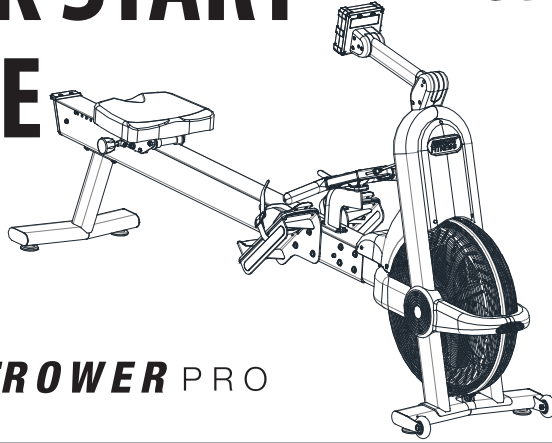


QUICK START GUIDE

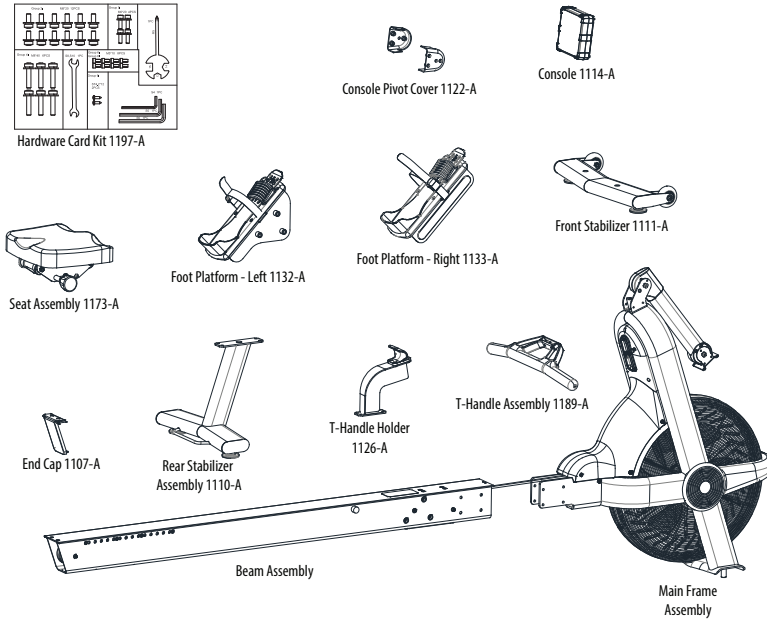
ASSAULT FITNESS



ASSAULTROWER PRO

Part #23-AS-1199-A

AS SHIPPED

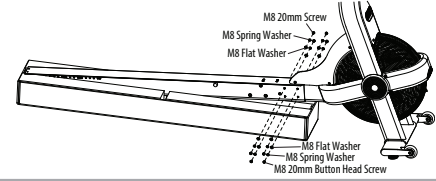


Assembly Step 2: Beam Installation

-With the assistance of a second person, rotate the Main Frame and supporting Styrofoam as shown until they rest on the floor.
NOTE: Be careful and keep the chain in line with the beam as the frame is rotated towards the floor in order to ensure that the chain does not get kinked or bent.

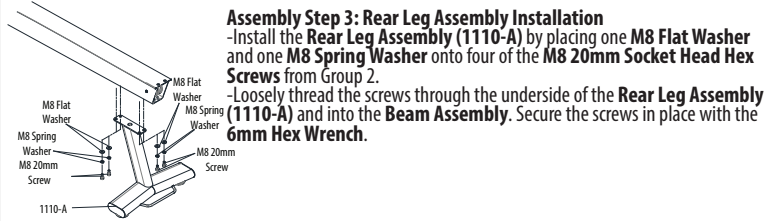
WARNING: There is tension in the chain which may pull the Beam Assembly towards the Main Frame once the two parts are aligned.

-Align the Beam Assembly with the Main Frame and slide the beam onto the beam fixing joint as shown.
 -Prop the beam assembly onto the supporting cardboard carton.
 -Secure the Beam Assembly by placing one M8 Flat Washer and one M8 Spring Washer onto eight of the M8 20mm Button Head Hex Screws from Group2.
 -Loosely thread the screws through the Beam Assembly side wall and into the Main Frame. Secure the screws in place with the 6mm Hex Wrench.



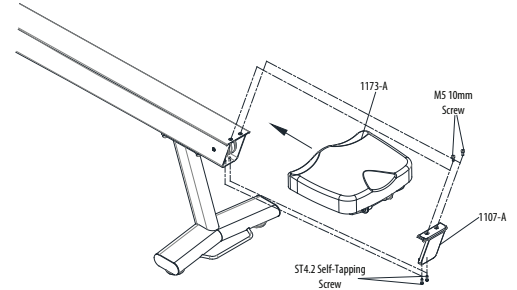
Assembly Step 3: Rear Leg Assembly Installation

-Install the Rear Leg Assembly (1110-A) by placing one M8 Flat Washer and one M8 Spring Washer onto four of the M8 20mm Socket Head Hex Screws from Group 2.
 -Loosely thread the screws through the underside of the Rear Leg Assembly (1110-A) and into the Beam Assembly. Secure the screws in place with the 6mm Hex Wrench.



Assembly Step 4: Seat and End Cap Installation

-Slide the Seat Assembly (1173-A) onto the Beam Assembly in the orientation shown. Do not force it on the beam or you could risk damaging the wheels.
 -Install the End Cap (1107-A) using two M5 10mm Button Head Hex Screws from Group6/8 and tighten using the 4mm Hex Wrench. Next install the two ST4.2 12mm Pan Head Self-Tapping Screws from Group6 on the underside of the beam using a Phillips head screwdriver to complete the End Cap (1107-A).

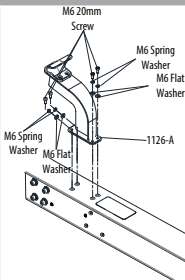
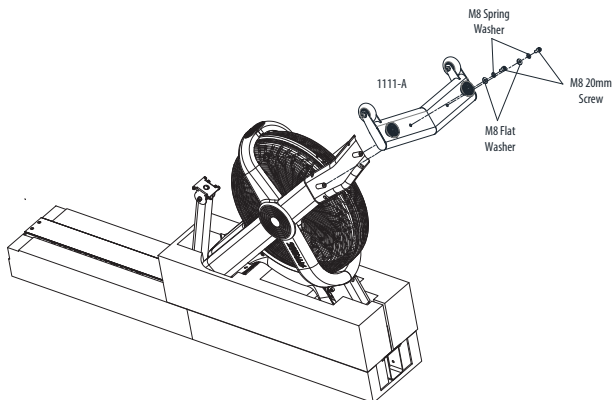


ASSEMBLY Introduction

-The ASSAULTROWER PRO requires assembly prior to use. The tools required to complete the initial setup and assembly have been included in the Assembly Hardware Kit.
 -Lift box top off of contents. Remove all loose parts and the hardware kit from the sides of the styrofoam carton. Set aside the outer carton and remove styrofoam from top of frame **but leave the main frame assembly and beam assembly in place and proceed to Step 1 below.**
 -Confirm all parts shown in the section above titled As Shipped are included before attempting assembly of the ASSAULTROWER PRO.

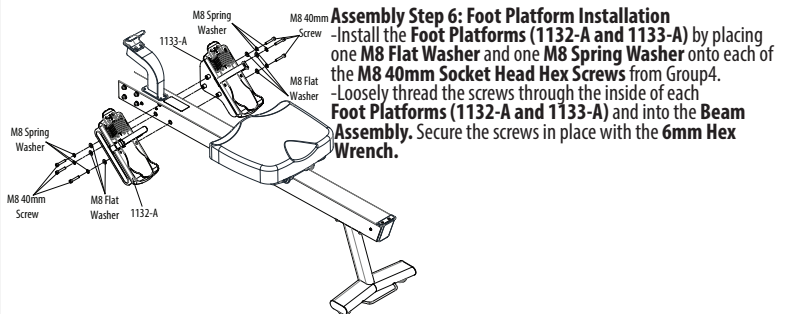
Assembly Step 1: Front Stabilizer Installation

-Remove and discard the preinstalled packaging tube by unscrewing the two M8 Flat Washers, two M8 Spring Washers and two M8 20mm Socket Head Hex Screws. Set aside the hardware for reuse.
 -Install the Front Stabilizer (1111-A) by placing one M8 Flat Washer and one M8 Spring Washer onto each of the M8 20mm Socket Head Hex Screws. Loosely thread the screws through the underside of the Front Stabilizer (1111-A) and into the Main Frame. Secure the screws in place with the 6mm Hex Wrench.



Assembly Step 5: T-Handle Holder Installation

-Install the T-Handle Holder Assembly (1126-A) by placing one M6 Spring Washer and one M6 Flat Washer onto the M6 20mm Socket Head Hex Screws from Group5 and insert through the base of the T-Handle Holder Assembly (1126-A). Tighten using the 5mm Hex Wrench.



Assembly Step 6: Foot Platform Installation

-Install the Foot Platforms (1132-A and 1133-A) by placing one M8 Flat Washer and one M8 Spring Washer onto each of the M8 40mm Socket Head Hex Screws from Group4.
 -Loosely thread the screws through the inside of each Foot Platform (1132-A and 1133-A) and into the Beam Assembly. Secure the screws in place with the 6mm Hex Wrench.

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For more information or questions regarding your equipment, please visit our website at

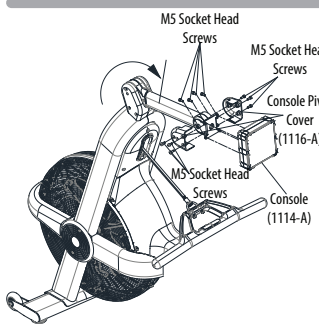
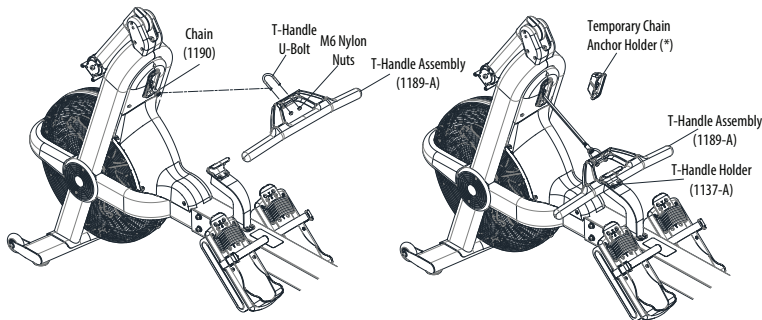
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QUICK START GUIDE

Assembly Step 7: T-Handle Installation

- Remove the two **M6 Nylon Nuts** and the **T-Handle U-Bolt**.
- Install the **T-Handle U-Bolt** into the chain anchor collar, pull the chain anchor collar out of the **Temporary Chain Anchor Holder (*)** slightly and rotate the **T-Handle U-Bolt** into the horizontal position.
- Install the **T-Handle Assembly (1189-A)** using the two **M6 Nylon Nuts** and and tighten using the provided **8/10mm Wrench** until a few threads are sticking through the nuts.
- Once secure, pull the **T-Handle Assembly (1189-A)** and remove the **Temporary Chain Anchor Holder (*)** and dispose of it.
- Place the **T-Handle Assembly (1189-A)** in the **T-Handle Holder**.



Assembly Step 8: Console Installation

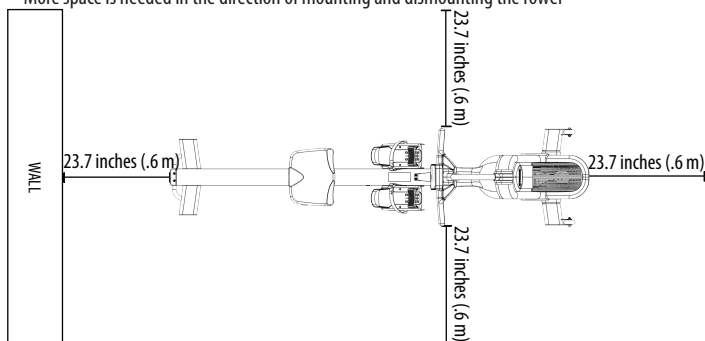
- The **Computer Mast Cable (1202-A)** is pre-installed and should be extending from the top to the bottom of the **Console Mast Assembly**. Connect the top end of the **Computer Mast Cable (1202-A)** extending from the **Console Mast Assembly Pivot Bracket** into the cable extending from the hole in the backside of the console and carefully tuck the excess cable into the **Console (1114-A)**.
- Align the mounting holes located in the back of the **Console (1114-A)** with the holes in the **Console Mast Assembly Pivot Bracket** and loosely thread in the four **M5 10mm Socket Head Hex Screws**. Tighten using the **4mm Hex Wrench**.
- Next, install the **Console Pivot Covers (1116-A)** using the six **M5 10mm Socket Head Hex Screws** from Group 8 and tighten using the **4mm Hex Wrench**.

Assembly Step 9: Leveling the Unit

- Select a suitable space for operation of the ASSAULTROWER PRO. Move the unit to the desired location by raising the rear stabilizer off the ground until the transport wheels touch the ground.
- Slowly push the unit into place. Ensure there is at least 0.6 m (23.7 in.) of clearance on all sides of the rower.
- More space will be needed in the directions from which the rower will be mounted and dismounted from.
- Ensure the unit is level and does not rock by adjusting the **Leveling Feet**. There are two feet on the Front Stabilizer and two on the Rear Stabilizer. Check the unit for stability and make any adjustments as necessary.
- Remove protective covering from console.
- Congratulations, your new ASSAULTROWER PRO is fully assembled and ready for use. Please read all included information, user guides and warnings before use.

Minimum clear workspace for safe operation

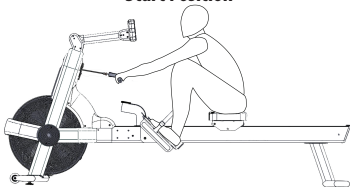
*More space is needed in the direction of mounting and dismounting the rower



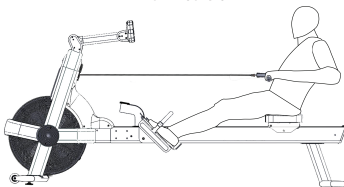
Rowing Technique

- The correct starting position includes a neutral head, straight arms, and knees in a bent position.
 - The drive is initiated by pushing with the legs and keeping the arms long and straight
 - As the legs reach extension the back becomes vertical and the arms start to draw the handle to the body
 - At the end of the pull, the torso is slightly leaning back and handle finishes at the sternum. The elbows draw backwards and the wrists and forearms are in line with the handle.
 - Initiate the recovery phase by straightening the arms and leaning the torso forward before the legs bend.
 - The legs will then bend until you are back at your initial starting position then repeat the sequence.
- NOTE: Before beginning any fitness program, you should obtain a thorough medical exam from your physician. Injury may occur with incorrect or excessive training.**

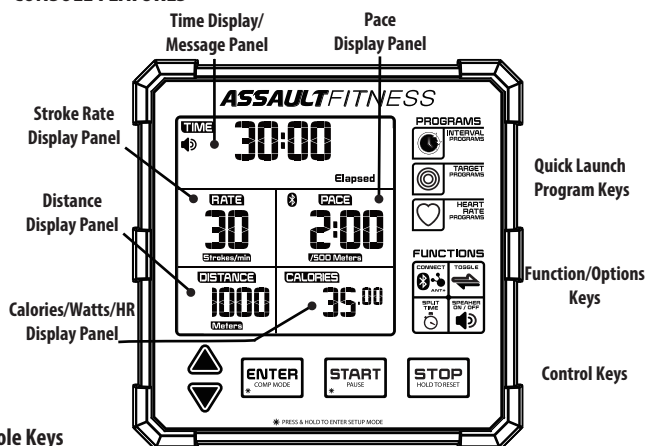
Start Position



Finish Position



CONSOLE FEATURES



Console Keys



The **START** key will launch a program and restart a paused program. Pressed in conjunction with the **ENTER** key, the Setup Mode will launch.



The **ENTER** key confirms values entered when adjusting a program. Pressed along with the **ENTER** key, the Setup Mode will launch. To launch the Comp Mode, press the **ENTER** key for five seconds.



Use the **STOP** key to end a program or pause a running program. To reset the console and erase all user-entered data, press the **STOP** key for more than two seconds.



The **UP/DOWN** Arrow keys allow the user to increase and decrease console values. Pressing the **UP/DOWN** Arrow keys together for five seconds will launch the Comp Setup Mode.



Press the **INTERVAL PROGRAMS** key to review and select that available console interval programming.



The **TARGET PROGRAMS** key launches the Target Program setup mode. The user can program a custom calorie, time or distance target.



The **HEART RATE PROGRAMS** key opens the available heart rate control programs.



Connections to a mobile device or wireless chest strap via the on-board Bluetooth or ANT+ radios are initiated by pressing the **CONNECT** key.



Pressing the **SPLIT** key freezes the workout metrics for five seconds. The workout will continue to run in the background.



Pressing the **SPEAKER** key turns off or on the console's audible notifications.



The **TOGGLE** key allows the user to choose between showing Calories or Watts. When pressed, the console will flash the updated units banner to confirm the change.

Battery Installation. The console operates on four (4) AA batteries (included). The battery compartment is on the back side of the console. Only use alkaline batteries of the same brand and age to prevent damage to the electrical components. Removal/replacement of batteries will erase user settings.

ANT+ 2.4Ghz Wireless Technology. Connection of an optional ANT+ heart rate chest strap can be made via the on-board wireless receiver. See the section titled Heart Rate Training for more information.

Permanent Memory. Total time, meters, and service interval reminder data will always be maintained.

Low Battery Indicator. When power for the installed batteries reaches 10% of total capacity, the Low Battery Indicator icon will light to indicate fresh batteries are required. Always use fresh alkaline batteries.

Sleep Mode. After ten (10) minutes of inactivity, the console will enter the Sleep Mode. All display features will switch off, however previously entered data will be saved.

Ready Mode. The Ready Mode is designed to notify the user that the console is powered on and ready for use. "Assault" and "Ready" will post in the alpha-numeric display. The Ready Mode will time out in ten (10) minutes.

Reset Process. To reset all user settings, press and hold the **STOP** key for two (2) seconds. The total runtime, total distance, and maintenance reminder data will be retained in the permanent memory.

Pause Mode. While any program (except the Comp Program) is running, pressing the **START** key will launch the Pause Mode. The alpha-numeric display will flash "Paused" and each metrics display field will post "P". To return to the previous program, press the **START** key. To continue the program, press the **START** key again. If no further input is made, the Pause Mode will end and console will enter the Ready Mode in ten (10) minutes.

Program Quick Start. The ASSAULTROWER PRO console allows users to begin a workout without the selection of a program. When launched, the metrics will begin to display within seconds of pressing the **START** key or moving the pulling the rower chain. The program will run continuously and all metrics will count up from zero.

Workout Results. At the end of each workout, the console will post a workout summary of the workout data. Total Time, Calories, and Distance will post, followed by Maximum Stroke Rate, Watts and Pace, then Average Stroke Rate, Watts and Pace.

PROGRAM OPERATION

WARNING. Please read all included information, user guides and warnings before use.

QUICK START Program

The Quick Start program option is for users wishing to bypass the on-board programming setup steps and begin their workout immediately. The Quick Start program will launch as soon as the rower chain is pulled or if the START key is pressed. The console will begin to display all metrics, including the user's heart rate (if a signal is detected). The program will run continuously until the resistance fan stops moving. To end the program and view the Workout Summary, press the STOP key.

Launch: Press the START key or begin rowing.

Run: All metrics will begin to post.

End: Press the STOP key. The Results summary will be displayed for total, average and maximum values.

INTERVAL 20/10 & INTERVAL 10/20 Programs

The Interval 20/10 and Interval 10/20 programs offer the user a series of eight (8) high-intensity workout intervals with preset time segments. This training protocol is commonly known as High Intensity Interval Training (H.I.I.T.). The console will provide messages to the user at the start of each work and rest interval. Additionally, work and rest intervals will be signaled via audible tones.

Interval 20/10 Program

Number of Intervals: 8
Work Interval Length: 20 seconds
Rest Interval Length: 10 seconds

Interval 10/20 Program

Number of Intervals: 8
Work Interval Length: 10 seconds
Rest Interval Length: 20 seconds

Launch: Press the INTERVAL PROGRAMS key until the desired program title is visible. Confirm the selection of the displayed program title by pressing the START key.

Run: The console will display the current Work/Rest interval and the timer display will count down for each interval.

End: The program will run until the last of the Work segments end. To end the program at any time, press the STOP key. The Workout Summary will launch at the end of the program and post a record of the workout data.

INTERVAL CUSTOM Program

The Interval Custom Program is similar to the Interval 20/10 Program except the user has the ability to set the length of the work and rest intervals as well as the total number of intervals.

Launch: Press the INTERVAL PROGRAMS key repeatedly until Custom is displayed. Confirm the selection of the visible program by pressing the START key.

Setup: When running the Interval Custom program for the first time (or after the console has been reset), the user will be required to enter the total number of intervals. Adjust the displayed value when prompted by pressing the UP or DOWN key, followed by the ENTER key to confirm. The default work interval time value will then post. Adjust the displayed time value with the UP or DOWN key and press ENTER to confirm. The default rest interval will post. Adjust the value and confirm by pressing ENTER.

Run: The console will display the current Work/Rest interval and the timer display will count down for each interval.

End: The program will run until the last of the Work segments end. To end the program at any time, press the STOP key. The Workout Summary will launch at the end of the program and post a record of the workout data.

TARGET TIME, TARGET CALORIES and TARGET DISTANCE Programs

The Target Time, Target Distance and Target Calories programs each operate in an identical manner. For these programs, the user may set a single target metric value and the program will continue until that goal has been achieved.

Launch: Press the TARGET PROGRAMS key repeatedly until the banner for the desired target is displayed. Press ENTER to confirm the selection.

Setup: When running the Target programs for the first time (or after the console has been reset), the display will flash with the default value. Adjust the displayed value by pressing the UP or DOWN keys, followed by the ENTER key to confirm. The program will begin automatically.

Run: The display fields will light and begin to track the progress of the user toward the goal. If Time was the selected target, remaining time will be displayed and the timer will count down. If Distance or Calories are the selected targets, the console will track the progress toward those goals and timer will count up.

End: The program will end automatically when the selected target has been achieved or the timer reaches zero. To end the program at any time, press the STOP key. The Workout Summary will launch and post a record of the workout data.

TARGET HEART RATE Program

The Target Heart Rate Program offers users the ability to target a specific heart rate / Bpm (Beats-per-minute range) or heart rate zone for maximum cardiovascular training. With one piece of information (user age), the console will automatically calculate the Estimated Calculated Maximum Heart Rate as well as some common heart rate training zones (65%, 75% and 85% of Max Bpm). Additionally, a specific Bpm of the user's choice can be entered.

Launch: Press the HEART RATE PROGRAMS key.

Setup: Set the user's age via the UP/DOWN keys and confirm the entry by pressing the ENTER key. Select the target HR range or the Custom Bpm by pressing the UP or DOWN key until the desired target is displayed, then press ENTER. The console offers a choice of adding a countdown timer. Select Timer On or Timer Off via the UP or DOWN key, and press ENTER to confirm. If Timer On was selected, adjust the time values via the UP/DOWN keys, and press ENTER to confirm.

Note: The accuracy of the displayed metrics is dependent upon an accurate user age value entry.

Run: The display fields will light and begin to track the progress of the user and the user's target heart rate will flash in the alpha-numeric display. The console will provide prompts such as HR Low followed by Increase Pace, or HR High/Decrease Pace to aid the user in maintaining the targeted heart rate range. If the user's heart rate remains at an elevated value (based on the entered age), the console will shut down.

End: The Target Heart Rate program will run continuously until ended manually by the user or the selected timer value has expired. To end the program at any time, press the STOP key. The Workout Summary will launch and post a record of the workout data.

COMP Program

The Comp Program allows the trainer or user to set a pre-defined workout program targeting a Caloric, Time or Distance value. The Comp Program operates similar to the Target Programs with some key differences. While the console is in the Comp Run Mode, all other program functions are locked out to ensure the identical program settings are repeated and unchangeable. This feature is useful for a class setting or a head-to-head competition.

Setup: The Comp Program requires a few setup steps. To launch the Comp Set Mode, press the UP+DOWN arrow keys simultaneously for five (5) seconds. Comp Set Mode will post in the alpha-numeric display and the TARGET banner will flash as well as one of the available metrics of Time, Calories or Distance. Select the desired target (Time, Calories or Distance) via the UP/DOWN keys and confirm the selection by pressing ENTER. The selected target value will flash. Adjust the flashing value via the UP/DOWN arrow keys and press ENTER to confirm. To alter the Comp Program settings, relaunch the Comp Set Mode.

Ready: Before the Comp Program can be run, the console must be set to the Comp Ready Mode. This step ensures that the program cannot be accidentally changed between users as this mode locks out the selection of other programs and features. Press the ENTER key for five (5) seconds to launch the Comp Ready Mode and display the previously set target.

Run: When the console is in the Comp Ready Mode, launch the Comp Program by pressing START. Run Comp will post and flash in the alpha-numeric display and the banner for the selected target will flash. If Time is the target metric, the timer will count down the time remaining while logging values for Calories, Distance, Stroke Rate, Pace, and Watts. If Distance or Calories are selected as the target, the timer will count up.

End: The program will end automatically when the target metric has been reached. The Comp Ready Mode will launch, ready for the next user/competitor.

Exit: To exit the Comp Ready Mode, press the DOWN arrow key for five (5) seconds to launch the standard Ready Mode. To conserve battery power, the Comp Ready Mode will time out in thirty (30) minutes and enter the Sleep Mode. When input is received via rowing or a console key, the Comp Ready Mode will launch.

HEART RATE TRAINING

Heart rate is an important key to your exercise. The Surgeon General released a report on physical activity and health stating exercise and fitness are beneficial for a person's health and emphasized the need for exercise as a key component for disease prevention and healthier living. The best way to determine exercise intensity is to monitor your pulse rate. Heart rate can easily be monitored by counting the number of heart beats per minute at the chest, wrist or the carotid artery on your neck, however it is difficult to do so while exercising. To aid in heart rate training, the ASSAULTROWER PRO console is equipped with a wireless heart rate receiver which can detect a HR signal being transmitted by a wireless chest strap (optional).

Calculated Maximum Heart Rate

Your target heart rate depends primarily upon your age. It is key to work within a safe and productive zone. If the exercise intensity is too low or too high, only modest gains will be made in strength and cardiovascular fitness. A workout at a very low intensity will not offer maximum benefits.

It is generally perceived that it is most effective to train at a heart rate between 65% and 85% of your maximum heart rate. Calculated Maximum Heart Rate is calculated as a percentage of your Maximum Heart Rate (estimated as 220 Bpm minus your age).

To calculate your Calculated Maximum Heart Rate and find the appropriate target training zone, use the following formulas. The following estimations are relevant for a 35-year-old user:

$220 - 35 = 185 \text{ BPM}$ (220 - Age = Calculated Maximum Heart Rate in Bpm)

$0.65 \times 185 = 120 \text{ BPM}$ (65% of 185 BPM [Calculated Maximum Heart Rate] = 120 BPM)

$0.85 \times 185 = 157 \text{ BPM}$ (85% of 185 BPM [Calculated Maximum Heart Rate] = 157 BPM)

The recommended heart rate training zone for this user would be between 120 Bpm and 157 Bpm.

Using the Wireless Heart Rate Receiver

In general, a wireless heart rate chest strap is the most accurate and convenient method of detecting and monitoring a heart rate signal. Occasionally, certain factors can negatively affect the accurate transmission of the heart rate signal. Wi-Fi networks, cordless telephones and large electrical appliances may degrade or corrupt the signal creating an erratic or impossibly high Bpm. The only remedy for such a symptom is to isolate the unit from potential disturbances. Additionally, a person's body chemistry or lack of perspiration can prevent the chest strap from providing a strong or accurate heart rate signal. A wireless heart rate receiving system is one feature found on this unit. In order for the console to detect and display your heart rate wirelessly, four (4) conditions must be present:

A compatible heart rate chest strap transmitter must be functioning and worn. The console requires an ANT+ or Bluetooth Low Energy (LE) heart rate chest strap. For proper function of the chest strap, please refer to the manufacturer's instructions.

Both the console and heart rate chest strap must be powered on/activated.

A workout program must be running.

The ANT+ or Bluetooth LE heart rate chest strap is paired to the console.

Pairing a Wireless ANT+ / Bluetooth LE Heart Rate Transmitter to the ASSAULTROWER PRO Console.

There are two ways to connect the ANT+ or BTLE heart rate chest strap to the ASSAULTROWER PRO console.

ANT+: Pairing will occur via the ANT+ radio. Ensure the chest strap is on and worn correctly. Press and hold the CONNECT key for 5 seconds. "ANT+HR" will begin to flash in the alpha-numeric display until the heart rate strap pairs to the console. When paired, the HEART RATE icon will begin to flash and the alpha-numeric display will flash "Connected" to confirm connection.

Bluetooth: Pairing will occur via the BTLE radio. Ensure the chest strap is on and worn correctly. Press and release the CONNECT key. "BT#####" will be shown in the alpha-numeric display until the heart rate strap pairs to the console. When paired, the HEART RATE icon will begin to flash and the alpha-numeric display will flash "Connected" to confirm connection.

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