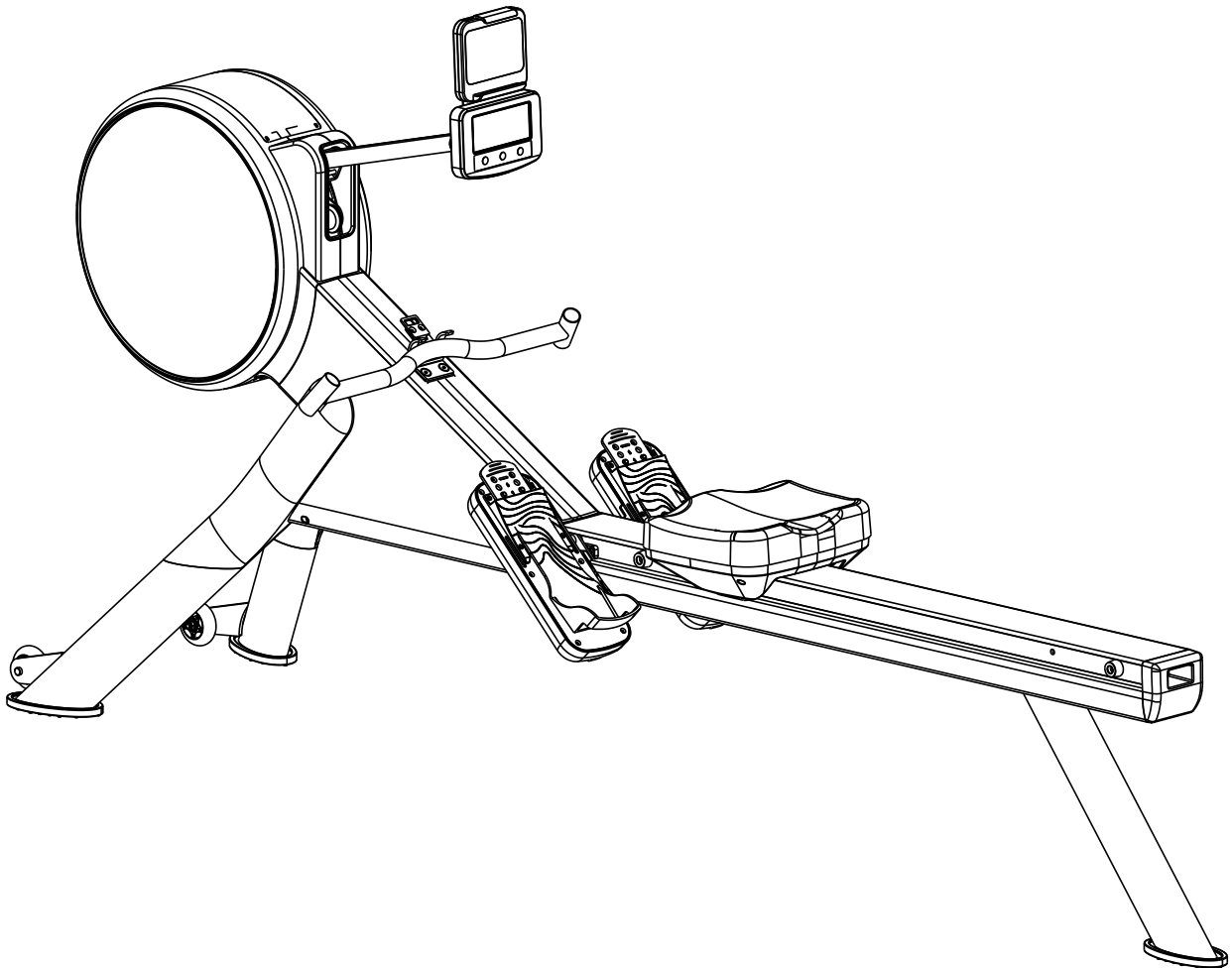




RIVALE +

ROWING MACHINE



Record serial number

Elite Rivalé+ Rowing Machine

Thank you for purchasing the **Elite Rivale+ Rowing Machine**.

For over 30 years, Elite Fitness™ has been New Zealand's largest supplier of fitness equipment. Our aim and vision is to provide you Elite™ branded products, tested to the highest standard for quality and biomechanics at the best possible price.

Please read through this manual to familiarise yourself with the operation of your new **Elite Rivale+ Rowing Machine**. Doing so will help to insure that you get the most out of your machine, enjoying a safe and effective workouts ahead.

Even though we go to great efforts to ensure the quality of each product we produce, occasional errors and or omissions do occur. In any event should you find this product to have either a defect or a missing part, please contact us for a replacement.

SERVICE & WARRANTY

For service and warranty assistance please visit: www.elitefitness.co.nz/service

Online forms are available for Service, Warranty and Parts requests.

(09) 258 9067 Service.

(09) 258 9070 Parts.

Elite Fitness HQ

28 Morrin Roas
St Johns,
Auckland, New Zealand
info@elitefitness.co.nz
0800 2 438 348
www.elitefitness.co.nz

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IMPORTANT SAFETY INSTRUCTIONS

The following definition applied to the word “WARNING” when used in this manual:



Used to call attention to POTENTIAL hazards that could result in personal injury or loss of life.

READ ALL INSTRUCTIONS BEFORE USING THE MACHINE

This product has been designed for home use only. Product liability and warranty conditions will not be applicable to products being subjected to professional use or products being used in a commercial environment. e.g Gym Centre

This exercise machine is built for optimum safety. However, certain precautions apply whenever you operate a piece of exercise equipment. Be sure read the entire manual before you assemble or operate your machine. In particular, note the following safety precautions.

- Read all instructions in this manual before using this equipment.
- Use the machine only for its intended use as described in this Manual.
- Keeps hands away from moving parts.
- Keep children and pets away from the machine at all time. **DO NOT** leave children unattended in the same room with the machine.
- Before using the machine to exercise, always do stretching exercises to properly warm up.
- Inspect the machine before each use; make sure all of the connections are tightly secured.
- Only one person at a time should use the machine.
- If the user experiences dizziness, nausea, chest pain, or any other abnormal symptoms, **STOP** the workout at once. **CONSULT A PHYSICIAN IMMEDIATELY.**
- Position the machine on a clear, levelled surface. **DO NOT** use the machine near water or outdoors.
- Always wear appropriate workout clothing when exercising. **DO NOT** wear robes or other clothing that could become caught in the machine. Sporting shoes are recommended when using the machine.
- Do not place any sharp object around the machine.
- Disabled persons should not use the machine without a qualified person or physician in attendance.
- Never operate the machine if the machine is not functioning properly.
- Only carry out training work on the equipment when it is in perfect working order. Only use original spare parts in the event of a repair.
- Do not use strong solvents for cleaning, and only use the tools supplied, or suitable ones of your own, for any repairs that may be required. Please dispose of the packaging and any parts that have to be replaced subsequently (all parts for the unit) at suitable collecting points or containers with a view to saving the environment.
- Not for therapeutic use.

WARNING: Before beginning any exercise program, consult your physician. This is especially important for persons with pre-existing health problems. The seller assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

SERVICE HINTS: The high quality standard of this product only will be kept if you on a regular basis check all screw-connections and moving parts on proper fitting. Damaged parts have to be changed immediately. During the time of repair the product must not be used by anybody.

IMPORTANT HINTS:

- A) This product has been tested in accordance with the requirements of EN 957-1/A1, EN 957-5, standard, Class HA (HOME USE).
- B) Parents should be aware of the risk factor of young children playing on fitness equipment unattended. Make sure that the children are instructed properly in the use of the product and in the controlled execution of the different exercise. Misuse of the product could result in serious injury

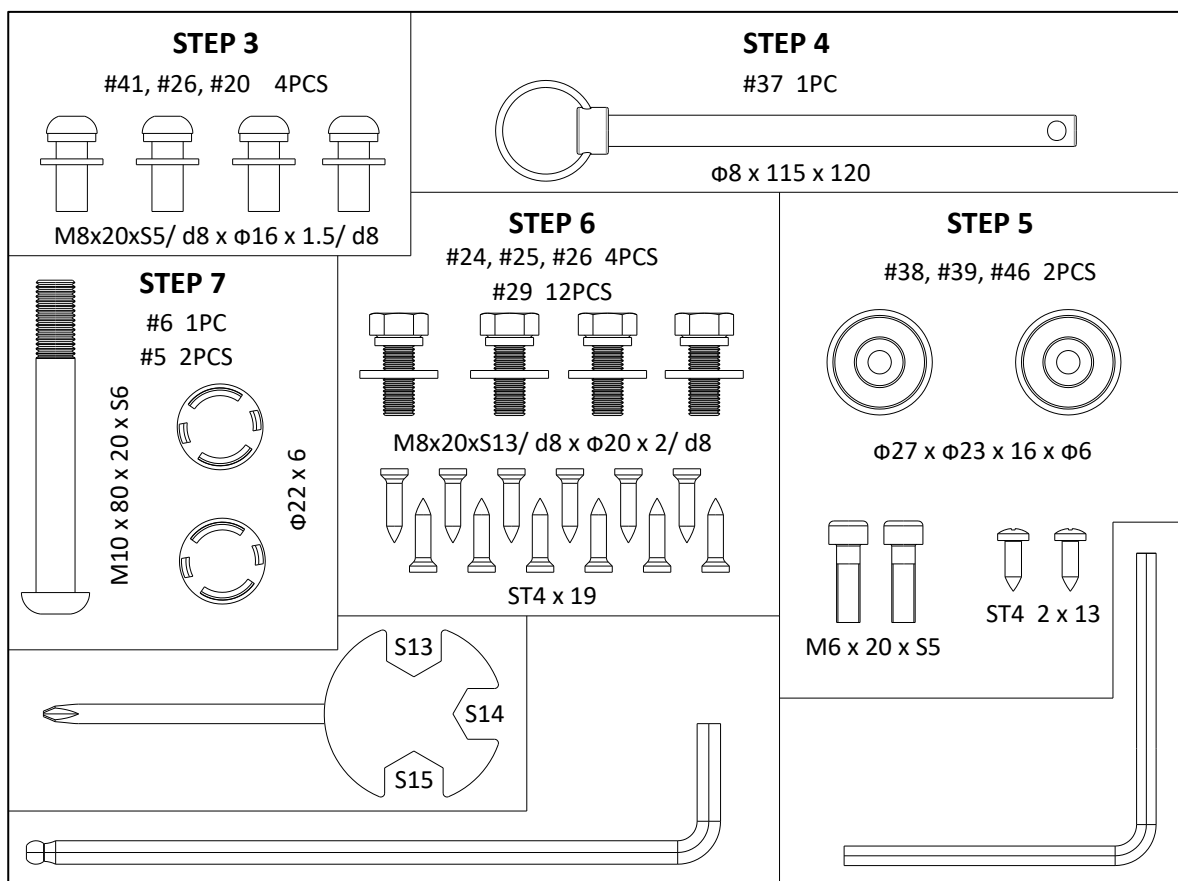
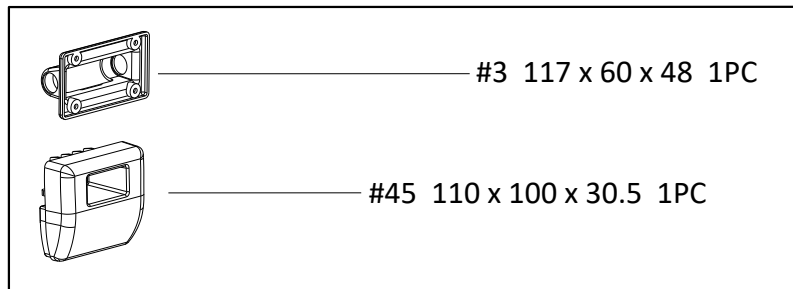
PRODUCT SPECIFICATIONS

User Weight Capacity:	120 kg
Dimensions:	250 x 55 x 118 cm
Shipping Weight:	51.5 kg
Net Weight:	43 kg
Power Requirements:	220-240 V
SKU#:	YK-2201

PART LIST

Before Assembly

- After opening the carton, check all parts/components according to the parts list. Make sure all parts/components are present correctly before assembly
- Do not firm tighten all bolts/nuts until the machine is fully assembled.



PART LIST

NO.	DESCRIPTION	QTY.
1	Display	1
2	Display seat assembly	1
3	Display bottom cover	1
4	Cross pan head screw M5*20	4
5	End cap	2
6	Inner hex pan head bolt M10*80*20*S6	1
7	Ipad holder	1
8	Powder metallurgy sleeve ϕ 18	2
9	Handlebar holder	1
10	Inner hex countersunk bolt M8*20*S5	8
11	Pulling belt	1
12	Handlebar	1
13	Cross countersunk screw M5*10	2
14	Inner hex pan head bolt M10*50*15*S6	4
15	Rear cover	1
16L/R	Feet cover L/R	1pair
17L/R	Feet assembly	1pair
18	Bearing 608	4
19	Wheel	2
20	Washer	14
21	Nylon nut M8	9
22	Feet pad	3
23	Inner hex pan head self-drilling screw	3
24	Hex bolt M8*20	5
25	Washer D8* ϕ 20	7
26	Spring washer	11
27L/R	Pedal cover	1pair
28L/R	Pedal support	1pair
29	Cross countersunk self-drilling screw	12
30L/R	Pedal	1pair
31	Pedal fixation block	2
32	Cross pan head screw M4*6	8
33	Pedal strap	2
34	Nut plate 1	1
35	Inner hex pan head screw M6*20*S5	4
36	Middle column	2
37	Pinball pin	1
38	Inner hex cylinder head bolt M6*20	4
39	Limited block	4
40	Bottom fixation block	1
41	Inner hex pan head bolt M8*20	10

NO.	DESCRIPTION	QTY.
42L/R	Aluminum guiding rail cover L/R	1
43	Aluminum guide rail	1
44	Nut plate 2	1
45	Aluminum guide rail rear cover	1
46	Cross pan head self-drilling screw ST4.2	2
47	Rear stabiliser assembly	1
48	Saddle cover	1
49	Adjustable chain assembly	3
50	Saddle frame	2
51	Bush ϕ 12.5* ϕ 8.2*11.3	6
52	Wheel ϕ 40	4
53	Shaft ϕ 10*150	2
54	Wheel ϕ 34	2
55	Inner hex pan head bolt M8*32	2
56	Saddle	1
57	Powder metallurgy sleeve	2
58	Display rotation shaft	1
59	Display frame assembly	1
60	Motor	2
61	Fan wheel shaft	1
62	Bearing 6203	2
63	Cross countersunk screw M4*8	14
64	Circlip	1
65	Aluminum plate D17	1
66	Fan sheel fixation plate	1
67	Fan wheel	1
68	Fan wheel sleeve	1
69	Washer D6	1
70	Hex bolt M6*10	1
71	Belt bush	2
72	Belt pulley	1
73	Hex bolt M6*55	1
74	Washer D6	1
75	Cross pan head self-drilling screw	4
76	Arc free wheel	1
77	Corrugated washer D12	1
78	Free wheel shaft	1
79	Nylon nut M10	1
80	Hex flange nut M10	2
81	Postining piece	2
82	Tapped hex thin nut M10	1

PART LIST

NO.	DESCRIPTION	QTY.
83	Small belt wheel	1
84	Aluminum ring	1
85	Cross countersunk screw ST4.2	4
86	Belt wheel	1
87	Hex thin nut M10	1
88	Double head sensor	1
89	Pin sensor	2
90	Cross pan head screw	2
91	Magnet board frame	1
92	Inner hex pan head bolt M8	1
93	Mainframe	1
94	Plastic plate	2
95	Decoration ring	2
96L/R	Chain cover	2
97L/R	Side cover	2
98	Top cover	1
99	Cross pan head self-drilling screw	5
100	Cross pan head self-drilling screw	24
101	Arc steel net	1
102	Wire	1
103	Resistance wire 1	1
104	Resistance wire 2	1
105	Extension wire 2	1

NO.	DESCRIPTION	QTY.
106	Power extension wire	1
107	Adaptor	1
108	Pressing spring	2
109	Round magnet	7
110	Magnet frame	1
111	Pulling wire seat	1
112	Magnetic plate	1
113	Connection collumn	4
117	Belt	1
114	Bottom PCB	1
115	Cross pan head screw M3	4
116	Hex bolt M5	3
118	Cross pan head screw M5	8
119L/R	Fixation plate	1
120	Cross pan head self-drilling screw	4
121	Cross big head self-drilling screw	4
122	Connection collumn	1
123	Package tube	1
124	Assembly assistance plate	1
A	Allen wrench S5L	1
B	Allen wrench S6	1
C	Solid wrench	1

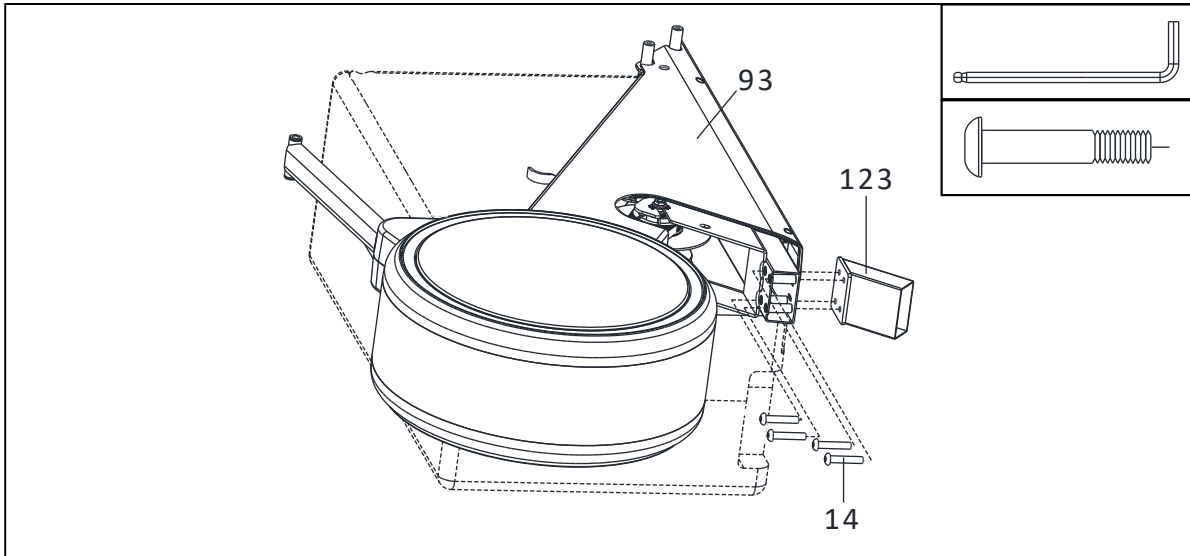
ASSEMBLY INSTRUCTIONS

STEP 1

Use two larger Styrofoam pieces and stack them together. Place the main frame (93) on top of the Styrofoam, following the illustration provided.

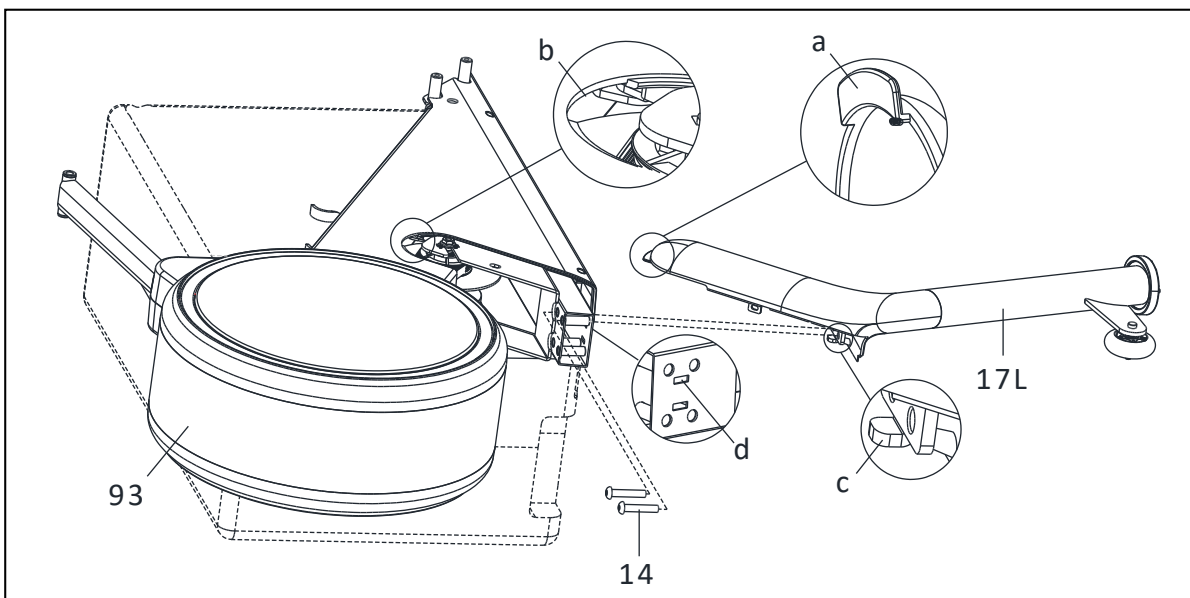
Refer to Figure 1: Use an Allen wrench to remove the inner hex pan head bolt (14) from both the main frame (93) and (123).

Note: Part (123) is an auxiliary accessory and should not be installed in the upcoming step.



STEP 2

As shown in Figure 2: Begin by aligning the bosses (a) and (c) located on the left feet assembly (17L) with the corresponding grooves (b) and (d) on the main frame (93). Then, secure the left feet assembly (17L) to the main frame (93) using the inner hex pan head bolt (14).

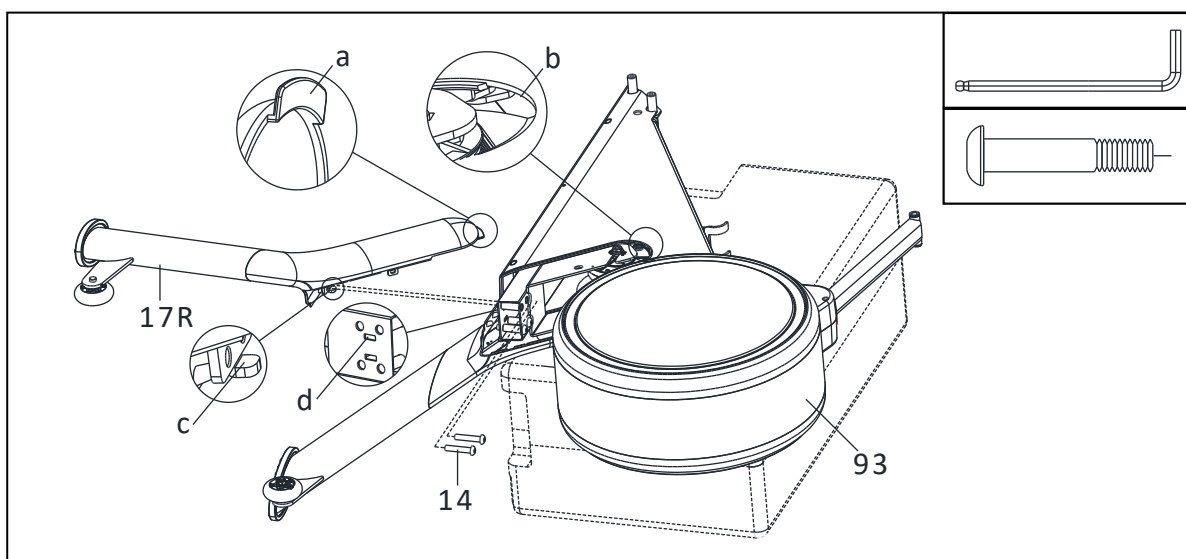


ASSEMBLY INSTRUCTIONS

STEP 3

Gently invert the mainframe and position it onto the Styrofoam surface.

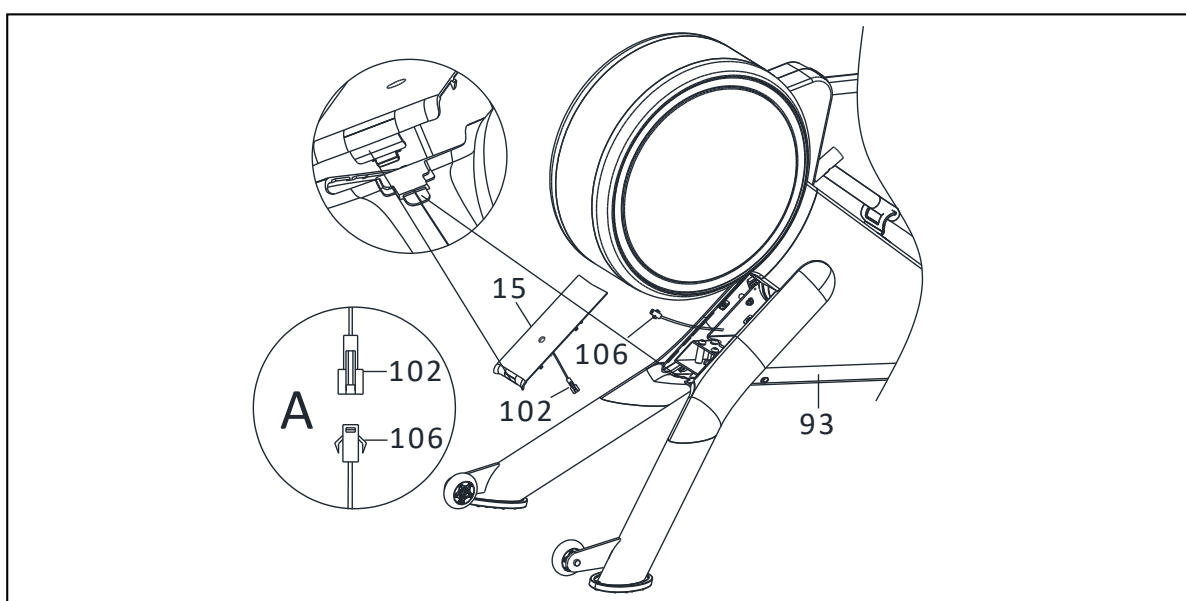
Refer to Figure 3: Aligning the bosses (a) and (c) located on the right feet assembly (17R) with the corresponding grooves (b) and (d) on the main frame (93). Then, secure the right feet assembly (17R) to the main frame (93) using the provided inner hex pan head bolt (14).



STEP 4

As shown in Figure 4, establish a connection between wires (102) and (106).

Affix the lower cover (15) by engaging its buckle with the corresponding groove on the main frame (93). Proceed to secure the remaining buckles.

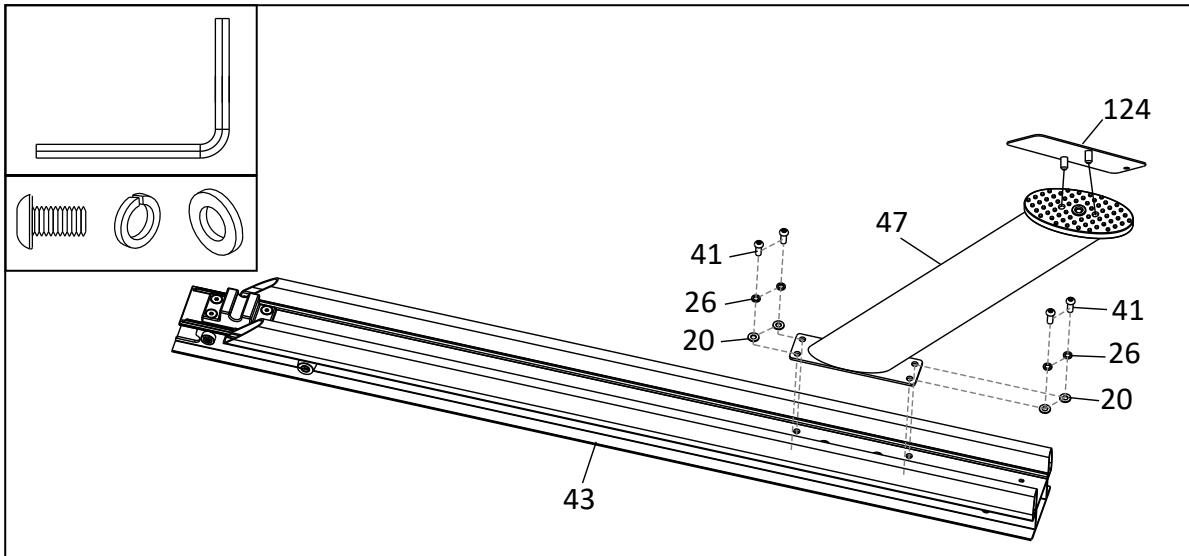


ASSEMBLY INSTRUCTIONS

STEP 5

Attach the rear stabiliser (47) to the aluminum guide rail (43) using the provided inner hex pan head screw (41), along with the spring washer (26) and washer (20).

Slide the assistance plate (124) into the rear stabiliser assembly (47).

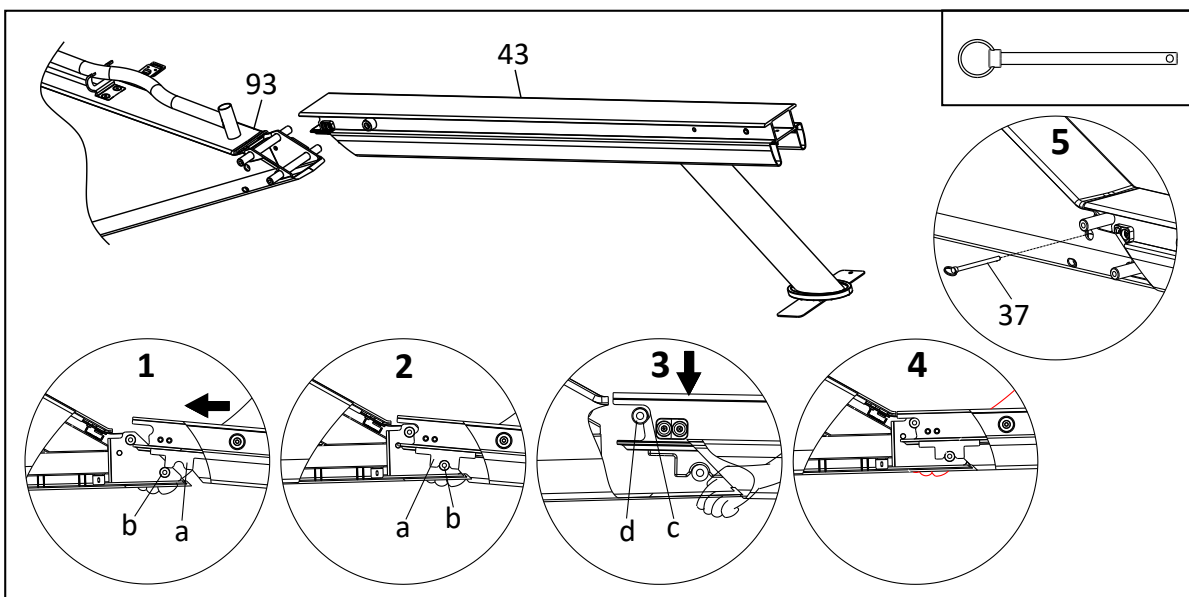


STEP 6

Ensure the mainframe (93) and guide rail (43) are perfectly aligned in a straight line. Simultaneously, hold the mainframe (93) and guide rail (43) securely with your hands.

Insert the guide rail (43) into the slot on the mainframe (93). Align the notch of the fixed block (a) on the guide rail (43) with the column (b) on the mainframe (93). Gradually lower the guide rail (43) until it seamlessly connects with the column (b) on the mainframe (93).

Carefully lower both the mainframe (93) and guide rail (43) together. Ensure that the notch (c) on the guide rail (43) securely fits around the connecting column (d) (Refer to Figure 3 and 4 for visual guidance). Lastly, insert the provided pins (37) to complete the assembly.



ASSEMBLY INSTRUCTIONS

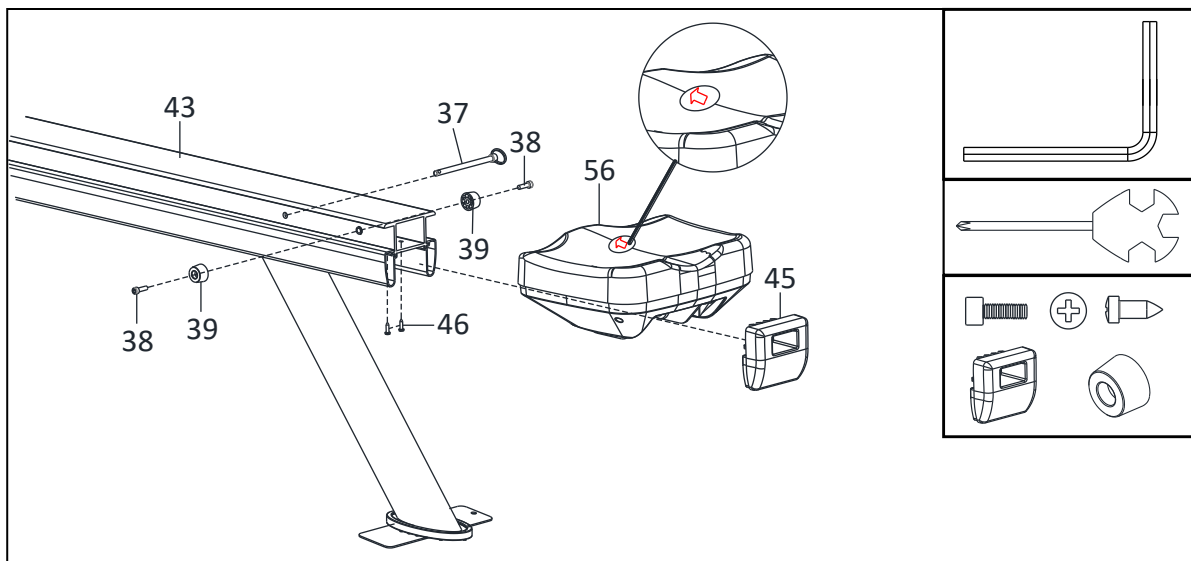
STEP 7

Insert the saddle (56) into the guide rail (43), ensure its proper orientation.

Attach the limited block (39) to the guide rail (43) using the provided inner hex pan head bolt (38) and allen wrench (A) to firmly fasten the bolt.

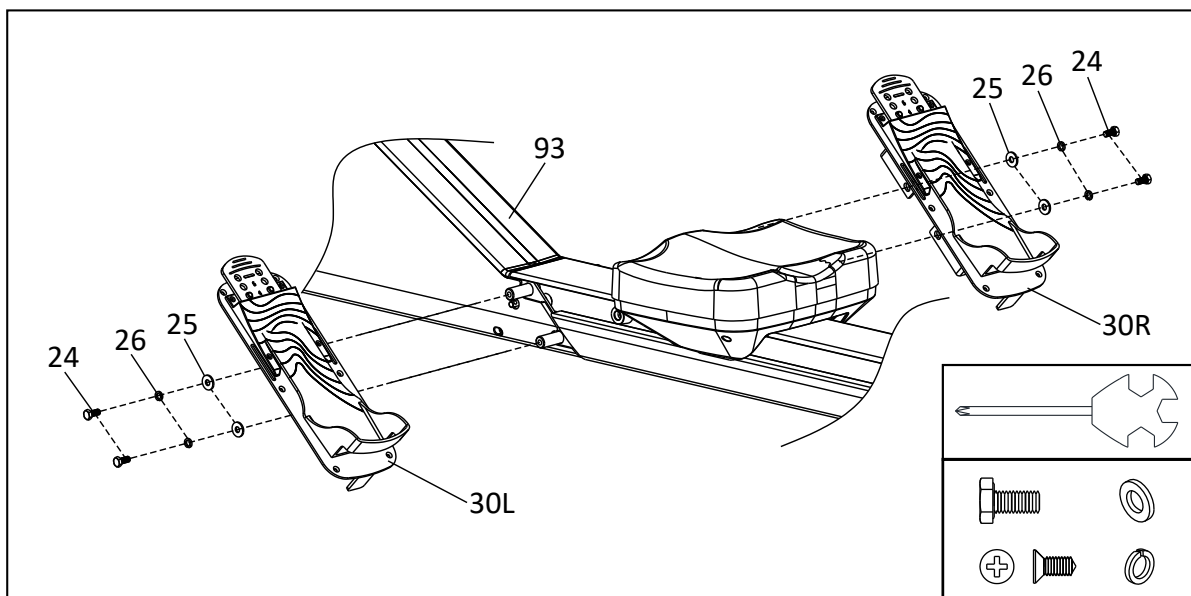
Fasten the aluminum guide rail rear cover (45) onto the guide rail (43) using the cross pan head screw (46) along with the sturdy solid wrench (C). Ensure a secure and snug fit.

Note: When disassembling the guide rail, take advantage of the pinball pin (37) by inserting it into the designated hole on the guide rail (43) as in the illustration. This strategic placement of the pin prevents any unintended movement of the saddle (56) while disassembling.



STEP 8

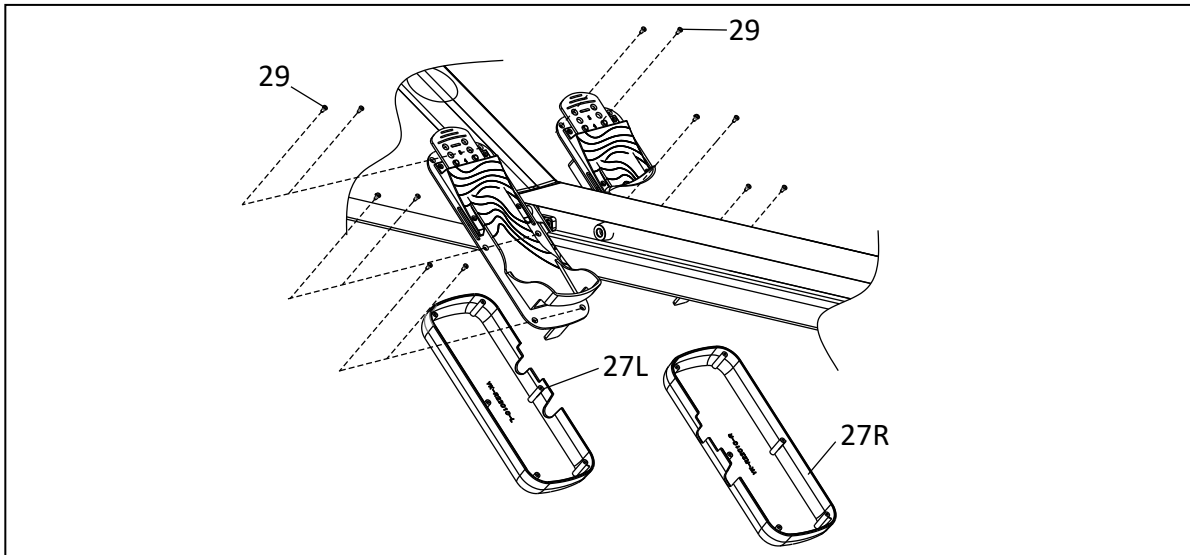
Attach (30 L/R) to the mainframe (93) using the provided inner hex pan head bolt (24), along with the spring washer (26) and washer (25). Tighten these components securely using the included allen wrench (A).



ASSEMBLY INSTRUCTIONS

STEP 9

Fasten the pedal cover (27 L/R) onto the pedal frame (30 L/R) using the provided cross countersunk screw (29).

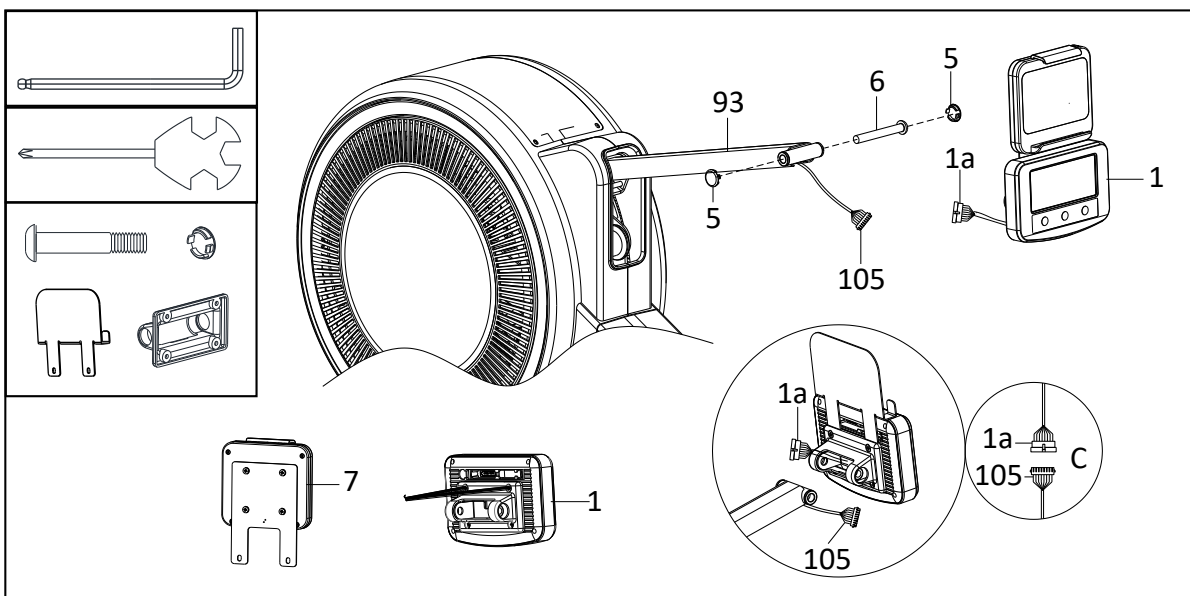


STEP 10

Remove the two screws securing the display (1). Attach the iPad holder (7) to the display (1) using the same screws that were just removed. Tighten them with the solid wrench (C).

Connect the display wires (1a) and (105), then gently thread the wires into the designated slot in the main frame (93).

Secure the display (1) to the main frame (93) using the provided cross pan head bolt (6). Finally, align and press the end cover (5) into its corresponding slot to complete the assembly.

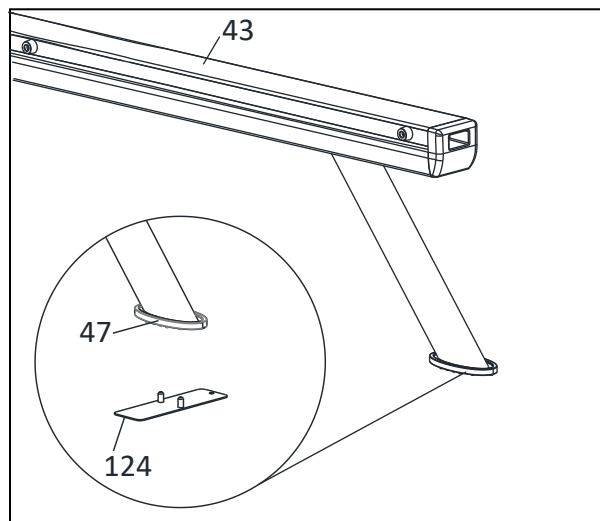


ASSEMBLY INSTRUCTIONS

GUIDE RAIL

Please remove (124) before exercising.
Save it for next disassembly.

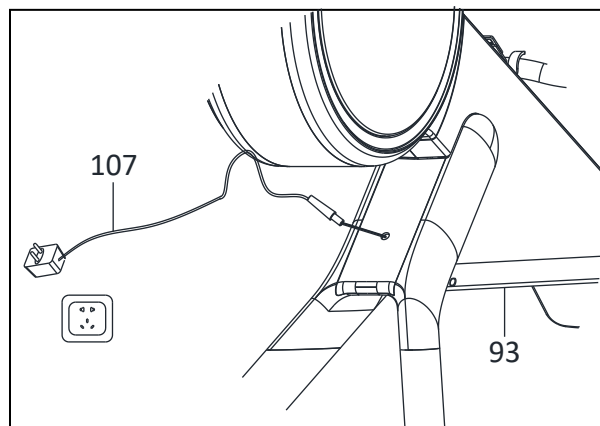
When the machine has not been used for a while and the surface is dirty, please wipe and clean the surface of the slide rail (43) before exercise.



POWER

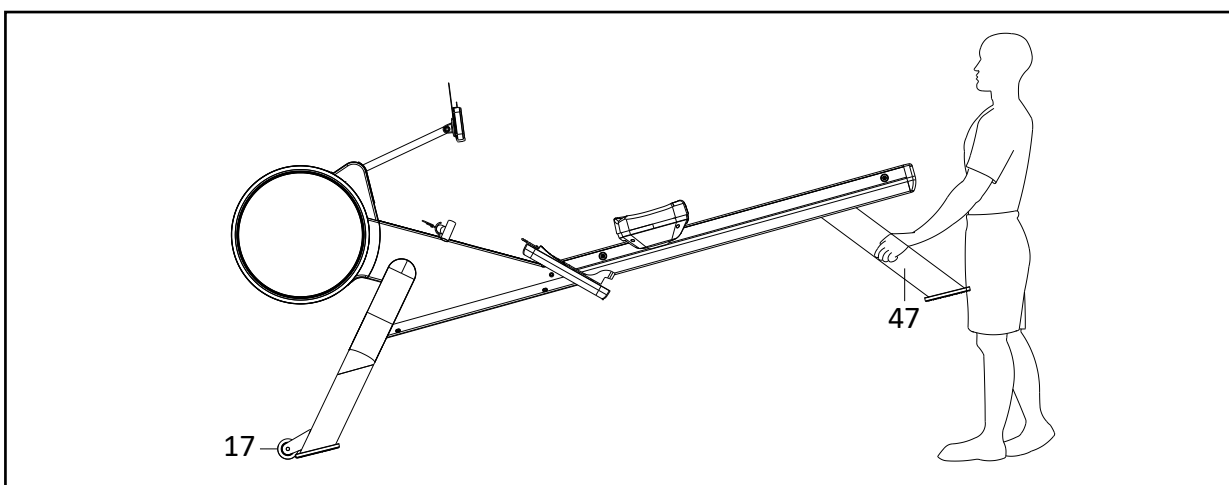
Ensure that you power off the machine before relocating it.

WARNING: Always switch off the power when the machine is not in use for an extended period.

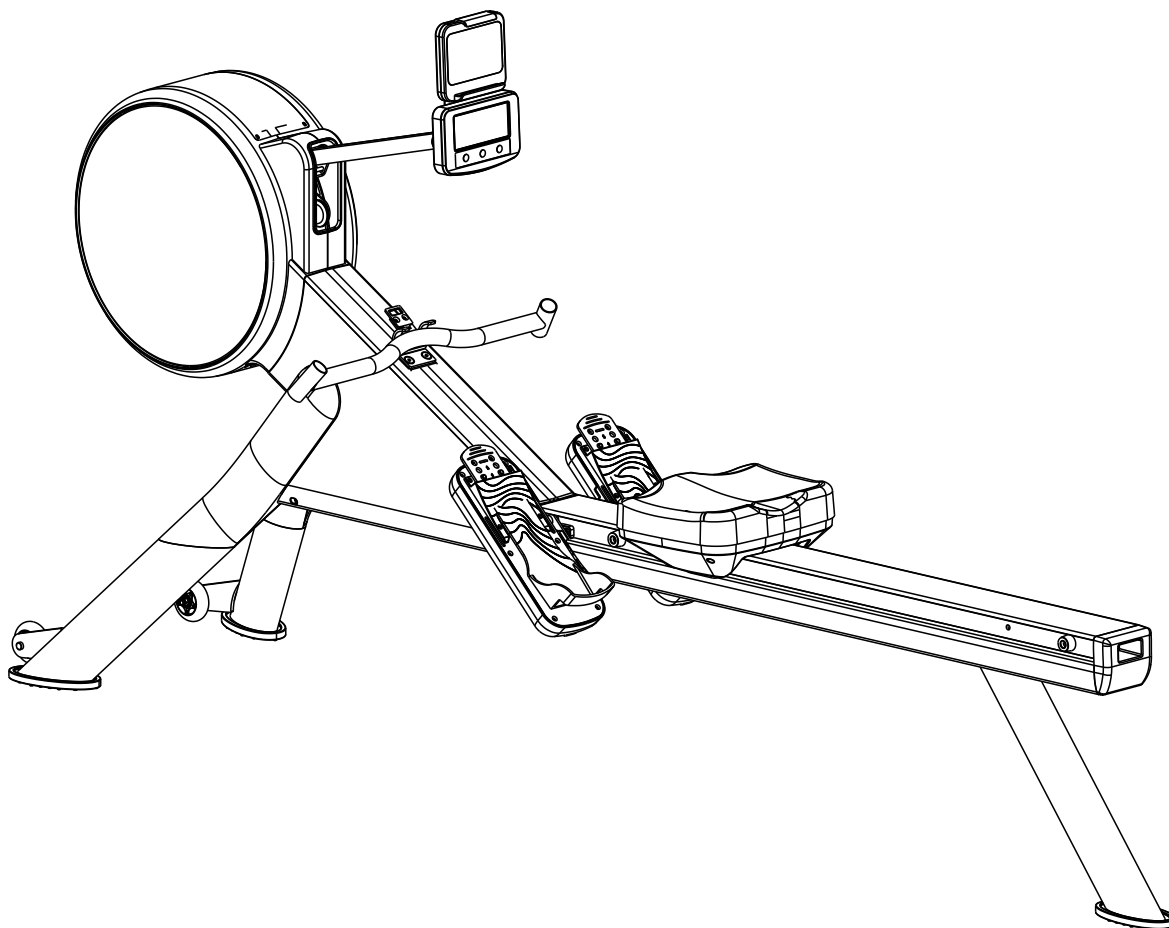


MOVING THE MACHINE

Lift up the rear supporter until the transportation wheels on the front touch the ground. With the wheels on the ground, you can transport the machine to the desired location.



PRODUCT COMPLETE



CONGRATULATIONS

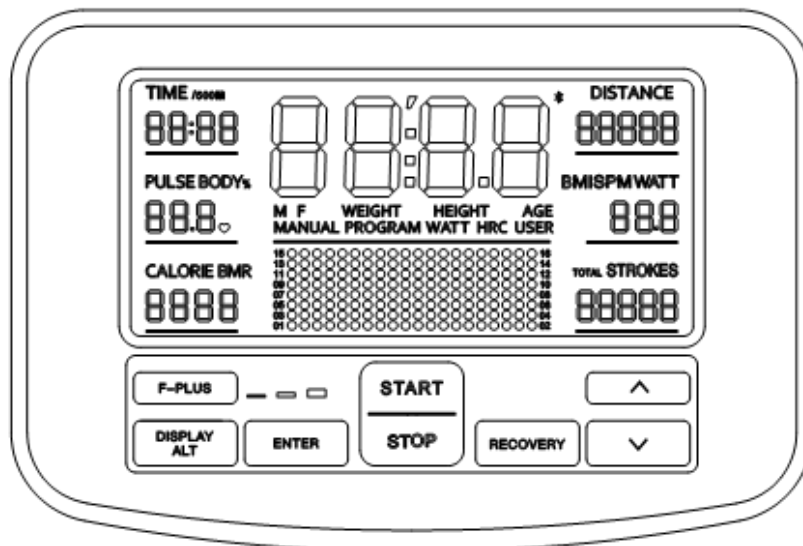
Assembly of your **Elite Rivale+ Rowing Machine** is now complete! Be sure to fully inspect your machine before using it for the first time.

⚠ WARNING

Failure to visually check and test and tech the assembly before use can cause damage to the **Elite Rivale+ Rowing Machine** and serious injury to users and bystanders and can also compromise the effectiveness of your exercise program.

CONSOLE DISPLAY

HOME SCREEN



ITEM	DESCRIPTION	RANGE
TIME	Time of exercise	0 min: 00 s ~ 99 min: 59 s
TIME/500m	Time per 500 meters: Real -time estimation of time/500m at the current stroke speed	0 min: 00 s ~ 99 min: 59 s
DISTANCE	Distance of exercise	0 ~ 9999 m
PULSE	Heart rate during exercise	40 ~ 240 bpm
CALORIE	Energy consumed during exercise	0 ~ 9999 kcal
SPM	Stroke speed: Number of strokes per minute, indicating the stroke speed during exercise	0 ~ 299 rpm
STROKES	Number of strokes: Statistics of the number of strokes during exercise	0 ~ 9999
TOTAL STROKES	Total number of strokes: Sum of the number of previous strokes	0 ~ 99999
WATT	Power	0 ~ 999 w

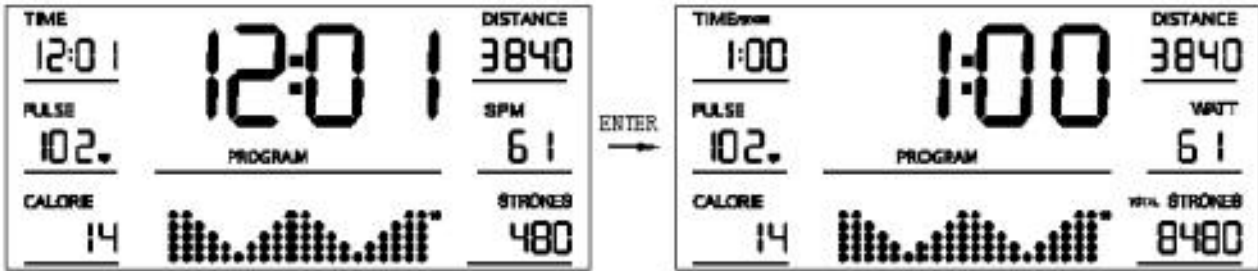
1. Scanning Mode: Display in the following order successively for every 6 seconds:

TIME or TIME/500M → DISTANCE → PULSE → SPM → WATT → CALORIE → STROKES or TOTAL STROKES

2. Press ENTER: Use the ENTER button to select a certain function.

Display of 16 resistance levels adjustment or;
Display mode of left/right small window.

CONSOLE DISPLAY

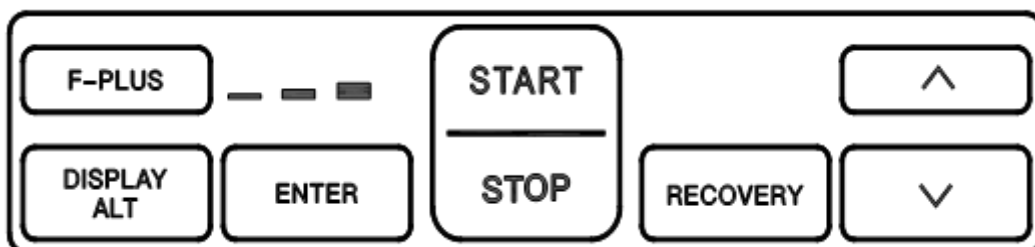


DESCRIPTION OF FUNCTIONS

ITEM	DESCRIPTION	NOTES
MANUAL	(PROGRAM 1) 1 × Exercise mode with a program of manual adjustment of resistance force equivalent	
F-PLUS	F-PLUS 1/2/3 LEVEL. The operation resistance will increase.	
PROGRAM	(PROGRAM 2 ~ 12) 11× Exercise modes with a program of automatic adjustment of resistance force equivalent	
BODY FAT	(PROGRAM 13) Test body fat percentage, body mass index and basal metabolic rate	Option 2
WATT	(PROGRAM 14) Exercise mode with the resistance force equivalent controlled by the custom watt value	
H.R.C	(PROGRAM 15 ~ 18) Exercise modes with the resistance force equivalent controlled by the heart rate (65%, 75% and 85% are the custom values of heart rate)	Option 2
USER PROGRAM	(PROGRAM 19 ~ 22) Exercise modes with the resistance force equivalent customized by the user	
RECOVERY	Heart rate recovery test	Option 2
BLUETOOTH & APP	Support that APP is controlled via Bluetooth	Option 1
WIRELESS PULSE	Support the standard 5.3 kHz wireless heart rate chest strap	Option 2

Note: Option 1 can be selected whether the product has this function or not;
Option 2 it is unavailable if the product does not have it.

DESCRIPTION OF BUTTONS



CONSOLE DISPLAY

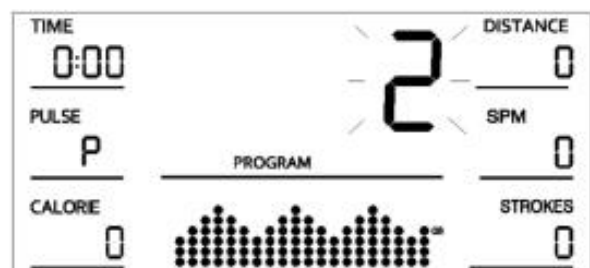
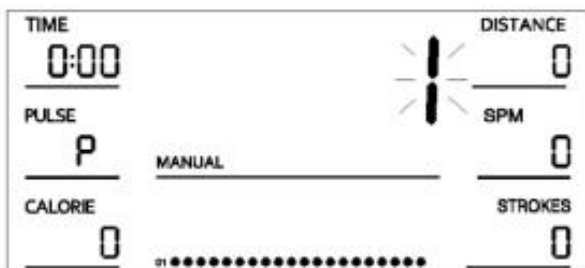
ITEM	DESCRIPTION
^	Function mode of upward selection: Upward adjustment when setting, which is used to increase the value of LEVEL during exercise
v	Function mode of downward selection: Downward adjustment when setting, which is used to decrease the value of LEVEL during exercise
F-PLUS	1/2/3 LEVEL. The operation resistance will increase
ST./SP.	Start or stop the exercise. Press and hold 3s to return MANUAL, all data cleared to 0
RECOVERY	Test the heart rate recovery
ENTER	During exercise: Switch between TIME & TIME/500m, SPM & WATT, STROKES & TOTAL STROKES During non-exercise: Switch between various set items
DISPLAY-ALT	Select and fix a certain function, and then display it on the main window

HEIGHT	WEIGHT	PULSE	CALORIE	DISTANCE	SPM	WATT
Cm (ft 'in)	Kg (lb)	beats per minute	kcal	m	strokes per minute	w

Note: You will not be able to change the metric to imperial by display operation.

Program 1-12:

1. To initiate the exercise, press the **ST/SP** button. Alternatively, press the **ENTER** button to access the setting mode.
2. Within the setting mode, use the **ENTER** button to cycle through and select desired set items in sequence. The selected items (TIME, DISTANCE, CALORIE, STROKES, and AGE) will blink.
3. Adjust values by pressing the **↑** or **↓** buttons for upward and downward changes. Confirm a selection by pressing **ENTER**, moving to the next item.
4. Once all selections are made, the setting mode will exit automatically. Alternatively, directly press the **ST/SP** button within the setting mode to start exercising.
5. During exercise, the resistance will adapt automatically based on the chosen program. Alternatively, use the **↑** or **↓** buttons to manually adjust it.
6. If any parameter (TIME, DISTANCE, CALORIE, STROKES) is set, it will count down during exercise. Upon reaching zero, the exercise will halt with an audible "DI" alert.
7. To pause the device while exercising, press the **ST/SP** button.



CONSOLE DISPLAY

Program 13 (Bodyfat):

Note: The program requires the installation of a wireless heart rate receiver and a chest strap (not included) before use.

1. Initiate the setup process by pressing the **ENTER** button.
2. Within the setting mode, follow this sequence: GENDER → HEIGHT → WEIGHT → AGE. Utilise the **↑** or **↓** buttons for upward and downward adjustments.
3. To start the test, press the **ST/SP** button. After an 8-second interval, the display will show **BMI** (Body Mass Index), **FAT%** (Body Fat Percentage), and **BMR** (Basal Metabolic Rate).
4. Before starting the test, make sure the user is wearing a wireless chest strap, and their heart rate exercise. Upon reaching zero, the exercise will halt with an audible "DI" alert.
5. To pause the device while exercising, press the **ST/SP** button.

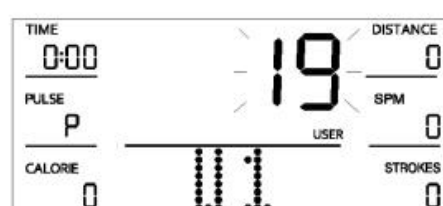
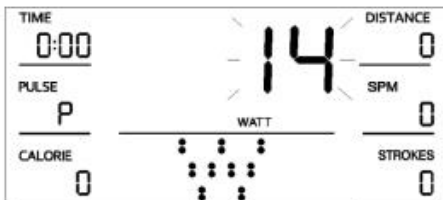
Gender	Low	Medium	Medium/high	High
Male	< 13%	13% - 25.9%	26% - 30%	> 30%
Female	< 23%	23% - 35.9%	36% - 40%	> 40%



Gender/age	Thin	Normal	Slightly fat	Fat	Fatter
Male ≤ 30	< 14	14 ~ 20	20.1 ~ 25	25.1 ~ 35	> 35
Male > 30	< 17	17 ~ 23	23.1 ~ 28	28.1 ~ 38	> 38
Female ≤ 30	< 17	17 ~ 24	24.1 ~ 30	30.1 ~ 40	> 40
Female > 30	< 20	20 ~ 27	27.1 ~ 33	33.1 ~ 43	> 43

B1	B2	B3	B4	B5	B6	B7	B8	B9
Seriously thin	Thin	Slightly thin	Normal and a bit thin	Normal	Normal and a bit fat	Overweight	Fatter	Seriously fat

Program 14 (Watt); Program 15-18 (HRC); Program 19-22 (User's Programs):



CONSOLE DISPLAY

Recovery:

Note: The program requires the installation of a wireless heart rate receiver and a chest strap (not included) before use.

1. While the instrument is displaying your heartbeat value, press the **RECOVERY** button to activate continuous heartbeat monitoring.
2. As the **TIME** display reads "0:60" (60 seconds), initiate a countdown. After 60 seconds, the system will commence the test.
3. Upon the TIME display reaching "0:00", the instrument's main window will exhibit F1 to F6, signifying different levels of heart rate recovery.
4. For accurate test results, it's advisable to ensure that your heart rate is tested within the aerobic heart rate range during exercise. This helps prevent any distortion in the outcomes due to excessively high or low values.

F1 = 1.0	Best
1.0 < F2 < 2.0	Better
2.0 < F3 < 2.9	Good
3.0 < F4 < 3.9	Normal
4.0 < F5 < 5.9	Slightly poor
F6 = 6.0	Poor



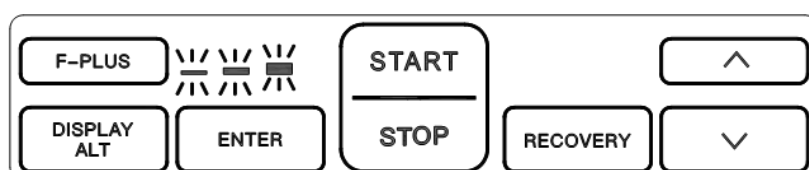
RECOVERY →



F-Plus:

Note: The program is exclusive to MANUAL mode (PROGRAM 1).

1. Press the button F-PLUS to initiate the mode. The indicator light will display Level PLUS 1, PLUS 2, or PLUS 3, indicating the increased resistance level. This adjustment enhances the operation resistance of the machine.
2. While exercising, you have the option to press the button to revert to **MANUAL** mode or press the **ST/SP** button to stop the device's operation.



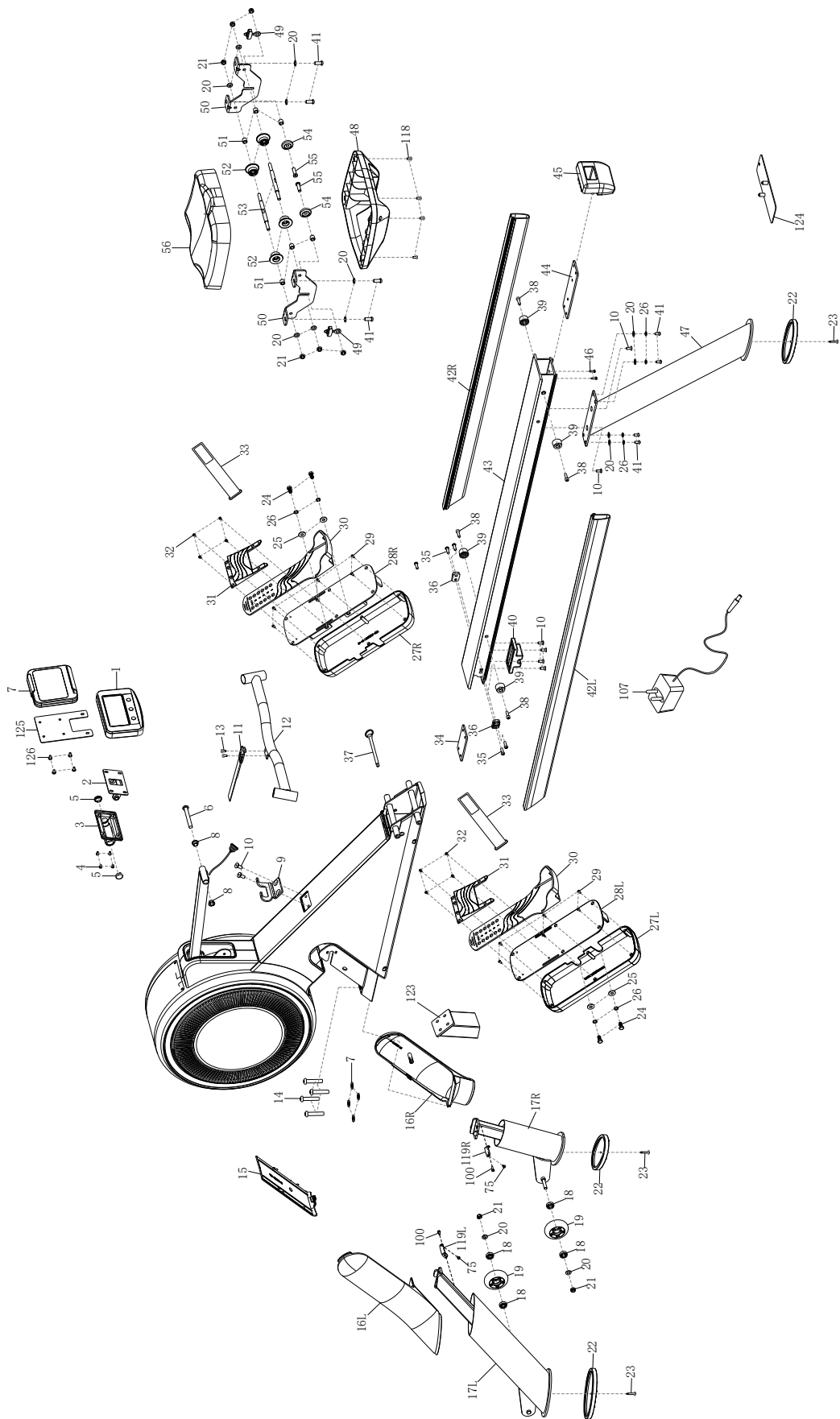
CONSOLE DISPLAY

Error Codes Description:

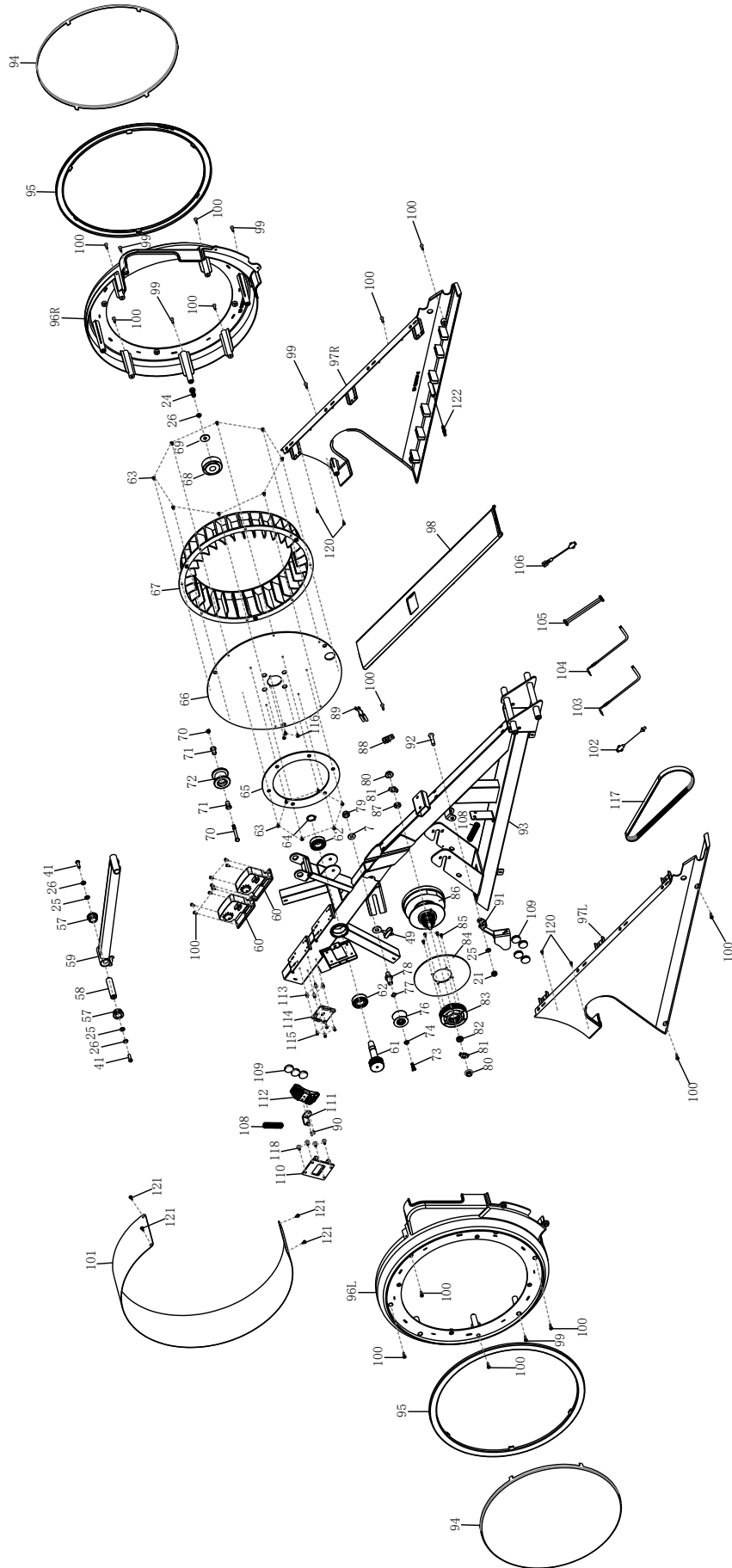
ERROR CODES	POSSIBLE CAUSES	INSPECTION	SOLUTIONS
E1	The motor is not working properly	Whether the motor wiring plug is correctly plugged into the wiring terminal	Plug in the wiring plug or replace the motor
	The internal cable of the machine is failure	Whether the cable is damaged	Replace the cable
	The instrument cannot output the corresponding control signal to the motor		Replace the electronic instrument
E2	After starting the test in the mode of body fat test, the heart rate detector is not held by hand as soon as possible		Please hold the heart rate detector by hands within 3 seconds after the test is started
	The instrument cannot display the heart rate value	Whether there is any display of heart rate value in other modes	If there is no display of heart rate value in other modes, replace the instrument; if there is still no display, replace the heart rate connecting cable

- The rower machine requires a 9V/1A power adapter. In case of abnormality on its display, kindly disconnect and then reconnect the power plug.
- If there's no activity, the machine will automatically transition into sleep mode after FIVE minutes.

EXPLODED DRAWING



EXPLODED DRAWING



CARE AND MAINTENANCE



At least once a year, the cover on your rowing machine should be removed and any dust or debris vacuumed up to maintain the smooth operation of the drive system. Contact the Elite Fitness Service Department for further information on servicing your rowing machine.

Prolong the life of your rower by performing periodic maintenance checks. Not only does this ensure your machine is in full working order to ensure they continue to run smoothly and reliably, but it will save you service costs in the long run.

Cleaning

General cleaning of the unit after use will protect the rowers powder-coated framework and prevent unnecessary corrosion stains and damage to the structural components from sweat and perspiration. During this time check for any cracks and damage.

Guide Rail:

This area needs attention every week. It needs to be kept free of dust and debris. If the wheels roll over dust and debris it ingrains itself in either the wheel or the rail itself. Over time this will pit the wheels or guide rail making for a bumpy workout.

Chain:

If you have a chain attached to your rowing handle once every 6 months you should give it a light oiling. The chain should be free of build-up before re-greasing if it is dirty use an automotive degreaser and paper towel to remove the build-up.

To oil the chain; pull the chain to its full extent and while holding the handle use a clean paper towel to rub lubricant along the length of the chain. 3 in 1 oil or 20W motor oil are recommended. About 1 teaspoon of lubricant is plenty.

Adjust the End cap & How to fold the unit

To fold the aluminium rail, pull out the lock pin from the joint. Secure the rail by the lock pin.

Correct Exercising Position

When exercising, hold the handlebar tightly and relax your back. Try and use the product in a rhythmical and smooth motion. If you find yourself feeling uncomfortable, or experiencing a surging type feeling, adjust the tension down to a more comfortable setting.

LIMITED WARRANTY

Warranty Registration

It is recommended you register your warranty online at www.elitefitness.co.nz/service/online-forms/warranty to ensure you receive the correct user maintenance information for your product before use. This will enable you to receive any additional or helpful information from the manufacturer or Elite Fitness Equipment about your product.

Warranty Range

Damage in correct maintenance and normal operations (not factitious factors). Warranty card to the original purchaser, shall not be transferred.

Warranty Time

HOME USE

- 1 Year Parts
- 1 Year Labour
- 10 Years Frame

The following conditions are not under warranty range:

- A) As a result of abuse, neglect, accident, or unauthorised modification;
- B) The damage due to incorrect adjustment of the machine;

Repair and Maintenance Service

Please contact our Elite Fitness Service Department at eliteservice@elitefitness.co.nz or visit www.elitefitness.co.nz for any service related issues or advice on preventative maintenance servicing procedures.

WARM-UP EXERCISE

Warm up exercise is important in preparing the muscles for activity whilst minimising the risk of injury. You may choose to warm up with a light/brisk walking pace for 5-10 minutes before stopping and performing some simple stretches. (As shown in the pictures below)

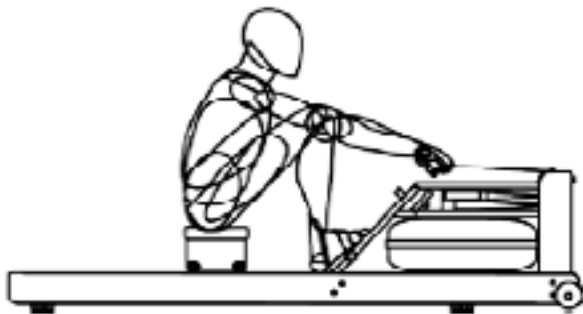
- Hamstring Stretch (Standing) Keep your knees slightly bent and slowly lean forward, back and shoulders relaxed, reaching towards your toes. You should feel the tension and slight discomfort in your hamstring muscles. Hold for 15-20 seconds. Repeat 2-3 times.
- Hamstrings Stretches (Seated) Sitting on the floor preferably on a mat, put one leg straight, the other inward and close to the inside of the straight leg. Lean forward from the hips, reaching towards your toes. Hold for 10-15 seconds, and relax. Repeat 3 times for each leg (See picture 2).
- Crus and Feet Tendon Stretches Standing with two hands on the wall or tree, one leg behind. Keeping your legs straight and the heel on the ground, lean forward towards the wall or tree. Hold for 10-15 seconds, and relax. Repeat 3 times for each leg (See picture 3).
- Quadriceps Stretches Keeping your balance with your left hand holding onto a wall or stationery fixture, grasp your right foot with your right hand and stretch your right heel toward your buttocks slowly, until you feel the stretch in the front of your thigh. Hold for 10-15 seconds, and relax. Repeat 3 times for each leg (See picture 4).
- Sartorius (Inner Muscles of the Thigh) Muscle
- Stretches Sitting down with the soles of your feet or shoes together and your knees positioned outward. Pull your feet towards your groin until you can feel the stretch. Hold for 10-15 seconds, and relax. Repeat 3 times (See picture 5).



ROWING TECHNIQUES

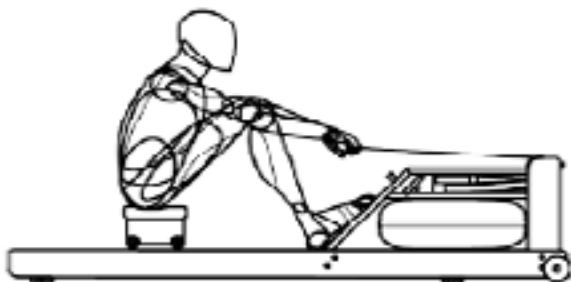
The Rowing Action uses 84% of your muscle mass; from the tips of the fingers holding the handle, to the balls of the feet connected to the footboard, all the muscles between these 2 points contribute to the Rowing Action.

The Rowing Action is comprised of both fast (drive phase) and slow (recovery phase) movements. It is important to combine these 2 movements into a rhythm in order to create a smooth, flowing, unhurried Rowing Action. The diagrams below show 3 basic movements of the rowing action.



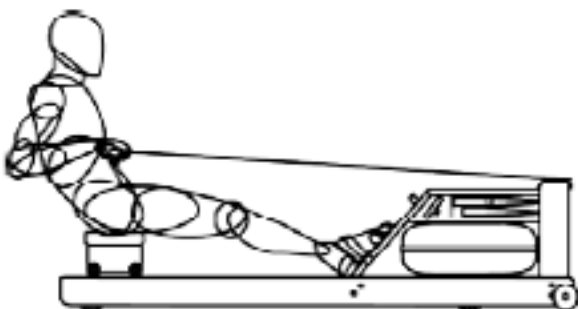
CATCH POSITION

Sitting tall, arms straight reaching forward, shoulders relaxed, head up, eyes looking forward, legs compressed and shins vertical.



DRIVE PHASE

Drive back with the legs, arms hang off the handle and only begin to bend once handle is above the knees, torso is strong with good posture and body angle opens up slowly as you drive the legs.



RELEASE POSITION

Legs straight, handle drawn to chest, sitting back just past the vertical, torso firm, shoulders relaxed, head up and eyes looking forward.

Allow yourself the first few rowing sessions to practice the correct positions and phases as well as the correct ratio and rhythm of the rowing action. With regular rowing, the technique will become easier and you will soon experience the physiological benefits of rowing.

TRAINING STAGES

		Exercise Zone									
		AGE									
Beats Per Minute	100%	200	195	190	185	180	175	170	165	155	150
	VO2 Max (Maximum Effort)										
	90%	180	176	171	167	162	158	153	149	140	135
	Anaerobic (Hardcore Training)										
	80%	160	156	152	148	144	140	136	132	124	120
	Aerobic (Cardio Training/Endurance)										
	70%	140	137	133	130	126	123	119	116	109	105
Weight Control (Fitness/Fat Burn)											
60%	120	117	114	111	108	105	102	99	93	90	
Moderate Activity (Maintenance/Warm up)											
50%	100	98	95	93	90	88	85	83	78	75	

Cardiovascular training plays an important part in maintaining a healthy heart and lung function, so it's no surprise we should be paying attention to how quickly our heart beats during exercise. The chart above outlines a range of heart rate training zones determined by the individual's age and workout goals to ensure you train safely and effectively.

Heart Rate can be measured by using the radial (wrist) or carotid (neck) pulse using your index and middle fingers, counting the beats for 10 seconds and multiplying by 6. Alternatively, the use of a Wireless Telemetry Heart Rate strap and watch will give you an accurate Beats Per Minute (BPM) reading.

$220 - \text{AGE} = \text{TMHR}$ (Theoretical Maximum Heart Rate)

$\text{TMHR} \times 85\% = \text{(Upper Training Limit) bpm}$ (Beats per Minute)

$\text{TMHR} \times 65\% = \text{(Lower Training Limit) bpm}$

Note: Contact heart rate may provide inaccurate readings and is designed only as a guide

Example: $220 - 39 = 181 \text{ bpm}$

$181 \times 85\% (0.85) = 154 \text{ bpm}$ (Upper Training Limit)

$181 \times 65\% (0.65) = 118 \text{ bpm}$ (Lower Training Limit)



For more information about our Elite Fitness equipment or other brands that we stock for your home, visit www.elitefitness.co.nz

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Elite Fitness, 28 Morrin Road, St Johns, Auckland, New Zealand.
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