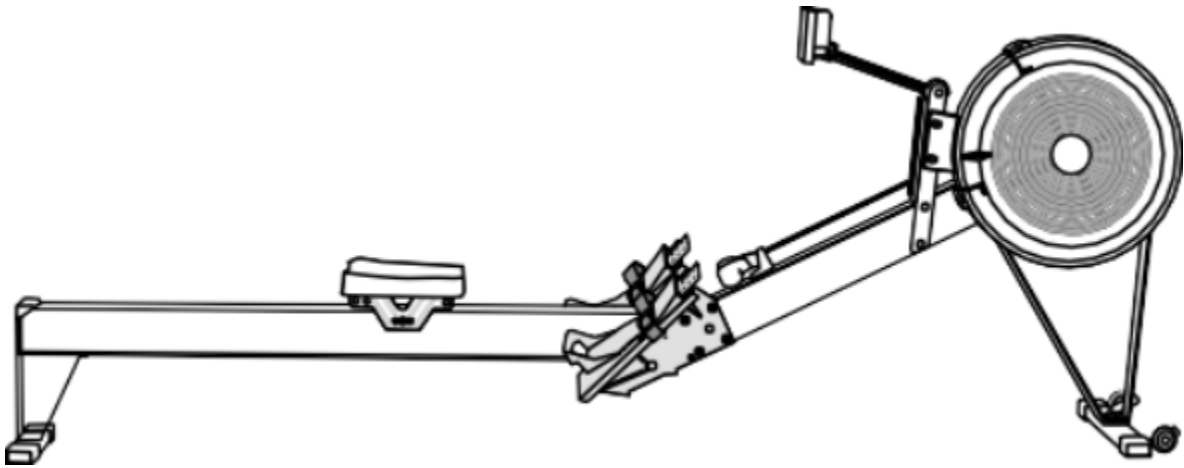


OWNER'S MANUAL

ROWING MACHINE



THANK YOU FOR PURCHASING THE ENDURANCE ROWER FROM EDGEFIT

CONTENTS:

- Important safety information page 2
- Exploded drawing, hardware, and parts list page 3
- Assembly instructions page 4 - 6
- Storage and Safety page 7 - 12
- Adjustment / Technique page 13 - 15
- Maintenance page 16-19

Please read this instruction manual carefully before assembling.

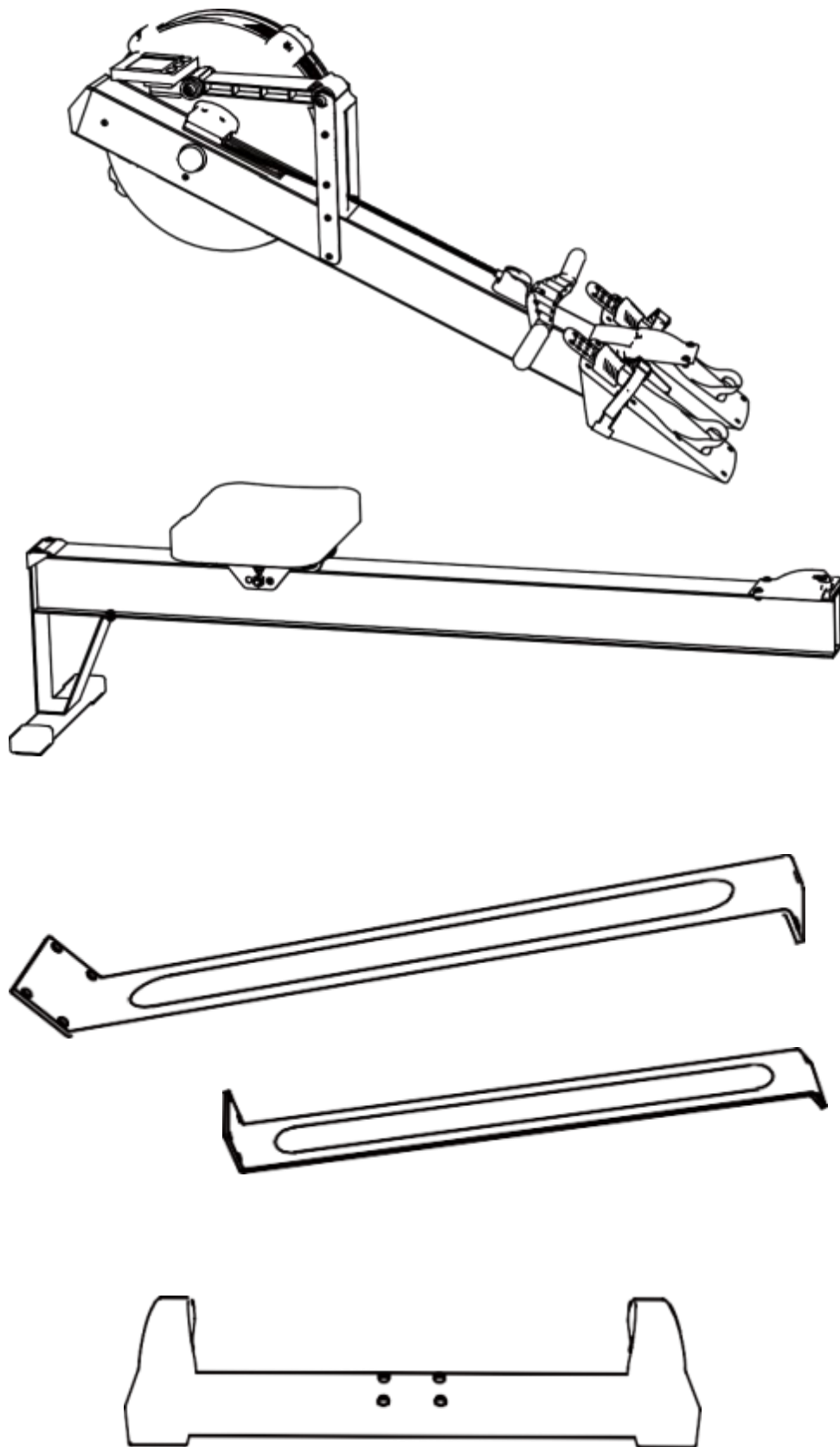
SAFETY INFORMATION:

Note the following precaution before assembling or operating the machine:

- 1、 Assemble the machine exactly as described in this instruction manual.
- 2、 Check all the screws, nuts, and other connections before using the machine for the first time and ensure that the Rower is in safe working condition before every use.
- 3、 Set up the Rower in a clean dry level place and keep it away from moisture and water.
- 4、 Always ensure that the Rower is stable and has adequate space around it before use.
- 5、 Do not use aggressive cleaning products to clean this, Rower.
- 6、 Always consult your doctor before undertaking any exercise program.
- 7、 This machine is not suitable for therapeutic purposes.
- 8、 This machine can only be used by one person at a time.
- 9、 Always wear suitable training clothes and shoes when using this, Rower.
- 10、 If you have a feeling of dizziness, sickness or other abnormal symptoms or pain, please stop training immediately and consult a doctor.
- 11、 This Rower is under no circumstances suitable as a children's toy. This Rower is not intended for use by persons (including children) with reduced physical, sensory, or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of this Rower by a person responsible for their safety.
- 12、 Care must be taken when lifting or moving the equipment so as not to injure your back.
Always use proper lifting techniques and/or use assistance.
- 13、 Use only original spare parts for any necessary repairs.
- 14、 Any broken, worn, or defective parts must be replaced immediately, and the machine must not be used until it has been repaired.
- 15、 Maximum user weight – 150KGS.

EXPLODED-VIEW & HARDWARE & PARTS LIST :

PART LIST:



ASSEMBLY INSTRUCTION:

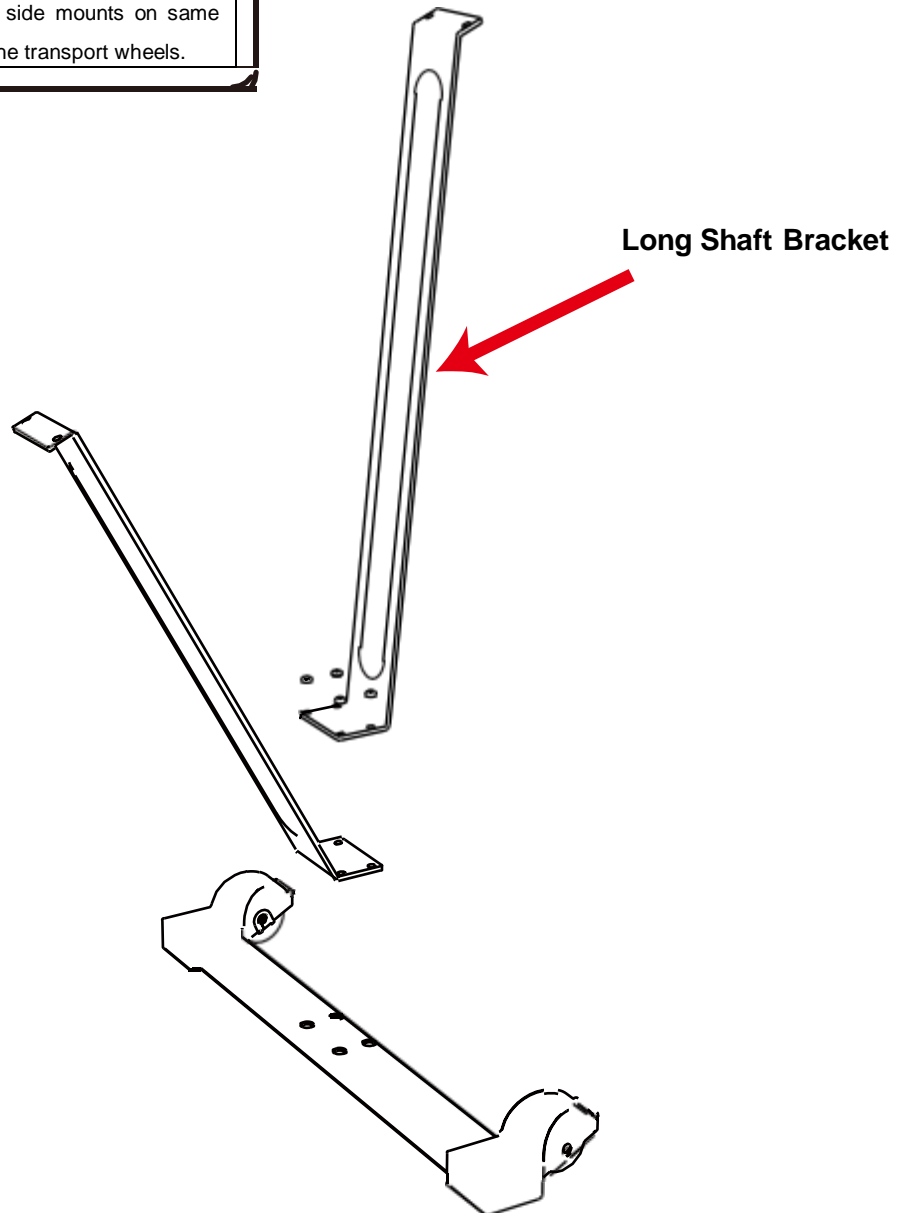
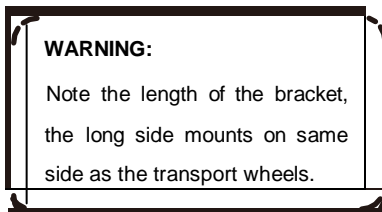
1. PREPARATION:

- A. Before assembling make sure that you will have enough clear space around the Rower.
- B. Use the tools provided for assembling.
- C. Before assembling please check whether all needed parts are available.

2. ASSEMBLY INSTRUCTION:

Step 1:

Assembling the Front Leg.

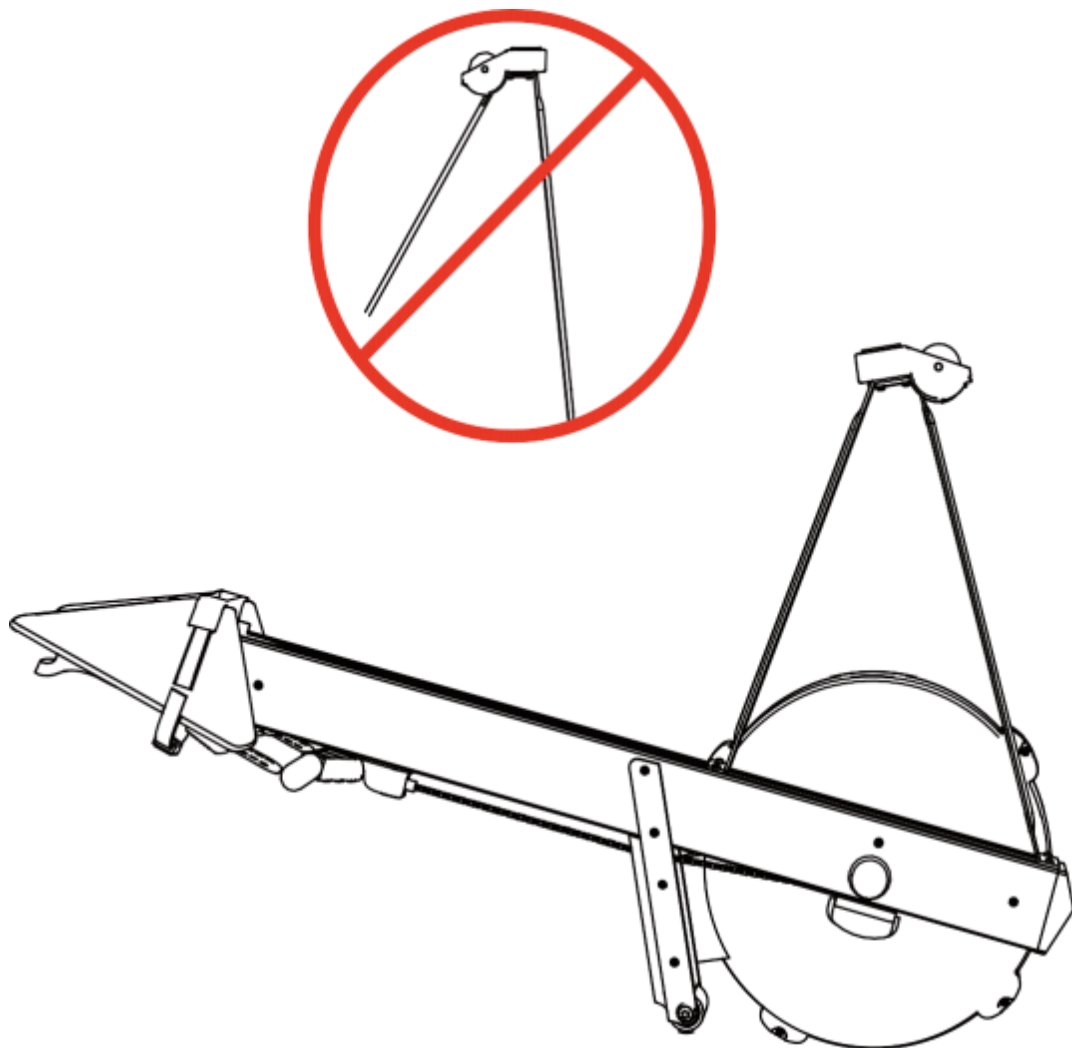


Step 2:

Attaching the Front Leg.

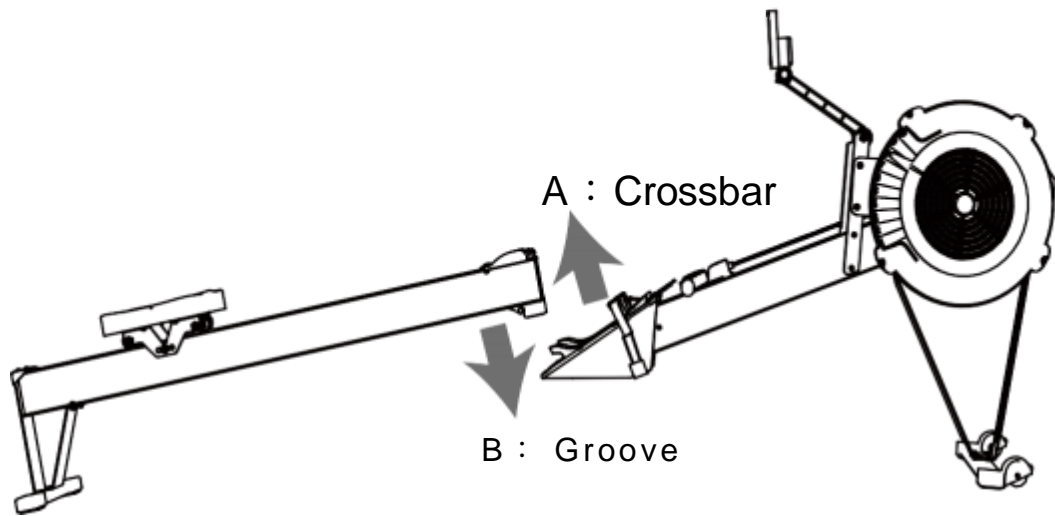
WARNING:

To prevent thread damage, make sure the holes are lined up before inserting the fasteners and do not tighten completely until all fasteners are in place.



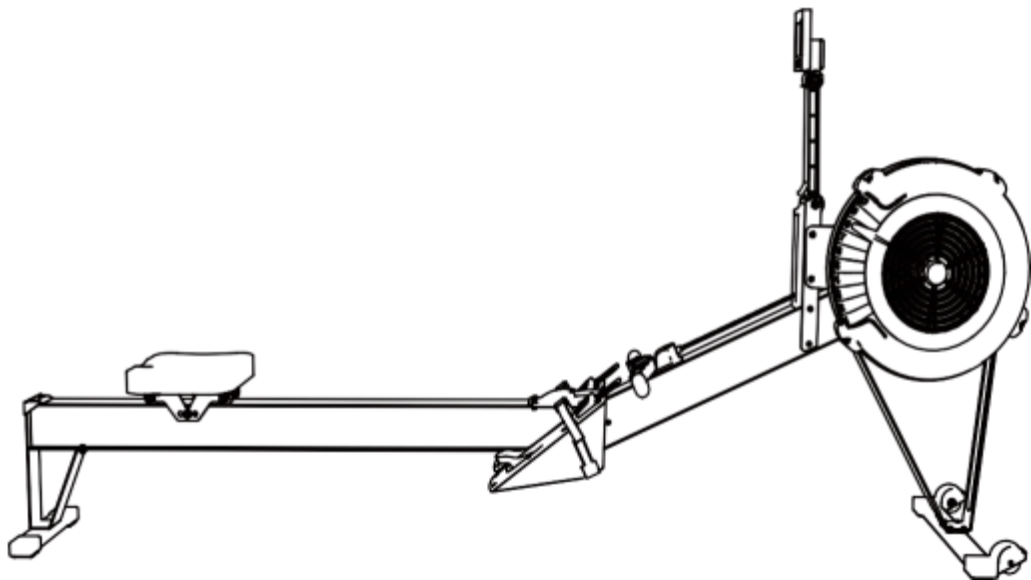
Step 3:

Connecting the Rail with Main Frame.



Step 4:

Complete!



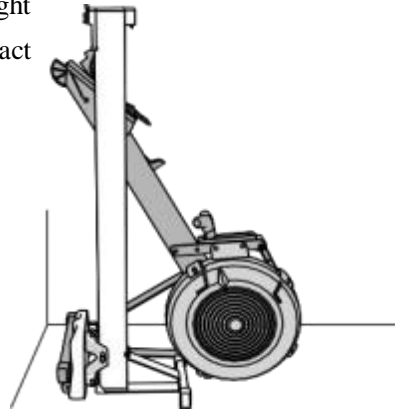
Assembled!

Please double-check each bolt / nut / screw is tight!

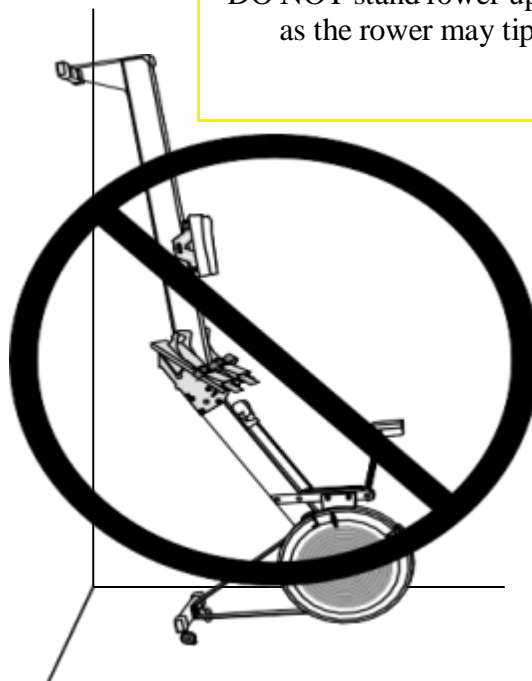
STORAGE and SAFETY:

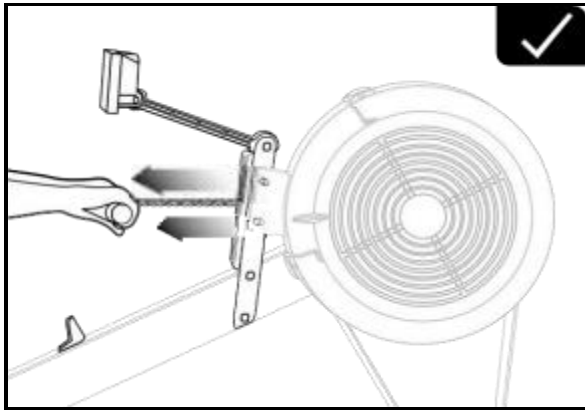
The two parts may be placed upright as shown here for more compact storage.

Care should be taken when standing the flywheel section up as the balance may shift suddenly.

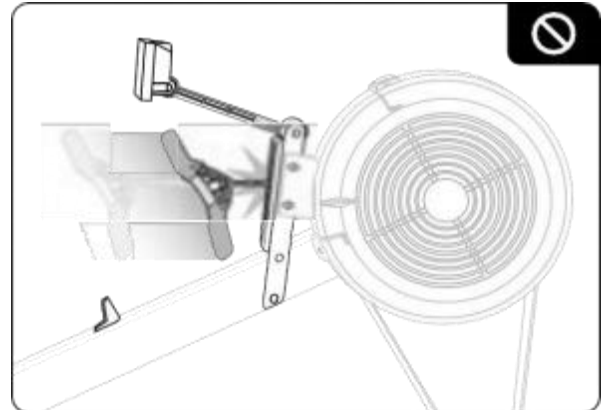


DO NOT stand rower up on end as the rower may tip over.

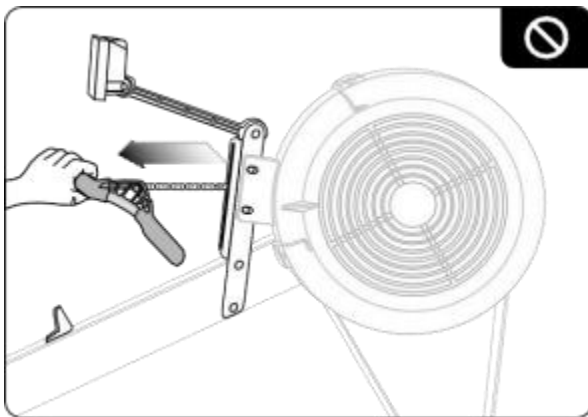




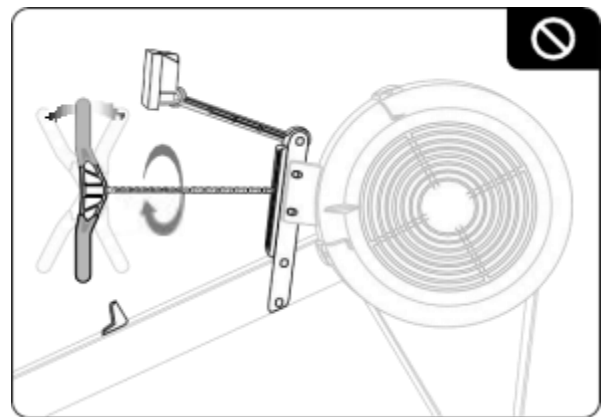
Pull straight back with both hands.
guide.



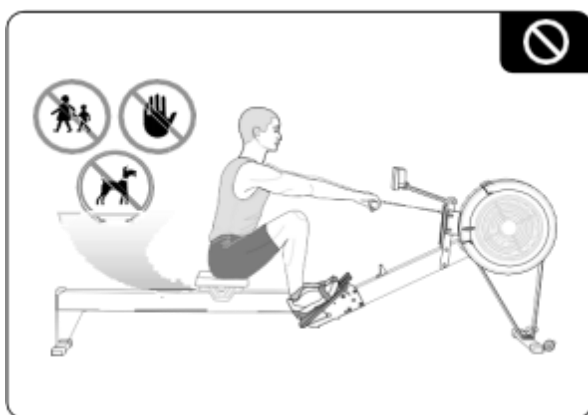
Do not let the handle fly into chain
cover



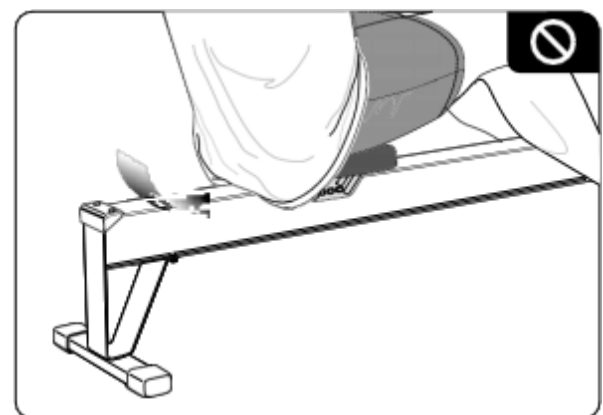
Do not row with one hand only.
Abuse of the chain can result in injury.



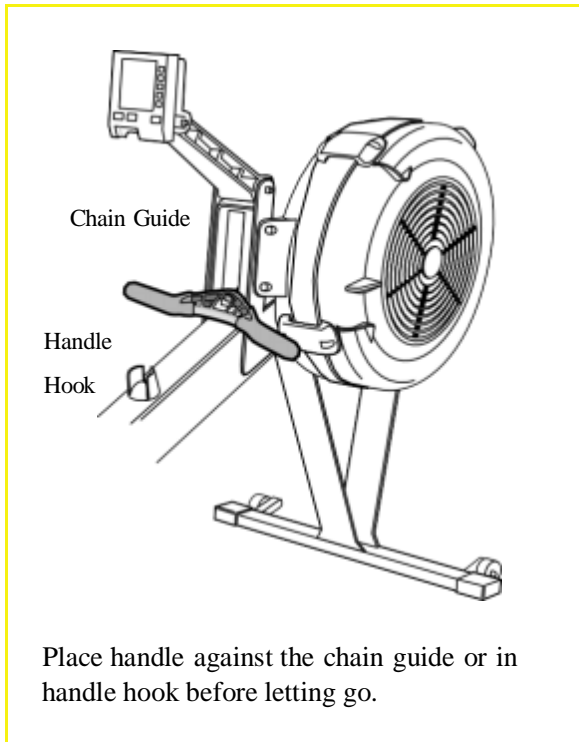
Never twist chain or pull from side to side.



Keep children, pets and fingers away
From seat rollers.



Keep clothing free of seat rollers.
Seat rollers can cause injury.



Chain does not require Silicon prior to use.



Perform proper maintenance as Described in the maintenance section.

IMPORTANT SAFETY NOTES:

- Use of this machine with a worn or weakened part, such as the chain, sprocket, swivel connector, handle U-bolt, or shock cord, may result in injury to the user.

When in doubt about the condition of any part, EDGEFIT strongly advises that it be replaced immediately with genuine EDGEFIT parts.

- To avoid possible injury, use caution while attaching the monorail section to the flywheel section and while operating the frame lock.
- Be aware that the seat may roll forward on the monorail when not in use.

GETTING THE MOST FROM YOUR WORKOUT:

The fact that rowing uses so many muscle groups means that it has the potential to strengthen and balance all those parts of the body. Rowing is also impact-free and non-weight-bearing, which makes it that much more appropriate and valuable as a tool for people of all ages. At the same time, if rowing is not done correctly and appropriately, as with any sport, there is always the possibility that it could contribute to overuse problems or injuries.

With this in mind, there are several things you can do to maximize the benefits of rowing for your entire body:

1. **Consult your physician:**

Be sure it is not dangerous for you to undertake a strenuous exercise program.

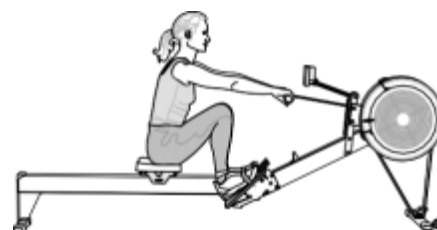
2. **Check your technique:**

Review the rowing technique information on page 13 and take the time to view the User's manual. Here are a few key points of technique:

a. **Forward body angle at the catch:**

The shins should not go beyond vertical; and the forward body angle should not be more than about 30 degrees.

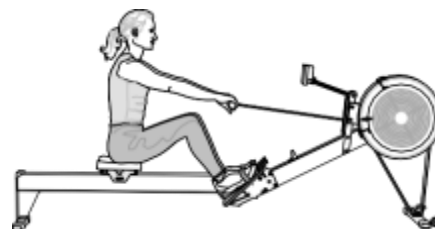
It should feel like a comfortable amount of reach.



b. **Coordination of the drive:**

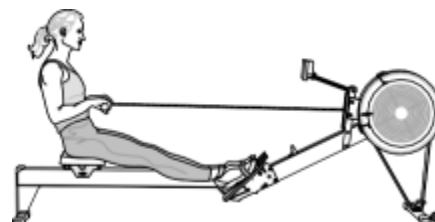
You should begin the drive by pressing down your legs, keeping the arms straight, and without changing the angle of the back initially. When your legs are about halfway extended, start prying open the back.

Finally, finish the drive by pulling the handle all the way into your abdomen.



c. **Layback at the finish:**

Your back should swing past the vertical by about 25 degrees at the finish of the stroke. This layback position should feel comfortable, not stressed. You should feel your abdominal muscles doing some work when you sit in the finish position.



3. **Include some stretching in your exercise routine:**

A variety of aches and pains can be eased or prevented by investing a little time in stretching. See the ENDURANCE Training Guide for specific recommendations.

Stretch gently without bouncing.

4. **Start each workout with several minutes of easy rowing for a warm-up:**

Take at least five minutes to build your intensity before starting a hard workout.

5. **Start your exercise program gradually:**

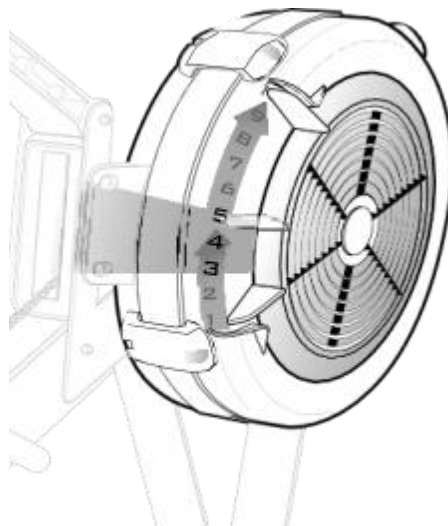
Row no more than five minutes the first day to let your body adjust to the new exercise. Gradually increases your rowing time and intensity over the first two weeks.

6. **Build up gradually to heavy work:**

Be smart about increasing your workout load. If you haven't rowed in over a week, take it easy for your first row. Don't expect to be able to jump right in where you left off. And don't try to do intense interval work. Start with a steady row at a comfortable pace. In your next row, try building the intensity gradually through several intervals of 1-3 minutes in length. Then, if this all feels good, you can start doing more intense work. If it's been over a month since your last row, plan to build back up even more gradually to where you left off in both the length and intensity of your workouts.

7. **Use a damper setting of 3:**

The best, all-purpose damper setting for a great cardiovascular workout is in the range of 3-5. Rowing with the damper setting too high can be detrimental to your training program by reducing your output and increasing your risk of injury. If you have been rowing at a higher setting, this may feel a little light to you at first but give it a few days. The lower setting requires you to be a little quicker in applying your power which, in the end, gives you a better workout.



8. **Stroke Rate:**

Aim for a stroke rate (spm) of between 24 and 30 spm.

9. **Consider the time of day:**

If you row in the morning, allow a little extra time for warm-up, and start very easily.

Don't expect to be able to do a hard interval workout right away. If you don't usually row in the morning but must do it every so often, remember that it may take your body longer to be ready to do hard work.

10. **Vary your workouts:**

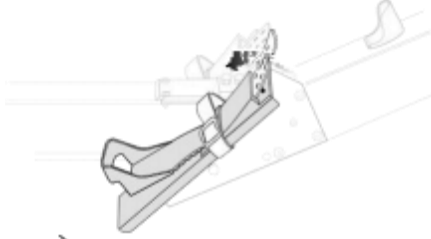
One of the great things about the ENDURANCER Indoor Rower is that it enables you to do virtually an infinite variety of workouts.

The length, format, and intensity of your workouts can all be varied. Variety can go a long way in preventing boredom—and it can also be helpful to those who may develop aches and pains from doing the same thing for too long. And, finally, the properly varied training program will result in the greatest gains in fitness and performance!

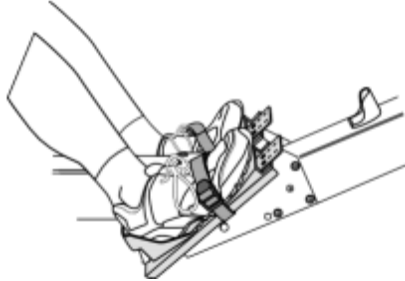
11. **Remember to take rest days:**

Eventhough rowing makes you feel great, and you want to do it every day, it's important to give your body a rest every so often. Some people find it easy to rest one or even two days per week. Others have a hard time going even a day without a workout. We recommend taking at least one day off per week from rowing. Take a walk or do some other activity if you want to. And if you just **MUST** row, make it a short, easy workout. It will make you more eager the next day and you'll have a better workout!

ADJUSTING FOR COMFORT:



To set the Flexfoot, pull the toe piece toward you to release the Flexfoot from the two pegs. Slide the toe piece up or down to achieve the proper setting, then press the toe piece back down onto the pegs.

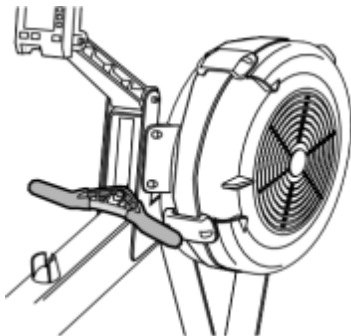


Begin by setting the Flexfoot heel so the strap crosses the ball of your foot. As you gain familiarity with the Indoor Rower, you may choose to raise or lower the Flexfoot a notch for reasons of flexibility or general comfort.



Optimal setting permits the knee, lower leg and ankle to be perpendicular to the floor at the catch.

- Lowering the Flexfoot heel permits more seat travel.
- Raising the Flexfoot heel cuts down on leg flexion.



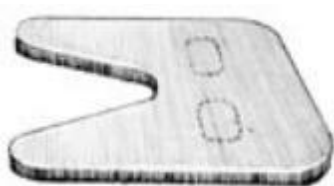
Before your workout, place the handle in the handle hook to make it easier to reach when you are seated on the rower.

NOTE: When the machine is not in use, it is best to let the handle rest against the fan cage (as shown at left) rather than in the handle hook. (i.e. overnight, between workouts).

This will prolong the life of the shock cord.



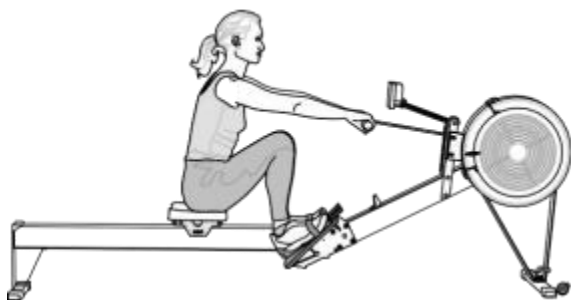
Adjust monitor arm and monitor for easy viewing as shown.



Seat comfort varies from one individual to another.

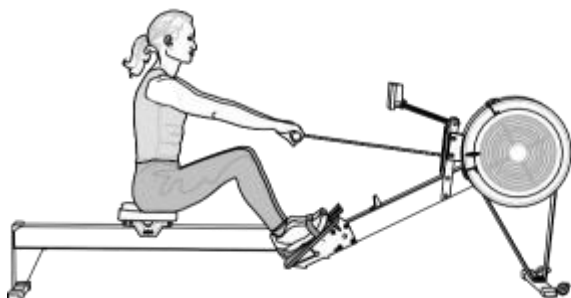
PROPER ROWING TECHNIQUE:

THE CATCH



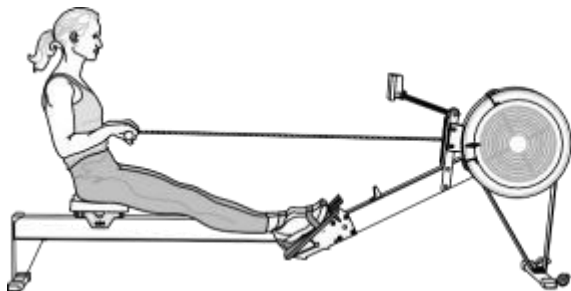
- Extend your arms straight toward the flywheel.
- Keep your wrists flat.
- Lean your upper body slightly forward with back straight but not stiff.
- Slide forward on the seat until your shins are vertical (or as close to this as your flexibility will allow).

THE DRIVE



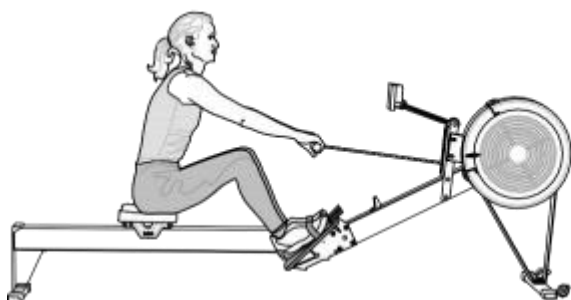
- Begin the drive by pressing down your legs.
- Keep your arms straight and hold your back firm to transfer your leg power up to the handle.
- Gradually swing back with your upper body, bending your arms and prying open your back until you reach a slight backward lean at the finish.

THE FINISH



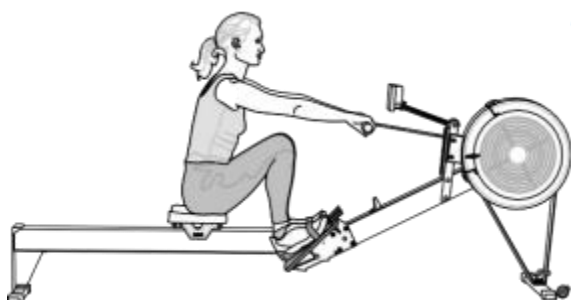
- Pull the handle all the way into your abdomen.
- Straighten your legs.
- Lean your upper body back slightly.

THE RECOVERY



- Extend your arms toward the flywheel.
- Lean your upper body forward at the hips to follow the arms.
- Gradually bend legs to slide forward on the seat. Be sure your arms are extended before you bend your knees.

THE CATCH



- Draw your body forward until the shins are vertical.
- Upper body should be leaning forward at the hips.
- Arms should be fully extended.
- You are ready to take the next stroke.

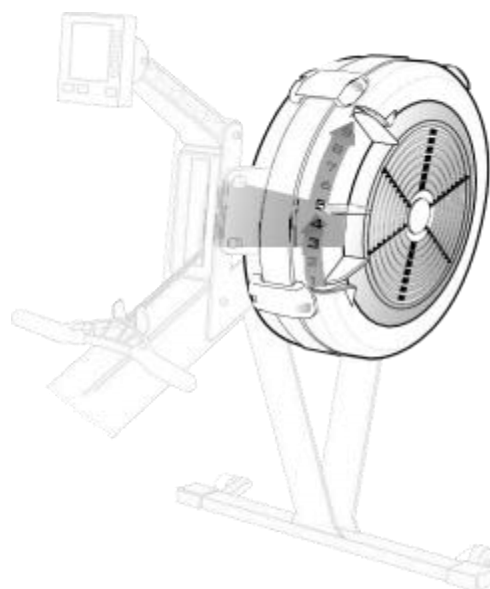
KEY CONCEPTS:

The harder you pull, the more resistance you will feel. This is because the ENDURANCE Indoor Rower uses wind resistance, which is generated by the spinning flywheel. The faster you get the wheel spinning, the more resistance there will be.

You can row as hard or as easy as you wish. The rower will not force you to row at any set intensity level. It is up to you. As you put more effort into your rowing, you will go faster, produce more watts, and burn more calories. All these outputs will be measured and displayed by the Bluetooth APP Performance Monitor. Keep your goals in mind.

For example, if your goal is to burn a lot of calories, it is more important to row for a long time than to row hard. If you row too hard, you won't last as long.

The damper setting is like bicycle gearing. It affects the feel of the rowing, but does not directly affect the resistance. With a little experimentation, you will find the damper setting that gives you the best workout and results. We recommend a damper setting of 3-5 for the best aerobic workout. This is the setting that feels most like a sleek, fast boat on the water. Higher settings feel more like a bigger, slower boat.



You can view your performance in pace, watts, calories.

The Monitor displays your output in a choice of units and display options. You can choose the units and displays that work best for you.



For the feel of a sleeker, faster boat: Damper setting of 1 – 5.



For the feel of a slower, heavier boat: Damper setting of 6 – 10.

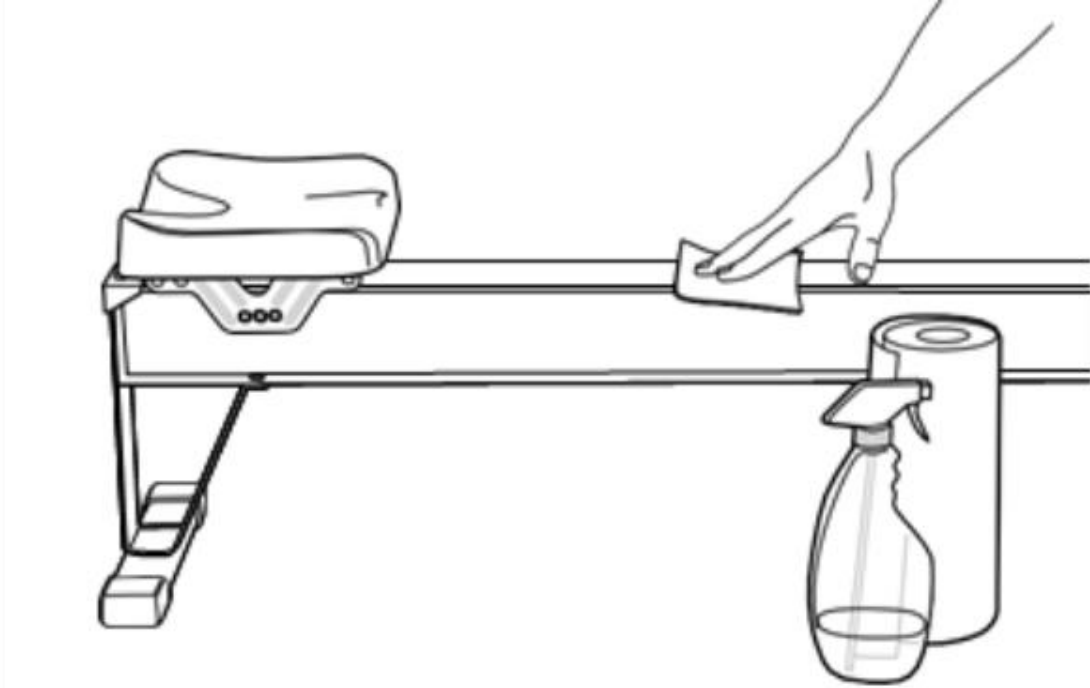
MAINTENANCE:

I. Cleaning Monorail:

Weekly if heavy use.

Tools Required:

Cloth or non-abrasive scouring pad & Mild soap and water or any glass cleaner.

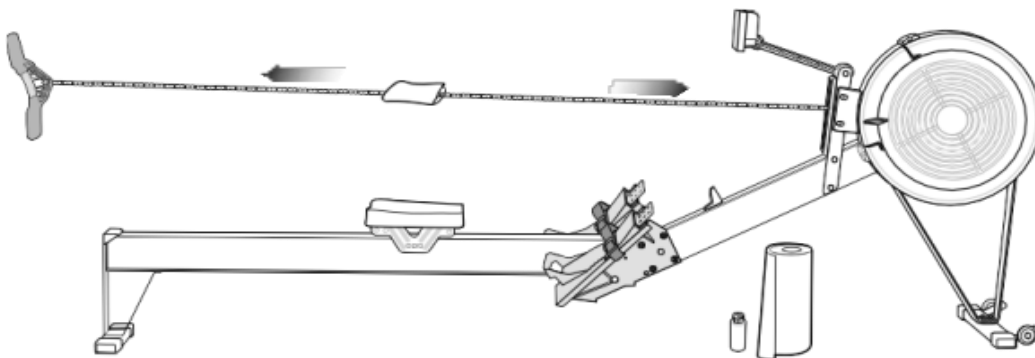


II. Lubricating chain:

Approx every 50hours of use (or as required)

Items required:

- Clean and lubricate the chain with Silicon oil provided (or any authorized silicon lubricant)
- Wipe the chain with a rag to clean excess dirt/grim then relubricate chain as you recoil into machine.
- Inspect chain for stiff links if lubrication can't fix you would need to replace chain.

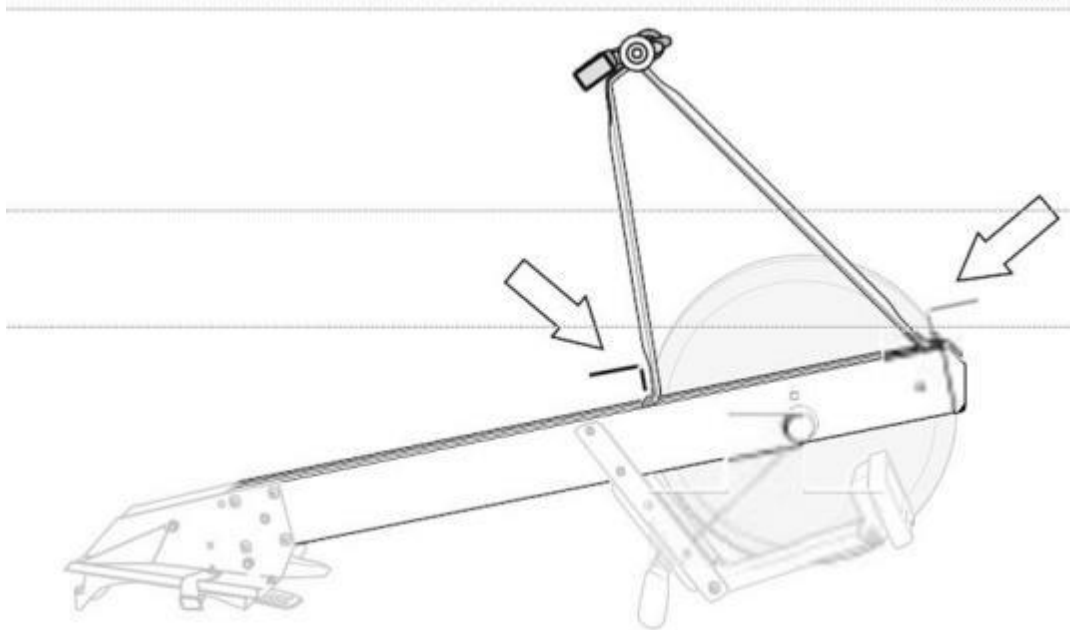


III. Check Front Leg Screws:

Approx every 250hours of use.

Items required:

- a) Detach the monorail from the front end.
- b) Turn the flywheel section upside down.
- c) Check the screws that hold front legs for tightness.



IV. Check for Loose Monitor Arm:

Approx every 250hours of use.

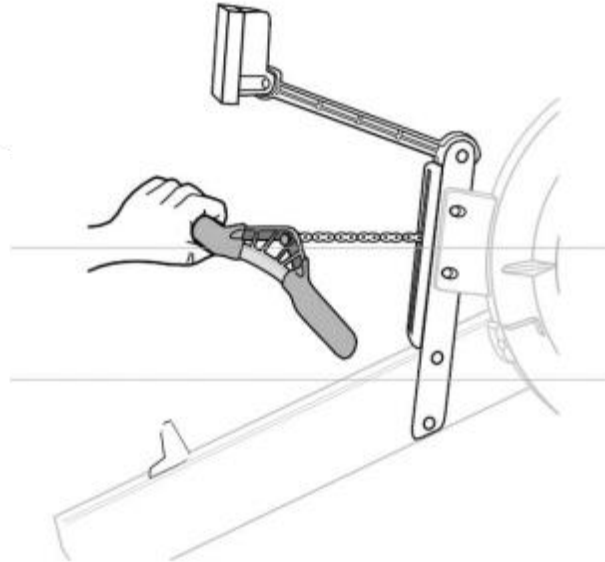
- a) Loosen or Tighten nuts on Monitor arm joints as necessary.



V. Handle inspection:

Approx every 250hours of use.

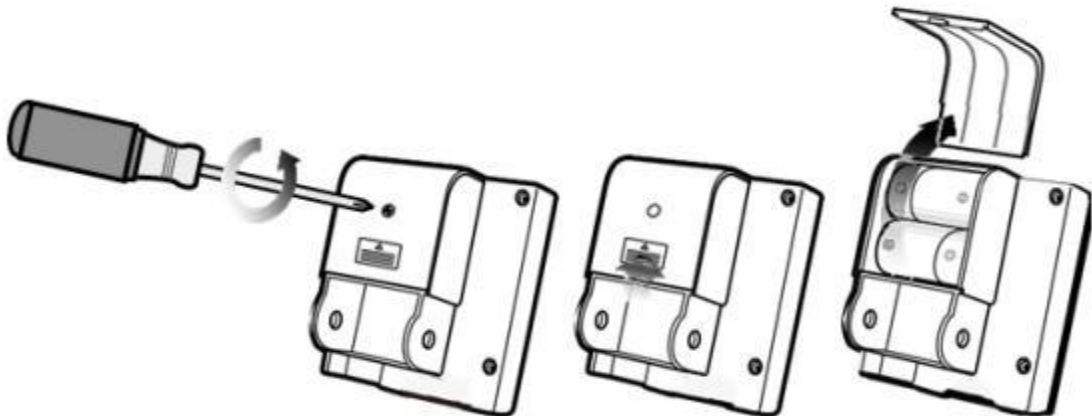
- a) Check the connection between the handle and the chain.
- b) If the hole has become elongated or the U-Bolt has worn-The entire connection should be replaced.



VI. Replacing the Batteries:

Approx every 800hours of use.

- a) Using a Phillips head screwdriver, unscrew the battery housing on back of computer.
- b) Slide off cover.
- c) Replace batteries.
- d) Slide cover back on and tighten up screws.



Use 4 * AA batteries.

(In order not to lose the date, time, language, custom list, and memory while changing the batteries, you must be sure the monitor is turned off and you take less than five minutes removing the old and installing the new batteries.)

VII. Dust in Flywheel:

Approx every 250hours of use.

