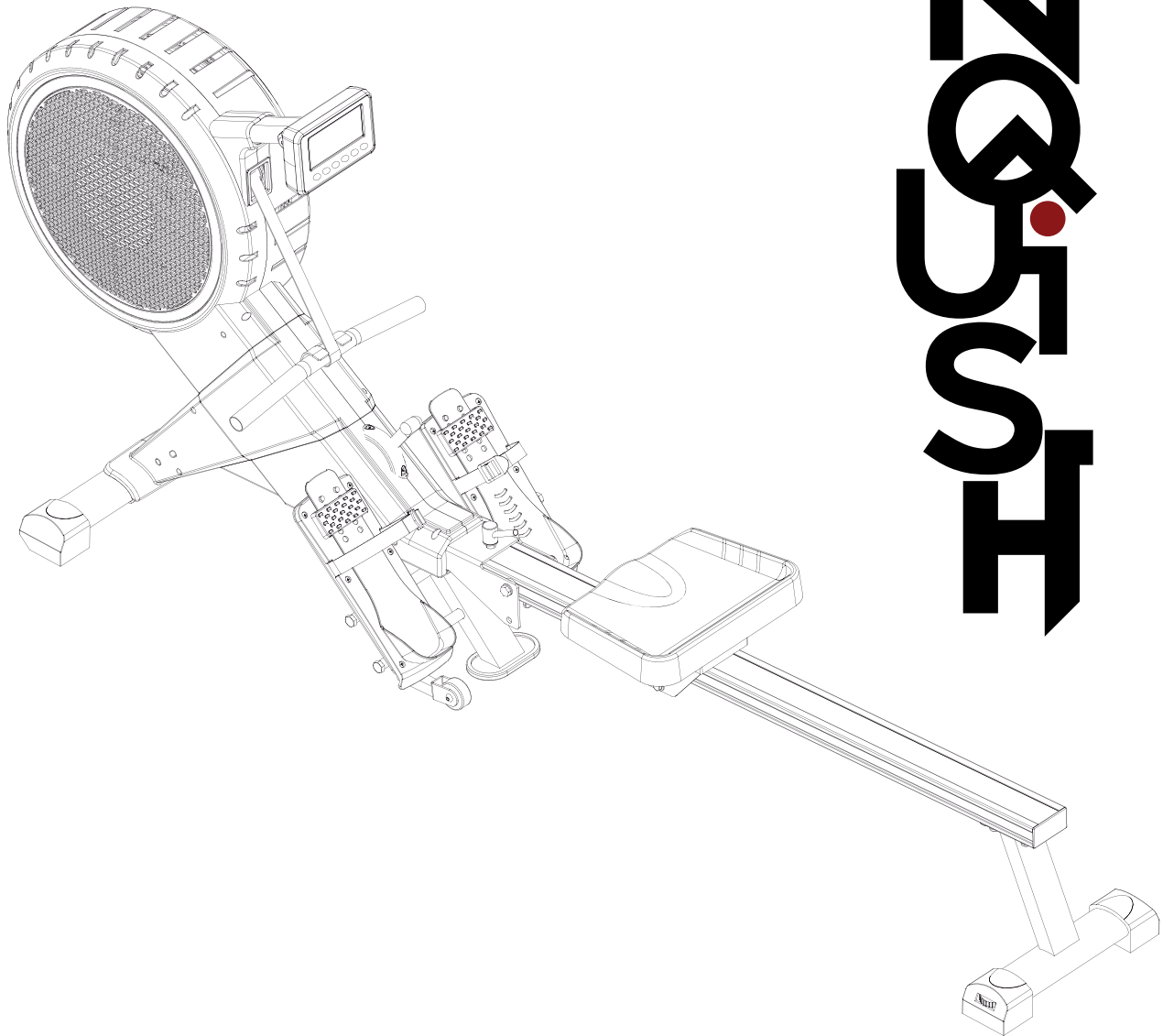




# ASSEMBLY MANUAL >

# VANQUISH



**Record serial number**

*Elite Vanquish Rowing Machine*

Thank you for purchasing the **Elite Vanquish 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 Vanquish 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.

## **ELITE FITNESS HQ**

11 George Bourke Drive  
Mt Wellington  
Auckland, New Zealand

info@elitefitness.co.nz  
0800 243 834  
<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: 120 KGS

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Dimensions: 230x54x107CM

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Shipping Weight: 40.20KG

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Net Weight: 34.50KG

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Power Requirements: 2PCS AA batteries

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# CONSOLE



## FUNCTION BUTTONS

- **UP/ DOWN:** To press these two buttons through available selection. To adjust the function value upward and downward.
- **ENTER:** To confirm your selection. During training, press the button to scan each display function.
- **START/ STOP:** To start and stop your selected workout program.
- **RESET:** To reset the computer back to the main menu.
- **RECOVERY:** To activate the RECOVERY PROGRAM that will automatically evaluate your fitness immediately after your work out.

## DISPLAY FUNCTIONS:

**TIME:** Preset target time by pressing UP and DOWN buttons (1min ~ 99 min), increase or decrease setting is 1 minute.

**TIME/ 500M:** Your average 500 metre time will automatically be displayed and continuously updated.

**SPM:** Strokes per minute.

**DISTANCE:** Preset target value by pressing UP and DOWN buttons ( 0 ~ 99900meters), increase or decrease setting is 100 metres.

**STROKES:** Preset target value by pressing UP and DOWN buttons (0~9990 strokes), increase or decrease setting is 10.

**TOTAL STROKES:** Accumulates total strokes from 0 up to 9999.

**CALORIES:** Preset target CALORIES by pressing UP or DOWN buttons (5Cal ~9990Cal), increase or decrease setting is 5Cal.

**PULSE:** To preset target value by pressing up/down/mode from 30 to 240, each increase/decrease setting is 1. The monitor will display user's heart rate during training. The pulse measurement function is only used by chest belt system;

**CALENDER:** Displaying year, month, and day when monitor is in sleep mode.

**TEMPERATURE:** Displaying current room temperature when the monitor is in sleep mode.

**CLOCK:** Displaying current clock when the monitor is in sleep mode.

## OPERATION:

1. Install 2PCS AA batteries→one long beep for 2 seconds →in the meanwhile, segment test for 2 seconds (Fig.1). Then, the monitor enters into the CLOCK & CALENDAR MODE.(Fig.2).
2. Firstly, you may enter into the CLOCK field to set YEAR (in the area of STROKES); MONTH (in the area of CALORIES); DAY (in the area of PULSE). After you confirm it, the ALARM will blink. Press UP KEY to set the ON/OFF which is the sign of the ALARM. If the sign don't display, you can press ENTER button to jump to the next one .When the sign of ALARM display "ON", you can press the ENTER button to set the time of the ALARM (the same way of the CLOCK setting). After the setting, you can slip into the picture of the SPORT (Fig.3).



Fig.1



Fig.2

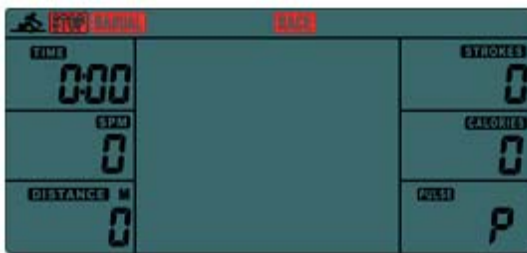


Fig.3



Fig.4

3. When you enter into the picture of the SPORT, the MANUAL & RACE will blink to be selected. Press UP or DOWN to select it, then press ENTER and confirm all you have selected.

### (1) MANUAL(Fig.4):

- A. Enter into the MANUAL mode, press UP to set the flickering figure of the TIME .Press ENTER to confirm it. Then, you can press UP to set DISTANCE→STROKES→CALORIES→PULSE→TIME immediately.(If you have set the target value for Time then DISTANCE can't be set, vice versa.)
- B. Press START KEY to START, the STOP icon will disappear. Press UP or DOWN to select functions.
- C. When the function you have selected count backwards to ZERO or you have pressed the STOP KEY, the monitor will STOP and display the average figure.

**(2) RACE (Fig.5):**

A. Enter into the RACE mode and L1 will glitter, the TIME/500M may display with 8:00. Then, you can press UP or DOWN to set L1 ~ L15 immediately, press ENTER to confirm. Where after, you can set the distance of the race (500M~10000M) while the figure of the DISTANCE is blinking.

Press ENTER and the picture of the race will display clearly on the screen.

The figure of the TIME/500M are as follows:

L1	L2	L3	L4	L5	L6	L7	L8	L9	L10	L11	L12	L13	L14	L15
8:00	7:30	7:00	6:30	6:00	5:30	5:00	4:30	4:00	3:30	3:00	2:30	2:00	1:30	1:00



Fig.5



Fig.6

B. Press START KEY to START and STOP will disappear. The USER & PC will display in the matrix. (Fig.6). the monitor will STOP when one have reached the distance of race which has been set before, then the matrix displays "PC WIN or USER WIN" (Fig.7) and may display the state of the energy after 6 seconds.



Fig.7

C. When the race is over, you can press the START to have a race once again. Press RESET to leave the picture of the race

**RECOVERY:**

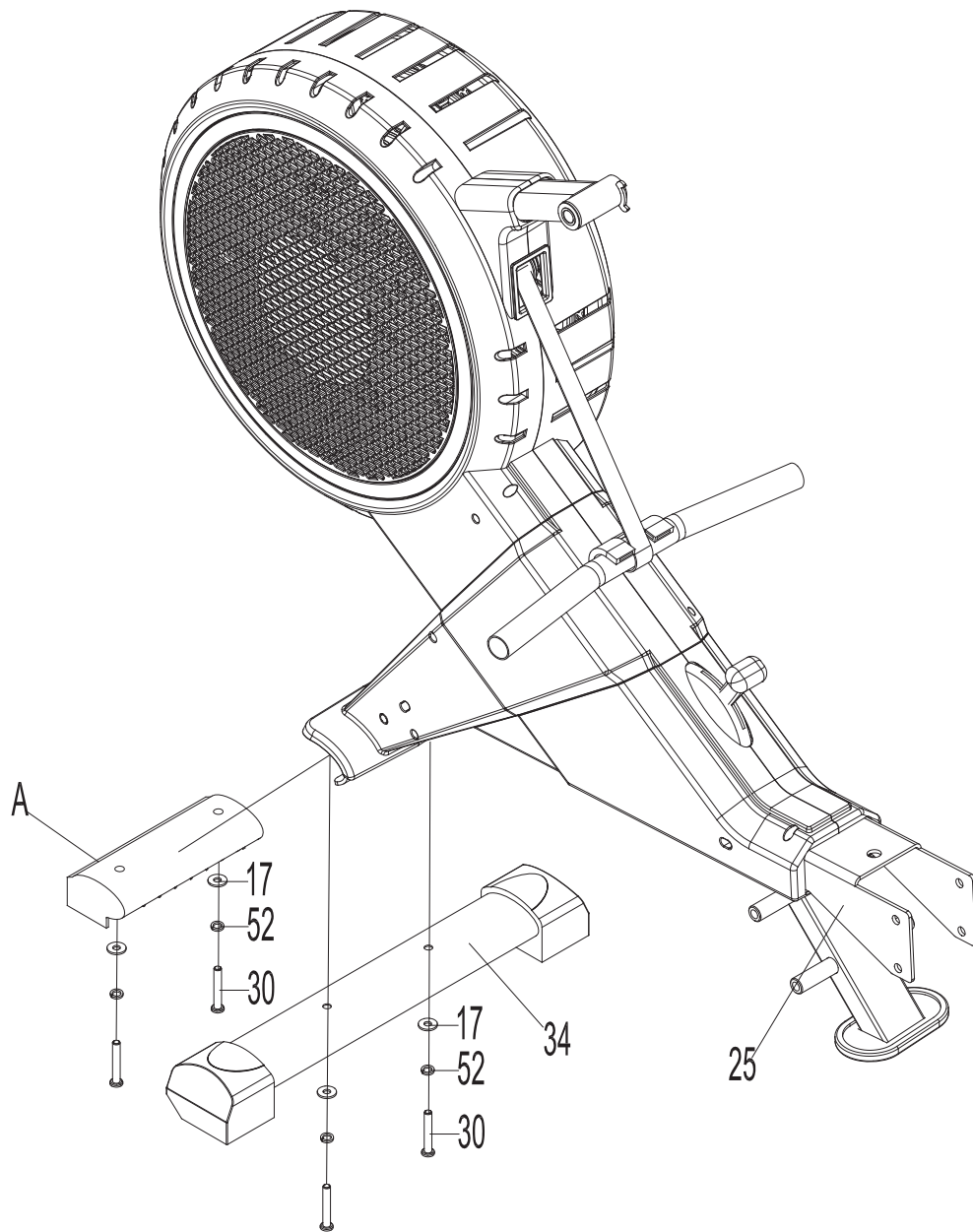
After exercising for a period of time, keep wearing chest strap and press "RECOVERY" button. All function display will stop except "TIME" starts counting down from 00:60 to 00:00. Screen will display your heart rate recovery status with the F1,F2....to F6. F1 is the best, F6 is the worst. User may keep exercising to improve the heart rate recovery status.

(Press the RECOVERY button again to return the main display.)



# ASSEMBLY INSTRUCTIONS

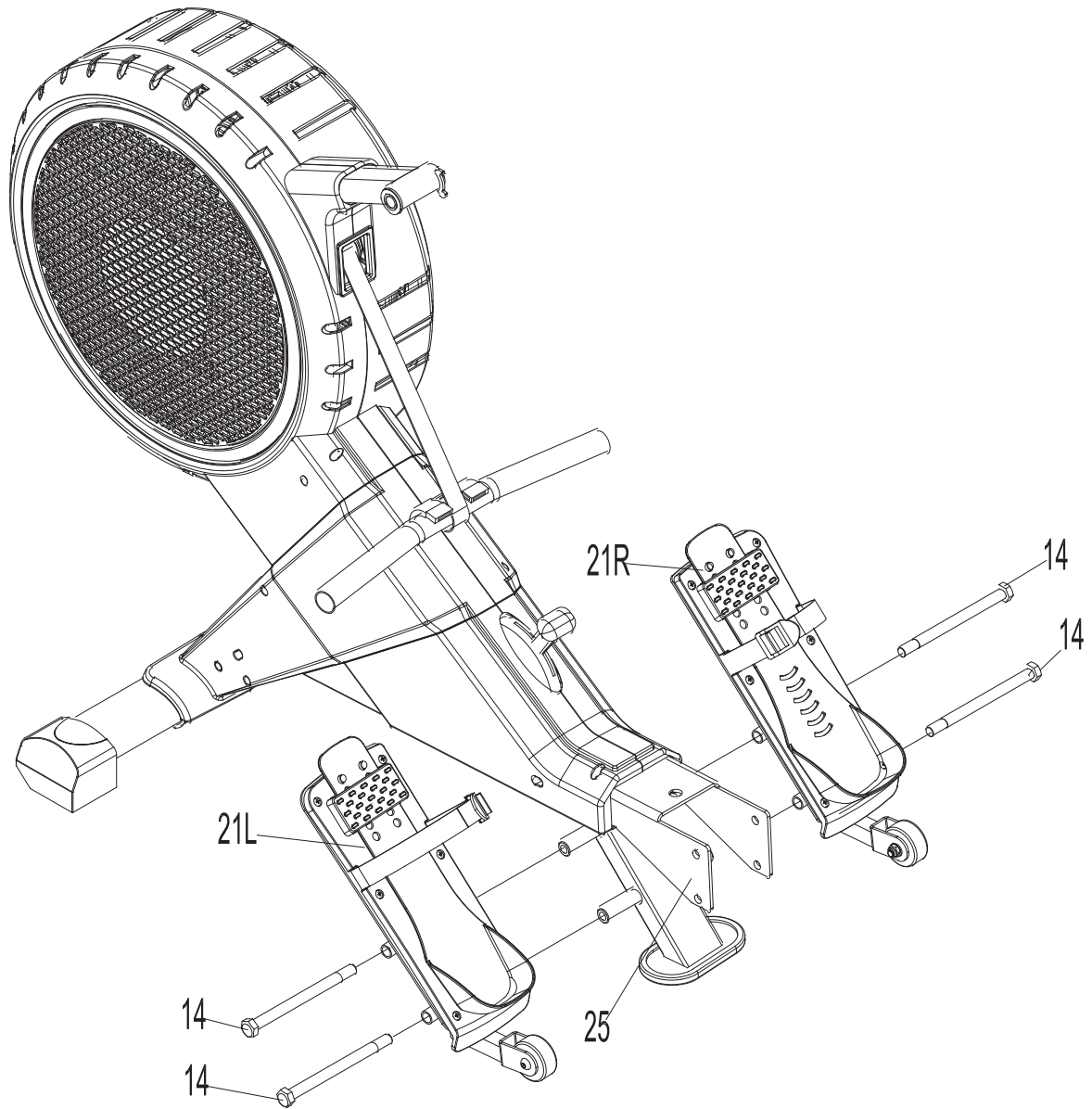
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## STEP 1

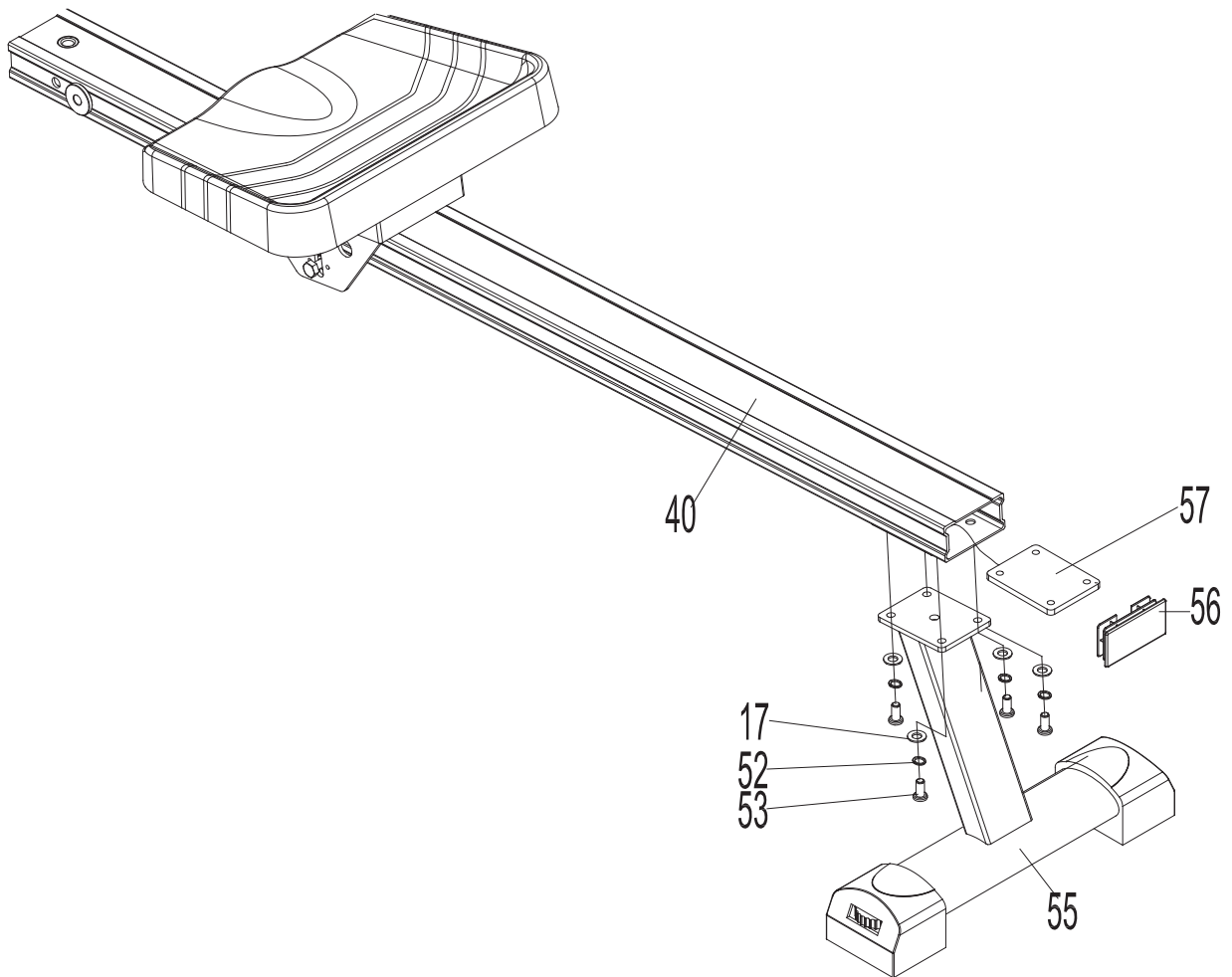
- Remove plastic package Stabiliser (A) from the Main frame (25).
- Fix the Front Stabiliser (34) to the Main frame (25) with Inner hex pan head bolt (30), Spring washer (52) and Washer (17 that just removed from the plastic package).





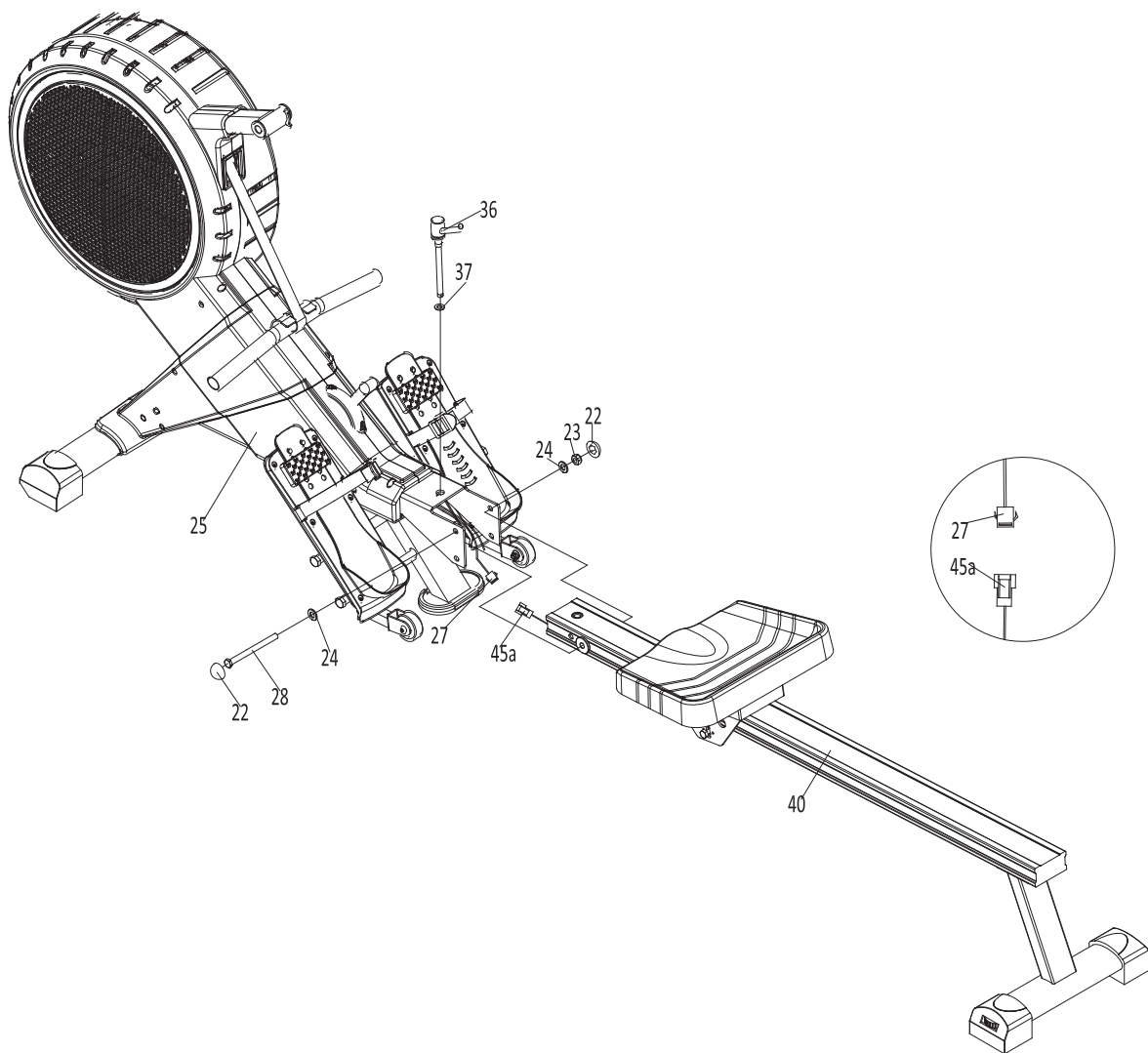
## STEP 2

- Fix the Foot rest support (21L/R) to the Main frame (25) with Hex bolt (14).



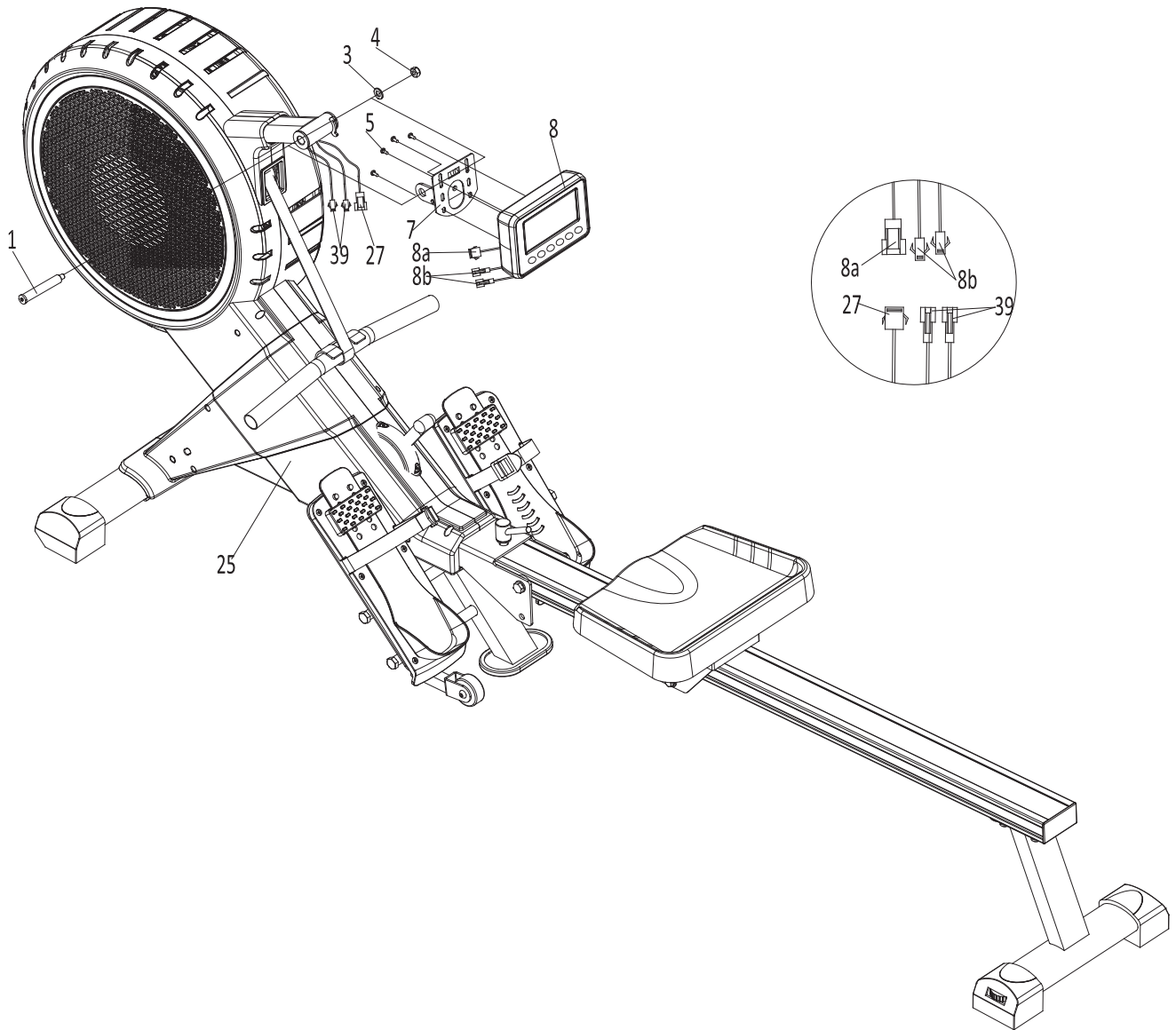
### STEP 3

- Put the Nut plate (57) into the inner side of the Aluminium guide rail (40) first.
- Fix the Rear Stabiliser (55) to the nut plate (57) with Inner hex pan head bolt (53), Spring washer (52) and Washer (17).
- Press Aluminium guide rail end cap (56) to the end of the rail.



#### STEP 4

- Connect wire (45a) and Trunk wire (27) first, and then insert the wire into the Aluminium guide rail (40).
- Insert the Aluminium guide rail (40) into the Main frame (25) first, and then fix it with Hex nut (28), Washer (24) and Nylon nut (23). and the press the Sphere end cap (22).
- At last fix the Aluminium guide rail (40) to the Main frame (25) with Knob (36) and Washer (37).



## STEP 5

- Connect the Display support (7) to the Main frame (25) with Step bolt (1), Nylon nut (4) and Washer (3).
- Fix the display (8) to the Display support (7) with Cross pan head screw (5).
- Connect Display wire (8a) with Trunk wire 2 (27), (8b) with Sensor wire (39).

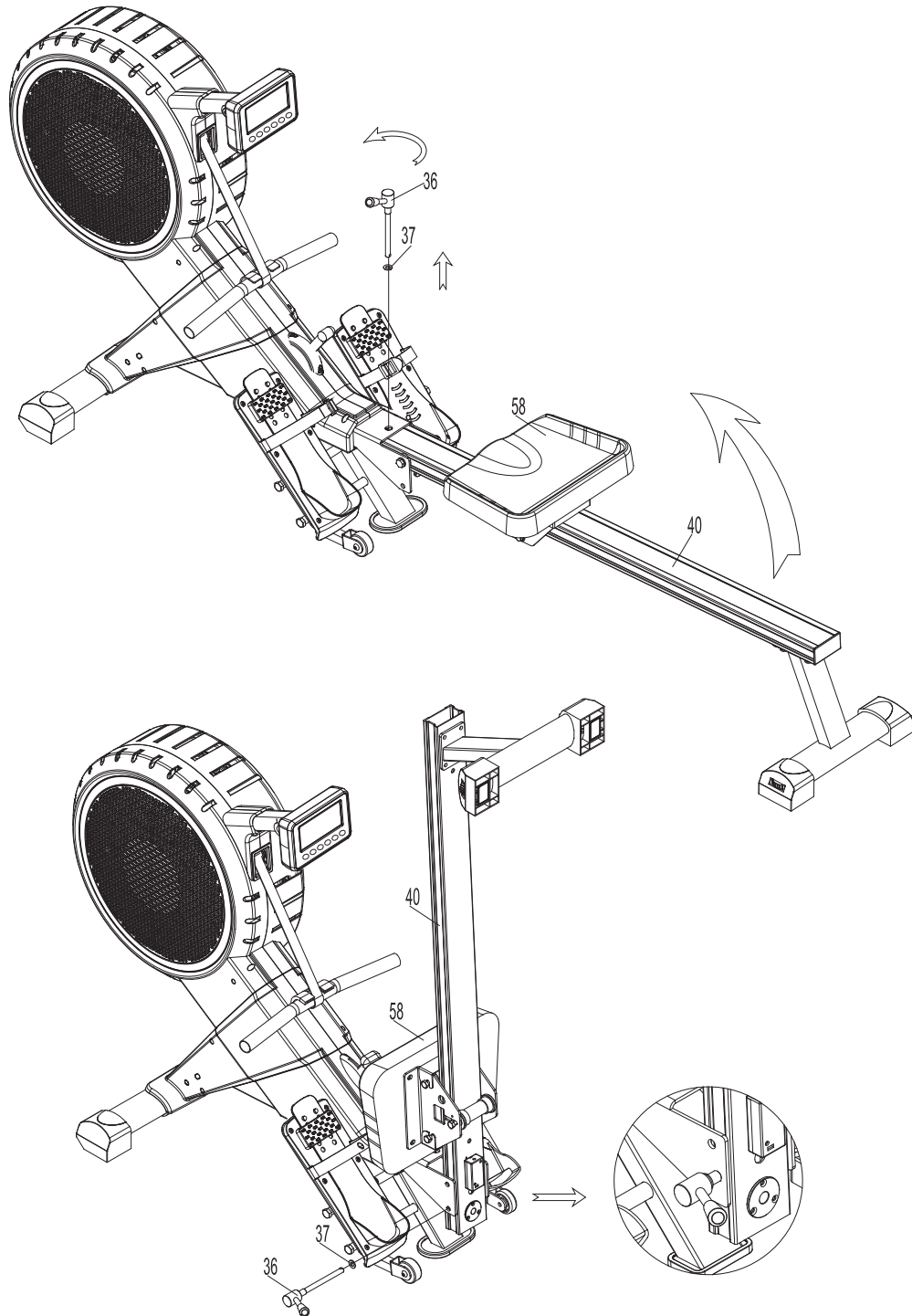
## CONGRATULATIONS

Assembly of your **Elite Vanquish 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 Vanquish Rowing Machine** and serious injury to users and bystanders and can also compromise the effectiveness of your exercise program.

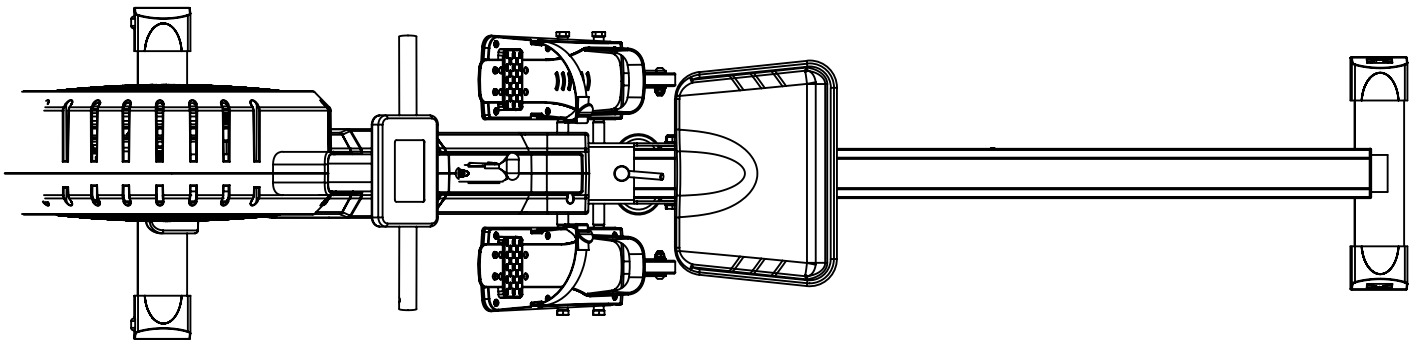
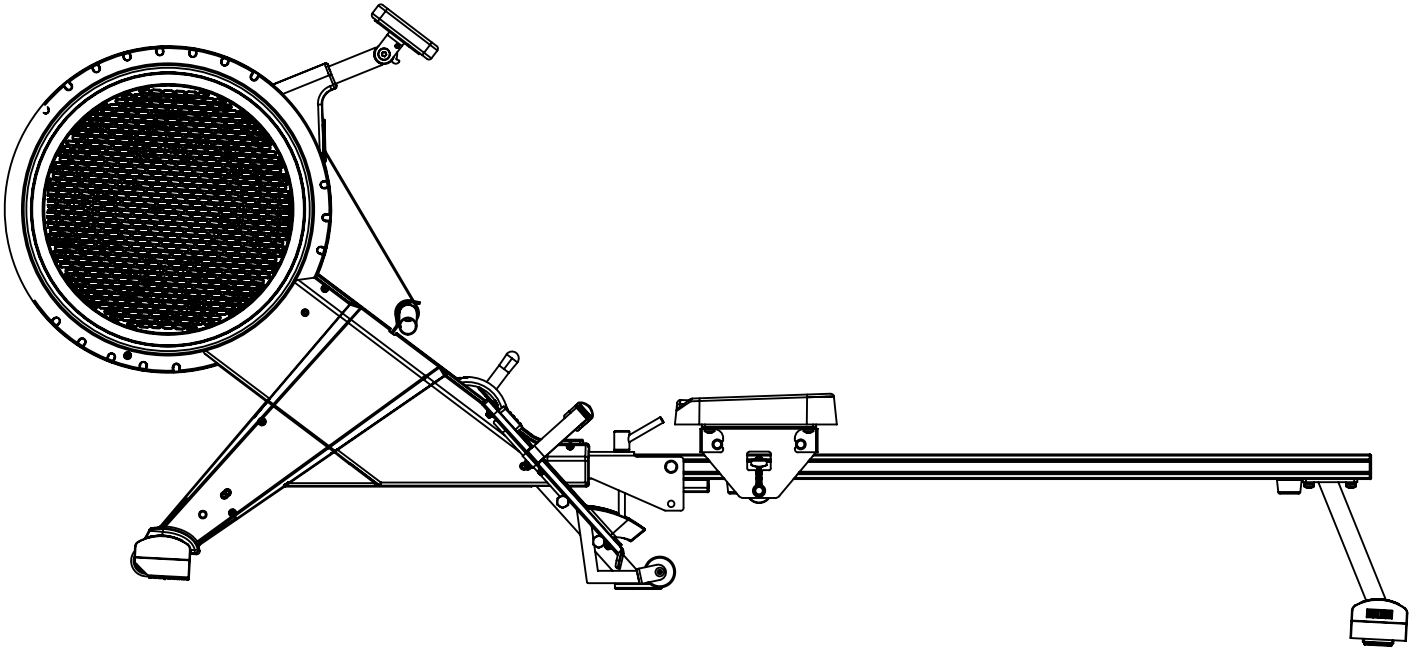
## STORAGE - FOLD UP DESIGN



### STEPS

- First please screw out the Knob (36) and Washer (37).
- Then hold the Aluminium guide rail (40) to the vertical position.
- At last insert the Knob (77) and Washer (68) into the fixation hole. please see the picture as following.

**ATTENTION: PLEASE TAKE CARE WHILST FOLDING THE RAIL. ENSURE THE SEAT IS POSITIONED TOWARDS THE FRONT OF THE RAIL.**





## CARE AND MAINTENANCE

---

### **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.

#### **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.



# 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;

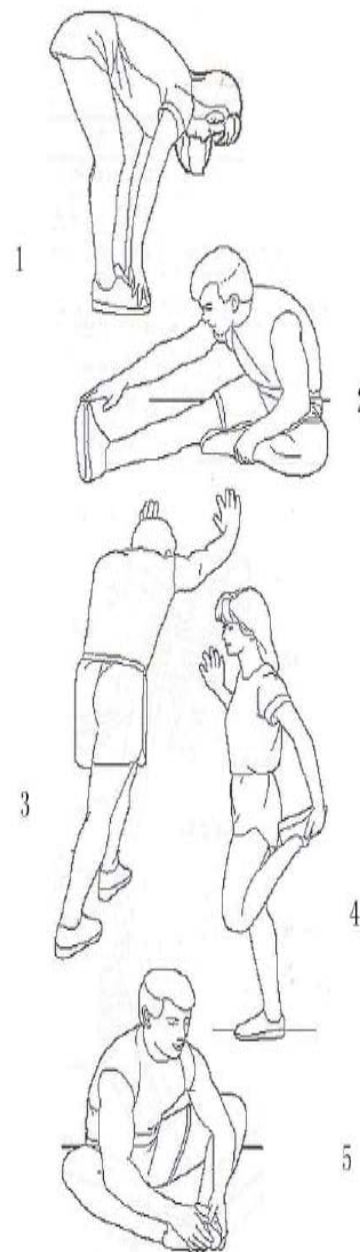
## Repair and Maintenance Service

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).

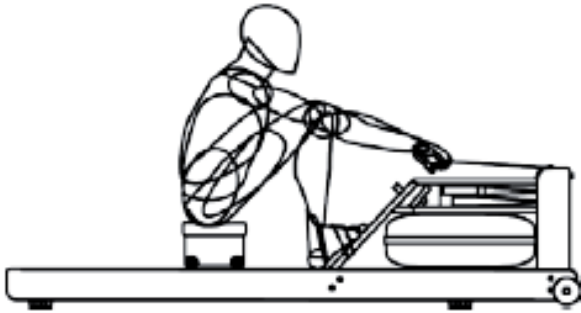


# ROWING TECHNIQUES

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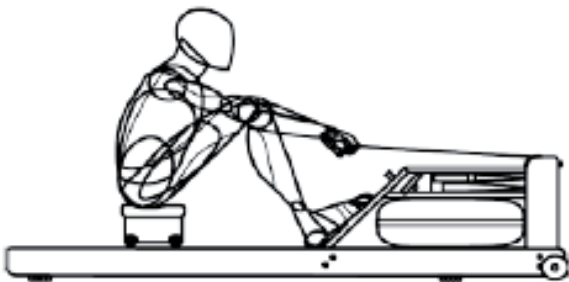
The Rowing Action uses 84% of your muscle mass; from the tips of the fingers holding the handle, to the balls of the feet connected to the footboard, all the muscles between these 2 points contribute to the Rowing Action.

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.



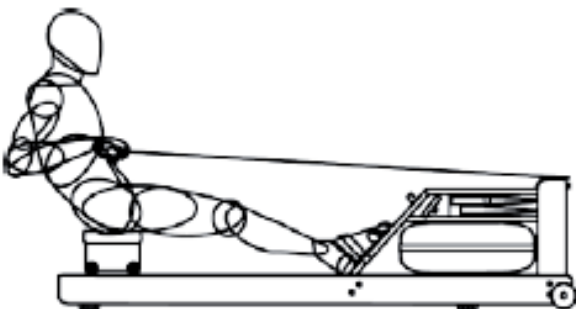
## CATCH POSITION

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	Step Bolt	1
2	Shaft sleeve	2
3	Washer	1
4	Nylon nut	3
5	Cross pan head bolt	4
6	Belt	1
7	Display support	1
8	Display	1
9	Cross pan head screw	14
10	Washer	12
11	Foot rest fixation block	2
12	Nylon nut M5	12
13	Fixation band	2
14	Hex bolt	4
15	Foot rest	2
16	Rubber pad	1
17	Washer	20
18	Wheel	2
19	Inner hex bolt	2
20	Inner hex countersunk bolt M8x20	2
21L/R	Foot rest support	1 pair
22	Sphere end cap	2
23	Nylon nut	1
24	Washer	2
25	Mainframe	1
26	Wheel	3
27	Trunk wire	1
28	Hex bolt	1
29	Cross pan head self-drilling srew	33
30	Inner hex pan head bolt	2
31	Handlebar	1
32L/R	Front stabilizer end cap	1 pair
33	Bolt for chain adjustment	2
34	Front stablizer	1
35	Wire holder	1
36	Knob	1
37	Washer	1
38	Strengthen column	1
39	Sensor wire	2
40	Aluminum guide rail	1

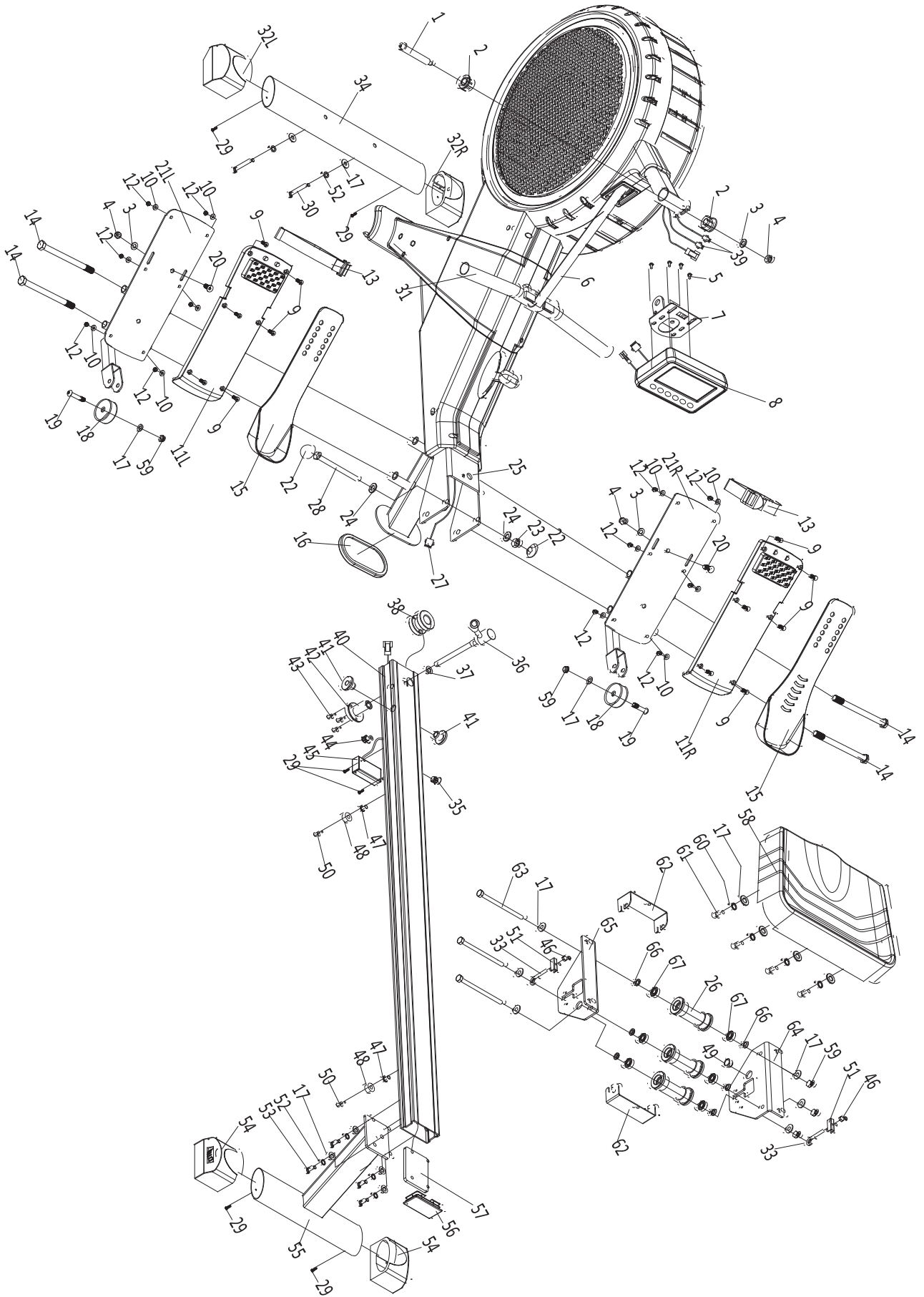
PART NO.	DESCRIPTION	Q'TY
41	Guide rail sleeve	2
42	Limited column	1
43	Cross pan head countersunk screw	3
44	Wire holder	1
45	Pulse box	1
46	Nylon nut M6	2
47	Nut	2
48	Cushion pad	2
49	Round magnet	1
50	Inner hex cylinder head bolt	2
51	U seat	2
52	Spring washer	8
53	Inner hex bolt	4
54	Adjustable end cap	2
55	Rear stabilizer	1
56	Aluminum guide rail end cap	1
57	Nut plate	1
58	Saddle	1
59	Nylon nut M8	5
60	Spring washer	4
61	Hex bolt	4
62	U block	2
63	Hex bolt	3
64	Saddle support assembly	1
65	Saddle support	1
66	Wheel sleeve	6
67	Bearing 608Z	6
68	Belt wheel shaft	1
69	Bearing 6300-2RS	1
70	Circlip for hole	1
71	Shaft for belt fixation	1
72	Friction belt wheel	1
73	One way bearing	1
74	Belt wheel	1
75	YK-AR1801 buckle	2
76	PC plate	1
77L/R	Chain cover	1 pair
78	Bearing 6000-2RS	1
79	Rubber gasket ring	1
80	Hex bolt	2

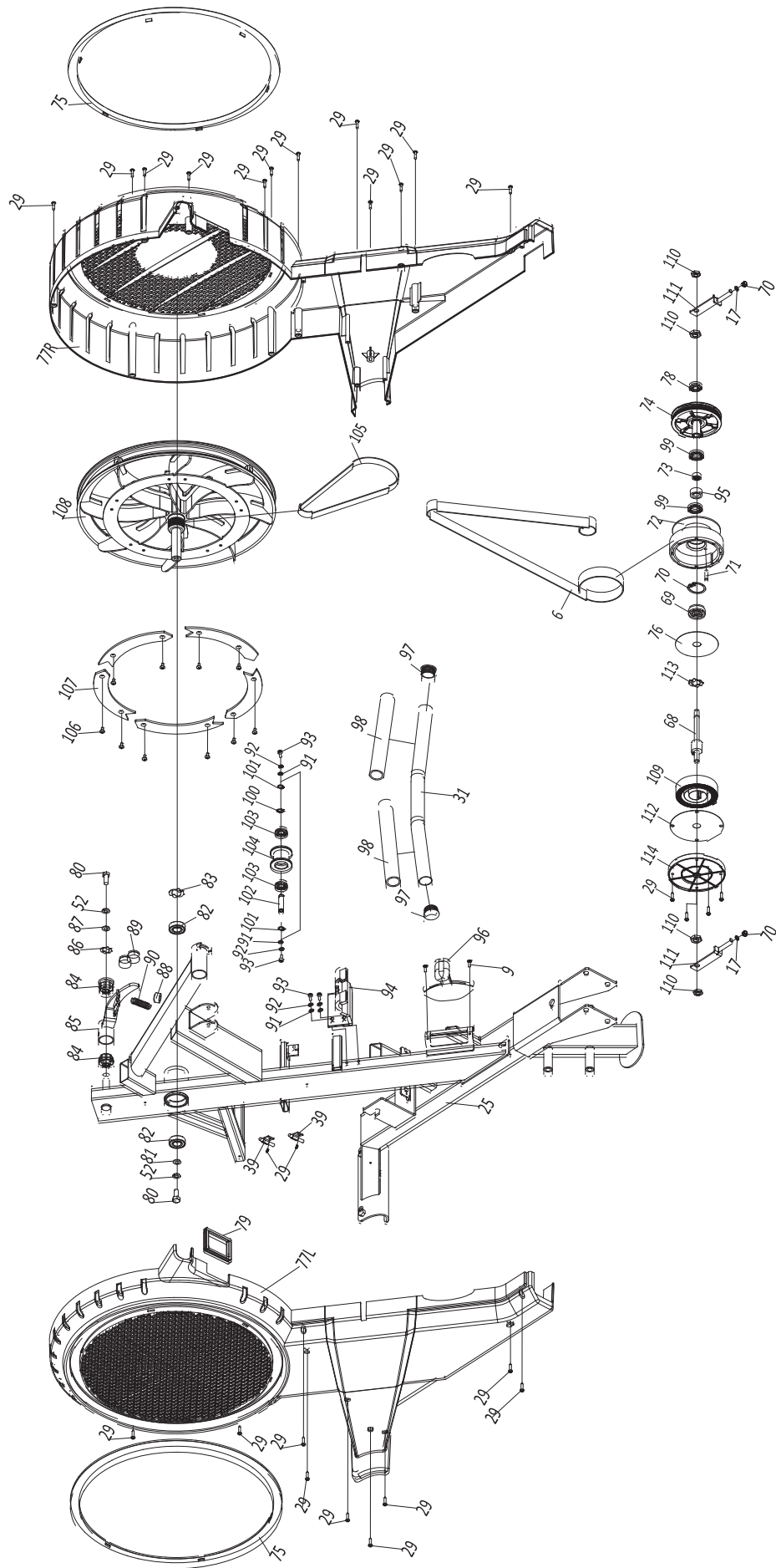


PART NO.	DESCRIPTION	Q'TY
81	Washer	1
82	Bearing 6004-2RS	2
83	Corrugated washer	1
84	Shaft sleeve	2
85	Magnet plate	1
86	Corrugated washer	1
87	Washer	1
88	Bush for spring	1
89	Round magnet	2
90	Pressing spring	1
91	Washer	4
92	Spring washer	4
93	Inner hex cylinder head bolt	4
94	Handlebar fixation plate	1
95	Bearing circle	1
96	AL 902H resistance controller	1
97	Round end cap	2
98	Foam	1
99	Bearing 16003-2RS	2

PART NO.	DESCRIPTION	Q'TY
100	Corrugated washer	1
101	Shaft ring	2
102	Shaft of band wheel	1
103	Bearing 6000-ZZ	1
104	Belt pulley	1
105	Multi-V belt	10
106	Cross countersunk head self-drilling screw	5
107	Aluminum plate	1
108	Magnet air wheel	1
109	Curl spring	1
110	Hex thin nut	4
111	L chain adjusting bolt	1
112	PC Cover	1
113	Corrugated washer	1
114	Band wheel outer end cap	1
115	PC plate	1
116	Coil spring	1
117	Band wheel shaft	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, 11 George Bourke Drive, Mt Wellington, Auckland, New Zealand.  
0800 243 834, [www.elitefitness.co.nz](http://www.elitefitness.co.nz)

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