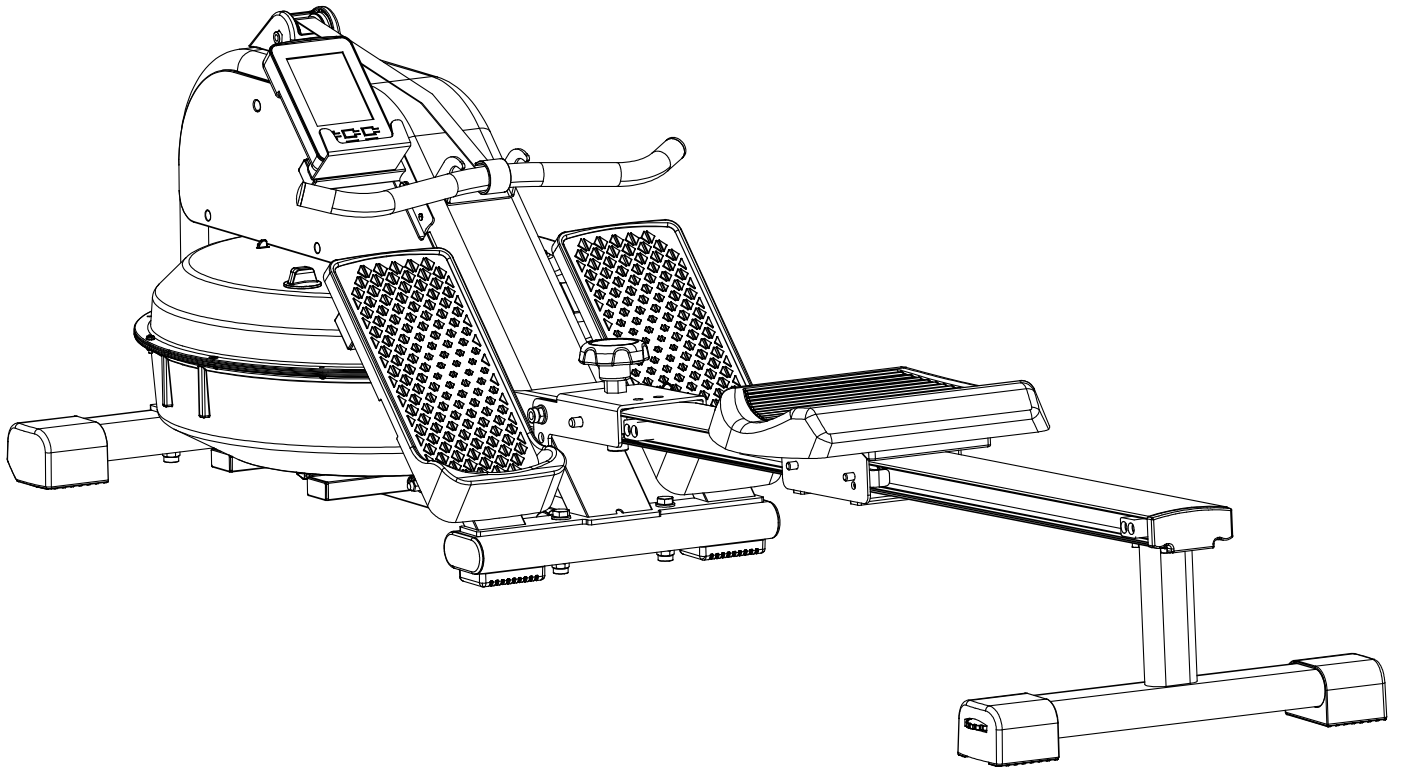




# ASSEMBLY MANUAL >



# WAVE ROWER

Record serial number

*Elite Wave Rower Machine*

Thank you for purchasing the **Elite Wave Rower Machine**.

For over 20 years, Elite Fitness™ has been New Zealand's largest supplier of fitness equipment. Our aim and vision is to provide you Elite™ branded products, tested to the highest standard for quality and biomechanics at the best possible price.

Please read through this manual to familiarise yourself with the operation of your new **Elite Wave Rower Machine**. Doing so will help to insure that you get the most out of your machine, enjoying a safe and effective workouts ahead.

Even though we go to great efforts to ensure the quality of each product we produce, occasional errors and or omissions do occur. In any event should you find this product to have either a defect or a missing part, please contact us for a replacement.

## **SERVICE & WARRANTY**

For service and warranty assistance please visit:

**[www.elitefitness.co.nz/service](http://www.elitefitness.co.nz/service)**

Online forms are available for Service, Warranty and Parts requests.

(09) 258 9067

### **Elite Fitness HQ**

28 Morrin Road. Saint Johns  
Auckland, New Zealand

[info@elitefitness.co.nz](mailto:info@elitefitness.co.nz)

0800 2 438 348

[www.elitefitness.co.nz](http://www.elitefitness.co.nz)

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# IMPORTANT SAFETY INSTRUCTIONS

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The following definition applied to the word “WARNING” when used in this manual:

Used to call attention to POTENTIAL hazards that could result in personal injury or loss of life.

## READ ALL INSTRUCTIONS BEFORE USING THE MACHINE

This product has been designed for home use only. Product liability and warranty conditions will not be applicable to products being subjected to professional use or products being used in a commercial environment. e.g Gym Centre

This exercise machine is built for optimum safety. However, certain precautions apply whenever you operate a piece of exercise equipment. Be sure read the entire manual before you assemble or operate your machine. In particular, note the following safety precautions.

- Read all instructions in this manual before using this equipment.
- Use the machine only for its intended use as described in this Manual.
- Keeps hands away from moving parts.
- Keep children and pets away from the machine at all time. DO NOT leave children unattended in the same room with the machine.
- Before using the machine to exercise, always do stretching exercises to properly warm up.
- Inspect the machine before each use; make sure all of the connections are tightly secured.
- Only one person at a time should use the machine.
- If the user experiences dizziness, nausea, chest pain, or any other abnormal symptoms, STOP the workout at once. **CONSULT A PHYSICIAN IMMEDIATELY.**
- Position the machine on a clear, levelled surface. DO NOT use the machine near water or outdoors.
- Always wear appropriate workout clothing when exercising. DO NOT wear robes or other clothing that could become caught in the machine. Sporting shoes are recommended when using the machine.
- Do not place any sharp object around the machine.
- Disabled persons should not use the machine without a qualified person or physician in attendance.
- Never operate the machine if the machine is not functioning properly.
- Only carry out training work on the equipment when it is in perfect working order. Only use original spare parts in the event of a repair.
- Do not use strong solvents for cleaning, and only use the tools supplied, or suitable ones of your own, for any repairs that may be required. Please dispose of the packaging and any parts that have to be replaced subsequently (all parts for the unit) at suitable collecting points or containers with a view to saving the environment.
- Not for therapeutic use.

**WARNING:** Before beginning any exercise program, consult your physician. This is especially important for persons with pre-existing health problems. The seller assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

**SERVICE HINTS:** The high quality standard of this product only will be kept if you on a regular basis check all screw-connections and moving parts on proper fitting. Damaged parts have to be changed immediately. During the time of repair the product must not be used by anybody.

**IMPORTANT HINTS:**

- A) This product has been tested in accordance with the requirements of EN 957-1/A1, EN 957-5, standard, Class HA (HOME USE).
- B) Parents should be aware of the risk factor of young children playing on fitness equipment unattended. Make sure that the children are instructed properly in the use of the product and in the controlled execution of the different exercise. Misuse of the product could result in serious injury

## **PRODUCT SPECIFICATIONS**

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User Weight Capacity: 120KG

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Dimensions: 2070\*530\*515/890\*530\*1420(fold)

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Shipping Weight: 30kg/11.6kg

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Net Weight: 27kg/10.3kg

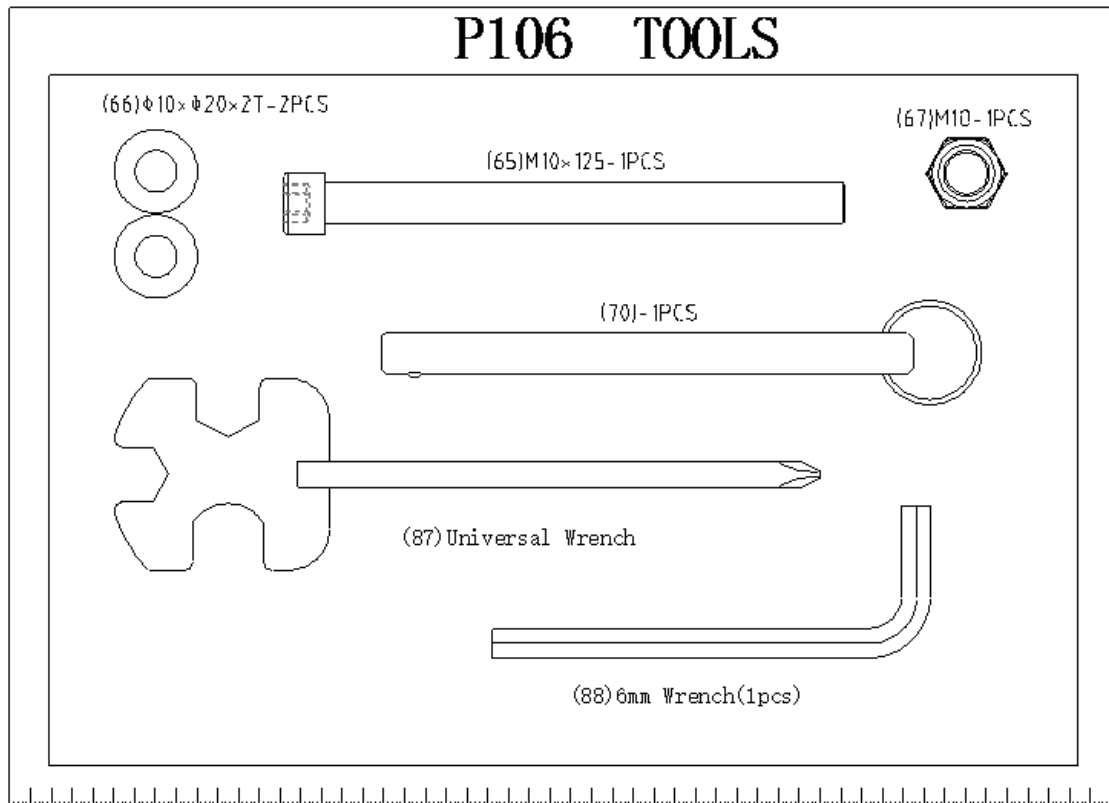
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Power Requirements: 2 x AA 1.5v Batteries

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# HARDWARE LIST



Part No.	Description	Q'ty
65	Inner hex screw M10*125L	1
66	Flat washer φ10*φ20*2T	2
67	Nylon nut M10	1
70	Locking pin φ9.5*136L	1
87	Universal wrench	1
88	6mm wrench	1
109	Sleeve wrench	

# CONSOLE

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## 1. BUTTON FUNCTION

**Total Reset:** Press Total Reset to reboot and zero the console

**Set:** Press this button to confirm the desired value setting; The user can press this button during exercise to manually or auto scan through all the function value display windows.

**“+” Button:** Increase the value of each function (time/distance/calorie/heart rate)

**“-” Button:** Decrease the value of each function (time/distance/calorie/heart rate)

**Reset:** Press to set the current value to zero

## 2. FUNCTION VALUE SPECS

**SCAN:** Each function value scan in order, the time interval is 6 seconds, the display order is: SCAN>SPEED/RPM>TIME>DISTANCE>CALORIES> SCAN

<b>FUNCTION</b>	<b>VALUE/ SPECS</b>	
RPM:	0~15~999	
TIME	0:00~99:59	Press +/- to adjust
DISTANCE	0.00~99.99 K/M	Press +/- to adjust
CALORIE	0 ~ 9999KCAL	Press +/- to adjust
STROKES	0~9999	
TOTAL	0~9999	

### **3.FUNCTION OPERATION SPECS**

#### **3.1 Fundamental function**

Power on the console, full display appears after 2 seconds and the console will “beep” once, before entering the idle window. Once in the idle window, the user can start exercise directly or exercise after adjusting the value setting, the function values will start counting during exercise. If the function value is not set, each value will increase until the upper limit is reached during exercise; If the function value is set, the set value counts down to 0, and any unset value will increase until the value limit is reached.

When the set value counts down and reaches 0 during exercise, the console will “beep” 4 times to confirm your workout target is complete.

#### **2. Auto-power-on & power-off:**

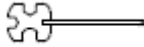

Once the user starts exercise or presses any button, the console will power on automatically; if the user has stopped exercising or not using the console for approximately 4 min, then the console will power off automatically and enter the sleep mode.

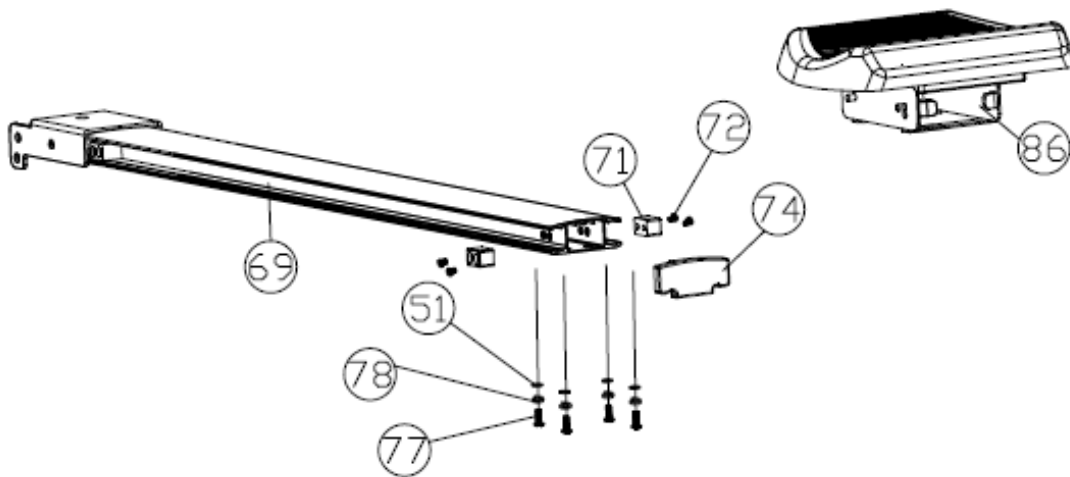
#### **REMINDER:**

1. The console requires 2 x AA 1.5V batteries for operation. If the rower is not intended to be in use for any prolonged length of time or in storage please remove the batteries to avoid any corrosion damage to the console.
2. Keep the console away from humid environments i.e. Indoor Spa, Sauna or Swimming Pool areas.

# ASSEMBLY INSTRUCTIONS

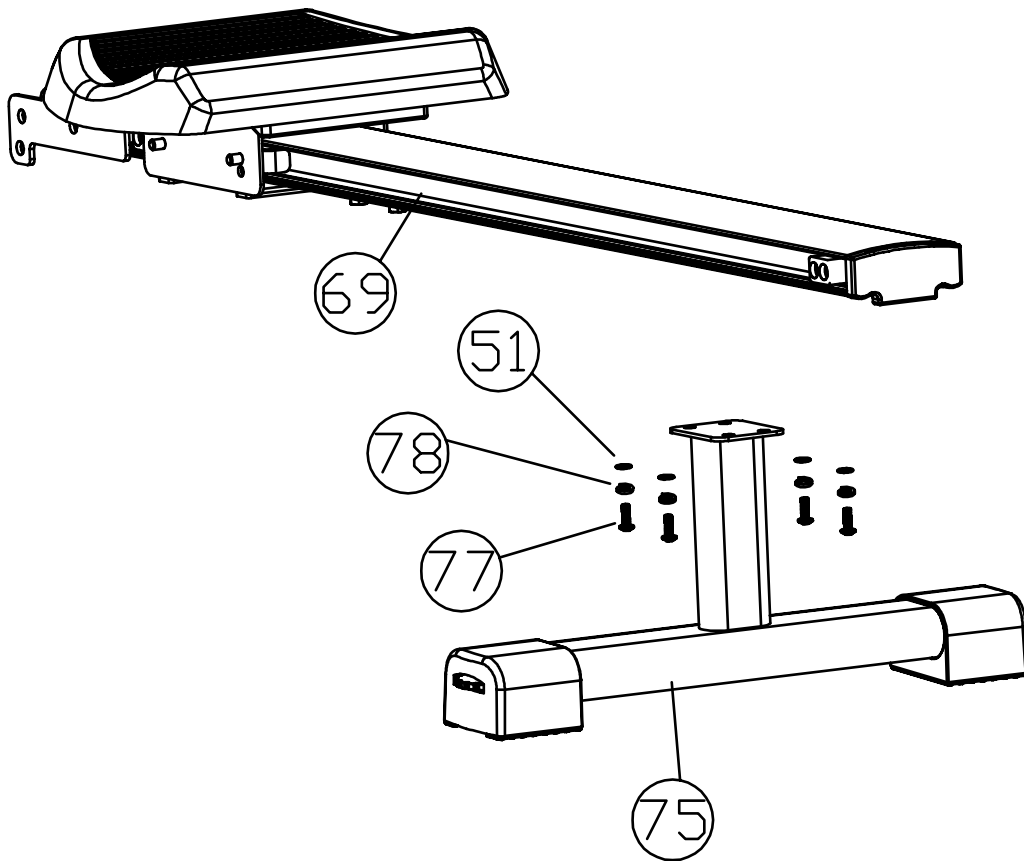
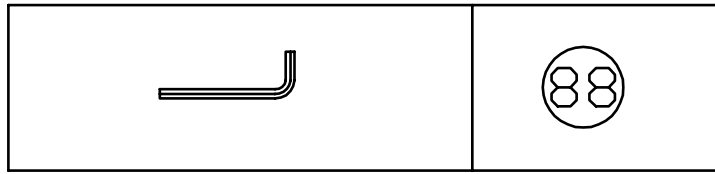
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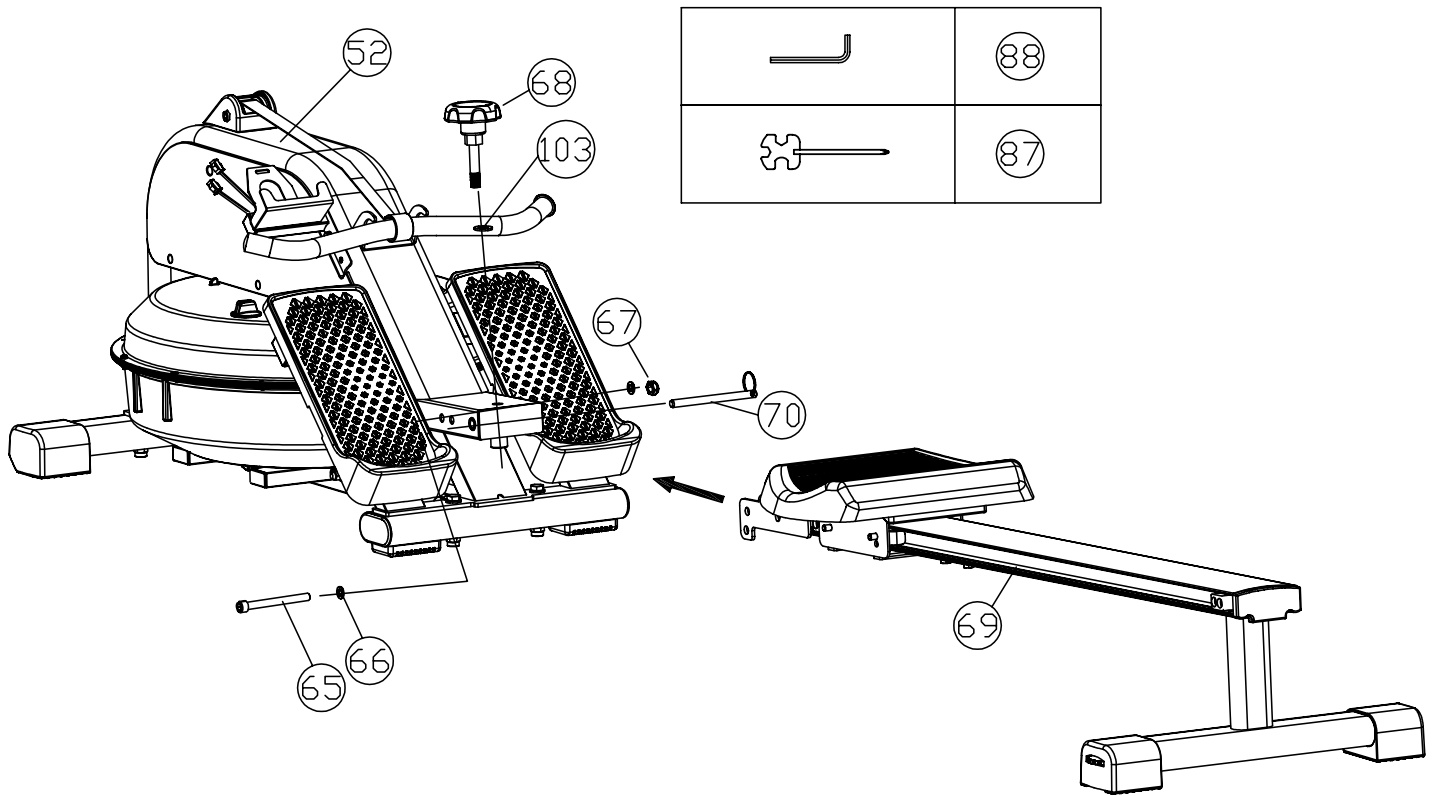
## STEP 1

- Remove 4 x M8 hex screws (#77) and washers pre-assembled into the Slide Rail
- Slide the Seat Slider Assembly (#86) onto the Slide Rail (#69)
- Secure the Crash Pads (#71) using 2 x M6 screws (#72) to both sides of the slide rail.
- Insert the Slide Rail End Cap (#74)



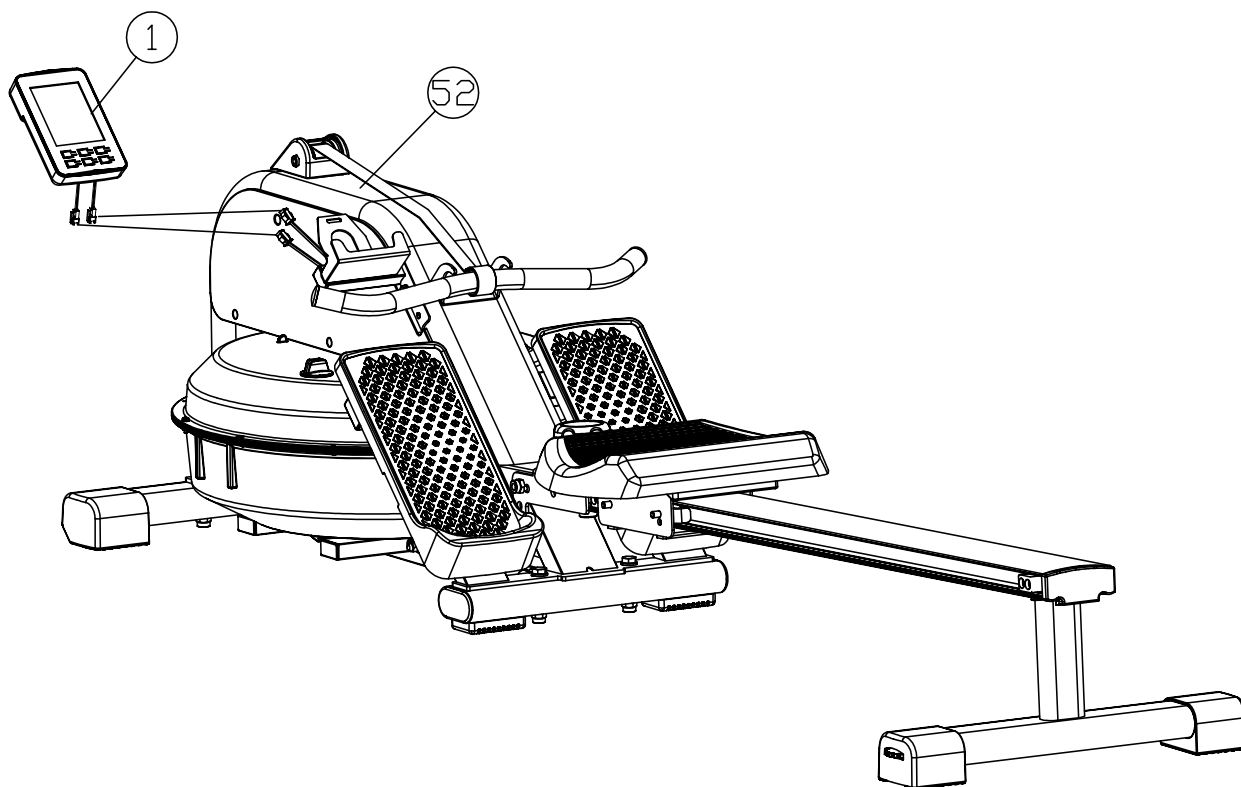
## STEP 2

- Attach the Rear Stabiliser (#75) to the Slide Rail (#69) using 4 x M8 hex screws (#77), 4 x Spring Washer (#78), 4 x Flat Washer (#51). Tighten securely using the Allen Key Wrench (#88).



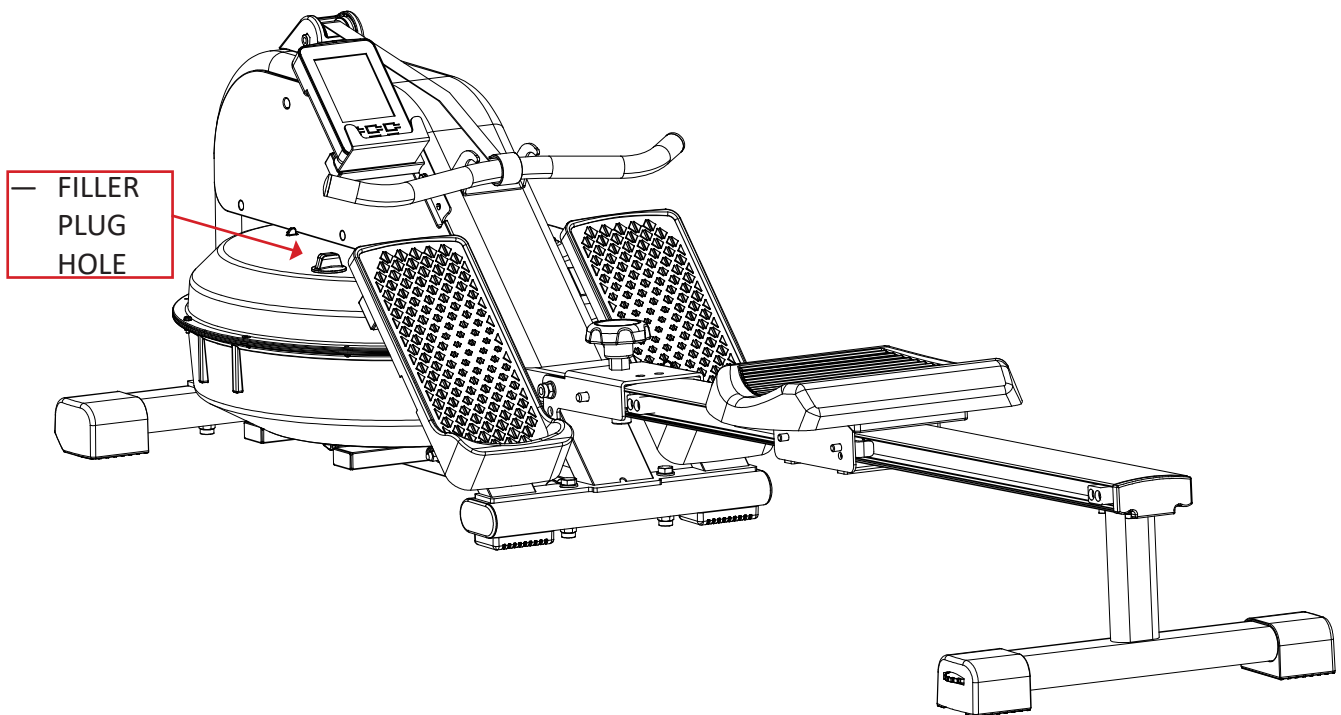
### STEP 3

- Attach the Slide Rail (#69) onto the Main Frame (#52) and secure using 1 x 10mm Hex Inner Screw (#65), 2 x Flat Washers (#66), 1 x Nylon Nut (#67).
- Insert the Folding Locking Pin (#70) through the slide rail (#69) and Main Frame (#52).
- Insert the Locking Knob (#68) and tighten to fully secure the Slide Rail (#69)



#### STEP 4

- Connect the wires from the Computer (#1) to the sensor wires extending from the rower & secure to the Computer mounting bracket.



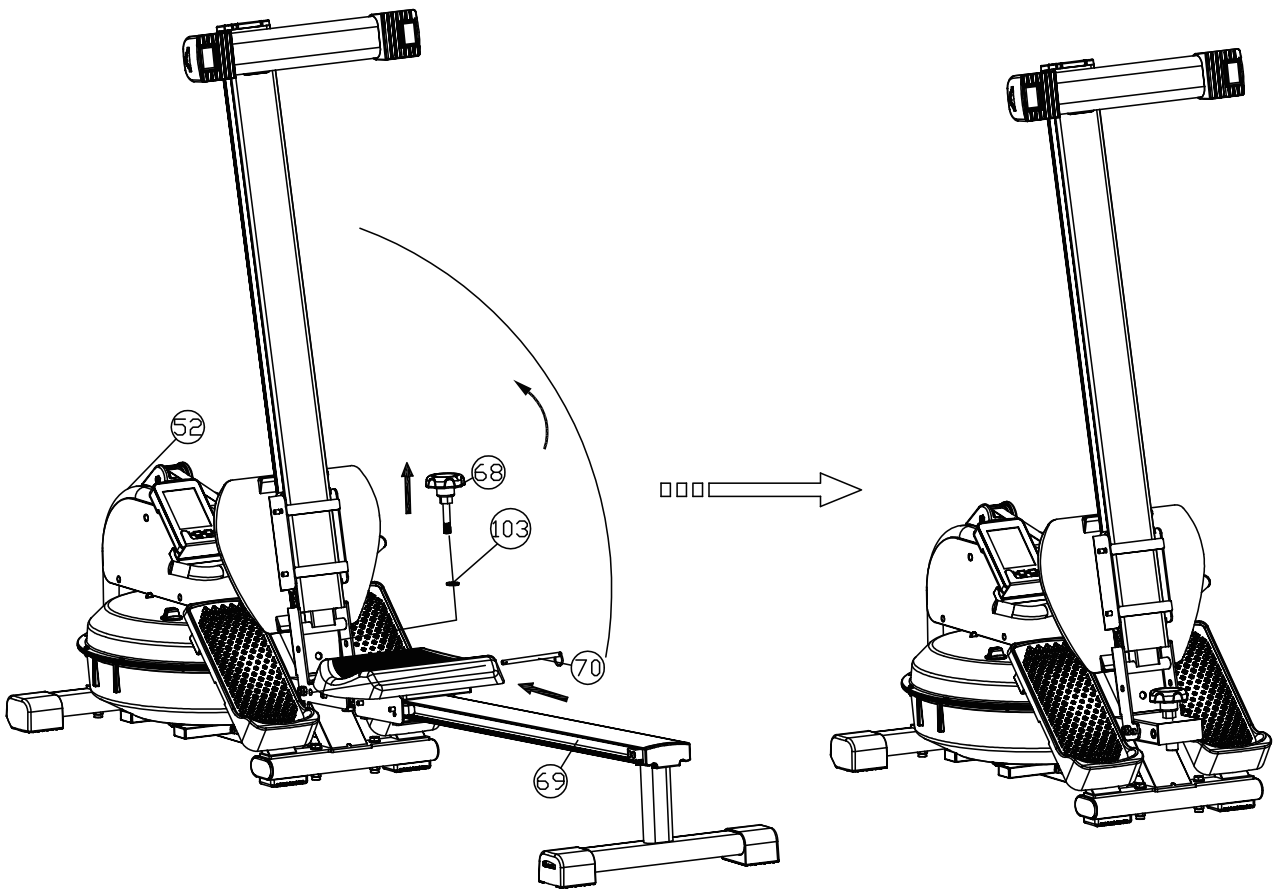
## STEP 5

- Please ensure ALL bolts and screws are fully tightened before use. Your rower is now fully assembled and ready for filling the Water Tank.
- Locate the Filler Plug Hole on the left of the Upper Water Tank (#16).
- Remove the Tank Plug (#17)
- Fill a bucket of water and place next to the rower tank. Insert the flexible hose of the Water Exchanger (#89) into the Filler Plug Hole and the Vertical Hose into the bucket. Ensure the twist valve on top of the Water Exchanger is tight and begin squeezing to decanter water into the Water Tank until it reaches the maximum (12 Litres) or desired level on the Water Level Indicator Decal on the side of the water tank. Refit the Tank Plug (#17) when finished or before using your Rower.

**Attention: DO NOT** overfill the tank as this may increase the risk of leaks from the tank seals. If the rower is not intended to be used for a prolonged period of time or put into storage, please ensure the water is removed from the tank and any batteries removed from the console to avoid any damage.

It is recommended a Water purification (Chlorine) tablet is used periodically to keep the tank clean or the old water removed and refilled annually.





## STEP 6 - STORING YOUR ROWER

- The Wave Rower has a folding mechanism for quick and easy storage.
- Unscrew and remove the Locking Knob (#68). Remove the Locking Pin (#70) from the Slide Rail and fold your rail to the vertical position. Insert the Locking Pin (#70) and Screw the Locking Knob (#68) back into the frame to secure the rail in the vertical position.
- Remove the Locking Pin (#70) and unscrew the Locking Knob (#68) to fold down for use.
- Re-insert the Locking Pin (#70) fully into the Slide Rail (#69) & Main Frame (#52)
- Screw the Locking Knob (#68) through the Slide Rail (#69) into the Main Frame (#52) and tighten securely before using.

## CONGRATULATIONS

Assembly of your **Elite Wave Rower Machine** is now complete! Be sure to fully inspect your machine before using it for the first time.

### **WARNING**

Failure to visually check and test and tech the assembly before use can cause damage to the **Elite Wave Rower** and serious injury to users and bystanders and can also compromise the effectiveness of your exercise program.

## CARE AND MAINTENANCE

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### **WARNING**

At least once a year, the cover on your rowing machine should be removed and any dust or debris vacuumed up to maintain the smooth operation of the drive system. Contact the Elite Fitness Service Department for further information on servicing your rowing machine.

Prolong the life of your rower by performing periodic maintenance checks. Not only does this ensure your machine is in full working order to ensure they continue to run smoothly and reliably, but it will save you service costs in the long run.

#### **Water Treatment**

It is recommended that the water in your Wave Rower should be either replaced annually or a Chlorine/Water Purification Tablet used every 6 months to keep the water treated and clean. This will prevent the water from appearing cloudy or discoloured.

#### **Cleaning**

General cleaning of the unit after use will protect the rowers powder-coated framework and prevent unnecessary corrosion stains and damage to the structural components from sweat and perspiration. During this time check for any cracks and damage.

#### **Guide Rail:**

This area needs attention every week. It needs to be kept free of dust and debris. If the wheels roll over dust and debris it ingrains itself in either the wheel or the rail itself. Over time this will pit the wheels or guide rail making for a bumpy workout.

#### **Chain:**

If you have a chain attached to your rowing handle once every 6 months you should give it a light oiling. The chain should be free of build-up before re-greasing if it is dirty use an automotive degreaser and paper towel to remove the build-up.

To oil the chain; pull the chain to its full extent and while holding the handle use a clean paper towel to rub lubricant along the length of the chain. 3 in 1 oil or 20W motor oil are recommended. About 1 teaspoon of lubricant is plenty.



# LIMITED WARRANTY

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## Warranty Registration

It is recommended you register your warranty online at [www.elitefitness.co.nz/service/online-forms/warranty](http://www.elitefitness.co.nz/service/online-forms/warranty) to ensure you receive the correct user maintenance information for your product before use. This will enable you to receive any additional or helpful information from the manufacturer or Elite Fitness Equipment about your product.

## Warranty Range

Damage in correct maintenance and normal operations (not factitious factors). Warranty card to the original purchaser, shall not be transferred.

## Warranty Time

*HOME USE*

— 1 Year Parts and Labour

*The following conditions are not under warranty range:*

- A) As a result of abuse, neglect, accident, or unauthorized modification;
- B) The damage due to incorrect adjustment of the machine;

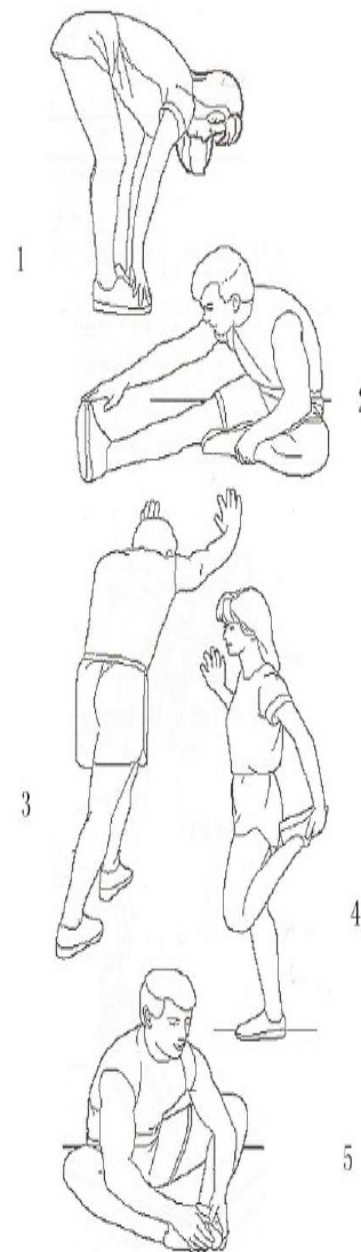
## Repair and Maintenance Service

Please contact our Elite Fitness Service Department at [eliteservice@elitefitness.co.nz](mailto:eliteservice@elitefitness.co.nz) or visit [www.elitefitness.co.nz](http://www.elitefitness.co.nz) for any service related issues or advice on preventative maintenance servicing procedures.

## WARM-UP EXERCISE

Warm up exercise is important in preparing the muscles for activity whilst minimising the risk of injury. You may choose to warm up with a light/brisk walking pace for 5-10 minutes before stopping and performing some simple stretches. (As shown in the pictures below)

- Hamstring Stretch (Standing) Keep your knees slightly bent and slowly lean forward, back and shoulders relaxed, reaching towards your toes. You should feel the tension and slight discomfort in your hamstring muscles. Hold for 15-20 seconds. Repeat 2-3 times.
- Hamstrings Stretches (Seated) Sitting on the floor preferably on a mat, put one leg straight, the other inward and close to the inside of the straight leg. Lean forward from the hips, reaching towards your toes. Hold for 10-15 seconds, and relax. Repeat 3 times for each leg (See picture 2).
- Crus and Feet Tendon Stretches Standing with two hands on the wall or tree, one leg behind. Keeping your legs straight and the heel on the ground, lean forward towards the wall or tree. Hold for 10-15 seconds, and relax. Repeat 3 times for each leg (See picture 3).
- Quadriceps Stretches Keeping your balance with your left hand holding onto a wall or stationery fixture, grasp your right foot with your right hand and stretch your right heel toward your buttocks slowly, until you feel the stretch in the front of your thigh. Hold for 10-15 seconds, and relax. Repeat 3 times for each leg (See picture 4).
- Sartorius (Inner Muscles of the Thigh) Muscle
- Stretches Sitting down with the soles of your feet or shoes together and your knees positioned outward. Pull your feet towards your groin until you can feel the stretch. Hold for 10-15 seconds, and relax. Repeat 3 times (See picture 5).

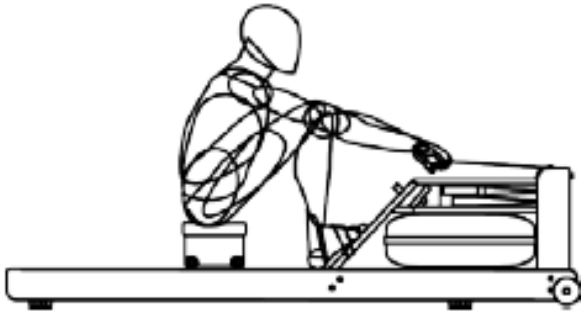


# ROWING TECHNIQUES

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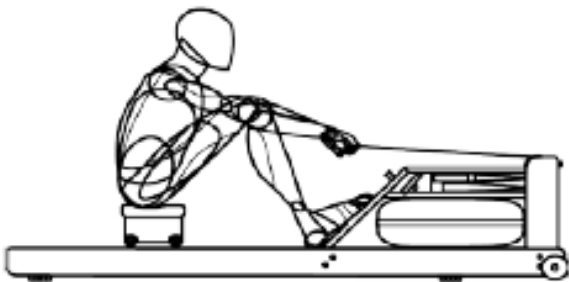
The Rowing Action uses 84% of your muscle mass; from the tips of the fingers holding the handle, to the balls of the feet connected to the footboard, all the muscles between these 2 points contribute to the Rowing Action.

The Rowing Action is comprised of both fast (drive phase) and slow (recovery phase) movements. It is important to combine these 2 movements into a rhythm in order to create a smooth, flowing, unhurried Rowing Action. The diagrams below show 3 basic movements of the rowing action.



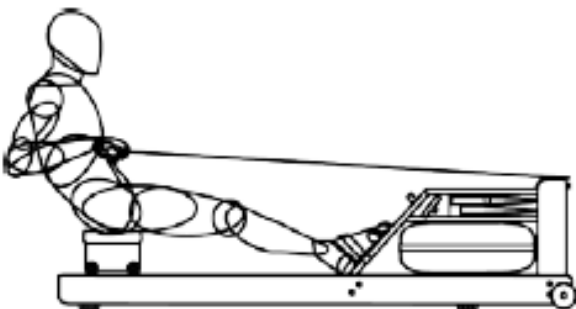
## CATCH POSITION

Sitting tall, arms straight reaching forward, shoulders relaxed, head up, eyes looking forward, legs compressed and shins vertical.



## DRIVE PHASE

Drive back with the legs, arms hang off the handle and only begin to bend once handle is above the knees, torso is strong with good posture and body angle opens up slowly as you drive the legs.



## RELEASE POSITION

Legs straight, handle drawn to chest, sitting back just past the vertical, torso firm, shoulders relaxed, head up and eyes looking forward.

Allow yourself the first few rowing sessions to practice the correct positions and phases as well as the correct ratio and rhythm of the rowing action. With regular rowing, the technique will become easier and you will soon experience the physiological benefits of rowing.

# TRAINING STAGES

		Exercise Zone									
		AGE									
Beats Per Minute	100%	200	195	190	185	180	175	170	165	155	150
	<b>VO2 Max (Maximum Effort)</b>										
	90%	180	176	171	167	162	158	153	149	140	135
	<b>Anaerobic (Hardcore Training)</b>										
	80%	160	156	152	148	144	140	136	132	124	120
	<b>Aerobic (Cardio Training/Endurance)</b>										
	70%	140	137	133	130	126	123	119	116	109	105
	<b>Weight Control (Fitness/Fat Burn)</b>										
	60%	120	117	114	111	108	105	102	99	93	90
	<b>Moderate Activity (Maintenance/Warm up)</b>										
50%	100	98	95	93	90	88	85	83	78	75	

Cardiovascular training plays an important part in maintaining a healthy heart and lung function, so it's no surprise we should be paying attention to how quickly our heart beats during exercise. The chart above outlines a range of heart rate training zones determined by the individual's age and workout goals to ensure you train safely and effectively.

Heart Rate can be measured by using the radial (wrist) or carotid (neck) pulse using your index and middle fingers, counting the beats for 10 seconds and multiplying by 6. Alternatively, the use of a Wireless Telemetry Heart Rate strap and watch will give you an accurate Beats Per Minute (BPM) reading.

$220 - \text{AGE} = \text{TMHR}$  (Theoretical Maximum Heart Rate)

$\text{TMHR} \times 85\% = \text{(Upper Training Limit) bpm}$  (Beats per Minute)

$\text{TMHR} \times 65\% = \text{(Lower Training Limit) bpm}$

Note: Contact heart rate may provide inaccurate readings and is designed only as a guide

Example:  $220 - 39 = 181 \text{ bpm}$

$181 \times 85\% (0.85) = 154 \text{ bpm}$  (Upper Training Limit)

$181 \times 65\% (0.65) = 118 \text{ bpm}$  (Lower Training Limit)



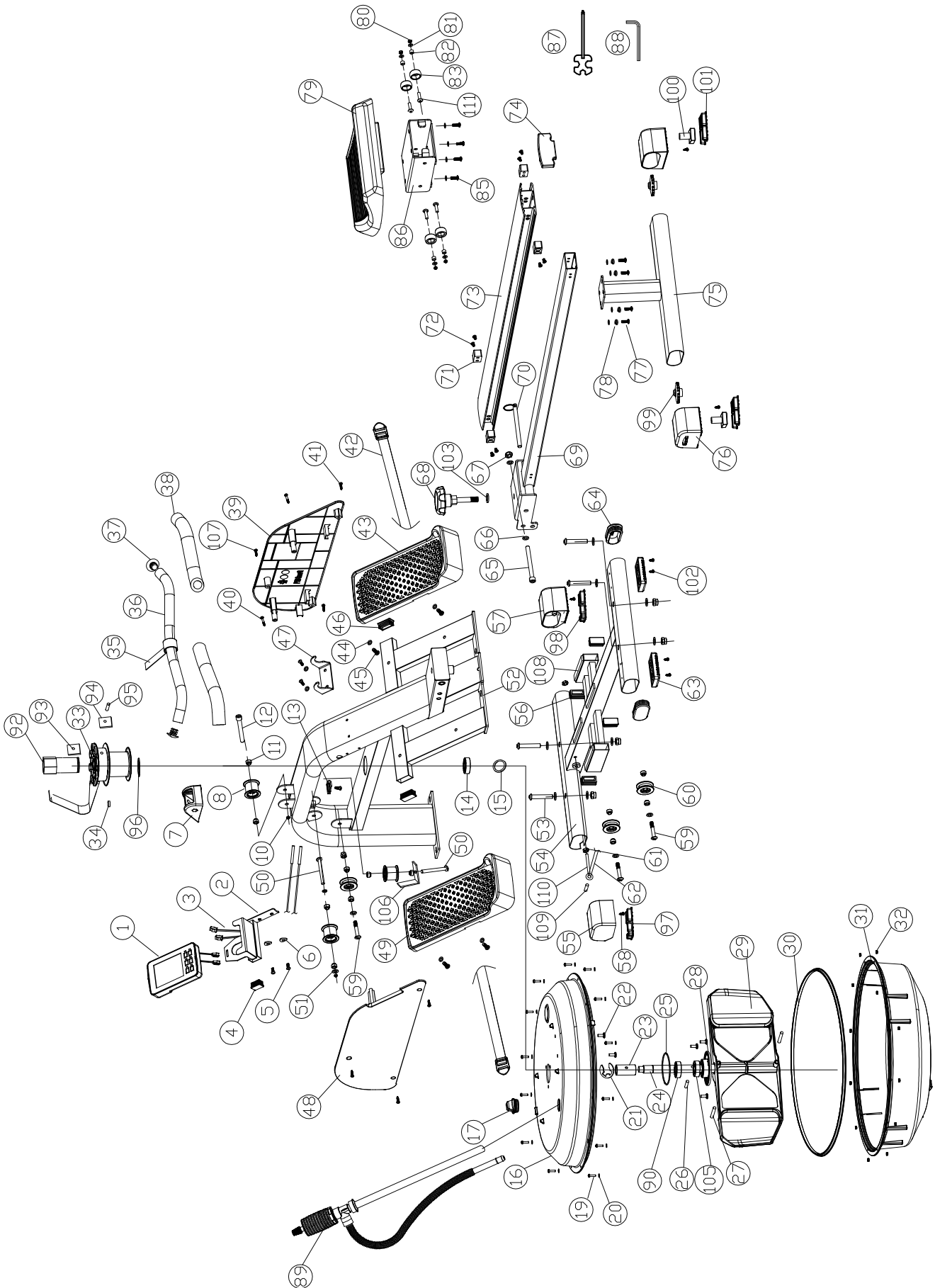
# PARTS LIST

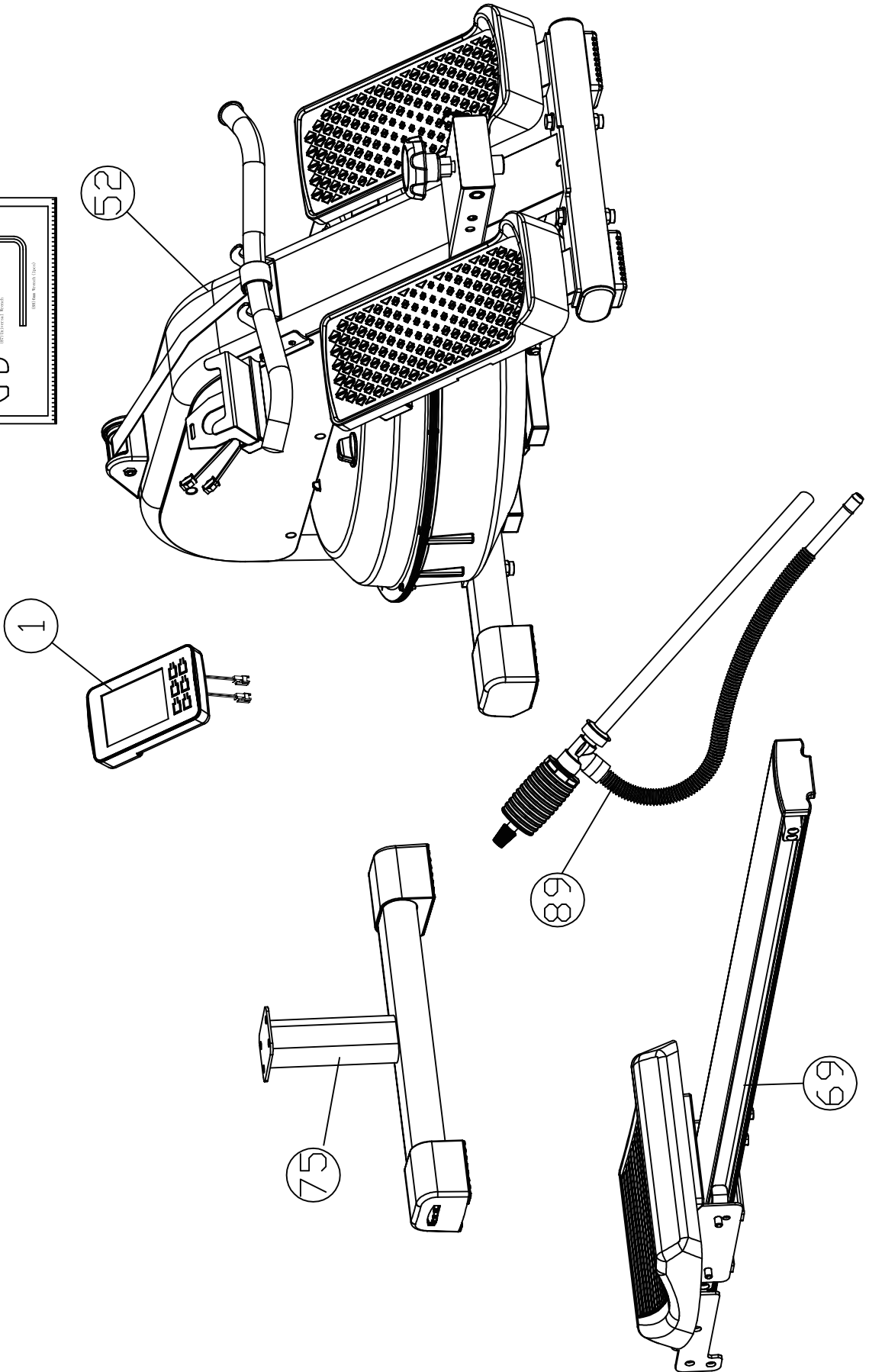
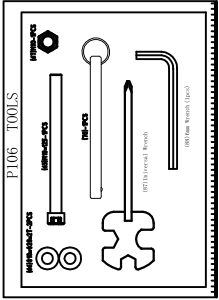
PART NO.	DESCRIPTION	Q'TY
1	Computer	1
2	Computer holder	1
3	Sensor wire	2
4	End cap	1
5	Cross screw M6	5
6	Semicircle washer $\phi 6 * \phi 16 * 2T$	2
7	Wheel cover	1
8	Drawstring wheel	3
9	Bearing 6000	6
10	Nylon nut M8	3
11	Sleeve	12
12	Inner hex screw	1
13	Sensor shaft fixed part	1
14	Bearing 6202	1
15	Wave washer $\phi 15$	1
16	Upper water tank	1
17	Water tank plug	1
18	Water tank adjustable plug	1
19	Inner hex screw M4*14	12
20	Flat washer $\phi 4 * \phi 12$	12
21	E-click $\phi 20$	1
22	Inner hex screw M6	5
23	Metal sleeve	1
24	Fan blades axle	1
25	O-ring	1
26	Fixed pin $\phi 6 * 30L$	1
27	Fixed pin $\phi 6 * 60L$	2
28	Water tank bearing holder	1
29	Bearing 6004	1
30	Rubber ring	1
31	Lower water tank	1
32	Nylon nut	12
33	Drawstring pulley	1
34	Magnet	1
35	Webbing	1
36	handlebar	1
37	Handlebar end cap	2
38	Handlebar foam	2
39	Chain cover R	1
40	Cross screw ST4.8*20	4
41	Self drilling screw	6

PART NO.	DESCRIPTION	Q'TY
42	Pedal strap	2
43	Pedal R	1
44	Flat washer	6
45	Cross screw	4
46	Frame end cap	2
47	Handlebar fixed part 3T	1
48	Chain cover L	1
49	Pedal L	1
50	Inner hex screw M8*60	2
51	Flat washer $\phi 8 * \phi 19 * 2T$	5
52	Frame	1
53	Inner hex screw M10*60L	4
54	Base frame	1
55	Front stabilizer foot pad L	1
56	Base frame end cap	4
57	Front stabilizer foot pad R	1
58	Cross tapping screw	2
59	Inner hex screw M8*35L	3
60	Elastic string wheel	3
61	Hex nut M6	2
62	Elastic string	1
63	Foot pad	2
64	Mid stabilizer end cap	2
65	Inner hex screw M10*P1.5*125L*S16L	1
66	Flat washer $\phi 10 * \phi 20 * 2T$	5
67	Nylon nut M10	5
68	Knob	1
69	Slide tube	1
70	Locking pin	1
71	Crash pad	4
72	Cross screw M6*20	8
73	Slide rail	1
74	Slide rail end cap	1
75	Rear stabilizer	2
76	Rear stabilizer foot pad	2
77	Inner hex screw M8*16	4
78	Spring washer $\phi 8$	4
79	Saddle	1
80	Nylon nut M6	4
81	Flat washer $\phi 6 * \phi 16 * 1.5T$	8
82	Wheel sleeve	4

PART NO.	DESCRIPTION	Q'TY
83	Wheel	4
84	Bearing 608	4
85	Cross screw M6*16	4
86	Slide seat	1
87	Universal wrench 13-15-19	1
88	6mm wrench $\phi 6$	1
89	Water exchanger	1

# EXPLODED DRAWING







For more information about our Elite exercise equipment or other brands that we stock for your home, visit [www.elitefitness.co.nz](http://www.elitefitness.co.nz)

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Elite Fitness, 28 Morrin Road, Saint Johns, Auckland, New Zealand.  
0800 243 834, [www.elitefitness.co.nz](http://www.elitefitness.co.nz)

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[@EliteFitnessTV](https://www.youtube.com/EliteFitnessTV)