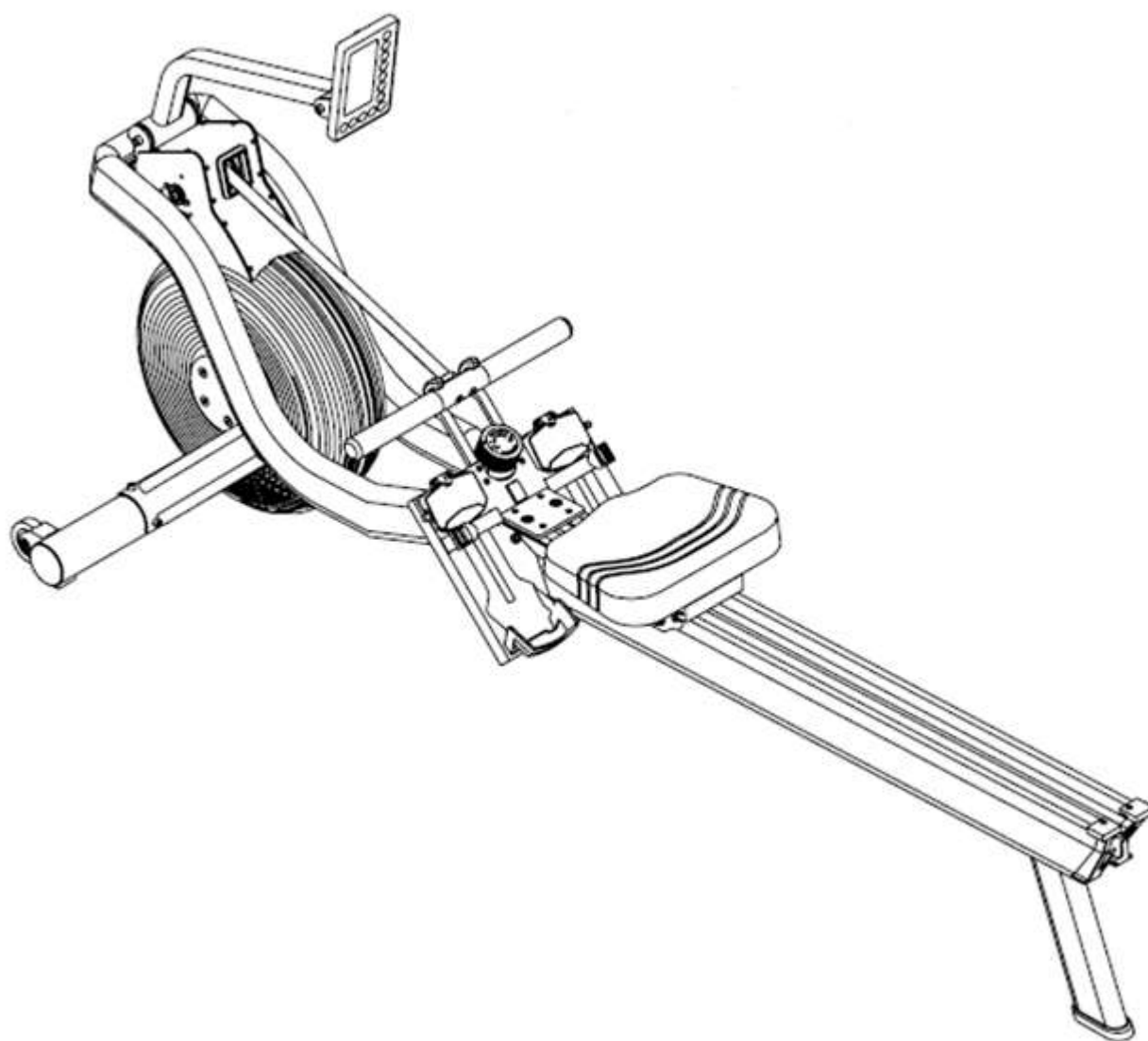


# Rowing Machine

# **XFIT** C.L.4000

## User's Manual



\* Product specifications may differ from the photo and are subject to change without notice.



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## INTRODUCTION / IMPORTANT INFORMATION

### A. Introduction

This user manual contains assembly, operation, maintenance and safety information.

Please read and retain this manual for future reference.

### B. Safety guidelines

- a) Read the user manual and all accompanying literature. Follow it carefully before using your machine.
- b) This machine is intended for indoor home or commercial location use only.
- c) Inspect your exercise machine prior to exercising to ensure that all parts are tightened.
- d) Make sure the trainer is stable on the floor. Avoid uneven surfaces.
- e) Keep children under age of 14 and pets away from the exercise trainer at all times.
- f) Exercise equipment has moving parts. Keep others, especially children, at a safe distance while exercise.
- g) Make sure all devices are fully adjusted before use to avoid injury.
- h) Remove all jewelry, including rings, chains and pins before exercising.
- i) Always wear suitable clothing and footwear during exercise. Do not wear loose fitting clothing that could become caught in the moving parts of your exercise machine.
- j) Warm up 5 to 10 minutes before each workout and cool down 5 to 10 minutes afterward. This allows your heart rate to gradually increase and decrease and will help prevent muscle strain.
- k) Never hold your breath while exercising. You should breathe at a normal rate in conjunction with the level of exercise being performed.
- l) Rest adequately between workouts. Muscles tone and develop during these rest periods.

**THE WARRANTY IS NOT VALID IF:** The machine is placed outdoors or exposed to sun and dust.

**CAUTION!** The company does not have no responsibility for causing damage due to misuse of the product and non-compliance with the instructions for use.

**WARNING:**

Before commencing with any exercise program, please consult your family physician. If at any time during exercise you feel faint, dizzy or experience pain, stop and consult your family physician.

The safety level of the equipment can be maintained only if it is examined regularly for damaged and wear.

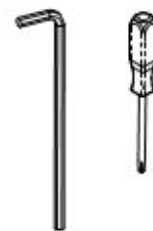
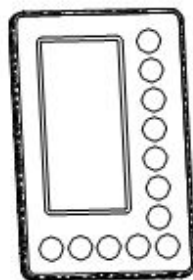
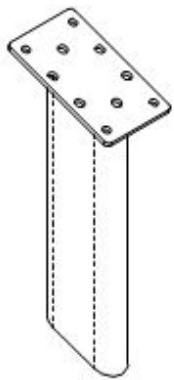
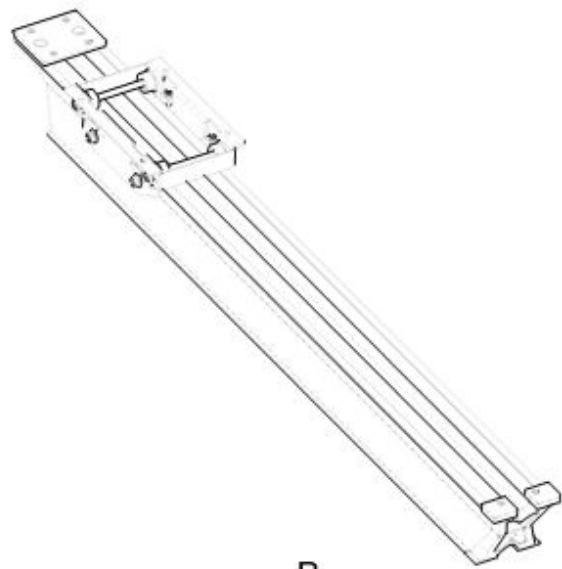
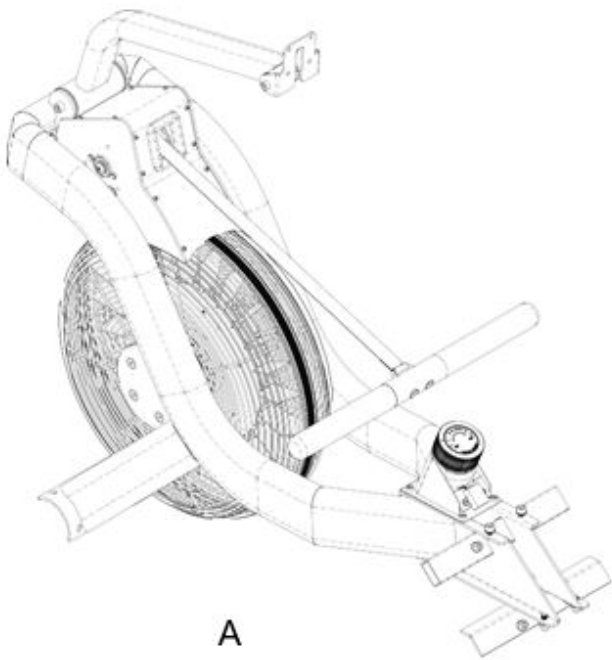
The appliances are not for children under age of 14.

**IMPORTANT:**

Read all instructions carefully. Assemble the unit in accordance with the steps in the manual. Lay out all parts on the floor and check if you have all the parts included completely before beginning assembly. In case of a discrepancy, please contact the customer service department.

SPECIFICATIONS
<b>Resistance system:</b> air and magnet
<b>Resistance setting:</b> Manual
<b>Maximum user weight:</b> 140 kg
<b>Console:</b> LCD screen- <b>Indications:</b> rowing movements / minute and total, time, time/500m, distance, calories
<b>Rowing seat:</b> sliding seat with rollers on an aluminum rail
<b>Resistance setting:</b> 8 levels
<b>Footrests:</b> with straps
<b>Transport wheels</b>
<b>Easy folding</b>
<b>Net Weight:</b> 62 kg
<b>Dimensions when set up (L x W x H):</b> 232 x 72 x 115 cm

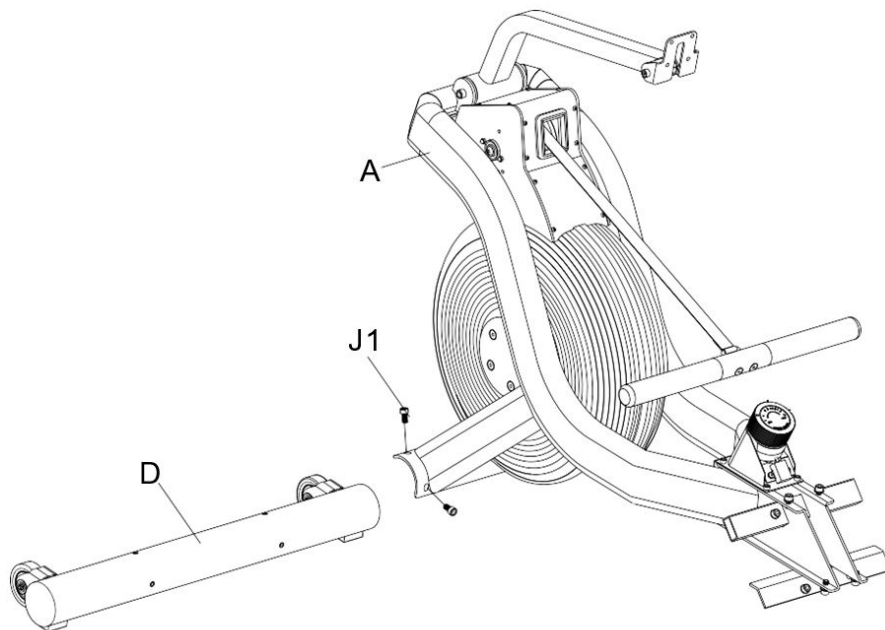
# PACKING LIST



## ASSEMBLY INSTRUCTIONS

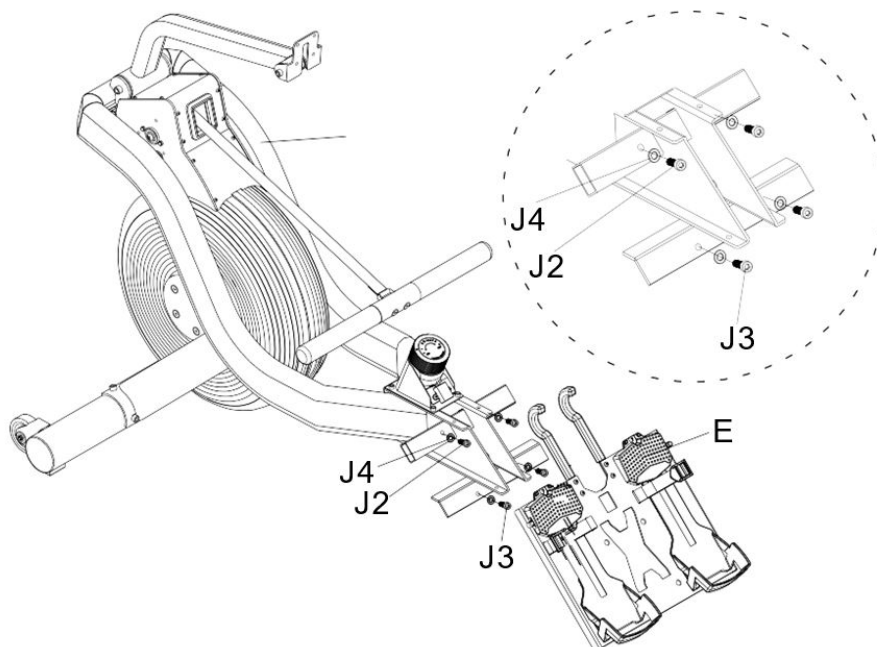
**NOTE:** Assembly requires 2 people.

### STEP 1



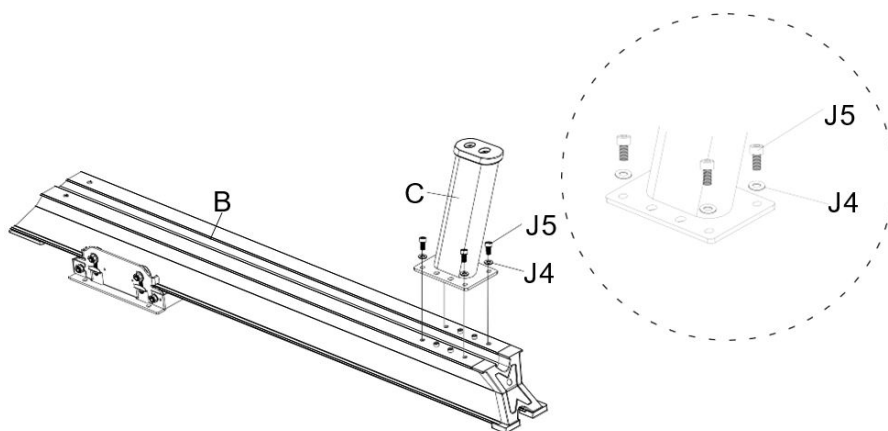
Attach the **FRONT STABILIZER (D)** to the **MAIN FRAME (A)** with a **SCREW (J6, M8\*16mm)** and a **WRENCH (6mm)**.

### STEP 2



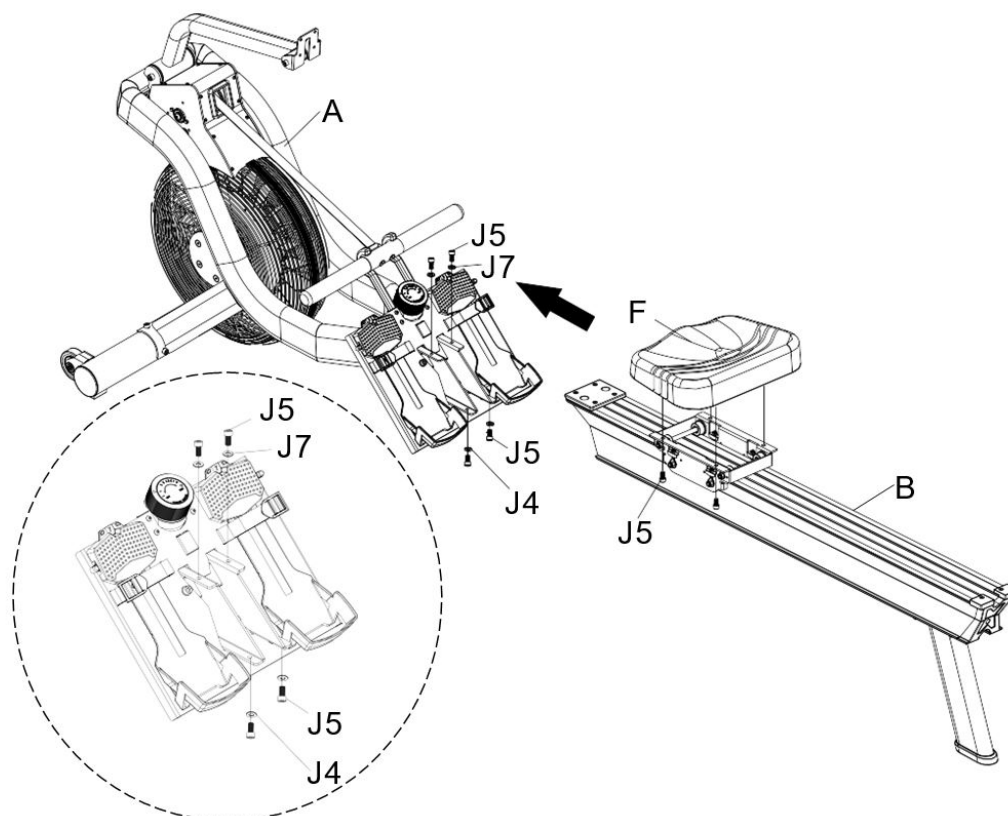
Attach the **PEDAL ASSEMBLY (E)** to the **MAIN FRAME (A)** with **2 SCREWS (J2, M8\*30mm)**, **2 SCREWS (J3, M8\*12mm)**, **4 WASHERS (J4)** and a **WRENCH (6mm)**.

### STEP 3



Attach the **REAR STABILIZER (C)** to the **ALUMINUM RAIL (B)** with 4 **SCREWS (J5, M8\*16mm)**, and 4 **WASHERS (J4)**.

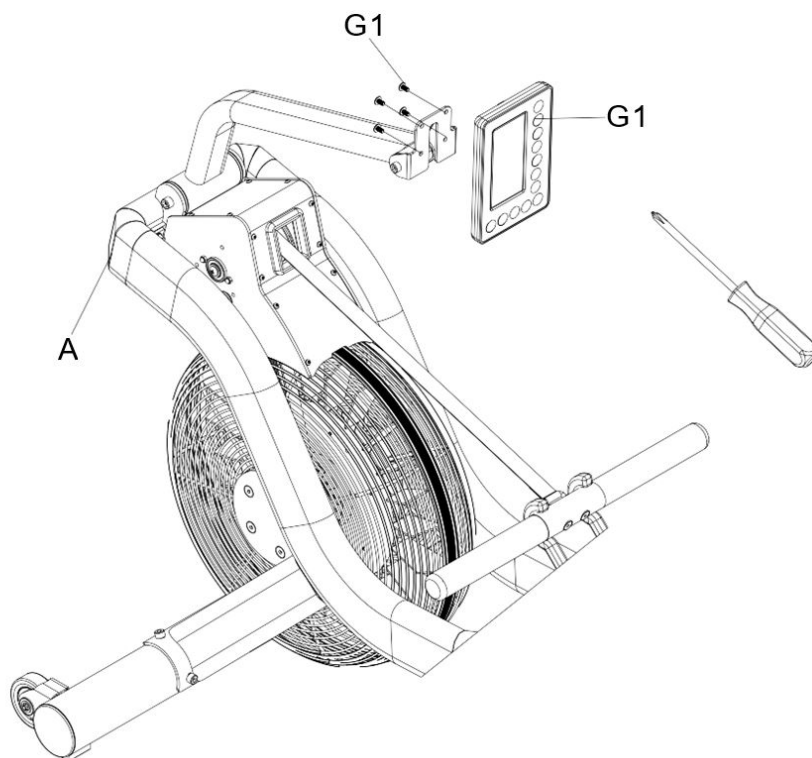
### STEP 4



1. Attach the **SEAT (F)** to the **ALUMINUM RAIL ASSEMBLY (B)** with 4 **SCREWS (J5, M8\*16mm)**.
2. Connect the **ALUMINUM RAIL ASSEMBLY (B)** to the **MAIN FRAME (A)** with 4 **SCREWS (J5, M8\*16mm)**, 2 **WASHERS (J4)** and 2 **SPRING WASHERS (J7)**.



## STEP 5



Attach the **CONSOLE (G)** to the **MAIN FRAME (A)** with **4 SCREWS (G1, M5\*10mm)**.

**Check and tighten the screws at regular intervals, as they may loosen due to vibrations. Damage that may be caused by a lack of maintenance is not covered by the warranty.**

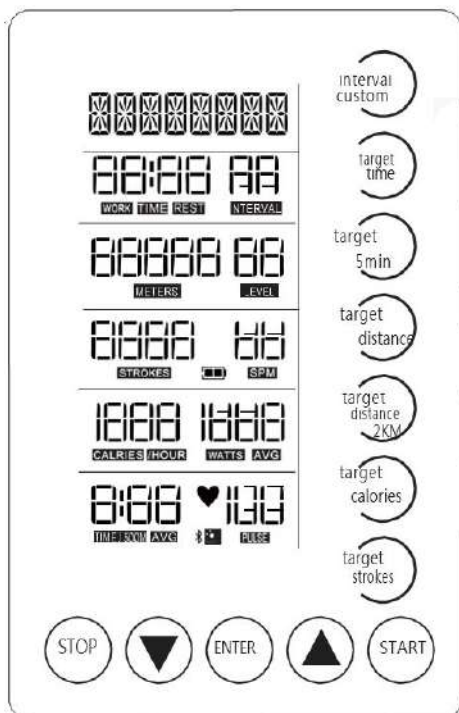
**CAUTION!** During exercise, heavy sweating can cause mechanical and electrical damage to the machine. Like any other liquid substance, sweat can cause damage mainly to the electrical parts of the machine (dial, cables, etc.). The best solution is to use a towel during exercise and wipe the machine after each use to avoid any unwanted damage.

## HOW TO MOVE THE TRAINER



1. Hold the handle and lift the trainer up, so the transport wheels touch the floor.
2. Move the trainer to your designated position while lifting the trainer.
3. Carefully let down the trainer.

## HOW TO USE THE CONSOLE



### How to get out off sleep mode?

1. Press any key on the console.
2. Pull the rower strap once.
3. Start using the rower, the console will enter the quick mode automatically

### DISPLAY CONTROL

1. Press the key of each program to show the program name.
2. Press the “STOP” key to pause the console during a workout.

### PROGRAMS

#### 1. QUICK START

1. In idle mode, press the “START” key to begin the quick start program.

2. The console starts recording TIME / METERS / CALORIES / STROKES. Note:

- A. The level of resistance can be adjusted at any time.
- B. When the console does not receive any SPM signal, it stops counting and recording.

The console goes into sleep mode after 60 sec.

If the signal is picked up again within 60 sec., it resumes to record the data.

- C. Press the “STOP” key to pause the console, press and hold the “STOP” key for 2 sec. to reset the console.

#### 2. INTERVAL CUSTOM PROGRAM

##### I. HOW TO ADJUST WORK TIME

1. In idle mode, press the “INTERVAL CUSTOM” key to start the program, and then “WORK TIME 1:00” is displayed on the screen.

Press other program keys to switch programs.

2. Use “UP” and “DOWN” keys to adjust the WORK TIME. Press the “ENTER” key to confirm the setting (WORK TIME range 00:10~10:00).

##### II. HOW TO ADJUST REST TIME

After the completion of WORK TIME setting, “REST TIME 00:10” is displayed on the screen.

- Use “UP” and “DOWN” keys to adjust the REST TIME. Press the “ENTER” key to confirm the setting (REST TIME range 00:10~10:00).

### **III. HOW TO ADJUST THE NUMBER OF INTERVALS**

After the completion of REST TIME setting, "INTERVAL 10" is displayed on the screen. Use "UP" and "DOWN" keys to adjust the INTERVAL. Press the "ENTER" key to confirm the setting (INTERVAL range 1~99).

IV. Press the "START" key to start the program.

### **3.TARGET TIME PROGRAM**

#### **I.HOW TO ADJUST THE TIME**

1. In idle mode, press the "TARGET TIME" key to start the program, and then "TIME 20:00" is displayed on the screen.

Press other program keys to switch programs.

2. Use "UP" and "DOWN" keys to adjust the TIME. Press the "ENTER" key to confirm the setting (TIME range 1:00~99:00).

3. Press the "START" key to start the program.

Resistance level is adjustable throughout the program.

### **4.TARGET TIME - 5MIN PROGRAM**

1.In idle mode, press the "TARGET TIME 5M" key to start the program, and then "TIME 5:00" is displayed and fixed on the screen.

Press other program keys to switch programs. 2.Press the "START" key to start the program.

Resistance level is adjustable throughout the program.

### **5.TARGET DISTANCE PROGRAM**

#### **I.HOW TO ADJUST THE DISTANCE**

1. In idle mode, press the "TARGET DISTANCE" key to start the program, and then "DISTANCE 2000 METERS" is displayed on the screen.

Press other program keys to switch programs.

2. Use "UP" and "DOWN" keys to adjust the DISTANCE. Press the "ENTER" key to confirm the setting (DISTANCE range 100~10000 METERS).

3. Press the "START" key to start the program.

### **6.TARGET DISTANCE – 2000M PROGRAM**

1.In idle mode, press the "TARGET DISTANCE 2000M" key to start the program, and then "DISTANCE 2000M" is displayed and fixed on the screen.

Press other program keys to switch programs. 2.Press the "START" key to start the program.

Resistance level is adjustable throughout the program

### **7.TARGET CALORIES PROGRAM**

#### **I.HOW TO ADJUST THE CALORIES**

1. In idle mode, press the "TARGET CALORIES" key to start the program, and then "CALORIES 150" is displayed on the screen.

Press other program keys to switch programs.

2. Use "UP" and "DOWN" keys to adjust the CALORIES. Press the "ENTER" key to confirm the setting (CALORIES range 10~990 CALORIES).

3. Press the "START" key to start the program.

### **8.TARGET STROKES PROGRAM**

#### **I.HOW TO ADJUST THE STROKES**

1. In idle mode, press the "TARGET STROKES" key to start the program, and then "STROKES 200" is displayed on the screen.

Press other program keys to switch programs.

2. Use "UP" and "DOWN" keys to adjust the STROKES. Press the "ENTER" key to confirm the setting (STROKES range 10~9999).

3. Press the "START" key to start the program.

## WARM UP / COOL DOWN

### Suggested Stretches

The following stretches provide a good warm-up and cool-down. Move slowly as you stretch.

#### Ham String Stretch

Sit with one leg extended. Bring the sole of the opposite foot toward you, resting it against the extended leg's inner thigh. Stretch toward your toe as far as possible, hold for 15 counts, then relax. Repeat three times for both legs.

**Stretches: Hamstring, Lower Back and Groin**



#### Inner Thigh Stretch

Sit with the soles of your feet together and knees pointing outward. Pull your feet as close into the groin area as possible. Hold for 15 counts, then relax. Repeat three times.

**Stretches: Quadriceps and Hip Muscles**



#### Toe Touches

Stand with your knees bend slightly, slowly bend forward from the hips. Allow your back and shoulders to relax as you stretch down toward your toes. Go as far as you can and hold for 15 counts, then relax. Repeat three times.

**Stretch: Hamstring, Back of Knees, Back**



#### Quadriceps Stretch

Stand on one foot with one hand hold onto the wall to balance, raise the other foot behind you, and pull up your foot as close to your buttocks as possible. Hold for 15 counts, then relax. Repeat three times.

**Stretch: Quadriceps muscles, Hip muscle**



#### Calf/Achilles Stretch

With one leg in front of the other and arms out, lean against the wall. Keep your back leg straight and back foot flat on the ground; then bend the front leg and lean forward by moving your hips toward the wall. Hold, then repeat on the other side. To cause even further stretching the Achilles tendons, slightly bend back leg as well.

**Stretch: Lower legs, Achilles tendons, and Ankles**



## CLEANING & MAINTENANCE

Inspect and tighten all parts of the exercise trainer regularly. Replace any worn parts immediately.

To clean the exercise trainer, use damp cloth and a small amount of mild soap.

**IMPORTANT: To avoid damage to the console, keep liquids away from the console and keep the console out of direct sunlight.**

## RECYCLING INFORMATION

This electronic product must not be disposed of in municipal waste. To pre-serve the environment, this product must berecycled after its useful life as required bylaw.

Please use recycling facilities that are authorized to collect this type of wastein your area. In doing so, you will help to conserve natural resources andimprove European standards of environmental protection. If you require more

information about safe and correct disposal methods, please contact your local city office or the establishment where you purchased this product.



## ADDITIONAL INFORMATION

1. The console requires 4 pieces of AA batteries.
2. After 1 minute of non use the console enters into power save mode.



## TERMS OF WARRANTY

- Warranty period is 2 years for mechanical, electrical / electronic parts and 5 years for the metal frame.
- X-TREME STORES S.A. undertakes to repair the machine free of charge in the event of damage due solely to a manufacturing fault. The warranty covers the cost of the spare parts. Replacement of spare parts or not is up to the company technicians. The customer is responsible for the control and adjustment of the machine.
- This warranty note is only valid if it is accompanied by legal proof of purchase (invoice or retail receipt). The warranty period is not extended for any reason and the transfer of it to a third party is excluded.
- Any damage is repaired as soon as possible and any claim for damages due to lack of spare parts and delay in repairing the damage is excluded. The costs of transporting the machine to or from the dealership will be borne by the customer after 6 months of purchase.
- The warranty is not transferable by the buyer to third parties.
- The warranty conditions are set by the manufacturers of machinery and are governed by European regulations.
- Upon expiry of the warranty, any replacement part is covered by a 6-month warranty.

### THE WARRANTY SHALL NOT APPLY:

- When the fault is the result of misuse, alterations, poor connection, poor maintenance, voltage fluctuations in the PPC network.
- Components damaged by user fault such as broken plastic parts, damaged belt with improper adjustment, incorrect or incomplete lubrication, damage when moving the machine.
- When the machine is opened or repaired by third parties.
- When the damage is caused by the buyer's negligence & the instructions for use have not been followed.
- When the machine is placed outdoors or exposed to sun or dust.
- When electronic components (console) are damaged by intense sweating or other liquid that has come into contact with or penetrated inside them.

Tel.: 210 66 20 921-2 – Fax: 210 66 20 923 – e-mail: [service@xtr.gr](mailto:service@xtr.gr)



Koupi Avenue 34, Koropi P.C. 19441 P.O.Box 6201

**Tel.:** 210 66 20 921 -2 - **FAX:** 210 66 20 923

**E-mail:** [info@xtr.gr](mailto:info@xtr.gr) • [f/xtrstores](https://www.facebook.com/xtrstores) • [@xtr.gr](https://www.instagram.com/xtrstores)

**Tel. for all of Greece:**

**801.11.15.100**

**[www.xtr.gr](http://www.xtr.gr)**