



**Programmable
Magnetic Rower**

ROW777

INSTRUCTION BOOK



your personal workout

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FITNESS

INTRODUCTION

Thank you for purchasing the ROW777 programmable magnetic rower. Please take time to read these instructions which have been written to ensure that you get the very best from your purchase.

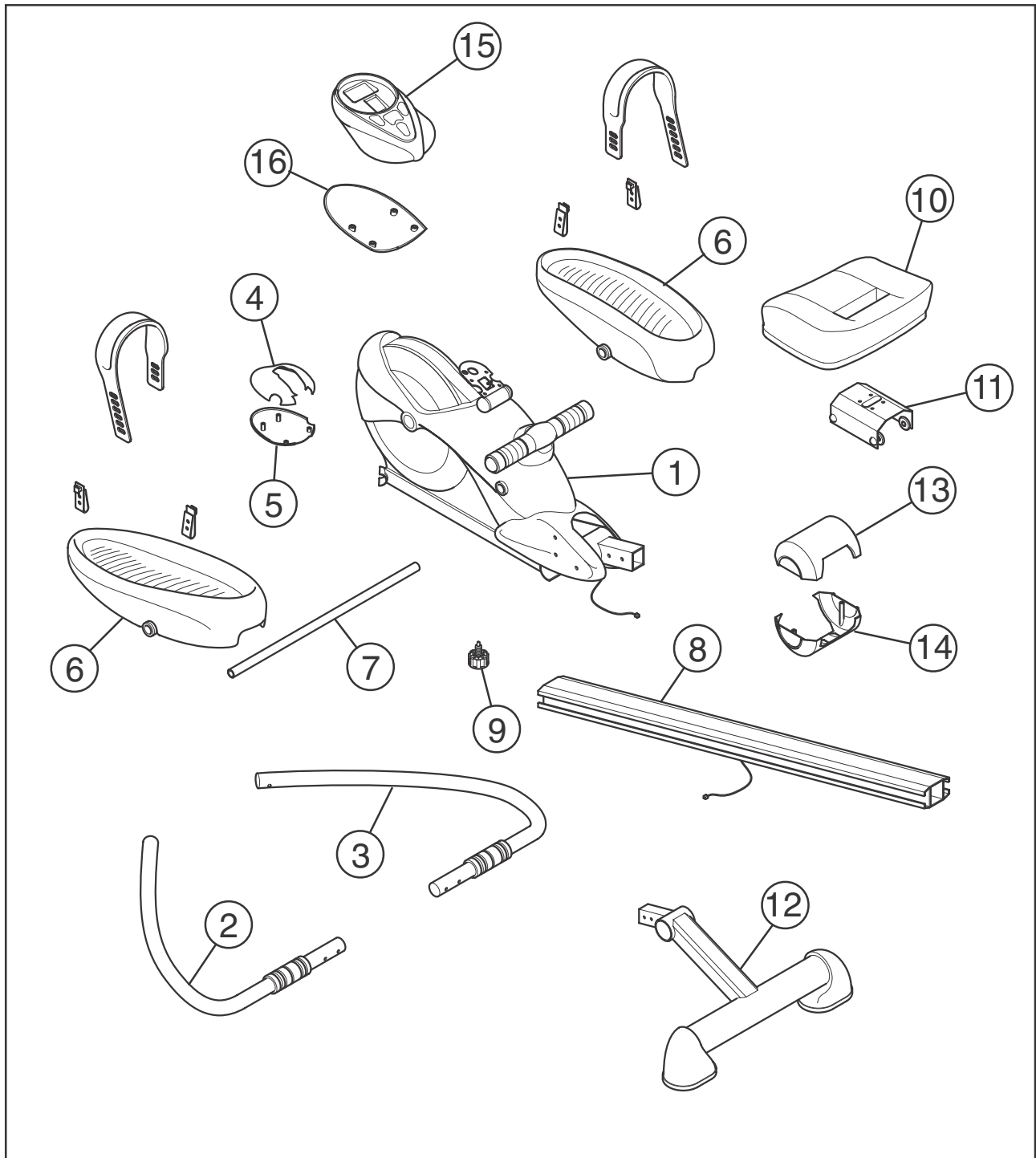
SAFETY PRECAUTIONS



WARNING: To reduce the risk of serious injury, read the following important precautions before using the programmable magnetic rower.

1. Use the programmable magnetic rower only in the way described in this instruction book.
2. Ensure that the voltage of the electrical supply is the same as that indicated on the rating plate of the Mains Adapter.
3. It is the responsibility of the owner to ensure that all users are adequately informed of all precautions.
4. Use the programmable magnetic rower indoors on a level surface. Keep the programmable magnetic rower away from excessive moisture and dust.
5. The safety level of the programmable magnetic rower can be maintained only if it is examined regularly for damage and wear. Replace defective components immediately. If there are any defective components, do not use the programmable magnetic rower.
6. Keep unsupervised children away from the programmable magnetic rower at all times.
7. The programmable magnetic rower should not be used by persons weighing more than 150kg.
8. Wear appropriate clothing and athletic shoes when exercising; do not wear loose clothing or jewellery that may get caught in moving parts.
9. Do not arch your back when using the programmable magnetic rower, always try to keep your back straight.
10. If you feel pain or dizziness while exercising, stop immediately and cool down.
11. The programmable magnetic rower is intended for home use only.

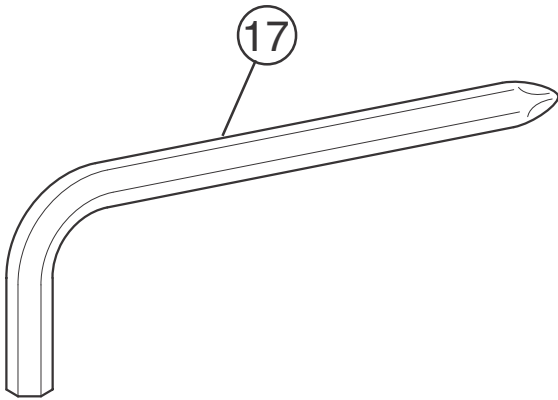
PARTS LIST



- 1 Main body
- 2 Left support
- 3 Right support
- 4 Front cover, top
- 5 Front cover, bottom
- 6 Foot plate with toe strap x 2
- 7 Spindle
- 8 Seat bar

- 9 Seat bar securing knob
- 10 Seat
- 11 Seat rollers
- 12 Rear feet
- 13 Rear cover, top
- 14 Rear cover, bottom
- 15 Computer
- 16 Cover

TOOLS LIST



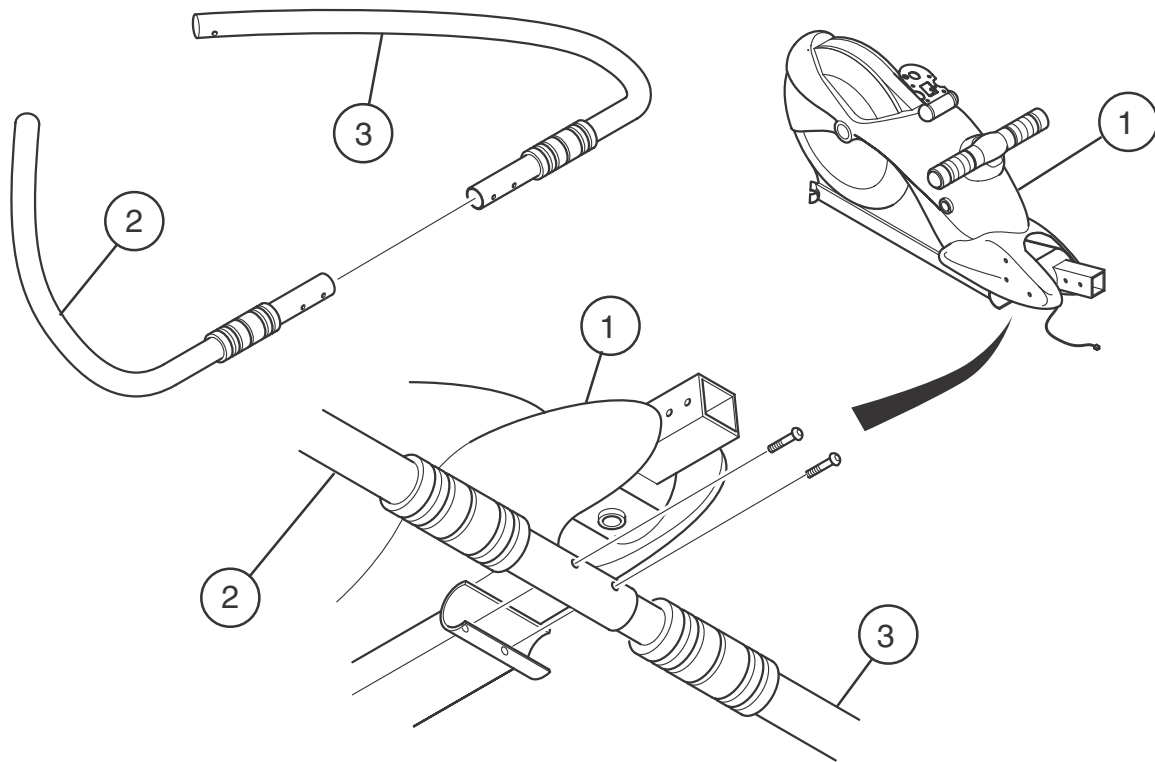
17 Combination tool

ASSEMBLING

STEP 1 OF 6

LEFT AND RIGHT SUPPORTS

FIG 1



1. Slide the right support (3) into the left support (2) (fig 1).



Note: The right support (3) and left support (2) both have two round plastic feet on the underside.

2. Tilt the main body (1) forwards and secure the right support (3) and left support (2) to the back of the main body (1) with the two bolts provided. Leave the two bolts loose.

PROGRESS

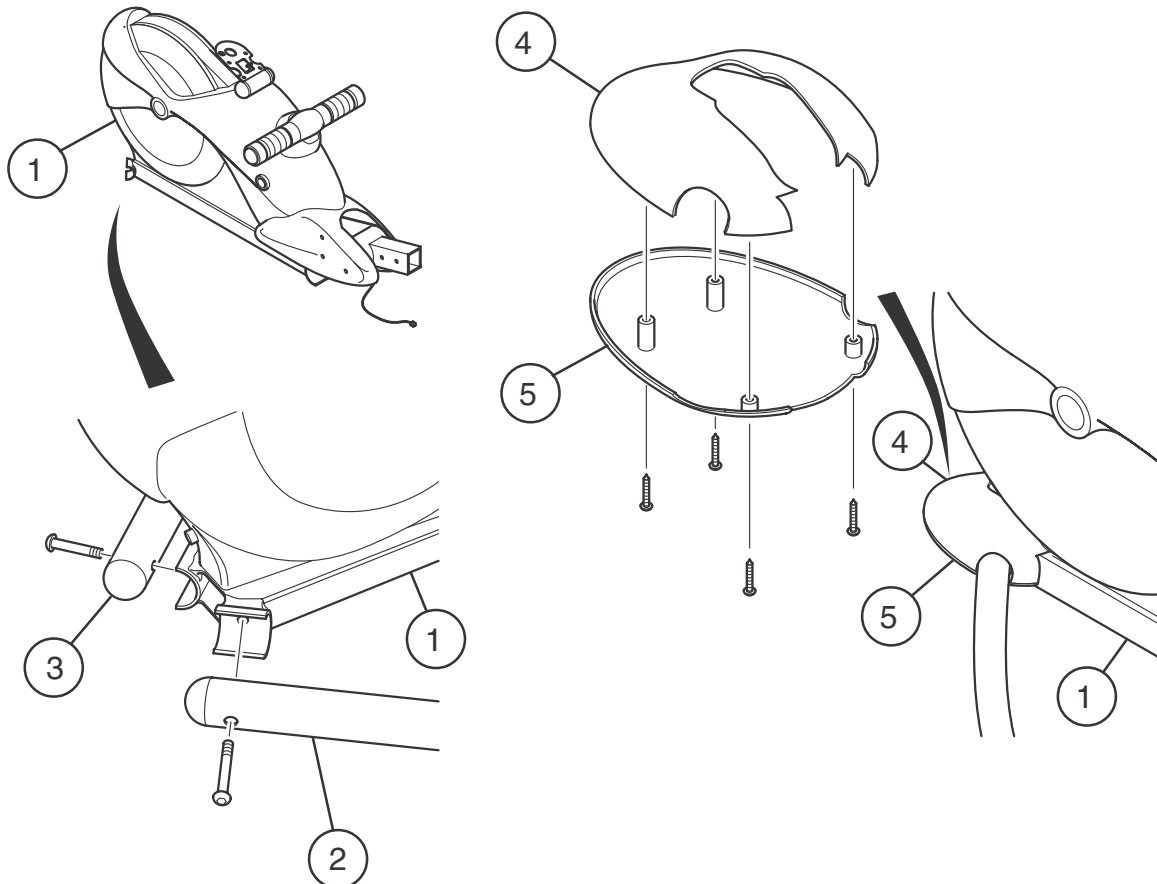


ASSEMBLING

STEP 1 OF 6 (CONT'D)

LEFT AND RIGHT SUPPORTS (CONT'D)

FIG 1 (CONT'D)



3. Tilt the main body (1) backwards and secure the right support (3) and left support (2) to the front of the main body (1) with the two bolts provided. Tighten the four bolts using the combination tool (17).
4. Fit the front cover, top (4) to the main body (1). Fit the front cover, bottom (5) to the underside of the main body (1), align the holes and, secure with the four screws provided using the combination tool (17).

PROGRESS

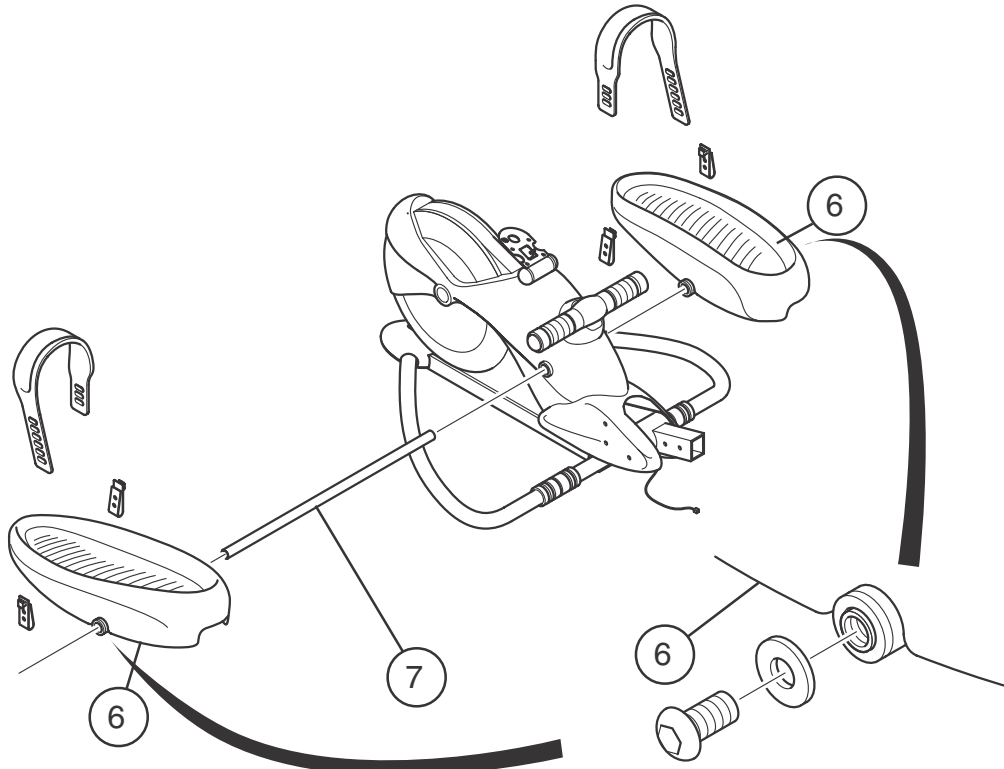


ASSEMBLING

STEP 2 OF 6

FOOT PLATES

FIG 2



The screws and washers may be prefitted to the spindle.

1. Attach the two toe strap brackets to the foot plate (6) in the appropriate position (fig 2).
2. Repeat step 1 for the other foot plate (6).
3. Fit the toe straps.
4. Locate the spindle (7) in the main body (1).
5. Assemble the foot plates (6) on the spindle (7). The foot plates (6) are handed and should be assembled with the flat edge inside.
6. Secure the foot plates (6) on the spindle (7) with the two screws and washers provided. Tighten the screws using the combination tool (17).

PROGRESS

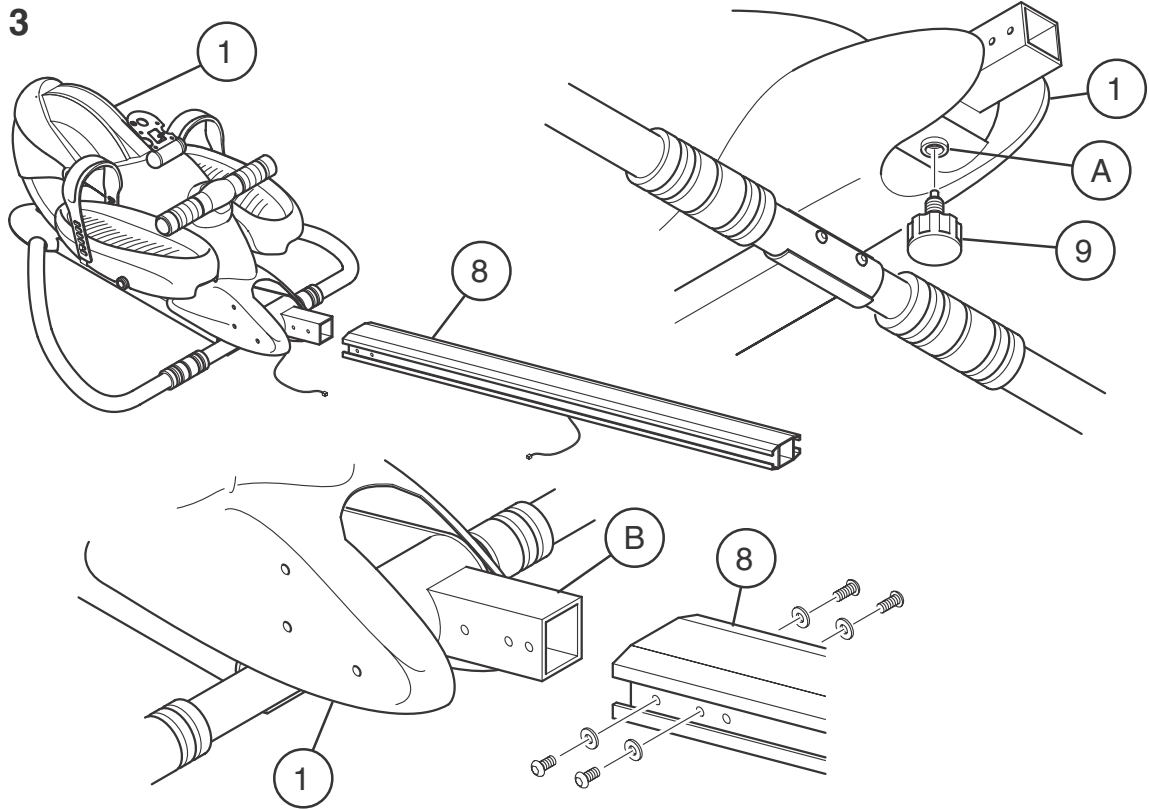


ASSEMBLING

STEP 3 OF 6

SEAT BAR

FIG 3



The screws and washers may be prefitted to the main body.

1. Line up the thread and corresponding hole in the seat bar location stub (A) on the main body (1) (fig 3).
2. Fit the seat bar securing knob (9) and tighten.



Note: The seat bar securing knob (9) is loosened and tightened by turning anticlockwise or clockwise respectively.

3. Fit the seat bar (8) to the seat bar location stub (B) on the main body (1). Secure the seat bar (8) in place with the four screws and washers provided. Tighten the screws using the combination tool (17).

PROGRESS

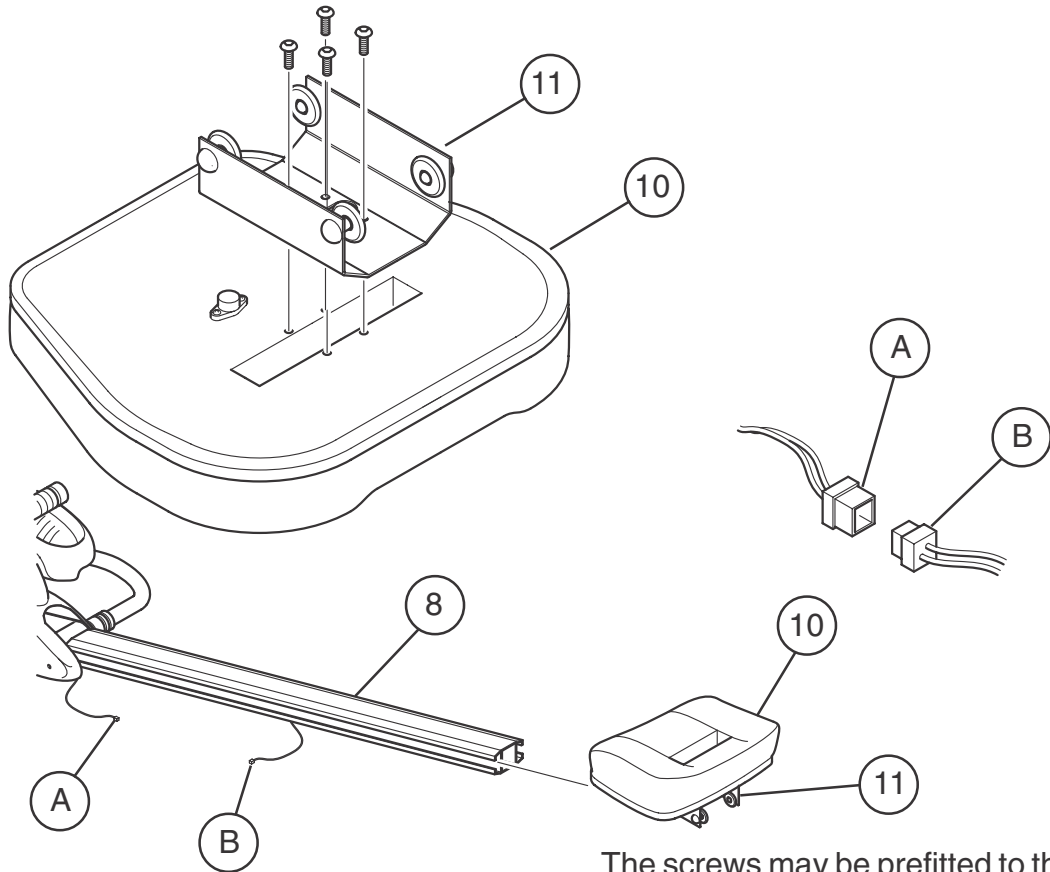


ASSEMBLING

STEP 4 OF 6

SEAT

FIG 4



The screws may be prefitted to the seat.

1. Position the seat (10) to the seat rollers (11) and secure in place with the four screws provided (fig 4). Tighten the screws using the combination tool (17).
2. Fit the seat (10) and the seat roller (11) assembly onto the seat bar (8).
3. Connect the sensor cable (A) to the sensor cable (B).

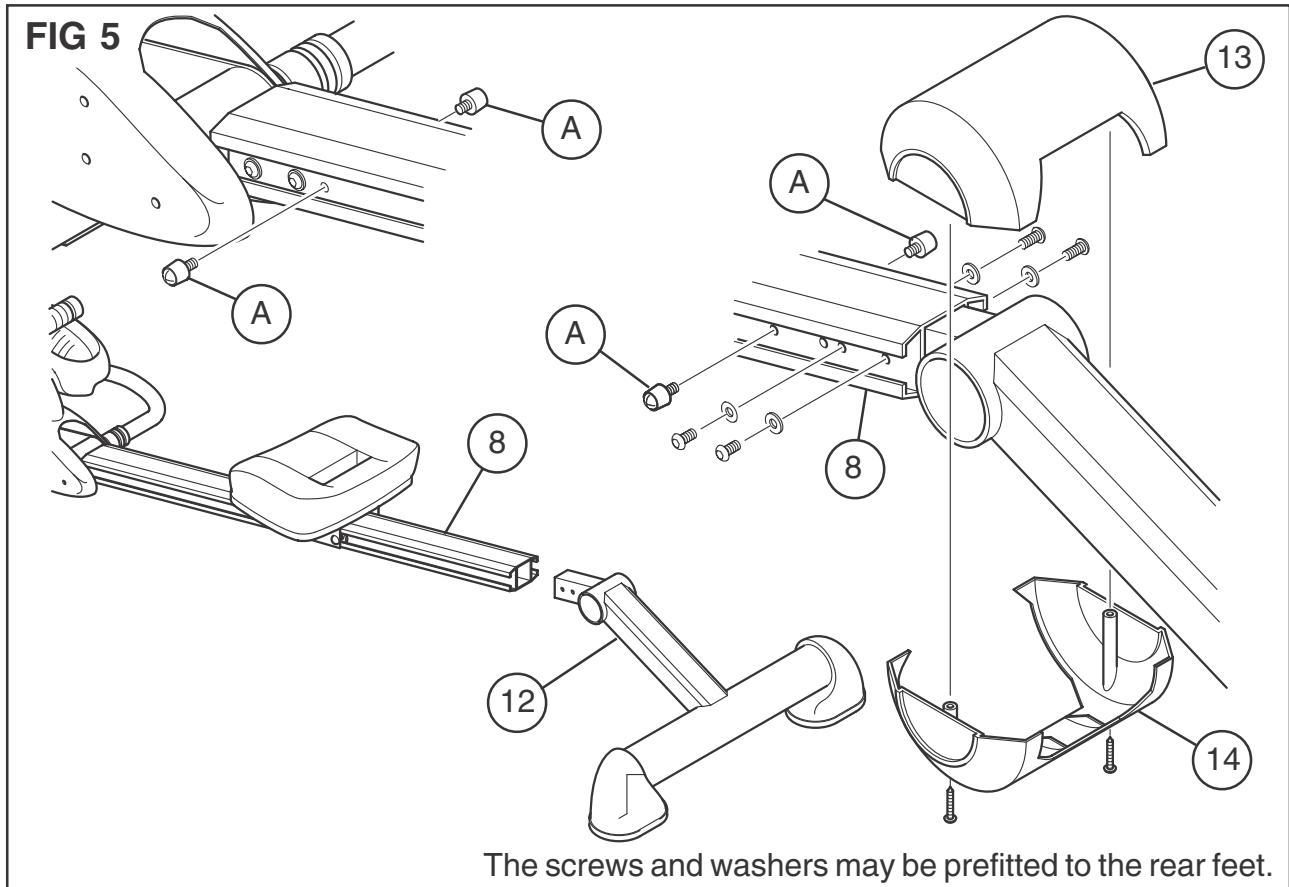
PROGRESS



ASSEMBLING

STEP 5 OF 6

REAR FEET



1. Fit the rear feet (12) to the seat bar (8) and secure in place with the four screws and washers provided (fig 5). Tighten the screws using the combination tool (17).
2. Fit the rear cover, top (13) to the rear feet (12). Fit the rear cover, bottom (14) to the underside of the rear feet (12), align the holes, and secure with the two screws provided using the combination tool (17).
3. Fit the four end stops (A) to the seat bar (8) and tighten using the combination tool (17).



Note: There is an alternative end stop (A) position at the rear feet (12) end of the programmable magnetic rower.

PROGRESS

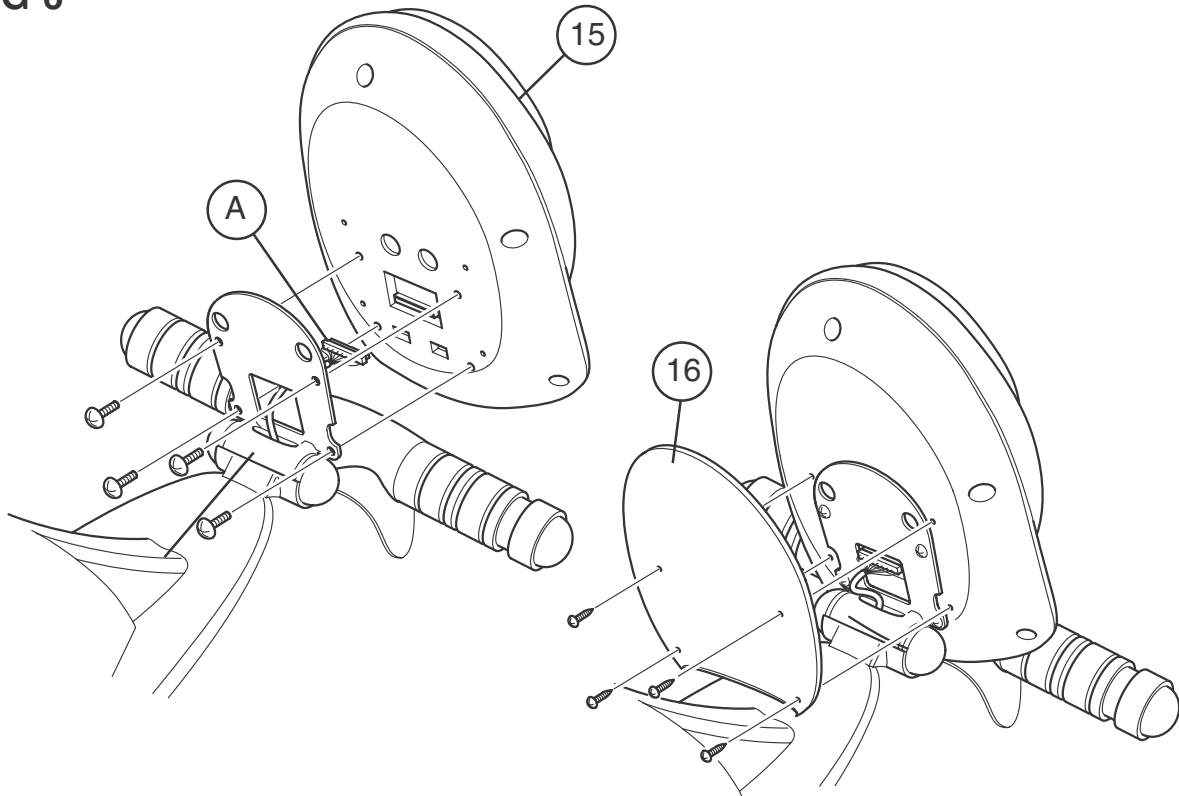


ASSEMBLING

STEP 6 OF 6

COMPUTER

FIG 6



The screws may be prefitted to the computer.

1. Connect the computer cable (A) to the computer (15) (fig 6).
2. Position the computer (15) carefully onto the bracket and secure in place with the four screws provided. Tighten the screws using the combination tool (17).
3. Fit the cover (16) to the underside of the computer (15), align the holes and secure in place with the four screws provided. Tighten the screws using the combination tool (17).

PROGRESS

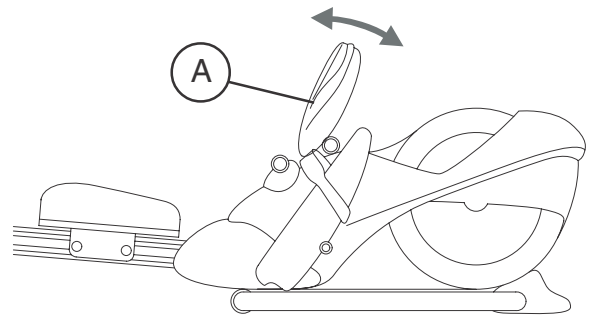


USING THE PROGRAMMABLE MAGNETIC ROWER

MAKING ADJUSTMENTS

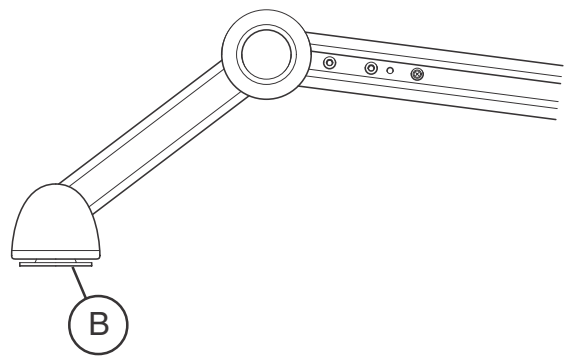
COMPUTER

1. The computer (A) can be tilted forwards or backwards as required.



LEVEL ADJUSTMENT

1. To level the programmable magnetic rower, screw the adjustable pads (B), on the rear feet, in or out accordingly.



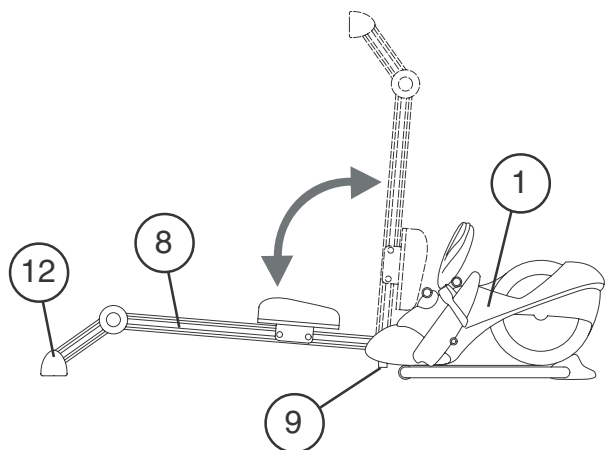
STORAGE



WARNING: When the programmable magnetic rower is stored with the seat bar (8) and rear feet (12) in the vertical position, make sure that the seat bar securing knob (9) is positively located and tightened to avoid serious injury owing to the seat bar/rear feet falling.

To save space, the programmable magnetic rower can be stored with the seat bar (8) and rear feet (12) in the vertical position as shown on the right.

1. Loosen the seat bar securing knob (9).
2. Move the seat bar (8) to the vertical position and line up the thread and corresponding hole in the seat bar (8) location (A- fig 3-page 9) on the main body (1).
3. Tighten the seat bar securing knob (9).



USING THE PROGRAMMABLE MAGNETIC ROWER

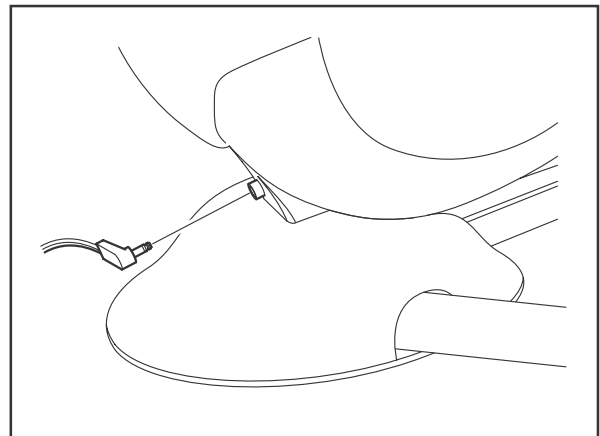
USING THE COMPUTER

The programmable magnetic rower is equipped with a programmable computer to help you reach your fitness goals. The computer provides different programs designed to meet your exercise requirements. In addition, the computer has a wide variety of modes that enable you to monitor your performance as you exercise.

The computer is powered from the mains supply via a mains adapter.

MAINS ADAPTER

Plug the Mains adapter lead into the DC IN jack at the front of the programmable magnetic rower. Connect the 3 pin plug to the mains socket and switch on.



Note: When pressed, the up and down buttons switch between the MANUAL and PROGRAM modes.

SWITCHING ON

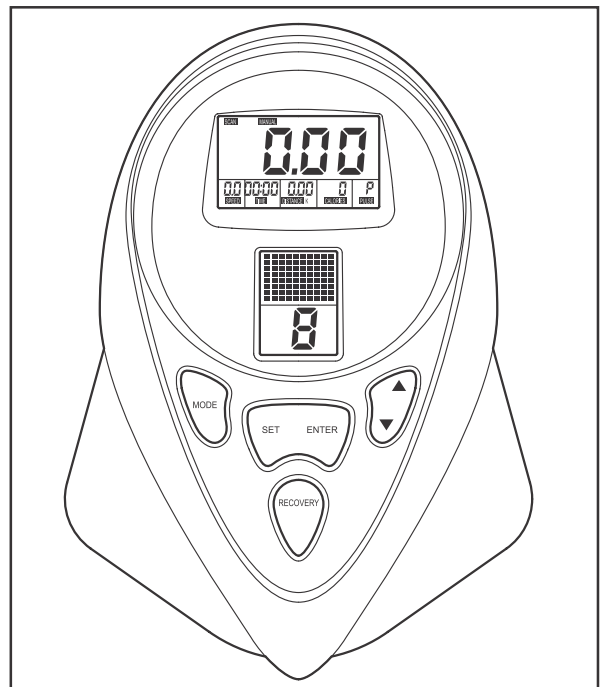
- Switch on the mains supply. The computer emits a BEEP and resets itself.

SWITCHING OFF

- If the computer is not used for several minutes, it switches off automatically. Press the **MODE**, **SET** or **RECOVERY** buttons to switch the computer back on again.
- To switch the computer off, switch off from the mains supply and unplug the adaptor .

TRAINING WITH NO PRESET FUNCTION

- Switch on the computer. The computer beeps. M is shown at the top of the lower display.
- Press the **ENTER** button to select MANUAL with no preset functions.
- The lower display shows '1' and the corresponding resistance row pattern is shown. Whilst you are training you can change the resistance level using the **UP/DOWN** buttons.



USING THE PROGRAMMABLE MAGNETIC ROWER

- When you start training, the upper screen is set to SCAN mode. To select a particular function use the **MODE** button. The selected display flashes at the bottom of the top display.
- To start a new training program, press the **MODE** button for more than 2 seconds to clear the previous program.

TRAINING WITH MANUAL PRESET FUNCTION

- Switch on the computer. The computer beeps. M is shown at the top of the lower display.
- Press the **ENTER** button to enter the selection.
- The lower display shows '1' flashing and the corresponding resistance row pattern is shown. Press the **UP** button to increase the resistance level and press the **ENTER** button to enter. The resistance levels go from 1 (lowest) to 8 (highest).
- The TIME on the upper display flashes. Press the **MODE** button until the parameter you wish to enter (Calories, Pulse or Count) flashes at the bottom of the upper display. Press the **UP/DOWN** buttons to set the required value. Press the **MODE** button to move to the next function.



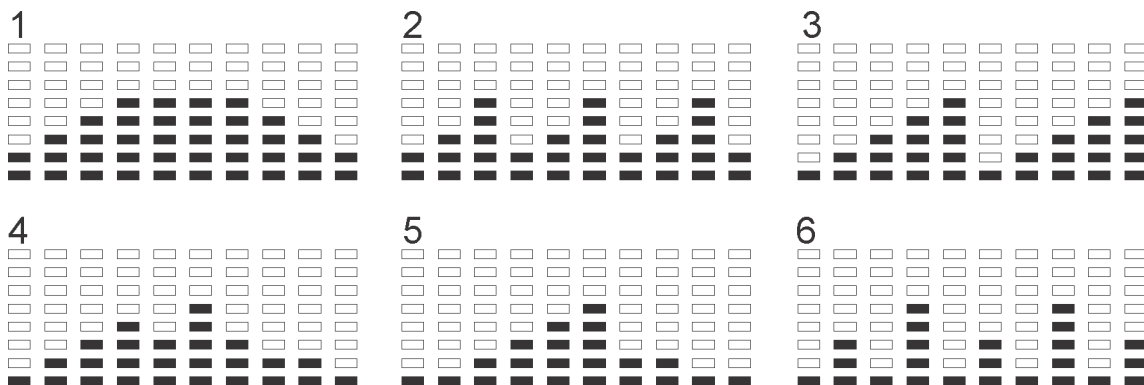
Note: The Pulse mode is not applicable to this programmable magnetic rower.

- To start training, press the **SET** button. The preset functions count down from the preset (time) or up from zero (count and calories).
- During training, pressing the **UP/DOWN** buttons changes the resistance level.
- During training, you can stop at any time by pressing the **SET** button. When a preset target is reached, the computer beeps and a flashing **P** appears in the top left hand corner of the upper display. The display stops. The manual preset functions show the accumulated data for the session. The preset function returns to its preset value.
- You can use the same preset function again by pressing the **SET** button or you can press the **MODE** button to select a function to set a new preset value.

USING THE PROGRAMMABLE MAGNETIC ROWER

TRAINING WITH PROGRAM FUNCTION

- Switch on the computer. The computer beeps. M is shown at the top of the lower display.
- Press the **MODE** button for 2 seconds to clear the previous program.
- Press the **UP/DOWN** button to select 'P' and press the **ENTER** button to enter.
- The lower display flashes 'P1' and the corresponding pre-programmed resistance row pattern is shown. Press the **UP/DOWN** buttons to select a program profile between 1 and 6.



- The TIME on the upper display flashes. Press the **MODE** button until the parameter you wish to enter (Calories, Pulse or Count) flashes at the bottom of the upper display. Press the **UP/DOWN** buttons to set the required value. Press the **MODE** button to move to the next function.



Note: The Pulse mode is not applicable to this programmable magnetic rower.

- To start training, press the **SET** button. The preset functions count down from the preset (time) or up from zero (count and calories).
- During training, pressing the **UP/DOWN** button changes the resistance level.
- During training you can stop at any time by pressing the **SET** button. When a preset target is reached the computer beeps and a flashing **P** appears in the top left hand corner of the upper display. The display stops. The non preset functions show the accumulated data for the session. The preset function returns to its preset value.

USING THE PROGRAMMABLE MAGNETIC ROWER

- You can use the same preset function again by pressing the **SET** button or you can press the **MODE** button to select a function to set a new preset value.
- To clear the program, press the **MODE** button for 3 seconds, the computer beeps and you can return to the initial display with the TIME flashing.

SELECTING MODES

The computer's mode function enables you to monitor your performance as you exercise and input values for specific exercise parameters.

- Press the **MODE** button to display the following modes. The mode name flashes on the display to indicate that it is the selected mode.
- If not already selected, press the **MODE** button until SCAN appears on the display, to scan the modes automatically as you exercise.

TIME

- Time mode displays the elapsed work-out time in minutes and seconds. The computer automatically counts up from 0:00 to 99:00 in one second intervals. You can set the time to count down from a preset value to zero. Refer to 'Training with program function' for how to enter preset time.

CALORIES

- Calories mode displays the estimated number of calories burned at any given time during your work-out. The computer counts up in increments of 1.0. After the computer reaches 9999, it resets to zero and starts counting up again.
- You can set the calories to count up from zero to a preset value. Refer to 'Training with program function' for how to enter preset calories.

PULSE

- Not applicable to this programmable magnetic rower.

COUNT

- Count mode displays the cumulative number of strokes during each work-out. You can set the distance to count up from zero to a preset distance. Refer to 'Training with program function' for how to enter preset count.

USING THE PROGRAMMABLE MAGNETIC ROWER

RECOVERY

- This function is not applicable to this programmable magnetic rower.

EXPLAINING PROGRAM PROFILES

- The program profiles illustrate how the work resistance changes during the program. The more black blocks the higher the work resistance.
- If you have a preset time target, each column of the program profile lasts for 1/10 of the total time.

SPECIFICATIONS

Dimensions (L x W x H)	2360 mm x 730 mm x 660 mm
Net Weight	37 kg
Flywheel	2.5 kg
Class Rating	HB
Maximum User Weight	150kg

Please note that the specifications are subject to change without notice.

CUSTOMER SUPPORT

CUSTOMER SERVICE HELPLINE NUMBER	0870 873 0076
SPARE PARTS NUMBER	0870 873 0095

Opening hours	Mon-Thu 8 am - 6 pm
	Fri 8 am - 4 pm
	Sat-Sun Closed