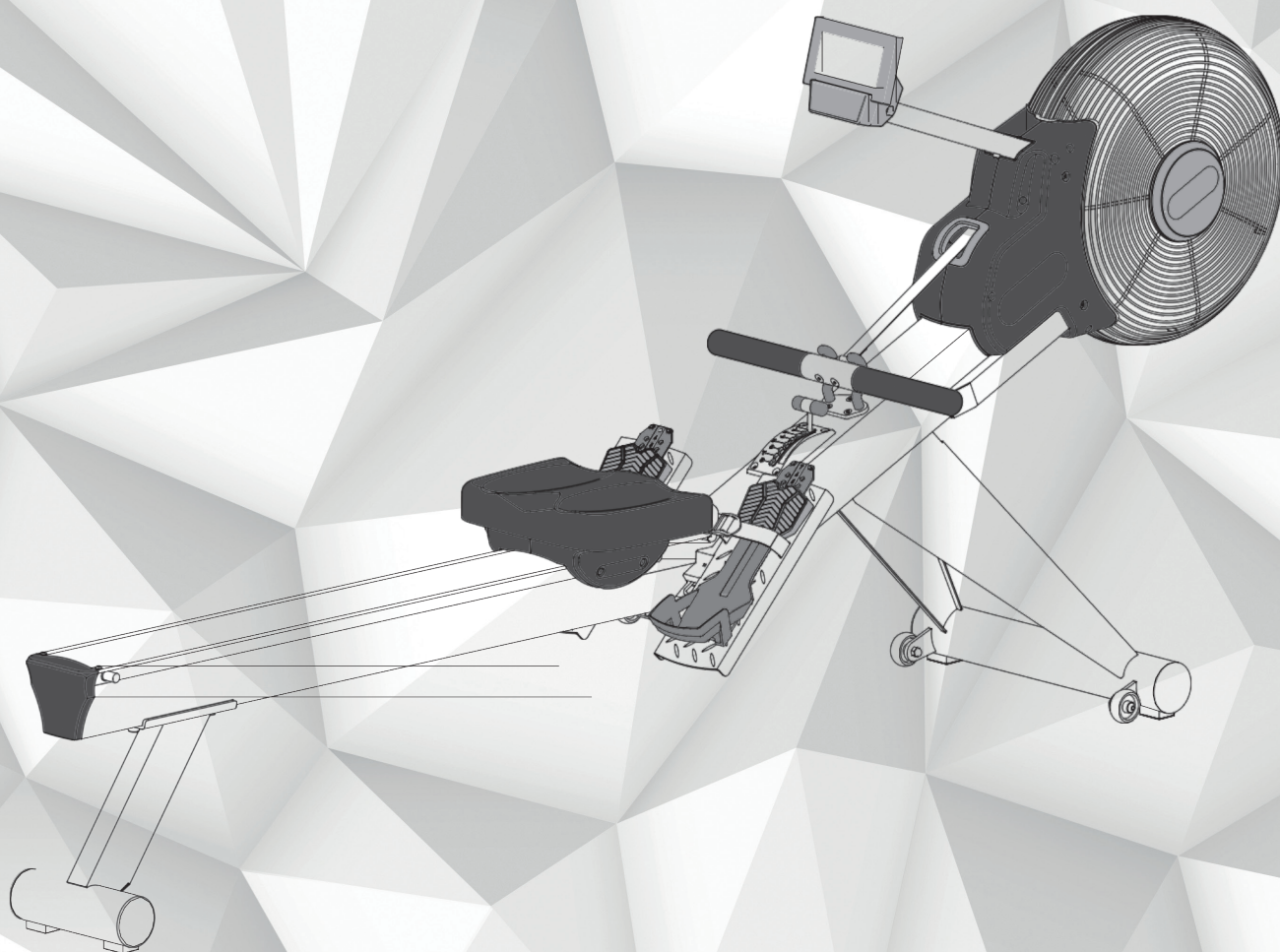




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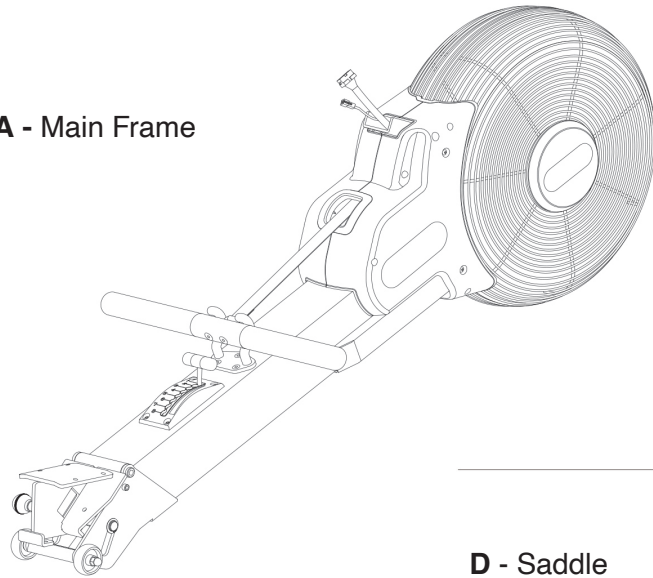
Air Rower



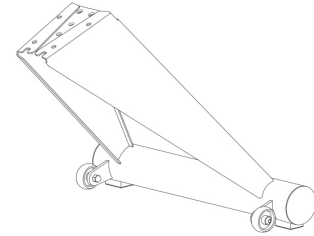
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OWNER'S OPERATING MANUAL

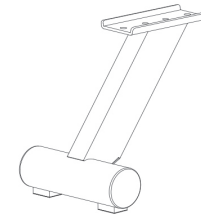
A - Main Frame



B - Front Stabilizer



C - Rear Stabilizer



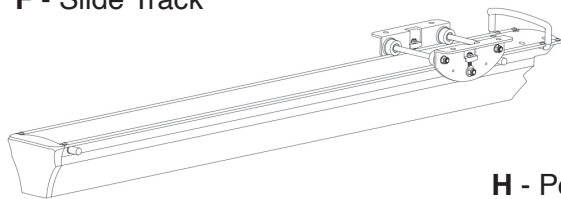
D - Saddle



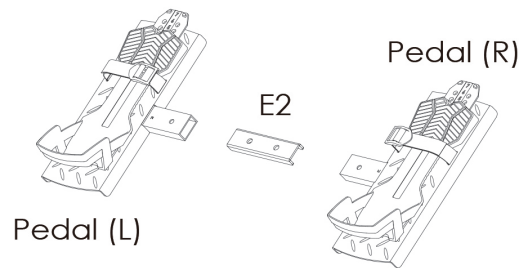
L - Chest Strap



F - Slide Track



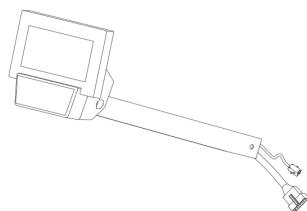
H - Pedal & Pedal Connecting Tube



E - Saddle Cover

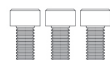


G - Console



J

(G6)Screw M6*12



Tool:

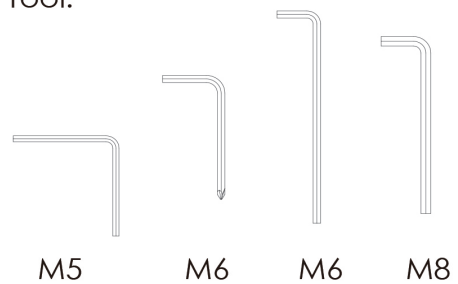
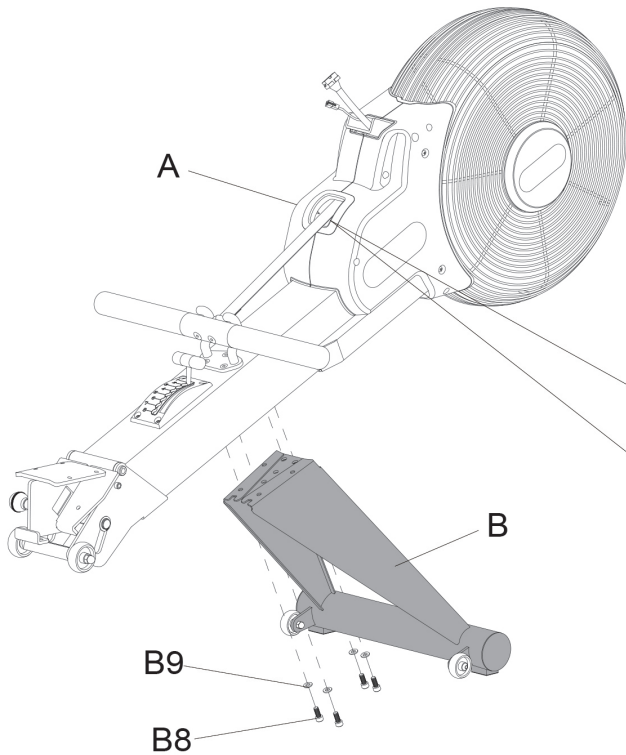


FIGURE 1

ASSEMBLING THE FRONT STABILIZER

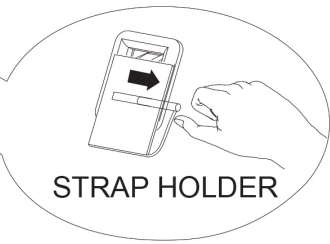
We recommend that 2 people coordinate in assembling the front stabilizer, alternatively you can place the main frame (A) flat on a carton box while assembling it.



STEP ONE: Remove the pre-mounted screw (B8) and washer (B9) from the main frame (A).

STEP TWO: Mount the front stabilizer (B) onto the main frame (A) with a screw (B8) and washer (B9).

**** Please note -** It is necessary to take off the strap holder before using the pull rope for exercise.



USE TOOL: M6

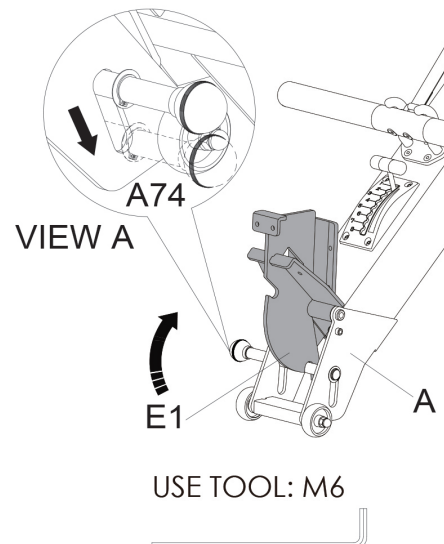
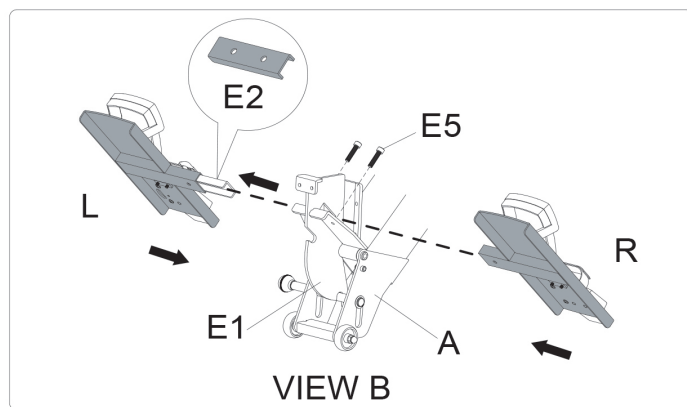


FIGURE 2

ASSEMBLING THE PEDAL & CONNECTING TUBE

STEP THREE: Insert the pedal connecting tube (E2) into the L-pedal or R-pedal. (VIEW B) then mount the pedal (L&R) onto the main frame (A).

STEP FOUR: Screw the shaft base, (E1) pedal connecting tube (E2) and pedal with screws (E5). (VIEW B).



USE TOOL: M6



FIGURE 3

ASSEMBLING THE SADDLE AND SADDLE COVER

STEP ONE: Remove the two pre-mounted screws (C2) and washers (C3) from the slide track (F).

STEP TWO: Remove the four pre-mounted screws (D8) from the saddle (D).

STEP THREE: Remove the four pre-mounted screws (D2) from the saddle holder (D7).

STEP FOUR: Use two screws (C2) and the washer (C3) to attach D the rear stabilizer (C) to the slide track (F).

STEP FIVE: Fit the saddle (D) on to the saddle holder (D7) with four screws (D8).

STEP SIX: Fit the saddle cover (E) on to the D7 saddle holder (D7) with four screws (D2).

USE TOOL :

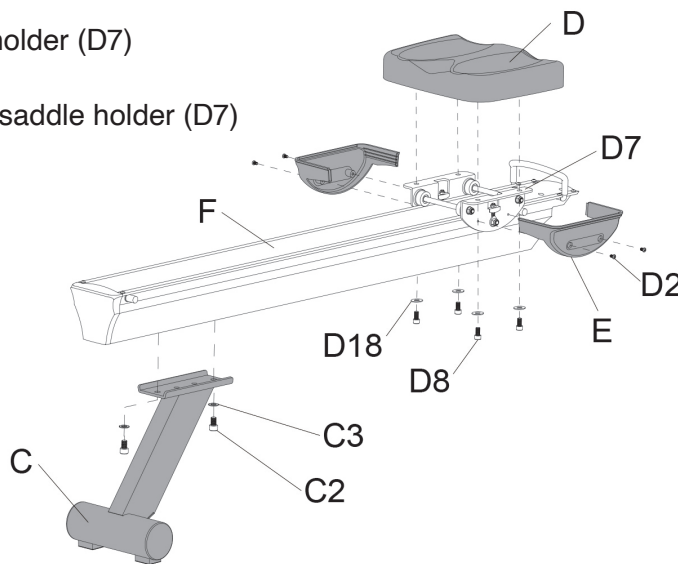
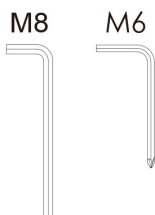


FIGURE 4

ASSEMBLING THE SLIDE TRACK TO THE SHAFT BASE

STEP ONE: Remove six pre-mounted screws (F6) and washer (F7) from the main frame (A).

STEP TWO: Push down the grip (A74), let the shaft base (E1) rotate to upside. (VIEW A)

STEP THREE: Fit the slide track (F) to the shaft base (E1) by six screws (F6) and washer (F7).

USE TOOL : M6

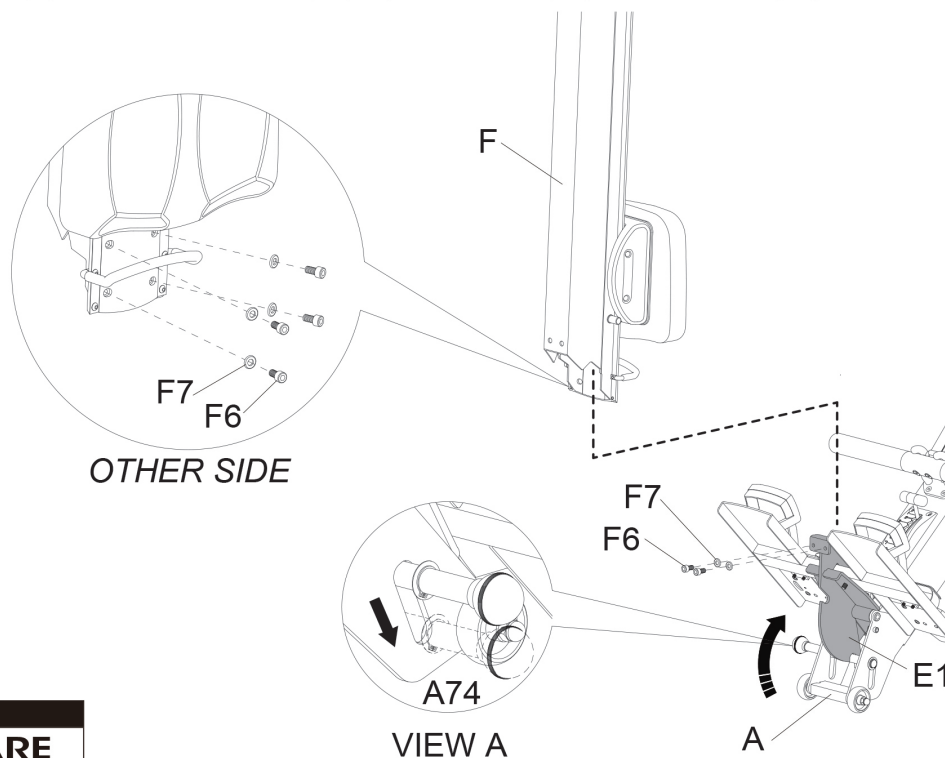
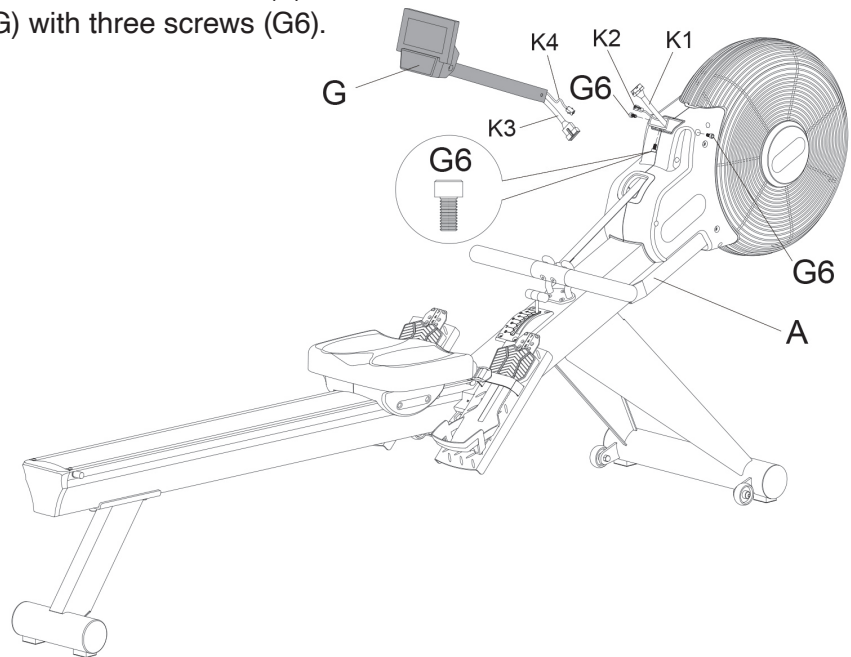


FIGURE 5
ASSEMBLING THE CONSOLE

STEP ONE: Connect Console wires (K1&K3), K2&K4).

STEP TWO: Mount the console (G) onto the main frame (A).

STEP THREE: Screw the console (G) with three screws (G6).



USE TOOL : M5



FIGURE 6
ADJUSTING THE PEDALS

STEP ONE: To adjust the pedal, pull up the two buttons on the pedal at the same time. Move the pedal (H3) up or down to the position that suits you, and unhitch the buttons to keep the pedal tightly in place.

STEP TWO: Adjusting the left pedal (H3) requires the same process.

There are 7 positions to choose from. ALWAYS tighten the pedal straps when you are in motion.

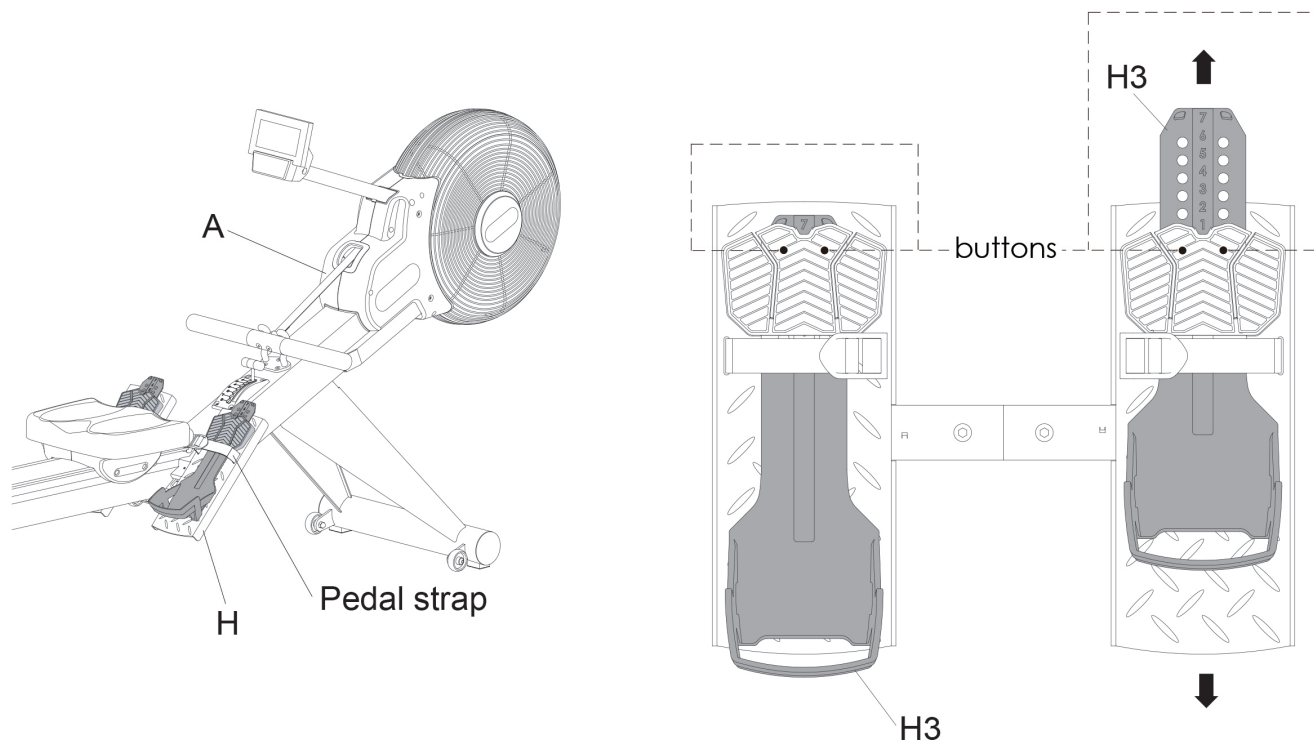


FIGURE 7

REPLACING THE BATTERIES

Remove the battery cover and install the new battery.

Battery specifications : AA* (4 Batteries)

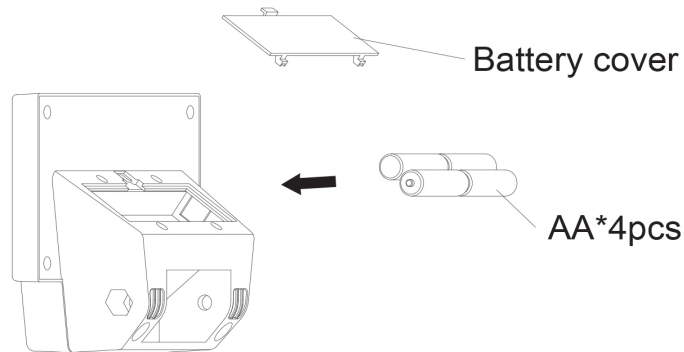


FIGURE 8

FOLDING THE MACHINE

STEP ONE: Pull up the small handlebar (F5) slightly, then push down the grip (A74). (VIEW A)

STEP TWO: Let the supporting wheel (A76) touch the ground.

STEP THREE: Fold up the slide tracking (F) and allow the grip to align with the main frame.

Please be aware to hold the slide tracking until the grip is in place.

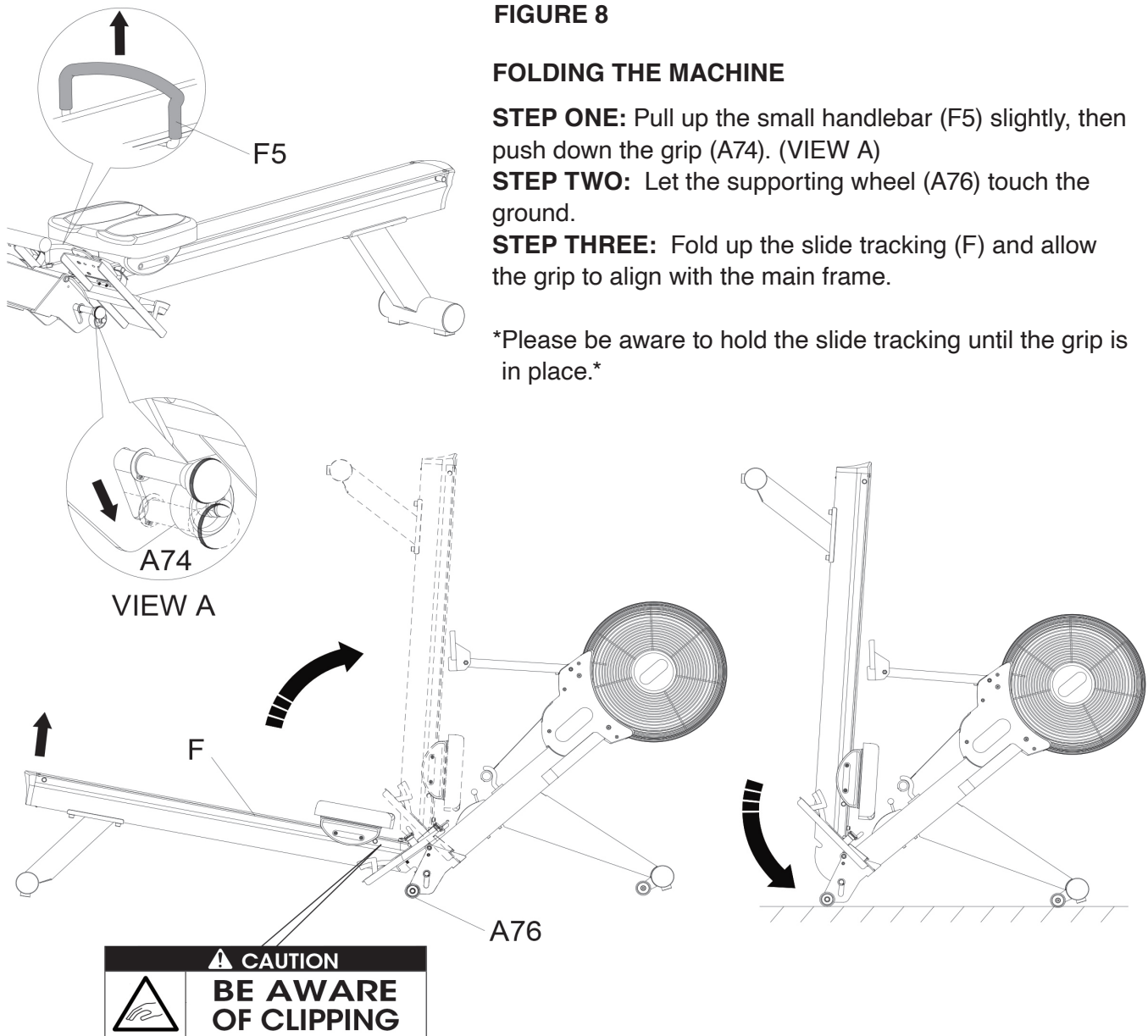


FIGURE 9

HOW TO MOVE THE MACHINE

When you've successfully folded the machine, you can hold the slide track and can now easily move the machine to a new location.

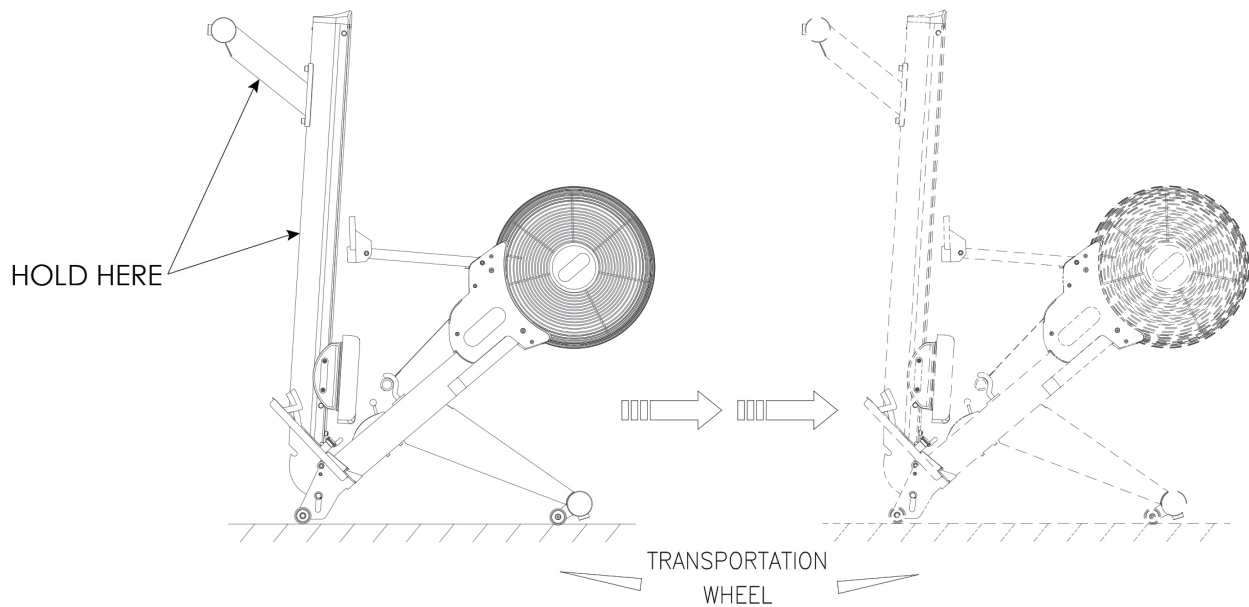
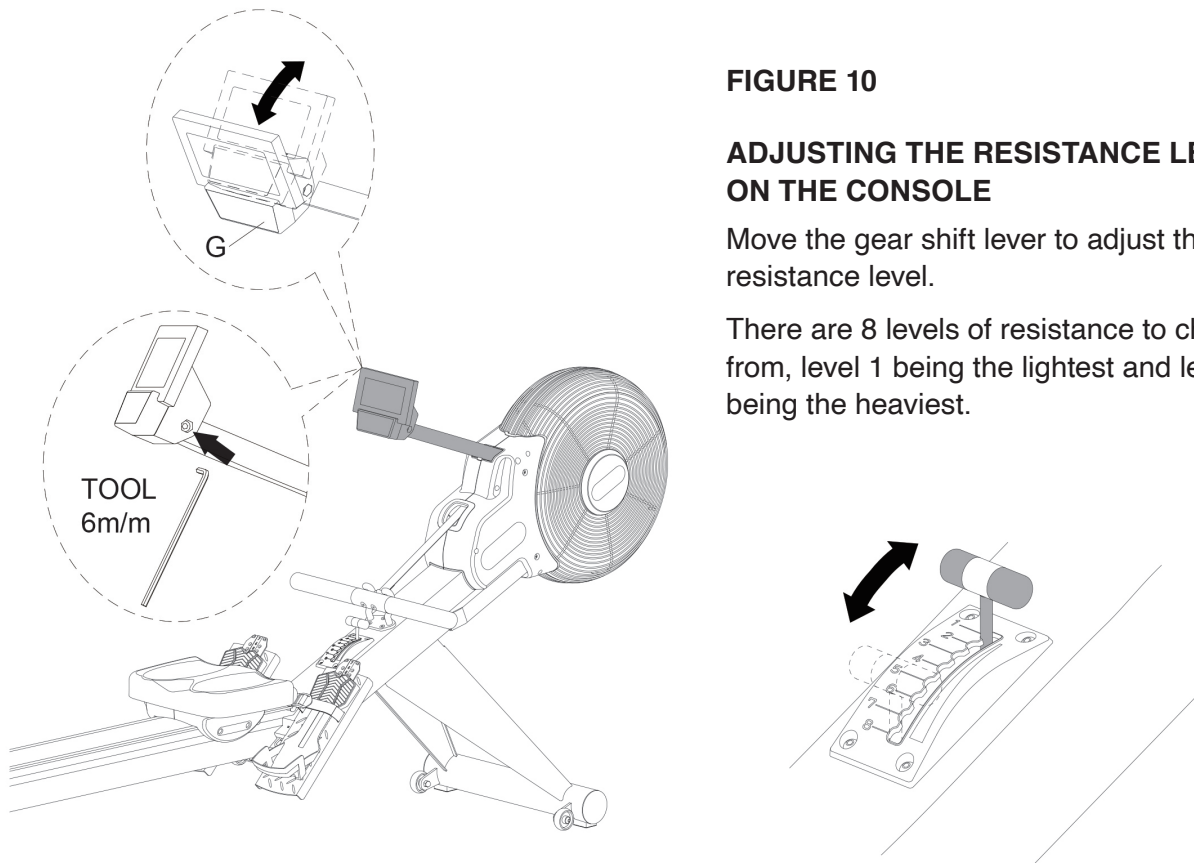


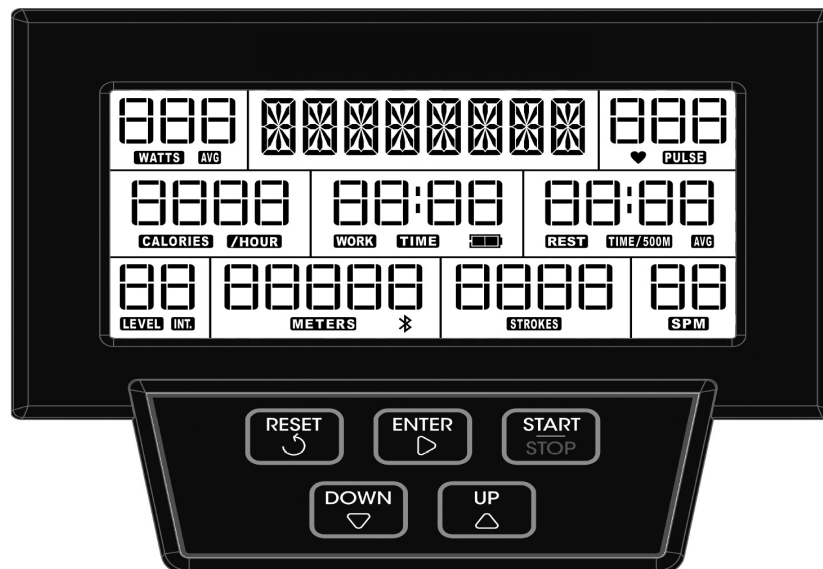
FIGURE 10

ADJUSTING THE RESISTANCE LEVELS ON THE CONSOLE

Move the gear shift lever to adjust the resistance level.

There are 8 levels of resistance to choose from, level 1 being the lightest and level 8 being the heaviest.





DISPLAY FUNCTIONS

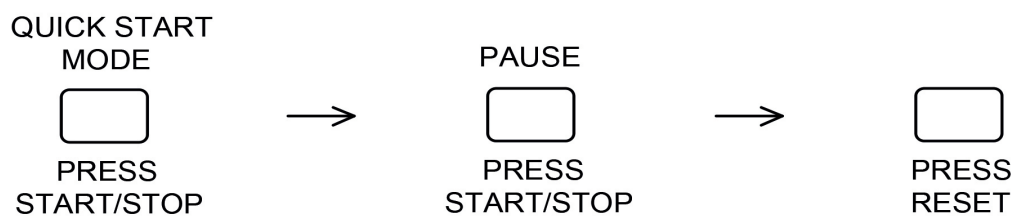
ITEM	DESCRIPTION
<p>MAIN DISPLAYS</p>	<p>MAIN DISPLAYS - The main displays for 8 performance measurements. HH-MM-SS: Total workout time displayed when rowing (hours- minutes-seconds). AVG M/ST: Average distance of each row stroke. AVG SPM: Average rowing time per minute. AVG TIME/500M: Average time to finish 500 meters. AVG WATT: Average watt. CAL/HOUR: Burned calories during rowing. MAX HR: Maximum heart rate display range. MAX WATT: Maximum watt display range</p>
<p>WATTS</p>	<p>Displays watts</p>
<p>CALORIES</p>	<p>Displays total calories</p>
<p>LEVEL INT.</p>	<p>Displays resistance level In INT.(interval) mode, displays interval cycle</p>
<p>WORK TIME</p>	<p>Displays the amount of time spent rowing. (does not count rest)</p>
<p>METERS</p>	<p>Displays total distance rowed in meters.</p>
<p>STROKES</p>	<p>Displays total number of strokes.</p>
<p>PULSE</p>	<p>Displays heart rate when connected to a heart rate monitor.</p>
<p>REST TIME/500M</p>	<p>In INT.(interval) mode, displays rest time. Projected time needed to complete 500 meters based on all strokes)</p>
<p>SPM</p>	<p>Displays stroke per minute (stroke rate)</p>

KEY FUNCTION

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

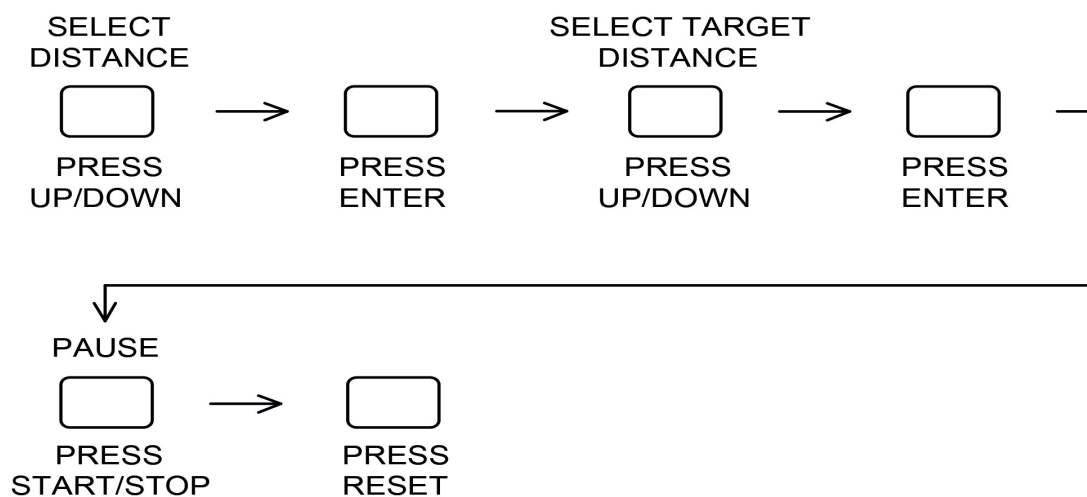
1. QUICK START

- When the console powers on, press the “START/STOP” key. The program will then enter “QUICK START” mode.
- During the exercise, the digital console will display “TIME / DISTANCE / CALORIES / STROKES” metrics, which will be increased accordingly.
- If there is no SPM signal input, ‘TIME / DISTANCE / CALORIES / STROKES’ will be stopped temporarily, and will continue counting once the SPM signal is back on.
- During the exercise, press the ‘START/STOP’ key to pause workout. You can also press the ‘RESET’ button to clear the displayed data and come back to standby mode to restart the function.



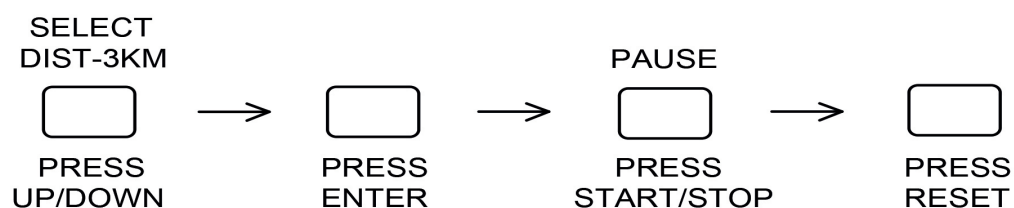
2. TARGET DISTANCE – PROGRAM

- In power-on mode, select the DISTANCE program and press the ENTER key, the program will enter into a built-in 2000 meter distance program with a flash shown.
- Press the UP/DOWN key to set the target distance value and press ENTER to confirm. The distance display range is between 100 and 10,000 METERS.
- During the rowing with the SPM signal input, the program will start to countdown from the set target distance. The digital console will display “TIME, CALORIES, STROKES” and will be increased according to your distance travelled.
- During the exercise, press the ‘START/STOP’ key to pause your workout. You can press the ‘RESET’ button to clear the displayed data and come back to standby mode to restart the function.



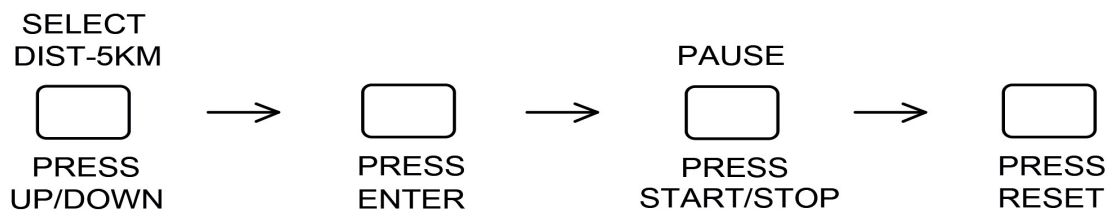
3. TARGET DIST- 3KM – PROGRAM

- In power-on mode, select the “DIST-3KM” program key and press ‘ENTER’ to confirm. The program will enter the built-in 3000 meters DISTANCE program automatically.
- During the rowing with SPM signal input, the program will start to countdown from the set target distance. The digital console will display “TIME, CALORIES, STROKES” and will be increased accordingly.
- During the exercise, press the ‘START/STOP’ key to pause the workout. You can press the ‘RESET’ button to clear the displayed data and come back to standby mode to restart the function.



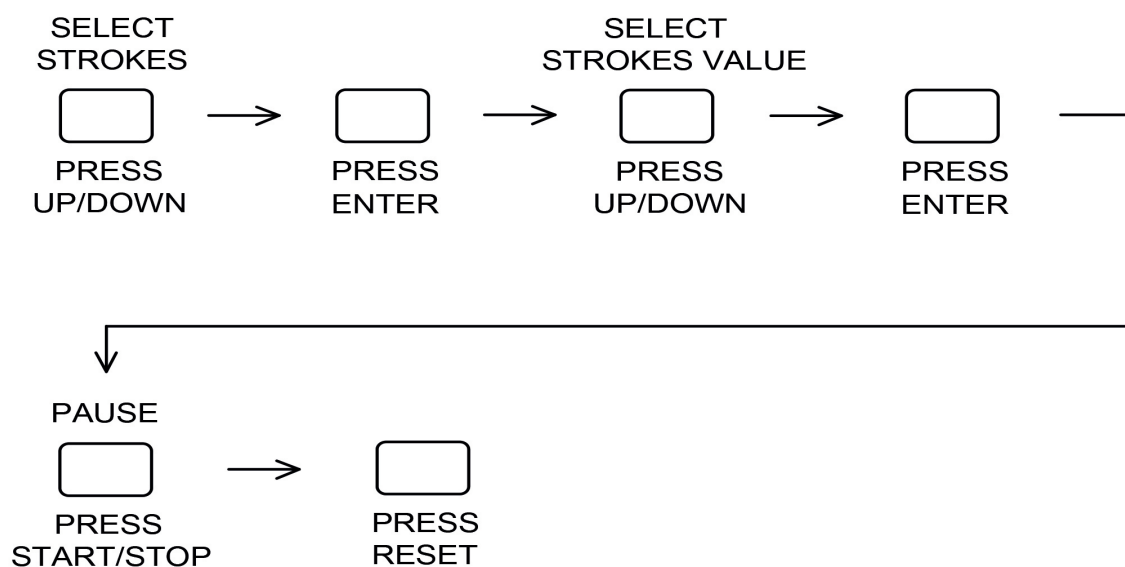
4. TARGET DIST- 5KM – PROGRAM

- In power-on mode, select “DIST-5KM” program key and press ‘ENTER’ to confirm. The program will enter the built-in 3000 meters DISTANCE program automatically.
- During the rowing with SPM signal input, the program will start to countdown from the set target distance. The digital console will display “TIME, CALORIES, STROKES” and will be increased accordingly.
- During the exercise, press the ‘START/STOP’ key to pause the workout. You can press the ‘RESET’ button to clear the displayed data and come back to standby mode to restart the function.



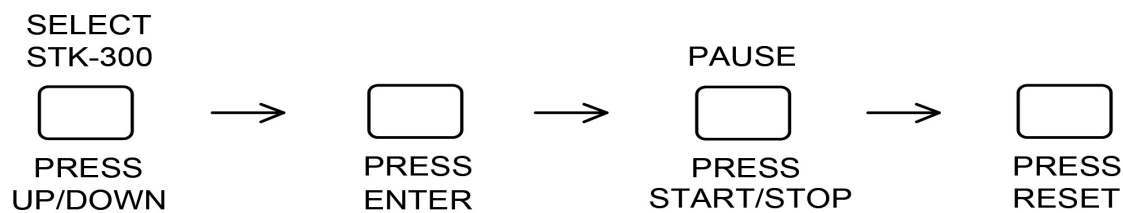
5. TARGET STROKE – PROGRAM

- In power-on mode, select the “STROKES” program and press ENTER key to confirm, the program will enter the built-in “200-stroke target” program with a flash shown.
- Press the ‘UP/DOWN’ key to set your STROKE value and press ‘ENTER’ to confirm. The STROKE display range is from 10 to 9990.
- During the rowing with SPM signal input, the program will start to countdown from your set STROKE. The digital console will display “TIME, CALORIE, METERS”, and will be increased accordingly.
- During the exercise, press the ‘START/STOP’ key to pause your workout. You can press the ‘RESET’ button to clear the displayed data and come back to standby mode to restart the function.



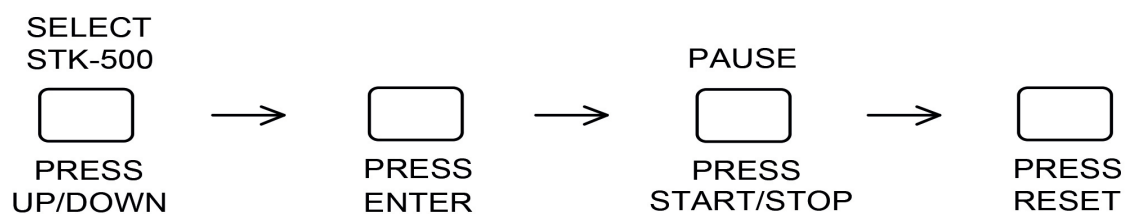
6. TARGET STK-300 – PROGRAM

- In power-on mode, select the “STK-300” program and press “ENTER” to confirm, then you will enter the built-in “300 STROKE start” mode automatically.
- During the rowing with SPM signal input, the program will start to countdown from the “300 STROKES” DISPLAY. The digital console will display “TIME , CALORIE, METERS” and will be increased accordingly.
- During the exercise, press the ‘START/STOP’ key to pause your workout. You can press the ‘RESET’ button to clear the displayed data and come back to standby mode to restart the function.



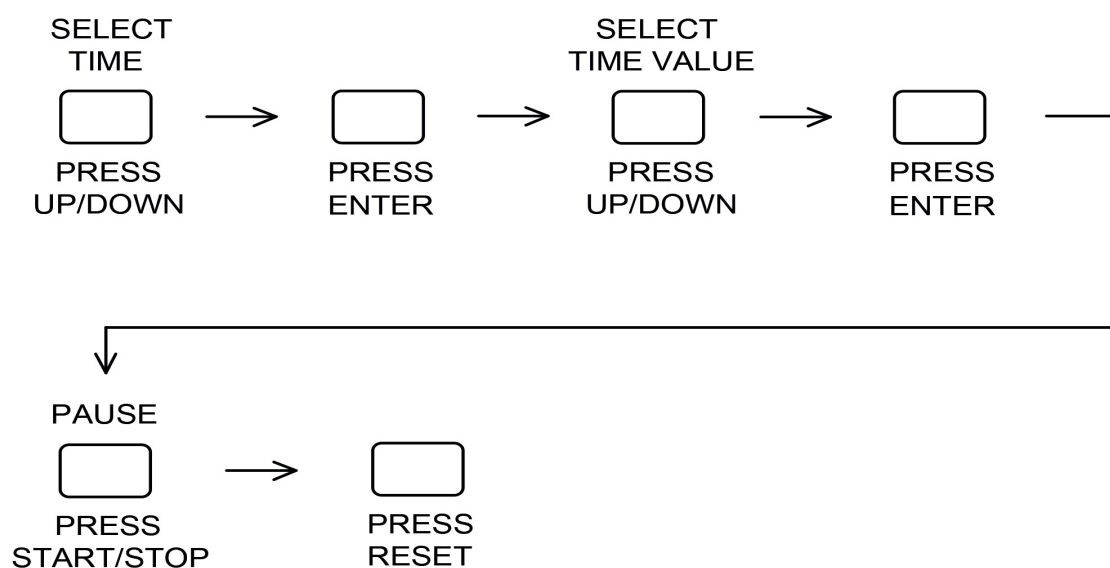
7. TARGET STK-500 – PROGRAM

- In power-on mode, select the “STK-500” program key and press “ENTER” to confirm, then you will enter the built-in “500 STROKE start mode” automatically.
- During the rowing with SPM signal input, the program will start to countdown from the “500 STROKES” display. The digital console will display “TIME, CALORIE, METERS”, and will be increased accordingly.
- During the exercise, press the ‘START/STOP’ key to pause your workout. You can press the ‘RESET’ button to clear the displayed data and come back to standby mode to restart the function.



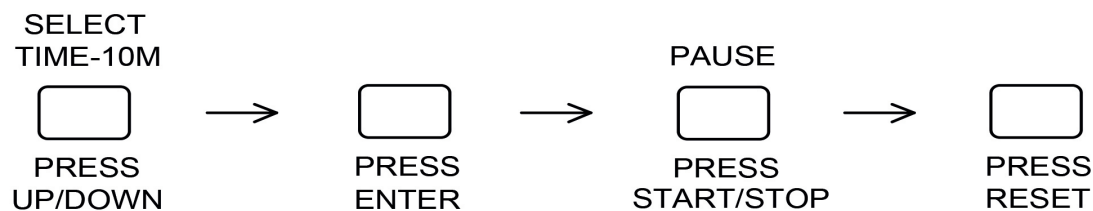
8. TARGET TIME – PROGRAM

- In power-on mode, select the 'TIME' program and press the 'ENTER' key to confirm, the program will enter the built-in program with a 20:00minute countdown flashing.
- Press the 'UP/DOWN' keys to set the TIME program and press ENTER to confirm it. The TIME display setting range is between 1:00 and 99:00.
- During the rowing with SPM signal input, the program will start to countdown from the "TIME" display you set. The digital console will display "CALORIES, METERS, STROKES", and will be increased accordingly.
- During the exercise, press the 'START/STOP' key to pause your workout. You can press the 'RESET' button to clear the displayed data and come back to standby mode to restart the function.



9. TARGET TIME-10M – PROGRAM

- Press the 'UP/DOWN' key and select the "TIME-10M" program, then press "ENTER" to confirm it. The program will enter the built-in 10:00 TIME automatically.
- During the rowing with SPM signal input, the program will start to countdown from the "10: 00 TIME" display. The digital console will display "CALORIES, METERS, STROKES", and will be increased accordingly.
- During the exercise, press the 'START/STOP' key to pause your workout. You can press the 'RESET' button to clear the displayed data and come back to standby mode to restart the function.



10. TARGET TIME-30M – PROGRAM

- Select TIME-30M and press the 'ENTER' key to confirm, the program will enter the built-in 30:00minute program automatically.
- During the rowing with SPM signal input, the program will start the countdown from the "30:00 TIME" display. The digital console will display "TIME / DISTANCE / CALORIES / STROKES", and will be increased accordingly.
- During the exercise, press the 'START/STOP' key to pause your workout. You can press the 'RESET' button to clear the displayed data and come back to standby mode to restart the function.



11. INTERVAL – PROGRAM

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

HOW TO SET WORK TIME?

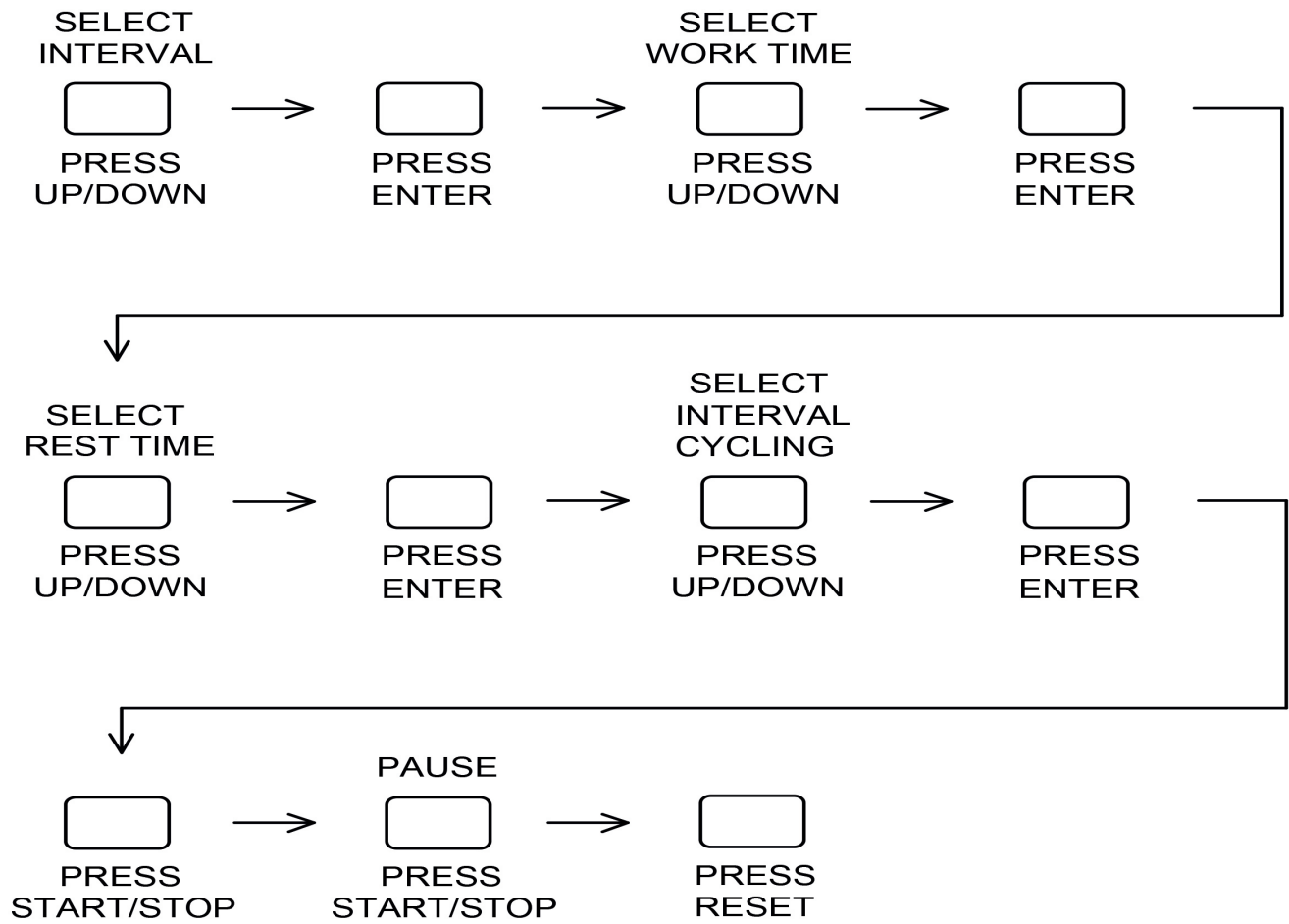
- When "WORK TIME" is flashing, press UP/DOWN to set WORK TIME and press ENTER to confirm it. The setting range for WORK TIME is 00:10~10:00.

HOW TO SET REST TIME?

- When "REST TIME" is flashing, press UP/DOWN to set REST TIME and press ENTER to confirm it. The setting range for REST TIME is 00:10~10:00.

HOW TO SET INTERVAL CYCLING?

- When "INTERVAL CYCLING" is flashing, press UP/DOWN to set the INTERVAL and press ENTER to confirm it. Press START to start the exercise. The INTERVAL setting range is 1~99.
- When you start rowing the machine, i.e. the SPM signal is in 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 won't stop until the target INTERVAL CYCLING is reached.
- During the exercise, press the 'START/STOP' key to pause your workout. You can press the 'RESET' button to clear the displayed data and come back to standby mode to restart the function.





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