

Fan-Magnetic Rower



MODEL: **R700 PLUS**

SPORTOP®

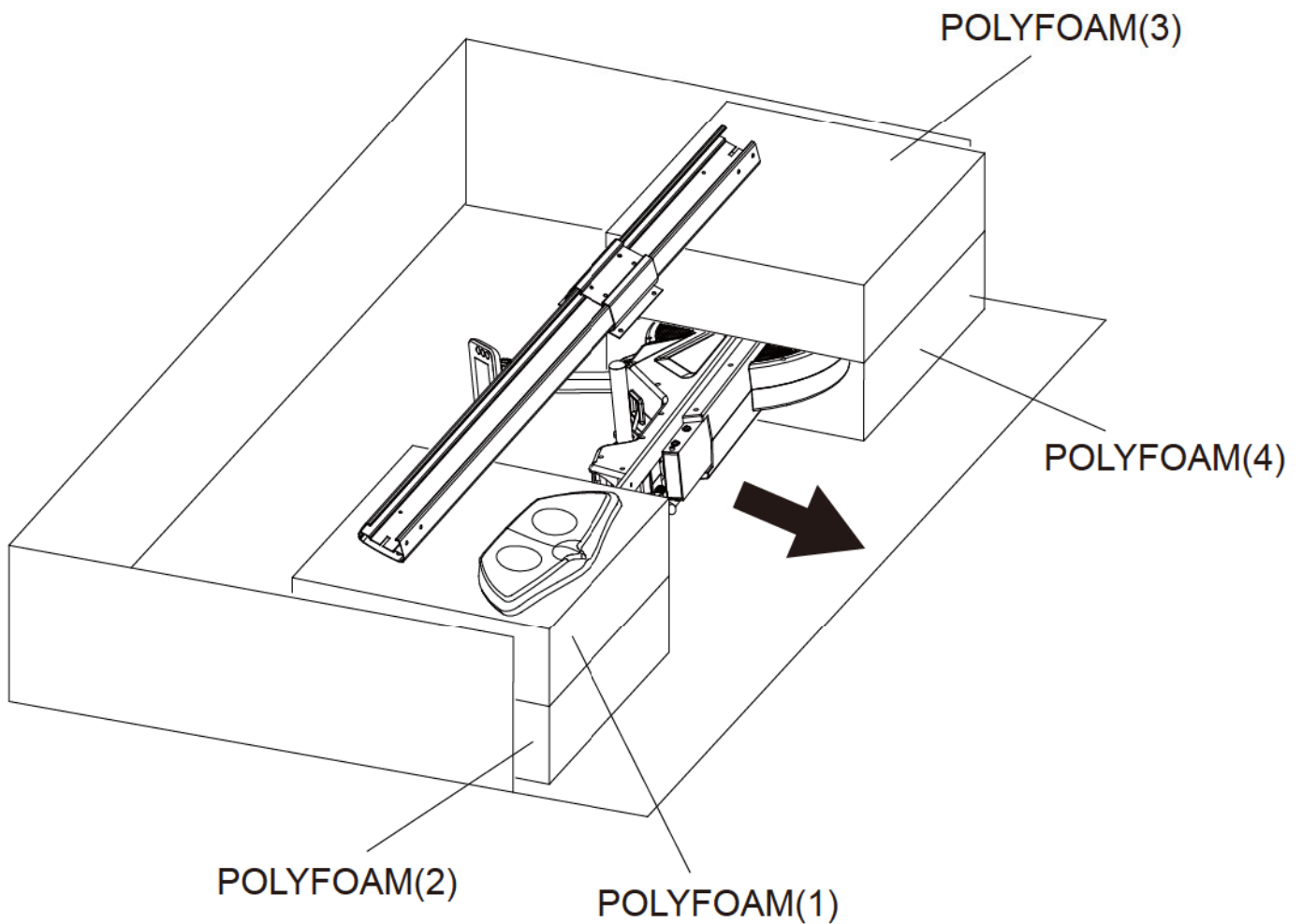
Owner's Operating Manual

ENGLISH

**Before you start to assemble the machine, please be sure to read the below instructions first and follow each assembly step.

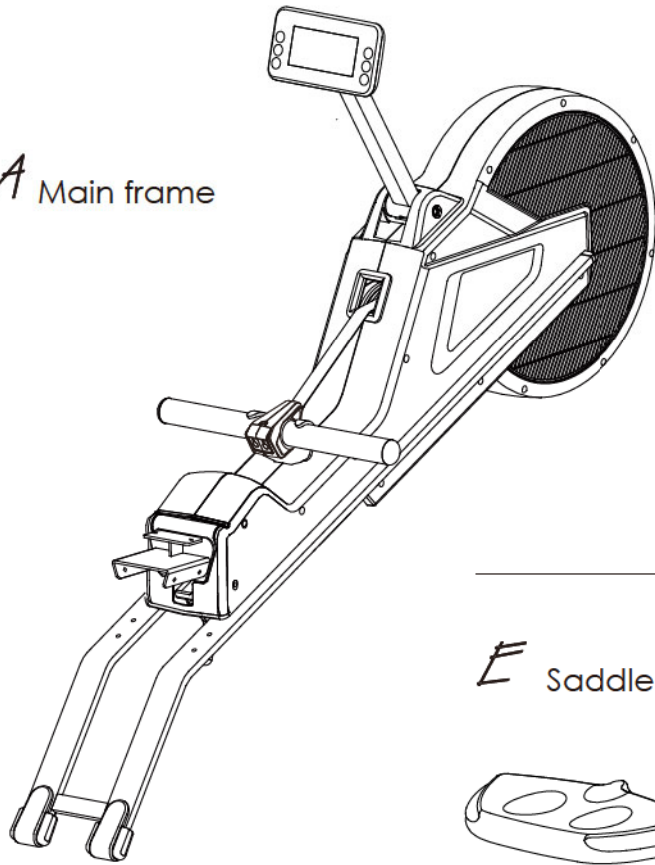
Warning:

- (1) Due to the weight of the machine it is recommend that 2 people carry out the assembly process.
- (2) As the machine is heavy the poly-foam is there to help support the machine until assembly steps are completed. Please do not throw away until the machine is assembled.
- (3) When you open the box you will see the machine lying as shown below. Keep part of the carton down under the machine so you can use it as a mat to keep under the machine to protect the floor area until the assembly process is complete.

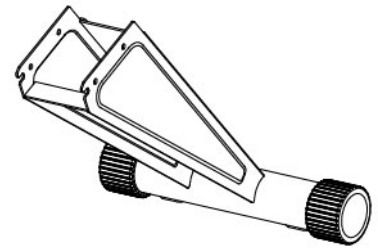


PARTS LIST

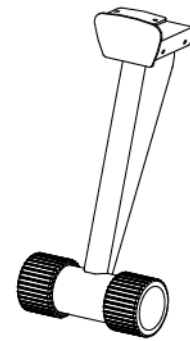
A Main frame



B Front stabilizer



C Rear stabilizer



E Saddle



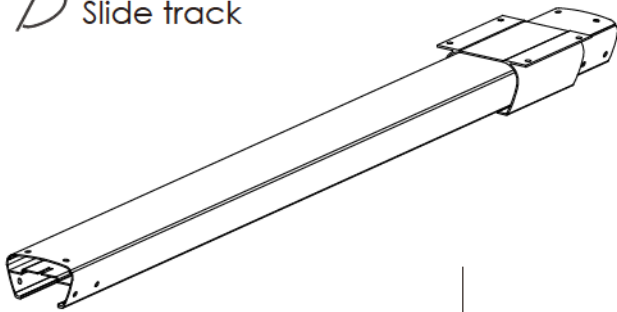
K Adaptor



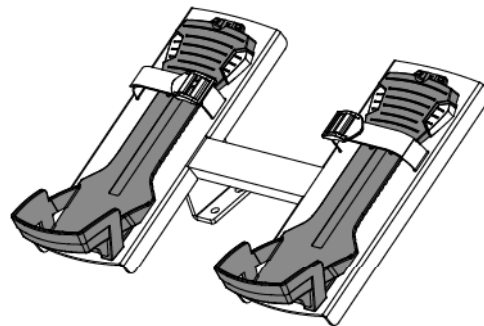
L Chest strap



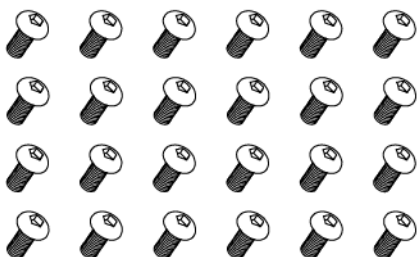
D Slide track



G Pedal



J1 Screw M8*16 x 24PCS



J2 Washer M8 x 4PCS

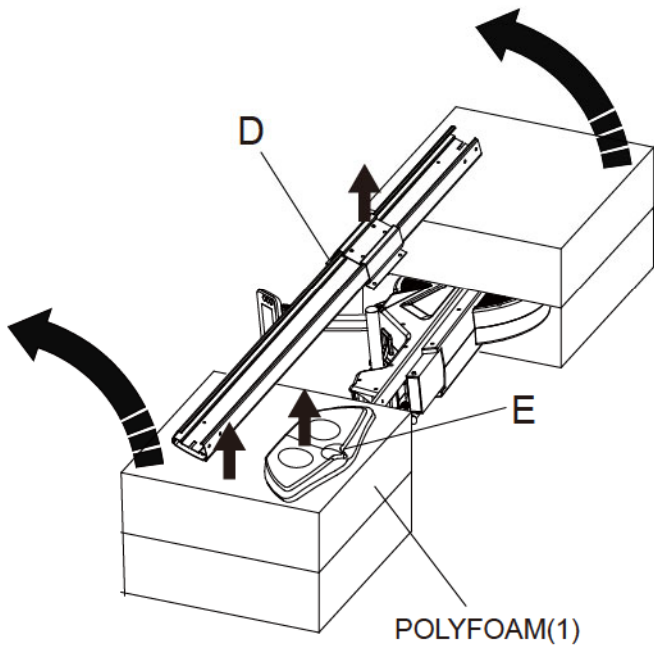


Tool: 5 M/M



FIGURE 1

FIGURE 1



HOW TO REMOVE THE POLY-FOAM

Open the box to see the rower as shown in figure 1. Take out all the components except the machine, and then remove the poly-foam and remaining components from inside. Please put the components aside for later use.

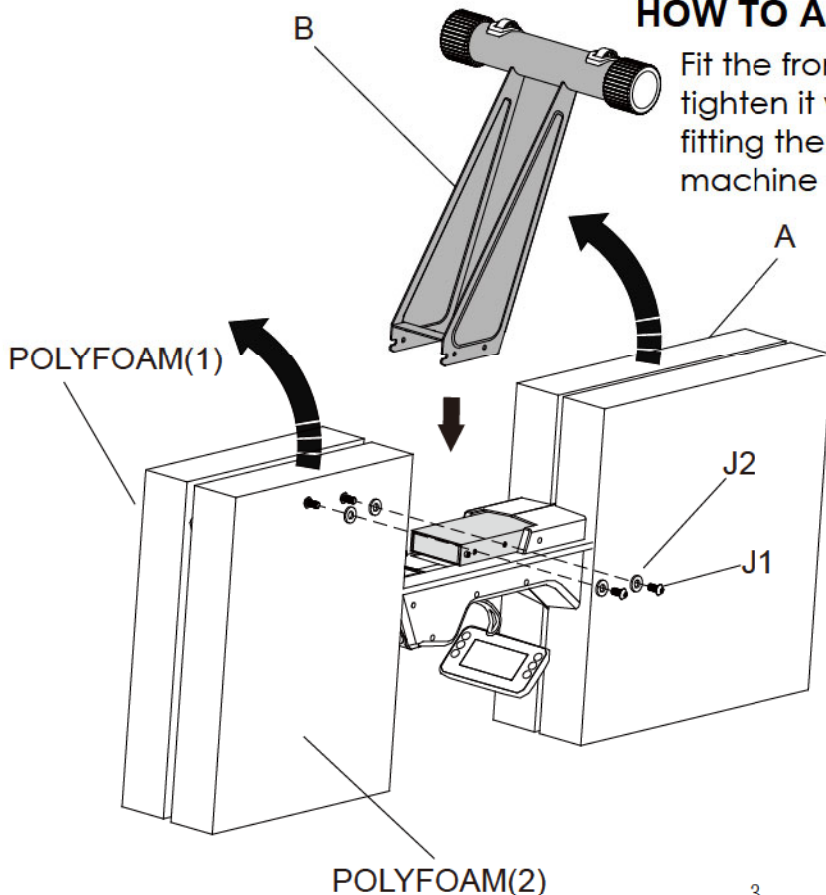
Put the poly-foam back to it's original position, then turn the whole unit by 90 degrees (as shown) You are now ready to move on to figure 2.

FIGURE 2

FIGURE 2

HOW TO ASSEMBLE THE FRONT STABILIZER

Fit the front stabilizer (B) on to the main frame and tighten it with screws (J1) and washers (J2). After fitting the front stabilizer, by 2 people turn the machine in to the direction as shown of the next figure 3 .



USE TOOL

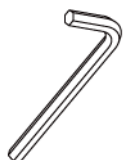


FIGURE 3

FIGURE 3

HOW TO ASSEMBLE THE SADDLE AND THE SLIDE TRACK

After turning the main frame (A), remove the poly-foam (3&4) first.

Step 1. Fit the saddle (E) on to the slide track (D) by four screws (J1)

Step 2. Fit the slide track (D) to the main frame (A) by six screws (J1).

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

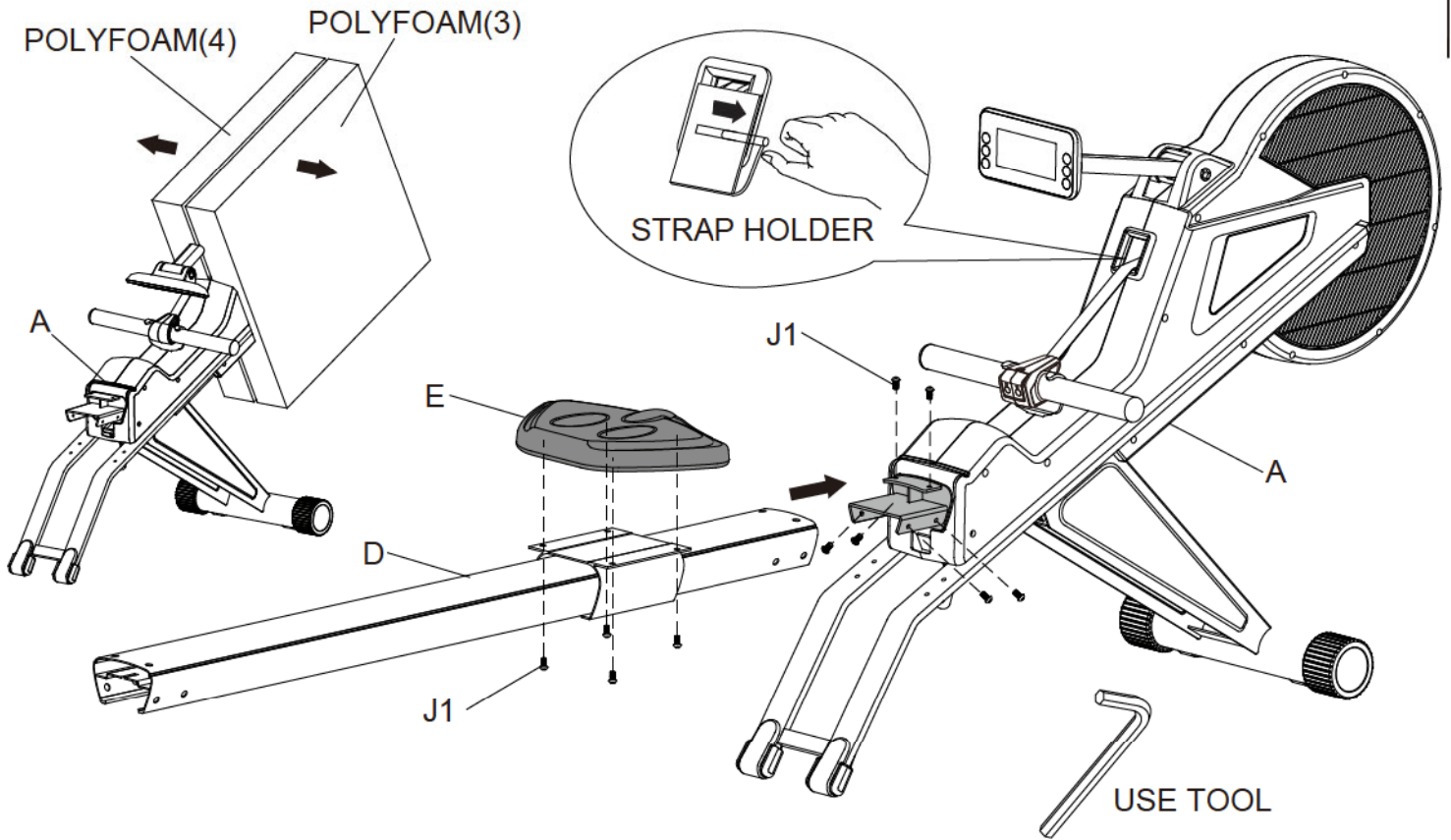


FIGURE 4 HOW TO ASSEMBLE THE REAR STABILIZER

FIGURE 4

Pull up the rear side of the slide track (D) slightly and fit the rear stabilizer (C) on.

Using six screws (J1) to attach the rear stabilizer (C) to the slide track (D).

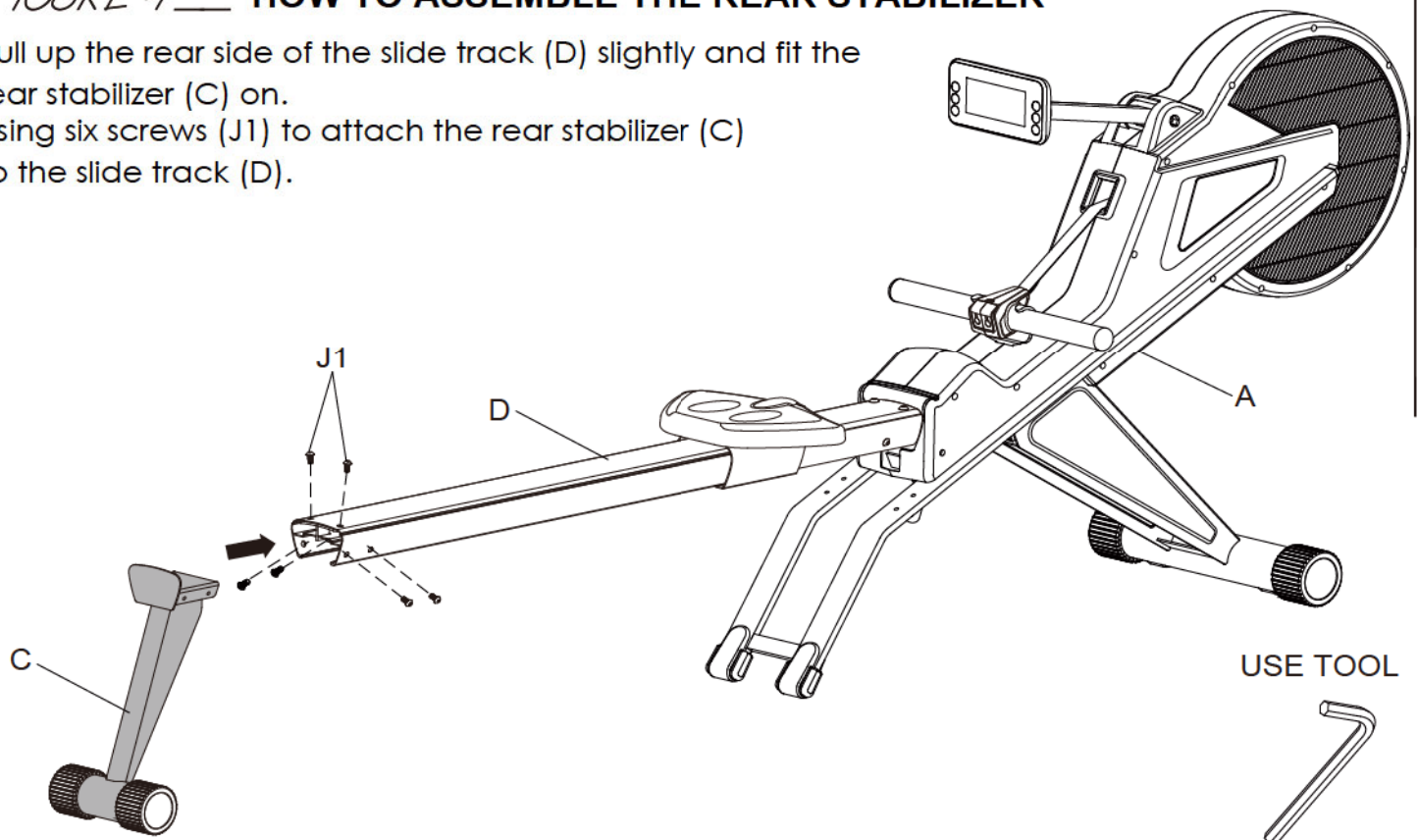


FIGURE 5

FIGURE 5 — HOW TO ASSEMBLE THE PEDAL

- Step 1. Loosen the knob (A4) then pull it down. Fold up the slide track (D) as shown as the picture until the knob stuck the track.
Be careful for the saddle may sliding down to pinch your hand.
- Step 2. Fit the pedal (G) on to the main frame (A) by four screws (J1).
- Step 3. Pull the knob (A4) down then fold down the slide track to the ground. Tighten the knob (A4).

USE TOOL

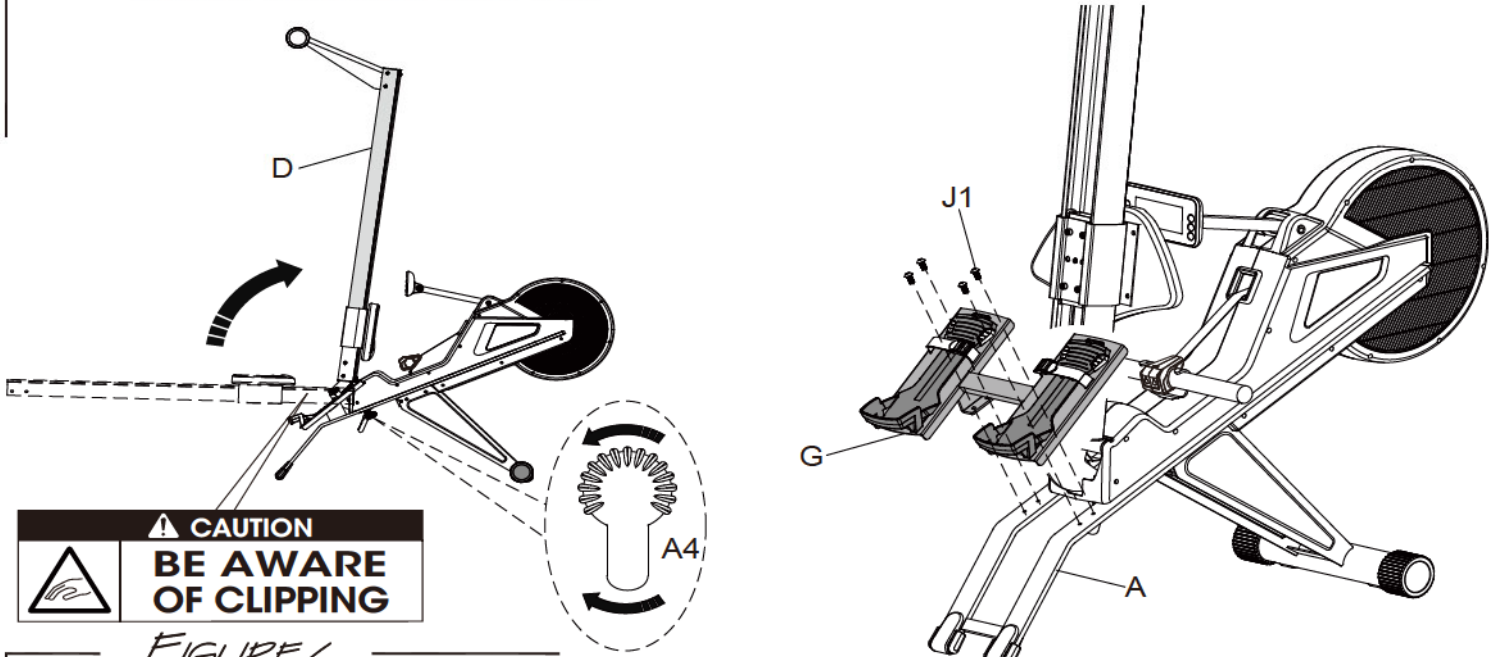


FIGURE 6

FIGURE 6 — HOW TO ADJUST THE PEDAL

- If you would like to adjust the pedal, please keep push the two orange buttons at the same time. Fit the pedal (G2) up or down to the correct position for you, then you can unhitch the buttons to let the pedal been stucked.
- There are 7 positions you can choose. Repeat for the left pedal (G1) is required.
- Tighten the pedal straps when you are in motion.

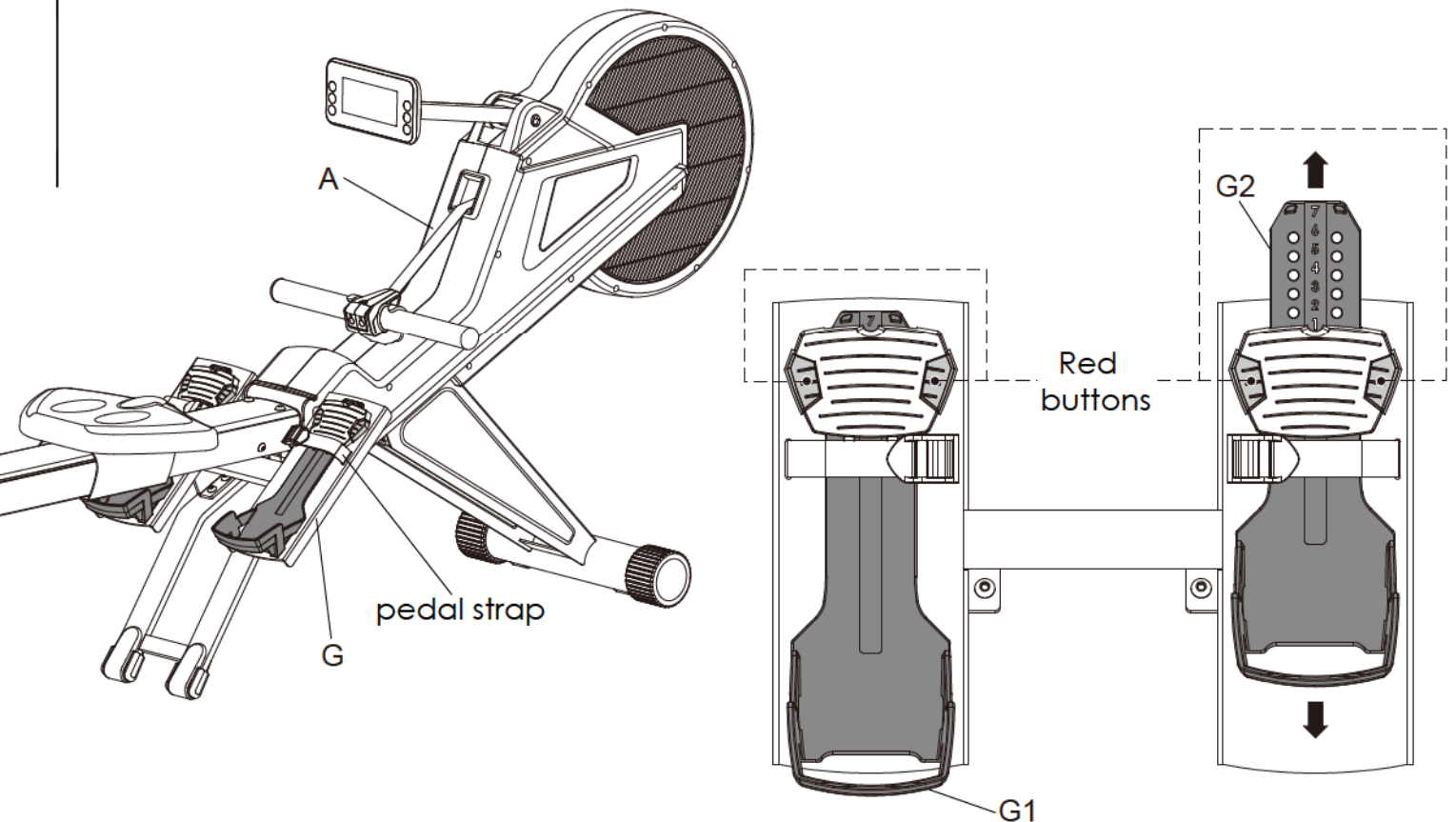


FIGURE 7

FIGURE 7 HOW TO USE THE ADAPTOR

The power socket is located at the front of the machine as picture shown in Figure 8.

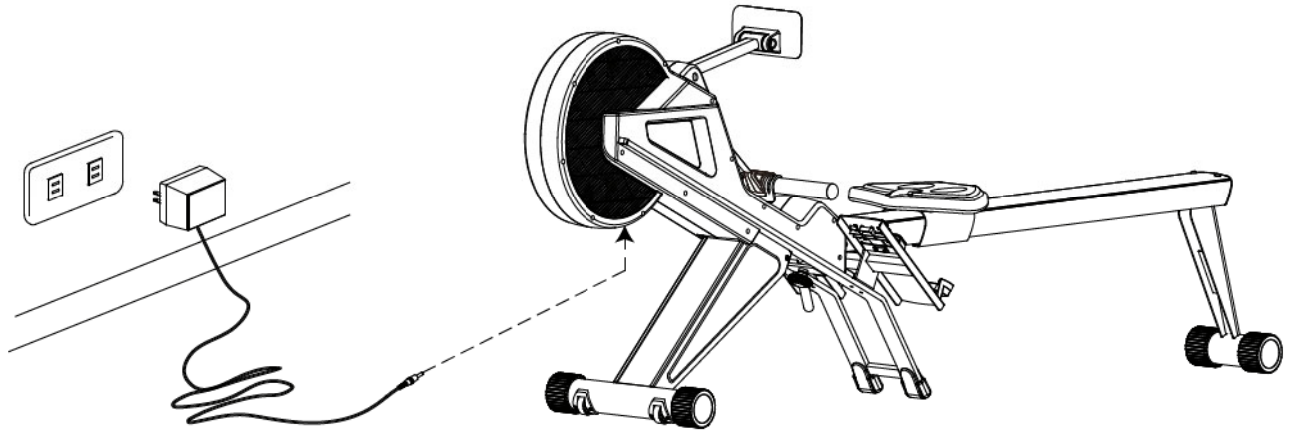
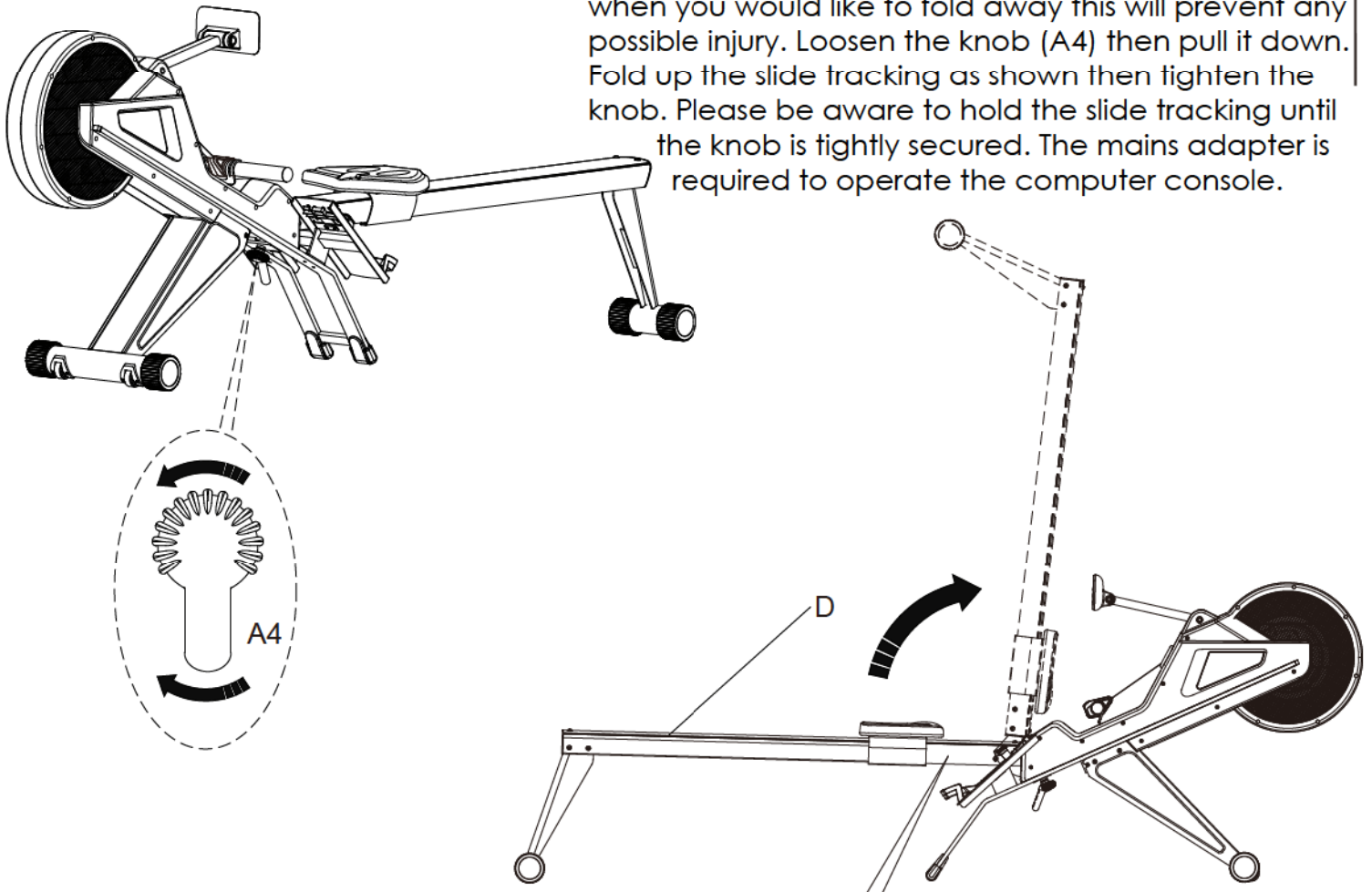


FIGURE 8

FIGURE 8

HOW TO FOLD THE MACHINE

We recommend that 2 people operate the machine when you would like to fold away this will prevent any possible injury. Loosen the knob (A4) then pull it down. Fold up the slide tracking as shown then tighten the knob. Please be aware to hold the slide tracking until the knob is tightly secured. The mains adaptor is required to operate the computer console.



CAUTION
BE AWARE OF CLIPPING

FIGURE 9

FIGURE 9 — HOW TO MOVE THE MACHINE

The front stabilizer has built-in transport wheels.

Stand at the rear of the machine and lift it up by the bar on the main frame, use the other hand to hold the slide track (D) to control the direction.

Until the weight of the machine is transferred to the transport wheels.

You can now easily move the machine to a new location.

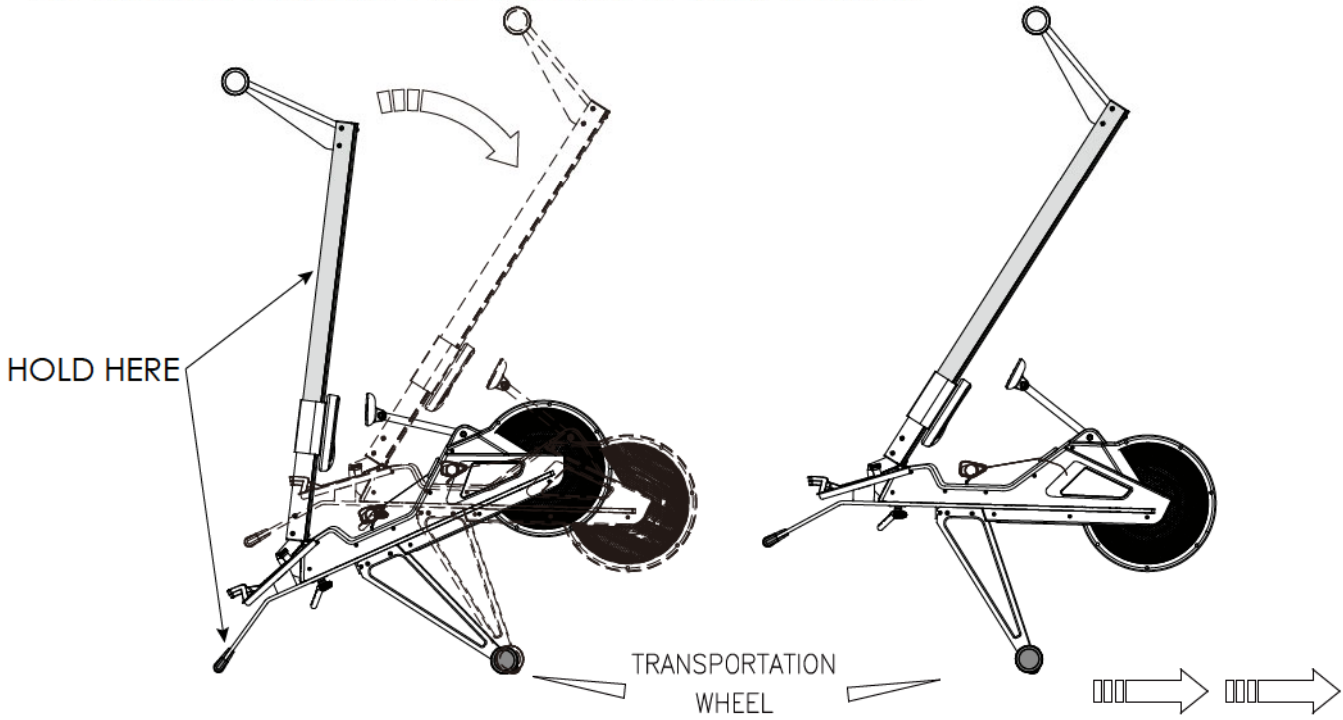
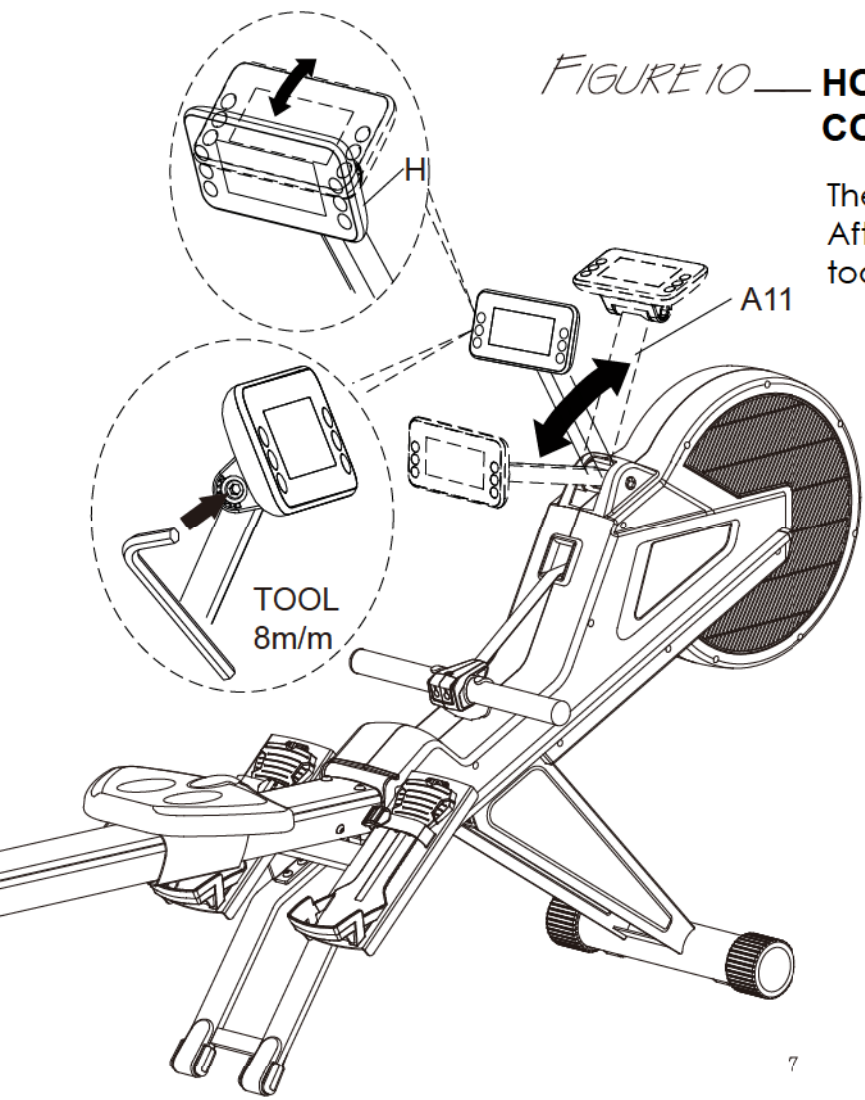


FIGURE 10

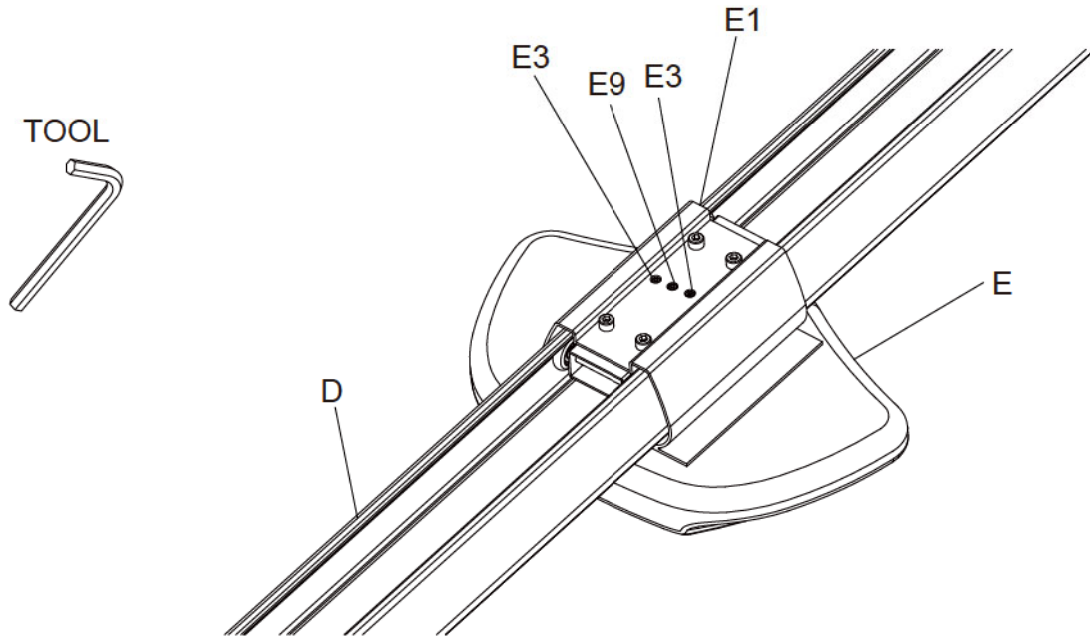
FIGURE 10 — HOW TO ADJUST THE POSITION FOR CONSOLE & CONSOLE HOUSING

The console angle is adjustable as shown. After proper position find, please using tool of 8mm to fix the setting.



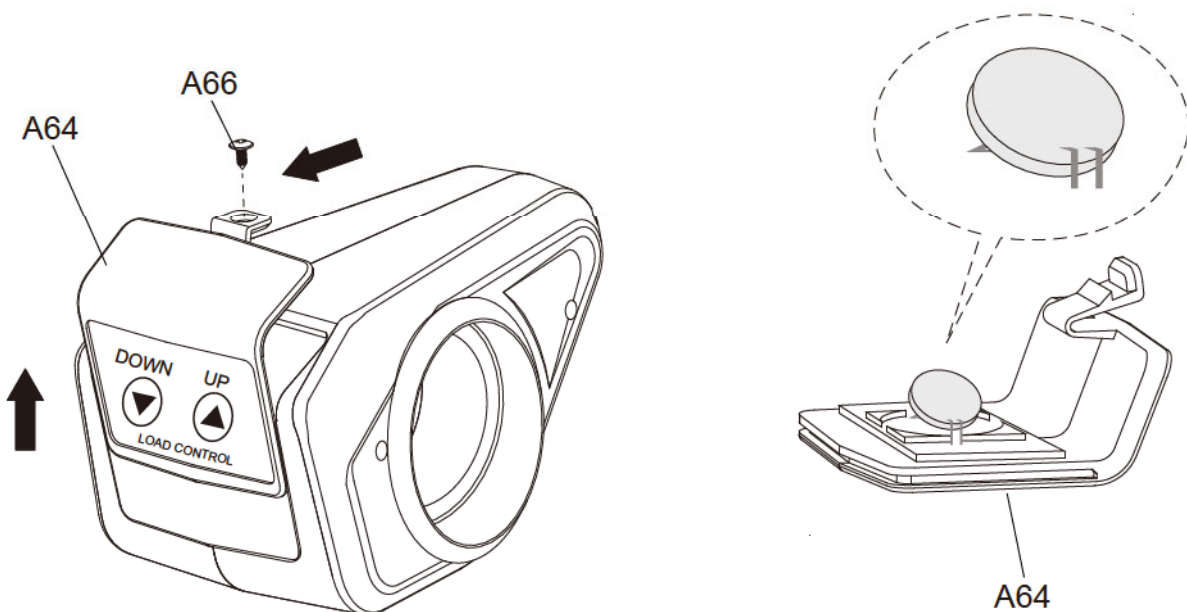
Notice about Adjustment of Slide Track (D) and Sliding Track (E1)

There are 3 pieces of screws (E9*1pc and E3*2pcs) as the picture shown under the sliding track (E1). Loosen the middle screw (E9) first and then adjust the other 2 pieces of screws (E3) to be loose or tight depending personally. Lastly, tighten the middle screw (E9) to fix the setting.



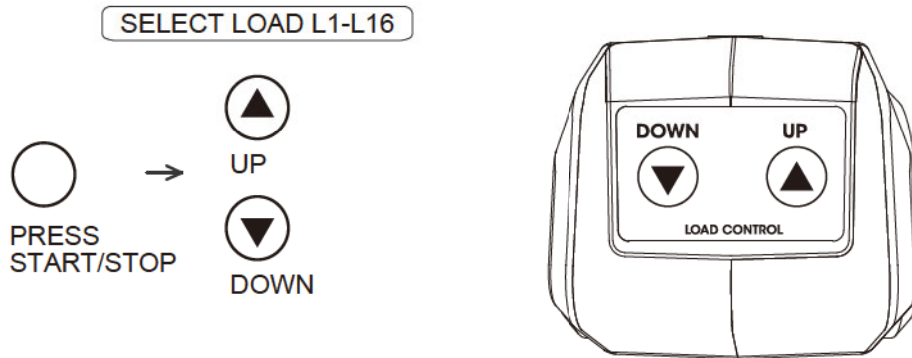
How to change the battery

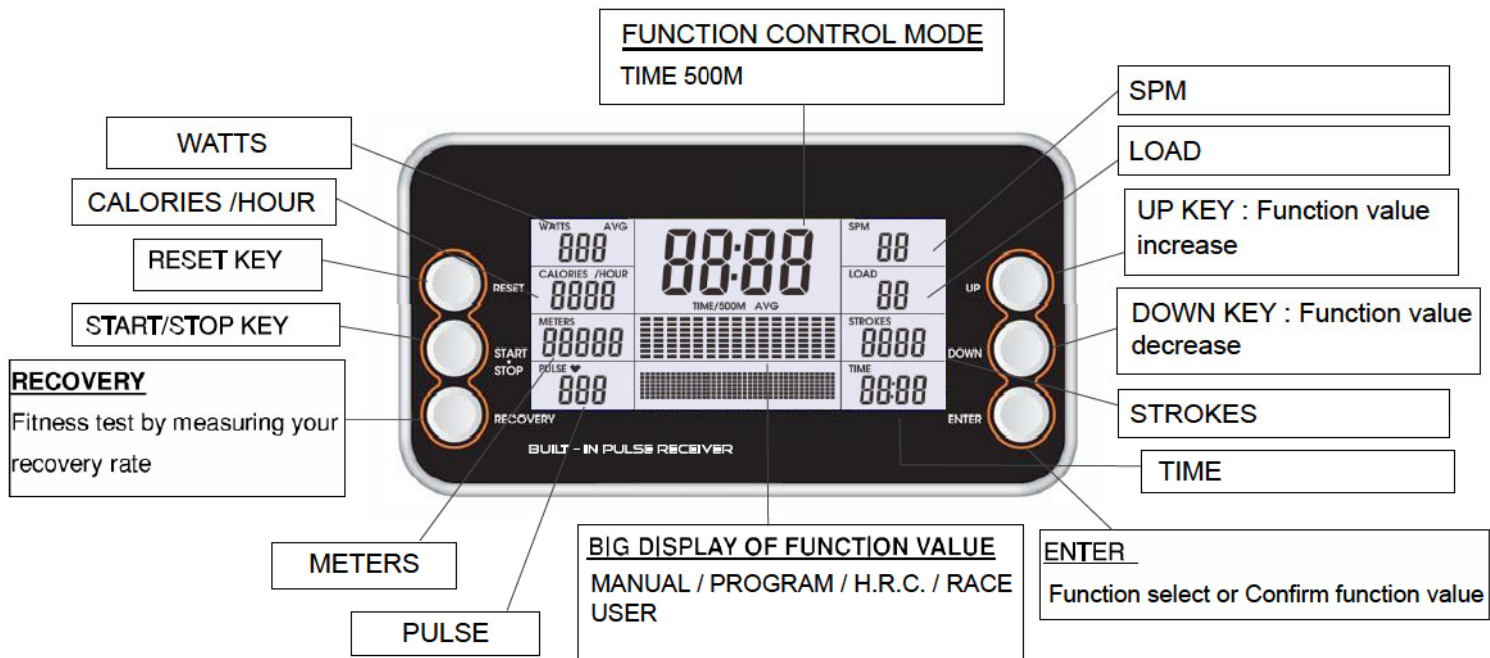
As following shown, disassemble screw (A66) firstly, to push up and forward the battery cover (A64) to open it and replace new battery.



How to use toggle switch to change the resistance

As following shown, press START/STOP key, and use UP/DOWN keypad to select the proper load you need. There are 16 level from L1 to L16.





DISPLAY FUNCTIONS

ITEM	DESCRIPTION
WATTS	<ul style="list-style-type: none"> Display range 0~999
CALORIES	<ul style="list-style-type: none"> Burned calories during rowing. Display range 0~9999; Setting range 0~9990 Cal
METERS	<ul style="list-style-type: none"> Displaying user rowing distance Display range 0~99900
PULSE	<ul style="list-style-type: none"> Pulse BPM during rowing. Display range 0-30~230
TIME/500M	<ul style="list-style-type: none"> Workout time display during rowing. Display range 0:00~99:00 Scan every 6 seconds, Computer will display the time needed to finish 500 meters according to current speed.
SPM	<ul style="list-style-type: none"> Strokes per minute Display range 10~90
LOAD	<ul style="list-style-type: none"> Resistance level when rowing Setting range 1~16
STROKES	<ul style="list-style-type: none"> Complete movements of rowing. Display range: 0~9999 Scan every 6 seconds with Total Strokes. Total strokes will be cleared after power off (adaptor plug out)
TIME	<ul style="list-style-type: none"> Total workout time display when rowing.
MANUAL	<ul style="list-style-type: none"> Manual mode workout.
PROGRAM	<ul style="list-style-type: none"> 12 Programs preset to select.
H.R.C.	<ul style="list-style-type: none"> Target Heart Rate rowing mode.
RACE	<ul style="list-style-type: none"> User and PC rowing competition.
USER	<ul style="list-style-type: none"> User creates resistance level profile to rowing.

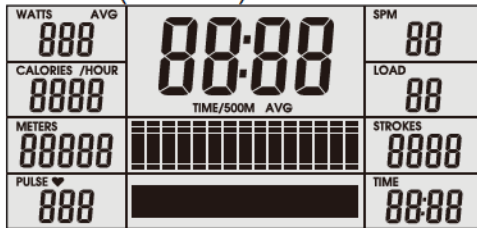
KEY FUNCTION

ITEM	DESCRIPTION
Up	• Increase function value or setting selection.
Down	• Decrease function value or setting selection.
ENTER	• Confirm setting or selection.
Reset	• Hold on pressing for 2 seconds, computer will reboot. • Clear setting value. • Reverse to main menu after finishing a workout.
Start/ Stop	• Start or Stop rowing exercising.
Recovery	• Track user heart rate recovery status.

OPERATION PROCEDURE

1. POWER ON

Plug in power supply, computer will power on with one beep sound and display all segments on LCD for 2 seconds (Picture 1). Then enter into workout setting mode.



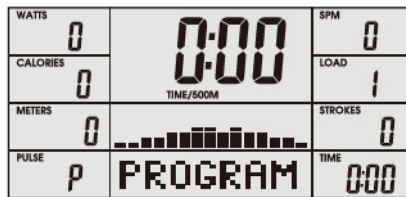
Picture 1

2. Function selection

In workout setting mode, MANUAL is flashing in dot matrix in 1Hz. Press UP or DOWN button to select: Manual(Picture 2)-->Program(Picture 3)-->H.R.C.(Picture 4)-->Race(Picture 5)-->User (Picture 6), and confirm by pressing ENTER.



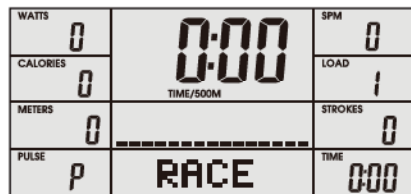
Picture 2



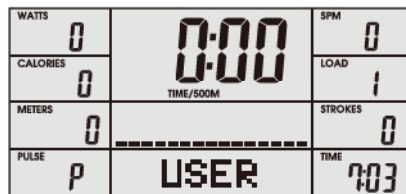
Picture 3



Picture 4



Picture 5



Picture 6

3. Manual Mode

3.1 Press START/STOP key in main menu may start rowing directly in Manual mode.

3.2 Press UP or DOWN to select Manual mode (Picture 2) and press ENTER to confirm.

3.3 Press UP or DOWN to set target value of TIME, METERS, CALORIES, PULSE, press ENTER to confirm. (Picture 7) (Time and Meters can't preset at the same time.)

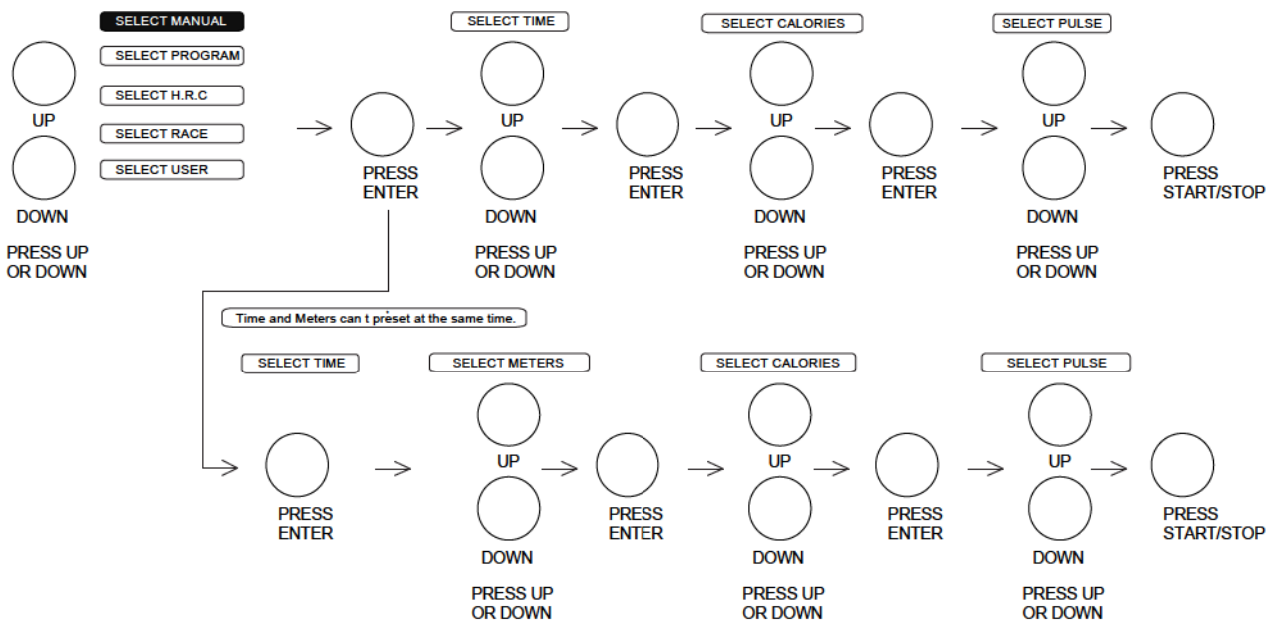
- 3.4 Press START/STOP key to start rowing. Press UP or DOWN to adjust resistance level from 1~16.
- 3.5 When preset workout value count down to 0, console will stop and alarm bi-bi for 8 seconds. Press any key to stop alarm.
- 3.6 Press START/STOP key to pause workout. All values will be saved. WATT & TIME/500 display average value.
- 3.7 Press RESET to reverse to main menu.

WATTS 0	0:00 TIME/500M	SPM 0
CALORIES 40		LOAD 1
METERS 0	-----	STROKES 0
PULSE 78	MANUAL	TIME 3:00

Picture 7

WATTS 0	0:00 TIME/500M	SPM 0
CALORIES 32		LOAD 1
METERS 0	-----	STROKES 0
PULSE 70	MANUAL	TIME 1:53

Picture 8



4. Program Mode

- 4.1 Press UP or DOWN to select Program mode and press ENTER to confirm.
- 4.2 Press UP or DOWN to select profile (P1~P12, Picture 9) and press ENTER to confirm.
- 4.3 Press UP or DOWN to preset TIME (Picture 10) and press ENTER to confirm.
- 4.4 Press START/STOP key to start rowing. Press UP or DOWN to adjust resistance level from 1~16.
- 4.5 When preset workout value count down to 0, console will stop and alarm bi-bi for 8 seconds. Press any key to stop alarm.
- 4.6 Press START/STOP key to pause workout. All values will be saved. WATT & TIME/500 display average value.
- 4.7 Press RESET to reverse to main menu.

WATTS 0	0:00 TIME/500M	SPM 0
CALORIES 0		LOAD 1
METERS 0	-----	STROKES 0
PULSE P	PROGRAM	TIME 0:00

Picture 9

WATTS 0	0:00 TIME/500M	SPM 0
CALORIES 0		LOAD 1
METERS 0	-----	STROKES 0
PULSE P	PROGRAM	TIME 1:00

Picture 10

6.5 Press START/STOP key to pause workout. All values will be saved. WATT & TIME/500 display average Value.

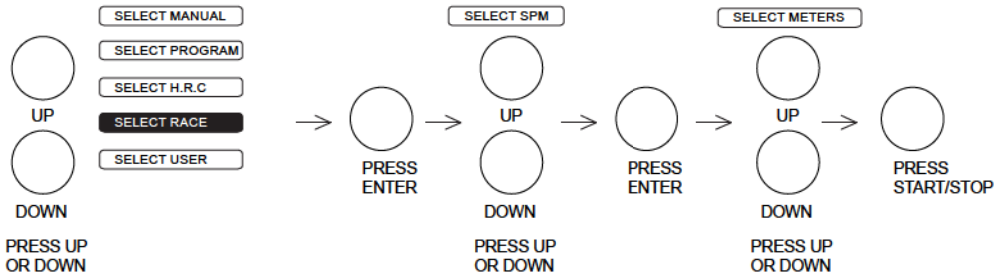
6.6 Press RESET to reverse to main menu.

WATTS 0	0:00 TIME/500M	SPM 85
CALORIES 0		LOAD 1
METERS 500	████████████████████	STROKES 0
PULSE P	RACE	TIME 0:00

Picture 13

WATTS 0	0:00 TIME/500M	SPM 85	USER
CALORIES 0		LOAD 1	
METERS 500	████████████████████	STROKES 0	
PULSE P	PC WIN	TIME 7:03	

Picture 14



7. USER Mode

7.1 Press UP or DOWN to select USER mode (Picture 6) and press ENTER to confirm.

7.2 Press UP or DOWN to set resistance level of each column (Total column = 15), press ENTER to next one. Hold on pressing ENTER for 2s to finish or quit setting.

7.3 Press UP or DOWN to preset TIME (Picture 15), and press ENTER to confirm.

7.4 Press START/STOP key to start workout. Press UP or DOWN to adjust resistance level (Picture 16).

7.5 When preset workout value count down to 0, console will stop and alarm bi-bi for 8 seconds. Press any key to stop alarm.

7.6 Press START/STOP key to pause workout. All values will be saved. WATT & TIME/500 display average value.

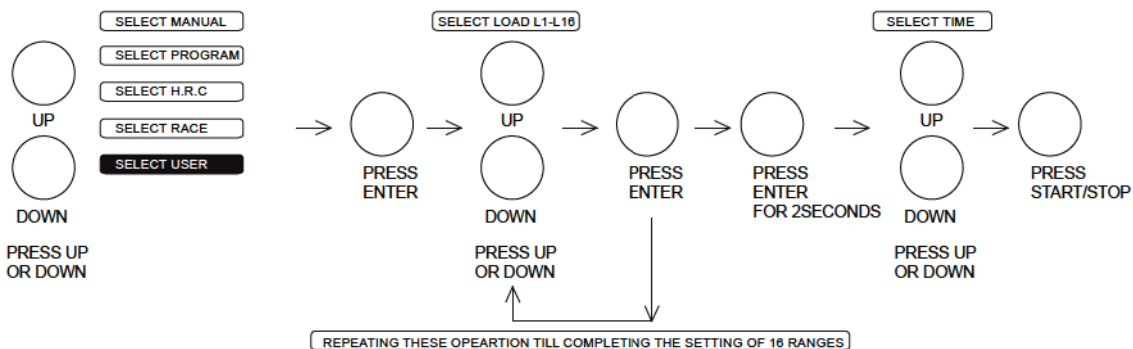
7.7 Press RESET to reverse to main menu.

WATTS 0	0:00 TIME/500M	SPM 0
CALORIES 0		LOAD 1
METERS 0	████████████████████	STROKES 0
PULSE P	USER	TIME 7:03

Picture 15

WATTS 0	0:00 TIME/500M	SPM 0
CALORIES 0		LOAD 16
METERS 0	████████████████████	STROKES 0
PULSE P	USER	TIME 2:00

Picture 16



8. Recovery Mode

8.1 In Recovery mode, user must be wearing a chest strap. When the pulse value is displayed on the computer, press the RECOVERY key start measurement.

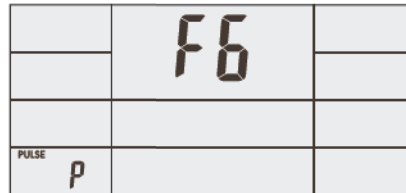
8.2 Then all function value are stopped except TIME and PULSE window (Picture 17). TIME shows "0:60" (seconds) and start counting down to 0:00.

8.3 Computer will show heart rate recovery status after TIME counting down to 0 (Picture 18), as showing in below chart.

8.4 Press RECOVERY again to reverse to main menu.



Picture 17



Picture 18

1.0	OUTSTANDING
$1.0 < F < 2.0$	EXCELLENT
$2.0 < F < 2.9$	GOOD
$3.0 < F < 3.9$	FAIR
$4.0 < F < 5.9$	BELOW AVERAGE
6.0	POOR

Remark:

1. If console display E-2, pls check if cables were well connected or damaged.
2. After 4 minutes without rowing or pulse input, console will enter into power saving mode.

Program profile: P01~P12



P/N	DESCRIPTION	Q" TY	P/N	DESCRIPTION	Q" TY
A	MAIN FRAME	1	A53	FIX PLATE OF FRONT STABILIZER	1
A1	SWIVEL AXIS	1	A54	AXLE ϕ 12*39	12
A2	TRANSPORTATION WHEEL	2	A55	SCREW M6*12	4
A3	BUSH	2	A56	BLOCK PLATE OF SLIDE TRAIL	2
A4	KNOB	1	A57	PLATE 20*60*4T	2
A5	FEET ENDCAP	2	A58	BUMPER	4
A6	SCREW M8*16	2	A59	NUT M6	2
A7	SCREW M6*10	2	A60	BRACKET	2
A8	SCREW 5/32"*1/2"	8	A61	SCREW M6*40	2
A9	SCREW M6*90	1	A62	RUBBER STINGER	2
A10	NUT M6	1	A63	SCREW 3/16"*11/4"	1
A11	CONSOLE TUBE	1	A64	BATTERY COVER	1
A12	SCREW 3/8"*33/4"	2	A65	SCREW	2
A13	BUSH ϕ 38*3/8	4	A66	SCREW	1
A14	NUT 3/8	2	B	FRONT STABILIZER	1
A15	PLASTIC PULLEY	1	B1	END CAP	2
A16	NUT 3/8*26(UNF)	2	C	REAR STABILIZER	1
A17	NUT 3/8*26(UNF)	2	C1	END CAP	2
A18	BELT 350J6	1	D	UPPER SLIDE TRACK 1500MM	1
A19	PULLEY	1	E	SADDLE LS-E29	1
A20	TENSION BELT	1	E1	SLIDING TRACK 180MM	1
A21	MAGNETIC ϕ 6*5T	6	E2	SCREW M8*40	4
A22	NUT 3/16"	1	E3	SCREW M6*25	2
A23	SPRING BOX	1	E4	PULLEY SEAT	1
A24	WASHER	2	E5	WHEEL	4
A25	C CLIP S20	1	E6	AXLE	1
A26	PULLEY SEAT PLATE	2	E7	WASHER ϕ 5* ϕ 13*1.5T	6
A27	SCREW M5*10	3	E8	SCREW M5*10	6
A28	SCREW M5*6	4	E9	SCREW M6*20	1
A29	BEARING 6201ZZ	2	G	PEDAL SUPPORTING TUBE	1
A30	WASHER M6	2	G1	PEDAL (L)	1
A31	SCREW M6*12	2	G2	PEDAL (R)=(G1)	1
A32	BELT WHEEL ϕ 126	1	G3	PEDAL STRAP	2
A33	ONE WAY BEARING(FC2016)	1	G4	PLASTIC BUTTON	2
A34	BEARING(HK2012)	2	G5	IRON SUPPORTING BOARD	2
A35	AXLE	1	G6	SCREW M5*15	4
A36	TENSION CABLE 600MM	1	G7	PLASTIC PAD	2
A37	HANDLE	1	G8	SCREW M4*8	8
A38	SPONGE HDR ϕ 30*3T*215MM	2	H	CONSOLE	1
A39	END CAP ϕ 11/4"	2	H1	SENSOR WIRE	1
A40	COVER OF TENSION BELT (R)	1	H2	MOTOR	1
A41	COVER OF TENSION BELT (L)	1	H3	DC WIRE	1
A42	CHAIN COVER (R)	1	H4	SENSOR WIRE	1
A43	SCREW 3/16"*1/2"	6	J1	SCREW M8*16	24
A44	SCREW 3/16"*5/8"	11	J2	WASHER ϕ 8	4
A45	CHAIN COVER (L)	1	K	ADAPTOR	1
A46	FRAME OF TENSION BELT	1	L	CHEST STRAP	1
A47	SCREW M5*12	2	L1	SCREW M8*10	1
A48	SCREW M8*16	4	L2	WASHER M8	1
A49	SCREW 1/8"*1/2"	4	L3	WHEEL	2
A50	COVER OF SPRING BOX	1	L4	SCREW	4
A51	HANDLE FIXED SEAT	1			
A52	SCREW M5*45	2			