

## Air Rower USER MANUAL





Important-please read these instructions fully before assembly or use. These instructions contain important information which will help you get the best from your equipment and ensure safe and correct assembly, use and maintenance.

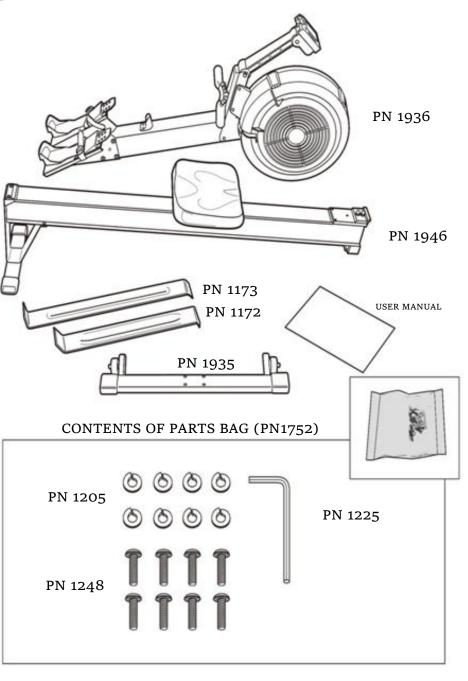
## Please read the following carefully before using this equipment:

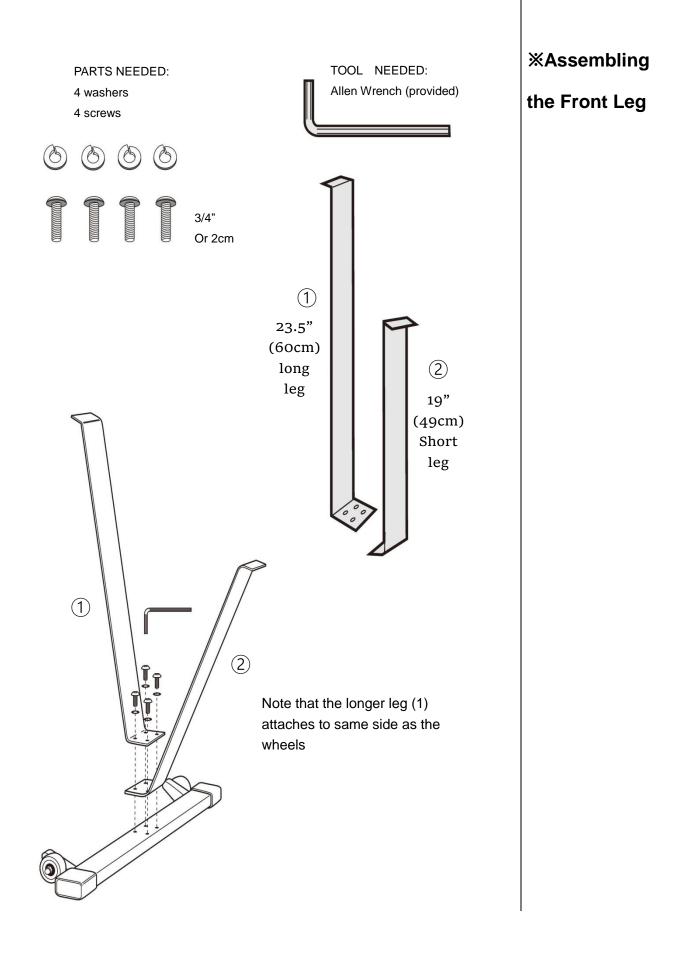
- 1. It is very important to read the user manual before installation and use
- 2. Incorrect installation, maintenance or use of this equipment may cause injury or damage to the product
- 3. Consult with a medical practitioner before commencing any fitness and training program
- 4. Incorrect or excessive exercise may harm your health. If you feel unwell seek medical advice immediately and before resuming use of the product and your training program
- 5. This equipment is intended for use by adults. Keep children and pets away from this equipment
- 6. Set up the Powertrain Air Rower on a flat surface ensuring the flooring is protected
- 7. Ensure there is at least 0.5m of free space around the equipment.
- 8. Please make sure that the screws and nuts are locked before use.
- 9. Inspect Powertrain Air Rower before use, if you notice any faults or defects contact your supplier for assistance and do not use the product
- 10. Wear appropriate sports attire during exercise loose clothing may cause damage to the equipment or cause injury
- 11. This equipment is only suitable for indoor and domestic use. The maximum load-bearing capacity is 150KG
- 12. Please store this manual and installation tools properly
- 13. This product is not to be used as a medical device
- 14. Do not lean forward or backward more than 45° during use
- 15. Do not stop using the rower suddenly, doing so may cause injury or product damage

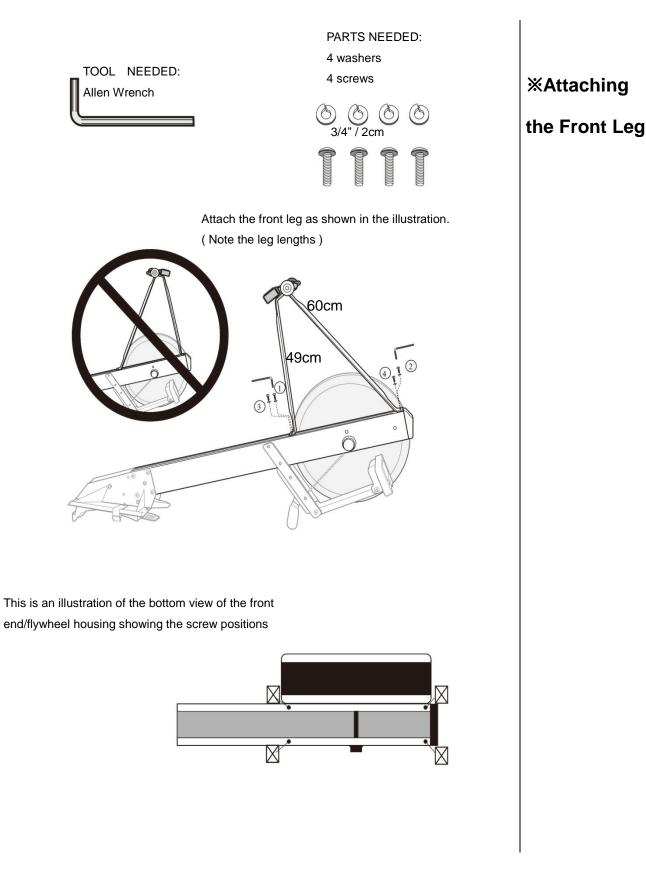


Supplied are the following parts for your Powertrain Air Rower in the shipping box. If any parts are missing contact your supplier

ASSEMBLY



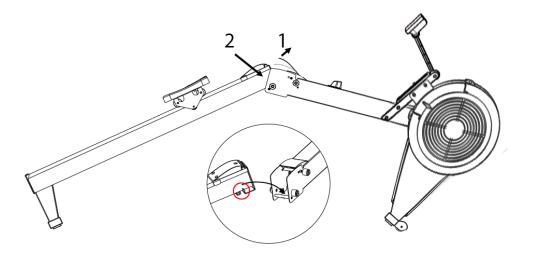


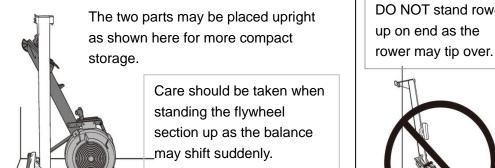


Join the two sections of the rower together while the center section is raised:

## ASSEMBLY

- 1) Open the cover at the end of the front section (1)
- 2) Slot the rear section into the front section and ensure the slot on the underside of the rear section goes over the cross-shaft in the front section (2)
- 3) Carefully lower the unit and allow the two sections to lock into place.
  - (Use caution and keep your fingers clear of the joint.)
- 4) Close the upper cover.



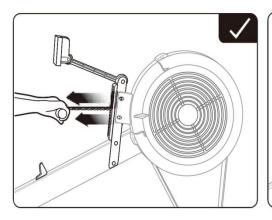


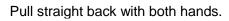
DO NOT stand rower up on end as the

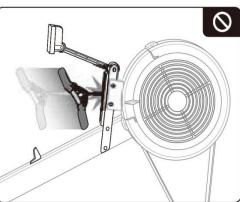


STORAGE

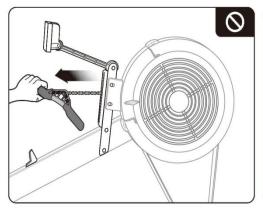
## **Safety**



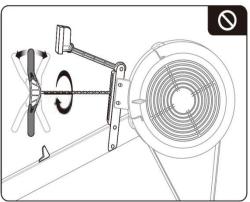




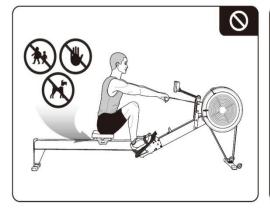
Do not let handle fly into chain guide.

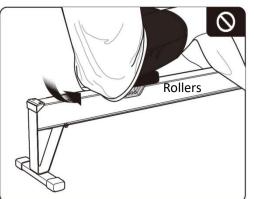


Do not row with one hand only. Abuse of the chain can result in injury.



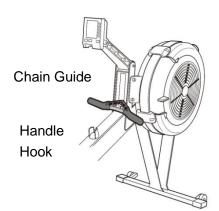
Never twist chain or pull from side to side.





Keep children, pets, and fingers away from seat rollers. Seat rollers can cause injury. Keep clothing free of seat rollers.

#### USE CAUTION



Place handle against the chain guide or in handle hook before letting go.

Chain does not require oiling prior to first use.



Perform proper maintenance as described in the Maintenance section of this manual (page 17).

#### IMPORTANT SAFETY NOTES:

OUse of this machine with a worn or weakened part, such as the chain, sprocket, swivel connector, handle U-bolt, or shock cord, may result in injury to the user. When in doubt about the condition of any part it advised that it be replaced immediately with genuine parts.
OTo avoid possible injury, use caution while attaching the monorail section to the flywheel section and while operating the frame lock.
OBe aware that the seat may roll forward on the monorail when not in use.

CAUTION

### Safety

CAUTION

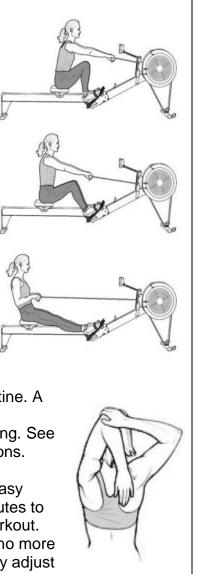
Rowing uses many muscles and may assist in strengthening, balance and fitness. Rowing is also low impact and non-weight-bearing, making it ideal for people of all ages.

If the Powertrain Air Rower is not used appropriately, as with any activity, there is the risk of injury.

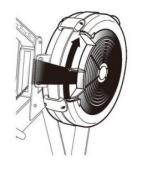
There are several things you can do to maximize the benefits of rowing for your entire body:

- 1. Consult your physician before you to undertake any exercise program
- 2. Check your technique. Review the rowing technique information in this. Here are a few key points of technique:
- a. Forward body angle at the catch: The shins should not go beyond vertical; and the forward body angle should not be more than about 30 degrees. It should feel like a comfortable amount of reach
- b. Coordination of the drive: You should begin the drive by pressing down your legs, keeping the arms straight, and without changing the angle of the back initially. When your legs are about halfway extended, start prying open the back. Finally, finish the drive by pulling the handle all the way into your abdomen
- c. Layback at the finish: Your back should swing past the vertical by about 25 degrees at the finish of the stroke. This layback position should feel comfortable, not stressed. You should feel your abdominal muscles doing some work when you sit in the finish position
- Include some stretching in your exercise routine. A variety of aches and pains can be eased or prevented by investing a little time in stretching. See the training guide for specific recommendations. Stretch gently without bouncing
- 4. Start each workout with several minutes of easy rowing for a warm-up. Take at least five minutes to build your intensity before starting a hard workout.
- 5. Start your exercise program gradually. Row no more than five minutes the first day to let your body adjust to the new exercise. Gradually increase your rowing time and intensity over the first two weeks.

# ※ Getting the most from your workouts



- 6. Build up gradually to heavy work. Be smart about increasing your workout load. If you haven't rowed in over a week, take it easy for your first row. Don't expect to be able to jump right in where you left off. Don't try to do intense interval work. Start with a steady row at a comfortable pace. In your next row, try building the intensity gradually through several intervals of 1-3 minutes in length. Then, if this all feels good, you can start doing more intense work. If it's been over a month since your last row, plan to build back up even more gradually to where you left off in both the length and intensity of your workouts.
- 7. Use a damper setting of 3. The best, allpurpose damper setting for a great cardiovascular workout is in the range of 3-5.Rowing with the damper setting too high can be detrimental to your training program by reducing your output and increasing your risk of injury. If you have been rowing at a higher setting, this may feel a little light to you at first, but give it a few days. The lower setting requires you to be a little quicker in applying your power which, in the end, gives you a better workout.



- 8. Aim for a stroke rate (spm) of between 24 and 30 spm.
- 9. Consider the time of day. If you row in the morning, allow a little extra time for warm-up, and start very easily. Don't expect to be able to do a hard interval workout right away. If you don't usually row in the morning but must do it every so often, remember that it may take your body longer to be ready to do hard work.
- 10. Vary your workouts. One of the great things about the Powertrain Indoor Rower is that it enables you to do virtually an infinite variety of workouts. The length, format, and intensity of your workouts can all be varied. Variety can go a long way in preventing boredom and it can also be helpful to those who may develop aches and pains from doing exactly the same thing for too long. And, last but not least, the properly varied training program will result in the greatest gains in fitness and performance

11. Remember to take rest days. Even though rowing makes you feel great, and you want to do it every day, it's important to give your body a rest every so often. Some people find it easy to rest one or even two days per week. Others have a hard time going even a day without a workout. We recommend taking at least one day off per week from rowing

To set the Flexfoot, pull the toe piece toward you to release the flexfoot from the two pegs. Slide the toe piece up or down to achieve the proper setting, then press the toe piece back down.

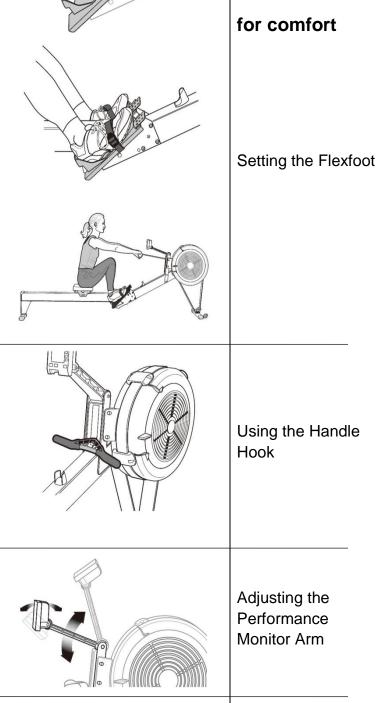
Begin by setting the Flexfoot heel so the strap crosses the ball of your foot. As you gain familiarity with the Indoor Rower, you may choose to raise or lower the Flexfoot a notch for reasons of flexibility or general comfort.

Optimal setting permits the knee, lower leg and ankle to be perpendicular to the floor at the catch.

- © Lowering the Flexfoot heel permits more seat travel.
- Raising the Flexfoot heel cuts down
   on leg flexion.

Before your workout, place the handle in the handle hook to make it easier to reach when you are seated on the rower. NOTE: When the machine is not in use, it is best to let the handle rest against the fan cage(as shown at left) rather than in the handle hook (i.e. overnight, between workouts).This will prolong the life of the shock cord.

- Adjust monitor arm and monitor for easy viewing as shown.
- Seat comfort varies from one individual to another.

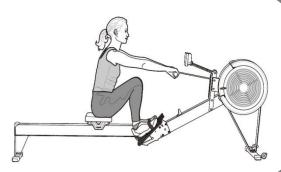


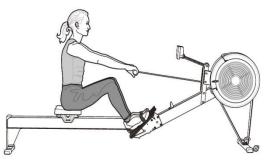


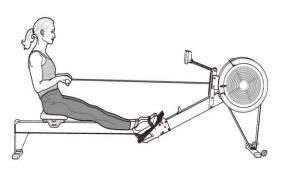
Seat Pad

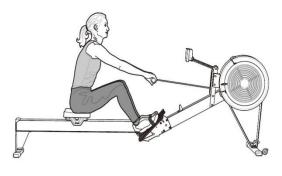
**%**Adjusting the

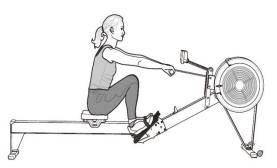
Indoor Rower













©Extend your arms straight toward the flywheel.

 Keep wrists flat.
 Lean your upper body slightly forward with back straight but not stiff.
 Slide forward on the seat until your shins are vertical (or as close to this as your flexibility will allow).

#### THE DRIVE

- Begin the drive by pressing down your legs.
- ©Keep your arms straight, hold your back firm to transfer your leg power to the handle.
- Oradually swing back with your upper body, bending your arms and prying open your back until you reach a slight backward lean at the finish.

#### THE FINISH

- Pull the handle all the way into your abdomen.
- Straighten your legs.
  ©Lean your upper body back slightly.

#### THE RECOVERY

- Extend your arms toward the flywheel.
   Lean your upper body forward at the hips to follow the arms.
- ©Gradually bend legs to slide forward on the seat. Be sure your arms are extended before you bend your knees.

#### THE CATCH

- ©Draw your body forward until the shins are vertical.
- Our body should be leaning forward at the hips.
- OArms should be fully extended.OYou are ready to take the next stroke.

## Technique Tips

- Have someone watch you to help you match your body positions to those shown.
- These positions should be blended together to make a smooth and continuous stroke with no stopping at any point in the stroke.
- Aim for a stroke rate of between 24 and30 strokes per minute as displayed on the Performance Monitor.
- Grip should be loose and comfortable; wrists should be level.

Key Concepts:

- The harder you pull, the more resistance you will feel. This is because the Indoor Rower uses wind resistance, which is generated by the spinning flywheel. The faster you get the wheel spinning, the more resistance there will be
- ©The damper setting is like bicycle gearing. It affects the feel of the rowing, but does not directly affect the resistance. With a little experimentation, you will find the damper setting that gives you the best workout and results. We recommend a damper setting of 3-5 for the best aerobic workout. This is the setting that feels most like a sleek, fast boat on the water. Higher settings feel more like a bigger, slower boat.



For the feel of a sleeker, faster boat: damper setting 1 - 5

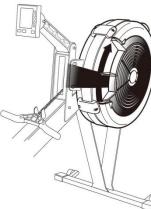


For the feel of a slower, heavier boat: damper setting 6 - 10

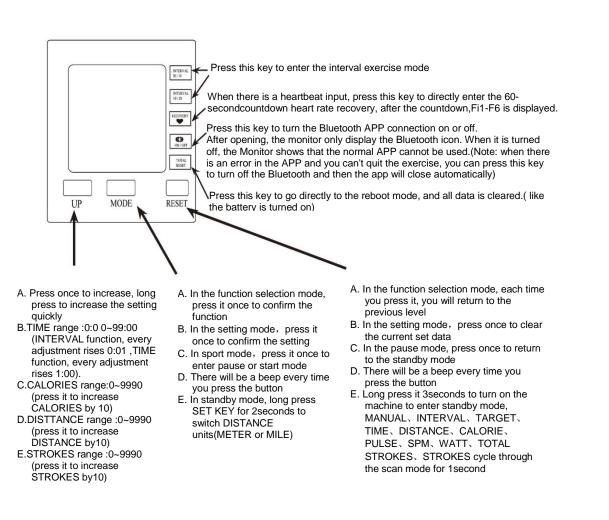
## ※Intensity &

## Resistance

Damper setting on the flywheel



#### Getting Started with the with the monitor

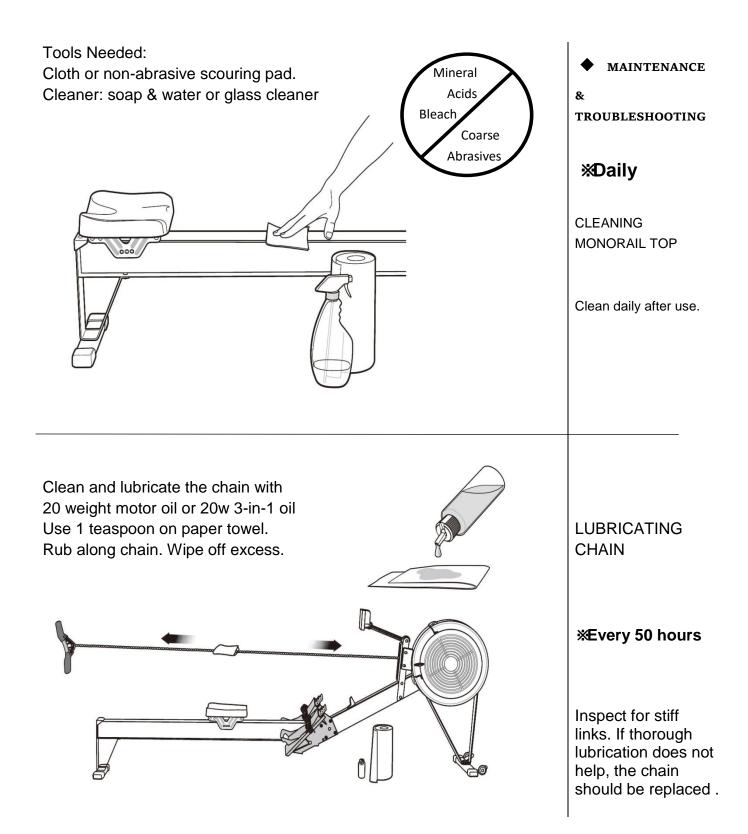


1. When the LCD display fades, the battery is low, replace the battery

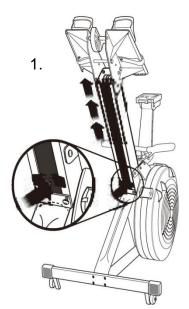
2. When there is no signal input, please check if the cable is connected.

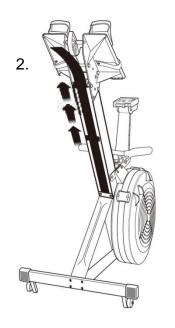
	Items	Display Range	Set	Memory	Reset	Description
1	TIME	0:00~99:59	±1	yes	yes	<ol> <li>The upper number cycle counts without setting.</li> <li>There is a countdown when set, and it will ring when it is" 0 ".</li> <li>No input signal within 4munites, enter standby mode.</li> </ol>
2	DISTANCE	0~9999	0~9990 ±10K ±10M	yes	yes	<ol> <li>The upper number cycle counts without setting.</li> <li>There is a countdown when set, and it will ring when it is "0 ".</li> <li>No input signal within 4munites, enter standby mode.</li> </ol>
3	CALORIE	0~9999	0~9990 (±10)	yes	yes	<ol> <li>The upper number cycle counts without setting.</li> <li>There is a countdown when set, and it will ring when it is "0".</li> <li>No input signal within 4munites, enter standby mode.</li> </ol>
4	SPM	0~9999	no	no	yes	<ul><li>In the "Start " state:</li><li>a. Display data after inputting sensor signal for 3seconds.</li><li>b. After no sensor signal input for 4.6 seconds, the data will be"0"</li></ul>
5	STROKES	0~9999	0~9990 (±10)	yes	yes	ROWING STROKES displays the STROKES, updated every 5 seconds
6	TOTAL STROKES	0~9999	no	no	no	For the sum of STROKES
7	WATT	0~9999	no	no	no	<ul> <li>a. Display data after inputting sensor signal for 3 seconds.</li> <li>b. After no sensor signal input for 4.6 seconds, the data will be "0"</li> <li>c. Displays the SPM, updating every 5 seconds.</li> </ul>

	Items	Display Range	Set	Memory	Reset	Description
8	Pulse	P-30-230 BPM	0-30- 230 (±10)B PM	yes	yes	<ul> <li>a. When there is a pulse signal input, the time for displaying the initial value is 7.5seconds (counted by the first pulse).</li> <li>b. After no pulse signal input for 6 seconds, the data will be "0"</li> <li>c. Above the set value, the Pulse window value flashes</li> </ul>
9	Manual Program					When no mode is entered, QUICK START is performed when an RPM signal is detected.
10	INTERVAL 20-10					<ol> <li>Interval exercise mode</li> <li>Exercise for 20seconds, rest for 10 seconds.</li> </ol>
11	INTERVAL 10-20					<ol> <li>Interval exercise mode</li> <li>Exercise for 10seconds, rest for 20 seconds</li> </ol>
12	INTERVAL CUSTOM					<ol> <li>Interval exercise mode</li> <li>User set exercise time and rest time</li> </ol>
13	TARGET TIME					User set exercise time
14	TARGET DISTANCE					User set exercise distance
15	TARGET CALORIES					User set exercise CALORIES
16	TARGET STROKES					User set exercise STROKES
17	TARGET PULSE					User set exercise pulse
18	ON/OFF					Bluetooth switch key



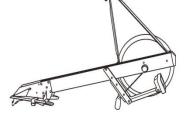
The shock cord must be tightened if the handle does not return all the way to the fan enclosure. To access the shock cord, you must first detach the monorail from the front end and stand the front end upright as shown in figure #1.



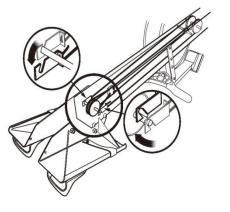


3.

4.Now turn the front end section upside down.



5. Remove the Shock Cord Adjustment Mechanisms. (S.C.A.M.s) from the axle.



ADJUSTING THE SHOCK CORD

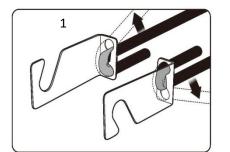
Every 250 hours

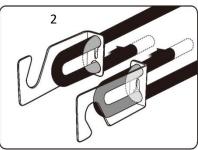
(or monthly)

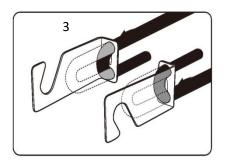
Step1 Removing the Return Mechanism Cover

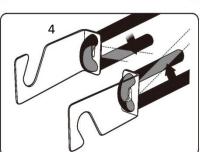
Step2 Adjust Shock Cord

Step 3 Replacing the Return Mechanism Cover

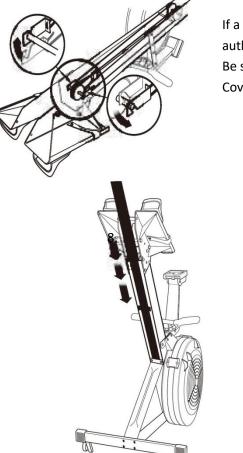








7. Rehook the S.C.A.M.s to the axle.



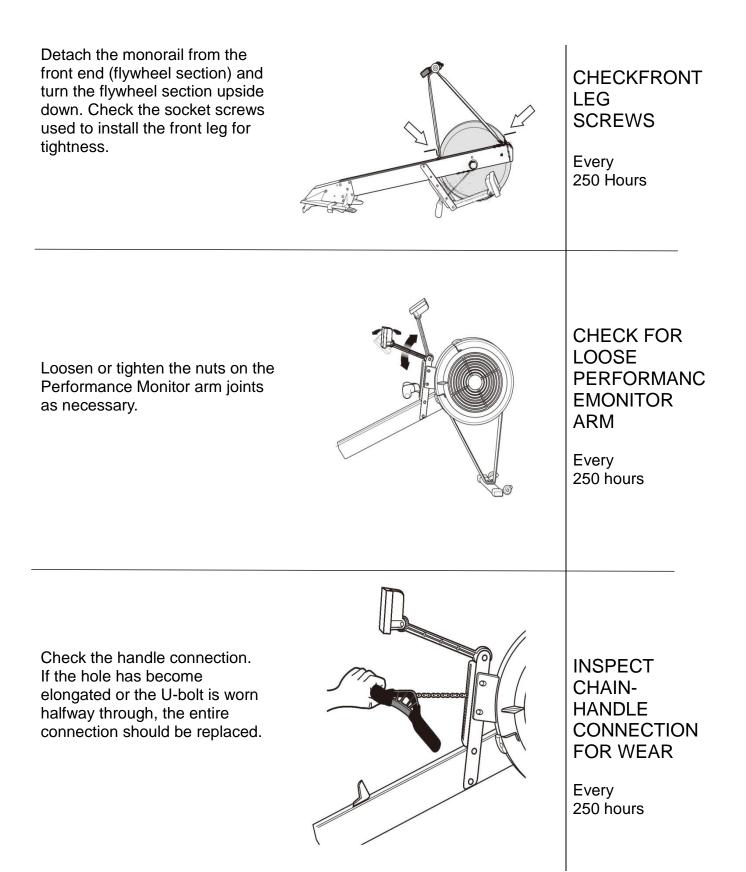
If a shock cord replacement is needed, call authorized service representative. Be sure to replace the Return Mechanism Cover when the adjustment is finished.

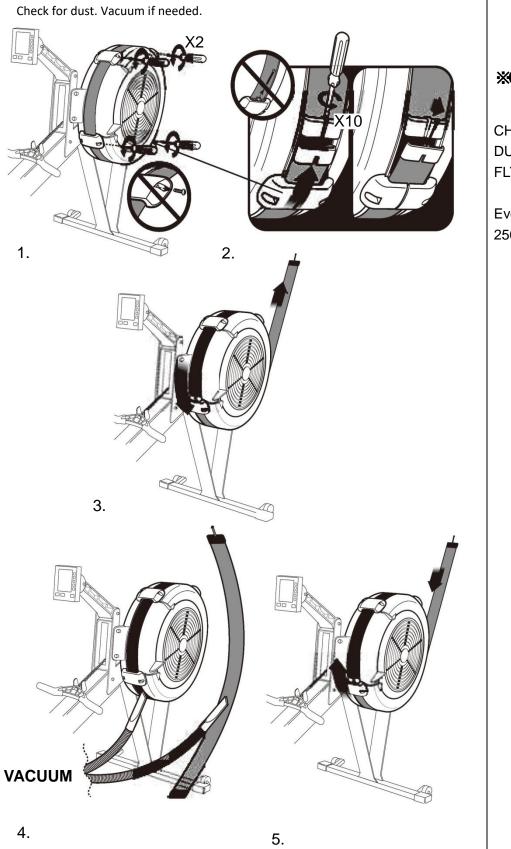


6.Push equal amounts of shock cord through both S.C.A.M.s.

## ADJUSTING THE SHOCK CORD

Continued

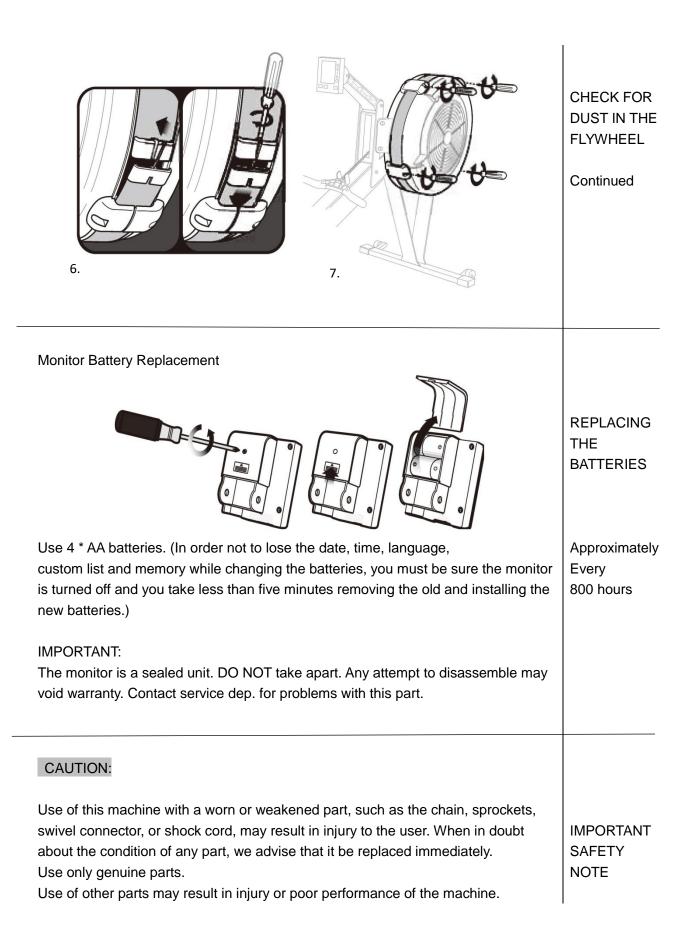




## **\***Occasionally

CHECK FOR DUST IN FLYWHEEL

Every 250 hours



## %Troubleshooting

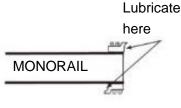
Maintenance issues may arise that are not dealt with in this troubleshooting section.

#### **INDOOR ROWER**

- Symptom: Scraping noise from inside the front end beam.
  - Possible Cause: Shock cord or chain may be routed incorrectly or worn. Shock cord or chain may have jumped off the pulley.
  - Remedy: See the diagram in this manual for proper routing of the shock cord and chain. Contact the service department if replacement parts are needed

Symptom: Creaking noise from the footplate area.

- Possible Cause: Two mating surfaces of monorail and front end are working against each other.
- Remedy:
- Separate the monorail from
- the front end.
- Apply a light coat of thick lubricant



- (Vaseline or Chapstick)
- to front facing and bottom rear facing aluminum hooks located at front of monorail.
- Symptom: Seat sticks on monorail. Possible Cause # 1: Monorail may not be clean. Remedy: Clean monorail.
   Possible Cause # 2: Bottom rollers are too tight.
   Remedy: Adjust with a 9/16" or 14 mm wrench.

#### ©Symptom: Seat is bumpy as it rolls.

- Possible Cause: Dirt on seat rollers or monorail, or worn out seat rollers.
- Remedy: Clean rollers and monorail. Replace seat rollers if worn out.
- Symptom: Chain skips on sprocket during the drive or runs roughly during the recovery.
   Possible Cause # 1: Stiff links in chain.
   Remedy: Clean and lubricate the chain.
  - If it continues to skip the machine should not be rowed and you should contact the service department
  - Possible Cause # 2 : Worn out sprocket

- Symptom: Handle does not retract all the way to the chain guard and hangs loose.
  - Possible Cause: Shock cord is too loose due to normal stretching or cold temperatures.
  - Remedy: Adjust shock cord tension. Replace shock cord if it is frayed through outer cover or if it is losing its elasticity.

If the shock cord is cold, allow it to warm up.

- Symptom : Seat hits the end of the track while rowing. NOTE: it is possible that you will hit the end of the monorail while just sitting, but not while actually rowing. We recommend that you try a test row before making adjustments.
  - Remedy : If you hit the end of the monorail while rowing with the seat rollers in the standard position you can extend the travel distance of the seat by 1inch. 1) Use two 9/16" or 14mm wrenches to loosen the bolt holding the rear top seat roller in the seat carriage (see drawing). Remove the roller and hardware from hole A. Note the order of hardware.
  - 2) Place the roller and hardware in hole B in the same order in which you removed it. Tighten the nut.

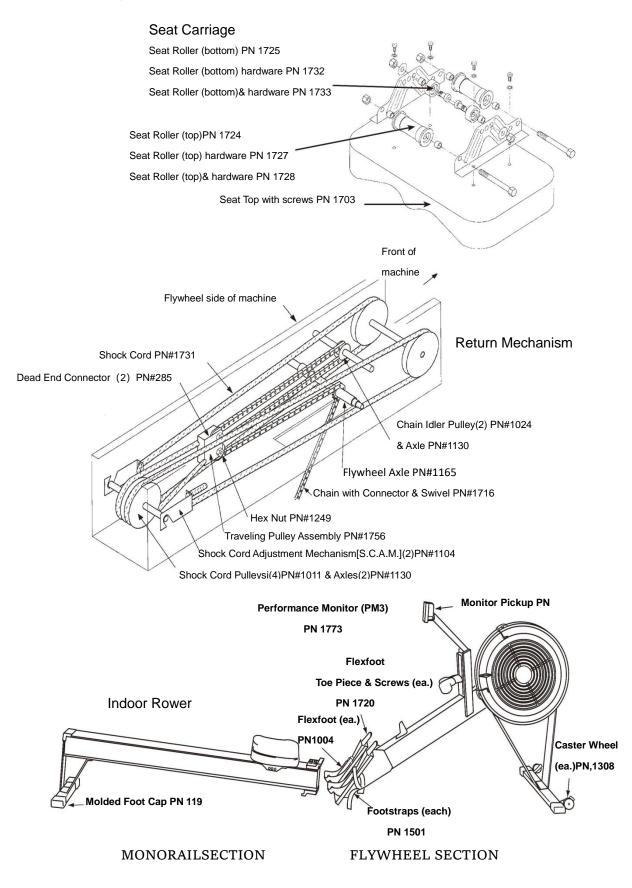


Symptom: The seat wobbles from side to side. Cause: After extended use, the fit of the seat on the monorail may become loose due to wear on the rollers. Remedy : You may move the bottom roller to a tighter

hole toward the front of the seat (C) as shown in the drawing above by following steps A or B: A. The top roller must be removed and the seat slid up to front of monorail and off. Use two 9/16" or14mm wrenches to do this. Use a 9/16" wrench and an allen

wrench to loosen and tighten the bottom rollers, or: B. The top of the rear leg must be removed from the monorail using a 7/16wrench and an allen wrench. The seat can then be slid off the rear of the monorail. Use a 9/16" wrench and an allen wrench to loosen and tighten the bottom rollers.

## **\***Schematic Diagram with Part Numbers



#### Warranty and Contact Details

Kmate Pty Ltd provides a 12 month warranty for this product when used for domestic purposes. This product is not intended for commercial use and any such use will void all warranty.

The benefits of this warranty are provided in addition to other rights and remedies you may have under a law in relation to the goods and services to which this warranty relates. Our goods come with guarantees that cannot be excluded under the Australian Consumer Law. You are entitled to a replacement or refund for a major failure and for compensation for any other reasonably foreseeable loss or damage. You are also entitled to have goods repaired or replaced if the goods fail to be of acceptable quality and the failure does not amount to a major failure.

Before making a claim under warranty, please refer to your user/installation manual to ensure that you have followed correct operating procedures of your product, and refer to the trouble shooting section (if such exists) to assist solving any problems.

The warranty period begins from the day of purchase.

Your proof of purchase must be produced before assistance will be provided.

Where the Product is replaced pursuant to this Warranty, the replacement Product will be subject to the warranty terms and warranty commencement date of the original product.

This warranty is only valid if the product is operated and maintained in accordance with the manufacturer's instructions.

Damage to property including but not limited to furniture, carpets, walls, ceilings or any other event either directly or indirectly are excluded from warranty as well as any losses or expenses incurred by you in relation to the product or making a claim under this warranty including without limitation any costs associated with installation, reinstallation or transporting the product.

A claim may be refused if the defective claim has arisen for reasons other than a manufacturers fault or defective parts or workmanship. Circumstances in which a warranty claim may be declined include, but are not limited to the following:

- Normal wear and tear;
- Misuse or abuse, including failure to properly maintain or service;
- Damages caused by improper or incorrect installation, force-majeure, electrical surges,
- lightning, power grid fluctuations, or water are not eligible for warranty repair;
- Insect or vermin infestation;
- Failure to clean or improper cleaning and/or operation of the product;
- Failure to periodically lubricate and adjust the rower and otherwise maintain the Product;
- If the product is modified without authorisation from Kmate Pty Ltd in writing;

#### **Contact Details**

Kmate Pty Ltd PO Box 133, Braeside VIC 3195 Email: warranty@powertrain.com.au Phone: 03 9790 0055 The latest version of this manual can be downloaded from https://kmate.com.au/PR5

