

Rowing Machine

H119 v02: 11/04/22

Please read and retain these instructions for future reference

vivadia
ACTIVE



Dimensions

130cm x47cm x67cm

- Compact rowing machine that can be stood up to store away and save space
- 12 levels of resistance so suitable for all fitness levels
- Comfort grip foam handles
- Straps to feet to keep you secure
- Keep motivated with the digital screen tracks calories, strides, time and distance
- Weight 11kgs
- 1 AA battery (not supplied)
- Max load 120kgs
- Max user height: 1.9m

Before using this unit for the first time, be sure to read Safety Instructions carefully, then use the unit accordingly.

These precautions are listed to prevent damage to the equipment and injury to user.

A WARNING

To reduce the risk of the injury to persons:

1. Consult a doctor before starting any exercise program in order to determine whether you have any physical or medical conditions that could pose a risk to your health and safety.
2. Stop exercising if you experience any of the following symptoms : pain, tightness in the chest, irregular heartbeat, extreme shortness of breath, light-headedness, dizziness, nausea, or any other discomfort. Consult a doctor immediately.
3. Do not allow children or handicapped individuals to use this unit without close supervision. Keep all pets away from the unit.
4. Place the unit on a clean, flat surface on top of a protective mat to shield your floor or carpeting. Allow at least 1m of open space on all sides.
5. Before using this unit, check to make sure that all of its nuts and bolts are securely fastened. In order to keep the unit in top condition, examine it regularly for signs of damage or wear-and-tear.
6. If any defective parts are found, replace them immediately. Do not use the unit again until it is in perfect working order.
7. If you hear any unusual noises from the unit during use, stop use immediately. Do not use the unit again until the problem has been rectified.
8. Wear suitable clothing while using the unit .Avoid loose flaps that may get caught in the unit's parts. Also avoid excessively tight clothing that may restrict or prevent movement.
9. During use, grip the handlebars securely
10. Heart rate monitoring systems may be inaccurate .Over exercising may result in serious injury or risk of death, if you feel faint stop exercising immediately.
11. This unit is designed for home use ONLY.it is suitable neither for therapeutic use, nor for use in gyms and other public exercise facilities.

**The Enterprise
Department**

UK Head Office, 11 Bridge Street, Bishop's Stortford, CM23 2JU

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*UK Calls cost around 7 pence per minute plus your telephone company's network access.
Please check with your telephone supplier.

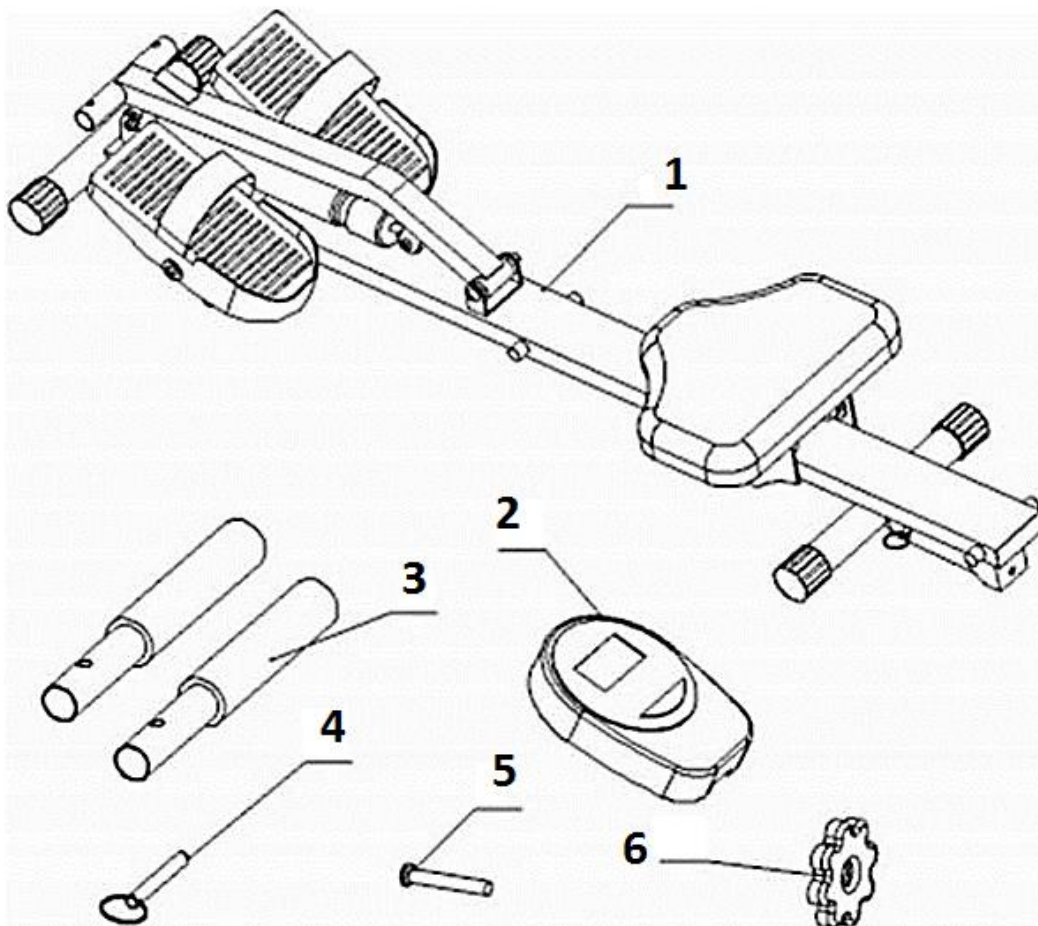
A CAUTION

- Do not place this unit close to a heat source or an open flame
- To reduce the chances of injury warm up and stretch prior to exercise .This will prepare muscles and joints for exercise.
- Always increase exercise speed , intensity, and duration at a gradual pace.
- Minimum potency dimension:350N,Maximum load bearing: 120KGS, It covers an area of 0.63 m2
- The unit is to be used by one person at a time.

ASSEMBLY INSTRUCTIONS / INSTRUCTIONS FOR USE:

Unpack the components carefully. Please check all parts have been removed from the packaging.

Parts

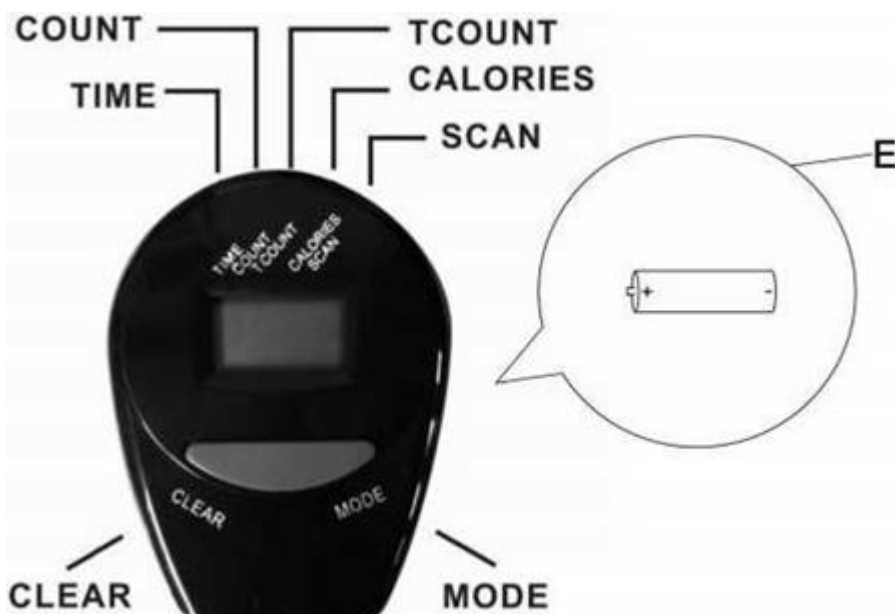


Part#	Description	QTY	(Part#	Description	QTY
1	Main frame	1	4	Ball lock pins 8*50	1
2	Display	1	5	Carriage bolts 8*50	1
3	Handle	2	6	Plum blossom knob M8	1

Display Function

Insert the battery

* Insert 1.5v AA battery (E) (not supplied) into the rear battery box of the Display. As shown in figure:



KEY FUNCTION:

MODE: This key lets you to select and lock on to a particular function you want.

CLEAR: clear number to 0

OPERATION PROCEDURES :

AUTO ON/OFF:

The system turns on when any key is pressed or when it receives an input from the speed sensor.

The processor turns off automatically when the speed sensor has no signal input or no key is pressed for approximately 4 minutes.

RESET:

The unit can be reset by changing the batteries or pressing the RESET key for 3 seconds.

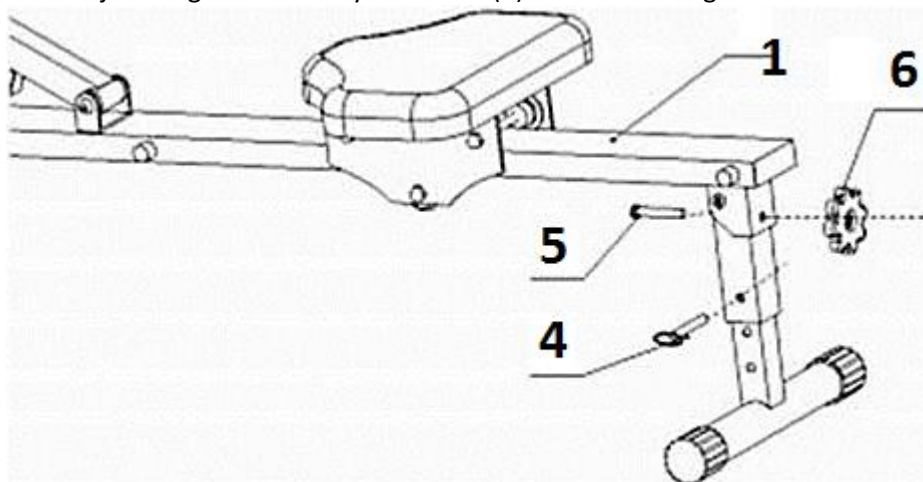
Display Functions

Time	Time elapsed since the start of exercise.
Count	Pedal rotations during exercise.
T-count	Rotations per minute after start of exercise. When the counter is reset, it will be changed to "0 " .
Calories	Calories burned during exercise.
SCAN	The above mentioned functions are consecutively displayed and alternated every 5 seconds.

Installation

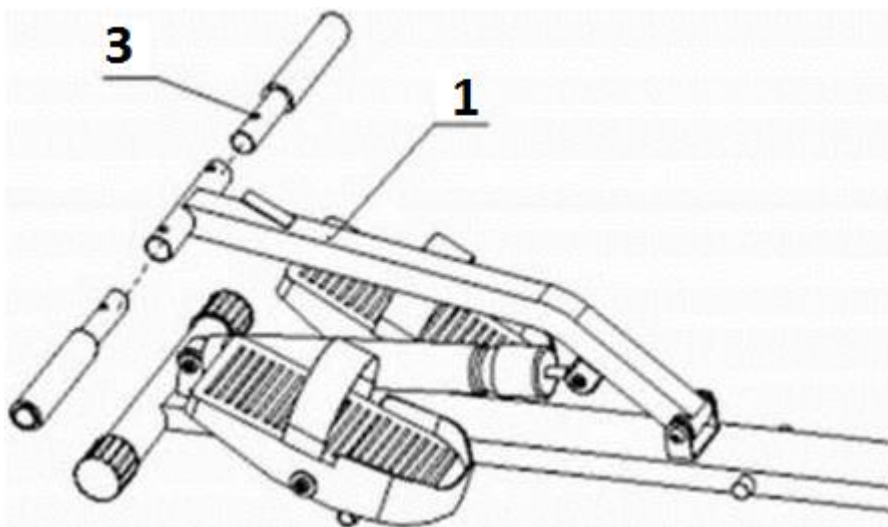
STEP 1 :

Open the outer box first and check whether any part is missing according to the installation instruction. First take out the main frame (1). Fix the main frame (1) with carriage screw M8*50 (5) and plum blossom knob M8. Adjust height with safety bolt 8*50 (4). As shown in figure :

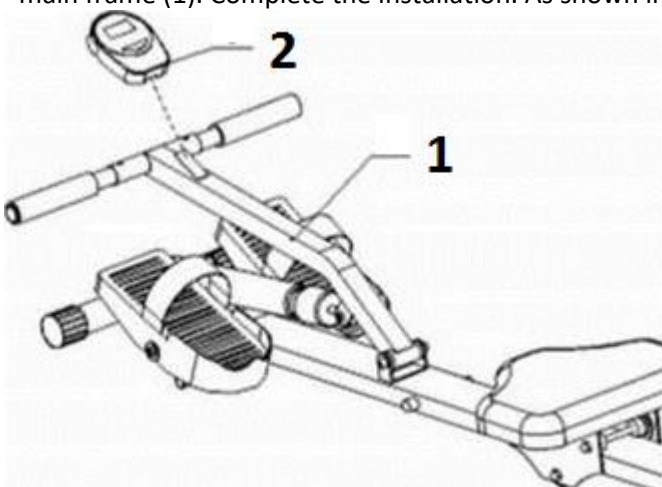


STEP 2:

Take out the handlebar (3) and aim at the fixed tube on the main frame (1) until the marble is ejected. As shown in figure :

**STEP 3**

Take out the Display (2), install the battery, and aim the card slot of the monitor at the fixing plate on the main frame (1). Complete the installation. As shown in figure:

**User instructions**

- Start with your feet in the stirrups bending your knees slightly and arms extended.
- Straighten your legs and pull the handle backwards pushing the seat back.
- Push the seat and handlebar forwards bending your knees.
- The length of the handlebar can be adjusted.

STORAGE INFORMATION

- Remove the battery
- Remove the safety bolt

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- Lift the seat rail into the upright position and replace safety bolt



BATTERIES

- Keep batteries away from children and pets.
- Do not mix used and new batteries.
- Remove the batteries if left for long periods.
- Never dispose of batteries in a fire.
- Battery disposal, spent or expired batteries must be properly disposed of and recycled in compliance with local regulations. For detailed information, contact your local authority.
- Follow the battery manufacturer’s safety, usage, and disposal instructions.

DISPOSAL

- Coopers of Stortford use recyclable or recycled packaging where possible.
- Please dispose of all packaging, paper, cartons, packaging in accordance with your local recycling regulations.
- Plastics, polybags – this is made from the following recyclable plastic.



Code & Symbol	 PP	 OTHER
Type of Plastic	Polypropylene	ABS, EVA, PVC
Commonly used for	Microwaveable food containers, yoghurt pots, butter tubs, disposable plates and cups	CD’s, crisp packets, various flexible packaging, baby bottles, sunglass lenses
Notes	Commonly recycled and collected from household recycling bins (packaging tape itself not recyclable but does not interfere with cardboard)	Not often or widely recycled

- At the end of the product’s lifespan please check with your local council authorised household waste recycling centre for disposal.

