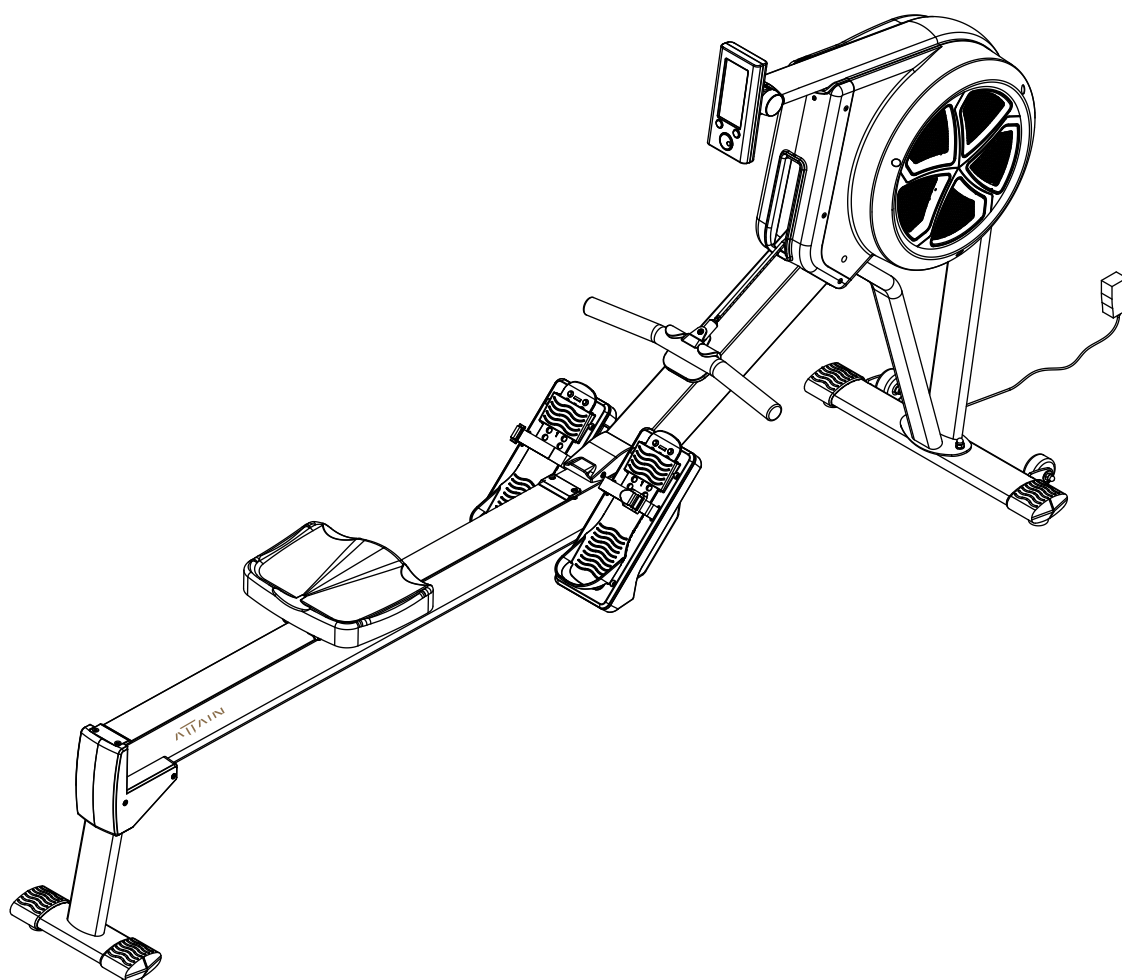


ATTAIN

R1 MAGNETIC ROWER OWNER'S MANUAL



**Model No. R1
MB1405
ATTAIN FITNESS**

**Fitness Authority Industrial Co., LTD.
No. 15, Xiangxue Rd., Dali Dist.,
Taichung City 41275, Taiwan.**

Purchaser's Reference Information:

IT IS IMPERATIVE THAT YOU FILL IN THE FOLLOWING INFORMATION AND REFER TO IT SHOULD THE NEED FOR SERVICE ARISE.

Product Name: R1 MAGNETIC ROWER

Serial Number: _ _ _ _ _

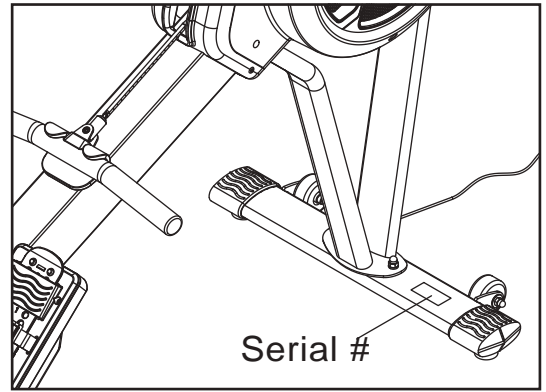


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1	Important Safety Notes and Warnings
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R1

MAGNETIC ROWER

IMPORTANT SAFETY NOTES AND WARNINGS

Basic precautions should always be followed, including the following safety instructions before using this equipment:

Read all instructions before using this equipment.

WARNING! There is a risk assumed by individuals who use this type of equipment. Before beginning this or any other exercise program consult your physician. This is especially important for individuals over the age of 35, pregnant women, or person with pre-existing health problems. ATTAIN FITNESS assumes no responsibility for personal injury or property damage sustained by or through use of this product.

General Safety Instructions:

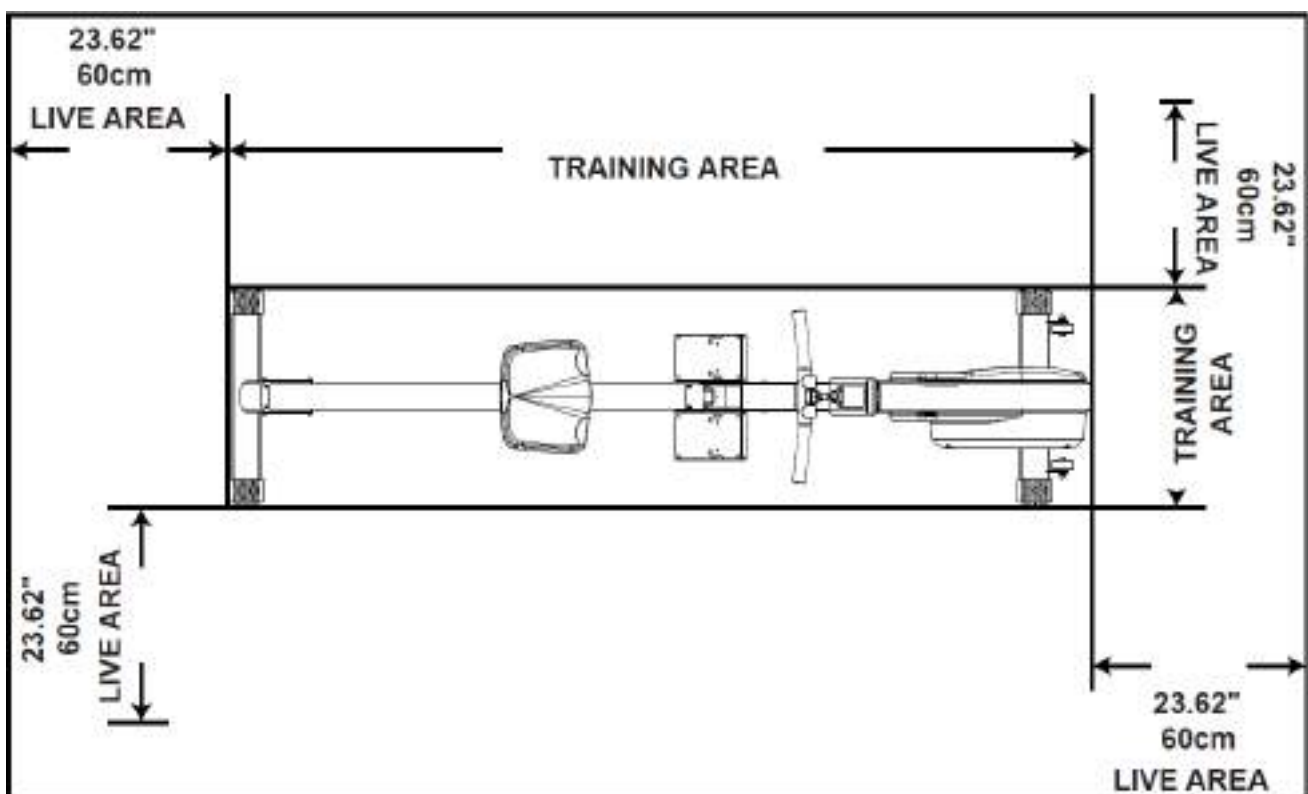
1. It is recommended that you perform warm up exercises before using this equipment.
2. This equipment must be assembled and placed on a flat surface while in use. Using a mat or other material on the ground is recommended.
3. It is important to consult your physician before beginning any exercise program.
4. If you experience dizziness, nausea, chest pains or other abnormal symptoms during exercise, stop the exercise session immediately. Consult your physician before continuing your exercise.
5. Keep children away from the equipment. Hands and feet may get caught in the pedals or other moving parts, which could result in serious injury.
6. No more than one person should ever use the product at a time.
7. Pets should never be allowed near unit.
8. Always wear proper clothing and shoes when exercising. Drink plenty of fluids when exercising.
9. Never operate this unit if it is damaged or broken. Please contact our customer service department at +1 877-551-7484 and info@attainfitnessusa.com.

IMPORTANT SAFETY NOTES AND WARNINGS

General Safety Instructions:

10. Make sure all components are fastened securely at all times.
11. Product net weight: 46.5 kg
12. Overall dimensions: L 2500 x W 628 x H 1240 mm
13. Where equipment is positioned adjacent to each other the value of the free area may be shared.
14. **WARNING!** Injuries to health may result from incorrect or excessive training.
15. **WARNING!** Heart rate monitoring systems may be inaccurate. Over exercising may result in serious injury or death. If you feel faint stop exercising immediately.
16. The resistance system is speed independent.
17. Place your equipment in an flat floor with enough operating area. The training area should be at least 30cm on left and right side and at least 15cm in front and rear side of rowing machine. The recommended free area is at least 60cm on every side of the rowing machine.

Training area requirement




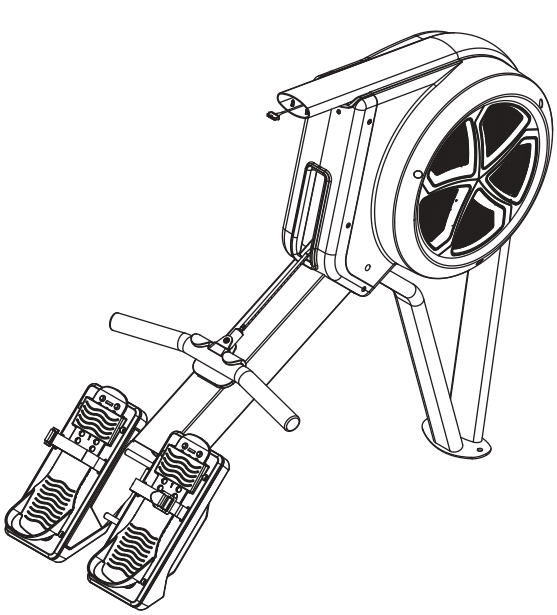
IMPORTANT SAFETY NOTES AND WARNINGS

Product Safety Instructions:

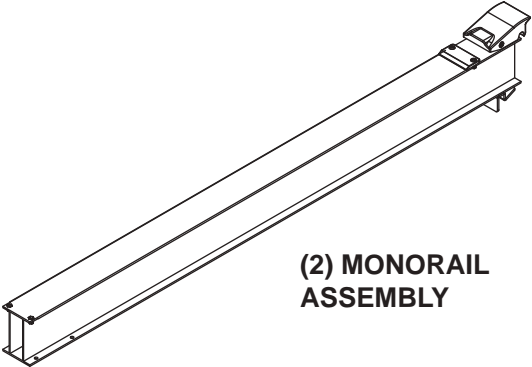
1. Start your exercise program gradually. Exercise only for a few minutes on the first day to let your body adjust to the new exercise.
2. Slowly increase your exercise time and intensity over the first two weeks. If you increase your intensity too rapidly, or fail to warm up properly, you can increase the risk of injury.
3. Use of this machine with worn or weakened parts, may result in injury to the user. We strongly suggest replacing it immediately. Use only the accessory attachments recommended by the manufacturer.
4. Unit maximum weight limit is 150KG.
5. Do not place machine in an area of high voltage or electromagnetic fields.
6. Make sure that all components are fastened securely including but not limited to seat, pedals, handlebar, or any electric components.
7. Never place any open containers or bottles of any type directly on the unit.
8. Keep machine clear of any obstructions, heavy machinery, and never place objects on or against machine.
9. Failure to follow these instructions will void the units warranty and the manufacturer or distributor assumes no responsibility for personal injury or property damages related to the product if unit is ever used incorrectly or for reasons other than exercise.
10. Perform proper maintenance as recommended in this manual.

R1 MAGNETIC ROWER Assembly Parts List

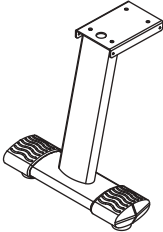
 **NOTE: IF YOU SEEM TO BE MISSING A PART, DO NOT WORRY, IT LIKELY HAS BEEN PRE-INSTALLED FOR QUALITY CONTROL PURPOSES.**



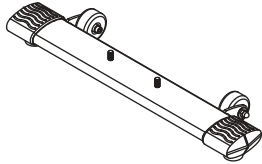
(3) MAIN FRAME ASSEMBLY



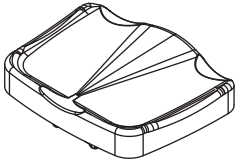
(2) MONORAIL ASSEMBLY



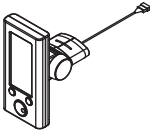
(1) REAR STABILIZER



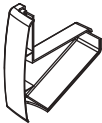
(5) FRONT STABILIZER



(29) SEAT PAD



(32) COMPUTER SET



(30L) REAR LEFT COVER



(30R) REAR RIGHT COVER



(45) POWER ADAPTER



(47) BUMPER

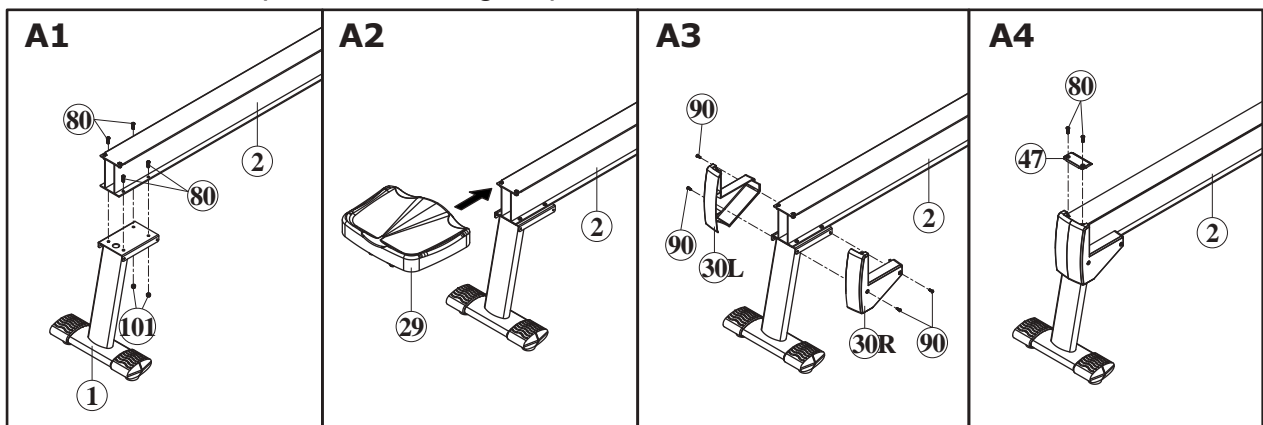
Assembly Instruction



**TO EASE THE ASSEMBLY PROCESS.
DO NOT TIGHTEN ANY BOLTS UNTIL INSTRUCTED.**

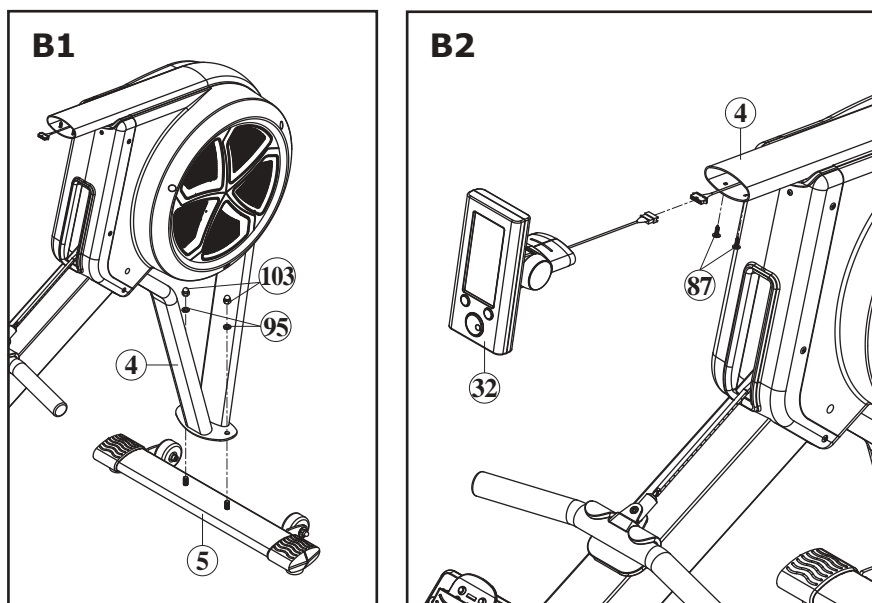
Step 1 Rear Stabilizer & Monorail Assembly

- A1. Attach Rear Stabilizer (1) to the Monorail (2) using four M6 X 16L Hex Socken Dome Bolt (80) and two M6 Nylon Nuts (101). Tighten all bolts.
- A2. Slide the Seat Pad (29) into the Monorail (2) Assembly.
- A3. Attach Rear Left Cover (30L) & Rear Right Cover (30R) using four M4 X 12L Screws (90).
- A4. Attach Bumper (47) to the Monorail (2) using two M6 X 16L Hex Socken Dome Bolts (80). Make sure the both Rear Left Cover (30L) & Rear Right Cover (30R) are in correct position, then tight up all the bolts and screws.

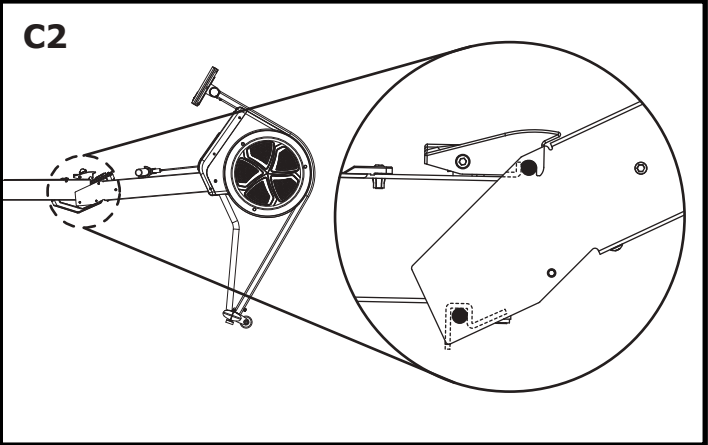
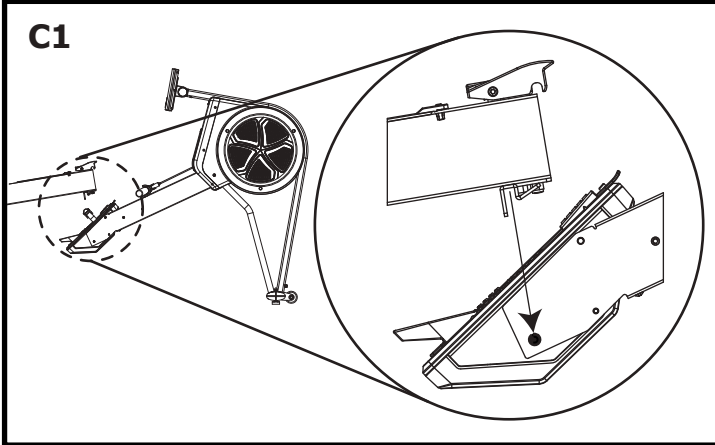
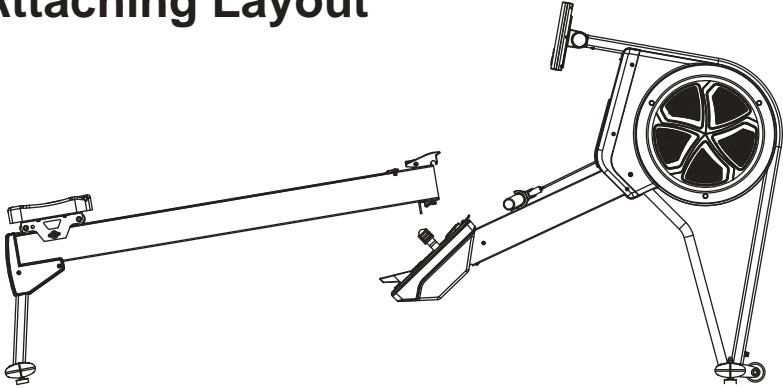


Step 2 Front Stabilizer & Computer Set Assembly

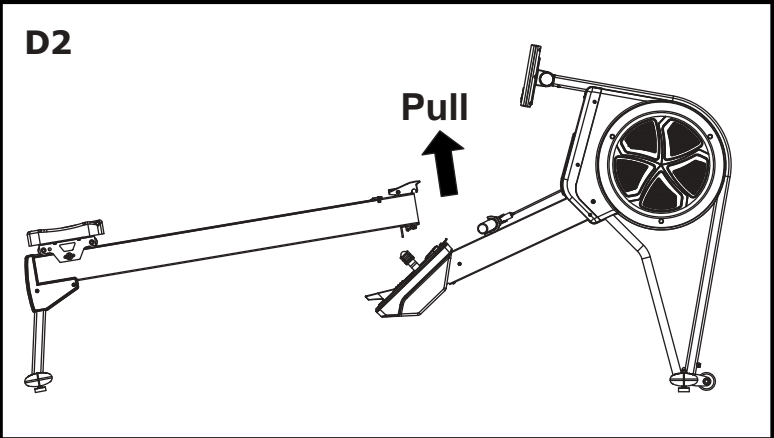
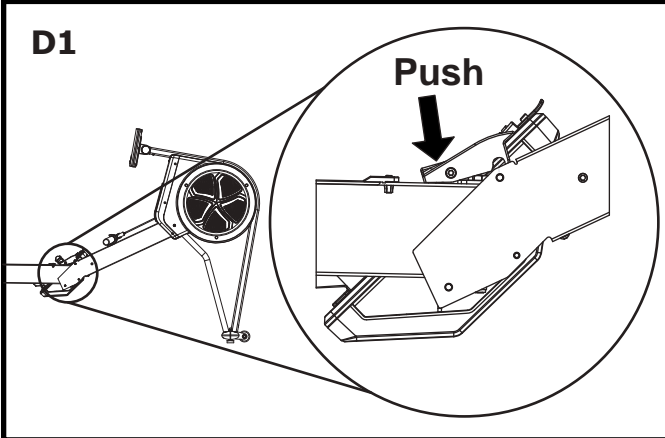
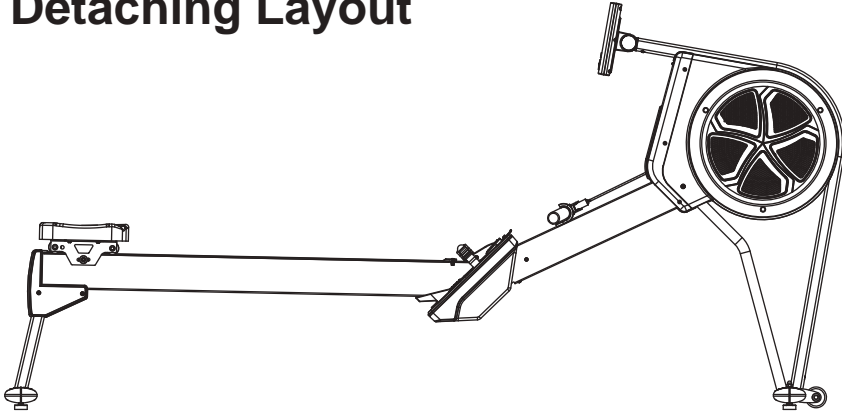
- B1. Attach Front Stabilizer (5) to the Front Frame (4) using two 3/8" Spring Washers (95) and two 3/8" Cap for Nuts (103). Tight all bolts.
- B2. Attach Computer Set (32) to the Front Frame (4) using two pre-assembled 3/16" X 16L Screws (87). Make sure the Computer Set (32) is align in position and then tight the screw.



Step 3 Monorail Assembly & Main Frame Assembly Attaching Layout



Step 4 Monorail Assembly & Main Frame Assembly Detaching Layout



Setting Up R1 MAGNETIC ROWER

Folding and Unfolding the rail

WARNING: Never attempt to folding or unfolding monorail by yourself, ask for additional help if needed and never attempt to lift the main frame assembly if you have any medical issues.

To avoid serious injury, keep fingers and hands away from the folding connection area.

Folding the rail:

1. Lift the main frame assembly by holding the foot strap, and slowly attach with monorail.
2. Make sure these two indicated circle are locked in before release the plastic clasp.

Unfolding the rail

1. Push the plastic clasp to unlock the rail and hold the foot strap.
2. Slowly pull up the monorail to detach the rowing machine.



Setting Up R1 MAGNETIC ROWER

Transportation

Lift up the machine from rear stabilizer for transportation, and make sure the front wheel touches ground before moving forward.



Storage

Store in a dry and flat area.



Setting Up R1 MAGNETIC ROWER

Connect power adaptor to the main frame assembly before use.

Always unplug power adaptor after every workout.



Care and maintenance

1. The R1 MAGNETIC ROWER is made of high quality materials and it is well designed. It is important to spend some time for simple maintenance before and after use. R1 MAGNETIC ROWER is only for indoor use and should not be stored in damp, extremely cold or hot areas as this will damage the unit voiding the warranty.
2. For safety reasons, inspect your rower before every use by checking all nuts, bolts and screws and make sure they are all tight and firm.
3. Clean seat rollers and aluminum rail with moist cloth of clean water or light soap water before and after every use. Make sure the seat is moving smoothly and no black spots are on the rail and seat rollers.
4. Do not use harsh or abrasive chemicals to you equipment.
5. Dry the unit off with a clean towel to remove left over moisture and sweat after every use.



It is important to spend some time for simple maintenance before and after use.

Setting Up R1 MAGNETIC ROWER

Getting on safely

1. Position yourself in the middle of the aluminum monorail, and move the seat into comfortable position.
2. Adjust the seat to a comfortable position and sit down slowly.



Computer viewing angle adjustment

1. Move computer upward or downward to adjust conformable viewing angle.



Setting Up R1 MAGNETIC ROWER

Heel rest adjustment

1. Pull or push to adjust the heel rest to fit your foot size in a comfortable position.



Tight up foot strap adjustment

1. Tight up foot strap by pulling foot strap toward to the monorail on both sides.



Loosen foot strap adjustment

1. Loosen foot strap by pulling buckle outward against monorail.



Correct rowing guide

Correct

To start up, legs are vertical to the floor, and straighten and stabilize arms. Kick your feet against foot plate to begin.



Fault

Torso are out of position, poor control of force at the beginning, and may cause injury.



Correct

Stabilize straight arms and push legs against foot pedal.



Fault

Pull arms before legs are straight, poor control of force.



Correct rowing guide

Correct

Pull handle bar towards middle of torso, wrists and fore arms are parallel to the ground.



Fault

Incorrect grip position and bend wrists, may cause sore wrists in long term exercise.



Correct

During recovery phase, straighten arms before knees bend to return to the start up phase.



Fault

Knees bend before arms straight will hit knees and may causes injury.



Console Operation Instructions



Display Key

Reset Key

Scroll Wheel / Enter

High intensity Interval Training (HIIT) program Indicator: Represents target value of stroke rate for HIIT workout program

Stroke Rate: Stroke per minute

Exercise window: Press Display key to rotate between Exercise> Force curve> Bar chart> Exercise...etc.

Dot Matrix profile window: For program selections rotate from P1> P2> P3> P4> P5> P6> P7> P8> P9> P1...etc.

Data Display window: Press display key to rotate between present workout value and average workout value

Data Display readouts:

1. Time/500m (AVG): It is measurement of speed and as known as split time. It show how much time would current (AVG) pace to complete 500 meter in distance. the less value of time/500m, the faster to complete 500 meter of your performance.
2. WATT (AVG): Displays estimated watts per stroke during a workout
3. Pulse (Heart rate): Display heart rate and require a wireless heart rate strap to function.
4. Time: Measures time in minutes and seconds from the very first stroke.
5. Calories (Calories per hour): Displays estimated kilocalories burned during workout and/or calories burned per hour.
6. Resistance Level (1-10): Level of resistance.
7. Distance (meter or Mile): Displays distance traveled during workout in meters/ miles.

Console Operation Instructions

IMPORTANT NOTE! For those who use heart rate sensor for rowing exercise. Due to the distance requirement is long for heart rate transmitter to transmit signal to signal receiver (inside of computer), **it is suggest to use Polar T34 heart rate transmitter** or other long signal transmitting heart rate transmitter.

Function Keys:

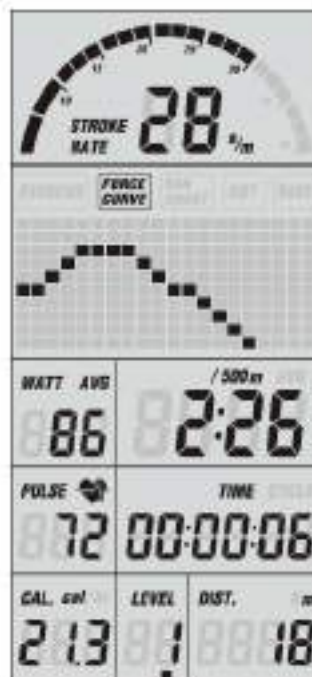
- 1. Scroll Wheel / Enter:** Turn this wheel to highlight selections as well as increase or decrease workload. Press it to confirm your selection. (Tips: Hold back of console and use thumb to easily control Scroll Wheel)
- 2. Display key:** Press Display key to rotate Program and Data window, Exercise> Force Curve >Bar Chart> Exercise...etc.
- 3. Reset Key:** Press to go back to previous option or window. Long press for 3 seconds to go back to program selection mode.

Display window rotation

Exercise



Force Curve

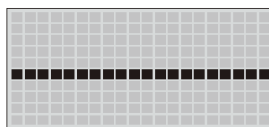


Bar Chart

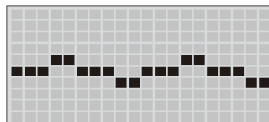


Console Operation Instructions

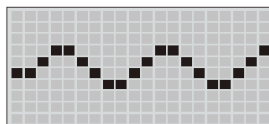
Exercise Window: There are four indications under this window



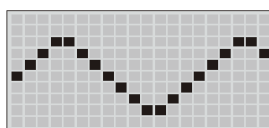
Zero Stroke



Slow Stroke rate



Moderate Stroke rate



Quick Stroke rate

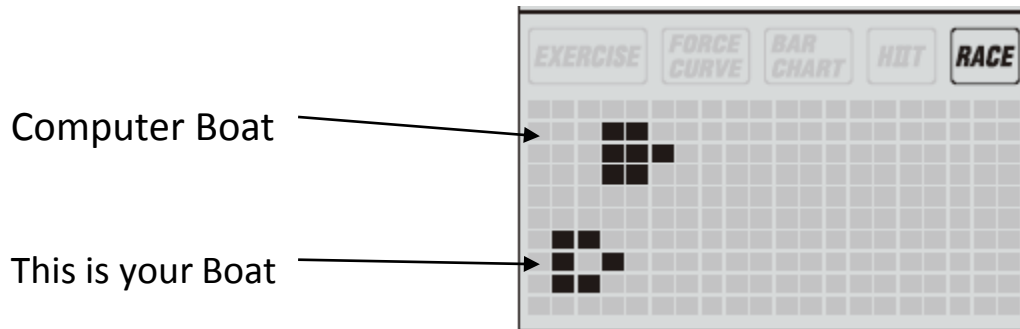
Programs:

Quick Start: Simply start rowing to start console and spin shuttle button to adjust resistance level. Press display key during exercise would rotate dot matrix window. Press reset key to return to program selection window at any time.

- 1. P1 (Manual Mode):** Select **P1** in dot matrix window by pressing enter key. Adjust resistance level by rotating shuttle button and press enter to confirm selection. Then start rowing to begin the program. To terminate and go back to program selection window press reset key and hold for 3 seconds.
- 2. P2 (Goal Time):** Select **P2** in dot matrix window by pressing enter key. Adjust time and resistance level by rotating shuttle button and press enter to confirm selection. Then start rowing to begin the program. To terminate and go back to program selection window press reset key and hold for 3 seconds.
- 3. P3 (Goal Calorie):** Select **P3** in dot matrix window by pressing enter key. Adjust calorie and resistance level by rotating shuttle button and press enter to confirm selection. Then start rowing to begin the program. To terminate and go back to program selection window press reset key and hold for 3 seconds.
- 4. P4 (Goal Distance):** Select **P4** in dot matrix window by pressing enter key. Adjust distance and resistance level by rotating shuttle button and press enter to confirm selection. Then start rowing to begin the program. To terminate and go back to program selection window press reset key and hold for 3 seconds.

Console Operation Instructions

Race program



Programs:

- P5 (Race):** Select **P5** in dot matrix window by pressing enter key. Adjust competing distance and resistance level by rotating shuttle button and press enter to confirm selection. Then start rowing to begin the program. To terminate and go back to program selection window press reset key and hold for 3 seconds.
- P6 (High intensity Interval Training - HIIT):** P6 is a 20 mins beginner training program, helps you to be comfortable of rowing training. At warm up phase, row at your comfortable pace, and find suitable resistance level that you can manage for the entire workout. During one minutes count down, you are encourage to go as fast as you can. Rest zone is 2 minutes count down for breath catching and prepare for next speeding phase. (Please note: Do not push yourself to hard during speeding phase, and if you feel faint or dizzy, stop your workout immediately and contact your physician.)
- P7 (HIIT):** P7 is a 20 mins standard training program for individual who is familiar with rowing motions of sequence.
- P8 (HIIT):** P8 is a 30 mins standard training program.
- P9 (HIIT):** P9 is a 30mins advance level training program, with high stroke rates in speed up phase.

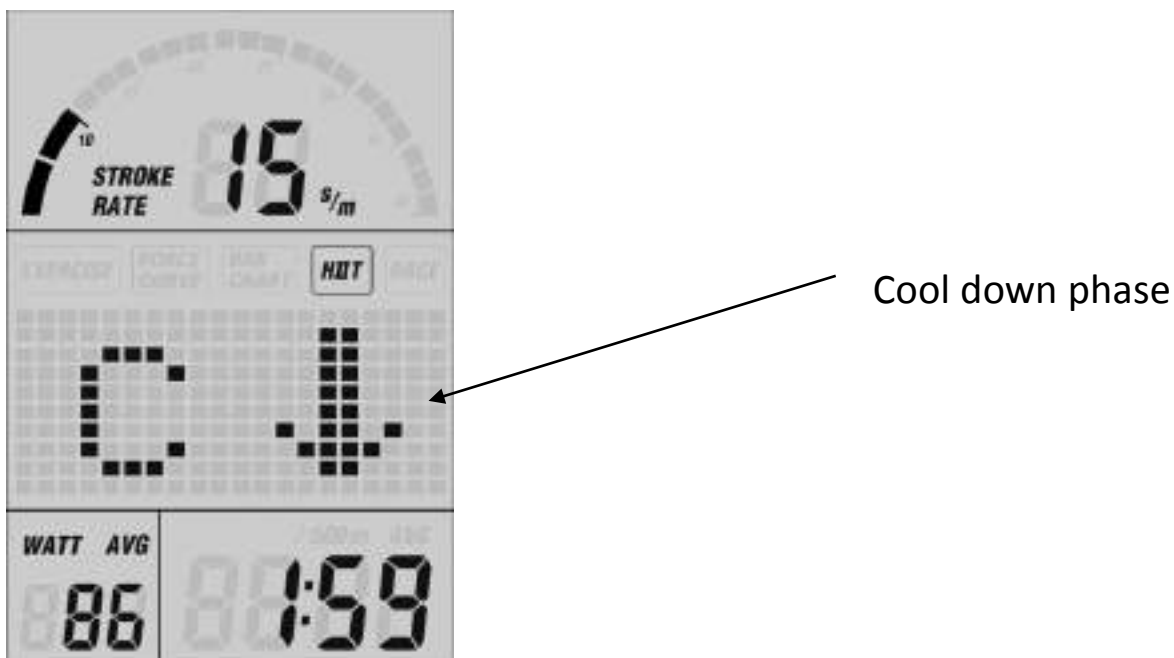
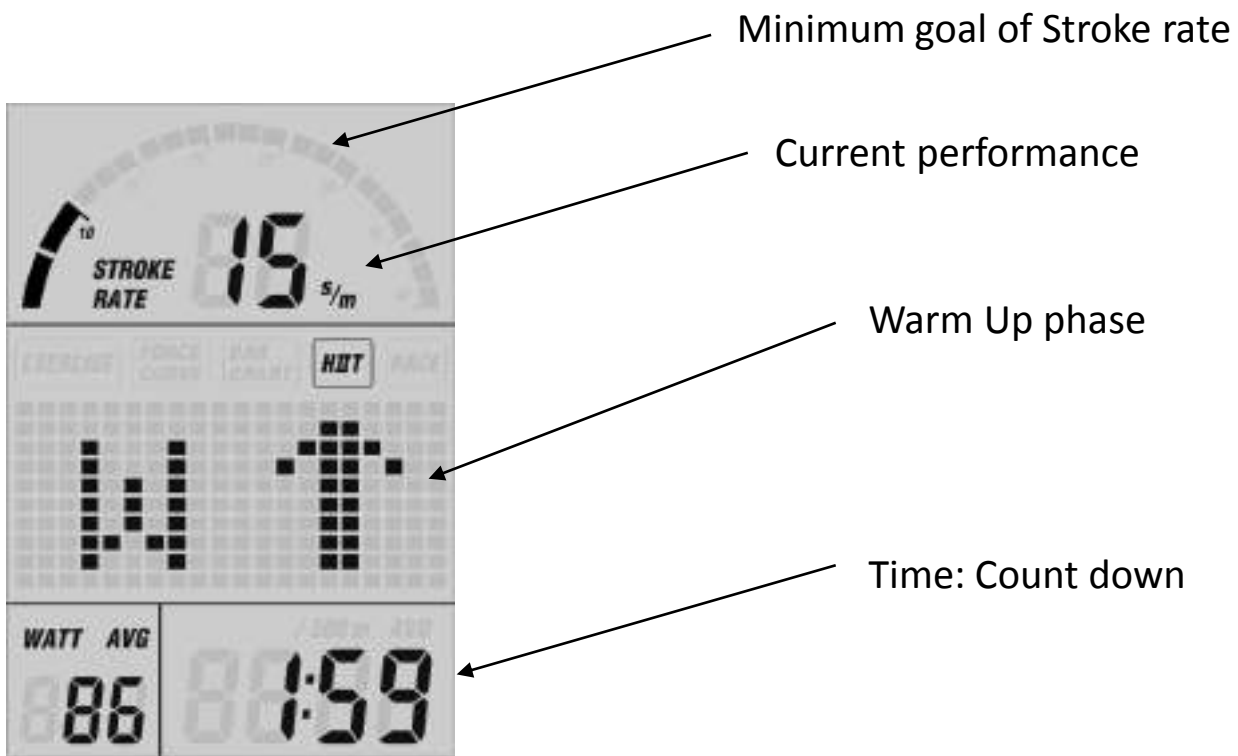
High intensity Interval Training (HIIT)

Warm up phase: Warm up your body and also gives you time to adjust your comfortable resistance level.

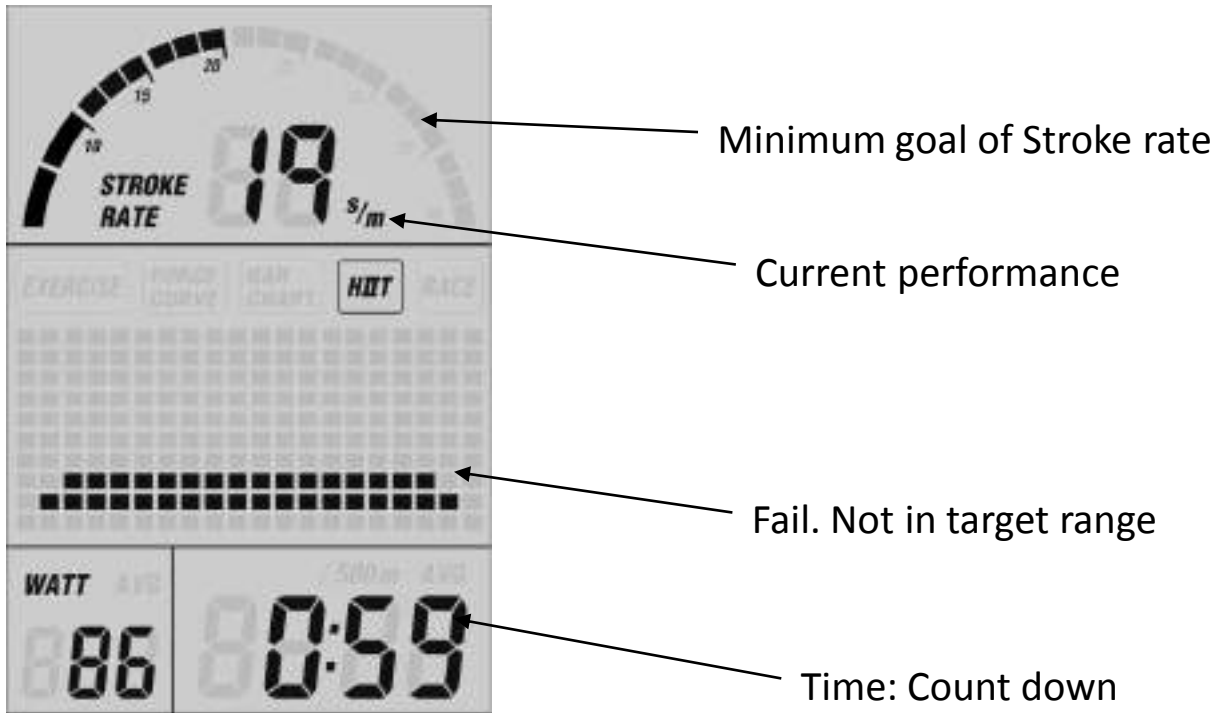
HIIT phase: Encourage user to go as fast as they can. Beware do not exceed your fitness ability.

Rest phase: Slow frequency of stroke rate to catch breath and recovery for next phase.

Cool down phase: The program is about to end and give you time to recover from the entire workout.

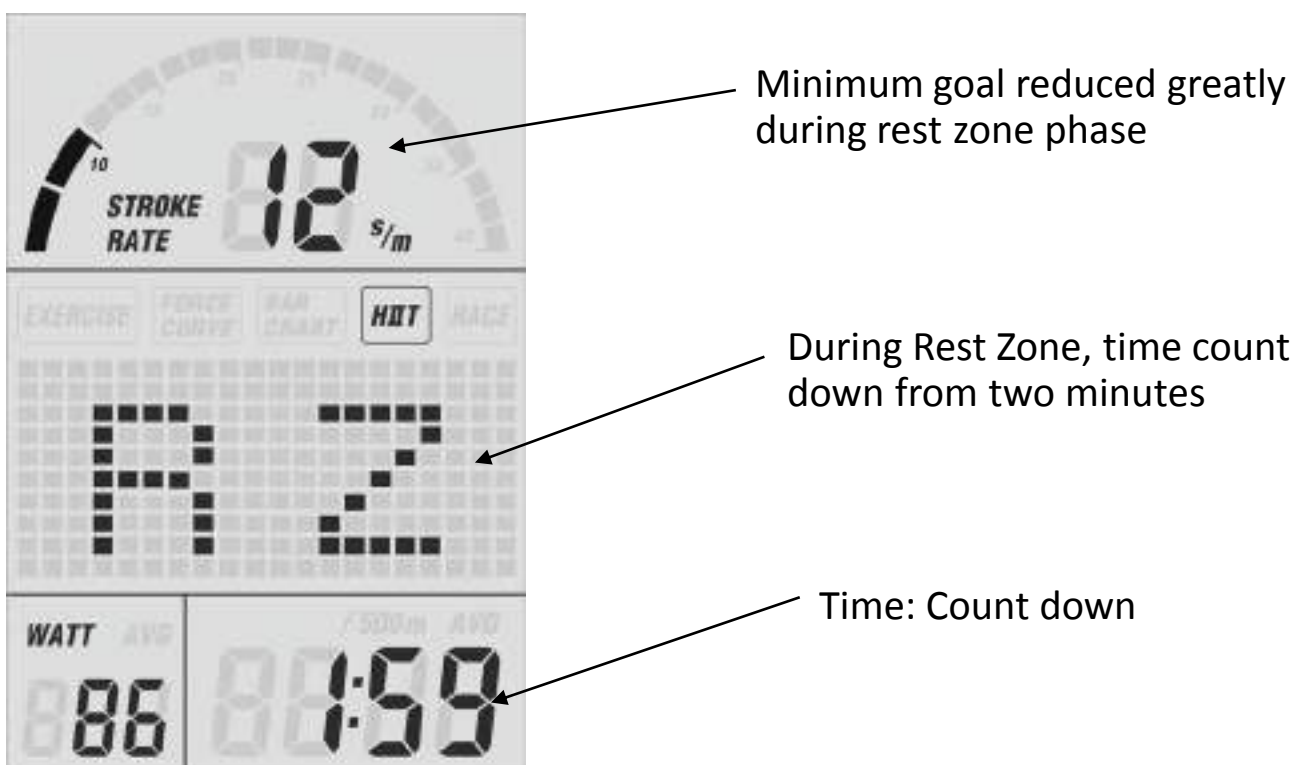


High intensity Interval Training (HIIT)



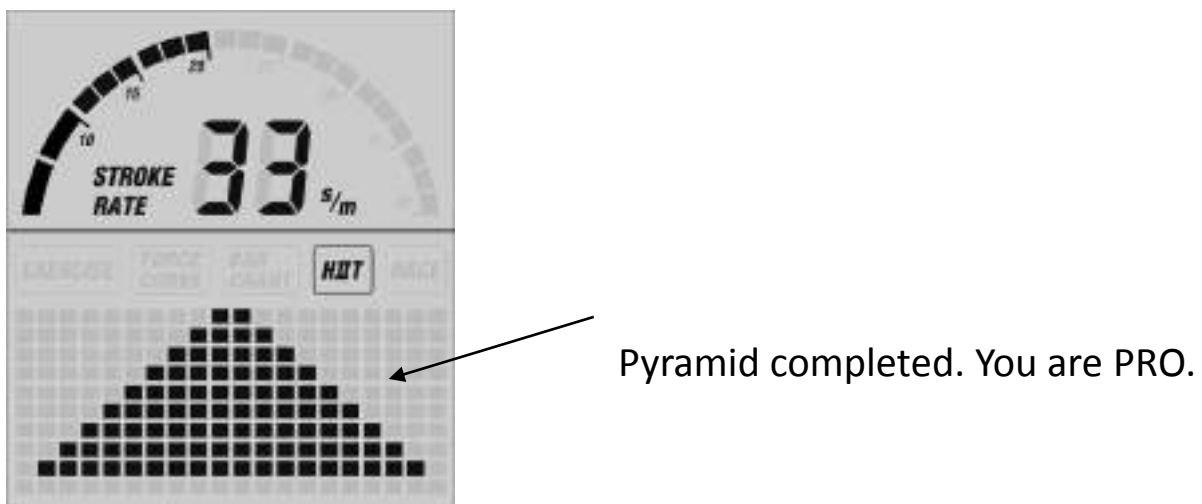
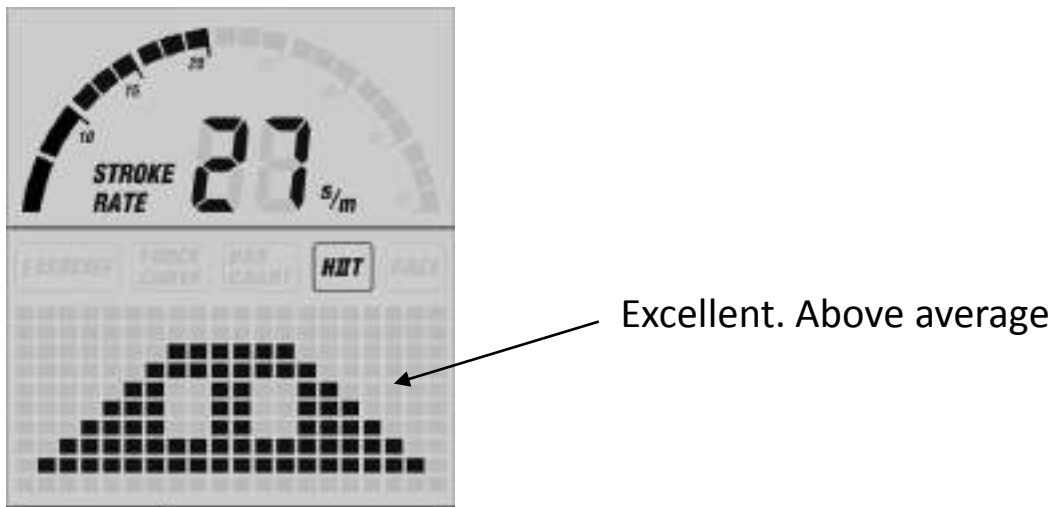
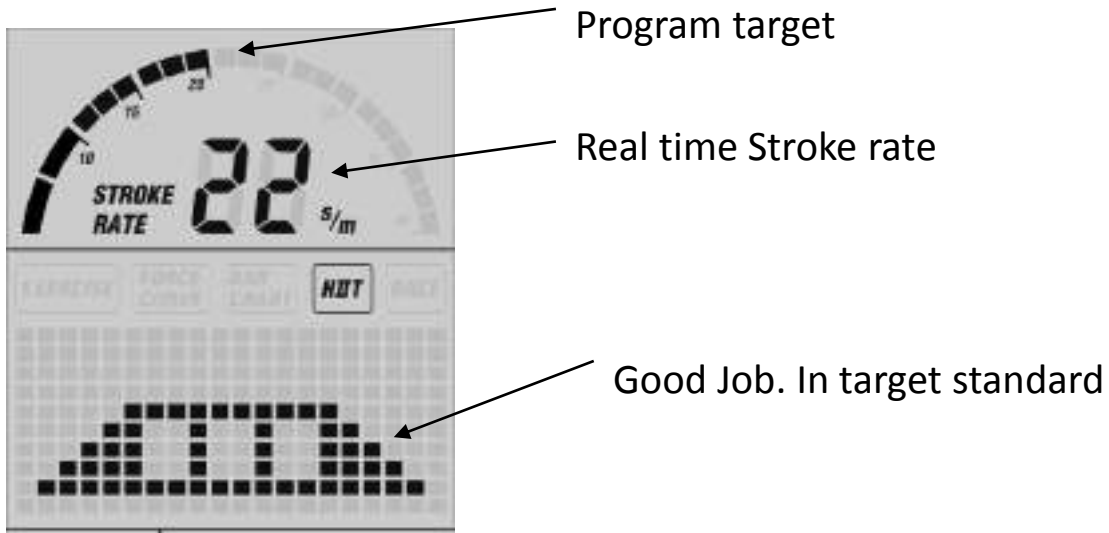
During one minute count down, HIIT program encourages you to go as fast as you can so that you can reach the goal of a complete pyramid.

When it comes to two minutes count down, you are encourage to slow down the frequency of stroke rate to catch your breath and recover for next high frequency workout.



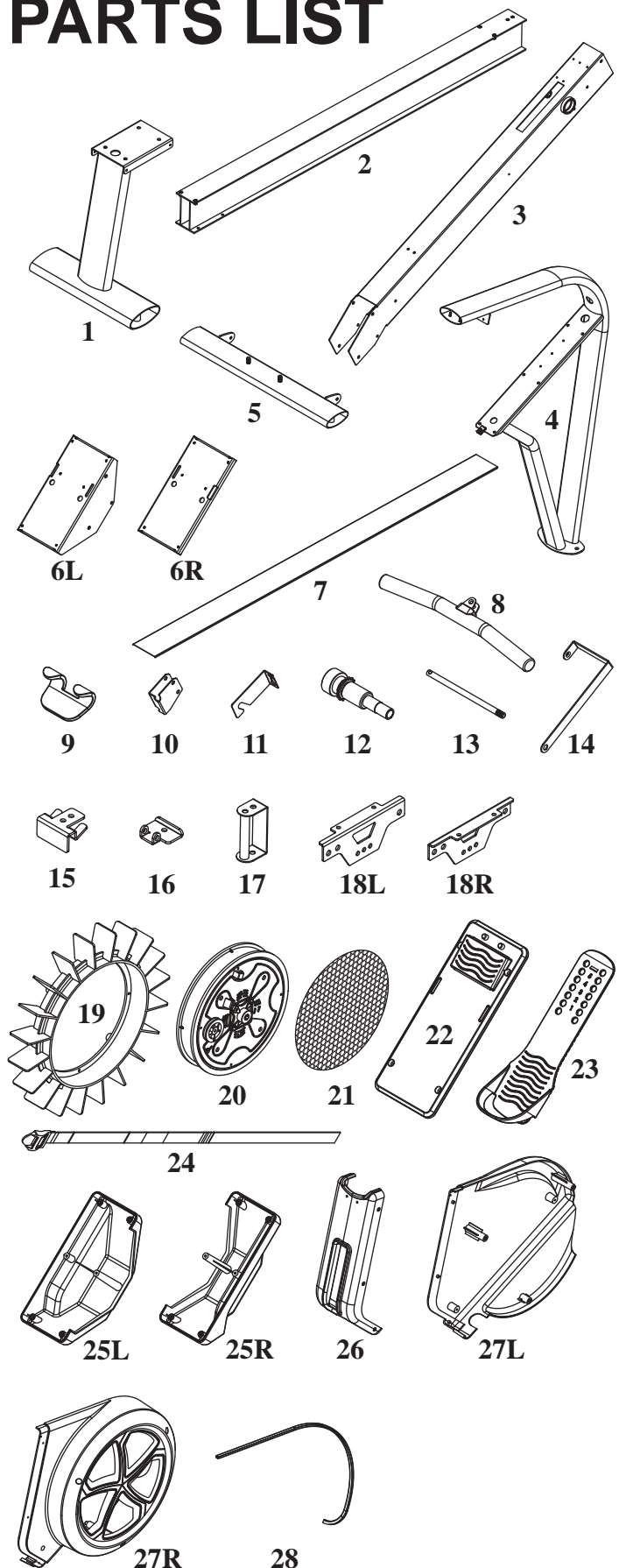
High intensity Interval Training (HIIT)

Build up your Pyramid



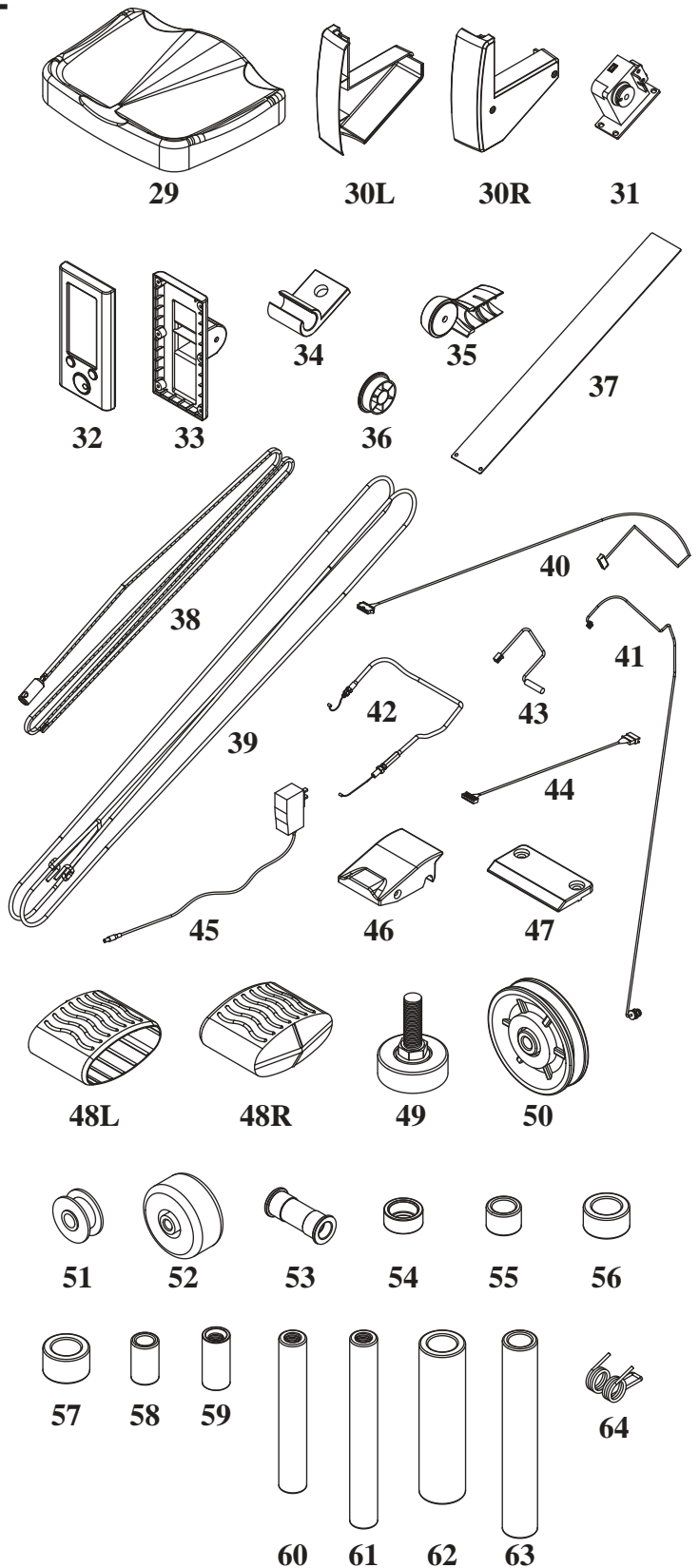
DETAILED PARTS LIST

NO.	DESCRIPTION	QTY.
1	REAR STABILIZER	1
2	MONORAIL	1
3	MAIN FRAME	1
4	FRONT FRAME	1
5	FRONT STABILIZER	1
6L	LEFT BELLY FOOT STRETCHER	1
6R	RIGHT BELLY FOOT STRETCHER	1
7	MONORAIL COVER	1
8	HANDLE	1
9	HANDLE HOOK	1
10	TRAVELING PULLEY BRACKET	1
11	CABLE RETAINER PLATE	2
12	BELT SHAFT	1
13	AXLE	1
14	L PLATE	1
15	LOWER HANGER PLATE	1
16	UPPER HANGER PLATE	1
17	MONORAIL BOLT SUPPORT	1
18L	LEFT SEAT CARRIAGE	1
18R	RIGHT SEAT CARRIAGE	1
19	FLYWHEEL FAN	1
20	FLYWHEEL	1
21	DAMPER	1
22	PEDAL	2
23	HEEL REST	2
24	FOOT STRAP WITH BUCKLE	2
25L	LEFT FOOT STRETCHER COVER	1
25R	RIGHT FOOT STRETCHER COVER	1
26	PLASTIC COVER	1
27L	LEFT PLASTIC COVER	1
27R	RIGHT PLASTIC COVER	1
28	BINDING OF PLASTIC COVER	2



DETAILED PARTS LIST

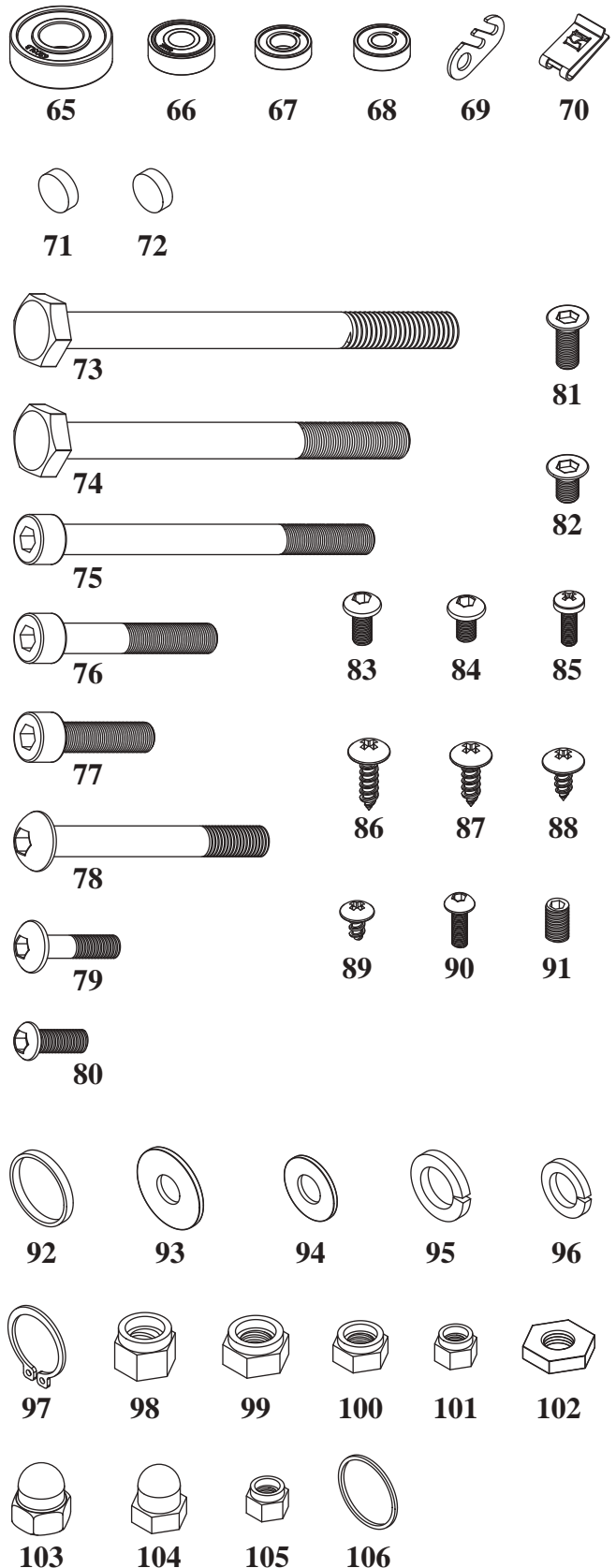
NO.	DESCRIPTION	QTY.
29	SEAT PAD	1
30L	REAR LEFT COVER	1
30R	REAR RIGHT COVER	1
31	MOTOR	1
32	COMPUTER (MONITOR)	1
33	COMPUTER BRACKET	1
34	SENSOR BRACKET	1
35	COMPUTER HINGE	2
36	COMPUTER HINGE CAP	2
37	ROBBER ROPE COVER	1
38	CHAIN	1
39	ROBBER ROPE	1
40	8 PINS UPPER CONNECTOR CABLE	1
41	POWER CORD CONNECTOR	1
42	CONNECTING CABLE	1
43	SENSOR CABLE	1
44	8 PINS UPPER CABLE	1
45	POWER ADAPTER	1
46	UPPER PLASTIC HANGER	1
47	BUMPER	2
48L	LEFT FOOT END CAP	2
48R	RIGHT FOOT END CAP	2
49	HEIGHT ADJUSTER	4
50	PULLEY	4
51	IDLER PULLEY	2
52	FRONT STABILIZER WHEEL	2
53	SEAT ROLLER	2
54	HOUSING	2
55	φ 8mm SPACER	2
56	φ 10mm X 8.5L SPACER	4
57	φ 10mm X 10L SPACER	4
58	TUBE FOR IDLER PULLEY	1
59	AXLE FOR HANDLE	1
60	AXLE FOR PLASTIC HANGER	1
61	AXLE FOR PULLEY	4
62	AXLE FOR SEAT PAD	2
63	TUBE FOR FOOT STRETCHER COVER	2
64	SPRING	1



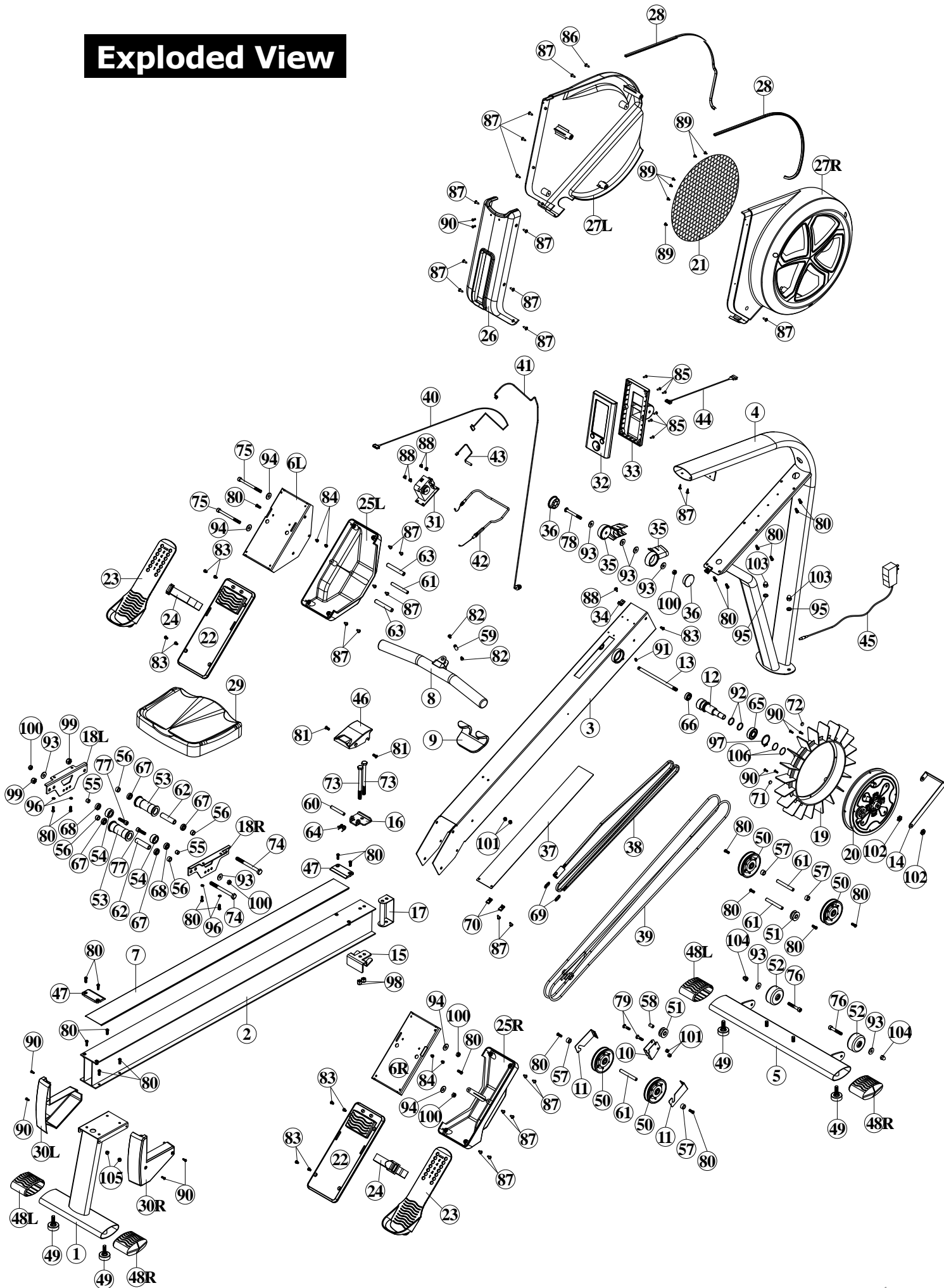
DETAILED PARTS LIST

NO. DESCRIPTION QTY.

65	OB6203LB BEARING	1
66	OB6000Z BEARING	1
67	OB6900 BEARING	4
68	OB608 BEARING	2
69	CHAIN CONNECTOR	2
70	BALANCE CLIP	2
71	MAGNET BALANCER	1
72	MAGNET	1
73	3/8" X 5" HEX BOLT	2
74	M10 X 110 HEX BOLT	2
75	M8 X 100L BOLT	2
76	M8 X 50L BOLT	2
77	M8 X 30L ROUND INNER ALLEN BOLT	2
78	M8 X 70L HEX SOCKEN DOME BOLT	1
79	M6 X 25L HEX SOCKEN DOME BOLT	2
80	M6 X 16L HEX SOCKEN DOME BOLT	26
81	M6 X 15L SCREW	2
82	M6 X 10L SCREW	2
83	M5 X 10L SCREW	9
84	M5 X 8L SCREW	4
85	M4 X 12L SCREW	6
86	3/16 X 19L SCREW	1
87	3/16" X 16L SCREW	27
88	3/16" X 12L SCREW	5
89	M4 X 8L SCREW	6
90	M4 X 12L SCREW	10
91	M6 X 10L SET SCREW	1
92	RING	2
93	M8 LARGER WASHER	8
94	M8 SMALLER WASHER	4
95	3/8" SPRING WASHER	2
96	M6 SPRING WASHER	4
97	C-RING	1
98	3/8" NYLON NUT	2
99	M10 NYLON NUT	2
100	M8 NYLON NUT	5
101	M6 NYLON NUT (6m/m H)	4
102	3/8" NUT	2
103	3/8" CAP FOR NUT	2
104	M8 CAP FOR NUT	2
105	M6 NYLON NUT (8m/m H)	2
106	22mm OD. BUMPER	2



Exploded View



R1 WARRANTY

This warranty applies to Residential and Light Commercial use only.

Residential Warranty: [Lifetime] Years Frame and Welds, [1] Year Parts.

Light Commercial Warranty: [10] Years Frame and Welds, [1] Year Parts.

This warranty is valid only in accordance with the following conditions:

- The warranty begins on the original purchase date at retail and ends when the original owner disposes of it, either through sale, gift, or otherwise. This warranty is not transferable and is only valid to the original purchaser.
- The product must have been registered within 30 days of the original purchase date or supply proof of purchase to validate warranty (original sales invoice).
- This warranty does not cover damage resulting from accident, misuse, water, tampering, unreasonable use, unauthorized repairs, improper repairs, alterations or normal wear and tear.

This warranty excludes the following:

1. The warranty does not cover normal maintenance or labor charges unless labor terms are listed above.
2. Normal cosmetic wear on parts such as paint, seat coverings, walk belts, pedal straps, wheels, foot rails, labels and logos.
3. Consumables such as batteries and heart rate belts that do not have a replaceable battery.
4. Eprom/Software version upgrades unless determined as necessary.
5. Any accessories not included in the original packaging.

*This warranty is in lieu of all warranties, expressed or implied, and/or all other obligations or liabilities on our part and we neither assume nor authorize any person to assume for us any other obligation or liability in connection with the sale of your ATTAIN FITNESS product. Under no circumstances shall we be liable by virtue of this warranty or otherwise for damage to any person or property whatsoever for any special, indirect, incidental, secondary or consequential damage of any nature whatsoever arising out of the use or inability to use the ATTAIN FITNESS product.