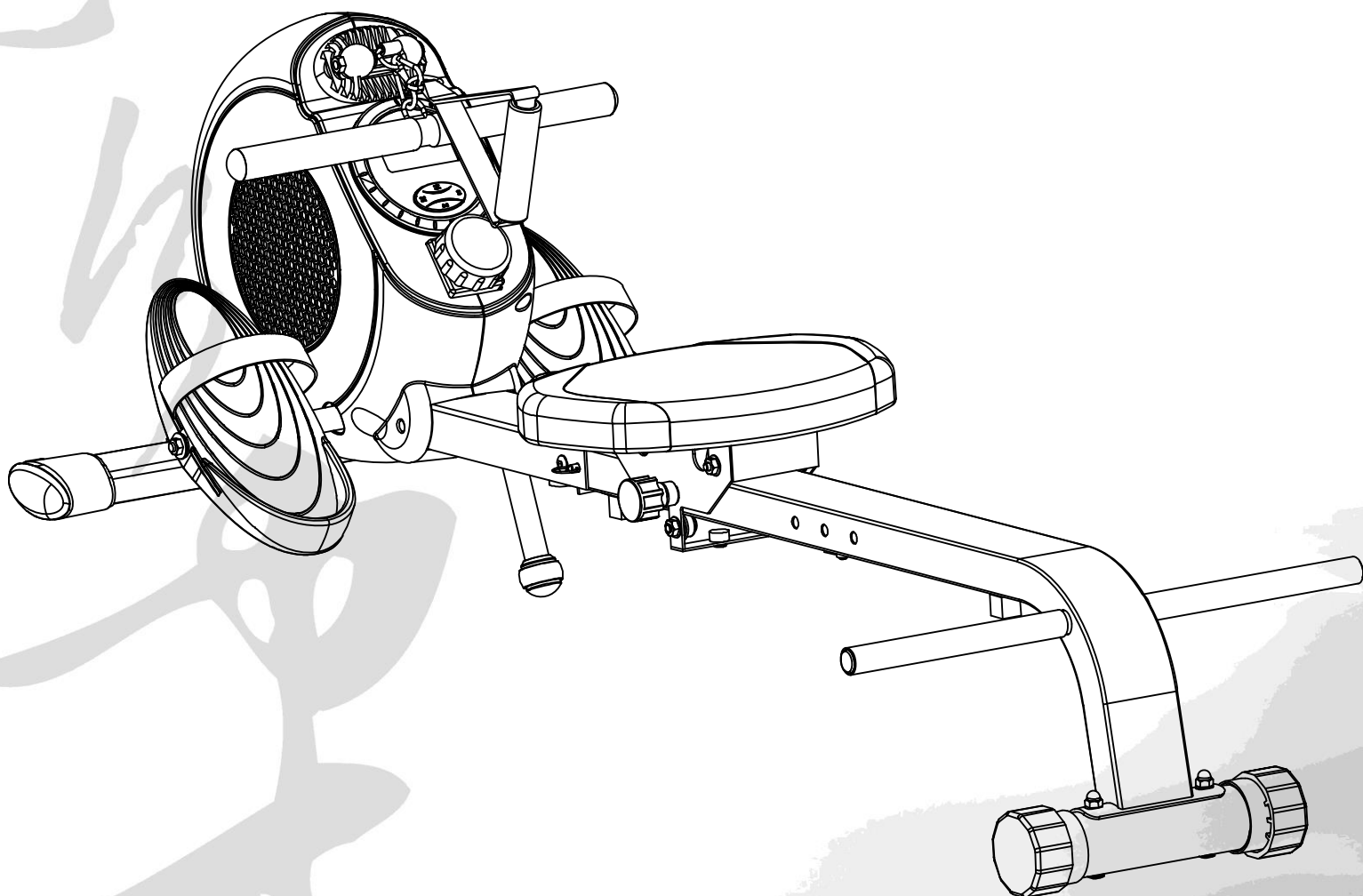


BR-3175 MAGNETIC GYM N ROWER



SINCE 1965



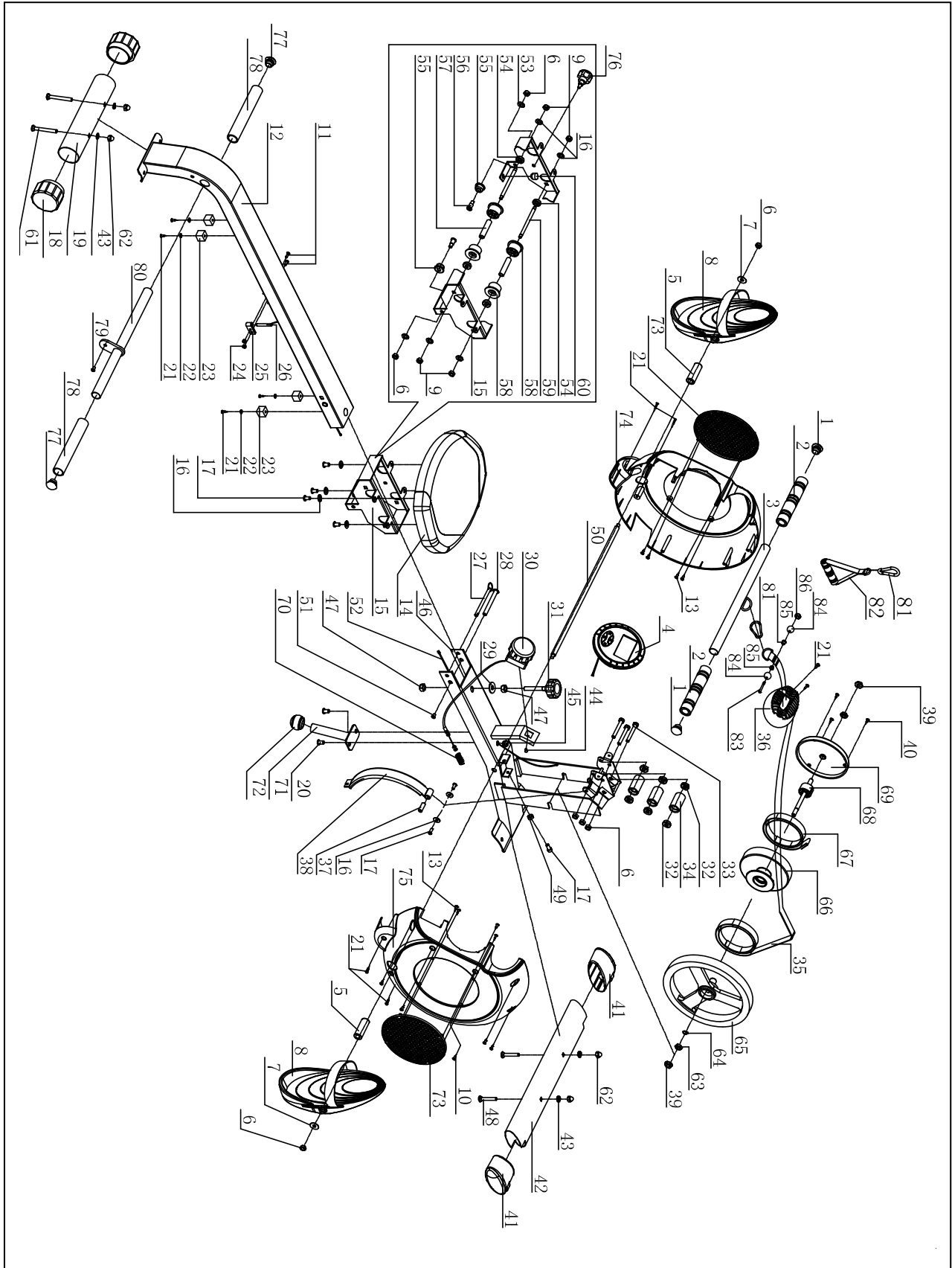
Important Safety Information

Please keep this manual in a safe place for reference.

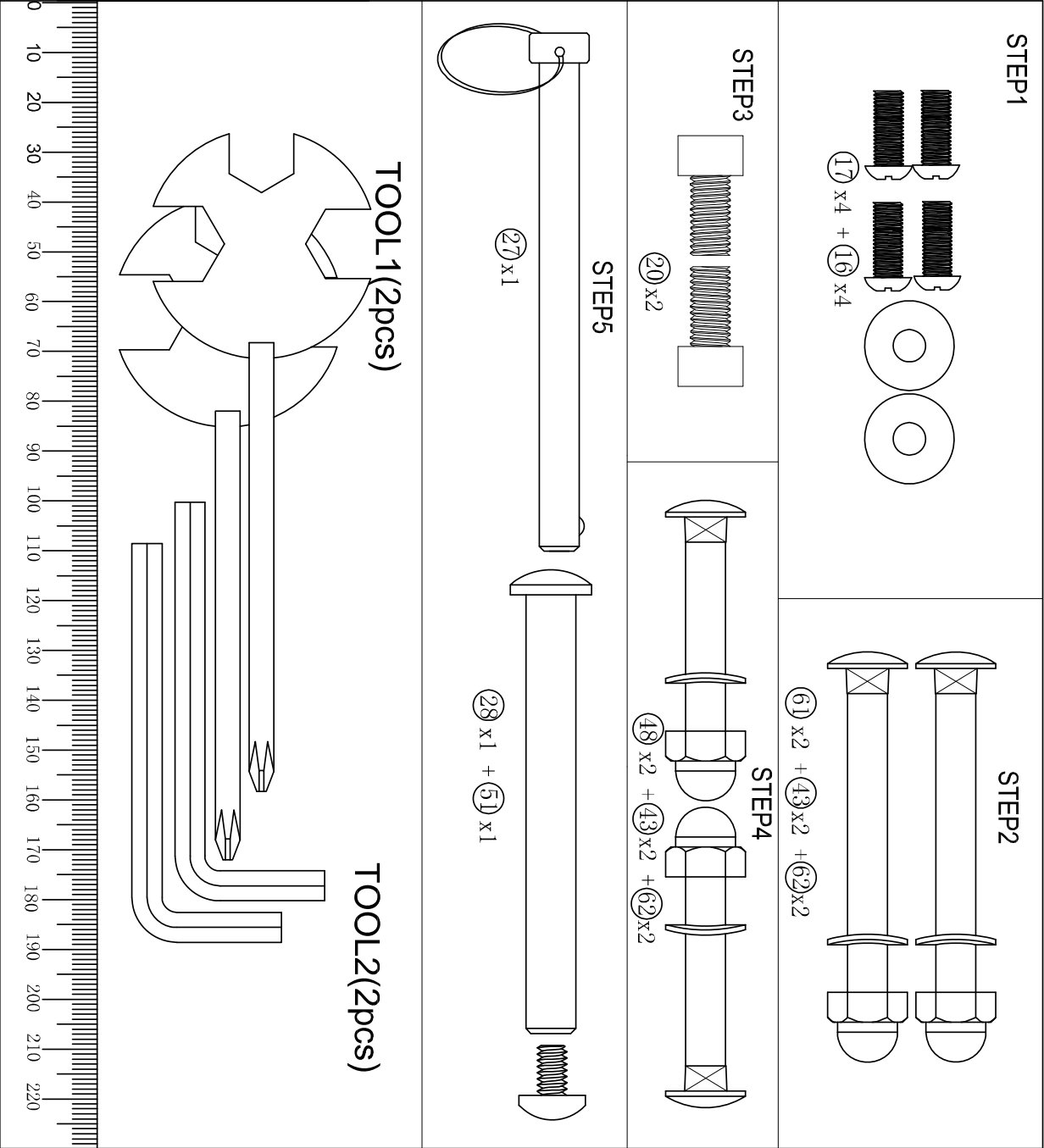
1. It is important to read this entire manual before assembling and using the equipment. Safe and efficient use can only be achieved if the equipment is assembled, maintained and used properly. It is your responsibility to ensure that all users of the equipment are informed of all warnings and precautions.
2. Before starting any exercise program you should consult your doctor to determine if you have any physical or health conditions that could create a risk to your health and safety, 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, feeling light headed, dizzy or nauseous. 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. For safety, the equipment should have at least 0.5 meter of free space all around it.
6. Before using the equipment, check the nuts and bolts are securely tightened.
7. The safety level of the equipment can only be maintained if it is regularly examined for damage and/or wear and tear.
8. Warning the equipment must be installed on a stable base and properly leveled floor. Always use the equipment as indicated. If you find any defective components whilst assembling or checking the equipment, or if you hear any unusual noise coming from the equipment during use, stop. Do not use the equipment until the problem has been rectified.
9. Wear suitable clothing whilst using the equipment. Avoid wearing loose clothing which 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 domestic, home use only. Maximum weight of user, 110kg. Breaking is speed independent.
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 use assistance. Regular checking of the integrity of guards and safety devices.
13. Parents and those in charge of children should be aware of their responsibility around this equipment. The natural play instinct and fondness for experimenting of children can lead to situations and use of the training equipment for which it is not intended.
14. If children are allowed to use the equipment their mental and physical development and above all their temperament should be taken in to account. They should be supervised and instructed to the correct use of the equipment. The equipment is under no circumstances suitable as a child's toy.
15. If you experience any problems or require assistance, please contact our Customer Service team customersupport@bodysculpture.co.uk Our office is open: Monday-Thursday 08:00-16:30 or contact us via our website www.bodysculpture.co.uk .



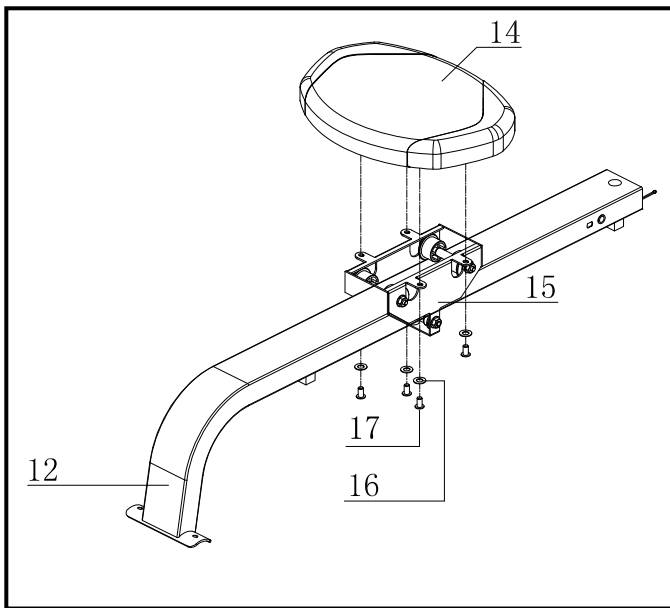
EXPLODED-VIEW ASSEMBLY DRAWING



PART NO.	DESCRIPTION	Q'TY	PART NO.	DESCRIPTION	Q'TY
1.	End Cap	2	44.	Screw	1
2.	Foam Grip	2	45.	Wire holder	1
3.	Handlebar	1	46.	Main Frame	1
4.	Computer	1	47.	Nut (M10)	2
5.	Plastic Bushing	2	48.	Carriage Bolt (M8*50)	2
6.	Lock Nut (M8)	7	49.	Nut (M6)	1
7.	Washer(φ8)	2	50.	Axle for Pedal	1
8.	Pedal	2	51.	Bolt (M6*10)	1
9.	Lock nut (M6)	4	52.	Upper Wire	1
10.	Screw (ST4.2*19)	4	53.	Flat Washer (φ8)	2
11.	Screw (M5*12)	2	54.	Bearing	4
12.	Rower Frame	1	55.	Bushing	2
13.	Screw (ST4.2*10)	8	56.	Bolt(M8)	2
14.	Seat	1	57.	Bushing	2
15.	Seat Bracket	1	58.	Roller	4
16.	Washer(φ6)	10	59.	Axle for Roller	2
17.	Screw (M6*15)	7	60.	Magnet	1
18.	Rear End Cap	2	61.	Carriage Bolt (M8*70)	2
19.	Rear stabilizer	1	62.	Domed Nut (M8)	4
20.	Screw (M8*16)	2	63.	Nut (M10*1.25)	2
21.	Cross screw (ST4.2*19)	10	64.	Spring Washer (φ10)	1
22.	Flat Washer (φ10)	4	65.	Fly wheel	1
23.	Stopper	4	66.	Spring frame	1
24.	Nut (M5)	2	67.	Roller spring	1
25.	Sensor Holder	1	68.	Axle for Roller spring (φ10*130)	1
26.	Lower wire	1	69.	Roller spring cover	1
27.	Pull Pin	1	70.	Spring (Φ 1*Φ10*37)	1
28.	Pivot	1	71.	Support	1
29.	Washer(φ10)	1	72.	Cap	1
30.	Tension Knob	1	73.	Meshed cover	2
31.	Adjustment Knob (M10*70)	1	74.	Chain Cover (Left)	1
32.	Bearing	6	75.	Chain Cover (Right)	1
33.	Bolt (M8*65)	3	76.	Adjustment Knob	1
34.	Roller (φ28*48)	3	77.	End Cap	2
35.	Weave Belt	1	78.	Foam Grip	2
36.	Cushion Cover	1	79.	Screw (M8*16)	1
37.	Bushing	1	80.	Push Up Bar	1
38.	Magnet Bracket	1	81.	Hook	2
39.	Nut (M10*1.25)	2	82.	Pull bar	1
40.	Screw (ST4.2*15)	3	83.	Bolt (M8*90)	1
41.	Front End Cap	2	84.	Globosity	2
42.	Front stabilizer	1	85.	Bushing	2
43.	Curve Washer (φ8)	4	86.	Lock nut (M8)	1

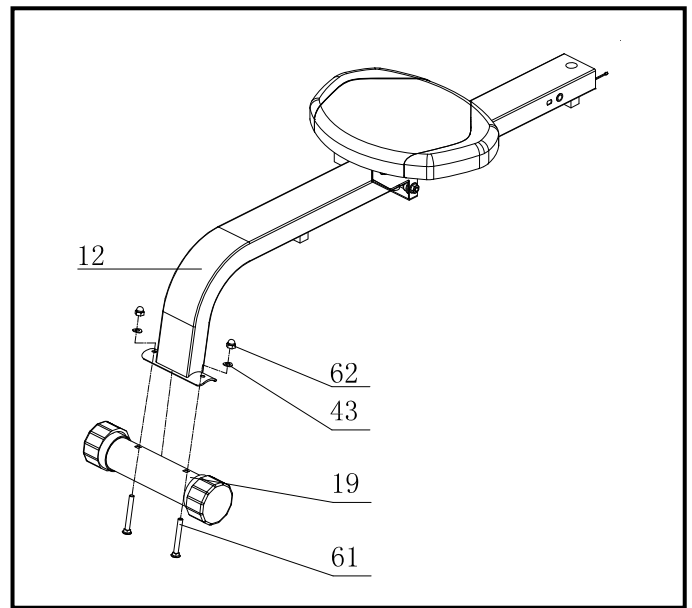


ASSEMBLY INSTRUCTIONS



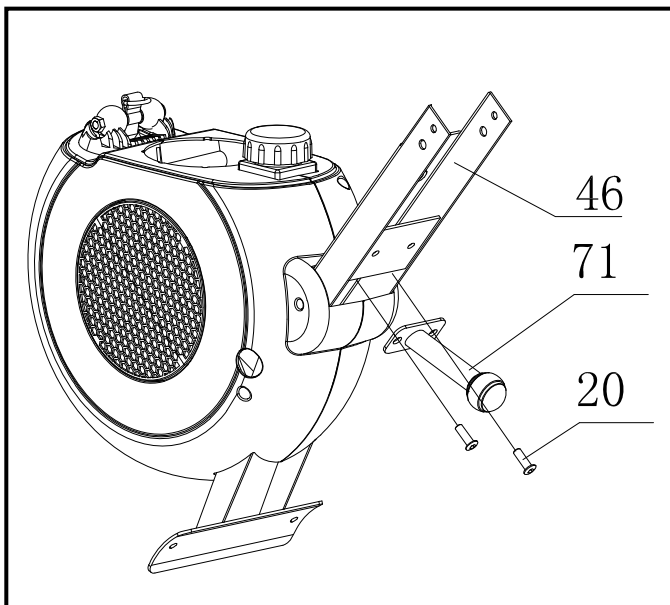
STEP 1

Attach the seat bracket (pt.15) to the underside of the seat (pt.14) using four sets of Washers ($\phi 6$) (pt.16) and Screw (M6*15) (pt.17).



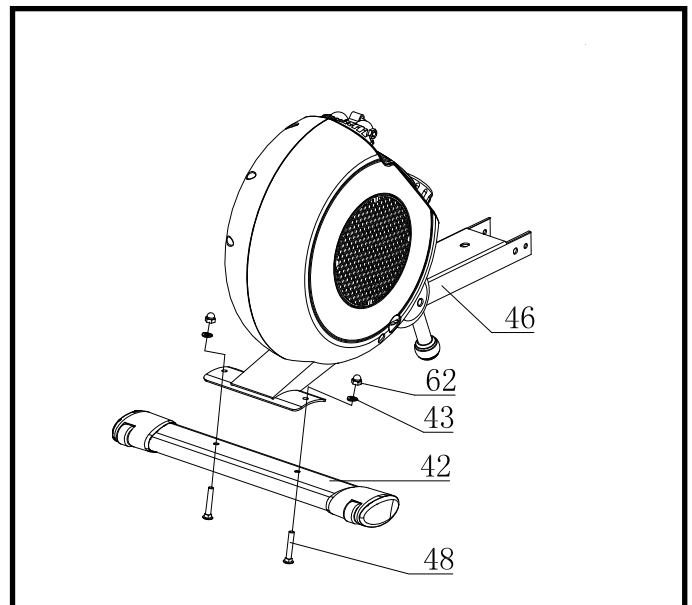
STEP 2

Attach the Rear stabilizer (pt.19) to the Rower frame (pt.12) using two sets of Carriage bolt (M8*70) (pt.61), Curve washer ($\phi 8$) (pt.43) and Domed nut (M8) (pt.62).



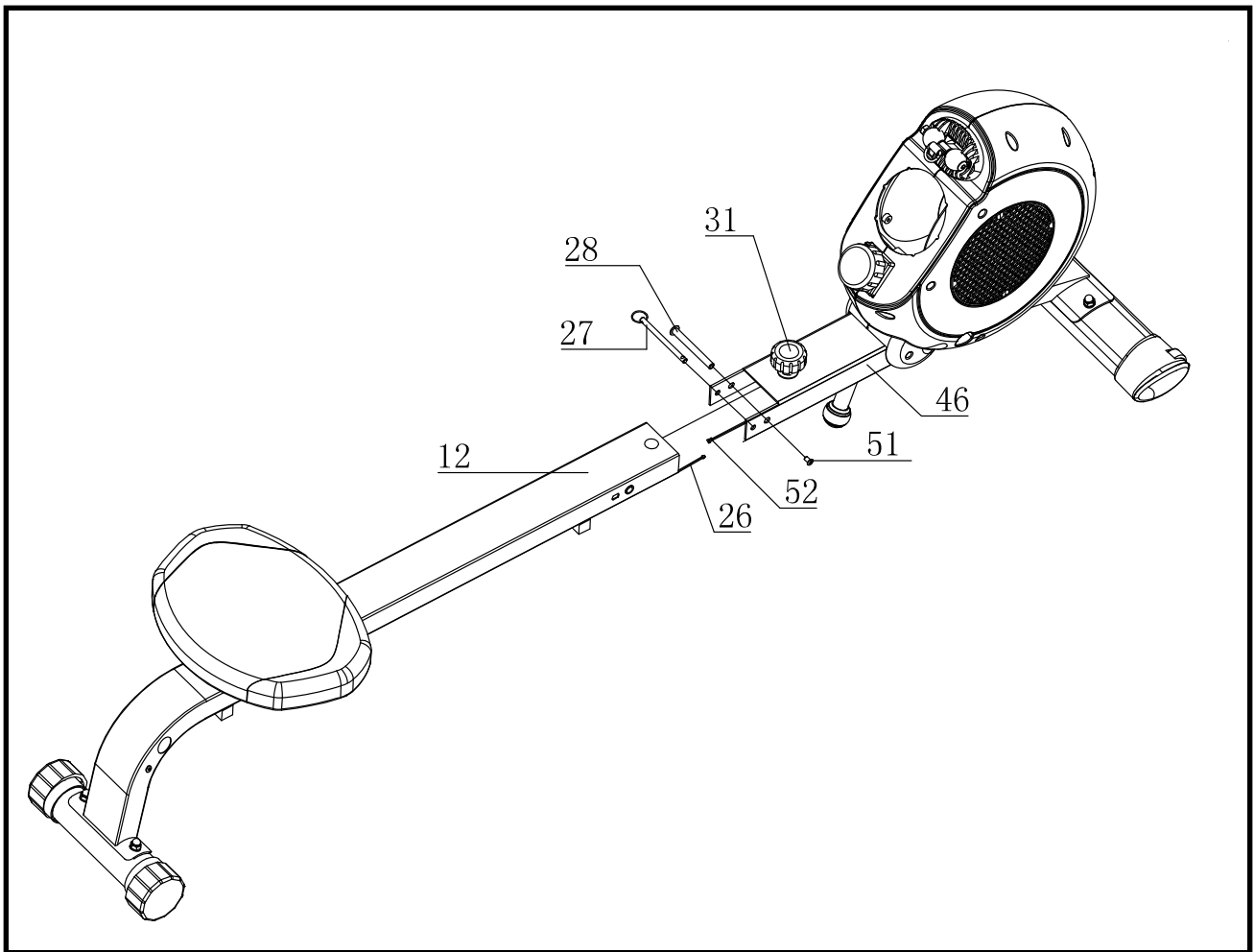
STEP 3

Attach the Support (pt.71) to the Main Frame (pt.46) using the two Screws (M8*16) (pt.20).



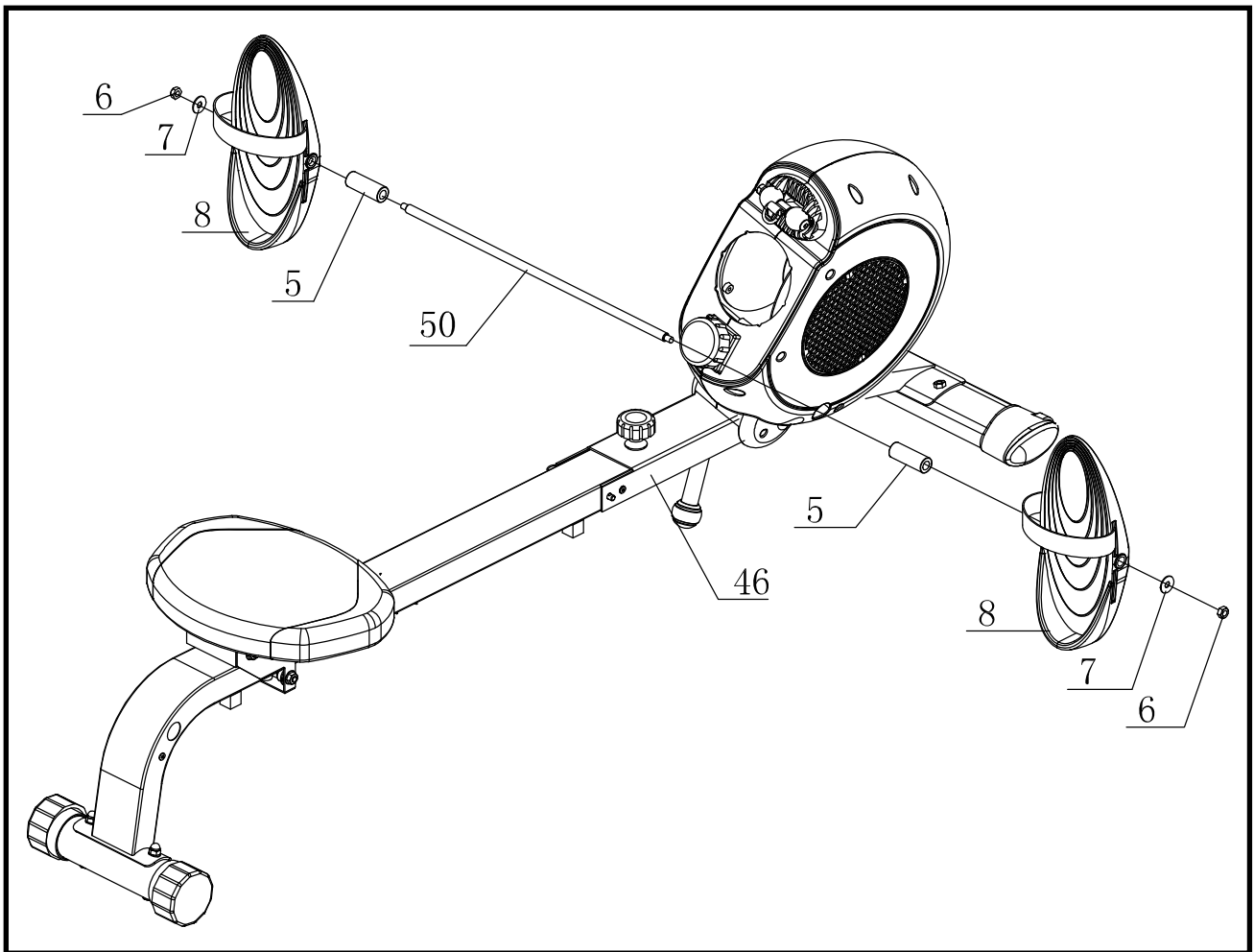
STEP 4

Attach the Front stabilizer (pt.48) to the Main frame (pt.46) using two sets of Carriage bolt (M8*50) (pt.42), Curve washer ($\phi 8$) (pt.43) and Domed nut (M8) (pt.62).



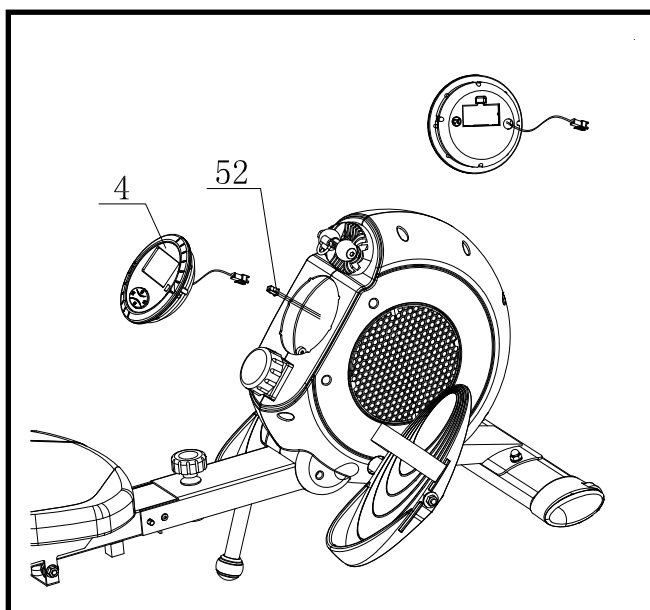
STEP 5

Attach Rower frame (pt.12) to the Main frame (pt.46), connect Upper wire (pt.52) with lower wire (pt.26). Fix them tightly by Pivot (pt.28) and Bolt (M6*10) (pt.51), then insert Pull Pin (pt.27), at last tight tighten adjustment knob (pt.31).



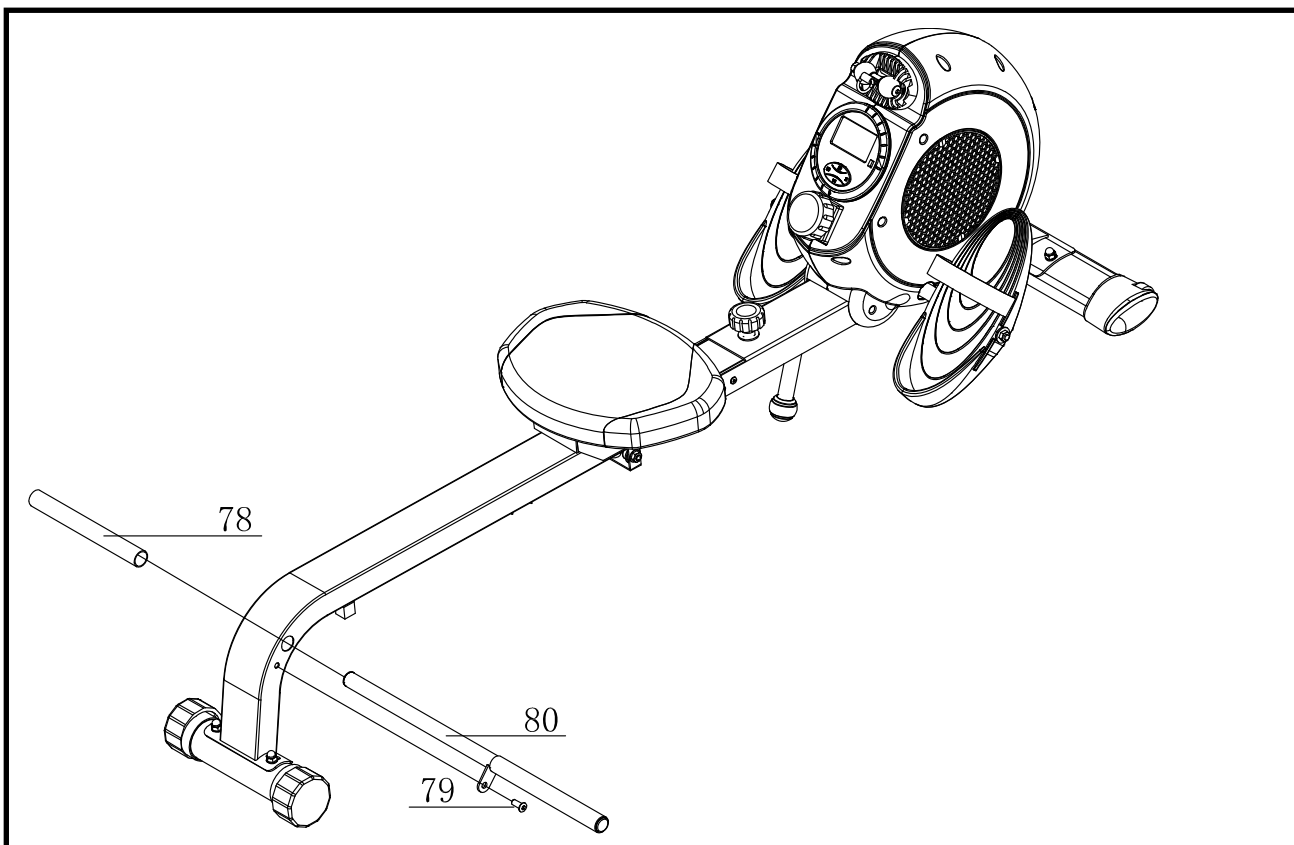
STEP 6

Insert the Axle for Pedal (pt.50) to the Main Frame (pt.46), cover the Plastic Bushing (pt.5), pedal (pt.8) and Washer ($\phi 8$) (pt.7) in order. Then fix tightly by lock Nut (M8) (pt.6).



STEP 7

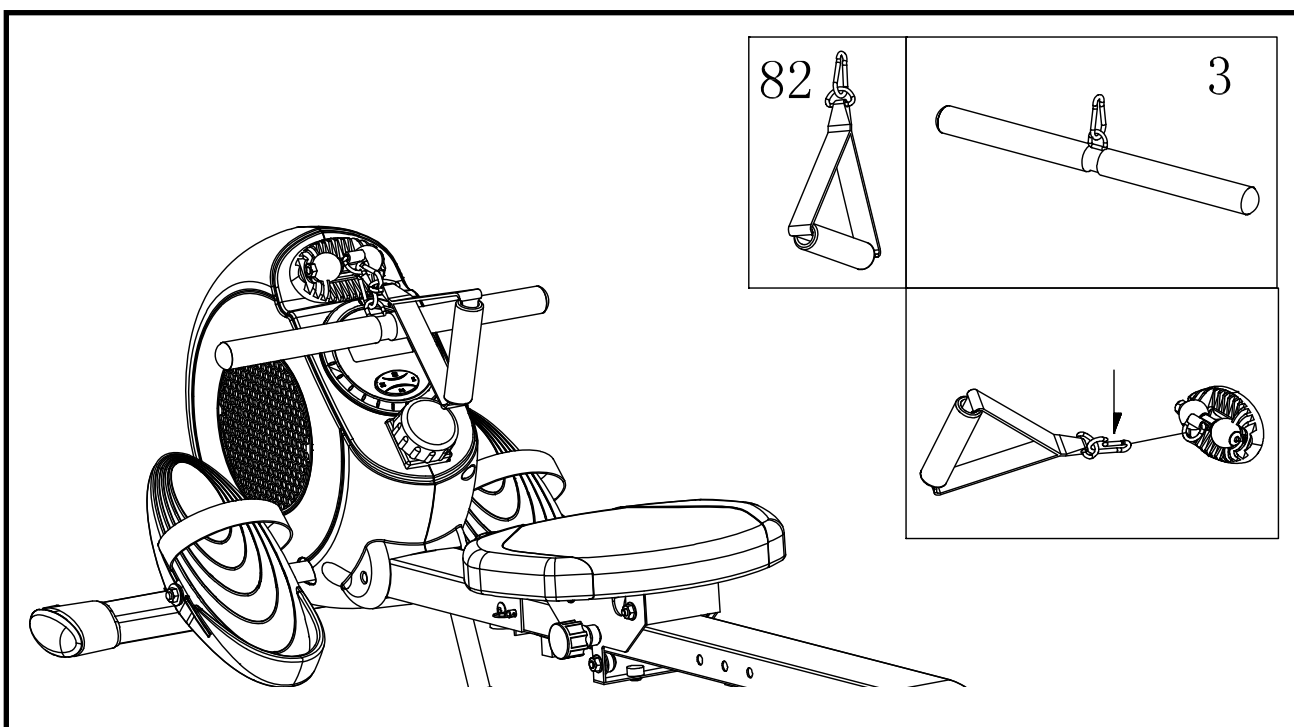
Connect upper wire (pt.52) with Computer wire (pt.4) then attach computer to the Main Frame.



STEP 8

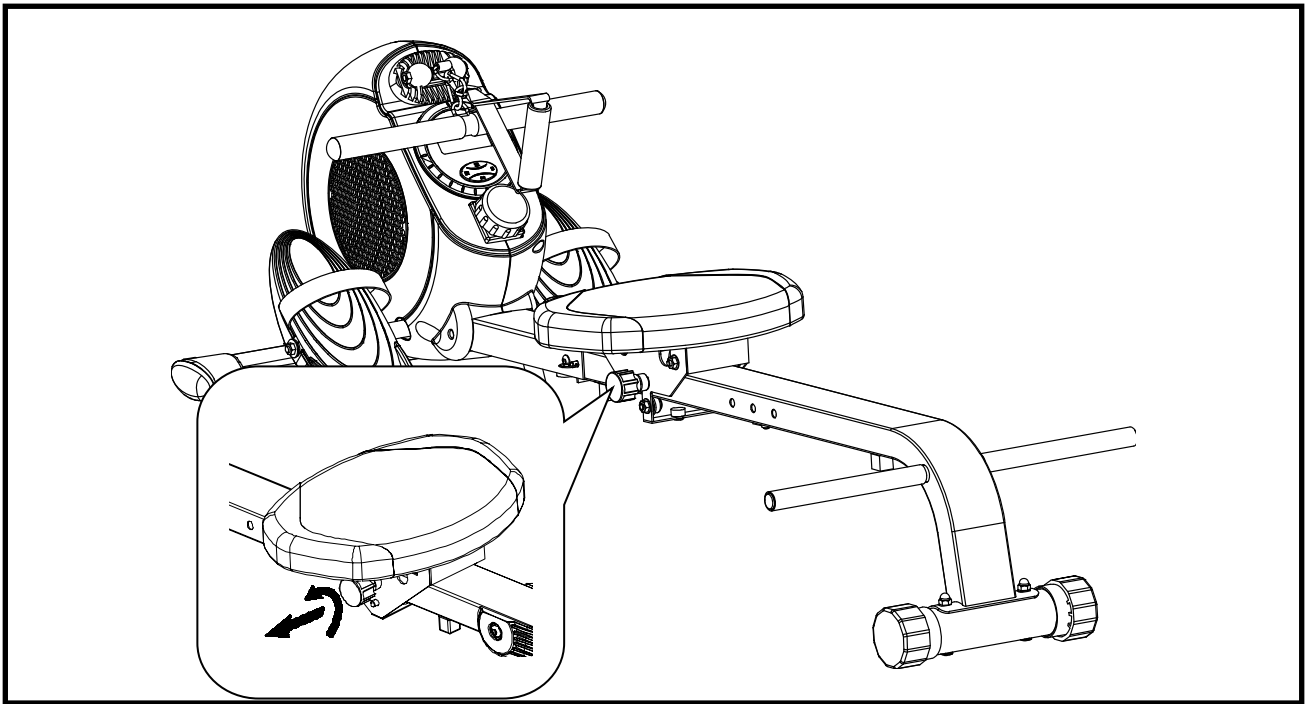
Insert the Push up bar (pt.80) to the Rower frame (pt.12) then fix with Screw (M8*16) (pt.80).

NOTIE: The Foam Grip (pt.78) can be tricky to fit as they are designed to grip tightly. Please use a mild soapy water solution to help you slide the foam onto the Push up bar (pt.80).



STEP 9

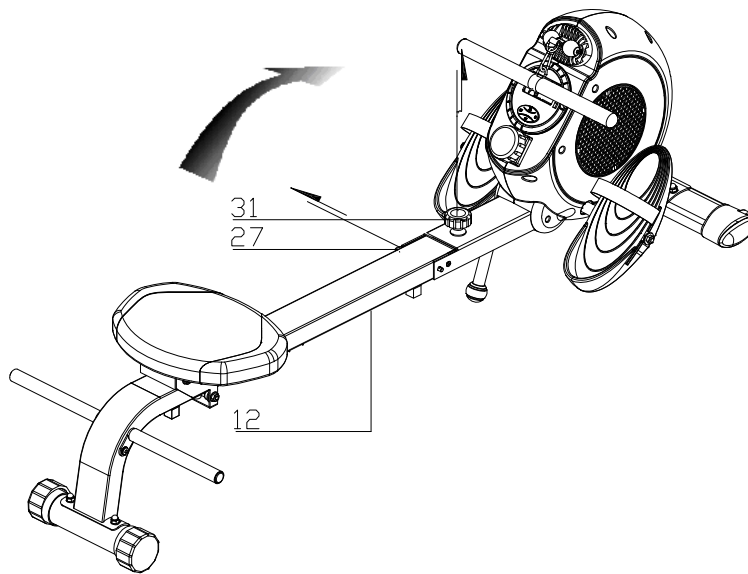
Buckle the handlebar (pt.3) or Pull bar (pt.82) with weave belt hook.



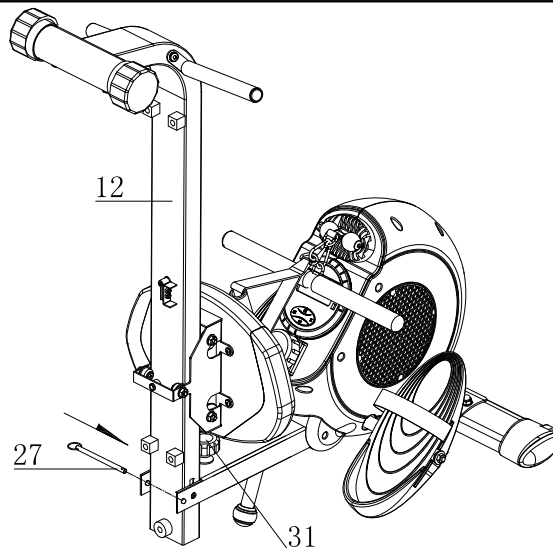
STEP 10

Adjust the Seat to the position using Adjustment knob (76).

FOLDING FOR STORAGE



1

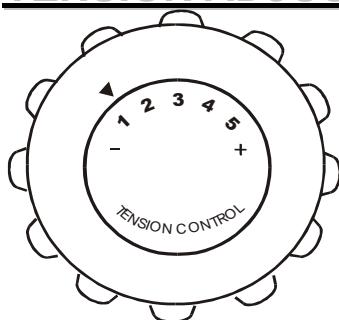


2

Unscrew the adjustment knob (pt.31) from the mainframe (pt.46) and remove the pull pin (pt.27), then pull the rower frame (pt.12) in towards the main housing unit and replace the pull pin to keep the rower in a folded position.

(NB please ensure that the sensor cables do not get trapped when tilting the mainframe bar in towards the main housing).

TENSION ADJUSTMENT



Adjustable tension for varied resistance

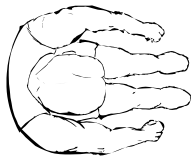
Turn the Tension Knob (pt.30) clockwise for high resistance tension, for lower resistance turns the tension knob by anti-clockwise.

EXERCISE GUIDE

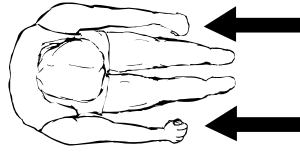
Rowing is an extremely effective form of exercise. It strengthens the heart and improves circulation as well as exercising all the major muscle groups; the back, waist, arms, shoulders, hips and legs.

The Basic Rowing Stroke

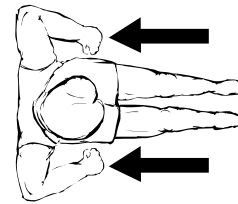
- 1) Sit on the saddle and fasten your feet to the pedals using the Velcro straps. Then take hold of the rowing bar.
- 2) Take up the starting position, leaning forward with your arms straight and knees bent as shown in (Fig 1).
- 3) Push yourself backwards, straightening your back and legs at the same time (Fig 2).
- 4) 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

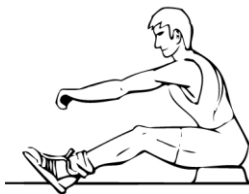
Rowing is a strenuous form of exercise, because of this it is best to start with a short, easy exercise programmed and build up to longer and harder workouts. Start rowing for about 5 minutes and as you progress, increase the length of your work out to match your improving level of fitness. You should 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.

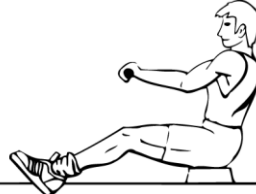
Alternate Rowing Styles.

Arms Only Rowing

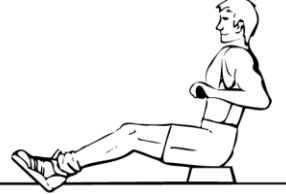
This exercise will tone muscles in your arms, shoulders, back and stomach. Sit as shown in Fig 4 with your legs straight, lean forward and grasp the handles. In a gradual and controlled manner lean back to just past the up right position continuing to pull the handles towards your chest. Return to the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



(Fig.4)



(Fig.5)



(Fig.6)

Legs Only Rowing

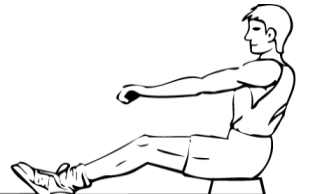
This exercise will help tone muscles in your legs and back. With your back straight and arms out stretched, bend your legs until you are grasping the rowing arm handles in the starting position, Fig 7. Use your legs to push your body back whilst keeping your arms and back straight.



(Fig.7)



(Fig.8)



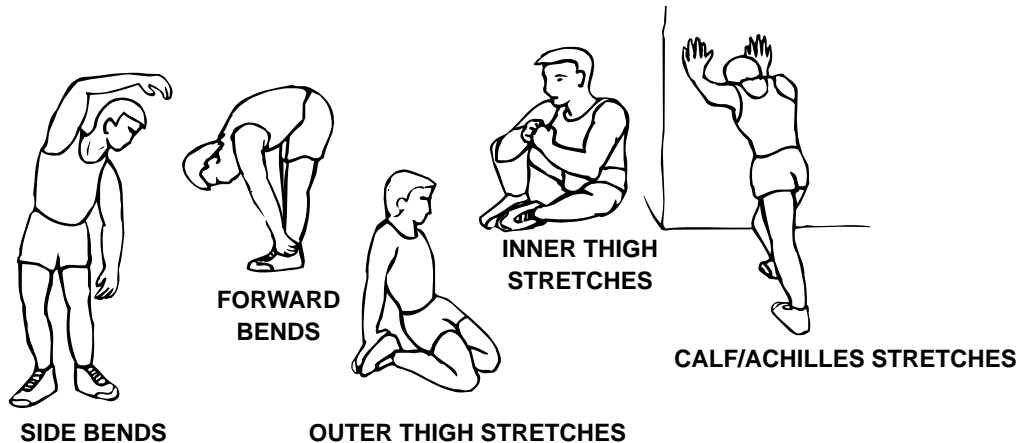
(Fig.9)

EXERCISE INSTRUCTIONS

Using your **MAGNETIC GYM N ROWER** will provide you with several benefits. It will improve your physical fitness, tone your muscles and, in conjunction with a calorie-controlled diet, help you lose weight.

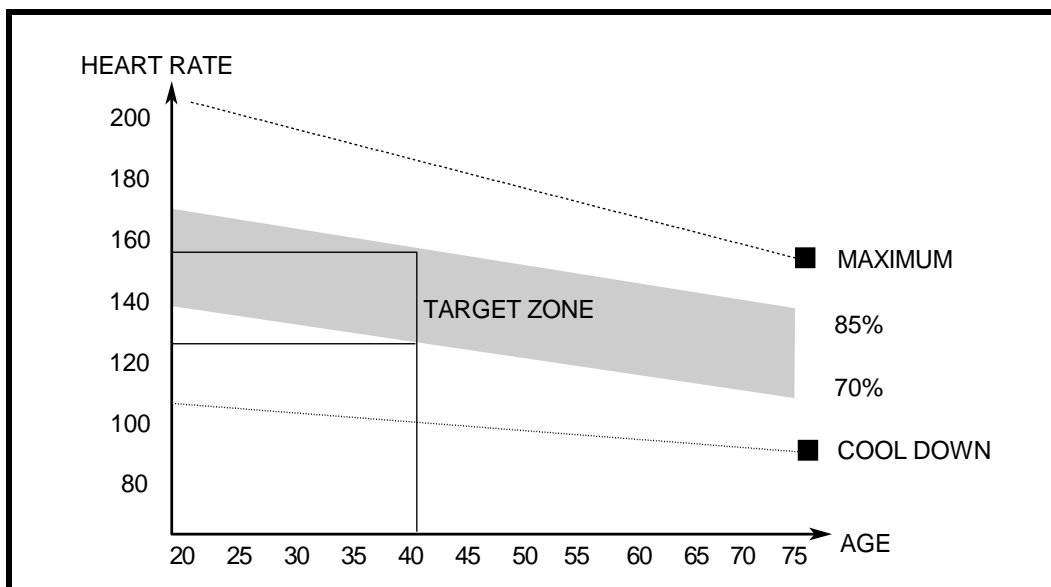
1. The Warm-Up Phase

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 at your own pace, but be sure 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. Cooling-Down Phase

This stage is to let your cardio-vascular system and muscles wind down. This is a repeat of the warm-up phase. First, reduce your tempo and continue at this slower pace for approximately 5 minutes before you get off your Exercise Bike. 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 to space your workouts evenly throughout the week.

MUSCLE TONING

To tone muscle while on your **MAGNETIC GYM N ROWER** 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. This is effectively the same as if you were training to improve your fitness, the difference being the goal.

TROUBLE SHOOTING

Computer not working correctly. If your computer is not working correctly, please check whether the lower wire is connected to the upper wire, and make sure that the upper wire is connected to the computer. If you have checked for the above, and the computer still not working, then please make sure the batteries are still working and are installed correctly in the computer.

MAINTENANCE

1. Before using the **MAGNETIC GYM N ROWER** always make sure all bolts/nuts are fully tightened.
2. A spent battery is hazardous waste – please dispose of it correctly and do not throw it in the trash.
3. When eventually you want to scrap the machine, you should remove the batteries from the computer and dispose of them separately as hazardous waste.

BATTERY DISPOSAL

1. A spent battery is hazardous waste - please dispose of it correctly and do not throw it in the trash.
2. When you eventually want to scrap the machine, you should remove the batteries from the computer, and dispose of them separately as hazardous waste.
3. Keep batteries out of the reach of small children. Batteries are extremely dangerous when swallowed. If a battery has been swallowed, seek immediate medical treatment.

EXERCISE COMPUTER

FUNCTION BUTTON

- MODE** 1. To select each function for presetting.
2. To enter and switch to next function after presetting.
- UP/DOWN** To make adjustment of each function datas of TIME,COUNT,CALORIES and Pulse.
- TOTAL RESET** To clear all preset datas and restart the computer.

FUNCTIONS

- SCAN** Automatically scans through each function in every 6 seconds.
- TIME** COUNT UP: The monitor will count workout time from 00:00 up to 99:59
COUNT DOWN: If you have preset tatget time, the monitor will count from preset down to 00:00 when you start training.
- COUNT** Displays current training workout.
COUNT UP: Accumulates workout numbers from zero.
COUNT DOWN: If you have preset tratet count numbers, the monitor will count from preset down to zero when you start training.
- TOTAL COUNT** The monitor will accumulate total workout nummbers of different training duration after the monitor is installed with batteries. This data could be reset to zero only when you replace batteries.
- CALORIES** COUNT UP: Accumlates calories consumption during training.
COUNT DOWN: If you have preset target calories, the computer will count from preset calories down to zero.

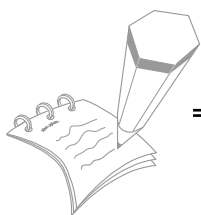
This data is arough guide only and should be used as comparison over several exercise sessions.
- PULSE (OPTION)** After wearing chest belt, the monitor will display your current heart rate figures.

NOTE

1. Without any signal transmitted to the monitor for 4 minutes, the LCD will shut off automatically, and all function datas would be kept. When you come back training on the equipment directly or pressing any button, the previous stored datas would display on the monitor.
2. The monitor starts beeping to remind you as soon as any preset rartet datas is achieved to zero.
3. Battery specification: 1.5V AA(2PCS).
4. **WARNING! Heart rate monitoring systems may be inaccurate. Over exercise may result in serious injury or death. If you feel faint stop exercising immediately”.**

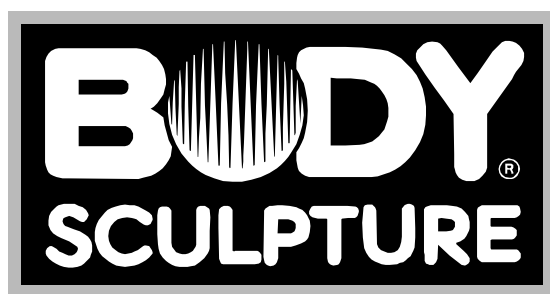
EXERCISE SESSION





EXERCISE NOTES

Use this space to record your own exercise routine results.



S I N C E 1 9 6 5