rpm power®

AIR ROWER

SET UP &
SAFETY GUIDE

Important: Please read instructions before use

Wichtig: Bitte lesen Sie vor der Verwendung die Anweisungen

Important : Veuillez lire les instructions avant utilisation.

Importante: Por favor lea las instrucciones antes de usar el producto.

Importante: leggere le istruzioni prima dell'uso

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PRECAUTIONS

1. Please install this product as outlined in the instruction manual.

2. Before exercising, consult a doctor or medical physician to ensure you are fit for strenuous physical activity, such as that which comes from using this product.

3. Should you feel sick, dizzy or incur any sort of pain or discomfort when using this exercise machine, stop exercising immediately and consult a doctor if necessary.

4. This product is not suitable for children. Children should be supervised at all times when in or around the vicinity of this exercise machine.

5. It is important to regularly maintain this product and ensure that all of its internal and external parts are functioning correctly before each use.

6. Always use this product on an even stretch of ground that is free from objects and other people.

7. Please use this product carefully. Should you ever hear unusual sounds coming from this machine or notice anything unusual in regards to its functionality, please stop using it right away.

8. Do not wear loose clothing or jewellery when using this exercise machine. Doing so risks injury or damage to the machine, as objects can get caught in the internal mechanism.

9. This product is designed for indoor use only.

10. Be careful when attaching the monorail section to the flywheel section and when operating the rack lock.

11. Please do not exceed the maximum recommend weight for this machine: 265lb.

BEFORE ASSEMBLY

Before assembling your RPM Power® Air Rower, make sure to take a full inventory of the parts included. Lay out the parts needed for each step and source any additional tools if necessary. If you are missing parts or the necessary tools for assembly, contact us at info@rpmpower.com

FLYWHEEL SETTINGS

The regulator is similar to that of a bicycle gear. It effects movement, but does not effect resistance levels. We recommend setting the regulator to 3-5 to achieve the best aerobic exercise results. This setting has been compared to the smoothness of boating on water. Higher settings can be compared to rowing inside a larger, slower boat.
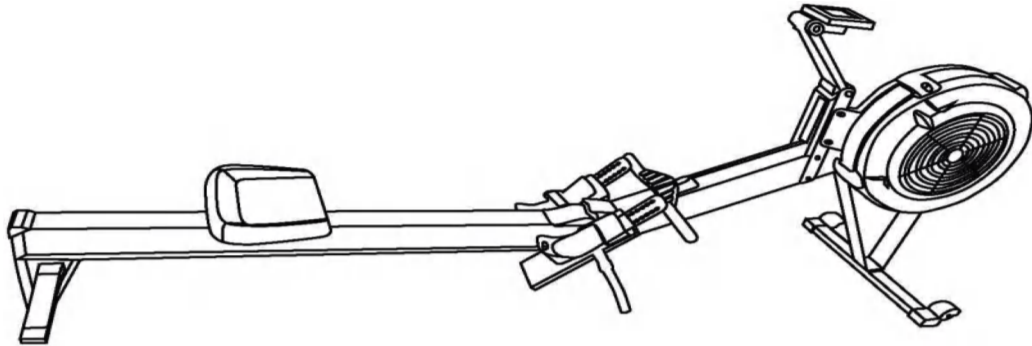
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MAINTENANCE

We recommend wiping this machine with a damp (not wet) cloth every so often to prevent the build up of dust and dirt.

You can lubricate the chain with a spoonful of pure mineral oil, triple oil or 20W motor oil. Pour the oil on a kitchen towel and use it to wipe the entire surface of the chain. Wipe off any excess oil.

Do not use any cleaners or solvents when cleaning the chain or any other part of this machine.

It is recommended to always check the tightness of the screws and other elements in this this exercise machine before use. Ensure that all parts are secure and properly in place before use.

Use a flashlight to check for dust inside the flywheel and carefully remove particles with a vacuum if necessary.

Inspect the chain and handle bar connects for wear on a regular basis. If the holes become longer or the U-bolts appear to be worn in half, then the entire connection may need to be replaced.

When storing this product, separate the flywheel section from the monorail and store them upright. Please take care when standing the flywheel section upright, as it is easy for it to become unbalanced.

ASSEMBLY INSTRUCTIONS

Step 1. Assemble the base of the rower. The base will later support the flywheel.

To assemble the base: place the longer of the two support rails on the v-shaped leg of the rower, then place the shorter rail on top, so that they align with the holes on the leg.

Secure the pieces together using the 4 x M6 25mm screws (larger) provided. Tighten the screws using the included allen key, but do not overtighten the screws, as you will need to come back and fully tighten all parts at the end of assembly.

Note: Before commencing with the next step, it would be best to place the flywheel main frame in an upturned position.

Step 2. Secure the base to the mainframe by aligning it with the holes on the mainframe. Ensurie the wheels are facing outward. Secure the pieces together with 4 x M6 12mm screws (smaller) and the allen key provided.

Note: Before commencing with step 3, invert the rower so it's standing with its base on the ground and it is ready to connect to the monorail section.
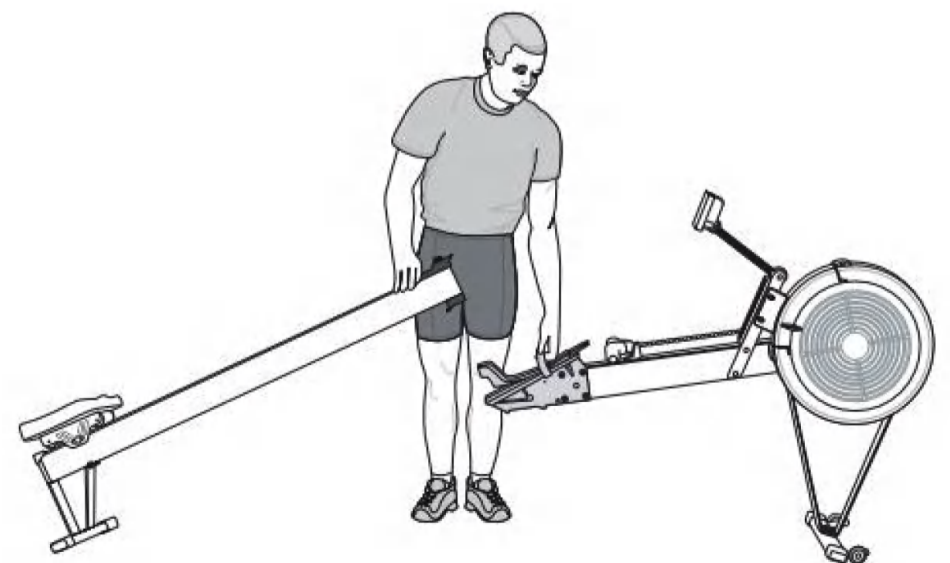
Step 3. Lift the end of the monorail, so that it is level with the flywheel section.
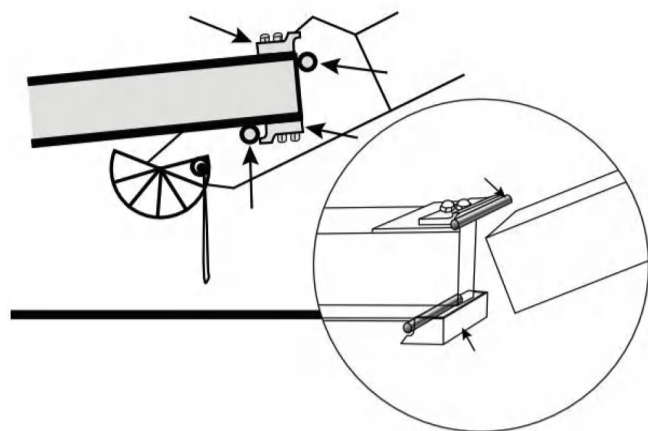

Step 1

Step 2

MONORAIL SECTION

FLYWHEEL SECTION

Step 3

Step 4. Bring the flywheel and monorail sections together so that they join up at the foot plates. The top hanger of the monorail section should sit on top of the upper bolt tube of the flywheel section, while the bottom of the hanger should hook under the lower bolt tube as shown in step 4: figure 1.

Step 4: Figure 1

Step 5. Lower both pieces until they connect securely. Apply a small amount of force to secure them into position.

Step 6. Finally Push the framelock into the locked position.

LOCKED
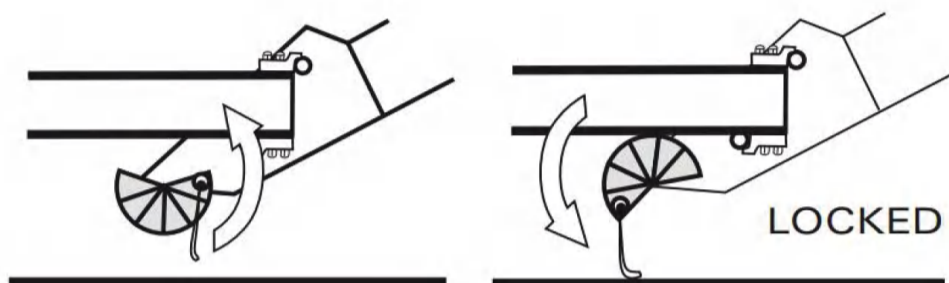
Step 6

Make sure to tighten all screws once assembly is complete and make sure the rower is stable before use. It is important to maintain this exercise machine by tightening all screws on a regular basis. Always inspect this exercise machine before use and never use it if it is unstable, has loose or missing parts or seems unsafe in any way.

Your RPM Power® Air Rower is now ready for use. Please make sure to fully read the safety manual and safety guide which accompany this machine. Should you have any questions about this product or its assembly, please contact us at info@rpmpower.com and we will be more than happy to assist you.

DISASSEMBLY

Step 1. Release the framelock from the locked position by pulling upwards on the rope and rotating the framelock into the unlocked position.

Step 2. Holding the foot strap, lift the monorail slightly to disengage it from the flywheel section.

Step 3. Separate the monorail from the flywheel section.

UNLOCKED
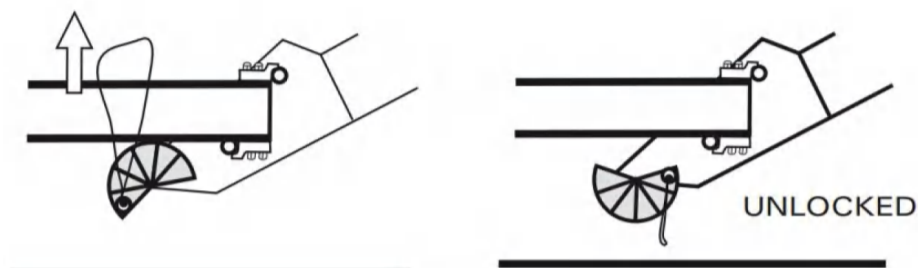
MONITOR FUNCTIONS

POWER ON/OFF
Power on the LCD monitor display by holding the ON button for 2 seconds. There will be a beeping sound for 2 seconds, which signifies that the machine has entered 'standby mode'.

Power off - The exercise machine will power itself off by entering 'SLEEP MODE' when no movement has been detected after 4 minutes.
The LCD monitor will power on again when any button is pressed on the monitor.

FUNCTIONS:

STAND BY MODE
After it is turned on, the LCD monitor will enter standby mode. The display will now automatically switch through the functions below for 1 second in SCAN mode.

SCAN FUNCTION
Use SCAN mode to switch between the following functions: MANUAL, INTERVAL, TARGET, TIME, DISTANCE, CALORIE, PULSE, SPM, WATT, TOTAL STROKES. These functions will be displayed cyclically in SCAN mode for 1 second.

QUICKSTART MODE
If the Rower detects movement of the flywheel while it is in standby mode, the monitor will automatically enter 'Quickstart Mode' and there is a beeping sound for 1 second.

In 'Quickstart Mode' the Rower can be used for exercise and the monitor will begin tracking each function.

MANUAL SETTING
When the monitor is switched on, press the MODE KEY. The monitor will display the term 'MANUAL'. Press the MODE KEY again and the buzzer will sound for 1 second - the MANUAL function has now been activated.

The monitor screen will display the functions TIME, DISTANCE, CALORIES, PULSE, SPM, WATT, TOTAL STROKES and STROKES.
Press the MODE key during exercise to switch between SPM and WATT respectively.

START/STOP KEY
When using the machine, press START/ STOP KEY to pause the exercise. The display will show the word 'STOP' (blinking). The current exercise values will continue to be displayed and will only continue counting when exercise resumes.

If you press the RESET key when exercise is stopped, the programme and functions will be reset and the monitor will return to standby mode.

DISPLAY FUNCTIONS

ON/OFF (on/off button): Press this button to power the machine on and off.

SET: Press and hold SET key in standby mode to switch between metric and imperial.

SCAN: Choose which setting you wish to place at the forefront of the display. Use SCAN mode to switch between functions.

TIME function: The 'TIME' figure shows the current time. The time can be set to between 00:00 and 99:00.

DISPLAY FUNCTIONS (CONTINUED)

DISTANCE function: The 'DIST' figure counts the active mileage in KM. The maximum possible distance is 0.000-9990km.

CALORIE function: The 'CAL' figure counts the active mileage in KM. The maximum possible distance is 0.000-9990km.

PULSE function: The 'Pulse' figure counts your heart rate. Heart rate can be monitored to between 30 and 230.

STROKES function: The 'STROKES' figure counts the average number of strokes completed.

SPM (Paddle frequency) function: The 'SPM' figure counts the number of rows made in units of frequency/minutes.

INTERVAL TRAINING

In standby mode, press the MODE function, then press UP to select the INTERVAL function.

The monitor will display the INTERVAL function which includes the below options:

- CUSTOM
- 20/10
- 10/20

INTERVAL TRAINING 10/20

Start
When 10/20 mode is displayed, press the START/STOP key to start the function. The monitor will display the word 'READY' (blinking) and a timer of 3 seconds is presented.
There will be a beeping sound to signify the countdown.

Exercise
The interval training begins and the text 'WORK01/08' is displayed on the monitor. A timer counts down from 10 seconds. During these 10 seconds, you should exercise with the Rowing Machine.
TIME, DISTANCE, CALORIES, PULSE, SPM, WATT, TOTAL STROKES AND STROKES are displayed and counted according to current values.

Rest
After the ten seconds has elapsed, 'REST01/08' is displayed on the monitor. You should now take a break as the timer counts down 20 seconds. The text 'READY' will flash on the screen during the last 3 seconds of the countdown.

The Exercise and Rest cycles are then repeated, with each count being increased by '1' until you reach 'WORK08/08'. After ending the end screen, the machine will beep for 0.5 seconds. The final values for TIME, DISTANCE, CALORIES, PULSE, SPM, WATT, TOTAL STROKES AND STROKES are displayed.

Press the START/STOP key to initiate the INTERVAL 10/20 function again; or press the RESET key to return to standby mode.

You can pause your exercise at any time by pressing the START/STOP key.

INTERVAL TRAINING 20/10

Interval 20/10 training is the exact same as the above mentioned Interval 10/20 training, except this time, the programme consists of 20 seconds of exercise (WORK) and only 10 seconds of rest (REST).

INTERVAL TRAINING CUSTOM

1. When CUSTOM mode is displayed, press the MODE key to start the function. The text 'SET ROUND' is displayed and the TIME window will display '01' (blinking). Press UP to adjust the round range to anywhere between 01 - 99. Press the MODE key to confirm your choice. ('SET ROUND' represents the number of rounds in your custom exercise programme)

2. Next, the display will show the text 'SET WORK'. The TIME window will display '0:05'. Press SET to adjust the 'WORK TIME' to between 0:05 - 10:00. Press the MODE key to confirm your choice. ('WORK TIME' represents the amount of time you will spend exercising in one round)

3. Finally, the display will show the text 'SET REST'. The TIME window will display '0:05'. Press SET to adjust the 'REST TIME' to between 0:05 - 10:00. Press the START/STOP key to confirm your choice. ('REST TIME' represents the amount of time you will spend resting in one round)

4. You are now ready to begin exercising. The monitor should now display the text 'READY' (blinking) and the TIME window will display a 3 second countdown. The monitor will beep as each second counts down.

5. Once the timer has counted down, you should begin exercising. Follow the interval training programme on screen.

BLUETOOTH FUNCTION

The RPM Power® Air Rower is Bluetooth compatible and can be paired with the app 'KinoMap'. Simply download the app from the Apple or Android store and connect it to the rowing machine to begin using!

THANK YOU FOR YOUR PURCHASE

We would like to warmly thank you for your purchase of this RPM Power® Air Rower. Should you have any questions or concerns about this product, please don't hesitate to get in touch with us and we will be happy to help you in any way we can.

Your Opinion is Important to Us
As a small family business, word of mouth is what keeps us going. That is why we would love to hear your thoughts on our product! If you have even a minute, we would really appreciate it if you could leave us a quick review on Trustpilot.com. Just search for our business – **RPM Power** – on the Trustpilot website.
Reviews from customers like you give others a better idea of how our products work and allow for a more transparent purchase process when buying from our store. Thank you so much.

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For further information on this product, including videos, exercise guides and more, visit:
www.rpmpower.com/info