

**NOTE**

Thank you for purchasing the SPIRIT Studio Rowing Machine. Please read carefully through all the precautions and instructions in this manual before using this equipment and keep this manual for your future reference.

**SERVICE CENTRE  
NUMBER**

For immediate help with assembly or for additional product information, please call our service center.

**(DBN)**

031 702 5784

**(JHB)**

011 907 1660

**(CT)**

021 934 0862

**(PE)**

041 487 0573

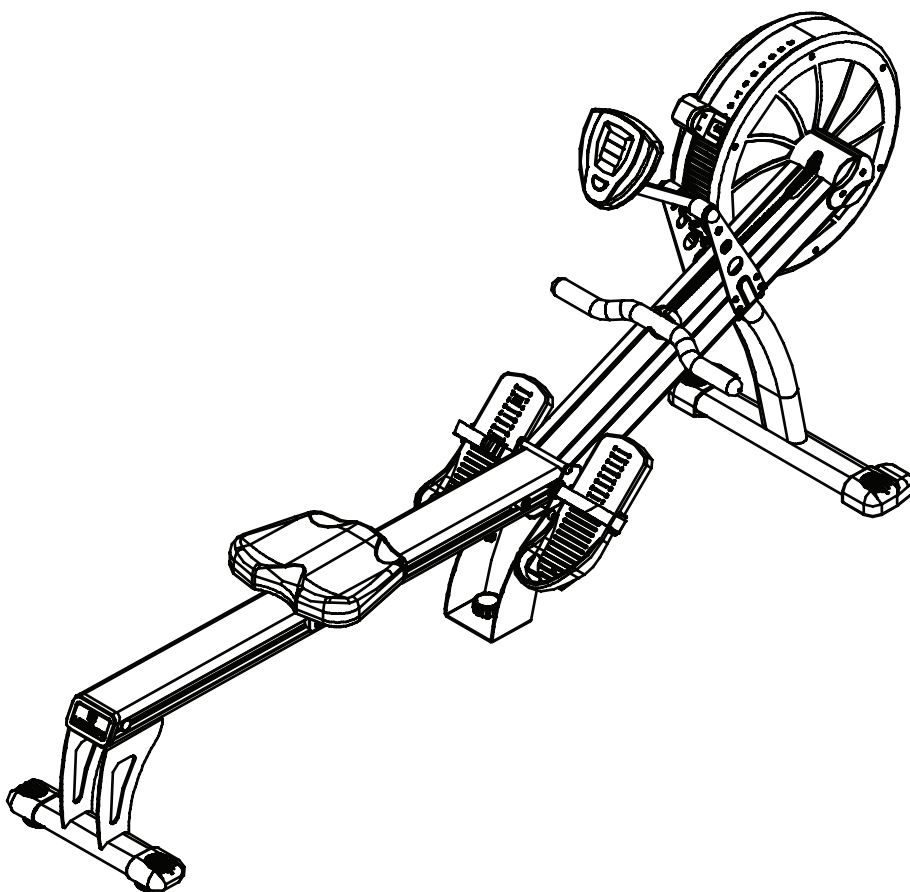
please have your model name ready when you call us.

**MAXIMUM USER  
WEIGHT**

**110kg**



# STUDIO ROWING MACHINE



**INSTRUCTION AND USER'S MANUAL**

**10170**

# CONTENTS

SAFETY PRECAUTIONS	page 1
PRE-ASSEMBLY CHECK LIST	page 2
PARTS LIST	page 3-4
HARDWARE PARTS LIST	page 5
EXPLODED DIAGRAM	page 6
ASSEMBLY INSTRUCTION	page 7-9
HOW TO STORE YOUR ROWER	page 10
MONITOR INSTRUCTION	page 11
EXERCISE INSTRUCTIONS	page 12-13
WARRANTY INFORMATION	page 14-16

# SAFETY PRECAUTIONS

To reduce the risk of serious injury, read the following safety instructions before using the Spirit Studio Rowing Machine.

1. Use the Spirit Studio Rowing Machine only on a level surface.
2. Keep children and pets away from this equipment at all times.
3. The Spirit Studio Rowing Machine should not be used by persons weighing more than 110kgs.
4. The Spirit Studio Rowing Machine should be used by only one person at a time.
5. Be careful to maintain your balance while using, mounting, dismounting, folding, unfolding or assembling the Spirit Studio Rowing Machine. Loss of balance may result in a fall and / or serious bodily injury.
6. Use the Spirit Studio Rowing Machine only as described in the manual.
7. Do not attempt to adjust the seat position while you are on the Spirit Studio Rowing Machine.
8. Before using this equipment to exercise, ensure you warm up properly, by doing stretching exercises.
9. Always make sure all bolts and nuts are tightened prior to each use.
10. Always wear appropriate workout clothing and shoes when exercising, do not wear robes or other clothing that could become caught in the equipment.

## **WARNING:**

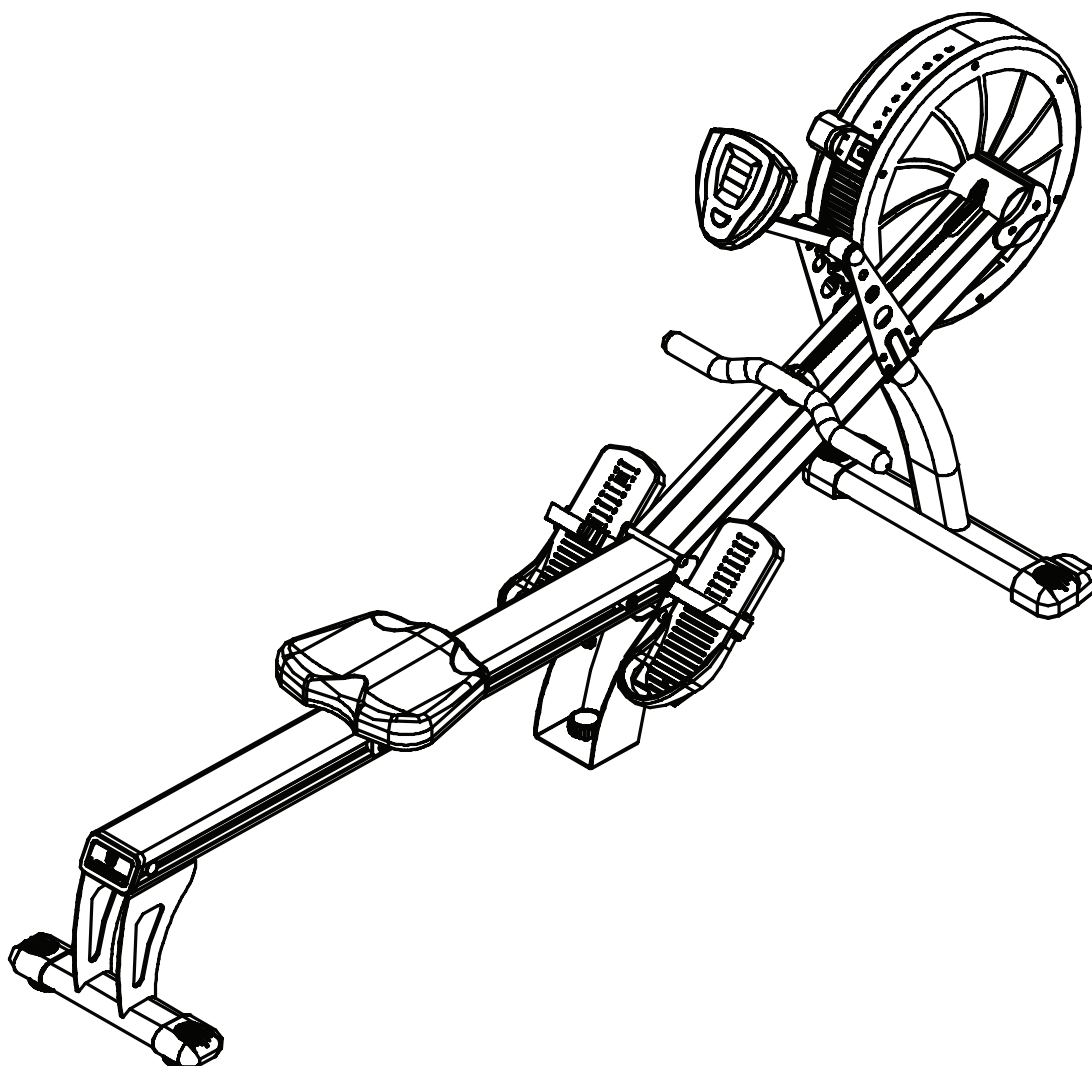
Before starting any exercise or conditioning program you should consult with your personal physician to see if you require a complete physical exam. This is especially important if you are over the age of 35, have never exercised before, are pregnant, or suffer from any illness.

# PRE ASSEMBLY CHECK LIST

Thank you for choosing the Spirit Studio Rowing Machine. We took great pride in producing this quality product and hope it will provide you with many hours of quality exercise to make you feel better, look better and enjoy life to its fullest.

Yes, it's a proven fact that a regular exercise program can improve your physical and mental health. Too often, our busy lifestyles limit our time and opportunity to exercise. The Spirit Studio Rowing Machine provides a convenient and simple method to begin your assault on getting your body in shape and achieving a healthier lifestyle.

Please read this manual carefully and familiarize yourself with the parts of the Spirit Studio Rowing Machine before using it for the first time.









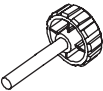








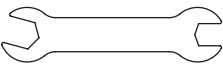


# PARTS LIST

No.	Description	Q'ty	No.	Description	Q'ty
10170-01	Main Frame	1	10170-39	Allen Head Bolt (M8 x 35mm)	1
10170-02	U Bracket	1	10170-40	Chain Pulley	1
10170-03	Joining	1	10170-41	Plastic Tube	1
10170-04	Main Rowing Rail	1	10170-42	Flat Washer	4
10170-05	Rear Stabilizer	1	10170-43	Clip	2
10170-06	Front Stabilizer	1	10170-44	Bushing	2
10170-07	Footplate Bracket (R/L)	1P	10170-45	Elastic Cord Fixing Wheel	3
10170-08	Slide Joining	1	10170-46	Pin	1
10170-09	Monitor Bracket	2	10170-47	Chord U Bracket	1
10170-10	Monitor Support Bracket	1	10170-48	Bolt (M8 x 95mm)	1
10170-11	Console	1	10170-49	Bushing	2
10170-12	Footplate (R/L)	1P	10170-50	Bushing	1
10170-13	Seat	1	10170-51	Clip	2
10170-14	Across Head Screw (M6 x 15mm)	4	10170-52	Silencer	2
10170-15	Allen Head Bolt (M8 x 24mm)	4	10170-53	Axle Gear	1
10170-16	Bushing	6	10170-54	Clip	2
10170-17	PU Wheel	6	10170-55	Bearing	3
10170-18	Nylon Lock Nut (M8)	9	10170-56	Bushing	1
10170-19	Magnet Socket	2	10170-57	Flat Washing	2
10170-20	Rear Stabilizer Cap	2	10170-58	Bushing	1
10170-21	Rear Decoration	1	10170-59	Bearing (6903Z)	1
10170-22	Seat Carriage Stopper	4	10170-60	Axle	1
10170-23	Bushing	1	10170-61	Machine Screw (M5 x 12mm)	2
10170-24	Knob	1	10170-62	Front Decoration	1
10170-25	Allen Head Screw (M8 x 15mm)	4	10170-63	Drive Gear Cover	1
10170-26	Flat Washer (M8)	11	10170-64	Cap	2
10170-27	Knob	1	10170-65	Handle Bar	1
10170-28	Front Stabilizer Cap (R/L)	1P	10170-66	Chain	1
10170-29	Cap Nut (M10)	4	10170-67	Spcaer	1
10170-30	Wire Socket	3	10170-68	Taper Washer	1
10170-31	Hook	1	10170-69	Hook Bolt	1
10170-32	Plug	2	10170-70	Foam Grip	1
10170-33	Allen Bolt (M8 x 75mm)	2	10170-71	Decoration Strip	1
10170-34	Bushing	2	10170-72	Decoration Strip	1
10170-35	Pulley	2	10170-73	Decoration Strip	1
10170-36	Bushing	3	10170-74	Soft Strip	1
10170-37	Small Foam Grip	2	10170-75	Plastic Cap (M10)	2
10170-38	Return Chord	1	10170-76	Nylon Nut (M10)	8

# PARTS LIST

No.	Description	Q'ty	No.	Description	Q'ty
10170-77	Flat Washer (M10)	16	10170-115	Rear Joining Bracket	1
10170-78	Spacer	4	10170-116	Lock Cap Nut	3
10170-79	Hex Head Bolt (M10 x 130mm)	1	10170-117	Allen Head Bolt (M8 x 15mm)	5
10170-80	Hex Head Bolt (M10 x 75mm)	1	10170-118	Machine Screw (M5 x 10mm)	6
10170-81	Machine Screw (M5 x 8mm)	8	10170-119	Sensor Bracket	1
10170-82	Screw (M5 x 20mm)	4	10170-120	Sensor	1
10170-83	Across Head Screw (M5 x 15mm)	9	10170-121	Rowing Rail Bracket	2
10170-84	Monitor	1	10170-122	Nut (M8)	3
10170-85	Across Head Screw (M4 x 10mm)	2	10170-123	Hex Head Bolt (M8 x 85mm)	1
10170-86	Handlebar Plug	1	10170-124	Rear Stabilizer Fixer	4
10170-87	Screw (M5 x 12.5mm)	14	10170-125	Flat Washer	11
10170-88	Fan Cover Knob (R/L)	1P	10170-126	Machine Screw (M5 x 12mm)	8
10170-89	Machine Screw (M4 x 25mm)	6	10170-127	Plug (12mm)	3
10170-90	Across Head Screw (M6 x 12mm)	4	10170-128	Plug (15mm)	2
10170-91	Pulley Bracket	1	10170-129	Monitor Wire	1
10170-92	Machine Screw (M5 x 20mm)	6	10170-130	Monitor Wire	1
10170-93	Aluminum Patch	1	10170-131	Sensor	1
10170-94	Magnet	1	10170-132	Allen Head Bolt (M10 x 20mm)	2
10170-95	Bearing	1	10170-133	Air Fan Cover (R/L)	1P
10170-96	Fan Spacer	1	10170-134	Middle Air Fan Cover	1
10170-97	Bushing	1	10170-135	Bushing	4
10170-98	Adjust Washer	3	10170-136	Knob	1
10170-99	Circlip	1	10170-137	Flat Washer	2
10170-100	Adjust Washer	7	10170-138	Curved Washer (M10)	4
10170-101	Round Head Screw (M4 x 25mm)	2	10170-139	Flat Washer	1
10170-102	Screw (M5 x 12mm)	12	10170-140	Curved Washer M8	1
10170-103	Disc	1	10170-141	Flat Washer	2
10170-104	Spring Washer M8	5	10170-142	Screw (M4 x 10mm)	3
10170-105	Fan Tray	1	10170-143	Bolt (M4 x 5mm)	1
10170-106	Washer	4	10170-144	Screw (M4 x 20mm)	1
10170-107	Fan	1	10170-145	Steel Patch	1
10170-108	Nylon Nut	8	10170-146	Foam	1
10170-109	Bolt (M8 x 24mm)	2	10170-147	Universal Wrench	1
10170-110	Allen Head Bolt (M8 x 25mm)	2	10170-148	Allen Wrench	1
10170-111	Allen Head Bolt (M10 x 25mm)	6			
10170-112	Screw (M5 x 8mm)	3			
10170-113	Footplate Strap	1P			
10170-114	Spring Washer (M10)	12			

# HARDWARE PARTS LIST

No.	Description	Q'ty	No.	Description	Q'ty
10170-21	 Rear Decoration	1	10170-110	 Allen head Bolt (M8 x 25mm)	2
10170-22	 Stopper	2	10170-111	 Allen head Bolt (M10 x 25mm)	6
10170-23	 Bushing	1	10170-114	 Spring Washer (M10)	12
10170-24	 Knob	1	10170-117	 Allen head Bolt (M8 x 15mm)	4
10170-26	 Flat Washer (M8)	6	10170-122	 Nut (M8)	1
10170-29	 Cap Nut (M10)	4	10170-123	 Bolt (M8 x 85mm)	1
10170-76	 Nylon Nut (M10)	6	10170-132	 Allen head Bolt (M10 x 20mm)	2
10170-77	 Flat Washer (M10)	12	10170-142	 Universal Wrench	1
10170-104	 Spring Washer (M8)	4	10170-143	 Allen Wrench	1

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



# ASSEMBLY INSTRUCTION

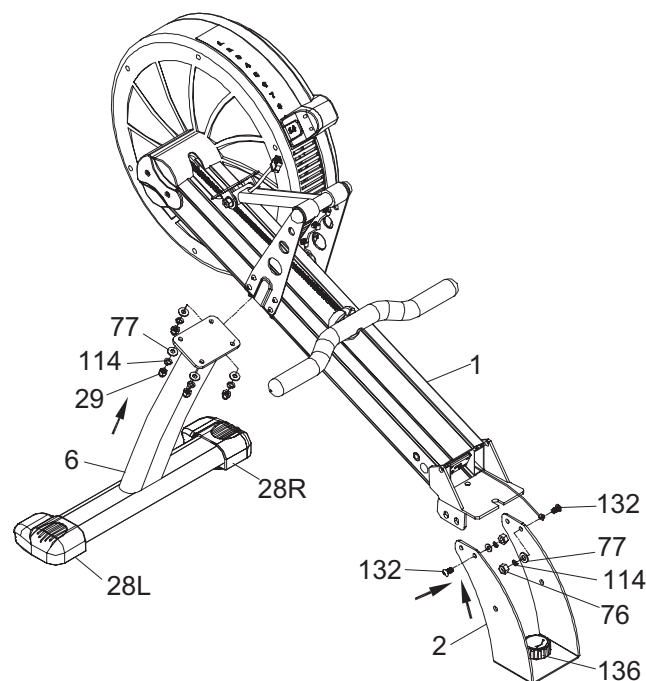
## GENERAL

REMOVE ALL THE PARTS OF YOUR ROWER FROM THE CARTON AND PLACE THEM ON THE FLOOR CAREFULLY. ASSEMBLING YOUR ROWER IS SIMPLE. FOLLOW THESE INSTRUCTIONS CAREFULLY AND IT SHOULD TAKE YOU AROUND 20-25 MINUTES.

## STEP 1

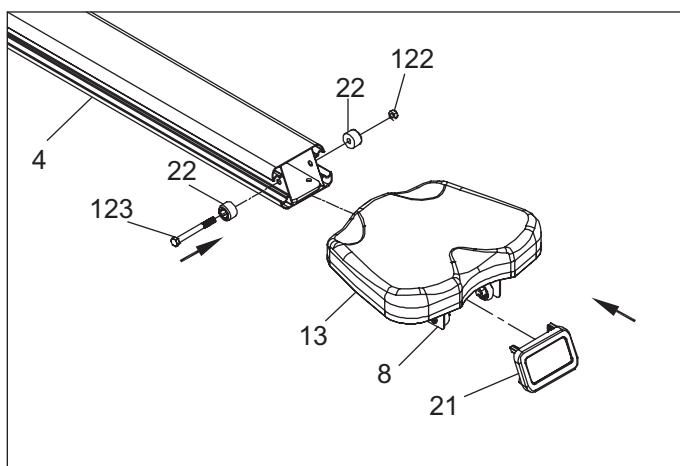
1. Attach the front frame stabilizer (6) with wheel caps (28R/L) to the main frame (1) with four cap nuts (29), four spring washers (114) and four flat washers (77).
2. Attach the U bracket (2) to main frame (1), using with 2 allen head bolts (132), 2 flat washers (77), 2 spring washers (114) and 2 nylon nuts (76).

*NOTE: The knob (136) can adjust to level.*



## STEP 2

1. Slide the seat (13) with seat carriage assembly (8) into the rowing rail (4) which direction is from the end of rowing rail (4).
2. Attach one bolt (123), each stopper (22) and one nut (122) at the hole of inner wall of end rowing rail (4) and tighten for each side wall of rowing rail (4).
3. Put rail cap (21) into the end of rowing rail (4).

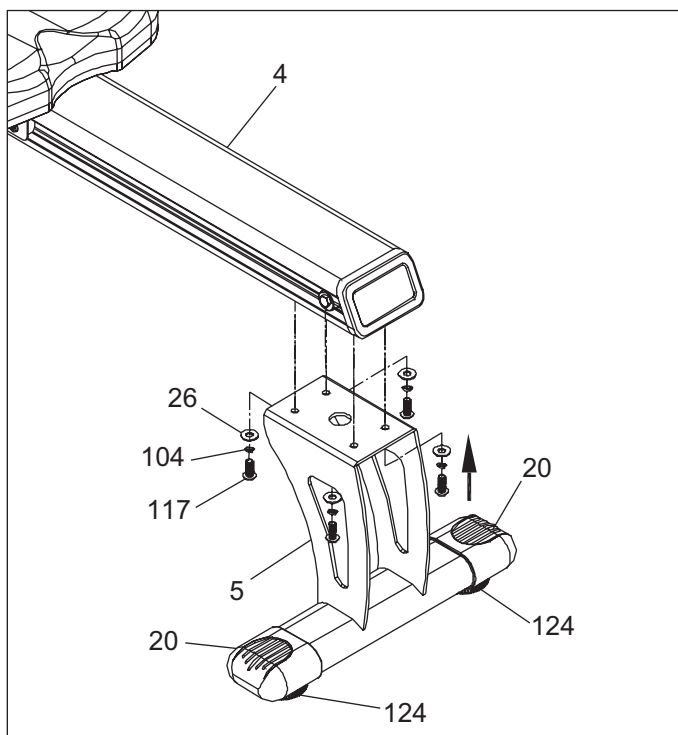


# ASSEMBLY INSTRUCTION

## STEP 3

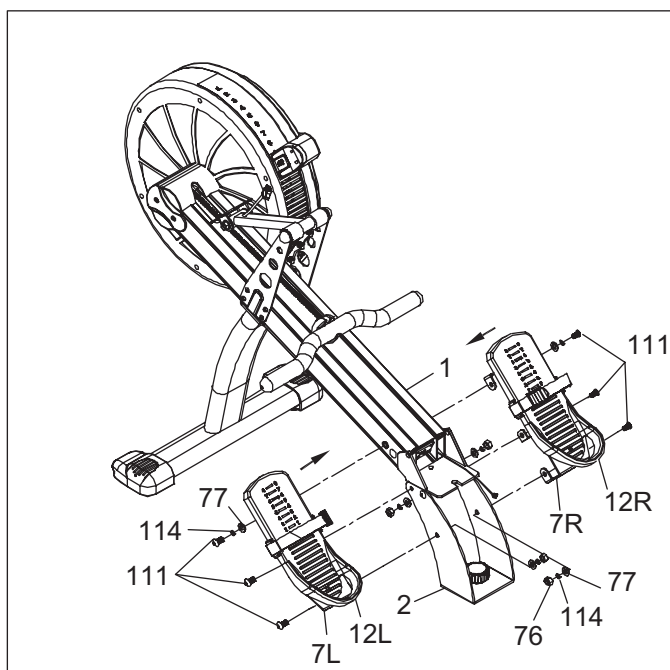
Attach the rear frame stabilizer (5) with two caps (20) and two knobs (124) to the underside screw hole of joining bracket (115) inner the main rowing rail (4), using with four allen bolts (117), four spring washers (104) and four flat washers (26).

*NOTE: The knob (124) can adjust to level.*



## STEP 4

1. Attach right footplate (12R) with straps and footplate bracket (7R) to the main frame (1) secure with three allen bolts (111), three spring washers (114), three flat washers (77) and two nylon locknuts (76).
2. Please note: The velcro straps and footplate bracket (7R) are pre-assembled on the footplate (12R) at the position of footplate bracket (7R).
3. Do the same procedure for left side footplate (12L) with velcro straps and footplate bracket (7L) assembly.

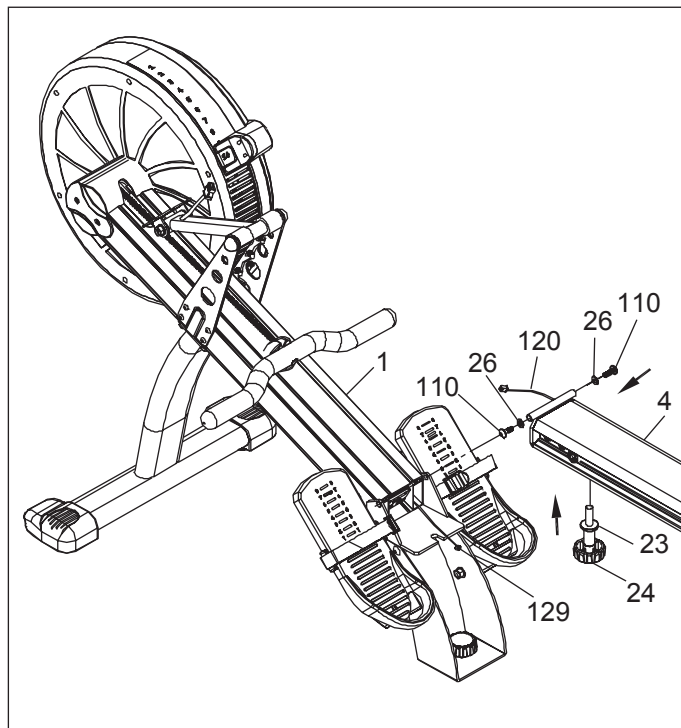


# ASSEMBLY INSTRUCTION

## STEP 5

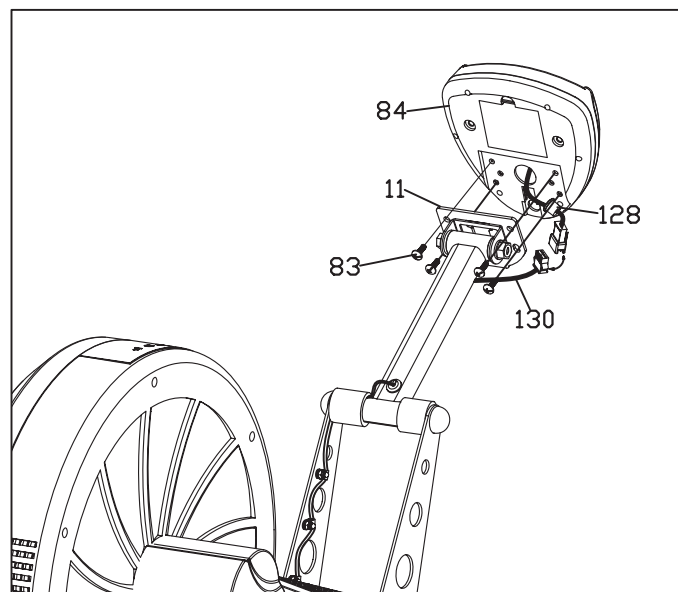
1. Attach the socket of sensor (120) of rowing rail (4) to the plug of middle sensor cable (129) of front main frame (1).
2. Attach the thread pole of front of rowing rail (4) to the U type bracket of front main frame (1) with two allen bolts (110) and two flat washers (26).
3. Insert knob (24) through bushing (23) to the rowing rail (4), spin the knob (24) to the end and tighten securely.

*NOTE: Avoid punching all cables and wires.*



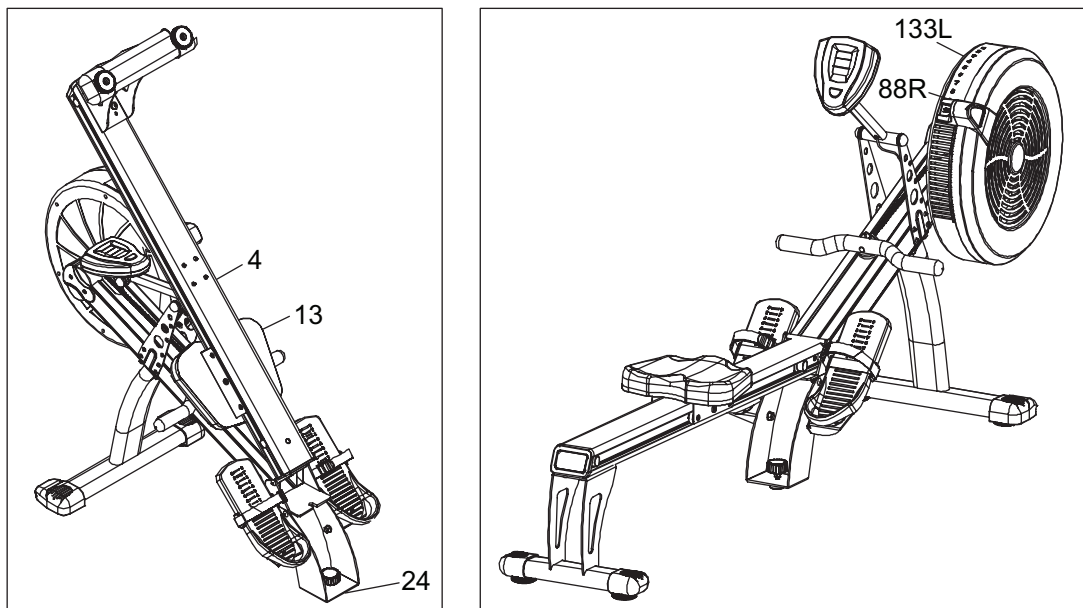
## STEP 6

1. Connect the plug of sensor cable (130) to the socket of monitor (84).
2. Please make sure you will hear or feel 2 clicks sound to indicate the correct contact for cable connection.
3. Attach the monitor (84) to the console (11) of front main frame (1) with four screws (83).
4. Insert the extend cable into the console tube (11), insert plug (128) into the hole of top console tube (11).



# HOW TO STORE YOUR ROWER

Relax to the knob (24), then slide the seat (13) to the front of rowing rail (4) and fold rowing rail (4) forward the front main frame (1), please see below left drawing.



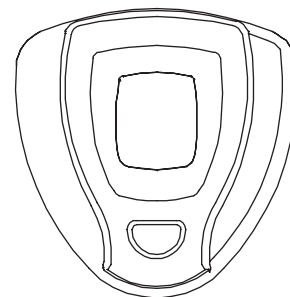
## Tension Adjustment

The assembly of your rower is now complete. When you try it for the first time, you should adjust the tension 1~10 section of fan cover (133L) to the correct level before you begin a full workout. For minimum tension adjustment, simply use the tension knob (88R) located at right side of front main frame. To use this tension knob (88R) to adjust pull intensity before you start to exercise. To turn the knob (88R) with clockwise direction is to increase the tension level. To turn the knob (88R) with counter-clockwise is to decrease the resistance, reference for upper right drawing.

# MONITOR INSTRUCTION

## Exercise Monitor Functions

FUNCTIONS	DESCRIPTION
CALORIES	Computed theoretical calorie burn
COUNTER	Total strokes
DISTANCE	Exercise distance (KM)
SPEED	Rowing speed (KM/H)
STROKES per MINUTE	Count up stroke rate
TIMER	Count up (Minutes and seconds)



## Monitor Function Specifications

FUNCTIONS	DESCRIPTION
CALORIES	0.00-999.9 Kcal (THEORETICAL)
COUNTER	0-9999 (COUNT UP)
DISTANCE	KM (COUNT UP)
SPEED	0.00-99.9 KM/H
STROKES per MINUTE	0-999 (COUNT UP)
TIMER	0.00-99.59 MINUTES (COUNT UP)
PULSE	40~240 (Current heart rate in beats per minute (bpm) (only displayed when the transmitter chest strap is used.)).

## Using Your Exercise Monitor

To provide ease of use, there is 3 buttons on your Exercise Monitor:

MODE – SET – RESET. Your exercise monitor has 2 pages with one pieces LCD display screens.

- SET : Setting increasing values of count distance, time and calories
- RESET : To erase the data values to zero
- MODE : To select the function which you want

When the signal input, the Exercise Monitor will display 2 pages in turn.

These are in order:

**PAGE 1 – STROKES per MINUTE, DISTANCE and TIMER**

**PAGE 2 – COUNTER SPEED and CALORIES**

Pressing and holding the RESET button when you are on each PAGE will enable you to set to zero any previous figures remaining in each individual function.

Either presses the MODE button or start to exercise and the Exercise Monitor will begin to register the various functions.

## Batteries Installation:

Please install 2xAA 1.5V batteries in the battery case on the back of monitor. (Whenever batteries are removed, all the functions values will be reset to zero.)

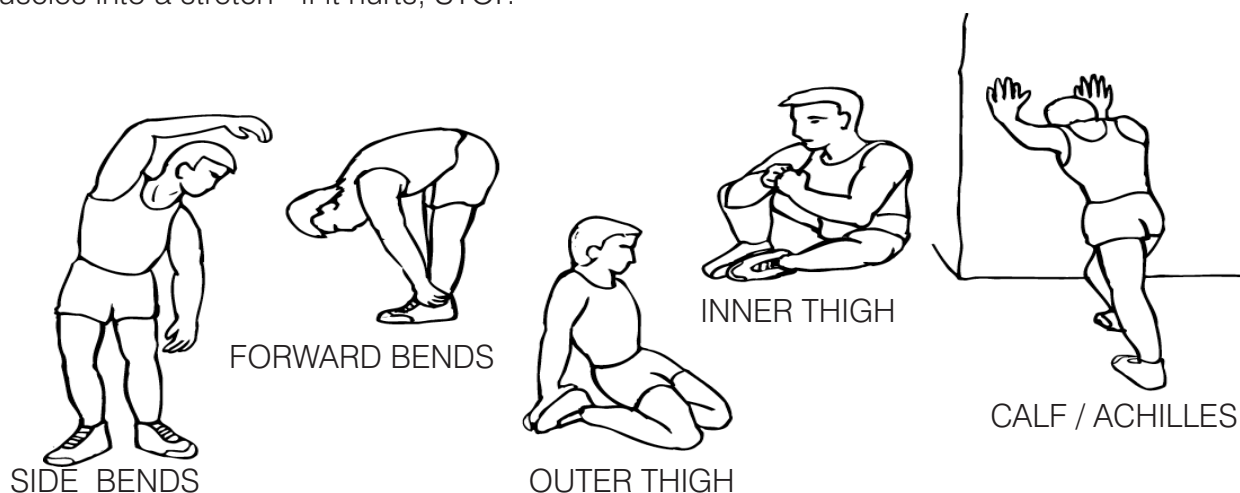
- If the computer displays abnormally, please re-install the battery and try again.
- Battery Spec: 1.5V UM-3 or AA (2pcs).
- The batteries must be removed from the appliance in order to dispose of the appliance safely.

# EXERCISE INSTRUCTIONS

Using your SPINNING BIKE will provide you with several benefits. It will improve your physical fitness, tone muscle and in conjunction with a calorie controlled diet, help you lose weight.

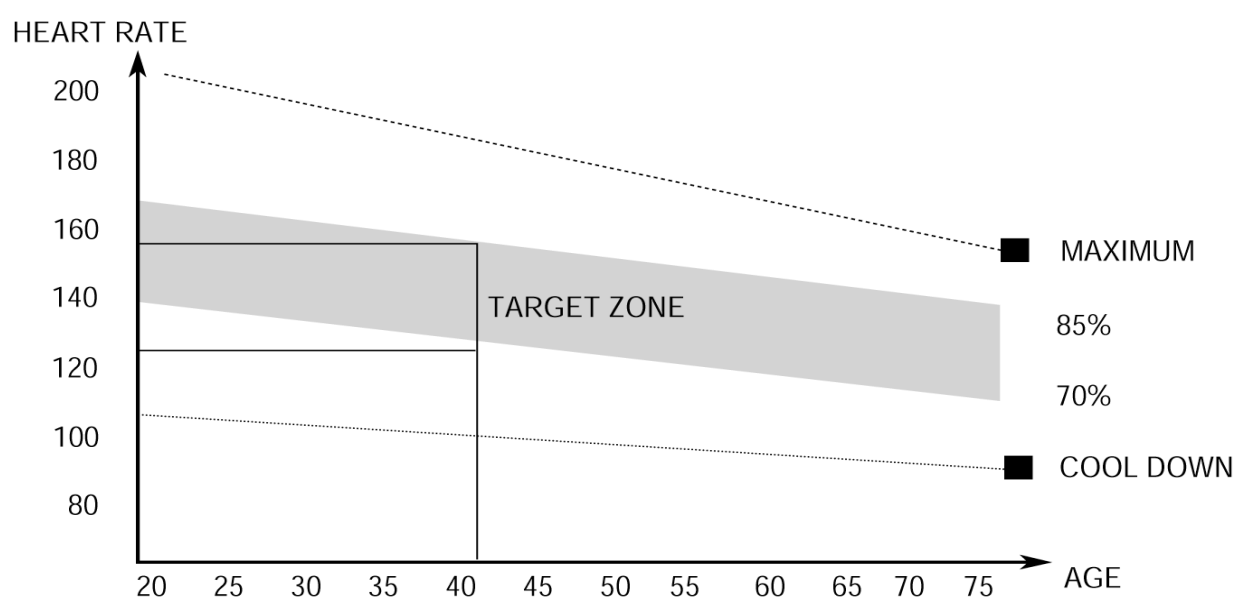
## 1. The Warm Up Phase

This stage helps get the blood flowing around the body and the muscles working properly. It will also reduce the risk of cramp and muscle injury. It is advisable to do a few stretching exercises as shown below. Each stretch should be held for approximately 30 seconds, do not force or jerk your muscles into a stretch - if it hurts, STOP.



## 2. The Exercise Phase

This is the stage where you put the effort in. After regular use, the muscles in your legs will become more flexible. Work to your own pace but try to maintain a steady tempo throughout. The rate of work should be sufficient to raise your heart beat into the target zone shown on the graph below.



This stage should last for a minimum of 12 minutes though most people start at about 15-20 minutes.

# EXERCISE INSTRUCTIONS

## 3. The Cool Down Phase

This stage is to let your Cardio-vascular System and muscles wind down. This is a repeat of the warm up exercise, however reduce your tempo and continue for approximately 5 minutes. The stretching exercises should now be repeated, again remembering not to force or jerk your muscles into the stretch.

As you get fitter you may need to train longer and harder. It is advisable to train at least three times a week, and if possible space your workouts evenly throughout the week.

## MUSCLE TONING

To tone muscle while on your SPIN BIKE you will need to have the resistance set quite high. This will put more strain on your leg muscles and may mean you cannot train for as long as you would like. If you are also trying to improve your fitness you need to alter your training program. You should train as normal during the warm up and cool down phases, but towards the end of the exercise phase you should increase resistance making your legs work harder. You will have to reduce your speed to keep your heart rate in the target zone.

## WEIGHT LOSS

The important factor here is the amount of effort you put in. The harder and longer you work the more calories you will burn. Effectively, this is the same as if you were training to improve your fitness, the difference is the goal.

# SPIRIT 1 YEAR LIMITED WARRANTY

Masstores (Pty) Ltd ("the Supplier") hereby provides a limited warranty to the original purchaser of this product ("the Consumer") that this product will be free of manufacturing defects in materials and workmanship which under normal, personal, family or household use (commercial use expressly excluded) manifest themselves within the following stipulated periods from the date of purchase:

## Exclusions

The warranty does not include and will not be construed to cover products damaged as a result of disaster, misuse, commercial use, use not in accordance with the written instructions included with the product, abuse, and/or any non-authorised modification of the product. It also does not cover replacement of the light bulbs and other expendables. All demo models carry a 3 month warranty.

## Waiver

The warranty provided herein and the obligations of the Supplier are in lieu of, and the Customer waives, all other warranties, guarantees, conditions or liabilities, express or implied, arising by law or otherwise, including without limitation, any obligation of the Supplier in respect of any injury, loss or damage (direct, indirect or consequential) arising out of the use of, or inability to use, this product and whether or not occasioned by the Supplier's negligence or any act of omission on its part.

## CLAIMS UNDER 1 YEAR LIMITED WARRANTY

- **Within 7 days of purchase:**

The faulty product will be exchanged (provided that the product is in its original packaging with all accessories).

- **After 7 days but within 3 months of purchase:**

The Supplier may in its sole discretion either replace or repair the product.

- **After 3 months but within 1 year of purchase:**

The Supplier may in its sole discretion either replace or repair the product. The following shall not be covered:

TREADMILLS : Running Decks, Running Belts, and Rubber Arm covers

EXERCISE BIKES / SPINNERS : Pedals, Cranks, Seats and Rubber Arm covers

CROSS TRAINERS / ELLIPTICALS / STEPPERS : Foot Rests, Cranks, Shocks, and Rubber / Foam Arm Covers

HOME GYMS : Pulleys, Cables, Seats and Padding

TRAMPOLINES : Springs, Mats and Covers

ROWERS : Rowing Strap / Rope /Arms, Pulling Handle, Grip, Moveable Seat

VIBRATION TRAINERS : Platform / Rubber Arm Cover / Resistance Bands

Parts not mentioned in the above, are covered under warranty within the 1st year of purchase.

# SPIRIT REPAIRS PROCEDURE

## 1. Procedure for repairs

Should you experience any faults or breakdowns on your Spirit equipment, please adhere to the following procedure to have the fault rectified speedily and professionally.

- Do not return the product to the store.
- Call the Service Centre to log the faulty product (under warranty or out of warranty).
- The operator or technical advisor will try to identify the fault and will book a service.
- The service team will take the faulty product back to the service centre.
- Once the item has been repaired it will be returned to the Consumer's home on an agreed date and time.

Note: Should you live in an outlying area, it may be necessary to return the product to the store nearest to you. Our service operator will advise you of your repair procedure.

## 2. Cost of repairs

### 2.1. Under warranty

- Any items still under warranty will be repaired free of charge, as long as it complies with the terms and conditions of the warranty (refer to "warranties" section of this manual).
- Any items that need to be repaired that are NOT covered in the warranty will be for the Consumer's expense. A quote for the repair/replacement of these items will be provided to the Consumer for approval prior to repairs being conducted.

### 2.2. Out of warranty

- Any items that need to be repaired once the warranty has expired will be for the Consumer's expense, including call-out fees. A quote for the repair/replacement of these items will be provided to the Consumer for approval prior to repairs being conducted.

### SERVICE CENTRE NUMBER

For immediate help with assembly or for additional product information, please call our service centre:



**(DBN) 031 702 5784 (JHB) 011 907 1660**

**(CT) 021 934 0862 (PE) 041 487 0573**

please have your model name ready when you call us.

# PROOF OF PURCHASE

Any claim in terms of the warranty must be supported by a proof of purchase or a warranty number. Warranty numbers can be issued through contacting our Service Centre. If such proof is not available, then notwithstanding anything to the contrary herein, the service agent's prevailing charges for services / repairs including call-out and / or spares will be payable by the Consumer upon collection or delivery of the repaired product.

The Consumer does not need to return the product to the store.

The Consumer shall phone the Service Centre and the Supplier's authorized agent will collect and repair the item at their premises.

During the warranty period the product may only be serviced and/or repaired by the Supplier's duly authorized agent(s).



## ATTACH RECEIPT

### CLIENT DETAILS:

Name: .....  
 E-mail: ..... Cell: .....  
 Tel (h): ..... Tel(w): .....  
 Address: .....  
 .....  
 .....  
 .....

### PRODUCT DETAILS:

Date of Purchase ..... Serial number .....  
 Till slip number: .....  
 Description of product: .....  
 .....  
 Branch purchased at: .....  
 .....

**Masstores (pty) Ltd**  
**16 Peltier Drive, Sunninghill**  
**Sandton, Johannesburg, South Africa**