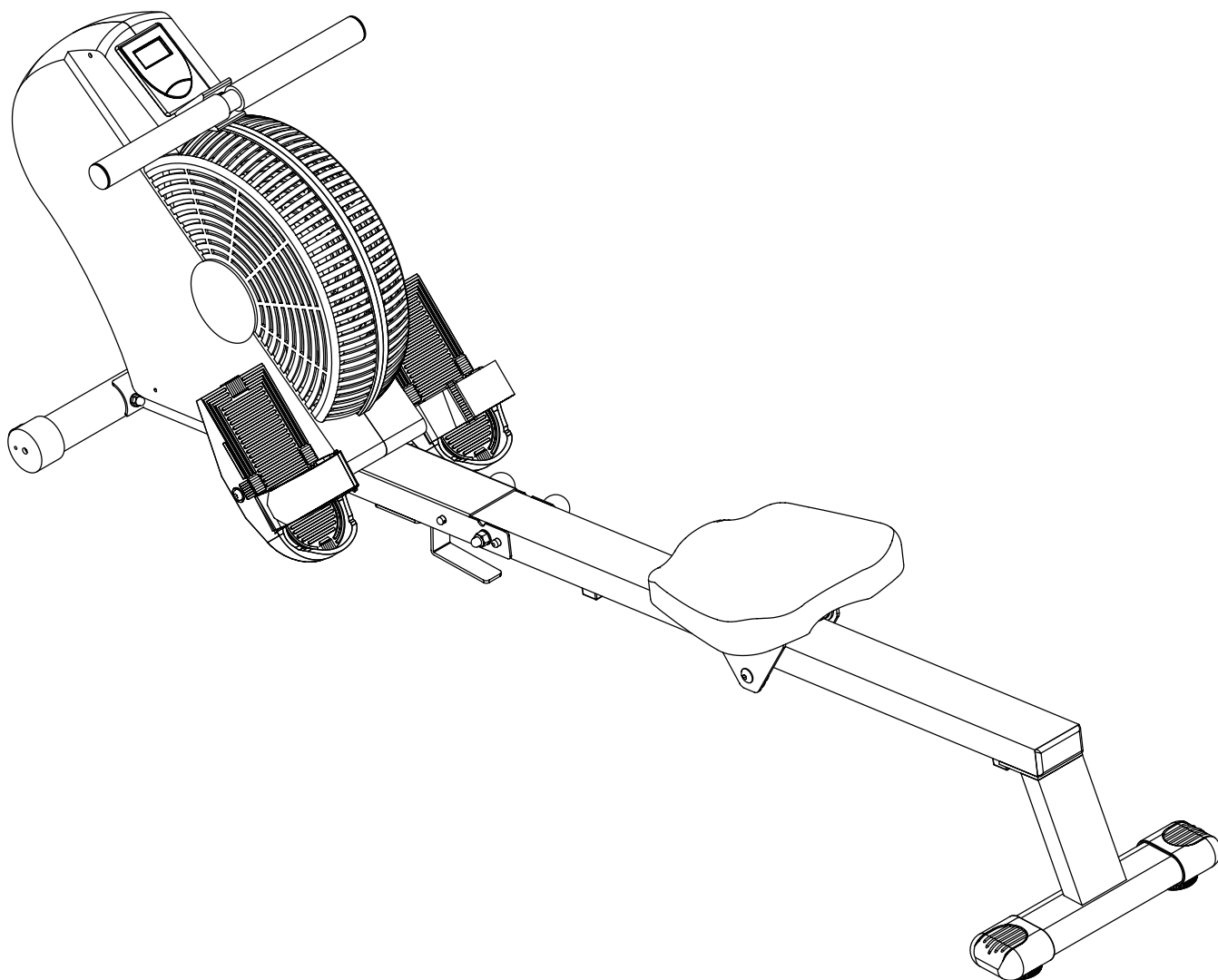




# STAMINA X



**Record serial number**

*Elite Stamina X Rowing Machine*

Thank you for purchasing the **Elite Stamina X Rowing 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 Stamina X Rowing 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 CONTACTS

Upper North Island  
(09) 258 9067

Lower North Island  
(04) 237 8952

South Island - Christchurch  
(03) 341 6429

## ELITE FITNESS HQ

11 George Bourke Drive  
Mt Wellington  
Auckland, New Zealand

info@elitefitness.co.nz  
0800 243 834  
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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/A7, Class H (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: 115 KGS

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Dimensions: 194.5 x 56.5cm

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Shipping Weight: 23.5KG

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Net Weight: 19.5KG

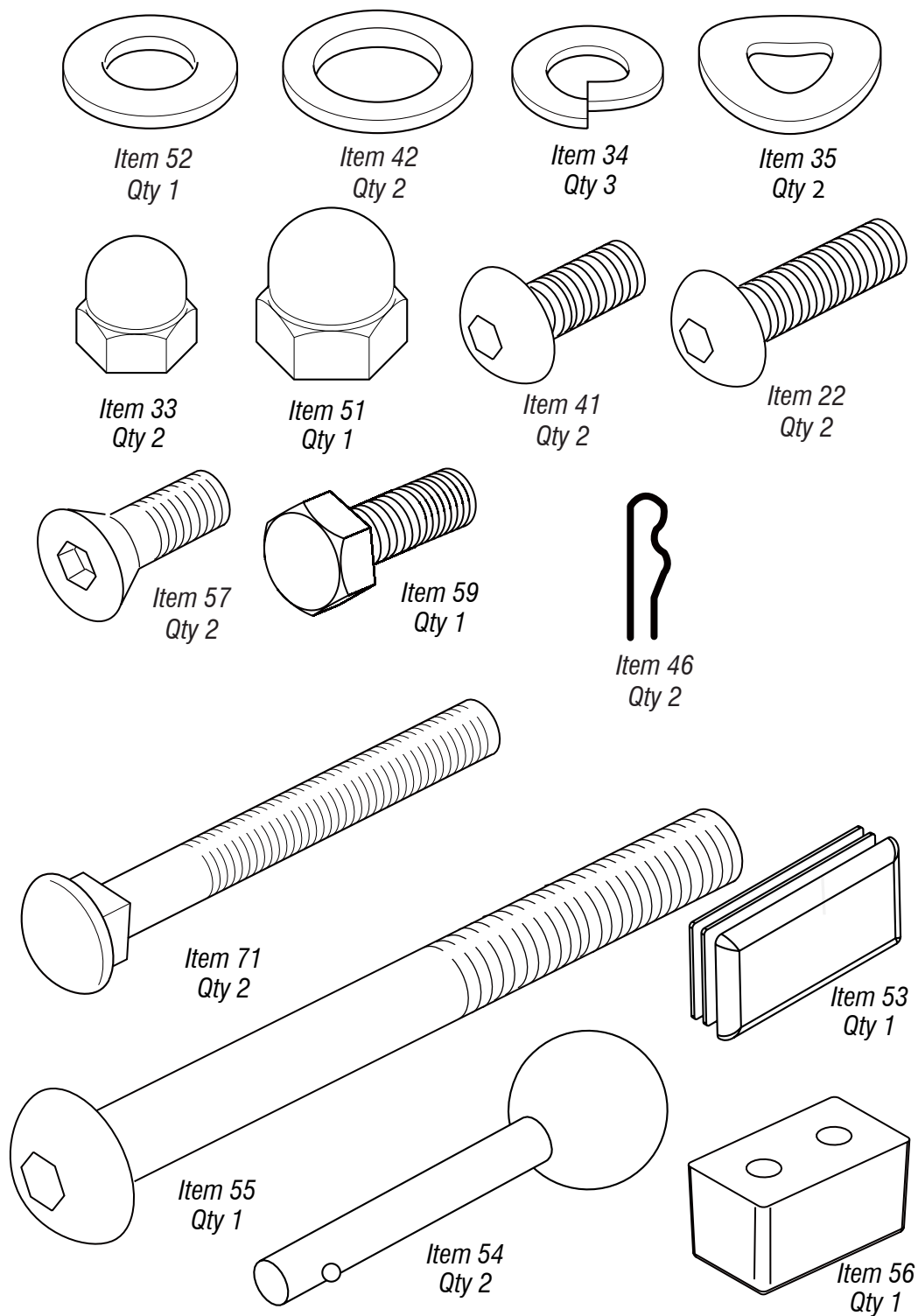
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Power Requirements: 2 x AA (1.5v)

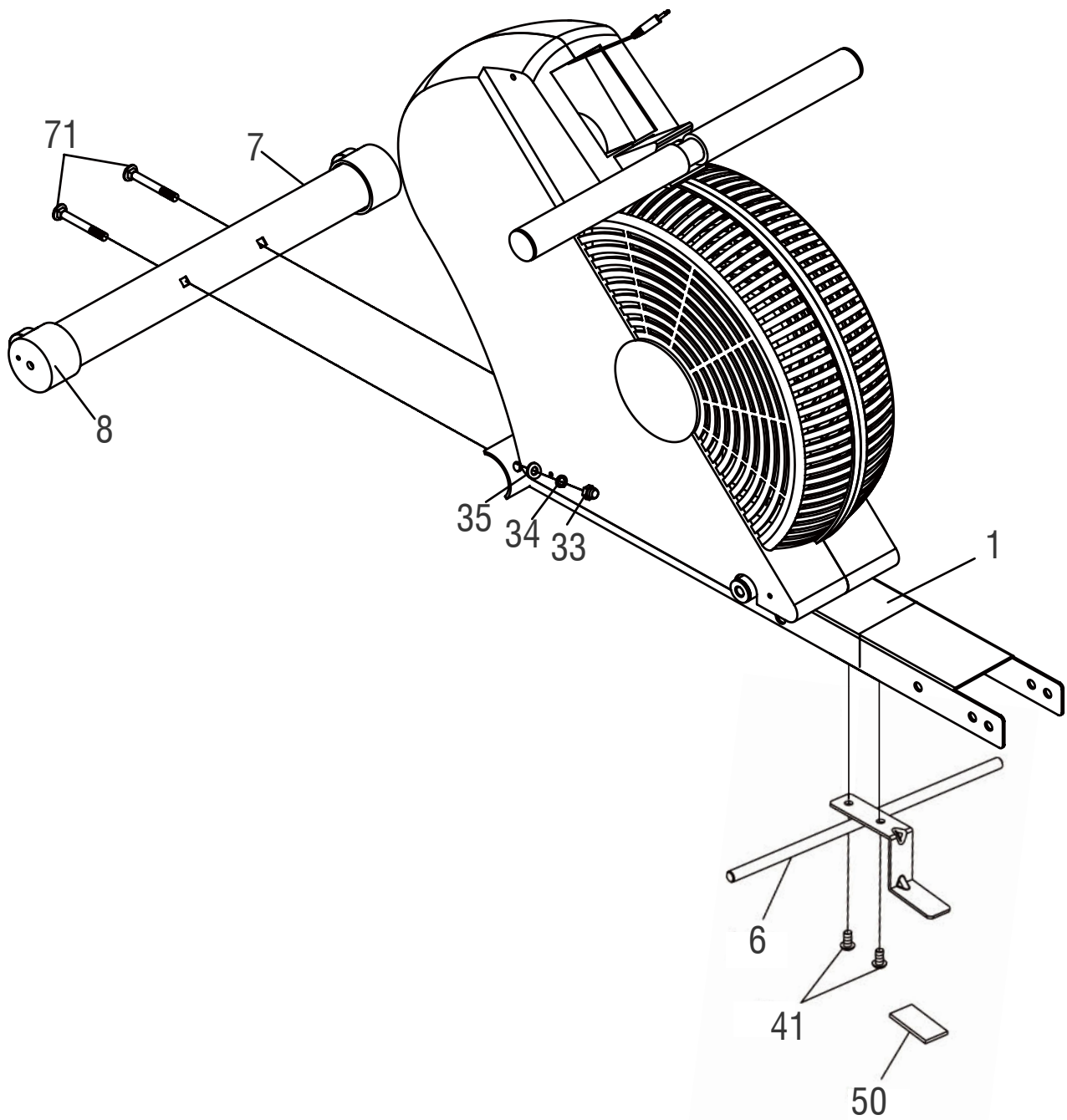
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# PARTS

We recommend 2 people assist in assembling this unit. Place all parts of the rower in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed. Before you start installation, inspect and prepare all parts and screws featured in this manual. When you open the carton, you will find the following parts:

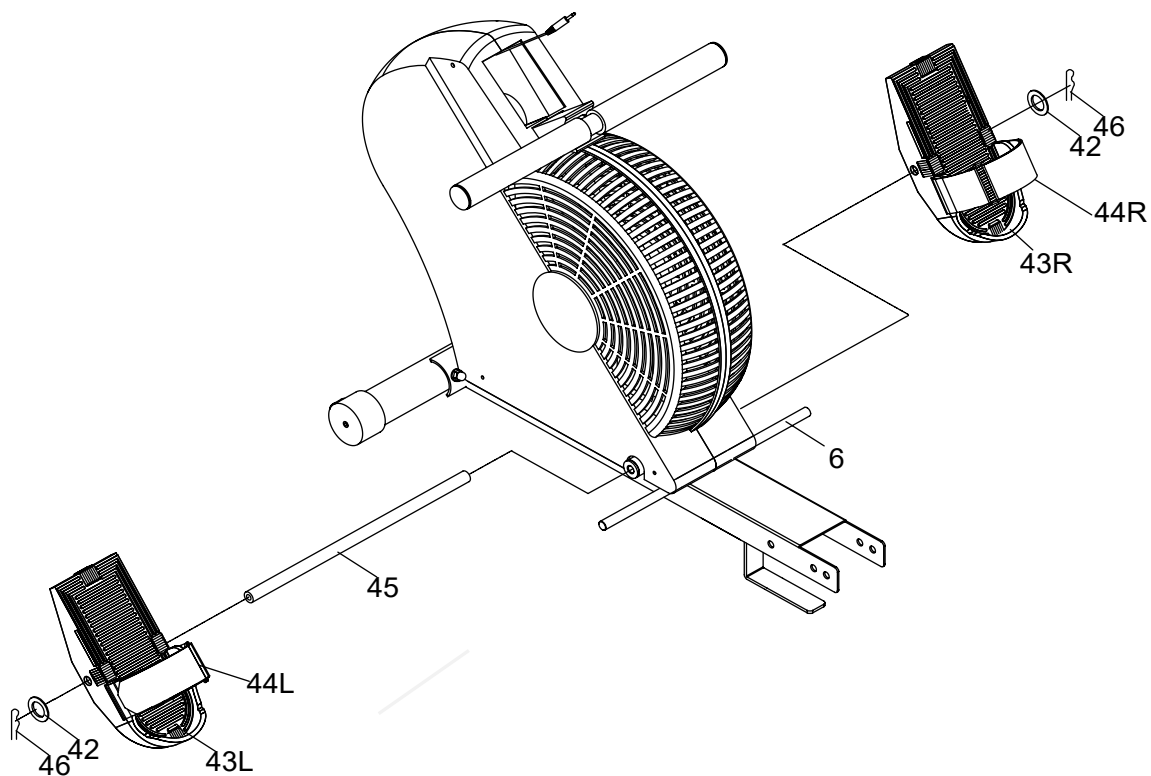


# ASSEMBLY INSTRUCTIONS



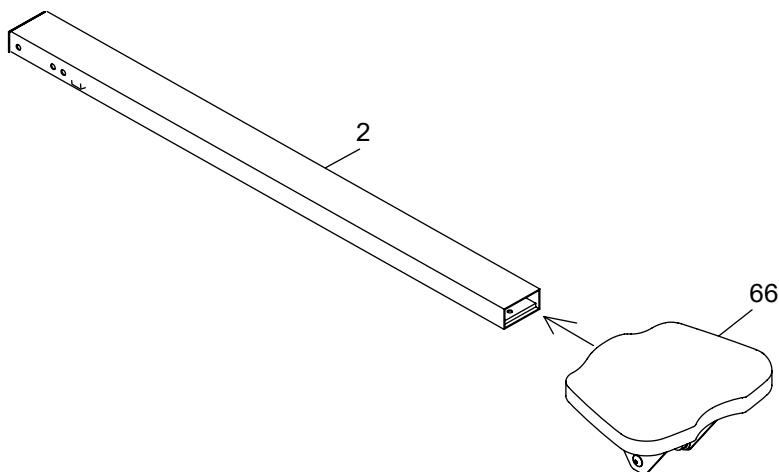
## STEP 1

Securely attach the Front Stabiliser (7) to the Main Frame (1) using 2 x M8 x 65mm Carriage Bolts (71) 2 x M8 Curved Washers (35), 2 x M8 Spring Washers (34) and 2 x M8 Dome Nuts (33). Attach the Stopper Bar (6) to the bottom side of the Main Frame (1) with M8 x 15mm Allen Bolt (41).



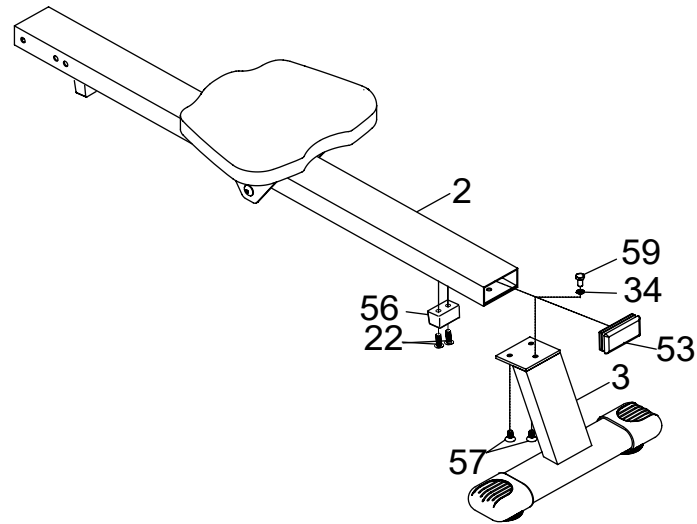
## STEP 2

For your convenience, the Velcro style adjustable Footplate Straps (44 L/R) are pre-fitted to the Footplates (43 L/R) in the lower of the 2 positioning options. Slide the Footplate Crossbar (45) into the Main Frame(1) then followed by Footplates (43L/R), securing in place with Washer (42) and R-Clip at Both ends.



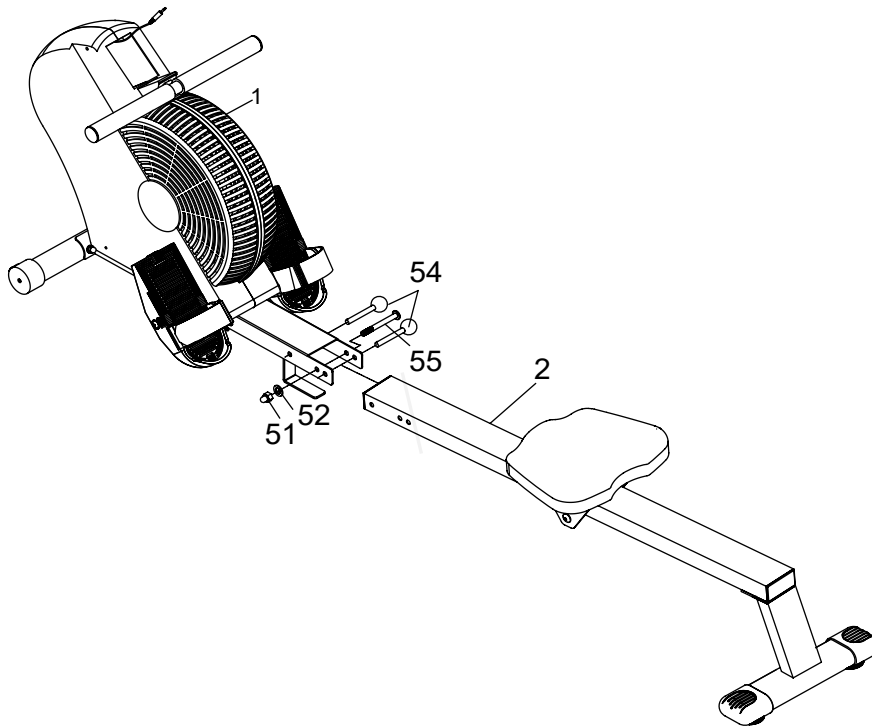
## STEP 3

Attach the Seat (66) onto the Rowing Rail (2).



#### STEP 4

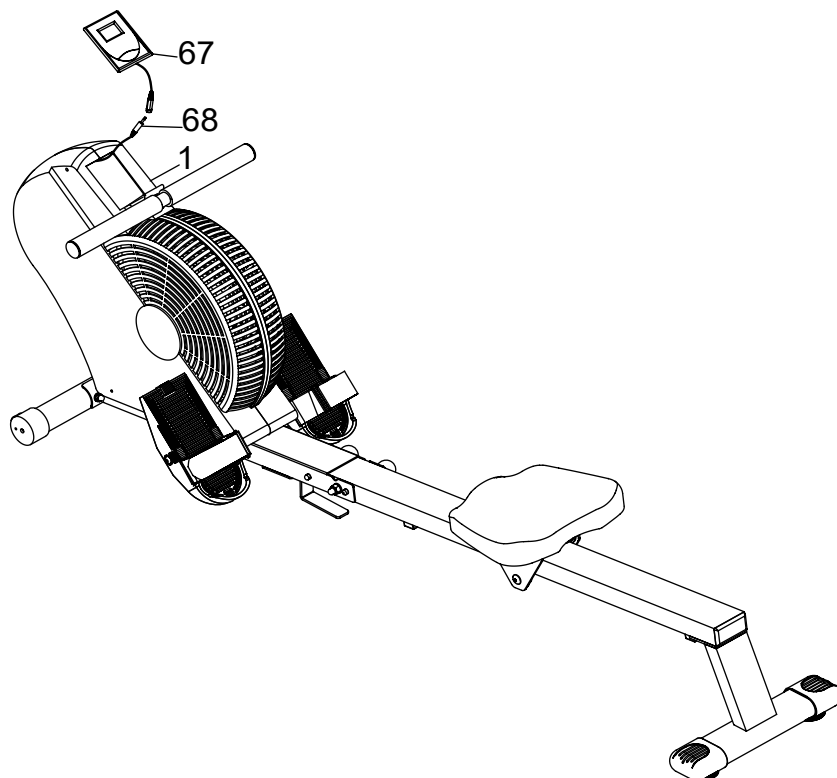
Attach the Rowing Rail Stop Block (56) with 2 x M8 x 25mm Allen Bolts (22). Attach the Rear Stabiliser (3) onto the Rowing Rail (2) with 1 x M8 Spring Washer (34) and 1 x M8 x 15mm Hex Bolt (59), and 1 x M8 Spring Washer (34) from inside the rail and 2 x Countersunk Head Allen Bolts (57) from underneath, then fit the Rowing Rail End Cap (53).



#### STEP 5

Attach the Main Frame (1) and Rowing Rail (2) together using 2 x Lock Pin (54), 1 x M10 x 100mm Allen Bolt (55), 1 x M10 Flat Washer (52), and 1 x M10 Damping Nut (51).





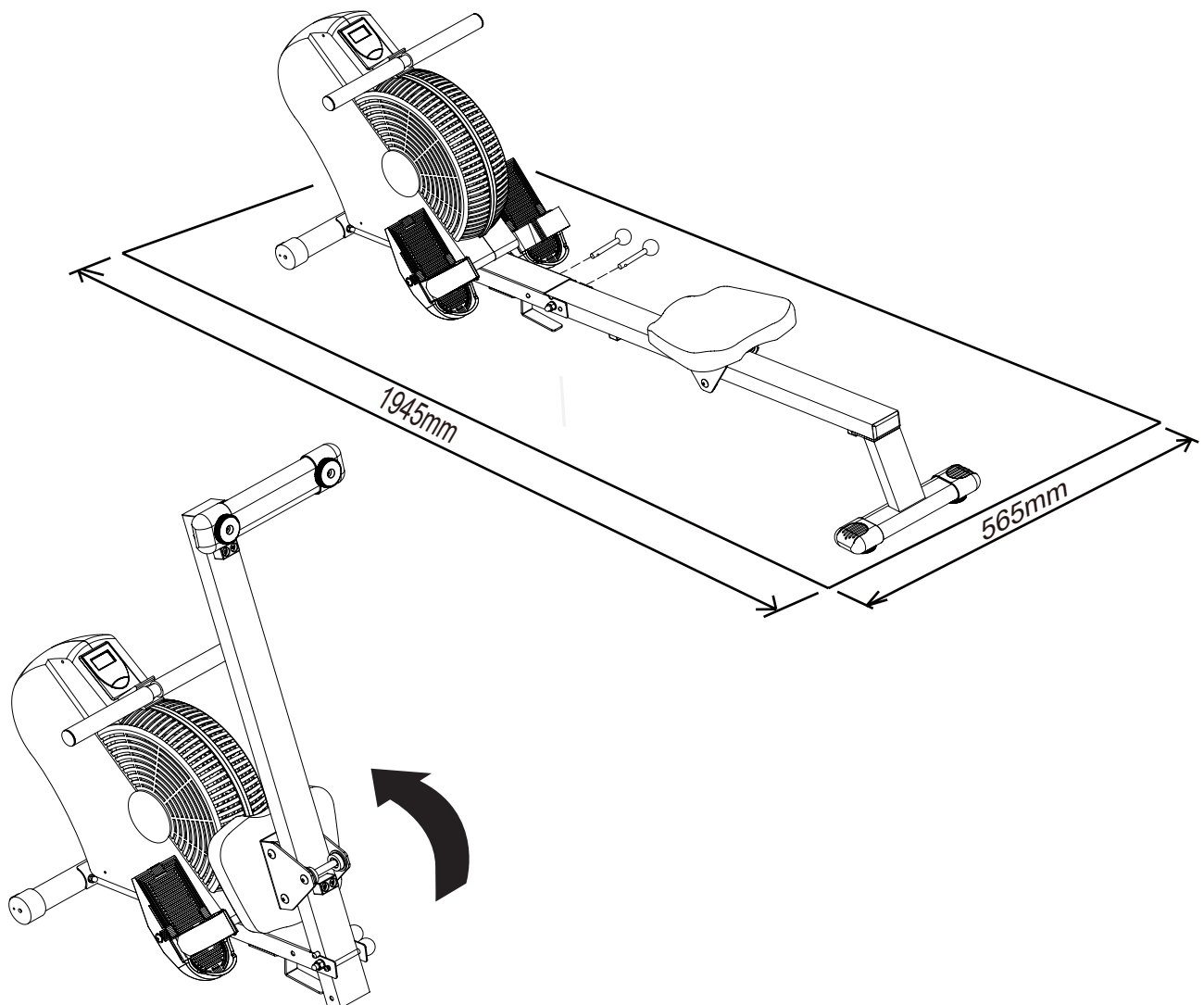
## STEP 6

Connect the Computer Monitor Wire (67) and Sensor Wire (68). Then fit the Computer Monitor (67) into the Computer Holder.

**Note:** FULLY TIGHTEN all Bolts, Nuts and Fittings now, ensuring that your product is located on a clear flat surface before doing so. Your product will now be ready to use.

## FOLDING THE ROWER FOR STORAGE

1. Remove the LOCK PINS (54) x 2.
2. Fold the Rowing Rail towards the main body of the Rower and lock in place using 1 x Lock Pin (54) as shown in fig 2.



## CONGRATULATIONS

Assembly of your **Elite Stamina X 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 Stamina X Rowing Machine** 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**

### **IMPORTANT INFORMATION**

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.

# MAINTENANCE LOG

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

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

DATE	GENERAL			FRAME		SERVICE COMMENTS
	<i>Lubricated</i>	<i>Tighten</i>	<i>Cleaned</i>	<i>Joints</i>	<i>Guide Rail</i>	
01/06			✓	✓	✓	none

# LIMITED WARRANTY

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## Warranty Registration

It is recommended that 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;

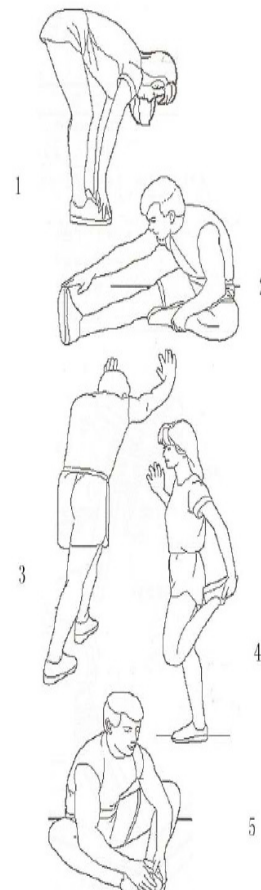
## Repair and Maintenance Service

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).



# TRAINING STAGES

		Exercise Zone									
		AGE									
		20	25	30	35	40	45	50	55	60	70
Beats Per Minute	100%	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)

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

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

Note: Contact heart rate may provide innaccurate 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)

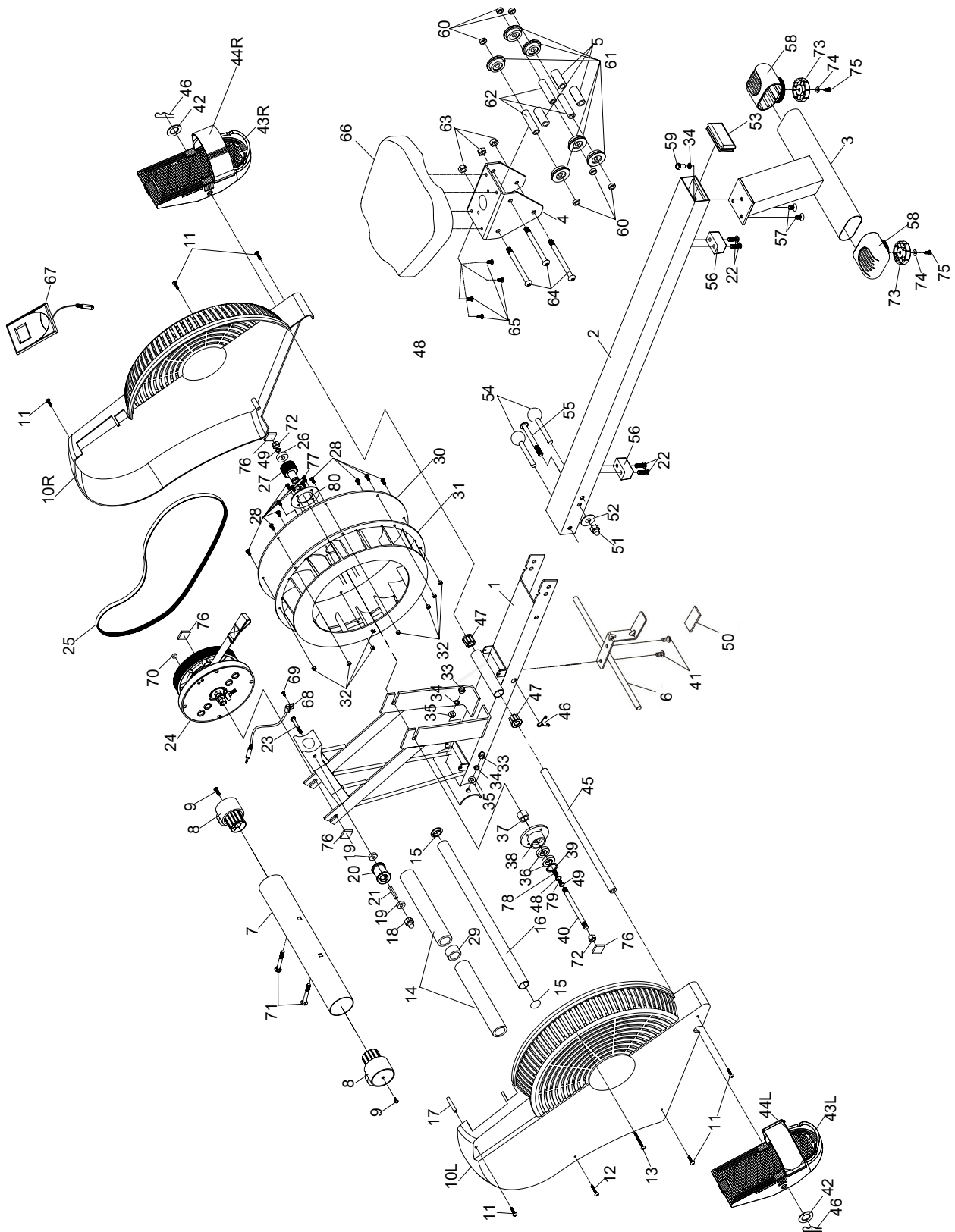


# PARTS LIST

PART NO.	DESCRIPTION	Q'TY
1	Main frame	1
2	Rowing Rail	1
3	Rear Stabiliser	1
4	Seat Carriage	1
5	Spacer	3
6	Footplate Stop Bar	1
7	Front Stabiliser	1
8	Front End Cap	2
9	M4 x 12mm Screw	2
10	Chain Cover	1P
11	M5 x 15mm Screw	6
12	M5 x 25mm Screw	1
13	M5 x 60mm Screw	1
14	Foam Grip	2
15	25.4mm End Cap	2
16	Handlebar	1
17	Sleeve	1
18	M8 Nylon Nut	1
19	Bearing (608Z)	2
20	Wheel	1
21	M8 Bushing	1
22	M8 x 25mm Allen Bolt	4
23	M8 x 57mm Allen Bolt	1
24	Return Pulley	1
25	Belt	1
26	Bearing (6000Z)	1
27	Small Belt Pulley	1
28	M5 x 12mm Screw	12
29	Bushing	1
30	Plastic Plate	1
31	Fan Wheel	1
32	M5 Nut	8
33	M8 Dome Nut	2
34	M8 Spring Washer	3
35	M8 Curved Washer	2
36	Bearing (6903Z)	2
37	One way Bearing (HF1716)	1
38	Fan Bushing	1
39	30mm Clip	1
40	Axle	1

PART NO.	DESCRIPTION	Q'TY
41	M8 x 15mm Allen Bolt	2
42	Washer	2
43	Footplate	2
44	Footplate Strap	2
45	Footplate Cross Bar	1
46	R Clip	2
47	13mm Bushing	2
48	12.7mm Clip	2
49	10mm Clip	2
50	Foam	1
51	M10 Damping Nut	1
52	M10 Washer	1
53	Rowing Rail End Cap	1
54	Lock pin	2
55	M10 x 100mm Allen Bolt	1
56	Rowing Rail Stop Block	2
57	M8 x 15mm Countersunk Head Allen Bolt	2
58	End Cap	2
59	M8 x 15mm Hex Bolt	1
60	Spacer	6
61	Seat Roller	6
62	65mm Spacer	3
63	M10 x 7mm Nylon Nut	3
64	M10 x 105mm Allen Bolt	3
65	M6 x 15mm Cross Head Screw	4
66	Seat	1
67	Monitor	1
68	Sensor Wire	1
69	M5 x 8mm Screw	1
70	Magnetic	1
71	M8 x 65mm Carriage Bolt	2
72	3/8" Nut	2
73	Rear End Cap Spacer	2
74	M6 x 16mm x 1T Flat Washer	2
75	M5 x 12mm Screw	2
76	25 x 25 x 5mm Foam	4
77	M17.5 x 25mm x 1T Nylon Washer	1
78	M17 x 22mm x 1.5T Washer	4
79	M10 x 16mm x 1T Washer	1
80	Fan Wheel Bracket	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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0800 243 834, [www.elitefitness.co.nz](http://www.elitefitness.co.nz)

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