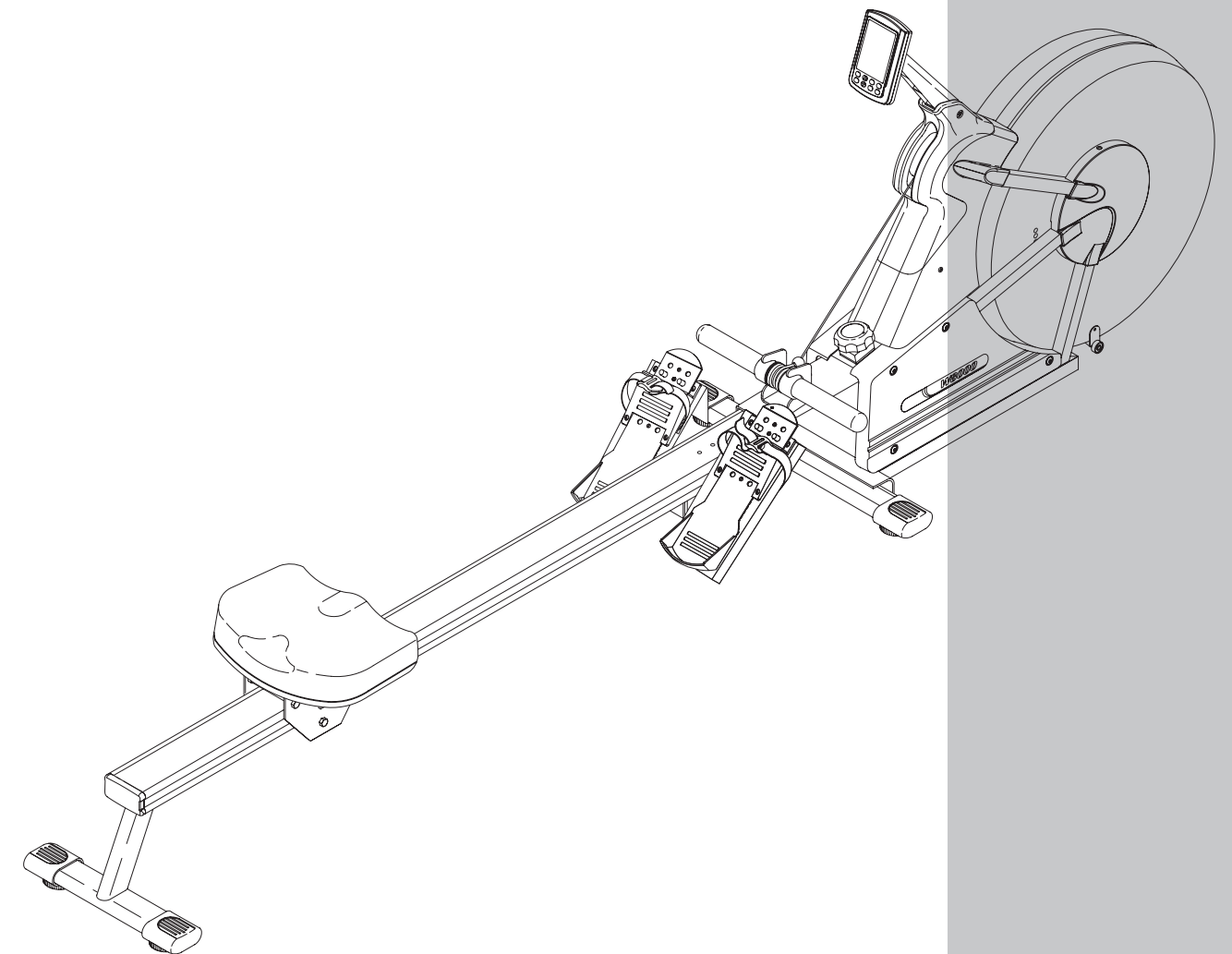




# AIR ROWER W8000



## JOHNSON HEALTH TECH. CO., LTD.

No.26, Ching Chuan Rd., Taya Hsiang, Taichung Hsien 428, Taiwan, R.O.C.

TEL: +886-4-25667100 FAX: +886-4-25601087

E-mail: sales@johnsonfitness.com

<http://www.johnsonfitness.com>



Oct 12, 07'  
SAP#0000082070, v2.0

# OWNER'S MANUAL

# TABLE OF CONTENTS

<b>INSTRUCTION</b>	<b>02</b>
<b>IMPORTANT SAFETY INSTRUCTIONS</b>	<b>03</b>
<b>SETUP THE AIR ROWER</b>	<b>04</b>
• Getting Started	
• Making A Choice Of Site	
• Before Your First Row	
<b>ASSEMBLY</b>	<b>05</b>
• Unpacking The Air Rower	
• Assembly Steps	
<b>SERIAL NUMBER LOCATION</b>	<b>11</b>
<b>USING THE WORKOUTS</b>	<b>12</b>
• Manual Program	
• Race Program	
• Training Program	
<b>MAINTENANCE</b>	<b>14</b>
<b>PRODUCT SPECIFICATIONS</b>	<b>15</b>

## INSTRUCTION

This Owner's Manual describes the functions of the following product:

### Johnson Air Rower – W8000

See "Product Specifications" (page 15) in this manual for product specific features, the Johnson Air Rower W8000 is intended for commercial use.

It is recommended that all users of Johnson Fitness exercise equipment should be informed of the following information prior to its use.

When using the Johnson air rower, always follow basic precautions:

- To ensure your safety and to protect the unit, read all the instructions before assembling and using the air rower.
- To ensure the proper use and safety of the air rower, make sure that all users read this manual. Please make this manual a part of your facility's training program. Remind the users that before undertaking any fitness programme, they should obtain complete physical examinations from their physicians. If, at any time while exercising, the user experiences dizziness, pain, or shortness of breath, nausea or feels faint he or she must stop immediately.

**SAVE THIS OWNER'S MANUAL FOR FUTURE REFERENCE.**

## IMPORTANT SAFETY INSTRUCTIONS

**READ AND SAVE ALL INSTRUCTIONS before assembling or using Johnson Air Rower.** It is strongly recommended to take the following safety instructions.

- **CAUTION:** If you experience chest pains, nausea, dizziness or shortness of breath, stop exercising immediately and consult your physician before continuing.
- Use the Air Rower for its intended purpose as described in this manual. Do not use attachments that have not been recommended by the manufacturer.
- Never drop or insert any object into any opening in the product. If an object should drop inside, carefully retrieve it while the unit is not in use. If the item cannot be reached, contact Johnson Fitness or authorized dealers.
- Never operate the Air Rower if it is not working properly, or if it has been damaged or immersed in water. Return it to Johnson Fitness or authorized dealers for examination and repair.
- Keep hands and feet clear at all times from moving parts to avoid injury.
- Do not reach into, or underneath the unit, and do not tip the unit on its side during operation.
- Do not use the Johnson Air Rower outdoors, near swimming pools or in areas of high humidity.
- Do not operate where aerosol (spray) products are being used or when oxygen is being administered.
- Do not remove the fan cages. Service should only be done by an authorized service technician.
- Close supervision is necessary when used near children, invalids or disabled people.
- When the Air Rower is in use, young children and pets should be kept at least three meters / ten feet away.
- Assemble and operate the unit on a solid, level surface. Locate the unit at least one meter / three feet of clearance from any obstructions, including walls and furniture.
- Do not wear any clothing that might catch on any moving parts of this treadmill.
- Do not stand rower up on end as the rower may tip over.
- Place handle against the chain guide or in handle hooks before letting go.
- Do not let handle fly into chain guide.
- Perform proper maintenance as described in the Maintenance section of this manual.

## SETUP THE AIR ROWER

### GETTING STARTED

Read the Owners Manual before setting up the Johnson Fitness Air Rower. Place the air rower in where they will be used before beginning the setup procedure.

### MAKING A CHOICE OF SITE

The site should be well-lit and well-ventilated. Locate the Air Rower W8000 a structurally solid and flat surface a few feet from the wall or any equipment. If the site has a heavy plush carpet, to protect the carpeting and machinery, you should place a rigid plastic base under the unit.

Please do not place the Air Rower in an area of high humidity, such as the vicinity of a steam room, indoor pool, or sauna. Exposure to intensive water vapour or chlorine could adversely affect the electronics, as well as other parts of the machine. To make exercise a desirable daily activity for you, the unit should be in an attractive setting.

### BEFORE YOUR FIRST ROW

- 1) Consult your physician. Be sure that it is not dangerous for you to undertake a strenuous exercise program.
- 2) Improper technique such as extreme layback or jumping off the seat can result in injury.
- 3) Start each workout with several minutes of easy rowing for a warm-up.
- 4) Start your exercise program gradually. Row no more than 5 minutes the first day to let your body adjust to the new exercise.
- 5) Gradually increase your rowing time and intensity over the first two weeks. Do not row at full power until you are comfortable with the technique and have rowed for at least a week. Like any physical activity, if you increase the volume and intensity too rapidly, fail to warm up properly, or use poor technique, you will increase the risk of injury.
- 6) The best resistance setting for a great cardiovascular workout is in the range of 3-5. Rowing with the resistance setting too high can be detrimental to your training program because it may reduce your output and increase your risk of injury.
- 7) Aim for a stroke rate (spm) of between 24 and 30 spm (strokes per minute).

## ASSEMBLY

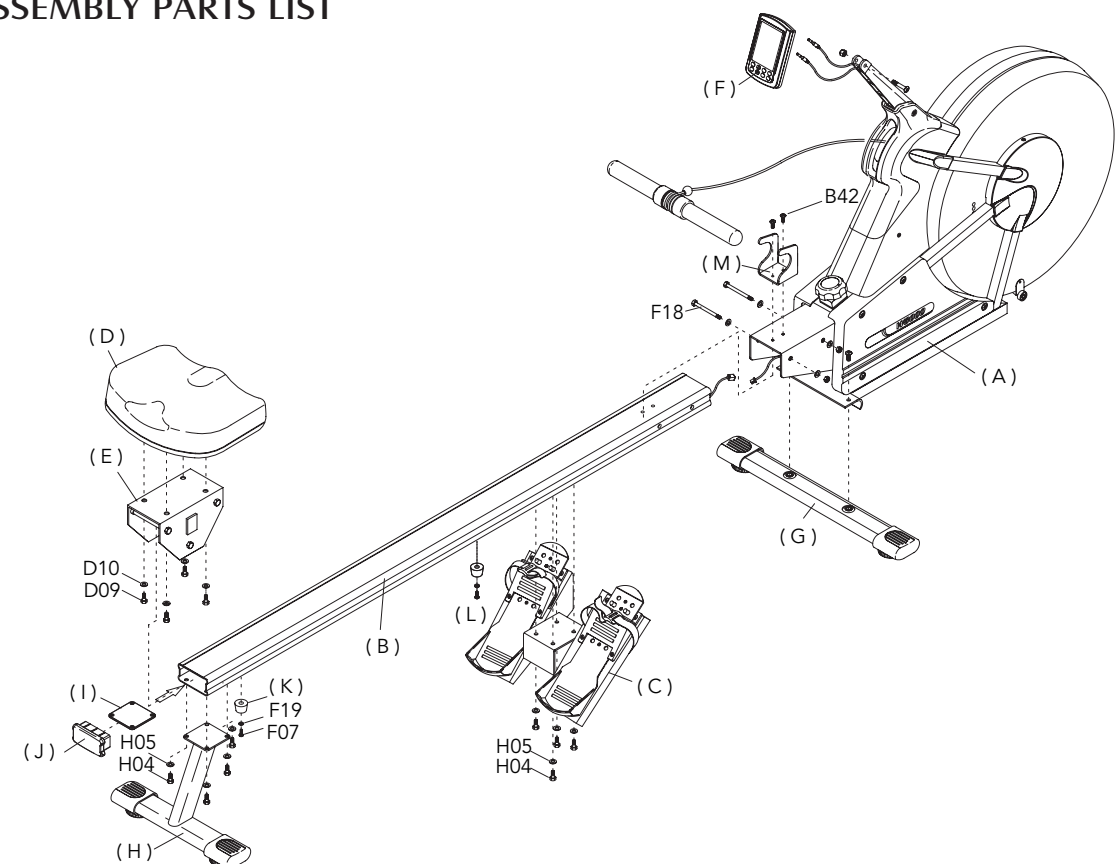
### UNPACKING THE AIR ROWER

The Johnson Air Rower is carefully inspected before it is packaged. Carefully unpack the unit and dispose of the box material.

**NOTE:** In case any of these parts are missing from the package, please contact Johnson Fitness or the local authorized dealers.

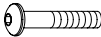









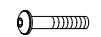


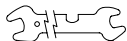

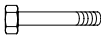
**CAUTION:** The W8000 weights 41 kg (90 lbs). To avoid injury to the user and the unit, be sure to have proper assistance to remove and move the unit.

### ASSEMBLY PARTS LIST



- |                   |                             |
|-------------------|-----------------------------|
| A) Main Frame     | H) Rear Foot                |
| B) Aluminum Rail  | I) Rear Foot Position Plate |
| C) Pedal Assembly | J) Seat Rail End Cap        |
| D) Seat           | K) Seat Stop Bumper         |
| E) Seat Bracket   | L) Seat Rail Rod            |
| F) Console        | M) Handlebar Bracket        |
| G) Front Foot     | N) Hardware Pack            |

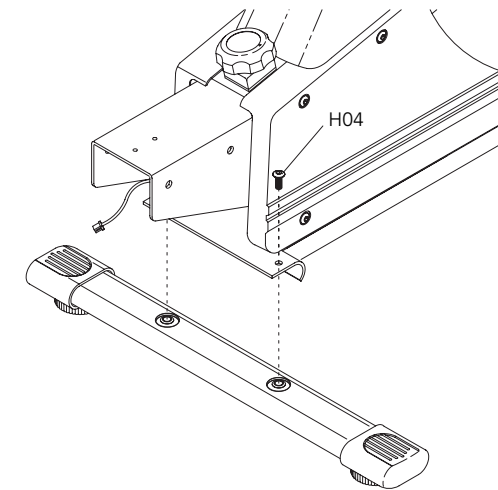
**FASTENERS & ASSEMBLY TOOLS**

PARTS NO.	DESCRIPTION	QUANTITY	SKETCH	COLOR OF BAG
B42	SOCKET BUTTON HEAD BOLT (M8 x 1.25P x 32L)	2		White
D09	SOCKET BUTTON HEAD SCREW (M6 x 1.0P x 15L)	4		Red
D10	SPRING WASHER (SW6 φ6.1 x φ12.2 x 1.5t)	4		
F06	FLAT WASHER (φ10.2 x φ19 x 2.0t)	4		Yellow
F08	NUT (3/8"-16NNC)	2		
F07	CROSS HEAD SCREW (M5 x 0.8P x 15L)	2		Blue
F19	FLAT WASHER (φ5.2 x φ12 x 1.2t)	2		
H04	SOCKET BUTTON HEAD SCREW (M8 x 1.25P x 19L)	10		Black
H05	SPRING WASHER (SW8 φ8.2 x φ15.4 x 2t)	8		
F20	CROSS HEAD SCREW (φ4 x 10L)	2		
N08	SOCKET BUTTON HEAD BOLT (M8 x 1.25P x 40L)	1		Pink
N09	NUT (M8 x 1.25P)	1		
Z01	#5 L-TYPE (+ TYPE) WRENCH	1		
Z02	OPEN END WRENCH (#8 #13 #14 #15)	2		
F04	REAR FOOT POSITION PLATE	1		
F18	HEX HEAD CAP BOLT (3/8"-16NNC 130L)	2		

**ASSEMBLY STEPS**

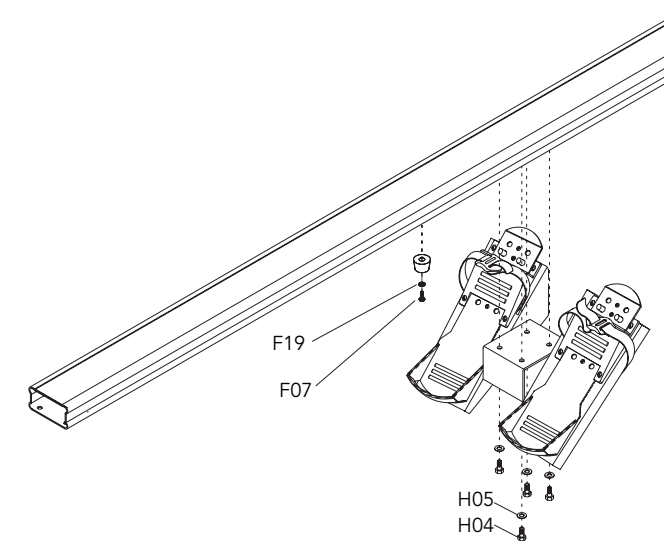
**STEP 1**

Secure the front foot to the frame bracket using two bolts (H04).



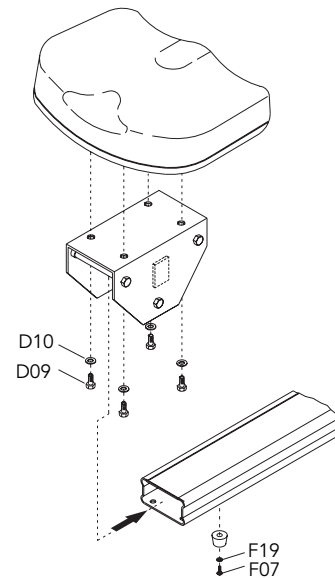
**STEP 2**

- 1) Attach the pedal assembly to the aluminum rail with four bolts (H04) and spring washers (H05).
- 2) Attach the seat rail rod to the aluminum rail using one screw (F07) and flat washer (F19).

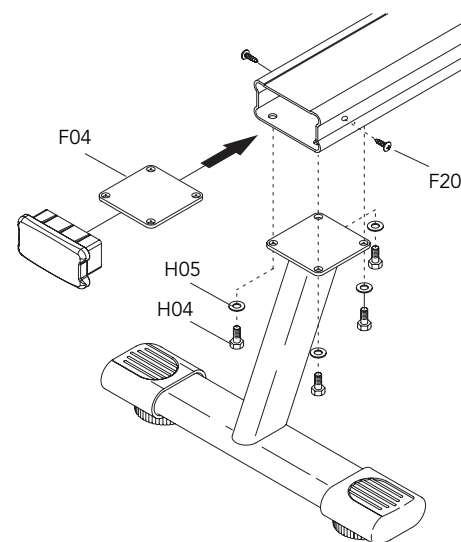


**STEP 3**

- 1) Mount the seat to the seat bracket with 4 screws (D09) and washers (D10).
- 2) Slide the seat assembly onto the aluminum rail.
- 3) Attach the seat stop bumper to the aluminum rail using the screw (F07) and washer (F19).

**STEP 4**

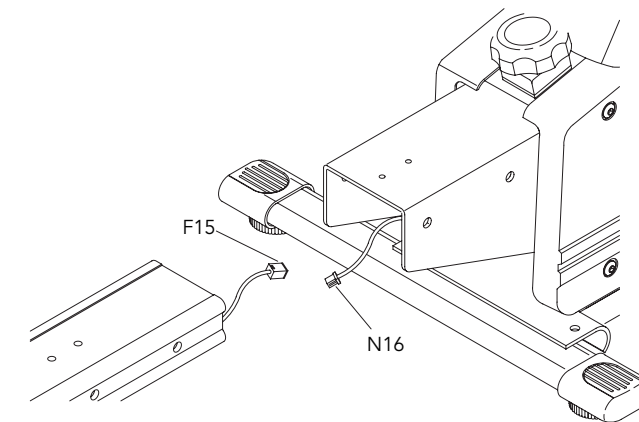
- 1) Place the rear foot position plate F04 inside the aluminum rail close to the edge. Attach the rear foot to the aluminum rail and align the four holes of the aluminum rail with the four holes of the rear foot. Thread the bolts (H04) with spring washers (H05) through the rear foot into the rear foot position plate and tighten them.
- 2) Press the seat rail end cap into the aluminum rail, and use two screws (F20) to fix the cap.



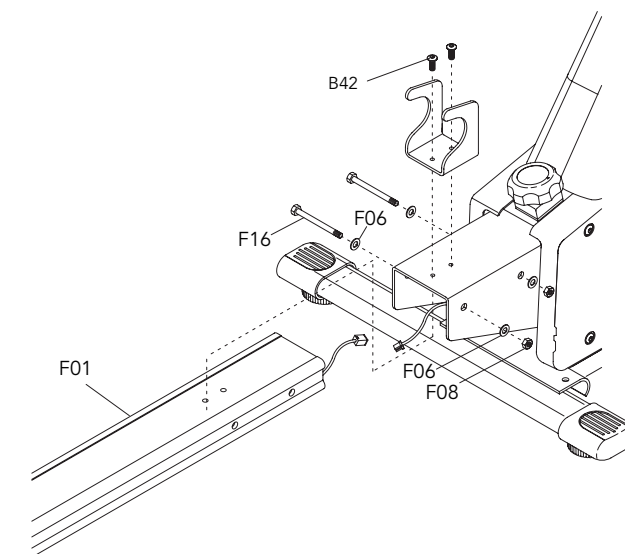
08

**STEP 5**

- 1) Connect the sensor cables from the main frame and the aluminum rail.



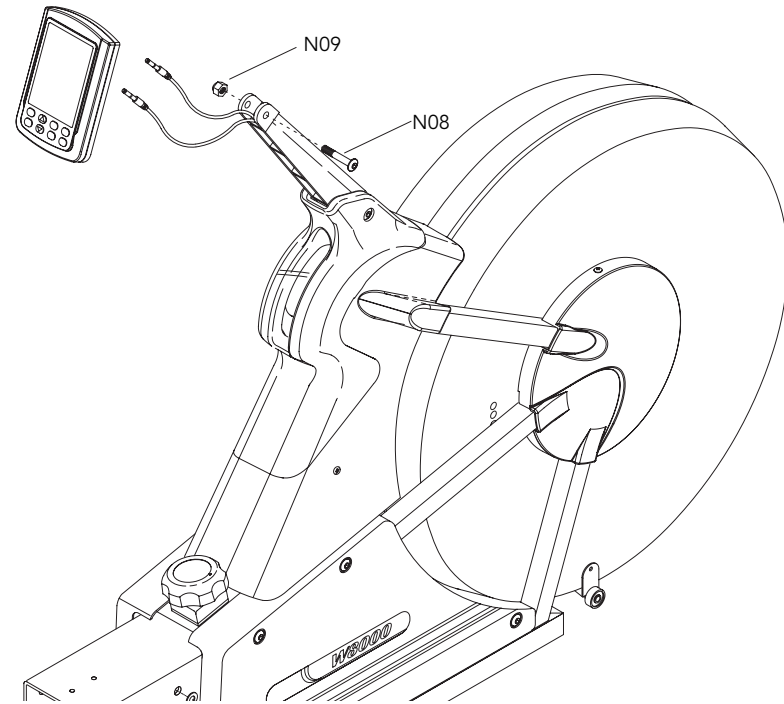
- 2) Place the aluminum rail into the rail bracket of the main frame, and tighten them with using two bolts (F18), four washers (F06) and two nuts (F08).
- 3) Mount the handlebar bracket to the rail bracket using two bolts (B42).



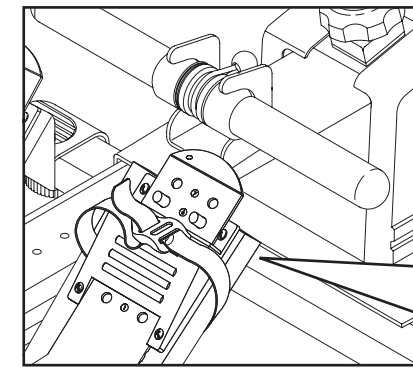
09

**STEP 6**

Plug the two console cable into the console. Secure the console to the console support using the bolt (N08) and nylon nut (N09).



## SERIAL NUMBER LOCATION



SERIAL # PLACEMENT

## USING THE WORKOUTS

To turn the screen display on, press POWER button. When the display comes on, "00:00" will be flashing in the TIME window.

### MANUAL PROGRAM

You can either choose Time or Distance as your target.

1. Choose Time and Starting: Use the ▲▼ buttons to enter your workout time. Time of between 1 and 180 minutes can be selected. When the time you choose is showing in the TIME window, press START button. The timer will begin counting down to zero. When the workout time is completed, the console will beep 3 times and the screen will flash 3 times.
2. Choose Distance and Starting: Press the SELECT button and \*0\* will be flashing in the METER window. Use the ▲▼ buttons to enter your workout distance. Distance of between 100 and 30000 meters can be selected. When the distance you choose is showing in the METER window, press START button. The console will begin counting down to zero. When the workout distance is completed, the console will beep 3 times and the screen will flash 3 times.

### RACE PROGRAM

With Race Program, you compete with the computer pacer.

1. Press RACE button and "500" will be flashing in the METER window.
2. Use ▲▼ buttons to enter your race distance. Distance of between 500 and 30000 meters can be selected. When the distance you choose is showing in the METER window, press SELECT button and "L09" will be flashing in the CAL. window.
3. Use ▲▼ buttons to enter your race speed ( PACE / 500M ). When the level you choose is showing in the window, press START button.  
L01 - 08:00 L02 - 07:30 L03 - 07:00 L04 - 06:30  
L05 - 06:00 L06 - 05:30 L07 - 05:00 L08 - 04:30  
L09 - 04:00 L10 - 03:30 L11 - 03:00 L12 - 02:30  
L13 - 02:00 L14 - 01:30 L15 - 01:00

## TRAINING PROGRAM

SPM training. You can either choose Time or Distance as your training target.

### Choose Time and Starting

1. Press TRAINING button and "00:00" will be flashing in the Time window.
2. Use ▲▼ buttons to enter your training time. Time of between 1 and 180 minutes can be selected.
3. Press SELECT and "14" will be flashing in SPM window.
4. Use ▲▼ buttons to enter your desired SPM. SPM of between 6 and 99 / minute can be selected.  
When the SPM you choose is showing in the window, press START button.

### Choose Distance and Starting

1. Press TRAINING button to enter Training Mode.
2. Press SELECT button and "0" will be flashing in the METER window.
3. Use ▲▼ buttons to enter your training distance. Distance of between 100 and 30000 meters can be selected.
4. Press SELECT and "14" will be flashing in SPM window.
5. Use ▲▼ buttons to enter your desired SPM. SPM of between 6 and 99 / minute can be selected.  
When the SPM you choose is showing in the window, press START button.

## MAINTENANCE

Johnson Air Rower W8000 is for use in the commercial environment. However, as a club manager or owner, you are responsible for cleaning and maintaining the unit's integrity. If you fail to maintain the bike as described below, it could affect or void the Johnson limited warranty.

**NOTE:** Safety of the equipment can be maintained only if the equipment is examined regularly for damage or wear. Keep the equipment out of use until defective parts are repaired or replaced. Pay special attention to parts that are subject to wear, such as the rope.

### DAILY INSPECTION

Look and listen for loose fasteners, unusual noises, and any other indications that the equipment may be in need of service. If you notice any of these, obtain service.

### DAILY MAINTENANCE

Johnson Fitness recommends the Air Rower be cleaned before and after each workout. The following daily maintenance tips will keep your unit operating at peak performance:

- 1) Use a damp, soft cloth with water or mild liquid detergent to clean all exposed surfaces.  
DO NOT use ammonia, chlorine, or acid-based cleaners.
- 2) Keep the display console free of fingerprints and salt build-up caused by sweat.
- 3) Frequently vacuum the floor underneath the unit to prevent the accumulation of dust and dirt, which can affect the smooth operation of the unit.
- 4) Check for dust inside flywheel with flashlight.

## PRODUCT SPECIFICATIONS

	W8000
<b>CONSOLE</b>	
Display Screen	Extra-large LCD display
Display Readout	Time, Distance, SPM (strokes per minute), Stroke, Watts, Heart Rate, Calories
Programs	Manual, Race, Training
Telemetric Receiver	Yes
<b>TECHNICAL DATA</b>	
Resistance Technology	Fan blade system
Resistance Levels	12
Drive System	Coil spring poly-V belt
Product Weight	41 kg / 90 lbs
Max User Weight	160 kg / 350 lbs
Power Requirement	Battery powered for LCD display
<b>SPECIAL FEATURES</b>	
Handlebar Design	Easy-to-grip wooden handrail
Pedals	Fit-in-with adjustable footboard
Monorail	Aluminum

\*Product specifications are subject to change without notice.