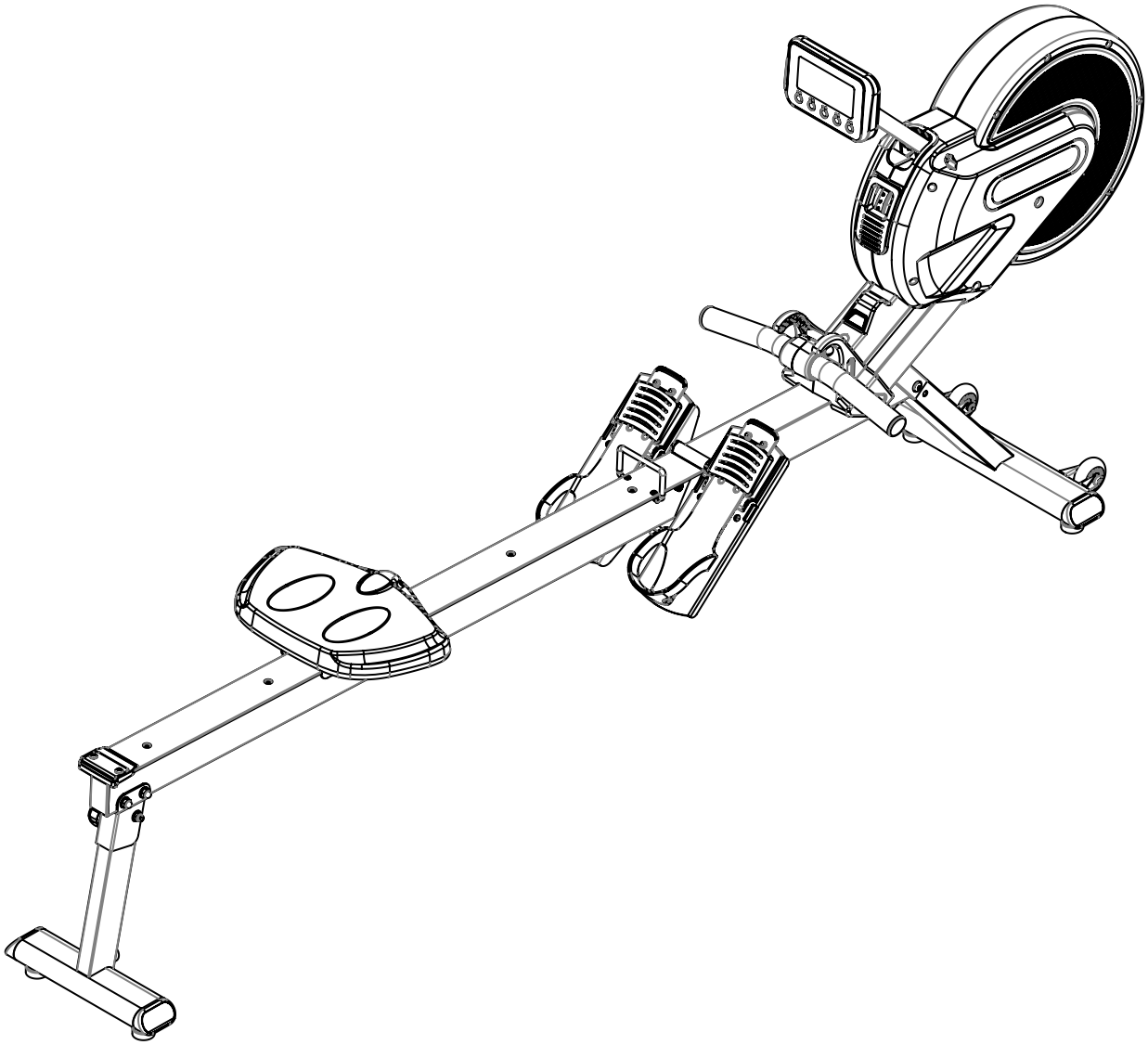
XTERRA® FITNESS



ERG**700** ROWER
OWNER'S MANUAL

PLEASE CAREFULLY READ THIS ENTIRE MANUAL BEFORE OPERATING YOUR NEW ROWER

Congratulations On Your New Rower and Welcome to the XTERRA Fitness Family!

Thank you for your purchase of this quality rower from **XTERRA Fitness**. Your new rower has been manufactured by one of the leading fitness manufacturers in the world. **XTERRA Fitness** will do all we can to make your ownership experience as pleasant as possible for many years to come. If you have questions, or if parts are missing or damaged, or you require customer service, call (870) 336 - 4286. Please have your model number and serial number handy when you call.

Please take a moment to record where you purchased your machine, as well as the date of purchase for future reference. We appreciate your confidence in **XTERRA Fitness** and we will always remember that you are the reason that we are in business. Please complete and mail your registration card today and enjoy your new rower.

Yours in Health,
XTERRA Fitness

Table Of Contents

Product Registration	**1**
Important Safety Instructions	**2**
ERG700 Assembly Instructions	**4**
Console Operation	**8**
Troubleshooting	**22**
Manufacturer’s Limited Warranty	**24**

ATTENTION

THIS ROWER IS INTENDED FOR **RESIDENTIAL USE ONLY** AND IS WARRANTED FOR THE APPLICATION. ANY OTHER APPLICATION **VOIDS** THIS WARRANTY IN ITS ENTIRETY.

Product Registration

Purchase Location _____

Purchase Date _____

Record Your Serial Number
Please record the Serial Number of this fitness product
in the space provided below.

Serial Number _____

Register Your Purchase
The self-addressed product registration card must be completed in full and returned to **XTERRA Fitness**. You can also go to ***www.xterrafitness.com/warranty*** to register online.

Power

This product uses an external power supply. The power supply must first be plugged into the power jack on the unit. Next, plug the power supply into the appropriate wall outlet. When not in use, it is recommended to unplug the power supply from the wall outlet.

IMPORTANT: If the product has been exposed to cold temperatures, allow the product sit in room temperature to warm up before plugging in the power supply. Failure to do so may result in damage to the display or electronic components.

IMPORTANT: Do not operate the product if the power supply, its plug, or its cord has been damaged.

Important Safety Instructions

When using an appliance, basic precautions should always be followed, including the following:

Read all instructions before using this appliance.

WARNING - To reduce the risk of burns, fire electric shock, or injury to persons:

1. Do not operate under blanket or pillow. Excessive heating can occur and cause fire, electric shock, or injury to persons.
2. This exercise equipment is not intended for use by persons with reduced physical, sensory or mental capabilities, or lack of experience and knowledge.
3. Keep children and pets away from the machine at all times. DO NOT leave children unattended in the same room with the machine.
4. Use this appliance only for its intended use as described in this manual. Do not use attachments not recommended by the manufacturer.
5. Never operate this appliance is not working properly, if it has been dropped or damaged, or dropped into water. Return the appliance to a service center for examination and repair.
6. Keep the appliance away from heated surfaces.
7. Never operate the appliance with the air openings blocked. Keep the air openings free of lint, hair, and the like.
8. Never drop or insert any object into any opening.
9. Do not use outdoors.
10. Do not operate where aerosol (spray) products are being use or where oxygen is being administered.
11. The appliance is intended for household use.



WARNING: This product can expose you to chemicals including Toluene and Acrylamide which are known to the State of California to cause cancer and birth defects or other reproductive harm.
For more information go to www.P65Warnings.ca.gov

Fitness Equipment Safety Instructions

- Do not operate equipment on deeply padded, plush or shag carpet. Damage to both carpet and equipment may result.
- Before beginning this or any exercise program, consult a physician. This is especially important for persons over the age of 35 or persons with pre-existing health conditions.
- Keep hands away from all moving parts.
- Do not attempt to use your equipment for any purpose other than for the purpose it is intended.
- Wear proper shoes. High heels, dress shoes, sandals or bare feet are not suitable for use on your equipment. Quality athletic shoes are recommended to avoid leg fatigue.
- Wear proper clothing for exercising, loose clothing could become caught in the machine.
- Only one person at a time should use the machine.
- If the user experiences dizziness, nausea, chest pain, or any other abnormal symptoms, STOP the workout at once. CONSULT A PHYSICIAN IMMEDIATELY.
- Do not place any sharp object around the machine.

Failure to follow all guidelines may compromise the effectiveness of the exercise experience, expose yourself (and possibly others) to injury, and reduce the longevity of the equipment.

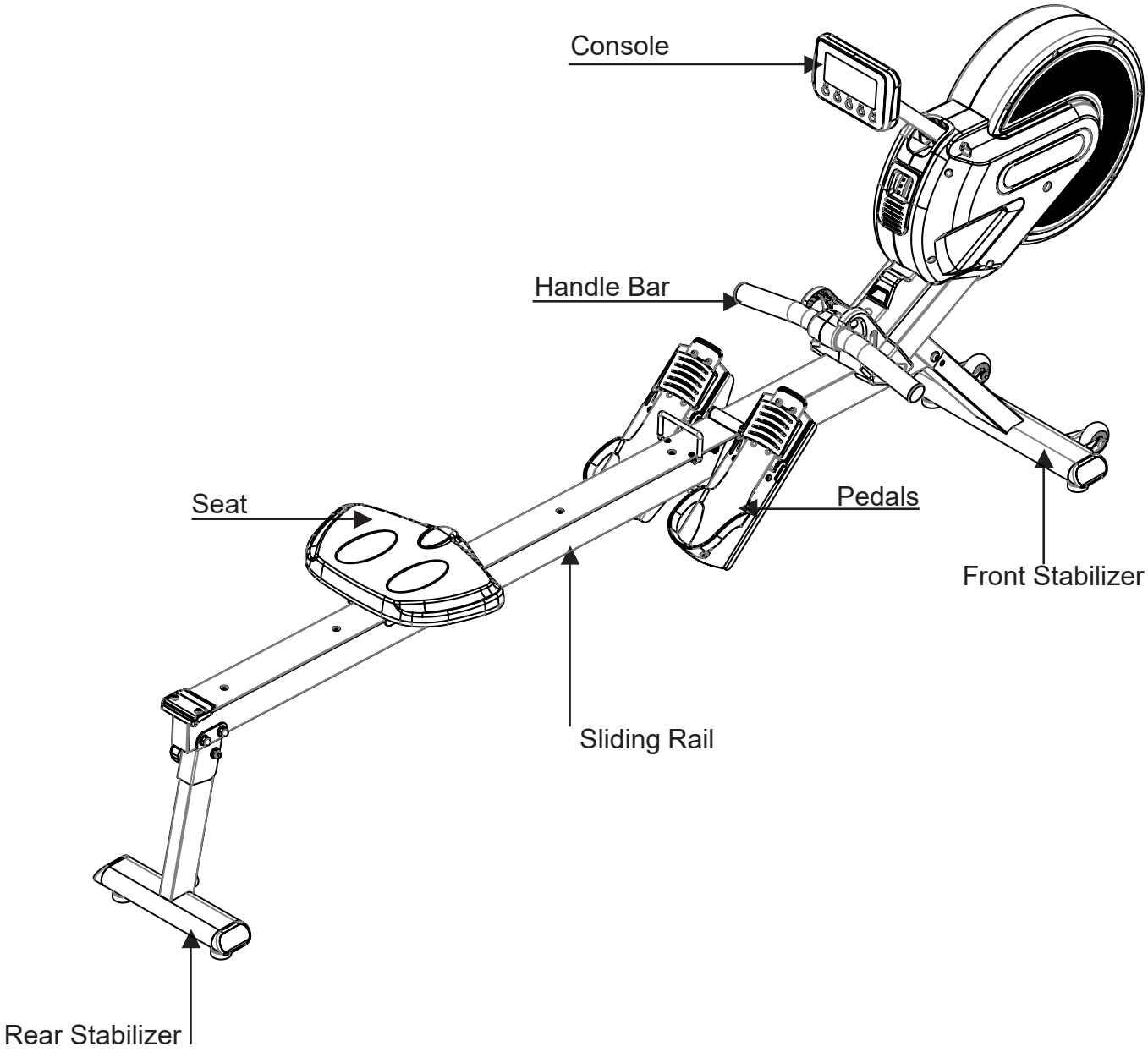
SAVE THESE INSTRUCTIONS - THINK SAFETY!

CAUTION!! Please be careful when unpacking the carton.

Before you begin

Thank you for selecting our revolutionary XTERRA ERG700 Fitness Rower. A rower is an effective exercise for increasing cardiovascular fitness, building endurance, and toning the body. Our fitness rower provides an impressive selection of features designed to make your workouts at home more effective and enjoyable.

For your benefit, read this manual carefully before you use the ERG700 Fitness Rower. To help us assist you, note the product model number and serial number before contacting us. Before reading further, please familiarize yourself with the parts that are labeled in the drawing below.

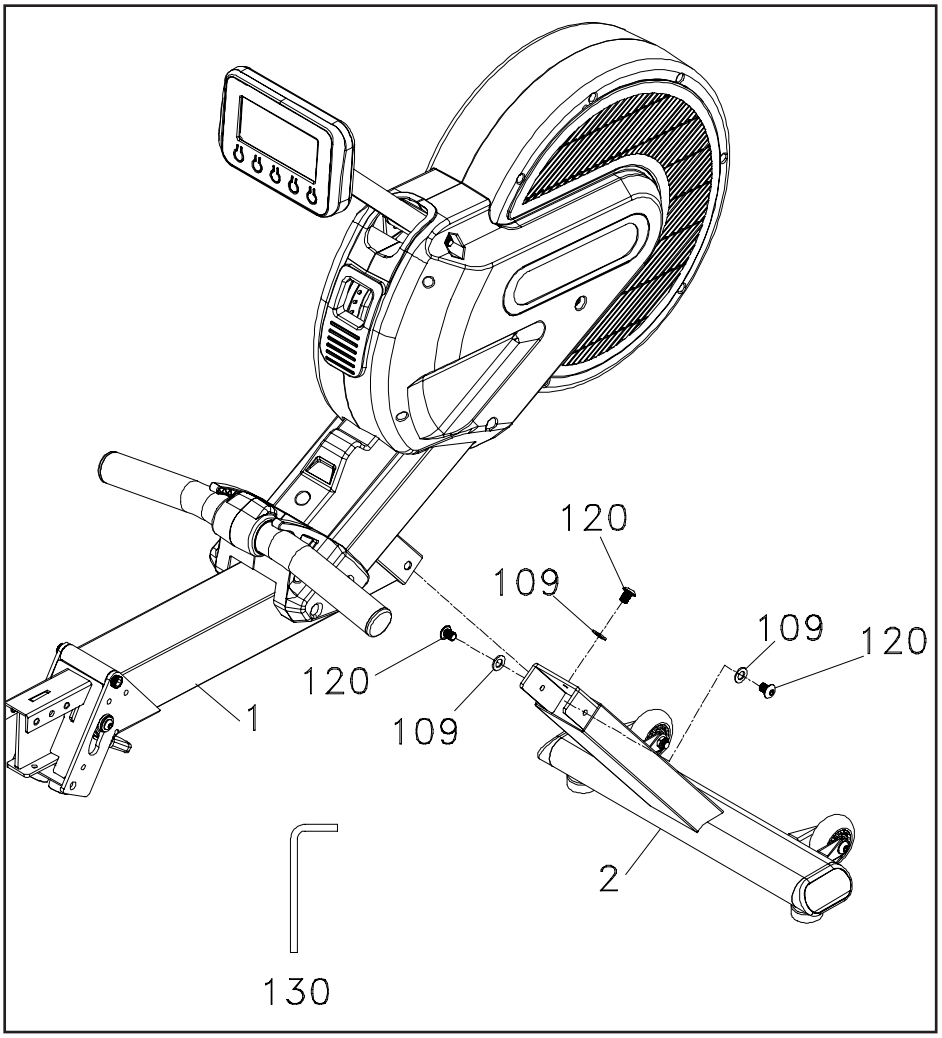


ERG**700** Assembly Instructions

1 Attaching the Front Stabilizer

Hardware Step 1

3 Flat Washer (#109)
3 Bolt (#120)

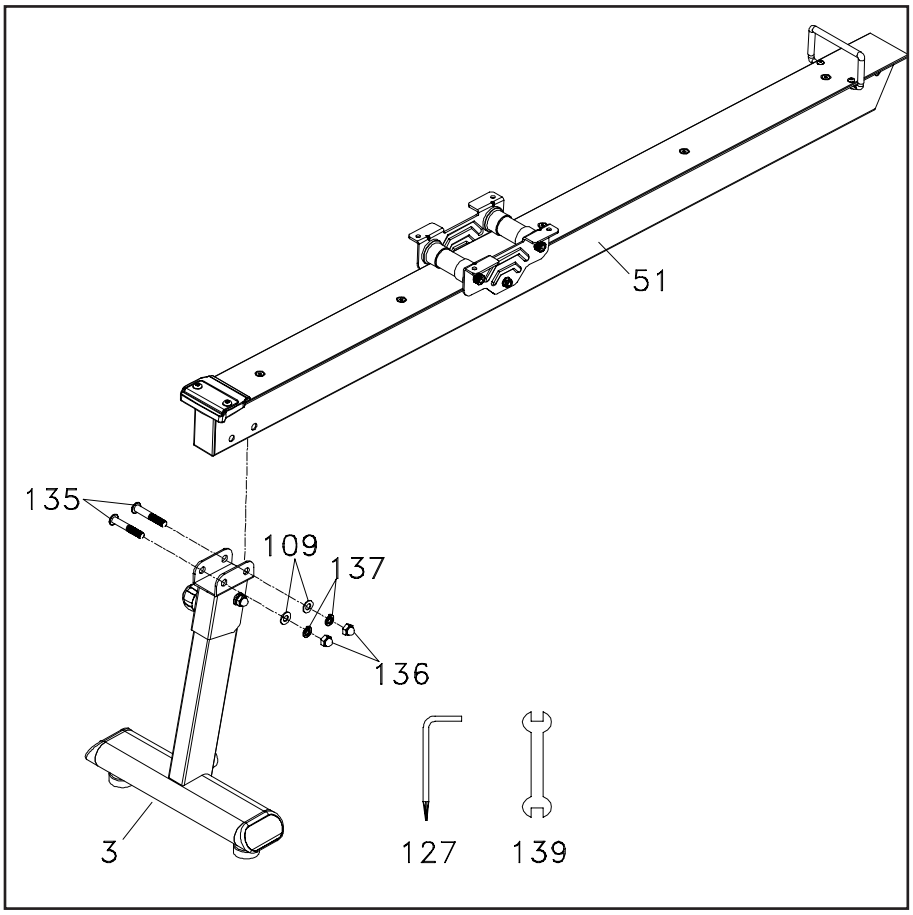


1. Use the **WRENCH** (130) to tighten 3 **BOLTS** (120) together with 3 **FLAT WASHERS** (109) to secure the **MAIN FRAME** (1) and **FRONT STABILIZER** (2) together. There is a bolt on each side and one on the front.

2 Attaching the Rear Stabilizer

Hardware Step 2

2 Flat Head Socket Bolts (#135)
2 Flat Washers (#109)
2 Spring Washers (#137)
2 Cap Nuts (#136)

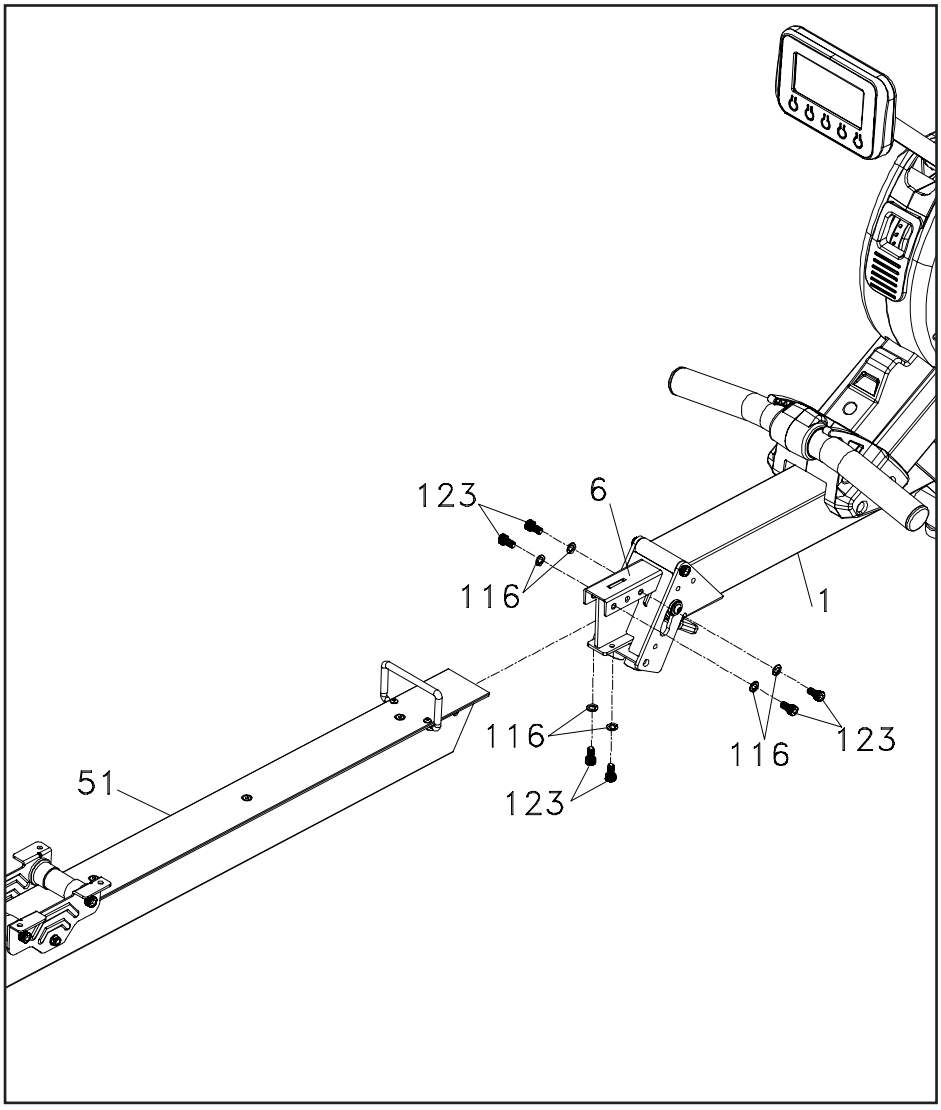


1. Use the **WRENCH** (139) to tighten 2 **BOLTS** (135) through where the **ALUMINUM TRACK** (51) meets the **REAR STABILIZER** (3) and secure with 2 **WASHERS** (109), 2 **WASHERS** (137), and 2 **NUTS** (136).

3 Attaching the Slide Rail

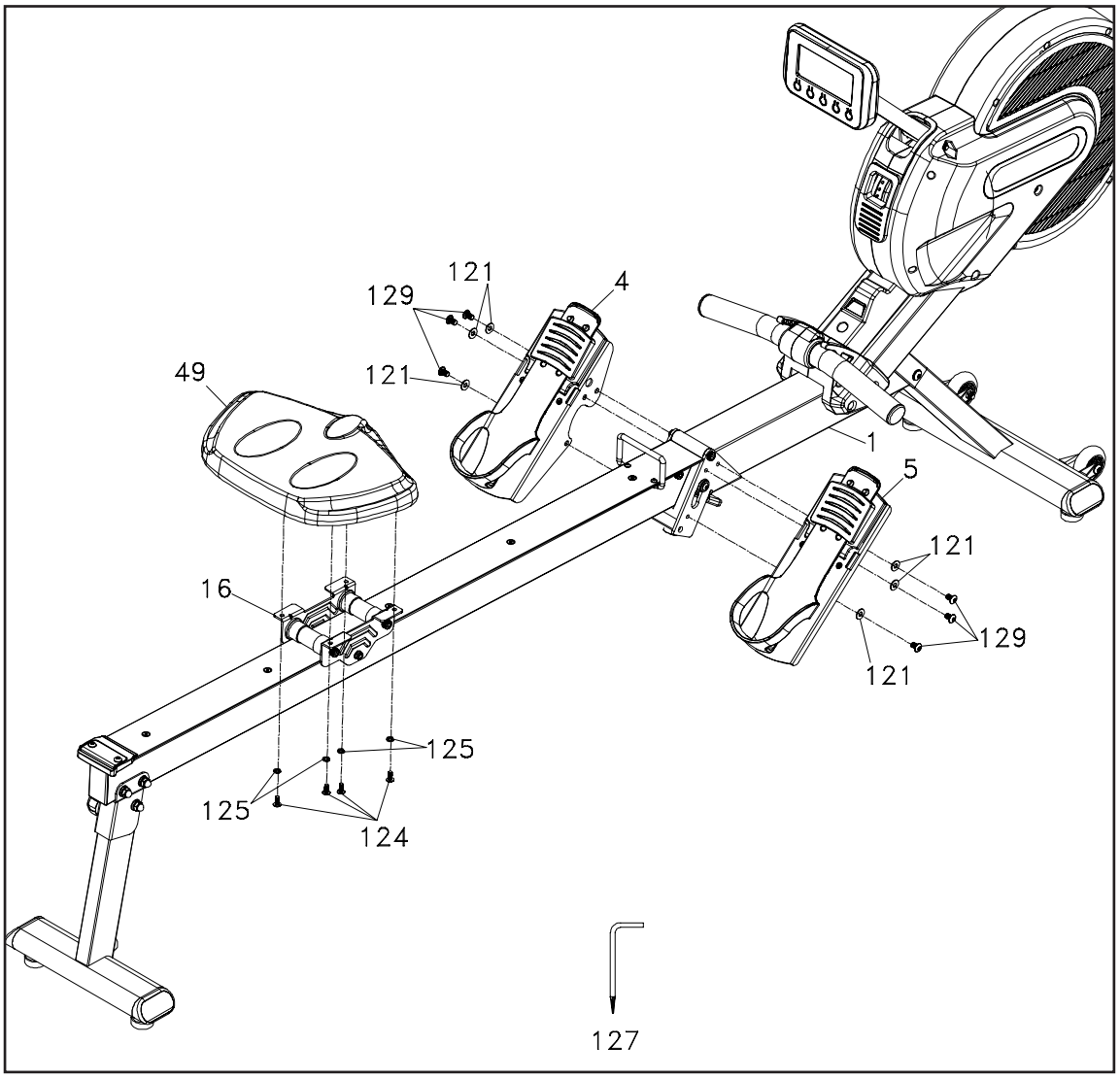
Hardware Step 3

6 Split Washer (#116)
6 Bolt (#123)



1. Attach the other end of the **ALUMINUM TRACK** (51) to **FOLDING END ASSEMBLY** (6) of the Main Frame (1) and use **ALLEN WRENCH** (130) to tighten the 6 **BOLTS** (123) together with 6 **WASHERS** (116).

4 Attaching the Seat and Pedals



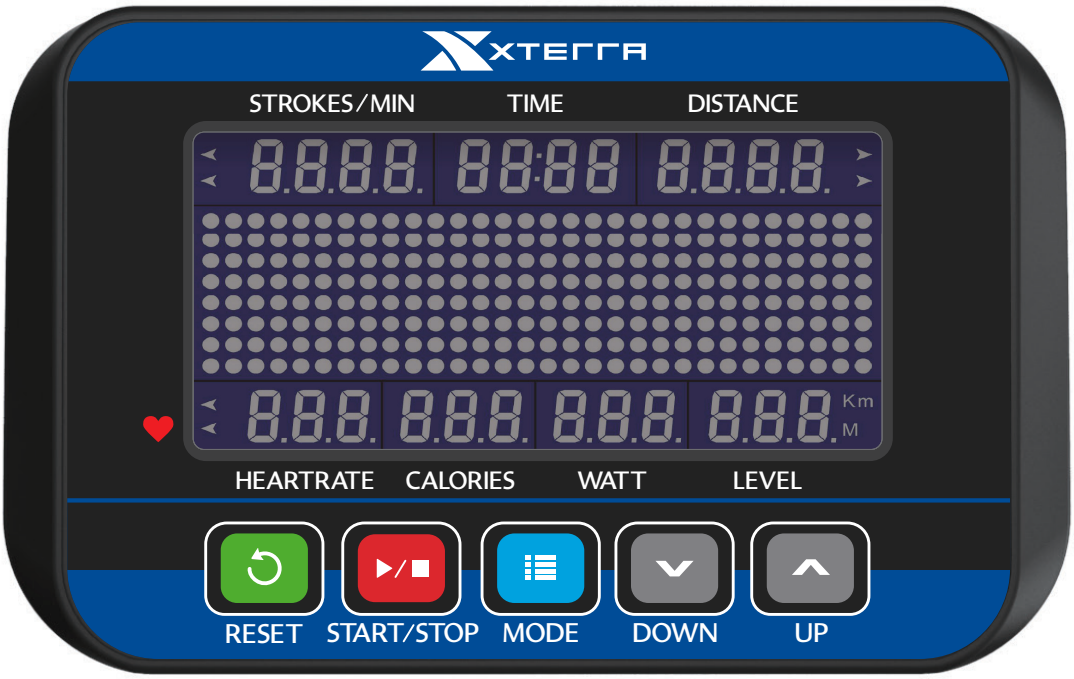
1. Use **ALLEN WRENCH & SCREW DRIVER** (127) to tighten 6 **BOLTS**(129) and 6 **WASHERS** (121) to install then **LEFT AND RIGHT PEDALS** (4,5) on the **MAIN FRAME**(1). Use again **ALLEN WRENCH & SCREW DRIVER** (127) to tighten 4 **SCREWS** (124) together with 4 **WASHERS** (125) to install the **SEAT** (49) onto the **SEAT ATTACHING BOARD (16)**.

Hardware Step 4

6 Flat Washer (#121)
4 Philips Head Screw (#124)
4 Spring Washers (#125)
6 Button Head Socket Bolts (#129)

Operation of Your Console

ERG**700** Console



Power:

When Pressing any key button wakes up the console which has been turned off, the console LCD will turn on with full display and beeps for 2 seconds then enters idle mode. When there is speed signal input with the speed sensors or detected, it directly enters Manual workout mode.

Power off: In any mode during turning on, if there is not any button activated or no rowing activity lasts for 1 minute, it turns off automatically.

Window Functions:

Stroke/min

- S/M value shows the equivalent strokes per minute.

Time

- It shows the time elapsed.3.
- Range of time: 00:00~99:59(minute: second)
- The time is accumulated for each workout mode.
- When time is set to count down, it shows the time remaining.

Distance

- The distance range is 0~9999 and switches to the format of 1X.XX when the value is over 9999.

- The distance will be accumulated for each workout mode.
- When the distance is set to count down, it shows the remaining distance.

Heart Rate

- The heart rate range is 40~220 bpm
- When the heart rate signal is detected, the small dot at lower right corner of the heart rate window will be blinking together with heart rate value showing.
- When there is no heart rate signal detected, the heart rate window shows nothing.

Calories

- The calorie window shows the value of calories burned.
- The calorie range is 0~999.
- The calorie value is based on built in estimates of the average user and may not reflect accuracy. To have a more accurate basis of caloric burn - please contact your physician and they can assist you.

Watts

- The Watts window shows Watt value for each stroke.
- The Watt range is 0 ~ 2000.
- When the numbers show over 999 (four digits), the display uses a decimal to show in thousands. E.g. 1000 shows as 1.00, 1240 reads as 1.24, 1250 as 1.25, 2000 as 2.00, etc.

Level

- The level window shows the current resistance level.
- The level range is 1~16
- Level 1 and 2 would light the first dot, level 3 and 4 would light the second dot, etc.

500M/Time

- Only workout modes of Manual, Distance, Time and Calorie are with this display function.
- For Manual workout mode as an example: When the console starts, Matrix in the middle of LCD will show the wave pattern then switch to 500M/TIME 00:00 across center display after 5 seconds then switch again back to the wave pattern after another 5 seconds and continue to repeat the cycle. This is the function of SCAN.
- The console goes directly into SCAN mode after start. If MODE button is pressed, it shows the wave pattern. Pressing the MODE button again, it displays 500M/TIME and repeat again by pressing “MODE” button it goes back with “SCAN” function (recyclable).

RESET: Press and hold this button for 2 seconds to reset all of the value to Zero.

UP:Increase the setting value of the following functions.

TIME, COUNT, DISTANCE, CALORIES, and PULSE.

DOWN: Decrease the setting value of the following functions.

TIME, COUNT, DISTANCE, CALORIES, and PULSE.

Key button Function:

- Any valid key button pressed will generate a beep sound.
- When in power off mode, pressing any key button turns on the console.

Mode Key

- Under idle mode, pressing MODE key each time switches the workout mode with the following sequence:
- MANUAL » DISTANCE » TIME » CALORIES » 20/10 INTERVAL » 10/20 INTERVAL » CUSTOM INTERVAL » Fat Burn » Cardio » Strength » Game
- The default workout mode after turning on the unit is Manual mode.
- To choose the target workout mode, when the matrix window shows the desired workout pattern and parameter window value to be set will be blinking each second.

Up Key

- Under the setting mode of the target workout, the parameter is will be counted up.
- The value increases one increment when “UP” key is pressed once.

Down Key

- Under the setting mode of the target workout, the parameter is will be counted down.
- The value decreases one increment when DOWN key is pressed once.

Start/Stop Key

- Under idle mode, pressing Start/Stop key button enters Manual workout mode.
- To confirm the value the window is showing when setting the parameter under each target workout mode and to start the workout mode.
- Press to end the current workout mode and all message windows stop counting.

Reset Key

- Pressing this key button under stopping mode, the image switches to the idle mode.
- The reset key button is valid only in stopping mode.
- Under any mode, pressing this key button for 3 seconds turns on the console again.

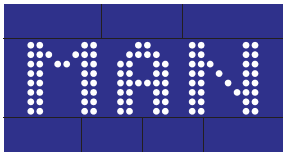
Operating Instruction:

The screen is with full display and the buzzer beeps for two seconds after turning on. Pressing Start button goes directly to Manual workout mode or pressing MODE button to switch and select a workout mode with the workout sequence shown as below:

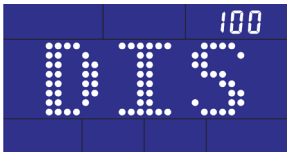
MANUAL » DISTANCE » TIME » CALORIES » 20/10 INTERVAL » 10/20 INTERVAL »

CUSTOM INTERVAL » Fat Burn » Cardio » Strength » Game

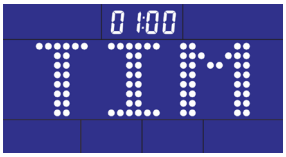
The program name will scroll from left to right to tell the user what it is.



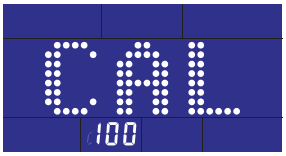
Manual



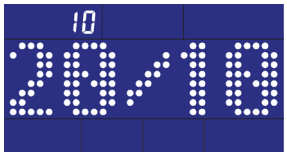
Distance



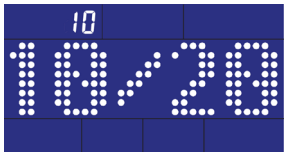
Time



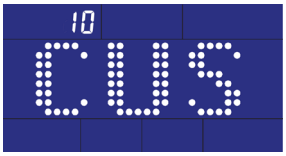
Calories



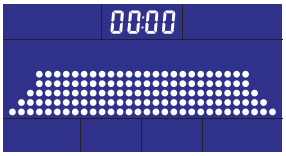
20/10 Interval



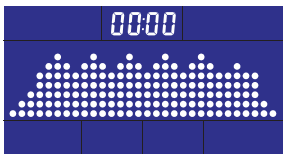
10/20 Interval



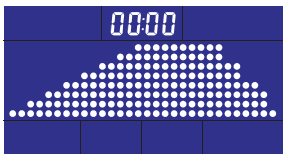
Custom Interval



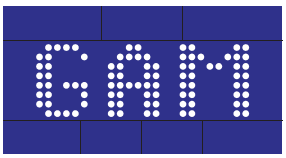
Fat Burn



Cardio



Strength



Game

Manual Mode

To choose **MANUAL** mode (Fig. 1-1)
Pressing **Start/Stop** button begins the workout mode or pulling the handlebar under the idle mode enters directly into Manual workout mode.

The image at the center of LCD will scan every 5 seconds to show the stroke speed with wave pattern **(Fig. 1-2)** and 500M/TIME **(Fig. 1-3)** or pressing **MODE** button to cancel scanning with wave pattern only. Pressing **MODE** again switches the image to show **500M/TIME**.

Pressing **UP** or **DOWN** button and adjusts the resistance level which is shown at bottom right corner of **LEVEL** window.

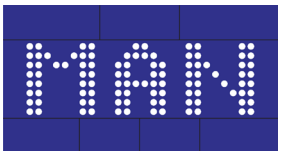


Fig 1-1



Fig 1-2

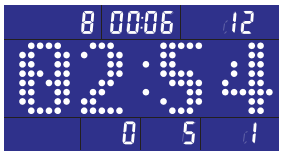


Fig 1-3

Target Distance

To choose target distance count-down Distance workout mode (Fig. 2-1)

Use **UP/DOWN** buttons to adjust and set the workout distance. The default distance is 100M with increment of 50M up or down. Press **Start/Stop** button to confirm the setting and start the workout mode.

The image at the center of LCD will scan every 5 seconds to show the stroke speed with wave pattern (Fig. 2-2) and 500M/TIME (Fig. 2-3) or pressing **MODE** button to cancel scanning with wave pattern only. Pressing **MODE** again switches the image to show **500M/TIME**.

Distance window counts down from target distance setting value and shows the remaining distance of the workout.

Under the workout mode, pressing **UP** or **DOWN** key button adjusts the resistance level.

When the distance is counted down to 0, the workout completes and the buzzer sounds with a long beep. If rowing continues, the distance count-down repeats.

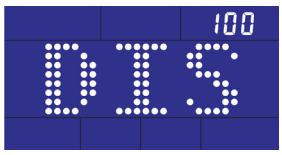


Fig 2-1



Fig 2-2

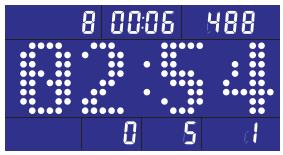


Fig 2-3

Target Time

To choose target time count-down Time workout mode (Fig. 3-1)

Use **UP/DOWN** buttons to adjust and set the workout time. The default distance is 1:00 with 1-minute increment of up or down (99:00 maximum). Press **Start/Stop** button to confirm the setting and start the workout mode.

The image at the center of LCD will scan every 5 seconds to show the stroke speed with wave pattern **(Fig. 3-2)** and 500M/TIME **(Fig. 3-3)** or pressing **MODE** button to cancel scanning with wave pattern only. Pressing **MODE** again switches the image to show 500M/TIME.

Under the workout mode, pressing **UP** or **DOWN** key button adjusts the resistance level.

Time window counts down from the setting time value and shows the remaining time of the workout.

When time is counted down to 0:00, the workout completes and the buzzer sounds with a long beep. If rowing continues, the time count-down repeats.



Fig 3-1

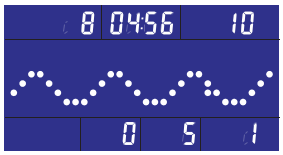


Fig 3-2

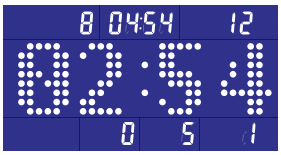


Fig 3-3

Target Calorie

To choose target calorie count-down Calories workout mode (Fig. 4-1)

Use **UP/DOWN** buttons to adjust and set the target calorie. The default value is 100 with increment of 10 up or down. Press **Start/Stop** button to confirm the setting and start the workout mode.

The image at the center of LCD will scan every 5 seconds to show the stroke speed with wave pattern (Fig. 4-2) and 500M/TIME (Fig. 4-3) or pressing **MODE** button to cancel scanning with wave pattern only. Pressing **MODE** again switches the image to show 500M/TIME.

Calorie window counts down from the setting target calorie value and shows the remaining calorie of the workout.

Under the workout mode, pressing **UP** or **DOWN** key button adjusts the resistance level.

When calorie is counted down to 0, the workout completes and the buzzer sounds with a long beep. If rowing continues, the time count-down repeats.

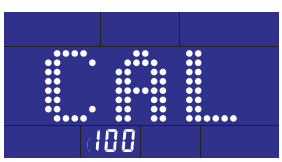


Fig 4-1



Fig 4-2

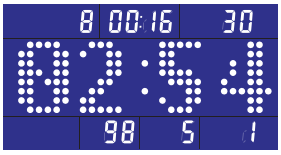


Fig 4-3

20/10 Interval

To choose 20/10 INTERVAL workout mode (Fig. 5-1)

The image at the center of LCD: 20 seconds (Exercise)/10 seconds (Rest)

Pressing **Start/Stop** button starts the workout mode.

The image at the center of LCD shows time count-down of current workout and wave **(Fig. 5-2)** or rest time count-down and mark **(Fig. 5-3)**.

Under the workout mode, pressing **UP** or **DOWN** key button adjusts the resistance level.

There are 10 Exercise/Rest cycles for each workout time.

When workout completes, the buzzer sounds with a long beep. If rowing continues, the time count-down repeats.

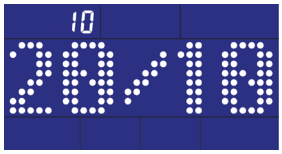


Fig 5-1

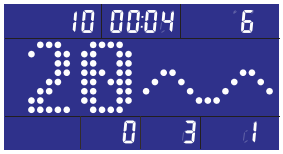


Fig 5-2

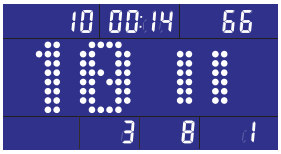


Fig 5-3

10/20 Interval

To choose 10/20 INTERVAL workout mode (Fig. 6-1)

The image at the center of LCD: 10 seconds (Exercise)/20 seconds (Rest)

Pressing **Start/Stop** button starts the workout mode.

The image at the center of LCD shows time count-down of current workout and wave **(Fig. 6-2)** or rest time count-down and mark **(Fig. 6-3)**.

Under the workout mode, pressing **UP** or **DOWN** key button adjusts the resistance level.

There are 10 Exercise/Rest cycles for each workout time.

When workout completes, the buzzer sounds with a long beep. If rowing continues, the time count-down repeats.



Fig 6-1

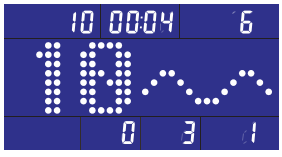


Fig 6-2

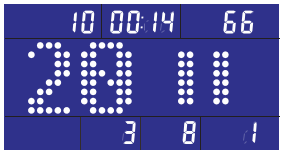


Fig 6-3

Custom Interval

To choose CUSTOM INTERVAL workout mode (Fig. 7-1)

User-define time (Exercise)/time (Rest): the default is 10 seconds (Exercise)/10 seconds (Rest)

The value at left side of the matrix window flashes for setting the exercise time. Use **UP/DOWN** buttons to adjust and set the workout time. The default time is 10 seconds with 1-second increment of up or down. Press **Start/Stop** button to confirm the setting and start the workout mode.

The value at right side of the matrix window flashes for setting the rest time. Use **UP/DOWN** buttons to adjust and set the workout time. The default time is 10 seconds with 1-second increment of up or down. Press **Start/Stop** button to confirm the setting and start the workout mode.

The image at the center of LCD: 10 seconds (Exercise)/10 seconds (Rest)

Pressing **Start/Stop** button starts the workout mode.

The image at the center of LCD shows time count-down of current workout and wave **(Fig. 7-2)** or rest time count-down and mark **(Fig. 7-3)**.

Under the workout mode, pressing **UP** or **DOWN** key button adjusts the resistance level.

There are 10 Exercise/Rest cycles for each workout time.

When workout completes, the buzzer sounds with a long beep. If rowing continues, the time count-down repeats.

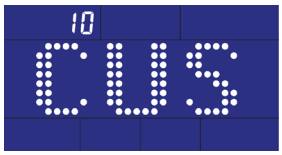


Fig 7-1

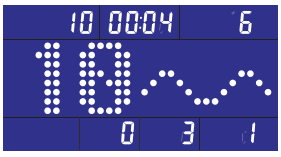


Fig 7-2

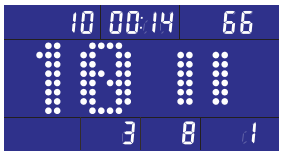


Fig 7-3

Fat Burn

To choose Fat Burn workout mode **(Fig. 8-1)**

Pressing **Start/Stop** button and begins the workout mode or setting the workout time. Use **UP/DOWN** buttons to adjust the time. The increment of adjustment is 5-minute (99:00 maximum). Press **Start/Stop** button to start the workout mode.

The image at the center of LCD shows the fat burn profile **(Fig. 8-2)**

Under the workout mode, pressing **UP** or **DOWN** key button adjusts the resistance level.

Time window starts count-down from the setting time and shows the remaining workout time.

When time is counted down to 0:00, the workout completes and the buzzer sounds with a long beep. If rowing continues, the time count-down repeats.

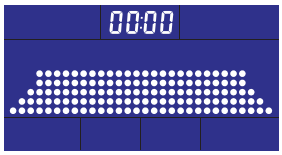


Fig 8-1

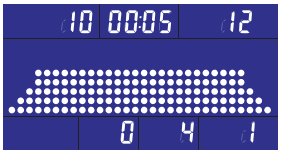


Fig 8-2

Cardio Workout

To choose cardio workout mode (Fig. 9-1)

Pressing **Start/Stop** button and begins the workout mode or setting the workout time. Use **UP/DOWN** buttons to adjust the time. The increment of adjustment is 5-minute (99:00 maximum). Press **Start/Stop** button to start the workout mode.

The image at the center of LCD shows the cardio profile **(Fig. 9-2)**

Under the workout mode, pressing **UP** or **DOWN** key button adjusts the resistance level.

Time window starts count-down from the setting time and shows the remaining workout time.

When time is counted down to 0:00, the workout completes and the buzzer sounds with a long beep. If rowing continues, the time count-down repeats.

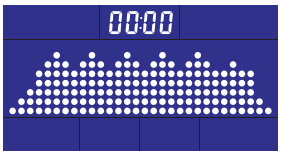


Fig 9-1

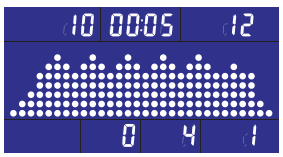


Fig 9-2

Strength Workout

To choose Strength workout mode **(Fig. 10-1)**

Pressing **Start/Stop** button and begins the workout mode or setting the workout time. Use **UP/DOWN** buttons to adjust the time. The increment of adjustment is 5-minute (99:00 maximum). Press **Start/Stop** button to start the workout mode.

The image at the center of LCD shows the strength profile **(Fig. 10-2)**

Time window starts count-down from the setting time and shows the remaining workout time.

When time is counted down to 0:00, the workout completes and the buzzer sounds with a long beep. If rowing continues, the time count-down repeats.

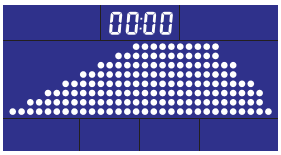


Fig 10-1

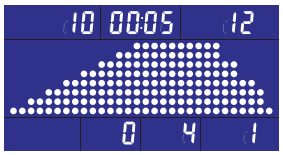


Fig 10-2

Game Workout

To choose GAME workout mode **(Fig. 11-1)**

Pressing **Start/Stop** button and begins the **GAME** workout mode **(11-2)**. Game mode is a bit different from the other workout modes because it is an actual game!

Three dots at left side represents the user position and the image shift one profile left per second and continue to scroll.

The position of the user will not shift. However, the faster the user rows, the higher the user's position. When there is no input, the position of the user goes down to the lowest. The height of the user's position is equivalent to the speed the user strokes.

Avoid obstacles by rowing faster and slower to move the user block up and down.

The time for the game workout starts counting down from 5 minutes and ends when time is up.

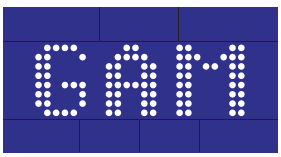


Fig 11-1

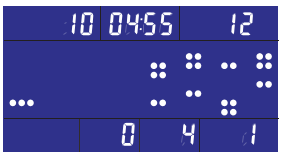
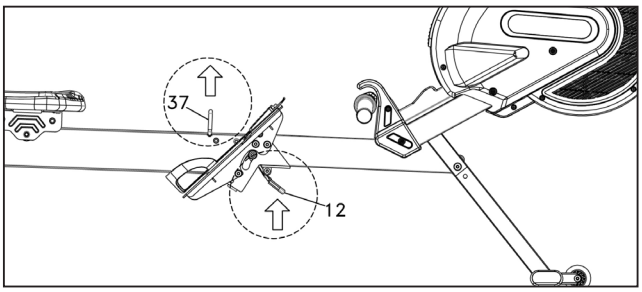
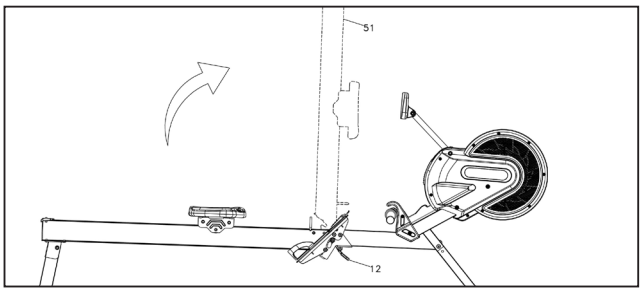


Fig 11-2

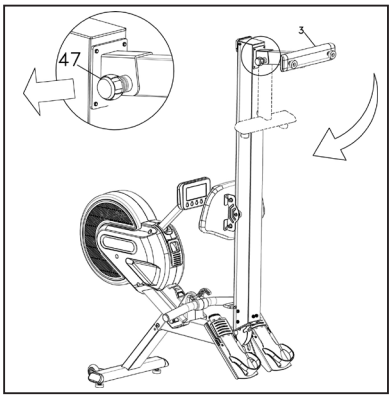
Folding/Unfolding Procedures



1. Hold the Handlebar (37) to lift the rower slightly and press the Release Lever (12).

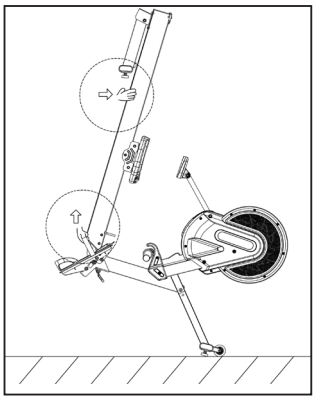


2. Lift and fold the Aluminum Track until it locks into place.



3. To fold Rear Stabilizer, turn Knob (47) counterclockwise until loosened. Pull Knob to release and fold Rear Stabilizer.
4. To unfold Rower, reverse steps.

Moving Procedures



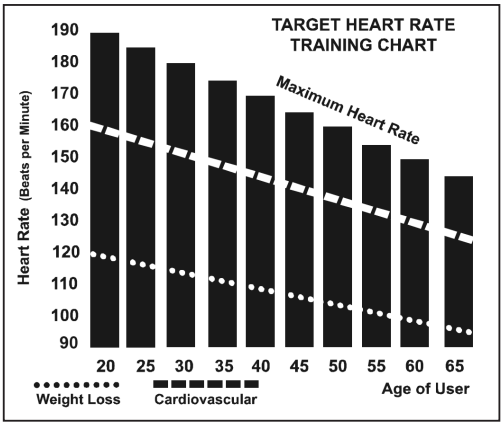
1. Fold the aluminum rail assembly up.
2. Lift the rear and roll away.

Heart Rate Monitoring **(chest strap not included)**

The old motto, “no pain, no gain”, is a myth that has been overpowered by the benefits of exercising comfortably. A great deal of this success has been promoted by the use of heart rate monitors. With the proper use of a heart rate monitor, many people find that their usual choice of exercise intensity was either too high or too low and exercise is much more enjoyable by maintaining their heart rate in the desired benefit range.

To determine the benefit range in which you wish to train, you must first determine your Maximum Heart Rate. This can be accomplished by using the following formula: 220 minus your age. This will give you the Maximum Heart Rate (MHR)for someone of your age. To determine the effective heart rate range for specific goals you simply calculate a percentage of your MHR. Your Heart rate training zone is 50% to 90% of your maximum heart rate. 60% of your MHR is the recommended for burning fat while 80% is recommended for strengthening the cardio vascular system. This 60% to 80% is the zone to stay in for maximum benefit.

For someone who is 40 years old their target heart rate zone is calculated:
220 – 40 = 180 (maximum heart rate)
180 x .6 = 108 beats per minute (60% of maximum)
180 X .8 = 144 beats per minute (80% of maximum)
So for a 40 year old the training zone would be 108 to 144 beats per minute.



The two most popular reasons for, or goals, of exercise are cardiovascular fitness (training for the heart and lungs) and weight control. The black columns on the chart above represent the MHR for a person whose age is listed at the bottom of each column. The training heart rate, for either cardiovascular fitness or weight loss, is represented by two different lines that cut diagonally through the chart. A definition of the lines’ goal is in the bottom left-hand corner of the chart. If your goal is cardiovascular fitness or if it is weight loss, it can be achieved by training at 80% or 60%, respectively, of your MHR on a schedule approved by your physician. Consult your physician before participating in any exercise program.

Rate of Perceived Exertion

Heart rate is important but listening to your body also has a lot of advantages. There are more variables involved in how hard you should workout than just heart rate. Your stress level, physical health, emotional health, temperature, humidity, the time of day, the last time you ate and what you ate, all contribute to the intensity at which you should workout. If you listen to your body, it will tell you all of these things.

The rate of perceived exertion (RPE), also know as the Borg scale, was developed by Swedish physiologist G.A.V. Borg. This scale rates exercise intensity from 6 to 20 depending upon how you feel or the perception of your effort.

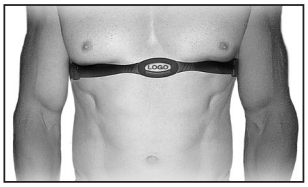
The scale is as follows:

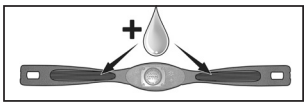
Rating Perception of Effort

6 Minimal	10 Very light +	14 Somewhat hard +	18 Very hard +
7 Very, very light	11 Fairly light	15 Hard	19 Very, very hard
8 Very, very light +	12 Comfortable	16 Hard +	20 Maximal
9 Very light	13 Somewhat hard	17 Very hard	

You can get an approximate heart rate level for each rating by simply adding a zero to each rating. For example a rating of 12 will result in an approximate heart rate of 120 beats per minute. Your RPE will vary depending up the factors discussed earlier. That is the major benefit of this type of training. If your body is strong and rested, you will feel strong and your pace will feel easier. When your body is in this condition, you are able to train harder and the RPE will support this. If you are feeling tired and sluggish, it is because your body needs a break. In this condition, your pace will feel harder. Again, this will show up in your RPE and you will train at the proper level for that day.

Wearing The Chest Strap ** Sold Separately*





1. Attach the transmitter to the elastic strap using the interlocking key.
2. Adjust the strap as tightly as possible as long as the strap is not too tight to remain comfortable.
3. Position the transmitter with the logo centered in the middle of your torso facing away from your chest (some people must position the transmitter slightly left of center). Attach the final end of the elastic strap by inserting the round end and, using the locking parts, secure the transmitter and strap around your chest.
4. Position the transmitter directly below the pectoral muscles.
5. Sweat is the best conductor to measure very minute heart beat electrical signals. However, plain water can also be used to pre-wet the electrodes (2 ribbed oval areas on the reverse side of the belt and both sides of the transmitter). It's also recommended that you wear the transmitter strap a few minutes before your work out. Some users, because of body chemistry, have a more difficult time in achieving a strong, steady signal at the beginning. After "warming up", this problem lessens.
6. Your workout must be within range - distance between transmitter/receiver – to achieve a strong steady signal. The length of range may vary somewhat but generally stay close enough to the console to maintain good, strong, reliable readings. Wearing the transmitter directly on bare skin assures you of proper operation. If you wish, you may wear the transmitter over a shirt. To do so, wet the areas of the shirt that the electrodes will rest upon.

Note: The transmitter is automatically activated when it detects activity from the user's heart. Additionally, it automatically deactivates when it does not receive any activity. Although the transmitter is water resistant, moisture can have the effect of creating false signals, so you should take precautions to completely dry the transmitter after use to prolong battery life (estimated transmitter battery life is 2500 hours).

Erratic Operation

Caution! Do not use this Rower for Heart Rate monitoring unless a steady, solid Actual Heart Rate value is being displayed. High, wild, random numbers being displayed indicate a problem.

Areas to look for interference which may cause erratic heart rate:

1. Microwave ovens, TV's, small appliances, etc.
2. Fluorescent lights.
3. Some household security systems.
4. Perimeter fence for a pet.
5. Some people have problems with the transmitter picking up a signal from their skin. If you have problems try wearing the transmitter upside down. Normally the transmitter will be oriented so the Spirit Fitness logo is right side up.
6. The antenna that picks up your heart rate is very sensitive. If there is an outside noise source, turning the whole machine 90 degrees may de-tune the interference.
7. Another Individual wearing a transmitter within 3' of your machine's console.
   If you continue to experience problems contact your dealer.

GENERAL MAINTENANCE

1. Wipe down all areas in the sweat path with a damp cloth after each workout.
2. If a squeak, thump, clicking or rough feeling develops the main cause is most likely one of three reasons:
   I. The hardware was not sufficiently tightened during assembly. All bolts that were installed during assembly need to be tightened as much as possible. It may be necessary to use a larger wrench than the one provided if you cannot tighten the bolts sufficiently. I cannot stress this point enough; 90% of calls to the service department for noise issues can be traced to loose hardware.
   II. The crank arm nut needs to be retightened.
   III. If squeaks or other noises persist, check that the unit is properly leveled. There are 2 leveling pads on the bottom of the rear stabilizer, use a 14mm wrench (or adjustable wrench) to adjust the levelers.

Troubleshooting

Error Codes

When the screen displays "E1" "RAM ERROR" message, it means that the system console EEPROM has failed, all functions are disabled. You will need to replace the console.

When the screen displays “E2”, it means that the communication with the cable is abnormal and all functions are disabled. You’ll need to determine if a cable has come undone or is damaged.

Console	1. Check the connection of motherboard’s 8-pin cable. 2. When UP or DOWN is pressed, a beep sound is generated, if yes that it is determined that the signal has been sent.
8-pin Cable	1. Check the cable connections. 2. Check if the cable is broken or curled. 3. Replace the cable and retest.
Tension Motor	Check the 8-pin cable connection.

Troubleshooting

Problem	Cause	Solution
LCD display does not shine, incomplete or imperfect	LCD backlight damage.	1. Replace the new LCD module or the control electronics. 2. Check whether the AC power input is AC100 ~ 240V and the output is DC12V. 3. Check the power of the console. 4. Has the tension motor output DC12V, if not, please replace the new tension motor.
	Console power is too low.	
The heartbeat display value is incorrect	May be received another heart rate strap signal.	Check that there is no other heart rate strap around the machine being used.
	There may be other electric field noise interference	Try changing the machine direction or position.
	The wireless heartbeat receiver is damaged.	Replace the new wireless heartbeat receiver.
Wireless heartbeat has no effect (The heartbeat value is not displayed on the monitor)	The Heart rate strap is not properly worn.	Check that the Heart rate strap is in proper contact with the skin and in the right direction.
	The distance is too far above the receiver	Keep the chest strap within 3 feet of the console.
	The battery of heart rate strap is low or has no voltage.	Replace the new lithium battery CR2032.
Wireless heartbeat reception is too short (must be very close to the console)	The battery is low.	Replace the new lithium battery CR2032.
Light sensor problem		Check that the receiving board is in the correct position
		Check the light point and the receiving point for dust obstruction
		Check the cable
		Replace the light sensor

Manufacturer's Limited Warranty

Effective January 31, 2022 - ROWER LIMITED WARRANTY

XTERRA Fitness Inc. warrants all its home use Rower parts for a period of time listed below, from the date of retail sale, as determined by a sales receipt or in the absence of a sales receipt, eighteen (18) months from the original factory shipping date. XTERRA Fitness' responsibilities include providing new or remanufactured parts, at XTERRA Fitness' option, and technical support to our independent dealers and servicing organizations. In the absence of a dealer or service organization, these warranties will be administered by XTERRA Fitness directly to a consumer. The warranty period applies to the following components:

Home Use Limited Warranty		
Frame	Parts	Labor
Lifetime	5 Years	1 Year

NORMAL RESPONSIBILITIES OF THE CONSUMER

This warranty applies only to products in ordinary household use. The consumer is responsible for the items listed below:

1. The warranty registration card must be completed and returned to the address listed on the card within 10 days of the original purchase to validate the manufacturer's limited warranty or register online at the XTERRA Fitness website.
2. Proper use of the Rower in accordance with the instructions provided in this manual, including maintenance.
3. Proper connection to a power supply of sufficient voltage, replacement of blown fuses, repair of loose connections or defects in house/facility wiring.
4. Expenses for making the Rower accessible for servicing, including any item that was not part of the Rower at the time it was shipped from the factory.
5. Damages to the Rower finish during shipping, installation or following installation.

EXCLUSIONS

This warranty does not cover the following:

1. CONSEQUENTIAL, COLLATERAL, OR INCIDENTAL DAMAGES SUCH AS PROPERTY DAMAGE AND INCIDENTAL EXPENSES RESULTING FROM ANY BREACH OF THIS WRITTEN OR ANY IMPLIED WARRANTY. Note: Some states do not allow the exclusion or limitation of incidental or consequential damages, so this limitation or exclusion may not apply to you.
2. Service call reimbursement to the consumer. Service call reimbursement to the dealer that does not involve malfunction or defects in workmanship or material, for units that are beyond the warranty period, for units that are beyond the service call reimbursement period, for Rowers not requiring component replacement, or Rowers not in ordinary household use.
3. Damages caused by services performed by persons other than authorized XTERRA Fitness service companies, use of parts other than original XTERRA Fitness parts, or external causes such as alterations, modifications, abuse, misuse, accident, improper maintenance, inadequate power supply, or acts of God.
4. Products with original serial numbers that have been removed or altered.
5. Products that have been; sold, transferred, bartered, or given to a third party.
6. Products that are used as store display models.
7. Products that do not have a warranty registration on file at XTERRA Fitness Inc. XTERRA Fitness reserves the right to request proof of purchase if no warranty record exists for the product.
8. Product use in any environment other than a residential setting.
9. THIS WARRANTY IS EXPRESSLY IN LIEU OF ALL OTHER WARRANTIES EXPRESSED OR IMPLIED, INCLUDING THE WARRANTIES OF MERCHANTABILITY AND/OR FITNESS FOR A PARTICULAR PURPOSE.

SERVICE

Keep your bill of sale. Twelve (12) months from the date on the bill of sale or eighteen (18) months from the date of factory shipping as determined by the serial number establishes the warranty period should service be required. If service is performed, it is in your best interest to obtain and keep all receipts. This written warranty gives you specific legal rights. You may also have other rights that vary from state to state. Service under this warranty must be obtained by following these steps, in order:

1. Contact your selling authorized XTERRA Fitness dealer. OR
2. Contact your local authorized XTERRA Fitness service organization.
3. If there is a question as to where to obtain service, contact our service department at (870)333-5500
4. XTERRA Fitness' obligation under this warranty is limited to repairing or replacing, at XTERRA Fitness' option, the product through one of our authorized service centers. All repairs must be preauthorized by XTERRA Fitness. If the product is shipped to a service center freight charges to and from the service center will be the customer's responsibility. For replacement parts shipped while the product is under warranty, the customer will be responsible for shipping and handling charges. For in-home service, the customer will be responsible for a trip charge. There will be an additional trip charge if the customer is located over 100 miles from the nearest service center.
5. The owner is responsible for adequate packaging upon return to XTERRA Fitness. XTERRA Fitness is not responsible for damages in shipping. Make all freight damage claims with the appropriate freight carrier. DO NOT SHIP ANY UNIT TO OUR FACTORY WITHOUT A RETURN AUTHORIZATION NUMBER. All units arriving without a return authorization number will be refused.
6. For any further information, or to contact our service department by mail, send your correspondence to:

XTERRA Fitness, Inc.
P.O. Box 2037
Jonesboro, AR 72402-2037

Product features or specifications as described or illustrated are subject to change without notice. All warranties are made by XTERRA Fitness, Inc. This warranty applies only in the 48 contiguous United States. NOTE: This does not include Alaska or Hawaii.

3000 Nestle Road Jonesboro, AR 72401 - Phone:870-336-4286 - Fax:870-935-7611

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