

OWNER'S MANUAL

RETAIN FOR FUTURE REFERENCE

MODEL NUMBER **98900**

SERIAL NUMBER

USER'S WEIGHT LIMITATION 250lbs.

ASSEMBLY

WARRANTY

OPERATING INSTRUCTIONS

CONDITIONING GUIDELINES

MAINTENANCE

SERVICE

MR900 POWER ROWER

DISTRIBUTED BY
PHOENIX
HEALTH & FITNESS INC.™

Should you have any questions, please call our Customer Service Department, Monday through Friday, 8:00am until 4:00pm Pacific time (excluding holidays), at: 1.888.535.8637.

Please have the following information ready before placing your call:

- >Your name
- >Your address
- >Your telephone number
- >Model number
- >Parts order number
- >Serial number

Many times product assembly questions can be handled by our customer service personnel. **Please call us first if you are having problems.**

Any return of our products will require all of its original contents, such as packing material, packing box, components, hardware, etc.

Please note that there is a weight limitation for this product. **If you weigh more than 250lbs. it is not recommended that you use this product. Serious injury may occur if the user's weight exceeds the limit shown here.** This product is not intended to support users whose weight exceeds this limit.

Gather your tools

Before starting the assembly of your unit, make sure that you have gathered all the necessary tools you may require to assemble the unit properly. Having all of the necessary equipment at hand will save time and make the assembly quick and hassle-free.

Clear your work area

Make sure that you have cleared away a large enough space to properly assemble the unit. Make sure space is free from anything that may cause injury during assembly. After the unit is fully assembled, make sure there is a comfortable amount of free area around the unit for unobstructed operation.

Invite a friend

Some of the assembly steps may require the help of another individual. Invite a friend to help with the assembly of your new exercise equipment. It is not only safe, but fun!

Open the boxes

When you have completed the steps **BEFORE BEGINNING**, you are now ready to open the boxes of your new unit. Make sure to inventory all of the parts that are included in the boxes. Check the Hardware Comparison Chart for a full count of the number of parts included for this product to be assembled properly. If you are missing any parts, please **DO NOT TAKE THE UNIT BACK TO THE RETAIL STORE.** Instead, call our Customer Service Department, Monday through Friday, 8:00am until 4:00pm, Pacific time (excluding holidays), at: 1.888.535.8637.

Make sure that you have the following information ready before placing your call:

- >Your name
- >Your address
- >Your telephone number
- >Model number
- >Parts order number
- >Serial number

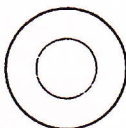
COMPARISON CHART

For your convenience, we have identified the hardware used in the assembly of this product. This chart is provided to help you identify those items that may be unfamiliar to you. All of the hardware here is shown at full size.

55
Nut
M8
(2 pieces)



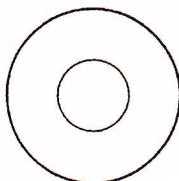
52
Washer
8 x 16mm
(2 pieces)



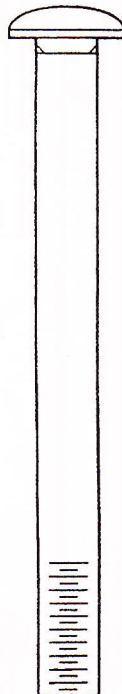
56
Nut
M10
(2 pieces)



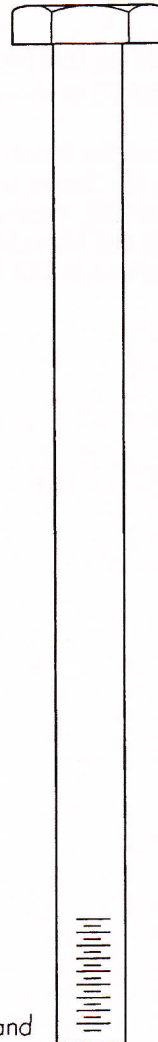
53
Washer
M10 x 23mm
(2 pieces)



44
Bolt
M8x88mm
(2 pieces)



38
Bolt
M10x130mm
(2 pieces)



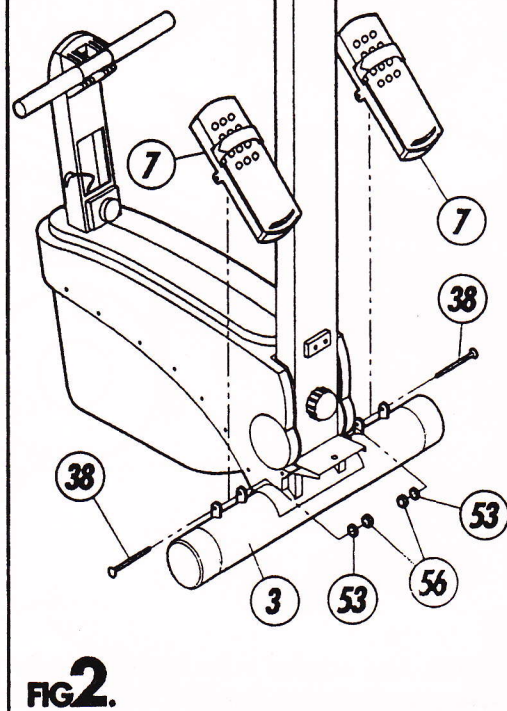
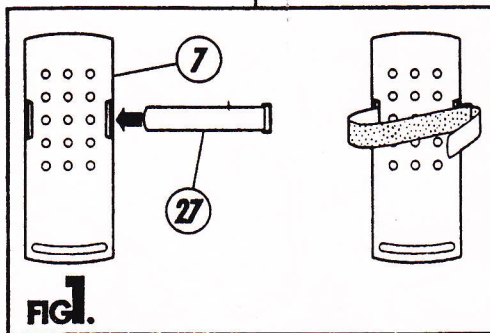
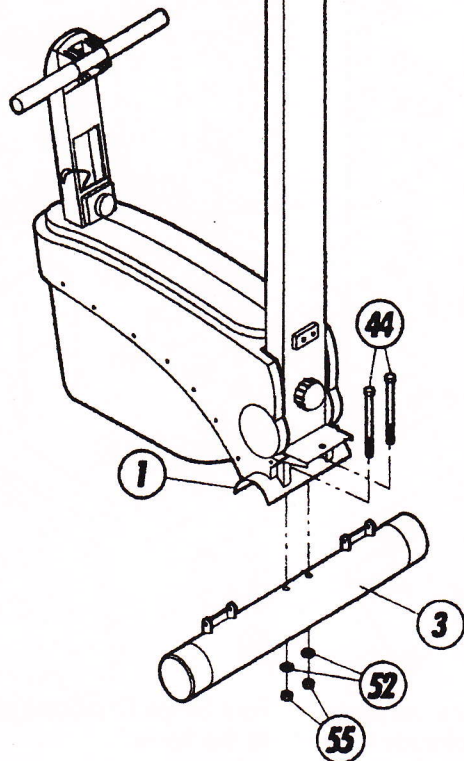
NOTE: Also included in the hardware kit but not shown here are parts (27) Foot Straps (2 pieces) and Wrenches (2 pieces). Part (24) Knob (1 piece) is shipped already inserted into the frame.

STEP 1

Attach Stabilizer Bar (3) to Main Frame (1). Secure with Bolts (44), Washers (52) and Nuts (55) as shown.

Insert the Foot Straps (27) into each Pedal (7) as shown in FIG 1.

Attach the Pedals (7) to the Stabilizer Bar (3). Secure with Bolts (38), Washers (53) and Nuts (56) as shown in FIG 2.

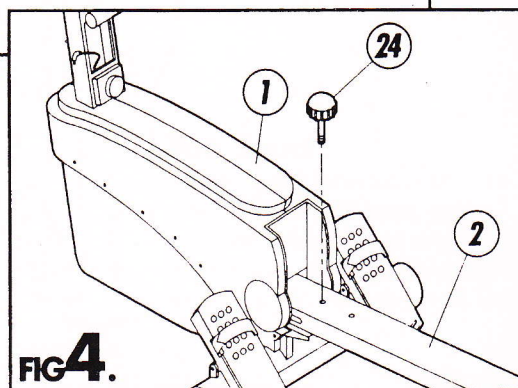
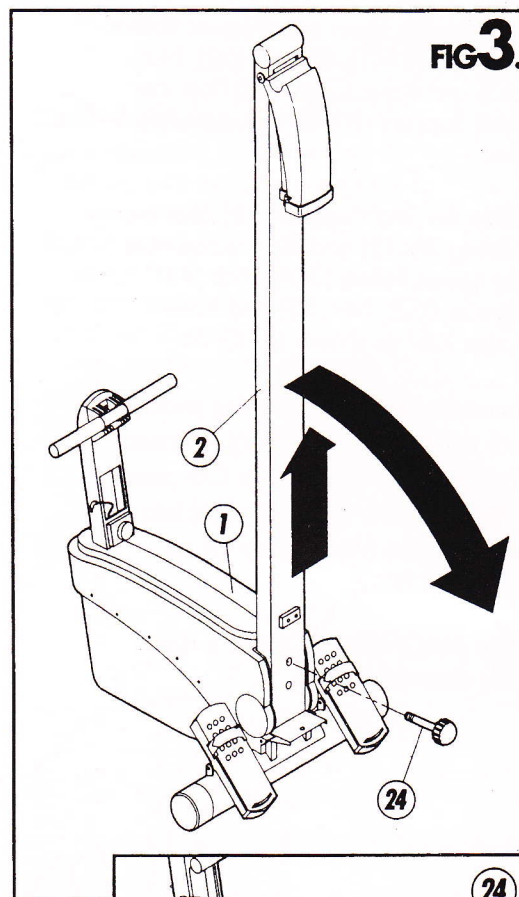
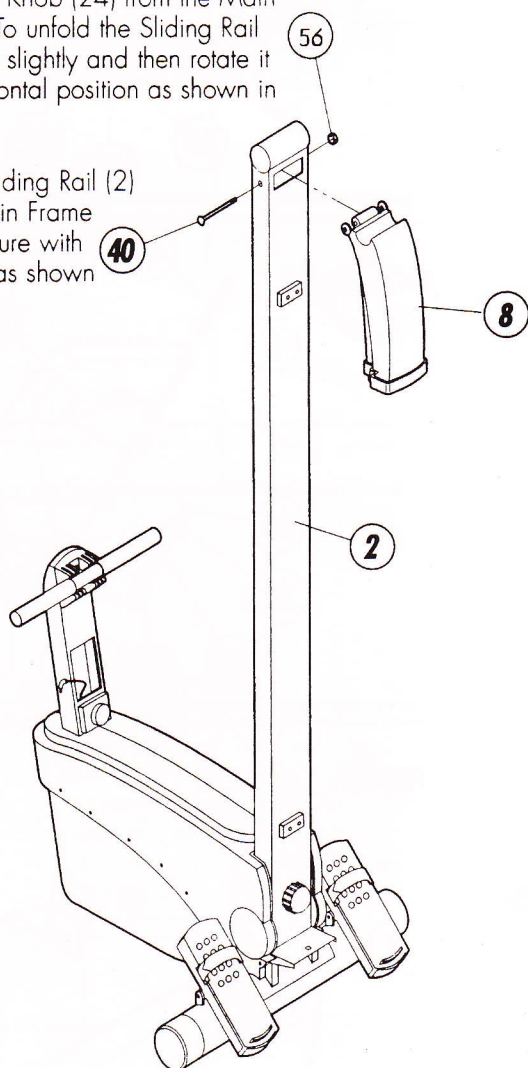


2 STEP

Attach the Rear Support (8) to the Sliding Rail (2). Secure with Bolt (40), and Nut (56) as shown below.

Remove the Knob (24) from the Main Frame (1). To unfold the Sliding Rail (2), lift it up slightly and then rotate it to the horizontal position as shown in FIG 3.

Slide the Sliding Rail (2) into the Main Frame (1) and secure with Knob (24) as shown in FIG 4.



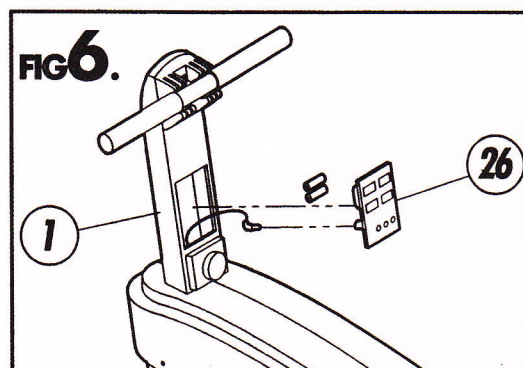
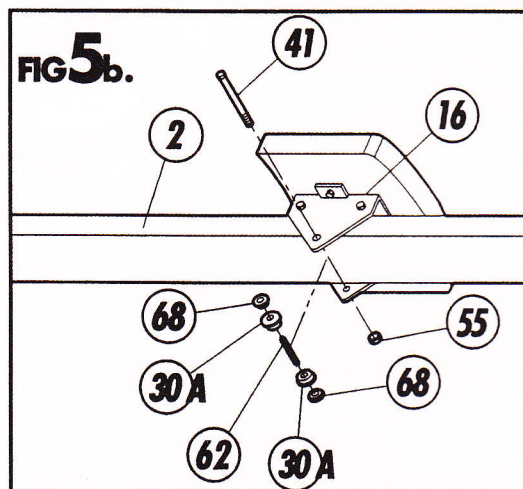
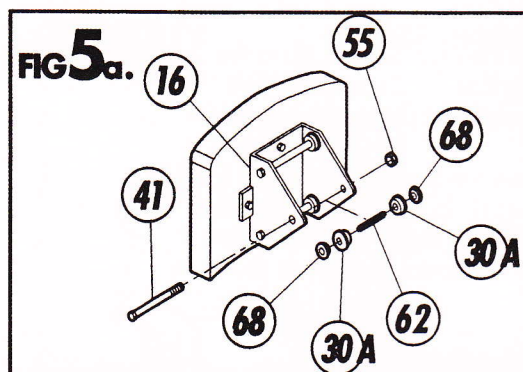
STEP 3

Remove the lower set of Lower Rollers (30A), Bolt (41), Spacer (62), Nut (55) and Roller Caps (68) from the Seat Support (16) as shown in FIG 5a.

Slide the Seat Support (16) over the Sliding Rail (2) and then reassemble the Lower Rollers (30A), Bolt (41), Spacer (62), Nut (55) and Roller Caps (68) as shown in FIG 5b.

Insert the two "AA" batteries (included) into the Computer (26). Connect the Computer Wire to the Computer (26). Snap the Computer (26) into place on the Main Frame (1) as shown in FIG 6.

Your MAGNETIC ROWER is now fully assembled.



To fold your MAGNETIC ROWER for storage first remove the Knob (24). **CAUTION: position the Seat (15) all the way forward as shown in the diagram.** Pull the Sliding Rail (2) out all the way and then fold it up as shown in FIG 7.

Allow the Sliding Rail (2) to drop down into the Main Frame (1). Insert the Knob (24) through the Sliding Rail (2) to secure the unit. Finally, fold the Rear Support (8) down as shown in FIG 8.

To unfold simply reverse these instructions.

ALLOW SLIDING RAIL TO DROP INTO MAIN FRAME

2

8

FIG 8.

PULL SLIDING RAIL ALL THE WAY OUT AND THEN FOLD IT UP

24

15

2

FIG 7.

FULLY FOLDED MAGNETIC ROWER

BODY POSITIONING

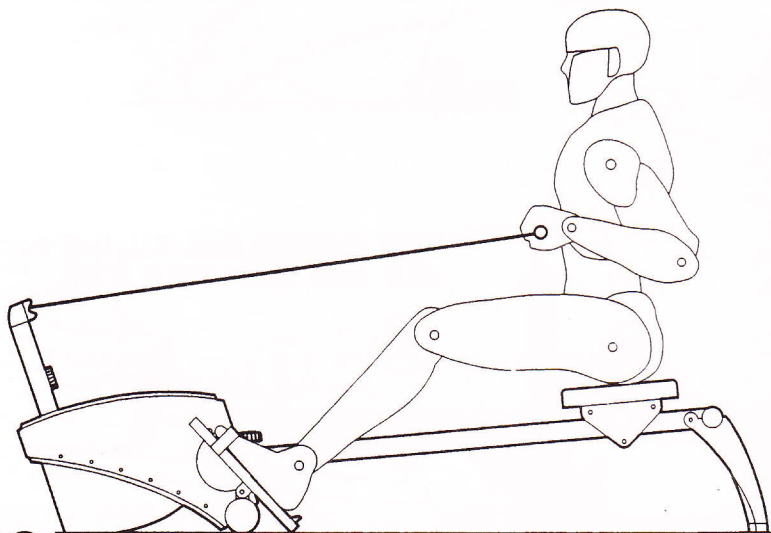
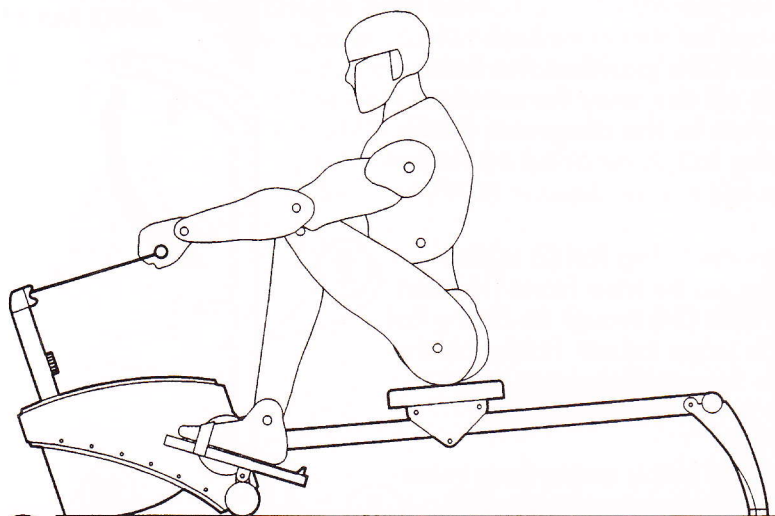
For proper form when using your rower begin with your knees bent in a seated position. Lean forward slightly with your arms outstretched and grip the handlebar as shown in FIG 9.

In a smooth, fluid motion, extend back, pushing out with your legs while pulling your arms into your chest as shown in FIG 10. To avoid injury keep from locking out your knees or leaning back too far.

Return to the starting position.

FIG 9.

FIG 10.



Function Buttons

Mode: Press to select functions.

Set: To set the values of time, distance, calorie and pulse (if have).

Reset: To reset the values of time, distance, calorie and pulse (if have).

Operation

TIME - Count up: accumulates total working time up to 00:99:59 from zero. Count down: counts the time backwards from preset value to zero in one second decrements.

SPEED: Accumulates the current speed up to 999.9 KM or Miles from zero.

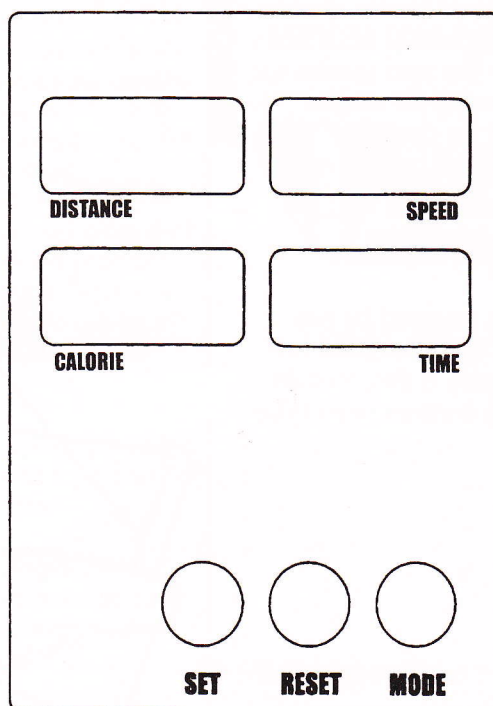
DISTANCE - Count up: accumulates total working distance up to 99.99 KM or Miles from zero. Count down: Counts distance backwards from preset value to zero. Each set increment is 0.1 KM or Mile.

CALORIES - Count up: Accumulates calorie consumption during exercise. Maximum value is 999 Calorie. Count down: counts the calorie backwards from preset value to zero. Each set increment is 1 Calorie. This data is a rough guide for comparison during different exercise sessions which can not be used in medical treatment.

PULSE (IF have) - Shows the heart rate during exercise. Put the ear clip on your left earlobe before monitoring the pulse. To get more accurate pulse rate, rub your earlobe 15 times gently before clipping on.

Up end: Press "mode" key to get the arrow of pulse on the up-end position. You may set up the up-end value of your pulse. As soon as the heart rate reaches this value, the computer will beep as a warning to remind you to slow down.

Up-end: Press the "mode" button to get the arrow of pulse on the down-end position. You may set the down-end value of your pulse. As soon as the heart rate reaches the value, the computer will beep.



Trouble shooting the electronics

COMPUTER HAS NO DISPLAY - Power supply is insufficient or non-existent. Check the connections and/or replace the batteries.

DISPLAY WINDOW HAS NO READING - The signal from the reed sensor switch is not being received. Check the two pronged electronic connector pin. Ensure both pins (gold in color) are straight and flush. If one pin is shorter than the other a complete circuit cannot be made.

COMPUTER DOES NOT REGISTER STEP COUNT - The reed sensor switch is not sensing the magnet passing. Check the clearance between the magnet and the reed sensor switch.

Battery information

The computer is powered by two 1.5V ("AA" or "UM3") x 20R4 batteries. If the display is dim, it could indicate that the batteries need to be replaced.

NOTE:

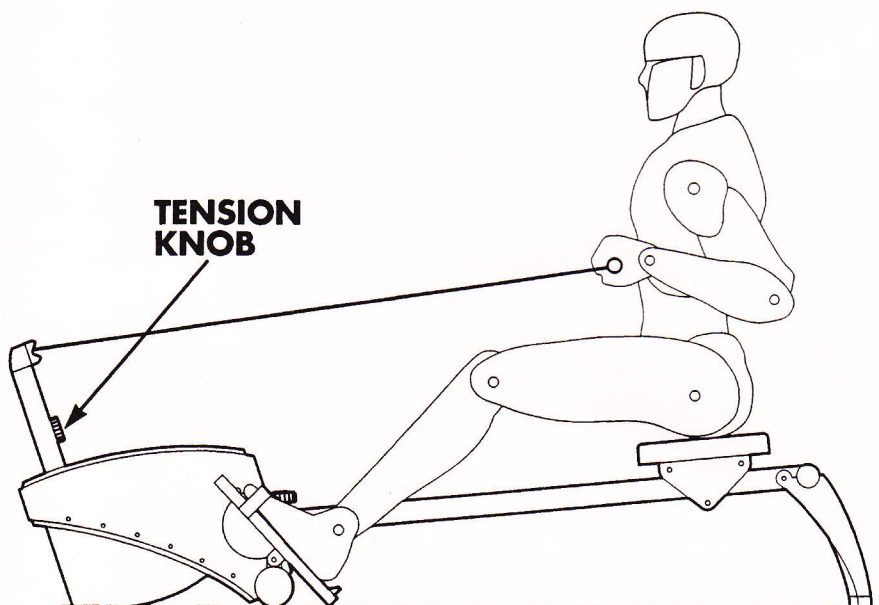
1. Press "set" button for 2 seconds, the desired value can be set faster.
2. Press "reset" button and hold for 5 seconds, all values will be reset.
3. Press any button or start using item will turn the power on.

4. Only either "km" or "ml" exists in "speed" and "distance" LCD display.

5. Without any signal for 4 minutes, the LCD will shut off automatically. All values will be reserved. Replace batteries will reset all values.

TENSION ADJUST

During your workout you may wish to adjust the tension on the flywheel. To do this simply turn the Tension Knob on the console as shown below.



This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There is no handwriting or other markings on the paper.

Warranty Coverage: Phoenix Health and Fitness, Inc. ("Phoenix Health and Fitness") warrants to the original purchaser that each new product to be free from defects in workmanship and material, under normal use and conditions.

Period of Coverage: The Warranty on this product runs for a period of NINETY (90) days from the date of your purchase and includes all parts and materials.

It is recommended that the Original Receipt be kept with the product manual.

Remedy Provided by Phoenix Health and Fitness: Phoenix Health and Fitness will provide a replacement part free of charge if a defect is found during the Warranty period. You must pay any charges for shipping and handling outside of the Continental United States and for labor. You may select any reputable service center to install any replacement part.

Parts repaired or replaced pursuant to this Warranty shall be warranted for the unexpired portion of the Warranty applying to the original product. Any technical advice furnished before or after delivery in regard to the use or application of Phoenix Health and Fitness products is furnished without charge and on the basis that it represents Phoenix Health and Fitness' best judgment under the circumstances but that the advice is used at your sole risk.

Procedure for Obtaining Your Remedy Under This Warranty:

In the event you discover a defect in this product, please phone our Customer Service Department at 1 (888) 535.8637 between the hours of 8:00 a.m. and 4:00 p.m. (Pacific Standard Time). You may order your free replacement part at that time, and you may obtain assistance from our Customer Service professionals. Parts will be shipped to you within one hundred eighty (180) days of your notification to our Customer Service Department of your Warranty claim. To help us assist you, please have the following information ready:

- Model name or number from the cover of the manual;
- Serial number located on the frame of the unit; and
- The part description and the order number.

Limitations on Warranty: This Warranty does not apply to you if you have purchased this product for resale. This Warranty does not cover any problems, damages or failures that are caused by accident, improper assembly, failure to observe cautionary labels on the product, failure to operate the product correctly, abuse or freight damage. Phoenix Health and Fitness does not warrant against any damage or defects that may result from repair or alterations made to the product by a repair facility.

This Warranty shall terminate if you sell or otherwise transfer this product. This

Warranty does not apply to any product shipped or handled outside of the United States. This Warranty does not apply if the product is used for rental or commercial use.

Consequential and incidental damages are not recoverable under this Warranty.

(Some states do not allow the exclusion or limitation of incidental or consequential damages, so the above limitation or exclusion may not apply to you.)

THIS WARRANTY IS EXPRESSLY IN LIEU OF ALL OTHER EXPRESS WARRANTIES. ALL IMPLIED WARRANTIES, INCLUDING WARRANTIES OF MERCHANTABILITY OR FITNESS FOR ANY PARTICULAR PURPOSE, ARE LIMITED IN DURATION TO ONE (1) YEAR FROM THE EFFECTIVE DATE OF THIS WARRANTY. PHOENIX HEALTH AND FITNESS IS NOT LIABLE FOR CONSEQUENTIAL OR INCIDENTAL DAMAGES RESULTING FROM ANY DEFECT IN PARTS NOR FOR ANY BREACH OF EXPRESS OR IMPLIED WARRANTIES. PHOENIX HEALTH AND FITNESS' SOLE LIABILITY UNDER THIS WARRANTY IS LIMITED TO THE TERMS DESCRIBED IN THIS FORM.

THIS WARRANTY GIVES YOU SPECIFIC LEGAL RIGHTS, AND YOU MAY ALSO HAVE OTHER RIGHTS WHICH VARY FROM STATE TO STATE.

PLEASE COMPLETE

Last name, first name: _____

Daytime telephone number: _____

Address: _____

City: _____

State: _____ Zip code: _____

Place and date of purchase: _____

Model number of item purchased: _____

Serial No.: _____

REPLACEMENT PARTS

To order replacement parts, simply call our Customer Service Department, at 1.888.535.8637, Monday through Friday, 8:00am until 4:00pm, Pacific time (excluding holidays). To help us assist you, please have the following information ready:

- Model name or number from the cover of the manual;
- Serial number located on the frame of the unit; and
- The part description and order number.

Send your order to:

PHOENIX HEALTH AND FITNESS
1339 E. Carson St.
#668
Carson, CA 90745

IMPORTANT: Please do not return any product to this address.

If unit is no longer under warranty call for shipping and handling, pricing and taxes (if applicable):

1.888.535.8637

PART NUMBER	QTY.	PART DESCRIPTION	PRICE

SHIPPING/HANDLING

TAX

TOTAL

parts order form

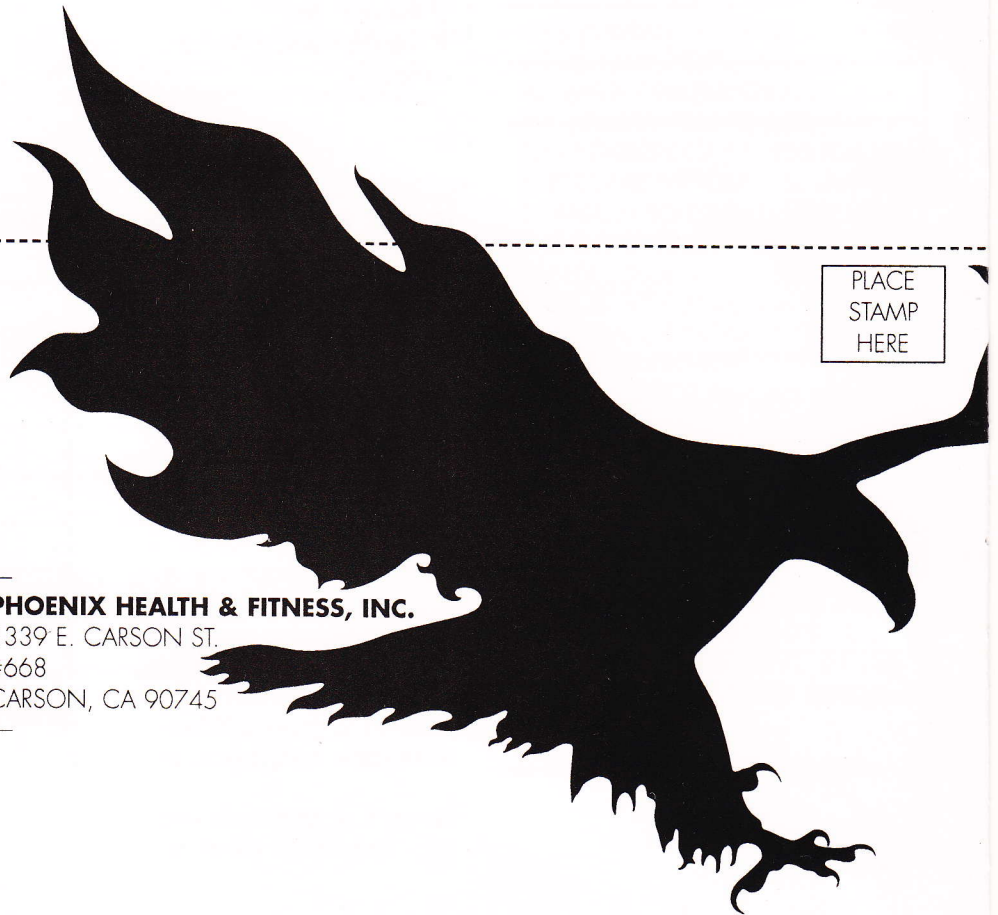
PHOENIX HEALTH & FITNESS, INC.

PHOENIX HEALTH & FITNESS, INC.
1339 E. CARSON ST.
#668
CARSON, CA 90745

PLACE
STAMP
HERE

SEND TO

PHOENIX HEALTH & FITNESS, INC.
1339 E. CARSON ST.
#668
CARSON, CA 90745



Warning

Before using this product, please consult your personal physician for a complete physical examination. Frequent and strenuous exercise should be approved by your doctor. If any discomfort should result from your use of this product, stop exercising and consult your doctor. Proper usage of this product is essential. Please read your manual carefully before exercising.

Please keep all children away from the equipment during use and when equipment is unattended.

Always wear appropriate clothing, including athletic shoes, when exercising. Do not wear loose clothing that could become caught during exercising.

Make sure that all bolts and nuts are tightened when equipment is in use. Periodic maintenance is required on all exercise equipment to keep it in good condition.

Before beginning

How you begin your exercise program depends on your physical condition. If you have been inactive for several years, or are severely overweight, you must start slowly and increase your time gradually, a few minutes per week.

Initially you may be able to exercise only for a few minutes in your target zone. However, your aerobic fitness will improve over the next six to eight weeks. Don't be discouraged if it takes longer. It's important to work at your own pace. Ultimately, you'll be able to exercise continuously for 30 minutes. And the better your aerobic fitness, the harder you will have to work to stay in your target zone. But remember these essentials:

>Contact your physician before starting a workout or training program. Have your doctor review your training and diet programs to advise you of a workout routine you should adopt.

>Begin your training program slowly with realistic goals that have been set by you and your doctor.

>Supplement your program with some type of aerobic exercise such as walking, jogging, swimming, dancing and/or bicycling.

>Monitor your pulse frequently. If you do not have an electronic heart rate monitor, have your physician show you the proper way to manually check your pulse by using your wrist or neck. Establish your target heart rate based on your age and condition.

>Drink plenty of fluids during the course of your routine. You must replace the water content lost from excessive exercising to avoid dehydration. Avoid drinking large amounts of cold liquids. Fluids should be at room temperature when consumed.



**The Surgeon General
has determined that lack
of physical activity is
detrimental to your health.**

EXERCISING IN YOUR TARGET ZONE

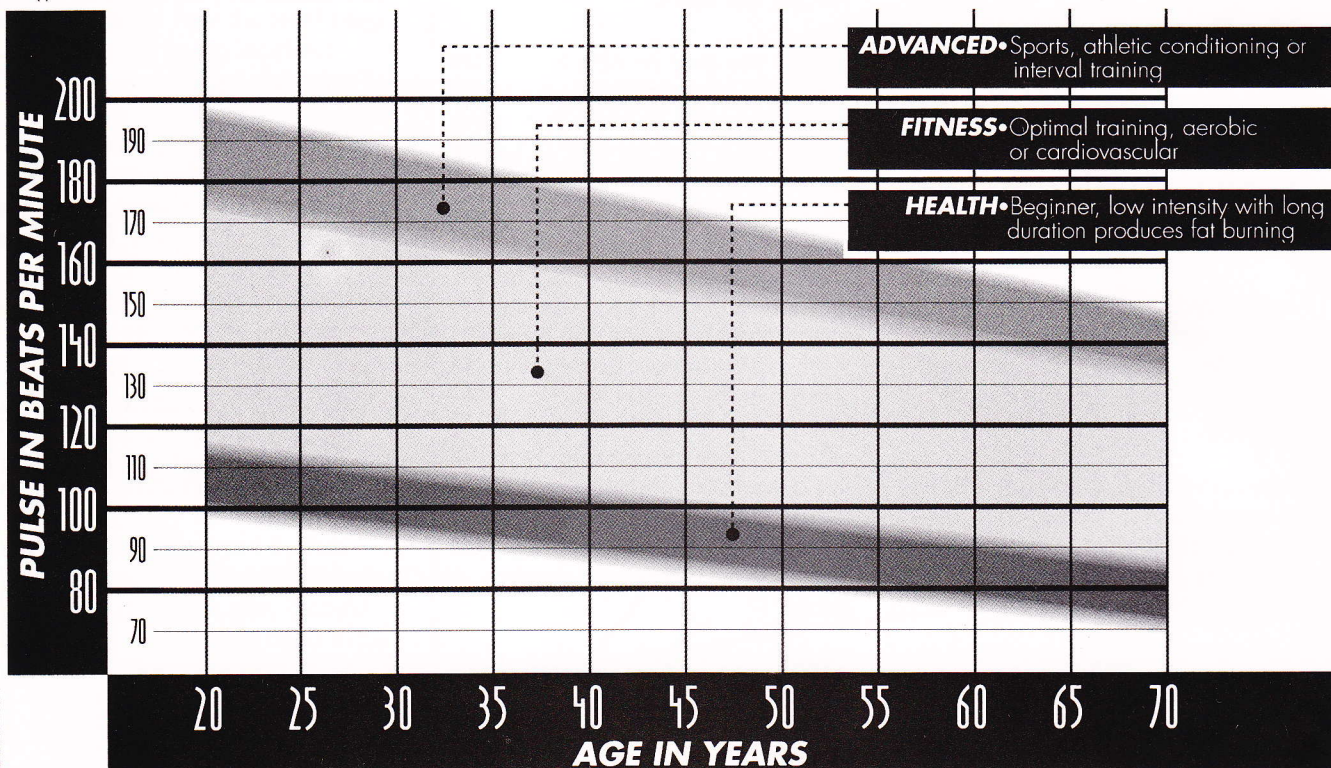
Finding your pulse

To make sure your heart is beating in its target zone, you'll need to know how to monitor your heart rate. The easiest way is to feel the pulse in the carotid artery on either side of your neck, between the windpipe and the large neck muscles. Count the num-

ber of beats in ten seconds, then multiply by six. This gives you the number of beats per minute.

How fast should your heart beat during aerobic exercise? Fast enough to reach and stay in its "target zone,"

a range of beats per minute that is largely determined by your age and physical condition. To determine your target zone, consult the chart we have provided.

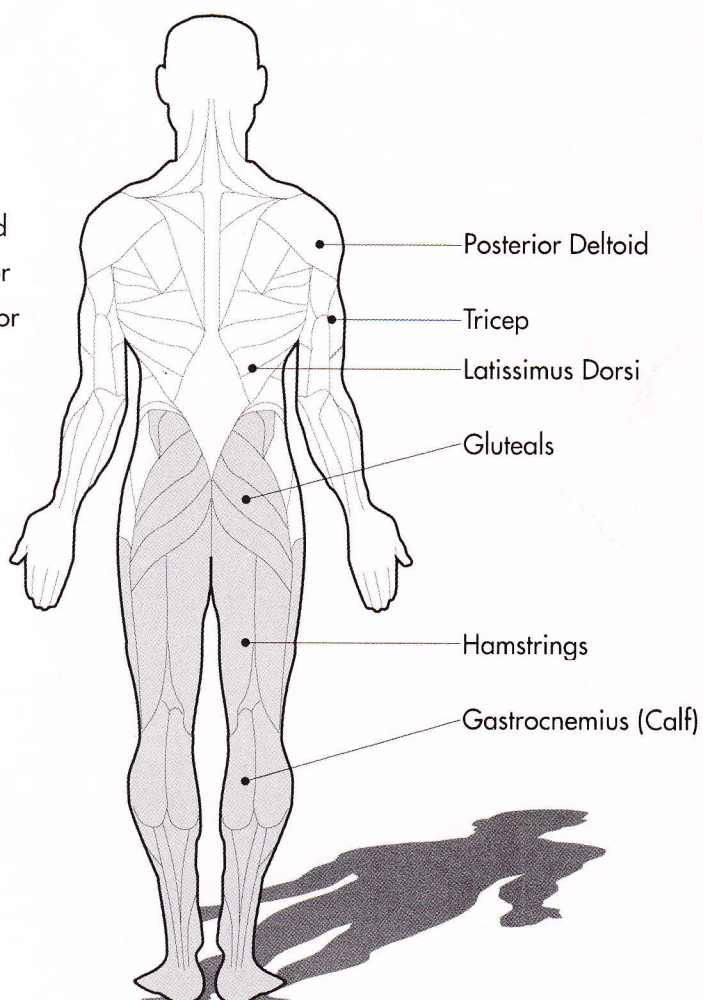
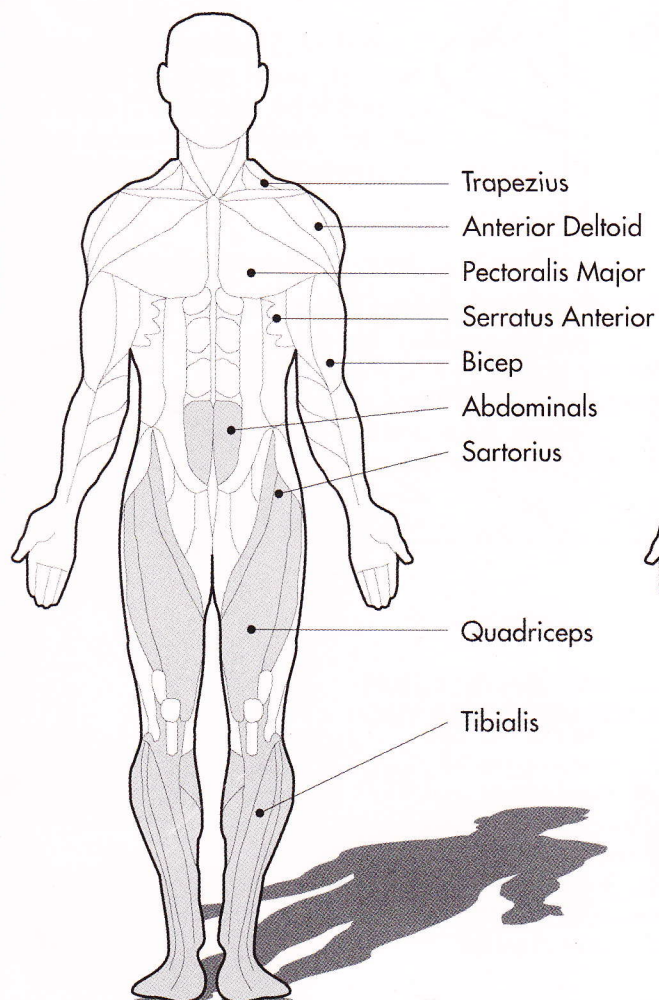


Aerobic exercise is any sustained activity that sends oxygen to your muscles via your heart and lungs. It will improve the fitness of your lungs and heart; your body's

most important muscle. Aerobic fitness is promoted by any activity that uses your large muscle groups - arms, legs or buttocks, for example. Your heart beats quickly and you

breath deeply. An aerobic exercise should be part of your entire exercise routine.

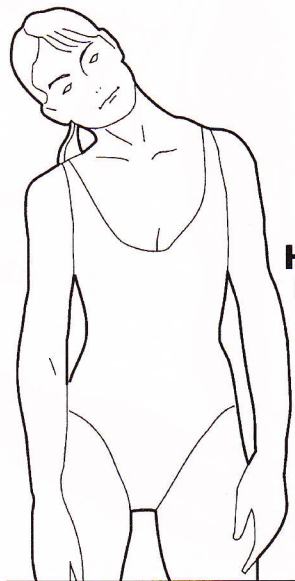
The exercise routine that is performed on this product will develop both upper and lower body muscle groups. These muscle groups are shown on the chart below.



WARM UP AND COOL DOWN

A successful exercise program consists of a warm-up, aerobic exercise, and a cool-down. Do the entire program at least two and preferably three times a week, resting for a day between workouts. After several months, you can increase your workouts to four or five times per week.

Warming up is an important part of your workout, and should begin every session. It prepares your body for more strenuous exercise by heating up and stretching out your muscles, increasing your circulation and pulse rate, and delivering more oxygen to your muscles. At the end of your workout, repeat these exercises to reduce sore muscle problems. We suggest the following warm-up and cool-down exercises:

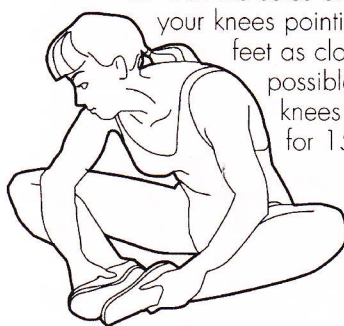


Head Roll

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

Inner Thigh Stretch

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



Hamstring Stretch

Sit with your right leg extended. 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 extended.



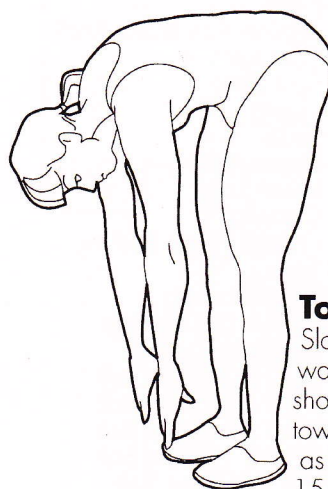
Shoulder Lift

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



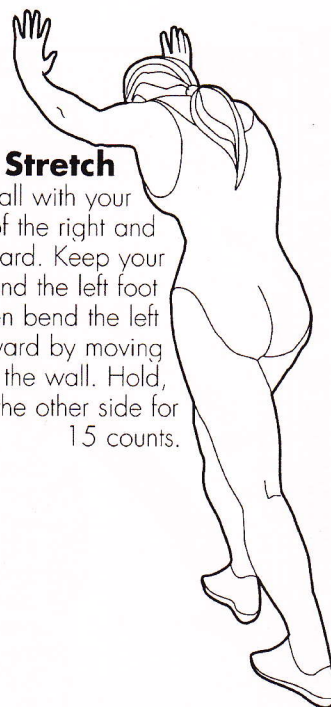
Side Stretch

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



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.



Toe Touch

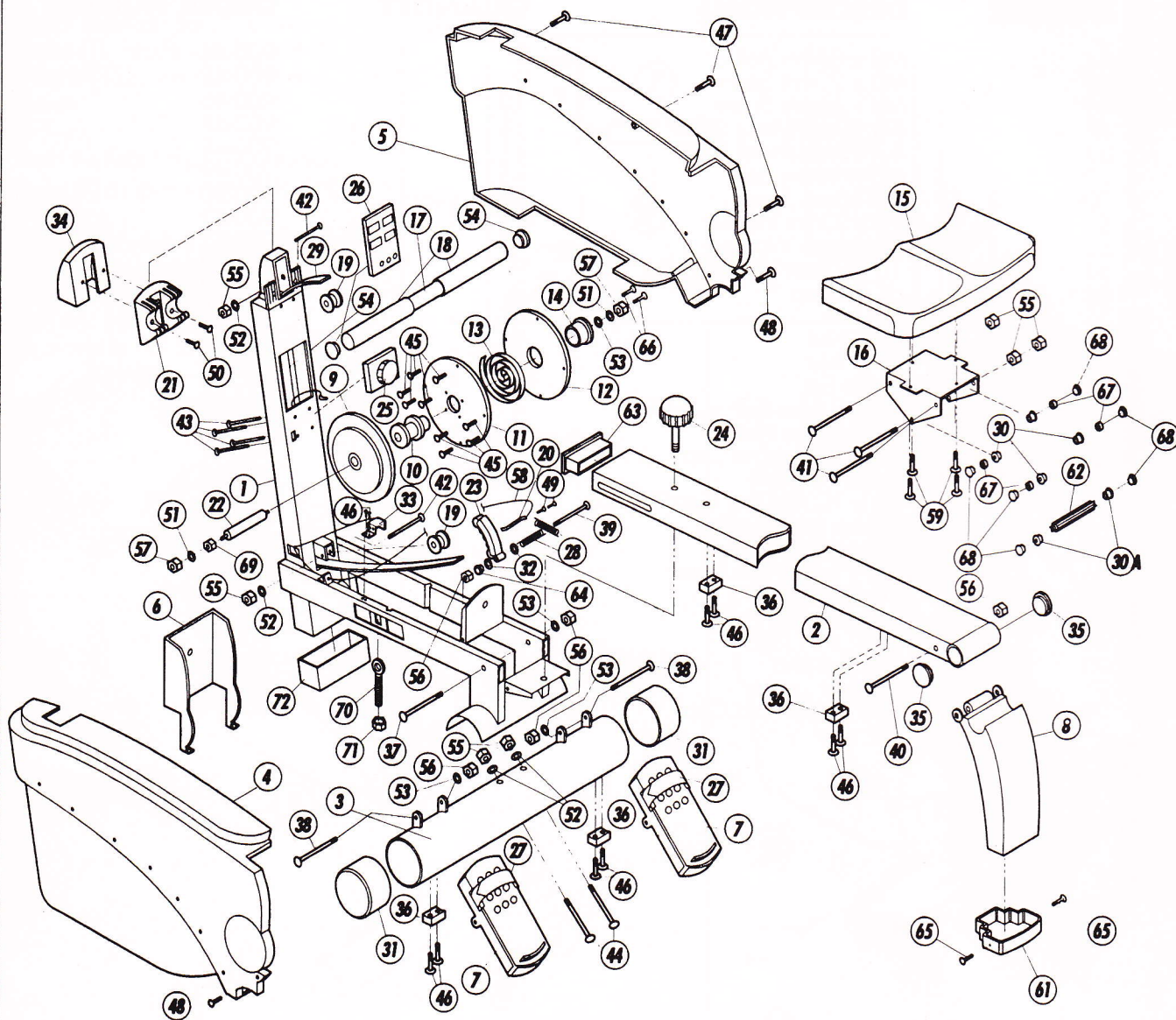
Slowly bend forward from your waist, letting your back and shoulders relax as you stretch toward your toes. Reach down as far as you can and hold for 15 counts.

A MAJORITY OF THE LISTED HARDWARE IS ALREADY IN PLACE

NUMBER	DESCRIPTION	QUANTITY	ORDER NUMBER
1	Main Frame	1	900-01
2	Sliding Rail	1	900-02
3	Stabilizer Bar	1	900-03
4	Left Chainguard	1	900-04
5	Right Chainguard	1	900-05
6	Front Chainguard	1	900-06
7	Pedal	2	900-07
8	Rear Support	1	900-08
9	Flywheel	1	900-09
10	Strap Wheel	1	900-10
11	Left Spring Cover	1	900-11
12	Right Spring Cover	1	900-12
13	Spiral Spring	1	900-13
14	Spacer	1	900-14
15	Seat	1	900-15
16	Seat Support	1	900-16
17	Handle Bar	1	900-17
18	Handle Grip	2	900-18
19	Pulley	2	900-19
20	Spring Bracket	1	900-20
21	Handle Bar Holder	1	900-21
22	Shaft	1	900-22
23	Magnetic Set	1	900-23
24	Knob	1	900-24
25	Tension Adjustment Knob	1	900-25
26	Computer	1	900-26
27	Foot Strap	2	900-27
28	Spring	2	900-28
29	Strap	1	900-29
30	Upper Roller	4	900-30
30A	Lower Roller	2	900-30A
31	Caster	2	900-31
32	r10mm Plastic Bushing	2	900-32
33	Sensor	1	900-33
34	Pulley Housing	1	900-34
35	r60mm DIA Endcap	2	900-35
36	Stabilizer Cushion	4	900-36
37	M10 x 175mm Bolt	1	900-37
38	M10 x 132mm Bolt	2	900-38
39	M10 x 140mm Bolt	1	900-39
40	M10 x 124mm Bolt	1	900-40
41	M8 x 130mm Bolt	3	900-41
42	M8 x 46mm Bolt	2	900-42
43	4 x 60mm Screw	4	900-43

NUMBER	DESCRIPTION	QUANTITY	ORDER NUMBER
44	M8 x 85mm Bolt	2	900-44
45	M3 x 20mm Screw	9	900-45
46	M4 x 16mm Screw	10	900-46
47	4 x 20mm Metal Screw	3	900-47
48	4 x 25mm Metal Screw	2	900-48
49	M5 x 10mm Bolt	2	900-49
50	6 x 16mm Screw	2	900-50
51	10 x 23mm Washer	2	900-51
52	8 x 16mm Washer	4	900-52
53	10 x 23mm Washer	4	900-53
54	r1" Endcap	2	900-54
55	M8 Nut	7	900-55
56	M10 Nut	4	900-56
57	3/8" Nut	2	900-57
58	Cable Set	1	900-58
59	M6 x 15mm Bolt	4	900-59
60	3/8" Nylon Nut	1	900-60
61	Rear Support End Cap	1	900-61
62	Plastic Spacer	1	900-62
63	50 x 100mm End Cap	1	900-63
64	r15mm Steel Bushing	1	900-64
65	M4 x 12mm Screw	2	900-65
66	5 x 11mm Metal Screw	2	900-66
67	Bearing	4	900-67
68	Roller Cap	6	900-68
69	3/8" x 5T Nut	1	900-69
70	Adj. Bolt M6	1	900-70
71	M6 Nut	1	900-71
72	Font Support End Cap	1	900-72

MANY PARTS SHOWN HAVE BEEN PRE-ASSEMBLED BY THE FACTORY



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