



GR6.0 ROWER

USER MANUAL



IMPORTANT: Read all instructions carefully before using this product. Retain this owner's manual for future reference. The specifications of this product may vary from this photo, subject to change without notice.



GYMSTICK.COM

Thank you for choosing the Gymstick GR6.0 Rower. We take great pride in producing this quality product and hope it will provide many hours of effective exercise to make you feel better, look better and enjoy life to its fullest.

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NOTIFICATION!

READ AND FOLLOW THE SAFETY INSTRUCTIONS. FAILURE TO FOLLOW THESE INSTRUCTIONS CAN RESULT IN SERIOUS INJURY.

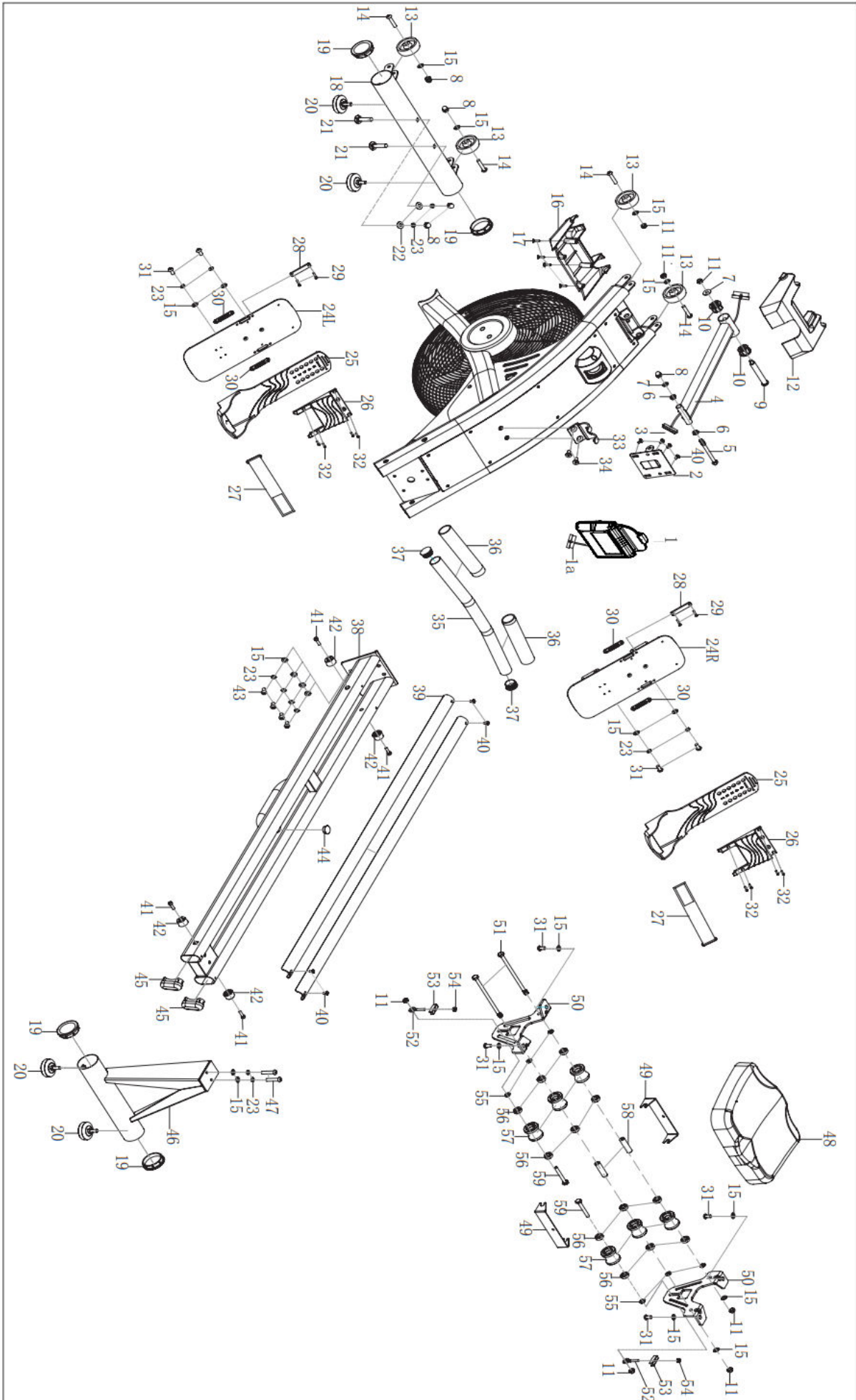
Basic precautions should always be followed, including the following safety instructions when using this equipment: Read all instructions before using this equipment.

1. Keep children and pets away from the Rowing Machine at all times. Do not leave unattended children in the same room with the machine.
2. Handicapped or disabled persons should not use the Rowing Machine without the presence of a qualified health professional or physician.
3. If the user experiences dizziness, nausea, chest pain, or any other abnormal symptoms, stop the workout at once. Consult Physician immediately.
4. Before beginning training, remove all within a radius of 2 meters from the machine. Do not place any sharp objects around the Rowing Machine.
5. Position the Rowing Machine on a clear, level surface away from water and moisture. Place mat under the unit to help keep the machine stable and to protect the floor.
6. Use the Rowing Machine only for its intended use as described in this manual. Do not use any other accessories not recommended by the manufacturer.
7. Assemble the machine exactly as the descriptions in the instruction manual.
8. Check all bolts and other connections before using the machine for the first time and ensure that the trainer is in the safe condition.
9. Hold a routine inspection of the equipment. Pay special attention to components which are the most susceptible to wear off, i.e. connecting points and wheels. The defective components should be replaced immediately. The safety level of this equipment can only be maintained by doing so. Please don't use the Rowing Machine until it is repaired well.
10. Never operate the Rowing Machine if it is not functioning properly.
11. This machine can be used for only one person's training at a time.
12. Do not use abrasive cleaning articles to clean the machine. Remove drops of sweat from the machine immediately after finishing training.
13. Always wear appropriate workout clothing when exercising. Running or aerobic shoes are also required.
14. Before exercising, always do stretching first.
15. Maximum user weight 130 kgs.

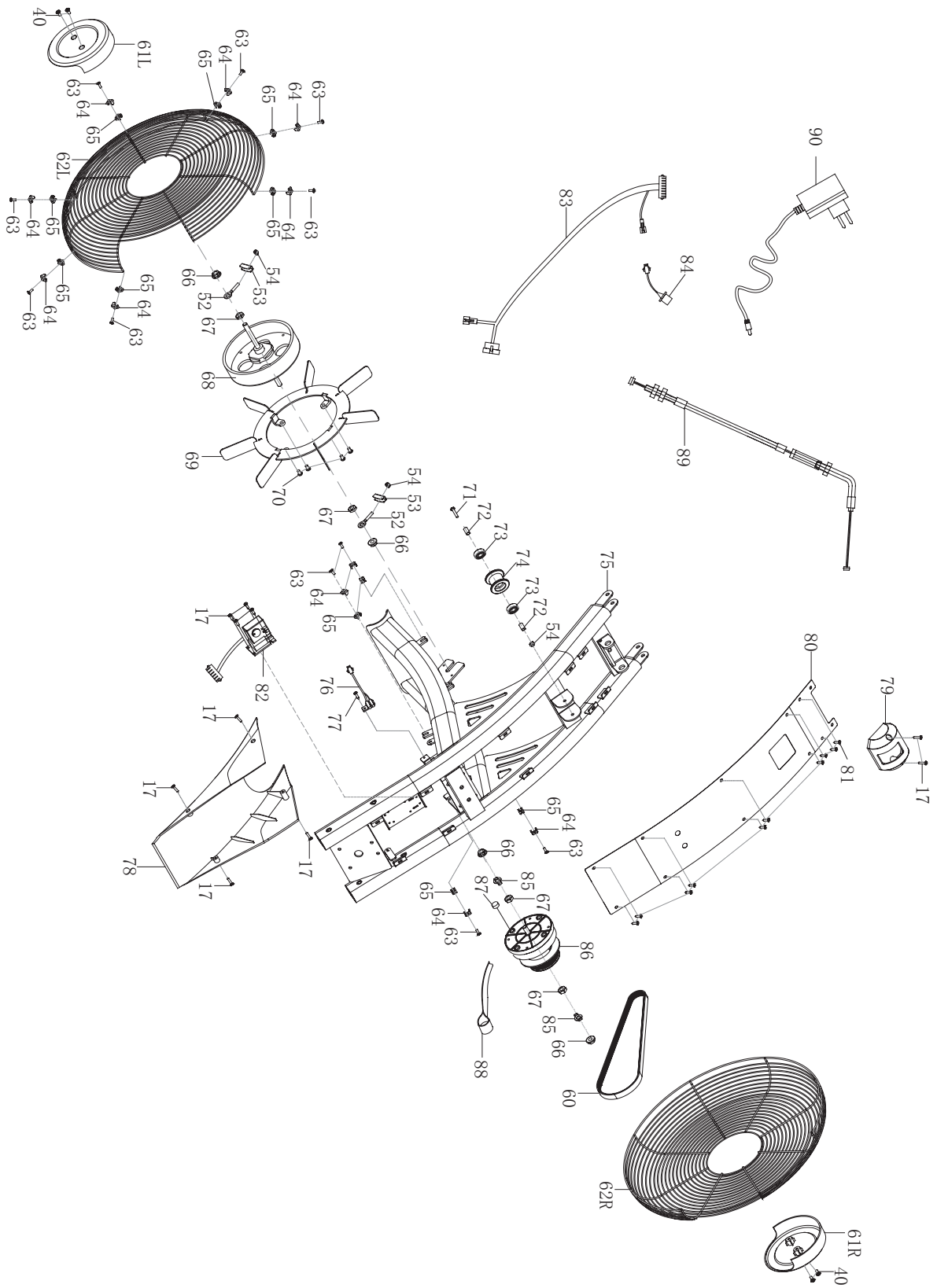


WARNING!

BEFORE BEGINNING THIS OR ANY EXERCISE PROGRAM, CONSULT YOUR PHYSICIAN FIRST. THIS IS ESPECIALLY IMPORTANT FOR INDIVIDUALS OVER THE AGE OF 35 OR PERSONS WITH PRE-EXISTING HEALTH PROBLEMS.

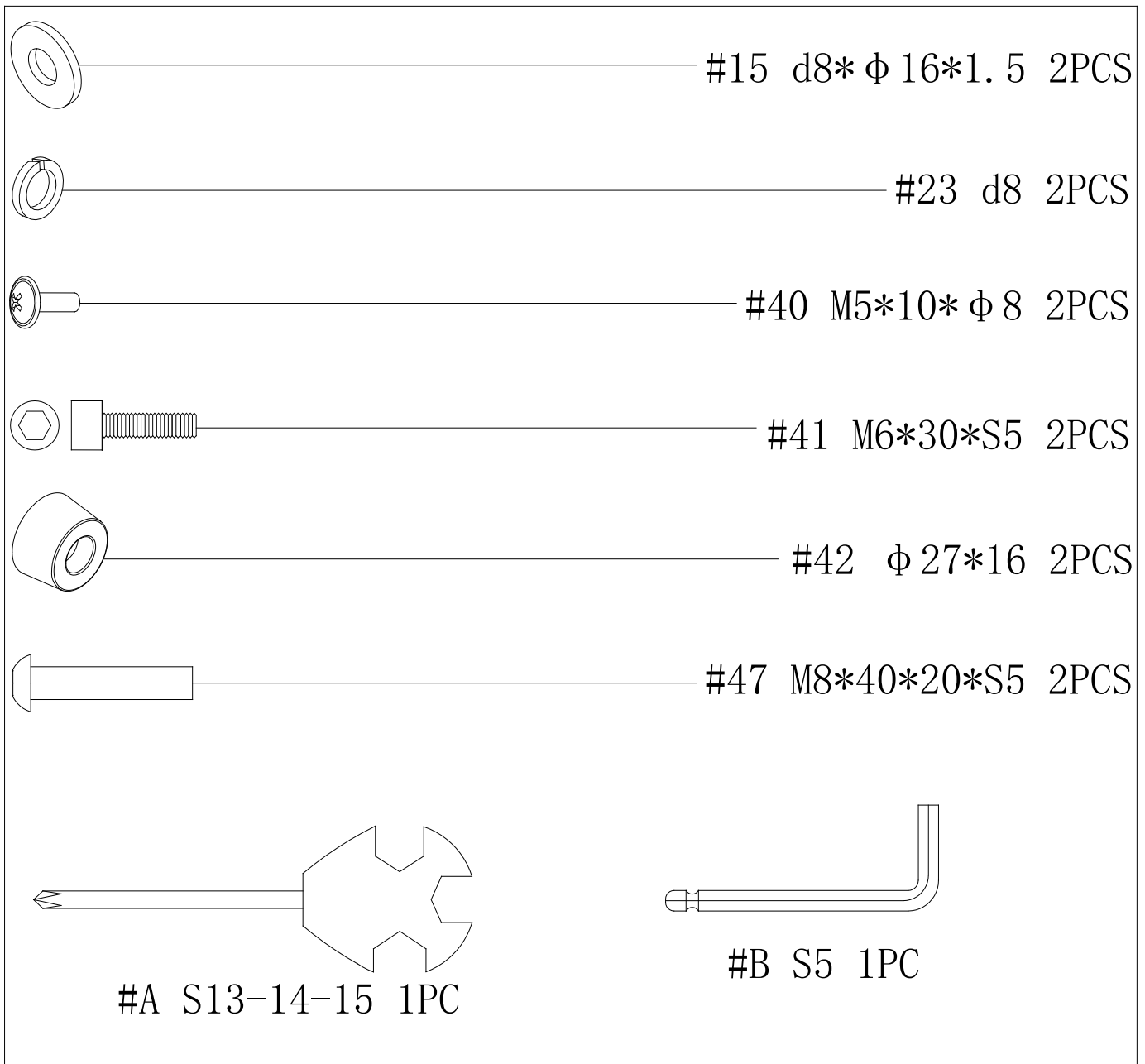


EXPLODED DRAWING



PARTS LIST

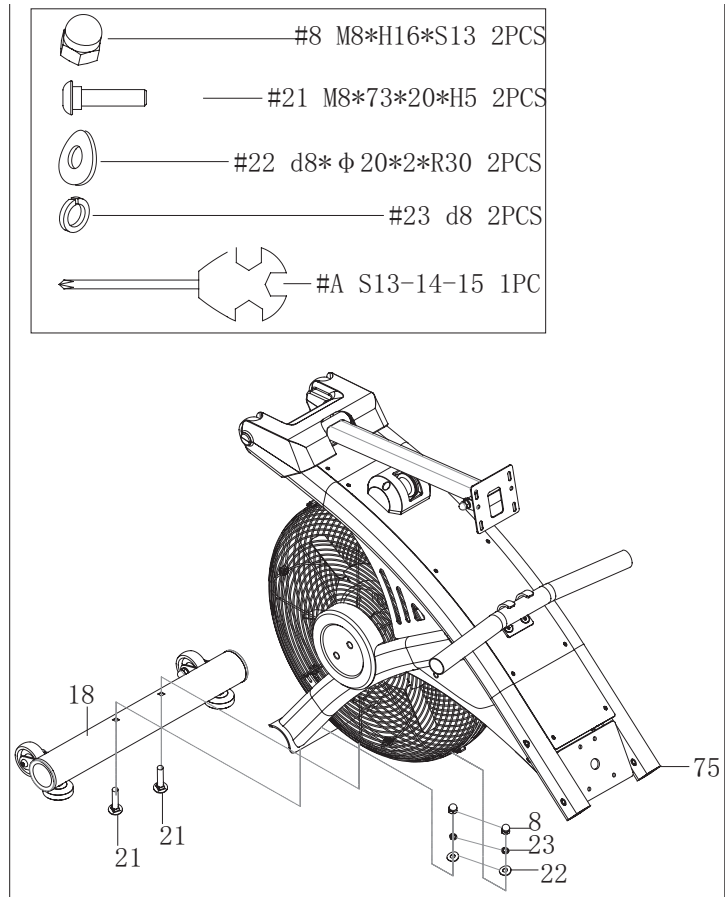
No.	Description	Qty.	No.	Description	Qty.
1	Computer	1	42	Limiter	4
2	Computer holder	1	43	Bolt M8*20*S5	4
3	Trunk wire 1	1	44	End cap ϕ 25	1
4	Computer post	1	45	End cap 60*40	2
5	Bolt M8*90*20*S13	1	46	Rear supporter	1
6	Bushing ϕ 16*2* ϕ 13*3.5* ϕ 8	2	47	Bolt M8*40*20*S5	2
7	Washer d8* ϕ 20*2	2	48	Saddle	1
8	Cap Nut M8*H16*S13	5	49	U baffle plate	2
9	Bolt ϕ 14*81.5*M8*S6	1	50	Saddle plate	2
10	Bushing ϕ 32*3.3* ϕ 28*16* ϕ 14	2	51	Bolt M8*160*15*S14	2
11	Nylon Nut M8*H7.5*S13	7	52	Screw	4
12	Upper Cover	1	53	Chain U seat	4
13	Transportation Wheel	4	54	Nylon Nut M6*H6*S10	5
14	Bolt M8*42*15*S6	4	55	Bushing d8* ϕ 15*4	6
15	Washer d8* ϕ 16*1.5	20	56	Bearing 608Z	12
16	Bottom Cover 1	1	57	Roller	6
17	Bolt ST4.2*16* ϕ 8	14	58	Bushing ϕ 14* ϕ 8.3*52	2
18	Front stabilizer	1	59	Bolt M8*60*15*S14	2
19	End cap ϕ 60.5*17	4	60	Belt	1
20	Adjustable foot pad	4	61L/R	Small cover	1
21	Bolt M8*73*20*H5	2	62L/R	Steel net cover	1
22	Arc Washer d8* ϕ 20*2*R30	2	63	Bolt M4*10* ϕ 8	11
23	Spring Washer d8	12	64	Buckle of Steel net cover	11
24L/R	Pedal plate	1	65	Buckle of Steel net cover	11
25	Pedal	2	66	Nut M10*1*H8*S15	4
26	Pedal fixed plate	2	67	Nut M10*1*H5*S17	4
27	Pedal strap	2	68	Flywheel	1
28	Pedal strap fixed plate	2	69	Fan	1
29	Bolt M5*10* ϕ 8.5	4	70	Bolt M6*10*S5	4
30	Bushing 60*12*5.2	4	71	Bolt M6*55*15*S10	1
31	Bolt M8*16*S5	8	72	Busing ϕ 13.8*2.5* ϕ 10*17.6* ϕ 6	2
32	Bolt M4*6*S2.5	8	73	Bearing 6000	2
33	Handlebar holder	1	74	Mesh Belt Wheel	1
34	Bolt M8*20*S5	2	75	Main frame	1
35	Handlebar	1	76	Sensor	1
36	Foam grip	2	77	Bolt M4*8* ϕ 8	1
37	Round End cap ϕ 32*17	2	78	Bottom cover 2	1
38	sliding rail	1	79	Cover of Mesh Belt Wheel	1
39	Aluminium sheet	2	80	Steel mesh 1	1
40	Bolt M5*10	12	81	Bolt ST4.2*8	10
41	Bolt M6*30*S5	4	82	Motor	1
83	Trunk wire 2	1	88	Mesh belt	1
84	Power trunk wire	1	89	Tension wire	1
85	Location plate	2	90	Adapter	1
86	Volute Spring	1	A	Allen Wrench S13-14-15	1
87	Round Magnet ϕ 10*3	1	B	Spanner S5	1



STEP 1.

Remove bolts(21), Arc washers(22), spring washers(23) and cap nuts(8) from main frame (75).

Attach front stabilizer (18) to main frame (75) with bolts(21), Arc washers(22), spring washers(23) and cap nuts(8). Tighten and secure by Allen Wrench (A).

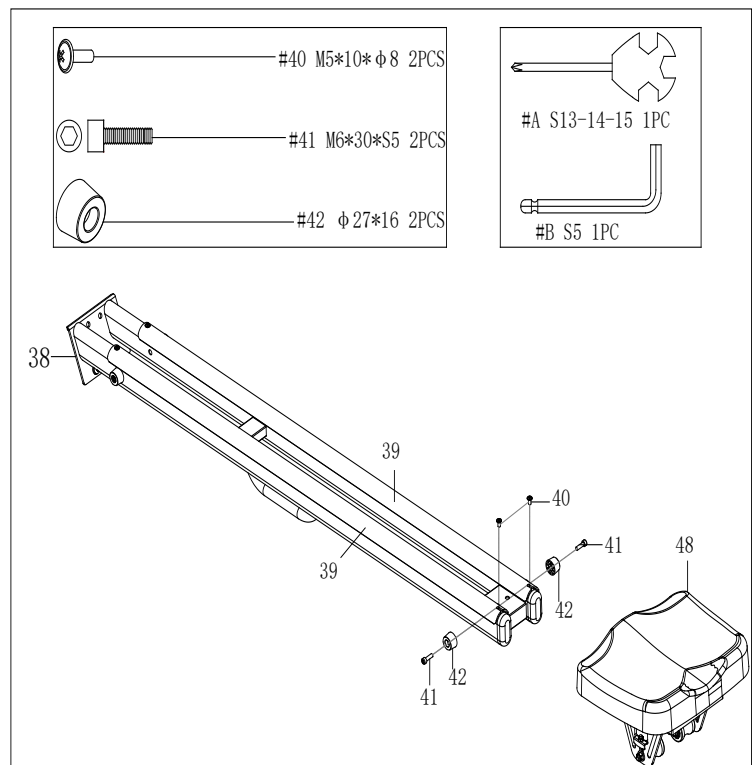


STEP 2.

Insert saddle(48) into the sliding rail(38).

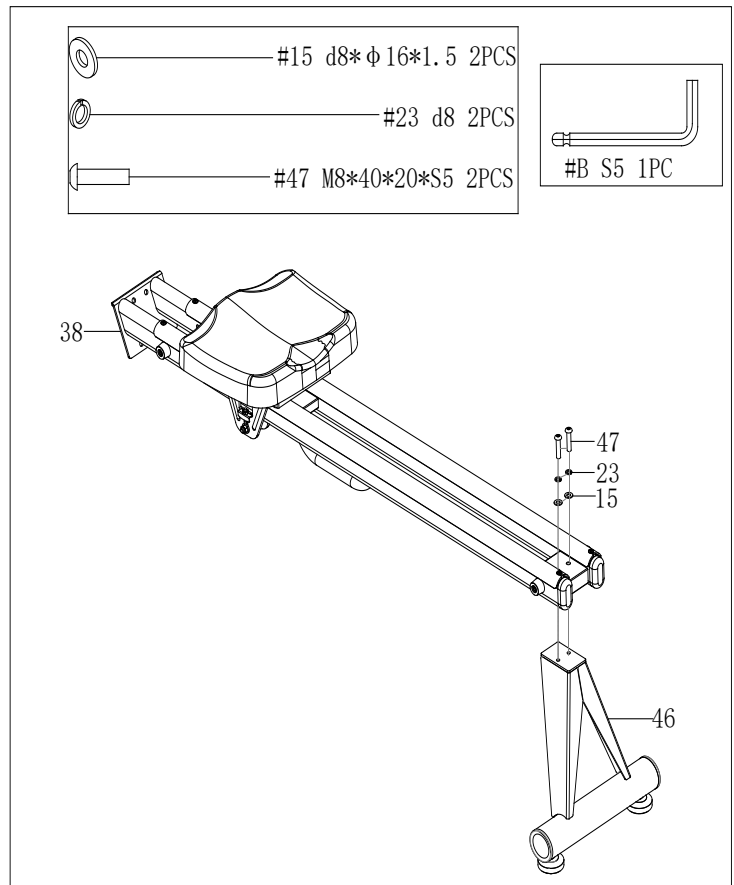
Fix Aluminium sheet (39) to sliding rail(38) with bolts(40) by Allen wrench (A).

Fix Bolt(41) and limiter(42) to sliding rail(38) with Spanner (B).



STEP 3.

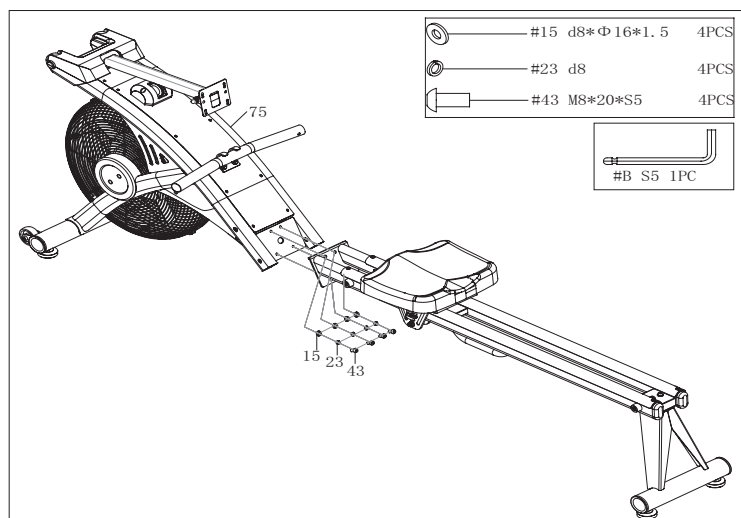
Attach Rear supporter(46) to sliding rail (38) with bolts(47), spring washers(23) and washers(15) . Tighten and secure by Spanner(B).



STEP 4.

Remove bolts(43), spring washers(23) and washers(15) from main frame(75) by Spanner (B).

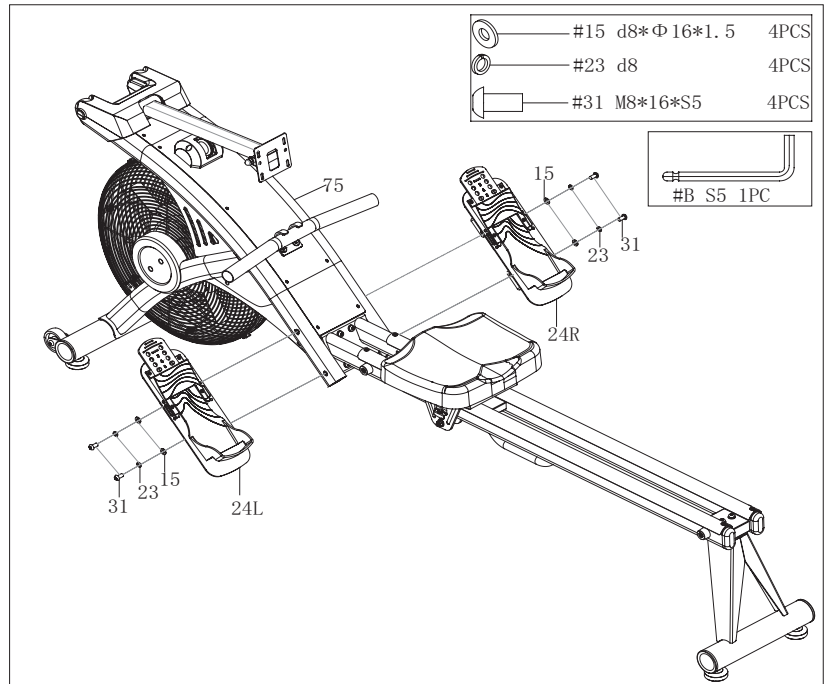
Attach sliding rail(38) into the main frame(75) with bolts(43), spring washers(23) and washers(15) . Tighten and secure by spanner (B).



STEP 5.

Remove bolts(31), spring washers(23) and washers(15) from main frame(75) by Spanner (B).

Attach pedals(24L/R) to main frame(75) with bolts(31), spring washers(23) and washers(15) by spanner(B) .



STEP 6.

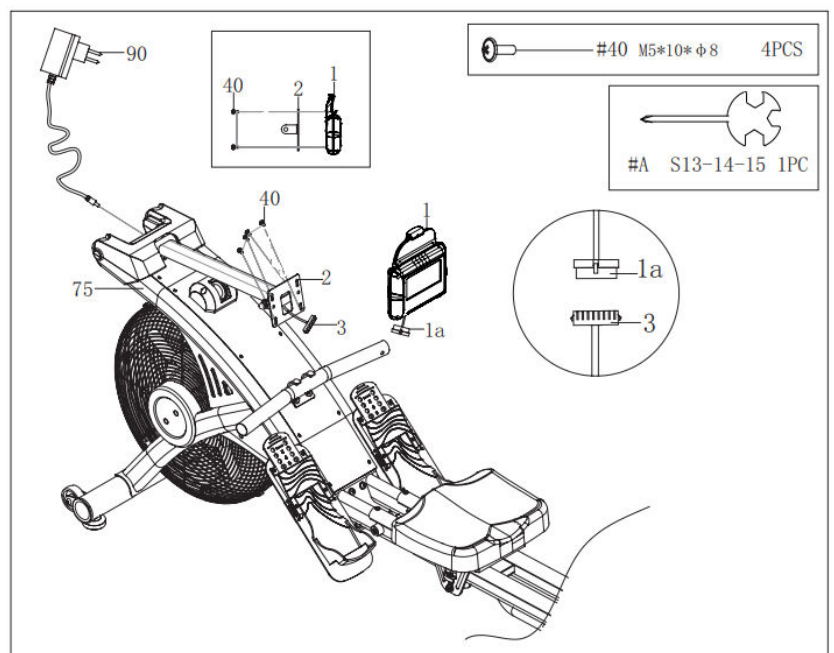
Unlock the bolts(40) from the back of computer(1) by Allen wrench(A).

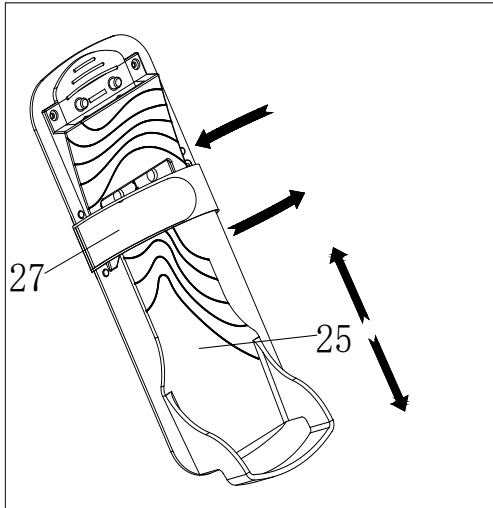
Pull trunk wire(3) from the hole of computer holder(2), then connect computer wire(1a).

Fix computer(1) and IPAD holder(91) to the computer holder(2) with bolts(40) by Allen wrench(A).

Insert Adapter line(90) to power hole on the back of Main frame(75), then plug the adapter into an outlet.

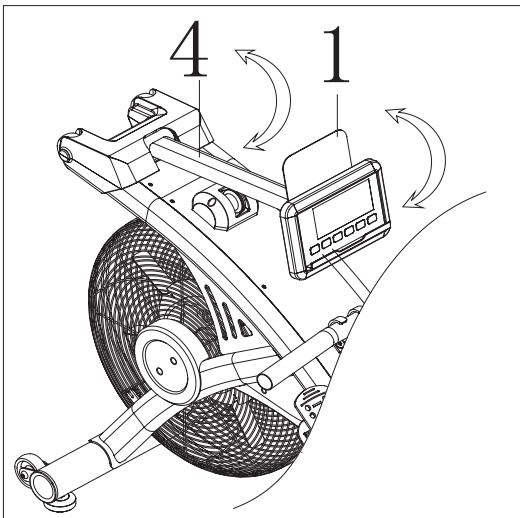
The assembly is complete!





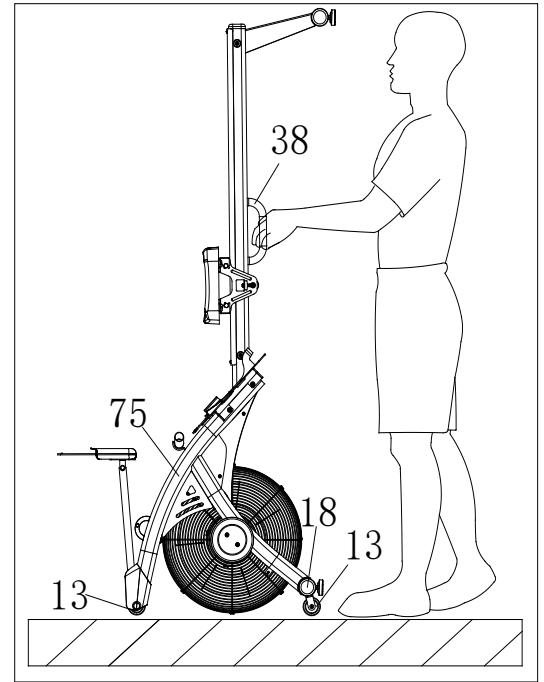
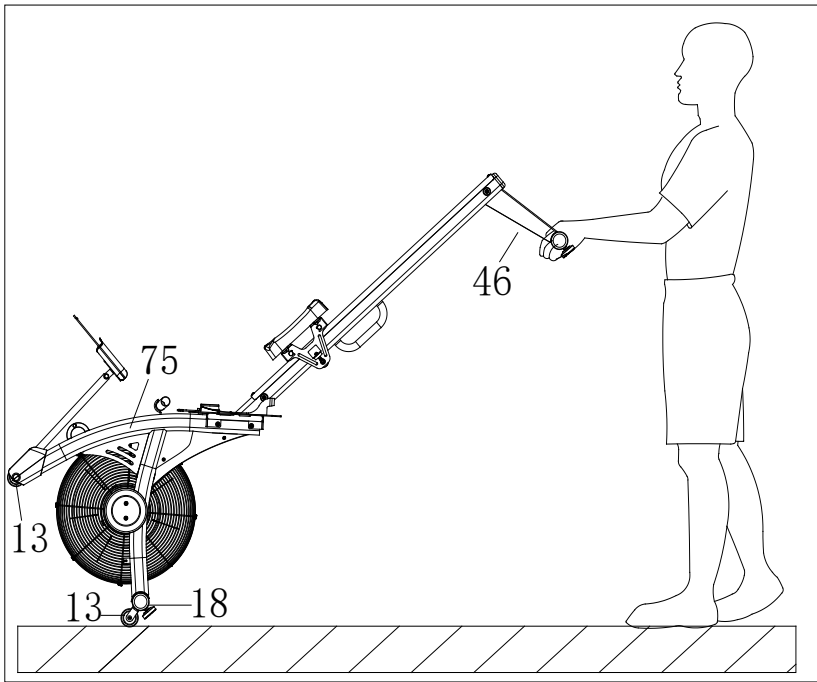
PEDAL ADJUSTMENT

The pedal strap (27) is adjustable and can be personalized to fit the user's foot size.

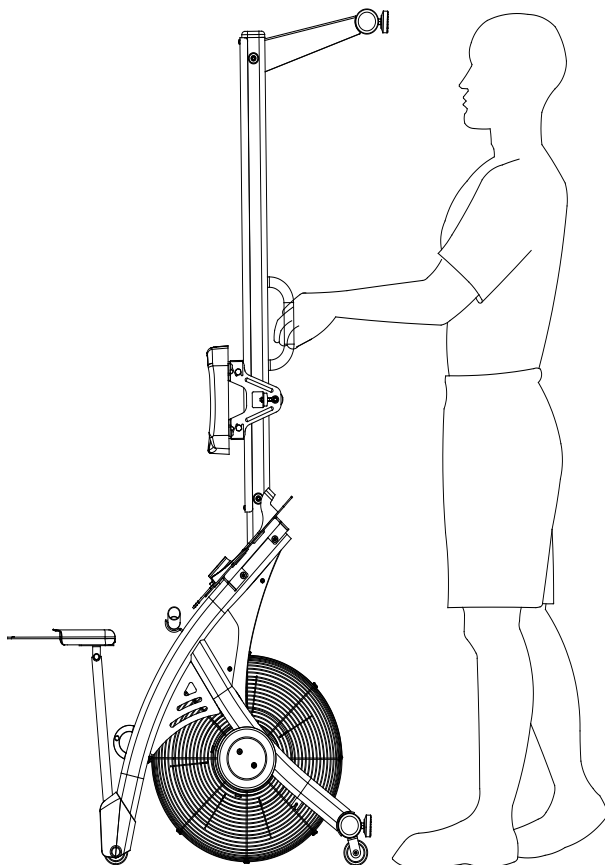


DISPLAY ANGLE ADJUSTMENT

The rotation angle of display post can be adjusted to obtain the best view of the Display LCD screen



To move the machine, lift up the Rear supporter (46) until the transportation wheels on the Front stabilizer (18) touch the ground. With the wheels on the ground, you can transport the rower to the desired location with ease.



Attention!

The saddle will be slided down when folding the sliding rail (38).

This machine is foldable design, you can lift it up to save storage space.

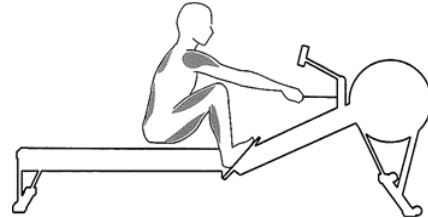
CORRECT ROWING METHOD

There are two rowing actions: slide and catch. However, for the coherence of actions, these two actions usually are mixed together. No pause shall exist during rowing. We suggest someone observe your driving and compare your position with that in the picture. Wrong exercise method may cause bodily harm.

CATCH

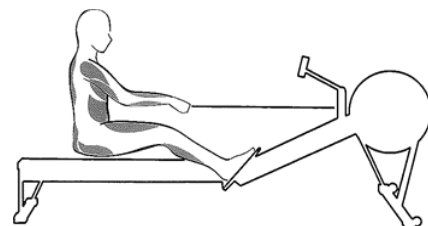
Pull your body to the starting position of next rowing with your leg strength. Now, the user can start the next rowing.

Remember that your body never stops suddenly.



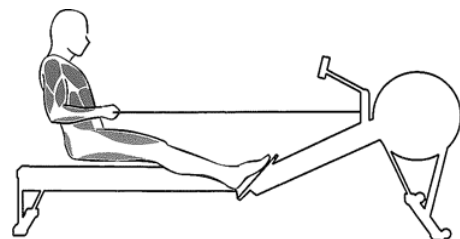
SLIDE

During the rowing process, the user straightens the legs, and swings legs backwards through upright position. During the rowing process, the arms are still straight, and the shoulders shall be relaxed.



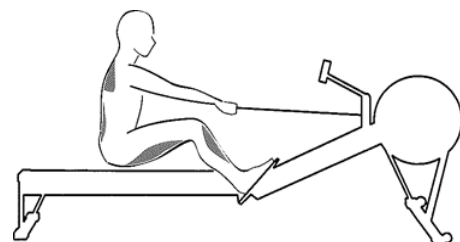
RECOVERY

At the end of rowing process, pull the handles toward the abdomen with the strength of arms and shoulders. The legs are straight, and the body leans back slightly. Notice that the height of handles is not at the height of chest nor knee.



SLIDE

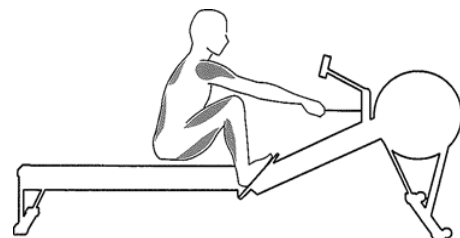
Reach out arms, swing your body forward in the support of hips and start homing. In this way, the handles can be put in front of knees, avoiding the mutual interference of knees and hands when the seat moves forward.



CATCH

The rower bends knees, reaches out arms, and his body leans towards the flywheel. All strength is focused on legs and back. Start rowing.

Note: arms shall be straight, and shoulders shall be relaxed.





DISPLAY FUNCTION

Item	Function Description	Display Range
SPM	Stroke per minute	0~999 S/M
TIME/500M	Workout time display during rowing. Time needed to row 500 meters according to current speed. Scan every 6 seconds.	0:00~99:59 (M:S)
DISTANCE	Rowing distance	0~99999 (Meters)
CALORIES	Calories burned during rowing	0~9999 (Calories)
WATT	Show power value (watts) during rowing	0~999 (Watts)
STROKES	The number for complete movement of rowing. Scan every 6 seconds with total stroke	0~99999 (Stroke)
TOTAL STROKES	The total stokes number since power on. Scan every 6 seconds. Total stroke number clear after power off	0~99999
PULSE	Pulse bpm during rowing	0-30~240
H.R.C.	Show percentage of heartbeat during target training	55% / 75% / 90% / TAG

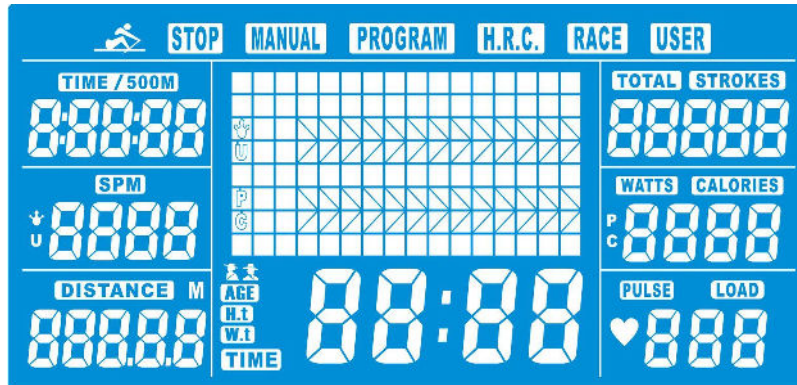
BUTTON FUNCTION

Item	Description	Item	Description
UP	Setting selection Increase resistance level	DOWN	Setting selection Decrease resistance level
ENTER	Confirm setting or selection	RESET	Hold for 2 seconds to reboot Clear setting data Go to main menu after workout
START/STOP	Start or Stop rowing training		

OPERATION

Power On

Plug in the power supply and you should hear a “BEEP” sound. LCD full screen will display for 2 seconds. (Shows as below picture).



Note! The console will switch to the power saving mode if user don't press any buttons or without any signal input more than 4 minutes.

Audio signal

Confirmation of all setting for the console is accompanied with a audio signal:

- 1 short audio= confirm the setting
- 2 short audio= invalid setting (Can not do any setting .)

The training data

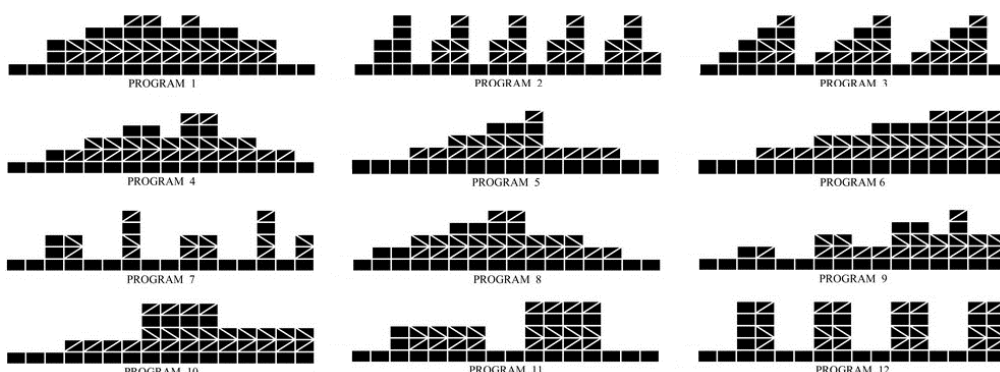
The console can calculate and display all the value according to user's exercise status. (See the above pic.)

Note! If PULSE window display "P" without heart rate value, then the system can't detect pulse. Please wear chest strap correctly so that the console can detect heart rate.

The graphics displayed in the center of the LCD are depend on the exercise type. There are different kinds of exercise for user to choose, to make the exercise more exciting.

Following several exercise status for choosing:

- a) In manual mode, user don't need program to control the exercise.
- b) Program exercise (Total 12sets programs, user can choose to preset the programs from P01~P12).
- c) Heart rate control training mode (H.R.C)
- d) Race program exercise (RACE)
- e) User can set their own exercise program (User Program)



Quick start (MANUAL)

After entering, MANUAL-->PROGRAM-->H.R.C.-->RACE-->USER begin to flash in 1HZ. Press UP/DOWN button to select MANUAL, and press ENTER button to confirm. If the user has selected a program to start working out, press RESET button to return to the start screen.

- Press START/STOP button to start exercise quickly without any setting.
- Press UP/DOWN button, fill in personal setting, then press ENTER button to confirm. The following values will be displayed in sequence:
 - Resistance value(1~16)
 - TIME (or METERS) (Time and Meters can't be set at the same time.)
 - CALORIES
 - PULSE
- Press UP/DOWN button to set value, press ENTER button to confirm.
- Press START/STOP button to start exercise.

When a set value reaches the preset target value, the console will alarm with beeps and stop.

- User can press UP/DOWN button to adjust resistance load level. The new set resistance value will display on the graphic (the default is 1).
- Press START/STOP button to finish exercise, all exercise value will be saved.
- Press RESET button, return to exercise selection mode.

Choose a program to exercise (PROGRAM)

Press UP/DOWN button to scan MANUAL→PROGRAM→H.R.C.→RACE→USER in sequence. Choose PROGRAM and press ENTER button to confirm. There are total 12 programs for choosing, user can press UP/DOWN button to select one of them. Set target exercise value, and press ENTER button to enter in:

- Resistance (1~16)
- TIME
- Press RESET button to start

User can press UP/DOWN button to adjust resistance value when exercise. The new set resistance value will display on the graphic (the default is 1).

- The program graphics are as below:
 - Intermittent program: P2- P3- P7- P12
 - Resistance value increase program: P6- P9- P11
 - Resistance value increase/ decrease program: P1- P4- P5- P8 -P10

The preset program built in the console is designed specifically for aerobic exercise. As a beginner, please do training step by step at the lowest resistance load level. After several rowing training, user can upgrade to intermittent program.

- Press START/STOP button to finish training, all the exercise value will be saved.
- Press RESET button, return to exercise selection mode.

Set program exercise according to the heart rate value (H.R.C.)

In this program, the rower responds to the heart rate value according to chest belt test. This program can satisfy with your exercise efficiently and safety in the expected heart rate range. In addition, the simple graphic display whether the user needs to increase/decrease resistance value, Please refer to the following selections:

HRC55	User can do the training efficiently when heart rate in the range of 55% . It's a perfect exercise for beginner and for the whole body fat consumption.
HRC75	HRC 75% of max heart rate is suitable for experienced user and athletes.
HRC90	Anaerobic mode (HRC 90% of max heart rate) is only suitable for competitive athletes and a short term practice.

In TAG mode, the console calculates a target heart rate based on user's age, and the user can also adjust their wished heart rate. But don't set a target heart rate which is higher than your age allowed.

- Press UP/DOWN to select H.R.C, and press ENTER button to enter and select HRC55-->HRC75 -->HRC90-> TARGET.
- When choose HRC55, HRC75,HRC90, the console will calculate target heart rate value automatically.
- When choose TARGET program, LCD displayed the preset value 100. Press UP/DOWN button to set value, range from 30 to 240, press ENTER button to confirm, and the program will be saved.
- Press UP/DOWN button to set expected exercise time, and press ENTER button to confirm.
- Press START/STOP button to start training.

In H.R.C program, user must wear chest belt, so that the console can detect the pulse and display. Program sequence:

- The console can set resistance value which allows user keep steady exercise within target heart rate. If user's exercise heart rate below the target heart rate, the resistance will increase automatically by 1 level in every 30 seconds.
- If user's exercise heart rate is more than target heart rate value, the resistance will decline automatically by 1 level in every 15 seconds. If it has already reached the lowest level "1", and user's heart rate is still over preset target heart rate value, then there will be a sound alarm signal after 30 seconds. And the console will finish exercise program automatically.

Racing training mode (RACE)

In this mode, user can enjoying rowing in race against console.

- Press UP/DOWN button to select RACE, press ENTER button to confirm.
- Press UP/DOWN button to set SPM, press ENTER button to confirm.
- Press UP/DOWN button to select DISTANCE, press ENTER button to confirm.
- Press START/STOP button to start training, the console can display USER & PC exercise status. Whether PC or USER has finished preset distance, the console will stop and display PC win or USER win.
- Press START/STOP button to finish training, all training value will be saved.
- Press RESET button, return to exercise selection mode.

USER PROGRAM

Enter into this mode, user can choose their own training graphics, and set the resistance value of each column, just like the program graphics.

- Press UP/DOWN button to select USER PROGRM and press ENTER to enter, the first field will appear.
- Press UP/DOWN button to set resistance value, and press ENTER button to confirm, then the next field will appear.
- Continue setting until all 16 fields have been finished. The max resistance value is 16. Press ENTER button long time to complete or exit the setting.
- Press UP/DOWN button to set target exercise TIME, and press ENTER button to confirm.
- Press START/STOP button to start training.

When a set value reaches the preset target value, the console will alarm with beeps and stop. User can press UP/DOWN button to adjust resistance load level. The new set resistance value will display on the graphic (the default is 1).

- Press START/STOP button to finish exercise, all exercise value will be saved.
- Press RESET button, return to exercise selection mode.

TROUBLESHOOTING

Console shows E-2 The motor drive exceeds the normal range, please re-plug the power supply and restart the motor to the normal range.

Console shows E-7 Check whether the connection is numbered or damaged.

Please note! All setting data will be lost if the power (rectifier) is removed from the machine.

BLUETOOTH FUNCTION

This device is equipped with an integrated Bluetooth® connectivity which allows it to work with Bluetooth® heart rate chest belts and interactive applications such as KinoMap and Swift.

Heart Rate chest belt (not included)

- Put on your Bluetooth heart rate chest belt.
- If equipped, press the ON/OFF button to activate the belt. The console searches automatically for devices nearby, and will connect to the belt when in range.
- Your heart rate will be seen on the pulse window. You are ready to workout.

kinomap

- Download Kinomap APP from AppStore (iOS) or Google Play (Android).
- Enable bluetooth from your phone or tablet settings.
- Run the Kinomap APP.
- Go to the "More" menu and tap on "Equipment management". Tap on the "+" button.
- Follow the instructions on the APP to complete the connection.



Power supply: power adapter

Input: 220V AC (The voltage depends on different country)

Output: 8V DC 500mA AC-DC adapter or 8VDC, 600mA switching adapter

A good exercise program consists of a warm-up, aerobic exercise, and a cool down. Do the entire program at least two to three times a week, resting for a day between workouts. After several months you can increase your workouts to four or five times per week.

AEROBIC EXERCISE is any sustained activity that sends oxygen to your muscles via your heart and lungs. Aerobic exercise improves the fitness of your lungs and heart. Aerobic fitness is promoted by any activity that uses your large muscles eg: legs, arms and buttocks. Your heart beats quickly and you breathe deeply. An aerobic exercise should be part of your entire exercise routine.

The **WARM-UP** is an important part of any workout. It should begin every session to prepare your body for more strenuous exercise by heating up and stretching your muscles, increasing your circulation and pulse rate, and delivering more oxygen to your muscles.

COOL DOWN at the end of your workout, repeat these exercises to reduce soreness in tired muscles.



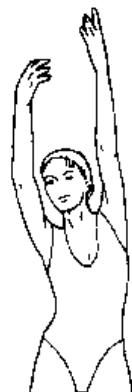
HEAD ROLLS

Rotate your head to the right for one count, feeling the stretch up the left side of your neck, then rotate your head back for one count, stretching your chin to the ceiling and letting your mouth open. Rotate your head to the left for one count, then drop your head to your chest for one count.



SHOULDER LIFTS

Lift your right shoulder toward your ear for one count. Then lift your left shoulder up for one count as you lower your right shoulder.



SIDE STRETCHES

Open your arms to the side and lift them until they are over your head. Reach your right arm as far toward the ceiling as you can for one count. Repeat this action with your left arm.



QUADRICEPS STRETCH

With one hand against a wall for balance, reach behind you and pull your right foot up. Bring your heel as close to your buttocks as possible. Hold for 15 counts and repeat with left foot.



INNER THIGH STRETCH

Sit with the soles of your feet together and your knees pointing outward. Pull your feet as close to your groin as possible. Gently push your knees toward the floor. Hold for 15 counts.



TOE TOUCHES

Slowly bend forward from your waist, letting your back and shoulders relax as you stretch toward your toes. Reach as far as you can and hold for 15 counts.



HAMSTRING STRETCHES

Extend your right leg. Rest the sole of your left foot against your right inner thigh. Stretch toward your toe as far as possible. Hold for 15 counts. Relax and then repeat with left leg.



CALF/ACHILLES STRETCH

Lean against a wall with your left leg in front of the right and your arms forward. Keep your right leg straight and the left foot on the floor; then bend the left leg and lean forward by moving your hips toward the wall. Hold, then repeat on the other side for 15 counts.

The importer of this product assures that this device is manufactured with high quality materials.

The prerequisite for the implied warranty is the proper setup in accordance with the operating instructions. Improper use and /or incorrect transportation can void the warranty.

The implied warranty for wear parts is valid for 1 year and for frame 3 years, beginning from the date of purchase. For eventual defects please contact the dealer of this product within the guarantee period.

The warranty applies to the following parts (as far as included in the scope of delivery): frame, electronic devices, wheels, foot straps and pedal set.

The guarantee does not cover:

- Damage effected by outer force
- Intervention by unauthorized parties
- Incorrect handling of the product
- Non-compliance of the operating instructions

Operating environment: The device is intended only for indoor home use.

Manufactured for:

Gymstick International Oy
Ratavartijankatu 11
15170 Lahti, FINLAND

DISCLAIMER:

The manufacturer and its associates and partners have no liability, obligation or responsibility to any persons or entity for any loss, damages or adverse consequence alleges to have happened directly or indirectly as a consequent of this product.

For your own safety be sure that you read all the instructions in this manual before using this product!



Devices marked with this symbol must be disposed of separately from your household waste, as they contain valuable materials which can be recycled. Proper disposal protects the environment and human health. Your local authority or retailer can provide information on the matter.

