TOORX
FITNESS IN MOTION

INSTRUCTION

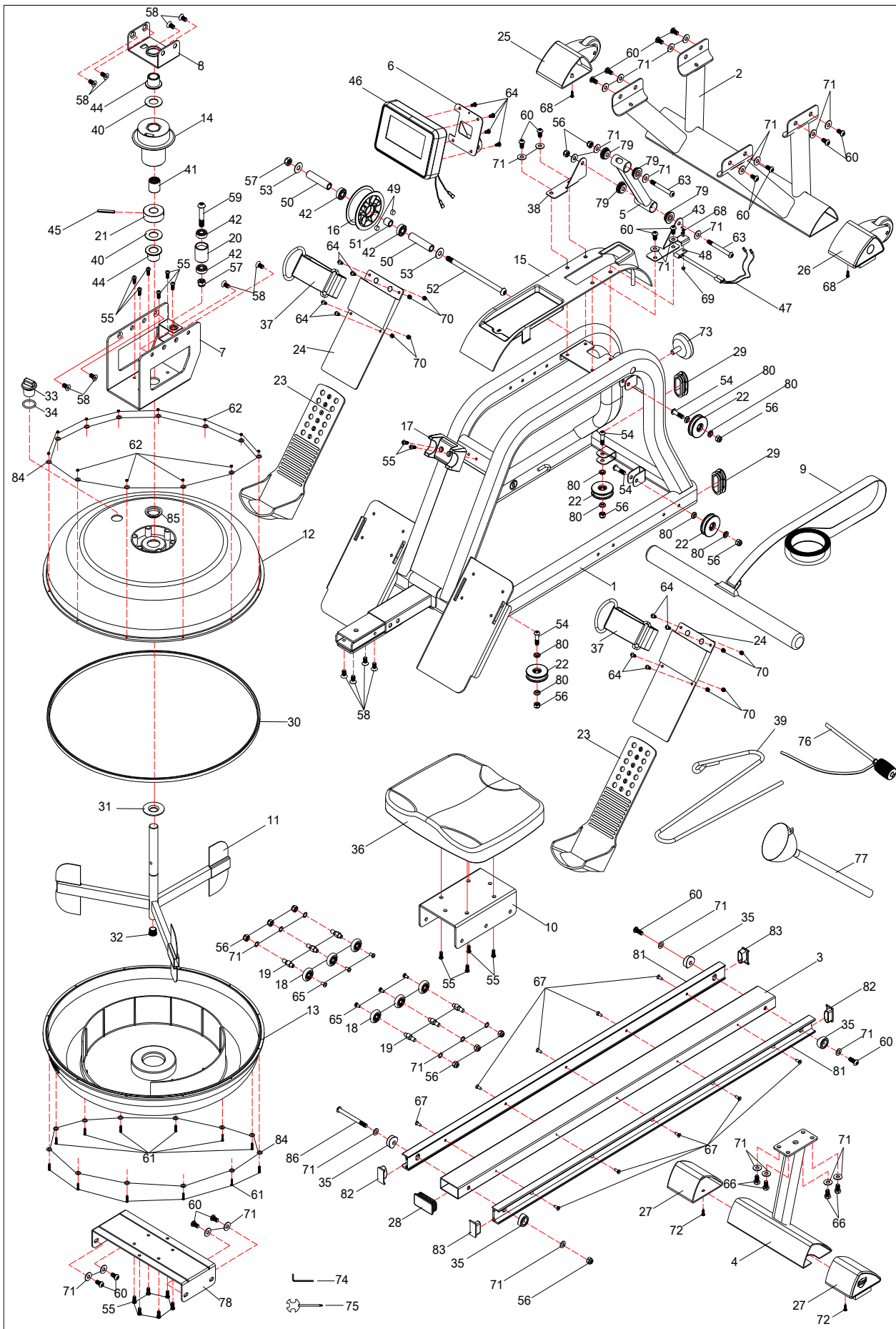# ROWERSEA

CE

EXPLODED DRAWING

PARTS LIST

No.	Description	Spec.	QTY	No.	Description	Spec.	QT
1	Main frame		1	44	Bushing		2
2	Front stabilizer		1	45	Pin	Ø6.0*40	1
3	Slide rail	SPHC,T=2.0	1	46	Meter		1
4	Rear stabilizer		1	47	Sensor wire		2
5	Support for computer		1	48	Sensor holder	PA，black	1
6	Support Plate		1	49	Magnet	Ø10*5	2
7	Tank plate		1	50	Spacer for mesh belt wheel	Ø16* Ø10.2*69	2
8	Plate for bushing	SPHC,T=3.0	1	51	Short spacer	Ø16* Ø10.2*16	1
9	Handlebar		1	52	Screw	M10*185	1
10	Seat carriage	SPHC,T=4.0	2	53	Washer	OD25*ID10.5*2.0	2
11	Impeller		1	54	Screw	M8*30	4
12	Upper tank	PC	1	55	Screw	M6*15	18
13	Lower tank	PC	1	56	Nylon lock nut	M8	13
14	Mesh belt wheel		1	57	Nylon lock nut	M10	2
15	Decorate cover	HIPS，black	1	58	Flat screw	M8*15	12
16	Belt wheel	POM，	1	59	Screw	M10*55	1
17	Handlebar seat	HIPS, black	1	60	Screw	M8*15	18
18	Roller	POM，	6	61	Screw	M3*20	12
19	Roller Shaft		6	62	Nylon lock nut	M3	12
20	Guide roller	POM，	1	63	Screw	M8*70	2
21	Magnet Seat	POM，	1	64	Screw	M5*12	12
22	Bungee pulley	POM，	4	65	Screw	M5*8	6
23	Top Pedal	PP, black	2	66	Outer hex screw	M8*15	4
24	Under Pedal	PP, black	2	67	Flat cross screw	M5*15	10
25	Left end cap		1	68	Cross Screw	M4*12	3
26	Right end cap		1	69	Nylon lock nut	M4	1
27	Adjustable end cap		2	70	Nylon lock nut	M5	8
28	Rail end cap	PP, black	1	71	Washer	OD20*ID8.5*1.5	24
29	Oval plug	PP, black	2	72	Screw	ST4.2*16	2
30	Rubber sealing ring	Rubber, black	1	73	Knob		1
31	Impeller Shaft Seal	Rubber, black	1	74	Allen wrench	S5	1
32	Round plug	PP, black	1	75	Spanner	S13-S17	1
33	Fill Plug	Rubber, black	1	76	Pumping siphon		1
34	O shape ring	Rubber, black	1	77	Funnel		1
35	Stopper	Rubber, black	4	78	Lower tank plate		1
36	Seat	PU, black	1	79	Plastic Bushing	Ø27* Ø8.2*10	4
37	Pedal strap	PP, black	2	80	Spacer	Ø15* Ø8.2*4.1	8
38	Sensor stand L	SPHC,T=2.0	1	81	Aluminum	37*21*1050	2
39	Bungee cord	nylon，black	1	82	Rail endcap L	PP,black	2
40	Plastic washer	POM，black	2	83	Rail endcap R	PP,black	2
41	One way bearing	HFL2026	1	84	Stainless Washer	M3	24
42	Bearing	6000ZZ	4	85	Sealing ring for upper tank	Rubber,black	1
43	Sensor stand R	SPHC,T=2.0	1	86	Screw	M8*90	1

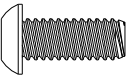# HARDWARE PACKAGE
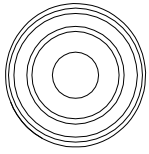
#35 Stopper 2pcs
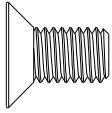
#58 M8*15 4pcs

#60 M8*15 14pcs
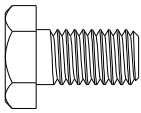
#66 M8*15 4pcs
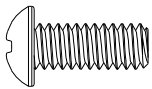
#68 M4*12 2pcs
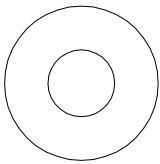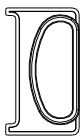
#71 OD20*ID8.5*1.5 18pcs

#74   S5 1pc
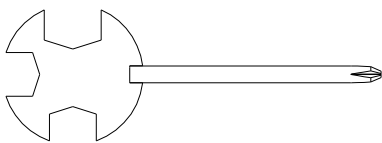
#75   S13-17 1pc

#82   Rail endcap L 1pc
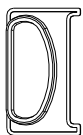
#83 Rail endcap R 1pc

ASSEMBLY INSTRUCTIONS

#66 M8*15 4pcs

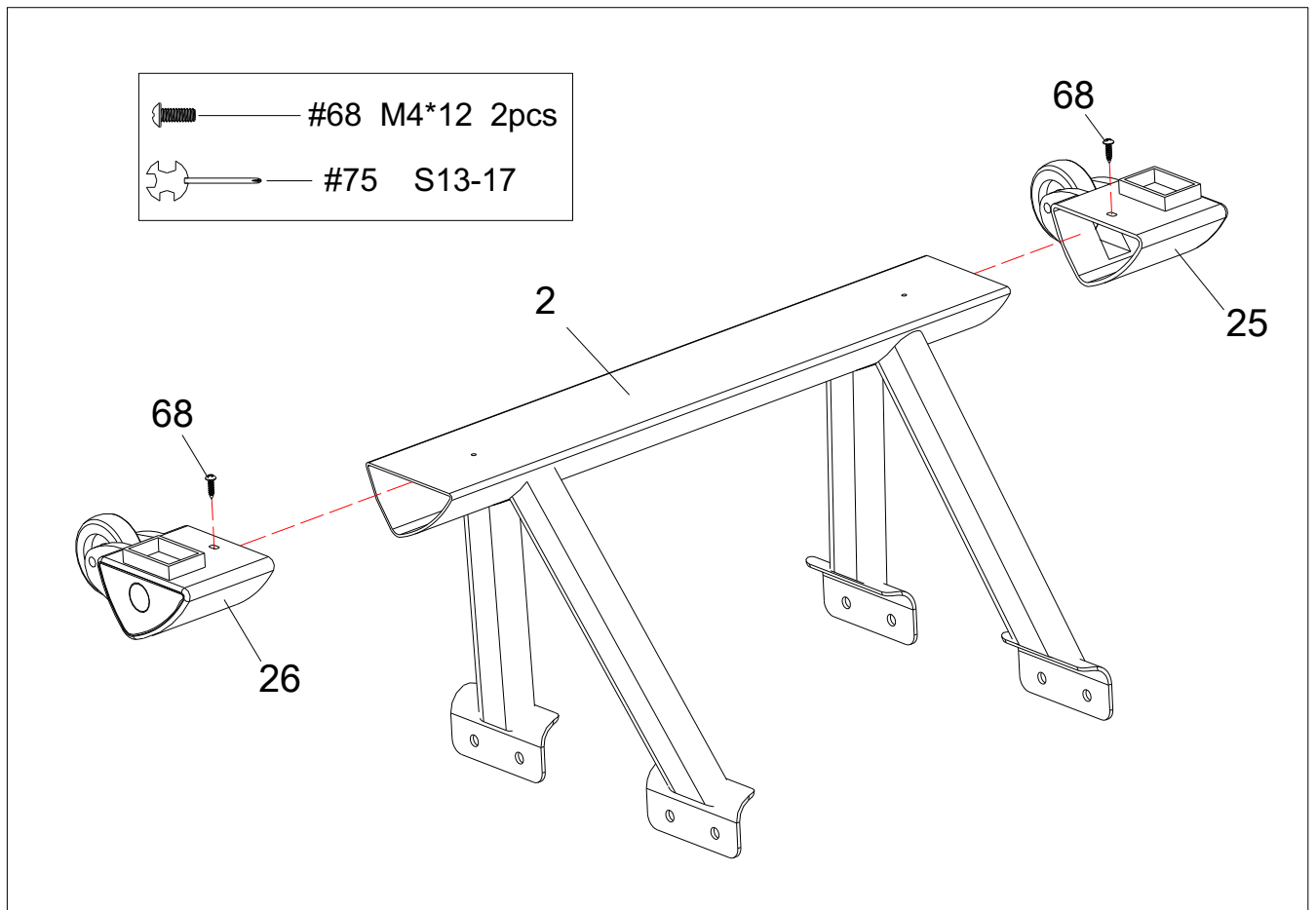#71 OD20*ID8.5*1.5 4pcs

#75   S13-17

4

3

66

71

66

71
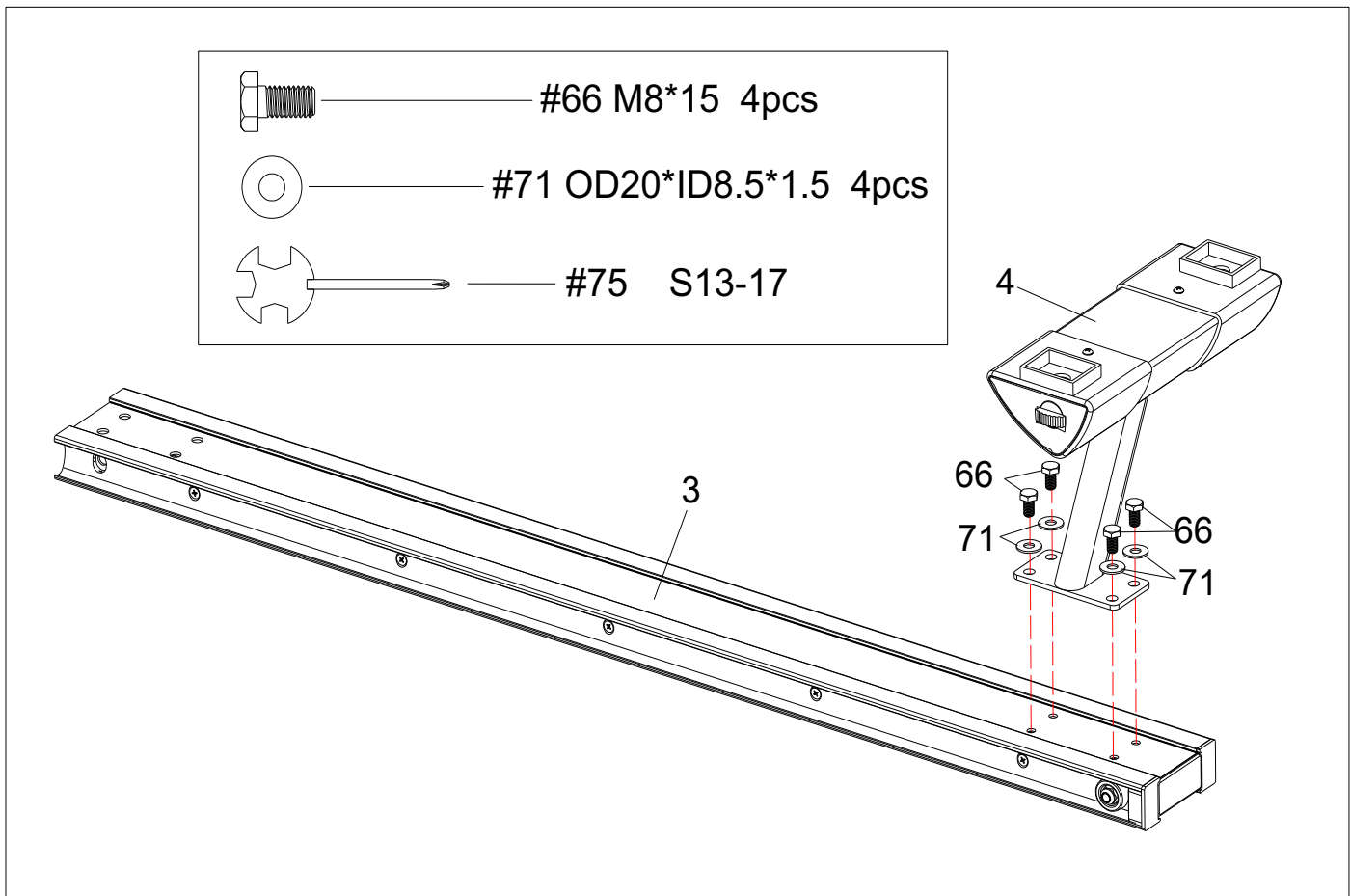
STEP 1:

NOTE: We recommend having 2 people to assemble the product.

Turn over the **Slide Rail (No. 3)** as above.Attached the **Rear Stabilizer (No.4)** to the **Slide Rail (No.3)** with 4 **Washers (No.71)** and 4 **Outer Hex Screws (No.66).** Tighten with **Spanner (No.75)**.
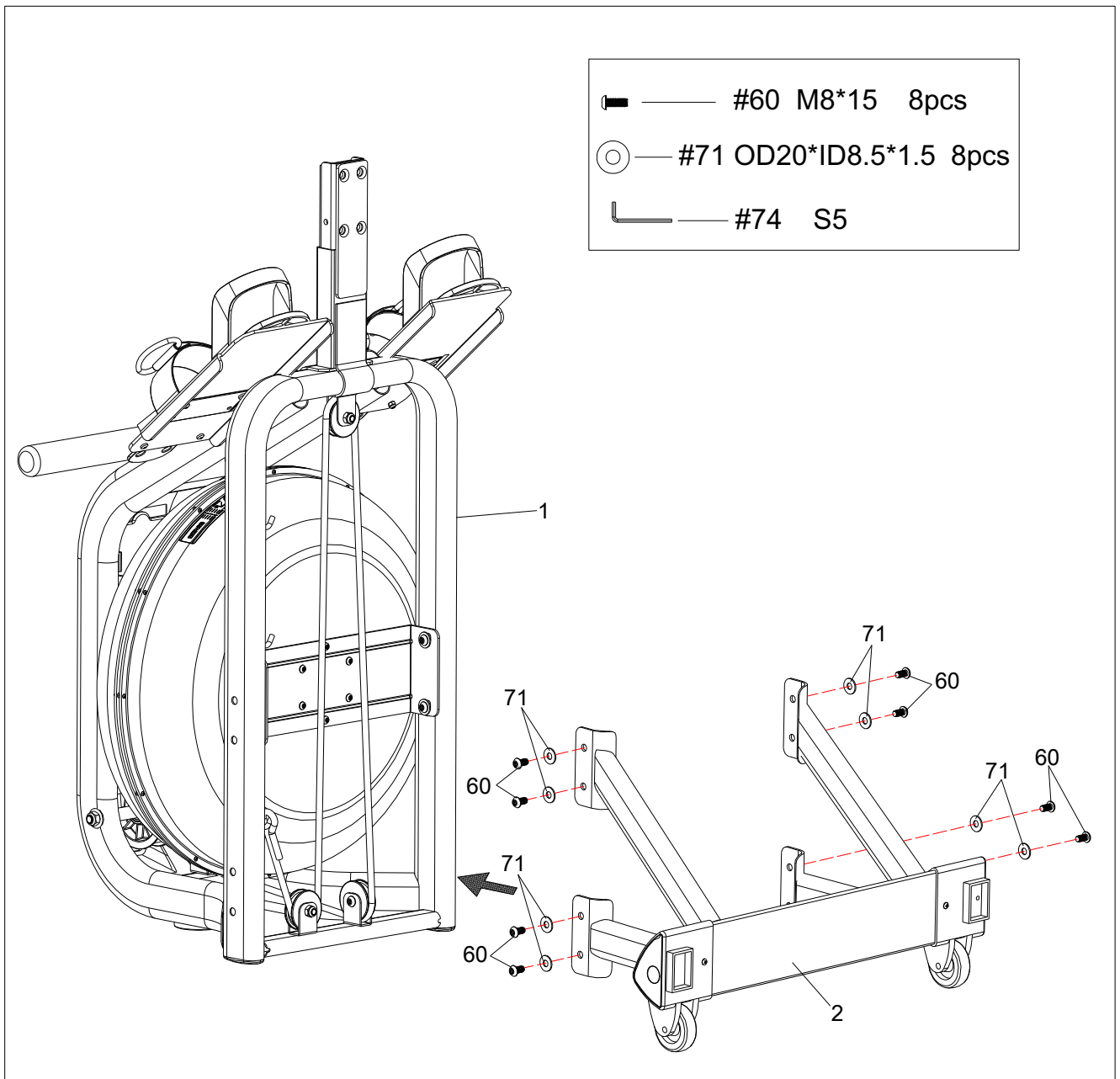
ASSEMBLY INSTRUCTIONS

#68 M4*12 2pcs
#75   S13-17

68
2
68
25
26

STEP 2:

Attach **L & R End Caps (No.25 & 26)** to **Front Stabilizer (No.2)**. Then tighten with 2 **Cross Screws (No.68)** using **Spanner (No.75)**.

ASSEMBLY INSTRUCTIONS

#60 M8*15   8pcs

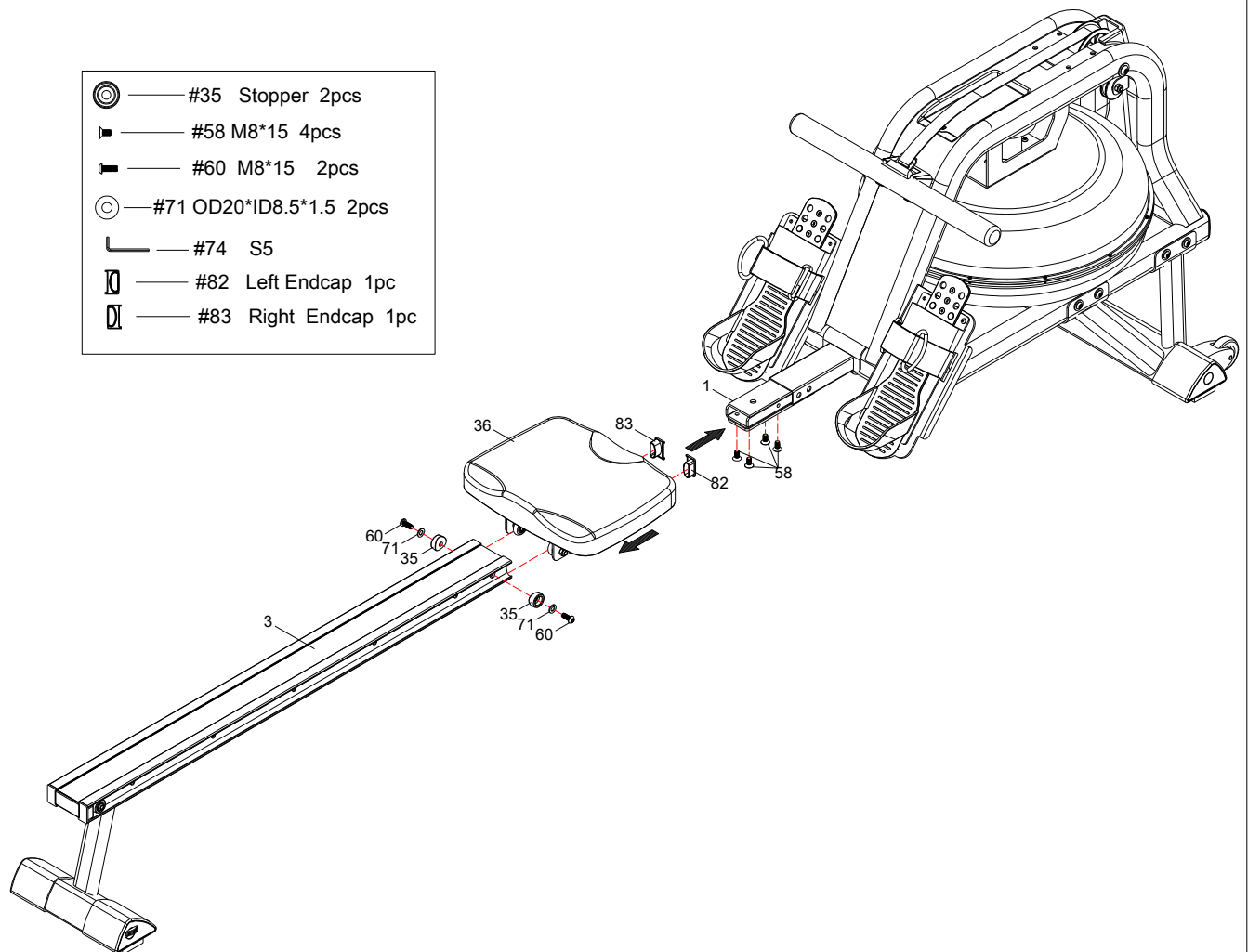#71 OD20*ID8.5*1.5 8pcs

#74   S5

STEP 3:

Keep the **Main Frame (No.1)** upright. Attach **Front Stabilizer (No.2)** to **Main Frame (No.1)** using 8 **Washers (No.71)** and 8 **Screws (No.60).** Tighten with **Allen Wrench (No.74)**.

Note: You can put 3~4 screws into the holes first, and start tightening by hand. After all the screws are put in, then tighten with the tool.

ASSEMBLY INSTRUCTIONS

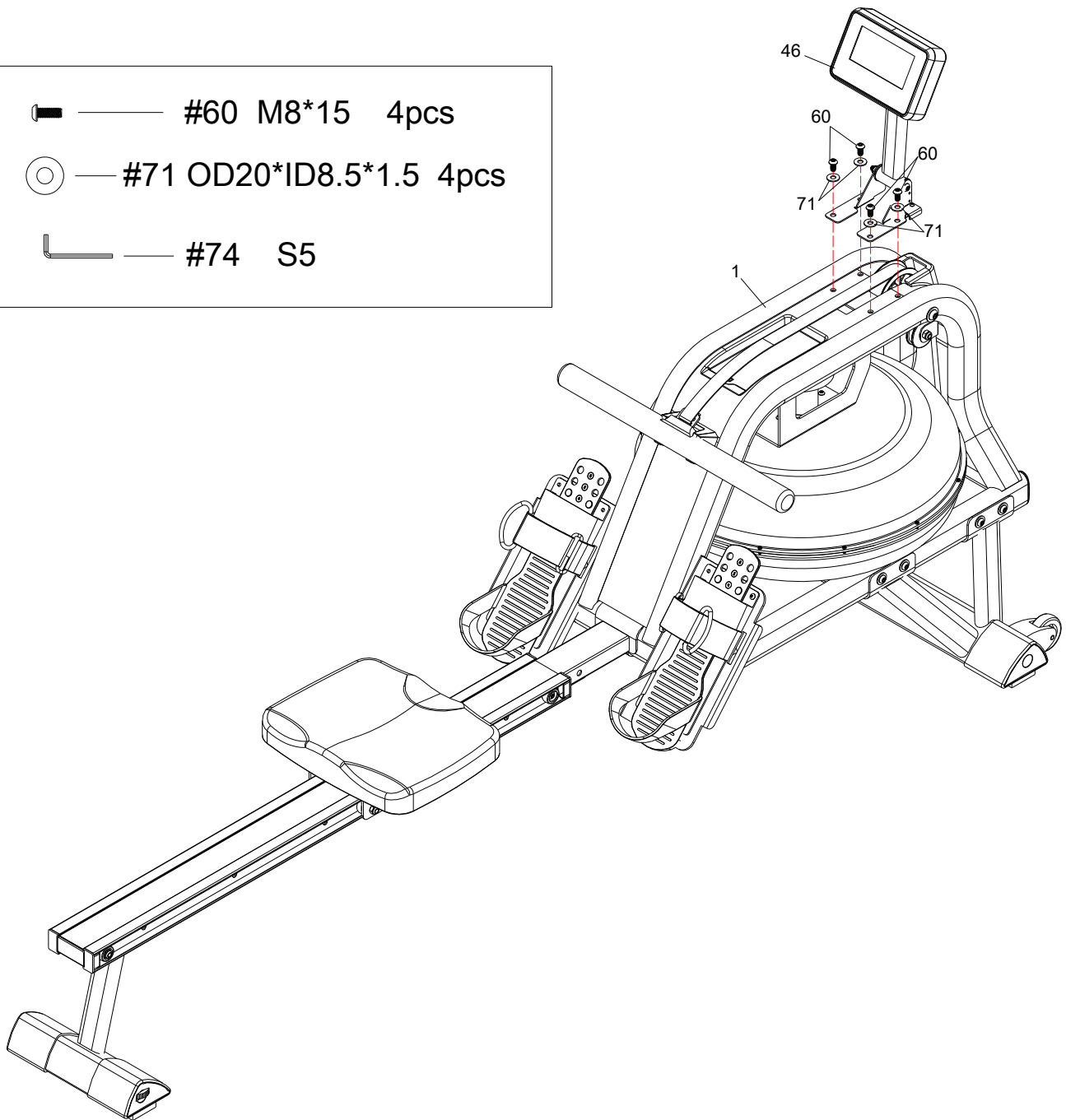|		
◎	#35	Stopper 2pcs
▸▪	#58	M8*15 4pcs
▪■	#60	M8*15 2pcs
◎	#71	OD20*ID8.5*1.5 2pcs
∟	#74	S5
▯◖	#82	Left Endcap 1pc
◗▯	#83	Right Endcap 1pc

STEP 4:

Slide the **Seat (No.36)** onto the **Slide Rail (No.3).**
Attach the **Slide Rail (No. 3)** to the **Main Frame (No. 1)** using 4 **Flat Screws (No. 58)**.
Secure the **Stopper (No.35)** with 2 **Screws (No.60)** and **Washers (No.71).**Insert all 6 screws partially into the holes first, and then tighten with **Allen Wrench (No.74)**.

Attach Rail endcap L(No.82) and Rail endcap R(No.83) to the **Slide Rail (No.3)**.

ASSEMBLY INSTRUCTIONS

STEP 5:

Attach **Meter Complete(No.46)** to **Main Frame (No.1)** using 4 **Washers (No.71)** and 4 **Screws (No.60)**. Tighten with **Allen wrench (No.74)**.

The assembly is complete!

HOW TO FILL AND EMPTY THE TANK

1. Remove the **Fill Plug (No.33)** from the **Upper Tank Cover (No.12)**.

2. To fill tank with water, refer to Fig. A. Insert the **Funnel (No.77)** into the tank, then use a cup or the **Siphon Pump (No.76)** and a bucket to fill the tank. Use the water level gauge on the side of the tank to measure desired water level in the tank.

3. To empty the tank, refer to Fig. B. Place a bucket next to the rower, and use the **Siphon Pump (No.76)** to pump out the water from the tank into the bucket.

4. Insert the **Fill Plug (No.33)** into the **Upper Tank Cover (No.12)**. Wipe excess water off of the frame.


NOTE:
- Fill the tank only with tap water. Add 1 water-purification tablet. Never use pool chlorine or chlorine bleach. This will damage the tank and void the warranty.

- Add a water purification tablet every 6 months or as needed. If water remains cloudy, replace the water in the tank.

- Water from the tank is not suitable for consumption. Dispose the water after pumping it out from the tank.

WATER LEVEL
- See Fig. A. The water level gauge is on the side of the tank. The maximum fill level is 6. Never fill it over this limit. Filling the tank over this limit will void the warranty.

- The resistance depends on the water level in the tank. Water level 1 is the lowest resistance. Level 6 is the highest resistance.

Fig.A

Fig.B

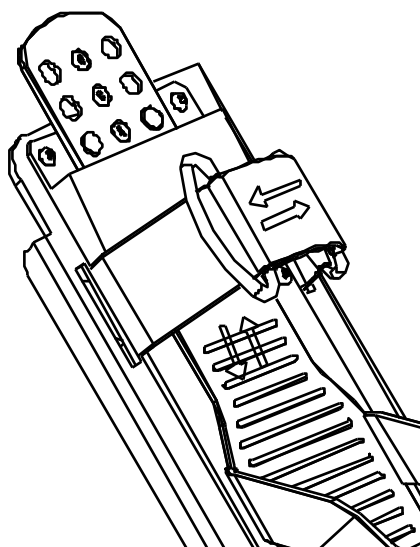Water level label
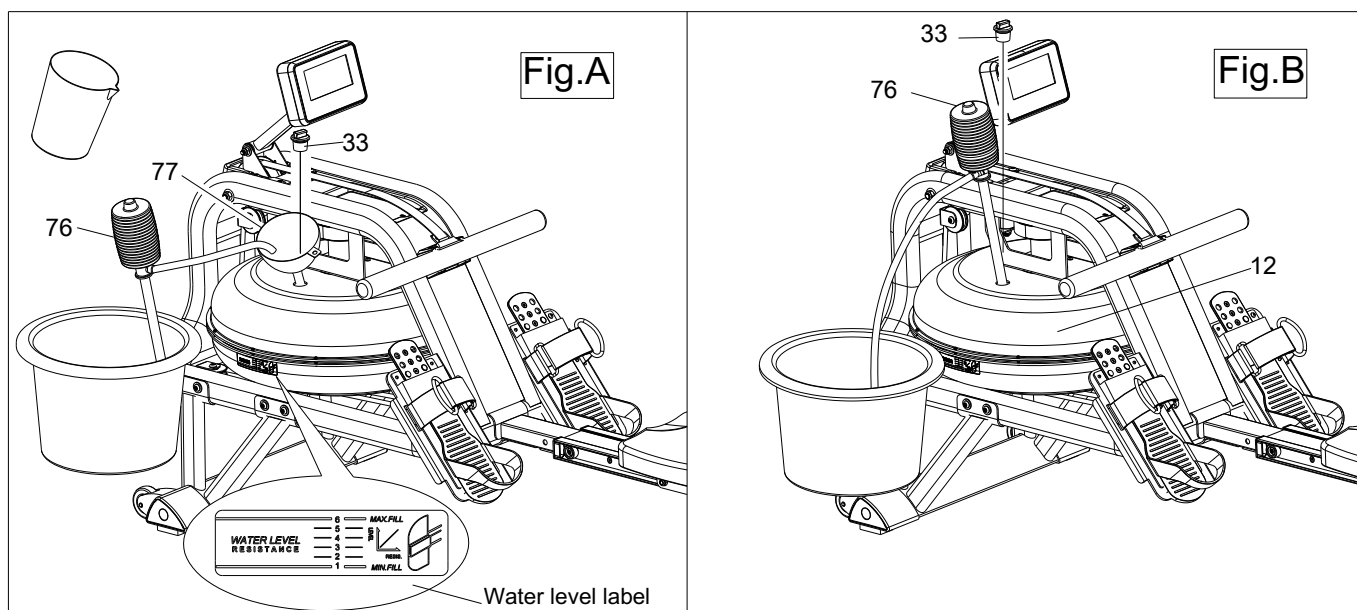
ADJUSTMENT GUIDE
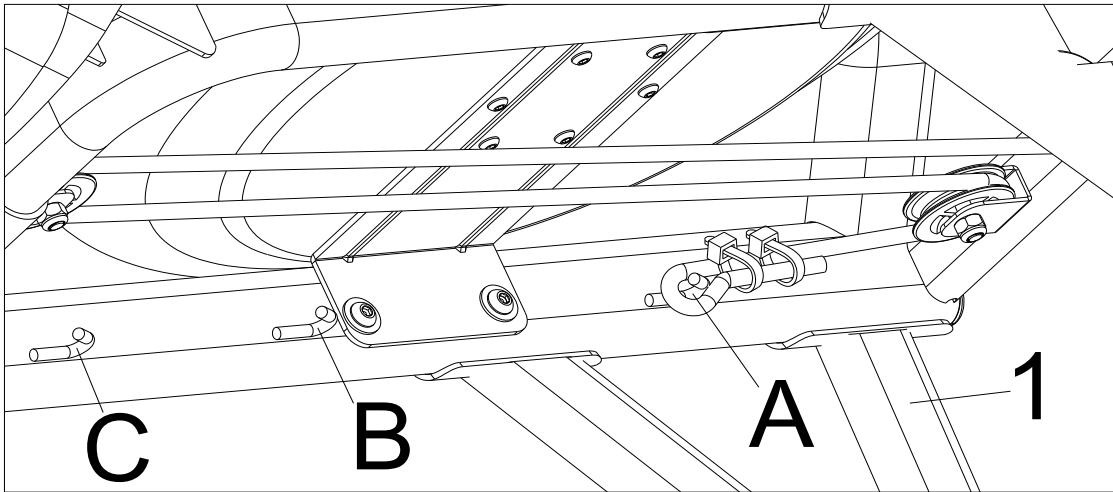
There are 3 hooks (A, B, C) for the bungee cord, located on the inside of the frame under the water tank. If you hook the bungee cord on to B or C, it increases the assisted return of the mesh belt. C is the fastest return.
Use caution when adjusting the bungee cord.
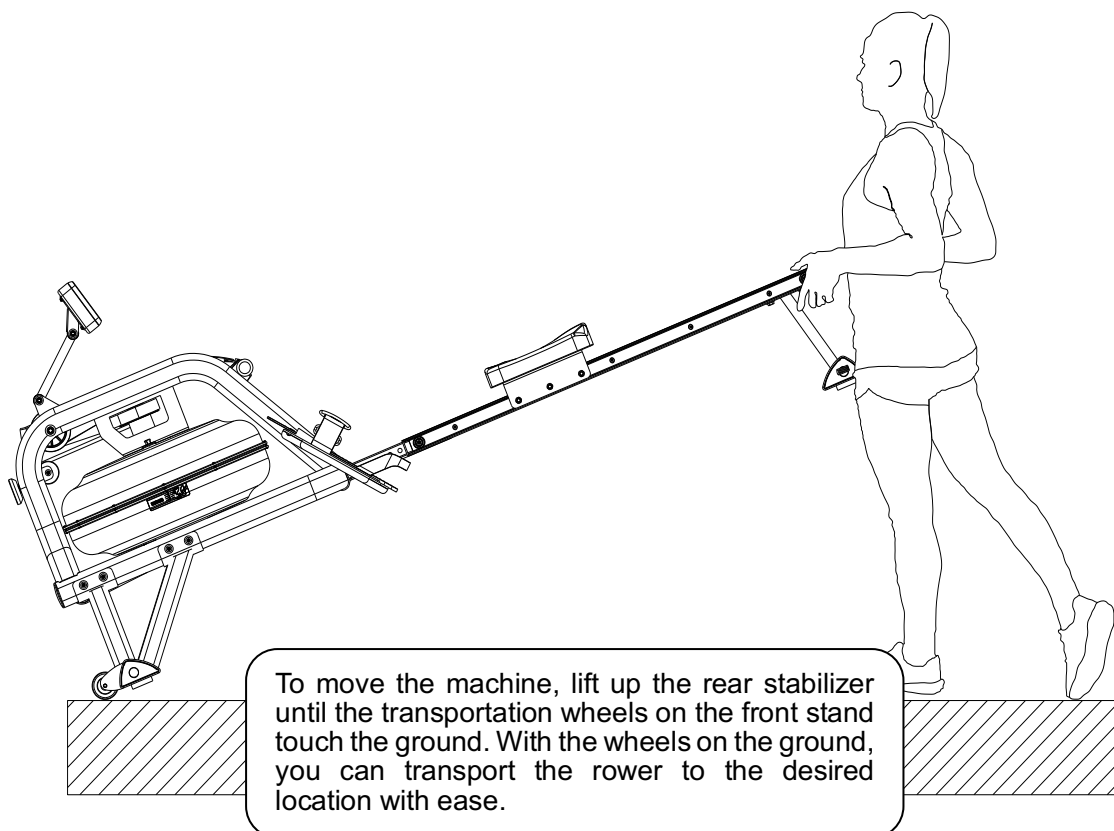
ADJUSTMENT GUIDE

❖ **PEDAL ADJUSTMENT**

The pedal strap is adjustable and can be personalized to fit the user's foot size.

To adjust the pedal strap, remove the Velcro end of the strap from the mesh side by pulling it upward then to the left.

Once removed, you may increase the opening of the pedal strap by pulling the mesh end up and to the right.

To tighten, pull the Velcro end of the pedal strap upward then to the right and down to secure it to the mesh side of the strap.

❖ **MOVING THE MACHINE**

To move the machine, lift up the rear stabilizer until the transportation wheels on the front stand touch the ground. With the wheels on the ground, you can transport the rower to the desired location with ease.

ADJUSTMENT GUIDE
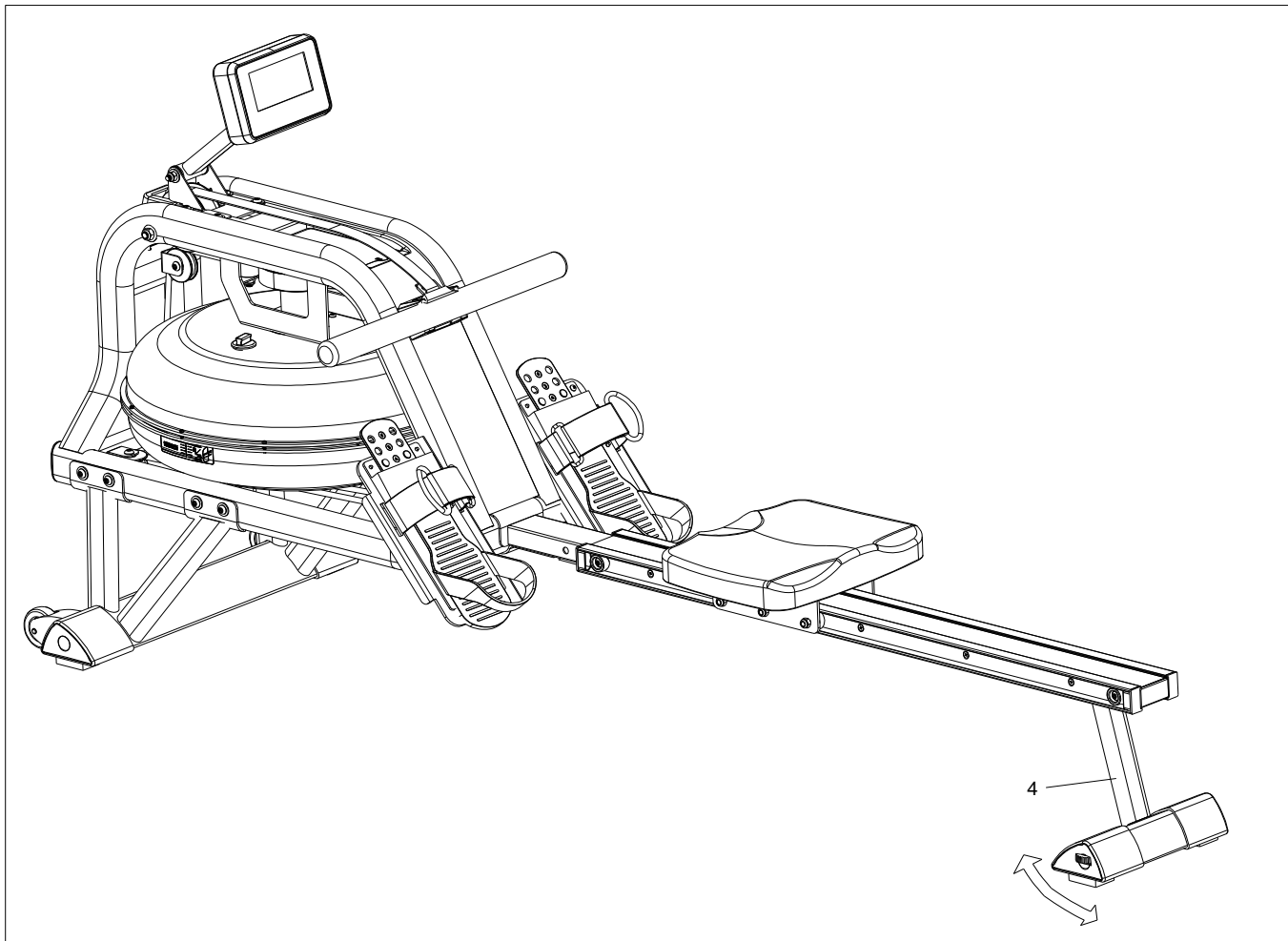
❖ ADJUSTING THE BALANCE

Adjust the End Caps on the **Rear Stabilizer (No.4)** of the machine if the machine is unbalanced during use.

ADJUSTMENT GUIDE

❖ **STORAGE**

CAUTION!
Move the **Seat (No.36)** to front of **Slide Rail (No.3)** first or it will glide down when raising the rower up!
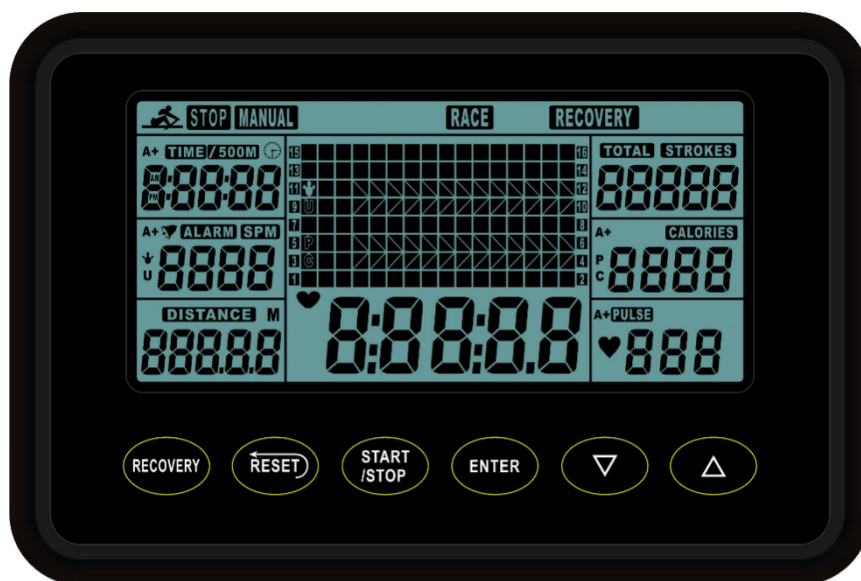
CAUTION!
Move with caution when you raise the rower up, as your head may touch the **Rear Stabilizer (No. 4)**.

When not in use, you can save space by storing the rower vertically. Lift by the **Rear Stabilizer (No.4)** to raise the rower to vertical position.

If not using the rower for more than a month, empty the tank before storing.
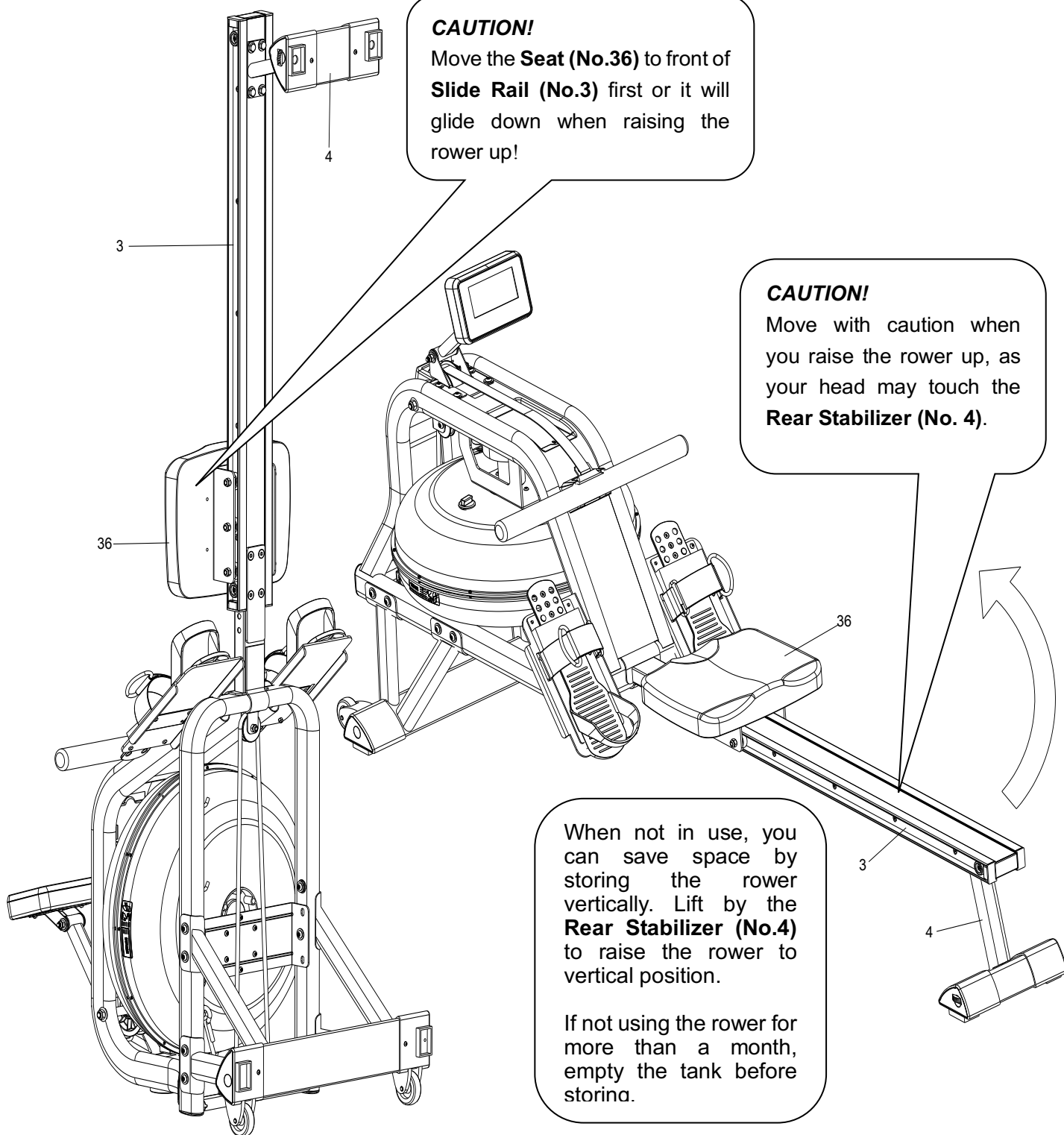
EXERCISE METER

【FUNCTION BUTTONS】

UP▲/ DOWN▼： To press these two buttons through available selection.
To adjust the function value upward and downward.

ENTER： To confirm your selection.
During training, press the button to scan each display function.

START / STOP： To start and stop your selected workout program.

RESET： To reset the computer back to the main menu.

RECOVERY： To activate the RECOVERY PROGRAM that will automatically evaluate your fitness immediately after your work out.

【DISPLAY FUNCTIONS】

TIME： Preset target time by pressing UP and DOWN buttons (1min ~ 99 min), increase or decrease setting is 1 minute.

TIME/500M： Your average 500 meter time will automatically be displayed and continuously updated.

SPM： Strokes per minute.

DISTANCE： Preset target value by pressing UP and DOWN buttons (0 ~ 99900meters), increase or decrease setting is 100 meters.

STROKES： Preset target value by pressing UP and DOWN buttons (0~9990 strokes). increase or decrease setting is 10.

TOTAL STROKES： Accumulates total strokes from 0 up to 9999.

CALORIES： Preset target CALORIES by pressing UP or DOWN buttons (10Cal ~9990Cal), increase or decrease setting is 10Cal.

PULSE： To preset target value by pressing up/down/mode from 30 to 240, each increase/decrease setting is 1. The monitor will display user's heart rate during training. The pulse measurement function is only used by chest belt system;

CALENDAR： The monitor will display year, month, and day when monitor is in sleep mode.

TEMPERATURE： The monitor will display current room temperature when the monitor is in sleep mode.

CLOCK： The monitor will display current clock when the monitor is in sleep mode.

【OPERATION】

1. Install 2PCS AA batteries→one long beep for 2 seconds →in the meanwhile, segment test for 2 seconds (Fig.1).

   Then, the monitor enters into the CLOCK & CALENDAR MODE.(Fig.2).

2. Firstly, you may enter into the CLOCK field to set YEAR (in the area of STROKES); MONTH (in the area of CALORIES); DAY (in the area of PULSE). After you confirm it, the ALARM will blink. Press UP KEY to set the ON/OFF which is the sign of the ALARM. If the sign don't display, you can press ENTER button to jump to the next one .When the sign of ALARM display "ON", you can press the ENTER button to set the time of the ALARM (the same way of the CLOCK setting). After the setting, you can slip into the picture of the SPORT (Fig.3).
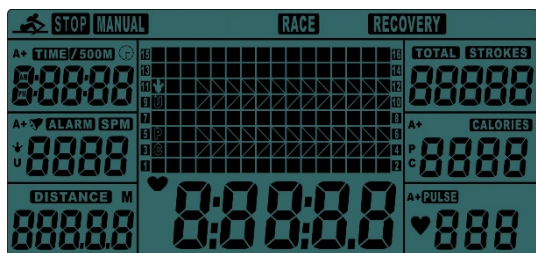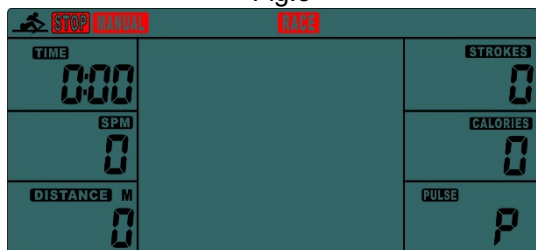

Fig.1

Fig.2

Fig.3

Fig.4

3. When you enter into the picture of the SPORT, the MANUAL & RACE will blink to be selected.

   Press UP or DOWN to select it, then press ENTER and confirm all you have selected.

   (1) MANUAL(Fig.4):

   A. Enter into the MANUAL mode, press UP to set the flickering figure of the TIME .Press ENTER to confirm it. Then, you can press UP to set DISTANCE→STROKES→CALORIES→PULSE→TIME immediately.(If you have set the target value for Time then DISTANCE can't be set, vice versa.)

   B. Press START KEY to START, the STOP icon will disappear. Press UP or DOWN to select functions.

   C. When the function you have selected count backwards to ZERO or you have pressed the STOP KEY, the monitor will STOP and display the average figure.

   (2) RACE (Fig.5)：

   A. Enter into the RACE mode and L9 will glitter, the TIME/500M may display with 4:00.Then, you can press UP or DOWN to set L1 ~ L15 immediately, press ENTER to confirm. Where after, you can set the distance of the race(500M~10000M)while the figure of the DISTANCE is blinking.

   Press ENTER and the picture of the race will display clearly on the screen.

   The figure of the TIME/500M are as follows：

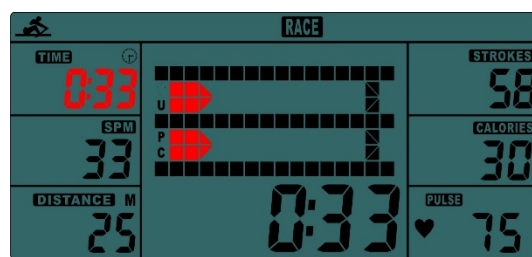| L1	L2	L3	L4	L5	L6	L7	L8	L9	L10	L11	L12	L13	L14	L15
8:00	7:30	7:00	6:30	6:00	5:30	5:00	4:30	4:00	3:30	3:00	2:30	2:00	1:30	1:00

Fig.5

Fig.6

B. Press START KEY to START and STOP will disappear. The USER & PC will display in the matrix.(Fig.6).the monitor will STOP when one have reached the distance of race which has been set before, then the matrix displays "PC WIN or USER WIN"(Fig.7) and may display the state of the energy after 6 seconds.
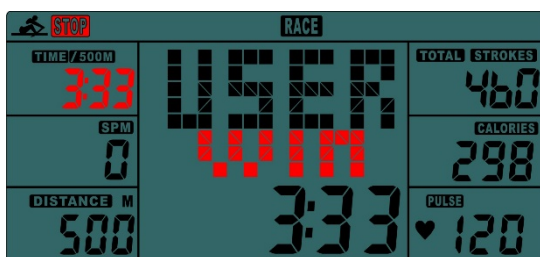

Fig.7

C. When the race is over, you can press the START to have a race once again. Press RESET to leave the picture of the race.

(3) RECOVERY：

1. This meter works with a 5.3 KHz chest strap heart rate monitor (not included). After exercising for a period of time, keep wearing chest strap monitor and press "RECOVERY" button. All function displays will stop except "TIME" starts counting down from 00:60 to 00:00.
2. Screen will display your heart rate recovery status with the F1, F2….to F6.
3. F1 is outstanding. F6 is poor. User may keep exercising to improve the heart rate recovery status. (Press the RECOVERY button again to return the main display.)

ALARM

Alarm only works while the computer is in sleep mode. Alarm will not sound during exercise.
Press and hold RESET to go to clock screen to set up ALARM.

SLEEP MODE

The computer will go into sleep mode after about 4 minutes of inactivity.

BATTERY

This meter uses 2 AA batteries, which are included. Changing the batteries will reset all values.
If there is a problem with the display, try changing the batteries first. When changing the batteries, change both of them. Do not mix battery types. Do not mix old and new batteries. Dispose of old batteries according to your regional guidelines.

Garlando