

The logo features the text "H2OFitness" in a bold, blue, sans-serif font. The "H2O" is slightly larger and more prominent than "Fitness". The text is enclosed within a white oval, which is itself surrounded by a thick, blue, swooping line that gives a sense of motion or a splash.

**H<sub>2</sub>OFitness**

***Pro Rower H<sub>2</sub>O***

**RX- 750**

## Training with the **ProRower $H_2O$**

1. As with any piece of fitness equipment, consult a physician before starting your exercise program.
2. Follow instructions provided in this manual for correct foot position and basic rowing techniques.

### **CAUTION**

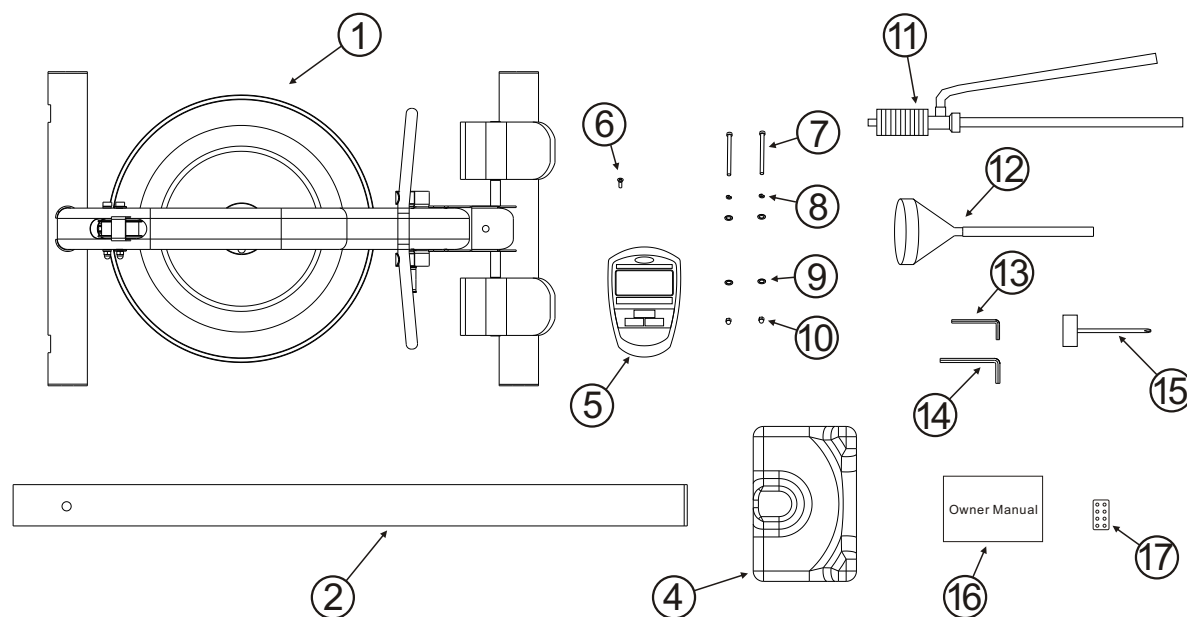
1. The  **$H_2O$**  RX-750 can stand vertically for storage. When doing so, please choose a secure location, such as the corner of a room.

### **CAUTION**

2. Keep hands away from moving parts, as indicated by the warning sticker on the main frame of your machine.

## Contents

1. Carton contents of the RX-750.
2. Assembly.
3. Tank filling and water treatment.
4. Operational instructions.
5. The RX-750 Computer.
6. Replacing Rower belt.
7. Replacing Bungee cord.
8. Maintenance and Troubleshooting.
9. Parts list.
10. Warranty.



Contents of the Carton: Inside the parts kit, you will have the following items:

- |                         |                                   |
|-------------------------|-----------------------------------|
| 1.Main Frame.(1)        | 10.Dome Nut M10.(2)               |
| 2.Seat Rail.(1)         | 11.Siphon.(1)                     |
| 4.Seat.(1)              | 12.Funnel. (1)                    |
| 5.Display Computer.(1)  | 13.Hex Key Wrench 4mm L Shape.(1) |
| 6.Bolt M10*50L.(1)      | 14.Hex Key Wrench 6mm L Shape.(1) |
| 7.Bolt M10*100L.(2)     | 15.Multi-purpose tool.(1)         |
| 8.Spring Washer M10.(2) | 16.Owner Manual. (1)              |
| 9.Flat Washer M10.(4)   | 17.Water Treatment Pack..(1)      |

## Assembly Instructions:

### Step 1:

Remove rubber bumper stop from front of seat rail.

### Step 2:

Install seat on seat rail with indentation facing rearward.

### Step 3:

Position the rubber bumper stop back to the seat rail.

### Step 4:

Insert seat rail inside main frame as shown.

### Step 5:

Insert two M10\*100L bolts through seat rail from horizontal, using two M10 spring washer, four flat washer M10 and Dome Nut M18. Do not tighten.

### Step 6:

Using M10\*50L bolt from vertical tighten the seat rail and mail frame.

### Step 7:

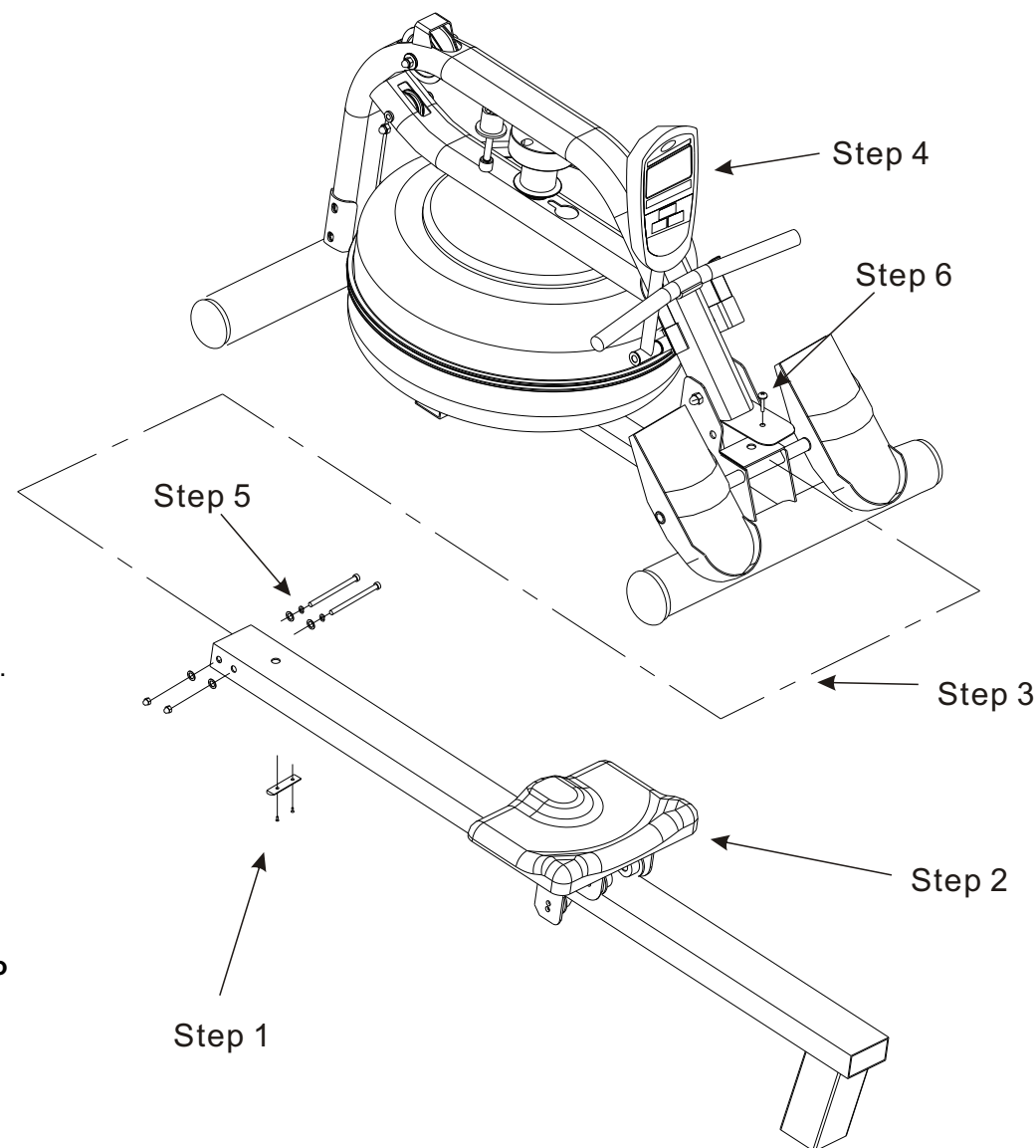
Tighten the horizontal bolts.

**Note: Tighten vertical and horizontal bolts, make sure seat rail is in a central position adjust the Vertical Bolt tension as required to prevent front end of machine lifting when rowed vigorously.**

**Be carefully do not damage all connected Wires while assembly.**

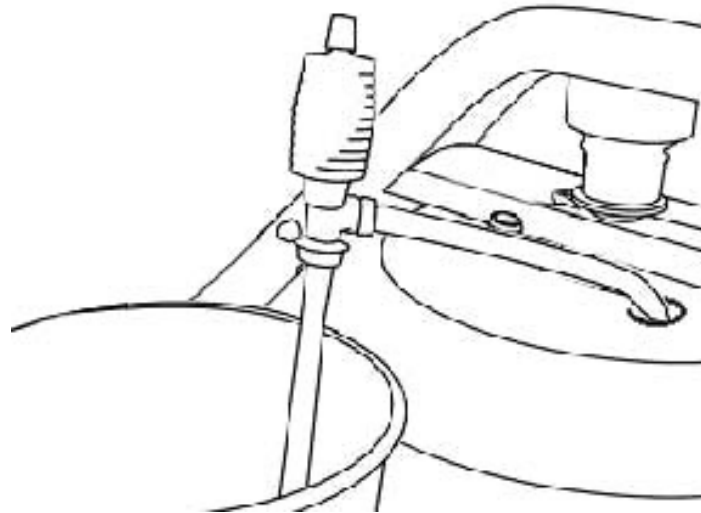
### Step 8:

Connect sensor wire properly and install display computer into stand.





### Adding and treating water.



### **Tank filling and water treatment procedures.**

Note: 17 liters or 4.5 gals of water is required for maximum filling.

1. Remove the rubber fill plug from the top of the tank.
2. Place a large bucket of water next to the rower and position siphon with the rigid hose in the bucket and the flexible hose into the tank as shown.

Note: Make sure small breather valve on the top of the siphon is closed before filling.

3. Begin filling tank by squeezing siphon. Use Water Level Gauge decal on side of tank to measure volume of water in tank.

Note: The amount of resistance is dictated by the amount of water in the tank; for example, 9 liters of water equals light resistance, 4.5 gallons or 17 liters of water creates the heaviest resistance. **Important: Do not overfill tank!**

4. After filling tank to the desired water level, to open the valve on the top of the siphon to allow excess water to escape.
5. Ensure that the tank plug is replaced once filling and water treatment procedures is complete.

**Tips on Siphon use:** Putting the fill bucket higher than the tank will allow the siphon to "self-pump" when adding water to the tank. .

## **CAUTION**

Always row with your feet secured in the foot straps.

### **Operational Instructions: RX-750**



**1. Foot Adjustment** - The RX-750 Heel Sling Adjustment is unique and easy to use.

Simply loosen the footplate knob and slide the adjuster up or down to the required position. This should place the ball of your foot directly under the horizontal foot straps. Tighten knob and secure foot straps. The heel support allows the user to row without shoes if desired.

**2. Resistance:** The level of resistance is determined by the amount of water in the tank. Any amount between 2.5 - 4.5 gallons or 9 - 17 liters is acceptable, with more water providing greater resistance.

**Important:** Do not fill past the 4.5 gal / 17 liter mark on the Level Gauge! Refer to [Tank Filling Procedures](#) for details.

## **Basic Rowing**


- 1.Begin the stroke comfortably forward and push strongly back with your legs while keeping your arms and back straight.
- 2.Begin to pull your arms back as they pass over your knees and continue the stroke through to completion rocking slightly back over your pelvis.
- 3.Return to the starting position and repeat.

## **How often should I row ?**

Begin with a 5 minute training sessions once a day and aim for around 2:30 to 2:45 for 500m time and around 18-25SPM

Progress a few minutes more each day until you are comfortable with 30-45 minutes training time 3 or 4 times a week.

This is sufficient to provide aerobic endurance benefits, muscle toning and sufficient calorie burning to form part of a weight loss program.

 **CAUTION** Always consult a doctor before beginning an exercise program.  
Stop immediately if you feel faint or dizzy.

## **How to Row like a Pro!**

**Catch**

Comfortably forward with straight back and arms.

**Drive**

Push with the legs while arms remain straight.

**Finish**

Pull through with arms and legs rocking slightly back on your pelvis.

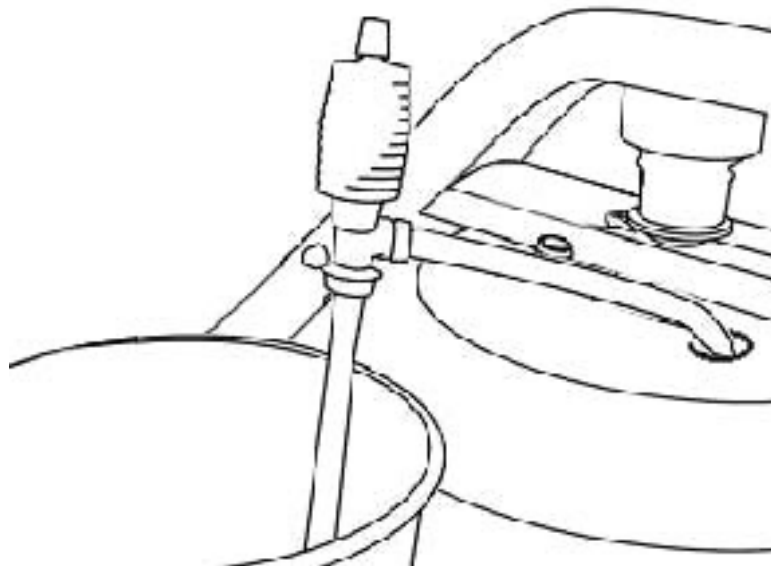
**Recovery**

Upper body tips forward over your pelvis and move forward.

**Catch**

Catch and begin again.

## Removing Water:



### **Removing Tank water.**

1. Remove the tank plug.
2. Insert rigid end of siphon into the tank, and flexible hose into a large bucket. **Note:** If the siphon hose hits the impeller blades, you can rotate the blades slightly by pulling on the rower handle to allow the siphon to reach the bottom of the tank.
3. Drain tank and then refill following directions for tank filling.

**Note:** The valve on top of the siphon must be closed to allow proper drainage.

**Note:** Water treatment will preclude the need to change tank water if the treatment schedule is maintained. Additional chlorine is required only when discoloration appears in the water.

**Note:** Exposure to sunlight affects the water. Moving the rower away from direct sunlight extend time between water treatments.



## Display Computer Instructions

The MyRower Computer:

TIME: Auto start, shows elapsed time.

500M TIME: Time to row 500 meters, updated at the completion of each stroke.

DISTANCE: Distance rowed measured in meters

PULSE: Requires optional chest strap.

SPM: Strokes per minute updated each stroke.

CAL : Updated each stroke.

Auto Scan: Press the mode button until scan appears. Display computer automatically cycles through all read-outs

**Note: Computer will reset and begin to count up after 10 seconds of inactivity**

## DISPLAY USER'S MANUAL

### A. FEATURES

1. 500M
2. Timer (Count up/ Count down)
3. SPM
4. Distance
5. Calorie/hour
6. Heart Rate
7. Alarm above Maximum Heart Rate

### B. SPECIFICATIONS

500M	Timer for rowing 500 meters 0:00~99:59 (minutes: seconds)
Time	0:00~99:59 (Count up) minute: second 99:00~0:00 (Count down)
SPM	Strokes per minutes 0~199
Distance	0~9999 meter (0~32805 feet) (Count up) 9990~0 meter (32775~0 feet) (Count down)
Calories/hour	00~286 Kcal/ hour
Range of Heart Rate	30~240 BPM
Range of Maximum Heart Rate	50~200 BPM
Alarm will sound when the user exceeds his or her's Maximum Heart Rate *Optional Chest Strap Heart Rate Transmitter must be worn for this function	
Scan Display: Display the data of the 500M, Time, Spm, Distance, Calorie/hour and Heart Rate every 5-seconds sequentially.	
Power	1.5V*2 (size AA*2)



## D.KEYS AND FUNCTIONS

**Mode Key:** Pressing the “Mode” key to cycle through the functions and display each consecutively. To press and hold “MODE” key down for 2 second to go into distance unit model (Metric **M** or English **ML**), and then to press “SET” key to select the unit you preferred. To activate the automatic scan function, the scan symbol will appear on the display, when the scan function has been activated, the data for each function will be updated in 5-second interval throughout your exercise session.

**Set Key:** Pressing “SET” key to the data will flash to show the computer in setting mode to program your Row time, Row distance and Heart Rate High Limit.

### a.) PROGRAMMING EXERCISE TIME:

Pressing " **MODE**" key to enter Time function, and pressing “**SET**” key to set up the time you desired. You can adjust the time by pressing and holding “**SET**” key. The time set symbol “((.))” will appear on display. When you start to rowing, the timer will start to count down, the computer will beep for 4 seconds after the timer counts down to 0:00.

### b.) PROGRAMMING EXERCISE DISTANCE:

Pressing " **MODE**" key to enter Distance function, and pressing “**SET**” key to set up the distance you desired. You can adjust the distance by pressing and holding “**SET**” key. The distance set symbol “((.))” will appear on display. When you start to row, the exercise distance will start to count down, The computer will beep for 4 seconds after the exercise distance counts down to 0 meter/feet.

### c.) PROGRAMMING MAXIMUM HEART RATE: Optional with Chest Belt Transmitter.

The range of Maximum Heart Rate is between 50 and 200. Press the “**MODE**” key to enter maximum heart rate function, and pressing “**SET**” key to set up your maximum heart rate. You can adjust the maximum heart rate by pressing and holding the “**SET**” key. The pulse rate limit set the symbol “((.))” will appear on display. When your heart rate is above maximum heart rate during exercise, the computer will beep to warn you to stop exercise.

**Reset Key:** The reset key will clear data for Time, Distance, and Heart Rate High Limit individually. When you press and hold “Reset” key for 2 seconds, all data will be cleared simultaneously.

### **Note:**

1. The computer will start automatically when receiving signal from the optional chest belt or pressing any key.
2. The display will turn off automatically after 3 minutes without any activity.
3. The computer will clear data of 500M, Time, SPM, Distance and Calories/hour automatically without receiving any speed signal after 40 seconds.
4. Under normal condition, make sure the symbol appear on the display before measuring your heart rate. The symbol will disappear automatically when the computer does not receive any signal from transmitter after 30 seconds. Press "SET" or "RESET" to wake up heart rate function, the symbol will turn on again.

#### *Tips: Moisten Transmitter Contacts (for dry skin user)*

Before wearing the transmitter chest strap, moisten the 2 rectangular rubber pads (electrodes) located on the inside surface of the chest transmitter. Use water or saliva to moisten these pads.

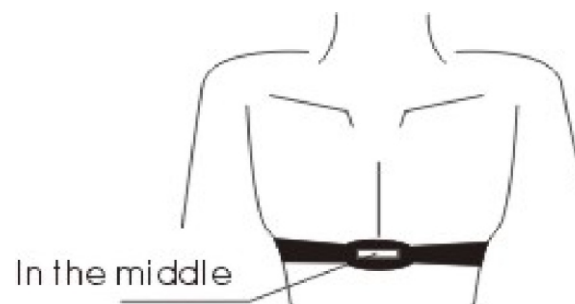


#### *Adjusting the strap*

The strap should be worn tight enough to prevent the transmitter from bouncing or sliding, but not so tight as to be uncomfortable.

#### *Positioning the Transmitter*

The transmitter should be positioned below the breast or pectoral muscles with the middle centered on the chest, and fasten. The transmitter starts to send a signal after worn.



## Re-Attaching / Changing the rower belt: To Remove;

1. Simply pull back on the rower belt until it detaches from the belt/bungee pulley. Remove via belt pulley and upper frame bracket.

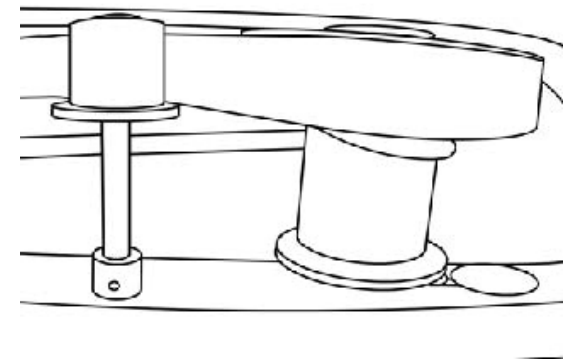
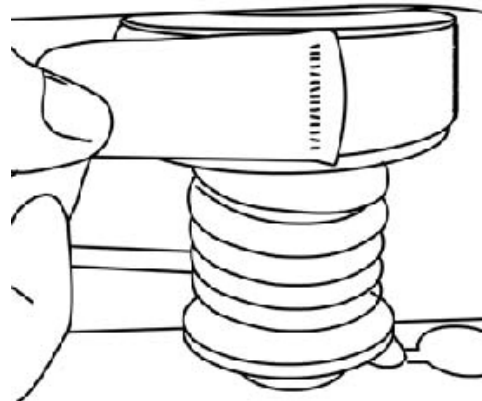
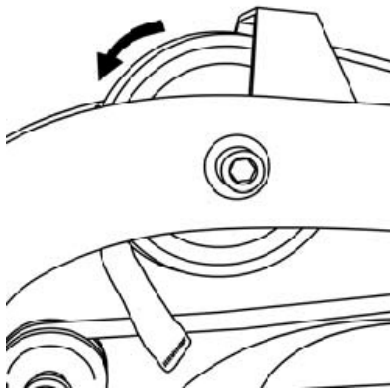
On the models RX-950 and RX-850 it requires that the shrouds are removed. This is done by unscrewing the 4 screws located on the left hand side of the shroud cover.

## Re-Attaching or Putting on a new belt

1. Feed the belt through the upper bracket and around the belt pulley with the Velcro facing upward.
2. Rotate the belt/bungee pulley clockwise until the bungee wraps reach the bottom (approx 5-6 wraps) as shown.

Hold the belt/bungee pulley in this position. **Caution:** Hold tightly.

3. Attach belt as shown, joining the velcro on the rower belt to the velcro on the belt/bungee pulley.
4. Slowly release belt/bungee pulley, making sure the belt is wrapping evenly. After one or two wraps, the belt will position itself.



## Removing the bungee/shock cord:

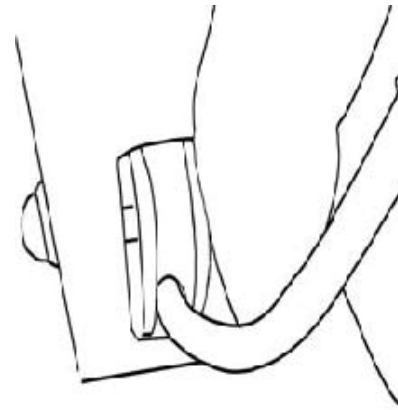
1. Lay the rower on its side to allow better access to bottom of rower frame
2. With scissors, cut the tie wrap holding the bungee in place.



### CAUTION

The bungee is under slight tension, hold one end while cutting

3. Pull the bungee through the two frame pulleys and out the top of the belt/bungee pulley as shown.



## Replacing the bungee/shock cord:

1. Feed the bungee cord through top of belt/bungee pulley.
2. Bungee cord is then fed through upper and lower bungee pulleys.
3. Use tie provided or simply knot end of bungee cord. Note: The amount of bungee tension is easily adjustable.

## **Troubleshooting:**

<b>Fault</b>	<b>Probable Cause</b>	<b>Solution</b>
Water changes color or becomes cloudy.	Rower is in direct sunlight or has not had water treatment.	Change rower location to reduce direct exposure to sunlight. Add water treatment change tank water as directed in the manual.
Rower belt slipping off belt/bungee pulley.	Bungee not under enough tension.	Tighten bungee cord following the instructions in “Replacing the bungee/shock” section of this manual.
The display computer does not illuminate after battery installation.	Batteries installed incorrectly or need replacing.	Reinstall batteries in correct position and try again. If the LCD screen fails to illuminate, try rotating the batteries slightly in the computer. If this fails contact your local service center.
Display computer screen illuminates but does not register when rowing.	Loose or failed connection.	Check that the computer lead is connected properly. If it is connected then contact your local service center.

## ProRower RX- 750 Parts List

NO.	Description	Qty
01	Upper Main Frame	1
02	Base Main Frame	1
03	Seat Rail	1
04	Row Handle Bar Holder	1
05	Row Handle Bar	1
06	Display Computer Stand	1
07	Display Computer Mounting plate	1
08	Shaft for Flywheel Impeller	1
09	Flywheel Impeller	1
10	Spacer for Belt Pulley	2
11	Belt/Bungee Pulley	1
12	Plastic Spacer	2
13	Magnet Ring includes 6 magnets	1
14	Spring Pin	1
15	Upper Tank	1
16	Lower Tank	1
17	Belt Pulley	1
18	Ball Bearing	4
19	Belt Pulley Spacer	1
20	Belt Pulley Spacer	1
21	C Clip S10	2
22	Belt Pulley	1
23	Bungee Cord Pulley	2
24	Bungee Cord Pulley Spacer	2
25	Belt Pulley Spacer	2
26	Bungee Cord Pulley Spacer	2

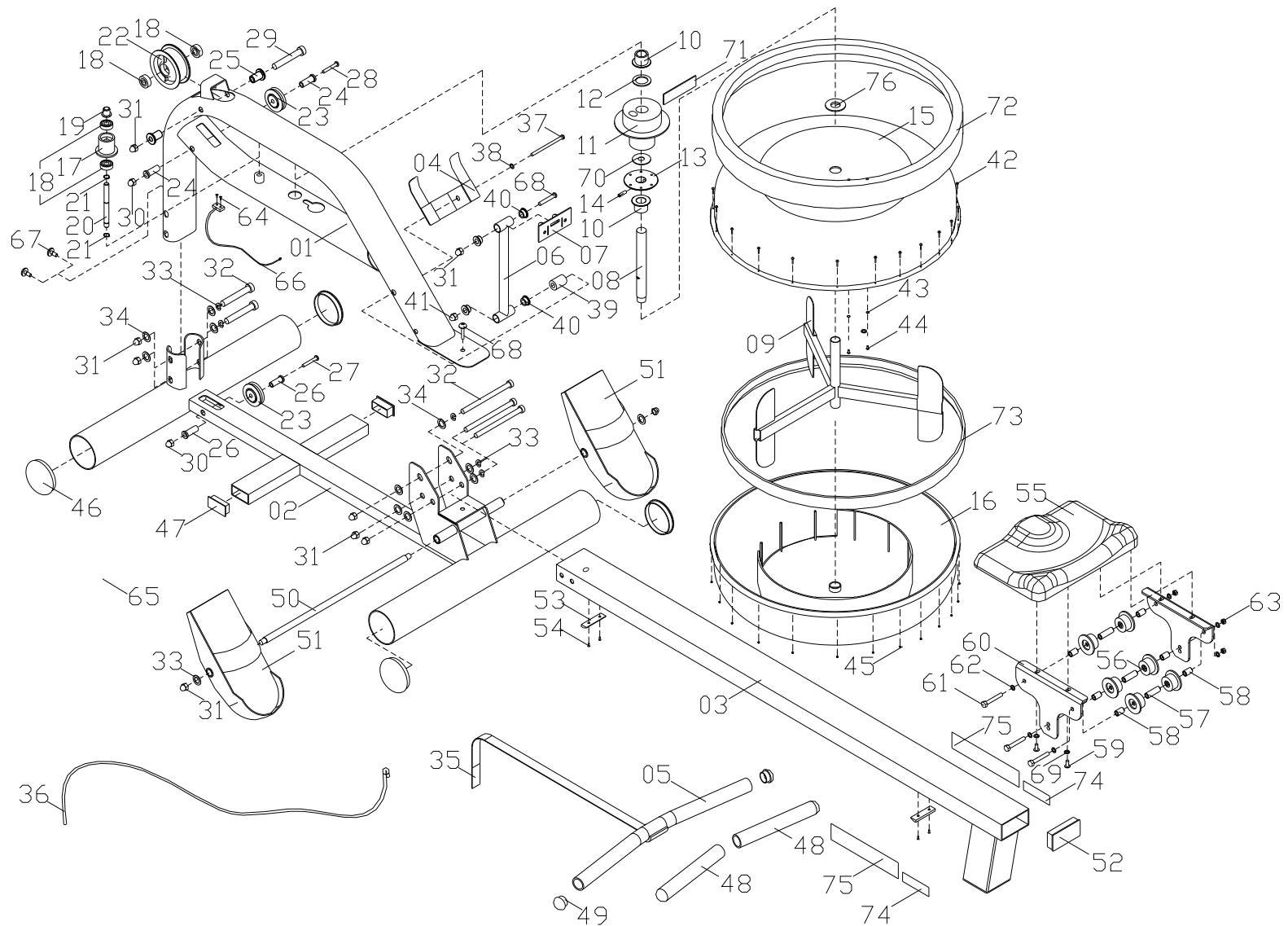
NO.	Description	Qty
27	Bolt (M8*65L)	1
28	Bolt (M8*95L)	1
29	Bolt (M10*95L)	1
30	Nut Dome Head M8	2
31	Nut Dome Head M10	6
32	Bolt (M10*100L)	5
33	Spring Washer M10	5
34	Flat Washer M10	5
35	Row Belt	1
36	Bungee Cord	1
37	Bolt (3/8"X178L)	1
38	Plastic Spacer D	1
39	Extra Spacer for Display Computer Bracket	1
40	Spacer for Display Computer Stand	4
41	Nut Dome Head 3/8"	1
42	Screw (M3*20L)	24
43	Flywheel Impeller oil Busing	2
44	Cross Screw (M6*7L)	4
45	Nylon Nut M3	24
46	End Cap	4
47	End Cap	2
48	Sponge for Row Handle Bar	2
49	End Cap for Row Handle Bar	2
50	Shaft for Foot Padel	1
51	Foot padel including straps	2
52	Seat Rail End Cap	1

NO.	Description	Qty
53	Rubber Bumper Stop	2
54	Cross Screw (M6*10L)	4
55	Seat	1
56	Seat Wheel	6
57	Seat Wheel Long Spacer	3
58	Seat Wheel Short Spacer	6
59	Bolt (M6*15L)	4
60	Seat Mounting Plate	2
61	Bolt (M8*118L)	3
62	Flat Washer M8	3
63	Nylon Nut M8	3
64	Self-drilled Screw (M4*25L)	2
65	Display Computer	1
66	Sensor Wire	1
67	Stopper	2
68	Bolt (M10*55L)	1
69	Flat Washer M6	4
70	Stainless Washer	1
71	FemaleVelcro	1
72	Tank Outer Rubber Ring	1
73	Tank Internal Rubber Ring Seal	1
74	Sticker for Rx750	2
75	Sticker for PROROWER H2O	2
76	Water Level Gauge Decal	1
77	Siphon	1
78	Funnel	1



# Parts Illustration

**RX-750**



## ***H<sub>2</sub>O* FITNESS LIMITED WARRANTY**

*H<sub>2</sub>O* Fitness warrants that the **ProRower *H<sub>2</sub>O* RX-750, RX-850 and RX-950**, purchased from an authorized agent, are free from defects in materials and workmanship. *H<sub>2</sub>O* Fitness or its agent's will, at their discretion, repair or replace parts that become defective within the warranty period.

### **Metal Frame Life Time Warranty**

*H<sub>2</sub>O* Fitness will repair or replace the metal Main Frame of the Rower should it fail due to any defect in materials or workmanship.

### **Polycarbonate Tank & Seals 3 year Limited Warranty**

*H<sub>2</sub>O* Fitness will repair or replace the polycarbonate tank or seals should they fail due to any defect in materials or workmanship within 3 years of the original purchase.

### **Mechanical Components (of a non-wearing nature) 2 Year Limited Warranty**

*H<sub>2</sub>O* Fitness will repair or replace the polycarbonate tank or seals should they fail due to any defect in materials or workmanship within 2 years of the original purchase.

### **All Other Components (of a wearing nature 2 year Limited Warranty**

*H<sub>2</sub>O* Fitness will repair or replace any component should it fail due to any defect in materials or workmanship within 2 years of the original purchase.

### **Specific Inclusions**

- Bungee recoil cord
- Hand grips & foot straps
- Polyester rowing belt
- Seat
- Seat rollers & bearings
- All rubber components
- Computer & speed sensor (excluding replaceable batteries)
- All pulleys, bushings & bearings

### General Exclusions

- Damage to the finish of any part of the machine
- Damage due to neglect, abuse or incorrect use of the machine
- Any charges for freight or customs clearance associated with the return or dispatch of parts
- Any damage to or loss of goods during transport of any kind
- Any labor cost associated with a warranty claim

### General Conditions

- The serial number of the machine must be correctly registered with the **H<sub>2</sub>O** Fitness or one of its appointed distributors
- **H<sub>2</sub>O** Fitness reserves the right to examine any part where replacement is claimed under warranty
- Warranty period applies only to the original purchaser from the date of purchase and is not transferable
- The product must be returned to your place of purchase in the original packaging with transportation, insurance and associated charges paid for by you and risk of loss or damage assumed by you
- **H<sub>2</sub>O** Fitness makes no other warranties except as stated here and expressly disclaims all warranties not stated on this page. Neither **H<sub>2</sub>O** Fitness nor its associates shall be responsible for incidental or consequential damages



HealthCare International, Inc.

[info@hci.com](mailto:info@hci.com)

[www.hcifitness.com](http://www.hcifitness.com)