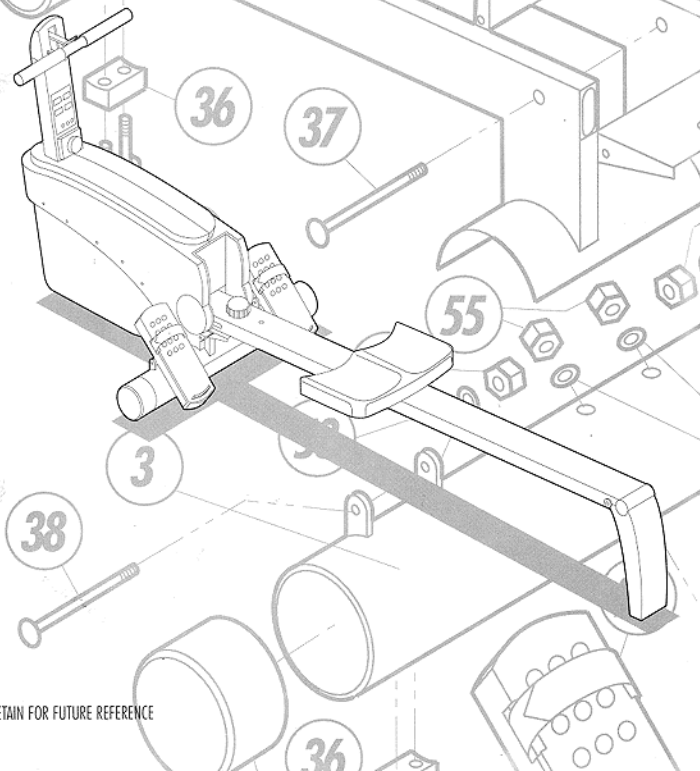


940



RETAIN FOR FUTURE REFERENCE

## COMPARISON CHART

For your convenience, we have identified the hardware used in the assembly of our products. Not all of the hardware is used for the assembly of any one product. This chart is provided to help you identify those items that may be unfamiliar to you.

**55**

Nut  
M8  
(2 pieces)

**52**

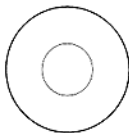
Washer  
8 x 16mm  
(2 pieces)

**56**

Nut  
M10  
(2 pieces)

**53**

Washer  
3/8" x 23mm  
(2 pieces)

**60**

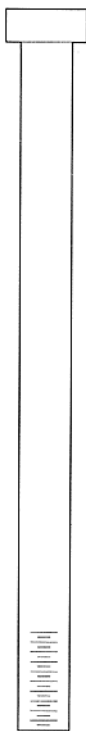
Nylon Nut  
3/8"  
(1 piece)

**44**

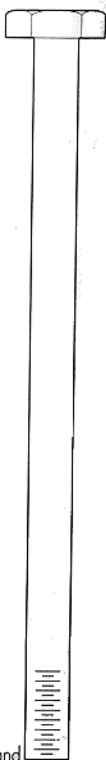
Bolt  
M8 x 85mm  
(2 pieces)

**40**

Bolt  
3/8" x 124mm  
(1 piece)

**38**

Bolt  
M10 x 132mm  
(2 pieces)



**NOTE:** Also included in the hardware kit but not shown here are parts (27) Foot Straps (2 pieces) and Wrenches (2 pieces). Part (24) Knob (1 piece) is shipped already inserted into the frame.

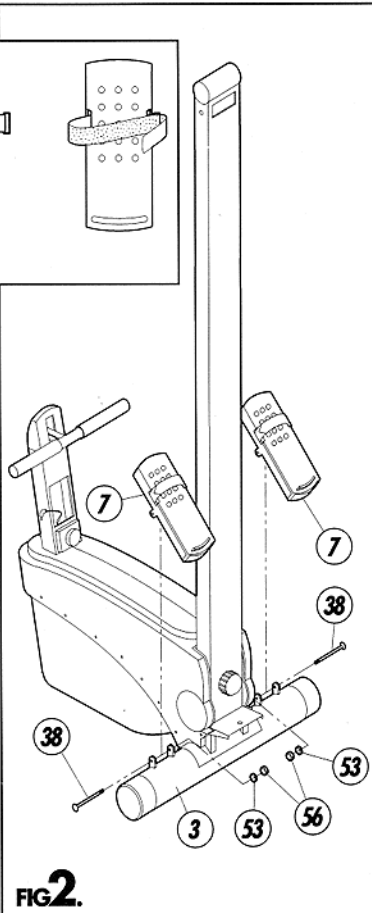
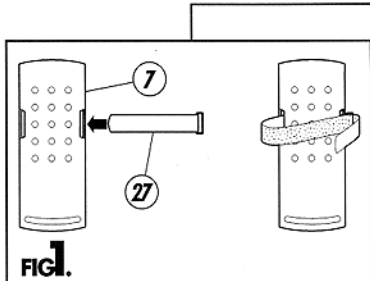
Remove the Plastic Spacer from the Main Frame (1) and discard. This part is used in shipping only and is not part of the final assembly.

Attach Stabilizer Bar (3) to Main Frame (1). Secure with Bolts (44), Washers (52) and Nuts (55) as shown.

Insert the Foot Straps (27) into each Pedal (7) as shown in FIG 1.

Attach the Pedals (7) to the Stabilizer Bar (3). Secure with Bolts (38), Washers (53) and Nuts (56) as shown in FIG 2.

**REMOVE PLASTIC SPACER**



**FIG 2.**

# 2

STEP

Attach the Rear Support (8) to the Sliding Rail (2). Secure with Bolt (40), and Nut (60) as shown below.

Remove the Knob (24) from the Main Frame (1). To unfold the Sliding Rail (2), lift it up slightly and then rotate it to the horizontal position as shown in FIG 3.

Slide the Sliding Rail (2) into the Main Frame (1) and secure with Knob (24) as shown in FIG 4.

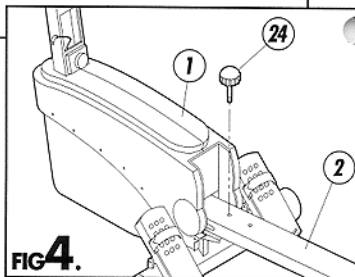
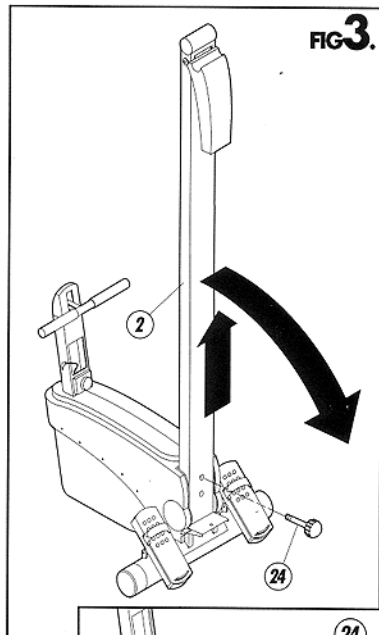
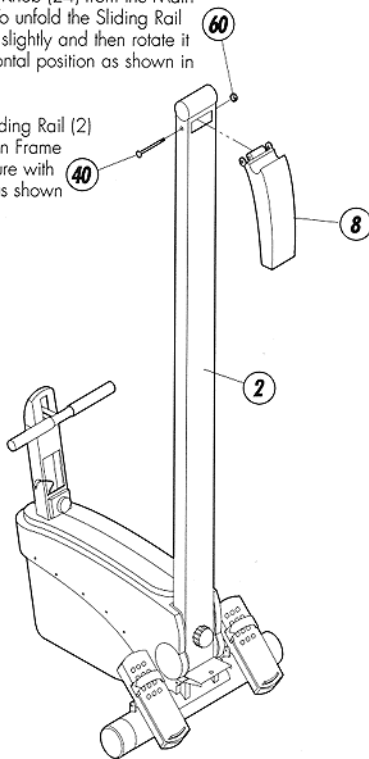


FIG 4.

## STEP 3

Remove the lower set of Rollers (30), Bolt (41), Washer (52) and Nut (55) from the Seat Support (16) as shown in FIG 5a.

Slide the Seat Support (16) over the Sliding Rail (2) and then reassemble the Rollers (30), Bolt (41), Washer (52) and Nut (55) as shown in FIG 5b.

Insert the Handlebar Holder (21) through the Pulley Cover (34) and into the Main Frame (1) as shown to the right.

Insert the two "AA" batteries (included) into the Computer (26). Connect the Computer Wire to the Computer (26). Snap the Computer (26) into place on the Main Frame (1) as shown in FIG 6.

Your MAGNETIC ROWER is now fully assembled.

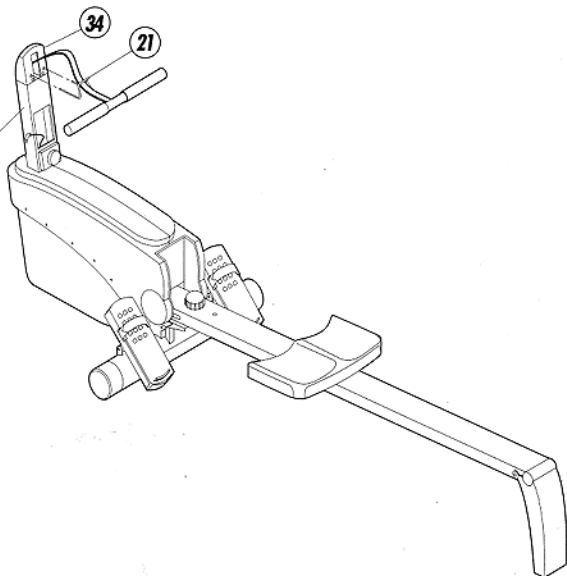


FIG 5a.

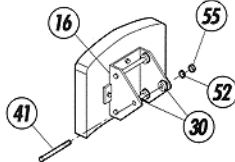


FIG 5b.

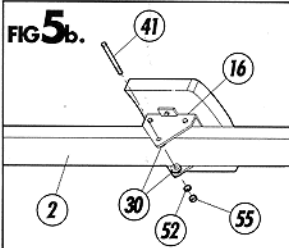
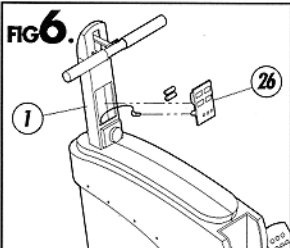


FIG 6.

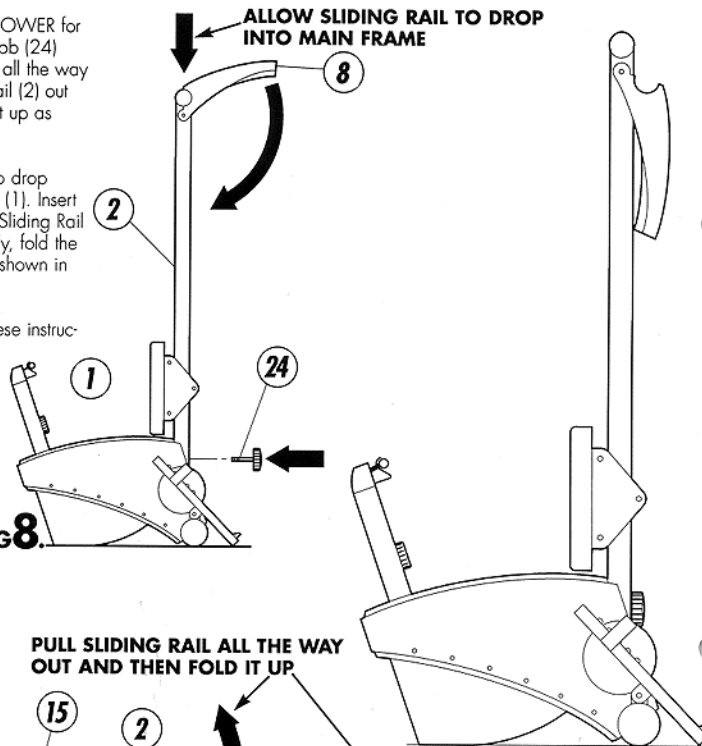


**FOLDING STEP**

To fold your MAGNETIC ROWER for storage first remove the Knob (24) and position the Seat (15) all the way forward. Pull the Sliding Rail (2) out all the way and then fold it up as shown in FIG 7

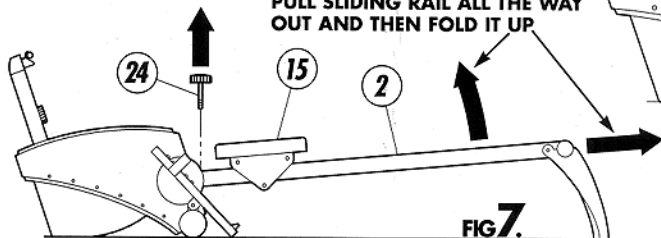
Allow the Sliding Rail (2) to drop down into the Main Frame (1). Insert the Knob (24) through the Sliding Rail (2) to secure the unit. Finally, fold the Rear Support (8) down as shown in FIG 8.

To unfold simply reverse these instructions.

**FIG 8.**

**PULL SLIDING RAIL ALL THE WAY OUT AND THEN FOLD IT UP**

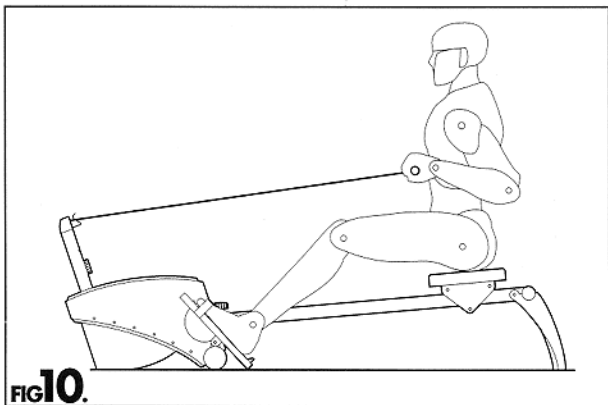
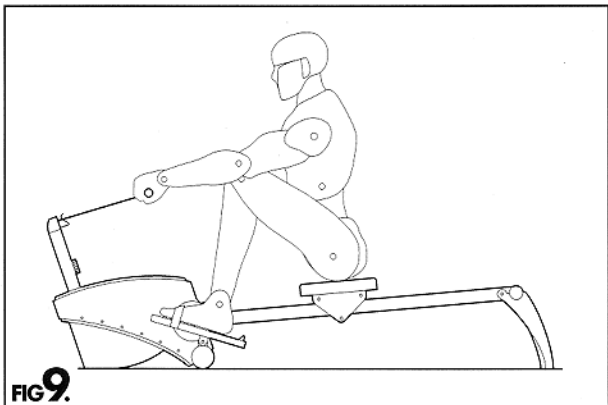
**FULLY FOLDED  
MAGNETIC ROWER**

**FIG 7.**

For proper form when using your rower begin with your knees bent in a seated position. Lean forward slightly with your arms outstretched and grip the handlebar as shown in FIG 9.

In a smooth, fluid motion, extend back, pushing out with your legs while pulling your arms into your chest as shown in FIG 10. To avoid injury keep from locking out your knees or leaning back too far.

Return to the starting position.



## Warning

Before using this product, please consult your personal physician for a complete physical examination. Frequent and strenuous exercise should be approved by your doctor. If any discomfort should result from your use of this product, stop exercising and consult your doctor. Proper usage of this product is essential. Please read your manual carefully before exercising.

Please keep all children away from the equipment during use and when equipment is unattended.

Always wear appropriate clothing, including athletic shoes, when exercising. Do not wear loose clothing that could become caught during exercising.

Make sure that all bolts and nuts are tightened when equipment is in use. Periodic maintenance is required on all exercise equipment to keep it in good condition.

## Before beginning

How you begin your exercise program depends on your physical condition. If you have been inactive for several years, or are severely overweight, you must start slowly and increase your time gradually, a few minutes per week.

Initially you may be able to exercise only for a few minutes in your target zone. However, your aerobic fitness will improve over the next six to eight weeks. Don't be discouraged if it takes longer. It's important to work at your own pace. Ultimately, you'll be able to exercise continuously for 30 minutes. And the better your aerobic fitness, the harder you will have to work to stay in your target zone. But remember these essentials:

>Contact your physician before starting a workout or training program. Have your doctor review your training and diet programs to advise you of a workout routine you should adopt.

>Begin your training program slowly with realistic goals that have been set by you and your doctor.

>Supplement your program with some type of aerobic exercise such as walking, jogging, swimming, dancing and/or bicycling.

>Monitor your pulse frequently. If you do not have an electronic heart rate monitor, have your physician show you the proper way to manually check your pulse by using your wrist or neck. Establish your target heart rate based on your age and condition.

>Drink plenty of fluids during the course of your routine. You must replace the water content lost from excessive exercising to avoid dehydration. Avoid drinking large amounts of cold liquids. Fluids should be at room temperature when consumed.



The Surgeon General has determined that lack of physical activity is detrimental to your health.



## Finding your pulse

To make sure your heart is beating in its target zone, you'll need to know how to monitor your heart rate. The easiest way is to feel the pulse in the carotid artery on either side of your neck, between the windpipe and the large neck muscles. Count the num-

ber of beats in ten seconds, then multiply by six. This gives you the number of beats per minute.

How fast should your heart beat during aerobic exercise? Fast enough to reach and stay in its "target zone," a

range of beats per minute that is largely determined by your age and physical condition. To determine your target zone, consult the chart we have provided.

USER'S AGE (YEARS)	UNCONDITIONED TARGET ZONE (BEATS per MINUTE)	CONDITIONED TARGET ZONE (BEATS per MINUTE)
20	138-167	133-162
25	136-166	132-160
30	135-164	130-160
35	134-162	129-158
40	132-161	127-155
45	131-159	125-153
50	129-156	124-150
55	127-155	122-149
60	126-153	121-147
65	125-151	119-145
70	123-150	118-144
75	122-147	117-142
80	120-146	115-140
85	118-144	114-139

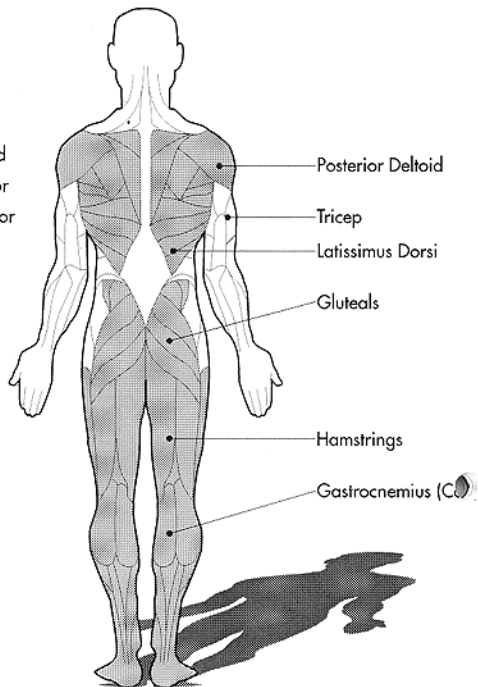
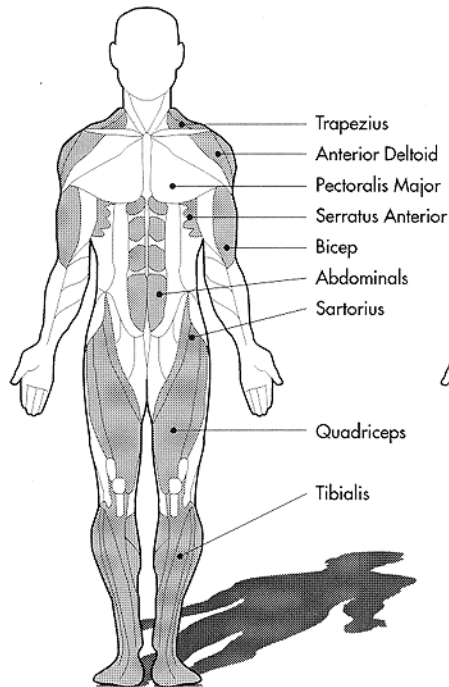
**Aerobic exercise** is any sustained activity that sends oxygen to your muscles via your heart and lungs. It will improve the fitness of your lungs and heart: your body's

most important muscle. Aerobic fitness is promoted by any activity that uses your large muscle groups - arms, legs or buttocks, for example. Your heart beats quickly and you breath

deeply. An aerobic exercise should be part of your entire exercise routine.

## MUSCLE CHART

The exercise routine that is performed on this product will develop both upper and lower body muscle groups. These muscle groups are shown on the chart below.



A successful exercise program consists of a 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.

Warming up is an important part of your workout, and should begin every session. It prepares your body for more strenuous exercise by heating up and stretching out your muscles, increasing your circulation and pulse rate, and delivering more oxygen to your muscles. At the end of your workout, repeat these exercises to reduce sore muscle problems. We suggest the following warm-up and cool-down exercises:



### Head Roll

Rotate your head to the right for one count, feeling the stretch up the left side of your neck. Next, rotate your head back for one count, stretching your chin to the ceiling and letting your mouth open. Rotate your head to the left for one count, and finally, drop your head to your chest for one count.

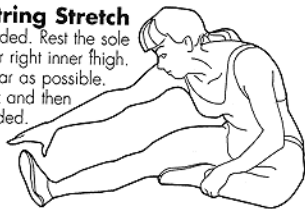
### Inner Thigh Stretch

Sit with the soles of your feet together with your knees pointing outward. Pull your feet as close into your groin as possible. Gently push your knees towards the floor. Hold for 15 counts.



### Hamstring Stretch

Sit with your right leg extended. Rest the sole of your left foot against your right inner thigh. Stretch toward your toe as far as possible. Hold for 15 counts. Relax and then repeat with left leg extended.



## Shoulder Lift

Lift your right shoulder up toward your ear for one count. Then lift your left shoulder up for one count as you lower your right shoulder.

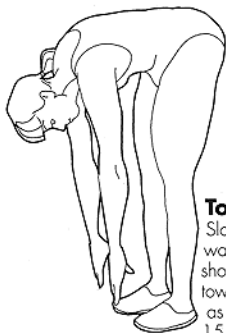
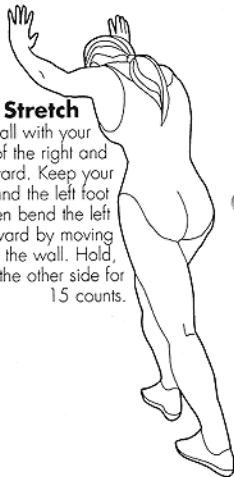


## Side Stretch

Open your arms to the side and continue lifting them until they are over your head. Reach your right arm as far upward toward the ceiling as you can for one count. Feel the stretch up your right side. Repeat this action with your left arm.

## Calf-Achilles Stretch

Lean against a wall with your left leg in front of the right and your arms forward. Keep your right leg straight and the left foot on the floor; then bend the left leg and lean forward by moving your hips toward the wall. Hold, then repeat on the other side for 15 counts.



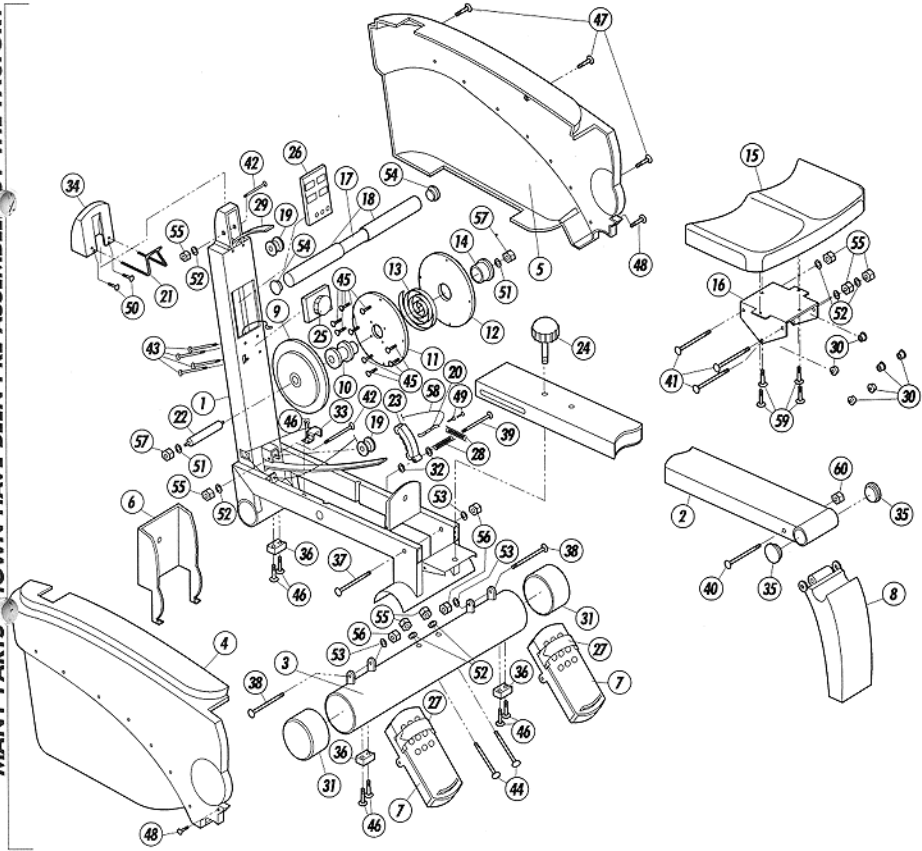
## Toe Touch

Slowly bend forward from your waist, letting your back and shoulders relax as you stretch toward your toes. Reach down as far as you can and hold for 15 counts.

NUMBER	DESCRIPTION	QUANTITY	ORDER NUMBER
1	Main Frame	1	940-01
2	Sliding Rail	1	940-02
3	Stabilizer Bar	1	940-03
4	Left Chainguard	1	940-04
5	Right Chainguard	1	940-05
6	Front Chainguard	1	940-06
7	Pedal	2	940-07
8	Rear Support	1	940-08
9	Flywheel	1	940-09
10	Strap Wheel	1	940-10
11	Left Spring Cover	1	940-11
12	Right Spring Cover	1	940-12
13	Spiral Spring	1	940-13
14	Spacer	1	940-14
15	Seat	1	940-15
16	Seat Support	1	940-16
17	Handle Bar	1	940-17
18	Handle Grip	2	940-18
19	Pulley	2	940-19
20	Spring Bracket	1	940-20
21	Handle Bar Holder	1	940-21
22	Shaft	1	940-22
23	Magnetic Set	1	940-23
24	Knob	1	940-24
25	Tension Adjustment Knob	1	940-25
26	Computer	1	940-26
27	Foot Strap	2	940-27
28	Spring	2	940-28
29	Strap	1	940-29
30	Roller	6	940-30
31	Caster	2	940-31
32	£r10mm Plastic Bushing	2	940-32
33	Sensor	1	940-33
34	Pulley Housing	1	940-34
35	£r60mm DIA Endcap	2	940-35
36	Stabilizer Cushion	3	940-36
37	M10 x 175mm Bolt	1	940-37
38	M10 x 132mm Bolt	2	940-38
39	M10 x 140mm Bolt	1	940-39
40	3/8" x 124mm Bolt	1	940-40
41	M8 x 130mm Bolt	3	940-41
42	M8 x 46mm Bolt	2	940-42
43	4 x 60mm Screw	4	940-43
44	M8 x 85mm Bolt	2	940-44

A MAJORITY OF THE LISTED HARDWARE IS ALREADY IN PLACE

NUMBER	DESCRIPTION	QUANTITY	ORDER NUMBER
45	M3 x 20mm Screw	9	940-45
46	M4 x 16mm Screw	8	940-46
47	4 x 19mm Metal Screw	3	940-47
48	4 x 25mm Metal Screw	2	940-48
49	M5 x 10mm Bolt	2	940-49
50	3.5 x 10mm Screw	2	940-50
51	10 x 23mm Washer	2	940-51
52	8 x 16mm Washer	7	940-52
53	3/8" x 23mm Washer	3	940-53
54	£r1" Endcap	2	940-54
55	M8 Nut	7	940-55
56	M10 Nut	3	940-56
57	3/8" Nut	2	940-57
58	Cable Set	1	940-58
59	M6 x 15mm Bolt	4	940-59
60	3/8" Nylon Nut	1	940-60



# REPLACING THE SENSOR

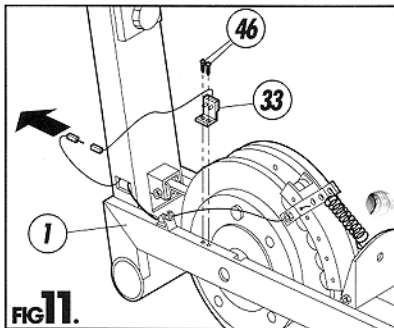
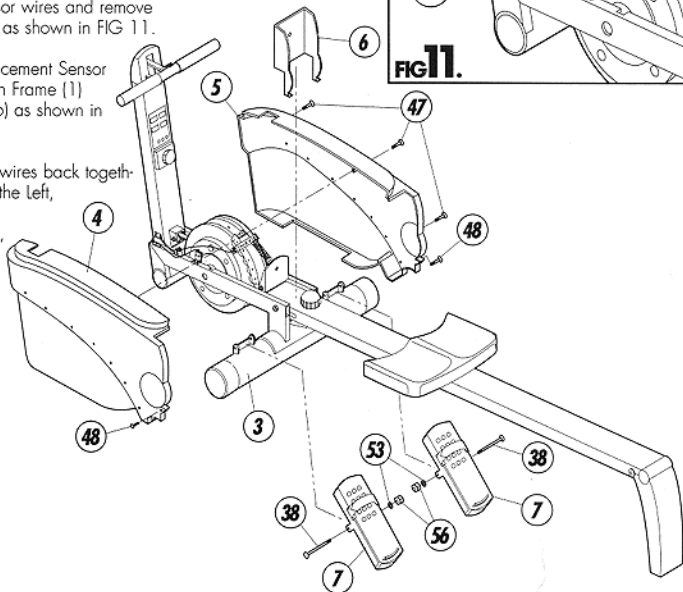
If your Sensor (33) should need to be replaced you will first have to acquire a new one by calling our customer service department at the 800 number shown in this manual.

To replace the Sensor (33) begin by removing the Pedals (7) and the Left, Right and Front Chainguards (4, 5 and 6) as shown below.

Unplug the sensor wires and remove the Sensor (33) as shown in FIG 11.

Attach the replacement Sensor (33) to the Main Frame (1) with Screws (46) as shown in FIG 11.

Plug the sensor wires back together. Reassemble the Left, Right and Front Chainguards (4, 5 and 6) and Pedals (7).





If your Tension Knob (25) should need to be replaced you will first have to acquire a new one by calling our customer service department at the 800 number shown in this manual.

To replace the Tension Knob (25) begin by removing the Pedals (7) and the Left, Right and Front Chainguards (4, 5 and 6) as shown on the previous page.

Loosen Nut A and remove Nut B and its Washer as shown in FIG 12.

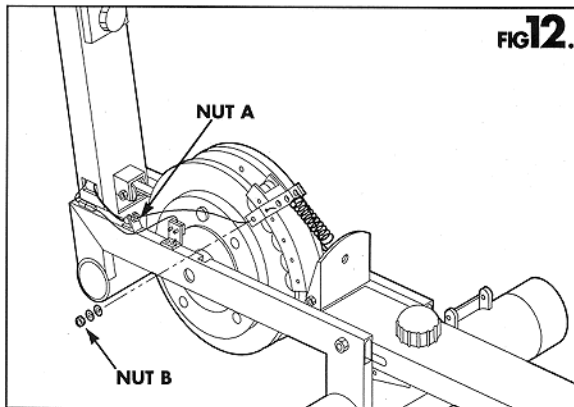
Remove the Tension Wire from the Screw B and the Wire Bracket as shown in FIG 13. Remove the Screws (43) and Tension Knob (25).

Drop the wire from the new Tension Knob (25) down through the holes in the Main Frame (1). Attach the new Tension Knob (25) to the Main Frame with Screws (43) as shown in FIG 13.

Slot the Tension Wire into the Wire Bracket (FIG 13) and tighten Nut A (FIG 12). Insert the Tension Wire through the hole in Screw B and then the Spring Bracket (20). Attach Screw B to the Spring Bracket (20) with Nut B and its Washers.

Reassemble the Left, Right and Front Chainguards (4, 5 and 6) and Pedals (7).

**FIG 12.**



**FIG 13.**

