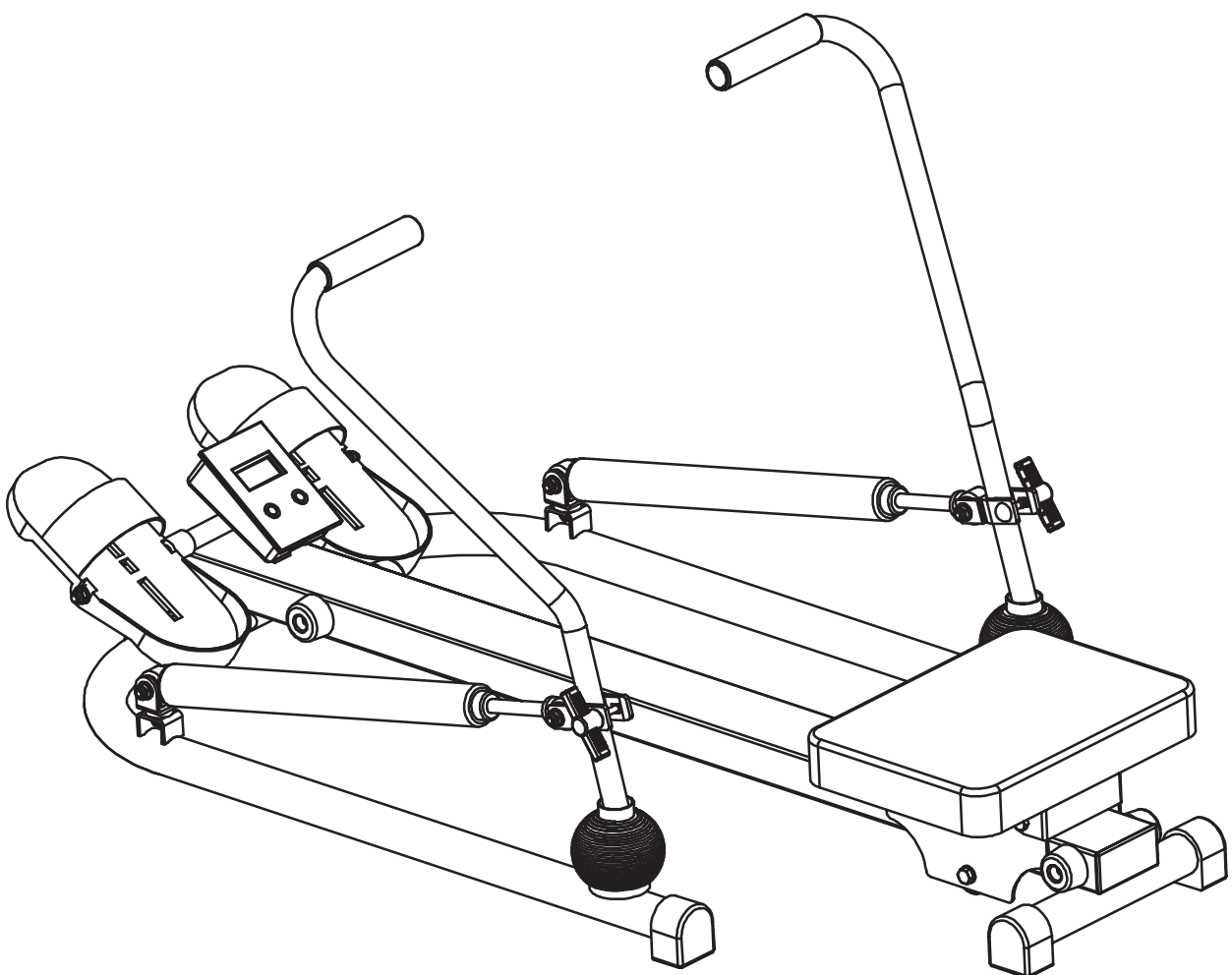


# Hydraulic Rower

Assembly & User Instructions - Please keep for future reference

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

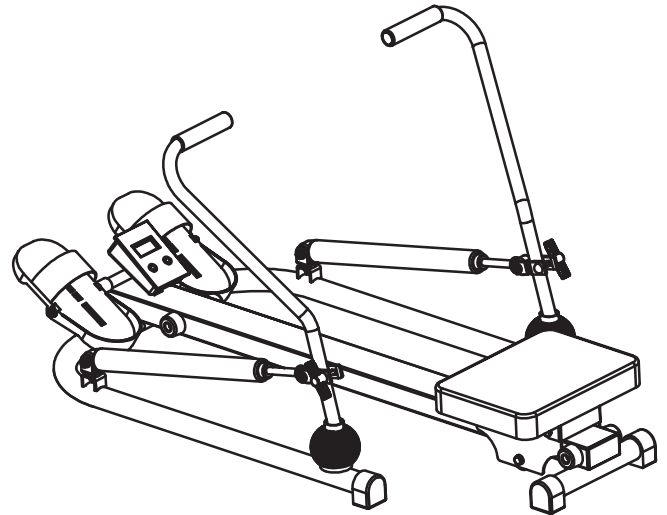
These instructions contain important information which will help you get the best from your equipment and ensure safe and correct assembly, use and maintenance.

If you need help or have damaged or missing parts, call the Customer Helpline: 0345 600 1714 or visit [www.argos-support.co.uk](http://www.argos-support.co.uk)

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# Safety Information



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

This exercise equipment is built for optimum safety. However, certain precautions apply whenever you operate a piece of exercise equipment. Be sure to read the entire manual before you assemble, operate or use this equipment.

## Assembly

- The product must be installed on a stable and level surface. To protect the floor or carpet from damage, place a mat under the rower.
- Assemble the item as close to its final position (in the same room) as possible.
- Make sure you have enough space to layout the parts before starting.
- Keep children and animals away from the work area, small parts could pose a choking hazard if swallowed.
- Dispose of all packaging carefully and responsibly.
- Check you have all the components and tools listed in the parts list, bearing in mind that, for ease of assembly, some components are pre-assembled.
- The assembly of this equipment is best carried out by 2 people.

## 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.
- Use the equipment only for intended use, as described in this manual. Do not use attachments not recommended by the manufacturer.
- Keep this equipment indoors, away from moisture and dust. Do not put the equipment in a garage, outbuilding, covered patio, or near water.
- Your product is intended for use in clean dry conditions. You should avoid storage in excessively cold or damp places as this may lead to corrosion and other related problems that are outside our control.
- Keep unsupervised children away from the equipment.

- Disabled persons should not use the equipment without a qualified person or doctor in attendance.
- Always wear appropriate workout clothing when exercising. Do not wear loose or baggy clothing, as it may get caught in the equipment. Wear trainers to protect your feet while exercising.
- Do not place any sharp objects around the equipment.
- Keep hands away from all moving parts.
- If any of the adjustment devices are left projecting, they could interfere with the user's movement.
- Before using the equipment to exercise, always perform stretching exercises to properly warm up.
- Only one person at a time should use the equipment.
- If the user experiences dizziness, nausea, chest pain, or other abnormal symptoms stop the workout and seek immediate medical attention.
- Injuries to health may result from incorrect or excessive training.
- This product is suitable for a maximum user weight of: 100kg.
- This product conforms to: BS EN ISO 20957-1 and BS EN 957-7 Class (H) - Home Use - Class (C).
- The braking system is speed-dependent.



## Safety Information

Important – Please read fully before assembly or use

### Battery safety

- Warning: Batteries are to be inserted with the correct polarity.
- 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.
- Non-rechargeable batteries are not to be recharged.
- Rechargeable batteries are only to be charged under adult supervision.
- Rechargeable batteries are to be removed from the product before being charged.
- Exhausted batteries are to be removed from the product.
- Supply terminals are not to be short-circuited.



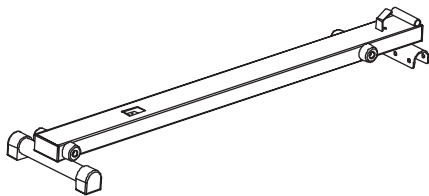
Warning: Before beginning any exercise program, consult your Doctor. This is especially important for persons over the age of 35 or persons with pre-existing health problems. You MUST read all instructions before using any fitness equipment. Argos and its associates assumes no responsibility for personal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

# Components - Parts

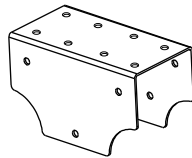
If you have damaged or missing components, call the Customer contact number: 0345 600 1714

Please check you have all the parts listed below

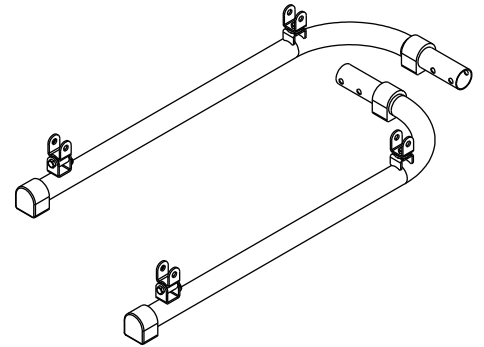
Note: Some of the smaller components may be pre-fitted to larger components. Please check carefully before contacting Argos regarding any missing components.



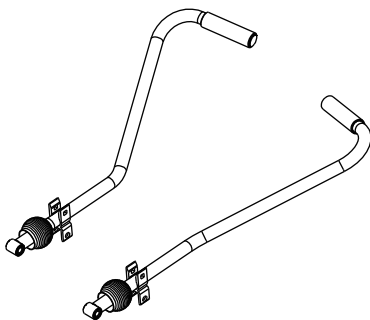
1. Seat Rail x 1



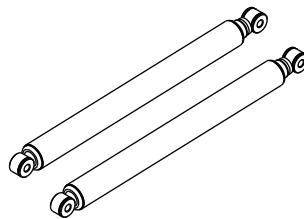
2. Seat Support x 1



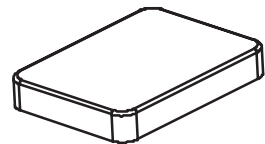
3/4. Hand Side Frame (L/R) x 2



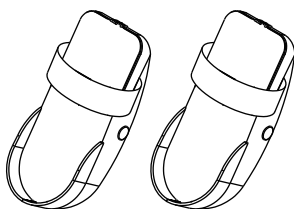
24/25. Rowing Handlebar (L/R) X 2



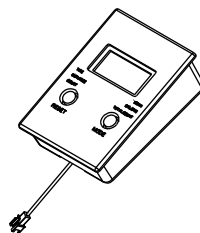
22. Hydraulic Cylinders X 2



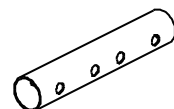
9. Seat x 1



18. Pedal x 2



21. Meter x 1



36. Reinforcing tube

# Components - Fixings



Please check you have all the fixings listed below

Note: The quantities below are the correct amount to complete the assembly. In some cases more hardware may be supplied than are required. Some of the fixings are pre-fitted to the larger components. Please check carefully before contacting Argos regarding any missing fixings.

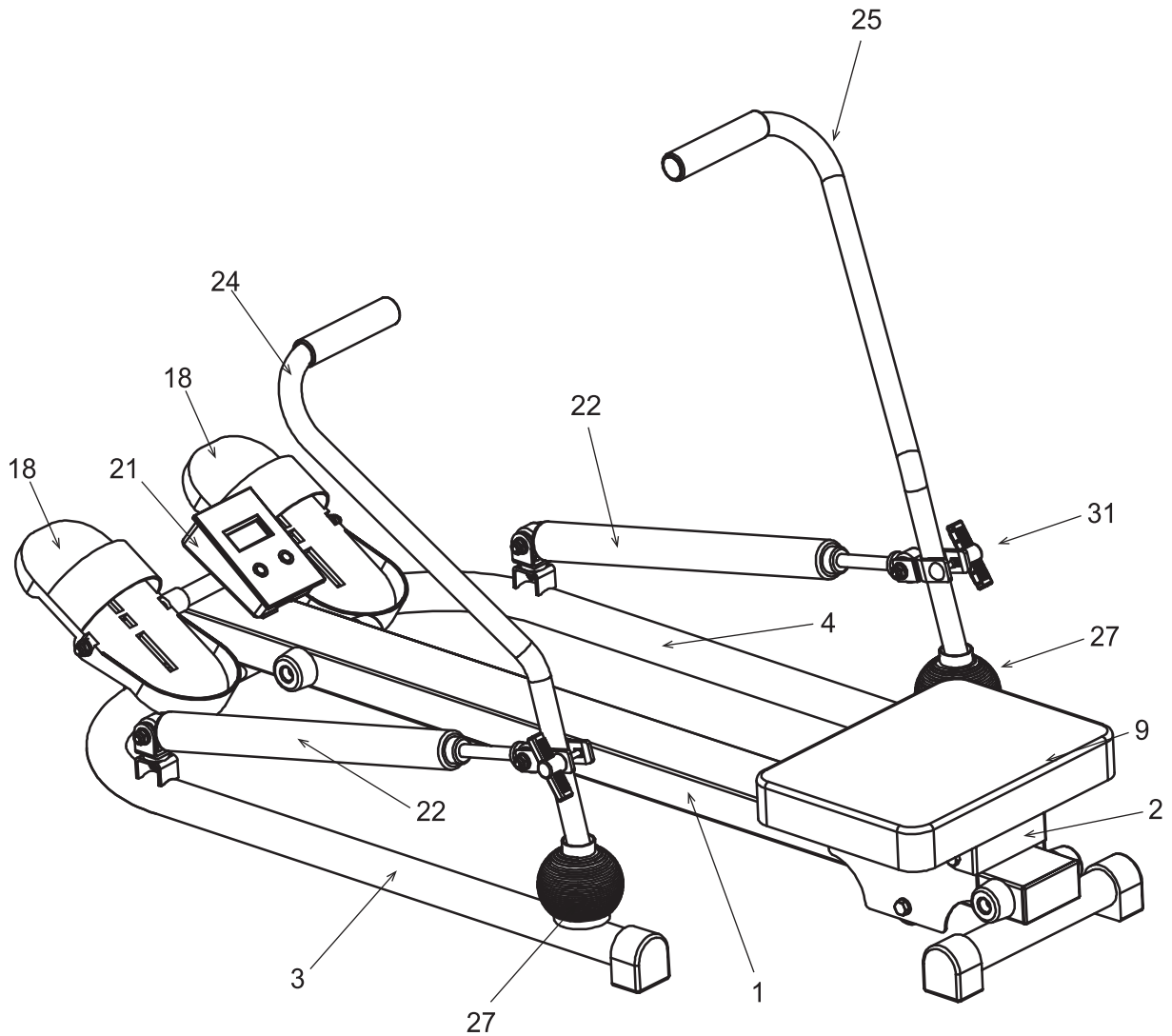
 (S=13, 14, 15)-1PC	 (S=13, 14)-1PC	

# Assembly Instructions

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Total mass of the product is 16.6 kg.

Total size of the equipment is (width) 59 cm x (depth) 124 cm x (height) 20 cm.



1. Rail x 1

2. Seat Support x 1

3. Left frame x 1

4. Right frame x 1

9. Seat x 1

18. Pedal x 2

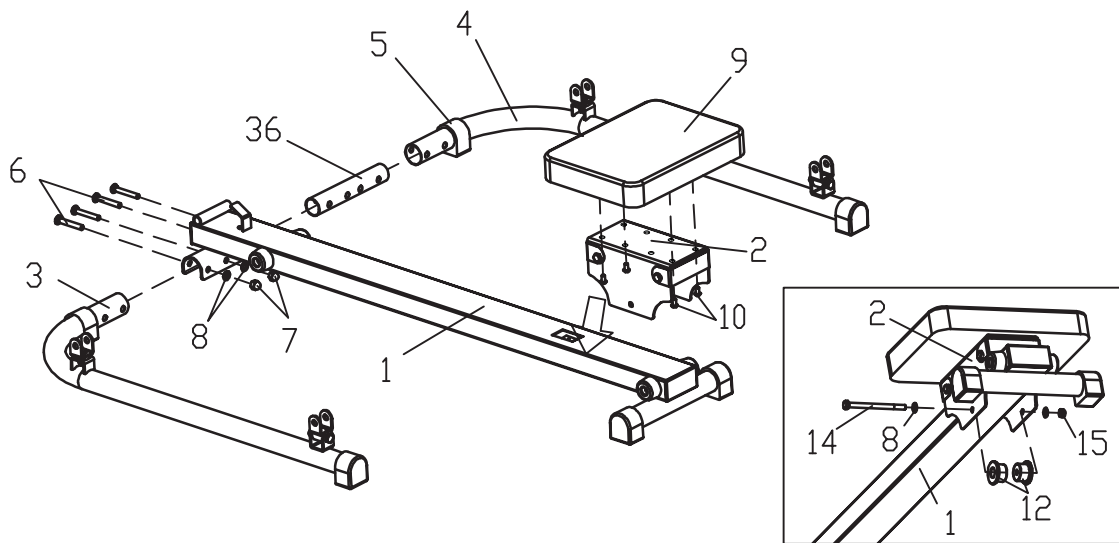
21. Meter x 1

22. Hydraulic piston X 2

24/25. Rower arm (L/R) x 2

27. Cover x 2

31. Adjustable knob x 2

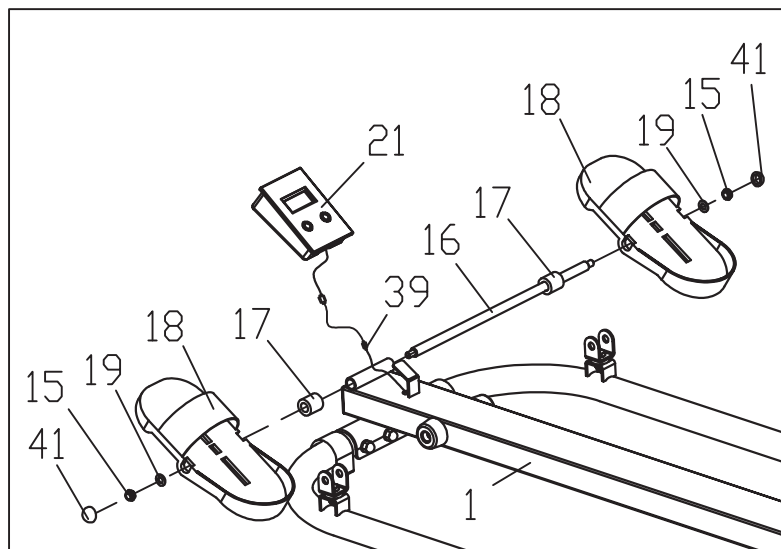


## Step 1

1. Attach the Left and Right frame (3) & (4) and the Tube (5) to the Rail (1) with Bolt (6), Washer (8) and Nut (7).

2. Attach the Seat (9) to the Seat support (2) with Screw (10).

3. Put the Seat support (2) on the Rail (1) and attach the Rollers (12) on the inner side of the Seat support (2) with Long Bolt (14), Washer (8) and Nylon Nut (15).



## Step 2

1. Insert the Shaft (16) through the Pedals (18), Sleeves (17) and the front hole on the Rail (1) as shown in the diagram and fix with the Flat Washer (19), Nylon nuts (15) and End Caps (41).

2. Connect the cable of the Sensor (39) to the cable of the Meter (21).

3. Insert the Meter (21) onto the bracket of the Rail (1).

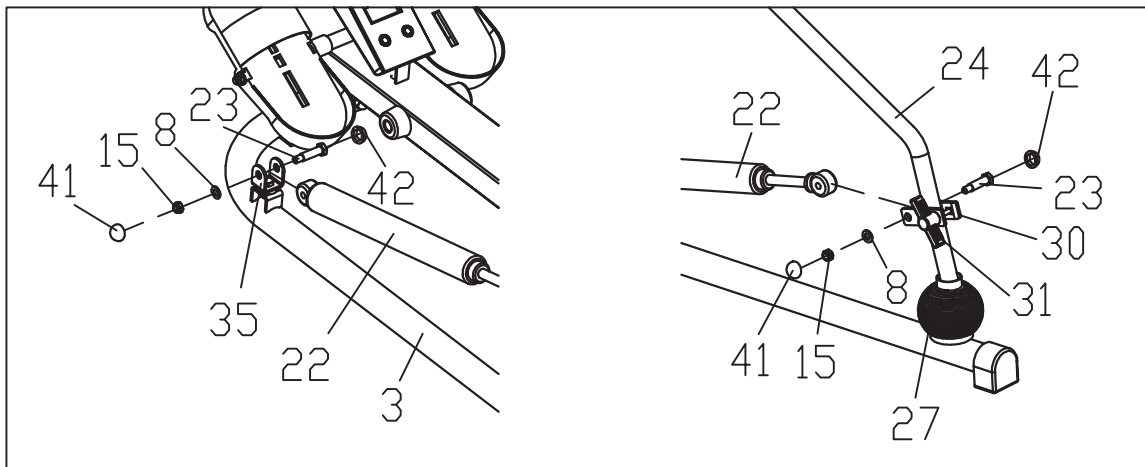
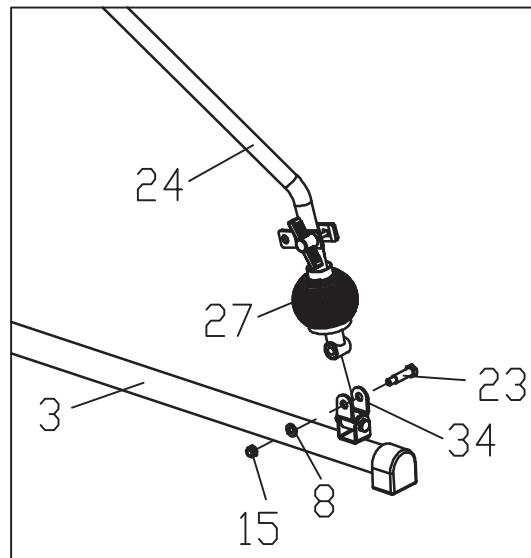


# Assembly Instructions



## Step 3

Insert the Rower Arm (L/R) (24 & 25) into the Globate covers (27) separately. Attach the Rower Arms (L/R) (24 & 25) to the Rotation Bracket (34) on the Left and Right Frame (3 & 4) with Bolt (23), Washer (8) and Nylon nut (15).



## Step 4

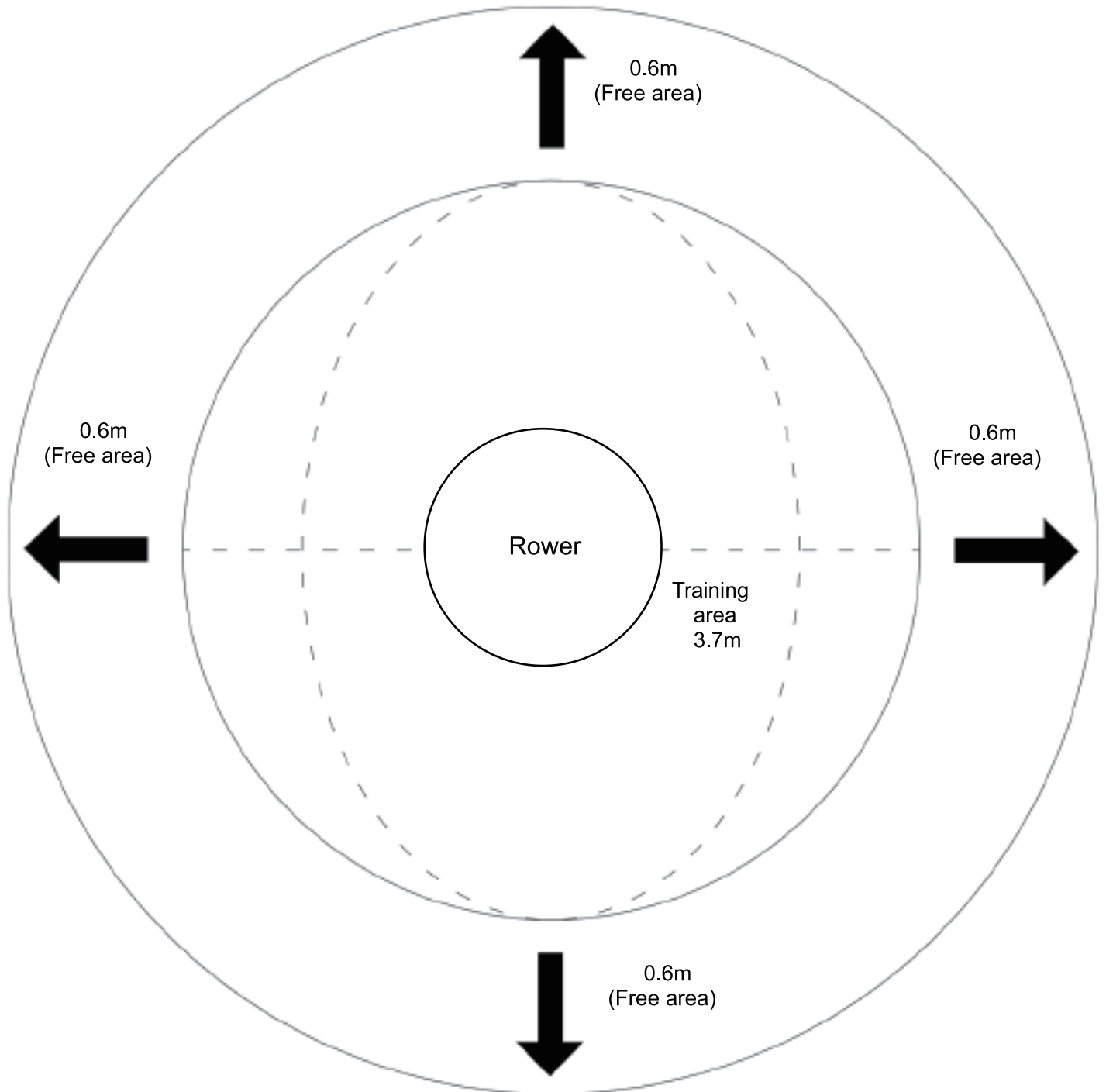
1. Attach the Hydraulic Piston (22) to the U-bracket (35) on the Left and Right Frames (3 & 4) with Bolt (23), Washer (8), Nylon nut (15) and covered with End Cap S13 & End cap S14 (41 & 42).

2. Attach the other end of the Hydraulic Piston (22) to the Adjustment Bracket (30) with Bolt (23), Washer (8) and Nylon Nut (15) and covered with End Cap S13 & End cap S14 (41 & 42).

# Workout Area



The free area must be at least 0.6m greater than the training area. This is a space where you can safely dismount, without obstruction, in case of an emergency. Where two pieces of equipment are positioned adjacent to each other the free area may be shared.



Only one person should be within the training area when the equipment is in use.

# Exercise Information



## Before starting

Tailor your exercise program according to 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 workout increase is advisable.

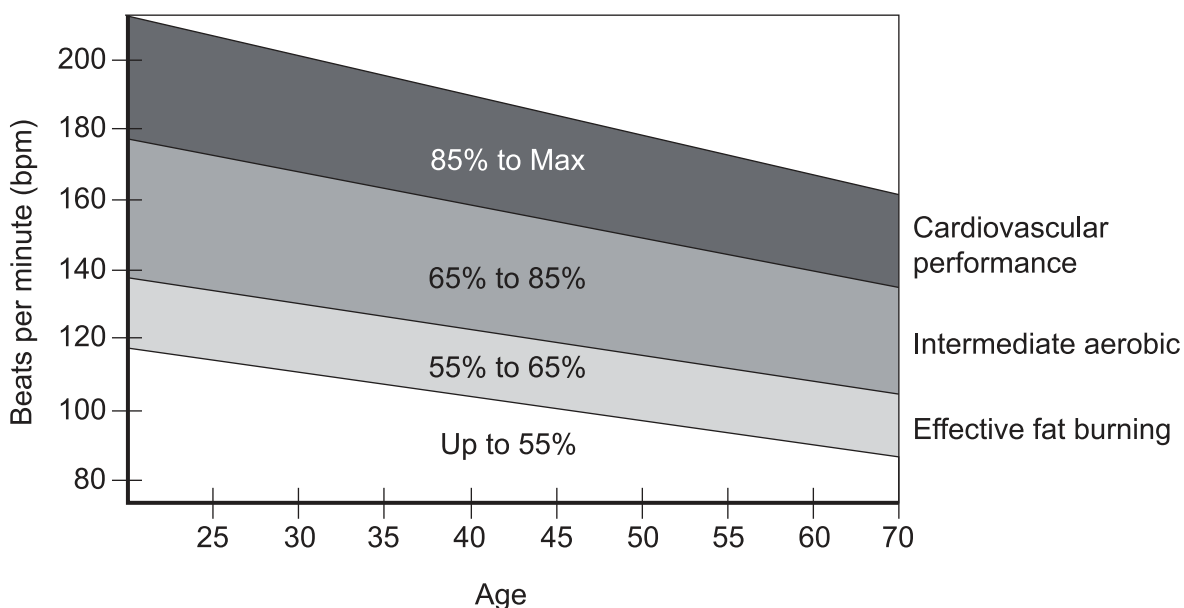
Initially, you may be able to exercise only for a few minutes in your target zone, however, your aerobic fitness will improve over the next six to eight weeks. Don't be discouraged if it takes longer. It's important to work at your own pace.

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.
- 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.

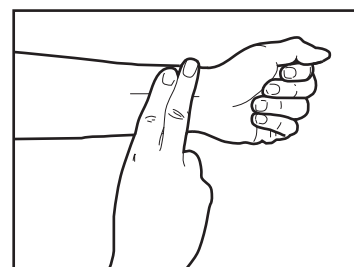
### Exercise intensity

To maximize the benefits of exercising, it is important to exercise with the proper 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

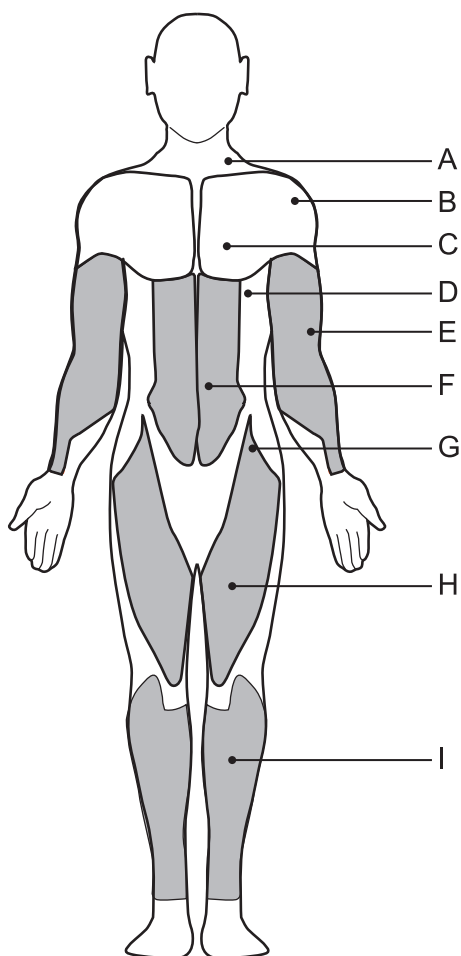
Aerobic exercise improves the Fitness of your lungs and heart - your body's most important muscle. Aerobic exercise is promoted by any activity that uses your large muscles (arms, legs, or buttock, for example).

### 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. 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.

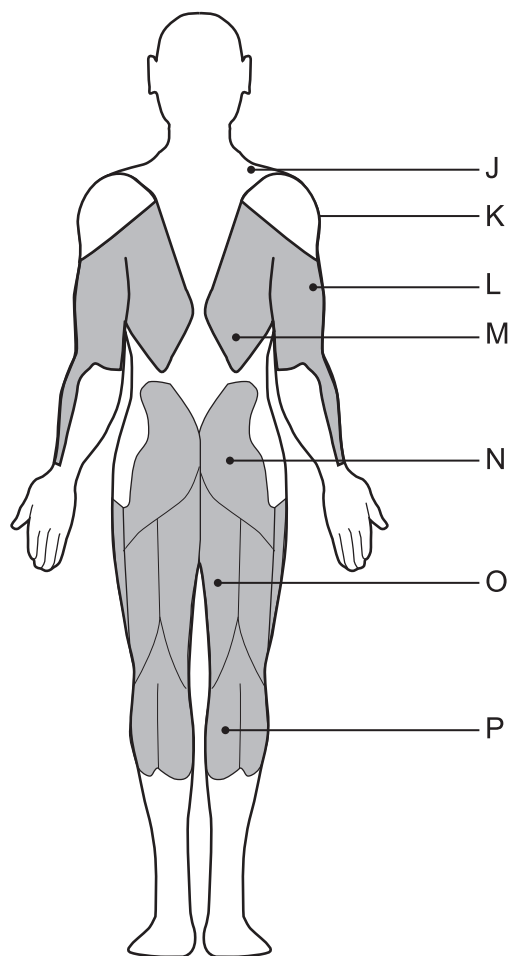
### Targeted Muscle Groups

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



Front

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



Back

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

## Warming up and Cooling down

Each workout should include the following three parts:

1. A warm-up, consisting of 5 to 10 minutes of 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 reduce post-exercise muscle soreness.

### 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.



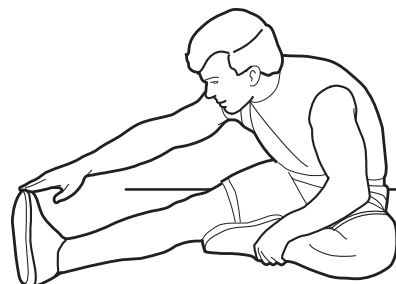
#### Hamstring stretch

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.



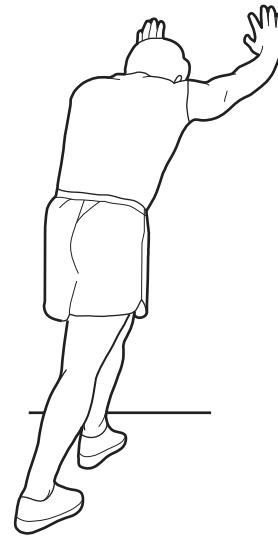
## Calf/achilles stretch

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.



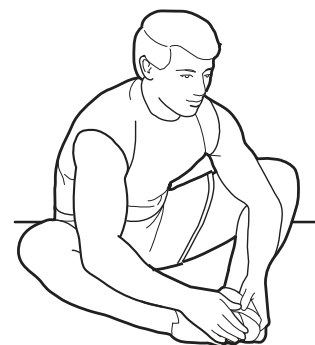
## Inner thigh stretch

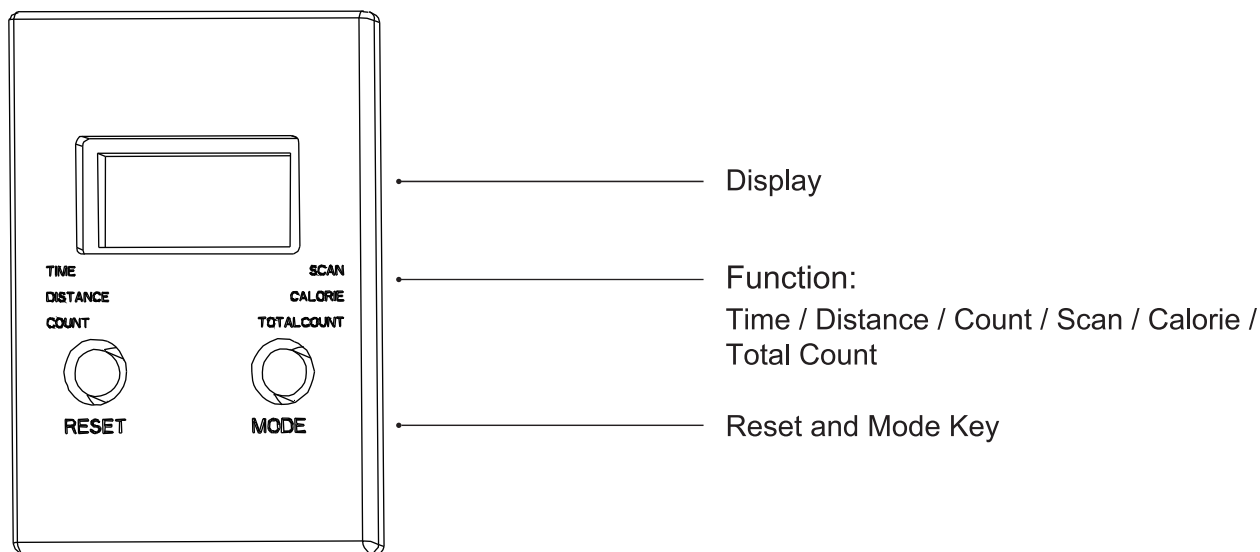
Sit with the soles of your feet together and your knees outward. Pull your feet toward your groin area as far as possible.

Hold for 15 counts, then relax.

Repeat 3 times.

Stretches : Quadriceps and hip muscles.





### KEY FUNCTION:

**MODE / SELECT:** To select the function you want, hold the key for 4 seconds to have all function values reset (total reset).

**RESET/CLEAR:** To reset the value.

### OPERATION PROCEDURES:

**AUTO ON/OFF:** The monitor will be automatically shut off if there is no signal coming in for 4 minutes.

The monitor will be auto-powered on when start exercising or pressing the key.

### FUNCTION:

**TIME(TMR):** Workout time display during rowing.

**DISTANCE (DST):** Accumulate the distance while exercising.

**COUNT (CNT):** Accumulate the number of counts while exercising.

**CALORIE (CAL):** Auto-memorize calories amount consumed while exercising.

**TOTAL COUNT (TOTAL):** Display the total counts while exercising. When there is an input of signal, it starts the count up from the original data. The TOTAL COUNT cannot be reset (by RESET key) except when you replace the battery.

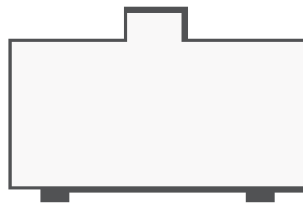
**SCAN:** Display each function in turn every 6 seconds.

### Specifications

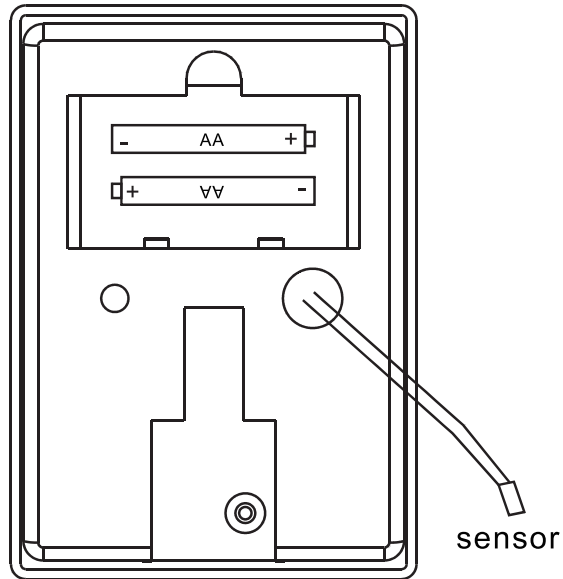
Function	Auto Scan	Every 6 seconds
	Time	0:00-99:59 (Minute: Second)
	Distance	0.00-99.99 KM
	Count	0-9999 Times
	Calories	0-9999 Kcal
	Total count	0-9999 Times
Battery type		2 x Size - AA (not included)

# Exercise Information

## Console Operation



Battery cover



sensor

## Replacing the batteries

1. Remove the battery cover on the back of the Meter (21).
2. Replace 2x1.5V(AA) batteries.
3. Make sure the batteries are installed correctly and the polarities are correct.
4. The battery life is approx. 6 months under normal usage.
5. When the batteries are removed ,all values will reset to Zero.

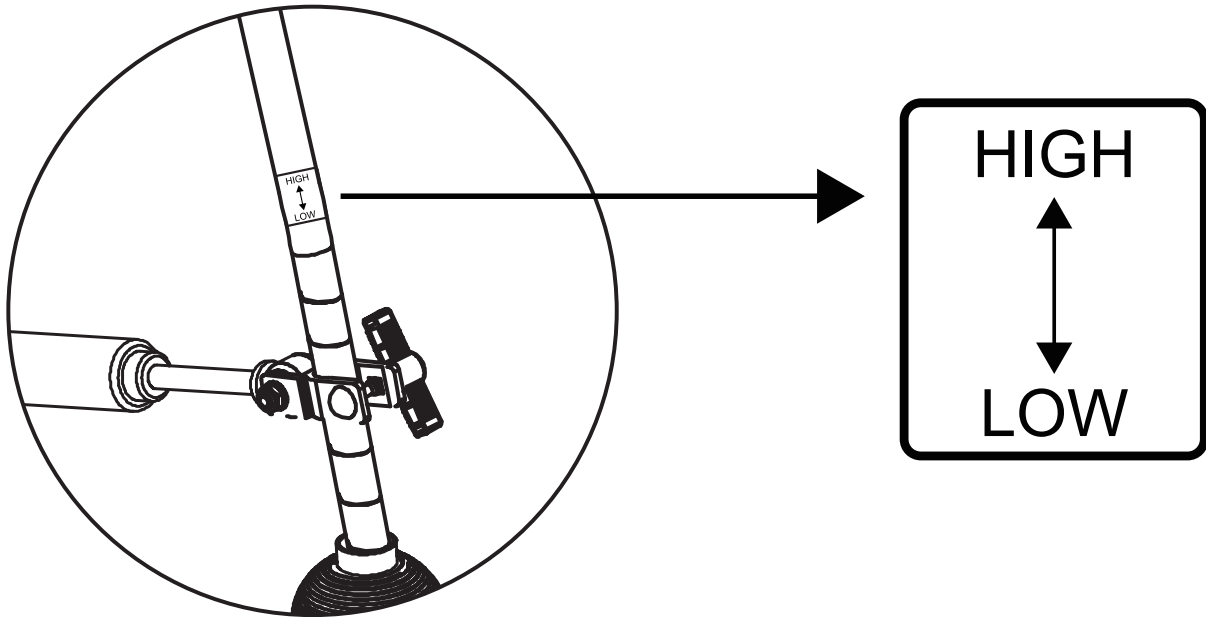


# Exercise Information



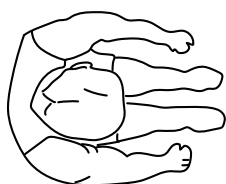
## Adjustment of the resistance

The resistance can be adjusted by moving the adjustment bracket (30) up (High) or down (Low). Loose the Adjustment knob (31) and move the Adjustment bracket (30) up (High) or down (Low) as shown on the label on the Rower Arms (24 & 25). Then tighten the Adjustment Knob (31).

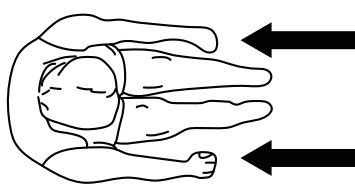


### The Basic rowing stroke

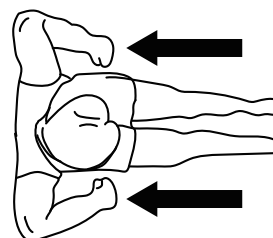
1. Sit on the saddle and fasten your feet to the pedals using the Velcro straps. Then take hold of the rowing bar.
2. Take up the starting position, leaning forward with your arms straight and knees bent as shown in (Fig 1).
3. Push yourself backwards, straightening your back and legs at the same time (Fig 2).
4. Continue this movement until you are leaning slightly backwards, during this stage you should bring your arms out of the side (Fig 3). Then return to stage 2 and repeat.



(Fig.1)



(Fig.2)



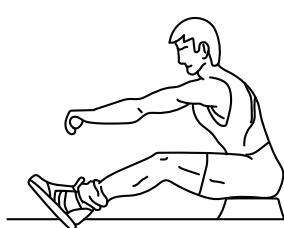
(Fig.3)

### Training Time

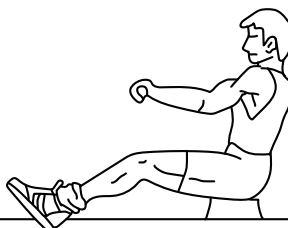
Rowing is a strenuous form of exercise, because of this it is best to start with a short, easy exercise programmed and build up to longer and harder workouts. Start rowing for about 5 minutes and as you progress, increase the length of your work out to match your improving level of fitness. You should eventually be capable of rowing for 15-20 minutes, but do not try to achieve this too quickly. Try to train on alternate days, 3 times a week. This gives your body time to recover between workouts.

### Arms Only Rowing

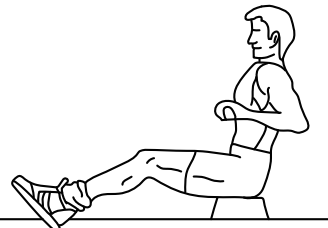
This exercise will tone muscles in your arms, shoulders, back and stomach. Sit as shown in Fig 4 with your legs straight, lean forward and grasp the handles. In a gradual and controlled manner lean back to just past the upright position continuing to pull the handles towards your chest. Return to the starting position and repeat.



(Fig.4)



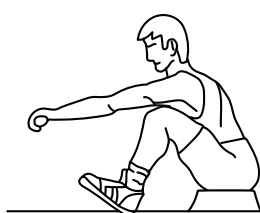
(Fig.5)



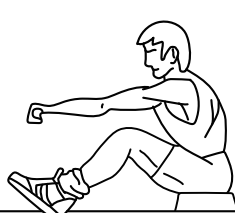
(Fig.6)

### Legs Only Rowing

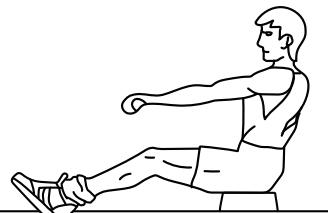
This exercise will help tone muscles in your legs and back. With your back straight and arms out stretched, bend your legs until you are grasping the rowing arm handles in the starting position, Fig 7. Use your legs to push your body back whilst keeping your arms and back straight.



(Fig.7)



(Fig.8)

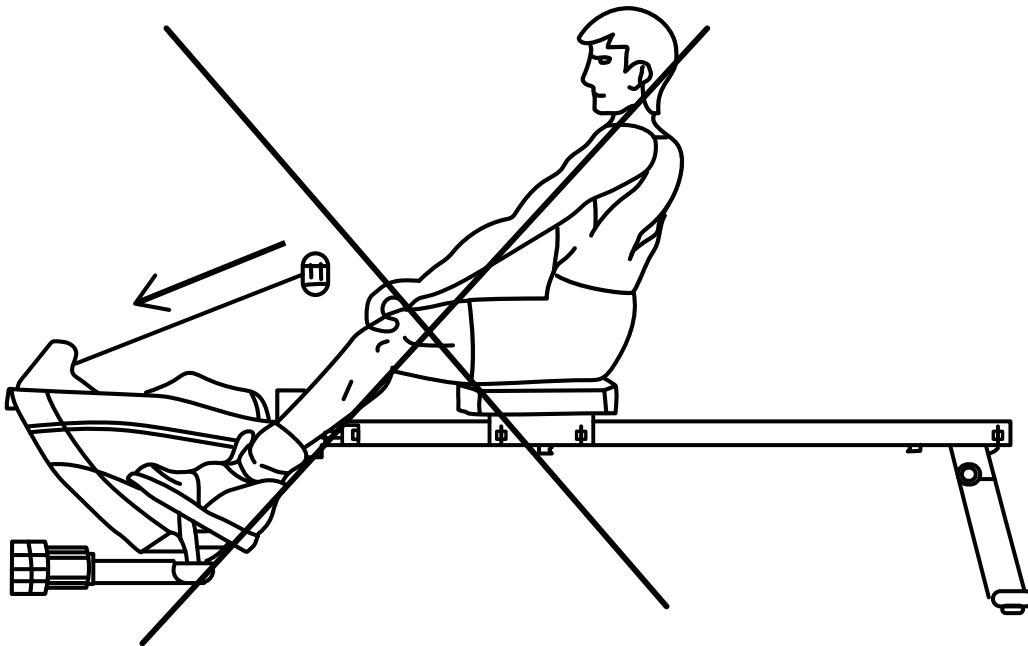
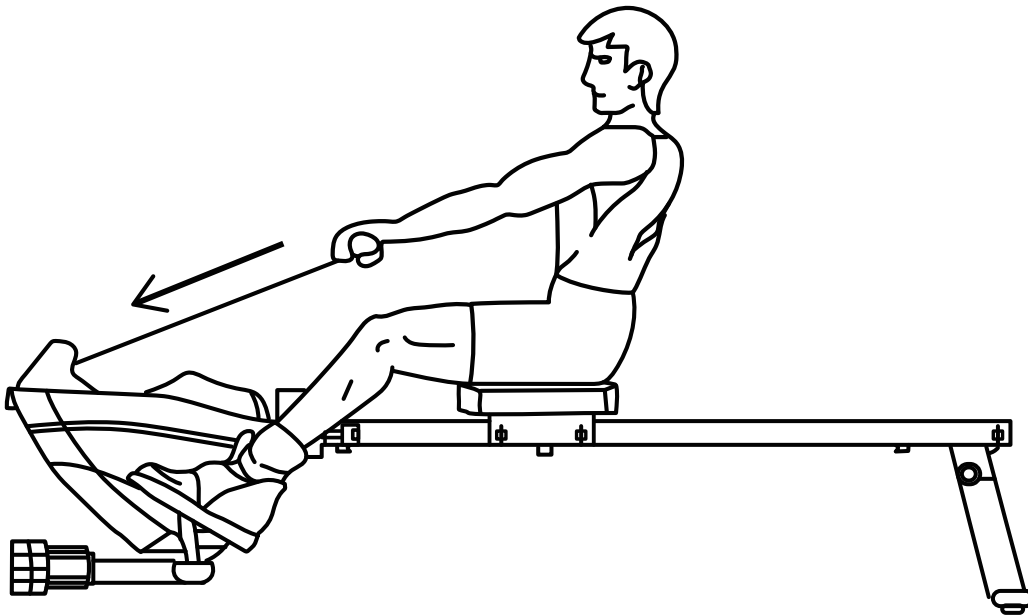


(Fig.9)

## Exercise Guide



**Warning:** Hold the handlebar all the time during exercise, do not bounce the chain / resistance band / belt automatically.



1. The safety level of the equipment can only be maintained if it is examined regularly for damage and wear e. g. ropes, pulleys and connection points.
2. Lubricate moving parts with light oil periodically to prevent premature wear. To prevent damage to the computer, keep liquids away and keep it out of direct sunlight.
3. Inspect and tighten all parts before using the equipment. Replace defective components immediately and/or keep the equipment out of use until repair. Pay special attention to components most susceptible to wear.
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 [www.argos-support.co.uk](http://www.argos-support.co.uk)  
Guarantee:  
For guarantee purposes, please retain your purchase receipt.

## Information for Users on Disposal of old Equipment and Batteries

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.

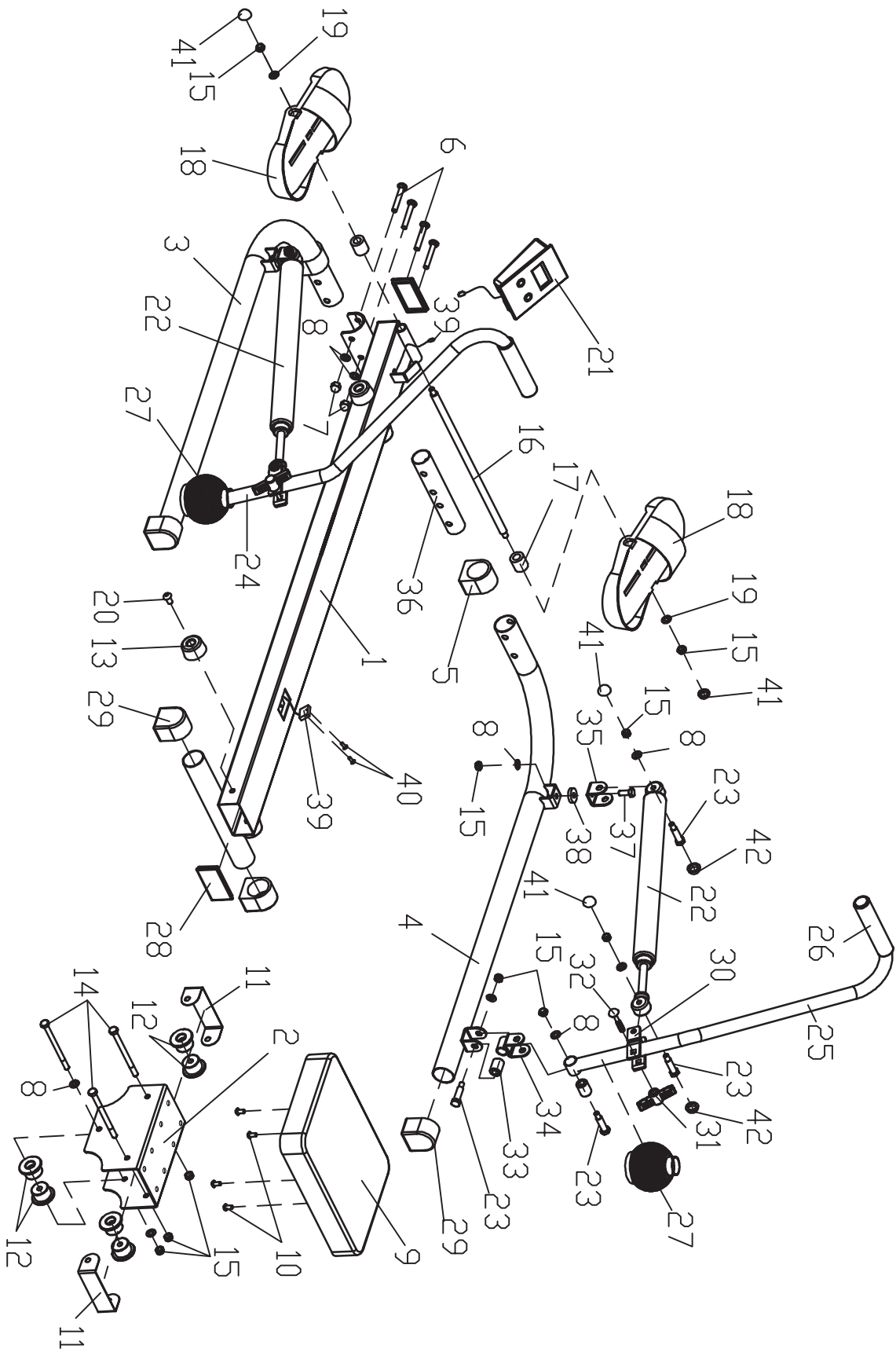


Products

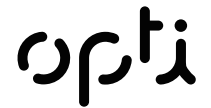


Battery

# Exploded Parts Diagram



# Parts List



Ref.	Description	Qty	Ref.	Description	Qty
1	Rail	1	22	Hydraulic piston	2
2	Seat support	1	23	Bolt	8
3	Left frame	1	24	Rower arm (L)	1
4	Right frame	1	25	Rower arm (R)	1
5	Rubber feet	2	26	Form grip	2
6	Bolt M8×55	4	27	Cover	2
7	Nut	4	28	Quadrante end cap	2
8	Flat washer	19	29	End cap	4
9	Seat	1	30	Adjustment bracket	2
10	Screw	4	31	Adjustable knob	2
11	U-metal Protector	2	32	Bolt	2
12	Roller	6	33	Axis	4
13	Buffer	4	34	Rotation bracket	2
14	Long bolt M8×110	3	35	U- bracket	2
15	Nylon nut	15	36	Reinforcing rube	1
16	Shaft	1	37	Bolt M8×20	2
17	Sleeve	2	38	Flat washer	2
18	Pedal	2	39	Sensor	1
19	Flat washer	2	40	Screw	2
20	Screw	4	41	End cap S13	6
21	Meter	1	42	End cap S14	4



## 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 contact number: 0345 600 1714 [www.argos-support.co.uk](http://www.argos-support.co.uk)

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