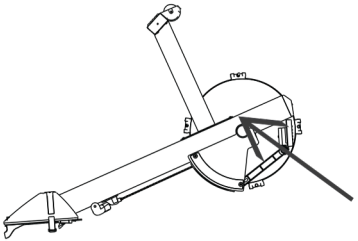
FITNESS360®

FT6017

Romaskine - Pro

WARNING

Read all instructions before using this air rower. It is important your air rower receives regular maintenance to prolong its using life. Failing to regularly maintain your air rower may void your warranty.

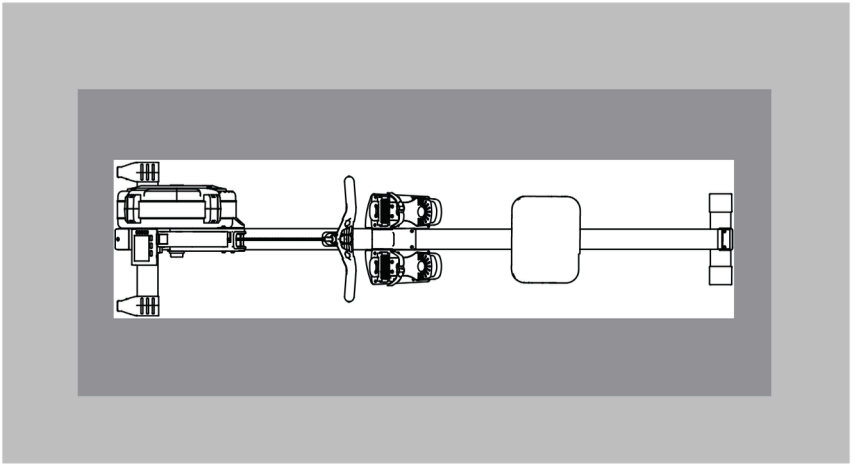


Your serial number is located on the inside flywheel cover near the metal box arm.

RECORD YOUR SERIAL NUMBER HERE

CONTENT

SAFETY RANGE OF USE



MACHINE DIMENSIONS
2 ft x 8 ft
61 cm x 241 cm
WEIGHT CAPACITY
500 lb
227 kg

TRAINING AREA
4 ft x 9 ft
122 cm x 275 cm

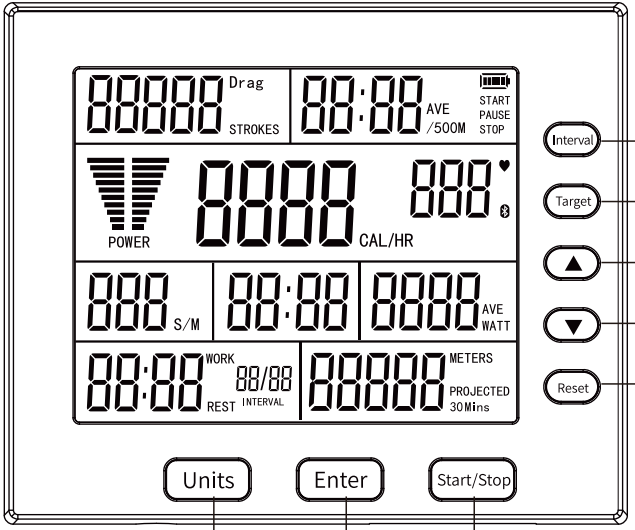
FREE AREA
6 ft x 11 ft
183 cm x 336 cm

PERFORMANCE MONITOR

The performance monitor is included with Air Rower and Air Ski Trainer.

The operation and features of the monitor are the same on these machines, though the displays and units will vary slightly depending on which machine you use.

The monitor delivers reliable and comparable data for every workout and has Bluetooth wireless connectivity, allowing it to con nect to heart rate belts.
Also this monitor is compatible with bluetooth for Kinomap app.



HIIT Interval Programs:
20/10: work 20s and rest 10s, totally 8 times of interval.
10/20: work 10s and rest 20s, totally 8 times of interval.
Custom: you can set work time, rest time and times of interval.

Target Programs:
Target Calories: Set target calories, monitor will remind user when it arrived.
Target Time: Set target time, monitor will remind user when it arrived.
Target Distance: Set target distance, monitor will remind user when it arrived.

Up:
1.Increase screen brightness.
2.Press this key to move upward across the monitor or increase the parameter value.

Down:
1.Decrease screen brightness.
2.Press this key to move downward across the monitor or decrease the parameter value.

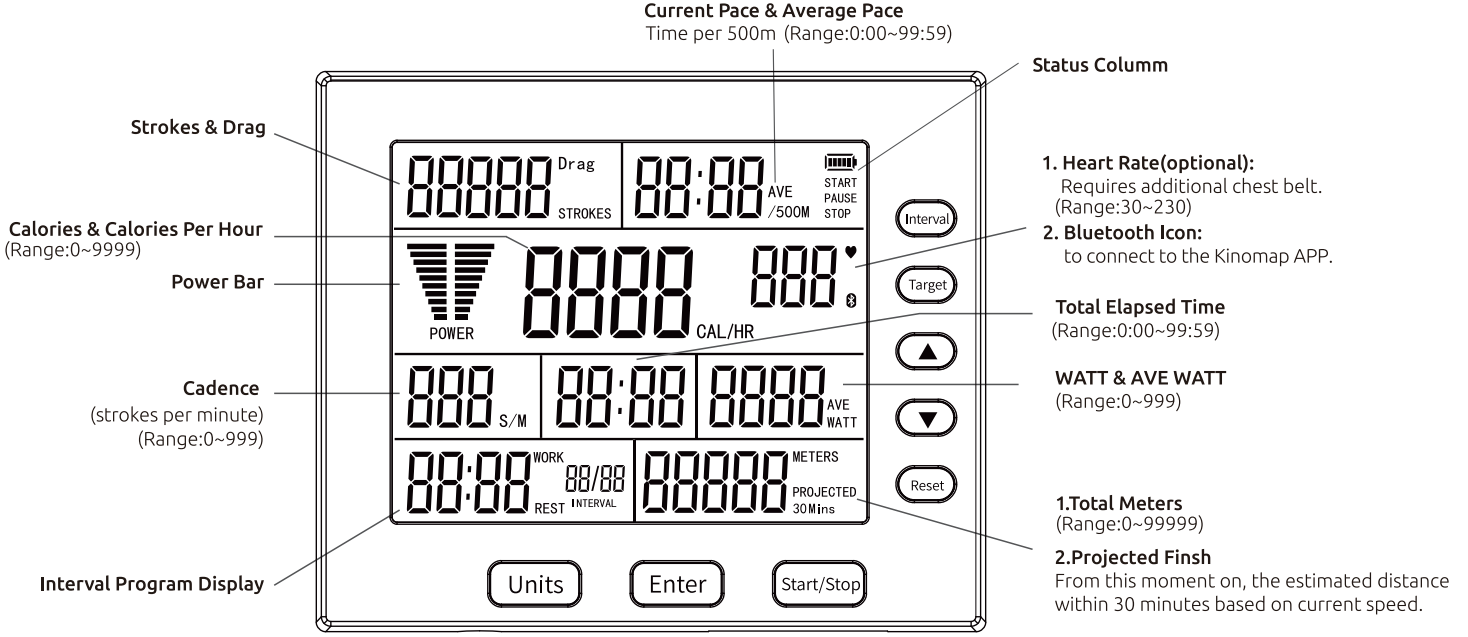
Reset:
Press and hold for 1 second to reset the current program and status of the monitor.

Units:
Press at any time to change units between Meters, Pace, Watts and Calories, Strokes/Drag.

Enter:
Press it to confirm the settings or enter the current options.

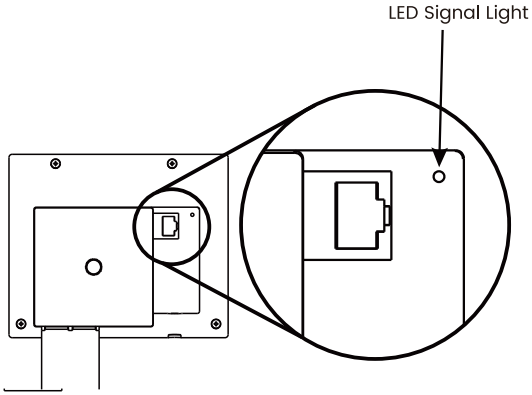
Start/Stop:
Press it to switch among start, pause, stop.

MONITOR MENU MAP

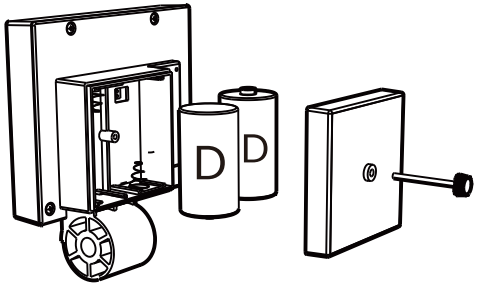


MONITOR VIEWS

Back view of monitor



Use 1.5 volt alkaline D Cell (LR20) batteries.
Do not use lithium or 3.6 volt batteries, as there is risk of fire or explosion.
Remove batteries when not in use for a period of four months or more.



More Information:

Using a Heart Rate Chest Strap:

The monitor will receive and display heart rate data directly from Bluetooth. Just wear the Bluetooth chest strap corrcectly, the monitor will connect it by itself.

Connecting Kinomap:

Open the Kinomap app, find the rowing device in Kinomap, select FTMS, and put the monitor in standby mode. The app will display the information of this monitor. Click connect, and the monitor will display the blue Bluetooth. At the same time, beeps three times to indicate successful connection.

⚠WARNING! Heart rate monitoring systems may be inaccurate. Over-exercising may result in serious injury or death. If you feel faint, stop exercising immediately.

Bluetooth®

Kinomap

AIR ROWER SPECIFICATIONS

DESCRIPTION: Institutional grade rowing exercise machine with air-resistance flywheel, sliding seat, and high-performance electronic monitor.

CONSTRUCTION:

Frame: extruded aluminum I-beam monorail with stainless steel seat track.

Flywheel: Fully-enclosed chain driven flywheel is made of nylon. The flywheel enclosure is made of hi-impact ABS Thermo-plastic. The "quiet cog" system significantly softens the sound of rowing by damping the chain noise with a urethane washer on each side of the cog. The idler pulleys and travelling pulley are made of a Thermo-plastic elastomer for increased durability and noise reduction.

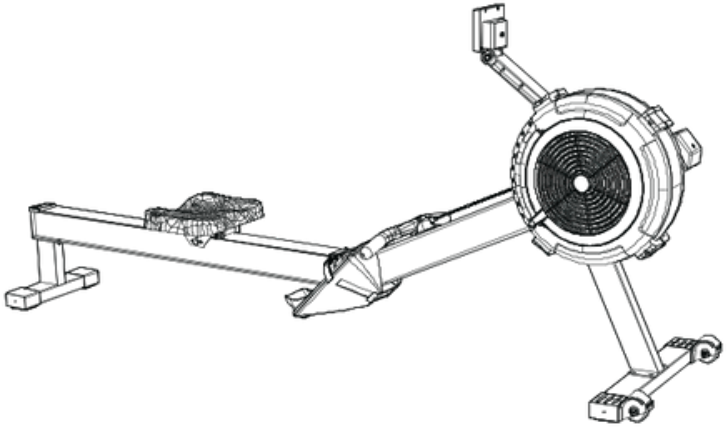
Monitor: Backlit liquid crystal display (LCD) shows time/distance rowed and with 6 level different luminance; calories burned; power produced (watts); stroke rate; stroke output (Watts, Calories, Meters); average pace (time per 500 meters); library of workouts (Interval 10/20, Interval 20/10, Custom Interval, Target Time, Target Distance, Target Calories); projected finish (time or distance); Power bar; wireless heart rate monitoring using Bluetooth with compatible devices; plus connectivity to smartphones via Kinomap APP (Optional). Monitor is powered by two 1.5 volt alkaline D Cell (LR20) batteries which are not included due to the inconvenience of transportation.

Misc: Adjustable air resistance; Adjustable easy-adjust footboard system; impact-resistant and glass reinforced Nylon; ergonomically-designed handle with overmolded soft rubber grips; molded rubber foot pads; anatomically designed seat top; built in caster wheels.

Benefits: The AIR ROWER is the rowing machine choice for all on water rowing programs as well as health clubs, cardiac rehabilitation centers and corporate fitness centers. The rugged institutional grade construction assures minimal maintenance. The high performance electronic monitor is unique. Its accuracy allows for objective comparison between workouts, as well as allowing measured competition between individuals.

ASSEMBLY INSTRUCTIONS

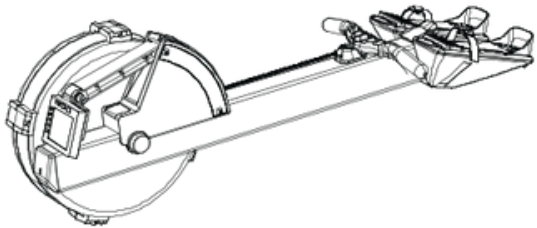
Weight: 57 lb (26 kg)
Dimensions: 8 ft x 2 ft (241 cm x 61 cm)
Space Required for use: 9 ft x 4 ft (275 cm x 122 cm)
Weight Capacity: 500 lb (227 kg)
*300 lb (135 kg) as tested per European Stationary Fitness Equipment Testing Standard EN 20957-7

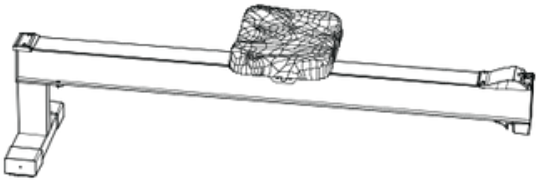


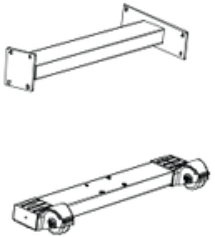
PARTS *not to scale

4mm wrench

X8
M8*16



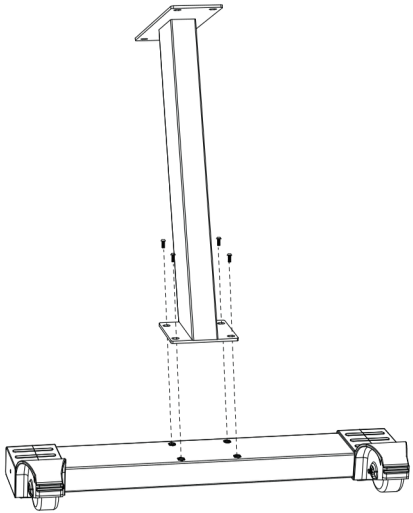




1

4mm wrench(1pcs)

M8*16 (4pcs)

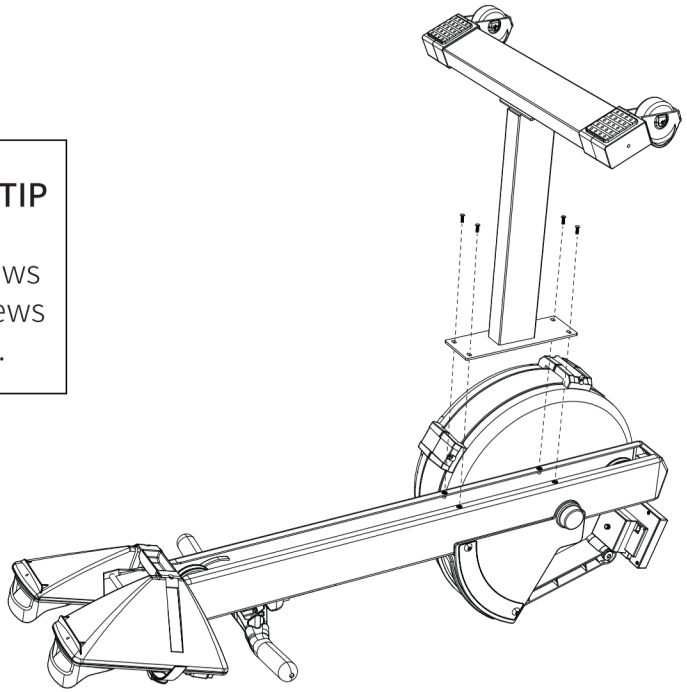


ASSEMBLY TIP
Do not fully tighten screws until all screws are in place.

2

4mm wrench(1pcs)

M8*16 (4pcs)



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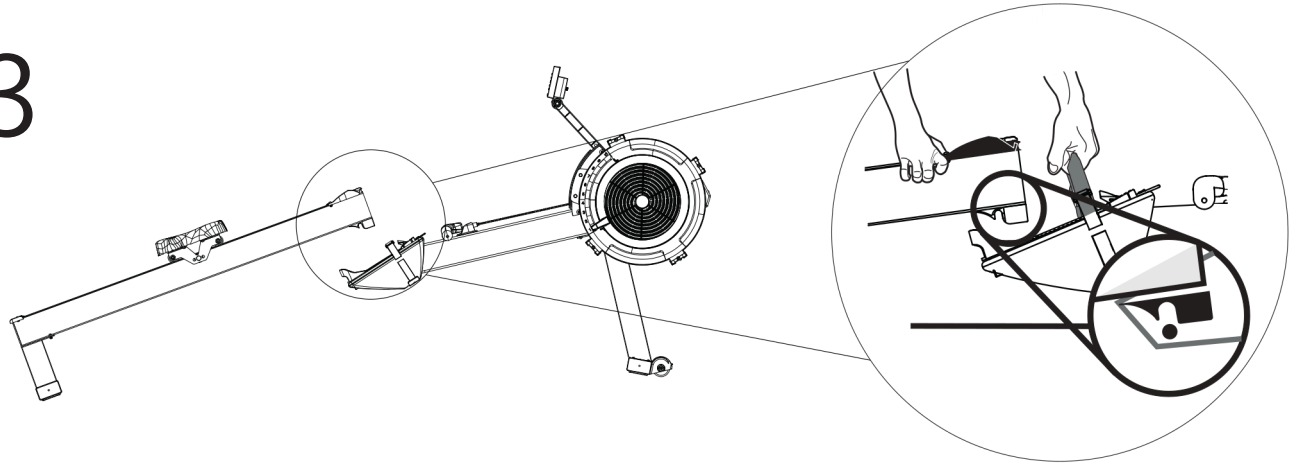
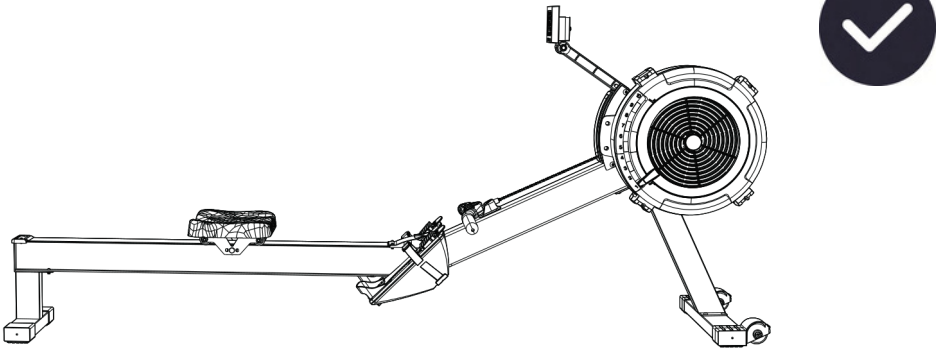




IMPORTANT USE AND SAFETY NOTES

• Use of this machine with a worn or weakened part, such as the chain, sprockets, chain/swivel connector, handle U-bolt or shock cord, may result in injury to the user. When in doubt about the condition of any part, we strongly advises that it be replaced immediately. Use only genuine orignal parts. Use of other parts may result in injury or poor performance of machine.

• The machine should be used on a stable level surface.

• The machine should NOT be bolted or permanently fixed to the floor. Doing so may result in permanent damage to the frame.

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

• Perform proper maintenance as described in the Maintenance section of this manual.

• Pull straight back with both hands. Do not row with one hand only. Abuse of the chain can result in injury.

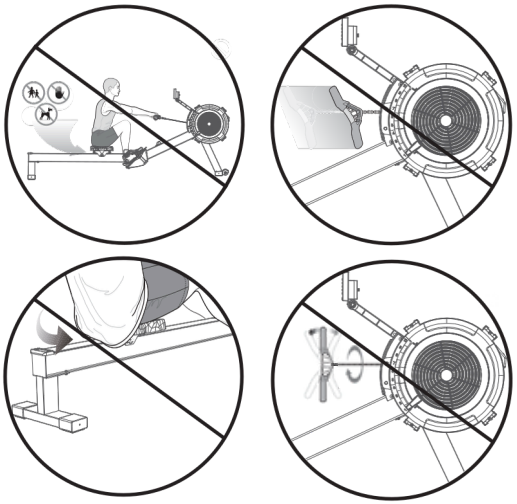
• Never twist chain or pull from side to side.

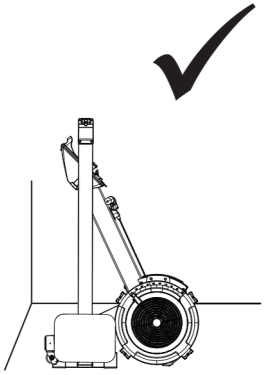
• Place handle against the chain guide or in handle hooks before letting go. Do not let handle fly into chain guide.

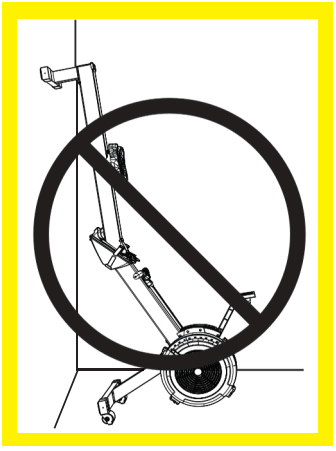
• ALWAYS PUT THE FRAMELOCK IN THE LOCKED POSITION WHEN THE FLYWHEEL AND MONORAIL SECTIONS ARE CONNECTED AND BEFORE MOVING THE ROWERG. FAILURE TO DO SO MAY RESULT IN INJURY IF THE UNIT IS LIFTED OR MOVED.

• To avoid possible injury, use caution while attaching the monorail section to the flywheel section and while operating the framelock.

• DO NOT stand the RowErg up on end as it may tip over.







RECOMMENDED MAINTENANCE SCHEDULE

⚠ WARNING! The safety level of the machine can be maintained only if it is examined regularly for damage and wear. Replace defective components immediately to ensure safety and performance or keep machine out of use until repair.

ON A REGULAR BASIS

Firmware is the internal software that runs your Performance Monitor. Your PM comes preinstalled with the latest firmware. However, new and improved versions are offered if needed.

DAILY

Wipe stainless monorail top with a cloth or non-abrasive scouring pad after use with a household all-purpose cleaner. Do not use bleach products, mineral acids or coarse abrasives.

EVERY 50 HOURS OF USE (Weekly for Institutional Users):

Lubricate the chain with a teaspoon of purified mineral oil, 3-IN-ONE® oil, or 20W motor oil. Apply oil to a paper towel, and rub the paper towel along entire length of chain. Wipe off the excess. Repeat if needed. Do not clean the chain with any kind of cleaner or solvent, e.g. WD-40®.

EVERY 250 HOURS OF USE (Monthly for institutional users):

1. Inspect chain for stiff links. If thorough lubrication does not help, the chain should be replaced.

2. Inspect chain-handle connection for wear. If the hole has become elongated, or the U-bolt is worn halfway through, replace the entire connection.

3. Tighten the shock cord if the handle does not return all the way to the fan enclosure.

4. Check screws for tightness, including those used for assembly.

5. Loosen or tighten the nuts on the Performance Monitor arm joints as necessary.

6. Check for dust inside flywheel with a flashlight. Vacuum if needed.

BEFORE YOUR FIRST ROW

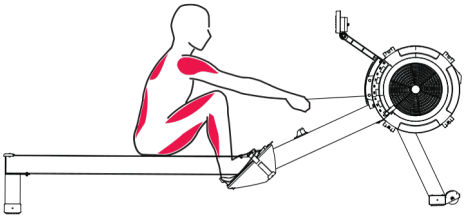
1. Consult your physician. Be sure that it is not dangerous for you to undertake a strenuous exercise program.
2. Carefully review the rowing technique information. Improper technique such as extreme layback or jumping off the seat can result in injury.

PROPER ROWING TECHNIQUE

The rowing stroke can be divided into two parts: the drive and the recovery.
The drive is in the work portion of the strokes; the recovery is the rest portion that prepares you for the next drive. The body movements of the recovery are essentially the reverse of the drive. Blend these movements into a smooth continuum to create the rowing stroke.

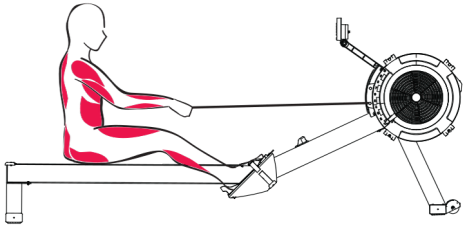
THE CATCH

• Arms are straight; head is neutral; shoulders are level and not hunched.
• Upper body is leaning forward from the hips with the shoulders in front of the hips.
• Shins are vertical, or as close to vertical as comfortable for you. Shins should not move beyond perpendicular.
• Heels may lift as needed



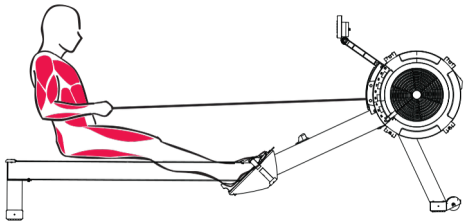
THE DRIVE

• Start the drive by pressing with your legs, and then swing the back through the vertical position before finally adding the arm pull.
• Hands move in a straight line to and from the flywheel
• Shoulders remain low and relaxed.



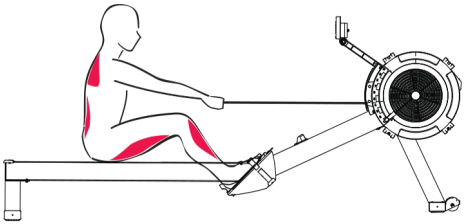
THE FINISH

• Upper body is leaning back slightly, using good support from the core muscles.
• Legs are extended and handle is held lightly below your ribs.
• Shoulders should be low with wrists and grip relaxed. Wrists should be flat.



THE RECOVERY

• Extend your arms until they straighten before leaning from the hips towards the flywheel.
• Once your hands have cleared your knees, allow your knees to bend and gradually slide the seat forward on the monorail.
• For your next stroke, return to the catch position with shoulders relaxed and shins vertical.



GETTING STARTED

1. How to set up.

• Set damper between 3 and 5 for the best aerobic workout.

• Aim for a stroke rate of between 24 and 30 spm (strokes per minute).

• Row no more than 5-10 minutes the first day to let your body adjust to the new exercise.

2. Gradually increase time and intensity over the first two weeks.

• Remember to warm up before starting to row harder.

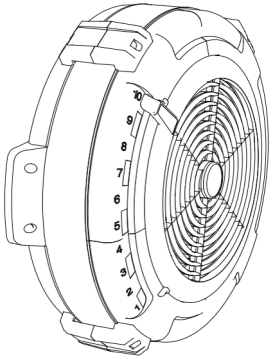
• Build intensity by pulling harder. The faster you get the flywheel spinning, the more resistance you will feel.

• Do not row at full power until you are comfortable with the technique and have rowed for at least a week.

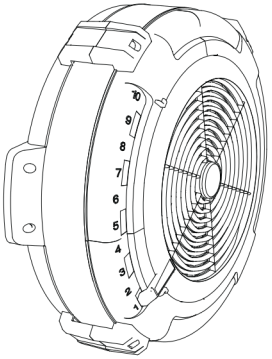
• Like any physical activity, if you increase the volume and intensity too rapidly, fail to warm up properly, or use poor technique, you will increase the risk of injury.

DAMPER SETTINGS ON THE FLYWHEEL

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. Rowing with the damper setting too high can be detrimental to your training program because it may refine your output and increase your risk of injury.



Up for slower



Down for faster