



Air Magnetic Rower

MAX USERS WEIGHT: 250LBS
MADE IN TAIWAN

OWNER'S MANUAL

INTRODUCTION

Congratulations! You have just purchased the most advanced Air Magnetic Rowing machine for aerobic conditioning.

The Air Magnetic Rower provides you with a faster, safer and more enjoyable workout producing better results than most home aerobic machines available today. By making a commitment to use the Air magnetic Rower you will see dramatic results that will encourage you to reach your fitness goals.

Please read this manual thoroughly and by doing so you will:

- Save valuable exercise time in the long run.
- Exercise safely and more effectively.
- Learn proper techniques.
- Be able to better define your fitness goals.
- Chose the correct program.
- Learn valuable training tips.

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BENEFITS OF EXERCISE

Regular exercise improves both the quality and quantity of life.

The benefits of regular participation in a well-balanced fitness program include:

1. Weight loss
2. Improved body shape and definition
3. Increased muscle mass, strength, endurance, power, and definition
4. Enhanced flexibility
5. Increased metabolism
6. Injury prevention
7. Improved self-esteem
8. Improved aerobic fitness
9. Improved coordination and agility

A regular exercise program will improve the quality of your life, give you more energy, and slow down the aging process.

Fifteen to thirty minutes, three times a week, or only one and a half hours a week is a small price to pay for huge benefits of a regular exercise program.

MEDICAL/SAFETY NOTICE

Failure to read and follow the safety instructions below and in the Owner's Manual may result in serious injury or even death.

1. Read the Owner's Manual and all safety instructions thoroughly and familiarize yourself with the Air Magnetic Rower before using it.
2. Before beginning any exercise program, consult your physician. He or she can help evaluate your present fitness level and determine the exercise program that is the most appropriate for your age and physical condition.
3. If you experience any pain or tightness in your chest, irregular heartbeat, and shortness of breath, faintness, or unusual discomfort during exercising, stop and consult a physician before continuing.
4. Adult supervision is required at all times when a child is on or near the Rower.
5. Keep fingers and limbs, loose clothing and hair away from moving parts.
6. All equipment should be checked for wear before each use. Do not use this equipment unless all moving parts are working correctly.
7. Care should be taken when getting on or off this or any exercise equipment.
8. Use only the accessory attachments recommended by the manufacturer.
9. All equipment should be set up and operated on solid, level surfaces.

CARE AND MAINTENANCE

Your Rower is made of the highest quality materials. It is so important that you take care of your Rower on a regular basis.

1. Your Rower is for indoor use only and should not be used or stored in damp areas. Wipe all perspiration from your Rower after each use.
2. The Rower should be dusted and cleaned on a regular basis to stop build-up of dust. Use Windex or an alcohol-based cleaner on a clean cloth on a regular basis. Do not use any abrasive cleaners, as this will damage the surface.



3. To ensure that the seat runs smoothly the roller track of the monorail and the rollers need special cleaning with an oil based furniture polish
4. Regularly check tightness of nuts, bolts, and pins, etc.
See page 11 of Owner's Manual for Warranty details.

FEATURES OF THE AIR MAGNETIC ROWER

The Air Magnetic Rower allows you all the advantages of a full sized rowing machine in a compact, foldaway design.

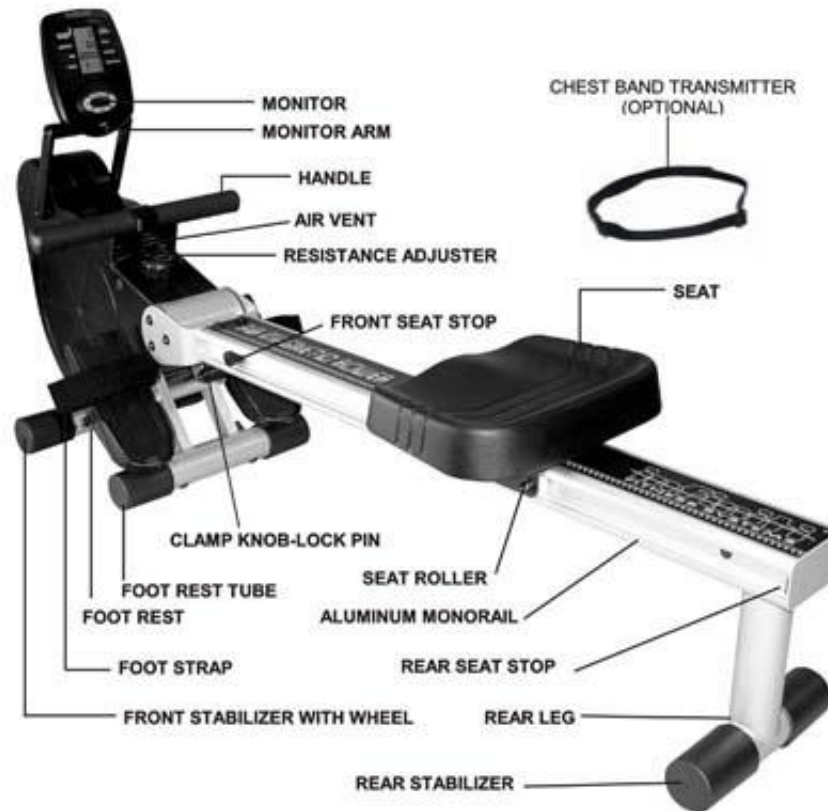
The Air Magnetic Rower provides smooth and variable exercise capabilities with:

- Full range Resistance Control.
- Rotating Foot Pedals.
- Ergonomic rowing action.
- Air vent provides cool airflow.
- Full Electronics package.
- Strong stable frame.
- Chest Band Pulse Transmitter (Optional).

DESIGNERS NOTE. The return spring on this Air Magnetic Rower has been designed with the lightest possible force. There is more than sufficient spring tension to recoil the polyester strap regardless of the return speed of the handle to the start position.

The reason for the light return spring is to give the user an improved level of exercise by increasing the benefit to the hamstring group of muscles at the rear of the thigh. This muscle group is called upon when the user moves the seat forward.

We have faithfully duplicated the "normal" rowing action one would get when rowing on water where the oar is not pulled forward.



GETTING STARTED

Folding and Unfolding the Rower

Your Rower can be folded and unfolded in a matter of seconds. It is very important you understand the operation of the Clamp Knob-Lock Pin for folding and unfolding your Rower.

Clamp Knob-Lock Pin

The Clamp Knob-Lock Pin is located under the monorail at the front of the Rower.

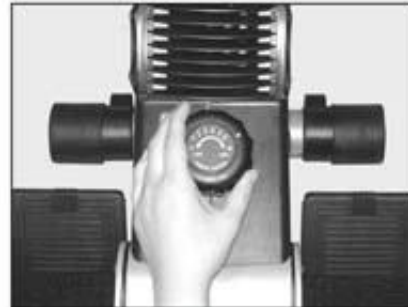


Rotate the knob until it is free enough to pull down to release the monorail. The lock pin will automatically engage when the monorail is in the horizontal (ready to use) or folded position. You will hear a "click" when the lock pin engages. Always tighten the clamp knob firmly before use, when folded or before transportation.

Unfolding For Use

If the Clamp Knob is not tight when you start to use your Rower the front of the Rower will lift a little. The lock pin will prevent the Rower from accidentally folding. When the clamp knob has been firmly tightened you can start your workout. Please refer to the *Training Guidelines* section on the next page of this manual to optimize your workouts.

Adjusting the Resistance



"Air" is the principal resistance of the Rower. On level 1 the resistance is 100% air. As you rotate the resistance knob clockwise you gradually start to introduce the magnetic system in varying degrees according to the setting. On level 8 the resistance is approximately 30% air and 70% magnetic.

Folding the Rower

IMPORTANT NOTE:

Before starting the folding procedure roll the seat forward to the Front Seat Stop. Loosen the clamp knob and pull the knob down to release the lock pin. Slowly lift the monorail to the fully folded position. You will hear the lock pin engage. For safety reasons remember to tighten the clamp knob. You should also fold the monitor down to avoid the chance of damage.



Using the Monitor



Any input will turn-on the Monitor.

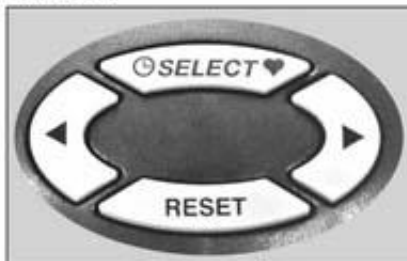
The Monitor displays a total of 6 functions:

1. **STROKES/MIN** - Stroke rate per minute.
2. **TOTAL STROKES** - Accumulated strokes
3. **DISTANCE** - Total distance traveled
4. **SPEED** - Equivalent land speed.
5. **TIME** - in minutes and seconds.
6. **CALORIES** - in Kilocalories.
7. **CLOCK** - Real time clock.
8. **HEART RATE** - Activated from pulses received from the optional Chest Band Transmitter.

Using the Monitor (continued)

Key Operation

There are 4 keys located at the lower section of the monitor case.



The **SELECT** and **RESET** keys will select between the functions on the left of the monitor and the functions on the right. This only applies to the top 3 displays. (These keys do not change the **CLOCK** and **HEART RATE** functions)

The **RESET** key will reset the top 3 displays.

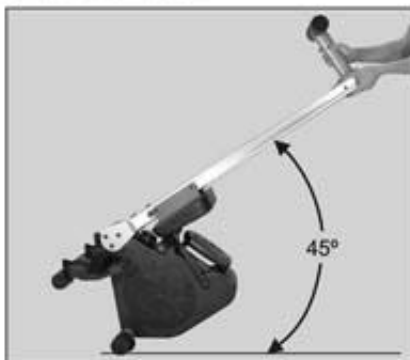
The **SELECT** key when pressed will change the display between **CLOCK** and **HEART RATE**. To set the **CLOCK** push and hold this key for 5 seconds. The hour digits will flash very fast. Push the key once to cycle time in one-hour increments. Holding the key for 2 seconds will automatically cycle the digits. When the correct hour is displayed wait for 5 seconds and the display will change and minutes will flash. Repeat the process to display correct minutes and wait another 5 seconds and the clock will be set.

The **HEART RATE** display will show **P-** until a signal is received from the chest pulse transmitter (optional).

If there is no input signal for 4 minutes the Monitor will automatically turn off. The **CLOCK** will continue to display time.

Transportation

Your Rower has transportation wheels located at the front. This enables you to easily move the Rower from room to room.



Do not attempt to transport the Rower without the Clamp Knob firmly tightened.

From the folded position grasp the Rear Leg of the Rower and tilt the machine until the wheels are engaged with the floor. The correct angle for transportation is 45°.

TRAINING GUIDELINES

Exercise

Exercise is one of the most important factors in the overall health of an individual. Listed among its benefits are:

- Increased capacity for physical work (strength endurance)
- Increased cardiovascular (heart and arteries/veins) and respiratory efficiency
- Decreased risk of coronary heart disease
Changes in body metabolism, e.g. losing weight
- Delaying the physiological effects of age
Physiological effects, e.g. reduction in stress, increase in self-confidence, etc.

Your Rower's unique design provides an excellent opportunity for a high level of overall fitness.

Basic Components of Physical Fitness

There are four all encompassing components of physical fitness and we need to briefly define each and clarify its role.

Strength is the capacity of a muscle to exert a force against resistance. Strength contributes to power and speed and is of great importance to a majority of sports people.

Muscular Endurance is the capacity to exert a force repeatedly over a period of time, e.g. it is the capacity of your legs to carry you 0 Km without stopping.

Flexibility is the range of motion about a joint. Improving flexibility involves the stretching of muscles and tendons to maintain or increase suppleness, and provides increased resistance to muscle injury or soreness.

Cardio-Respiratory Endurance is the most essential component of physical fitness. It is the efficient functioning of the heart and lungs.

Aerobic Fitness

The largest amount of oxygen that you can use per minute during exercise is called your **maximum oxygen uptake** (MVO₂). This is often referred to as your **aerobic capacity**.

The effort that you can exert over a prolonged period of time is limited by your ability to deliver oxygen to the working muscles. Regular vigorous exercise produces a training effect that can increase your aerobic capacity by as much as 20 to 30%. An increased MVO₂ indicates an increased ability of the heart to pump blood, of the lungs to ventilate oxygen and of the muscles to take up oxygen.

Anaerobic Training

This means "without oxygen" and is the output of energy when the oxygen supply is insufficient to meet the body's long-term energy demands. (For example, 100-meter sprint).

The Training Threshold

This is the minimum level of exercise, which is required to produce significant improvements in any physical fitness parameter.

Progression

As you become fitter, a higher intensity of exercise is required to create an overload and therefore provides continued improvement.

Overload

This is where you exercise at a level above that which can be carried out comfortably. The intensity, duration and frequency of exercise should be above the training threshold and should be gradually increased as the body adapts to the increasing demands. As your fitness level improves, so the training threshold should be raised. Working through your program and gradually increasing the overload factor is important.

Specificity

Different forms of exercise produce different results. The type of exercise that is carried out is specific both to the muscle groups being used and to the energy source involved. There is little transfer of the effects of exercise, e.g. from strength training to cardiovascular fitness. That is why it is important to have an exercise program tailored to your specific needs.

Reversibility

If you stop exercising or do not do your program often enough, you will lose the benefits you have gained. Regular workouts are the key to success.

Warm Up

Every exercise program should start with a **warm up** where the body is prepared for the effort to come. It should be gentle and preferably use the muscles to be involved later. Stretching should be included in both your **warm up** and **cool down**, and should be performed after 3-5 minutes of low intensity aerobic activity or callisthenic type exercise.

Warm Down or Cool Down

This involves a gradual decrease in the intensity of the exercise session. Following exercise, a large supply of blood remains in the working muscles. If it is not returned promptly to the central circulation, pooling of blood may occur in the muscles.

Heart Rate

As you exercise, so the rate at which your heart beat also increases. This is often used as a measure of the required intensity of exercise. You need to exercise hard enough to condition your circulatory system, and increase your heart rate, but not enough to strain your heart.

Your initial level of fitness is important in developing an exercise program for you. If you are starting off, you can get a good training effect with a heart rate of 110-120 beats per minute (BPM). If you are fitter, you will need a higher threshold of stimulation.

To begin with, you should exercise at a level that elevates your heart rate to about 65 to 70% of your maximum heart rate. If you find this is too easy, you may want to increase it, but it is better to lean on the conservative side.

As a rule of thumb, the maximum heart rate is 220 BPM minus your age. As you increase in age, so your heart, like other muscles, loses some of its efficiency. Some of its natural loss is won back as fitness improves.

The following table is a guide for those who are "starting fitness".

Age	25	30	35	40	45	50	55	60	65
Target Heart Rate									
10 Second Count	23	22	22	21	20	19	19	18	18
Beats per Minute									
Minute	138	132	132	126	120	114	114	106	108

Pulse Count

The pulse count (on your wrist or carotid artery in the neck, taken with two index fingers) is done for ten seconds, taken a few seconds after you stop exercising. This is for two reasons: (a) 10 seconds is long enough for accuracy, (b) the pulse count is to approximate your BPM rate at the time you are exercising. Since heart rate slows as you recover, a longer count isn't as accurate.

The target is not a magic number, but a general guide. If you're above average fitness, you may work quite comfortably a little above that suggested for your age group.

The following table is a guide to those who are keeping fit. Here we are working at about 80% of maximum.

Age	25	30	35	40	45	50	55	60	65
Target Heart Rate 10 Second									
Count	26	26	25	24	23	22	22	21	20
Beats per Minute	156	156	150	144	138	132	132	126	120

Don't push yourself too hard to reach the figures on this table. It can be very uncomfortable if you overdo it. Let it happen naturally as you work through your program. Remember, the target is a guide, not a rule, a little above or below is just fine.

Two final comments: (1) don't be concerned with day to day variations in your pulse rate, being under pressure or not enough sleep can affect it; (2) your pulse rate is a guide, don't become a slave to it.

Endurance Circuit Training

Cardiovascular endurance, muscle strength, flexibility and coordination are all necessary for maximum fitness. The principle behind circuit training is to give a person all the essentials at one time by going through your exercise program moving as fast as possible between each exercise. This increases the heart rate and sustains it, which improves the fitness level. Do not introduce this circuit training effect until you have reached an advanced program stage.

Periodization

This is the term used to vary your exercise program for both physiological and psychological benefits. In your overall program, you should vary the workload, frequency and intensity. The body responds better to variety and so do you. In addition, when you feel yourself getting "stale", bring in periods of lighter exercise to allow the body to recuperate and restore its reserves. You will enjoy your program more and feel better for it.

Muscle Soreness

For the first week or so, this may be the only indication you have that you are on an exercise program. This, of course, does depend on your overall fitness level. A confirmation that you are on the correct program is a very slight soreness in most major muscle groups. This is quite normal and will disappear in a matter of days.

If you experience major discomfort, you may be on a program that is too advanced or you have increased your program too rapidly.

If you experience PAIN during or after exercise, your body is telling you something. Stop exercising and consult your doctor.

What to Wear

Wear clothing that will not restrict your movement in any way while exercising.

Clothes should be light enough to allow the body to cool. Excessive clothing that causes you to perspire more than you normally would while exercising, gives you no advantage. The extra weight you lose is body fluid and will be replaced with the next glass of water you drink.

It is advisable to wear a pair of gym or running shoes or "sneakers".

Breathing During Exercise

Do not hold your breath while exercising. Breathe normally as much as possible. Remember, breathing involves the intake and distribution of oxygen, which feeds the working muscles.

Rest Periods

Once you start your exercise program, you should continue through to the end. Do not break off halfway through and then restart at the same place later on without going through the warm-up stage again.

The rest period required between strength training exercises may vary from person to person. This will depend mostly on your level of fitness and the program you have chosen. Rest between exercises by all means, but do not allow this to exceed two minutes. Most people manage with half minute to one-minute rest periods.

STRETCHING

Stretching should be included in both your warm up and cool down, and should be performed after 3-5 minutes of low intensity aerobic activity or calisthenic type exercise. Movements should be performed slowly and smoothly, with no bouncing or jerking. Move into the stretch until slight tension, not pain, is felt in the muscle and hold for 20-30 seconds. Breathing should be slow, rhythmical and under control, making sure never to hold your breath.



1. Quadriceps Stretch

Reach behind body with one hand, grasp top of foot and pull heel toward buttocks while maintaining an erect and upright posture. Hold for 20-30 seconds and release. Repeat for opposite leg.



2. Calf, Achilles Stretch

Keeping back leg straight and foot flat on floor with toes pointed straight ahead, move hips forward by bending knee on front leg. Hold for 20-30 seconds and release. Repeat for opposite leg.



3. Back Stretch

With arms extended and hips directly over feet, lower upper body below hand level by bending at the knees. Hold for 20-30 seconds and release.



4. Rear Upper Arm Stretch

Grasp elbow and pull hand toward midline of the body while maintaining an erect and upright posture. Hold for 20-30 seconds and release. Repeat for opposite arm.



5. Hamstring, Lower Back Stretch

Holding thigh against upper body, extend leg toward ceiling. Hold for 20-30 seconds. Repeat for opposite leg.

6. Buttocks, Hips, Abdominal Stretch

While keeping both shoulders in contact with the ground, gently pull knee toward the ground. Hold for 20-30 seconds and release. Repeat for opposite side.



7. Inner Thigh Stretch

With soles of feet together, lean forward from the waist while applying downward pressure to the inside of the knees. Hold for 20-30 seconds and release.



8. Chest, Shoulder, Upper Arm Stretch

Move buttocks forward away from arms while keeping arms extended back and palms on ground. Hold for 20-30 seconds and release.

PROGRAMS

The program you follow should be determined by your fitness level, available time and goals. It is highly recommended that you review pages 7 & 8 and obtain a better understanding of your capabilities and the intensity that best suits you and your goals.

First time exercisers should follow Program #1 and gradually build up both the time and intensity of your workout. If you are already a regular exerciser, you may wish to follow Program #2.

Always remember to warm up and cool down and never try to over do it; moderation and consistency is the secret to long-term results.

PROGRAM 1: Initial Conditioning Program

Frequency: 3-4 times per week

Duration: 20-30 minutes

Intensity: 60-70% of age predicted maximum heart rate

Speed: 60-70 STROKES/MIN

When first starting an exercise program, the emphasis should be placed on gradually building up to 20-30 minutes of continuous activity, not on achieving and maintaining a specific exercise intensity. Once 20-30 minutes of continuous activity can be performed, the emphasis can be moved to gradually building up the time for which you exercise at the recommended intensity level. This program should be followed for the first 6-8 weeks of training.

PROGRAM 2: Intermediate Conditioning Program

Frequency: 3-5 times per week

Duration: 20-45 minutes

Intensity: 70-80% of age predicted maximum heart rate

Speed: 70-80 STROKES/MIN

In most cases, this program will produce results consistent with the fitness goals for the majority of the general fitness population. Training at higher levels of frequency, duration and intensity than these is normally reserved for the competitive athlete.

PROGRAM 3: Advanced Conditioning Program

Frequency: 4-6 times per week

Duration: 30-60 minutes

Intensity: 80-90% of age predicted maximum heart rate

Speed: 80-90 STROKES/MIN

This program should be undertaken only by those individuals having a need to develop and maintain the highest levels of cardiovascular fitness. As an alternative to continuous high intensity exercise, an interval-training format can be followed during which short bursts (30-60 seconds) of high intensity exercise (faster stroke speed) are alternated with longer periods (1-2 minutes) of lower intensity exercise.

TRAINING TIPS

Rowing machines have been around for many years and were perhaps one of the first indoor exercise machines on the market.

Almost everyone knows how to row on one of these machines and there is very little one can do wrong. However, there are few pointers we can give you to reduce strain on your back and other joints and muscles. Rowing, more than any other aerobic exercise, utilizes the back muscles and the spine to transfer the pulling force from the arms (holding the handle) to the legs (providing most the pulling power).

To reduce excessive strain on the back muscles, spine, shoulders, arms and wrists we strongly suggest that you to keep your back straight throughout the entire rowing action. When moving forward to the start position bend at the hips, don't overreach (trying to stretch forward too much) and keep your arms straight. Pull the handle to your stomach, not your chest and keep your elbows in at your sides during the entire stroke with your wrists straight.