

STIL-FIT^{INT.}

Instruction Manual

ROWER SFR-015



Fitness | Design | Interior

First Steps

The rower is fully assembled and ready for us. You only have to fill water into the tank.

The resistance is adjusted by the movement of the propeller. The resistance is higher if you pull harder.

The tank consists of two chambers. By turning the wheel at the top of the wooden cover you can change the amount of active water in the tank and adjust the resistance.

The maximum amount of water you can fill is 17 liter

To fill the tank

Remove the cap from the pipe at the right side of the wooden cover and put a cone into the tankinlet. Use the can to fill in a fixed amount of water.

Start with 10 liters and test the resistance. Put more water into the tank, until you have reached your convenient resistance.

To remove water from the tank

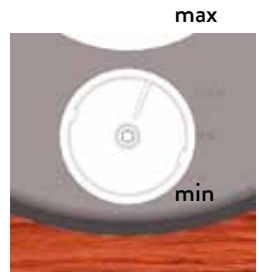
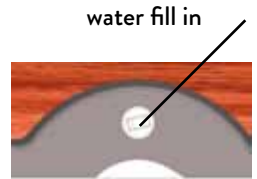
Using the siphon you can remove water from the tank.

Bring the control wheel to min. and pull 10 times.

Stick the siphon into the tank and press the bellow to pump water from the tank.

Please note that about 40% of the water will remain in the tank.

The water don't need to be changed by lifetime and needs no maintenance.



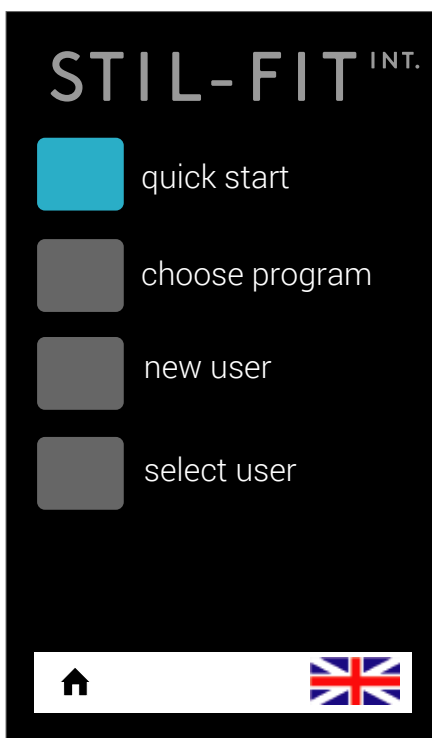
Training Computer

The training computer starts by pulling the handgrip. 4 AA accu cells are mouted inside the front unit. The batteries can be recharged with the adpater which comes with the rower. With fully charged batteries you can us the rower about 10 hours. The socket for the adapter you will find at the right side of the front cover.

Spc. for the adapter:

12V 1A - socket 5,5 mm outer size and 2,1 mm inner size.

After 90 sec without movment the computer shuts down automatically.



The training screen shows the following data:

distance in meter

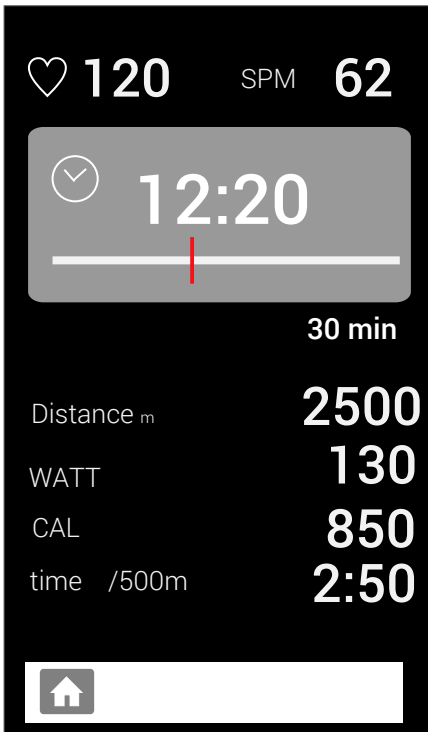
WATT

consumed calories

500 meter time

strokes p/min

pulse (when using a chest belt)



Choose Program

Quick Start

You can start your training immediately. Time is counting up. There is no data storage.

Time target

Here you can choose the desired training time

Distance target

Here you can choose the desired training distance

Pace Race

This is a competition race. You can choose between 9 different levels.



Data Storage

The STIL-FIT computer can store the training data for 5 users.

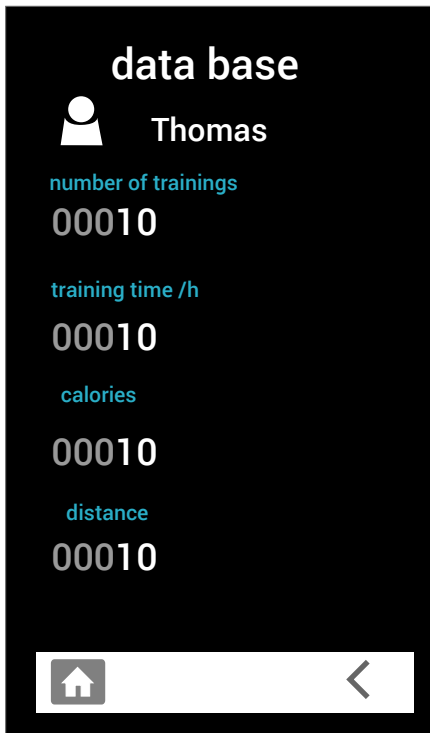
The following data are stored:

Total number of trainings

Total time of training

Consumed calories

Total distance



Pulse Measurement

The STIL-FIT rower has a built-in POLAR receiver .
You can use all chest belts which work with 5 KHz.

Technical Data

The STIL-FIT rower is using the proven fluidtechnology from FirstDegreeFitness a wellknown manufacturer for rowing machines.

Further information about this system you can see from their website.

www.firstdegreefitness.com



Note

The rower must be placed on a plane floor. The adjustable feet at the front should only touch the floor. The rower should not stand at these feet. They only stabilize the front unit. Please place the black mat under the rear unit to guarantee a perfect contact to the floor.

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