

## Hire Instructions

# Concept 2 Rower



### WARNING:

Befit recommend placing the rower on a level surface and on a mat or carpet offcut to avoid damage to your floor surface. To avoid any accidental injury, make sure that the clamp knob-lock pin is firmly tightened. Also make sure your feet are firmly fixed on the pedals with the foot straps. Any adult using exercise equipment should ensure that children are not in the vicinity when the unit is in use. Any children using equipment should be supervised by an adult at all times. The unit when not in use still represents a danger to unsupervised children, the unit should be moved so it cannot be accessed by them or the unit should be rendered inoperable.

### ASSEMBLY AND ADJUSTMENTS

Always have the frame lock in the locked position when the flywheel and seat sections are connected. Failure to do so may result in injury if the unit is lifted or moved. To avoid possible injury, use caution while attaching the seat section to the flywheel section and operating the frame lock.

Do not stand rower on the end as rower may tip over. The resistance can be adjusted by moving the damper settings on the flywheel. Level 1 being the easiest and 10 being the hardest. The harder you pull the more resistance you will feel regardless of the damper setting.

### COMPUTER USE

The 5 buttons located on the right side of the console, will enable you to choose between 'Just row' which will let you row as you wish. 'Select workout' will give you preset programming and the ability to add your own personal workout. Games will let you select from several preset games. When you Start rowing the 'Change Display' button will let you cycle through the following information: All units, Bar Graph, Pace Boat, Force Curve and Large View.

### GENERAL EXERCISE GUIDELINES

**Legs:** Each rowing Stroke involves full compression and extension of the legs, working the muscles of the calves, thighs, hamstrings, butt, and hips. Because rowing is low impact, it's much easier on your knees than most strength building activities.  
**Core:** The rower is a great way to work the abdominal and back muscles. Fitness experts believe a strong core yields numerous benefits, from a stronger to back to better posture.

**Upper Body:** Rowing will strengthen and tone your upper body. Shoulders, back and arms are involved in the rowing stroke.  
**Heart and Lungs:** Because rowing engages so many muscle groups simultaneously, rowing puts a healthy demand on the cardiovascular system, resulting in improved aerobic fitness.



Start your exercise program gradually, don't over exert yourself on day one. Increase your rowing duration & intensity over the first 2 weeks. Don't row at full power until you are comfortable with the technique and have rowed for a week.

If you increase intensity and volume too rapidly, you will increase the risk of injury.

The best damper setting for cardio training is 3-5, aim for a stroke rate (SPM) of between 24-30. Where you progress from this stage is up to you, but using your heart rate is the most effective way to monitor exercise and achieve your goals.

As a general rule of thumb when first starting, exercise at a level where you can still maintain a normal conversation without constantly being out of breath. If you want to work harder on the rower, but don't feel comfortable rowing faster, use the tension adjustment to make it more difficult to row. Try watching television or listening to music when exercising to help the time pass quicker. Wear comfortable clothing with supportive and cushioned footwear. Drink plenty of fluids before, during and after exercise.

Stop exercising if you feel ill, faint or exhausted and seek medical advice. Give your exercise program time to work. It may take up to four weeks before you notice any changes to your weight or fitness level, so be patient and persistent. A balanced diet is also an important part of any exercise program.

#### TROUBLESHOOTING

While your rower has been cleaned and checked prior to being hired, problems can sometimes arise, especially if you have had the unit for a long period of time. If problems do arise, don't hesitate to contact your nearest Befit Store.