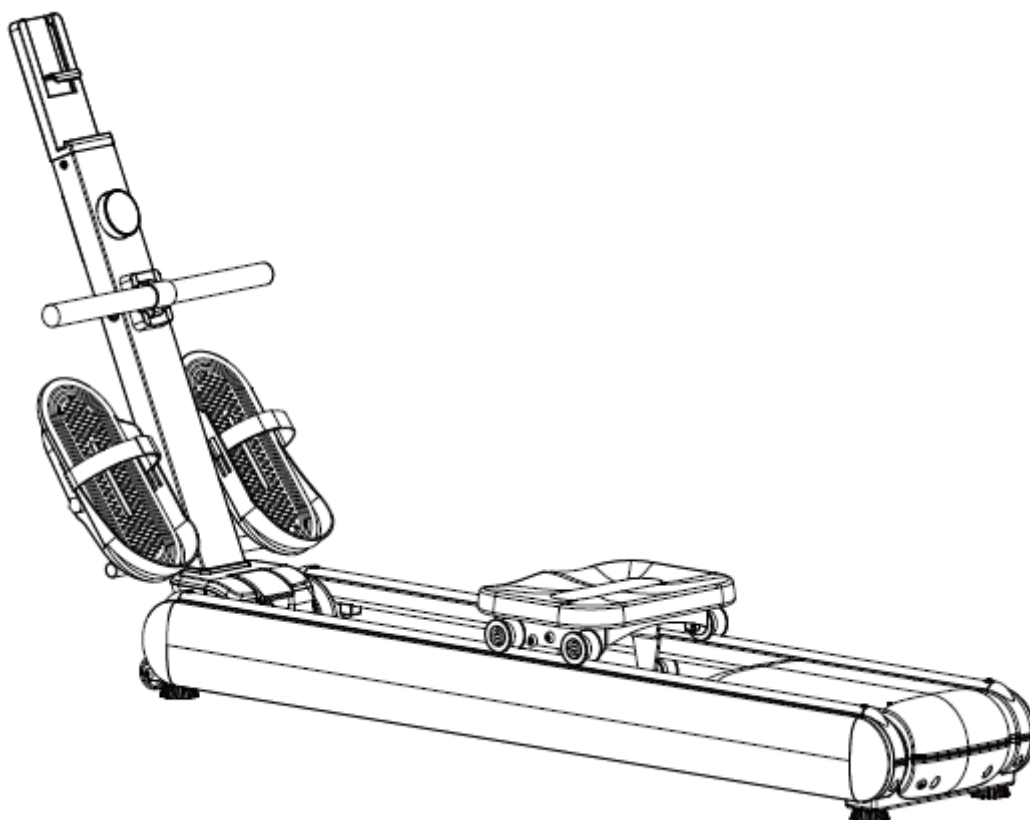




**USER MANUAL – EN**  
**IN 29675 Rowing Machine inSPORTline ZenRow 30**



## CONTENTS

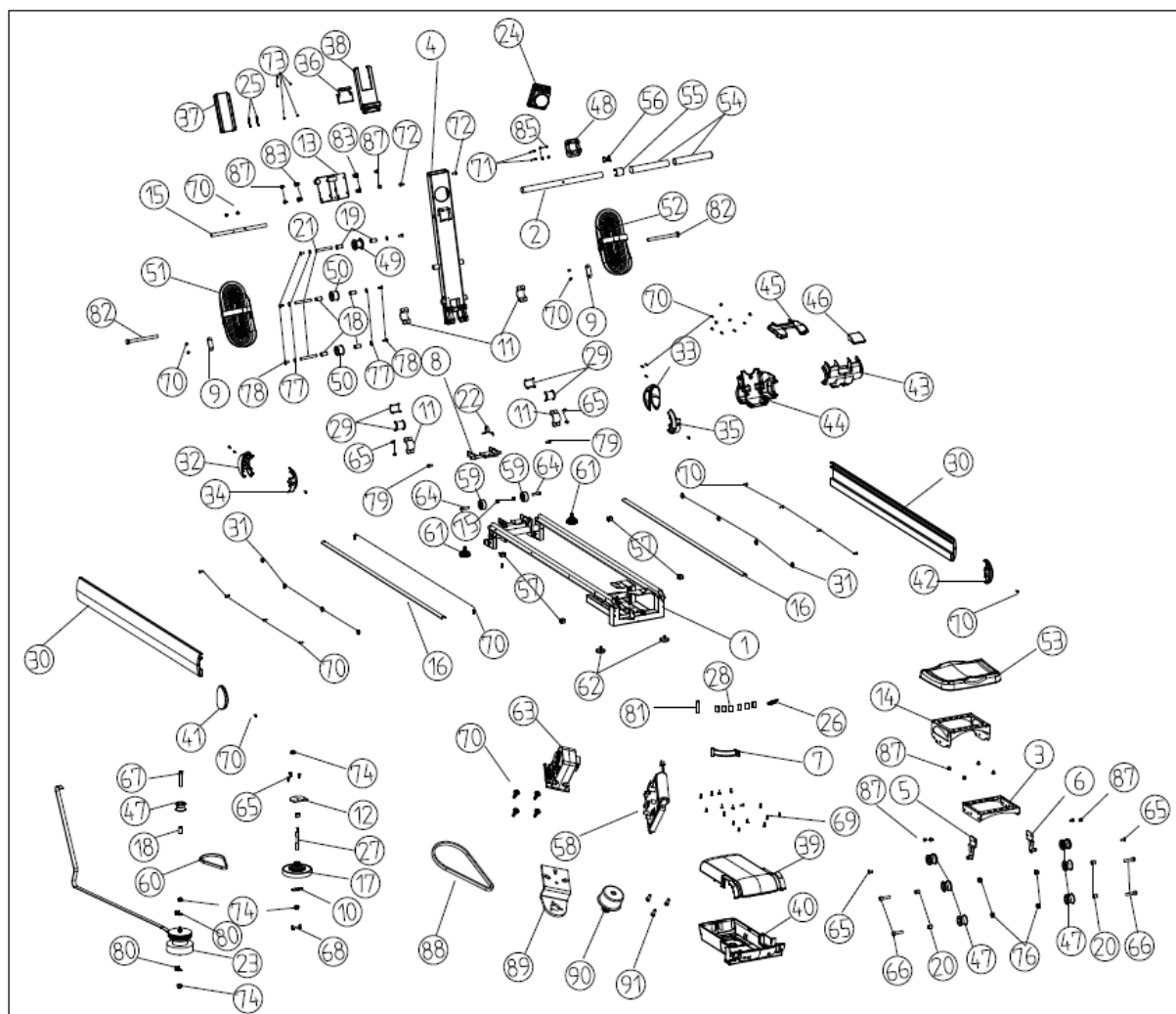
SAFETY INSTRUCTIONS.....	3
DIAGRAM.....	4
PARTS LIST .....	5
PRODUCT DESCRIPTION .....	6
ASSEMBLY .....	7
CONSOLE .....	11
WARM UP .....	12
HOW TO EXERCISE.....	15
IMPORTANT NOTICE.....	15
ENVIRONMENT PROTECTION .....	15
TERMS AND CONDITIONS OF WARRANTY, WARRANTY CLAIMS.....	16

SevenSport s.r.o. reserves the right to make any changes and improvements to its product without prior notice. Visit our website [www.insportline.eu](http://www.insportline.eu) where you will find the latest version of the manual.

## SAFETY INSTRUCTIONS

- Read this manual carefully before first using and retain it for future reference.
- Observe all warnings and precautions including assembly steps. Use it only for intended purpose.
- Assemble and use it only according to this manual to assure your safety. Inform all other users about safe usage.
- Keep it away from children and pets. Don't let children unattended near this device. Only an adult person may assemble and use it.
- Ask your physician for advice before starting any exercise program. It is especially necessary if you suffer from some health problems or if you take some medication that could affect your heart rate, blood pressure or cholesterol level.
- Observe body signals. If you feel some problems (pain, tightness in chest, irregular heartbeat, breathing shortness, dizziness or nausea), stop immediately. Improper exercising can result in serious health problems or in an injury.
- Put it only on a flat, dry and clean surface and keep a safety clearance of at least 0.6 m from other objects for higher safety. Use a protective cover to protect carpet or floor.
- Wear adequate sports clothes and sports shoes. Avoid too loose clothes.
- Don't use it outdoors.
- Check this device for damage or wearing before each using. Regularly check all bolts and nuts. They should be well tightened. Re-tighten, if necessary. Never use damaged or worn device to assure your safety.
- If some sharp edges occur, stop using.
- If you hear some unusual noises coming from this device, stop using.
- No adjustable part should protrude and obstruct user movements. Only one person may use it at time.
- It is not intended for therapeutic purpose.
- Pay attention while lifting or transporting it to avoid back injury. Use only proper lifting techniques or ask some other person for help.
- Don't do any improper modification of this product. If necessary, contact authorized service.
- **Weight limit:** 150 kg
- **Category:** HC according to EN 957 for home use
- **WARNING!** The heart rate frequency monitoring may not be completely accurate. Overexertion during training can lead to a serious injury or even death. If you start to feel faint, stop the exercise immediately.

# DIAGRAM

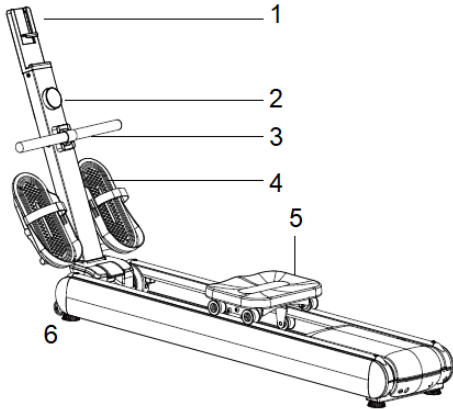


## PARTS LIST

No.	Name	Qty	No.	Name	Qty
1	Main frame	1	36	IPD upper stand	1
2	Handle axis	1	37	IPD rear stand	1
3	Seat frame	1	38	IPD front stand	1
4	Column	1	39	Top cover	1
5	Left saddle holder	1	40	Bottom cover	1
6	Right saddle holder	1	41	Rear left cover	1
7	Magnet frame	1	42	Rear Right Cover	1
8	Incline frame	1	43	Front cover	1
9	Pedal stop	2	44	Back cover	1
10	Axis	1	45	Front top cover	1
11	Stopper	2	46	Handle cover	1
12	Flywheel axle holder	1	47	Roller	7
13	Pedal holder	1	48	Handle stop	1
14	Saddle holder	1	49	Roller	1
15	Pedal Limiting Shaft	1	50	Pulley	2
16	Aluminium frame	2	51	Left pedal	1
17	Magnetic wheel	1	52	Right pedal	1
18	Spacer ring	5	53	Saddle	1
19	Spacer ring	2	54	Plastic handle housing	2
20	Spacer ring	4	55	Outer cover of the handles	1
21	Shaft	3	56	Inner cover of the handles	1
22	Torsion spring	1	57	Rubber pad	4
23	Pulley rod	1	58	Control unit	1
24	Display	1	59	Nylon wheels	2
25	Tension spring	2	60	Belt	1
26	Tension spring	1	61	Rubber foot	2
27	Magnetic wheel axis	1	62	Adjustable foot	2
28	Magnetic steel	5+1	63	Reluctance motor	1
29	Slider	4	64	Hex Bolt	2
30	Slider frame	2	65	Hex Bolt	7
31	Cover	8	66	Hex Bolt	4
32	Left outer cover	1	67	Hex Bolt	1
33	Right outer cover	1	68	Phillips head screw	2
34	Right inner cover	1	69	Phillips head screw	20
35	Left inner cover	1	70	Self-tapping screw	30
71	Self-tapping screw	2	82	Hex Bolt	2

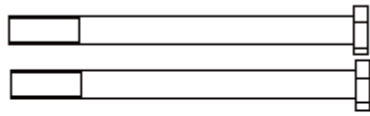
72	Self-tapping screw	2	83	Screw	4
73	Self-tapping screw	4	84	Phillips head screw	1
74	Nut	4	85	Phillips head screw	4
75	Nut	2	86	Phillips head screw	2
76	Nut	4	87	Hex Bolt	10
77	Flat washer	6	88	Belt	1
78	Hex Bolt	8	89	Generator control board	1
79	Hex Bolt	2	90	Brushless motor	1
80	Support screw	2	91	Phillips head screw	3
81	Hex Bolt	1			

## PRODUCT DESCRIPTION

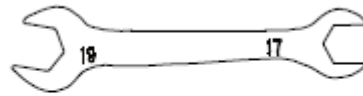
	1. Phone holder
	2. Console
	3. Handles
	4. Pedals
	5. Seat
	6. Transport wheels

Model	RM910
N.W	19.7 kg
G.W	22.5 kg
Dimensions:	1310x367x172 mm

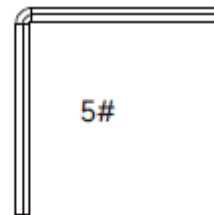
## ASSEMBLY



2PCS M12\*150)



8PCS M8\*10)



5#



4PCS M8\*16)



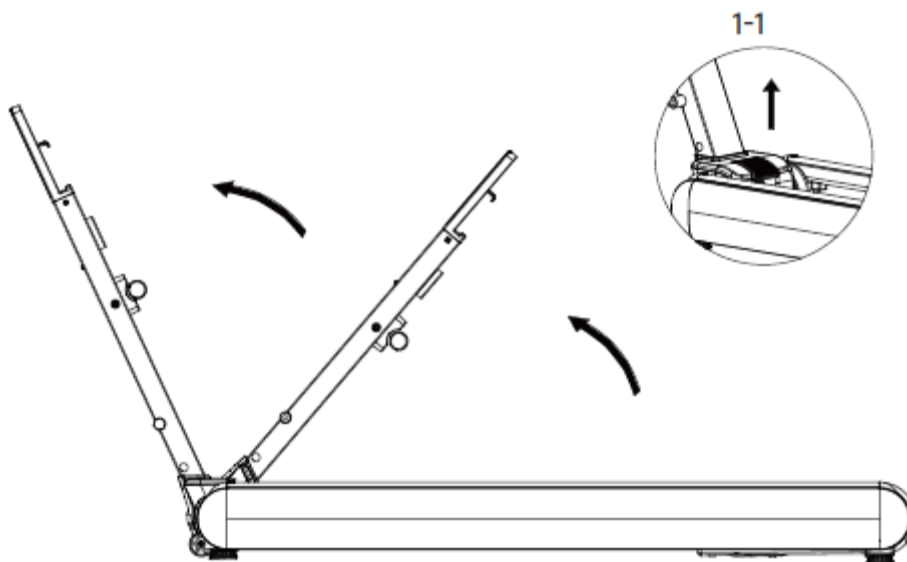
Cross wrench



2PCS (M5\*15)

### Step 1

Remove the trainer from the packaging. Place the frame on a flat, clean surface. Press the 1-1 button to raise the front of the frame.



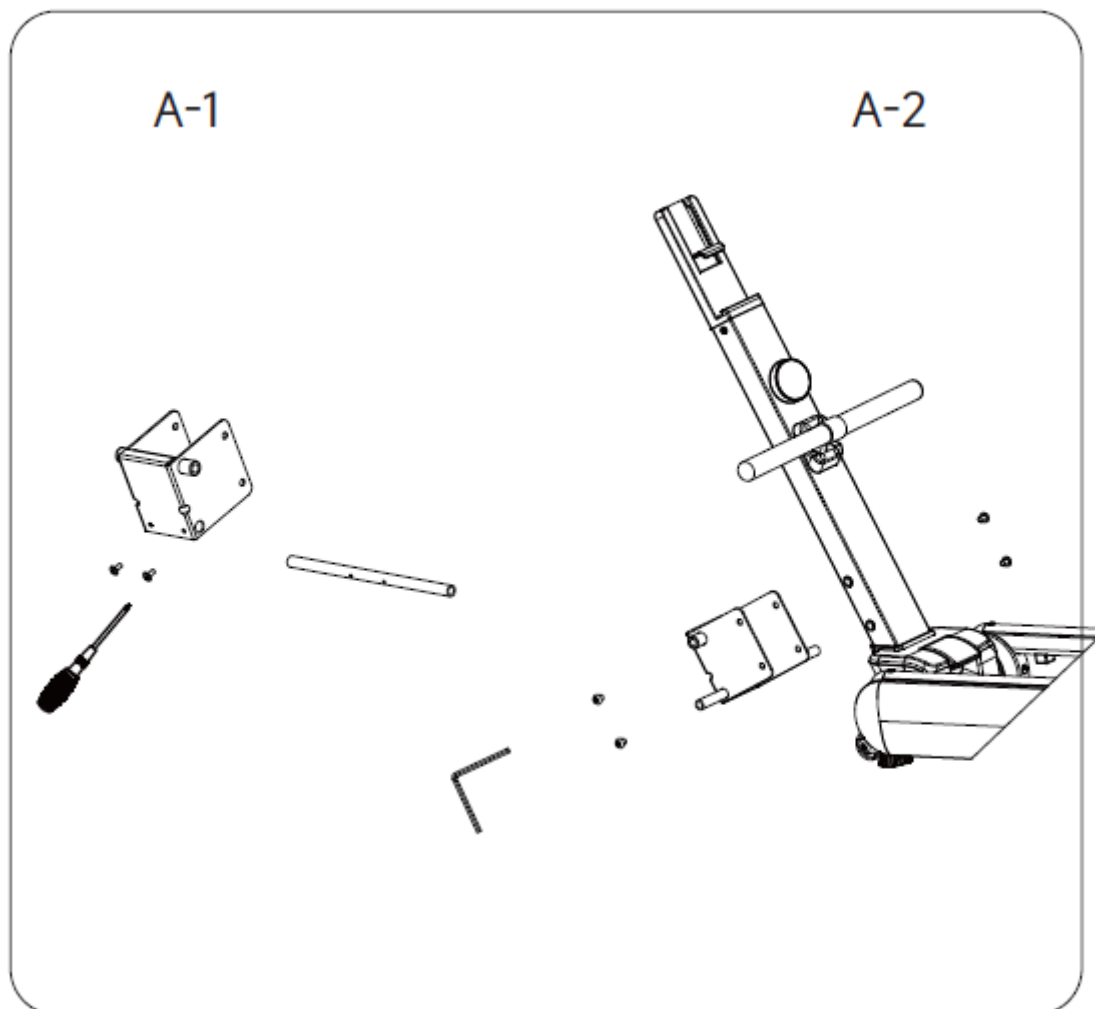
## Step 2

A-1

Insert the axle through the pedal frame and secure with 2x M5\*15 Phillips screws.

A-2

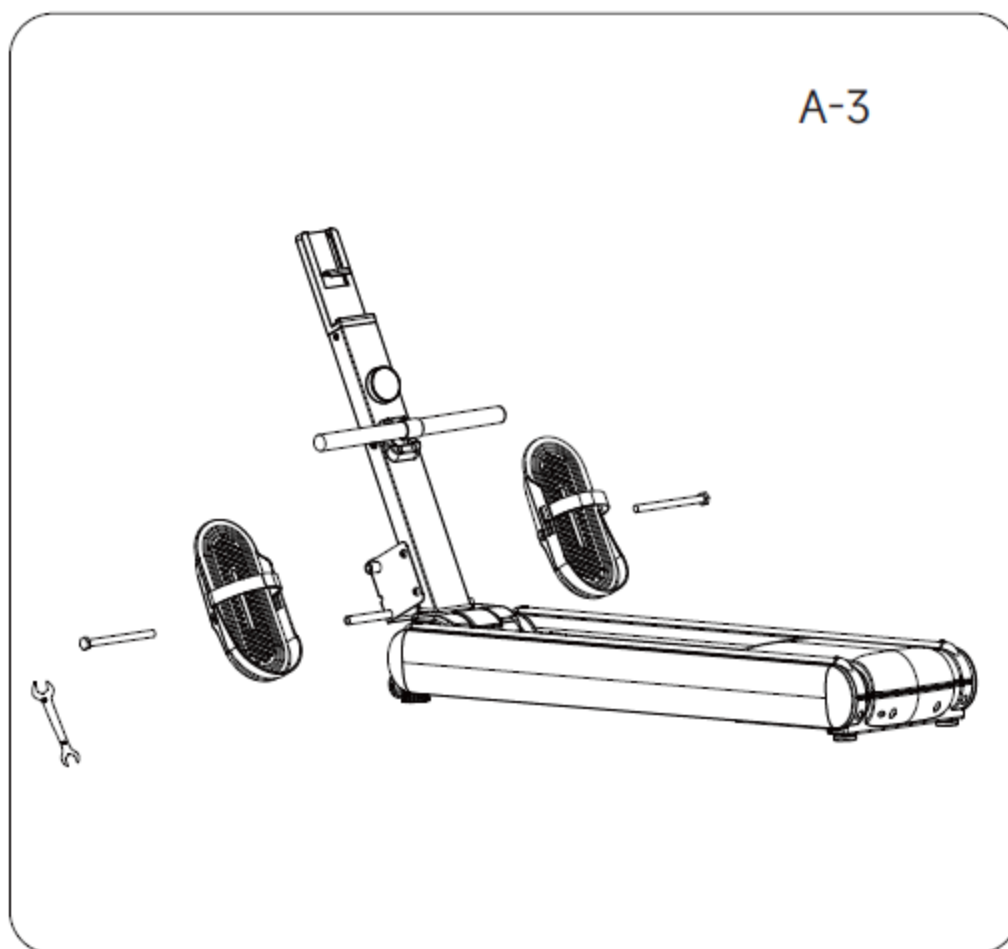
Attach the pedal frame to the frame of the trainer with 4x Allen screws M18\*16.





A-3

Fix the left and right pedals into the pedal frame with 2x M12\*150 screws.



### Step 3

B-1

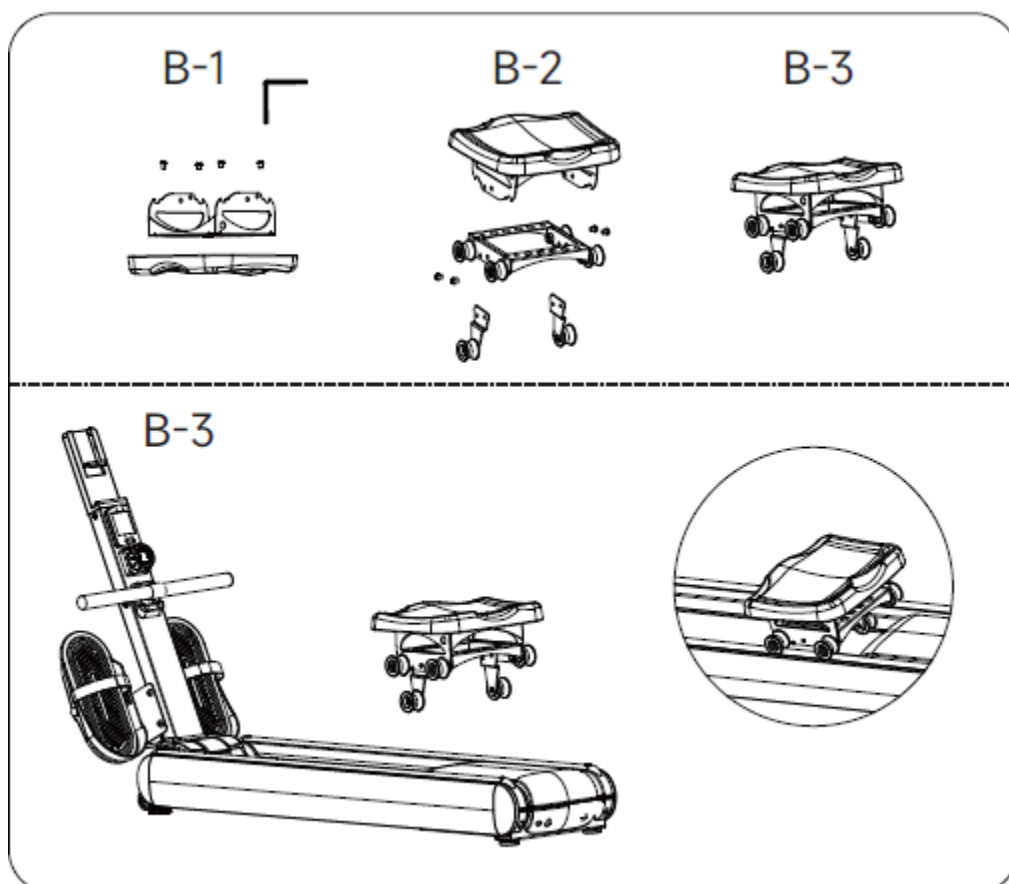
Fix the saddle frame on the saddle with 4x M8\*110 screws.

B-2




Fix the running frame and wheels on the assembled saddle frame with 2x M8\*10 screws on each side, do not tighten yet

B-3


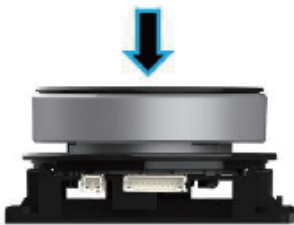

Place the assembled saddle in the frame. Once the saddle is placed in the running frame, tighten all the screws.













## CONSOLE

Displayed data		<ol style="list-style-type: none"> <li>1. Outer ring supports 24 types of lighting</li> <li>2. Pace (frequency of pulls)</li> <li>3. Resistance: 1 - 32</li> <li>4. Training data: number of pulls / time for 500m / speed / time / distance / calories</li> <li>5. Bluetooth connection icon</li> </ol>
Cycle		<ol style="list-style-type: none"> <li>1. Data is displayed in a cycle every 3 seconds</li> <li>2. Small display shows pace and resistance</li> <li>3. Main display shows: number of pulls / time for 500m / speed / time / distance / calories</li> <li>4. Bluetooth connection icon</li> </ol>
Lock data displayed		<ol style="list-style-type: none"> <li>1. Press the button to lock the current data display</li> <li>2. The main display can be locked to display one of the data: number of pulls / time for 500m / speed / time / distance / calories</li> <li>3. The small display shows the pace and resistance</li> </ol>

## CONTROLS

Wake up		<ol style="list-style-type: none"> <li>1. If the console is in sleep mode, the display will turn off</li> <li>2. Move or press to wake up the console</li> </ol>
Press		<ol style="list-style-type: none"> <li>1. The console will enter sleep mode after 3 minutes of inactivity.</li> <li>2. Press the button to wake it up.</li> <li>3. If the console is not in sleep mode, press the button to select a program.</li> <li>4. Press the button during program selection to enter program mode.</li> <li>5. If you hold the button for 2 seconds during exercise, it will reset the data and return to the home screen.</li> <li>6. When pressed, it will vibrate.</li> </ol>
Rotate		<ol style="list-style-type: none"> <li>1. Turn clockwise to increase resistance.</li> <li>2. Turn counterclockwise to decrease resistance.</li> <li>3. Vibrations are heard during rotation.</li> </ol>

## ICONS

Pace (stroke rate)		Display range: 0~999
Resistance		Display range: 1~32
Number of strokes		Display range: 0~9999
Time to cover 500m		Display range: 00:00 ~ 99:59
Display cycle		Displayed: Data is displayed in a cycle. Not displayed: The display is locked to one data.
Speed		Display range: 0.0 ~ 999.9 km/h
Time		Display range: 00:00 ~ 99:59
Distance		Display range: 0.0 ~ 999.9 km
Calories burned		Display range: 0.0 ~ 999.9 kcal
Bluetooth		Displayed: Bluetooth connected. Not displayed: Bluetooth disconnected.

## WARM UP

Regular exercise begins with warming up and ends with rest exercises. The warm-up should prepare the body for the subsequent load. Rest exercises should then prevent muscle injuries and cramps. Perform warm-up and rest exercises according to the table below.



### Toes on the toes

Lean forward. Keep your back and arms relaxed and lean forward to your toes. Hold in position for 15 seconds. Bend your knees slightly.



### Upper thighs

Lean against the wall with one hand. Put your other hand behind you and grab your foot. Pull him to your buttocks. Hold for 30 seconds and repeat with the other leg.



### Knees

Sit down and stretch your right leg. Place the sole of the left foot to the right inner thigh. Stretch your right arm to the tip of the outstretched leg. Hold for 15 seconds and release. Repeat also with the left foot.



### Inner thighs

Sit on the floor with your toes together. The knees are pointing outwards. Pull your feet to your groin. Push your knees down. Hold for 30-40 seconds if possible.

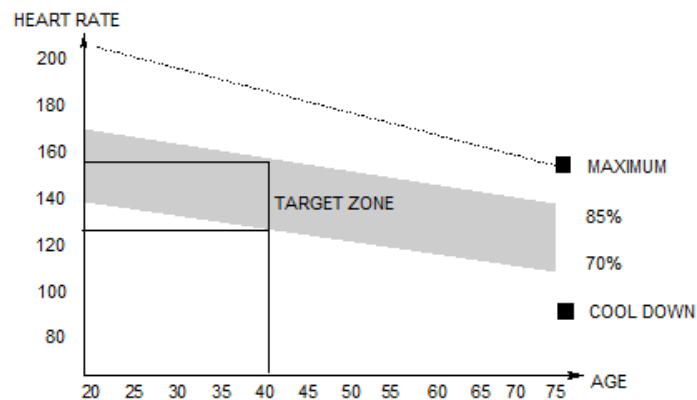


### Calf and Achilles tendons

Lean against the wall with one foot back and arms forward. Tighten your right foot and leave your left foot on the ground. Bend your left leg and push forward by pushing your hips towards the wall. Hold for 30 - 40 seconds. Keep your legs taut and repeat with the other leg.

## 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 at your own pace, but be sure to maintain a steady tempo throughout. The rate of work should be enough to raise your heartbeat into the target zone shown on the graph below.



## Cooling-Down Phase

This stage is to let your cardio-vascular system and muscles wind down. This is a repeat of the warm-up phase. First, reduce your tempo and continue at this slower pace for approximately 5 minutes before you get off your Exercise Bike. 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, to space your workouts evenly throughout the week.

## MUSCLE TONING

To tone muscle while exercising 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

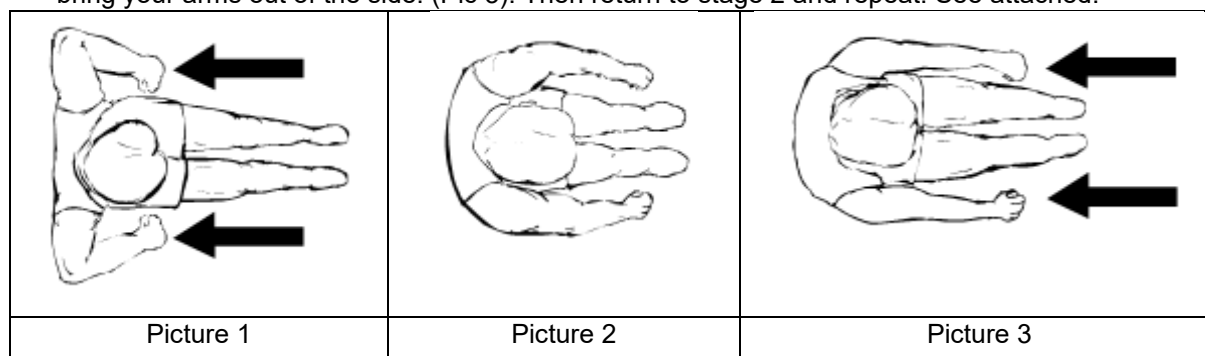
The important factor here is the amount of effort you put in. The harder and longer you work the more calories you will burn. This is effectively the same as if you were training to improve your fitness, the difference being the goal.

## Basic exercise

- 1) Sit on the saddle and fasten your feet to the pedals using the Velcro straps. Then take hold of the rowing bar.
- 2) Take up the starting position, leaning forward with your arms straight and knees bent as shown in

(Pic 1).

- 3) Push yourself backwards, straightening your back and legs at the same time (Pic 2).
- 4) Continue this movement until you are leaning slightly backwards, during this stage you should bring your arms out of the side. (Pic 3). Then return to stage 2 and repeat. See attached.



### Training Time

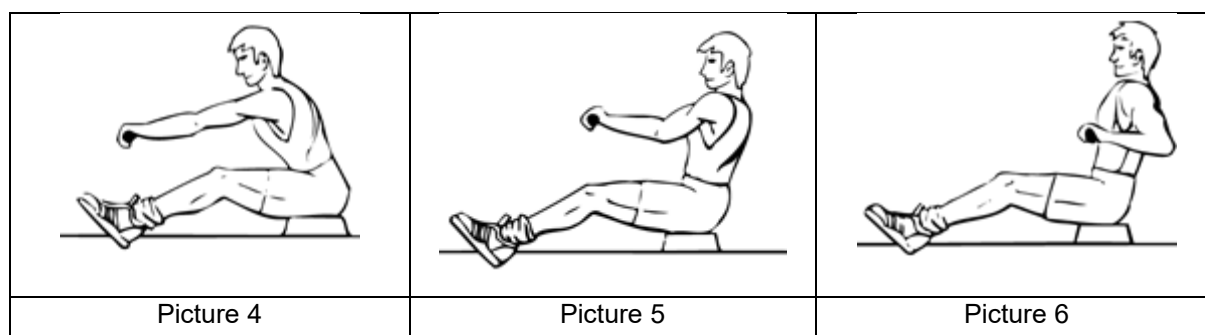
Rowing is a strenuous form of exercise, because of this it is best to start with a short, easy exercise programmed and build up to longer and harder workouts. Start rowing for about 5 minutes and as you progress, increase the length of your work out to match your improving level of fitness. You should eventually be capable of rowing for 15-20 minutes, but do not try to achieve this too quickly.

Try to train on alternate days, 3 times a week. This gives your body time to recover between workouts.

### Alternate Rowing Styles.

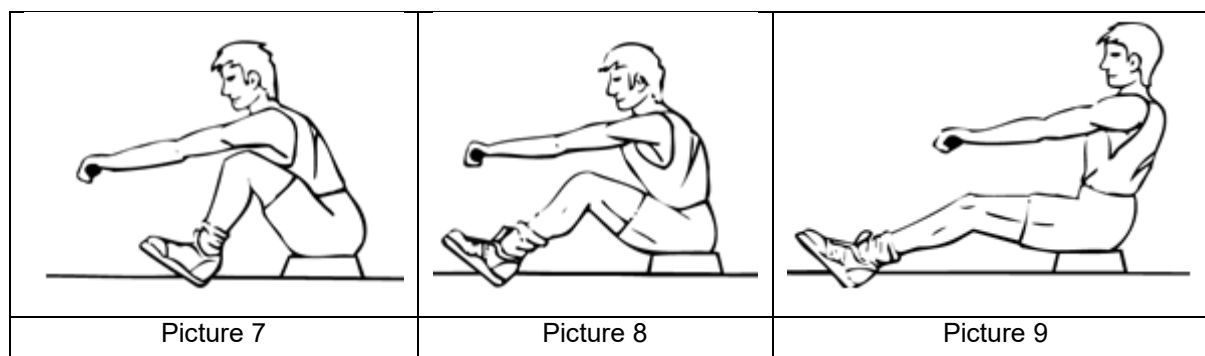
#### Arms Only Rowing

This exercise will tone muscles in your arms, shoulders, back and stomach. Sit as shown in Pic 4 with your legs straight, lean forward and grasp the handles. In a gradual and controlled manner, lean back to just past the upright position continuing to pull the handles towards your chest. Return to the starting position and repeat. See attached.



#### Legs Only Rowing

This exercise will help tone muscles in your legs and back. With your back straight and arms out stretched, bend your legs until you are grasping the rowing arm handles in the starting position, Pic 7. Use your legs to push your body back whilst keeping your arms and back straight



## HOW TO EXERCISE

Phase of right rowing to strengthen specific muscles:

1. Stroke (Lower Muscle Exercise): Bend your knees and stretch your arms. Grasp the handle and keep your back straight (Pic 01).
2. Movement (center muscles): Reflect the legs and bend the arms (Pic 02).
3. End (upper body muscles): Take your back and legs tight. Hold your wrists straight and pull the handle (Pic 03).
4. Training the four-headed femoral muscle (Pic 04).
5. Muscle training on arms (Pic 05).
6. Practice of back and abdominal muscles (Pic 06)



Picture 01



Picture 02



Picture 03



Picture 04



Picture 05



Picture 06

## IMPORTANT NOTICE

- This rowing machine comes with standard safety regulations and is suitable for home use. We are not responsible for any injury caused by improper and forbidden use of the machine.
- Consult your doctor before starting training on the rowing machine. Your doctor should evaluate whether you are physically fit to use the machine and how much effort you are able to undergo. Incorrect exercise or switching of the body can harm your health.
- Carefully read the following tips and exercises. If you experience pain, nausea, breathing, or other health problems during exercise, immediately stop the exercise. If the pain persists, contact your doctor immediately.
- This rowing machine is not suitable as a professional or medical purpose. It can also not be used for healing purposes.
- The heart rate monitor is not a medical device. It provides only approximate information about your average heart rate, and any suggested pulse rate is not medically binding. Accumulated data may not always be accurate regarding uncontrollable human and environmental factors.

## ENVIRONMENT PROTECTION

After the product lifespan expired or if the possible repairing is uneconomic, dispose it according to the local laws and environmentally friendly in the nearest scrapyard.

By proper disposal you will protect the environment and natural sources. Moreover, you can help protect human health. If you are not sure in correct disposing, ask local authorities to avoid law violation or sanctions.

Don't put the batteries among house waste but hand them in to the recycling place.

## **TERMS AND CONDITIONS OF WARRANTY, WARRANTY CLAIMS**

### **General Conditions of Warranty and Definition of Terms**

All Warranty Conditions stated here under determine Warranty Coverage and Warranty Claim Procedure. Conditions of Warranty and Warranty Claims are governed by Act No. 89/2012 Coll. Civil Code, and Act No. 634/1992 Coll., Consumer Protection, as amended, also in cases that are not specified by these Warranty rules.

The seller is SEVEN SPORT s.r.o. with its registered office in Kutnohorská 531, Štěrboholy Retail Park, 109 00, Prague 10, ČR, Company Registration Number: 26847264, registered in the Trade Register at Regional Court in Prague, Section C, Insert No. 116888.

According to valid legal regulations, it depends whether the Buyer is the End Customer or not.

"The Buyer who is the End Customer" or simply the "End Customer" is the legal entity that does not conclude and execute the Contract in order to run or promote his own trade or business activities.

"The Buyer who is not the End Customer" is a Businessman that buys Goods or uses services for the purpose of using the Goods or services for his own business activities. The Buyer conforms to the General Purchase Agreement and business conditions.

These Conditions of Warranty and Warranty Claims are an integral part of every Purchase Agreement made between the Seller and the Buyer. All Warranty Conditions are valid and binding, unless otherwise specified in the Purchase Agreement, in the Amendment to this Contract or in another written agreement.

### **Warranty Conditions**

#### **Warranty Period**

The Seller provides the Buyer a 24 months Warranty for Goods Quality, unless otherwise specified in the Certificate of Warranty, Invoice, Bill of Delivery or other documents related to the Goods. The legal warranty period provided to the Consumer is not affected.

By the Warranty for Goods Quality, the Seller guarantees that the delivered Goods shall be, for a certain period of time, suitable for regular or contracted use, and that the Goods shall maintain its regular or contracted features.

### **Batteries**

6-month battery warranty – we guarantee that battery's nominal capacity does not fall below 70% of its total capacity within 6 months of the product's sale.

#### **The Warranty does not cover defects resulting from (if applicable):**

- User's fault, i.e. product damage caused by unqualified repair work, improper assembly, insufficient insertion of seat post into frame, insufficient tightening of pedals and cranks
- Improper maintenance
- Mechanical damage
- Regular use (e.g. wearing out of rubber and plastic parts, moving mechanisms, joints, wear of brake pads/blocks, chain, tires, cassette/multi wheel etc.)
- Unavoidable event, natural disaster
- Adjustments made by unqualified person
- Improper maintenance, improper placement, damages caused by low or high temperature, water, inappropriate pressure, shocks, intentional changes in design or construction etc.

### **Warranty Claim Procedure**



The Buyer is obliged to check the Goods delivered by the Seller immediately after taking the responsibility for the Goods and its damages, i.e. immediately after its delivery. The Buyer must check the Goods so that he discovers all the defects that can be discovered by such check.

When making a Warranty Claim the Buyer is obliged, on request of the Seller, to prove the purchase and validity of the claim by the Invoice or Bill of Delivery that includes the product's serial number, or eventually by the documents without the serial number. If the Buyer does not prove the validity of the Warranty Claim by these documents, the Seller has the right to reject the Warranty Claim.

If the Buyer gives notice of a defect that is not covered by the Warranty (e.g. in the case that the Warranty Conditions were not fulfilled or in the case of reporting the defect by mistake etc.), the Seller is eligible to require a compensation for all the costs arising from the repair. The cost shall be calculated according to the valid price list of services and transport costs.

If the Seller finds out (by testing) that the product is not damaged, the Warranty Claim is not accepted. The Seller reserves the right to claim a compensation for costs arising from the false Warranty Claim.

In case the Buyer makes a claim about the Goods that is legally covered by the Warranty provided by the Seller, the Seller shall fix the reported defects by means of repair or by the exchange of the damaged part or product for a new one. Based on the agreement of the Buyer, the Seller has the right to exchange the defected Goods for a fully compatible Goods of the same or better technical characteristics. The Seller is entitled to choose the form of the Warranty Claim Procedures described in this paragraph.

The Seller shall settle the Warranty Claim within 30 days after the delivery of the defective Goods, unless a longer period has been agreed upon. The day when the repaired or exchanged Goods is handed over to the Buyer is considered to be the day of the Warranty Claim settlement. When the Seller is not able to settle the Warranty Claim within the agreed period due to the specific nature of the Goods defect, he and the Buyer shall make an agreement about an alternative solution. In case such agreement is not made, the Seller is obliged to provide the Buyer with a financial compensation in the form of a refund.

**CZSEVEN SPORT s.r.o.**

Registered Office: Kutnohorská 531, Štěrboholy Retail Park,  
109 00, Prague 10, Czech Republic  
Headquarters: Dělnická 957,  
Vítkov, 749 01  
Warranty & Service: Čermenská 486, Vítkov  
749 01

CRN: 26847264 VAT ID: CZ26847264

Phone: +420 556 300 970  
E-mail: eshop@insportline.cz  
reklamace@insportline.cz  
servis@insportline.cz

Web: www.inSPORTline.cz

**SKStores inSPORTline SK, s.r.o.**

Headquarters, warranty & service center: Električná  
6471, Trenčín 911 01, SK

CRN: 46259317 VAT ID: SK2023299729

Phone: +421(0) 917 700 098  
E-mail: objednavky@insportline.sk  
reklamacie@insportline.sk  
servis@insportline.sk

Web: www.inSPORTline.sk

**About shipping**

