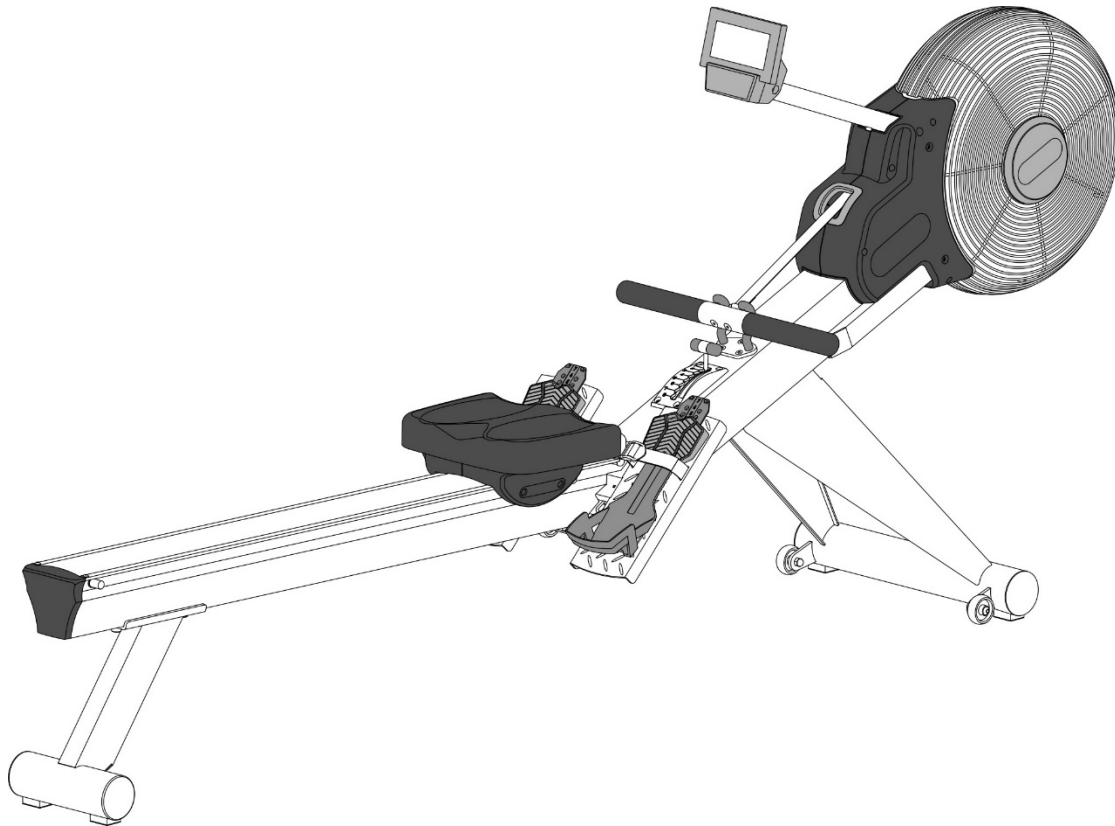


# SOLE

FITNESS

Model: 16808139000



## ***R900 MAGNETIC FAN ROWER*** OWNER'S MANUAL

PLEASE CAREFULLY READ THIS ENTIRE MANUAL BEFORE OPERATING YOUR NEW ROWER

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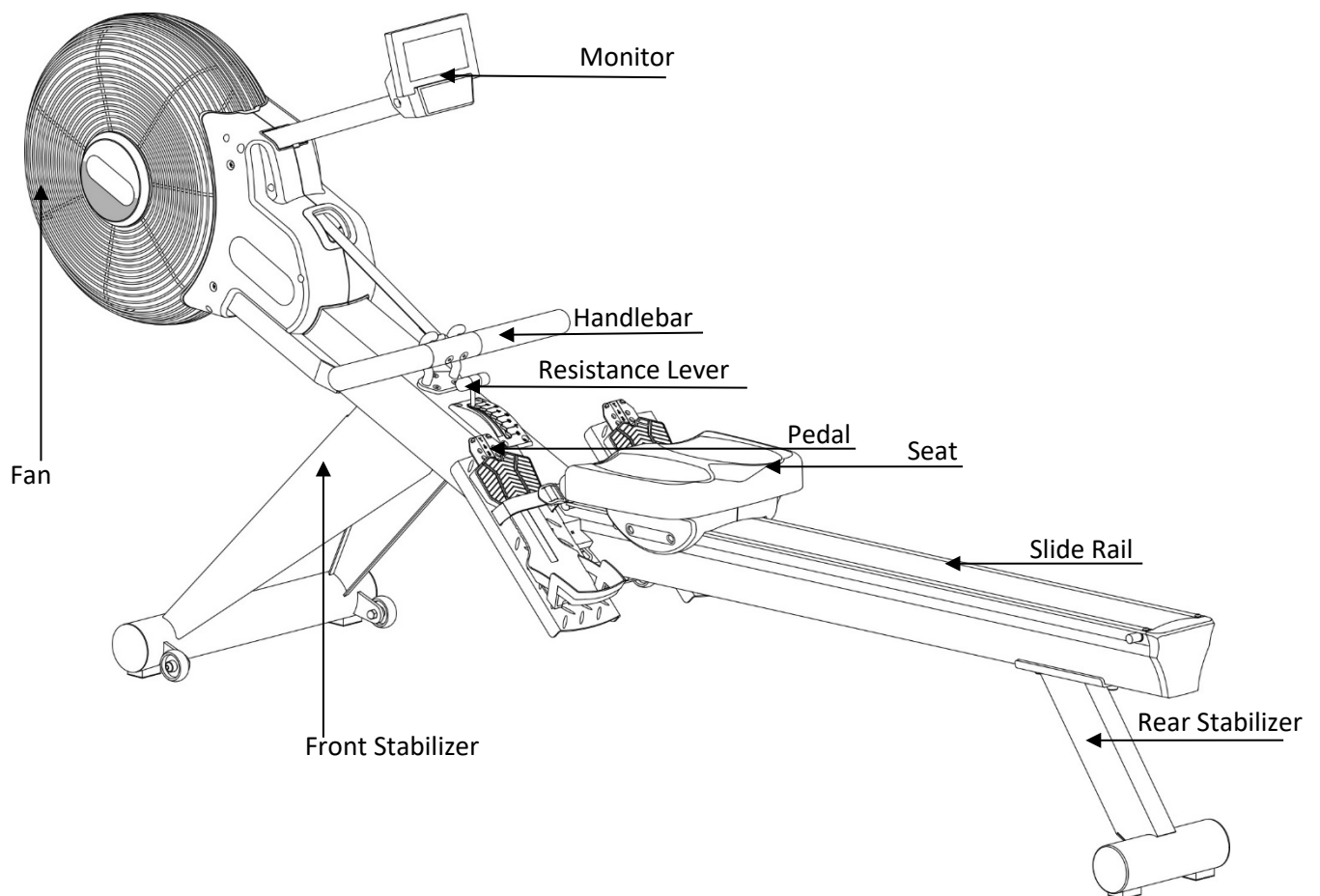
## **ATTENTION**

THIS ROWER IS INTENDED FOR **RESIDENTIAL USE ONLY** AND IS WARRANTED FOR THE APPLICATION. ANY OTHER APPLICATION **VOIDS** THIS WARRANTY IN ITS ENTIRETY.

## BEFORE YOU BEGIN

Thank you for choosing the SOLE R900 Rower. We take great pride in producing this quality product and hope it will provide many hours of quality exercise to make you feel better, look better, and enjoy life to its fullest. It is proven that a regular exercise program can improve your physical and mental health. Too often, our busy lifestyles limit our time and opportunity to exercise. The SOLE R900 Rower provides a convenient and straightforward method to begin your assault on getting your body in shape and achieving a happier and healthier lifestyle. Before reading further, please review the drawing below and familiarize yourself with the parts that are labelled.

Read this manual carefully before using the SOLE R900 Rower. Although Dyaco Canada Inc. constructs its products with the finest materials and uses the highest standards of manufacturing and quality control, there can sometimes be missing parts or incorrectly sized parts. If you have any questions or problems with the parts included with your SOLE R900 Rower, please do not return the product. Contact us FIRST! If a part is missing or defective, call us toll-free at 1-888-707-1880. Our Customer Service Staff can assist you from 8:30 A.M. to 5:00 P.M. (Eastern Time) Monday through Friday. Be sure to have the name and model number of the product available when you contact us.





CONGRATULATIONS ON YOUR NEW ROWER AND WELCOME TO THE SOLE FAMILY!

Thank you for your purchase of this quality SOLE Rower from Dyaco Canada Inc. Your new Rower has been manufactured by one of the leading fitness manufacturers in the world and is backed by one of the most comprehensive warranties available. Dyaco Canada Inc. will do all we can to make your ownership experience as pleasant as possible for many years to come.

If you have any questions about your new SOLE product or questions about the warranty, contact Dyaco Canada Inc. at 1-888-707-1880.

Please take a moment to record the name of the dealer, their telephone number, and the date of purchase below to make any future, needed contact easy. We appreciate your support, and we will never forget that you are the reason we are in business. Please go to [www.dyaco.ca/warranty.html](http://www.dyaco.ca/warranty.html) and complete the online warranty registration.

Yours in health,  
Dyaco Canada Inc.

Name of Dealer \_\_\_\_\_

Telephone Number of Dealer \_\_\_\_\_

Purchase Date \_\_\_\_\_

## ***Product Registration***

### **RECORD YOUR SERIAL NUMBER**

Please record the Serial Number of this fitness product in the space provided below.

Serial Number \_\_\_\_\_

### **REGISTER YOUR PURCHASE**

Please visit us at [www.dyaco.ca/warranty.html](http://www.dyaco.ca/warranty.html) to register your purchase.

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. Should you find this product to have either a defective or a missing part, please contact us for a replacement.

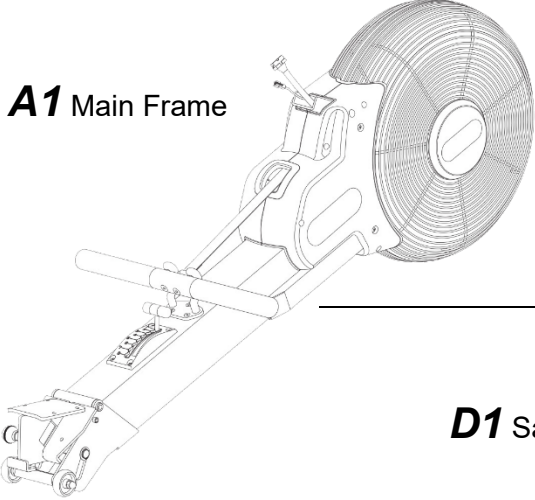
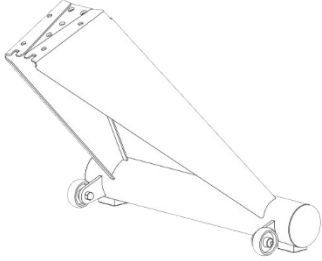

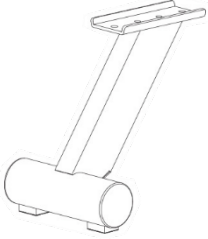
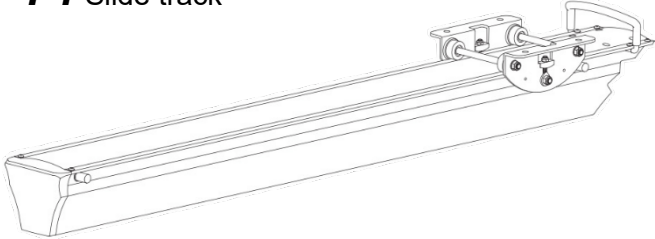


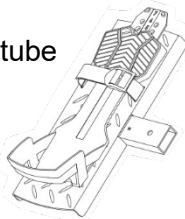


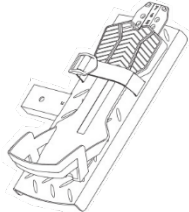
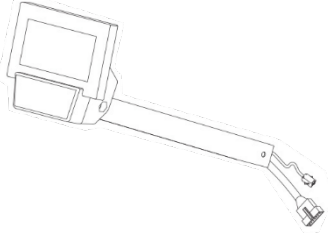
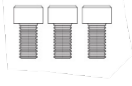
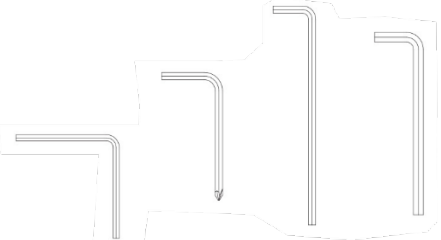
# IMPORTANT SAFETY INSTRUCTIONS

**WARNING** Serious injury could occur if these safety precautions are not observed. 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 the assembly and operation of this machine. Also, please note the following safety precautions:

1. Read the OWNER'S OPERATING MANUAL and all accompanying literature and follow it carefully before using your rowing machine.
2. 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.
3. Inspect your exercise equipment before exercising to ensure that all nuts and bolts are fully tightened before each use.
4. The rowing machine must be regularly checked for signs of wear and damage. Any part found defective must be replaced with a new part from the manufacturer.
5. Fitness equipment must always be installed on a flat surface; It is recommended to use an equipment mat to prevent the unit from moving while it is being used, which could scratch or damage your floor's surface.
6. No changes must be made which might compromise the safety of the equipment.
7. It is recommended to have a minimum of 2' safe clearance around the exercise equipment while in use.
8. Ensure that the rail is adequately locked when in storage.
9. Do not allow children to use or play on the Rower. Keep children and pets away from this equipment at all times while exercising.
10. One person should only use the Rower at a time.
11. Maximum user weight 515lbs (234KG).
12. Warm up 5 to 10 minutes before each workout and cool down 5 to 10 minutes afterward. This allows your heart rate to increase and decrease gradually and will help prevent you from straining muscles.
13. Never hold your breath while exercising. Breathing should remain at a regular rate in conjunction with the level of exercise being performed.
14. Always wear suitable clothing and footwear while exercising. Do not wear loose-fitting clothing that could become entangled with the moving parts of your rowing machine. Do not exercise in bare feet or socks. Proper footwear such as running, walking, or cross-training shoes should be worn.
15. Tie all long hair back. Remove all personal jewelry before exercising.
16. Be careful to maintain your balance while using, mounting, dismounting the Rower. Loss of balance may result in a fall and bodily injuries.
17. After eating, allow 1-2 hours before exercising as this will help to prevent muscle strain.
18. Injuries may result from incorrect or excessive training and using the equipment other than as directed or recommended by your doctor.
19. Care must be taken when lifting or moving the equipment so as not to injure your back. Always use proper lifting techniques.
20. Do not use the seat to move the SOLE Rower. The seat will move, and the seat carriage may pinch your hands or fingers. When folding or unfolding the unit, keep all children away and make sure hands are clear of any folding or pinch point.



# PARTS LIST

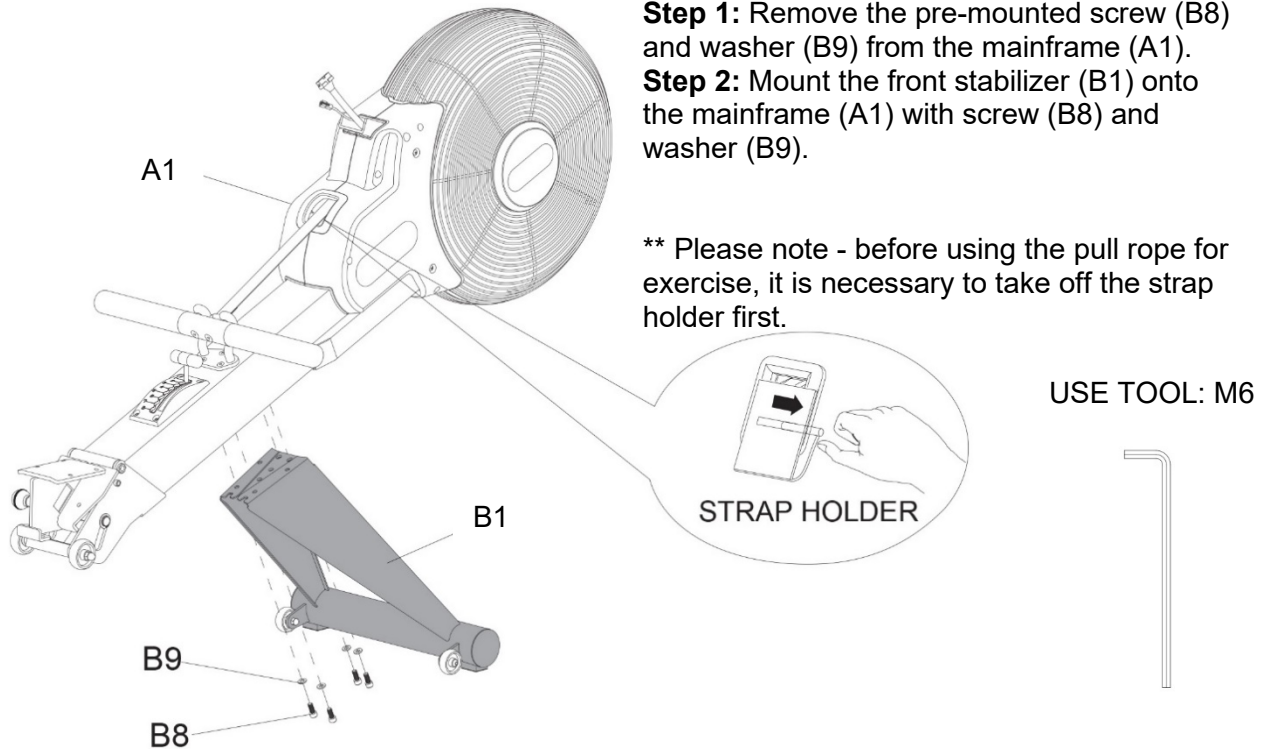
 <p><b>A1</b> Main Frame</p>	 <p><b>B1</b> Front</p>
 <p><b>D1</b> Saddle</p>	 <p><b>C1</b> Rear stabilizer</p>
 <p><b>F1</b> Slide track</p>	 <p><b>L</b> Chest strap</p>
 <p><b>D3</b> Slide cover</p>	 <p><b>H</b> Pedal &amp; Pedal connecting tube</p>  <p><b>H1</b> Pedal (L)</p>  <p><b>E2</b></p>  <p><b>H2</b> Pedal (R)</p>
 <p><b>G1</b> Console</p>	<p><b>Tools:</b></p> <p>(G6)Screw M6*12</p>   <p>M5 M6 M6 M8</p>

Note: Above parts are all the parts needed to assemble this machine. Before you start to assemble, please check the hardware to make sure they are included.

# R900 ASSEMBLY INSTRUCTIONS

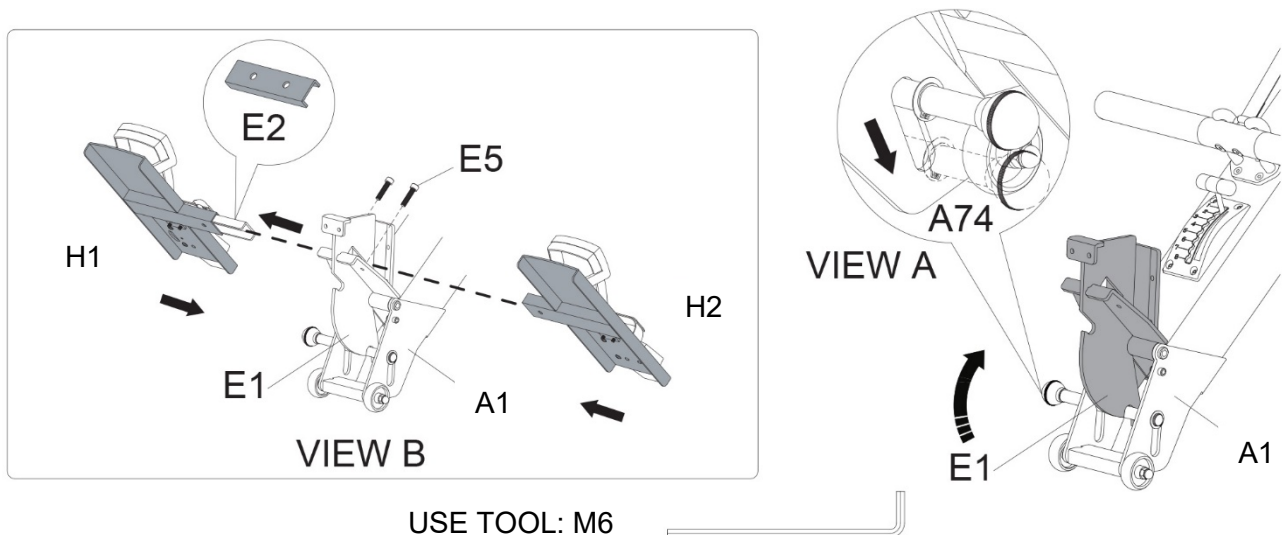
## FIGURE 1 - HOW TO ASSEMBLE THE FRONT STABILIZER

NOTE: We recommend having 2 people assemble the product. Otherwise, place the mainframe (A) flat on the carton box lid for assembly.



## FIGURE 2 - HOW TO ASSEMBLE THE PEDAL

- Step 1:** Push down the locking handle (A74), let the shaft base (E1) rotate upwards. (VIEW A)
- Step 2:** Remove two pre-mounted screws (E5) from the mainframe (A1).
- Step 3:** Insert the connecting pedal tube (E2) into the L-pedal (H1) and then the R-pedal (H2). (VIEW B) then mount the pedal (L&R) onto the mainframe (A1).
- Step 4:** Screw shaft base (E1) pedal connecting tube (E2) and pedal with screws (E5). (VIEW B)





## FIGURE 3 - HOW TO ASSEMBLE THE REAR STABILIZER, SADDLE AND SADDLE COVER

**Step 1:** Remove two pre-mounted screws (C2) and washer (C3) from the slide track (F1).

**Step 2:** Remove four pre-mounted screws (D8) from the saddle (D1).

**Step 3:** Remove four pre-mounted screws (D2) from the saddle holder (D7).

**Step 4:** Use two screws (C2) and a washer (C3) to attach the rear stabilizer (C1) to the slide track (F1).

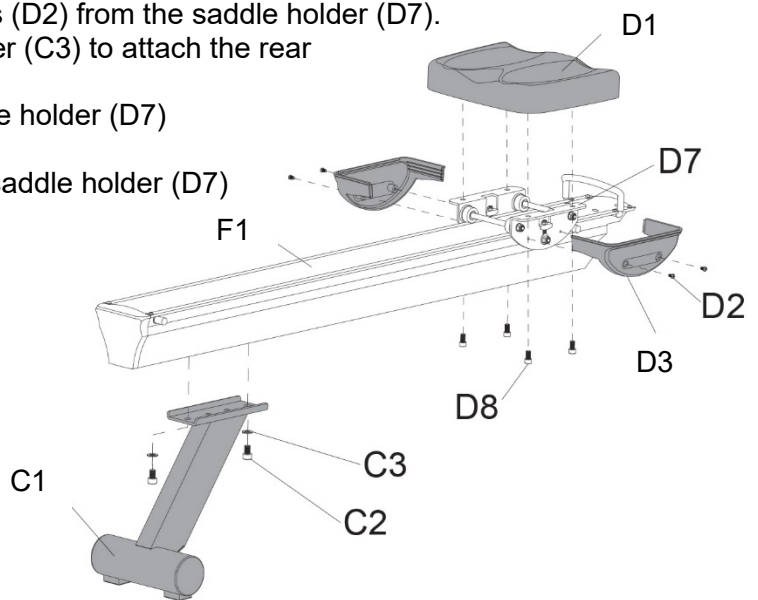
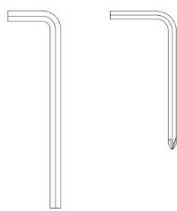
**Step 5:** Fit the saddle (D1) onto the saddle holder (D7) using four screws (D8).

**Step 6:** Fit the side covers (D3) onto the saddle holder (D7) using four screws (D2).

USE TOOL:

M8

M6



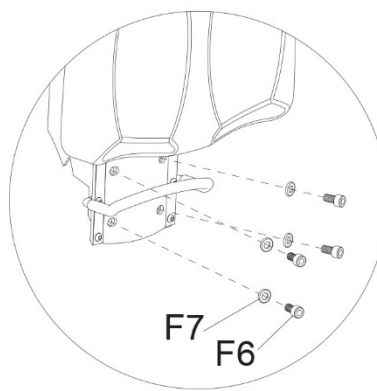
## FIGURE 4 - HOW TO ASSEMBLE THE SLIDE TRACK

**Step 1:** Remove six pre-mounted screws (F6) and washer (F7) from the mainframe (A1).

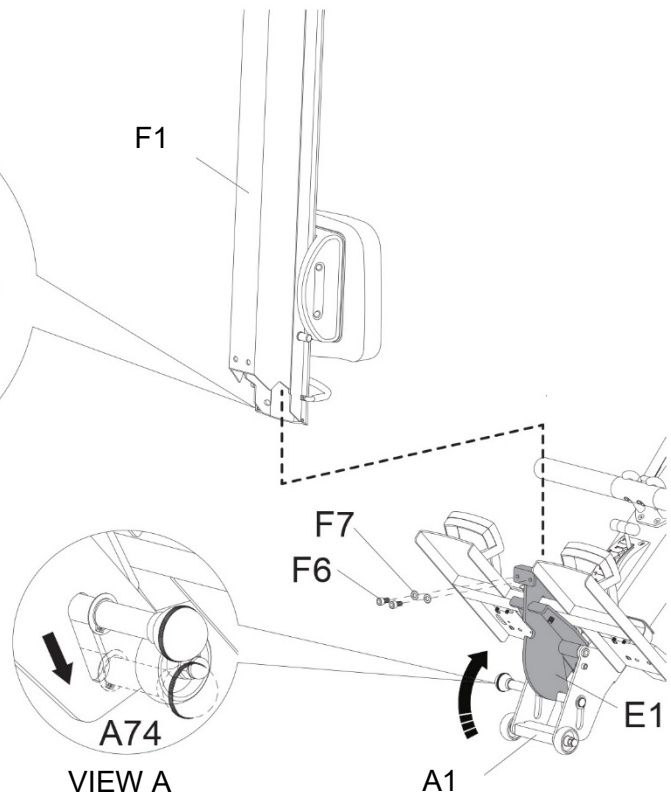
**Step 2:** Push down the locking handle (A74) and allow the shaft base (E1) to rotate upwards. (VIEW A).

**Step 3:** Fit the slide track (F1) to the shaft base (E1) using six screws (F6) and washers (F7).

USE TOOL: M6



OTHER SIDE



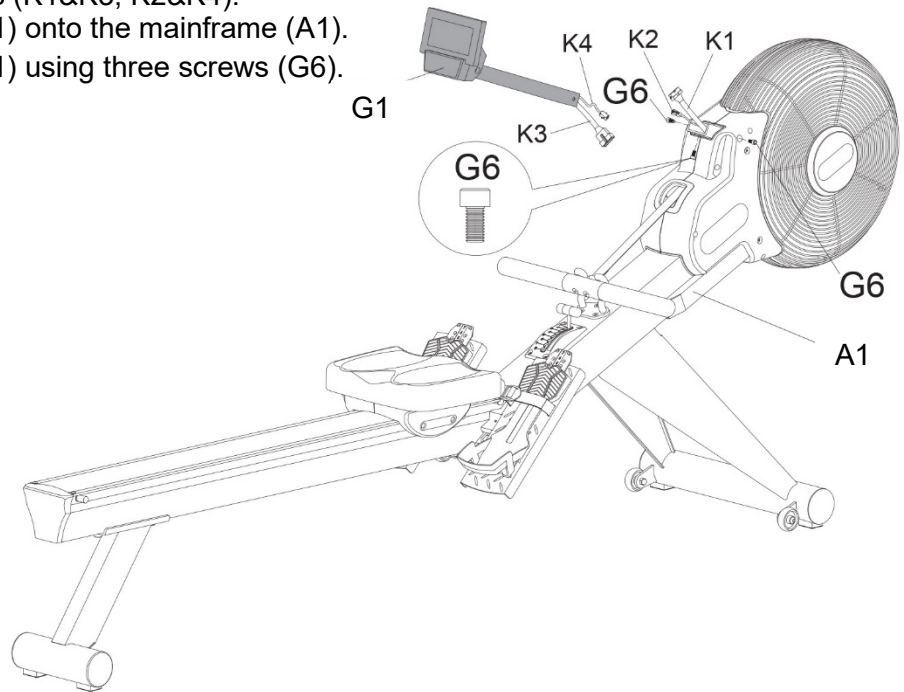
## FIGURE 5 - HOW TO ASSEMBLE THE CONSOLE

**Step 1:** Connect console wires (K1&K3, K2&K4).

**Step 2:** Mount the console (G1) onto the mainframe (A1).

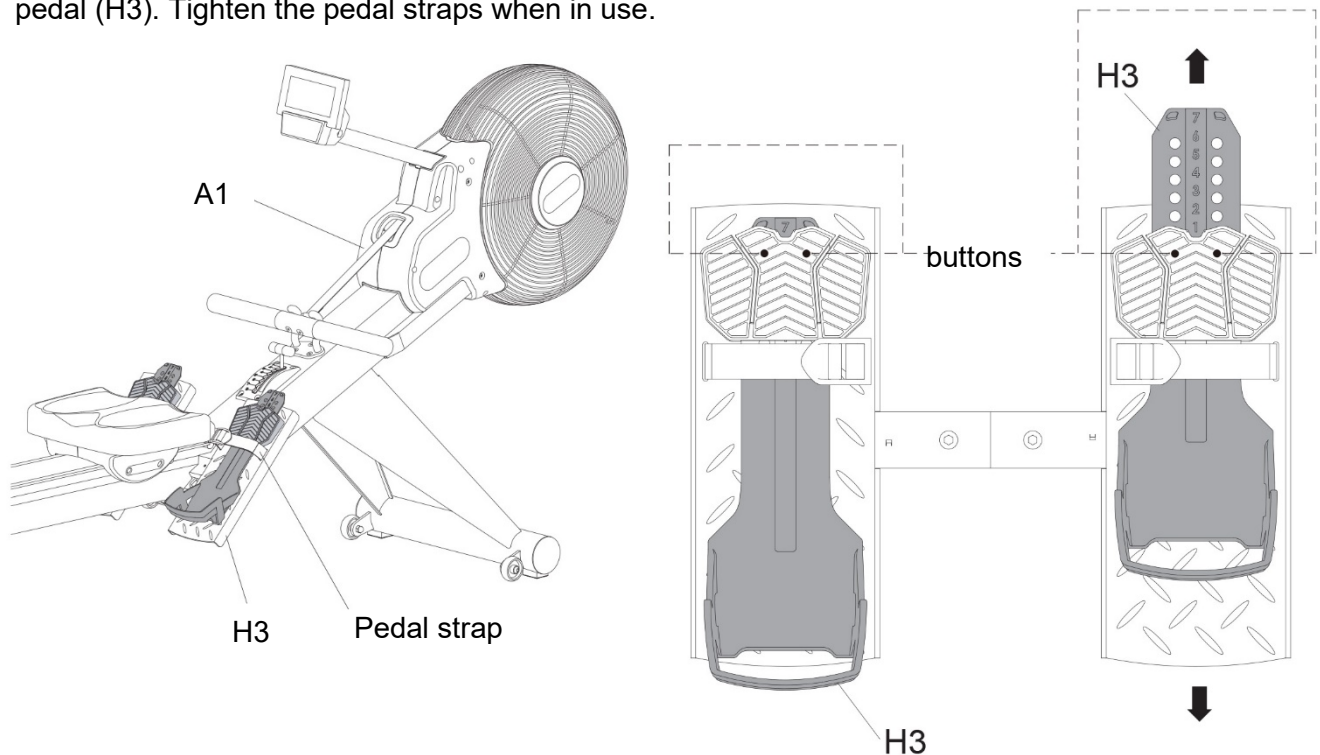
**Step 3:** Screw the console (G1) using three screws (G6).

USE TOOL: M5



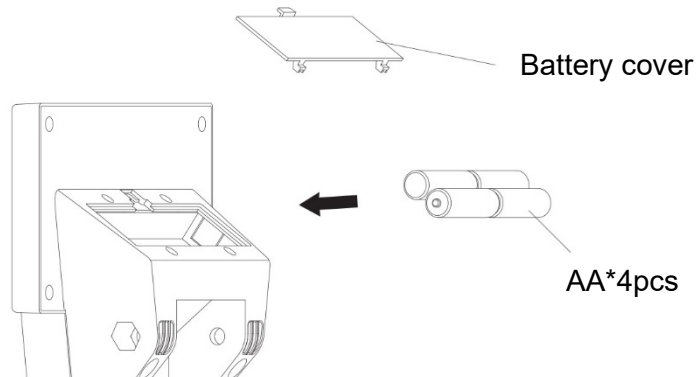
## FIGURE 6 - HOW TO ADJUST THE PEDAL

If you want to adjust the pedal position, pull up the pedal at the same time while lifting off the two buttons. Move the pedal (H3) up or down to the desired position, then secure the pedals over the buttons to secure in place. There are 7 pedal positions. Use the same process to adjust the left pedal (H3). Tighten the pedal straps when in use.

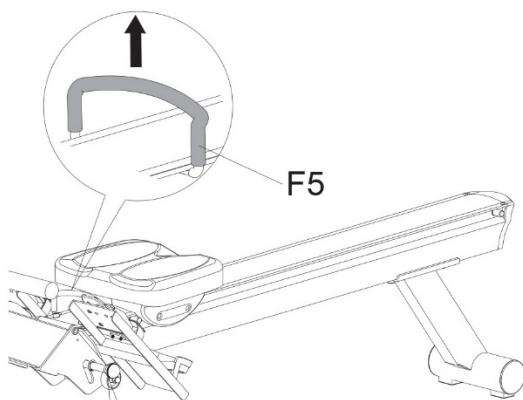


## FIGURE 7 - HOW TO REPLACE THE BATTERY

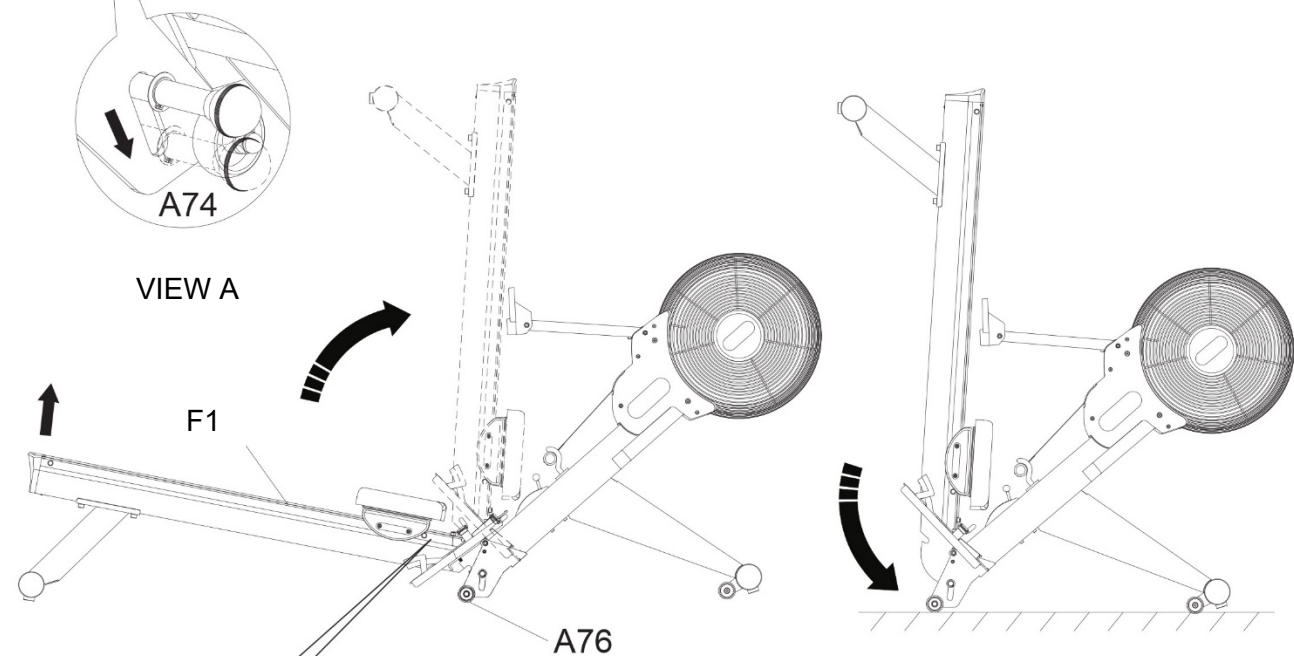
Remove the battery cover and install the new batteries.  
Battery specifications: AA\*4pcs



## FIGURE 8 - HOW TO FOLD THE MACHINE

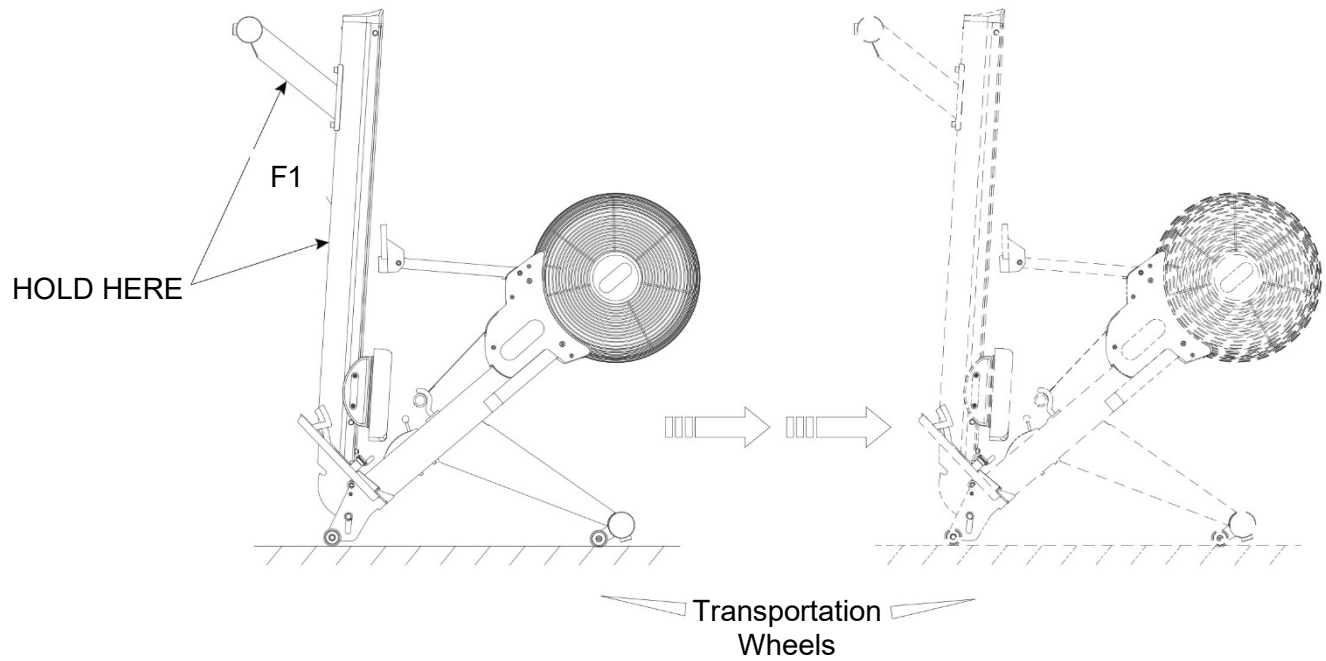


**Step 1:** Pull up the small handlebar (F5) slightly, then push down the locking handle (A74). (VIEW A)  
**Step 2:** Let the supporting wheel (A76) touch the ground.  
**Step 3:** Fold up the slide tracking (F1) as shown; the locking handle will tuck away on the mainframe.  
\* Caution: Hold the slide tracking until the locking handle is secured.



## FIGURE 9 - HOW TO MOVE THE MACHINE

After folding the machine, place hands on slide track (F1), as noted in the diagram below. Easily move the machine using the transportation wheels to a new location.

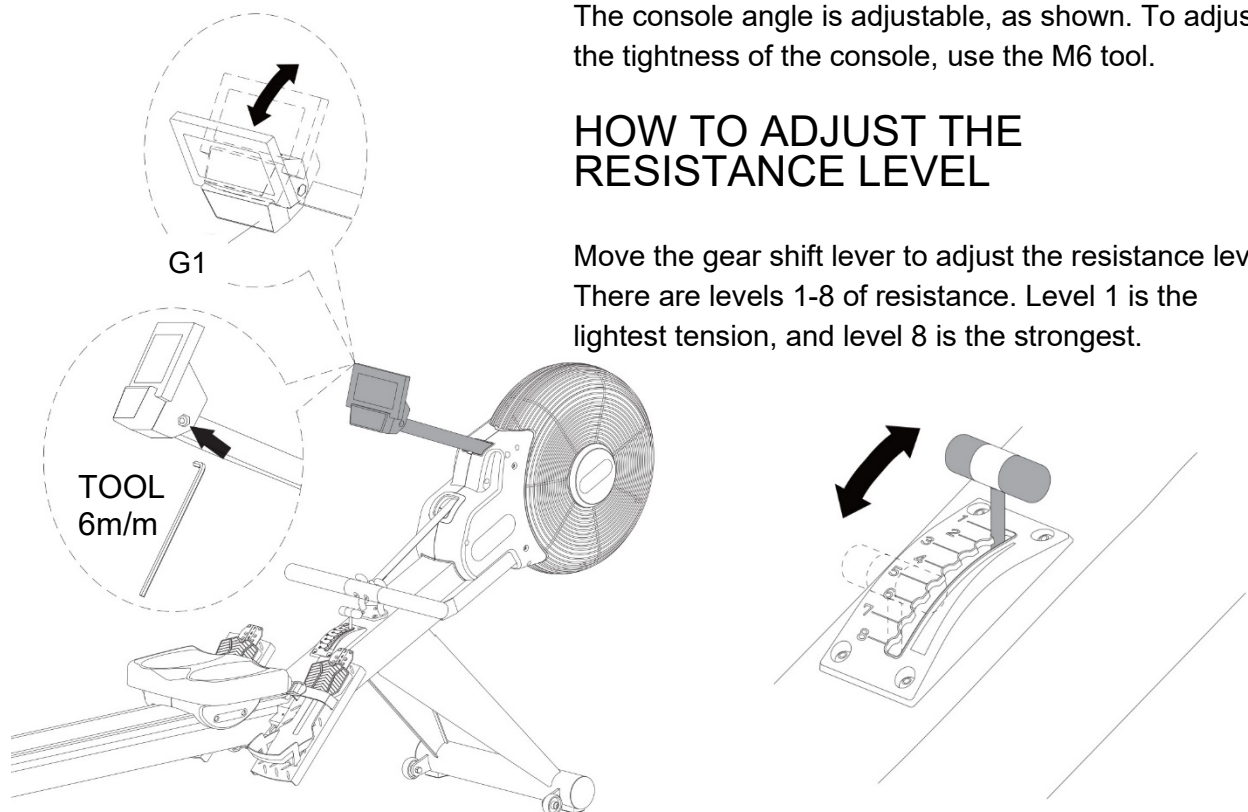


## FIGURE 10 - HOW TO ADJUST THE POSITION FOR CONSOLE & CONSOLE HOUSING

The console angle is adjustable, as shown. To adjust the tightness of the console, use the M6 tool.

### HOW TO ADJUST THE RESISTANCE LEVEL

Move the gear shift lever to adjust the resistance level. There are levels 1-8 of resistance. Level 1 is the lightest tension, and level 8 is the strongest.




# OPERATION OF YOUR ROWER

## GETTING FAMILIAR WITH THE CONTROL PANEL

### R900 CONSOLE



### DISPLAY FUNCTIONS

ITEM	DESCRIPTION
<p><b>MAIN DISPLAYS</b> (  )</p>	<ul style="list-style-type: none"> <li>• Main displays for 8 performance measurements.</li> <li>1. HH-MM-SS - Total workout time display when rowing (hours-minutes-seconds)</li> <li>2. AVG M/ST - Average distance of each session</li> <li>3. AVG SPM - Average rowing time per minute</li> <li>4. AVG TIME/500M - Average time to finish 500 meters</li> <li>5. AVG WATT - Average watt</li> <li>6. CAL/HOUR - Burned calories during rowing</li> <li>7. MAX HR - Maximum heart rate display range</li> <li>8. MAX WATT - Maximum watt display range</li> </ul>
<b>WATTS</b>	• Displays watts
<b>CALORIES</b>	• Displays total calories
<b>LEVEL INT.</b>	<ul style="list-style-type: none"> <li>• Displays resistance level</li> <li>• In INT.(interval) mode, displays interval cycle</li> </ul>
<b>WORK TIME</b>	• Displays amount of time spent rowing. (does not count rest)
<b>METERS</b>	• Displays total distance rowed in meters.
<b>STROKES</b>	• Displays total number of strokes.
<b>PULSE</b>	• Displays heart rate when connected to a heart rate monitor.
<b>REST TIME/500M</b>	<ul style="list-style-type: none"> <li>• In INT.(interval) mode, displays rest time.</li> <li>• Projected time needed to complete 500 meters based on all strokes)</li> </ul>
<b>SPM</b>	• Displays stroke per minute (stroke rate)

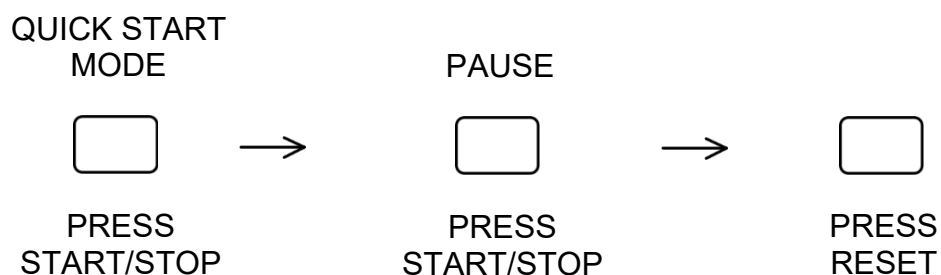
## KEY FUNCTION

ITEM	DESCRIPTION
UP	<ul style="list-style-type: none"><li>• Increase function value or set selection.</li></ul>
DOWN	<ul style="list-style-type: none"><li>• Decrease function value or set selection.</li></ul>
ENTER	<ul style="list-style-type: none"><li>• Confirm setting or selection.</li></ul>
RESET	<ul style="list-style-type: none"><li>• Hold on pressing for 2 seconds, computer will reboot.</li><li>• Clear setting value.</li><li>• Reverse to main menu after finishing a workout.</li></ul>
<b>START</b> <b>STOP</b>	<ul style="list-style-type: none"><li>• Start or Stop rowing exercise.</li></ul>

## OPERATION PROCEDURE

### 1. QUICKSTART

- 1) When the console powers on, press "START/ STOP "key, the program will begin the "QUICK START" mode.
- 2) During the exercise, the digital display "TIME / DISTANCE / CALORIES / STROKES" will increase accordingly.
- 3) If there is no SPM signal input, TIME / DISTANCE / CALORIES / STROKES will stop counting temporarily and continue the counting once the SPM signal has input.
- 4) During the exercise, press the START/STOP key to pause workout. Press the RESET button to clear the displayed data and back to standby mode to start the function.

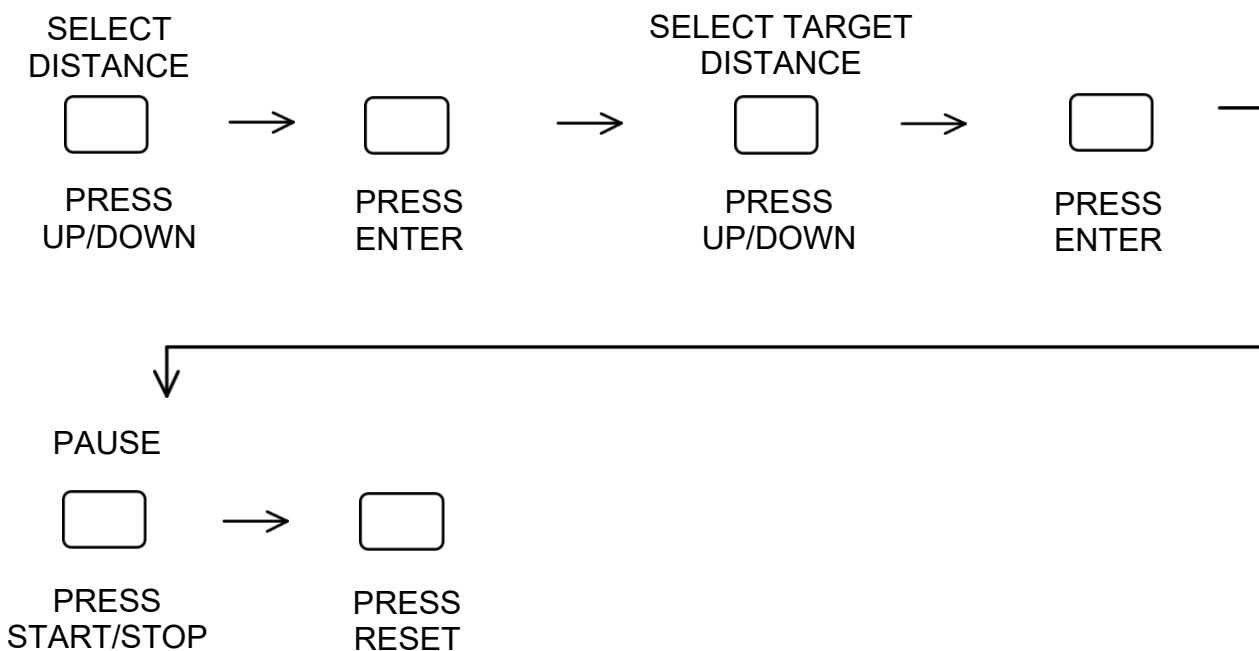


## 2. TARGET DISTANCE – PROGRAM

In power-on mode, select "DISTANCE" "PROGRAM" and "ENTER" to confirm, then enter to start the program automatically.

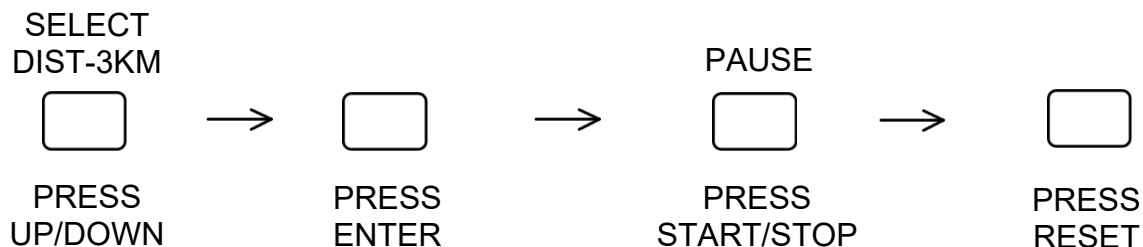
### • DISTANCE SETTING PROGRAM

- 1) Select DISTANCE – PROGRAM and press ENTER key, the program will flash and begin the built-in 2000 meters distance program.
- 2) Press UP/DOWN key to set target distance value and press ENTER to confirm. The distance display range is from 100~10000 METERS.
- 3) During rowing with SPM signal input, the program will start to countdown from the set target distance. The digital display "TIME, CALORIES, STROKES" will increase accordingly.
- 4) During the exercise, press START/STOP key to pause workout. Press the RESET button to clear the displayed data and back to standby mode to start the function.



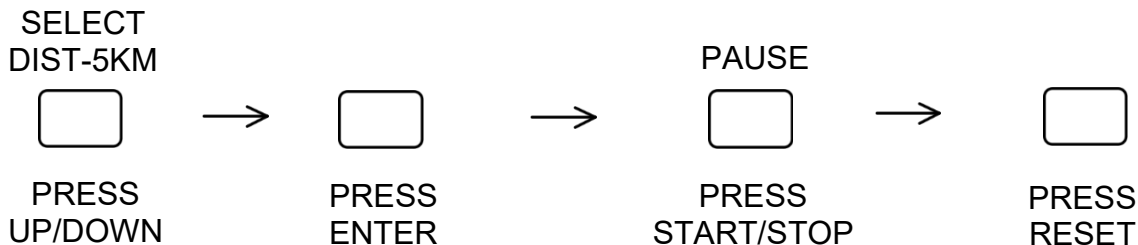
## 3. TARGET DIST- 3KM – PROGRAM

- 1) In power-on mode, select "DIST-3KM" PROGRAM key and press ENTER to confirm. The program will begin the built-in 3000 meters DISTANCE program.
- 2) During the rowing with SPM signal input, the program will start to countdown from the set target distance. The digital display "TIME, CALORIES, STROKES" will increase accordingly.
- 3) During the exercise, press START/STOP key to pause the workout. Press the RESET button to clear the displayed data and back to standby mode to start the function.



## 4. TARGET DIST- 5KM – PROGRAM

- 1) In power-on mode, select "DIST-5KM" PROGRAM key and ENTER to confirm. The program will begin the built-in 5000 meters DISTANCE program.
- 2) During the rowing with SPM signal input, the program will start to countdown from the set target distance. The digital display "TIME, CALORIE, STROKES" will increase accordingly.
- 3) During the exercise, press START/STOP key to pause the workout. Press the RESET button to clear the displayed data and back to standby mode to start the function.

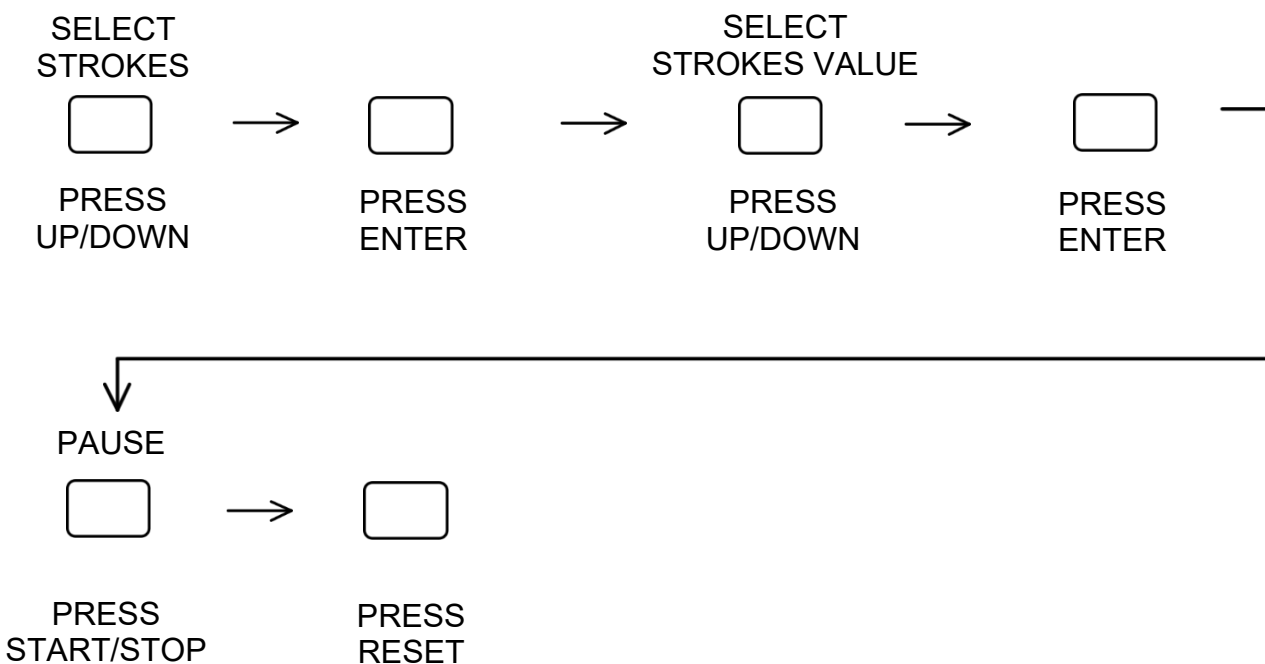


## 5. TARGET STROKE – PROGRAM

In power-on mode, select "STROKES" PROGRAM key and "ENTER" to access the settings.

### • STROKES SETTING PROGRAM

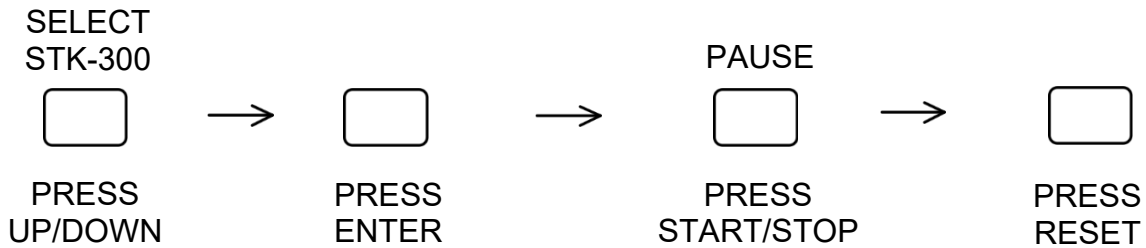
- 1) Select STROKES-PROGRAM and press ENTER key to confirm, the program will flash and begin the built-in 200 times program.
- 2) Press UP/DOWN key to set STROKE value and press ENTER to confirm. The STROKE display range is from 10~9990.
- 3) During the rowing with SPM signal input, the program will start to countdown from the set STROKE. The digital display "TIME, CALORIE, METERS" will increase accordingly.
- 4) During the exercise, press START/STOP key to pause workout. Press the RESET button to clear the displayed data and back to standby mode to start the function.





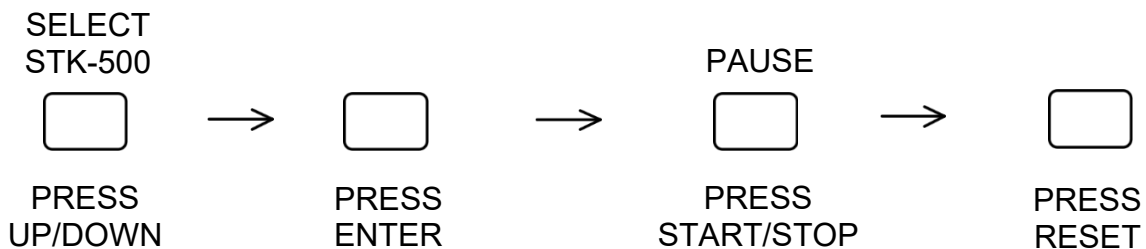
## 6. TARGET STK-300 – PROGRAM

- 1) In power-on mode, select "STK-300" PROGRAM and "ENTER" to confirm, the program will begin the built-in 300 STROKE start mode automatically.
- 2) During the rowing with SPM signal input, the program will start to countdown from the "300 STROKES" DISPLAY. The digital display "TIME , CALORIE, METERS" will increase accordingly.
- 3) During the exercise, press START/STOP key to pause the workout. Press the RESET button to clear the displayed data and back to standby mode to start the function.



## 7. TARGET STK-500 – PROGRAM

- 1) In power-on mode, select "STK-500" PROGRAM key and "ENTER" to confirm, the program will begin the built-in 500 STROKE start mode automatically.
- 2) During the rowing with SPM signal input, the program will start to countdown from the "500 STROKES" DISPLAY. The digital shown with display "TIME, CALORIE, METERS" will increase accordingly.
- 3) During the exercise, press START/STOP key to pause the workout. Press the RESET button to clear the displayed data and back to standby mode to start the function.

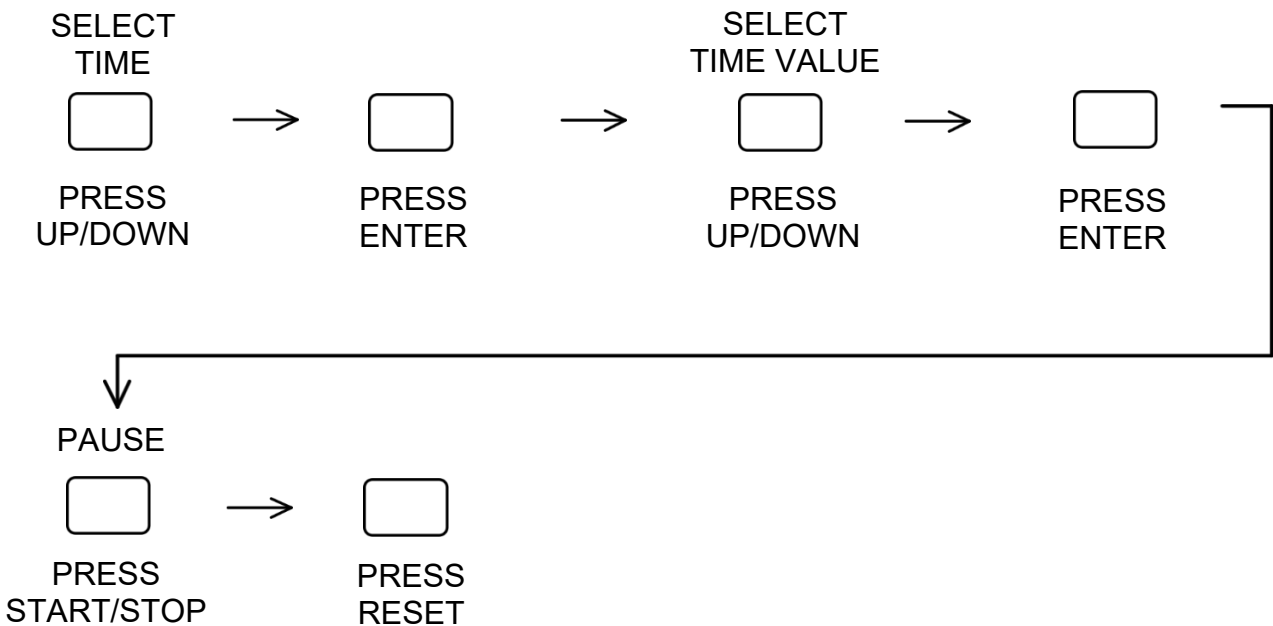


## 8. TARGET TIME – PROGRAM

In power-on mode, select "TIME "PROGRAM key and "ENTER" to access the settings.

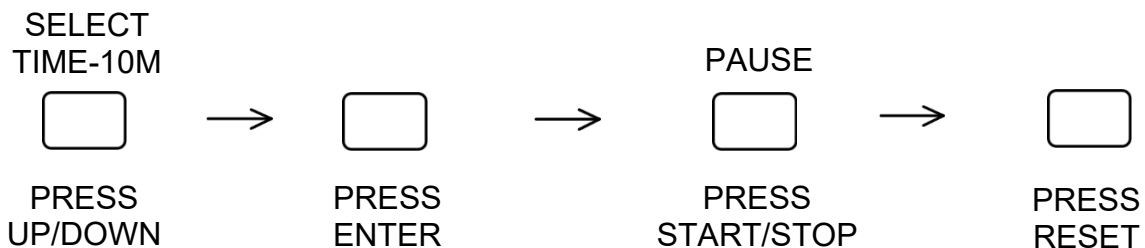
### • TIME SETTING PROGRAM

- 1) Select TIME-PROGRAM and press ENTER key to confirm, the program will begin the built-in 20:00 minute count.
- 2) Press UP/DOWN to set TIME program and press ENTER to confirm it.  
The TIME display setting range is 1:00~99:00.
- 3) During the rowing with SPM signal input, the program will start to countdown from the "TIME" DISPLAY. The digital display for "CALORIES, METERS, STROKES" will increase accordingly.
- 4) During the exercise, press START/STOP key to pause the workout. Press the RESET button to clear the displayed data and back to standby mode to start the function.



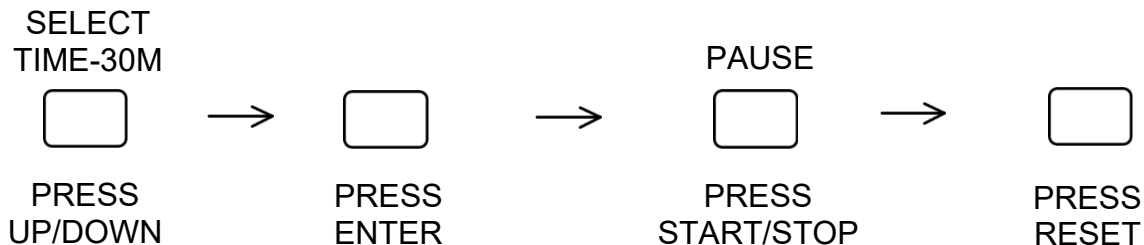
## 9. TARGET TIME-10M – PROGRAM

- 1) Press UP/DOWN to set "TIME-10M" PROGRAM and press ENTER to confirm it. The program will begin the built-in 10:00 minute TIME count.
- 2) During the rowing with SPM signal input, the program will start to countdown from the "10: 00 TIME" DISPLAY. The digital display showing "CALORIES, METERS, STROKES" will increase accordingly.
- 3) During the exercise, press START/STOP key to pause workout. Press the RESET button to clear the displayed data and come back to standby mode to start the function.



## 10. TARGET TIME-30M – PROGRAM

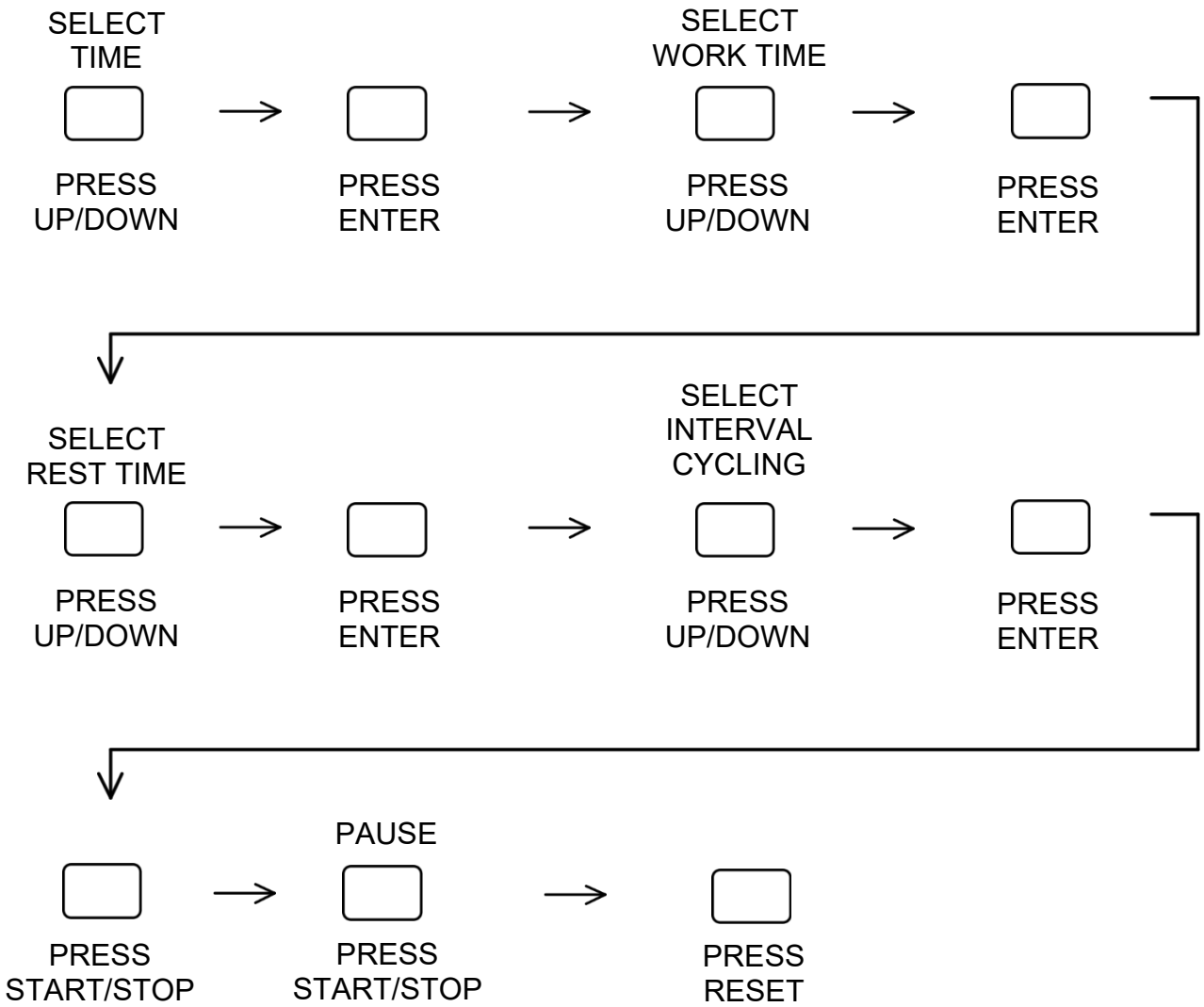
- 1) Select TIME-30M and press ENTER key to confirm, the program will enter to the built-in program by 30:00 minutes automatically.
- 2) During the rowing with SPM signal input, the program will start to countdown from the "30: 00 TIME" DISPLAY. The digital display showing "TIME / DISTANCE / CALORIES / STROKES" will increase accordingly.
- 3) During the exercise, press START/STOP key to pause workout. Press the RESET button to clear the displayed data and back to standby mode to start the function.



## 11. INTERVAL – PROGRAM

In Standby Mode, select "INTERVAL" PROGRAM and press enter to confirm. The program will flash and begin the built-in PROGRAM and display the "WORK TIME".

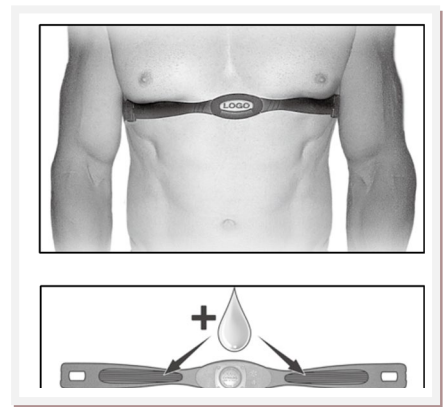
- 1) HOW TO SET WORK TIME?
  - a. When "WORK TIME" is flashing, press UP/DOWN to set WORK TIME and press ENTER to confirm. The setting range for WORK TIME is 00:10~10:00.
- 2) HOW TO SET REST TIME?
  - a. When "REST TIME" is flashing, press UP/DOWN to set REST TIME and press ENTER to confirm. The setting range for REST TIME is 00:10~10:00.
- 3) HOW TO SET INTERVAL CYCLING?
  - a. When "INTERVAL CYCLING" is flashing, press UP/DOWN to set the INTERVAL and press ENTER to confirm. Press START to start the exercise. The INTERVAL setting range is 1~99.
  - b. When the user starts to row the machine, i.e. the SPM signal is input, the PROGRAM will be operated automatically according to the set WORK TIME and REST TIME. Once INTERVAL cycling is finished, the INTERVAL PROGRAM will save the data every time and end once the target INTERVAL CYCLING is reached.
  - c. During the exercise, press START/STOP key to pause the workout. Press the RESET button to clear the displayed data and back to standby mode to start the function.



# USING HEART RATE TRANSMITTER

How to wear your wireless chest strap transmitter:

1. Attach the transmitter to the elastic strap using the locking parts.
2. Adjust the strap as tightly as possible as long as the strap is not too tight to remain comfortable.
3. Position the transmitter with the logo centred in the middle of your body facing away from your chest (some people must position the transmitter slightly left of center). Attach the end of the elastic strap by inserting the round end and, using the locking parts, secure the transmitter and strap around your chest.
4. Position the transmitter directly below the pectoral muscles.
5. Sweat is the best conductor to measure every minute heartbeat electrical signals. However, plain water can also be used to pre-wet the electrodes (2 ribbed oval areas on the reverse side of the belt and both sides of the transmitter). It's also recommended that you wear the transmitter strap a few minutes before your workout. Because of body chemistry, some users have a more difficult time achieving a strong, steady signal at the beginning. After "warming up," this problem lessens. As noted, wearing clothing over the transmitter/strap doesn't affect performance.
6. Your workout must be within range - the distance between transmitter/receiver – to achieve a strong, steady signal. The length of the range may vary somewhat but generally stay close enough to the console to maintain good, solid, and reliable readings. Wearing the transmitter directly on bare skin assures you of proper operation. If you wish, you may wear the transmitter over a shirt. To do so, wet the areas of the shirt that the electrodes will rest upon. Note: The transmitter is automatically activated when it detects activity from the user's heart. Additionally, it automatically deactivates when it does not receive any activity. Although the transmitter is water-resistant, moisture can have the effect of creating false signals, so you should take precautions to completely dry the transmitter after use to prolong battery life (estimated transmitter battery life is 2500 hours). The replacement battery is Panasonic CR2032.



## ERRATIC OPERATION

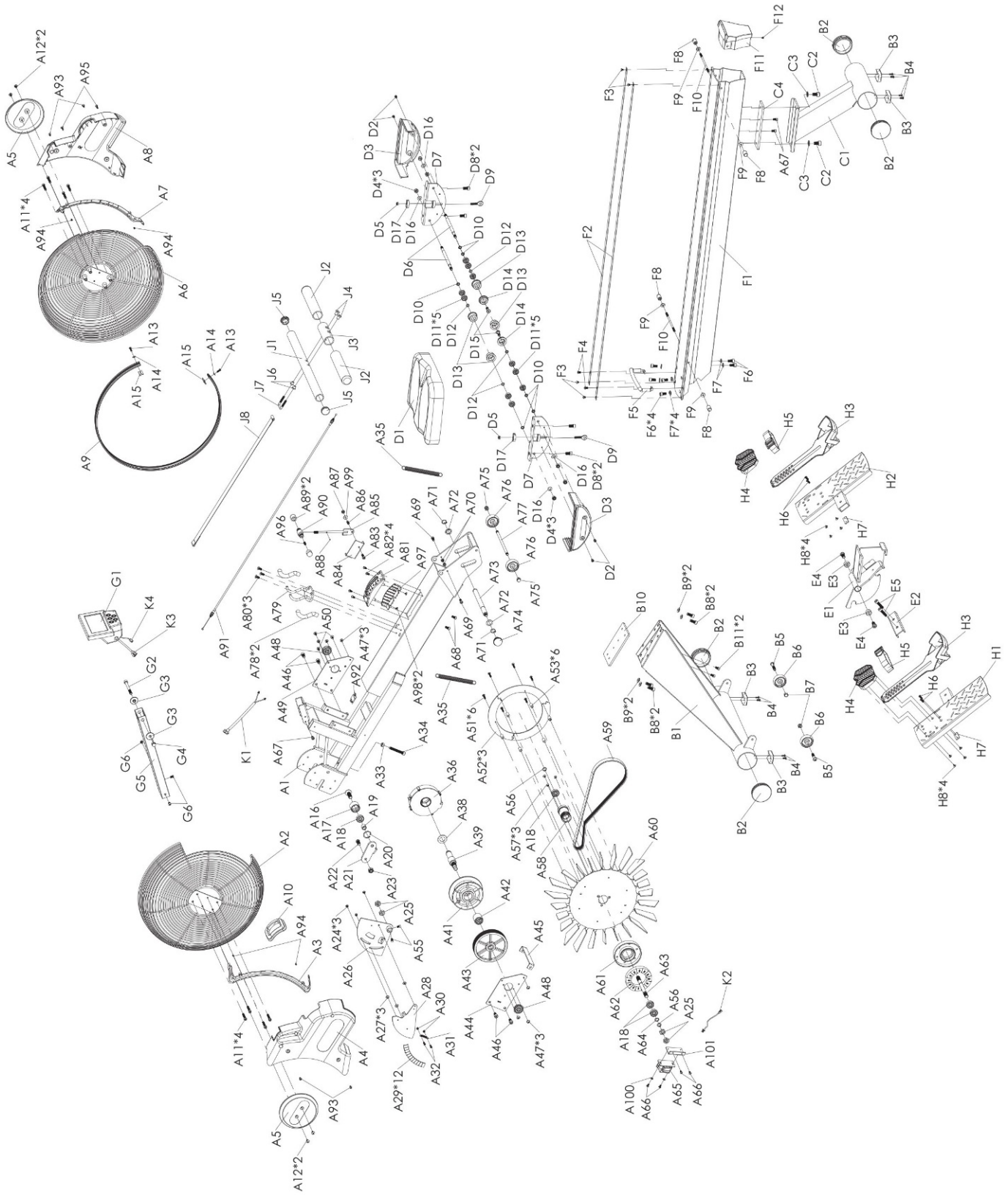
Caution! Do not use this Rower for Heart Rate programs unless a steady, solid Actual The heart rate value is being displayed. High, wild, random numbers being displayed indicate a problem.

Areas to look for interference that may cause erratic heart rate:

1. Rower not properly grounded - Proper grounding is a must!
2. Microwave ovens, TVs, small appliances, etc.
3. Fluorescent lights.
4. Some household security systems.
5. Perimeter fence for a pet.
6. Some people have problems with the transmitter picking up a signal from their skin. If you have concerns, try wearing the transmitter upside down.
7. The antenna that picks up your heart rate is very sensitive. If there is an outside noise source, turning the whole machine 90 degrees may de-tune the interference.
8. Another Individual wearing a transmitter within 3' of your machine's console.

If you continue to experience problems, contact Dyaco Canada Inc. at 1-888-707-1880

# EXPLODED VIEW DIAGRAM



# PARTS LIST

P/N	DESCRIPTION	Qty	P/N	DESCRIPTION	Qty
A1	MAIN FRAME	1	A50	SCREW M5X10mm	3
A2	STEEL-FAN COVER-L	1	A51	SCREW M4X25mm	6
A3	PLASTIC STRIP-L	1	A52	ALUMINUM CIRCLE	3
A4	CHAIN COVER-L	1	A53	SPACER $\Phi 10 \times \Phi 4 \times 18.2$ mm	6
A5	DECORATION COVER	2	A55	SCREW M5X8mm	2
A6	STEEL-FAN COVER-R	1	A56	C CLIP-S12	2
A7	PLASTIC STRIP-R	1	A57	SCREW M4X8mm	3
A8	CHAIN COVER-R	1	A58	PULLEY $\Phi 39$	1
A9	PLASTIC STRIP-MIDDLE	1	A59	BELT 360J8	1
A10	FRAME OF TENSION BELT	1	A60	STEEL-FAN PIECE	1
A11	SCREW M6X35mm	8	A61	MAGNETIC HOLDER	1
A12	SCREW M5X10mm	4	A62	MAGNETIC $\Phi 100 \times \Phi 60 \times 15$ Tmm	1
A13	SCREW M4X15mm	2	A63	AXLE $\Phi 12 \times 146$ mm	1
A14	WASHER M4X $\Phi 10 \times 1$ T	2	A64	WASHER $\Phi 12$	1
A15	STEEL-FAN FIX PLATE	2	A65	ELECTROMAGNET	1
A16	SCREW M12X40mm	1	A66	SCREW M4X10mm	4
A17	IDLER WHEEL	1	A67	SCREW M6X30mm	1
A18	BR-6001 TPI	4	A68	SCREW M6X12mm	2
A19	BUSH $\Phi 12.1 \times \Phi 16 \times 14.75$ mm	1	A69	SCREW M6X16mm	2
A20	C CLIP-R28	1	A70	NUT M6	2
A21	IDLER WHEEL HOLDER	1	A71	C CLIP-S15	2
A22	SCREW M10X23mm	1	A72	WASHER M16X $\Phi 24.5 \times 1$ T	2
A23	NUT M10	1	A73	AXLE $\Phi 5/8" \times 190$ mm	1
A24	SCREW M4X8mm	3	A74	LOCKING HANDLE	1
A25	NUT M12	4	A75	NUT M8	2
A26	MAGNETIC BASE PLATE	1	A76	SUPPORTING WHEEL $\Phi 50 \times 24$ mm	2
A27	BUSH $\Phi 4 \times \Phi (6+12) \times (3.3+1.5)$ mm	3	A77	AXLE M8X175mm	1
A28	MAGNETIC BASE	1	A78	HANDLE FIXED SEAT SPONGE	2
A29	MAGNETIC 17X10X4T	12	A79	HANDLE FIXED SEAT	1
A30	NUT M5	2	A80	SCREW M6X16mm	3
A31	SPRING	1	A81	GEAR BASE	1
A32	SCREW M5X15mm	2	A82	SCREW M5X10mm	4
A33	NUT M8	1	A83	SCREW M6X30mm	1
A34	SCREW M8X60mm	1	A84	ADJUSTED FIXED PLATE	1
A35	SPRING	2	A85	GEAR LEVER	1
A36	SPRING BOX	1	A86	SPRING	1
A38	WASHER	1	A87	NUT M6	1
A39	AXLE $\Phi 25$	1	A88	MAGNETIC $\Phi 5 \times 3$ T	1
A41	PULLY HOLDER	1	A89	GEAR END CAP	2
A42	PULLY	1	A90	ALUMINUM GEAR HEAD	1
A43	BELT WHEEL $\Phi 133$	1	A91	CABLE	1
A44	BELT WHEEL BASE-L $\Phi 32.05$	1	A92	SENSOR	1
A45	BELT WHEEL FIX PLATE	1	A93	SCREW M4X12mm	4
A46	SCREW M8X12mm	4	A94	SCREW M3X10mm	4
A47	SCREW M5X6mm	6	A95	SCREW M4X19mm	2
A48	BR-6201zz	2	A96	SCREW M6X16mm	1
A49	BELT WHEEL BASE-R $\Phi 32.05$	1	A97	FIX BASE	1

P/N	DESCRIPTION	Qty	P/N	DESCRIPTION	Qty
A98	SCREW M4X8mm	2	E5	SCREW M8X35mm	2
A99	WASHER M6XΦ16x1.5T	1	F1	UPPER SLIDE TRACK	1
A100	WASHER M4XΦ10x1T	2	F2	STEEL PLATED	2
A101	ELECTROMAGNET FIX PLATE	1	F3	SCREW M5X6mm	4
B1	FRONT STABILIZER	1	F4	SCREW M5X10mm	2
B2	END CAP Φ76.2	4	F5	SMALL HANDLE BAR	1
B3	ADJUSTING END CAP	4	F6	SCREW M8X16mm	6
B4	SCREW M4X12.7mm	8	F7	WASHER M8X1.5TXΦ16	6
B5	SCREW M8X40mm	2	F8	BLOCK Φ14X22mm	4
B6	SUPPORTING WHEEL Φ50X24mm	2	F9	WASHER M6XΦ16X2T	4
B7	NUT M8	2	F10	AXLE Φ5.25X138mm	2
B8	SCREW M8X20mm	4	F11	DECORATION COVER	1
B9	WASHER M8X2TXΦ16	4	F12	SCREW M3X6mm	1
B10	FRONT STABILIZER FIXED PLATE	1	G1	CONSOLE	1
B11	SCREW M6X10mm	2	G2	SCREW M8X85mm	1
C1	REAR STABILIZER	1	G3	SPACER	2
C2	SCREW M10X16mm	2	G4	NUT M8	1
C3	WASHER Φ10X1.5TXΦ20	2	G5	CONSOLE TUBE	1
C4	REAR STABILIZER FIXED PLATE	1	G6	SCREW M6X12mm	3
D1	SADDLE LS-E28	1	H1	PEDAL SUPPORTING TUBE-L	1
D2	SCREW M5X8mm	4	H2	PEDAL SUPPORTING TUBE-R	1
D3	SLIDE COVER	2	H3	PEDAL	2
D4	NUT M8	6	H4	PLASTIC PAD	2
D5	NUT M6	2	H5	PEDAL STRAP	2
D6	AXLE Φ10X170mm	2	H6	SCREW M5X10mm	4
D7	SADDLE HOLDER	1	H7	IRON SUPPORTING BOARD	2
D8	SCREW M8X16mm	4	H8	SCREW M4X8mm	8
D9	ADJUSTING SCREW Φ8	2	J1	HANDLE BAR	1
D10	WASHER Φ8XΦ12X2T	6	J2	SPONGE HDR Φ30X3TX190	2
D11	BR-608zz	10	J3	ALUMINUM HANDLE COVER	1
D12	WASHER M8X1TXΦ12	4	J4	NUT M6XΦ16X15mm	2
D13	SLID WHEEL -LONG	4	J5	END CAP Φ31.8mm	2
D14	WHEEL	2	J6	T SHAPE SCREW	2
D15	SCREW M8X25	2	J7	IRON BUCKLE	1
D16	WASHER M8X1.5TXΦ16	4	J8	TENSION BELT	1
D17	ADJUST PLATE	2	K1	SENSOR 900mm	1
E1	SHAFT BASE	1	K2	SENSOR 500mm	1
E2	PEDAL TUBE CONNECTION PLATE	1	K3	SENSOR 420mm (6PIN)	1
E3	BUSH Φ21.5X12mm	2	K4	SENSOR 420mm (3PIN)	1
E4	SCREW M10X16mm	2	L	CHEST STRAP	1



# Training Guidelines

## Exercise

Exercise is one of the most essential 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 define each and clarify its role briefly.

**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 sportspeople.

**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 stretching muscles and tendons to maintain or increase suppleness and provides increased resistance to muscle injury or soreness.

**Cardio-Respiratory endurance** is an essential component of physical fitness. It is the efficient functioning of the heart and lungs

## Aerobic Fitness

The largest amount of oxygen you can use per minute during exercise is called your **maximum oxygen uptake** (MVo<sub>2</sub>). This is often referred to as your **aerobic capacity**.

The effort 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 MVO<sub>2</sub> 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 required to produce significant improvements in any physical fitness parameter.

## Progression

As you 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 essential.

## Specificity

Different forms of exercise produce different results. The type of exercise carried out is specific both to the muscle groups being used and 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 vital 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, an ample 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 heartbeat 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, 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, 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									
10 Second 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 when 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	23	22	22	21	20	19	19	18	18
Beats Per Minute	138	132	132	126	120	114	114	108	108

Do not 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. NOTE:(1) Do not 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, do not 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 principle 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 alter 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.

### **Muscle Soreness**

For the first week or so, this may be the only indication you have 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 significant discomfort, you may be on a too advanced program or have increased your program too rapidly. If you experience PAIN during or after exercise, your body is telling you 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 sweat more than you usually 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 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

### **Important Reminder**

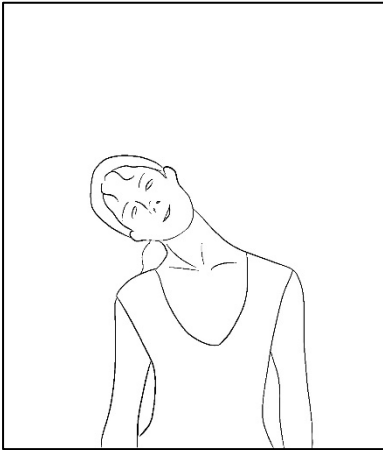
1. Make sure that there is a minimum of 2 feet of clearance all around the Rower. While operating, especially when the machine has been extended, make sure the knob (A4) is in its position and tightened properly.
2. Stand behind the seat, slide the seat backward and make sure the seat is positioned correctly.
3. Undo the strap on the pedal for adjustment. Place your foot on the pedal and make sure the ankle is on the rear of the pedal, then tighten the strap. (Choose the proper tightness depending on the user)
4. Gently adjust the console for a proper viewing angle. (This depends on the height of the user)
5. When properly seated on the Rower. Grasp the handle to start.

# 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; no 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.

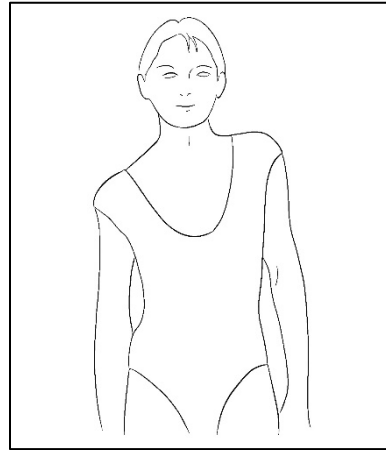
## HEAD ROLLS

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



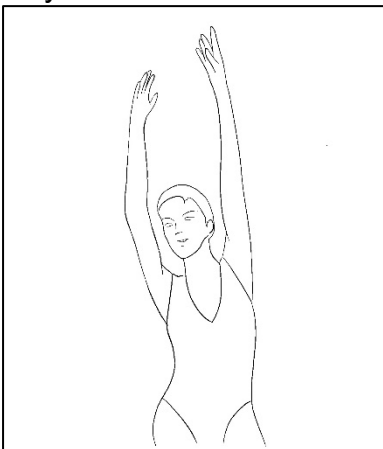
## SHOULDER LIFTS

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



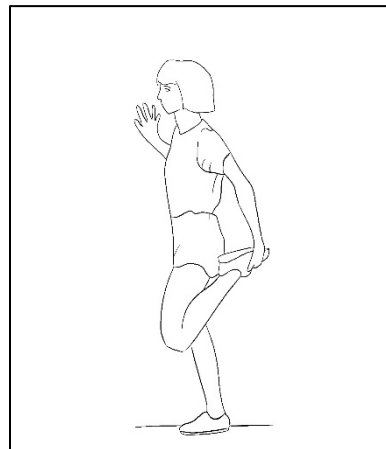
## SIDE STRETCHES

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



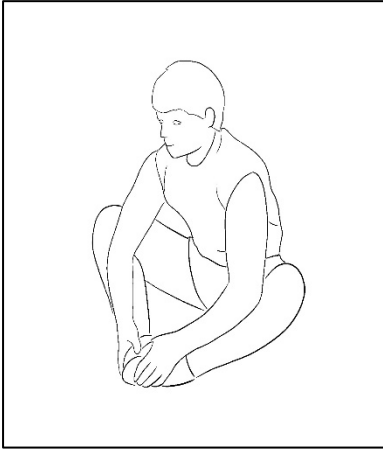
## QUADRICEPS STRETCH

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.



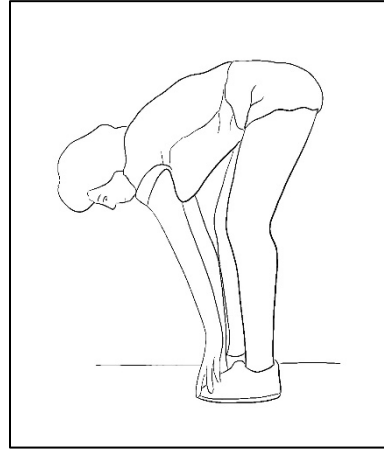
### **INNER THIGH STRETCH**

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



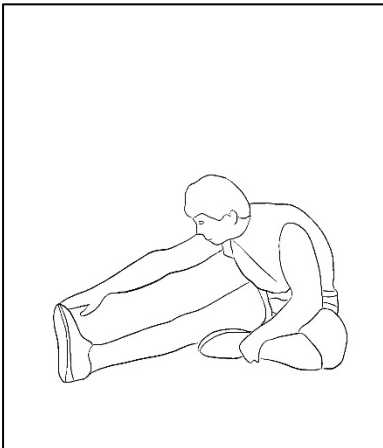
### **TOE TOUCHES**

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.



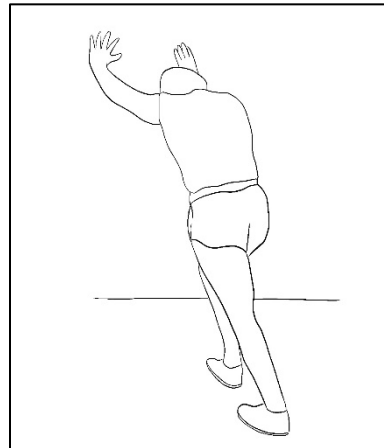
### **HAMSTRING STRETCHES**

Sit with your right leg extended. Rest the sole of your left foot against your right inner thigh. Stretch 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 toward 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.



# MANUFACTURER'S LIMITED WARRANTY

Dyaco Canada Inc. warrants all its rower parts for a period of time listed below from the date of retail sale, as determined by sale receipt. Dyaco Canada Inc.'s responsibilities include providing new or remanufactured parts at Dyaco Canada Inc.'s option and technical support to our independent dealers and servicing organizations. In the absence of a dealer or service organization, these warranties will be administered by Dyaco Canada Inc. directly to a consumer. The warranty period applies to the following components:

<b>Frame</b>	Lifetime
<b>Labour</b>	1 Year
<b>Parts</b>	5 Years

## The consumer is responsible for the items listed below:

1. The warranty registration can be completed online: Go to [www.dyaco.ca/warranty.html](http://www.dyaco.ca/warranty.html) and complete the online warranty registration.
2. Proper use of the Rower per the instructions provided in this manual.
3. Expenses for making the Rower accessible for servicing, including any item that was not part of the Rower when it was shipped from the factory.
4. Damages to the rower finish during shipping, installation, or following installation.
5. Routine maintenance of this unit as specified in this manual.

## EXCLUSIONS

This warranty does not cover the following:

1. CONSEQUENTIAL, COLLATERAL, OR INCIDENTAL DAMAGES SUCH AS PROPERTY DAMAGE AND INCIDENTAL EXPENSES RESULTING FROM ANY BREACH OF THIS WRITTEN OR ANY IMPLIED WARRANTY.  
Note: Some areas do not allow the exclusion or limitation of incidental or consequential damages, so this limitation or exclusion may not apply to you.
2. Service call reimbursement to the consumer. Service call reimbursement to the dealer does not involve malfunction or defects in workmanship or material, for units beyond the warranty period, for units beyond the service call reimbursement period, for Rower not requiring component replacement or Rower not in regular household use.
3. Damages caused by services performed by persons other than authorized Dyaco Canada Inc. service companies; use of parts other than original Dyaco Canada Inc. parts; or external causes such as corrosion, discoloration of paint or plastic, alterations, modifications, abuse, misuse, accident, improper maintenance, inadequate power supply, or acts of God.
4. Products with original serial numbers that have been removed or altered.
5. Products that have been: sold, transferred, bartered, or given to a third party.
6. Products that do not have a warranty registration card on file at Dyaco Canada Inc. Dyaco Canada Inc. reserves the right to request proof of purchase if no warranty record exists for the product.
7. THIS WARRANTY IS EXPRESSLY IN PLACE OF ALL OTHER WARRANTIES EXPRESSED OR IMPLIED, INCLUDING THE WARRANTIES OF MERCHANTABILITY AND/OR FITNESS FOR A PARTICULAR PURPOSE.
8. Use of the product in a non-residential environment.
9. Warranties outside of Canada may vary. Please contact your local dealer or Dyaco Canada for details.

## SERVICE

The sales receipt establishes the labour warranty period should service be required. If service is performed, it is in your best interest to obtain and keep all receipts. This written warranty gives you specific legal rights. Service under this warranty must be received by following these steps, in order:

1. Contact your selling authorized dealer or Dyaco Canada.
2. If you have any questions about your new product or questions about the warranty, contact Dyaco Canada Inc. at 1-888-707-1880.
3. If no local service is available, Dyaco Canada Inc. will repair or replace the parts, at Dyaco Canada Inc.'s option, within the warranty period at no charge for parts. All transportation costs, both to our factory and upon return to the owner, are the owner's responsibility.
4. The owner is responsible for adequate packaging upon return to Dyaco Canada Inc. Dyaco Canada Inc. is not responsible for damages that occur during shipping. Make all freight damage claims with the appropriate freight carrier. DO NOT SHIP ANY UNIT TO OUR FACTORY WITHOUT A RETURN AUTHORIZATION NUMBER. All units arriving without a return authorization number will be refused.
5. For any further information, or to contact our service department by mail, send your correspondence to:

Dyaco Canada Inc.  
5955 Don Murie Street  
Niagara Falls, ON  
L2G 0A9

Product features or specifications as described or illustrated are subject to change without notice.

All warranties are made by Dyaco Canada Inc.

# dyaco

Please visit us online for information about our other brands and products manufactured and distributed by Dyaco Canada Inc.

**SPIRIT**

[spiritfitness.ca](http://spiritfitness.ca)

**XTEERRA**

[xterrafitness.ca](http://xterrafitness.ca)

**UFC**

[dyaco.ca/UFC/UFC-home.html](http://dyaco.ca/UFC/UFC-home.html)

**SOLE**  
FITNESS

[solefitness.ca](http://solefitness.ca)

**EVERLAST**

[dyaco.ca/products/everlast.html](http://dyaco.ca/products/everlast.html)

**Johnny G**  
by **SPIRIT**

[spiritfitness.ca/johnnyg.html](http://spiritfitness.ca/johnnyg.html)

**TRAINOR**  
**SPORTS**

[trainorsports.ca](http://trainorsports.ca)

For more information, please contact Dyaco Canada Inc.  
T: 1-888-707-1880 | 5955 Don Murie St., Niagara Falls, Ontario L2G 0A9 | [sales@dyaco.ca](mailto:sales@dyaco.ca)

Dyaco Canada Inc. [dyaco.ca](http://dyaco.ca)