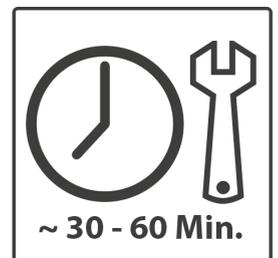
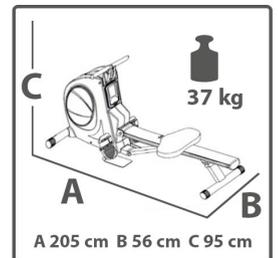




Assembly and operating instructions



DFRM50.01.03

Art.-No. DF-RM50

DARWIN RM 50

Dear Customer,

Thank you for deciding for a high-quality training equipment of the brand DARWIN, the brand that makes athlete's hearts beat faster. DARWIN offers a wide range of home fitness equipment like elliptical cross trainers, ergometers, treadmills and rowing machines. DARWIN equipment is the optimal equipment for all those who want to train at home independent of goals and fitness level. For further information please visit www.sport-tiedje.com.

SAFETY NOTICE



Please read all of the instructions carefully before assembly and first use. These instructions are intended to ensure speedy assembly and explain safe usage. Make sure that all people exercising with the equipment (in particular children and persons with limited physical, sensory, mental or motor capabilities) are informed about these instructions and its content in advance. In case of doubt, a responsible person must supervise the use of the equipment.

This equipment has been manufactured according to the latest safety knowledge. As far as possible, potential safety hazards which could cause injury have been eliminated. Make sure to follow the instructions carefully and that all parts are securely in place. If required, read through the instructions again to correct any mistakes.

Please pay close attention to the safety and maintenance instructions given here. The contract partner cannot be held liable for damage to health, accidents or damage to the equipment when it is not used in accordance with these instructions.

The equipment is only suitable for use at home. The equipment is not suitable for semi-professional (e. g., hospitals, clubs, hotels, schools, etc.) and commercial or professional use (e. g., health clubs).

Retain these instructions in a safe place for future reference, maintenance or when ordering replacement parts.

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1.1 Technical data

LED display of:

- + Strokes
- + Time
- + Distance
- + Time/500m
- + Calories
- + Heart rate

Total number of training programs:	3
Manual program:	1
RACE program:	1
RECOVERY program:	1

Weight and dimensions:

Article weight (gross, including packaging):	47 kg
Article weight (net, without packaging):	37 kg

Packaging dimensions (L x W x H): 114.5 cm x 57 cm x 52 cm
Set-up dimensions (L x W x H): 205 cm x 56 cm x 95 cm

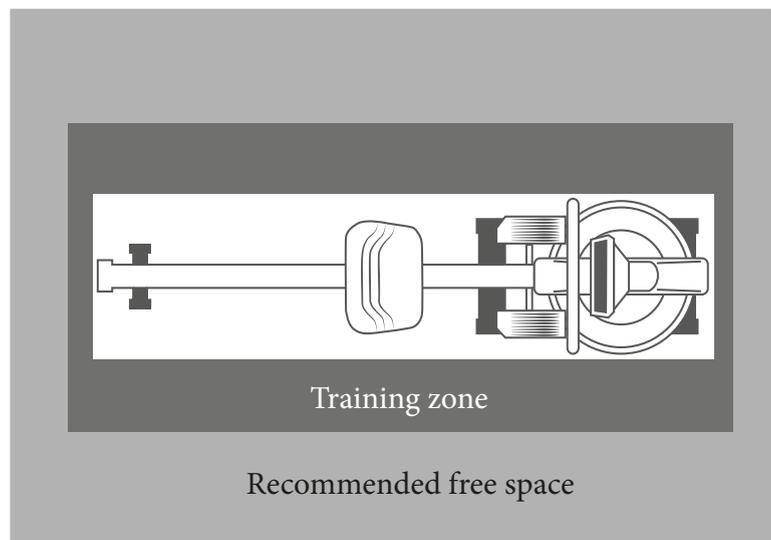
Maximum user weight: 135 kg

1.2 Personal safety

- + Before you start using the equipment, you should consult your physician that this type of exercise is suitable for you from a health perspective. Particularly affected are persons who: have a hereditary disposition to high blood pressure or heart disease, are over the age of 45, smoke, have high cholesterol values, are overweight and/or have not exercised regularly in the past year.
- + Please note that working out excessively can seriously damage your health. Please also be aware that heart rate monitoring systems might be imprecise.
- + The equipment may only be used for its intended purpose; that means for running training by adults.
- + Any other usage is prohibited and potentially dangerous. The contract partner cannot be held liable for damage resulting from improper use.
- + The equipment is strictly for use by one person at a time.
- + Children should not be allowed unsupervised access to the equipment.
- + Before starting your training, make yourself familiar with all of the equipment's functions and setting options. Have an expert explain the correct usage of the product to you.
- + Make sure that nobody is in the range of motion of the equipment while exercising.
- + Keep your hands, feet and other body parts, hair, clothing, jewelry and other objects well clear of moving parts.
- + During use, wear suitable sports clothing rather than loose or baggy clothing. When selecting sports shoes, think about the suitability of the sole – preferably this should be made of rubber or other non-slip materials. Shoes with heels, leather soles, studs or spikes are not suitable. Never work out in bare feet.
- + At the first signs of weakness, nausea, dizziness, pain, difficulty in breathing or other abnormal symptoms, stop your workout immediately and, if necessary, consult your physician.
- + Without prior agreement from your authorized contract partner, opening the equipment is prohibited.
- + The equipment has stable steps on the sides that you can stand on in case of an emergency and leave the equipment.
- + The safety key should be inserted during all training.
- + The safety key and the power cable should be removed when you are not present in order to rule out improper usage by third parties.

1.3 Set-up place

- + The equipment should only be used indoors, in a sufficiently heated and dry area (ambient temperature between 10°C and 35°C). The equipment should not be used outdoors or in rooms with high humidity (over 70%) like swimming pools. The equipment should only be stored in surroundings with an ambient temperature between 5°C and 45°C.
- + The training room should be well ventilated during training and not be exposed to any draughts.
- + Choose a location in which to place the equipment such that there is enough free space/clearance to the front, the rear and to the sides of the equipment (at least 1.50 m). Furthermore, the equipment should not be set up in main entrances or on escape routes.
- + No objects of any type should be inserted into the openings of the equipment.
- + The equipment should be placed on a level and solid surface, any unevenness in the floor should be leveled out.
- + A floor protective mat / equipment underlay can help to protect high-quality floor coverings (parquet, laminate, cork, carpets) from dents and sweat and can help to level out slight unevenness.



2.1 General instructions

- + Please check if all parts and tools belonging to the equipment are included in the delivery and if there is any transport damage. If there are any complaints, please contact your contract partner directly.
- + Some of the nuts and bolts to be used in assembly are already pre-mounted in order to make set-up as easy as possible.
- + The equipment must be assembled by adults. In case of doubt, ask for assistance from another person with technical skills.
- + Keep children away from the equipment during assembly, because small parts are included in the delivery and may be swallowed.
- + Make sure that you have enough space (at least 1.50 m) in every direction during assembly.
- + Do not leave any tools and packaging materials like plastic sheeting laying around to avoid danger of suffocation for children.
- + Assemble the equipment on an underlay mat or on the cardboard packaging in order to avoid damage to the equipment and to the floor (scratches).
- + Before starting assembly, all individual parts should be placed on the floor next to each other.
- + Read the assembly instructions carefully and assemble the equipment according to the illustrations. Proceed carefully and cautiously.
- + First loosen all parts and check for their correct fitting. Then tighten the screws using a tool.
- + Modifications to the design or improper repairs may pose a hazard to the user and should not be carried out. The product warranty may be void as a result.
- + Only authorized service technicians are permitted to carry out all servicing and/or repairs – it excludes maintenance and care.
- + Damaged or worn components may impair your safety and the lifespan of the equipment. You should therefore immediately replace damaged or worn components. Please contact your contract partner in such a case. The equipment should no longer be used until it has been repaired. When needed, only use original DARWIN spare parts.
- + Check the tightness of all screw connections once a month.

2.2 Faults and Troubleshooting

PROBLEM

Heart rate is not received

SOLUTION

1. The chest strap cannot measure a heart rate when your skin is too dry. In order to improve the transmission, please moisten the contacts of the chest strap. We recommend to put some chest strap contact gel on it for longer training sessions.
2. Make sure that you wear a compatible chest strap with a 5 kHz frequency.
3. Replace the batteries, even if the chest strap is new.
4. Regarding 5 kHz chest straps, the interference of other electrical devices might be a problem. Place your rowing machine where no other electrical devices are close to it.
5. Check the functionality of the chest strap by testing it with another equipment at your contract partner or at a gym.
6. Contact your contract partner to check the compatibility of your chest strap. When you have still not found a solution, contact your contract partner.

PROBLEM

LED error – software error etc.

SOLUTION

1. Hold Reset to start the console again.
2. Start the console again by disconnecting the power cable for about 15 seconds.
3. Disconnect and connect again all cable connections, see assembly instructions.
- 4) Contact a service technician of your contract partner.

2.3 Maintenance and inspection calendar

The following routine works need to be done in the given intervals:

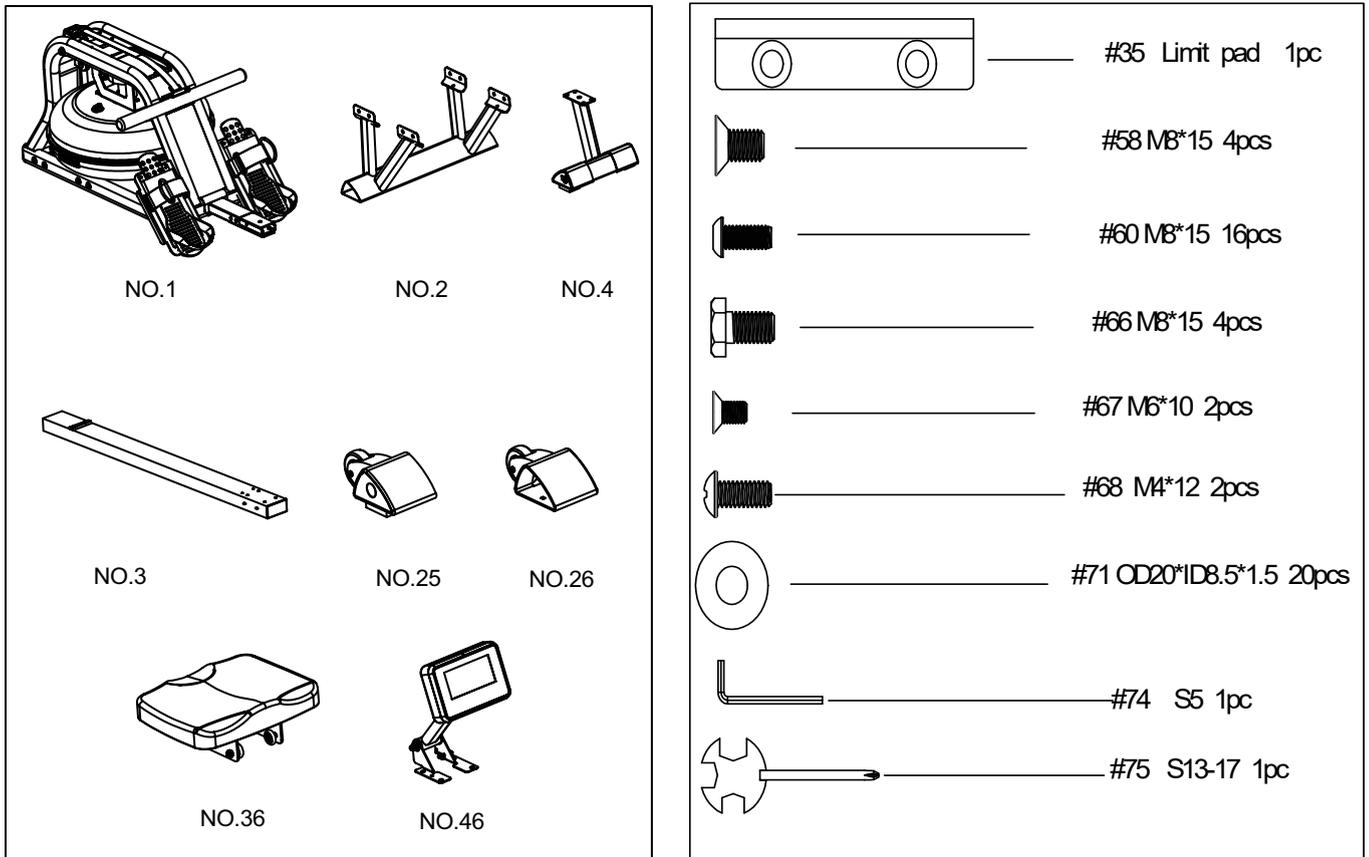
Part	Weekly	Monthly	Twice a year
Display console	C	I	
Lubricating mobile parts			I
Plastic cover	C	I	
Screws & cable connections		I	
Water tank			C
Legend : C = Clean; I = Inspect			

The stability and the quality of this rowing machine can only be maintained, when the rowing machine is regularly checked with respect to potential damages or signs of wear. Please pay a special attention to the following aspects:

- + Sit down on the seat (31) and pull the handle (8) to ensure that the water system produces a sufficient resistance. Please also pay attention the seat so that it slides smoothly and stably on the rail.
- + Clean regularly the water in the tank. The water needs to be refreshed on a regular basis by adding a water cleaning tablet (every four to six months). **NEVER** use pool chlorine (Trichlor 90 % chlorine) or chlorine bleach. The use of such products voids the warranty and causes damages to the machine.
- + Clean regularly the tank. Do NOT use any methylated spirit, chlorates, bleach or ammonia-based liquids. The use of inappropriate cleaning agents voids the warranty and causes damages to the machine.
- + Clean the wheels on the rail with an absorbent cloth.
- + Please make sure that the ATTENTION sticker (106) is duly and well-to-read attached to the machine. If it is missing or damaged, please contact immediately your contract partner to get a new sticker.
- + The user/owner is obliged to do a regular maintenance.
- + Worn or damaged parts have to be replaced immediately or the rowing machine has to be sent in for repair.
- + For maintenance and repair of the rowing machine, only original Darwin spare parts can be used.
- + Clean your rowing machine with an absorbent cloth after the training.
- + Apply a small amount of the included lubricate oil to a paper towel or clean cloth. Spread a thin layer of the oil evenly along the rail where the rollers move. Then, wipe off any excess oil.

3.1 Package contents

Before assembly please check that all parts are contained. The list of contents is shown below. Please contact your vendor should a part be missing or is damaged.



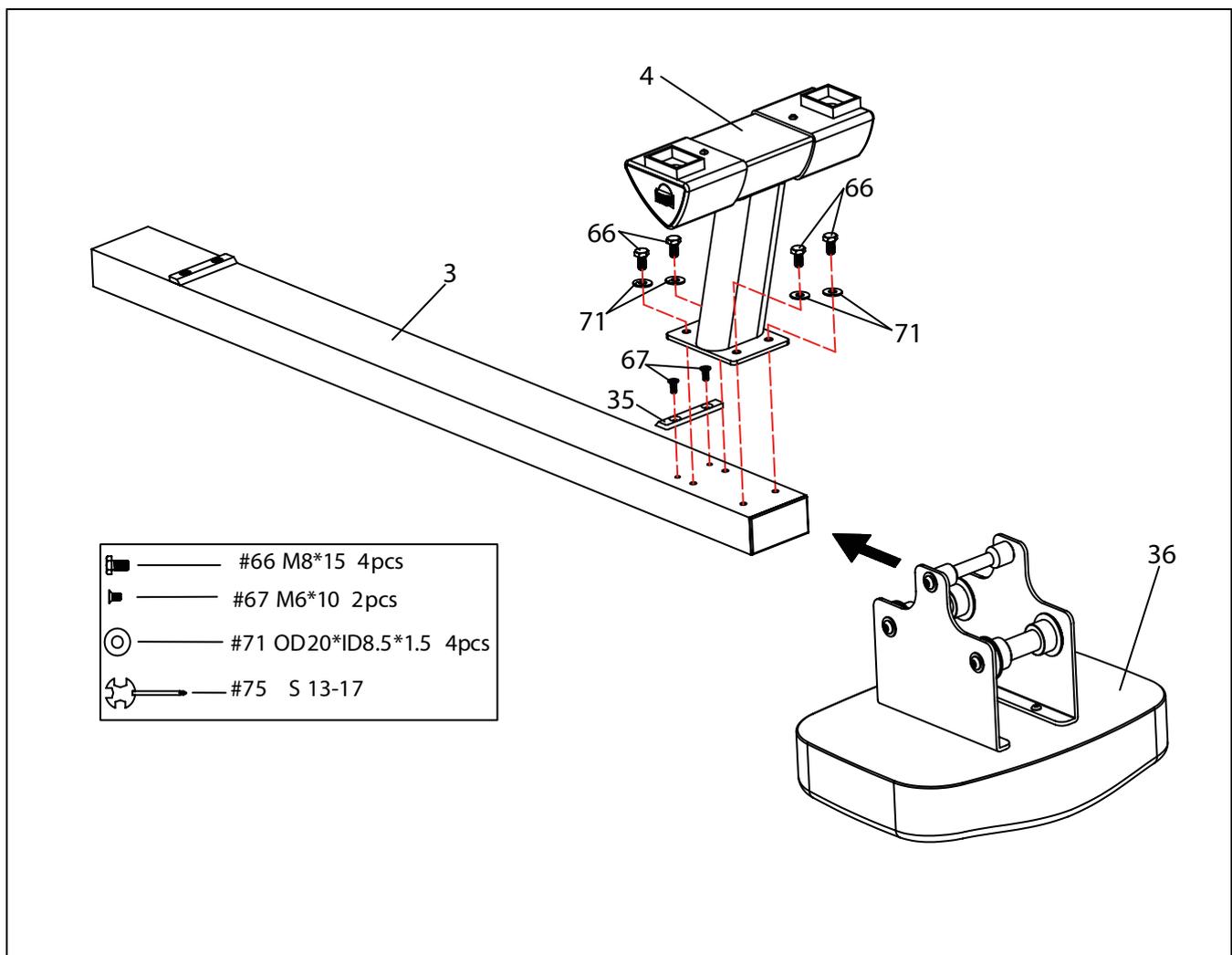
3.2 Assembly instructions

Before assembly please read through the instructions and follow the assembly in the numerical order given.

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

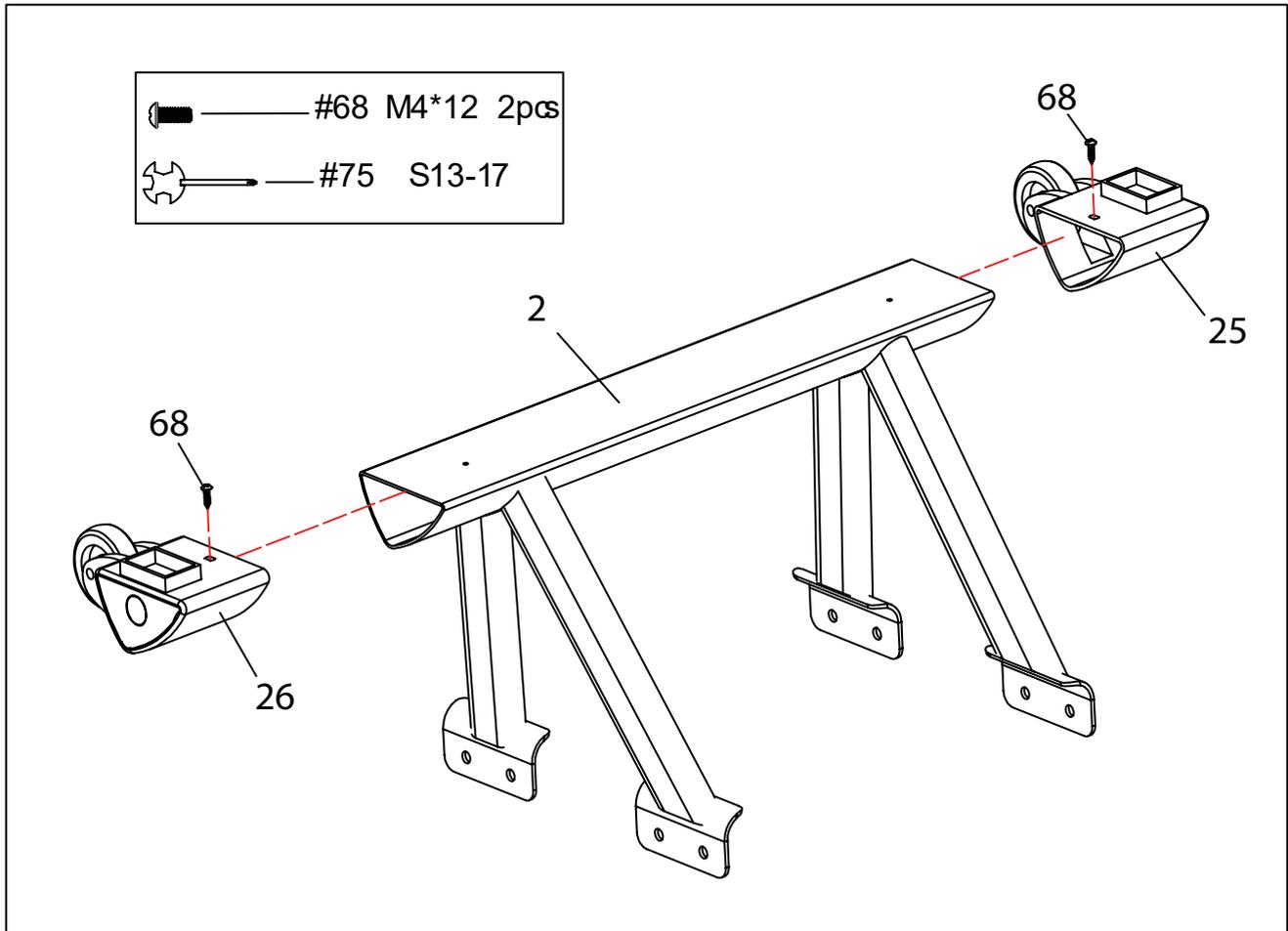
Step 1

Turn the Slide Rail (No. 3) and Seat (No.36) upside down as shown below. Slide the Seat (No.36) onto the Slide Rail (No.3). Screw in the Stopper (No.35) with 2 Flat Cross Screws (No.67). Then attach the Rear Stand (No.4) to the Slide Rail (No.3) with 4 Washers (No.71) and 4 Outer Hex Screws (No.66). Tighten with the Screwdriver-Tool (No.75).



Step 2

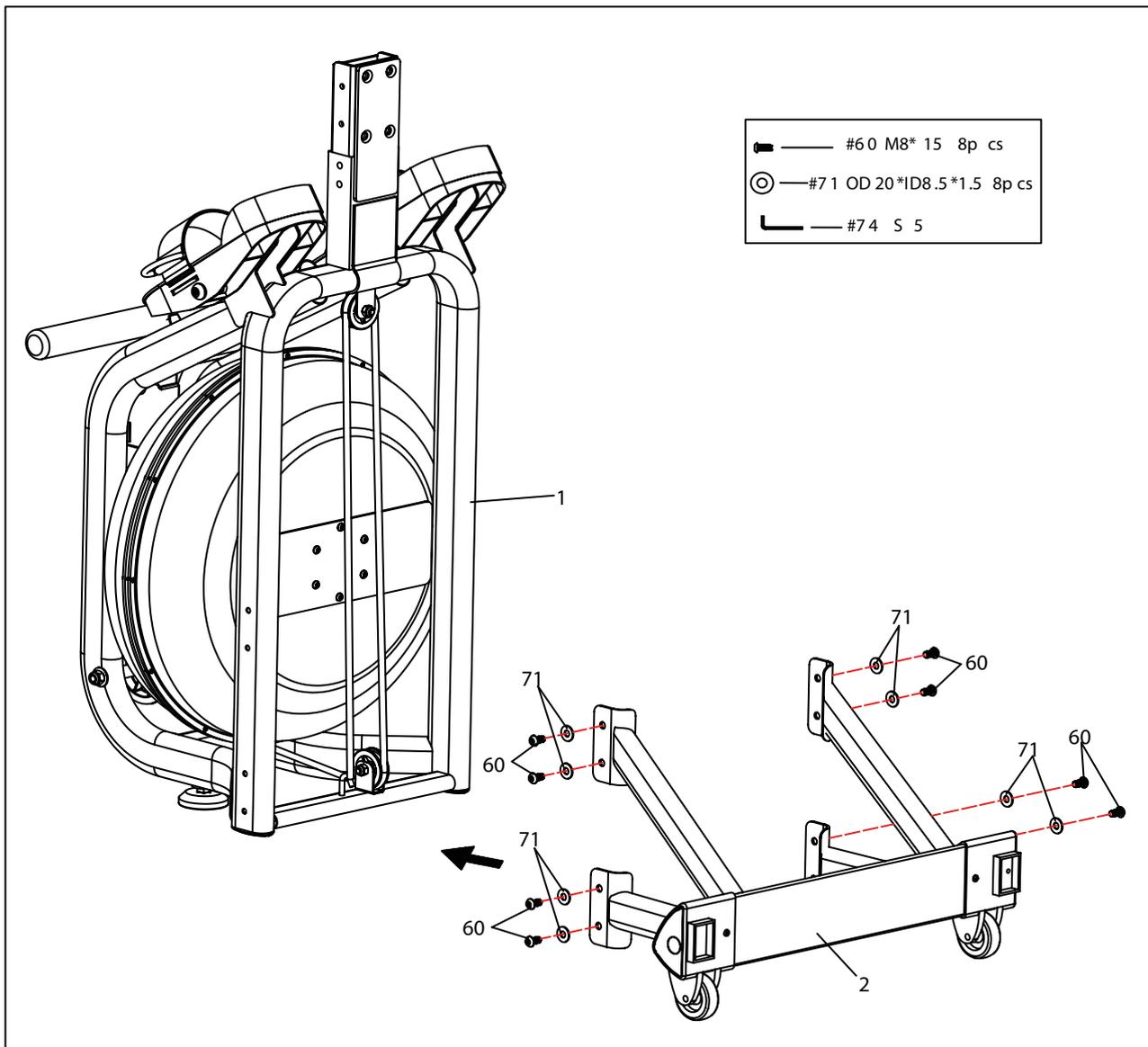
Attach the Left & Right End Caps (No. 25 & 26) to Front Stand (No.2). Then tighten with 2 Cross Screws (No.68) using the Screwdriver-Tool (No.75).



Step 3

Stand the Main Frame (No.1) upright as shown below. Attach Front Stand (No.2) to Main Frame (No.1) using 8 Washers (No.71) and 8 Screws (No.60). Tighten with the Allen Key (No.74).

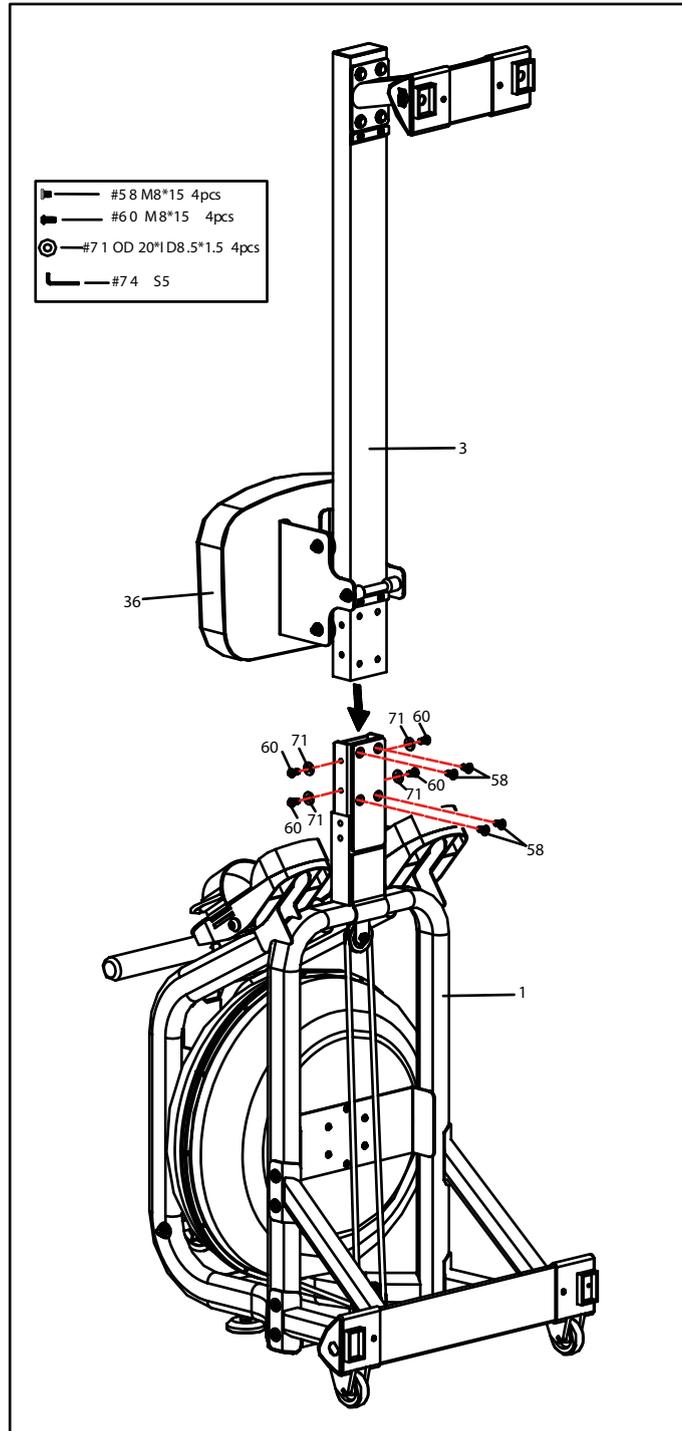
Note: You can put 3-4 screws into the holes first, and tighten them by hand. After all the screws are in, tighten them with the key.



Step 4

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

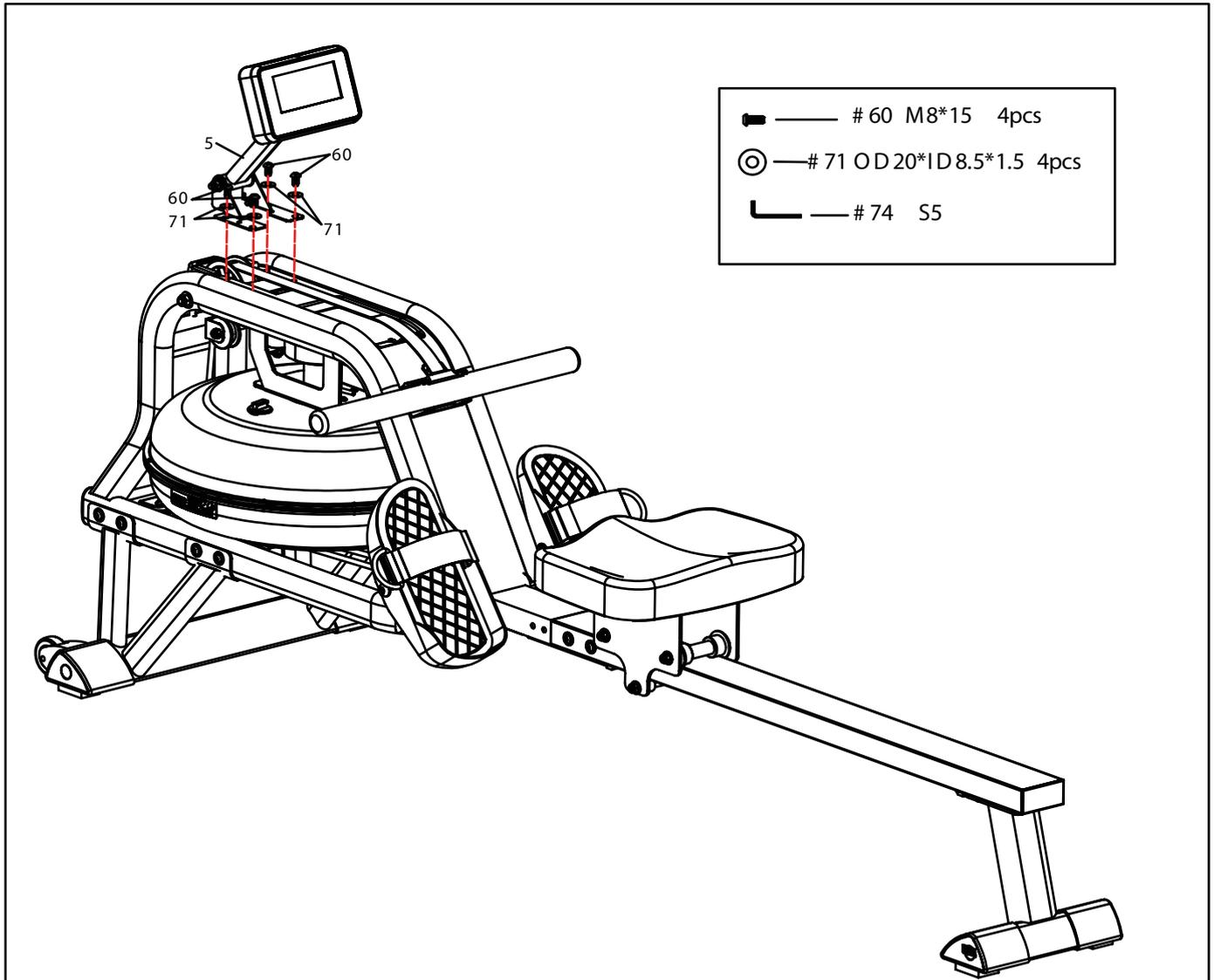
Attach the Slide Rail (No. 3) to the Main Frame (No. 1) using 4 Washers (No. 71), 4 Screws (No. 60) and 4 Flat Screws (No. 58). Insert all 8 screws partially into the holes first and then tighten with the Allen Key (No.74).



Step 5

Lay the frame on the ground as shown below. Attach the frame for the computer (No.5) to the Main Frame (No. 1), with 4 Washers (No.71) and 4 Screws (No.60). Tighten them with the Allen Key (No. 74)

Assembly is now complete.



How to fill and empty the water tank.

1. Remove the Plug (No.33) from the Upper Tank Cover (No.12).
2. To fill the 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 from water, 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 a bucket.
4. Insert the Plug (No.33) into the Upper Tank Cover (No.12). Wipe excess water off of the frame.

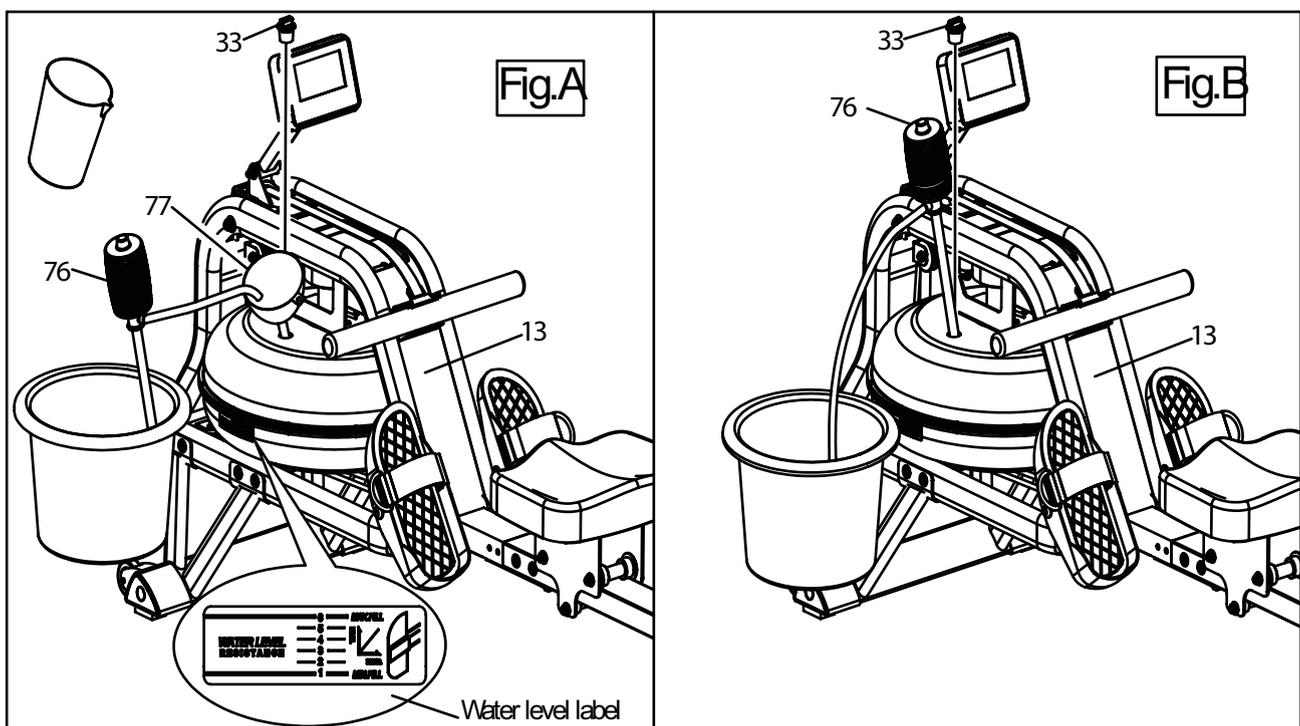
NOTE:

- + Fill the tank only with tap water. Add 1 water-purification tablet. Never use pool chlorine or chlorine bleach. This will damage the tank and will 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 of the tank.

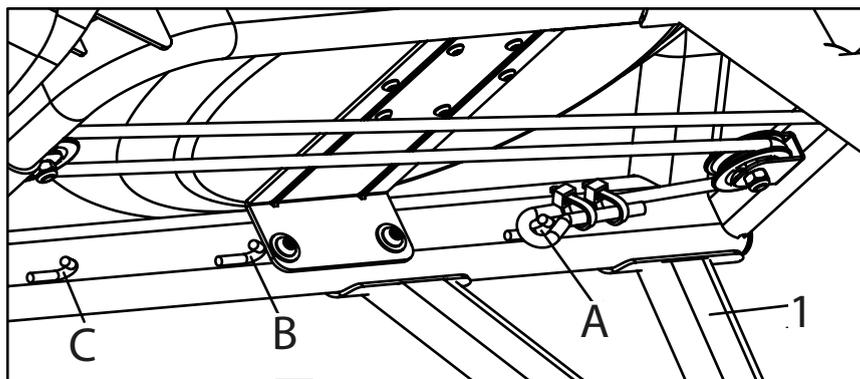
Water Level

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. Fill level 1 has the lowest resistance. Fill level 6 has the highest resistance.

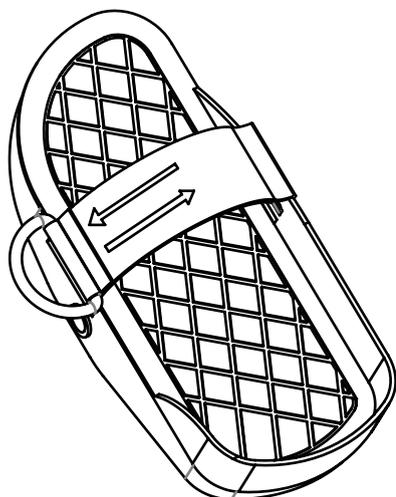


Adjustment Guide



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

Pedal Adjustment



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 outwards.

Once removed, you may increase the opening of the pedal strap by pulling the strap over the foot up and inwards.

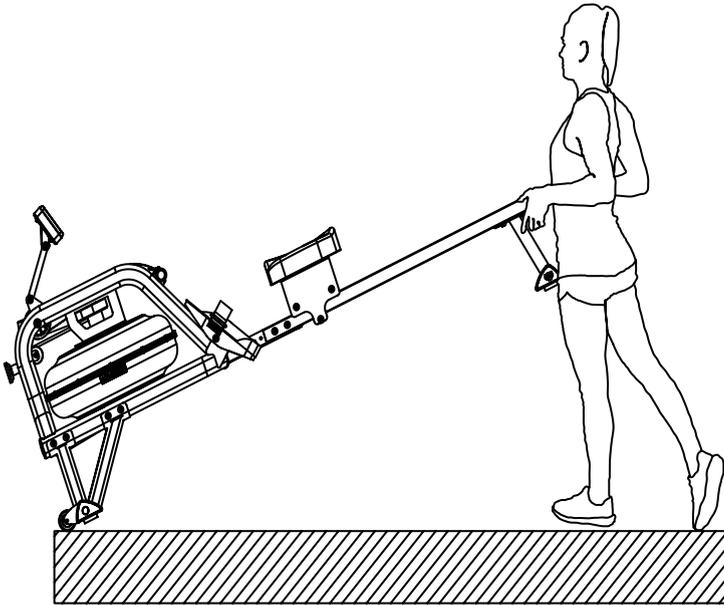
To tighten, pull the Velcro end of the pedal strap upward then inwards and down to secure it to the mesh side of the strap.

Moving the machine

To move the machine, lift up the rear stand until only the wheels on the front stand touch the ground. With the wheels on the ground, you can transport the rower to the desired location with ease.

Moving the machine

To move the machine, lift up the rear stand until only the wheels on the front stand touch the ground. With the wheels on the ground, you can transport the rower to the desired location with ease.

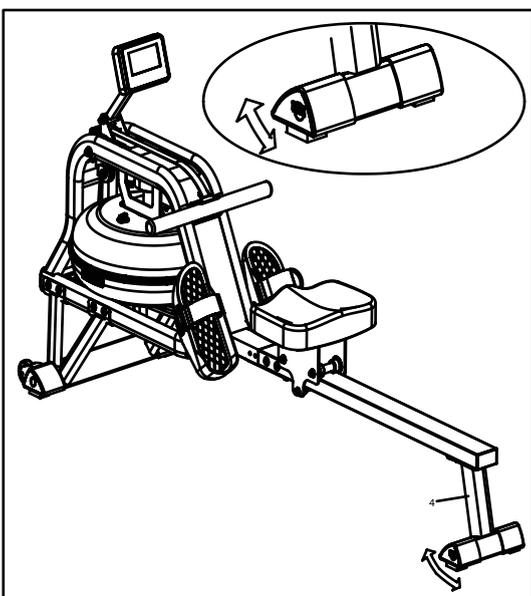


Levelling the machine

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

CAUTION!

Moving parts, such as the seat, can cause injuries. Keep hands clear of the Slide rail during use!



Storage

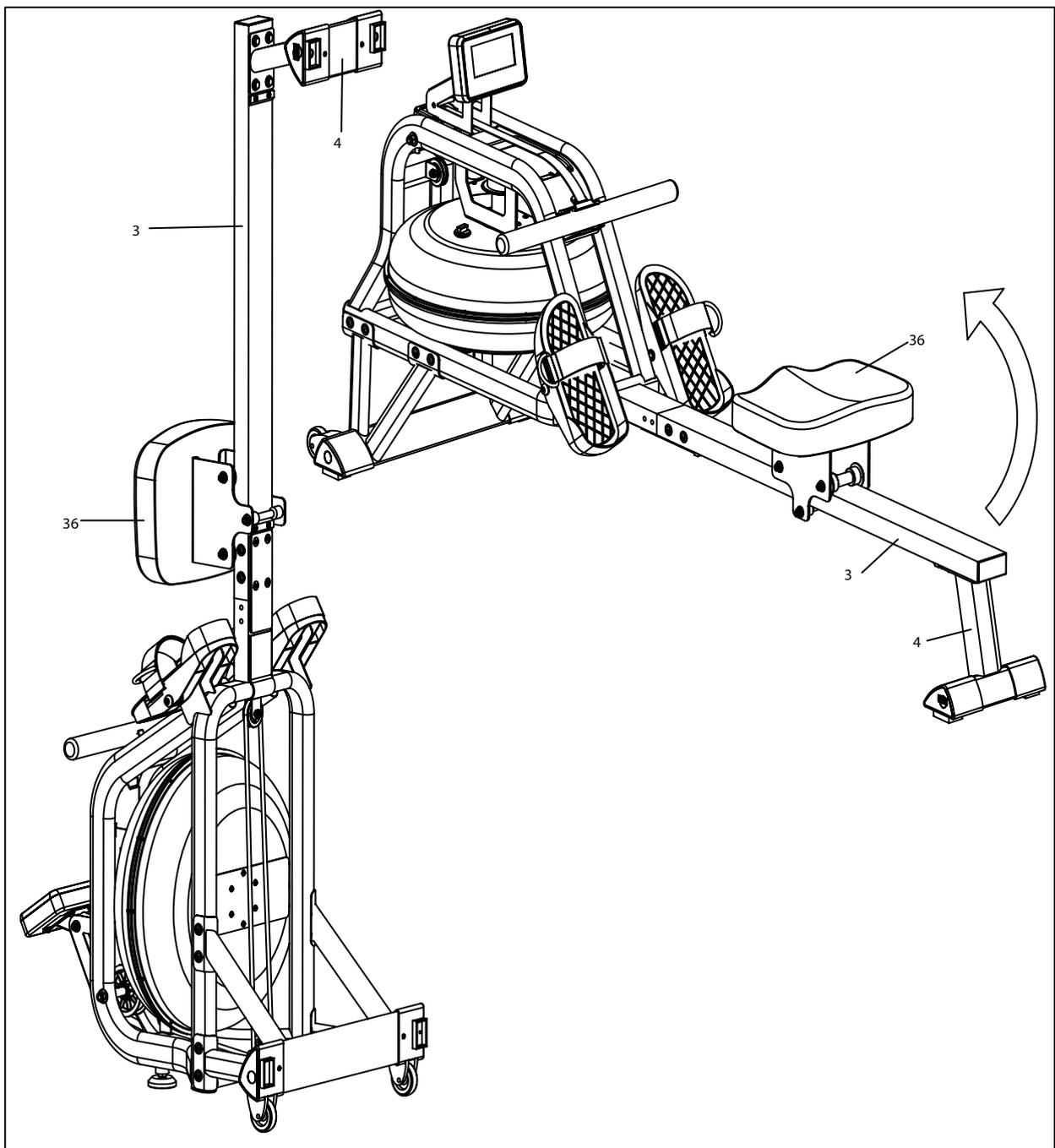
When not in use, you can save space by storing the rower vertically. Lift the Rear Stand (No.4) to raise the rower to vertical position. If the rower will not be used for more than a month, empty the tank before storing.

CAUTION!

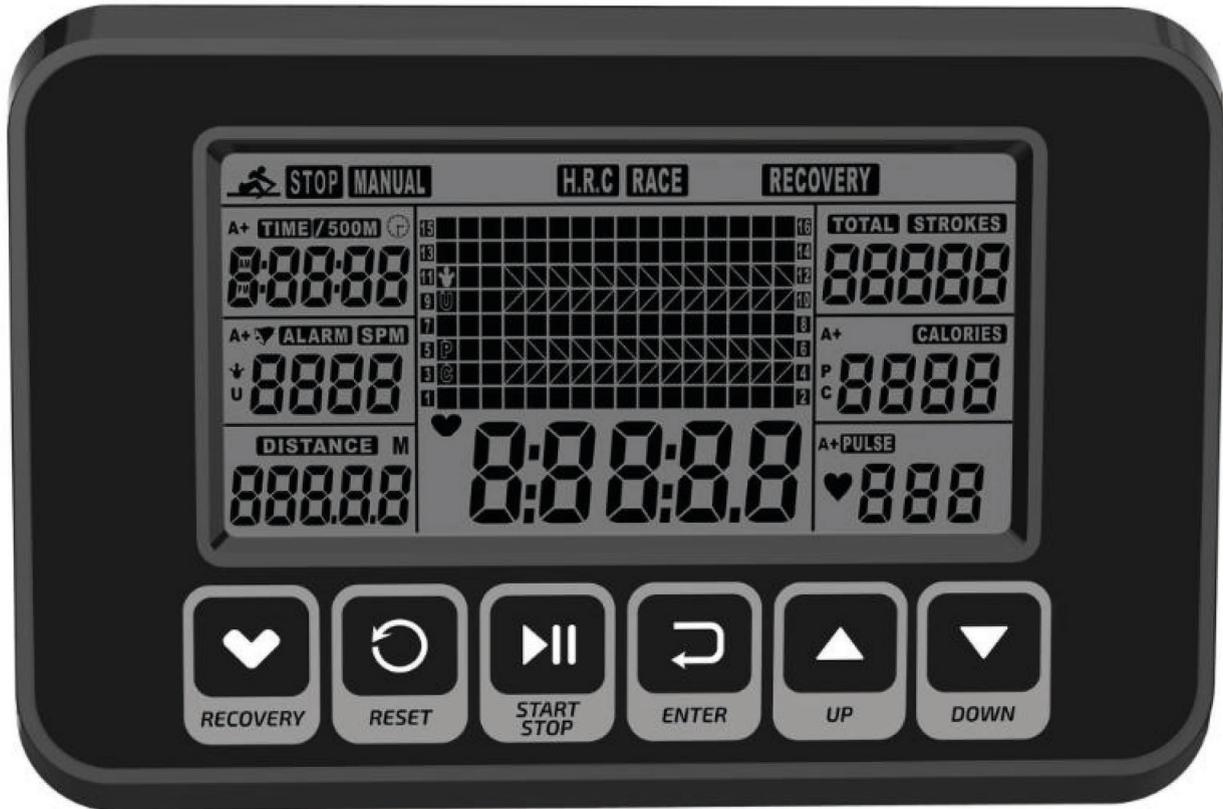
Move with caution when you raise the rower up, as you can hit your head with the Rear Stand (No. 4).

CAUTION!

Move the Seat (No.36) to the front of the Slide Rail (No.3) first or it will slide down when raising the rower up!



4.1 Console display



Time	The current incline level is displayed here.
Time/500m	Your covered or remaining distance is displayed here.
SPM	The time you have already trained or the remaining time is displayed here. Hier wird Ihre zurückgelegte oder verbleibende Zeit angezeigt.
Distance	The elapsed or remaining time is displayed here.
Strokes	Adjust the stroke goal with the UP/DOWN buttons (10 to 9990 Strokes), in 10 Strokes increments
Total Strokes	Counts your total strokes from 0 to 9999 Strokes
Calories	Adjust the calories burnt goal with the UP/DOWN buttons (110 to 9990 Cal), in 10 Cal increments
HRC/Pulse	Shows your heart rate. In manual mode adjust the Heart rate goal with the UP/DOWN buttons (30 to 240 BPM), in 1 BPM (Beats per Minute) increments. HRC is shown in the upper section of the display. The computer displays the Heart Rate during the training session. When the goal is reached, PULSE is displayed and a signal is heard until you change the program or take off your heart rate sensor. Heart Rate monitoring is possible only with a 5kHz Heart Rate Sensor.
Calendar	The display shows the Year, Month and Day while in sleep mode.
Temperature	The display shows the room temperature while in sleep mode.
Clock	The display shows the time while in sleep mode.

4.2 Button functions

UP/DOWN	By pressing the COOL DOWN button during a training session the cool down program will start directly. The speed of the belt will slowly decrease to a full stand still within 2 or 3 minutes.
ENTER	With this button you can choose between the different programs.
START/STOP	With this button you can enter a program or confirm the selected value.
RESET	With this button you can change the fan speeds: 1x low 2x high 3x off
RECOVERY	With this button you can choose the display values between speed in km/h and pace in min/km.

4.3 Turning on and setting up the machine

1. Put 2 x AA batteries (contained in the package) into the computer. A signal will be sounded for 2 seconds (Fig. 1). The computer is started in CLOCK & CALENDAR mode (Fig. 2).

2. CLOCK is displayed. Press UP to adjust to the hours. Confirm by pressing ENTER. Press UP to adjust the minutes. Confirm by pressing ENTER. Use the same procedure to adjust the year (in the Strokes display), month (in the Calorie display) and day (in the Pulse display) using the UP/DOWN buttons to adjust the values and the ENTER button to confirm. Afterwards ALARM is displayed. To skip setting an alarm press the ENTER button. To set an alarm press UP. An arrow is now shown next to ALARM. Press ENTER. The CLOCK display is now active. Set an alarm time using the UP/DOWN buttons. Confirm by pressing ENTER. The computer switches to the SPORT display (Fig. 3).



Fig. 1



Fig. 2

3. MANUAL and RACE will blink when the SPORT display is active. Choose MANUAL or RACE with the UP/DOWN buttons. Confirm using the ENTER button.

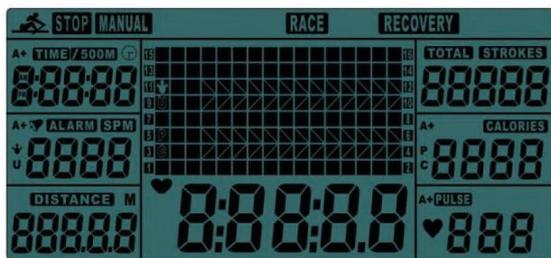


Fig. 3

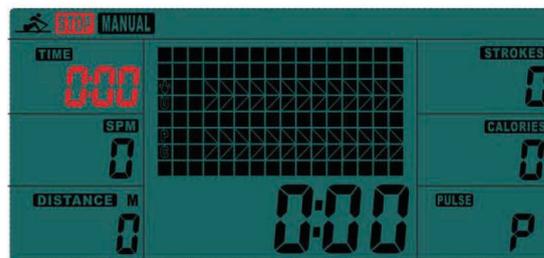


Fig. 4

4.4 Programs

4.4.1 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. Confirm with the ENTER button. 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.) Press START button to start. The STOP icon will disappear.

When the function you have selected counts down to zero or you press STOP button, the computer will stop and display the average value.

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

4.4.2 RACE (Fig.5)

Select RACE mode and L1 will flash. The TIME/500M will display 8:00. Press the UP/DOWN buttons to select L1 - L15. Press ENTER to confirm. Then, you can set the distance of the race (500M to 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

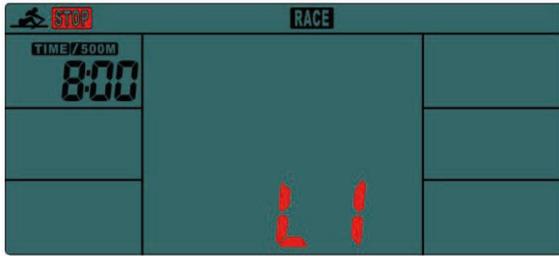


Fig. 5

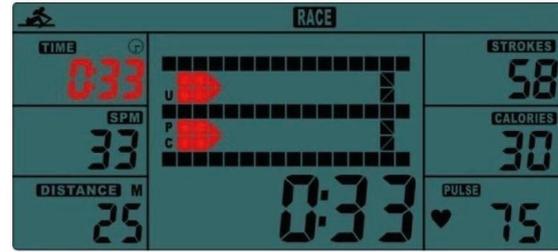


Fig. 6

1. Press START button to start and STOP will disappear. USER(U) 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. The display shows "PC WIN" or "USER WIN" (Fig.7).

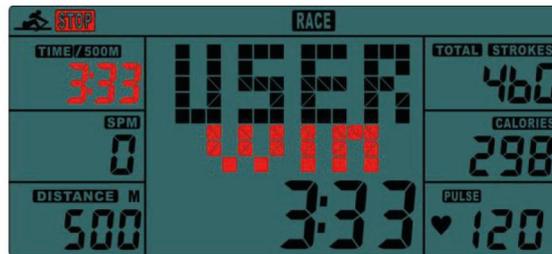


Fig. 7

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

4.4.3 RECOVERY

1. The computer only 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" and starts counting down from 00:60 to 00:00.
2. Screen will display your heart rate recovery status with the F1, F2....to F6.
3. F1 is outstanding. F6 is poor. User may keep exercising to improve the heart rate recovery status. Press the RECOVERY button again to return to the main display.

ALARM

Alarm only works while the computer is in sleep mode. Alarm will not sound during training. 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 x 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. Change both of the batteries when replacing them. Do not mix battery types. Do not mix old and new batteries. Dispose of old batteries according to your regional guidelines.

4.5 Heart rate measuring

Note:

For some people, the skin resistance change caused by the heart rate is so minimal that the measurements do not allow for usable values. Strong callus or sweat on the hands may also impair a correct measurement. In such cases, the heart rate will not be shown at all or only incorrectly.

If the measurement is incorrect or not taken at all, please check if it happens to only one person or to several people. If the pulse display only does not work in a single case, the equipment is not defective. In this case, we recommend using a chest strap to achieve a permanently correct heart rate display.

CAUTION: Your training equipment is not a medical device. Different factors may influence the accuracy of the heart rate display. The heart rate display only serves as a training aid.

Positioning the chest strap and moistening the electrodes:

Place the belt directly below the chest, while the transmitter should be placed on the middle of the chest. The chest strap should sit comfortably, but not too loose. If the belt is too loose, the contact to the electrodes may be disrupted or the belt may slip while exercising.

The transmitter turns on automatically once it is put on. In order to allow for a precise measuring, you should moisten the rubber electrodes. This is best done with a special chest strap contact gel, which is also used for ultrasound scans.

Note:

If you have not been active in doing sports for a longer period of time, you should first go to your physician in order to discuss your training with them. You should also contact your physician in advance in the event of heart problems, high/low blood pressure and obesity.

Training with heart rate orientation

Heart rate orientation guarantees an extremely effective and healthy training. Through your age and the following table, you can quickly and easily read and determine the optimal pulse for your training. An acoustic alarm will sound if your heart rate exceeds the set target heart rate. Which target heart rate is important for which training goal can be found out in the following.

Fat burning (weight management): The main goal here is to burn deposits of fat. In order to achieve this training goal, a low training intensity (approximately 55% of the maximum heart rate) and a longer training period are required.

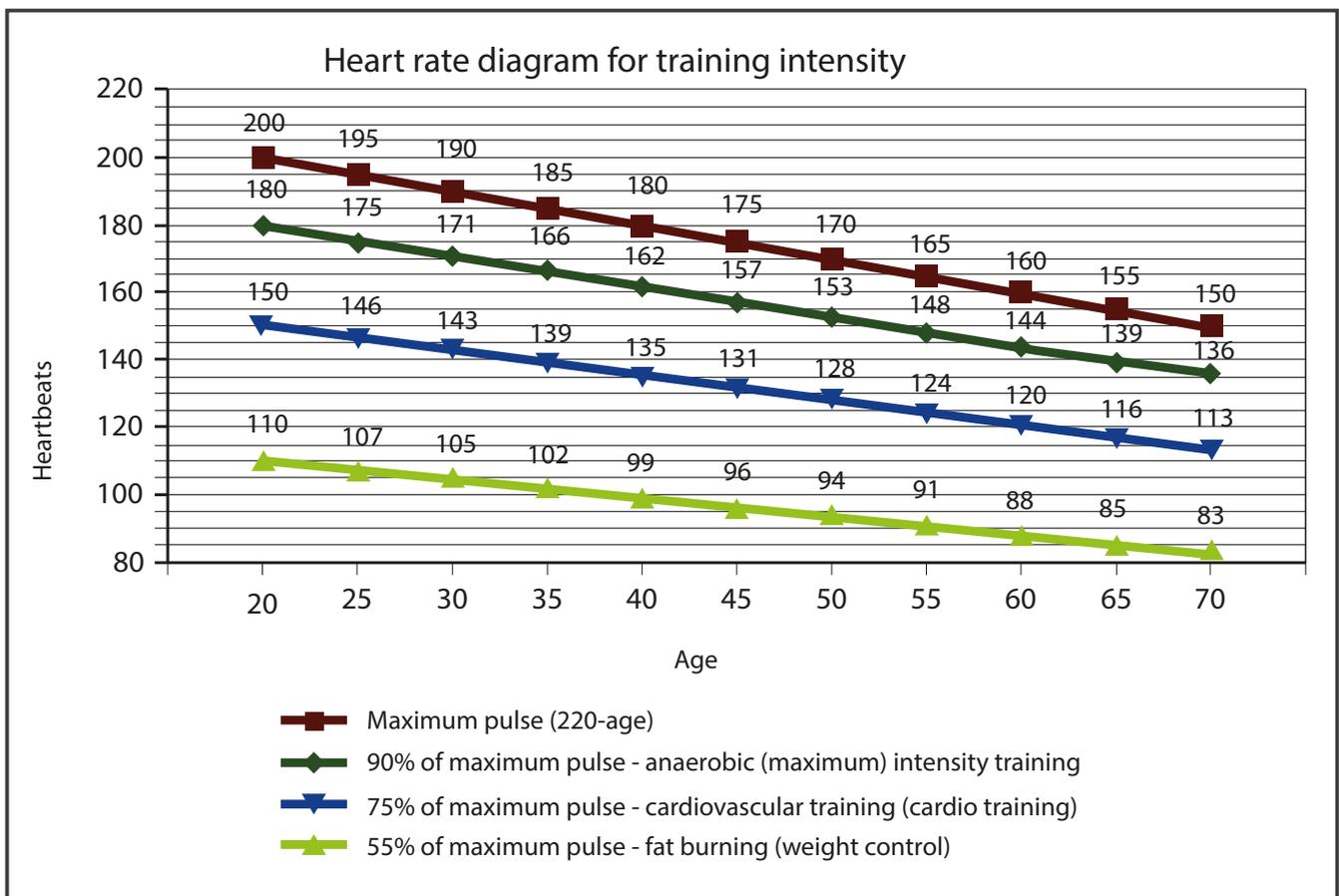
Cardiovascular training (cardio training): The primary goal is to increase endurance and fitness through an improved provision of oxygen through the cardiovascular system. In order to achieve this training goal, medium intensity (approximately 75% of the maximum heart rate) with a medium training period is required.

Anaerobic (maximum) load training: The main goal of maximum load training is to improve recovery after short, intense loads in order to be able to quickly return to the aerobic zone. In order to achieve this training goal, a high intensity (approximately 90% of the maximum heart rate) with short, intense load is required, which is followed by a recovery phase in order to prevent muscle fatigue.

Example:

For a 45-year-old man or woman, the maximum heart rate is 175 ($220 - 45 = 175$).

- The fat burning target zone (55%) is at approximately 96 beats/min.
= $(220 - \text{age}) \times 0.55$.
- The cardio target zone (75%) is at approximately 131 beats/min.
= $(220 - \text{age}) \times 0.75$.
- The maximum heart rate for an anaerobic load training (90%) is at approximately 157 beats/min. = $(220 - \text{age}) \times 0.9$.



Darwins's fitness equipment is subject to strict quality controls. However, if a fitness equipment purchased from us does not work perfectly, we take it very seriously and ask you to contact our customer service as indicated. We are happy to help you by phone via our service hotline.

Error descriptions

Your fitness equipment is developed for long-term, high-quality training. However, should a problem arise, please first read the operating instructions. For further assistance, please contact your contract partner or call our service hotline. To ensure your problem is solved as quickly as possible, please describe the defect as exactly as possible.

In addition to the statutory warranty, we provide a warranty for every fitness equipment purchased from us according to the following provisions.

Your statutory rights are not affected.

Warranty

The warranty is the first/original buyer and/or any person who received a newly purchased product as a gift from the original buyer.

Warranty periods

The following warranty periods begin on delivery of the fitness equipment.

Model	Usage	Full warranty
RM50	Home use	24 months

Repair cost

According to our choice, there will either be a repair, a replacement of individual damaged parts or a complete replacement. Spare parts, that have to be mounted while assembling the equipment, have to be replaced by the warranty person personally and are not a part of repair. After the expiration of the warranty period for repair costs, a pure parts warranty applies, which does not include the repair, installation and delivery costs.

The terms of use are defined as follows:

- Home use: solely for private use in private households up to 3 hours per day
- Semi-professional use: up to 6 hours per day (e. g. rehabilitation centers, hotels, clubs, company gyms)
- Professional use: more than 6 hours per day (e. g. commercial gyms)

Warranty service

Within the warranty period, equipment which develops faults as a result of material or manufacturing defects, will be repaired or replaced at our discretion. Ownership of equipment or parts of equipment which have been replaced is transferred to us. The warranty period is not extended nor does a new warranty period begin following repair or replacement under the warranty.

Warranty conditions

For the warranty to be valid, the following steps must be taken:

Please contact our customer service by email or phone. If the product under warranty has to be sent in for repair, the seller bears costs. After expiry of the warranty, the buyer bears the costs of transport and insurance. If the fault is covered by our warranty, you will receive a new or repaired equipment in return.

Warranty claims are invalid in case of damage resulting from:

- misuse or improper handling
- environmental influences (moisture, heat, electrical surge, dust, etc.)
- failure to follow the current safety measures for the equipment
- failure to follow the operating instructions
- use of force (e. g. hitting, kicking, falling)
- interventions which were not carried out by one of our authorized service centers
- unauthorized repair attempts

Proof of purchase and serial number

Please make sure that you are able to provide the appropriate receipt when claiming on your warranty. So that we can clearly identify the model of your equipment, and for the purposes of our quality control, you will need to give the serial number of your equipment, when contacting the service team. Where possible please have your serial number and your customer number ready when you call our service hotline. It will help us to deal with your request swiftly.

If you cannot find the serial number on your fitness equipment, our service team is at your disposal to offer further information.

Service outside of the warranty period

We are also happy to issue an individual cost estimate if there is a problem with your fitness equipment after the warranty has expired, or in cases which do not fall under the terms of the warranty, e. g. normal wear and tear. Please contact our customer service team to find a quick and cost-effective solution to your problem. In such a case you will be responsible for the delivery costs.

Communication

Many problems can be solved just by speaking to us as your specialist supplier. We know how important it is to you as a user of the fitness equipment to have problems solved quickly and simply, so you can enjoy working out with minimal interruption. For that reason, we also want to resolve your queries quickly and in a straightforward manner. Thus, please always keep your customer number and the serial number of the faulty equipment handy.

6 DISPOSAL



At the end of its operational life, this equipment cannot be disposed of in normal household waste. Instead, it must be disposed of via an electricals recycling centre. Further information can be obtained from your local authority's recycling service.

The materials can be recycled as per their symbols. Through the reuse, recycling of materials or other forms of recovery of old equipment, you make an important contribution to the protection of the environment.

7 ORDERING ACCESSORIES

	Sport-Tiedje Protective Mat size XL ArtNo. ST-FM-XL
	Polar Transmitter Chest Strap T34 uncoded ArtNo. T34
	Chest strap contact gel 250ml ArtNo. BK-250
	Fitness Equipment care kit ArtNo. HF-500

8.1 Service hotline

So that we can give you the best possible service, please have your **model name, part number, serial number, exploded drawing and parts list** ready.

SERVICE HOTLINE

<p>DE</p> <p>☎ +49 4621 4210-0 🖨 +49 4621 4210-699 ✉ service@sport-tiedje.de Mo. - Fr. 8:00 - 18:00 Sa. 9:00 - 18:00</p>	<p>DK</p> <p>☎ 80 90 16 50 ☎ +49 4621 4210-945 ✉ info@t-fitness.dk Ma. - Fr. 8:00 - 18:00 Lø. 9:00 - 18:00</p>	<p>FR</p> <p>☎ +33 (0) 172 770033 ☎ +49 4621 4210-933 ✉ service-france@sport-tiedje.fr Lun. - Ven. 8:00 - 18:00 Sam. 9:00 - 18:00</p>
<p>NL</p> <p>☎ +31 172 619961 ✉ info@fitshop.nl Ma. - Do. 9:00 - 17:00 Vr. 9:00 - 21:00 Za. 10:00 - 17:00</p>	<p>UK</p> <p>☎ +44 141 876 3972 ✉ orders@powerhousefitness.co.uk Mon. - Fri. 9:00 - 17:00</p>	<p>INT</p> <p>☎ +49 4621 4210-0 ✉ service-int@sport-tiedje.de Mon - Fri 8:00 - 18:00 Sat 9:00 - 18:00</p>

8.2 Serial number and model name

Before assembling your equipment, find the serial number on the white sticker and enter it in the appropriate space.

Serial number:

Brand / category:

Model name:

8.3 Parts list

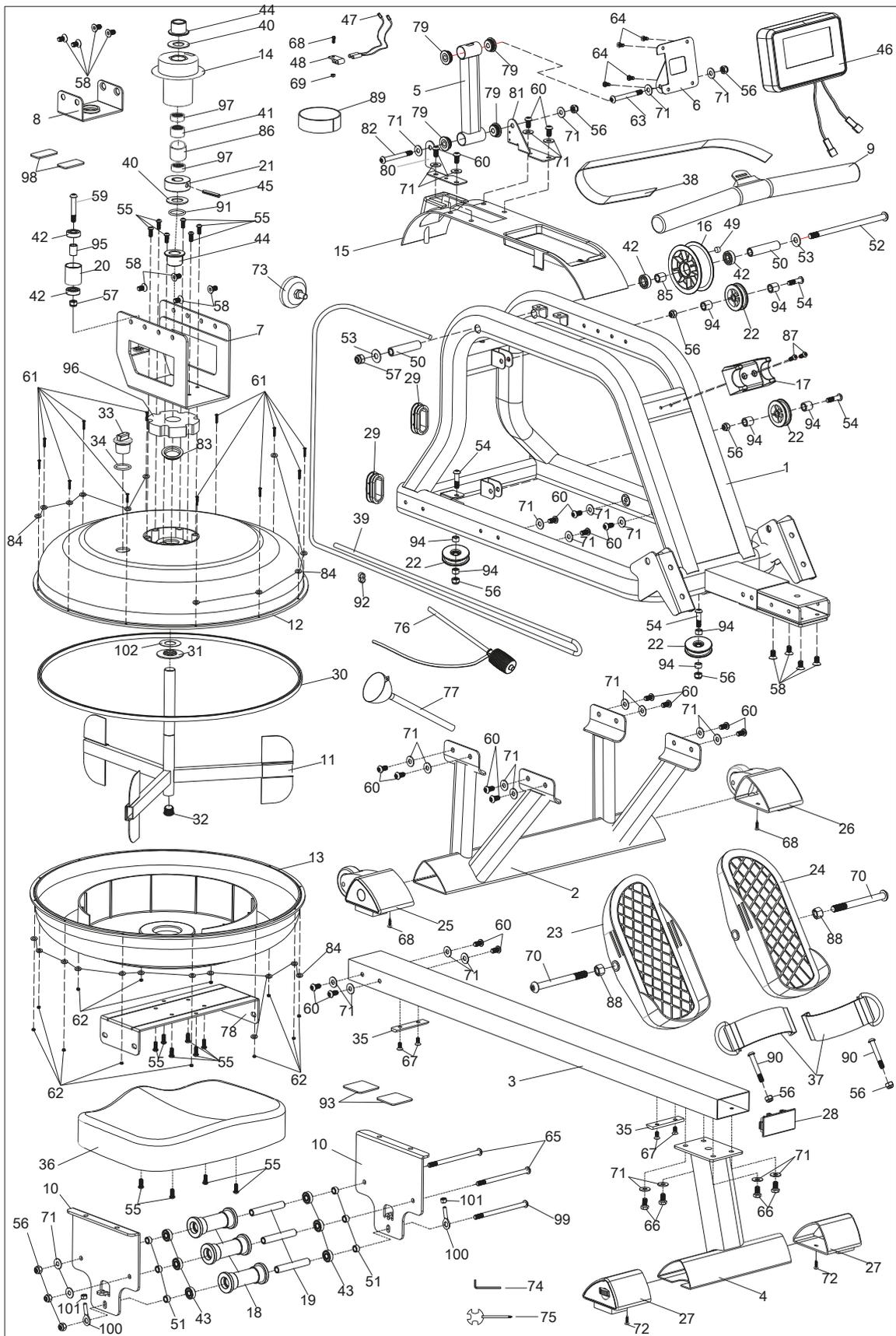
No.	Description	Spezification	Qty.
01	Main frame		1
02	Front stabilizer		1
03	Slide Rail	SPHC,T=1.5	1
04	Rear Stabilizer		1
05	Support for Computer		1
06	Support Plate		1
07	Tank Plate		1
08	Plate for Bushing	SPHC,T=3.0	1
09	Handlebar		1
10	Seat Carriage	SPHC,T=4.0	2
11	Impeller	Yellow	1
12	Upper Tank	PC	1
13	Lower Tank	PC	1
14	Mesh Belt Wheel		1
15	Decorate Cover	HIPS, black	1
16	Belt Wheel	POM, black	1
17	Handlebar Seat	HIPS, black	1
18	Roller	POM, black	3
19	Roller Spacer		3
20	Guide Roller	POM, black	1
21	Magnet Seat	POM, black	1
22	Bungee Pulley with 608 bearing	POM, black	4
23	Left Pedal	PP, black	1
24	Right Pedal	PP, black	1
25	Left End Cap		1
26	Right End Cap		1
27L/R	Adjustable End Cap		2
28	Rail End Cap	PP, black	1
29	Oval Plug	PP, black	2
30	Rubber Sealing Ring	Rubber, black	1
31	Impeller Shaft Seal	Rubber, black	1
32	Round Plug	PP, black	1
33	Fill Plug	Rubber, black	1

No.	Description	Spezification	Qty.
34	O Shape Ring	Rubber, black	1
35	Limit Pad	Rubber, black	2
36	Seat	PU, black	1
37	Pedal Strap	PP, black	2
38	Strap	Nylon, black	1
39	Bungee Cord	Nylon, black	1
40	Plastic Washer	POM, black	2
41	One Way Bearing HFL2016	HFL2026	1
42	Bearing 6000ZZ	6000ZZ	4
43	Bearing 608ZZ	608ZZ	6
44	Bushing		2
45	Pin 6x40	Ø6.0*40	1
46	Computer		1
47	Sensor Wire		1
48	Sensor Holder	Nylon, black	1
49	Magnet	Ø10*5	1
50	Spacer for Mesh Belt Wheel	Ø16* Ø10.2*69	2
51	Short Spacer	Ø12.7* Ø8.2*13	6
52	Screw M10x185	M10*185	1
53	Washer	OD25*ID10.5*2.0	2
54	Screw M8x30	M8*30	4
55	Screw M6x15	M6*15	16
56	Nylon Lock Nut M8	M8	9
57	Nylon Lock Nut M10	M10	2
58	Flat Screw M8x55	M8*15	12
59	Screw M10x55	M10*55	1
60	Screw M8x15	M8*15	20
61	Screw M3x20	M3*20	12
62	Nylon Lock Nut M3	M3	12
63	Screw M8x65	M8*65	1
64	Screw M5x12	M5*12	4
65	Screw M8x125	M8*125	2
65	Screw	M8*125	3

No.	Description	Spezification	Qty.
66	Hex Head Screw M8x15	M8*15	4
67	Flat Cross Screw M6x10	M6*10	4
68	Cross Screw M4x12	M4*12	3
69	Nylon Lock Nut M4	M4	1
70	Screw M12x125	M12*125	2
71	Flat Washer	OD20*ID8.5*1.5	31
72	Screw	ST4.2*16	2
73	Knob		1
74	Allen Key	S5	1
75	Allen Wrench	S13-S17	1
76	Pumping Siphon		1
77	Funnel		1
78	Lower Tank Plate	SPHC,T=3.0	1
79	Plastic Bushing	Ø27* Ø8.2*10	4
80	Sensor Bracket L	SPHC,T=2.0	1
81	Sensor Bracket R	SPHC,T=2.0	1
82	Screw M8x75	M8*75	1
83	Sealing Ring for Upper Tank	Rubber, black	1
84	Stainless Washer M3	M3	24
85	Spacer for Belt Wheel		1
86	Steel Sleeve		1
87	Cross Screw M6x15	M6*15	2
88	Hex Nut M10	M10	2
89	Hook Pad	PP,W25□black	1
90	Screw	M8*60	2
91	Stainless Washer	Φ35*Φ20.2*1.0	1
92	Aluminium Clasp		1
93	Lower pad	50*25*T2.0	2
94	Spacer for roller	OD15*ID8.0*4.1	8
95	Spacer for Gider Roller	Φ14*1.5*19□ABS+PC□black	1
96	Foam Spacer	Φ98*Φ28*20	1

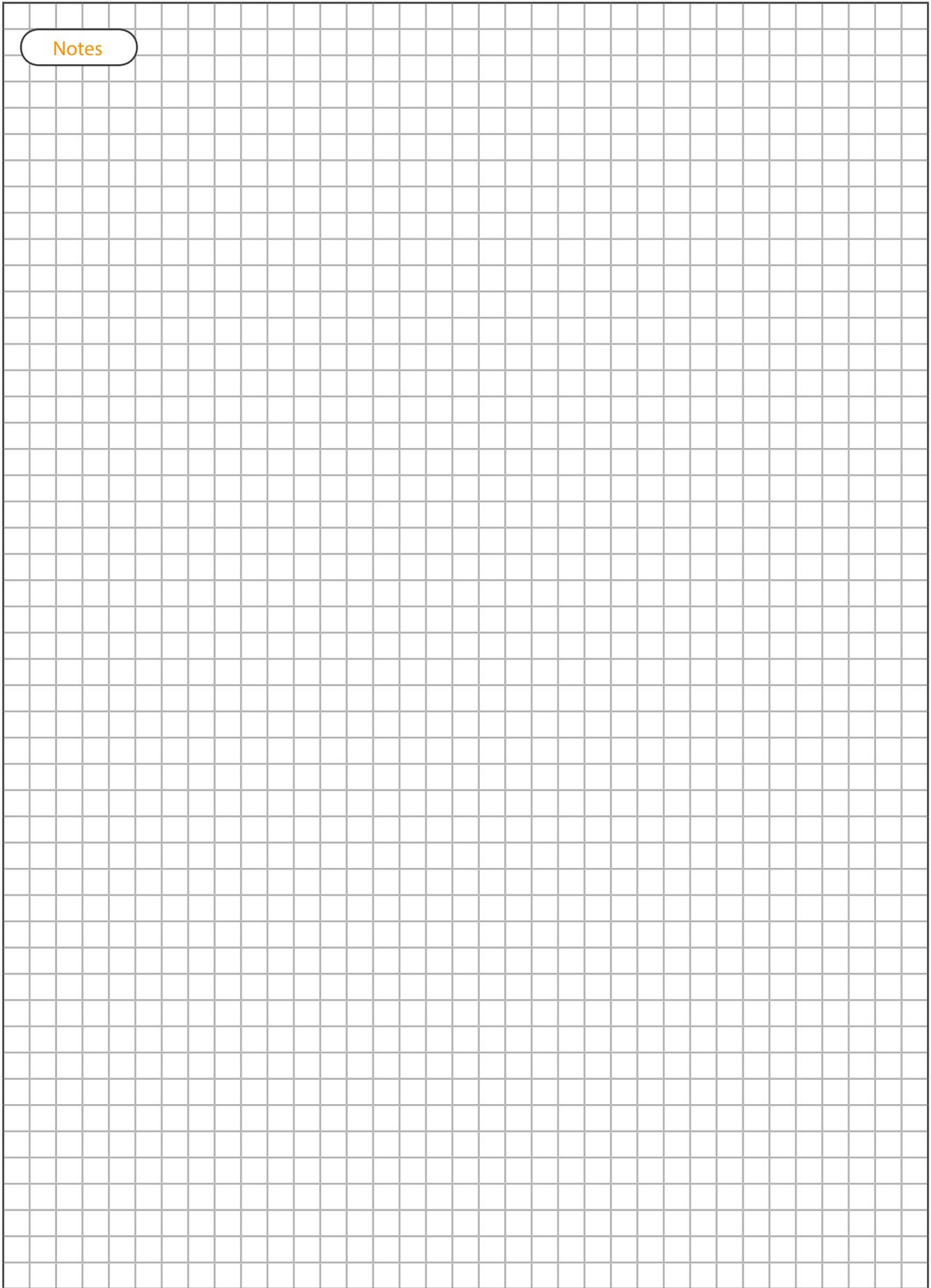
No.	Description	Spezification	Qty.
97	Taper Roller Bearing	HK2010	2
98	Upper pad	25*25*T2.0	4
99	Bolt	M8*130	1
100	Nut	M6	2
101	Adjust bolt	M6*30	2
102	PC board		1

8.4 Exploded drawing



Notes

Notes



CONTACT

Company head office

Sport-Tiedje GmbH
Flensburger Str. 55
24837 Schleswig

DE

☎ +49 4621 4210-0
☎ +49 4621 4210-698
✉ technik@sport-tiedje.de

DK

☎ 80 90 16 50
☎ +49 4621 4210-945
✉ info@t-fitness.dk

FR

☎ +33 (0) 172 770033
☎ +49 4621 4210-933
✉ service-france@sport-tiedje.fr

NL

☎ +31 172 619961
✉ info@fitshop.nl

UK

☎ +44 141 876 3986
✉ support@powerhousefitness.co.uk

INT

☎ +49 4621 4210-0
✉ service-int@sport-tiedje.de

www.sport-tiedje.com

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Product and manual are subject to change. Technical data can be changed without advance notice.

Please find a detailed overview including address and opening hours for all specialist fitness stores of the Sport-Tiedje Group in Germany and abroad on the following website.

www.sport-tiedje.com/filialen



DARWIN RM 50