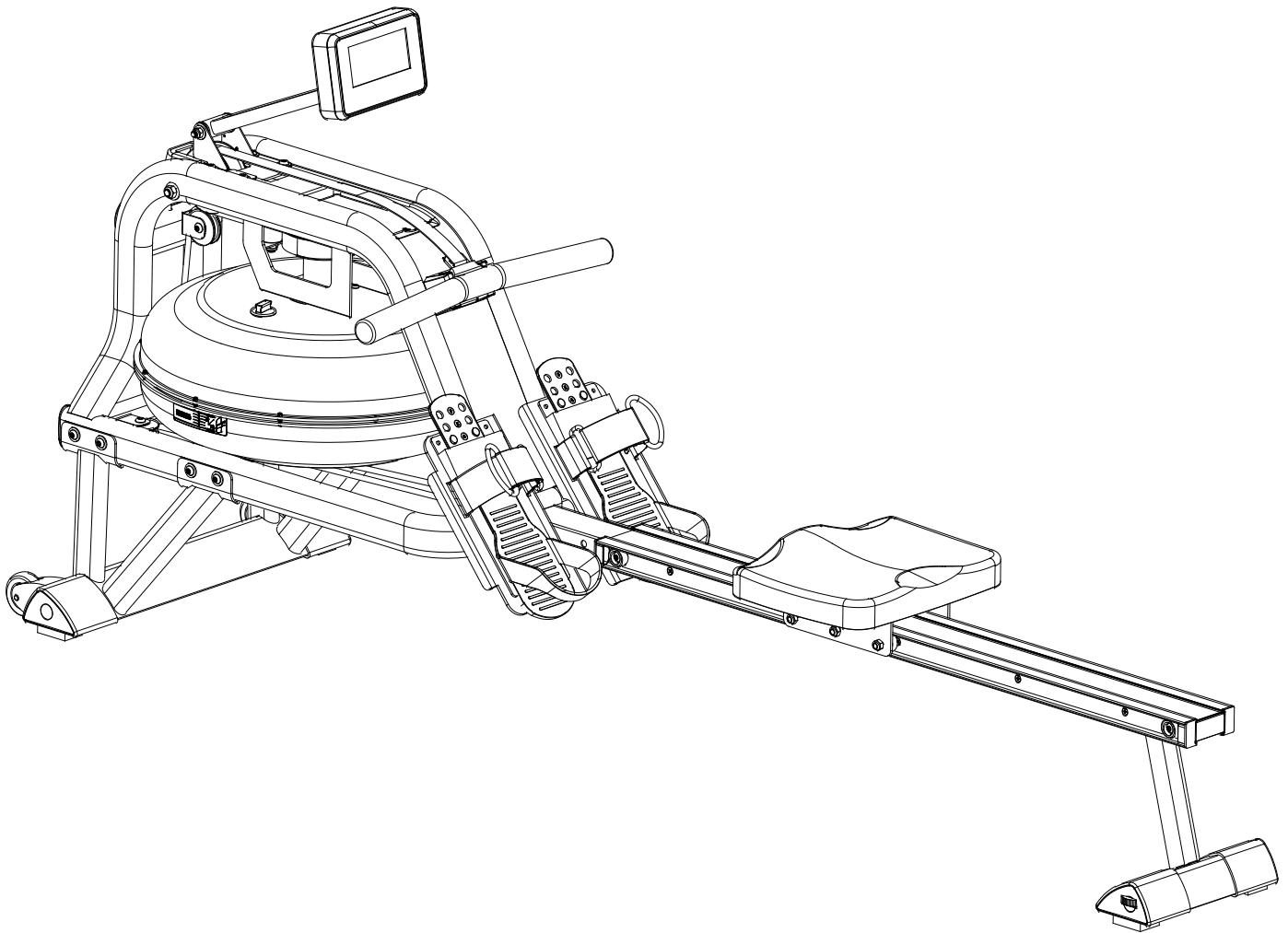




Model: 16804836000-1



ERG600W WATER ROWING MACHINE OWNER'S MANUAL

PLEASE CAREFULLY READ THIS ENTIRE MANUAL BEFORE OPERATING YOUR NEW WATER ROWING MACHINE

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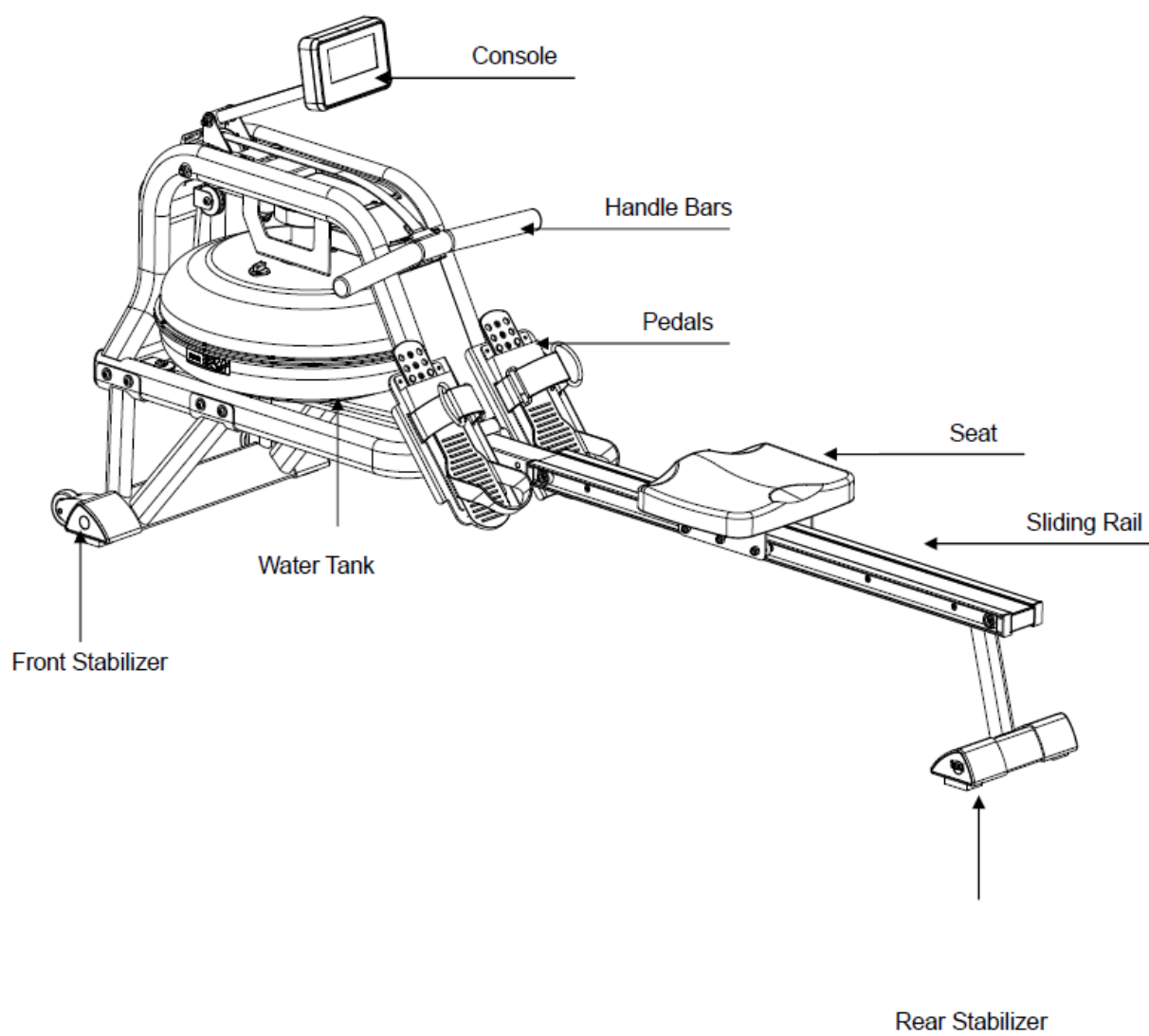
Manufacturer’s Limited Warranty 32

ATTENTION
THIS ROWER IS INTENDED FOR **RESIDENTIAL USE ONLY** AND IS WARRANTED FOR THE APPLICATION.
ANY OTHER APPLICATION **VOIDS** THIS WARRANTY IN ITS ENTIRETY.

BEFORE YOU BEGIN

Thank you for choosing the Xterra ERG600W Water Rowing Machine . We take great pride in producing this quality product and hope it will provide many hours of quality exercise to make you feel better, look better, and enjoy life to its fullest. It is a proven fact that a regular exercise program can improve your physical and mental health. Too often, our busy lifestyles limit our time and opportunity to exercise. The Xterra ERG600W Water Rowing Machine provides a convenient and simple method to begin your assault on getting your body in shape and achieving a happier and healthier lifestyle. Before reading further, please review the drawing below and familiarize yourself with the parts that are labeled.

Read this manual carefully before using the Xterra ERG600W Water Rowing Machine. Although Dyaco Canada Inc. constructs its products with the finest materials and uses the highest standards of manufacturing and quality control, there can sometimes be missing parts or incorrectly sized parts. If you have any questions or problems with the parts included with your Xterra ERG600W Water Rowing Machine, please do not return the product. Contact us FIRST! If a part is missing or defective call us toll free at 1-888-707-1880. Our Customer Service Staff are available to assist you from 8:30 A.M. to 5:00 P.M. (Eastern Time) Monday through Friday. Be sure to have the name and model number of the product available when you contact us.



IMPORTANT SAFETY INSTRUCTIONS

WARNING - Read all instructions before using this equipment.

- Do not operate the rower on deeply padded, plush or shag carpet. Damage to both carpet and rower may result.
- Before beginning this, consult a physician. This is especially important for persons over the age of 35 or persons with pre-existing health conditions.
- Keep children under the age of 13 away from this machine. There are obvious pinch points and other caution areas that can cause harm.
- Keep hands away from all moving parts.
- Never drop or insert any object into any openings.
- Do not use outdoors.
- Wear proper shoes. High heels, dress shoes, sandals or bare feet are not suitable for use on your rower. Quality athletic shoes are recommended to avoid leg fatigue or injury.
- This equipment is not intended for use by persons with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the equipment by a person responsible for their safety.
- User weight should not exceed: 300 lbs (136 kgs)

SAVE THESE INSTRUCTIONS - THINK SAFETY!

CAUTION!! Please be careful when unpacking the carton.

WARNING DECAL REPLACEMENT

The decal shown below has been placed on the rower. If the decal is missing or illegible, please call our Customer Service Department toll-free at 1-888-707-1880 to order a replacement decal.

! WARNING / AVERTISSEMENT

Model/Modèle#: [REDACTED]
Serial#/Numéro de série: [REDACTED]

**For consumer use only.
Max user weight limit**
[REDACTED] (Max: 130 kg)

CAUTION: SMALL CHILDREN AND PERSONS PHYSICALLY HANDICAPPED SHOULD NOT USE ANY EXERCISE EQUIPMENT WITHOUT A QUALIFIED PERSON IN ATTENDANCE.
WARNING: KEEP CHILDREN AWAY FROM THE [REDACTED].
KEEP BODY AND CLOTHING FREE AND CLEAR OF ALL MOVING PARTS. THE POSSIBILITY OF SERIOUS INJURIES OR DEATH IF CAUTION IS NOT USED.
READ ALL WARNINGS AND INSTRUCTIONS PRIOR TO USE. REPLACE LABEL IF DAMAGED, ILLEGIBLE OR REMOVED.

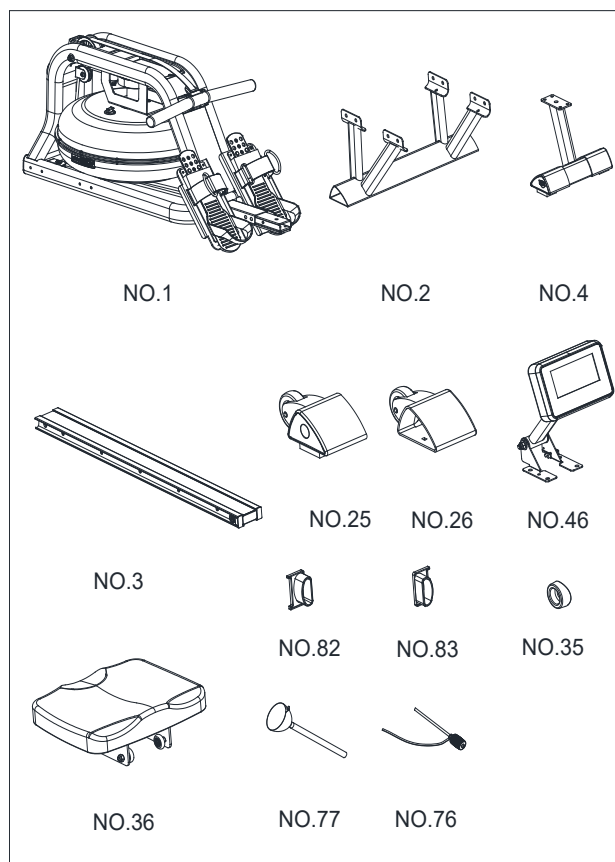
**Usage à des fins
personnelles seulement
poids maximum de l'utilisateur**
[REDACTED] (Max: 130 kg)

ATTENTION: LES ENFANTS ET LES PERSONNES AYANT UN HANDICAP PHYSIQUE NE DOIVENT UTILISER AUCUN APPAREIL D'EXERCICE SANS LA SURVEILLANCE D'UNE PERSONNE QUALIFIÉE.
AVERTISSEMENT: GARDER LES ENFANTS À L'ÉCART DU [REDACTED]. GARDER LE CORPS ET LES VÊTEMENTS ÉLOIGNÉS DE TOUTE PIÈCE MOBILE. LE DÉFAUT DE VIGILANCE DANS L'UTILISATION DE CET APPAREIL POURRAIT ENTRAÎNER DE GRAVES BLESSURES ET MÊME LA MORT.
LIRE TOUS LES AVERTISSEMENTS ET TOUTES LES DIRECTIVES AVANT UTILISATION.
REPLACER TOUTE ÉTIQUETTE ENDOMMAGÉE, ILLISIBLE OU MANQUANTE.

Dyaco Canada Inc.
5955 Don Murie St
Niagara Falls, Ontario
L2G 0A9

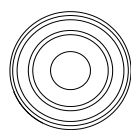
Customer Service
Service à la clientèle
1-888-707-1880

ERG600W PRE-ASSEMBLY CHECK LIST



PART NO.	DESCRIPTION	Q'TY
1	Main Frame	1
2	Front Stabilizer	1
4	Rear Stabilizer	1
3	Slide Rail	1
25	Left End Cap	1
26	Right End Cap	1
46	Console	1
82	Rail Endcap L	1
83	Rail Endcap R	1
35	Stopper	2
36	Seat	1
77	Funnel	1
76	Siphon Pump	1
	User manual	1
	Hardware parts	1

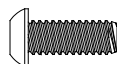
ERG600W ASSEMBLY PACK CHECKLIST



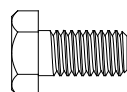
_____ #35 Stopper 2pcs



_____ #58 M8*15 4pcs



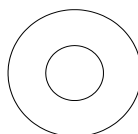
_____ #60 M8*18 14pcs



_____ #66 M8*15 4pcs



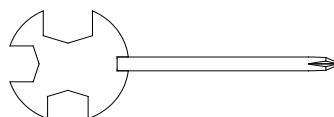
_____ #68 M4*12 2pcs



_____ #71 OD20*ID8.5*1.5 16pcs



_____ #74 S5 1pc



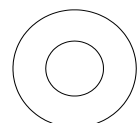
_____ #75 S13-17 1pc



_____ #82 Rail endcap L 1pc



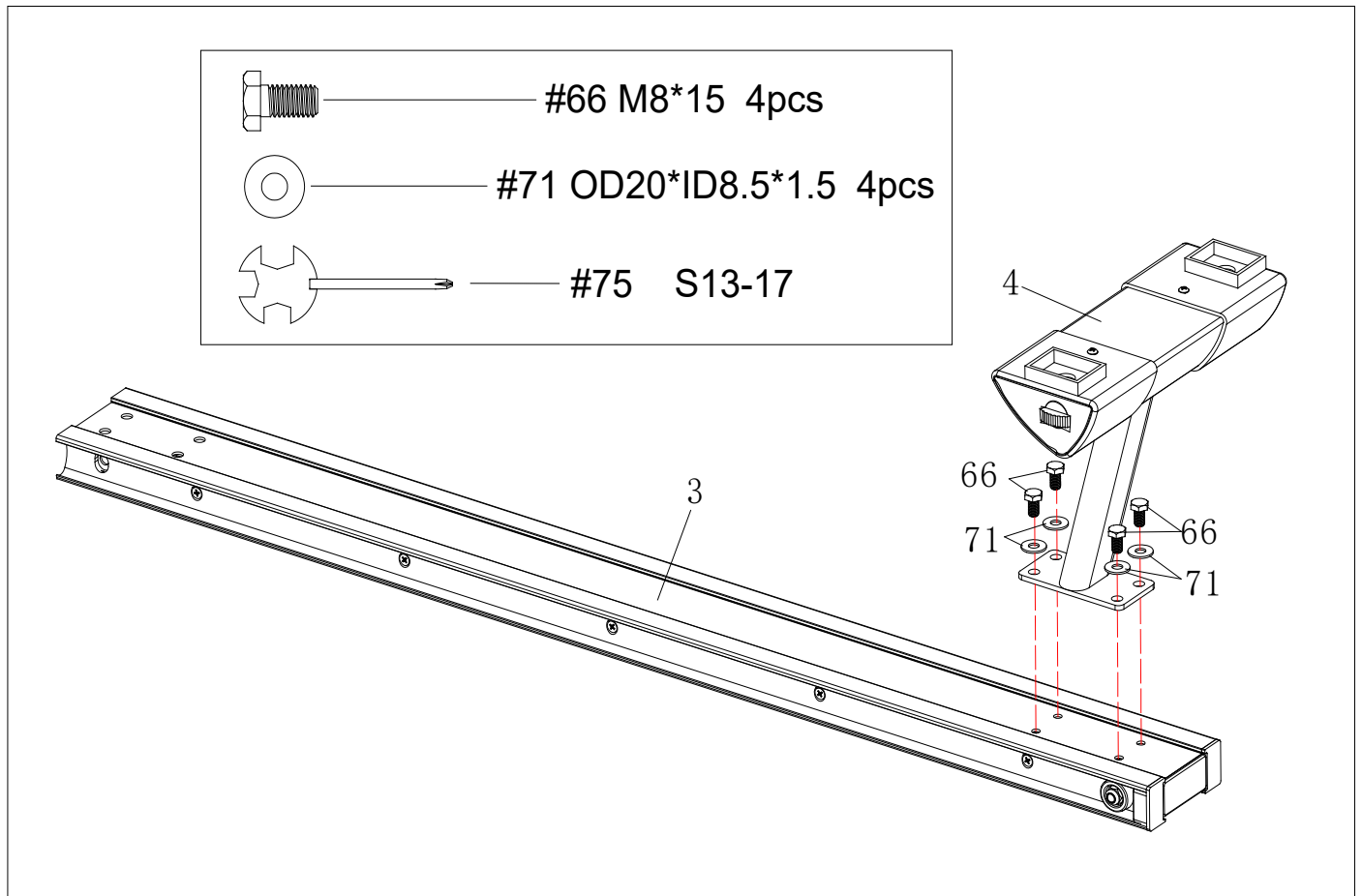
_____ #83 Rail endcap R 1pc



_____ #87 OD16*ID8.5*1.5 2pcs

Note: Above parts are all the parts needed to assemble this machine. Before you start to assemble, please check the hardware packing to make sure they are included.

ERG600W ASSEMBLY INSTRUCTIONS

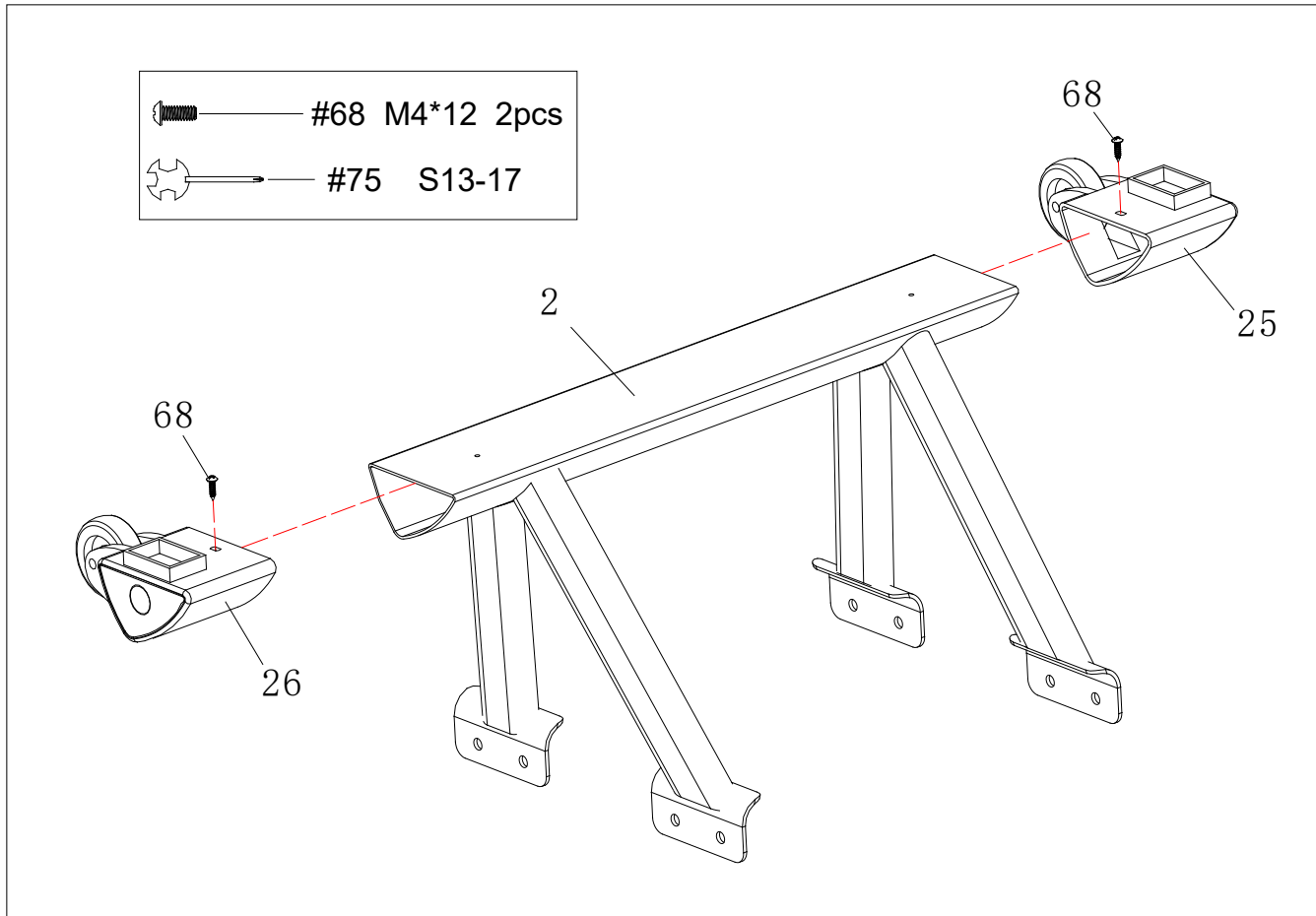


STEP 1:

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

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

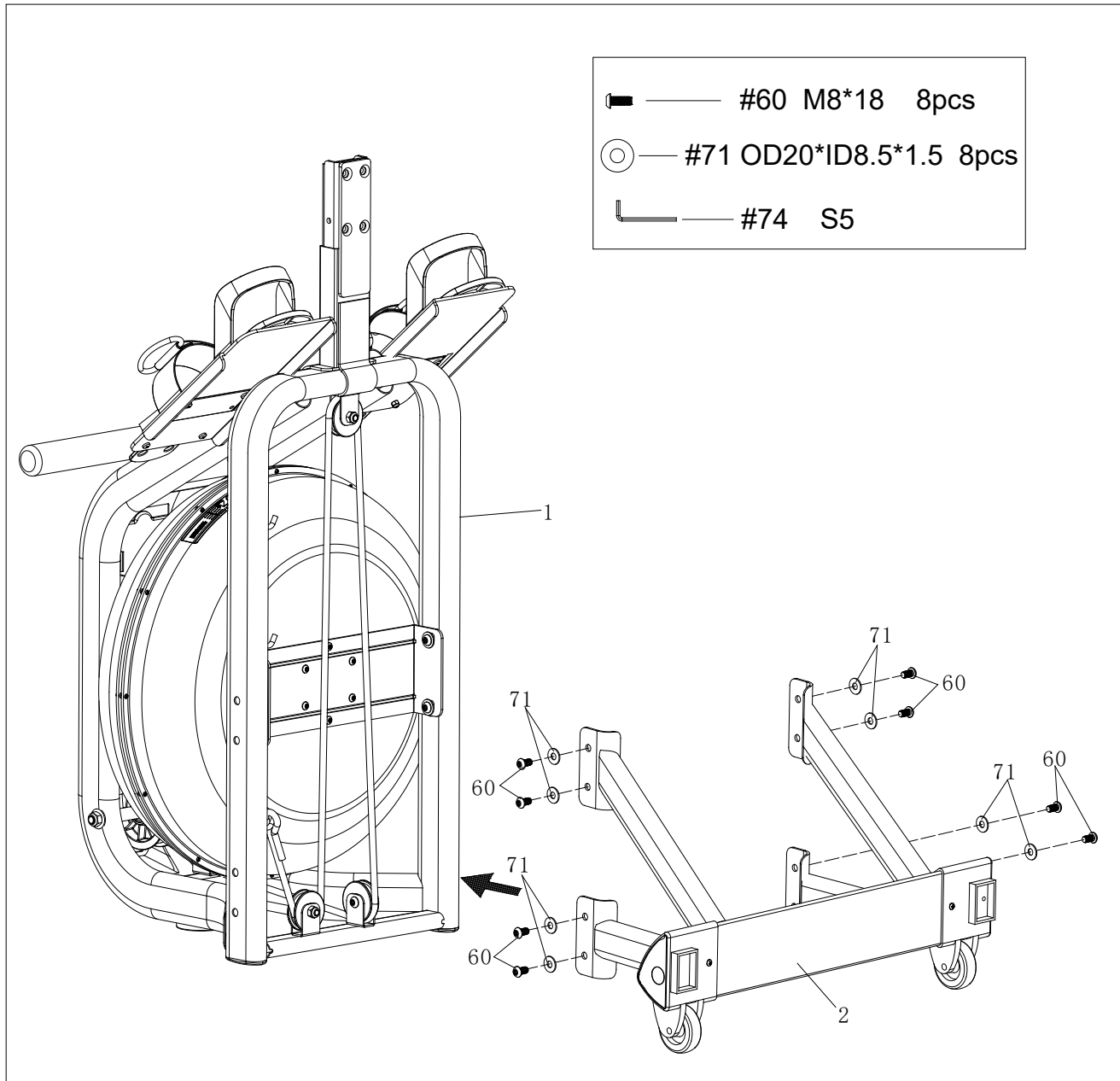
ERG600W ASSEMBLY INSTRUCTIONS



STEP 2:

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

ERG600W ASSEMBLY INSTRUCTIONS



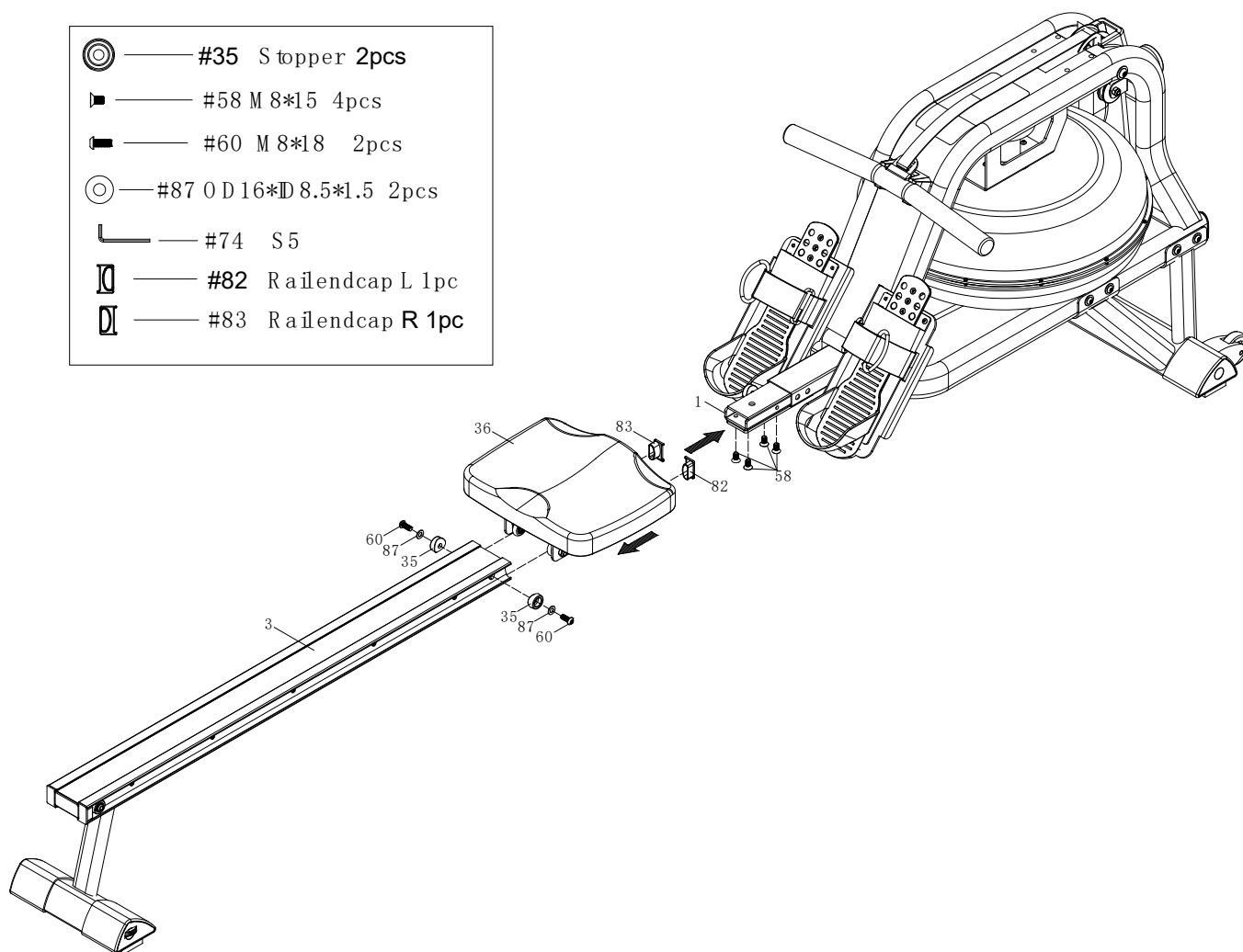
STEP 3:

1. Keep the **Main Frame (No.1)** upright.
2. Attach **Front Stabilizer (No.2)** to **Main Frame (No.1)** using 8 **Washers (No.71)** and 8 **Screws (No.60)**.
3. 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.

ERG600W ASSEMBLY INSTRUCTIONS

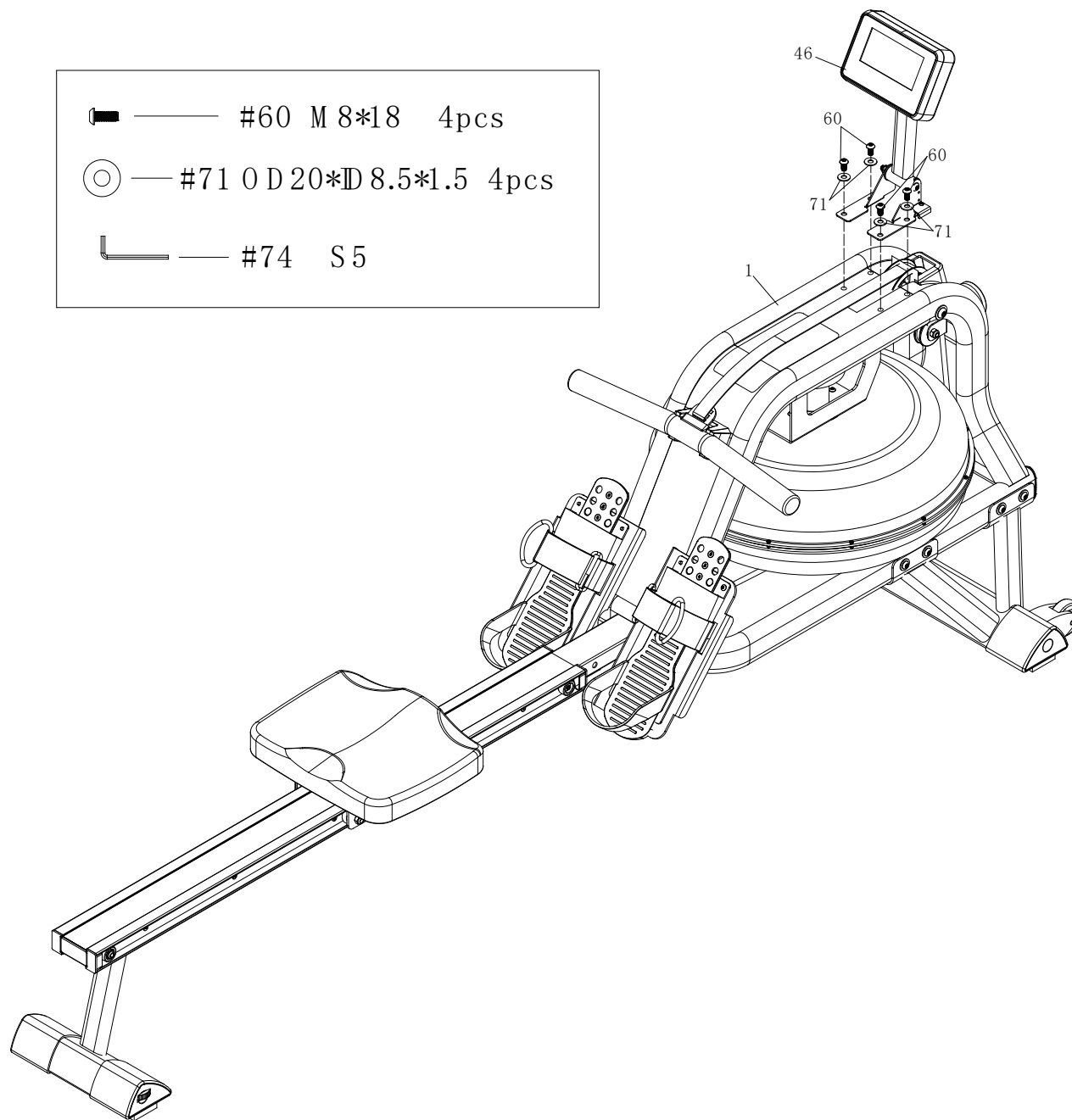
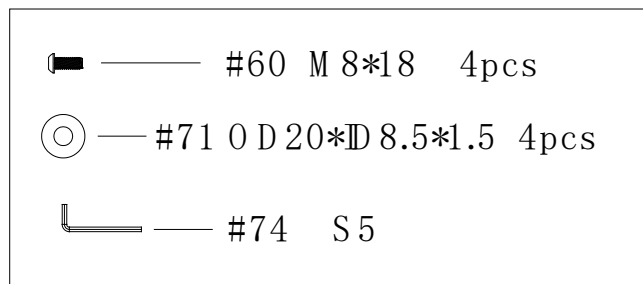
	— #35 Stopper 2pcs
	— #58 M 8*15 4pcs
	— #60 M 8*18 2pcs
	— #87 O D 16*ID 8.5*1.5 2pcs
	— #74 S 5
	— #82 Railendcap L 1pc
	— #83 Railendcap R 1pc



STEP 4:

1. Slide the **Seat (No.36)** onto the **Slide Rail (No.3)**.
2. Attach the **Slide Rail (No. 3)** to the **Main Frame (No. 1)** using 4 **Flat Screws (No. 58)**.
3. **Secure the Stoppers (No.35)** with 2 **Screws (No.60)** and **Washers (No.87)**. Insert all 6 screws partially into the holes first, and then tighten with **Allen Wrench (No.74)**.
4. Attach Rail endcap L (No.82) and Rail endcap R (No.83) to the **Slide Rail (No.3)**.

ERG600W ASSEMBLY INSTRUCTIONS



STEP 5:

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

The assembly is complete!

TANK GUIDE - HOW TO FILL AND EMPTY THE TANK

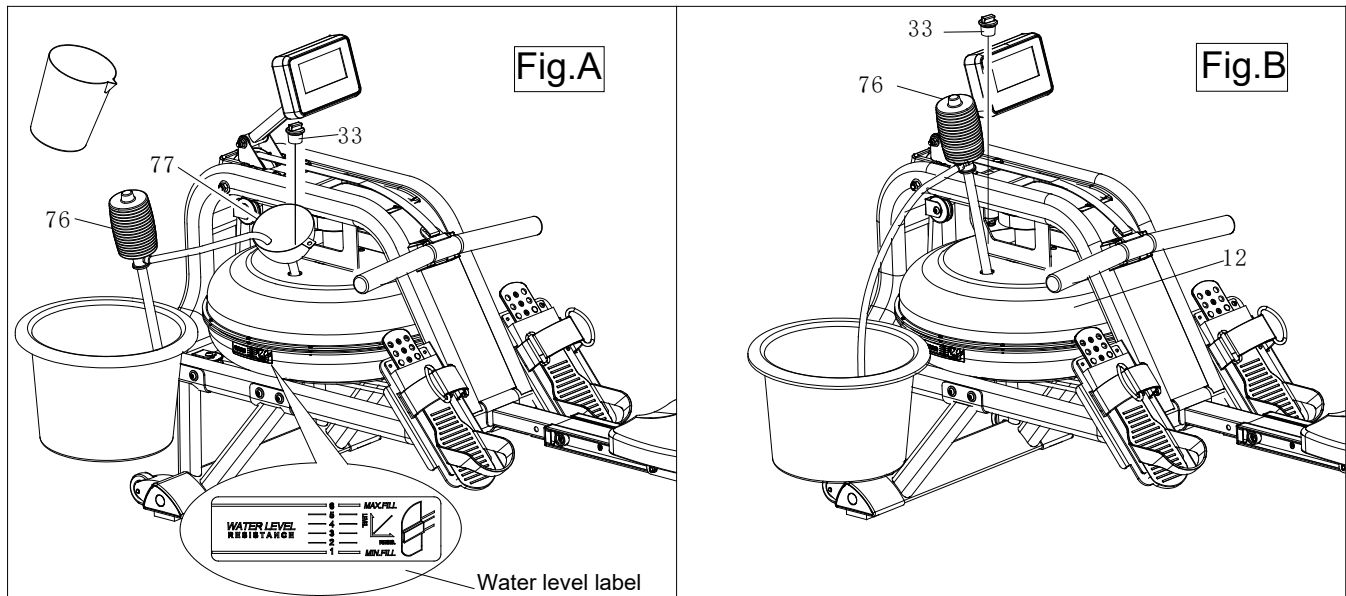
1. Remove the **Fill Plug (No.33)** from the **Upper Tank Cover (No.12)**.
2. To fill tank with water, refer to Fig. A. Insert the **Funnel (No.77)** into the tank, then use a cup or the **Siphon Pump (No.76)** and a bucket to fill the tank. Use the water level gauge on the side of the tank to measure 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 the frame.

NOTE:

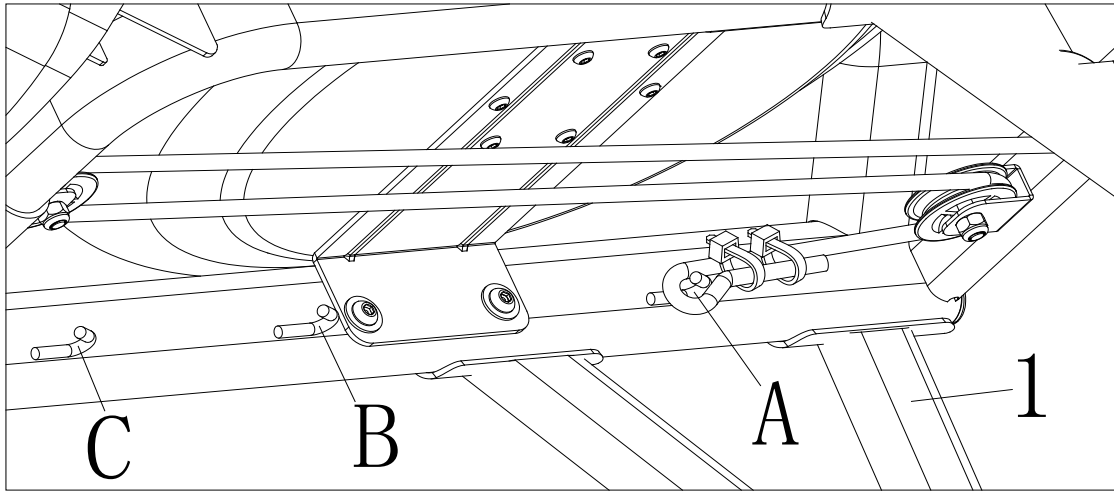
- Fill the tank only with tap water. Add 1 water-purification tablet (not included)! Never use pool chlorine or chlorine bleach. This will damage the tank and void the warranty.
- Add a water purification tablet every 6 months or as needed. If water remains cloudy, replace the water in the tank.
- Water 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.



ADJUSTMENT GUIDE

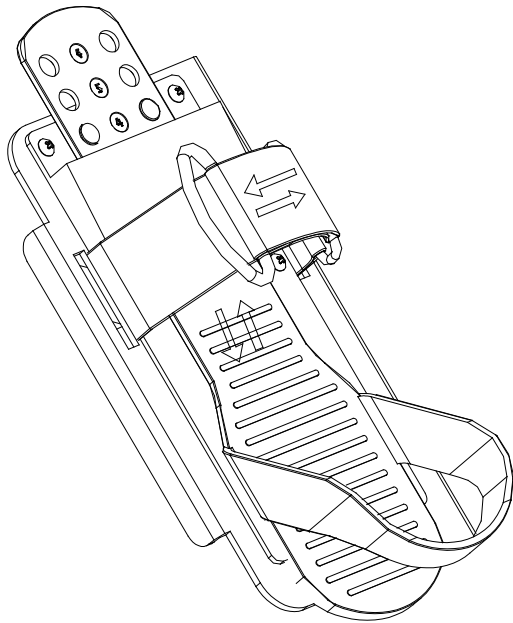


There are 3 hooks (A, B, C) for the bungee cord, located on the inside of the frame under the water tank. If you hook the bungee cord on to B or C, it increases the assisted return of the mesh belt. C is the fastest return.

Use caution when adjusting the bungee cord.

ADJUSTMENT GUIDE

❖ PEDAL ADJUSTMENT



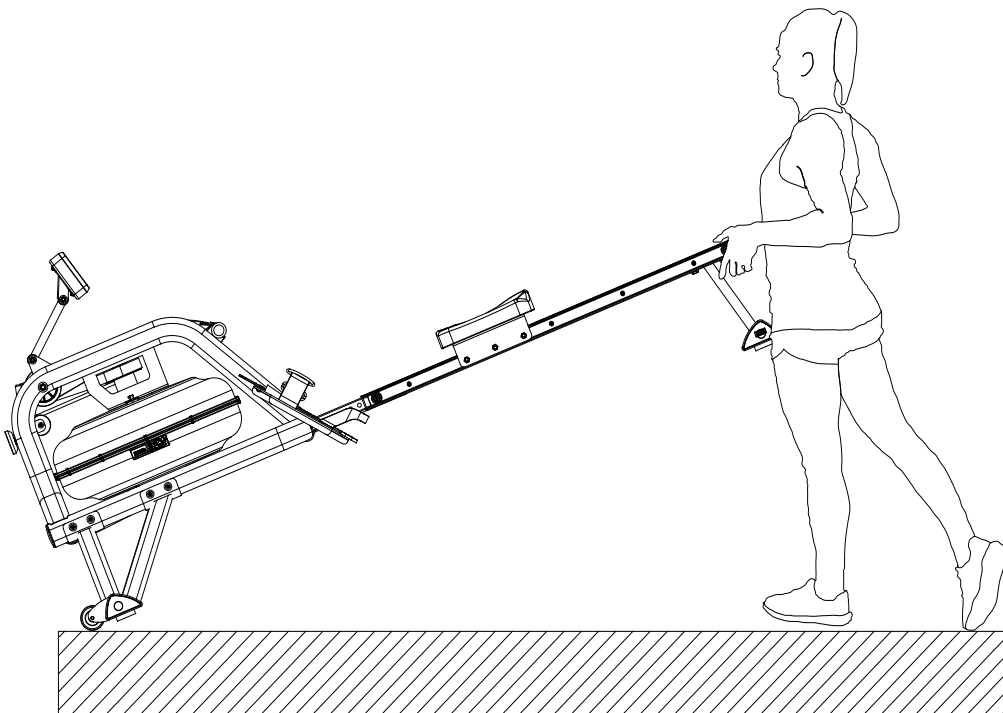
The pedal strap is adjustable and can be personalized to fit the user's foot size.

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.

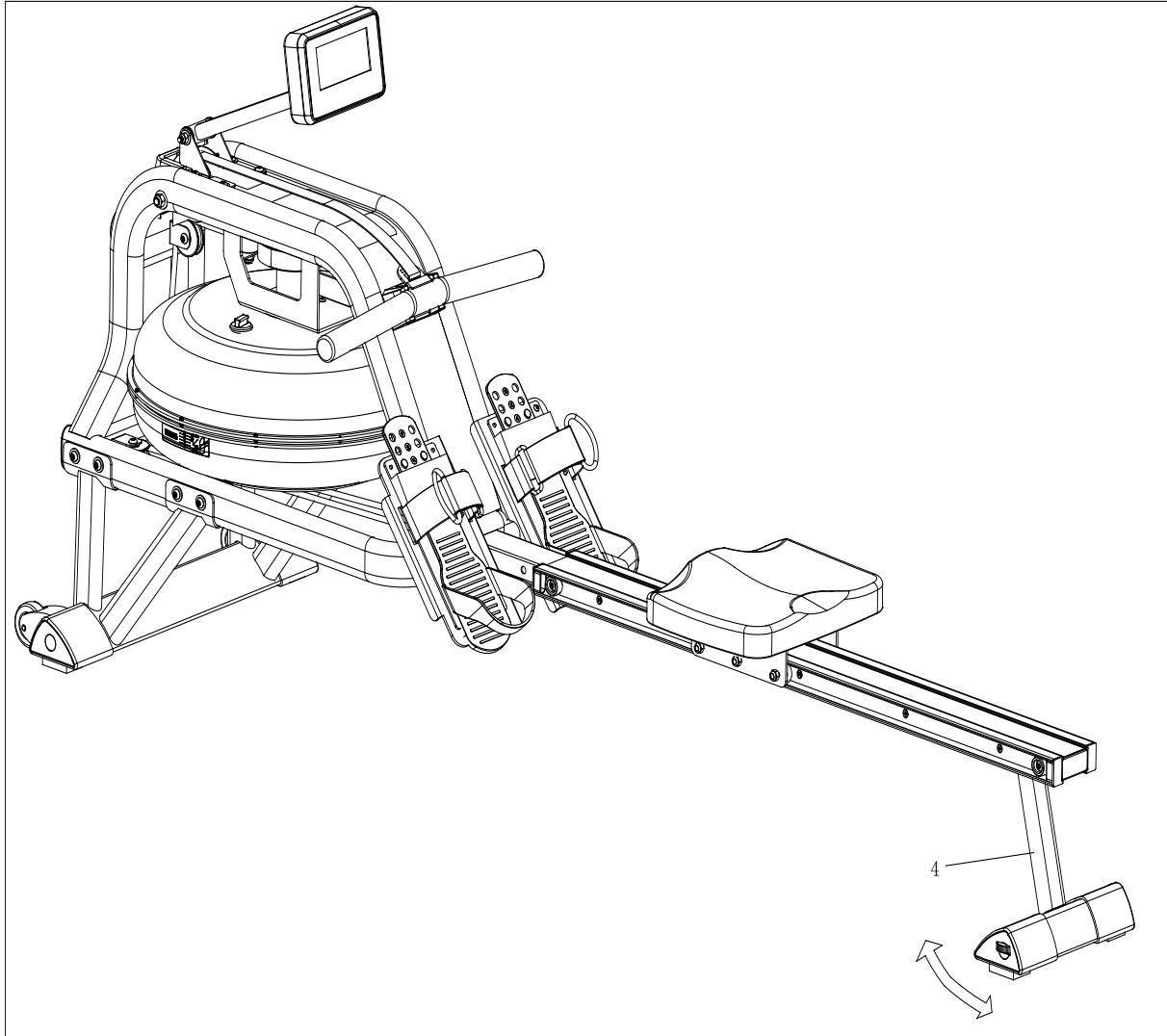
To tighten, pull the Velcro end of the pedal strap upward then to the right and down to secure it to the mesh side of the strap.

❖ MOVING THE MACHINE



To move the rower, lift the rear stabilizer until the transportation wheels on the front stabilizer touches 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.

CAUTION!

Moving parts, such as the seat, can crush and cut. Keep hands clear of the Slide rail during use!

ADJUSTMENT GUIDE

❖ STORAGE

CAUTION!

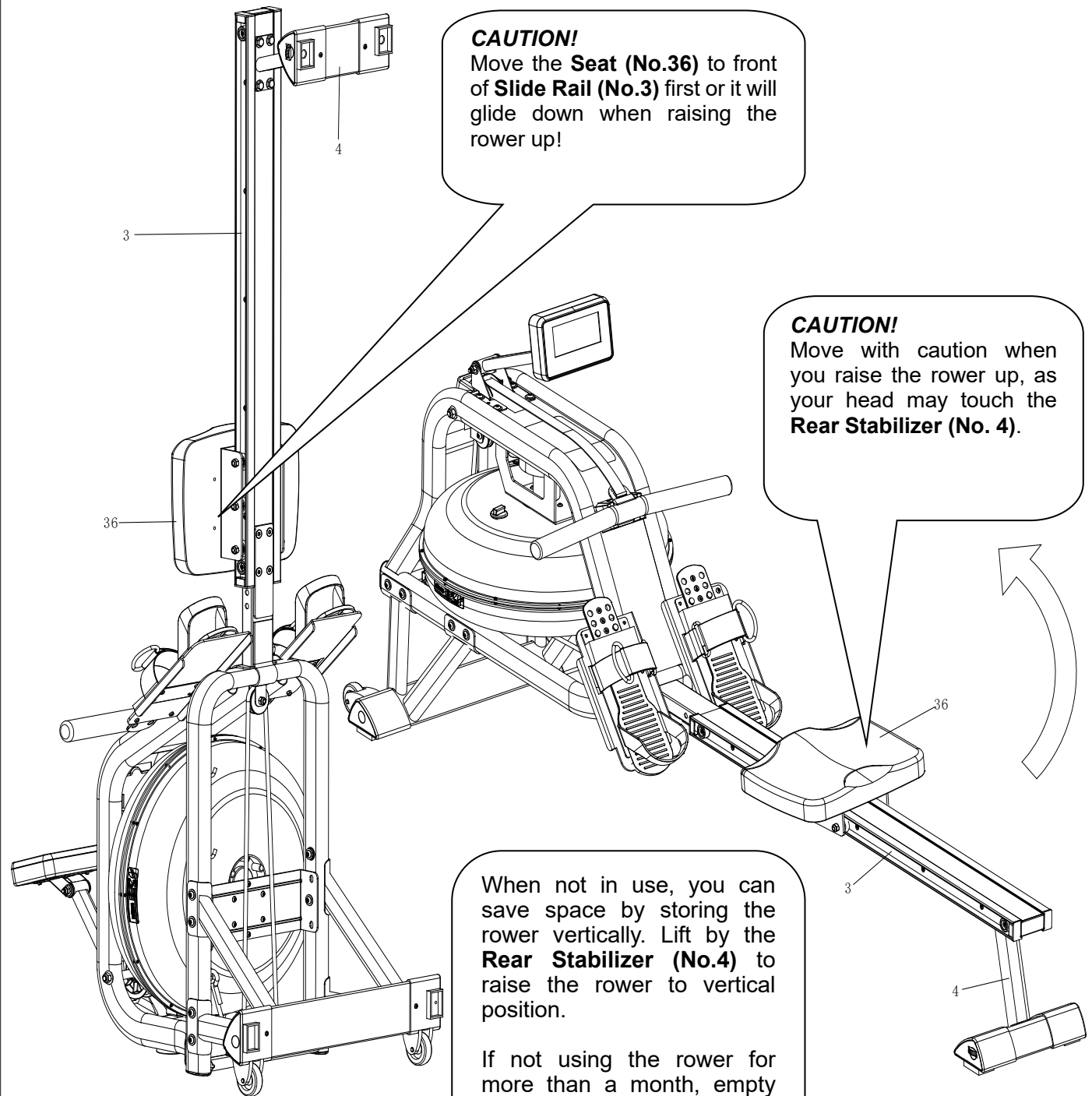
Move the **Seat (No.36)** to front of **Slide Rail (No.3)** first or it will glide down when raising the rower up!

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.

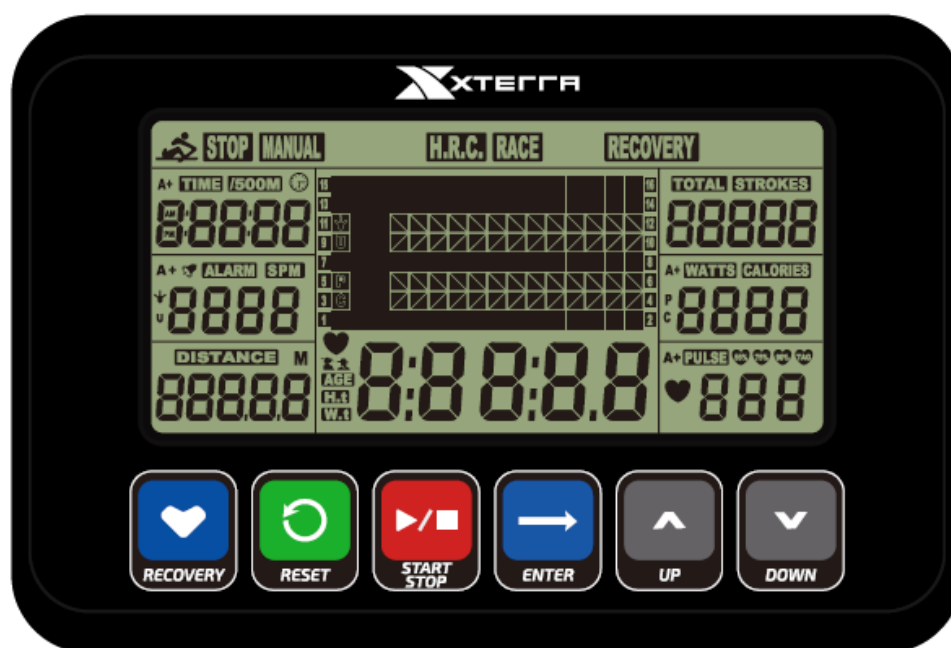
If not using the rower for more than a month, empty the tank before storing.



OPERATION OF YOUR ROWER

GETTING FAMILIAR WITH THE CONTROL PANEL

ERG600W CONSOLE



Our computerized display console on the Water Rowing Machine allows the user to tailor a personalized workout by monitoring their progress. During a workout, the display console will alternately and repeatedly display the Time, Time/500M, SPM, Distance, Strokes, Total Strokes, Calories Burned and Pulse (all the above).

Key Functions

FUNCTIONAL BUTTON:

UP ▲ / DOWN ▼: Press these two buttons to scroll 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 return the computer back to the main menu. Press and hold to reset values.

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

【FUNCTIONS】

TIME: Set target time by pressing UP and DOWN buttons (1min ~ 99 min), in 1 minute increments.

TIME/500M: Your average 500 M time is automatically displayed.

SPM: Strokes per minute.

DISTANCE: Preset target value by pressing UP and DOWN buttons (0 ~ 99900meters), 100 meters increments.

STROKES: Set target value by pressing UP and DOWN buttons (0~9990 strokes). 10 strokes increments.

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

CALORIES: Set target CALORIES by pressing UP or DOWN buttons (10Cal ~9990Cal), 10 Cal increments.

PULSE: In Manual Mode, Set target value by pressing up/down mode from 30 to 240, 1 BPM increments. The computer will display user's heart rate during training. When reach target value, computer will beep until change to other mode or take off Chest belt, also the Pulse will blink. The pulse measurement function is only used by chest strap system.

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

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

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

【OPERATION】

1. Install 2PCS AA batteries (included) and computer will beep for 2 seconds (Fig.1).

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

2. The CLOCK will flash. Press UP to set the hour. Press ENTER to confirm.

Press UP to set the minutes. Press ENTER to confirm. Continue to set up YEAR (in the STROKES window); MONTH (in the CALORIES window); DAY (in the PULSE window) by pressing UP or DOWN. Each time, press ENTER to confirm.

After you confirm it, ALARM will blink. To skip setting up an alarm, press ENTER.

To set up an alarm, press UP KEY to turn on ALARM. An arrow will appear next to ALARM.

Press ENTER. CLOCK window will flash. Press UP or DOWN to set the alarm time. Press ENTER to confirm. Computer will go into the SPORT screen (Fig.3).



Fig. 1

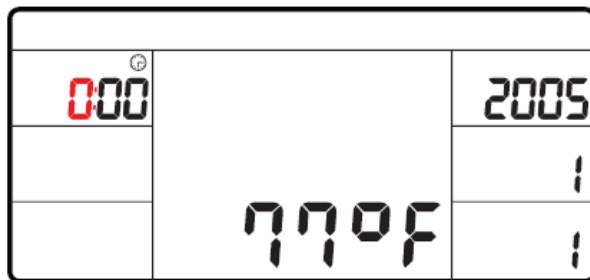


Fig. 2

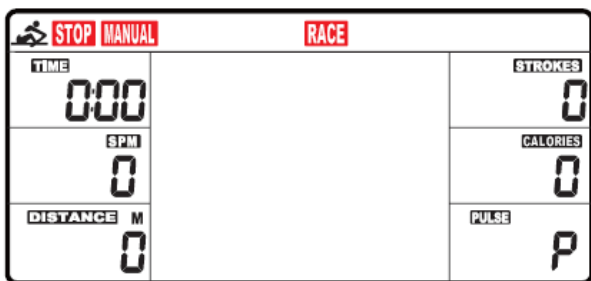


Fig. 3

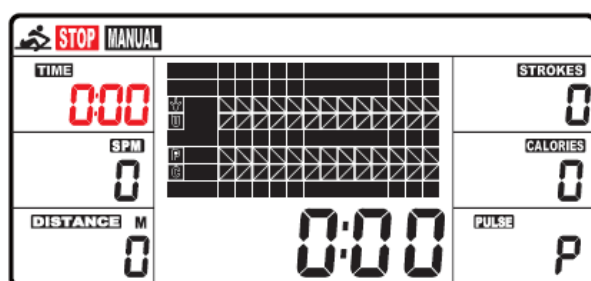


Fig. 4

3. When you enter the SPORT screen, MANUAL and RACE will blink. Press UP or DOWN to select MANUAL or RACE. Press ENTER to confirm your selection.

(1) MANUAL (Fig.4): There are 2 options in MANUAL mode.

- A. The computer can be set to countdown. When you select MANUAL, the value of TIME will start to flash. Press UP to set the value of TIME to countdown. Press ENTER to confirm it. If you do not want to set the value of time to COUNTDOWN, press ENTER to go to the next function. You can set the values for DISTANCE, STROKES, CALORIES, or PULSE. (You can only set the value for one function to countdown. For example, if you have set the target value for TIME, then DISTANCE can't be set.)

Press START button to start. The STOP icon will disappear.

When the function you have selected counts down to zero or you press STOP button, the computer will stop and display the average value.

- B. The computer counts the value of your workout. Press START to start.

(2) RACE (Fig.5):

Select RACE mode and L9 will flash. The TIME/500M will display 4:00. Then, press UP or DOWN to select L1 ~ L15. Press ENTER to confirm. Then, you can set the distance of the race 500M~10000M) while the value of DISTANCE is blinking.

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

The TIME/500M of the programs 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

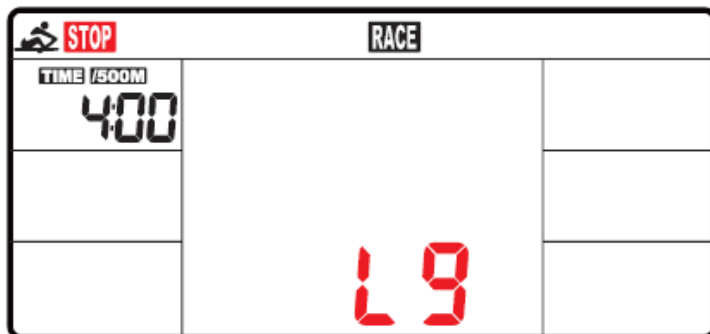


Fig. 5

- A. Press START button to start and STOP will disappear. USER and PC will display in the matrix (Fig.6). The computer will stop when either user or computer has reached the race distance that was set. Then the matrix displays "PC WIN" or "USER WIN" (Fig.7).

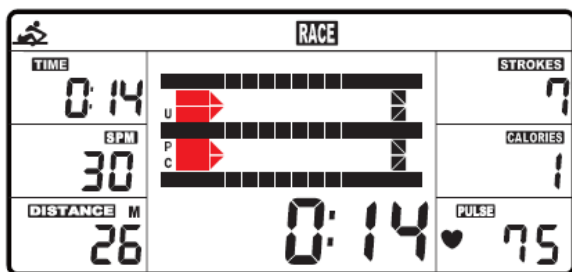


Fig. 6

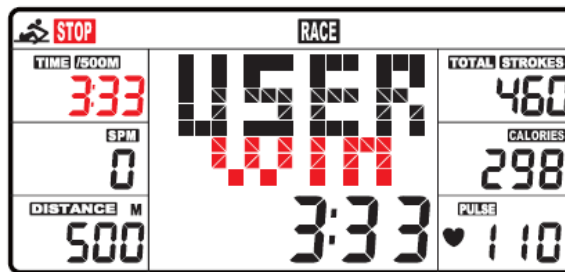


Fig. 7

B. When the race is over, you can press START to start a race once again. Press RESET to leave the RACE screen.

(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. Do not mix battery types. Do not mix old and new batteries. Dispose of old batteries according to your regional guidelines.

GENERAL MAINTENANCE

The safety of this product can be maintained only if regular periodic checks are made. Most checks can be performed once a week. However, some checks should be made before each workout, and are indicated as such below.

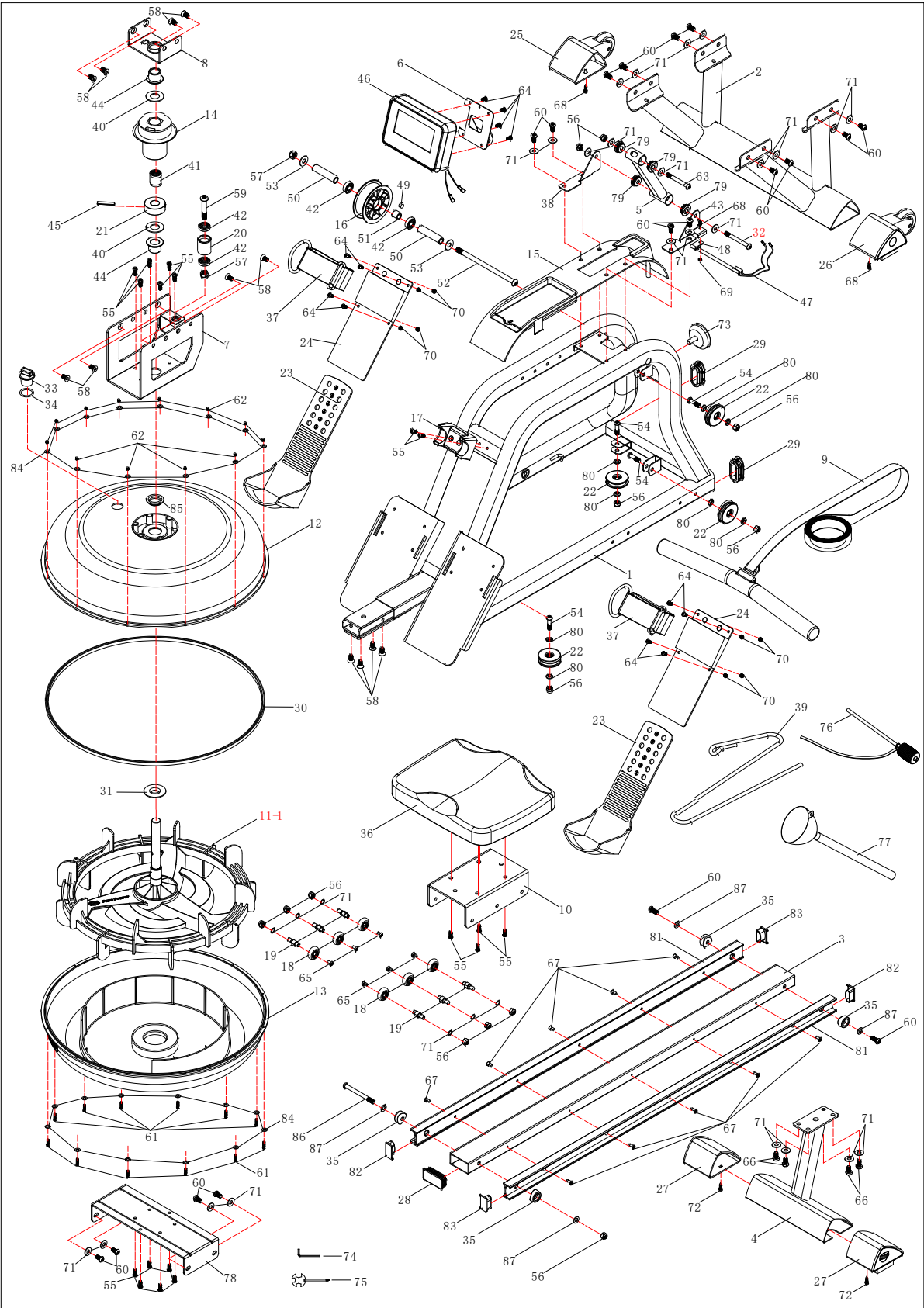
Checks

- Check that pedals hardware is secure, hardware can work loose over time.
- Check that stabilizer bolts are tight, check before each workout.
- Check that sliding rail is secure, if not, tighten, check before each workout.
- Should a part become defective, replace it immediately. Do not allow use of the equipment until it has been repaired.

Cleaning

A damp cloth is sufficient to clean most surfaces of this unit. Be careful not to drip water on the monitor. A mild liquid soap may be added if needed.

EXPLODED VIEW DIAGRAM



PARTS LIST

No.	Part No.	Description	QTY
1	8360001	Main frame	1
2	8360002	Front Stabilizer	1
3	8360003	Slide Rail	1
4	8360004	Rear Stabilizer	1
5	8360005	Support for computer	1
6	8360006	Support Plate	1
7	8360007	Tank Plate	1
8	8360008	Plate for bushing	1
9	8360009	Handlebar	1
10	8360010	Seat carriage	1
11-1	8360011-1	Impeller	1
12	8360012	Upper tank	1
13	8360013	Lower tank	1
14	8360014	Mesh belt wheel	1
15	8360015	Decorate cover	1
16	8360016	Belt wheel	1
17	8360017	Handlebar seat	1
18	8360018	Roller	6
19	8360019	Roller shaft	6
20	8360020	Guide roller	1
21	8360021	Magnet Seat	1
22	8360022	Bungee Pulley	4
23	8360023	Top Pedal	2
24	8360024	Under Pedal	2
25	8360025	Left End Cap	1
26	8360026	Right End Cap	1
27	8360027	Adjustable End Cap	2
28	8360028	Rail End Cap	1
29	8360029	Oval Plug	2
30	8360030	Rubber sealing ring	1
31	8360031	Impeller Shaft Seal	1
32	8360032	Screw M8*75	1
33	8360033	Fill Plug	1
34	8360034	O shape ring	1
35	8360035	Stopper	4
36	8360036	Seat	1
37	8360037	Pedal Straps	2
38	8360038	Sensor stand L	1
39	8360039	Bungee cord	1
40	8360040	Plastic washer	2
41	8360041	One way bearing	1
42	8360042	Bearing	4
43	8360043	Sensor stand R	1
44	8360044	Bushing	2

No.	Part No.	Description	QTY
45	8360045	Pin Ø6.0*40	1
46	8360046	Console	1
47	8360047	Sensor Wire	2
48	8360048	Sensor Holder	1
49	8360049	Magnet Ø10*5	1
50	8360050	Spacer for mesh belt wheel	2
51	8360051	Short spacer	1
52	8360052	Screw M10*185	1
53	8360053	Washer OD25*ID10.5*2.0	2
54	8360054	Screw M8*30	4
55	8360055	Screw M6*15	18
56	8360056	Nylon lock nut M8	13
57	8360057	Nylon lock nut M10	2
58	8360058	Flat screw M8*15	12
59	8360059	Screw M10*55	1
60	8360060	Screw M8*18	18
61	8360061	Screw M3*20	12
62	8360062	Nylon lock nut M3	12
63	8360063	Screw M8*70	1
64	8360064	Screw M5*12	12
65	8360065	Screw M5*8	6
66	8360066	Outer hex screw M8*15	4
67	8360067	Flat cross screw M5*15	10
68	8360068	Cross Screw M4*12	3
69	8360069	Nylon lock nut M4	1
70	8360070	Nylon lock nut M5	8
71	8360071	Washer OD20*ID8.5*1.5	30
72	8360072	Screw ST4.2*16	2
73	8360073	Knob	1
74	8360074	Allen wrench S5	1
75	8360075	Spanner S13-S17	1
76	8360076	Siphon pump	1
77	8360077	Funnel	1
78	8360078	Lower tank plate	1
79	8360079	Plastic Bushing	4
80	8360080	Spacer	8
81	8360081	Aluminum	2
82	8360082	Rail endcap L	2
83	8360083	Rail endcap R	2
84	8360084	Stainless Washer M3	24
85	8360085	Sealing ring for upper tank	1
86	8360086	Screw M8*90	1
87	8360087	Washer OD16*ID8.5*1.5	4

TRAINING GUIDELINES

EXERCISE

Exercise is one of the most important factors in the overall health of an individual. Listed among its benefits are:

- Increased capacity for physical work (strength endurance)
- Increased cardiovascular (heart and arteries/veins) and respiratory efficiency
- Decreased risk of coronary heart disease
- Changes in body metabolism, e.g., losing weight
- Delaying the physiological effects of age
- Physiological effects, e.g., reduction in stress, increase in self-confidence, etc.

BASIC COMPONENTS OF PHYSICAL FITNESS

There are four all-encompassing components of physical fitness and we need to briefly define each and clarify its role.

Strength is the capacity of a muscle to exert a force against resistance. Strength contributes to power and speed and is of great importance to a majority of sports people.

Muscular Endurance is the capacity to exert a force repeatedly over a period of time, e.g., it is the capacity of your legs to carry you 10 Km without stopping.

Flexibility is the range of motion about a joint. Improving flexibility involves the stretching of muscles and tendons to maintain or increase suppleness and provides increased resistance to muscle injury or soreness.

Cardio-Respiratory Endurance is the most essential component of physical fitness. It is the efficient functioning of the heart and lungs

AEROBIC FITNESS

The largest amount of oxygen that you can use per minute during exercise is called your maximum oxygen uptake (MVo₂). This is often referred to as your aerobic capacity.

The effort that you can exert over a prolonged period of time is limited by your ability to deliver oxygen to the working muscles. Regular vigorous exercise produces a training effect that can increase your aerobic capacity by as much as 20 to 30%. An increased MVO₂ indicates an increased ability of the heart to pump blood, of the lungs to ventilate oxygen and of the muscles to take up oxygen.

Anaerobic Training

This means “without oxygen” and is the output of energy when the oxygen supply is insufficient to meet the body’s long-term energy demands. (For example, 100 meter sprint).

The Training Threshold

This is the minimum level of exercise which is required to produce significant improvements in any physical fitness parameter.

Progression

As you become fitter, a higher intensity of exercise is required to create an overload and therefore provide continued improvement

Overload

This is where you exercise at a level above that which can be carried out comfortably. The intensity, duration and frequency of exercise should be above the training threshold and should be gradually increased as the body adapts to the increasing demands. As your fitness level improves, so the training threshold should be raised.

Working through your program and gradually increasing the overload factor is important.

Specificity

Different forms of exercise produce different results. The type of exercise that is carried out is specific both to the muscle groups being used and to the energy source involved.

There is little transfer of the effects of exercise, i.e., from strength training to cardiovascular fitness. That is why it is important to have an exercise program tailored to your specific needs.

Reversibility

If you stop exercising or do not do your program often enough, you will lose the benefits you have gained. Regular workouts are the key to success.

WARM UP

Every exercise program should start with a warmup where the body is prepared for the effort to come. It should be gentle and preferably use the muscles to be involved later.

Stretching should be included in both your warmup and cool down and should be performed after 3-5 minutes of low intensity aerobic activity or callisthenic type exercise.

Warm Down or Cool Down

This involves a gradual decrease in the intensity of the exercise session. Following exercise, a large supply of blood remains in the working muscles. If it is not returned promptly to the central circulation, pooling of blood may occur in the muscles

Heart Rate

As you exercise, so the rate at which your heartbeat also increases. This is often used as a measure of the required intensity of exercise. You need to exercise hard enough to condition your circulatory system, and increase your pulse rate, but not enough to strain your heart.

Your initial level of fitness is important in developing an exercise program for you. If you are starting off, you can get a good training effect with a heart rate of 110-120 beats per minute (BPM). If you are fitter, you will need a higher threshold of stimulation.

To begin with, you should exercise at a level that elevates your heart rate to about 65 to 70% of your maximum. If you find this is too easy, you may want to increase it, but it is better to lean on the conservative side.

As a rule of thumb, the maximum heart rate is 220 minus your age. As you increase in age, so your heart, like other muscles, loses some of its efficiency. Some of its natural loss is won back as fitness improves.

The following table is a guide to those who are “starting fitness”.

Age	25	30	35	40	45	50	55	60	65
Target heart Rate									
10 Second Count	23	22	22	21	20	19	19	18	18
Beats per Minute	138	132	132	126	120	114	114	108	108

Pulse Count

The pulse count (on your wrist or carotid artery in the neck, taken with two index fingers) is done for ten seconds, taken a few seconds after you stop exercising. This is for two reasons: (a) 10 seconds is long enough for accuracy, (b) the pulse count is to approximate your BPM rate at the time you are exercising. Since heart rate slows as you recover, a longer count isn’t as accurate.

The target is not a magic number, but a general guide. If you’re above average fitness, you may work quite comfortably a little above that suggested for your age group.

The following table is a guide to those who are keeping fit. Here we are working at about 80% of maximum.

Age	25	30	35	40	45	50	55	60	65
Target heart Rate									
10 Second Count	26	26	25	24	23	22	22	21	20
Beats per Minute	156	156	150	144	138	132	132	126	120

Don’t push yourself too hard to reach the figures on this table. It can be very uncomfortable if you overdo it. Let it happen naturally as you work through your program. Remember, the target is a guide, not a rule, a little above or below is just fine.

Two final comments:(1) don’t be concerned with day to day variations in your pulse rate, being under pressure or not enough sleep can affect it;(2) your pulse rate is a guide, don’t become a slave to it.

ENDURANCE CIRCUIT TRAINING

Cardiovascular endurance, muscle, strength, flexibility and coordination are all necessary for maximum fitness. The principle behind circuit training is to give a person all the essentials at one time by going through your exercise program moving as fast as possible between each exercise. This increases the heart rate and sustains it, which improves the fitness level. Do not introduce this circuit training effect until you have reached an advanced program stage.

Body Building

Is often used synonymously with strength training. The fundamental principal here is OVERLOAD. Here, the muscle works against greater loads than usual. This can be done by increasing the load you are working against.

Patronization

This is the term used to vary your exercise program for both physiological and psychological benefits. In your overall program, you should vary the workload, frequency and intensity. The body responds better to variety and so do you. In addition, when you feel yourself getting “stale”, bring in periods of lighter exercise to allow the body to recuperate and restore its reserves. You will enjoy your program more and feel better for it.

Muscle Soreness

For the first week or so, this may be the only indication you have that you are on an exercise program. This, of course, does depend on your overall fitness level. A confirmation that you are on the correct program is a very slight soreness in most major muscle groups. This is quite normal and will disappear in a matter of days.

If you experience major discomfort, you may be on a program that is too advanced, or you have increased your program too rapidly.

If you experience PAIN during or after exercise, your body is telling you something.

Stop exercising and consult your doctor.

WHAT TO WEAR

Wear clothing that will not restrict your movement in any way while exercising. Clothes should be light enough to allow the body to cool. Excessive clothing that causes you to perspire more than you normally would while exercising, gives you no advantage. The extra weight you lose is body fluid and will be replaced with the next glass of water you drink. It is advisable to wear a pair of gym or running shoes or “sneakers”.

Breathing During Exercise

Do not hold your breath while exercising. Breathe normally as much as possible. Remember, breathing involves the intake and distribution of oxygen, which feeds the working muscles.

Rest periods

Once you start your exercise program, you should continue through to the end. Do not break off halfway through and then restart at the same place later without going through the warm-up stage again.

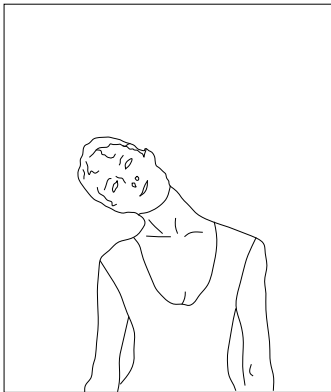
The rest period required between strength training exercises may vary from person to person. This will depend mostly on your level of fitness and the program you have chosen. Rest between exercises by all means, but do not allow this to exceed two minutes. Most people manage with half minute to one minute rest periods.

STRETCHING

Stretching should be included in both your warmup and cool down and should be performed after 3-5 minutes of low intensity aerobic activity or callisthenic type exercise. Movements should be performed slowly and smoothly, with no bouncing or jerking. Move into the stretch until slight tension, not pain, is felt in the muscle and hold for 20-30 seconds. Breathing should be slow, rhythmical and under control, making sure never to hold your breath.

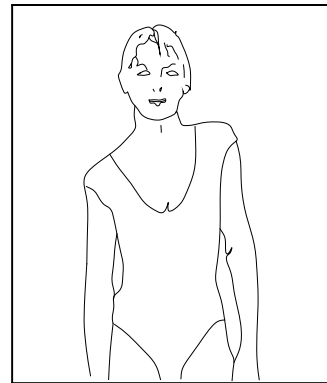
HEAD ROLLS

Rotate your head to the right for one count, feeling the stretch up the left side of your neck. Next rotate your head back for one count, stretching your chin to the ceiling and letting your mouth open. Rotate your head to the left for one count, and finally, drop your head to your chest for one count.



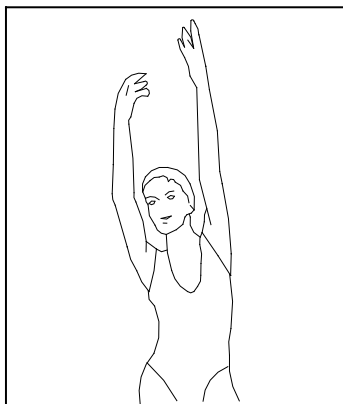
SHOULDER LIFTS

Lift your right shoulder up toward your ear for one count. Then lift your left shoulder up for one count as you lower your right shoulder.



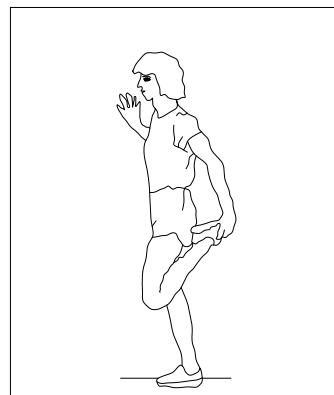
IDE STRETCHES

Open your arms to the side and continue lifting them until they are over your head. Reach your right arm as far upward toward the ceiling as you can for one count. Feel the stretch up your right side. Repeat this action with your left arm.



QUADRICEPS STRETCH

With one hand against a wall for balance, reach behind you and pull your right foot up. Bring your heel as close to your buttocks as possible. Hold for 15 counts and repeat with left foot up.



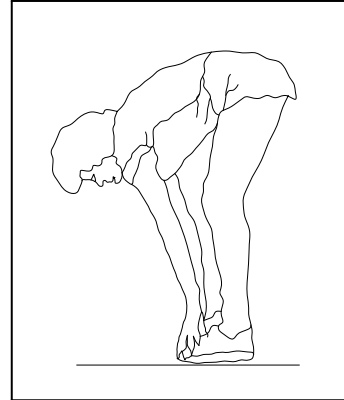
INNER THIGH STRETCH

Sit with the soles of your feet together with your knees pointing outward. Pull your feet as close into your groin as possible. Gently push your knees towards the floor. Hold for 15 counts.



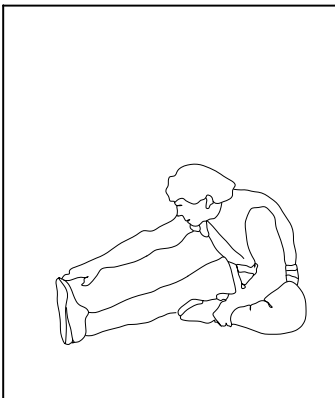
TOUCHES

Slowly bend forward from your waist, letting your back and shoulders relax as you stretch toward your toes. Reach down as far as you can and hold for 15 counts.



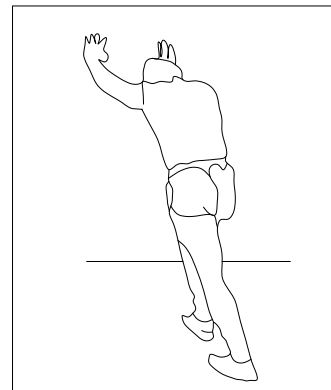
HAMSTRING STRETCHES

Sit with your right leg extended. Rest the sole of your left foot against your right inner thigh. Stretch as far as possible. Hold for 15 counts. Relax and then repeat with left leg extended.



CALF / ACHILLES STRETCH

Lean against a wall with your left leg in front of the right and your arms forward. Keep toward your toe your right leg straight and the left foot on the floor then bend the left leg and lean forward by moving your hips toward the wall. Hold, then repeat on the other side for 15 counts.



MANUFACTURER'S LIMITED WARRANTY

Dyaco Canada Inc. warrants all its rowing parts for a period of time listed below from the date of retail sale, as determined by sale receipt. Dyaco Canada Inc.'s responsibilities include providing new or remanufactured parts, at Dyaco Canada Inc.'s option. The warranty period applies to the following components:

Limited Warranty

Frame	2 Years
Parts	2 Years
Labour	90 Days

The consumer is responsible for the items listed below:

1. The warranty registration can be completed online: Go to www.dyaco.ca/warranty.html and complete the online warranty registration.
2. Proper use of the rower in accordance with the instructions provided in this manual.
3. Proper installation in accordance with instructions provided with the rower.
4. Damages to the rower finish during shipping, installation or following installation.
5. Routine maintenance of this unit as specified in this manual.

EXCLUSIONS

This warranty does not cover the following:

1. CONSEQUENTIAL, COLLATERAL, OR INCIDENTAL DAMAGES SUCH AS PROPERTY DAMAGE AND INCIDENTAL EXPENSES RESULTING FROM ANY BREACH OF THIS WRITTEN OR ANY IMPLIED WARRANTY.

Note: Some areas do not allow the exclusion or limitation of incidental or consequential damages, so this limitation or exclusion may not apply to you.

2. Damages caused by users; use of parts other than original Dyaco Canada Inc. parts; or external causes such as corrosion, discoloration of paint or plastic, alterations, modifications, abuse, misuse, accident, improper maintenance. or acts of God.
3. Products with original serial numbers that have been removed or altered.
4. Products that have been sold, transferred, bartered, or given to a third party.
5. Products that do not have a warranty registration card on file at Dyaco Canada Inc. Dyaco Canada Inc. reserves the right to request proof of purchase if no warranty record exists for the product.
6. THIS WARRANTY IS EXPRESSLY IN LIEU OF ALL OTHER WARRANTIES EXPRESSED OR IMPLIED, INCLUDING THE WARRANTIES OF MERCHANTABILITY AND/OR FITNESS FOR A PARTICULAR PURPOSE.
7. Warranties outside of Canada may vary. Please contact Dyaco Canada for details.

The written warranty gives you specific legal rights. If you have any questions about your new product or questions about the warranty, contact Dyaco Canada Inc. at 1-888-707-1880.

1. All transportation costs, both to our factory and upon return to the owner, are the responsibility of the owner. The owner is responsible for adequate packaging upon return to Dyaco Canada Inc. Dyaco Canada Inc. is not responsible for damages that occur during shipping. Make all freight damage claims with the appropriate freight carrier. DO NOT SHIP ANY UNIT TO OUR FACTORY WITHOUT A RETURN AUTHORIZATION NUMBER. All units arriving without a return authorization number will be refused.
2. For any further information, or to contact our service department by mail, send your correspondence to:

Dyaco Canada Inc.
5955 Don Murie Street
Niagara Falls, ON
L2G 0A9

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