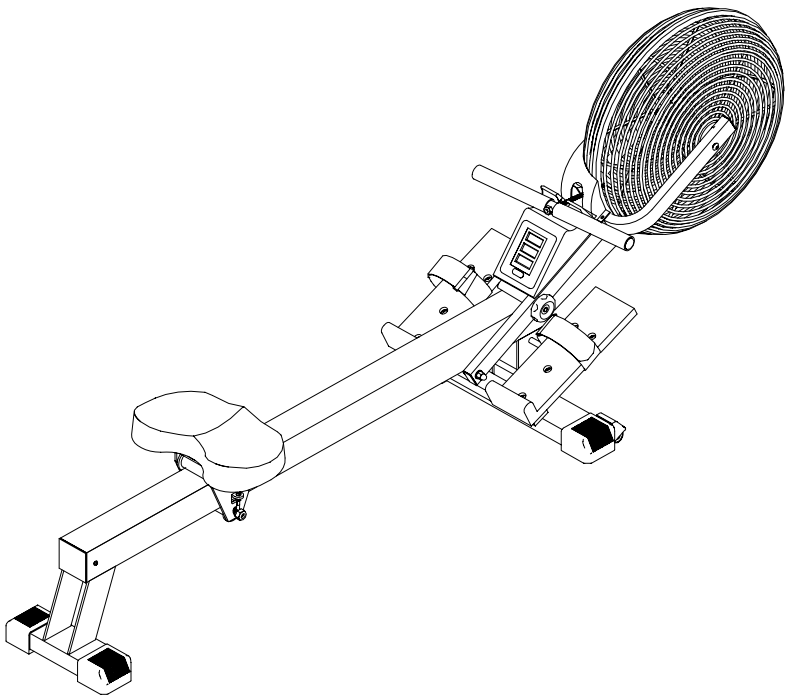
AIR ROWER SC770

Owner's Manual

- ***Assembly***
- ***Usage***
- ***Parts***



CAUTION: Weight on this product should not exceed 250 lbs.

CAUTION: Exercise of a strenuous nature, as is customarily done on this equipment, should not be undertaken without first consulting a physician. No specific health claims are made or implied as they relate to the equipment. Measurements made by the equipment are believed to be accurate, but only the measurements of your physician should be relied upon.

IMPORTANT: Read all instructions carefully before using this product. Return this owner's manual for future reference.

Product may vary slightly from picture.

ASSEMBLY

Assembling Your Air Bike

GENERAL

Remove all the parts of your rower from the carton and place them on the floor carefully.
Assembling your rower is simple!
Follow these instructions carefully and it should take you around 20-25 minites.

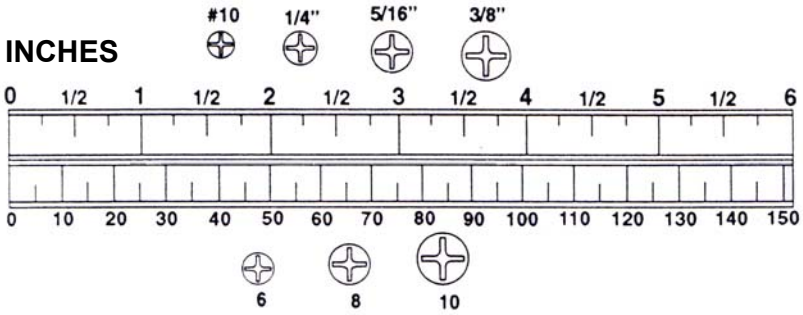
TOOLS REQUIRED FOR ASSEMBLY (NOT SUPPLIED)

Adjustable Wrench

Hammer

Phillips Screwdriver

Pliers

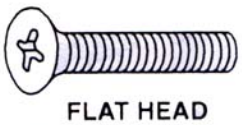


Place bolt or screw on ruler to find length in inches or millimeters. Place washer, end of bolt, or screw on circles to find size in inches or millimeters.

HARDWARE ILLUSTRATIONS

ALLEN HEAD BOLT

CARRIAGE BOLT



FLAT HEAD MACHINE SCREW

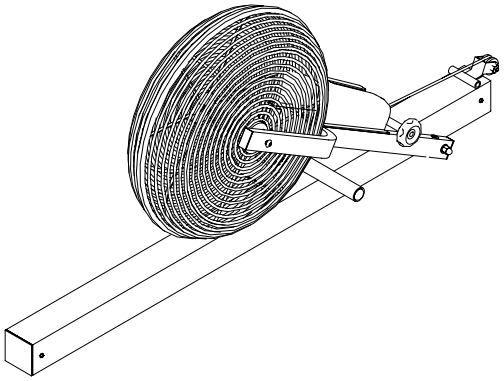
SHEET METAL SCREW

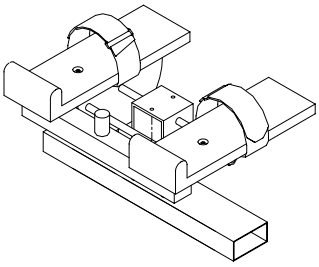
LOCKNUT

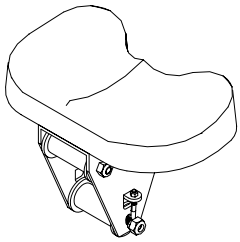
FLAT WASHER

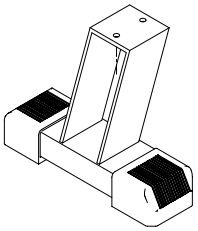
CAPNUT

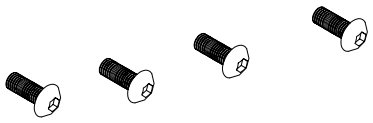
Check-List

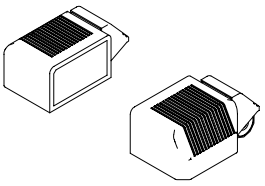


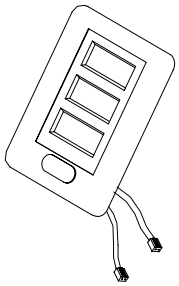


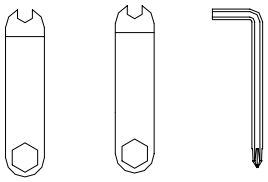












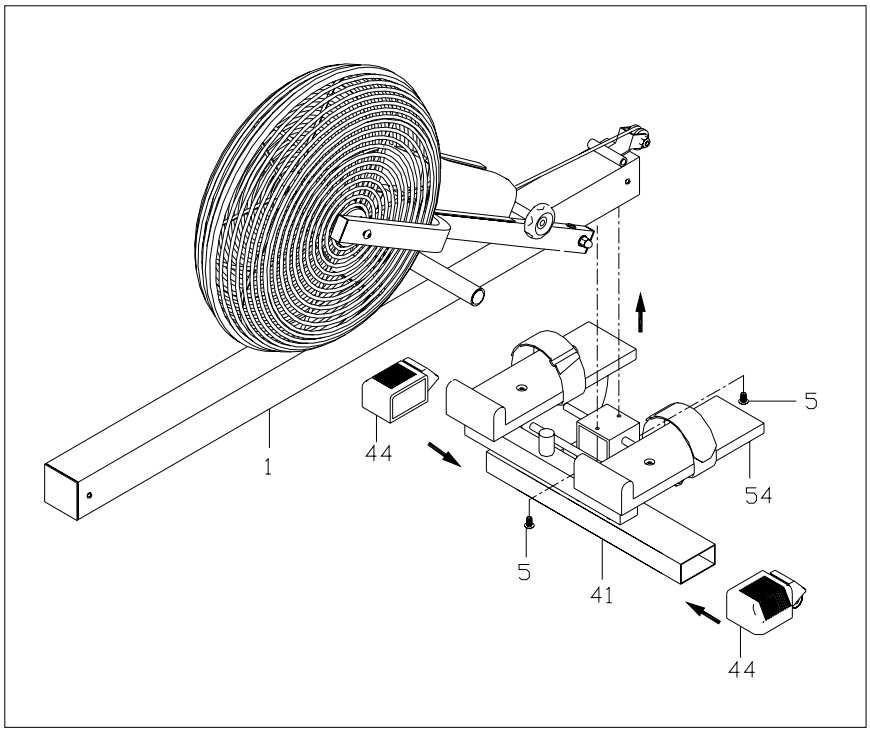
ASSEMBLY INSTRUCTIONS

Step 1

ATTACH THE FRONT STABILIZER

Carefully unpack each component, checking against the parts list that you have all the necessary parts to complete the assembly of your product.

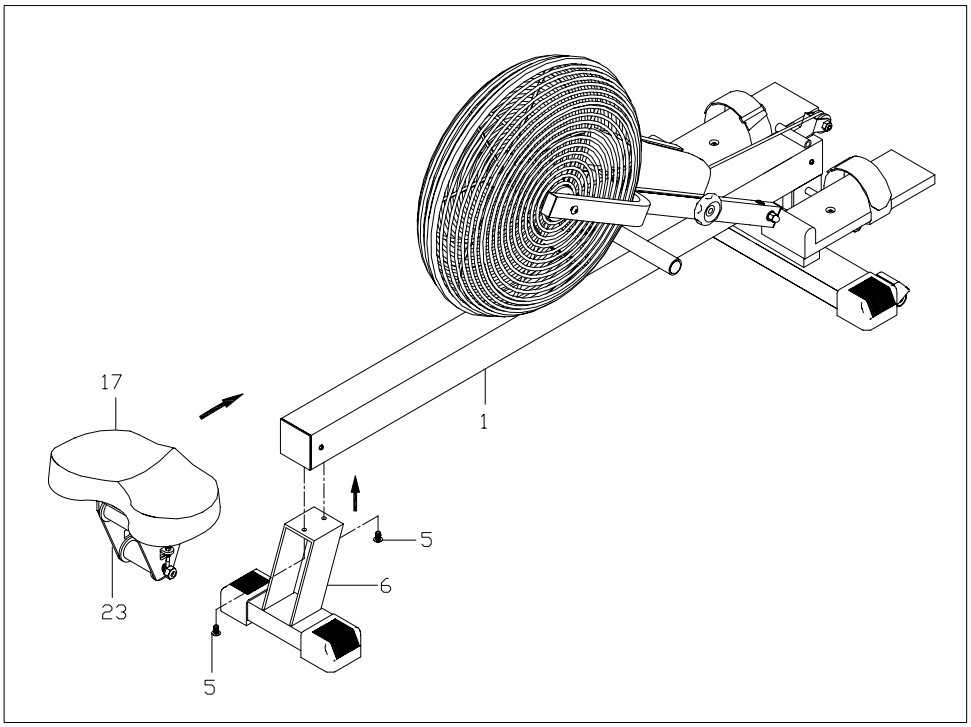
1. Put the wheel caps **(44)** onto the front stand (**41).**
2. Attach the front stand assembly **(41)** onto the rail **(1)** with allen bolts **(5).**



Step 2

ATTACH THE SEAT AND THE REAR STABILIZER

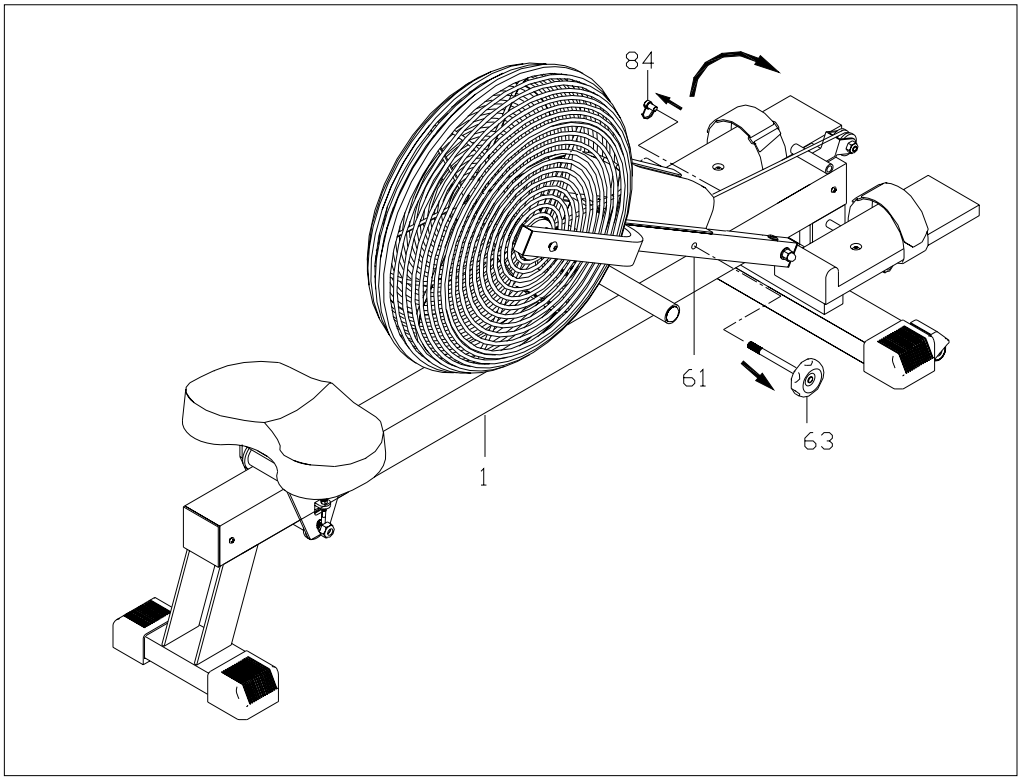
1.Slide the assembled seat **(54)** onto the main rowing rail **(1)** from the back.
2.Securely attach the rear frame stabilizer **(2)** to the main rowing rail **(1)** with two allen bolts **(5).**



Step 3

HOW TO OPEN THE FRAME

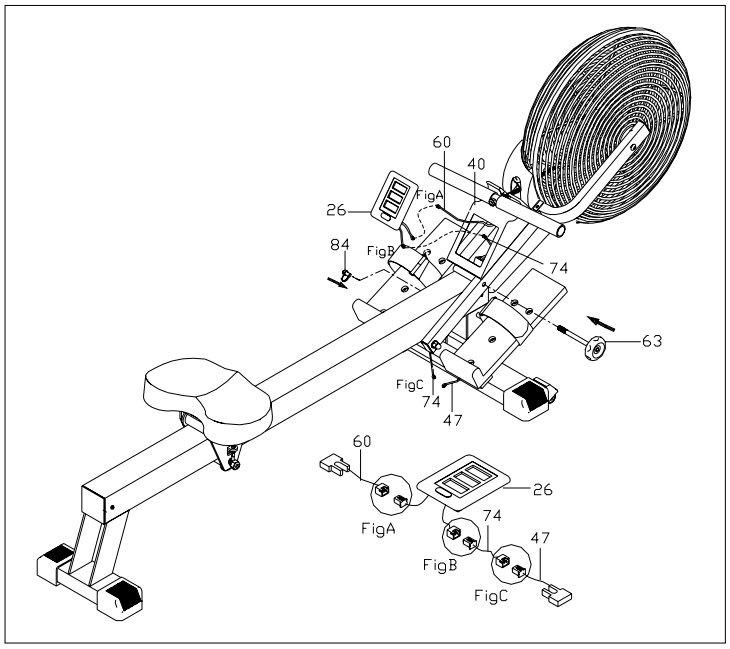
1. Remove the locking knob **(63)** from the main frame **(61) .**Remove the pull pin **(84)** from the rail (**1).** Unfold the fan assembly by swinging the support frame **(4)** toward the front.
2. Lock the support frame **(61)** on the rail **(1)** with the locking knob **(63)**.Insert the pull pin **(84)** into the hole on the rail **(1)** for storage.

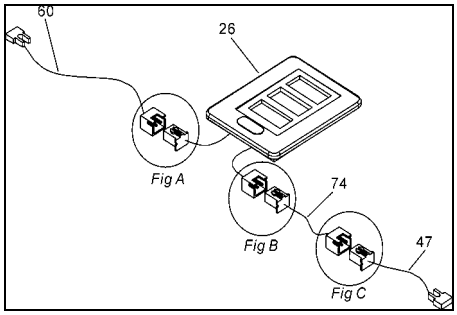


Step 4

ASSEMBLE THE COMPUTER

1.Connect the Air Fan Sensor Cable **(60)** to the MALE plug in the rear of the Exercise Monitor **(26) (Fig A)** and the Exercise Monitor Pickup Cable **(74) t**o the other plug **(Fig B)** ensuring that the contacts are pushed fully home. Guide the spare length of the Air Fan Sensor Cable into the exit cutout in the Main Frame then carefully push the complete Exercise Monitor **(26)** into place in the top of the Monitor Console **(40)**. Connect the Exercise Monitor Pickup Cable **(74)** to the Count Sensor Cable **(47)** ensuring that the contacts are pushed fully home **(Fig C)**.





OPERATING ADJUSTMENTS and GENERAL USER INFORMATION
LEVELLING THE AIR ROWER

For security and stability, your Air Rower has a factory welded main frame and once fully assembled correctly, should not need further alignment. However, in the interest of safety, please always ensure that your Air Rower is positioned on a solid, flat surface. If necessary, use a rubber mat underneath to reduce the possibility of slipping in use

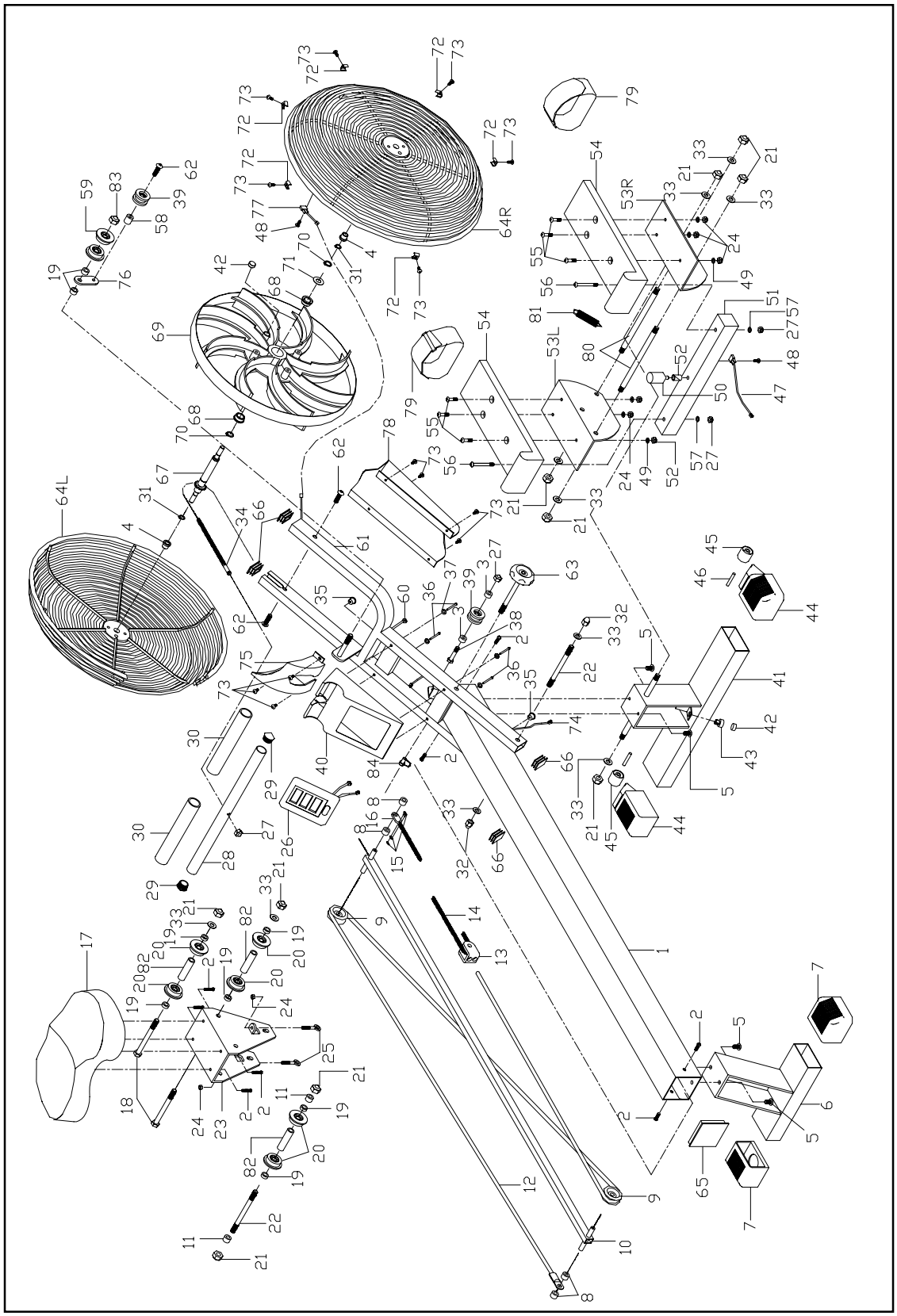
RESISTANCE ADJUSTMENT

Your Air Rower does not have a user applied resistance adjustment. However, to ensure smooth efficient rowing action, your Air Rower applies its resistance by the action of the fully enclosed air fan on air drawn into the air fan cover. The greater the effort put into the rowing action, the greater in relation, the resistance becomes.

Note

There is no other way of increasing rowing resistance during your exercise routine, but please bear in mind that rowing is essentially an aerobic exercise.

Explosion Drawing



Part List

NO	Description	Q'ty	NO	Description	Q'ty
1.	Main Rowing Rail	1	43.	Exercise Monitor Sensor Mount	1
2.	Screw M6x10mm	8	44.	Front Stabilizer End Cap	2
3.	Spacer Φ13xΦ8.2x8mm	2	45.	Transportation Roller	2
4.	Bushing	2	46.	Roller Axle	2
5.	Allen Bolt M8x15mm	4	47.	Counter Sensor Cable	1
6.	Rear Frame Stabilizer	1	48.	Self Cutting Screw M5x15mm	2
7.	Rear Stabilizer End Cap	2	49.	Flat Washer Φ12xΦ6.4x1.2mm	6
8.	Spacer Φ16xΦ10.2x11mm	4	50.	Rubber Bumper	1
9.	Pulley	2	51.	Wooden Connection	1
10.	Return Chord Support Assembly	1	52.	Spacer Φ13xΦ8.2x20mm	1
11.	Spacer Φ16xΦ10.2x7mm	2	53.	Footplate Mount Bracket (L&R)	2
12.	Return Chord	1	54.	Footplate (L&R)	2
13.	Return Chord Bracket	1	55.	Allen Bolt M6x25mm	6
14.	Drive Chain	1	56.	Allen Bolt M8x55mm	2
15.	Drive Chain Mount Bracket	1 set	57.	Flat Washer Φ16xΦ8.4x1.0mm	2
16.	Drive Chain Clip	1	58.	Spacer Φ12Xφ8.4x12.5mm	1
17.	Seat	1	59.	Upper Roller	2
18.	Hex Bolt M10x1.5Px110mm	2	60.	Air Fan Sensor MiddleCable	1
19.	Spacer Φ16xΦ10.2x6mm	8	61.	Main Frame	1
20.	Roller	6	62.	Allen Bolt M8x25mm	3
21.	M10 Nylon Lock Nut	10	63.	Knob	1
22.	Rail Crossbar M10 x 140mm	2	64.	Fan Cover (L&R)	2
23.	Seat Carriage	1	65.	Rail End Cap	1
24.	M6 Nylon Lock Nut	8	66.	Rectangular End Cap	4
25.	Adjuster	2	67.	Fan Wheel axle	1
26.	Exercise Monitor	1	68.	Bushing Φ30xΦ16x25mm	2
27.	M8 Nylon Lock Nut	4	69.	Fan Wheel	1
28.	Row Grip	1	70.	Spring Clip Φ16x1.0mm	2
29.	Row Grip End Cap	2	71.	Flat Washer Φ32xΦ16x0.5mm	2
30.	Row Grip Handgrip	2	72.	Fan Cover Mount Bracket	6
31.	Spring Clip Φ10x1.0mm	2	73.	Self Cutting Screw M4x15mm	13
32.	M10 Dome Nut	2	74.	Exercise Monitor Pickup Cable	1
33.	Flat Washer Φ20xΦ10.5x2.0mm	8	75.	Upper chain cover	1
34.	Eye-Bolt	1	76.	Chain protection sheet	1
35.	Exercise Monitor Pickup Cable Grommet	3	77.	Fly wheel sensor	1
36.	Self Cutting Screw M4x50mm	4	78.	Lower chain cover	1
37.	Flat Washer Φ13x5.2x1.2mm	4	79.	Footplate Strap	2
38.	Allen Bolt M8x40mm	1	80.	Crossbar M10x226mm	2
39.	Lower Roller	2	81.	Spring	1
40	Exercise Monitor Console	1	82.	Spacer Φ16xΦ10.2x60mm	3
41.	Front Frame Stabiliser	1	83.	Nylon nut M10x1.5Px7H	1
42.	Exercise Monitor Sensor Magnet	2	84	Pull pin	1

COMPUTER MONITOR INSTRUCTIONS

Your Exercise Monitor has been specially designed to help you plan and view your exercise performance.

EXERCISE MONITOR FUNCTIONS

Exercise Monitors have the following functions: -

CALORIES ~ (COMPUTED THEORETICAL CALORIE BURN)
COUNTER ~ (TOTAL STROKES)
DISTANCE ~ (EXERCISE DISTANCE [miles/km])
SPEED ~ (ROWING SPEED [mph/kmh])
STROKES per MINUTE ~ (COUNT UP STROKE RATE)
TIMER ~ (COUNT UP [minutes and seconds])

MONITOR FUNCTION SPECIFICATIONS

CALORIES	0.00 - 999.9 Kcal (THEORETICAL)
COUNTER	0 – 9999 (COUNT UP)
DISTANCE	MILES / km (COUNT UP)
SPEED	0.00 - 99.9 MPH / kmh
STROKES per MINUTE (**SPM**)	0 – 999 (COUNT UP)
TIMER	0.00 - 99.59 MINUTES (COUNT UP)

MONITOR OPERATING SPECIFICATIONS

POWER SOURCE	2 x AA (1.5v) POWER CELLS
STORAGE TEMPERATURE	-10c - +60c
NORMAL OPERATING TEMPERATURE	0c - +50c

USING YOUR EXERCISE MONITOR

To provide ease of use, there is only 1 button on your Exercise Monitor: - **PAGE**

Your Exercise Monitor has 2 pages with 3 LCD display screens.

Press the **PAGE** button to manually move through each of the Exercise Monitor's 2 pages in turn. These are in order: -

PAGE 1 – STROKES per MINUTE, DISTANCE and TIMER.

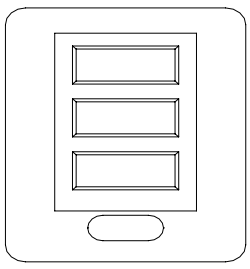
PAGE 2 - STROKE COUNTER, SPEED and CALORIES.

Pressing and holding the **PAGE** button when you are on each **PAGE** will enable you to set to zero any previous figures remaining in each individual function.

Either press the **PAGE** button or start to exercise and the Exercise Monitor will begin to register the various functions.

BATTERY INSTALLATION

To fit the **BATTERIES** to your Exercise Monitor, please remove the **BATTERY COVER** at the **REAR** of the monitor. Carefully fit the batteries supplied (and any subsequent new batteries) by fitting between the exposed contacts. Please ensure that the batteries are fitted with the **'+' / '-'** ends matching the outline on the sticker in the battery compartment or etched into the compartment. Failure to fit the batteries correctly may result in damage to your Exercise Monitor, which is not covered by our guarantee. **Dispose of old batteries carefully.**



TRAINING GUIDELINES

Exercise

Exercise is one of the most important factors in the overall health of an individual. Listed among its benefits are:

- Increased capacity for physical work (strength endurance)
- Increased cardiovascular (heart and arteries/veins) and respiratory efficiency
- Decreased risk of coronary heart disease
- Changes in body metabolism, e.g. losing weight
- Delaying the physiological effects of age
- Physiological effects, e.g. reduction in stress, increase in self-confidence, etc.

Basic Components of Physical Fitness

There are four all encompassing components of physical fitness and we need to briefly define each and clarify its role.

Strength is the capacity of a muscle to exert a force against resistance. Strength contributes to power and speed and is of great importance to a majority of sports people.

Muscular Endurance is the capacity to exert a force repeatedly over a period of time, e.g. it is the capacity of your legs to carry you 10 Km without stopping.

Flexibility is the range of motion about a joint. Improving flexibility involves the stretching of muscles and tendons to maintain or increase suppleness, and provides increased resistance to muscle injury or soreness.

Cardio-Respiratory Endurance is the most essential component of physical fitness. It is the efficient functioning of the heart and lungs

Aerobic Fitness

The largest amount of oxygen that you can use per minute during exercise is called your maximum oxygen uptake (MVo2). This is often referred to as your aerobic capacity.

The effort that you can exert over a prolonged period of time is limited by your ability to deliver oxygen to the working muscles. Regular vigorous exercise produces a training effect that can increase your aerobic capacity by as much as 20 to 30%. An increased MVO2 indicates an increased ability of the heart to pump blood, of the lungs to ventilate oxygen and of the muscles to take up oxygen.

Anaerobic Training

This means “without oxygen” and is the output of energy when the oxygen supply is insufficient to meet the body’s long term energy demands. (For example, 100 meter sprint).

The Training Threshold

This is the minimum level of exercise which is required to produce significant improvements in any physical fitness parameter.

Progression

As your become fitter, a higher intensity of exercise is required to create an overload and therefore provide continued improvement

Overload

This is where you exercise at a level above that which can be carried out comfortably. The intensity, duration and frequency of exercise should be above the training threshold and should be gradually increased as the body adapts to the increasing demands. As your fitness level improves, so the training threshold should be raised.

Working through your program and gradually increasing the overload factor is important.

Specificity
Different forms of exercise produce different results. The type of exercise that is carried out is specific both to the muscle groups being used and to the energy source involved.
There is little transfer of the effects of exercise, i.e. from strength training to cardiovascular fitness. That is why it is important to have an exercise program tailored to your specific needs.

Reversibility
If you stop exercising or do not do your program often enough, you will lose the benefits you have gained. Regular workouts are the key to success.

Warm Up
Every exercise program should start with a warm up where the body is prepared for the effort to come. It should be gentle and preferably use the muscles to be involved later.
Stretching should be included in both your warm up and cool down, and should be performed after 3-5 minutes of low intensity aerobic activity or callisthenic type exercise.

Warm Down or Cool Down
This involves a gradual decrease in the intensity of the exercise session. Following exercise, a large supply of blood remains in the working muscles. If it is not returned promptly to the central circulation, pooling of blood may occur in the muscles

Heart Rate
As you exercise, so the rate at which your heart beat also increases. This is often used as a measure of the required intensity of exercise. You need to exercise hard enough to condition your circulatory system, and increase your pulse rate, but not enough to strain your heart.

Your initial level of fitness is important in developing an exercise program for you. If you are starting off, you can get a good training effect with a heart rate of 110-120 beats per minute(BPM). If you are fitter, you will need a higher threshold of stimulation.
To begin with, you should exercise at a level that elevates your heart rate to about 65 to 70% of your maximum. If you find this is too easy, you may want to increase it, but it is better to lean on the conservative side.

As a rule of thumb, the maximum heart rate is 220 minus your age. As you increase in age, so your heart, like other muscles, loses some of its efficiency. Some of its natural loss is won back as fitness improves.
The following table is a guide to those who are “starting fitness”.

Age	25	30	35	40	45	50	55	60	65
Target heart Rate									
10Second Count	23	22	22	21	20	19	19	18	18
Beats per Minute	138	132	132	126	120	114	114	108	108

Pulse Count
The pulse count(on your wrist or carotid artery in the neck, taken with two index fingers)is done for ten seconds, taken a few seconds after you stop exercising. This is for two reasons: (a) 10 seconds is long enough for accuracy, (b) the pulse count is to approximate your BPM rate at the time you are exercising. Since heart rate slows as you recover, a longer count isn’t as accurate.

The target is not a magic number, but a general guide. If you’re above average fitness, you may work quite comfortably a little above that suggested for your age group.

The following table is a guide to those who are keeping fit. Here we are working at about 80% of maximum.

Age	25	30	35	40	45	50	55	60	65
Target heart Rate									
10 Second Count	26	26	25	24	23	22	22	21	20
Beats per Minute	156	156	150	144	138	132	132	126	120

Don't push yourself too hard to reach the figures on this table. It can be very uncomfortable if you overdo it. Let it happen naturally as you work through your program. Remember, the target is a guide, not a rule, a little above or below is just fine.
Two final comments:(1) don't be concerned with day to day variations in your pulse rate, being under pressure or not enough sleep can affect it;(2) your pulse rate is a guide, don't become a slave to it.

Endurance Circuit Training

Cardiovascular endurance, muscle, strength, flexibility and coordination are all necessary for maximum fitness. The principle behind circuit training is to give a person all the essentials at one time by going through your exercise program moving as fast as possible between each exercise. This increases the heart rate and sustains it, which improves the fitness level. Do not introduce this circuit training effect until you have reached an advanced program stage.

Body Building

Is often used synonymously with strength training The fundamental principal here is OVERLOAD. Here, the muscle works against greater loads than usual. This can be done by increasing the load you are working against.

Patronization

This is the term used to vary your exercise program for both physiological and psychological benefits. In your overall program, you should vary the workload, frequency and intensity. The body responds better to variety and so do you. In addition, when you feel yourself getting "stale', bring in periods of lighter exercise to allow the body to recuperate and restore its reserves. You will enjoy your program more and feel better for it.

Muscle Soreness

For the first week or so, this may be the only indication you have that you are on an exercise program. This, of course, does depend on your overall fitness level. A confirmation that you are on the correct program is a very slight soreness in most major muscle groups. This is quite normal and will disappear in a matter of days.

If you experience major discomfort, you may be on a program that is too advanced or you have increased your program too rapidly.
If you experience PAIN during or after exercise, your body is telling your something.
Stop exercising and consult your doctor.

What to Wear

Wear clothing that will not restrict your movement in any way while exercising. Clothes should be light enough to allow the body to cool. Excessive clothing that causes you to perspire more than you normally would while exercising, gives you no advantage. The extra weight you lose is body fluid and will be replaced with the next glass of water you drink. It is advisable to wear a pair of gym or running shoes or "sneakers".

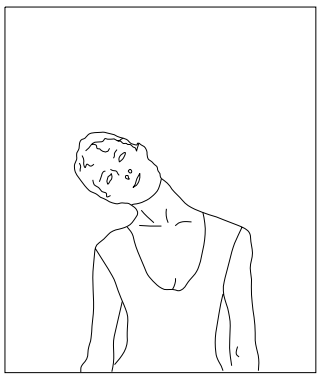
Breathing during Exercise
Do not hold your breath while exercising. Breathe normally as much as possible. Remember, breathing involves the intake and distribution of oxygen, which feeds the working muscles.

Rest periods
Once you start your exercise program, you should continue through to the end. Do not break off halfway through and then restart at the same place later on without going through the warm-up stage again.

The rest period required between strength training exercises may vary from person to person. This will depend mostly on your level of fitness and the program you have chosen. Rest between exercises by all means, but do not allow this to exceed two minutes. Most people manage with half minute to one minute rest periods

STRETCHING
Stretching should be included in both your warm up and cool down, and should be performed after 3-5 minutes of low intensity aerobic activity or callisthenic type exercise. Movements should be performed slowly and smoothly, with no bouncing or jerking. Move into the stretch until slight tension, not pain, is felt in the muscle and hold for 20-30 seconds. Breathing should be slow, rhythmical and under control, making sure never to hold your breath.

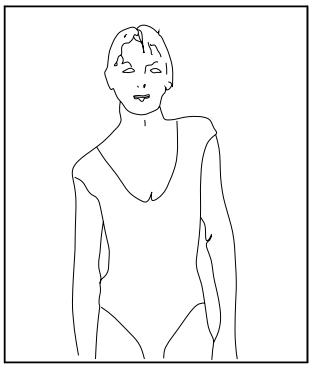
HEAD ROLLS
Rotate your head to the right for one count, feeling ear
the stretch up the left side of your neck. Next rotate shoulder
your head back for one count, stretching your chin to the celling and letting your mouth open. Rotate your head to the left for one count, and finally, drop your head to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



SHOULDER LIFTS
Lift your right shoulder up toward your

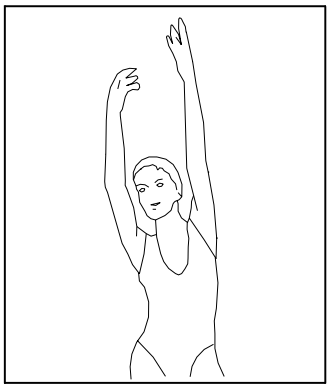
for one count. Then lift your left

up for one count as you lower your right shoulder.



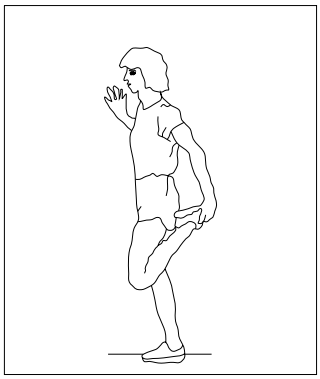
SIDE STRETCHES

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 celling as you can for one count. Feel the stretch up your right side. Repeat this action with your left arm.



QUADRICEPS STRETCH

With one hand against a wall for balance, reach behind you and pull your right foot up. Bring your heel as close to your buttocks as possible. Hold for 15 counts and repeat with left foot up.

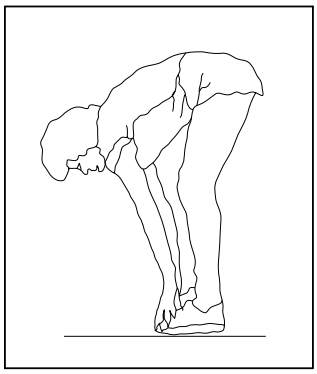


INNER THIGH STRETCH

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.

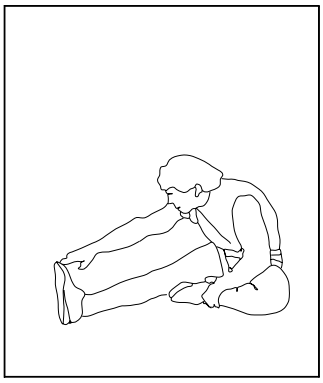
TOE TOUCHES

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.



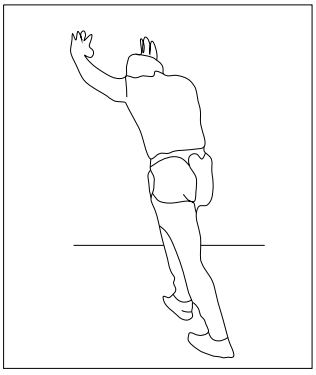
HAMSTROMG STRETCHES

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.



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.



SAFETY PRECAUTIONS

Thank you for purchasing our product. Even though we go to great efforts to ensure the quality of each product we produce, occasional errors and /or omissions do occur. In any event should you find this product to has either a defective or a missing part please contact us for a replacement.
This products has been designed for home use only. Product liability and guarantee conditions will not be applicable to products being subjected to professional use or products being used in a gym center.

This exercise equipment was designed and built for optimum safety. However, certain precautions apply whenever you operate a piece of exercise equipment. Be sure to read the entire manual before assembly and operation of this machine. Also, please note the following safety precautions:

1. *Keep children and pets away from this equipment at all times.*
2. *Only one person at a time should use this equipment.*
3. *If dizziness, nausea, chest pains, or any other abnormal symptoms are experienced while using this equipment, STOP the workout at once. CONSULT A PHYSICIAN IMMEDIATELY.*
4. *Always use this equipment on a clear and level surface. Do not use outdoors or near water.*
5. *Keep hands and feet away from any moving parts.*
6. *Do not insert any object into any openings*
7. *Read all instruction before assembly and operation.*
8. *Before using this equipment to exercise, always do stretching exercises to properly warm up.*
9. *Use this equipment only for its intended use as described in this manual.*
10. *Always wear appropriate workout clothing and shoes when exercising, do not wear robs or other clothing that could become caught in the equipment.*

WARNING: *BEFORE BEGINNING ANY EXERCISE PROGRAM CONSULT YOUR PHYSICIAN. THIS IS ESPECIALLY IMPORTANT FOR INDIVIDUALS OVER THE AGE OF 35 OR PERSON WITH PRE-EXISTING HEALTH PROBLEMS. READ ALL INSTRUCTIONS BEFORE USING ANY FITNESS EQUIPMENT. WE ASSUME NO RESPONSILITY FOR PEROSNAL INJURY OR PROPERTY DAMAGE SUSTAINS BY OR THROUGH THE USE OF THIS PRODUCT.*