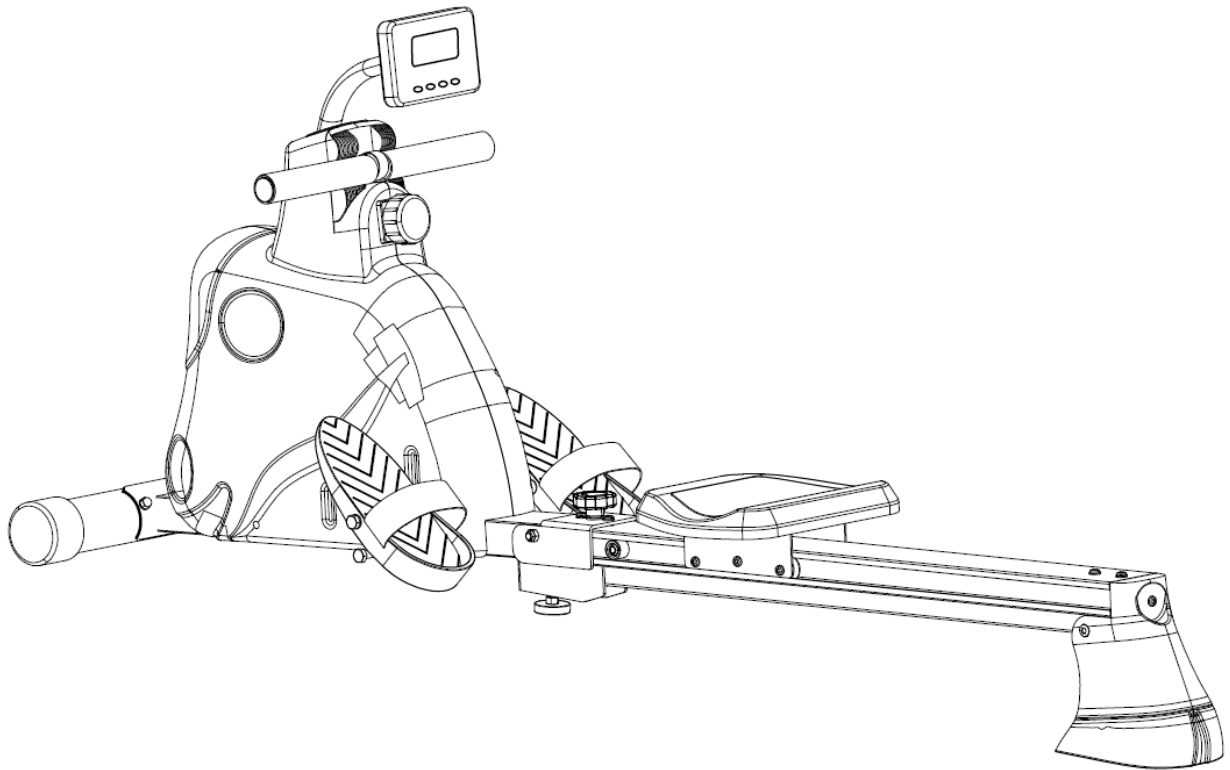


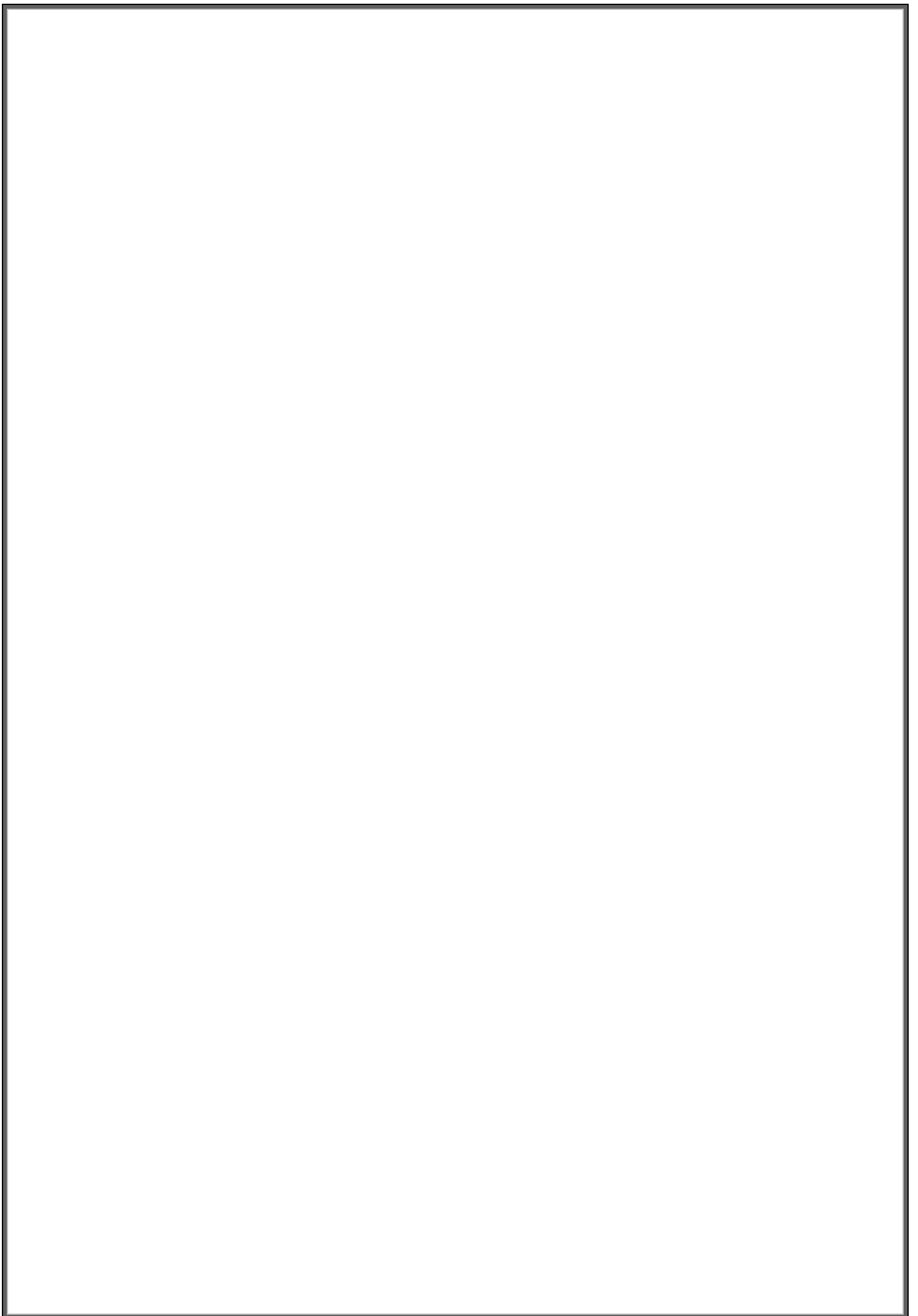
Magnetic Rowing Machine

XFIT NAVY

User's Manual



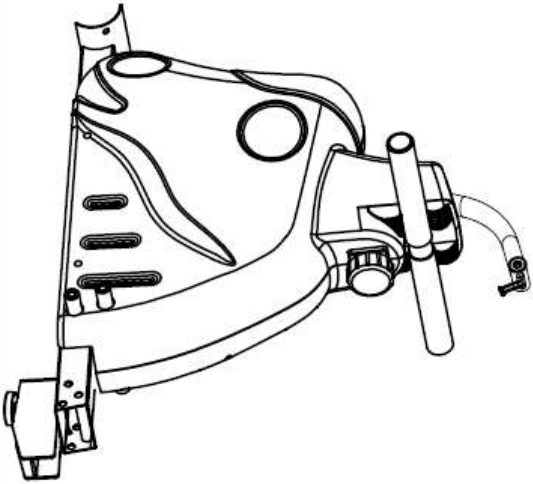
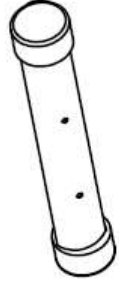

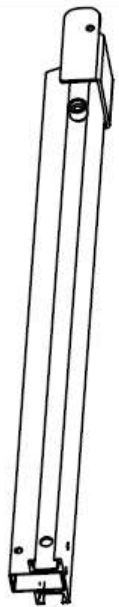
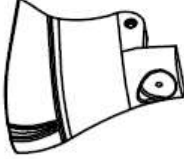




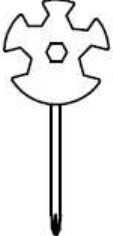


* Product specifications may differ from the photo and are subject to change without notice.



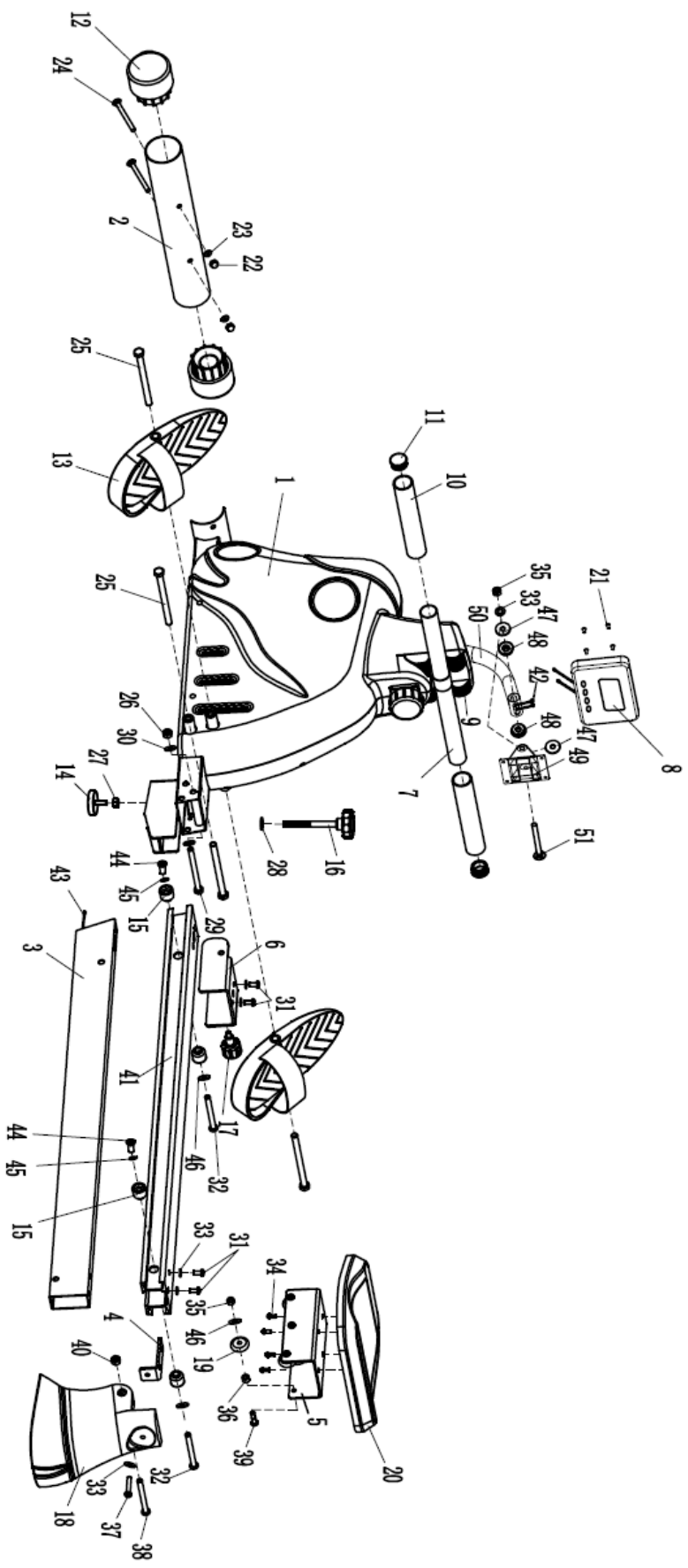
Important Safety Information

Please keep this manual in a safe place for reference.

1. It is important to read this entire manual before assembling and using the equipment. Safe and efficient use can only be achieved if the equipment is assembled, maintained, and used properly. It is your responsibility to ensure that all users of the equipment are informed of all warnings and precautions.
2. Before starting any exercise program, you should consult your doctor to determine if you have any physical or health conditions that could create a risk to your health and safety or prevent you from using the equipment properly. Your doctor's advice is essential if you are taking medication that affects your heart rate, blood pressure or cholesterol level.
3. Be aware of your body's signals. Incorrect or excessive exercise can damage your health. Stop exercising if you experience any of the following symptoms: Pain, tightness in your chest, irregular heartbeat, extreme shortness of breath, feeling lightheaded, dizzy, or nauseous. If you do experience any of these conditions you should consult your doctor before continuing with your exercise program.
4. Keep children and pets away from the equipment. The equipment is designed for adult use only.
5. Use the equipment on a solid, flat level surface with a protective cover for your floor or carpet. For safety, the equipment should have at least 0.5 meter of free space all around it.
6. Before using the equipment, check the nuts and bolts are securely tightened.
7. The safety level of the equipment can only be maintained if it is regularly examined for damage and/or wear and tear.
8. Warning the equipment must be installed on a stable base and properly leveled floor. Always use the equipment as indicated. If you find any defective components whilst assembling or checking the equipment, or if you hear any unusual noise coming from the equipment during use, stop. Do not use the equipment until the problem has been rectified.
9. Wear suitable clothing whilst using the equipment. Avoid wearing loose clothing which may get caught in the equipment or that may restrict or prevent movement.
10. The equipment has been tested and certified to EN957 under class H.C. Suitable for domestic, home use only. Maximum weight of user, 100kg. Breaking is speed independent.
11. The equipment is not suitable for therapeutic use.
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. Regular checking of the integrity of guards and safety devices.
13. Parents and those in charge of children should be aware of their responsibility around this equipment. The natural play instinct and fondness for experimenting of children can lead to situations and use of the training equipment for which it is not intended.
14. If children are allowed to use the equipment their mental and physical development and above all their temperament should be taken in to account. They should be supervised and instructed to the correct use of the equipment. The equipment is under no circumstances suitable as a child's toy.

| | | | |
|--|--|--|--|
|  |  |  |  |
| <p>#1 Main Frame 1PC</p>  | <p>#2 Front Bottom Tube 1PC</p>  | <p>#49 Meter Support Board 1PC</p>  | <p>#41 Lead Rail 1PC</p>  |
| <p>#18 Bracket 1PC</p> | <p>#20 Saddle 1PC</p> | <p>#13 Pedal 2PCS</p> | <p>#8 Computer 1PC</p> |
|  |  |  |  |
| <p>#17 Knob 1PC</p> | <p>Cross Wrench 1PC</p> | <p>Allen Wrench 1PC</p> | <p>Wrench 2PCS</p> |

EXPLODED-VIEW ASSEMBLY DRAWING



| PART NO. | DESCRIPTION | Qty | PART NO. | DESCRIPTION | Qty |
|----------|----------------------------------|-----|----------|--------------------------------|-----|
| 1. | Main frame | 1 | 27. | Hex nut M10 | 1 |
| 2. | Front bottom tube | 1 | 28. | Flat washer D10X2.5 | 1 |
| 3. | Lead rail tube | 1 | 29. | Hex Bolt M10X125 | 1 |
| 4. | L plate | 1 | 30. | Flat washer D10X2.0X Φ 20 | 2 |
| 5. | Glide saddle post | 1 | 31. | Screw M8X20 | 4 |
| 6. | U shape board | 1 | 32. | Limit shaft M8X40 | 2 |
| 7. | Handle bar | 1 | 33. | Flat washer D8X1.5X Φ 16 | 5 |
| 8. | Computer | 1 | 34. | Screw M6X20 | 4 |
| 9. | Cushion | 1 | 35. | Nylon nut M8 | 7 |
| 10. | Form grip | 2 | 36. | Partition | 6 |
| 11. | Tube stopper | 2 | 37. | Screw M8X45 | 1 |
| 12. | End cap | 2 | 38. | Screw M10X106 | 1 |
| 13. | Pedal(L/R) | 2 | 39. | Screw M8X28 | 6 |
| 14. | Adjustment knob | 1 | 40. | Nylon nut M10 | 1 |
| 15. | Stopper | 4 | 41. | Lead rail | 1 |
| 16. | Knob | 1 | 42. | Sensor extended wire | 2 |
| 17. | Knob | 1 | 43. | Sensor wire | 1 |
| 18. | Bracket | 1 | 44. | Screw M6X15 | 2 |
| 19. | Roller | 6 | 45. | Flat washer D6X1.2X Φ 16 | 2 |
| 20. | Saddle | 1 | 46. | Flat washer D8 | 8 |
| 21. | Screw | 4 | 47. | Cushion 1 | 2 |
| 22. | Nut M8 | 2 | 48. | Alloy bushing | 2 |
| 23. | Arc washer D8X2X Φ 25XR30.5 | 2 | 49. | Meter support board | 1 |
| 24. | Carriage bolt M8X90 | 2 | 50. | Swing tube combination | 1 |
| 25. | Long Bolt M2XL155X16 | 4 | 51. | Carriage bolt M8x74 | 1 |
| 26. | Nylon nut M10 | 1 | | | |

CAUTION! The company does not have no responsibility for causing damage due to misuse of the product and non-compliance with the instructions for use.

THE WARRANTY IS NOT VALID IF: The machine is placed outdoors or exposed to sun and dust

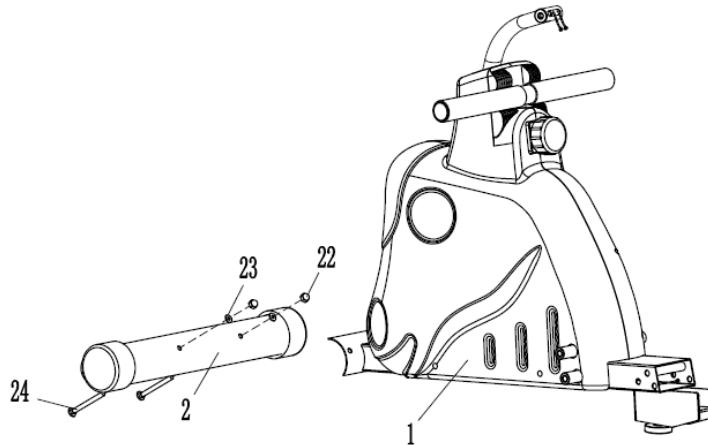
CAUTION! During exercise, heavy sweating can cause mechanical and electrical damage to the machine. Like any other liquid substance, sweat can cause damage mainly to the electrical parts of the machine (dial, cables, etc.). The best solution is to use a towel during exercise and wipe the machine after each use to avoid any unwanted damage.

ASSEMBLY INSTRUCTIONS

Note: Assembly requires 2 people.

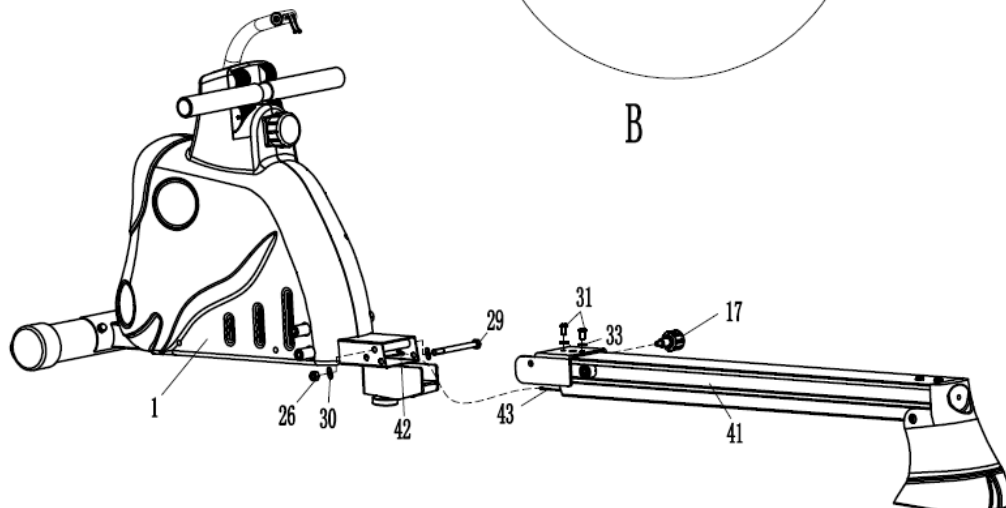
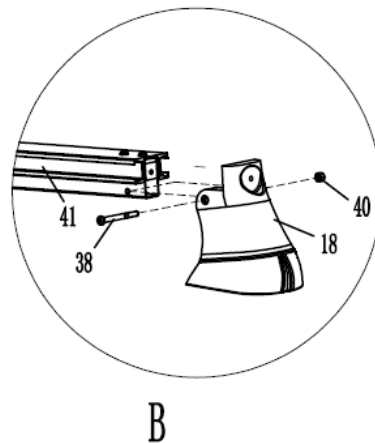
STEP 1

Fix the front bottom tube (2) on the main frame (1) with the Carriage bolts (24), arc washers (23) and nuts (22) as shown.



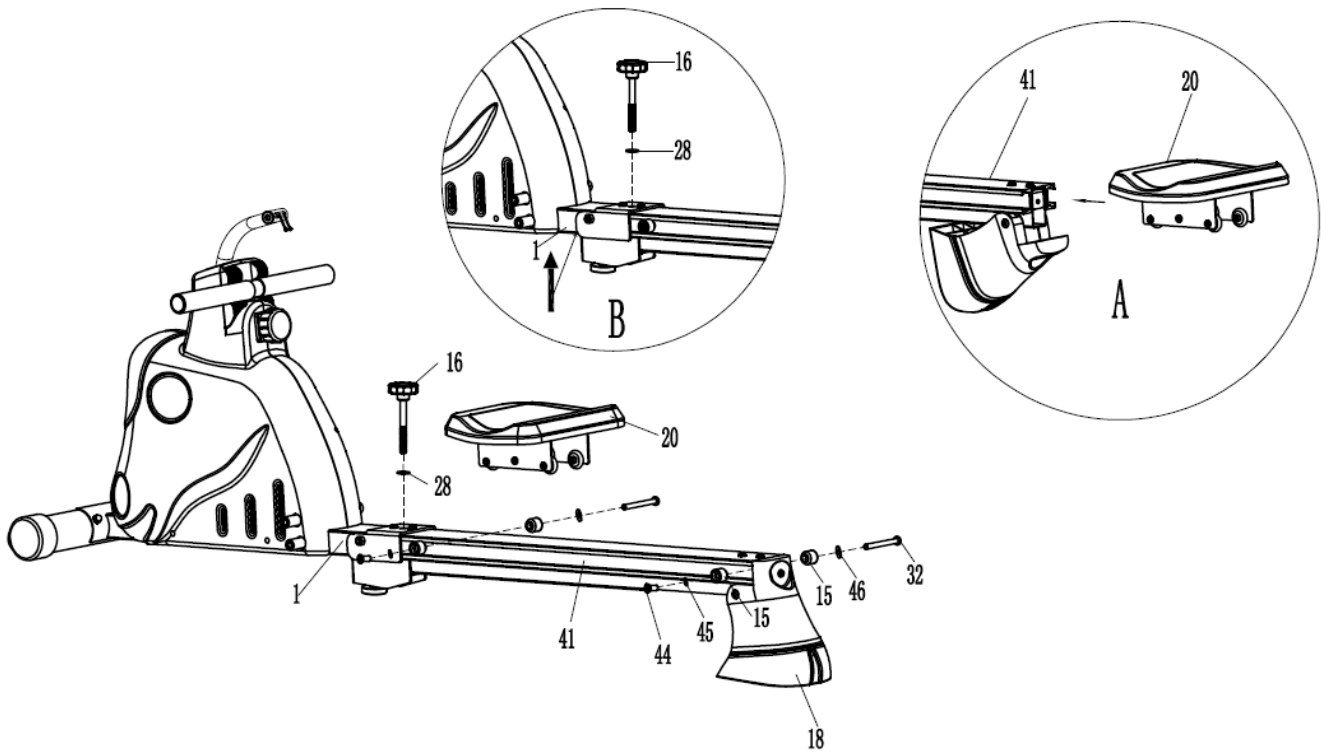
STEP 2

1. Fix the bracket (18) on the lead rail (41) with the screw (38) and nylon nut (40) as the picture B shown.
2. Connect the sensor extended wire (42) and the sensor wire (43).
3. Assemble the lead rail (41) on the main frame (1) with the hex bolts (29), flat washers (30), nylon nut (26) and the knob (17).



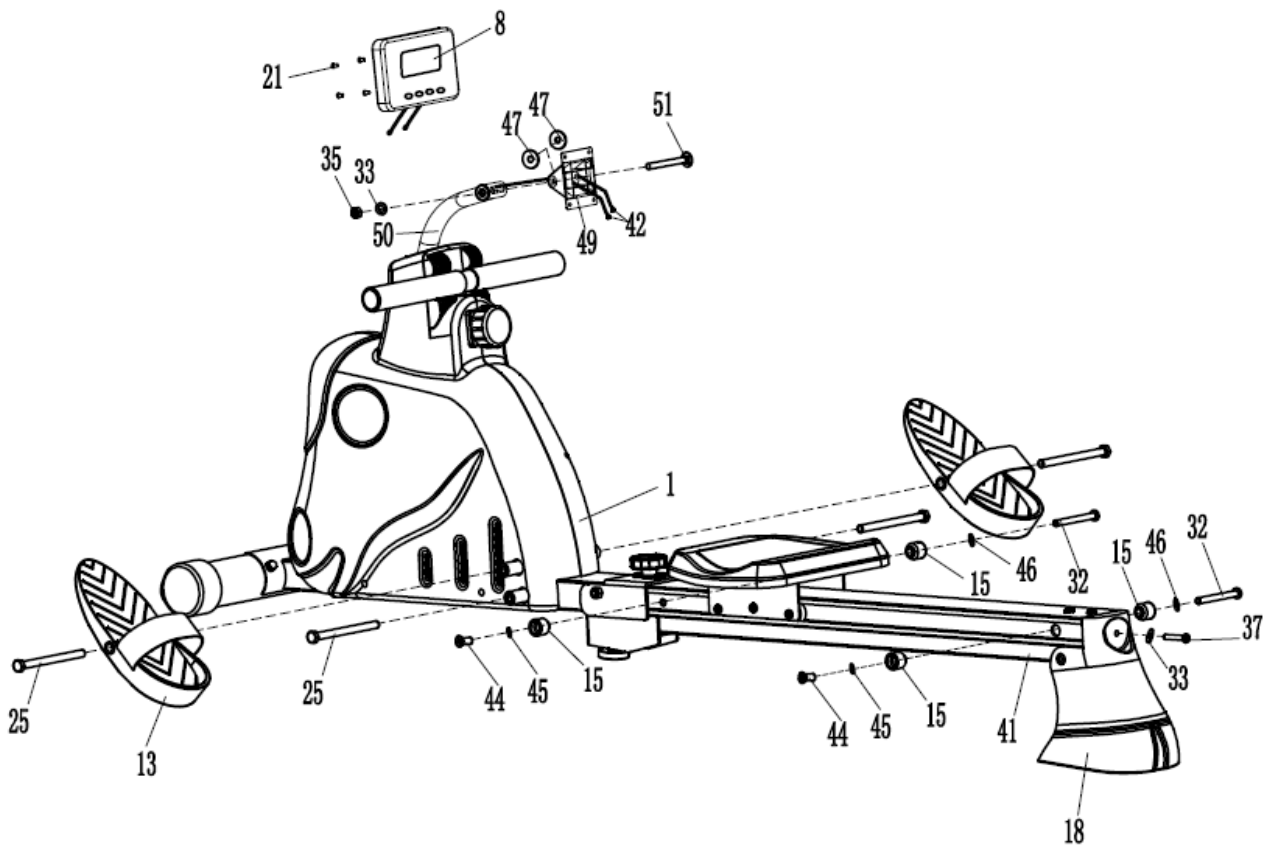
STEP 3

1. Remove the Limit shaft (32), Flat washer (46), Stopper (15), Flat washer (45) and Screw (44) first, then fold the bracket (18) to direct downward as the picture A shown, then assemble the saddle (20) in the lead rail (41) as the arrow direction.
2. Lift the main frame (1) up to contact the lead rail (41) as the picture B shown, then fix the lead rail (41) on the main frame (1) with the knob (16) and flat washer (28).



STEP 4

1. First fix the pedals (13) on the main frame (1) with the long bolt (25).
2. Fix the bracket (18) on the lead rail (41) with screw (37) and flat washer (33).
3. Fix the stopper (15) on the lead rail (41) with the Limit shaft (32), screw (44), flat washer (46&45).
4. Let the Sensor extended wire (42) through from the bottom of the Meter support board (49) and through it out to the top of Meter support board (49) out, then fix the Meter support board (49) on the Swing tube combination (50) with Carriage bolt (51), Cushion 1 (47), Flat washer (33), and Nylon nut (35).
5. Connect the sensor wire (42) with the wire of computer (8) firstly, then fix computer (8) on the computer bracket (49) with screw (21).



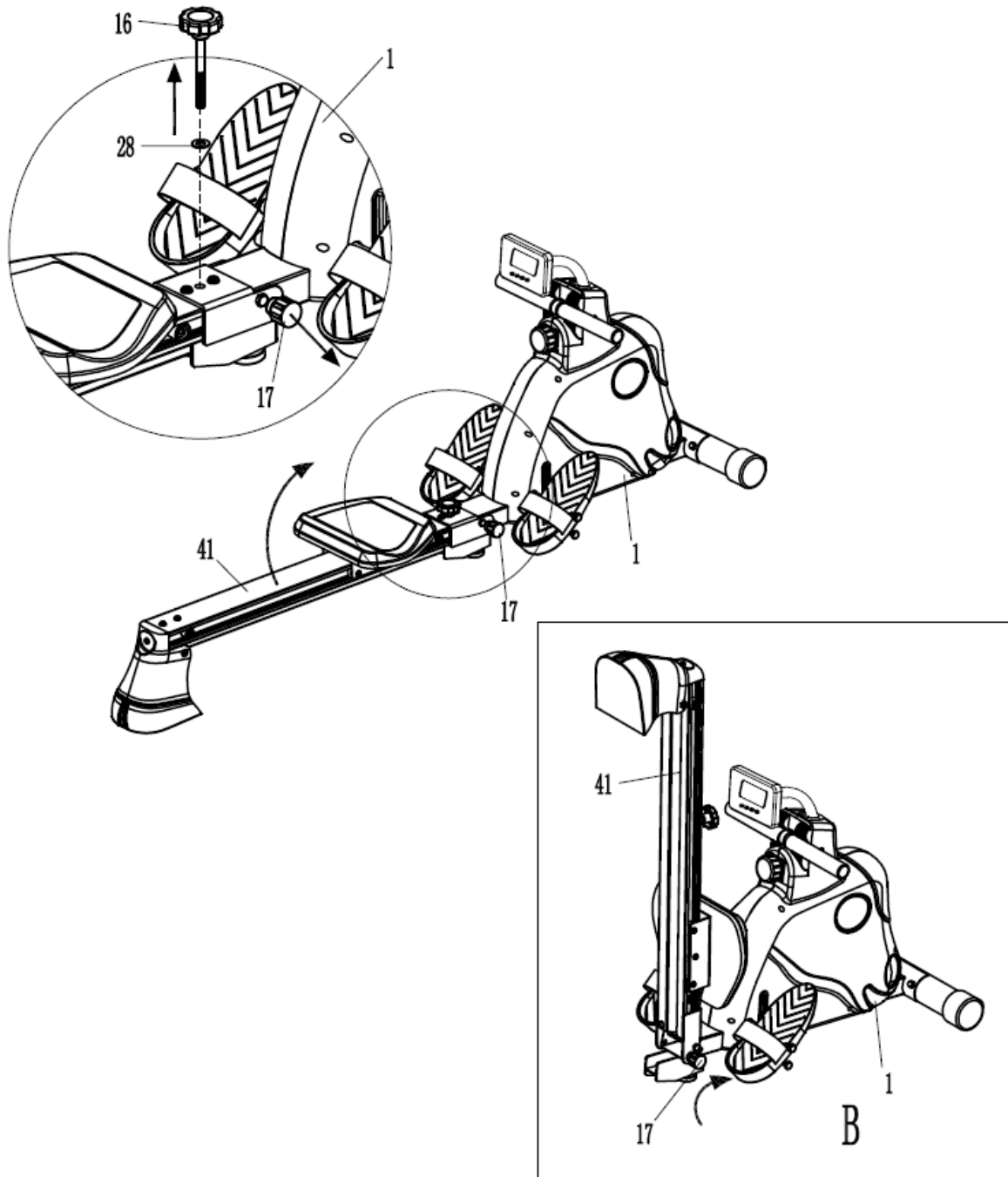
When you don't use this item, you can fold it as below picture shown. Please avoid clipping your hand when you are folding it.

A. Pull out the knob (16) on counterclockwise direction, and put it with flat washer (28).

B. Lose the knob (17) and pull it out. Then upturn the lead rail (41) to the suitable position and fix the knob (17) tightly.

C. Folded item is as picture B.

D. If the main frame (1) tilted up when you move the machine, you could use the Adjustment knob (14) to make the main frame (1) stable.



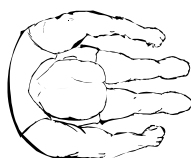
Check and tighten the screws at regular intervals, as they may loosen due to vibrations. Damage that may be caused by a lack of maintenance is not covered by the warranty.

EXERCISE GUIDE

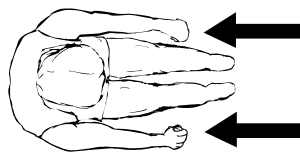
Rowing is an extremely effective form of exercise. It strengthens the heart and improves circulation as well as exercising all the major muscle groups, the back, waist, arms, shoulders, hips and legs.

The Basic Rowing Stroke

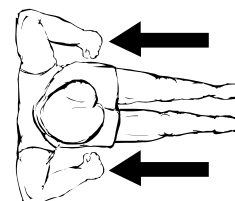
- 1) Sit on the saddle and fasten your feet to the pedals using the Velcro straps. Then take hold of the rowing bar.
- 2) Take up the starting position, leaning forward with your arms straight and knees bent as shown in (Fig 1).
- 3) Push yourself backwards, straightening your back and legs at the same time (Fig 2).
- 4) Continue this movement until you are leaning slightly backwards, during this stage you should bring your arms out of the side. (Fig 3). Then return to stage 2 and repeat. See attached.



(Fig.1)



(Fig.2)



(Fig.3)

Training Time

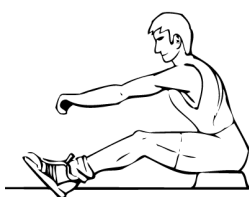
Rowing is a strenuous form of exercise, because of this it is best to start with a short, easy exercise programmed and build up to longer and harder workouts. Start rowing for about 5 minutes and as you progress, increase the length of your work out to match your improving level of fitness. You should eventually be capable of rowing for 15-20 minutes, but do not try to achieve this too quickly.

Try to train on alternate days, 3 times a week. This gives your body time to recover between workouts.

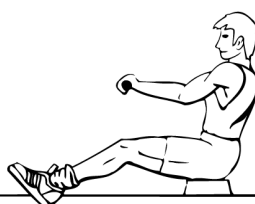
Alternate Rowing Styles.

Arms Only Rowing

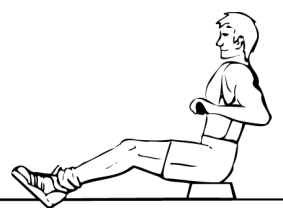
This exercise will tone muscles in your arms, shoulders, back and stomach. Sit as shown in Fig 4 with your legs straight, lean forward and grasp the handles. In a gradual and controlled manner lean back to just past the upright position continuing to pull the handles towards your chest. Return to the starting position and repeat. See attached.



(Fig.4)



(Fig.5)



(Fig.6)

Legs Only Rowing

This exercise will help tone muscles in your legs and back. With your back straight and arms outstretched, bend your legs until you are grasping the rowing arm handles in the starting position, Fig 7. Use your legs to push your body back whilst keeping your arms and back straight.



(Fig.7)



(Fig.8)



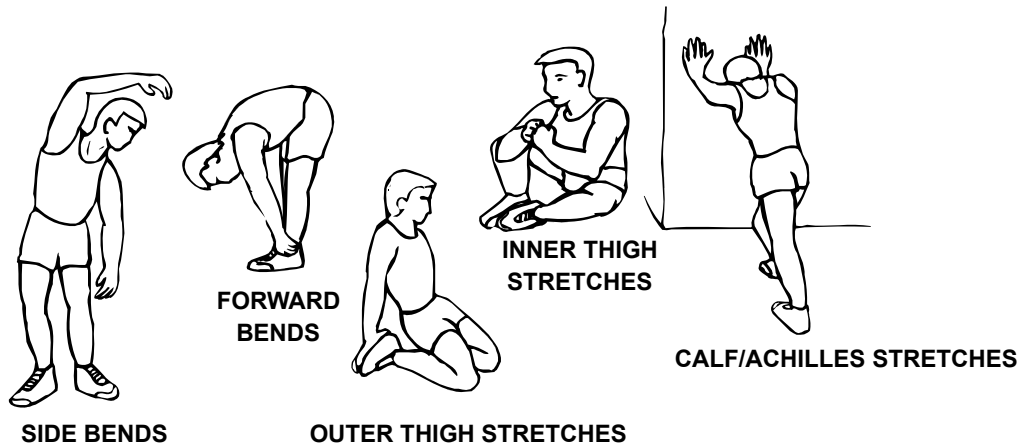
(Fig.9)

EXERCISE INSTRUCTIONS

Using your **MAGNETIC ROWING MACHINE** will provide you with several benefits. It will improve your physical fitness, tone your muscles and, in conjunction with a calorie-controlled diet, help you lose weight.

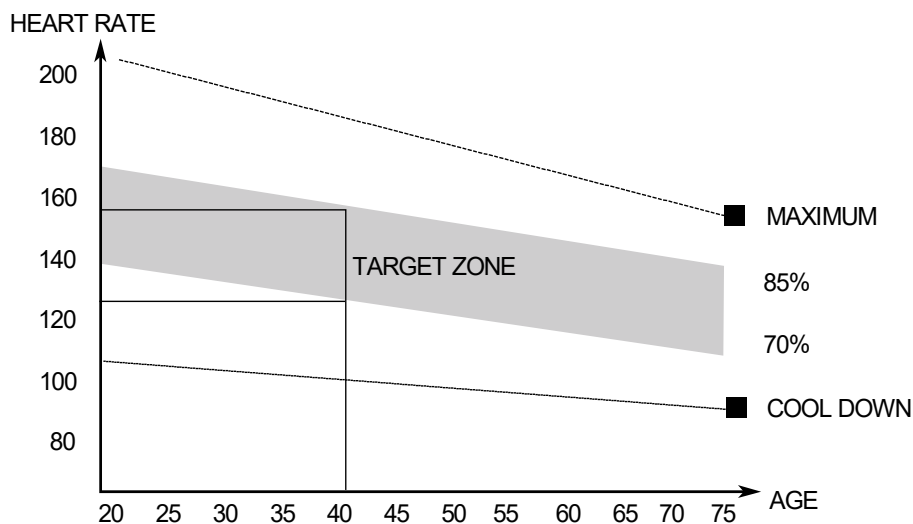
1. The Warm-Up Phase

This stage helps get the blood flowing around the body and the muscles working properly. It will also reduce the risk of cramp and muscle injury. It is advisable to do a few stretching exercises as shown below. Each stretch should be held for approximately 30 seconds. Do not force or jerk your muscles into a stretch - if it hurts, **STOP**.



2. The Exercise Phase

This is the stage where you put the effort in. After regular use, the muscles in your legs will become more flexible. Work at your own pace but be sure to maintain a steady tempo throughout. The rate of work should be sufficient to raise your heartbeat into the target zone shown on the graph below.



This stage should last for a minimum of 12 minutes though most people start at about 15-20 minutes.

3. Cooling-Down Phase

This stage is to let your cardio-vascular system and muscles wind down. This is a repeat of the warm-up phase. First, reduce your tempo and continue at this slower pace for approximately 5 minutes before you get off your Exercise Bike. The stretching exercises should now be repeated, again remembering not to force or jerk your muscles into the stretch.

As you get fitter you may need to train longer and harder. It is advisable to train at least three times a week, and if possible, to space your workouts evenly throughout the week.

MUSCLE TONING

To tone muscle while on your **MAGNETIC ROWING MACHINE** you will need to have the resistance set quite high. This will put more strain on our leg muscles and may mean you cannot train for as long as you would like. If you are also trying to improve your fitness you need to alter your training program. You should train as normal during the warmup and cool down phases, but towards the end of the exercise phase you should increase resistance making your legs work harder. You will have to reduce your speed to keep your heart rate in the target zone.

WEIGHT LOSS

The important factor here is the amount of effort you put in. The harder and longer you work the more calories you will burn. This is effectively the same as if you were training to improve your fitness, the difference being the goal.

TROUBLE SHOOTING

Computer not working correctly. If your computer is not working correctly, please check whether the lower wire is connected to the upper wire, and make sure that the upper wire is connected to the computer. If you have checked for the above, and the computer still not working, then please make sure the batteries are still working and are installed correctly in the computer.

MAINTENANCE

1. Before using the **MAGNETIC ROWING MACHINE**, always make sure all bolts/nuts are fully tightened.
2. A spent battery is hazardous waste – please dispose of it correctly and do not throw it in the trash.
3. When eventually you want to scrap the machine, you should remove the batteries from the computer and dispose of them separately as hazardous waste.

BATTERY DISPOSAL

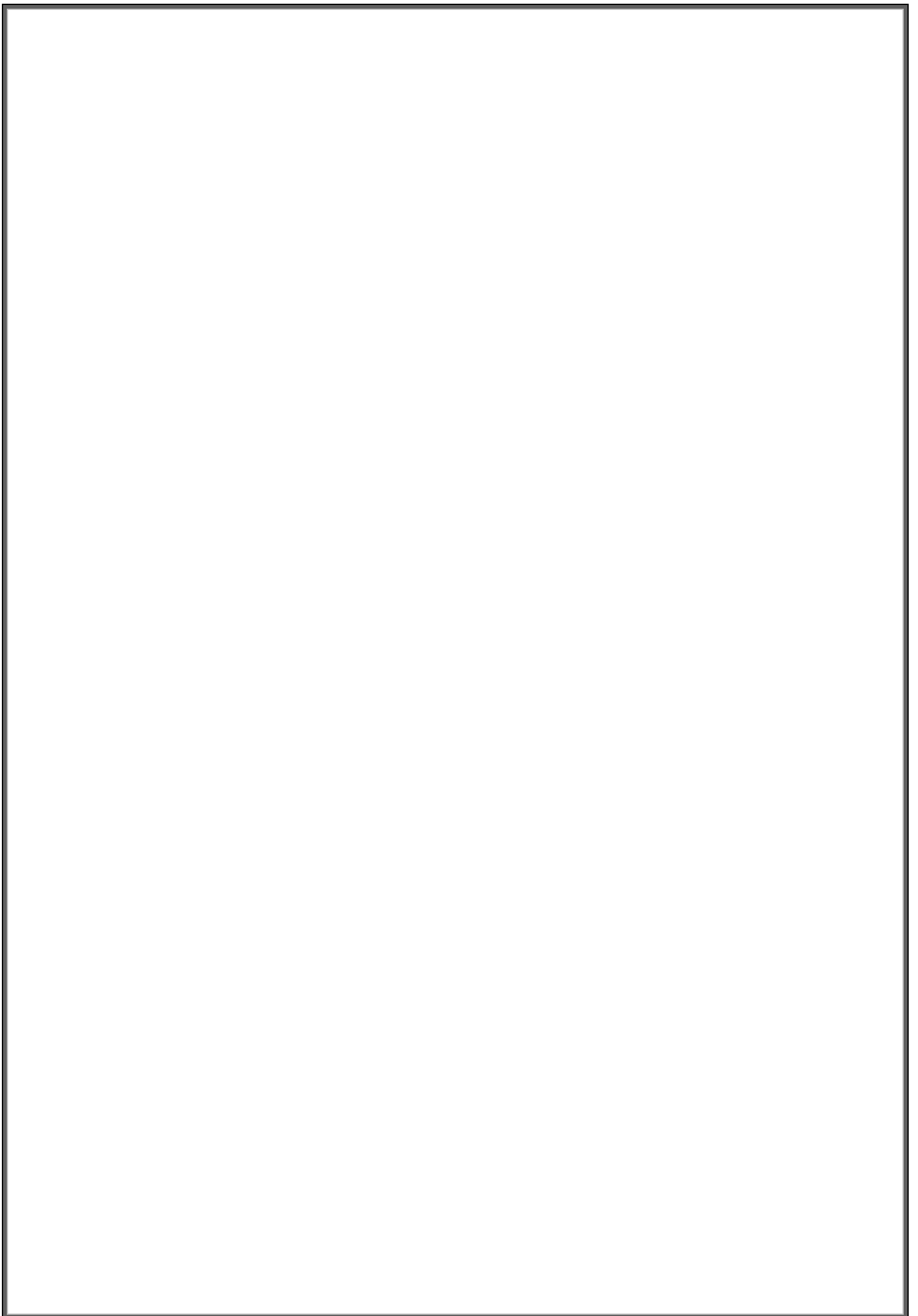
1. A spent battery is hazardous waste - please dispose of it correctly and do not throw it in the trash.
2. When you eventually want to scrap the machine, you should remove the batteries from the computer, and dispose of them separately as hazardous waste.
3. Keep batteries out of the reach of small children. Batteries are extremely dangerous when swallowed. If a battery has been swallowed, seek immediate medical treatment.

TERMS OF WARRANTY

- Warranty period is 2 years for mechanical, electrical / electronic parts and 5 years for the metal frame.
- X-TREME STORES S.A. undertakes to repair the machine free of charge in the event of damage due solely to a manufacturing fault. The warranty covers the cost of the spare parts. Replacement of spare parts or not is up to the company technicians. The customer is responsible for the control and adjustment of the machine.
- This warranty note is only valid if it is accompanied by legal proof of purchase (invoice or retail receipt). The warranty period is not extended for any reason and the transfer of it to a third party is excluded.
- Any damage is repaired as soon as possible and any claim for damages due to lack of spare parts and delay in repairing the damage is excluded. The costs of transporting the machine to or from the dealership will be borne by the customer after 6 months of purchase.
- The warranty conditions are set by the manufacturers of machinery and are governed by European regulations.
- Upon expiry of the warranty, any replacement part is covered by a 6-month warranty.

THE WARRANTY SHALL NOT APPLY:

- When the machine is used for any purpose other than home use (gyms, clubs, institutes, hotels, studios, etc.).
- When the fault is the result of misuse, alterations, poor connection, poor maintenance, voltage fluctuations in the PPC network.
- Components damaged by user fault such as broken plastic parts, damaged belt with improper adjustment, incorrect or incomplete lubrication, damage when moving the machine.
- Components such as side pads and cushions are considered consumables and are covered by a 6-month warranty.
- When the machine is opened or repaired by third parties.
- When the damage is caused by the buyer's negligence & the instructions for use have not been followed.
- When the machine is outdoors or exposed to sun or dust. (Dust and lint on the inside of the machine (motor roller) cause serious damage. Keep the machine clean!).
- When electronic components (console) are damaged by intense sweating or other liquid that has come into contact with or penetrated inside them.






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