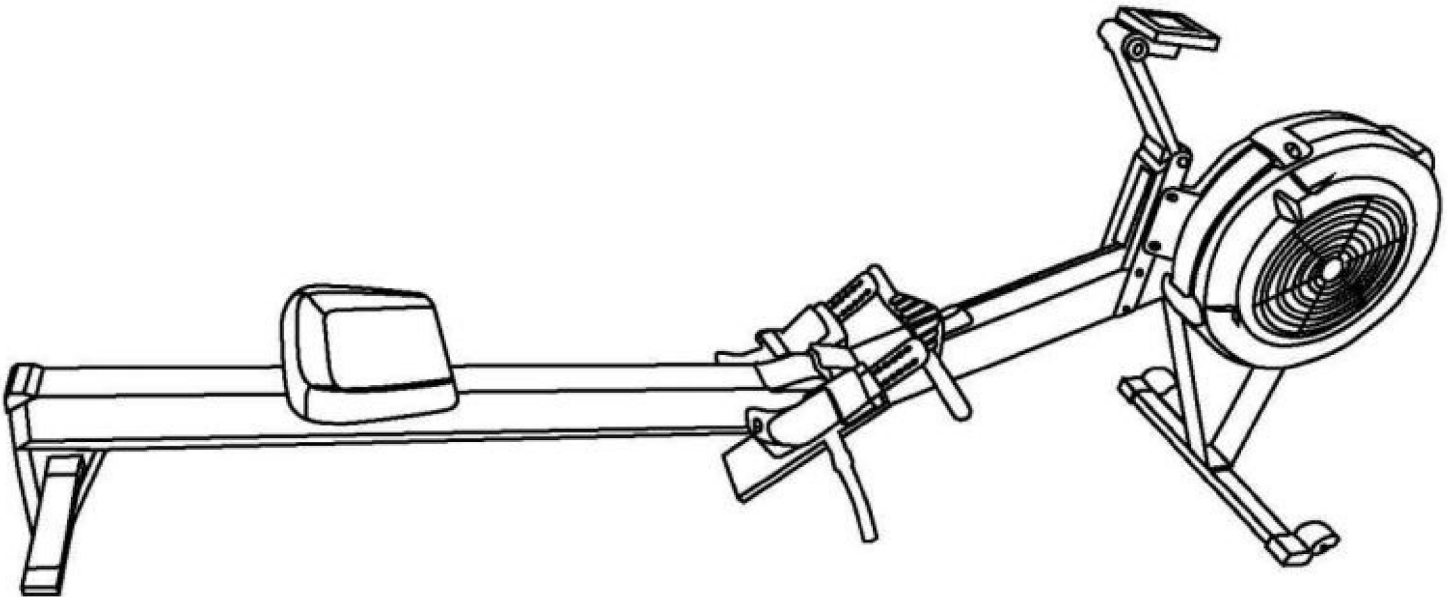




MASSFORCE

MASSFORCE™ AIR ROWING

model QD-M600B



INSTRUCTION MANUAL

Thank you for purchasing MASSFORCE AIR ROWING.
Please read this instruction manual before use.

Importé par / Imported by OUISMART
31 rue des Sablons 78640 Villiers-Saint-Frédéric, FRANCE

www.massforce.co

SAFETY WARNINGS

EN

Read the safety warnings and the instructions. Failure to follow the safety warnings and the instructions can cause personal injury or damage to the equipment. Keep the safety warnings and the instructions for future reference.

- The equipment is suitable for domestic use only. The equipment is not suitable for commercial use.
- Max. usage is limited to 3 hrs a day.
- The use of this equipment by children or persons with a physical, sensory, mental, or motor disability, or lack of experience and knowledge can give cause to hazards. Persons responsible for their safety must give explicit instructions or supervise the use of the equipment.
- Before starting your workout, consult a physician to check your health.
- If you experience nausea, dizziness, or other abnormal symptoms, immediately stop your workout and consult a physician.
- To avoid muscular pain and strain, start each workout by warming up and finish each workout by cooling down. Remember to stretch at the end of the workout.
- The equipment is suitable for indoor use only. The equipment is not suitable for outdoor use.
- Only use the equipment in environments with adequate ventilation. Do not use the equipment in draughty environments in order not to catch a cold. Only use the equipment in environments with ambient temperatures between 10 °C and 35 °C.
- Only store the equipment in environments with ambient temperatures between 5 °C and 45 °C.
- Do not use or store the equipment in humid surroundings. The air humidity must never be more than 80%.
- Only use the equipment for its intended purpose. Do not use the equipment for other purposes than described in the manual.
- Do not use the equipment if any part is damaged or defective. If a part is damaged or defective, contact your dealer.
- Keep your hands, feet, and other body parts away from the moving parts.
- Keep your hair away from the moving parts.
- Wear appropriate clothing and shoes.
- Keep clothing, jewelry, and other objects away from the moving parts.

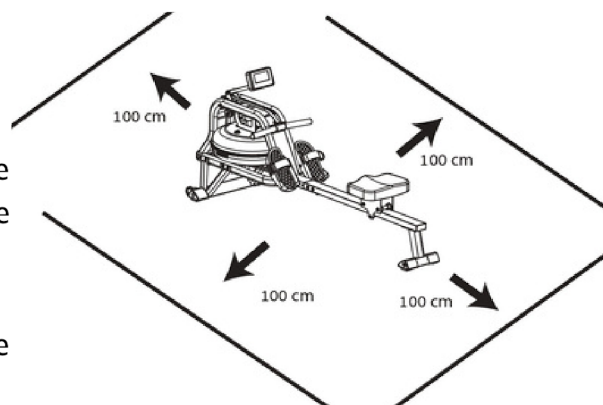
ASSEMBLY

WARNING

- Assemble the equipment in the given order.
- Carry and move the equipment with at least two persons.

CAUTION

- Place the equipment on a firm, level surface. Place the equipment on a protective base to prevent damage to the floor surface.
- Allow at least 100 cm of clearance around the equipment.
- Refer to the illustrations for the correct assembly of the equipment.



INTRODUCTION

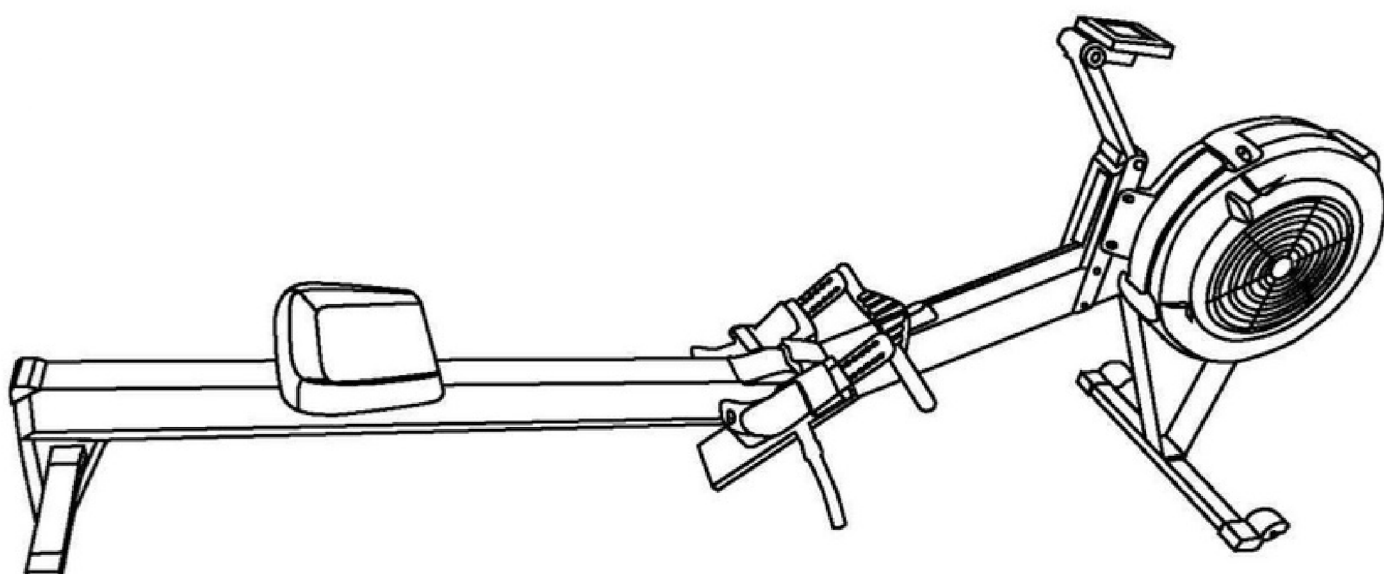
Congratulation on your purchase of MASSFORCE™ AIR ROWING works out many of your major muscles in both your upper and lower body. It works the rhomboids in the shoulders and trapezii in the upper back. When you work out and build muscle in your upper back it can help you reduce back pain and improve your posture.

MASSFORCE™ AIR ROWING functional fitness furniture, designed not to be hidden away like other unsightly gym equipment, but to look at home in your living room. Storing in an upright position no wider than a dining room chair, our rowing machines can be easily laid out for a quick indoor rowing exercise session.

WORKING PRINCIPLE

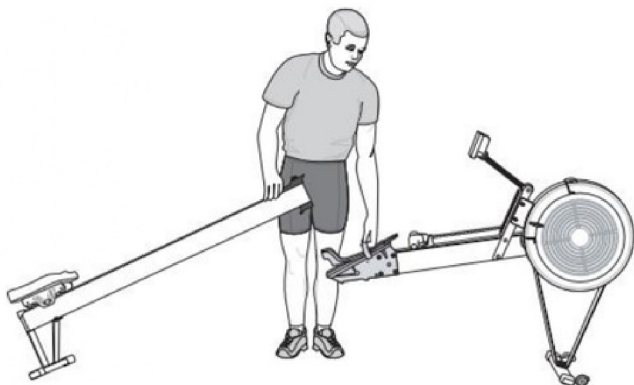
The resistance rowing machine is an aerobic power device that improves the overall ability of the body. Its movement is similar to that of a kayak. During exercise, it can develop more than 80% of the muscles by using the resistance of the water and the change of the flywheel speed in a short time. Can make the whole body muscles get proper exercise.

The rowing machine is a long-term stable contact action. It is not easy to maintain strength and correct posture in all exercises. Start with 4-6 groups with moderate resistance, each group of 10 minutes of practice, and rest for 2-3 minutes. Not until the heart rate has been reduced, you can also increase the intensity at any time.

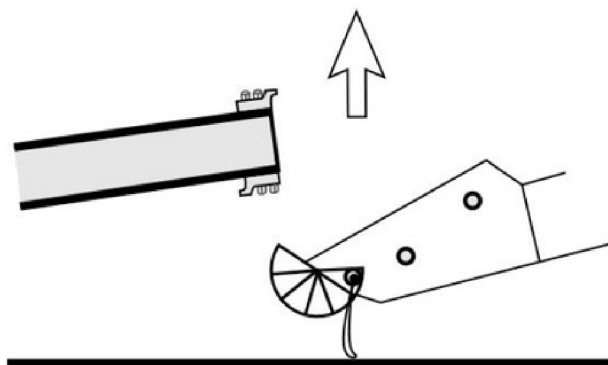


ASSEMBLY INSTRUCTION

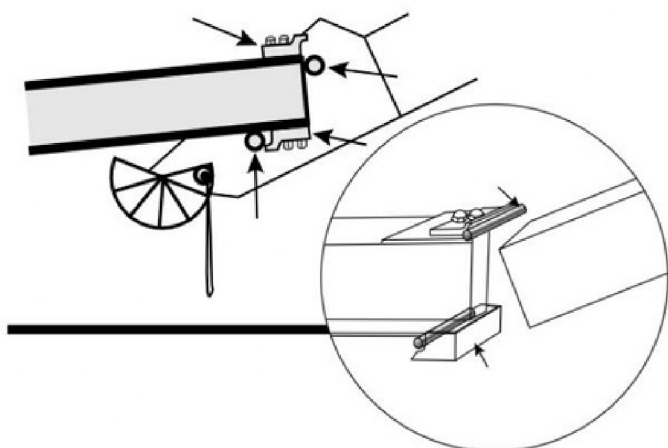
ASSEMBLY INSTRUCTION



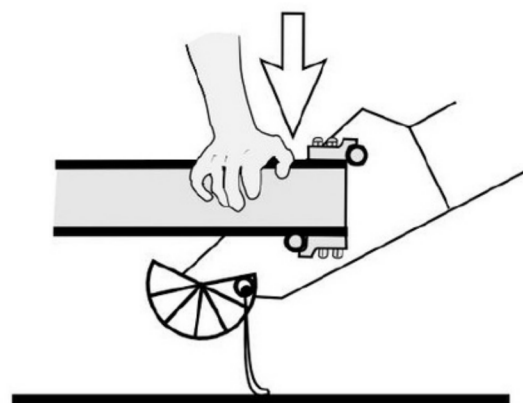
1. Place the flywheel and monorail sections of MASSFORCE™ AIR ROWING end to end.



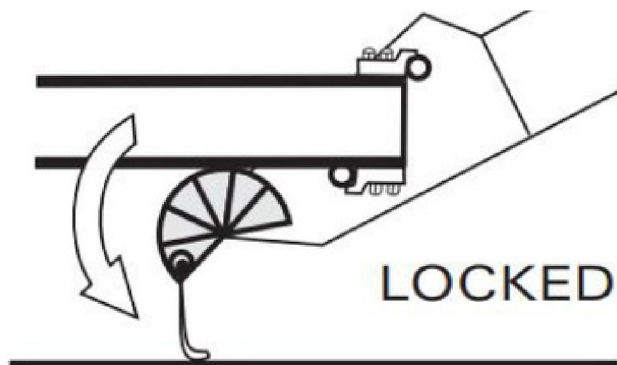
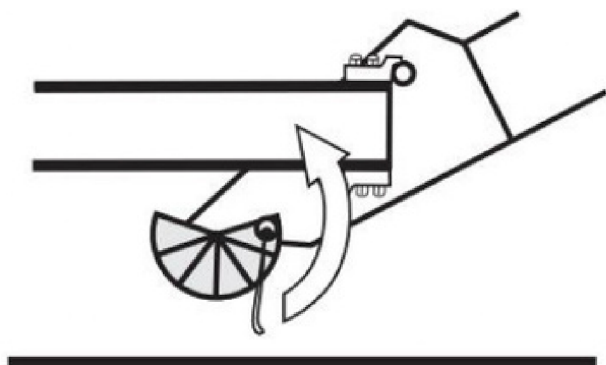
2. Using one of the footsteps as a handle, lift the footboard end of the flywheel section until it rolls on the caster wheels. Lift the end of the monorail to the same level.



3. Bring the flywheel and monorail sections together between the footplates. The top hanger should be over the top bolt tube and the bottom hanger should hook over the bottom bolt tube.



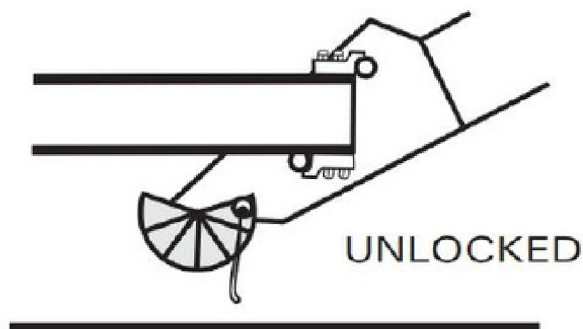
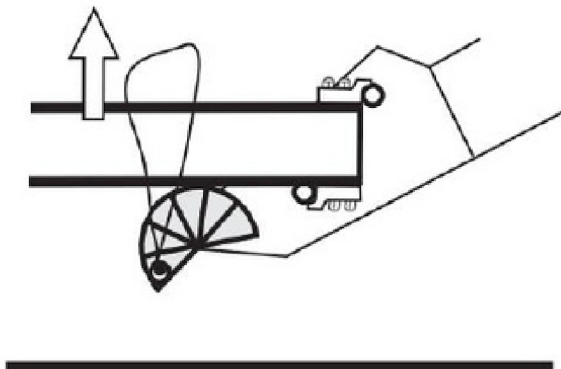
4. Lower both pieces until they connect securely and push down into place.



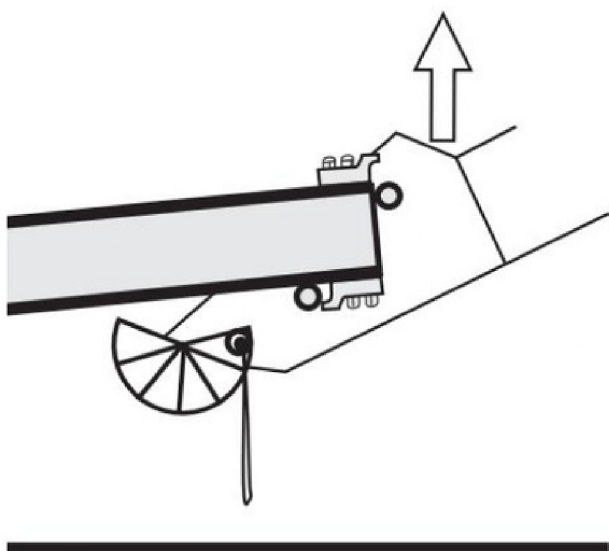
5. Rotate the frame lock around and push it into the locked position.

DETACHING INSTRUCTION

DETACHING INSTRUCTION

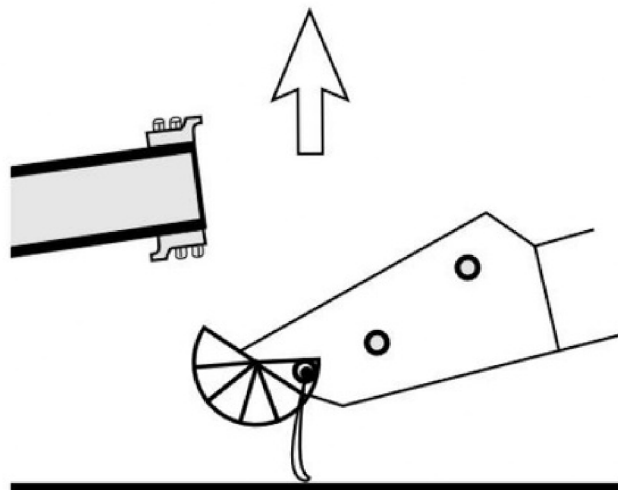


1. Release the frame lock from the locked position by pulling up on the rope, allowing the frame lock to rotate into the unlocked position.



2. Using the foot strap, lift the monorail slightly with one hand to disengage.

3. Remove monorail with the other hand.

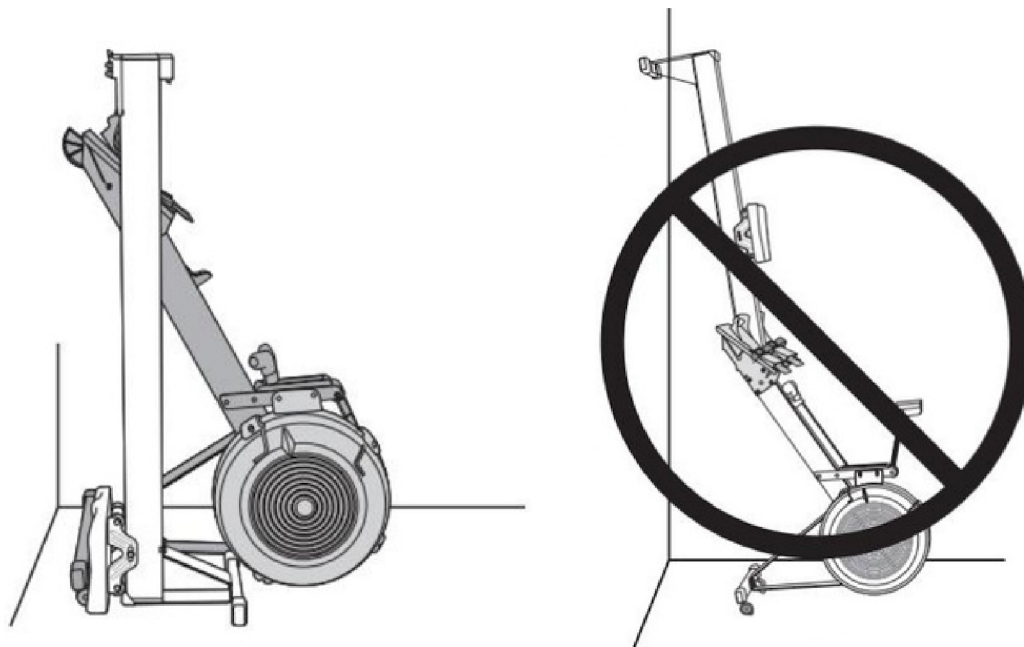


STORAGE & POWER

STORAGE CAUTION

The two parts may be placed upright as shown here for more compact storage.

Care should be taken when standing the flywheel section up as the balance may shift suddenly.



POWER ON AND OFF

POWER ON

Power on LCD CONSOLE full display for 2 seconds (Figure 1) At the same time there will be a long beep for 2 seconds, enter standby mode.



POWER OFF

- 1.No signal input within 4 minutes, LCD CONSOLE enters ASLEEP mode.
- 2.When there is signal input or key input, LCD CONSOLE wakes up.

SPECIFICATION

PRODUCT SIZE :

Assembly size: 234*63*36 cm

Packing size: 145*410*56 cm

N.W./G.W.: 27 kg/30 kg

Max user weight: 180 kg

Material:

Display: time, scan, heart rate, date, distance, etc

Color: **black**

1-year warranty

WHAT'S IN THE BOX :

1 unit Massforce Water Rowing

Instruction manual

ANATOMY PRODUCT

FEATURES

- A. Handle grip
- B. Adjustment knob
- C. Weight plates
- D. Weight locking tab
- E. Base or tray
- F. Lifting handle

IMPORTANT SAFETY INSTRUCTIONS

WARNING

This chapter includes precautions and fitness safeguards for the installation and use of the MASSFORCE™ air ROWING. Please read this chapter carefully before installing or using your equipment. Safety instructions are provided in the following languages:

- English, French

USER SAFETY PRECAUTIONS

These safety notes are directed to you as the owner of MASSFORCE™ AIR ROWING. Please train all your users and fitness staff to follow these safety instructions. DO:

- Do encourage each of your users to discuss their health program or fitness regimen with a healthcare professional.
- Do perform regular preventative maintenance.
- Do the exercise slowly until you reach a level of comfort.

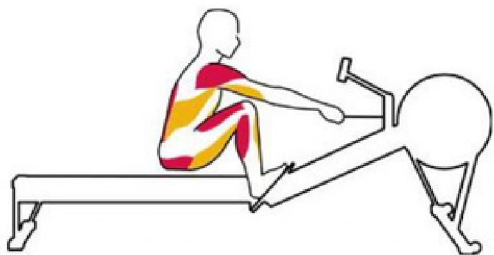
DO NOT:

- Do not use without proper athletic shoes.
- Do not use in rainy weather outdoors, or in an enclosed pool environment.
- Do not drop or insert any object, hands, or feet into any opening or within the area of the wheel.

WARNING:

- Your MASSFORCE™ AIR ROWING is designed for aerobic exercise in a commercial or consumer environment.
- Please check with your physician prior to beginning any exercise program.
- Do not push yourself to excess. Stop if you are feeling faint, dizzy, or exhausted. Use common sense when biking.
- Read the owner's manual in its entirety before operating the row.
- Failure to obey this warning can result in injury or death.

INSTRUCTIONS FOR USE

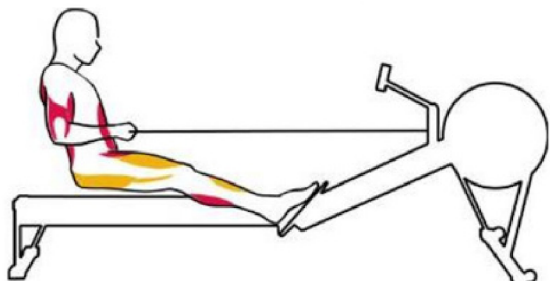
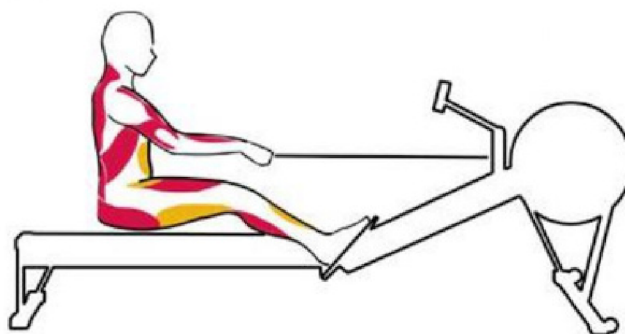


THE CATCH

At the catch, your legs are compressed and your shins are vertical. Your triceps work to extend your arms, and the flexor muscles of your fingers and thumbs grip the handle. Your back muscles are relaxed, and your abdominals are flexing your torso forward.

THE DRIVE

You initiate the drive with the powerful muscles of your legs, and all of the shoulder muscles are contracting. As you work through the drive sequence, your biceps engage to pull the handle toward your abdomen, your back muscles work more as you swing your torso open, and your glutes and hamstrings contract to extend the hip. As the drive finishes with the arm pull-through, nearly all the muscles of your upper body engage.

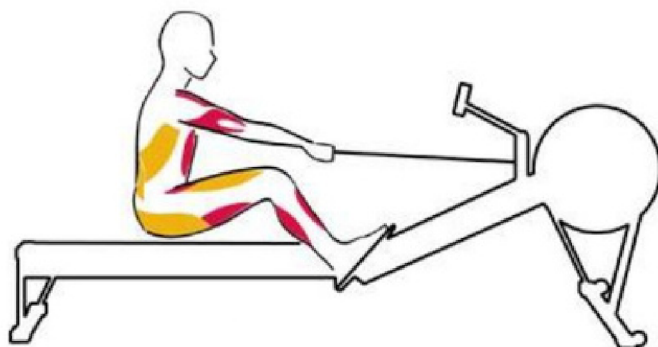


THE FINISH

At the finish, the abdominals stabilize the body, and the glutes and quads are contracting. The biceps and many of the back muscles are also contracting to help keep the torso in the finish position and to internally rotate the upper arms.

THE RECOVERY

The triceps engage to push the arms forward and away from the body. The abdominals flex the torso forward, and the hamstrings and calves contract as you slide up to the catch.



compare pictures page 17-19 to below

HOW TO ROW



Catch

Comfortably forward with straight back and arms.



Drive

Push with the legs while arms remain straight.



Finish

Pull through with arms and legs rocking slightly back on your pelvis.



Recovery

Upper body tips forward over your pelvis and move forward.



Catch

Back to the starting position and begin again.

The correct use of the rowing machine:

1. Hold the handle gently with your fingers and keep your wrists straight.
2. The arm is fully extended to the chest and the shoulders are relaxed.
3. Bend forward and bend your knees until you cover your ankles.
4. Apply force from the soles of the feet, then the legs, let the back slowly back, and keep your shoulders relaxed.
5. Pull the elbows back flat while separating to the sides until the ribs.
6. Start the next rowing action and stretch your arms again.

WORKOUT

The workout must be suitably light but of a long duration. Aerobic exercise is based on improving the body's maximum oxygen uptake, which in turn improves endurance and fitness. You should perspire, but you should not get out of breath during the workout.

To reach and maintain a basic fitness level, exercise at least three times a week, 30 minutes at a time. Increase the number of exercise sessions to improve your fitness level. It is worthwhile to combine regular exercise with a healthy diet. A person committed to dieting should exercise daily, at first 30 minutes or less at a time, gradually increasing daily workout time to one hour.

Start your workout at low speed and low resistance to prevent the cardiovascular system from being subjected to excessive strain.

As the fitness level improves, speed and resistance can be increased gradually. The efficiency of your exercise can be measured by monitoring your heart rate and your pulse rate.

EXERCISE INSTRUCTIONS

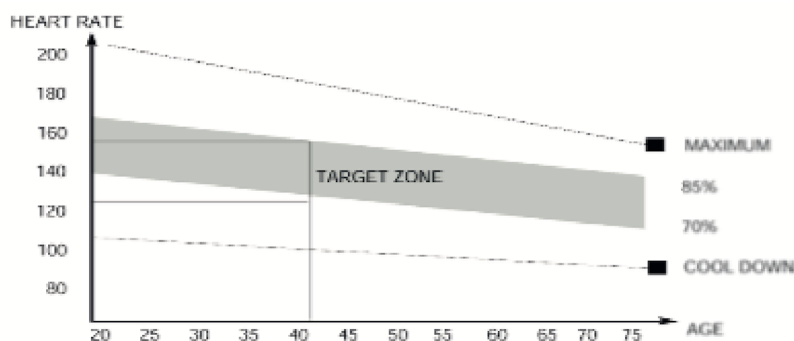
Using your fitness trainer will provide you with several benefits, it will improve your physical fitness, tone muscle, and in conjunction with a calorie-controlled diet help you lose weight.

The warming up phase

The stage helps get the blood flowing around the body and the muscles working properly. It will also reduce the risk of cramps and muscle injury. It is advisable to do a few stretching exercises as shown below. Each stretch should be held for approximately 30 seconds, do not force or jerk your muscles into a stretch - if it hurts, STOP.

The exercise phase

This is the stage where you put the effort in. After regular use, the muscles in your legs will become more flexible. Work to your but it is very important to maintain a steady tempo throughout. The rate of work should be sufficient to raise your heartbeat into the target zone shown on the graph below



This stage should last for a minimum of 12 minutes though most people start about 15-20 minutes.

WORKOUT

The cool-down phase

This stage is to let your Cardiovascular System and muscles wind down. This is a repeat of the warm-up exercise e.g. reduce your tempo, continue for approximately 5 minutes. The stretching exercises should now be repeated, again remembering not to force or jerk your muscles into the stretch.

As you get fitter you may need to train longer and harder. It is advisable to train at least three times a week, and if possible space your workouts evenly throughout the week.

Muscle toning

To tone muscle while on your fitness trainer you will need to have the resistance set quite high. This will put more strain on our leg muscles and may mean you cannot train for as long as you would like. If you are also trying to improve your fitness you need to alter your training program. You should train as normal during the warm-up and cool-down phases, but towards the end of the exercise phase, you should increase resistance making your legs work harder. You will have to reduce your speed to keep your heart rate in the target zone.

Weight loss

The important factor here is the amount of effort you put in. The harder and longer you work the more calories you will burn. Effectively this is the same as if you were training to improve your fitness, the difference is the goal.

Heart rate measurement (heart rate chest belt)

The most accurate heart rate measurement is achieved with a heart rate chest belt. The heart rate is measured by a heart rate receiver in combina

MAINTENANCE

MASSFORCE™ AIR ROWING does not require special maintenance or recalibration when it is assembled, used, and serviced according to instructions.

- Do not use solvents to clean the equipment.
- Clean the equipment with a soft, absorbent cloth
- after each use.
- Regularly check that all screws and nuts are tight.
- If necessary, lubricate the joints.

DAILY MAINTENANCE

The lifespan of this product will be determined by how consistently you perform the daily maintenance procedures. Dry the MASSFORCE™ AIR ROWING after each use to remove sweat and moisture. It is best to use a liquid non-abrasive cleaner diluted with water.

WIPE DOWN/CLEANING: to prevent the build-up of rust and other forms of corrosion, wipe down the row at the end of each day (or preferably at the end of each class). Raise all posts to the highest setting to expose moisture. Using an absorbent cloth, focus on all areas that perspiration can settle. Give attention to the following areas:

Handgrips, seat/adjustable slide for the seat, back leg assembly, guard, pop-pins, leveling feet.

NOTE: Never use abrasive cleaning liquids or petroleum-based solvents when wiping down the row.

WEEKLY MAINTENANCE

Weekly maintenance should focus on the overall performance of the row during these inspections, look for vibration and possible loose assemblies. Have experienced identifying and help diagnose any vibration, noises, and any "unusual" feeling from the drive belt.

MONTHLY MAINTENANCE

The monthly maintenance check should be a comprehensive inspection of the overall frame and main assembly components of the MASSFORCE™ AIR ROWING in addition to the weekly maintenance.

- You can lubricate the chain with a spoonful of pure mineral oil, triple oil, or 20W motor oil. Pour the oil on a kitchen towel and use it to wipe the entire chain. Wipe off spilled oil. Repeat wiping if necessary. Do not use any cleaners or solvents for chain cleaning.
- Check the key bar for hard links. If lubrication does not solve the problem, the chain should be replaced.
- Inspect the chain and handlebar connections for wear. If the holes become longer or the U-bolts are worn to half, the entire connection should be replaced.
- Check whether the screws including the component screws are tightened. If necessary, loosen or tighten the nut on the electronic arm connector.
- Use a flashlight to check for dust inside the flywheel and vacuum if necessary.

Note: The electronic control console is a sealed device and should never be disassembled. Attempts to dismantle will exempt the security interest. If there is a problem with this part, please contact the manufacturer.

TROUBLESHOOTING

Despite continuous quality control, defects and malfunctions caused by individual components may occur in the equipment. In most cases, it's unnecessary to take the whole device in for repair, as it's usually sufficient to replace the defective part.

If the equipment does not function properly during use, contact Massforce immediately. Always give the model and the serial number of your equipment. Please state also the nature of the problem, conditions of use, and purchase date.

If you require spare parts, always give the model, serial number of your equipment, and the spare part number for the part you need. The spare part list is at the back of this manual. Use only spare parts mentioned in the spare part list.

Massforce branded items purchased from massforce.co include a 1-year limited replacement warranty. For Customer Service, please send us email: Hello@massforce.co.

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