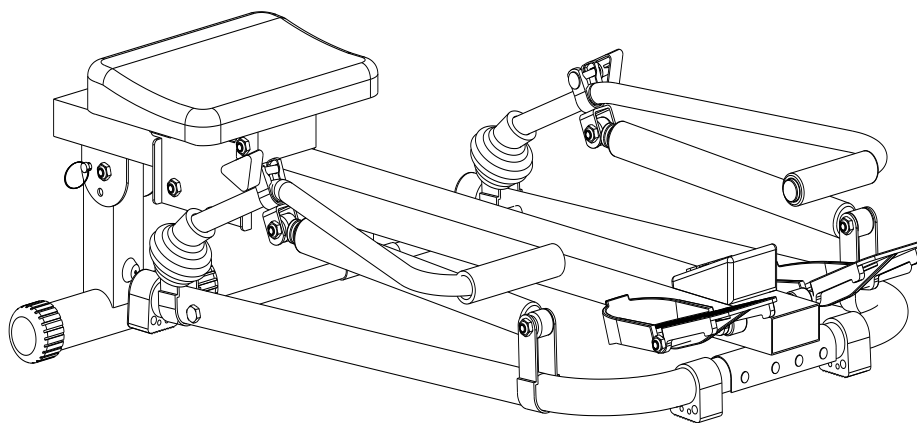




User's manual – EN

IN 465 inSPORTline PowerMaster Rowing Machine



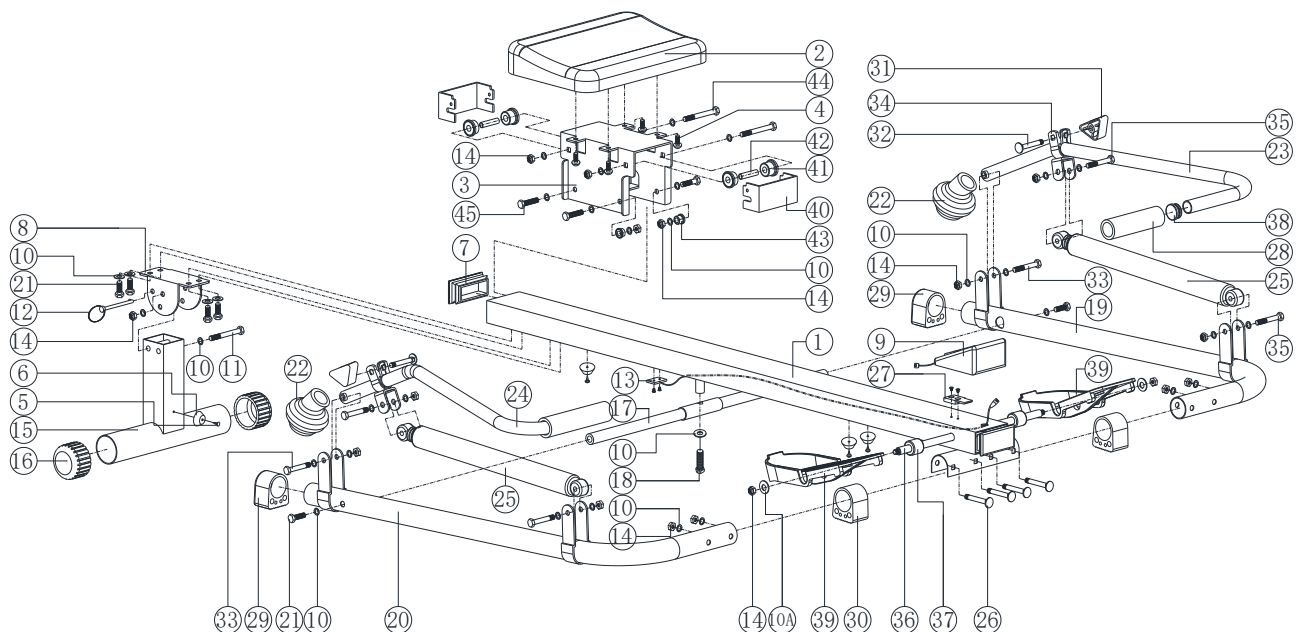
SAFETY INSTRUCTIONS

- To ensure the best safety of the exerciser, regularly check it on damages and worn parts.
- If you pass on this exerciser to another person or if you allow another person to use it, make sure that that person is familiar with the content and instructions in these instructions.
- Only one person should use the exerciser at a time.
- Before the first use and regularly make sure that all screws, bolts and other joints are properly tightened and firmly seated.
- Before you start your work-out, remove all sharp-edged objects around the exerciser.
- Only use the exercise for your work-out if it works flawlessly.
- Any broken, worn or defective part must immediately be replaced and/or the exerciser must no longer be used until it has been properly maintained and repaired.
- Parents and other supervisory persons should be aware of their responsibility, due to situations which may arise for which the exerciser has not been designed and which may occur due to children's natural play instinct and interest in experimenting.
- If you do allow children to use this exerciser, be sure to take into consideration and assess their mental and physical condition and development, and above all their temperament. Children should use the exerciser only under adult supervision and be instructed on the correct and proper use of the exerciser. The exerciser is not a toy.
- Make sure there is sufficient free space around the exerciser when you set it up.
- To avoid possible accidents, do not allow children to approach the exerciser without supervision, since they may use it in a way for which it is not intended due to their natural play instinct and interest in experimenting.
- Please note that an improper and excessive work-out may be harmful to your health.
- Please note that levers and other adjustment mechanisms are not projecting into the area of movement during the work-out.
- When setting up the exerciser, please make sure that the exerciser is standing in a stable way and that any possible unevenness of the floor is evened out.
- Always wear appropriate clothing and shoes which are suitable for your work-out on the exerciser. The clothes must be designed in a way so that they will not get caught in any part of the exerciser during the work-out due to their form (for example, length). Be sure to wear appropriate shoes which are suitable for the work-out, firmly support the feet and which are provided with a non-slip sole.
- Be sure to consult a physician before you start any exercise program. He may give you proper hints and advice with respect to the individual intensity of stress for you as well as to your work-out and sensible eating habits.
- Class - HB (according to EN ISO 20957) for home use.
- User weight should not exceed 120 kg.

Important Notes

- Assemble the exerciser as per assembly instructions and be sure to only use the structural parts provided with the exerciser and designed for it. Prior to the assembly, make sure the content of the delivery is complete by referring to the parts list of the assembly and operating instructions.
- Be sure to set up the exerciser in a dry and even place and always protect it from humidity. If you wish to protect the place particularly against pressure points, contamination, etc., it is recommended to put a suitable, non-slip mat under the exerciser.
- The general rule is that exercisers and training devices are no toys. Therefore, they must only be used by properly informed or instructed persons.
- Stop your work-out immediately in case of dizziness, nausea, chest pain or any other physical symptoms. In case of doubt, consult your physician immediately.
- Children, disabled and handicapped persons should use the exercise only under supervision and in presence of another person who may give support and useful instructions.
- Be sure that your body parts and those of other persons are never close to any moving parts of the exerciser during its use.
- When adjusting the adjustable parts, make sure they are adjusted properly and note the marked, maximum adjusting position, for example of the saddle support, respectively.
- Do not work out immediately after meals!

EXPLODED DRAWING



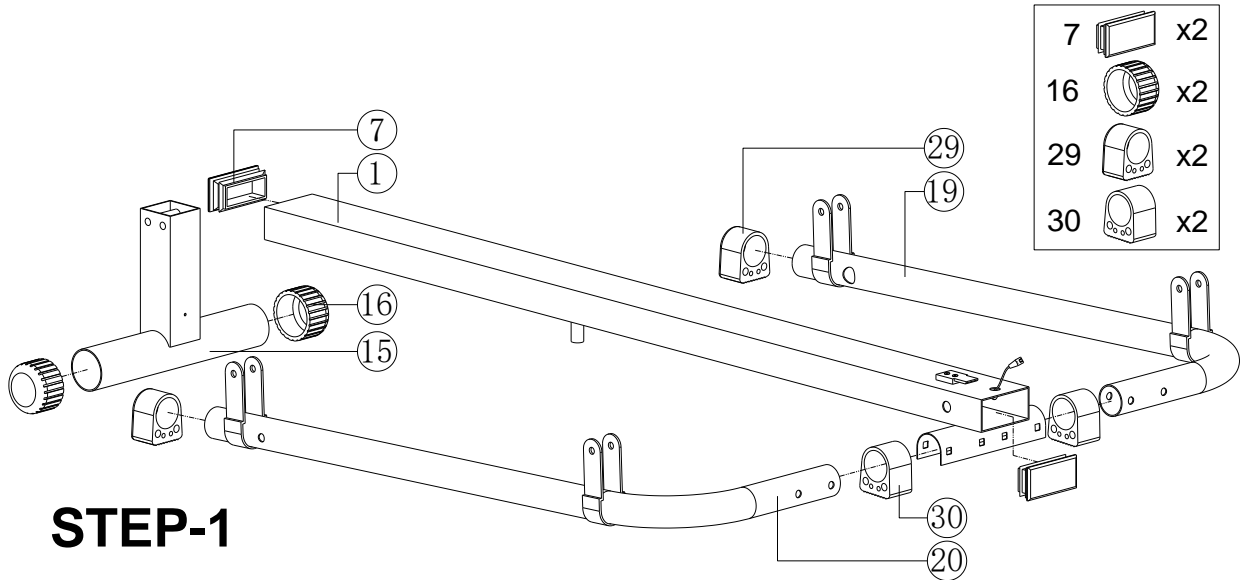
PART LIST

part no.	description	q'ty	part no.	description	q'ty
1	slide rail	1	23	left handlebar	1
2	seat	1	24	right handlebar	1
3	seat bracket	1	25	piston	2
4	cross bolt	4	26	carriage bolt	4
5	cross screw	5	27	computer fixing plate	1
6	small foot cap	5	28	foam	2
7	square plug for slide rail	2	29	foot cap	2
8	adjustable bracket	1	30	foot cap	2
9	computer	1	31	knob	2
10	flat washer	34	32	carriage bolt	2
10A	flat washer	2	33	bolt	2
11	bolt	1	34	H hook	1
12	pin	1	35	bolt	4
13	sensor cable	1	36	cross axle	1
14	nylon nut	19	37	plastic ring	2
15	stabilizer	1	38	round end cap	2
16	foot cap	2	39	pedal	2
17	connecting axle	1	40	pulley protective plate	2
18	bolt	1	41	pulley	4
19	left supporting frame	1	42	bushing tube	2
20	right supporting frame	1	43	bushing for handlebar	4
21	bolt	6	44	bolt	2
22	plastic cover	2	45	bolt	4

ASSEMBLY

Step 1

Fix the square plug (7) onto both end of slide rail (1), foot cap (29) and (30) onto left supporting frame (19) and right supporting frame (20)

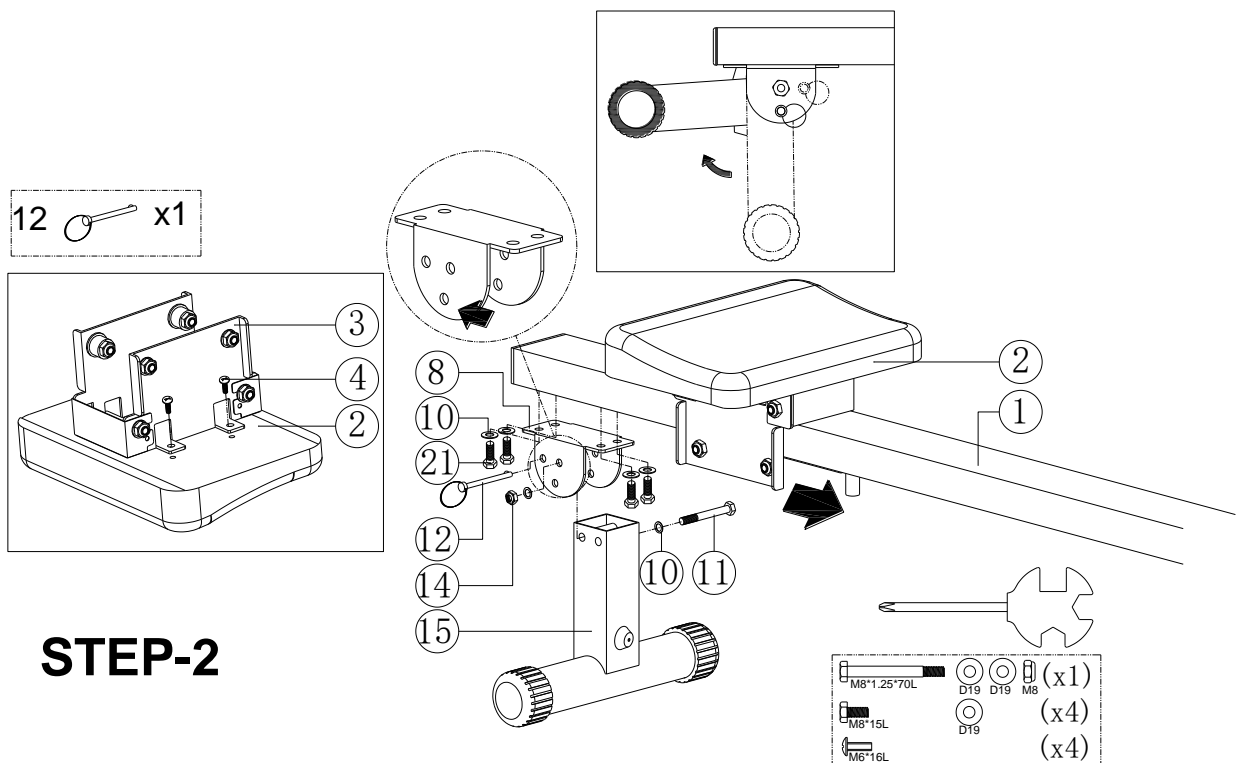


STEP-1

Step 2

Fix seat (2) onto slide rail (1) by seat bracket (3) and bolt (4);

Fix the adjustable bracket (8) with rail and stabilizer (15) by using flat washer (10), bolt (21), pin(12),nut(14) and bolt (11)



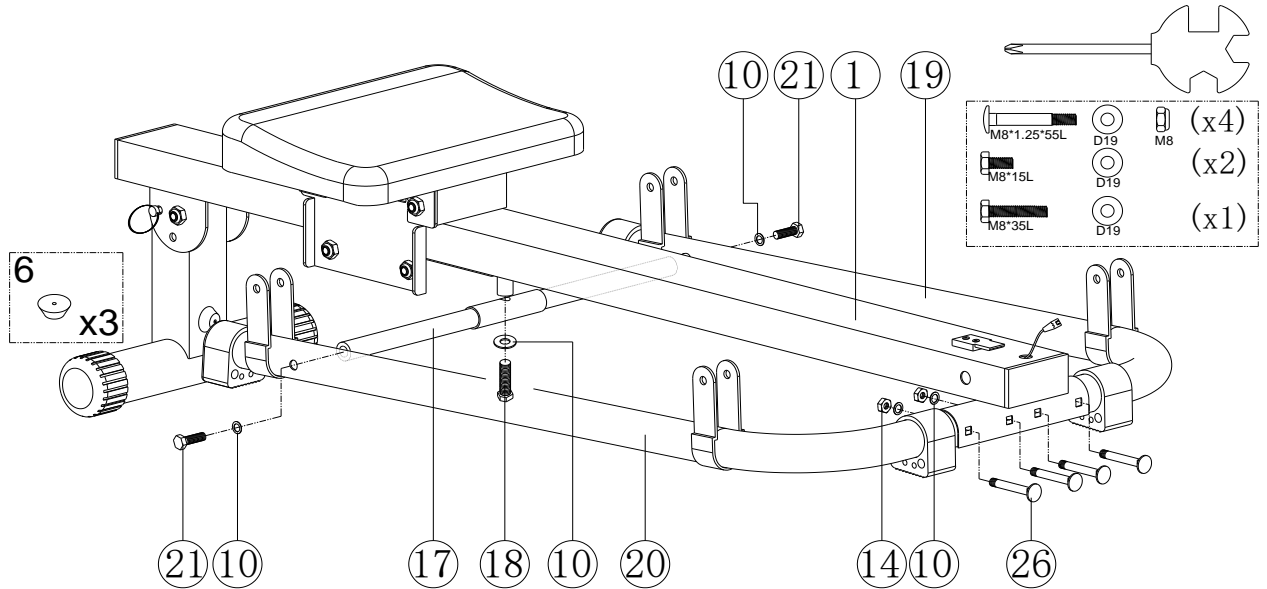
STEP-2

Step 3

Fix the connecting axle (17) with left & right supporting frame (19&20), slide rail (1) by using flat washer (10), bolt (21) & bolt (18).

Fix the left & right supporting frame (19&20) with slide rail (1) by flat washer (10), bolt (26), nut (14)

Fix the small foot cap (6) with screw (5)



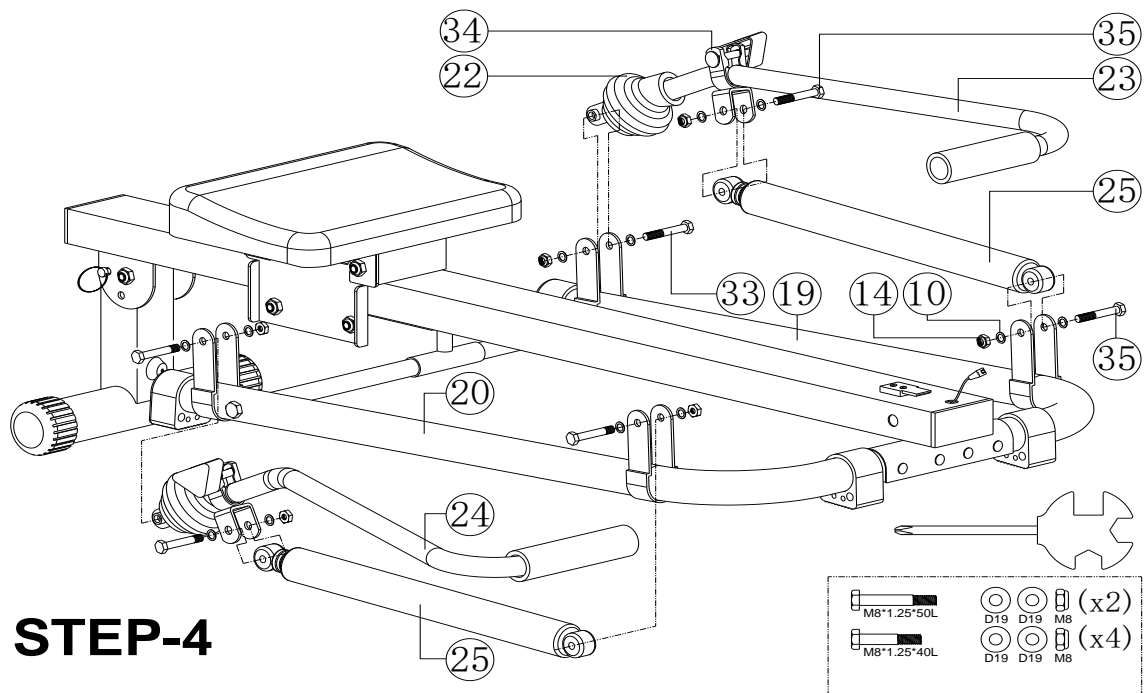
STEP-3

Step 4

Fix the left & right handlebar (23 & 24), piston (25) and plastic cover (22)

with left & right supporting frame (19&20) by H hook (34), knob (31), bolt (33),

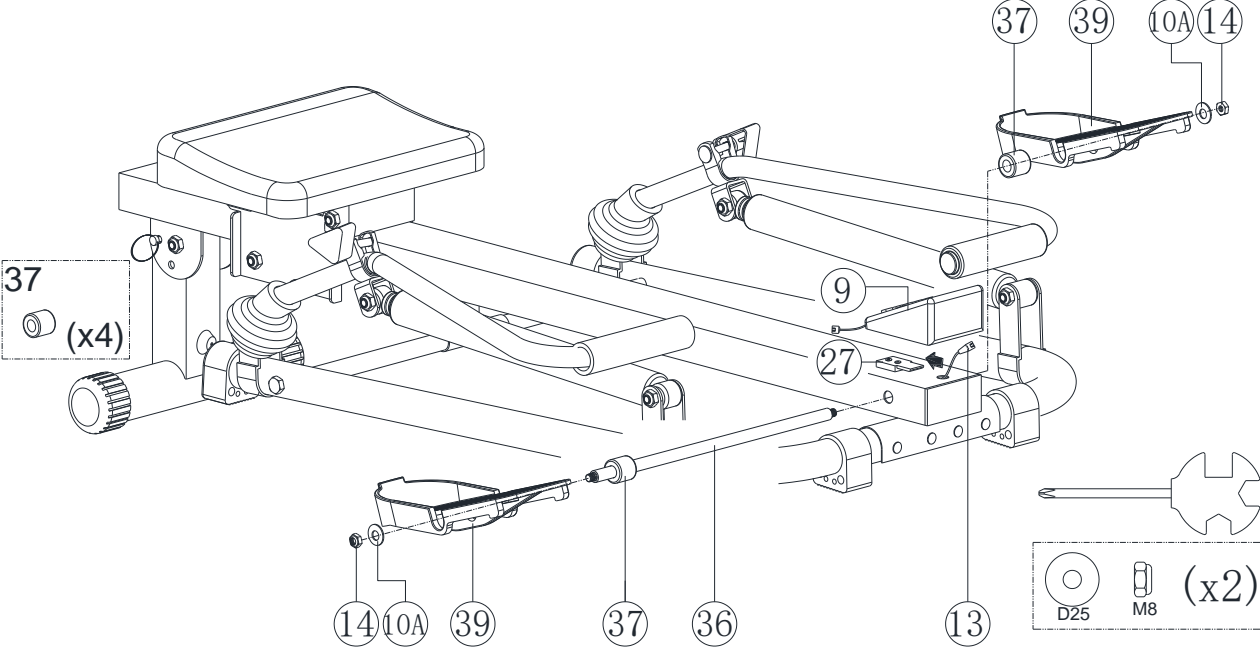
flat washer (10), nut (14)



STEP-4

Step 5

Fix the pedal (39) by connecting axle (36), plastic ring (37), spring washer (10A), nut (14)
Connect the sensor cable (13) with computer(9) and then insert the computer into the fixing plate (27)



STEP-5

INSTRUCTION MANUAL OF COMPUTER LT-8120

SPECIFICATIONS:

TIME.....00:00-99:59MIN PULSE*(IF HAVE).....0-192T/M
SPEED.....0.0-99.9KM/H or ML/H CALORIES.....0-9999KCAL
DISTANCE.....0.000-999.9KM or ML

KEY FUNCTION:

SELECT: This key lets you to select and lock on to particular function you want.

RESET: The key reset the value to zero by pressing the key.

OPERATION PROCEDURES:

1. AUTO ON/OFF

- ◆ The system turns on when any key is depressed or when it sensor an input from the speed sensor.
- ◆ The system turns off automatically when the speed sensor has no signal Input or no key are pressed for approximately 4 minutes.

2. RESET:

The unit can be reset by either changing battery or pressing the SELECT key for 4 seconds.

3. SELECT:

To choose the SCAN or LOCK. if you do not want the scan mode, press the SELECT key when the pointer on the function you want which begins blinking.

4. FUNCTION:

TIME By pressing the SELECT key until the pointer advance to TIME.

Press the SELECT key once to lock on the TIME function. the colon Stop blinking,

SPEED Press the SELECT key until the pointer advance to SPEED and blinking.

Press to SELECT key once the pointer should stop blinking and lock on To the SPEED function,

DISTANCE Press the SELECT key until the pointer advances to DSTANCE and blinking. Press the SELECT key once to lock on to the DISTANCE function.

PULSE: Press the SELECT key until the pointer should stop linking and lock on (if have) to the PULSE function and also put ear-clip to ear about 5 seconds show out.

CALORIES Press the SELECT key until the pointer advance to CALORIES and blinking. Press the SELECT key once the pointer should stop blinking and lock on to the CALORIES function.

SCAN Automatic display of the following functions in the order shown:

TIME-SPEED-DISTANCE-PULSE (if have)-CALORIES (repeat)

5. BATTERY

This monitor uses one or two (if have PULSE function) batteries. You can replace the batteries at the batteries are used up