

OWNER'S MANUAL

RETAIN FOR FUTURE REFERENCE

MODEL NUMBER **98900**

SERIAL NUMBER

USER'S WEIGHT LIMITATION 250lbs.

ASSEMBLY

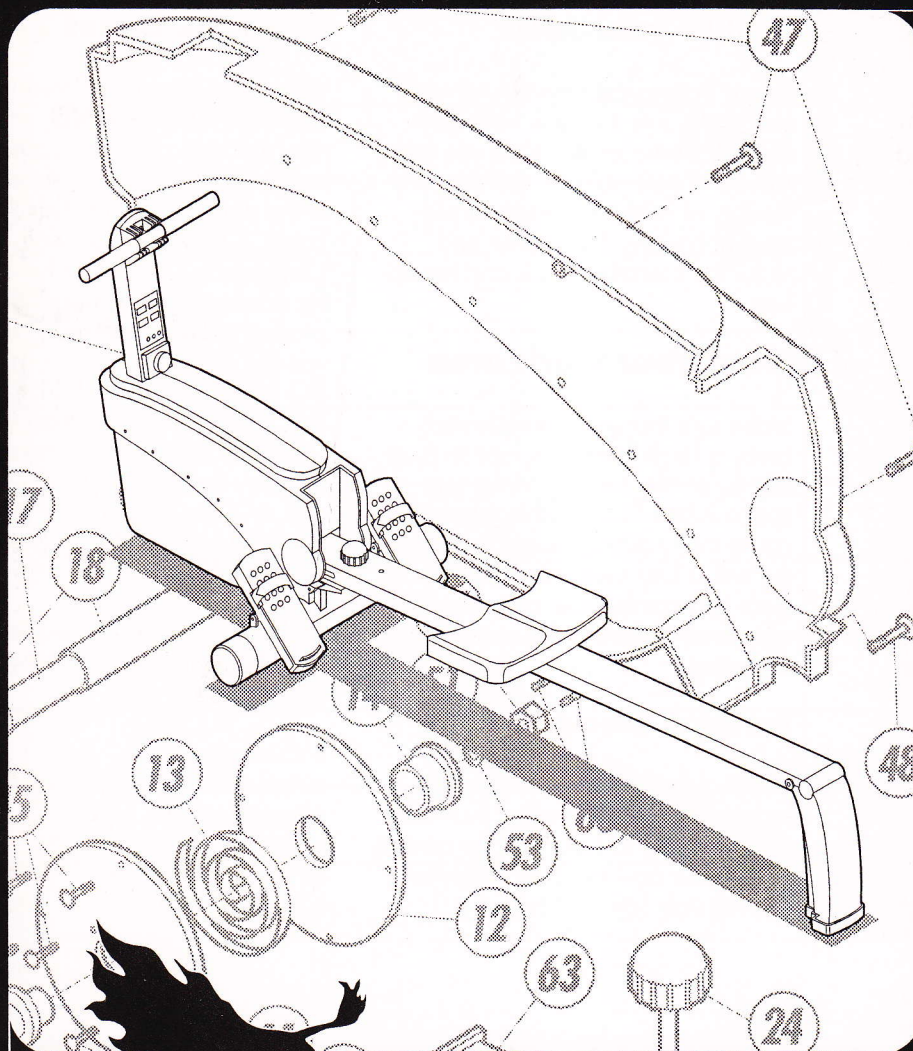
WARRANTY

OPERATING INSTRUCTIONS

CONDITIONING GUIDELINES

MAINTENANCE

SERVICE



DISTRIBUTED BY
PHOENIX
HEALTH & FITNESS INC.™

MR900 POWER ROWER

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:

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- >Your address
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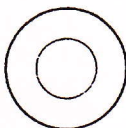
COMPARISON CHART

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.

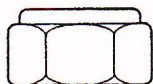
55
Nut
M8
(2 pieces)



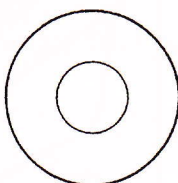
52
Washer
8 x 16mm
(2 pieces)



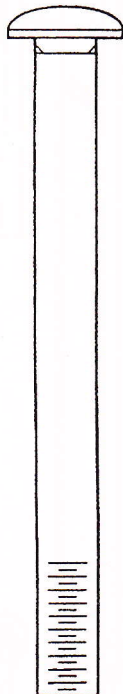
56
Nut
M10
(2 pieces)



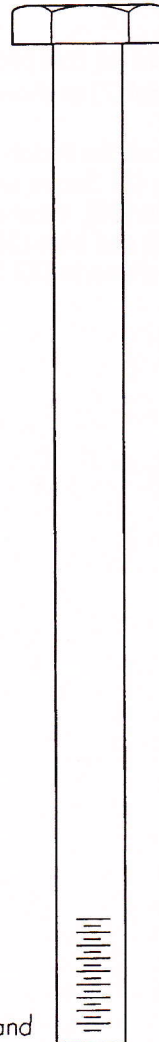
53
Washer
M10 x 23mm
(2 pieces)



44
Bolt
M8x88mm
(2 pieces)



38
Bolt
M10x130mm
(2 pieces)



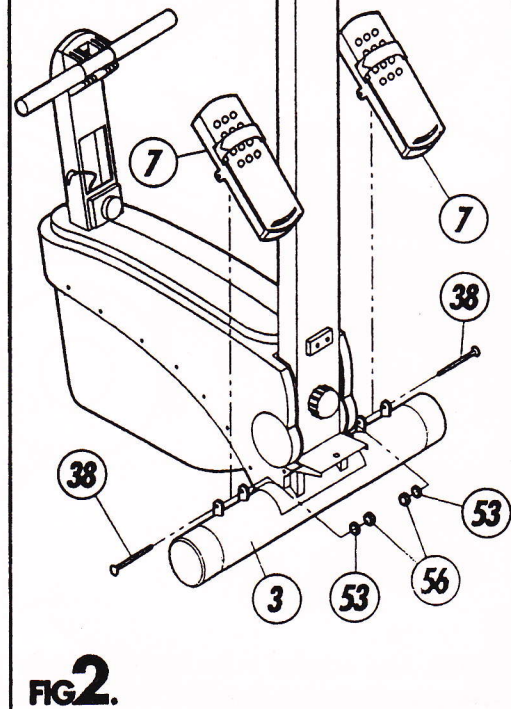
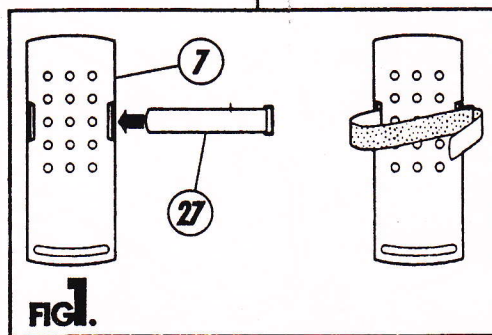
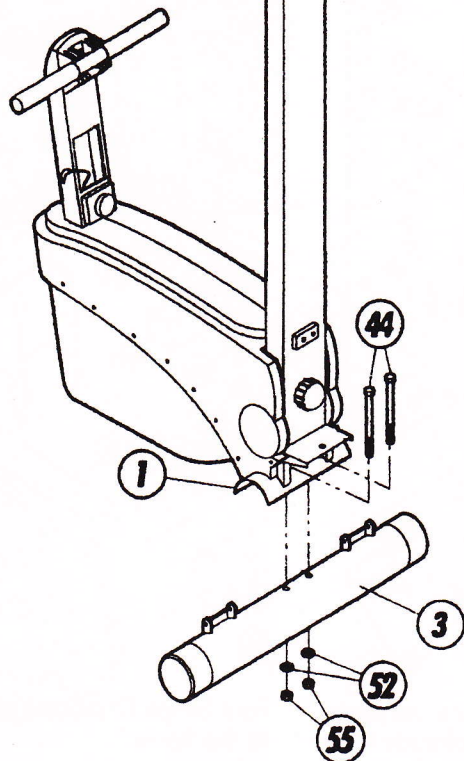
NOTE: Also included in the hardware kit but not shown here are parts (27) Foot Straps (2 pieces) and Wrenches (2 pieces). Part (24) Knob (1 piece) is shipped already inserted into the frame.

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.

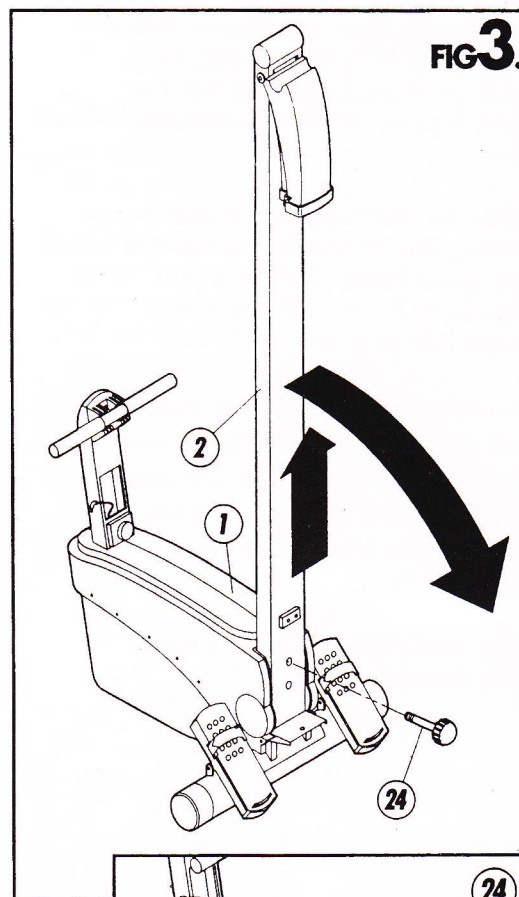
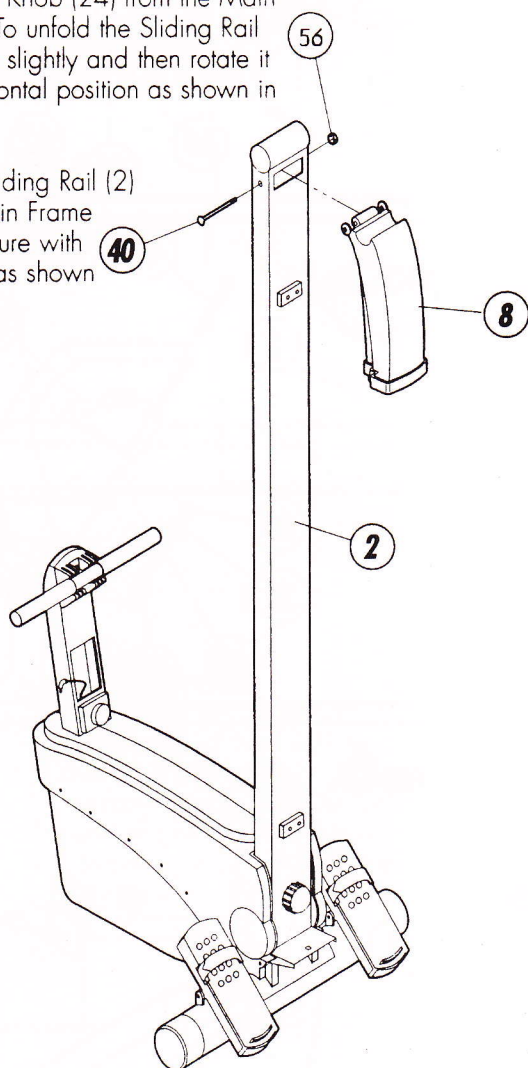


FIG3.

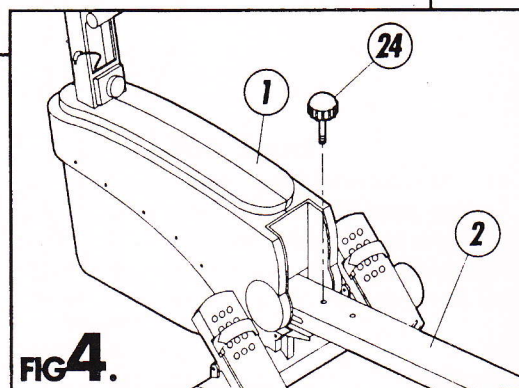


FIG4.

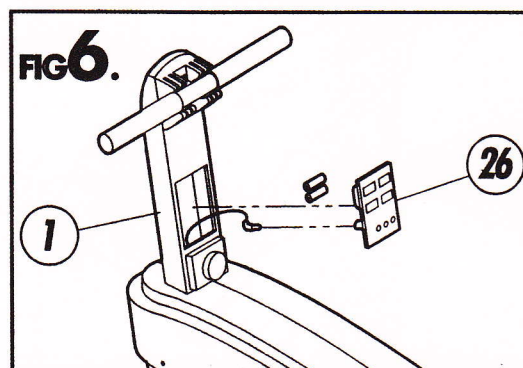
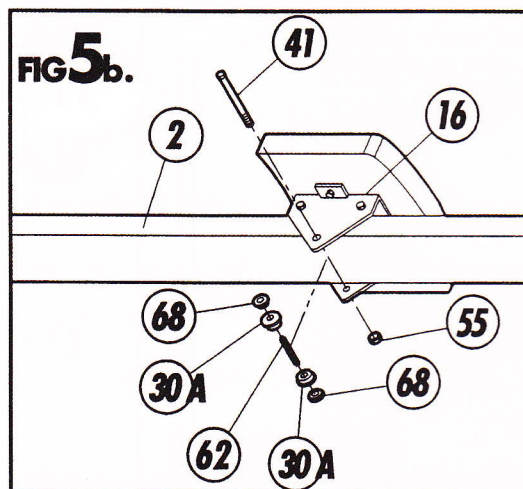
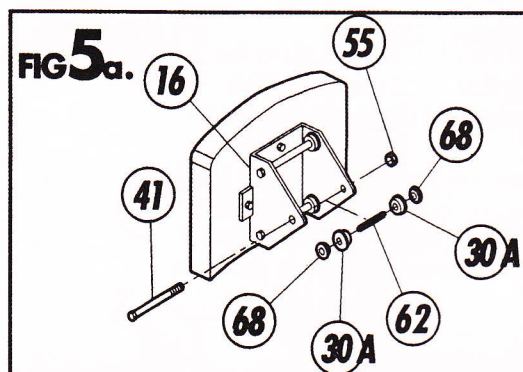
STEP 3

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

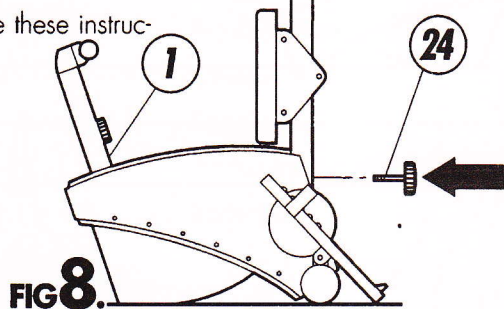


FIG 8.

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

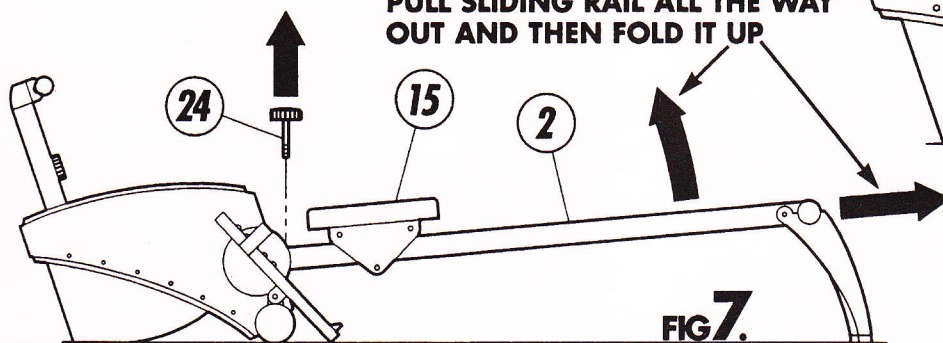


FIG 7.

**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.

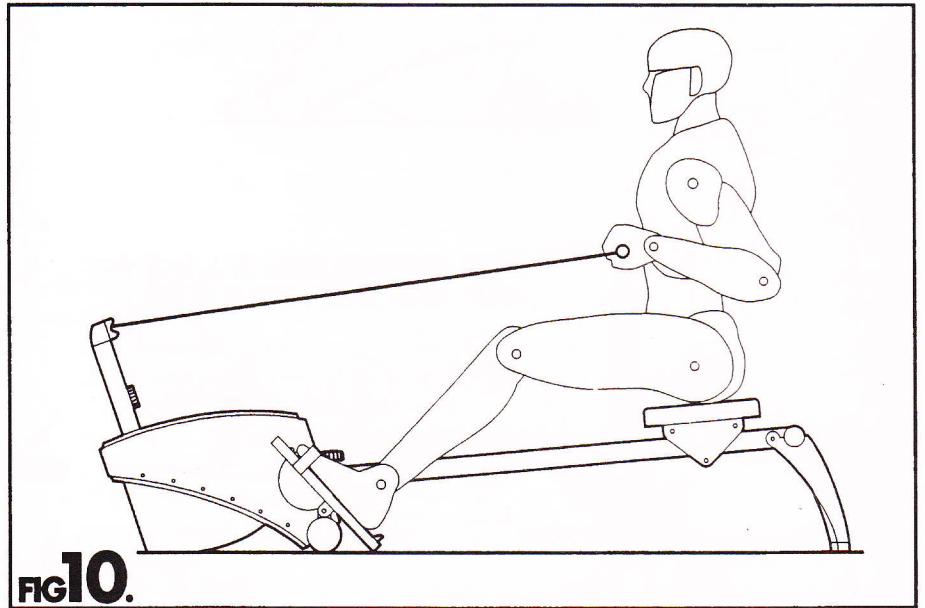
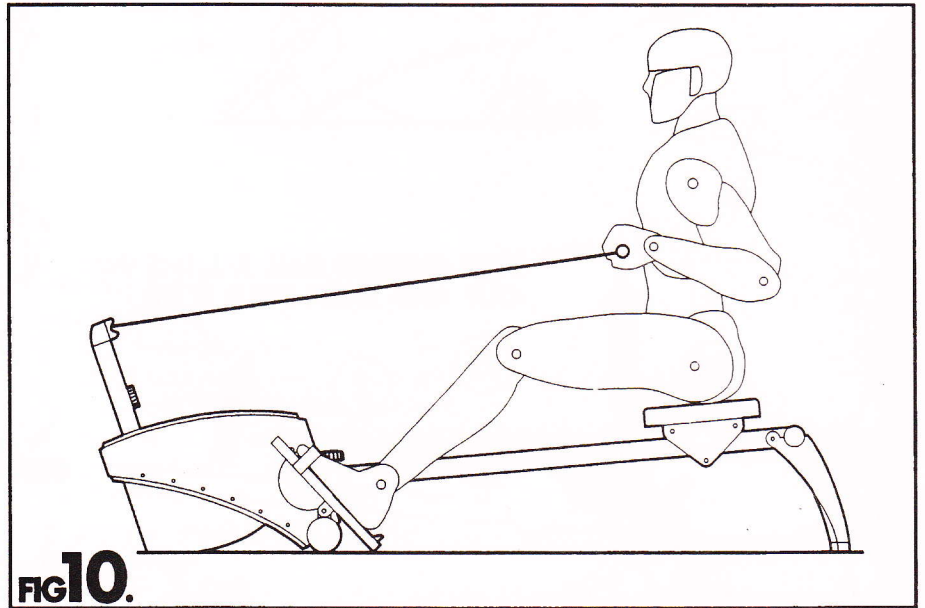


FIG 10.



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.

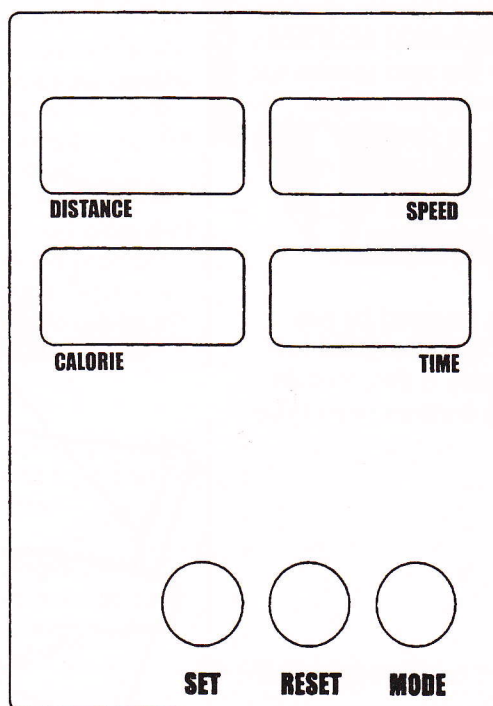
DISTANCE - Count up: accumulates total working distance up to 99.99 KM or Miles from zero. Count down: Counts distance backwards from preset value to zero. Each set increment is 0.1 KM or Mile.

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:

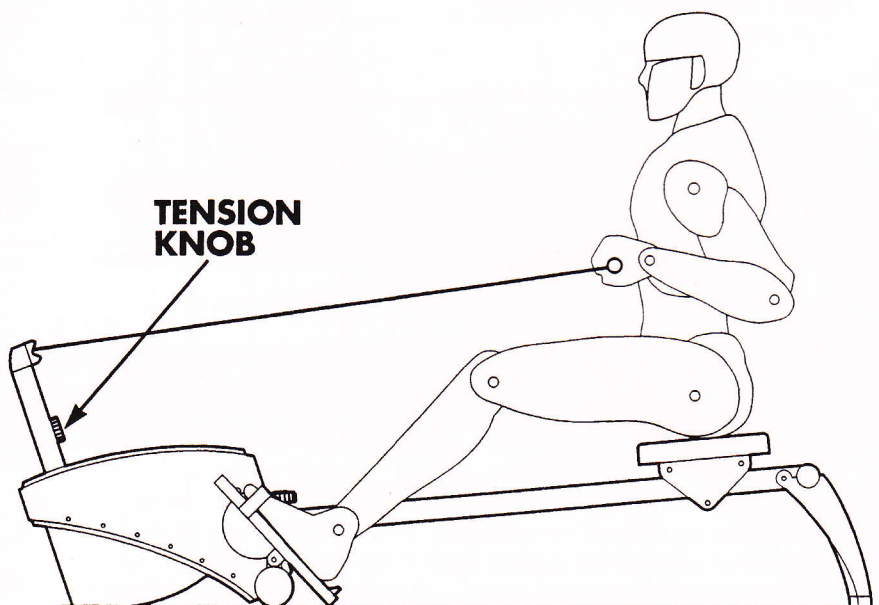
1. Press "set" button for 2 seconds, the desired value can be set faster.
2. Press "reset" button and hold for 5 seconds, all values will be reset.
3. Press any button or start using item will turn the power on.

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.)

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