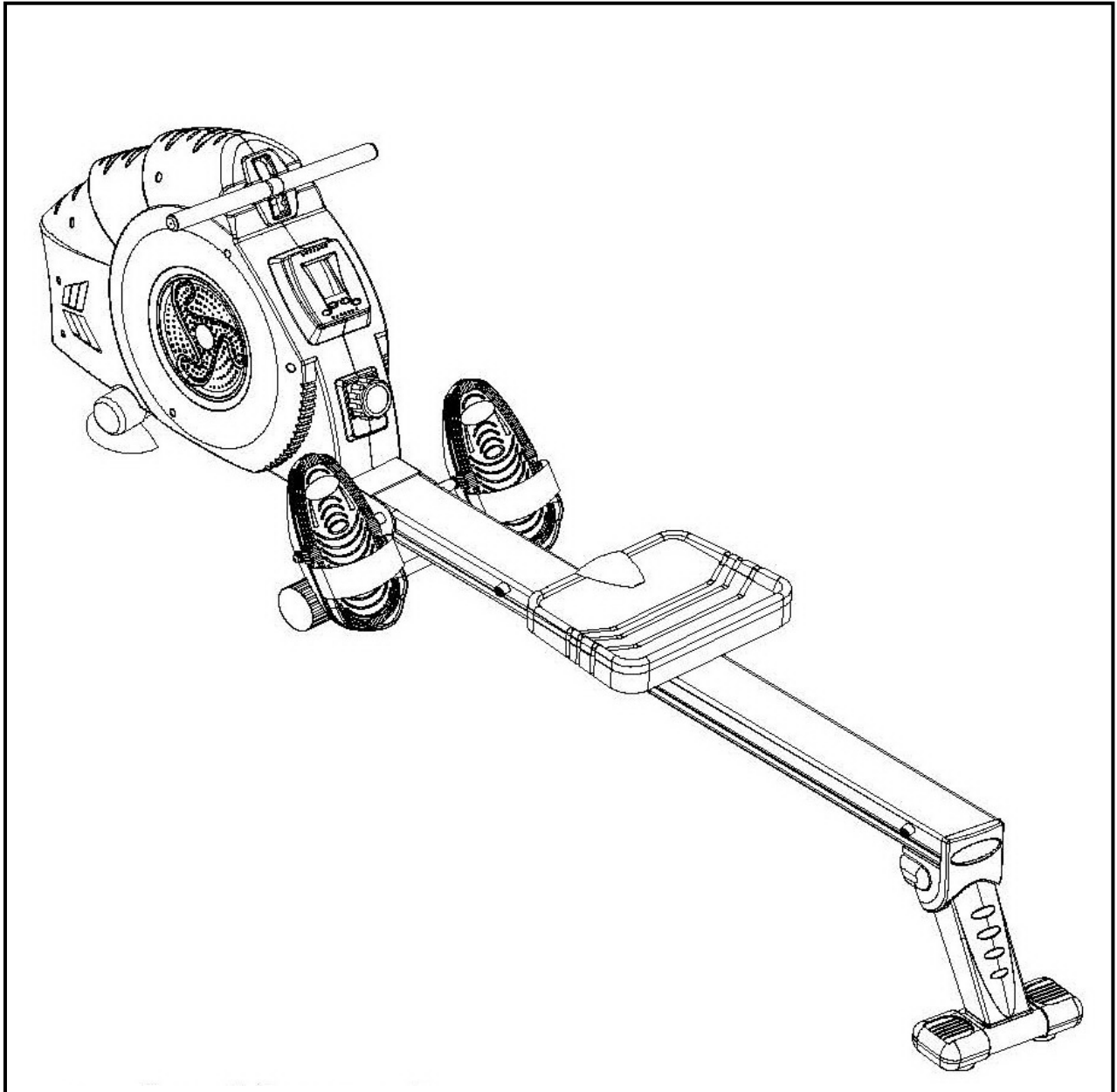




Mag Air Rower

Model No. KR120



OWNER'S MANUAL

Attention

Warning:

Before using the mag air rower, please advise personal doctor and have a physical examination if necessary. Regular and strict exercising habits must first gain doctor's permission, if there are any uncomfortable matters while using the mag air rower, please stop immediately and consult doctor again, it is very important to use the mag air rower correctly. Please read manual carefully before using the mag air rower.

While the mag air rower is in use or while taking a rest, it is necessary to keep children away from the magnetic rowing machine.

Please wear appropriate clothing while exercising, for example, sportswear and sports boots etc. Do not wear loose clothing in case it might get stuck in machine while exercising.

Make sure all screws on the mag air rower is tightened, term maintenance can protect the mag air rower to be in good condition.

Before Use:

How to use the mag air rower to exercise depends on one's body condition. If you have not exercised for a long period of time or you are overweight, then you should start slowly, then slowly increase the amount of time you exercise every week.

At first, maybe you only need a couple of minutes to accomplish the target you have set for yourself, then, you will have to spend six to eight weeks to improve your physical condition. If you need to spend more than this amount of time, please do not feel depressed, the important thing is that exercise should be based on your own schedule and eventually attain the goal of exercising thirty minutes each time. The better your physical condition is, the tougher your goal setting exercising time should be. It is important to keep the following in mind:

It is always important to consult a doctor before starting your exercising plan or beginning your training. Let the doctor examine an actual exercising schedule according to your training and diet plan.

Follow your own and the doctors progress and keep on moving forward according to actual situations.

Follow the exercising plan that has been set in coordination with other aerobic exercises, for example, walking, jogging, swimming, dancing, riding bicycles... etc.

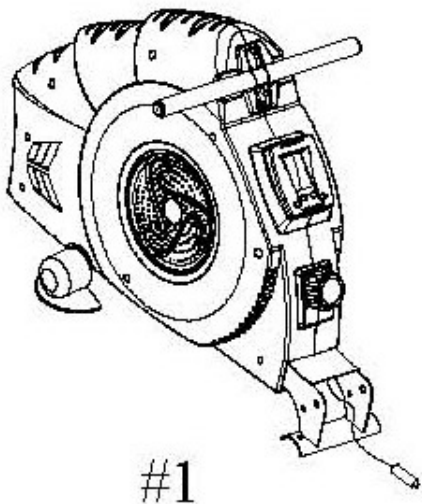
It is necessary to drink a lot of water while exercising; the large amount of water that has been lost during excessive exercise must be re-supplied afterwards in order to avoid dehydration. Avoid drinking cold water; water at room temperature is best.

Take pulse rates at all times. If there isn't a pulse meter, let the doctor instruct you to use a watch or use your neck to take your pulse, then according to your age, set your heartbeat goal for your own age.

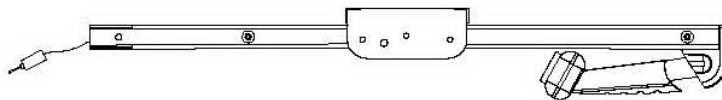


○ Surgeon doctor association thinks that the lack of exercise is a sign of danger in your health.

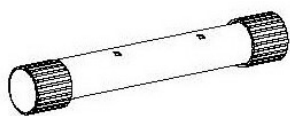
Components



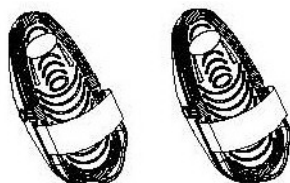
Main frame x 1



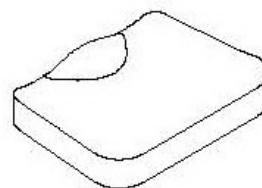
#45
Rowing rail x 1



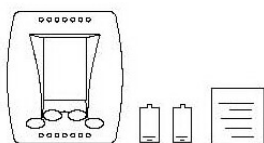
#33
Middle support x 1



#39
Footplate x 2



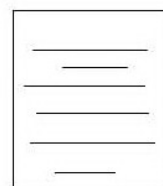
#47
Seat x 1



#6
Exercise monitor x 1
(Battery x 2 included,
Manual x 1)

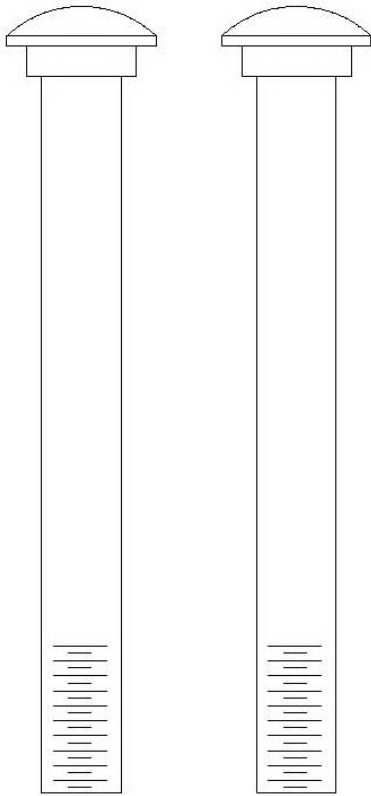


#40
Footplate axle x 1

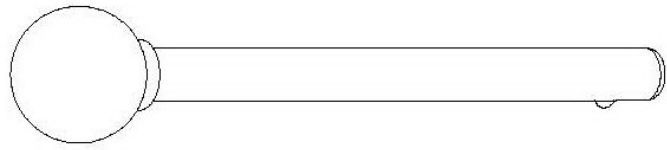


Instruction manual x 1

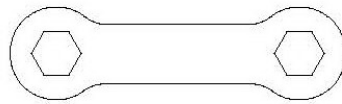
Hardware



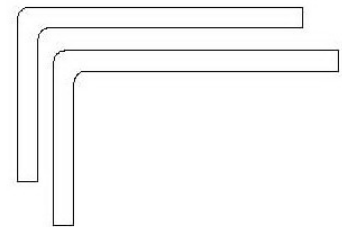
#35
Carriage bolt x 2



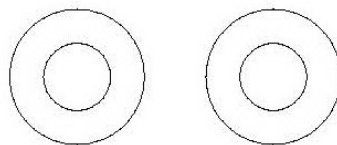
#32
Lock pin x 1



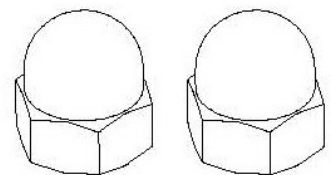
Wrench x 1



Allen key x 2

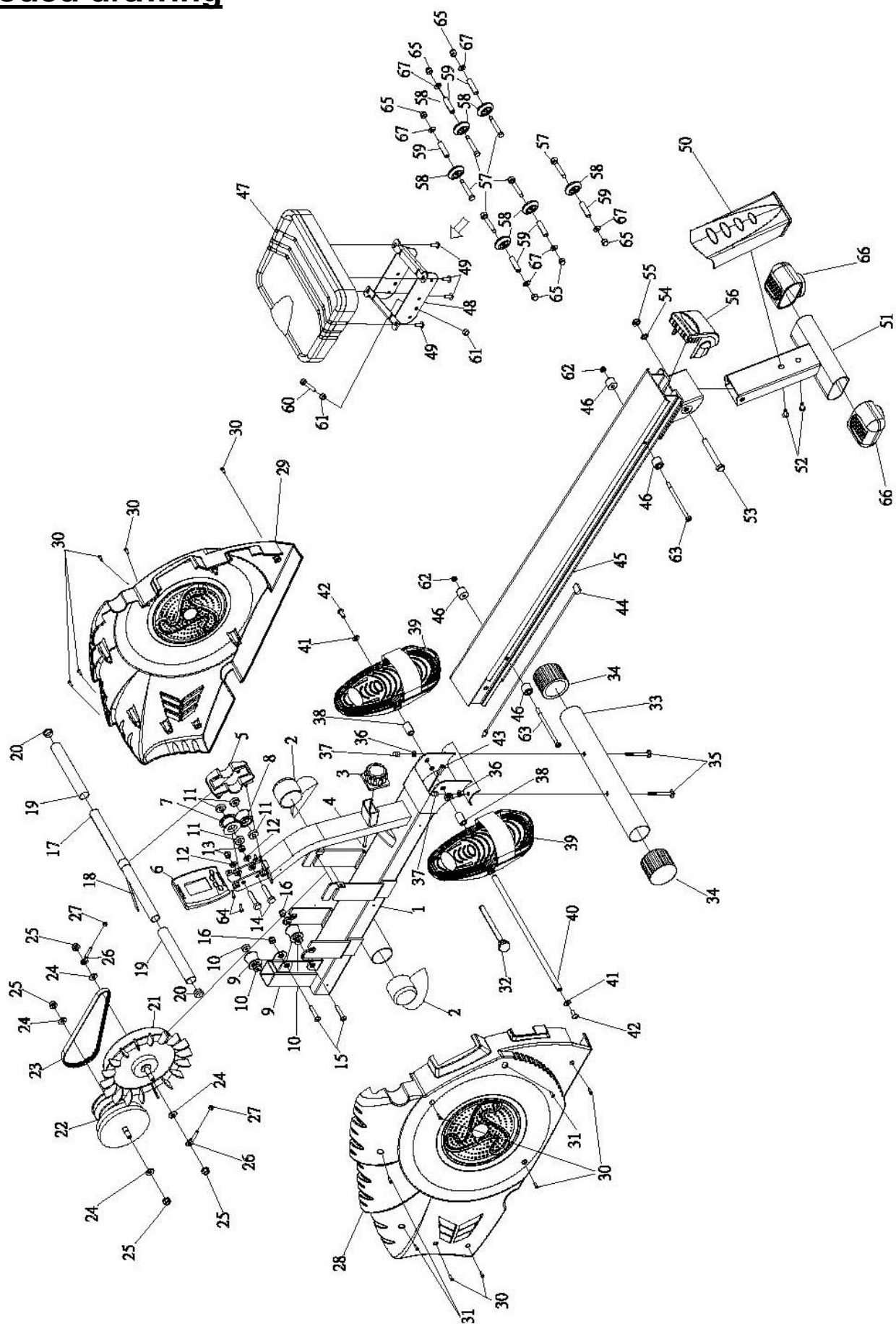


#36
Flat washer x 2



#37
Nut x 2

Exploded drawing

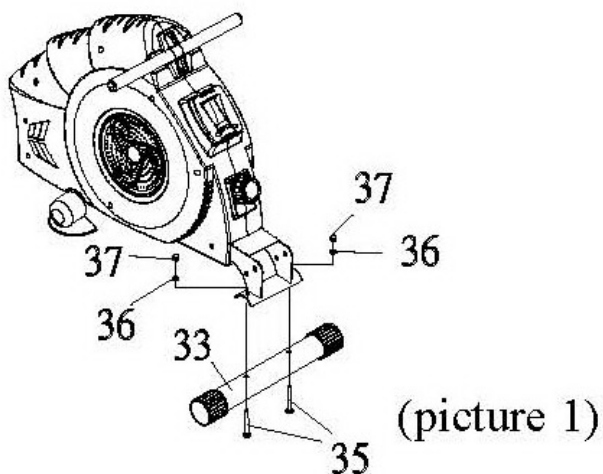


Parts List

NO.	Description	Q'TY
1	Main frame	1
2	Ø60 support end cap	2
3	Tension control knob	1
4	M5*45L bolt	1
5	Return cord guide cover	1
6	Exercise monitor	1
7	Pulley wheel top	1
8	Pulley wheel bottom	1
9	Pulley wheel	2
10	608zz bearing	4
11	6000zz bearing	4
12	Flat washer	2
13	M10 nylon nut	2
14	M10*50 hex screw	2
15	M8*45L hex screw	2
16	M8 nylon nut	2
17	Row bar	1
18	Transmission belt	1
19	Row bar foam grip	2
20	Row bar end cap	2
21	Air & magnetic flywheel ass.	1
22	Pulley assembly	1
23	Strap belt	1
24	Flat washer	4
25	Nut	4
26	Adjust bolt	2
27	Nylon M6	2
28	Left cover	1
29	Right cover	1
30	Self tapping screw	10
31	M4 self tapping screw	3
32	Lock pin	1
33	Middle support	1
34	Middle support end cap	2

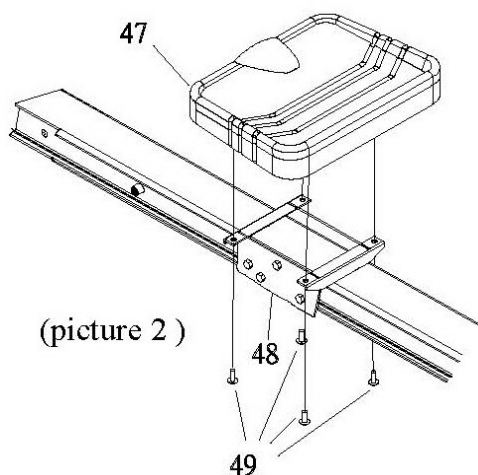
NO.	Description	Q'TY
35	M8*70L carriage bolt	2
36	Flat washer	2
37	M8 nut	2
38	Footplate axle sleeve	2
39	Footplate	2
40	Footplate axle	1
41	Flat washer	2
42	M8*20L hex bolt	2
43	Up. exercise mon. link	1
44	cable Rowing rail sensor	1
45	Rowing rail	1
46	Rubber stopper	4
47	Seat	1
48	Seat support	1
49	M8*15L hex bolt	4
50	End cover	1
51	R ear support	1
52	3/16" * 15L screw	2
53	Hex screw	1
54	Flat washer	1
55	Nylon nut	1
56	R owing rail end cap	1
57	Hex bolt	6
58	PU seat guide wheel Tube	6
59	Sleeve	6
60	Magnet	1
61	Nut	2
62	Nut	2
63	Hex bolt	2
64	M4 * 15L screw	4
65	Nylon nut	6
66	50x100 support end cap	2
67	Flat washer	6

Assembly Instructions



Step 1

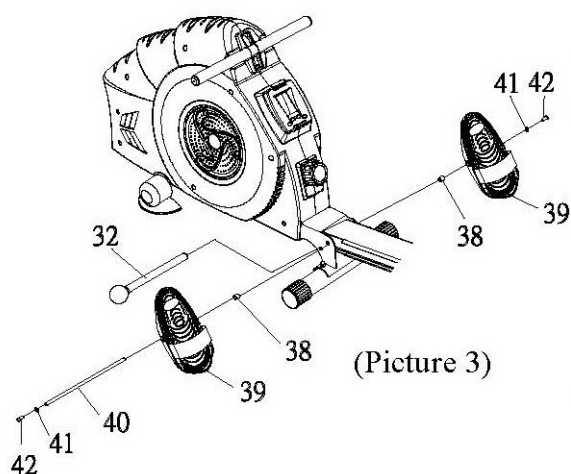
Assembly the middle support(#33), using the carriage bolt(#35), flat washer(#36) and nut (#37) to put together.(picture 1)



Step 2

Assembly the seat (#47), first put seat on top of the seat support (#48), use hex bolt (#49) to put together. (picture 2)

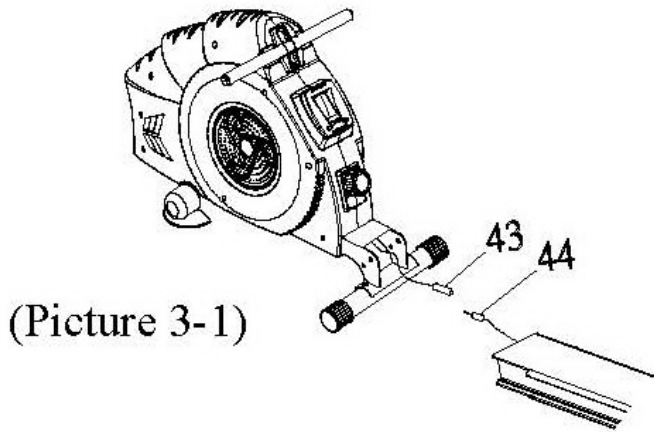
****Please remember the magnet (#60) (which fixed on the seat support (#48)) must toward to the Chain cover. ****



Step 3

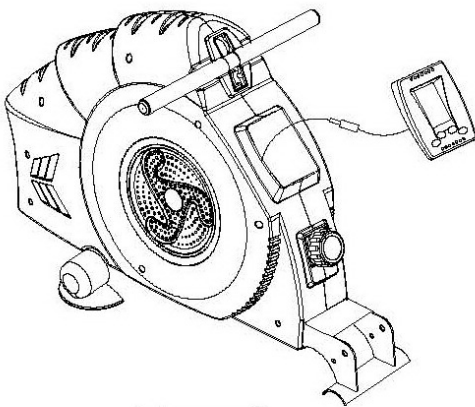
Assembly the footplate (#39) , first put sleeve(#38) on the axle(#40) and put in the footplate hole on the axle and the other side too, then out sleeve (#38) on the other side, and put the other footplate(#39) on and put washer(#41) , then lock the hex bolt(#42).

Follow the same instructions on the other side, put in lock pin(#32) last.(picture 3) study folding and unfold instructions, please



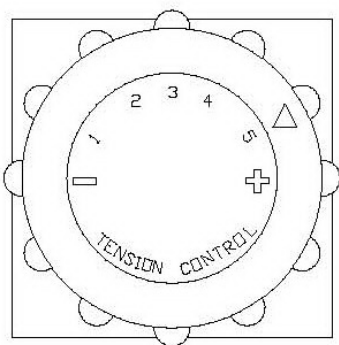
Step 4

Connect the computer cable (#43) and sensor wire (#44) first. (picture 3-1)



Step 5

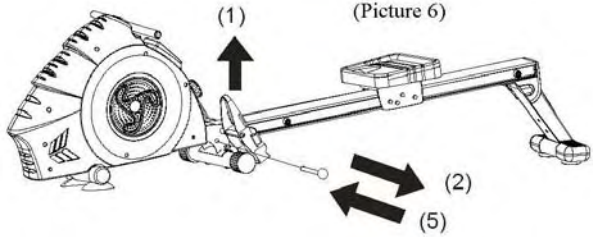
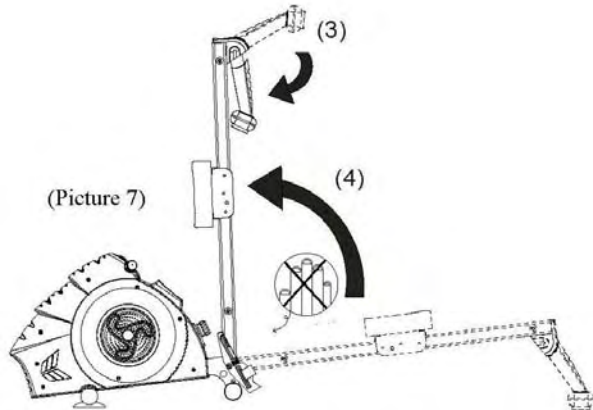
Before installing the computer, first connect one side of the computer sensor in the other side of rectangular hole, than push the computer gently into the rectangular hole; make sure all sides are securely put into the rectangular hole, now the installation of the computer is finished. (picture 4)



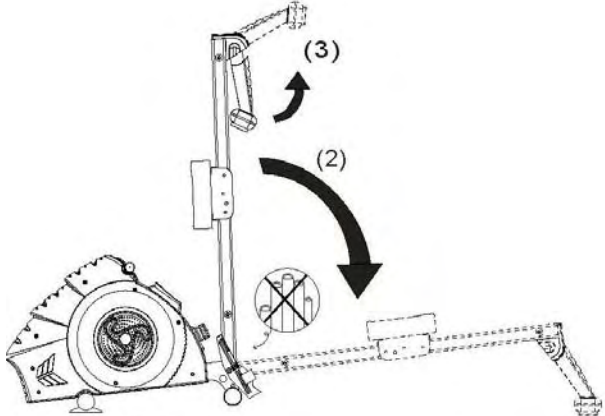
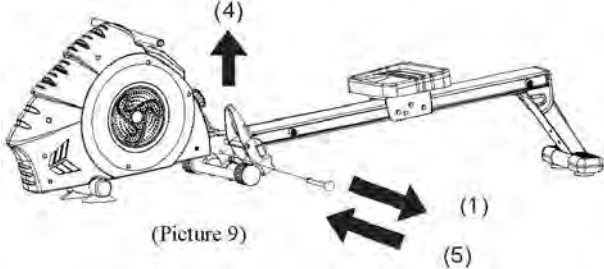
Step 6

When operation the tension knob, the rotate button will appear numbers 1-5 and a increase and decrease symbol, turning left is decrease and right is increase, therefore the smaller the number the smaller the resistance is, the larger the number the larger the resistance is. The number of the triangle index can be adjusted according to personal needs. (picture 5)

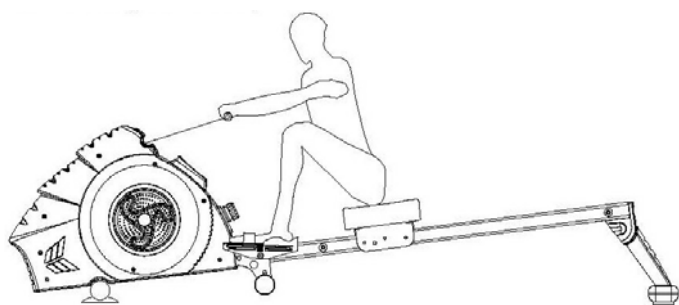
Folding Instructions

	<p>Folding instructions:</p> <p>(1) First slowly pull up the sliding rail. (Picture 6)</p> <p>(2) Then pull out the lock pin. (Picture 6)</p>
	<p>(3) Before folding the sliding rail, first fold rear support towards inside. (Picture 7)</p> <p>(4) Then put the sliding rail vertically against the main frame. (Picture 7)</p> <p>(5) Lastly, put in the lock pin. (Picture 6)</p> <p>*Please do not put fingers in the holes when folding in case of injury.</p>

Unfold instructions

	<p>Unfold instructions:</p> <p>(1) First take out the lock pin. (Picture 9)</p> <p>(2) Then put down the sliding rail. (Picture 8)</p> <p>(3) Fold rear support outwards. (Picture 8)</p> <p>*Please do not put fingers in the holes when putting the sliding rail down</p>
	<p>(4) Slowly pull the sliding rail upwards. (Picture 9)</p> <p>(5) Then put in the lock pin and the unfolding process is completed. (Picture 9)</p>

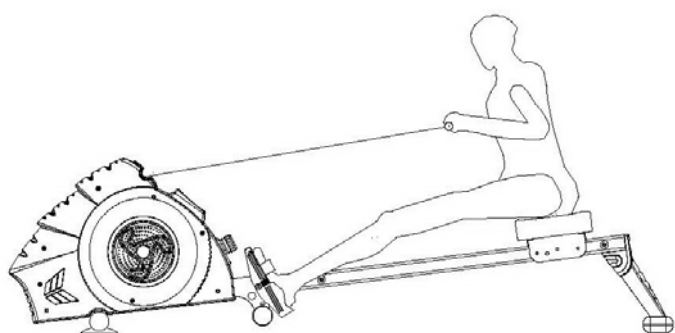
Body Position



(Picture10)

(1) The correct way to use the mag air rower is to first sit with both knees bended, body slightly lean backwards and stretch both arms to grab handles.

(Pictures 10)



(Picture 11)

(2) Then move body back and use legs to push forward, use arms to pull towards breast (picture 11).

To avoid getting hurt, don't let both knees firmly attached and don't lean your back too backwards.

Go back to the starting position and continue this action.

CONSOLE

ST-2911-4



FUNCTION BUTTON

- MODE :** Press this button to select each function for setting.
- SET :** Press this button to preset target value for functions, COUNT, TIME, PULSE, DISTANCE, CALORIE in STOP condition.
- ST/STOP :** Press this button to start or stop functions counting up or down.
- RESET :** Press this button to clear current setting value back to 0 in each function setting mode. Hold this button for 4 seconds to reset all value.

FUNCTIONS

- COUNT :** Count stroke up from 0 to 9999 when target value is not preset. Or Count stroke down from presetting target value to 0.
- TOTAL COUNT :** Accumulates stroke up from 0 to 9999 till power off. This figure is not able to be deleted by pressing RESET button unless replacing batteries. It starts from 0 again once it has been reaching 9999 counts.
- TIME :** Count the exercising time up from 0:00 to 99:59 if target time is not preset. Or count exercising time down from presetting target value to 0 when you start to exercise.
- PULSE :** The monitor will display user's heart rate during exercising. The pulse measurement function is only use by chest belt system. When pulse received value is higher than presetting value, the monitor will display heart rate signal with beep sound to remind you slow down.
- DISTANCE :** Count distance up from 0.00 to 99.99 when target value is not preset. Or count down from presetting target value to 0.
- CALORIES :** Accumulates calories consumption up from 0 to 999.9 during exercising if target value is preset. Or count calories consumption down from presetting value to 0.
Note: This data is a rough guide for comparison of different exercise sessions which can not be used in medical treatment.
- STROKES/MIN :** Monitor will display stroke value per minute during exercising.

** The functions of PULSE, DISTANCE, CALORIE, STROKES/MIN, and TOTAL COUNT will be auto scan between each function in each 6 seconds

NOTE

1. The computer is auto start with signal in and stop without signal.
2. Without any signal for 4 minutes, the LCD display will shut off automatically and all values are reserved. To press any button or back to exercise for values appearing.
3. When target value of COUNT, TIME, DISTANCE, and CALORIE count down to 0, alarm will remind the user with Bi-Bi...sound for 8 seconds. Press any button to turn the alarm off and the values will keep to count up from 0.
4. If the monitor displays abnormally, please re-install the battery and try again.
5. Battery spec : 1.5V UM-3 or AA (2 pcs)



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