

GYMSTICK™

FTR40 ROWING MACHINE USER MANUAL



IMPORTANT: Read all instructions carefully before using this product. Retain this owner's manual for future reference. The specifications of this product may vary from this photo, subject to change without notice.



Thank you for choosing the Gymstick FTR40 rowing machine. We take great pride in producing this quality product and hope it will provide many hours of effective exercise to make you feel better, look better and enjoy life to its fullest.

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NOTIFICATION!

READ AND FOLLOW THE SAFETY INSTRUCTIONS. FAILURE TO FOLLOW THESE INSTRUCTIONS CAN RESULT IN SERIOUS INJURY.

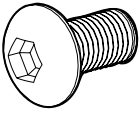

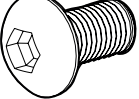

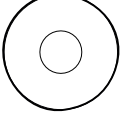

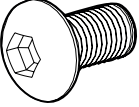
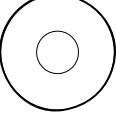
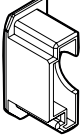

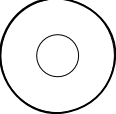
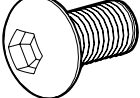

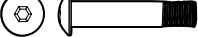

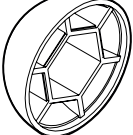
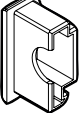
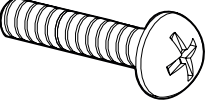
Basic precautions should always be followed, including the following safety instructions when using this equipment: Read all instructions before using this equipment.

1. Keep children and pets away from the machine at all times. DO NOT leave unattended children in the same room with the machine.
2. Handicapped or disabled persons should not use the machine without the presence of a qualified health professional or physician.
3. If the user experiences dizziness, nausea, chest pain, or any other abnormal symptoms, STOP the workout at once. CONSULT A PHYSICIAN IMMEDIATELY.
4. Before beginning training, remove all within a radius of 2 meters from the machine. DO NOT place any sharp objects around the device.
5. Position the machine on a clear, level surface away from water and moisture. Place mat under the unit to help keep the machine stable and to protect the floor.
6. Use the machine only for its intended use as described in this manual. DO NOT use any other accessories not recommended by the manufacturer.
7. Assemble the machine exactly as the descriptions in the instruction manual.
8. Check all bolts and other connections before using the machine for the first time and ensure that the trainer is in the safe condition.
9. Hold a routine inspection of the equipment. Pay special attention to components which are the most susceptible to wear off, i.e. connecting points and moving parts. The defective components should be replaced immediately. The safety level of this equipment can only be maintained by doing so.
10. NEVER operate the machine if it is not functioning properly.
11. This machine can be used for only one person's training at a time.
12. Do not use abrasive cleaning articles to clean the machine. Remove drops of sweat from the machine immediately after finishing training.
13. Always wear appropriate workout clothing when exercising. Running or aerobic shoes are also required.
14. Before exercising, always do warm-up and stretching first.
15. The device is intended for home (indoor) use.
16. Maximum user weight 120kg.



WARNING!

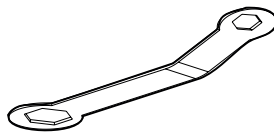
BEFORE BEGINNING THIS OR ANY EXERCISE PROGRAM, CONSULT YOUR PHYSICIAN FIRST. THIS IS ESPECIALLY IMPORTANT FOR INDIVIDUALS OVER THE AGE OF 35 OR PERSONS WITH PRE-EXISTING HEALTH PROBLEMS.

<p>#3</p>  <p>(M10x20) Allen Bolt x 2</p>	<p>#4</p>  <p>(\varnothing10.5x\varnothing25xT1.5) Arc Washer x 2</p>	<p>#6</p>  <p>(M8x15) Allen Bolt x 8</p>	<p>#7</p>  <p>(\varnothing8) Spring washer x 8</p>
<p>#8</p>  <p>(\varnothing8.5x\varnothing16xT1.5) Flat Washer x 12</p>	<p>#9</p>  <p>Limit Rubber Pad x 4</p>	<p>#10</p>  <p>(M8x20) Allen Bolt x 4</p>	<p>#13</p>  <p>(\varnothing10.5x\varnothing25xT1.5) Flat Washer x 2</p>
<p>#15</p>  <p>Left End Cap of Aluminum Track x 2</p>		<p>#19</p>  <p>(\varnothing6x35) Philips Screw x 3</p>	<p>#22</p>  <p>(\varnothing6.5x\varnothing22xT1.5) Flat washer x 4</p>
<p>#23</p>  <p>(M6x15) Allen Bolt x 4</p>	<p>#24</p>  <p>(\varnothing13xT113) Axle for Pedal Support x 2</p>	<p>#25</p>  <p>(M10x50) Carriage Bolt x 2</p>	<p>#26</p>  <p>(M10) Nylon Lock Nut x 2</p>
<p>#27</p>  <p>(M10) Plastic Cover x 4</p>	<p>#28</p>  <p>Right End Cap of Aluminum Track x 2</p>	<p>#32</p>  <p>(\varnothing5x15) Screw x 2</p>	

Tool list:



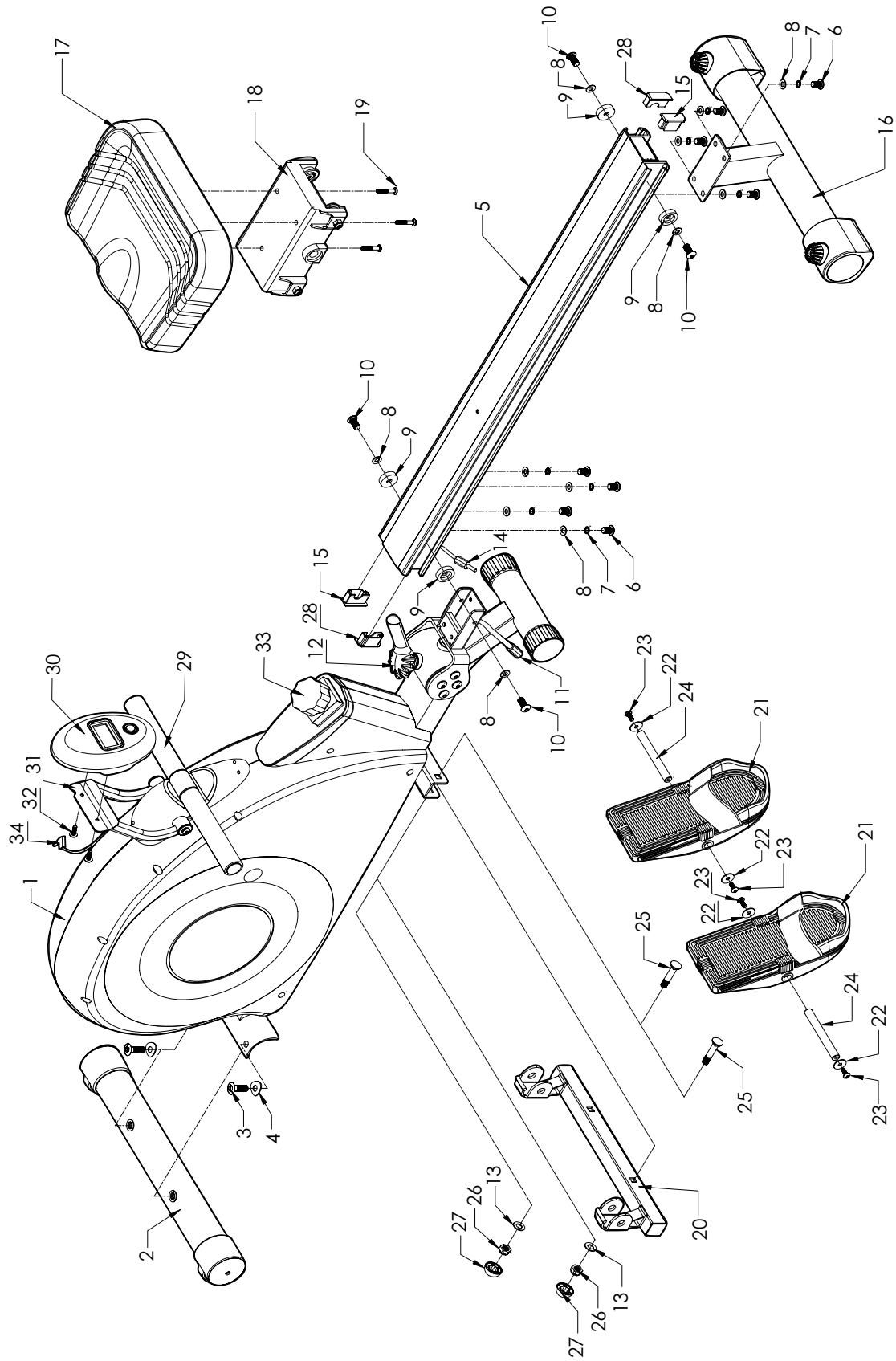
(L6) Allen Key x 1



(L13~17) Turing Axle Key x 1



Allen Key x 2



NO.	DESCRIPTION	Q'ty	NO.	DESCRIPTION	Q'ty
FTR 40-1	Main Frame	1	FTR 40-18	Seat Support	1
FTR 40-2	Front Stabilizer	1	FTR 40-19	Screw (ø6x35)	3
FTR 40-3	Alien Bolt (M10x20)	2	FTR 40-20	Pedal Support	1
FTR 40-4	Arc Washer (ø10.5xø25xT1.5)	2	FTR 40-21	Pedal (With Strap)	2
FTR 40-5	Rail	1	FTR 40-22	Flat Washer (ø6.5xø13xT1.5)	4
FTR 40-6	Alien Bolt (M8x15)	8	FTR 40-23	Alien Bolt (M6x15)	4
FTR 40-7	Spring Washer (ø8)	8	FTR 40-24	Axle For Pedal Support (ø13x113)	2
FTR 40-8	Flat Washer (ø8.5xø16xT1.5)	12	FTR 40-25	Carriage Bolt (M10x50)	2
FTR 40-9	Limit Rubber Pad	4	FTR 40-26	Nylon Lock Nut (M10)	4
FTR 40-10	Alien Bolt (M8x20)	4	FTR 40-27	Plastic Cover (M10)	2
FTR 40-11	Middle Computer Wire	1	FTR 40-28	Right End Cap of Aluminum Track	2
FTR 40-12	Release Knob	1	FTR 40-29	Handle Bar	1
FTR 40-13	Flat Washer (ø10.5xø25xT1.5)	4	FTR 40-30	Computer (BC-80300)	1
FTR 40-14	Lower Computer Wire	1	FTR 40-31	Computer Support Plate	1
FTR 40-15	Left End Cap Of Aluminum Track	2	FTR 40-32	Screw (ø5x15)	2
FTR 40-16	Rear Stabilizer	1	FTR 40-33	Tension Knob	1
FTR 40-17	Saddle	1	FTR 40-34	Upper Computer Wire	1

NOTE:

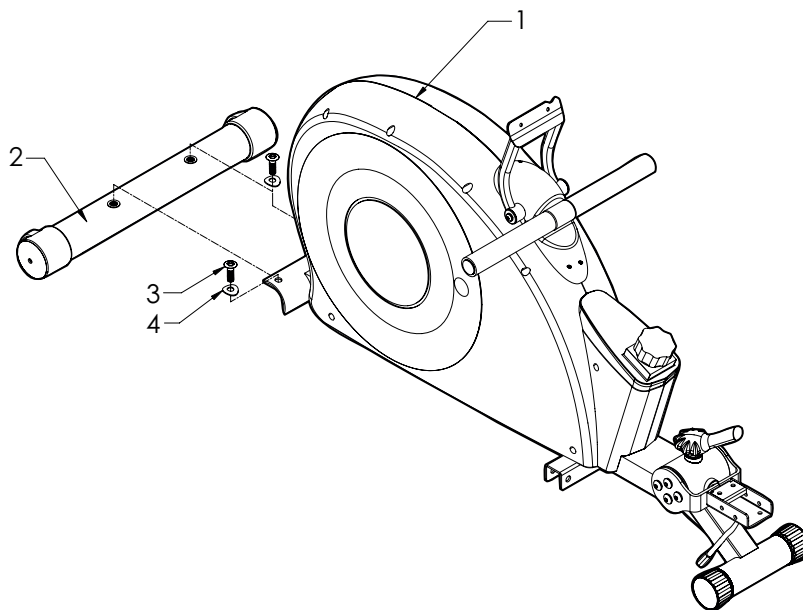
Most of the listed assembly hardware has been packaged separately, but some hardware items have been preinstalled in the identified assembly parts. In these instances, simply remove and reinstall the hardware as assembly is required. Please reference the individual assembly steps and make note of all preinstalled hardware.

PREPARATION:

Before assembling, make sure that you will have enough space around the item; Use the present tooling for assembling; before assembling please check whether all needed parts are available. It is strongly recommended this machine to be assembled by two or more people to avoid possible injury.

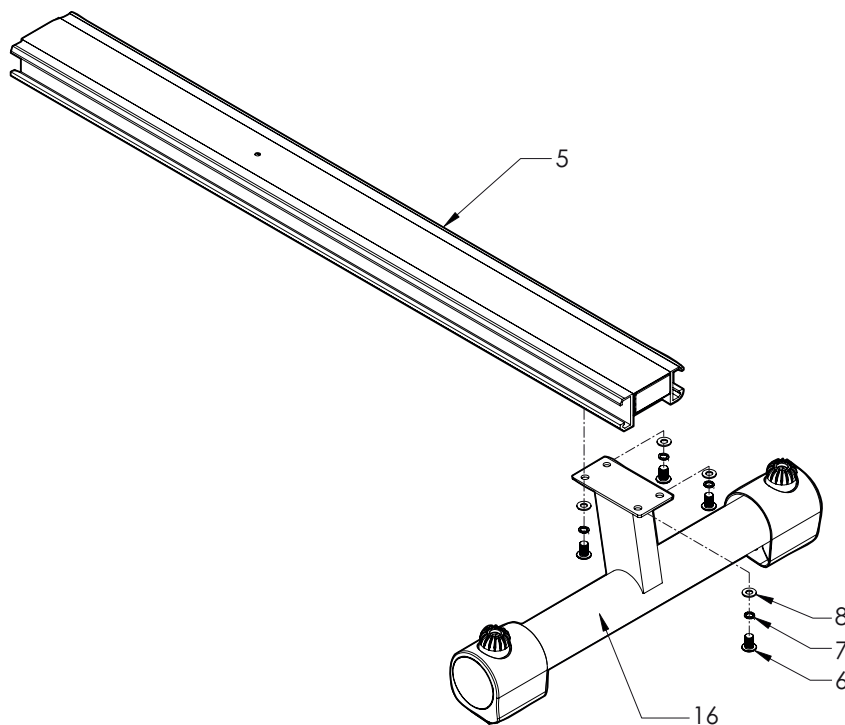
STEP 1.

Attach the Front Stabilizer (2) to the Main Frame (1), fasten it with 2 sets of Allen Bolt (3) & Arc Washer (4).



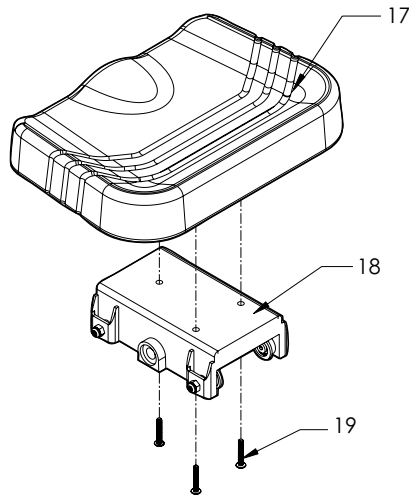
STEP 2.

Connect the Rail (5) & Rear Stabilizer (16), fasten it with 4 sets of Allen Bolt (6), Spring Washer (7) & Flat Washer (8).



STEP 3.

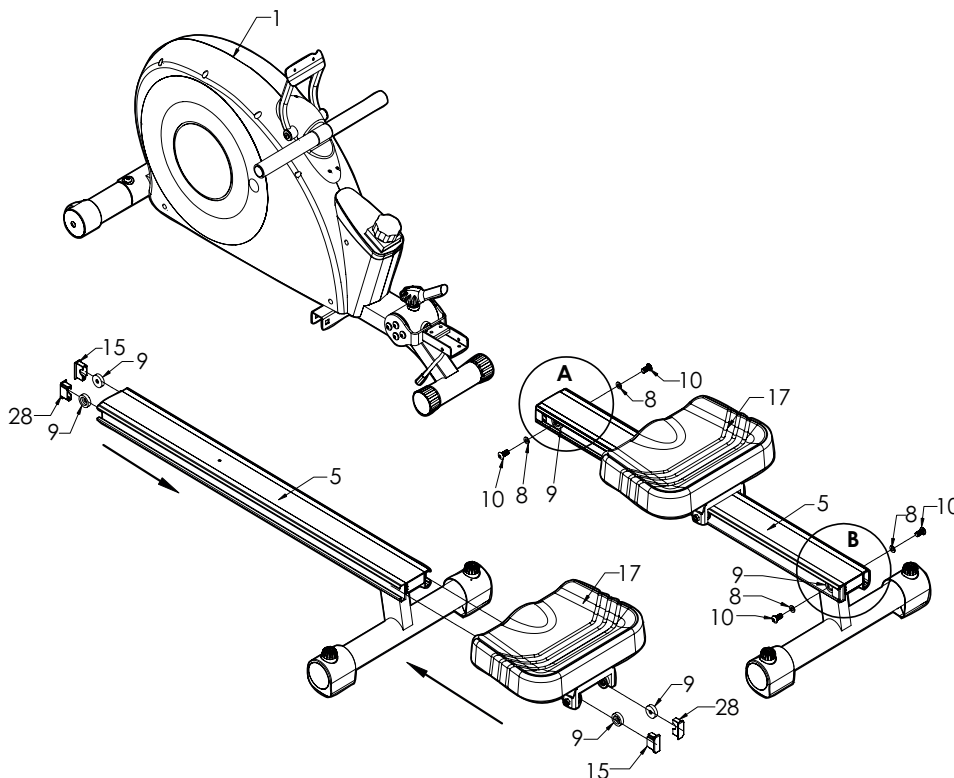
Connect the Saddle (17) & Seat Support (18) with 3 pcs of Screw (19).



STEP 4.

Insert the Saddle (17) into the Rail (5) according the “A & B” direction, put the 4 pcs Limit Rubber Pad (9), fasten it with 4 sets of Allen Bolt (10) & Flat Washer (8), insert the Left End Cap (15) and Right End Cap (28) of Aluminum Track into the Rail (5).

Insert the Rail Set (5) into the Main Frame (1), fasten it with one of Allen Bolt (6), Spring Washer (7) & Flat Washer (8), then tighten the Allen Bolt (10) to the Rail (5).

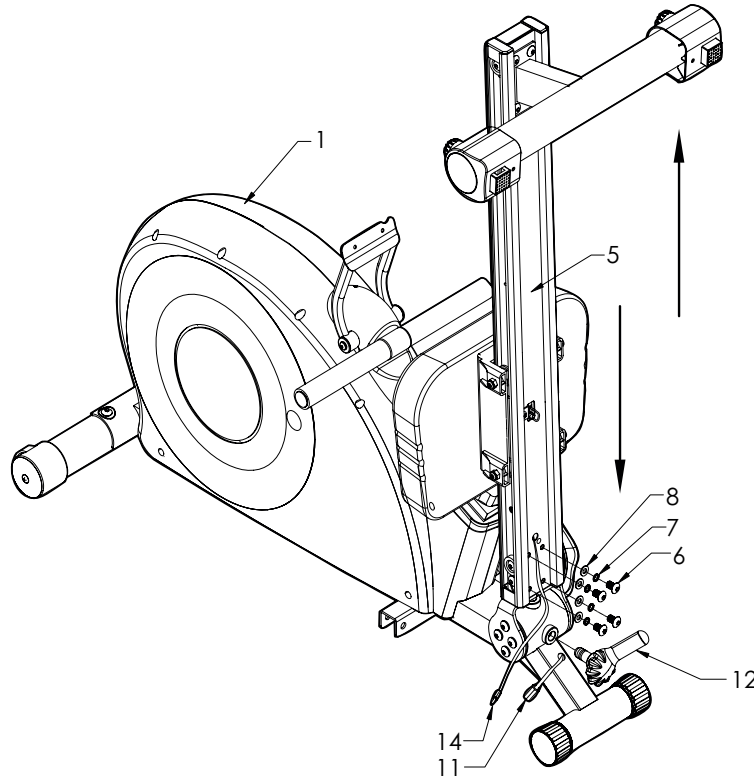


STEP 5.

Release the Release Knob (12), put the Rail (5) at upright position, tighten the Release Knob (12).

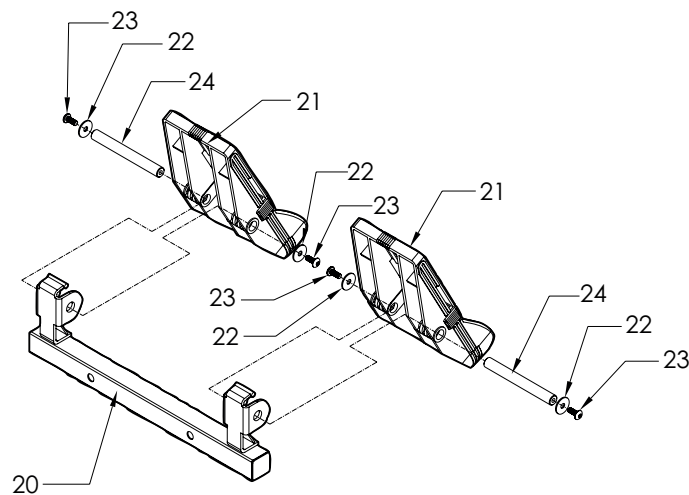
Fasten the Rail (5) & Main Frame (1) with 4 sets of Allen Bolt (6), Spring Washer (7) & Flat Washer (8).

Connect the Middle Computer Wire (11) & Lower Computer Wire (14).



STEP 6.

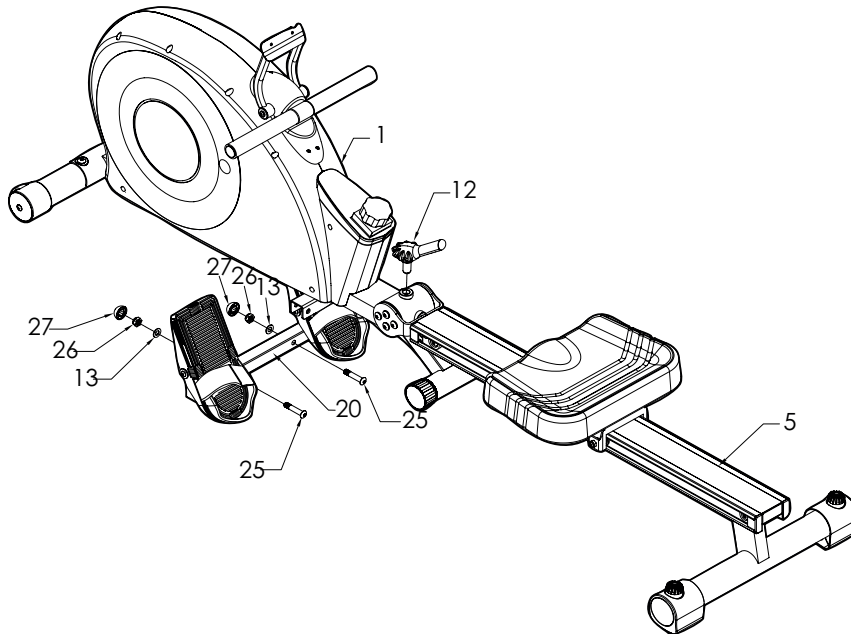
Place the Pedal (21) into the Pedal Support (20), insert the Axle (24) then fasten it with 4 sets of Flat Washer (22) & Allen Bolt (23).



STEP 7.

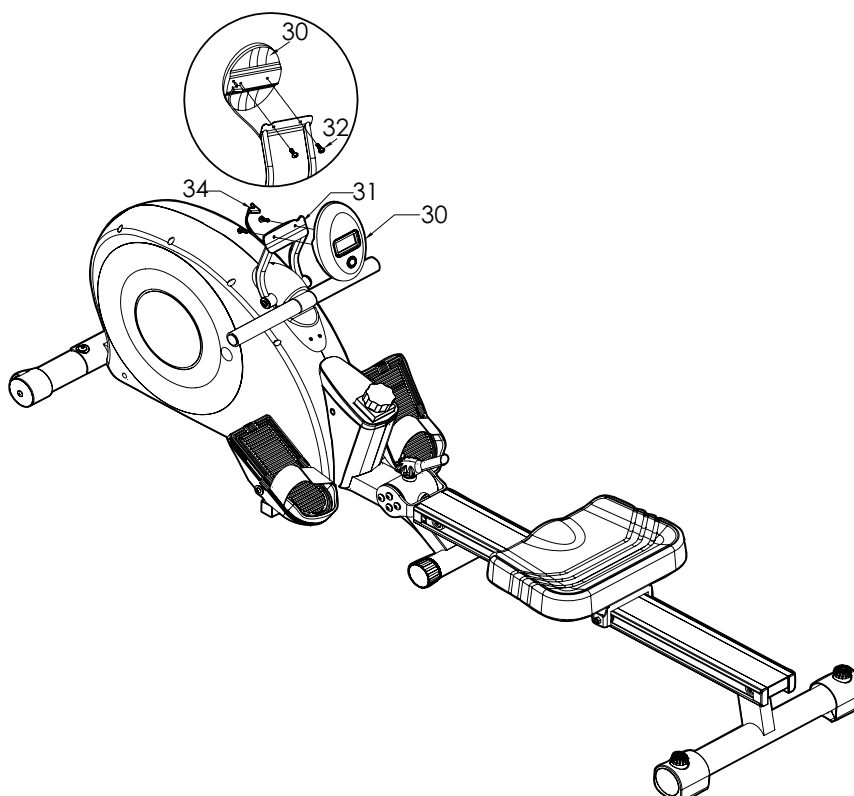
Release the Release Knob (12), put the Rail (5) at horizontal position, tighten the Release Knob (12).

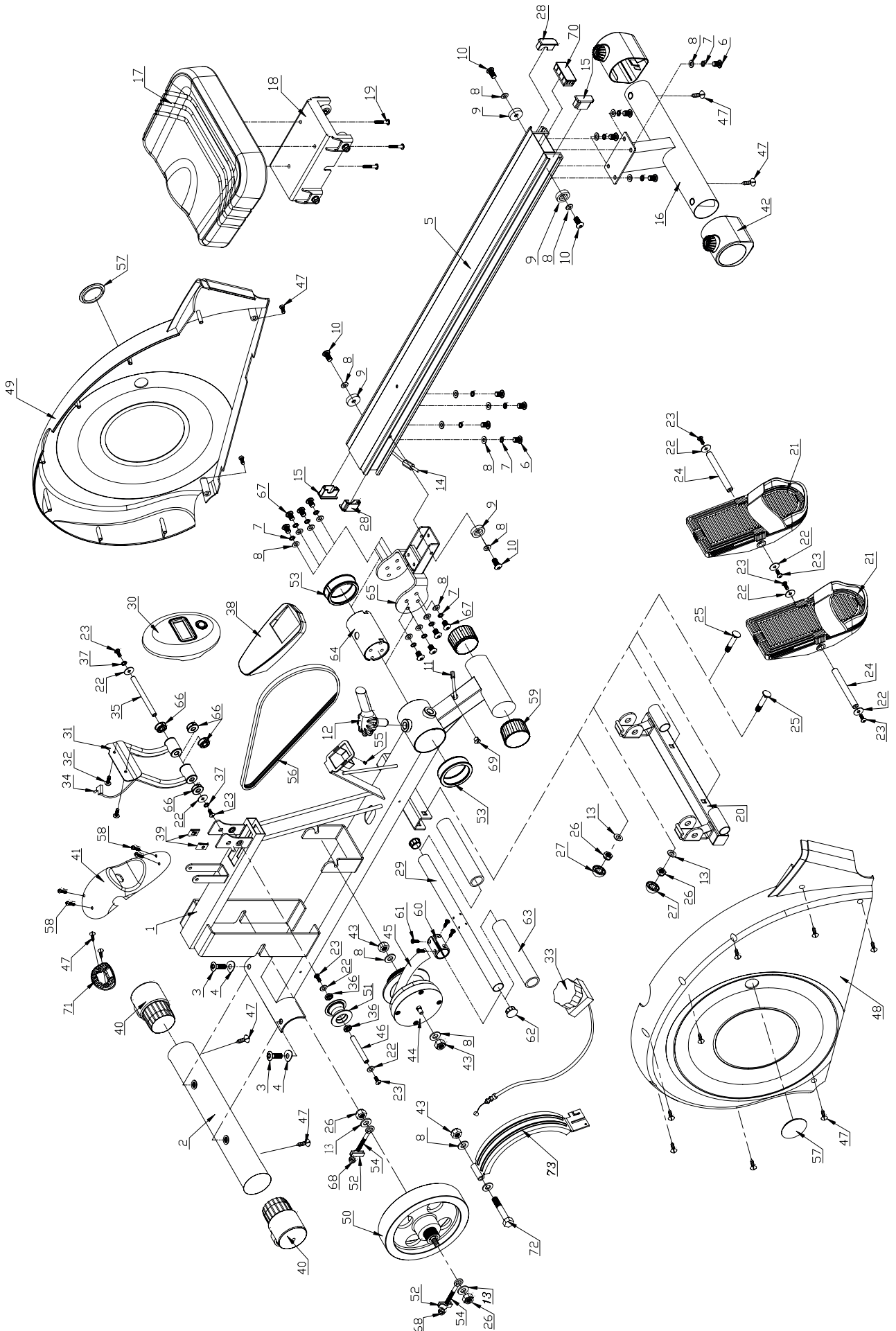
Attach the Pedal Support (20) to the Main Frame (1), fasten it with 2 sets of Flat Washer (13), Carriage Bolt (25), Plastic Cover Nut (26) & Demo Nut (27).



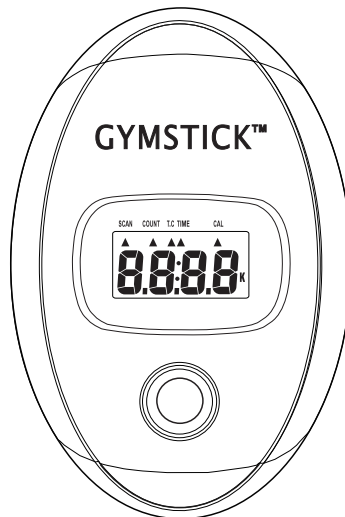
STEP 8.

Place the Computer (30) with the computer Support Plate (31) with 2 pcs of Screw (32). Then connect the Upper Computer Wire (34) to the Computer (30).





NO.	DESCRIPTION	Q'ty	NO.	DESCRIPTION	Q'ty
FTR 40-1	Main Frame	1	FTR 40-38	Tension Knob	1
FTR 40-2	Front Stabilizer	1	FTR 40-39	U type Nut	2
FTR 40-3	Alien Bolt (M10x20)	2	FTR 40-40	Front Transportation Wheels	2
FTR 40-4	Arc Washer(ø10.5x25xT1.5)	2	FTR 40-41	Handlebar Cushion	1
FTR 40-5	Rail	1	FTR 40-42	Rear Leveling End Cap	2
FTR 40-6	Alien Bolt (M8x15)	8	FTR 40-43	Nylon Nut	3
FTR 40-7	Spring Washer (ø8)	8	FTR 40-44	Woven Wheel	1
FTR 40-8	Flat Washer (ø8.5xø16xT1.5)	12	FTR 40-45	Woven	1
FTR 40-9	Limit Rubber Pad	4	FTR 40-46	Pulley Axle(ø10)	1
FTR 40-10	Alien Bolt (M8x20)	4	FTR 40-47	Screw (ø5x15)	16
FTR 40-11	Middle Computer Wire	1	FTR 40-48	Left Chain Cover	1
FTR 40-12	Release Knob	1	FTR 40-49	Right Chain Cover	1
FTR 40-13	Flat Washer (ø10.5xø25xT1.5)	4	FTR 40-50	Pulley	1
FTR 40-14	Lower Computer Wire	1	FTR 40-51	Adjustment Knob	2
FTR 40-15	Left End Cap of Aluminum Track	2	FTR 40-52	Rotated Axle Bushing	2
FTR 40-16	Rear Stabilizer	1	FTR 40-53	Adjustment Bolt	2
FTR 40-17	Saddle	1	FTR 40-54	Adjustment Bolt	2
FTR 40-18	Seat Support	1	FTR 40-55	Screw (M5x25)	1
FTR 40-19	Screw $\phi 6 \times 35$	3	FTR 40-56	Belt	1
FTR 40-20	Pedal Support	1	FTR 40-57	Cronk Cover	2
FTR 40-21	Pedal (with Strap)	2	FTR 40-58	Screw (ø4x25)	4
FTR 40-22	Flat Washer (ø6.5x13x T1.5)	4	FTR 40-59	Middle Stabilizer End Cap	2
FTR 40-23	Alien Bolt (M6x15)	4	FTR 40-60	Woven Holder	1
FTR 40-24	Axle for Pedal Support (ø13x113)	2	FTR 40-61	Screw (ø5x10)	4
FTR 40-25	CARRIAGE Bolt (M10x50)	2	FTR 40-62	Handlebar End Cap	2
FTR 40-26	Nylon Lock Nut (M10)	4	FTR 40-63	Handlebar Grip	2
FTR 40-27	Plastic Cover (M10)	2	FTR 40-64	Bushing	1
FTR 40-28	Right End Cap of Aluminum Track	2	FTR 40-65	U Holder	1
FTR 40-29	Handle Bar	1	FTR 40-66	Rotated Axle Bushing	4
FTR 40-30	Computer	1	FTR 40-67	Screw (M5x25)	8
FTR 40-31	Computer Support Plate	1	FTR 40-68	Nylon Nut	2
FTR 40-32	Screw (ø5x15)	2	FTR 40-69	Wire Plug	1
FTR 40-33	Tension Knob	1	FTR 40-70	Seat Rail End Cap	1
FTR 40-34	Upper Computer Wire	1	FTR 40-71	Handlebar stopper	1
FTR 40-35	Action Axle	1	FTR 40-72	Screw (M5x50)	1
FTR 40-36	Bearing (6000Z)	2	FTR 40-73	Magnet set	1
FTR 40-37	Spring Washer (ø6)	1			



FUNCTIONAL BUTTON

MODE/RESET	Push down to select functions
	Push down for 4 seconds to reset time, count and calories

FUNCTIONS AND OPERATIONS

SCAN	Automatically scan functions of time, count, calories and total count. Each display will be hold for 6 seconds.
TIME	Automatically accumulates workout time
COUNT	Automatically accumulates the number of counts when exercising
TOTAL COUNT	Automatically accumulates the total number of rows performed
CALORIES	Automatically accumulates calories burnt

SPECIFICATIONS

FUNCTION	SCAN	Every 6 seconds
	TIME	Display range 0:00~99.59
	COUNT	Display range 0 ~ 9999 times
	TOTAL COUNT	Display range 0 ~ 9999 times
	CALORIES	0.0 ~ 999.9 cal
BATTERY TYPE		2 x AAA (or UM-4)
OPERATING TEMPERATURE		0°C ~ +40°C
STORAGE TEMPERATURE		+8°C ~ +40°C

NOTE!

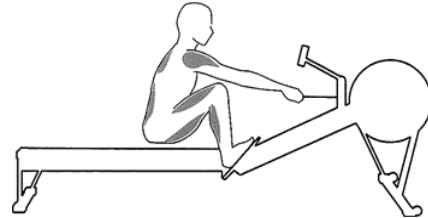
- If the display is faint or shows no figures, please replace the batteries.
- The monitor will automatically shut off if there is no signal received after 4 minutes.
- The monitor will be auto powered on when starting to exercise push button signal in.
- The monitor will automatically start calculating when you start to exercise and will stop calculating when you stop exercising for 4 seconds.

There are two rowing actions: slide and catch. However, for the coherence of actions, these two actions usually are mixed together. No pause shall exist during rowing. We suggest someone observe your driving and compare your position with that in the picture. Wrong exercise method may cause bodily harm.

CATCH

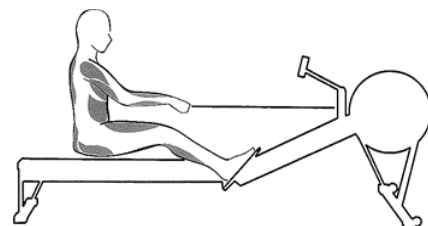
Pull your body to the starting position of next rowing with your leg strength. Now, the user can start the next rowing.

Remember that your body never stops suddenly.



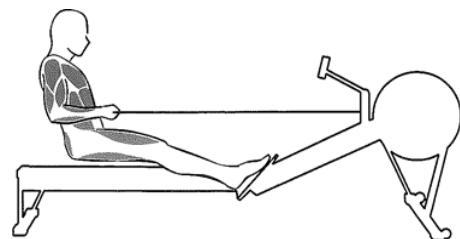
SLIDE

During the rowing process, the user straightens the legs, and swings legs backwards through upright position. During the rowing process, the arms are still straight, and the shoulders shall be relaxed.



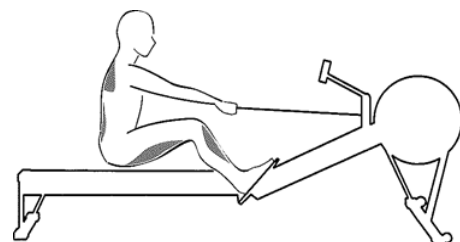
RECOVERY

At the end of rowing process, pull the handles toward the abdomen with the strength of arms and shoulders. The legs are straight, and the body leans back slightly. Notice that the height of handles is not at the height of chest nor knee.



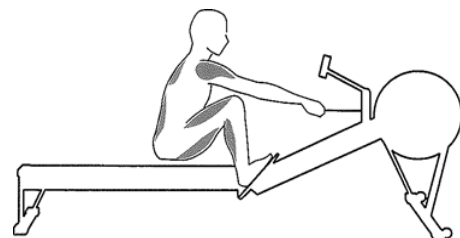
SLIDE

Reach out arms, swing your body forward in the support of hips and start homing. In this way, the handles can be put in front of knees, avoiding the mutual interference of knees and hands when the seat moves forward.



CATCH

The rower bends knees, reaches out arms, and his body leans towards the flywheel. All strength is focused on legs and back. Start rowing. Note: arms shall be straight, and shoulders shall be relaxed.



A good exercise program consists of a warm-up, aerobic exercise, and a cool down. Do the entire program at least two to three times a week, resting for a day between workouts. After several months you can increase your workouts to four or five times per week.

AEROBIC EXERCISE is any sustained activity that sends oxygen to your muscles via your heart and lungs. Aerobic exercise improves the fitness of your lungs and heart. Aerobic fitness is promoted by any activity that uses your large muscles eg: legs, arms and buttocks. Your heart beats quickly and you breathe deeply. An aerobic exercise should be part of your entire exercise routine.

The **WARM-UP** is an important part of any workout. It should begin every session to prepare your body for more strenuous exercise by heating up and stretching your muscles, increasing your circulation and pulse rate, and delivering more oxygen to your muscles.

COOL DOWN at the end of your workout, repeat these exercises to reduce soreness in tired muscles.



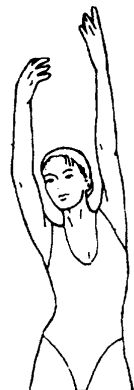
HEAD ROLLS

Rotate your head to the right for one count, feeling the stretch up the left side of your neck, then 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, then drop your head to your chest for one count.



SHOULDER LIFTS

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



SIDE STRETCHES

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



QUADRICEPS STRETCH

With one hand against a wall for balance, reach behind you and pull your right foot up. Bring your heel as close to your buttocks as possible. Hold for 15 counts and repeat with left foot.



INNER THIGH STRETCH

Sit with the soles of your feet together and your knees pointing outward. Pull your feet as close to your groin as possible. Gently push your knees toward the floor. Hold for 15 counts.



TOE TOUCHES

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



HAMSTRING STRETCHES

Extend your right leg. 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.



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, then repeat on the other side for 15 counts.

CLEANING

The machine can be cleaned with a soft cloth and mild detergent. Do not use abrasives or solvents on plastic parts. Please wipe your perspiration off the machine after each use. Be careful not get excessive moisture on the console display panel as this might cause an electrical hazard or electronics to fail.

Please keep the machine, specially, the console, out of direct sunlight to prevent screen damage. Please inspect all assembly bolts and moving parts on the machine for proper tightness every week.

STORAGE

Store the machine bike in a clean and dry environment away from children.

IMPLIED WARRANTY

The importer of this product assures that this device is manufactured with high quality materials.

The prerequisite for the implied warranty is the proper setup in accordance with the operating instructions. Improper use and /or incorrect transportation can void the warranty.

The implied warranty for wear parts is valid for 1 year and for frame 3 years, beginning from the date of purchase. For eventual defects please contact the dealer of this product within the guarantee period.

The warranty applies to the following parts (as far as included in the scope of delivery):
frame, cable, electronic devices, foam, wheels, foot straps and pedals.

The guarantee does not cover:

- Damage effected by outer force
- Intervention by unauthorized parties
- Incorrect handling of the product
- Non-compliance of the operating instructions

Note: Wear parts and expendable parts are also not covered.

The device is intended for home use.

Manufactured for:
Gymstick International Oy
Ratavartijankatu 11
15170 Lahti, FINLAND



Devices marked with this symbol must be disposed of separately from your household waste, as they contain valuable materials which can be recycled. Proper disposal protects the environment and human health. Your local authority or retailer can provide information on the matter.

