



# HIGH INTENSIVE

Fan-Magnetic Rower

F900



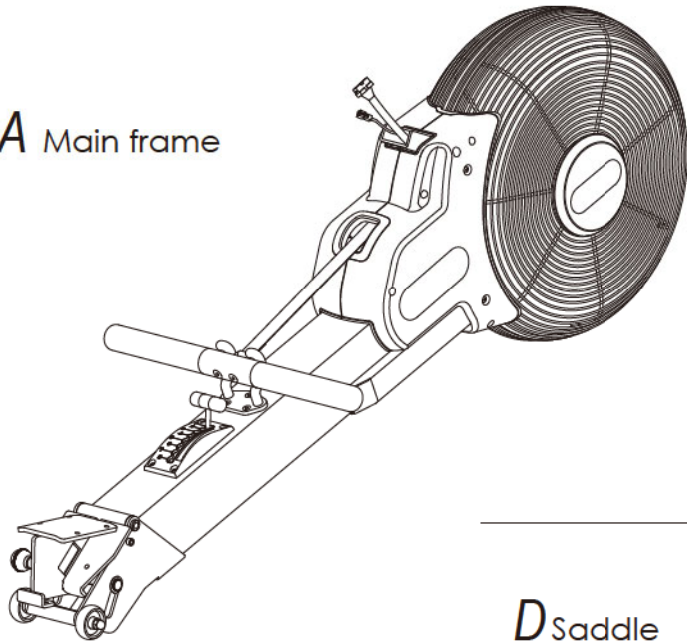
# ***SPORTTOP***

Owner's Operating Manual

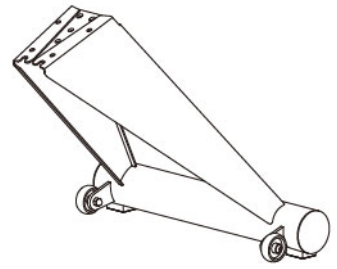
**ENGLISH**

**PARTS LIST**

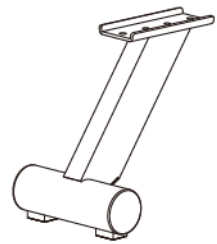
**A** Main frame



**B** Front stabilizer



**C** Rear stabilizer



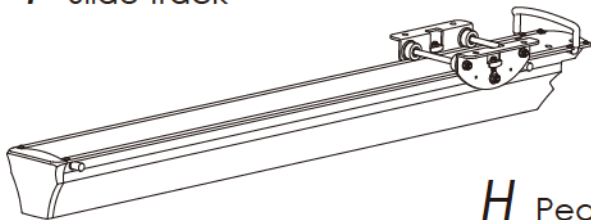
**D** Saddle



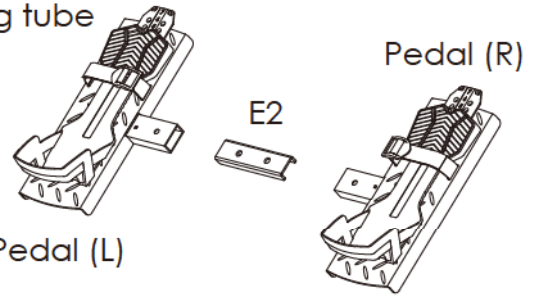
**L** Chest strap



**F** Slide track



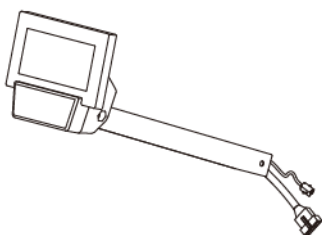
**H** Pedal & Pedal connecting tube



**E** Saddle cover



**G** Console



**J**

(G6) Screw M6\*12



Tool:

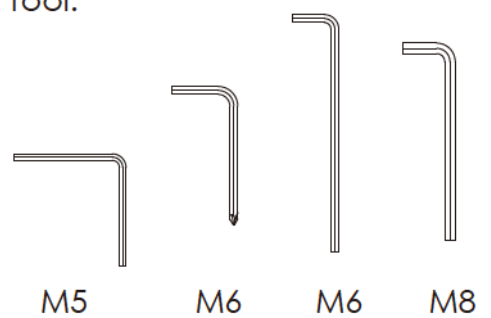


FIGURE 1

FIGURE 1

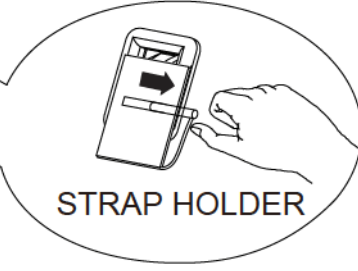
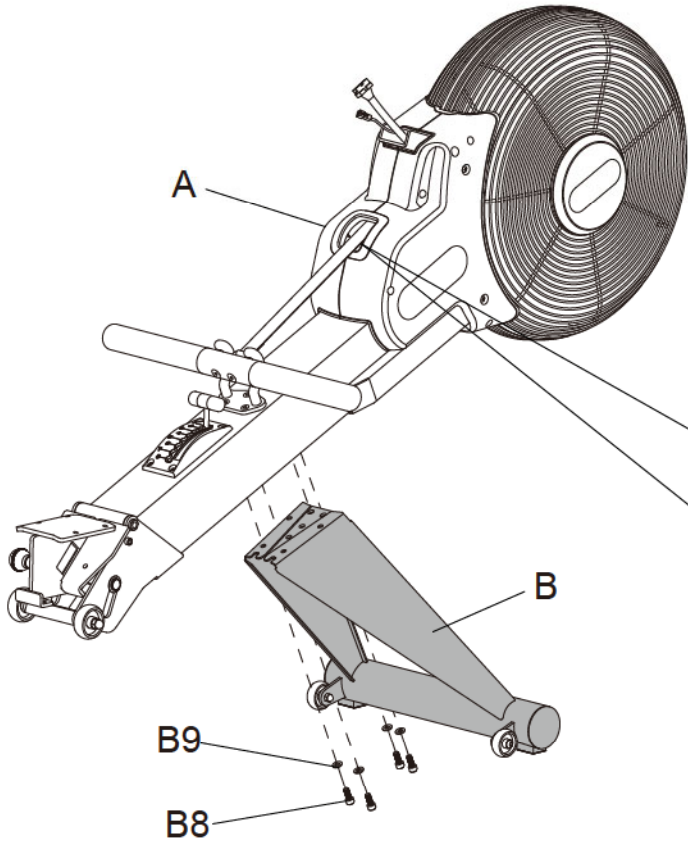
### HOW TO ASSEMBLE THE FRONT STABILIZER

We recommend that 2 people operate the machine when you would like to assemble the front stabilizer. Or you can place the main frame (A) flat on carton box top side.

Step 1 : Remove the pre-mounted screw (B8) and washer (B9) from the main frame (A).

Step 2 : Mount the front stabilizer (B) onto main frame (A) with screw (B8) and washer (B9).

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



USE TOOL: M6

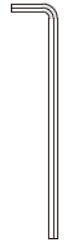


FIGURE 2

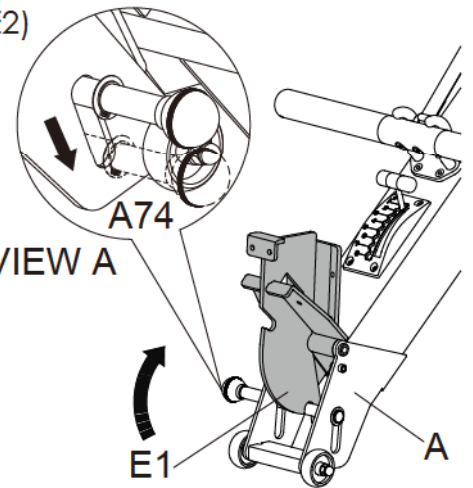
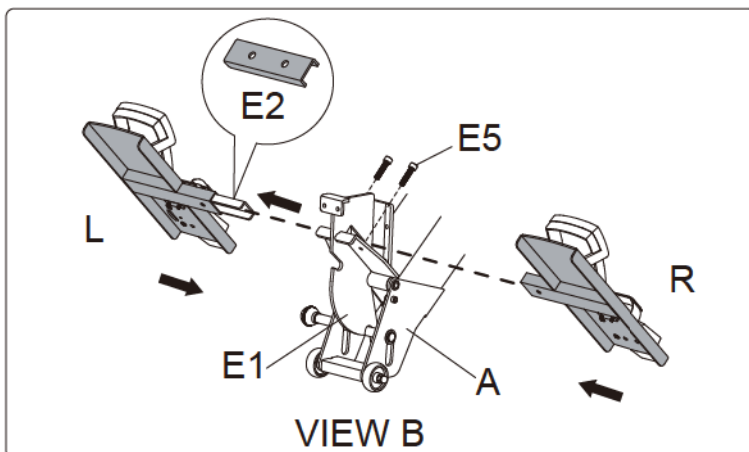
### HOW TO ASSEMBLE THE PEDAL

Step 1 : Push down the grip (A74), let the shaft base (E1) rotate to up side. (VIEW A)

Step 2 : Remove two pre-mounted screws (E5) from the main frame (A).

Step 3 : Insert the pedal connecting tube (E2) in to the L-pedal or R-pedal. (VIEW B) then mount the pedal (L&R) onto the main frame (A).

Step 4 : Screw shaft base (E1) and pedal connecting tube (E2) and pedal with screws (E5). (VIEW B)



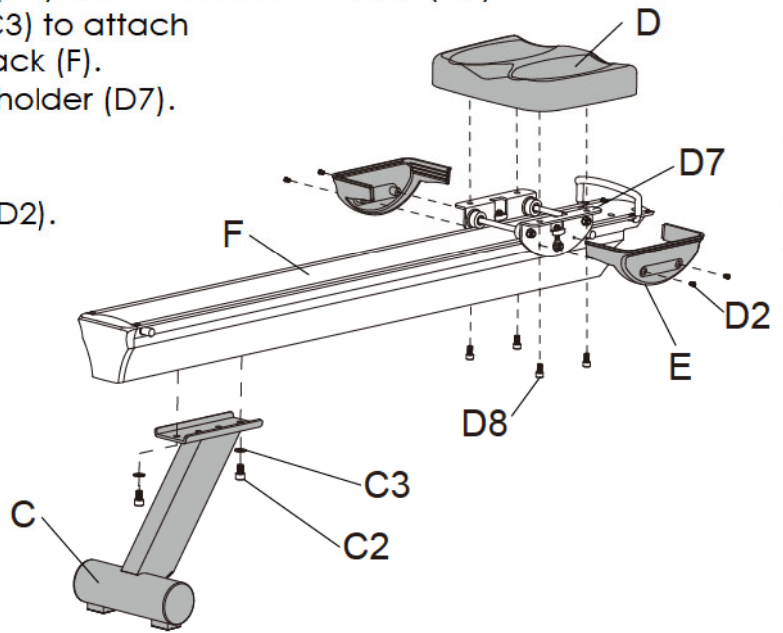
USE TOOL: M6



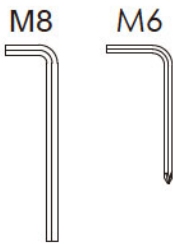
*FIGURE 3* **HOW TO ASSEMBLE THE REAR STABILIZER AND SADDLE & SADDLE COVER**

*FIGURE 3*

- Step 1 : Remove two pre-mounted screws (C2) and washer (C3) from the slide track (F).
- Step 2 : Remove four pre-mounted screws (D8) from the saddle (D).
- Step 3 : Remove four pre-mounted screws (D2) from the saddle holder (D7).
- Step 4 : Use two screws (C2) and washer (C3) to attach the rear stabilizer (C) to the slide track (F).
- Step 5 : Fit the saddle (D) on to the saddle holder (D7) by four screws (D8).
- Step 6 : Fit the saddle cover (E) on to the saddle holder (D7) by four screws (D2).



USE TOOL :

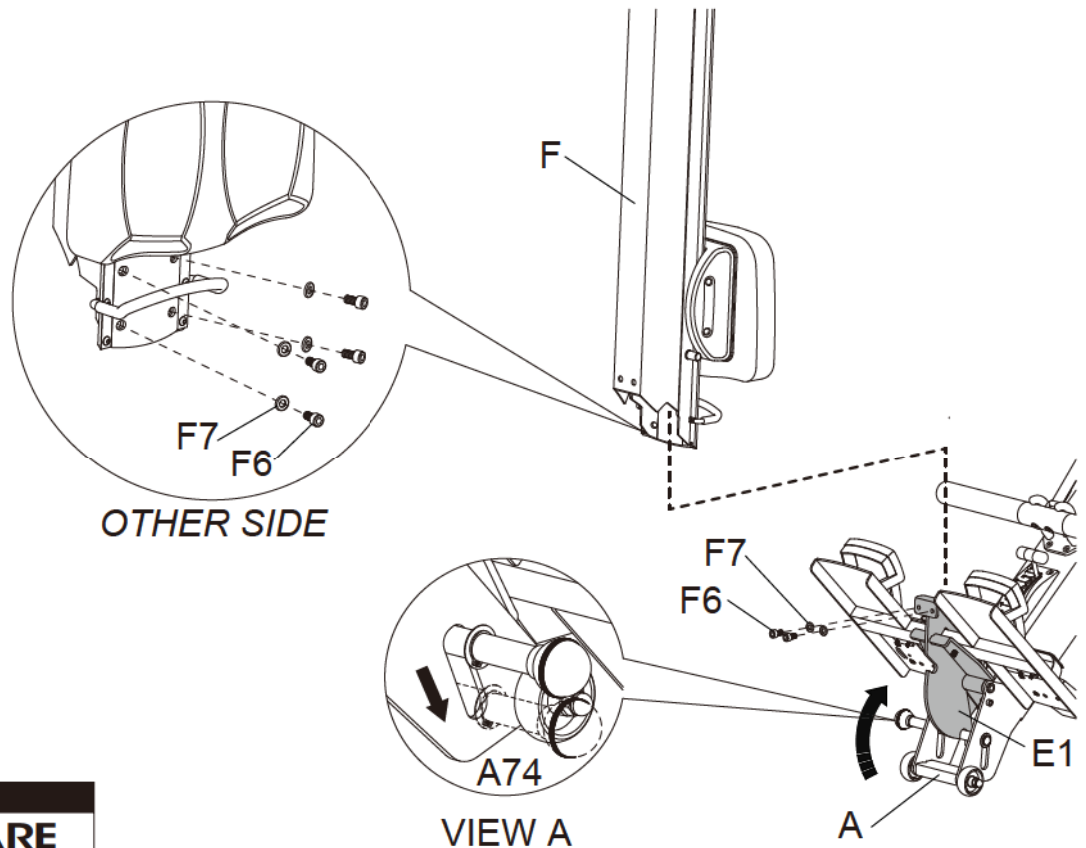


*FIGURE 4*

**HOW TO ASSEMBLE THE SLIDE TRACK**

*FIGURE 4*

- Step 1 : Remove six pre-mounted screws (F6) and washer (F7) from the main frame (A).
- Step 2 : Push down the grip (A74), let the shaft base (E1) rotate to up side. (VIEW A)
- Step 3 : Fit the slide track (F) to the shaft base (E1) by six screws (F6) and washer (F7).



USE TOOL : M6





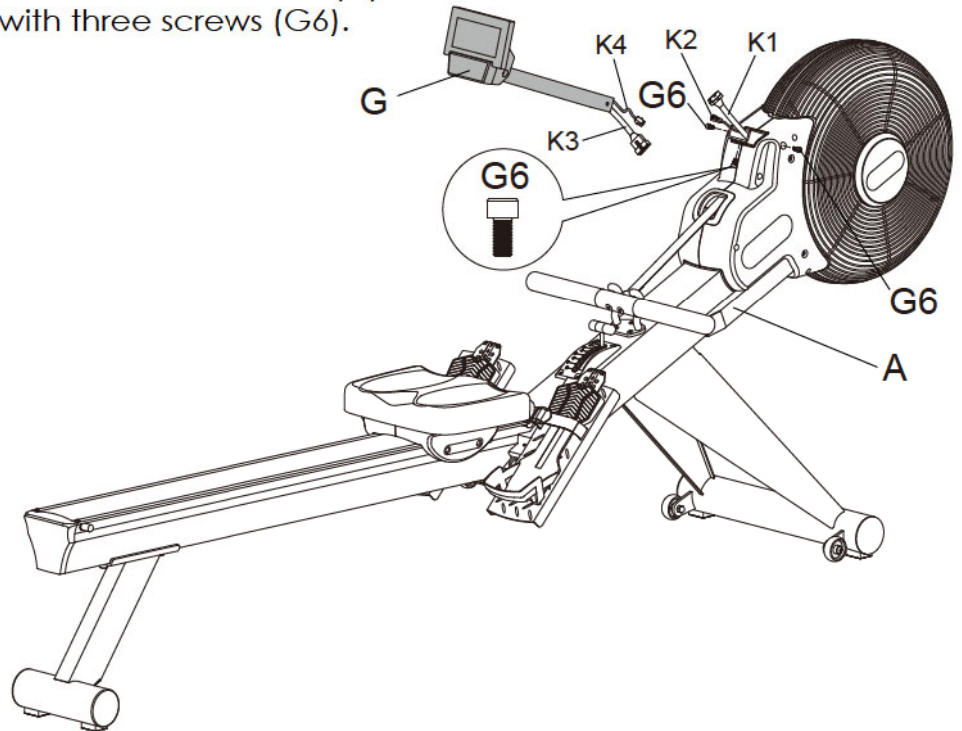
## FIGURE 5

### FIGURE 5 — HOW TO ASSEMBLE THE CONSOLE

Step 1 : Connect console wires (K1&K3 , K2&K4).

Step 2 : Mount the console (G) onto the main frame (A).

Step 3 : Screw the console (G) with three screws (G6).



USE TOOL : M5



## FIGURE 6

### FIGURE 6 — HOW TO ADJUST THE PEDAL

If you would like to adjust the pedal, please pull up the two buttons on the pedal at the same time. Move the pedal (H3) up or down to the correct position for you, then you can unhitch the buttons to let the pedal be stucked.

There are 7 positions you can choose. It is same to adjust the left pedal (H3).

Tighten the pedal straps when you are in motion.

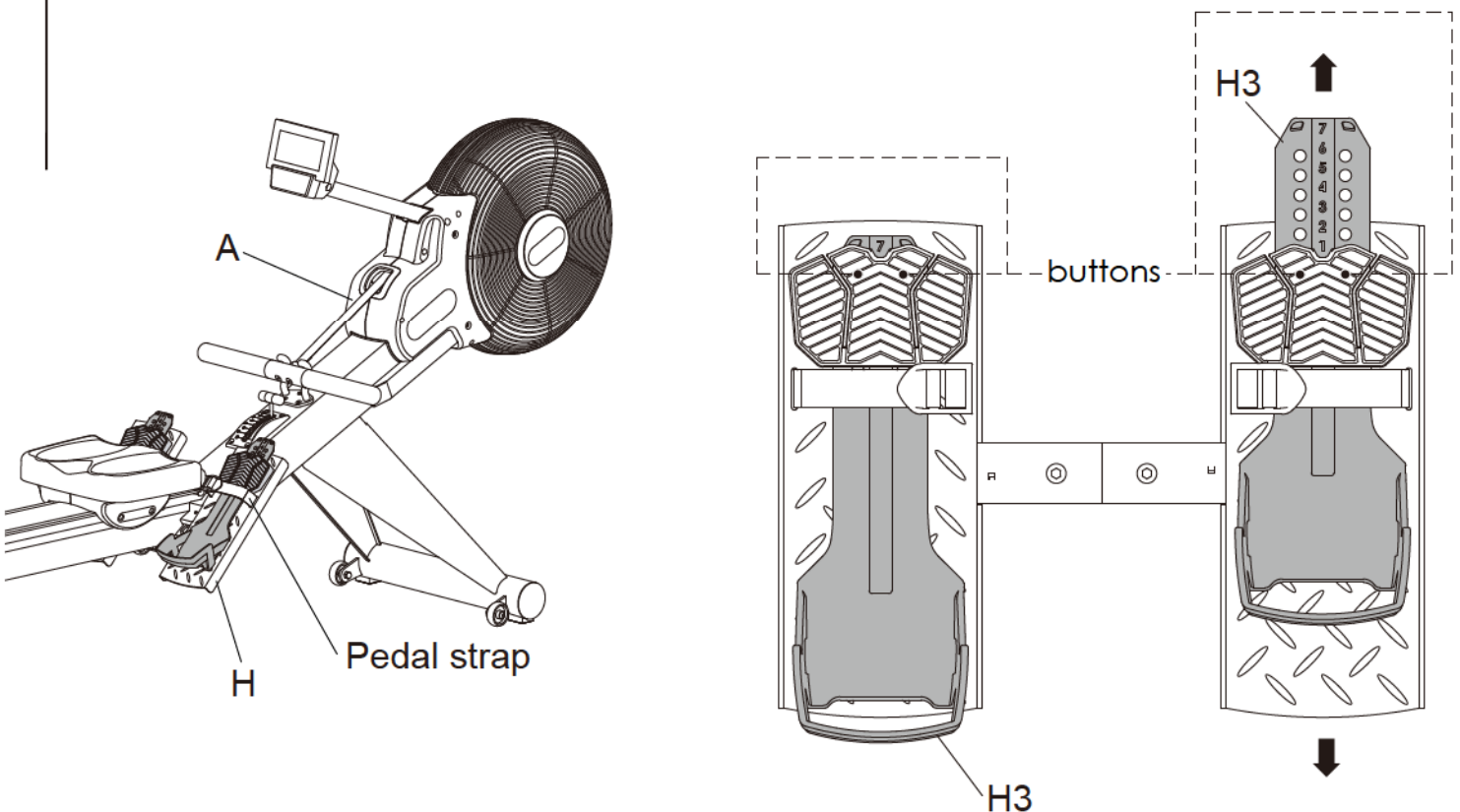


FIGURE 7

### FIGURE 7 HOW TO REPLACE THE BATTERY

Remove the battery cover and install the new battery.  
Battery specifications : AA\*4pcs

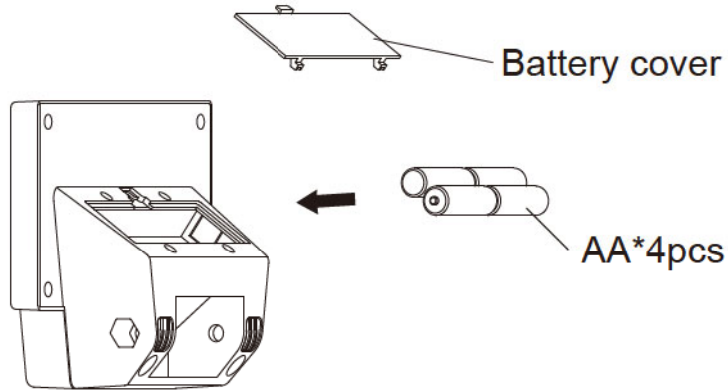
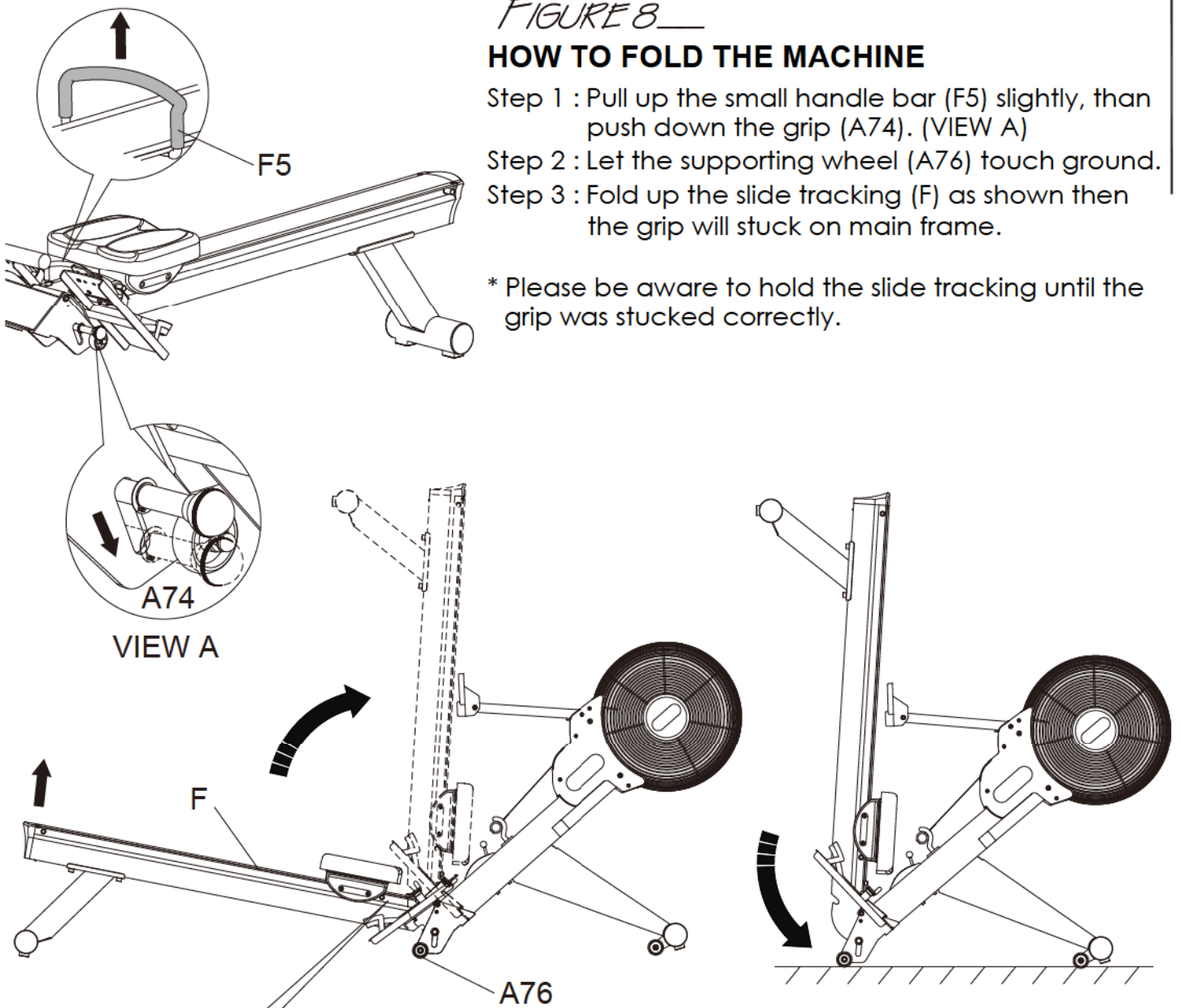


FIGURE 8

### FIGURE 8 HOW TO FOLD THE MACHINE

- Step 1 : Pull up the small handle bar (F5) slightly, than push down the grip (A74). (VIEW A)
- Step 2 : Let the supporting wheel (A76) touch ground.
- Step 3 : Fold up the slide tracking (F) as shown then the grip will stuck on main frame.

\* Please be aware to hold the slide tracking until the grip was stucked correctly.



**CAUTION**  
**BE AWARE OF CLIPPING**

FIGURE 9

### FIGURE 9 — HOW TO MOVE THE MACHINE

When you finished figure 8. hand to hold the slide track (F).  
You can now easily move the machine to a new location.

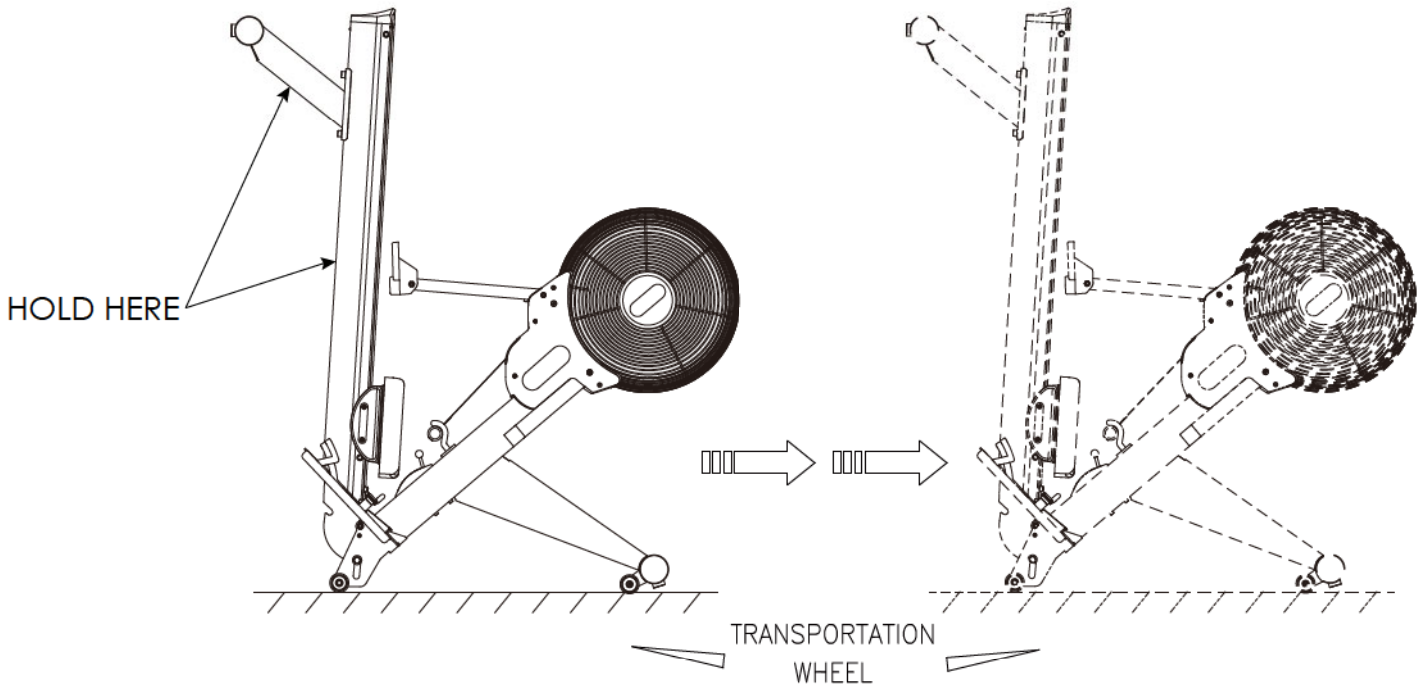


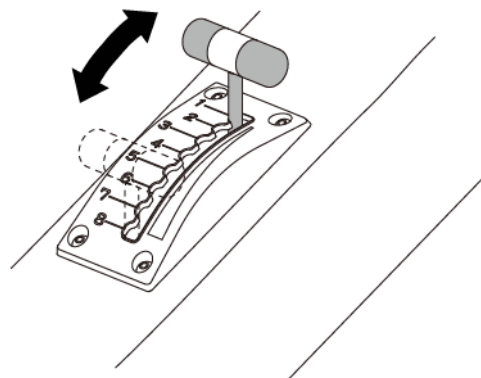
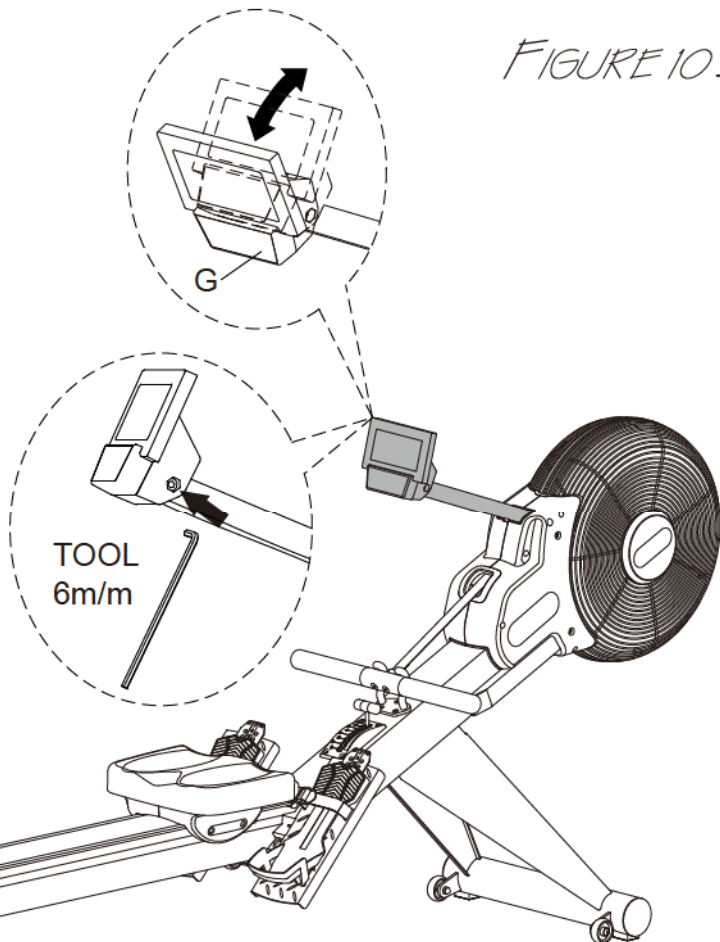
FIGURE 10

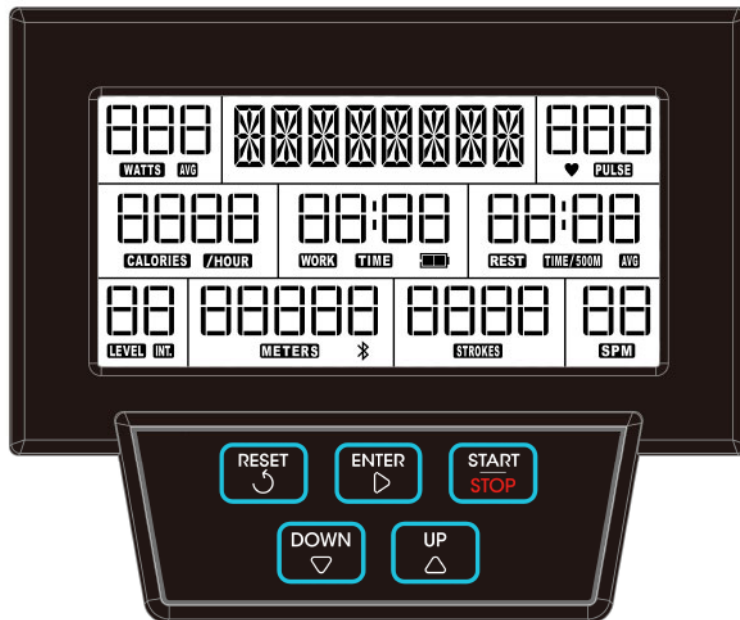
### FIGURE 10 — HOW TO ADJUST THE POSITION FOR CONSOLE & CONSOLE HOUSING

The console angle is adjustable as shown.  
If you wanna adjust tightness of console,  
use M6 tool to adjust.


### HOW TO ADJUST THE RESISTANCE LEVEL

Move the gear shift lever to adjust the  
resistance level.  
There are level 1~8 could be adjusted,  
level 1 is lightest, level 8 is weightst.





### DISPLAY FUNCTIONS

ITEM	DESCRIPTION
<b>MAIN DISPLAYS</b> (  )	<ul style="list-style-type: none"> <li>Main displays for 8 performance measurements.               <ol style="list-style-type: none"> <li>HH-MM-SS - Total workout time display when rowing (hours- minutes-seconds)</li> <li>AVG M/ST - Average distance of each rowing</li> <li>AVG SPM - Average rowing time per minute</li> <li>AVG TIME/500M - Average time to finish 500 meters</li> <li>AVG WATT - Average watt</li> <li>CAL/HOUR - Burned calories during rowing</li> <li>MAX HR - Maximum heart rate display range</li> <li>MAX WATT - Maximum watt display range</li> </ol> </li> </ul>
<b>WATTS</b>	<ul style="list-style-type: none"> <li>Displays watts</li> </ul>
<b>CALORIES</b>	<ul style="list-style-type: none"> <li>Displays total calories</li> </ul>
<b>LEVEL INT.</b>	<ul style="list-style-type: none"> <li>Displays resistance level</li> <li>In INT.(interval) mode, displays interval cycle</li> </ul>
<b>WORK TIME</b>	<ul style="list-style-type: none"> <li>Displays amount of time spent rowing. (does not count rest)</li> </ul>
<b>METERS</b>	<ul style="list-style-type: none"> <li>Displays total distance rowed in meters.</li> </ul>
<b>STROKES</b>	<ul style="list-style-type: none"> <li>Displays total number of strokes.</li> </ul>
<b>PLUSE</b>	<ul style="list-style-type: none"> <li>Displays heart rate when connected to a heart rate monitor.</li> </ul>
<b>REST TIME/500M</b>	<ul style="list-style-type: none"> <li>In INT.(interval) mode, displays rest time.</li> <li>Projected time needed to complete 500 meters based on all strokes)</li> </ul>
<b>SPM</b>	<ul style="list-style-type: none"> <li>Displays stroke per minute (stroke rate)</li> </ul>



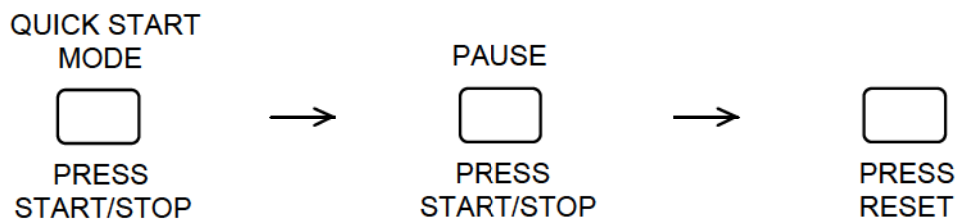
## **KEY FUNCTION**

<b>ITEM</b>	<b>DESCRIPTION</b>
<b>UP</b>	<ul style="list-style-type: none"><li>• Increase function value or set selection.</li></ul>
<b>DOWN</b>	<ul style="list-style-type: none"><li>• Decrease function value or set selection.</li></ul>
<b>ENTER</b>	<ul style="list-style-type: none"><li>• Confirm setting or selection.</li></ul>
<b>RESET</b>	<ul style="list-style-type: none"><li>• Hold on pressing for 2 seconds, computer will reboot.</li><li>• Clear setting value.</li><li>• Reverse to main menu after finishing a workout.</li></ul>
<b>START — STOP</b>	<ul style="list-style-type: none"><li>• Start or Stop rowing exercising.</li></ul>

## **OPERATION PROCEDURE**

### **1. QUICK START**

- 1) When the console power-on, press "START/STOP" key, the program would enter to "QUICK START" mode.
- 2) During the exercise, the digital shown with display "TIME / DISTANCE / CALORIES / STROKES" will be increased accordingly.
- 3) If there is no SPM signal input, TIME / DISTANCE / CALORIES / STROKES would be stopped counting temporarily and continue the counting once the SPM signal is input.
- 4) During the exercise, press START/STOP key to pause workout. You can press RESET button to clear the displayed data and come back to standby mode to start the function.

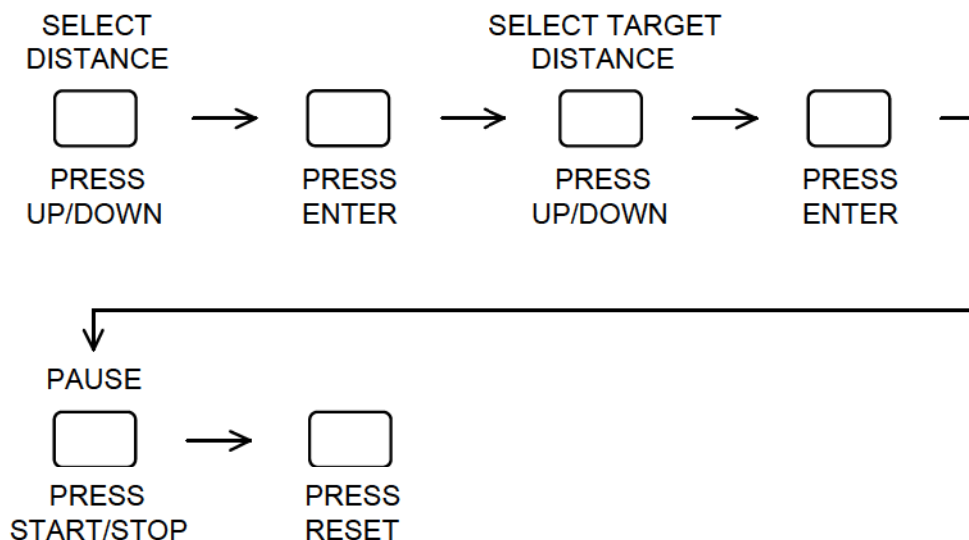


## 2. TARGET DISTANCE – PROGRAM

In power-on mode, the user can select “DISTANCE “ PROGRAM and “ENTER” to confirm, then you will enter to setting mode automatically.

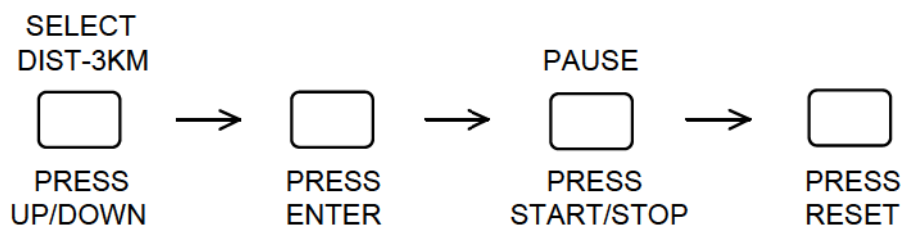
### • DISTANCE SETTING PROGRAM

- 1) Select DISTANCE – PROGRAM and press ENTER key, the program will enter to built-in 2000 meters distance program with flashing shown.
- 2) Press UP/DOWN key to set target distance value and press ENTER to confirm.  
The distance display range is from 100~10000 METERS.
- 3) During the rowing with SPM signal input, the program will start to countdown from the set target distance. The digital shown with display ” TIME, CALORIES, STROKES ” will be increased accordingly.
- 4) During the exercise, press START/STOP key to pause workout. You can press RESET button to clear the displayed data and come back to standby mode to start the function.



## 3. TARGET DIST- 3KM – PROGRAM

- 1) In power-on model, the user select ” DIST-3KM “ PROGRAM key and ENTER to confirm.  
The program will enter to built-in 3000 meters DISTANCE program automatically.
- 2) During the rowing with SPM signal input, the program will start to countdown from the set target distance. The digital shown with display ” TIME, CALORIES, STROKES ” will be increased accordingly.
- 3) During the exercise, press START/STOP key to pause workout. You can press RESET button to clear the displayed data and come back to standby mode to start the function.



#### 4. TARGET DIST- 5KM – PROGRAM

- 1) In power-on model, the user select " DIST-5KM " PROGRAM key and ENTER to confirm. The program will enter to built-in 5000 meters distance program automatically.
- 2) During the rowing with SPM signal input, the program will start to countdown from the set target distance. The digital shown with display " TIME, CALORIE, STROKES " will be increased accordingly.
- 3) During the exercise, press START/STOP key to pause workout. You can press RESET button to clear the displayed data and come back to standby mode to start the function.

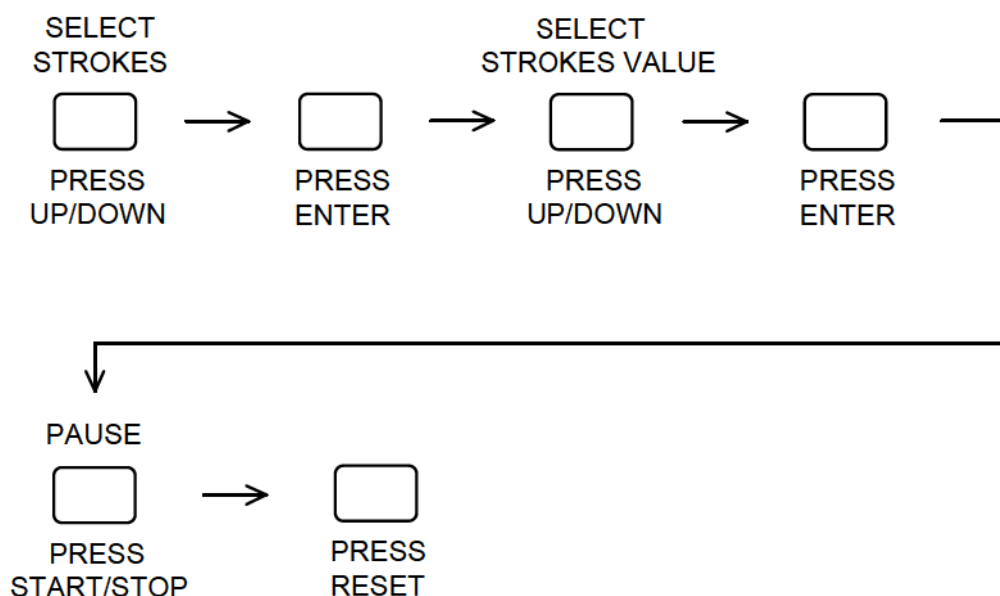


#### 5. TARGET STORKE – PROGRAM

In power-on mode, the user can select "STROKES " PROGRAM key and "ENTER" , then you can enter to setting mode.

- STROKES SETTING PROGRAM

- 1) Select STROKES-PROGRAM and press ENTER key to confirm, the program will enter to built-in 200 times with flashing shown.
- 2) Press UP/DOWN key to set STROKE value and press ENTER to confirm. The STROKE display range is from 10~9990.
- 3) During the rowing with SPM signal input, the program will start to countdown from the set STROKE. The digital shown with display " TIME, CALORIE, METERS " will be increased accordingly.
- 4) During the exercise, press START/STOP key to pause workout. You can press RESET button to clear the displayed data and come back to standby mode to start the function.



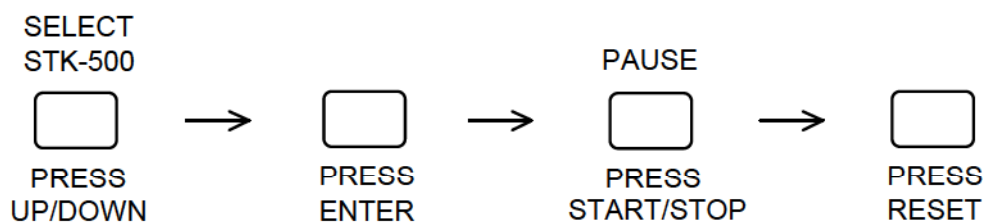
## 6. TARGET STK-300 – PROGRAM

- 1) In power-on mode, the user can select “STK-300 “ PROGRAM and “ENTER” to confirm, then you will enter to built-in 300 STROKE start mode automatically .
- 2) During the rowing with SPM signal input, the program will start to countdown from the “300 STROKES” DISPLAY. The digital shown with display ” TIME , CALORIE, METERS ” will be increased accordingly.
- 3) During the exercise, press START/STOP key to pause workout. You can press RESET button to clear the displayed data and come back to standby mode to start the function.



## 7. TARGET STK-500 – PROGRAM

- 1) In power-on mode, the user can select “STK-500 “ PROGRAM key and “ENTER” to confirm, then you will enter to built-in 500 STROKE start mode automatically.
- 2) During the rowing with SPM signal input, the program will start to countdown from the “500 STROKES” DISPLAY. The digital shown with display ” TIME, CALORIE, METERS ” will be increased accordingly.
- 3) During the exercise, press START/STOP key to pause workout. You can press RESET button to clear the displayed data and come back to standby mode to start the function.



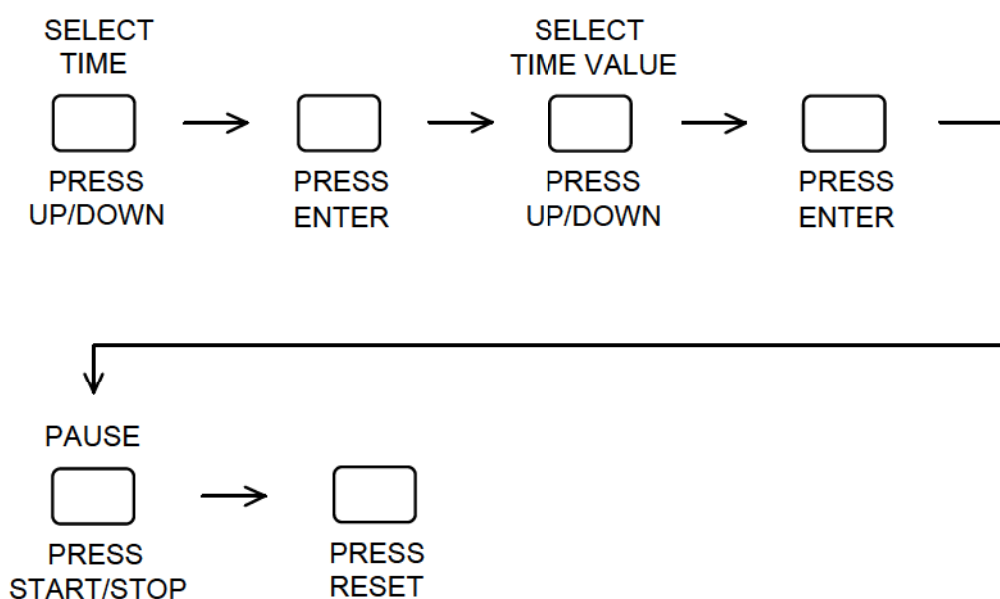


## 8. TARGET TIME – PROGRAM

In power-on mode, the user can select “TIME “ PROGRAM key and “ENTER” to confirm, then you will enter to setting mode automatically.

- TIME SETTING PROGRAM

- 1) Select TIME-PROGRAM and press ENTER key to confirm, the program will enter to the built-in program by 20:00 minutes flashing shown.
- 2) Press UP/DOWN to set TIME program and press ENTER to confirm it.  
The TIME display setting range is 1:00~99:00.
- 3) During the rowing with SPM signal input, the program will start to countdown from the “TIME” DISPLAY. The digital shown with display ” CALORIES, METERS, STROKES ” will be increased accordingly.
- 4) During the exercise, press START/STOP key to pause workout. You can press RESET button to clear the displayed data and come back to standby mode to start the function.



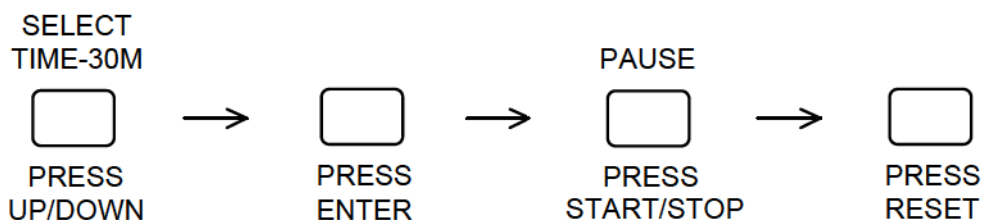
## 9. TARGET TIME-10M – PROGRAM

- 1) Press UP/DOWN to set “TIME-10M” PROGRAM and press ENTER to confirm it.  
The PROGRAM will enter to built-in 10:00 TIME automatically.
- 2) During the rowing with SPM signal input, the program will start to countdown from the “10: 00 TIME” DISPLAY. The digital shown with display ” CALORIES, METERS, STROKES ” will be increased accordingly.
- 3) During the exercise, press START/STOP key to pause workout. You can press RESET button to clear the displayed data and come back to standby mode to start the function.



## 10. TARGET TIME-30M – PROGRAM

- 1) Select TIME-30M and press ENTER key to confirm, the program will enter to the built-in program by 30:00 minutes automatically.
- 2) During the rowing with SPM signal input, the program will start to countdown from the “30:00 TIME” DISPLAY. The digital shown with display ” TIME / DISTANCE / CALORIES / STROKES ” will be increased accordingly.
- 3) During the exercise, press START/STOP key to pause workout. You can press RESET button to clear the displayed data and come back to standby mode to start the function.



## 11. INTERVAL – PROGRAM

In Standby Mode, the user can select ” INTERVAL PROGRAM and press enter to confirm. Then, the console will enter to built-in PROGRAM and display will be shown “WORK TIME” with flashing.

### (1). HOW TO SET WORK TIME?

1. When “WORK TIME” is flashing, the user can press UP/DOWN to set WORK TIME and press ENTER to confirm it. The setting range for WORK TIME is 00:10~10:00.

### (2). HOW TO SET REST TIME?

1. When “REST TIME” is flashing, the user can press UP/DOWN to set REST TIME and press ENTER to confirm it. The setting range for REST TIME is 00:10~10:00.

### (3). HOW TO SET INTERVAL CYCLING?

1. When “INTERVAL CYCLING” is flashing, the user can press UP/DOWN to set the INTERVAL and press ENTER to confirm it. Press START to start the exercise. The INTERVAL setting range is 1~99.
2. When the user starts to row the machine, i.e. the SPM signal is input, the PROGRAM will be operated automatically according to the set WORK TIME and REST TIME. Once INTERVAL cycling is finished, the INTERVAL PROGRAM will save the data every time and stopped until the target INTERVAL CYCLING is reached.
3. During the exercise, press START/STOP key to pause workout. You can press RESET button to clear the displayed data and come back to standby mode to start the function.

