8)	17
80	Nylock Nut (M8 x 1.25)	9
81	Bolt, Socket Head (M8 x 1.25 x 12mm)	8
82	Bolt, Socket Head (M8 x 1.25 x 40mm)	2
83	Bolt, Flat Head (M6 x 1 x 16mm)	2
84	Bolt, Socket Head (M8 x 1.25 x 160mm)	4
85	Bolt, Socket Head (M8 x 1.25 x 110mm)	2
86	Bolt, Button Head (M8 x 1.25 x 25mm)	2
87	Lock Washer (M8)	4
88	Screw, Round Head (ST4.2 x 16mm)	3
89	Screw, Round Head (M5 x 0.8 x 8mm)	2
90	Bolt, Socket Head (M5 x 0.8 x 92mm)	4
91	Nut (M5 x 0.8)	6
92	Chain Hook	2
93	Inner C Ring (ø32)	1
94	Nylock Nut (M10 x 1.5)	2
95	Screw, Round Head Self-Tapping (ST4.2 x 6mm)	6
96	Screw, Round Head (M4 x 0.7 x 45mm)	1
97	Nut (M4 x 0.7)	1
98	Pull Pin	1
99	Bolt, Socket Head (M6 x 1 x 16mm)	14
100	Bolt, Round Head (M6 x 1 x 30mm)	2
101	Bolt, Round Head (M6 x 1 x 10mm)	7
102	Screwdriver	1
103	Allen Wrench (6mm)	1
104	Wrench T6	1
105	Nut (M6 x 1)	2
106	PU Spacer	2
107	Grommet Plug	1
108	Bearing (6001RS)	1
109	Weight	3
110	Bearing Housing	1
111	Bolt, Socket Head (M4 x 0.7 x 12mm)	3
112	Washer (ø3.5 x ø12 x 1mm thick)	2
113	Screw, Round Head (ST3.0 x 12mm)	2
114	Magnet Ring	1
115	Seat Stopper	1
116	Bolt, Socket Head (M8 x 1.25 x 20mm)	2
117	Stopper Bracket	2
118	EVA pad	2