

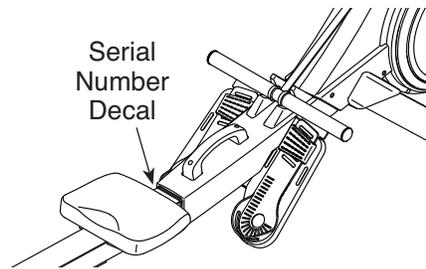
# PRO-FORM®

# CARBON R10

Model No. PFRW98920-INT.0

Serial No. \_\_\_\_\_

Write the serial number in the space above for reference.



## CUSTOMER SERVICE

### UNITED KINGDOM

Call: 0330 123 1045

From Ireland: 053 92 36102

Website: [iconsupport.eu](http://iconsupport.eu)

E-mail: [csuk@iconeurope.com](mailto:csuk@iconeurope.com)

**Write:**

ICON Health & Fitness, Ltd.

Unit 4, Westgate Court

Silkwood Park

OSSETT

WF5 9TT

UNITED KINGDOM

### AUSTRALIA

Call: 1800 993 770

E-mail: [australiacc@iconfitness.com](mailto:australiacc@iconfitness.com)

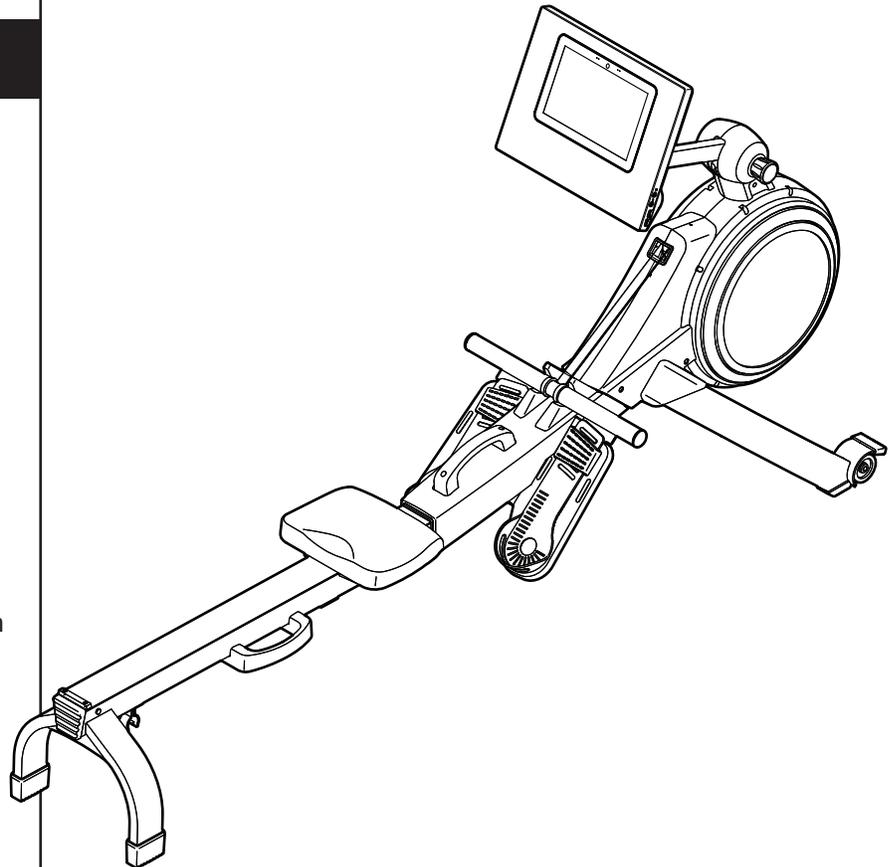
**Write:**

ICON Health & Fitness, Inc.

PO Box 635

WINSTON HILLS NSW 2153

AUSTRALIA



## ⚠ CAUTION

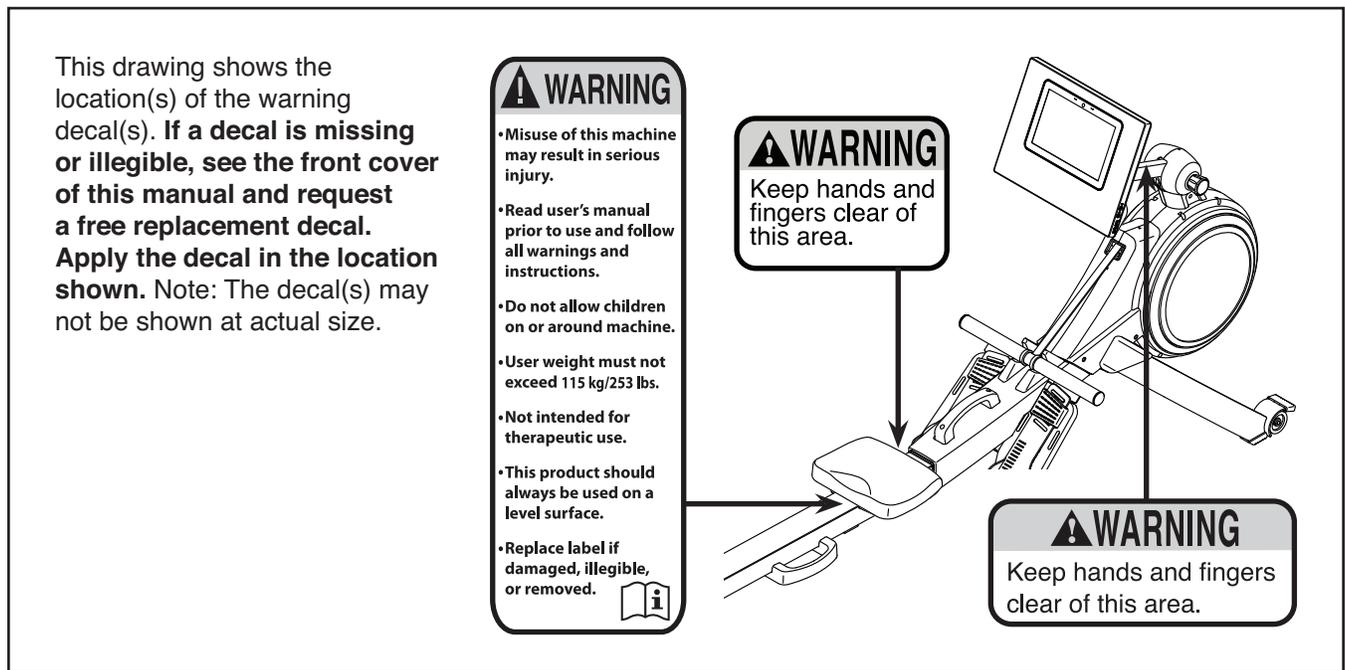
Read all precautions and instructions in this manual before using this equipment. Keep this manual for future reference.

[iconeurope.com](http://iconeurope.com)

# TABLE OF CONTENTS

WARNING DECAL PLACEMENT .....	2
IMPORTANT PRECAUTIONS .....	3
BEFORE YOU BEGIN .....	4
PART IDENTIFICATION CHART .....	5
ASSEMBLY .....	6
HOW TO USE THE ROWER .....	11
HOW TO USE THE CONSOLE .....	14
MAINTENANCE AND TROUBLESHOOTING .....	26
EXERCISE GUIDELINES .....	27
PART LIST .....	28
EXPLODED DRAWING .....	30
ORDERING REPLACEMENT PARTS .....	Back Cover
RECYCLING INFORMATION .....	Back Cover

## WARNING DECAL PLACEMENT



PROFORM and IFIT are registered trademarks of ICON Health & Fitness, Inc. App Store is a trademark of Apple Inc., registered in the U.S. and other countries. Android and Google Play are trademarks of Google LLC. The Bluetooth® word mark and logos are registered trademarks of Bluetooth SIG, Inc. and are used under license. IOS is a trademark or registered trademark of Cisco in the U.S. and other countries and is used under license.

---

# IMPORTANT PRECAUTIONS

**⚠ WARNING:** To reduce the risk of serious injury, read all important precautions and instructions in this manual and all warnings on the rower before using the rower. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

1. It is the responsibility of the owner to ensure that all users of the rower are adequately informed of all precautions.
2. Before beginning any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems.
3. The rower is not intended for use by persons with reduced physical, sensory, or mental capabilities or lack of experience and knowledge, unless they are given supervision or instruction about use of the rower by someone responsible for their safety.
4. Use the rower only as described in this manual.
5. The rower is intended for home use only. Do not use the rower in a commercial, rental, or institutional setting.
6. Keep the rower indoors, away from moisture and dust. Do not put the rower in a garage or covered patio or near water.
7. Place the rower on a level surface, with a mat beneath it to protect the floor or carpet. Make sure that there is at least 2 ft. (0.6 m) of clearance around the rower.
8. Inspect and properly tighten all parts each time the rower is used. Replace any worn parts immediately. Use only manufacturer-supplied parts.
9. Keep children under age 16 and pets away from the rower at all times.
10. Wear appropriate clothes while exercising; do not wear loose clothes that could become caught on the rower. Always wear athletic shoes for foot protection.
11. The rower should not be used by persons weighing more than 253 lbs. (115 kg).
12. Always keep your back straight while using the rower; do not arch your back.
13. Do not release the row bar while the strap is extended.
14. Over exercising may result in serious injury or death. If you feel faint, if you become short of breath, or if you experience pain while exercising, stop immediately and cool down.

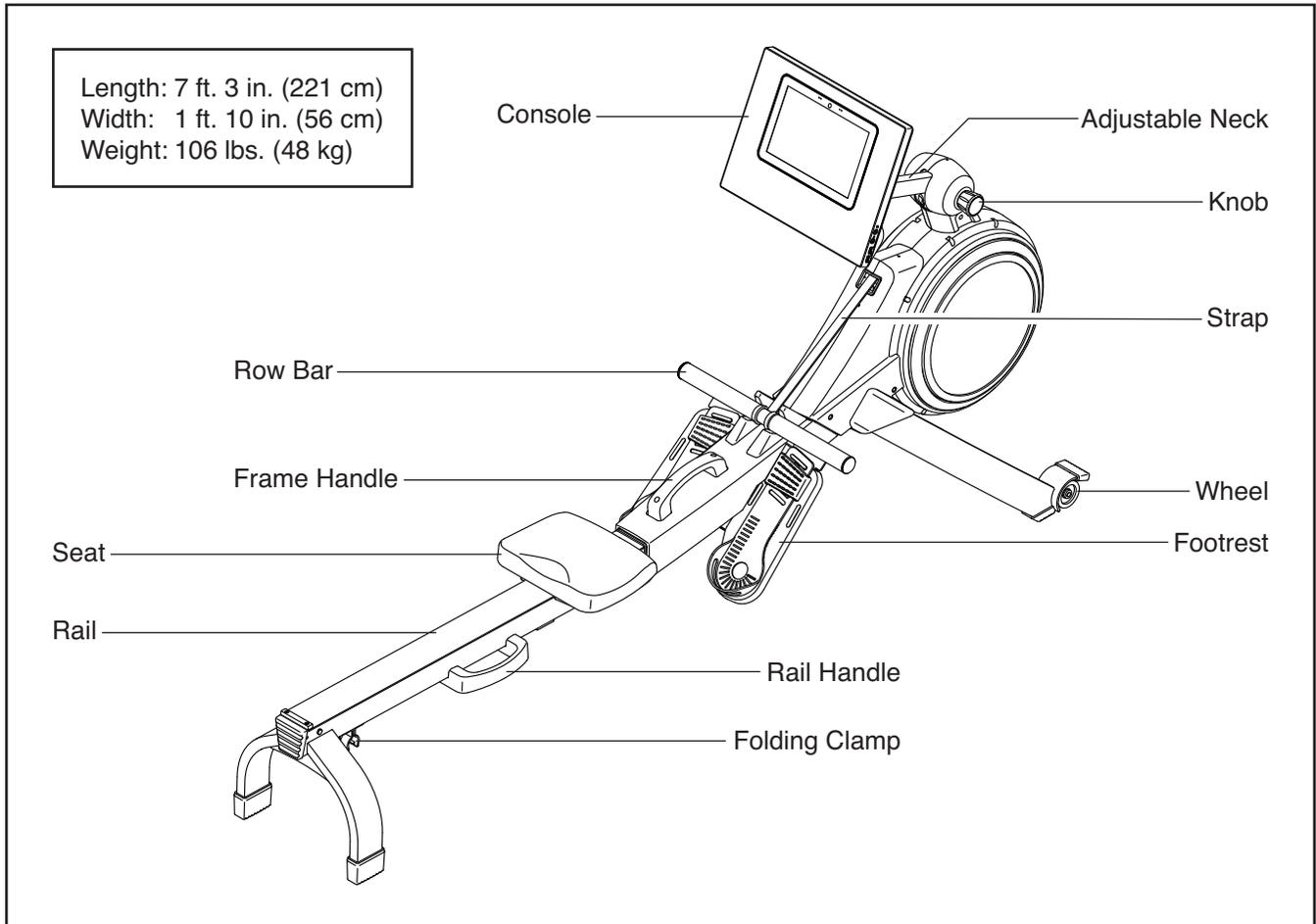
# BEFORE YOU BEGIN

Thank you for selecting the new PROFORM® CARBON R10 rower. Rowing is an effective exercise for increasing cardiovascular fitness, building endurance, and toning the body. The CARBON R10 rower is designed to let you enjoy this effective exercise in the convenience and privacy of your home.

**For your benefit, read this manual carefully before you use the rower.** If you have questions after reading

this manual, please see the front cover of this manual. To help us assist you, note the product model number and serial number before contacting us. The model number and the location of the serial number decal are shown on the front cover of this manual.

Before reading further, please review the drawing below and familiarize yourself with the labeled parts.

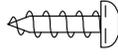


# PART IDENTIFICATION CHART

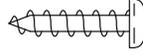
Use the drawings below to identify the small parts needed for assembly. The number in parentheses below each drawing is the key number of the part, from the PART LIST near the end of this manual. The number following the key number is the quantity needed for assembly. **Note: If a part is not in the hardware kit, check to see if it has been preassembled. Extra parts may be included.**



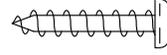
M4 x 8mm  
Screw (104)-2



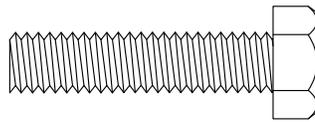
M4 x 12mm  
Screw (105)-4



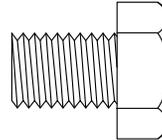
M4 x 16mm  
Screw (68)-2



M4 x 19mm  
Screw (69)-2



M8 x 35mm Screw  
(82)-4



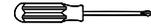
M10 x 14mm  
Screw (61)-2

# ASSEMBLY

- Assembly requires two persons.
- Place all parts in a cleared area and remove the packing materials. Do not dispose of the packing materials until you finish all assembly steps.

- Assembly requires the following tool(s):

one Phillips screwdriver



one adjustable wrench



To avoid damaging parts, do not use power tools.

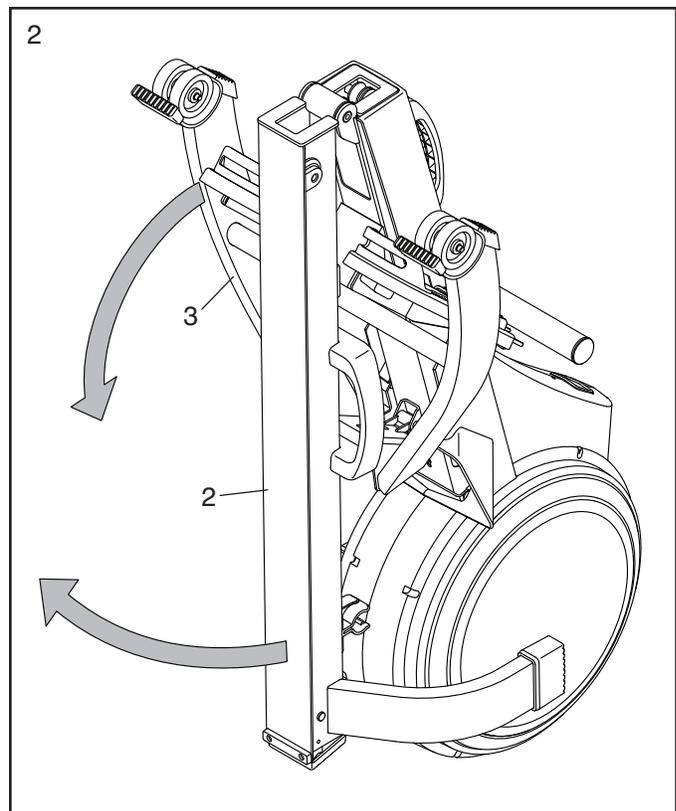
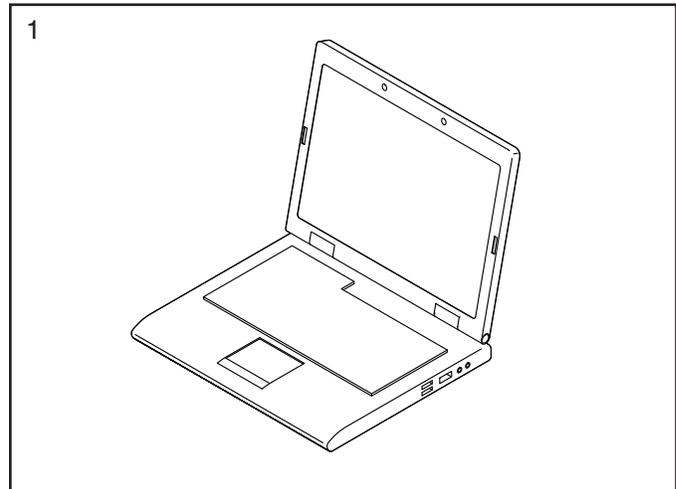
1. **To register your product and activate your warranty in the UK**, go to [iconsupport.eu](http://iconsupport.eu). If you do not have internet access, call Customer Service (see the front cover of this manual).

**To register your product and activate your warranty in Australia**, email or post the following information to the email address or postal address on the front cover of this manual.

- your receipt (make sure to keep a copy)
- your name, address, and telephone number
- the model number, serial number, and name of your product (see the front cover of this manual)

2. If there are shipping tubes (not shown) attached to the rower, remove and discard the shipping tubes and the hardware attaching them.

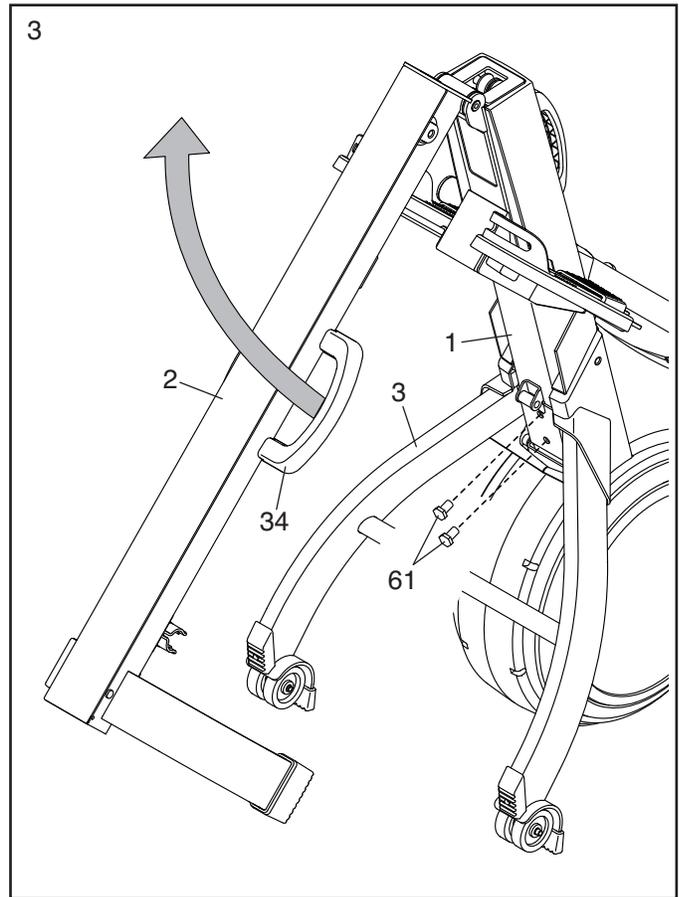
With the help of a second person, pull the Rail (2) outward and rotate the Stabilizer (3) downward.



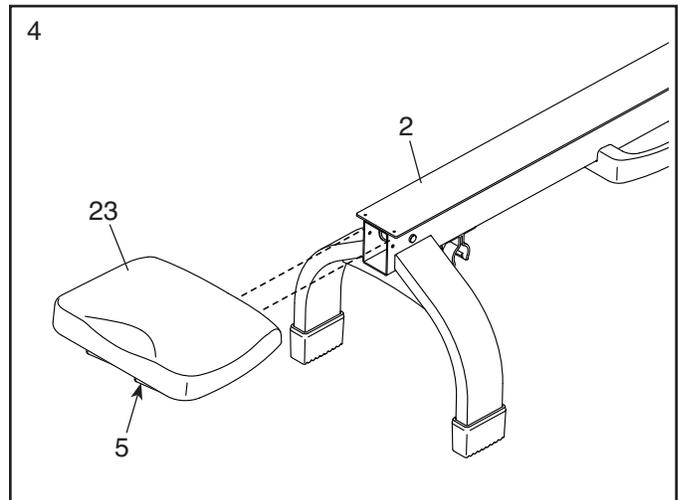
3. **Have a second person hold the Rail (2) during this step.**

Attach the Stabilizer (3) to the Frame (1) with two M10 x 14mm Screws (61).

Then, hold the Rail Handle (34), pull the Rail (2) outward, and rest the Rail on the floor (see the drawing in step 4).



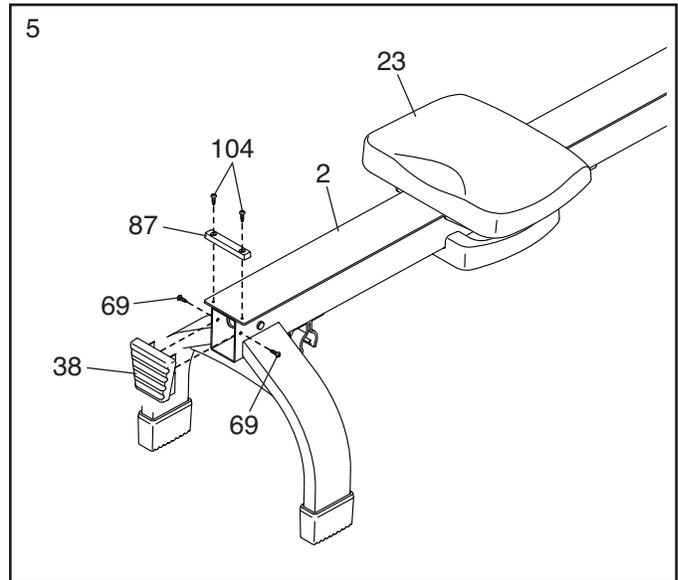
4. Orient the Seat (23) as shown, and slide the Seat Carriage (5) onto the Rail (2).



5. Slide the Seat (23) to the front of the Rail (2).

Next, attach the Rear Stop (87) to the Rail (2) with two M4 x 8mm Screws (104).

Then, attach the Rail Cap (38) to the Rail (2) with two M4 x 19mm Screws (69).

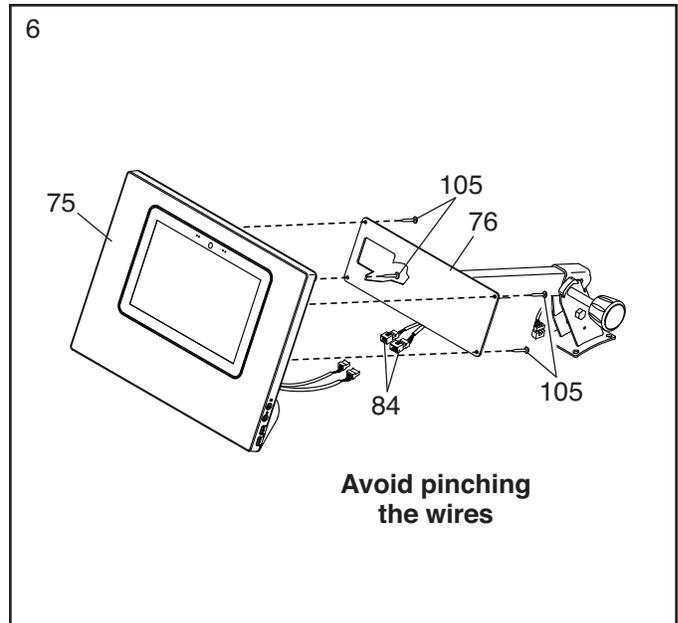


6. **Tip: The wire connectors should slide together easily and snap into place. If they do not, turn one connector and try again.**

While a second person holds the Console (75) near the Neck (76), connect the wires on the Console to the matching connectors on the Upright Wire (84) in the Neck.

Insert the excess wire into the Neck (76) or into the Console (75).

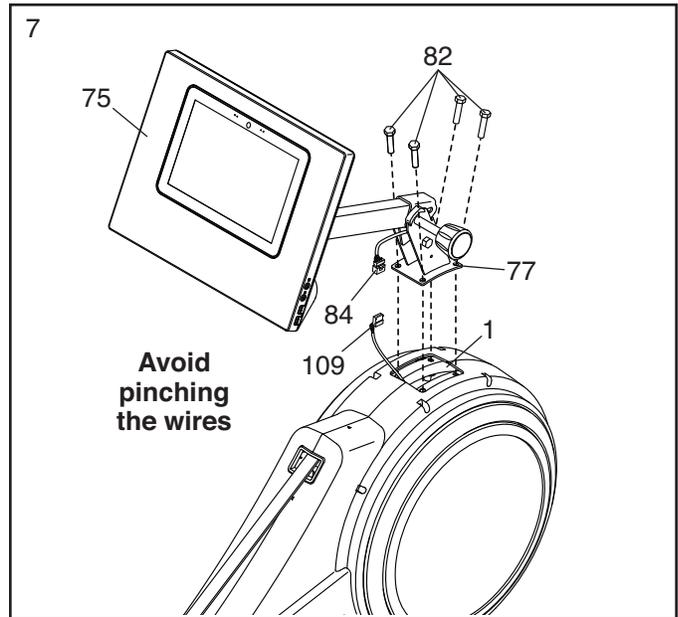
**Tip: Avoid pinching the wires.** Attach the Console (75) to the Neck (76) with four M4 x 12mm Screws (105); **start all the Screws, and then tighten them.**



7. **Tip: The wire connectors should slide together easily and snap into place. If they do not, turn one connector and try again.**

While a second person holds the Console (75) and the Upright (77) near the Frame (1), connect the Upright Wire (84) to the Main Wire (109).

**Tip: Avoid pinching the wires.** Attach the Upright (77) to the Frame (1) with four M8 x 35mm Screws (82); **start all the Screws, and then tighten them.**

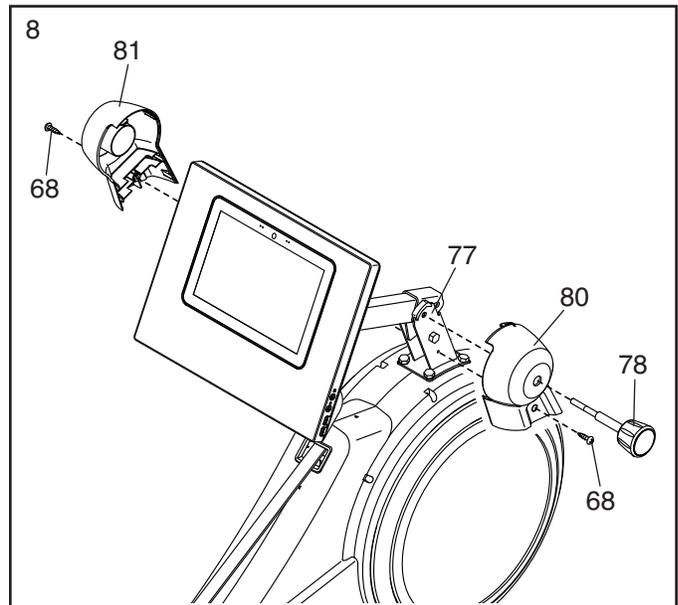


8. Loosen and remove the Knob (78) from the Upright (77).

Next, identify the Right and Left Upright Covers (80, 81), and orient them as shown.

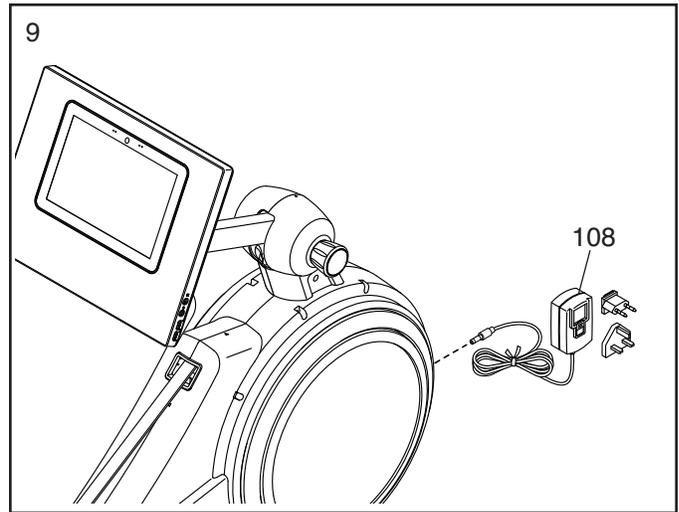
Press the Right and Left Upright Covers (80, 81) together around the Upright (77), and attach them to the Upright with two M4 x 16mm Screws (68).

Then, insert the Knob (78) into the Right Upright Cover (80) and tighten it into the Upright (77).



9. Plug the Power Adapter (108) into the receptacle on the front of the rower.

Note: To plug the Power Adapter (108) into an outlet, see HOW TO PLUG IN THE POWER ADAPTER on page 11.



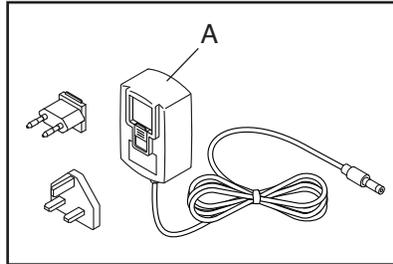
10. **Make sure that all parts are properly tightened.** Extra parts may be included. Place a mat beneath the rower to protect the floor.

# HOW TO USE THE ROWER

## HOW TO PLUG IN THE POWER ADAPTER

**IMPORTANT:** If the rower has been exposed to cold temperatures, allow it to warm to room temperature before you plug in the Power Adapter (A). If you do not do this, you may damage the console displays or other electronic components.

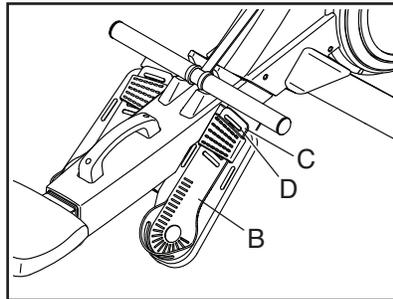
Plug the power adapter (A) into the receptacle on the front of the rower. Then, plug the power adapter into an appropriate outlet that is properly installed in accordance with all local codes and ordinances.



## HOW TO ADJUST THE FOOT PADS

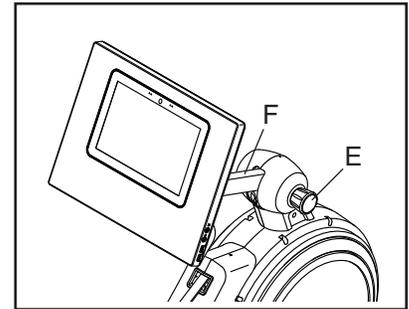
First, sit on the seat and place your feet in the Foot Pads (B).

Next, press the Footrest Bracket (C), slide the Foot Pad (B) to the desired position, and then release the Footrest Bracket so that the Tab (D) engages a slot in the Foot Pad. Then, tighten the strap over your foot. **Adjust the other foot pad in the same way. Make sure that both foot pads are in the same position.**



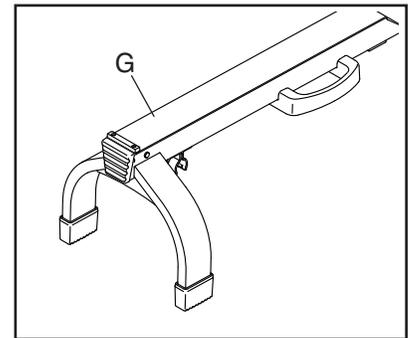
## HOW TO ADJUST THE CONSOLE VIEWING ANGLE

To adjust the console to the desired viewing angle, loosen the Knob (E), raise or lower the Neck (F) to the desired angle, and then tighten the Knob; **do not hold or pull on the console.**



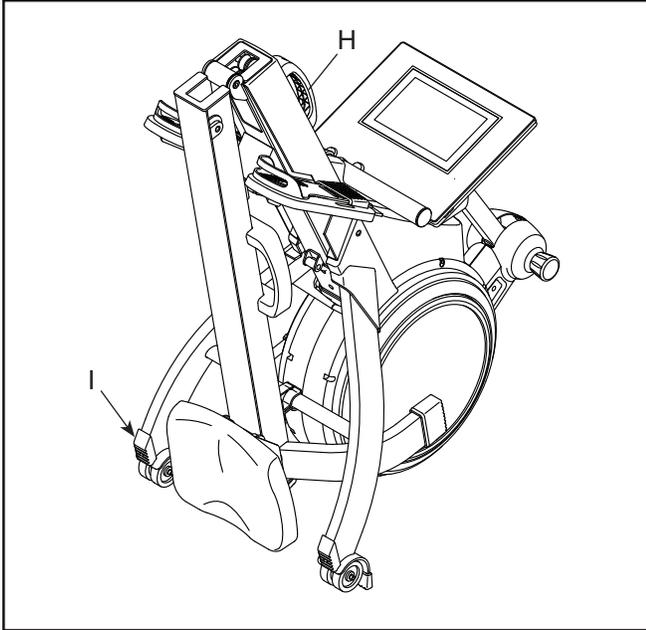
## HOW TO MOVE THE ROWER IN THE UNFOLDED POSITION

Stand behind the rower and lift the Rail (G) until the rower will roll on the wheels. Then, carefully move the rower to the desired location, and lower the Rail to the floor. **Do not hold or pull on the console when moving the rower.**



## HOW TO MOVE THE ROWER IN THE FOLDED POSITION

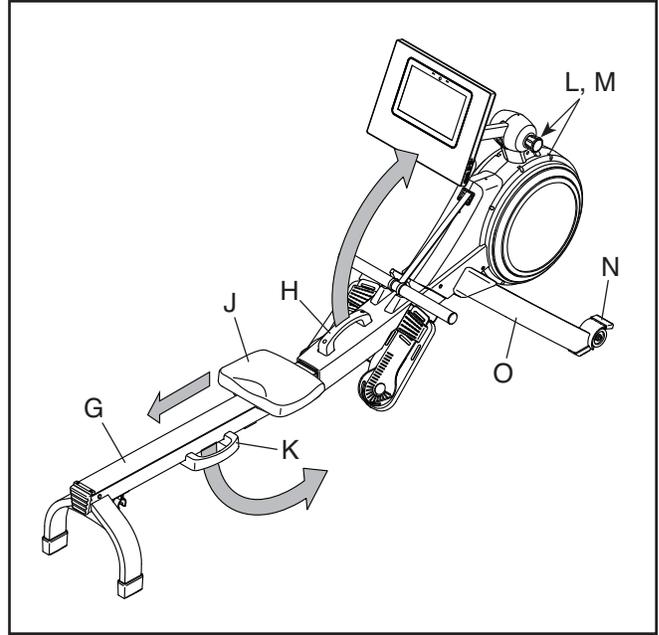
See HOW TO FOLD AND STORE THE ROWER at the right, and fold the rower. Then, hold the Frame Handle (H), place your foot on a Stabilizer Foot (I), and tip the rower until it will roll on the wheels. Carefully move the rower to the desired location, and then tip it into the storage position. **Do not hold or pull on the console when moving the rower.**



## HOW TO FOLD AND STORE THE ROWER

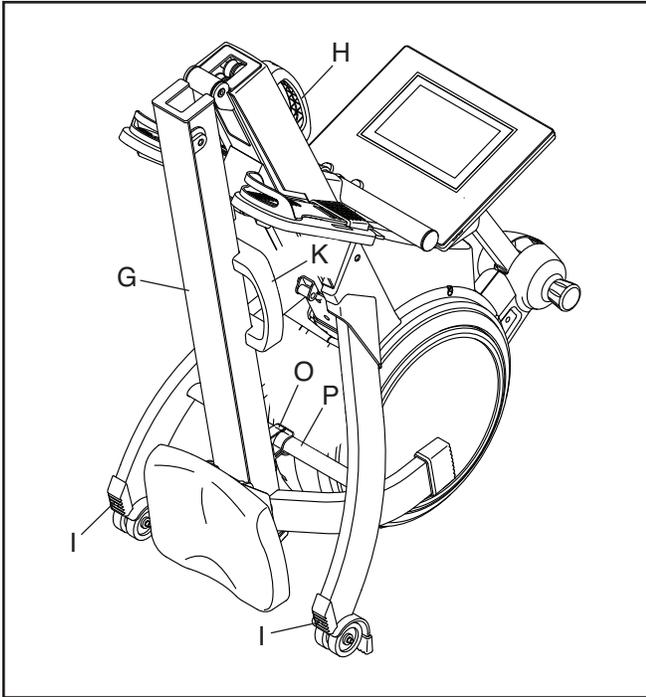
The rower can be stored in a folded position to conserve space. **Store the rower in a location where children cannot tip it.** Unplug the power adapter when storing the rower for extended periods of time.

To store the rower, first slide the Seat (J) to the rear of the Rail (G).



Next, hold and lift the Frame Handle (H) and the Rail Handle (K), and tip the rower forward onto the Shields (L, M) and the Storage Feet (N) (see the drawing on page 13).

Then, pull the Rail Handle (K) inward until the Folding Clamp (O) engages the bar on the Stabilizer (P).



To unfold the rower, first place your foot on a Stabilizer Foot (I) and pull the Rail Handle (K) outward to disengage the Folding Clamp (O).

Then, hold the Rail Handle (K) and the Frame Handle (H), pull the Rail Handle outward, and lower the Rail (G) to the floor.

## HOW TO ROW ON THE ROWER

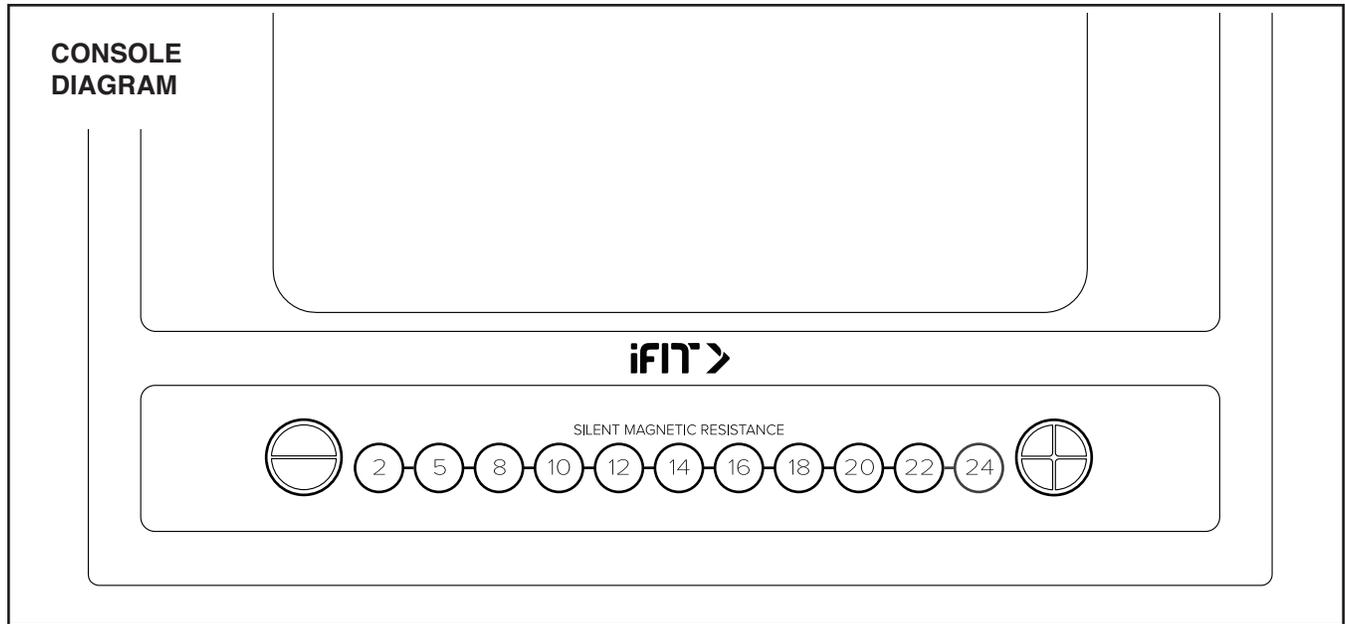
Sit on the seat, place your feet in the footrests, and adjust the straps to fit your feet. Then, hold the row bar with an overhand grip.

Correct rowing form consists of three phases:

- 1. The first phase is the CATCH.** Slide the seat forward until your knees are almost touching your chest. Pull the row bar until your hands are directly above your feet.
- 2. The second phase is the DRIVE.** Push backward with your legs. Lean back slightly at the hips (not at the waist), keeping your back straight. As you straighten your legs, pull the row bar toward your chest. Keep your elbows outward.
- 3. The third phase is the FINISH.** Your legs should be nearly straight. Continue to pull the row bar until your hands are even with your chest.

After the finish phase, extend your arms forward and pull the seat forward using your legs. Repeat this sequence, moving through all three phases with a smooth, fluid motion. Remember to breathe normally as you row; never hold your breath.

# HOW TO USE THE CONSOLE



## FEATURES OF THE CONSOLE

The advanced console offers an array of features designed to make your workouts more effective and enjoyable.

The console features wireless technology that enables the console to connect to iFit. With iFit, you can access a large and varied workout library, create your own workouts, track your workout results, and access many other features.

In addition, the console features a selection of featured workouts. Each workout automatically controls the resistance of the row bar as it guides you through an effective exercise session.

When you use the manual mode of the console, you can change the resistance of the row bar with the touch of a button.

While you exercise, the console will display continuous exercise feedback. You can even measure your heart rate using a compatible heart rate monitor.

You can also listen to your favorite workout music or audio books with the console sound system while you exercise.

**To activate the console or turn off the console,** see page 15. **To learn how to use the touch screen,** see page 15. **To set up the console,** see page 16.

## HOW TO ACTIVATE THE CONSOLE

The included power adapter must be used to operate the rower. See HOW TO PLUG IN THE POWER ADAPTER on page 11. When the power adapter is plugged in, simply touch the screen to activate the console.

## HOW TO TURN OFF THE CONSOLE

When you are finished exercising, unplug the power adapter. **IMPORTANT: If you do not do this, the electrical components on the rower may wear prematurely.**

## HOW TO USE THE TOUCH SCREEN

The console features a tablet with a full-color touch screen. The following information will help you use the touch screen:

- The console functions similarly to other tablets. You can slide or flick your finger against the screen to move certain images on the screen, such as the displays in a workout.
- To type information into a text box, first touch the text box to view the keyboard. To use numbers or other characters on the keyboard, touch *?123*. To view more characters, touch *~[<*. Touch *?123* again to return to the number keyboard. To return to the letter keyboard, touch *ABC*. To use a capital character, touch the shift button (upward-facing arrow symbol). To use multiple capital characters, touch the shift button again. To return to the lowercase keyboard, touch the shift button a third time. To clear the last character, touch the clear button (backward-facing arrow with an X symbol).

## HOW TO SET UP THE CONSOLE

Before you use the rower for the first time, set up the console.

### 1. Connect to your wireless network.

To use iFit workouts and to use several other features of the console, the console must be connected to a wireless network. Follow the prompts on the screen to connect the console to your wireless network.

### 2. Customize settings.

Follow the prompts on the screen to set your time zone and other settings.

Note: To change these settings later, see HOW TO CHANGE CONSOLE SETTINGS on page 23.

### 3. Log into or create an iFit account.

Follow the prompts on the screen to log into your iFit account or to create an iFit account.

### 4. Tour the console.

The first time you use the console, a tour presentation will guide you through the features of the console.

### 5. Check for firmware updates.

First, touch the menu button (three horizontal lines symbol), touch *Settings*, touch *Maintenance*, and then touch *Update*. The console will check for firmware updates. For more information, see HOW TO CHANGE CONSOLE SETTINGS on page 23.

The console is now ready for you to begin working out. The following pages explain the workouts and other features that the console offers.

**To use the manual mode**, see page 17. **To use a featured workout**, see page 18. **To create a draw-your-own-map workout**, see page 20. **To use an iFit workout**, see page 21.

**To change console settings**, see page 23. **To connect to a wireless network**, see page 24. **To use the sound system**, see page 25.

Note: If there is a sheet of plastic on the screen, remove the plastic.

## HOW TO USE THE MANUAL MODE

### 1. Touch the screen to turn on the console.

See HOW TO ACTIVATE THE CONSOLE on page 15. Note: It may take a few moments for the console to be ready for use.

### 2. Select the home screen.

When you activate the console, the home screen will appear on the screen after the console boots up.

If you are in a workout, touch the screen and follow the prompts to end the workout and return to the home screen. If you are in the settings menus, touch the back button (arrow symbol) and then touch the close button (x symbol) to return to the home screen.

### 3. Adjust the resistance to the desired level.

Touch *Manual Start* and begin rowing.

Adjust the resistance by pressing the Silent Magnetic Resistance adjustment buttons on the console. The selected resistance level will appear on the screen.

Note: After you touch a button, it will take a moment for the rower to reach the selected resistance level.

### 4. Follow your progress.

The console offers several display modes. The display mode that you select will determine which workout information is shown.

If desired, adjust the volume level by pressing the volume increase and decrease buttons on the right side of the console.

To pause the workout, simply touch the screen or stop rowing. To continue the workout, simply resume rowing.

To end the workout session, touch the screen to pause the workout, and then follow the prompts on the screen to end the workout and return to the home screen.

### 5. Wear a compatible heart rate monitor and measure your heart rate if desired.

You can wear a compatible heart rate monitor to measure your heart rate. Note: The console is compatible with all Bluetooth® Smart heart rate monitors.

A compatible heart rate monitor is included with some models. If a heart rate monitor is included, see THE HEART RATE MONITOR in this manual to learn how to use it.

**If this model does not include a compatible heart rate monitor, see page 25 for information about ordering one.**

The console will connect to your compatible heart rate monitor automatically. When your heartbeat is detected, your heart rate will be shown.

### 6. When you are finished exercising, unplug the power adapter.

See HOW TO TURN OFF THE CONSOLE on page 15.

## HOW TO USE A FEATURED WORKOUT

### 1. Touch the screen to turn on the console.

See HOW TO ACTIVATE THE CONSOLE on page 15. Note: It may take a few moments for the console to be ready for use.

### 2. Select the home screen or the workout library.

When you turn on the console, the home screen will appear on the screen after the console boots up.

If you are in a workout, touch the screen and follow the prompts to end the workout and return to the home screen. If you are in the settings menus, touch the back button (arrow symbol) and then touch the close button (x symbol) to return to the home screen.

Touch the buttons at the bottom of the screen to select either the home screen (Home button) or the workout library (Browse button).

### 3. Select a workout.

To select a workout from the home screen or the workout library, simply touch the desired workout button on the screen. Slide or flick the screen to scroll upward or downward if necessary.

Note: To use a featured workout, the console must be connected to a wireless network (see HOW TO CONNECT TO A WIRELESS NETWORK on page 24).

The featured workouts on your console will change periodically. To save one of the featured workouts for future use, you can add it as a favorite by touching the favorites button (heart symbol). You must be logged into your iFit account to save a featured workout (see step 3 on page 21).

To draw your own map for a workout, see HOW TO CREATE A DRAW-YOUR-OWN-MAP WORKOUT on page 20.

When you select a workout, the screen will show an overview of the workout that includes details such as the duration and distance of the workout and the approximate number of calories you will burn during the workout.

### 4. Start the workout.

Touch *Start Workout* to start the workout.

The workout will function in the same way as the manual mode (see page 17).

During some workouts, an iFit coach will guide you through an immersive video workout. Touch the screen in any open space to view and select music, trainer voice, and volume options for the workout.

During some workouts, the screen will show a map of the route and a marker indicating your progress. Touch the buttons on the screen to select the desired map options.

During the workout, the resistance of the row bar will automatically increase or decrease. If the resistance level is too high or too low, you can manually override the setting by touching the resistance adjustment buttons on the screen. **If you press a resistance adjustment button**, you can then manually control the resistance level (see step 3 on page 17). **To return to the programmed resistance settings of the workout**, touch *Follow Workout*.

**Note: The calorie goal shown in the workout description is an estimate of the number of calories that you will burn during the workout. The actual number of calories that you burn will depend on various factors, such as your weight. In addition, if you manually change the resistance level during the workout, the number of calories you burn will be affected.**

To pause the workout, simply touch the screen or stop rowing. To continue the workout, simply resume rowing.

To end the workout, touch the screen to pause the workout, and then follow the prompts on the screen to end the workout and return to the home screen.

When the workout ends, a workout summary will appear on the screen. If desired, you can select options such as adding the workout to your schedule (see HOW TO USE AN IFIT WORKOUT on page 21) or adding the workout to your favorites list. Then, touch *Save Workout* to return to the home screen.

**5. Follow your progress.**

See step 4 on page 17.

**6. Wear a compatible heart rate monitor and measure your heart rate if desired.**

See step 5 on page 17.

**7. When you are finished exercising, unplug the power adapter.**

See HOW TO TURN OFF THE CONSOLE on page 15.

## HOW TO CREATE A DRAW-YOUR-OWN-MAP WORKOUT

### 1. Touch the screen to turn on the console.

See HOW TO ACTIVATE THE CONSOLE on page 15. Note: It may take a few moments for the console to be ready for use.

### 2. Select a draw-your-own-map workout.

When you turn on the console, the home screen will appear on the screen after the console boots up.

If you are in a workout, touch the screen and follow the prompts to end the workout and return to the home screen. If you are in the settings menus, touch the back button (arrow symbol) and then touch the close button (x symbol) to return to the home screen.

To select a draw-your-own-map workout, touch the Create button at the bottom of the screen.

### 3. Draw your map.

Navigate to the area on the map where you want to draw your workout by typing in the search box or by sliding your fingers on the screen. Touch the screen to add the start point for your workout. Then, touch the screen to add the end point for your workout.

If you want to start and end your workout at the same point, touch *Close Loop* or *Out & Back* in the map options. You can also select whether you want your workout to snap to the road.

If you make a mistake, touch *Undo* in the map options.

The screen will display the elevation and distance statistics for your workout.

### 4. Save your workout.

Touch *Save New Workout* to save your workout. If desired, enter a title and description for your workout. Then, touch the continue button (> symbol).

### 5. Start the workout.

Touch *Start Workout* to start the workout. The workout will function in the same way as a featured workout (see page 18).

### 6. Follow your progress.

See step 4 on page 17.

### 7. Wear a heart rate monitor and measure your heart rate if desired.

See step 5 on page 17.

### 8. When you are finished exercising, unplug the power adapter.

See HOW TO TURN OFF THE CONSOLE on page 15.

## HOW TO USE AN iFIT WORKOUT

To use an iFit workout, you must be logged into your iFit account (see step 3 below) and the console must be connected to a wireless network (see HOW TO CONNECT TO A WIRELESS NETWORK on page 24).

### 1. Touch the screen or press any button on the console to turn on the console.

See HOW TO ACTIVATE THE CONSOLE on page 15. Note: It may take a few moments for the console to be ready for use.

### 2. Select the home screen.

When you turn on the console, the home screen will appear on the screen after the console boots up.

If you are in a workout, touch the screen and follow the prompts to end the workout and return to the home screen. If you are in the settings menus, touch the back button (arrow symbol) and then touch the close button (x symbol) to return to the home screen.

### 3. Log in to your iFit account.

If you have not already done so, touch the menu button (three horizontal lines symbol) on the screen and then touch *Log in* to log in to your iFit account. Follow the prompts on the screen to enter your username and password.

To switch users within your iFit account, touch the menu button, touch *Settings*, and then touch *Manage Accounts*. If more than one user is associated with the account, a list of users will appear. Touch the name of the desired user.

### 4. Select an iFit workout from the home screen or the workout library.

Touch the buttons at the bottom of the screen to select either the home screen (Home button) or the workout library (Browse button).

To select an iFit workout from the home screen or the workout library, simply touch the desired workout button on the screen. Slide or flick the screen to scroll upward or downward if necessary.

The featured iFit workouts shown on the home screen will change periodically.

The workout library contains all of the iFit workouts available for the rower, organized into categories. To search the workout library, touch the search button (magnifying glass symbol), and select the desired filtering options.

When you select an iFit workout, the screen will show an overview of the workout that includes details such as the duration of the workout and the approximate number of calories you will burn during the workout.

You can also select options such as adding the workout to your schedule (see step 5) or marking the workout as a favorite (see step 6).

### 5. Schedule an iFit workout on the calendar if desired.

If desired, you can schedule an iFit workout for a future date. Simply view the overview or workout summary of the desired iFit workout, touch *Schedule*, and then select the desired date on the calendar.

When the selected date arrives, the iFit workout that you scheduled will appear on the home screen.

**6. Create a list of favorite iFit workouts if desired.**

To mark an iFit workout as a favorite, simply view the overview or workout summary of the desired iFit workout and touch the favorites button (heart symbol).

To view a list of iFit workouts that you have marked as your favorites, select the workout library (Browse button), and then touch *My Favorites*.

**7. Start the workout.**

Touch *Start Workout* to start the workout. The workout will function in the same way as a featured workout (see page 18).

**8. Follow your progress.**

See step 4 on page 17.

**9. Wear a compatible heart rate monitor and measure your heart rate if desired.**

See step 5 on page 17.

**10. When you are finished exercising, the console will turn off automatically.**

See HOW TO TURN OFF THE CONSOLE on page 15.

**For more information about iFit, go to [iFit.com](http://iFit.com).**

## HOW TO CHANGE CONSOLE SETTINGS

**IMPORTANT: Some of the settings and features described may not be enabled.** Occasionally, a firmware update may cause your console to function slightly differently.

### 1. Select the settings main menu.

First, activate the console (see HOW TO ACTIVATE THE CONSOLE on page 15). Note: It may take a few moments for the console to be ready for use.

Next, select the home screen (Home button). When you turn on the console, the home screen will appear on the screen after the console boots up. If you are in a workout, touch the screen and follow the prompts to end the workout and return to the home screen. If you are in the settings menus, touch the back button (arrow symbol) and then touch the close button (x symbol) to return to the home screen.

Then, touch the menu button (three horizontal lines symbol) on the screen, and then touch *Settings*. The settings menu will appear on the screen.

### 2. Navigate the settings menus and change settings as desired.

Slide or flick the screen to scroll upward or downward if necessary. To view a settings menu, simply touch the menu name. To exit a menu, touch the back button (arrow symbol). You may be able to view and change settings in the following settings menus:

#### Account

- My Profile
- In Workout
- Manage Accounts

#### Equipment

- Equipment Info
- Equipment Settings
- Maintenance
- Wi-Fi

#### About

- Legal

### 3. Customize workout settings.

To customize workout settings, touch *In Workout*, and then touch the desired settings. It is recommended that you enable the option to show slider controls on the screen, if available.

### 4. Customize the unit of measurement and other settings.

To customize the unit of measurement, the time zone, or other settings, touch *Equipment Settings*, and then touch the desired settings.

### 5. View machine information or console app information.

Touch *Equipment Info*, and then touch *Machine Info* or *App Info* to view information about your rower or about the console app.

### 6. Update the console firmware.

**For the best results, regularly check for firmware updates.** Touch *Maintenance*, and then touch *Update* to check for firmware updates using your wireless network. The update will begin automatically. **IMPORTANT: To avoid damaging the rower, do not unplug the power adapter while the firmware is being updated.**

The screen will show the progress of the update. When the update is complete, the rower will turn off and then turn back on. If it does not, unplug and then plug in the power adapter. Note: It may take a few minutes for the console to be ready for use.

Note: Occasionally, a firmware update may cause the console to function slightly differently. These updates are always designed to improve your exercise experience.

### 7. Exit the settings main menu.

If you are in a settings menu, touch the back button. Then, touch the close button (x symbol) to exit the settings main menu.

## HOW TO CONNECT TO A WIRELESS NETWORK

To use iFit workouts and to use several other features of the console, the console must be connected to a wireless network.

### 1. Select the home screen.

First, turn on the power (see HOW TO ACTIVATE THE CONSOLE on page 15). Note: It may take a few moments for the console to be ready for use.

Next, select the home screen (Home button). When you turn on the console, the home screen will appear on the screen after the console boots up. If you are in a workout, touch the screen and follow the prompts to end the workout and return to the home screen. If you are in the settings menus, touch the back button (arrow symbol) and then touch the close button (x symbol) to return to the home screen.

### 2. Select the wireless network menu.

Touch the menu button (three horizontal lines symbol), and then touch *Wi-Fi* to select the wireless network menu.

### 3. Enable Wi-Fi.

Make sure that Wi-Fi® is enabled. If it is not enabled, touch the *Wi-Fi* toggle to enable it.

### 4. Set up and manage a wireless network connection.

When Wi-Fi is enabled, the screen will show a list of available networks. Note: It may take a few moments for the list of wireless networks to appear.

Note: You must have your own wireless network and an 802.11b/g/n router with SSID broadcast enabled (hidden networks are not supported).

When a list of networks appears, touch the desired network. Note: You will need to know your network name (SSID). If your network has a password, you will also need to know the password.

Follow the prompts on the screen to enter your password and connect to the selected wireless network. (To use the keyboard, see HOW TO USE THE TOUCH SCREEN on page 15.)

When the console is connected to your wireless network, a checkmark will appear next to the wireless network name.

If you are having problems connecting to an encrypted network, make sure that your password is correct. Note: Passwords are case-sensitive.

Note: The console supports unsecured and secured (WEP, WPA™, and WPA2™) encryption. A broadband connection is recommended; performance depends on connection speed.

**Note: If you have questions after following these instructions, go to [support.iFit.com](http://support.iFit.com) for assistance.**

### 5. Exit the wireless network menu.

To exit the wireless network menu, touch the back button (arrow symbol).

## HOW TO USE THE SOUND SYSTEM

### Connect with an Audio Cable

To play music or audio books through the console sound system while you exercise, plug a 3.5 mm male to 3.5 mm male audio cable (not included) into the jack on the right side of the console and into a jack on your personal audio player; **make sure that the audio cable is fully plugged in. Note: To purchase an audio cable, see your local electronics store.**

Next, press the play button on your personal audio player. Adjust the volume level by pressing the volume increase and decrease buttons on the right side of the console or the volume control on your personal audio player.

To listen to the console audio with your personal headphones or ear buds, plug your headphones into the headphones jack on the right side of the console.

### Connect Your Device with Bluetooth

If the console has a Bluetooth Audio button, you can connect your Bluetooth-compatible device to play audio through the console sound system.

1. **Place or hold your Bluetooth-compatible device near the console.**
2. **Enable the Bluetooth setting on your device.**
3. **Pair your device to the console.**

Press and hold the Bluetooth Audio button on the console for 3 seconds. The Bluetooth Audio button will begin flashing and the console will enter pairing mode. When your device and the console pair successfully, the audio from your device will play through the console sound system.

Note: The console can save 8 devices in its memory. If you have previously paired your device to the console, you can simply press the Bluetooth Audio button to connect your device to the console.

4. **Erase the console device memory if necessary.**

If you need to erase all the Bluetooth-compatible devices saved in the console memory, press and hold the Bluetooth Audio button for 10 seconds.

### Connect Your Headphones

If the console has a headphones jack, you can plug your headphones into the headphones jack to listen to audio from the console through your headphones.

### Connect Your Headphones with Bluetooth

If the console is enabled with this feature, you can connect your Bluetooth-compatible headphones to listen to audio from the console through your headphones.

To connect your headphones to the console, first turn on your headphones and place them near the console. Next, select a featured workout (see page 18) or an iFit workout (see page 21). Then, touch *Connect Bluetooth Headphones* when this option appears on the screen.

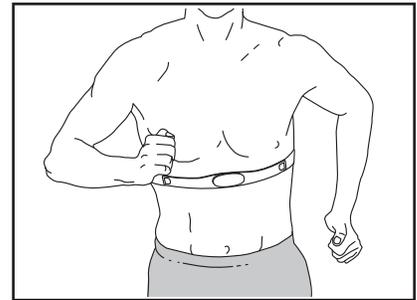
To pair your headphones to the console, select your headphones from the list on the screen. When your headphones and the console pair successfully, the audio from the console will play through your headphones.

## THE OPTIONAL HEART RATE MONITOR

Whether your goal is to burn fat or to strengthen your cardiovascular system, the key to achieving the best results is to maintain the proper heart rate during your workouts.

The optional heart rate monitor will enable you to continuously monitor your heart rate while you exercise, helping you to reach your personal fitness goals. **To purchase an optional heart rate monitor, please see the front cover of this manual.**

Note: The console is compatible with all Bluetooth Smart heart rate monitors.



# MAINTENANCE AND TROUBLESHOOTING

## MAINTENANCE

Regular maintenance is important for optimal performance and to reduce wear. Inspect and properly tighten all parts each time the rower is used. Replace any worn parts immediately. Use only manufacturer-supplied parts.

To clean the rower, use a damp cloth and a small amount of mild detergent. **IMPORTANT: To avoid damage to the console, keep liquids away from the console and keep the console out of direct sunlight.**

For best results, clean the rail, the seat carriage, and the carriage rollers daily.

## CONSOLE TROUBLESHOOTING

If the console does not turn on, make sure that the power adapter is fully plugged in.

If you are having problems connecting the console to a wireless network, or if you are having problems with your iFit account or iFit workouts, go to [support.iFit.com](http://support.iFit.com).

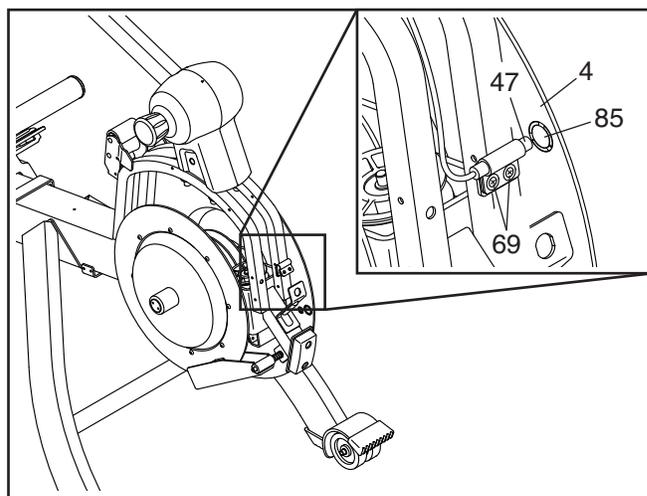
**If a replacement power adapter is needed, call the telephone number on the cover of this manual. IMPORTANT: To avoid damaging the console, use only a manufacturer-supplied regulated power adapter.**

## HOW TO ADJUST THE REED SWITCH

If the console does not display correct feedback, the reed switch should be adjusted.

**See EXPLODED DRAWING B on page 31.** Locate the Right and Left Shields (7, 8). Remove the four M4 x 19mm Screws (69) and the nine M4 x 16mm Screws (68) from the Right and Left Shields. Then, gently remove the Right and Left Shields.

Next, locate the Reed Switch (47). Turn the Left Flywheel (4) until a Magnet (85) is aligned with the Reed Switch. Then, slightly loosen the two indicated M4 x 19mm Screws (69), slide the Reed Switch slightly closer to or away from the Magnet, and then retighten the Screws.



Turn the Left Flywheel (4) so that the Magnet (85) passes the Reed Switch (47) repeatedly. Repeat these actions until the console displays correct feedback.

When the reed switch is correctly adjusted, reattach the parts that you removed.

# EXERCISE GUIDELINES

**⚠️ WARNING:** Before beginning this or any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems.

These guidelines will help you to plan your exercise program. For detailed exercise information, obtain a reputable book or consult your physician. Remember, proper nutrition and adequate rest are essential for successful results.

## EXERCISE INTENSITY

Whether your goal is to burn fat or to strengthen your cardiovascular system, exercising at the proper intensity is the key to achieving results. You can use your heart rate as a guide to find the proper intensity level. The chart below shows recommended heart rates for fat burning and aerobic exercise.

165	155	145	140	130	125	115	♥️
145	138	130	125	118	110	103	♥️
125	120	115	110	105	95	90	♥️
<hr/>							
20	30	40	50	60	70	80	

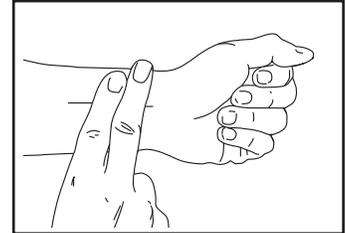
To find the proper intensity level, find your age at the bottom of the chart (ages are rounded off to the nearest ten years). The three numbers listed above your age define your “training zone.” The lowest number is the heart rate for fat burning, the middle number is the heart rate for maximum fat burning, and the highest number is the heart rate for aerobic exercise.

**Burning Fat**—To burn fat effectively, you must exercise at a low intensity level for a sustained period of time. During the first few minutes of exercise, your body uses carbohydrate calories for energy. Only after the first few minutes of exercise does your body begin to use stored fat calories for energy. If your goal is to burn fat, adjust the intensity of your exercise until your heart rate is near the lowest number in your training zone. For maximum fat burning, exercise with your heart rate near the middle number in your training zone.

**Aerobic Exercise**—If your goal is to strengthen your cardiovascular system, you must perform aerobic exercise, which is activity that requires large amounts of oxygen for prolonged periods of time. For aerobic exercise, adjust the intensity of your exercise until your heart rate is near the highest number in your training zone.

## HOW TO MEASURE YOUR HEART RATE

To measure your heart rate, exercise for at least four minutes. Then, stop exercising and place two fingers on your wrist as shown. Take a six-second heartbeat count, and multiply the result by 10 to find your heart rate. For example, if your six-second heartbeat count is 14, your heart rate is 140 beats per minute.



## WORKOUT GUIDELINES

**Warming Up**—Start with 5 to 10 minutes of stretching and light exercise. A warm-up increases your body temperature, heart rate, and circulation in preparation for exercise.

**Training Zone Exercise**—Exercise for 20 to 30 minutes with your heart rate in your training zone. (During the first few weeks of your exercise program, do not keep your heart rate in your training zone for longer than 20 minutes.) Breathe regularly and deeply as you exercise; never hold your breath.

**Cooling Down**—Finish with 5 to 10 minutes of stretching. Stretching increases the flexibility of your muscles and helps to prevent post-exercise problems.

## EXERCISE FREQUENCY

To maintain or improve your condition, complete three workouts each week, with at least one day of rest between workouts. After a few months of regular exercise, you may complete up to five workouts each week, if desired. Remember, the key to success is to make exercise a regular and enjoyable part of your everyday life.

# PART LIST

Model No. PFRW98920-INT.0 R0321B

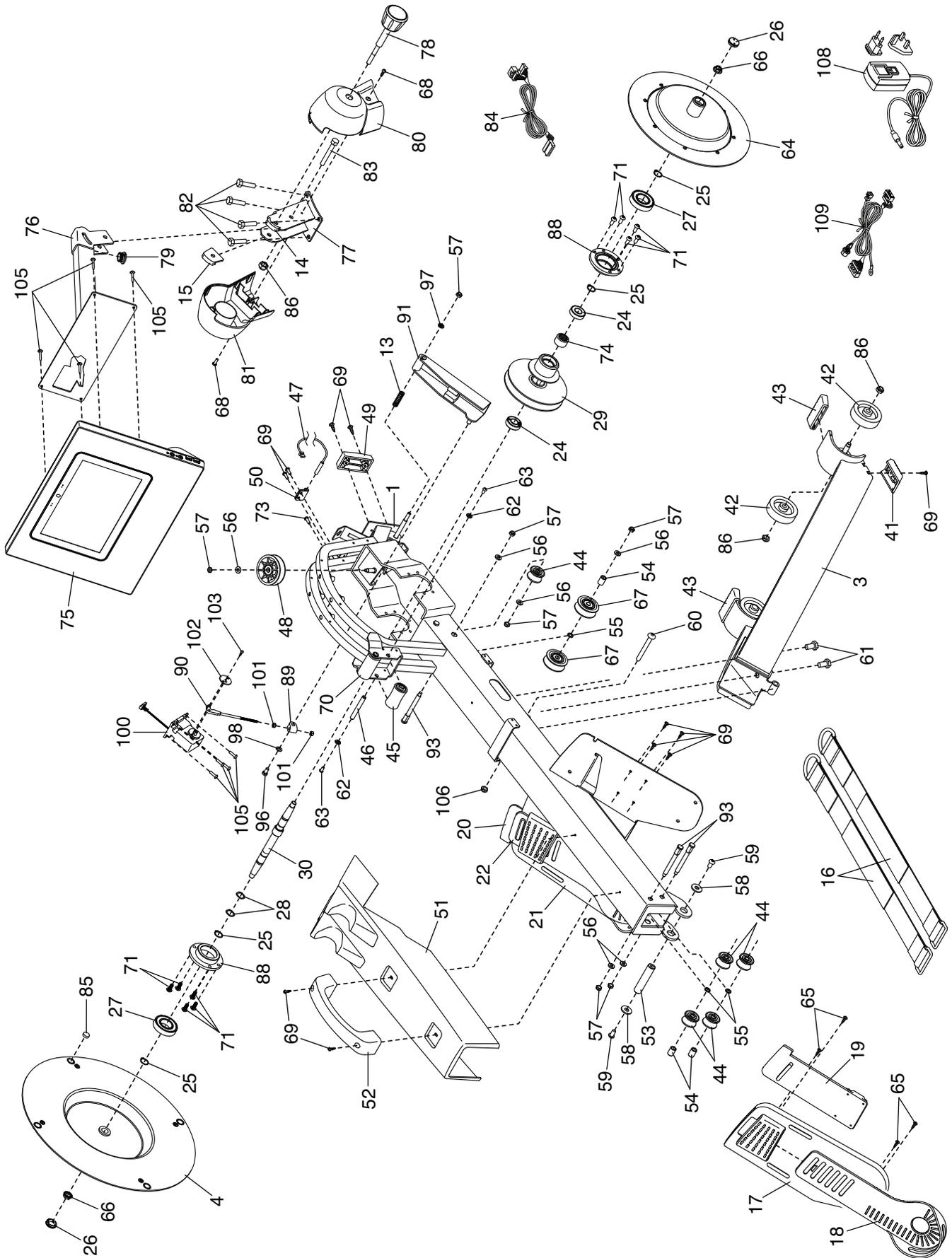
Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Frame	50	1	Clamp
2	1	Rail	51	1	Row Bar Rest
3	1	Stabilizer	52	1	Frame Handle
4	1	Left Flywheel	53	1	Pivot Axle
5	1	Seat Carriage	54	3	17mm Spacer
6	2	Accent Ring	55	4	2.3mm Spacer
7	1	Right Shield	56	9	M6 x 15mm Washer
8	1	Left Shield	57	10	M6 Locknut
9	2	Disc	58	2	M8 x 22mm Washer
10	1	Strap Grommet	59	2	M8 x 12mm Screw
11	1	Bungee Cord	60	1	M10 x 40mm Bolt
12	1	Row Bar/Strap	61	2	M10 x 14mm Screw
13	1	Spring	62	8	M5 Washer
14	1	Right Neck Bushing	63	8	M5 x 10mm Screw
15	1	Left Neck Bushing	64	1	Right Flywheel
16	2	Footrest Strap	65	12	M6 x 15mm Screw
17	1	Right Footrest	66	2	M10 Flange Nut
18	1	Right Foot Pad	67	4	Large Rail Pulley
19	1	Right Footrest Bracket	68	11	M4 x 16mm Screw
20	1	Left Footrest Bracket	69	22	M4 x 19mm Screw
21	1	Left Footrest	70	1	Strap Roller B
22	1	Left Foot Pad	71	10	M6 x 12mm Screw
23	1	Seat	72	1	4.8mm Spacer
24	2	Bearing A	73	1	Ground Screw
25	4	Snap Ring	74	1	One-way Bearing
26	2	Axle Cap	75	1	Console
27	2	Bearing B	76	1	Neck
28	2	Wave Washer	77	1	Upright
29	1	Pulley Assembly	78	1	Knob
30	1	Axle	79	1	Wire Grommet
31	2	Pivot Bushing	80	1	Right Upright Cover
32	2	Front Stop	81	1	Left Upright Cover
33	1	Bumper	82	4	M8 x 35mm Screw
34	1	Rail Handle	83	1	M8 x 50mm Hex Bolt
35	1	Folding Clamp	84	1	Upright Wire
36	2	Rail Foot	85	4	Magnet
37	2	Small Carriage Roller	86	5	M8 Locknut
38	1	Rail Cap	87	1	Rear Stop
39	2	Large Carriage Roller	88	2	Bearing Bracket
40	2	Carriage Axle	89	1	Link Block
41	2	Stabilizer Foot	90	1	Link Arm
42	4	Wheel	91	1	Magnet Bracket
43	2	Storage Foot	92	1	58mm Pulley Axle
44	5	Small Rail Pulley	93	3	83mm Pulley Axle
45	1	Strap Roller A	94	2	Clip
46	2	Strap Axle	95	4	M4 x 19mm Blunt Screw
47	1	Reed Switch/Wire	96	1	M6 x 12mm Hex Screw
48	1	Frame Pulley	97	1	M6 x 13mm Washer
49	1	Frame Foot	98	1	M6 Washer

Key No.	Qty.	Description	Key No.	Qty.	Description
99	20	M4 x 12mm Blunt Screw	106	1	M10 Locknut
100	1	Resistance Motor	107	6	M4 x 10mm Screw
101	2	M5 Nut	108	1	Power Adapter
102	1	Resistance Disc	109	1	Main Wire
103	1	M3 x 8mm Screw	*	–	User's Manual
104	2	M4 x 8mm Screw	*	–	Assembly Tool
105	8	M4 x 12mm Screw			

Note: Specifications are subject to change without notice. For information about ordering replacement parts, see the back cover of this manual. \*These parts are not illustrated.

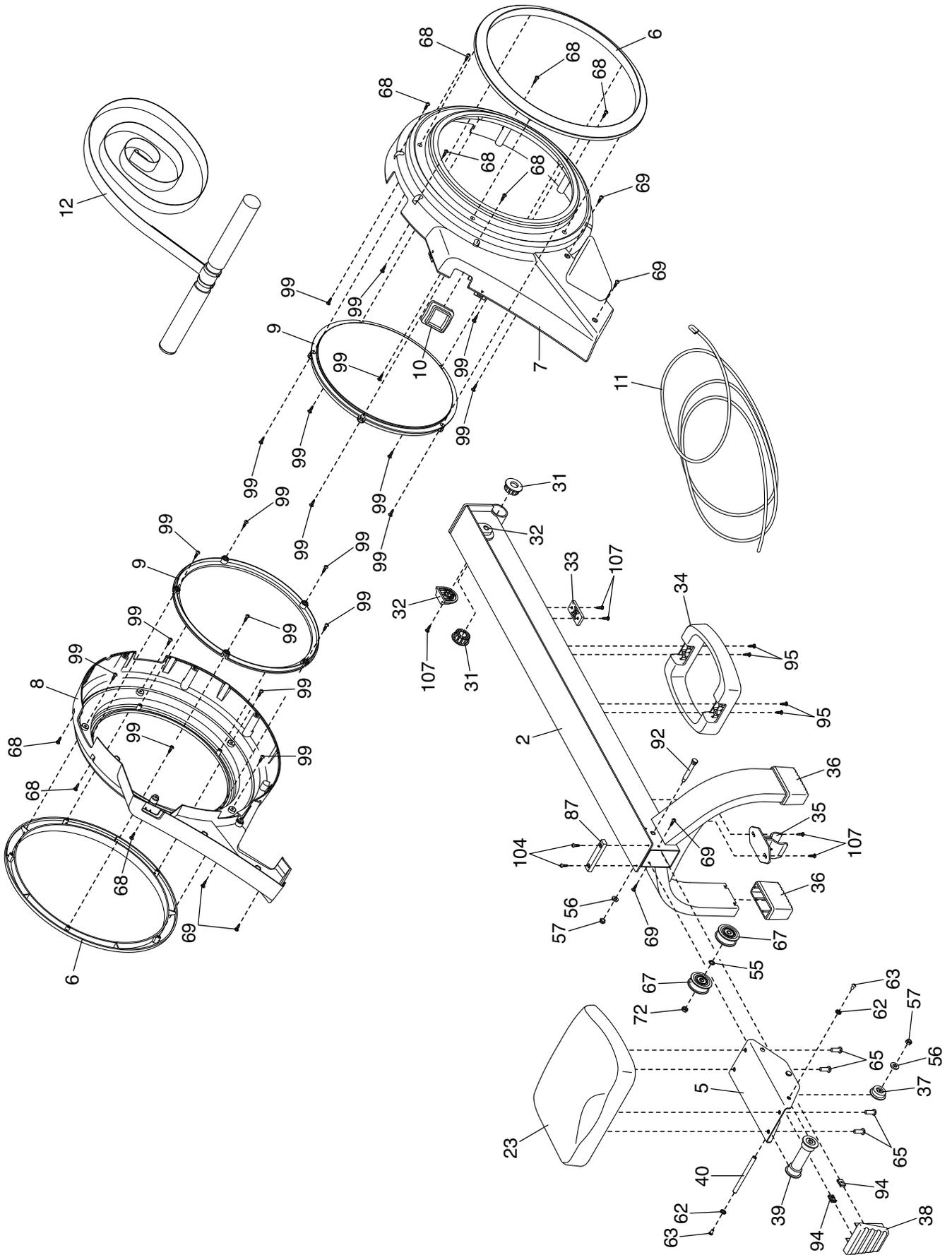
# EXPLODED DRAWING A

Model No. PFRW98920-INT.0 R0321B



# EXPLODED DRAWING B

Model No. PFRW98920-INT.0 R0321B



---

# ORDERING REPLACEMENT PARTS

To order replacement parts, please see the front cover of this manual. To help us assist you, be prepared to provide the following information when contacting us:

- the model number and serial number of the product (see the front cover of this manual)
- the name of the product (see the front cover of this manual)
- the key number and description of the replacement part(s) (see the PART LIST and the EXPLODED DRAWING near the end of this manual)

---

# RECYCLING INFORMATION

**This electronic product must not be disposed of in municipal waste. To preserve the environment, this product must be recycled after its useful life as required by law.**

Please use recycling facilities that are authorized to collect this type of waste in your area. In doing so, you will help to conserve natural resources and improve European standards of environmental protection. If you require more information about safe and correct disposal methods, please contact your local city office or the establishment where you purchased this product.

