GYMSTICK™

GR6.0 ROWER
USER MANUAL

GYMSTICK.COM

Thank you for choosing the Gymstick GR6.0 Rower. We take great pride in producing this quality product and hope it will provide many hours of effective exercise to make you feel better, look better and enjoy life to its fullest.

TABLE OF CONTENT

NOTIFICATION!

READ AND FOLLOW THE SAFETY INSTRUCTIONS. FAILURE TO FOLLOW THESE INSTRUCTIONS CAN RESULT IN SERIOUS INJURY.
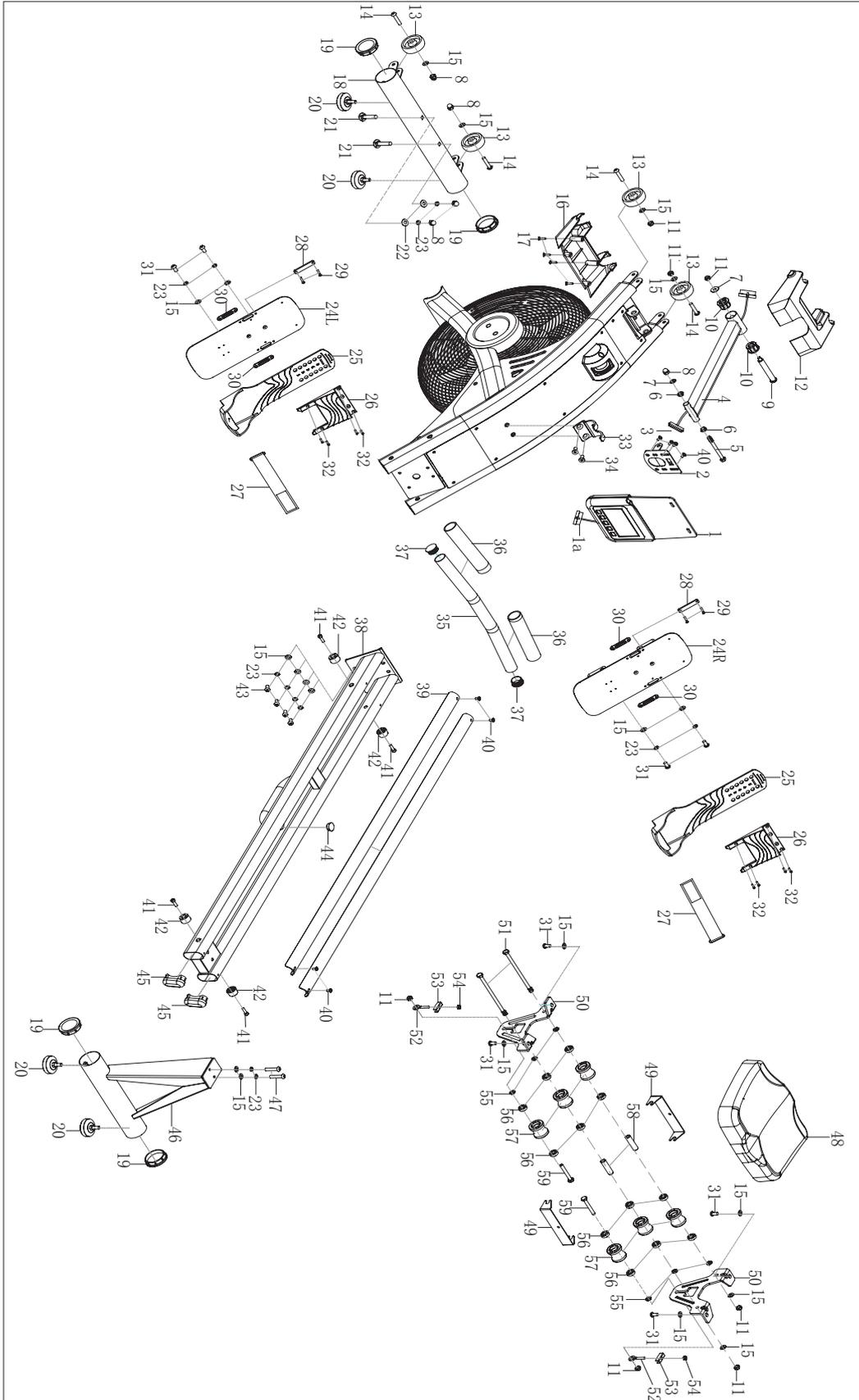
SAFETY INSTRUCTIONS

Basic precautions should always be followed, including the following safety instructions when using this equipment: Read all instructions before using this equipment.
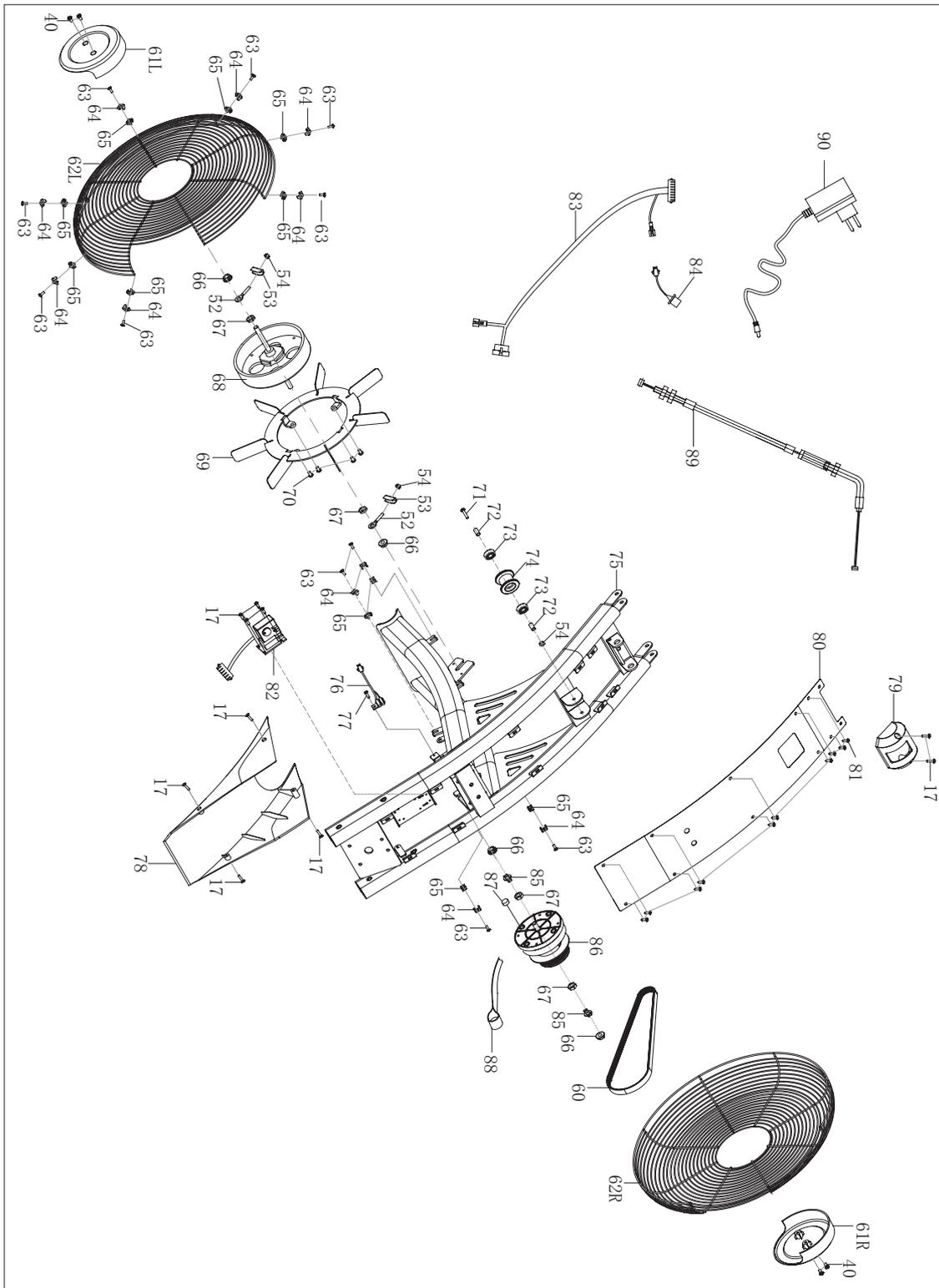
1. Keep children and pets away from the Rowing Machine at all times. Do not leave unattended children in the same room with the machine.
2. Handicapped or disabled persons should not use the Rowing Machine without the presence of a qualified health professional or physician.
3. If the user experiences dizziness, nausea, chest pain, or any other abnormal symptoms, stop the workout at once. Consult Physician immediately.
4. Before beginning training, remove all within a radius of 2 meters from the machine. Do not place any sharp objects around the Rowing Machine.
5. Position the Rowing Machine on a clear, level surface away from water and moisture. Place mat under the unit to help keep the machine stable and to protect the floor.
6. Use the Rowing Machine only for its intended use as described in this manual. Do not use any other accessories not recommended by the manufacturer.
7. Assemble the machine exactly as the descriptions in the instruction manual.
8. Check all bolts and other connections before using the machine for the first time and ensure that the trainer is in the safe condition.
9. Hold a routine inspection of the equipment. Pay special attention to components which are the most susceptible to wear off, i.e. connecting points and wheels. The defective components should be replaced immediately. The safety level of this equipment can only be maintained by doing so. Please don't use the Rowing Machine until it is repaired well.
10. Never operate the Rowing Machine if it is not functioning properly.
11. This machine can be used for only one person's training at a time.
12. Do not use abrasive cleaning articles to clean the machine. Remove drops of sweat from the machine immediately after finishing training.
13. Always wear appropriate workout clothing when exercising. Running or aerobic shoes are also required.
14. Before exercising, always do stretching first.
15. Maximum user weight 130 kgs.

WARNING!

BEFORE BEGINNING THIS OR ANY EXERCISE PROGRAM, CONSULT YOUR PHYSICIAN FIRST. THIS IS ESPECIALLY IMPORTANT FOR INDIVIDUALS OVER THE AGE OF 35 OR PERSONS WITH PRE-EXISTING HEALTH PROBLEMS.
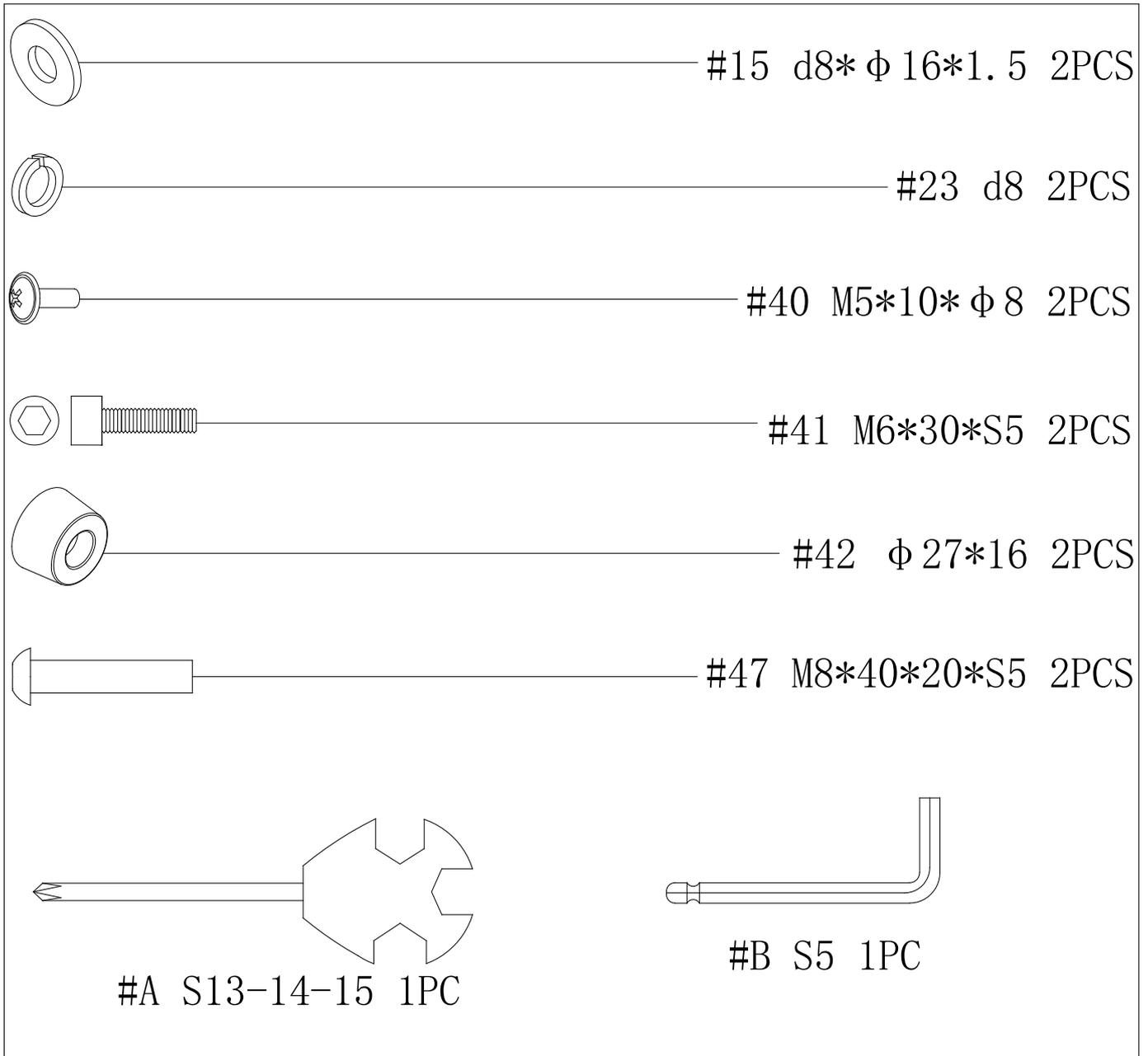
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| No.		Qty.
1	Computer	1
2	Computer holder	1
3	Trunk wire	1
4	Computer post	1
5	Bolt M8*90*20*S13	1
6	Bushing φ16*2*φ13*3.5*φ8	2
7	Washer d8*φ20*2	2
8	Cap Nut M8*H16*S13	5
9	Bolt φ14*81.5*M8*S6	1
10	Bushing φ32*3.3*φ28*16*φ14	2
11	Nylon Nut M8*H7.5*S13	7
12	Upper Cover	1
13	Transportation Wheel	4
14	Bolt M8*42*15*S6	4
15	Washer d8*φ16*1.5	20
16	Bottom Cover 1	1
17	Bolt ST4.2*16*φ8	10
18	Front stabilizer	1
19	End cap φ60.5*17	4
20	Adjustable foot pad	4
21	Bolt M8*73*20*H5	2
22	Arc Washer d8*φ20*2*R30	2
23	Spring Washer d8	12
24L/R	Pedal plate	1
25	Pedal	2
26	Pedal Fixed Plate	2
27	Pedal strap	2
28	Pedal strap Fixed Plate	2
29	Bolt M5*10*φ8.5	4
30	Bushing 60*12*5.2	4
31	Bolt M8*16*S5	8
32	Bolt M4*6*S2.5	8
33	Handlebar holder	1
34	Bolt M8*20*S5	2
35	Handlebar	1
36	Foam grip	2
37	Round End cap φ32*17	2
38	sliding rail	1
39	Aluminium sheet	2
40	Bolt M5*10	12
41	Bolt M6*30*S5	4
42	Limiter	4
43	Bolt M8*20*S5	4
44	End cap φ25	1
45	End cap 60*40	2
46	Rear supporter	1

No.		Qty.
47	Bolt M8*40*20*S5	2
48	Saddle	1
49	U baffle plate	2
50	Saddle plate	2
51	Bolt M8*160*15*S14	2
52	Screw	4
53	Chain U seat	4
54	Nylon Nut M6*H6*S10	5
55	Bushing d8*φ15*4	6
56	Bearing 608Z	12
57	Roller	6
58	Bushing φ14*φ8.3*52	2
59	Bolt M8*60*15*S14	2
60	Belt	1
61L/R	Small cover	1
62L/R	Steel net cove	1
63	Bolt M4*10*φ8	11
64	Chuck for steel net cover	11
65	Chuck for steel net cover	11
66	Nut M10*1*H8*S15	4
67	Nut M10*1*H5*S17	4
68	Flywheel	1
69	Fan	1
70	Bolt M6*10*S5	4
71	Bolt M6*55*15*S10	1
72	Busing φ13.8*2.5*φ10*17.6*φ6	2
73	Bearing 6000	2
74	Mesh Belt Wheel	1
75	Main frame	1
76	Sensor	1
77	Bolt M4*8*φ8	1
78	Bottom cover 2	1
79	Cover of Mesh Belt Wheel	1
80	Steel mesh 1	1
81	Bolt ST4.2*8	10
82	Motor	1
83	Trunk wire 2	1
84	Power Trunk wire	1
85	Location plate	2
86	Volute Spring	1
87	Round magnet φ10*3	1
88	Resistance belt	1
89	Tension wire	1
90	Adapter	1
A	Allen wrench S13-14-15	1
B	Spanner S5	1

HARDWARE PACKAGE

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#15 d8＊φ16＊1.5 2PCS

#23 d8 2PCS

#40 M5＊10＊φ8 2PCS

#41 M6＊30＊S5 2PCS

#42 φ27＊16 2PCS

#47 M8＊40＊20＊S5 2PCS

#A S13−14−15 1PC

#B S5 1PC

STEP 1.

Remove bolts(21), Arc washers(22) , spring washers(23) and cap nuts(8) from main frame (75).

Attach front stabilizer (18) to main frame (75) with bolts(21), Arc washers(22) , spring washers(23) and cap nuts(8). Tighten and secure by Allen Wrench (A).
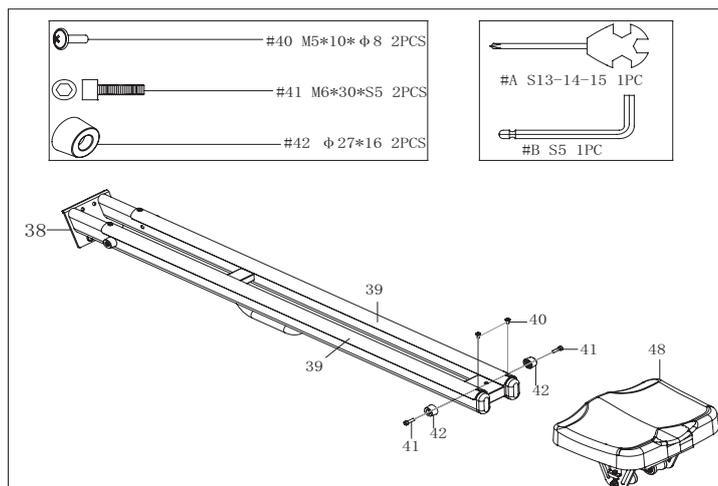

#8 M8*H16*S13 2PCS
#21 M8*73*20*H5 2PCS
#22 d8* φ20*2*R30 2PCS
#23 d8 2PCS
#A S13-14-15 1PC
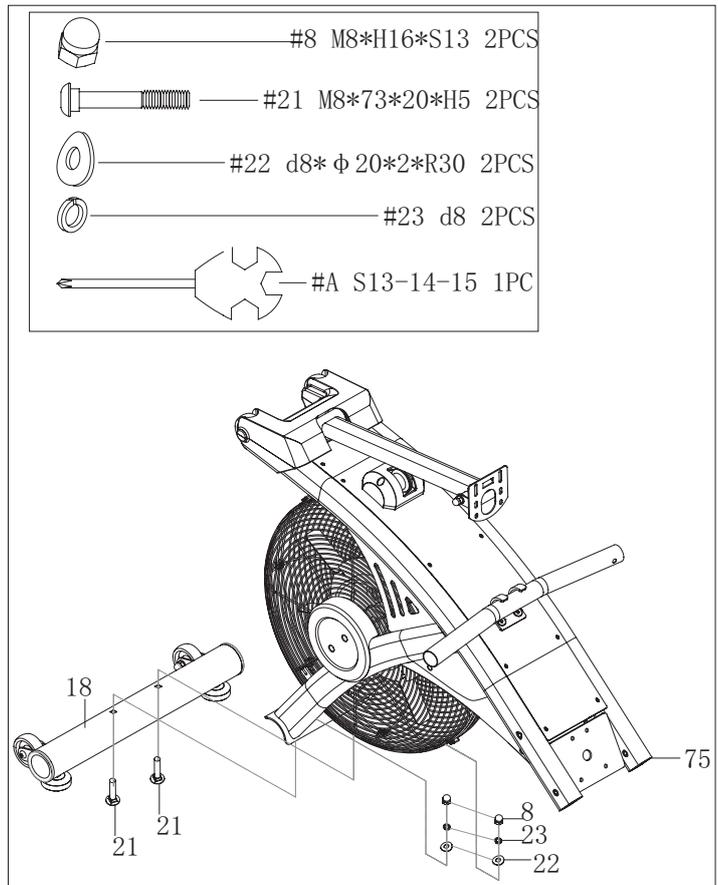
STEP 2.

Insert saddle(48) into the sliding rail(38).

Fix Aluminium sheet (39) to sliding rail(38) with bolts(40) by Allen wrench (A).

Fix Bolt(41) and limiter(42) to sliding rail(38) with Spanner (B).

#40 M5*10* φ8 2PCS
#41 M6*30*S5 2PCS
#42 φ27*16 2PCS
#A S13-14-15 1PC
#B S5 1PC

STEP 3.

Attach Rear supporter(46) to sliding rail (38) with bolts(47), spring washers(23) and washers(15) . Tighten and secure by Spanner(B).

#15 d8*Φ16*1.5 2PCS
#23 d8 2PCS
#47 M8*40*20*S5 2PCS
#B S5 1PC

38

47
23
15

46
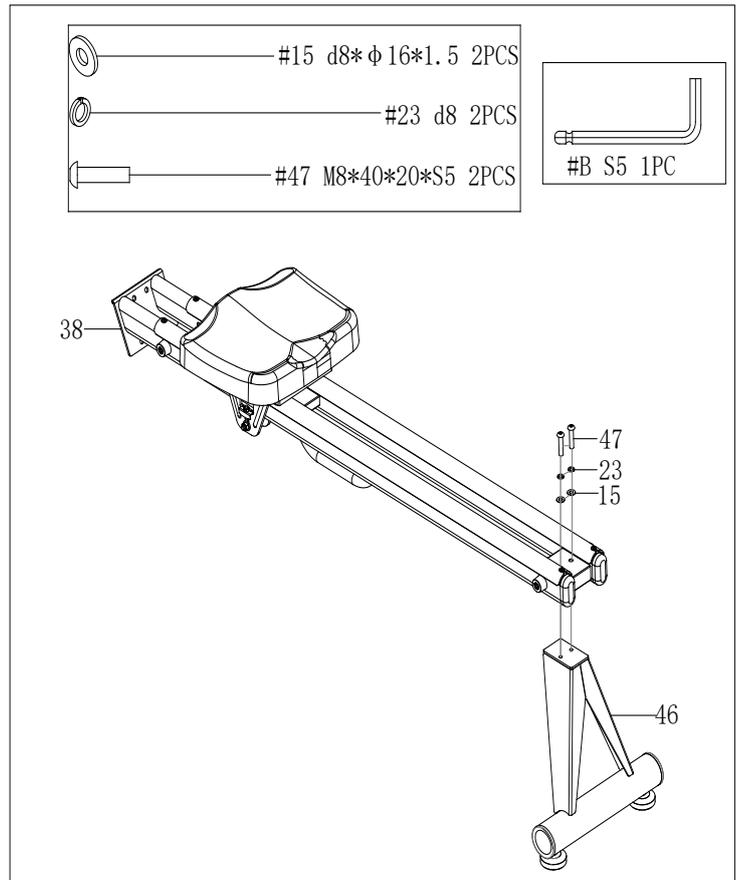
STEP 4.

Remove bolts(43), spring washers(23) and washers(15) from main frame(75) by Spanner (B).

Attach sliding rail(38) into the main frame(75) with bolts(43), spring washers(23) and washers(15) . Tighten and secure by spanner (B).

#15 d8*Φ16*1.5 4PCS
#23 d8 4PCS
#43 M8*20*S5 4PCS
#B S5 1PC

75

15 23 43
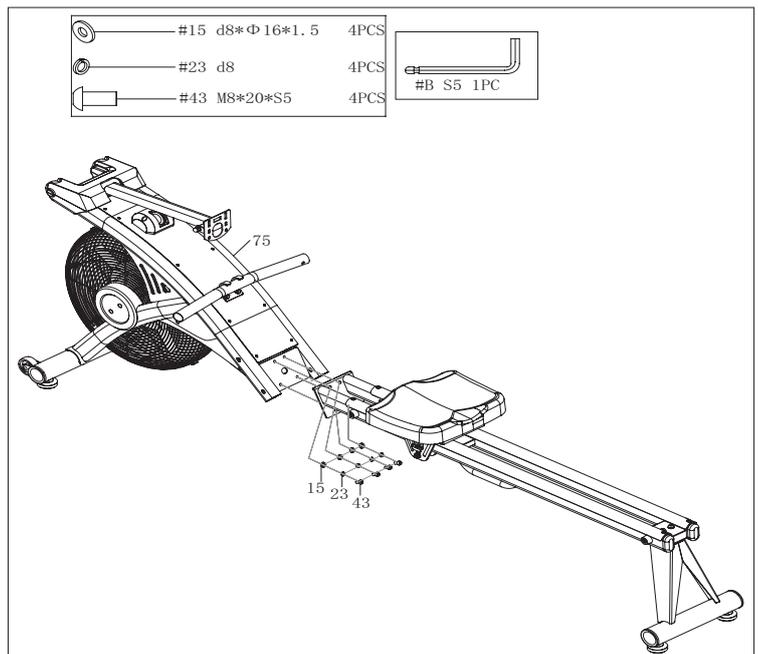
STEP 5.

Remove bolts(31), spring washers(23) and washers(15) from main frame(75) by Spanner (B).

Attach pedals(24L/R) to main frame(75) with bolts(31), spring washers(23) and washers(15) by spanner(B) .

#15	d8*Φ16*1.5	4PCS
#23	d8	4PCS
#31	M8*16*S5	4PCS

#B S5 1PC
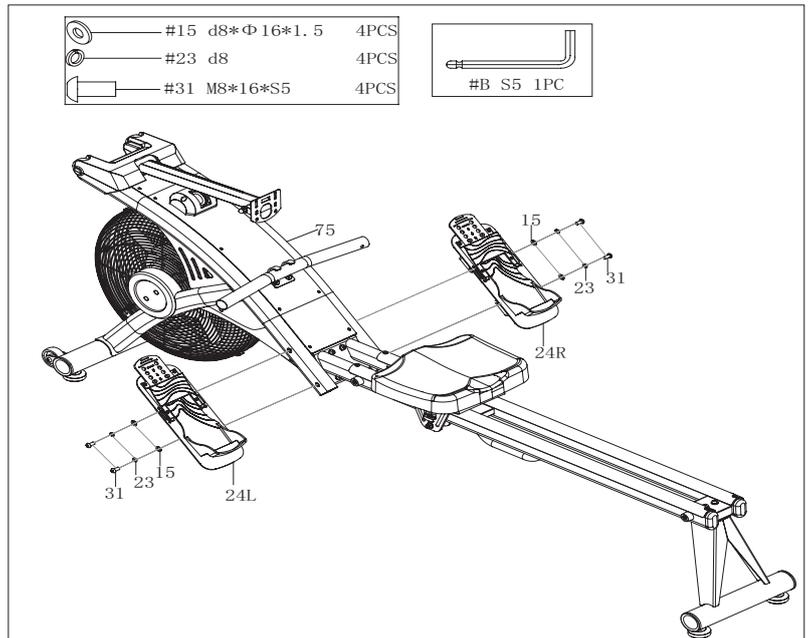
STEP 6.

Unlock the bolts(40) from the back of computer(1) by Allen wrench(A).

Pull trunk wire(3) from the hole of computer holder(2), then connect computer wire(1a) and trunk wire(3).

Secure computer(1) to the computer holder(2) with bolts(40) by Allen wrench(A).

Insert Adapter line to power hole on the back of Main frame(75), then plug the adapter into an outlet.
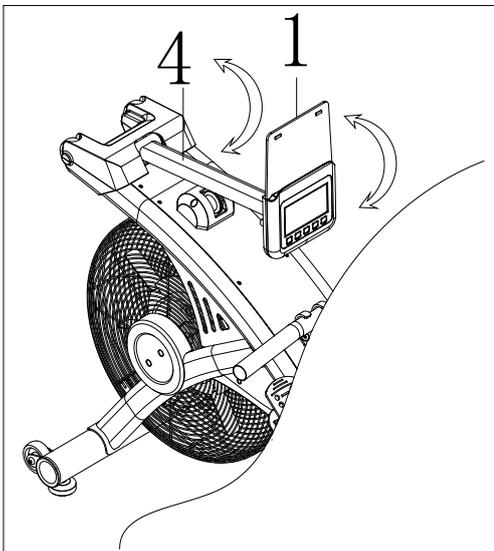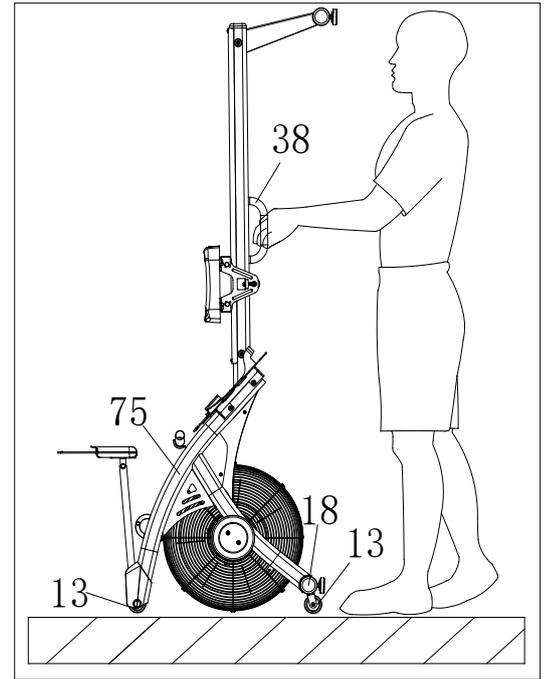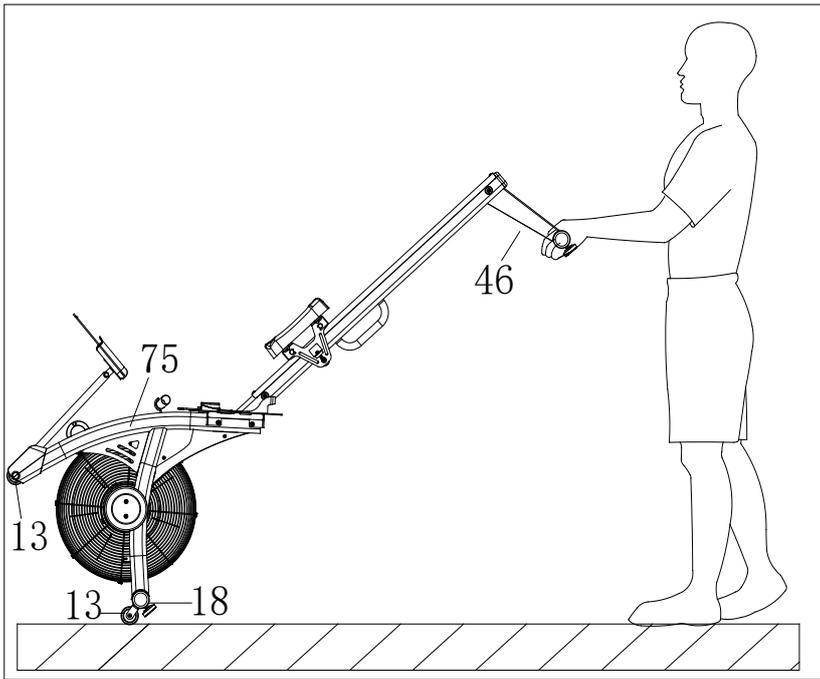
The assembly is complete!

#40	M5*10*Φ8	4PCS

#A   S13-14-15 1PC
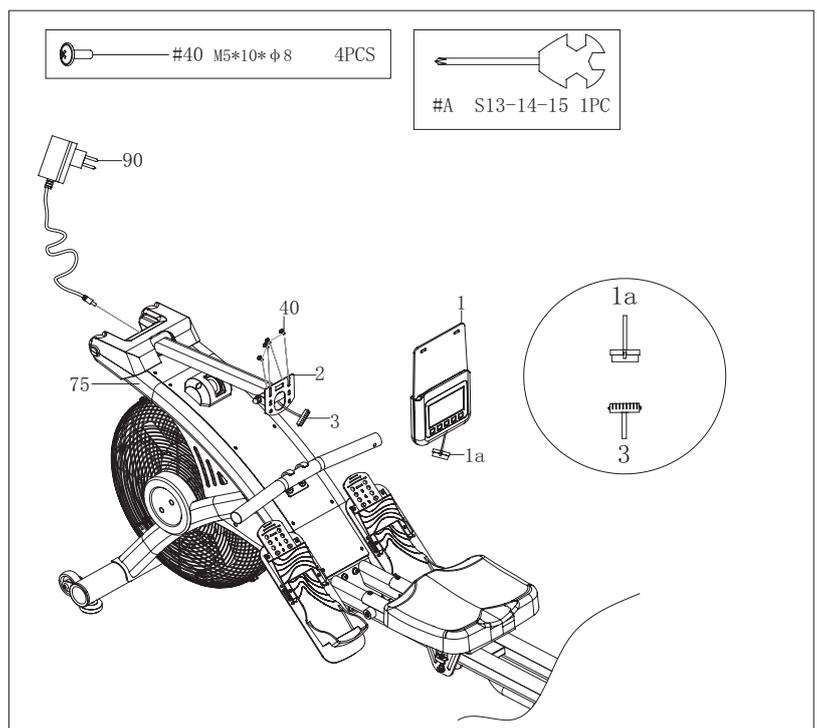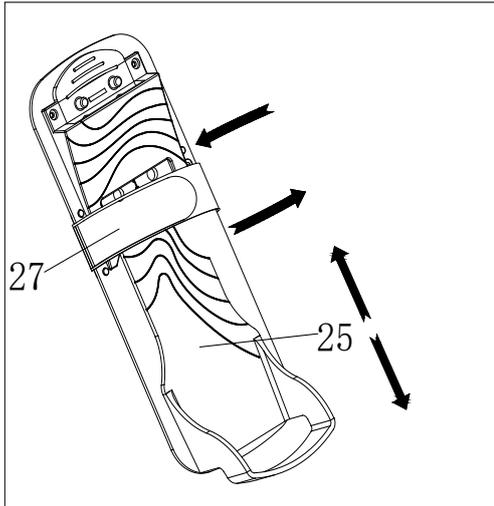
PEDAL ADJUSTMENT

The pedal strap (27) is adjustable and can be personalized to fit the user's foot size.
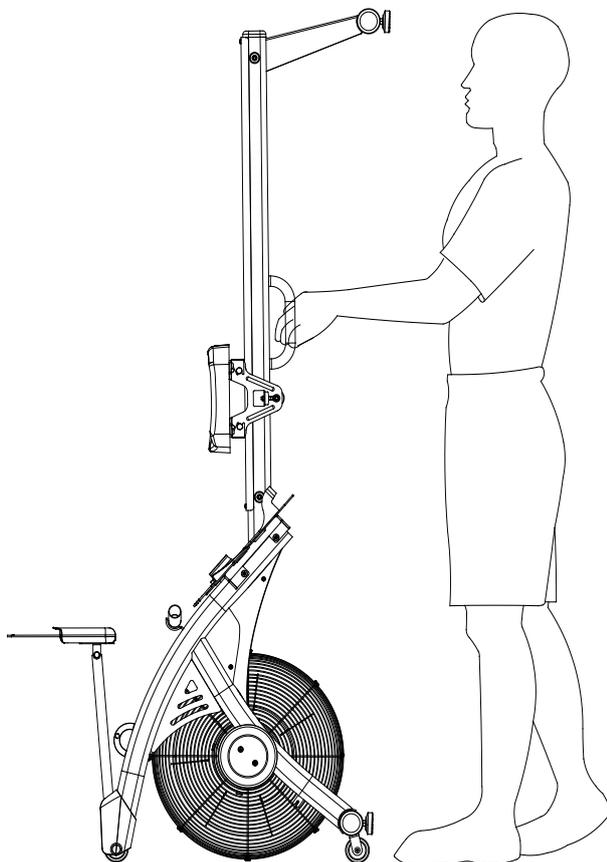

DISPLAY ANGLE ADJUSTMENT

The rotation angle of display post can be adjusted to obtain the best view of the Display LCD screen

To move the machine, lift up the Rear supporter (46) until the transportation wheels on the Front stabilizer (18) touch the ground. With the wheels on the ground, you can transport the rower to the desired location with ease.

Attention!

The saddle will be slided down when folding the sliding rail (38).

This machine is foldable design, you can lift it up to save storage space.

CORRECT ROWING METHOD

There are two rowing actions: slide and catch. However, for the coherence of actions, these two actions usually are mixed together. No pause shall exist during rowing. We suggest someone observe your driving and compare your position with that in the picture. Wrong exercise method may cause bodily harm.

CATCH

Pull your body to the starting position of next rowing with your leg strength. Now, the user can start the next rowing.

Remember that your body never stops suddenly.
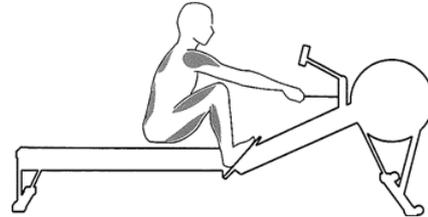
SLIDE

During the rowing process, the user straight the legs, and swings legs backwards through upright position. During the rowing process, the arms are still straight, and the shoulders shall be relaxed.
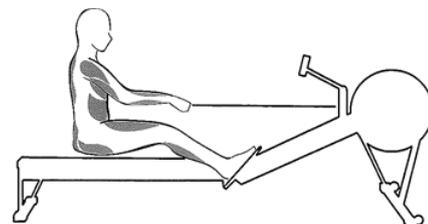
RECOVERY

At the end of rowing process, pull the handles toward the abdomen with the strength of arms and shoulders. The legs are straight, and the body leans back slightly. Notice that the height of handles is not at the height of chest nor knee.
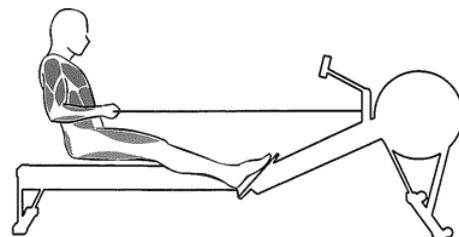
SLIDE

Reach out arms, swing your body forward in the support of hips and start homing. In this way, the handles can be put in front of knees, avoiding the mutual interference of knees and hands when the seat moves forward.
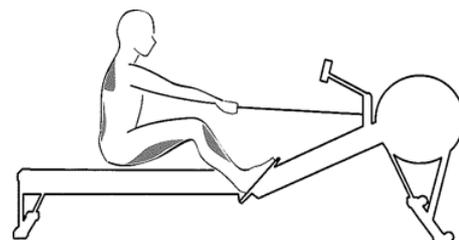
CATCH

The rower bends knees, reaches out arms, and his body leans towards the flywheel. All strength is focused on legs and back. Start rowing. Note: arms shall be straight, and shoulders shall be relaxed.

CONSOLE OPERATION INSTRUCTIONS

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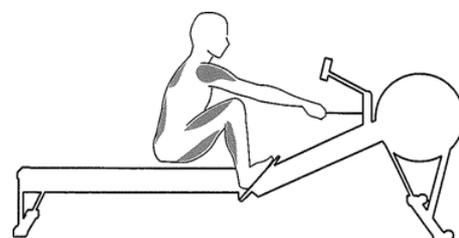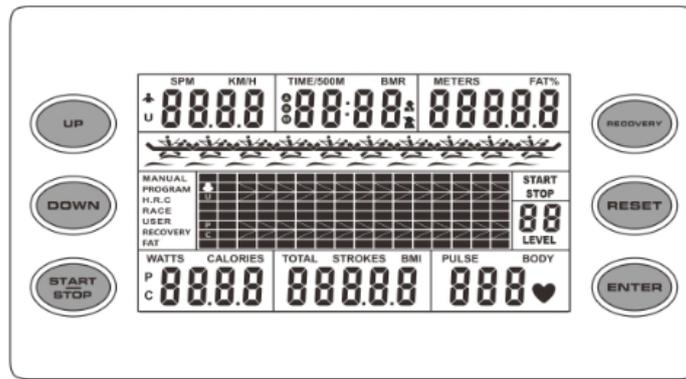
DISPLAY FUNCTION

Item	Function Description	Range	Setting
SPM	Stroke per minute	0~9999 S/M	N/A
TIME	Workout time display during rowing. Scan every 6 seconds.	0:00~99:59 (M:S)	Increase per minute (TIME or METERS alter)
TIME/500M	Time needed to row 500 meters according to current speed. Scan every 6 seconds.	0:00~99:59 (M:S)	TIME/500M NOT settable In race program, increase per 30 seconds, 1:00~8:00
METERS	Rowing distance	0~99999 (Meters)	Increase per 100 meters, (TIME or METERS alter)
CALORIES	Calories burned during rowing Scan every 6 seconds (when with WATTS)	0~9999 (Calories)	Increase per 10 0~9990
WATTS	Watts consumed during rowing Scan every 6 seconds.	0~9999 (Watts)	Increase per 5 10~350
STROKES	The number for complete movement of rowing. Scan every 6 seconds.	0~99999 (Stroke)	Increase per 10 0~99990
TOTAL STROKES	The total stokes number since power on Scan every 6 seconds	0~99999	N/A
PULSE	Pulse bpm during rowing	30~240	Increase per 1 30~240

BUTTON FUNCTION

Item	Description	Item	Description
UP	Setting selection Increase resistance level	DOWN	Setting selection Decrease resistance level
ENTER	Confirm setting or selection	RESET	Hold for 2 seconds to reboot Clear setting data Go to main menu after workout
START/STOP	Start or Stop rowing training	RECOVERY	Test heart rate recovery status

CONSOLE OPERATION INSTRUCTIONS

OPERATION

1. Power On

Plug in the power supply and you should hear the first "BEEP" sound. The display should show all segments on the LCD as the image shows below:
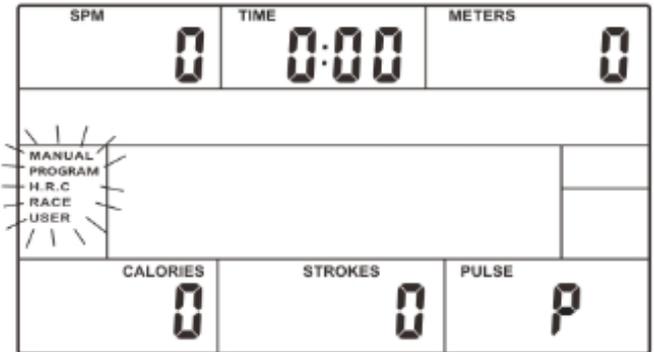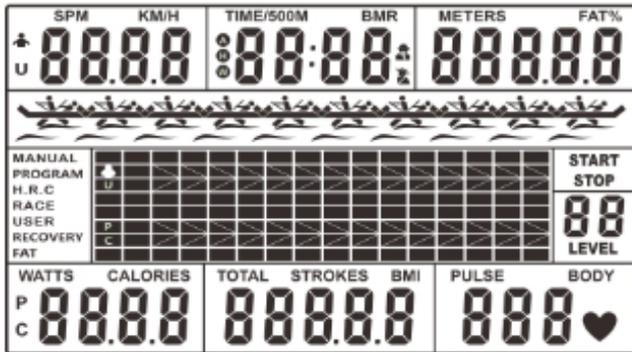
2. Program Select and Data Setting

Manual Mode
A. In main menu, press START button to start workout in the MANUAL mode to directly to start rowing.
B. Press UP or DOWN to select MANUAL mode, the press ENTER to confirm
C. Press UP or DOWN to preset the data of : resistance LEVEL, TIME (or Meters), Stokes, Calories, Watt (if with) and Pulse, then press ENTER to confirm. (Time and Meters couldn't be preset simultaneously)
D. Press START/STOP to start exercise, press UP or DOWN to adjust resistance level
E. When preset value counts down to 0, the computer will remind with Bi-Bi and stop
F. Press START/STOP to pause exercise, press RESET to reverse to main menu

NOTE: When the computer with WATT, if the WATT data is preset, the rowing machine will be work in the console WATT value, when rowing fast, the resistance level will decrease; whereas, the resistance level will increase.

Program Mode
A. In the Main Menu, Press UP or DOWN to select the PROGRAM mode, press ENTER to confirm
B. Press UP or DOWN to choose the preset program P1~P12, press ENTER to confirm
C. Press UP or DOWN to preset the data of : resistance LEVEL, TIME (or Meters), Stokes, Calories, Watt (if with) and Pulse,then press ENTER to confirm. (Time and Meters couldn't be preset simultaneously)
D. Press START/STOP to start exercising, press UP or DOWN to adjust resistance level
E. When preset value counts down to 0, the computer will remind with Bi-Bi and stop
F. Press START/STOP to pause exercise, press RESET to reverse to main menu

Heart Rate Mode
A. In the Main Menu, Press UP or DOWN to select the heart rate mode H.R.C, press ENTER to confirm
B. Press UP/DOWN to preset the AGE, and press ENTER to confirm
C. Press UP/DOWN to select : 55%,75%,90% and the random one of the target Heart Rate (default with 100bmp) controlling program
D. Press UP or DOWN to preset the data of : TIME (or Meters), Stokes, Calories, then press ENTER to confirm. (Time and Meters couldn't be preset simultaneously)
E. Press START/STOP to start exercising
F. When preset value counts down to 0, the computer will remind with beep sound and stop
G. Press START/STOP to pause exercising, press RESET to reverse to main menu

CONSOLE OPERATION INSTRUCTIONS

NOTE: When Rowing, the heart rate value depends on both of the sports loads and speeds. Heart rate controlling program is to keep the heart rate at the setting value. When the heart rate value measured during rowing is bigger than the set one, the loads resistance will decrease automatically, or the user slow down to lower the heart rate, whereas, the loads resistance will increase automatically or the user speed up to increase the heart rate.

Race Mode

A. In the Main Menu, Press UP or DOWN to select race mode RACE, press ENTER to confirm

B. Press UP/DOWN to preset the RACE challenge level, press ENTER to confirm (total level=15, L1=1:00 TIME/500M, L15=8:00 TIME/500M. Time increasing default 0:30 TIME/500M, Meters default:500M)

C. Press START/STOP to start exercising, press UP or DOWN to adjust resistance level

D. Either PC or User finish rowing distance, the computer will stop and show PC Win or User win

E. Press START/STOP to pause exercising, press RESET to reverse to main menu

NOTE: The computer with WATT function, it can display the User's curve graph of SPM and Average of Watt automatically when the race finish and winner occurs.

User Mode

A. In the Main Menu, Press UP or DOWN to select USER mode, press ENTER to confirm

B. Press UP/DOWN to preset each column's the resistance level, press ENTER to next one, (total column = 16)

C. Hope and long press ENTER to finish or quit setting

D. Press UP or DOWN to preset the data of : TIME (or Meters), Stokes, Calories, then press ENTER to confirm. (Time and Meters couldn't be preset simultaneously)

E. Press START/STOP to start exercising, press UP or DOWN to adjust resistance level

F. When preset value counts down to 0, the computer will remind with Bi-Bi and stop

G. Press START/STOP to pause exercising, press RESET to reverse to main menu

Recovery Mode

A. User must be wearing the same frequency chest belt, when the heart rate data display on the computer, press RECOVERY button to start

B. TIME shows "0:60"(60 seconds), starting count down

   When counts down to 0, computer will show the recovery status with grade F1~F6. F1means Excellent, F2 means Good, F3 means Normal, F4 means Below the average, F5 means Not Good, F6, means Worse

Alarm Display

E---1 means the motor NOT connected well or broken

Power supply: power adapter

Input: 220V AC (The voltage depends on different country)

Output: 8V DC 500mA AC-DC adapter or 8VDC, 600mA switching adapter

WARM UP AND COOL DOWN ROUTINE

A good exercise program consists of a warm-up, aerobic exercise, and a cool down. Do the entire program at least two to three times a week, resting for a day between workouts. After several months you can increase your workouts to four or five times per week.

AEROBIC EXERCISE is any sustained activity that sends oxygen to your muscles via your heart and lungs. Aerobic exercise improves the fitness of your lungs and heart. Aerobic fitness is promoted by any activity that uses your large muscles eg: legs, arms and buttocks. Your heart beats quickly and you breathe deeply. An aerobic exercise should be part of your entire exercise routine.

The WARM-UP is an important part of any workout. It should begin every session to prepare your body for more strenuous exercise by heating up and stretching your muscles, increasing your circulation and pulse rate, and delivering more oxygen to your muscles. '

COOL DOWN at the end of your workout, repeat these exercises to reduce soreness in tired muscles.

HEAD ROLLS

Rotate your head to the right for one count, feeling the stretch up the left side of your neck, then rotate your head back for one count, stretching your chin to the ceiling and letting your mouth open. Rotate your head to the left for one count, then drop your head to your chest for one count.
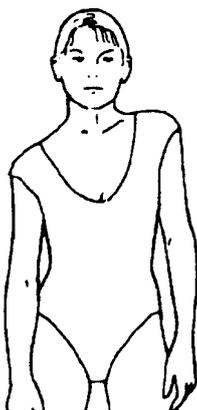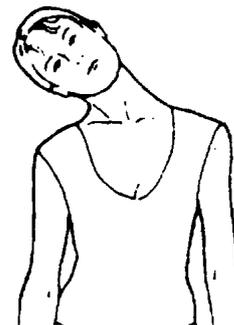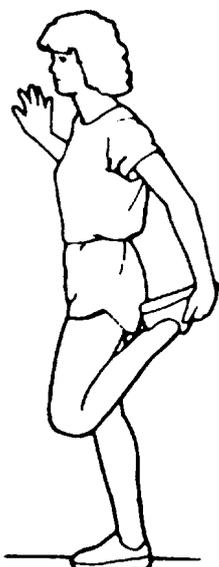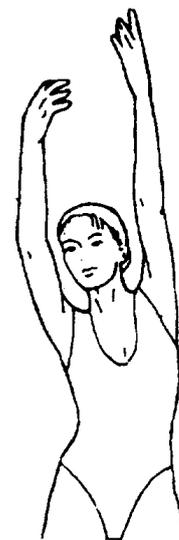
SHOULDER LIFTS

Lift your right shoulder toward your ear for one count. Then lift your left shoulder up for one count as you lower your right shoulder.

SIDE STRETCHES

Open your arms to the side and lift them until they are over your head. Reach your right arm as far toward the ceiling as you can for one count. Repeat this action with your left arm.

QUADRICEPS STRETCH

With one hand against a wall for balance, reach behind you and pull your right foot up. Bring your heel as close to your buttocks as possible. Hold for 15 counts and repeat with left foot.

INNER THIGH STRETCH

Sit with the soles of your feet together and your knees pointing outward. Pull your feet as close to your groin as possible. Gently push your knees toward the floor. Hold for 15 counts.
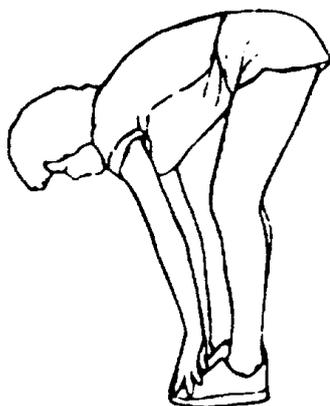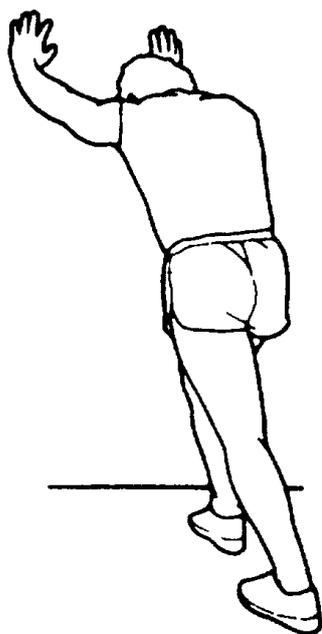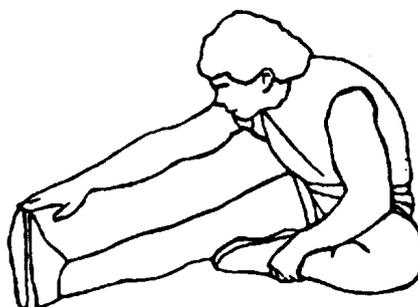
TOE TOUCHES

Slowly bend forward from your waist, letting your back and shoulders relax as you stretch toward your toes. Reach as far as you can and hold for 15 counts.

HAMSTRING STRETCHES

Extend your right leg. Rest the sole of your left foot against your right inner thigh. Stretch toward your toe as far as possible. Hold for 15 counts. Relax and then repeat with left leg.

CALF/ACHILLES STRETCH

Lean against a wall with your left leg in front of the right and your arms forward. Keep your right leg straight and the left foot on the floor; then bend the left leg and lean forward by moving your hips toward the wall. Hold, then repeat on the other side for 15 counts.

IMPLIED WARRANTY

The importer of this product assures that this device is manufactured with high quality materials.

The prerequisite for the implied warranty is the proper setup in accordance with the operating instructions. Improper use and /or incorrect transportation can void the warranty.

The implied warranty for wear parts is valid for 1 year and for frame 3 years, beginning from the date of purchase. For eventual defects please contact the dealer of this product within the guarantee period.

The warranty applies to the following parts (as far as included in the scope of delivery): frame, electronic devices, wheels, foot straps and pedal set.

The guarantee does not cover:
• Damage effected by outer force
• Intervention by unauthorized parties
• Incorrect handling of the product
• Non-compliance of the operating instructions

Note: Wear parts and expendable parts are also not covered.

The device is intended for home use.

Manufactured for:
Gymstick International Oy
Ratavartijankatu 11
15170 Lahti, FINLAND

Devices marked with this symbol must be disposed of separately from your household waste, as they contain valuable materials which can be recycled. Proper disposal protects the environment and human health. Your local authority or retailer can provide information on the matter.