



rogerblack

GOLD MEDAL ROWER AG-13402



fit for life

with Roger Black





Dear Customer

We thank you for choosing your Roger Black Product and wish you every success during your training.

Please read the User Manual and operation instructions carefully prior to assembly and use, if you have questions please do not hesitate to contact us on the following number or web site:

Customer service: +44 (0) 0845 600 0464

Website: www.rogerblackfitness.co.uk

E-mail: support@rogerblackfitness.co.uk



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Gold Medal Rower AG-13402

CONTENTS

Important Safety Instructions	03
Pre-assembly Notes	04
Assembly Steps	05
Computer Operation	10
Exploded Diagram	11
Parts List	13
Care & Maintenance	14
Stretching Routine	15
Limited Warranty	16

IMPORTANT SAFETY INSTRUCTIONS

Read all the instructions in this manual carefully before using your equipment.

WARNING: Before beginning this or any exercise programme, consult your physician. This is especially important for persons who have not exercised regularly before or persons with pre-existing health problems. Read all instructions before using.

Manufacturer assumes no responsibility for personal injury or property damage sustained by or through the use of this equipment.

1. It is the responsibility of the owner to ensure that all users of this equipment are adequately informed of all warnings and precautions.
2. Use the equipment only as described in this manual
3. Place on a level and stable surface, with 2 meter of clearance around it. To protect the floor or carpet from damage, place a mat under this equipment.
4. Keep the equipment indoors, away from moisture or dust. Do not put the equipment in a garage, shed, outbuilding or covered patio, or near water. Failure to do this will invalidate your warranty and could cause serious safety problems.
5. Do not operate the equipment where aerosol products are used or where oxygen is being administered.
6. Keep children under the age of 12 and pets away from the equipment all the time.
7. The equipment should not be used by persons weighting more than 120kg. Serious injury may occur if the user weight exceeds the limit shown here.
8. The equipment complies with class HC of the standard EN957.
9. Never allow more than one person on the equipment at a time.
10. Wear appropriate exercise clothing when using the equipment. Do not wear loose clothing that could become caught in the equipment. Athletic support clothes are recommended for both men and women.
11. If you feel pain or dizziness while exercising, stop immediately and cool down.
12. The pulse sensor is not a medical device. Various factors, including the user's movement, may affect the accuracy of the heart rate readings. The pulse sensor is intended only as an exercise aid in determining heart rate trends in general.
13. This equipment is intended for home use only. Do not use in a commercial or institutional setting.

STORE THESE INSTRUCTIONS IN A SAFE PLACE FOR FUTURE REFERENCE

PRE-ASSEMBLY NOTES

Open The Boxes

Make sure to inventory all of the parts that are included in the boxes.
Check the Hardware Chart for a full count of the number of parts included for proper assembly. If you are missing any parts, please call our Technical Support line 0845 600 0464.

Gather Your Tools

Before starting the assembly of your unit, gather the necessary tools.
Having all of the tools at hand will save time and make the assembly quick and hassle-free.

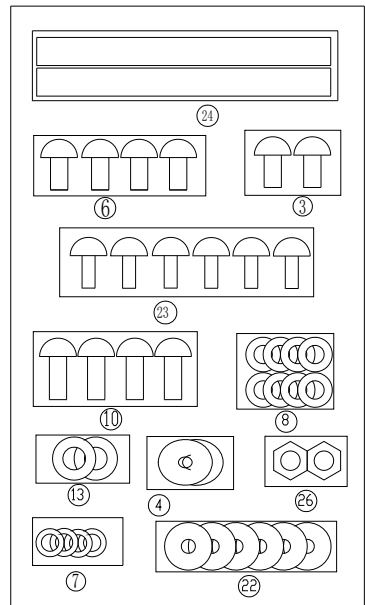
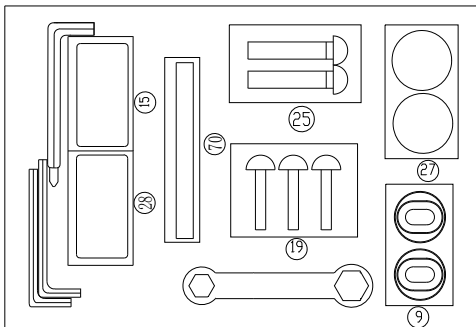
Clear Your Work Area

Make sure that you have cleared away a large enough space to properly assemble the unit. Make sure the space is free from anything that may cause injury during assembly. After the unit is fully assembled, make sure there is a comfortable amount of free area around the unit for unobstructed operation.

Hardware Chart

For your convenience, we have identified the hardware used in the assembly of this product. This chart is provided to help you identify those items that may be unfamiliar to you. If you find any parts missing please contact our Technical Support line 0845 600 0464.

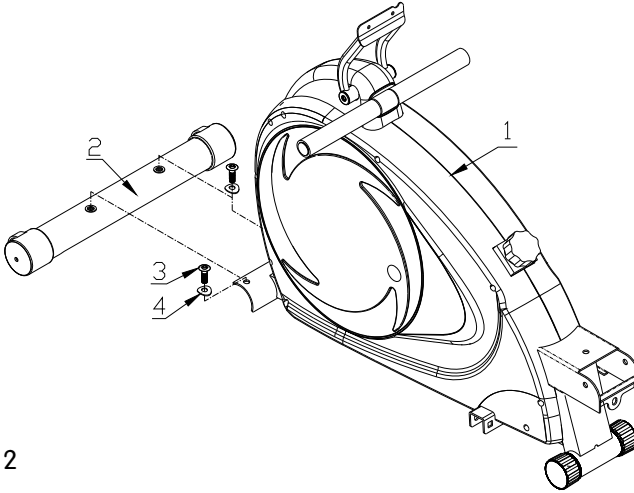
3. Allen Bolt (M10*20)	2
4. Arc Washer (∅ 10.5* c 25*T1.5)	2
6. Allen Bolt (M8*15)	4
7. Spring Washer (M8)	4
8. Flat Washer (∅ 8.5* c 16*T1.5)	8
9. Rubber Stopper	4
10. Allen Bolt (M8*20)	4
13. Flat Washer (∅ 10.5* c 25*T1.5)	2
15. Left Aluminum Track End Cap	1
19. Philip Head Screw	3
22. Flat Washer (∅ 6.5* c 22*T1.5)	6
23. Allen Bolt (M6*15)	6
24. Pedal Axle	2
25. Carriage Bolt (M10*50)	2
26. Nylon Nut (M10)	2
27. Domed Nut (M10)	2
28. Right Aluminum Track End Cap	1
70. Folding Axle	1



ASSEMBLY INSTRUCTIONS

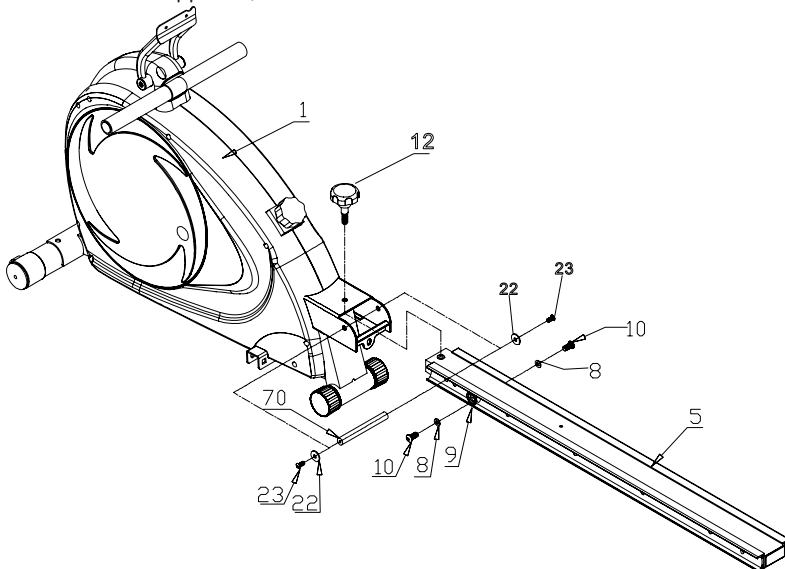
Step 1

Attach the Front Stabilizer (2) to the Main Frame (1), secured with Allen Bolt (3) and Arc Washer (4) by Allen Key.



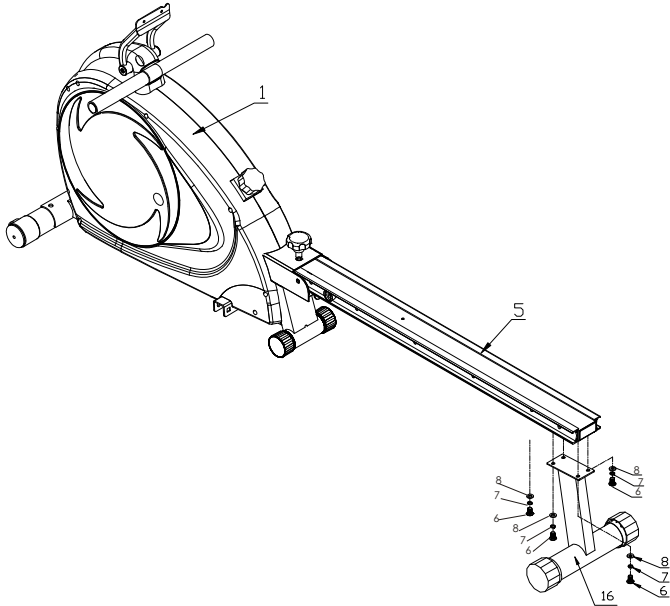
Step 2

Insert Seat Rail (5) into the Main Frame (1), in –line the side holes of Seat Rail (5) and Main Frame, The Folding Axle (70) go through in–line holes and fasten by Flat Washer (22), Allen Bolt (23) and Adjustment Knob (12). Attach Rubber Stopper (9), Flat Washer (8) & Allen Bolt (10) onto the Seat Rail (5) as shown below.



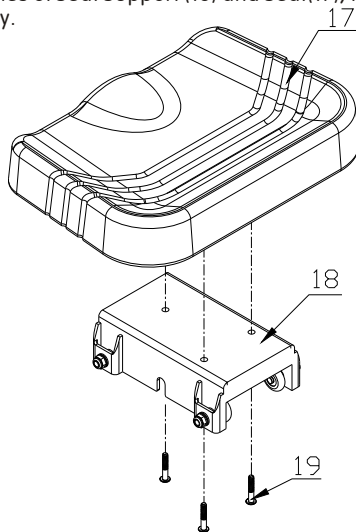
Step 3

Attach the Rear Stabilizer (16) onto the Seat Rail (5), secured with Allen Bolt (6) Spring Washer (7) & Flat Washer (8).



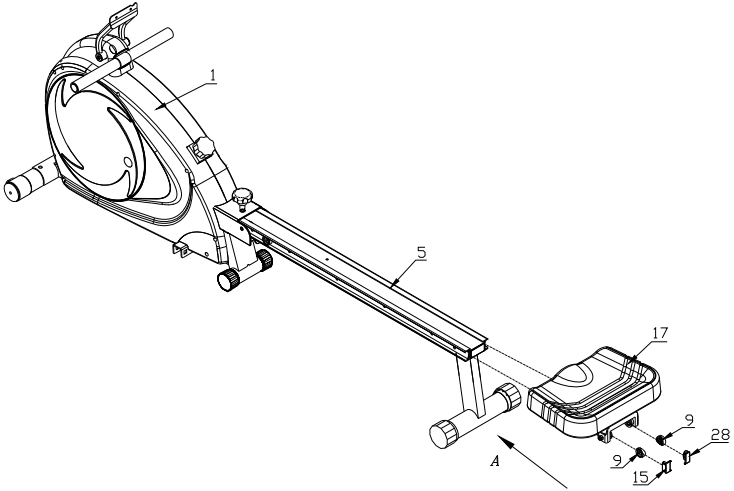
Step 4

In-line the screw holes of Seat Support (18) and Seat (17), then tightly fixed with Phillip Head Screw (19) seperately.



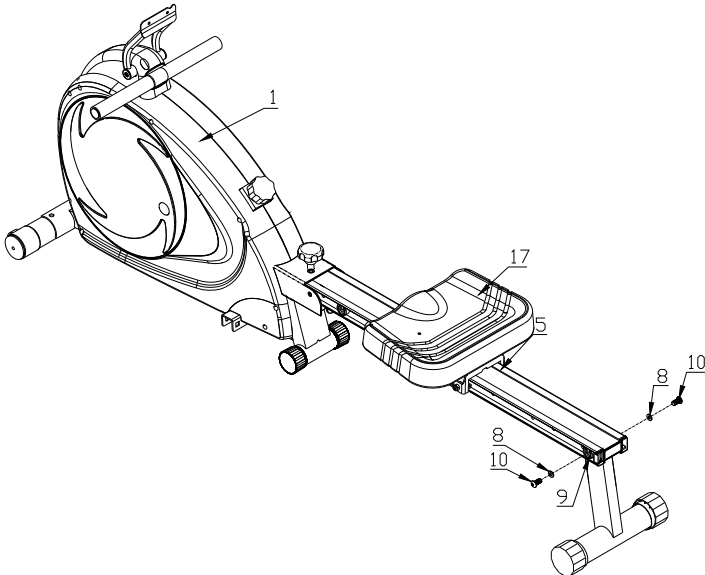
Step 5

Slide the Seat onto Seat Rail (5) by direction A.



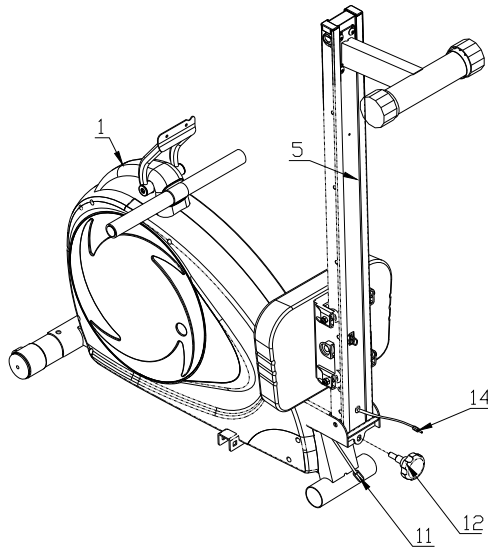
Step 6

Fixed Rubber Stopper (9), Left Aluminum Track End Cap (15), and Right Aluminum Track End Cap (28) at the side of Seat Rail (5) tightly.



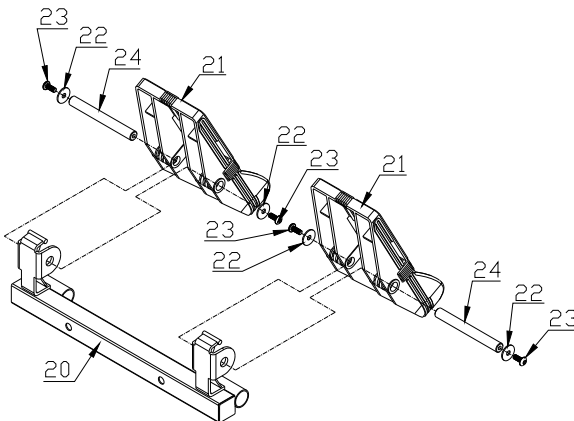
Step 7

Put the Seat Rail (5) at upright position, and secure the Seat Rail (5) to Main Frame (1) with Adjustment Knob (12), then connect the Middle Computer Wire (11) to Lower Computer Wire (14).



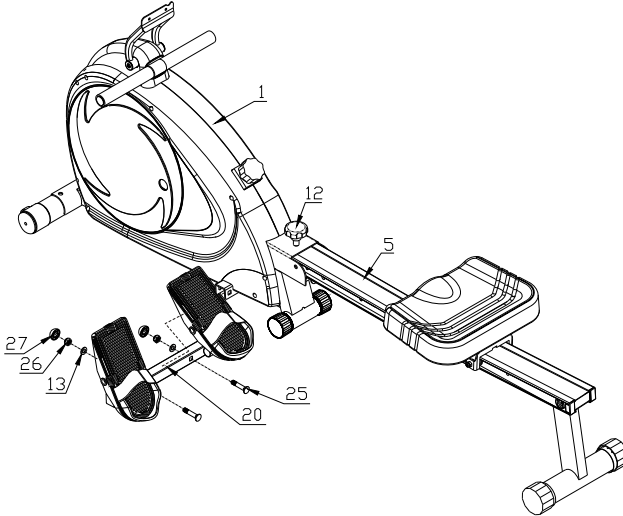
Step 8

Attach Pedal (21) onto Pedal Support (20), make the holes of Pedal and Pedal Support in line as shown below, then insert the Pedal Axle (24) through the holes, tighten with Allen Bolt (23) and Flat Washer (22).



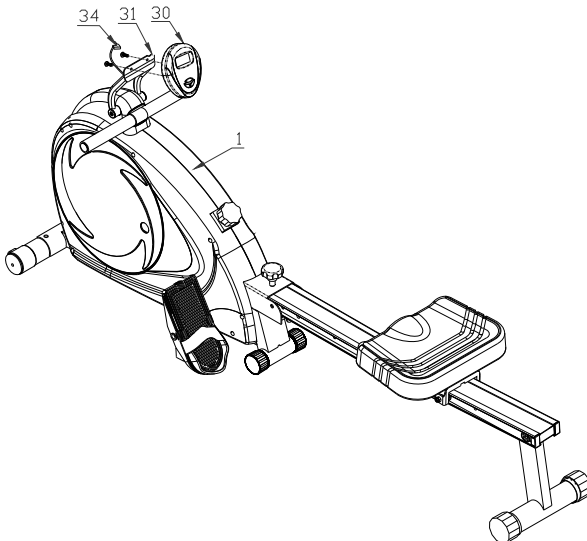
Step 9

Loosen the Adjustment Knob (12), and release the Seat Rail (5) onto the floor, then fasten the Seat Rail (5) onto the Main Frame (1) with Adjustment Knob as above. Attach the Pedal Support (20) to the Main Frame (1), fixed with Carriage Bolt (25), Nylon Nut (26) and Flat Washer (913), then covered with Domed Nut (27).



Step 10

Secure the Computer (30) onto the Computer Support Plate (31) with Philip Head Screw (32), then plug the Upper Computer Wire (34) in the back hole of the Computer (30). Install the battery, then you can start to do exercise.



COMPUTER OPERATION MANUAL



Key Guide:

Mode: Press Mode button to choose functions.

Enter: Under "STOP" condition, press "ENTER" button to preset the values of all functions.

Under "START" condition, press "ENTER" to select the functions you want.

Set: Press "SET" button to setting values of the function you want.

Function and Operation

1. Batteries Installation

Please install 2x AAA 1.5V batteries in the battery case on the back of the computer.

2. Auto On/Off

While the user starts to do exercise, the display will show out the workout value automatically. Once stop exercising 6minutes, the computer will turn off

3. Auto Scan

Press the button until SCAN, the LCD will display all functions values from RPM, TIME, COUNT, TOTAL, CAL every 6 seconds.

4. Time

Display the workout time from 0.00–99:59s.

5. Count

Display the workout cycle from 1–9999.

6. TOTAL

Display the total workout cycles.

7. Calories

Display the calories consumption during training from 0.1 to 999.9s.

8. RPM

Display your pedal cadence from 0 to 999.

9. MODE

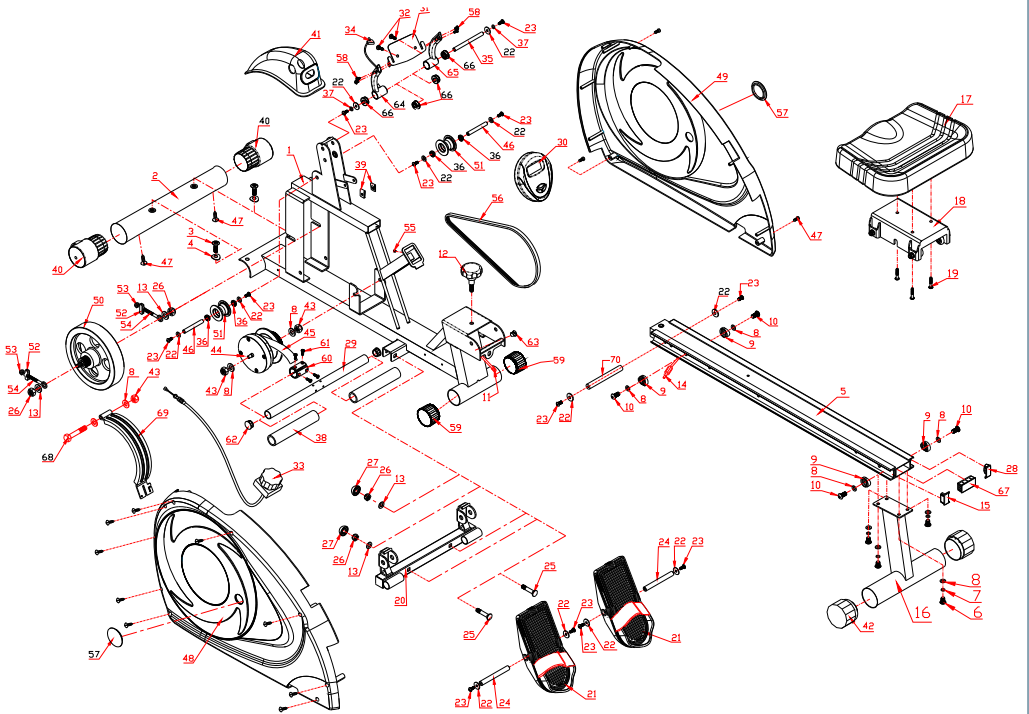
Press the button more than 3 seconds, all function values will be reset to zero.

Note:

- 1.If the computer displays abnormally, please re–install the battery and try again.
- 2.Battery Spec.: 2x AAA 1.5V
- 3.The batteries must be removed from the machine before it is scrapped and make sure that they are disposed of safely.

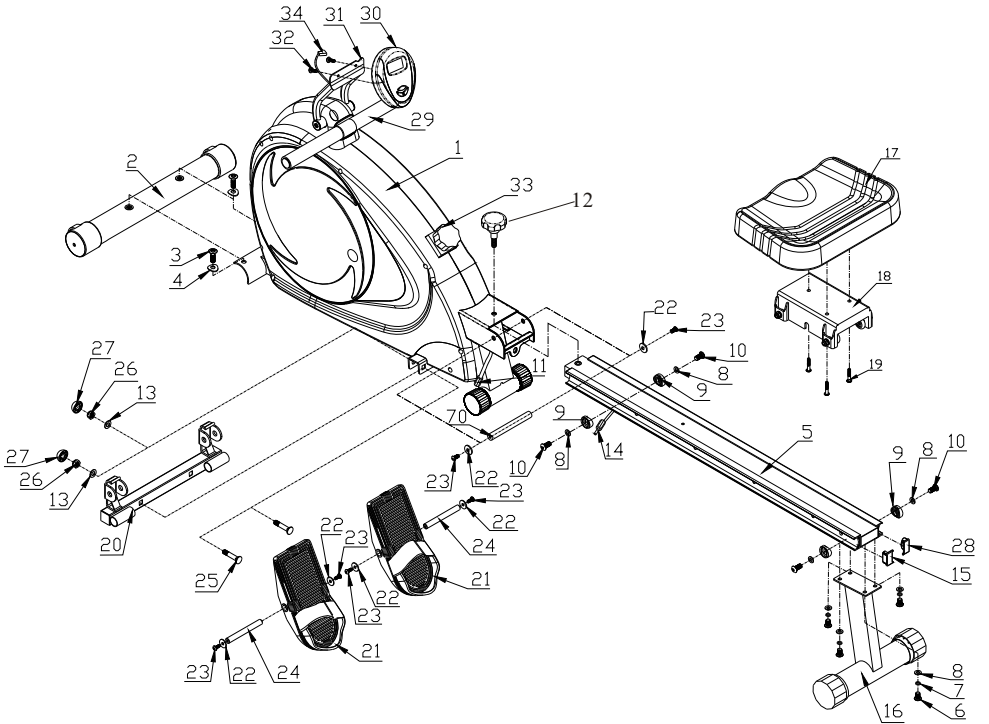
EXPLODED DIAGRAM

MANY OF THE PARTS SHOWN HERE HAVE BEEN PRE-ASSEMBLED AT THE FACTORY.



EXPLODED DIAGRAM

MANY OF THE PARTS SHOWN HERE HAVE BEEN PRE-ASSEMBLED AT THE FACTORY.



PARTS LIST

NO.	DESCRIPTION	Q'TY	NO.	DESCRIPTION	Q'TY
1	Main Frame	1	37	Spring Washer $\text{c} 6$	2
2	Front Stabilizer	1	38	Foam Grip	2
3	Allen Bolt M10*20	2	39	U Type Nut $\text{c} 6$	2
4	Arc Washer $\text{c} 10.5^* \text{c} 25^* \text{T}1.5$	2	40	Front Transportation Wheel	2
5	Seat Rail	1	41	Pulley Cover	1
6	Allen Bolt M8*15	4	42	Leveling End Cap	2
7	Spring Washer M8	4	43	Nylon Nut M8	3
8	Flat Washer $\text{c} 8.5^* \text{c} 16^* \text{T}1.5$	12	44	Strap Wheel	1
9	Rubber Stopper	4	45	Strap	1
10	Allen Bolt M8*20	4	46	Pulley Axle $\text{c} 10^*41$	2
11	Middle Computer Wire	1	47	Screw $\text{c} 5^*15$	14
12	Adjustment Knob	1	48	Left Chain Cover	1
13	Flat Washer $\text{c} 10.5^* \text{c} 25^* \text{T}1.5$	4	49	Right Chain Cover	1
14	Lower Computer Wire	1	50	Flywheel	1
15	Left Aluminum Track End Cap	1	51	Pulley	2
16	Rear Stabilizer	1	52	Adjustment Knob	2
17	Seat	1	53	Nylon Lock Nut M6	2
18	Seat Support	1	54	Adjustment Bolt	2
19	Phillip Head Screw M6*35	3	55	Phillip Head Screw M5*25	1
20	Pedal Support	1	56	Belt	1
21	Pedal	2	57	Crank Cover	2
22	Flat Washer $\text{c} 6.5^* \text{c} 22^* \text{T}1.5$	12	58	Allen Bolt M5*7	4
23	Allen Bolt M6*15	12	59	Middle Stabilizer End Cap	2
24	Pedal Axle $\text{c} 13^*113$	2	60	Strap Holder	1
25	Carriage Bolt M10*50	2	61	Screw $\text{c} 5^*10$	4
26	Nylon Lock Nut M10	4	62	Handlebar End Cap	2
27	Domed Nut M10	2	63	Wire Plug	1
28	Right Aluminum Track End Cap	1	64	Left Computer Support Tube	1
29	Handlebar	1	65	Right Computer Support Tube	1
30	Computer	1	66	Bushing	4
31	Computer Support Plate	1	67	Seat Rail End Cap	1
32	Phillip Head Screw M5*15	2	68	Allen Bolt M8*50	1
33	Tension Knob	1	69	Magnetic Holder	1
34	Upper Computer Wire	1	70	Folding Axle $\text{c} 10^*103$	1
35	Axle for Computer Support $\text{c} 10$	1		Phillip Head Screw Diver Plus	1
36	Bearing 6000Z	4		Allen Key L6	1
				Spanner L13-17	1
				Allen Key L4	2

CARE & MAINTENANCE

Proper maintenance is very important to ensure your equipment is always in top working condition. Improper maintenance could cause damage or shorten the life of your equipment and exceed the WARRANTY coverage.

Important: Never use abrasives or solvents to clean the equipment. To prevent damage to the computer, keep liquids away and keep it out of direct sunlight.

After each workout: Wipe off the console and other frame surfaces with a clean, water dampened soft cloth to remove excess perspiration.

Inspect and tighten all parts of the equipment regularly. Replace any worn parts immediately.

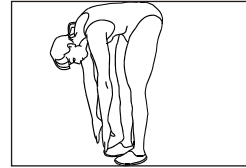
STRETCHING ROUTINE

Warm Up and Cool Down:

A successful exercise programme consists of a warm-up, aerobic exercise, and a cool-down. Warming up is an important part of your workout, and should begin every session. It prepares your body for more strenuous exercise by heating up and stretching out your muscles, increasing your circulation and pulse rate, and delivering more oxygen to your muscles. At the end of your workout, repeat these exercises to reduce sore muscle problems. We suggest the following warm-up and cool-down exercises.

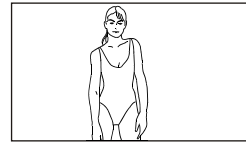
Toe Touch:

Slowly bend forward from your waist, letting your back and shoulders relax as you stretch toward your toes. Reach down as far as you can and hold for 15 counts



Shoulder Lift:

Lift your right shoulder up toward your ear for one count. Then lift your left shoulder up for one count as you lower your right shoulder



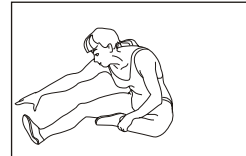
Head Roll:

Rotate your head to the right for one count, feeling the stretch up the left side of your neck. Next, rotate your head back for one count, stretching your chin to the ceiling and letting your mouth open. Rotate your head to the left for one count, and finally, drop your head to your chest for one count.



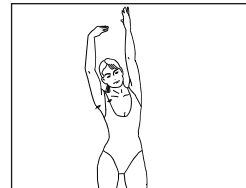
Hamstring Stretch:

Sit with your right leg extended. Rest the sole of your left foot against your right inner thigh. Stretch toward your toe as far as possible. Hold for 15 counts. Relax and then repeat with left leg extended.



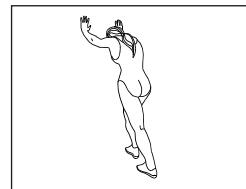
Side Stretch:

Open your arms to the side and continue lifting them until they are over your head. Reach your right arm as far upward toward the ceiling as you can for one count. Feel the stretch up your right side. Repeat this action with your left arm.



Calf-Achilles Stretch:

Lean against a wall with your left leg in front of the right and your arms forward. Keep your right leg straight and the left foot on the floor; then bend the left leg and lean forward by moving your hips toward the wall. Hold, and then repeat on the other side for 15 counts..



LIMITED WARRANTY

This product is warranted to be free from defects in workmanship and material, under normal use and service conditions, for a period of two years from the date of purchase. This warranty extends only to the original purchaser. This warranty is limited to replacing or repairing, at the manufacturer's option, the product through one of its authorized service centres. All repairs for which warranty claims are made must be authorized by the manufacturer. This warranty does not extend to any product or damage to the product caused by or attributable to freight damage, abuse, misuse, improper or abnormal usage or repairs not provided by an authorized service centre, products used for commercial or rental purposes, or products used as store display models. No other warranty beyond that specifically set forth above is authorized.

The manufacturer is not responsible or liable for indirect, special or consequential damages arising out of or in connection with the use or performance of the product or damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, costs of removal, installation or other consequential damages of whatsoever nature.

Excluded from warranty are wearing parts and damages caused by misuse of the product. In case of claim please contact your specialist dealer. The warranty period starts at the date the product was purchased (please carefully retain your sales receipt). Our quality products have been designed and tested to meet the needs and requirements of a committed Fitness-Training of in-home use. This product is tested to the European Standard EN957

Customer Service: +44 (0) 0845 600 0464

To achieve the best support in case of a problem with your product, we would ask you to please quote the product Model Name and Serial Number.

These can be found on the sticker underside your product.

Model name: _____

Serial number: _____

Spare Parts Order:

If you require any parts for your machine please contact Technical Support on 0845 600 0464

Please have your machine serial number and production date to hand.

Waste Disposal

Please discard product in accordance with local environmental laws, regulations and WEEE directive.





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GOLD MEDAL ROWER AG-13402

User manual, 1st edition.

For information on the Roger Black Medal Series visit www.rogerblackfitness.co.uk

For technical support call the Roger Black Technical Support Line on 0845 600 0464, or email support@rogerblackfitness.co.uk