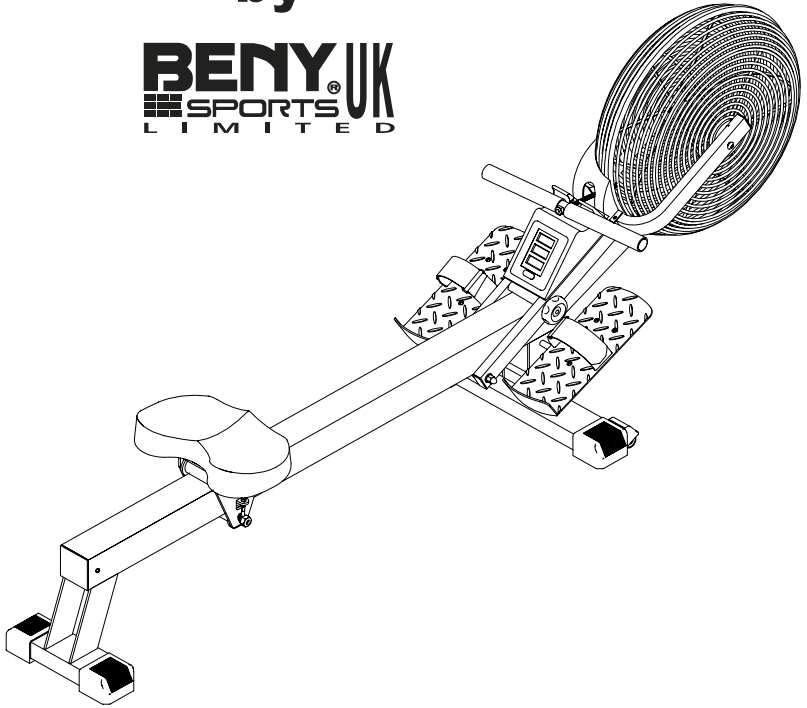


V-fit

by

BENY.UK
SPORTS
LIMITED



Super Air Rower

Assembly & User Manual

Please ensure that you read this manual carefully before attempting to assemble or use your new product and retain for future use

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General Information

Quality

This exercise product has been designed and manufactured to comply with the latest (BS EN 957) British and European Safety Standards.

Questions

Should you encounter any difficulty with the assembly, operation or use of your exercise product or if you think that you may have parts missing, please **DO NOT** return it to your retailer but contact **CUSTOMER SUPPORT**, by either of the following means.

Tel:- 0871 222 0881 or

Fax:- 01535 637722 or

Email:- support@benysports.co.uk

CUSTOMER SUPPORT is open from 9.00am to 5.00pm from Monday to Friday

Queries

If you do have any queries, please ensure that you have the following information ready for our Customer Support Staff:

YOUR NAME

YOUR ADDRESS

YOUR PHONE NUMBER

PRODUCT MAKE OR BRAND

PRODUCT MODEL

PRODUCT SERIAL NUMBER

DATE OF PURCHASE

NAME OF RETAILER

PART NUMBERS REQUIRED

Guarantee

This product is guaranteed for **DOMESTIC USE ONLY** for a period of **1 YEAR** from the original certified date of purchase. During this period we have the right to: -

a). Provide parts for the purchaser to effect repair.

b). Repair the product, returned to our warehouse (at the purchaser's cost).

This guarantee does not cover wear and tear on upholstery or consumables.

This guarantee does not cover abuse, defects caused by storage or use outside those intended.

If you need to advise us of a defect with your product and in order for us to service any requirement for replacement parts or repairs, we may ask for proof of purchase. Failure to do so may result in any claim for replacement parts or repairs being refused.

This guarantee, (both given and implied) applies to the original purchaser only, is not transferable and will be invalidated if used outside of the above criteria.

This guarantee is valid only in the United Kingdom and Eire.

This does not affect your statutory rights as a consumer.

Customer Support

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Beny Sports Co. UK Ltd

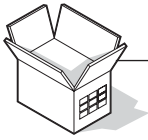
Unit 8, Riparian Way,

The Crossings, Cross Hills,

West Yorkshire

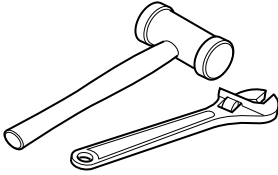
BD20 7BW

Before you Start



Tools

If required, most of our products are supplied with basic tools, which will enable you to successfully assemble your product. However, you may find it beneficial to have a soft-headed hammer and perhaps an adjustable spanner handy as this may help.



Prepare the Work Area

It is important that you assemble your product in a clean, clear, uncluttered area. This will enable you to move around the product while you are fitting components and will reduce the possibility of injury during assembly.

Work with a Friend

You may find it quicker, safer and easier to assemble this product with the help of a friend as some of the components may be large, heavy or awkward to handle alone.

Open the Carton.

Carefully open the carton that contains your product, taking note of the warnings printed on the carton to ensure that the risk of injury is reduced. Be aware of sharp staples that may be used to fasten the flaps as these may cause injury. Be sure to open the carton the right way up, as this will be the easiest and safest way to remove all the components.

Unpack the Components

Carefully unpack each component, checking against the parts list that you have all the necessary parts to complete the assembly of your product.

Please note that some of the parts may be pre-fitted to major components, so please check carefully before contacting our CUSTOMER SUPPORT team.

In any event, please do not return the product to your retailer before contacting us first.



Safety

Before you undertake any programme of exercise that will increase cardiovascular activity please be sure to consult with your doctor. Frequent strenuous exercise should be approved by your doctor and proper use of your product is essential. Please read this manual carefully before commencing assembly of your product or starting to exercise.

- * Please keep all children away from exercise products when in use. Do not allow children to climb or play on them when they are not in use.*
- * For your own safety, always ensure that there is at least 1 Metre of free space in all directions around your product while you are exercising.*
- * Regularly check to see that all nuts, bolts and fittings are securely tightened. Periodically checking all moving parts for obvious signs of wear or damage.*
- * Clean only with a damp cloth, do not use solvent cleaners. If you are in any doubt, do not use your product, but contact CUSTOMER SUPPORT by any of the means listed on the opposite page.*
- * Before use, always ensure that your product is positioned on a solid, flat surface. If necessary, use a rubber mat underneath to reduce the possibility of slipping in use.*
- * Always wear appropriate clothing and footwear such as training shoes when exercising. Do not wear loose clothing that could become caught or trapped during exercise.*

Storage and Use

Your product is intended for use in clean dry conditions. You should avoid storage in excessively cold or damp places as this may lead to corrosion and other related problems that are outside our control.

Weight Limit

*Your product is suitable for users weighing:
253LBS / 18.0 Stones / 115KG or less.*

Conformity

*This product conforms to:
(BS EN 957) - PARTS 1 and 7 Class (H) - HOME USE - Class (C).
It is NOT suitable for therapeutic purposes.*



Exercising Information

Beginning

*How you begin to exercise will vary from person to person. If you have not exercised for a long period of time, have been inactive for a while, or are severely overweight you **MUST** start slowly, increasing your exercise time gradually, by perhaps only a few minutes for each session per week.*

Combine a carefully structured nutritious diet with a simple but effective exercise routine and this can help make you feel better, look better and will almost certainly enable you to enjoy life more.

Aerobic Fitness

Aerobic exercise is simply defined as any sustained activity that increases the supply of oxygen to your muscles via the blood pumped by your heart. With regular exercise, your cardiovascular system will become stronger and more efficient. Your recovery rate i.e. the time taken for your heart to reach its normal resting level, will also decrease.

Initially you may only be able to exercise for a few minutes each day. Do not hesitate to breathe through your mouth should you need more oxygen. Use the "talk test". If you cannot carry on a conversation while exercising, you are working too hard! However, aerobic fitness will be gradually built up with regular exercise, over the next six to eight weeks.

Do not be discouraged if it takes longer than this to begin to feel less lethargic, everyone is different and some will achieve their targets quicker than others. Work at your own, comfortable pace and the results will come. The better your aerobic fitness the harder you will have to work to stay in your target zone.



Exercising Information

Warm Up

A successful exercise programme consists of three parts, Warm Up, Aerobic Exercise and Cool Down. Never start a training session without warming up. Never finish one without cooling down correctly. Perform between five and ten minutes of stretching before starting your workout to prevent muscle strains, pulls and cramps.

Aerobic Exercise Session

Those new to exercise should exercise no more than every other day to start with.

As your fitness level increases, increase this to 2 in every 3 days.

When you are comfortable with your routine, exercise for 6 days per week. Always take at least one day off per week.

Exercising in your Target Zone

To ensure that your heart is working in its exercise target zone, you need to be able to take your pulse. If you do not have a pulse monitor (either from the product you are using or a proprietary independent unit) you will need to locate the pulse in your carotid artery. This is situated in the side of the neck and can be felt by using the index and middle fingers. Simply count the number of beats you feel in 10 seconds and then multiply by six to get your pulse rate. This should be taken before you start to exercise for easy reference.

People who have a greater aerobic fitness, have a lower resting pulse level and will also be able to exercise with a higher pulse level.

Target Zone

To determine your target zone, see the chart opposite. If you are new to exercise and by definition unfit, refer to the left column. If you exercise regularly and have good aerobic fitness, refer to the right column.



Exercising Information

Target Zone (cont')

USERS AGE	UNCONDITIONED TARGET ZONE - A	CONDITIONED TARGET ZONE - B
(Years)	(Beats per Minute)	(Beats per Minute)
20-24	145 - 165	155 - 175
25-29	140 - 160	150 - 170
30-34	135 - 155	145 - 165
35-39	130 - 150	140 - 160
40-44	125 - 145	135 - 155
45-49	120 - 140	130 - 150
50-54	115 - 135	125 - 145
55-59	110 - 130	120 - 140
60 and over	105 - 125	115 - 135

Cool Down

To decrease fatigue and muscle soreness, you should also cool down by walking at a slow relaxed pace for a minute or so, to allow your heart rate to return to normal.

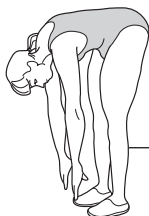
Warm Up and Cool Down Exercises

Hold each stretch for a minimum of ten seconds and then relax. Repeat each stretch two or three times. Do this before your Aerobic Exercise session and also after you have finished.



Head Roll

Rotate your head to the right for one count, feeling a slight pull on the left side of your neck. Next, rotate your head back for one count, stretching your chin. Then rotate your head to the left for one count, feeling a slight pull on the right side of your neck. Lastly, drop your head to your chest for one count. Repeat 2 to 3 times.



Toe Touch

Slowly bend forward from your waist, letting your back and shoulders relax as you lower your trunk. Gently stretch down as far as is comfortable and hold for 10 seconds.

Exercising Information

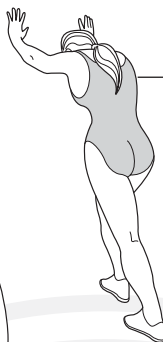


Shoulder Lift

Rotate and lift your right shoulder up towards your ear for one count. Relax then repeat for the left shoulder. Repeat 3 - 4 times.

Calf / Achilles Stretch

Turn towards the wall and place both hands on it. Support yourself with one leg while the other is placed behind you with the sole flat on the floor. Bend the front leg and lean towards the wall, keeping the rear leg straight so that the calf and Achilles tendon are stretched hold for 5 seconds. Repeat with the other leg. Repeat 2 - 3 times.



Side Stretch

Open both arms to the side and gently lift them above your head. Reach your right arm as high as you can for one count, gently stretching the muscles of the stomach and lower back. Repeat the action with your left arm. Repeat 3 - 4 times.

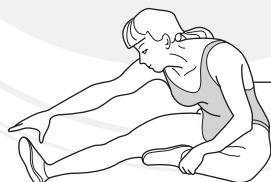
Inner Thigh Stretch

Sit on the floor and pull your legs toward your groin, the soles of your feet together. Hold your back straight and lean forward over your feet. Tighten the thigh muscles and hold for 5 seconds. Release and repeat 3 - 4 times.



Hamstring Stretch

Sit on the floor with your right leg extended and place your left foot flat against the right inner thigh. Stretch forward toward the right foot and hold for 10 seconds. Relax and then repeat with the left leg extended. Repeat 2 - 3 times.





Exercising Information

Basic Aerobic Training Programme

For your basic Aerobic Exercise routine we suggest that you try the following. Remember, breathe correctly, exercise at your own pace and do not over-train as injury may result.

Week 1 & 2

Warm Up 5 - 10 Minutes
Cool Down 5 Minutes

Exercise 4 minutes at 'A'
Rest 1 minute
Exercise 2 minutes at 'A'
Exercise slowly 1 minute

Week 3 & 4

Warm Up 5 - 10 Minutes
Cool Down 5 Minutes

Exercise 5 minutes at 'A'
Rest 1 minute
Exercise 3 minutes at 'A'
Exercise slowly 2 minutes

Week 5 & 6

Warm Up 5 - 10 Minutes
Cool Down 5 Minutes

Exercise 6 minutes at 'A'
Rest 1 minute
Exercise 4 minutes at 'A'
Exercise slowly 3 minutes

Week 7 & 8

Warm Up 5 - 10 Minutes
Cool Down 5 Minutes

Exercise 5 minutes at 'A'
Exercise 3 minutes at 'B'
Exercise 2 minutes at 'A'
Exercise slowly 1 minute
Exercise 4 minutes at 'A'
Exercise slowly 3 minutes

Week 9 & beyond

Warm Up 5 - 10 Minutes
Cool Down 5 Minutes

Exercise 5 minutes at 'A'
Exercise 3 minutes at 'B'
Exercise 2 minutes at 'A'
Exercise slowly 1 minute
Repeat entire cycle 2 or 3 times

This is only a suggested programme and may not suit every individual's needs.



Exercising Information

EXERCISING WITH YOUR AIR ROWER

It is possible to use your Super Air Rower in two different ways, to increase cardiovascular fitness and create lower body / upper body leg and arm strength.

AEROBIC WORKOUT

It is not possible to manually increase or decrease the rowing resistance for aerobic workouts on your Super Air Rower in order to build cardiovascular fitness. However, the Rowing strength increases proportionately with the rowing speed and effort. E.g. the harder or quicker you row, the more resistance, or drag is created by the Air Fan. With all aerobic exercise, you should exercise at a constant, reasonable pace when warmed up. (See the section about Warm-Up and Target Heart Rate Training elsewhere in this booklet). The aerobic benefit of the exercise will increase as the rowing rate increases and your cardio-vascular fitness will benefit as a result. The muscles in the legs, thighs, arms and lower back will also be strengthened by the rowing action.

STRENGTH WORKOUT

As with the Aerobic Workout, it is not possible to directly increase the rowing resistance for a full strength workout on your Super Air Rower in order to build muscle strength. However, if you increase your Rowing-Arm strength in order to generate more drag on the air fan, the exercise resistance will increase, allowing the muscles in the legs, thighs, arms and lower back to be strengthened by the rowing action. Your cardio-vascular fitness will, with time, also benefit.

EXERCISE MONITOR FUNCTIONS

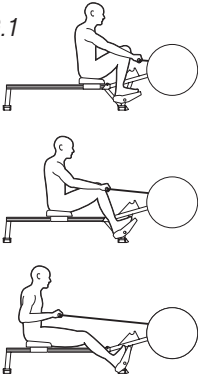
With your Super Air Rower the 3 screen, 6 function Exercise Monitor is set to start automatically when you begin to row. However, it is possible to switch on the monitor by pressing the Page Change Button at the bottom of the monitor. To save battery consumption, the monitor will also switch off after it has been idle for approximately four minutes.

Please refer to the leaflet supplied with the Exercise Monitor for all operational functions.

Exercising Information



FIG. 1



EXERCISE No. 1

THE COMPLETE ROWING ACTION

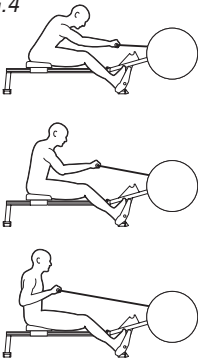
This exercise will help tone and strengthen the muscle groups in your legs, arms, shoulders, back and stomach.

Start as shown in Fig. 1 with the rowing-grip fully "home". Slide down on the seat, knees bent and grasp the rowing-grip.

Slowly move backwards, keeping a straight back, extending the legs and pulling the rowing-grip towards your chest.

Return to the start position and repeat.

FIG. 4



EXERCISE No. 2

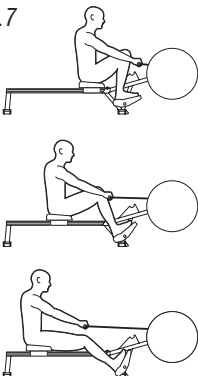
ARMS ONLY ROWING

This exercise will help isolate the muscles in your arms, shoulders, back and stomach.

Start as shown in Fig. 4 with your legs straight. Lean forward and grasp the rowing-grip. In a gradual and controlled manner, return to the fully upright position, curling, (overhand grip for Triceps muscle exercise) or pulling, (underhand grip for Biceps muscle exercise) the rowing-grip towards the chest until fully extended.

Return to the start position and repeat.

FIG. 7



EXERCISE No. 3

LEGS ONLY ROWING

This exercise will help tone and strengthen the muscles in your legs and back.

Start as shown in Fig. 7 with your back straight and arms outstretched. Slide down on the seat, knees bent and grasp the rowing-grip.

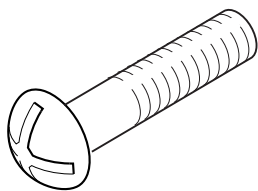
Extending your legs only and ensuring that you keep your back and arms straight, push your body back toward the end of the rower main rail. Return to the start position and repeat.

Assembly

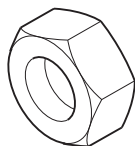


ACCESSORY FITMENT LIST

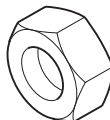
These are all the accessories you will need to complete the assembly of your product. The following accessories are loosely assembled to the frame or master component and will need to be removed prior to assembly.



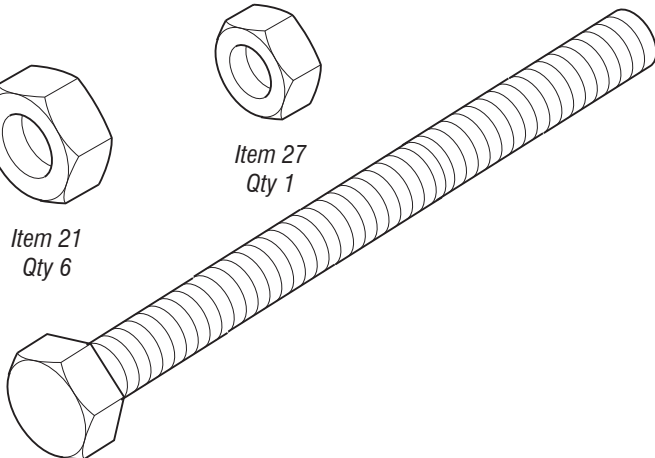
*Item 2
Qty 8*



*Item 21
Qty 6*



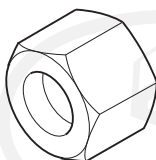
*Item 27
Qty 1*



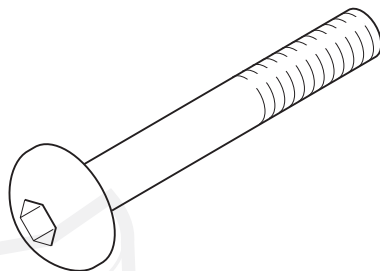
*Item 18
Qty 2*



*Item 33
Qty 6*

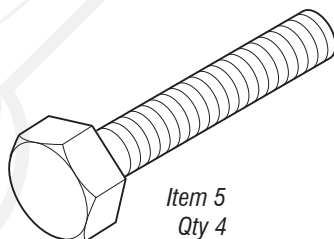


*Item 32
Qty 2*



*Item 62
Qty 2*

The following accessories are supplied in a pack and should be checked before attempting assembly

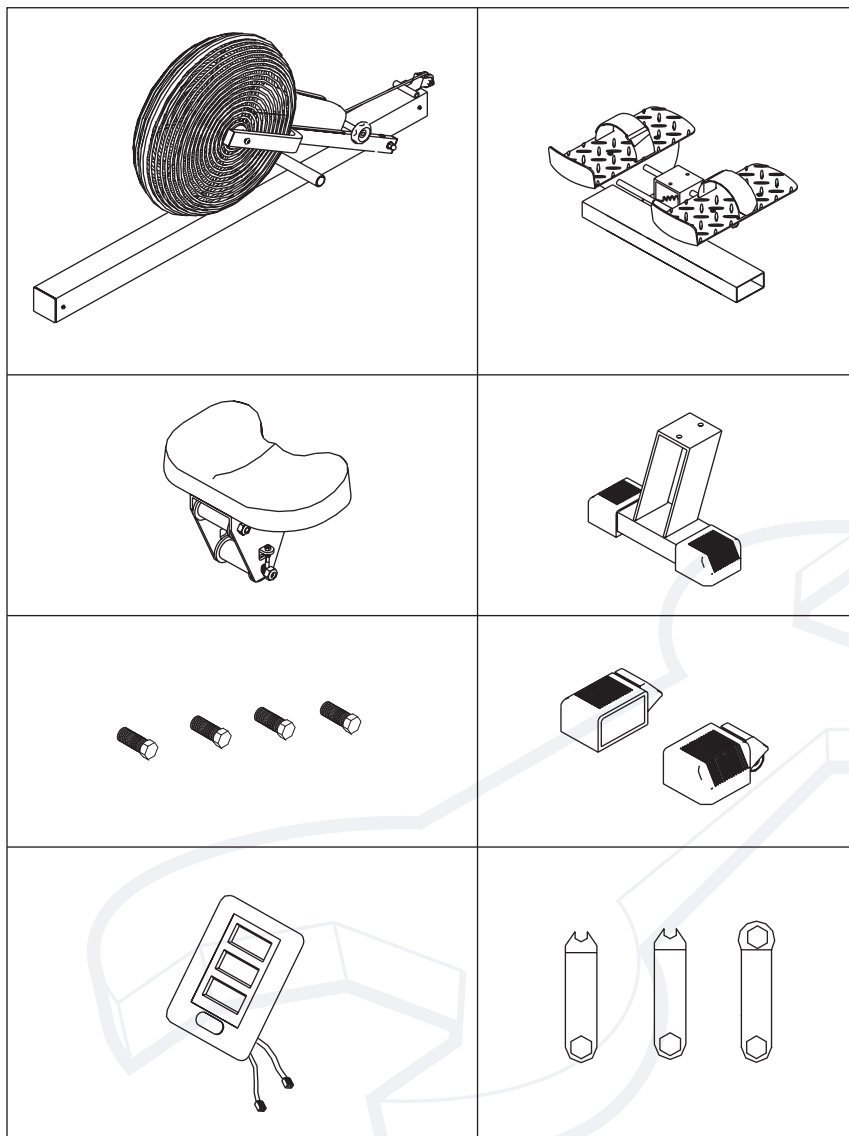


*Item 5
Qty 4*

Assembly



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.



Assembly



Beny Sports Co. UK Ltd

Unit 8, Riparian Way,
The Crossings, Cross Hills,
West Yorkshire
BD20 7BW

Carefully unpack each component, checking against the parts list that you have all the necessary parts to complete the assembly of your product.

PLEASE NOTE that some of the parts may be pre-fitted to major components, so please check carefully before contacting our CUSTOMER SUPPORT team.

In any event, please do not return the product to your retailer before contacting us first.

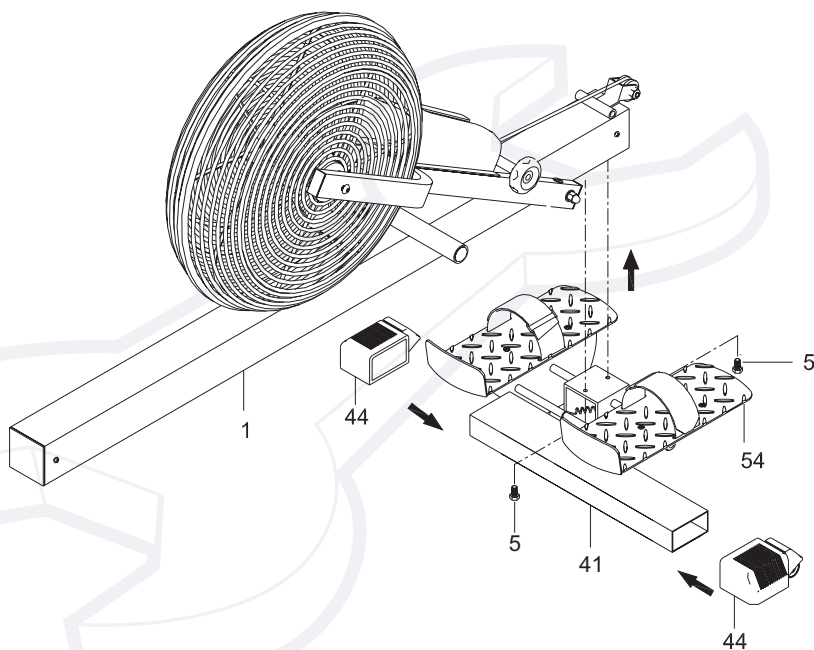
Tel:- 0871 222 0881 or

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CUSTOMER SUPPORT is open from 9.00am to 5.00pm from Monday to Friday

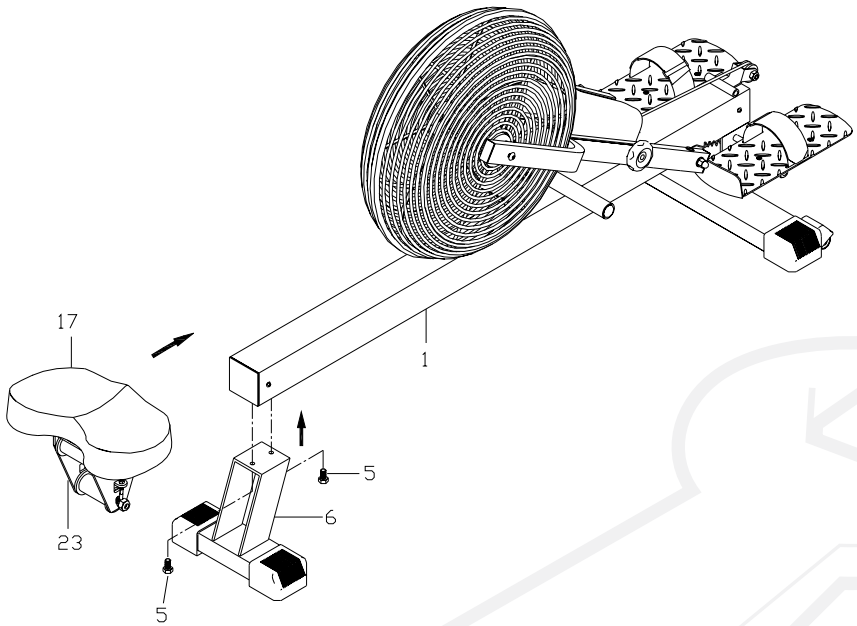
- 1** Attach the two front stabilizer end caps (44) to the front frame stabilizer (41).
Attach the front frame stabilizer (41) to the rowing rail (1), secured with two hex bolts (5).



Assembly



- 2** Slide the assembled seat (17) with seat carriage (23) on to the rowing rail (1).
Attach the rear frame stabilizer (6) to the rowing rail (1), secured with two hex bolts (5).



Assembly

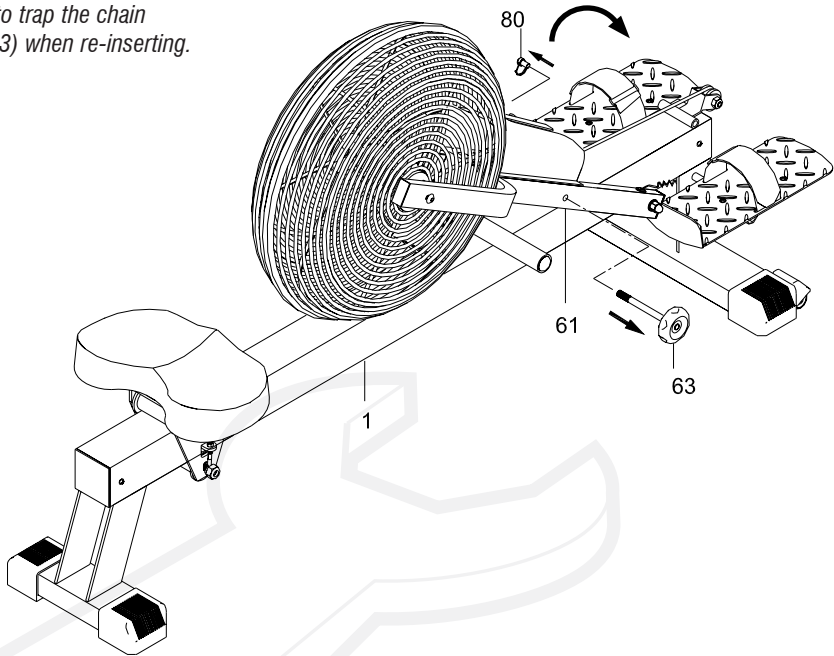


- 3** Remove the screw pin knob (63) from the wheel support tube (61), pull out the pin (80) from the rowing rail (1), then turn the wire cage w/support tube (61) to the front of the rowing rail (1). Store pin (80) in a safe place until the rower is folded for storage.



Note

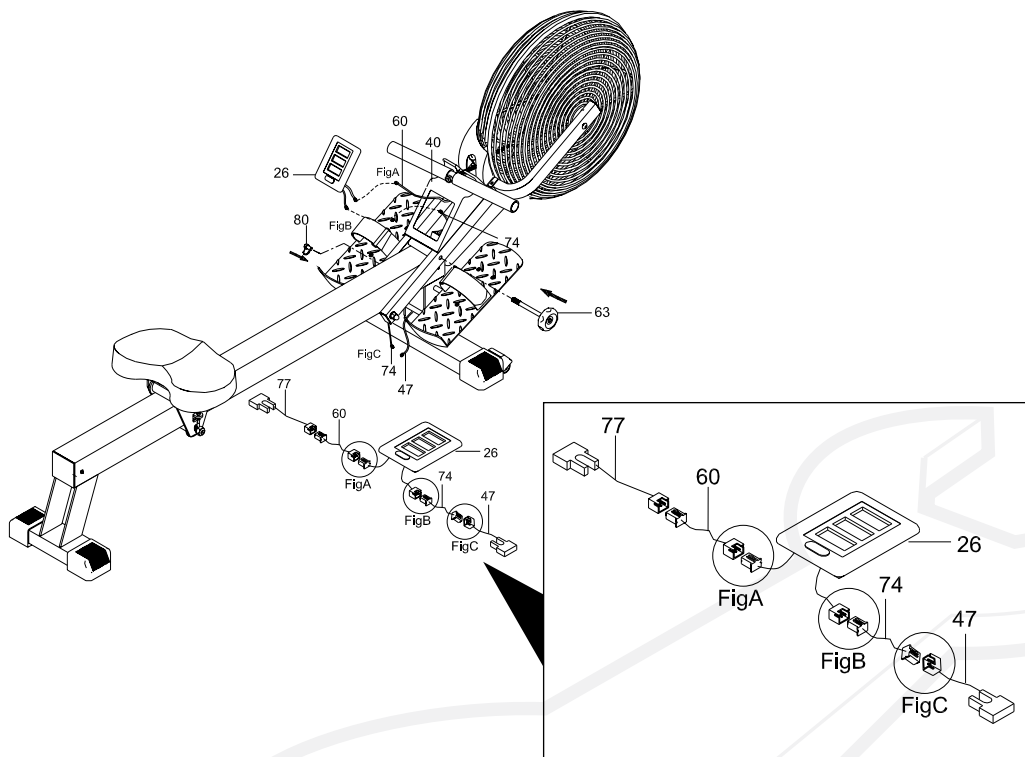
Take care not to trap the chain with the Pin (63) when re-inserting.



Assembly



- 4** Connect the socket of air fan sensor wire (60) to the male plug in the rear of the exercise monitor (26) (Fig A). Connect the socket of monitor pickup cable (74) to the other plug (fig B). Make sure that the contacts are pushed fully home. Attach the monitor (26) to the top of monitor console (40). Make sure that sensor wire and pickup cable cannot be trapped. Connect the monitor pickup cable (74) to the count sensor cable (47). To ensure that the contacts are pushed fully home (Fig C). Insert the pin (80) to the hole on the frame again.



RESISTANCE ADJUSTMENT

Your Super Air Rower does not have a user applied resistance adjustment. However, to ensure smooth efficient rowing action, your Super Air Rower applies its resistance by the action of the air drawn into the fully enclosed air fan cover. The greater the effort put into the rowing action, the greater in relation, the resistance becomes.

Assembly



OPERATING ADJUSTMENTS and GENERAL USER INFORMATION

LEVELLING THE AIR ROWER

For security and stability, your Super Air Rower has a factory welded main frame and once fully assembled correctly, should not need further alignment. However, in the interest of safety, please always ensure that your Super Air Rower is positioned on a solid, flat surface. If necessary, use a rubber mat underneath to reduce the possibility of slipping in use



Note

There is no other way of increasing rowing resistance during your exercise routine, but please bear in mind that rowing is essentially an aerobic exercise.



Note

In the interest of safety, do NOT use polish or any lubricant on the seat, footplates or foam handgrips.

LUBRICATION and MAINTENANCE

The moving parts in your Super Air Rower are all pre-lubricated at assembly and should not require further attention. We strongly recommend however, that the rower is used inside and stored in a dry condition. To clean the metal and plastic components, a general household cleaner can be used, but please be sure to dry the rower and any attachments before use.

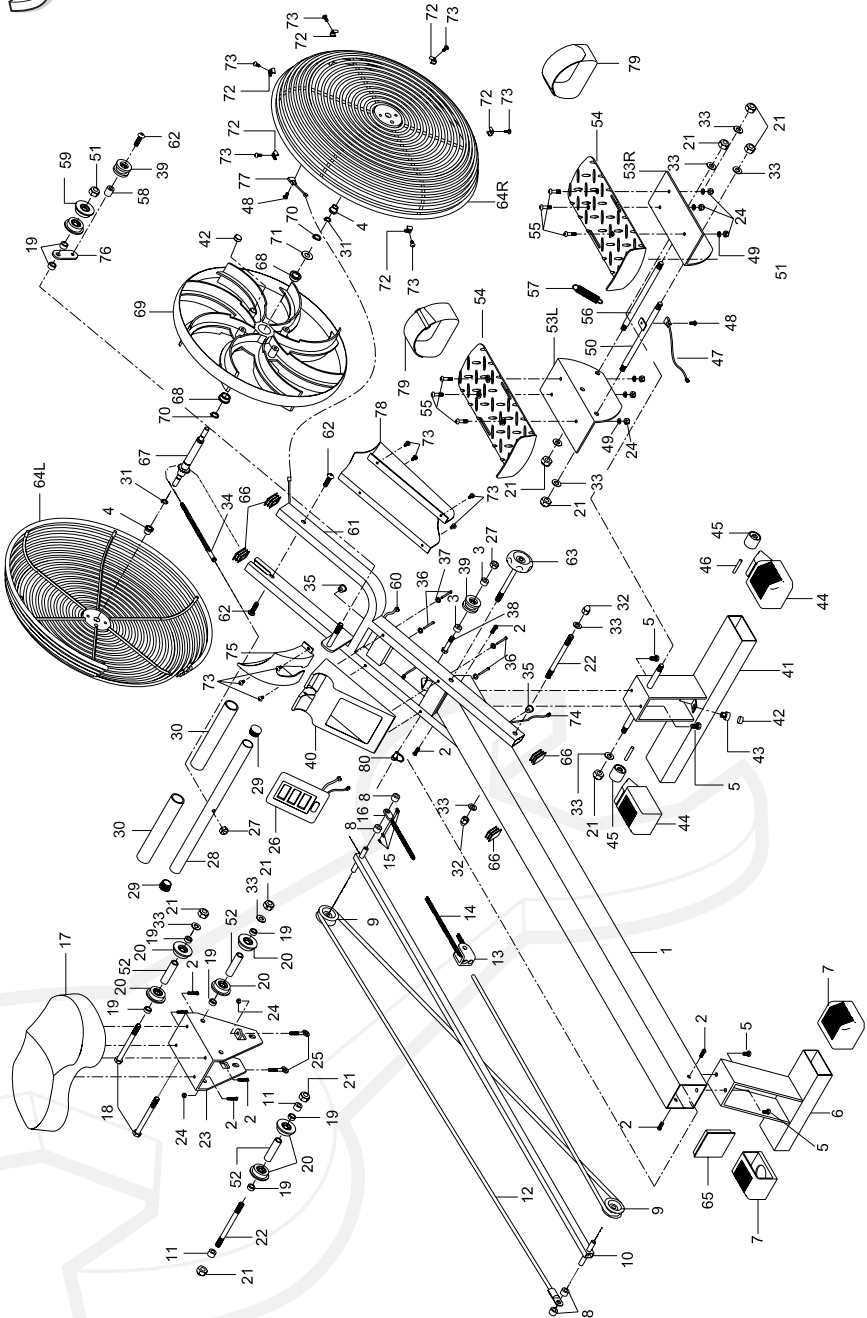
Exercise Notes



Use this space to record your own exercise routine results.



Assembly



Assembly



PART No.	DESCRIPTION	QTY
1	ROWING RAIL	1
2	SCREW M6 x 15mm	8
3	SPACER $\Phi 13 \times \Phi 8.2 \times 8\text{mm}$	2
4	BUSHING	2
5	HEX BOLT M8 x 15mm	4
6	REAR FRAME STABILIZER	1
7	REAR STABILIZER END CAP	2
8	SPACER $\Phi 16 \times \Phi 10.2 \times 11\text{mm}$	4
9	PULLEY	2
10	RETURN CHORD SUPPORT ASSEMBLY	1
11	SPACER $\Phi 16 \times \Phi 10.2 \times 7\text{mm}$	2
12	RETURN CHORD	1
13	RETURN CHORD BRACKET	1
14	DRIVE CHAIN	1
15	DRIVE CHAIN MOUNT BRACKET	1set
16	DRIVE CHAIN CLIP	1
17	SEAT	1
18	HEX BOLT M10 x 1.5P x 110mm	2
19	SPACER $\Phi 16 \times \Phi 10.2 \times 6\text{mm}$	8
20	ROLLER	6
21	M10 NYLON LOCK NUT	10
22	RAIL CROSSBAR M10 x 140mm	2
23	SEAT CARRIAGE	1
24	M6 NYLON LOCK NUT	8
25	ADJUSTER	2
26	MONITOR	1
27	M8 NYLON LOCK NUT	2
28	HANDLEBAR	1
29	HANDLEBAR END CAP	2
30	FOAM GRIP	2
31	SPRING CLIP $\Phi 10 \times 1.0\text{mm}$	2
32	M10 COME NUT	2
33	FLAT WASHER $\Phi 20 \times \Phi 10.5 \times 2.0\text{mm}$	10
34	EYE BOLT	1
35	MONITOR PICKUP CABLE GROMMET	3
36	SELF CUTTING SCREW M4 x 50mm	4
37	FLAT WASHER $\Phi 13 \times 5.2 \times 1.2\text{mm}$	4
38	ALLEN HEA BOLT M8 x 40mm	1
39	LOWER ROLLER	2
40	MONITOR CONSOLE	1
41	FRONT FRAME STABILIZER	1
42	MONITOR SENSOR MAGNET	2
43	MONITOR SENSOR MOUNT	1
44	FRONT STABILIZER END CAP	2

45	TRANSPORTATION ROLLER	2
46	ROLLER AXLE	2
47	COUNTER SENSOR W/WIRE	1
48	SELF CUTTING SCREW M5 x 15mm	2
49	FLAT WASHER $\Phi 12 \times \Phi 6.4 \times 1.2\text{mm}$	6
50	PIVOT SHAFT M10 x 246mm	1
51	NYLON LOCKNUT M10 x 7mm	1
52	SPACER $\Phi 16 \times \Phi 10.2 \times 60\text{mm}$	3
53R/L	FOOT PEDAL MOUNT BRACKET (L&R)	2
54	FOOT PEDAL	2
55	MACHINE SCREW M6 x 25mm	6
56	PIVOT SHAFT M10 x 246mm	1
57	SPRING	1
58	SPACER $\Phi 12 \times \Phi 8.4 \times 12.5\text{mm}$	1
59	UPPER ROLLER	2
60	AIR FAN SENSOR MIDDLE CABLE	1
61	MAIN FRAME	1
62	ALLEN HEAD BOLT M8 x 25mm	3
63	SCREW PIN KNOB	1
64	WIRE CAGE FAN COVER (L&R)	2
65	RAIL END CAP	1
66	RECTANGULAR END CAP	4
67	FAN WHEEL AXLE	1
68	BUSHING $\Phi 22 \times \Phi 16 \times 11\text{mm}$	2
69	FAN WHEEL	1
70	SPRING CLIP $\Phi 16 \times 1.0\text{mm}$	2
71	FLAT WASHER $\Phi 32 \times \Phi 16 \times 0.5\text{mm}$	2
72	FAN COVER MOUNT BRACKET	6
73	SELF CUTTING SCREW M4 x 15mm	13
74	MONITOR PICKUP CABLE	1
75	UPPER CHAIN COVER	1
76	CHAIN PROTECTION SHEET	1
77	FAN WHEEL SENSOR W/WIRE	1
78	LOWER CHAIN COVER	1
79	FOOT PEDAL STRAP	2
80	PIN	1
81	TOOLS	3



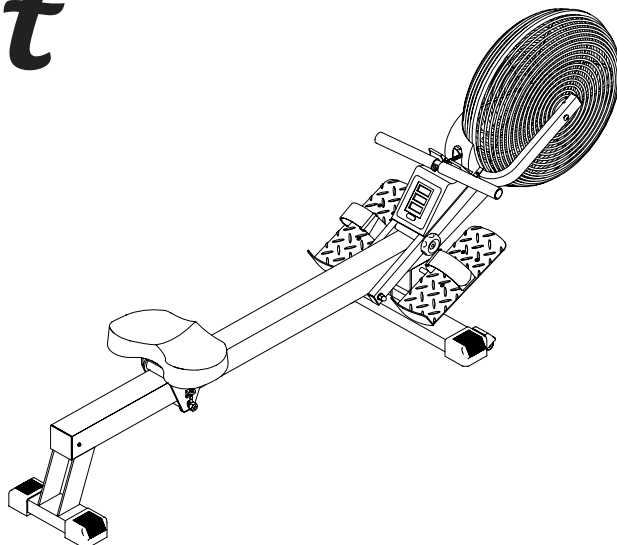
Note

The majority of the above parts will have been pre-fitted to the master part or component. Please check carefully as they may NOT be supplied separately.

V-fit

by

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