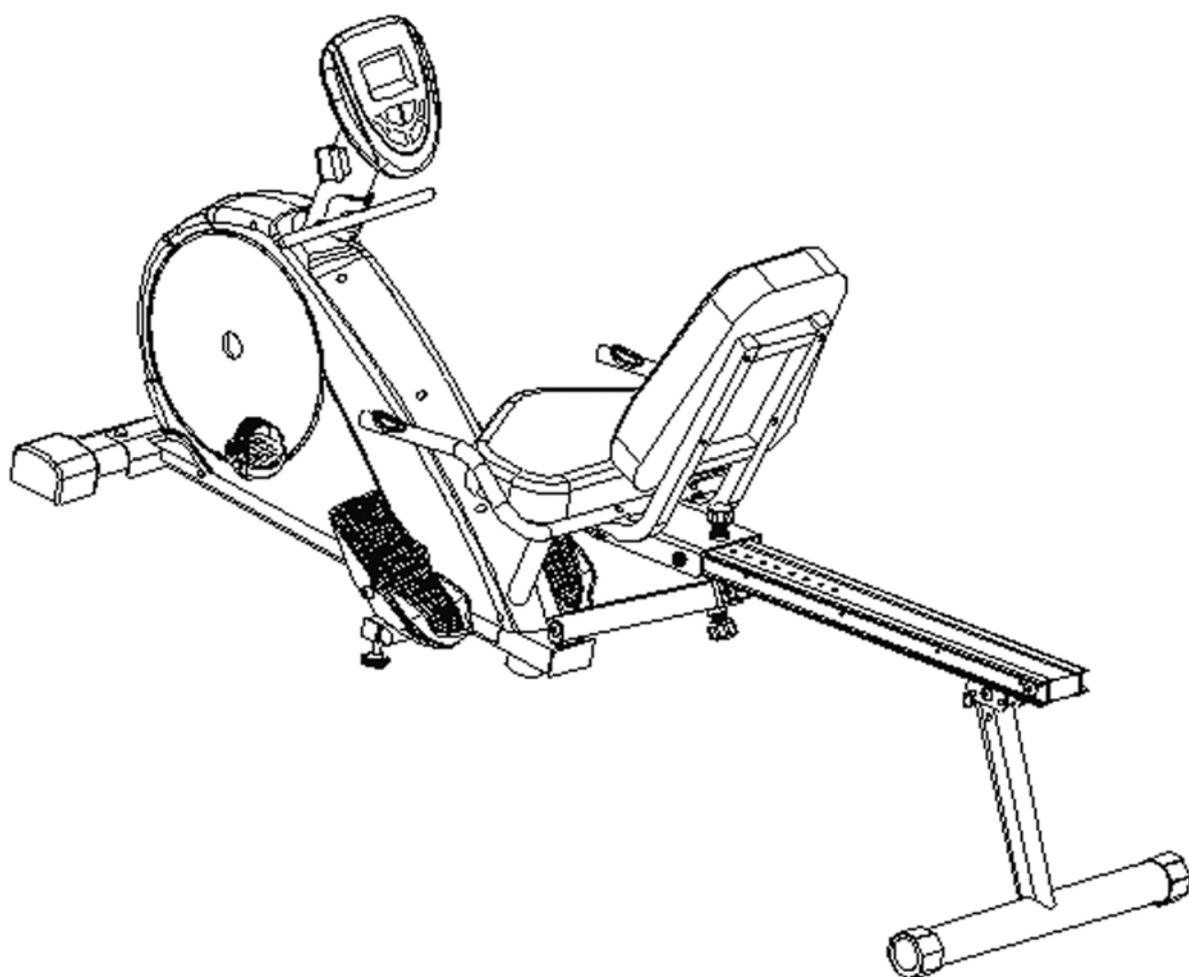


BODYWORX



Programmable Rower Recumbent

Model No:
KR905AT



Retain this owner's manual for future reference
Read and follow all instructions in this owner's manual

Version A

CONTENTS

SAFETY PRECAUTIONS	2	PRE-ASSEMBLY CHECK LIST	8
PART LIST	3-4	ASSEMBLY INSTRUCTION	9-11
EXPLODED DIAGRAM	5-6	CARE & MAINTENANCE	12
HARDWARE PARTS LIST	7	COMPUTER INSTRUCTIONS	13-21
		EXERCISE INSTRUCTIONS	22-24

IMPORTANT SAFETY PRECAUTIONS

This exercise machine 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 or operate your machine. In particular, note the following safety precautions:

1. Keep children and pets away from the machine at all times. DO NOT leave children unattended in the same room with the machine.
2. Only one person at a time should use the machine.
3. If the user experiences dizziness, nausea, chest pain, or any other abnormal symptoms, STOP the workout at once. CONSULT A PHYSICIAN IMMEDIATELY.
4. Position the machine on a clear, leveled surface. DO NOT use the machine near water or outdoors.
5. Keep hands away from all moving parts.
6. Always wear appropriate workout clothing when exercising. DO NOT wear robes or other clothing that could become caught in the machine. Running or aerobic shoes are also required when using the machine.
7. Use the machine only for its intended use as described in this manual. DO NOT use attachments not recommended by the manufacturer.
8. Do not place any sharp object around the machine.
9. Disabled person should not use the machine without a qualified person or physician in attendance.
10. Before using the machine to exercise, always do stretching exercises to properly warm up.
11. Never operate the machine if the machine is not functioning properly.
12. The max. user capacity is **120 KGS**.

WARNING: BEFORE BEGINNING ANY EXERCISE PROGRAM, CONSULT YOUR PHYSICIAN. THIS IS ESPECIALLY IMPORTANT FOR INDIVIDUALS OVER THE AGE OF 35 OR PERSONS WITH PRE-EXISTING HEALTH PROBLEMS. READ ALL INSTRUCTIONS BEFORE USING ANY FITNESS EQUIPMENT.

SAVE THESE INSTRUCTIONS.

PART LIST

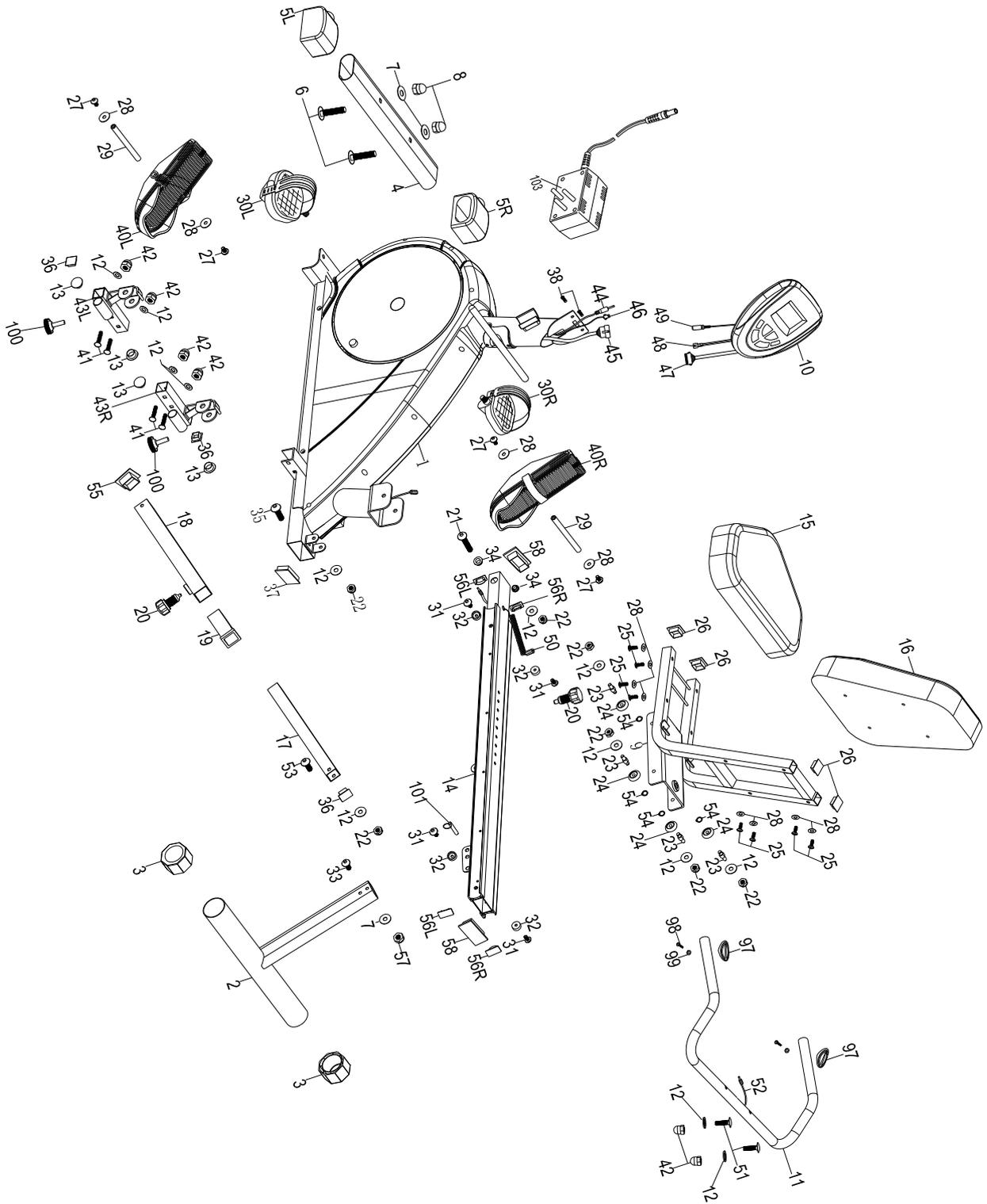
PART#.	DESPRIPTION	QTY
1	Main Frame	1
2	Rear Stabilizer	1
3	Adjustable End Cap	2
4	Front Stabilizer	1
5L	Transportation Wheel Left	1
5R	Transportation Wheel Right	1
6	Carriage Bolt M10*55	2
7	Flat Washer $\Phi 10 \times \Phi 25$	3
8	Domed Nut M10	2
9	Seat Support Bracket	1
10	Monitor	1
11	Fixed Handlebar	1
12	Flat Washer $\Phi 8 \times \Phi 17$	14
13	Round End Cap $\Phi 25.4$	4
14	Aluminum Rail	1
15	Seat Cushion	1
16	Back Cushion	1
17	Sliding Tube	1
18	Support Tube	1
19	Inner Cap	1
20	Quick Release Knob	2
21	Allen Bolt M8*80	1
22	Nylon Locknut M8	12
23	Axle For Pulley	4
24	Wheel	4
25	Allen Screw M6*35	8
26	Square End Cap $\square 25.4$	4
27	Allen Screw M6*12	6

PART#.	DESPRIPTION	QTY
28	Flat Washer $\Phi 6 \times \Phi 17$	14
29	Axle For Rowing Pedal	2
30L	Pedal Left	1
30R	Pedal Right	1
31	Allen Bolt M8*20	5
32	Bumper	4
33	Allen Bolt M10*50	1
34	Spacer	2
35	Allen Bolt M8*55	1
36	Square End Cap $\square 30$	3
37	Square End Cap $\square 40 \times 80$	1
38	Screw M5*10	2
39	Motor Wire	1
40L	Rower Pedal Left	1
40R	Rower Pedal Right	1
41	Carriage Bolt M8*45	4
42	Domed Nut M8	6
43L	Pedal Support Tube Left	1
43R	Pedal Support Tube Right	1
44	Extension Pulse Wire	1
45	Lower Computer Wire	1
46	Lower Rower Sensor Wire	1
47	Upper Computer Wire	1
48	Upper Rower Sensor Wire	1
49	Upper Pulse Wire	1
50	Coil Wire	1
51	Carriage Bolt M8*60	2
52	Pulse Wire	1

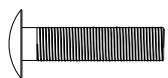
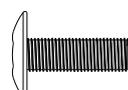
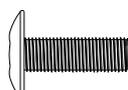
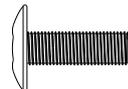
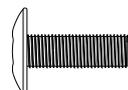
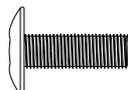
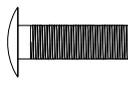
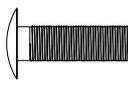
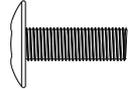
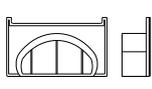
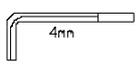
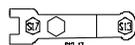
PART#.	DESPRIPTION	QTY
53	Allen Bolt M8*45	1
54	Clip Φ8	4
55	Square End Cap □38	1
56L	End Cap For Aluminum Rail Left	1
56R	End Cap For Aluminum Rail Right	1
57	Nylon Locknut M10	1
58	Square End Cap □30*60	2
59	Powder Metal	1
60	Magnetic Assembly	1
61	Bracket For Idler	2
62	Screw M8*70	1
63	Spacer	1
64	Spring	1
65	Bracket For Handlebar	1
66	Plastic Pulley	1
67	Axle For Plastic Pulley	1
68	Handlebar Holder	1
69	Plastic Bushing	1
70	Handlebar	1
71	Motor	1
72	Power wire	1
73	Screw ST5*15	18
74	Bearing 6000Z	2
75	Hex Head Bolt M8*65	1
76	Run Disc	2
77L	Cross Crank Left	1
77R	Cross Crank Right	1

PART#.	DESPRIPTION	QTY
78	Screw ST3.5*10	8
79	Screw ST3.5*15	8
80	Belt Wheel	1
81	Idler Wheel	1
82	Spring	1
83	Hex Head Bolt M6*20	1
84	Nut M6	2
85	Taper Spring	1
86	Bearing	2
87	Belt Φ230	1
88	Belt Φ465	1
89	Flywheel	1
90	Flywheel Adjustor	2
91	France Nut	4
92	Clip Ring	2
93	Screw ST5*15	4
94	Sensor Bracket	2
95L	Chain Cover Left	1
95R	Chain Cover Right	1
96	Spring Clutch	1
97	Hand Pluse Sensor	2
98	Screw ST4*20	2
99	Flat Washer Φ4.2*Φ12	2
100	Adjustable Knob	2
101	Lock Pin	1
102	Sensor Wire	1
103	Adapter	1

EXPLODED DIAGRAM

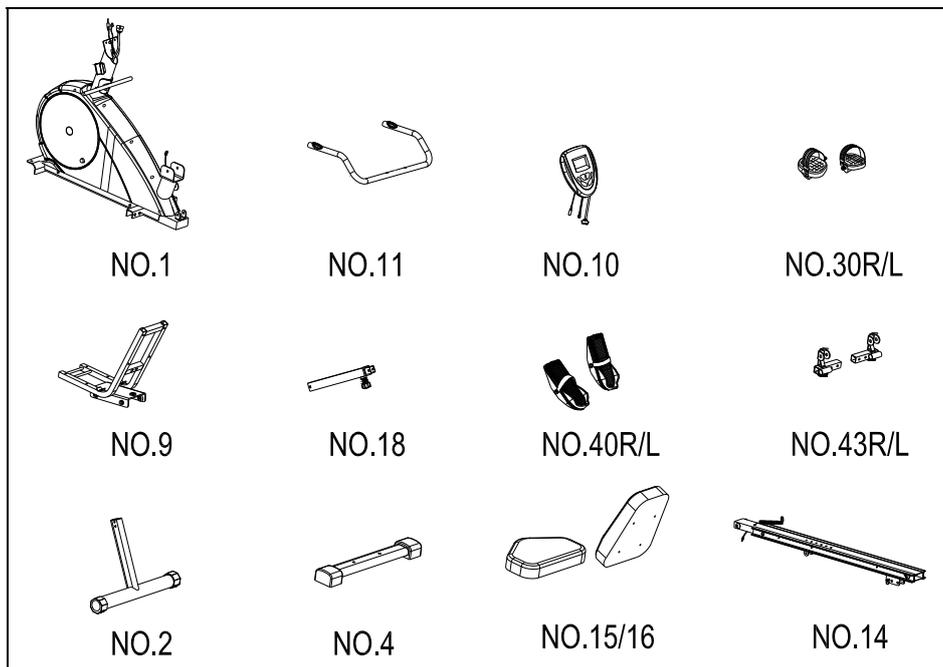


HARDWARE PARTS LIST

NO.	Description	QTY	Drawings	
6	Carriage Bolt M10*75	2		
7	Flat Washer Φ10*Φ25	3		
8	Domed Nut M10	2		
12	Flat Washer Φ8*Φ17	8		
20	Quick Release Knob	1		
22	Nylon Locknut M8	2		
25	Allen Screw M6*35	8		
27	Allen Screw M6*12	4		
28	Flat Washer Φ6*Φ17	12		
29	Axle For Rowing Pedal	2		
31	Allen Bolt M8*20	2		
32	Collar	2		
33	Allen Bolt M10*50	1		
35	Allen Bolt M8*55	1		
41	Carriage Bolt M8*45	4		
42	Domed Nut M10	2		
51	Wave Washer Φ10*Φ22	2		
53	Allen Wrench S13,17	1		
56 L & R	End Cap For Aluminum Rail L & R	1/1		
57	Nylon Locknut M10	1		
	Allen Key 4mm	1		
	Allen Key 6mm	1		
	Allen Wrench S13,17	1		

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

PRE-ASSEMBLY CHECK LIST

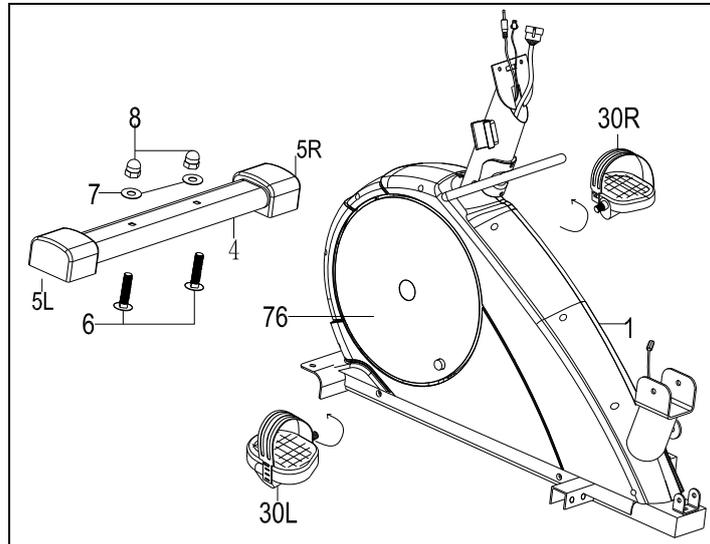


PART NO.	DESCRIPTION	Q'TY
1	Main Frame	1
2	Rear Stabilizer	1
4	Front Stabilizer	1
9	Seat Support Bracket	1
10	Monitor	1
11	Fixed Handlebar	1
14	Aluminum Rail	1
15 & 16	Seat Cushion & Back Cushion	1/1
18	Support Tube	1
30 R & L	Pedal Right & Left	1/1
40 R & L	Rower Pedal Right & Left	1/1
43 R & L	Pedal Support Tube Right & Left	1/1
	Hardware Pack	1
	User Manual	1

ASSEMBLY INSTRUCTION

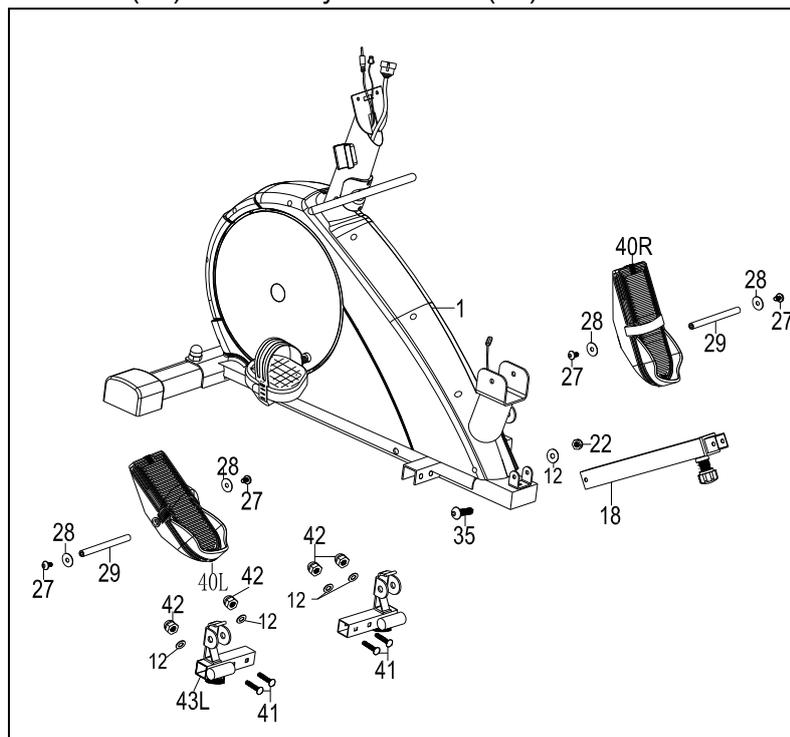
Step 1

- Attach the front stabilizer (4) w/transportation wheels (5L/5R) to the main frame (1). Secure using two carriage bolts (6), two flat washers (7) and two domed nuts (8).
- Attach the left and right pedals (30L/30R) to the opening of the right and left run disc (76).
- Note: The pedals are marked with L & R. The right pedal (R) should be threaded on clockwise and the left pedal (L) should be threaded counter-clockwise.



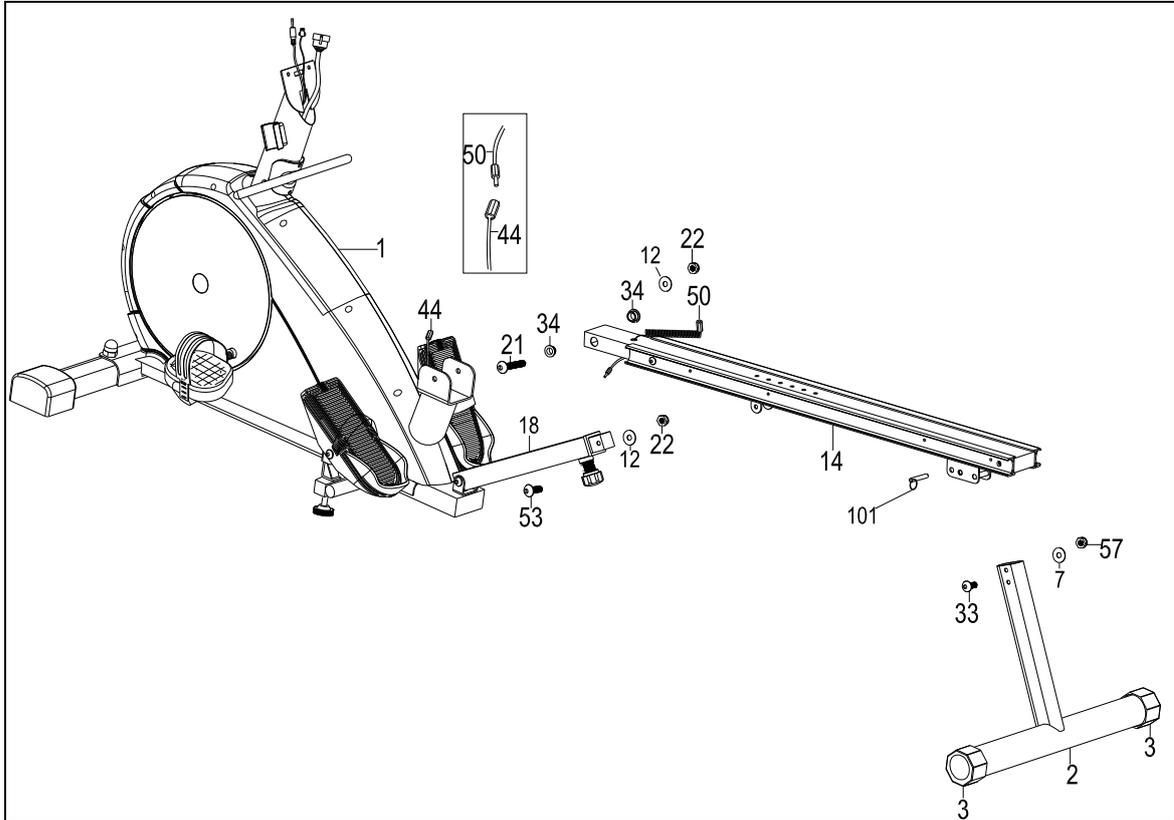
Step 2

- Attach the left pedal support tube (43L) to the left side of the main frame (1). Secure using two carriage bolts (41), two flat washers (12) and two domed nuts (42). Repeat this procedure for the right pedal support tube (43R).
- Attach the left rower pedal (40L) to the left pedal support tube (43L). Secure using one axle (29), two allen bolts (27) and two flat washers (28). Repeat this procedure for the right pedal (40R).
- Attach the support tube (18) to the bottom back bracket of the main frame (1). Secure using one allen bolt (35), one flat washer (12) and one nylon locknut (22).



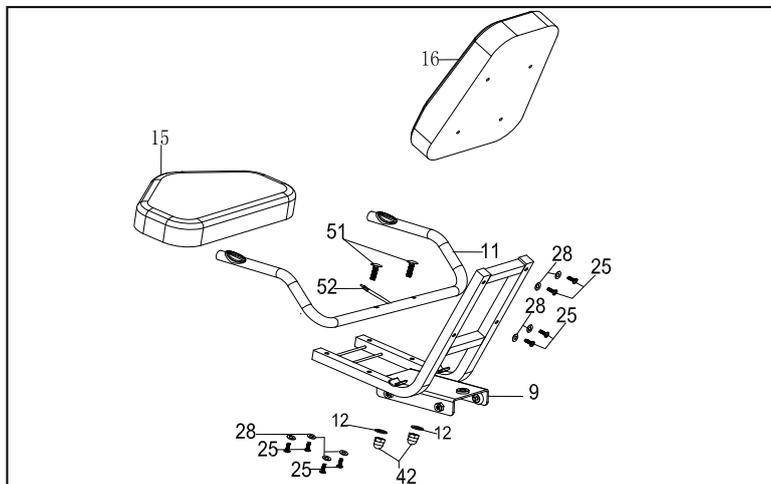
Step 3

- Attach the rear stabilizer (2) with adjustable end cap (3) to the aluminum rail (14). Secure using one allen bolt (33), flat washer (7) and one nylon locknut (57). Plug the lock pin (101).
- Attach the aluminum rail (14) onto the upper back bracket of the main frame (1). Secure using one allen bolt (21), two spacers (34), one flat washer (12) and one nylon locknut (22). Attach the support tube (18) to the bottom of aluminum rail (14). Secure using one allen bolt (53), one flat washer (12) and one nylon locknut (22).
- Connect the extension pulse wire (44) to the coil wire (50).



Step 4

- Attach the fixed handlebar (11) to the seat support bracket (9). Secure using two carriage bolts (51), two flat washers (12) and two domed nuts (42).
- Attach the seat cushion (15) to the seat support bracket (9). Secure using four allen screws (25) and four flat washers (28). Attach the back cushion (16) to the seat support bracket (9). Secure using four allen screws (25) and four flat washers (28).



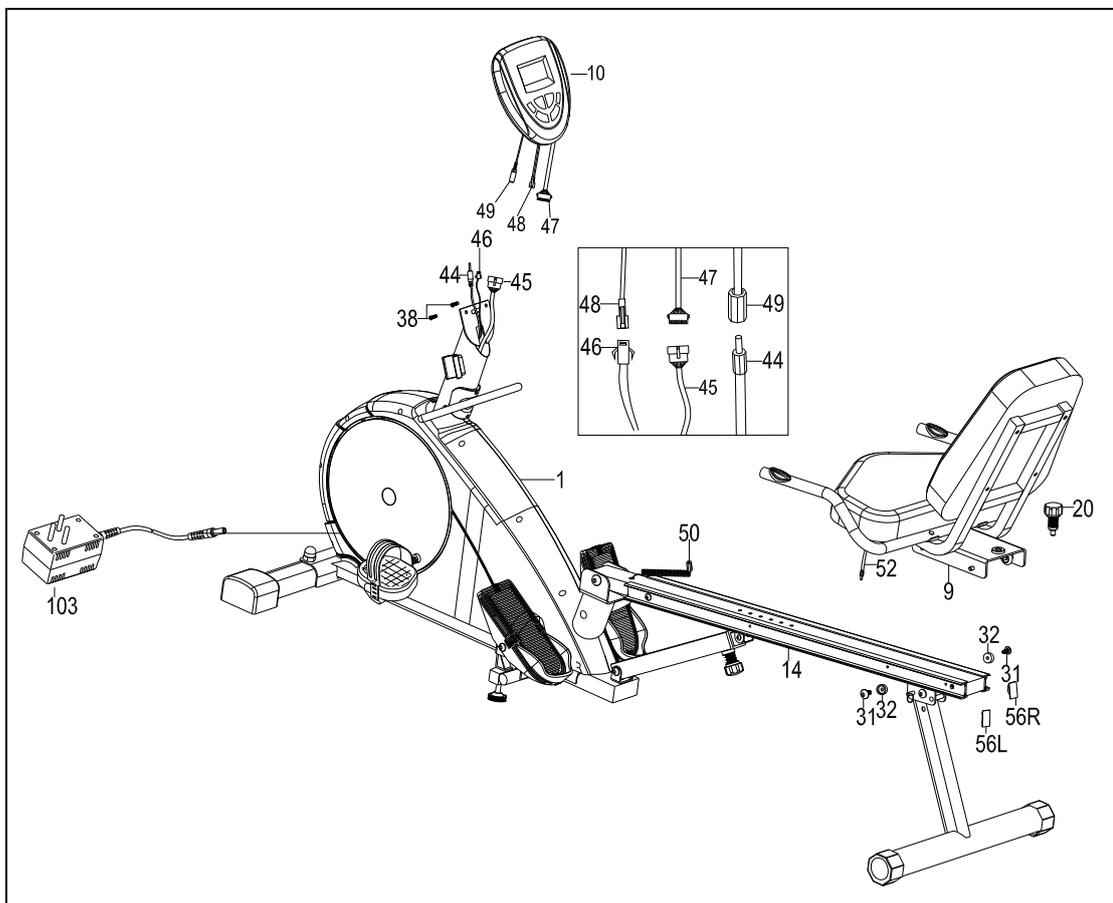
Step 5

- Slide the seat support bracket (9) onto the aluminum rail (14). Secure using the quick release knob (20) into your desired position. Connect the coil wire (50) to the back pulse wire (52). Fix two bumpers (32) on each side of aluminum rail (14). Secure using two allen bolts (31).

Note: To avoid the noise between the quick release knob and the aluminum rail, please make sure the quick release knob were loosen enough when you doing the rower exercise.

- Attach the right and left end caps (56L / 56R) onto the end of the aluminum rail (14).
- Connect the upper extension pulse wire (44) to the upper pulse wire (49). Connect the lower computer wire (45) to the upper computer wire (47). Connect the lower rower sensor wire (46) to the upper rower sensor wire (48). Attach the monitor (10) to the bracket of front post of the main frame (1). Secure using two screws (38) which are found on the monitor. Plug the adapter (103) into the adapter jack.

Note: Ensure that the wires are safely tucked inside the opening so that the wires do not get pinched when inserting the monitor onto the monitor bracket.



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

CARE & MAINTENANCE

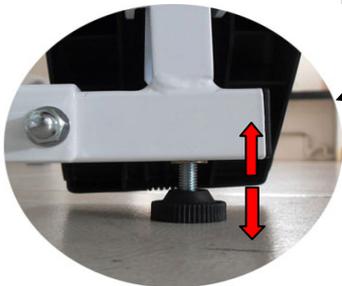
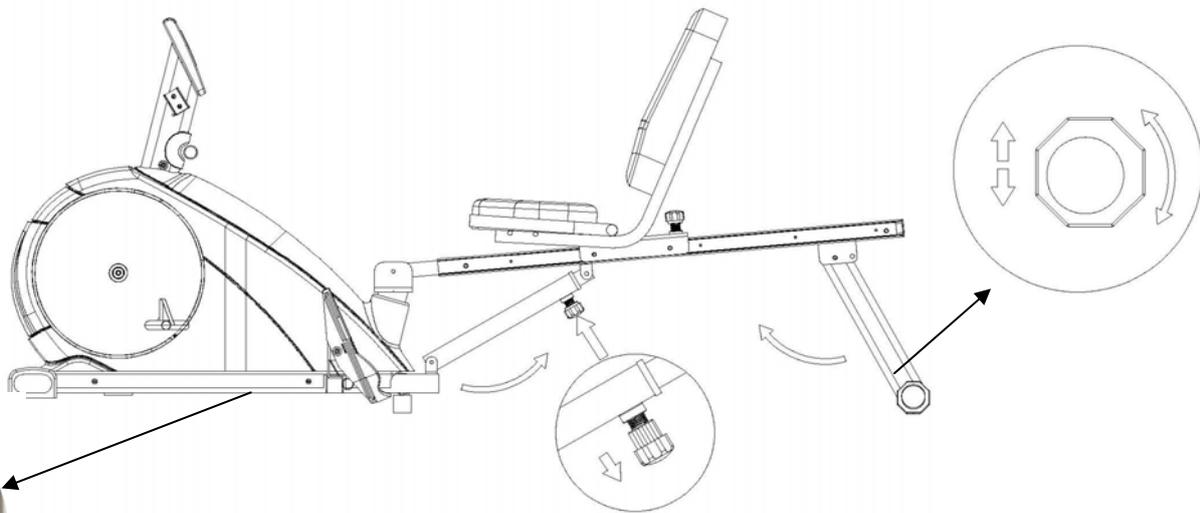
Proper maintenance is very important to ensure your equipment is always in top working condition. Improper maintenance could cause damage or shorten the life of your equipment and exceed the WARRANTY coverage.

Important: Never use abrasives or solvents to clean the equipment. To prevent damage to the computer, keep liquids away and keep it out of direct sunlight.

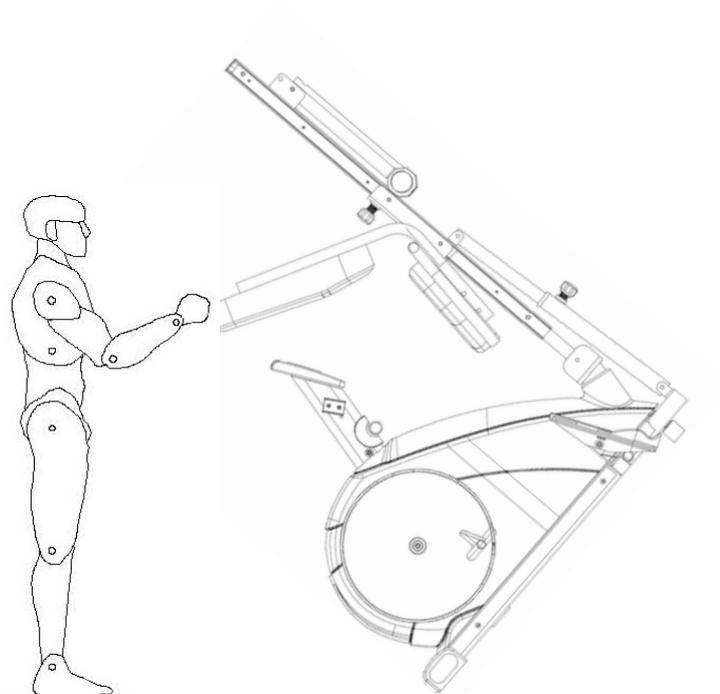
After each workout: Wipe off the console and other frame surfaces with a clean, water dampened soft cloth to remove excess perspiration. Inspect and tighten all parts of the equipment regularly. Replace any worn parts immediately.

Adjust the End cap & How to fold the unit

Please fix the seat on the rear hole by the quick release knob before you fold the unit. The rear stabilizer should be secured by a lock pin. And the adjustable knobs under the pedal tube should be loosened until the unit is stable.



Transport

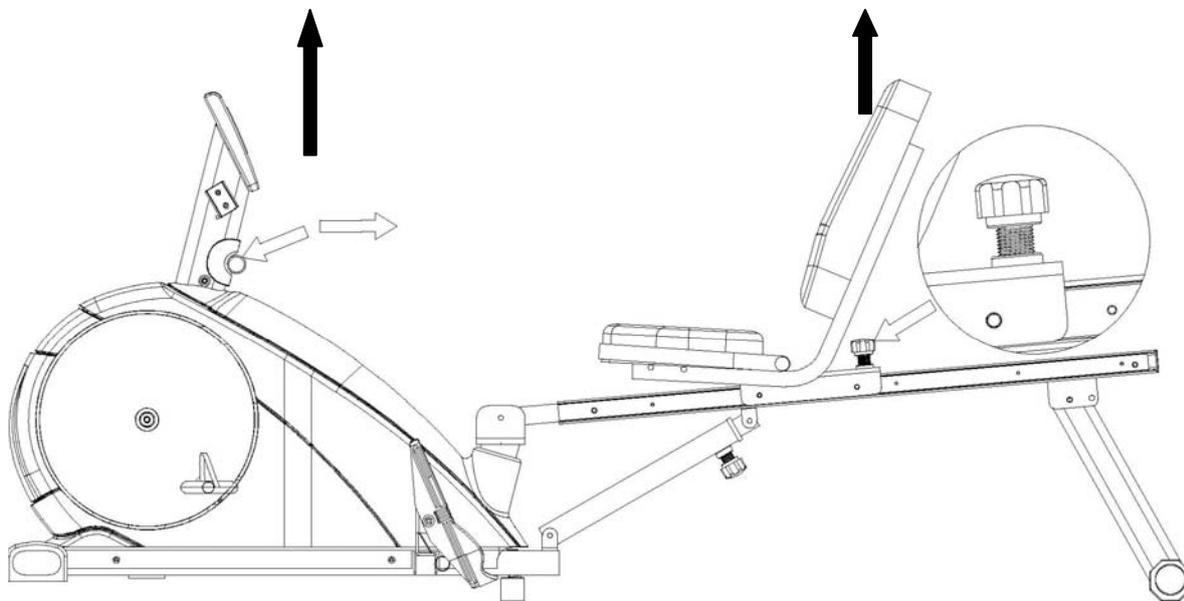
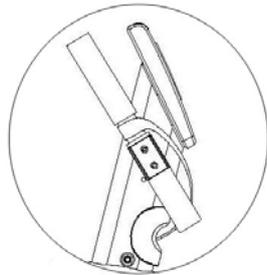


Important notice:

1. When doing Rower exercise, please make sure the adjustable knobs are tightened. Please see the pictures as below.



2. How to change the rower to recumbent:
 - a. Pull up the handlebar and place it onto the holder on the upright.
 - b. Fix the quick release knob on your desired position.



COMPUTER INSTRUCTIONS



The things you should know before exercise

A. Input Power

Plug in the adaptor to the equipment then the computer will produce a beep sound and turn on the computer at the Manual mode.

B. Program select and setting value

1. Use the UP or DOWN keys to select program mode and then press ENTER to confirm your exercise mode.
2. At the Manual mode, the computer will use the UP or DOWN keys to set up your exercise TIME, DISTANCE, CALORIES, PULSE.
3. Press the START/STOP key to start exercise.
4. When you reach the target, the computer will produce beep sounds and then stop.
5. If you set up more than one target and you would like to reach next target, press START/STOP key to keep on exercise.

C. Wake-Up Function

The monitor will entry SLEEP mode (LCD off) when there is no signal input and no key be pressed after 4 minutes. Press the screen to start the monitor.

Functions and Features:

1. TIME: Shows your elapsed workout time in minutes and seconds. Your computer will automatically count up from 0:00 to 99:59 in one second intervals. You can also program your computer to count down from a set value by using the UP and DOWN keys. If you continue exercising once the time has reached 0:00, the computer will begin beeping, and reset itself to the original time set, letting you know your workout is done.
2. DISTANCE: Displays the accumulative distance traveled during each workout up to a maximum of 999.0KM
3. RPM: Your pedal cadence.
4. COUNTS: for Rower use, round trip for a count.
5. SPEED: Displays your workout speed value in KM per hour.
6. CALORIES: Your computer will estimate the cumulative calories burned at any given time during your workout.
7. PULSE: Your computer displays your pulse rate in beats per minute during your workout.
8. AGE: Your computer is age-programmable from 10 to 99 years. If you do not set an age, this function will always default to age 35.
9. TARGET HEART RATE (TARGET PULSE): The heart rate you should maintain is called your Target Hear Rate in beats per minute.

10. PULSE RECOVERY: During the START stage, leave the hands holding on grips or leave the chest transmitter attached and then press "PULSE RECOVERY" key, time starts counting from 00:60 - 00:59 - - to 00:00. As soon as 00:00 is reached, the computer will show your heart rate recovery status with the grade F1.0 to F6.0.

- 1.0 means OUTSTANDING
- 1.0 < F < 2.0 means EXCELLENT
- 2.0 ≤ F ≤ 2.9 means GOOD
- 3.0 ≤ F ≤ 3.9 means FAIR
- 4.0 ≤ F ≤ 5.9 means BELOW AVERAGE
- 6.0 means POOR

Note: If no pulse signal input then the computer will show "P" on the PULSE window. If the computer shows "ERR" on the message window, please re-press the PULSE RECOVERY key and please make sure your hands are keeping well on the grips or the chest transmitter is attached well.

11. Speed/Counts mode switched by the machine.

12. TEMPERATURE: Display the current temperature.(Optional function)

Key function:

There are 6 button keys and the function description as follows:

1. START/STOP key:
 - a. Quick Start function: Allows you to start the computer without selecting a program.
Manual workout only. Time automatically begins to count up from zero
 - b. During the exercise mode, press the key to STOP exercise.
 - c. During the stop mode, press the key to START exercise.
2. UP key:
 - a. Press the key to increase the resistance during exercise mode.
 - b. During the setting mode, press the key to increase the value of Time, Distance, Calories, Age and select Gender and Program.
3. DOWN key:
 - a. Press the key to decrease the resistance during exercise mode.
 - b. During the setting mode, press the key to decrease the value of Time, Distance, Calories, Age and select Gender and Program.
4. ENTER key:
 - a. During the setting mode, press the key to accept the current data entry.
 - b. At the stop mode, by holding this key for over two seconds the user can reset all values to zero or default value.
 - c. During setting the Clock, press this key can accept the setting hour and setting minute.
5. BODY FAT key: Press the key to input your HEIGHT, WEIGHT, GENDER and AGE then to measure your body fat ratio,
6. PULSE RECOVERY key: Press the key to activate heart rate recovery function.

Program Introduction & Operation:

Manual Program: Manual

P1 is a manual program. User can start exercise by pressing START/STOP key. The default resistance level is 5. Users may exercise in any desirous of resistance level (Adjusting by UP/DOWN keys during the workout) with a period of time or a number of calories or a certain distance.

Operations: 1. Use UP/DOWN keys to select the MANUAL (P1) program.

2. Press the ENTER key to enter MANUAL program.

3.. The TIME will flash and you can press UP or DOWN keys to set your exercise TIME.Press ENTER key to confirm your desired TIME.

4. The DISTANCE will flash and you can press UP or DOWN keys to set your target DISTANCE. Press ENTER key to confirm your desired DISTANCE.

5. The CALORIES will flash and you can press UP or DOWN keys to set your exercise

- CALORIES. Press ENTER key to confirm your desired CALORIES.
6. The PULSE will flash and then you can press UP or DOWN keys to set your exercise PULSE. Press ENTER key to confirm your desired Pulse.
 7. Press the START/STOP key to begin exercise.

Preset Program: Steps, Hill, Rolling, Valley, Fat Burn, Ramp, Mountain, Intervals, Random, Plateau, Fartlek, Precipice Program

PROGRAM 2 to PROGRAM 13 is the preset programs. Users can exercise with different level of loading in different intervals as the profiles show. Users may exercise in any desirous of resistance level (Adjusting by UP/DOWN keys during the workout) with a period of time or a number of calories or a certain distance.

- Operations:**
1. Use UP/DOWN keys to select one of the above programs from P2 to P13.
 2. Press the ENTER key to enter your workout program.
 3. The TIME will flash and you can press UP or DOWN keys to setting your exercise TIME. Press ENTER key to confirm your desired TIME.
 4. The DISTANCE will flash and you can press UP or DOWN keys to setting your target DISTANCE. Press ENTER key to confirm your desired DISTANCE.
 - 5 The CALORIES will flash and you can press UP or DOWN keys to setting your exercise CALORIES. Press ENTER key to confirm your desired CALORIES.
 6. The PULSE will flash and then you can press UP or DOWN keys to set your exercise PULSE. Press ENTER key to confirm your desired Pulse.
 7. Press the START/STOP key to begin exercise.

User Setting Program: User 1, User 2, User 3, User 4

Program 14 to 17 is the user setting program. Users are free to create the values in the order of TIME, DISTANCE, CALORIES and the resistance level in 10 columns. The values and profiles will be stored in the memory after setup. Users may also change the ongoing loading in each column by UP/DOWN keys, and they will not change the resistance level stored in the memory.

- Operations:**
1. Use UP/DOWN keys to select the USER program from P14 to P17.
 2. Press the ENTER key to enter your workout program.
 3. The column 1 will flash, and then use the UP/DOWN keys to create your personal exercise profile. Press ENTER to confirm your first column of exercise profile. The default level is load 1.
 4. The column 2 will flash, and then use the UP/DOWN keys to create your personal exercise profile. Press ENTER to confirm your second column of exercise profile.
 5. Follow the above description 5 and 6 to finish your personal exercise profiles. Press ENTER to confirm your desired exercise profile.
 6. The TIME will flash and you can press UP or DOWN keys to setting your exercise TIME. Press ENTER key to confirm your desired TIME.
 7. The DISTANCE will flash and you can press UP or DOWN keys to setting your target DISTANCE. Press ENTER key to confirm your desired DISTANCE.
 8. The CALORIES will flash and you can press UP or DOWN keys to setting your exercise CALORIES. Press ENTER key to confirm your desired CALORIES.
 9. The PULSE will flash and then you can press UP or DOWN keys to set your exercise PULSE. Press ENTER key to confirm your desired Pulse.
 10. Press the START/STOP key to begin exercise.

Heart Rate Control Program: 55% H.R.C., 65% H.R.C., 75% H.R.C., 85% H.R.C., Target H.R.C.

Program 18 to Program 22 is the Heart Rate Control Programs and Program 22 is the Target Heart Rate Control program.

Program 18 is the 55% Max H.R.C. -- Target H.R. = $(220 - \text{AGE}) \times 55\%$

Program 19 is the 65% Max H.R.C. -- Target H.R. = $(220 - \text{AGE}) \times 65\%$

Program 20 is the 75% Max H.R.C. -- Target H.R. = $(220 - \text{AGE}) \times 75\%$

Program 21 is the 85% Max H.R.C. -- Target H.R. = $(220 - \text{AGE}) \times 85\%$

Program 22 is the Target H.R.C. -- Workout by your target heart rate value.

Users can exercise according to your desired Heart Rate program by setting your AGE, TIME, DISTANCE, CALORIES or TARGET PULSE. In these programs, the computer will adjust the resistance level according to the heart rate detected. For example, the resistance level may increase every 20 seconds while the heart rate detected is lower than the TARGET H.R.C. Also the resistance level may decrease every 20 seconds while the heart rate detected is higher than the TARGET H.R.C.

- Operations:**
1. Use UP/DOWN keys to select one of the heart rate control program from P18 to P22.
 2. Press the ENTER key to enter your workout program
 3. The AGE will flash at P18 to P21 programs and you can press UP or DOWN keys to set your AGE. The default age is 35.
 4. At program 22, the TARGET PULSE will flash and you can press UP or DOWN keys to set your TARGET PULSE between 80 to 180. The default TARGET PULSE is 120.
 5. The TIME will flash and you can press UP or DOWN keys to set your exercise TIME. Press ENTER key to confirm your desired TIME.
 6. The DISTANCE will flash and you can press UP or DOWN keys to set your target DISTANCE. Press ENTER key to confirm your desired DISTANCE.
 7. The CALORIES will flash and you can press UP or DOWN keys to set your exercise CALORIES. Press ENTER key to confirm your desired CALORIES.
 8. Press the START/STOP key to begin exercise.

Body Fat Program: Body Fat

Program 24 is a special program design to calculate users' body fat ratio and to offer a specific loading profile for users. There are 3 body types divided according to the FAT% calculated.

Type1: BODY FAT% > 27

Type2: $27 \geq \text{BODY FAT\%} \geq 20$

Type3: BODY FAT % < 20

The computer will show the test results of FAT PERCENT, BMI and BMR.

- Operations:**
1. Use UP/DOWN keys to select the BODY FAT (P24) program.
 2. Press the ENTER key to enter your workout program.
 3. The HEIGHT will flash and you can press UP or DOWN keys to set your HEIGHT. Press ENTER key to confirm your HEIGHT. The default HEIGHT is 170cm or 5'07" (5feet 7 inches).
 4. The WEIGHT will flash and you can press UP or DOWN keys to set your WEIGHT. Press ENTER key to confirm your WEIGHT. The default WEIGHT is 70kgs or 155lbs.
 5. The GENDER will flash and you can press UP or DOWN keys to select your sex. Number 1 means man and number 0 means female. Press ENTER key to

- confirm your Gender. The default sex is 1 (MAN).
6. The AGE will flash and you can press UP or DOWN keys to set your AGE. Press ENTER key to confirm your AGE. The default AGE is 35.
 7. Press the START/STOP key to begin body fat measurement. If the window show E on the window, please make sure your hands are attached well on the grips or the chest belt is touch well on your body. Then press the START/STOP key again to begin body fat measurement.
 8. After finished your measurement, the computer will show the values of BMR, BMI and FAT PERCENT on the LCD display. Furthermore, the computer will show your own exercise profile for your body type.
 9. Press START/STOP key to begin exercise.

Operation guide:

1. Sleep Mode:

The computer will enter the sleep mode when there is no signal input and no keys be pressed after 4 minutes. You can press any key to wake up the computer.

2. BMI (Body Mass Index): BMI is a measure of body fat based on height and weight that applies to both adult men and women.
3. BMR (Basal Metabolic Rate): Your Basal Metabolic Rate (BMR) shows the number of calories your body needs to operate. This doesn't account for any activity, it's simply the energy needed to sustain a heartbeat, breathing and normal body temperature. It measures the body at rest, not sleep, at room temperature.

Error Message:

E1 (ERROR 1):

Normal state: During workout, when the monitor did not get the count signal from the gear motor more than 4 seconds and check under successive 3 times then the LCD will show E1.

Power on state: The gear motor will return to zero automatically, when the signal of motor cannot be detected for more than 4 seconds then the gear motor's driver will be cut off immediately and show the E1 on the LCD display. All the other digital and function mark are blank, and the output signals are cut off also.

E2 (ERROR 2): When the monitor read the memory data, if the I.D. code is not correct or the memory IC damages then the monitor will show E2 immediately at power on.

E3 (ERROR 3): After 4 seconds by start mode, the computer detects the faulty motor did not leave the zero point then the LCD bar displays "E3".

Error message: When you press "Pulse Recovery " Key but don't hold on hand grips , the computer will show "Err" .

Technical data of the current adapter

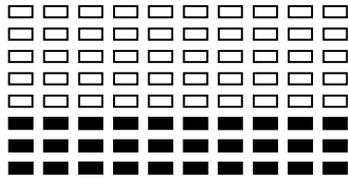
Available for Input: 230V/50Hz Output: 6V AC/1A

LCD Workout Graphics

PRESET PROGRAM PROFILES:

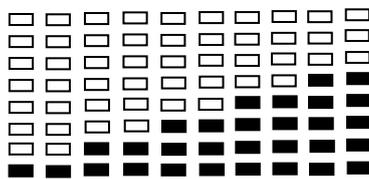
PROGRAM 1

MANUAL



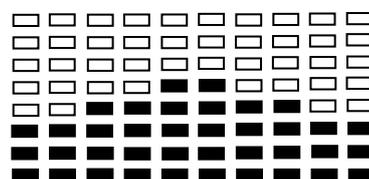
PROGRAM 2

STEPS



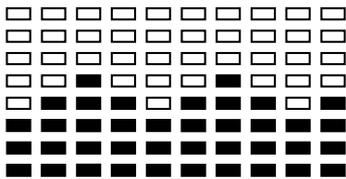
PROGRAM 3

HILL



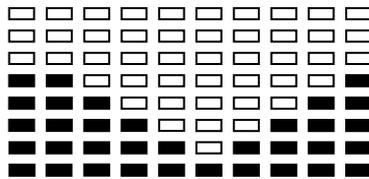
PROGRAM 4

ROLLING



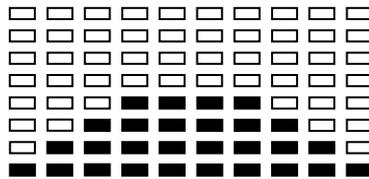
PROGRAM 5

VALLEY



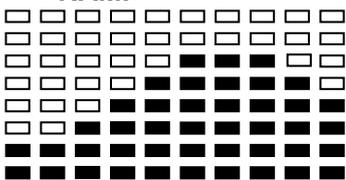
PROGRAM 6

FAT BURN



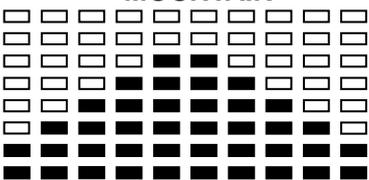
PROGRAM 7

RAMP



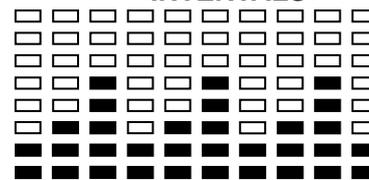
PROGRAM 8

MOUNTAIN



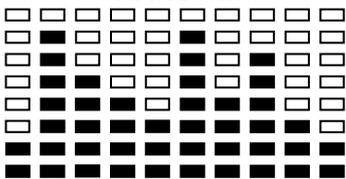
PROGRAM 9

INTERVALS



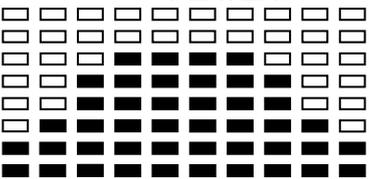
PROGRAM 10

RANDOM



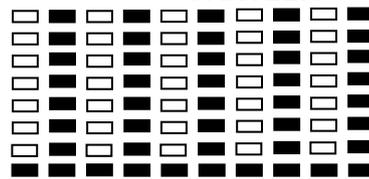
PROGRAM 11

PLATEAU



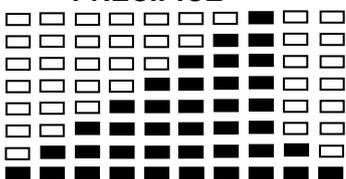
PROGRAM 12

FARTLEK



PROGRAM 13

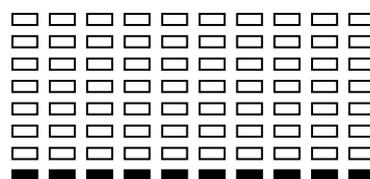
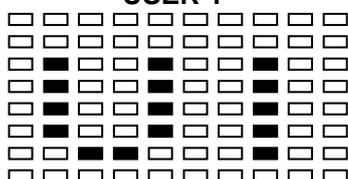
PRECIPICE



USER SETTING PROGRAM

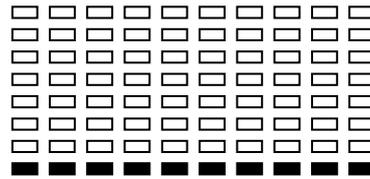
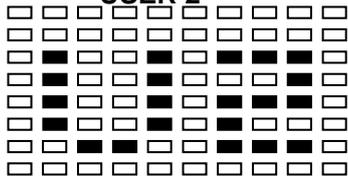
PROGRAM 14

USER 1



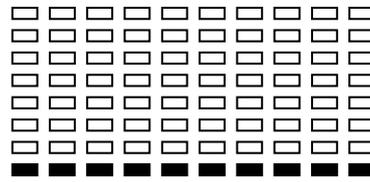
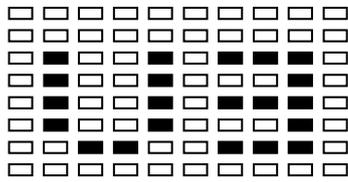
PROGRAM 15

USER 2



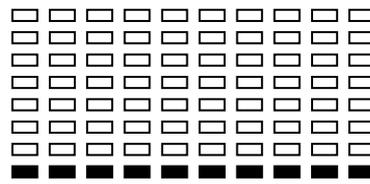
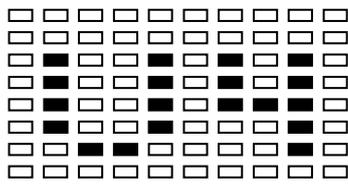
PROGRAM 16

USER 3



PROGRAM 17

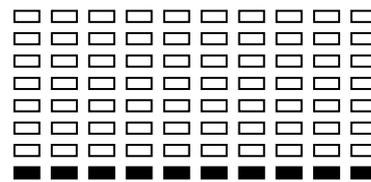
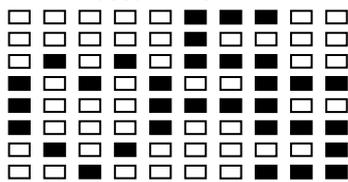
USER 4



HEART RATE PROGRAM PROFILES:

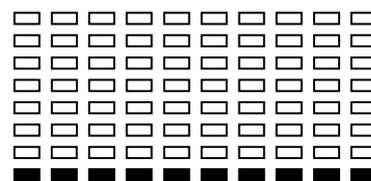
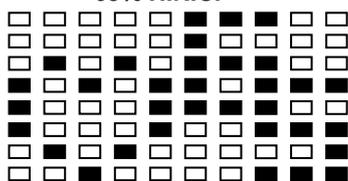
PROGRAM 18

55% H.R.C.



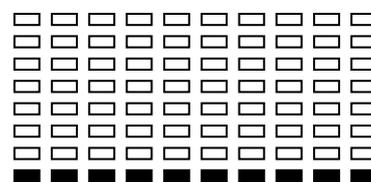
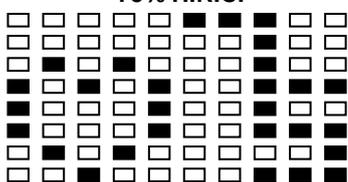
PROGRAM 19

65% H.R.C.



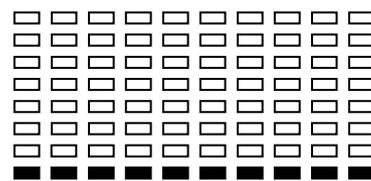
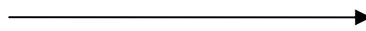
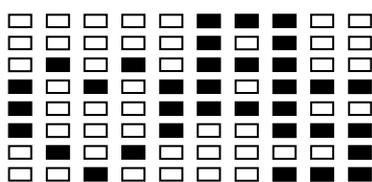
PROGRAM 20

75% H.R.C.



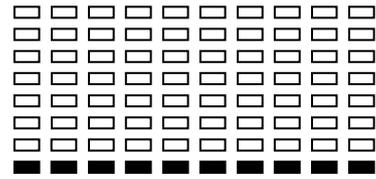
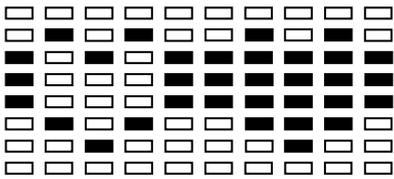
PROGRAM 21

85% H.R.C.



PROGRAM 22

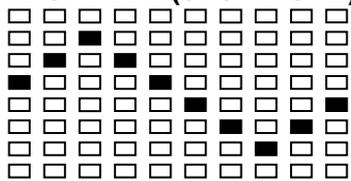
TARGET H.R.C.



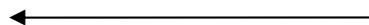
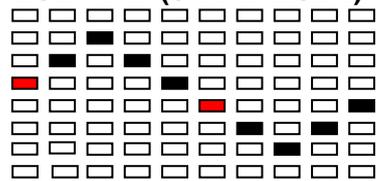
BODY FAT TEST PROGRAMS:

PROGRAM 23

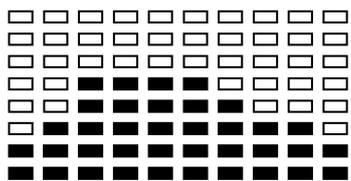
BODY FAT (STOP MODE)



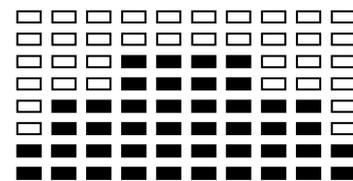
BODY FAT (START MODE)



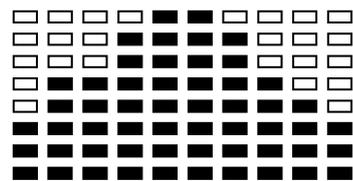
One of the Following Six Profiles Will Display Automatically after Measuring Your BODY FAT:



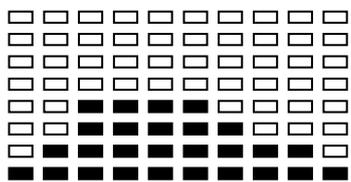
Workout Time: 40 minutes



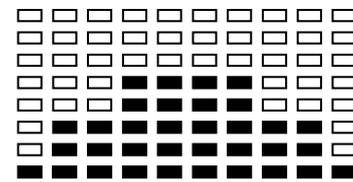
Workout Time: 40 minutes



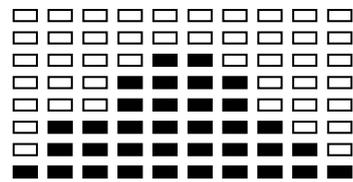
Workout time: 20 minutes



Workout Time: 40 minutes



Workout Time: 40 minutes



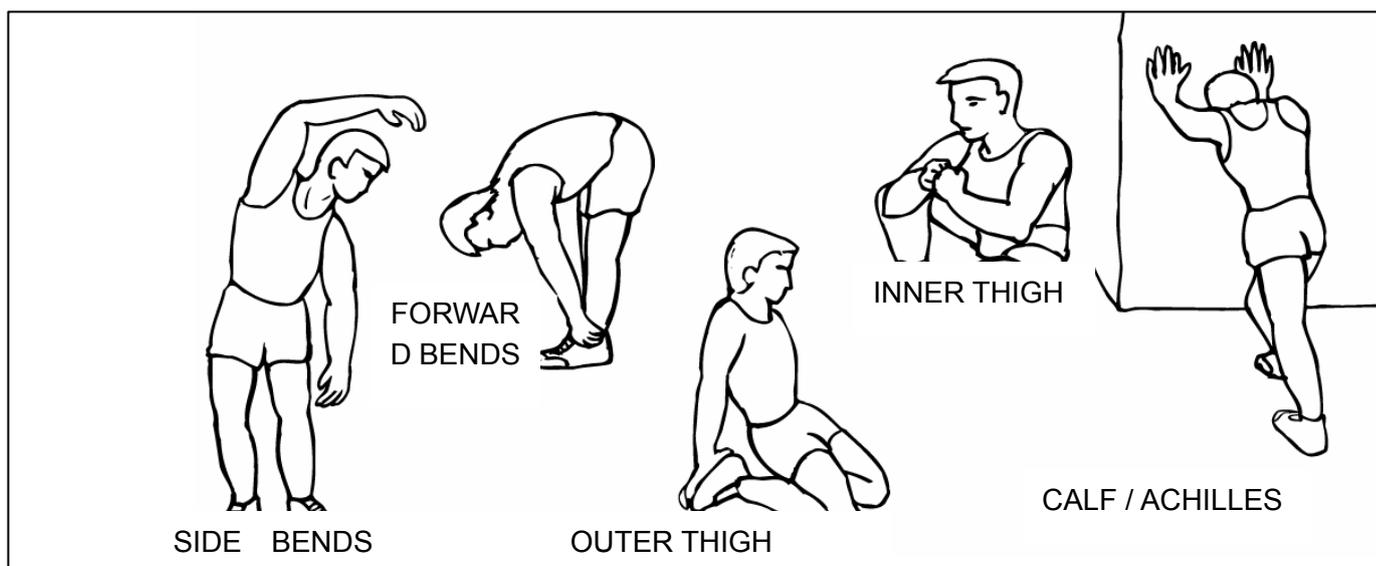
Workout time: 20 minutes

EXERCISE INSTRUCTIONS

Using your **PROGRAMMABLE ROWER RECUMBENT** 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.

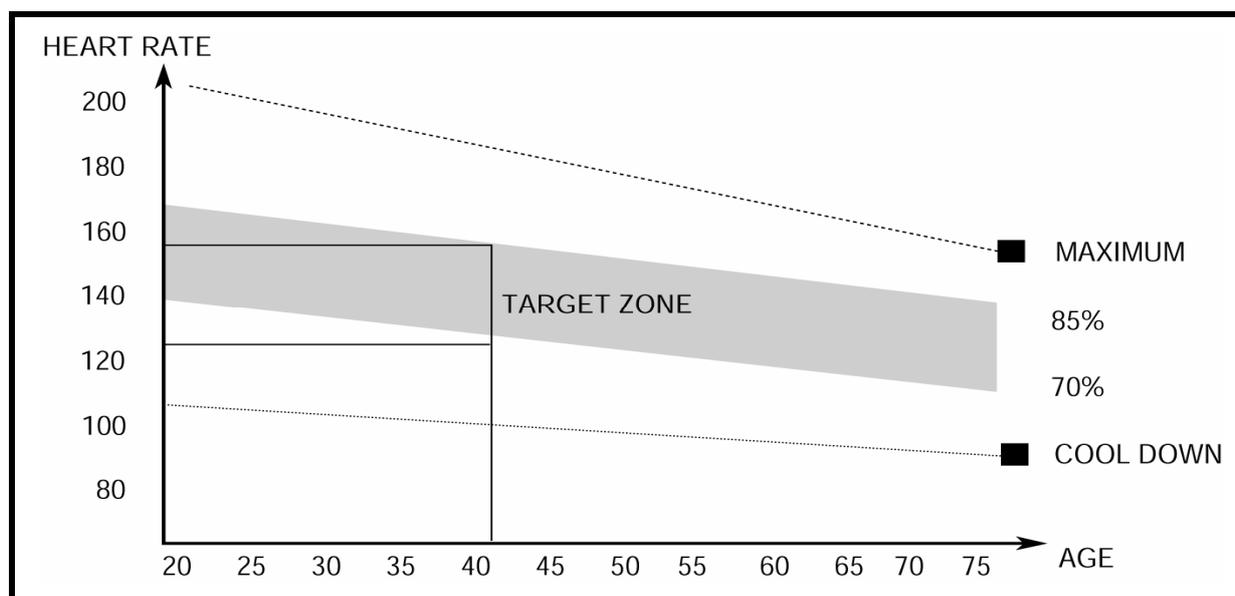
1. The Warm Up Phase

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 **PROGRAMMABLE ROWER RECUMBENT** 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.

CARE & MAINTENANCE

Proper maintenance is very important to ensure your equipment is always in top working condition. Improper maintenance could cause damage or shorten the life of your equipment and exceed the WARRANTY coverage.

Important: Never use abrasives or solvents to clean the equipment. To prevent damage to the computer, keep liquids away and keep it out of direct sunlight.

After each workout: Wipe off the console and other frame surfaces with a clean, water dampened soft cloth to remove excess perspiration. Inspect and tighten all parts of the equipment regularly. Replace any worn parts immediately.

Don't use the equipment before the worn parts were replaced by new one.

Special attention to the belt is most susceptible wear. When you feel the exercising is not smooth, please check the status of the belt or call the service hot line.

Adjust the End cap & How to fold the unit

Please pull out the lock pin from the joint and fold the aluminum rail, then securing by the lock pin.

Correct Exercising Position

When exercising, grasp the handlebar tightly and relax your back. Always try and use the product in a rhythmical and smooth motion. If you find yourself feeling uncomfortable, or experience a surging type feeling, there is probably too much tension.



Model No: KR905AT

To register your warranty, please go to
www.gpisports.com.au

**Distributed Exclusively by :
GPI Sports & Fitness
275 Wellington Road
Mulgrave, VIC, 3170
Australia.**