



COMMERCIAL AIR MAG ROWER

Model 9R-CAMR

+ Owner's Manual

V 1.0 - 11.2016

www.tkostrength.com

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+ Introduction / Important Information

INTRODUCTION / IMPORTANT INFORMATION

A. Introduction

This user's manual contains assembly, operation, maintenance and safety information.

Please read and retain this manual for future reference.

B. Safety guideline

- a. Read the user's manual and all accompanying literature. Follow it carefully before using your machine.
- b. This machine is intended for indoor home or commercial location use.
- c. Inspect your exercise machine prior to exercising to ensure that all nuts and bolts are fully tightened.
- d. Make sure machine is stable on the floor. Avoid uneven surfaces.
- e. Most exercise equipment is not recommended for small children. Children should not use the machine. Keep unsupervised children away from the equipment.
- f. Exercise equipment has moving parts. Keep others, especially children, at a safe distance while exercise.
- g. Make sure all devices are fully adjusted before use to avoid injury.
- h. Remove all jewelry, including rings, chains and pins before exercising.
- i. Always wear suitable clothing and footwear during exercise. Do not wear loose fitting clothing that could become caught in the moving parts of your exercise machine.
- j. Warm up 5 to 10 minutes before each workout and cool down 5 to 10 minutes afterward. This allows your heart rate to gradually increase and decrease and will help prevent muscle strain.
- k. Never hold your breath while exercising. You should breathe at a normal rate in conjunction with the level of exercise being performed.
- l. Rest adequately between workouts. Muscles tone and develop during these rest periods.

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+ Introduction / Important Information

IMPORTANT:

THE MAXIMUM RECOMMENDED WEIGHT CAPACITY FOR YOUR EQUIPMENT IS 150 KGS / 330 LBS.

WARNING:

Before commencing with any exercise program, please consult your family Physician. If at any time during exercise you feel faint, dizzy or experience pain, stop and consult your family physician.

The safety level of the equipment can be maintained only if it is examined regularly for damaged and wear.

IMPORTANT:

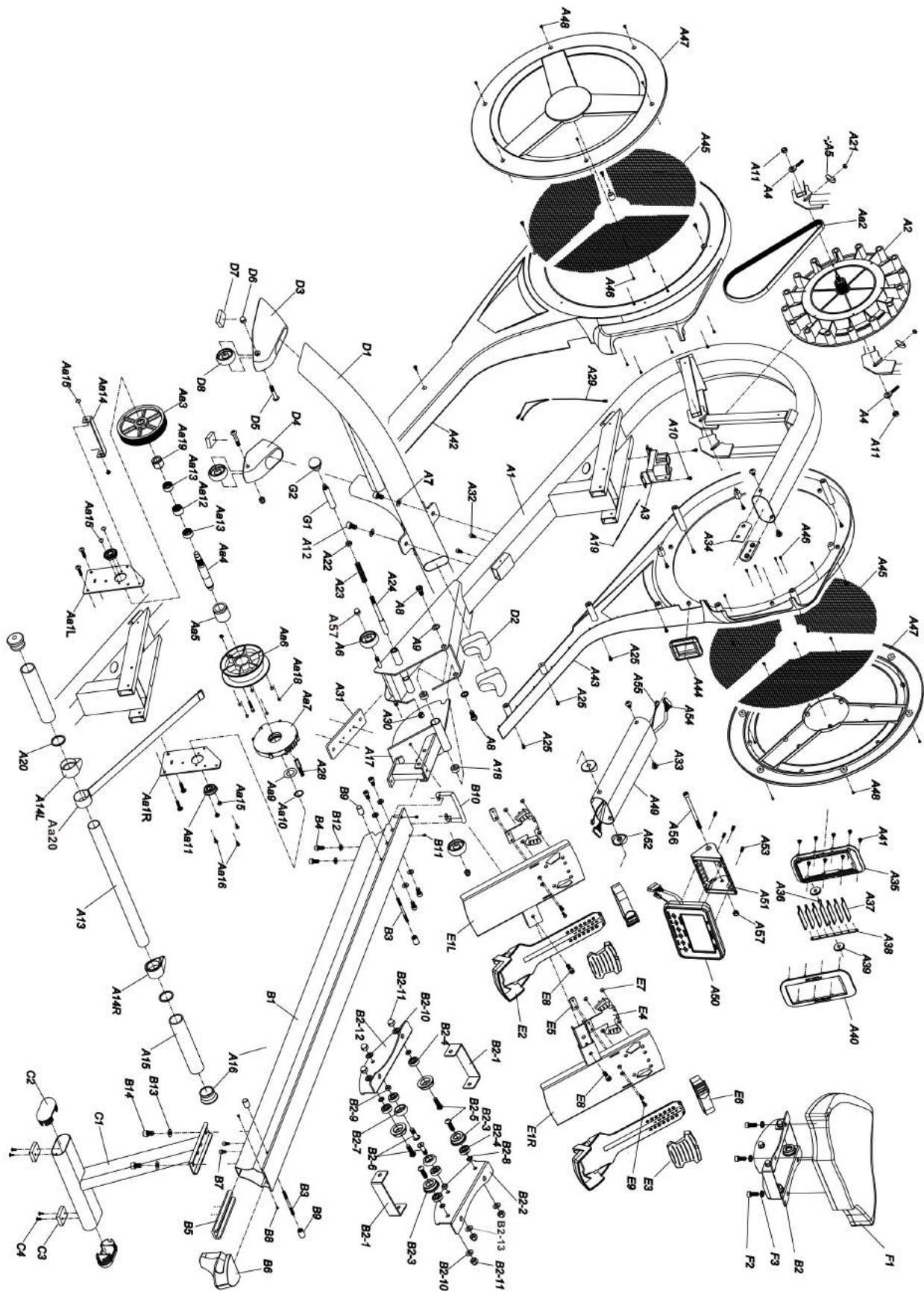
Read all instructions carefully. Assemble the unit in accordance with the steps in the manual. Layout all parts on the floor and check if you have all the parts included completely before beginning assembly. In case of a discrepancy, please contact the customer service department.

+ Product Diagram



Maximum Weight Limit: 150 KG / 330 lbs.

+ Exploded View



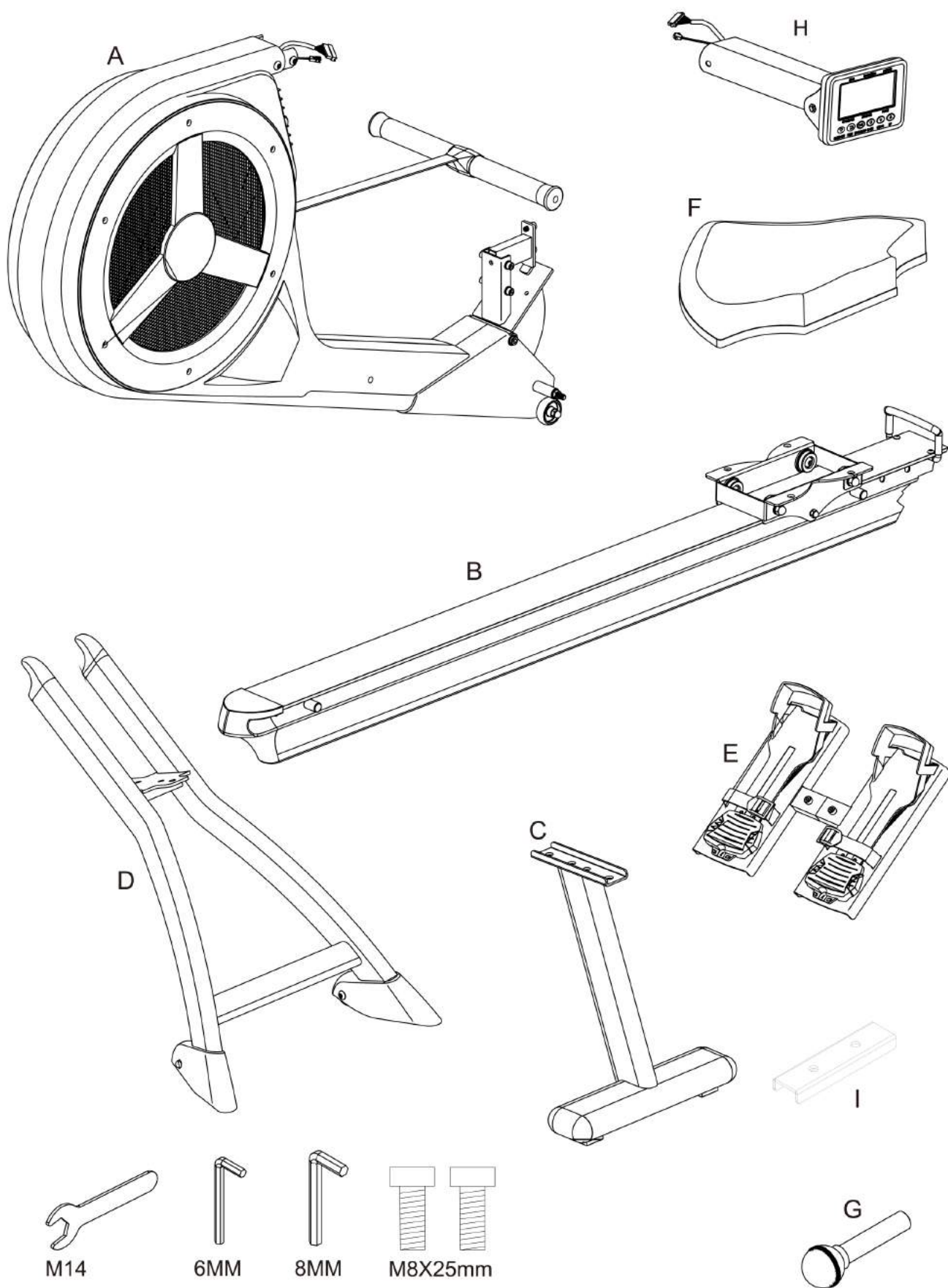
+ Parts List

NO.	NAME	SPECIFICATION	Q'TY	NO.	NAME	SPECIFICATION	Q'TY
A1	Main frame		1	A41	Philips screw		8
A2	Air fan wheel	Φ345_16	1	A42	Protecting cover (L)		1
A3	Tension motor		1	A43	Protecting cover (R)		1
A4	Adjust fixed base	M6	2	A44	Belt port cover		1
A5	Connecting shackle	D10	2	A45	Stretch net		6
A6	Wheel	Φ50×24mm	4	A46	Philips screw		18
A7	Washer	M10×1.5Tx20	3	A47	Air fan disk		2
A8	Allen bolt	M10×16mm	2	A48	Philips screw		12
A9	Flat washer	M10	2	A49	Tube		1
A10	Self-tap screw	4×12mm	2	A50	Monitor	SM-5866	1
A11	Nut	3/8"	2	A51	Back cover of meter		1
A12	Allen bolt	M10×16mm	2	A52	Washer	Φ8.3×Φ25×3T	4
A13	Pull lever		1	A53	Philips screw	M5×10mm	4
A14L	Sleeve (L)		1	A54	Cable (1)	12P	1
A14R	Sleeve (R)		1	A55	Cable (2)	3P female hook 400mm	1
A15	Form grip		2	A56	Allen bolt	M8x85mm	1
A16	Cap		2	A57	Dome Nut	M8	3
A17	Shaft set		1	Aa1L	Bracket of pull belt wheel-L	88×166×3T	1
A18	Inner sleeve	Φ21.5×12mm	2	Aa1R	Bracket of pull belt wheel-R	88×166×3T	1
A19	Cable		1	Aa2	Belt	290 J6	1
A20	Plastic washer	Φ38×Φ32×2T	2	Aa3	Belt pulley	3580	1
A21	Nylon lock nut	M6	2	Aa4	Axis of pull belt wheel	race	1
A22	Nut	3 / 8-16_14	1	Aa5	Outer ring of one-way bearing	3580	1
A23	Spring	Φ10×14 ×65mm	1	Aa6	Pull wheel	3580	1
A24	Pin	Φ12.7×128mm	1	Aa7	Iron spring box		1
A25	Self-tap screw	4×16mm	15	Aa9	Iron washer		1
A28	Sensor wire	2P 250mm	2	Aa10	Retaining ring		1
A29	Cable	3P + 3P	1	Aa11	Ball bearing	6201ZZ	2
A30	Cap	Φ1/2"	1	Aa12	One-way bearing	FC 2016	1
A31	Fixed plate		1	Aa13	Needle bearing	HK 2012	2
A32	Allen bolt		2	Aa14	Locking plate		1
A33	Allen bolt		4	Aa15	Philips screw	M5×6mm	6
A34	Connecting plate		2	Aa16	Self-tap screw	4×12"	3
A35	Fan outlet bracket		1	Aa18	Magnet	Φ6×5T	6
A36	Adjust blade		1	Aa19	Hex. Screw	M16×P1.5	1
A37	Blade		6	Aa20	Tension belt		1
A38	Interlock rod		1				
A39	Knob		2				
A40	Top cover of fan outlet		1				

+ Parts List

[illegible]

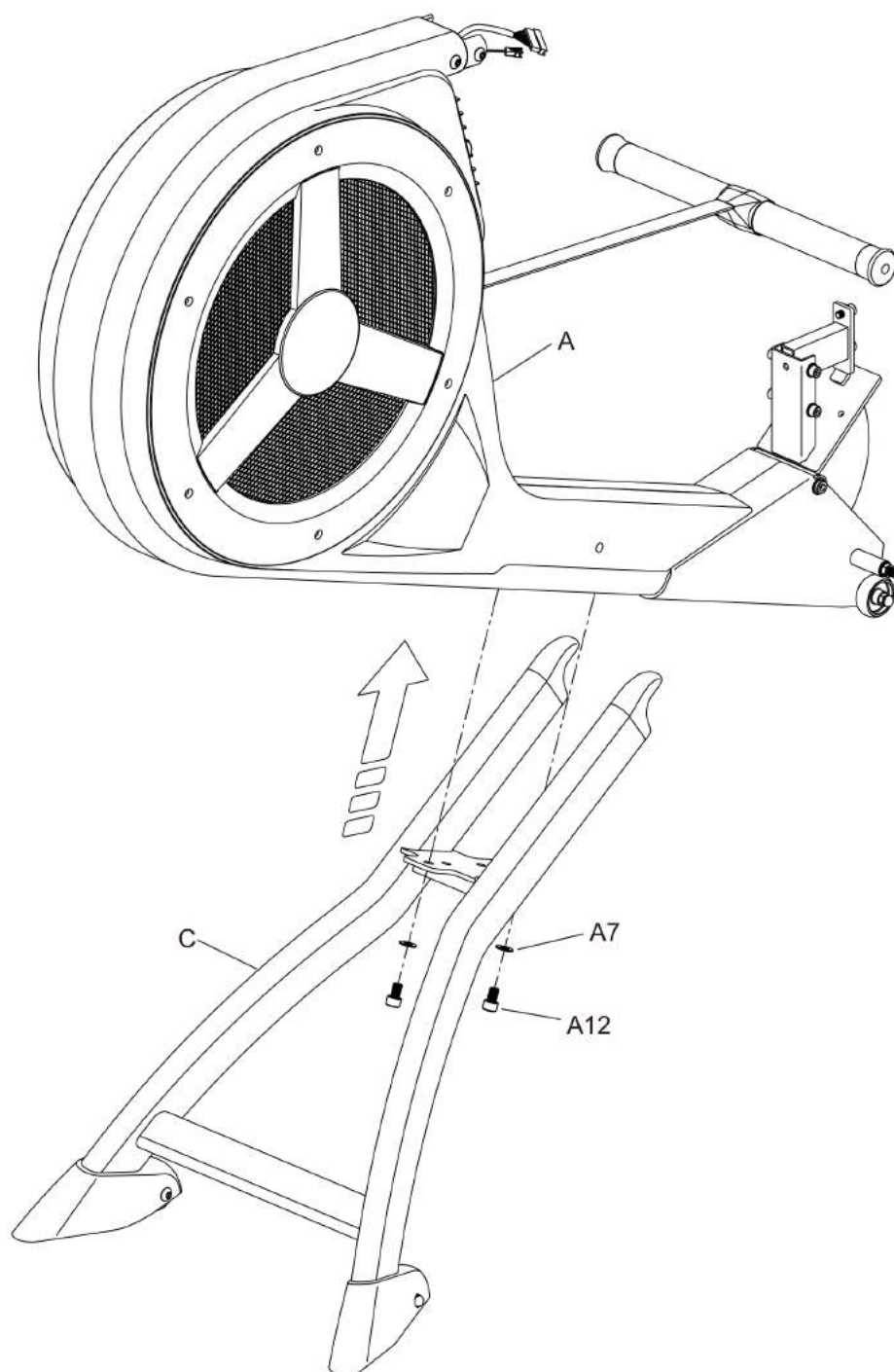
+ Packing List



+ Assembly Instructions

STEP 1

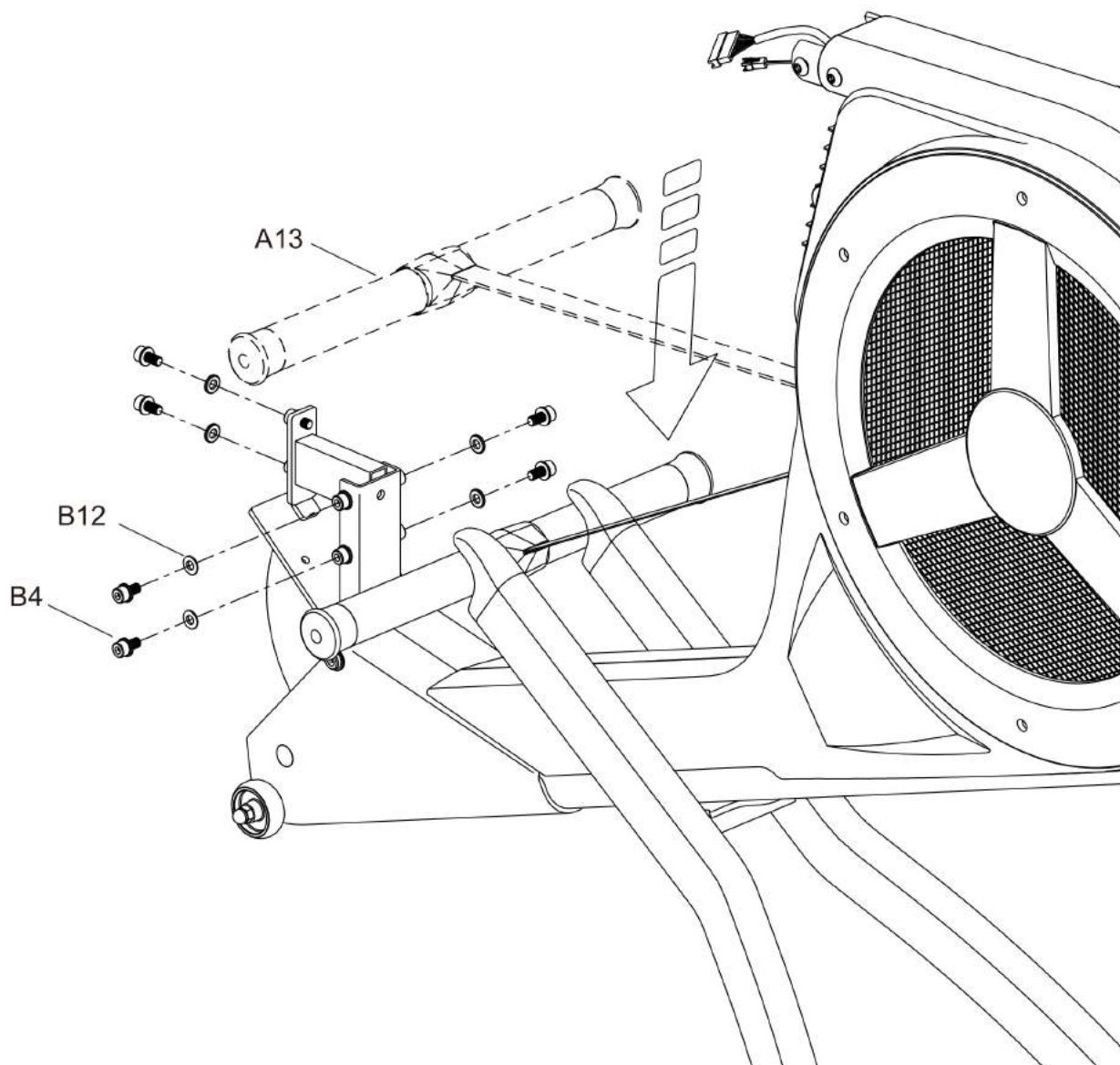
1. Remove two **SCREWS (A12)** and two **WASHERS (A7)** from the **MAIN FRAME (A)**.
2. Attach the **FRONT FOOT SET (C)** to the **MAIN FRAME (A)** using two **SCREWS (A12)** and two **WASHERS (A7)** removed earlier.



+ Assembly Instructions

STEP 2

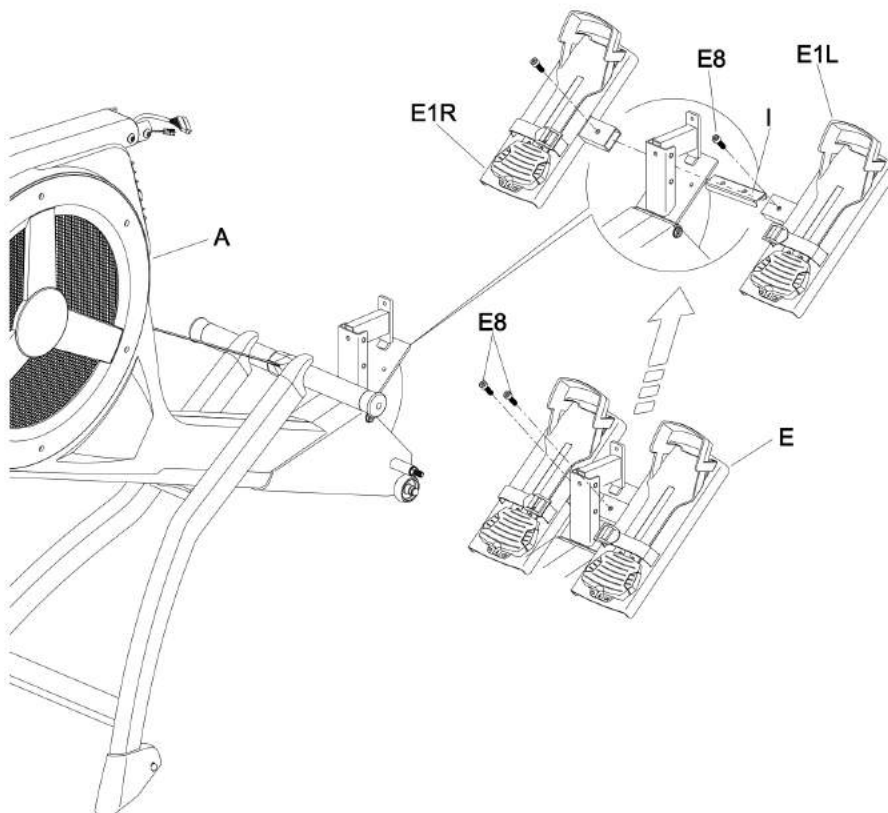
1. Place the **HANDLEBAR (A13)** to the handlebar holder.
2. Remove six **SCREWS (B4)** and six **WASHERS (B12)** from the **MAIN FRAME (A)**.



+ Assembly Instructions

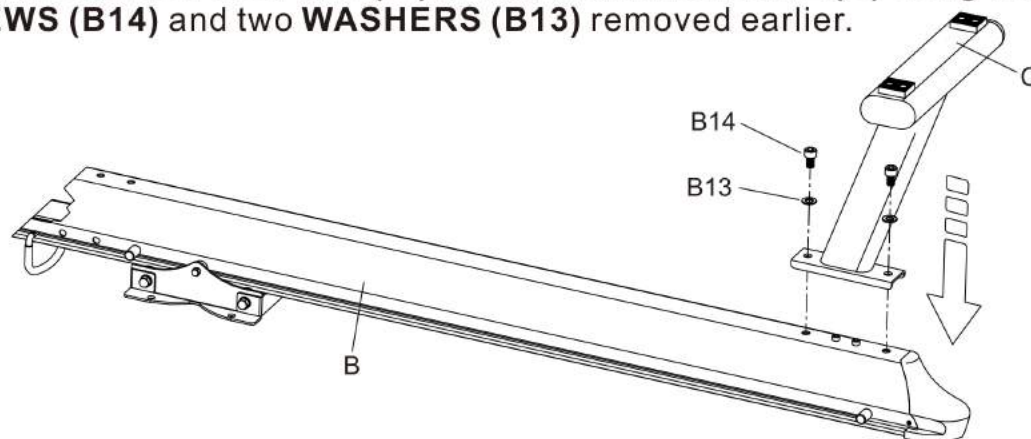
STEP 3

1. Remove **SCREWS (E8)** from the **PEDAL ASSEMBLY (E)** and detach two **PEDALS (E1L & E1R)**.
2. Insert **CONNECTING PLATE (I)** through the **MAIN FRAME (A)** and attach both **PEDALS (E1L & E1R)** to the **CONNECTING PLATE (I)** using two **SCREWS (E8)** removed earlier.



STEP 4

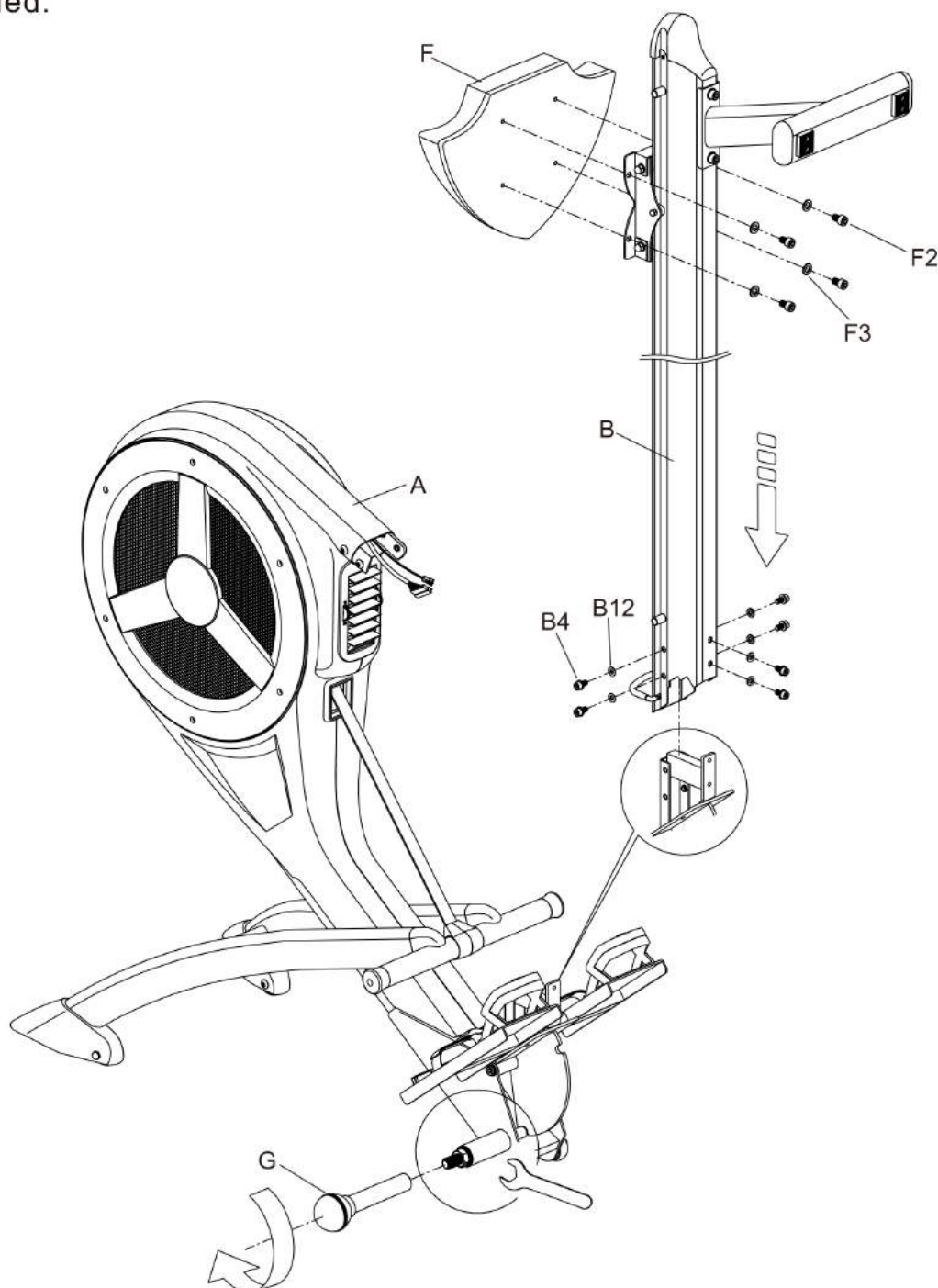
1. Remove two **SCREWS (B14)** and two **WASHERS (B13)** from the **ALUMINUM RAIL (B)**.
2. Attach the **REAR FOOT SET (C)** to the **ALUMINUM RAIL (B)** using two **SCREWS (B14)** and two **WASHERS (B13)** removed earlier.



✚ Assembly Instructions

STEP 5

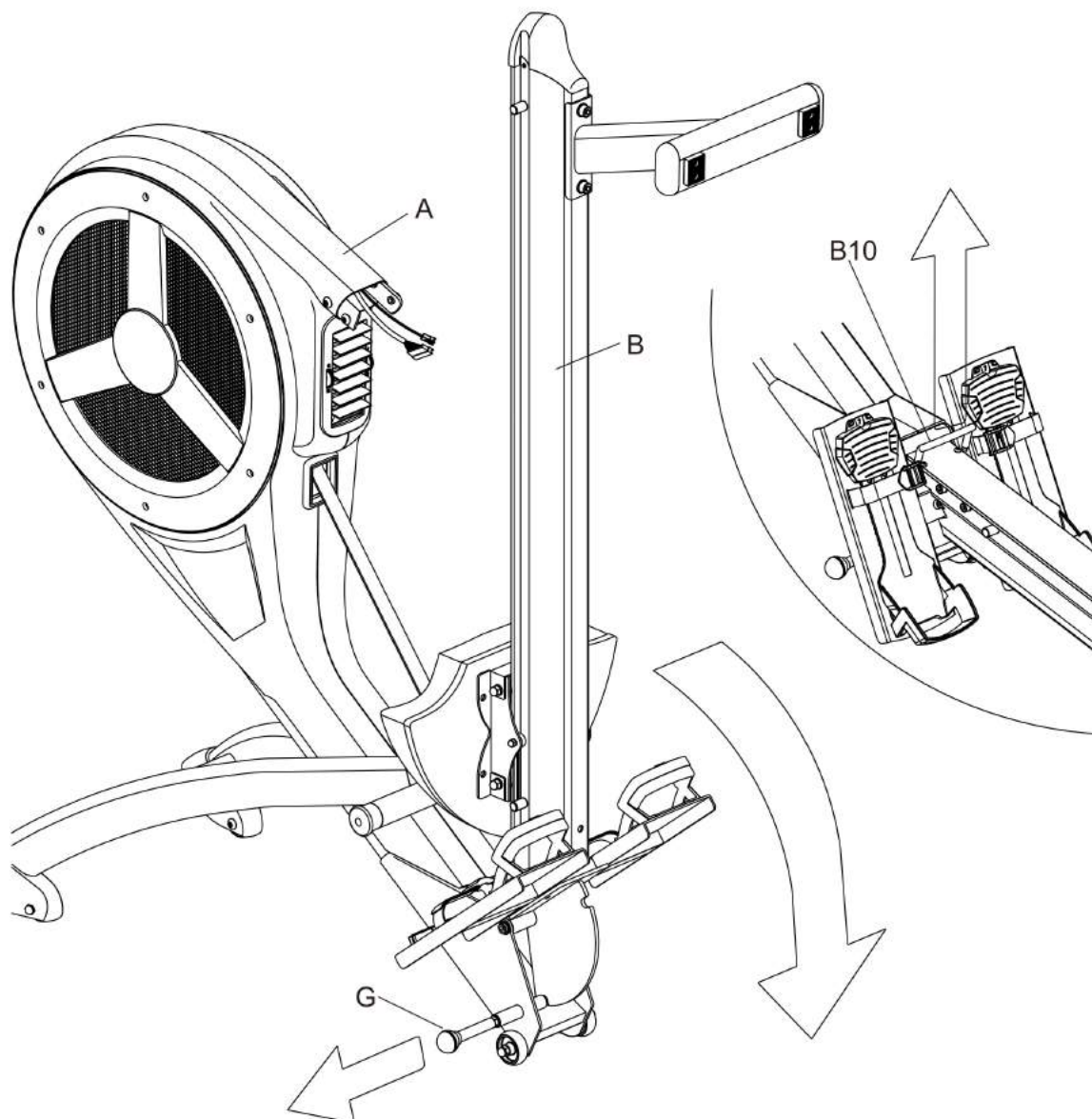
1. Attach the **ALUMINUM RAIL (B)** to the **MAIN FRAME (A)** using six **SCREWS (B4)** and six **WASHERS (B12)**.
2. Remove four **SCREWS (F2)** and four **WASHERS (F3)** from the **SEAT (F)**.
3. Attach the **SEAT (F)** to the **ALUMINUM RAIL (B)** using four **SCREWS (F2)** and four **WASHERS (F3)** just removed.
4. Install the **PULL PIN (G2)** to the **MAIN FRAME (A)** using the wrench provided.



+ Assembly Instructions

STEP 6

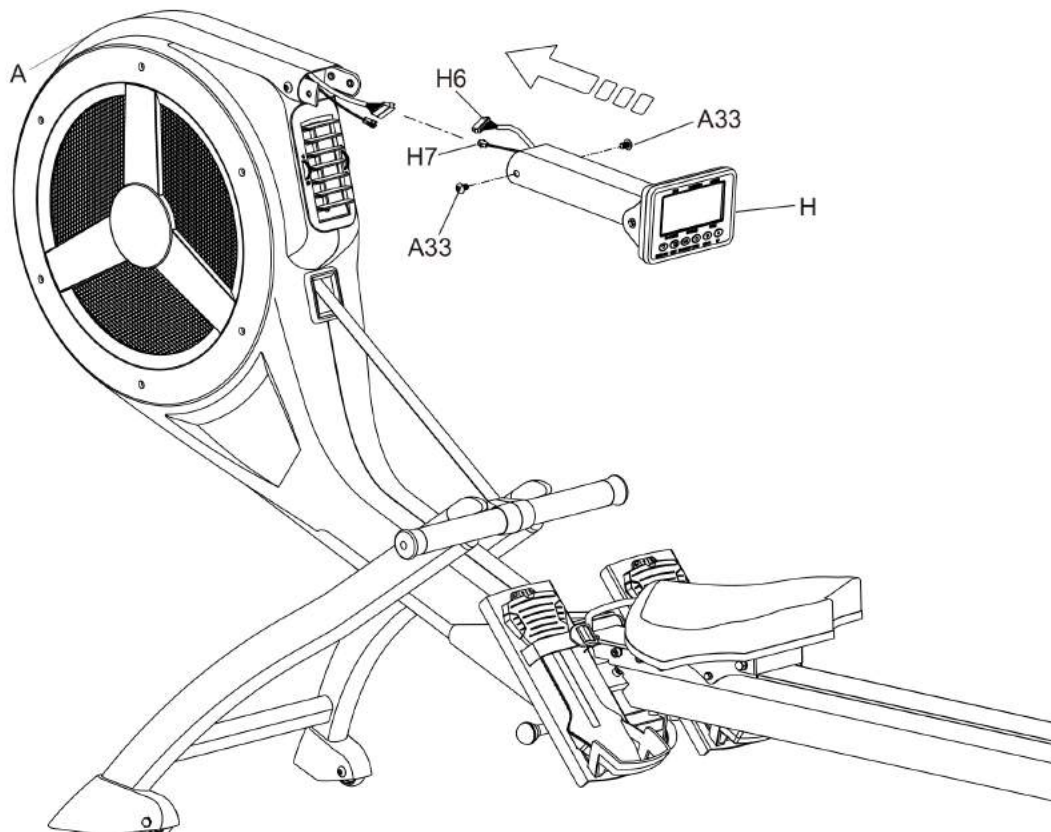
1. Hold the **ALUMINUM RAIL (B)** and pull the **PULL PIN (G2)** to slowly let down the **ALUMINUM RAIL (B)** on the floor.
2. Pull up the rower by holding the **RAIL HANDLE (B10)** until you hear a "CLICK" sound.
3. To fold the rower, hold the **RAIL HANDLE (B10)** firmly. Pull the **PULL PIN (G2)** and carefully let down the rower on the floor.
4. Fold the **ALUMINUM RAIL (B)** until you hear a "CLICK" sound.



✚ Assembly Instructions

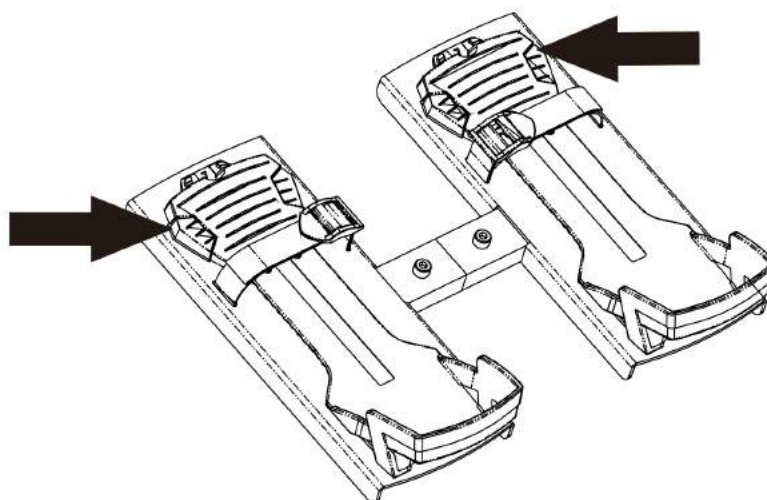
STEP 7

1. Remove two **SCREWS (A33)** from the **MAIN FRAME (A)**.
2. Connect **CABLES (H6 & H7)** to the **CABLES** coming out from the **MAIN FRAME (A)**.
3. Attach the **CONSOLE ASSEMBLY (H)** to the **MAIN FRAME (A)** using 2 **SCREWS (A33)** removed earlier.



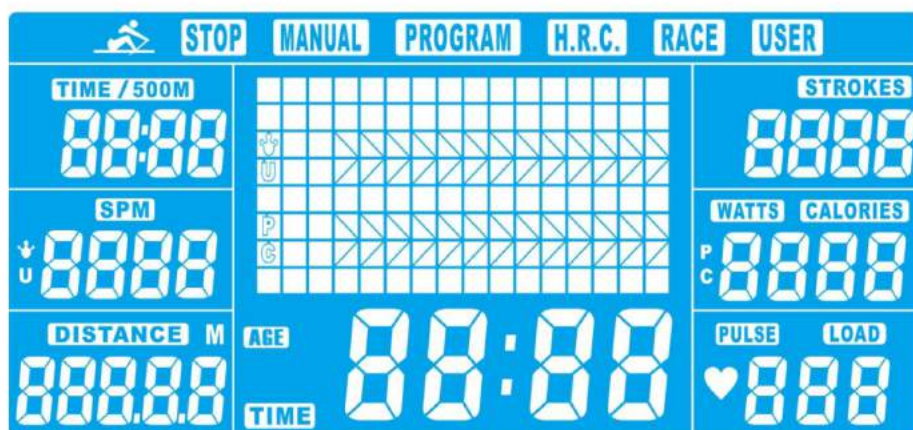
STEP 8

Press the pedal adjustment as the arrow indicated to adjust the pedal.



+ Console Manual

LCD DISPLAY



DISPLAY FUNCTIONS

ITEM	DESCRIPTION
SPM	- Stroke per minute. - Display range 0~99; Each increment/decrement is 5.
Time/500m	- Workout time display during rowing. - Display range 0:00~99:00. - Scan every 6 seconds, the console displays the time needed to row 500 meters according to the current speed.
DISTANCE	- Rowing distance. - Display range 0~9999M; Each increment/decrement is 100.
WATT	Display range 0~999.
CALORIES	- Burned calories during rowing. - Display range 0~9999; Setting range 0~9990 Cal.
STROKES	- Complete movement of rowing. - Display range: 0~9999. - Scan every 6 seconds with Total Stroke. - Total strokes number clear after power off (adaptor plug out).
PULSE	- Pulse bpm during rowing. - Display range 0-30~240.
LOAD	Resistance level 1~16.
TIME	Total workout time display when rowing.
MANUAL	Manual mode workout.
PROGRAM	12 Programs preset to select.
H.R.C	Target Heart Rate rowing mode.
RACE	User and PC rowing competition.
USER	User creates resistance level profile to rowing.

KEY FUNCTION

ITEM	DESCRIPTION
Up	- Setting selection. - Increase resistance level.
Down	- Setting selection. - Decrease resistance level.
ENTER	Confirm setting or selection.
Reset	- Hold on pressing for 2 seconds, computer will reboot. - Clear setting value. - Reverse to main menu after finish a workout.
Start/ Stop	Start or Stop rowing training.
Recovery	Test heart rate recovery status.

OPERATION PROCEDURE

1. POWER ON

Plug in power supply (or press RESET key 2s), computer will power on and display all segments on LCD for 2 seconds (Picture 1). Then come to program selecting Mode.



Picture 1

2. POWER OFF

After 4 minutes of no use, the computer will return to power save mode. To restart, press enter or start rowing.

3. Function selection

In program selecting mode, MANUAL, Program, H.R.C., Race, User are flashing. Press UP or DOWN button to select: Manual-->Program-->H.R.C.-->Race-->User , and confirm by pressing ENTER.

4. Manual Mode

- 4.1 Press START/STOP key in main menu may start rowing directly in Manual mode.
- 4.2 Press UP or DOWN to select Manual mode and press ENTER to confirm (Picture 2).
- 4.3 Press UP or DOWN to set target value of TIME/DISTANCE,CALORIES,PULSE, press ENTER to confirm. (Time and DISTANCE can't be preset at the same time.)
- 4.4 Press START/STOP key to start rowing (Picture 3).
 - Time will count down.
 - Press UP / DOWN to increase resistance.

+ Console Manual

4.5 When any preset workout value count down to 0, console will STOP.
Then display average value. (Press any key to stop alarm.)

4.6 Press START/STOP to pause workout. Press RESET to reverse to main menu.



Picture 2



Picture 3

5. Program Mode

5.1 Press UP or DOWN to select Program mode and press ENTER to confirm.

5.2 Press UP or DOWN to select profile (P1~P12, Picture 4) and press ENTER to confirm.

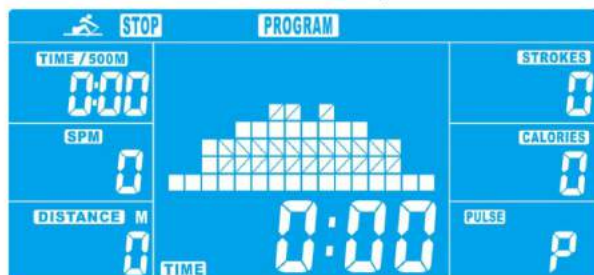
5.3 Press UP or DOWN to preset TIME (Picture 5) and press ENTER to confirm.

5.4 Press START/STOP key to start rowing. Press UP or DOWN to adjust resistance level from 1~16.

5.5 When TIME counts down to 0, console will stop and alarm bi-bi-bi-bi per second for 8 seconds.

Then display average value. (Press any key to stop alarm.)

5.6 Press START/STOP to pause workout. Press RESET to reverse to main menu.



Picture 4



Picture 5

6. H.R.C Mode - to be used in conjunction with heart rate strap

6.1 Press UP or DOWN to select H.R.C. mode and press ENTER to confirm.

6.2 Press UP or DOWN to set AGE (preset = 25, Picture 6), press ENTER to confirm.

6.3 Press UP or DOWN to select 55%, 75%, 90% and Target HR (Picture 7). When select Target H.R., the preset value 55% (default: 107bpm), 75% (default: 146bpm), 90% (default: 175bpm), TAG (default: 100bpm) will display in PULSE window. When select TAG, preset PULSE 100 is flashing (Picture 8), press UP or DOWN to set PULSE from 0-30~230.

6.4 Press UP or DOWN to preset TIME (Picture 9).

6.5 Press START/STOP key to start workout. If there is no pulse input after exercising starting, LCD will reminder with displaying ♥ icon. Without pulse input for 30s, system will STOP. With pulse input, TIME starts counting down. When TIME counts down to 0:00 system will STOP and alarm bi-bi-bi-bi per second for 8 seconds. Then display average value. (Press any key to stop alarm.)

6.6 When user actual PULSE not reach preset value, system will increase 1 level per 30s till LEVEL=16; When user actual PULSE exceed preset value, system will decrease 1 level per 15s till LEVEL=1 and alarm 2 beeps every second. Providing user PULSE is still higher than preset

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when LEVEL=1 for 30s, console will stop automatically for user safety. If no pulse input to console, system will decrease 1 level immediately and then reduce one level each 15s with beeps till LEVEL=1. No pulse input for 30s, console will stop.

6.7 Press START/STOP to pause workout. Press RESET to reverse to main menu.



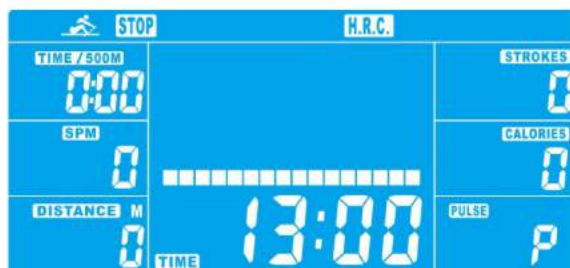
Picture 6



Picture 7



Picture 8



Picture 9

7. Race Mode

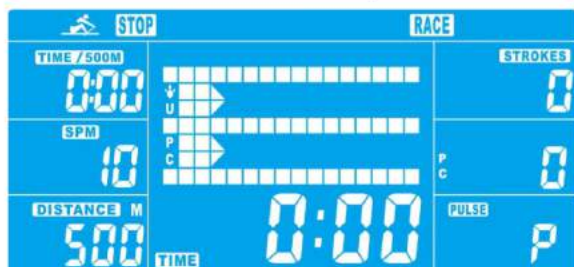
7.1 Press UP or DOWN to select Race mode (Picture 10) and press ENTER to confirm.

7.2 Press UP or DOWN to set TIME and DISTANCE (preset=500) (Picture 11). Press ENTER to confirm.

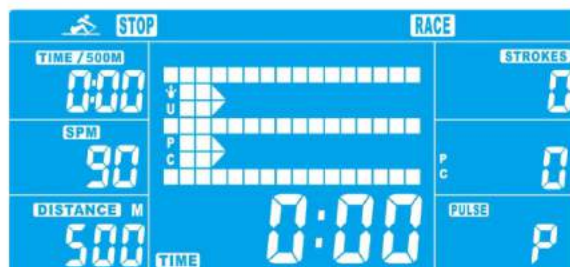
7.3 Press START/STOP key to start workout. LCD will display USER & PC workout status (Picture 12). PC workout distance display in PB column while user workout distance display in U column (Picture 13).

7.4 When any function reaches target value, system STOP. PC or USER will display finished data (Picture 14). System will alarm bi-bi-bi-bi . Press any key to stop alarm.

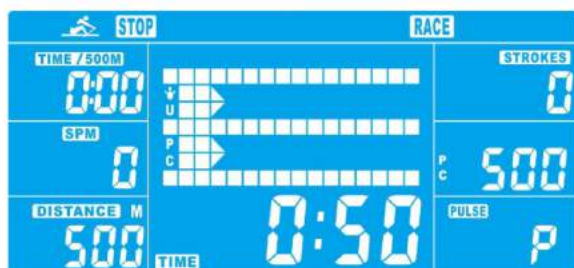
7.5 Press START/STOP to pause workout. Press RESET to reverse to main menu.



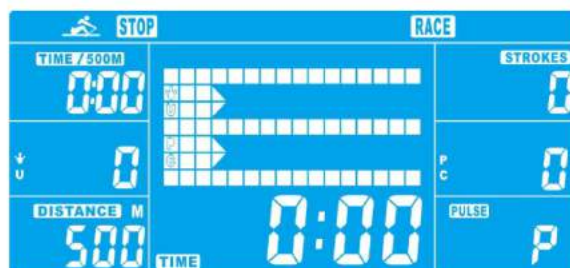
Picture 10



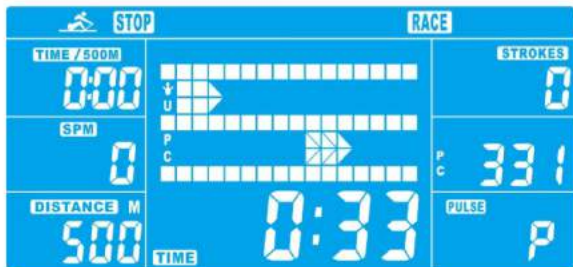
Picture 11



Picture 12



Picture 13



Picture 14

8. USER Mode - user mode allows the user to set their own workout profile

- 8.1 Press UP or DOWN to select USER mode and press ENTER to confirm.
- 8.2 Press UP or DOWN to set resistance level of each column (Picture 15). Press ENTER to next one. Hold on pressing MODE for 2s to finish or quit setting.
- 8.3 Press UP or DOWN to preset TIME (Picture 16), and press ENTER to confirm.
- 8.4 Press START/STOP key to start workout. Press UP or DOWN to adjust resistance level.
- 8.5 When preset workout value count down to 0, console will stop and alarm bi-bi-bi-bi for 8 seconds. Press any key to stop alarm.
- 8.6 Press START/STOP key to pause workout.
- 8.7 Press RESET to reverse to main menu.



Picture 15



Picture 16

9. Recovery Mode

- 9.1 In Recovery mode, user must be wearing a chest strap. When the pulse value is displayed on the computer, press the RECOVERY key start measurement.
- 9.2 Then all functions are stopped except TIME and PULSE window (Picture 17). TIME shows "0:60" (seconds) and starts counting down to 0:00.
- 9.3 Computer will show heart rate recovery status after TIME counting down to 0:00 with FX (X=1~6) (Picture 18), as showing in below chart.
- 9.4 Press RECOVERY again to reverse to main menu.



Picture 17



Picture 18

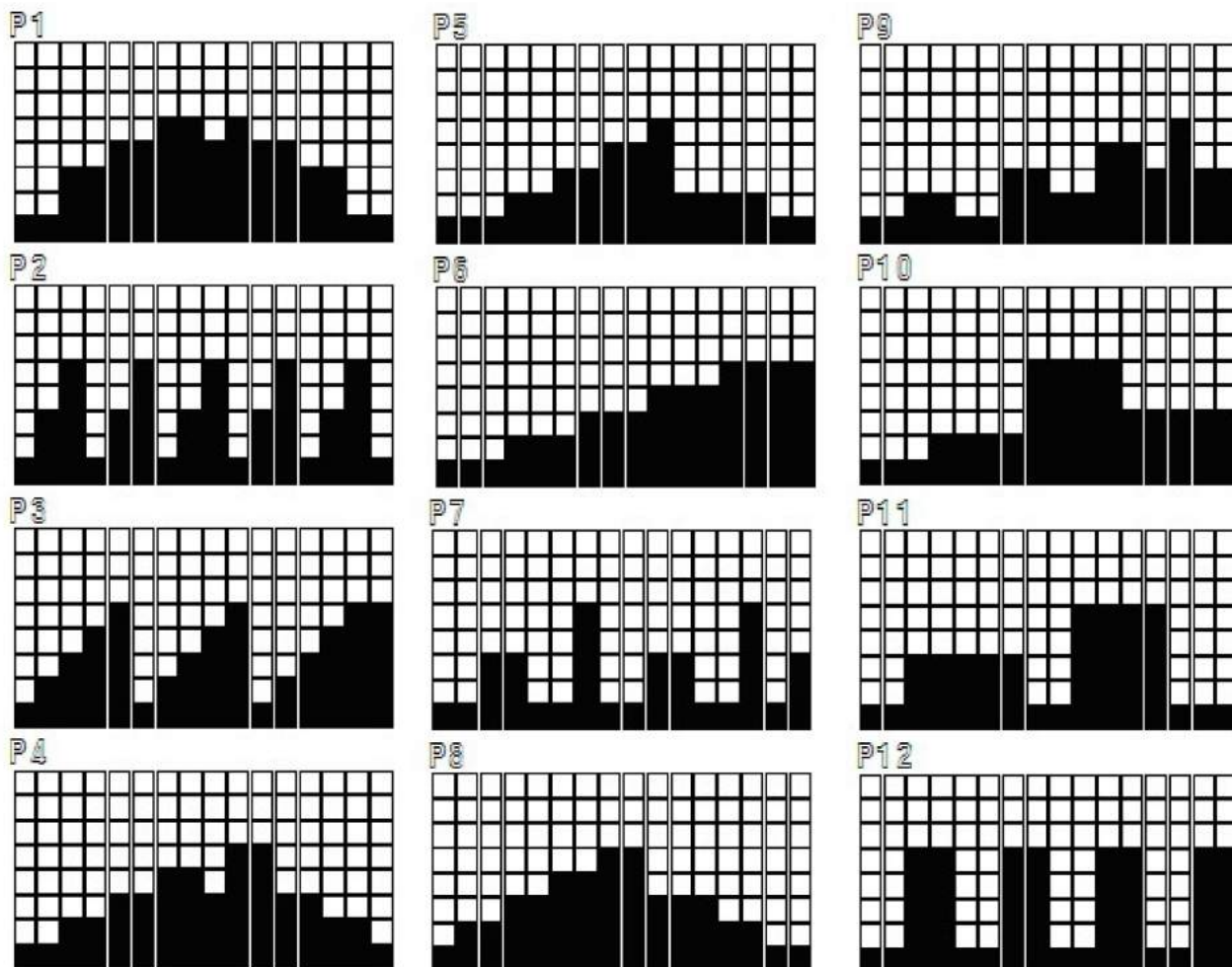
F1	Outstanding
$1.0 < F2 < 2.0$	Excellent
$2.0 < F3 < 2.9$	Good
$3.0 < F4 < 3.9$	Fair
$4.0 < F5 < 5.9$	Below average
F6	Poor

“WARNING! Heart rate monitoring systems may be inaccurate. Over exercise may result in serious injury or death. If you feel faint stop exercising immediately”

TROUBLE SHOOTING:

1. If console display E-2, pls check if cables were well connected or damaged.
2. After 4 minutes without rowing or pulse input, console will enter into power saving mode.

Program profile: P01~P12



+ Warm Up / Cool Down

WARM UP / COOL DOWN

Suggested Stretches

The following stretches provide a good warm-up and cool-down. Move slowly as you stretch.

Ham String Stretch

Sit with one leg extended. Bring the sole of the opposite foot toward you, resting it against the extended leg's inner thigh. Stretch toward your toe as far as possible, hold for 15 counts, then relax. Repeat three times for both legs. .

Stretches: Hamstring, Lower Back and Groin



Inner Thigh Stretch

Sit with the soles of your feet together and knees pointing outward. Pull your feet as close into the groin area as possible. Hold for 15 counts, then relax. Repeat three times.

Stretches: Quadriceps and Hip Muscles



Toe Touches

Stand with your knees bend slightly, slowly bend forward from the hips. Allow your back and shoulders to relax as you stretch down toward your toes. Go as far as you can and hold for 15 counts, then relax. Repeat three times.

Stretch: Hamstring, Back of Knees, Back



Quadriceps Stretch

Stand on one foot with one hand hold onto the wall to balance, raise the other foot behind you, and pull up your foot as close to your buttocks as possible. Hold for 15 counts, then relax. Repeat three times.

Stretch: Quadriceps muscles, Hip muscle



Calf/Achilles Stretch

With one leg in front of the other and arms out, lean against the wall. Keep your back leg straight and back foot flat on the ground; then bend the front leg and lean forward by moving your hips toward the wall. Hold, then repeat on the other side. To cause even further stretching the Achilles tendons, slightly bend back leg as well.

Stretch: Lower legs, Achilles tendons, and Ankles



+ Additional Information

CLEANING & MAINTENANCE

Inspect and tighten all parts of the exercise trainer regularly. Replace any worn parts immediately.

To clean the exercise trainer, use damp cloth and a small amount of mild soap.

IMPORTANT: To avoid damage to the console, keep liquids away from the console and keep the console out of direct sunlight.

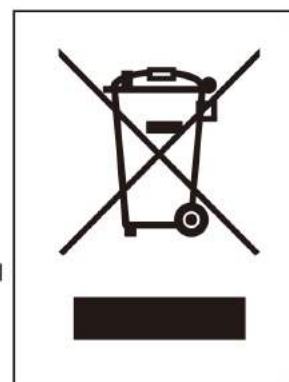
CONSOLE TROUBLESHOOTING

Read console troubleshooting section in the console manual for assistance.

RECYCLING INFORMATION

This electronic product must not be disposed of in municipal waste. To pre-serve the environment, this product must be recycled after its useful life as required by law.

Please use recycling facilities that are authorized to collect this type of waste in your area. In doing so, you will help to conserve natural resources and improve European standards of environmental protection. If you require more information about safe and correct disposal methods, please contact your local city office or the establishment where you purchased this product.



ADDITIONAL INFORMATION

1. The console requires 9V, 1.3A adaptor.
2. After 4 minutes of non use the console enters into power save mode, all setting and exercise data are stored until a user starts the trainer again.