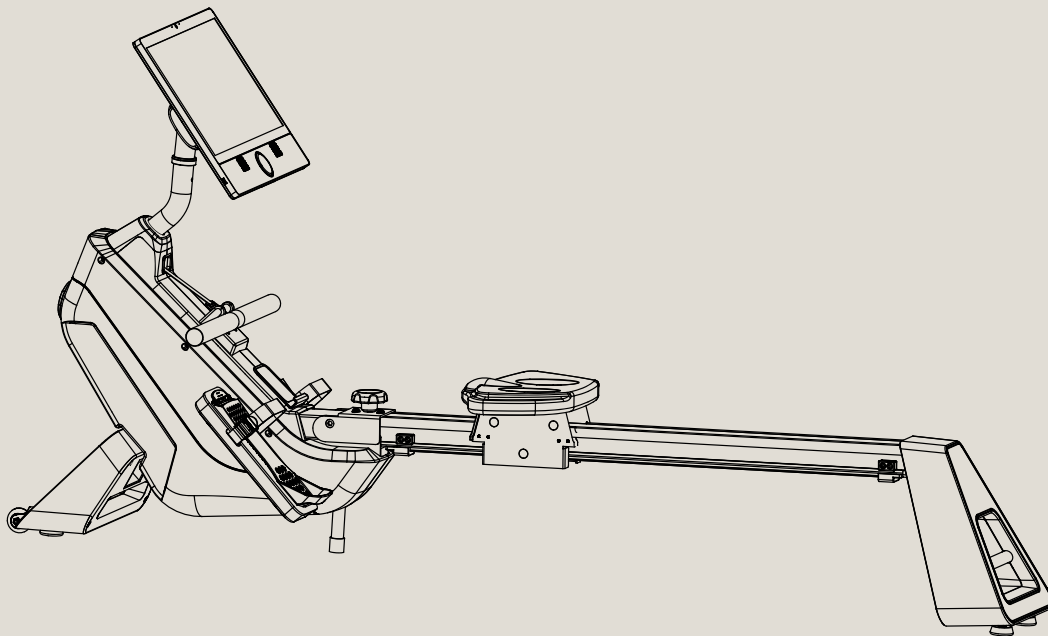


sRow

ROWING MACHINE



DE

EN

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IT

User Manual

Dear customer,

we are pleased you chose a device from the SPORTSTECH product range. With sports equipment from SPORTSTECH you get the highest quality and latest technology.

To fully and safely use the potential of your device and to enjoy it for many years, read this manual carefully before starting up and beginning of training. Use the device according to the instructions.

We shall not assume any liability for damages resulting from improper use.



WARNING! Danger from improper use!



- Make sure that **ALL** persons using the device have read and understood this user manual. Keep this manual in a safe place close to the device.
- Adhere to **ALL** Safety Advices in this manual.
- **NEVER** overexert yourself or others when using the device.

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*This manual represents a status at press date.
It is subject to changes without notice and to errors and omissions.*

1. Scope of delivery

Magnetic rowing machine with 4 kg flywheel.

- The device is not suitable for medical applications!
- The device is not suitable for high accuracy applications!

Mounting materials and tools	Display Computer
User manual	Power supply

2. Technical Data

MACHINE

Weight	40 kg (88 lbs)
Physical dimensions	LxBxH = 220 × 50 × 109 cm (86,6 × 15,7 × 43 in)
Maximum permissible weight of the user	130 kg (286 lb)
Suitable height of the user	1,60 .. 1,90 m (5.3 .. 6.2 ft)

DISPLAY COMPUTERS

Working temperature	0°C..+40°C (32°F..104°F)
Storage temperature	-10°C..+60°C (14°F..140°F)
Connectivity of the display computer	Bluetooth 4.1 or higher, WiFi 2.4 & 5 GHz
Radio transmission protocols for pulse signal	Bluetooth

TECHNICAL DATA OF POWER SUPPLY

Manufacturer's name or trade mark, trade register number and address	Guangdong ABT industrial co.,LTD, 2 Jili Rd,Pingxi Community,Pingdi,Longgang Shenzhen Guangdong 518117,P.R.China.	
Model Identifier	ABT080120V	
	Nominal value	Unit
Input Voltage	100...240	V AC
Input AC Frequency	50..60	Hz
Output Voltage	12.0	V DC
Output Current	8.0	A
Output Power	96	W
Average active efficiency	89.25	%
Efficiency at light load (10%)	70.5	%
No-load power consumption	<0.21	W



3. Exploded view / Spare parts list

- Identify the required spare part with drawing and list and write down the number.
- Contact our customer service and give the number of the spare part. The contact details can be found on the back of the manual or on our website.
- Clarify all further steps with our employees.

Under the following link you will find the exploded view and the spare parts list:

https://service.innovamaxx.de/sRow_spareparts



4. Conformity

Sportstech Brands Holding hereby declares that the radio system type sRow is compliant with EU Directive 2014/53 / EU.

The full text of the EU declaration of conformity is available at the following internet address:

https://service.innovamaxx.de/sRow_conformity

5. Safety Instructions



WARNING! Danger from improper use!

- Read all instructions and safety notes before using the device. Follow them carefully.
- Danger of health damage or even death due to improper or excessive training!
- The device is not suitable for medical purposes and high accuracy applications.
- Also apply common sense to prevent risks.



PERSONAL REQUIREMENTS

GENERAL PHYSICAL CONDITIONS

WARNING! Danger of health damage or even death due to improper or excessive training! Using the device is strenuous for the circulation and the musculoskeletal system.

- The intensity of use (speed and incline) may **never exceed the current fitness of the user.**
- Always pay attention to physical signals. **The pulse measurement may be inaccurate.**
- **Stop the training immediately in case of** discomfort, weakness, body aches, chest pain, nausea, shortness of breath or similar.
- If necessary, seek medical advice before training; especially if you are older, have medical problems or have little experience with physical training.
- People with limited abilities may only use the device with a suitable supervisor and at low speed.

Weight and age requirements

- Children must **not** use the appliance.
- **The maximum permissible user weight is 130 kg (286 lb).**



UNPACKING AND ASSEMBLING

SHORTLY AFTER UNPACKING

- After unpacking for the first time, keep plastic bags and the like away from children and pets.
- Keep the packaging material during the return period to facilitate a possible return of the goods. Dispose of the packaging material later in accordance with local regulations (e.g. recycling).

ASSEMBLING

- Assemble the device with the help of a second adult and strong person. Hold all heavy and/or sensitive parts well until they are securely fastened.

- When assembling, make sure to use all necessary parts for the connections (e.g., washers).
- Always observe the required minimum depth when inserting or adjusting the front tube and the seat tube.



GENERAL INFORMATION

- Keep children and pets away from the device during use and also during storage.
- Keep liquids away from the device (e.g. drinking water or wet hands). If the device has been spilled with liquid, immediately disconnect it from the electrical supply outlet. Make sure it is completely dry before the next use; also on the inside. If necessary, contact customer service.
- Do not use the device commercially, but only for home use. Do not use the device for therapeutic purposes.
- Children and animals must be kept at a safe distance of at least 3 m (10 ft) from the device. The moving running belt is particularly dangerous. .
- Never open the device, power supply or monitor. In case of problems, contact customer service.
- Protect the device, cable and power supply unit from mechanical and thermal stress.



PREPARING THE DEVICE

- Before each training, check the perfect condition of the device. Also check here, that all fastening parts and protective covers are installed and intact. Never use the device when damaged. In such cases, contact customer service.
- Before each workout, check that the screws for all adjustable parts (front tube, seat tube, saddle) and for all other connections are locked and tightened. Re-tighten, if necessary.
- Always observe the required minimum depth when inserting or adjusting the front tube or the seat tube.
- When adjusting the height of the front tube with the monitor attached, always use the help of a second adult person: one person must hold the front tube securely while the second person operates the clamping screw (knob).
- The set-up location and place of use of the device must meet these requirements:
 - Dry and clean interior, free of explosive or flammable substances and dust
 - Temperature within the permitted range for operation (see technical data)
 - No obstacles or dangerous objects under or near the device
 - No heat sources or vents under or near the device,
 - Minimum distance to walls or objects 2 m (6.6 ft),
 - Flat, firm and non-slip surface; with protective mat for sensitive surfaces.
- After moving the device from a cold room to a warm one, wait one hour for the device to warm up; to avoid problems caused by condensation.
- Check that the device is horizontally adjusted.
- Disconnect the device from the electrical supply during a thunderstorm.



PRECAUTIONS DURING EXERCISE

- Always warm up sufficiently before training. Warm down after training.
- Do not continue training in case of body aches, chest pain, nausea, shortness of breath or similar. Seek medical advice before proceeding.
- Wear clothes that are tight enough to avoid being caught by machine parts. Use a hair protector if you have long hair.
- Risk of injury due to trailing pedals and cranks! The device does not have a freewheel hub: the flywheel still drives the pedals after you have stopped pedaling.
 - Always use the device with full attention.
 - If the pedals are turned too strongly by the flywheel during exercise, press down the brake knob below the multi-position handle: The flywheel is braked.

Continued on the following page

Continued from previous page

- Reduce the speed slowly and carefully. Bring the pedals to a complete standstill before descending.
- Make sure that the pedal from which you descend last is in the lowest position.



PRECAUTIONS AFTER TRAINING / DURING STORAGE

- Unplug the power plug from the wall socket after training.
- After training, remove sweat from the device with a dry or slightly wetted cloth. Do not use aggressive detergents. Never allow moisture to penetrate a housing.
- Make sure that the nameplate and other stickers are intact and legible.
- To move the device on the rollers, lift it only by the handle of the rear stand. When moving, make sure that the monitor does not hit, swivel and/or collide.
- The storage location of the device must meet these requirements:
 - Dry and clean interior, free of explosive or flammable substances and dust
 - Temperature within the permitted range for operation (see technical data)
 - No direct sunlight
 - For longer storage, protect against dust.



HANDLING THE POWER SUPPLY

- Use the original power supply with the correct cable. Use it only if it is in perfect condition. Use it only indoors.
- Make sure that the connection values on site are within the permitted range.
- Place power supply and cables in such a way that there is no risk of tripping for you or others. Also, make sure that the power supply and cables are not exposed to mechanical stress.
- Make sure that the power supply is never covered and that there is always sufficient ventilation during operation; to avoid overheating. Let the power supply cool down before storing it after use.
- Always keep the power supply and cables away from the following and other sources of danger: moisture or water, aggressive substances, flammable or explosive substances, heat sources, sharp-edged or pointed objects, especially metal and the like.
- If the power supply has defects (e.g. unusual smell), disconnect it from the electrical supply outlet; if possible without contact: switch off the fuse that supplies the socket in question.
- Any repairs may only be carried out by qualified and authorized persons.
- An irreparable power supply unit must be disposed of as separate electrical waste in accordance with local regulations.

Further information

Our **video tutorials** for you!

Assembly, use, disassembly.



Link to videos:
https://service.innovamaxx.de/sRow_video

We are also on **Social Media!**

Get the latest product information, training content and much more on our:



Instagram-page
<https://www.instagram.com/sportstech.official/>

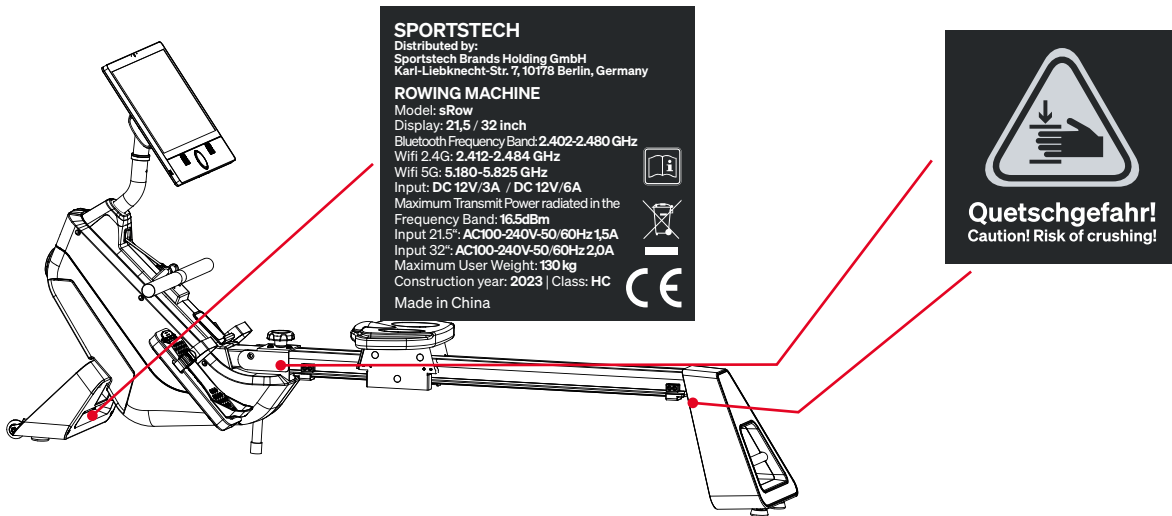


Facebook-page
<https://www.facebook.com/sportstech.de>

SAFETY STICKERS

The safety stickers must be at the positions shown in the following figure.

- Make sure they are always intact and fully readable.



6. Installation Instructions

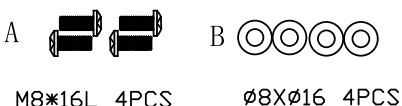
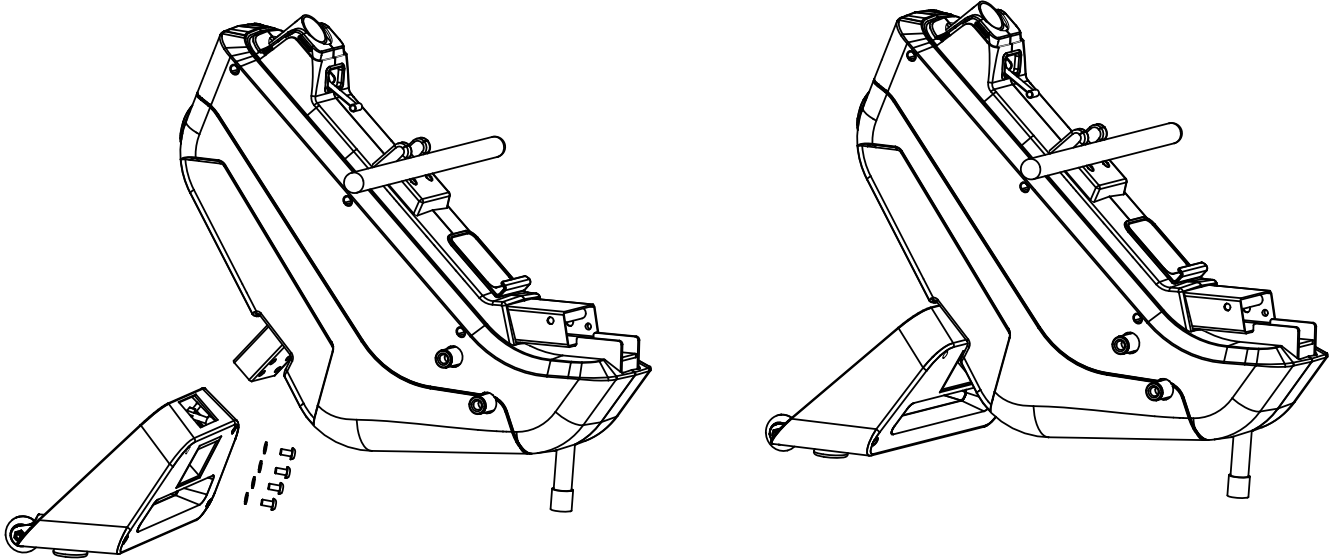


- Tighten all individual parts and pre-assembled parts firmly!
- Check the tightness again before each training session!
- Perform the assembly with a second, adult and sufficiently strong person.
- Also perform the adjustment of heavy assemblies (e.g. the front tube with monitor) with a second adult person.

6.1 UNPACKING AND PREPARING

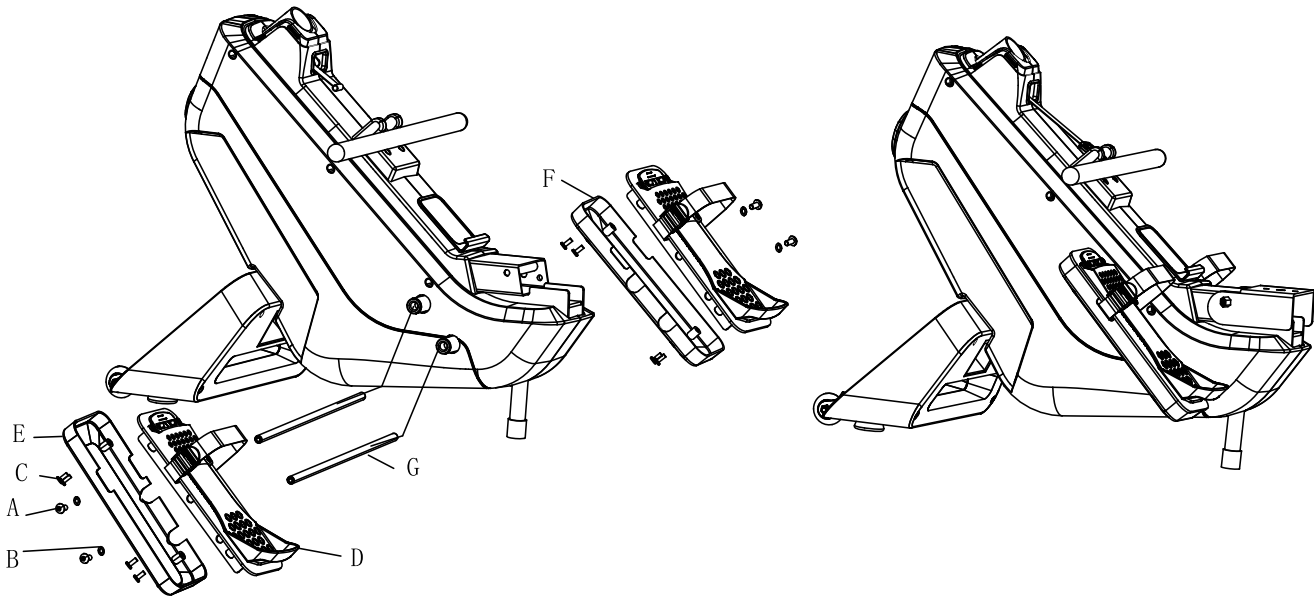
- Keep children and pets away from small parts and plastic bags.
- Use a suitable base to protect the device and the floor.
- Keep all parts of the packaging for a possible return for 30 days.

6.2 STEP 1



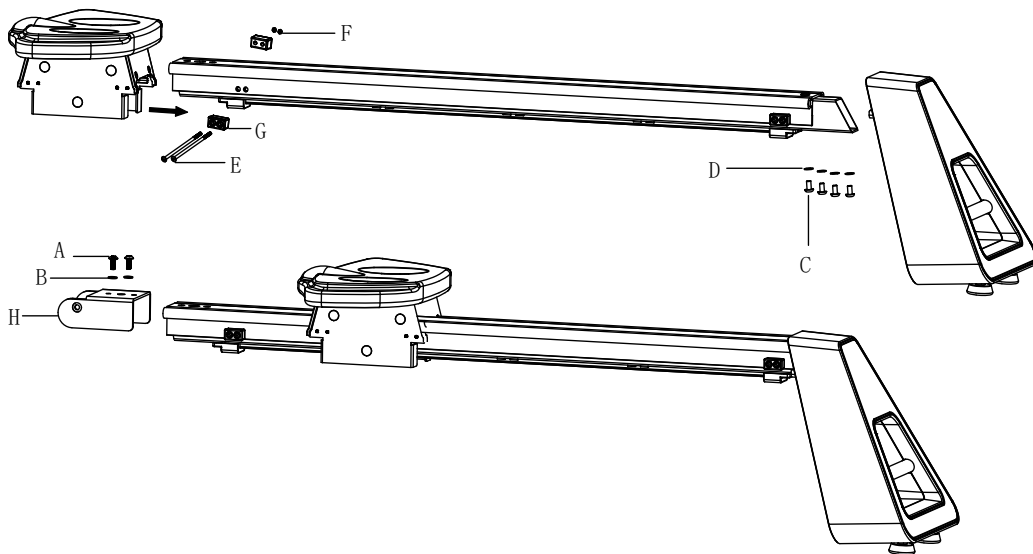
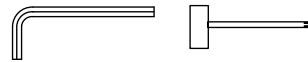
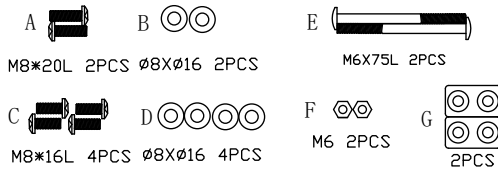
- Screw the front support to the frame with 4 hexagon socket head screws A and 4 flat washers B.

6.3 STEP 2



- First insert the pedal axle G into the frame.
- Insert pedal D into both ends of the pedal axle.
- Use 4 hexagon socket head screws A and 4 flat washers B to lock both ends of the pedal axle G.
- Install the left pedal lower cover E and the pedal lower cover right F under the pedal respectively, and tighten them with 8 umbrella-head cross screws C.


6.4 STEP 3





- Screw the rear support to the aluminum rail with 4 hexagon socket head screws C and 4 flat washers D.
- Install the seat set into the aluminum rail as shown by the arrow, then place a cushion G on both sides and lock it with 2 hexagonal screws E and 2 hexagonal nuts F.

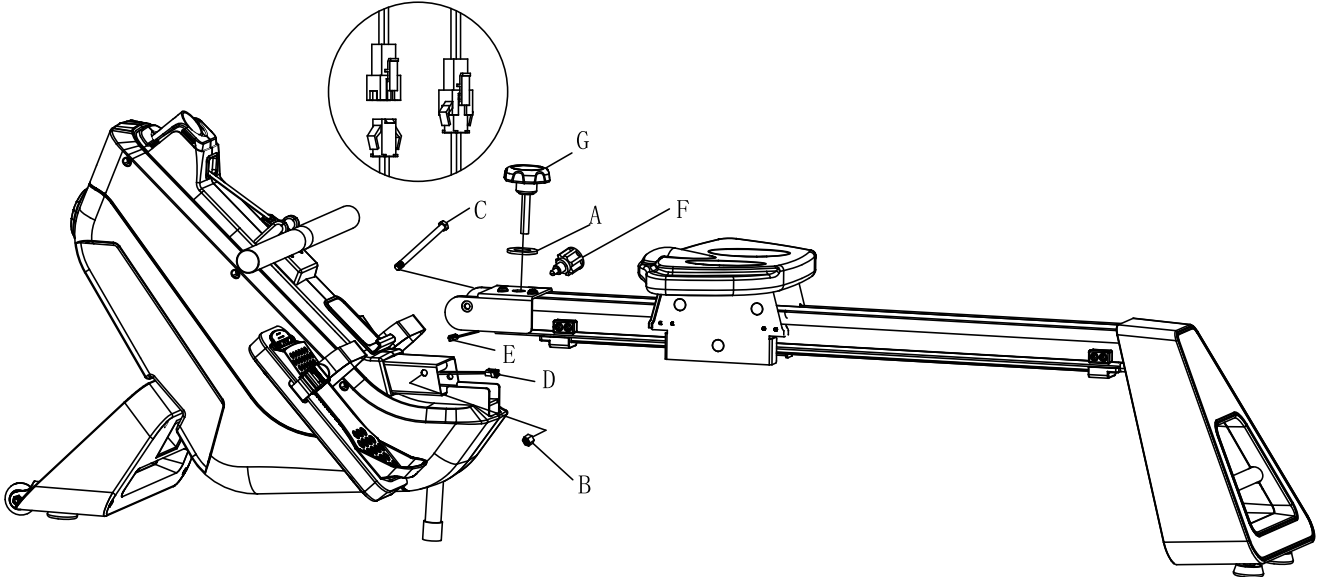
- Place the folding connector H on the aluminum rail as shown in the figure, and use 4 hexagon socket head screws A and 4 flat washers B to lock it on the aluminum rail.

6.5 STEP 4

A 
 $\varnothing 13 \times \varnothing 24$


B 
 $3/8''-16$


C 
 $3/8''-16 \times 118$

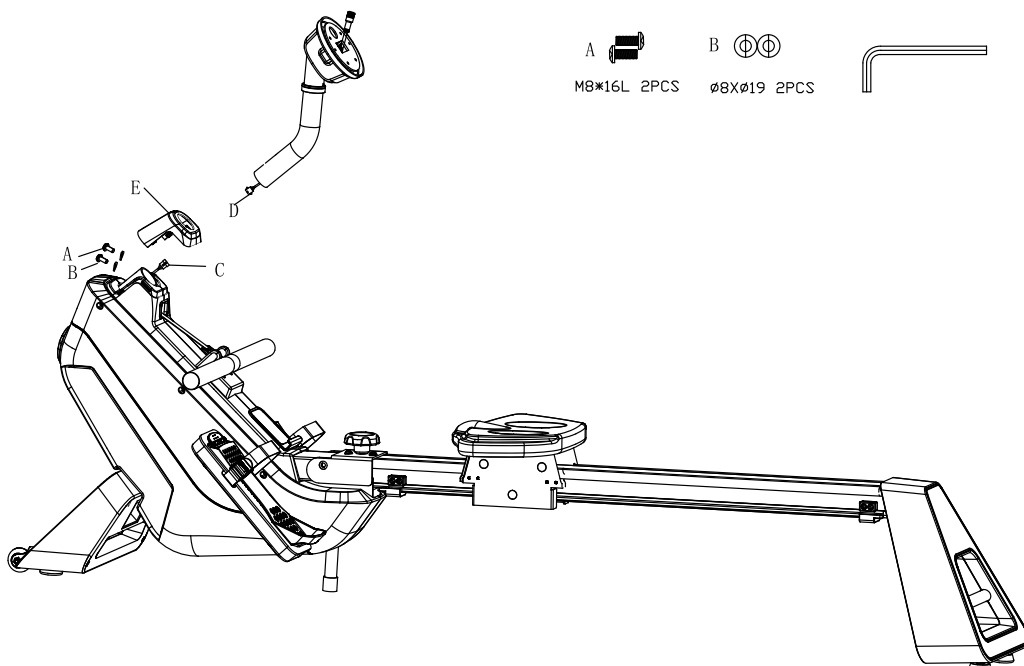


- Connect the light strap wire E to the frame wire D.
- Install the aluminum rail into the frame as shown by the arrow and tighten it with hexagonal screw C and nylon nut B.
- Screw knob G and flat washer A into the frame and tighten them.
- Screw the pull pin F into the frame.

6.6 STEP 5

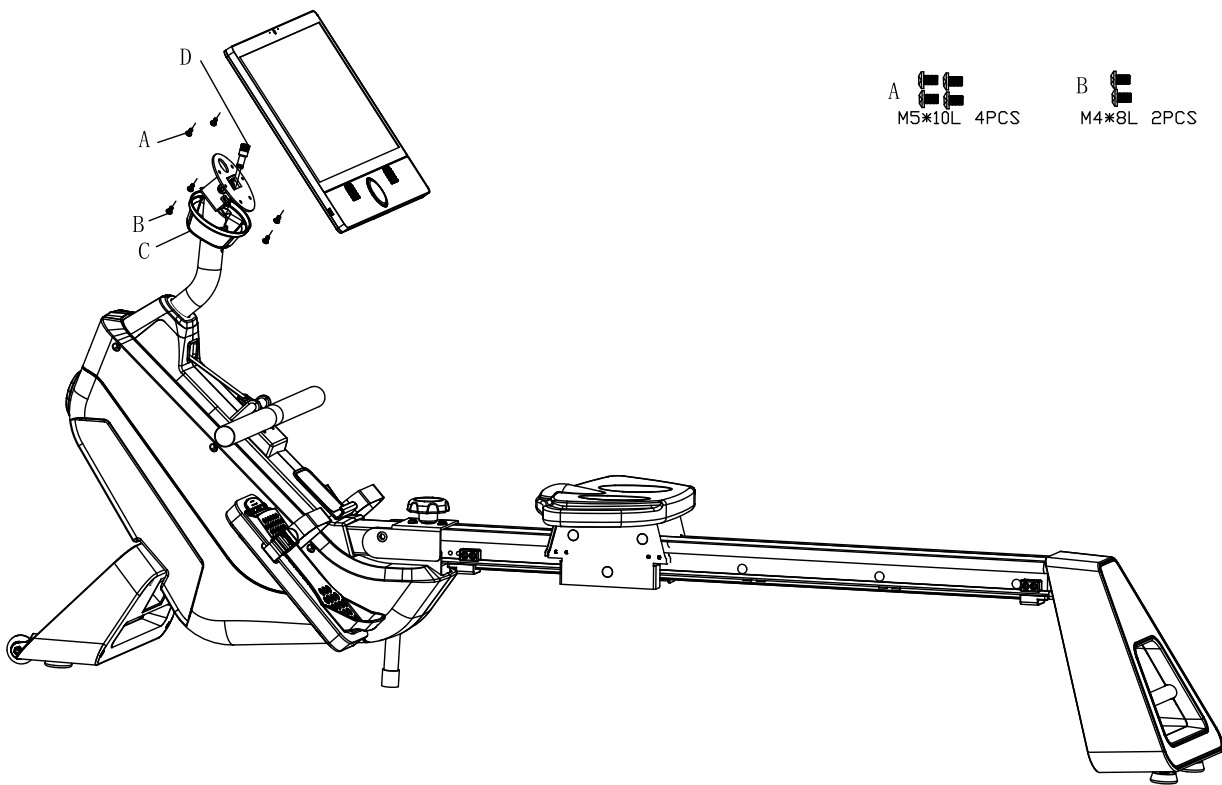
A 
 $M8 \times 16L$ 2PCS

B 
 $\varnothing 8 \times \varnothing 19$ 2PCS



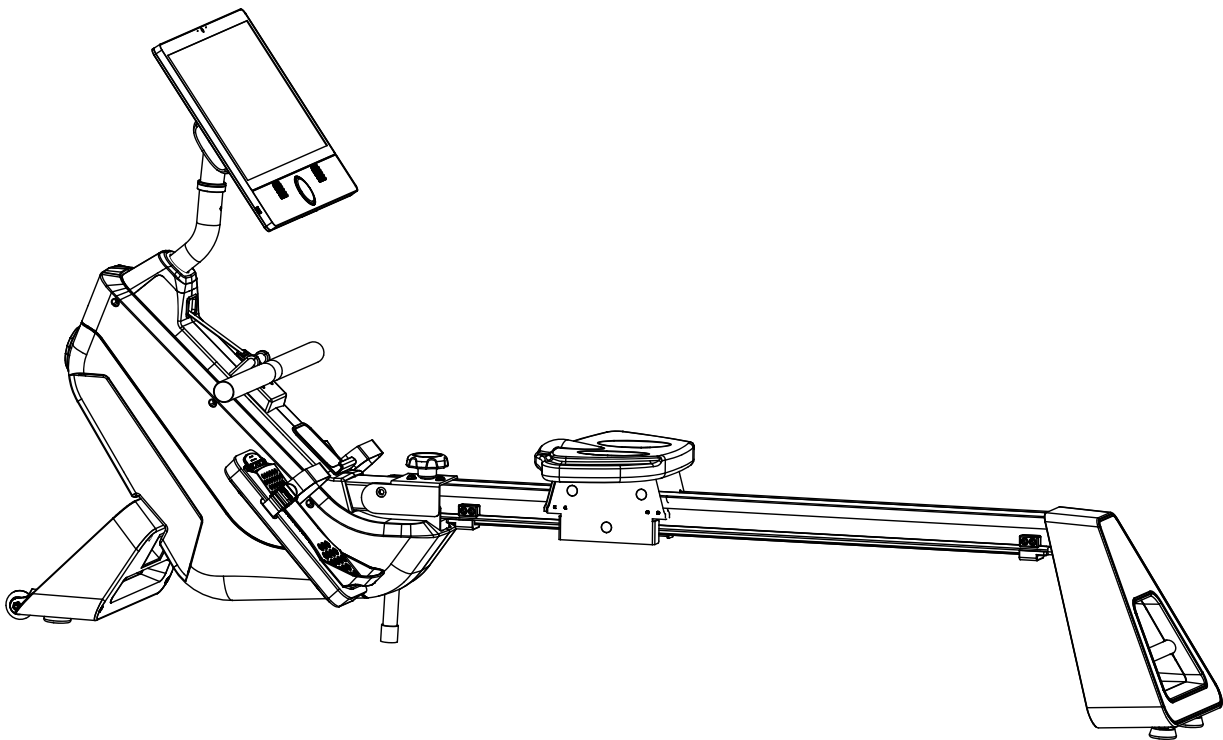
- Pass the handlebar post through the handlebar post cover E, and connect the cable D in the handlebar post tube with the cable C of the frame; then insert the handlebar post tube into the frame, and tighten with 2 semicircular washers B and 2 umbrella head hexagons screw A

6.7 STEP 6



- Remove the 2 screws B from the decoration cover C of the console.
- Connect cable D to the console, and use 4 umbrella-head cross screws A to lock the console.
- Tighten the decoration cover C to the back of the console with 2 screws B.

6.8 FINAL STEPS



- Check again the strength of all connections. Repeat these checks before each use.
- Clean the device thoroughly before first use, as there may be oil residues and dust on it due to production and packaging

7. Set up and move

7.1 SETTING UP

Set-up location

The set-up location and place of use of the device must meet these requirements:

- Dry and clean interior, free of explosive or flammable substances and dust
- Temperature within the permitted range for operation (see technical data)
- No obstacles or dangerous objects under or near the device,
- No heat sources or vents under or near the unit,
- Minimum distance to walls or objects 2 m (6.6 ft),
- Flat, firm and non-slip surface; with protective mat for sensitive surfaces.

Connecting to the electrical supply outlet

- Insert the DC cable of the power supply unit into the socket in the main housing of the device.
- Plug the AC cable of power supply into a suitable electrical outlet.

7.2 MOVING

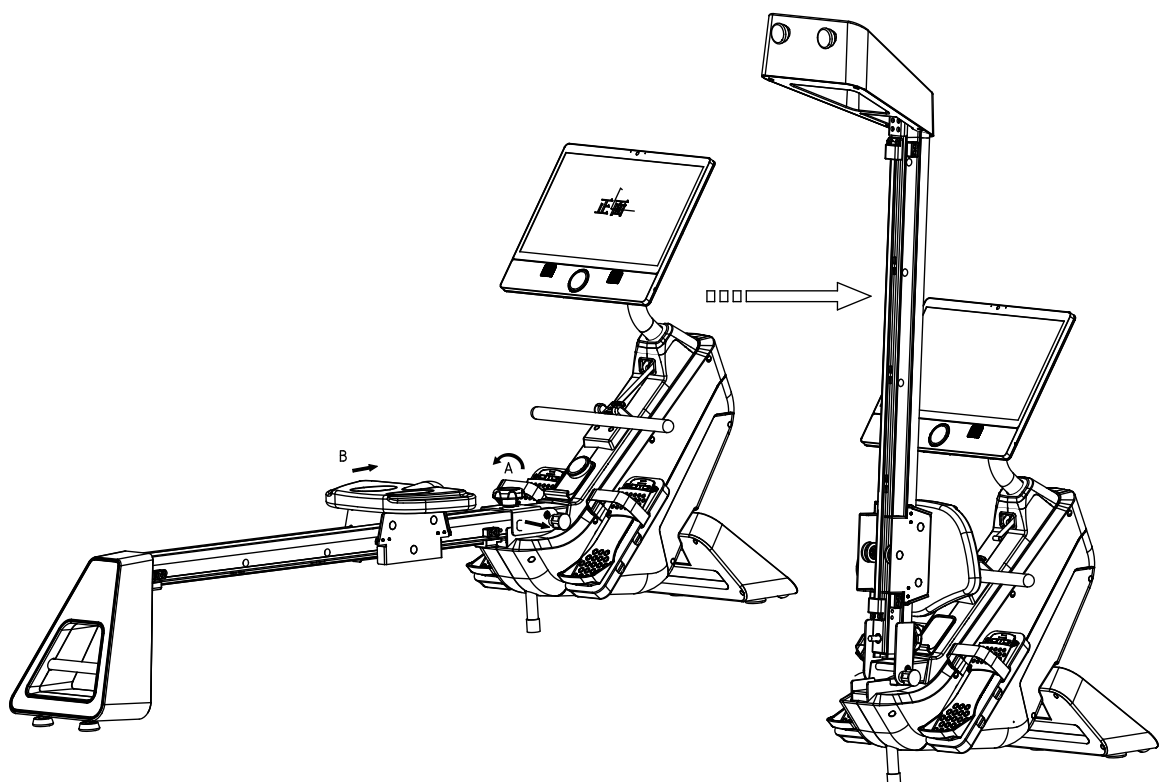
- Lift the device on the handle of the rear stand (102) until the wheels (70) touch the ground.

CAUTION! Risk of injury and property damage due to improper load, overturning and collision!

- Lift the device only on the handle, not on other components; in particular not on the saddle, not on the dumbbell holder and not on the clamping knob of the seat tube.
- Grab and lift the handle from the knees rather than from the back.
- Carefully roll the device to the desired location. In particular, make sure that the monitor does not swing, hit and/or collide.

7.3 FOLDING

- Folding: First unscrew the big knob A, then push the seat set B to the front in the direction of the arrow; pull the pull pin at C in the direction of the arrow, then turn up the aluminum rail, release the pull pin, and lock the pull pin to the aluminum rail.
- Unfolding: Pull out the pull pin at C, place the aluminum rail on the ground, and tighten the big knob A.



8. Training

8.1 GENERAL



WARNING! Danger of health damage or even death due to improper or excessive training!

- Do not overexert yourself or others when performing the training! Always respect the individual general and daily fitness!
- Warm up and warm down sufficiently before and after each training session!

The rowing machine enables effective training with the support of its own app.

The device must be switched on for all types of training.

8.2 SELECTING AND MONITORING THE TARGET PULSE

The pulse rate in BPM ('beats per minute') is an excellent indicator of whether you are exercising according to your training goal and current fitness level. The BPMs for the respective training goals depend not least on age. You should monitor your pulse in an appropriate way when exercising.

Many Sportstech devices show you not only as a numerical value, but also with colours, in which pulse range you are - based on your age-typical maximum heart rate ('MHR'). Always observe the following instructions:



WARNING! Danger of health damage or even death due to incorrect or excessive training!

- Prevent overexertion! Always respect individual, current fitness levels. Pay attention to body signals!
- Pulse measurement systems can be inaccurate.
- The training target ranges are only average guidelines that must be adapted to the individual constitution. Medically well-founded support is recommended here!

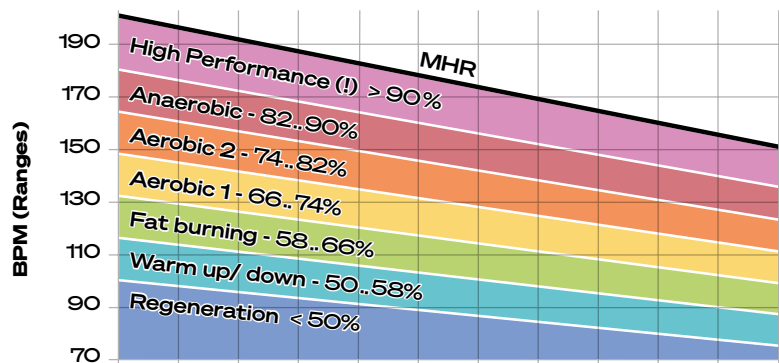
Select your approximate target pulse like this:

- In the graphic below, select your approximate age.
- Below this, your approximate, age-typical maximum heart rate (MHR) is displayed as an estimated value.

Use the **selection graphic A** to determine your **target pulse range**.

- Go up from your age value to the coloured area that corresponds to your training goal.
- Then go straight to the left and read approximately the target pulse on the scale.

A. Selection graph



You can determine an **average value** for the target pulse via the **selection table B**. For this:

- From your age value, go down to the row in the table that corresponds to your training goal.
- Read off the numerical value. It is a guideline value that you can use as a target pulse.

B. Selection table

AGE	20	25	30	35	40	45	50	55	60	65	70
MHR	200	195	190	185	180	175	170	165	160	155	150
Intensity	BPM (Average values)										
High Performance (!) > 90%	180	176	171	167	162	158	153	149	144	140	135
Anaerobic 82..90%	171	167	162	158	154	150	145	141	137	133	128
Aerobic 2 74..82%	155	151	147	143	140	136	132	128	124	120	116
Aerobic 1 66..74%	139	136	132	129	125	122	118	115	111	108	104
Fat burning 58..66%	123	120	117	114	111	108	105	101	98	95	92
Warm up/ down 50..58%	107	104	102	99	96	94	91	88	86	83	80
Regeneration < 50%	100	98	95	93	90	88	85	83	80	78	75

In all cases:

- Check whether the determined target pulse corresponds to your **needs**. If not, adjust it until you find an optimal value.
- The **LED colour** shows you in real time during training in which percentage range of the age-typical maximum heart rate (MHR) you are currently training. The colours correspond to the diagrams above.

8.3 STRETCHING FOR WARMING UP AND COOLING DOWN

- To begin your training session, do some stretching. Never overstretch your muscles.
- We recommend to perform each of the following exercises 10 times and to repeat the complete cycle up to five times. Then make your training according to your personal fitness level.
- After training, also do stretching exercises to properly cool down.

1**HEAD ROLLS**

Rotate your head to the right for one count, feeling the stretch up the left side of your neck, then 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, then drop your head to your chest for one count.

2**SHOULDER LIFTS**

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

3**SIDE STRETCHES**

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

4**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.

5**INNER THIGH STRETCH**

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

6**INNER THIGH STRETCH**

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

7**HAMSTRING STRETCHES**

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

8**CALF / ACHILLES STRETCH**

Lean against a wall with your left leg in front of the right and your arms forward. Keep 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.

8.4 SETTING THE TRAINING LEVEL

- Re-adjust the desired training level at any time via the touch display.

A servomotor increases or decreases the magnetic resistance.

- **Do not overexert yourself or others when performing the training! Always pay attention to individual general and daily fitness!**

8.5 SPORTSTECH LIVE APP

The Sportstech LIVE App offers you, among other things:

- Individual workouts with professional trainers
- Landscape and outdoor videos
- Determining training priorities
- Training data in real time
- Training history and metrics
- Compete with others in Competition Mode - collect trophies in Ranking
- Equipment-independent workouts e.g. for yoga
- Delicious and varied cooking recipes
- ...and much more!



More information here:

<https://contact.innovamaxx.de/sportstech/support/>

9. Cleaning & Maintenance



WARNING! Risk of serious or fatal injuries due to electric shock!

- Before any cleaning work, disconnect the device completely from the electrical supply outlet!
- Never allow moisture to get on or into the power supply unit or the cable!
- Never open or repair the power supply unit or cable! In case of problems, contact the customer service!



WARNING! Danger of injury and damage to property!

- Never use the device if any components are loose or damaged.
- If possible, tighten connections. If necessary, arrange for repair.
- In all cases of doubt, contact customer service.

9.1 CLEANING

- After training, remove sweat from the device with a dry or slightly damp cloth. Do not use aggressive detergents. Never allow moisture to penetrate a housing.
- Make sure that the nameplate and other stickers are intact and legible.

9.2 MAINTENANCE

- Before and after each training session, check that the unit is in perfect condition. Also check that all fastening parts and protective covers are in place and intact.
- Before each workout, check that the screws for all adjustable parts (front tube, seat tube, saddle) and for all other connections are locked and tightened. Re-tighten, if necessary.
- The unit is equipped with sealed bearings. Lubrication is not required.

9.3 STORAGE

- To move the device on the rollers, lift it only by the handle of the rear stand. When moving, make sure

that the monitor does not hit, swivel and/or collide.

- Do not place the product upright with the 32" display, this feature is only possible with the 21,5" display.
- The storage location of the device must meet these requirements:
 - Dry and clean interior, free of explosive or flammable substances and dust
 - Temperature within the permissible range for operation (see technical data)
 - No direct sunlight
- For longer storage, protect against dust.

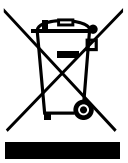
10. Disposal

Dear customers,

As an end user, you are legally obliged to collect waste electrical and electronic equipment and batteries as well as accumulators separately from municipal waste. We want to make this as easy as possible for you. Please note the information on this page and on the back.



Notes on EU directive 2012/19/EU - in Germany implemented in ElektroG (Law about electric and electronic devices); elsewhere implementation may differ)



We advise owners of electric and electronic equipment that waste electrical and electronic equipment must be collected separately from municipal waste in accordance with the applicable legal regulations. The symbol of a crossed-out garbage can, which is shown on waste electrical and electronic equipment, also indicates the obligation to collect this waste separately.



Notes on disposal and symbols for an electrical appliance based on EU Directive 2006/66/EU (in Germany in accordance with the Battery Act (BattG); elsewhere, implementation may differ)



Old batteries and accumulators must not be disposed of with household waste. As an end user, you are legally obliged to return used batteries. The symbol with the crossed-out garbage can means that you are not allowed to dispose of old batteries in the household waste.

Use the official collection points for this, such as the collection points of public waste disposal carriers. You can also return used batteries to retail outlets, provided they sell batteries. If the symbol Cd, Hg, or Pb is displayed under the symbol of the crossed-out garbage can, this is an indication that the battery contains either cadmium, mercury or lead. These are toxic heavy metals that not only pose significant risks to the environment but also to human health.

Recycling loop



Packaging material can be conveyed back to the raw material cycle. Dispose of packaging material in accordance with legal provisions. Information can be retrieved from the return or collections systems of your community.

You may also be interested in these accessories

SPORTSTECH **AH100 DUMBBELL**

Fitness for everywhere – within your own four walls or outdoors. With the AH100 dumbbells you achieve new levels of sportiness. Each pair of dumbbells has a set weight. Choose between 1, 1.5, 2, 2.5, 3, 4 or 5 kg and adjust it to your fitness level with super flexibility.

Thanks to non-slip rubber straps, you can also attach the dumbbells to your arms and legs during your workout - for effective full-body training. Also, you can use the dumbbells while jogging. The rubber straps provide increased protection against slipping.

Build muscle fast or reduce body weight. Every option is wide open to you with this all-rounder from Sportstech.

 You can buy this product through the following QR-Code or link.

<https://www.sportstech.de/ah100>

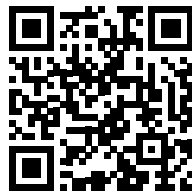
SPORTSTECH **BBS300 BATHROOM SCALE**

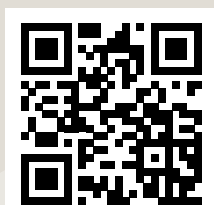
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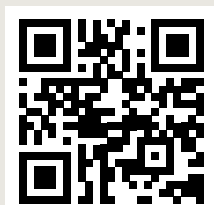
<https://www.sportstech.de/bbs300-personenwaage-schwarz>





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