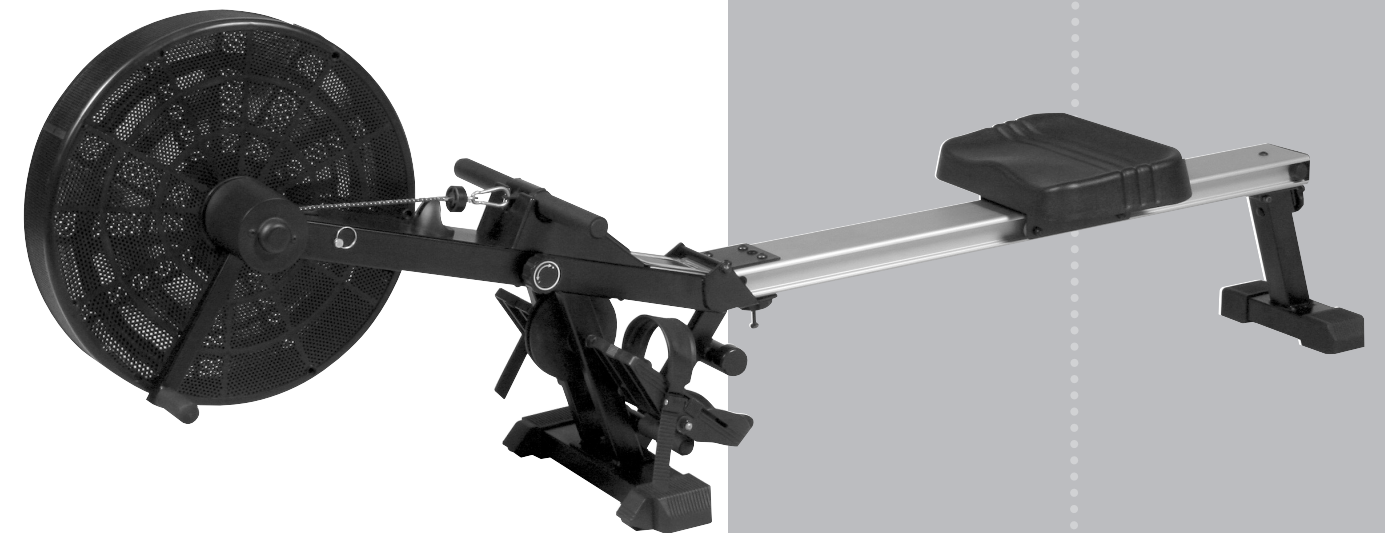


## New Balance Fitness Equipment

### Dedication to Quality

New Balance Fitness Equipment warrants this product to be free from all defects in material and workmanship when used according to the manufacturer's instructions. See Limited Warranty Card for details.

Save your sales receipt.  
(You may wish to staple it into this manual.)



### OWNER'S MANUAL

FOR MAXIMUM EFFECTIVENESS  
AND SAFETY, PLEASE READ THIS  
OWNER'S MANUAL BEFORE USING YOUR  
NEW BALANCE 5K 3300 AIR ROWER.

  
new balance  
*fitness equipment*

5K  
3300  
*Air Rower*

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New Balance Fitness Equipment

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New Balance and NB logo are trademarks of New Balance Athletic Shoe Inc.  
Fitness Quest Inc. is the exclusive licensee of New Balance Athletic Shoe Inc.

## IMPORTANT SAFETY INSTRUCTIONS

***Read all instructions before using this machine***

**CAUTION:**  
Exercise of a strenuous nature, as is customarily done on this equipment,  
should not be undertaken without first consulting a physician.  
No specific health claims are made or implied as they  
relate to the equipment.

**Exercise of a strenuous nature, as is customarily done on this equipment,  
should not be undertaken without first consulting a physician.  
No specific health claims are made or implied as they  
relate to the equipment.**

- 1)** Before starting this or any other exercise program, consult your physician, who can assist you in determining the target heart rate zone appropriate for your age and physical condition. Certain exercise programs or types of equipment may not be appropriate for all people. This is especially important for people over the age of 35, pregnant women, or those with pre-existing health problems or balance impairments.
- 2)** Monitor your heart rate while you exercise and keep your estimated pulse rate within your target heart rate zone. Follow the instructions on pages 13 and 14 in this manual regarding heart rate monitoring and how to determine your appropriate target heart rate zone.
- 3)** Warm up before any exercise program by doing 5-10 minutes of aerobic activity, followed by stretching.
- 4)** Wear comfortable clothes that allow freedom of movement and that are not tight or restricting.
- 5)** Wear comfortable shoes made of good support with non-slip soles.
- 6)** Breathe naturally, never holding your breath during an exercise.
- 7)** Avoid over training. You should be able to carry on a conversation while exercising.
- 8)** After an exercise session, cool down with slow walking and stretching.
- 9)** This machine should not be used by or near children.
- 10)** Handicapped or disabled people must have medical approval before using this machine and should be under close supervision when using any exercise equipment.
- 11)** If you are taking medication which may affect your heart rate, a physician's advice is absolutely essential.
- 12)** Use this machine only for its intended use as described in this manual. Do not use attachments not recommended by the manufacturer.
- 13)** Only one person at a time should use this machine.
- 14)** Do not put hands, feet, or any foreign objects on or near this machine when in use by others.
- 15)** Always use this machine on a level surface.
- 16)** Never operate the machine if the machine is not functioning properly.
- 17)** Start exercise slowly and gradually increase the amount of resistance.
- 18)** If the user experiences dizziness, nausea, chest pain, or any other abnormal symptoms, stop exercise at once and consult a physician immediately.
- 19)** Use caution not to pinch fingers or hands in moving parts when using the unit.
- 20)** This unit is to be used **only** indoors and in a dry location

## EXERCISE DATA CHARTS

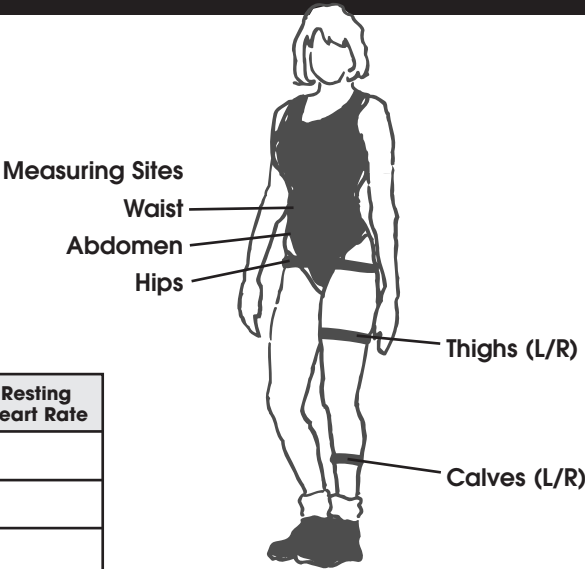
Update once a week

[illegible]

## KEEP THESE INSTRUCTIONS

WORKOUT PROGRESS CHARTS

Use the charts below and on the following pages to keep track of your progress over time. Before writing on them, make as many copies as you think you'll need. We suggest you keep these in a notebook. You will find it both informative and motivational to look back at what you've done, and this data will help you to chart future fitness goals as you progress. Every two weeks, measure yourself to rechart your progress.



| Date | Weight | Waist | Abdomen | Hips | Thighs | Calves | Resting Heart Rate |
|------|--------|-------|---------|------|--------|--------|--------------------|
|      |        |       |         |      |        |        |                    |
|      |        |       |         |      |        |        |                    |
|      |        |       |         |      |        |        |                    |
|      |        |       |         |      |        |        |                    |
|      |        |       |         |      |        |        |                    |
|      |        |       |         |      |        |        |                    |
|      |        |       |         |      |        |        |                    |
|      |        |       |         |      |        |        |                    |
|      |        |       |         |      |        |        |                    |
|      |        |       |         |      |        |        |                    |
|      |        |       |         |      |        |        |                    |
|      |        |       |         |      |        |        |                    |
|      |        |       |         |      |        |        |                    |
|      |        |       |         |      |        |        |                    |

| Date | Weight | Waist | Abdomen | Hips | Thighs | Calves | Resting Heart Rate |
|------|--------|-------|---------|------|--------|--------|--------------------|
|      |        |       |         |      |        |        |                    |
|      |        |       |         |      |        |        |                    |
|      |        |       |         |      |        |        |                    |
|      |        |       |         |      |        |        |                    |
|      |        |       |         |      |        |        |                    |
|      |        |       |         |      |        |        |                    |
|      |        |       |         |      |        |        |                    |
|      |        |       |         |      |        |        |                    |
|      |        |       |         |      |        |        |                    |
|      |        |       |         |      |        |        |                    |
|      |        |       |         |      |        |        |                    |
|      |        |       |         |      |        |        |                    |
|      |        |       |         |      |        |        |                    |
|      |        |       |         |      |        |        |                    |

UNIT WARNING LABEL

Important: See below for placement of the following warning label on your unit.

WARNING LABEL 1

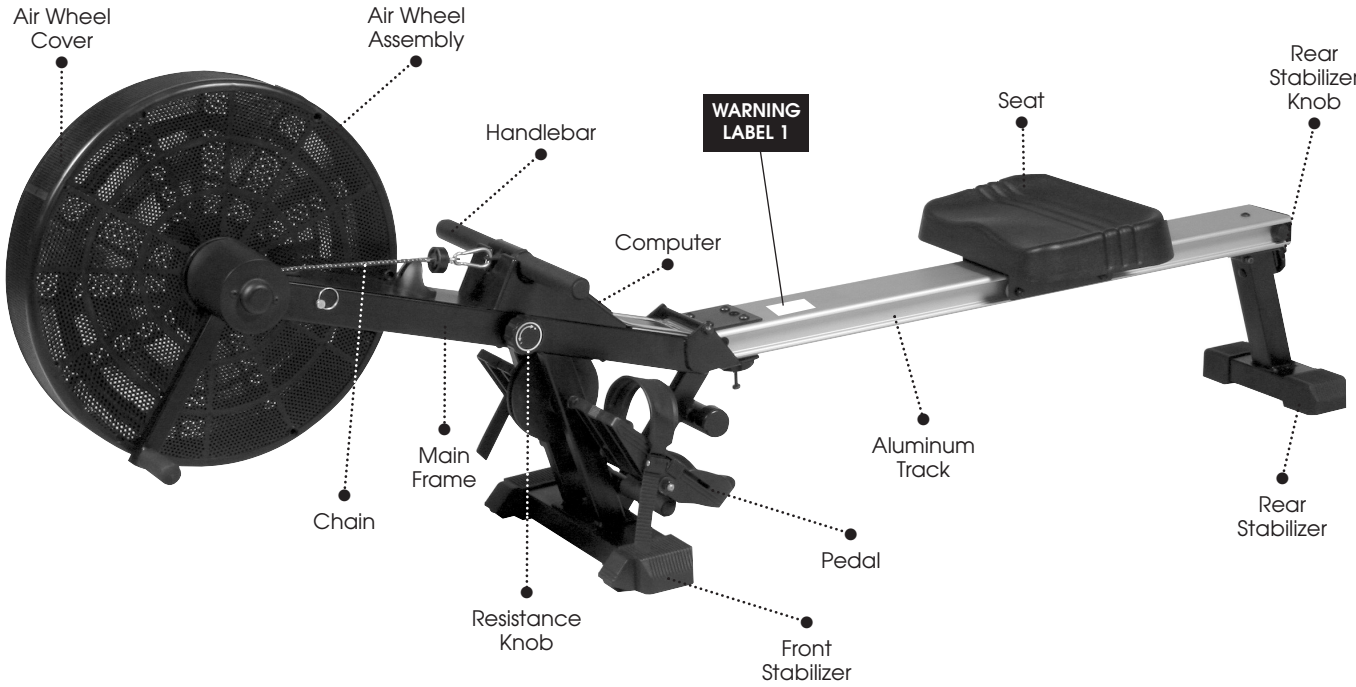
**WARNING**

FAILURE TO READ AND FOLLOW THE SAFETY INSTRUCTIONS STATED IN THE OWNER'S MANUAL MAY RESULT IN POSSIBLE SERIOUS INJURY OR DEATH. KEEP CHILDREN AWAY. MAXIMUM USER WEIGHT 250 LBS. REPLACE THIS LABEL IF DAMAGED, ILLEGIBLE OR REMOVED. CLASS HC.

SPECIFICATIONS & PARTS

Specifications:

- Approximate:
- Length: 43-1/2"
- Width: 11-1/4"
- Height: 22-3/4"
- Product Weight: Approx. 47 lbs.
- Maximum User Weight: 250 lbs.



INTRODUCTION

CONGRATULATIONS ON PURCHASING YOUR AIR ROWER

With this product in your home, you have everything you need to start your own workout program to tone and firm the major muscle groups of your lower body. This is vital for all of us, regardless of age, sex, or fitness level, and regardless of whether your primary goal is toning, health maintenance, or more energy for daily activities.

Proper exercise, including a low fat diet, strength training and aerobic exercise, tones and conditions the muscles we use every day to stand, walk, lift and turn. It can actually transform our body composition by reducing body fat and increasing the proportion of lean muscle in our bodies. Using the bike will help in reducing body fat and increasing cardiovascular endurance.

Be sure to read through this Owner’s Manual carefully.

It is the authoritative source of information about your Air Rower.  
Retain this manual for future reference.

COMMENTS OR QUESTIONS

Dear Customer,

Congratulations on your purchase of the air rower.

We’re sure that you will be completely satisfied with the product and we invite your comments so that we can hear about your success.

Please write or call our Customer Service Specialists at the address or phone number listed below, or contact us on our web site or email us with any comments or questions you may have.

**New Balance Fitness Equipment -  
5K 3300 Air Rower  
Customer Service Department  
1400 Raff Road SW  
Canton OH 44750-0001**

1-800-292-5009, Monday through Friday  
9:00am to 5:00pm, Eastern Standard Time

**Please do not call the above number for Parts.  
See Ordering Missing or Defective Parts section  
to the right.**

Email: customersupport@fitnessquest.com  
www.newbalancefitness.com

All details depicted in this Owner’s Manual, and of the product itself, are subject to change without notice.

ORDERING MISSING OR DEFECTIVE PARTS

**When ordering parts, please contact our  
Parts Department, toll free at 1-800-497-5831,  
Monday through Friday, 9:00am to 5:00pm, EST.**

**IMPORTANT:** Please have your serial number ready when calling for parts.

Serial #: \_\_\_\_\_

- Please also provide the following information:**
- 1) Name, Mailing Address and Telephone Number
  - 2) Date of Purchase
  - 3) Where Product was Purchased (Name of Retail Store, City)
  - 4) Model Number (NB3300)
  - 5) Part Order Number and Description

CARE & STORAGE

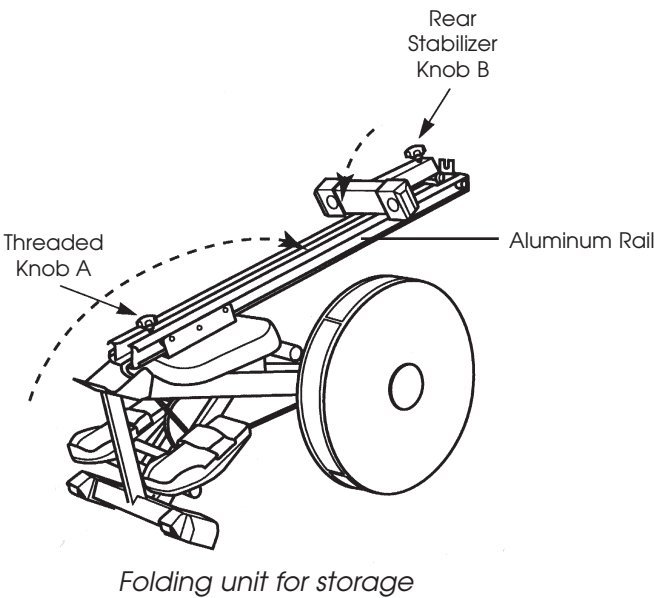
Care Directions

Your unit has been carefully designed to require minimum maintenance. However, we recommend the following to keep your unit operating smoothly.

- Use your unit indoors only.
- Wipe all perspiration from your unit with a soft, clean cloth after each use to prevent an accumulation of sweat and dirt.
- Clean your unit on a regular basis to prevent a build-up of dust. Use Windex or an alcohol based cleanser on a clean cloth. Do not use any abrasive cleaners and/or polish as these will damage the surface.
- Store your unit in a dry area away from children and high traffic areas.
- Regularly check the tightness of nuts and bolts.

Storing Directions

- Loosen Threaded Knob A and fold Aluminum Rail toward the front of the unit.
- Loosen Rear Stabilizer Knob B and fold Rear Stabilizer inward on top of rail.
- Take loose end of Elastic Cord and secure it around the Aluminum Track. Align with hole on front of Frame, and insert Pin into the hole to secure in folded position.





## ASSEMBLY INSTRUCTIONS

Occasionally our products contain components that are pre-lubricated at the factory. We recommend that you protect flooring, or anything else the parts may contact, with newspaper or cloth.

### IMPORTANT

PLEASE READ ALL INSTRUCTIONS BEFORE ASSEMBLING.

**NOTE:** All location references, such as front, rear, left or right, made in these instructions are from the user being on the unit and facing forward.

#### Parts Box:

- (1) Strap Handle w/D Ring
- (1) Handlebar
- (1) Front Stabilizer
- (1) Pedal Support
- (1) Pedal Rod w/Spacers, Washers and Nuts
- (1) 8mm x 135mm Allen Head Bolt
- (1) Washer
- (1) M8 Nylon Nut
- (1) M8 x 35mm Carriage Bolt (Stabilizer Bar)
- (2) M8 x 55mm Carriage Bolt (Front Stabilizer)
- (2) End Stopper with Nuts

#### Tools Required: (included)

- (2) Multi Hex Tools
- (1) Allen Wrench w/Screwdriver



#### 4. Back Stretch

Stand with your legs shoulder length apart and your knees slightly bent. Bend forward from your waist with your arms extending loosely in front of your body. Gently bend from the waist flexing your body as far forward as it will go.

Hold for 20 to 30 seconds. Straighten up and repeat.



#### 5. Standing Hamstrings Stretch

Stand with your legs hip-width apart. Extend one leg out in front of you and keep that foot flat against the ground. With your hands resting lightly on your thighs, bend your back leg and lean forward slightly from your hips until you feel a stretch in the back of your thigh. Be sure to lean forward from the hip joint rather than bending at your waist.

Hold for 20 to 30 seconds. Repeat for the opposite leg.



#### 6. Buttocks, Hips and Abdominal Stretch

Lay flat on your back with your hips relaxed against the floor. Bend one leg at the knee. Keeping both shoulders flat on the floor, gently grasp the bent knee with your hands and pull it over your body and towards the ground. You should feel a stretch in your hips, abdominals and lower back.

Hold for 20 to 30 seconds and release. Repeat for opposite side.



#### 7. Inner Thigh Stretch

Sit on the floor and bend your legs so that the soles of your feet are together. Place your elbows on your knees. Lean forward from the waist and press down lightly on the inside of your knees. You should feel a stretch in the muscles of your inside thigh.



#### 8. Arm Pullback

Stand with your feet shoulder width apart and toes pointing forward and with your knees slightly bent. Let your arms hang relaxed on either side of your body. Expand your chest and pull your shoulders back. Bend your elbows slightly and clasp your hands behind your back. Slowly straighten your arms as you lift your hands upward. Raise your hands upward until you feel mild tension in your shoulder and chest region.

Hold for 20 to 30 seconds. Lower your arms to their original position and bend your elbows. Release your hands and return them to your sides.

## STEP 1 - Attach the Front Stabilizer

- Attach the Front Stabilizer with wheels to the Main Frame and secure, using the two Carriage Bolts, Washers and Acorn Nuts and tighten with tools provided.

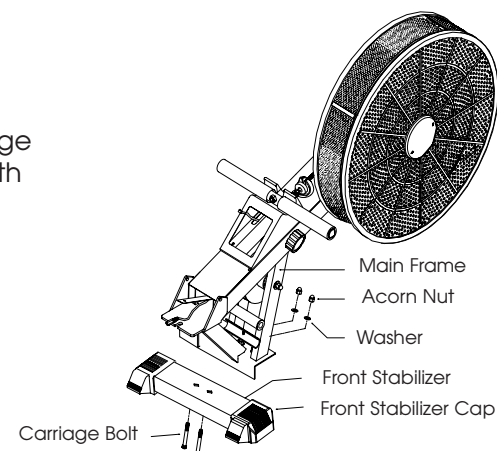


Figure 1 - Install Front Stabilizer

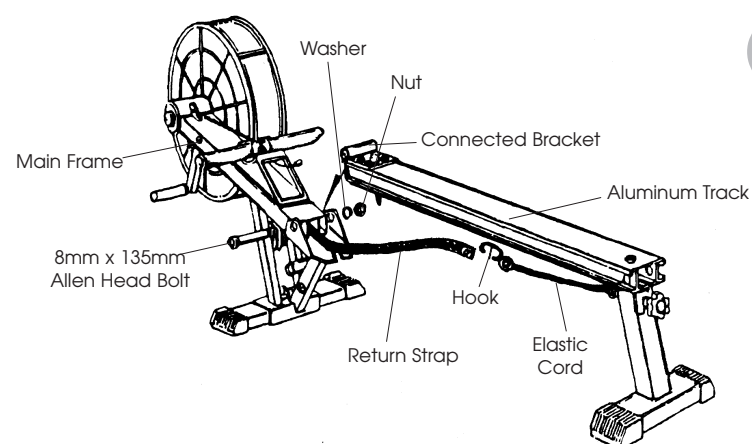


Figure 2 - Install Aluminum Track

## STEP 2 - Attach the Aluminum Track

- Unwind Return Strap from Bracket.
- Attach Aluminum Track to Main Frame with M8 x135mm Allen Head Bolt, Washer and Nylon Nut.
- Keeping tension on the Return Strap, feed the Return Strap through the Aluminum Track channel. Remove the Elastic Cord from Frame and connect the Cord to the Return Strap.
- Loosen the threaded knob – **but DO NOT remove.**
- Flip Aluminum Track over and tighten threaded knob.

## STEP 3 - Attach the Rear Stabilizer

- Remove Allen Bolt, Washer and Lock Nut. Be careful to secure the Storage Cable as it will spring loose when the Nut is removed. Loosen Rear Stabilizer Knob.
- Place Rear Stabilizer in Track Bracket and replace Allen Bolt, Storage Cable, Washer and Nut. Tighten with tool provided.
- Tighten Rear Adjustment Knob.

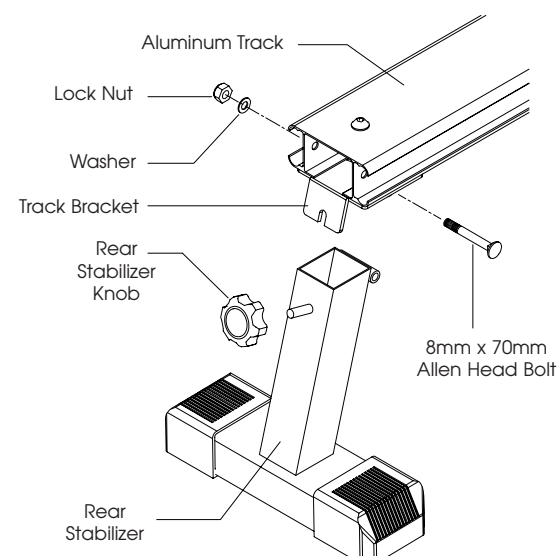
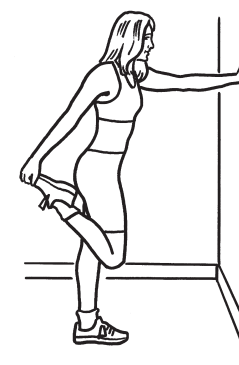


Figure 3 - Install Rear Stabilizer

## WARM UP & COOL DOWN STRETCHES

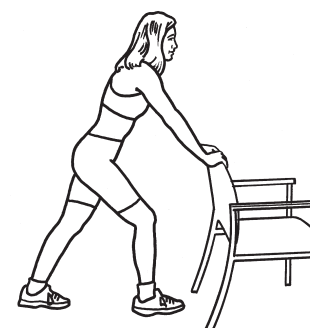
Stretches can help improve flexibility and relieve the tightness in muscles that results from repetitive sport movements that require a limited range of motion. 10 to 12 minutes of daily stretching is recommended. This can be done when warming up or cooling down. When performing these stretches, your movements should be slow and smooth, with no bouncing or jerking. Move into the stretch until you feel a slight tension, not pain, in the muscle and hold the stretch for 20 to 30 seconds. Breathe slowly and rhythmically. Be sure not to hold your breath. Remember that all stretches must be done for both sides of your body.



### 1. Quadriceps Stretch

Stand close to a wall, chair or other solid object. Use one hand to assist your balance. Bend the opposite knee and lift your heel towards your buttocks. Reach back and grasp the top of your foot with the same side hand. Keeping your inner thighs close together, slowly pull your foot towards your buttocks until you feel a gentle stretch in the front of your thigh. You do not have to touch your buttocks with your heel. Stop pulling when you feel the stretch. Keep your kneecap pointing straight down and keep your knees close together. (Do not let the lifted knee swing outward.)

Hold the stretch for 20 to 30 seconds. Repeat for the other leg.



### 2. Calf and Achilles Stretch

Stand approximately one arms length away from a wall or chair with your feet hip-width apart. Keeping your toes pointed forward, move one leg in close to the chair while extending the other leg behind you. Bending the leg closest to the chair and keeping the other leg straight, place your hands on the chair. Keep the heel of the back leg on the ground and move your hips forward. Slowly lean forward from the ankle, keeping your back leg straight until you feel a stretch in your calf muscles.

Hold for 20 to 30 seconds. Repeat for the opposite leg.



### 3. Overhead/Triceps Stretch

Stand with your feet shoulder width apart and your knees slightly bent. Lift one arm overhead and bend your elbow, reaching down behind your head with your hand toward the opposite shoulder blade. Walk your fingertips down your back as far as you can. Hold this position. Reach up with your opposite hand and grasp your flexed elbow. Gently assist the stretch by pulling on the elbow.

Hold for 20 to 30 seconds. Repeat for the opposite arm.

HEART RATE TARGET ZONE  
FOR CARDIOVASCULAR FITNESS

TABLE 1

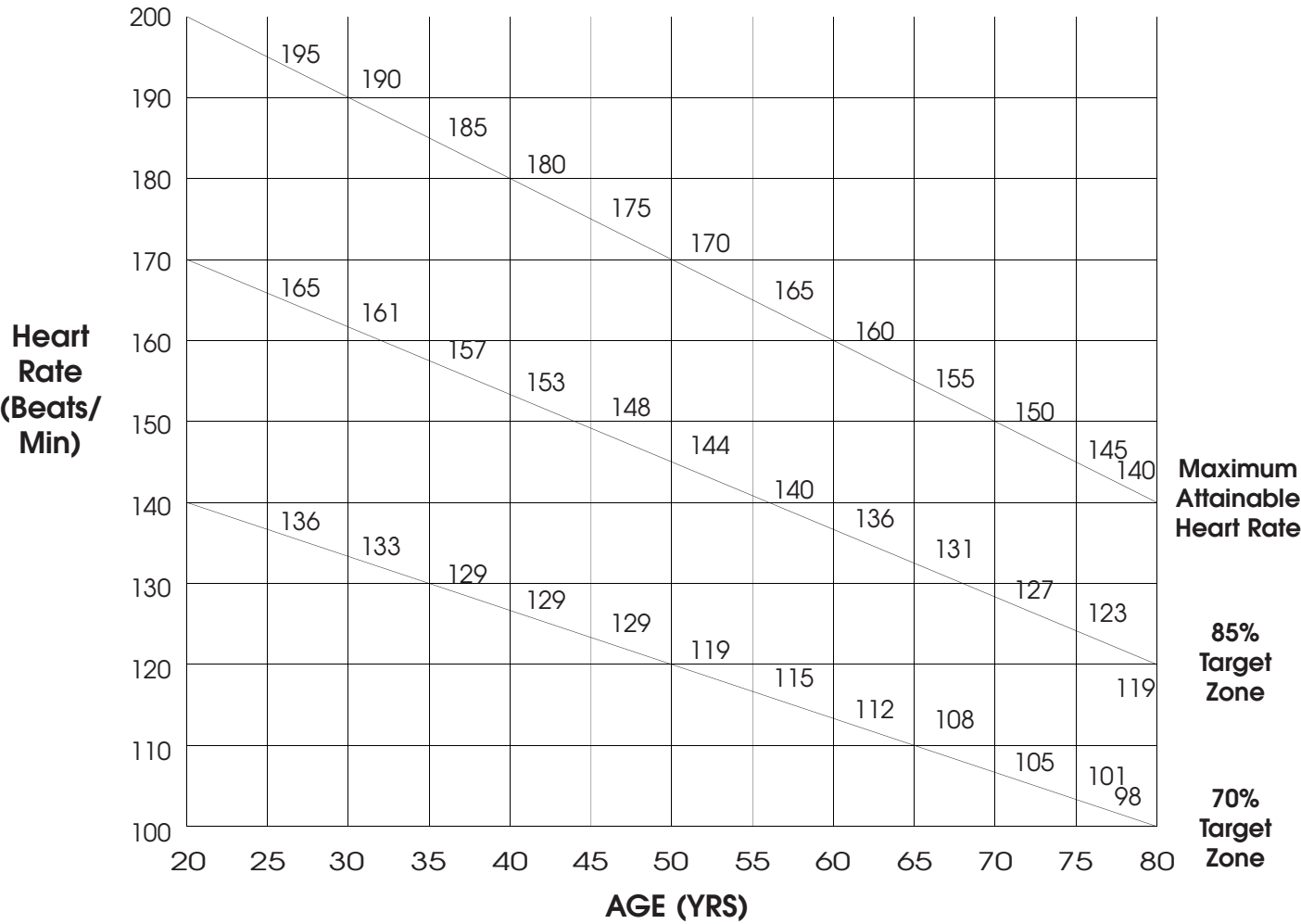


TABLE 2

| Exercise Week | Warm Up Period | THR% Minutes | Cool Down Period | Total Time | Sessions Per Wk. | Total Time Per Wk. |
|---------------|----------------|--------------|------------------|------------|------------------|--------------------|
| 1 & 2         | 5 min          | 60-65% -8    | 5 min            | 17 min     | 3                | 51 min             |
| 3 & 4         | 5 min          | 65-70% -10   | 5 min            | 20 min     | 3                | 60 min             |
| 5 & 6         | 5 min          | 70-75% -15   | 5 min            | 25 min     | 3                | 75 min             |
| 7 & 8         | 5 min          | 70-80% -20   | 5 min            | 30 min     | 3                | 90 min             |
| 9 & 10        | 5 min          | 70-85% -25   | 5 min            | 35 min     | 3                | 105 min            |
| 11 & 12       | 5 min          | 70-85% -25   | 5 min            | 35 min     | 3                | 105 min            |

STEP 4 - Attach the Seat to the Seat Carriage

- a) Slide the Seat with Seat Carriage onto the Aluminum Track.
- b) Insert the End Stoppers into the holes in the rear of the Track.
- c) Push the Track End Cap into the rear end of the Aluminum Track.

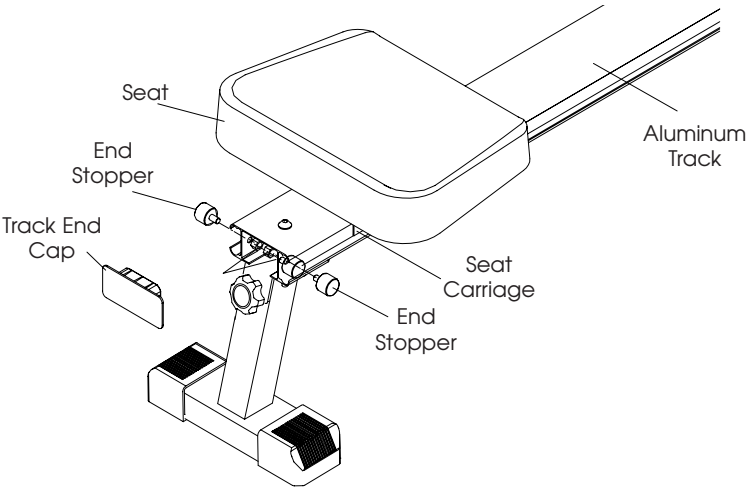


Figure 4 - Install Seat to Seat Carriage

STEP 5 - Attach the Pedals and the Computer

- a) As shown in Figure 5a attach the Pedal Support onto the Main Frame and fasten with Carriage Bolt and Nylon Nut. Tighten.
- b) Remove (1) each Nut, Washer and both Spacers from Pedal Support Rod.
- c) Slide Left Pedal and one Spacer onto Pedal Rod.
- d) Slide Pedal Rod through Bracket on Main Frame.
- e) Slide Spacer and Right Pedal onto Pedal Rod. Replace Washer and nut removed in step b).
- f) Tighten with tools provided.
- g) Insert (2) "AA" Batteries (included) into the Computer. As shown in Figure 5b Connect the Computer Wires to the wires in the Main Frame, then press the Computer into position on the console.

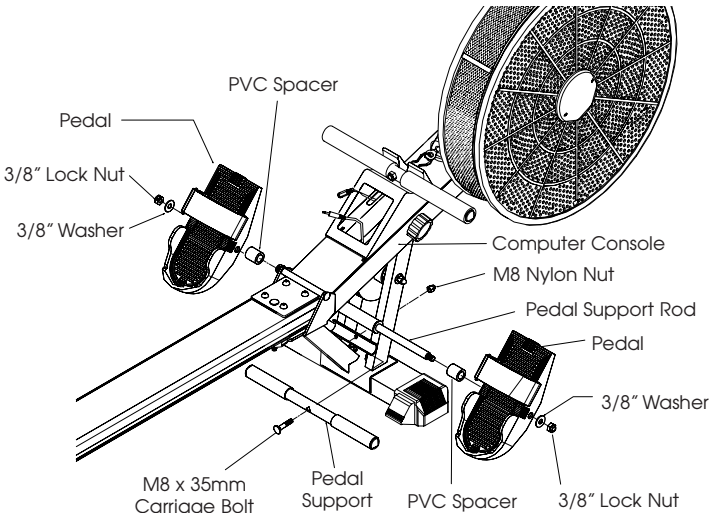


Figure 5a - Install Pedals

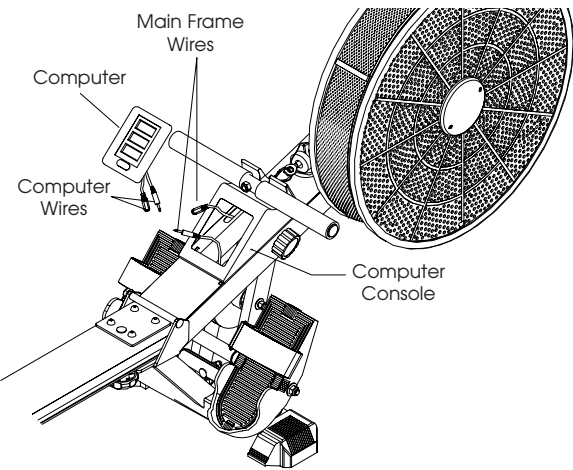


Figure 5b - Install Computer

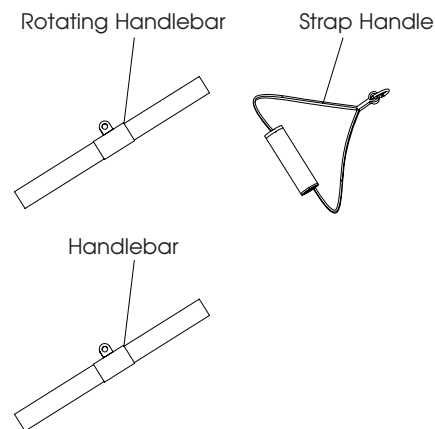


Assembly is now complete.

### IMPORTANT:

Please see page 2 before beginning your workout for important instructions on how to use your Air Rower.

## CHANGING HANDLES



**You can easily change between the 3 included handles by attaching the "J" Hook on Chain, shown below, to the desired handle.**



## MEASURING YOUR HEART RATE

(see chart on page 14)

Heart rate is widely accepted as a good method for measuring intensity during running, swimming, cycling, and other aerobic activities. Exercise that doesn't raise your heart rate to a certain level and keep it there for 20 minutes won't contribute significantly to cardiovascular fitness.

The heart rate you should maintain is called your Target Heart Rate. There are several ways of arriving at this figure. One of the simplest is: maximum heart rate  $(220 - \text{age}) \times 70\%$ . Thus, the target heart rate for a 40 year-old would be 126. In this example for this 40 year old to get a cardiovascular effect the individual would need to keep their heart rate at or above 126 beats per minute to get a cardiovascular effect. **Note:** Although 70% was used in this example, the heart rate range needed to achieve results falls between 60% and 85% of your maximum heart rate.

If you are just beginning your exercise program, your target heart rate range should be roughly at 60% of your maximum heart rate. As you become more conditioned (or if you are already in good cardiovascular shape) you can increase your target heart rate to 70%-85% of your maximum heart rate. Remember, your target heart rate is only a guide.

When checking heart rate during a workout, take your pulse within five seconds after interrupting exercise because it starts to go down once you stop moving. Count pulse for 10 seconds and multiply by six to get the per-minute rate.

By using the chart on page 14 you can see where your heart rate falls in the minimum and maximum target zones.

The above are guidelines, people with any medical limitations should discuss this formula with their physician.

## CLOTHING

All exercise clothing should be loose-fitting to permit freedom of movement, and should make the wearer feel comfortable and self-assured.

Never wear rubberized or plastic clothing, such as garments interfere with the evaporation of perspiration and can cause body temperature to rise to dangerous levels.

We recommend wearing a workout shoe with a rubberized sole unless instructed otherwise.

## TIPS TO KEEP YOU GOING

- 1) Adopt a specific plan and write it down.
- 2) Keep setting realistic goals as you go along, and remind yourself of them often.
- 3) Keep a log to record your progress and make sure to keep it up-to-date. See page 18.
- 4) Include weight and/or percent body fat measures in your log. Extra pounds can easily creep back.
- 5) Upgrade your fitness program as you progress.
- 6) Enlist the support and company of your family and friends.
- 7) Update others on your successes.
- 8) Avoid injuries by pacing yourself and including a warm up and cool down period as part of every workout. See page 15 and 16.
- 9) Reward yourself periodically for a job well done!

described previously. Each workout should begin with a warm up and end with a cool down. As a general rule, space your workouts throughout the week and avoid consecutive days of hard exercise.

Here are the amounts of activity necessary for the average healthy person to maintain a minimum level of overall fitness. Included are some of the popular exercises for each category.

**WARM UP** – 5-10 minutes of exercise such as walking, slow jogging, knee lifts, arm circles or trunk rotations. Low intensity movements that simulate movements to be used in the activity can also be included in the warm up.

**MUSCULAR STRENGTH** – a minimum of two, 20 minute sessions per week that include exercises for all the major muscle groups. Lifting weights is the most effective way to increase strength.

**MUSCULAR ENDURANCE** – at least three, 30 minute sessions each week that include exercises such as calisthenics, push ups, sit ups, pull ups, and weight training for all the major muscle groups.

**CARDIORESPIRATORY ENDURANCE** – at least three, 20 minute workouts of continuous aerobic exercise each week. Working out on your rower is a good way to obtain this aerobic activity. Other popular aerobic conditioning activities include brisk walking, jogging, swimming, cycling, rope jumping, rowing, cross-country skiing, and some continuous action games like racquetball and handball.

**FLEXIBILITY** – 10-12 minutes of daily stretching exercises performed slowly, without a bouncing motion. This can be included after a warm up or during a cool down. Refer to pages 15 and 16 for a list of total body stretches.

**COOL DOWN** – a minimum of 5-10 minutes of slow walking or lower intensity rowing, combined with stretching.

## AEROBIC EXERCISE: HOW MUCH? HOW OFTEN?

Experts recommend that you do some form of aerobic exercise at least three times a week for a minimum of 20 continuous minutes. Of course, if that is too much, start with a shorter time span and gradually build up to the minimum. Then gradually progress until you are able to work aerobically for 20-40 minutes. If you want to lose weight, you may want to do your aerobic workout five times a week.

It is important to exercise at an intensity vigorous enough to cause your heart rate and breathing to increase. How hard you should exercise depends to a certain degree on your age, and is determined by measuring your heart rate in beats per minute. Refer to the “Measuring Your Heart Rate” section on page 13 for more information on how to determine and measure your heart rate.

You can do different types of aerobic activities, say walking one day, and use your rower the next. Make sure you choose an activity that can be done regularly, and is enjoyable for you. The important thing to remember is not to skip too many days between workouts or fitness benefits will be lost. If you must lose a few days, gradually work back into your routine.

## WHEN TO EXERCISE

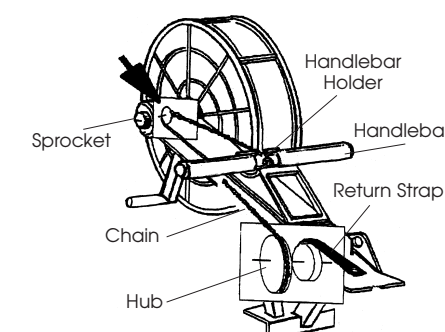
The hour just before the evening meal is a popular time for exercise. The late afternoon workout provides a welcome change of pace at the end of the work day and helps dissolve the day's worries and tensions.

Another popular time to work out is early morning, before the work day begins. Advocates of the early start say it makes them more alert and energetic on the job.

Among the factors you should consider in developing your workout schedule are personal preference, job and family responsibilities, availability of exercise facilities and weather. It's important to schedule your workouts for a time when there is little chance that you will have to cancel or interrupt them because of other demands on your time.

You should not exercise strenuously during extremely hot, humid weather or within two hours after eating. Heat and/or digestion both make heavy demands on the circulatory system, and in combination with exercise can be an over-taxing double load.

## ADJUSTMENTS



Resistance Knob

### Re-positioning the Chain

**If the Chain slips off the Sprocket, perform the following procedures:**

- Detach Return Strap from Elastic Cord.
- Place Handlebar in Handlebar Holder above Computer.
- Place the Chain over the Sprocket as shown.
- Wrap the Return Strap around the Hub as shown below. Reattach Return Strap to Elastic Cord.

### Resistance Adjustment

Turn the Resistance Knob (+) or (-) to adjust tension.

## GETTING STARTED

Once your rower is assembled, make sure that your workout space has a solid, level surface with plenty of space around it. We recommend placing a mat under your unit to protect your flooring.

### Correct Workout Position

When pedaling do not lock out your knees, at the bottom of the pedaling motion there should be a slight bend in the knee. Keep your head in a neutral position to minimize neck and upper back strain. Always try to pedal the rower with a smooth and rhythmic motion.

## USING YOUR AIR ROWER

The air rower provides a completely smooth and natural feeling that minimizes the impact on your hips, knees and ankles while providing a superior aerobic and muscle toning workout.

### IMPORTANT:

- This unit is not recommended for children.
- Always make sure that you feel balanced and secure.
- Always use your unit on a clean, solid and level surface.

## OPERATING THE COMPUTER

### WARNING

The batteries must be installed as instructed on page 7. Do not carry batteries loosely, such as in a purse or pocket. The batteries may explode or leak and cause injury if installed improperly, misused, disposed of in a fire or recharged.



## COMPUTER INSTRUCTIONS

By pressing the Page Button, you can automatically scroll through one of the below computer functions:

### Page One

- a) Strokes Per Minute (SPM) counts up from 0-999.
- b) Distance – up 9,999 miles.
- c) Timer – Counts up to 99.59 minutes.

### Page Two

- a) Counter – Counts up to 9,999.
- b) Speed – up to 99.9 miles per hour.
- c) Calories are calculated on the speed of rowing and the duration of the time.

Press and hold the Page button for 3 seconds to clear the Computer.

## EXERCISE GUIDELINES

### IMPORTANT

*Please review this section before you begin exercising.*

### IMPORTANT:

If you are over 35 and have been inactive for several years, you should consult your physician, who may or may not recommend a graded exercise test.

If you are just beginning your exercise program, your target heart rate range should be roughly at 60% of your maximum heart rate. As you become more conditioned (or if you are already in good cardiovascular shape) you can increase your target heart rate to 70%-85% of your maximum heart rate. Remember, your target heart rate is only a guide.

You should also consult your physician if you have the following:

- High blood pressure
- High cholesterol
- Asthma
- Heart trouble
- Family history of early stroke or heart attack deaths
- Frequent dizzy spells
- Extreme breathlessness after mild exertion
- Arthritis or other bone problems
- Severe muscular, ligament or tendon problems
- Other known or suspected disease
- If you experience any pain or tightness in your chest, an irregular heartbeat or shortness of breath, stop exercising immediately. Consult your physician before continuing.
- Pregnant
- Balance Impairment
- Taking medications that affect heart rate

## KNOWING THE BASICS

Physical fitness is most easily understood by examining its components, or "parts".

**There is widespread agreement that these five components comprise the basics of physical training:**

**CARDIORESPIRATORY ENDURANCE** – the ability to deliver oxygen and nutrients to tissues, and to remove wastes, over sustained periods of time. Using your bike will improve this.

**MUSCULAR STRENGTH** – the ability of a muscle to exert force for a brief period of time. Upper-body strength, for example, can be measured by various weight-lifting exercises.

**MUSCULAR ENDURANCE** – the ability of a muscle, or a group of muscles, to sustain repeated contractions or to continue applying force against a fixed object. Push ups are often used to test endurance of arm and shoulder muscles.

**FLEXIBILITY** – the ability to move joints and use muscles through their full range of motion. The sit-and-reach test is a good measure of flexibility of the lower back and backs of the upper legs.

**BODY COMPOSITION** – often considered a component of fitness. It refers to the makeup of the body in terms of lean mass (muscle, bone, vital tissue and organs) and fat mass. An optimal ratio of fat to lean mass is an indication of fitness, and the right types of exercises will help you decrease body fat and increase or maintain muscle mass. To help track your progress we have provided Workout Progress Charts on pages 18.

## A COMPLETE EXERCISE PROGRAM

How often, how long and how hard you exercise, and what kinds of exercises you do should be determined by what you are trying to accomplish. Your goals, your present fitness level, age, health, skills, interest and convenience are among the factors you should consider. For example, an athlete training for high-level competition would follow a different program than a person whose goals are good health and the ability to meet work and recreational needs.

Your exercise program should include something from each of the four basic fitness components