

GYMAX



USER'S MANUAL
MAGNETIC ROWER
SP36440

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Safety Information

Important – Please read fully before assembly or using

To reduce the risk of serious injury, read the entire manual before you assemble or operate the Magnetic Rowing Machine. In particular, note the following safety precautions:

Assembly

- Check you have all the components and tools listed on pages 3, 4, bearing in mind that, for ease of assembly, some components are pre-assembled.
- Keep children and animals away from the work area, small parts could choke if swallowed.
- Make sure you have enough space to layout the parts before starting.
- Assemble the item as close to its final position (in the same room) as possible.
- Position the equipment on a clear, level surface.
- Dispose of all packaging carefully and responsibly.

Using

- It is the responsibility of the owner to ensure that all users of this product are properly informed as to how to use this product safely.
- This product is intended for domestic use only. **Do not** use in any commercial, rental, or institutional setting.
- Before using the equipment, always warm up properly.
- If the user experiences dizziness, nausea, chest pain, or other abnormal symptoms **stop the workout and seek immediate medical attention.**
- Only one person at a time should use the equipment.
- Keep hands away from all moving parts.
- Always wear appropriate workout clothing when exercising. **Do not** wear loose or baggy clothing, since it may get caught in the equipment. Wear

athletic shoes to protect your feet while exercising.

- **Do not** place any sharp objects around the equipment.
- Disabled persons should not use the equipment without a qualified person or doctor in attendance.
- This product is suitable for user's weight of: **110kgs.**
- Keep unsupervised children away from the equipment.
- Injuries to health may result from incorrect or excessive training the equipment shall be installed on a stable base and properly leveled.
- Braking system is adjustable.

Battery safety

- **Warning:** Incorrect installation of batteries may cause battery leakage and corrosion, resulting in damage to the computer.
- **Do not** mix old and new batteries, or batteries of different types.
- **Do not** dispose of batteries in a fire.
- **Do not** dispose of batteries with normal household waste, take to a local recycling centre.

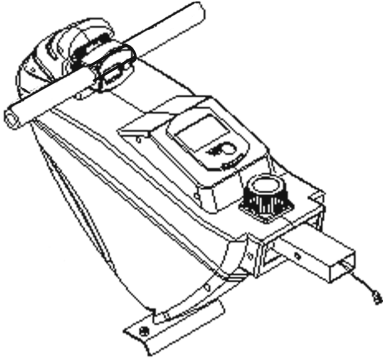


Warning: Before beginning any exercise program, consult your Doctor. This is especially important for persons over the age of 35 or persons with pre-existing health problems. You **MUST** read all instructions before using any fitness equipment. Argos and its associates assumes no responsibility for personal injury or property damage sustained by or through the use of this product. The fact the pedal crank training equipment is not suitable for therapeutic purposes. Heart rate monitoring systems may be inaccurate. Over exercise may result in serious injury or death. If you feel faint stop exercising immediately.

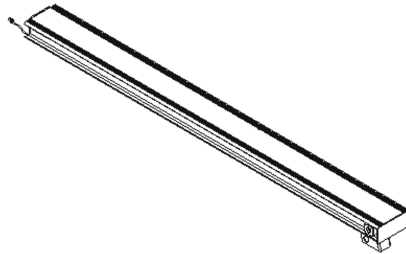
Components - Parts

Please check you have all the parts listed below

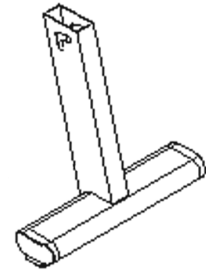
Note: Some of the smaller components may be pre-fitted to larger components. Please check carefully before contacting Argos regarding any missing components.



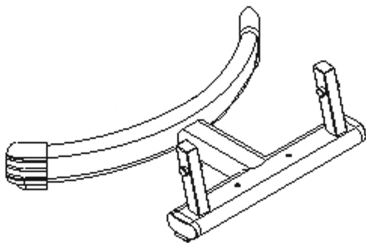
1. Main frame x 1



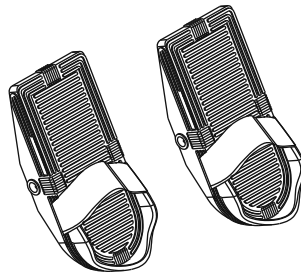
36. Main Rail x 1



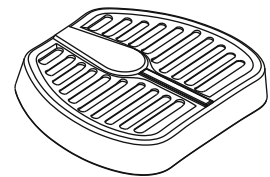
31. Rear Stabilizer x 1



56. Front Stabilizer x 1



55. Pedal L/R



46. Saddle x 1

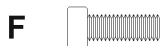
Components - Fixings

Please check you have all the fixings listed below

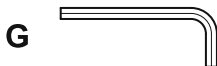
Note: Some of the fixings are pre-fitted to the larger components. Please check carefully before contacting Argos regarding any missing fixings.



Axle x 2PCS



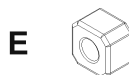
Bolt M8x20 x 2PCS



Wrench S6 x 2PCS



Bolt M8x35x 2PCS



Rubber Cushion x 2PCS

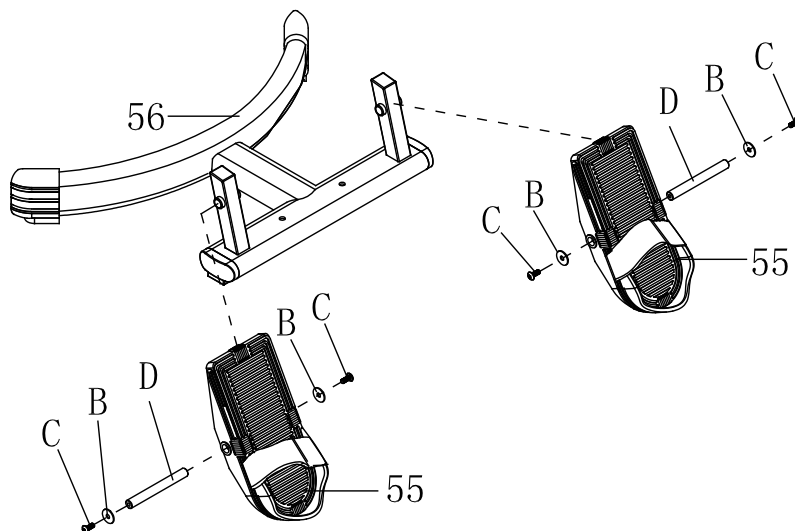
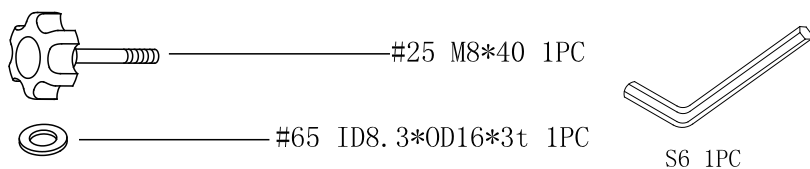


Bolt M8x15 x 4PCS



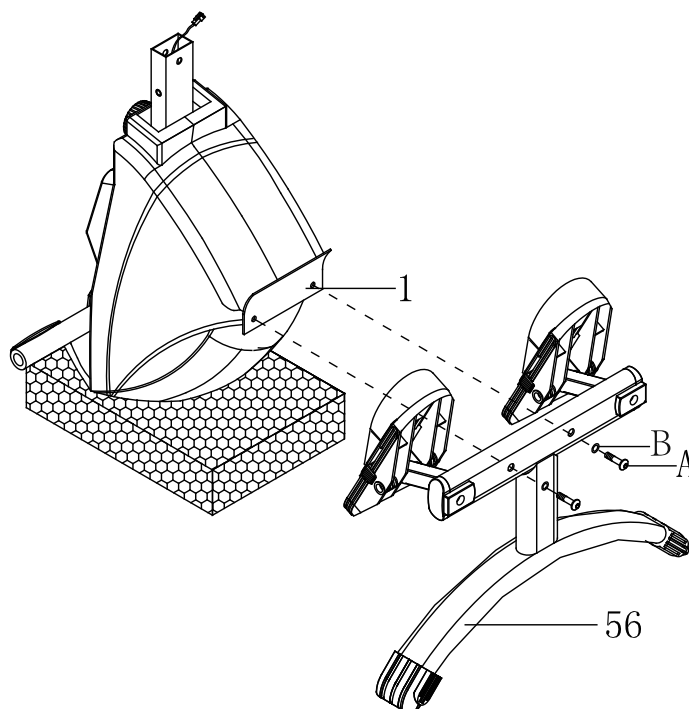
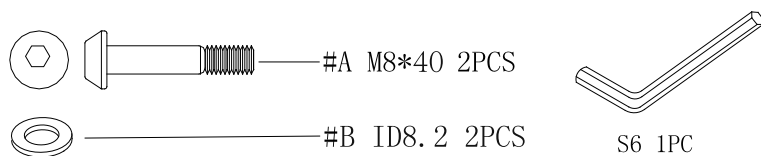
Washer x 4PCS

Assembly Instructions



Step 1

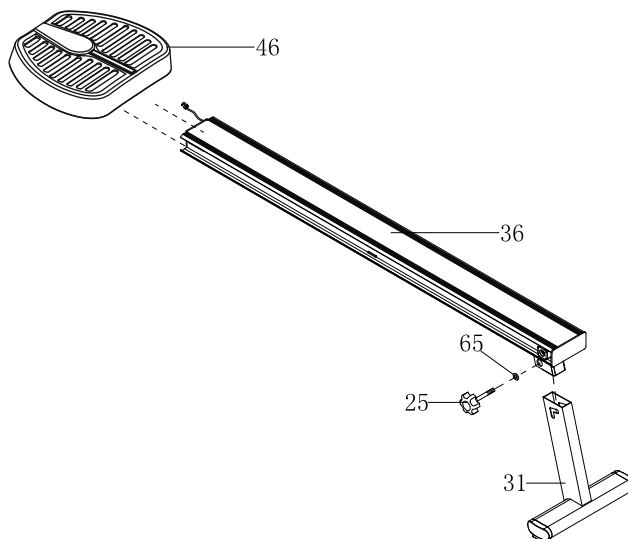
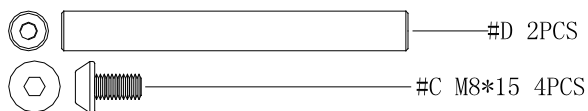
Place the Pedals (55) on the Front Stabilizer (56) and insert the Axles (D) through the holes. Then fix the Pedals to the front stabilizer with 4 x Washer (B) and 4 x M8*15 Bolt (C) on both ends of two axles.



Step 2

Connect the Front Stabilizer (56) in the upright position to the bottom of the Main Frame (1) with 2 x M8*40 Bolt (A) and 2 x Washer (B).

Assembly Instructions

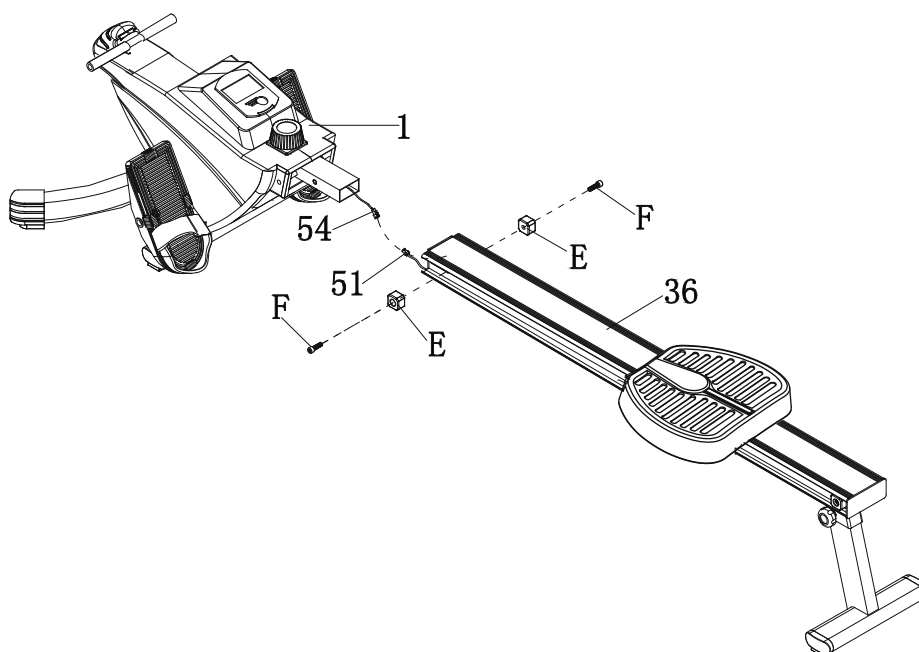
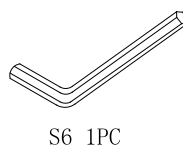
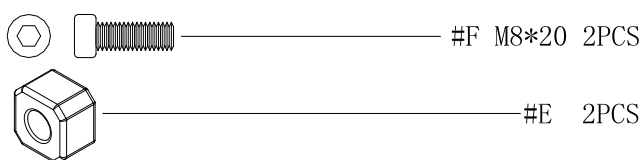


Step 3

Assemble the Rear Stabilizer (31) to the rear end of the Main Rail (36) and fix it with 1 x M8*40 Knob (25) and 1 x Washer (65).

Insert the Saddle (46) in the right direction onto the Main Rail (36).

Note: Both the M8*40 Knob (25) and Washer (65) are pre-assembled on the Main Rail (36). Please remove them before assembly and restore them afterwards.

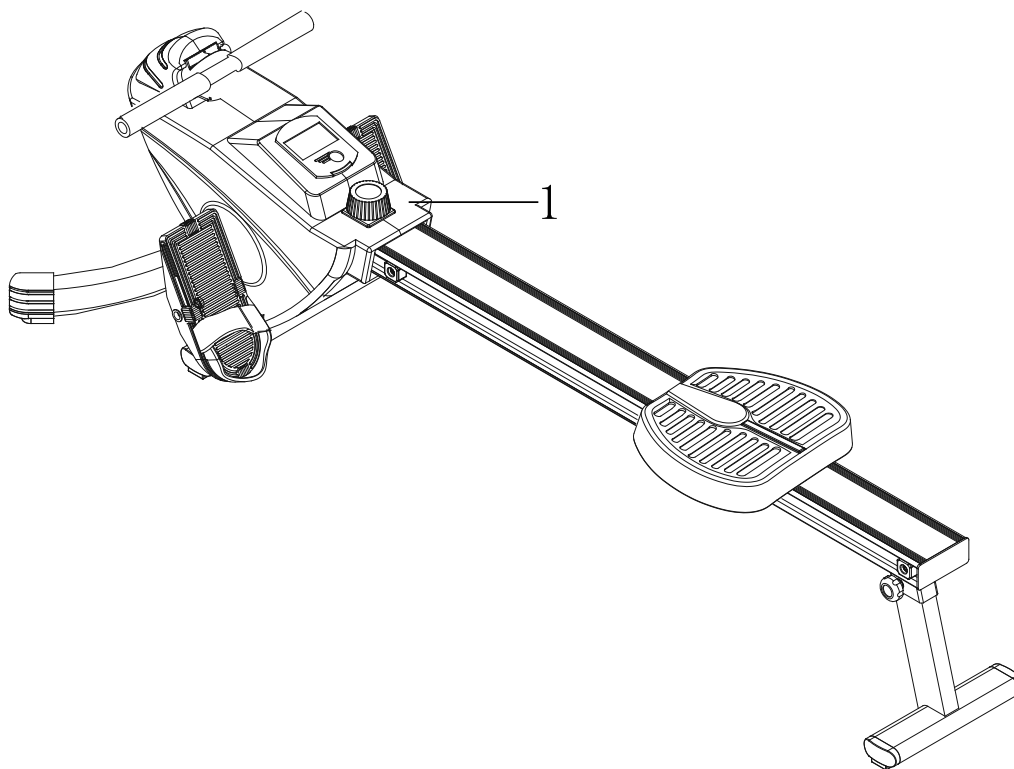
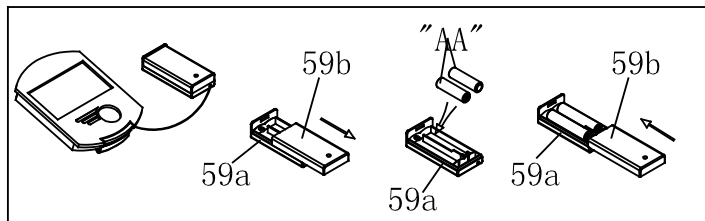
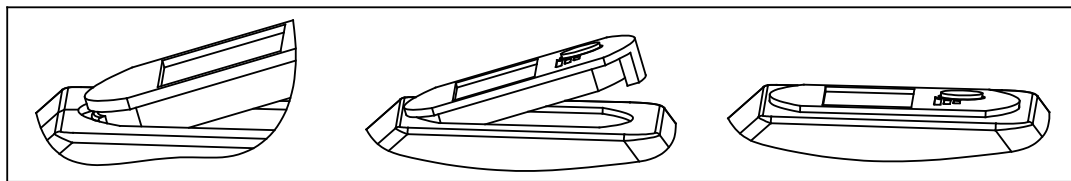


Step 4

Connect Cable Ends (51 & 54) together. Connect the Mail Rail (36) to the Main Frame (1) with 2 x M8*20 Bolt (F) and 2 x Rubber Cushion (E).

Assembly Instructions

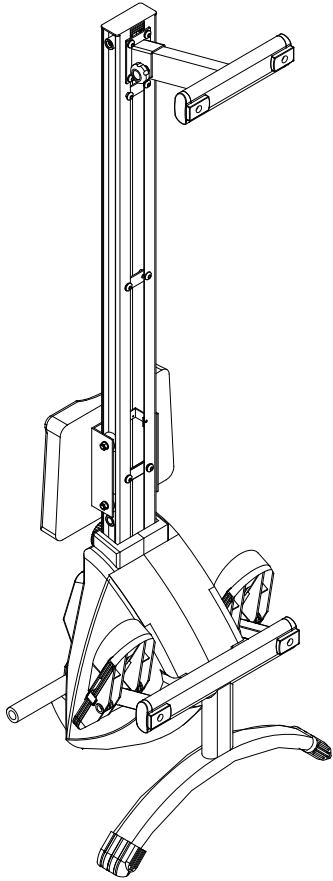
Installation of batteries



Step 5

Take out the battery compartment from the monitor. Slide open the Cover (59b) and install two "AA" batteries (not included) in the Compartment (59a). Close the cover (59b) and install the Compartment (59a) back to the monitor.

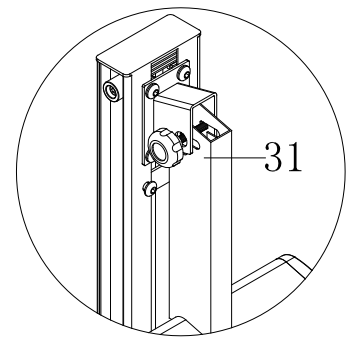
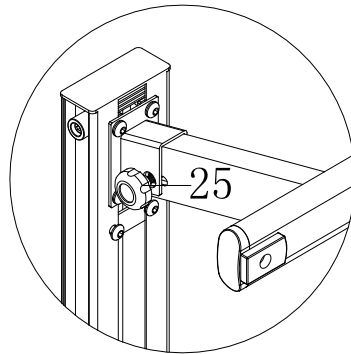
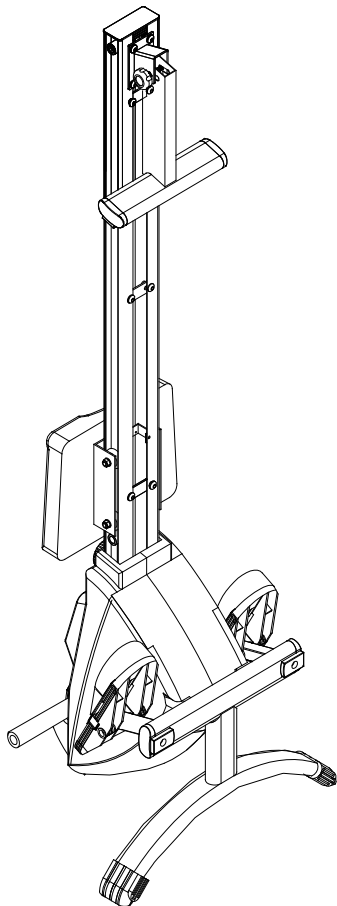
Storage Way



Step 1

Store your machine in a dry area away from children and high traffic areas.

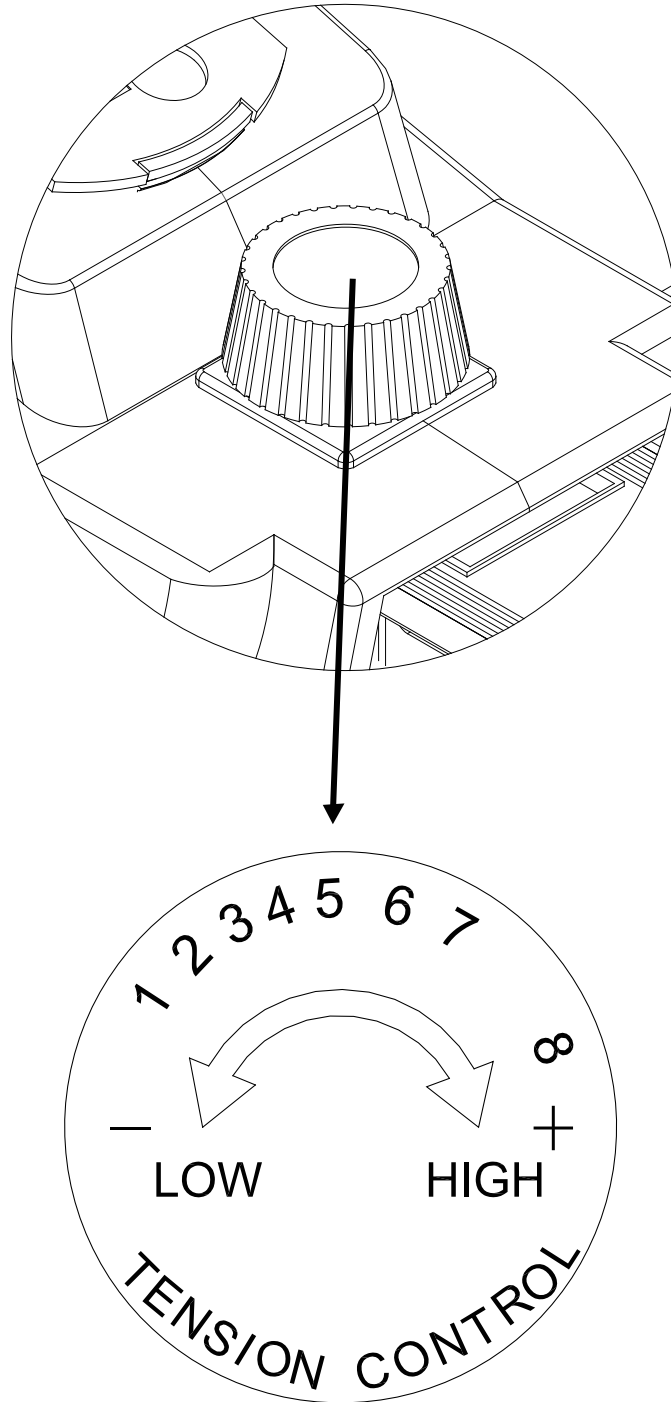
Be sure it is secure and will not fall downward onto small animals or children.



Step 2

Loosen the Knob (#25) first, then pull the Rear Stabilizer (#31) out and fold it down.

Tension Knob Adjustment



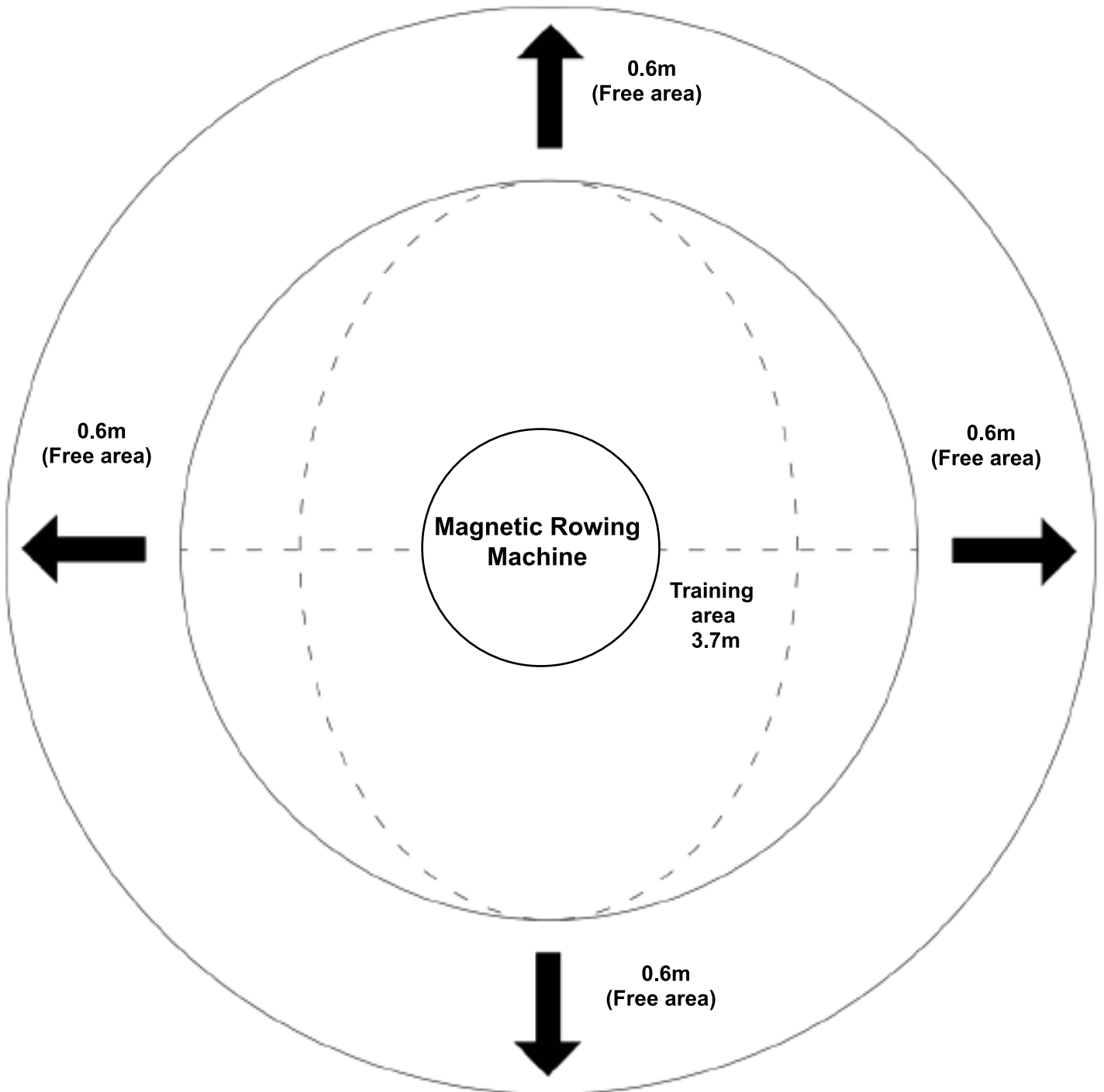
NOTE

You should begin your "Exercise Period" at the resistance level and speed to suit your needs. Remember to start out slow and easy and work your way up to the fitness level you desire.

Workout area

Free area and training area.

The free area should be no less than 0.6m greater than the training area in the directions from which the equipment is accessed. The free area must also include the area for emergency dismount. Where equipment is positioned adjacent to each other the value of the free area may be shared.



Functions and operations

SPECIFICATIONS:

TIME -----	0:00-99:59 MIN: SEC
COUNT -----	0-9999 STROKE(S)
TOTAL COUNT -----	0-9999 STROKE(S)
CALORIE -----	0.0-999.9 KCAL
COUNT/MIN -----	0-999 STROKE(S)



USING YOUR COMPUTER

The computer can be activated by pressing the button or by rowing. If you leave the equipment idle for 256 seconds, the power will turn off automatically.

BUTTON FUNCTIONS:

Press the button to select the function of the computer.

Press and hold the button for 2 seconds to reset all data values to zero except the TOTAL COUNT data values.

COMPUTER FUNCTIONS:

SCAN: Automatically scans each function in sequence with change every 6 seconds.

TIME: Displays your elapsed workout time in minutes and seconds.

COUNT: Displays the number of strokes you have taken.

TOTAL COUNT: Displays the accumulated the number of strokes.

CALORIE: Displays approximate amount of calories burned during workout.

(This data is a rough guide for comparison of different exercise sessions and should not be used in medical treatment).

COUNT/MIN: Displays the number of stroke per minute.

HOW TO INSTALL THE BATTERIES:

1. Remove the computer from the right and left covers.
2. Remove the battery cover and place two size AA batteries into the battery housing.
3. Insure batteries are correctly positioned and battery springs have proper contact with batteries.
4. Re-install the battery cover and computer.
5. If the display is unreadable or only partial segment appears, remove batteries and wait 15 seconds before reinstalling.

Exercising Information

Before starting to exercise

How you begin your exercise program depends on your physical condition. If you have been inactive for several years, or are severely overweight, you must start slowly and increase your time on the equipment; a few minutes per workout.

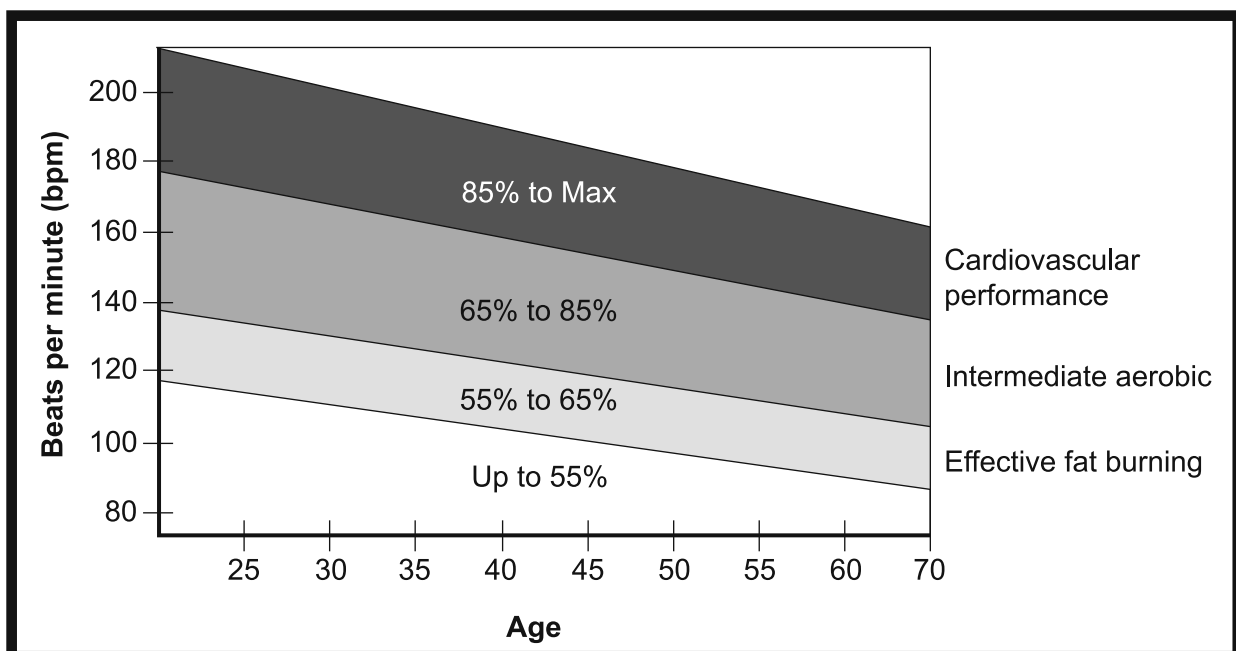
Initially, you may be able to exercise only for a few minutes in your target zone, however, your aerobic fitness will improve over the next six to eight weeks. Don't be discouraged if it takes longer. It's important to work at your own pace. Ultimately, you'll be able to exercise continuously for 30 minutes. The better your aerobic fitness, the harder you will have to work to stay in your target zone.

Please remember these essentials:

- Have your doctor review your training and diet programs to advise you of a workout routine you should adopt.
- Begin your training program slowly with realistic goals that have been set by you and your doctor.
- Monitor your pulse frequently. Establish your target heart rate based on your age and condition.
- Set up your equipment on a flat even surface at least 3 feet from walls and furniture.

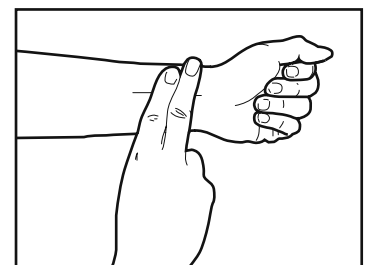
Exercise intensity

To maximize the benefits of exercising, it is important to exercise with the proper intensity. The proper intensity level can be found by using your heart rate as a guide. For effective aerobic exercise, your heart rate should be maintained at a level between 65% and 85% of your maximum heart rate as you exercise. This is known as your target zone. You can find your target zone in the table below.



During the first few months of your exercise program, keep your heart rate near the low end of your target zone as you exercise. After a few months, your heart rate can be increased gradually until it is near the middle of your target zone as you exercise.

To measure your heart rate, stop exercising but continue moving your legs or walking around and place two fingers on your wrist. Take a six-second heartbeat count and multiply the results by 10 to find your heart rate. For example, if your six-second heartbeat count is 14, your heart rate is 140 beats per minute. (A six-second count is used because your heart rate will drop rapidly when you stop exercising.) Adjust the intensity of your exercise until your heart rate is at the proper level.



Exercising Information

Muscle chart

Aerobic Exercise

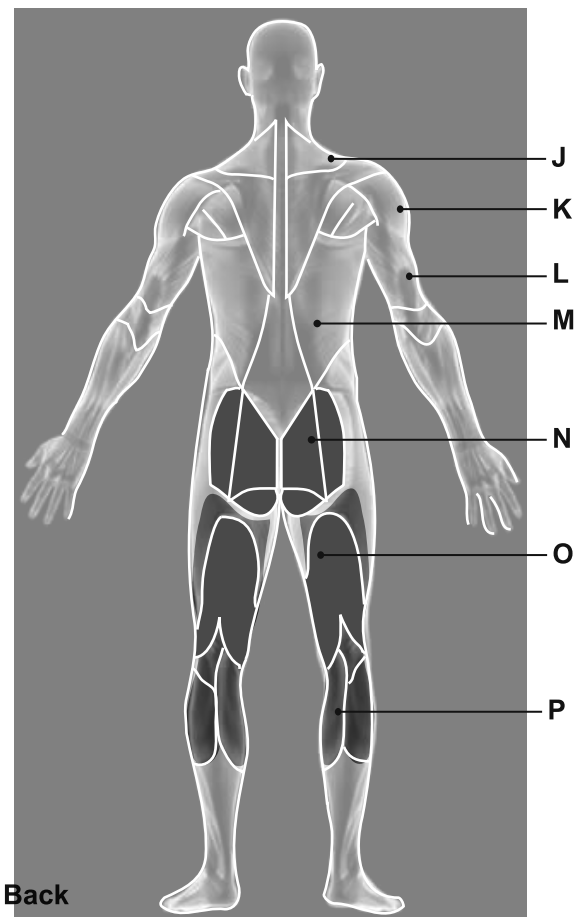
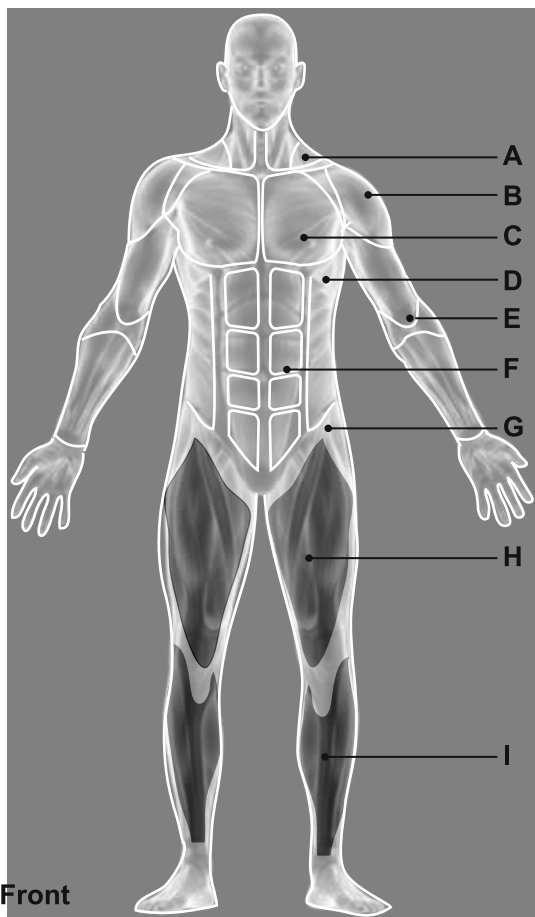
Aerobic exercise improves the fitness of your lungs and heart - your body's most important muscle. Aerobic exercise fitness is promoted by any activity that uses your large muscles (arms, legs, or buttock, for example). Your heart beats quickly and you breathe deeply. An aerobic exercise should be part of your entire exercise routine.

Weight Training

Along with aerobic exercising which helps get rid of and keep off the excess fat that our bodies can store, weight training is an essential part of the exercise routine process. Weight training helps tone, build and strengthen muscle. If you are working above your target zone, you may want to do a lesser amount of reps. As always, consult your doctor before beginning any exercise program.

Targeted Muscle Groups

The exercise routine that is performed on the Machine will develop the upper and lower body muscle groups. These muscle groups are highlighted on the muscle chart below.



- A:** Trapezius
- B:** Anterior
- C:** Pectoralis Major
- D:** Serratus Anterior
- E:** Biceps

- F:** Abdominal
- G:** Sartorius
- H:** Quadriceps
- I:** Tibialis

- J:** Trapezius
- K:** Posterior
- L:** Triceps
- M:** Latissimus Dorsi

- N:** Gluteals
- O:** Hamstrings
- P:** Gastrocnemius

Exercising Information

Warming up and Cooling down exercises

Each workout should include the following three parts:

1. A warm-up, consisting of 5 to 10 minutes of light exercise, such as jogging on the spot, star jumps and lunges. A proper warm-up increases your body temperature, heart rate, and circulation in preparation for exercise.
2. Training zone exercise, consisting of 20 to 30 minutes of exercising with your heart rate in your training zone. (**Note:** During the first few weeks of your exercise program, do not keep your heart rate in your training zone for longer than 20 minutes.)
3. A cool-down, with 5 to 10 minutes of stretching. This will increase the flexibility of your muscles and will help to prevent post-exercise problems.

Exercise Frequency

To maintain or improve your condition, plan three workouts each week, with at least one day of rest between workouts. After a few months of regular exercise, you may complete up to five workouts each week, if desired. Remember, the key to success is make exercise a regular and enjoyable part of your everyday life.

Suggested Stretches

See the following basic stretching exercises. Move slowly as you stretch, never bounce.

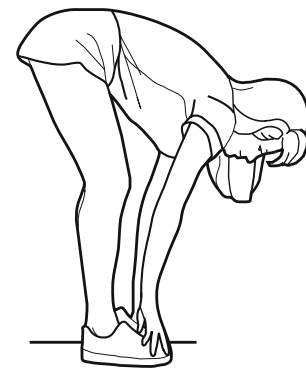
Toe touch stretch

Stand with your knees bent slightly and slowly bend forward from your hips. Allow your back and shoulders to relax as you reach down toward your toes as far as possible.

Hold for 15 counts, then relax.

Repeat 3 times.

Stretches: Hamstrings, back of knees and back.



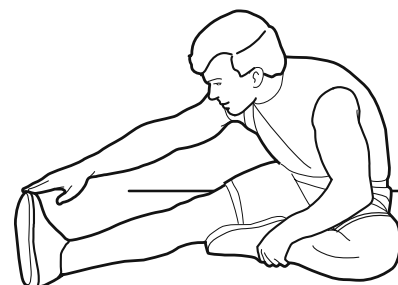
Hamstring stretch

Sit with one leg extended. Bring the sole of the opposite foot toward you and rest it against the inner thigh of your extended leg. Reach toward your toes as far as possible.

Hold for 15 counts, then relax.

Repeat 3 times for each leg.

Stretches: Hamstrings, lower back and groin.



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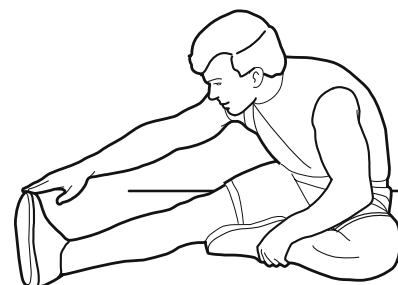
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Repeat 3 times for each leg.

Stretches: Hamstrings, lower back and groin.



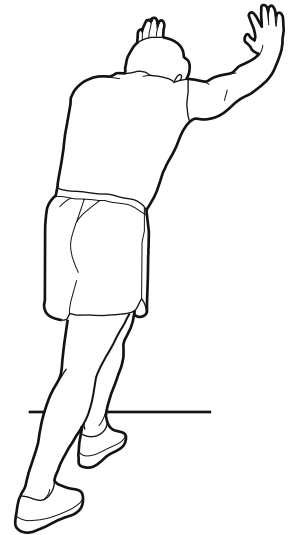
Calf/achilles stretch

With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall.

Hold for 15 counts, then relax.

Repeat 3 times for each leg. To cause further stretching of the achilles tendons, bend your back leg as well.

Stretches: Calves, achilles tendons and ankles.



Quadriceps stretch

With one hand against the wall for balance, reach back and grasp one foot with your other hand. Keeping your bent knee pointing directly downward towards the floor, gently pull your heel towards your buttock until you feel a gentle stretch in the target area.

Hold for 15 counts, then relax.

Repeat 3 times for each leg.

Stretches: Quadriceps and hip muscles.



Inner thigh stretch

Sit with the soles of your feet together and your knees outward. Pull your feet toward your groin area as far as possible.

Hold for 15 counts, then relax.

Repeat 3 times.

Stretches: Quadriceps and hip muscles.



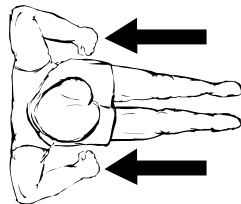
Using your MACHINE will provide you with several benefits.

- (1) It will improve your physical fitness. It strengthens the heart and improves circulation as well as exercising all the major muscle groups; the back, waist, arms, shoulders, hips and legs.
- (2) Tone your muscles and, in conjunction with a calorie-controlled diet, help you lose weight.

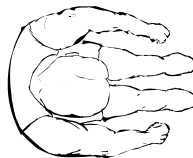
Rowing is an extremely effective form of exercise.

The Basic Rowing Stroke

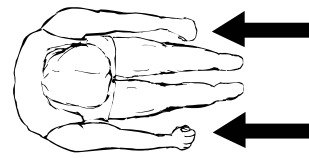
- 1) Sit on the saddle and fasten your feet to the pedals using the Velcro straps. Then take hold of the rowing bar.
- 2) Take up the starting position, leaning forward with your arms straight and knees bent as shown in (Fig 1).
- 3) Push yourself backwards, straightening your back and legs at the same time (Fig 2).
- 4) Continue this movement until you are leaning slightly backwards, during this stage you should bring your arms out of the side. (Fig 3). Then return to stage 2 and repeat. See below.



(Fig.1)



(Fig.2)



(Fig.3)

Training Time

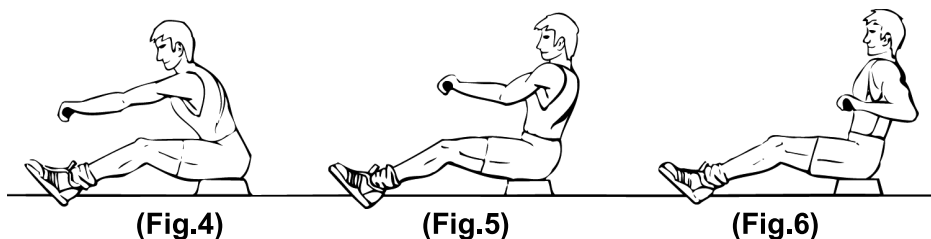
Rowing is a strenuous form of exercise, and because of this it is best to start with a short, easy exercise programme and build up to longer and harder workouts. Start rowing for about 5 minutes and as you progress, increase the length of your work out to match your improving level of fitness. You should eventually be capable of rowing for 15-20 minutes, but do not try to achieve this too quickly.

Try to train on alternate days, 3 times a week. This gives your body time to recover between workouts.

Alternate Rowing Styles

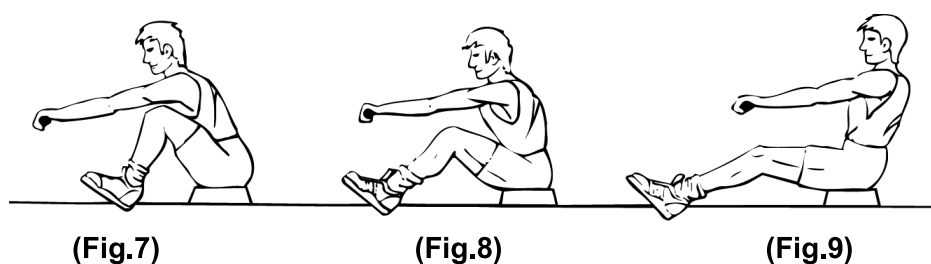
Arms Only Rowing


This exercise will tone muscles in your arms, shoulders, back and stomach. Sit as shown in Fig 4 with your legs straight, lean forward and grasp the handles. In a gradual and controlled manner lean back to just past the up right position continuing to pull the handles towards your chest. Return to the starting position and repeat. See below.

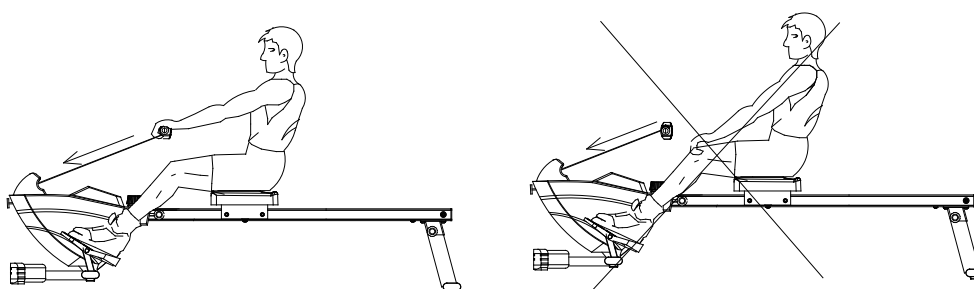


Legs Only Rowing

This exercise will help tone muscles in your legs and back. With your back straight and arms out-stretched, bend your legs until you are grasping the rowing arm handles in the starting position, Fig 7. Use your legs to push your body back whilst keeping your arms and back straight.



 Caution: Hold the handlebar all the time during exercise, do not bounce the resistance rope automatically.

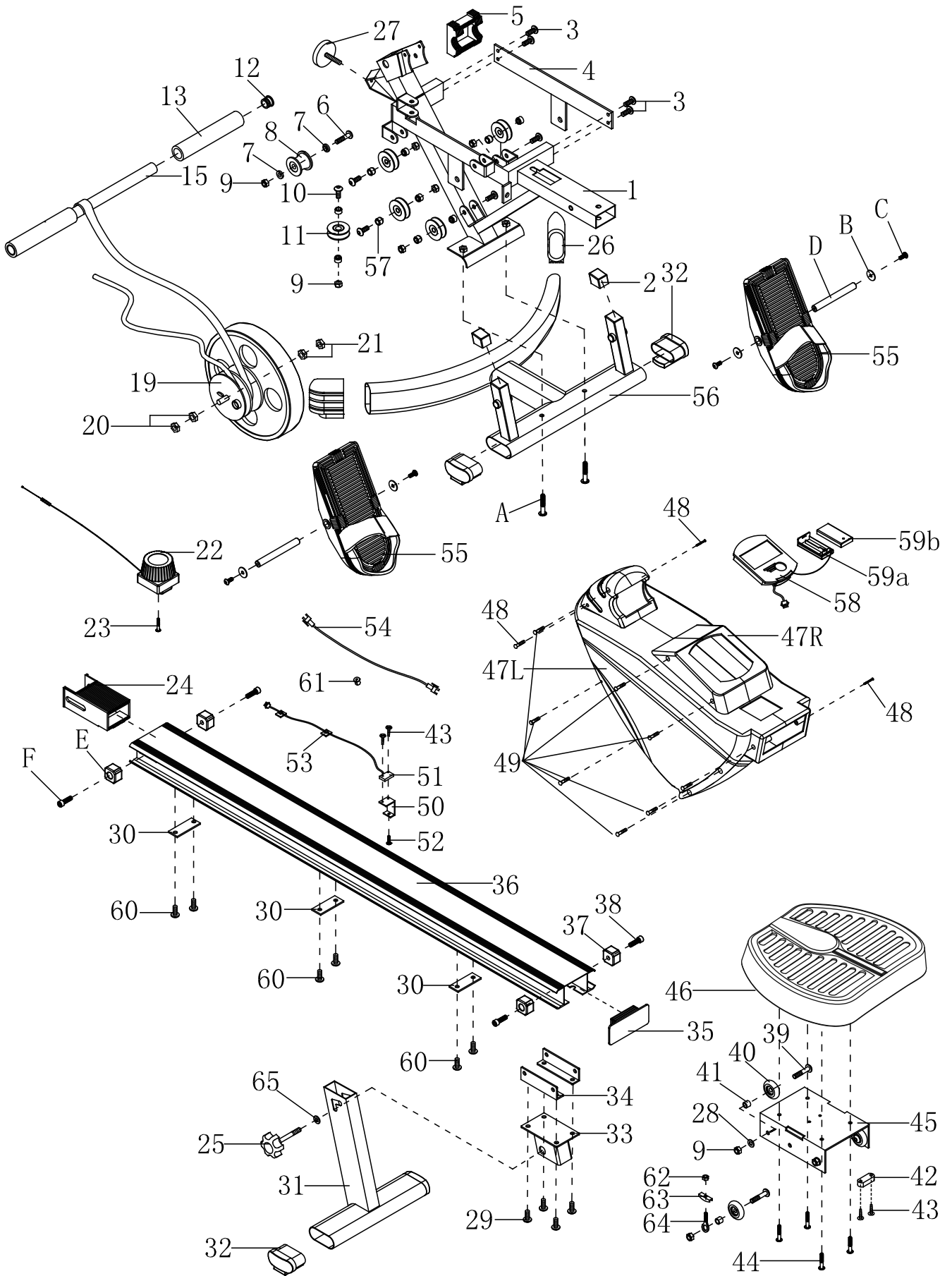


Cooling-Down Phase

This stage is to let your cardio-vascular system and muscles wind down. This is a repeat of the warm-up phase. First, reduce your tempo and continue at this slower pace for approximately 5 minutes before you get off your Exercise Bike. The stretching exercises should now be repeated, again remembering not to force or jerk your muscles into the stretch.

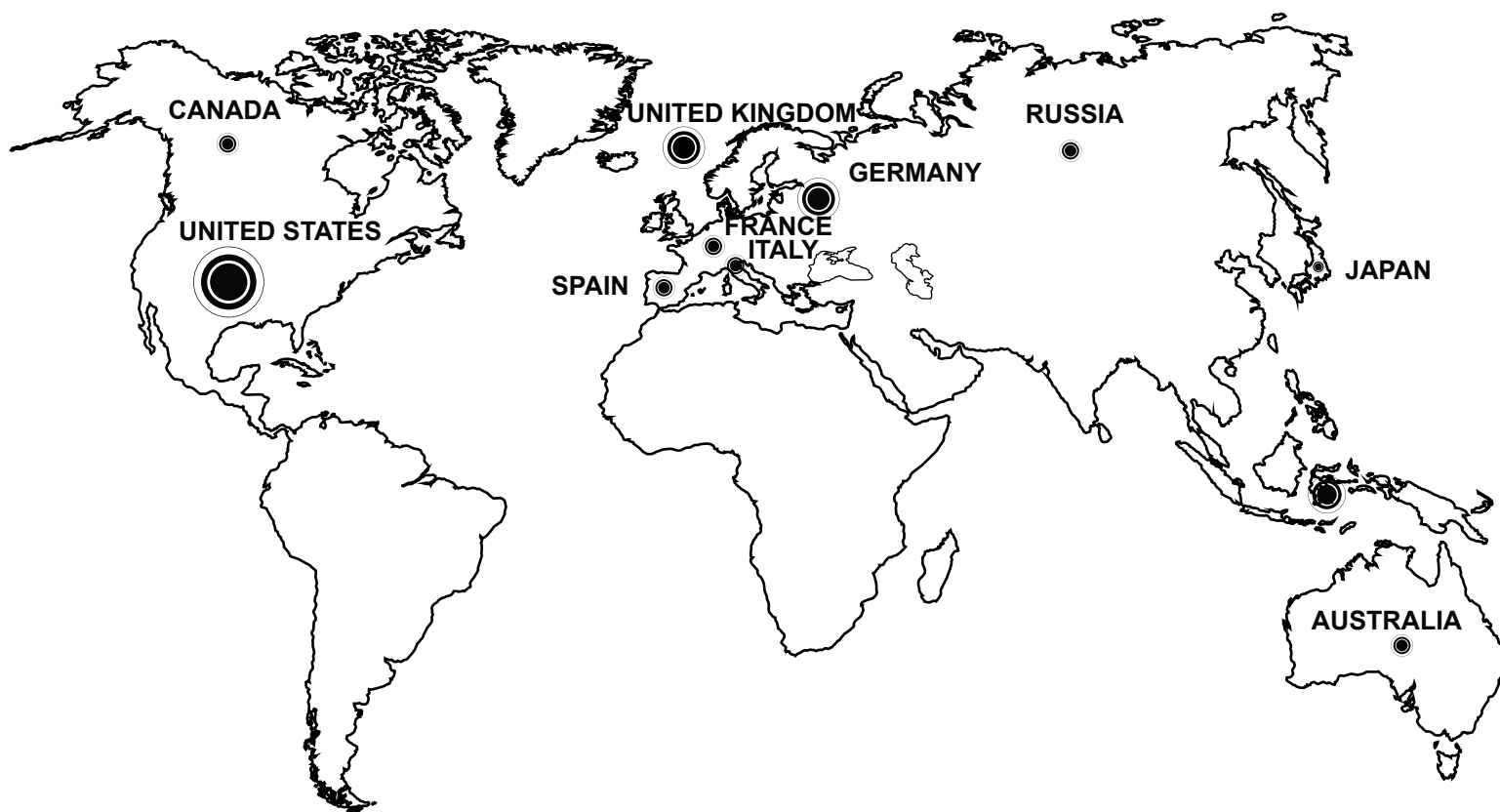
As you get fitter you may need to train longer and harder. It is advisable to train at least three times a week, and if possible to space your workouts evenly throughout the week.

Overview Drawing



Part List

NO.	DESCRIPTION	Q'TY	NO.	DESCRIPTION	Q'TY
A	Bolt M8x35	2	41	Sleeve	6
B	Washer	2	42	Magnet	1
C	Bolt M8x15	4	43	Screws M3x10	4
D	Axle	2	44	Bolt M6x12	4
E	Rubber Cushion	2	45	Saddle Support frame	1
F	Bolt M8x20	2	46	Saddle	1
G	Wrench S6	2	47R	Right plastics Cover(right)	1
1	Main Frame	1	47L	Left plastics Cover(left)	1
2	End cap	2	48	Screw M4x25	4
3	Bolt M8x20	4	49	Screw M4x20	7
4	Enforcement plate	1	50	Sensor fasten plate	1
5	Plastic pad	1	51	Sensor	1
6	Bolt M8x55	1	52	Screw M5x10	1
7	Sleeve	2	53	STRAIN RELIEF BUSHING	3
8	Plastic wheel	1	54	Sensor wire of computer	1
9	Nut M8	12	55	Pedal L/R	1
10	Bolt M8x35	5	56	Front Stabilizer	1
11	pully	5	57	Sleeve	10
12	End cap	2	58	Computer	1
13	Grip	2	59	Battery bracket	1
15	Rowing handle bar	1	59	Cover of battery bracket	1
19	Magnetic flywheel	1	60	Bolt M6 x15	6
20	Nut M10 S17	2	61	End cap	1
21	Nut M10 S15	2	62	Nut M6	2
22	Tension Knob and cable	1	63	U- shaped piece	2
23	Screws M5x15	1	64	Bolt M6x20	2
24	Hollow bushing	1	65	Washer ID8-3xOD16x3t	1
25	Knob M8x40	1			
26	End cap	2			
27	Knob	1			
28	Washer M8	4			
29	Bolt M8x15	4			
30	Enforcement plate	3			
31	Rear Stabilizer	1			
32	End cap	4			
33	Fasten plate	1			
34	Fasten plate	2			
35	End cap	1			
36	Main Rail	1			
37	Rubber Cushion	2			
38	Bolt M8x16	2			
39	Bolt M8x30	6			
40	Wheel	6			



TIPS:

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February 24, 2018

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EASY SHOPPING EXPERIENCE, GOOD PRODUCTS and EFFICIENT SERVICE!**

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