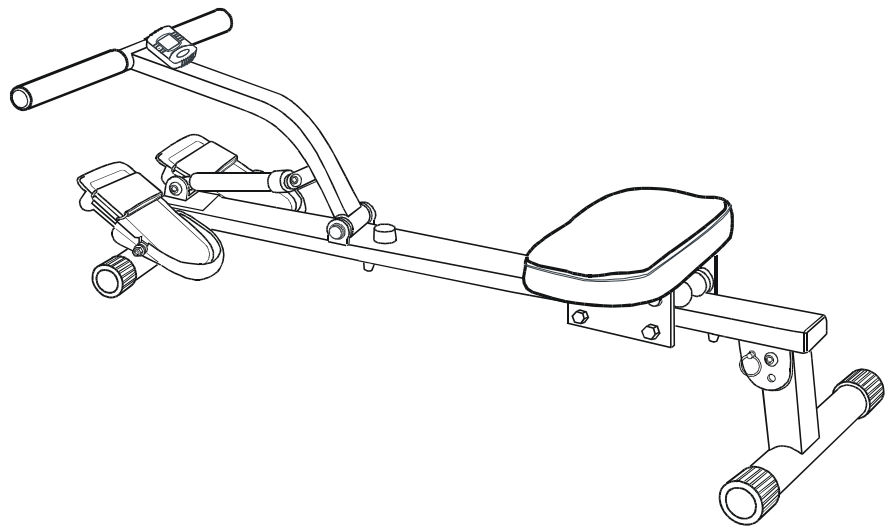


BR-1000

ROWING MACHINE



Important Safety Information

Read All Instructions Before Using

Rowing is an extremely effective form of exercise. It strengthens the heart and improves circulation, tones all the major muscle groups and in conjunction with a calorie-controlled diet, will help you lose weight.

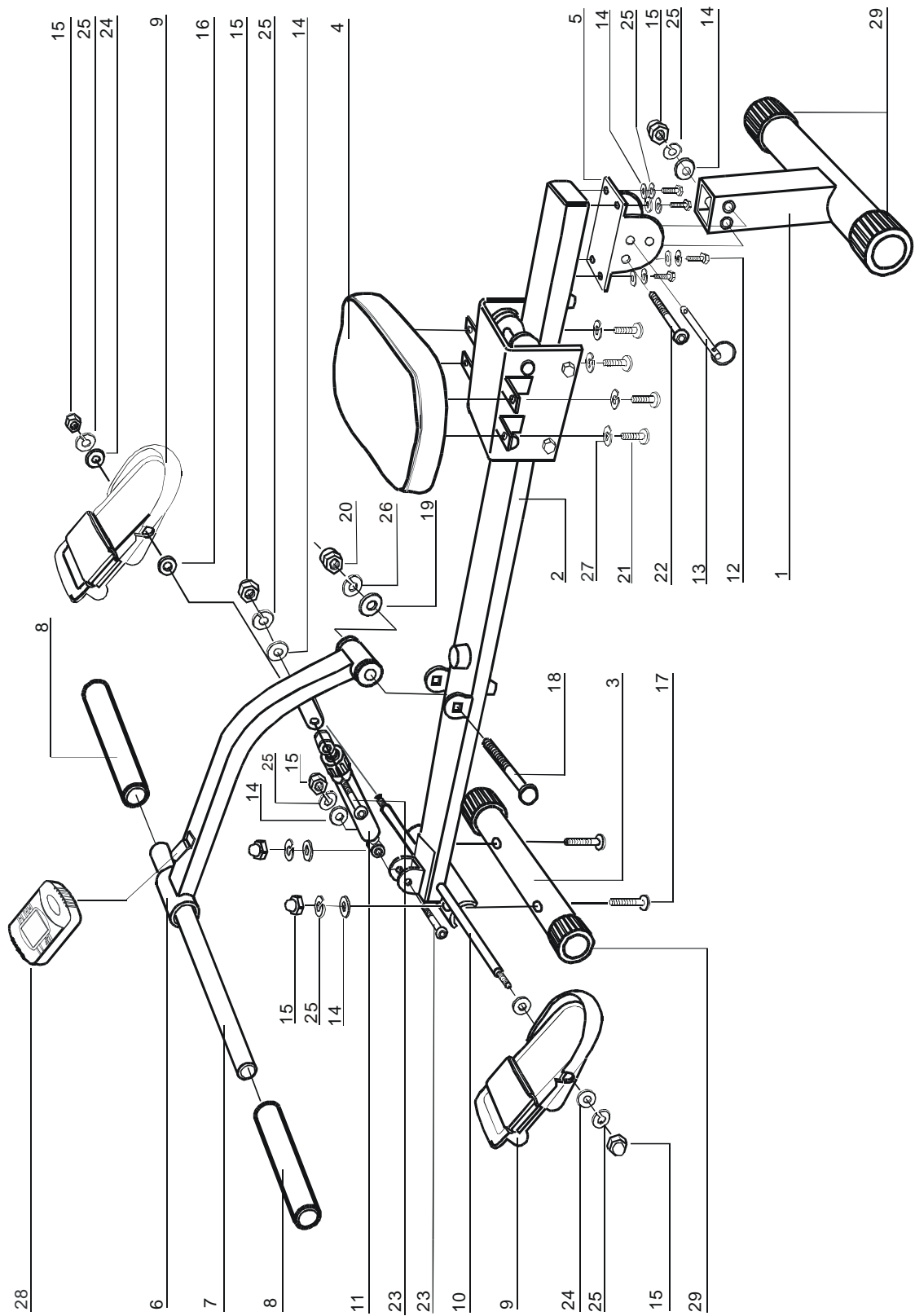
SAFETY

1. Make sure all parts are secure before using your **Rower 1000**, if necessary tighten any loose nuts and bolts.
2. Always consult your physician before engaging in any exercise program.
3. Always wear sensible clothing and footwear while exercising.
4. Always warm up thoroughly before exercising, as this will help prevent muscle strain.
5. Do not let children around the rowing machine whether it is in use or not.
6. Do not exercise within 2 hours of eating a large meal, or for one hour before.
7. Only use the **Rower 1000** in a clear space, make sure there is nothing directly behind the Rowing machine, which could be an obstruction when getting on or off.
8. Exercise should be stopped if any of the following occur: Nausea, Trembling, and Extreme Shortness of Breath, Excessively Fast Heart Rate, A Throbbing Head or Pains in the Chest. Your physician should be consulted if any of the symptoms of discomfort persist.


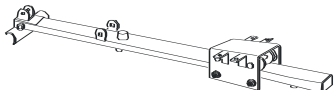
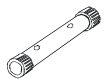






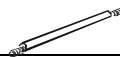
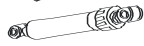


















Rowing Resistance

The dial on the end of the cylinder can alter the resistance on the rowing action. The easiest setting is marked No.1 on the dial, the hardest marked No.12. The level of resistance should be set to meet your individual needs. A high resistance setting will work your muscles harder and help tone them but will mean you cannot exercise for a long period of time. A low resistance setting will enable you to workout for longer and help improve your physical fitness. A balance should be found to suit your own exercise goals.

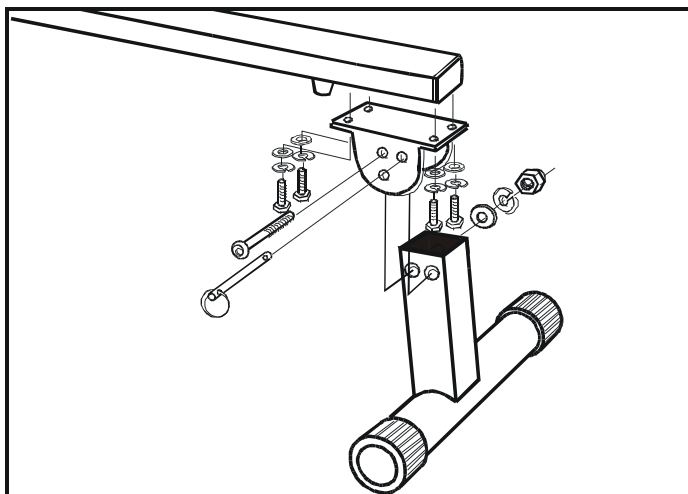
EXPLODED-VIEW ASSEMBLY



BR1000 PARTS LIST

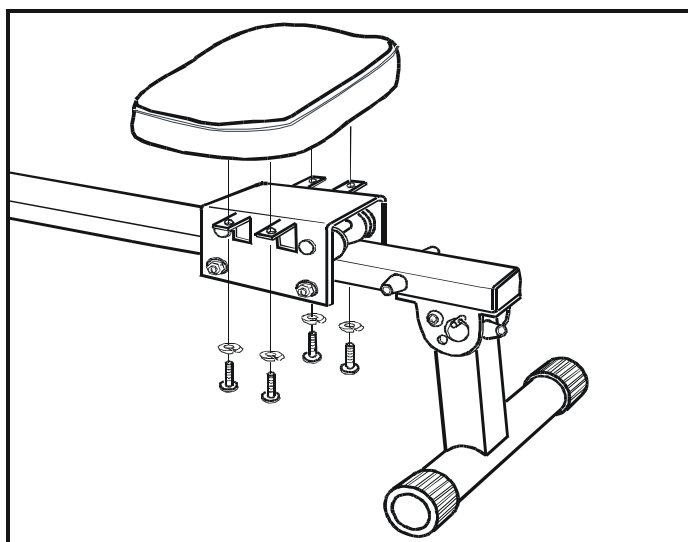
Part No.	Parts List	Description	Quantity
1		REAR STABILIZER	1
2		MAIN FRAME	1
3		FRONT STABILIZER	1
4		SEAT	1
5		HALF ROUND BRACKET	1
6		HANDLE BAR STEM	1
7		HANDLE BAR	1
8		FOAM GRIP	2
9		PEDAL	2
10		PEDAL SPINDLE BAR	1
11		HYDRAULIC CYLINDER	1
12		M8 x 15L HEX HEAD BOLT	4
13		8 mm PULL PIN	1
14		Ø8 X 16 WASHER	11
15		M8 DOMED NUT	7
16		RUBBER WASHER	2
17		M8 x 65 BOLT	2
18		M10 x 85L BOLT	1
19		M10 x WASHER	1
20		M10 DOMED NUT	1
21		1/4" x 5/8" SLOT HEAD SCREW	4
22		M8 x 70 ALLEN KEY HEAD BOLT	1
23		M8 x 40L BOTE	2
24		M8 WASHER	2
25		M8 SPRING WASHER	11
26		M10 SPRING WASHER	1
27		1/4" SPRINT WASHER	4
28		COMPUTER	1
29		END CAP	4

BR1000 ASSEMBLY INSTRUCTION



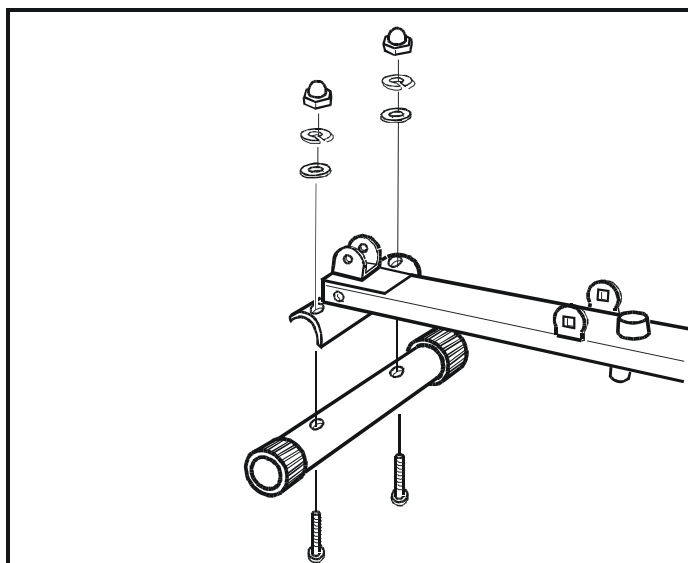
STEP 1

Turn the frame upside down and mount the half round bracket (pt.5) using 4 bolts (pt.12) washers (14) & spring washer (pts.25). Turn the frame the right way up and locate the rear leg (pt.1) into the half round bracket. Using bolt (pt.22), washer (pt.14), spring washer (pt.25) & M8 domed nuts (15) in the top left hand hole, bolt in position but do not over tighten. In the upper right hand hole locate the pull pin (pt.13) to stop the leg folding.



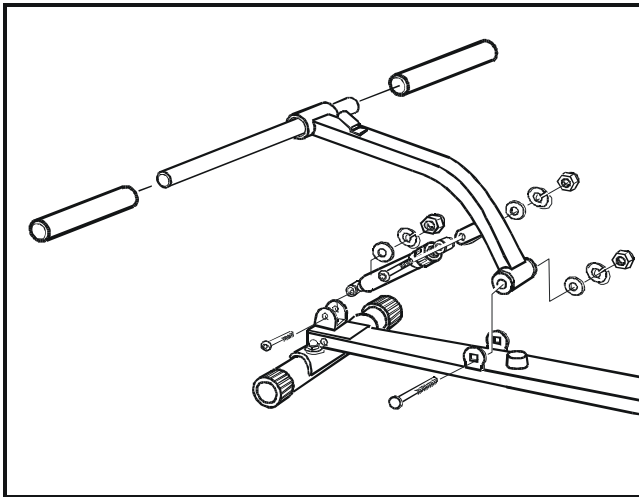
STEP 2

Mount the seat (pt.4) using the 4 sets of screws (pt.21) and spring washers (pt.27), which locate through the wing brackets of the carriage.



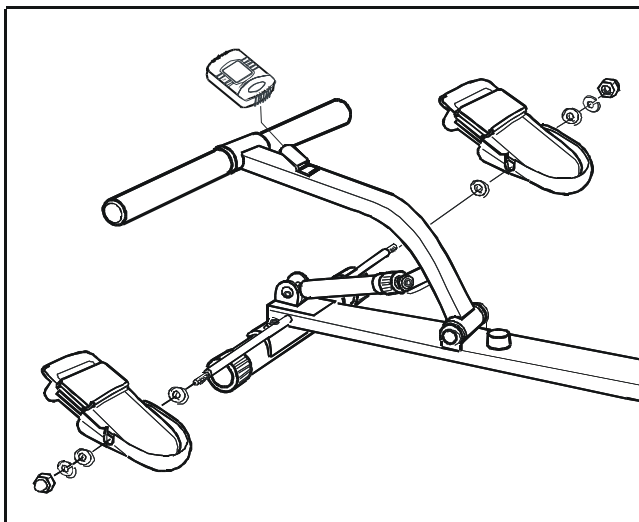
STEP 3

Assemble the front stabilizer (pt.3) by using 2 sets of screw (pt.17), washer (14) & spring washer (pt.25) & M8 domed nuts (pts.15) to locate through the front bracket on the frame.



STEP 4

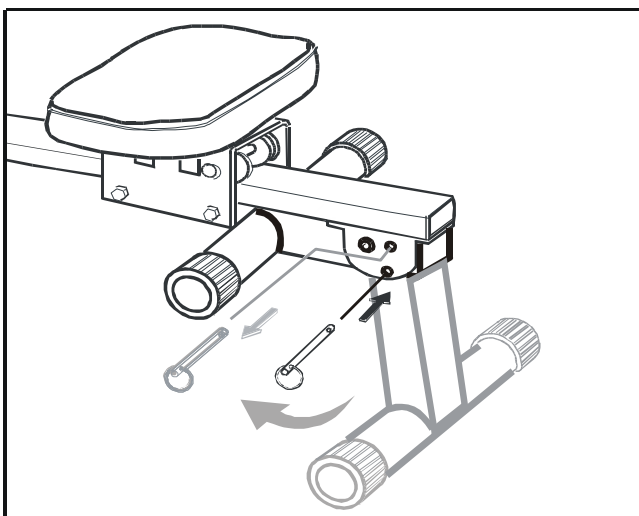
Assemble the handlebar stem (pt.6) by locating its base between the rearward frame bracket using M10 bolt (pt.18), washer (pt.19), spring washer (pt.26) & domed nuts (pt.20). Do not tighten too much as this needs to move relatively freely. Link hydraulic cylinder (pt.11) between forward frame bracket to handlebar stem using 2 sets of M8 bolt (pt.23), washer (pt.14), spring washer (pt.25) and M8 domed nut (pt.15). Again do not over tighten. Push handlebar (pt.7) through the upper part of the stem and locate the foam grips (pt.8) equally on either side of the handlebar.



STEP 5

To mount the footplate assembly, locate the pedal spindle bar through the hole in the front of the main frame and push on the rubber washers (pt.16) right up to the frame. There should be equal overhang of the spindle either side of the main frame. Locate the footplates (pts.9) on the spindle and secure in position using two sets of M8 domed nut (pt.15), washer (pt.24) and spring washer (pt.25). Ideally, the nuts want tightening simultaneously.

Finally, insert the computer (pt.28) to the computer holder.



STEP 6

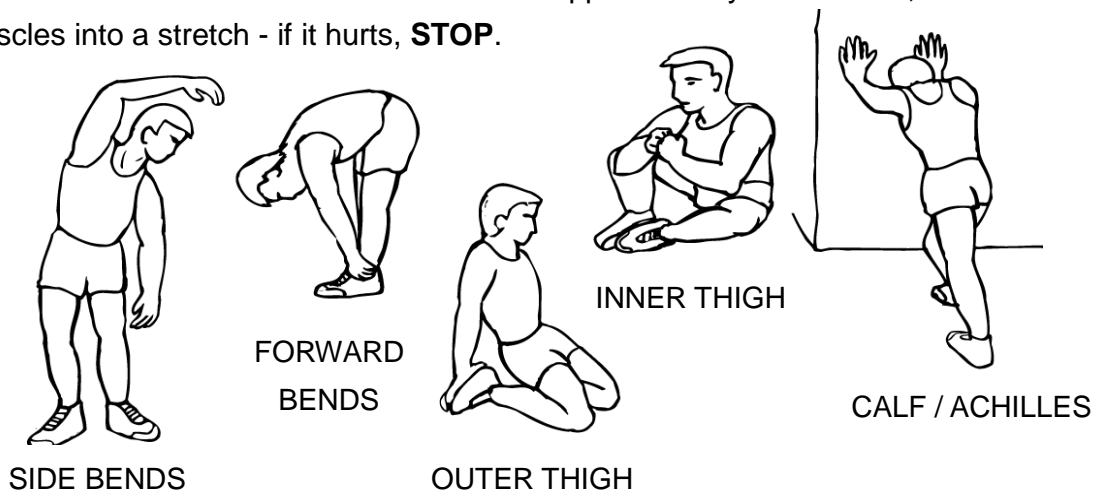
The rear leg will fold down for convenience.

Simply remove the pull pin and reposition the leg flat. The pull pin will now go in the lower hole of the half round bracket.

EXERCISE INSTRUCTIONS

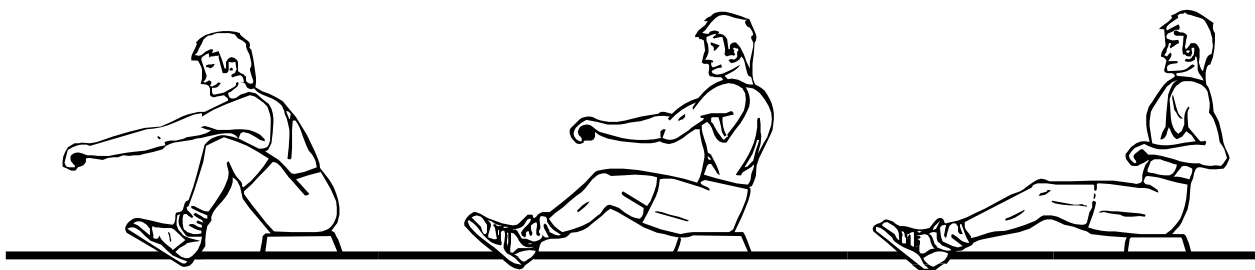
1.The Warm Up Phase

This stage helps get the blood flowing around the body and the muscles working properly. It will also reduce the risk of cramp and muscle injury. It is advisable to do a few stretching exercises as shown below. Each stretch should be held for approximately 30 seconds, do not force or jerk your muscles into a stretch - if it hurts, **STOP**.



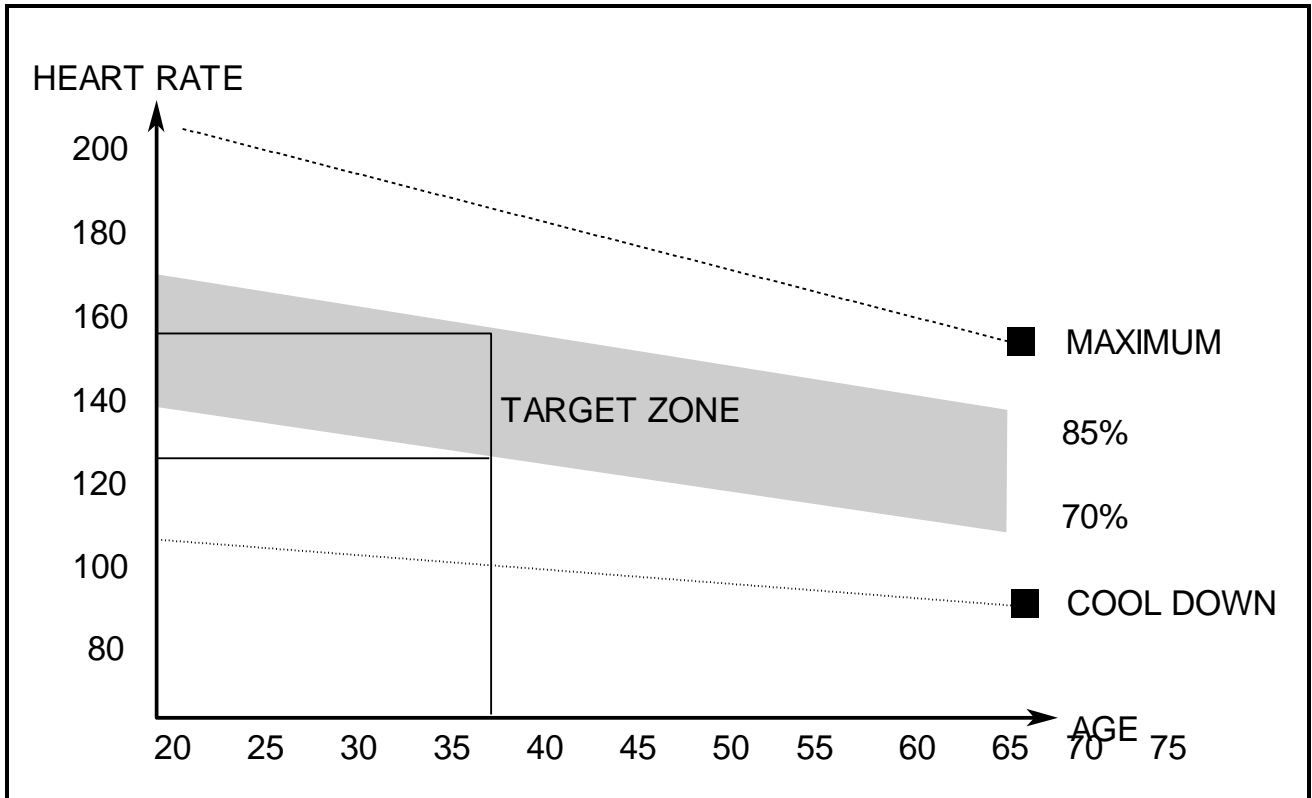
The Basic Rowing Stroke

1. Sit on the saddle and fasten your feet to the pedals using the velcro straps. Then take hold of the rowing handle.
2. Take up your starting position, leaning forward with your arms straight and knees bent, as shown in figure 1.
3. Push yourself backwards, straightening your back and legs at the same time, figure 2.
4. Continue this movement until you are leaning slightly backwards, during this stage you should bring your arms towards your body, figure 3. Then return to stage 2 and repeat. It is very important to maintain a steady tempo throughout.



2. The Exercise Phase – Training Time

Rowing is a strenuous form of exercise, because of this it is best to start with a short, easy exercise programme and build up to a longer and harder work-out. Start rowing for about 5 minutes and as you progress, increase the length of your workout to suit your improving level of fitness. The rate of work should be sufficient to raise your heart beat into the target zone shown on the graph below.



This stage should last for a minimum of 12 minutes though most people start at about 15-20 minutes

3. The Cool Down Phase

This stage is to let your Cardio-vascular System and muscles wind down. Slow down your tempo and reduce the resistance. Work at this reduced level for about 5 minutes. Then repeat the stretching exercises, again remembering not to force or jerk your muscles into the stretch.

EXERCISE COMPUTER

FUNCTION BUTTONS:

MODE: PRESS TO SELECT EACH FUNCTION AND HOLD THE BUTTON FOR 3 SECONDS, ALL VALUES WILL BE RESET TO ZERO.

FUNCTIONS:

SCAN: AUTOMATICALLY SCANS EACH FUNCTION IN SEQUENCE.

TIME: COUNTS FROM ZERO UP TO 99:59 IN ONE SECONDE INCREMENT.

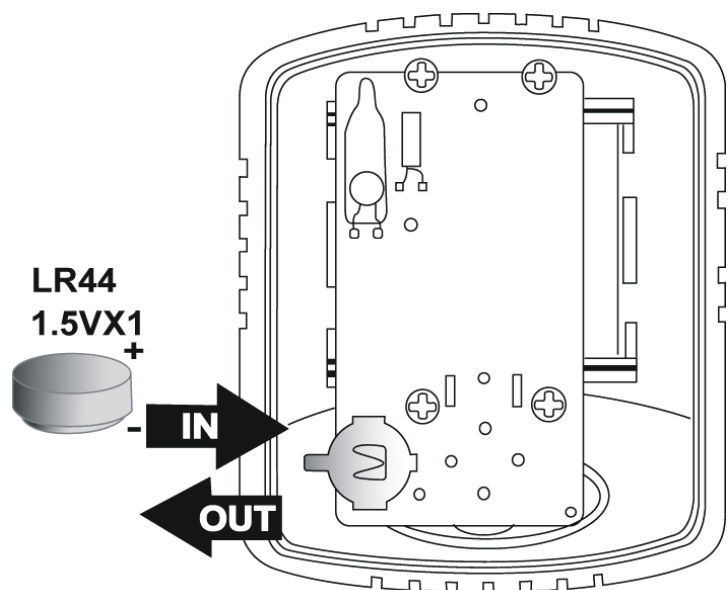
CALORIES: ACCUMULATES CALORIES CONSUMPTION DURING EXERCISE. THIS IS A ROUGH GUIDE ONLY AND SHOULD BE USED AS COMPARISON OVER SEVERAL EXERCISE SESSIONS.

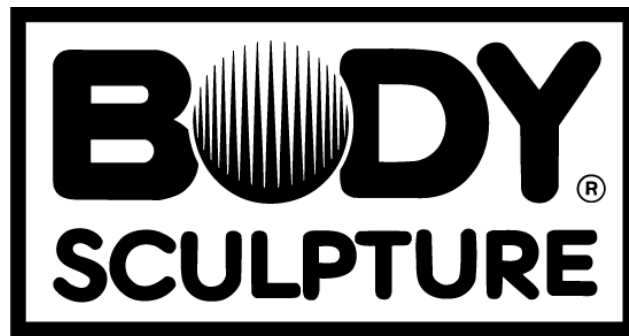
COUNT: ACCUMULATES THE NUMBERS OF STRIDES DURING WORKOUT SESSION.

REPS/MIN: DISPLAYS STRIDES IN EVERY MINUTE.

NOTE:

1. TO TURN ON THE POWER, JUST PRESS ANY BUTTON OR START EXERCISING.
2. WITH NO SIGNAL TRANSMITTED INTO THE COMPUTER FOR 4 MINUTES, THE COMPUTER WILL SHUT OFF THE LCD DISPLAY AUTOMATICALLY.
3. THE COMPUTER OPERATES WITH 1.5V LR44 MERCURY BATTERY.
4. BATTERY INSTALLATION AS SHOWN AS BELOW.





in Shape in Control

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