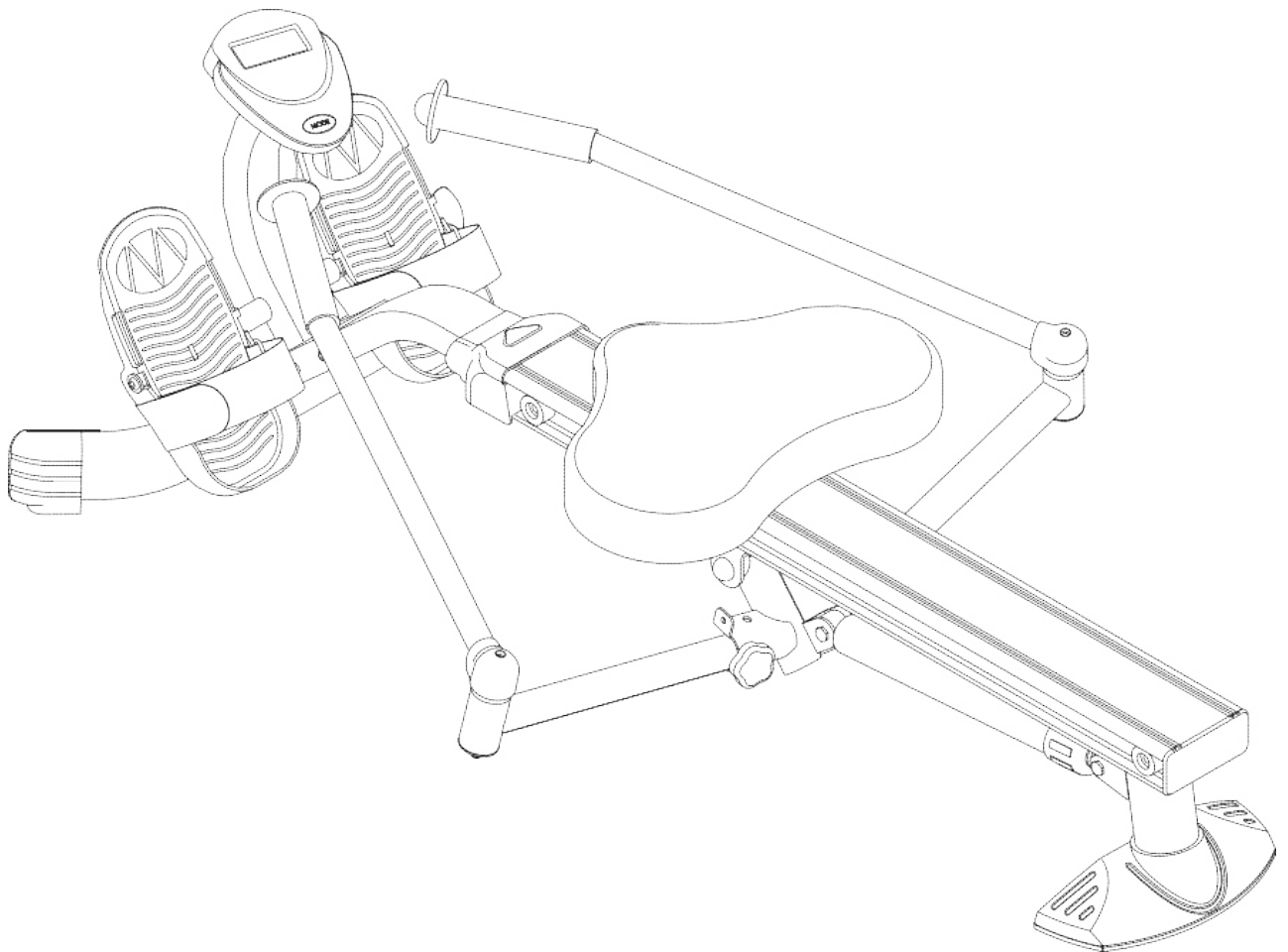


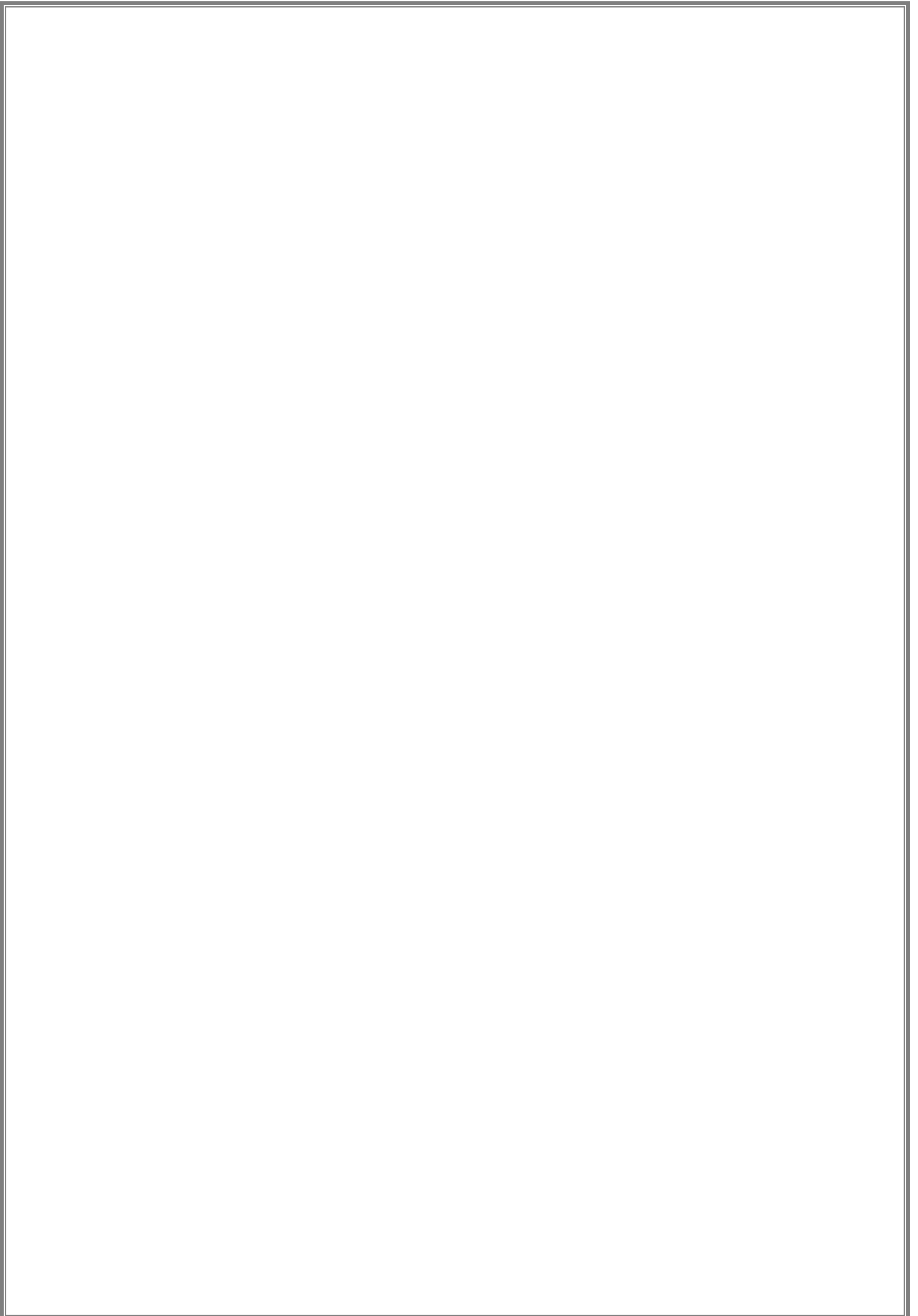
Rowing Machine

XFIT 2125

Owner's Manual



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

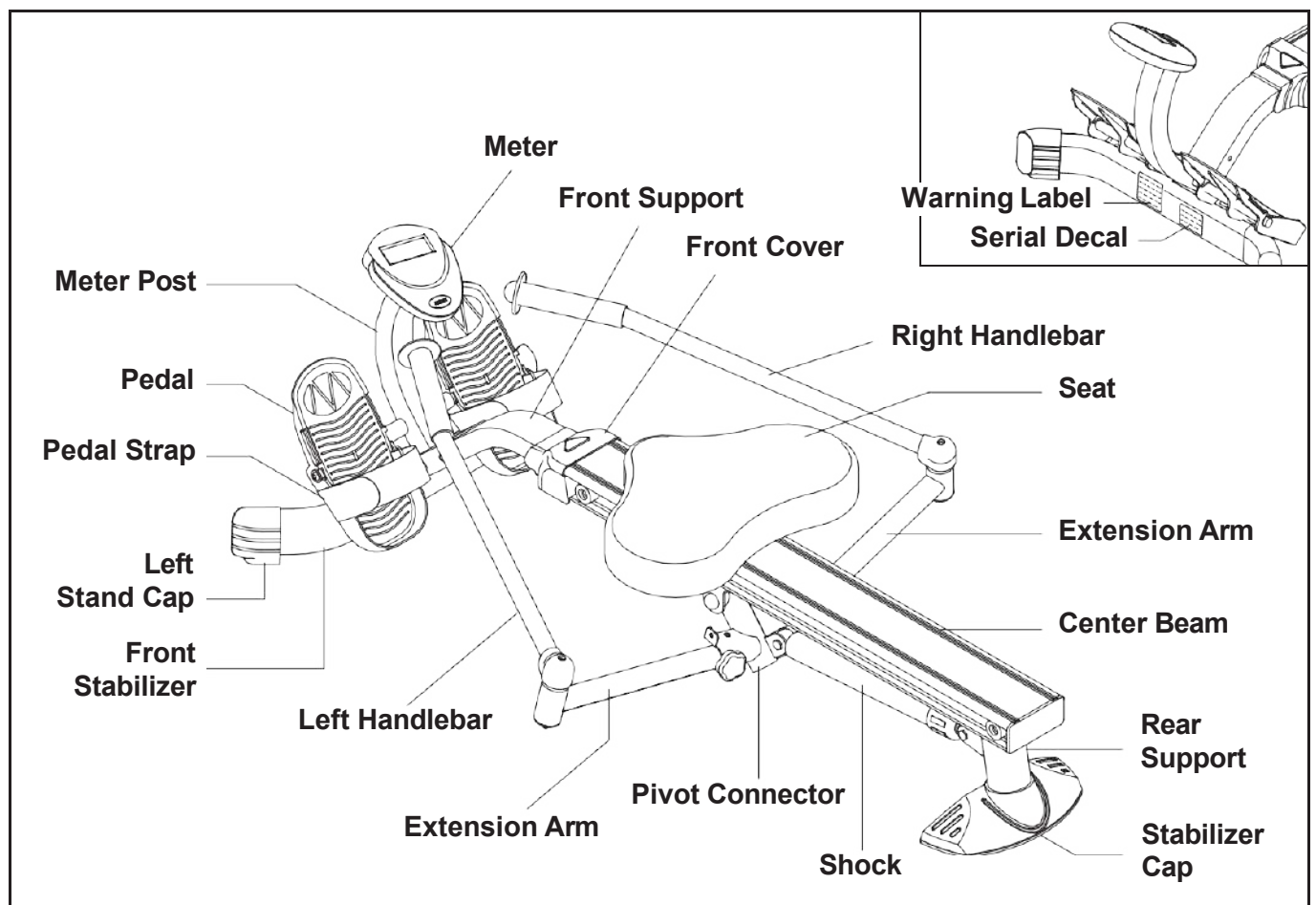


BEFORE YOU BEGIN

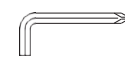
Thank you for choosing the **X-FIT 2125**. We take great pride in producing this quality product and hope it will provide many hours of quality exercise to make you feel better, look better, and enjoy life to its fullest.

It's a proven fact that a regular exercise program can improve your physical and mental health. Too often, our busy lifestyles limit our time and opportunity to exercise. The **X-FIT 2125** provides a convenient and simple method to begin your journey of getting your body in shape and achieving a happier and healthier lifestyle.

Before reading further, please review the drawing below and familiarize yourself with the parts that are labeled. Locate the serial decal on the product and write the serial number on the cover of the manual in the space provided. See page 5 for an image of the serial decal. Model number and serial number are required when calling for assistance.



THE FOLLOWING TOOLS ARE REQUIRED FOR ASSEMBLY :



Allen Wrench (5mm)



Allen Wrench (5mm)



Wrench (13mm)

HARDWARE IDENTIFICATION CHART

This chart is provided to help identify the warning, caution, and notice labels on the **X-FIT 2125**. Please take a moment to familiarize yourself with all of the warning, caution, and notice labels.

WARNING LABEL(67)



THE WARRANTY IS NOT VALID IF:

The machine is placed outdoors or exposed to sun and dust. Keep the machine free of dust and fluff.

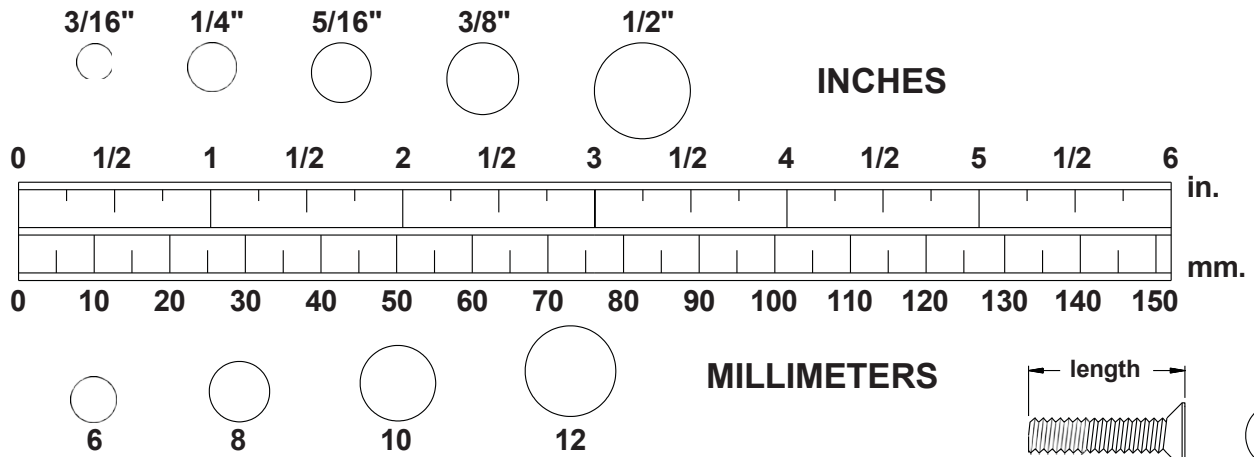
CAUTION! The company does not have no responsibility for causing damage due to misuse of the product and non-compliance with the instructions for use.

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 is capable of causing 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.

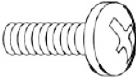
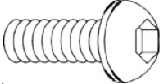
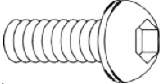



HARDWARE IDENTIFICATION CHART

This chart is provided to help identify the fasteners used in the assembly process. Place the washers or the ends of the bolts or screws on the circles to check for the correct diameter. Use the small scale to check the length of the bolts and screws.



NOTICE: The length of all bolts and screws, except those with flat heads, is measured from below the head to the end of the bolt or screw. Flat head bolts and screws are measured from the top of the head to the end of the bolt or screw.

After unpacking the unit, open the hardware bag and make sure that you have all the following fasteners. Some fasteners may be already attached to the parts.

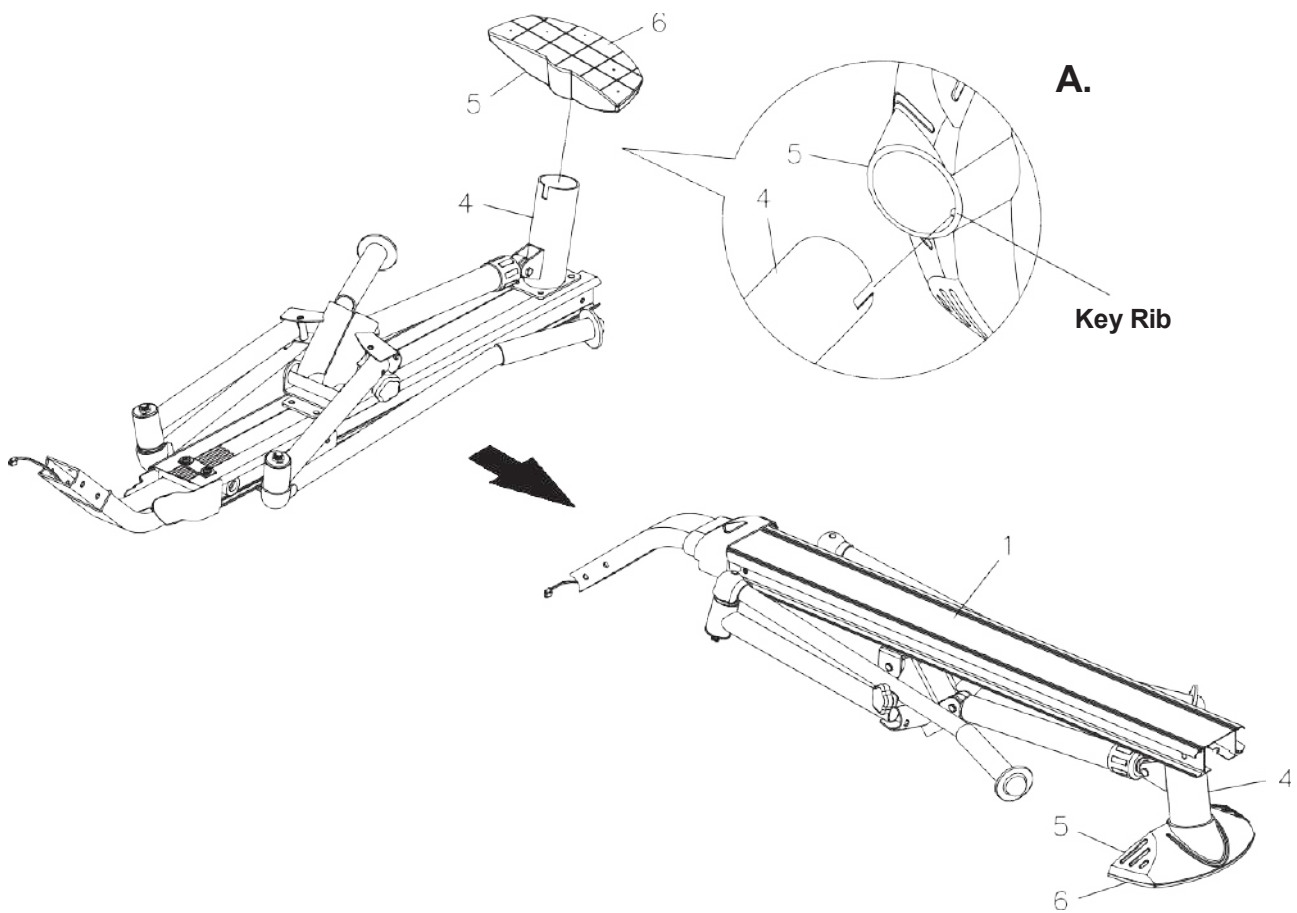
	Part No. and Description	Qty
	49 Screw, Round Head (M5 x 0.8 x 12mm)	2
	51 Bolt, Button Head (M8 x 1.25 x 15mm)	8
	53 Bolt, Button Head (M8 x 1.25 x 25mm)	2
	36 Large Washer (M8)	2
	59 Washer (M8)	8
	62 Nylon Nut (M8 x 1.25)	2

ASSEMBLY INSTRUCTIONS

Note: Assembly requires 2 people.

STEP 1

Lay the Main Frame Assembly on the floor as shown in the illustration. Now refer to inset drawing A. Make sure the Key Rib in the **STABILIZER CAP(5)** aligns with the slot in the **REAR SUPPORT(4)**, then press the **STABILIZER CAP(5)** onto the **REAR SUPPORT(4)**. Turn the Main Frame Assembly to the normal upright position and make sure the **STABILIZER PAD(6)** is secured to the **STABILIZER CAP(5)**.



ASSEMBLY INSTRUCTIONS

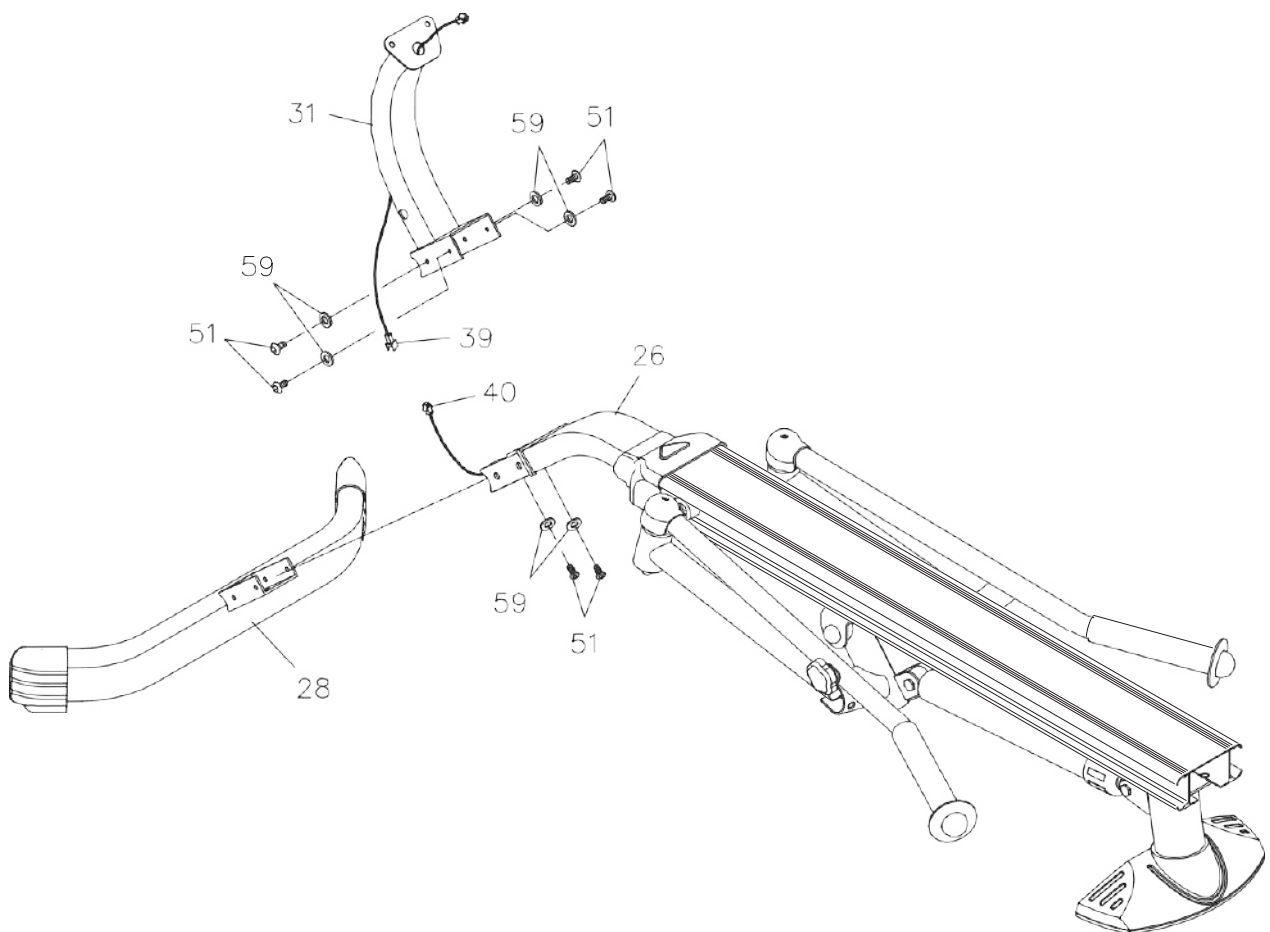
STEP 2

Insert the Bracket on **FRONT STABILIZER(28)** into the **FRONT SUPPORT(26)**. Attach the **METER POST(31)** to the **FRONT SUPPORT(28)**, then bolt the **METER POST(31)**, **FRONT SUPPORT(26)**, and **FRONT STABILIZER(28)** together with **BUTTON HEAD BOLTS(M8x1.25x15mm)(51)** and **WASHERS(M8)(59)**. Please do not tighten any of these bolts until all six bolts are attached.

NOTE: Be careful not to damage the **EXTENSION WIRE(38)** when assembling the **METER POST(32)**.

STEP 3

Connect the **EXTENSION WIRE(39)** to the **SENSOR WIRE(40)**.



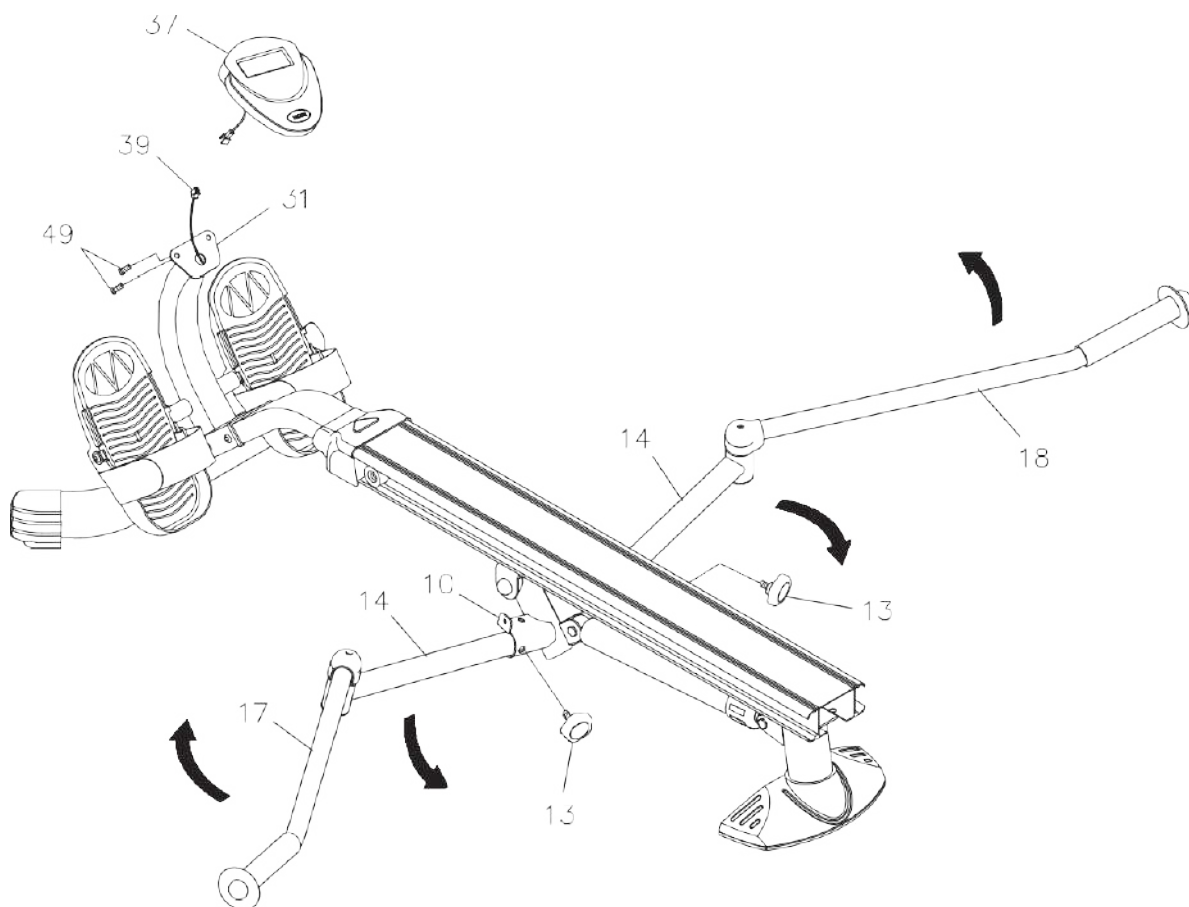
ASSEMBLY INSTRUCTIONS

STEP 6

Unfold the **HANDLEBARS(17, 18)** and the **EXTENSION ARMS(14)** as shown in the illustration. Attach the **EXTENSION ARMS(14)** to the **PIVOT CONNECTOR(10)** with the **LOCKING KNOBS(13)**.

STEP 7

Install two AA batteries into the **METER(37)**, the batteries are not included. See page 12 for detailed battery installation instructions. Connect the **EXTENSION WIRE(39)** to the **METER(37)**. Attach the **METER(37)** to the plate on the **METER POST(31)** with **ROUND HEAD SCREWS(M5x0.8x12mm)(49)**.



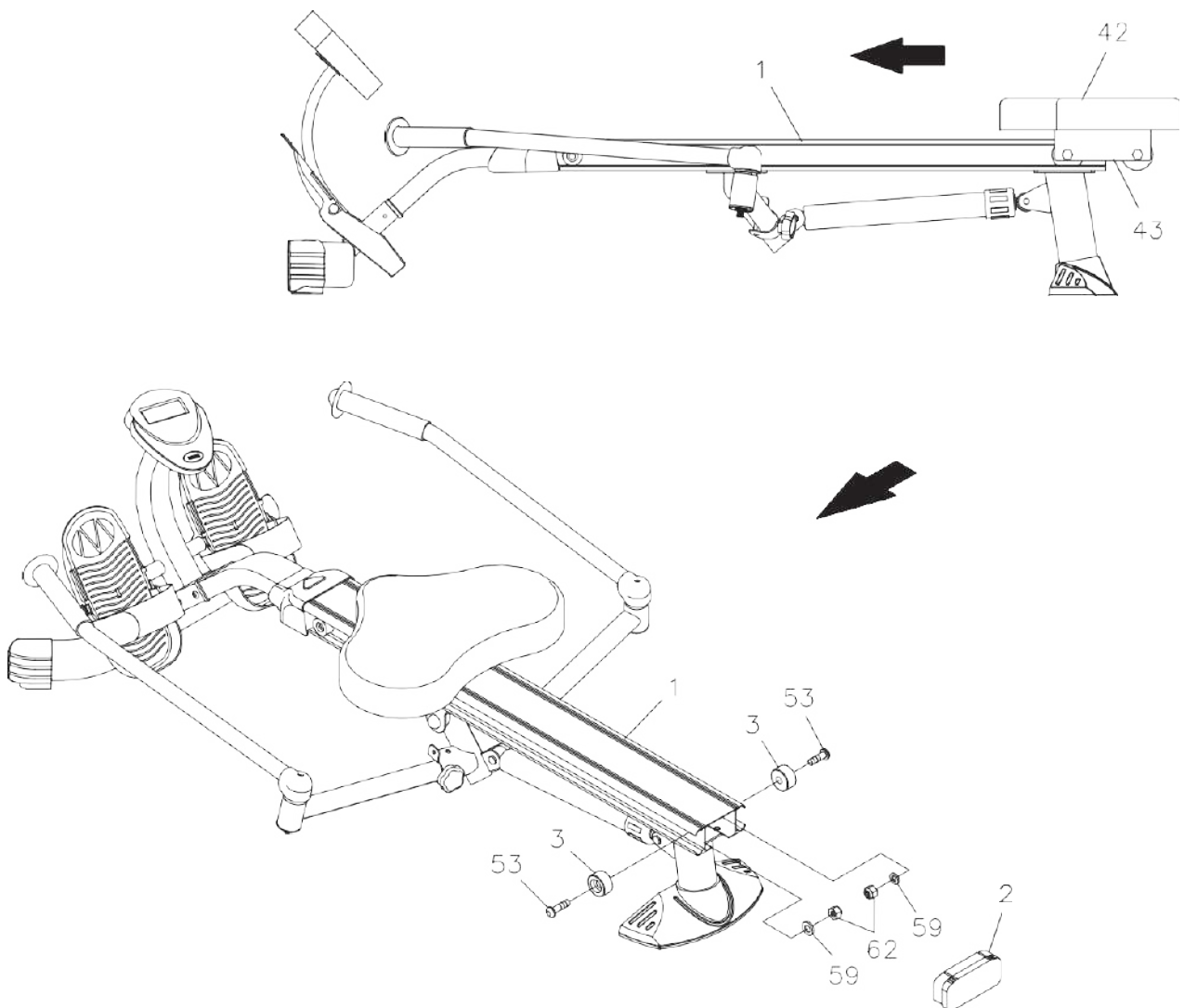
ASSEMBLY INSTRUCTIONS

STEP 8

Slide the **SEAT ASSEMBLY(42, 43)** onto the **CENTER BEAM(1)**. Attach the **SEAT STOPPERS(3)** to the back end of the **CENTER BEAM(1)** with **BUTTON HEAD BOLTS(M8x1.25x25mm)(53)**. Also, please verify that the other **SEAT STOPPERS(3)** at the front end of the **CENTER BEAM(1)** are assembled at the factory.

STEP 9

Press the **CENTER BEAM CAP(2)** into the back end of the **CENTER BEAM(1)**.



OPERATIONAL INSTRUCTIONS

USING THE FITNESS METER

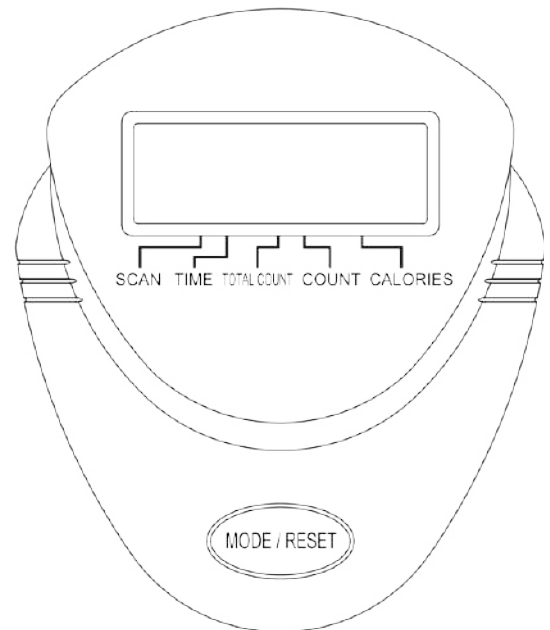
POWER ON : Seat movement or press the button.

POWER OFF : Automatically shuts off after four minutes of inactivity.

MODE/RESET BUTTON:

Press to select display functions, including **SCAN**, **TIME**, **TOTAL COUNT**, **COUNT**, and **CALORIES**.

Press and hold for two seconds to reset all functions to zero, except **TOTAL COUNT**.



FUNCTIONS:

SCAN: Automatically scans each function of **TIME**, **TOTAL COUNT**, **COUNT**, and **CALORIES** in sequence with change every six seconds.

TIME: Displays the elapsed time from one second up to 99:59 minutes.

TOTAL COUNT: Displays the total accumulated number of rows you have taken, from zero to 9999 rows. The total accumulated rows is retained when the meter is turned off.

COUNT: Displays the total number of rows you have taken from zero to 9999 rows.

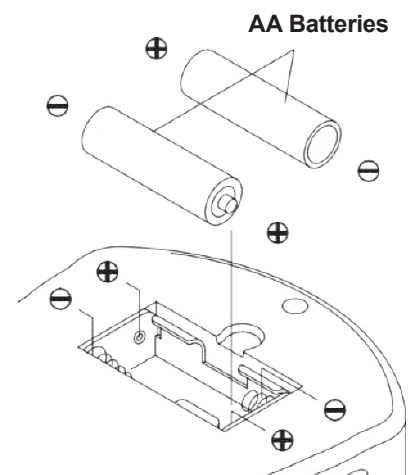
CALORIES: Displays the calorie burned from zero to 9999 Kcal. The calorie readout is an estimate for an average user. It should be used only as a comparison between workouts on this unit.

NOTE: The **TOTAL COUNT** will be reset to zero after batteries are removed for battery replacement or storage of the unit.

HOW TO INSTALL AND REPLACE BATTERIES:

1. Open the Battery Door on the back of the meter.
2. The meter operates with two AA batteries, the batteries are not included. Refer to the illustration to install or replace the batteries.

- NOTE:**
1. Do not mix a new battery with an old battery.
 2. Use the same type of battery. Do not mix an alkaline battery with another type of battery.
 3. Rechargeable batteries are not recommended.
 4. **Ultimate disposal of battery should be handled according to all state and federal laws and regulations.**
 5. **Do not dispose of batteries in fire.**

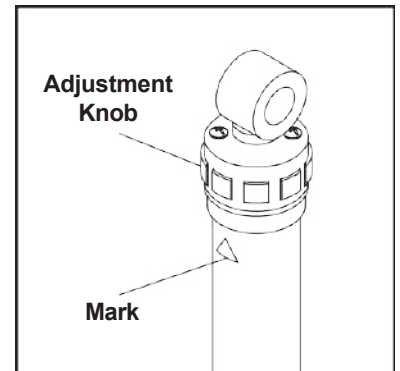


OPERATIONAL INSTRUCTIONS

LOAD ADJUSTMENT

The resistance of the shock can be adjusted by twisting the adjustment knob at the top of the shock. There are settings from 1 to 12. Setting #1 will provide the lowest resistance. Setting #12 will provide the highest resistance.

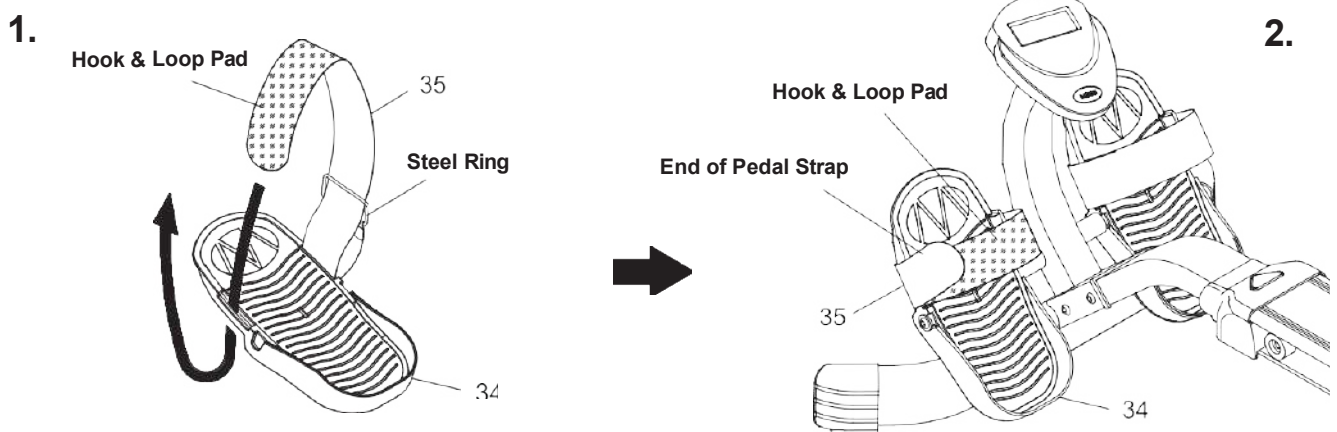
CAUTION: The shock gets **HOT** after a few minutes of use.



PEDAL STRAP ADJUSTMENT

If you feel it is more comfortable for your workout, you can change to attach the **PEDAL STRAP(35)** to the upper position in the **PEDAL(34)** as shown in illustration 1 below. Run the **PEDAL STRAP(35)** through the opening from the bottom of the **PEDAL(34)**, then go through the Steel Ring. Slide the Steel Ring down to against the **PEDAL(34)**. Run the **PEDAL STRAP(35)** through the opening in the **PEDAL(34)** on the other side from the top as shown in the illustration 1, then make the end of the **PEDAL STRAP(35)** go up to attach onto the upper part of the **PEDAL STRAP(35)** with the Hook & Loop Pad.

Attach the end of the **PEDAL STRAP(35)** to different position with the Hook & Loop Pad to adjust the length. Refer to illustration 2.



MAINTENANCE

The safety and integrity designed into the **X-FIT 2125** can only be maintained when is regularly examined for damage and wear. Special attention should be given to the following:

1. Pull on the **HANDLEBARS(17, 18)** and verify that the **SHOCK(22)** provides tension.
2. Clean the roller tracks in the **CENTER BEAM(1)** with an absorbent cloth.
3. Verify that all nuts and bolts are present and properly tightened. Replace missing nuts and bolts. Tighten loose nuts and bolts.
4. Verify that the **WARNING LABEL(67)** is in place and easy to read. Call Stamina Products immediately at 1-800-375-7520 for a replacement **WARNING LABEL(67)** if it is missing or damaged.
5. It is the sole responsibility of the user/owner to ensure that regular maintenance is performed.
6. Worn or damaged components must be replaced immediately or stop exercising until repair is made.
7. Only Stamina Products supplied components should be used to maintain/repair the machine.
8. Keep your **X-FIT 212** clean by wiping it off with an absorbent cloth after use.

STORAGE

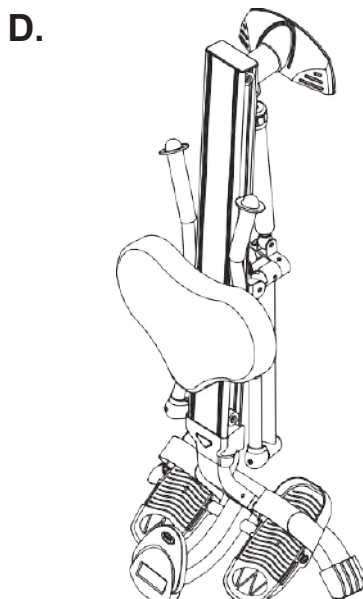
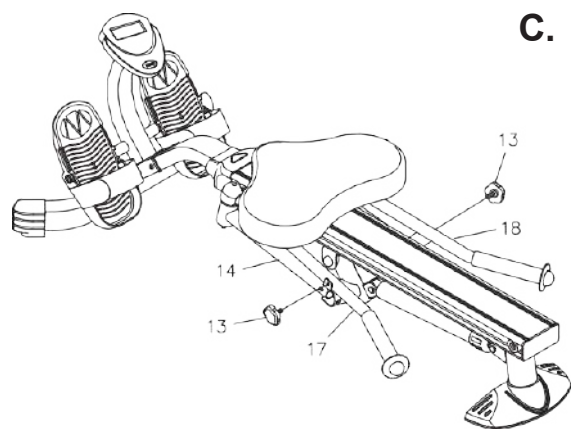
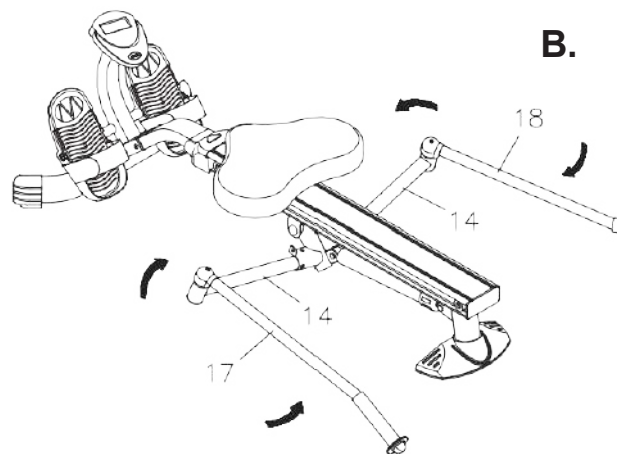
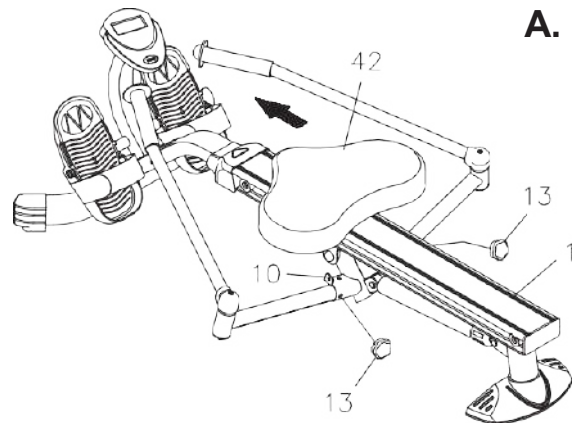
1. To store X-FIT 2125, simply keep it in a clean dry place.
2. Grasp the Front and Rear Stabilizer to move it. Do not use the Seat to move the **X-FIT 2125**. The Seat will move and the Seat Carriage may pinch your hand or fingers.
3. To avoid damage to the electronics, remove the batteries before storing the **X-FIT 2125** for one year or more.

Folding X-FIT 2125

Follow the following process to fold the **X-FIT 2125** as illustrated for easy storage.

- A. Slide the **SEAT(42)** to the front end of the **CENTER BEAM(1)**. Remove the **LOCKING KNOBS(13)** from the **PIVOT CONNECTOR(10)**.
- B. Swing the **LEFT and RIGHT HANDLEBARS(17, 18)** backward. Then fold the **EXTENSION ARMS(14)** to the front.
- C. Lock the handlebars in the folded position by screwing the **LOCKING KNOBS(13)** onto the **PIVOT CONNECTOR(10)**. Now, you can store the **X-FIT 2125** in the place you want.
- D. Refer to illustration D. You can stand the **X-FIT 2125** on end for storage.

NOTE: Keep fingers clear of all pinch points when folding and unfolding the **X-FIT 2125**.

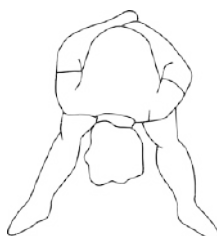


WARM-UP and COOL-DOWN

Warm-Up The purpose of warming up is to prepare your body for exercise and to minimize injuries. Warm up for two to five minutes before strength training or aerobic exercising. Perform activities that raise your heart rate and warm the working muscles. Activities may include brisk walking, jogging, jumping jacks, jump rope, and running in place.

Stretching Stretching while your muscles are warm after a proper warm-up and again after your strength or aerobic training session is very important. Muscles stretch more easily at these times because of their elevated temperature, which greatly reduces the risk of injury. Stretches should be held for 15 to 30 seconds. Do not bounce.

Suggested Stretching Exercises



Lower Body Stretch

Place feet shoulder-width apart and lean forward. Keep this position for 30 seconds using the body as a natural weight to stretch the backs of the legs.

DO NOT BOUNCE!

When the pull on the back of the legs lessens, gradually try a lower position.



Floor Stretch

While sitting on the floor, open the legs as wide as possible. Stretch the upper body toward the knee on the right leg by using your arms to pull your chest to your thighs. Hold this stretch 10 to 30 seconds.

DO NOT BOUNCE!

Do this stretch 10 times. Repeat the stretch with the left leg.



Bent Torso Pulls

While sitting on the floor, have legs apart, one leg straight and one knee bent. Pull the chest down to touch the thigh on the leg that is bent, and twist at the waist.

Hold this position at least 10 seconds. Repeat 10 times on each side.



Bent Over Leg Stretch

Stand with feet shoulder-width apart and lean forward as illustrated. Using the arms, **gently** pull the upper body towards the right leg. Let the head hang down.

DO NOT BOUNCE!

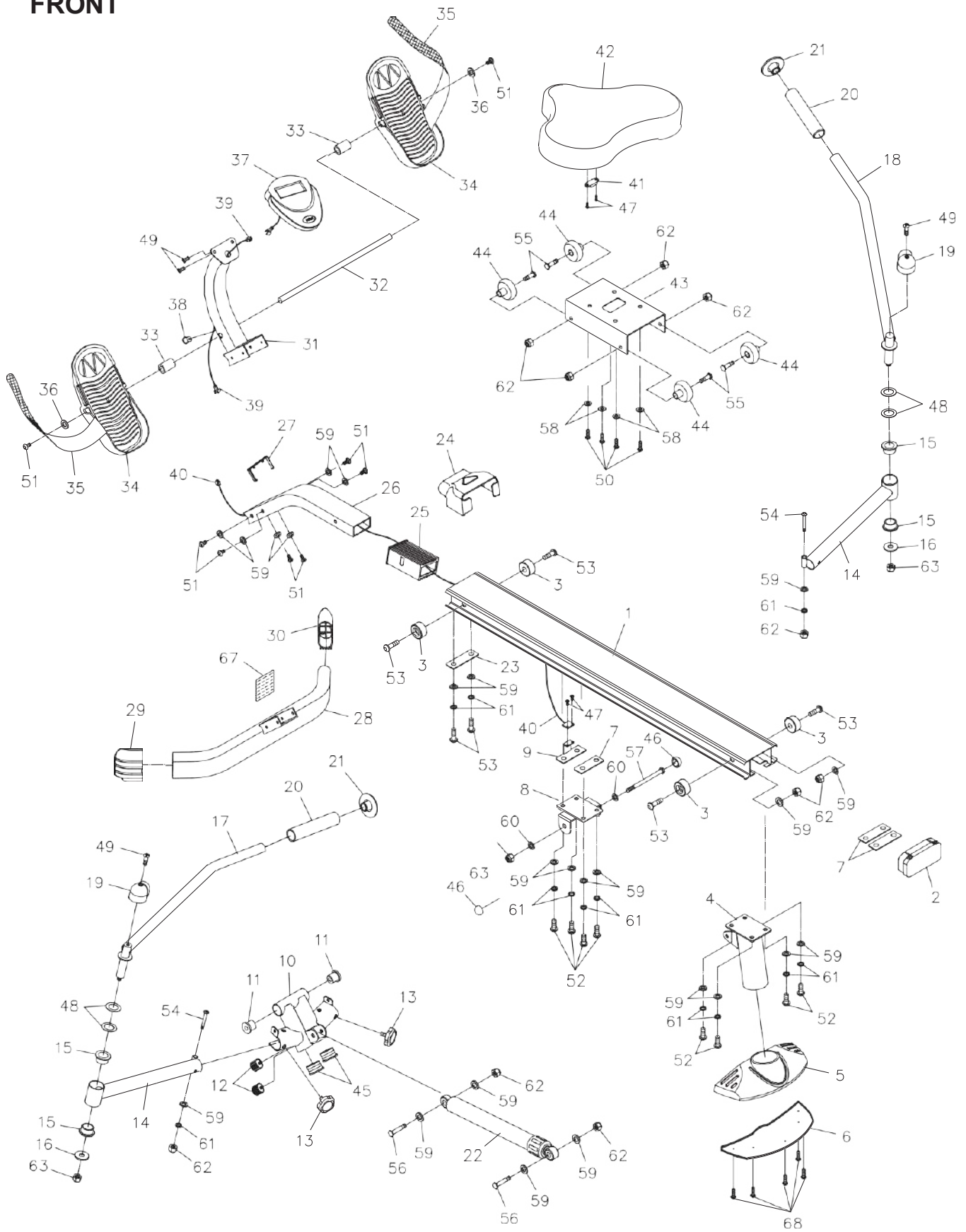
Hold the position a minimum of 10 seconds. Repeat pulling the upper body to the left leg. Do this stretch several times slowly.

Remember to always check with your physician before starting any exercise program.

Cool-Down The purpose of cooling down is to return the body to its normal, or near normal, resting state at the end of each exercise session. A proper cool-down slowly lowers your heart rate and allows blood to return to the heart. Your cool-down should include the stretches listed above and should be completed after each strength training session.

PRODUCT PARTS DRAWING

FRONT



BACK

PART LIST

PART#	PART NAME	QTY
1	Center Beam	1
2	Center Beam Cap	1
3	Seat Stopper	4
4	Rear Support	1
5	Stabilizer Cap	1
6	Stabilizer Pad	1
7	Threaded Support Plate	3
8	Handlebar Support	1
9	Sensor Support Plate	1
10	Pivot Connector	1
11	Pivot Bushing	2
12	Bumper Knob	2
13	Locking Knob	2
14	Extension Arm	2
15	Extension Arm Bushing	4
16	Large Washer (M12)	2
17	Left Handlebar	1
18	Right Handlebar	1
19	Securing Cap	2
20	Foam Grip	2
21	Handlebar Cap	2
22	Shock	1
23	Support Plate	1
24	Front Cover	1
25	Sleeve	1
26	Front Support	1
27	Support Ring	1
28	Front Stabilizer	1
29	Left Stand Cap	1
30	Right Stand Cap	1
31	Meter Post	1
32	Pedal Shaft	1
33	Pedal Spacer	2
34	Pedal	2
35	Pedal Strap	2
36	Large Washer (M8)	2
37	Meter	1
38	Grommet	1
39	Extension Wire	1
40	Sensor Wire	1
41	Magnet	1
42	Seat	1
43	Seat Carriage	1
44	Roller	4
45	Round Plug (25mm)	2
46	Nut Cap (M10)	2
47	Screw, Round Head (M2.9 x 10mm)	4

PART LIST

PART#	PART NAME	QTY
48	Wave Washer (ø20 x ø23.5 x 0.5mm thick)	4
49	Screw, Round Head (M5 x 0.8 x 12mm)	4
50	Bolt, Round Head (M6 x 1 x 15mm)	4
51	Bolt, Button Head (M8 x 1.25 x 15mm)	8
52	Bolt, Button Head (M8 x 1.25 x 20mm)	8
53	Bolt, Button Head (M8 x 1.25 x 25mm)	6
54	Bolt, Button Head (M8 x 1.25 x 50mm)	2
55	Bolt, Hex Head (M8 x 1.25 x 30mm)	4
56	Bolt, Hex Head (M8 x 1.25 x 41mm)	2
57	Bolt, Hex Head (M10 x 1.5 x 120mm)	1
58	Washer (M6)	4
59	Washer (M8)	24
60	Washer (M10)	2
61	Spring Washer (M8)	12
62	Nylon Nut (M8 x 1.25)	10
63	Nylon Nut (M10 x 1.5)	3
64	Allen Wrench (5mm)	2
65	Wrench (13mm)	1
66	Owner's Manual	1
67	Warning Label	1
68	Screw, Round Head (M3.5 x 15mm)	5



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 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 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 machine is used for any purpose other than home use (gyms, clubs, institutes, hotels, studios, etc.).
- 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.
- Components such as side pads and cushions are considered consumables and are covered by a 6-month warranty.
- 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



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

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