

# Hire Instructions

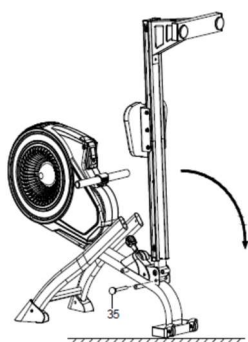
# Magnetic Rower



## WARNING:

**BEFORE BEGINNING ANY EXERCISE PROGRAM, CONSULT YOUR PHYSICIAN. THIS IS ESPECIALLY IMPORTANT FOR INDIVIDUALS OVER THE AGE OF 35 OR PERSONS WITH PRE-EXISTING HEALTH PROBLEMS. READ ALL INSTRUCTIONS BEFORE USING ANY FITNESS EQUIPMENT.**

- Keep children and pets away from the machine at all times.
- If the user experiences dizziness, nausea, chest pain, or any other abnormal symptoms, STOP the workout at once. CONSULT A PHYSICIAN IMMEDIATELY.
- Position the machine on a clear, levelled surface. DO NOT use the machine near water or outdoors.
- Keep hands and clothes away from all moving parts
- The max. user capacity is 150 KG



## UNFOLDING

1. Support the weight of the seat rail
2. Remove ball pin (35) and gently lower seat rail
3. Insert ball pin (35) when seat rail is flat

## FOLDING

1. Set resistance level to "1" – furthest position from seat
2. Slide seat forwards to avoid causing the seat to slide when raised
3. Remove ball pin (35) and raise seat rail
4. Insert ball pin (35) when seat rail is vertical

## MOUNTING

Step over seat rail and lower yourself onto seat. Place your feet on foot plates and tighten foot straps.

## OPERATION

Press MODE to check TIME/RPM/CAL or COUNT/DIST/PULSE.

Press and hold MODE 3s to set the TARGET RPM.

Press and hold MODE 5s to reset all data to ZERO.

Change the resistance level by adjusting selector between positions 1 and 8.



## GENERAL EXERCISE GUIDELINES

Beginning an exercise program is dependent upon your current fitness level. If you are overweight or have been inactive for a period of time, start slowly and progress gradually. Initially, to become accustomed to exercising and using the bike, work at a level that you can maintain for at least 5-10mins. From there, try to increase duration to 20-30mins. Your progress from here is up to you. Using your heart rate is an effective way to monitor exercise and achieve your goals. Exercise at a level where you can maintain a normal conversation without constantly being out of breath.

Try watching television or listening to music when exercising to help the time pass.

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 healthy diet is an important part of any exercise program.

Be sure to warm up for 5 min before exercise and cool down by stretching after exercise.

#### TROUBLESHOOTING

While your equipment has been checked and cleaned prior to being hired, problems can sometimes arise, especially if you have had the unit for a long period of time. Call your hire agent if you have any difficulty using the equipment.