



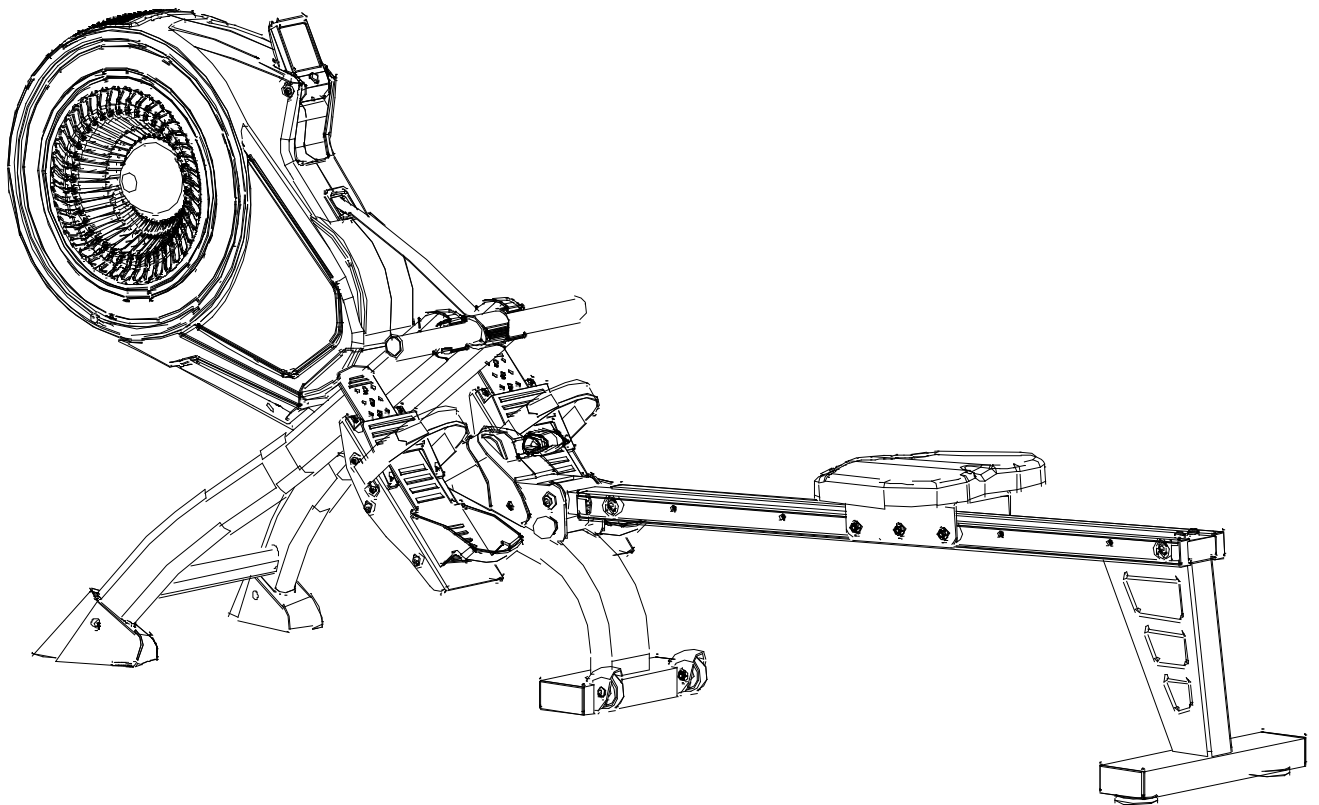
MARCY®

EN

RE6000

Turbo Rower

USER MANUAL



Distributed By:
Pure-Tec Limited
www.puretecfitness.com

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BEFORE YOU BEGIN

Thank you for selecting the MARCY RE6000 Turbo Rower. For your safety and benefit, read this manual carefully before using the equipment. As the official distributor for Marcy, we are committed to providing complete customer satisfaction. If you have any questions, or find there are missing or damaged parts, we guarantee you complete satisfaction through direct assistance. To avoid unnecessary delays, please contact our Customer Solutions Department, Monday to Friday 8am – 5pm GMT.

Pure-Tec Limited
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Monday - Friday 0800 - 1700GMT

IMPORTANT SAFETY INFORMATION


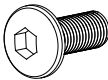




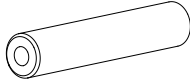
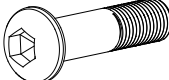


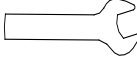
READ ALL INSTRUCTIONS BEFORE USING

THIS OWNER'S MANUAL CONTAINS ASSEMBLY, OPERATION, MAINTENANCE AND SAFETY INFORMATION. IN THE INTEREST OF SAFETY, PLEASE MAKE CERTAIN THAT YOU READ AND UNDERSTAND ALL THE INFORMATION BELOW.

1. This Rower is intended for class H (H=Domestic) use only. It is not designed for commercial use.
2. This machine has been tested to BS EN 957.
3. Read the OWNER'S OPERATION MANUAL and all accompanying literature and follow it carefully before using your Rower.
4. Keep children and pets away from the Rower at all times. Do not leave children unattended in the same room with the Rower. The Rower is not a toy and therefore parents and guardians should be aware of the natural tendency for children to play, leading to situations and behaviour for which the Rower is not intended.
5. If children are allowed to use the Rower their physical/mental development and above all, temperament should be taken into account. Constant supervision is therefore needed.
6. Position the Rower on a clear levelled surface which is clear of all obstacles as not to restrict movement whilst exercising. DO NOT use the Rower near water or outdoors.
7. Exercise equipment has moving parts. In the interest of safety, keep others, especially children, at a safe distance while exercising.
8. Never hold your breath while exercising. Breathing should remain at a normal rate in conjunction with the level of exercise being performed.
9. Rest adequately between workouts. Muscle tone develops during these rest periods. Beginners should work out twice a week and increase gradually to 4 to 5 times per week.
10. Remove all jewellery, including rings, chains and pins before commencing exercise.
11. Always wear suitable clothing and footwear during exercise. Do not wear loose fitting clothing that could become entangled with the moving parts of your exercise machine.

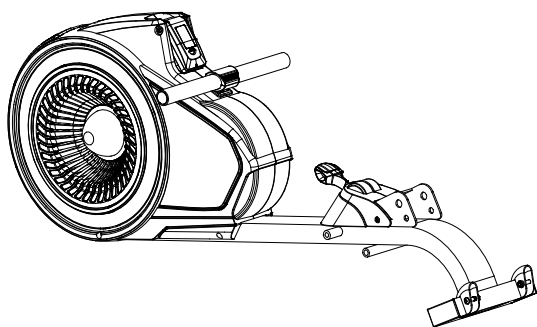
IMPORTANT!!! THE MAXIMUM RECOMMENDED WEIGHT CAPACITY FOR YOUR ROWER IS 150KGS.

HARDWARE PARTS LIST

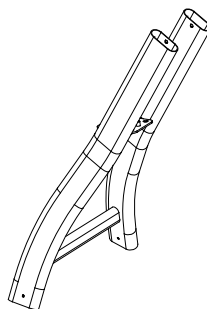
| PART NO. | DESCRIPTION | Q'TY | DRAWINGS |
|----------|-----------------------------|------|---|
| 19 | Allen bolt | 5 |  |
| 34 | Allen bolt | 4 |  |
| 37 | Spring washer | 2 |  |
| 38 | Flat washer | 2 |  |
| 40L | End cap for side rail (L) | 1 |  |
| 40R | End cap for side rail (R) | 1 |  |
| 41 | Axle for slide rail | 1 |  |
| 42 | Allen bolt | 2 |  |
| 43 | Flat washer | 3 |  |
| | Allen key (6MM) | 2 |  |
| | Open ended wrench (13MM) | 1 |  |

Above described parts are all the parts you need to assemble this machine. Before you start to assemble, please check the hardware packing to make sure they are included.

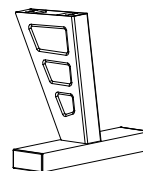
PRE-ASSEMBLY CHECK LIST



NO:1



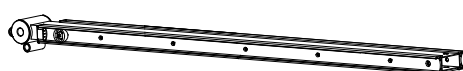
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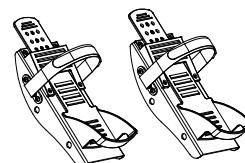
NO:54



NO:53



NO:45



NO:14L/R



NO:11L/R



NO:3



NO:55



NO:13



NO:35



NO:8L/R

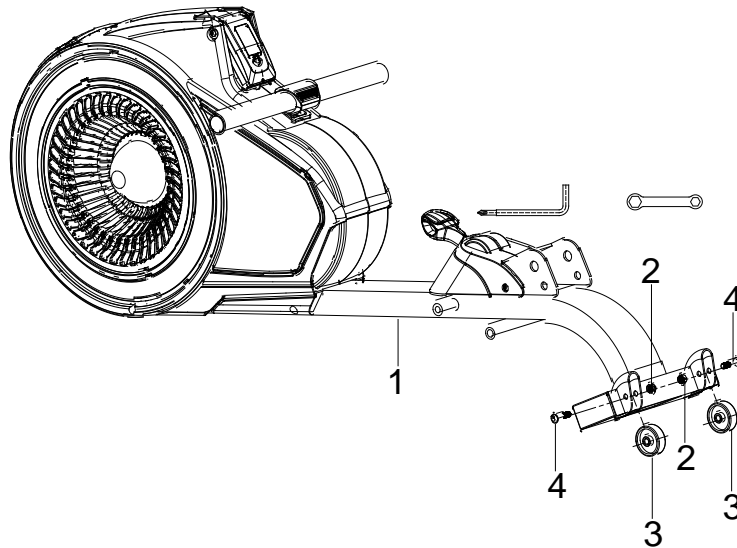


| PART NO. | DESCRIPTION | Q'TY |
|----------|---|------|
| 1 | Main frame | 1 |
| 3 | Roller Wheel | 2 |
| 8L/R | End cap for front stabilizer tube (L/R) | 1/1 |
| 11L/R | Fixed bracket for handlebar (L/R) | 1/1 |
| 13 | Allen bolt for pedal | 4 |
| 14L/R | Pedal (L/R) | 1/1 |
| 35 | Ball pin | 1 |
| 45 | Slide rail | 1 |
| 53 | Seat | 1 |
| 54 | Rear support tube | 1 |
| 55 | Foot mat | 2 |
| 91 | Middle support tube | 1 |
| | User manual | 1 |
| | Hardware parts | 1 |

ASSEMBLY INSTRUCTION

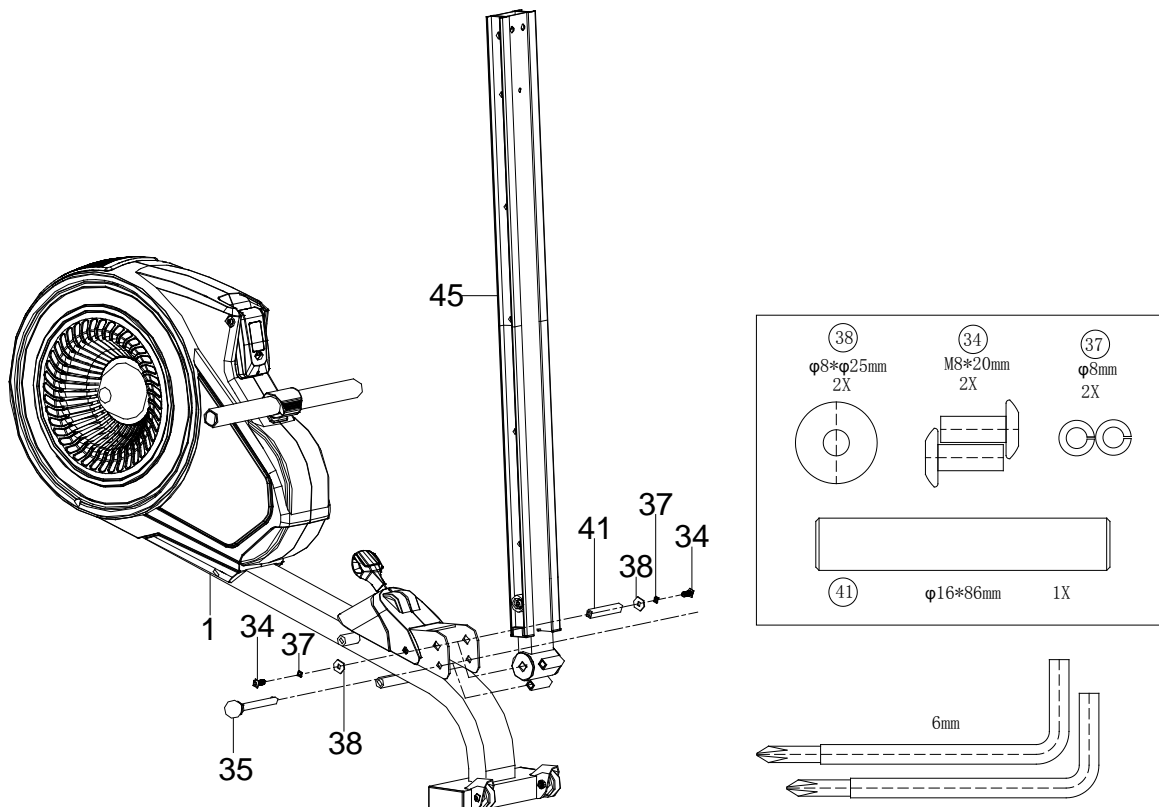
Step 1

Attach the two Roller Wheels (3) to the Main Frame (1). Secure each Roller Wheel (3) with one Allen Bolt (4) and one Nylon Nut (2).



Step 2

Pull out the ball pin (35) from the main frame (1). Insert the slide rail (45) onto the U type connect tube of main frame (1), fasten with one axle for slide rail (41), two sets of allen bolts (34), spring washers (37) and flat washers (38). Then insert the ball pin (35).



Step 3

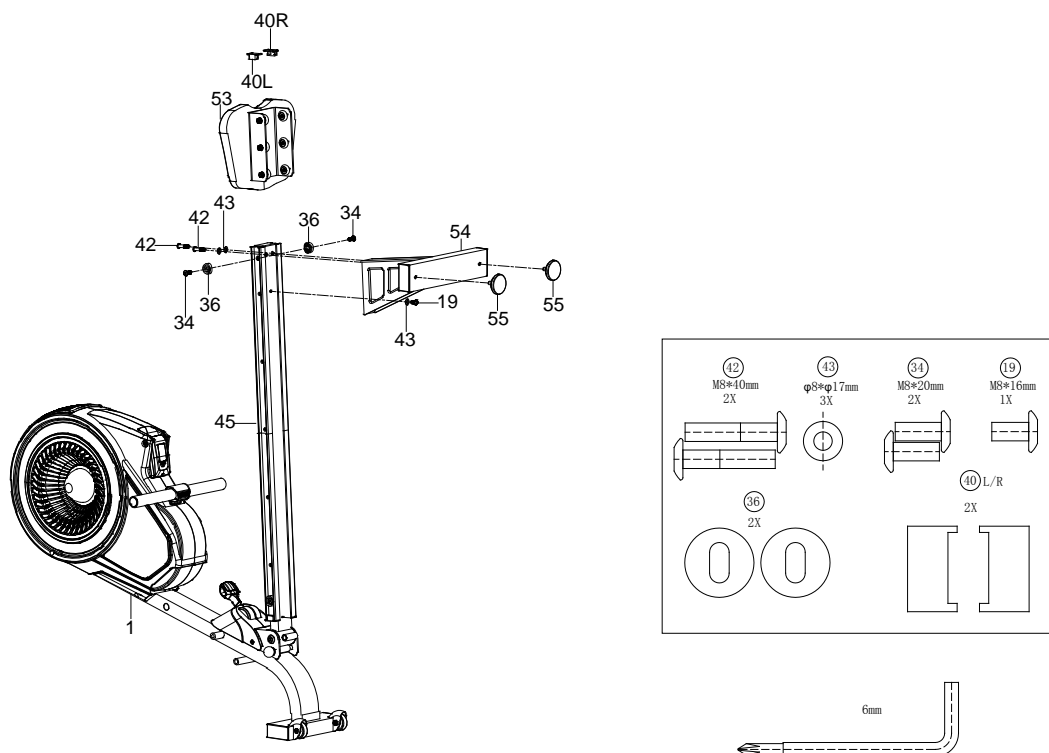
Insert the seat (53) to the slide rail (45).

Insert two cushion rubbers (36) to the slide rail (45), slightly fasten with two allen bolts (34).

Fasten two foot mats (55) on the rear support tube (54).

Attach the rear support tube (54) to the slide rail (45), fasten with one allen bolt (19), three flat washers (43) and two allen bolts (42).

Then insert two end caps for side rail (40L/R) to the end of slide rail (45).

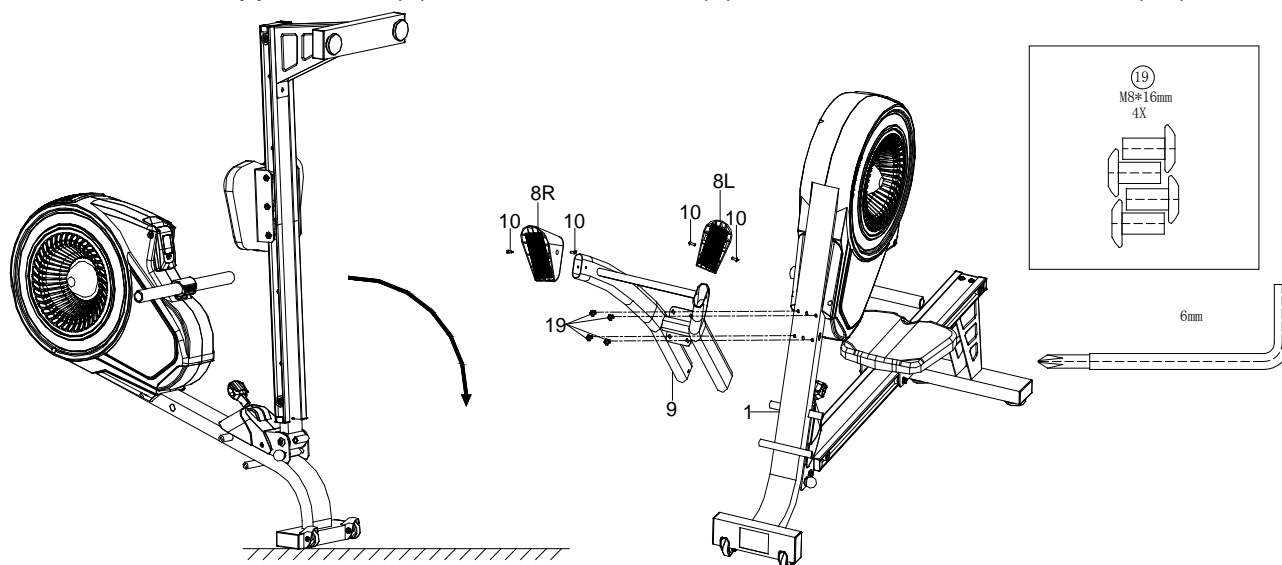


Step 4

Turn over the main frame and make the rear support tube to the floor.

Take off four self-tapping screws (10) from the end caps for front stabilizer tube (8L/R) which are pre-assembled on the end caps, then attach the end caps to the front support tube (9) by four self-tapping screws (10).

Attach the front support tube (9) to the main frame (1), fasten with four allen bolts (19).



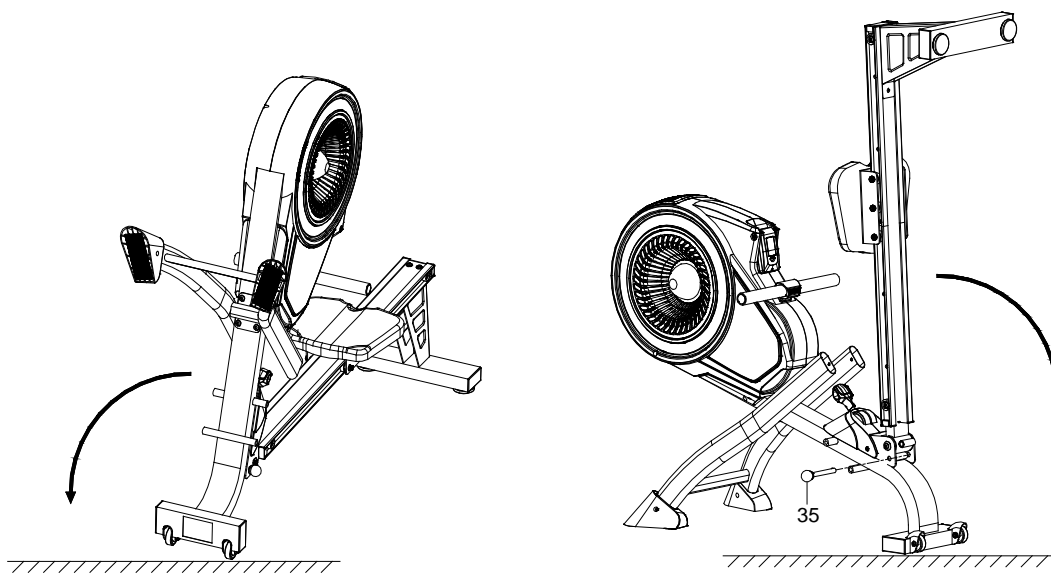
Step 5

Turn over the main frame and make the front support tube to the floor.

Pull out the ball pin (35) from the main frame and unfold the main frame. Then insert the ball pin (35) to the main frame again for fixation.

Note: Before insert ball pin (35).

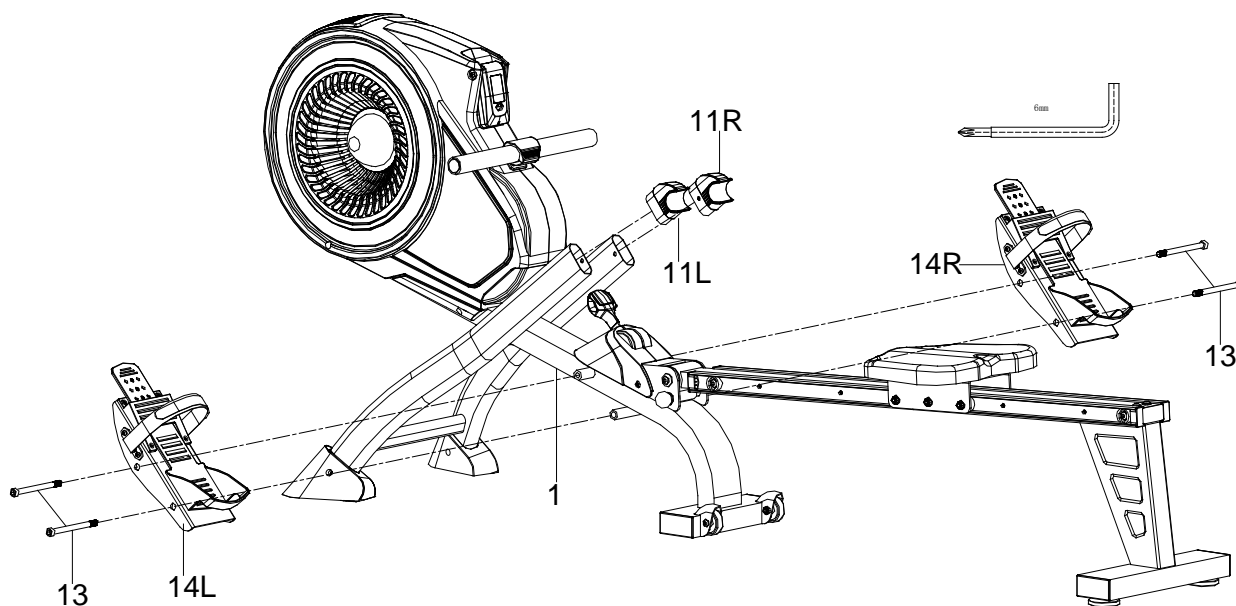
1. Slightly lift up the main frame.
2. Assure the fixation holes are on equal position.
3. Insert ball pin (35) into fixation holes.



Step 6

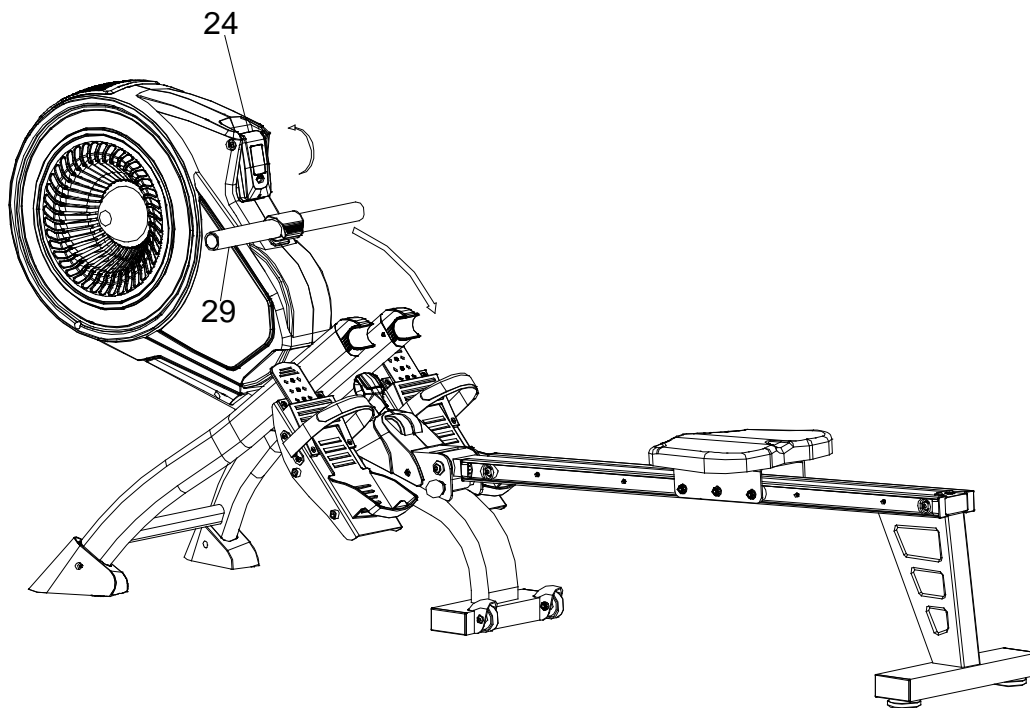
Insert two fixed brackets for handlebar (11L/R) into the holes on the front support tube of main frame (1).

Attach the left pedal (14L) to the left side of main frame (1), fasten with two allen bolts (13). Repeat for the right pedal (14R) to the right side of main frame (1).



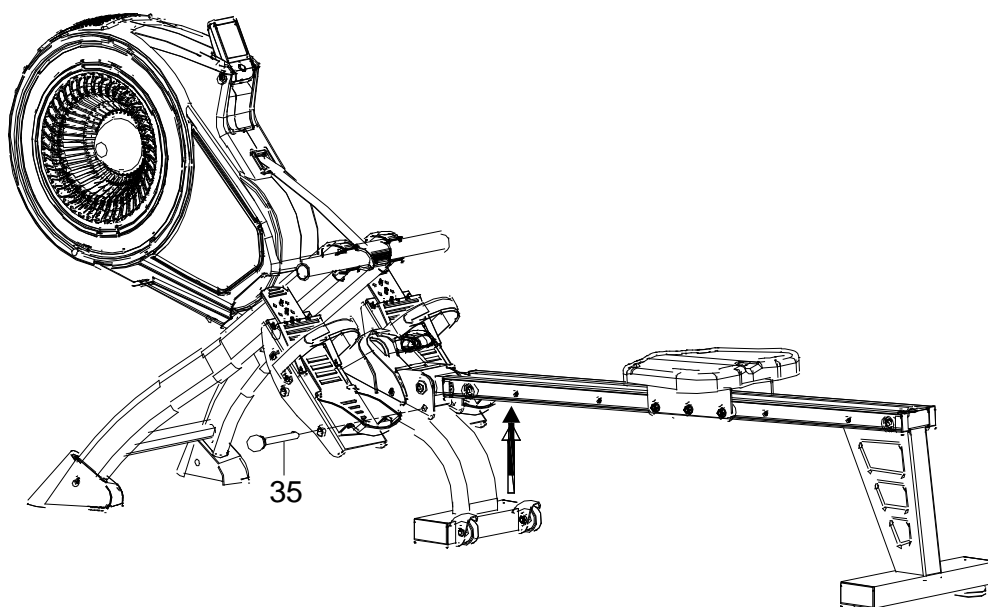
Step 7

Open the meter (24) upward to show your exercise status.
The handlebar (29) also can be put on the fixed bracket.



Step 8

You can pull out the ball pin (35) and lift up the slide rail to fold the machine if you don't want to use it.



**CHECK ALL BOLTS AND NUTS ARE TIGHTENED
BEFORE USING THE MACHINE**

COMPUTER INSTRUCTIONS

FUNCTIONAL BUTTON:

MODE/RESET – Push down to select functions.

- Push down to reset time, distance, calories and count for 2 seconds.
- After install batteries, electronic watch default into clock setting mode, press the “MODE” key setting electronic clock, set the finished wait 5 seconds, the electronic watch into motion window mode automatically.

FUNCTIONS AND OPERATIONS:

- 1. SCAN:** Press MODE button until SCAN appears, monitor will rotate through the following functions: time, speed, distance, calorie, count, rpm and pulse, each display will be hold 5 seconds.
- 2. TIME:** Count the total time from exercise start to end.
- 3. SPEED:** Display current speed.
- 4. DISTANCE:** Count the distance from exercise start to end.
- 5. CALORIE:** Count the total calories from exercise start to end.
- 6. COUNT:** Count the count from exercise start to end.
- 7. RPM:** Automatically accumulates the workout counts per minute
- 8. PULSE:** Your paddling cadence. Your meter displays your pulse rate in beats per minute during your workout. If no pulse signal input then the computer will display “NO pulse” on the window.
Pls wear properly the chest belt transmitter to detect the heartbeat (pulse) while workout.

- NOTE:**
1. If the display is faint or shows no figures, please replace the batteries.
 2. The monitor will automatically into clock mode if there is no signal received after 4 minutes.
 3. The monitor will be auto-powered on when starting to exercise push button w/signal in.
 4. The monitor will automatically start calculating when you start to exercise and will stop calculating when you stop exercising for 4 seconds.

SPECIFICATIONS:

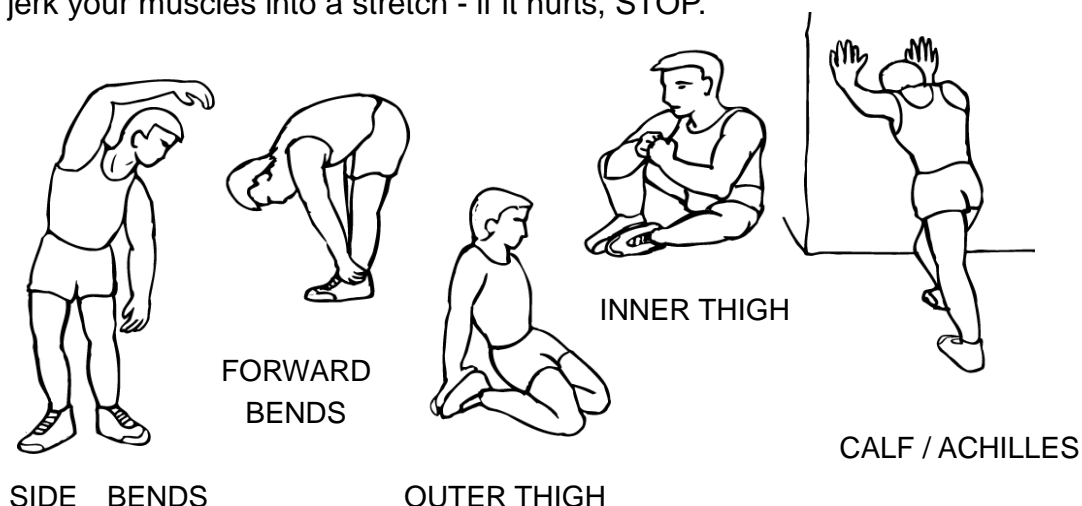
| | | |
|-----------------------|---------------|---|
| FUNCTION | AUTO SCAN | Every 5 seconds |
| | TIME | 0:00'~99:59' |
| | CURRENT SPEED | The maximum signal can be pickup is 99.99KM/H |
| | TRIP DISTANCE | 0.0~999M |
| | CALORIES | 0.0~999.9CAL |
| | COUNT | 0~9999TIMES |
| | RPM | 0~999 TIMES/MIN |
| BATTERY TYPE | | 2pcs of SIZE –AA A or UM –4 |
| OPERATING TEMPERATURE | | 0°C ~ +40°C |
| STORAGE TEMPERATURE | | -10°C ~ +60°C |

EXERCISE INSTRUCTIONS

Using your **TURBO ROWER** will provide you with several benefits, it will improve your physical fitness, tone muscle and in conjunction with a calorie controlled diet help you lose weight.

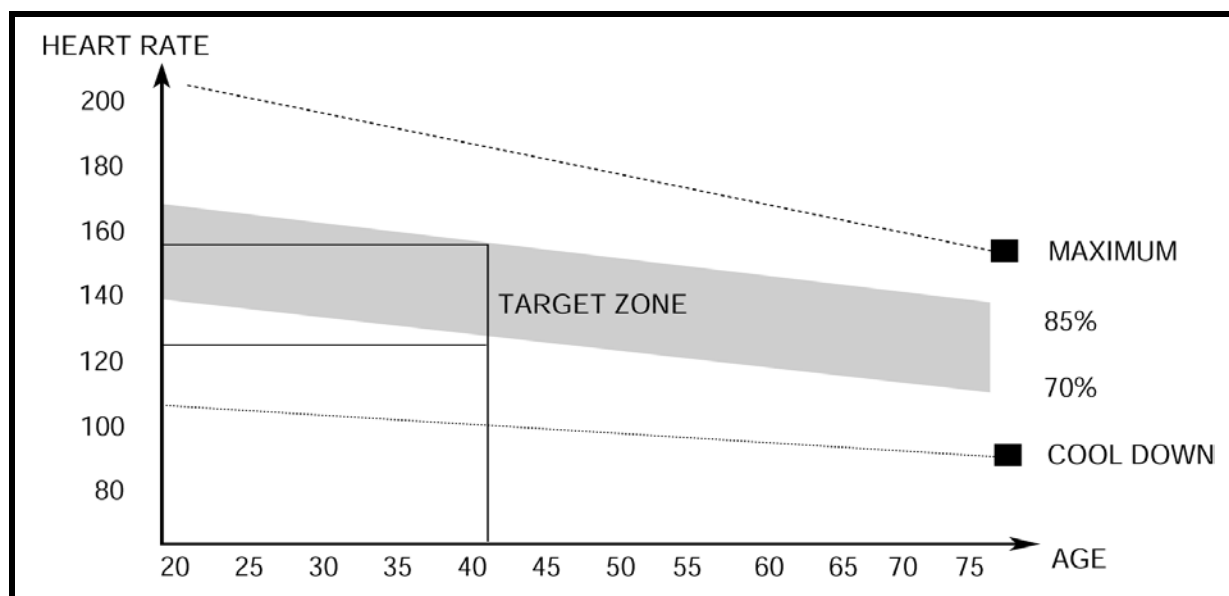
1. The Warm Up Phase

This stage helps get the blood flowing around the body and the muscles working properly. It will also reduce the risk of cramp and muscle injury. It is advisable to do a few stretching exercises as shown below. Each stretch should be held for approximately 30 seconds, do not force or jerk your muscles into a stretch - if it hurts, STOP.



2. The Exercise Phase

This is the stage where you put the effort in. After regular use, the muscles in your legs will become more flexible. Work to your but it is very important to maintain a steady tempo throughout. The rate of work should be sufficient to raise your heart beat into the target zone shown on the graph below.



This stage should last for a minimum of 12 minutes though most people start at about 15-20 minutes

3. The Cool Down Phase

This stage is to let your Cardio-vascular System and muscles wind down. This is a repeat of the warm up exercise e.g. reduce your tempo, continue for approximately 5 minutes. The stretching exercises should now be repeated, again remembering not to force or jerk your muscles into the stretch.

As you get fitter you may need to train longer and harder. It is advisable to train at least three times a week, and if possible space your workouts evenly throughout the week.

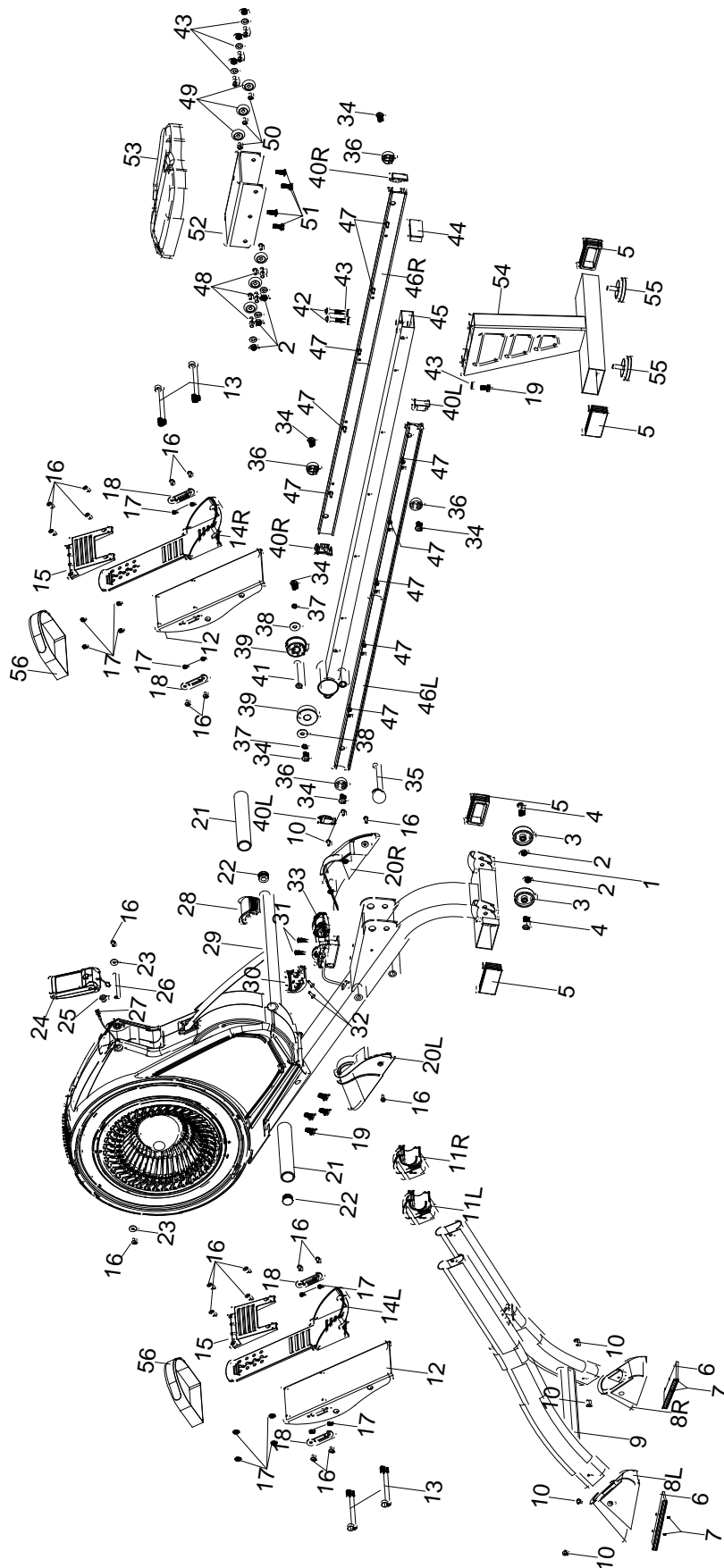
MUSCLE TONING

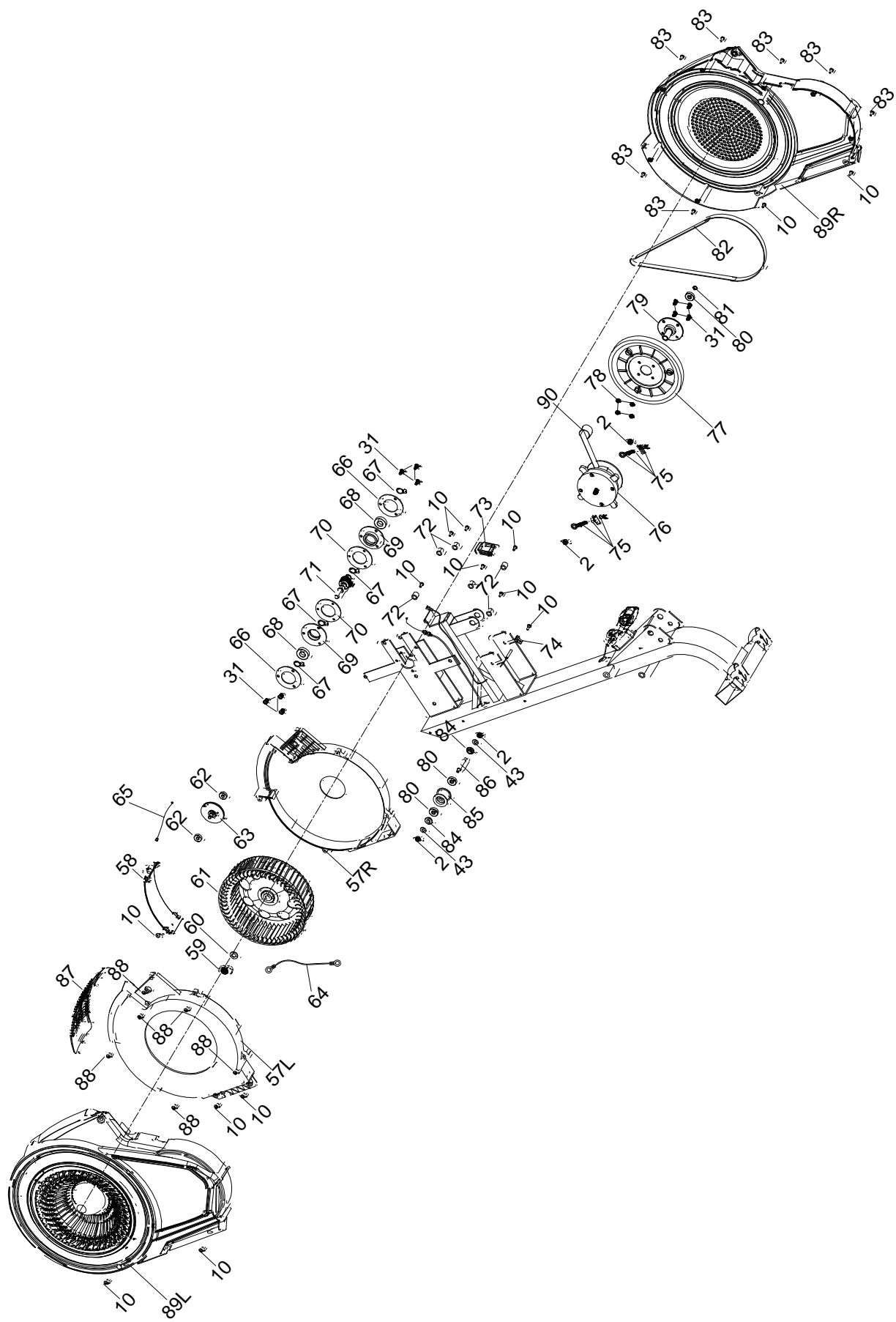
To tone muscle while on your **TURBO ROWER** you will need to have the resistance set quite high. This will put more strain on our leg muscles and may mean you cannot train for as long as you would like. If you are also trying to improve your fitness you need to alter your training program. You should train as normal during the warm up and cool down phases, but towards the end of the exercise phase you should increase resistance making your legs work harder. You will have to reduce your speed to keep your heart rate in the target zone.

WEIGHT LOSS

The important factor here is the amount of effort you put in. The harder and longer you work the more calories you will burn. Effectively this is the same as if you were training to improve your fitness, the difference is the goal.

EXPLODED DIAGRAM





PARTS LIST

| PART NO. | DESCRIPTION | QTY |
|----------|---------------------------------|-----|
| 1 | Main Frame | 1 |
| 2 | Nylon Nut M8 | 12 |
| 3 | Roller Wheel | 2 |
| 4 | Allen Bolt M8*35 | 2 |
| 5 | End Cap | 4 |
| 6 | Anti-slip Pad | 2 |
| 7 | Self Tapping Screw ST4*15 | 4 |
| 8L | Front Post Floor Cap(L) | 1 |
| 8R | Front Post Floor Cap(R) | 1 |
| 9 | Front Post | 1 |
| 10 | Self Tapping Screw ST5*20 | 20 |
| 11L | Rowing Bar Holder(L) | 1 |
| 11R | Rowing Bar Holder(R) | 1 |
| 12 | Pedal Support | 2 |
| 13 | Socket Head Allen Bolt M12*140 | 4 |
| 14L | Pedal(L) | 1 |
| 14R | Pedal(R) | 1 |
| 15 | Pedal Adjustment Assembly | 2 |
| 16 | Phillips Screw M5*12 | 20 |
| 17 | Nylon Nut M5 | 16 |
| 18 | Pedal Strap Bracket | 4 |
| 19 | Allen Bolt M8*16 | 5 |
| 20L | Tension Control Knob Cover(L) | 1 |
| 20R | Tension Control Knob Cover(R) | 1 |
| 21 | Rowing Bar Grip | 2 |
| 22 | Rowing Bar End Cap | 2 |
| 23 | Washer $\phi 5 \times \phi 18$ | 2 |
| 24 | Computer | 1 |
| 25 | Wire Grommet | 1 |
| 26 | Computer Axle | 1 |
| 27 | Pulse Sensor Wire | 1 |
| 28 | Rowing Bar Upper Cap | 1 |
| 29 | Rowing Bar | 1 |
| 30 | Rowing Bar Lower Cap | 1 |
| 31 | Allen Bolt M6*15 | 12 |
| 32 | Self Tapping Screw ST4*20 | 2 |
| 33 | Tension Control Knob | 1 |
| 34 | Allen Bolt M8*20 | 6 |
| 35 | Lock Pin | 1 |
| 36 | Bumper Stopper | 4 |

| PART NO. | DESCRIPTION | QTY |
|----------|--|-----|
| 37 | Spring Washer $\phi 5$ | 2 |
| 38 | Washer $\phi 8 \times \phi 25$ | 2 |
| 39 | Rowing Rail Busing | 2 |
| 40L | Rail Track End Cap(L) | 2 |
| 40R | Rail Track End Cap(R) | 2 |
| 41 | Rowing Rail Axle | 1 |
| 42 | Allen Bolt M8*40 | 2 |
| 43 | Washer $\phi 8 \times \phi 17$ | 11 |
| 44 | End Cap | 1 |
| 45 | Rowing Rail | 1 |
| 46L | Rail Track(L) | 1 |
| 46R | Rail Track(R) | 1 |
| 47 | Self Tapping Screw | 10 |
| 48 | Seat Roller Wheel Axle | 6 |
| 49 | Seat Roller Wheel | 6 |
| 50 | Phillips Screw M5*15 | 6 |
| 51 | Allen Bolt M8*20 | 4 |
| 52 | Seat Bracket | 1 |
| 53 | Seat | 1 |
| 54 | Rear Support | 1 |
| 55 | Rear Leverage Knob | 2 |
| 56 | Foot Strap | 2 |
| 57L | Air Duct (L) | 1 |
| 57R | Air Duct (R) | 1 |
| 58 | Air Damper | 1 |
| 59 | Nylon Nut M12 | 1 |
| 60 | Flat Washer $\phi 12.5 \times \phi 25$ | 1 |
| 61 | Wind turbine | 1 |
| 62 | Bearing | 2 |
| 63 | Pulley | 1 |
| 64 | Tension rope | 1 |
| 65 | Guy cable | 1 |
| 66 | Bearing bracket | 2 |
| 67 | Clamp spring $\phi 17$ | 4 |
| 68 | Bearing | 2 |
| 69 | Bearing bracket | 2 |
| 70 | Fixed plate for bearing | 2 |
| 71 | Axle for wind turbine | 1 |
| 72 | Bushing | 6 |
| 73 | Rubber ring | 1 |

| PART NO. | DESCRIPTION | QTY |
|----------|---------------------------|-----|
| 74 | Sensor bracket | 1 |
| 75 | Adjusted screw sets | 2 |
| 76 | Spring clutch | 1 |
| 77 | Belt pulley | 1 |
| 78 | Nylon nut M6 | 4 |
| 79 | Belt pulley bracket | 1 |
| 80 | Bearing | 3 |
| 81 | Clamp spring $\phi 10$ | 1 |
| 82 | Belt | 1 |
| 83 | Self-tapping screw ST5*16 | 7 |
| 84 | Powder metal | 2 |
| 85 | Pulley | 1 |
| 86 | Axle for pulley | 1 |
| 87 | Air outlet | 1 |
| 88 | Self-tapping screw ST5*25 | 6 |
| 89L | Chain cover (L) | 1 |
| 89R | Chain cover (R) | 1 |
| 90 | Woven tape | 1 |

ADDITIONAL INFORMATION

Packaging Disposal



Government guidelines ask that we reduce the amount of waste material disposed of in land fill sites. We therefore ask that you dispose of all packaging waste responsibly at public recycling centres.

We at Pure-Tec Limited hope you enjoy many years of enjoyable use from your Rower. However, a time will come when your Rower will come to the end of its useful life. Under '**European WEEE Legislation**' you are responsible for the appropriate disposal of your Rower to a recognised public collection facility.



Care & Maintenance

1. Inspect and tighten all parts before using the Rower.
2. The Rower can be cleaned using a damp cloth and mild non-abrasive detergent. DO NOT use solvents.
3. Examine the Rower regularly for signs of damage or wear.
4. **Failure to examine the Rower regularly may affect the safety level of the equipment.**
5. Replace any defective components immediately and/or keep the Rower out of use until repair.

Specifications

Dimensions: 217 x 52 x 92 cms

Maximum user weight: 150kg

Batteries 2 x Size AAA 1.5v

Net weight 34.5Kg

LIMITED WARRANTY

Pure-Tec warrants this product to be free from defects in workmanship and material, under normal use and service conditions. Please refer to www.puretecfitness.com for warranty terms. This warranty extends only to the original purchaser and is valid for home use only. Pure-Tec's obligation under this Warranty is limited to replacing damaged or faulty parts at Pure-Tec's option.

All returns must be pre-authorized by Pure-Tec. This warranty does not extend to any product or damage to a product caused by or attributable to freight damage, abuse, misuse, improper or abnormal usage, purchasers own repairs or for products used for commercial or rental purposes. No other warranty beyond that specifically set forth above is authorized by Pure-Tec .

Pure-Tec is not responsible or liable for indirect, special or consequential damages arising out of or in connection with the use or performance of the product or other damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyments or use, costs of removal, installation or other consequential damages or whatsoever natures.

The warranty extended hereunder is in lieu of any and all other warranties and any implied warranties of merchantability or fitness for a particular purpose is limited in its scope and duration to the terms set forth herein.

Your statutory rights are not affected.

ORDERING REPLACEMENT PARTS

Replacement parts can be ordered by contacting our Customer Solutions Department, Monday to Friday, 8am – 5pm GMT :

Pure-Tec Limited
www.puretecfitness.com
Tel: +44 (0) 1482 212098
Email: service@puretecfitness.com
Monday - Friday 0800 - 1700GMT

When ordering replacement parts, please give the following information,

1. Model
2. Description of Parts
3. Part Number
4. Date of Purchase