



# Assembly and Operating Instructions



max. 120 kg



~ 30–60 Min.



33 kg

L 222 | W 51 | H 84

FSDFRM40.01.01

Art. No. DF-RM40

DARWIN **RM40**







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**Dear customer,**

thank you for choosing Darwin Fitness® equipment. With Darwin fitness equipment we offer first class home sports equipment at a great price point. Darwin exercise bikes and strength machines are easy to use, have a space-saving design and look really good. With our equipment we want to support you in reaching your athletic goals, no matter if you want to lose weight or train for the national triathlon. If you have any further questions, please contact us, we are looking forward to hearing from you and wish you lots of fun during your training!

Further information can be found at [www.fitshop.com](http://www.fitshop.com).

**Intended Use**

The equipment may only be used for its intended purpose.

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

**Legal Notice**

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

# **FITSHOP**

Europe's No.1 for Home Fitness



## ABOUT THIS MANUAL

Please carefully read the entire manual before installation and first use. The manual will help you to quickly set up the system and explains how to safely use it. Make sure that all persons exercising with the equipment (especially children and persons with physical, sensory, mental or motor disabilities) are informed about this manual and its contents in advance. In case of doubt, responsible persons must supervise the use of the equipment.



Due to ongoing changes and software optimisations, the manual may have to be updated. If you notice any discrepancies during assembly or use, please refer to the manual uploaded to the webshop. The latest manual is always available there.

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 carefully follow the instructions and that all parts are securely in place. If required, read through the instructions again to correct any mistakes.

Training devices must be classified according to accuracy and use. Accuracy classes are only applicable to devices that display training data.

### Accuracy classes

Class A: high accuracy.

Class B: medium accuracy.

Class C: low accuracy.

The use classes explain the intended use of the training device.

### Use classes

**Class S** (studio): professional and/or commercial use.

These training devices are intended for the use in training rooms of facilities such as sports clubs, school facilities, hotels, clubs and studios whose access and supervision is specifically regulated by the owner (person with legal responsibility).

**Class H** (home use): use at home.

These stationary training devices are intended for the use in private homes where access to the training device is regulated by the owner (person with legal responsibility).



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 following safety instructions may appear in this manual:

► **ATTENTION**

This notice indicates potentially hazardous situations which, if not avoided, may result in property damage.

⚠ **CAUTION**

This notice indicates potentially hazardous situations which, if not avoided, may result in slight or minor injuries!

⚠ **WARNING**

This notice indicates potentially hazardous situations which, if not avoided, may result in death or serious injuries!

⚠ **DANGER**

This notice indicates potentially hazardous situations which, if not avoided, will result in death or serious injuries!

ℹ **NOTICE**

This notice indicates further useful information.

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



## 1.1 Technical Data

### LCD display of

- + Strokes
- + Strokes per minute
- + Training time in min
- + Distance in m
- + Time/500 m: average/current
- + Calories burnt in kcal
- + Heart rate (when using a chest strap)
- + Watt
- + Resistance

Programmes in total:	22
Pre-Set programmes:	12
Manual programmes:	1
Heart rate oriented programmes:	4
Race programmes:	1
User-defined programmes:	4 (one per user)

### Weight and Dimensions

Article weight (gross, incl. packaging) approx.:	39.3 kg
Article weight (net, excl. packaging) approx.:	32.8 kg
Package dimensions (L x W x H) approx.:	134 cm x 23.5 cm x 65 cm
Set-up dimensions (L x W x H) approx.:	222 cm x 51 cm x 97.5 cm
Folding dimensions (L x W x H) approx.:	90 cm x 51 cm x 149 cm
Maximum user weight:	120 kg
Use class:	H



## 1.2 Personal Safety



### **DANGER**

- + 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. If you are under medical treatment that affects your heart rate, medical advice is absolutely essential.
- + Note that excessive training can seriously endanger your health. Please also note that heart rate monitoring systems can be inaccurate. If you notice any signs of weakness, nausea, dizziness, pain, shortness of breath, or other abnormal symptoms, stop exercising immediately and seek advice from your doctor if necessary.
- + The owner must communicate all warnings and instructions to the user.



### **WARNING**

- + This equipment may not be used by children under the age of 14.
- + Children should not be allowed unsupervised access to the equipment.
- + Persons with disabilities must have a medical license and must be under strict observation when using the equipment.
- + The equipment is strictly for use by one person at a time.
- + If your equipment provides a safety key, the clip of the safety key must be attached to your clothing before starting your training. In the event of a fall, the EMERGENCY STOP of the equipment can be initiated.
- + Keep your hands, feet and other body parts, hair, clothing, jewellery and other objects well clear of moving parts.
- + During use, wear suitable sports clothing rather than loose or baggy clothing. When wearing sports shoes, make sure they have suitable soles, preferably made of rubber or other non-slip materials. Shoes with heels, leather soles, studs or spikes are unsuitable. Never exercise barefoot.



### **CAUTION**

- + If your equipment needs to be connected to the power supply with a mains cable, make sure that the cable is not a potential tripping hazard.
- + Make sure that nobody is within the range of motion of the equipment during training so as not to endanger you or other persons.
- + Be aware that if adjustment devices are left protruding, they may impede the user's movement.



### **ATTENTION**

- + Do not insert any objects of any kind into the openings of the device.
- + The safety level of the equipment can only be maintained if it is regularly checked for damage and wear.
- + To protect the equipment from use by unauthorised third parties, always remove the power cable (if existing) when not in use and store it in a safe place that is inaccessible to unauthorised persons (e.g. children).



## 1.3 Electrical Safety



### **DANGER**

- + In order to reduce the risk of an electric shock, always unplug the equipment from the mains socket immediately after your workout, before assembly or dismantling, and before maintenance or cleaning. Do not pull on the cable.



### **WARNING**

- + Do not leave the equipment unattended while the mains cable is plugged into the mains socket. During your absence, the mains cable must be removed from the mains socket to prevent improper use by third parties or children.
- + If the mains cable or plug is damaged or defective, contact your contract partner. Until repair, the equipment must not be used.



### **ATTENTION**

- + The equipment requires a mains connection of 220-230 V with 50 Hz mains voltage.
- + The equipment may only be connected directly to an earthed socket using the supplied mains cable. Extension cables must conform to VDE guidelines. Always completely unwind the mains cable.
- + The socket must be protected by a fuse with a minimum fuse rating of "16 A, slow blow".
- + Do not make any changes to the mains cable or the mains plug.
- + Keep the mains cable away from water, heat, oil and sharp edges. Do not route the mains cable underneath the equipment or under a carpet or rug, and do not place any objects on top of it.



## 1.4 Set-Up Place

### **WARNING**

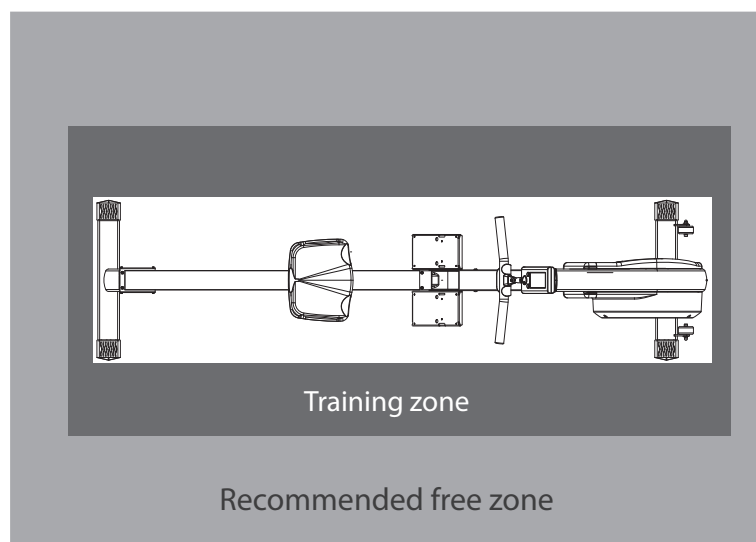
- + Do not place the equipment in main corridors or escape routes.

### **CAUTION**

- + 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. Make sure that you leave at least 30 cm on each side of the equipment and at least 15 cm in front of and behind the equipment as a training zone. This is the minimum required area in order to safely use the equipment. The recommended free zone around the equipment should be at least 60 cm on each side and 45 cm in front of and behind the equipment.
- + The training room should be well ventilated during training and not be exposed to any draughts.
- + Choose the place in which to set up the equipment such that there is enough free space/clearance to the front, the rear and to the sides of the equipment.
- + The set-up and mounting surface of the equipment should be flat, loadable and solid.

### **ATTENTION**

- + The device may only be used in one building, in sufficiently tempered and dry rooms (ambient temperatures between 10°C and 35°C). The equipment should not be used outdoors or in rooms with high humidity (over 70%) like swimming pools.
- + 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.
- + For Class S equipment, the exercise equipment may only be used in areas where access, supervision and control are specifically regulated by the owner.





## 2.1 General Instructions

### **DANGER**

- + Do not leave any tools, packaging materials such as foils or small parts lying around, as otherwise there is a danger of suffocation for children. Keep children away from the equipment during assembly.

### **WARNING**

- + Pay attention to the instructions attached to the equipment in order to reduce the risk of injuries.

### **CAUTION**

- + Ensure to have sufficient room for movement in each direction during assembly.
- + The assembly of the equipment must be carried out by at least two adults. If in doubt, seek the help of a third technically skilled person.

### **ATTENTION**

- + To prevent damage to the equipment and the floor, assemble the equipment on a mat or packaging board.

### **NOTICE**

- + In order to make the assembly as simple as possible, some screws and nuts to be used can already be pre-assembled.
- + Ideally, assemble the equipment at its later set-up place.



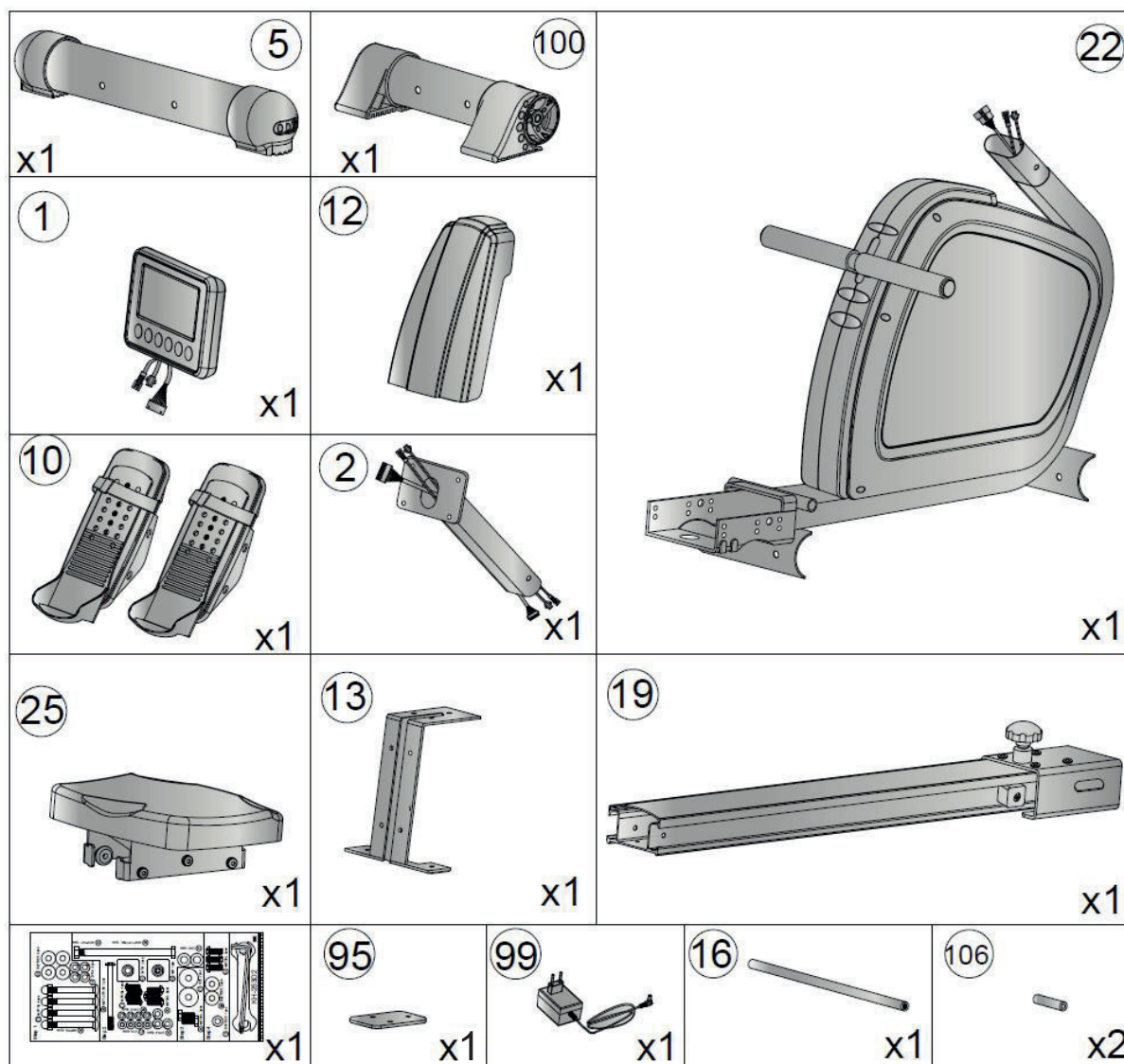
## 2.2 Scope of Delivery

The scope of delivery consist of the following parts. At the beginning, check whether all parts and tools belonging to the device are included in the scope of delivery and whether damage has occurred. In the event of complaints, the contractual partner must be contacted directly.



### CAUTION

If parts of the scope of delivery are missing or damaged, the assembly must not be carried out.





## 2.3 Assembly

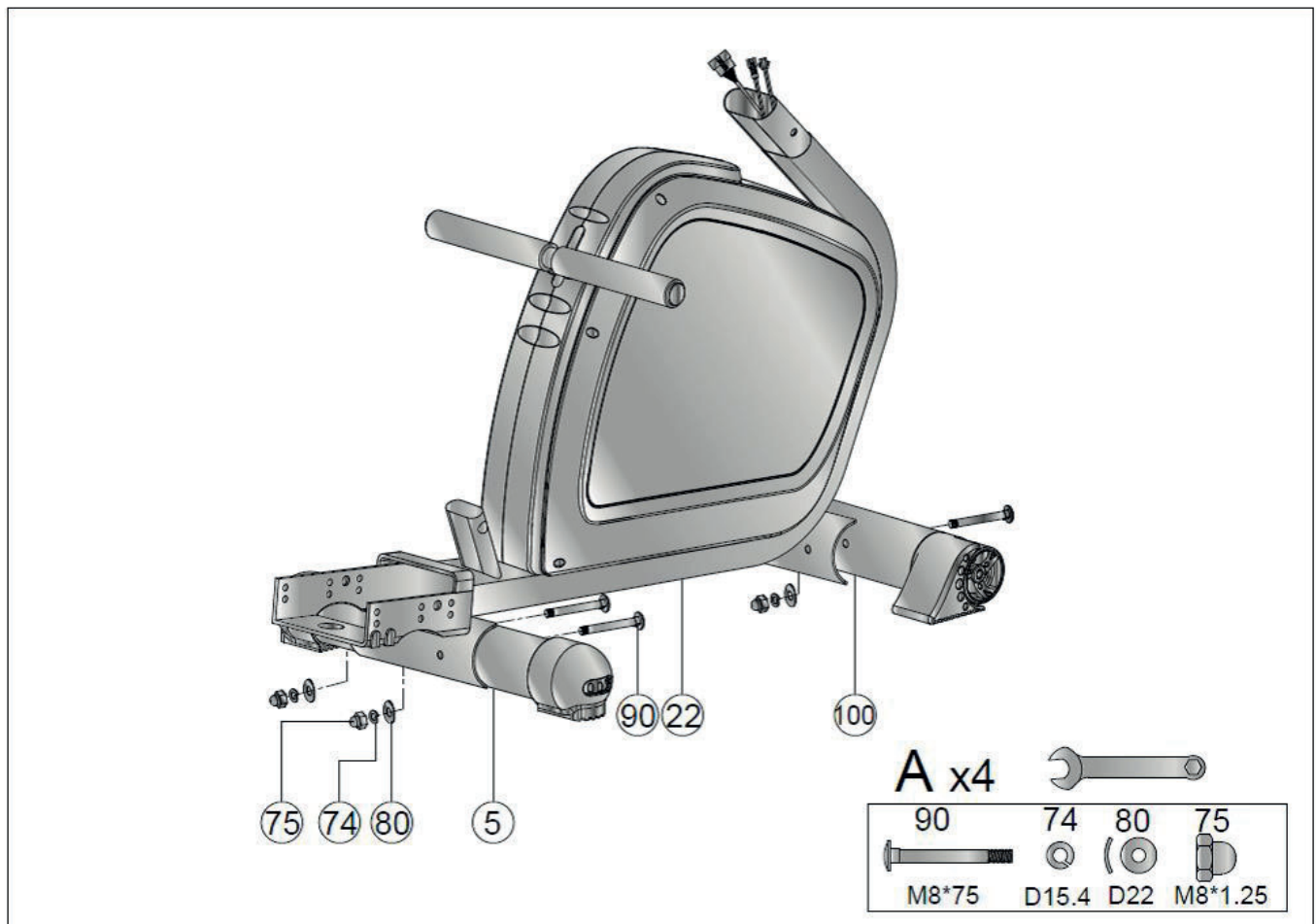
Before assembly, take a close look at the individual assembly steps shown and carry out the assembly in the order given.

### NOTICE

- + First loosely screw all parts together and check that they fit properly. Tighten the screws using the tool only when you are instructed to do so.
- + If you have difficulty recognising the graphics, we recommend that you open and/or download the PDF instructions stored in the webshop on your end device (e.g. smartphone, tablet or PC). There you have the option of zooming in closer. Please note that the Adobe Acrobat Reader programme must be installed on your end device in order to open the file.

### Step 1: Assembly of the stabilizers

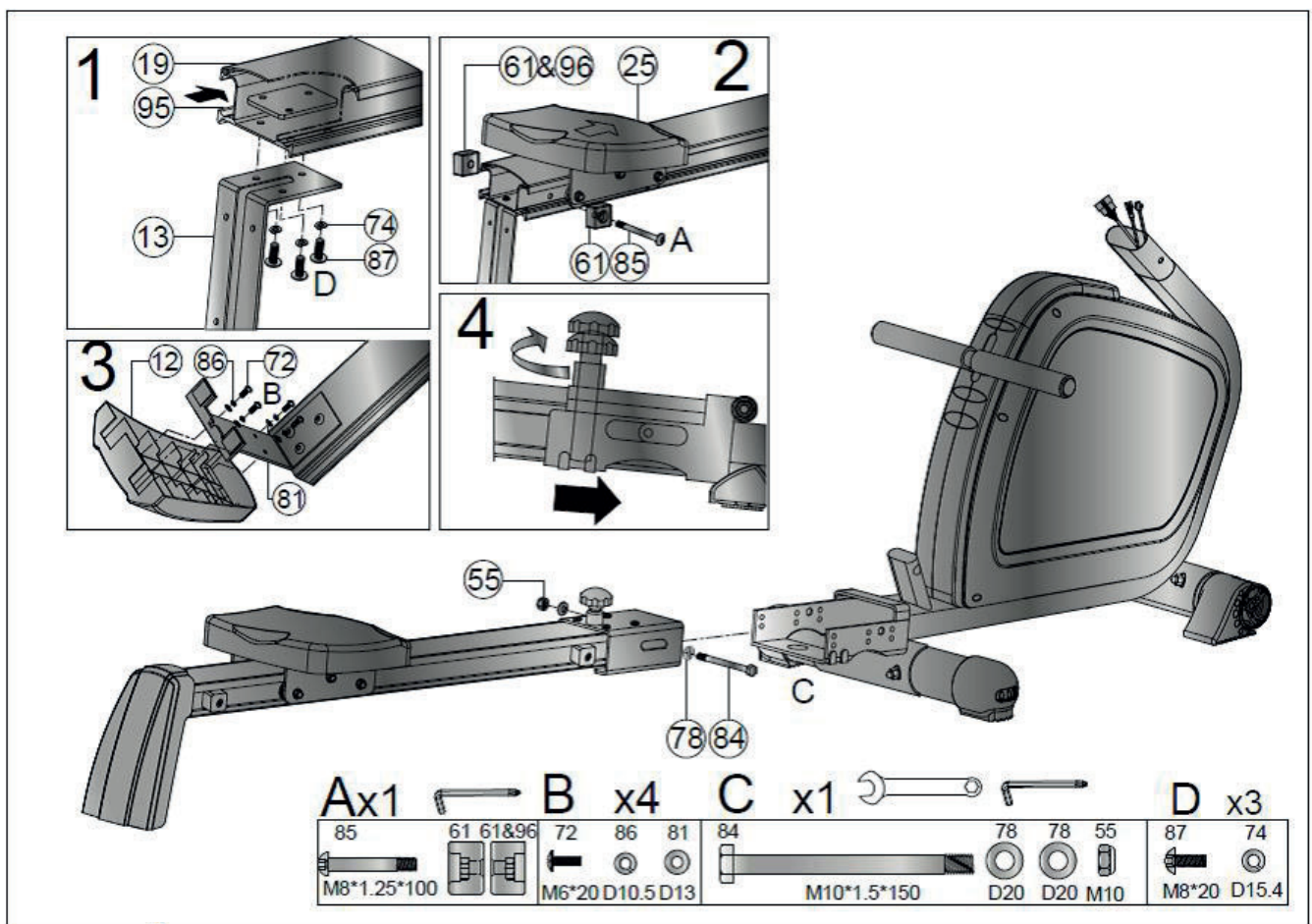
Assemble the front stabilizer (100) and the stabilizer (5) to the main frame (22), using four spring washers (74), four domed bolts (75), four curved washers (80) and four allen bolts (90).





## Step 2: Assembly of the sliding beam

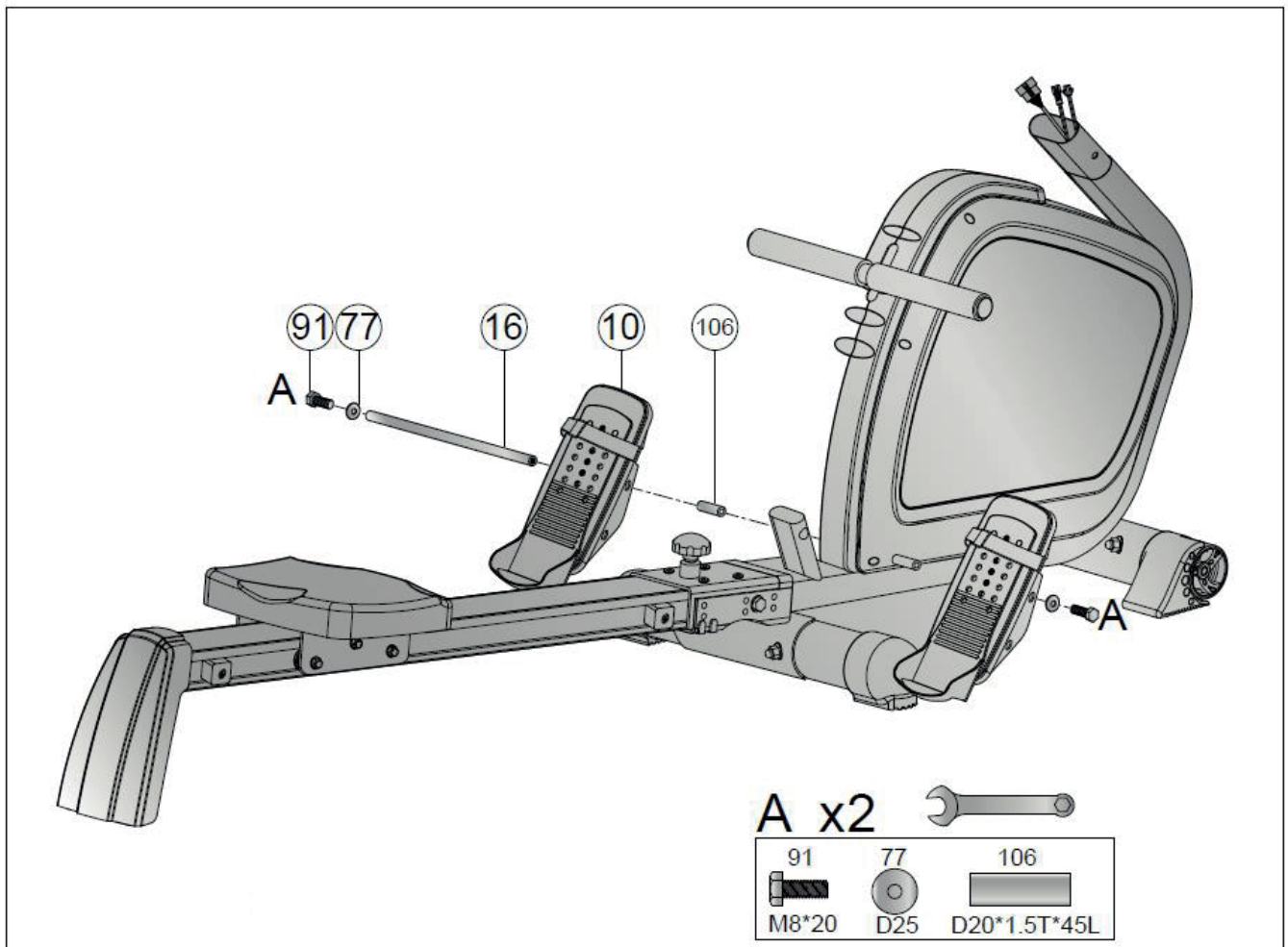
1. Assemble the rear supporting bracket set (13) to the sliding beam (19), using a fixing plate (95), three spring washers (74) and three allen bolts (87) - see figure 1.
2. Place the seat (25) on the sliding beam (19). Now assemble the two square buffers (61) to the sliding beam (19), using a hex nut (96) and hex bolt (85) - see figure 2.
3. Assemble the rear cover (12) to the rear supporting bracket set (13), using four cross screws (72), four flat washers (81) and four spring washers (86) – see figure 3.
4. Assemble the sliding beam (19) to the main frame (22), using two flat washers (78), one bolt (84) and one Anti-loosen nut (55).





### Step 3: Assembly of the pedals

Assemble the foot pedals (10), using a horizontal axle (106), two sleeves (106), two flat washers (77) and two hex screws (91).



### Step 4: Assembly of the computer

1. Connect the upper computer cable (38A) with the lower computer cable (38B). Now assemble the handlebar post welding set (2) to the main frame (22), using a spring washer (74), one curved washer (80), one flat washer (76) and one allen bolt (87) - see figure.
2. Connect the lower computer cable (I) (28), the lower computer cable (30) and the upper computer cable (38A) with the corresponding cables of the computer (1) - see fig. Now assemble the computer (1) to the handlebar post welding set (2), using four cross screws (92) - see figure.

### Step 5: Alignment of the feet

If the floor is uneven, you can stabilize the equipment by turning the two setting screws under the main frame.

1. Lift the equipment on the desired side and rotate the setting screws under the main frame.
2. Rotate the screws clockwise in order to remove them and to raise the equipment.
3. Rotate them counterclockwise in order to lower the equipment

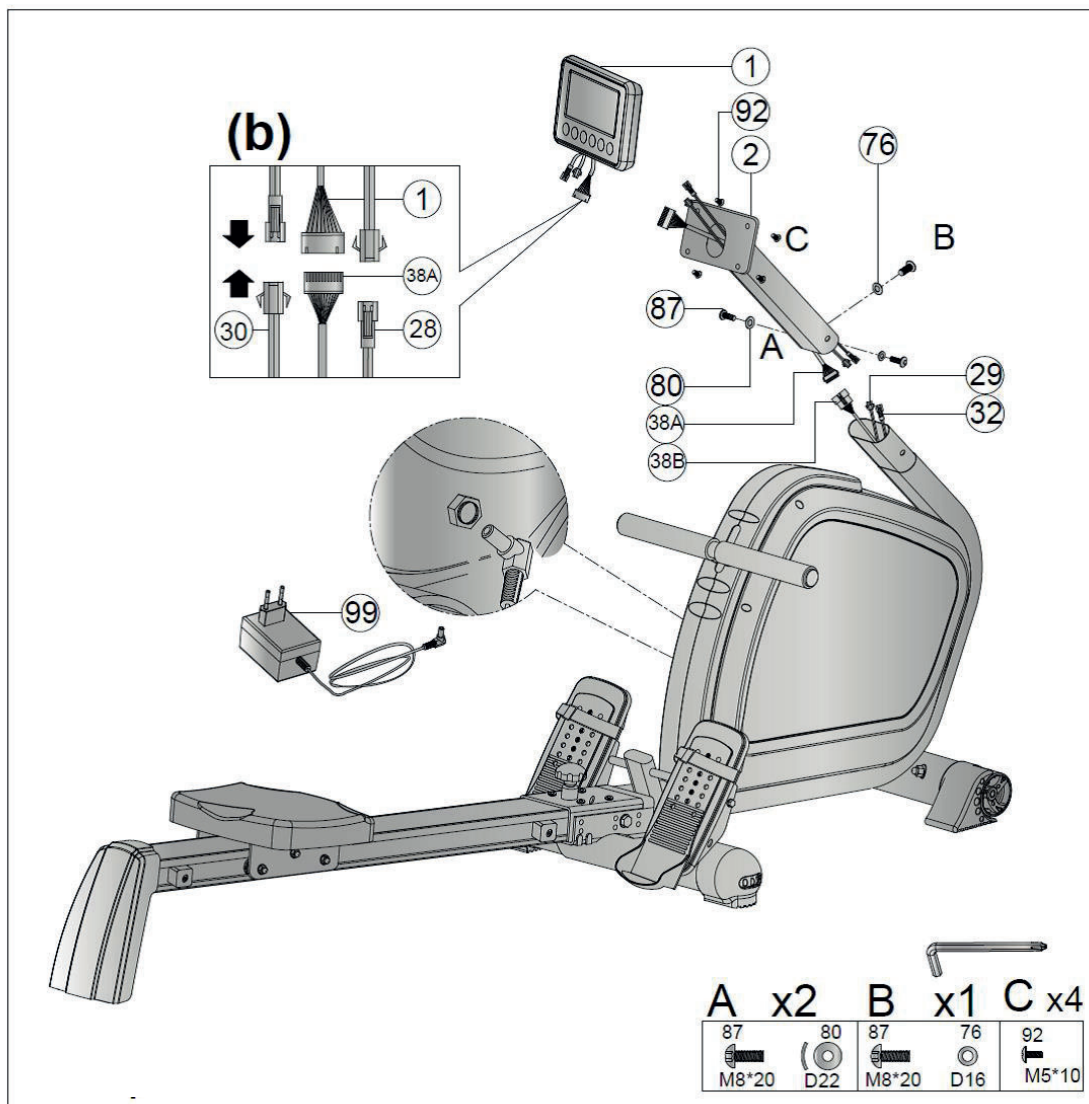


### Step 5: Connecting the equipment to the mains supply

#### ► ATTENTION

The equipment must not be connected to a multiple socket, otherwise it cannot be guaranteed that the equipment will be supplied with sufficient power. Technical errors can result.

Connect the power plug (99) with the equipment and plug the power plug (99) into a wall outlet that complies with the instructions in the chapter on electrical safety.



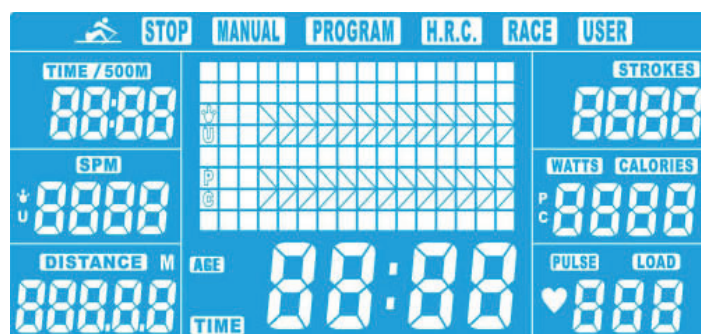
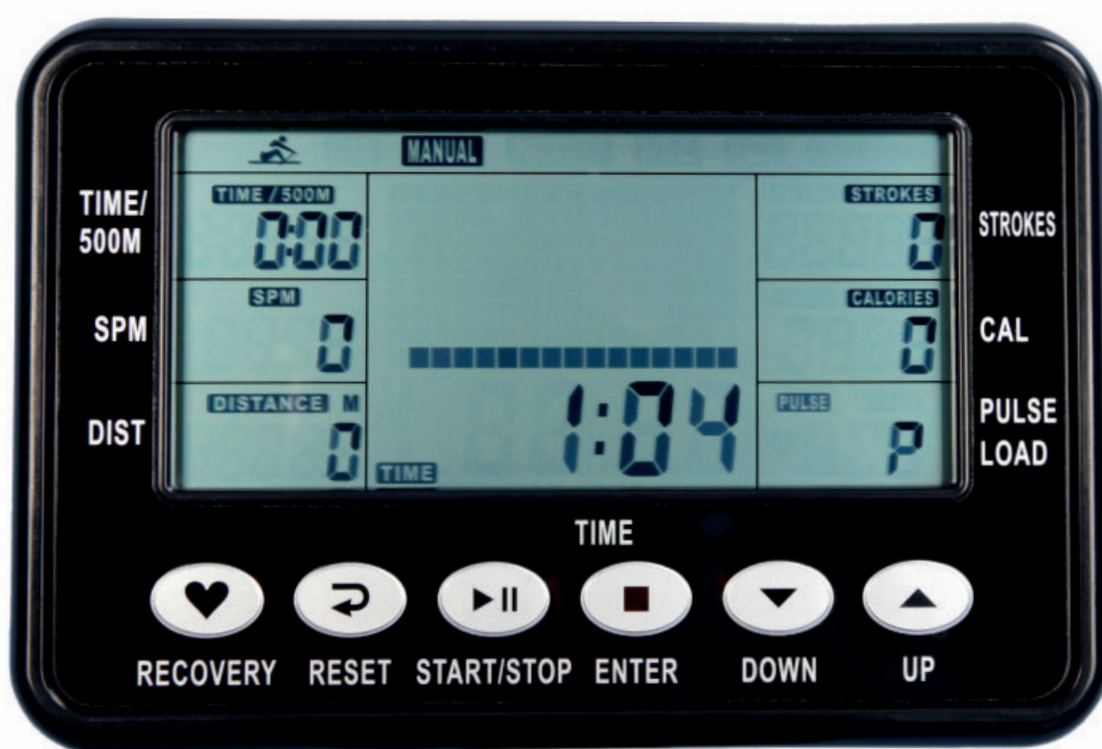


## 3 OPERATING INSTRUCTIONS

### ① NOTICE

- + Familiarise yourself with all the functions and setting options of the device before starting training. Have the proper use of this product explained to you by a specialist.
- + Always start your training with low intensity and increase evenly and gently. End your training with a cool-down phase. If you are unsure, please consult your physician.

### 3.1 Console Display





<b>WATTS</b>	Displays the current output in watt Display range: 0 - 999
<b>CALORIES</b>	Displays your calorie consumption in in kcal Display range: 0 - 9999 Setting range: 0 - 9990
<b>DISTANCE</b>	Displays your covered distance in metres Display range: 0 - 9999 m
<b>PULSE</b>	Displays the pulse beats per minute (BPM) Display range: 30 - 230 BPM
<b>TIME/500M</b>	Displays your training time and time/500 m Display range: 0:00 - 99:00 minutes Displays how long it will take to reach 500 m at maintaining speed.
<b>SPM</b>	Displays the strokes per minute Display range: 0 - 99
<b>STROKES</b>	Displays the number of strokes during your training, display range: 0 - 9999
<b>LOAD</b>	Displays the load level, adjustment range: 1 - 16
<b>TIME</b>	Displays your training time
<b>MANUAL</b>	Manual Programme
<b>PROGRAM</b>	Pre-set programmes (P1 - P12)
<b>H.R.C.</b>	Heart rate-oriented programmes
<b>RACE</b>	Competition between the user and the computer
<b>USER</b>	User-definied programmes



## 3.2 Button Function

<b>START/STOP</b>	Start, stop or pause your training.
<b>UP</b>	Increase a value or select a setting.
<b>DOWN</b>	Decrease a value or select a setting.
<b>ENTER</b>	Confirm your choices and settings.
<b>RESET</b>	<ol style="list-style-type: none"><li>1. Press and hold this button for 2 seconds to restart the computer.</li><li>2. Press this button to delete values.</li><li>3. Press this button after your training is finished and you will return to the main menu.</li></ol>
<b>RECOVERY</b>	Press this button and your recovery heart rate will be displayed.

## 3.3 Turning On the Rowing Machine and First Settings

1. Plug the adaptor into the socket (or press and hold the reset button for 2 seconds).

*The console will start along with an acoustical signal.*

*All segments will be displayed on the screen (fig. 1). Now you will be taken to the user menu (USER).*

2. Choose a user between U1 and U4 with the UP and DOWN buttons and confirm your choice with the ENTER button.

*You will now enter the training menu. No matter where the motor comes to a stop it will always return to position 1.*

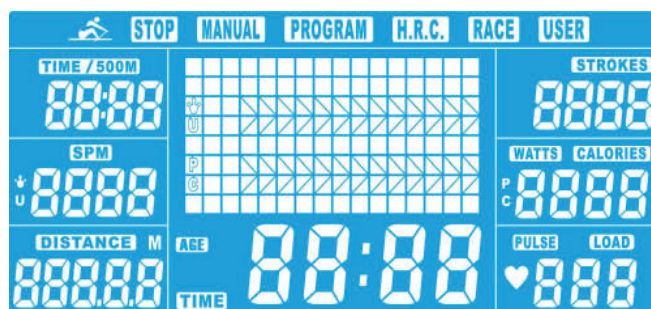


Figure 1

## 3.4 Sleep Mode

The LCD display will shut down when the console does not receive any signal for 4 minutes (No movement and no pulse). The motor will return to zero. The system will stop and all calculated values will be saved.



## 3.5 Programmes

Once you are in the main menu MANUAL will appear on the display. Use the UP and DOWN buttons to choose a programme mode: Manual --> Program --> H.R.C. --> Race --> User. Confirm with the ENTER button.

### 3.5.1 Manual Programme

1. Press the START/STOP button when you are in the main menu to start a training session in the manual mode immediately.
2. Press the UP or the DOWN button to select the manual programme mode. Confirm with the ENTER button.
3. Press the UP or the DOWN button to set a target value for TIME/DISTANCE/CALORIES and PULSE. Confirm each entry with the ENTER button (fig. 2).

#### ❗ NOTICE

TIME and DISTANCE can not be set simultaneously.

4. Press the START/STOP button to start your training (fig. 3).

*The set values will be counted down.*

5. You can adjust the resistance level (1 - 16) by using the UP and the DOWN button.

*As soon as one of the pre-set values reaches zero the console will stop. The function will be displayed in 1Hz and an acoustical signal will be heard for 8 seconds. The average value will be displayed.*

6. Press any button to stop the signal.

*TIME will return to the priorly set target value.*

7. Press the RESET button to return to the main menu.

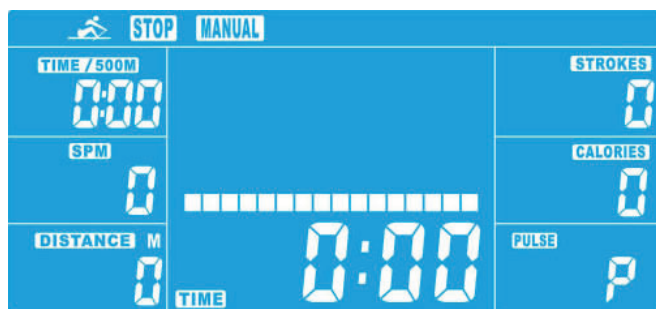


Figure 2

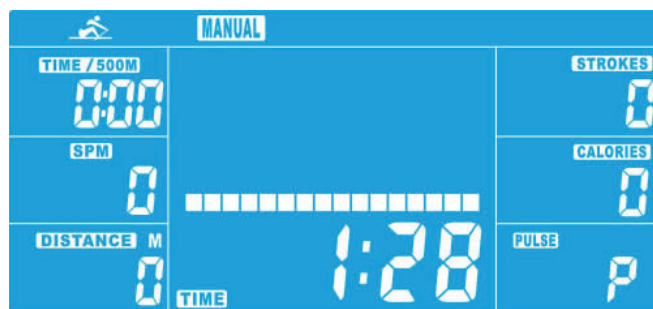


Figure 3



### 3.5.2 Pre-Set Programmes

1. Press the UP or DOWN button to select the pre-set programme mode. Confirm with the ENTER button.
2. Press the UP or the DOWN button to select a profile (P1-P12, fig. 4). Confirm with the ENTER button.
3. Press the UP or the DOWN button to set a value for TIME (fig. 5). Confirm with the ENTER button.
4. Press the START/STOP button to start your training.
5. You can adjust the resistance level (1 - 16) by using the UP and the DOWN button.

*When the pre-set value for TIME reaches zero the console will stop. An acoustical signal will be heard for 8 seconds. The average value will be displayed.*

6. Press any button to stop the signal.

*TIME will return to the priorly set target value.*

7. Press the RESET button to return to the main menu.

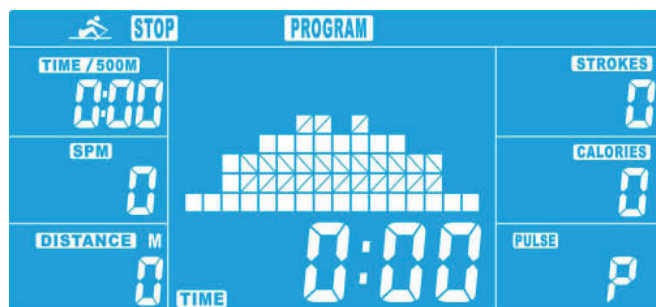


Figure 4

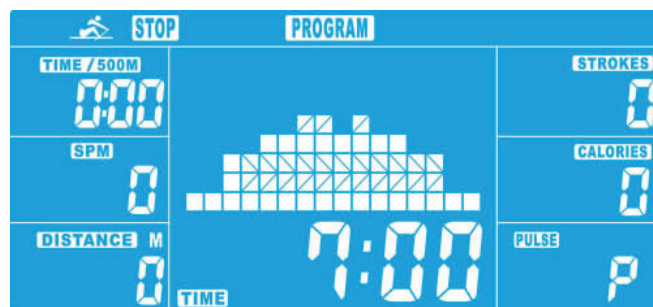
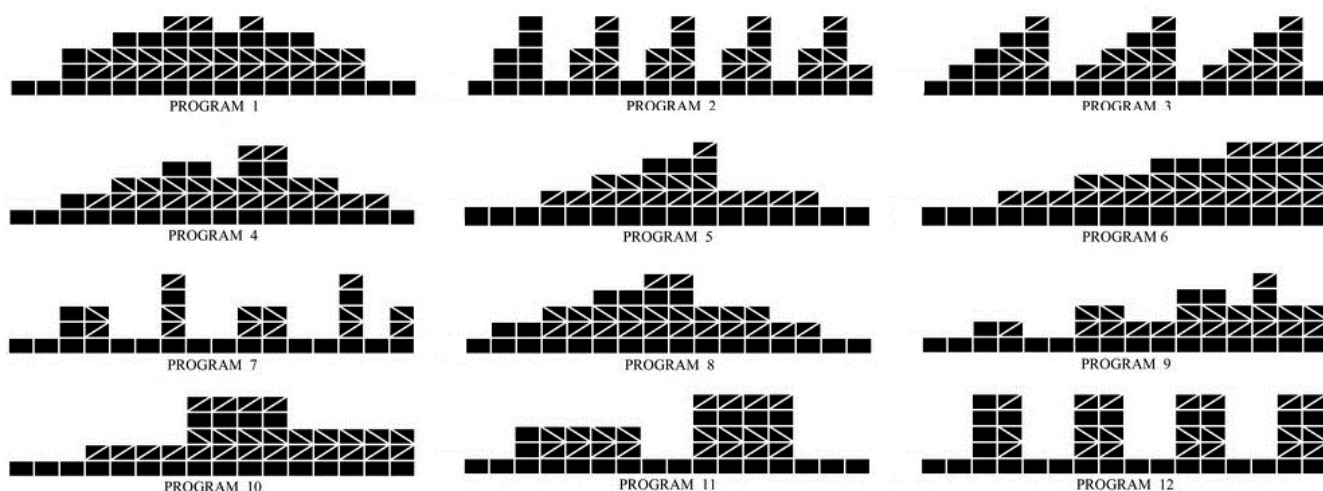


Figure 5





### 3.5.3 Heart Rate Controlled Programmes



#### **WARNING**

Your training equipment is not a medical device. The heart rate measurement of this equipment may be inaccurate. Various factors can affect the accuracy of the heart rate measurement. The heart rate measurement serves only as a training aid.

There are four different heart rate-oriented programmes. Either choose one of the pre-set target heart rates (55%, 75% or 90% of your maximum heart rate) or choose TAG to set a target heart rate yourself. Your maximum heart rate is calculated depending on your age. We recommend a chest strap for these programmes.

1. Press the UP or the DOWN button to select the heart rate-oriented programme mode. Confirm with the ENTER button.
2. Press the UP or DOWN button to set your age (it is preset to 25, fig. 6). Confirm with the ENTER button.
3. Press the UP or DOWN button to choose between 55%, 75%, 90% or target heart rate (fig. 7).



#### **NOTICE**

For 55% the pre-set value will be 107bpm, for 75% 146bpm and for 90% 175bpm.

4. If you would like to set a target value on your own, please choose TAG.



#### **NOTICE**

The value is pre-set to 100bpm (fig. 8) but you can adjust it by using the UP or DOWN button (30-230bpm).

5. Press the UP or DOWN button to to set a value for TIME (fig 9).
6. Press the START/STOP button to start your training.

*As soon as the console receives a signal the time will be counted down until zero is reached. Then an acoustical signal will be heard for about 8 seconds.*

7. Press any button to stop the signal.



#### **NOTICE**

If your pulse does not reach the set heart rate value, the system will increase the resistance level every 30 seconds (up to level 16). If your pulse is higher than the set heart rate value, the system will decrease the resistance level every 15 seconds along with an alarm which will be heard all 2 seconds. In case your pulse is still higher than the set heart rate value when the lowest resistance level (1) is reached, the console will stop automatically for your own safety.

8. Press the RESET button to return to the main menu.





Figure 6

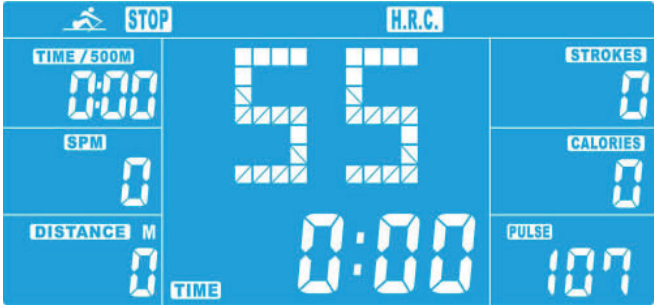


Figure 7

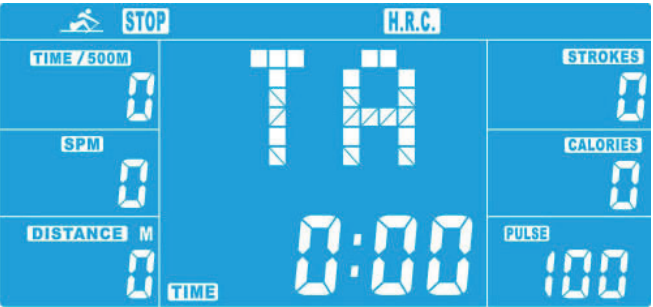


Figure 8



Figure 9



### 3.5.4 Race Programme (RACE)

1. Press the UP or DOWN button to select the race programme mode (fig. 10). Confirm with the ENTER button.
2. Press the UP or DOWN button to set a value for SPM (the pre-set value is 10) and DISTANCE (the pre-set value is 500) (fig. 11). Confirm with the ENTER button.

#### ① NOTICE

Levels: 15; L1 = 1:00 TIME/500M, L15 = 8:00 TIME/500M; steps (pre-set): 0:30 TIME/500M

3. Press the START/STOP button to start your training.

The status of the USER and the PC will be displayed (fig. 12). The distance of the PC will appear in the PC column and the USER's in the USER column (fig. 13).

As soon as one of the pre-set values is reached the console will stop. The data for the PC or for the USER will be displayed (fig. 14). A signal will be heard.

4. Press any button to stop the signal.
5. Press the RESET button to return to the main menu.

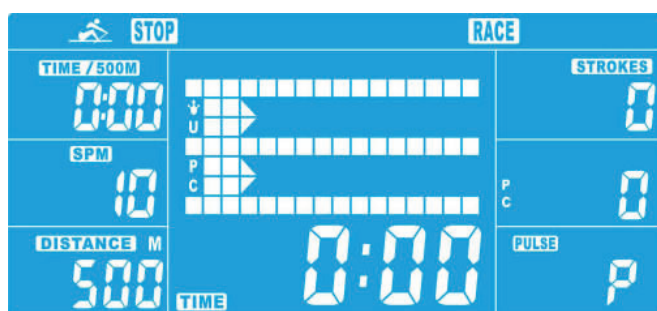


Figure 10

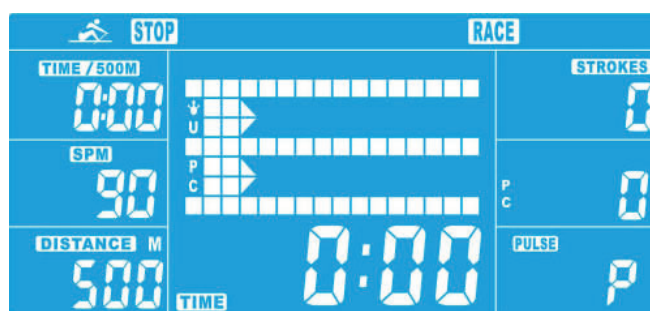


Figure 11

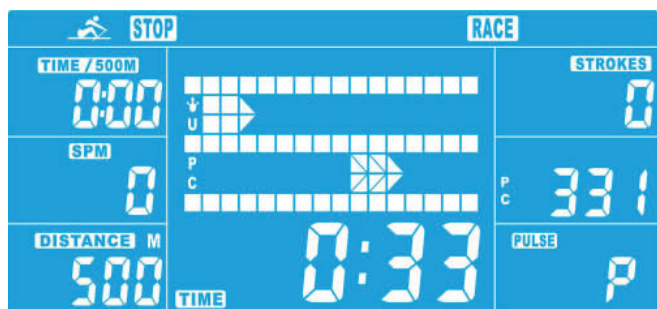


Figure 12

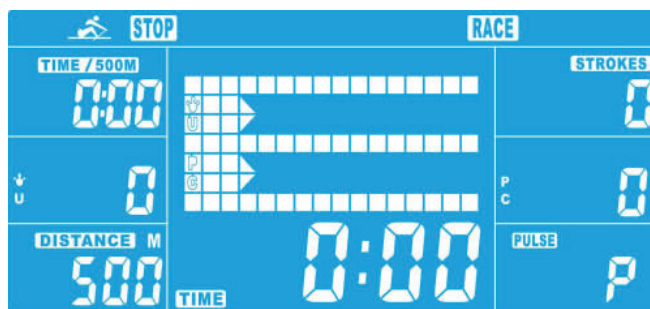


Figure 13

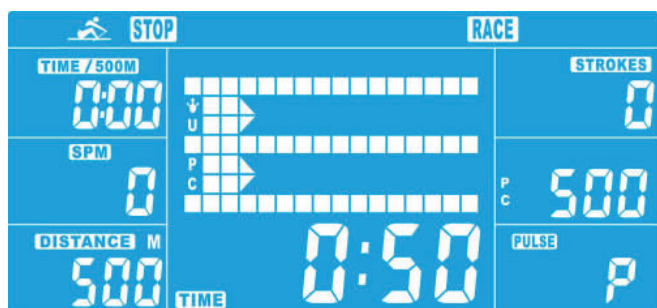


Figure 14



### 3.5.5 User-Defined Programme (USER)

1. Press the UP or DOWN button to select the user-defined programme mode (fig. 10). Confirm with the ENTER button.
2. Press the UP or DOWN button to set the resistance level for each section (fig. 15). Confirm every entry with the ENTER button. Press and hold the MODE button when you are done.
3. Press the UP or DOWN button to set a value for TIME (fig. 16). Confirm with the ENTER button.
4. Press the START/STOP button to start your training.
5. You can adjust the resistance level (1 - 16) by using the UP and the DOWN buttons.

*When the pre-set value reaches zero, the console will stop and an acoustical signal will be heard for 8 seconds.*

6. Press any button to stop the signal
7. Press the START/STOP button to pause your training.
8. Press the RESET button to return to the main menu.

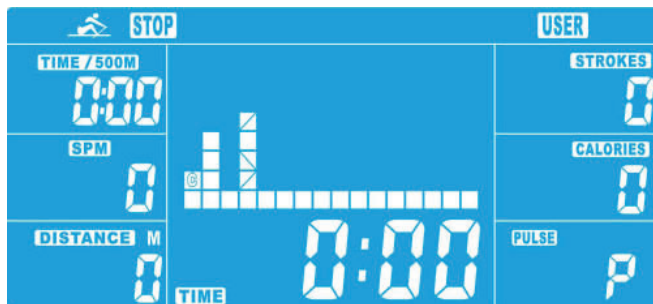


Figure 15

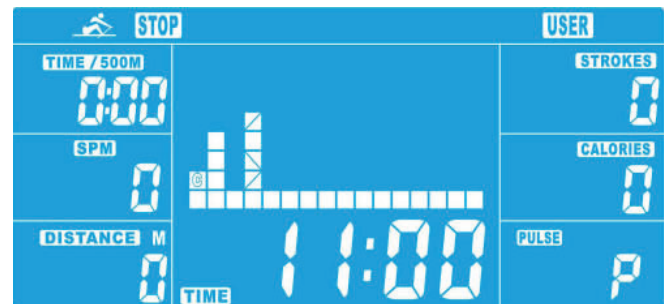


Figure 16



### 3.5.6 Recovery Mode (RECOVERY)

For the recovery mode you will have to wear a chest strap. As soon as your pulse is displayed on the console, please press the RECOVERY button and the measurement will begin.

*All functions except for TIME and PULSE (fig. 17) will not be displayed. A countdown of 60 seconds will start.*

*When the time is up, the console will display your status of heart rate recovery. Your status will be displayed in F1 to F6 (fig. 18), see table below.*



Figure 17



Figure 18

1.0	OUTSTANDING
1.0 < F < 2.0	EXCELLENT
2.0 < F < 2.9	GOOD
3.0 < F < 3.9	FAIR
4.0 < F < 5.9	BELOW AVERAGE
6.0	POOR



## 3.6 Workout tips

When training, it is important to perform the exercises correctly in order to avoid injuries and achieve the desired training effect. Make sure you use the correct technique and train at an appropriate intensity level. Always consult an expert such as a trainer or doctor if you are unsure or have health problems. Always start your training with a low load and increase it evenly and gently.

End your training with a cool-down phase. If you have any questions or uncertainties, contact your doctor.

To get tips for a safe and effective training, use the QR-code provided.



### 3.6.1 Training clothes

During training, wear appropriate sports clothing that is comfortable and breathable. Avoid clothing that restricts you or is uncomfortable. Make sure that your shoes are suitable and offer you sufficient support. In addition, always carry a towel with you to wipe away sweat and keep the equipment clean.

### 3.6.2 Warming up and stretching

It is important to warm up and stretch properly before training to avoid injury and improve performance. Stretching helps to loosen muscles and improve flexibility. Be sure to incorporate a short stretching routine before each workout.

#### Warm-up exercise:

1. Stand upright with your feet about shoulder-width apart.
2. Start with gentle arm circles by slowly moving your arms forwards in small circles in a controlled manner.
3. Perform arm circles backwards to loosen your shoulders and arms.
4. Do squats by slowly squatting down and then straightening up again. Make sure that your knees do not extend beyond your toes.



#### **CAUTION**

Do not exercise with sore muscles or take it easy on the affected muscles, as this can lead to injuries.



### 3.6.3 Medication

If you regularly take medication and want to exercise, it is important to be aware of possible side effects. Ask your doctor whether your medication affects your workout.

### 3.6.4 Used muscle groups

Rowing uses the following muscle groups:

- + Back muscles
- + Shoulder muscles
- + Arm muscles
- + Abdominal muscles
- + Leg muscles

Make sure you keep your back straight during training. Do not hunch over and do not arch your back. Do not fully extend your legs, but keep a slight bend in the backwards movement.



### 3.6.5 Exercise frequency

Regular exercise is crucial to making progress and staying healthy in the long term. Continuous exercise can strengthen muscles, improve endurance and enhance overall well-being. Remember that even small workouts can be done regularly to achieve long-term results.

#### 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.



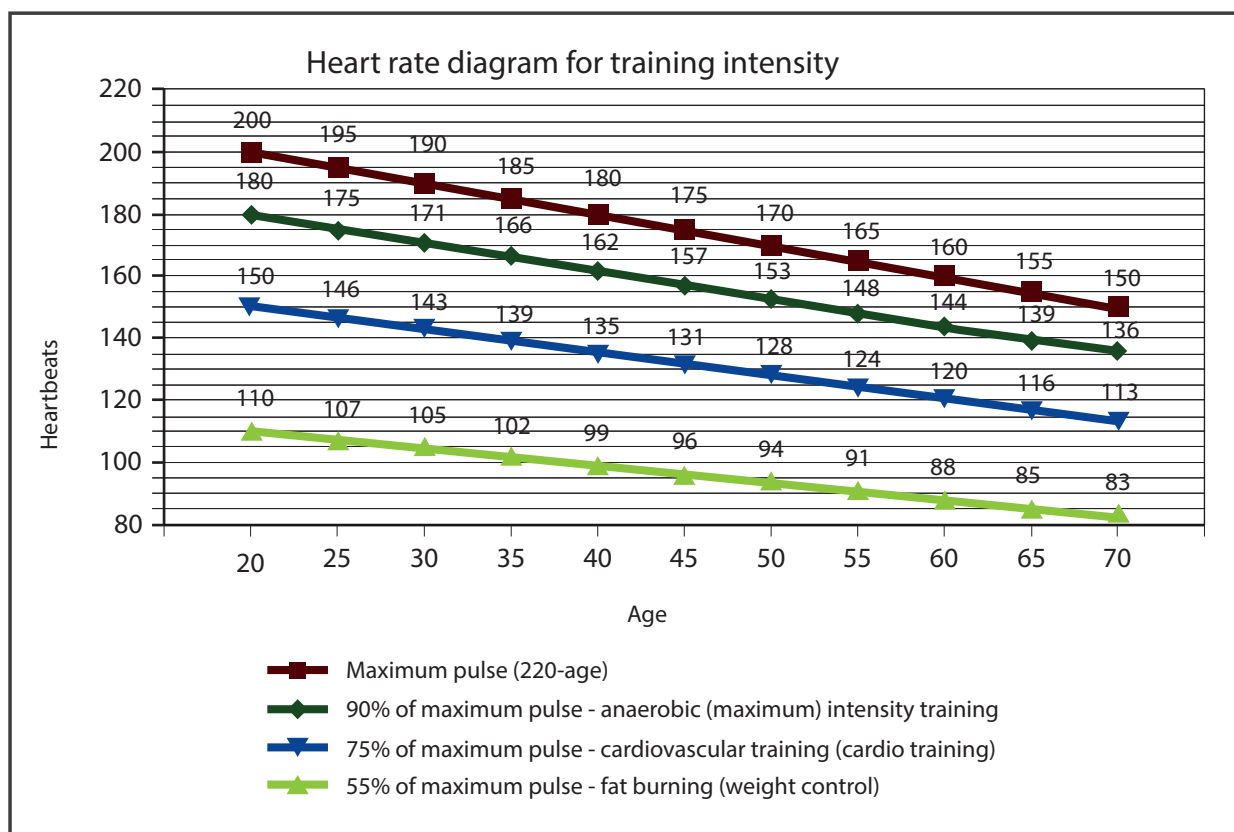
**Cardiovascular training (cardio training):** The primary goal is to increase stamina and fitness through an improved provision of oxygen through the cardiovascular system. In order to achieve this training goal, medium intensity (approximately 75% of the maximum heart rate) with a medium training period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

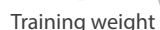
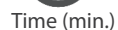
For a 45-year-old man or woman, the maximum heart rate is 175 ( $220 - 45 = 175$ ).

- + 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. =  $(220 - \text{age}) \times 0.9$ .





### 3.7 Workout journal

[illegible]Date \_\_\_\_\_



## 4.1 General Instructions



### WARNING

- + The storage location should be chosen so that improper use by third parties or children can be prevented.
- + If your equipment does not have transportation wheels, the equipment must be disassembled before transportation.



### ATTENTION

- + Make sure that the equipment is protected from moisture, dust and dirt in the selected storage location. The storage location should be dry and well ventilated and have a constant ambient temperature between 10°C and 35°C.

## 4.2 Transportation Wheels



### ATTENTION

If you want to transport your equipment over particularly sensitive and soft floor coverings, such as parquet, planks or laminate, lay out the transport route with cardboard or similar to avoid possible floor damage.

1. Stand behind the equipment and lift it until the weight is transferred to the transportation wheels. After that, you easily can move the equipment to a new position. For long transport distances the equipment should be disassembled and safely packed.
2. Select the new location by following the instructions in the section 1.4 of this manual.



## 4.3 Folding Mechanism



### WARNING

Keep fingers and hands away from folding hinges while folding and opening the rowing machine in order to avoid serious injuries.



### NOTICE

The rowing machine is foldable and thus saves space when it is stored. It also makes it easier to transport.

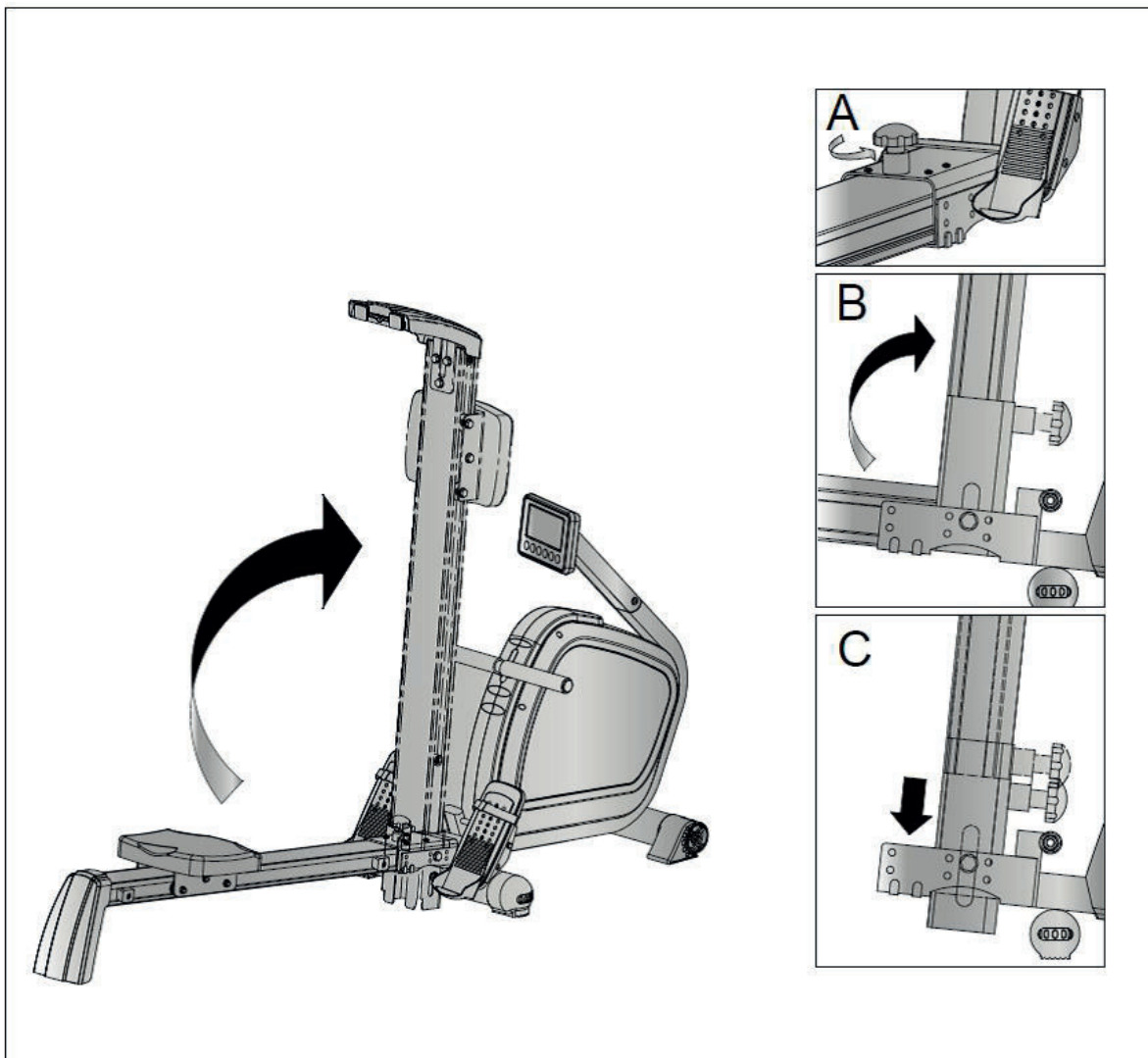
1. Your rowing machine can be folded space-savingly. To do this, loosen the rotary knob (see figure A) and pull it upwards slightly.
2. Now you can fold the sliding beam (19) upwards (see figure B).



### CAUTION

Please make sure that the sliding beam (19) engages audibly (see figure C).

3. To fold the sliding beam (19) down again, please pull it up until it releases audibly.
4. Now lower the sliding beam (19) back to the ground and fasten the rotary knob again.





## 5.1 General Instructions

### **WARNING**

- + Do not make any improper changes to the equipment.
- + To maintain the safety level of the equipment, it must be checked regularly for damage and wear - especially on the foot straps, fasteners, handle hoses and seat.

### **CAUTION**

- + Damaged or worn components may affect your safety and the life of the equipment. Therefore, immediately replace damaged or worn components. In such a case, contact the contract partner. The equipment must not be used until it has been repaired. If necessary, use only original spare parts.

### **ATTENTION**

- + In addition to the instructions and recommendations for maintenance and care given here, additional service and/or repair work may be necessary; this must only be carried out by authorised service technicians.

## 5.2 Faults and Fault Diagnosis

The equipment undergoes regular quality controls during production. Nevertheless, faults or malfunctions may occur. Frequently, individual parts are responsible for these disturbances, an exchange is usually sufficient. Please refer to the following overview for the most common errors and how to correct them. If the equipment still does not function properly, contact your contract partner.

Fault	Cause	Solution
Heart rate is not received	<ul style="list-style-type: none"> <li>+ Sources of interference in the room</li> <li>+ unsuitable chest strap</li> <li>+ Wrong position of chest strap</li> <li>+ Batteries empty</li> </ul>	<ul style="list-style-type: none"> <li>+ Eliminate sources of interference (e.g. mobile phones, loudspeakers, WLAN, lawn mower and vacuum cleaner robots ...)</li> <li>+ Use a suitable chest strap (see recommended accessories).</li> <li>+ Reposition chest strap and/or moisten electrodes</li> <li>+ Changing batteries</li> </ul>
LCD error – software error etc.	Console has no power supply	<ul style="list-style-type: none"> <li>+ Hold Reset to start the console again.</li> <li>+ Start the console again by disconnecting the power cable for about 15 seconds.</li> <li>+ Disconnect and connect again all cable connections, see assembly instructions.</li> <li>+ Contact a service technician of your contract partner.</li> </ul>



Squeaking noises on the guide rails	Guide rails or rollers dirty or guide rails dry	Clean the guide rails and then lubricate them with a suitable lubricant
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## 5.3 Error Codes and Troubleshooting

The electronics of the equipment continuously carries out tests. In case of deviations, an error code appears on the display and normal operation is stopped for your safety.

**Please contact the contract partner for technical support.**

## 5.4 Maintenance and Inspection Calendar

To avoid damage from body sweat, the equipment must be cleaned with a damp towel (no solvents!) after each training session.

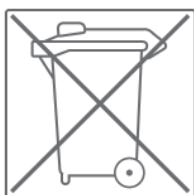
The following routine tasks must be performed at the specified intervals:

Part	Weekly	Monthly	Quarterly	Half-yearly
Display console	C	I		
Cleaning and lubrication of slide rail and moving parts*		C/I		
Cushions	C			
Plastic covers	C	I		
Screws and cable connections		I		
Legend: C = clean; I = inspect				

\*Make sure to always clean the slide rails and moving parts before re-lubricating.

## 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 RECOMMENDED ACCESSORIES

To make your training experience even more efficient and pleasant, we recommend that you add suiting accessories to your fitness equipment. For rowing machines this could for example be a **floor mat**, which makes your fitness equipment stand more securely and also protects the floor from sweat or **silicone spray** to keep moving parts in good shape. We also recommend the use of **rowing gloves**. For rowing machines with water resistance, be sure to purchase chlorine tablets.

If you have purchased a fitness machine with pulse training and want to train your heart rate, we strongly recommend that you use a compatible **chest strap**, as this ensures optimum transmission of the heart rate.

Our range of accessories offers the highest quality and makes training even better. If you would like to find out more about compatible accessories, please go to the detail page of the product in our webshop (the easiest way is to enter the article number in the search field above) and go to the recommended accessories on this page. Alternatively, you can use the QR-code provided. Of course, you can also contact our customer service: by telephone, e-mail, in one of our branches or via our social media channels. We will be happy to advise you!



floor mat



chest strap



chest strap contact gel



rowing gloves



silicone spray



## 8.1 Serial Number and Model Name

In order to provide you with the best possible service, please have the model name, article number, serial number, exploded drawing and parts list ready. The corresponding contact options can be found in chapter 10 of this operating manual.

### NOTICE

The serial number of your equipment is unique. It's located on a white sticker. The exact position of this sticker is shown in the following illustration.



Enter the serial number in the appropriate field.

**Serial number:**

**Brand / Category:**

**Model Name:**

**Article Number:**



## 8.2 Parts List

No.	Name	Supplier Parts No.	Qty.
1	Computer	253E2-6-2501-B0	1
2	Handlebar post welding set	253E2-3-2700-J0	1
3	Front aniti-slip pad	253D2-6-1981-B0	2
4	Pin	71600-6-4586-60	2
5	stabilizer	70201-6-2107-J0	1
6	Pulling rope	24600-6-2201-B0	1
7	Foam roller	24600-6-2471-J1	1
8	Half-ball cap	553F0-1-0031-B3	2
9	Foam	58015-6-1244-B0	1
10	Foot pedal	252A2-6-1085-B0	2
11	Strap	252A2-6-1089-B0	2
12	Rear cover	25100-6-2430-B0	1
13	Rear supporting bracket set	25100-3-2800-J1	1
14	Rear aniti-slip pad	253D2-6-1982-B0	2
15	Bushing	58002-6-1084-B1	1
16	Horizontal axle	252A2-6-1073-N0	1
17	Ball knob	52610-2-0116-BB	1
18	Pulley bracket	24500-3-1125-J5	1
19	Sliding beam	24600-6-1001-02	1
20	Supporting fixing set	24500-6-1003-N1	1
21	Fixing set for sensor	24600-6-2582-02	1
22	Main frame	253E2-3-2600-J0	1
23	Cross bolt ST4.2*15L	53342-2-0015-F0	2
24	Seat	58001-6-1311-B0	1
25	Supporting bracket for seat	25300-3-1585-J0	1
26	Pulley	220A0-6-1578-00	2
27	Hex nut D9.5x5T	55295-2-3005-NA	3
28	Lower computer cable (I)	25100-6-2585-B0	1
29	Sensor (I)	25300-6-2576-B0	1
30	Lower computer cable	25100-6-2573-B0	1
31	Tension cable	741J2-6-2601-01	1
32	Sensor	25300-6-2583-B0	1



33	Motor	253E2-6-2571-00	1
34	Wheel for pulling rope	24900-6-2101-B0	1
35	Anti-loosen nut 3/8"-26UNFx6.5T	18600-6-3175-N1	4
36	Bushing	58002-6-1081-01	2
37	Pulley	24500-6-2271-B0	1
38A	Upper computer cable	25300-6-2572-00	1
38B	Lower computer cable	804G2-6-2573-00	1
39	Round magnet	174R4-6-2574-00	4
40	Plastic flat washer D10*D24*0.4T	55110-1-2404-BF	1
41	Spring D2.2*D14*65L	58003-6-1024-N0	1
42	Plastic cover D3*30L	803K0-6-1082-00	2
43	Allen bolt M10*35L	50310-5-0035-C3	1
44	Idle wheel	745S0-6-1671-00	1
45	Fixing plate for Idle wheel	24500-6-2674-N1	1
46	Magnet system	24500-6-2672-04	1
47	Bushing D20*D14*11.5	58002-6-1067-01	1
48	Belt	58004-6-1070-00	1
49L	Front foot cap (L)	55483-H-0060-BB1	1
49R	Front foot cap (R)	55483-R-0060-BB1	1
50	C-ring S-10(1T)	55510-1-0010-00	3
51	Adjustable footcap	55479-L-0060-BB1	2
52	Left chain cover	25300-6-2426-B0	1
53	Right chain cover	25300-6-2427-B0	1
54	Spring	58003-6-1042-N0	1
55	Anti-loosen nut M10x1.5x10T	55210-1-2010-CA	2
56	Volute spring 20*0.8T	58003-6-1051-02	1
57	Anti-loosen nut M8*1.25*8T	55208-1-2008-NA	2
58	Bushing of pulley axle	220A0-6-1577-00	6
59	Buffer	24500-6-2175-G1	1
60	Fixing plate for spring	24600-6-2171-B1	1
61	Square buffer	25100-6-2175-B0	2
62	Tube of revolving axle	24600-3-2125-N3	1
63	Flywheel axle	24600-6-2173-N0	1
64	Bearing #6000ZZ	58006-6-1001-00	2
65	Electrical cable	195E5-6-2596-00	1



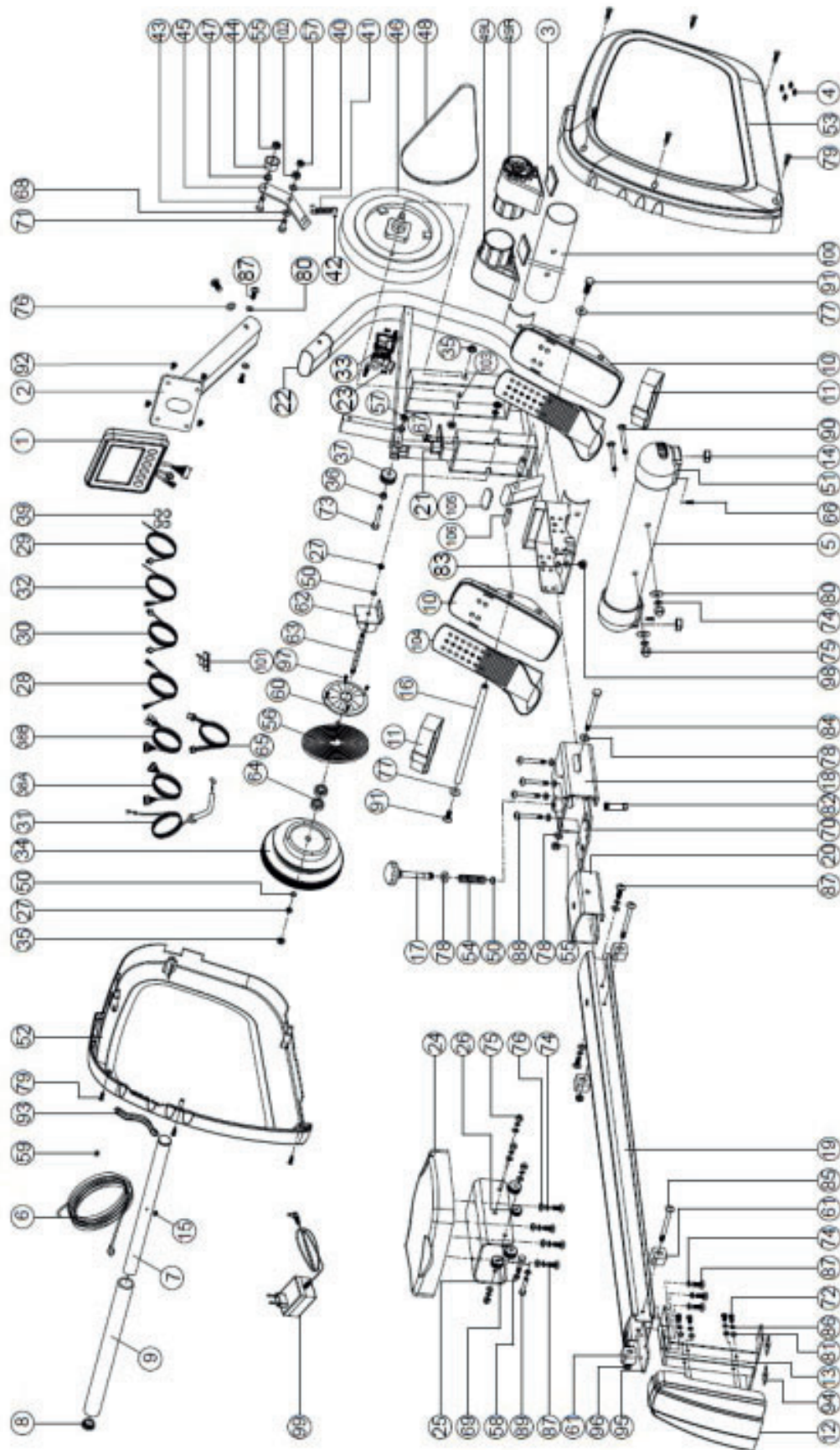
66	Cross screw	53304-2-0010-N0	2
67	Cross screw M5*0.8*10L	50805-2-0010-D0	2
68	Flat washer D21*D8.5*1.5T	55108-1-2115-CA	1
69	Pulley	24500-6-1578-01	4
70	Reinforce plate	24500-6-1017-J1	1
71	Hex bolt	50108-5-0025-N3	1
72	Cross screw M6*1.0*20L	52606-2-0020-F0	4
73	Ladder screw M8*1.25*55.5L	24600-6-2177-N1	1
74	Spring washer D15.4*D8.2*2T	55108-2-1520-FA	19
75	Domed bolt M8*1.25*15L	55208-6-2015-FA	10
76	Flat washer D16xD8.5x1.2T	55108-1-1612-FA	17
77	Flat washer D25*D8.5x2.0T	55108-1-2520-FA	2
78	Flat washer D20*D11*2T	55110-1-2020-FA	3
79	Cross screw ST4.2*1.4*20L	53342-2-0020-N0	7
80	Curved washer D22*D8.5*1.5T	55108-3-2215-FA	6
81	Flat washer D13*D6.5*1.0T	55106-1-1310-FA	4
82	Connecting axle cover	24500-6-1027-N0	1
83	C ring S-16(1T)	55516-1-0010-00	2
84	bolt M10*1.5*150L	50110-2-0150-F5	1
85	Hex bolt M8*1.25*100L	50308-5-0100-F4	2
86	Spring washer D10.5*D6.1*1.3T	55106-2-1013-FA	4
87	Allen bolt M8*1.25*20L	50308-5-0020-F0	12
88	Allen bolt M8*1.25*75L	50308-5-0075-F4	4
89	Hex bolt M8*1.25*35L	50108-5-0035-F3	6
90	Allen bolt M8x1.25x75L	50508-5-0075-F3	4
91	Hex screw M8*1.25*20L	50108-5-0020-F0	2
92	cross screw M5*0.8*10L	52605-2-0010-F0	4
93	Guide plate of pull cable	25300-3-2660-C0	1
94	Square buffer	25300-6-2175-B0	4
95	Fixing plate	24600-6-1904-J0	1
96	Hex nut M8*P1.25*6T	55208-2-2006-FA	2
97	cross screw ST4.2*15L	52842-2-0015-N0	4
98	Fixing nut M10*1.5*13	253C2-6-1103-F0	1
99	Adaptor	804C2-6-2584-01	1
100	Front stabilizer	25300-6-1931-J0	1



101	Adhesive fixed clamp	39000-6-5871-00	1
102	Allen nut	55208-2-2006-NA	1
103	Small spacer	58002-6-1001-00	1
104	Pedal pad	252A2-6-1086-B0	2
105	Oval end cap	55311-3-3070-B8	1
106	sleeve	253E2-6-2680-J0	2
/	spanner	58030-6-1028-N2	2
/	Allen cross spanner	58030-6-1031-N1	1



## 8.3 Exploded Drawing





Products from Darwin Fitness® are subject to strict quality control. 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 period

The warranty periods, shown on our web shop, begin on delivery of the fitness equipment. The respective warranty periods for your equipment can be found on its product website.

### Repair Costs

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 holder personally and are not a part of repair. After the expiration of the warranty period, the responsibility for parts costs, repair costs, installation costs and delivery costs lies with the warranty holder.

### 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 centres, 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 centres
- + unauthorised 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.



DE	DK	UK
<b>TECHNIK</b>  +49 4621 4210-900  +49 4621 4210-698  technik@fitshop.de  Öffnungszeiten entnehmen Sie unserer Homepage.	<b>TEKNIK OG SERVICE</b>  80 90 16 50 +49 4621 4210-945  info@fitshop.dk  Åbningstider kan findes på hjemmesiden: <a href="https://stg.fit/statit7">https://stg.fit/statit7</a>	<b>CUSTOMER SUPPORT</b>  00800 2020 2772 +494621 4210 944  info@fitshop.co.uk  You can find the opening hours on our homepage: <a href="https://stg.fit/statitc">https://stg.fit/statitc</a>
	FR	BE
<b>SERVICE</b>  0800 20 20277 (kostenlos)  04621 4210 - 0  info@fitshop.de  Öffnungszeiten entnehmen Sie unserer Homepage: <a href="https://stg.fit/statita">https://stg.fit/statita</a>	<b>TECHNIQUE &amp; SERVICE</b>  +33 (0) 189 530984 +49 4621 42 10 933  info@fitshop.fr  Vous trouverez les heures d'ouverture sur notre site Internet: <a href="https://stg.fit/statit4">https://stg.fit/statit4</a>	<b>TECHNIQUE &amp; SERVICE</b>  02 732 46 77 +49 4621 4210 933  info@fitshop.be  Vous trouverez les heures d'ouverture sur notre site Internet: <a href="https://stg.fit/statit8">https://stg.fit/statit8</a>
ES	NL	INT
<b>TECNOLOGÍA Y SERVICIOS</b>  911 238 029  info@fitshop.es  Consulta nuestro horario de apertura en la página web: <a href="https://stg.fit/statit5">https://stg.fit/statit5</a>	<b>TECHNISCHE DIENST &amp; SERVICE</b>  +31 172 619961  service@fitshop.nl  De openingstijden vindt u op onze homepage: <a href="https://stg.fit/statit3">https://stg.fit/statit3</a>	<b>TECHNICAL SUPPORT &amp; SERVICE</b>  +49 4621 4210-944  service-int@fitshop.de  You can find the opening hours on our homepage: <a href="https://stg.fit/statita">https://stg.fit/statita</a>
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<b>DZIAŁ TECHNICZNY I SERWIS</b>  22 307 43 21 +49 4621 42 10-948  info@fitshop.pl  Godziny otwarcia można znaleźć na stronie głównej: <a href="https://stg.fit/statit6">https://stg.fit/statit6</a>	<b>TECHNIK &amp; SERVICE</b>  0800 20 20277 (Freecall) +49 4621 42 10-0  info@fitshop.at  Öffnungszeiten entnehmen Sie unserer Homepage: <a href="https://stg.fit/statitb">https://stg.fit/statitb</a>	<b>TECHNIK &amp; SERVICE</b>  0800 202 027 +49 4621 42 10-0  info@fitshop.ch  Öffnungszeiten entnehmen Sie unserer Homepage: <a href="https://stg.fit/statit9">https://stg.fit/statit9</a>

Please find a detailed overview including address and opening hours for all stores of the Fitshop Group in Germany and abroad on the following website:

[www.fitshop.com/en/stores](http://www.fitshop.com/en/stores)



# WE LIVE FITNESS

## WEBSHOP AND SOCIAL MEDIA

Fitshop is Europe's largest specialist store for home fitness equipment with currently over 70 stores and one of the world's most renowned online mail order companies for fitness equipment. Private customers order via the 25 web shops in the respective national language or have their desired equipment assembled on site. In addition, the company supplies fitness studios, hotels, sports clubs, companies and physio practices with professional equipment for endurance and strength training.

Fitshop offers a wide range of fitness equipment from renowned manufacturers, high-quality in-house developments and comprehensive services, such as a build-up service and sports scientific advice before and after the purchase. The company employs numerous sports scientists, fitness trainers and competitive athletes.

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