

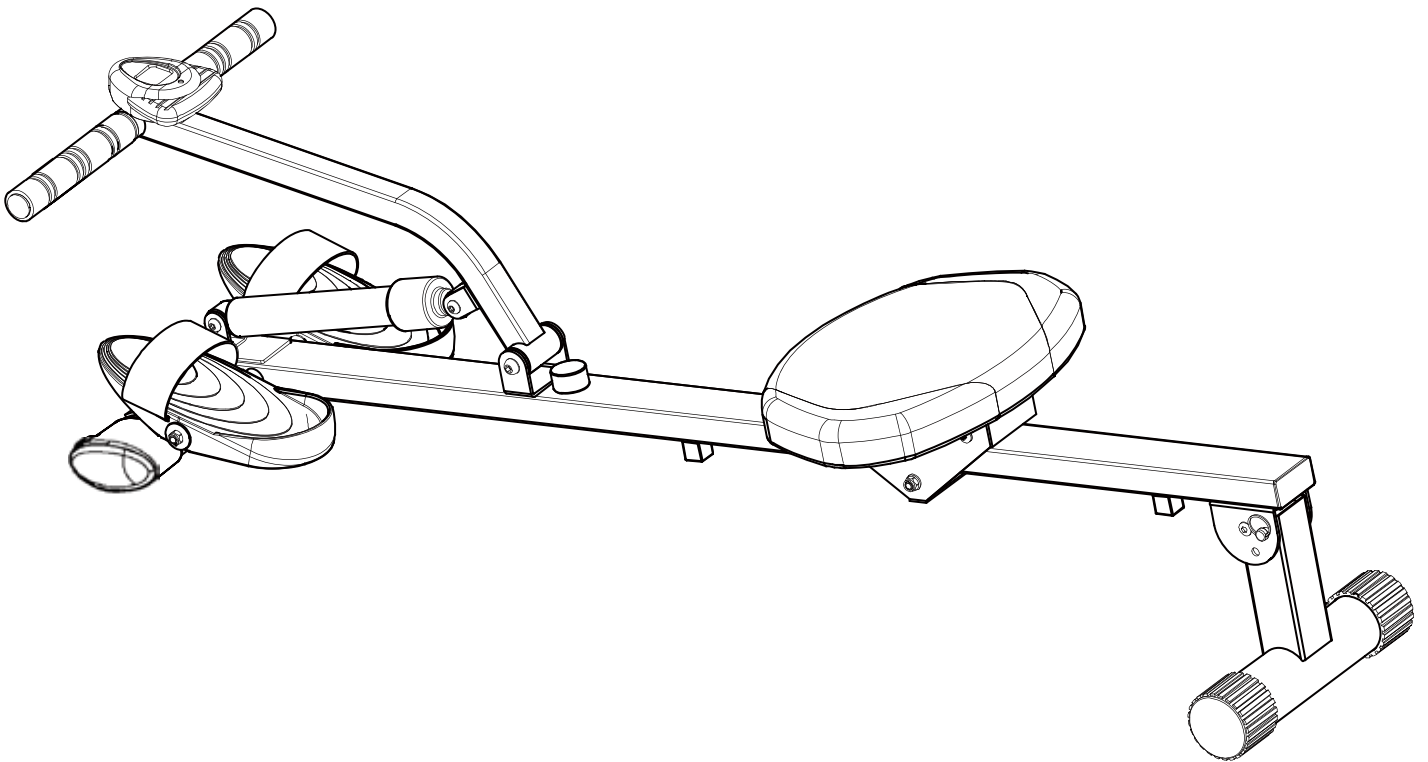
# Rowing Machine

Assembly & User Instructions - Please keep for future reference

925/0332D

**PRO**

**FITNESS**



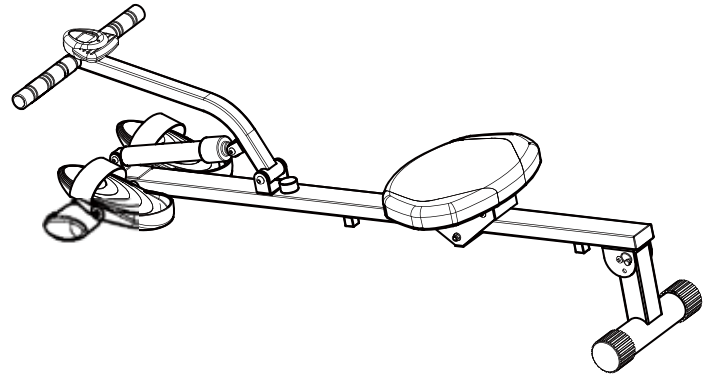
**Important – Please read these instructions fully before assembly or use**

These instructions contain important information which will help you get the best from your equipment and ensure safe and correct assembly, use and maintenance.

If you need help or have damaged or missing parts, call the **Customer Helpline: 0345 600 1714**  
<http://www.argos-support.co.uk/>

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# Safety Information

PRO FITNESS

**Important – Please read fully before assembly or use**

To reduce the risk of serious injury, read the entire manual before you assemble or operate the Pro Fitness Rowing Machine . In particular, note the following safety precautions:

## Assembly

- Check you have all the components and tools listed on pages 3 and 4, bearing in mind that, for ease of assembly, some components are pre-assembled.
- Keep children and animals away from the work area, small parts could choke if swallowed.
- Make sure you have enough space to layout the parts before starting.
- Assemble the item as close to its final position (in the same room) as possible.
- The equipment shall be installed on a stable base and properly levelled.
- Dispose of all packaging carefully and responsibly.

## Using

- It is the responsibility of the owner to ensure that all users of this product are properly informed as to how to use this product safely.
- This product is intended for domestic use only. **Do not** use in any commercial, rental, or institutional setting.
- Before using the equipment to exercise, always do stretching exercises to properly warm up.
- If the user experiences dizziness, nausea, chest pain, or other abnormal symptoms **stop the workout and seek immediate medical attention.**

- Only one person at a time should use the equipment.
- Keep hands away from all moving parts.
- Always wear appropriate workout clothing when exercising. **Do not** wear loose or baggy clothing, since it may get caught in the equipment. Wear athletic shoes to protect your feet while exercising.
- **Do not** place any sharp objects around the equipment.
- Disabled persons should not use the equipment without a qualified person or doctor in attendance.
- The maximum user's body weight is **100kg**.
- This product conforms to:EN ISO 20957 Part 1 and EN 957 Part 7 class (H) - Home Use - Class (C).
- This exercise product has been designed and manufactured to comply with the latest ( EN ISO 20957 Part 1 and EN 957 Part 7) British and European Safety Standards.
- Braking system of this equipment is speed-independent
- Keep unsupervised children away from the equipment.
- Injuries to health may result from incorrect or excessive training.
- Use the equipment on a solid, flat level surface with a protective cover for your floor or carpet.

## Battery safety

- **Warning:** Incorrect installation of batteries may cause battery leakage and corrosion, resulting in damage to the computer.
- **Do not** mix old and new batteries, or batteries of different types.
- **Do not** dispose of batteries in a fire.
- **Do not** dispose of batteries with normal household waste, take to a local recycling centre.



**Warning:** Before beginning any exercise program, consult your Doctor. This is especially important for persons over the age of 35 or persons with pre-existing health problems. You **MUST** read all instructions before using any fitness equipment. Argos and its associates assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

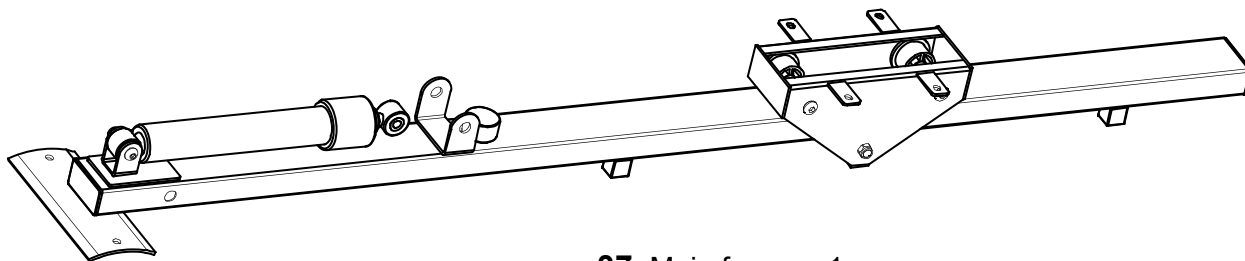
# Components - Parts

If you have damaged or missing components, call the **Customer Helpline: 0345 600 1714**  
<http://www.argos-support.co.uk/>

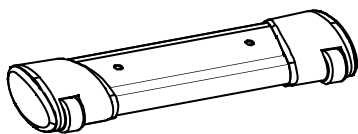
Please check you have all the parts listed below

**Note:** Some of the smaller components may be pre-fitted to larger components. Please check carefully before contacting Argos regarding any missing components.

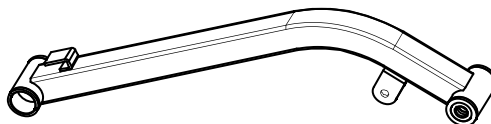
Product mass = 11kg. Product footprint = 138.5 x 42.5 cm



37. Main frame x 1



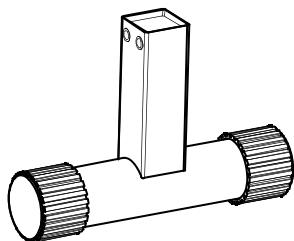
24. Front stabilizer x 1



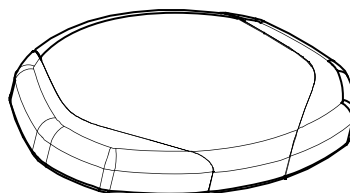
6. Handlebar support x 1



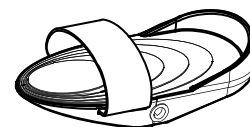
33. Half round bracket x 1



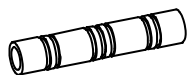
35. Rear stabilizer x 1



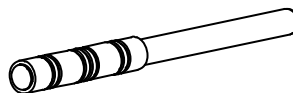
43. Seat x 1



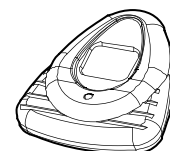
12. Pedal x 2



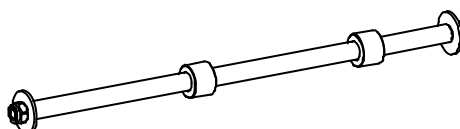
2. Foam grip x 1



3. Handlebar x 1



5. Computer x 1



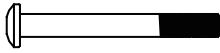
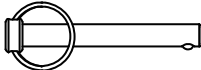






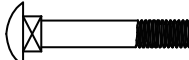
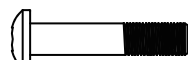
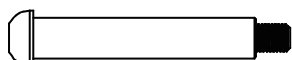




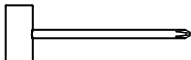
15. Pedal axle x 1

# Components - Fixings

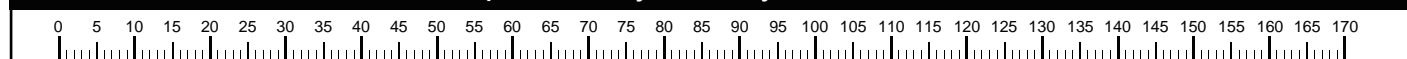
PRO FITNESS

Please check you have all the fixings listed below

**Note:** Some of the fixings are pre-fitted to the larger components. Please check carefully before contacting Argos regarding any missing fixings.

<p><b>31</b>  70mm M8 Bolt x 1</p>	<p><b>32</b>  Lock pin x 1</p>	<p><b>9</b>  Φ8 Flat washer x 7</p>
<p><b>10</b>  M8 Lock nut x 7</p>	<p><b>34</b>  16mm M8 Screw x 4</p>	<p><b>46</b>  16mm M6 Screw x 4</p>
<p><b>45</b>  Φ6 Flat washer x 4</p>	<p><b>16</b>  Φ8 Curved washer x 2</p>	<p><b>17</b>  50mm M8 Bolt x 2</p>
<p><b>8</b>  40mm M8 Bolt x 1</p>	<p><b>25</b>  83mm Φ12 Bolt x 1</p>	<p><b>11</b>  Φ8 Big washer x 2</p>
<p><b>14</b>  16mm Φ22 x Φ12.5 Washer x 2</p>	<p><b>15</b>  Pedal axle x 1</p>	<p> Allen key x 1</p>
<p> Multi tool x 2</p>		

**Ruler** - Use this ruler to help correctly identify the hardware

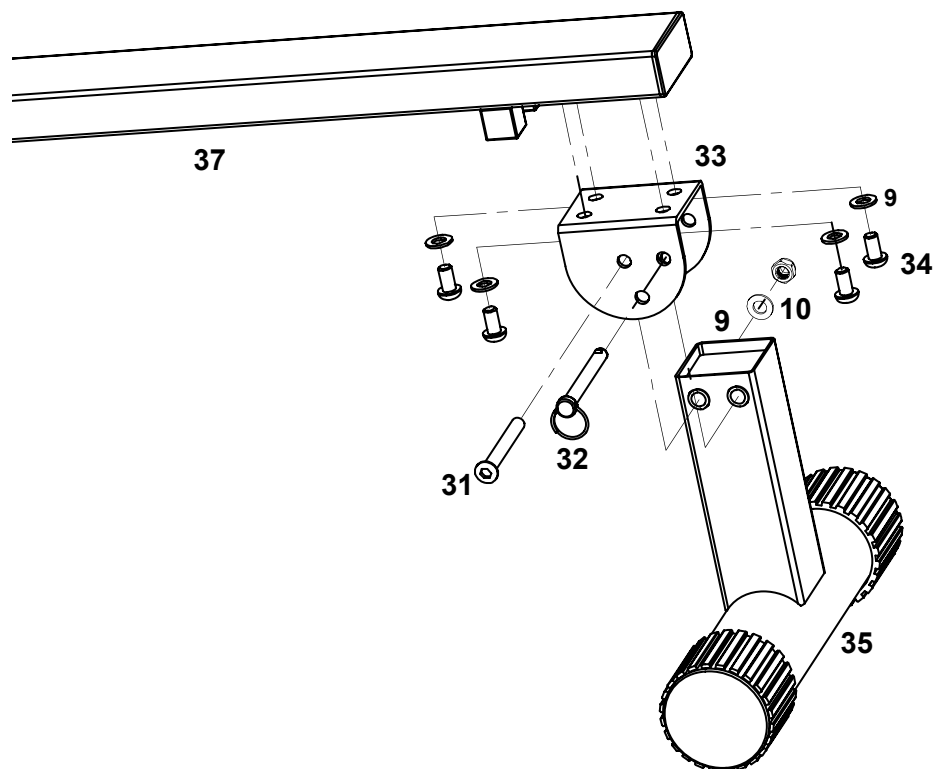


# Assembly Instructions

## Step 1

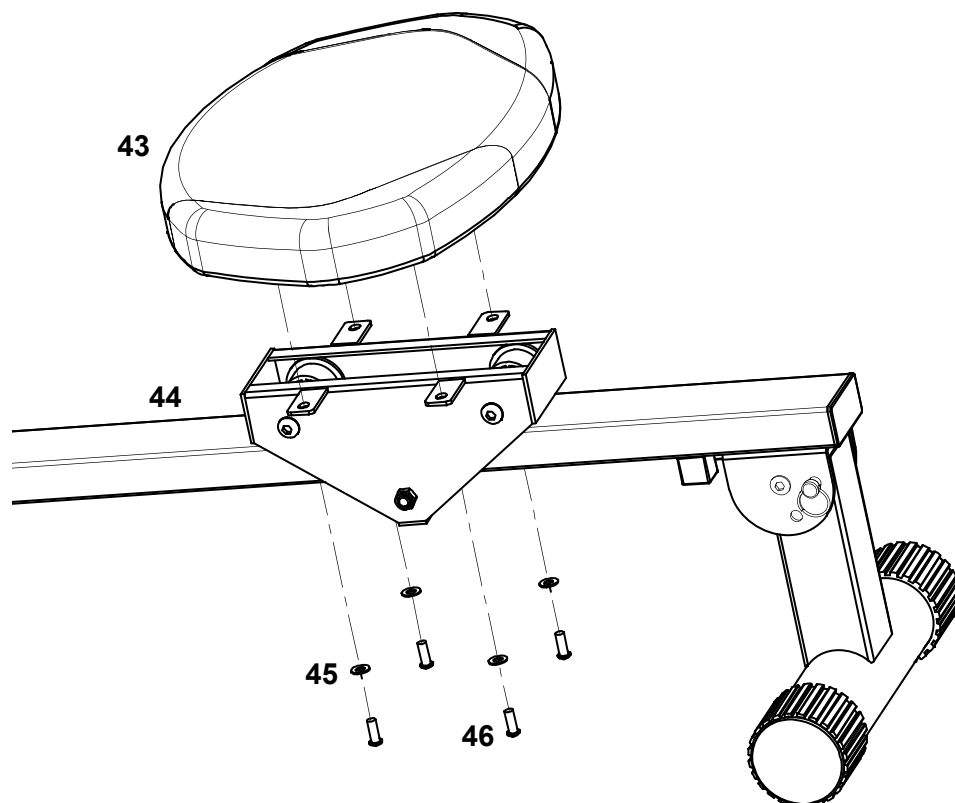
Turn the frame upside down and mount the half round bracket (33) using 4 x 16mm M8 Screw (34) and  $\Phi 8$  Flat washer (9).

Turn the frame the right way up and locate the rear stabilizer (35) into the half round bracket (33). Using 70mm M8 Bolt (31),  $\Phi 8$  Flat washers (9) and M8 Lock nut (10) in the top left hand hole, bolt in position but do not over tighten. In the upper right hand hole locate the Lock pin (32) to stop the leg folding.



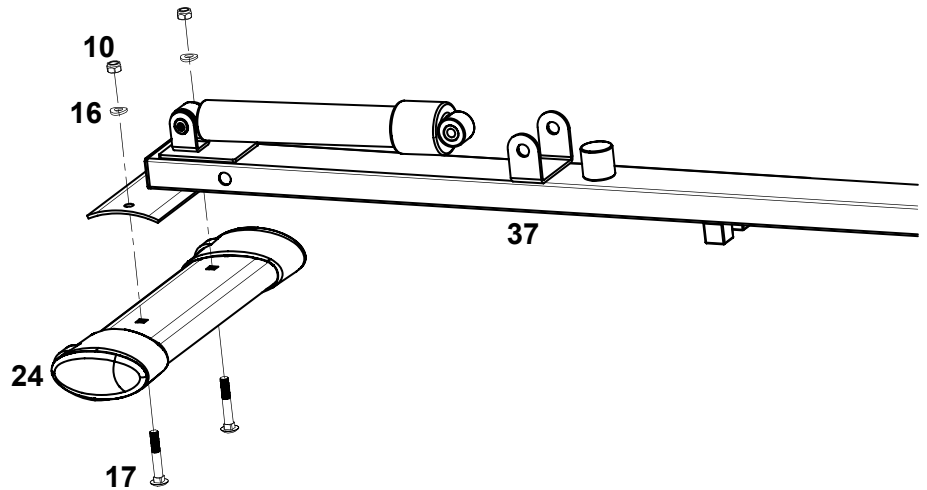
## Step 2

Attach the seat (43) to the Seat bracket (44) using 4 x  $\Phi 6$  Flat washers (45) and 4 x 16mm M6 Screws (46).



## Step 3

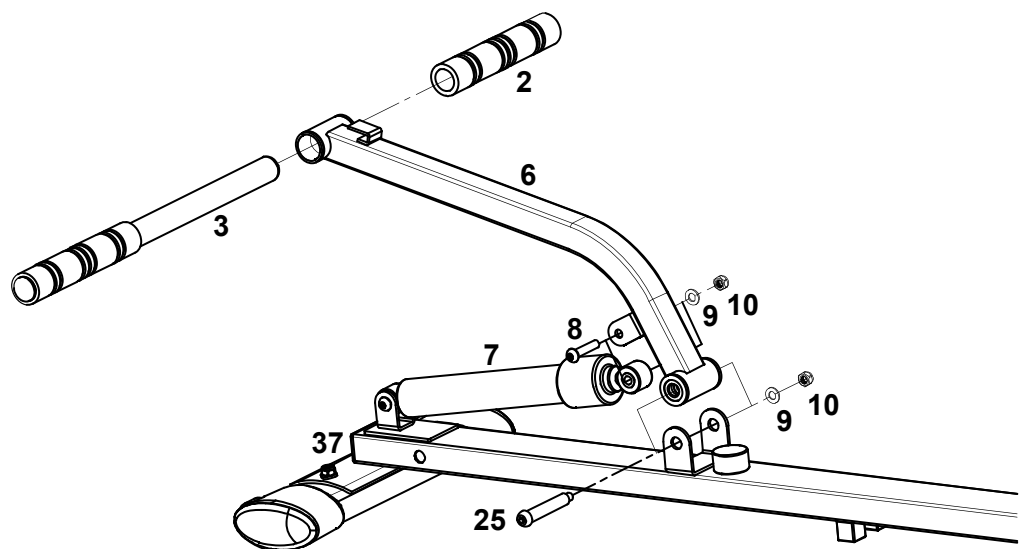
Attach the front stabilizer (24) to the Main frame (37) using 2 x 50mm M8 Bolt (17),  $\Phi$ 8 Curved washer (16) and M8 Lock nut (10).



## Step 4

Attach the handlebar support (6) by locating its base between the rearward frame bracket using 83mm  $\Phi$ 12 Bolt (25),  $\Phi$ 8 Flat washer (9) and M8 Lock nut (10). Do not over tighten as this needs to move relatively freely.

Link hydraulic cylinder (7) between forward frame bracket to handlebar support using 40mm M8 Bolt (8),  $\Phi$ 8 Flat washer (9) and M8 Lock nut (10). Again do not over tighten. Push handlebar (3) through the upper part of the stem and locate the foam grips (2) equally on either side of the handlebar.



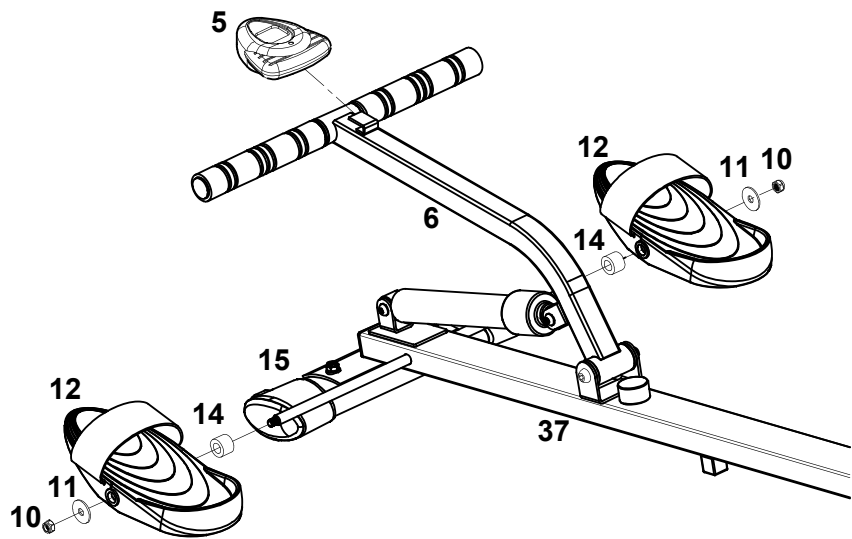
# Assembly Instructions

## Step 5

To mount the pedal (12) assembly, locate the pedal Axle (15) through the hole in the front of the main frame and push on the washer (14) right up to the frame.

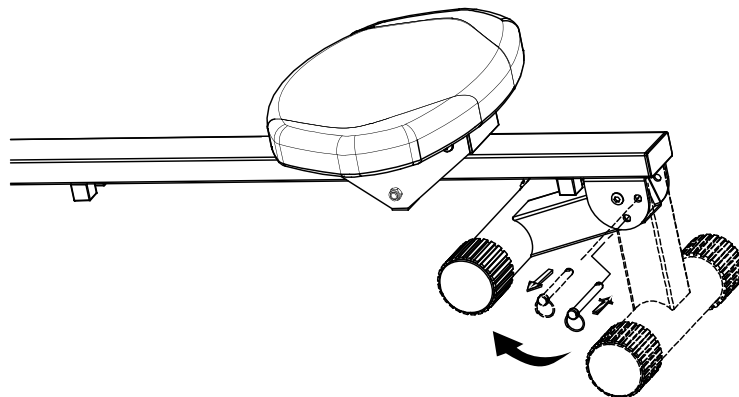
There should be equal overhang of the spindle either side of the main frame. Locate the pedal (12) on the spindle and secure in position using 2 x M8 Lock nuts (10) and  $\Phi 8$  Big washers (11).

Ideally, the nuts want tightening simultaneously. Finally, insert the computer (5) to the computer holder.



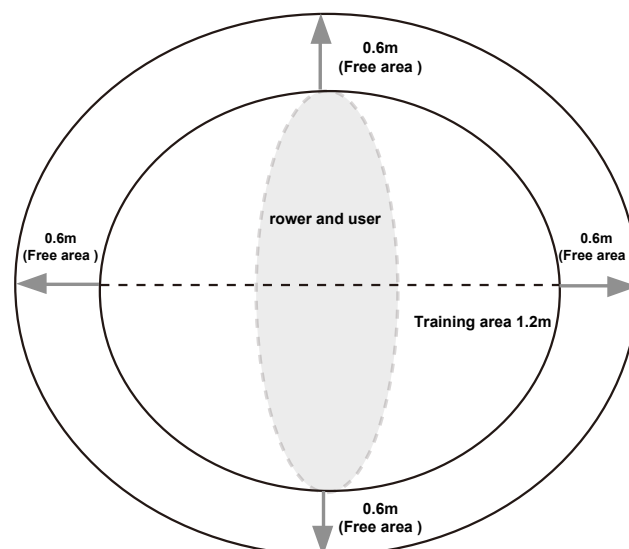
## Step 6

The rear stabilizer will fold down for easy storage. Simply remove the Lock pin and reposition the stabilizer flat. The Lock pin will now go in the lower hole of the half round bracket.



## Free area and Training area

The free area shall be not less than 0.6 m greater than the training area in the directions from which the equipment is accessed. The free area must also include the area for emergency dismount. Where equipment is positioned adjacent to each other the value of the free area may be shared.

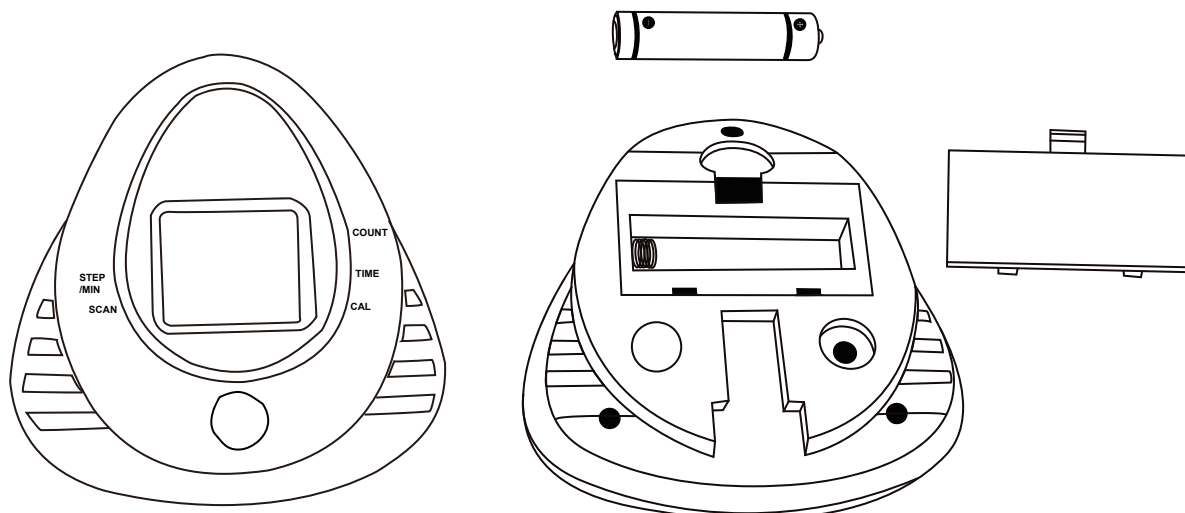




# Computer Operation

PRO FITNESS

## Functions and operations



### KEY FUNCTION:

Mode: This key lets you select and lock onto a particular function you want.

### Operation Procedures:

#### 1. AUTO ON/OFF:

The system turns on when the key is depressed or when it receives an input from the speed sensor. The system turns off automatically when the speed sensor has no signal input or no key are pressed for approximately 4 minutes.

#### 2. RESET:

The unit can be reset by either changing battery or pressing the MODE key for 3 seconds.

### 3. FUNCTION:

#### COUNT:

Display the count in the first rank of LCD screen. it counts as once when it receives two signal input.

#### SELECT:

Operate the MODE key to select functions in the second rank of LCD screen for following sequence: TIME-CALORIE-STEP /MIN-SCAN

#### BATTERY:

This monitor uses one battery. If improper display on monitor, please re-install the battery to have a good result.

Battery specification: AA

### Specifications

Time	0:00-99:59
Calorie	0-9999kcal
Count	0-9999
Step/min	0-9999

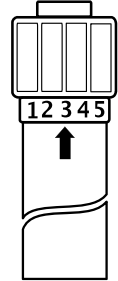
# Using Information

## How To Adjust Your Cylinders

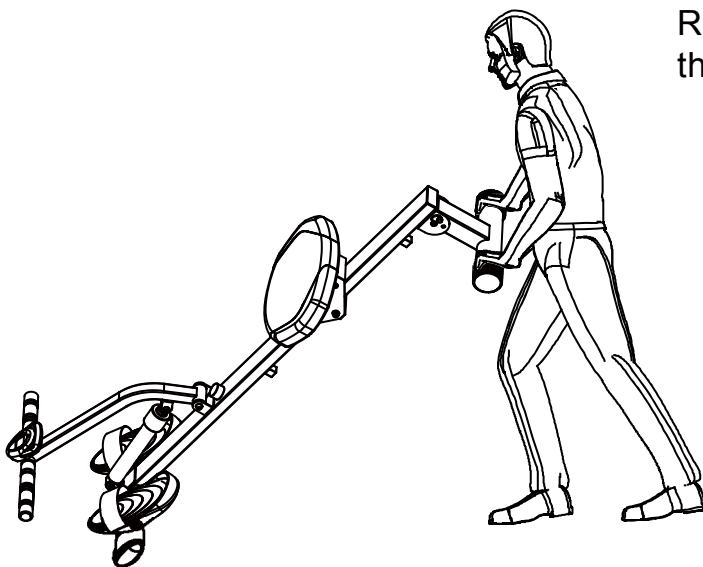
The resistance of the cylinder can be adjusted by twisting the adjustment knob at the top of the cylinders. There are settings from 1 to 12. Setting #1 will provide the lowest resistance and fast workout pace. Setting #12 will provide highest resistance and the slowest workout pace.

**CAUTION:**

The CYLINDERS will get HOT after a few minutes of use, for your safety, don't touch the CYLINDERS.



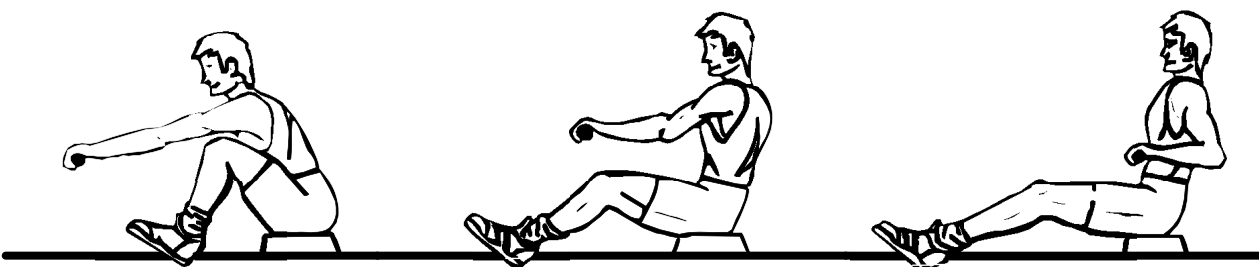
## Moving Instructions



Rise up the rear stabilizer and push the rower machine when you want to move it.

## 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 handle.
2. Take up your starting position, leaning forward with your arms straight and knees bent, as shown in figure 1.
3. Push yourself backwards, straightening your back and legs at the same time, figure 2.
4. Continue this movement until you are leaning slightly backwards, during this stage you should bring your arms towards your body, figure 3. Then return to stage 2 and repeat. It is very important to maintain a steady tempo throughout.



# Exercising Information

## Before starting your exercise

How you begin your exercise program depends on your physical condition. If you have been inactive for several years, or are overweight, you must start slowly and increase your time on the equipment; a few minutes per increase is advisable.

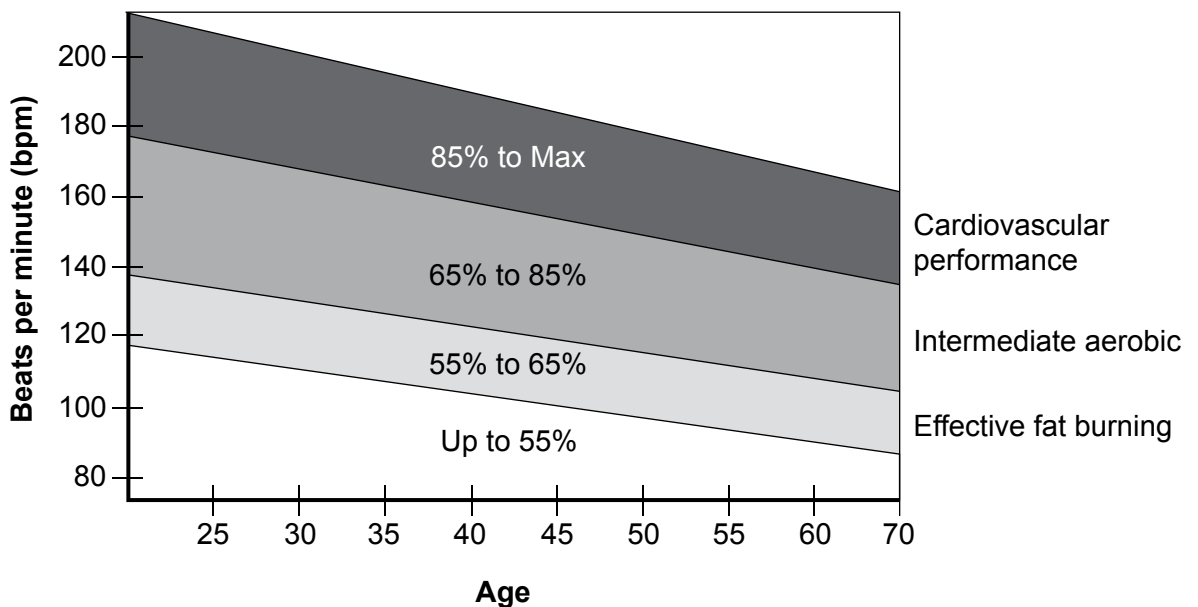
Initially, you may be able to exercise only for a few minutes in your target zone, however, your aerobic fitness will improve over the next six to eight weeks. Don't be discouraged if it takes longer. It's important to work at your own pace.

### **Please remember these essentials:**

- Have your doctor review your training and diet programs to advise you of a workout routine you should adopt.
- Begin your training program slowly with realistic goals that have been set by you and your doctor.
- Monitor your pulse frequently. Establish your target heart rate based on your age and condition.
- Set up your equipment on a flat even surface with adequate training area, as prescribed in this manual .

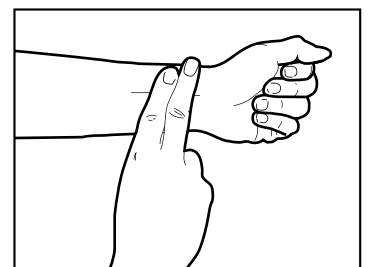
### **Exercise intensity**

To maximize the benefits of exercising, it is important to exercise at an appropriate intensity. The intensity level can be found by using your heart rate as a guide. For effective aerobic exercise, your heart rate should be maintained at a level between 65% and 85% of your maximum heart rate as you exercise. This is known as your target zone. You can find your target zone in the table below.



During the first few months of your exercise program, keep your heart rate near the low end of your target zone as you exercise. After a few months, your heart rate can be increased gradually until it is near the middle of your target zone as you exercise.

To measure your heart rate, stop exercising but continue moving your legs or walking around and place two fingers on your wrist. Take a six-second heartbeat count and multiply the results 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. (A six-second count is used because your heart rate will drop rapidly when you stop exercising.) Adjust the intensity of your exercise until your heart rate is at the required level.



## Muscle chart

### Aerobic Exercise

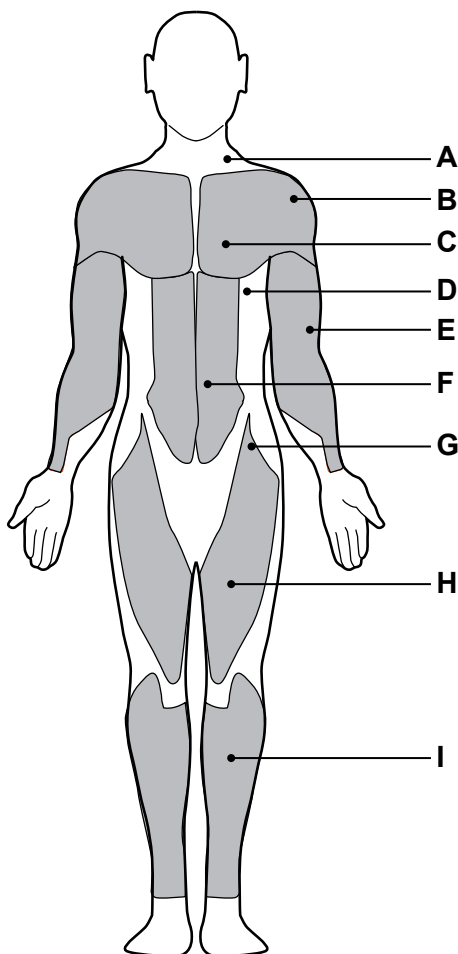
Aerobic exercise improves the fitness of your lungs and heart - your body's most important muscle. Aerobic exercise fitness is promoted by any activity that uses your large muscles (arms, legs, or buttock, for example). Your heart beats quickly and you breathe deeply. An aerobic exercise should be part of your entire exercise routine.

### Weight Training

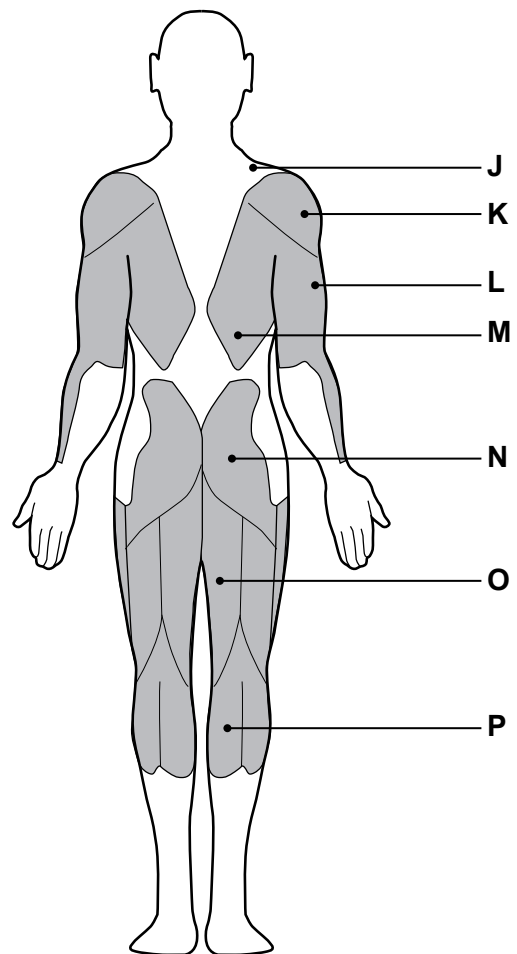
Along with aerobic exercising which helps get rid of and keep off the excess fat that our bodies can store, weight training is an essential part of the exercise routine process. Weight training helps tone, build and strengthen muscle. If you are working above your target zone, you may want to do a lower number of reps. As always, consult your doctor before beginning any exercise program.

### Targeted Muscle Groups

The exercise routine that is performed on the Rowing Machine will develop the upper and lower body muscle groups. These muscle groups are highlighted on the muscle chart below.



Front



Back

- A:** Trapezius
- B:** Deltoid
- C:** Pectoralis Major
- D:** Serratus Anterior
- E:** Biceps
- F:** Abdominal
- G:** Sartorius
- H:** Quadriceps
- I:** Tibialis Anterior

- J:** Trapezius
- K:** Deltoid
- L:** Triceps
- M:** Latissimus Dorsi
- N:** Gluteals
- O:** Hamstrings
- P:** Gastrocnemius

## Warming up and Cooling down

### **Each workout should include the following three parts:**

1. A warm-up, consisting of 5 to 10 minutes of stretching and light exercise. A proper warm-up increases your body temperature, heart rate, and circulation in preparation for exercise.
2. Training zone exercise, consisting of 20 to 30 minutes of exercising with your heart rate in your training zone. (**Note:** During the first few weeks of your exercise program, do not keep your heart rate in your training zone for longer than 20 minutes.)
3. A cool-down, with 5 to 10 minutes of stretching. This will increase the flexibility of your muscles and will help to prevent post-exercise problems.

### Exercise Frequency

To maintain or improve your condition, plan 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 make exercise a regular and enjoyable part of your everyday life.

### Suggested Stretches

For a correct warm up, see the following basic stretching exercises. Move slowly as you stretch, never bounce.

#### Toe touch stretch

Stand with your knees bent slightly and slowly bend forward from your hips. Allow your back and shoulders to relax as you reach down toward your toes as far as possible.

Hold for 15 counts, then relax.

Repeat 3 times.

Stretches: Hamstrings, back of knees and back.



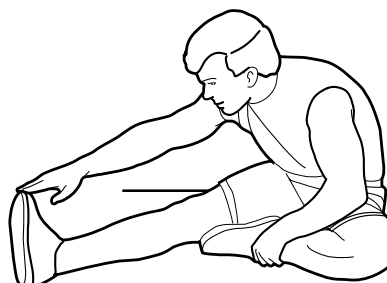
#### Hamstring stretch

Sit with one leg extended. Bring the sole of the opposite foot toward you and rest it against the inner thigh of your extended leg. Reach toward your toes as far as possible.

Hold for 15 counts, then relax.

Repeat 3 times for each leg.

Stretches: Hamstrings, lower back and groin.



# Exercising Information

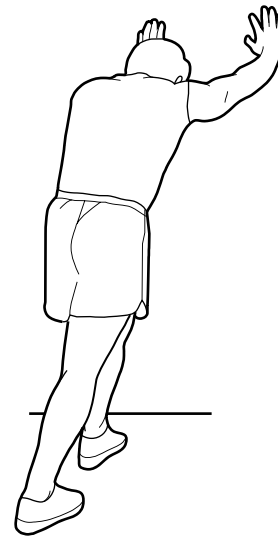
## Calf/Achilles stretch

With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall.

Hold for 15 counts, then relax.

Repeat 3 times for each leg. To cause further stretching of the Achilles tendons, bend your back leg as well.

**Stretches:** Calves, Achilles tendons and ankles.



## Quadriceps stretch

With one hand against the wall for balance, reach back and grasp one foot with your other hand. Keeping your bent knee pointing directly downward towards the floor, gently pull your heel towards your buttock until you feel a gentle stretch in the target area.

Hold for 15 counts, then relax.

Repeat 3 times for each leg.

**Stretches:** Quadriceps and hip muscles.



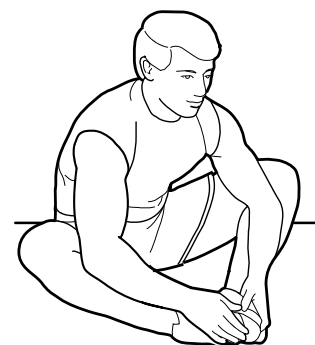
## Inner thigh stretch

Sit with the soles of your feet together and your knees outwards. Pull your feet toward your groin area as far as possible and push your knees down towards the ground.

Hold for 15 counts, then relax.

Repeat 3 times.

**Stretches:** Quadriceps and hip muscles.



1. Examine the equipment periodically in order to detect any damage or wear.

2. Lubricate moving parts with light oil periodically to prevent premature wear.

The safety level of the equipment can only be maintained if it is examined regularly for damage and wear, e.g. connection points

3. Inspect and tighten all parts before using the equipment, replace defective components immediately and/or keep the equipment out of use until repair

4. The equipment can be cleaned using a damp cloth and mild non-abrasive detergent.

**Do not** use solvents.

5. **Do not** attempt to repair this equipment yourself. Should you have any difficulty with assembly, operation or use of your exercise product or if you think that you may have parts missing, contact the manufacturer, their approved service agent or the **Customer Helpline: 0345 600 1714.**

<http://www.argos-support.co.uk/>

6. Pay special attention to components most susceptible to wear.

**Guarantee:**

For guarantee purposes, please retain your purchase receipt.

## Information for Users on Disposal of old Equipment and Batteries (European Union only)

These symbols indicate that equipment with these symbols should not be disposed of as general household waste. If you want to dispose of the product or battery, please consider the collection systems or facilities for appropriate recycling.

**Notice:** The sign Pb below the symbol for batteries indicates that this battery contains lead.

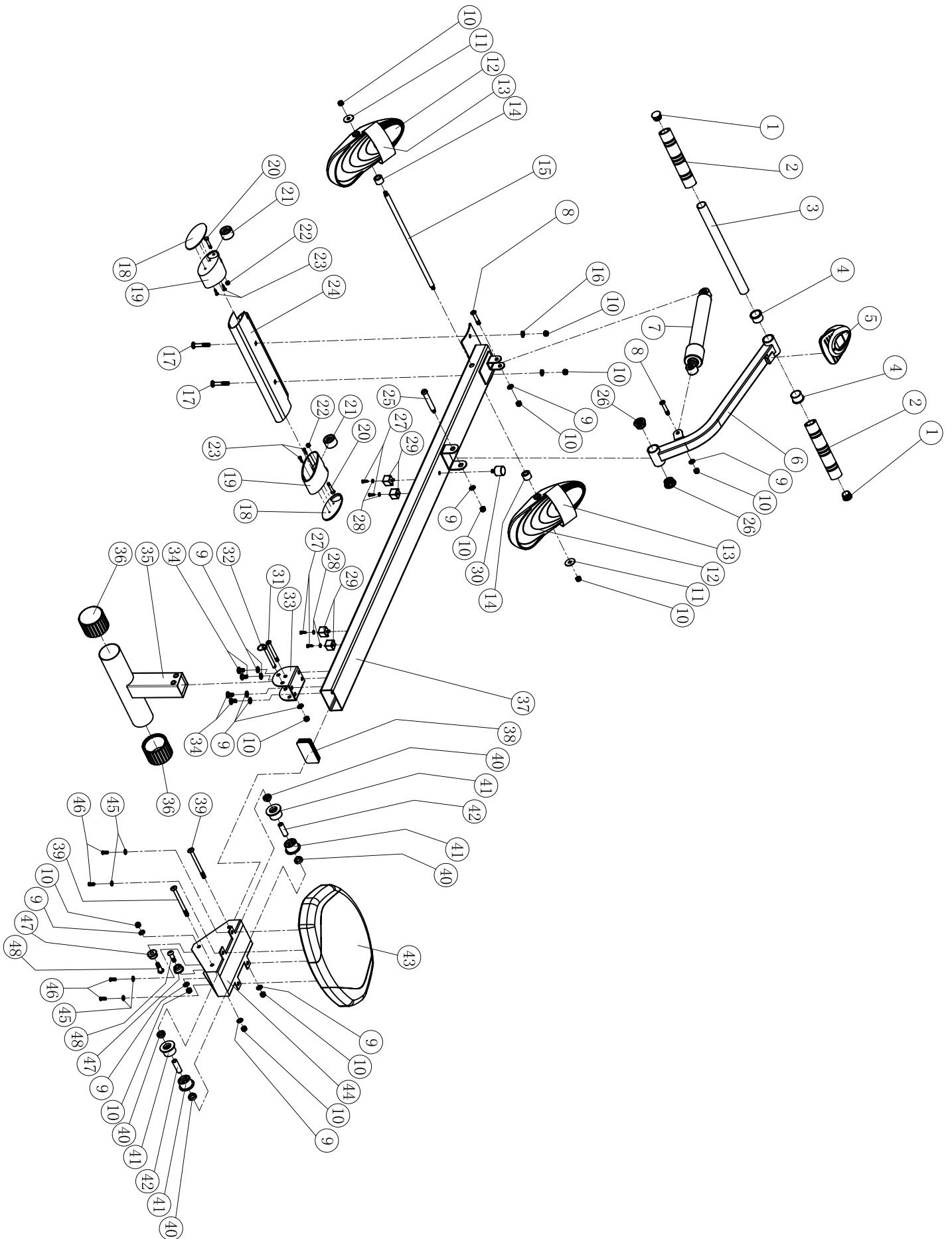


Products



Battery

# Exploded Diagram





# Parts List

PRO FITNESS

Part	Description	Qty	Part	Description	Qty
1	End cap	2	25	Bolt (Φ12 x 83)	1
2	Foam grip	2	26	Nylon bushing (Φ31.8 x Φ12 x 15)	2
3	Handlebar	1	27	Screw (ST4.2 x 13)	4
4	Nylon bushing (Φ31.8 x Φ26 x 21)	2	28	Flat washer (Φ5)	4
5	Computer	1	29	Stopper	4
6	Handlebar support	1	30	Limit Stopper	1
7	Hydraulic cylinder	1	31	Bolt (M8 x 70)	1
8	Bolt (M8 x 40)	2	32	Lock pin	1
9	Flat washer (Φ8)	12	33	Half round bracket	1
10	Lock nut (M8)	12	34	Screw (M8 x 16)	4
11	Big washer (Φ8)	2	35	Rear stabilizer	1
12	Pedal	2	36	Rear stabilizer end cap	2
13	Pedal safety belt	2	37	Main frame	1
14	Washer (Φ22 x Φ12.5 x 16)	2	38	Rectangle end cap	1
15	Pedal axle	1	39	Bolt (M8 x 85)	2
16	Curved washer (Φ8)	2	40	Bearing	4
17	Bolt (M8 x 50)	2	41	Transport wheel for seat	4
18	Front stabilizer end cap cover	2	42	Bushing	2
19	Front stabilizer end cap	2	43	Seat	1
20	Bolt (M6 x 40)	2	44	Seat bracket	1
21	Transport wheel	2	45	Flat washer (Φ6)	4
22	Lock nut (M6)	2	46	Screw (M6 x 16)	4
23	Screw (ST4.2 x 10)	4	47	Bushing	2
24	Front stabilizer	1	48	Bolt	2

# Guarantee



## Product Guarantee

This product is guaranteed against manufacturing defects for a period of



This product is guaranteed for twelve months from the date of original purchase. Any defect that arises due to faulty materials or workmanship will either be replaced, refunded or repaired free of charge where possible during this period by the dealer from whom you purchased the unit.

The guarantee is subject to the following provisions:

- The guarantee does not cover accidental damage, misuse, cabinet parts, knobs or consumable items.
- The product must be correctly installed and operated in accordance with the instructions contained in this manual.
- It must be used solely for domestic purpose.
- The guarantee will be rendered invalid if the product is re-sold or has been damaged by inexpert repair.
- Specifications are subject to change without notice.
- The manufacturer disclaims any liability for the incidental or consequential damages.
- The guarantee is in addition to, and does not diminish your statutory or legal rights.
- In the event of a problem with the product within the guarantee period call the **Customer Helpline: 0345 600 1714.**  
<http://www.argos-support.co.uk/>

Guarantor: Argos Ltd  
489 - 499 Avebury Boulevard  
Central Milton Keynes  
MK9 2NW