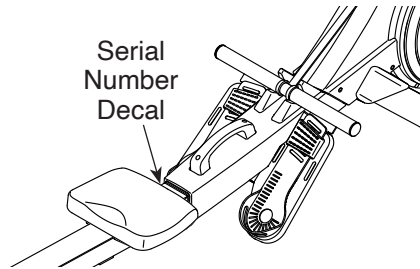


NordicTrack® RW300

Model No. NTRW39121-INT.0

Serial No. _____

Write the serial number in the space above for reference.



USER'S MANUAL

MEMBER CARE

UNITED KINGDOM

Website: iFITsupport.eu

E-mail: csuk@iconeurope.com

Write:

iFIT Health & Fitness, Ltd.

Unit 4, Westgate Court

Silkwood Park

OSSETT

WF5 9TT

UNITED KINGDOM

AUSTRALIA

Call: 1800 993 770

E-mail: australiacc@iFIT.com

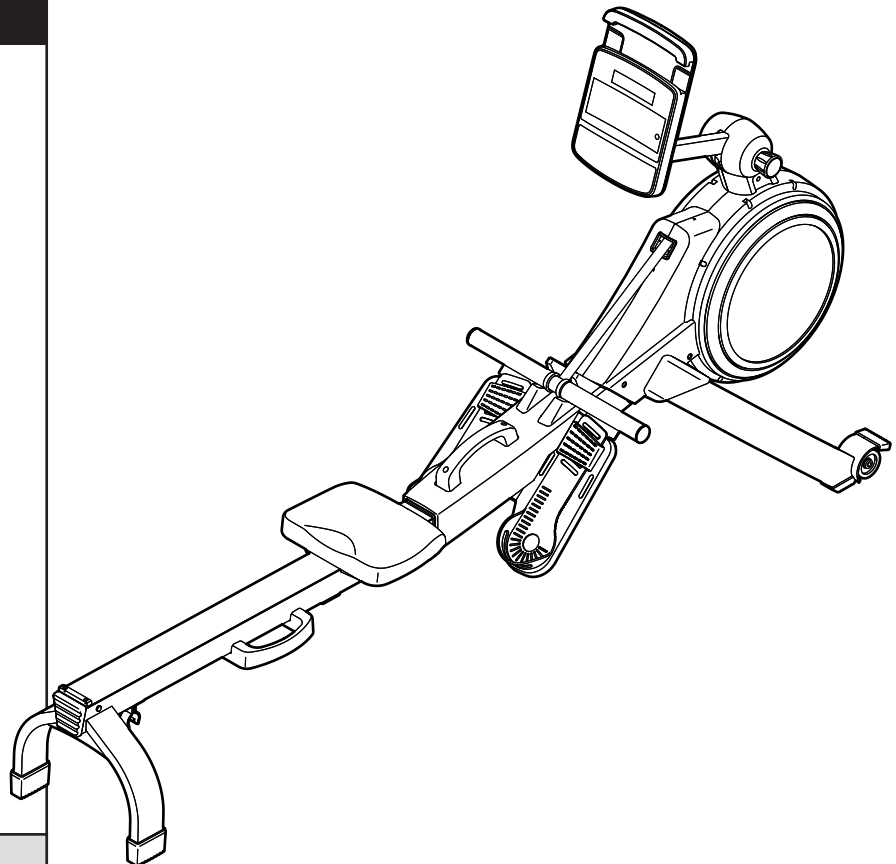
Write:

iFIT Inc.

PO Box 635

WINSTON HILLS NSW 2153

AUSTRALIA



CAUTION

Read all precautions and instructions in this manual before using this equipment. Keep this manual for future reference.

TABLE OF CONTENTS

WARNING DECAL PLACEMENT	2
IMPORTANT PRECAUTIONS	3
BEFORE YOU BEGIN	4
PART IDENTIFICATION CHART	5
ASSEMBLY	6
HOW TO USE THE ROWER	10
HOW TO USE THE CONSOLE	13
MAINTENANCE AND TROUBLESHOOTING	20
EXERCISE GUIDELINES	21
PART LIST	24
EXPLODED DRAWING	26
ORDERING REPLACEMENT PARTS	Back Cover
RECYCLING INFORMATION	Back Cover

WARNING DECAL PLACEMENT

This drawing shows the location(s) of the warning decal(s). **If a decal is missing or illegible, see the front cover of this manual and request a free replacement decal. Apply the decal in the location shown.** Note: The decal(s) may not be shown at actual size.

⚠ WARNING

- Misuse of this machine may result in serious injury.
- Read user's manual prior to use and follow all warnings and instructions.
- Do not allow children on or around machine.
- User weight must not exceed 250 pounds.
- This product should always be used on a level surface.
- This product is not intended for therapeutic use.
- Replace label if damaged, illegible, or removed.

NORDICTRACK and IFIT are registered trademarks of iFIT Inc. App Store is a trademark of Apple Inc., registered in the U.S. and other countries. Android and Google Play are trademarks of Google LLC. The Bluetooth® word mark and logos are registered trademarks of Bluetooth SIG, Inc. and are used under license. IOS is a trademark or registered trademark of Cisco in the U.S. and other countries and is used under license.

IMPORTANT PRECAUTIONS

⚠ WARNING: To reduce the risk of serious injury, read all important precautions and instructions in this manual and all warnings on the rower before using the rower. iFIT assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

1. It is the responsibility of the owner to ensure that all users of the rower are adequately informed of all precautions.
2. Keep children under age 16 and pets away from the rower at all times.
3. Consult your health care provider before beginning any exercise program. This is especially important for persons over age 35 or persons with pre-existing health problems.
4. Consult your health care provider before beginning or continuing any exercise program during pregnancy. Use the rower only as authorized by your health care provider.
5. The rower is not intended for use by persons with reduced physical, sensory, or mental capabilities or lack of experience and knowledge, unless they are given supervision or instruction about use of the rower by someone responsible for their safety.
6. Use the rower only as described in this manual.
7. The rower is intended for home use only. Do not use the rower in a commercial, rental, or institutional setting.
8. Keep the rower indoors, away from moisture and dust. Do not put the rower in a garage or covered patio or near water.
9. Place the rower on a level surface, with a mat beneath it to protect the floor or carpet. Make sure that there is at least 2 ft. (0.6 m) of clearance around the rower.
10. Inspect and properly tighten all parts each time the rower is used. Replace any worn parts immediately. Use only manufacturer-supplied parts.
11. The rower should not be used by persons weighing more than 250 lbs. (115 kg).
12. Wear appropriate clothes while exercising; do not wear loose clothes that could become caught on the rower. Always wear athletic shoes for foot protection.
13. Always keep your back straight while using the rower; do not arch your back.
14. Do not release the row bar while the strap is extended.
15. Over exercising may result in serious injury or death. If you feel faint, if you become short of breath, or if you experience pain while exercising, stop immediately and cool down.

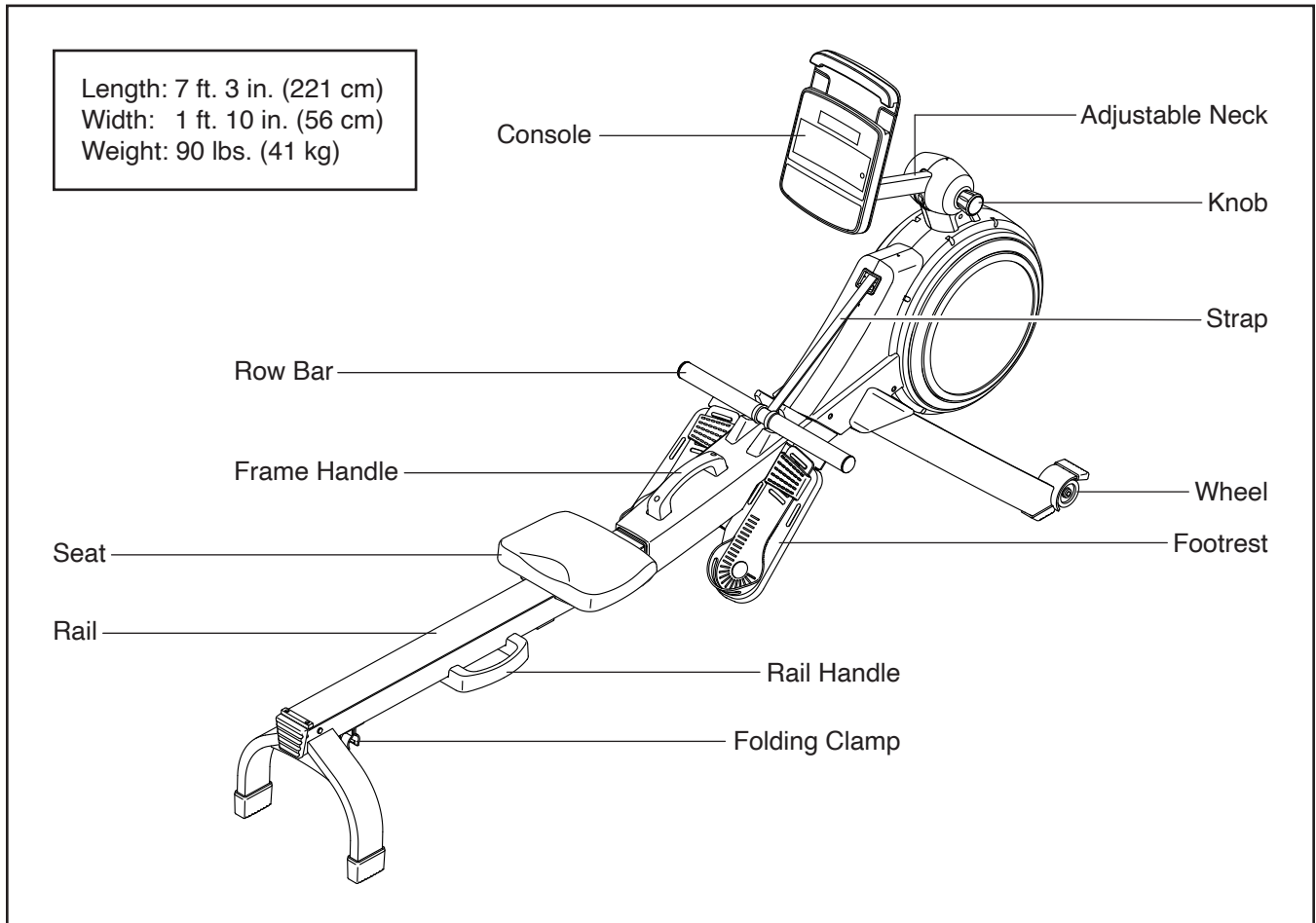
BEFORE YOU BEGIN

Thank you for selecting the new NORDICTRACK® RW 300 rower. Rowing is an effective exercise for increasing cardiovascular fitness, building endurance, and toning the body. The RW 300 rower is designed to let you enjoy this effective exercise in the convenience and privacy of your home.

For your benefit, read this manual carefully before you use the rower. If you have questions after reading

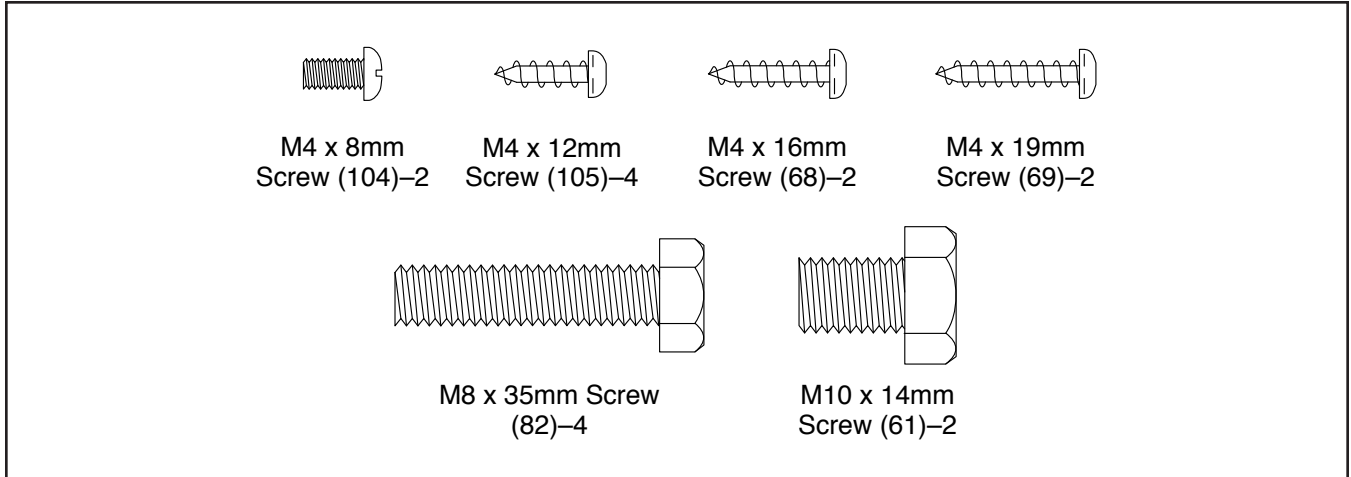
this manual, please see the front cover of this manual. To help us assist you, note the product model number and serial number before contacting us. The model number and the location of the serial number decal are shown on the front cover of this manual.

Before reading further, please review the drawing below and familiarize yourself with the labeled parts.



PART IDENTIFICATION CHART

Use the drawings below to identify the small parts needed for assembly. The number in parentheses below each drawing is the key number of the part, from the PART LIST near the end of this manual. The number following the key number is the quantity needed for assembly. **Note: If a part is not in the hardware kit, check to see if it has been preassembled. Extra parts may be included.**

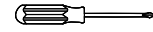


ASSEMBLY

- Assembly requires two persons.
- Place all parts in a cleared area and remove the packing materials. Do not dispose of the packing materials until you finish all assembly steps.
- To identify small parts, see page 5.

- In addition to the included tool(s), assembly requires the following tool(s):

one Phillips screwdriver



one adjustable wrench



Assembly may be easier if you have a set of wrenches. To avoid damaging parts, do not use power tools.

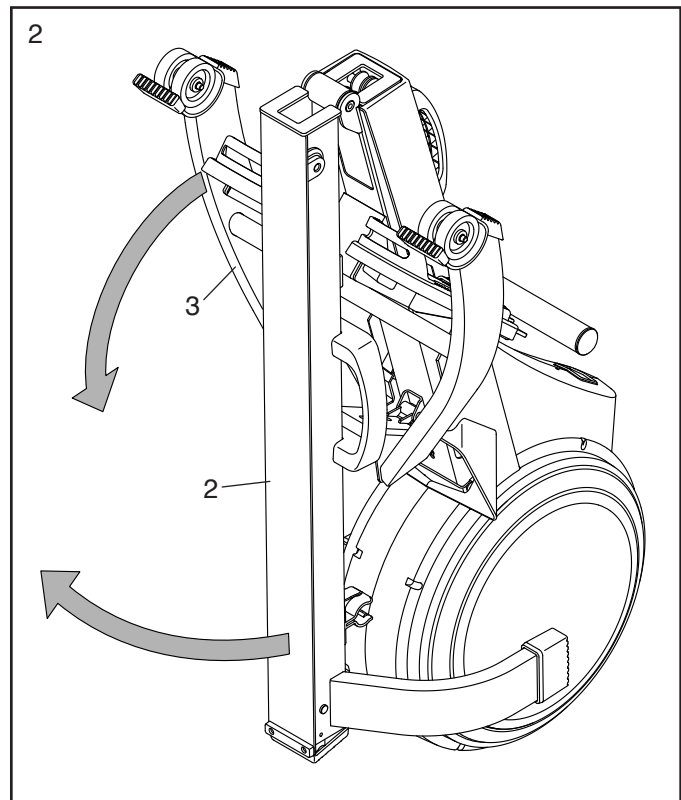
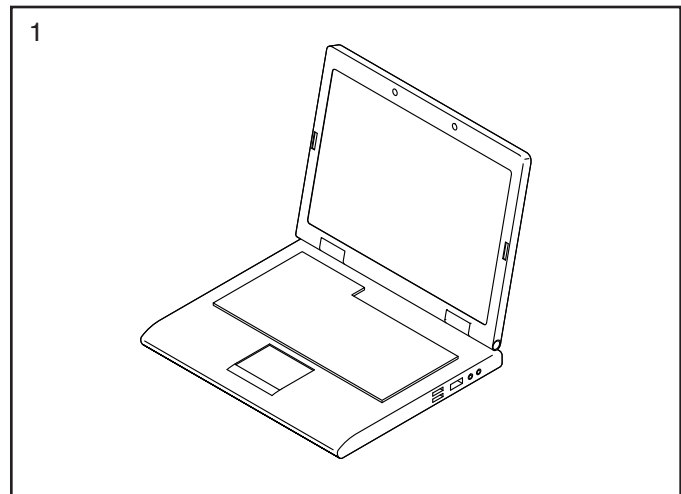
1. **To register your product and activate your warranty in the UK**, go to iFITsupport.eu. If you do not have internet access, complete the warranty registration card in the warranty booklet and send it by registered post to the address on the back cover of the warranty booklet.

To register your product and activate your warranty in Australia, email or post the following information to the email address or postal address on the front cover of this manual.

- your receipt (make sure to keep a copy)
- your name, address, and telephone number
- the model number, serial number, and name of your product (see the front cover of this manual)

2. If there are shipping tubes (not shown) attached to the rower, remove and discard the shipping tubes and the hardware attaching them.

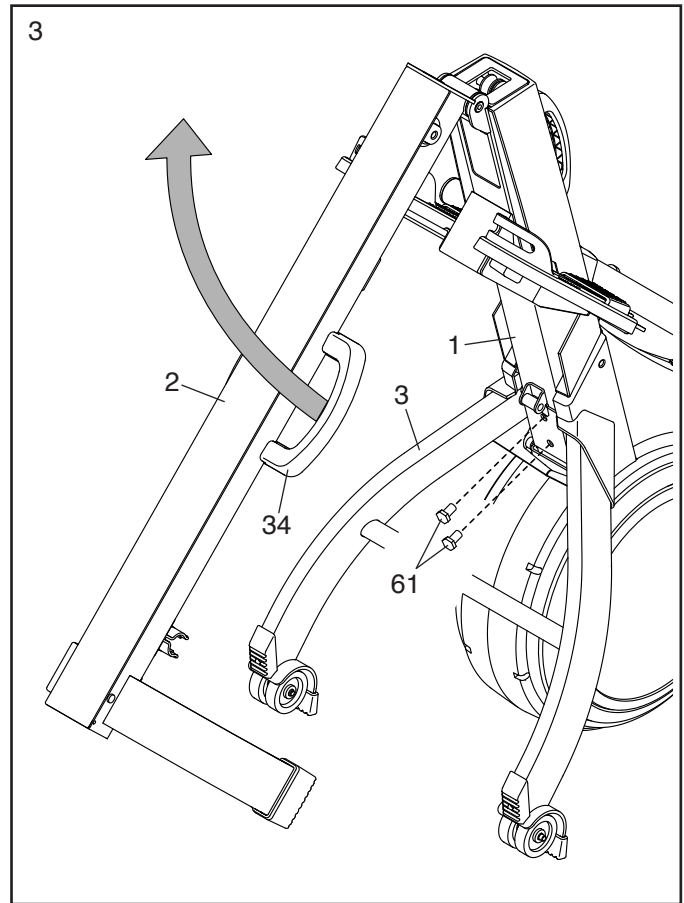
With the help of a second person, pull the Rail (2) outward and rotate the Stabilizer (3) downward.



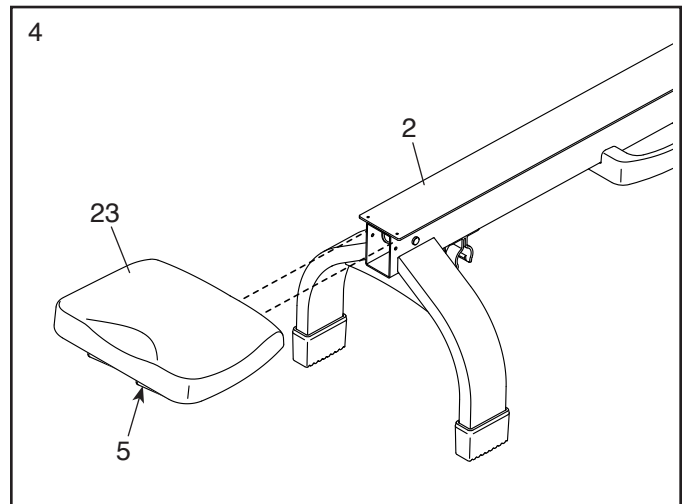
3. **Have a second person hold the Rail (2) during this step.**

Attach the Stabilizer (3) to the Frame (1) with two M10 x 14mm Screws (61).

Then, hold the Rail Handle (34), pull the Rail (2) outward, and rest the Rail on the floor (see the drawing in step 4).



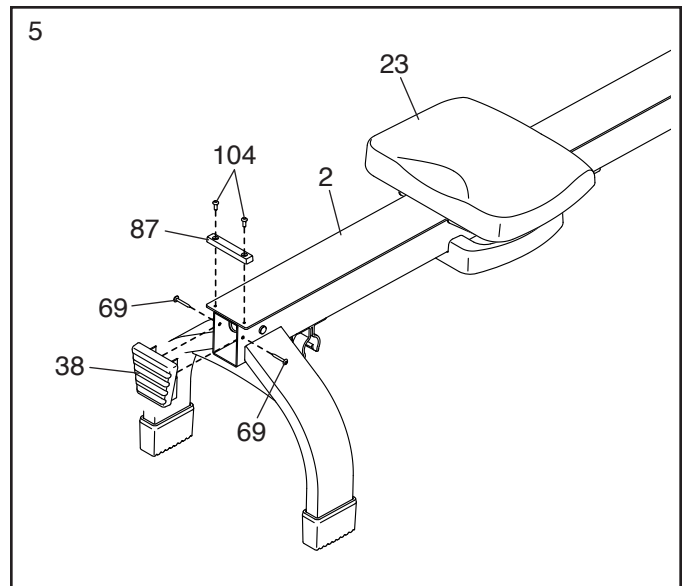
4. Orient the Seat (23) as shown, and slide the Seat Carriage (5) onto the Rail (2).



5. Slide the Seat (23) to the front of the Rail (2).

Next, attach the Rear Stop (87) to the Rail (2) with two M4 x 8mm Screws (104).

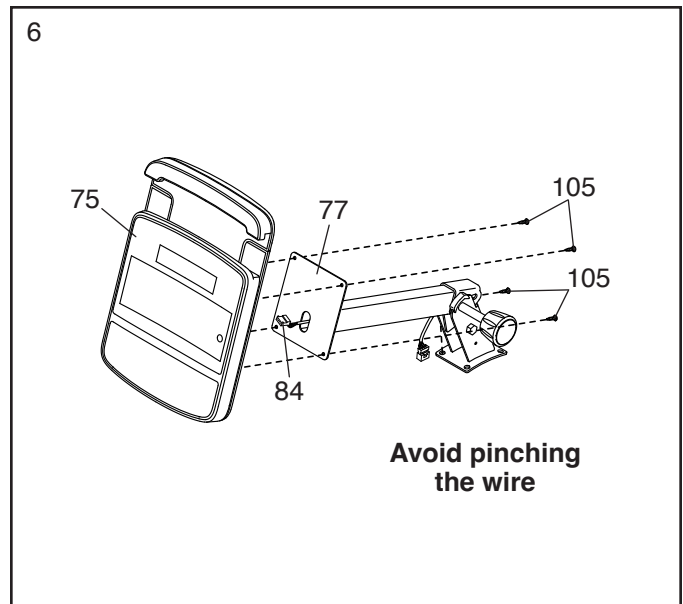
Then, attach the Rail Cap (38) to the Rail (2) with two M4 x 19mm Screws (69).



6. While a second person holds the Console (75) near the Upright (77), plug the Upright Wire (84) into the receptacle on the Console. **The wire connector should slide into the receptacle and snap into place with an audible click. If it does not, turn the connector and try again. If you do not connect the connector properly, the Console may become damaged when you turn on the console.**

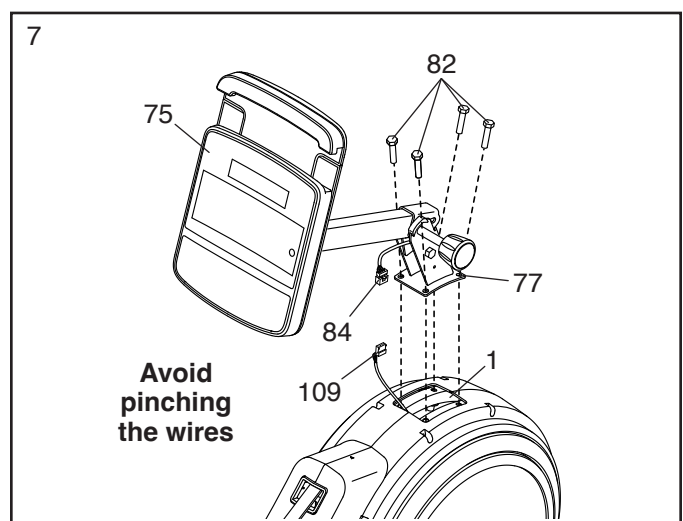
Insert the excess wire into the Upright (77) or into the Console (75).

Tip: Avoid pinching the wires. Attach the Console (75) to the Upright (77) with four M4 x 12mm Screws (105); **start all four Screws, and then tighten them.**



7. While a second person holds the Console (75) and the Upright (77) near the Frame (1), connect the Upright Wire (84) to the Main Wire (109). **The wire connectors should slide together easily and snap into place with an audible click. If they do not, turn one connector and try again.** Insert the excess wire into the Frame.

Tip: Avoid pinching the wires. Attach the Upright (77) to the Frame (1) with four M8 x 35mm Screws (82); **start all four Screws, and then tighten them.**

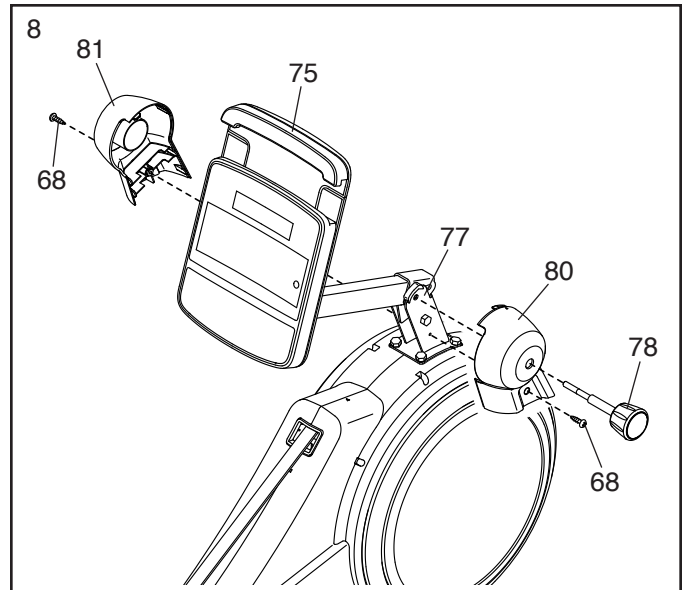


8. Hold the Console (75) with one hand, and loosen and remove the Knob (78) from the Upright (77).

Next, identify the Right and Left Upright Covers (80, 81), and orient them as shown.

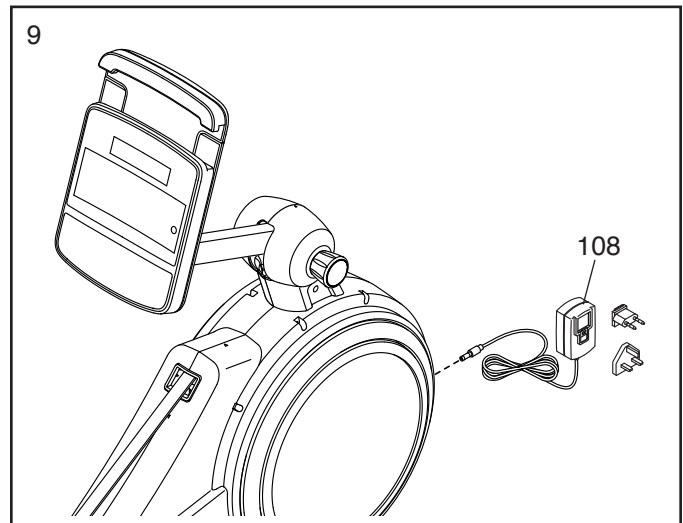
Press the Right and Left Upright Covers (80, 81) together around the Upright (77), and attach them to the Upright with two M4 x 16mm Screws (68).

Then, insert the Knob (78) into the Right Upright Cover (80) and tighten it into the Upright (77).



9. Plug the Power Adapter (108) into the receptacle on the frame of the rower.

Note: To plug the Power Adapter (108) into an outlet, see HOW TO PLUG IN THE POWER ADAPTER on page 10.



10. **Make sure that all parts are properly tightened.** Extra parts may be included. Place a mat beneath the rower to protect the floor.

HOW TO USE THE ROWER

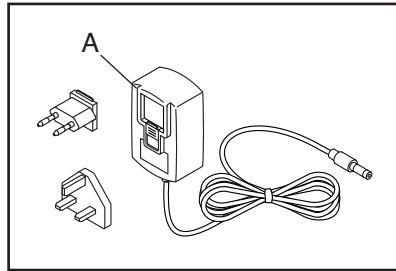
HOW TO PLUG IN THE POWER ADAPTER

IMPORTANT: If the rower has been exposed to cold temperatures, allow it to warm to room temperature before you plug in the Power Adapter (A). If you do not do this, you may damage the console displays or other electronic components.

IMPORTANT: Always plug the power adapter (A) into the rower before you plug it into an outlet.

Make sure that the Power Adapter (A) is plugged into the receptacle on the rower.

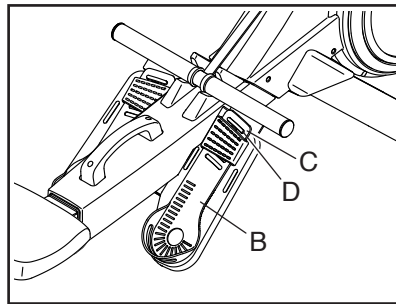
Then, plug the Power Adapter into an appropriate outlet that is properly installed in accordance with all local codes and ordinances.



HOW TO ADJUST THE FOOT PADS

First, sit on the seat and place your feet in the Foot Pads (B).

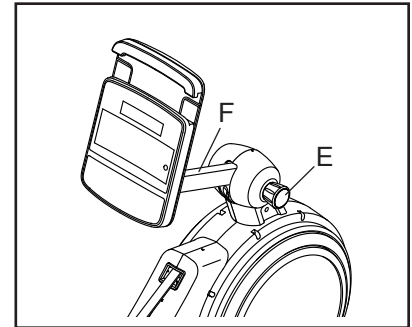
Next, press the Footrest Bracket (C), slide the Foot Pad (B) to the desired position, and then release the Footrest Bracket so that the Tab (D) engages a slot in the Foot Pad. Then, tighten the strap over your foot.



Adjust the other foot pad in the same way. Make sure that both foot pads are in the same position.

HOW TO ADJUST THE CONSOLE VIEWING ANGLE

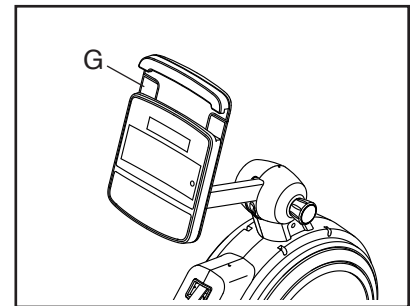
To adjust the console to the desired viewing angle, hold the console with one hand, and loosen the Knob (E). Next, raise or lower the Neck (F) to the desired angle, and then tighten the Knob; do not hold or pull on the console.



HOW TO USE THE TABLET HOLDER

IMPORTANT: The Tablet Holder (G) is designed for use with most full-size tablets. Do not place any other electronic device or object in the Tablet Holder.

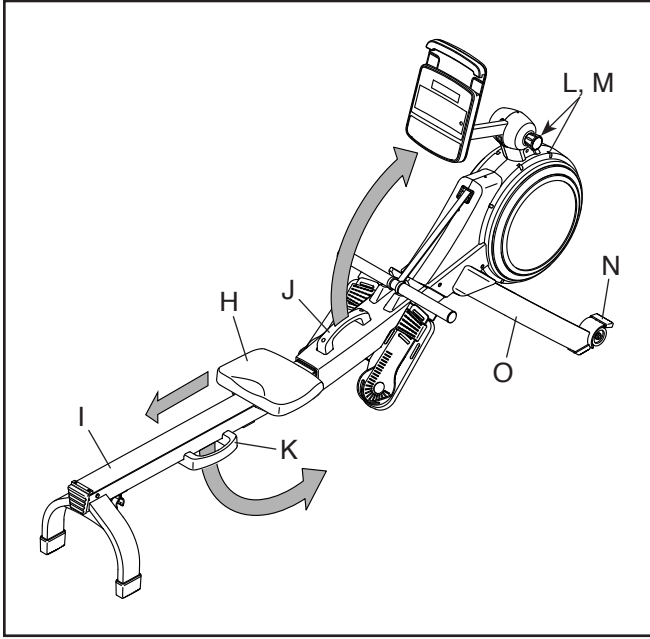
To insert a tablet into the Tablet Holder (G), set the bottom edge of the tablet in the tray. Then, pull the clip over the top edge of the tablet. **Make sure that the tablet is firmly secured in the Tablet Holder.** Reverse these actions to remove the tablet from the Tablet Holder.



HOW TO FOLD AND STORE THE ROWER

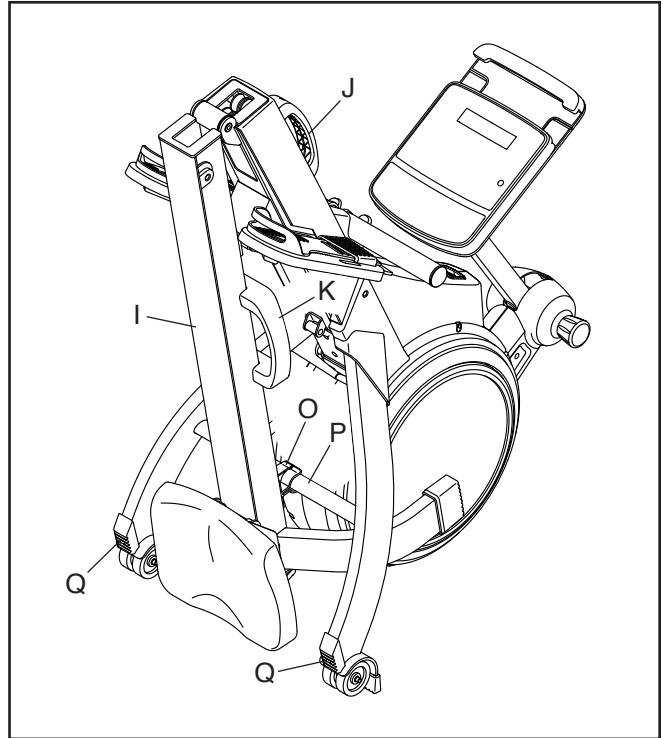
The rower can be stored in a folded position to conserve space. **Store the rower in a location where children cannot tip it.** Unplug the power adapter when storing the rower for extended periods of time.

To store the rower, first slide the Seat (H) to the rear of the Rail (I).



Next, hold and lift the Frame Handle (J) and the Rail Handle (K), and tip the rower forward onto the Shields (L, M) and the Storage Feet (N) (see the drawing at the right).

Then, pull the Rail Handle (K) inward until the Folding Clamp (O) engages the bar on the Stabilizer (P).



To unfold the rower, first place your foot on a Stabilizer Foot (Q) and pull the Rail Handle (K) outward to disengage the Folding Clamp (O).

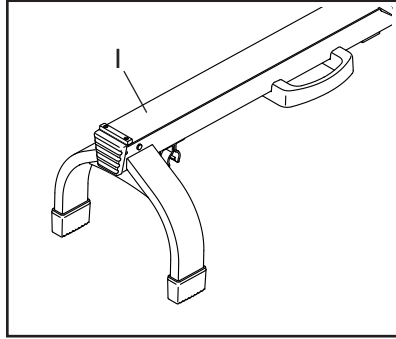
Then, hold the Rail Handle (K) and the Frame Handle (J), pull the Rail Handle outward, and lower the Rail (I) to the floor.

HOW TO MOVE THE ROWER IN THE UNFOLDED POSITION

Take any necessary measures to avoid damaging your floor.

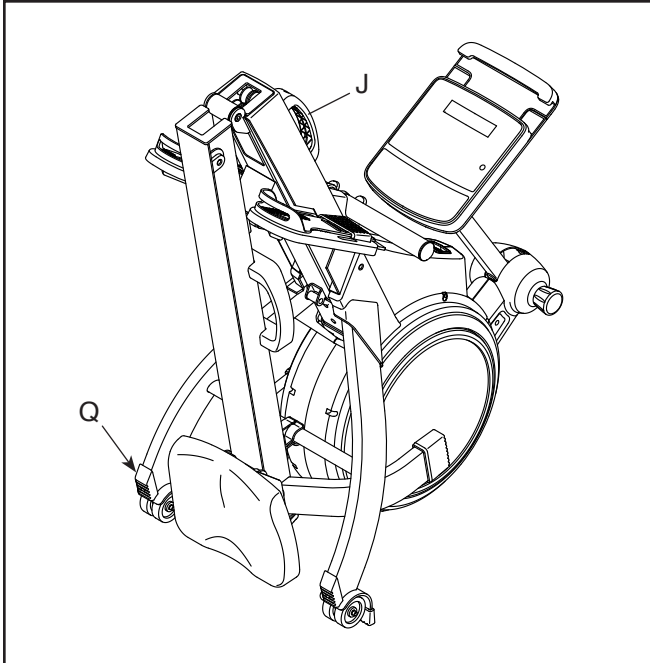
Stand behind the rower and lift the Rail (I) until the rower will roll on the wheels.

Then, carefully move the rower to the desired location, and lower the Rail to the floor. **Do not hold or pull on the console when moving the rower.**



HOW TO MOVE THE ROWER IN THE FOLDED POSITION

Take any necessary measures to avoid damaging your floor. See HOW TO FOLD AND STORE THE ROWER on page 11, and fold the rower. Then, hold the Frame Handle (J), place your foot on a Stabilizer Foot (Q), and tip the rower until it will roll on the wheels. Carefully move the rower to the desired location, and then tip it into the storage position. **Do not hold or pull on the console when moving the rower.**



HOW TO ROW ON THE ROWER

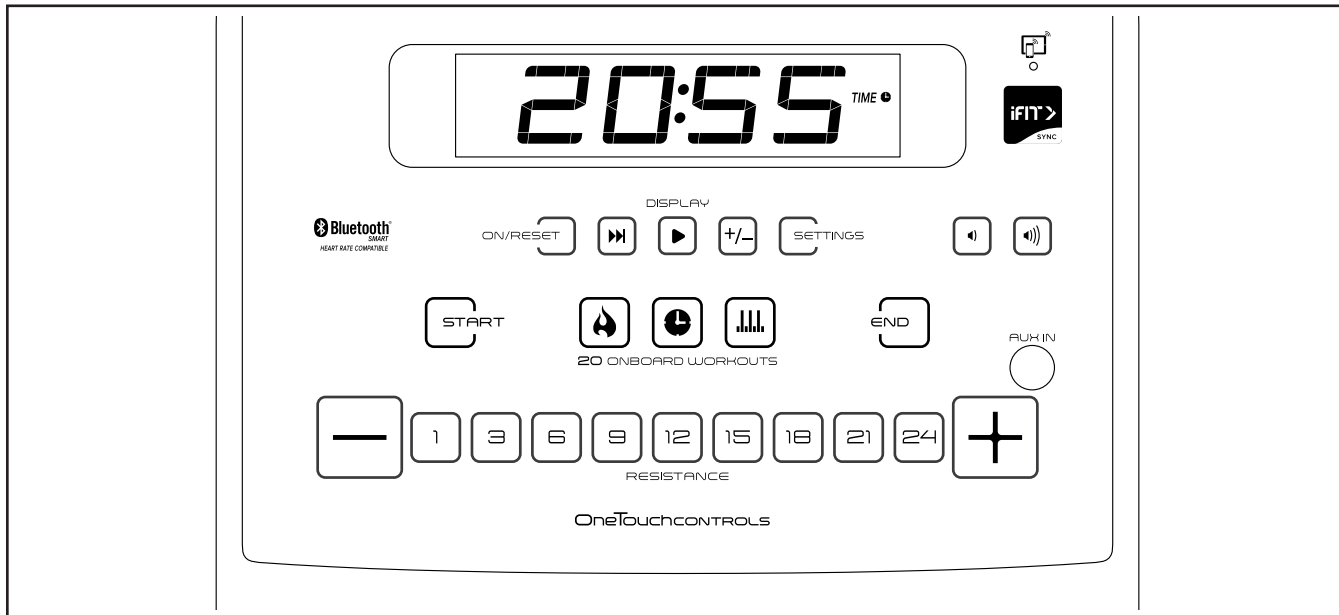
Sit on the seat, place your feet in the footrests, and adjust the straps to fit your feet. Then, hold the row bar with an overhand grip.

Correct rowing form consists of three phases:

- 1. The first phase is the CATCH.** Slide the seat forward until your knees are almost touching your chest. Pull the row bar until your hands are directly above your feet.
- 2. The second phase is the DRIVE.** Push backward with your legs. Lean back slightly at the hips (not at the waist), keeping your back straight. As you straighten your legs, pull the row bar toward your chest. Keep your elbows outward.
- 3. The third phase is the FINISH.** Your legs should be nearly straight. Continue to pull the row bar until your hands are even with your chest.

After the finish phase, extend your arms forward and pull the seat forward using your legs. Repeat this sequence, moving through all three phases with a smooth, fluid motion. Remember to breathe normally as you row; never hold your breath.

HOW TO USE THE CONSOLE



FEATURES OF THE CONSOLE

The advanced console offers an array of features designed to make your workouts more effective and enjoyable.

When you use the manual mode of the console, you can adjust the resistance of the row bar with a touch of a button. As you exercise, the console will display continuous exercise feedback. You can even monitor your heart rate using a compatible heart rate monitor.

To purchase a compatible heart rate monitor, see page 19.

In addition, the console offers a selection of onboard workouts. Each onboard workout automatically changes the resistance of the row bar as it guides you through an effective workout.

The console also features wireless technology that enables the console to connect to iFIT®. With the iFIT app, you can choose from a rotating selection of

featured workouts that automatically control the resistance of the row bar as iFIT trainers guide you through immersive exercise sessions.

With an iFIT subscription, you can access a large and varied library of thousands of destination and studio workouts, create your own workouts, track your workout results, and access many other features.

You can also connect your personal audio player to the console sound system and listen to your favorite music or audio books while you exercise.

To use the manual mode, see page 14. To use an onboard workout, see page 16. To use an iFIT workout, see page 17. To change console settings, see page 18. To use the sound system, see page 19.

Note: If there is a sheet of plastic on the display, remove the plastic.

HOW TO USE THE MANUAL MODE

1. Begin rowing or press any button on the console to turn on the console.

After a moment, the display will turn on. The console will then be ready for use.

2. Select the manual mode.

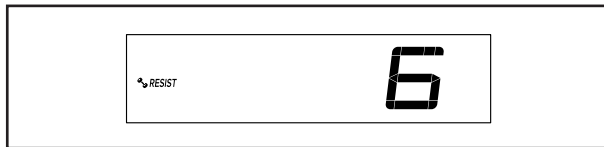
When you turn on the console, the manual mode will be selected automatically.

If you have selected a workout, reselect the manual mode by pressing any of the Workouts buttons repeatedly until zeros appear in the display.

3. Change the resistance of the row bar as desired.

Press the Start button or begin rowing to start the manual mode.

As you row, change the resistance of the row bar by pressing the Resistance increase and decrease buttons or by pressing one of the numbered Resistance buttons.



Note: After you press a button, it will take a moment for the row bar to reach the selected resistance level.

4. Follow your progress with the display.

The display can show the following workout information:

Calories (CALs)—When the manual mode and most onboard workouts are selected, the

approximate number of calories you have burned. When calorie workouts are selected, the approximate number of calories that remain to be burned in the workout.

Calories per Hour (CALs/HR)—The approximate number of calories that you are burning per hour.

Distance (M)—The distance that you have rowed in meters.

Pulse (BPM and heart symbol)—Your heart rate when you use a compatible heart rate monitor (see HOW TO USE AN OPTIONAL HEART RATE MONITOR on page 19).

Resistance (RESIST)—The resistance level of the row bar.

Strokes—The number of rowing strokes that you have completed during your workout.

Strokes Per Minute (SPM)—The number of rowing strokes that you are completing per minute.

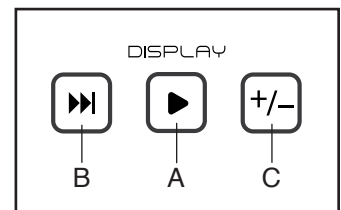
Speed (KPH)—Your rowing pace in kilometers per hour.

Time—When the manual mode or a calorie workout is selected, the elapsed time. When an onboard workout is selected, the time remaining in the workout.

Watts—Your approximate power output in watts.

500 Meter Split (500 M SPLIT)—Your rowing pace in the number of minutes it takes to row 500 meters.

Press the Display button (A) repeatedly to view the desired workout information in the display.

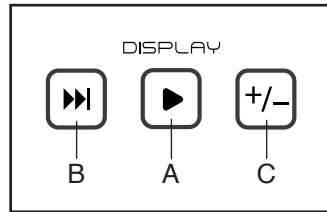


Scan mode—The console also has a scan mode that will display workout information in a repeating cycle. To turn on the scan mode, press the Scan button (B); the scan indicator (D) and the word SCAN will turn on in the display.



To manually advance the scan cycle, press the Scan button repeatedly.

To turn off the scan mode, press the Display button; the scan indicator and the word SCAN will turn off.



You can also customize the scan mode to display only the desired workout information in the repeating cycle.

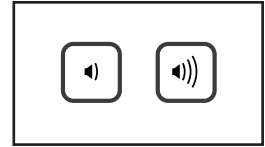
To customize the scan mode, first press the Display button repeatedly until the workout information that you want to add to or remove from the scan cycle appears in the display.

Next, press the Add/Remove button (C) to add or remove that workout information from the scan cycle. **When workout information is added**, its indicator will turn on in the display. **When workout information is removed**, its indicator will turn off.

Then, press the Scan button to turn on the scan mode.

Note: The console will show your heart rate in the scan cycle automatically whenever it detects a pulse from a heart rate monitor.

To change the volume level of the console, press the volume increase and decrease buttons.



To pause the console, simply stop rowing or press the End button. When the console is paused, the time will flash in the display. To continue your workout, simply resume rowing.

To end the workout, press the End button repeatedly.

5. When you are finished exercising, the console will turn off automatically.

If the row bar does not move for several seconds, the console will pause and the time will flash in the display. To resume your workout, simply resume rowing.

If the row bar does not move for several minutes and the buttons are not pressed, the console will turn off and the display will be reset.

Note: The console features a demo mode, designed to be used if the rower is displayed in a store. If the demo mode is turned on, the console will not turn off and the display will not be reset when you finish exercising. To turn off the demo mode, see HOW TO CHANGE CONSOLE SETTINGS on page 18.

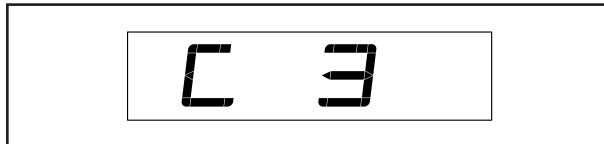
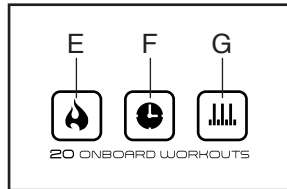
HOW TO USE AN ONBOARD WORKOUT

1. Begin rowing or press any button on the console to turn on the console.

After a moment, the display will turn on. The console will then be ready for use.

2. Select an onboard workout.

To select an onboard workout, press the Calorie button (E), Time button (F), or Interval Workouts (G) button repeatedly until the name of the desired workout appears in the display.



A few seconds after you press a button, the duration of the workout or the number of calories to be burned will appear in the display. The maximum resistance level may also appear.

3. Start the workout.

Press the Start button or begin rowing to start the workout.

Calorie and Interval Workouts—Each Calorie and Interval workout is divided into one-minute segments. One resistance level is programmed for each segment. Note: The same resistance level may be programmed for consecutive segments.

Continue rowing until the first segment ends. If a different resistance level is programmed for the next segment, the resistance level will appear in

the display for a few seconds to alert you. The resistance of the row bar will then change.

If the resistance level for the current segment is too high or too low, you can manually override the setting by pressing the Resistance buttons.

IMPORTANT: When the current segment of the workout ends, the row bar will automatically adjust to the resistance level programmed for the next segment.

The workout will continue in this way until the last segment ends. To pause the console, simply stop rowing or press the End button. When the console is paused, the time will flash in the display. To continue your workout, simply resume rowing.

To end the workout, press the End button repeatedly.

Time Workouts—Each Time workout is divided into one-minute segments. Adjust the resistance level and your rowing speed as desired during each segment of a Time workout.

The workout will continue in this way until the last segment ends. To pause the console, simply stop rowing or press the End button. When the console is paused, the time will flash in the display. To continue your workout, simply resume rowing.

To end the workout, press the End button repeatedly.

4. Follow your progress with the display.

See step 4 on page 14.

5. When you are finished exercising, the console will turn off automatically.

See step 5 on page 15.

HOW TO USE AN iFIT WORKOUT

The console offers access to a large and varied library of iFIT workouts when you download the iFIT app to your smart device and connect it to the console.

Note: The console supports Bluetooth connections to smart devices via the iFIT app and to compatible heart rate monitors. Other Bluetooth connections are not supported.

1. Download and install the iFIT app on your smart device.

On your iOS® or Android™ smart device, open the App StoreSM or the Google Play™ store, search for the free iFIT app, and then install the app on your smart device. **Make sure that the Bluetooth option is enabled on your smart device.**

Then, open the iFIT app and follow the instructions to set up an iFIT account and customize settings.

Take time to explore the iFIT app and learn about its features and settings.

2. Connect your smart device to the console.

Note: If you are connecting both your heart rate monitor and your smart device to the console, **you must connect your heart rate monitor before you connect your smart device** (see HOW TO USE AN OPTIONAL HEART RATE MONITOR on page 19).

To connect your smart device, first press the iFIT Sync button on the console; the console pairing number will appear in the display. Then, follow the instructions in the iFIT app to connect your smart device to the console. When your smart device is connected, the Bluetooth icon will appear in the display.

3. Select an iFIT workout.

In the iFIT app, touch the buttons at the bottom of the screen to select either the home screen (Home button) or the workout library (Browse button).

To select a workout from the home screen or the workout library, simply touch the desired workout button on the screen. Slide or flick the screen to scroll upward or downward if necessary.

When you select a workout, the screen will show an overview of the workout that includes details such as the duration and distance of the workout and the approximate number of calories you will burn during the workout.

4. Start the workout.

Touch *Start Workout* to start the workout.

During some workouts, an iFIT trainer will guide you through an immersive video workout. Touch the screen in any open space to view and select music, trainer voice, and volume options for the workout.

During some workouts, the screen will show a map of the route and a marker indicating your progress. Touch the buttons on the screen to select the desired map options.

If the resistance setting for the current segment of the workout is too high or too low, you can manually override the setting by pressing the increase and decrease buttons on the console.

To return to the programmed resistance settings of the workout, touch *Follow Trainer*.

Note: The calorie goal shown in the workout description is an estimate of the number of calories that you will burn during the workout. The actual number of calories that you burn will depend on various factors, such as your weight. In addition, if you manually change the resistance level during the workout, the number of calories you burn will be affected.

5. Pause or end the workout.

To pause the workout, simply touch the screen or stop rowing. To continue the workout, simply resume rowing.

To end the workout, touch the screen to pause the workout, and then follow the prompts on the screen to end the workout and return to the home screen.

When the workout ends, a workout summary will appear on the screen. If desired, you can select options such as adding the workout to your schedule or adding the workout to your favorites list. Then, touch *Finish* to return to the home screen.

6. Disconnect your smart device from the console.

To disconnect your smart device from the console, first select the disconnect option in the iFIT app. Then, press and hold the iFIT Sync button on the console.

Note: All Bluetooth connections between the console and other devices (including any smart devices, heart rate monitors, and so forth) will be disconnected.

7. When you are finished exercising, the console will turn off automatically.

See step 5 on page 15.

IMPORTANT: When you are finished exercising, make sure to disconnect your smart device and/or heart rate monitor from the console (see step 6 above and HOW TO USE AN OPTIONAL HEART RATE MONITOR on page 19). If you do not do this, the console may not turn off.

HOW TO CHANGE CONSOLE SETTINGS

1. Select the settings mode.

To select the settings mode, press the Settings button. The first settings screen will appear in the display.

Note: If you are using the manual mode or an onboard workout, press the End button repeatedly to end your workout before you press the Settings button.

2. Navigate the settings mode.

While the settings mode is selected, you can navigate through several settings screens. Press the Display button repeatedly to select the desired settings screen.

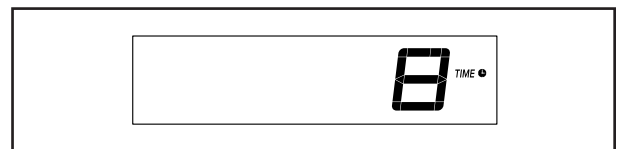
3. Change settings as desired.

Software Version Number—The software version number will appear in the display.

Display Test—This screen is intended to be used by service technicians to identify whether the display is working correctly.

Button Test—This screen is intended to be used by service technicians to identify whether a certain button is working correctly.

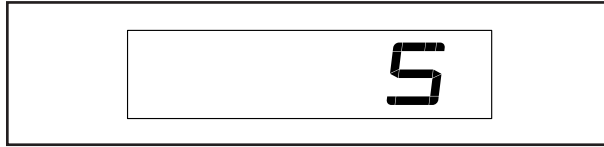
Total Time—The word TIME will appear in the display. The display will show the total number of hours that the rower has been used.



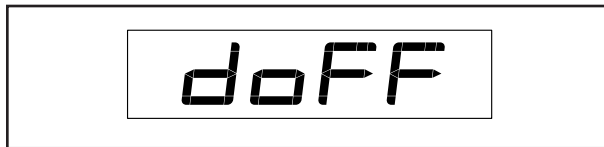
Total Distance—The letters KM will appear in the display. The display will show the total distance in kilometers that the rower has been rowed.



Contrast Level—The currently selected contrast level will appear in the display. Press the Resistance increase and decrease buttons to adjust the contrast level.



Demo Mode—The currently selected demo mode option will appear in the display. The console features a demo mode, designed to be used if the rower is displayed in a store. If the demo mode is turned on, the console will not turn off and the display will not be reset when you finish exercising. Press the Resistance increase button repeatedly to select a demo mode option. To turn on the demo mode, select DON. To turn off the demo mode, select DOFF.



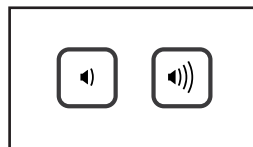
4. Exit the settings mode.

Press the Settings button to exit the settings mode.

HOW TO USE THE SOUND SYSTEM

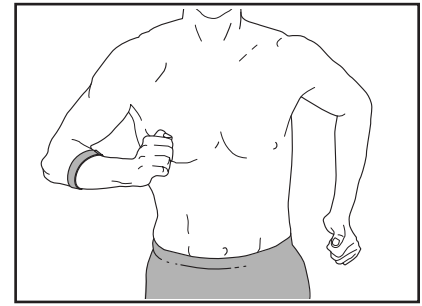
To play music or audio books through the console sound system while you exercise, plug a 3.5 mm male to 3.5 mm male audio cable (not included) into the jack on the console and into a jack on your personal audio player; **make sure that the audio cable is fully plugged in. Note: To purchase an audio cable, see your local electronics store.**

Next, press the play button on your personal audio player. Adjust the volume level using the volume increase and decrease buttons on the console or the volume control on your personal audio player.



HOW TO USE AN OPTIONAL HEART RATE MONITOR

Whether your goal is to burn fat or to strengthen your cardiovascular system, the key to achieving the best results is to maintain the proper heart rate



during your workouts. The optional heart rate monitor will enable you to continuously monitor your heart rate while you exercise, helping you to reach your personal fitness goals. **To purchase an optional heart rate monitor, please see the front cover of this manual.**

The console is compatible with all Bluetooth® Smart heart rate monitors.

To connect a compatible heart rate monitor to the console, press the iFIT Sync button on the console; the console pairing number will appear in the display. When a connection is established, the LED on the console will flash red twice. When your heartbeat is detected, your heart rate will be shown.

Note: If there is more than one compatible heart rate monitor near the console, the console will connect to the heart rate monitor with the strongest signal.

To disconnect your heart rate monitor from the console, press and hold the iFIT Sync button on the console.

Note: All Bluetooth connections between the console and other devices (including any smart devices, heart rate monitors, and so forth) will be disconnected.

MAINTENANCE AND TROUBLESHOOTING

MAINTENANCE

Regular maintenance is important for optimal performance and to reduce wear. Inspect and properly tighten all parts each time the rower is used. **Replace any worn parts immediately.** Use only manufacturer-supplied parts.

To clean the rower, use a damp cloth and a small amount of mild detergent. **IMPORTANT: To avoid damage to the console, keep liquids away from the console and keep the console out of direct sunlight.**

For best results, clean the rail, the seat carriage, and the carriage rollers daily.

CONSOLE TROUBLESHOOTING

If the console does not turn on, make sure that the power adapter is fully plugged in.

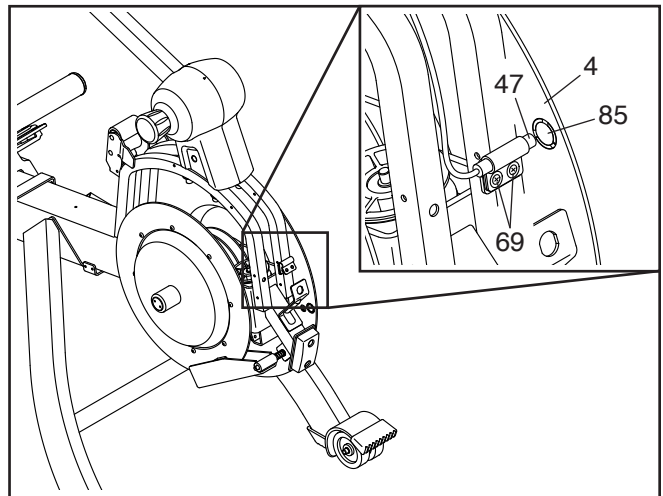
If a replacement power adapter is needed, see the front cover of this manual. IMPORTANT: To avoid damaging the console, use only a manufacturer-supplied regulated power adapter.

HOW TO ADJUST THE REED SWITCH

If the console does not display correct feedback, the reed switch should be adjusted.

See **EXPLODED DRAWING B** on page 27. Locate the Right and Left Shields (7, 8). Remove the four M4 x 19mm Screws (69) and the nine M4 x 16mm Screws (68) from the Right and Left Shields. Then, gently remove the Right and Left Shields.

Next, locate the Reed Switch (47). Turn the Left Flywheel (4) until a Magnet (85) is aligned with the Reed Switch. Then, slightly loosen the two indicated M4 x 19mm Screws (69), slide the Reed Switch slightly closer to or away from the Magnet, and then retighten the Screws.



Turn the Left Flywheel (4) so that the Magnet (85) passes the Reed Switch (47) repeatedly. Repeat these actions until the console displays correct feedback.

When the reed switch is correctly adjusted, reattach the parts that you removed.

EXERCISE GUIDELINES

⚠️ WARNING: Consult your health care provider before beginning any exercise program. This is especially important for persons over age 35 or persons with pre-existing health problems.

These guidelines will help you to plan your exercise program. For detailed exercise information, obtain a reputable book or consult your physician. Remember, proper nutrition and adequate rest are essential for successful results.

EXERCISE INTENSITY

Whether your goal is to burn fat or to strengthen your cardiovascular system, exercising at the proper intensity is the key to achieving results. You can use your heart rate as a guide to find the proper intensity level. The chart below shows recommended heart rates for fat burning and aerobic exercise.

165	155	145	140	130	125	115	♥️
145	138	130	125	118	110	103	♥️
125	120	115	110	105	95	90	♥️
<hr/>							
20	30	40	50	60	70	80	

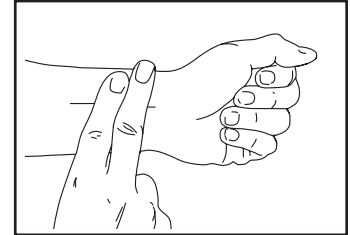
To find the proper intensity level, find your age at the bottom of the chart (ages are rounded off to the nearest ten years). The three numbers listed above your age define your “training zone.” The lowest number is the heart rate for fat burning, the middle number is the heart rate for maximum fat burning, and the highest number is the heart rate for aerobic exercise.

Burning Fat—To burn fat effectively, you must exercise at a low intensity level for a sustained period of time. During the first few minutes of exercise, your body uses carbohydrate calories for energy. Only after the first few minutes of exercise does your body begin to use stored fat calories for energy. If your goal is to burn fat, adjust the intensity of your exercise until your heart rate is near the lowest number in your training zone. For maximum fat burning, exercise with your heart rate near the middle number in your training zone.

Aerobic Exercise—If your goal is to strengthen your cardiovascular system, you must perform aerobic exercise, which is activity that requires large amounts of oxygen for prolonged periods of time. For aerobic exercise, adjust the intensity of your exercise until your heart rate is near the highest number in your training zone.

HOW TO MEASURE YOUR HEART RATE

To measure your heart rate, exercise for at least four minutes. Then, stop exercising and place two fingers on your wrist as shown. Take a six-second heartbeat count, and multiply the result by 10 to find your heart rate. For example, if your six-second heartbeat count is 14, your heart rate is 140 beats per minute.



WORKOUT GUIDELINES

Warming Up—Start with 5 to 10 minutes of stretching and light exercise. A warm-up increases your body temperature, heart rate, and circulation in preparation for exercise.

Training Zone Exercise—Exercise for 20 to 30 minutes with your heart rate in your training zone. (During the first few weeks of your exercise program, do not keep your heart rate in your training zone for longer than 20 minutes.) Breathe regularly and deeply as you exercise; never hold your breath.

Cooling Down—Finish with 5 to 10 minutes of stretching. Stretching increases the flexibility of your muscles and helps to prevent post-exercise problems.

EXERCISE FREQUENCY

To maintain or improve your condition, complete three workouts each week, with at least one day of rest between workouts. After a few months of regular exercise, you may complete up to five workouts each week, if desired. Remember, the key to success is to make exercise a regular and enjoyable part of your everyday life.

SUGGESTED STRETCHES

The correct form for several basic stretches is shown at the right. Move slowly as you stretch; never bounce.

1. Toe Touch Stretch

Stand with your knees bent slightly and slowly bend forward from your hips. Allow your back and shoulders to relax as you reach down toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Hamstrings, back of knees and back.

2. Hamstring Stretch

Sit with one leg extended. Bring the sole of the opposite foot toward you and rest it against the inner thigh of your extended leg. Reach toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg. Stretches: Hamstrings, lower back and groin.

3. Calf/Achilles Stretch

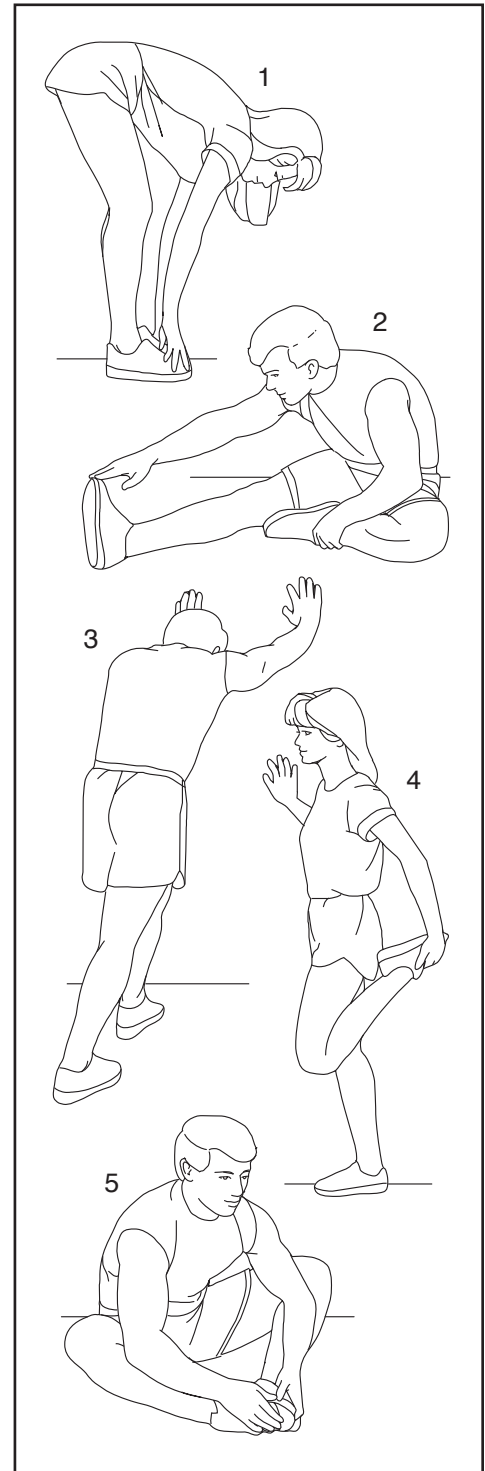
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for each leg. To cause further stretching of the achilles tendons, bend your back leg as well. Stretches: Calves, achilles tendons and ankles.

4. Quadriceps Stretch

With one hand against a wall for balance, reach back and grasp one foot with your other hand. Bring your heel as close to your buttocks as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg. Stretches: Quadriceps and hip muscles.

5. Inner Thigh Stretch

Sit with the soles of your feet together and your knees outward. Pull your feet toward your groin area as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Quadriceps and hip muscles.



NOTES

PART LIST

Model No. NTRW39121-INT.0 R0822A

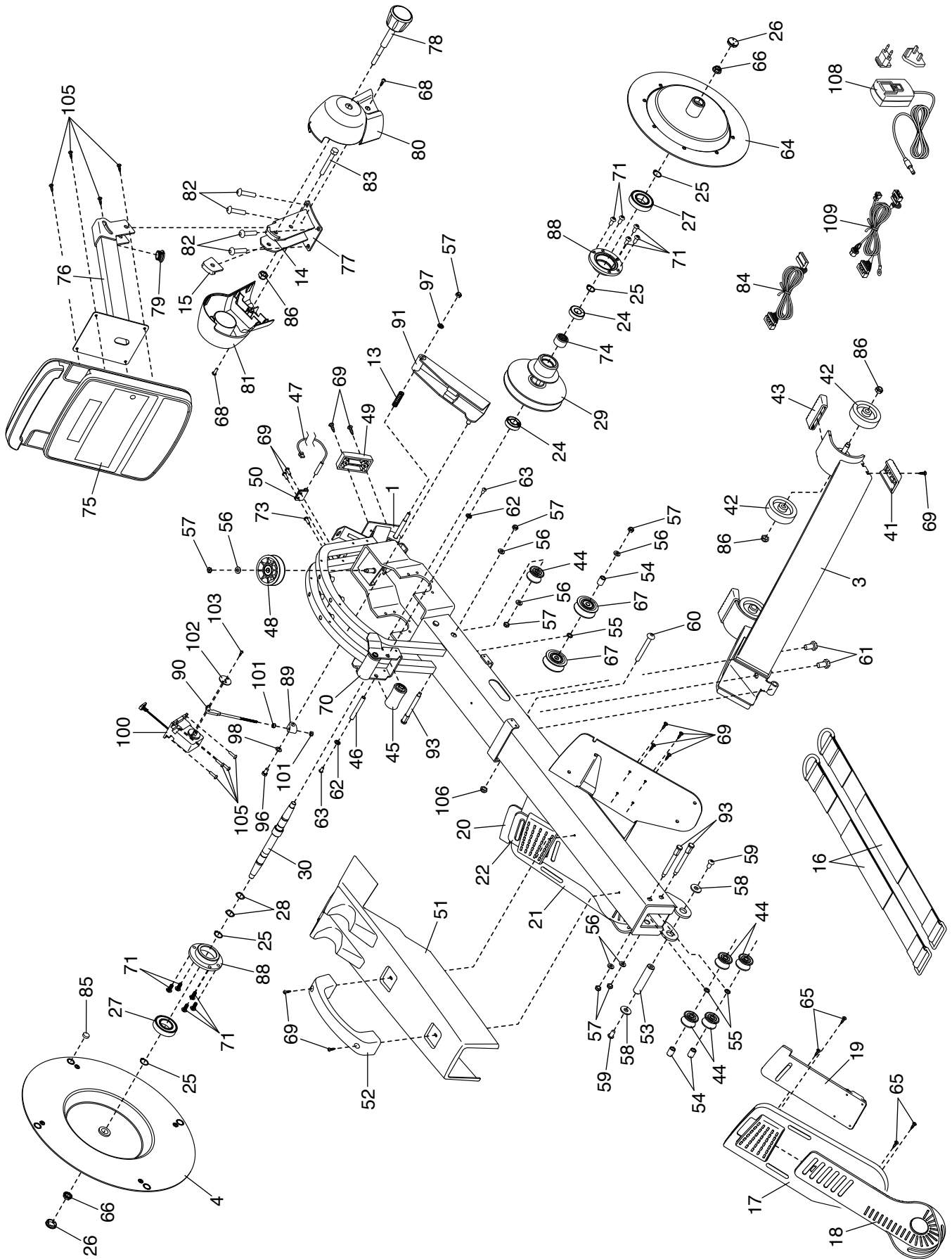
Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Frame	49	1	Frame Foot
2	1	Rail	50	1	Clamp
3	1	Stabilizer	51	1	Row Bar Rest
4	1	Left Flywheel	52	1	Frame Handle
5	1	Seat Carriage	53	1	Pivot Axle
6	2	Accent Ring	54	3	17mm Spacer
7	1	Right Shield	55	4	2.3mm Spacer
8	1	Left Shield	56	9	M6 x 15mm Washer
9	2	Disc	57	10	M6 Locknut
10	1	Strap Grommet	58	2	M8 x 22mm Washer
11	1	Bungee Cord	59	2	M8 x 12mm Screw
12	1	Row Bar/Strap	60	1	M10 x 40mm Bolt
13	1	Spring	61	2	M10 x 14mm Screw
14	1	Right Neck Bushing	62	8	M5 Washer
15	1	Left Neck Bushing	63	8	M5 x 10mm Screw
16	2	Footrest Strap	64	1	Right Flywheel
17	1	Right Footrest	65	12	M6 x 15mm Screw
18	1	Right Foot Pad	66	2	M10 Flange Nut
19	1	Right Footrest Bracket	67	4	Large Rail Pulley
20	1	Left Footrest Bracket	68	11	M4 x 16mm Screw
21	1	Left Footrest	69	22	M4 x 19mm Screw
22	1	Left Foot Pad	70	1	Strap Roller B
23	1	Seat	71	10	M6 x 12mm Screw
24	2	Bearing A	72	1	4.8mm Spacer
25	4	Snap Ring	73	1	Ground Screw
26	2	Axle Cap	74	1	One-way Bearing
27	2	Bearing B	75	1	Console
28	2	Wave Washer	76	1	Neck
29	1	Pulley Assembly	77	1	Upright
30	1	Axle	78	1	Knob
31	2	Pivot Bushing	79	1	Wire Grommet
32	2	Front Stop	80	1	Right Upright Cover
33	1	Bumper	81	1	Left Upright Cover
34	1	Rail Handle	82	4	M8 x 35mm Screw
35	1	Folding Clamp	83	1	M8 x 50mm Hex Bolt
36	2	Rail Foot	84	1	Upright Wire
37	2	Small Carriage Roller	85	4	Magnet
38	1	Rail Cap	86	5	M8 Locknut
39	2	Large Carriage Roller	87	1	Rear Stop
40	2	Carriage Axle	88	2	Bearing Bracket
41	2	Stabilizer Foot	89	1	Link Block
42	4	Wheel	90	1	Link Arm
43	2	Storage Foot	91	1	Magnet Bracket
44	5	Small Rail Pulley	92	1	58mm Pulley Axle
45	1	Strap Roller A	93	3	83mm Pulley Axle
46	2	Strap Axle	94	2	Clip
47	1	Reed Switch/Wire	95	4	M4 x 19mm Blunt Screw
48	1	Frame Pulley	96	1	M6 x 12mm Hex Screw

Key No.	Qty.	Description	Key No.	Qty.	Description
97	1	M6 x 13mm Washer	105	8	M4 x 12mm Screw
98	1	M6 Washer	106	1	M10 Locknut
99	20	M4 x 12mm Blunt Screw	107	6	M4 x 10mm Screw
100	1	Resistance Motor	108	1	Power Adapter
101	2	M5 Nut	109	1	Main Wire
102	1	Resistance Disc	*	–	User's Manual
103	1	M3 x 8mm Screw	*	–	Assembly Tool
104	2	M4 x 8mm Screw			

Note: Specifications are subject to change without notice. For information about ordering replacement parts, see the back cover of this manual. *These parts are not illustrated.

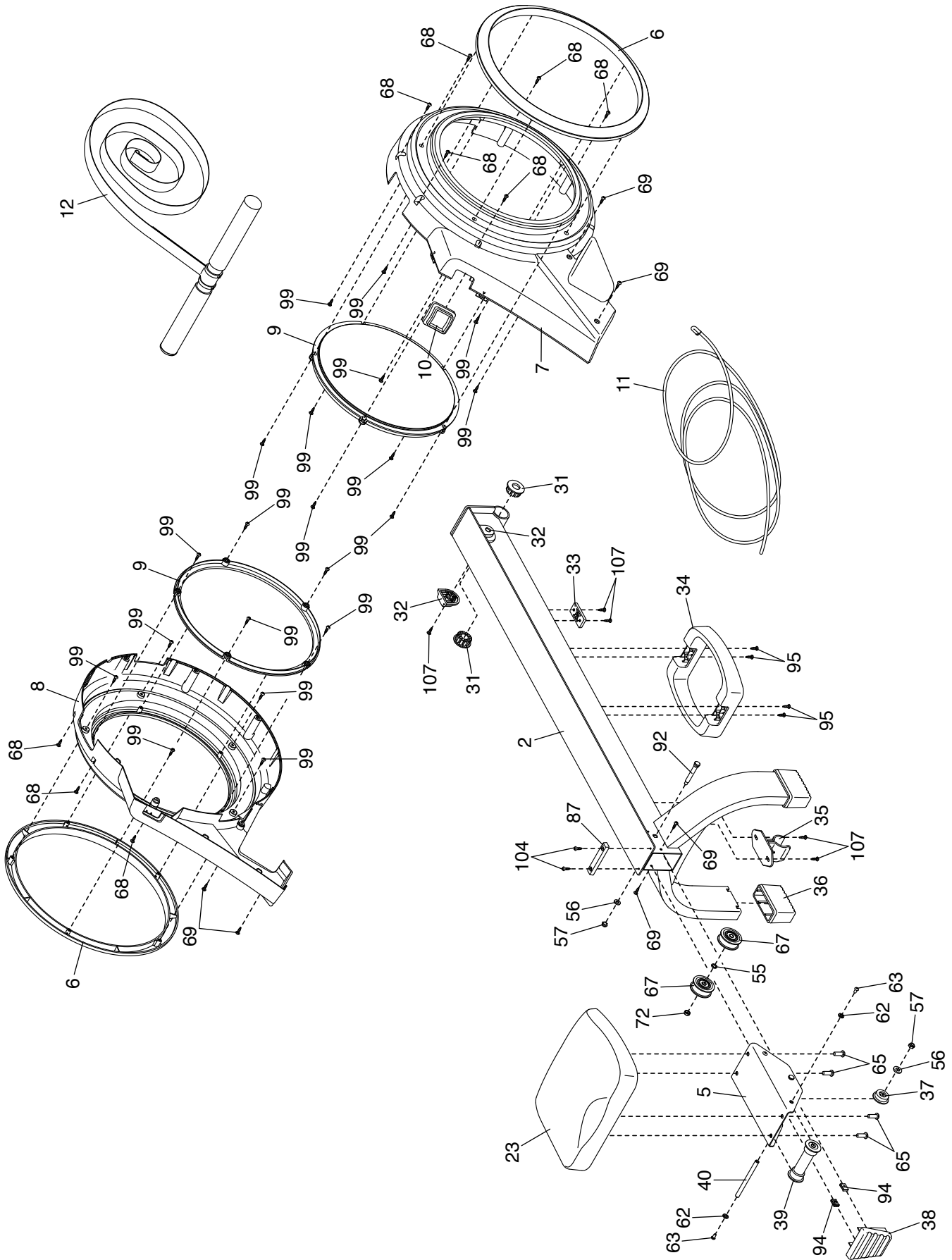
EXPLODED DRAWING A

Model No. NTRW39121-INT.0 R0822A



EXPLODED DRAWING B

Model No. NTRW39121-INT.0 R0822A



ORDERING REPLACEMENT PARTS

To order replacement parts, please see the front cover of this manual. To help us assist you, be prepared to provide the following information when contacting us:

- the model number and serial number of the product (see the front cover of this manual)
- the name of the product (see the front cover of this manual)
- the key number and description of the replacement part(s) (see the PART LIST and the EXPLODED DRAWING near the end of this manual)

RECYCLING INFORMATION

This electronic product must not be disposed of in municipal waste. To preserve the environment, this product must be recycled after its useful life as required by law.

Please use recycling facilities that are authorized to collect this type of waste in your area. In doing so, you will help to conserve natural resources and improve European standards of environmental protection. If you require more information about safe and correct disposal methods, please contact your local city office or the establishment where you purchased this product.

