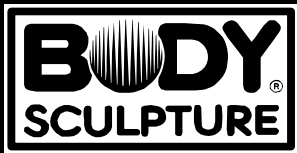


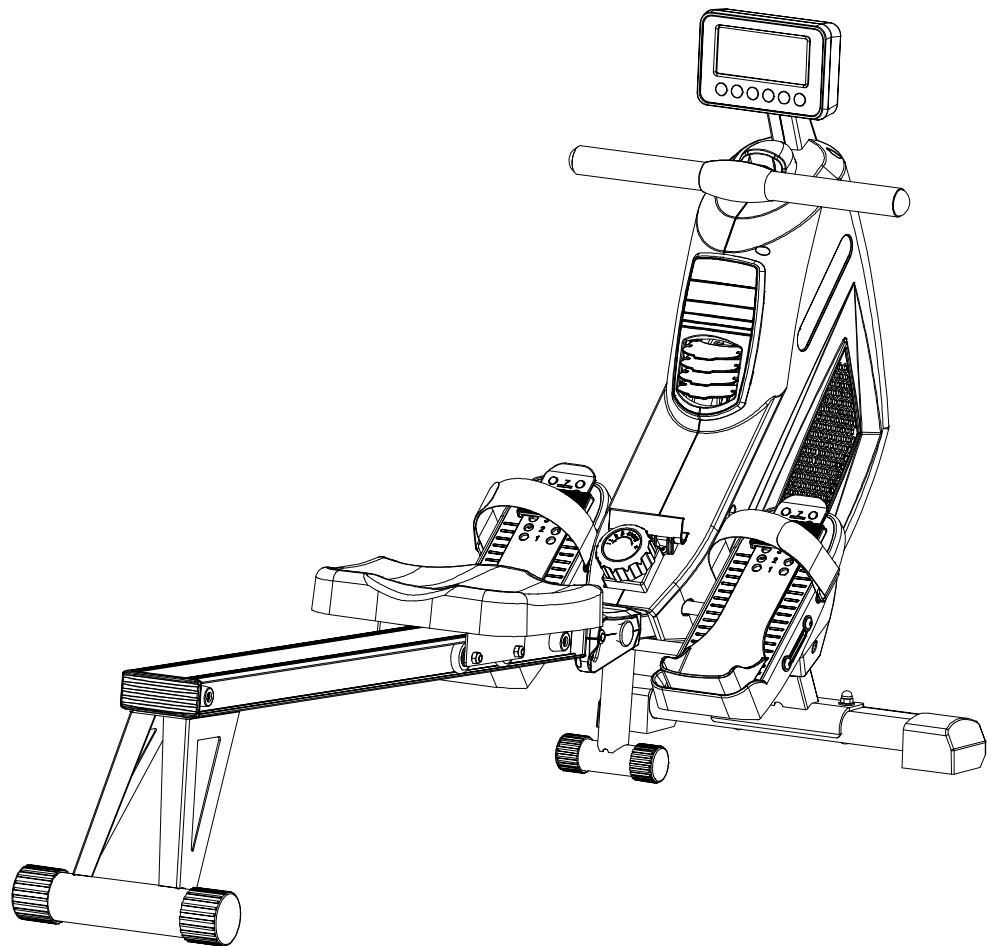
# BR-2712

## FOLDABLE

## FAN/AIR ROWER



SINCE 1965



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## **Important Safety Information**

Please keep this manual in a safe place for easy reference.

1. It is important to read this entire manual before assembling and using the equipment.  
  
Safe and effective use can only be achieved if the equipment is assembled, maintained and used properly. It is your responsibility to ensure that all users of the equipment are informed of all warnings and precautions.
2. Before starting any exercise program you should consult your doctor to determine if you have any medical or physical conditions that could put your health and safety at risk, or prevent you from using the equipment properly. Your doctor's advice is essential if you are taking medication that affects your heart rate, blood pressure or cholesterol level.
3. Be aware of your body's signals. Incorrect or excessive exercise can damage your health. Stop exercising if you experience any of the following symptoms: pain, tightness in your chest, irregular heartbeat, extreme shortness of breath, lightheadedness, dizziness or feelings of nausea. If you do experience any of these conditions you should consult your doctor before continuing with your exercise program.
4. Keep children and pets away from the equipment. The equipment is designed for adult use only.
5. Use the equipment on a solid, flat level surface with a protective cover for your floor or carpet. To ensure safety, the equipment should have at least 0.5 meter of free space all around it.
6. Before using the equipment, check that the nuts and bolts are securely tightened.
7. The safety of the equipment can only be maintained if it is regularly examined for damage and/or wear and tear.
8. Always use the equipment as indicated. If you find any defective components while assembling or checking the equipment, or if you hear any unusual noises coming from the equipment during use, stop immediately. Do not use the equipment until the problem has been rectified.
9. Wear suitable clothing while using the equipment. Avoid wearing loose clothing that may get caught in the equipment or that may restrict or prevent movement.
10. The equipment has been tested and certified to EN957 under class H.C. Suitable for home use only. Maximum weight of user: 120kg. Braking ability is independent of speed.
11. The equipment is not suitable for therapeutic use.
12. Care must be taken when lifting or moving the equipment so as not to injure your back. Always use proper lifting techniques and/or seek assistance if necessary.
13. **If you experience any problems or require assistance, please contact our customer services on 01274 693888**

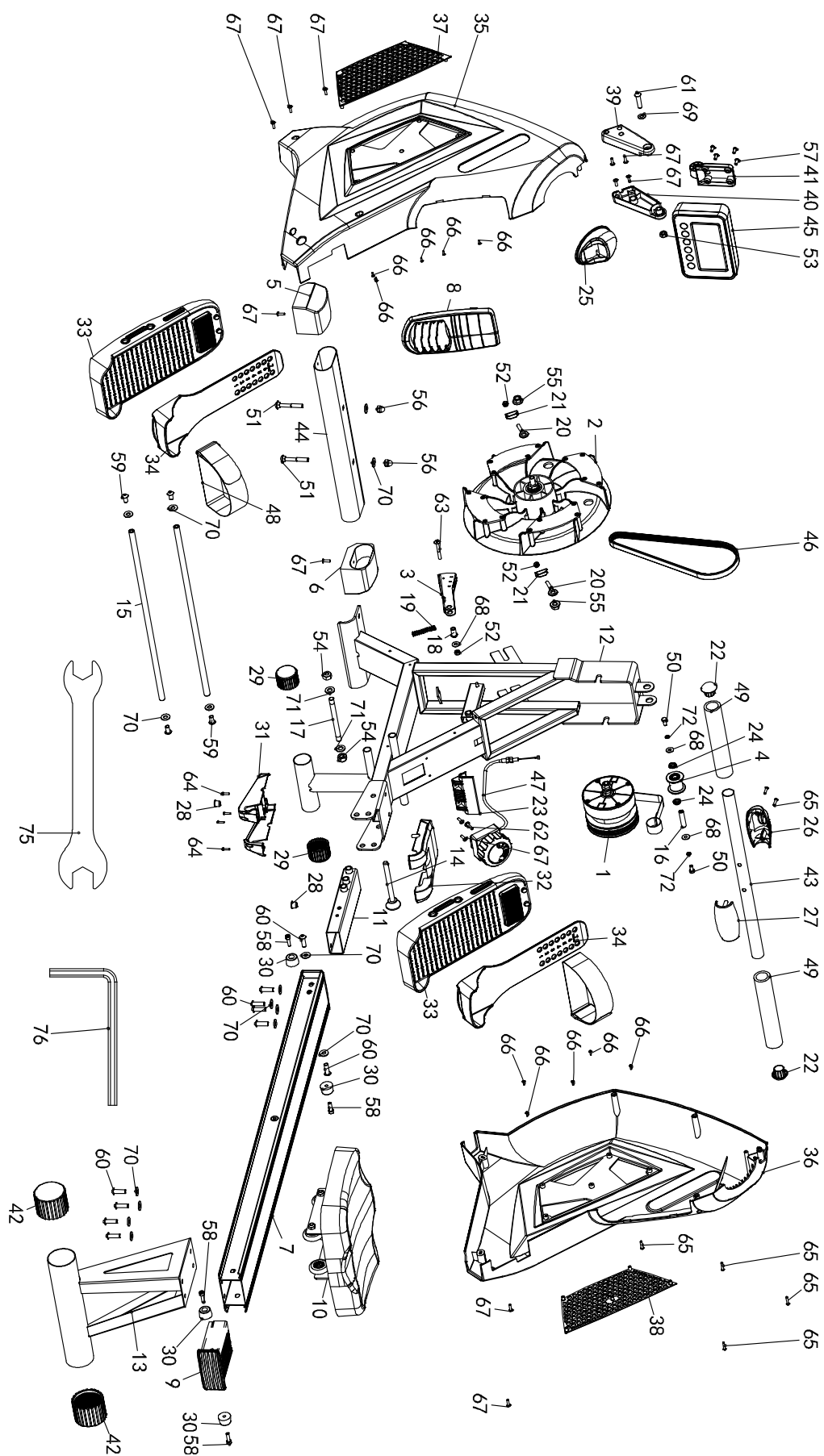
**Monday-Thursday 08:00~16:30**

**Friday 08:00~15:30**

**or by mail customersupport@bodysculpture.co.uk**

**\* This service is available for UK residents only .**

## EXPLODED-VIEW ASSEMBLY DRAWING



# PART LIST

NO.	DESCRIPTION	QTY	NO.	DESCRIPTION	QTY
1	Spring set	1	29	End cap	2
2	Fan set	1	30	Stopper	4
3	Magnet set	1	31	Lower connect tube cover	1
4	Roller set	1	32	Upper connect tube cover	1
5	Front stabilizer end cap (L)	1	33	Pedal	2
6	Front stabilizer end cap (R)	1	34	Adjustment pedal plate	2
7	Seat rail	1	35	Left chain cover	1
8	Fan cover	1	36	Right chain cover	1
9	Rectangle end cap	1	37	Left cover	1
10	Seat support	1	38	Right cover	1
11	Connect tube	1	39	Left computer support	1
12	Main frame	1	40	Right computer support	1
13	Rear stabilizer	1	41	Computer holder	1
14	Ball pin	1	42	Rear stabilizer end cap	2
15	Pedal axle	2	43	Handlebar	1
16	Roller axle	1	44	Front stabilizer	1
17	Connect axle	1	45	Computer	1
18	Magnet bracket axle	1	46	Belt	1
19	Spring	1	47	Tension	1
20	Bolt	2	48	Pedal strap	2
21	U type bracket	2	49	Foam grip	2
22	Circle end cap	2	50	Bolt (M6x12)	2
23	Bracket	1	51	Bolt (M8x55)	2
24	Washer	2	52	Nut (M6)	3
25	Handlebar holder	1	53	Nut (M8)	1
26	Front handlebar cover	1	54	Nut (M10)	2
27	Rear handlebar cover	1	55	Nut (M10)	2
28	Wire cap	2	56	Domed nut (M8)	2

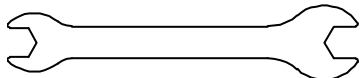
## PART LIST

NO.	DESCRIPTION	QTY	NO.	DESCRIPTION	QTY
57	Screw (M5*12)	4	67	Screw (ST4.2*15)	14
58	Screw (M6*20)	4	68	Flat washer (Φ6.5)	3
59	Screw (M8*15)	4	69	Flat washer (Φ8.5)	1
60	Screw (M8*20)	10	70	Flat washer (Φ8.4)	16
61	Screw (M8*35)	1	71	Flat washer (Φ10.3)	2
62	Screw (M5*20)	1	72	Flat washer (Φ6.1)	2
63	Screw (M6*45)	1	73	Upper sensor wire	1
64	Screw (ST2.9*15)	4	74	Lower sensor wire	1
65	Screw (ST4.2*20)	6	75	Wrench	1
66	Screw (ST2.9*10)	10	76	Allen wrench	2

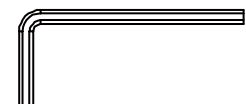
## HARDWARE PACKAGE



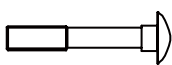
———— #30 4Pcs



———— #75 #13-#17 1Pcs



———— #76 S5 2Pcs



———— #51 M8x55 2Pcs



———— #60 M8x20 10Pcs



———— #58 M6x20 4Pcs



———— #59 M8x15 4Pcs

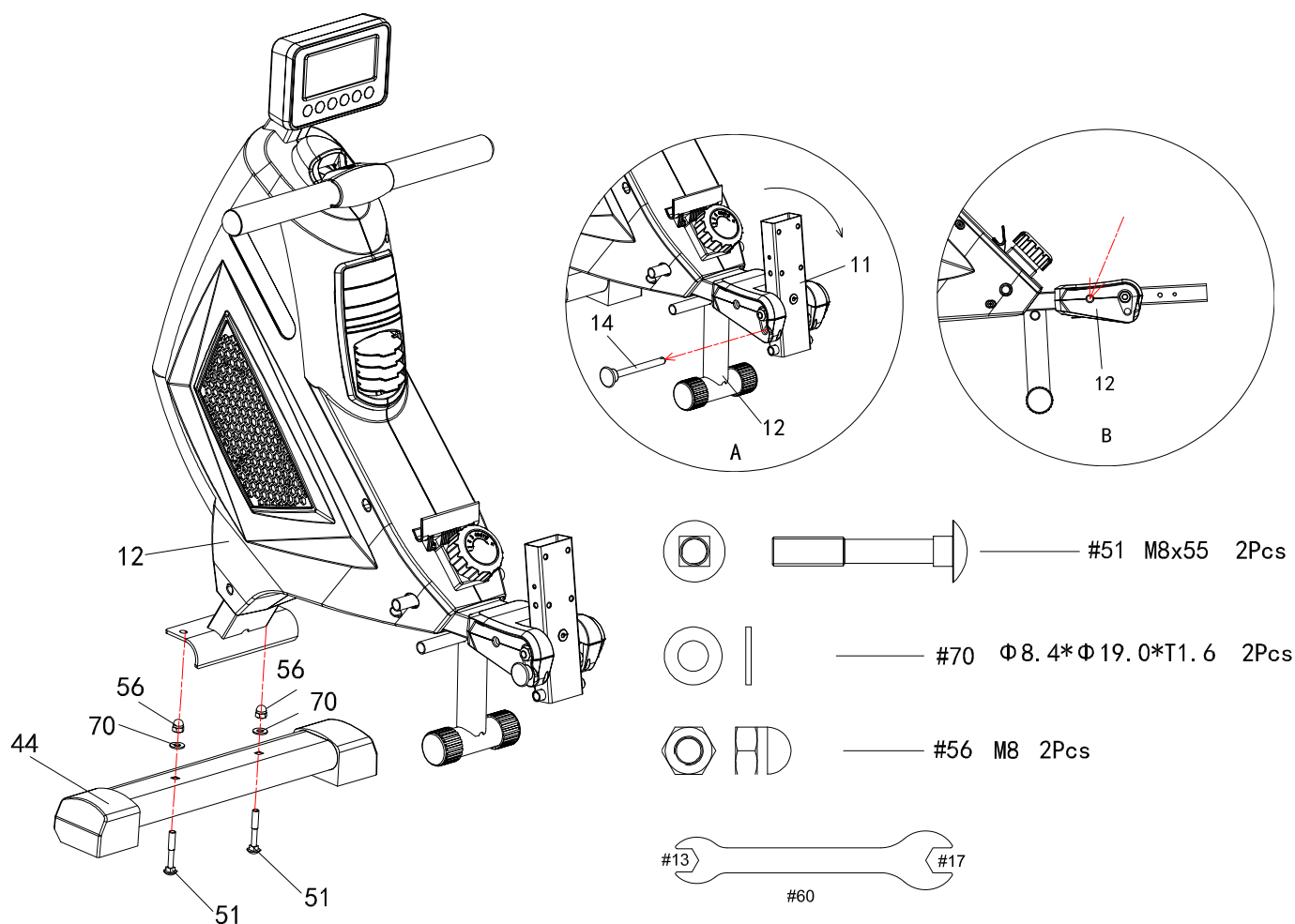


———— #56 M8 2Pcs



———— #70 Φ 8. 4\*Φ 19. 0\*T1. 6 16Pcs

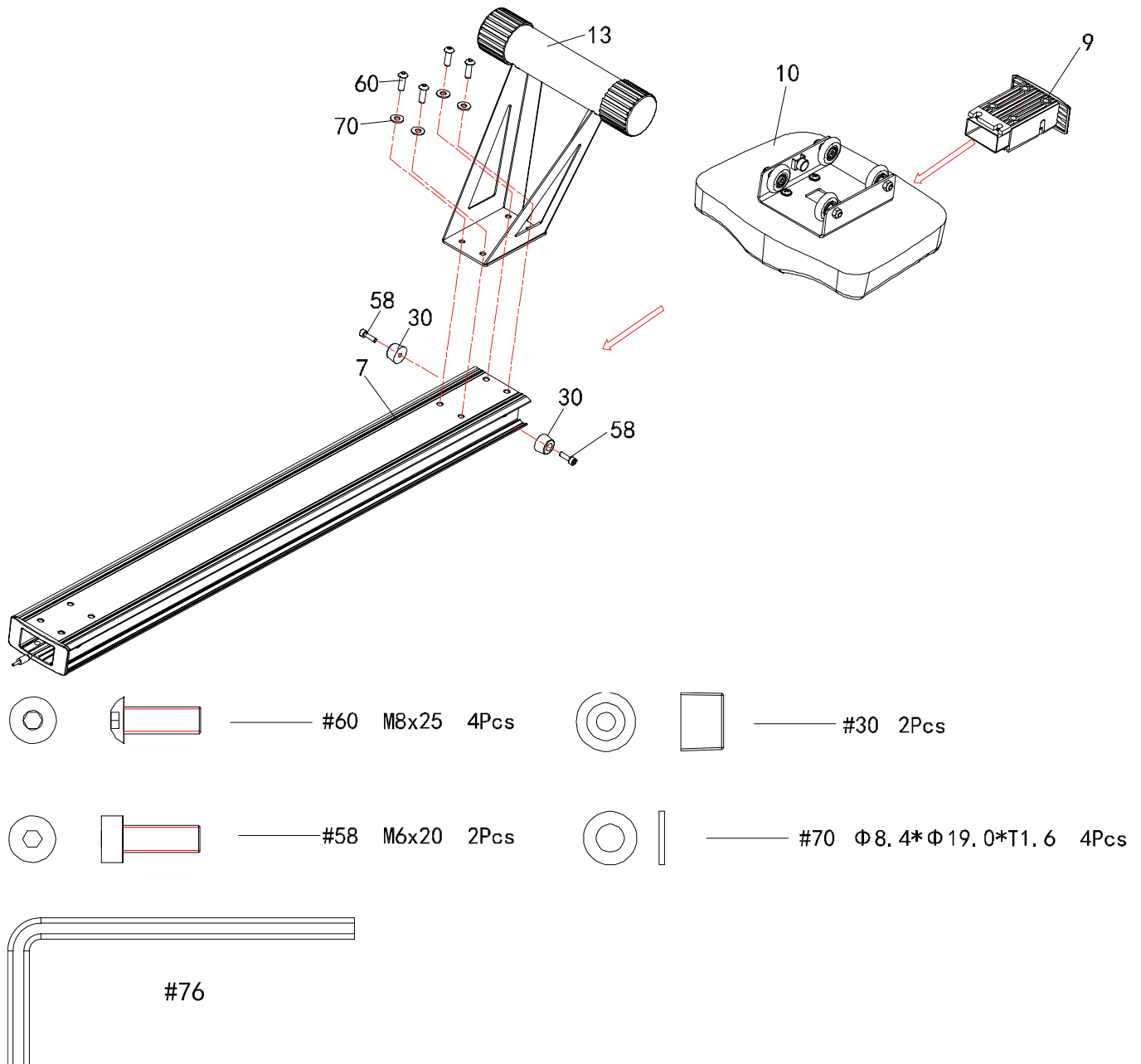
## **ASSEMBLY INSTRUCTIONS**



### **STEP 1**

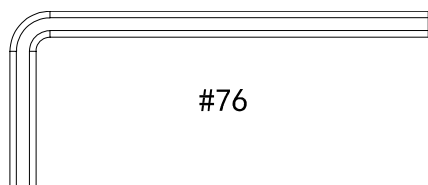
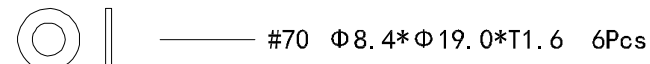
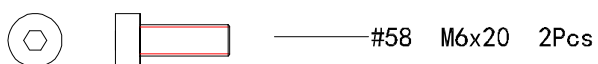
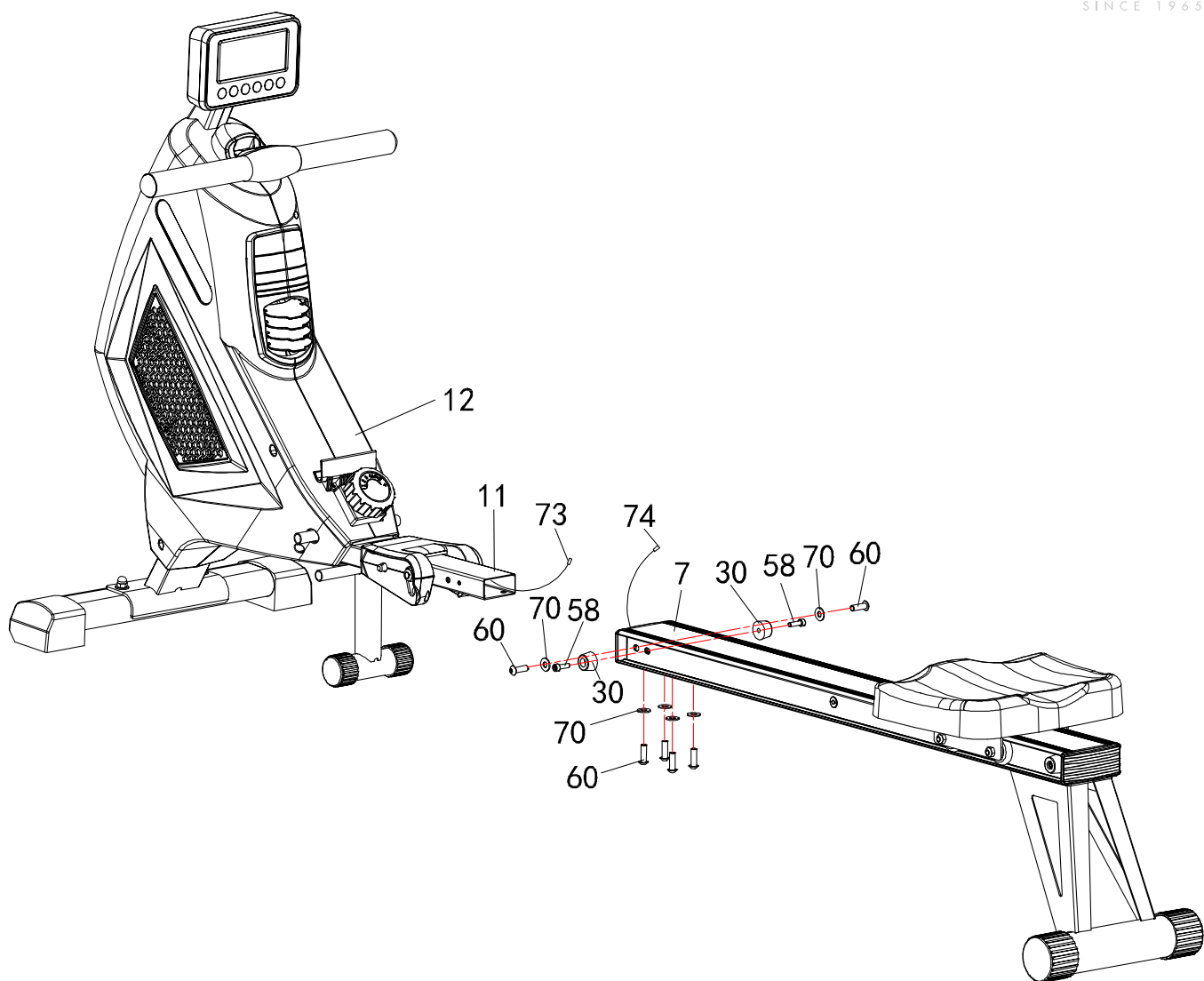
1. Attach the Front stabilizer (44) to the Main frame (12) using 2 sets of Bolt (M8x55) (51), Flat washer (Ø8.4) (70) and Domed nut (M8) (56).
2. Pull out the Ball pin (14) as per illustration A.
3. Turn the rail 90 degree.
4. Insert the Ball pin (14) to the hole as per illustration B.





## **STEP 2**

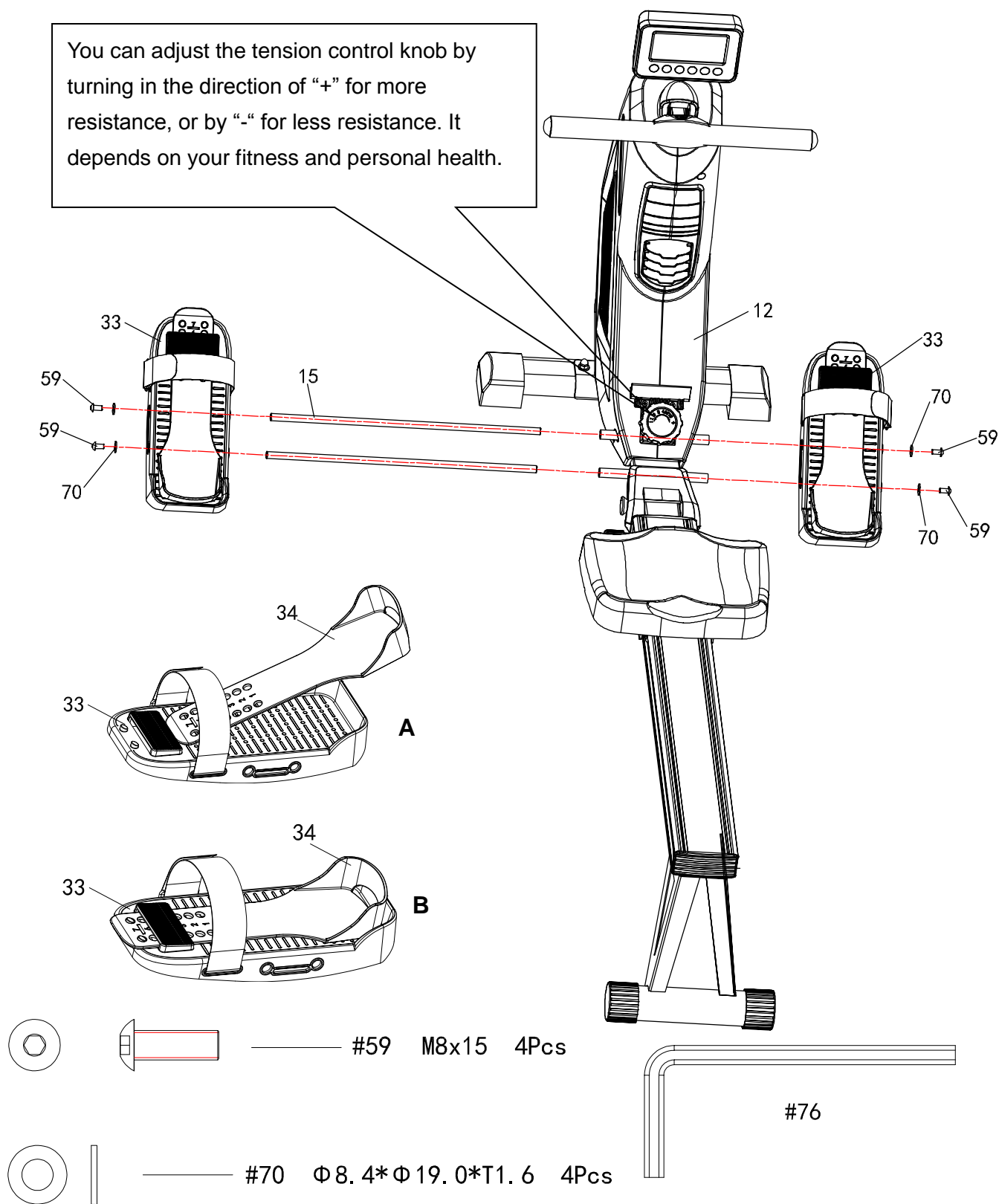
1. Pass the Seat rail (7) through the Seat support (10).
2. Insert the Rectangle end cap (9) into the Seat rail (7).
3. Attach the Rear stabilizer (13) to the Seat rail (7) using 4 sets of Flat washers ( $\Phi 8.4$ ) (70) and Screws (**M8x20**) (60).
4. Attach the Stopper (30) to the Seat rail (7) using 2 Screws (M6x20) (58).



### **STEP 3**

1. Connect the Upper sensor wire (73) with the Lower sensor wire (74).
2. Attach the Seat rail (7) to the Connect tube (11) using 6 sets of Flat washers ( $\Phi 8.4$ ) (70) and Screws (M8x20) (60).
3. Attach the Stopper (30) to the Seat rail (7) using 2 Screws (M6x20) (58).

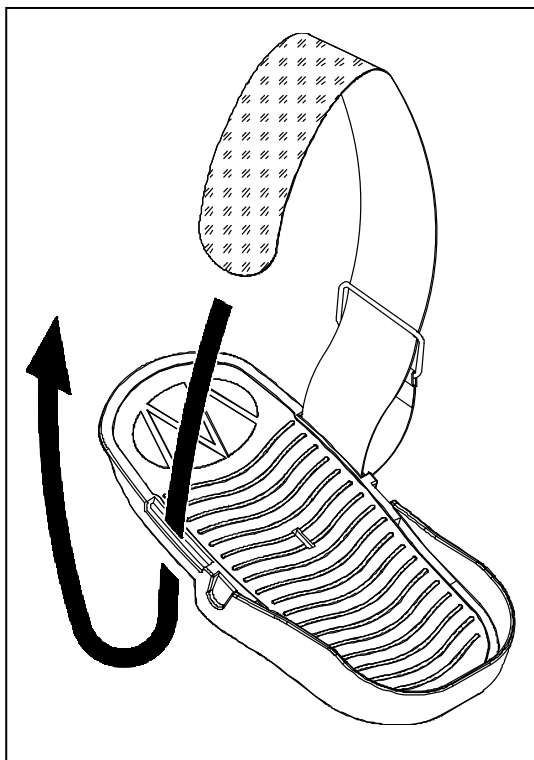
You can adjust the tension control knob by turning in the direction of “+” for more resistance, or by “-” for less resistance. It depends on your fitness and personal health.



## **STEP 4**

1. Attach the Adjustment pedal plate (34) to the Pedal (33) as per illustration A & B.
2. Insert the Pedal axle (15) into the Main frame (12).
3. Attach the Pedal (33) to the Pedal axle (15) using 4 sets of Flat washers ( $\Phi 8.4$ ) (70) and Screws (M8x15) (59).

## **PEDAL STRAP ADJUSTMENT**



The pedal strap is adjustable and can be personalized to fit the user's foot size.

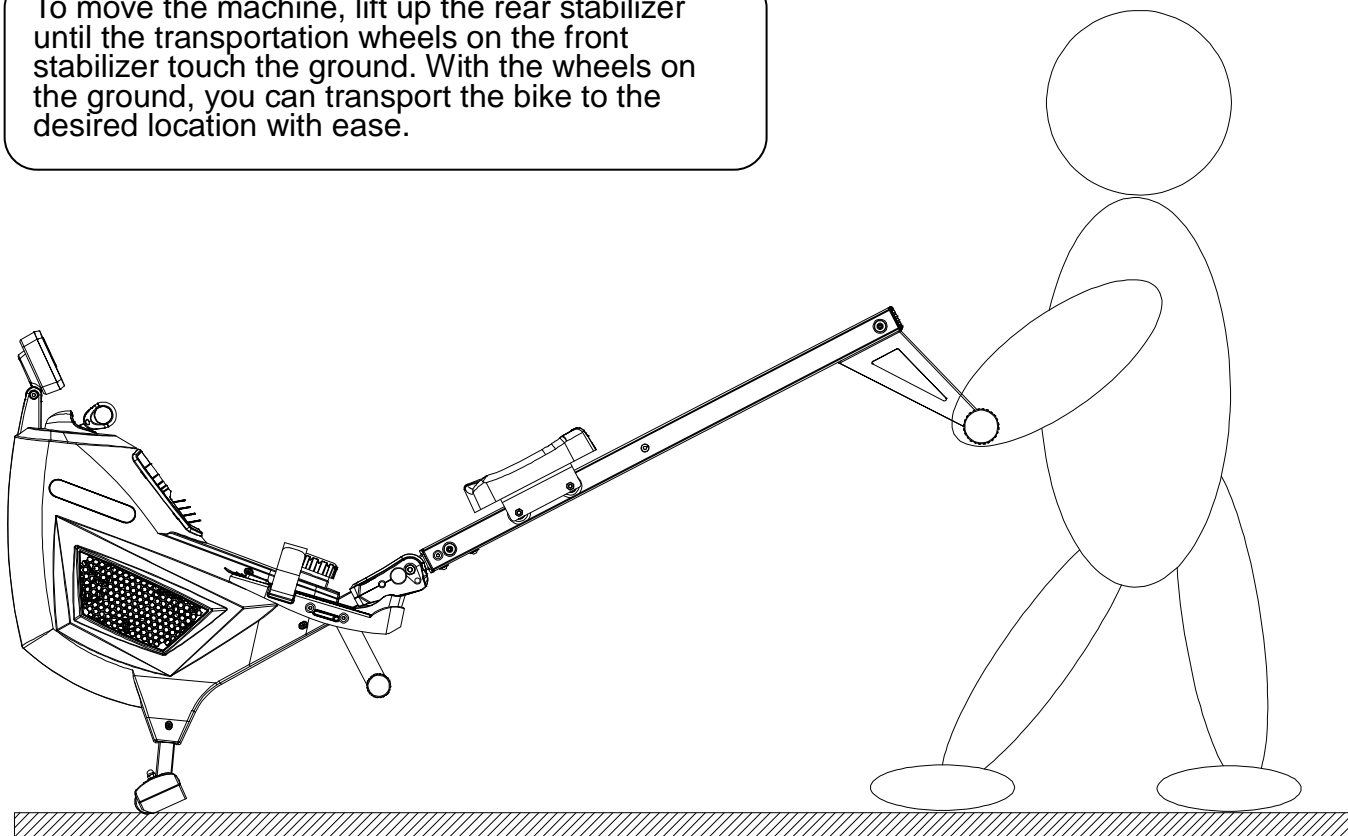
To adjust the pedal strap, remove the Velcro end of the strap from the mesh side by pulling it upward and then to the left.

Once removed, you may increase the opening of the pedal strap by pulling the mesh end up and to the right.

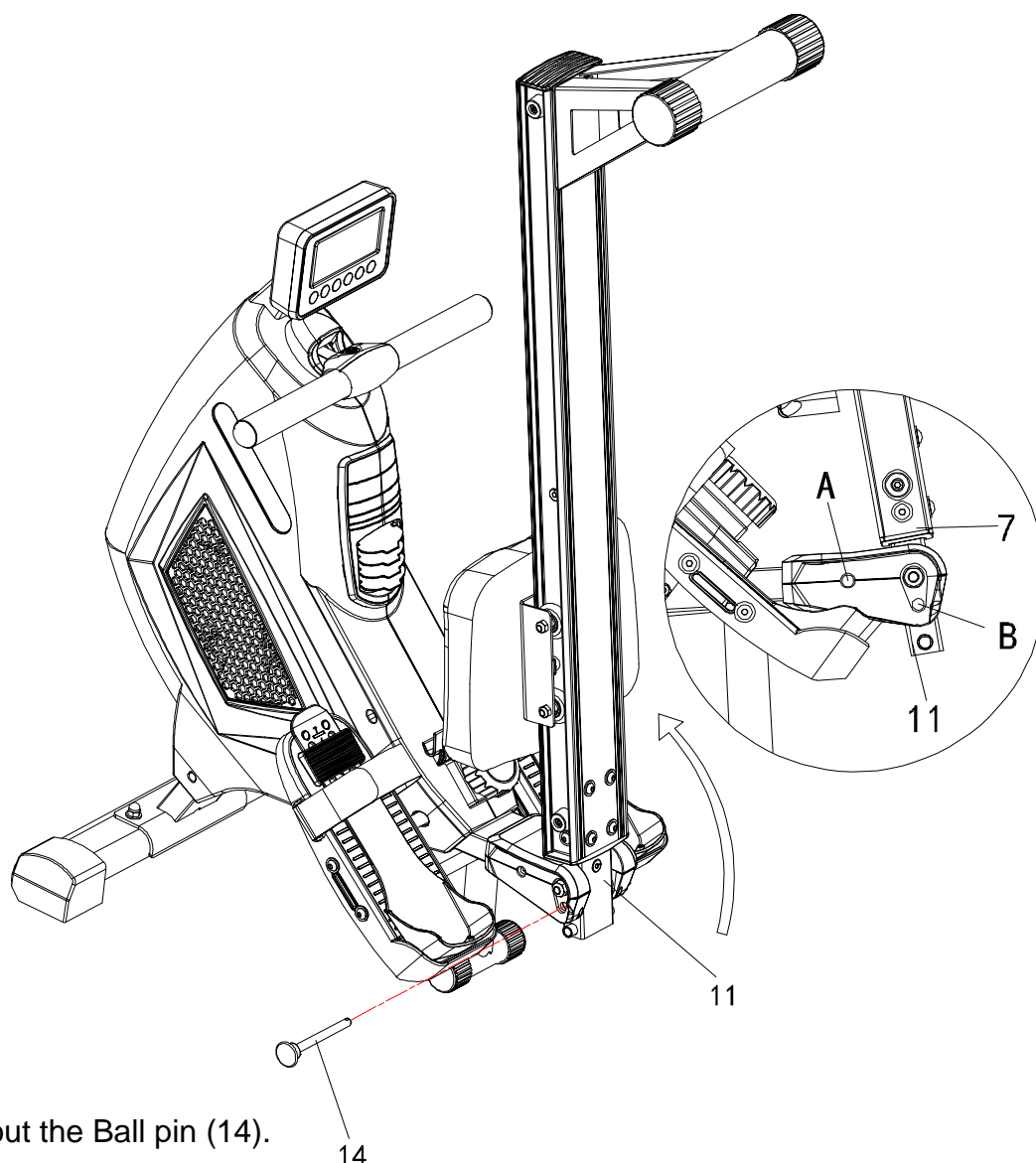
To tighten, pull the Velcro end of the pedal strap upward then to the right and down to secure it to the mesh side of the strap.

## **MOCING THE MACHINE**

To move the machine, lift up the rear stabilizer until the transportation wheels on the front stabilizer touch the ground. With the wheels on the ground, you can transport the bike to the desired location with ease.

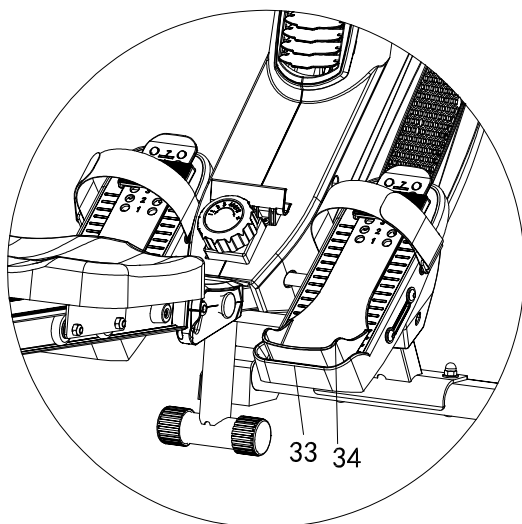


## **FOLDING FOR STORAGE**



1. Pull out the Ball pin (14).
2. Turn the rail to 90 degrees.
3. Insert the Ball pin (14) into to the B hole.

## **ADJUSTMENT PEDAL PLATE**



You can adjustment the pedal plate (34) to your foot size.

## **EXERCISE GUIDE**

Rowing is an extremely effective form of exercise. It strengthens the heart and improves circulation as well as exercising all the major muscle groups; the back, waist, arms, shoulders, hips and legs.

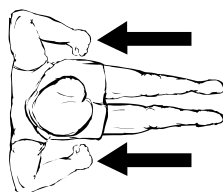
### **The Basic Rowing Stroke**

Sit on the saddle and fasten your feet to the pedals using the Velcro straps. Then take hold of the rowing bar.

Take up the starting position, leaning forward with your arms straight and knees bent as shown in (Fig 1).

Push yourself backwards, straightening your back and legs at the same time (Fig 2).

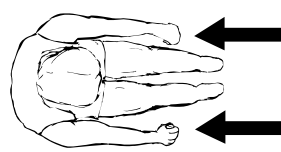
Continue this movement until you are leaning slightly backwards, during this stage you should bring your arms out of the side. (Fig 3). Then return to stage 2 and repeat. See attached.



(Fig.1)



(Fig.2)



(Fig.3)

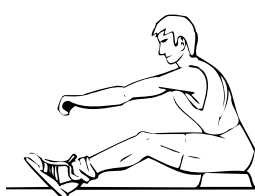
### **Training Time**

Rowing is a strenuous form of exercise, because of this it is best to start with a short, easy exercise programmed and build up to longer and harder workouts. Start rowing for about 5 minutes and as you progress, increase the length of your work out to match your improving level of fitness. You should eventually be capable of rowing for 15-20 minutes, but do not try to achieve this too quickly.

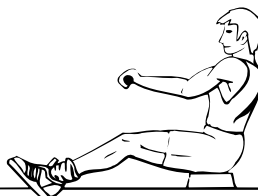
Try to train on alternate days, 3 times a week. This gives your body time to recover between workouts.

### **Arms Only Rowing**

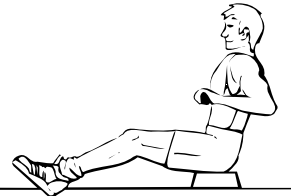
This exercise will tone muscles in your arms, shoulders, back and stomach. Sit as shown in Fig 4 with your legs straight, lean forward and grasp the handles. In a gradual and controlled manner lean back to just past the up right position continuing to pull the handles towards your chest. Return to the starting position and repeat. See attached.



(Fig.4)



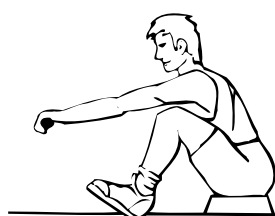
(Fig.5)



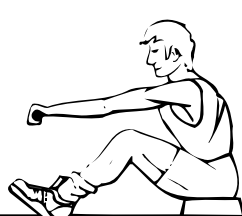
(Fig.6)

### **Legs Only Rowing**

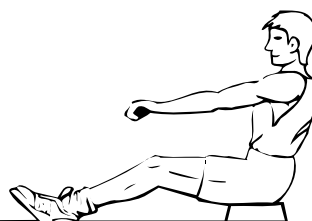
This exercise will help tone muscles in your legs and back. With your back straight and arms out stretched, bend your legs until you are grasping the rowing arm handles in the starting position, Fig 7. Use your legs to push your body back whilst keeping your arms and back straight.



(Fig.7)



(Fig.8)



(Fig.9)

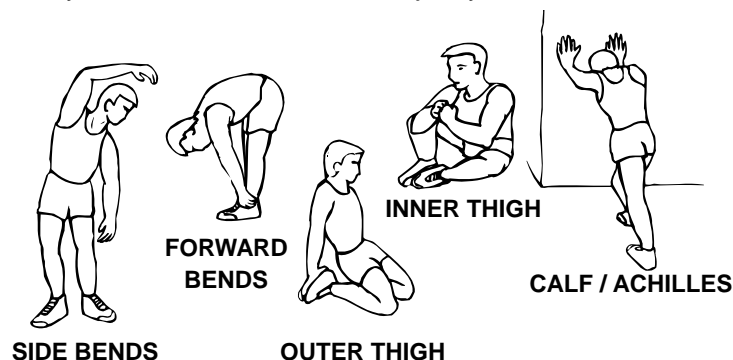
**CAUTION:** Moving parts, such as the seat, can crush and cut. Keep hands clear of the sliding rail during use.

## **EXERCISE INSTRUCTIONS**

Using your FAN ROWER will provide you with several benefits, it will improve your physical fitness, tone muscle and in conjunction with a calorie-controlled diet help you lose weight.

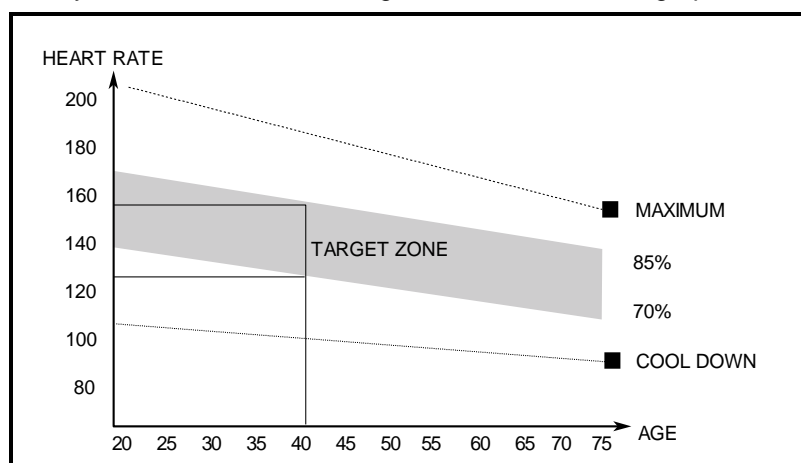
### **1. The Warm Up Phase**

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.



### **2. The Exercise Phase**

This is the stage where you put the effort in. After regular use, the muscles in your legs will become more flexible. Work to your but it is very important to maintain a steady tempo throughout. The rate of work should be sufficient to raise your heartbeat 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. This is a repeat of the warm up exercise e.g. reduce your tempo, continue for approximately 5 minutes. The stretching exercises should now be repeated, again remembering not to force or jerk your muscles into the stretch.

As you get fitter you may need to train longer and harder. It is advisable to train at least three times a week, and if possible space your workouts evenly throughout the week.

## **MUSCLE TONING**

To tone muscle while on your revolution stepper you will need to have the resistance set quite high. This will put more strain on our leg muscles and may mean you cannot train for as long as you would like. If you are also trying to improve your fitness you need to alter your training program. You should train as normal during the warm up and cool down phases, but towards the end of the exercise phase you should increase resistance making your legs work harder. You will have to reduce your speed to keep your heart rate in the target zone.

## **WEIGHT LOSS**

The important factor here is the amount of effort you put in. The harder and longer you work the more calories you will burn. Effectively this is the same as if you were training to improve your fitness, the difference is the goal.

## **EXERCISE COMPUTER**

### **DISPLAY FUNCTION:**

ITEM	DESCRIPTION
SCAN	<ul style="list-style-type: none"> <li>. The sequence of display: TMR→CNT→CAL→TOTAL CNT</li> <li>. In SCAN mode, press MODE key to choose other functions.</li> <li>. Automatically scan through each mode in sequence every 6 seconds.</li> </ul>
TIME (TMR)	<ul style="list-style-type: none"> <li>. W/O setting the target value, time will count up.</li> <li>. When setting the target value, time will count down from your target time to 0 and alarm will sound or flash.</li> <li>. W/O any signal been transmitted into the monitor for 4 seconds, time will STOP</li> <li>. Range 0:00 ~ 99:59</li> </ul>
COUNT (CNT)	<ul style="list-style-type: none"> <li>. W/O setting the target value, count will count up.</li> <li>. When setting the target value, count will count down from your target count number to 0, and alarm will sound or flash.</li> <li>. Range 0~9999</li> </ul>
TOTAL CNT	<ul style="list-style-type: none"> <li>. Total count number clear after battery removed.</li> <li>. Range 0~9999</li> </ul>
CALORIES (CAL)	<ul style="list-style-type: none"> <li>. W/O setting the target value, calorie will count up.</li> <li>. When setting the target value, calories will count down from your target calorie to 0, and alarm will sound or flash.</li> <li>. Range 0.0~999.9</li> <li>. Calorie count on the display only serves as a general guideline. For detail calorie consumption for each individual please consult a physician or a nutritionist.</li> </ul>



## BUTTON FUNCTION:

ITEM	DESCRIPTION
UP	<ul style="list-style-type: none"> <li>. Press UP Key to increase value. Press and hold the Key to increase value faster.</li> <li>. TMR setting range: 0:00~99:00 (Each increment is 1:00)</li> <li>. CAL setting range: 0.0~999.0 (Each increment is 1.0)</li> </ul>
DOWN	<ul style="list-style-type: none"> <li>. Press DOWN Key to decrease value. Press and hold the Key to decrease the value faster.</li> <li>. TMR setting range: 00:00~99:00 (Each decrement is 1:00)</li> <li>. CAL setting range: 0~9990 (Each decrement is 10)</li> </ul>
MODE/ENTER	<ul style="list-style-type: none"> <li>. Choose each function by pressing MODE/ENTER key. In SCAN mode, press MODE/ENTER key can lock the current function.</li> <li>. Press MODE/ENTER key and hold for 2 seconds to reset all function figures (besides Total CNT).</li> </ul>
RESET	<ul style="list-style-type: none"> <li>. In setting mode, press RESET key once to reset the current function figures.</li> <li>. Press RESET key and hold for 2 seconds to reset all function figures.</li> </ul>

## OPERATION PROCEDURE

### POWER ON:

- . LCD will display all segments as Drawing A.



Drawing A

### POWER OFF:

- . Without any signal been transmitted into the monitor for 4 minutes, and the monitor enter to SLEEP mode.

### OPERATION:

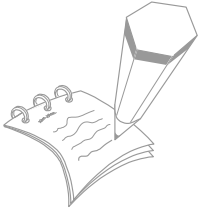
1. When monitor power on (or press MODE/ENTER key and hold for 2 seconds), LCD will display all segments for 1 second and enter to SCAN mode.
2. With any signal been transmitted into the monitor, the value of TMR, CNT, CAL and TOTAL CNT will start to count up.

**Trouble shooting:**

- . When the display of LCD is dim, it means the batteries need to be changed.
- . If there is no signal when you pedal, please check if the cable is well connected.

**NOTE:**

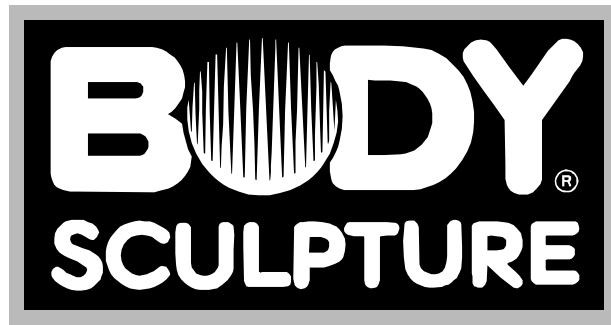
1. Stop training for 4 minutes, the main screen will be off.
2. If the computer displays abnormally, please re-install the battery and try again.



## EXERCISE NOTES

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*Use this space to record your own exercise routine results*



S I N C E 1 9 6 5