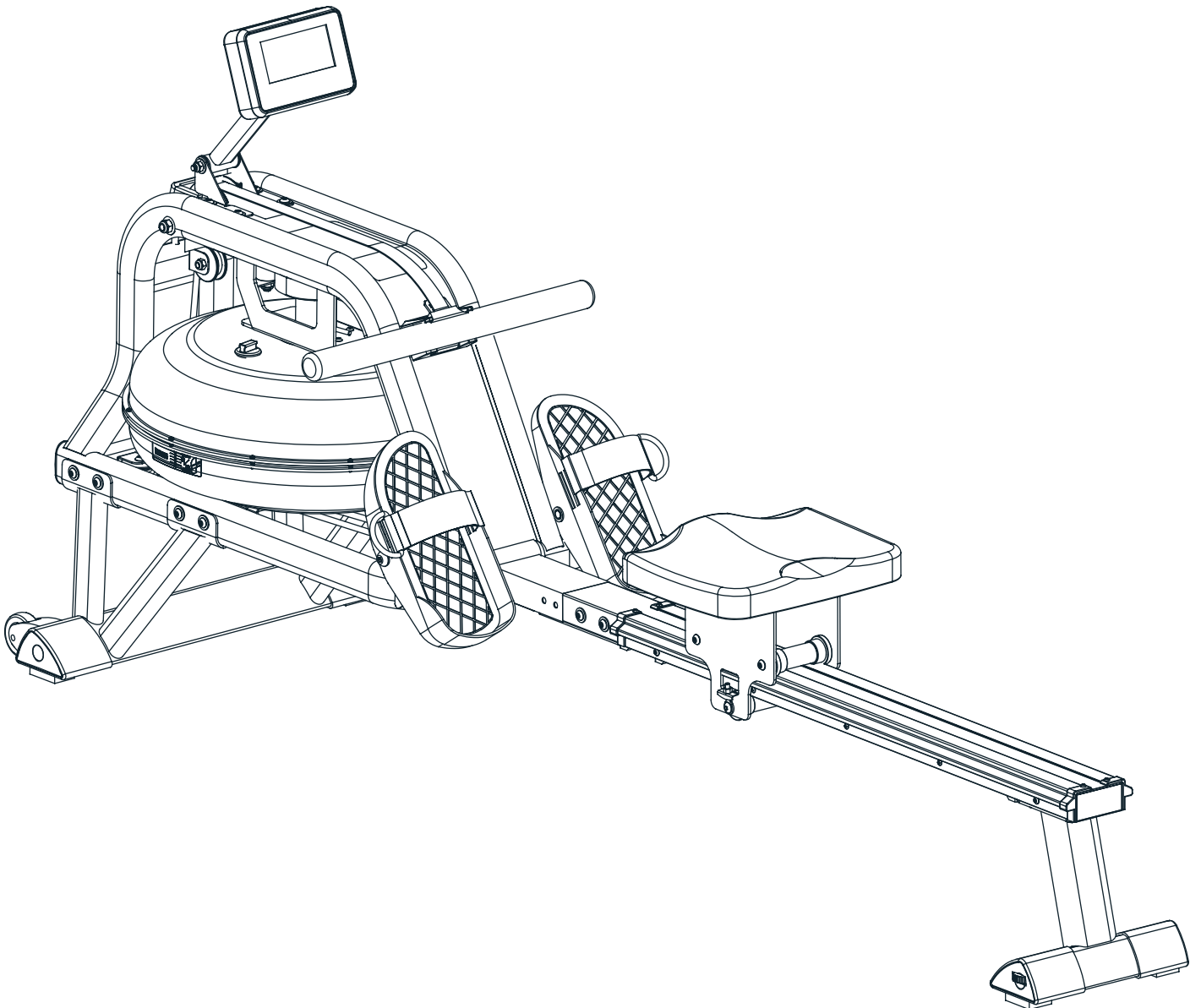


# GYMSTICK™

## H2O ROWER 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.



[GYMSTICK.COM](http://GYMSTICK.COM)

Thank you for choosing the Gymstick H2O Rower. 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.

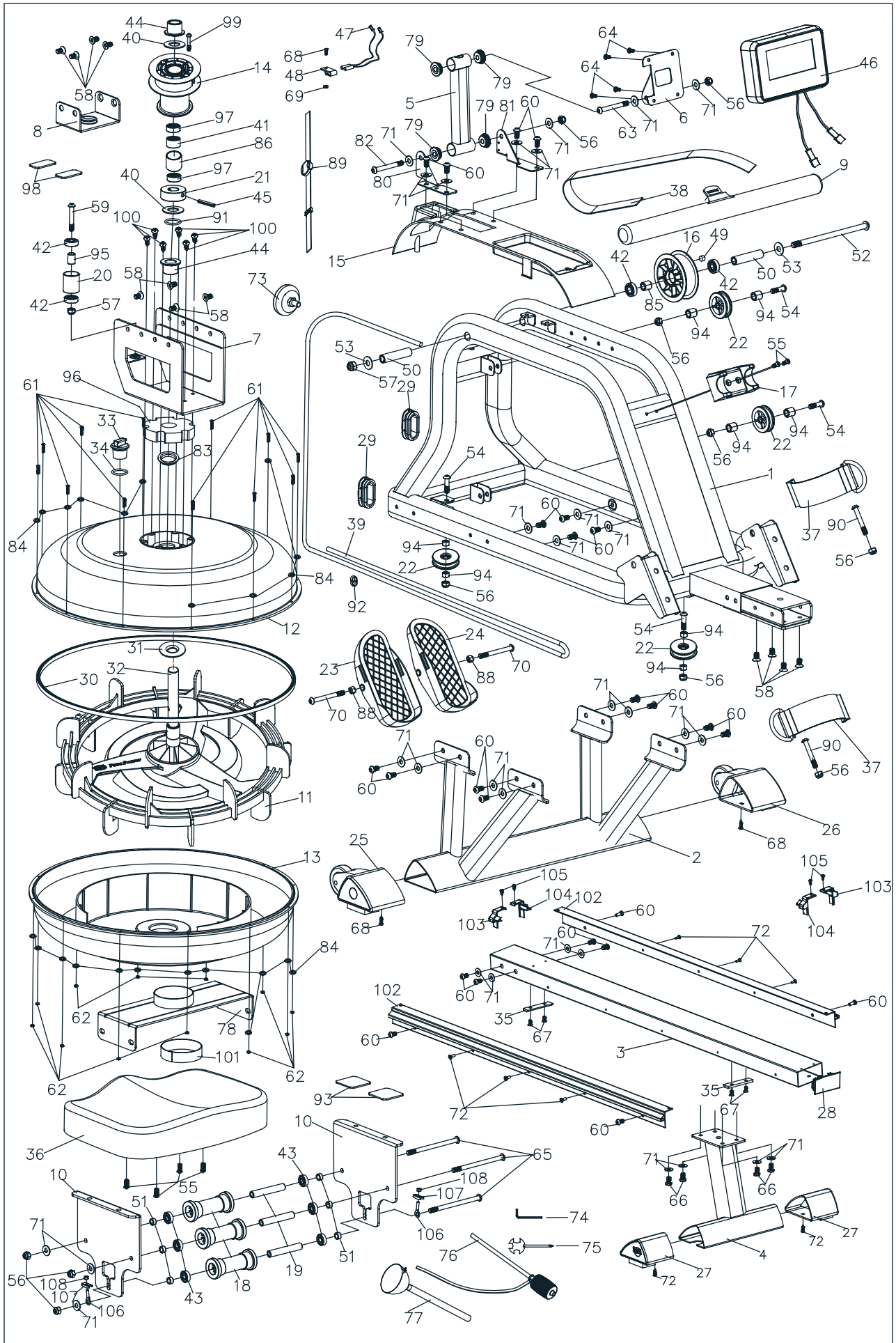
**Basic precautions should always be followed, including the following safety instructions when using this equipment: Read all instructions before using this equipment.**

1. Keep children and pets away from the Rowing 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 Rowing 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 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 Rowing Machine.
5. Position the Rowing 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 Rowing 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 wheels. The defective components should be replaced immediately. The safety level of this equipment can only be maintained by doing so. Please don't use the Rowing Machine until it is repaired well.
10. Never operate the Rowing 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 stretching first.
15. Maximum user weight 135 kgs.



## **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.



# PARTS LIST

	Description	Spec.	QTY		No.	Description	Spec.	QTY
1	Main Fframe		1		50	Spacer for Mesh belt	Ø16* Ø10.2*69	2
2	Front Stabilizer		1		51	Short Spacer	Ø12.7* Ø8.2*13	4
3	Slide Rail	SPHC,T=1.5	1		52	Screw	M10*185	1
4	Rear Stabilizer		1		53	Washer	OD25*ID10.5*2.0	2
5	Support for Computer		1		54	Screw	M8*30	4
6	Support Plate		1		55	Screw	M6*15	6
7	Tank Plate		1		56	Nylon Lock Nut	M8	9
8	Plate for Bushing	SPHC,T=3.0	1		57	Nylon Lock Nut	M10	2
9	Handlebar		1		58	Flat Screw	M8*15	12
10	Seat Carriage	SPHC,T=4.0	2		59	Screw	M10*55	1
11	Impeller		1		60	Screw	M8*15	20
12	Upper Ttank	PC	1		61	Screw	M3*20	12
13	Lower Tank	PC	1		62	Nylon Lock Nut	M3	12
14	Mesh Belt Wheel		1		63	Screw	M8*70	1
15	Decorate Cover	HIPS, black	1		64	Screw	M5*12	4
16	Belt Wheel	POM, black	1		65	Screw	M8*125	3
17	Handlebar Seat	HIPS, black	1		66	Hex Head Screw	M8*15	4
18	Roller	POM, black	3		67	Flat Cross Screw	M6*10	4
19	Axle for roller		3		68	Cross Screw	M4*12	3
20	Guide Roller	POM, black	1		69	Nylon Lock Nut	M4	1
21	Magnet Seat	POM, black	1		70	Screw	M12*125	2
22	Bungee Pulley	POM, black	4		71	Flat Washer	OD20*ID8.5*1.5	31
23	Left Pedal	PP, black	1		72	Screw	ST4.2*16	8
24	Right Pedal	PP, black	1		73	Knob		1
25	Left End Cap		1		74	Allen Key	S5	1
26	Right End Cap		1		75	Allen Wrench	S13-S17	1
27	Adjustable End Cap		2		76	Pumping Siphon		1
28	Rail End Cap	PP, black	1		77	Funnel		1
29	Oval Plug	PP, black	2		78	Lower Tank Plate	SPHC,T=3.0	1
30	Rubber Sealing Ring	Rubber, black	1		79	Plastic Bushing	Ø27* Ø8.2*10	4
31	Impeller Shaft Seal	Rubber, black	1		80	Sensor Bracket L	SPHC,T=2.0	1
32	Round Plug	PP, black	1		81	Sensor Bracket R	SPHC,T=2.0	1
33	Fill Plug	Rubber, black	1		82	Screw	M8*75	1
34	O Shape Ring	Rubber, black	1		83	Sealing Ring for Upper Tank	Rubber, black	1
35	Limit Pad	Rubber, black	2		84	Stainless Washer	M3	24
36	Seat	PU, black	1		85	Spacer for Belt Wheel		1
37	Pedal Strap	PP, black	2		86	Steel Sleeve		1
38	Strap	Nylon, black	1		87	Washer	OD40*ID20*0.3	1
39	Bungee Cord	Nylon, black	1		88	Hex Nut	M10	2
40	Plastic Washer	POM, black	2		89	Chest Blet		1
41	One Way Bearing	HFL2026	1		90	Screw	M8*60	2
42	Bearing	6000ZZ	4		91	Flat Washer	OD35*ID20.2*1.0	1
43	Bearing	608ZZ	6		92	Aluminium Clasp		1
44	Bushing		2		93	Lower Pad	50*50*T2.0	2
45	Pin	Ø6.0*40	1		94	Spacer for Bungee Pulley		8
46	Computer		1		95	Spacer for Guide Roller	Ø14* Ø1.5*19	1
47	Sensor Wire		2		96	Foam	Ø98* Ø28*20	1
48	Sensor Holder	Nylon, black	1		97	Roller Bearing	HK2010	2
49	Magnet	Ø10*5	1		98	Upper Pad	25*25*T2.0	2

# PARTS LIST

99	Screw	M5*30	1	105	Cross screw	M4*12	4
100	Screw	ST5.5*16	6	106	Adjust bolt	M6*30	2
101	Lower rubber ring,	L235*20*T1.0	1	107	U-Bracket		2
102	Aluminum rail		2	108	Nylon Nut	M6	2
103	Left decorative cover for rail		2				
104	Right decorative cover for rail		2				




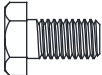




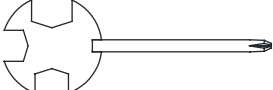



## PRE-ASSEMBLY CHECK LIST

NO.1                      NO.2                      NO.4

NO.3                      NO.25                      NO.26

NO.89                      NO.46                      NO.36

PART NO.	DESCRIPTION	Q'TY
1	Main frame	1
2	Front stabilizer	1
3	Slide rail	1
4	Rear stabilizer	1
25	Left end cap	1
26	Right end cap	1
36	Seat	1
46	Computer	1
89	Chest Belt	1
	Manual	1
	Hardware package	1

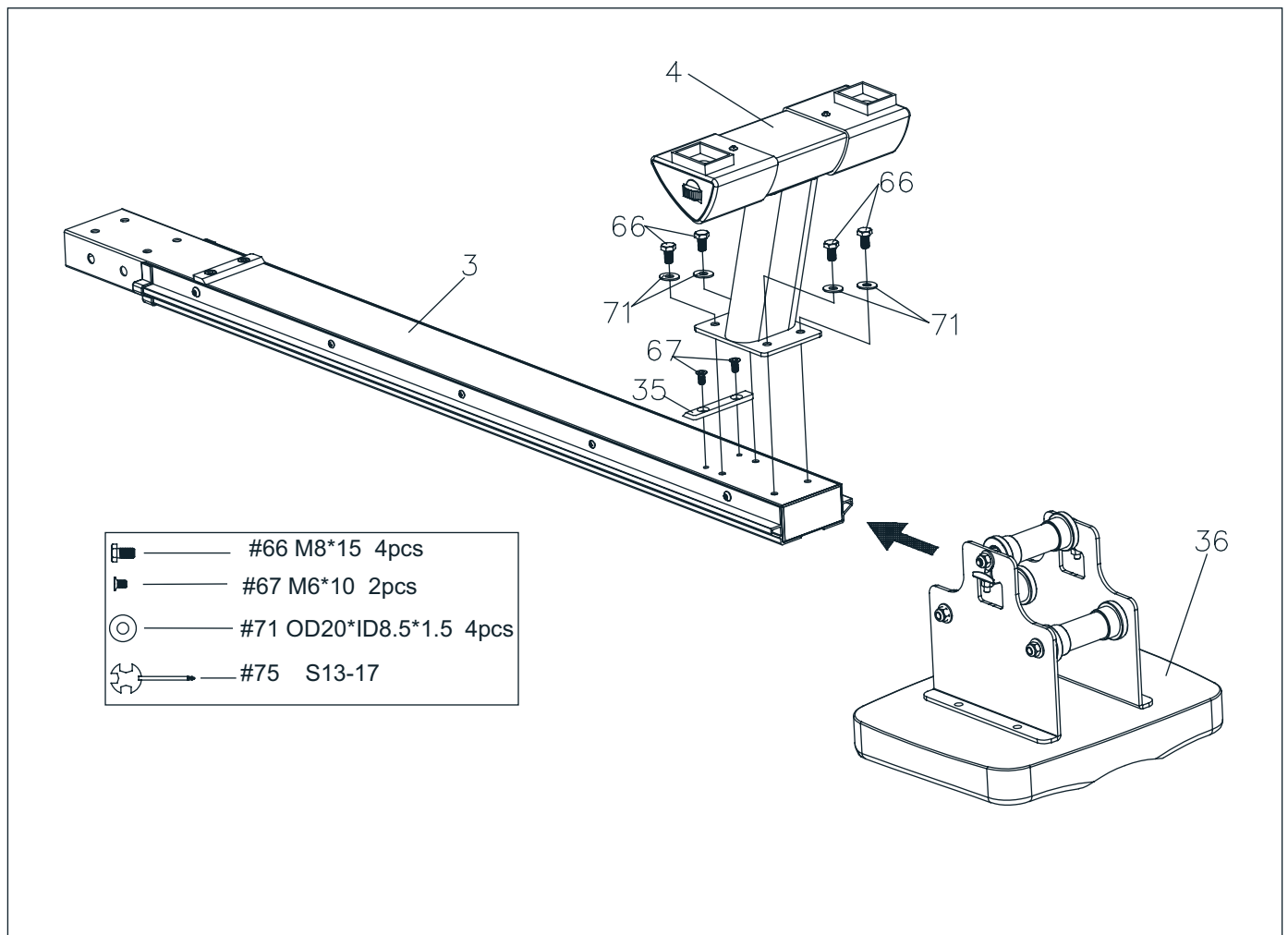
	#35 Limit pad 1pc
	#58 M8*15 4pcs
	#60 M8*15 16pcs
	#66 M8*15 4pcs
	#67 M6*10 2pcs
	#68 M4*12 2pcs
	#71 OD20*ID8.5*1.5 20pcs
	#74 S5 1pc
	#75 S13-17 1pc
	#103 1pc
	#104 1pc
	#105 M4*12 2pcs

## STEP 1:

NOTE: We recommend having 2 people to assemble the product.

Turn over the Slide Rail (No. 3) and Seat (No.36) as above.

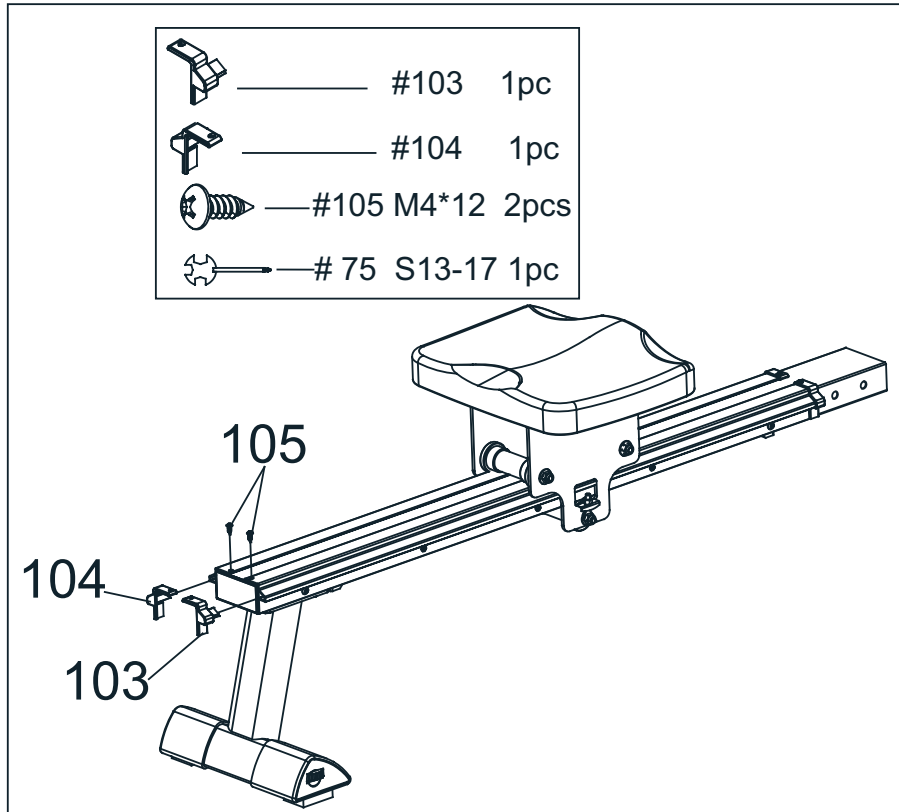
Slide the Seat (No.36) onto the Slide Rail (No.3). Secure the Stopper (No.35) with 2 Flat Cross Screws (No.67). Then attach the Rear Stabilizer (No.4) to the Slide Rail (No.3) with 4 Washers (No.71) and 4 Outer Hex Screws (No.66). Tighten with Spanner (No.75).





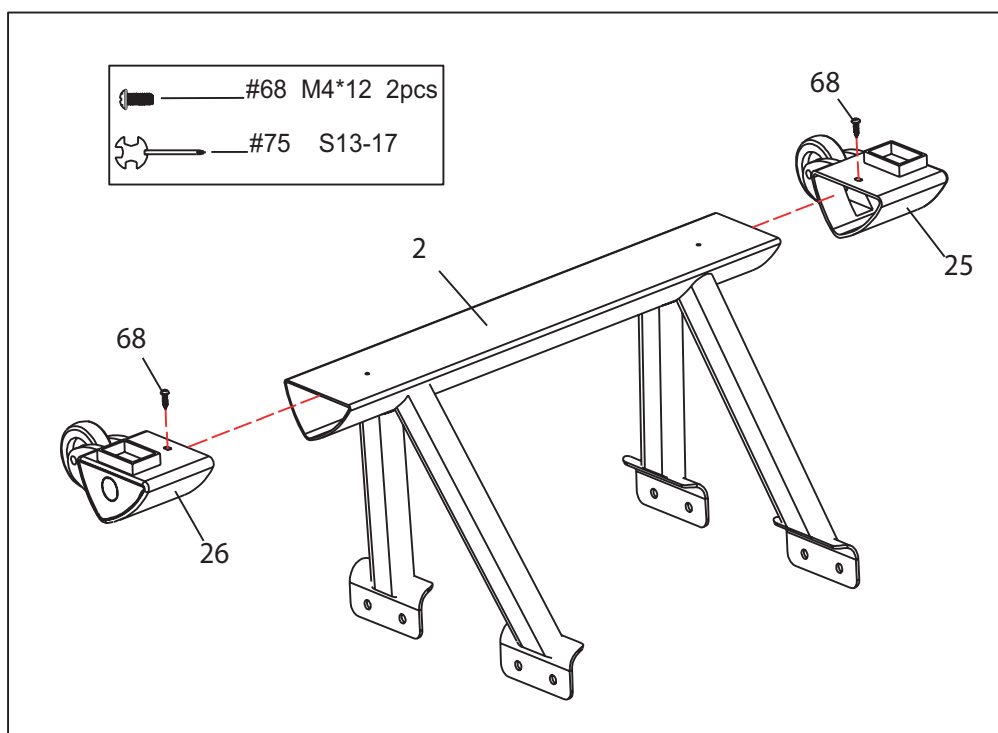
## STEP 2:

Secure the Left/Right Decorative Cover for Rail (No.103&104) with 2 Cross Screw (No.105) onto the Slide Rail (No.3). Tighten with Spanner (No. 75).



## STEP 3:

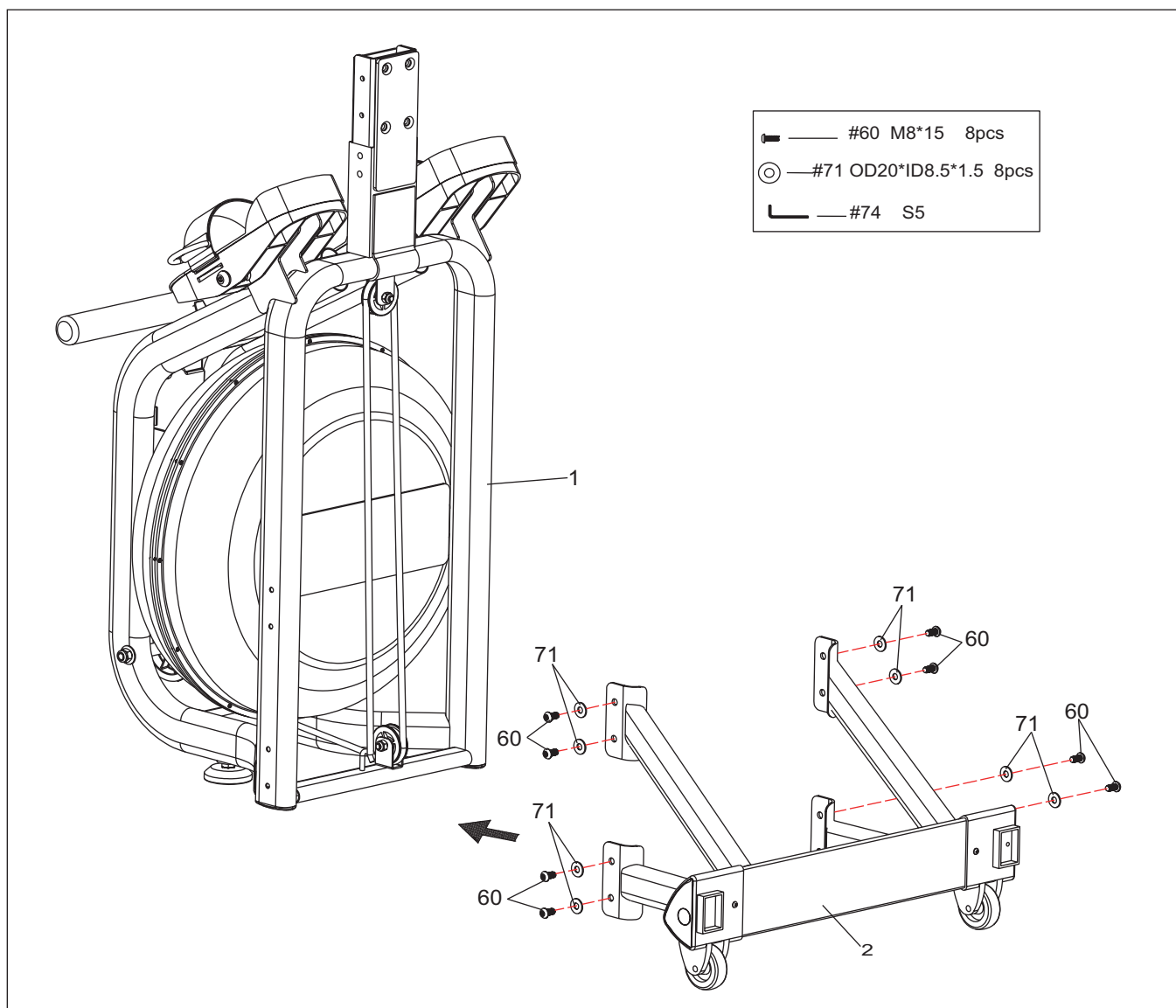
Attach L & R End Caps (No.25 & 26) to Front Stabilizer (No.2). Then tighten with 2 Cross Screws (No.68) using Spanner (No.75).



## STEP 4:

Keep the Main Frame (No.1) upright. Attach Front Stabilizer (No.2) to Main Frame (No.1) using 8 Washers (No.71) and 8 Screws (No.60). Tighten with Allen Wrench (No.74).

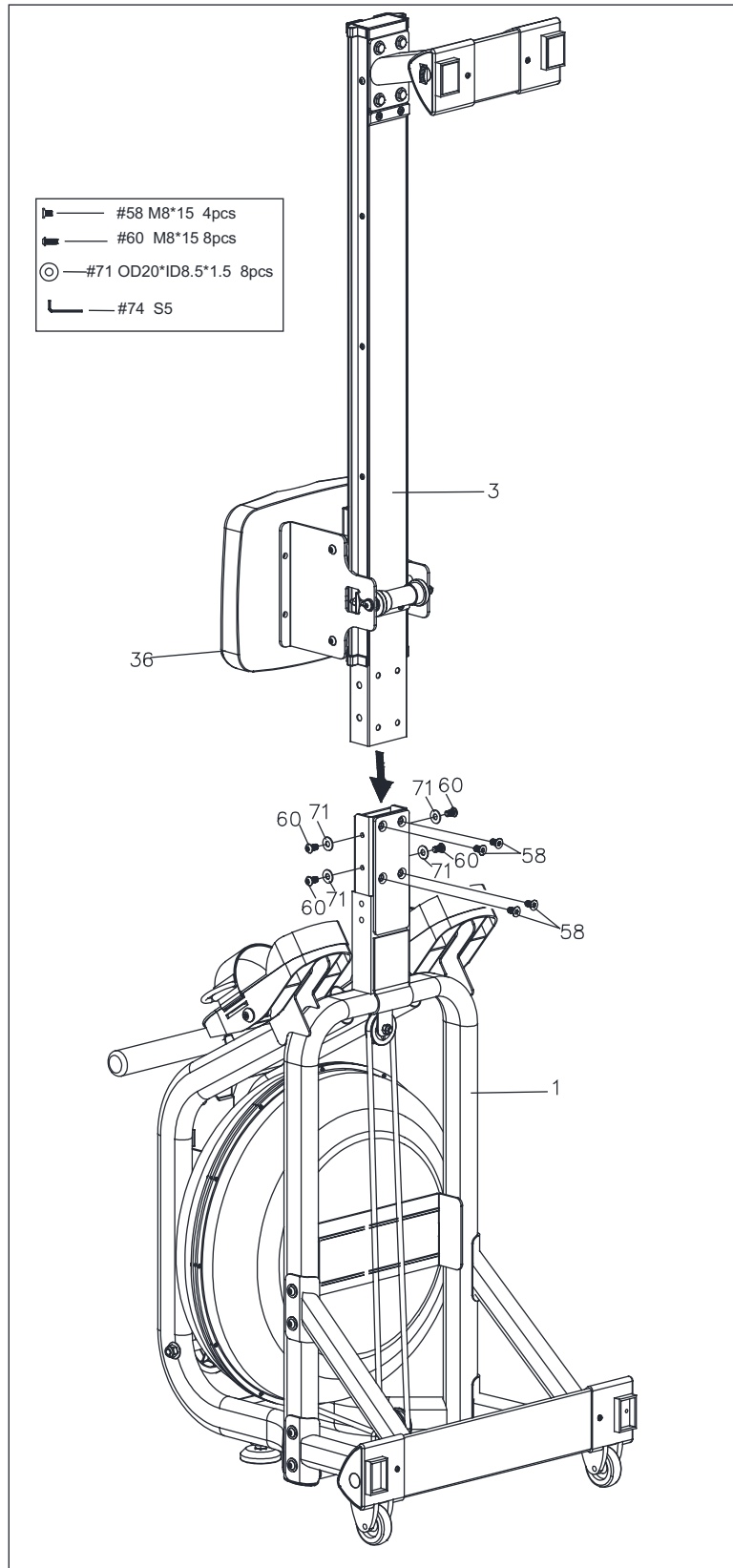
Note: You can put 3~4 screws into the holes first, and start tightening by hand. After all the screws are put in, then tighten with the tool.



## STEP 5:

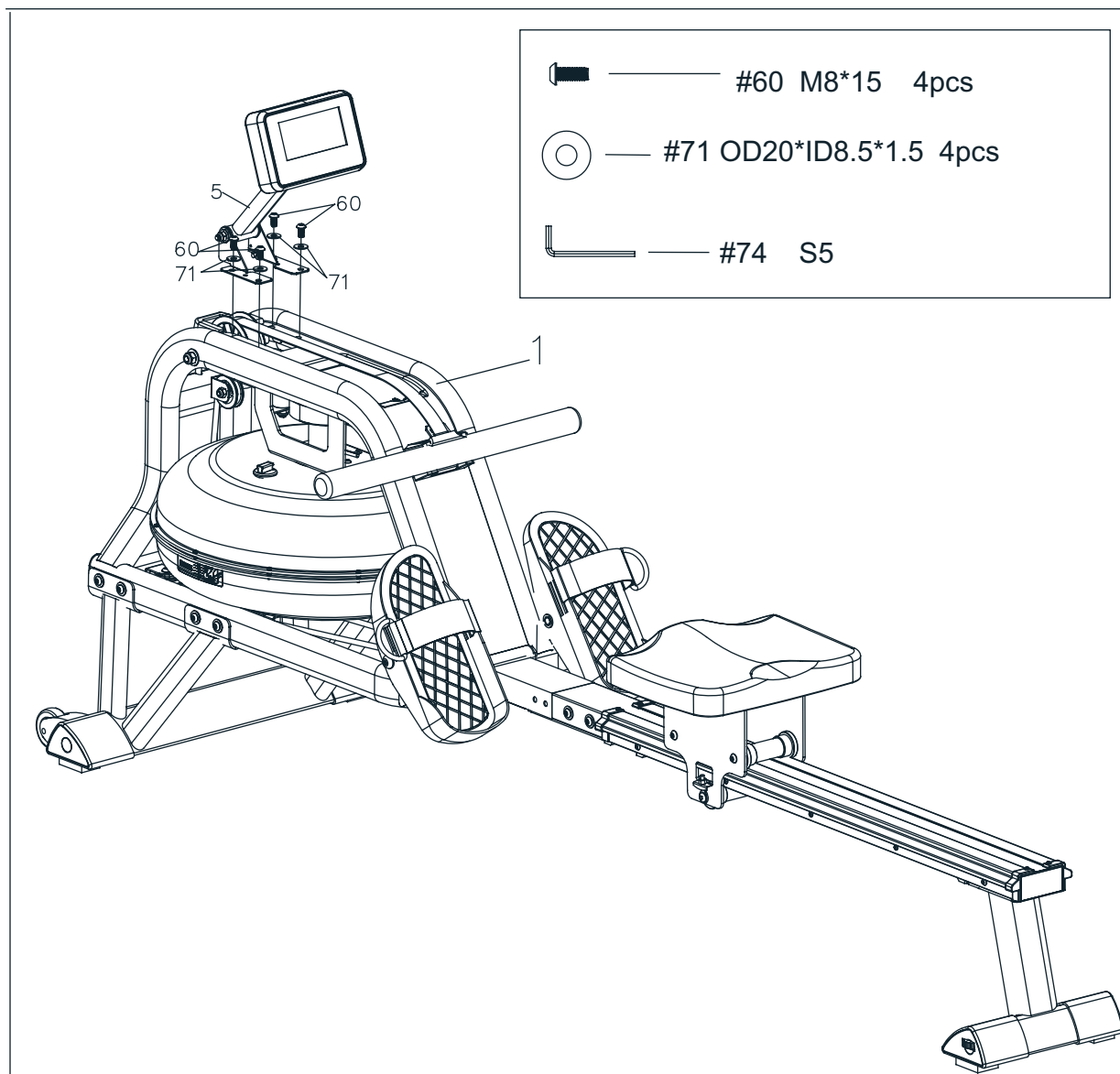
NOTE: Move the Seat (No.36) to the front of the Slide Rail (No.3) before assembly to prevent it from gliding down during assembly.

Attach the Slide Rail (No. 3) to the Main Frame (No. 1) using 4 Washers (No. 71), 4 Screws (No. 60) and 4 Flat Screws (No. 58). Insert all 8 screws partially into the holes first, and then tighten with Allen Wrench (No.74).



## STEP 6:

Attach the Support for computer (No.5) to Main Frame, tighten with 4 Washers (No.71) and 4 Screws (No.60).



The assembly is complete!

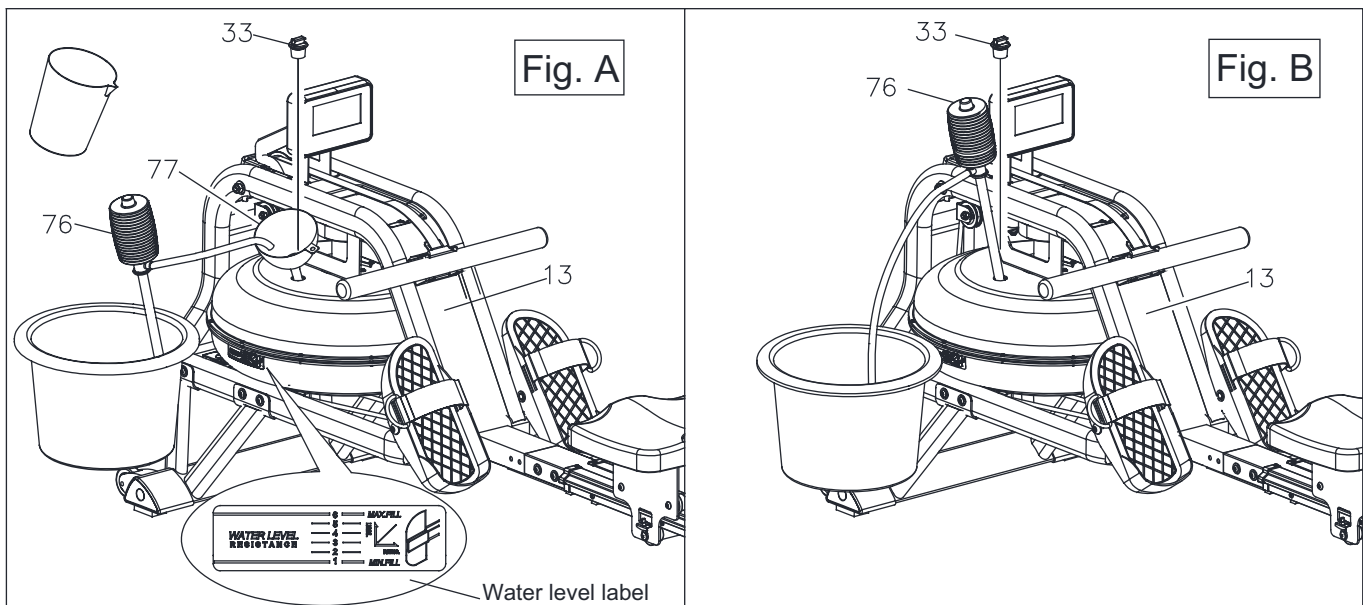
1. Remove the Fill Plug (No.33) from the Upper Tank Cover (No.12).
2. To fill tank with water, refer to Fig. A. Insert the Funnel (No.77) into the tank, then use a cup or the Siphon Pump (No.76) and a bucket to fill the tank. Use the water level gauge on the side of the tank to measure desired water level in the tank.
3. To empty the tank, refer to Fig. B. Place a bucket next to the rower, and use the Siphon Pump (No.76) to pump out the water from the tank into the bucket.
4. Insert the Fill Plug (No.33) into the Upper Tank Cover (No.12). Wipe excess water off of the frame.

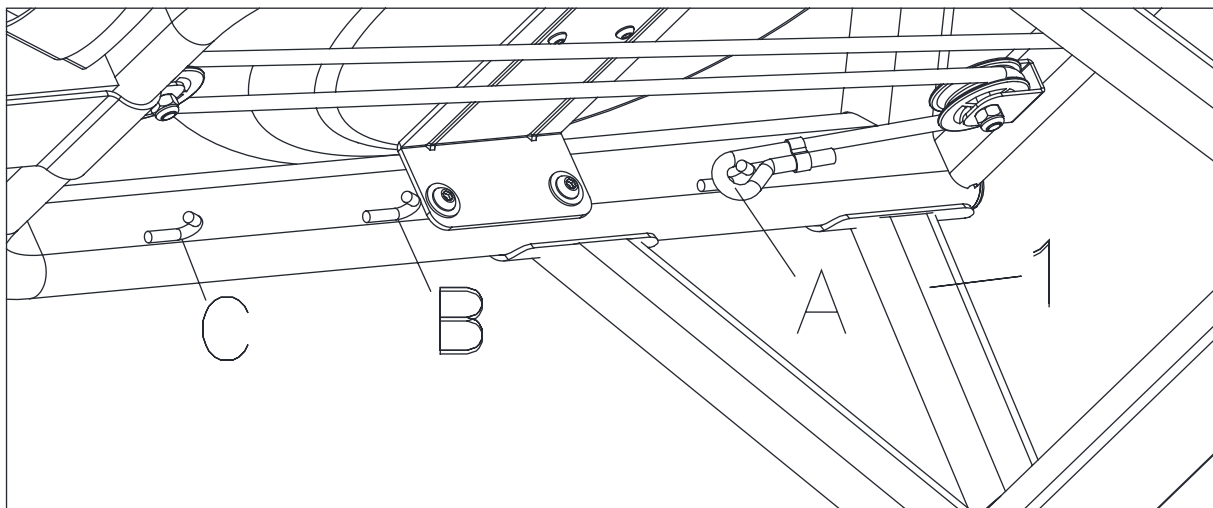
## NOTE:

- Fill the tank only with tap water. Add 1 water-purification tablet (1 packet is included). Never use pool chlorine or chlorine bleach. This will damage the tank and void the warranty.
- Add a water purification tablet every 6 months or as needed. If water remains cloudy, replace the water in the tank.
- Water from the tank is not suitable for consumption. Dispose the water after pumping it out from the tank.

## WATER LEVEL:

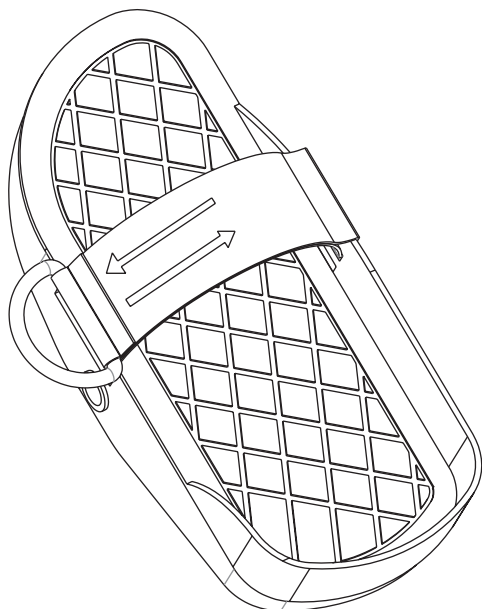
- See Fig. A. The water level gauge is on the side of the tank. The maximum fill level is 6. Never fill it over this limit. Filling the tank over this limit will void the warranty.
- The resistance depends on the water level in the tank. Water level 1 is the lowest resistance. Level 6 is the highest resistance.





There are 3 hooks (A, B, C) for the bungee cord, located on the inside of the frame under the water tank. If you hook the bungee cord on to B or C, it increases the assisted return of the mesh belt. C is the fastest return. Use caution when adjusting the bungee cord.

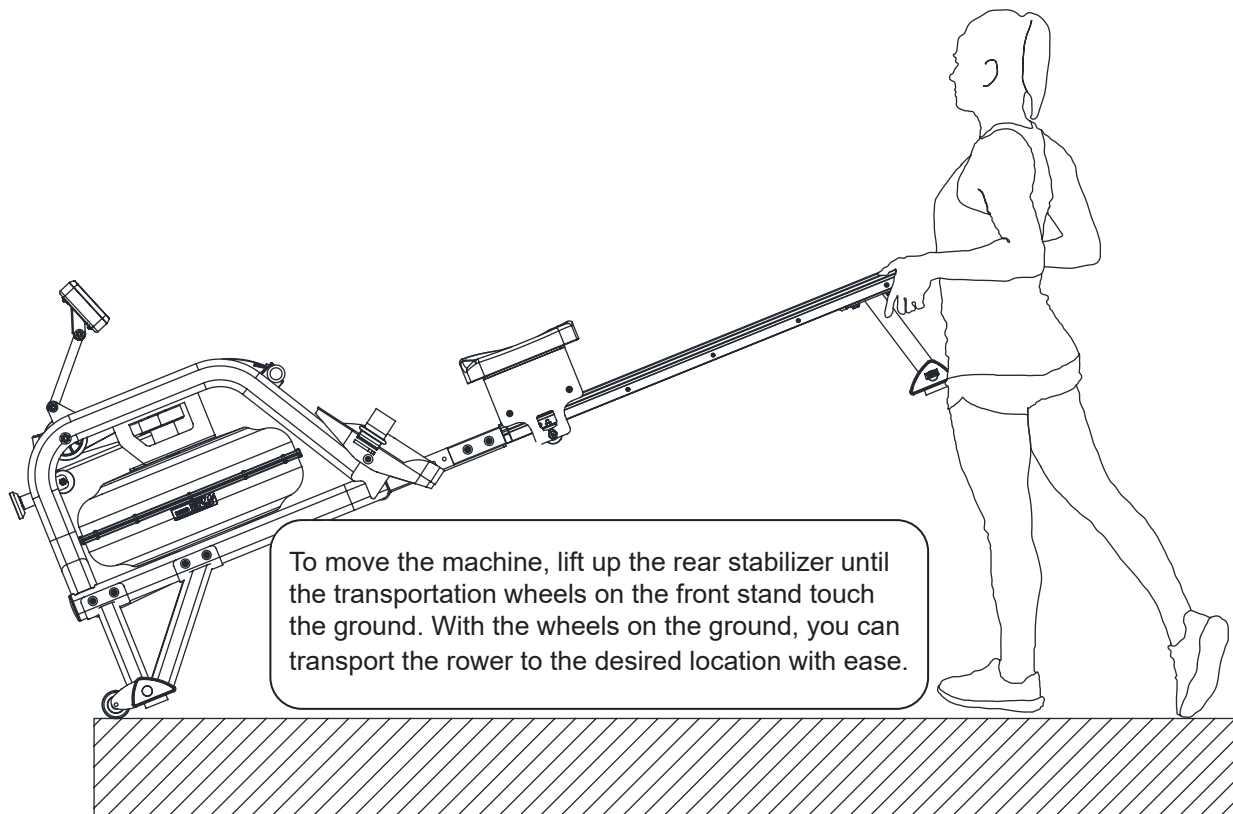
### ADJUSTING THE PEDAL STRAP



The pedal strap is adjustable and can be personalized to fit the user's foot size.

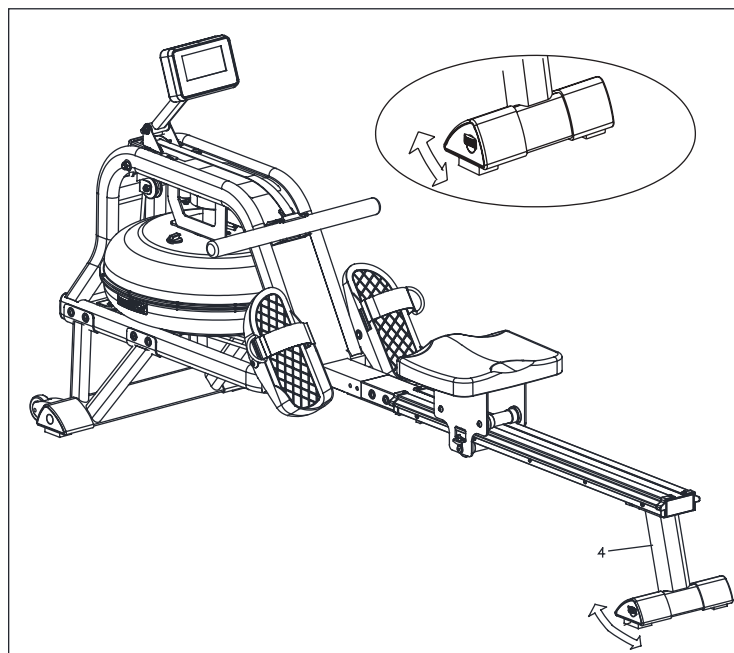
To adjust the pedal strap, remove the Velcro end of the strap from the mesh side by pulling it upward then to the left.

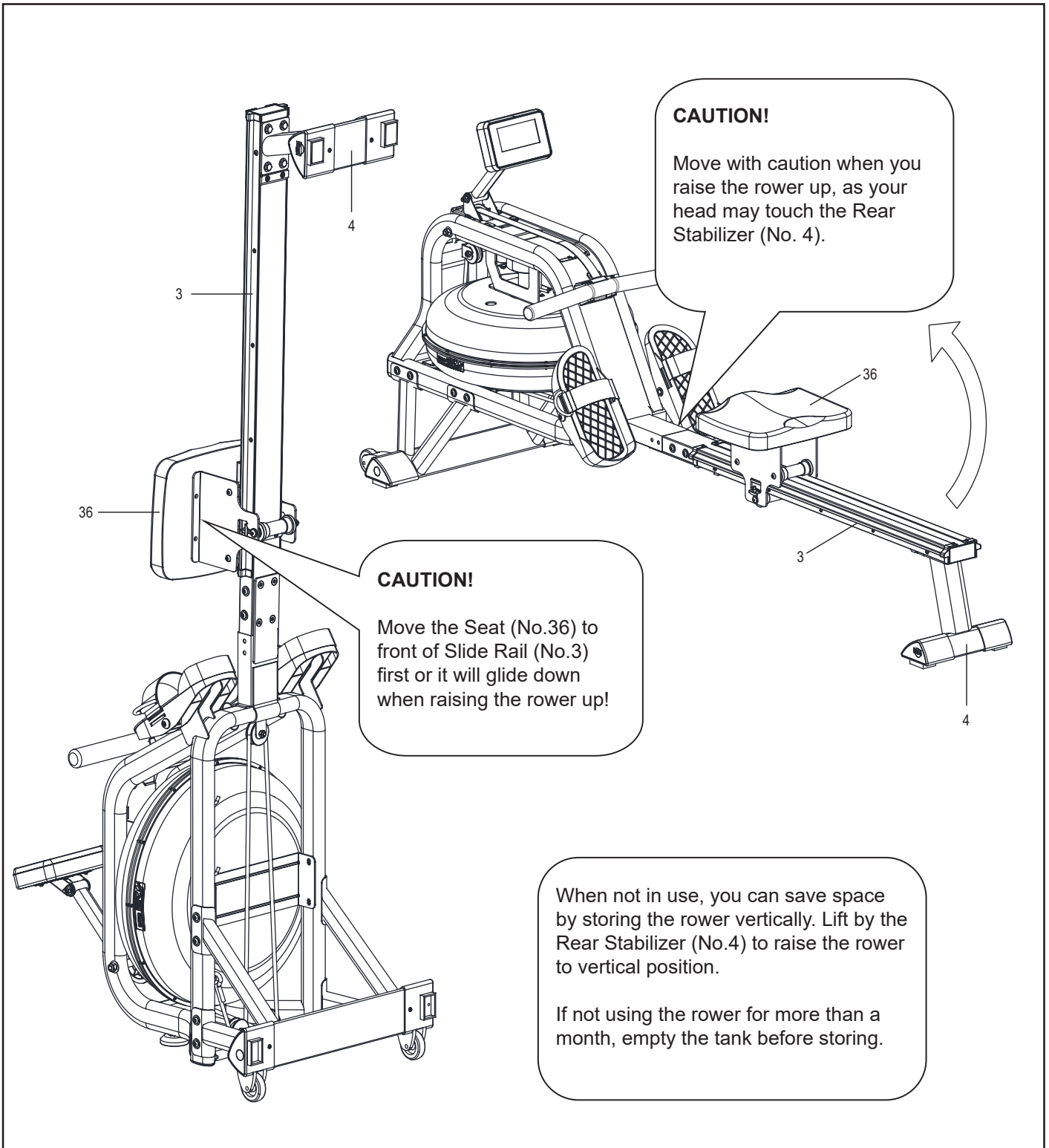
Once removed, you may increase the opening of the pedal strap by pulling the mesh end up and to the right.



## ADJUSTING THE BALANCE

Adjust the End Caps on the Rear Stabilizer (No.4) of the machine if the machine is unbalanced during use.

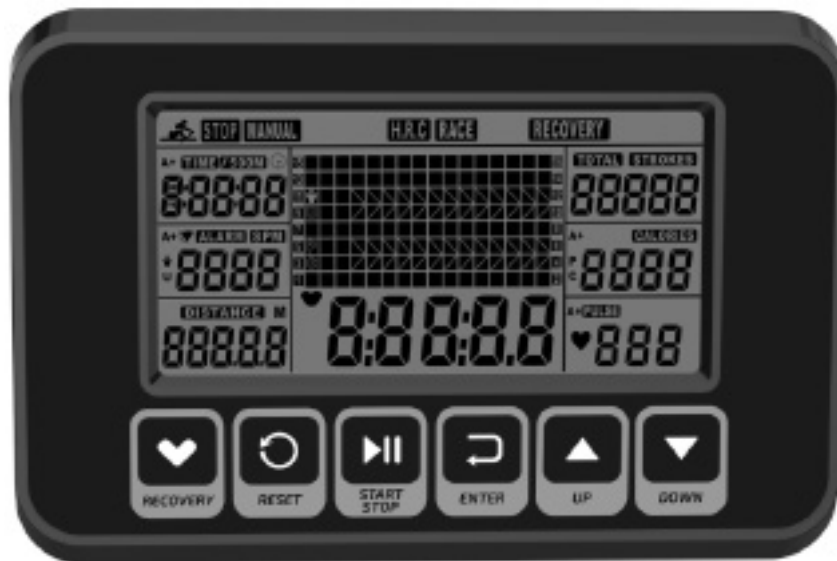




**WARNING!**

Moving parts can cause serious injury. Keep you hands away from the rail when training!





The computerized display console on the H2O Rower allows the user to tailor a personalized workout by monitoring their progress. During a workout, the display console will alternately and repeatedly display the Time, Time/500M, SPM, Distance, Strokes, Total Strokes, Calories Burned and Pulse (all of the above).

## BUTTON FUNCTIONS

- UP ▲ / DOWN ▼:** Press these two buttons to scroll through available selection. To adjust the function value upward and downward.
- ENTER:** To confirm your selection
- START / STOP:** During training, press the button to scan each display function. To start and stop your selected workout program.
- RESET:** To return the computer back to the main menu. Press and hold to reset values.
- RECOVERY:** To activate the RECOVERY PROGRAM that will automatically evaluate your fitness immediately after your work out.

## FUNCTIONS

- TIME:** Set target time by pressing UP and DOWN buttons (1min ~ 99 min), in 1 minute increments.
- TIME/500M:** Your average 500 M time is automatically displayed.
- SPM:** Strokes per minute.
- DISTANCE:** Preset target value by pressing UP and DOWN buttons (10 ~ 99900meters), 100 meters increments.
- STROKES:** Set target value by pressing UP and DOWN buttons (10~9990 strokes). 10 strokes increments.
- TOTAL STROKES:** Accumulates total strokes from 0 up to 9999.
- CALORIES:** Set target CALORIES by pressing UP or DOWN buttons (10Cal ~9990Cal), 10 Cal increments.
- HRC/PULSE:** Displays heart rate. In Manual Mode, set target value by pressing UP and DOWN buttons (30~240), 1 BPM increments. HRC will display at the top of the computer.

The computer will display your heart rate during training. When it reaches the target value, PULSE will flash and computer will beep until it is changed to another mode or you remove the chest belt. Pulse measurement function only works with 5.3 kHz chest strap heart rate monitors.

- CALENDAR:** The computer will display year, month, and day when computer is in sleep mode.
- TEMPERATURE:** The computer will display current room temperature when the computer is in sleep mode.
- CLOCK:** The computer will display current clock when the computer is in sleep mode.

**OPERATION**

1. Install 2PCS AA batteries (included) and computer will beep for 2 seconds (Fig.1). Then, the computer enters into the CLOCK & CALENDAR MODE (Fig.2).
2. The CLOCK will flash. Press UP to set the hour. Press ENTER to confirm. Press UP to set the minutes. Press ENTER to confirm. Continue to set up YEAR (in the STROKES window); MONTH (in the CALORIES window); DAY (in the PULSE window) by pressing UP or DOWN. Each time, press ENTER to confirm.

After you confirm it, ALARM will blink. To skip setting up an alarm, press ENTER. To set up an alarm, press UP KEY to turn on ALARM. An arrow will appear next to ALARM. Press ENTER. CLOCK window will flash. Press UP or DOWN to set the alarm time. Press ENTER to confirm. Computer will go into the SPORT screen (Fig.3).

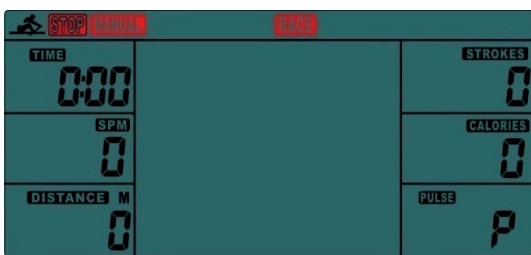


Fig.1



Fig.2

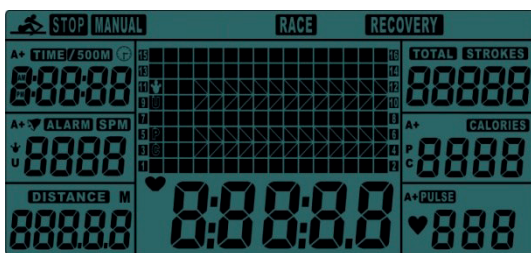


Fig.3



Fig.4

3. When you enter into the SPORT screen, MANUAL and RACE will blink. Press UP or DOWN to select MANUAL or RACE. Press ENTER to confirm your selection.

**MANUAL** (Fig.4): There are 2 options in MANUAL mode.

A. The computer can be set to countdown. When you select MANUAL, the value of TIME will start to flash. Press UP to set the value of TIME to countdown. Press ENTER to confirm it. If you do not want to set the value of time to COUNTDOWN, press ENTER to go to the next function. You can set the values for DISTANCE, STROKES, CALORIES, or PULSE. (You can only set the value for one function to countdown. For example, if you have set the target value for TIME, then DISTANCE can't be set.)

B. The computer counts the value of your workout. Press START to start.

**RACE (Fig.5):**

Select RACE mode and L1 will flash. The TIME/500M will display 8:00. Then, press UP or DOWN to select L1 ~ L15. Press ENTER to confirm. Then, you can set the distance of the race (500M~10000M) while the value of DISTANCE is blinking.

Press ENTER, and the picture of the race will display on the screen. The TIME/500M of the programs are as follows:

L1	L2	L3	L4	L5	L6	L7	L8	L9	L10	L11	L12	L13	L14	L15
8:00	7:30	7:00	6:30	6:00	5:30	5:00	4:30	4:00	3:30	3:00	2:30	2:00	1:30	1:00

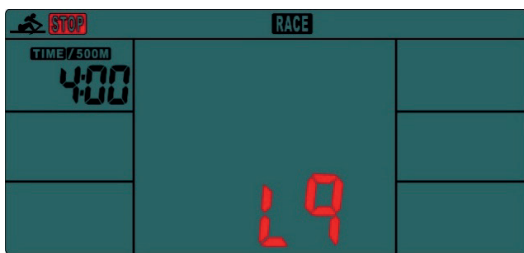


Fig.5

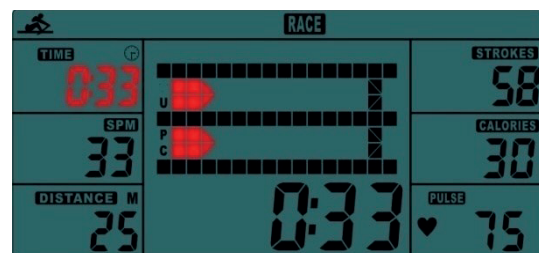


Fig.6

A. Press START button to start and STOP will disappear. USER and PC will display in the matrix (Fig.6). The computer will stop when either user or computer has reached the race distance that was set. Then the matrix displays "PC WIN" or "USER WIN" (Fig.7).

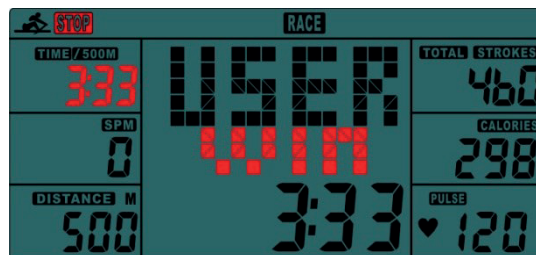


Fig.7

B. When the race is over, you can press START to start a race once again. Press RESET to leave the RACE screen.

**RECOVERY:**

This meter works with a 5.3 kHz chest strap heart rate monitor. After exercising for a period of time, keep wearing chest strap monitor and press "RECOVERY" button. All function displays will stop except "TIME" starts counting down from 00:60 to 00:00.

Screen will display your heart rate recovery status with the F1, F2...to F6

F1 is outstanding. F6 is poor. User may keep exercising to improve the heart rate recovery status.

(Press the RECOVERY button again to return the main display)

## **ALARM**

Alarm only works while the computer is in sleep mode. Alarm will not sound during exercise. Press and hold RESET to go to clock screen to set up ALARM.

## **SLEEP MODE**

The computer will go into sleep mode after about 4 minutes of inactivity.

## **BATTERY**

This meter uses 2 AA batteries, which are included. Changing the batteries will reset all values.

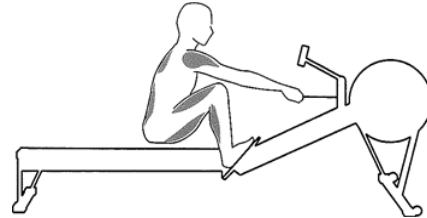
If there is a problem with the display, try changing the batteries first. When changing the batteries, change both of them. Do not mix battery types. Do not mix old and new batteries. Dispose of old batteries according to your regional guidelines.

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

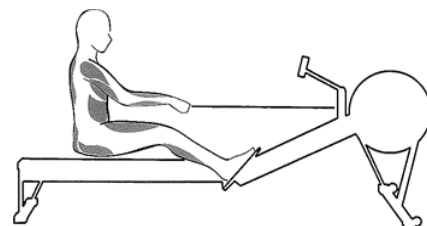
Pull your body to the starting position of next rowing with your leg strength. Now, the user can start the next rowing.

Remember that your body never stops suddenly.



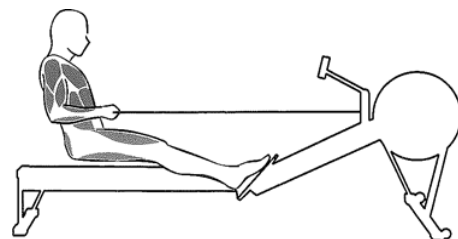
## SLIDE

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.



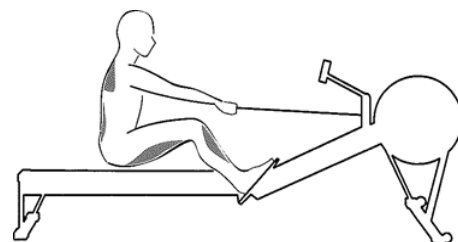
## RECOVERY

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.



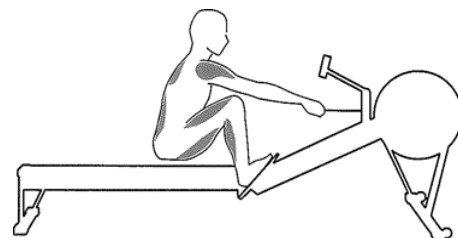
## SLIDE

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.

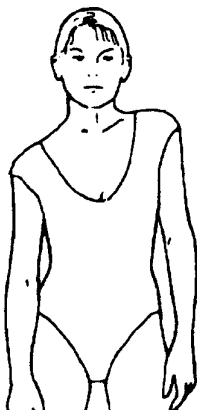
**AEROBIC EXERCISE** is any sustained activity that sends oxygen to your muscles via your heart and lungs. Aerobic exercise improves the fitness of your lungs and heart. Aerobic fitness is promoted by any activity that uses your large muscles eg: legs, arms and buttocks. Your heart beats quickly and 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.

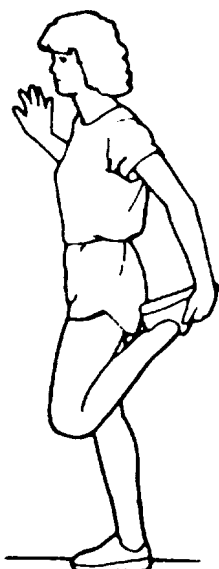
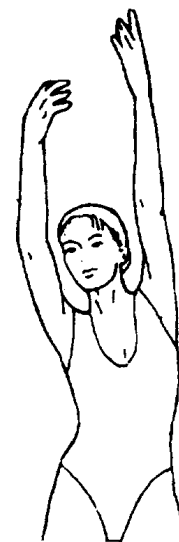


### SHOULDER LIFTS

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.



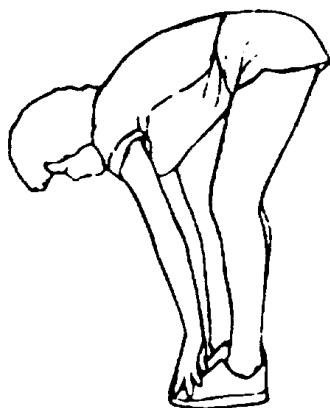
### QUADRICEPS STRETCH

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.



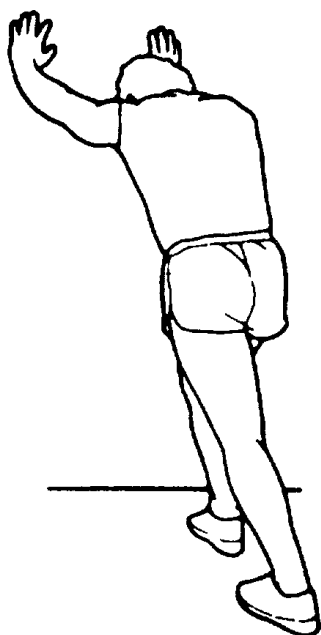
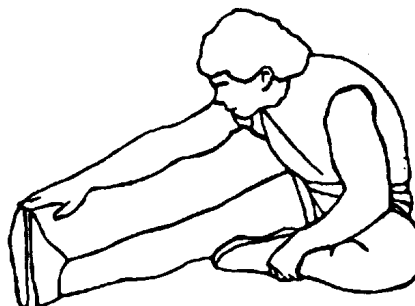


### TOE TOUCHES

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.



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, 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, electronic devices, wheels, foot straps and pedal set.

**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.

