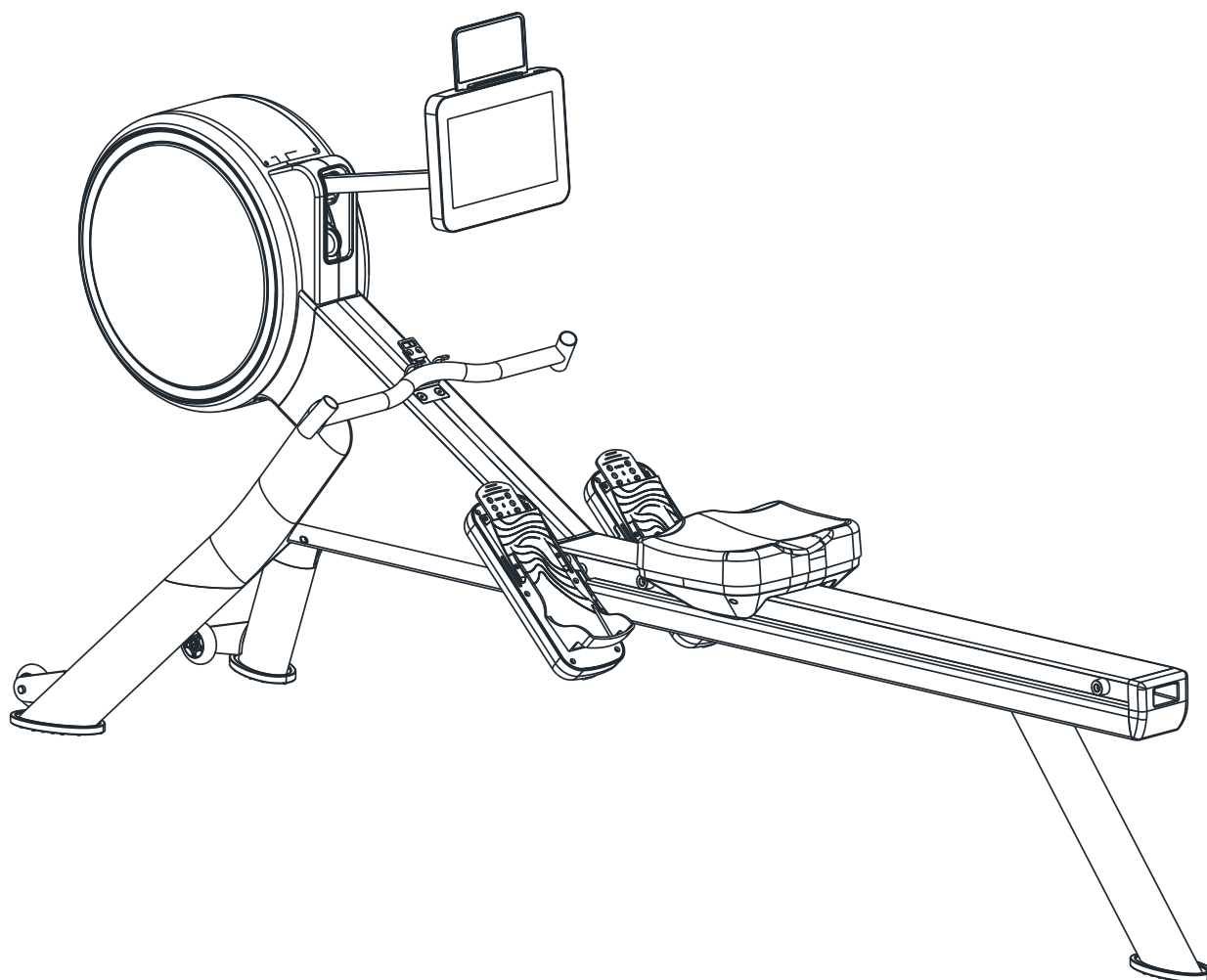




ASSEMBLY MANUAL >

PARAGON+ *ROWING MACHINE*



Record serial number

Elite Paragon+ Rowing Machine

Thank you for purchasing the **Elite Paragon+ Rowing Machine**.

For over 30 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 Paragon+ Rowing Machine**. Doing so will help to ensure 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

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

(09) 258 9067 Service.

(09) 258 9070 Parts.

Elite Fitness HQ

28 Morrin Roas
St Johns,
Auckland, New Zealand
info@elitefitness.co.nz
0800 2 438 348
www.elitefitness.co.nz

CONTENTS

Important Safety Instructions	3	Exploded Drawing	19
Product Specifications	4	Care and Maintenance	21
Part List	5	Maintenance Log	22
Assembly Instructions	8	Limited Warranty	23
Product Complete	14	Warm-Up Exercise	24
Console Display	15	Rowing Techniques	25
		Training Stages	26

IMPORTANT SAFETY INSTRUCTIONS

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

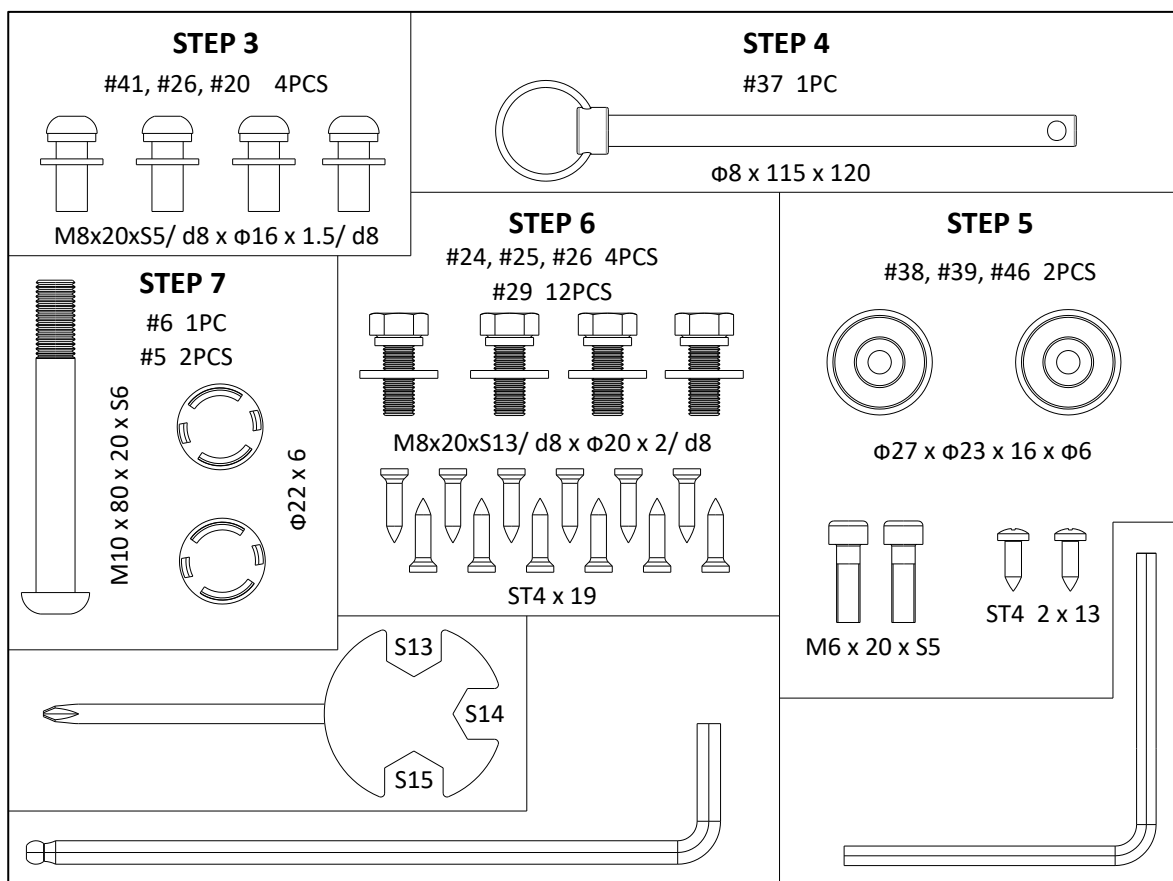
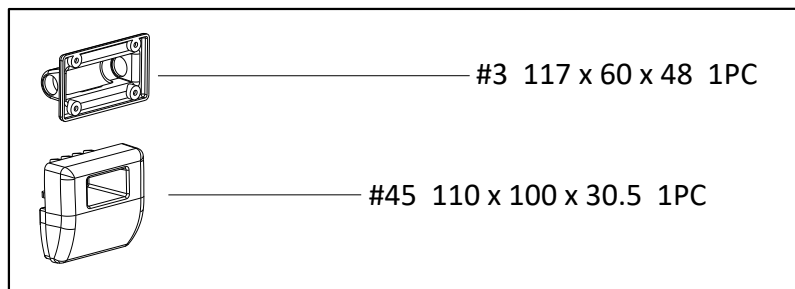
PRODUCT SPECIFICATIONS

User Weight Capacity:	120 kg
Dimensions:	250 x 55 x 118 cm
Shipping Weight:	52.8 kg
Net Weight:	44.9 kg
Power Requirements:	220-240 V
SKU#:	YK-2201P

PART LIST

Before Assembly

- After opening the carton, check all parts/components according to the parts list. Make sure all parts/components are present correctly before assembly
- Do not firm tighten all bolts/nuts until the machine is fully assembled.



PART LIST

NO.	DESCRIPTION	QTY.
1	Display	1
2	Display Seat Assembly	1
3	Display Bottom Cover	1
4	Cross pan head screw M5*20	4
5	End Cap	2
6	Inner Hex Pan Head Bolt M10x80x20xS6	1
7	Ipad Holder	1
8	Powder Metallurgy Sleeve $\phi 18$	2
9	Handlebar Holder	1
10	Inner Hex Countersunk Bolt M8x20xS5	8
11	Pulling belt	1
12	Handlebar	1
13	Cross countersunk screw M5*10	2
14	Inner hex pan head bolt M10*50*15*S6	4
15	Rear cover	1
16	Feet cover L/R	1pair
17	Feet assembly	1pair
18	Bearing 608	4
19	Wheel	2
20	Washer	14
21	Nylon nut M8	9
22	Feet pad	3
23	Inner hex pan head self-drilling screw	3
24	Hex bolt M8*20	5
25	Washer D8* $\phi 20$	7
26	Spring washer	11
27L/R	Pedal cover	1pair
28L/R	Pedal support	1pair
29	Cross countersunk self-drilling screw	12
30L/R	Pedal	1pair
31	Pedal fixation block	2
32	Cross pan head screw M4*6	8
33	Pedal strap	2
34	Nut plate 1	1
35	Inner hex pan head screw M6*20*S5	4

NO.	DESCRIPTION	QTY.
36	Middle column	2
37	Pinball pin	1
38	Inner hex cylinder head bolt M6*20	4
39	Limited block	4
40	Bottom fixation block	1
41	Inner hex pan head bolt M8*20	10
42L/R	Aluminum guiding rail cover L/R	1
43	Aluminum guide rail	1
44	Nut plate 2	1
45	Aluminum guide rail rear cover	1
46	Cross pan head self-drilling screw ST4.2	2
47	Rear stabilizer assembly	1
48	Saddle cover	1
49	Adjustable chain assembly	3
50	Saddle frame	2
51	Bush $\phi 12.5 * \phi 8.2 * 11.3$	6
52	Wheel $\phi 40$	4
53	Shaft $\phi 10 * 150$	2
54	Wheel $\phi 34$	2
55	Inner hex pan head bolt M8*32	2
56	Saddle	1
57	Powder metallurgy sleeve	2
58	Display rotation shaft	1
59	Display frame assembly	1
60	Motor	2
61	Fan wheel shaft	1
62	Bearing 6203	2
63	Cross countersunk screw M4*8	14
64	Circlip	1
65	Aluminum plate D17	1
66	Fan sheel fixation plate	1
67	Fan wheel	1
68	Fan wheel sleeve	1
69	Washer D6	1
70	Hex bolt M6*10	1

PART LIST

NO.	DESCRIPTION	QTY.
71	Belt bush	2
72	Belt pulley	1
73	Hex bolt M6*55	1
74	Washer D6	1
75	Cross pan head self-drilling screw	4
76	Arc free wheel	1
77	Corrugated washer D12	1
78	Free wheel shaft	1
79	Nylon nut M10	1
80	Hex flange nut M10	2
81	Postining piece	2
82	Tappered hex thin nut M10	1
83	Small belt wheel	1
84	Aluminum ring	1
85	Cross countersunk screw ST4.2	4
86	Belt wheel	1
87	Hex thin nut M10	1
88	Double head sensor	1
89	Pin sensor	2
90	Cross pan head screw	2
91	Magnet board frame	1
92	Inner hex pan head bolt M8	1
93	Mainframe	1
94	Steel net plate	2
95	Decoration ring	2
96L/R	Chain cover	2
97L/R	Side cover	2
98	Top cover	1
99	Cross pan head self-drilling screw	5

NO.	DESCRIPTION	QTY.
100	Cross pan head self-drilling screw	24
101	Arc steel net	1
102	Wire	1
103	Resistance wire 1	1
104	Resistance wire 2	1
105	Extension wire 2	1
106	Power extension wire	1
107	Adaptor	1
108	Pressing spring	2
109	Round magnet	7
110	Magnet frame	1
111	Pulling wire seat	1
112	Magnetic plate	1
113	Connection collumn	4
117	Belt	1
114	Bottom PCB	1
115	Cross pan head screw M3	4
116	Hex bolt M5	3
118	Cross pan head screw M5	8
119L/R	Fixation plate	1
120	Cross pan head self-drilling screw	4
121	Cross big head self-drilling screw	4
122	Connection collumn	1
123	Package tube	1
124	Assembly assistance plate	1
A	Allen wrench S5L	1
B	Allen wrench S6	1
C	Solid wrench	1

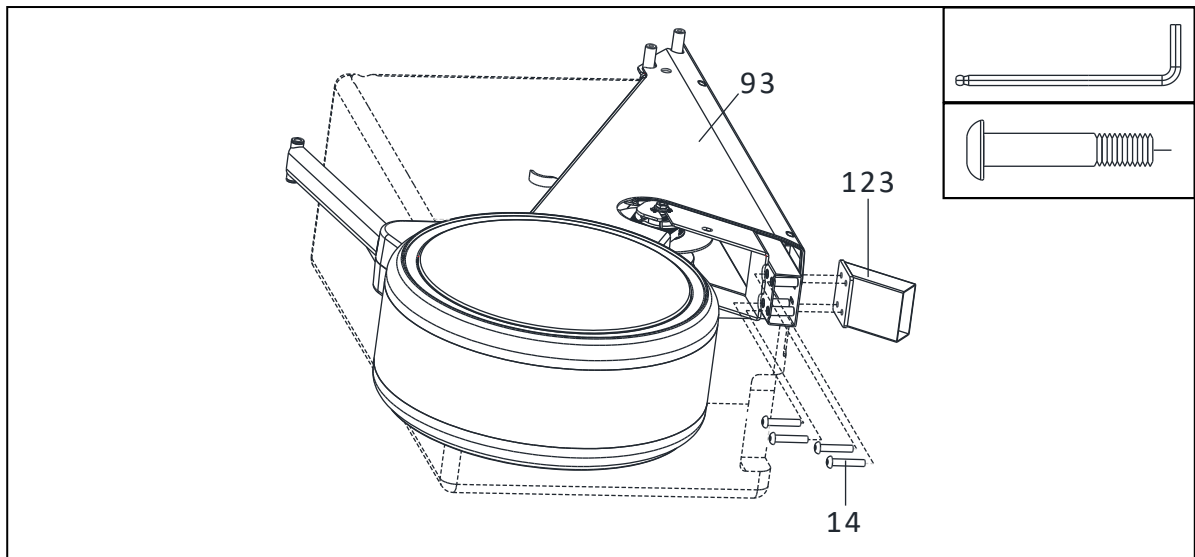
ASSEMBLY INSTRUCTIONS

STEP 1

Use two larger Styrofoam pieces and stack them together. Place the main frame (93) on top of the Styrofoam, following the illustration provided.

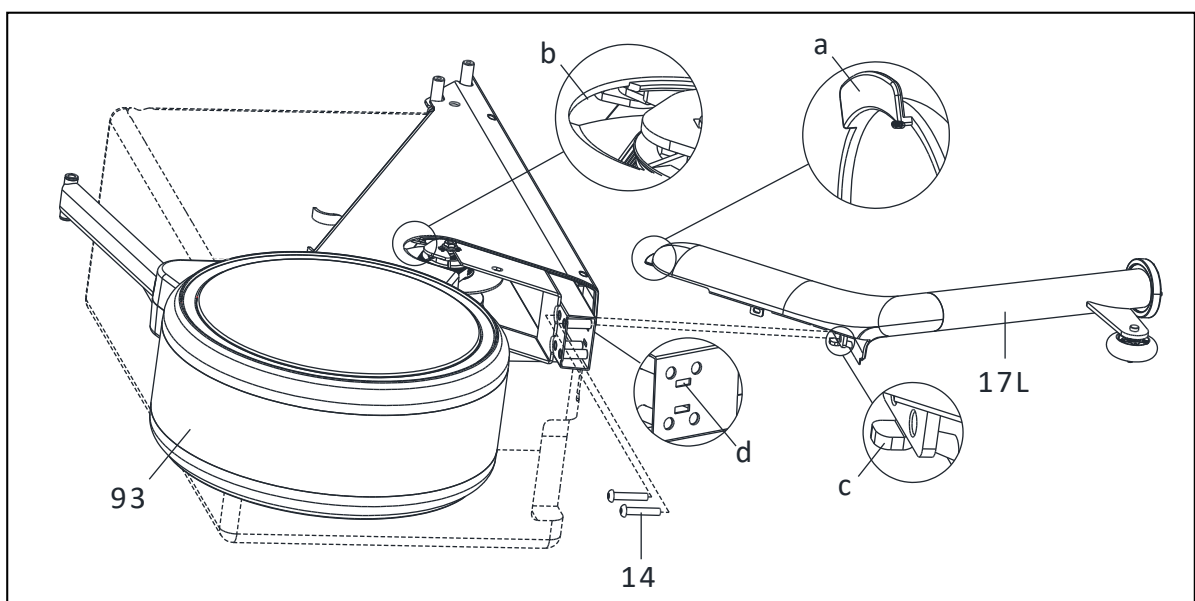
Refer to Figure 1: Use an Allen wrench to remove the inner hex pan head bolt (14) from both the main frame (93) and (123).

Note: Part (123) is an auxiliary accessory and should not be installed in the upcoming step.



STEP 2

As shown in Figure 2: Begin by aligning the bosses (a) and (c) located on the left feet assembly (17L) with the corresponding grooves (b) and (d) on the main frame (93). Then, secure the left feet assembly (17L) to the main frame (93) using the inner hex pan head bolt (14).

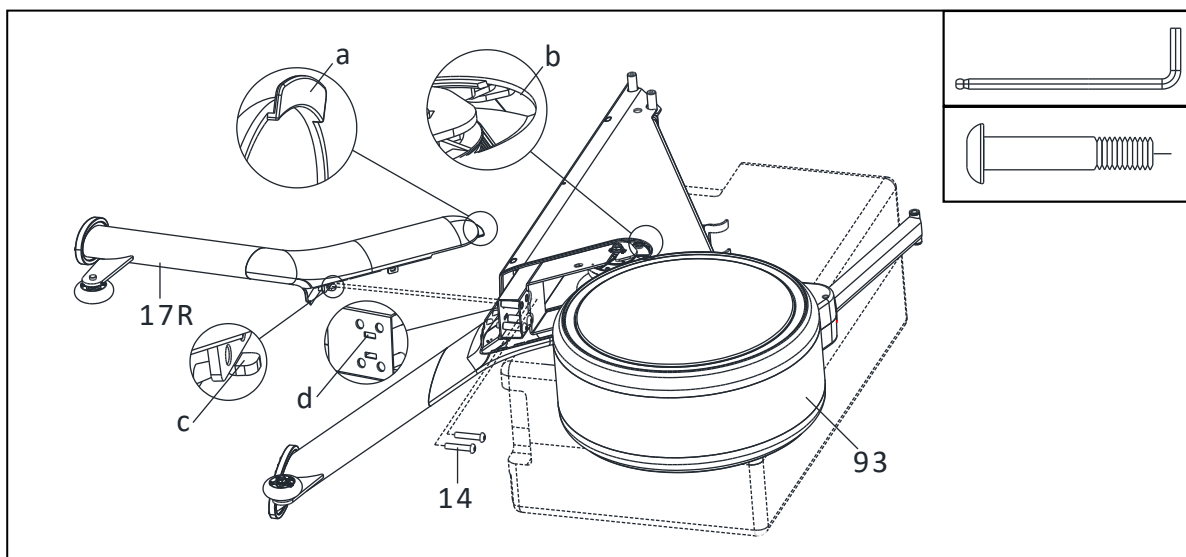


ASSEMBLY INSTRUCTIONS

STEP 3

Gently invert the mainframe and position it onto the Styrofoam surface.

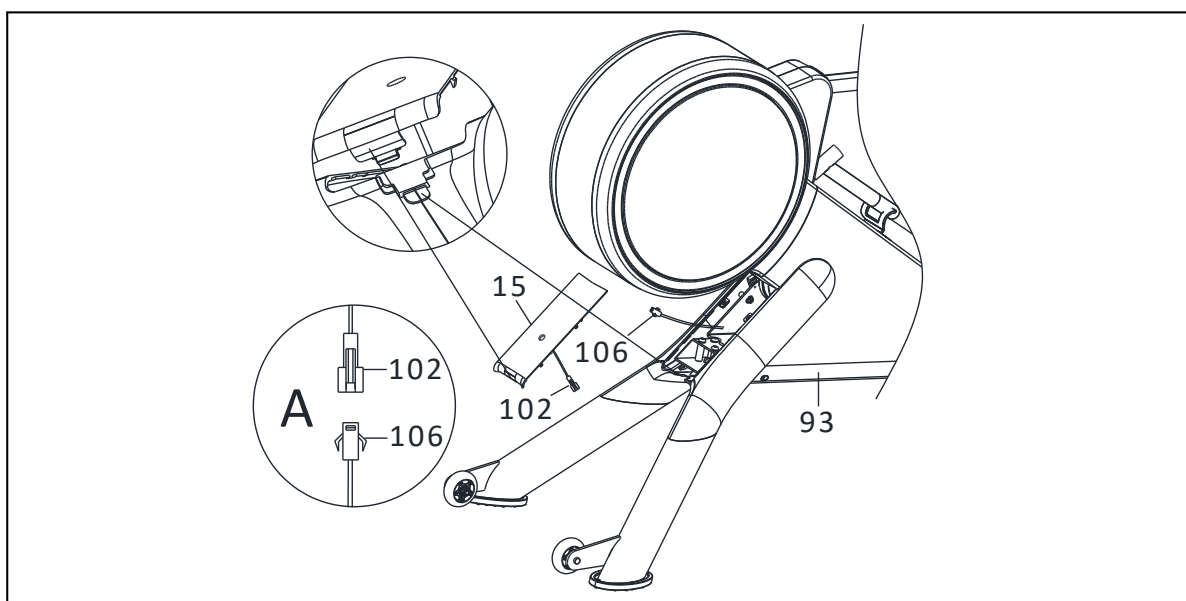
Refer to Figure 3: Aligning the bosses (a) and (c) located on the right feet assembly (17R) with the corresponding grooves (b) and (d) on the main frame (93). Then, secure the right feet assembly (17R) to the main frame (93) using the provided inner hex pan head bolt (14).



STEP 4

As shown in Figure 4, establish a connection between wires (102) and (106).

Affix the lower cover (15) by engaging its buckle with the corresponding groove on the main frame (93). Proceed to secure the remaining buckles.

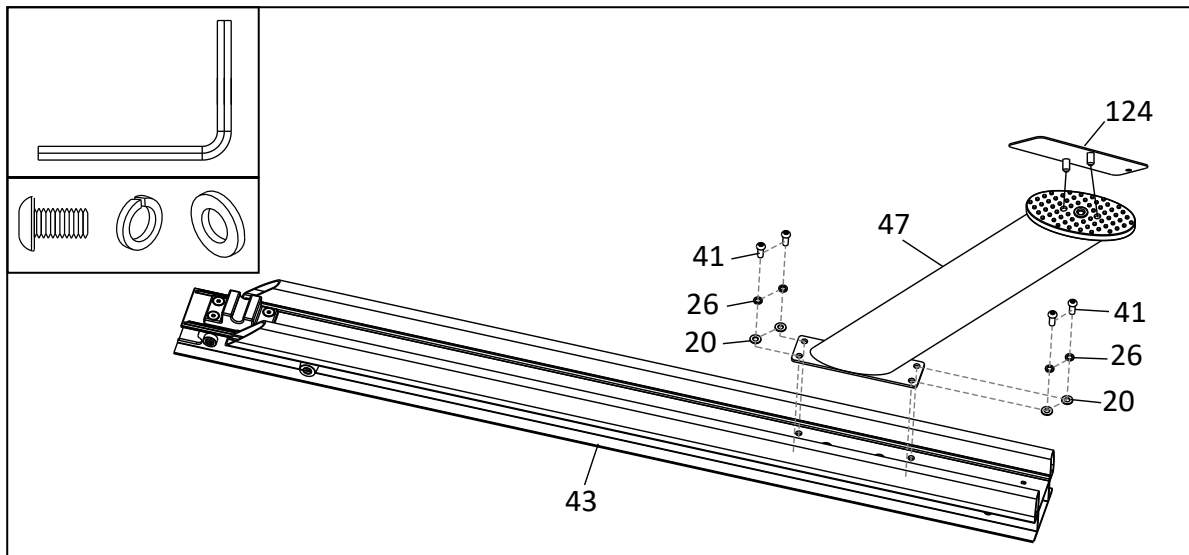


ASSEMBLY INSTRUCTIONS

STEP 5

Attach the rear stabiliser (47) to the aluminum guide rail (43) using the provided inner hex pan head screw (41), along with the spring washer (26) and washer (20).

Slide the assembly assistance plate (124) into the rear stabiliser assembly (47).

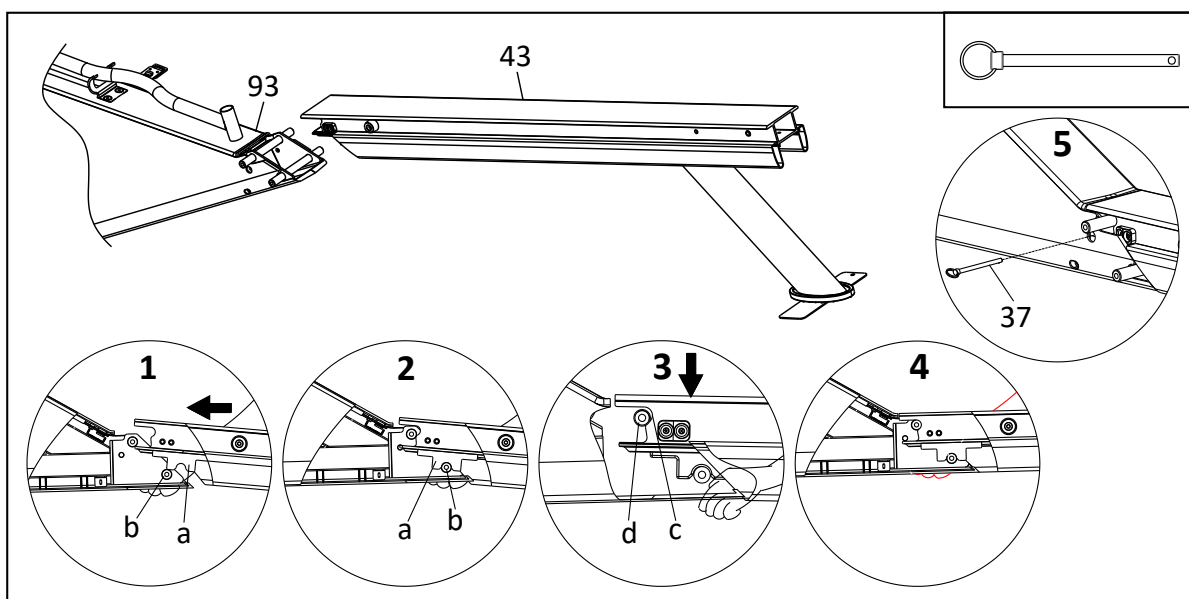


STEP 6

Ensure the mainframe (93) and guide rail (43) are perfectly aligned in a straight line. Simultaneously, hold the mainframe (93) and guide rail (43) securely with your hands.

Insert the guide rail (43) into the slot on the mainframe (93). Align the notch of the fixed block (a) on the guide rail (43) with the column (b) on the mainframe (93). Gradually lower the guide rail (43) until it seamlessly connects with the column (b) on the mainframe (93).

Carefully lower both the mainframe (93) and guide rail (43) together. Ensure that the notch (c) on the guide rail (43) securely fits around the connecting column (d) (Refer to Figure 3 and 4 for visual guidance). Lastly, insert the provided pins (37) to complete the assembly.



ASSEMBLY INSTRUCTIONS

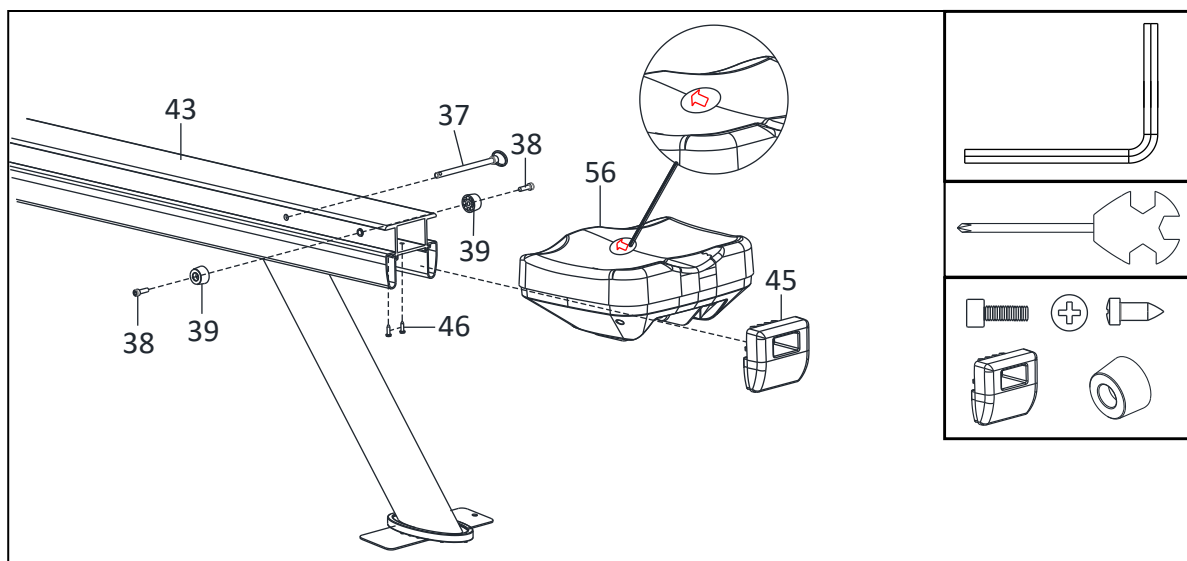
STEP 7

Insert the saddle (56) into the guide rail (43), ensure its proper orientation.

Attach the limited block (39) to the guide rail (43) using the provided inner hex pan head bolt (38) and allen wrench (A) to firmly fasten the bolt.

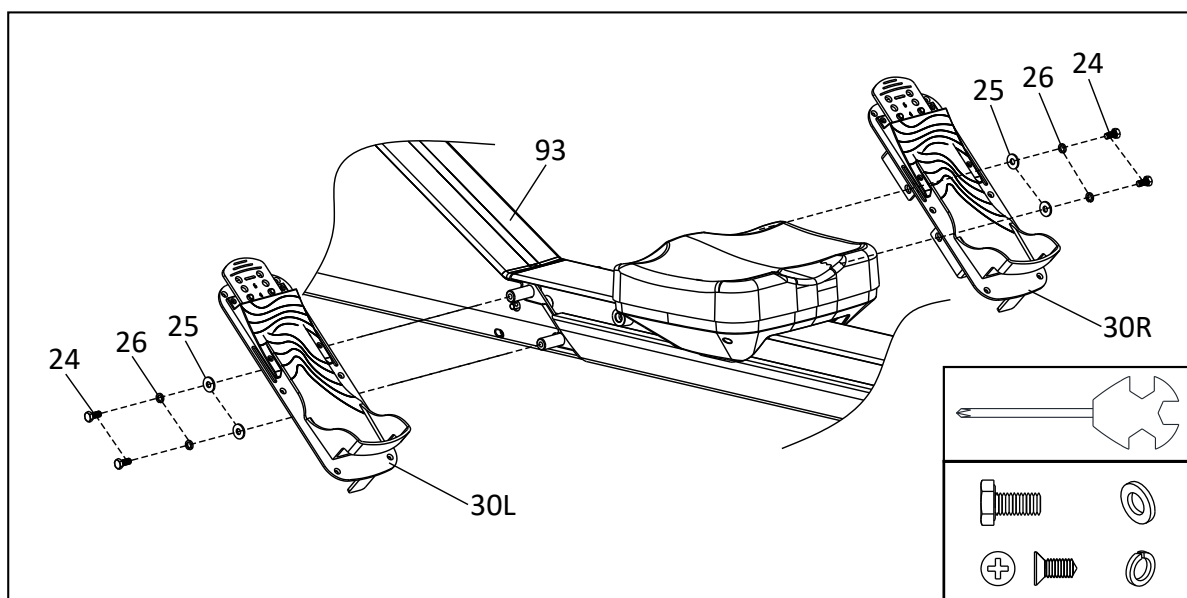
Fasten the aluminum guide rail rear cover (45) onto the guide rail (43) using the cross pan head screw (46) along with the sturdy solid wrench (C). Ensure a secure and snug fit.

Note: When disassembling the guide rail, take advantage of the pinball pin (37) by inserting it into the designated hole on the guide rail (43) as in the illustration. This strategic placement of the pin prevents any unintended movement of the saddle (56) while disassembling.



STEP 8

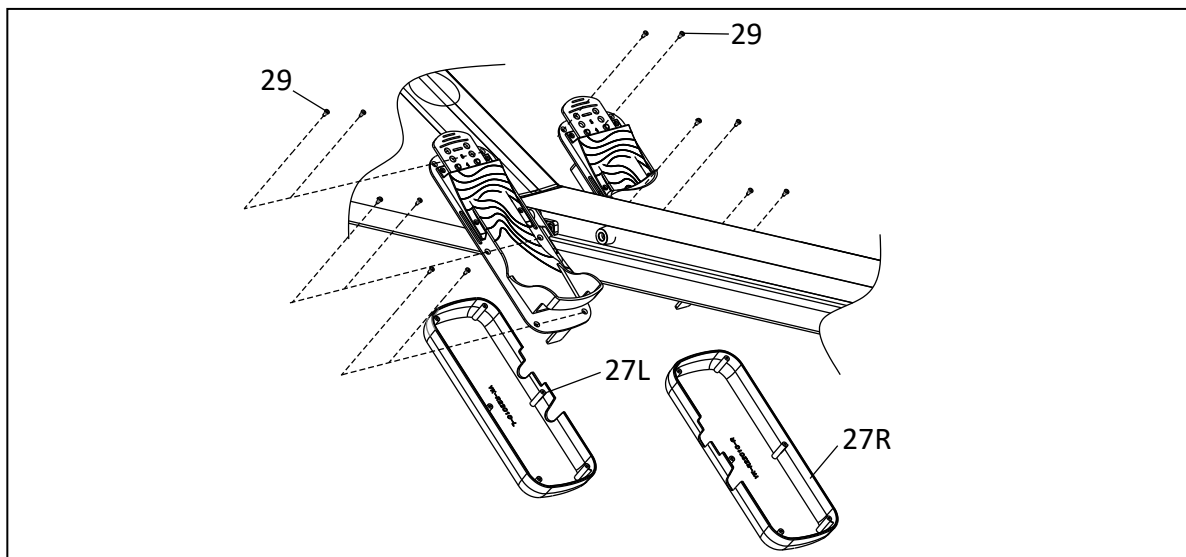
Attach (30 L/R) to the mainframe (93) using the provided inner hex pan head bolt (24), along with the spring washer (26) and washer (25). Tighten these components securely using the included allen wrench (A).



ASSEMBLY INSTRUCTIONS

STEP 9

Fasten the pedal cover (27 L/R) onto the pedal frame (30 L/R) using the provided cross countersunk screw (29).

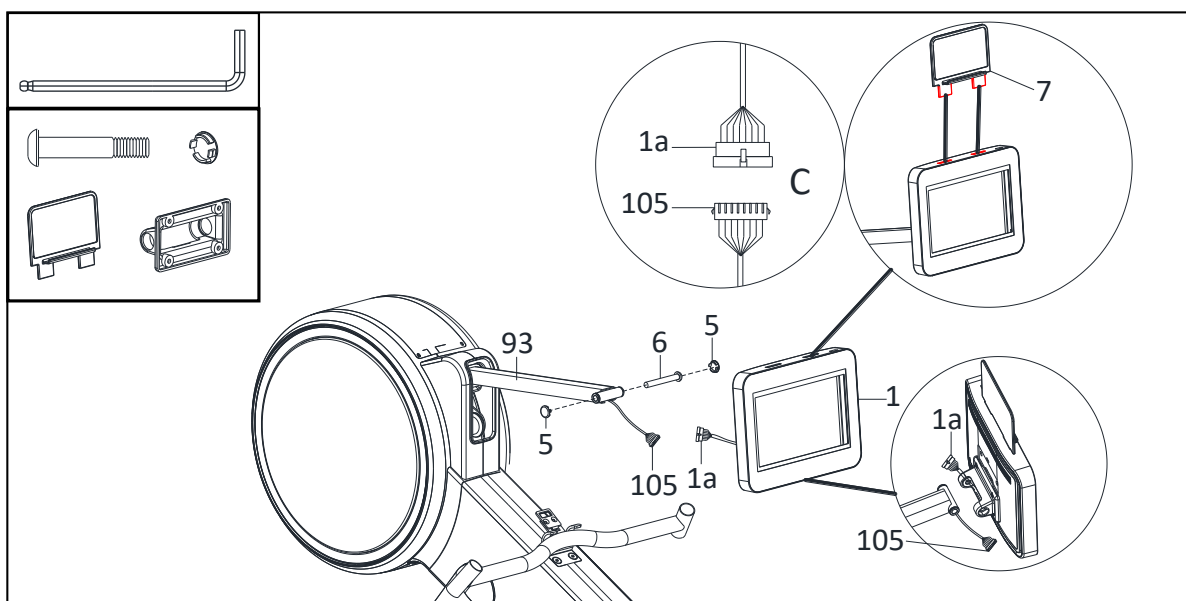


STEP 10

Attach the display unit (1) securely to the main frame (93) using the provided cross pan head bolt (6). Next, position the end cover (5) over the designated hole and press it into place.

Connect the display wires (1a) and (105). Carefully guide the connected wires into the main frame (93).

Insert the iPad holder (7) into the designated slot on the display unit (1).

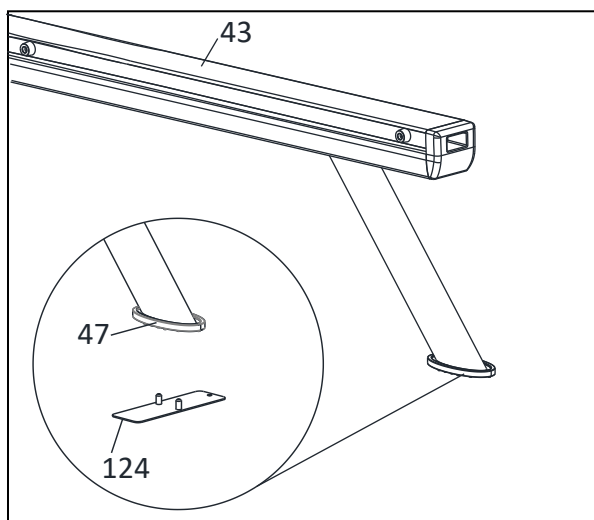


ASSEMBLY INSTRUCTIONS

GUIDE RAIL

Please remove (124) before exercising.
Save it for next disassembly.

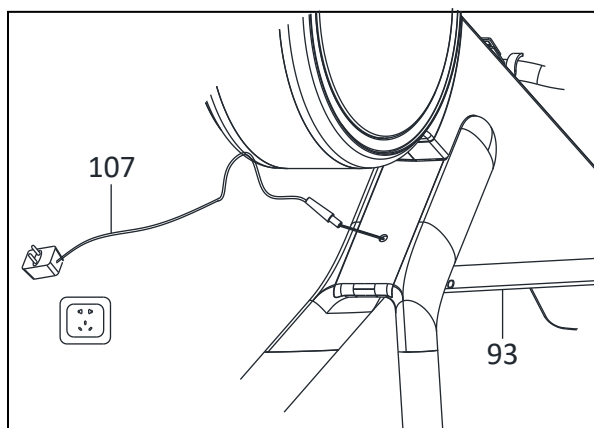
When the machine has not been used for a while and the surface is dirty, please wipe and clean the surface of the slide rail (43) before exercise.



POWER

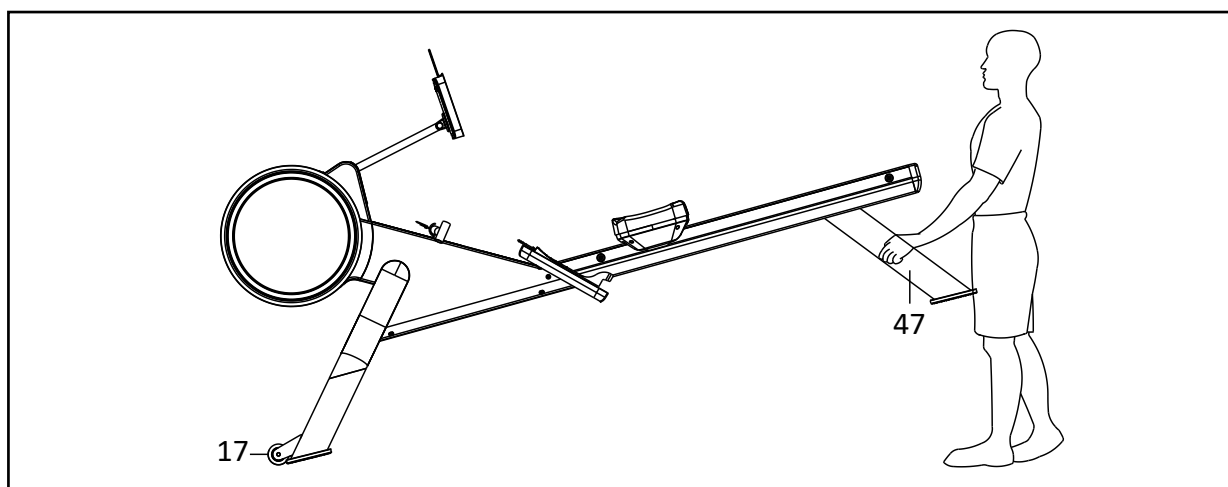
Ensure that you power off the machine before relocating it.

WARNING: Always switch off the power when the machine is not in use for an extended period.

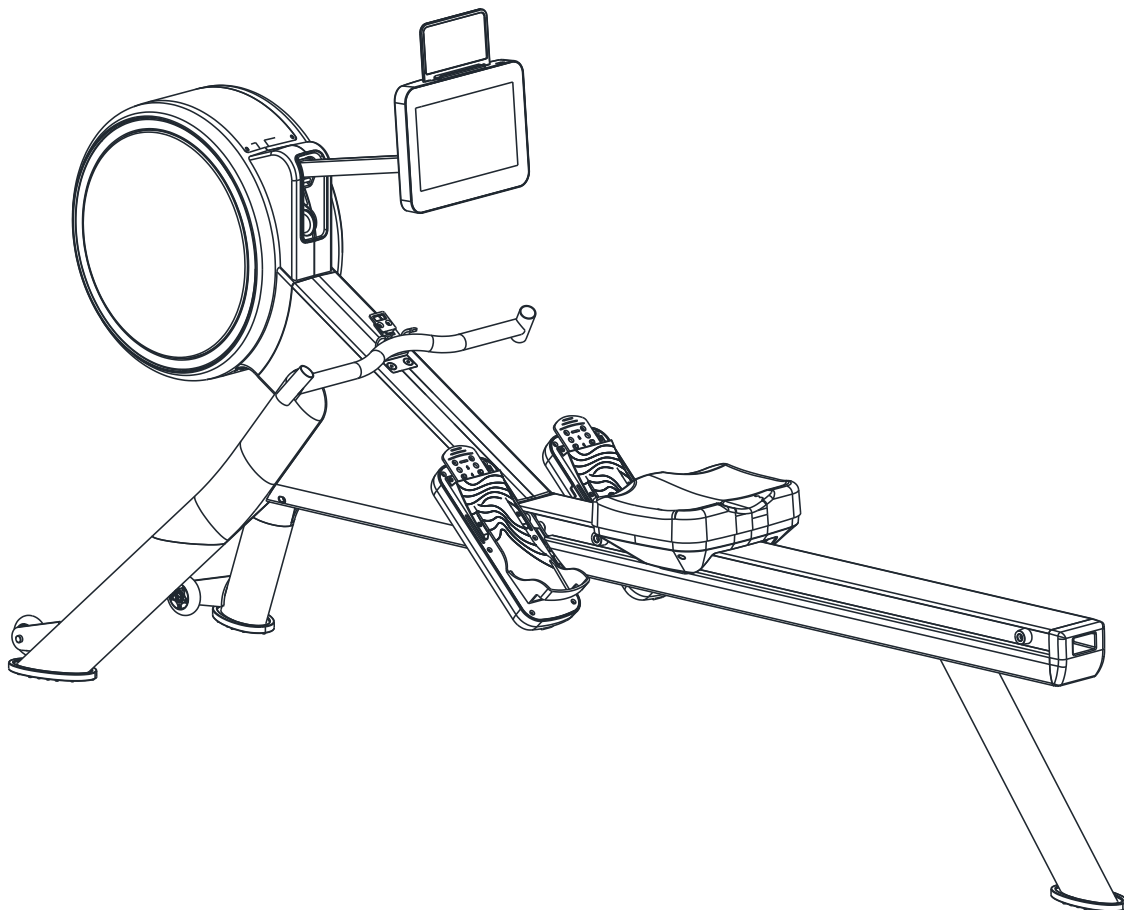


MOVING THE MACHINE

Lift up the rear supporter until the transportation wheels on the front touch the ground. With the wheels on the ground, you can transport the machine to the desired location.



PRODUCT COMPLETE



CONGRATULATIONS

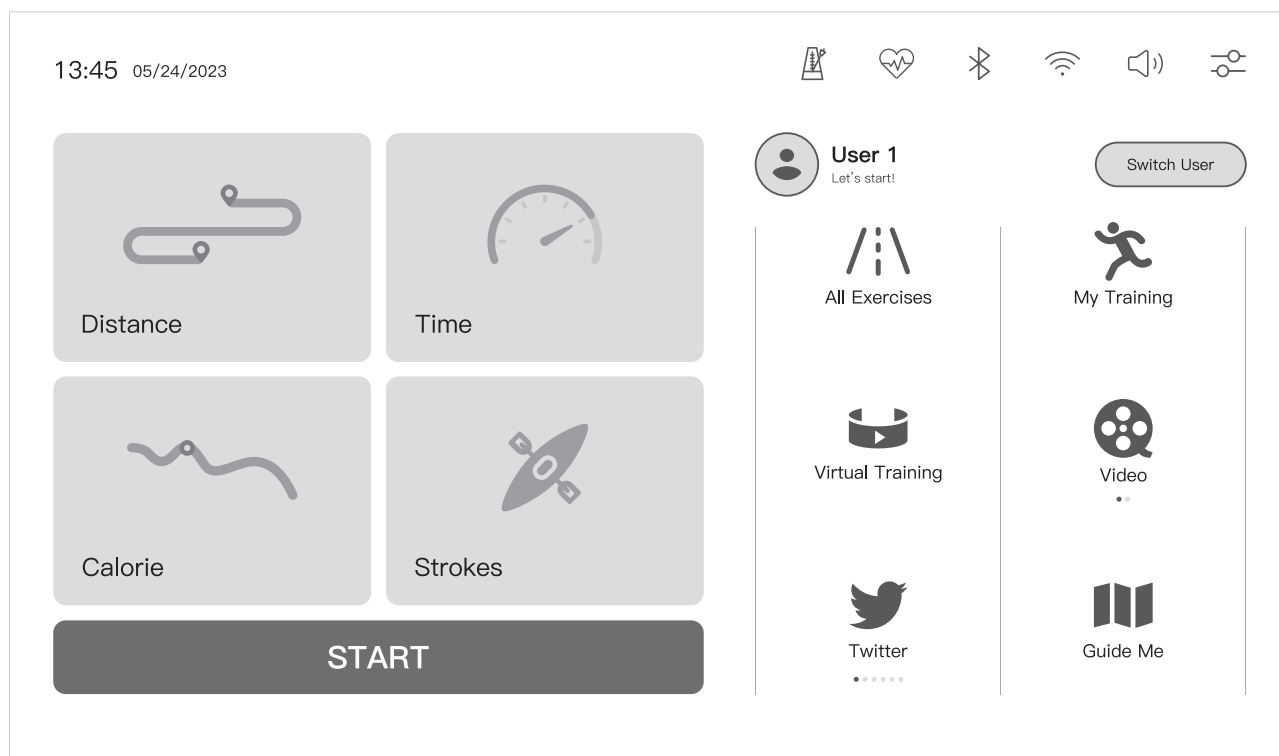
Assembly of your **Elite Paragon+ Rowing Machine** is now complete! Be sure to fully inspect your machine before using it for the first time.

WARNING








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

CONSOLE DISPLAY

HOME SCREEN


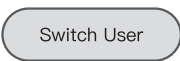


1. Status Information

ICONS	DEFINITIONS
13:45 05/24/2023	Time & Date
	Target stroke rate prompt tone By pressing this icon, you can quickly adjust the target stroke rate and prompt tone volume.
	Heart rate connected
	Bluetooth connected
	Wifi Signal Receiving Intensity
	Not connected to Wifi
	Volume control
	Settings By pressing this icon, you can set Wifi, Display & Brightness, Languages, Unit change, Time etc.




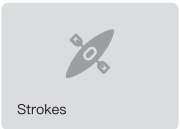
CONSOLE DISPLAY








2. User Information

ICONS	DEFINITIONS
 User 1 Let's start!	After setting your data, your name will be displayed here.
	Convenient for user switching.

3. Function Description

* The specific functions included in this item vary depending on your product configuration.

ICONS	DEFINITIONS
 Distance	Distance countdown mode
 Time	Time countdown mode
 Calorie	Calories countdown mode
 Strokes	Stroke countdown mode

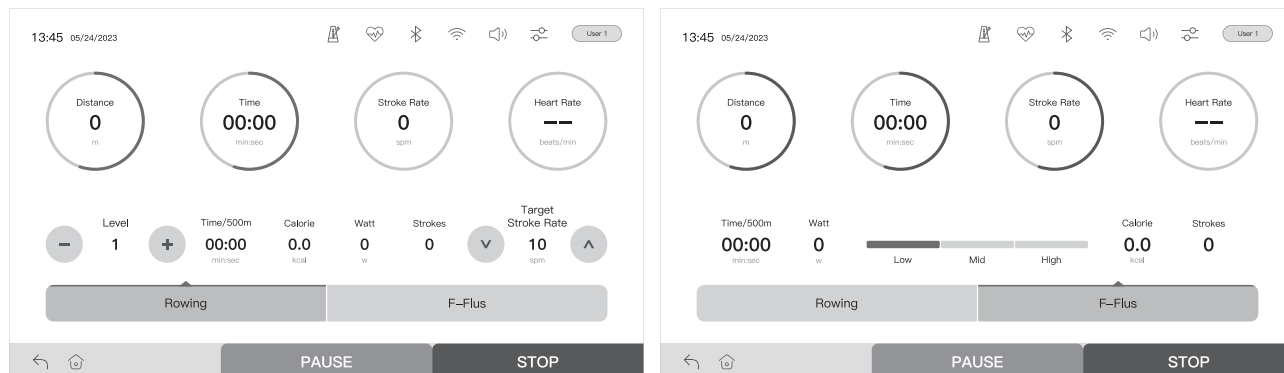
ICONS	DEFINITIONS
	Quick start rowing
 All Exercises	Including HRC, Constant Power and Workouts *
 My Training	Including User personalised settings, reports, User-defined programs & Tests
 Virtual Training	Including 4 virtual training programs
 Video	Local video and music files playing
 Tw	Including Apps (Twitter, Netflix, etc)
 Me	Including Product instructions and Prompt

CONSOLE DISPLAY

Function Details

* The specific functions included in this item vary depending on your product configuration.

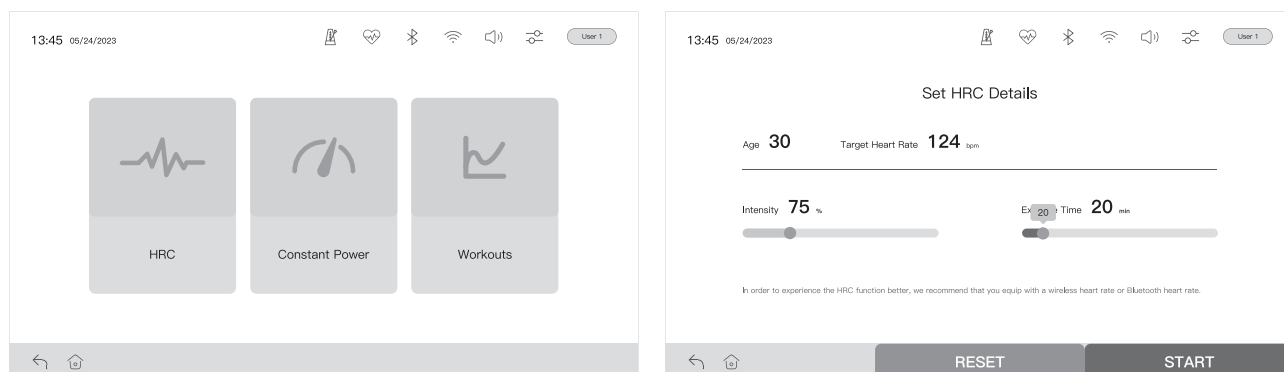
1. Rowing & F-Plus Mode Information



Rowing is the normal exercise mode, and F-Plus is the strength training mode.

When you use programs like Start, Distance, Time, Calories, Strokes, you can choose from either Rowing or F-Plus, depending on your workout needs.

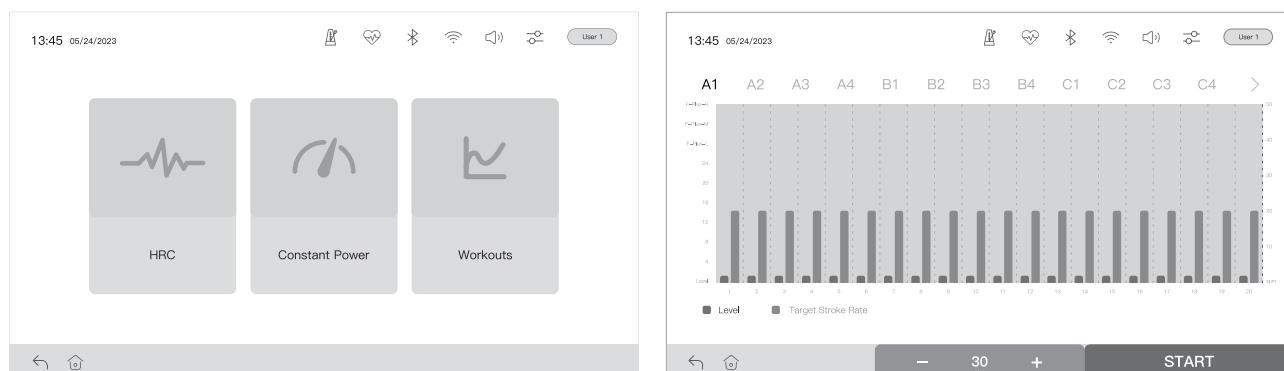
2. HRC



Before using HRC Function, you should set up a personal data file in “My Training”.

In order to experience the HRC Function better, we recommend that you equip with a wireless heart rate or Bluetooth heart rate (not included).

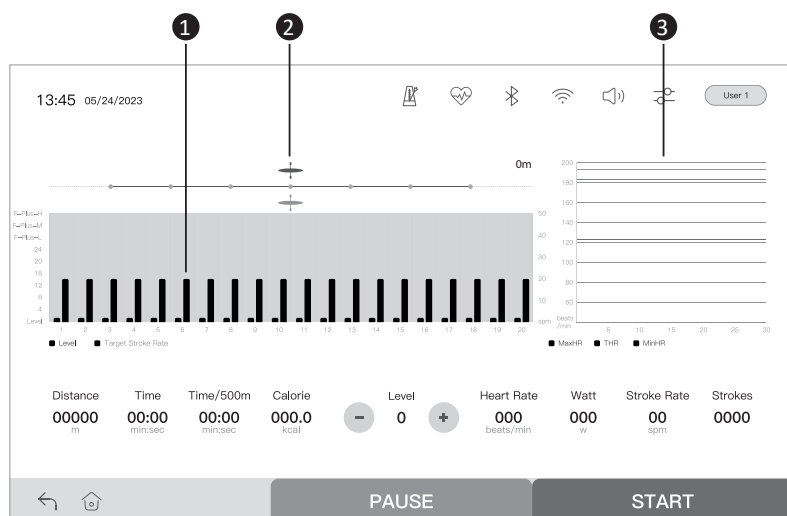
3. Workouts



CONSOLE DISPLAY

In Workouts, there are three levels of exercise programs: Beginners, Normal and Performance.

			1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
Beginners	A1	Level	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1
		TSR	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20
	A2	Level	8	8	8	1	8	8	8	1	8	8	8	1	8	8	8	1	8	8	8	1
		TSR	25	25	25	20	25	25	25	20	25	25	25	20	25	25	25	20	25	25	25	20
	A3	Level	24	24	24	18	24	24	24	18	24	24	24	18	24	24	24	18	24	24	24	18
		TSR	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20
	A4	Level	16	16	16	8	16	16	16	8	16	16	16	8	16	16	16	8	16	16	16	8
		TSR	25	25	25	20	25	25	25	20	25	25	25	20	25	25	25	20	25	25	25	20
Normal	B1	Level	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1
		TSR	25	25	25	25	25	25	25	25	25	25	25	25	25	25	25	25	25	25	25	25
	B2	Level	12	12	12	12	12	12	12	12	12	12	12	12	12	12	12	12	12	12	12	12
		TSR	30	30	30	25	30	30	30	25	30	30	30	25	30	30	30	25	30	30	30	25
	B3	Level	24	24	24	18	24	24	24	18	24	24	24	18	24	24	24	18	24	24	24	18
		TSR	25	25	25	20	25	25	25	20	25	25	25	20	25	25	25	20	25	25	25	20
	B4	Level	24	24	24	16	24	24	24	16	24	24	24	16	24	24	24	16	24	24	24	16
		TSR	25	25	25	20	25	25	25	20	25	25	25	20	25	25	25	20	25	25	25	20
Performance	C1	Level	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1
		TSR	25	25	25	25	25	25	25	25	25	25	25	25	25	25	25	25	25	25	25	25
	C2	Level	24	24	24	12	24	24	24	12	24	24	24	12	24	24	24	12	24	24	24	12
		TSR	35	35	35	30	35	35	35	30	35	35	35	30	35	35	35	30	35	35	35	30
	C3	Level	48	48	48	24	48	48	48	24	48	48	48	24	48	48	48	24	48	48	48	24
		TSR	30	30	30	25	30	30	30	25	30	30	30	25	30	30	30	25	30	30	30	25
	C4	Level	24	24	48	48	24	48	48	48	24	24	24	48	48	24	48	48	24	24	48	48
		TSR	35	25	30	30	35	25	30	30	35	25	30	30	35	25	30	30	35	25	30	30

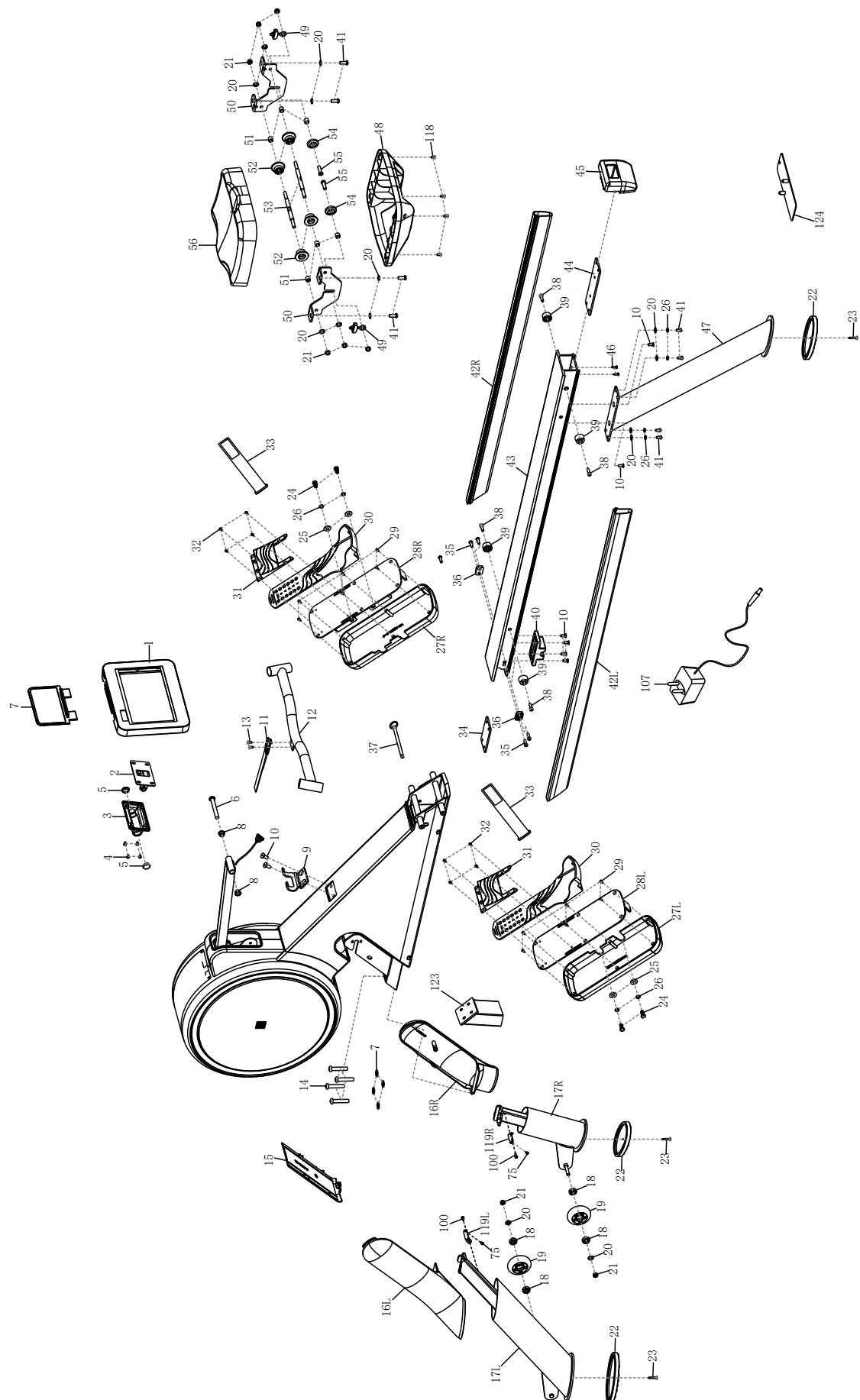


- 1 The current resistance levels and target stroke rate in this program.
- 2 The rowboat icon above the horizontal line represents the system, and the rowboat icon below the horizontal line represents you. The value represents the gap between you and the system.
- 3 You can read target heart rate, maximum and minimum heart rate, and real-time heart rate curves here.

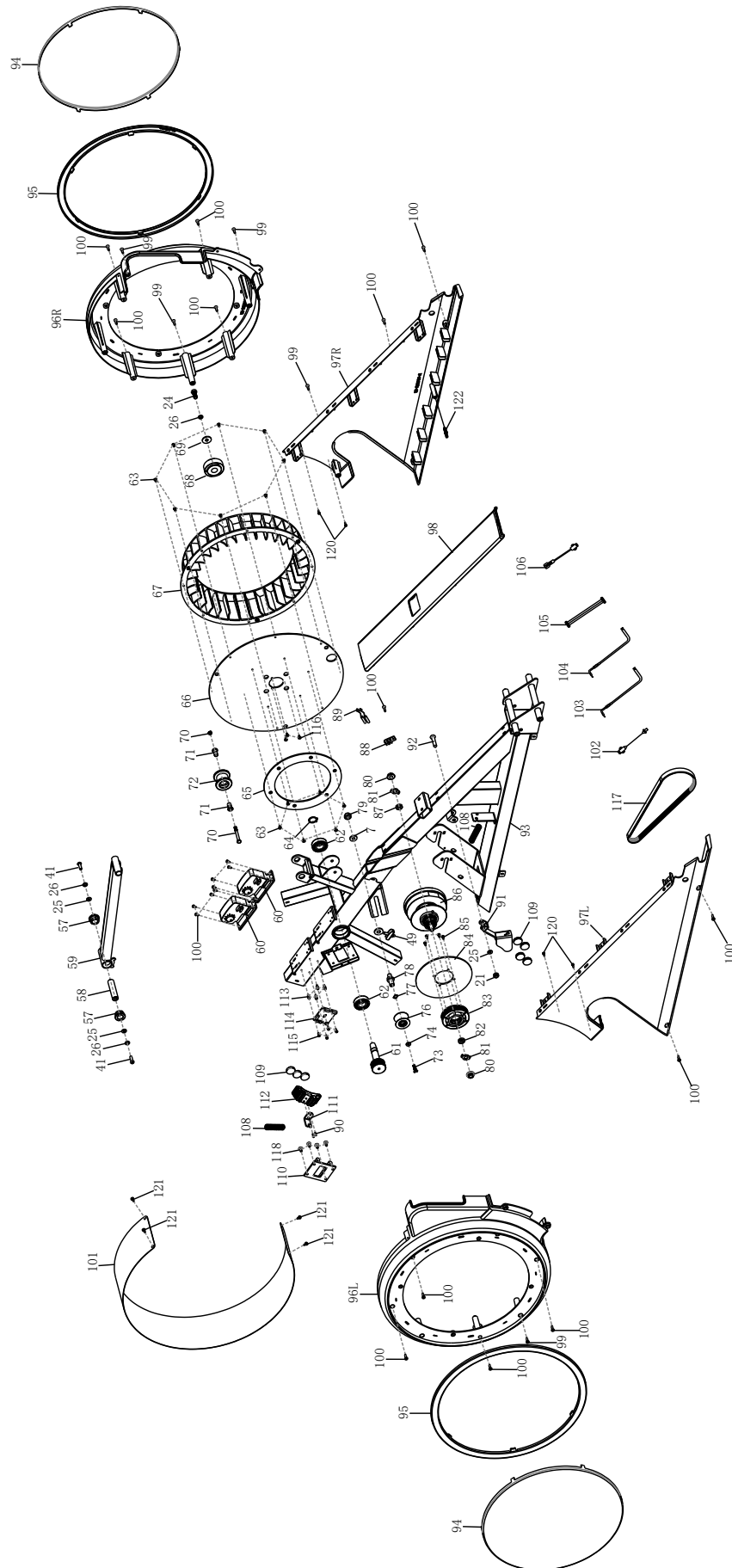
ATTENTION!

1. To ensure the normal operation of the rower, please do not download other software.
2. In order to ensure the operating speed of the rower, please clear its cache regularly.
3. The rower may not connect to Wifi that requires web authentication.
4. When using the rower for the first time, please register your personal account first, so you can better experience the powerful functions of Paragon+ Rowing Machine.

EXPLODED DRAWING



EXPLODED DRAWING



CARE AND MAINTENANCE



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.

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.

Adjust the End cap & How to fold the unit

To fold the aluminium rail, pull out the lock pin from the joint. Secure the rail by the lock pin.

Correct Exercising Position

When exercising, hold the handlebar tightly and relax your back. Try and use the product in a rhythmical and smooth motion. If you find yourself feeling uncomfortable, or experiencing a surging type feeling, adjust the tension down to a more comfortable setting.

Every time you perform maintenance, record the date and if applicable, the distance and hours operated.

[illegible]

eg:

This image shows a full page of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page, providing a template for handwriting practice or general writing. There are no margins, text, or other markings on the page.

LIMITED WARRANTY

Warranty Registration

It is recommended you register your warranty online at 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
- 1 Year Labour
- 10 Years Frame

The following conditions are not under warranty range:

- A) As a result of abuse, neglect, accident, or unauthorised modification;
- B) The damage due to incorrect adjustment of the machine, elitefitness@elitefitness.co.nz or visit

Repair and Maintenance Service

Please contact our Elite Fitness Service Department at 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)

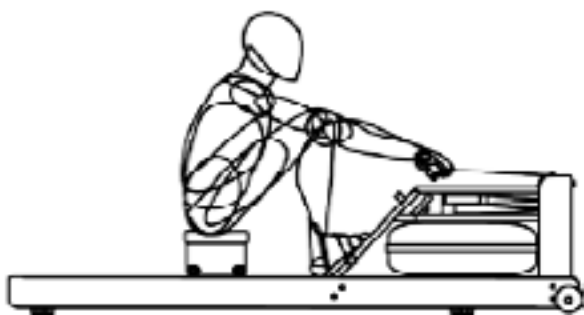
- Hamstring Stretch (Standing) Keep your knees slightly bent and slowly lean forward, back and shoulders relaxed, reaching towards your toes. You should feel the tension and slight discomfort in your hamstring muscles. Hold for 15-20 seconds. Repeat 2-3 times.
- Hamstrings Stretches (Seated) Sitting 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

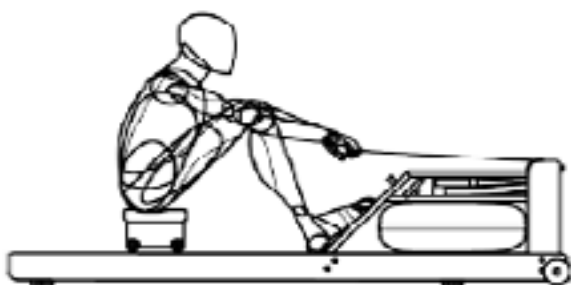
The Rowing Action uses 84% of your muscle mass; from the tips of the fingers holding the handle, to the balls of the feet connected to the footboard, all the muscles between these 2 points contribute to the Rowing Action.

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.



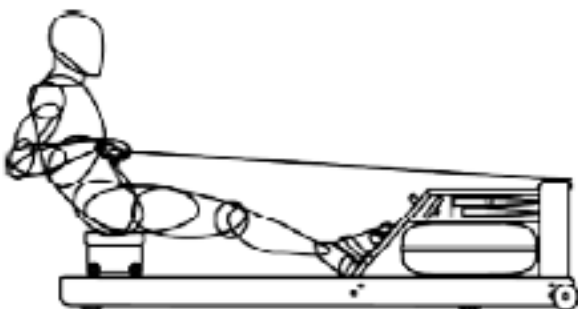
CATCH POSITION

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
		VO2 Max (Maximum Effort)									
	90%	180	176	171	167	162	158	153	149	140	135
		Anaerobic (Hardcore Training)									
	80%	160	156	152	148	144	140	136	132	124	120
		Aerobic (Cardio Training/Endurance)									
	70%	140	137	133	130	126	123	119	116	109	105
		Weight Control (Fitness/Fat Burn)									
	60%	120	117	114	111	108	105	102	99	93	90
		Moderate Activity (Maintenance/Warm up)									
	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)

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

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

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)



For more information about our Elite Fitness equipment or other brands that we stock for your home, visit www.elitefitness.co.nz

Copyright © 2023 Elite Fitness

Elite Fitness, 28 Morrin Road, St Johns, Auckland, New Zealand.
0800 243 834, www.elitefitness.co.nz

Keep up to date with the latest products, competitions and equipment, follow us on our social media sites.



[@EliteFitnessNZ](#)

[@EliteFitnessTV](#)