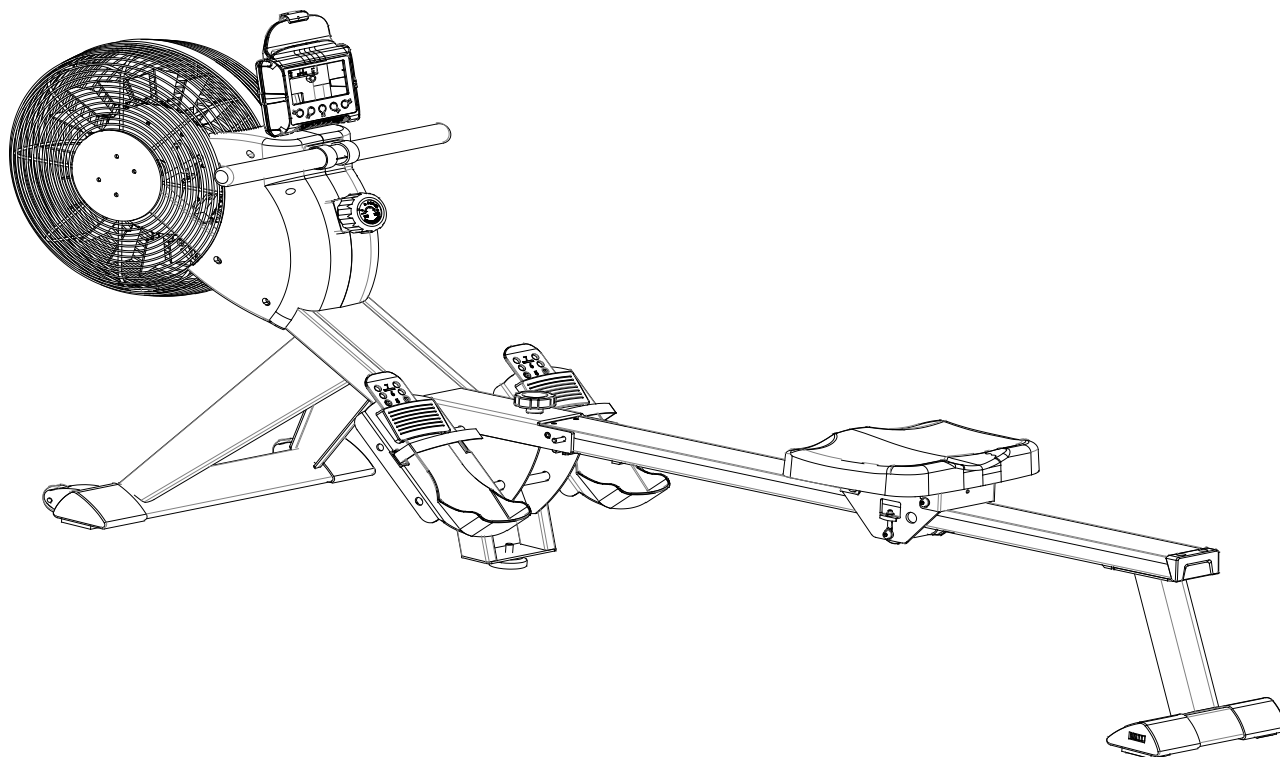# Abilica Rower 40

Note! Please read this manual carefully before assembling and using this product. The shape of the product is subject to change without prior
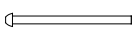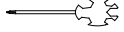
SAFETY INSTRUCTIONS

Thank you for purchasing our products. The correct use of this equipment is your guarantee of safety and health. Please read this manual carefully before installing and using this equipment! Exercises can be made safe and effective only if they are properly installed, maintained, and used.

1. Before starting a practice program, consult your doctor to determine your current physical condition and whether it will be hazardous to your health when using this equipment. If you are doing some treatment about heart rate, blood pressure, and cholesterol, then the doctor's advice is very important.

2. Pay attention to some signals from your own body. Incorrect and excessive exercise will hurt your health. If you feel the following discomfort: pain, chest tightness, fast heartbeat, shortness of breath, top-heavy, dizzy, and nausea, stop practicing immediately. If you want to continue your practice program, please consult your doctor first.

3. Keep children and pets away from this equipment. This equipment is designed for adults.

4. Put a sturdy, flat material at the bottom of the equipment to protect your floor and carpet. For your safety, please ensure that there is at least 0.6m of free space around the equipment.

5. Please ensure that the screws and nuts are tightly locked before use and check the product regularly.

6. Please use the machine carefully. If you notice any defects when installing or using the equipment, or if you hear any abnormal noise, stop the exercise immediately. Do not continue to use the machine until the problem is resolved.

7. Wear fitted clothing during exercise to prevent loose clothing from being shackled or restricting movement.

8. Do not put your fingers or other objects in the equipment.
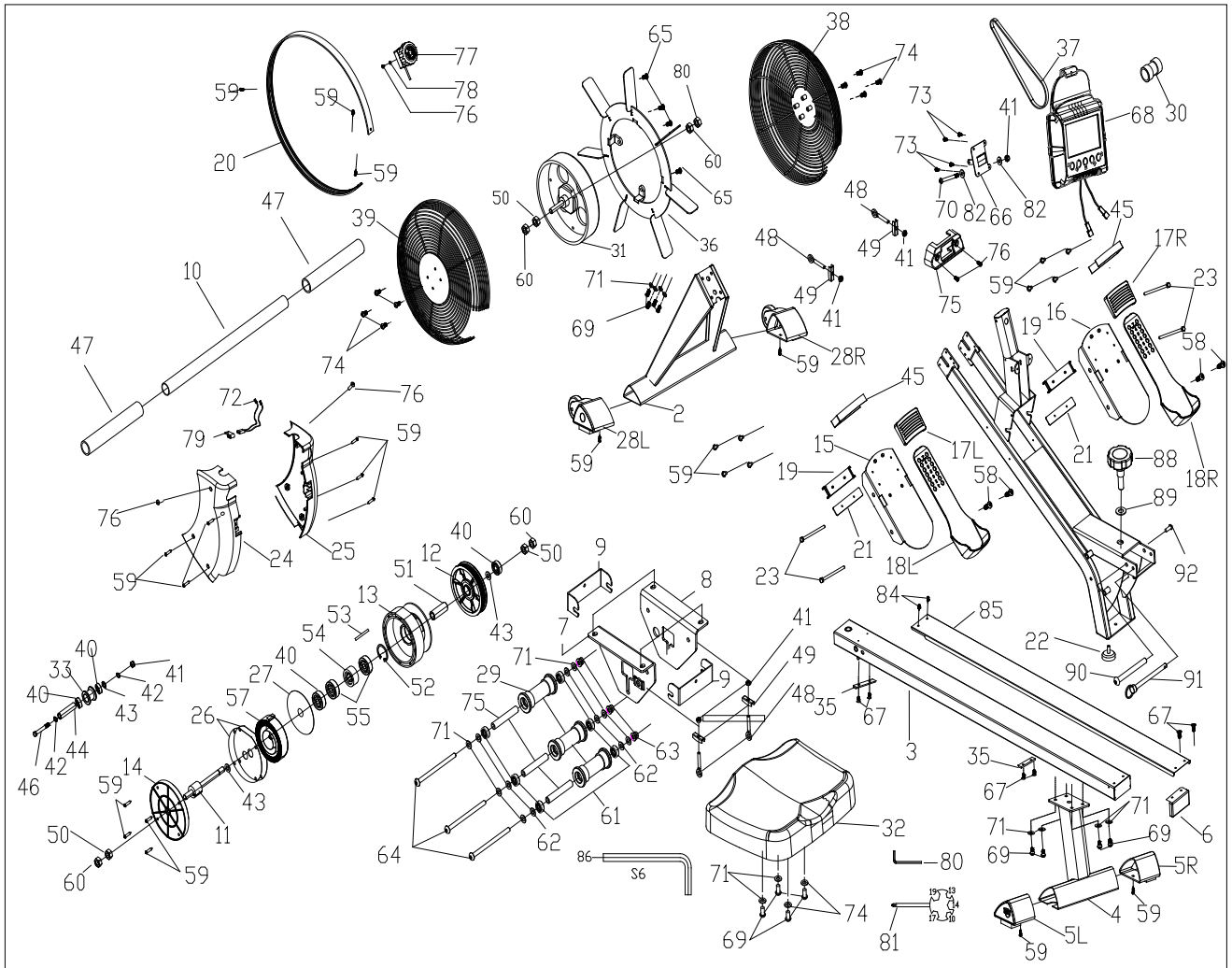
9. The maximum load of this product is 135KG (300 lbs).

10. This product cannot be used as a medical device.

11. Be careful when handling this equipment to avoid unnecessary injury.

12. This product is suitable for use in a cool, dry environment. Do not store in extremely cold, hot or humid places as this may corrode the product or cause other problems.

13. This product is for indoor use only and is not suitable for commercial use.

HARDWARE PACK:

#88 Rail Knob M12 1pc	#71 Flat Washer (φ16xφ8.5x1.5mm) 8pc
#89 Washer D12xΦ24x2mm 1pc	#69 Socket Head Cap Screw M8x20mm 8pc
#92 Screw M6x16mm 1pc	#35 Rubber Pad 1pc
#90 Screw M6x25mm 1pc	Allen Wrench 6mm
#70 Button Head Cap Screw M6x70mm 1pc	Allen Wrench 5mm
#67 Phillips Flat Head Screw M6x10mm 4pc	Open End Wrench S13-S19mm
#41 Nut M6 1pc	#6 Rail Frame Plug 1pc
#82 Washer D6.5xΦ12x1.5mm 1pc	
#91 Pull Pin 1pc	
#23 Hex Socket Head Cap Screw M12 4pc	

EXPLODED VIEW

PARTS LIST

No.	Name	Q'TY	No.	Name	Q'TY
1	Main Frame	1	42	Shaft Circlip D10	2
2	Front Stabilizer	1	43	Arc Washer D10xΦ15	2
3	Rail Frame	1	44	Wheel Casing	1
4	Rear Stabilizer	1	45	Pedal Strap	2
5	Rear Stabilizer Plug	2	46	Hex Screws M6x55x15xS10	1
6	Rail Frame Plug	1	47	Handlebar Foam	2
7	Left Seat Support Plate	1	48	Adjustment Lever	4
8	Right Seat Support Plate	1	49	Chained U Shape (30x10xT1.5mm)	4
9	U-shaped Baffle	2	50	Hex Nut M10	4
10	Handlebar	1	51	One-way Bearing Sleeve (ф17*44)	1
11	Connection for Badange and Wheel Axle	1	52	Washer D36	1
12	Belt Pulley Φ26*104mm	1	53	Bandage Fixed Shaft	1
13	Bandage Wheel Set	1	54	One-way Bearing (ф35xD17x16mm)	1
14	Spiral Spring Cover	1	55	Bearing 16003	2
15	Left Pedal Support Plate	1	56	Bearing 6300	1
16	Right Pedal Support Plate	1	57	Spiral Spring t0.5x22x5080mm	1
17	Foot Pedal Holder	2	58	Phillips Flat Head Screw M5x10mm	4
18	Foot Pedal	2	59	Phillips Pan Head Self-Tapping Screw ST4.2x16mm	17
19	Strap Fixed Plate A	2	60	Hex Flange Nut M12	4
20	Fan Cover Connection	1	61	Bearing 6008-2Z	6
21	Strap Fixed Plate B	2	62	Roller Spacer	6
22	Foot Cushion	1	63	Nut M8	3
23	Hex Socket Head Cap Screw M12	4	64	Hex Screw M8	3
24	Left Cover	1	65	Button Head Cap Screw M6x10mm	4
25	Right Cover	1	66	Console Support Plate	1
26	Wheel Cover	1	67	Phillips Flat Head Screw M6x10mm	4
27	Bandage Wheel Board	1	68	Console	1
28	Front Foot Tube Plug	2	69	Socket Head Cap Screw M8x20mm	16
29	Roller (POM)	3	70	Button Head Cap Screw M6x70mm	1
30	Handlebar Connection	1	71	Flat Washer (ф16xф8.5x1.5mm)	26
31	Megnat	1	72	Sensor Wire	2
32	PU Seat Cushion	1	73	Phillips Round Head Screw M5x12mm	4
33	Belt Wheel	1	74	Socket Head Cap Screw M6x35mm	8
35	Rubber Pad	2	75	Armrest Fixing Pad	1

PARTS LIST

36	Fan	1	76	Phillips Round Head Screw, M5x12mm	4
37	Belt	1	77	Resistance Knob	1
38	Right Fan Cover	1	78	Washer D6xΦ12x1.5mm	1
39	Left Fan Cover	1	79	Sensor Clip	1
40	Bearing 6000	3	80	Allen Wrench S5mm	1
41	Nut M6	5	81	Open End Wrench S13mm-S19mm	1
82	Washer D6.5xΦ12x1.5mm	2	88	Rail Knob	1
83	Screw M4x15mm	10	89	Washer D12xΦ24x2mm	1
84	Screw ST4.2x12mm	2	90	Screw M6x25mm	1
85	Stainless Steel Rail	1	91	Pull Pin	1
86	Allen Wrench 6mm	1	92	Screw M6x16mm	1
87	Screw ST4.2x9.5mm	8			

ASSEMBLY INSTRUCTION
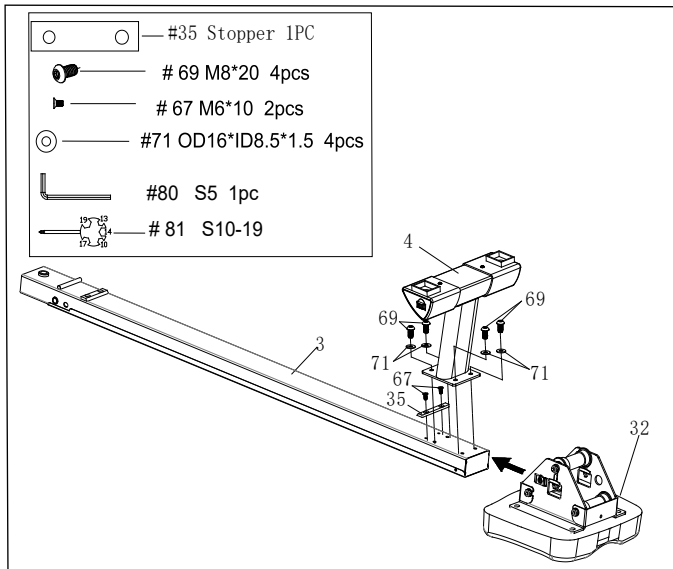
Step 1:

Turn over the Rail frame (#3) and PU Seat Cushion (#32). Attach the Rubber Pad (#35) to the Rail frame by using 2pcs of Phillips Flat Head Screw M6x10mm (#67). Then attach the Rear Stabilizer (#4) to the Rail frame (#3) by using 4pcs of Socket Head Cap Screw M8x20mm (#69) and 4pcs Flat Washer (#71). Tighten and secure with Open End Wrench (#81).
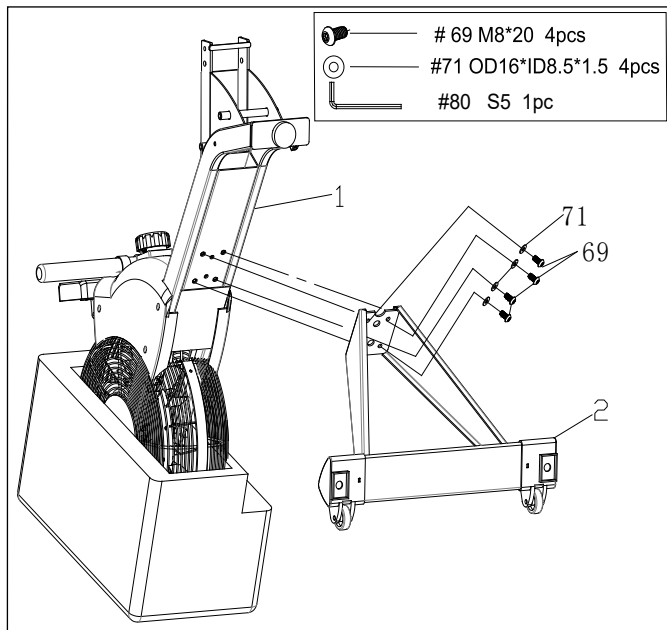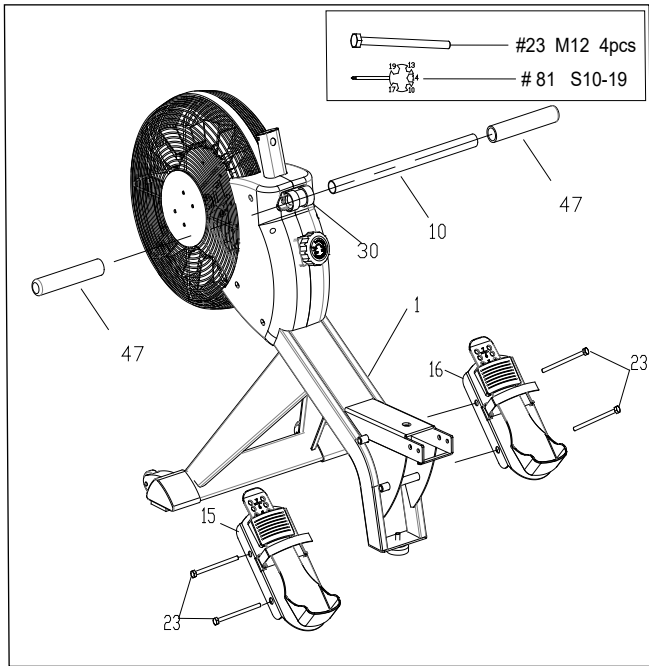

Step 2:

Connect the Front Stabilizer (#2) with Main Frame (#1) by using 4 pcs Socket Head Cap Screw M8x20mm (#69) and 4pcs Flat Washer (#71).
Tighten with Allen Wrench (#80).

Note: The frame has a package of Styrofoam in the middle of the assembly. When assembling, the front roller is facing downwards. After tightening the screws, stand up and remove the Styrofoam
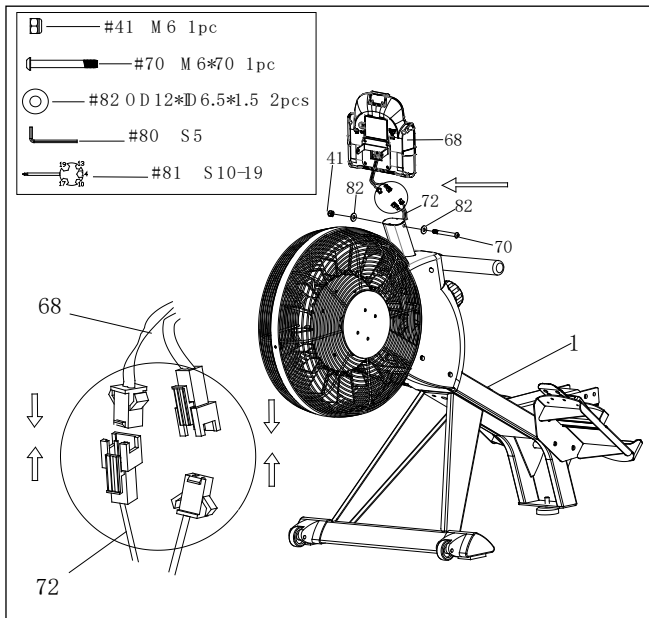
ASSEMBLY INSTRUCTION

Step 3:

1. Attach Left / Right Pedal Support Plate (#15/ 16) to Main frame (#1) by using 4 pcs of Hex Socket Head Cap Screw M12 (#23).
Tighten securely with the Open End Wrench (#81).
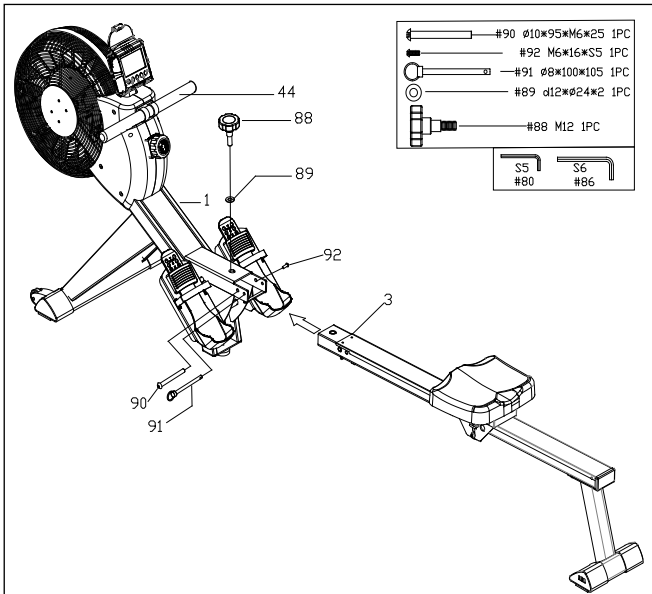
2. Insert the Handlebar (#10) to the Handlebar Connection (#30), then insert the Handlebar Foam (#47) to the bothside of Handlebar (#10).

Step 4:

Connect the two Sensor Wires (#72), then attach the Console（#68）to the Main Frame (#1) by using Button Head Cap Screw M6x70mm (#70), Washer D6.5xΦ12x1.5mm (#82) and Nut M6 (#41). Tighten with Allen Wrench (#80) and Open End Wrench (#81).

ASSEMBLY INSTRUCTION

#90 Ø10*95*M6*25 1PC
#92 M6*16*S5 1PC
#91 Ø8*100*105 1PC
#89 d12*Ø24*2 1PC
#88 M12 1PC

| S5 | S6 |
| #80 | #86 |

Step 5:

1. Attach the Rail frame (#3) to the Main Frame (#1) by using 1 pc of Screw M6x25mm (#90) and 1 pc of Screw M6x16mm (#92).

Tighten and secure with Allen Wrench (#80) and Allen Wrench (#86).

2. Attach the top of the Rail frame (#3) to the Main Fram (#1) using 1 pc of Rail Knob (#88) and 1 pc of Washer D12xΦ24x2mm (#89), then insert Pull Pin (#91).
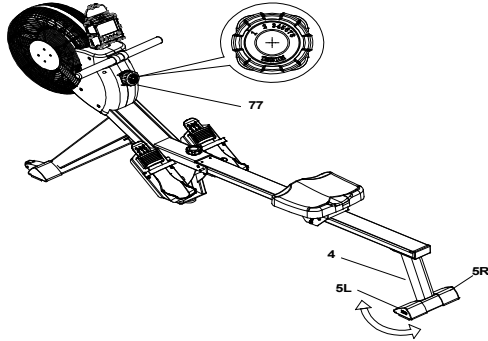

67 M6*10 2pcs

#6 1pc

81 S10-19
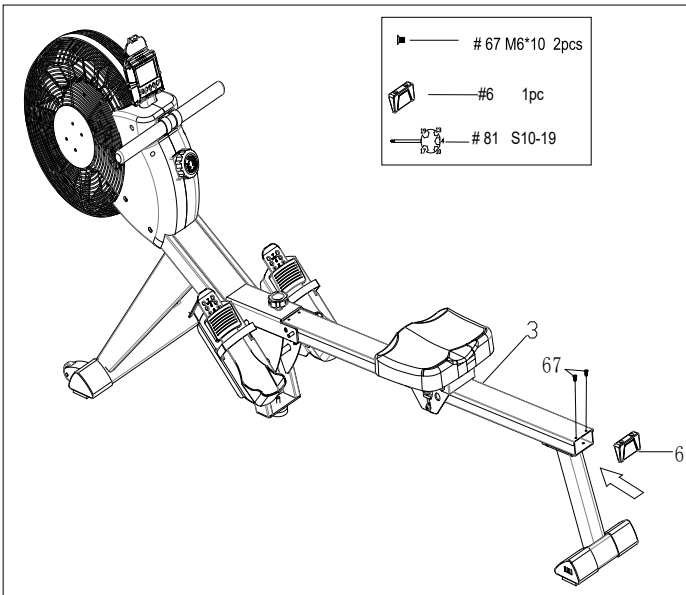
STEP 6:

Attach the Rail Frame Plug (#6) to the Rail frame (#3) by using 2 pcs of Phillips Flat Head Screw M6x10mm (#67). Tighten and secure with Open End Wrench (#81).

ADJUSTMENT GUIDE

ADJUSTING THE BALANCE

Adjust the **Rear Stabilizer Plug (#5L/R)** on the **Rear Stabilizer (#4)** of the rower if the rower is unbalanced during use.

MOVING THE ROWER

To move the rower, lift up the **Rear Stabilizer (#4)** until the transportation wheels on the front stabilizer touch the ground. With the wheels on the ground, you can transport the rower to the desired location. Moving parts, such as the seat, may crush and cut. Keep hands clear from the **Rail frame (#3)** while using.
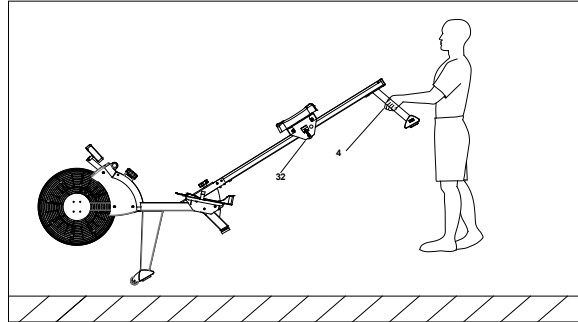
STORAGE

When not in use, you can save space by folding the **Rail frame (#3)**.

1. Disassemble **Rail knob (#88)** and **Washer (#89)** and pull out the **Pull pin (#91)**. Fold the rail frame to vertical angle (*Figure A*).
SAFETY NOTE: the seat will glide down when folding the sliding rail.

2. Reinsert **Pull pin (#91)** into the hole on the main frame, then tighten **Rail knob (#88)** and **Washer (#89)** to **Rail frame (#3)**. (*Figure B*)
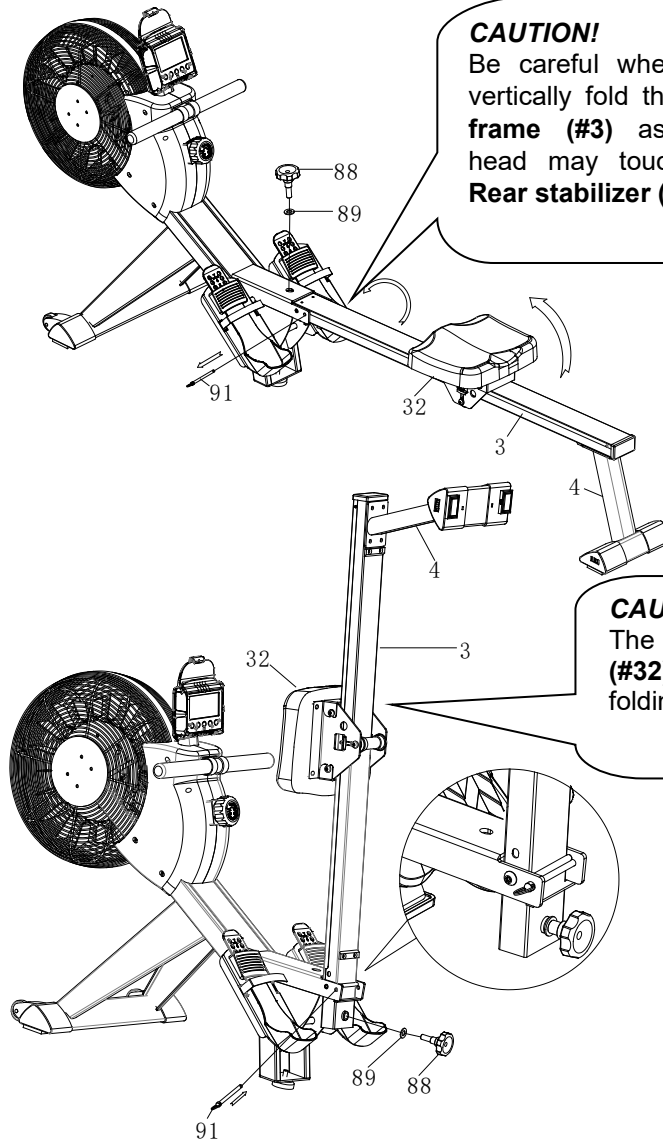
CAUTION!
Be careful when you vertically fold the **Rail frame (#3)** as your head may touch the **Rear stabilizer (#4)**.

Figure A

CAUTION!
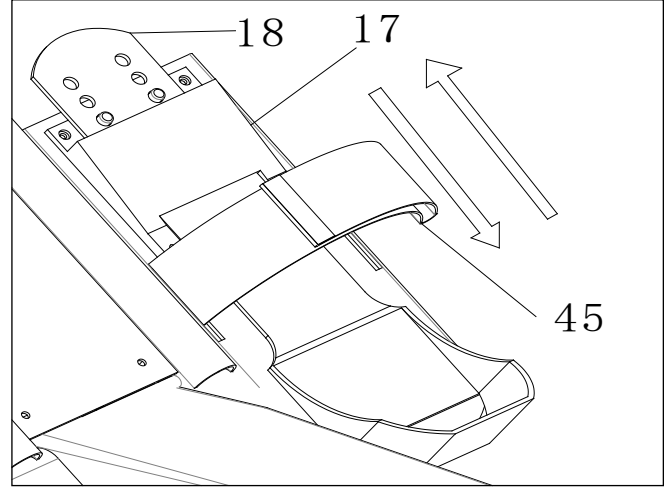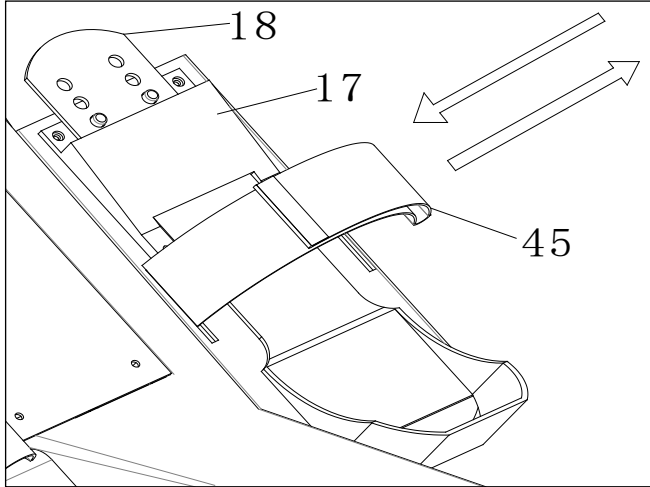The **PU Seat Cushion (#32)** will glide down when folding the **Rail frame (#3)**.

Figure B

ADJUSTMENT GUIDE

PEDAL ADJUSTMENT

The pedal strap is adjustable and can be personalized to fit the user's foot size.
The position of the foot can be adjusted by adjusting the length of the pedals, and the foot size of different users can be applied.

COMPUTER INSTRUCTION

【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 meter 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 meters.

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.

【OPERATION】

1. Install 2 PCS AA batteries → one long beep for 2 seconds → in the meanwhile, segment test for 2 seconds (Fig.1). Then the console will enter into workout mode (Fig 2).
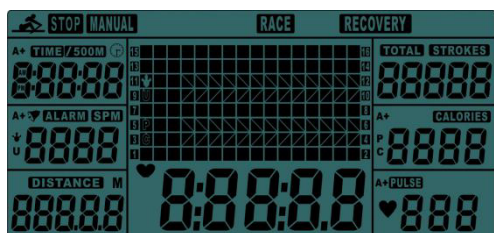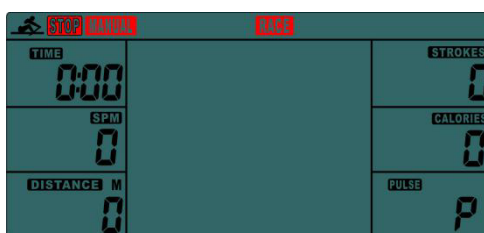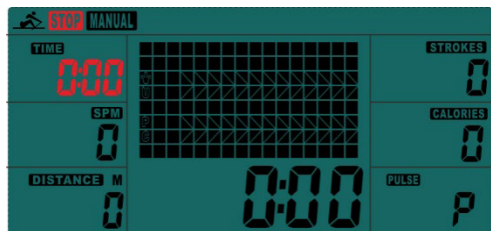

Fig.1

Fig.2

Fig.3

2. 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.3):

   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.4):

   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：

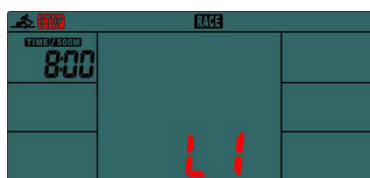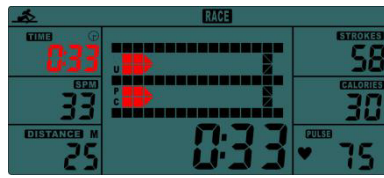| L1	L2	L3	L4	L5	L6	L7	L8	L9	L10	L11	L12	L13	L14	L15
8:00	7:30	7:00	6:30	6:00	5:30	5:00	4:30	4:00	3:30	3:00	2:30	2:00	1:30	1:00

Fig.4

Fig.5

Fig.6

   B. Press START KEY to START and STOP will disappear. The USER & PC will display in the matrix. (Fig.5). The monitor will STOP when one has reached the distance of race which has been set before, then the

matrix displays "PC WIN or USER WIN" (Fig.6) and may display the state of the energy after 6 seconds.

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.

(3) 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.)