

# USER'S MANUAL



**Important – Please read these instructions fully before assembly or using  
These instructions contain important information which will help you get the best from  
your equipment and ensure safe and correct assembly, use and maintenance.**

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ASSEMBLY

### USING THE INDOOR ROWER

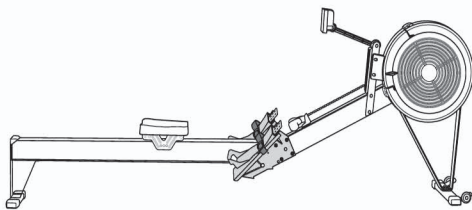
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USING THE INDOOR ROWER

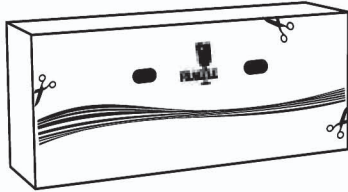
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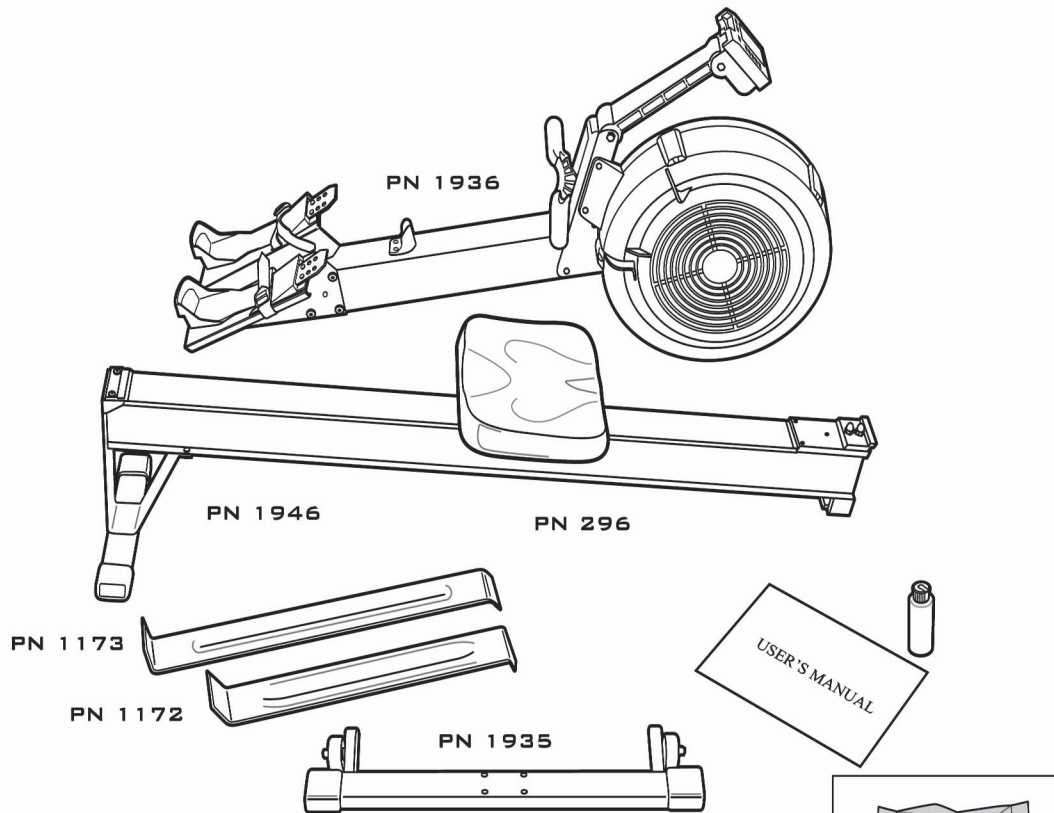
MAINTENANCE & TROUBLESHOOTING



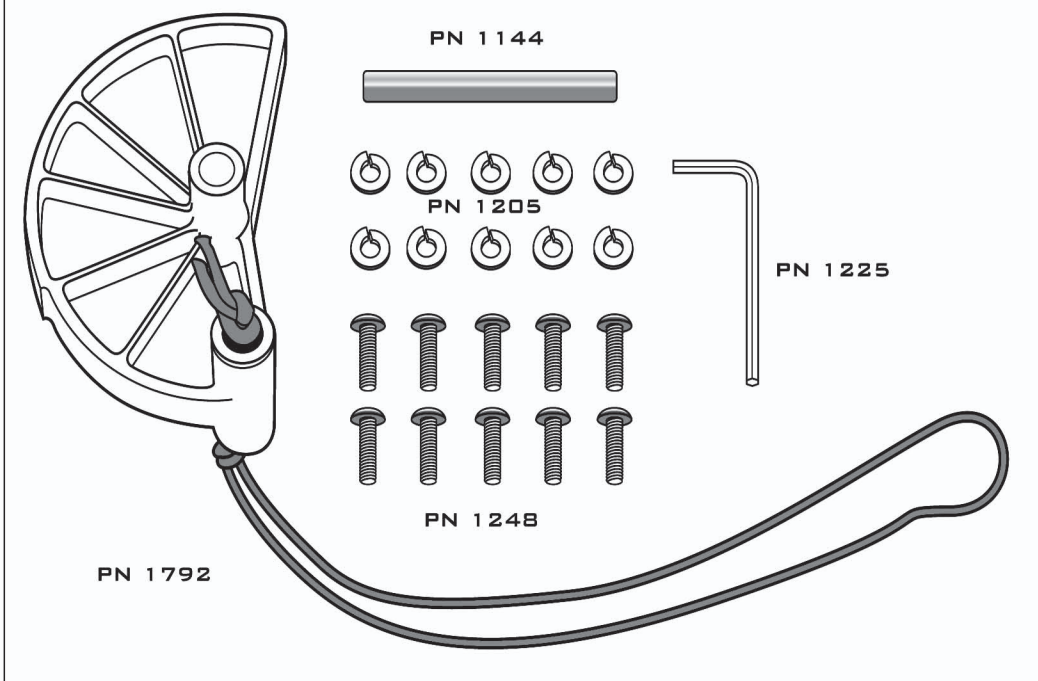
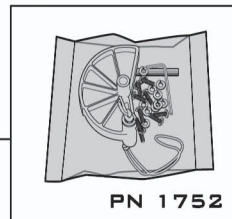
UNPACKING  
YOUR  
JCW2  
INDOOR  
ROWER



You should find the following parts for your Indoor Rower in this shipping box. If any parts are missing, please call authorized service representative.



CONTENTS OF PARTS BAG (PN1752)



**PARTS NEEDED:**

4 washers  
4 screws



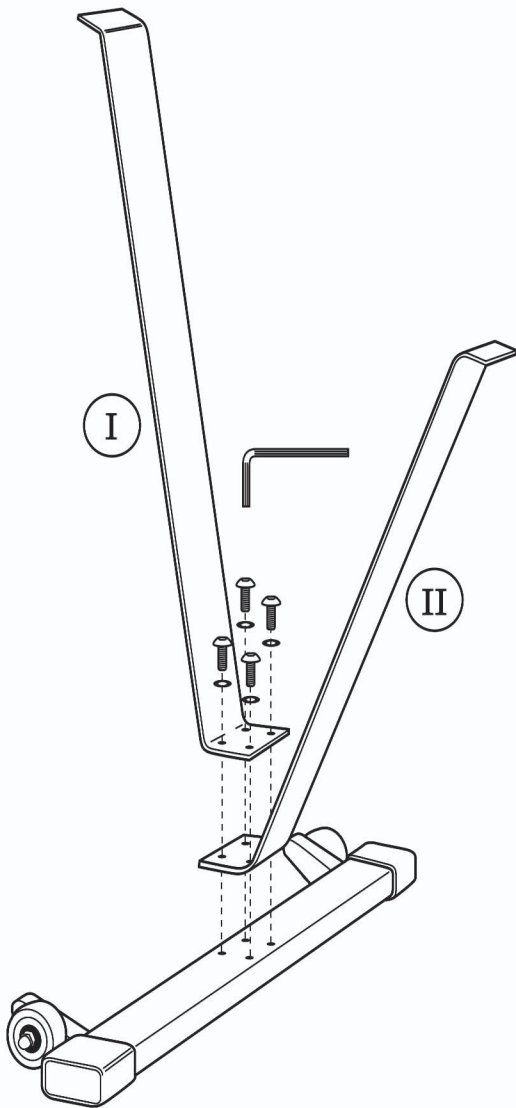
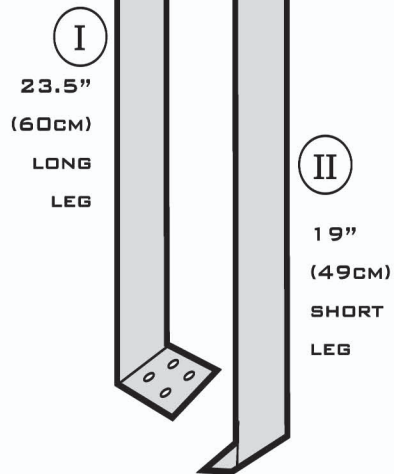
3/4"  
or 2cm

**TOOL NEEDED:**

Allen Wrench (provided)



**ASSEMBLING  
THE  
FRONT LEG**



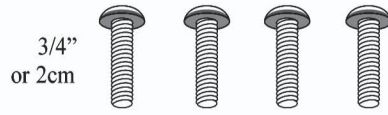
Note that the longer leg (I) attaches to same side as the wheels.

**TOOL NEEDED:**  
Allen Wrench (provided)



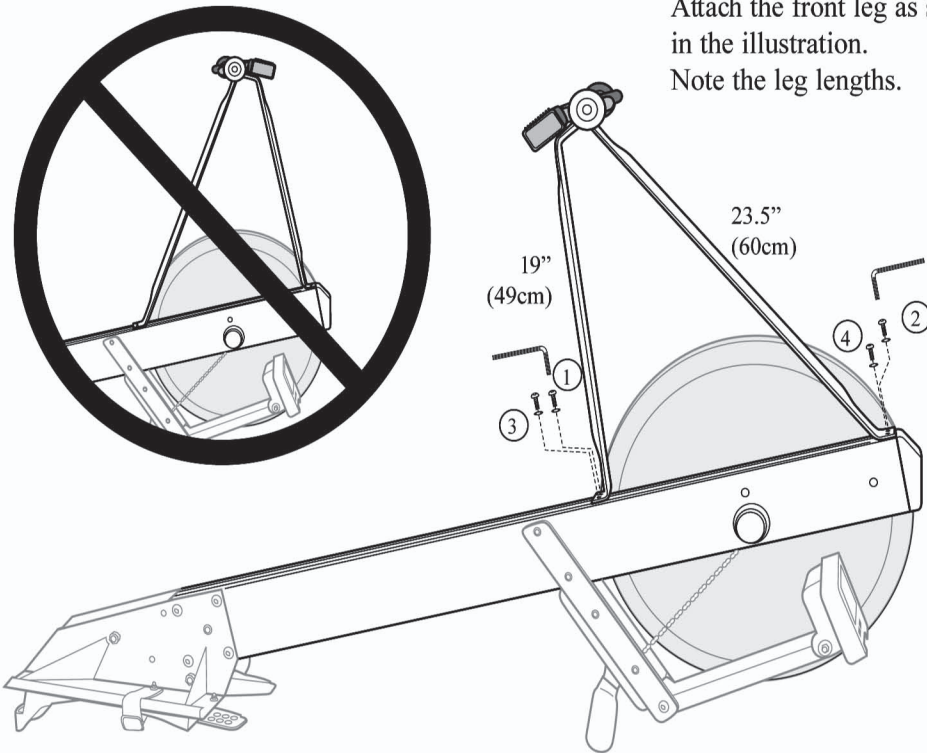
**PARTS NEEDED:**

4 washers  
4 screws

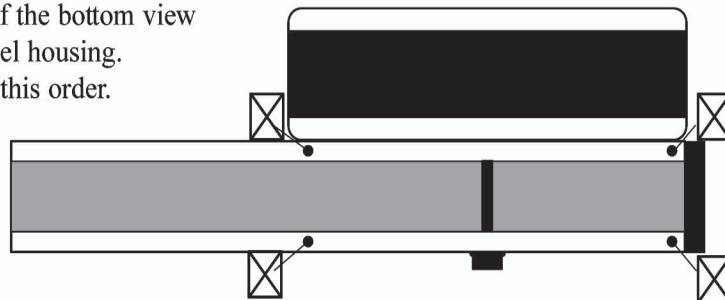


**ATTACHING  
THE  
FRONT LEG**

Attach the front leg as shown  
in the illustration.  
Note the leg lengths.



This is an illustration of the bottom view  
of the front end/flywheel housing.  
Insert socket screws in this order.

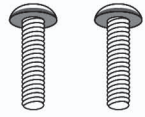




**TOOL NEEDED:**  
Allen Wrench (provided)

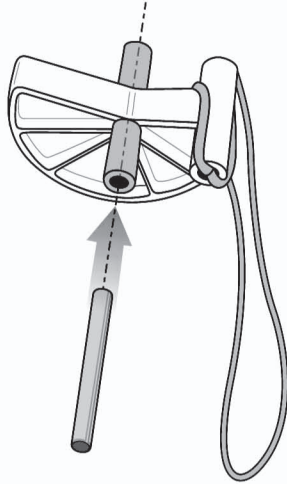
**PARTS NEEDED:**

2 washers  
2 screws

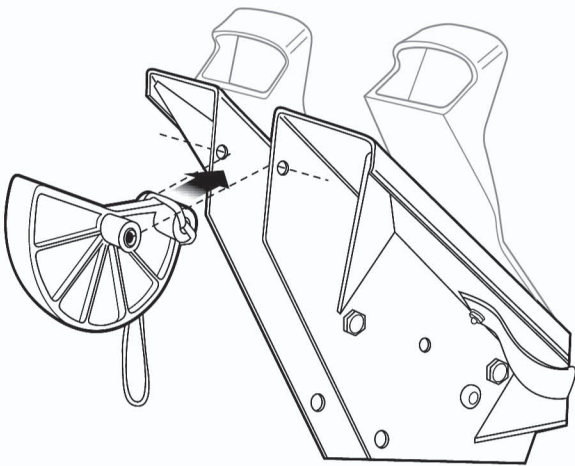


3/4"  
or 2cm

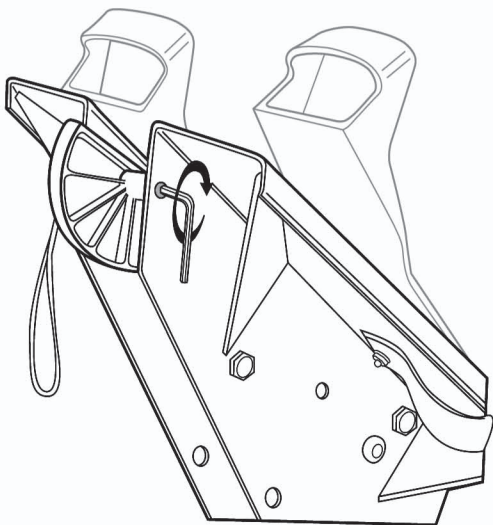
**ASSEMBLING  
& INSTALLING  
THE  
FRAME LOCK**



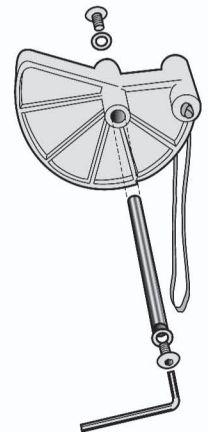
1. Insert axle through axle tube on  
framelock.



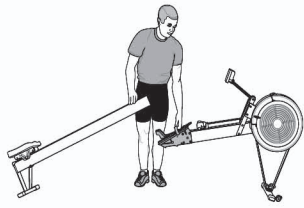
2. Place framelock between  
footplates on Indoor Rower. The  
two footplates may need to be  
pulled apart slightly for the axle  
tube to fit. Be sure to line up  
axle tube to orient framelock as  
shown.



3. Insert 3/4" screw and washer  
into each end of framelock axle  
tube, through holes in footplates.  
Tighten with allen wrench.

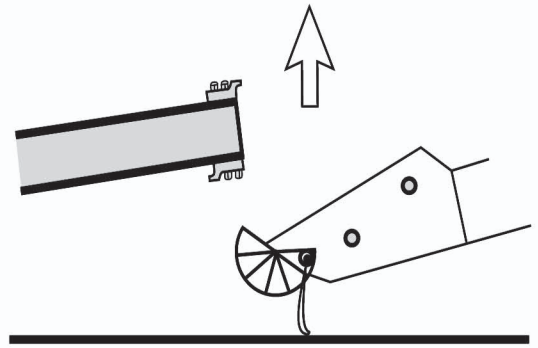


# ATTACHING THE MONORAIL

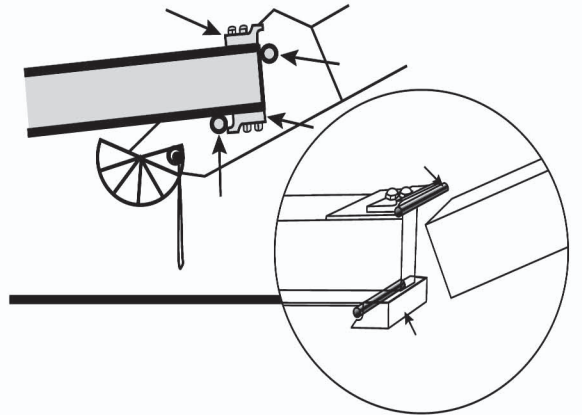


Place the flywheel and monorail sections of the Indoor Rower end to end.

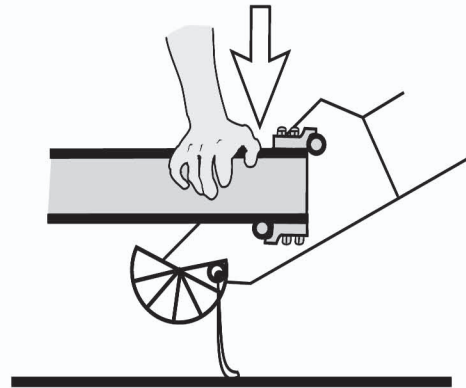
1. Using one of the footstraps as a handle, lift the footboard end of the flywheel section until it rolls on the caster wheels. Lift the end of the monorail to the same level.



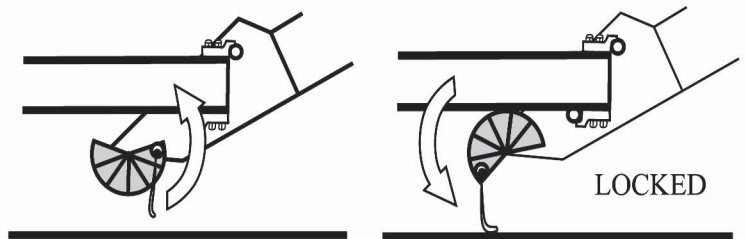
2. Bring the flywheel and monorail sections together between the footplates. The top hanger should be over the top bolt tube and the bottom hanger should hook over the bottom bolt tube.



3. Lower both pieces until they connect securely and push down into place.



4. Rotate the framelock around and push it into the locked position.



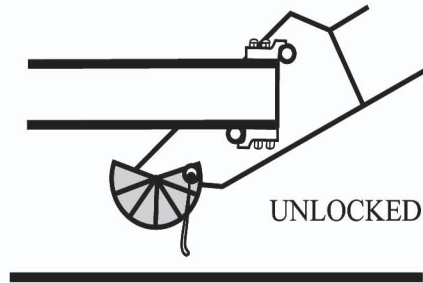
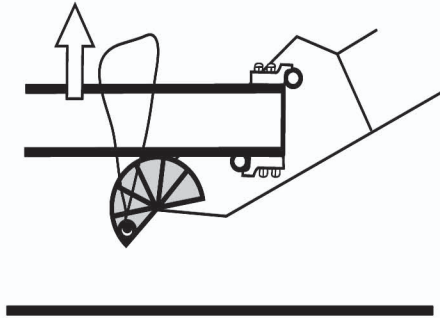
**CAUTION**

- Always have the framelock in the locked position when the flywheel and monorail sections are connected. Failure to do so may result in injury if the unit is lifted or moved.

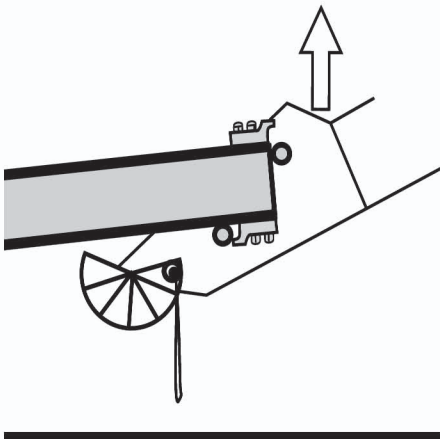
- To avoid possible injury, use caution while attaching the monorail section to the flywheel section and while operating the framelock.

DETACHING  
THE  
MONORAIL

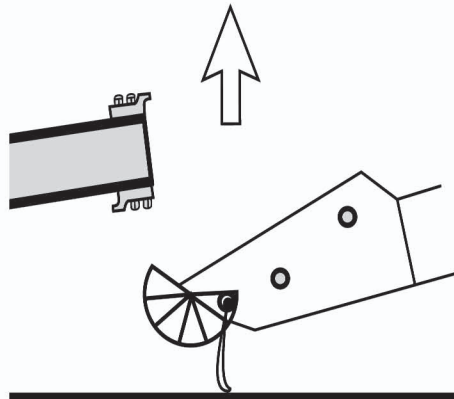
1. Release the framelock from the locked position by pulling up on the rope, allowing the framelock to rotate into the unlocked position.



2. Using the footstrap, lift the monorail slightly with one hand to disengage.

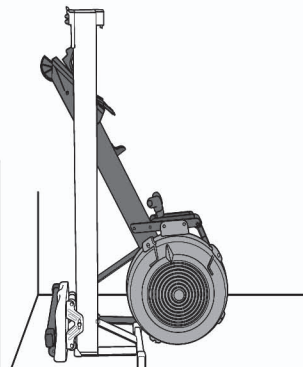


3. Remove monorail with the other hand.

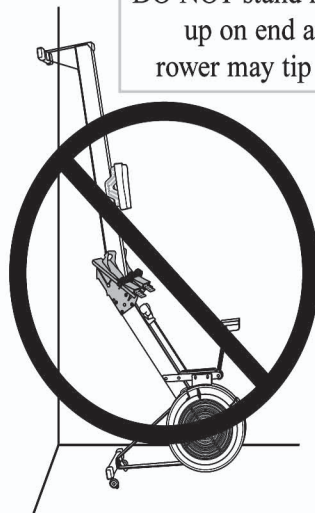


The two parts may be placed upright as shown here for more compact storage.

Care should be taken when standing the flywheel section up as the balance may shift suddenly.



DO NOT stand rower up on end as the rower may tip over.



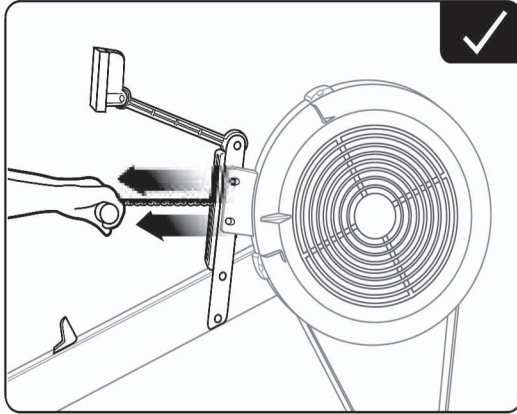
STORAGE

CAUTION

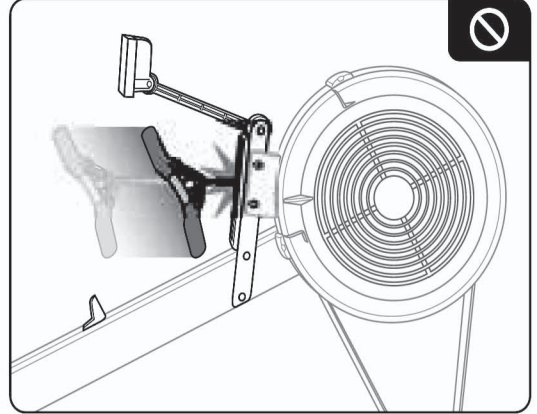


SAFETY

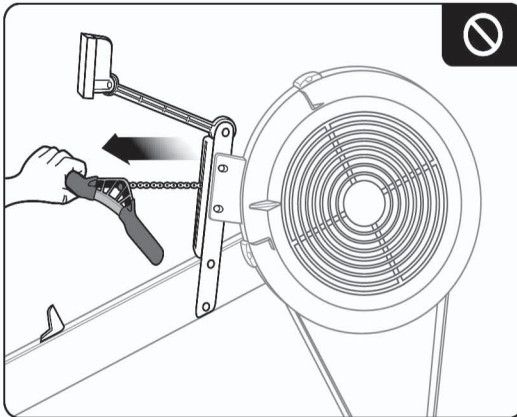
USE CAUTION



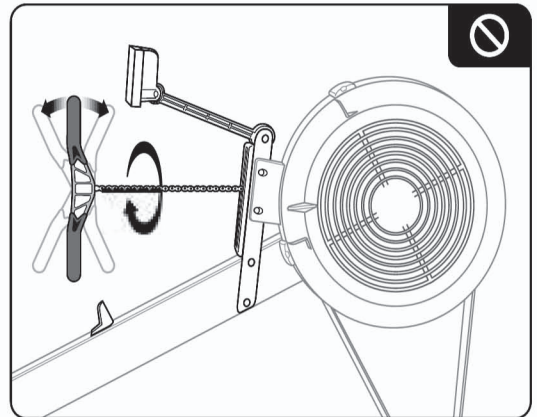
Pull straight back with both hands.



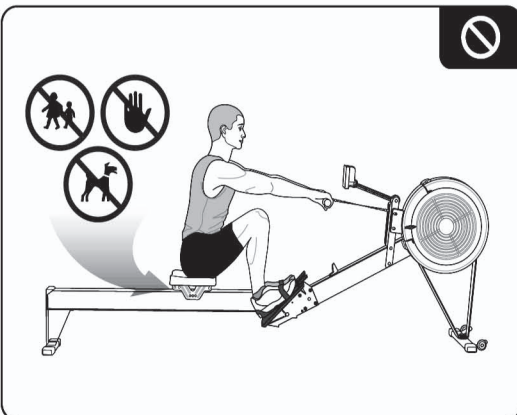
Do not let handle fly into chain guide.



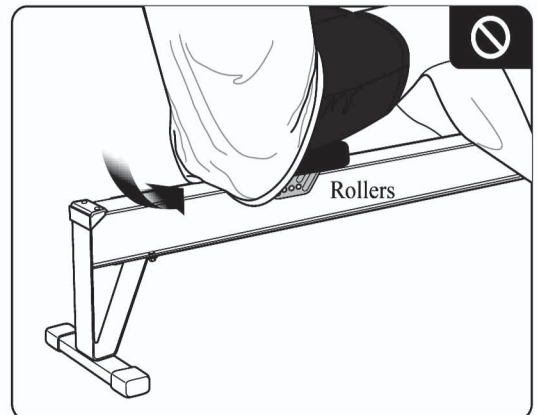
Do not row with one hand only.  
Abuse of the chain can result in injury.



Never twist chain or pull from side to side.



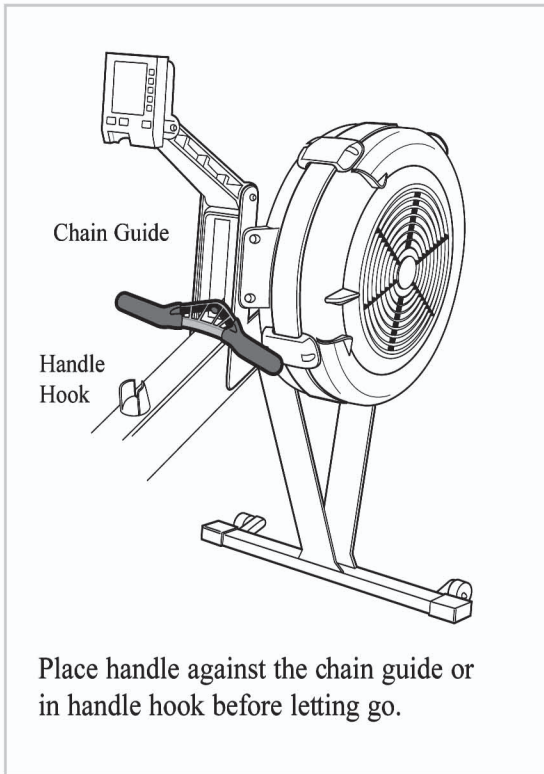
Keep children, pets, and fingers away from seat rollers. Seat rollers can cause injury.



Keep clothing free of seat rollers.

SAFETY

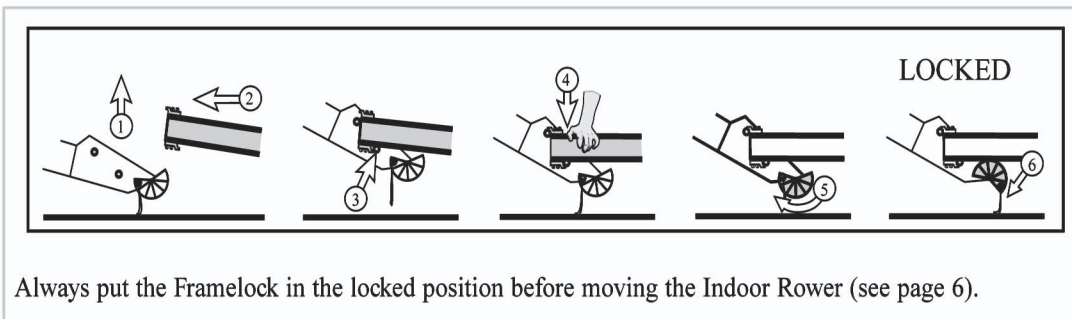
CAUTION



Chain does not require oiling prior to first use.



Perform proper maintenance as described in the Maintenance section of this manual (page 18).



CAUTION

- Use of this machine with a worn or weakened part, such as the chain, sprocket, swivel connector, handle U-bolt, or shock cord, may result in injury to the user. When in doubt about the condition of any part, JCW2 strongly advises that it be replaced immediately with genuine JCW2 parts.
- To avoid possible injury, use caution while attaching the monorail section to the flywheel section and while operating the frame lock.
- Be aware that the seat may roll forward on the monorail when not in use.

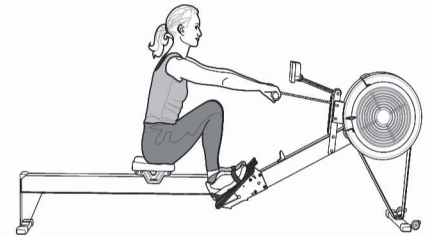
## GETTING THE MOST FROM YOUR WORKOUT

The fact that rowing uses so many muscle groups means that it has the potential to strengthen and balance all those parts of the body. Rowing is also impact-free and non-weight-bearing, which makes it that much more appropriate and valuable as a tool for rehabilitation and recovery, and for people of all ages. At the same time, if rowing is not done correctly and appropriately, as with any sport, there is always the possibility that it could contribute to overuse problems or injuries.

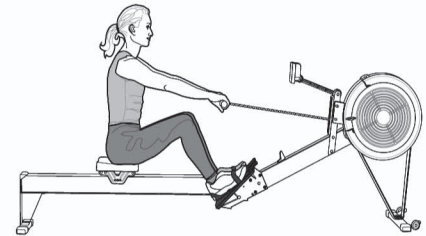
With this in mind, there are a number of things you can do to maximize the benefits of rowing for your entire body:

1. Consult your physician. Be sure it is not dangerous for you to undertake a strenuous exercise program.
2. Check your technique. Review the rowing technique information on page 13 and take the time to view the User's manual. Here are a few key points of technique:

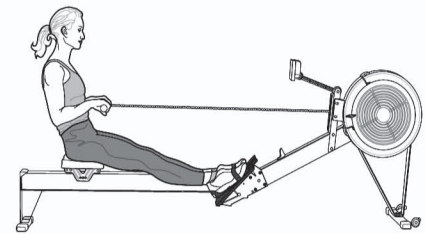
- a. Forward body angle at the catch: The shins should not go beyond vertical; and the forward body angle should not be more than about 30 degrees. It should feel like a comfortable amount of reach.



- b. Coordination of the drive: You should begin the drive by pressing down your legs, keeping the arms straight, and without changing the angle of the back initially. When your legs are about halfway extended, start prying open the back. Finally, finish the drive by pulling the handle all the way into your abdomen.



- c. Layback at the finish: Your back should swing past the vertical by about 25 degrees at the finish of the stroke. This layback position should feel comfortable, not stressed. You should feel your abdominal muscles doing some work when you sit in the finish position.



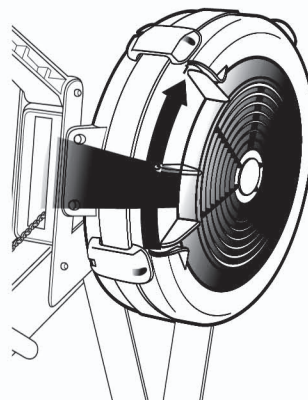
3. Include some stretching in your exercise routine. A variety of aches and pains can be eased or prevented by investing a little time in stretching. See the JCW2 Training Guide for specific recommendations. Stretch gently without bouncing.

4. Start each workout with several minutes of easy rowing for a warm-up. Take at least five minutes to build your intensity before starting a hard workout.

5. Start your exercise program gradually. Row no more than five minutes the first day to let your body adjust to the new exercise. Gradually increase your rowing time and intensity over the first two weeks.

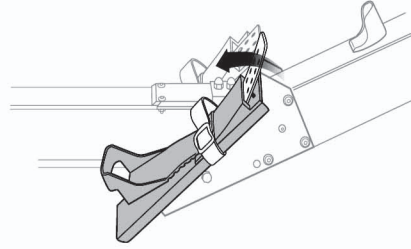


6. Build up gradually to heavy work. Be smart about increasing your workout load. If you haven't rowed in over a week, take it easy for your first row. Don't expect to be able to jump right in where you left off. And don't try to do intense interval work. Start with a steady row at a comfortable pace. In your next row, try building the intensity gradually through several intervals of 1-3 minutes in length. Then, if this all feels good, you can start doing more intense work. If it's been over a month since your last row, plan to build back up even more gradually to where you left off in both the length and intensity of your workouts.
7. Use a damper setting of 3. The best, all-purpose damper setting for a great cardiovascular workout is in the range of 3-5. Rowing with the damper setting too high can be detrimental to your training program by reducing your output and increasing your risk of injury. If you have been rowing at a higher setting, this may feel a little light to you at first, but give it a few days. The lower setting requires you to be a little quicker in applying your power which, in the end, gives you a better workout.
8. Aim for a stroke rate (spm) of between 24 and 30 spm.
9. Consider the time of day. If you row in the morning, allow a little extra time for warm-up, and start very easily. Don't expect to be able to do a hard interval workout right away. If you don't usually row in the morning but must do it every so often, remember that it may take your body longer to be ready to do hard work.
10. Vary your workouts. One of the great things about the JCW2 Indoor Rower is that it enables you to do virtually an infinite variety of workouts. The length, format, and intensity of your workouts can all be varied. Variety can go a long way in preventing boredom—and it can also be helpful to those who may develop aches and pains from doing exactly the same thing for too long. And, last but not least, the properly varied training program will result in the greatest gains in fitness and performance!
11. Remember to take rest days. Even though rowing makes you feel great, and you want to do it every day, it's important to give your body a rest every so often. Some people find it easy to rest one or even two days per week. Others have a hard time going even a day without a workout. We recommend taking at least one day off per week from rowing. Take a walk, or do some other activity if you want to. And if you just HAVE to row, make it a short, easy workout. It will make you more eager the next day and you'll have a better workout!

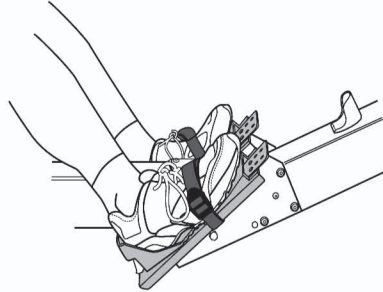


## ADJUSTING THE ROWER FOR COMFORT

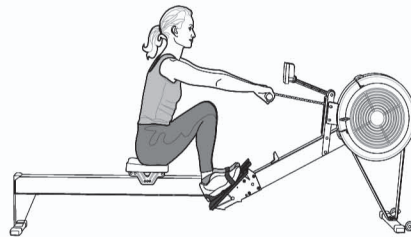
### Setting the Flexfoot



To set the Flexfoot, pull the toe piece toward you to release the flexfoot from the two pegs. Slide the toe piece up or down to achieve the proper setting, then press the toe piece back down onto the pegs.



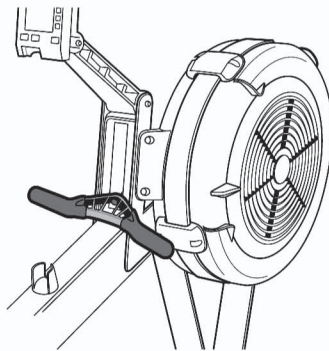
Begin by setting the Flexfoot heel so the strap crosses the ball of your foot. As you gain familiarity with the Indoor Rower, you may choose to raise or lower the Flexfoot a notch for reasons of flexibility or general comfort.



Optimal setting permits the knee, lower leg and ankle to be perpendicular to the floor at the catch.

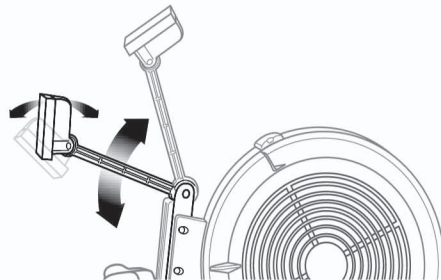
- Lowering the Flexfoot heel permits more seat travel.
- Raising the Flexfoot heel cuts down on leg flexion.

### Using the Handle Hook



Before your workout, place the handle in the handle hook to make it easier to reach when you are seated on the rower. NOTE: When the machine is not in use, it is best to let the handle rest against the fan cage (as shown at left) rather than in the handle hook (i.e. overnight, between workouts). This will prolong the life of the shock cord.

### Adjusting the Performance Monitor Arm



Adjust monitor arm and monitor for easy viewing as shown.

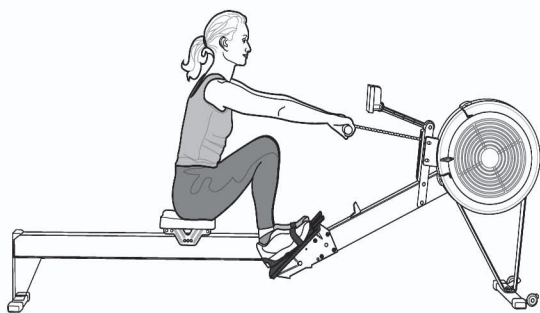
### Seat Pad



Seat comfort varies from one individual to another.

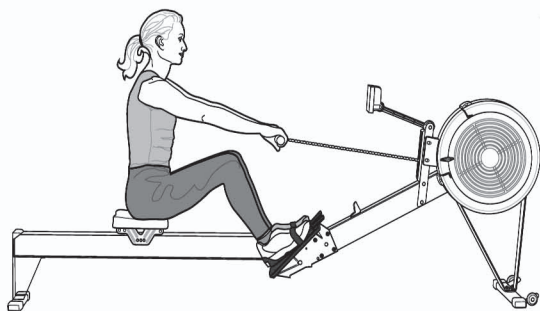
## PROPER ROWING TECHNIQUE

### THE CATCH



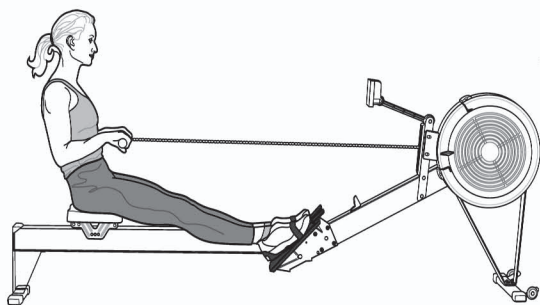
- Extend your arms straight toward the flywheel.
- Keep wrists flat.
- Lean your upper body slightly forward with back straight but not stiff.
- Slide forward on the seat until your shins are vertical (or as close to this as your flexibility will allow).

### THE DRIVE



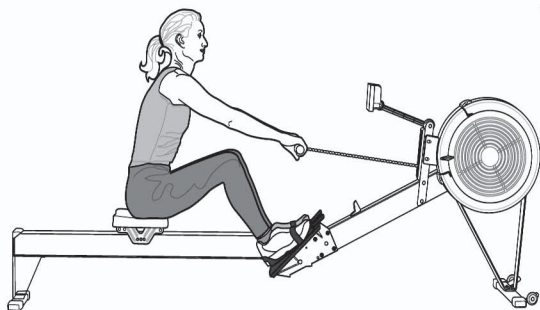
- Begin the drive by pressing down your legs.
- Keep your arms straight and hold your back firm to transfer your leg power up to the handle.
- Gradually swing back with your upper body, bending your arms and prying open your back until you reach a slight backward lean at the finish.

### THE FINISH



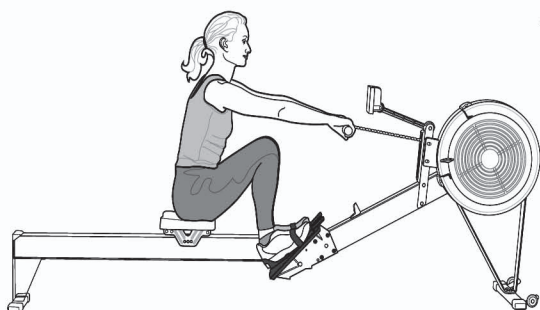
- Pull the handle all the way into your abdomen.
- Straighten your legs.
- Lean your upper body back slightly.

### THE RECOVERY



- Extend your arms toward the flywheel.
- Lean your upper body forward at the hips to follow the arms.
- Gradually bend legs to slide forward on the seat. Be sure your arms are extended before you bend your knees.

### THE CATCH



- Draw your body forward until the shins are vertical.
- Upper body should be leaning forward at the hips.
- Arms should be fully extended.
- You are ready to take the next stroke.

### Technique Tips

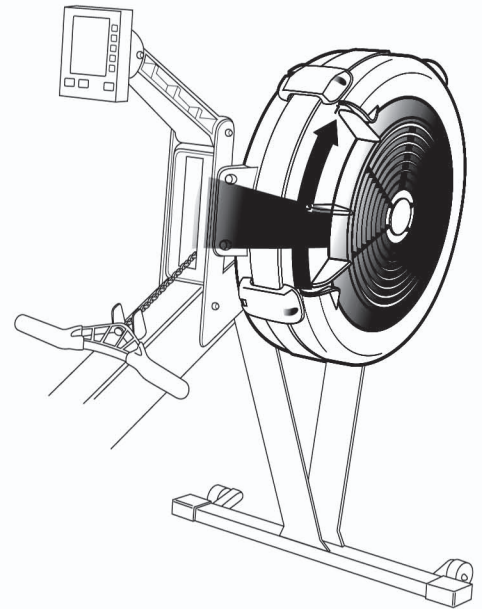
- Have someone watch you to help you match your body positions to those shown.
- These positions should be blended together to make a smooth and continuous stroke with no stopping at any point in the stroke.
- Aim for a stroke rate of between 24 and 30 strokes per minute as displayed on the Performance Monitor.
- Grip should be loose and comfortable; wrists should be level.

INTENSITY &  
RESISTANCE  
ON THE  
JCW2  
INDOOR  
ROWER

Key Concepts:

- The harder you pull, the more resistance you will feel. This is because the JCW2 Indoor Rower uses wind resistance, which is generated by the spinning flywheel. The faster you get the wheel spinning, the more resistance there will be.
- You can row as hard or as easy as you wish. The rower will not force you to row at any set intensity level. It is up to you. As you put more effort into your rowing, you will go faster, produce more watts, and burn more calories. All of these outputs will be measured and displayed by the Bluetooth APP Performance Monitor. Keep your goals in mind. For example, if your goal is to burn a lot of calories, it is more important to row for a long time than to row hard. If you row too hard, you won't last as long.

- The damper setting is like bicycle gearing. It affects the feel of the rowing, but does not directly affect the resistance. With a little experimentation, you will find the damper setting that gives you the best workout and results. We recommend a damper setting of 3-5 for the best aerobic workout. This is the setting that feels most like a sleek, fast boat on the water. Higher settings feel more like a bigger, slower boat.
- You can view your performance in pace, watts, calories. The Monitor displays your output in a choice of units and display options. You can choose the units and displays that work best for you.



Damper setting  
on the flywheel

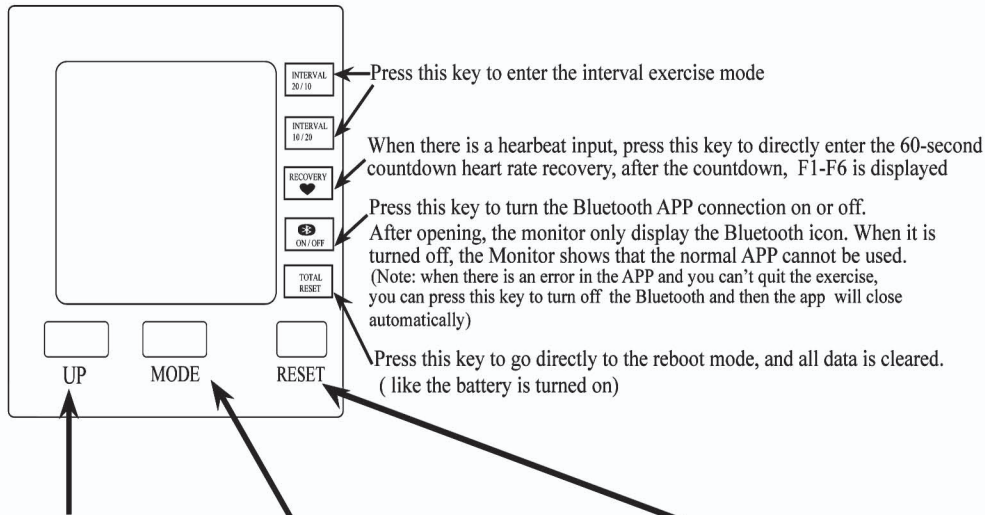


For the feel of a sleeker, faster boat: damper setting 1 - 5



For the feel of a slower, heavier boat: damper setting 6 - 10

## GETTING STARTED WITH THE MONITOR



A. Press once to increase, long press to increase the setting quickly.

B. TIME range :0:0 0~99:00 (INTERVAL function, every adjustment rises 0:01, TIME function, every adjustment rises 1:00).

C. CALORIES range:0~9990 (press it to increase CALORIES by 10).

D. DISTANCE range :0~9990 (press it to increase DISTANCE by 10)

E. STROKES range :0~9990 (press it to increase STROKES by 10)

A. In the function selection mode, press it once to confirm the function

B. In the setting mode, press it once to confirm the setting

C. In sport mode, press it once to enter pause or start mode

D. There will be a beep every time you press the button

E. In standby mode, long press SET KEY for 2 seconds to switch DISTANCE units (METER or MILE)

A. In the function selection mode, each time you press it, you will return to the previous level

B. In the setting mode, press once to clear the current set data

C. In the pause mode, press once to return to the standby mode

D. There will be a beep every time you press the button

E. Long press it 3 seconds to turn on the machine to enter standby mode, MANUAL、INTERVAL、TARGET、TIME、DISTANCE、CALORIE、PULSE、SPM、WATT、TOTAL STROKES、STROKES cycle through the scan mode for 1 second.

Scan the 2D code to download and install APP




How do I use the Bluetooth ?

Remarks:

1. When the window display fades, the battery power is not enough, replace the battery
2. When there is no signal input, please check if the cable is connected.



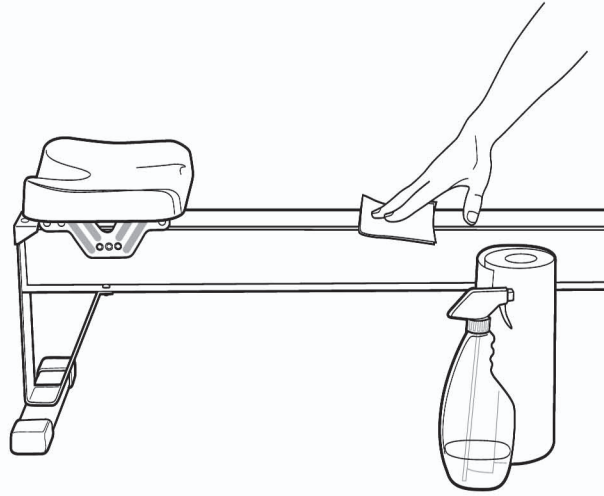
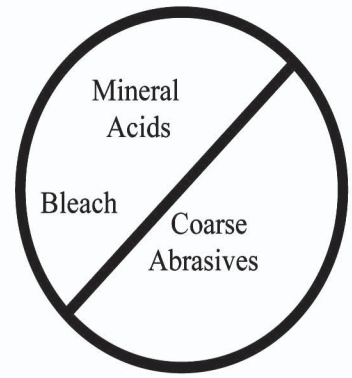
	Items	Display Range	Set	Memory	Reset	Description
1	TIME	0:00~99:59	±1	yes	yes	1.The upper number cycle counts without setting. 2.There is a countdown when set, and it will ring when it is “ 0 ”. Prompt sound:BIBI (4 times) 3. No input signal within 4munites, enter standby mode.
2	DISTANCE	0~9999	0~9990 ±10K ±10M	yes	yes	1.The upper number cycle counts without setting. 2.There is a countdown when set, and it will ring when it is “ 0 ”. Prompt sound:BIBI (4 times) 3. No input signal within 4munites, enter standby mode.
3	CALORIE	0~9999	0~9990 (±10)	yes	yes	1.The upper number cycle counts without setting. 2.There is a countdown when set, and it will ring when it is “ 0 ”. Prompt sound:BIBI (4 times) 3. No input signal within 4munites, enter standby mode.
4	SPM	0~999	no	no	yes	In the “ Start ” state: a. Display data after inputting sensor signal for 3seconds. b. After no sensor signal input for 4.6 seconds, the data will be “ 0 ” c. Sharing the display window with WATT, so interactive display every 5 seconds.
5	STROKES	0~9999	0~9990 (±10)	yes	yes	ROWING SOROKES shares the display window with TOTAL STROKES, so it displays interactively every 5seconds
6	TOTAL STROKES	0~9999	no	no	no	For the sum of STROKES
7	WATT	0~999	no	no	no	a. Display data after inputting sensor signal for 3seconds. b. After no sensor signal input for 4.6 seconds, the data will be “ 0 ” c. Sharing the display window with SPM, so interactive display every 5 seconds.

8	PULSE	P-30~230 BPM	0-30~230 (±1)BPM	yes	yes	<p>a. When there is a pulse signal input, the time for displaying the initial value is 7.5seconds(counted by the first PLUSE) .</p> <p>b. After no pulse signal input for 6seconds, the data will be “ 0 ”.</p> <p>c. Above the set value, the Pulse window value flashes per second or PULSE OVER ALARM=2 ALARM / sec, which is BIBI per second.</p>
9	Manual Program					When no mode is entered, QUICK START is performed when an RPM signal is detected.
10	INTERVAL 20-10					<ol style="list-style-type: none"> <li>Interval exercise mode</li> <li>Exercise for 20seconds, rest for 10 seconds.</li> </ol>
11	INTERVAL 10-20					<ol style="list-style-type: none"> <li>Interval exercise mode</li> <li>Exercise for 10seconds, rest for 20seconds</li> </ol>
12	INTERVAL CUSTOM					<ol style="list-style-type: none"> <li>Interval exercise mode</li> <li>User set exercise time and rest time</li> </ol>
13	TARGET TIME					User set exercise time
14	TARGET DISTANCE					User set exercise distance
15	TARGET CALORIES					User set exercise CALORIES
16	TARGET STROKES					User set exercise STROKES
17	TARGET PULSE					User set exercise pulse
18	 ON/OFF					Bluetooth switch key

## CLEANING MONORAIL TOP

Clean daily  
after use.

Tools Needed:  
Cloth or non-abrasive scouring pad.  
Cleaner: soap & water  
or any glass cleaner



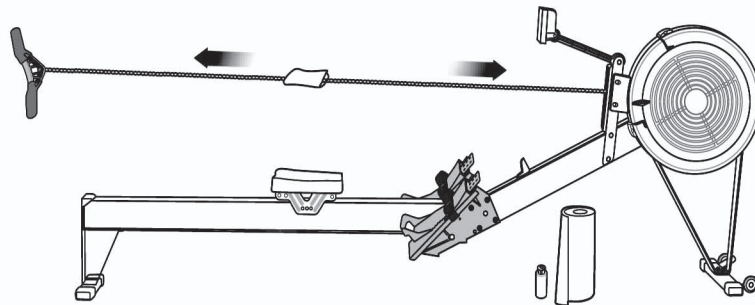
## LUBRICATING CHAIN

Every 50 hours

Clean and lubricate the chain with the  
oil provided (or 20 weight motor oil or  
20w 3-in-1 oil).

Use 1 teaspoon on paper towel. Rub  
along chain. Wipe off excess.

Repeat if needed.



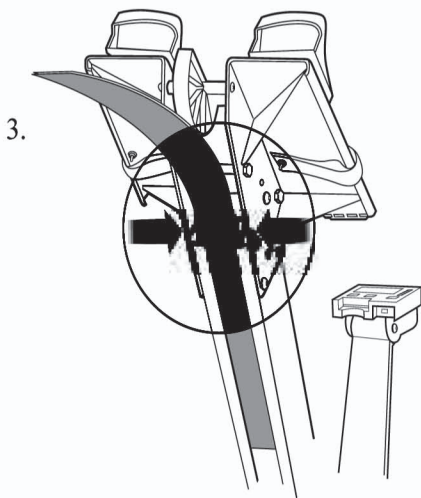
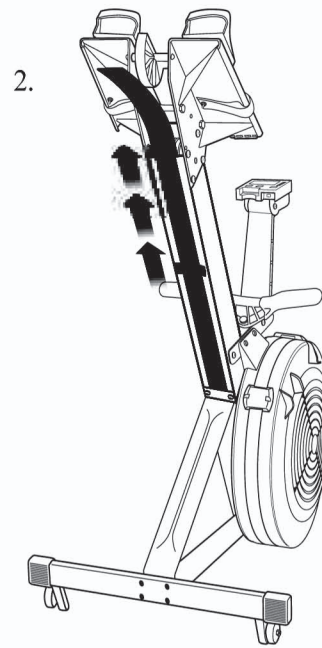
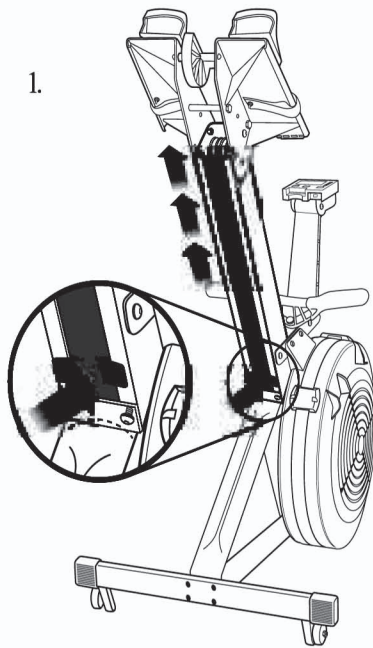
Inspect for stiff links. If thorough lubrication does not help, the chain should be replaced .

The shock cord must be tightened if the handle does not return all the way to the fan enclosure. To access the shock cord, you must first detach the monorail from the front end and stand the front end upright as shown in figure #1.

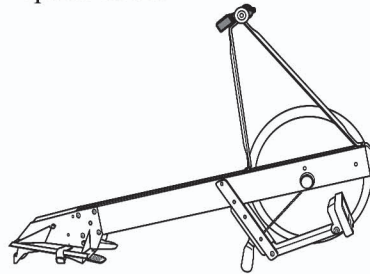
## ADJUSTING THE SHOCK CORD

Every 250 hours of use (or monthly for institutional users)

Step 1  
Removing the Return Mechanism Cover

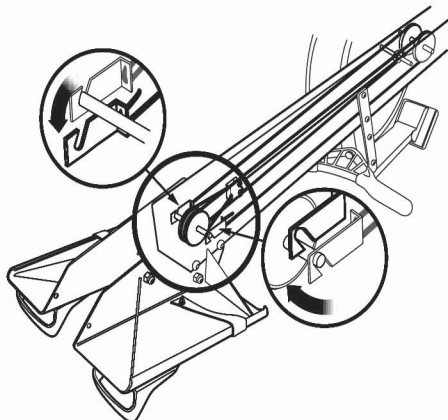


4. Now turn the front end section upside down.



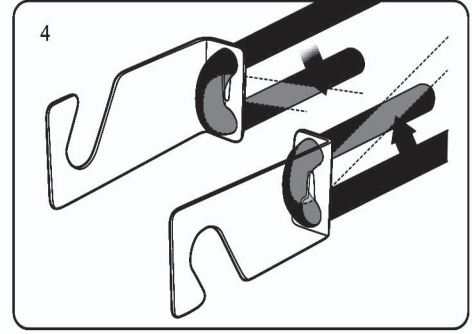
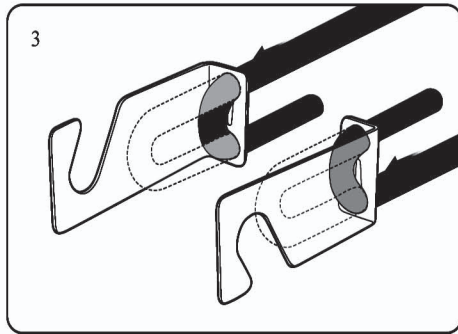
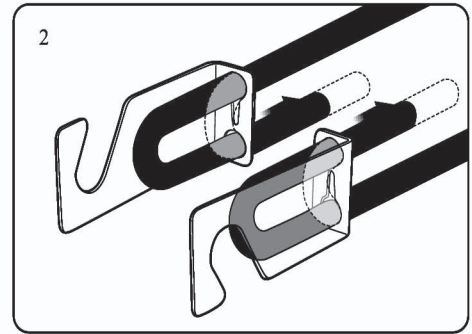
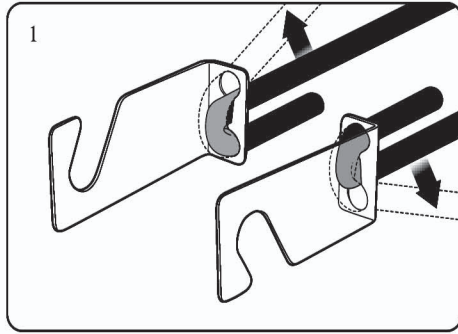
Step 2  
Adjust Shock Cord

5. Remove the Shock Cord Adjustment Mechanisms. (S.C.A.M.s) from the axle.

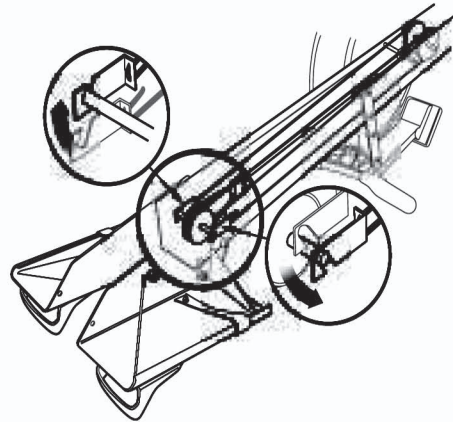


ADJUSTING  
THE  
SHOCK CORD  
continued

6. Push equal amounts of shock cord through both S.C.A.M.s.



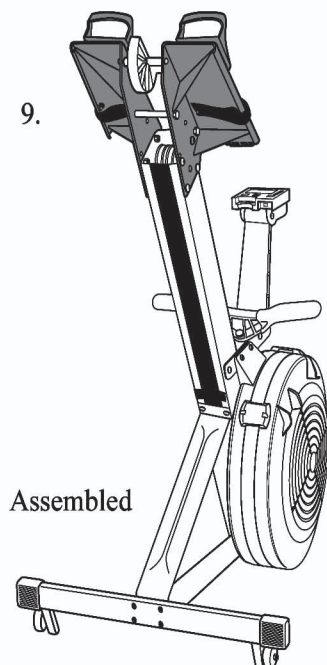
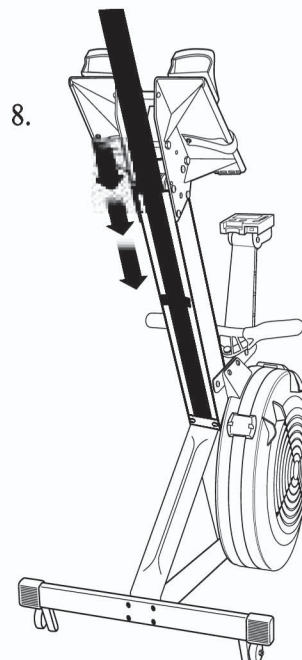
7. Rehook the S.C.A.M.s to the axle.



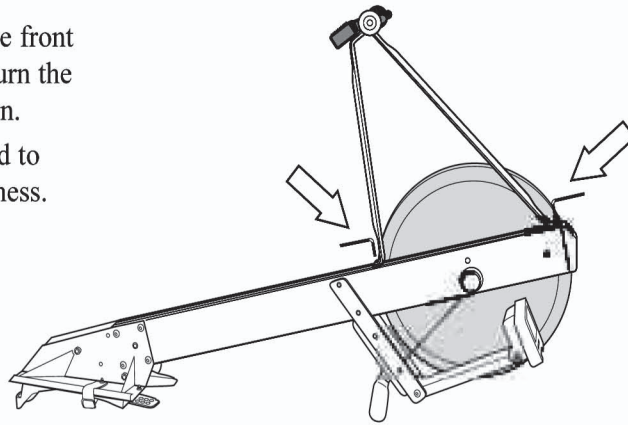
If a shock cord replacement is needed, call authorized service representative.

Be sure to replace the Return Mechanism Cover when the adjustment is finished.

Step 3  
Replacing  
the Return  
Mechanism  
Cover



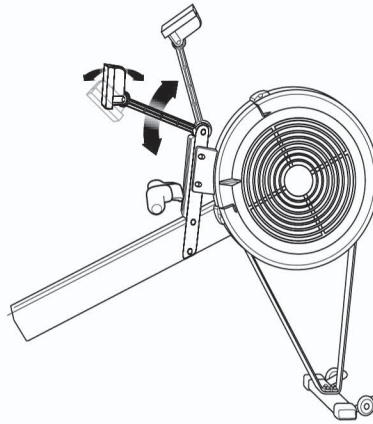
Detach the monorail from the front end (flywheel section) and turn the flywheel section upside down. Check the socket screws used to install the front leg for tightness.



CHECK  
FRONT LEG  
SCREWS

Every  
250 hours

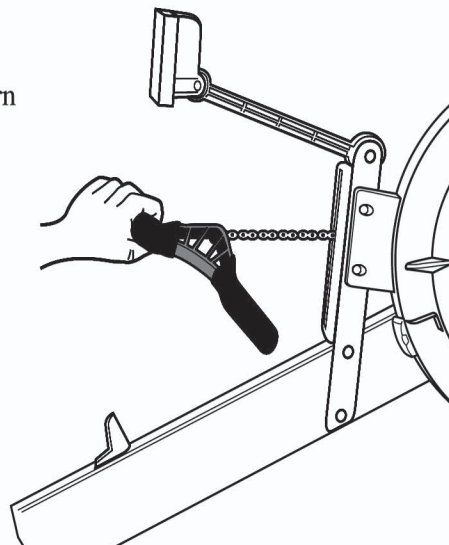
Loosen or tighten the nuts on the Performance Monitor arm joints as necessary.



CHECK FOR  
LOOSE  
PERFORMANCE  
MONITOR ARM

Every  
250 hours

Check the handle connection. If the hole has become elongated or the U-bolt is worn halfway through, the entire connection should be replaced.



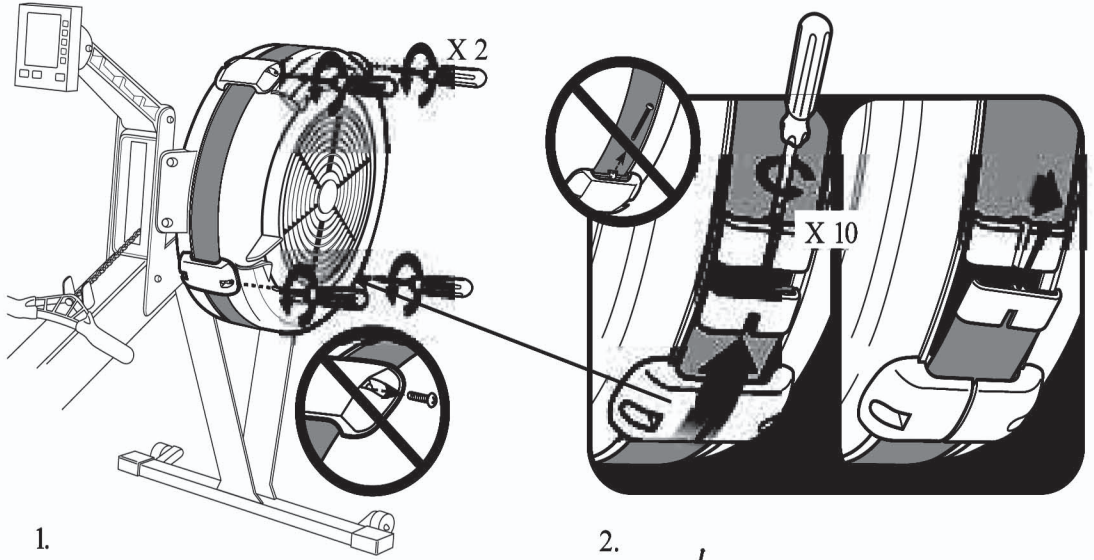
INSPECT  
CHAIN-HANDLE  
CONNECTION  
FOR WEAR

Every  
250 hours

CHECK FOR  
DUST IN  
FLYWHEEL

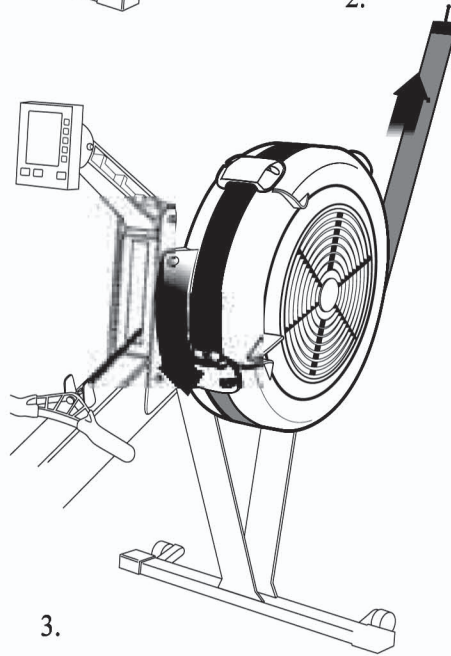
Every  
250 hours

Check for dust. Vacuum if needed.

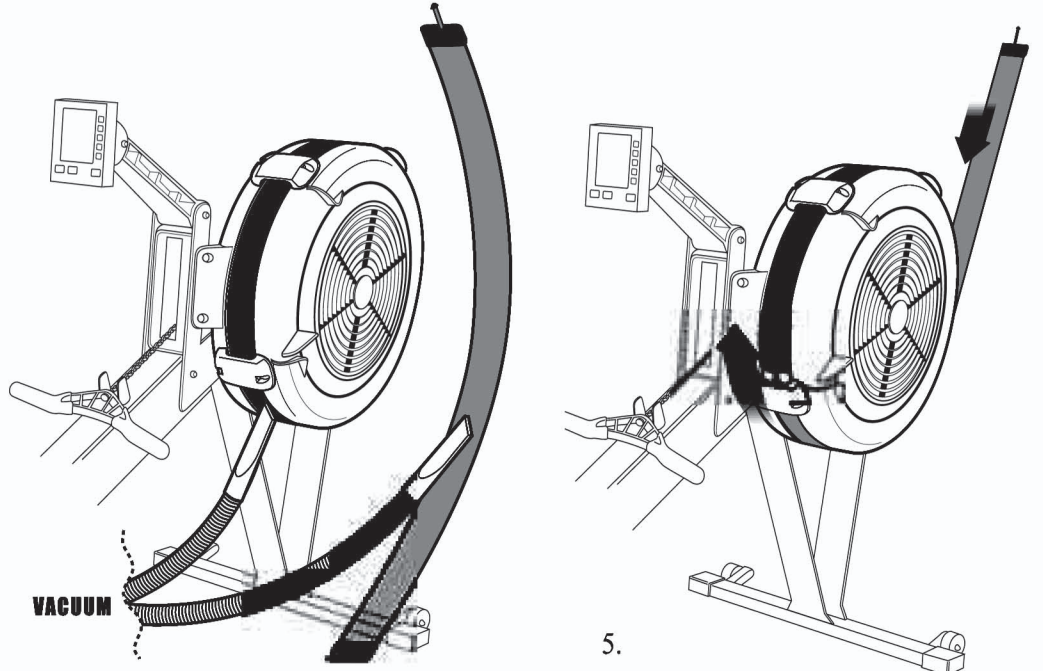


1.

2.

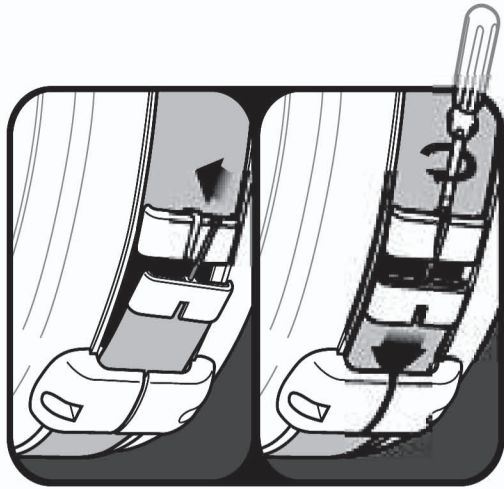


3.

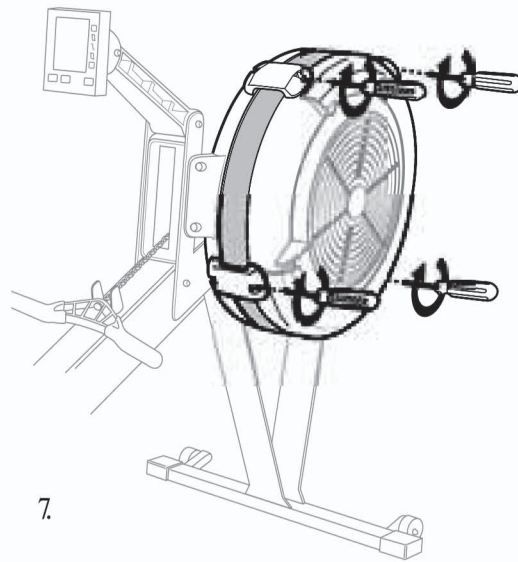


4.

5.



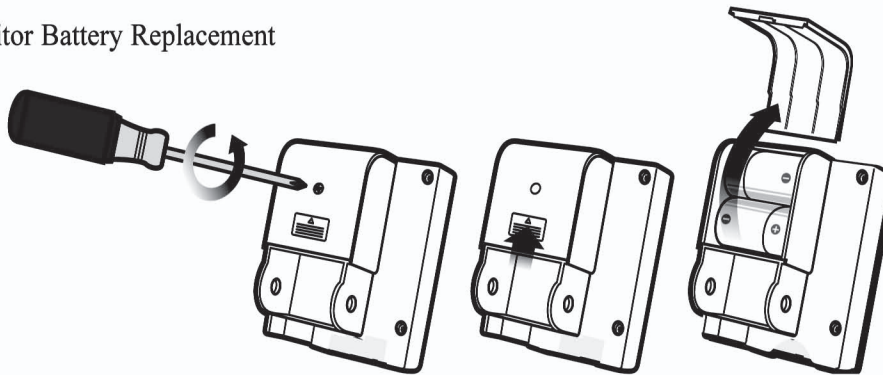
6.



7.

CHECK FOR  
DUST IN  
FLYWHEEL  
continued

### Monitor Battery Replacement



Use 4 \* AA batteries. (In order not to lose the date, time, language, custom list and memory while changing the batteries, you must be sure the monitor is turned off and you take less than five minutes removing the old and installing the new batteries.)

#### IMPORTANT:

The monitor is a sealed unit. DO NOT take apart. Any attempt to disassemble may void warranty. Contact service dep. for problems with this part.

### REPLACING THE BATTERIES

Approximately  
every  
800 hours

### CAUTION

Use of this machine with a worn or weakened part, such as the chain, sprockets, swivel connector, or shock cord, may result in injury to the user. When in doubt about the condition of any part, our strongly advises that it be replaced immediately. Use only genuine JCW2 parts. Use of other parts may result in injury or poor performance of the machine.

### IMPORTANT SAFETY NOTE



Maintenance issues may arise that are not dealt with in this troubleshooting section. We would appreciate any input you, our customer, may have to help us deal with these situations. Please call or write us.

## INDOOR ROWER

- Symptom: Scraping noise from inside the front end beam.

Possible Cause: Shock cord or chain may be routed incorrectly or worn. Shock cord or chain may have jumped off the pulley.

Remedy: See diagram on page 26 for proper routing of the shock cord and chain. Contact service dept. replacement parts are needed.

- Symptom: Creaking noise from the footplate area.

Possible Cause: Two mating surfaces of monorail and front end are working against each other.

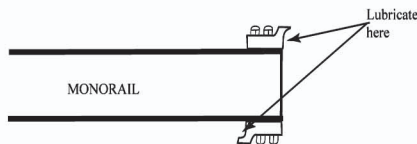
Remedy:

Separate the monorail from the front end.

Apply a light coat of thick lubricant

(Vaseline or Chapstick) to front facing and bottom rear facing aluminum hooks located at front of monorail.

Reassemble and row.



- Symptom: Seat sticks on monorail.

Possible Cause # 1: Monorail may not be clean.

Remedy: Clean monorail. See page 18.

Possible Cause # 2: Bottom rollers are too tight.

Remedy: Adjust with a 9/16" or 14 mm wrench.

- Symptom: Seat is bumpy as it rolls.

Possible Cause: Dirt on seat rollers or monorail, or worn out seat rollers.

Remedy: Clean rollers and monorail. Replace seat rollers if worn out.

- Symptom: Chain skips on sprocket during the drive or runs roughly during the recovery.

Possible Cause # 1: Stiff links in chain.

Remedy: Clean and lubricate the chain. See page 18.

If it continues to skip, the machine should not be rowed and you should contact service dept. immediately.

Possible Cause # 2 : Worn out sprocket.

- Symptom: Handle does not retract all the way to the chain guard and hangs loose.

Possible Cause: Shock cord is too loose due to normal stretching or cold temperatures.

Remedy: Adjust shock cord tension. See page 20.

Replace shock cord if it is frayed through outer cover or if it is losing its elasticity.

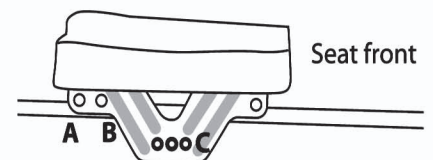
If the shock cord is cold, allow it to warm up.

- Symptom : Seat hits the end of the track while rowing. NOTE: it is possible that you will hit the end of the monorail while just sitting, but not while actually rowing. We recommend that you try a test row before making adjustments.

Possible Cause: Long Legs!

Remedy : If you hit the end of the monorail while rowing with the seat rollers in the standard position, you can extend the travel distance of the seat by 1 inch.

- 1) Use two 9/16" or 14mm wrenches to loosen the bolt holding the rear top seat roller in the seat carriage (see drawing). Remove the roller and hardware from hole A. Note the order of hardware.
- 2) Place the roller and hardware in hole B in the same order in which you removed it. Tighten the nut.



- Symptom: The seat wobbles from side to side on the monorail.

Possible

Cause: After extended use, the fit of the seat on the monorail may become loose due to wear on the rollers.

Remedy : You may move the bottom roller to a tighter hole toward the front of the seat (C) as shown in the drawing above by following steps A or B:

- A. The top roller must be removed and the seat slid up to front of monorail and off. Use two 9/16" or 14mm wrenches to do this. Use a 9/16" wrench and an allen wrench to loosen and tighten the bottom rollers.

OR

- B. The top of the rear leg must be removed from

the monorail using a 7/16" wrench and an allen wrench. The seat can then be slid off the rear of the monorail. Use a 9/16" wrench and an allen wrench to loosen and tighten the bottom rollers.

## PERFORMANCE MONITOR

- Symptom: The monitor is off and won't come on.  
Possible Cause: Batteries are dead or the monitor's processor is stopped.  
Remedy : Remove one of the batteries for 30 minutes and then reinstall the battery. If this does not work, please try a pair of fresh batteries. Please note that you may have lost onboard data such as time, date, memory and language .
- Symptom: The PM3 monitor comes on and the buttons function but the monitor information does not change when you beg in to row.  
Possible Cause: Damaged or disconnected cable.  
Remedy : Check to be sure the cable connecting the monitor to the Model D is plugged in and is not damaged.

## HEART RATE FUNCTIONS

- Symptom: The heart rate reading is erratic or is totally absent.  
NOTE: Occasionally the Heart Rate Monitor will pick up bad data for a number of reasons. When the monitor recognizes bad data, the display will go blank rather than show the bad data. It will take 5 seconds or longer to reestablish and display accurate readings.  
Possible Cause #1 : Poor contact between skin and electrodes.  
Remedy 1: Wet the electrodes. The electrodes must be wet to pick up accurate heart rate readings.  
Remedy 2: Make sure the transmitter is centered with electrodes flat against your skin, as high under the pectoral muscles as is comfortable.  
Remedy 3: Wash your belt transmitter with mild soap and water, if you have not been doing so regularly.  
  
Possible Cause # 2 : Receiver too far away from transmitter.  
Remedy: Make sure your Receiver is within the proper range to receive transmission (1 meter/3 feet from your chest belt).  
  
Possible Cause # 3: Bad cable connections.  
Remedy: Check the connection on the bottom of the monitor where the receiver cable plugs in. Check the connection between the cable and the receiver.  
  
Possible Cause # 4 : Outside interference.  
Remedy: If you are exercising within range of strong electromagnetic signals the heart rate readings may elevate to abnormal levels. Common sources of electromagnetic signals are televisions, computers, cars, TV antennas, high voltage power lines and motor driven exercise equipment.  
  
Possible Cause # 5: Signals from more than one Belt Transmitter within the transmission range (1 meter/3 feet) may also cause incorrect readings.  
Remedy: Check your surroundings and move away from the source of interference if possible.  
NOTE: Two Indoor Rowers with heart rate hardware must be at least 4 feet (1.22 meters) apart to avoid interference.

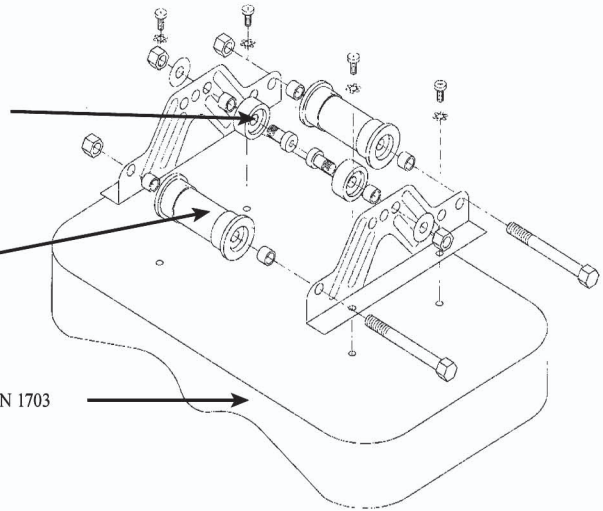
SCHEMATICS

Seat Carriage

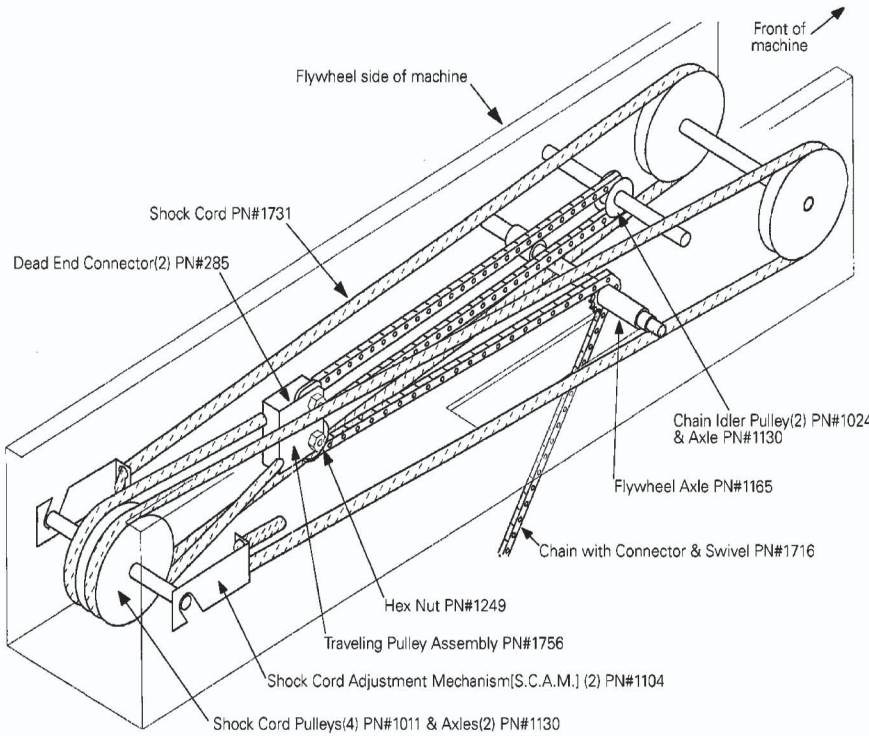
Seat Roller (bottom) PN 1725  
 Seat Roller (bottom) hardware PN 1732  
 Seat Roller (bottom) & hardware PN 1733

Seat Roller (top) PN 1724  
 Seat Roller (top) hardware PN 1727  
 Seat Roller (top) & hardware PN 1728

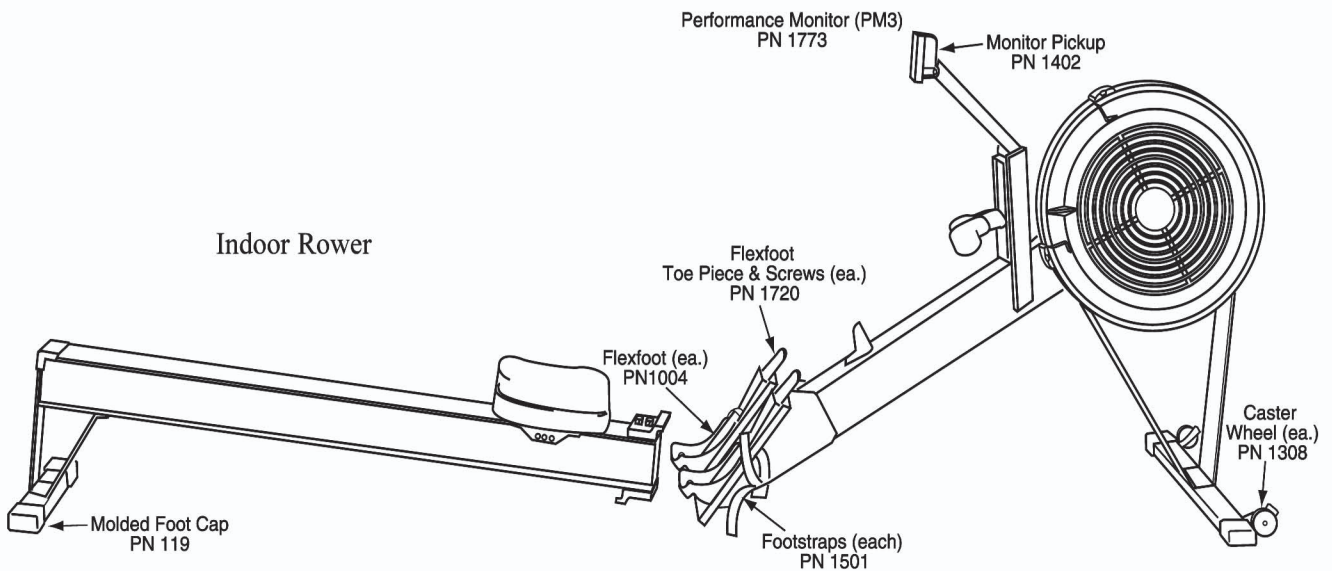
Seat Top with screws PN 1703



Return Mechanism



Indoor Rower



MONORAIL SECTION

FLYWHEEL SECTION