BODYWORX
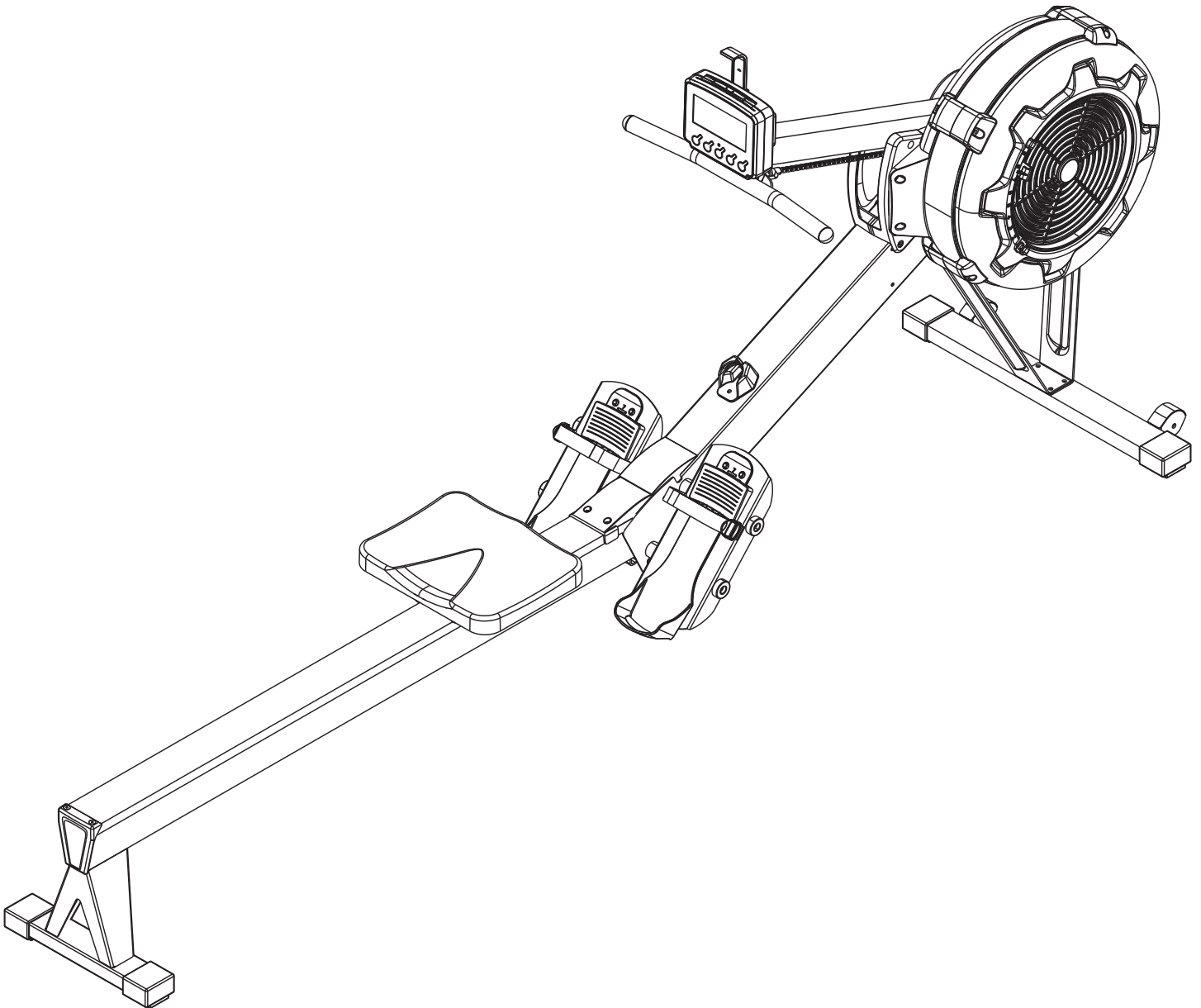
AIR ROWER

Retain this owner's manual for future reference.

Read and follow all instructions in this owner's manual.

Version A

Warranty Registration Form

Congratulations on purchasing your product, we at GPI believe that our product range is of the highest quality and represents great value for money.
We back our product range up with our industry leading warranty.
Please see below for the step by step instructions on how to register your product warranty online.

Step 1
Visit our Website

Go to the GPI Sports website: **www.gpisports.com.au/warranty**

Step 2
Enter Purchase Information

Enter all purchase information including the serial number and proof of purchase which can be uploaded from this page

Step 3
Call Our Toll Free Number

If a warranty service request is required on your product please call the toll free number - **1800 005 770**

Table of Contents

Important Safety Instructions

Before beginning any fitness program, you should obtain a complete physical examination from your physician.

When using exercise equipment, you should always take basic precautions, including the following:

- Read all instructions before using the machine. These instructions are written to ensure your safety and to protect the unit.
- Do not allow children on or near the equipment.
- Use the equipment only for its intended purpose as described in this guide. Do not use accessory attachments that are not recommended by the manufacturer. Such attachments might cause injuries.
- Wear proper exercise clothing and shoes for your workout, no loose clothing.
- Use care when getting on or off the unit.
- Do not over exert yourself or work to exhaustion.
- If you feel any pain or abnormal symptoms, stop your workout immediately and consult your physician.
- Never operate the unit after it has been dropped or damaged. Return the equipment to a service center for examination and repair.
- Never drop or insert objects into any opening in the equipment.
- Always check the unit before each use. Make sure that all fasteners are secure and in good working condition.
- Do not use the equipment outdoors or near water.

PERSONAL SAFETY DURING ASSEMBLY

- It is strongly recommended that a qualified dealer assemble the equipment. Assistance is required.
- Before beginning assembly, please take the time to read the instructions thoroughly.
- Read each step in the assembly instructions and follow the steps in sequence. Do not skip ahead. If you skip ahead, you may learn later that you have to disassemble components and that you may have damaged the equipment.
- Assemble and operate the machine on a solid, level surface. Locate the unit a few feet from the walls or furniture to provide easy access.

The machine is designed for your enjoyment. By following these precautions and using common sense, you will have many safe and pleasurable hours of healthy exercise.

After assembly, you should check all functions to ensure correct operation. If you experience problems, first recheck the assembly instructions to locate any possible errors made during assembly.

Safety Guidelines

Successful cardio training programs have one prominent feature in common...safety.
Cardio training has some inherent dangers, as do all physical activities.
The chance of injury can be greatly reduced or completely removed by using correct
running techniques, proper breathing, maintaining equipment in good working
condition, and by wearing the appropriate clothing.

- It is highly recommended that you consult your physician before beginning any exercise program. This is especially important for individuals over the age of 35, or persons with pre-existing health problems.

- Always warm up before starting a workout. Try to do a total body warm up before you start. It is especially important to warm up the specific muscle groups you are going to be using. This can be as simple as performing a warm up set of high repetitions and light weight for each exercise.

- Always wear appropriate clothing and shoes when exercising. Wearing comfortable athletic shoes with good support and loose fitting, breathable clothing will reduce the risk of injury.

- Maintaining equipment in proper operating condition is of utmost importance for a safe cardio training program.

- Read and study all warning labels on this machine. It is necessary that you familiarise yourself and all others with the proper operation of this machine prior to use.

- Keep hands, limbs, loose clothing and long hair well out of the way of all moving parts.

- Inspect the machine daily for loose or worn parts. If a problem is found do not allow the machine to be used until all parts are tightened or worn or defective parts are repaired or replaced.

Safety Guidelines

This exercise equipment is designed and built for optimum safety for home use. However, certain precautions always apply whenever you operate any exercise equipment.
Be sure to read the entire manual before assembly and operation of this machine. Also, please note the following safety precautions.

MECHANICAL SAFETY

- Inspect the equipment prior to exercising to ensure that all nuts and bolts are fully tightened before each use.
- Replace any defective components immediately and/or keep the equipment out of use until repair.
- Do not use attachments not recommended by the manufacturer.
- Never drop or insert an object into any opening.
- Only one person may use the rower at a time.
- Never activate the rower when someone is standing on the belt.

APPROPRIATE ATTIRE

- Always wear appropriate clothing.
  Do not wear loose clothing that might catch on any part of this rower.
- Always wear non-slippery shoes while working with the rower.
  Do not wear shoes with heels or leather soles.
  Check the soles of your shoes and remove any dirt and embedded stones.

CHILDREN AND PETS

- Most exercise equipment is not recommended for small children.
  Children should not use the equipment unless they are under *strict* adult supervision.
  To ensure safety, keep young children off the rower at all times.
- Exercise equipment has many moving parts.
  In the interest of safety, keep others (especially children and pets) at a safe distance while you exercise.

Safety Guidelines

Assembly of the machine takes professional installers about 1/2 hour to complete. If this is the first time you have assembled this type of equipment, plan on significantly more time.

Professional installers are highly recommended!

However, if you acquire the appropriate tools, obtain assistance, and follow the assembly steps sequentially, the process will take time, but is fairly easy.

ASSEMBLY TIPS

Read all "*NOTES*" on each page before beginning each step.

While you may be able to assemble the machine using the illustrations only, important safety notes and other tips are included in the text.

Some pieces may have extra holes that you will not use. Use only those holes indicated in the instructions and illustrations.

NOTE: To find out the length of a bolt, measure its shank (the long, narrow part beneath the head).

Refer to the following diagram:
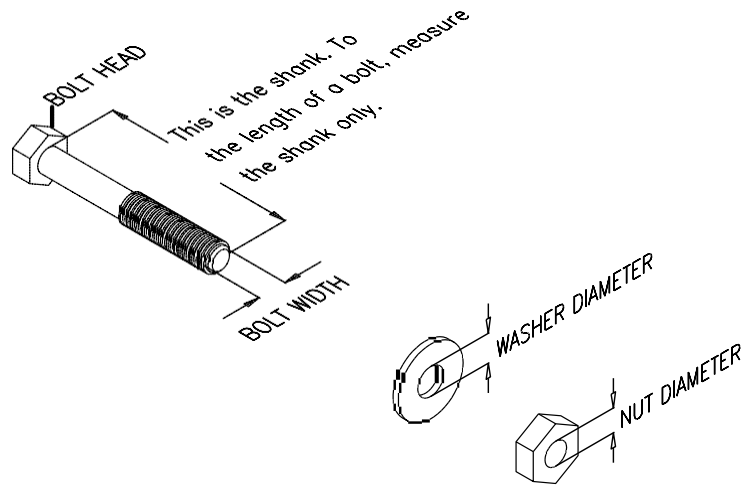
**Do not fully tighten bolts until instructed to do so.**
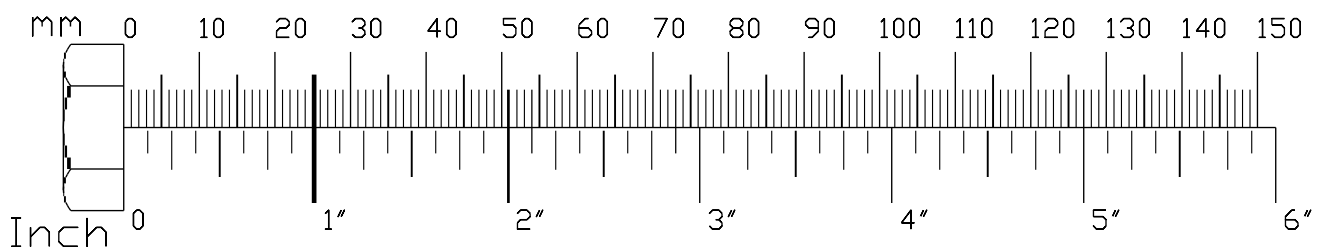
Step 1

Attach Front/Rear support frame (7/8) to Front stabiliser (4). Lock by Hex round
head bolt M6X16 (81) and Flat washer M6 (76). Do not tighten the bolts until Step 2.
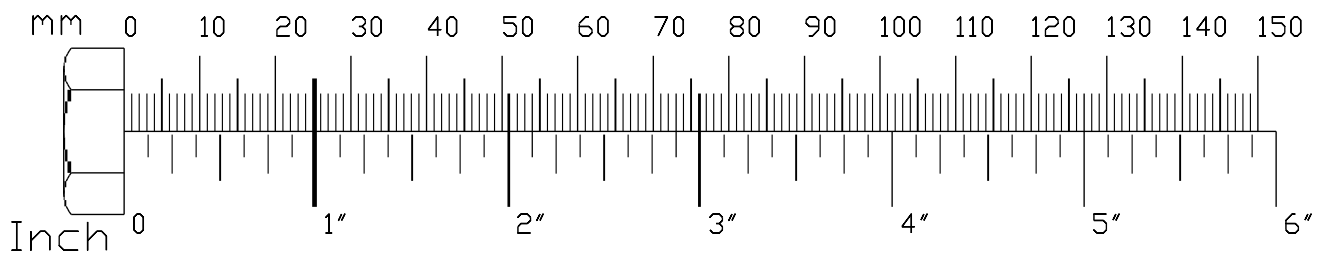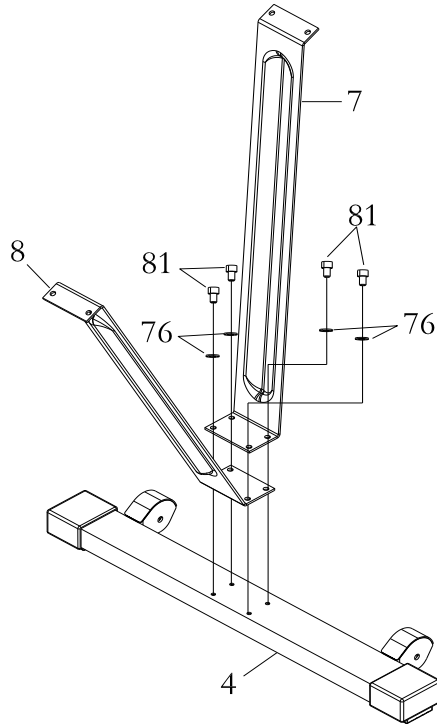
Turn the fan rower over and put it on the Styrofoam (A)(B) as shown below picture. Do not put it on the ground to avoid damaging the chain cover. Attach Front/Rear support frame (7/8) to Main Frame (1) and lock by Hex round head bolt M6X16 (81) and Flat washer M6 (76). Tighten all the bolts.
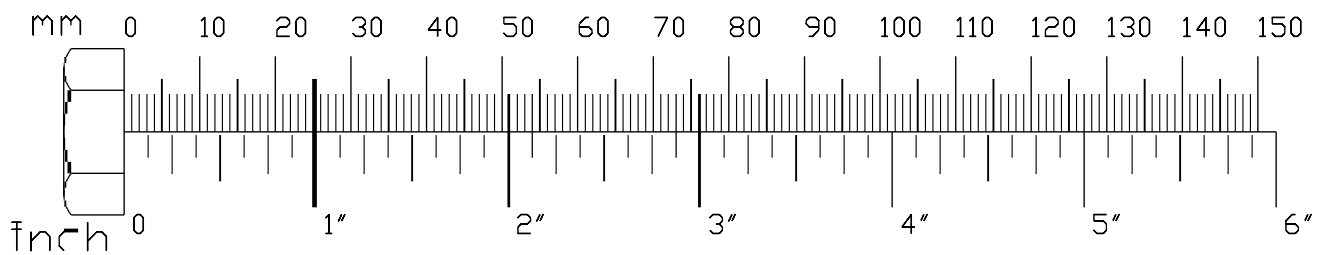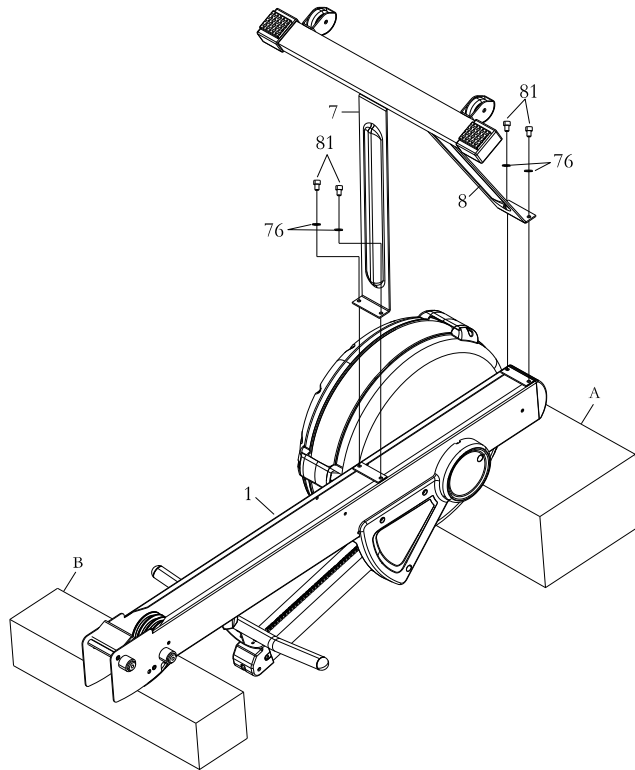
Step 3

Lift up the Main frame (1) and Monorail (2). Insert the Monorail (2) into the Main Frame (1). Make sure to lock the Folding axis (24) on the part (2a)
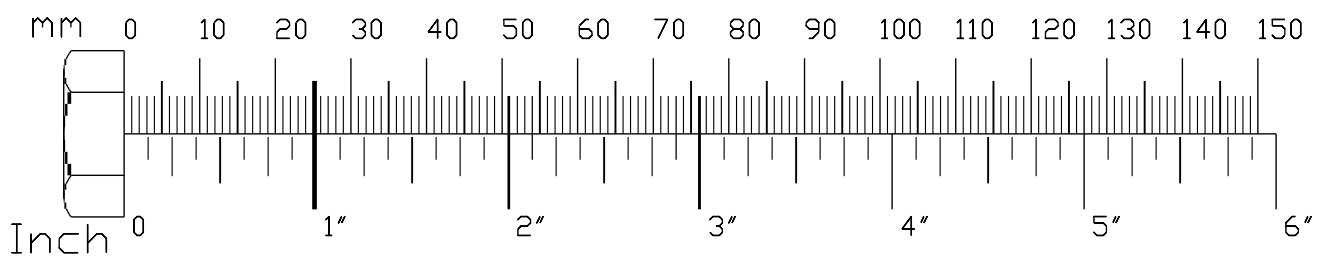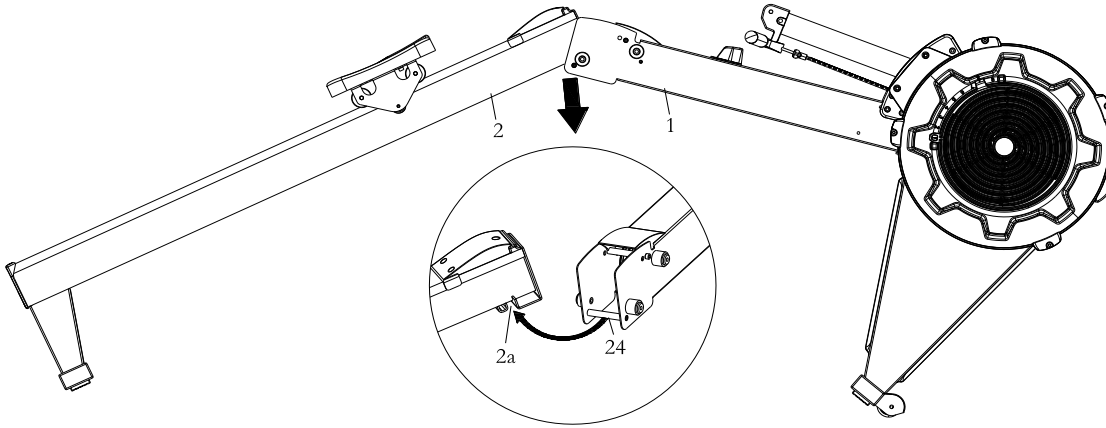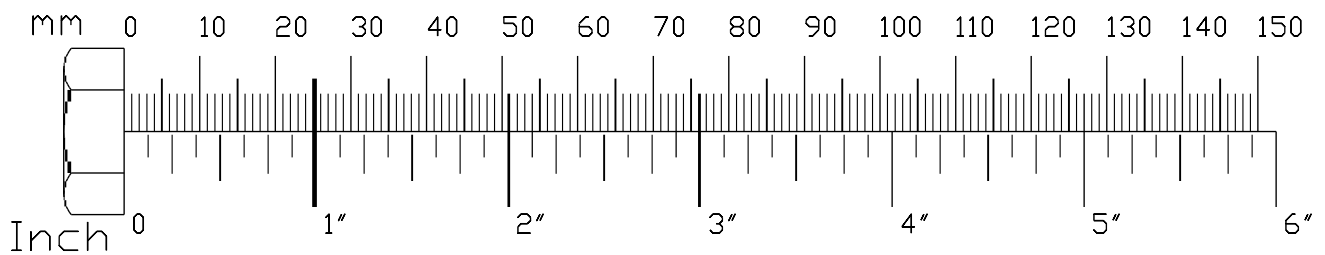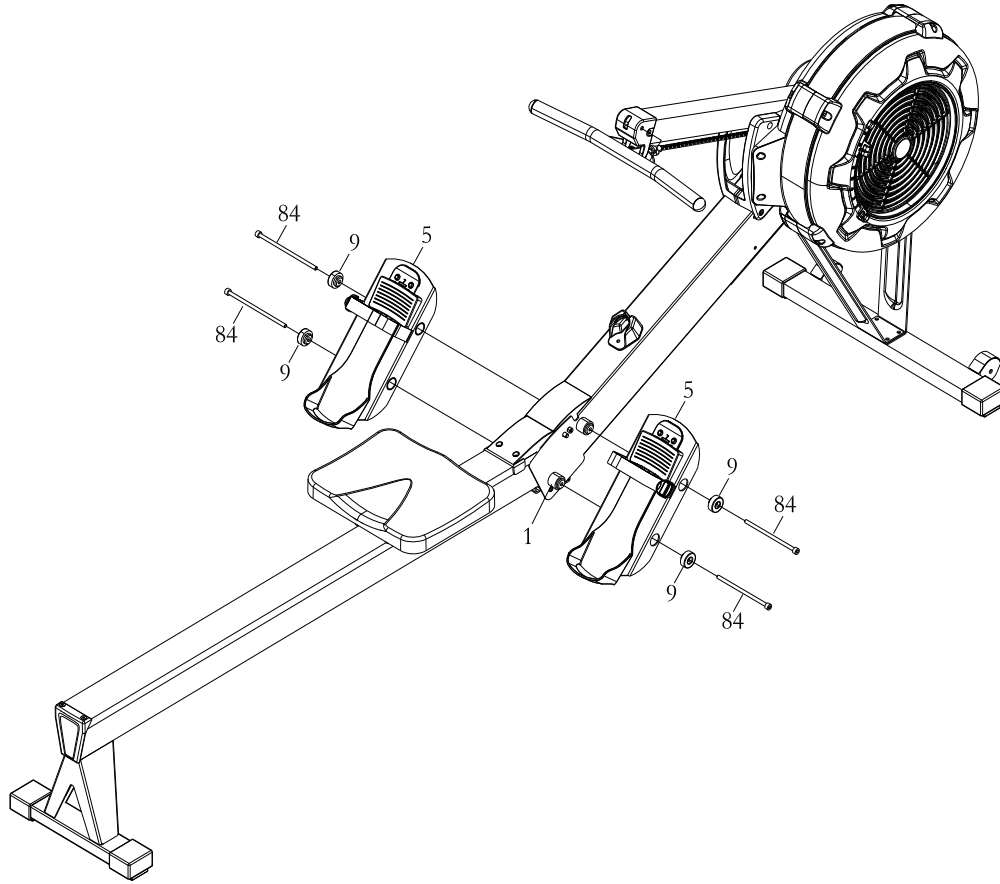
Step 4

Put the pin (98) on.

Lift up the Meter arm (6). And lock the Meter arm (6) on Left/Right side cover (57/58) with cross head bolt M6X10 (72).
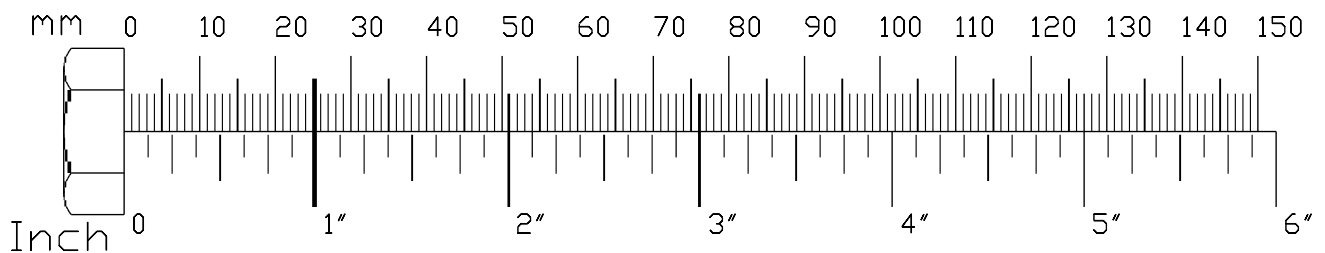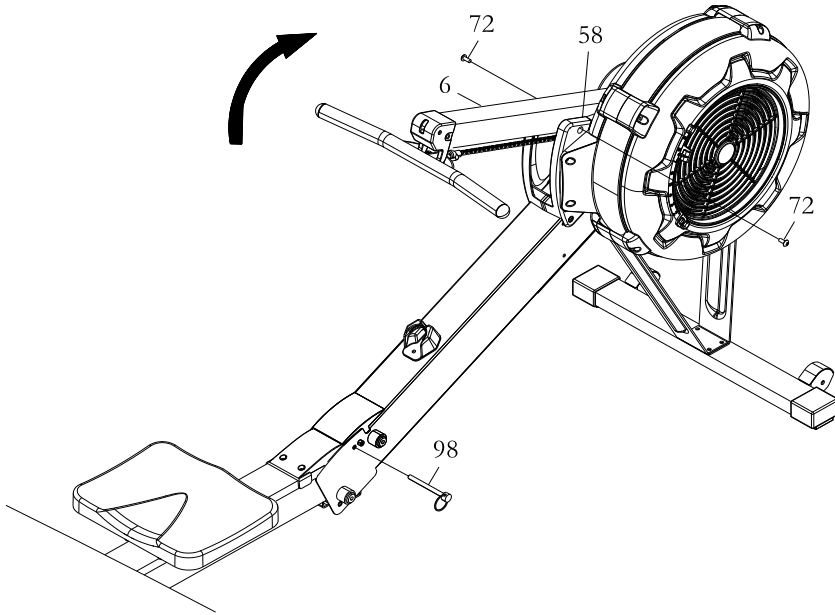
Lock the Pedal set (5) on the Main frame (1) with the hex round head bolt M8X150 (84).

84
9
5
84
9
5
9
84
1
9
84

mm 0 10 20 30 40 50 60 70 80 90 100 110 120 130 140 150

Inch 0 1" 2" 3" 4" 5" 6"

Step 6

1. Insert the smart phone holder (20) into the meter (19). Tie up the smart phone holder (20) to the three bumps on the meter (19) with the elastic rope (21).

2. Lock the Meter (19) on the Meter holder (69) with Round head hex bolt M8X75 (78), Flat washer M8 (79), and Nylon nut M8 (80). Insert the Sensor wire (23) into the Meter hole (19a).

3. Assembly complete.

4. Now you can put your phone on the smart phone holder (20).
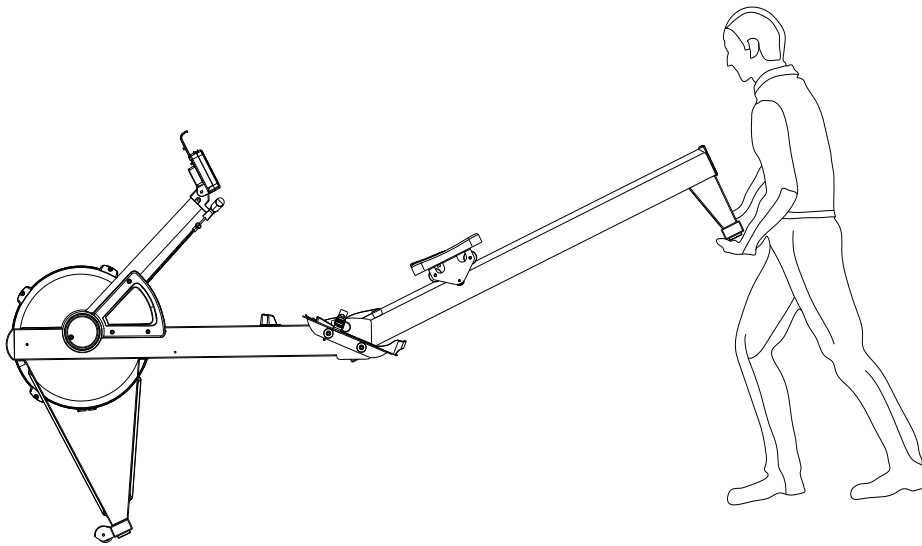

Finish
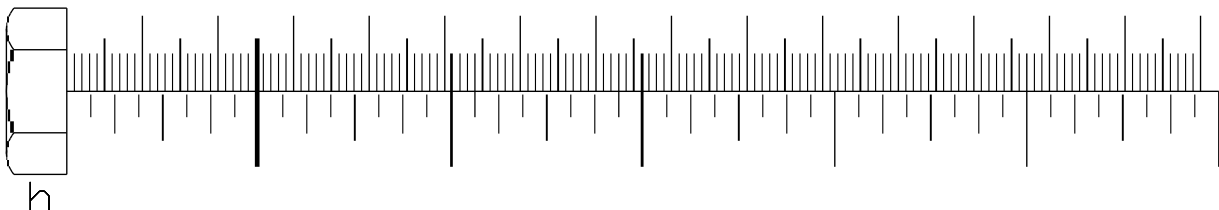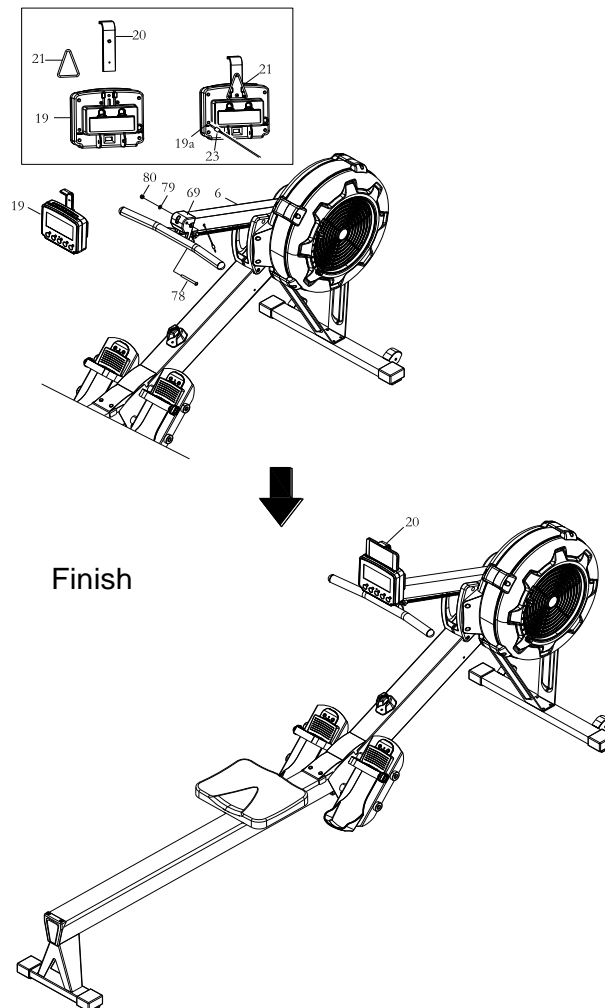
Operating your Rower

MOVING THE ROWER

The rower is easy to move around safely.

To move the rower:
1. Lift the rear of the rower
2. Roll the rower on its front transport wheels to the desire location.
3. Gently lower the rear of the rower to the ground level

STORING THE ROWER

The rower can be separated to minimise the unit size for storage.
1. Remove the Pull Pin (#98).
2. Lift up the Main Frame (#1) and pull out the Rail Frame (#2)
3. Insert the Pull Pin (#98) back to the hole in the Main Frame (#1)
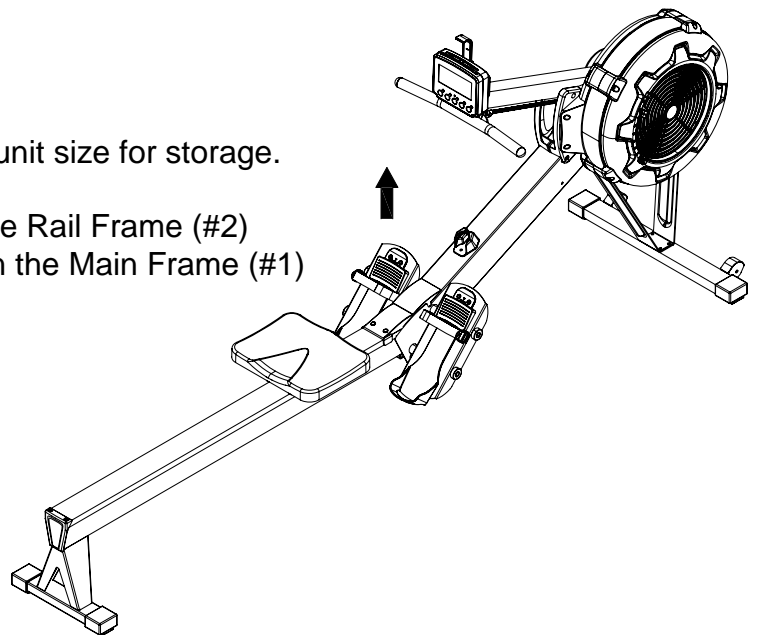
Operating your Rower
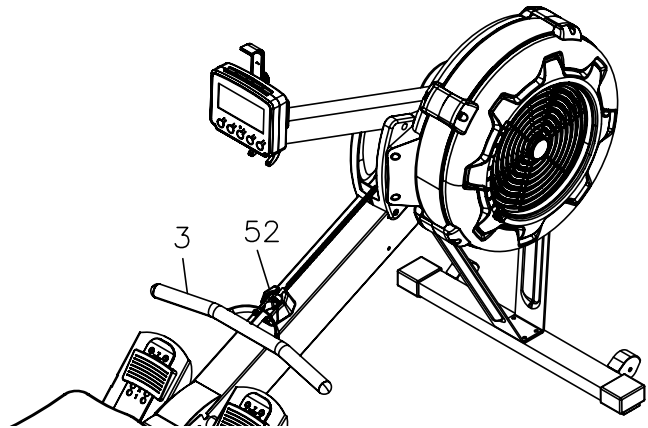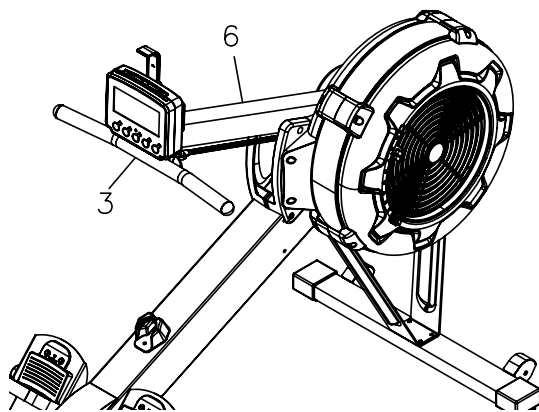
DAMPER ADJUSTMENT

There is a damper adjustment on the right side of the fan Shroud. The indicator can be moved up/down to adjust the damper. #1 is the lowest setting, #9 is the highest setting.

Damper(42)

Indicator
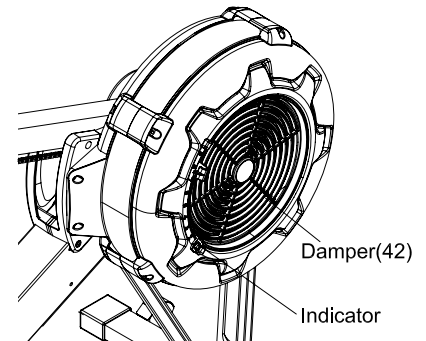
HANDLEBAR POSITION

Handlebar (#3) can be placed on the hook of the Console Monitor Post (#6) or it can be placed on the Handlebar Holder (#52).
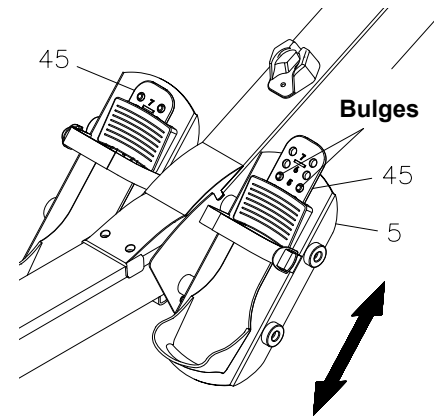
A.

6

3

3   52

Operating your Rower

FOOT PEDAL ADJUSTMENT

1. Pull the Foot Pedal (#45) out of the two bulges of the Pedal Support Plate (#5).
2. Lower or raised the Foot Pedal to the desired location.
3. Lock the Foot Pedal (#45) by pressing the adjustment holes onto the Bulges.

CELL PHONE HOLDER.

Slide the cell phone into the space between the Cell Phone Bracket (#20) and Console Monitor (#19) by moving the Cell Phone Bracket (#20) up or down.
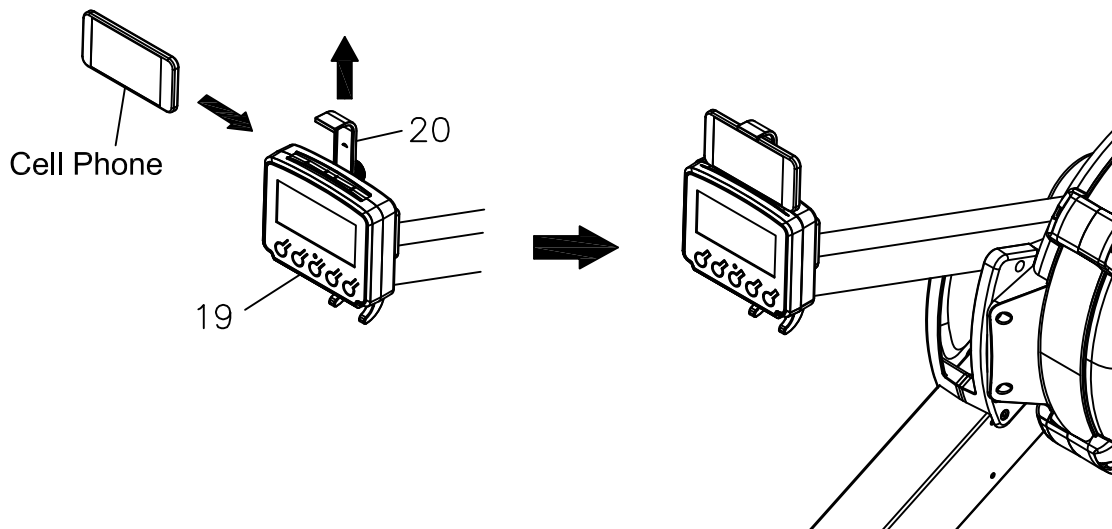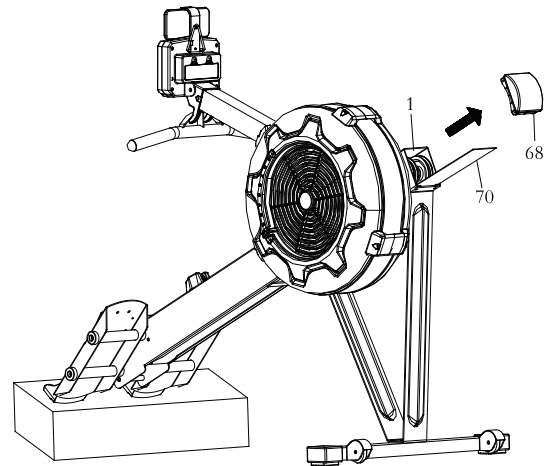
Maintenance

BUNGEE CORD ADJUSTMENT

Over time, about 250,000 strokes on **HANDLEBAR(3),** your **BUNGEE CORD(38)** may stretch. Follow the following process to adjust:

1. Position the **MAIN FRAME ASSEMBLY(1)** as shown in the illustration. Remove the **MAIN FRAME CAP(68)** from the **MAIN FRAME(1).** Slid out the **BOTTOM COVER(70)** from the **MAIN FRAME(1).**

2. Position the **MAIN FRAME ASSEMBLY(1)** as shown in the below illustration. Unhook the **LEFT BUNGEE CORD HOOK(12L)** from the **MAIN FRAME(1).** Make a mark on the **BUNGEE CORD(38)** to move the hook forward 2 inches. Refer to **View 1** to **View 3** to untie the **BUNGEE CORD(38)** from the **LEFT BUNGEE CORD HOOK(12L),** and move the hook forward 2 inches. Refer to **View 4** to **View 6** to retie the **BUNGEE CORD(38)** to the **LEFT BUNGEE CORD HOOK(12L).** Hook the **LEFT BUNGEE CORD HOOK(12L)** back into the **MAIN FRAME(1)** and push the hook to the left side to touch the inner wall of the **MAIN FRAME(1). CAUTION: Always use two hands with a secure grip when re-attaching the BUNGEE CORD HOOKS(12L & 12R).**
Unhook the **RIGHT BUNGEE CORD HOOK(12R)** from the **MAIN FRAME(1).** Do the same as above to adjust the **BUNGEE CORD(38)** on the right side.
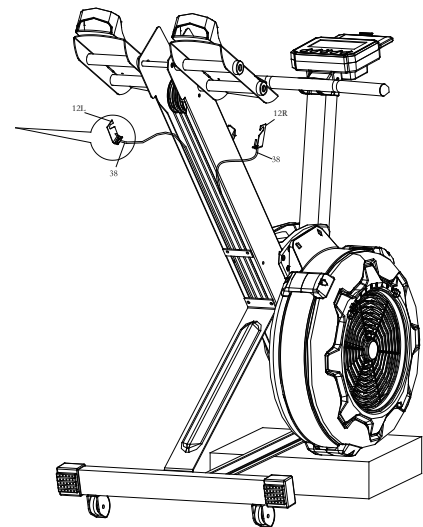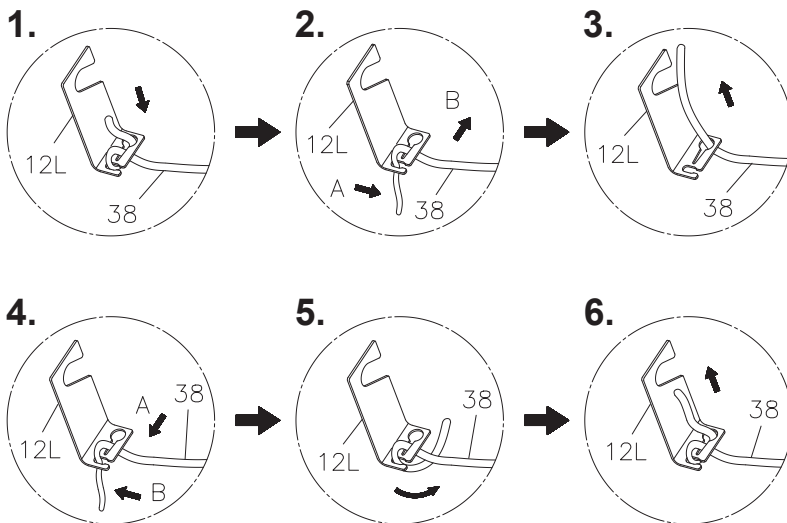
3. Position the **MAIN FRAME ASSEMBLY(1)** as shown in the illustration. Slid the **BOTTOM COVER(70)** back into the **MAIN FRAME(1).**Press the **MAIN FRAME CAP(68)** into the **MAIN FRAME(1).**
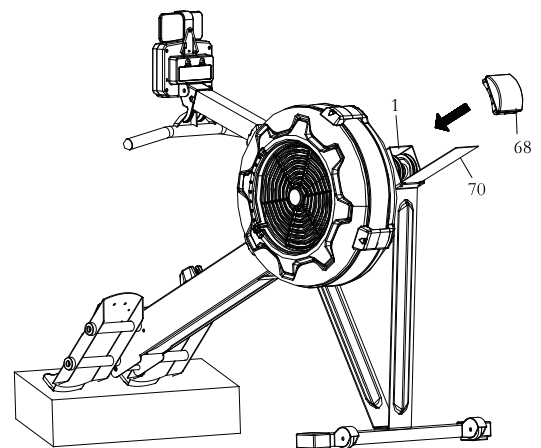
Operating the Console

CONSOLE DISPLAY

TIME:
- Display flashing "00:00" for presetting the TIME program. Time can be set from 1:00 to 99:00 minutes.
- Displays the time during exercise.

STROKE:
- Display the total number of strokes during exercise

PULSE:
- Display the heart rate from 40 to 220 beats per minute during exercise. To use this function, the user must wear the Heart Rate Chest Strap.

Operating the Console

CALORIES:
- Display flashing "100" for presetting CALORIES program. The target calories value can be set from 10 to 999 cals

PADDLE WIDTH:
- Display the distance per stroke.

STROKE RATE:
- Display the current strokes per minute during exercise.

DISTANCE:
- Display flashing "500" for presetting DISTANCE program. The target distance value can be set from 500 to 9999.

CYCLE:

- Display flashing "8" for presetting the number of cycles for the INTERVAL program. The value can be set from 1 to 99.
- Value will count down from the preset value during INTERVAL program.

WATTS:
- Display the amount of power generated at any moment during the workout.

CONSOLE BUTTONS

BACK BUTTON:
- Press the button to return to the previous program
- When the program is stopped or finished, press the button to return to IDLE mode.

UP & DOWN BUTTONS:
- Press the buttons to adjust the value in the program.

SELECT BUTTON:
- In IDLE mode, press the button then select through each program options.
The program options are QUICK START, TIME, DISTANCE, CALORIES, PLAY THE GAME, and INTERVAL PROGRAMS of 20/10, 10/20 & 10/10.

Operating the Console

ENTER/STOP BUTTON:
- Press the button to confirm the value in the program.
- Press and hold the button for three seconds to reset the console program.
- Press the button to pause the program during workout.

INITIAL SETUP

POWER ON:
- Move the Handlebar or press any button.

POWER OFF:
- In IDLE mode, if there is no activity detected for 20 seconds, the console will shut off automatically.
- During all programs except 20/10, 10/20, 10/10 interval programs, the console will shut off if there is no activity detected for 30 seconds.
- During 20/10, 10/20, 10/10 interval programs, the console will shut off if there is no activity detected for two minutes.

METRIC & STANDARD UNIT:
The initial factory setting is in "Miles". To toggle between Miles and Kilometers, press and hold "UP" & "DOWN" buttons, It will display flashing "KM" & "MILE". Press "UP" or "DOWN" arrows to select "KM" or "MILE" and then press "ENTER" to confirm.

BATTERY INSTALLATION:
Console operates on two Size C batteries. The battery compartment is on the back of the console.

PROGRAMS

The Console Monitor has eight programs: QUICK START, TIME, DISTANCE, CALORIES, PLAY THE GAME, and INTERVAL PROGRAMS of 20/10, 10/20 & 10/10.

Operating the Console

1. QUICK START PROGRAM

To Quick Start the program, you can pull on the Handlebar (#30) to start. All function values for the console will count up.

For the other seven programs, press the **"BACK"** button to enter IDLE mode. Or press and hold the **"ENTER/STOP"** button for three second to restart the console. Use the **"SELECT"** button to toggle between programs. Use **"UP" & "DOWN"** Buttons to adjust the value and press **"ENTER/STOP"** to confirm**.**

2. DISTANCE PROGRAM

During the workout, the **"DISTANCE"** program will count down from preset value. The program will start once the user pulls the Handlebar. When the program is finished, the monitor will show **"WINNER"** with an audible alarm. Press the **"BACK"** button to go to the IDLE mode.

3. TIME PROGRAM

During the workout, the **"TIME"** program will count down from preset value. The program will start once the user pulls the Handlebar. When the program is finished, the monitor will end with an audible alarm. Press the **"BACK"** button to go to the IDLE mode.
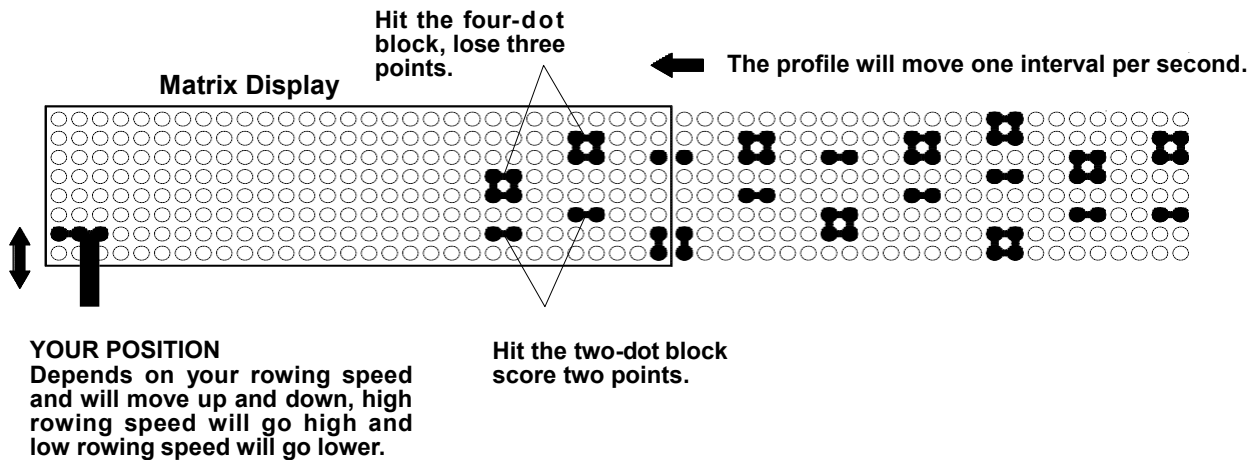
4. CALORIES PROGRAM

During the workout, the **"CALORIES"** program will count down from preset value. The program will start once the user pulls the Handlebar. When the program is finished, the monitor will show **"END"** with an audible alarm. Press the **"BACK"** button to go to the IDLE mode.

5. GAME PROGRAM

When the **"GAME"** program is selected. The program will start once the user pulls the Handlebar. There is no presetting value to be entered. When the program is finished, the monitor will show your score with an audible alarm. Press the **"BACK"** button to go to the IDLE mode.

Operating the Console

Hit the four-dot block, lose three points.

Matrix Display

The profile will move one interval per second.

YOUR POSITION
Depends on your rowing speed and will move up and down, high rowing speed will go high and low rowing speed will go lower.

Hit the two-dot block score two points.

6. 20/10 INTERVAL PROGRAM
When it is in the "20/10 INTERVAL" program, the console monitor will display flashing "8" for presetting value of cycle. The user can use "UP" & "DOWN" buttons to input the value from 1 to 99. The user will workout for 20 seconds and then rest for 10 seconds. When the program is finished, the monitor will end with an audible alarm. Press the "BACK" button to go to the IDLE mode.

7. 10/20 INTERVAL PROGRAM
When it is in the **"10/20 INTERVAL"** program, the console monitor will display flashing **"8"** for presetting value of cycle. The user can use **"UP" & "DOWN"** buttons to input the value from 1 to 99. The user will workout for 10 seconds and then rest for 20 seconds. The program will start once the user pulls the Handlebar. When the program is finished, the monitor will end with an audible alarm. Press the **"BACK"** button to go to the IDLE mode.

8. 10/10 INTERVAL PROGRAM
When it is in the **"10/10 INTERVAL"** program, the console monitor will display flashing **"8"** for presetting value of cycle. The user can use **"UP" & "DOWN"** buttons to input the value from 1 to 99 for number of cycle, workout time and rest time. The program will start once the user pulls the Handlebar. When the program is finished, the monitor will end with an audible alarm. Press the **"BACK"** button to go to the IDLE mode.

Monitoring Your Heart Rate

FITNESS SAFETY

The Heart Rate chart indicates average rate zones for different ages. A variety of different factors (including medication, emotional state, temperature and other conditions) can affect the target heart rate zone that is best for you. Your physician or health care professional can help you determine the exercise intensity that is appropriate for your age and condition.

(MHR) = *Maximum Heart Rate*
(THR) = *Target Heart Rate*

220 - Age = *Maximum Heart Rate (MHZ)*
MHZ x .60 = *60% of your Maximum Heart Rate.*
MHZ x .75 = *75% of your Maximum Heart Rate.*

For example, if you are 30 years old, your calculations will be as follows:
220 - 30 = 190
190 x .60 = 114   (Low End or 60% of MHZ)
190 x .75 = 142   (High End or 75% of MHZ)
30 Year-Old (THR) Target Heart Rate would be 114-142

Maximum Heart Rate (MHR)

HEART RATE TRAINING ZONE

MAX	BEATS PER MINUTE					
85%	170	161	153	144	136	128
70%	140	133	126	119	112	105
60%	120	114	108	102	96	90
AGE	20	30	40	50	60	70

Heart Rate Training Zone

Part List

| PART#	QTY	DESCRIPTION
1	1	Main Frame
2	1	Rail Frame
3	1	Handlebar
4	1	Front Stabiliser
5	2	Pedal Support Plate
6	1	Console Monitor Post
7	1	Front Support Leg A
8	1	Front Support Leg B
9	4	Foot Pedal End Cap
10	1	Seat Carriage
11	1	Fan
12	2	Bungee Cord Hook
13	1	Chain Bracket
14	1	Rail
15	1	Perforated Steel Mesh
16	6	Spacer, ø8.2xø12x3.2mm
17	2	Spacer, ø8.2xø12x71.6mm
18	1	Spacer, ø6.2xø10x15.5mm
19	1	Console Monitor
20	1	Cell Phone Bracket
21	1	Rubber Band
22	1	Generator
23	1	Sensor Cable
24	2	Shaft, M6xø12x80mm
25	3	Shaft, M6xø10x76.5mm
26	1	Fan Axle
27	1	Hook Connector
28	1	Chain Connector
29	1	U Bolt
30	1	Inner Spacer
31	1	outer Collar
32	1	Bearing 6003RS
33	6	Bearing 608ZZ
34	3	Bearing 6201RS
35	1	One Way Bearing HF2016
36	1	Chain
37	1	Sprocket
38	1	Bungee Cord
39	4	Bungee Cord Pulley
40	2	Chain Roller
41	8	Bearing 6000ZZ

Part List

PART#	QTY	DESCRIPTION
42	1	Damper
43	1	Right Fan Shroud
44	1	Left Fan Shroud
45	2	Foot Pedal
46	2	Foot Pedal Holder
47	2	Pedal Strap
48	2	Spacer, Ø10xØ16x30.5mm
49	1	Pulley Spacer, Ø10xØ16x26.5mm
50	2	Pulley Bushing
51	1	Seat
52	1	Handlebar Holder
53	1	Upper Joint Cover
54	1	Lower Joint Cover
55	1	Generator Base
56	1	Damper Cap
57	1	Left Side Cover
58	1	Right Side Cover
59	4	Foot Cap
60	2	Steel Plate
61	1	Bushing 6001
62	1	Bushing 6003
63	2	Guide Roller
64	4	Seat Roller
65	2	Roller Sleeve
66	2	Transport Wheel
67	1	Rail End Cap
68	1	Main Frame Top Cap
69	1	Console Mounting Bracket
70	1	Bottom Cover
71	3	Plastic Washer, Ø10.2xØ14x1mm
72	16	Phillips Head Screw, M6x10mm
73	7	Lock Washer, Internal Tooth M6
74	4	Nylon Lock Nut, M6
75	11	Phillips Head Screw, ST4.2x10mm
76	24	Flat Washer, M6
77	2	Socket Head Cap Screw, M8x65mm
78	1	Button Head Cap Screw, M8x75mm
79	9	Flat Washer, M8
80	9	Nylon Lock Nut, M8
81	8	Socket Head Cap Screw, M6x16mm

Part List

PART#	QTY	DESCRIPTION
82	2	Socket Head Cap Screw, M8x40mm
83	2	Phillips Flat Head Screw, M6x16mm
84	4	Socket Head Cap Screw, M8x150mm
85	2	Socket Head Cap Screw, M8x110mm
86	2	Button Head Cap Screw, M8x25mm
87	4	Lock Washer, M8
88	3	Phillips Head Screw, ST4.2x16mm
89	2	Phillips Head Screw,, M5x8mm
90	4	Socket Head Cap Screw, M5x92mm
91	6	Hex Nut, M5
92	2	Chain Hook
93	1	Elastic Ring
94	2	Nylon Lock Nut, M10
95	6	Phillips Head Screw, ST4.2x6mm
96	1	Phillips Head Screw, M4x45mm
97	1	Hex Nut, M4
98	1	Pull Pin
99	14	Socket Head Cap Screw, M6x16mm
100	2	Phillips Head Screw, M6x30mm
101	7	Phillips Head Screw, M6x10mm
102	1	Screwdriver
103	1	Allen Wrench, 6mm
104	1	Wrench
105	2	Hex Nut, M6
106	2	PU Spacer
107	1	Plug
108	1	Bearing, 6001RS
109	3	Balance Weight
110	1	Bearing Bushing
111	3	Socket Head Cap Screw, M4x12mm
112	2	Washer, Ø12xØ3.5x1mm
113	2	Phillips Head Screw, ST3.0x12mm
114	1	Allen Wrench, 5mm
115	1	Magnet
116	2	Stopper Bumper
117	2	Socket Head Cap Screw, M8x20mm
118	1	Stopper Bracket

Exploded View Diagram
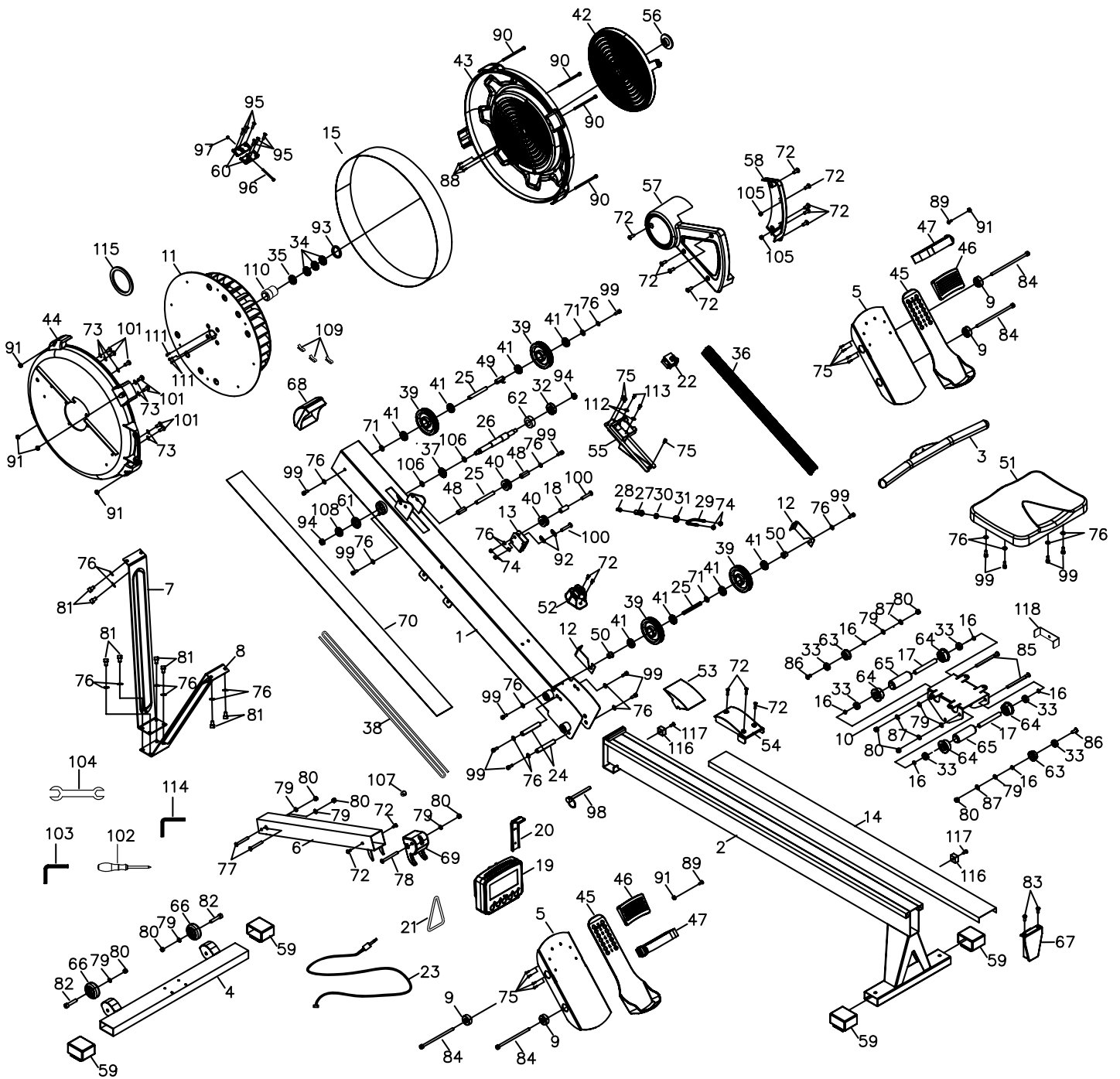
AIR ROWER
Model No: KRX700

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