HΔLF | HUMΔN

C O N T E N T S

SAFETY INSTRUCTIONS

1. To reduce the risk of serious injury, read the following Safety Instructions before using the **ROWER**.

2. Save these instructions and ensure that other exercisers read this manual prior to using the **ROWER** for the first time.

3. Read all warnings and cautions posted on the **ROWER**.

4. The **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.

5. We recommend that two people be available for assembly of this product.

6. Keep children away from the **ROWER**. Do not allow children to use or play on the **ROWER**. Keep children and pets away from the **ROWER** when it is in use.

7. It is recommended that you place this exercise equipment on an equipment mat.

8. Set up and operate the **ROWER** on a solid level surface. Do not position the **ROWER** on loose rugs or uneven surfaces.

9. Make sure that adequate space is available for access to and around the **ROWER**.

10. Before using, inspect the **ROWER** for worn or loose components, and securely tighten or replace any worn or loose components prior to use.

11. Before using, check the condition of the CHAIN(36). Replace the CHAIN(36) if it is cracked or broken.

12. 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. Failure to follow all warnings and instructions could result in serious injury or death.

13. 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.

14. Do not wear loose or dangling clothing while using the **ROWER**.

15. 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.

16. Be careful to maintain your balance while using, mounting, dismounting, or assembling the **ROWER**, loss of balance may result in a fall and bodily injury.

17. Do not use the SEAT{51) to move the **ROWER**. The SEAT{51) will move and the SEAT CARRIAGE(10) may pinch your hand or fingers. When assembling or separating the unit, keep all children away and make sure your hands are clear of any pinch point.

18. The **ROWER** should not be used by persons weighing over 536 lbs / 244 kgs.

19. The **ROWER** should be used by only one person at a time.

Failure to follow all guidelines may compromise the effectiveness of the exercise experience, expose yourself (and possibly others) to injury, and reduce the longevity of the equipment.

SAVE THESE INSTRUCTIONS - THINK SAFETY!

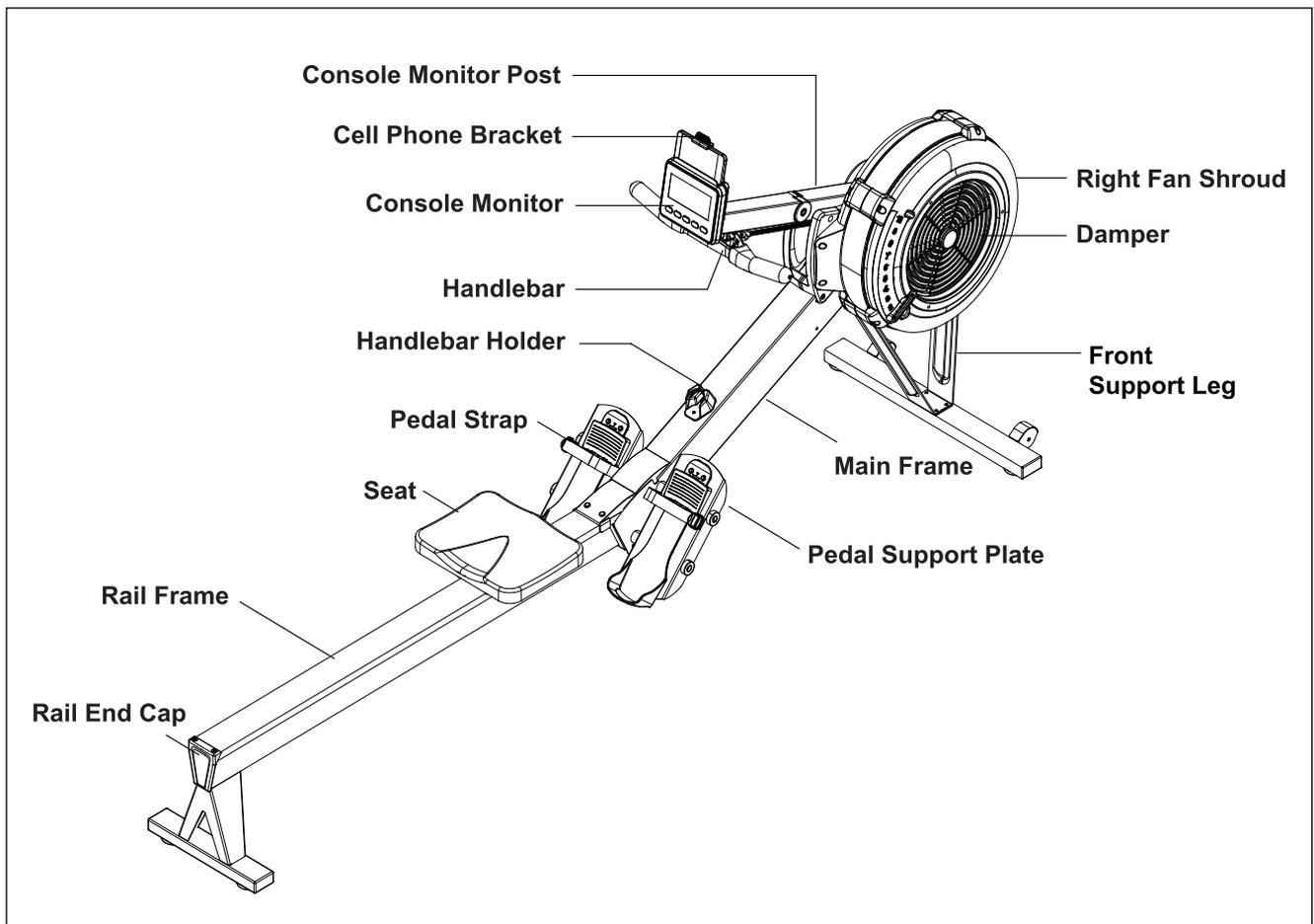**Caution!** Please be careful when unpacking the carton.

BEFORE YOU BEGIN

Thank you for choosing the **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 **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.

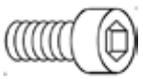Read this manual carefully before using the **ROWER**.

Console Monitor Post

Cell Phone Bracket

Console Monitor

Handlebar

Handlebar Holder

Pedal Strap

Seat

Rail Frame

Rail End Cap

Right Fan Shroud

Damper

Front Support Leg

Main Frame

Pedal Support Plate

THE FOLLOWING TOOLS ARE INCLUDED FOR ASSEMBLY

Allen Wrench (5mm)

Allen Wrench (6mm)

Screwdriver

Wrench

HARDWARE IDENTIFICATION CHART

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#	DESCRIPTION	QTY
	78	Button Head Cap Screw, M8x75mm	1
	79	Flat Washer, MS	1
	76	Flat Washer, M6	8
	80	Nylon Lock Nut, MB	1
	81	Socket Head Cap Screw, M8x12mm	8
	173	Socket Head Cap Screw, M8x20mm	2
	132	Philip Pan Head Screw, M6x12mm	2
	178	Foot Pedal End Cap	2
	98	Pull Pin	1
	139	Pedal Shaft 16mm	1
	140	Pedal Shaft 12mm	1

ASSEMBLY STEPS

STEP 1

First, take out the packing materials **Styrofoam (A)** and **Styrofoam (8)**. Then flip them over so the sides with carved letter are facing up. Take the **Main Frame (175)** out from the carton and put it on both **Styrofoam (A & 8)** as picture shown. The **Right** and **Left Fan Shrouds (43 & 44)** should be placed in the groove of **Styrofoam (8)**.
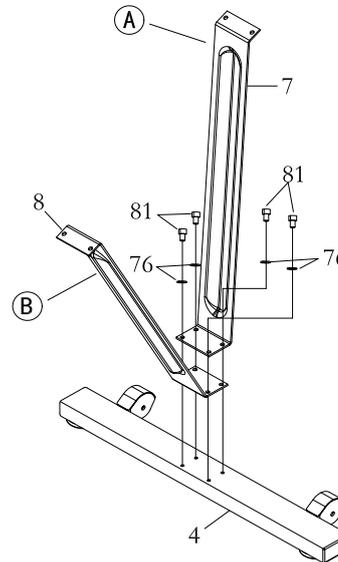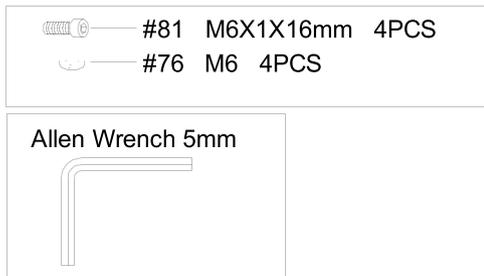
NOTE: Fan Shrouds will be easily damaged if the whole product is placed on the ground directly during the assembly.
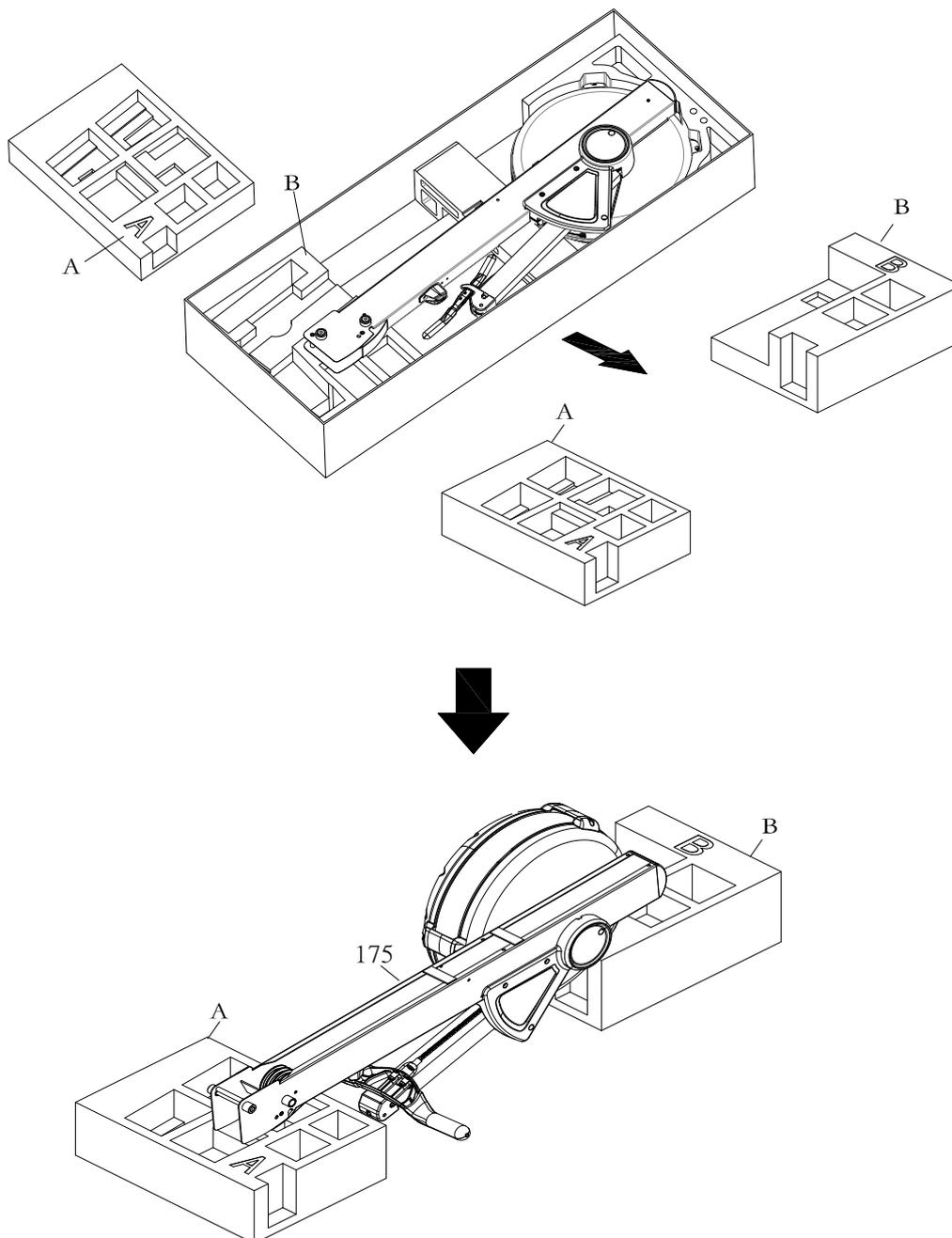
STEP 2

Attach **Front Support Leg A (7)** and **Front Support Leg 8 (8)** to **Front Stabilizer (4)** using: 4 PCs of **M6X16mm Socket Head Cap Screw (81)** and **M6 Flat Washer (76)**.

NOTE: Do not fully tighten bolts until instructed.

|	#81	M6X1X16mm	4PCS
	#76	M6	4PCS

Allen Wrench 5mm

STEP 3

Attach **Front Support Leg A (7)** and **Front Support Leg 8 (8)** to **Main Frame (175)** using: 4 PCs of **M6X16mm Socket Head Cap Screw (81)** and **M6 Flat Washer (76)**.

|	#81	M6X1X16mm	4PCS
	#76	M6	4PCS

Allen Wrench 5mm
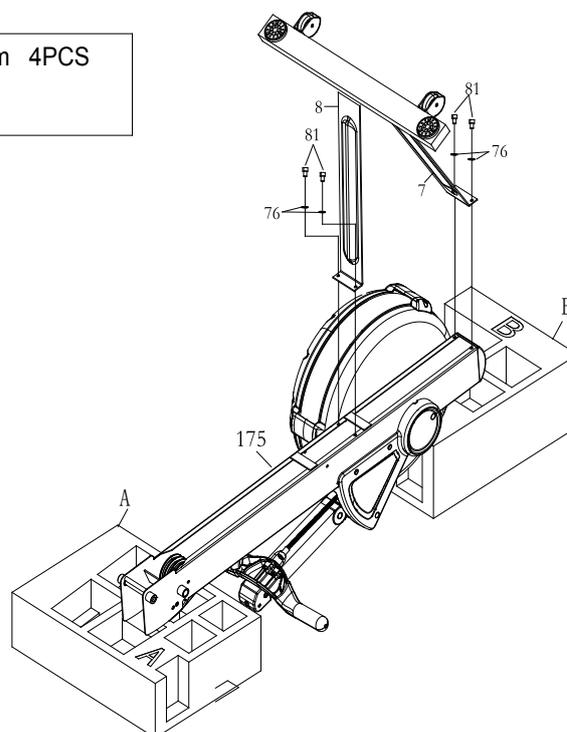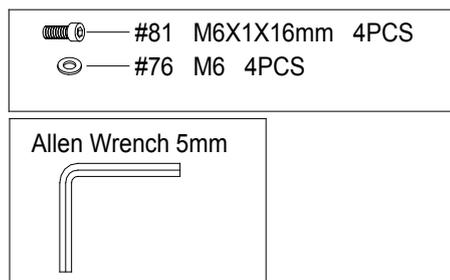
STEP 4

Lift up the **Main Frame (175)**. Insert the **Pedal Shaft 16mm (139)** and **Pedal Shaft 12mm (140)** in sequence from left **Pedal Support Plate (177)** to **Main Frame (175)** and then to right **Pedal Support Plate (177)**. Tighten above parts by using: 2 PCs of **M8x20mm Socket Head Cap Screw (173)** and **Foot Pedal End Cap (178)**.

**NOTE:** Fully tighten bolts at end of this step.
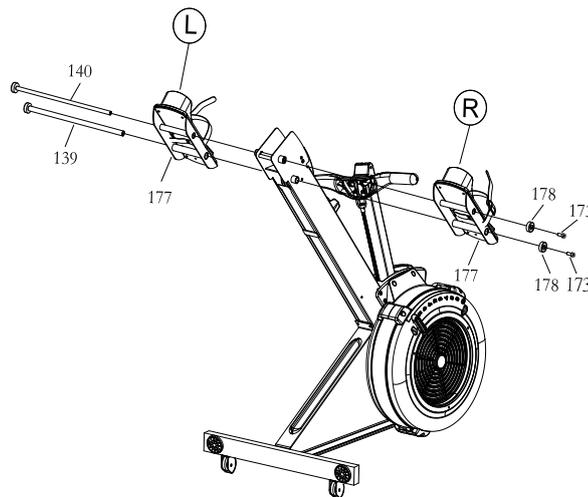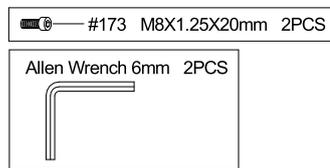
STEP 5

One hand holds the **Pedal Strap (47)** and lifts up the **Main Frame (175)**, while the other hand lifts up the **Rail Frame (2)**. Insert the **Rail Frame (2)** into the **Main Frame (175)**. Make the **Pedal Shaft 12mm (140)** fit into the gap in the **Rail Frame (176)**. Finally, insert the **Pull Pin (98)** into the **Main Frame (175)**.
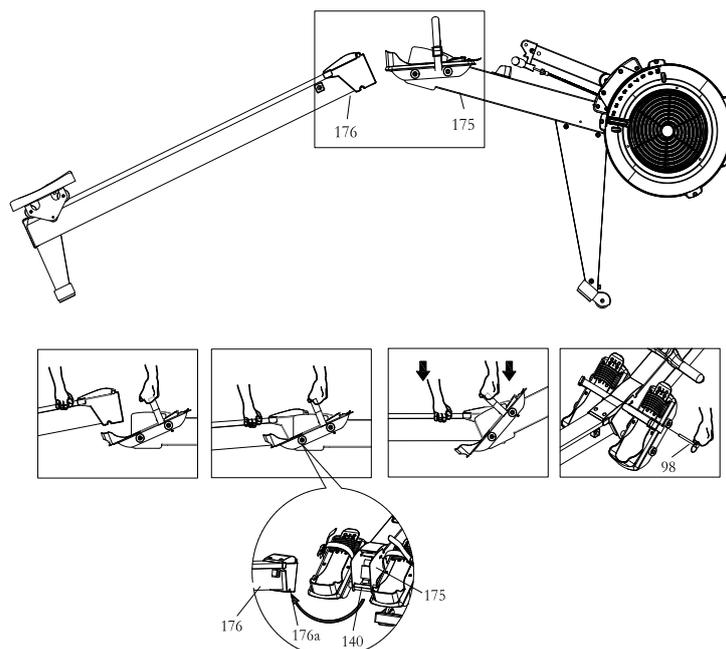
STEP 6

Lift up the **Lower Console Monitor Post (135)**. Attach the **Lower Console Monitor Post (135)** on **Left/Right Side Cover (57/58)** by using: **M6X12mm Phillips Pan Head Screw (131)**.

NOTE: Fully tighten bolts at end of this step.

#132   M6X1X12mm   2PCS

Screwdriver
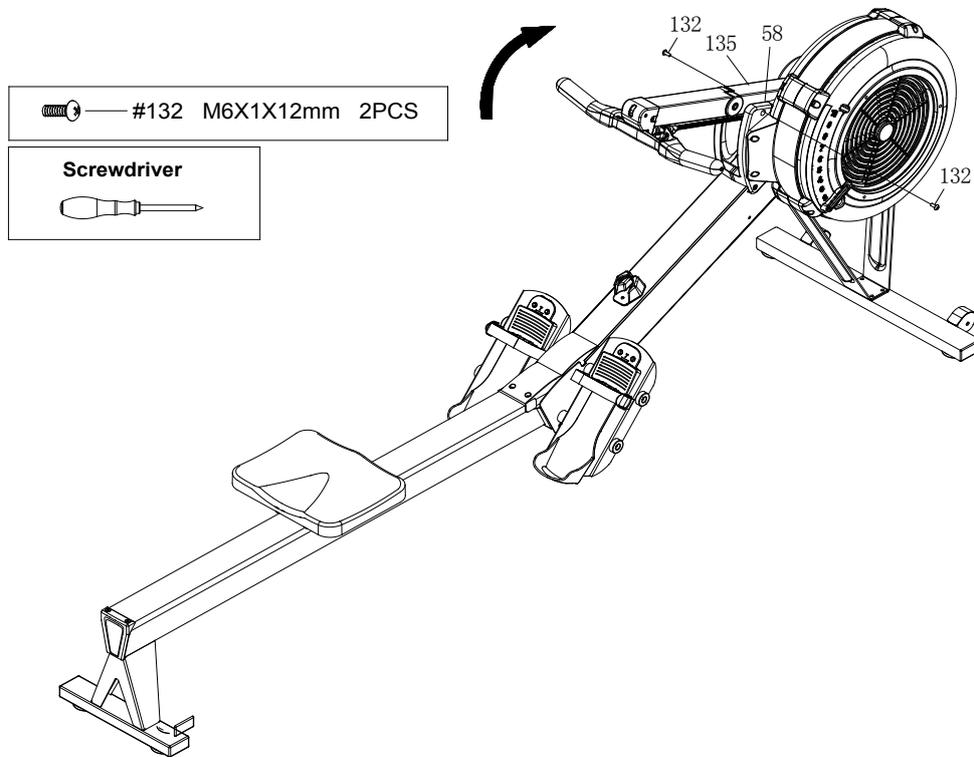
STEP 7

Attach the **Console Monitor (19)** to the **Console Mounting Bracket (179)** by using: 1 PC of M8x75mm **Button Head Cap Screw (78)**, **M8 Flat Washer (79)**, and **M8 Nylon Lock Nut (80)**.

STEP 8

Connect **Sensor Cable (23)** into the back of the **Console Monitor (19a)**.

#78	M8X1.25X75mm	1PCS
#79	M8	1PCS
#80	M8	1PCS

Allen Wrench 6mm

Wrench

19a

23

23

135

80 79 179

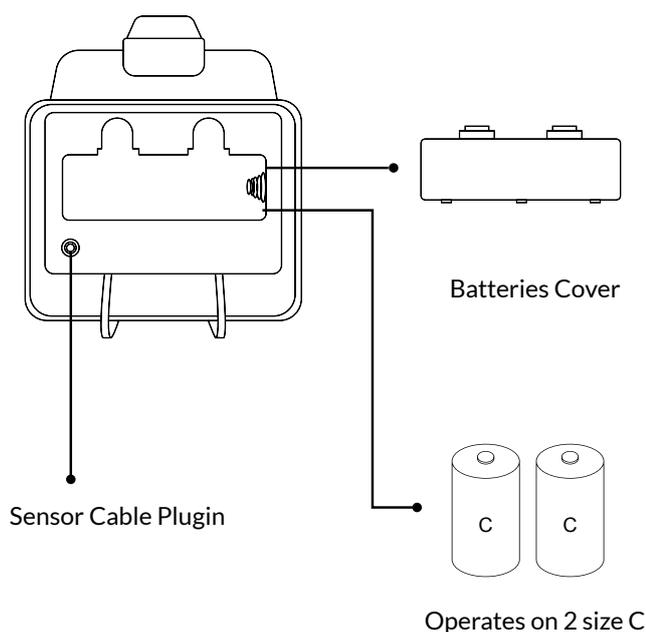19

78

Finish
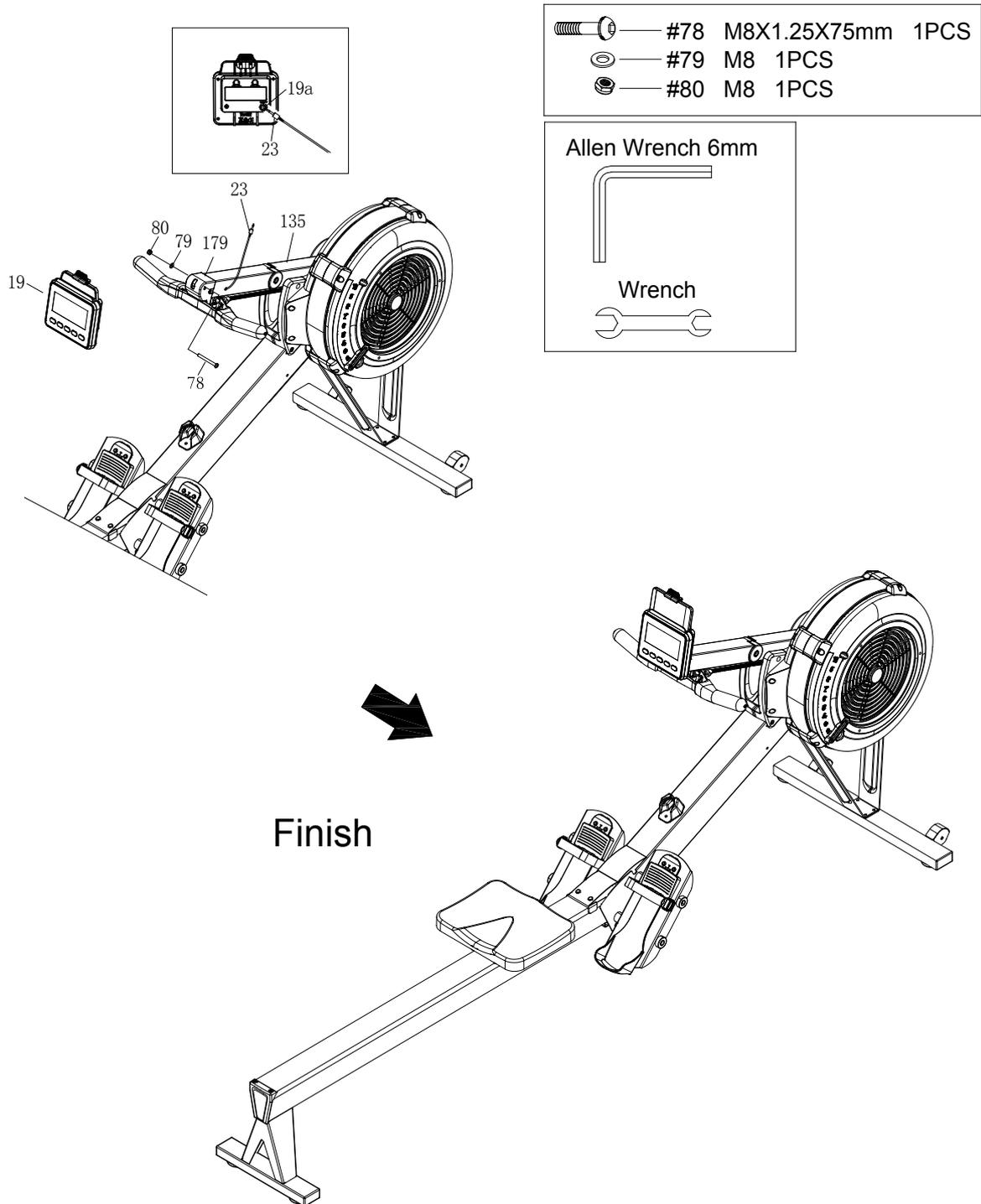
COMPUTER INSTRUCTIONS

Your AIR 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 note your progress toward your fitness goals. When used regularly in this way, the computer console can become an important source of motivation which will help keep you on track.

Back View

Batteries Cover

Sensor Cable Plugin

C   C
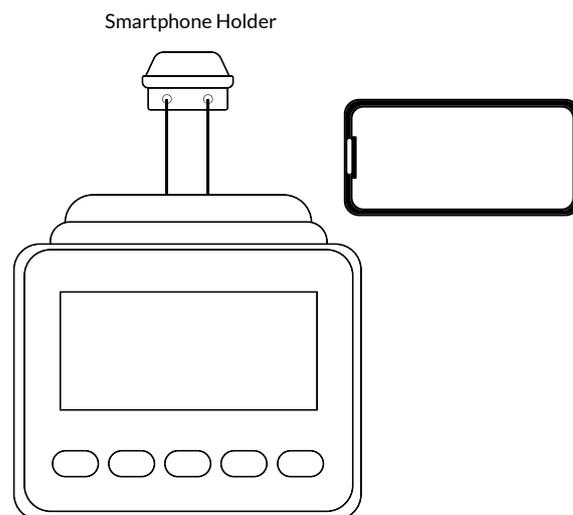
Operates on 2 size C

Front View

Smartphone Holder

Your 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 note your progress toward your fitness goals. When used regularly in this way, the computer console can become an important source of motivation and interest which will help keep you on track.

INITIAL SETUP

POWER ON

- Move the handlebar to start exerciseing in Quick Start Porgram or press any button to go into IDEL mode.

- When there is no batteries installed, monitor can still work in Quick Start Porgram.

POWER OFF

- In IDEL mode, monitor will automatically shut off after 20 seconds of inactivity.

- When running an interval program, monitor will automatically shut off after 2 minutes of inactivity.

- In all other programs, monitor will automatically shut off after 30 seconds of inactivity

- Monitor will not shut off when connecting to Bluetooth.

FUNCTION BUTTONS
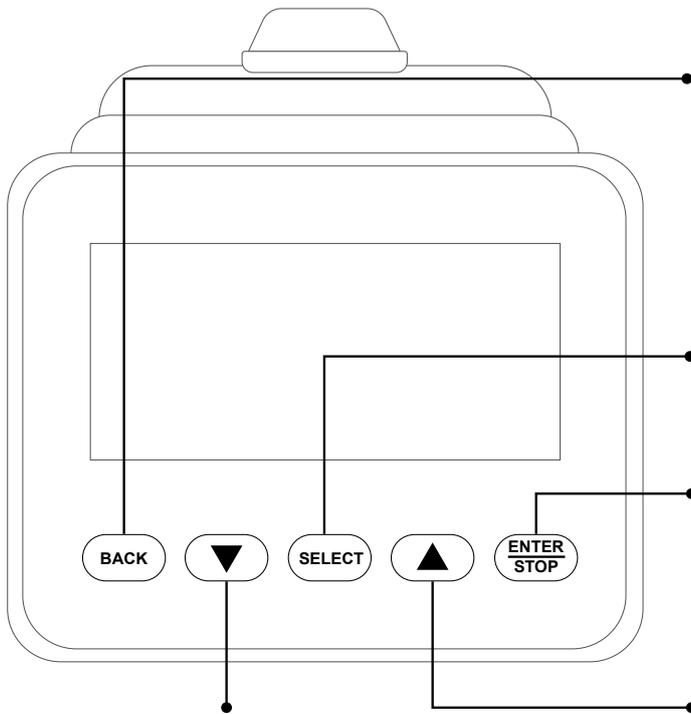
BACK BUTTON:

- 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.

SELECT BUTTON:

- In IDLE mode, press and release SELECT to cycle through each program option. Stop on the program of your choosing.

NOTE: Default exercising mode is Quick start program.

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.

▼ **DOWN BUTTON :**

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

▲ **UP BUTTON :**

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

When the back light is lit, press STOP button the first time to pause the counting of all function values. Press STOP button the second time to view the workout summary. Press STOP button the third time to go back to IDLE mode.

* When back light is turned off, press any button or keep rowing to turn on the back light.

CONSOLE DISPLAY

STROKES

- Display the total number of strokes during exercise

STROKE PER MINUTE

- Display the current stroke per minute during exercise.

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

- Total workout time

DIST

- DIST is the distance accumulated in the exercise (meter only).

INTERVAL

- Display different cycles in the interval programs.

METERS PER STROKE

- Display the distance each stroke can reach.

BLUETOOTH

- Display "bt" and switch between pulse when monitor is connected to an app.

CALORIES

- CAL display the amount of calories burnt in the exercise.

WATTS

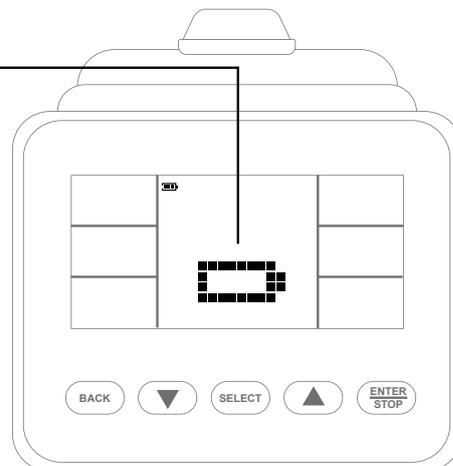- Display the amount of power generated at any moment during the workout.
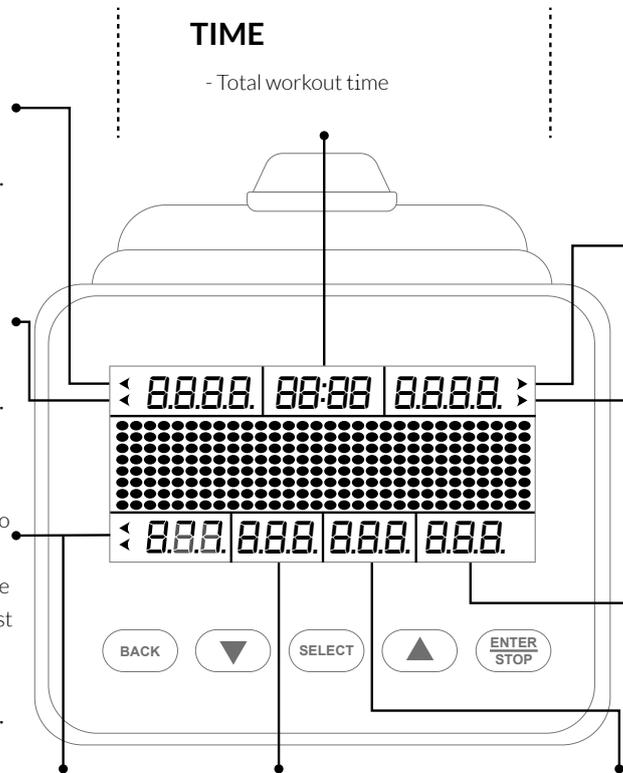
LOW BATTERY

- Display battery symbol only when the battery is low.

SUMMARY

- Press ENTER/STOP button for 2 times to enter summary mode.
- When user pulls Handlebar (3) in summary mode, monitor resumes back to display all data with a "beep" sound.

P R O G R A M S

The console monitor has 8 programs. Press **SELECT** to change workout programs according to the following sequence.

Quick Start Program > Distance Countdown > Time Countdown > Calories Countdown >

Game > 20/10 Interval > 10/20 Interval > 10/10 Customize 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.
- The target distance value can be set from 100 to 9999 meters.

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.
- The target time value can be set from 1:00 to 99:00 minutes.
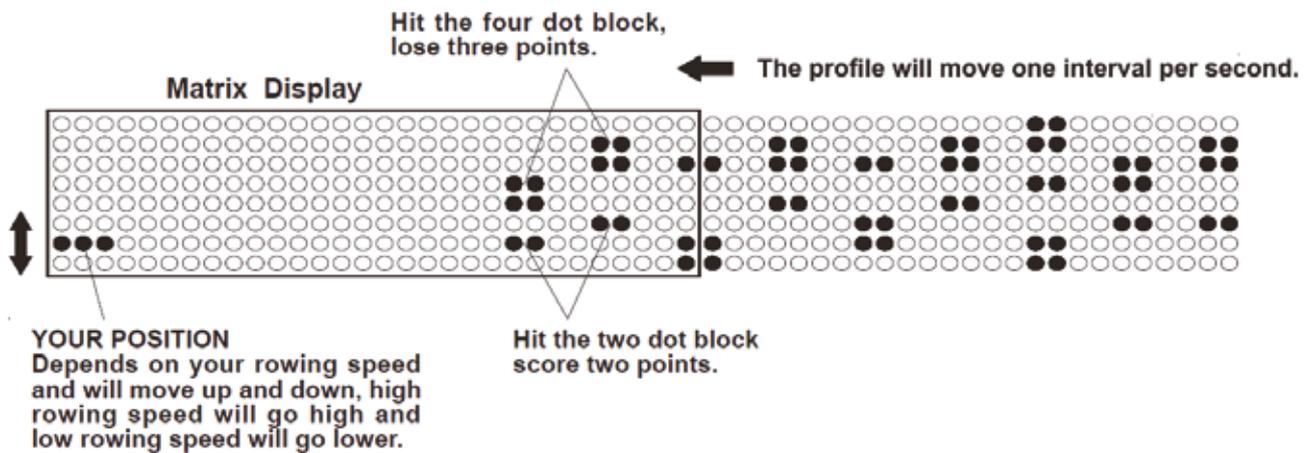
4. CALORIES COUNTDOWN PROGRAM

- 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.
- The target calories value can be set from 10 to 999 cal.

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 - 99 rounds for cycles. The user will workout 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 use "UP" and "DOWN" buttons to input the value from 1 to 99 rounds for cycles. User will workout 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 CUSTOMIZE 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.

BLUETOOTH CONNECTION

Please make sure the console is activated in order to proceed Bluetooth connection with your smart phone or tablet devices.

AVAILABLE APPS

Kinomap

D-fit

FTMS PROTOCOL

bt

BACK   ▼   SELECT   ▲   ENTER STOP
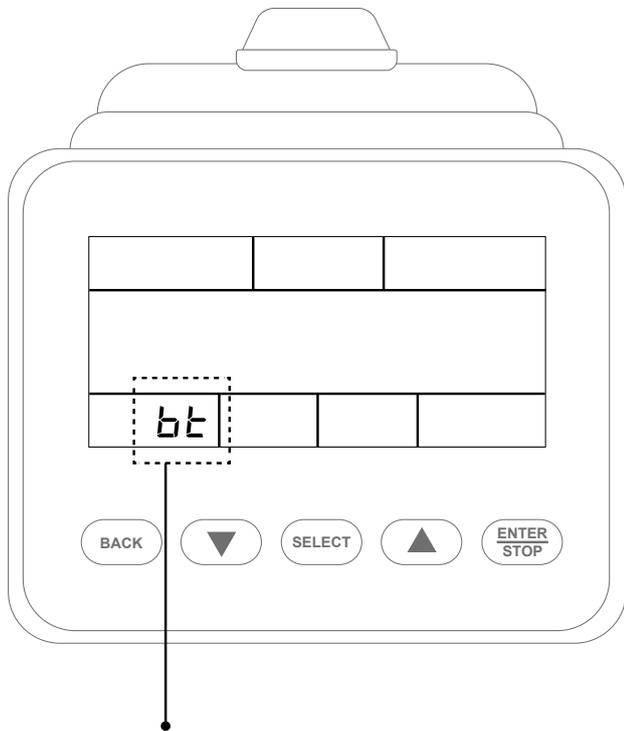
The "bt" will be displayed and switch between pulse when connecting to an app.

*Please go to settings on your device to allow the apps to access Bluetooth connection.

SCAN TO DOWNLOAD

Android

IOS

OPERATIONAL INSTRUCTIONS

1. LOAD ADJUSTMENT

There is a **Damper (42)** built into the **Right Fan Shroud (43)**.
Move the Indicator in the **Damper (42)** to point to the numbers
on the **Right Fan Shroud (43)** to adjust the load. There are
settings from 1 to10. Setting #1 will provide the lowest
resistance. Setting #10 will provide the highest resistance.

Damper(42)

Indicator
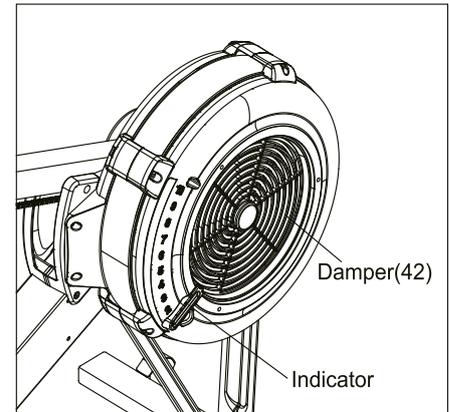
2. HANDLEBAR POSITION

The **Handlebar(3)** can be placed on the hook in the **Console Monitor Post(134)**, refer to illustration A. Or,
you can place the **Handlebar(3)** on the **Handlebar Holde (52)** as shown in illustration B.

A.

134

3

3   52

B.
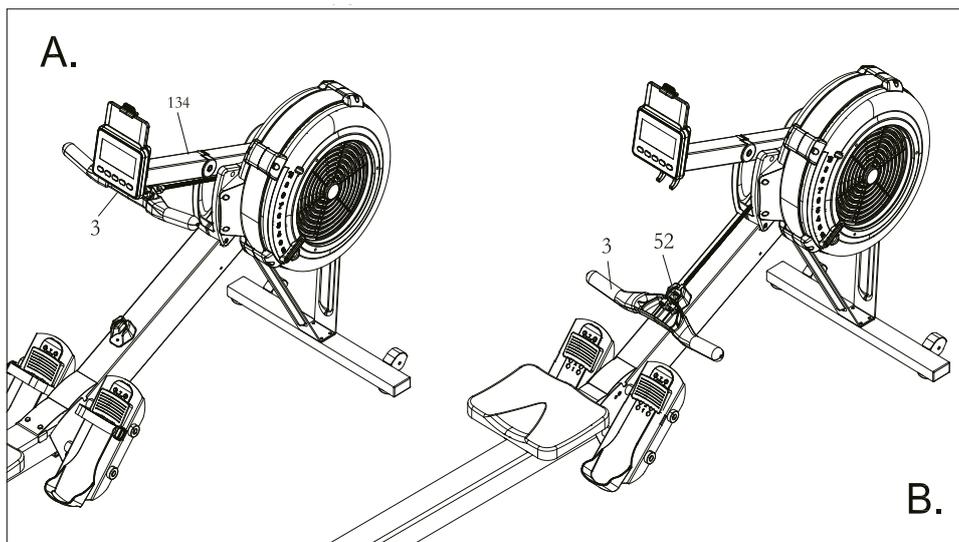
3. PEDAL CAP ADJUSTMENT

45

Bulges

45

177

The position of the **Foot Pedal (45)** can be adjusted. Refer to the
illustration. Pull the **Foot Pedal (45)** out from the two bulges in
the **Pedal Support Plate (177)**, then lower or raise the **Foot Pedal
(45)** to the desired position. **Lock the Foot Pedal (45)** in position
by pressing the adjustment holes of the desired position onto the
two bulges.

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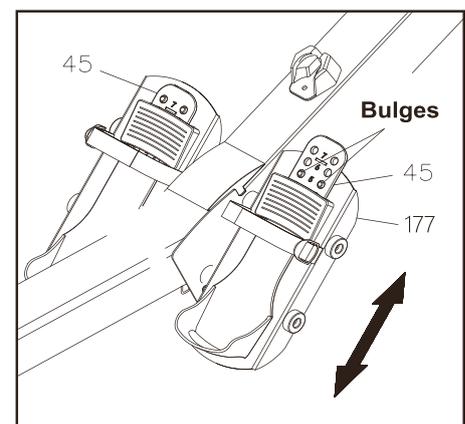
USING THE CELL PHONE BRACKET

The **Cell Phone Bracket (20)** can move up and down. Move up the **Cellphone Holder (156)** then slide the Cell Phone into the gap between the **Cellphone Holder (156)** and the **Console Monitor (19)**. Move down the **Cellphone Holder (156)** to clip the Cell Phone in position.
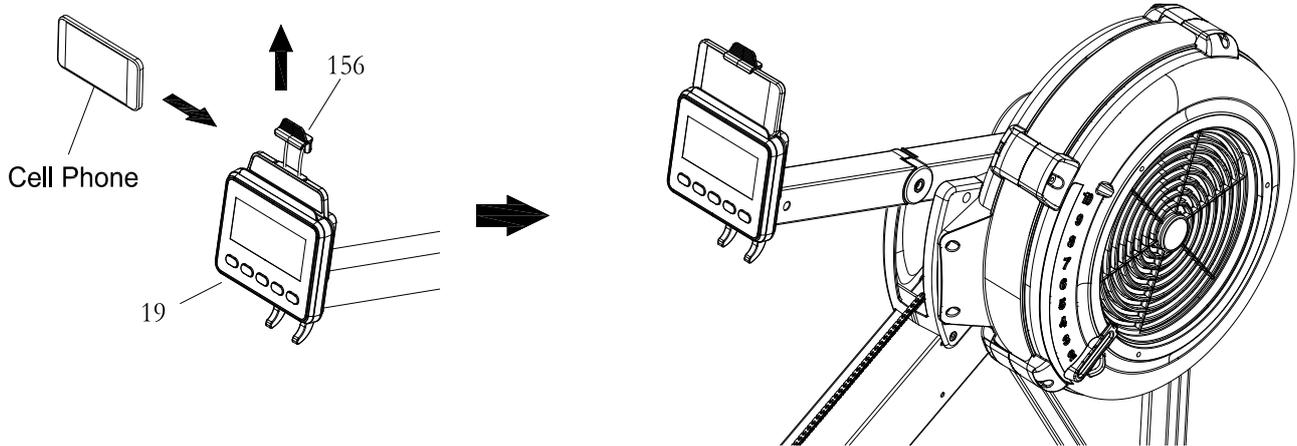
CONSOLE MONITOR POST ADJUSTMENT

Hold the **Console Monitor (19)** by 2 hands, then adjust the **Upper Console Monitor Post (134)** up and down to the best position for you.
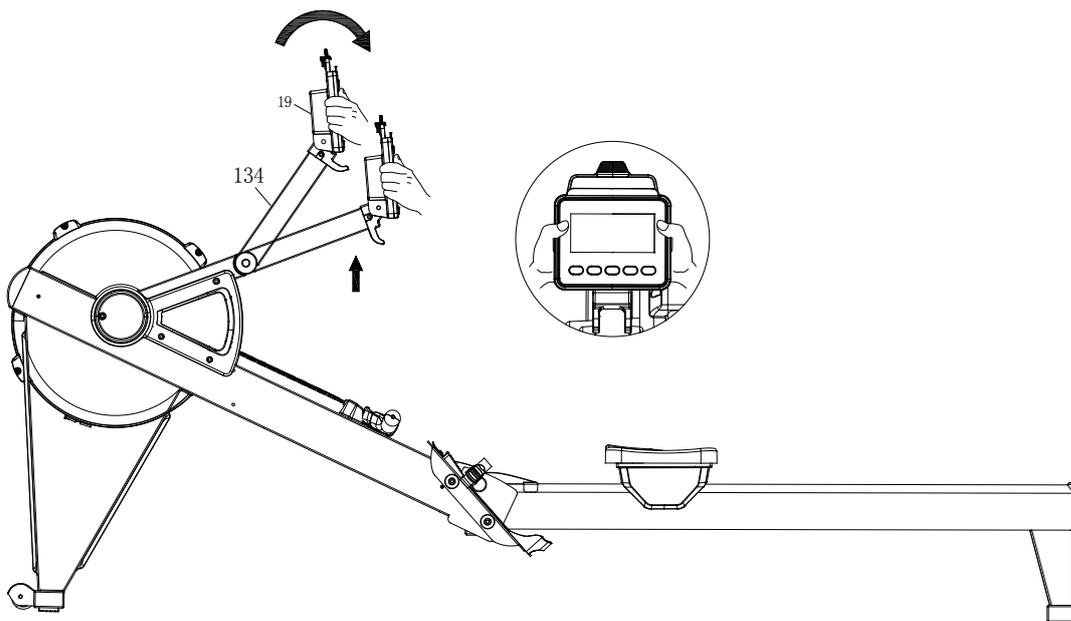
MAINTENANCE

The safety and integrity designed into the ROWER can only be maintained when the 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 **Stainless Steel 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.

5. It is the sole responsibility of the user/owner to ensure that regular maintenance is performed.

6. Worn or damaged components must be replaced immediately or the ROWER removed from service until repair is made.

7. Only Stamina Products supplied components should be used to maintain/repair the ROWER.

8. Keep your ROWER clean by wiping it off with an absorbent cloth after use.

CONSOLE MONITOR POST ADJUSTMENT

If the **Lower Console Monitor Post (135)** is getting loosen, please tighten **Socket Head Cap Screw M6x16mm (99)** by using Allen Wrench (5mm).
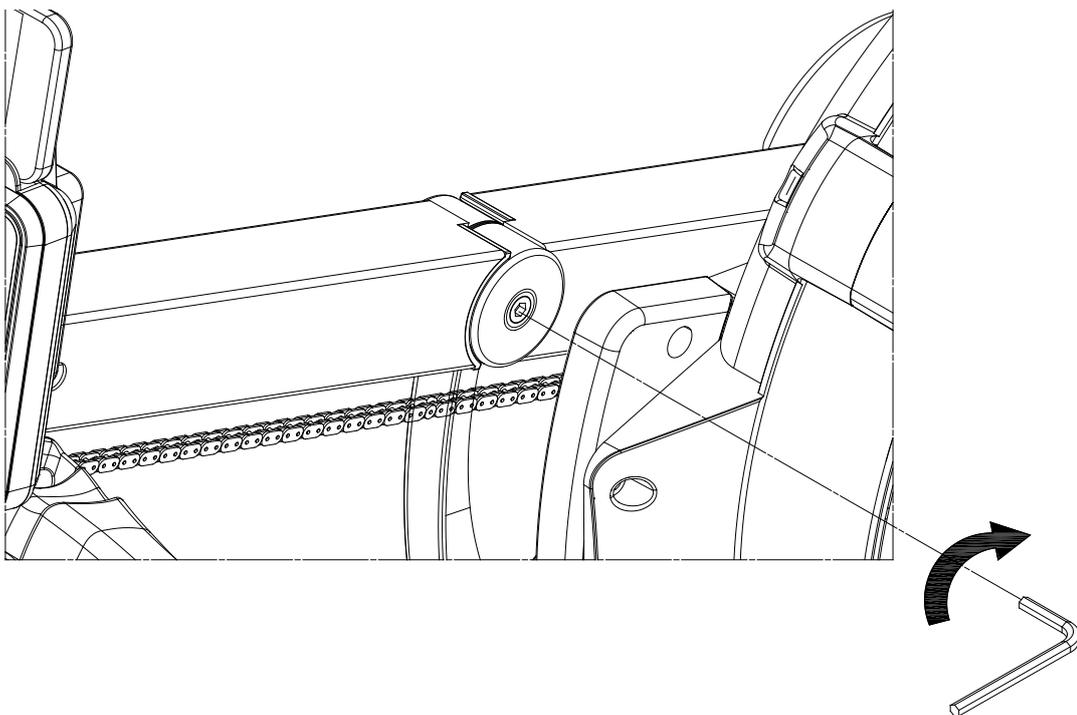
BUNGEE CORD ADJUSTMENT

Over time, about 250,000 strokes on **Handlebar(3)**, your **Bungee Cord (38)** may stretch. Follow the following process to adjust:
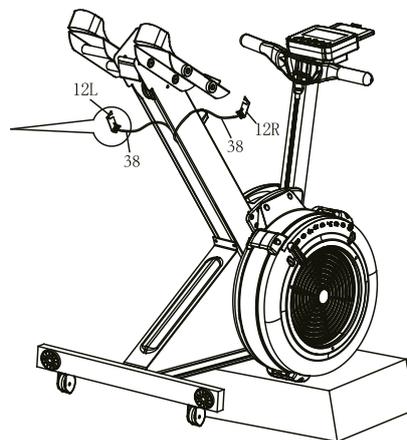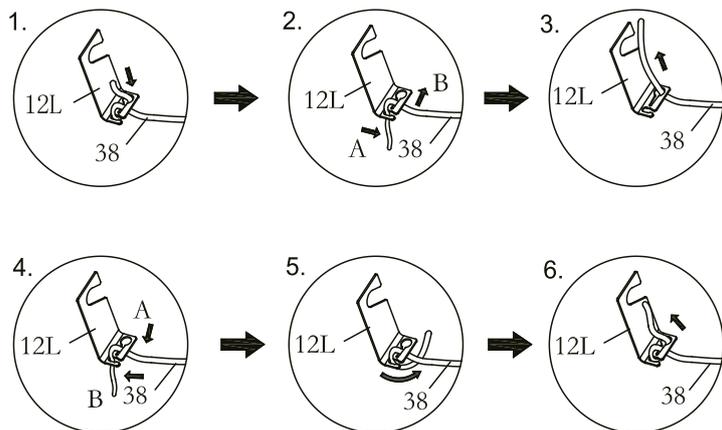
1. Position the **Main Frame Assembly (175)** as shown in the illustration. Remove the **Main Frame Top Cap (68)** from the **Main Frame (175)**. Slide out the **Bottom Cover (70)** from the **Main Frame (175)**.
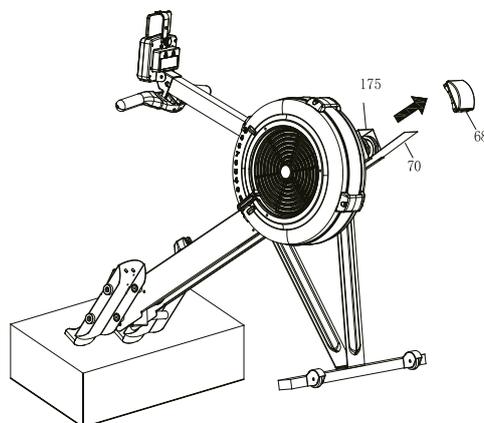
2. Position the **Main Frame Assembly (175)** as shown in the below illustration. Unhook the **Left Bungee Cord Hook (12L)** from the **Main Frame (175).** Make a mark on the **Bungee Cord (38)** to move the hook forward 2 inches. Refer to View 1 to View 3 to untie the **Bungee Cord (38)** from the **Left 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 (175)** and push the hook to the left side to touch the inner wall of the **Main Frame (175).**

    NOTE: 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 (175)**. Do the same as above to adjust the **Bungee Cord (38)** on the right side.

3. Position the **Main Frame Assembly (175)** as shown in the illustration. Slid the **Bottom Cover (70)** back into the **Main Frame (1)**. Press the **Main Frame Top Cap (68)** into the **Main Frame (175)**.
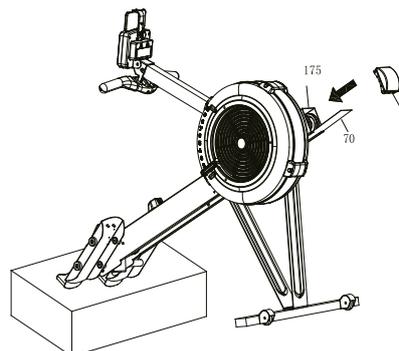
ROWER MAINTENANCE

DAILY

Wipe the stainless-steel rail with a cloth or non-abrasive pad with soap or alcohol after use.

Note: Do not use bleach or acid cleaners.
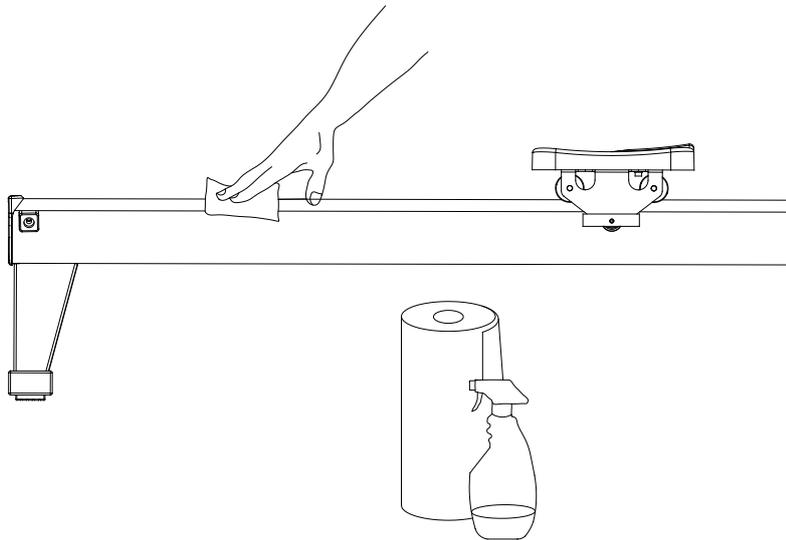
EVERY 50 HOURS OF USE (WEEKLY FOR COMMERCIAL SETTING)

Lubricate the chain with a teaspoon of purified mineral oil, 20W motor oil, or 3-in1 oil. Apply the oil on a paper towel. Rub the paper towel along the full length of the chain. Wipe off excess. Repeat if not enough.
Note: Do not clean the chain with any kind of cleaner
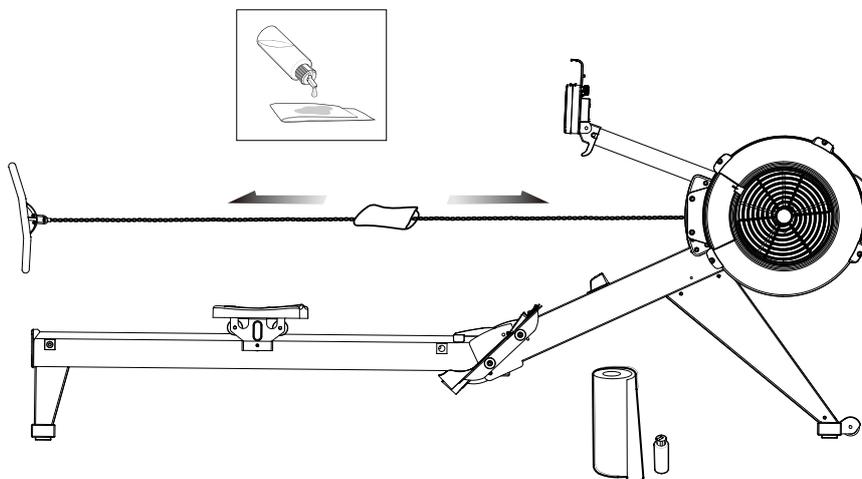
EVERY 250 HOURS OF USE
(MONTHLY FOR COMMERCIAL SETTING)

1. **Inspect the chain**
   Inspect the chain for stiff link. If there is stiff link use thorough lubrication to help. If does not help, replace chain.
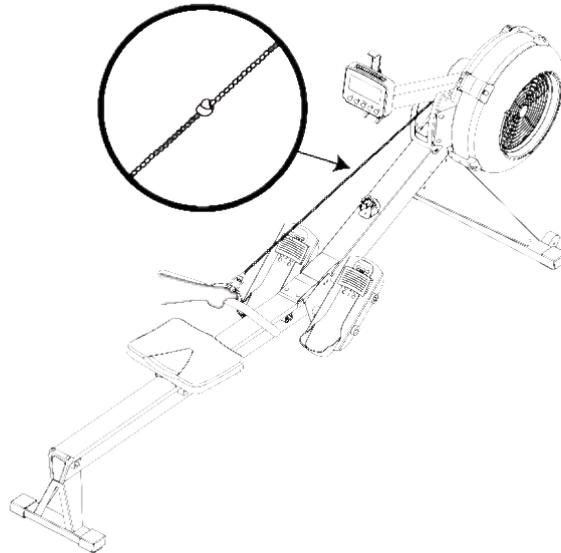
2. **Inspect the handle connection**
   Inspect the nuts on the U-bolt that holds the chain and handle together.
   Check to see if it has become loose. If not, tighten the nuts. See illustration below
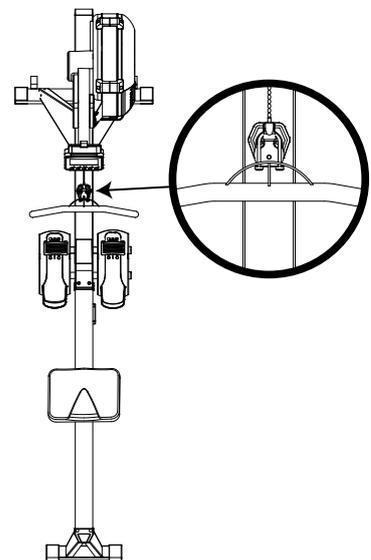
3. **Adjust bungee cord**
   If handle does not retract all the way to the fan or feel the bungee does not retract as fast as before, tighten the bungee cords. Please refer to user manual.

4. **Inspect fasteners**
   Check to see all screws including ones you assembled are all tight. If any are loose, tighten them. Loosen or tighten the screws for the computer as necessary.

5. **Clean the flywheel**

Dust and lint may collect inside the flywheel and on the stainless-steel mesh. This will restrict airflow and lower the resistance of the fan. The flywheel and mesh can be cleaned by illustrations below.

1.

2.

3.

4.

5.

6.

7.
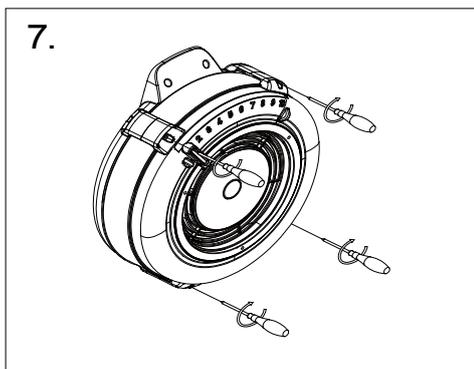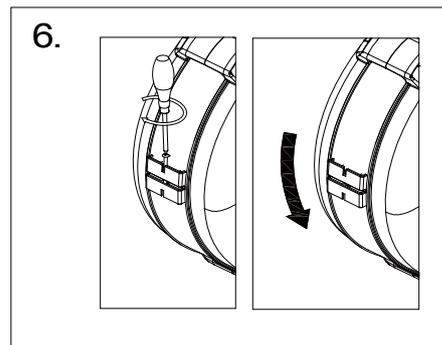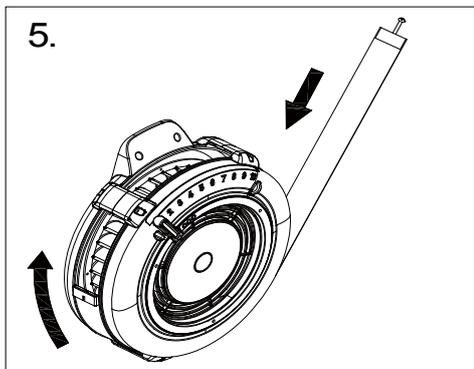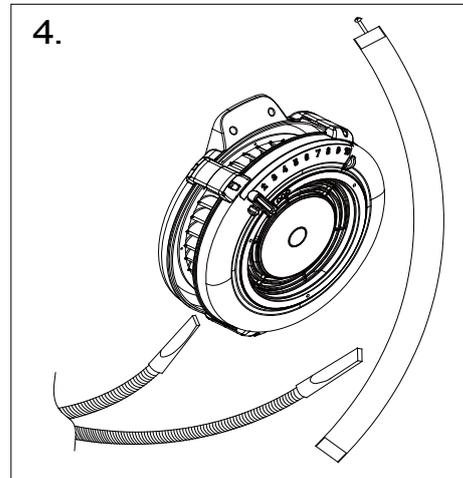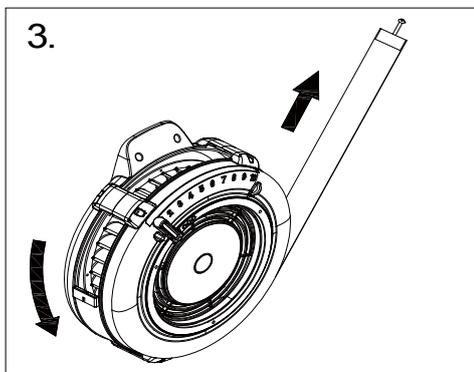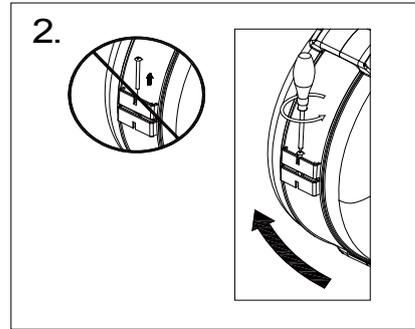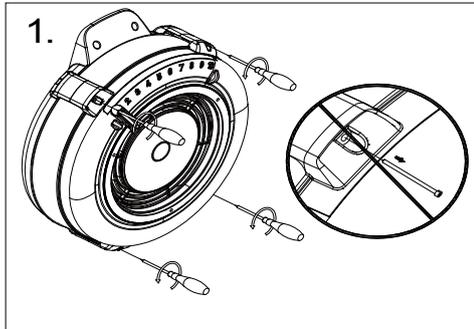
STORAGE

1. To store the ROWER, simply keep it in a clean dry place.

2. To avoid damage to the electronics, remove the batteries from the **Console Monitor (19)** before storing the ROWER for one year or more.

3. Move the ROWER with the **Transport Wheels (66)** on the **Front Stabilizer (4)**. Lift the Rear Stand of the **Rail Frame (176)**. to move the ROWER. Refer to the illustration below. Do not use the **Seat (51)** to move the ROWER. The **Seat (51)** will move and the **Seat Carriage (10)** may pinch your hand or fingers.
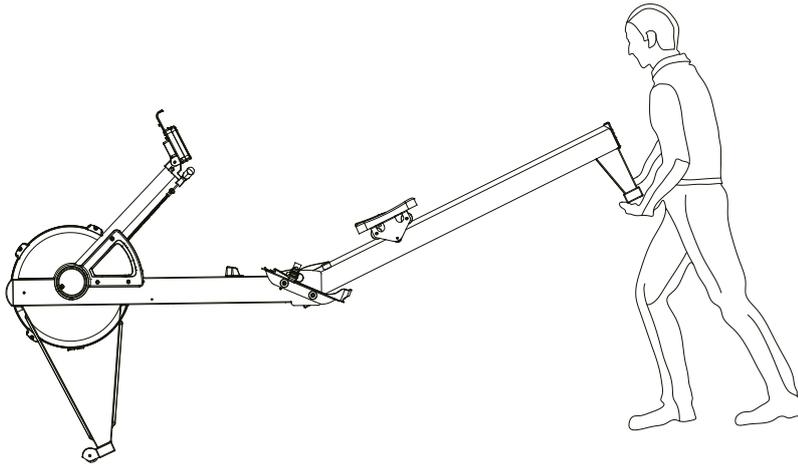
4. The **Main Frame (175)** and the **Rail Frame (176)** can be separated to minimize the unit size for storage. Remove the **Pull Pin (98)** from the **Main Frame (175)**. Lift up the **Main Frame (175)** and pull out the **Rail Frame (176)** to separate. Insert the **Pull Pin (98)** back to the hole in the **Main Frame (175)** for storage.

EXPLODED DRAWING

FRONT

BACK
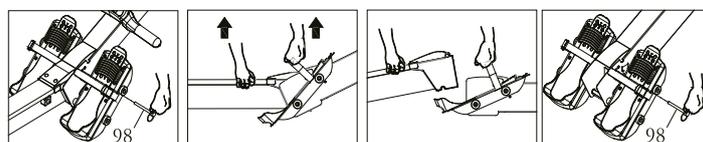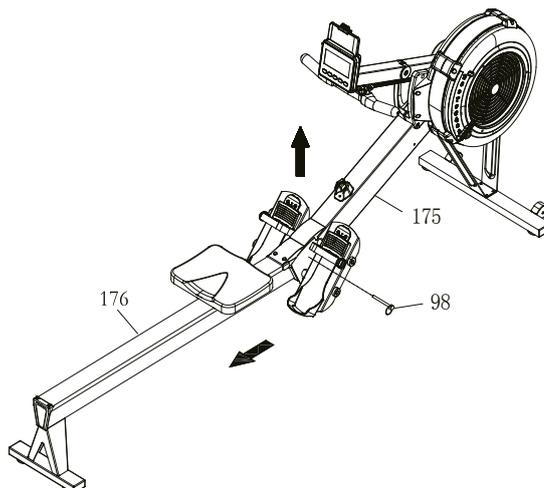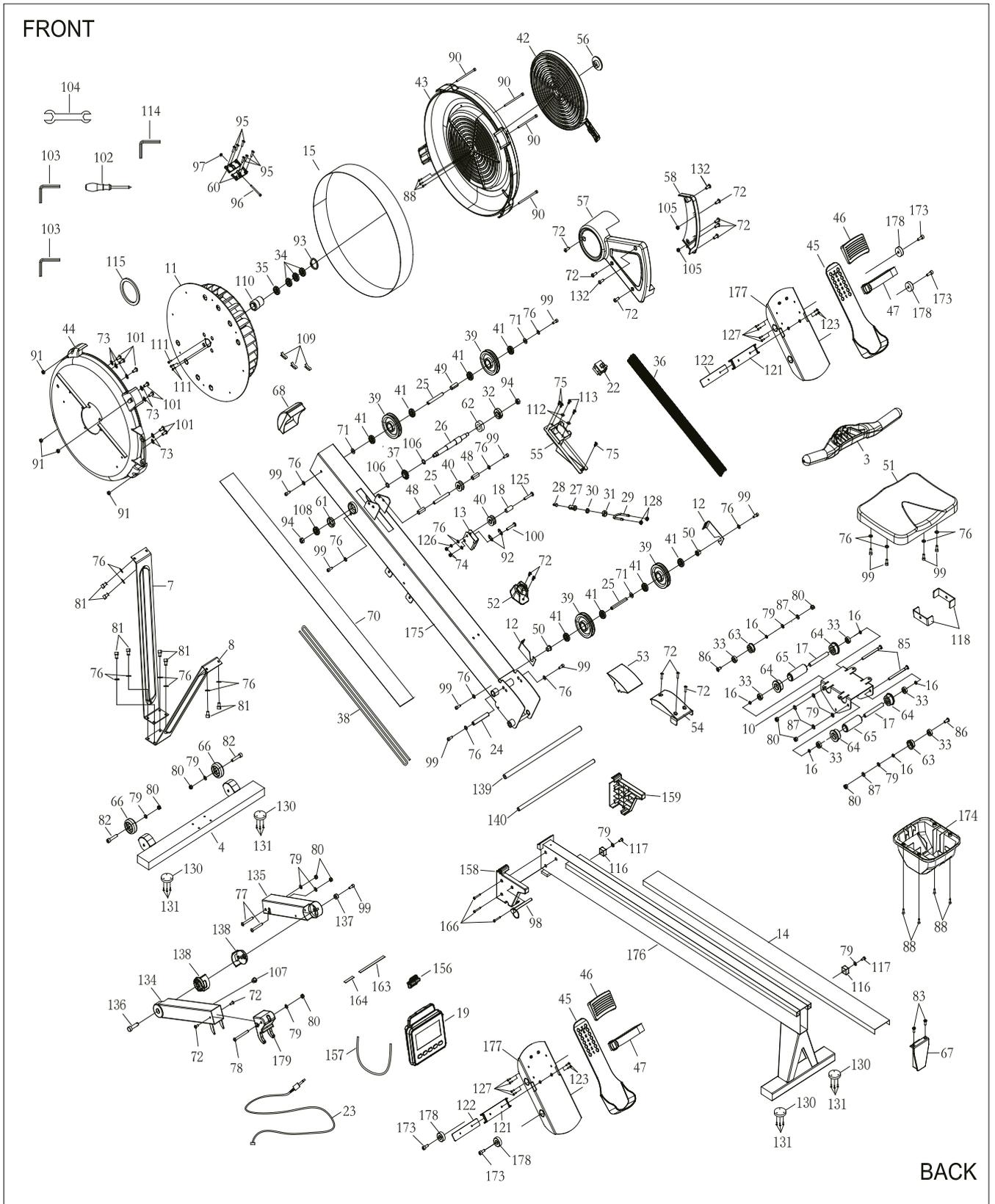
PARTS LIST

PART#	DESCRIPTION	Q' TY	PART#	DESCRIPTION	Q' TY
3	Handlebar	1	48	Spacer, 010x016x30.5mm	2
4	Front Stabilizer	1	49	Pulley Spacer, 010x016x26.5mm	1
7	Front Support Leg A	1	50	Pulley Bushing	2
8	Front Support Leg B	1	51	Seat	1
10	Seat Carriage	1	52	Handlebar Holder	1
11	Fan	1	53	Upper Joint Cover	1
12	Bungee Cord Hook	2	54	Lower Joint Cover	1
13	Chain Bracket	1	55	Generator Base	1
14	Stainless Steel Rail	1	56	Damper Cap	1
15	Perforated Steel Mesh	1	57	Left Side Cover	1
16	Spacer, ø8.2xø12x3.2mm	6	58	Right Side Cover	1
17	Spacer, ø8.2xø12x71.6mm	2	60	Steel Plate	2
18	Spacer, ø6.2xø10x15.5mm	1	61	Bushing 6001	1
19	Console Monitor	1	62	Bushing 6003	1
22	Generator	1	63	Guide Roller	2
23	Sensor Cable	1	64	Seat Roller	4
24	Shaft, M6xø12x80mm	1	65	Roller Sleeve	2
25	Shaft, M6xø10x76.5mm	3	66	Transport Wheel	2
26	Fan Axle	1	67	Rail End Cap	1
27	Hook Connector	1	68	Main Frame Top Cap	1
28	Chain Connector	1	70	Bottom Cover	1
29	U Bolt	1	71	Plastic Washer, 010.2x014x1 mm	3
30	Inner Spacer	1	72	Phillips Head Screw, M6x10mm	14
31	Outer Collar	1	73	LockWasher, Internal Tooth M6	7
32	Bearing 6003RS	1	74	Nylon Lock Nut, M6	2
33	Bearing 608ZZ	6	75	Phillips Head Screw, ST4. 2x10mm	3
34	Bearing 6201 RS	3	76	Flat Washer, M6	22
35	One Way Bearing HF2016	1	77	Socket Head Cap Screw, M8x65mm	2
36	Chain	1	78	Button Head Cap Screw, M8x75mm	1
37	Sprocket	1	79	Flat Washer, M8	11
38	Bungee Cord	1	80	Nylon Lock Nut, M8	9
39	Bungee Cord Pulley	4	81	Socket Head Cap Screw, M6x16mm	8
40	Chain Roller	2	82	Socket Head Cap Screw, M8x40mm	2
41	Bearing 6000ZZ	8	83	Phillips Flat Head Screw, M6x16mm	2
42	Damper	1	85	Socket Head Cap Screw, M8x110mm	2
43	Right Fan Shroud	1	86	Button Head Cap Screw, M8x25mm	2
44	Left Fan Shroud	1	87	Lock Washer, M8	4
45	Foot Pedal	2	88	Phillips Head Screw, ST4.2x16mm	7
46	Foot Pedal Holder	2	90	Socket Head Cap Screw, M5x92mm	4
47	Pedal Strap	2	91	Hex Nut, MS	4

PART#	DESCRIPTION	Q'TY		PART#	DESCRIPTION	Q'TY
92	Chain Hook	2		138	Rotation Sleeve	2
93	Elastic Ring	1		139	Padel Shaft, 16mm	1
94	Nylon Lock Nut, M10	2		140	Padel Shaft, 12mm	1
95	Phillips Head Screw, ST4.2x6mm	6		156	Smartphone Holder	1
96	Phillips Head Screw, M4x45mm	1		157	Bungee Cord of Smartphone Holder	1
97	Hex Nut, M4	1		158	Left Joint Cover	1
98	Pull Pin	1		159	Right Joint Cover	1
99	Socket Head Cap Screw, M6x16mm	13		163	Console EVA Pad	1
100	Phillips Head Screw, M6x30mm	1		164	Smart Phone Holder EVA Pad	1
101	Phillips Head Screw, M6x10mm	7		166	Phillips Pan Head Self-Tripping Screw, ST4.2X35mm	3
102	Screwdriver	1		173	Socket Head Cap Screw, M8X20	4
103	Allen Wrench, 6mm	1		174	Seat Carriage Cover	1
104	Wrench	2		175	Main Frame	1
105	Hex Nut, M6	2		176	Rail Frame	1
106	Pll Spacer	2		177	Pedal Support Plate	2
107	Plug	1		178	Foot Pedal End Cap	4
108	Bearing, 6001 RS	1		179	Console Mounting Bracket	1
109	Balance Weight	3				
110	Bearing Bushing	1				
111	Socket Head Cap Screw, M4x12mm	3				
112	Washer, O12x03.5x1 mm	2				
113	Phillips Head Screw, ST3.5x12mm	2				
114	Allen Wrench, 5mm	1				
115	Magnet	1				
116	Stopper Bumper	2				
117	Socket Head Cap Screw, M8x20mm	2				
118	Stopper Bracket	2				
121	Pedal Strap Protector	2				
122	Pedal Strap Stopper Plate	2				
123	Phillips Flat Head Screw, M5x12mm	4				
125	Phillips Head Screw, M6x30mm (Half Thread)	1				
126	LockWasher, M6	1				
127	Phillips Head Screw, ST4. 2x10mm	8				
128	Nylon Lock Nut, M6	2				
130	Foot Cushion	4				
131	Phillips Head Screw, ST4.2x19mm	12				
132	Phillips Pan Head Screw, M6x12mm	2				
134	Upper Console Monitor Post	1				
135	Lower Console Monitor Post	1				
136	Screw Shaft	1				
137	Small Pulley Bushing	1				

BEGINNER'S GUIDE TO EXERCISE

The following guidelines will help you to plan your workout program and exercise safely. Remember that proper nutrition and adequate rest are essential for successful results.

WARNING: Before beginning this or any other exercise program consult your doctor. This is especially important for pregnant women and new mothers, all people over the age of 35, and those with medical problems such as heart disease, high or low blood pressure, injuries, joint problems, obesity and asthma.

WHY EXERCISE?

Exercise has been proven essential for good health and general wellbeing. Regular exercise will:

- Relieve tension and stress
- Provide enjoyment and fun
- Stimulate the mind
- Help maintain stable weight
- Control appetite
- Boost self-image
- Improve muscle tone and strength
- Improve flexibility
- Lower blood pressure
- Relieve insomnia

BEFORE YOU START

If you're beginning an exercise program for the first time or starting a new exercise routine, you must check with your doctor that you are fit to do so particularly if:

- You have been diagnosed with heart problems, high blood pressure or other medical conditions
- You have not exercised for over a year
- You are over 35 and do not currently exercise
- You are pregnant or are a new mother
- You have diabetes
- You have chest pain, or experience dizziness or fainting spells
- You are recovering from an injury or illness

TARGET HEART RATE

To train effectively you should aim to work in the heart rate zone appropriate to your age as stipulated below. Please note this is a guide and your heart rate at rest and during training is determined by your fitness level and other lifestyle factors as well as your age. If you reach the recommended beats per minute below and feel you're over-exerting yourself stop, rest and when you feel recovered return to exercise at a lower intensity.

	TRAINING ZONE
AGE	**MIN/MAX (BPM)**
20	133-167
25	132-166
30	130-164
35	129-162
40	127-161
45	125-159
50	124-156
55	122-155
60	121-153
65	119-151
70	118-150
75	117-147
80	115-146
85	114-144

WORKOUT TIPS

- Always perform a warm-up and stretching exercises before your workout and a cool-down and stretching exercises at the end.
- Start slowly and build up your time, speed and resistance gradually; doing too much too soon can lead to injuries.
- If you are sore or tired, give yourself a few extra days to recover.

HOW TO BEGIN

- Start with two or three 15-minute sessions per week with a rest day between workouts.

- Warm up for 5 to 10 minutes with gentle movements incorporating the whole body such as walking while swinging your arms in a circle and then stretch the muscles you'll use during your workout.

- Increase the pace and resistance to slightly harder than comfortable and exercise for as long as you can. You may only be able to exercise for a few minutes at a time, but that will change quickly when you exercise regularly.

- End each workout with a 5-minute cool-down with the resistance set to a low level. You should then stretch the muscles you've just worked to develop flexibility, reduce muscle soreness and prevent injury.

- Increase your workout time by a few minutes each week until you can work continuously for 30 minutes per session.

- Don't worry about distance or pace for the first few weeks, focus on endurance and conditioning.

HOW HARD SHOULD YOU WORK?

When exercising, you should try to stay within your target heart rate (THR) zone. The table on the previous page will tell you the THR for your age. Always be aware of how you feel when you exercise. If you feel dizzy or light-headed, stop immediately and rest.

STRETCHING GUIDE

TIPS FOR STRETCHING

- Begin with small mobility exercises of all the joints e.g. simply rotate your ankles, bend your knees and roll your hips. Gradually make the movements larger and faster. This will allow the body's natural lubrication (synovial fluid) to protect the surface of your bones at these joints.

- Always warm up the body before stretching as this increases blood flow around the body, creating warmth which makes the muscles suppler.

- Start with your legs, and steadily work up the body.

- Each stretch should be held for at least 10 seconds (working up to 20 to 30 seconds) and usually repeated about 2 or 3 times.

- Do not stretch until it hurts. If there's any pain, ease off.

- Don't bounce. Stretching should be gradual and relaxed.

- Don't hold your breath during a stretch.

- Stretch after exercising to prevent muscles from tightening up.

- Stretch at least three times a week to maintain flexibility.

WARM-UP AND COOL-DOWN

A successful cardio-vascular exercise program consists of a full-body warm-up, aerobic exercise, and a cool-down. Do the entire program at least two and preferably three times a week, resting for a day between workouts. After several months, you can increase your workouts to four or five times per week.

WARM-UP

The purpose of warming up is to prepare your body for exercise and to minimise injuries. Warm up for five minutes before strength-training or exercising aerobically. Perform activities that raise your heart rate and warm the working muscles. Activities may include brisk walking, jogging, jumping jacks, jump rope, and running on the spot. Try to incorporate moves that take the joints through their full range of motion.

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. Stretching develops flexibility and reduces muscles soreness.

Stretches should be held for 15 to 30 seconds.

Do not bounce or over- stretch. Take your time on each stretch. Gradually take each stretch a little deeper on every out breath to your personal maximum.
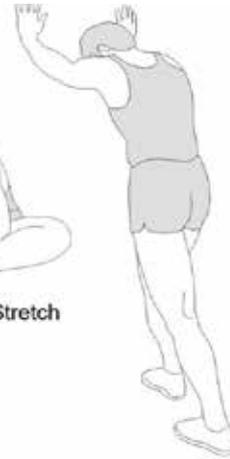
Toe Touch

Inner Thigh Stretch

Hamstring Stretch

Calf-Achilles Stretch

Side Stretch

Always remember to check with your physician before starting any exercise program.

C O O L - D O W N

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, allows blood to return to the heart and helps prevent muscle soreness caused by the build-up of lactic acid in the muscles.

⚠ T R A I N I N G   S A F E T Y   W A R N I N G S

Consult a physician before starting an exercise program.
Stop exercising if you feel pain or tightness in your chest, become short of breath, or feel faint.
Contact your doctor before using the equipment again.
Choose your training intensity according to the training difficulty, training time, etc.
For more training moves, check out professional exercise manuals, books, and videos or consult a personal trainer to learn the correct posture, technique, and methods.

CUSTOMER **SUPPORT**

CONTACT INFORMATION

Should you require any assistance regarding this product please gather the following information and contact us using the details below:

Serial No – this can be found on the label on the product.
Original purchase date
Place of purchase
Precise details of the issue of defect
Information about the place and conditions of use

Important- please retail your sales receipt, Half Human customer care may request proof pf purchase to validate eligibility for warranty service. Warranty cover starts from the date shown on the proof of purchase.

The best way to contact us is via the website:
www.wearehalfhuman.com
Email: **support@halfhuman.com**

ADDRESS

Sweatband.com
Unit 5 Mill Square
Feathersone road,
Wolverton Mill, Milton Keynes,
MK12 5ZD

			CLASS: S	MAX USER WEIGHT = 150KG
WEAREHALFHUMAN.COM		AIR ROWER		
	EN/ISO 20957			CE

HALF | HUMAN

UNIT 5 - MILL SQUARE, FEATHERSTONE ROAD
VOLVERTON MILL, MILTON KEYNES MK12 5ZD

M A N U F A C T U R E R S **W A R R A N T Y**

Half Human warrants this product to be free of defects of material and workmanship,
under normal use and conditions, for a period of 24 months from the date of the original purchase.

Warranty extensions may apply to this product subject to registering this product with Half Human.
To qualify for this please complete the warranty registration form on the Half Human website
www.wearehalfhuman.com. Full details of warranty extensions and the Half Human manufacturer's
warranty are available online at **www.wearehalfhuman.com**

T E R M S

This warranty extends only to the original purchaser and is not transferable.
The warranty does not cover:

01   Normal wear and tear.

02   Any changes to the upgrade this products from its normal state or use other than
as described in the user manual.

03   Damage resulting from:

    a.   Transport
    b.   Abuse, misuse, failure to follow instructions or improper or abnormal use.
    c.   Non-home use - including commercial, professional or rental purposes.
    d.   Repairs not provided by Half Human
    e.   Accidents, lightning, water, fire or any other causes beyond the control of Half Human.
    f.   Improper location including but not limited to, garden sheds, uninsulated garages,
       humid, damp, cold, hot, dusty, or outdoor environments, or near water e.g. swimming pool.

Half Human is not responsible or liable for direct or indirect, or consequential losses arising
out of or in connection with the use of this product or damages with respect to any loss of property,
revenue, profits, enjoyment or use, nor for any costs of removal or installation of this product.

This warranty covers products purchased as new inside the United Kingdom.

In the event of the product requiring a repair, this may need to be performed at a Half Human
authorised repair centre.

This warranty is in addition to and does not in any way affect your statutory rights.

The best way to contact us is via the website:
www.wearehalfhuman.com
or e-mail: **support@wearehalfhuman.com**

Half Human
Unit 5 - Mill Square,
Featherstone Road,
Wolverton Mill,
Milton Keynes,
MK12 5ZD