TAURUS®

Assembly and Operating Instructions

max. 130 kg

~ 60 Min.

41 kg
L 245 | W 43 | H 106

TFRX7.03.03

Art. No. TF-RX7-3

Rowing machine RX7

Content

Dear customer,

Thank you for choosing a high-quality equipment of the brand TAURUS®. TAURUS® offers sports and fitness equipment for the sophisticated home sport and the equipment of fitness studios and business customers. With TAURUS® fitness equipment, the focus is on what sport is all about: maximum performance! Therefore, the equipment is developed in close consultation with athletes and sports scientists. Because athletes know best what makes perfect fitness equipment.

Further information can be found at www.sport-tiedje.com.

Intended Use

The equipment may only be used for its intended purpose.

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

LEGAL NOTICE

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Europe's No. 1 for home fitness

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DISCLAIMER

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

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.

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.

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!

ⓘ **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 level

Resistance system: combined air/magnet brake system
Resistance level: 16
Watt: 10 - 995 Watt

User memory: 4
Total number of training programs: 26
Pacer program: 1
Pre-set programs: 12
Watt-controlled programs: 1
Heart rate controlled programs: 4
User defined programs: 5

Weight and dimensions:
Article weight (gross, including packaging): 41,3 kg
Article weight (net, without packaging): 36,4 kg
Packaging dimensions (L x W x H): approx. 1460 mm x 755 mm x 290 mm
Set-up dimensions (L x W x H): approx. 2450 mm x 430 mm x 1065 mm
Set-up folded (L x W x H): approximately 1215 mm x 430 mm x 1700 mm
User weight: 130 kg /286 lbs

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.

⚠ **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.

► **ATTENTION**
+ Do not insert any objects of any kind into the openings of the device.

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 to prevent improper use by third parties or children.

+ If the mains cable or plug is damaged or defective, contact your contract partner. In the meantime, the equipment must not be used.

► **ATTENTION**

+ The equipment requires a mains connection of 220-230V with 50 Hertz 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 amps, 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**
+ 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.

Recommended Free Space
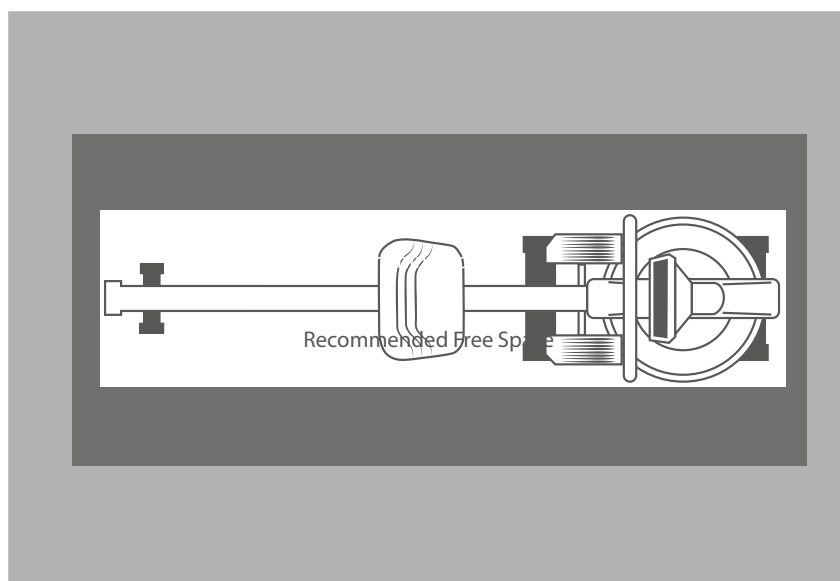
2.1 General Instructions

⚠ **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**
+ Do not open the packaging when it is lying on its side.
+ 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 another 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.
+ Manufacturer note: The pull strap is equipped with a return spring so that the pull strap is automatically wound up again. The return spring is equipped with the lowest possible power. The reason for the light return spring is to give the user a better training effect for the rear thigh muscles. These muscles are stressed when the user moves the seat forward. If the return power is strong, the person using the equipment would be pulled.

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.

M6
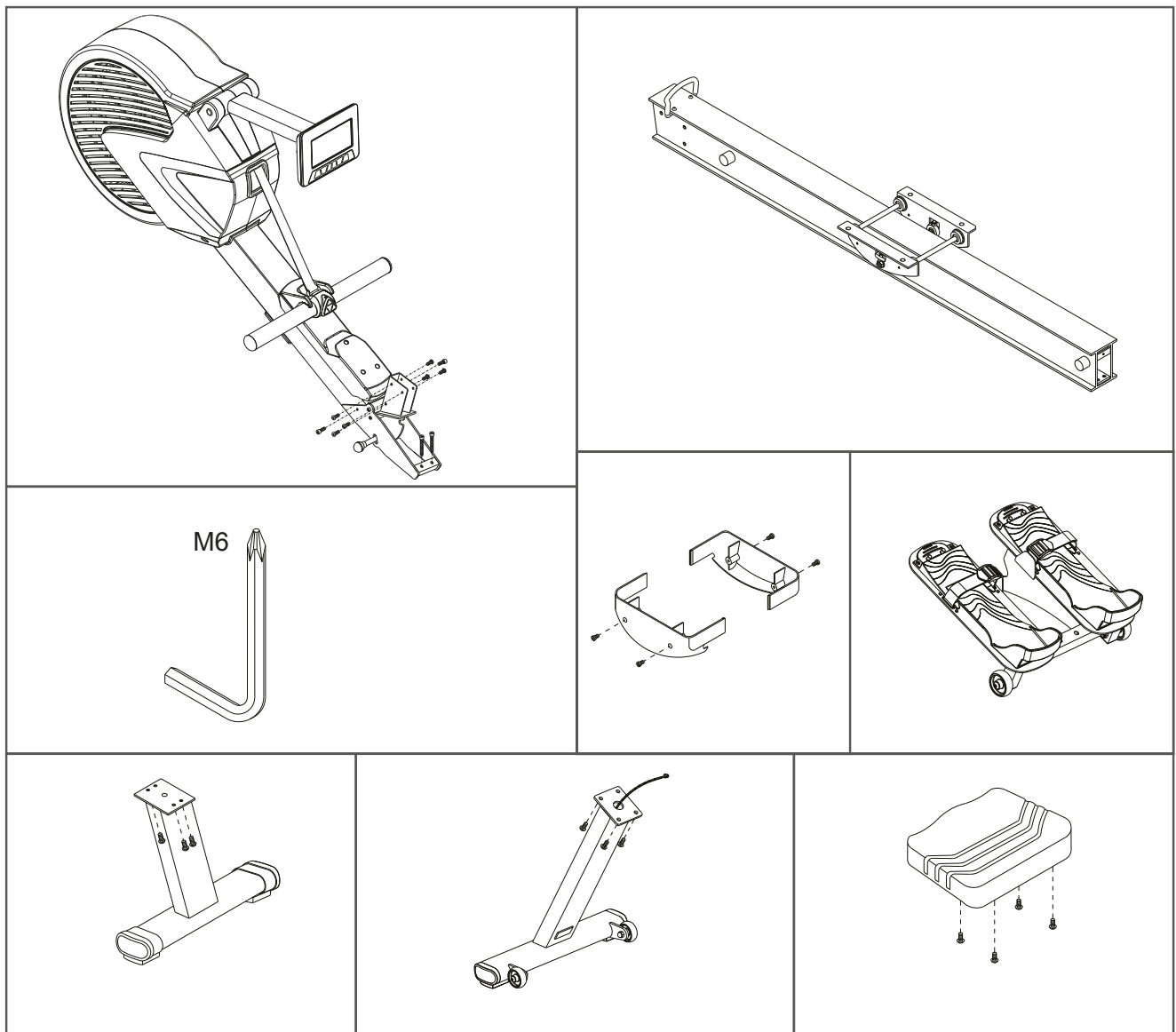
2.3 Assembly

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. Then tighten the screws using the tool only when you are instructed to do so.

► **ATTENTION**
Before unpacking the RX7 rowing machine, make sure that you have a free space of 2 x 2.5 metres for assembly.

Step 1: Unpacking

Open the packaging, see illustration below.

ⓘ **NOTICE**
Do not remove the protective packaging material before it's absolutely necessary.
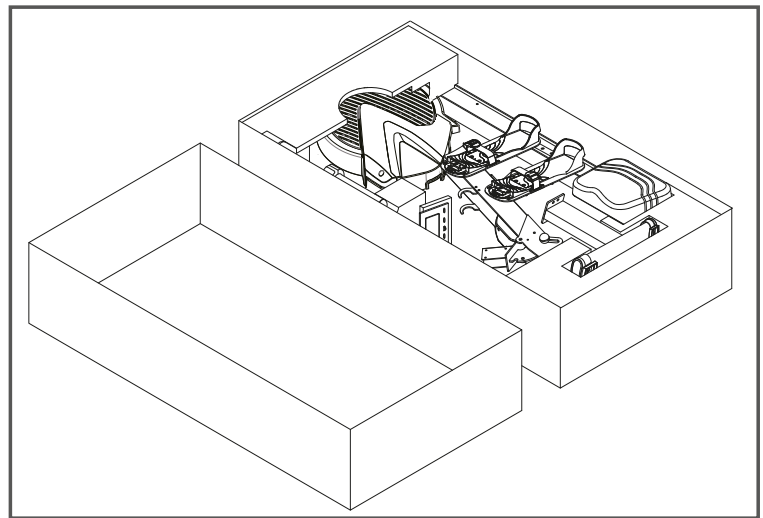
Step 2: Preparing the assembly

1. Take the partially assembled rowing machine out of the box and set it up, see illustration below.

2. Remove and dispose of the safety strap holders. Put the rowing handle in the given support.

3. Remove two screws (**367**) from the main frame (**2**) and two screws (**373**) with the provided tools.

4. Mount the footrests (**013**) with both screws (**367**) and (**373**). Tighten the screws.
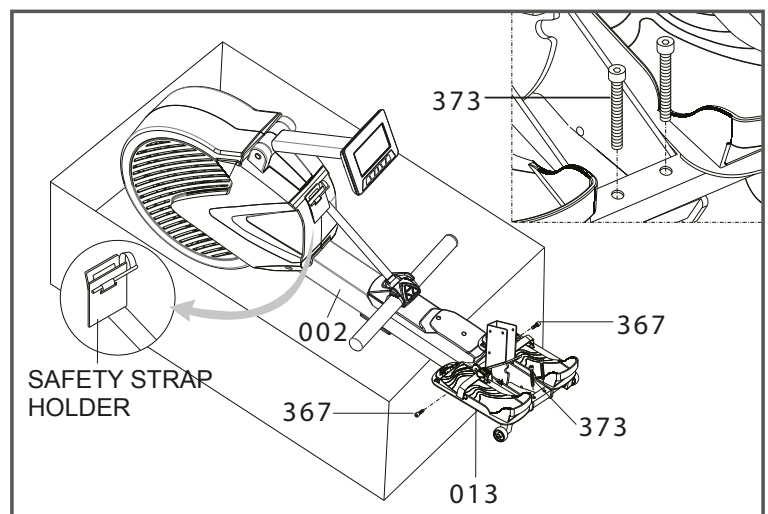
Step 3: Assembly front base

1. Turn the main frame (**2**) upside down in the box, see illustration below.

2. Remove the four pre-mounted screws (**367**) from the main frame (**2**).

3. Connect the AC adapter cable (**712**) with the AC cable (**720**).

4. Mount the front base (**5**) with four screws (**319**) back to the main frame. Tighten the screws. Before the assembly make sure that the front base does not pinch the cables.
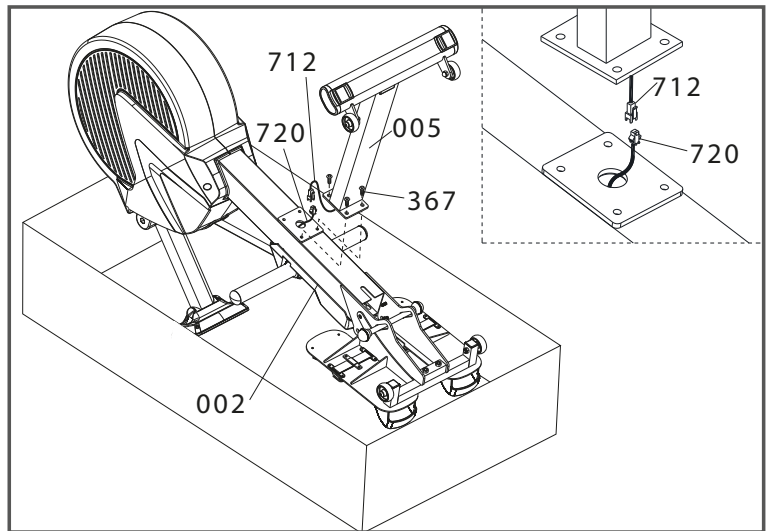
Step 4: Assembly rear base

1. Take the aluminium rail (**001**) out of the box and put it on the box, see illustration below.

2. Remove the four pre-mounted screws (**367**) from the rail (**1**).

3. Mount the rear base (**6**) with the four screws (**367**). Tighten the screws.

4. Remove and dispose of the cable ties.
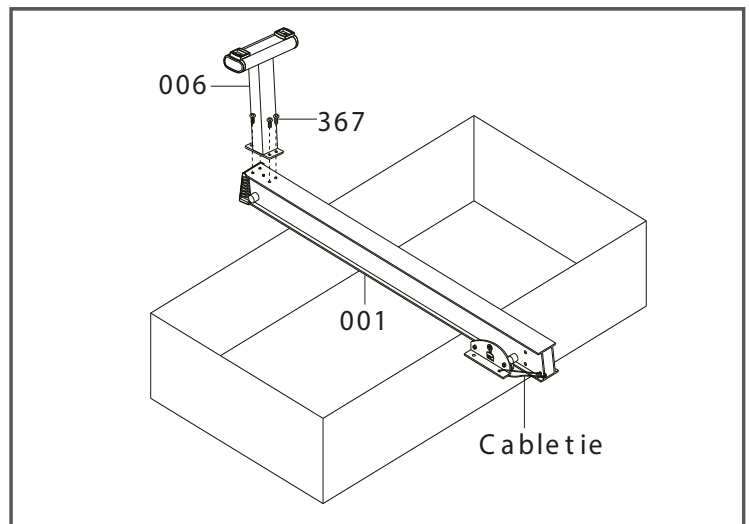
Step 5: Assembly of the rail

1. Remove the six pre-mounted screws (**319**) from the joint support of the rail (**3**).

2. Mount the rail (**1**) with the screws (**319**) on the joint (**3**). Tighten the screws.
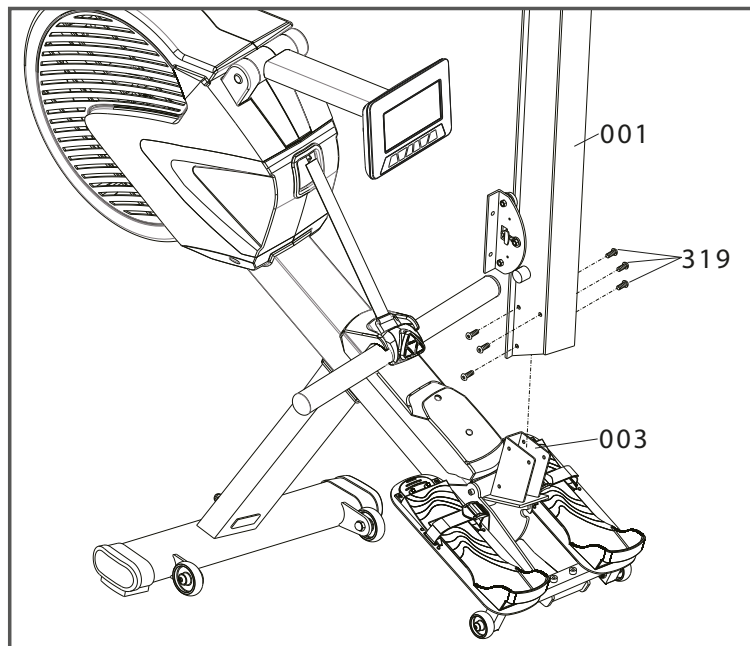
Step 6: Assembly of the seat

1. Remove the four pre-mounted screws (**319**).

2. Mount the seat (**119**) with the four screws (**319**). Tighten the screws.
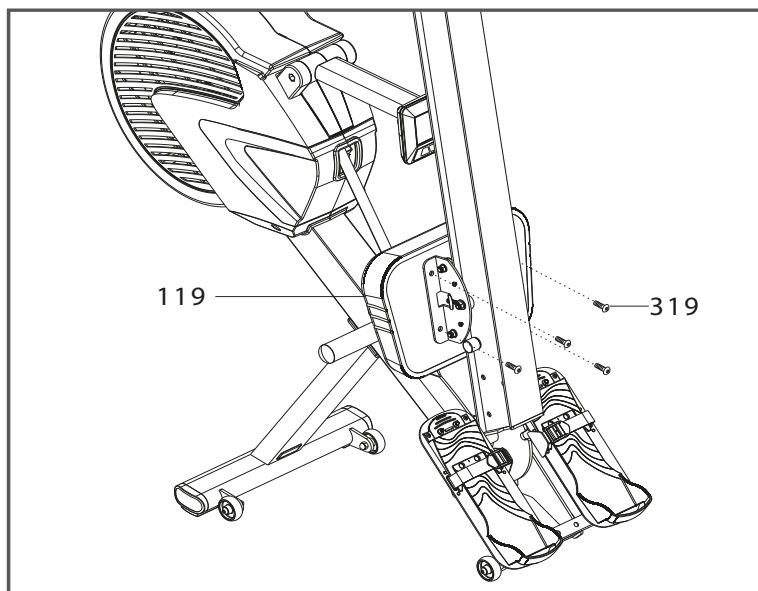
Step 7: Assembly of the covers

1. Remove the four pre-mounted screws (**304**) from the wheel carrier (CARRIAGE).

2. Mount the two small covers (**117**) with the four screws (**304**). Tighten the screws.

► **ATTENTION**
   Pay attention to correctly connect the two small covers (**117**) with each other, see illustration.
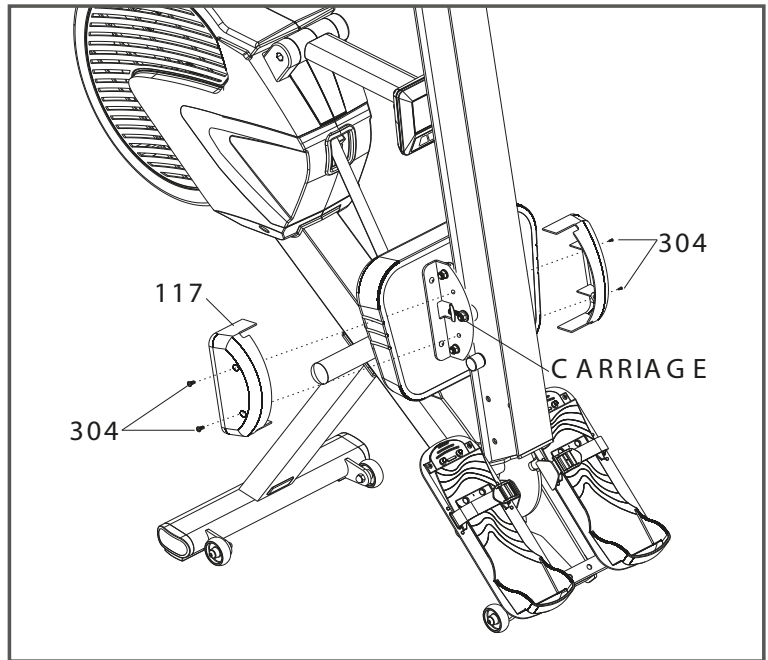
Step 8: Connecting the equipment to the mains supply

► **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.

Plug the power plug (**715**) into a wall outlet that complies with the instructions in the chapter on electrical safety.
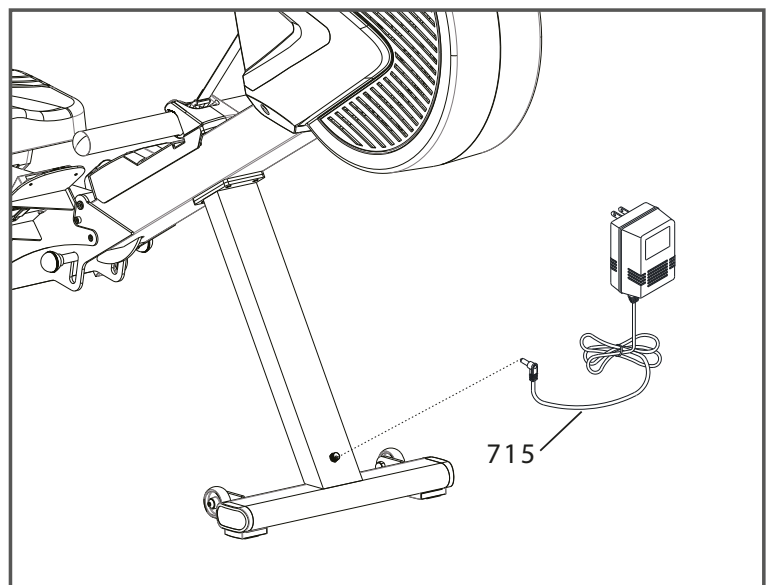
2.4 Settings / setting up the rowing machine

Sit up securely

1. Straddle the rail.
2. Position the seat directly below you.
3. When sitting down, make sure that the seat does not move.
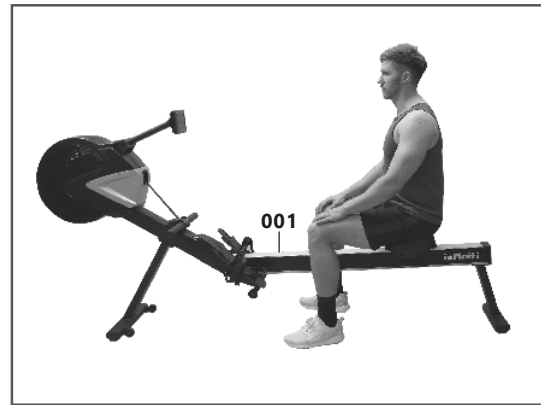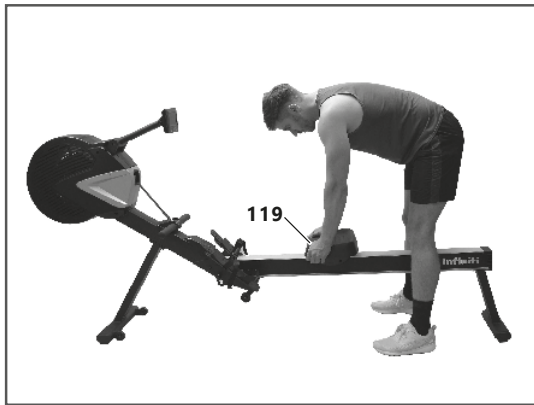
Handle holder

Once you have completed your training, remember to hook the handle into the holder.
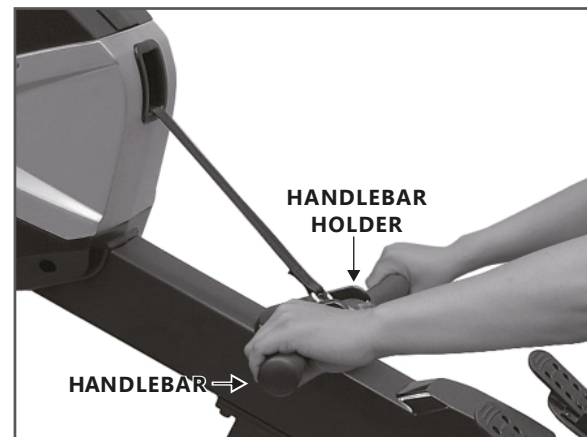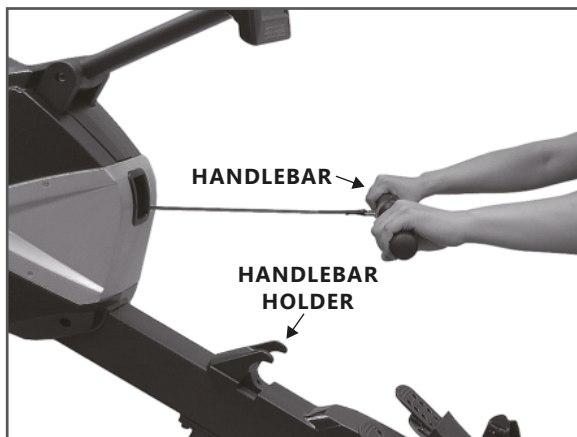
Adjusting the heel rest and the straps

There are several adjustments for the heel rest. Before you start exercising, adjust correctly the heel rest.

1. Pull the loop upwards so that your heel is supported and the foot strap is above the widest point of your foot.
2. Tighten the foot strap.
3. Loosen the foot strap by pushing the small buckle outwards.

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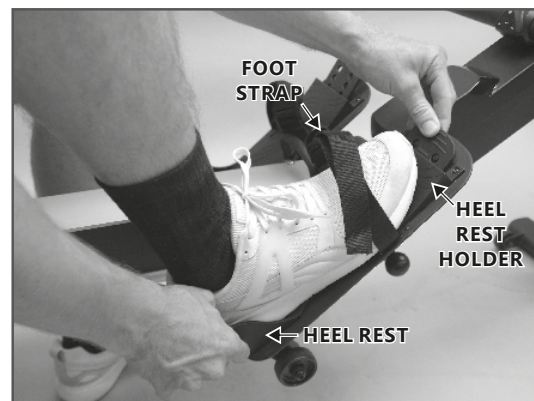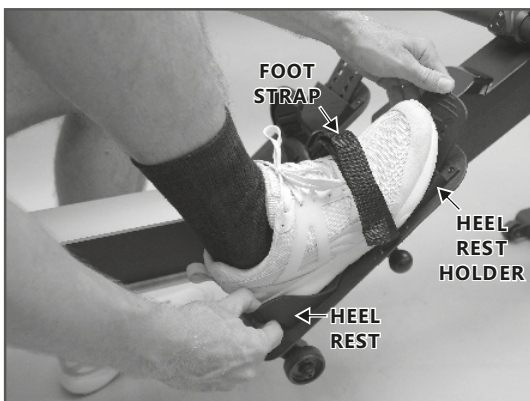
Adjusting the console

The console and the console mast can be set to nearly any height and any angle.

ⓘ **NOTICE**
For safety reasons, please make sure while exercising that the pull rope does not touch the console.
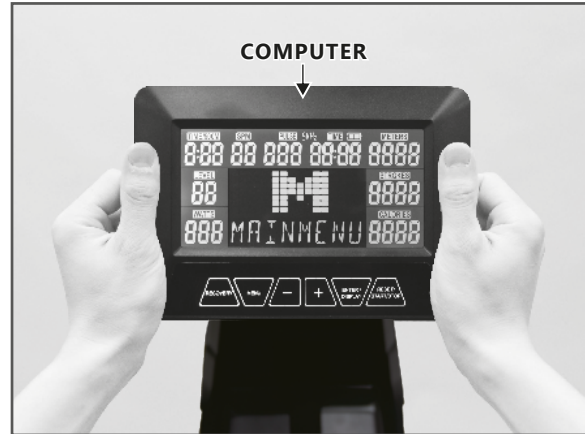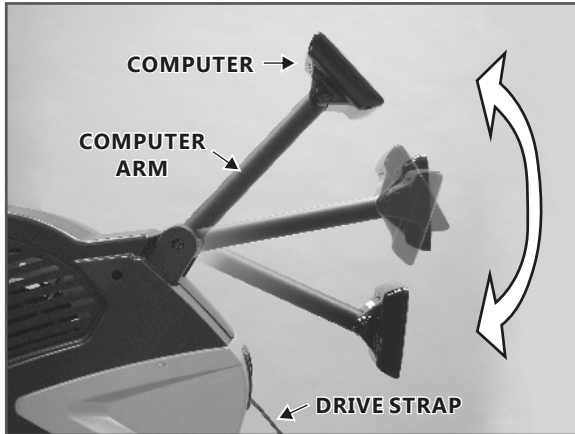
1. Hold the console with both hands as in the image above.
2. Move the console to the desired height and set the desired angle.

Loosen the foot strap

You can very easily open the foot strap with the quick release flap.

Lift the flap with your thumbs as shown in the image.

ⓘ **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.

3.1 Console Display

BAR CHART	Here, the program profiles and text messages are displayed. 8 rows high = 16 resistance levels 16 columns long = 16 times intervals
ALPHANUMERIC DISPLAY	Text messages which guide you through the single programs.
WATTS	Estimated wattage per stroke, calibrated according to EN957. One Watt corresponds to the performance to do a mechanical work of one joule within a second.
LEVEL	16 resistance levels can be selected. Level 1 = minimum resistance Level 16 = maximum resistance
TIME/500M	Displays your current time/500 m.
SPM	Strokes per minute.

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PULSE	Your heart rate is displayed in beats per minute. A compatible chest strap with 5 kHz is separately available. The flashing heart is synchronized with your heart rate. ⓘ **NOTICE** "---" means that your console does not receive a heart rate signal.
TIME	Minutes and seconds.
BATTERIE	Full, half, empty
METERS	Covered distance is only shown in meters.
STROKES	Total number of strokes
CALORIES	Measured in kilo calories (kcal) ⓘ **NOTICE** The number of calories strongly depends upon your user data. Select the setting of user data in the main menu.

3.2 Button Functions

MENU	Press this button to get to the main menu. ⓘ **NOTICE** This button only works in the menu mode and pause mode, but not in the training mode.
RECOVERY Two functions	1. Distance sensor Hold the Recovery button pressed. 2. Start the Recovery program The Recovery program determines automatically your recovery heart rate within a minute after the training.
ENTER Three functions	1. Before the training (menu mode) Press Enter to confirm your selection. 2. Before the training (menu mode) Hold Enter for three seconds in order to skip the selection process. 3. While exercising (training mode) Press Enter to change the bar chart. ⓘ **NOTICE** It only refers to the HRC programs, Watt programs, and training programs.

START/STOP
 	
Three functions
	1. Before the training (menu mode)
	Press Start in order to start the training.
	2. While exercising (training mode)
	Press Stop to stop the training.
	
	ⓘ **NOTICE**
	    The console changes automatically to the training final display.
	3. At any time
	Hold Reset for three seconds to reset the console to the main menu.
	
	ⓘ **NOTICE**
	    Current data are deleted. All saved data are maintained.

SELECT BUTTONS - + **Four functions**	1. Before the training (menu mode) Press the Select buttons (+/-) in order to scroll through the options. 2. Before the training (menu mode) Hold the Select buttons (+/-) to scroll quicker. 3. While exercising (training mode) Press the Select buttons (+/-) to set the resistance level. 4. Before the training (menu mode) Hold the Select buttons (+/-) for three seconds to set the system (metric or English). ⓘ **NOTICE** It only refers to the user data of height and weight.

3.3 Turning on the equipment

Auto turning on
The console turns on automatically once the rowing machine is being moved or a button is pressed.

Auto Pause
The console pauses automatically when the user stops rowing.

Auto Standby
The console turns automatically in to Standby, when the equipment is no longer used for two minutes.

Auto turning off
The console turns of automatically, when the equipment is not used for about ten minutes. When you are in the training mode, the training data get lost.

Start rowing
Just start rowing, the console turns on automatically and starts the PACER program with a default setting of 2:15/500 m.

3.4 Programs

Main menu

The main menu consists of the following 11 programs:

1. Pacer	1 pace boat program
2. Race	1 race programs
3. Interval	2 interval programs, interval distance and interval time
4. HRC	4 heart rate controlled programs, 60%, 75%, 90% and target heart rate
5. Watt	1 Watt controlled program
6. Profiles	5 user programs + 12 training profiles
7. Fit Test	1 fitness test program
8. User Data	enter the user data
9. User Pro	creating user profiles
10. User Del	delete a user
11. Frequency	frequency options for the heart rate receiver

3.4.1 Pacer program - also called Pace boat program

The pacer program offers you the possibility to row beside a pace boat, which defines a pace for the training.

There are two possibilities to program the pace:

Enter a time/500 m or Define time and distance.

1. Pace program

Choose with the Select buttons (+/-) the PACER program. Confirm with Enter.

NOTE: Press MENU to return to the main menu.

2. User selection

Choose one of four existing users (U1 – U4) or the GUEST USER with the Select buttons (+/-). Confirm with Enter.

3a. Time/500m

Choose the TIME/500m with the Select buttons (+/-) or go to step 3b. Confirm with Enter.

3b. Time and Distance

Press Enter to skip the setting TIME/500m.
Enter a time with the Select buttons (+/-). Confirm with Enter.
Enter a distance (meters) with the Select buttons (+/-). Confirm with Enter.
Press Start to start your training immediately.

4. Resistance level

Choose a resistance level with the Select buttons (+/-). Confirm with Enter.

5. Target values

Target values are optional.
Hold Enter to skip all target values. Press Enter once to skip one target value.
Set a target value with the Select buttons (+/-). Confirm with Enter.

6. Alarm settings

Alarm settings are optional.
Press Start to skip all alarms. Press the Select buttons (+/-) to skip one alarm.
Choose an alarm with the Select buttons (+/-). Confirm with Enter.

7. Ready = Start rowing

When you have come to the end of the selection process, READY flashes on the console and you can start rowing.

ⓘ   **NOTICE**
While exercising, you can adjust the resistance level with the Select buttons (+/-).

3.4.2 Race program

The race program allows you to compete against the average time/500m of any user. Become the best in your family or row against your own average time/500m.

1. Race program
Choose the RACE program with the Select buttons (+/-). Confirm with Enter.
Press Menu to return to the main menu.

2. User selection
Choose one of four existing users (U1 – U4) or the GUEST USER with the Select buttons (+/-). Confirm with Enter.

3. User to race against
Press the Select buttons (+/-) to scroll and select a user to race against. Confirm with Enter.
Press Start to start the training immediately.

4. Resistance level
Choose a resistance level with the Select buttons (+/-). Confirm with Enter.

5. Target values
Target values are optional.
Hold Enter to skip all target values. Press Enter once to skip one target value.
Set a target value with the Select buttons (+/-). Confirm with Enter.

6. Alarm settings
Alarm settings are optional.
Press Start to skip all alarms. Press the Select buttons (+/-) to skip one alarm.
Choose an alarm with the Select buttons (+/-). Confirm with Enter.

7. Ready = Start rowing
When you have come to the end of the selection process, READY flashes on the console and you can start rowing.

ⓘ **NOTICE**
   While exercising, you can adjust the resistance level with the Select buttons (+/-).

3.4.3 Interval distance & interval time programs

Both programs are designed for interval training – intensive training intervals alternate with short intervals of rest. It is scientifically proved that interval training burns more calories than classic cardio training. Due to an increased intensity, you should always make sure that you do not stress your body too much. Do not exceed the calculated maximum heart rate (220 – age).

INTERVAL DISTANCE PROGRAM = a training distance combined with short intervals of rest
INTERVAL TIME PROGRAM = a training distance combined with short intervals of rest

1. Interval program
Choose the INTERVAL program with the Select buttons (+/-). Confirm with Enter.
Press Menu to return to the main menu.

2. User selection
Choose one of four existing users (U1 – U4) or the GUEST USER with the Select buttons (+/-). Confirm with Enter.

3a. Interval distance program
Choose the distance program with the Select buttons (+/-). Confirm with Enter.

3b. Interval time program
Choose the time program with the Select buttons (+/-). Confirm with Enter.

4. Number of intervals
Choose the number of intervals with the Select buttons (+/-). Confirm with Enter.

5a. Interval distance program
Choose the interval distance in meters with the Select buttons (+/-). Confirm with Enter.

5b. Interval time program
Choose the interval time with the Select buttons (+/-). Confirm with Enter.

6. Time of rest
Choose the rest time with the Select buttons (+/-). Confirm with Enter.
Press Start to start the training immediately.

7. Resistance level
Choose a resistance level with the Select buttons (+/-). Confirm with Enter.

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8. Target values

Target values are optional.

Hold Enter to skip all target values. Press Enter once to skip one target value.

Set a target value with the Select buttons (+/-). Confirm with Enter.

9. Alarm settings

Alarm settings are optional.

Press Start to skip all alarms. Press the Select buttons (+/-) to skip one alarm.

Choose an alarm with the Select buttons (+/-). Confirm with Enter.

10. Ready = Start rowing

When you have come to the end of the selection process, READY flashes on the console and you can start rowing.

ⓘ   **NOTICE**

While exercising, you can adjust the resistance level with the Select buttons (+/-).

3.4.4 60%, 75%, 90% heart rate controlled programs

⚠ **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.

Keep your heart rate on the pre-set level with the % heart rate programs. The console compares your current heart rate with the chosen target heart rate every 10 seconds and adapts it accordingly.
All heart rate programs require wearing a compatible chest strap.

These three heart rate programs work in connection with the chosen user and the respective user data. Thus it is important that you choose the correct user and have entered correct user data before you train with this program.

ⓘ **NOTICE**
While exercising, you can still adapt the % HR to the resistance level.

Though it is very important to increase the heart rate while exercising, you should make sure that it is not too high. We recommend to exercise with 60% of the maximum heart rate at the beginning and only increase the level, when your fitness has been improved.

ⓘ **NOTICE**
The recommend maximum heart rate is 220 – age.

1. HRC program
Choose the HRC program in the main menu with the Select buttons (+/-). Confirm with Enter.
Press Menu to return to the main menu.

2. User selection
Choose one of four existing users (U1 – U4) or the GUEST USER with the Select buttons (+/-). Confirm with Enter.

3. 60% 75% 90% HRC program
Press the Select buttons (+/-) to select 60% HRC, 75% HRC or 90% HRC.
The console automatically shows the target heart rate.
Confirm with Enter.
Press start to start the training immediately.

4. Target values

Target values are optional.

Hold Enter to skip all target values. Press Enter once to skip one target value.

Set a target value with the Select buttons (+/-). Confirm with Enter.

5. Alarm settings

Alarm settings are optional.

Press Start to skip all alarms. Press the Select buttons (+/-) to skip one alarm.

Choose an alarm with the Select buttons (+/-). Confirm with Enter.

6. Ready = Start rowing

When you have come to the end of the selection process, READY flashes on the console and you can start rowing.

ⓘ **NOTICE**
   While exercising, you can adjust the resistance level with the Select buttons (+/-).

3.4.5 THR – target heart rate program

⚠ **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.

GUEST User is possible

Keep your heart rate at the pre-set level with the target heart rate program. he console compares your current heart rate with the chosen target heart rate every 10 seconds and adapts it accordingly. Adapt your target heart rate with the Select buttons (+/-) while exercising.

ⓘ **NOTICE**
   The resistance level cannot be adapted while exercising.

All heart rate programs require wearing a compatible chest strap.

Though it is very important to increase the heart rate while exercising, you should make sure that it is not too high. We recommend to exercise with 60% of the maximum heart rate at the beginning and only increase the level, when your fitness has been improved.

ⓘ **NOTICE**
   The recommend maximum heart rate is 220 – age. Choose a target heart rate between 30 – 220 bpm (in 1 bpm increments).

1. HCR program

From the main menu, press the Select buttons (+/-) to scroll and select the HRC program. Confirm with Enter.

Press Menu to return to the main menu.

2. User selection

Choose one of four existing users (U1 – U4) or the GUEST USER with the Select buttons (+/-). Confirm with Enter.

3. THR program

Press the Select buttons (+/-) to scroll and select the THR program. Confirm with Enter.

4. THR control value

Press the Select buttons (+/-) to scroll and select Target Heart Rate "COTNROL" value.
Confirm with Enter.
Press Start to start the training immediately.

5. Target values

Target values are optional.
Hold Enter to skip all target values. Press Enter once to skip one target value.
Set a target value with the Select buttons (+/-). Confirm with Enter.

6. Alarm settings

Alarm settings are optional.
Press Start to skip all alarms. Press the Select buttons (+/-) to skip one alarm.
Choose an alarm with the Select buttons (+/-). Confirm with Enter.

7. Ready = Start rowing

When you have come to the end of the selection process, READY flashes on the console and you can start rowing.

ⓘ **NOTICE**

   While exercising, you can adjust the target heart rate with the Select buttons (+/-).

RX7

3.4.6 Watt program

Keep your wattage at the pre-set level with the Watt program. The console compares your current wattage with your pre-set watt number every 10 seconds and adapts the resistance level automatically. While exercising, you can adapt the watt number with the Select buttons (+/-).

NOTE: The resistance level cannot be adapted while exercising.

Watt setting: 10 – 995 Watt (in 5-Watt increments)

1. Watt program

Choose the Watt program with the Select buttons (+/-). Confirm with Enter.

Press Menu to return to the main menu.

2. User selection

Choose one of four existing users (U1 – U4) or the GUEST USER with the Select buttons (+/-). Confirm with Enter.

3. Watt setting

Choose the Watt number (Control) with the Select buttons (+/-). Confirm with Enter.

Press Start to start the training immediately.

4. Target values

Target values are optional.

Hold Enter to skip all target values. Press Enter once to skip one target value.

Set a target value with the Select buttons (+/-). Confirm with Enter.

5. Alarm settings

Alarm settings are optional.

Press Start to skip all alarms. Press the Select buttons (+/-) to skip one alarm.

Choose an alarm with the Select buttons (+/-). Confirm with Enter.

6. Ready = Start rowing

When you have come to the end of the selection process, READY flashes on the console and you can start rowing.

ⓘ **NOTICE**

While exercising, you can adjust the Watt number with the Select buttons (+/-).

3.4.7 Training programs

The console adapts automatically the resistance level to the chosen training program.
You can choose from 16 different training programs.

?	?	?	?
PROFILE USER 1	**PROFILE USER 2**	**PROFILE USER 3**	**PROFILE USER 4**

P1 - FLAT	P2 - MOUNTAIN	P3 - MAYAN	P4 - UPHILL
P5 - VALLEY	**P6 - PEAKS**	**P7 - GRADIENT**	**P8 - ROLLING**
P9 - BLOCKS	**P10 - DOWNTOWN**	**P11 - FARTLEK**	**P12 - RANDOM**

FARTLEK

Fartlek is a Swedish word for speed play and is a training type, which was developed in the 30ies of the 20th century. The running pace is increased and reduced several times throughout the training.

RANDOM

Before you confirm your random profile with Enter, the console switches automatically the random profile every three seconds.

1. Training programs

Choose PROFILES (training programs) with the Select buttons (+/-). Confirm with Enter.
Press Menu to return to the main menu.

2. User selection

Choose one of four existing users (U1 – U4) or the GUEST USER with the Select buttons (+/-). Confirm with Enter.

RX7

3. Program selection

Choose a training program with the Select buttons (+/-). Confirm with Enter.

4. Program adjustment

Adjust the resistance of the total profile with the Select buttons (+/-). Confirm with Enter.
NOTE: Press Start to start the training immediately.

5. Resistance level

Choose a resistance level with the Select buttons (+/-). Confirm with Enter.

6. Target values

Target values are optional.
Hold Enter to skip all target values. Press Enter once to skip one target value.
Set a target value with the Select buttons (+/-). Confirm with Enter.

7. Alarm settings

Alarm settings are optional.
Press Start to skip all alarms. Press the Select buttons (+/-) to skip one alarm.
Choose an alarm with the Select buttons (+/-). Confirm with Enter.
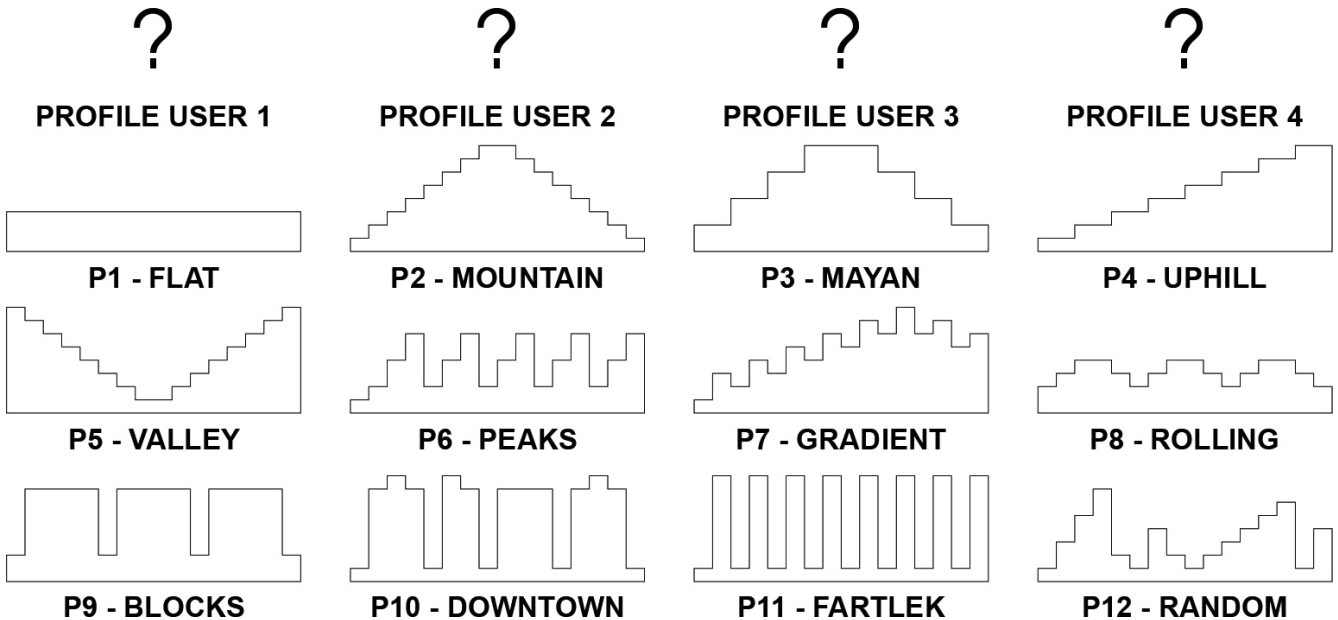
8. Ready = Start rowing

When you have come to the end of the selection process, READY flashes on the console and you can start rowing.

ⓘ   **NOTICE**
       While exercising, you can adjust the resistance level with the Select buttons (+/-).

3.4.8 Performance Test

Fitness Test

A fitness test of five minutes, which evaluates your fitness based upon your recovery heart rate. You need to wear a chest strap for heart rate transmission throughout the test. Row as quickly as you can to achieve your maximum heart rate. Then the console measures the recovery heart rate for a minute.

FITNESS TEST RESULTS	
SUPER FIT	90~100
EXTREMELY FIT	80~89
VERY FIT	70~79
GOOD FITNESS	60~69
AVERAGE FITNESS	50~59
FAIR FITNESS	40~49
POOR FITNESS	30~39
UNFIT	20~29
VERY UNFIT	10~19
EXTREMELY UNFIT	0~9

1. Fitness test program

Choose the Fit Test program with the Select buttons (+/-). Confirm with Enter.

NOTE: Press Menu to return to the main menu.

2. Start rowing

Stop rowing after exactly five minutes.

ⓘ **NOTICE**
You cannot adjust the resistance while doing the fitness test, because the program adjusts the resistance automatically.

Recovery program

Recovery program is activated by pressing the Recovery button

The Recovery Program is an excellent indicator for your cardiovascular fitness.
It is very useful when you wish to check your improvement.
The Recovery Program evaluates your fitness by measuring how quickly your heart rate recovers within a minute after the training. During the test of 60 seconds, it is required that the console receives your heart rate via a compatible chest strap. Then the console displays a recovery value from 0 to 100.

RECOVERY TEST RESULTS	
SUPER FIT	90~100
EXTREMELY FIT	80~89
VERY FIT	70~79
GOOD FITNESS	60~69
AVERAGE FITNESS	50~59
FAIR FITNESS	40~49
POOR FITNESS	30~39
UNFIT	20~29
VERY UNFIT	10~19
EXTREMELY UNFIT	0~9

1. Activating the recovery program
Press the recovery button right after the training.

2. Returning to main menu
Press the menu button to return to the main menu.

3.4.9 User Data

Create a new user and enter the user data.

The console can save user data for four different users. The saved information is used in combination with the % heart rate programs as well as for calculating the calorie consumption. Furthermore, they are used for determining the BMI, BMR, and TDEE.
The console saves your selection for every program as well in order to facilitate the selection process.

ⓘ **NOTICE**
It is important to keep your user data up to date. Otherwise the console cannot calculate exactly the values like BMI, BMR, and TDEE.

ⓘ **NOTICE**
The console does not save settings for the guest user.

Entering the user data	
NAME	Eight signs are available. Hold Enter to skip it.
SEX	Choose between male and female.
AGE	Age in years
HEIGHT	Height in cm or feet and inches (in order to switch, please see selection of system)
WEIGHT	Weight in kg or lbs (in order to switch, please see selection of system)
ACTIVE FACTOR	How active you are, influences your metabolism and your metabolism influences, how many calories you burn while exercising. Your active factor adapts the calorie calculation and the value of the total daily metabolism. 0 times a week = SITTING office work with less or no daily training. Twice a week = LIGHT ACTIVE light training once to three times a week. Four times a week = MODERATE ACTIVE moderate training three to five times a week. Seven times a week = VERY ACTIVE hard training six to seven times a week. Nine times a week = EXTREMELY ACTIVE daily, extremely active or marathon athlete.

1. User data
Choose USER DATA in the main menu with the Select buttons (+/-) and confirm with Enter.
Press Menu to return to the main menu.

2. User
Choose New User or one of the four existing users with the Select buttons (+/-) and confirm with Enter.

3. Name
Choose a letter or number with the Select buttons (+/-) and confirm with Enter. Repeat the step until your name is complete and then hold Enter to continue with the next setting.

4. Sex

Choose your sex with the Select buttons (+/-) and confirm with Enter. Confirm with Enter.

5. Age

Choose your age with the Select buttons (+/-) and confirm with Enter. Confirm with Enter.

6. Height (in cm or inches – see selection of system)

Choose your height with the Select buttons (+/-) and confirm with Enter. Confirm with Enter.

7. Weight (in kg or lbs – see selection of system)

Choose your weight with the Select buttons (+/-) and confirm with Enter. Confirm with Enter.

8. Active factor

Choose your active factor with the Select buttons (+/-) and confirm with Enter. Confirm with Enter.

User programs

Create your own program.

Four different users can be set. Every user can create a user program so that a total of four user programs is possible. All profiles are displayed as bar charts with 8 rows (= 16 resistance levels) and 16 columns (= 16 time intervals). These user programs are very helpful and allow you to create a program profile that corresponds to your needs. Thus you get an infinite diversion and keep motivated.

While exercising, the console adapts the resistance level automatically to your profile. You can still adjust the resistance level on your own while exercising.

1. User profile

Choose the USER PRO with the Select buttons (+/-) and confirm with Enter.

NOTE: Press Menu to return to the main menu.

2. User selection

Choose one of the four possible user profiles with the Select buttons (+/-) and confirm with Enter.

ⓘ   **NOTICE**

If there are no user profiles displayed, you can create them in "User Data".

3. Create a training profile

Choose the resistance level with the Select buttons (+/-) and confirm with Enter. Repeat this step until the training profile is complete.

ⓘ   **NOTICE**

Hold Enter to skip the remaining segments. This function is very practical, when you only want to make small changes of your training profile.

Delete a user

Delete an existing user.

1. Delete user
Choose USER DEL in the main menu with the Select buttons (+/-) and confirm with Enter.
Press Menu to return to the main menu.

2. User selection
Choose one of the four possible existing users with the Select buttons (+/-) and confirm with Enter.

3. Confirm delete
Press Enter to confirm the deletion.

3.4.10 Further information

Display training end

At the end of the training, the following is displayed on the console.

END   All total training values.
AVERAGE Your average training values
BMI   The Body Mass Index is a very good type to find out whether obesity is a risk of health.

Number	Classification	Risk
Below 18	Underweight	Low risk
19 - 25	Normal	Average risk
26 - 30	Overweight	High risk
31 and more	Obesity	Very high risk

BODY FAT % Your estimated body fat in %

Classification	Women (% fat)	Men (% fat)
Essential fat	10-13%	2-4%
Very low	14-20%	6-13%
Low	21-24%	14-17%
Average	25-31%	18-25%
Obese	32% plus	26% plus

BMR   Your basal metabolic rate is the minimum amount of energy, a body needs a day at complete rest to maintain its functions.

TDEE   Your total energy metabolic rate is an estimate of the daily required number of calories. If you try to lose weight, the total energy metabolic rate is a good guideline.

Calorie calculation for weight reduction

When you count calories, which you consume daily, you deduct the total energy metabolic rate and the result shows you whether you have to lose weight or increase your weight. When you try to lose weight, you have to reduce the intake of calories. However, it should not happen too quickly, because it might affect your metabolism in a negative way.

Target values

Target values for time, distance, strokes, and calories are optional. When you do not choose a target value, the console counts starting from zero. When you set one or several of those target values, the console counts down to zero.

The console stops the training and an alarm sounds once the first target value is achieved.

TIME   1:00 to 99:00 minutes (in 1 minute increments)
DISTANCE100 to 9900 meters (in 100 m increments)
STROKES   10 to 9900 strokes (in 10 strokes increments)
CALORIES10 to 9990 calories (in 10 calories increments)

Selection of the units Metric or Imperial

The user data HEIGHT and WEIGHT can be entered in metric or imperial units:

The size is given in centimeters (metric) or inches (imperial).
The weight is given in kilograms (metric) or pounds (imperial).

Selection of units
1.   Press and hold both SELECT buttons for 3 seconds.

2.   Use the SELECT buttons to select METRIC or IMPERIAL.

3.   Press ENTER to confirm.

Alarms

Maximum alarms are optional. Alarms can be very helpful, however we recommend to use only one to two alarms at a time.
When an alarm is given, a signal sounds and a visual display is shown in order to show which of those four alarms is given. (HEART RATE (PULSE), SPM, TIME/500m, or WATT).

HEART RATE   30 to 220 BPM (in 1 BPM increments)
SPM   15 to 60 SPM (in 1 SPM increments)
TIME/500m   01:00 9:55 minutes and seconds (in 5 seconds increments)
WATT   10 to 995 Watt (in 5 Watt increments)

Maximum alarms are optional.
Hold Enter to skip all alarms.
Press Enter to skip one alarm.
Choose an alarm with the Select buttons (+/-) and confirm with Enter.

Default settings

The console includes default settings to facilitate the settings for the user.

Pacer Program

PACE BOAT TIME/500m   2:15 (1:00 to 9:55 minutes and seconds in 5 seconds increments)
TIME   20:00 minutes
               (1:00 to 99:00 minutes and seconds in 1 minute increments)
DISTANCE   2000 m (100 to 9900 m in 100 m increments)

Interval Programs

INTERVALS   10 (2 to 99 in 1 interval increments)
INTERVAL DISTANCE   500 m (100 to 9900 m in 100 m increments)
INTERVAL TIME   1:00 minute (0:30 to 10:00 in 5 seconds increments)
REST TIME   30 seconds (0:30 to 10:00 in 5 seconds increments)

THR target heart rate program

TARGET HEART RATE   140 BPM (30 to 220 BPM in 1 BPM increments)

Watt program

WATT   100 (10 to 995 Watt in 5 Watt increments)

User data

SEX   Female (female or male)
AGE   35 (10 to 99 years in 1 year increments)
HEIGHT METRIC   Female 163 cm or male 178 cm
                                               (90 to 240 cm in 1 cm increments)
WEIGHT METRIC   Female 60 kg or male 86 kg (30 to 200 kg in 1 kg increments)
HEIGHT IMPERIAL   Female 64 inches/5'4"
                                               (36" to 96" / 3' to 8' in 1 inches increments)
WEIGHT IMPERIAL   Female 135 lbs or male 190 lbs
                                               (60 to 440 lbs in 1 lbs increments)
ACTIVE FACTOR   Twice a week
                         0 times a week = SITTING office work with less or no daily training
                         Twice a week= LIGHT ACTIVE light training once to three times a week
                         Four times a week= MODERATE ACTIVE moderate training three to five times a
                                    week
                         Seven times a week= VERY ACTIVE hard training six to seven times a week
                         Nine times a week= EXTREMELY ACTIVE daily, extremely active or physical work

Resistance selection

RESISTANCE LEVEL   6 (1 to 6 in 1 level increments)

Target values

TIME   20 minutes
                (1:00 to 99:00 minutes and seconds in 1 minute increments)
DISTANCE   2000 m (100 to 9900 m in 100 m increments)
STROKES   300 strokes (10 to 9990 strokes in 10 strokes increments)
CALORIES   160 calories (10 to 9990 calories in 10 calories increments)

Maximum alarm

HEART RATE   140 BPM (30 to 220 BPM in 1 BPM increments)
SPM   25 SPM (15 to 60 SPM in 1 SPM increments)
TIME/500m   2:15 (01:00 to 9:55 minutes and seconds in 5 seconds increments)
WATT   100 (10 to 995 Watt in 5 Watt increments)

RX7

3.5 Operation infrared remote control

3.5.1 Introduction

Everybody knows how to use a TV remote control. The remote control from this rowing machine uses the same technology. By pressing the remote control, the handle remote control forwards data to the computer.

The INFRARED REMOTE CONTROL is a wireless data transmission system with a short range, which requires a clear line of sight, this means there must be a clear, straight line between the remote control and the training computer.

3.5.2 Inserting batteries

The battery compartment is delivered with plastic spacers, which separate the battery from the battery clamp. This stops the battery from discharging during transport and keeps it charged.

Remove the plastic spacer. Press the top of the battery compartment.
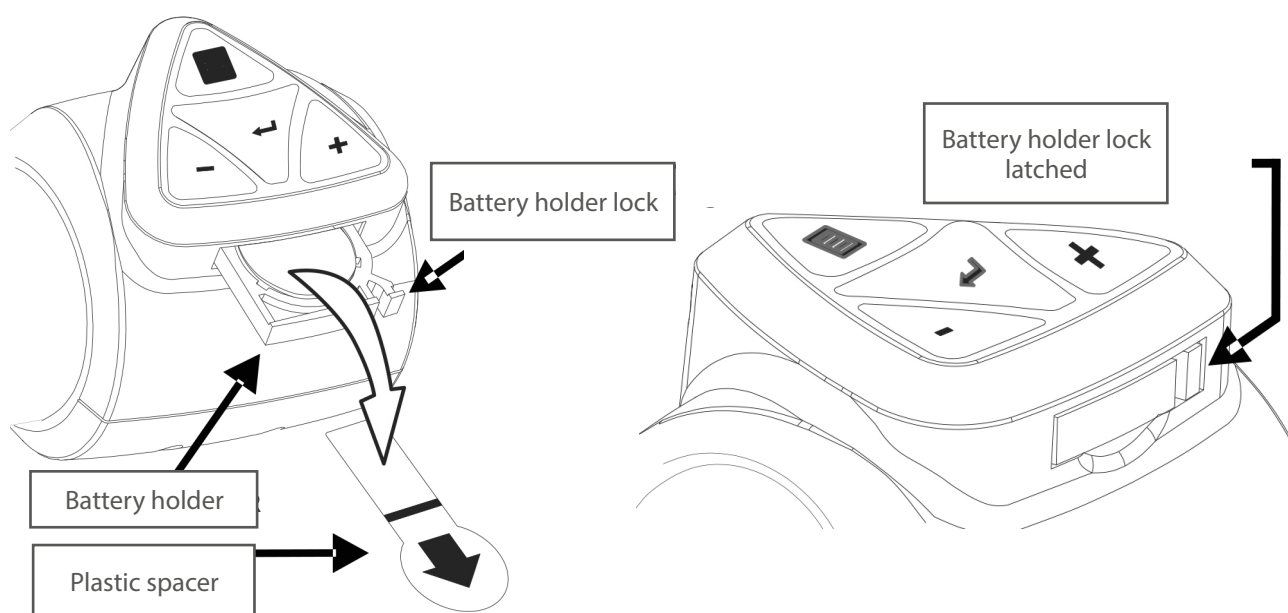
3.5.3 List of parts

The remote control consists of two parts.

1. INFRARED TRANSMITTER (the source)

2. INFRARED RECEIVER

The infrared transmitter is mounted on the handle. The infrared receiver is installed in the computer.

Infrared LED Transmitter

Handlebar

Infrared Receiver
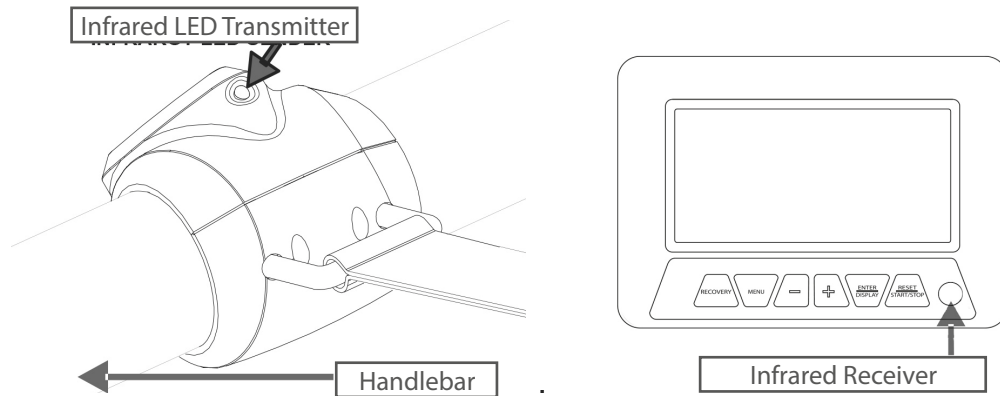
3.5.4 Main functions of the infrared transmitter

The infrared transmitter has four buttons = MENU button - ENTER button - SELECT button (DOWN - UP). These four buttons are exactly the same buttons as those on the COMPUTER.

See COMPUTER MANUAL for detailed information about the button functions.

MENU button

ENTER - Display button

SELECT buttons
- +
UP & DOWN

RX7
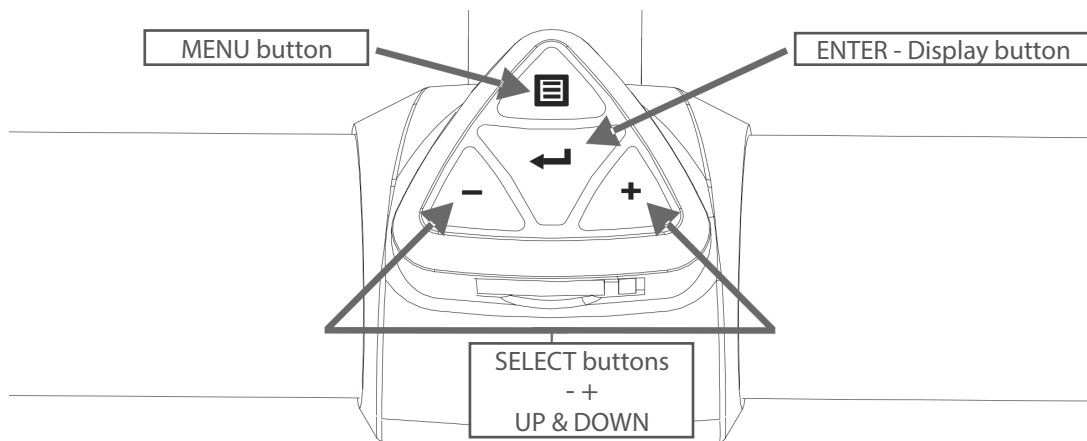
3.5.5 Replacing batteries

1. Press and hold battery holder lock, then remove the battery holder.

Press & hold,
then pull out.

Battery holder

Battery holder lock
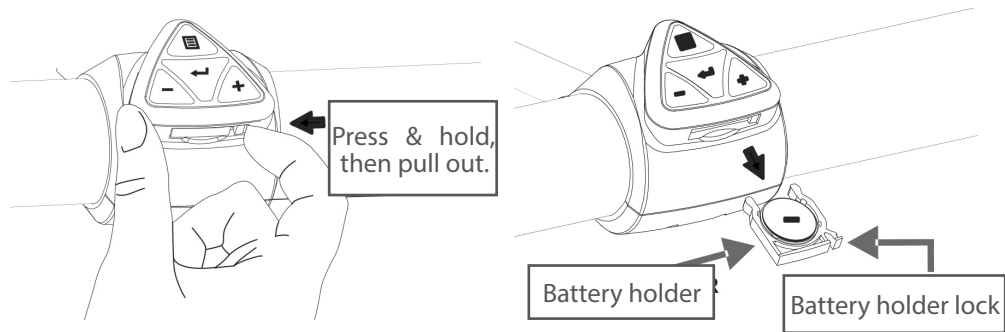
2. Remove old battery and dispose of correspondingly.
3. Replace the battery, preferably with lithium CR2025 button cell.

► **ATTENTION**
Pay attention to the polarity when you insert the new battery.

CR2025
BATTERIE

Wrong

Right
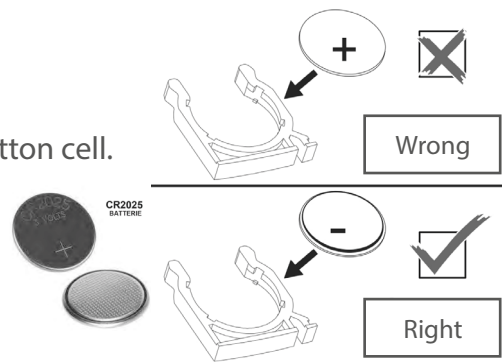
4. Carefully insert the battery holder back in (in the correct position) until the lock from the battery holder locks.

Wrong

Right

Battery holder lock

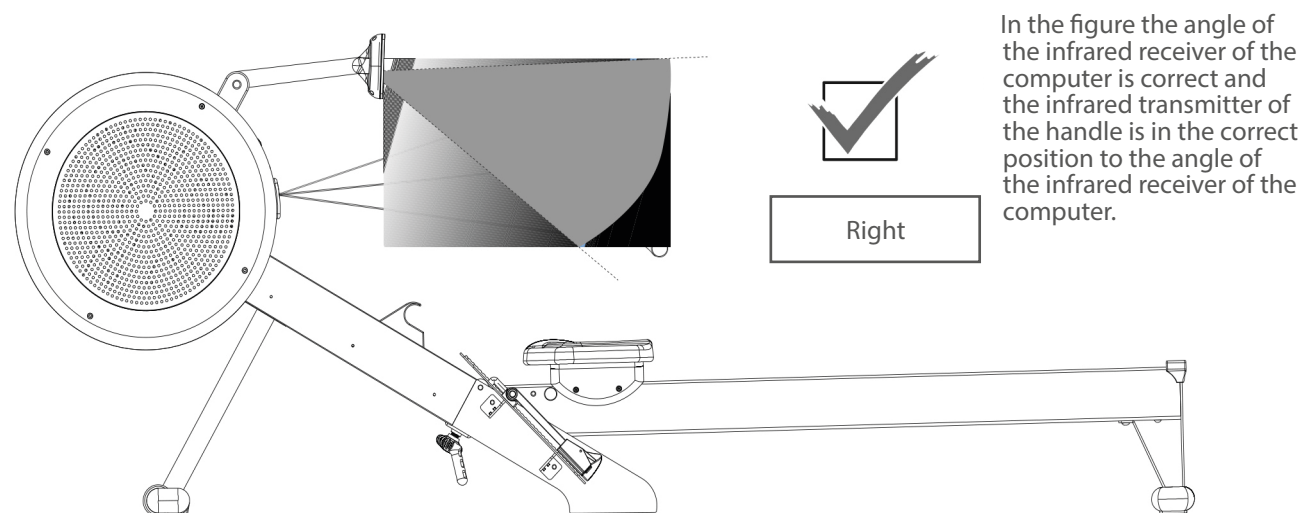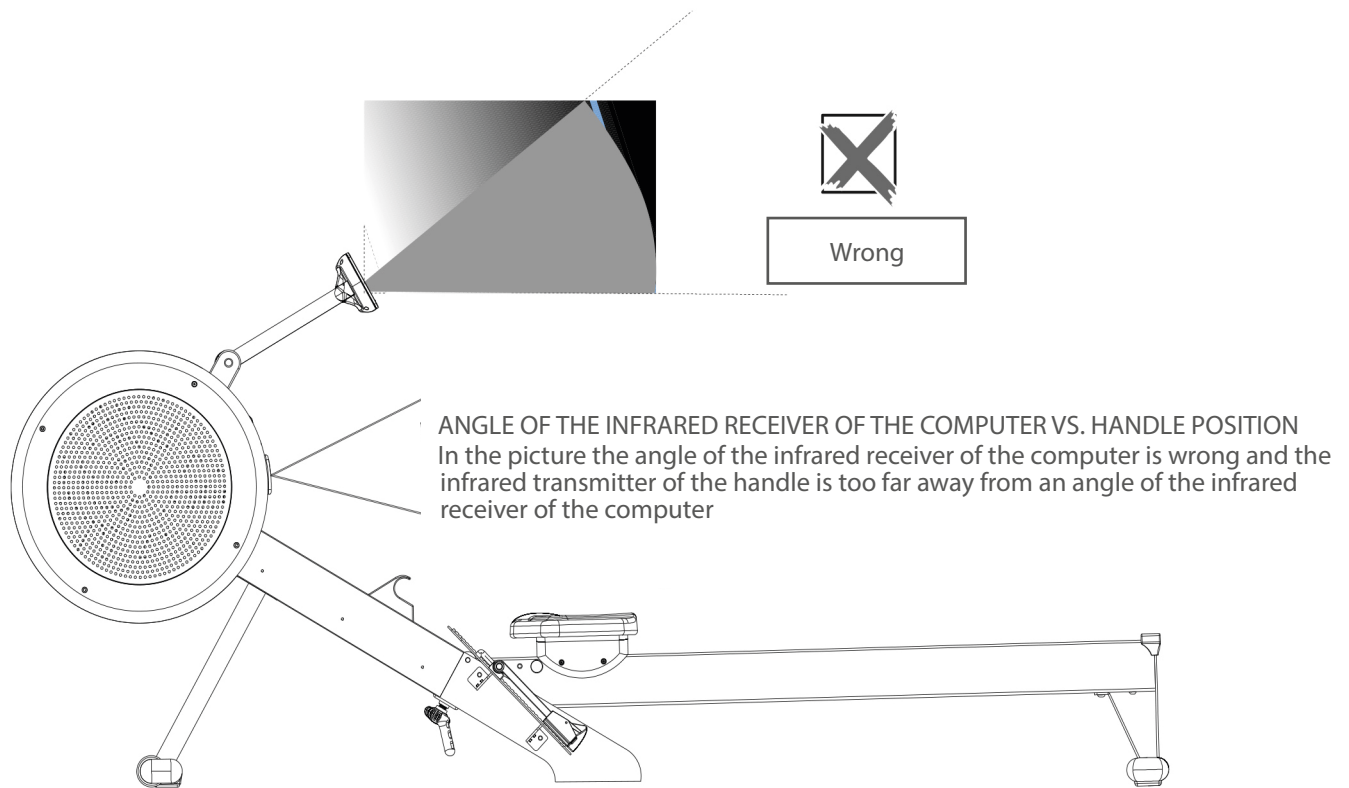Battery holder

Battery holder lock

Right
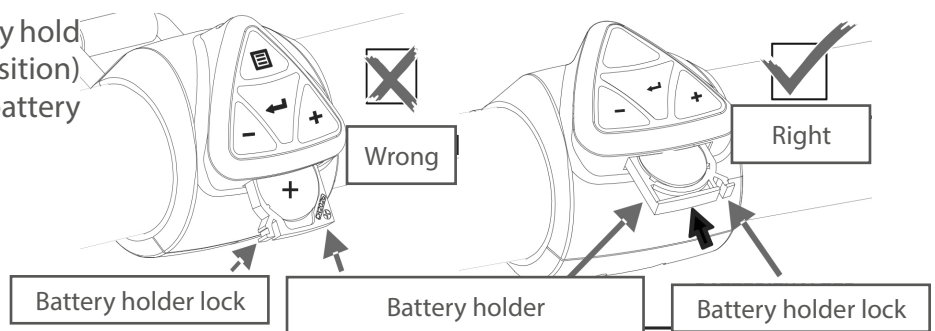
5. Check to see if the infrared remote control is working correctly. If there are any problems, see the FAQs and troubleshooting.
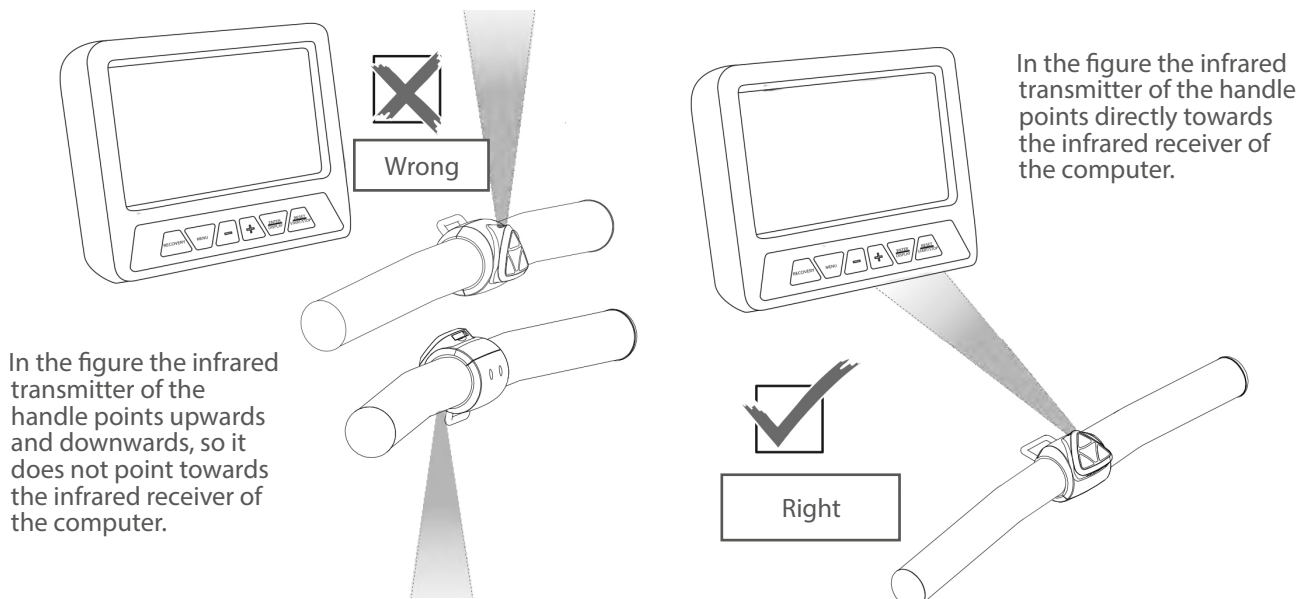
Right
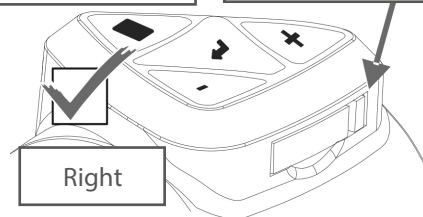
3.5.6 Infrared range and direction

The remote control should be directly aligned with the training computer.

Wrong

ANGLE OF THE INFRARED RECEIVER OF THE COMPUTER VS. HANDLE POSITION
In the picture the angle of the infrared receiver of the computer is wrong and the infrared transmitter of the handle is too far away from an angle of the infrared receiver of the computer

In the figure the angle of the infrared receiver of the computer is correct and the infrared transmitter of the handle is in the correct position to the angle of the infrared receiver of the computer.

Right

3.5.7 ANGLE OF THE INFRARED TRANSMITTER FROM THE HANDLE

Wrong

In the figure the infrared transmitter of the handle points upwards and downwards, so it does not point towards the infrared receiver of the computer.

In the figure the infrared transmitter of the handle points directly towards the infrared receiver of the computer.

Right

3.5.8 Code from the remote control

The code from the remote control (or RMC code in short) allows you to reprogram the code from the infrared remote control. There are two reasons to reprogram the RMC code:

1. There are several rowing machines with remote controls nearby and the infrared rays overlap. This may be the case at health clubs and commercial facilities.

2. Disruption with existing infrared signals, for example, television or TV remote control, etc. This happens primarily with home use.

► **ATTENTION**
   Do not reprogram the RMC code as long as it is not necessary, because the infrared remote control may stop working if you make a mistake.

Step 1

1. Place the handle in the handle holder and avoid touching the handle again until **step 3**.

Handlebar

Handlebar holder
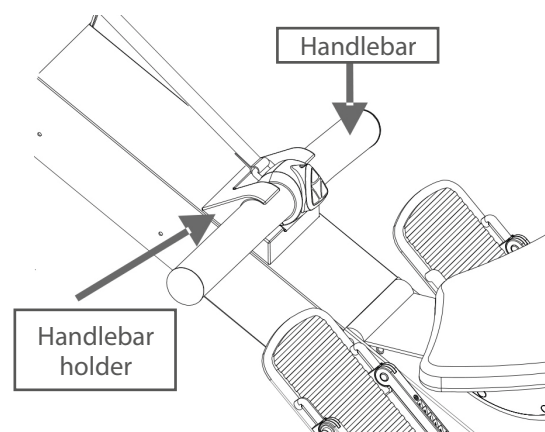
2. Hold the RESET button for three seconds to return to the main menu.

Aktueller Infrarot (IR) Code
Neuer IR Code
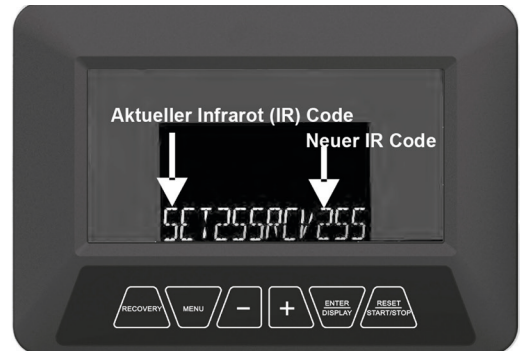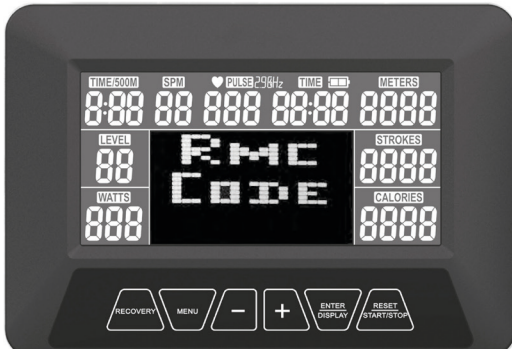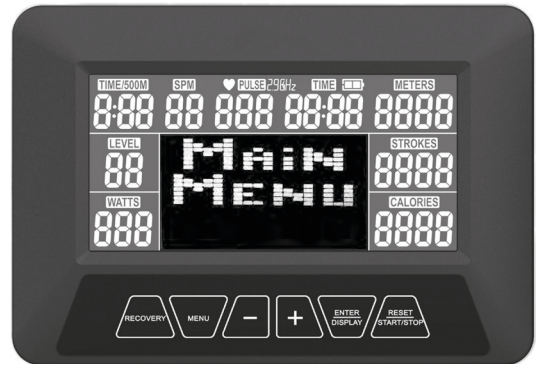
Step 2

1. Press the SELECT button in the main menu and choose the "RMC CODE" program. Then press ENTER, to confirm your selection.

2. Now the computer displays your current IR CODE.

Step 3

1. Take the handle and point it with the infrared transmitter of the handle towards the infrared receiver of the computer.

2. Hold the handle button MENU. Then press either "-"or "+" to select a new infrared card.

3. Then press the ENTER computer button to confirm the selection. The computer will return to the main menu.

ⓘ **NOTICE**
   The "Current Infrared IR Code Display" does not change here. The change is first displayed the next time the IR code is changed.

New IR CODE
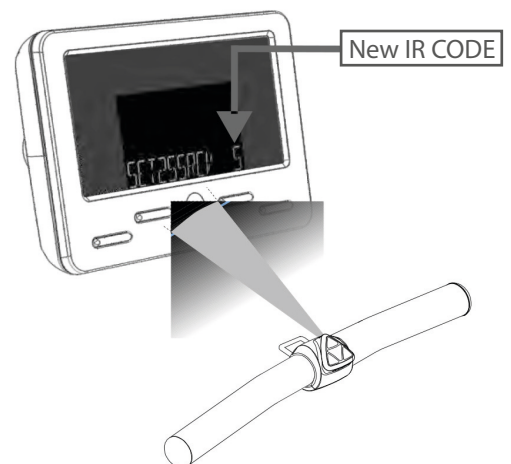
3.5.9 Troubleshooting manual

PROBLEM: The IR system only works with interferences.

SOLUTION
1. Clean the IR receiver on the computer with a little window cleaner.
2. Clean the IR transmitter on the handle with a little window cleaner.
3. Replace batteries. See point "Replace batteries".
4. Program the IR/RMC code again. See point "Remote Control Code (RMC Code)".
5. Ask for a service technician.

PROBLEM : The IR system does not work!

SOLUTION
1. Replace batteries. See point "Replace batteries".
2. Program the IR/RMC code again. See point "Remote Control Code (RMC Code)".
3. Ask for a service technician.

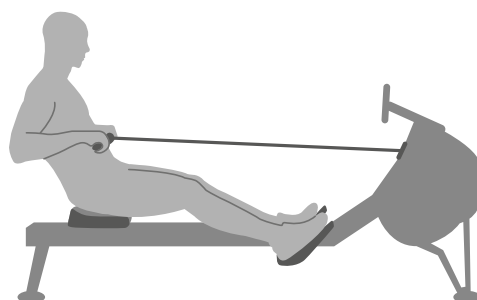# 3.6 Notes on correct rowing

Body moves towards the handle

Wrong
At the end of the movement, the body will be pulled forwards towards the handles instead the handles to the body.
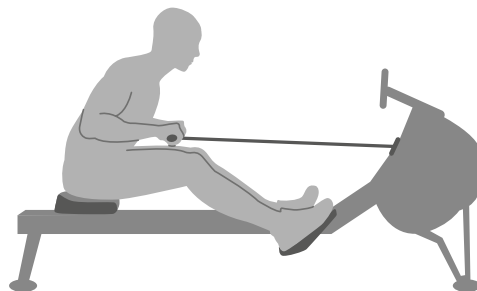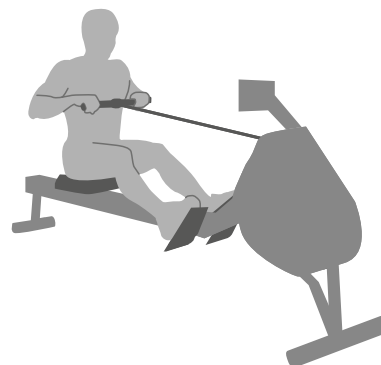
Right
At the end of the movement, the user slightly leans back, holds the legs down, keeps the upper body straight and pulls the handle to the body.
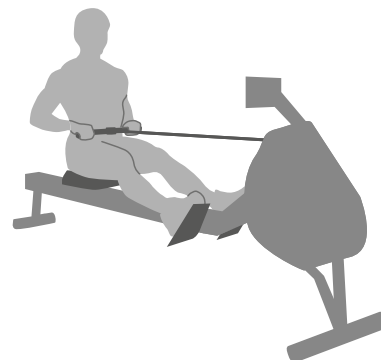
Straddled elbows

Wrong
The user's elbows are straddled from the body at the end of the movement and the handle is at the height of the breast.
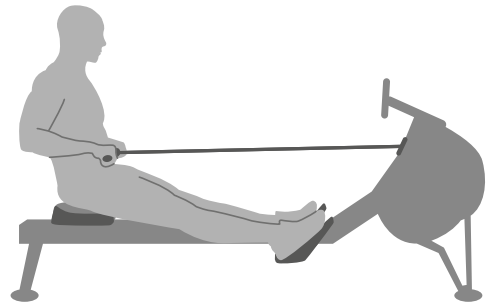
Right
Pull the handle to the body with straight wrists and the elbows close to the body. The elbows are brought behind the head while the handle is pulled to your waist.
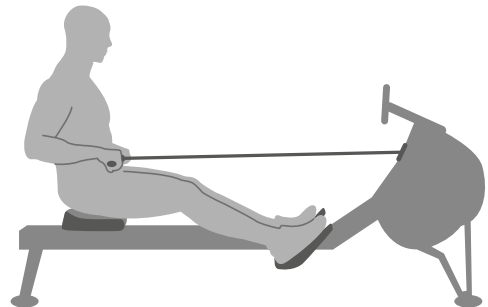
RX7

Do not completely extend

Wrong

At the end of the movement, the user completely stretches the leg and knee.
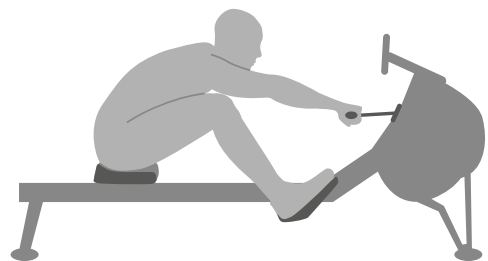
Right

Keep your knee slightly bent at all times even at the end of the movement instead of stretching it completely.

Leaning too far forward

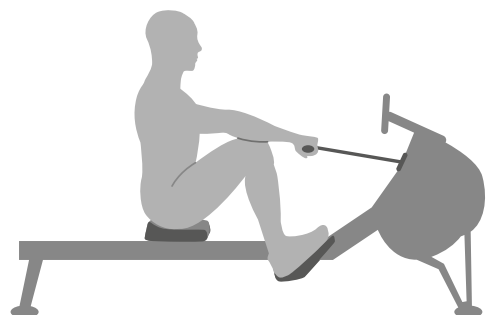**Wrong**

The body is bent too far forward. The shins are no longer vertical. The head and shoulders are facing the feet. The body is therefore in a weak position to execute the movement.

Right

The shins are vertical. The body is pressed against the legs, the arms are completely stretched out in front and the body is slight bent forward. This position should be pleasant.

Rowing with bent arms

Wrong
The user begins the movement with the arms instead of first pressing with the legs.
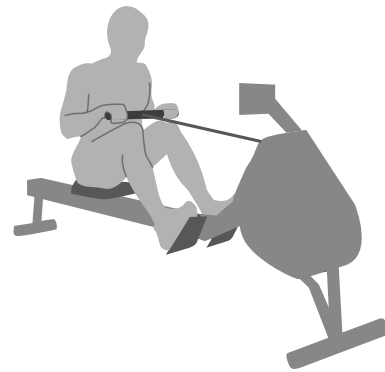
Right
The user begins by stretching out the legs, relaxing the back and stretching the arms.

Bent wrists

Wrong
The user bents the wrists during the movement.

Right
Always execute the rowing movement with straight wrists.

4.1 General Instructions

► **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 5°C and 45°C.
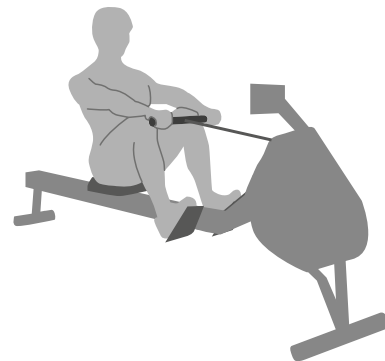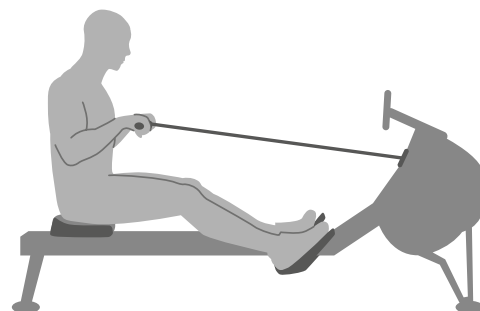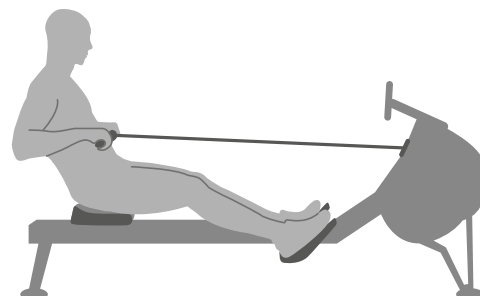
⚠ **WARNING**
+ The storage location should be chosen so that improper use by third parties or children can be prevented.
+ If your equipment does not have transportation wheels, the equipment must be disassembled before transportation.

4.2 Folding Mechanism

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

4.2.1 Unfolding the Rowing Machine

► **ATTENTION**
+ Make sure that nothing is standing next to or on top of the rowing machine that can be spilled or thrown or that makes it impossible to unfold the rowing machine.

1. Stand on the left side of the rowing machine and grasp the rail with the right hand.
2. Press down the safety pin with the left foot to release the folding mechanism and lower carefully the rail.
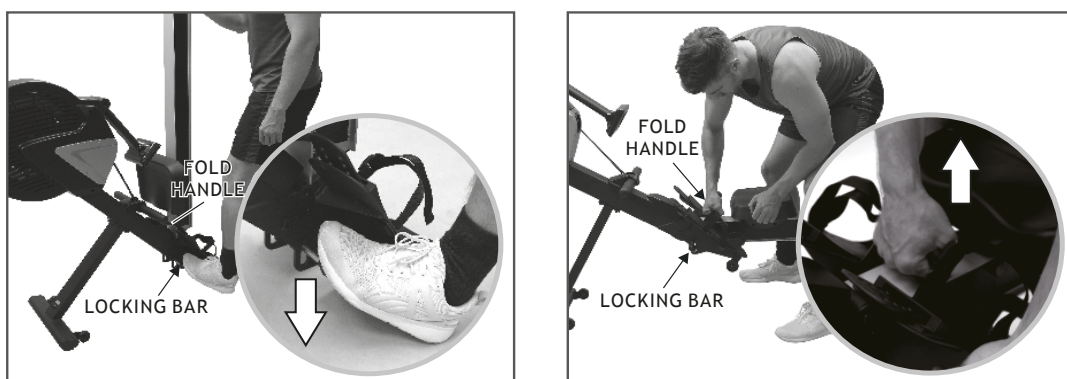
1. Pull strongly on the handle (FOLD HANDLE) until you hear a click sound.

➔ *The rail is locked now.*

4.2.2 Folding Up the Rowing Machine

⚠ **WARNING**
+ Do not connect the equipment to the power supply when it is folded up. Try not to operate the equipment when it is folded up.

⚠ **CAUTION**
+ Do not lean on the equipment when it is folded and do not place anything on top of it that may make the equipment unstable or fall down.

► **ATTENTION**
+ Make sure that nothing is standing next to or on top of the rowing machine that can be spilled or thrown or that makes it impossible to fold the rowing machine.

1. Grasp the handle (FOLD HANDLE) with the right hand and loosen the folding mechanism with the left hand by pushing down the safety pin.
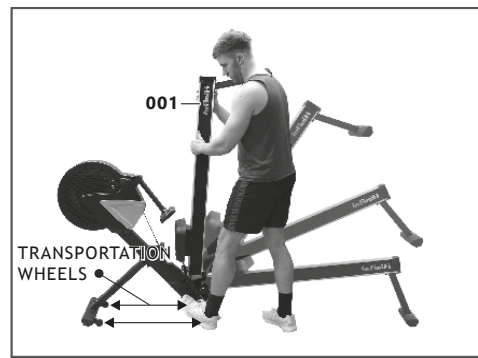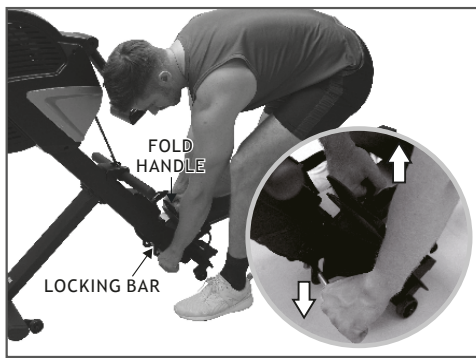

2. Lower carefully the rowing machine to the floor.
3. Now simply fold the rail upwards until you hear a click sound.

→ *The folding mechanism is locked again now.*

4.3 Transportation Wheels

The rowing machine is equipped with transport wheels and can be easily moved.

► **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.

5.1 General Instructions

⚠ **WARNING**
+ Do not make any improper changes to the equipment.

⚠ **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	+ Sources of interference in the room + unsuitable chest strap + Wrong position of chest strap + Batteries empty	+ Eliminate sources of interference (e.g. mobile phones, loudspeakers, WLAN, lawn mower and vacuum cleaner robots ...) + Use a suitable chest strap (see recommended accessories). + Reposition chest strap and/or moisten electrodes + Changing batteries
LCD error – software error etc.	Console has no power supply	+ Hold Reset to start the console again. + Start the console again by disconnecting the power cable for about 15 seconds. + Disconnect and connect again all cable connections, see assembly instructions. + Contact a service technician of your contract partner.

5.3 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	Yearly
Display console	C	I			
Lubrication of moving parts				I	
Plastic covers	C	I			
Screws and cable connections		I			
Legend: C = clean; I = inspect					

Pull strap

The pull strap is made of high-quality nylon fabric and extremely resilient. It is nearly impossible to tear the pull strap. Nevertheless, it is important to inspect it for wear. Make sure that there are no cuts or frays or other types of damage. Also check the seam on the handle. If you determine any impairments, you should no longer use the rowing machine until you have replaced the pull strap.

Footrest

The footrest has many mobile parts and it is important that they are always in a good state. Check if the buckle and the foot loop are connected with each other. Check to see if the locking mechanism from the footrest works properly as well. Make sure that all screws are tight. If you determine any errors, contact your contract partner immediately and use the rowing machine again only after it has been repaired.

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.

Pb = Battery contains more than 0.004 percent by weight of lead.
Cd = Battery contains more than 0.002 percent by weight of cadmium.
Hg = Battery contains more than 0.0005 percent by weight of mercury.

To make your training experience even more efficient and pleasant, we recommend that you add suiting accessories to your fitness equipment. This could be a floor mat, for example, which makes your fitness equipment stand more securely and also protects the floor from falling sweat, but it could also be additional handrails on some treadmills or silicone spray to keep moving parts in good shape.

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. You may want to buy additional grips or weights for multi gyms.

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

silicone spray

towels

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:

TAURUS / rowing machine

Model Name:

RX7

Article Number:

TF-RX7-3

8.2 Parts List

No.	Qty.	Description	No.	Qty.	Description
001	1	Aluminum Beam	115	4	Standard Cap
002	1	Main Frame	116	1	Aluminum Beam End Cap
003	1	Pivot Bracket	117	2	Carriage Cover
005	1	Stabilizer - Front	118	4	Seat Carriage Roller
006	1	Stabilizer - Rear	119	1	Seat
007	1	Rear Bracket	122	2	Plug
008	1	Ali Handle Bar	123	1	Foam Grip
009	2	Seat Carriage	124	4	Carriage Stopper
010	2	Seat Carriage Shaft	129	1	Cover Vent
011	4	Roller Adjustment Bolt	132	1	Strap Slot Trim
012	4	Roller Adjustment Plate	134	1	Poly "V" Drive Belt
013	1	Foot Pedal	135	1	Drive Pulley
015	1	Computer Arm	136	1	Strap Drum
017	1	Clutch Shaft	137	1	Return Spring - Drum
018	1	Return Spring	138	1	Return Spring -Cover
019	2	Roller Spacer	139	1	Return Spring - Holder
026	1	Stopper Bracket	140	1	Flywheel Fan
027	2	Strap Holder	142	2	Special Seat Roller
028	1	Knob Stud	143	2	Heel Rest
029	2	Spring	144	2	Plug
030	1	Handle	146	1	Plug
103	2	Computer Arm Plug	147	2	Heel Rest Holder
104	2	Computer Arm Pivot	149	2	Bushing
105	2	Computer Arm Plug Cover	150	2	Ball Knob
106	2	Computer Case Nut Cover	151	1	Sensor Holder
107	2	Computer Arm Spacer	153	1	Receiver Cover
110	1	"V"Cover	154	4	Strap Trim
111A	1	Cover Main - Right	161	1	Infrared Transmitter-Top
111B	1	Cover Main - Left	162	1	Infrared Transmitter-Battery Holder
113	4	Wheel	163	1	Infrared Transmitter-Bottom

204	2	Nut-M6		434	2	Washer-M8xø18x2t
206	2	Nut-3/8"-26Unf		460	2	Washer-M10xø17x2.3t
210	1	Nut-3/16"		501	5	Screw-M3x10mm
212	8	Nut-M6		508	12	Screw-M4x12mm
213	10	Nut-M8		510	3	Screw-M4x20mm
215	2	Nut-3/8"-26Unf		529	4	Screw-M2x10mm
221	2	Nut-M8 Long Dom Nut		530	2	Screw-M4x10mm
225	1	Nut-1/2"-26Unf		532A	4	Screw-M4x15mm
304	4	Bolt-M5x12mm		615	1	Retaining Ring
314A	8	Bolt-M4x6mm		700	1	Tension Cable
319	10	Bolt-M8x16mm		701	1	Motor
334D	2	Bolt-M8x40mm		702	2	Motor Sensor Cable
335C	2	Bolt-M8x60mm		703	1	Computer Cable
342B	2	Bolt-M8x30mm		704	1	Computer Cable
349	1	Bolt-M8x90mm		705	1	Computer Cable
350	1	Bolt-M8x120mm		706	1	Sensor Cable
358	1	Bolt-3/16"X1-1/4"		708	4	Sensor Magnet
359A	2	Bolt-M5x10mm		709	1	Drive Strap
360	2	Bolt-M6x10mm		710	2	Foot Strap
362A	2	Bolt-M6x20mm		711	1	Chest Band Receiver
367	10	Bolt-M8x16mm		712	1	Ac Adaptor Cable
373	2	Bolt-M8x60mm		714	1	Computer
376B	2	Bolt-M10x12mm		715	1	Ac Adaptor
384	1	U-Bolt		720	1	Ac Cable
386A	4	Bolt-M5x8mm		802	2	Bearing
412	2	Washer-M8xø12x1t		805	1	Bearing
412B	4	Washer-M8xø12x2t		809	1	Bearing
414	6	Washer-M8xø16x2t		831	1	Clutch
422	4	Washer-M8xø23x2t				

RX7

8.3 Exploded Drawing
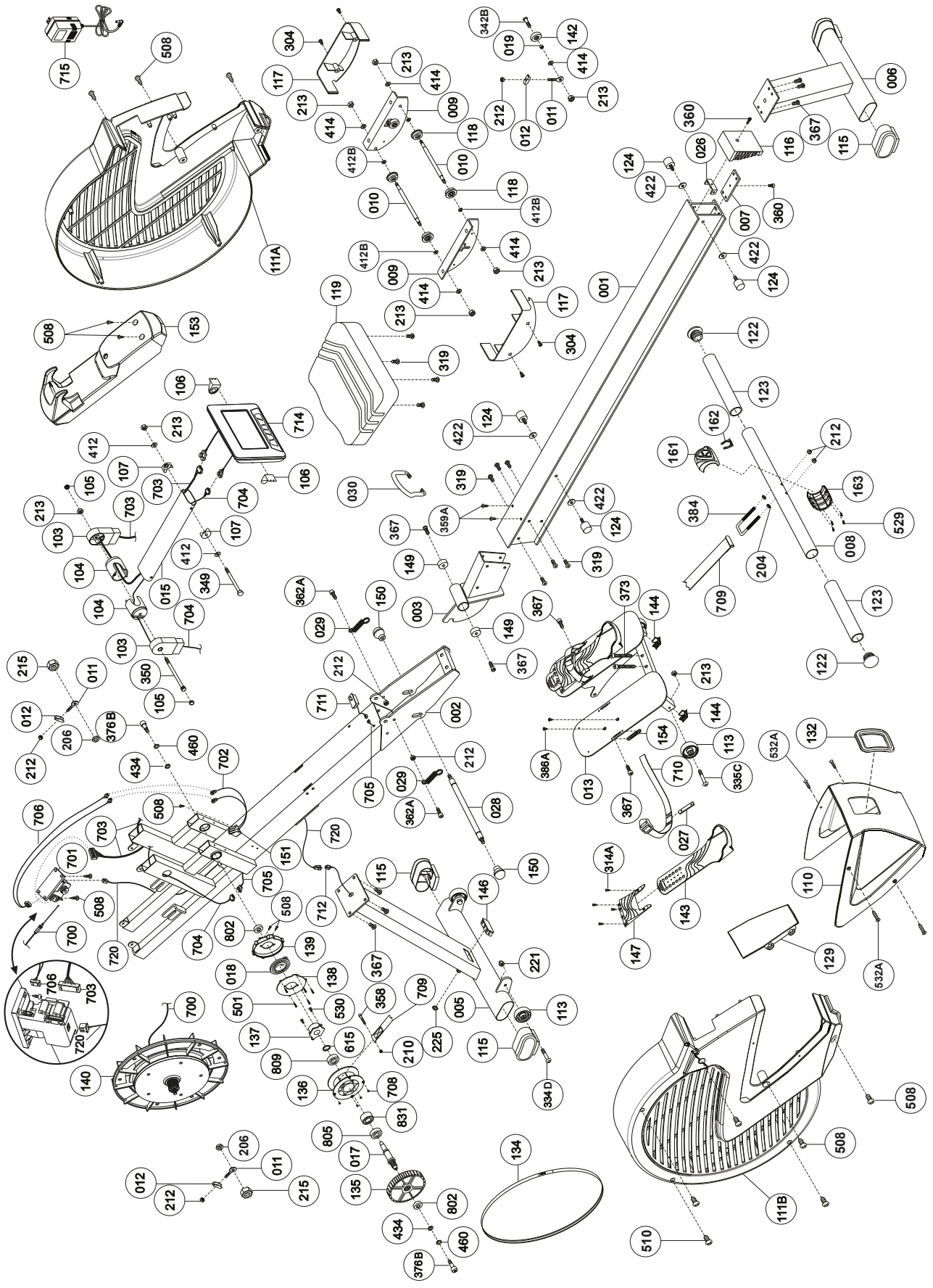
Training equipment from TAURUS® is subject to strict quality control. However, if a fitness equipment purchased from us does not work perfectly, we take it very seriously and ask you to contact our customer service as indicated. We are happy to help you by phone via our service hotline.

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.

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

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

Model	Usage	Full Warranty
RX7-3	Home use	24 Months
	Semi-professional use	12 Months

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 warrantee personally and are not a part of repair. After the expiration of the warranty period for repair costs, a pure parts warranty applies, which does not include the repair, installation and delivery costs.

The terms of use are defined as follows:
+ Home use: solely for private use in private households up to 3 hours per day
+ Semi-professional use: up to 6 hours per day (e. g. rehabilitation 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

TECHNICAL SUPPORT

☎ +49 4621 4210-900

📠 +49 4621 4210-698

✉ technik@sport-tiedje.de

🕐 Mo - Fr   08:00 - 18:00
    Sa   09:00 - 18:00

SERVICE

☎ 0800 20 20277
(Freecall)

✉ info@sport-tiedje.de

🕐 Mo - Fr   08:00 - 21:00
    Sa   09:00 - 21:00
    So   10:00 - 18:00

DK

TECHNICAL SUPPORT & SERVICE

☎ 80 90 16 50
+49 4621 4210-945

✉ info@fitshop.dk

🕐 Mo - Fr   08:00 - 18:00
    Sa   09:00 - 18:00

FR

TECHNICAL SUPPORT & SERVICE

☎ +33 (0) 172 770033
+49 4621 4210-933

✉ service-france@fitshop.fr

🕐 Mo - Fr   08:00 - 18:00
    Sa   09:00 - 18:00

PL

TECHNICAL SUPPORT & SERVICE

☎ 22 307 43 21
+49 4621 42 10-948

✉ info@fitshop.pl

🕐 Mo - Fr   08:00 - 18:00
    Sa   09:00 - 18:00

BE

TECHNICAL SUPPORT & SERVICE

☎ 02 732 46 77
+49 4621 42 10-932

✉ info@fitshop.be

🕐 Mo - Fr   08:00 - 18:00
    Sa   09:00 - 18:00

UK

TECHNICAL SUPPORT

☎ +44 141 876 3986

✉ support@powerhousefitness.co.uk

SERVICE

☎ +44 141 876 3972

🕐 Mo - Fr   9am - 5pm

NL

TECHNICAL SUPPORT & SERVICE

☎ +31 172 619961

✉ info@fitshop.nl

🕐 Ma - Do   09:00 - 17:00
    Vr   09:00 - 21:00
    Za   10:00 - 17:00

INT

TECHNICAL SUPPORT & SERVICE

☎ +49 4621 4210-944

✉ service-int@sport-tiedje.de

🕐 Mo - Fr   8am - 6pm
    Sat   9am - 6pm

AT

TECHNICAL SUPPORT & SERVICE

☎ 0800 20 20277
(Freecall)
+49 4621 42 10-0

✉ info@sport-tiedje.at

🕐 Mo - Fr   08:00 - 18:00
    Sa   09:00 - 18:00

CH

TECHNICAL SUPPORT & SERVICE

☎ 0800 202 027
+49 4621 42 10-0

✉ info@sport-tiedje.ch

🕐 Mo - Fr   08:00 - 18:00
    Sa   09:00 - 18:00

Please find a detailed overview including address and opening hours for all stores of the Sport-Tiedje Group in Germany and abroad on the following website:
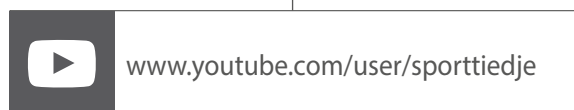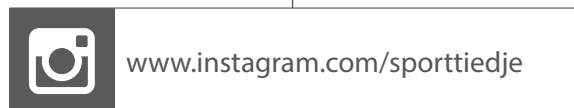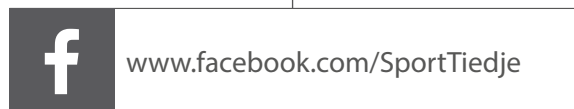
www.sport-tiedje.com/en/stores

WE LIVE FITNESS

WEBSHOP AND SOCIAL MEDIA

Sport-Tiedje is Europe's largest specialist store for home fitness equipment with currently 80 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 equpiment 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.

Sport-Tiedje 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.

Visit us also on our social media platforms or our blog!

www.sport-tiedje.de
www.sport-tiedje.de/blog

www.facebook.com/SportTiedje

www.instagram.com/sporttiedje

www.youtube.com/user/sporttiedje

TAURUS

cardiostrong

BODYCRAFT

cardiojump

DARWIN FITNESS GERMANY

Notes

TAURUS®