

# MAGNETIC ROWER

## INSTRUCTION SHEET

### 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

The rower should be fully assembled, but folded up when you receive the unit. The rower can be unfolded in a matter of seconds. Push down the handle located between and under the foot plates. After the locking device has disengaged, the seat rail can be lowered into position. Pull the handle located at the end of the seat rail up to lock the rower into its place. The wheels should be clear from the floor.

When folding the rower back up to transport, make sure you roll the seat to the forward position and again push down the handle located between and underneath the foot plates. Slowly lift the monorail to the folded position until you hear the lock-pin engage.

Drink plenty of fluids before, during and after exercise. A balanced diet is also an important part of any exercise program.

### COMPUTER OPERATION

There are several functions displayed on the computer: Strokes per minute, strokes, total strokes, time, time/500m, distance, calories and total distance.

The computer will start up once any button is pressed, or when the handles are pulled back on the rower.



**TOTAL DISTANCE** - Accumulate stroking distance of each workout. Total distance memory will keep stored until batteries are replaced.

**TOTAL STROKES** - One stroke is counted by rowing back and then to the start point of each stroke. The user can set up stroke value before exercise.

**SPM (STROKES PER MINUTE)** - The average number of strokes achieved per minute.

**TIME** - Workout time counts up in seconds, minutes and hours.

**TIME/500m** - The console will automatically calculate the rowers 500m split time based on Strokes per minute.

**DISTANCE** - Workout distance counts up in kms, with 10m increments.

**TOTAL DISTANCE** - Distance accumulated through all exercise.

**CALORIES** - Displays an approximate amount of calories used.

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## HIRE INSTRUCTIONS CONTINUED

### MODE BUTTON

The MODE button enables you to scroll through each display window and will show the highlighted window as a larger display at the bottom of the screen.

### RESETTING THE COMPUTER DISPLAY

Using the MODE button, scroll through each window then press the RESET button to reset that window. To reset all windows hold the RESET button down.

### GENERAL EXERCISE GUIDELINES

Where you begin an exercise program is dependent upon your current fitness level. If you are overweight or have been inactive for a period of time, you must start slowly and progress gradually. Initially, to become accustomed to exercising and using the rower, work at a level that you feel comfortable and can maintain for at least 5-10mins. From there, try to increase duration to 20-30mins.

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.

### TENSION ADJUSTMENT

To adjust the tension on the rower simply adjust the tension knob on the front of the unit from level 1 through to 6. The numbers are displayed on the tension knob. The higher the number, the more resistance there will be in the rowing motion.

Increasing this resistance will make the rowing action more difficult to perform & will therefore create a different exercise effect. On a lower resistance the benefits will lean more towards general fitness & weight loss, & on a higher resistance the benefits will be more towards increasing muscle strength & endurance.

Air is the principal resistance of the rower, on level 1 the resistance will be 100% air. As you increase the level you will increase the amount of magnetic resistance included. On level 6 the resistance is approximately 30% air and 70% magnetic.

### 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.

**COMPUTER DOESN'T READ CORRECTLY:** If the computer is not giving any readouts except the clock, check that the sensor lead at the back of the computer is plugged in firmly. If the computer is completely blank, the batteries may be flat and will need to be replaced at the top of the case. (2 x AA batteries) If any other problems arise with your magnetic rower don't hesitate to contact your hiring agent.

### MAINTENANCE

To ensure a smooth ride, keep the beam and seat rollers clean by wiping down the beam with a clean rag before each use.