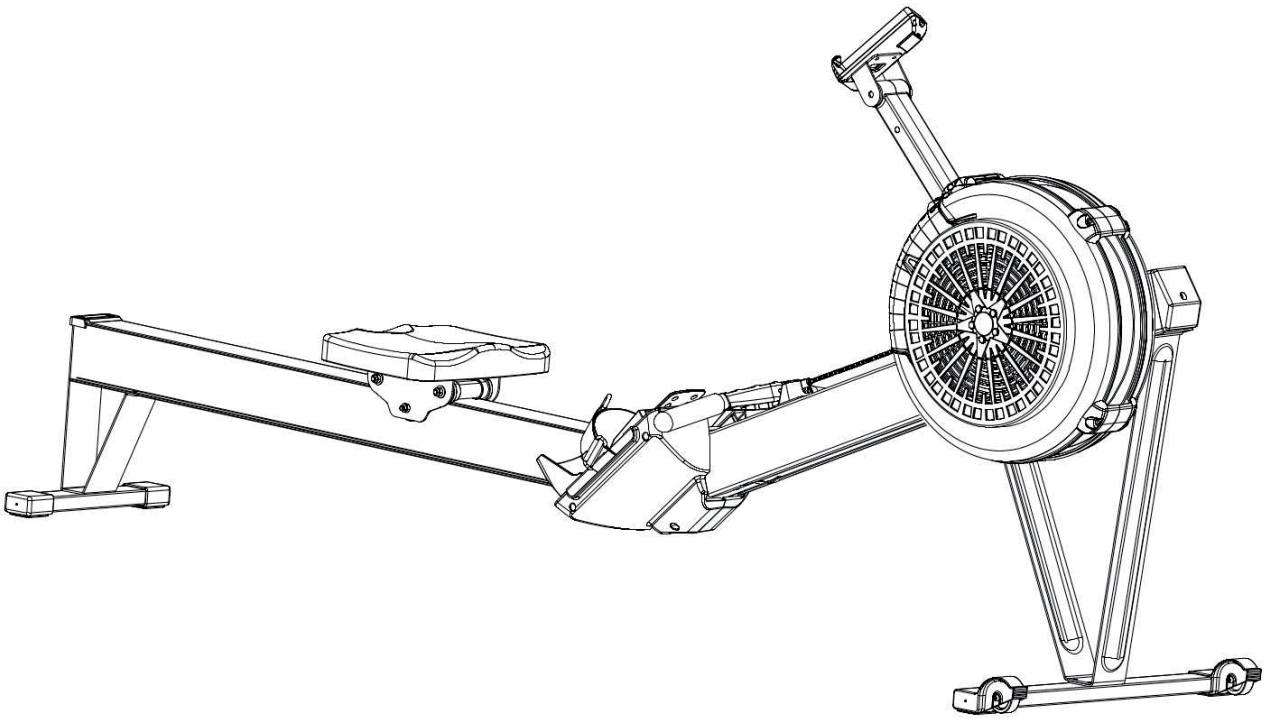
BLITZ AIR ROWER

SKU: ROW2-BTZ

PO:



ASSEMBLY INSTRUCTIONS

BELLSOFSTEEL

Stuck? Scan the QR code for the assembly video

www.bellsofsteel.com | www.bellsofsteel.us | Telephone: 1-888-718-7997

BUILDING STRENGTH, ONE BOLT AT A TIME.

Welcome to Bells of Steel, you've made an excellent choice.

First off I want to say thank you for supporting my small business.

I've put significant thought into designing this product to enhance your lifting experience and help you reach your full potential. I hope you love it!

I've done my best to keep the setup of your new gear simple. If you find yourself needing a bit more assistance than the included instructions, check our youtube page for assembly videos or feel free to email us for troubleshooting guidance.

Kaevon Khoozani

Crush your Gains! Subscribe to our YouTube for workouts & how-to's.

@BELLSOFSTEEL

Warranty & returns? We got you covered—check here:

bellsofsteel.com/pages/warranty

Changed your mind? No sweat. 30-day refund guarantee:

bellsofsteel.com/policies/refund-policy

Let us know how we've done

Love it? Leave a review! Hate it? We still read it. Help us get better by reviewing our products.

Customer Notice

If you are missing any parts, or otherwise have any warranty issues/shipping damages, please file a warranty claim on our website.

Before discarding the box, please take clear photos of the box and shipping labels, as these may be required if parts are missing or the item is damaged.

BEFORE WE BEGIN, LET'S STAY SAFE.

A GUIDE TO SAFETY

We know you are excited to use your new Bells of Steel gear, but please read through this Guide to Safety to ensure you do not hurt yourself or others while exercising. It is your responsibility to ensure that all users of the equipment are informed of all warnings and instructions in this manual. TO REDUCE THE RISK OF SERIOUS INJURY, READ THE FOLLOWING IMPORTANT PRECAUTIONS BEFORE USING YOUR BELLS OF STEEL PRODUCT.

1. Before starting any exercise program consult your physician. Be aware of your body's signals. Incorrect or excessive exercise can be damaging to your health. STOP EXERCISING IF YOU EXPERIENCE ANY OF THE FOLLOWING SYMPTOMS: PAIN, TIGHTNESS IN YOUR CHEST, IRREGULAR HEARTBEAT, SHORTNESS OF BREATH, LIGHTHEADEDNESS, DIZZINESS, OR FEELINGS OF NAUSEA. IF YOU EXPERIENCE ANY OF THESE SYMPTOMS, STOP EXERCISING IMMEDIATELY AND CONSULT YOUR PHYSICIAN BEFORE CONTINUING WITH YOUR EXERCISE PROGRAM.
2. It is your responsibility to ensure there is enough space around the product for the intended exercise. Use the product on a flat surface and ensure at least 2 feet (60 cm) of free space around it.
3. Children and pets must not be let on or near the product. Moving parts and heavy features of the product can be dangerous and cause serious injury.
4. Read all instructions in this manual before using the product and use the product only as described in this manual.
5. It is your responsibility to ensure that all users of the product are adequately informed of all precautions, have read and understand all warnings, and are informed how to use the product properly.
6. Keep hands and feet from moving parts. Do not lean or rest on the product.
7. Wear athletic shoes for foot protection while exercising.
8. Your product is intended for use in cool, dry conditions. You should avoid storage in extreme cold, hot, or damp areas.
9. This product is designed for indoor use only.
10. Ensure that any weight pins that may be included with your product are completely inserted into an appropriate weight plate.
11. Ensure that any handles that may be included with your product are attached securely before using the product.
12. Ensure that any nuts and bolts that may be included with your product are securely tightened before use. Regularly re-tighten nuts and bolts.
13. Ensure any cables that may be included with your product always remain attached to their proper pulleys. If a cable bind occurs during exercise, stop immediately and inspect the part to ensure any interference is fixed.
14. Do not overexert yourself during any exercise program. Operate the product as intended.
15. The product should be anchored where required or whenever possible. The product should be secured when not in use.
16. The product is very heavy. Improper use or assembly can lead to serious injury or death.
17. SAVE AND REVIEW THESE INSTRUCTIONS.

NOW...

LET THE GAINZ BEGIN

FCC WARNING – POSSIBLE RADIO/TELEVISION INTERFERENCE

Note: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses, and can radiate radio frequency energy, and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications.

Operation is subject to the following two conditions:

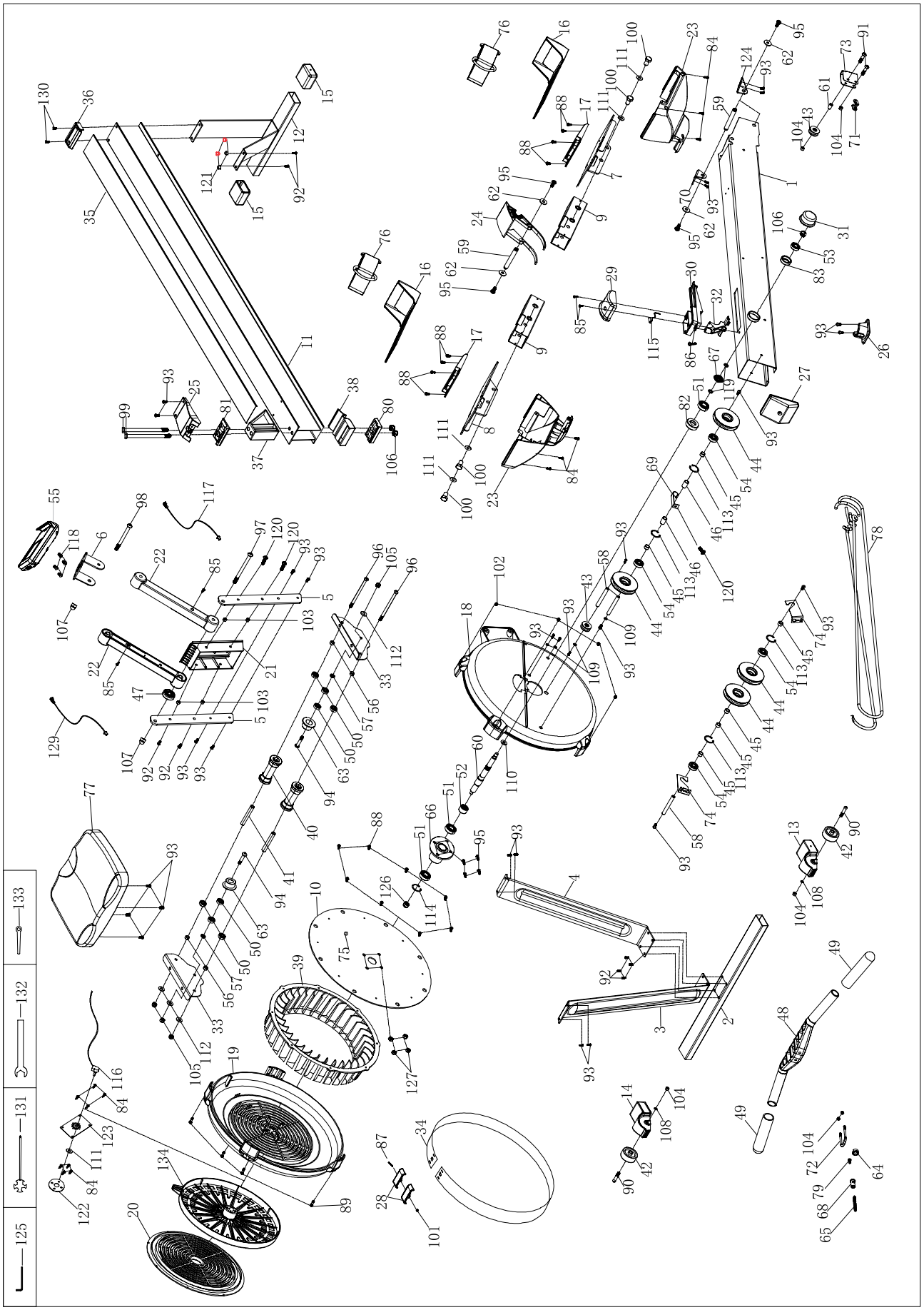
1. This device may not cause harmful interference.
2. This device must accept any interference received, including interference that may cause undesired operation.

If this equipment causes harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

FCC CAUTION: Any changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment and void the product warranty.

Exploded Drawing



PARTS LIST

No.	Name	Specification	Qty.
1	Main Frame		1
2	Front Stabilizer		1
3	Front Long Leg		1
4	Front Short Leg		1
5	Guide Bracket		2
6	Console Support Plate		1
7	Pedal Support Plate L		1
8	Pedal Support Plate R		1
9	Pedal Joint Pipe		2
10	Counterweight Disk		1
11	Aluminum Rail		1
12	Rear Stabilizer		1
13	Front End cap L	PP,Black	1
14	Front End cap R	PP,Black	1
15	Rear End cap	TPR,Black	2
16	Pedal Support	PP,Black	2
17	Pedal Cap	PP,Black	2
18	Flywheel Cover Back	ABS,Black	1
19	Flywheel Cover Front	ABS,Black	1
20	Damper	ABS,Black	1
21	Chain Guide	PA+Fibre,Black	1
22	Console Holder	PA+Fibre,Black	2
23	Cover For Pedals	PP,Black	2
24	Elastic Piece	PA+Fibre,Black	1
25	Upper Hanger Plastic	PA+Fibre,Black	1
26	Handlebar Seat	PA+Fibre,Black	1
27	End Cap	PP,Black	1
28	Perf Connector	PP,Black	2
29	Sensor Cover	ABS,Black	1
30	Sensor Base	ABS,Black	1
31	Bearing Cover	Φ53*26	1
32	Spacer	PA+Fibre,	1
33	Seat Carriage		2
34	Outlet Perf	Stainless	1

No.	Name	Specification	Qty.
67	Gear wheel	04C-14	1
68	Swivel Bushing	Φ16*29	1
69	Stator	Plated part	1
70	Connecting Sheet R	Plated part	1
71	Chain Connector	26*13*T1.5	2
72	U Bolt	Φ5.2	1
73	U-Block	Plated part	1
74	Bungee Cord hook	Plated part	2
75	Magnet	Φ8*2	1
76	Pedal Strap	Nylon,Black	2
77	Seat	PU,Black	1
78	Bungee Cord		1
79	Axis Of Connection	Φ9.6*17	1
80	Lower Die Cast Hanger	Die Cast	1
81	Upper Die Cast Hanger	Die Cast	1
82	Plastic Sleeve For 6003 Bearing	RU,Black	1
83	Plastic Sleeve For 6001 Bearing	RU,Black	1
84	Self Tapping Screw	ST4.2*L16mm	14
85	Self Tapping Screw	ST4.2*L25mm	4
86	Self Tapping Screw	ST5.5*16	1
87	Hexagon Socket Screws With Cylindrical Head	M4*45	1
88	Cross Head Screw	M5*10	16
89	Cross Head Bolt	M5*75	4
90	Flat Head Hex Socket Bolt	M6*40	2
91	Flat Head Hex Socket Bolt	M6*25	2
92	Flat Head Hex Socket Bolt	M6*15	8
93	Flat Head Hex Socket Bolt	M6*12	28
94	Flat Head Hex Socket Bolt	M8*35	2
95	Flat Head Hex Socket Bolt	M8*15	8
96	Flat Head Hex Socket Bolt	M8*125	2
97	Flat Head Hex Socket Bolt	M10*100	1
98	Flat Head Hex Socket Bolt	M10*85	1
99	Outer Hexagonal Bolt	M10*140	2
100	Outer Hexagonal Screw	M12*18	4

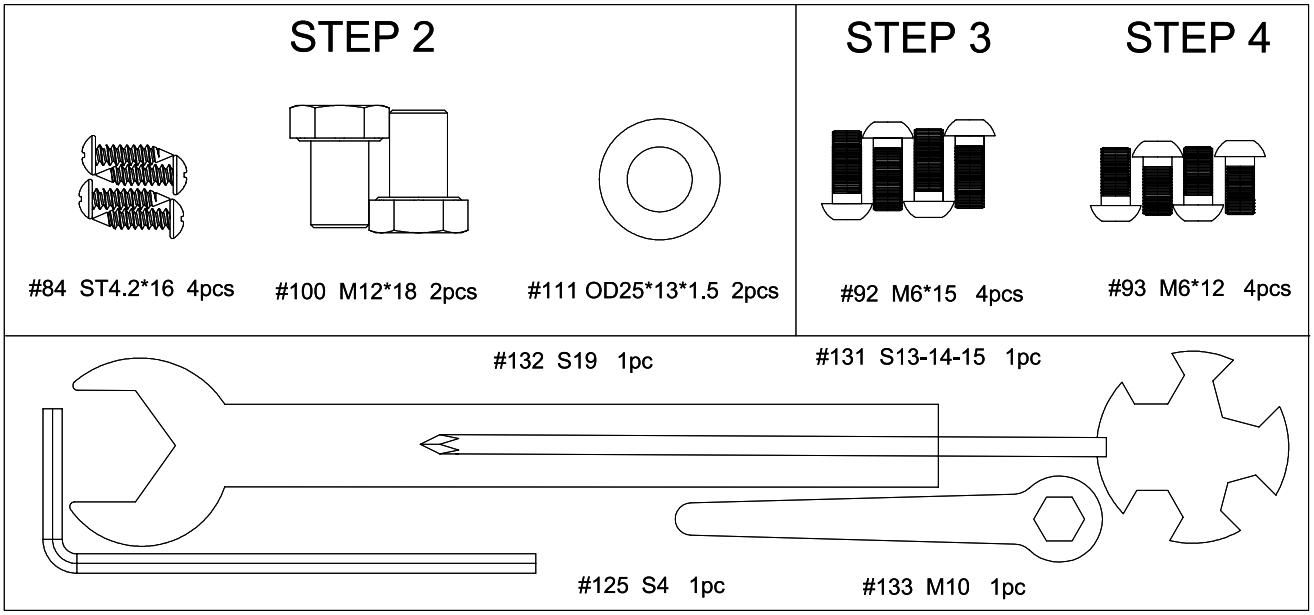
PARTS LIST

35	Stainless Plate	Stainless	1
36	Rear Bumper	PP,Black	1
37	Rail Support	PA+Fibre,Black	1
38	Lower Hanger Plastic	PA+Fibre,Black	1
39	Flywheel	Nylon+Fibre,Black	1
40	Seat Roller	POM	2
41	Spacer below seat	Φ12.7*1.4*78	2
42	Wheel For Moving	JE348-50*6*21.5	2
43	Guide Wheel	Natural Color	2
44	Pulley	PA ,Φ87*21,	4
45	Pulley Short Bushing	ABS 14*10*8.5	6
46	Pulley Long Bushing	ABS 14*10*21.5	2
47	Gasket	ABS 36*10*11	1
48	Handlebar	PA+Fibre	1
49	Handlebar Grips	PVC,Black	2
50	Bearing	608ZZ	8
51	Bearing	6003ZZ	3
52	One-way Bearing	HF1712	1
53	Bearing	6001ZZ	1
54	Bearing	6200	4
55	Console	SI5701	1
56	Spacer for Seat Roller	OD12*ID8.1*7.0	4
57	Spacer for Seat Roller	OD15*ID8.0*4.1	2
58	Long Spacer for Guide Wheel	Φ10*77.8,	3
59	Hanger Shaft Threaded	Φ12.5*86	2
60	Axle	Φ20*186	1
61	Short Spacer for Guide Wheel	Φ10*6.2*15.8	1
62	Washer	OD20*ID8.5*T1.5	4
63	Pulley	POM,White	2
64	Spacer Sleeve	Φ19.5*Φ12.8*8.8	1
65	Chain	25FNP*396 Knob	1
66	Bearing Sleeve	41.5*53	1

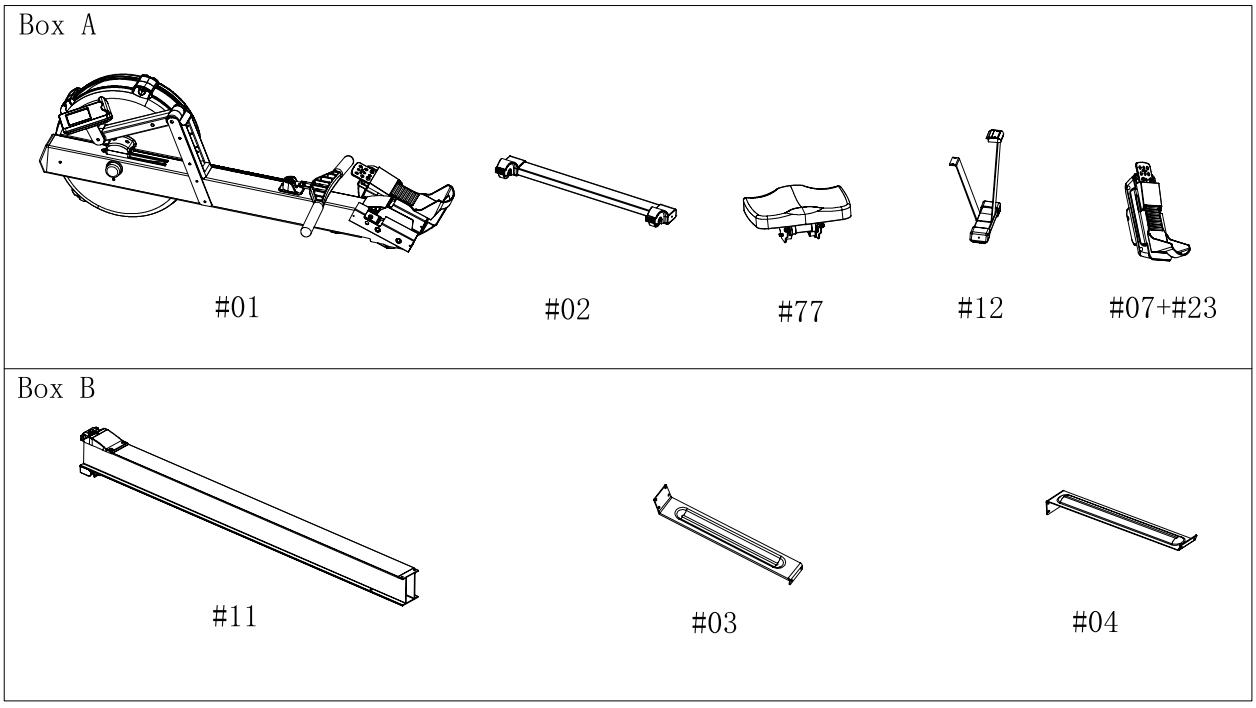
101	Hex Nut	M4,Black	1
102	Hex Nut	M5,Black	4
103	Hex Nut	M6,Black	4
104	Nut	M6,Black	6
105	Nut	M8,Black	4
106	Nut	M10	3
107	Acorn Nut	M10,Black	2
108	Washer	OD13*ID6.5*T1.5	2
109	Washer	OD18*ID6.5*T1.5	4
110	Washer	OD20*ID10.5*T1.5	1
111	Washer	OD25*ID13*T1.5	5
112	Washer	OD20*ID8.5*2.0	4
113	Inner Circlip	Φ30*1.0,Black	4
114	Inner Circlip	Φ35*1.0,Black	1
115	Sensor Wire	500MM	1
116	VR	B5K	1
117	Sensor Wire	400MM	1
118	Sensor Screw	M5*10	4
119	Rubber Band	TPR,White,Φ13*3	2
120	Cross Head Screw	M6*20	3
121	Acorn Nut	M6,Black	4
122	Damper Plate	Plated part	1
123	VR Plate	Plated part	1
124	Connecting Sheet L	Plated part	1
125	Allen Wrench	S4	1
126	Nut	M10,Diagonal 17mm	1
127	Thin Nut	M8	4
128	HARDWARE KIT		1
129	VR Connecting Wire	550MM, 3P	1
130	Countersunk head screw	M6*15	2
131	Open Wrench	S13-14-15	1
132	Open Wrench	S19	1
133	Hexagon wrench	M10	1
134	Fan adjustment cover	ABS	1

HARDWARE KIT LIST

- **Hardware Package**



ASSEMBLY PART LIST

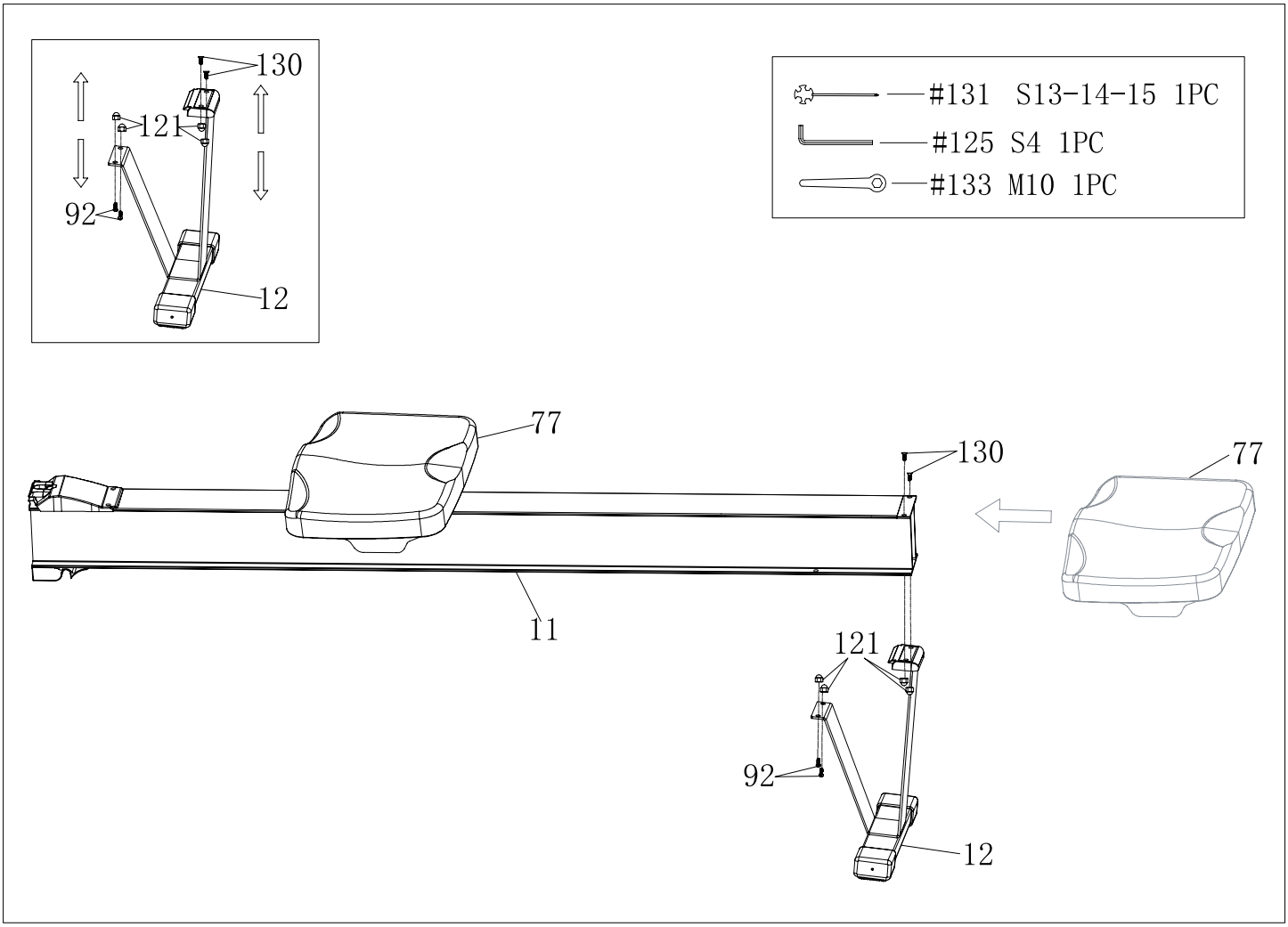


#01	Main Frame	1PC
#02	Front Stabilizer	1PC
#77	Seat	1PC
#12	Rear Stabilizer	1PC
#07+#23	Pedal Support Plate L +Cover For Pedals	1PC+1PC
#11	Aluminum Rail	1PC
#03	Front Long Leg	1PC
#04	Front Short Leg	1PC

ASSEMBLY

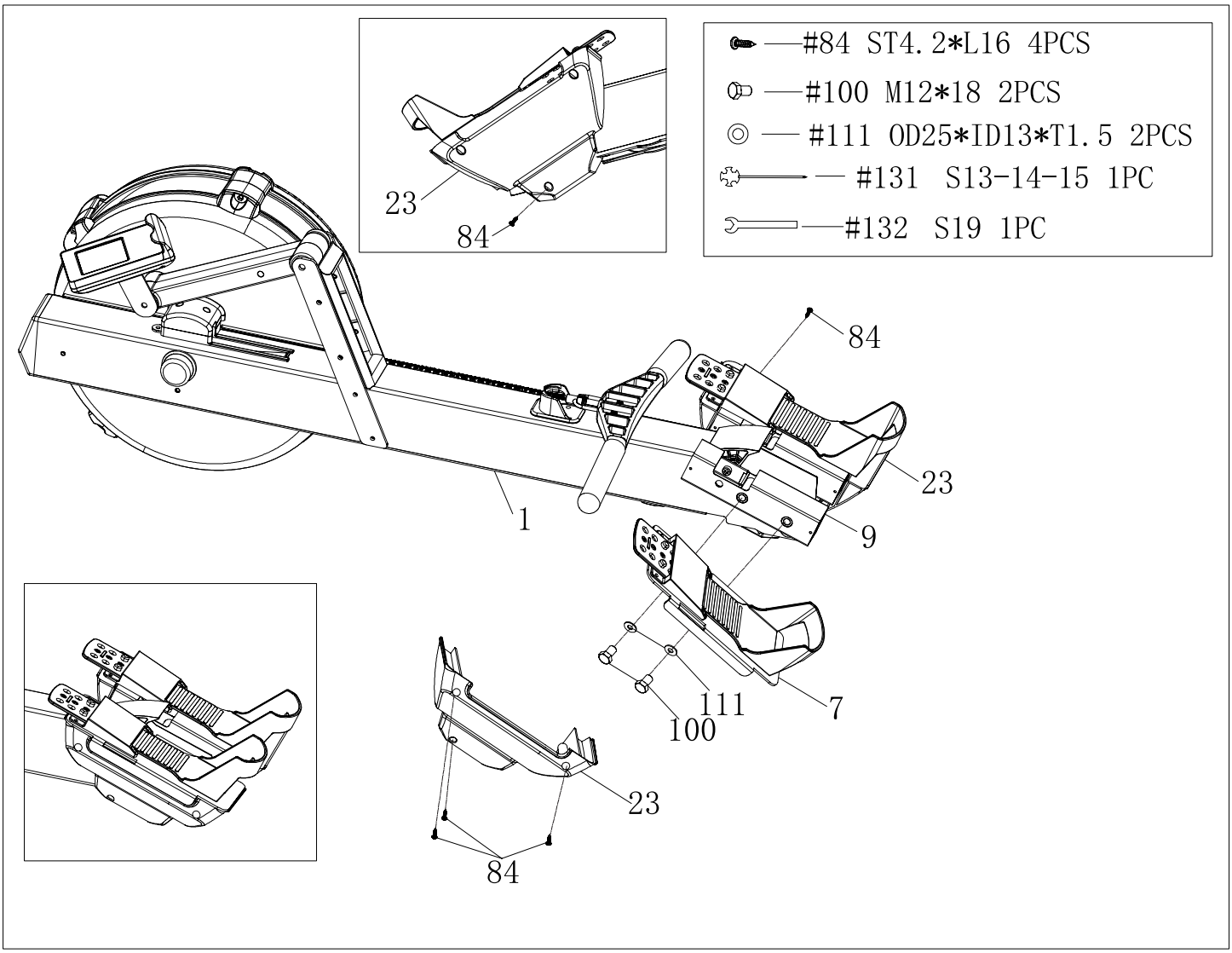
STEP 1:

1. Assemble the Seat (# 77) in the direction of the arrow onto the Aluminum Rail (#11).
2. Remove the 2PCS Countersunk Head Screw (# 130), 2PCS Flat Head Hex Socket Bolt (# 92) and 4PCS Acorn Nut (# 121) that are pre locked onto the Rear Stabilizer (# 12).
3. Assemble theRear Stabilizer (# 12) to the Aluminum Rail (# 11) with 2PCS Countersunk Head Screw (# 130), 2PCS Flat Head Hex Socket Bolt (# 92) and 4PCS Acorn Nut (#121).



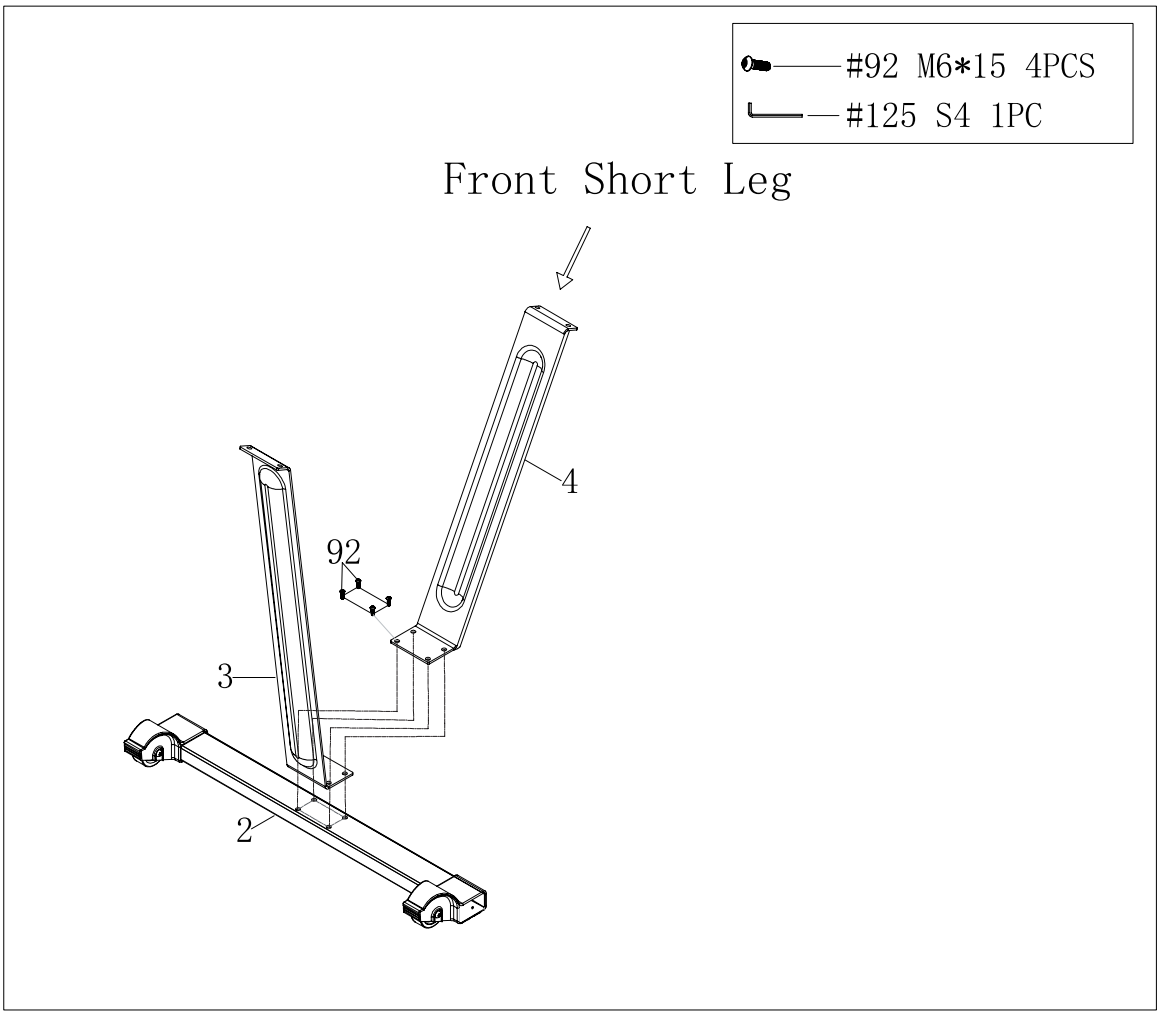
STEP 2:

1. Assemble the Pedal Support Plate L (# 7) onto the Main Frame (# 1) , align the hole positions,With 2PCS Outer Hexagonal Screw (# 100) and 2PCS Washe (# 111) , and use Open Wrench (# 132) to lock and fix it.
2. Assemble the Cover For Pedals (# 23) onto the Main Frame (# 1) and lock it with 3PCS Self Tapping Screw (# 84).
3. As shown in the figure, Use 1PC Self Tapping Screw (# 84) to lock the Right Cover For Pedals (# 23).



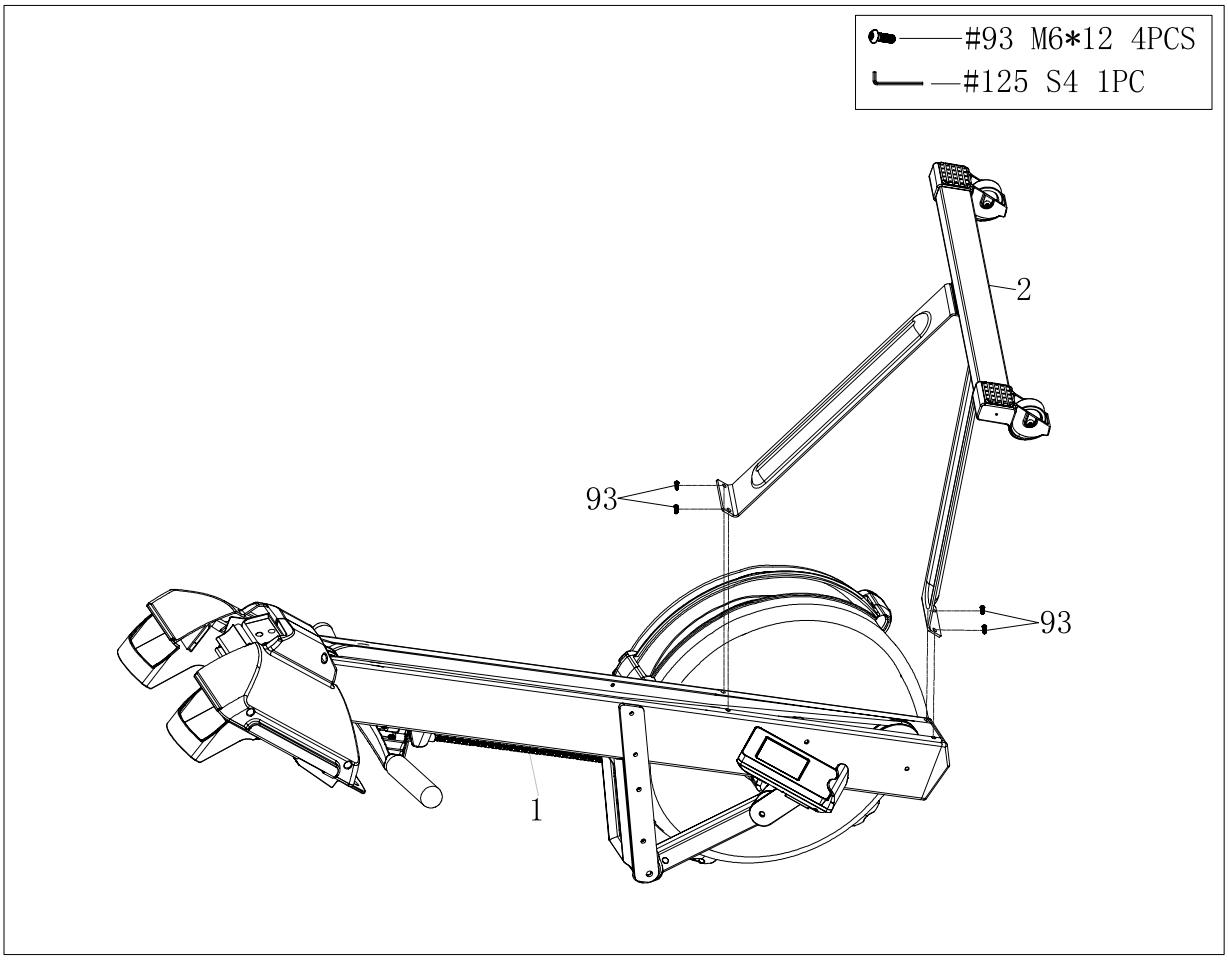
STEP 3:

1. Assemble the Front Long Leg (#3) and Front Short Leg (#4) to the Front Stabilizer (#2) with 4PCS Flat Head Hex Socket Bolt (#92).
2. Notice that the Front Long Leg (#3) is under the Front Short Leg (#4).



STEP 4:

Assemble the Front Stabilizer (#2) to the Main Frame (#1) with 4PCS Flat Head Hex Socket Bolt (#93).



STEP 5:

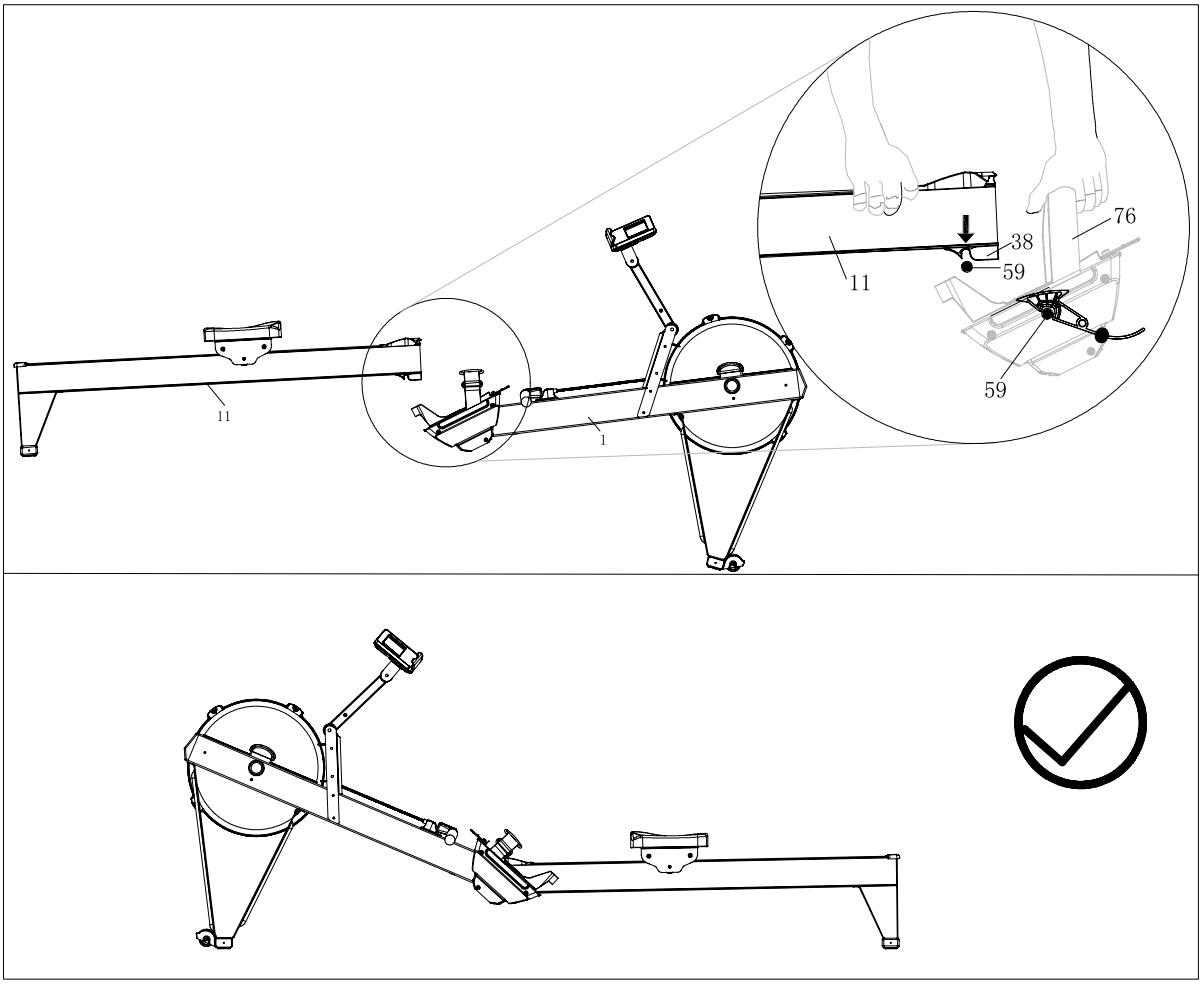
Connection of the Aluminium Rail to the Main Frame

WARNING: At least two people are required when disconnecting or connecting the monorail. Do not attempt to lift the main frame if you have limitations in the musculoskeletal system. To prevent injury, keep fingers and hands away from the folding mechanism.

WARNING: Do not attempt to operate the unit when it is disassembled.

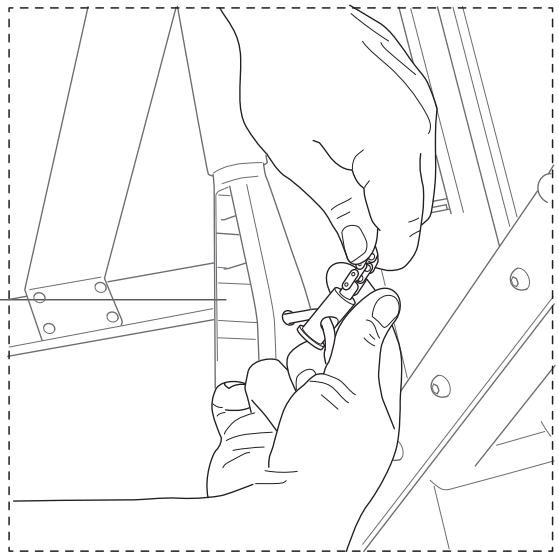
WARNING: Do not lean on or lay anything on the product, as this may cause the product to become unstable and fall over.

When connecting the aluminum rail (11) to the main frame (1), please lift the main frame (1) through the pedal strap (76). At the same time, note that the groove at the bottom of the lower hanger plastic (38) on the aluminum rail (11) is aligned with the hanger shaft thread (59) between the foot pedals, and then press down to complete the assembly.



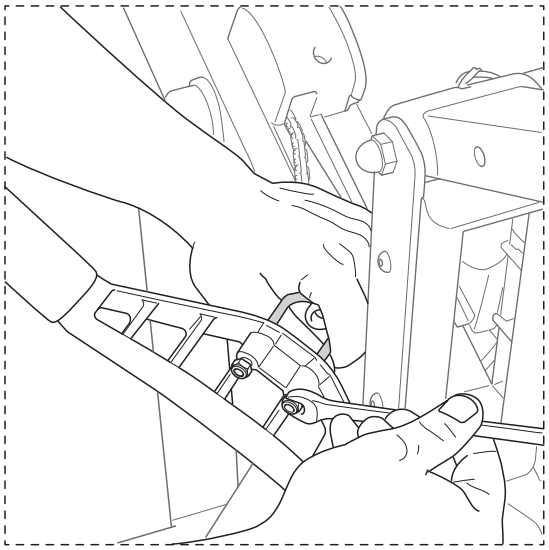
HOW TO CHANGE THE HANDLE

1



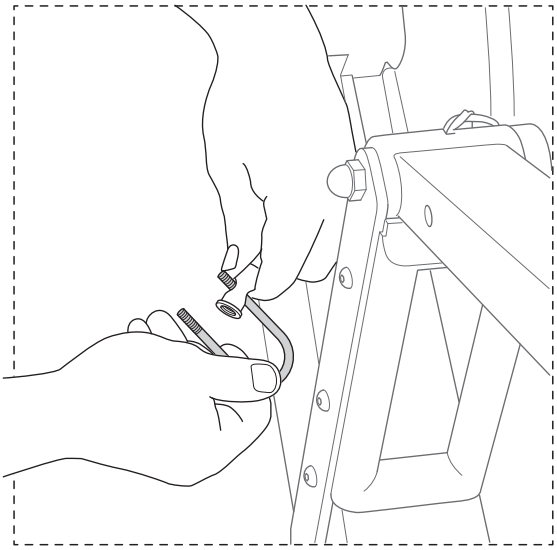
Twist handlebar to open u-bolt section.

2



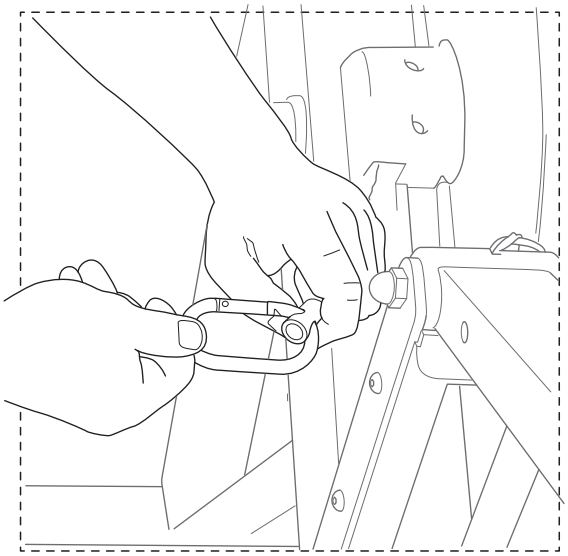
Loosen nuts using 10mm wrench,

3



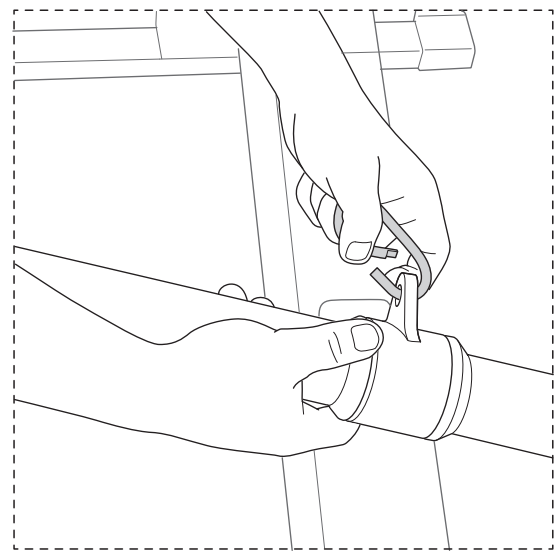
Remove the u-bolt.

4



Attach carabiner.

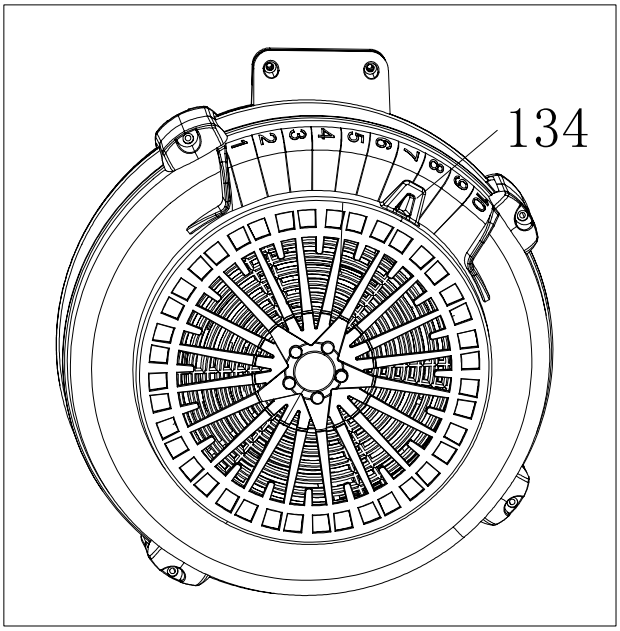
5



Fix the other end to the post.

HOW TO OPERATE THE DAMPER

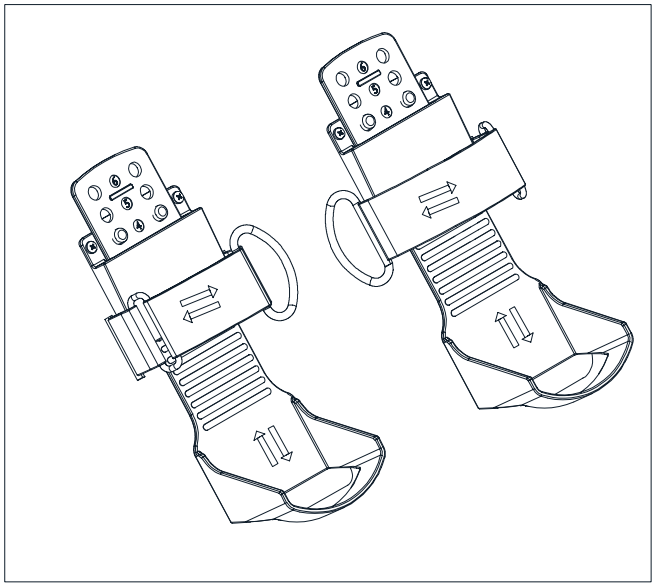
Rotate Fan adjustment cover (# 134) ,When adjusted to L1, the resistance is minimal, When adjusted to L10, the resistance is maximum.



FOOT PEDAL ADJUSTMENT

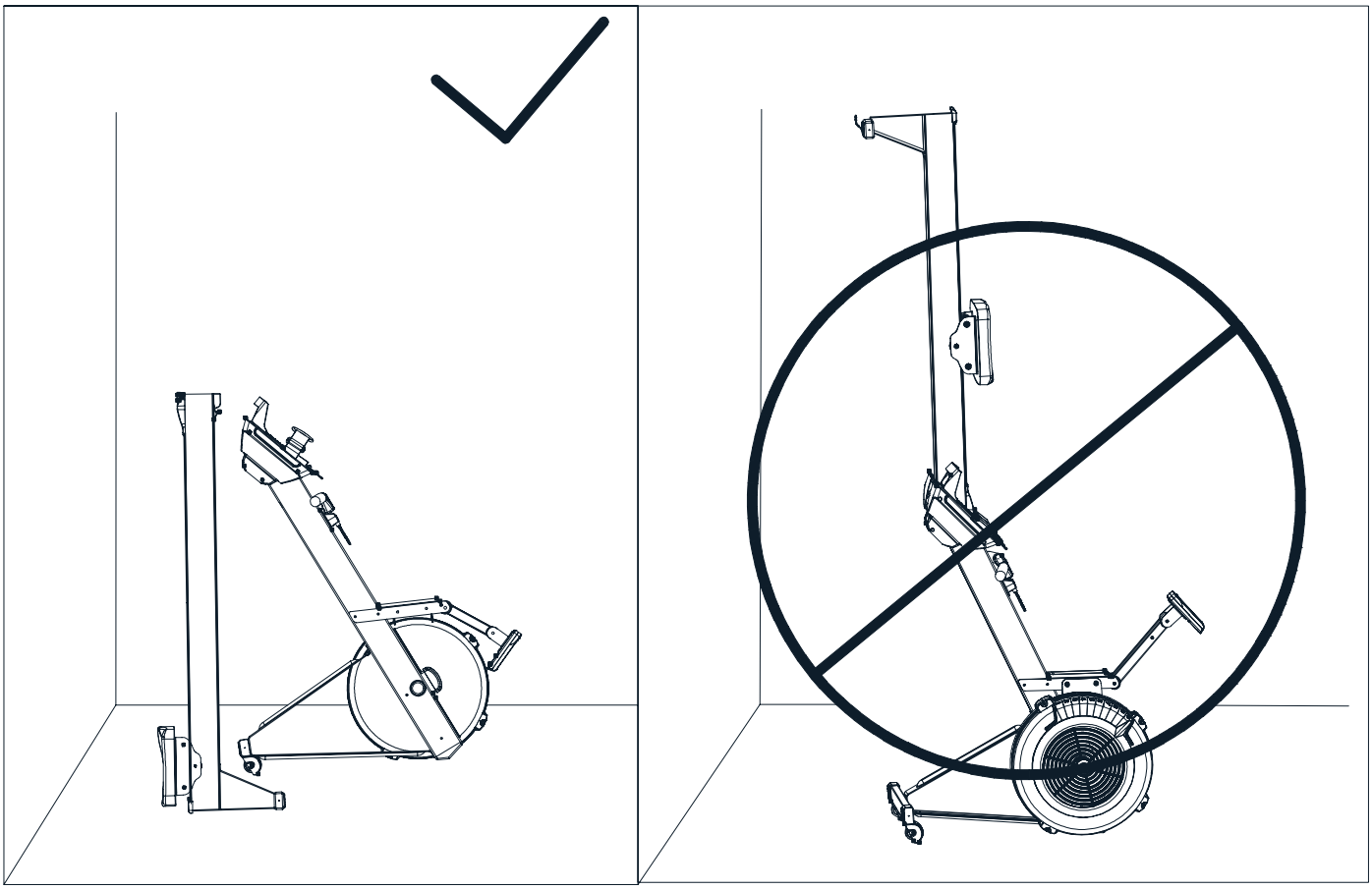
There are several settings for the foot position. Before you start with your training, adjust the foot pedal correctly.

1. Loosen the strap by opening the Velcro and place your foot on the pedal through the strap.
2. Tighten the strap of the foot pedal so far upwards that your heel is supported, and the foot strap is located on the widest part of your foot.
3. Tighten the strap at the loosened Velcro and press it back on.



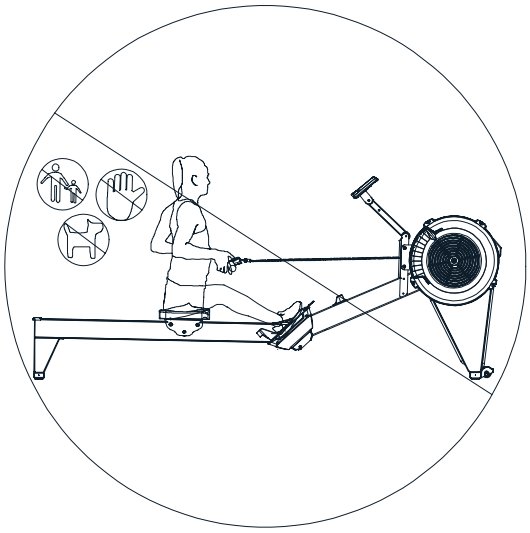
STORAGE

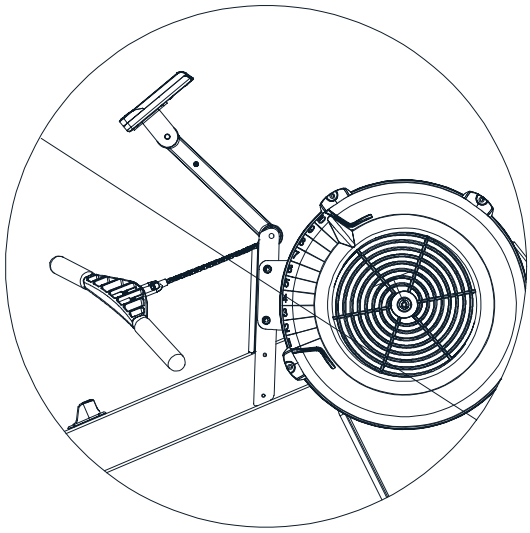
When you need to store the product, separate the Aluminum Rail (#11) from the Main Frame (#1).

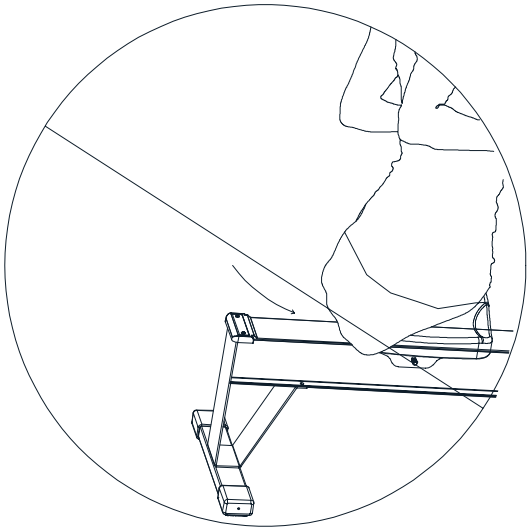


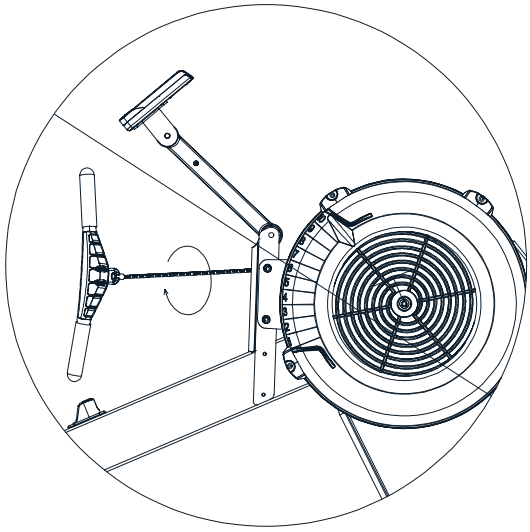
DIRECTIONS FOR USE

1. When using this equipment, ensure that it is placed on a stable horizontal surface.
2. Keep children, pets, fingers, and clothing away from the seat roller which may cause injury.
3. Do not pull from side to side or let the drive chain tangle.
4. Make sure the handle is in the handle hook before releasing it.



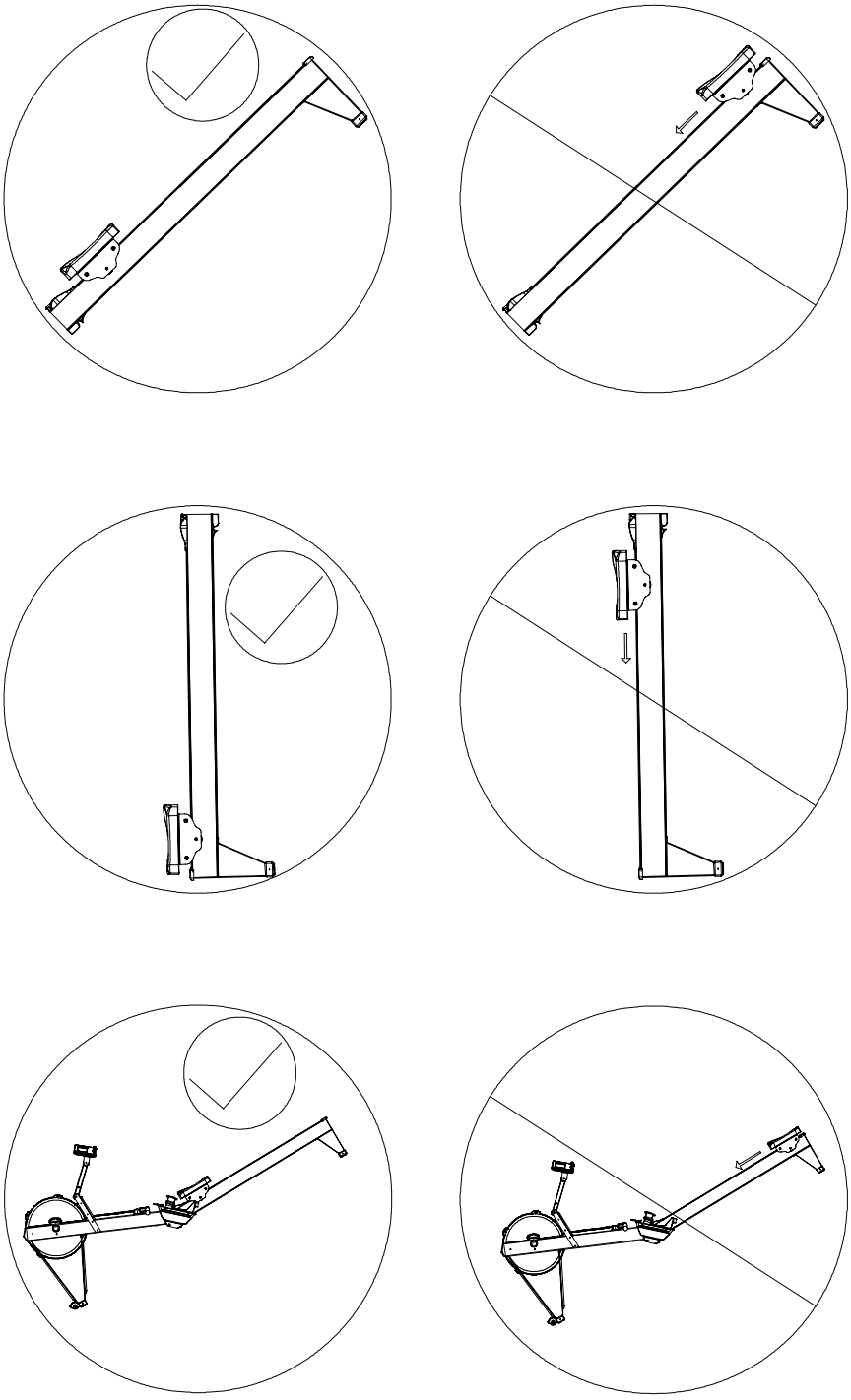




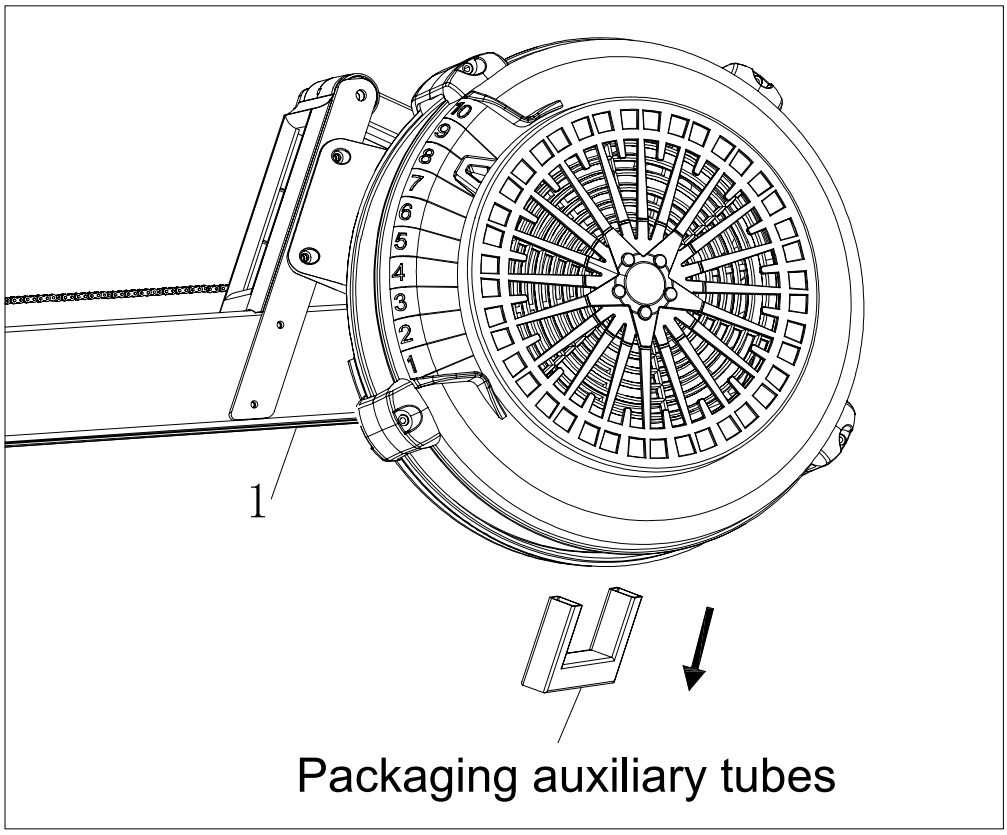


CAUTION

When transporting or storing, be careful that the seat cushion may slide down.



REMOVE THE PACKAGING AUXILIARY TUBES



CONSOLE INSTRUCTION & BLUETOOTH APP CONNECTION INSTRUCTIONS

DISPLAY FUNCTION:

NO.	ITEM	Description
1	TIME	User exercise time. Without setting, it will count up, setting range:0:00~99:00(+1:00)
2	TIME/500m	Display its value according to the signal input.
3	DIST	User exercise distance. Without setting, it will count up, setting range: 0~9990(+10)
4	CAL	User exercise calorie. Without setting ,it will count up, setting range: 0~9990 (+10)
5	SPM	Display its value according to the signal input
6	STROKES	Display its value according to the count input.
7	TOTAL STROKES	Display its value according to the cumulative count input.
8	WATT	Display its value according to the signal input.
9	PULSE	Current user exercise pulse, setting range:0-30~230(+1)BPM
10	Manual Program	Do Manual Program when RPM signal is detected without entering any mode.
11	INTERVAL 20-10	Interval exercise mode, Exercise 20s, rest 10s.
12	INTERVAL 10-20	Interval exercise mode, Exercise 10s, rest 20s.
13	INTERVAL CUSTOM	Interval exercise mode, the exercise time and rest time will be set by user.
14	TARGET TIME	The exercise time will be set by user.
15	TARGET DISTANCE	The exercise distance will be set by user.
1	TARGET CALORIES	The CALORIES will be set by user.
17	TARGET STROKES	The STROKES will be set by user.
18	TARGET PULSE	The heart rate will be set by user.

KEY FUNCTION:

SET KEY	Press once to increase once, and long press to set rapid increase.
MODE KEY	1. Press this key to confirm and setting. 2. During exercise mode, press this key to pause.
RESET KEY	1. In function selection mode, you can return to the previous function. 2.In setting mode, you can clear current setting value. 3.In pause mode, you can return to standby mode. 4.Long press this key for 3s to do TOTOAL RESET, the console will clear current exercise value, except TOTAL STROKES value. *TOTAL STROKES value will be cleared automatically, when the power supply is removed.

OPERATION INSTRUCTION

1. Power ON:

When power on (or press RESET for 3sec.), the BUZZER will beep 2sec., then LCD will full display 2sec. and enter into the standby mode.

2. Standby Mode:

- **A.** After power on, the console enter into standby mode, MANUAL("*" "8"display), INTERVAL("*" "g"display), TARGET("*" "8"display), TIME, TIME/500m, DISTANCE, CALORIE, PULSE, SPM, WATT, TOTAL STROKES, STROKES, will display circularly 1 sec. in turn by SCAN mode.
- **B.** In standby mode, if no input of key operation or RPM signal or pulse input for 4mins, LCD will enter into Sleeping mode.

3. Standby Mode:

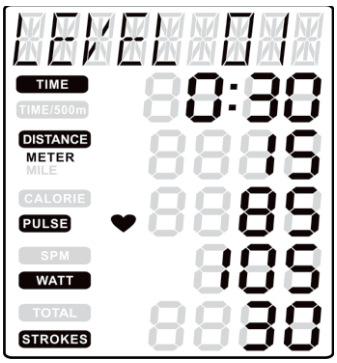
- **A.** When the exercise end, the console will display STOP with flashing("*" "8"display) ,and display exercise finished value, the same window for 5s to switch between finished value and pulse value ,the pulse value is the current value.(Picture 4~5) .
- **B.** When the exercise end, press the MODE KEY to do exercising again.
- **C.** When the exercise end, press RESET KEY to enter into standby mode.
- **D.** When the exercise end, without pressing any key or finished the exercise for 4 mins, the console will enter into standby mode.

4. Exercise Stop Screen:

- **A.** During the exercising, press the MODE KEY to pause exercising and stop counting all value of console, PULSE displays the current value.(Picture 4~5).
- **B.** When the exercise paused, press MODE KEY to do exercising again. Pressing the RESET KEY to enter into standby mode during the pause mode. Without pressing any key or finished the exercise for 4 minutes in the pause mode, the console will enter into standby mode.

5. The display screen of VR adjustment:

- **A.** Instandby mode and exercise mode, press SET KEY to enter the LEVEL display screen and display the current LEVEL value "LEVEL 01~10" (LEVEL 01 ,"*" *"8"display), the LEVEL value will change with VR adjustment (LEVEL 05), press SET KEY again to exit the LEVEL adjustment screen and return to standby or exercise screen.
- **B.** During exercising , the LEVEL adjustment does not affect the exercise function, and the exercise value continues to count.



LEVEL 01

LEVEL 05

6. MANUAL:

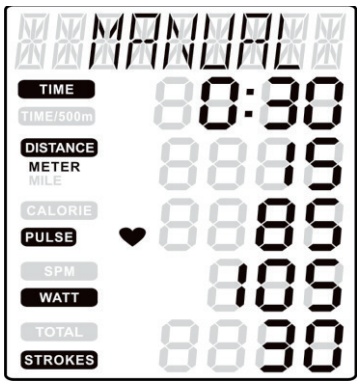
A. If there is RPM signal input in standby mode, the console will QUICK START immediately. (Picture 2~3).

B. Orin standby mode, press MODE KEY twice to start MANUAL function.

C. The value of all functions will begin to accumulate according to the operation value, and switch display in every 5 sec. (Picture 2~3).

D. During exercising, without pressing any key or signal input for 4 mins, then the console enters into the standby mode.

Picture 1



Picture 2

Picture 3

Picture 4

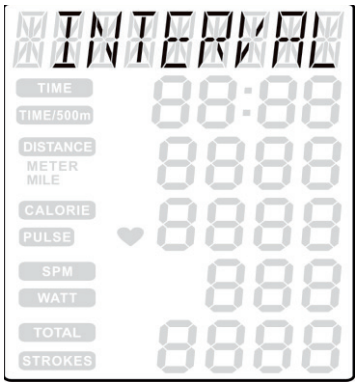
Picture 5

7. INTERVAL:

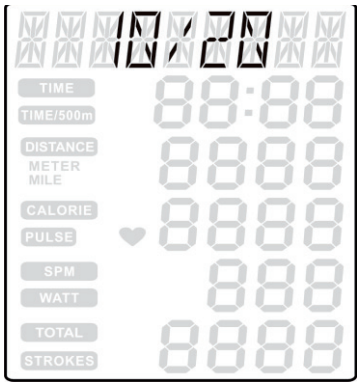
In standby mode, press MODE KEY, and press SET KEY to select INTERVAL Function(Picture 6).Pressing MODE KEY to enter into INTERVAL Function selection.

(1) INTERVAL 10/20:

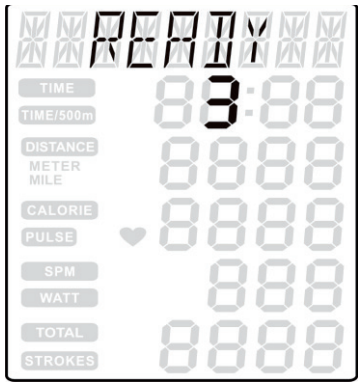
- **A.** Pressing SET KEY to select 10/20 (Picture 7), press MODE KEY to start 10/20 function,"'READY" flashing and TIME window displays a 3-second countdown (Picture 8).
- **B.** After READY 3s, LCD displays the "WORK 01/08" ("*" "8" display) (Picture 9), TIME begins to count down 10s. All function value will accumulate according to the operation value and switch display in every 5 seconds.
- **C.** When LCD displays the "REST 01/08" ("*" "8"display) (Picture 10), TIME begins to count down 20S. All function value will accumulate according to the operation value and switch display in every 5 seconds. At the last 3s, LCD will display "READY" flashes ("*" "8"display) (Picture 11).
- **D.** B and C will perform tautologically and circularly, each cycle count plus 1 until display "WORK 08/08" after exercise then enter into ending screen.
- **E.** When doing the WORK function, without press any key and signal into for 4mins, the console will enter into standby mode.
- **F.** REST Function does not enter into the Sleeping mode without pressing any key or signal input.



Picture 6



Picture 7



Picture 8

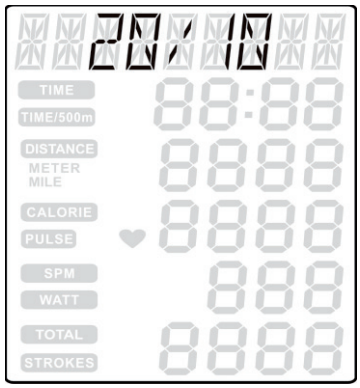
Picture 9

Picture 10

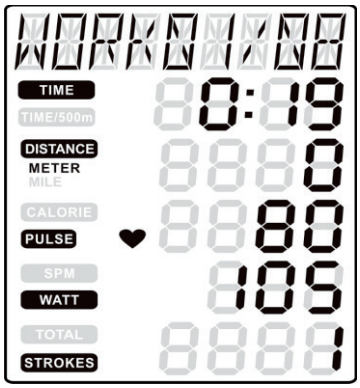
Picture 11

(2) INTERVAL 20/10:

- **A.** Pressing SET KEY to select 20/10 (Picture 12), press MODE KEY to start 20/10 function,"'READY" flashing and TIME window displays a 3-second countdown and the buzzer sounds 0.5s per seconds.
- **B.** After READY 3s, LCD displays the "WORK 01/08" ("*" "8"display), TIME begins to count down 20s (Picture 13). All function value will accumulate according to the operation value and switch display in every 5 seconds.
- **C.** When LCD displays the "REST 01/08" ("*" "8"display), TIME begins to count down 10S (Picture 14). All function value will accumulate according to the operation value and switch display in every 5 seconds. At the last 3sec., LCD will display "READY" flashes ("*" "8"display).
- **D.** B and C will perform tautologically and circularly, each cycle count plus 1 until display"WORK 08/08" after exercise then enter into ending screen and the buzzer sounds 0.5 sec..
- **E.** When doing the WORK function, without press any key and signal into for 4 mins, the console will enter into standby mode.
- **F.** REST Function does not enter into the Sleeping mode without pressing any key or signal input.



Picture 12



Picture 13

Picture 14

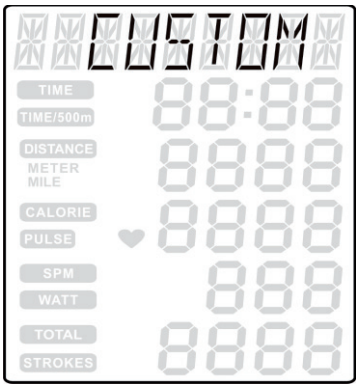
(3) INTERVAL CUSTOM:

A. Pressing SET KEY to select CUSTOM Function and the "CUSTOM" flashing ("*" "8"display), press MODE KEY to set the CUSTOM Function (Picture 15).

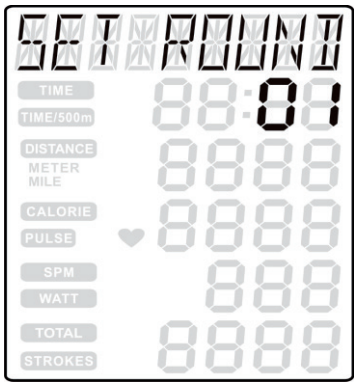
B. When LCD displays "SET ROUND" ("*" "8"display), TIME window displays 01 and flashes (Picture 16). Press SET to set ROUND (the ROUND setting range is 01~99) which can be set circularly. After press MODE KEY, the buzzer beeps 0.5 sec., and then enters into the next setting.

C. When LCD displays "SET WORK" ("*" "8"display), TIME window displays 0:05 and flashes (Picture 17), press SET KEY to set WORK TIME (the setting range is 0:05~10:00), which can be set circularly. After press MODE KEY, the buzzer beeps 0.5 sec., and then enters into the next setting (Picture 17).

D. When LCD displays "SET REST"("*" "8"display), TIME window displays 0:05 and flashes (Picture 18), press SET KEY to set REST TIME (the setting range is 0:05~10:00), which can be set circularly. After press MODE KEY, the buzzer beeps 0.5 sec., and then enters into exercise screen.



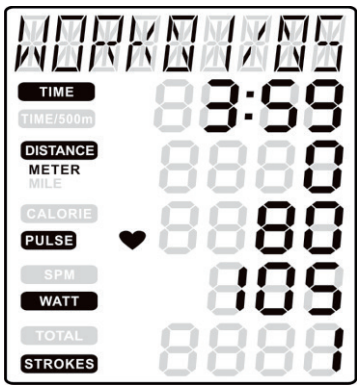
Picture 15



Picture 16

Picture 17

Picture 18



Picture 19

Picture 20

E. When LCD displays "READY" flashes ("*" "8"display), TIME will count down 3 sec. in TIME window, the buzzer will beep 0.5 sec. in every second.

F. After READY 3 sec., LCD displays "WORK 01/XX" ("*" "8"display), TIME begins to count down according to the setting time. All function value will accumulate according to the operation value and switch display in every 5 secs. (Picture 19~20).

G. When LCD displays "REST 01/XX" ("*" "8"display), TIME begins to count down according to the REST setting time. All function value will accumulate according to the operation value and switch display in every 5 secs. At the last 3 secs, LCD display "READY" flashes ("*" "8"display).

H. Fand G will perform tautologically and circularly, each cycle count plus 1 until display "WORK XX/XX" after exercise then enter into ending screen .

I. When doing the WORK function,without press any key and signal into for 4mins, the console will enter into standby mode.

J. REST Function does not enter into the Sleeping mode without pressing any key or signal input.

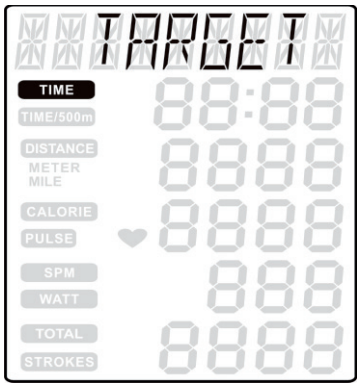
7. TARGET:

In standby mode, press MODE KEY and SET KEY to select TARGET function, then LCD displays TARGET flashing (*"*" "8"display) (Picture 21). Pressing MODE KEY to enter into TARGET FUNCTION SELECTION.

(1) TARGET TIME:

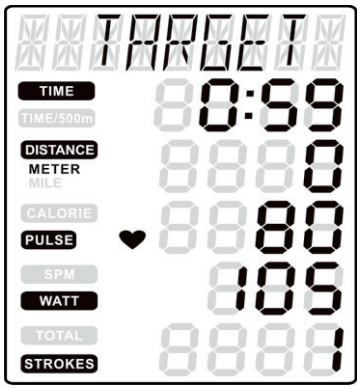
- **A.** Toggle the TARGET TIME function (Picture 22) and press MODE KEY to start the TIME setting function.
- **B.** When LCD displays "SET " keeps flashing ("*" "8"display), 0:00 flashes in TIME window (Picture 23), press SET KEY to set target time (the setting range is 0:00~99:00) which can be set circularly. Press MODE KEY to confirm and the console enters into exercise mode.
- **C.** When LCD displays the" TARGET" and "TIME" ("*" "8"display) switch display in every 2sec. (Picture 24~25), All function value will accumulate according to the operation value and switch display in every 5 secs.

Picture 21



Picture 22

Picture 23

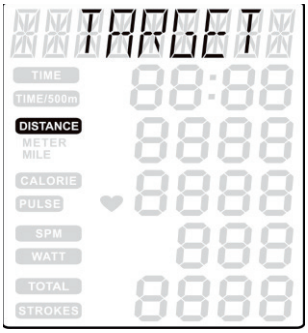


Picture 24

Picture 25

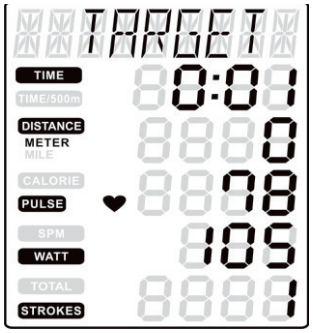
(2) TARGET DISTANCE:

- **A.** Toggle the TARGET DISTANCE function and LCD displays" TARGET "keeps flashing("*" "8"display). DISTANCE window displays flashing(Picture 26) and press MODE KEY to start the DISTANCE setting function.
- **B.** When LCD displays "SET " keeps flashing ("*" "8"display), 0 flashes in DISTANCE window (Picture 27), press SET KEY to set target distance(the setting range is 0~9990) which can be set circularly. Press MODE KEY to confirm and the console enters into exercise mode with 0.5s Be sound.
- **C.** When LCD displays the "TARGET" and "DISTANCE" ("*" "8"display) switch display in every 2sec. (Picture 28~29), All function value will accumulate according to the operation value and switch display in every 5 secs.



Picture 26

Picture 27



Picture 28

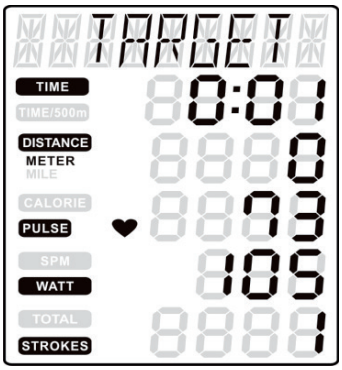
Picture 29

(3) TARGET CALORIES:

- **A.** Toggle the TARGET CALORIE function and LCD displays" TARGET "keeps flashing ("*" "8"display). CALORIES window displays lashing (Picture 30) and press MODE KEY to start the CALORIES setting function.
- **B.** When LCD displays "SET" keeps flashing ("*" "8"display), 0 flashes in CALORIES window (Picture 31), press SET KEY to set target CALORIES (the setting range is 0~9990) which can be set circularly. Press MODE KEY to confirm and the console enters into exercise mode.
- **C.** When LCD displays the" TARGET" and "CALORIES" ("*" "8"display) switch display in every 2s (Picture 32~33), All function value will accumulate according to the operation value and switch display in every 5 secs.

Picture 30

Picture 31



Picture 32

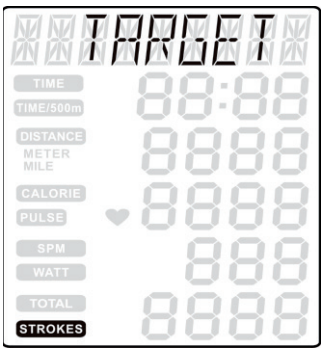
Picture 33

(4) TARGET STROKES:

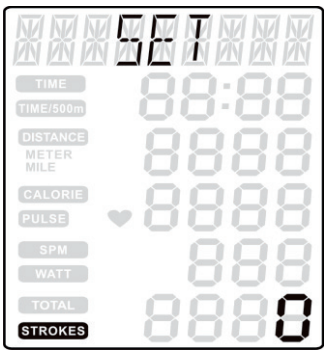
A. Toggle the TARGET STROKES function and LCD displays "TARGET" keeps flashing ("*" "8"display). STROKES window displays lashing (Picture 34) and press MODE KEY to start the STROKES setting function.

B. When LCD displays "SET" keeps flashing ("*" "8"display) (Picture 35), 0 flashes in STROKES window, press SET KEY to set target STROKES (the setting range is 0~9990) which can be set circularly. Press MODE KEY to confirm and the console enters into exercise mode.

C. When LCD displays the "TARGET" and "STROKES" ("*" "8"display) switch display in every 2sec. (Picture36~37),All function value will accumulate according to the operation value and switch display in every 5 seconds.



Picture 34



Picture 35

Picture 36

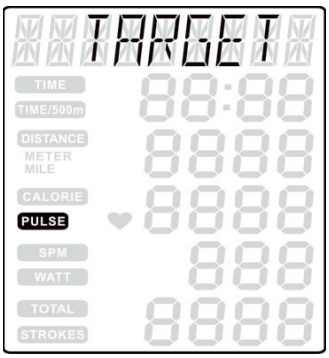
Picture 37

(5) TARGET PULSE:

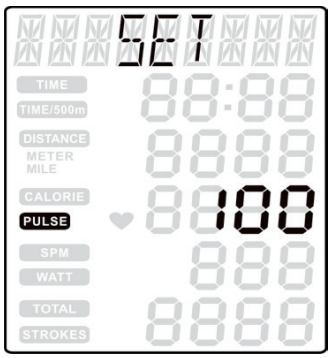
A. Toggle the TARGET PULSE function and LCD displays "TARGET" keeps flashing ("*" "8"display). PULSE window displays lashing (Picture 38) and press MODE KEY to start the PULSE setting function.

B. When LCD displays "SET" keeps flashing ("*"*" "8"display) (Picture 39), 100 flashes in PULSE window, press SET KEY to set target PULSE (the setting range is 30~230) which can be set circularly. Press MODE KEY to confirm and the console enters into exercise mode.

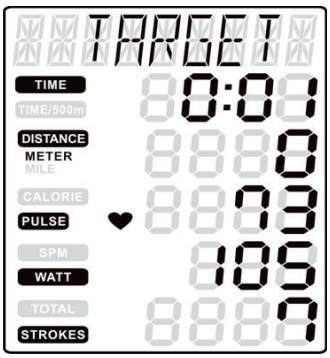
C. When LCD displays the "TARGET" and "PULSE" ("*" "8"display) switch display in every 2sec. (Picture 40~41),All function value will accumulate according to the operation value and switch display in every 5 secs.



Picture 38



Picture 39



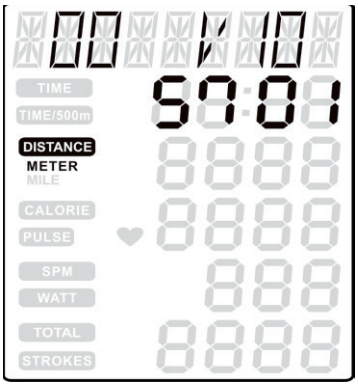
Picture 40

Picture 41

Special Mode:

(A) Switch KM/ ML:

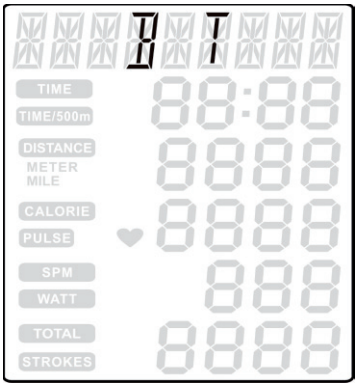
1. Pressing MODE+SET for 2 secs to enter into switch KM/ML mode.
2. LCD displays" CLIENT ID "and program version("*" "8"display), TIME window shows console model name (Picture 42)
3. In the switch KM/ML mode, press SET to adjust the KM/ML, press MODE to confirm the setting, and RESET is invalid KEY.
4. The console has no storage function, so when the battery is removed it reverts to the preset value.



Picture 42

(B) Bluetooth Connection Mode:

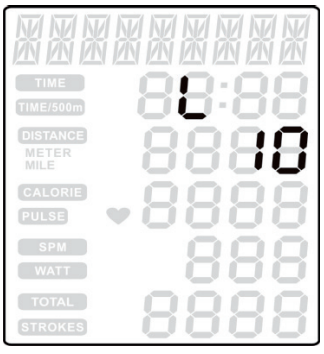
1. The console can connect to APP and bluetooth heartbeat in any mode except sleeping mode.
2. After the console connected APP, LCD will display "BT" ("*" "8"display) (Picture 43).



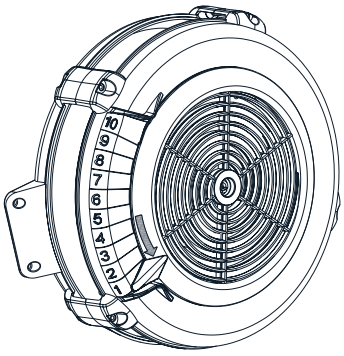
Picture 43

VR Correction Mode:

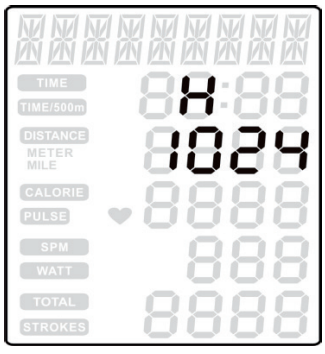
1. During the standby mode, press MODE+RESET KEY for 3sec. to enter into VR correction mode.
2. TIME window will display "L" » DISTANCE window displays the current the AD value of VR (Picture 44). Adjust Damper (Picture 45) to the first level and press ENTER KEY to confirm.



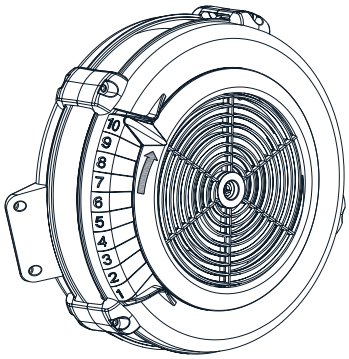
Picture 44



Picture 45



Picture 46

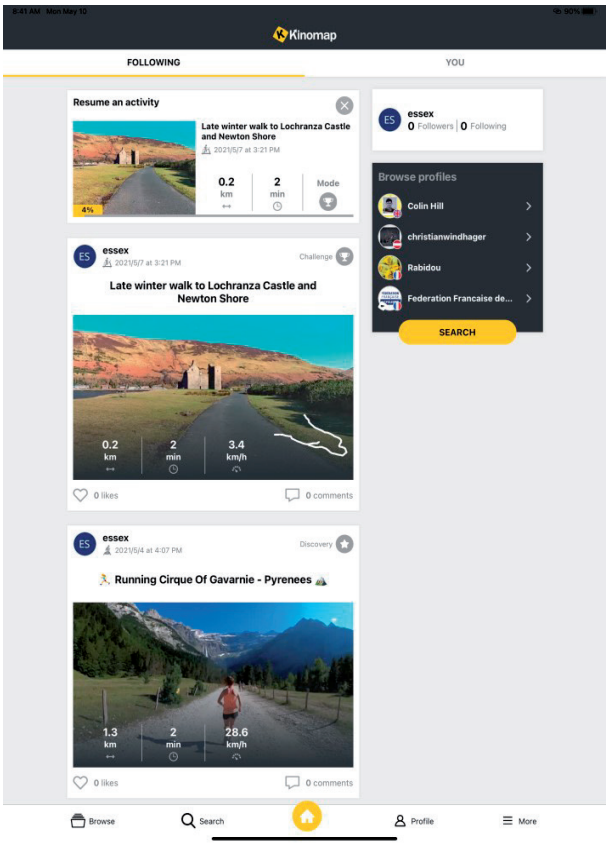


Picture 47

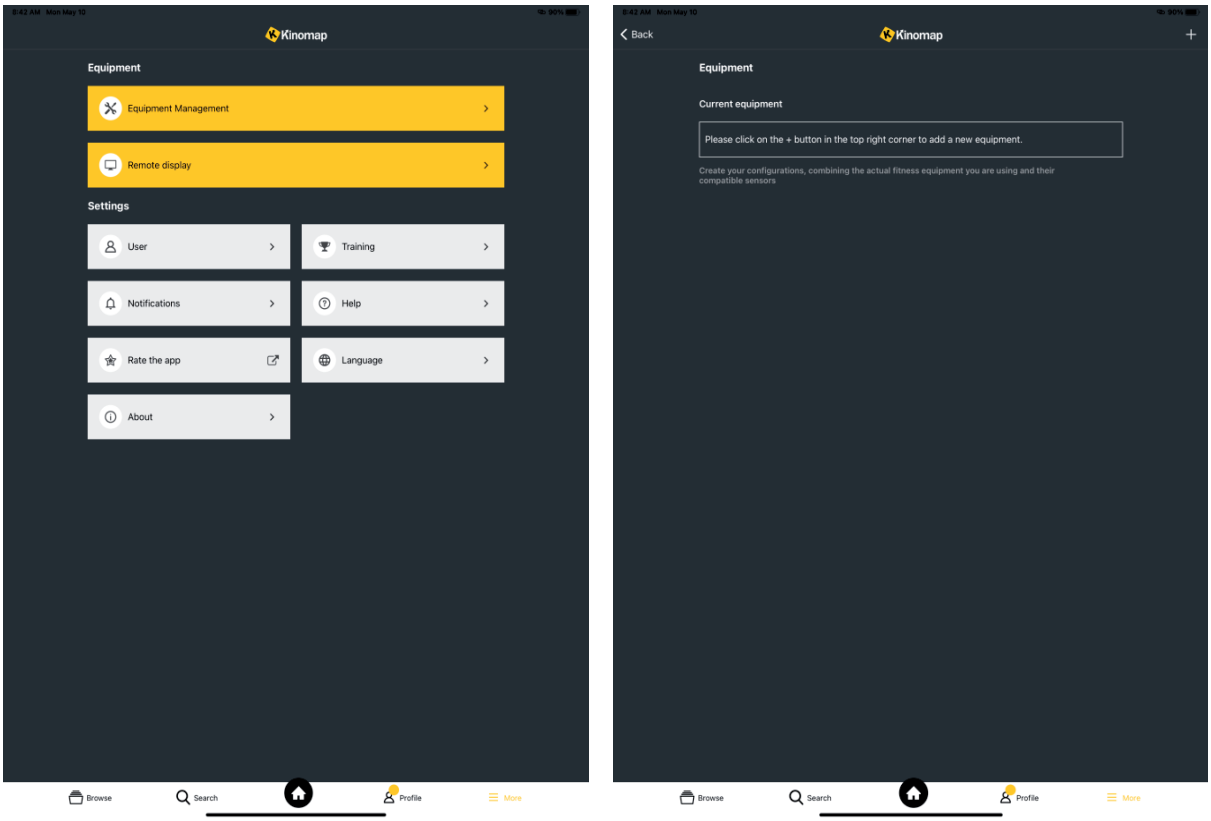
3. After confirming the first level value of VR, "H" will be displayed in the TIME window, and the actual AD value of VR will be displayed in the DISTANCE window (Picture 46). Adjust Damper (Picture 47) to the highest level and press ENTER KEY to confirm after the adjustment.
4. After setting the first and highest level values of VR, the console will restart and cut the set values into 10 segments on average.
5. When adjusting Damper, attach the pointer to the baffle plate.

KINOMAP APP CONNECTION STEPS

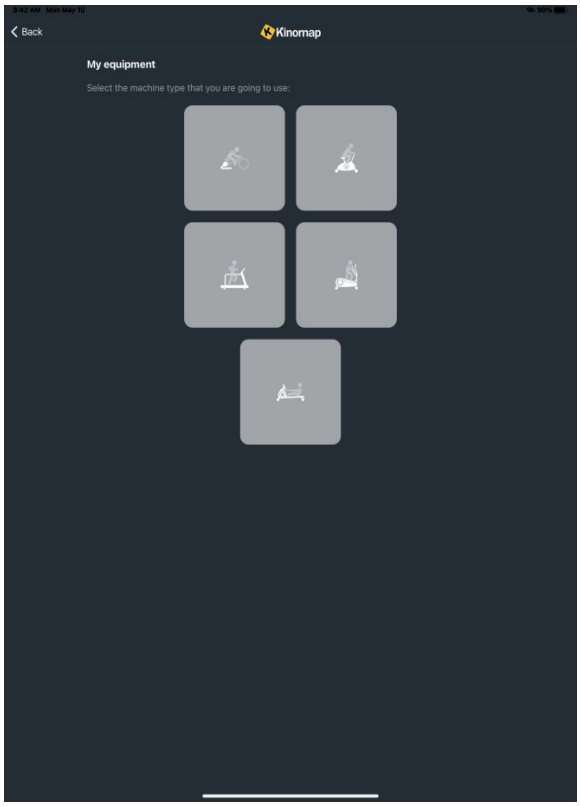
1. Open the Kinomap + App and enter the home page. Click the button in the lower right comer to add devices.



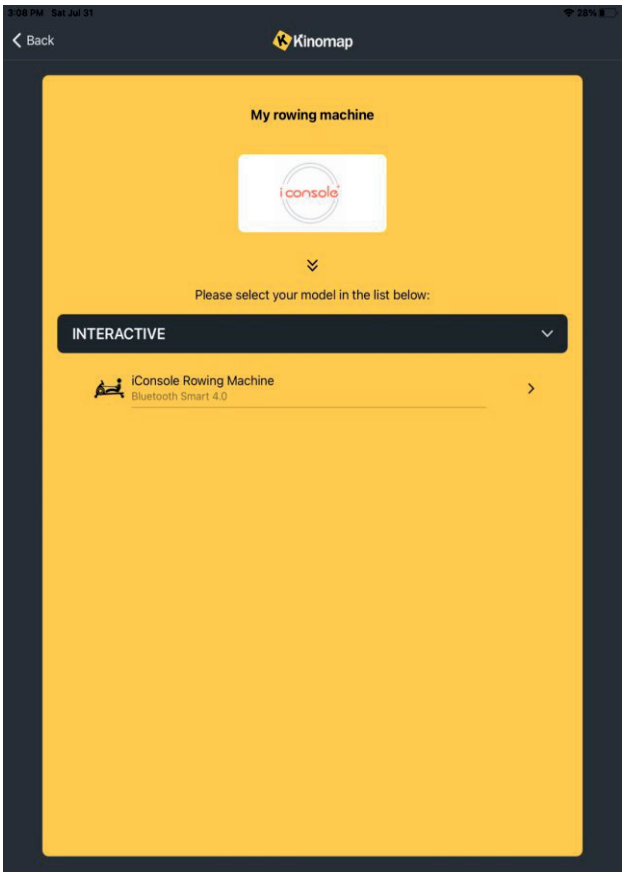
2. Click equipment management, then click the “+” to start adding equipment.

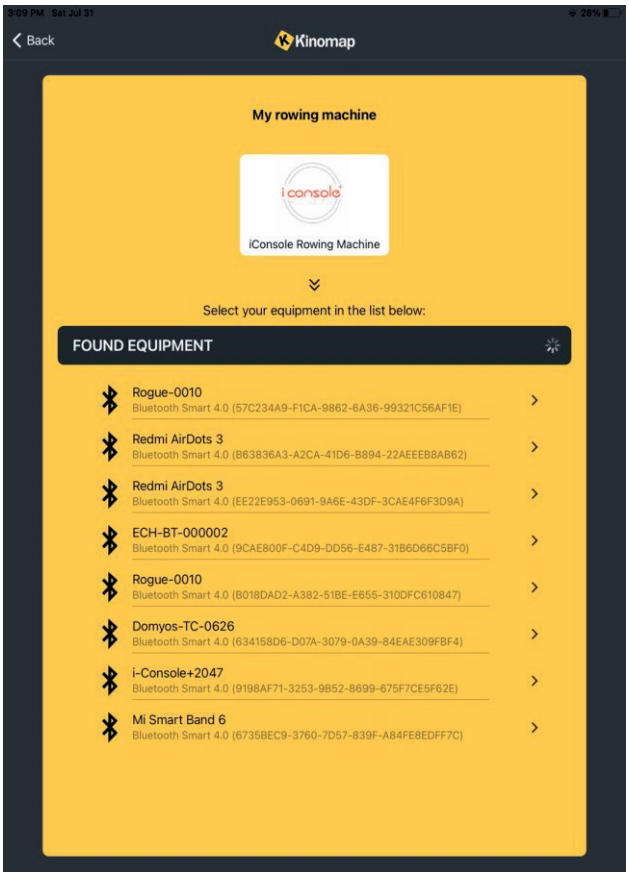


3. Click “Rowing” graphics, then enter a variety of brand connection screen, select FTMS/iConsole.

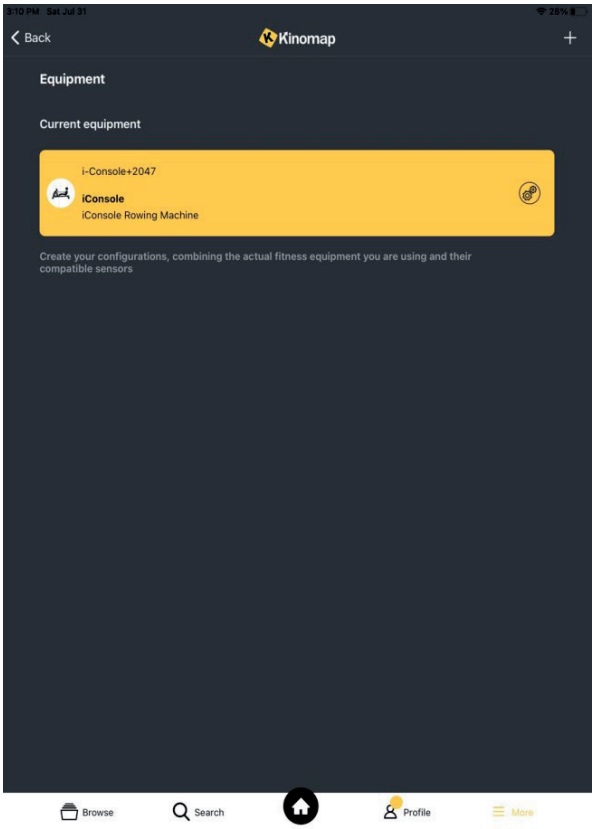


4. Select Rowing machine, then Bluetooth Device.

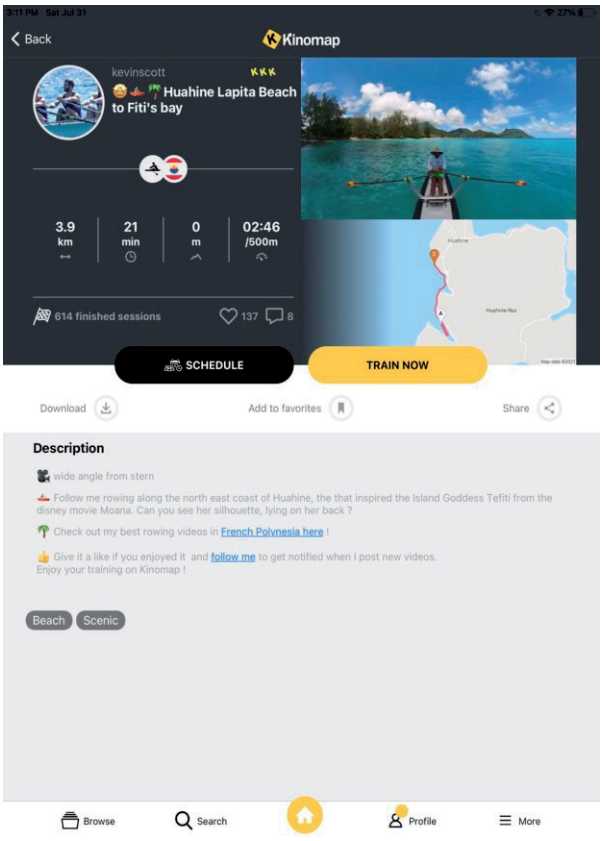


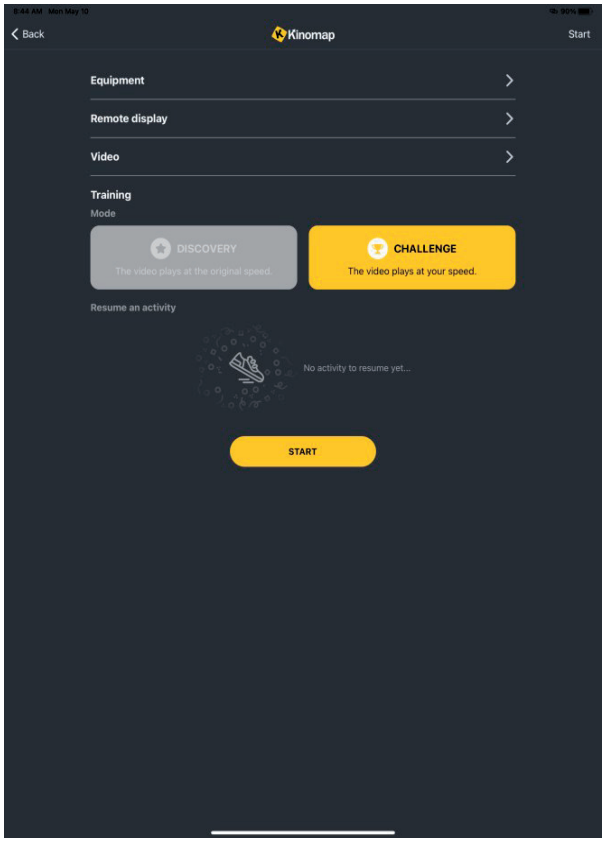


5. Press the Home button to return to the Home page after adding the device.

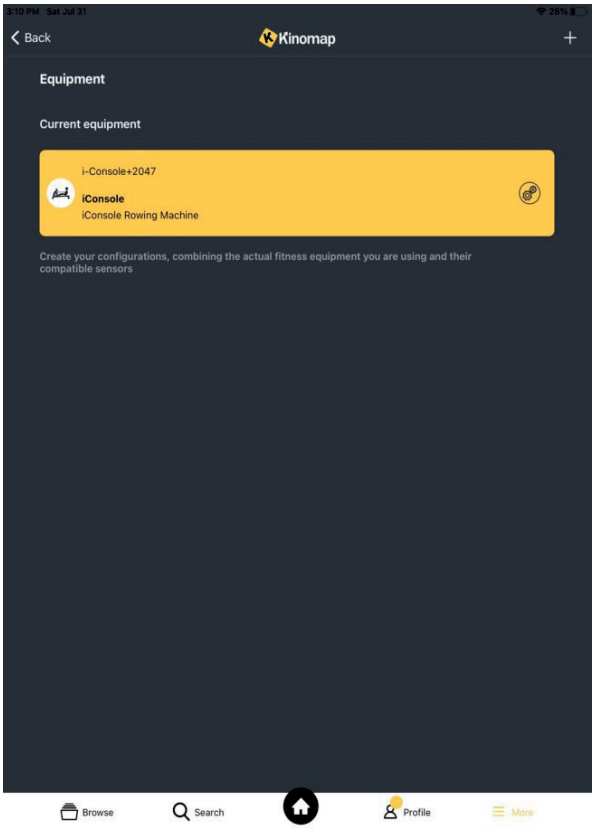


6. To select the training video, you must select the type of Rowing and press the button to enter the training screen.

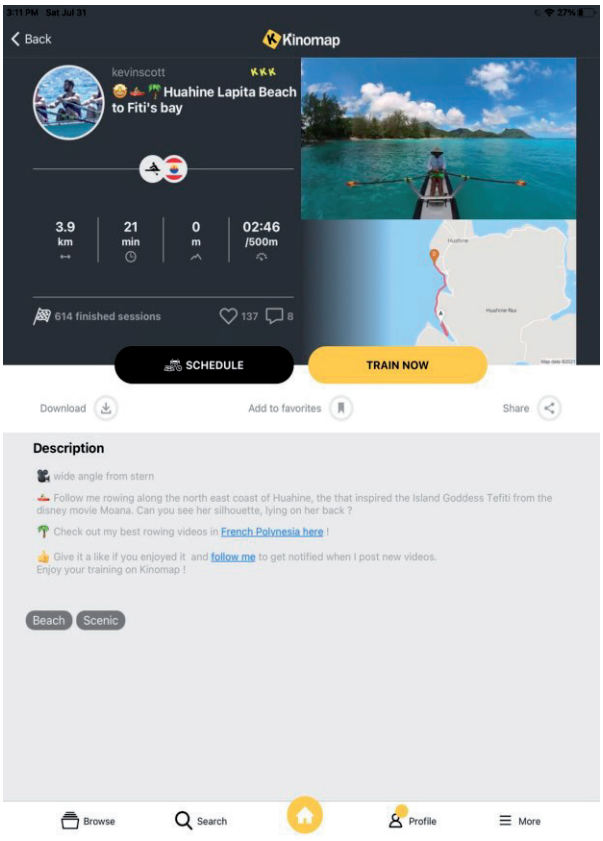


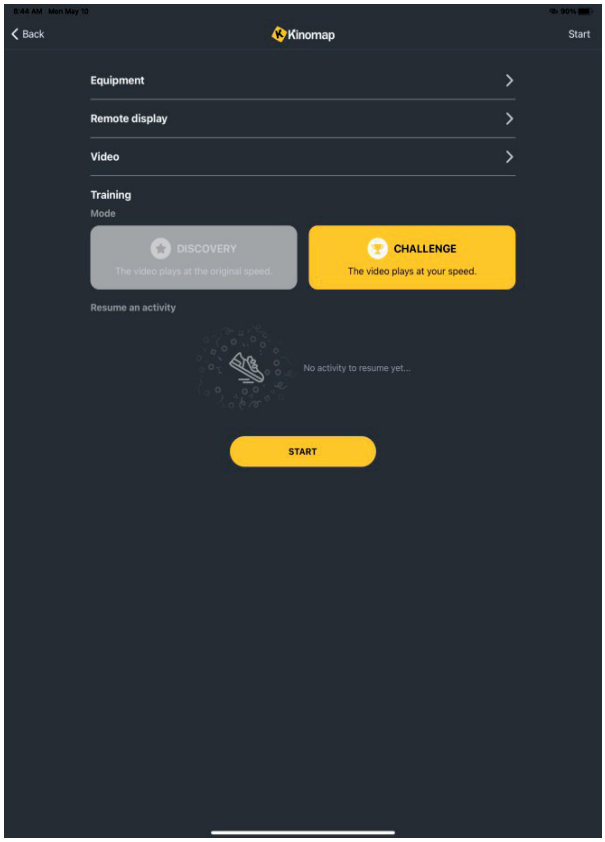


5. Press the Home button to return to the Home page after adding the device.



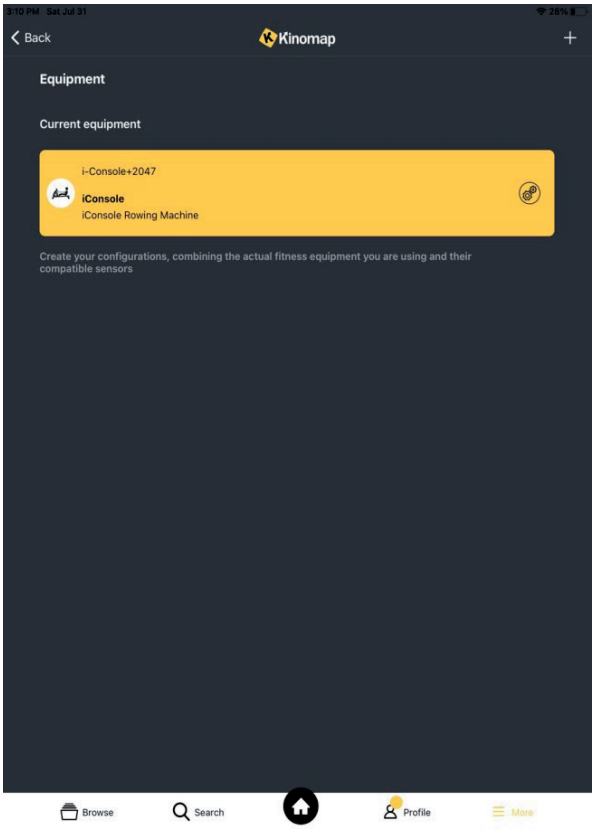
6. To select the training video, you must select the type of Rowing and press the button to enter the training screen.



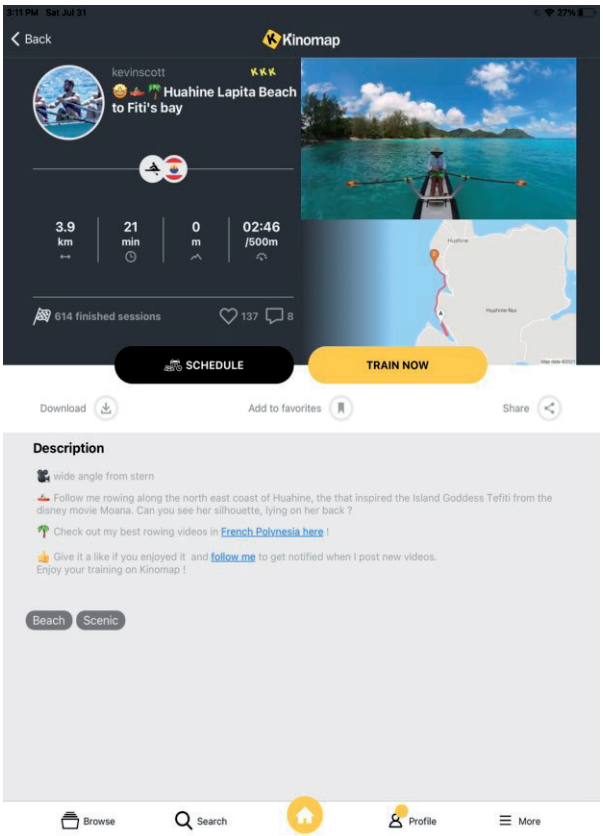


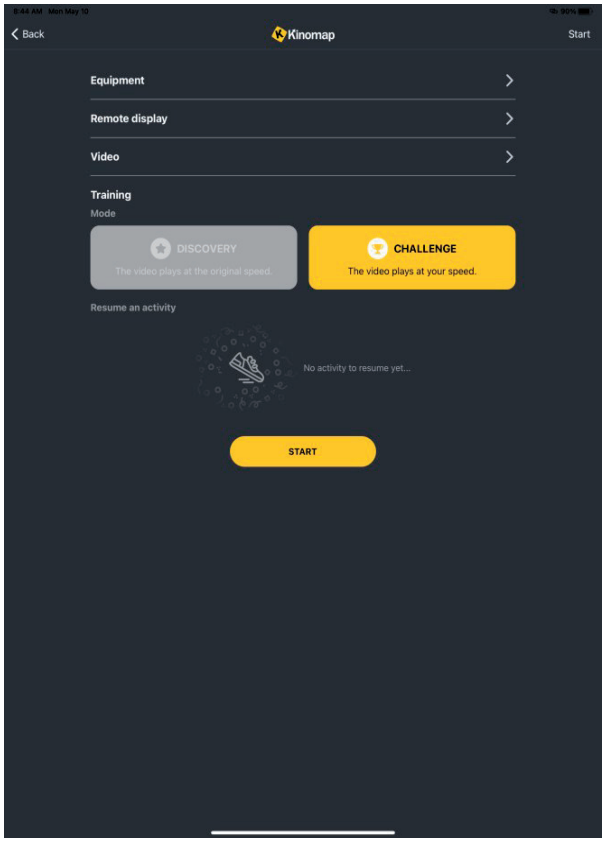
7. Start training

*Pressing the pause button at the top of the screen to stop.



8. Enter the pause screen and you can choose to continue or exit to end the training.





YOU'RE FINISHED!

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