

ERG600W ROWER

OWNER'S MANUAL

PLEASE CAREFULLY READ THIS ENTIRE MANUAL BEFORE OPERATING YOUR NEW ROWER

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ATTENTION

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

Important Safety Instructions

When using an electrical appliance, basic precautions should always be followed, including the following:

Read all instructions before using this appliance.

DANGER - To reduce the risk of electric shock:

1. Always unplug this appliance from the electrical outlet immediately after using and before cleaning.

WARNING - To reduce the risk of burns, fire electric shock, or injury to persons:

1. An appliance should never be left unattended when plugged in. Unplug from outlet when not in use, and before putting on or taking off parts.
2. Do not operate under blanket or pillow. Excessive heating can occur and cause fire, electric shock, or injury to persons.
3. Close supervision is necessary when this appliance is used by, on, or near children, invalids, or disabled persons.
4. Use this appliance only for its intended use as described in this manual. Do not use attachments not recommended by the manufacturer.
5. Never operate this appliance if it has a damaged cord or plug, if it is not working properly, if it has been dropped or damaged, or dropped into water. Return the appliance to a service center for examination and repair.
6. Do not carry this appliance by supply cord or use cord as a handle.
7. Keep the cord away from heated surfaces.
8. Never operate the appliance with the air openings blocked. Keep the air openings free of lint, hair, and the like.
9. Never drop or insert any object into any opening.
10. Do not use outdoors.
11. Do not operate where aerosol (spray) products are being use or where oxygen is being administered.
12. Connect this appliance to a properly grounded outlet only.
13. The appliance is intended for household use.

Fitness Equipment Safety Instructions

- To disconnect, turn all controls to the off position, then remove the plug from the outlet.
- Do not operate equipment on deeply padded, plush or shag carpet. Damage to both carpet and equipment may result.
- Before beginning this or any exercise program, consult a physician. This is especially important for persons over the age of 35 or persons with pre-existing health conditions.
- Keep hands away from all moving parts.
- The pulse sensors are not medical devices. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The pulse sensors are intended only as exercise aids in determining heart rate trends in general.
- Do not attempt to use your equipment for any purpose other than for the purpose it is intended.
- Wear proper shoes. High heels, dress shoes, sandals or bare feet are not suitable for use on your equipment. Quality athletic shoes are recommended to avoid leg fatigue.

Failure to follow all guidelines may compromise the effectiveness of the exercise experience, expose yourself (and possibly others) to injury, and reduce the longevity of the equipment.

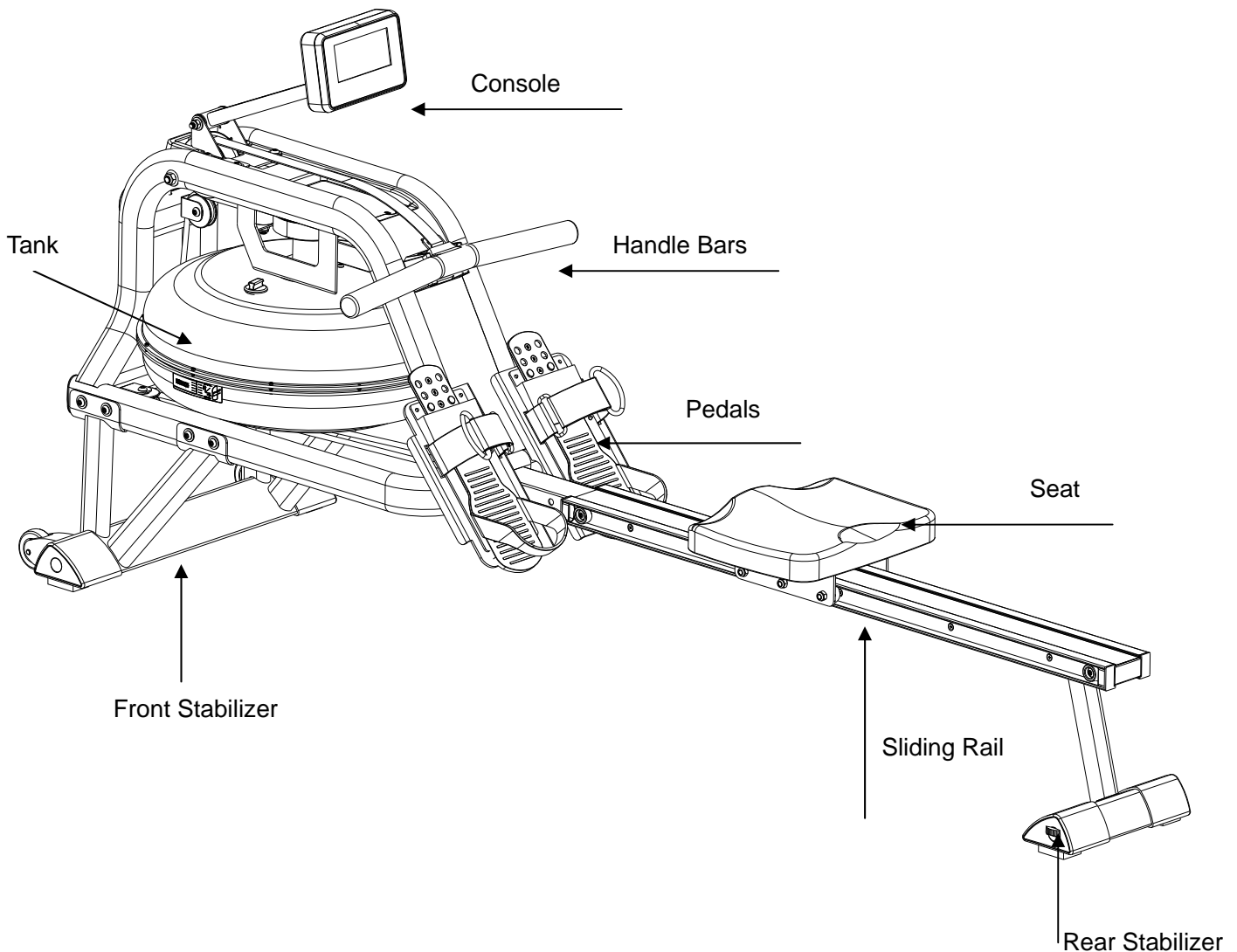
SAVE THESE INSTRUCTIONS - THINK SAFETY!

CAUTION!! Please be careful when unpacking the carton.

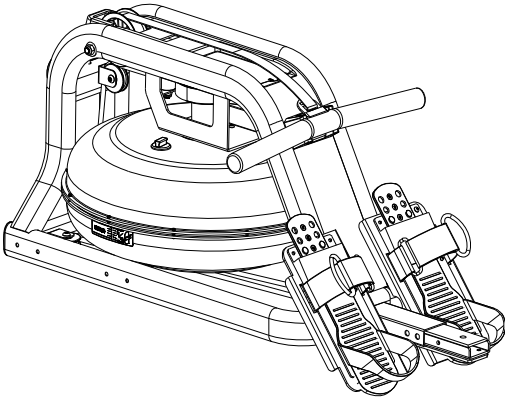
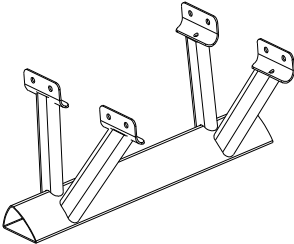
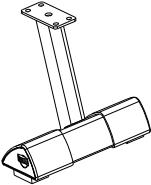
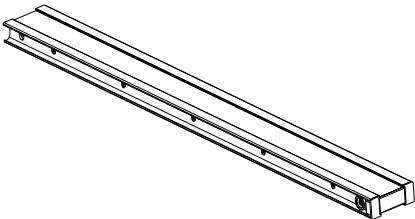
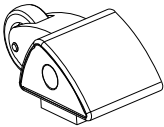

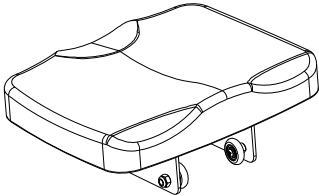


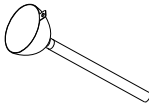
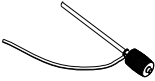

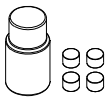
Before you begin

Thank you for selecting our revolutionary Xterra ERG600W Fitness Rower. A rower is an effective exercise for increasing cardiovascular fitness, building endurance, and toning the body. Our fitness rower provides an impressive selection of features designed to make your workouts at home more effective and enjoyable.

For your benefit, read this manual carefully before you use the ERG600W Fitness Rower. To help us assist you, note the product model number and serial number before contacting us. Before reading further, please familiarize yourself with the parts that are labeled in the drawing below.



ERG600W Assembly Pack Checklist

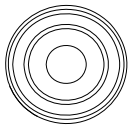
		
NO.1	NO.2	NO.4
		
NO.3	NO.25	NO.26
		
NO.36	NO.82	NO.83
		
NO.77	NO.76	NO.35
		
		water-purification tablet

ERG600W Assembly Pack Checklist

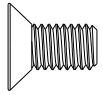
PART NO.	DESCRIPTION	Q'TY
1	Main Frame	1
2	Front Stabilizer	1
4	Rear Stabilizer	1
3	Slide Rail	1
25	Left End Cap	1
26	Right End Cap	1
46	Meter	1
82	Rail Endcap L	1
83	Rail Endcap R	1
35	Stopper	2
36	Seat	1
77	Funnel	1
76	Pumping Siphon	1
	Water-purification tablet	1
	User manual	1
	Hardware parts	1

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

ERG600W Assembly Pack Checklist



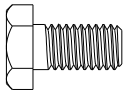
_____ #35 Stopper 2pcs



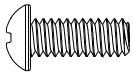
_____ #58 M8*15 4pcs



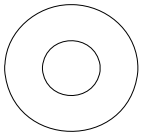
_____ #60 M8*18 14pcs



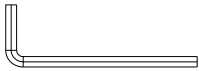
_____ #66 M8*15 4pcs



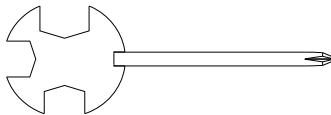
_____ #68 M4*12 2pcs



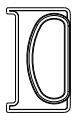
_____ #71 OD20*ID8.5*1.5 16pcs



_____ #74 S5 1pc



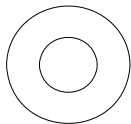
_____ #75 S13-17 1pc



_____ #82 Rail endcap L 1pc



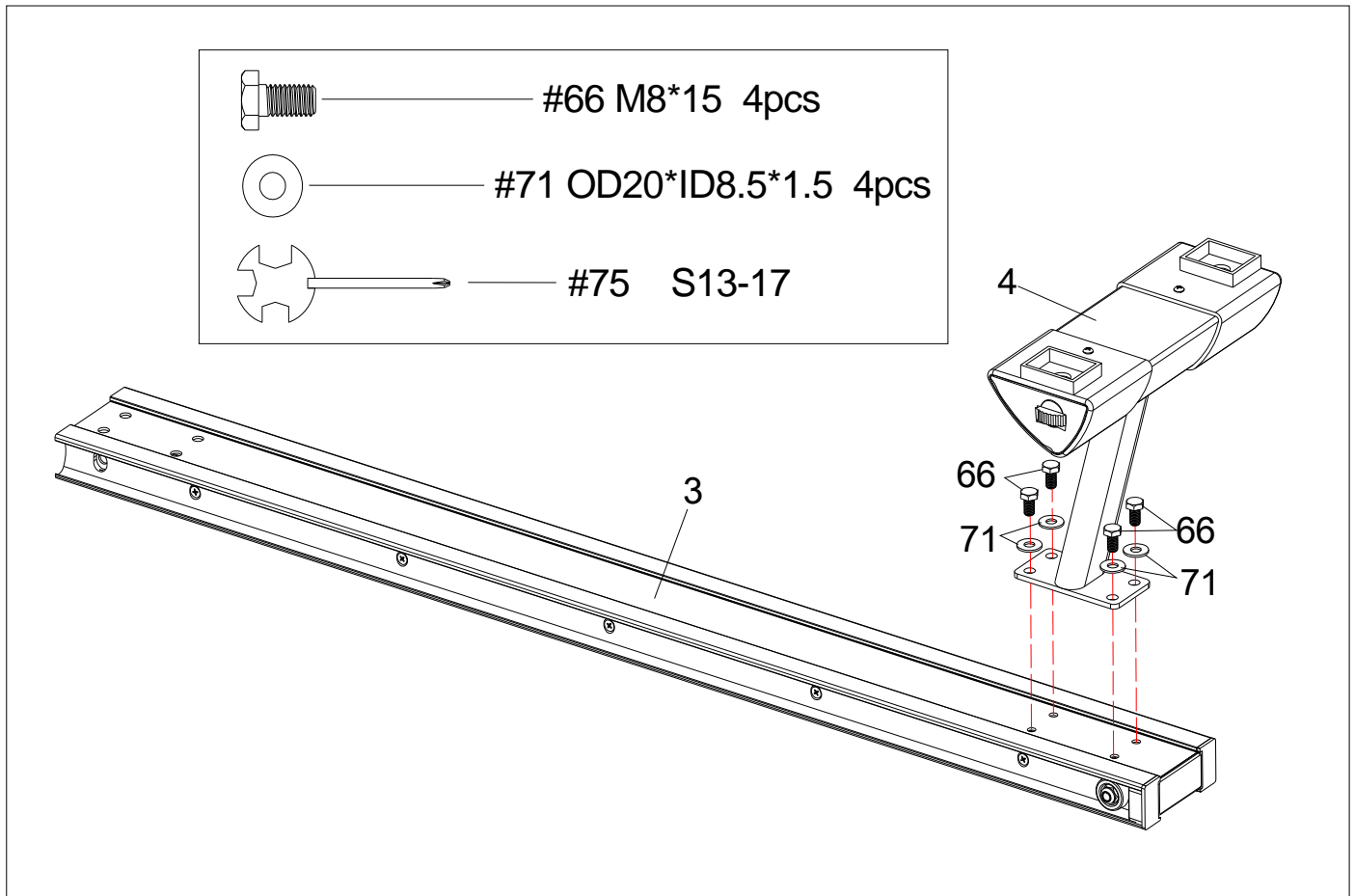
_____ #83 Rail endcap R 1pc



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

ERG600W Assembly Instructions

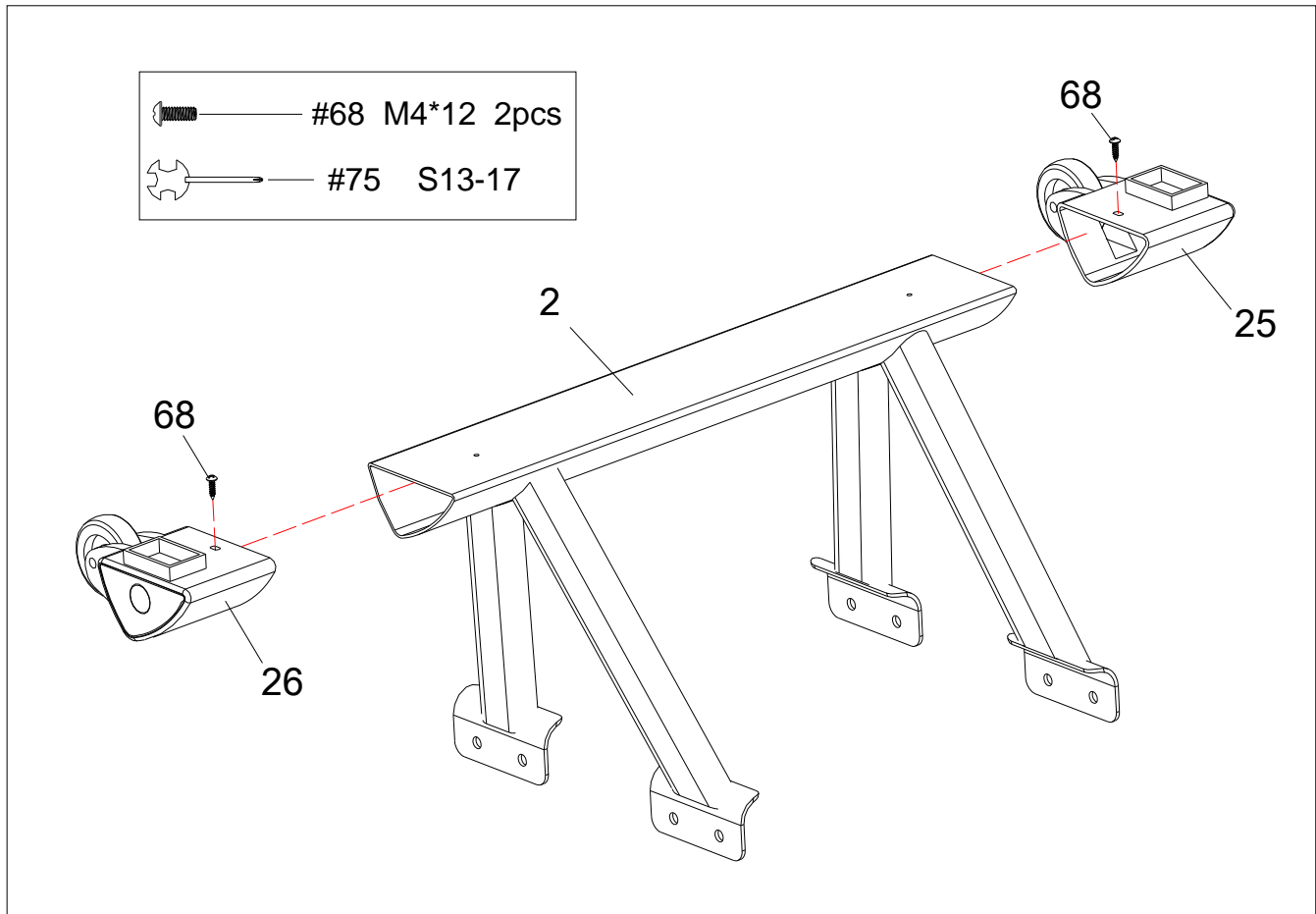
1 Rear Stabilizer



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

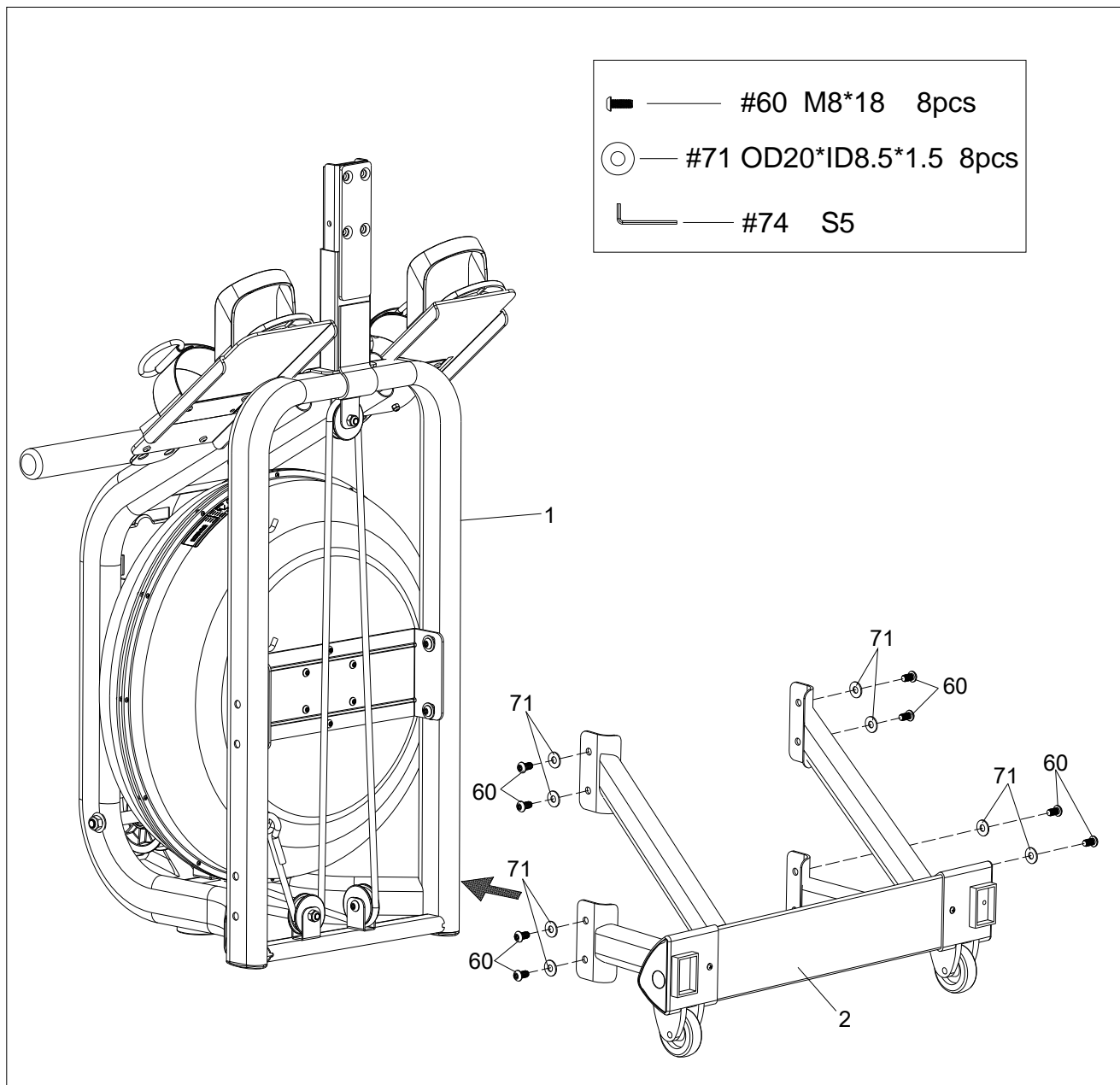
1. Turn over the **Slide Rail (No. 3)** as above. Attach the **Rear Stabilizer (No.4)** to the Slide Rail with **4 Washers (No.71)** and **4 Outer Hex Screws (No.66)**.
2. Tighten with **Spanner (No.75)**.

2 Front Stabilizer Endcaps



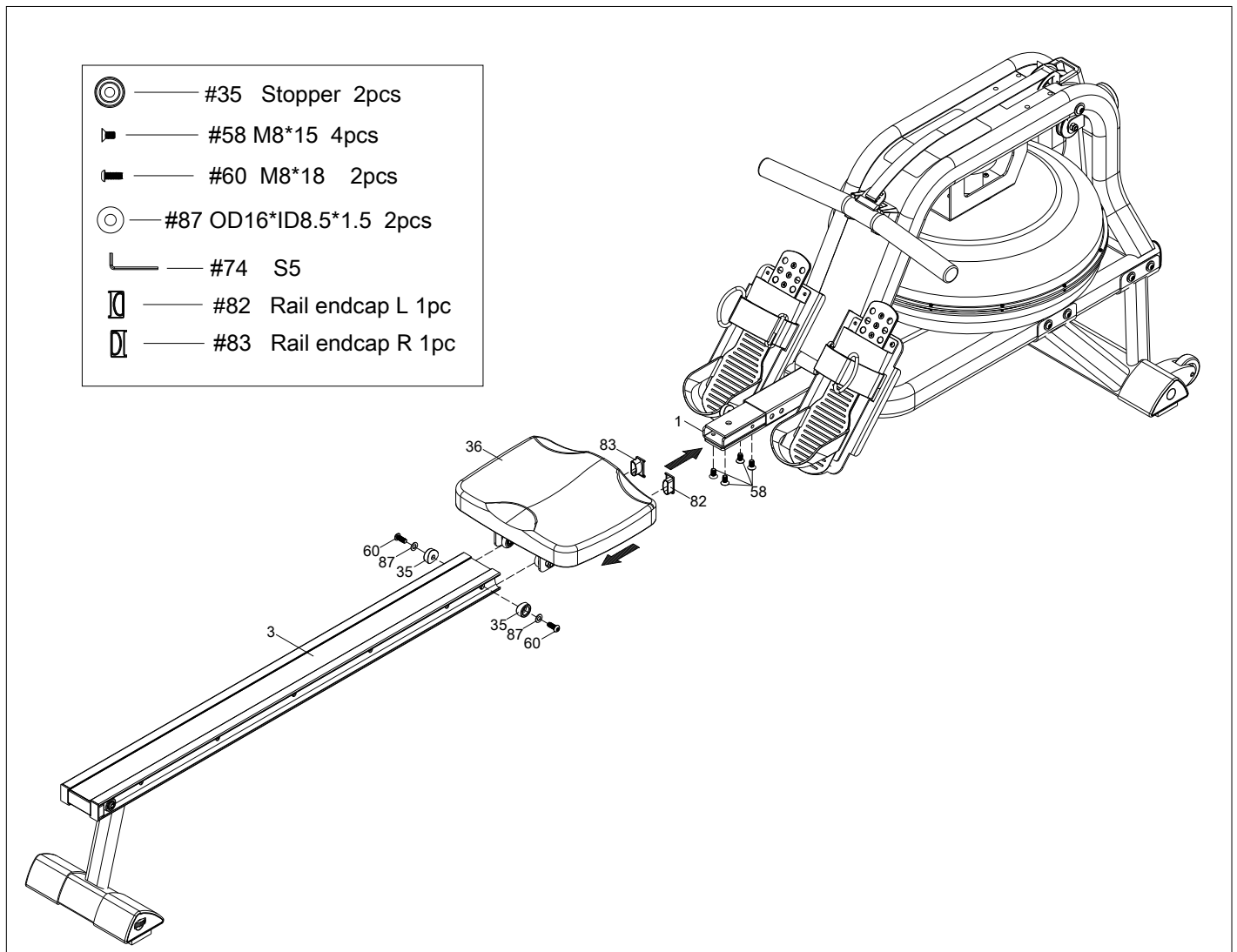
1. Attach **L & R End Caps (No.25 & 26)** to **Front Stabilizer (No.2)**. Then tighten with **2 Cross Screws (No.68)** using the **Spanner (No.75)**.

3 Attaching the Front Stabilizer



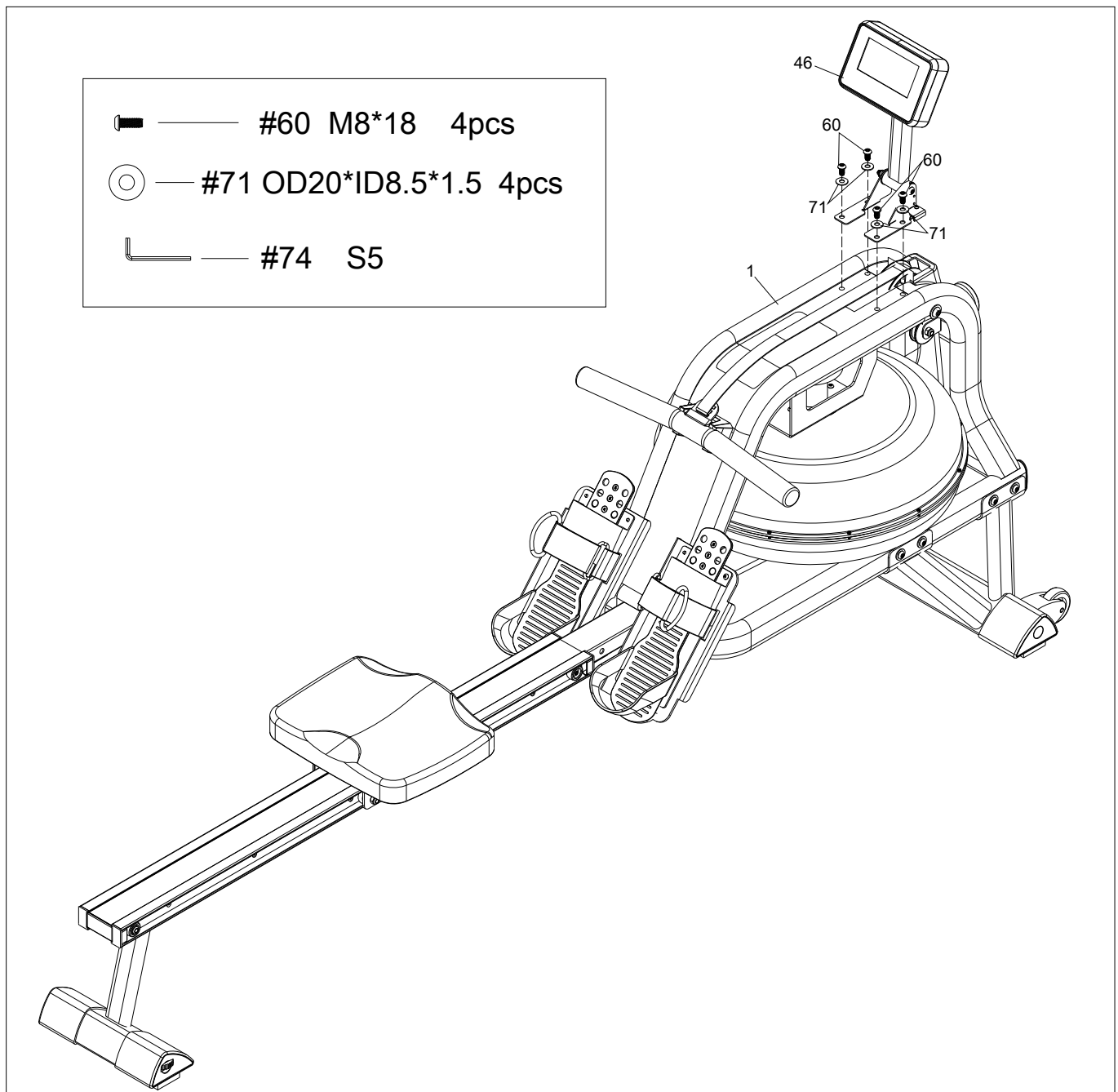
1. Turn the **Main Frame (No.1)** upright. Attach the **Front Stabilizer (No.2)** to **Main Frame (No.1)** using **8 Washers (No.71)** and **8 Screws (No.60)**. Tighten with **Allen Wrench (No.74)**.
2. You can put 3~4 screws into the holes first, and start tightening by hand. After all the screws are put in, then tighten with the tool.

4 Seat and Rail



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 **Stopper (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)**.

5 Console



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

How to Fill and Empty the Tank

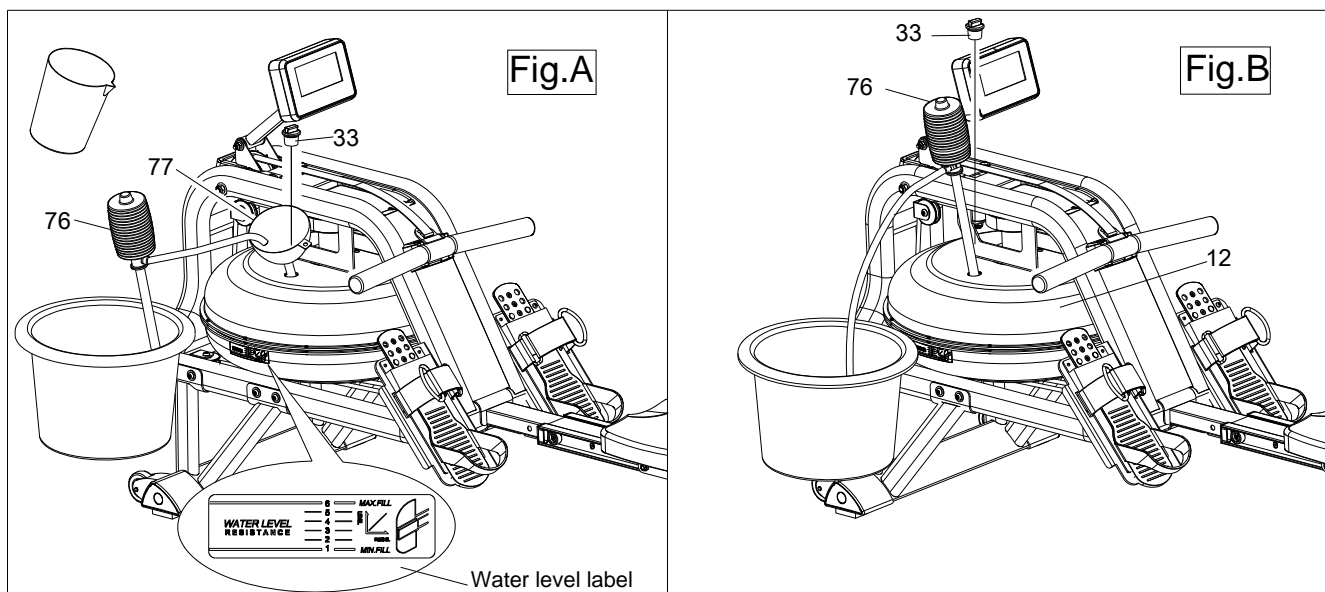
1. Remove the **Fill Plug (No.33)** from the **Upper Tank Cover (No.12)**.
2. To fill tank with water, refer to Fig. A. Insert the **Funnel (No.77)** into the tank, then use a cup or the **Siphon Pump (No.76)** and a bucket to fill the tank. Use the water level gauge on the side of the tank to measure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

NOTE:

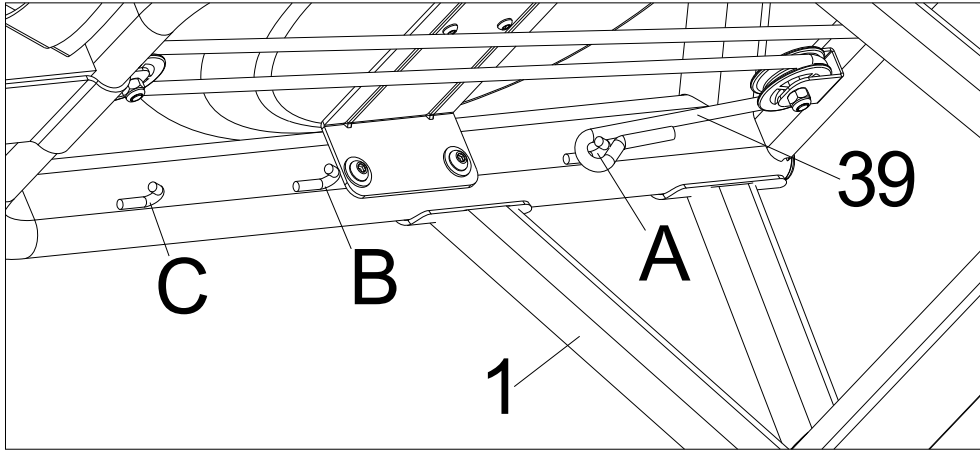
- Fill the tank only with tap water. Add 1 water-purification tablet (1 packet is included.). Never use pool chlorine or chlorine bleach. This will damage the tank and void the warranty.
- Add a water purification tablet every 6 months or as needed. If water remains cloudy, replace the water in the tank.
- 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.



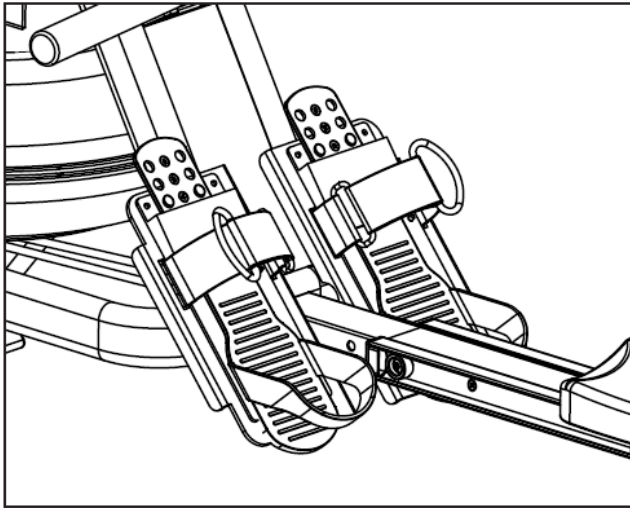
Adjustment Guide



There are 3 hooks (A, B, C) for the bungee cord, located on the inside of the **Frame (No.1)** under the water tank. If you hook the **Bungee Cord (No.39)** 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 and Storage

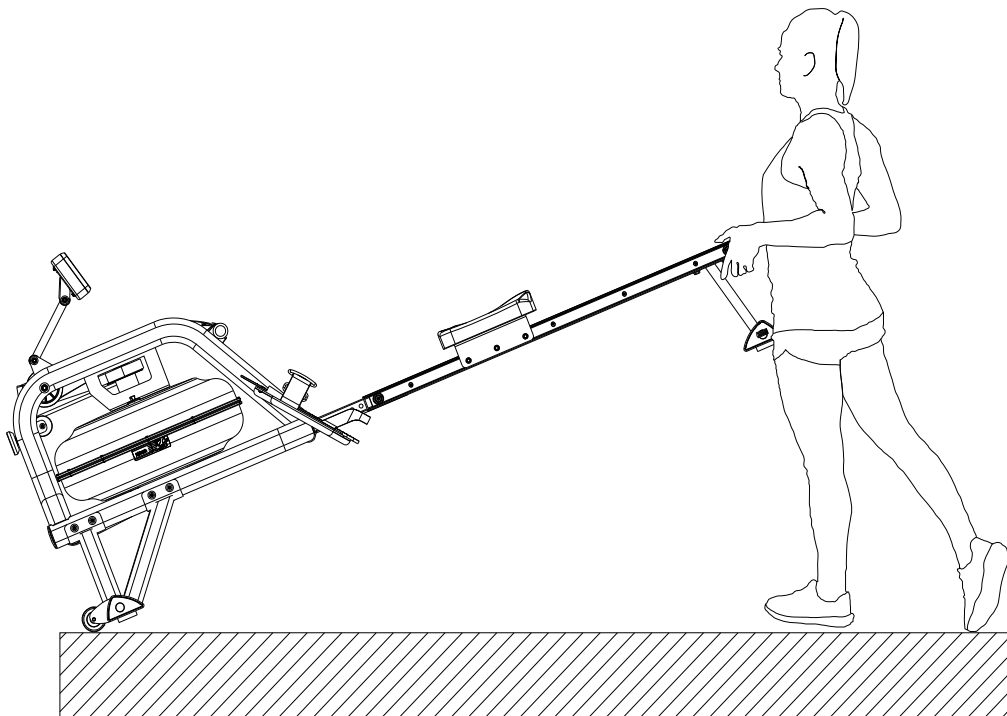


The pedal strap is adjustable and can be personalized to fit the user's foot size.

To adjust the pedal strap, remove the Velcro end of the strap from the mesh side by pulling it upward and over to the side.

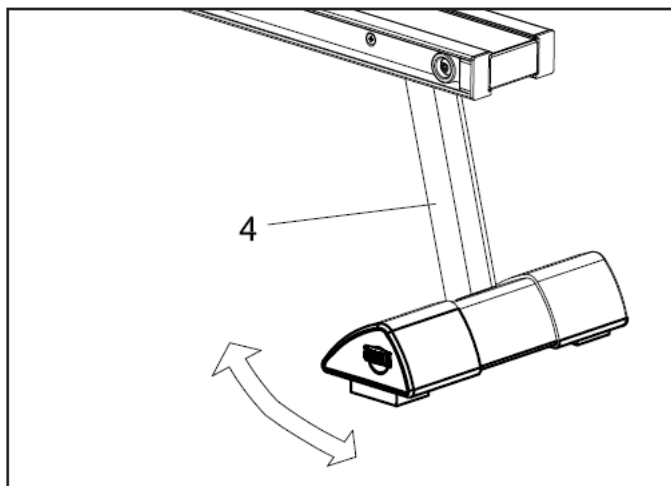
Once removed, you may increase the opening of the pedal strap by pulling the mesh end up and to the side.

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



To move the machine, lift up the rear stabilizer until the transportation wheels on the front stand touch the ground. With the wheels on the ground, you can transport the rower to the desired location with ease.

Adjustment Guide

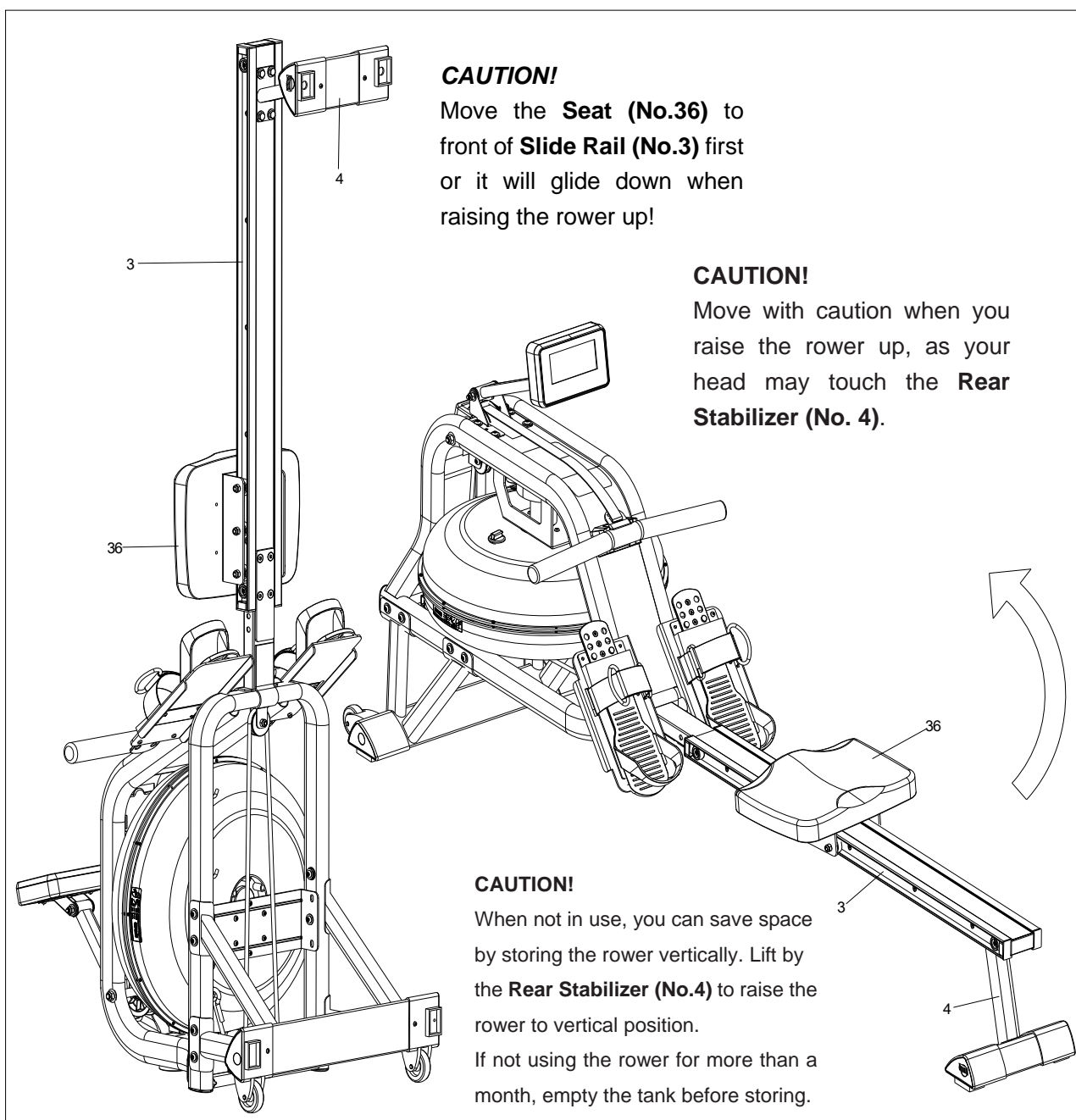


Adjusting the Balance

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.



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)**.

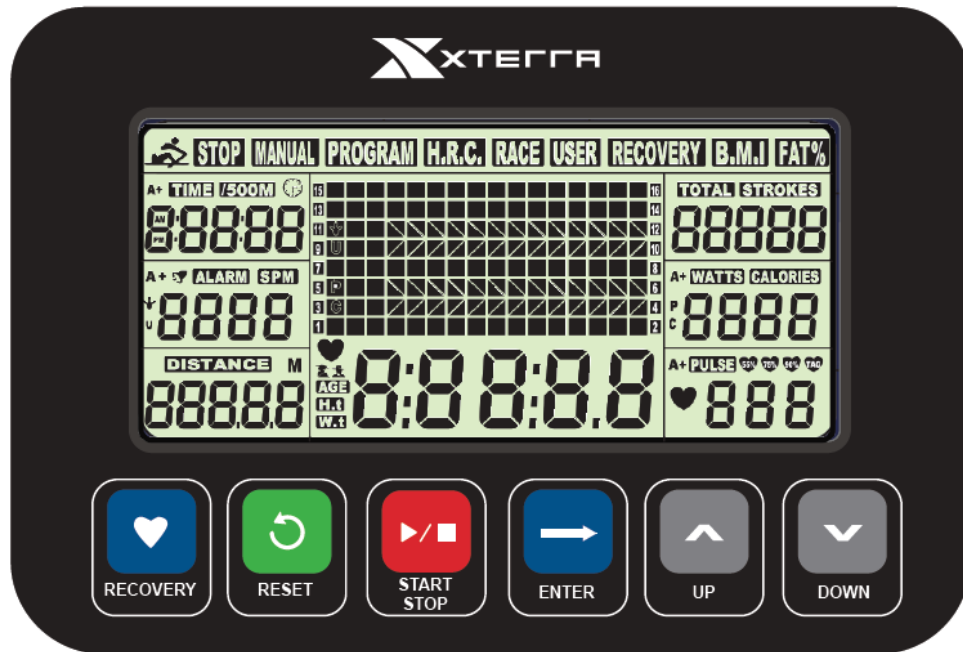
CAUTION!

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 Console

ERG600W Console



Our computerized display console on the Water Rower 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 of the above).

Button Functions

UP / DOWN: Press these two buttons to scroll through available selection. To adjust the function value upward and downward.

ENTER: Press to confirm your selection. During training, press the button to cycle 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 a target time by pressing the UP and/or DOWN buttons (1min ~ 99 min), in 1 minute increments.

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

SPM: Strokes per minute.

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

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

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

CALORIES: Set a target value by pressing the UP and/or DOWN buttons (10~9990 Cal). 10 strokes increments.

PULSE: (Wireless chest strap sensor sold separately) - In Manual Mode, set the target heart rate value by pressing up/down (available range is 30 to 240 in 1 BPM increments). The computer will display user's heart rate during training. When you are out of range of the target value during exercise, the computer will beep and PULSE will blink until target range is resumed or wireless chest strap sensor is removed. The pulse measurement function is only usable with the optional wireless chest strap sensor.

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 of Your Console

1. Install 2 AA batteries (included) and computer will beep for 2 seconds (Fig.1). Then, the computer will enter into the CLOCK & CALENDAR MODE (Fig.2).
2. The CLOCK will flash. Press UP / DOWN to set the hour. Press ENTER to confirm. Press UP / DOWN 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 all values, ALARM will blink. To skip setting up an alarm, press ENTER. To set up an alarm, press the 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 then go into the SPORT screen (Fig.3).
3. When you enter into the SPORT screen, MANUAL and RACE will blink. Press UP or DOWN to select MANUAL or RACE. Press ENTER to confirm your selection.

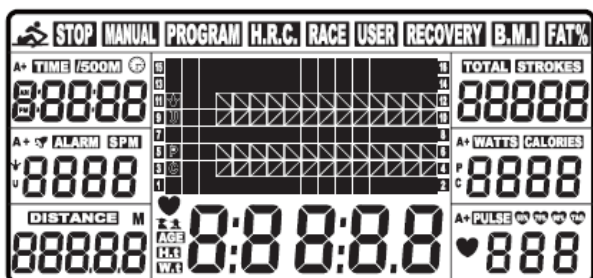


Fig. 1

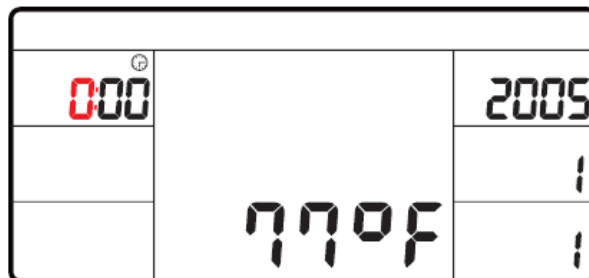


Fig. 2

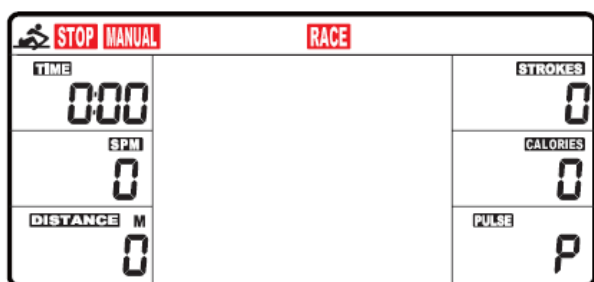


Fig. 3

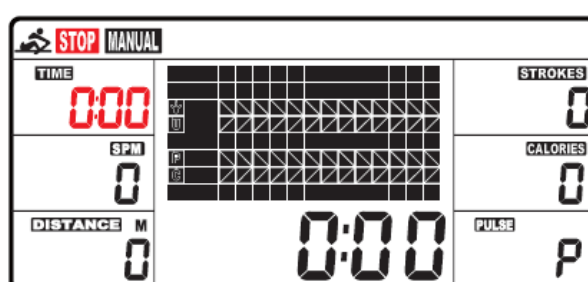


Fig. 4

Operation of Your Console

1. **MANUAL (Fig.4):** There are 2 options in MANUAL mode. A. The computer can be set to countdown a different value. 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

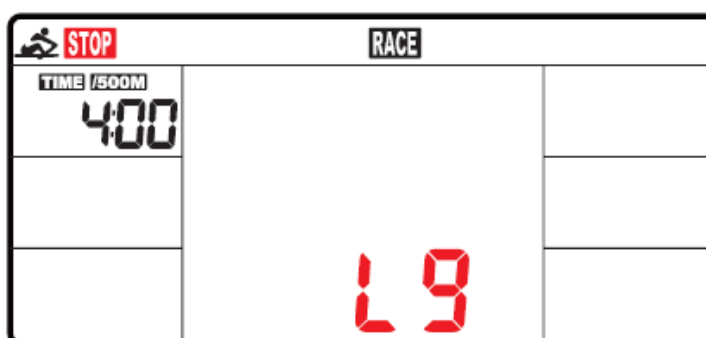


Fig. 5

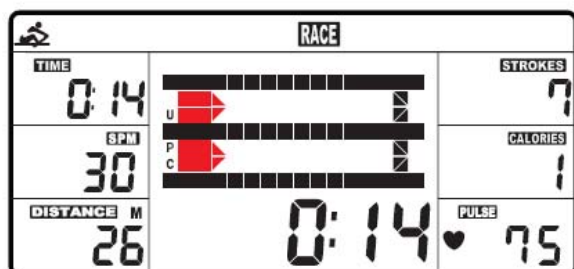


Fig. 6



Fig. 7

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).

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:** This is a measurement of how quickly your heart rate can return from a high (exercising) BPM to a normal BPM. 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. Screen will display your heart rate recovery status with the F1, F2....to F6. 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.

BATTERIES:

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

Trouble Shooting

Problem	Cause	Solution
Monitor does not display	Battery not Installed	Install Battery
	Computer Wires not connected	Ensure the computer wires are connected properly at the upright and computer
No speed or distance displays on the monitor	Sensor wire not connected	Ensure the computer wires are connected properly at the upright and the computer
	Sensor wire not working properly	Replace sensor wire
	Monitor not working properly	Replace monitor
Squealing	Belt slipping	Adjust belt

Part List

PART NO.	DESCRIPTION	QTY
1	Main frame	1
2	Front Stabilizer	1
3	Slide Rail	1
4	Rear Stabilizer	1
5	Support for computer	1
6	Support Plate	1
7	Tank Plate	1
8	Plate for bushing	1
9	Handlebar	1
10	Seat carriage	1
11	Impeller	1
12	Upper tank	1
13	Lower tank	1
14	Mesh belt wheel	1
15	Decorate cover	1
16	Belt wheel	1
17	Handlebar seat	1
18	Roller	6
19	Roller shaft	6
20	Guide roller	1
21	Magnet Seat	1
22	Bungee Pulley	4
23	Top Pedal	2
24	Under Pedal	2
25	Left End Cap	1
26	Right End Cap	1
27	Adjustable End Cap	2
28	Rail End Cap	1
29	Oval Plug	2
30	Rubber sealing ring	1
31	Impeller Shaft Seal	1
33	Fill Plug	1
34	O shape ring	1
35	Stopper	4
36	Seat	1
37	Pedal Straps	2
38	Sensor stand L	1
39	Bungee cord	1
40	Plastic washer	2
41	One way bearing	1
42	Bearing	4

PART NO.	DESCRIPTION	QTY
43	Sensor stand R	1
44	Bushing	2
45	Pin Ø6.0*40	1
46	Meter	1
47	Sensor Wire	2
48	Sensor Holder	1
49	Magnet Ø10*5	1
50	Spacer for mesh belt wheel	2
51	Short spacer	1
52	Screw M10*185	1
53	Washer OD25*ID10.5*2.0	2
54	Screw M8*30	4
55	Screw M6*15	18
56	Nylon lock nut M8	13
57	Nylon lock nut M10	2
58	Flat screw M8*15	12
59	Screw M10*55	1
60	Screw M8*18	18
61	Screw M3*20	12
62	Nylon lock nut M3	12
63	Screw M8*70	1
64	Screw M5*12	12
65	Screw M5*8	6
66	Outer hex screw M8*15	4
67	Flat cross screw M5*15	10
68	Cross Screw M4*12	3
69	Nylon lock nut M4	1
70	Nylon lock nut M5	8
71	Washer OD20*ID8.5*1.5	30
72	Screw ST4.2*16	2
73	Knob	1
74	Allen wrench S5	1
75	Spanner S13-S17	1
76	Pumping siphon	1
77	Funnel	1
78	Lower tank plate	1
79	Plastic Bushing	4
80	Spacer	8
81	Aluminum	2
82	Rail endcap L	2
83	Rail endcap R	2
84	Stainless Washer M3	24
85	Sealing ring for upper tank	1
86	Screw M8*90	1
87	Washer OD16*ID8.5*1.5	4
88	Screw M8*75	1

