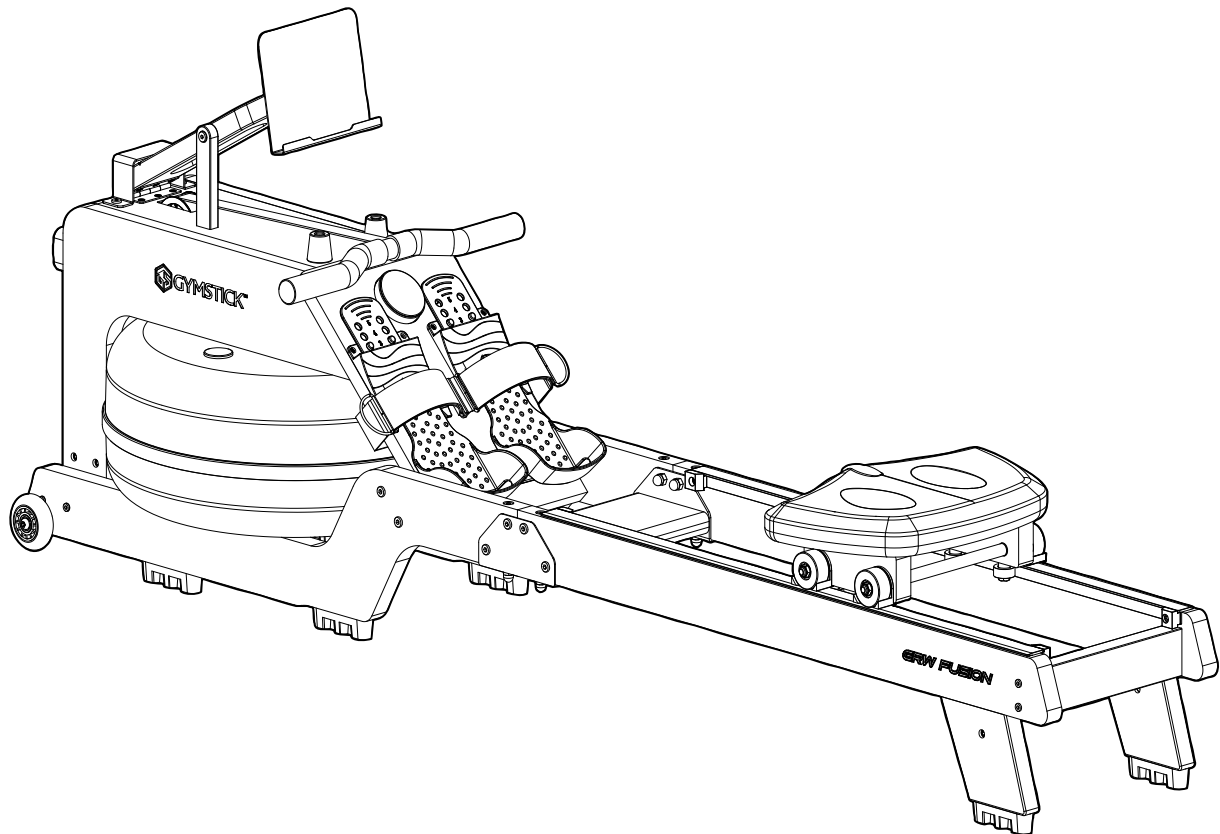




GRW FUSION ROWER

USER MANUAL



NOTE! Read all instructions carefully before using this product. Retain this user manual for future reference. The specifications of this product may vary and are subject to change without further notice.



GYMSTICK.COM

BEFORE YOU BEGIN

Thank you for choosing Gymstick training equipment. We take great pride in producing this high-quality product and hope it will make you feel better and enjoy life to the fullest. Please read this manual in its entirety before beginning to use this product.



IMPORTANT

Read all instructions carefully before using this product.
Retain this owner's manual for future reference.



WARNING

Read and follow all safety instructions carefully.
Failure to follow safety instructions could result in serious injury.

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SAFETY INSTRUCTIONS

Basic precautions should always be followed when using this product. In order to ensure safe use, read and follow all safety instructions included in this user manual. Failure to do so could result in serious injury.

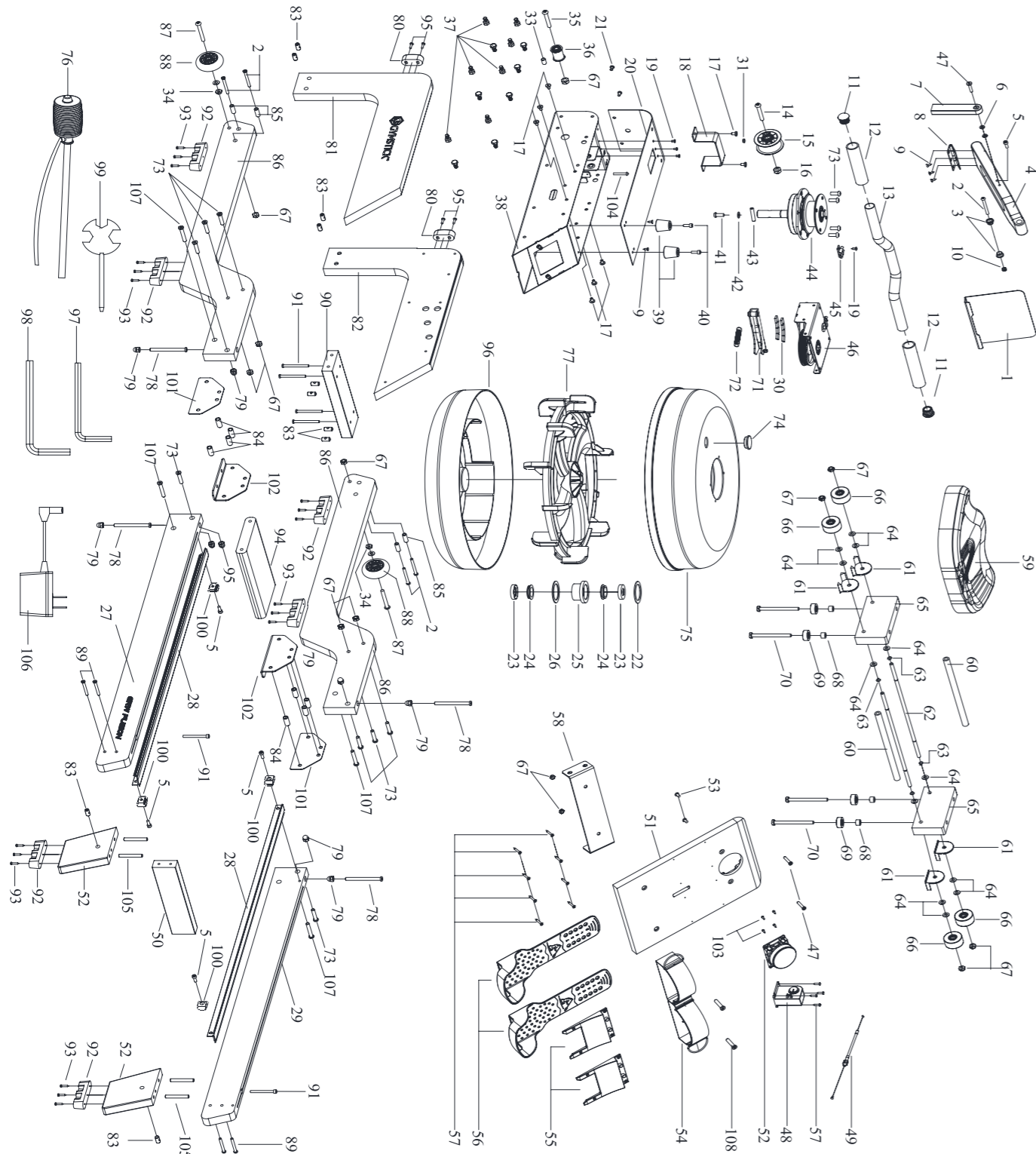


WARNING

Before using this product, consult your physician first. This is especially important for individuals over the age of 35 or persons with pre-existing health problems.

- ▲ This product is not a toy. Keep children and pets away from the machine at all times. Do not leave unattended children in the same room with the machine.
- ▲ Handicapped or disabled persons should not use the machine without the presence of a qualified health care professional or physician.
- ▲ If the user experiences dizziness, nausea, chest pain, or any other abnormal symptoms, stop the workout at once. Consult a physician immediately.
- ▲ Before beginning training, remove all objects within a radius of 1 meters from the machine. Do not place any sharp objects around the machine.
- ▲ Position the machine on a clear, level surface away from water and moisture. It is suggested to place a mat under the unit to help keep the machine stable and to protect the floor.
- ▲ Only use the machine for its intended purpose as described in this manual. Do not use any other accessories than the ones recommended by the manufacturer.
- ▲ Assemble the machine exactly as in the description in this instruction manual.
- ▲ Check all bolts and other connections before using the machine for the first time and ensure that the machine is in good and safe condition.
- ▲ Never operate the machine if it is not functioning properly.
- ▲ Always wear appropriate workout clothing when exercising. Training shoes are also required.
- ▲ This machine can be used for only one person's training at a time.
- ▲ Do not use abrasive cleaning articles to clean the machine. Wipe drops of sweat from the machine immediately after finishing training.
- ▲ Use caution while participating in other activities while using your rower; such as watching television, reading, etc. These distractions may result in serious injury.
- ▲ Keep hands away from all moving parts.
- ▲ Before exercising, always warm-up your body thoroughly by dynamic stretching.
- ▲ This machine must be assembled by adults.
- ▲ Hold a routine inspection of the equipment. Pay special attention to components which are the most susceptible for wear and tear i.e. running belt. Any defective components should be replaced immediately before using the machine in order to maintain the safety of the equipment.
- ▲ It is the responsibility of the owner to ensure that all users are properly informed as how to use this product safely.
- ▲ Not suitable for children under 3 years.
- ▲ Not to be used by children under 14 years without adult supervision.
- ▲ This machine is intended for indoor use only.
- ▲ This machine is intended for home use.
- ▲ Maximum user weight: 150 kg.

EXPLODED DRAWING



PARTS LIST

#	PART DESCRIPTION	QTY.	#	PART DESCRIPTION	QTY.
1	iPAD Holder Assembly (Weldment)	1	29	Rear Right Rail (908.8×200×27)	1
2	Hexagon Socket Flat Head Screw (M6×58×S4)	5	30	Strong Magnet (15×13×4)	8
3	Step Bushing (ø18×8×ø6)	2	31	Strong Magnet (ø10×6)	1
4	IPAD Holder Plate (350×80×27)	1	32	Belt (5PJ370)	1
5	Hexagon Socket Cylindrical Head Screw (M6×15×S5)	5	33	PVC Bushing 27 (ø15×ø8.2×21)	1
6	Flat Washer (D6×ø16×1)	1	34	Hexagon Nut (M8×H4)	6
7	IPAD Holder Bracket (75×50×1.5)	1	35	Hexagon Socket Pan Head Screw (M8×50×30×S5)	1
8	Hinge (75×50×1.5)	1	36	Fine Webbing Pulley (ø30×ø22×35)	1
9	Phillips Countersunk Head Self-tapping Screw (ST4.2×16×ø7)	5	37	Hexagon Bolt (M6×15×S10)	14
10	Nylon Nut (M6×H6×S10)	1	38	Water Tank Fixing Seat Assembly (Weldment)	1
11	25 Semi-spherical Plug (with a 25×1.5 Round Tube)	2	39	Tapered Shock Absorber Pad (ø33×33)	2
12	Handle Tube Grip (ø23×ø30×220)	2	40	Hexagon Socket Cylindrical Head Screw (M6×20×S5)	2
13	Handle Tube (ø25×1.2×420)	1	41	Hexagon Socket Pan Head Screw (M8×20×S5)	1
14	Hexagon Socket Pan Head Screw (M10×50×15×S6)	1	42	Flat Washer (D8×ø16×1.5)	1
15	Plastic Large Pulley (ø68×ø54×32)	1	43	Fixing Pin (ø8×40)	1
16	Nylon Nut (M10×H9.5×S17)	1	44	Retractor Assembly (Assembly)	1
17	Hexagon Socket Flat Head Screw (M6×10×S4)	8	45	Sensor	1
18	Bracket Limit Plate (238.6×36× 2.0)	1	46	Aluminum Disk Fixing Seat Assembly (Assembly)	1
19	Phillips Countersunk Head Screw (M4×9×ø7)	4	47	Hexagon Socket Flat Head Screw (M6×25×S4)	3
20	Upper Cover Plate (547.2×159× 1.5)	1	48	Motor	1
21	Hexagon Socket Flat Head Screw (M6×15×S4)	2	49	Motor Cable (ø1.2×75×65)	1
22	Rubber Sealing Gasket (ø60×ø45× 2)	1	50	Rail Rear Connecting Plate (260×60×27)	1
23	TC Skeleton Oil Seal (ø20×ø40×8)	2	51	Foot Pedal (394×256×20)	1
24	Rubber Washer (ø40×7)	2	52	Standing Foot Plate (157.1×120×27)	2
25	Seal Ring Fixing Seat (ø60×ø45×30)	1	53	Phillips Pan Head Wood Screw (M6×15×S10)	2
26	Rubber Sealing Gasket (ø60×ø45× 1)	1	54	Foot Strap Combination (Assembly)	1
27	Rear Left Rail (908.8×200×27)	1	55	Foot Pedal Base Plate (126×107×18)	2
28	Aluminum Edge Strip (900×30×17.5)	2	56	Adjustable Pedal (327×115×64)	2

PARTS LIST

#	PART DESCRIPTION	QTY.	#	PART DESCRIPTION	QTY.
57	Phillips Pan Head Self-tapping Screw (ST4.2×13×ø7)	12	83	M6 Cylindrical Nut (ø10×20)	10
58	Connecting U-shaped Plate (329.8×70× 3)	1	84	Bushing (ø12×ø8×27)	8
59	Seat Cushion (269.5×405× 46.7)	1	85	Front Rail Reinforcement Bushing (ø10×ø6×26.5)	4
60	PVC Bushing 2 (ø15×ø8.2×195)	2	86	Front Rail (908.8×200×27)	2
61	Roller Positioning Seat (46×43.5×32.4)	4	87	Hexagon Socket Pan Head Screw (M8×65×45×S5)	2
62	Seat Cushion Roller Shaft (ø8×320)	2	88	PU Roller (ø69×23.5)	2
63	Open Retaining Ring (D7×0.9)	4	89	Hexagon Socket Flat Head Screw (M6×50×S4)	4
64	Seat Cushion Fixing Plate (D8×ø16×1.5)	14	90	Front Rail Connecting Plate (260×80×27)	1
65	Seat Cushion Fixing Plate (170×60×27)	2	91	Hexagon Socket Cylindrical Head Screw (M6×60×16×S5)	2
66	Seat Cushion Roller (ø46×22)	4	92	Foot Pad (100×25×25)	6
67	Nylon Nut (M8×H7.5×S13)	13	93	Phillips Pan Head Self-tapping Screw (ST4.2×19×ø7)	18
68	PVC Bushing (ø15×ø8.2×10)	4	94	Rail Connecting Plate (254×140×27)	1
69	Small Roller (ø28×11.5)	4	95	Phillips Pan Head Self-tapping Screw with Washer (ST4.2×19×ø11)	4
70	Hexagon Bolt (M8×90×20×S14)	4	96	Water Tank Lower Cover (ø496×100)	1
71	Magnetic Base Assembly (Assembly)	1	97	Hexagon Socket Wrench S4 (25×60×4 S4)	1
72	Tension Spring (ø1.2×ø10.8×73)	1	98	Hexagon Socket Wrench S5 (30×80×5 S5)	1
73	Hexagon Socket Flat Head Screw (M8×40×15×S5)	6	99	Phillips Wrench (S13-14-17)	1
74	Water Tank Mouth Plug (ø31.3×10.4)	1	100	Seat Cushion Stopper (25×15×21)	4
75	Water Tank Upper Cover (ø504×112.5)	1	101	Rail Connection Fixing Plate 2 (140×72.4× 1.5)	2
76	Water Pump (570)	1	102	Rail Connection Fixing Plate (140×109.5× 3)	2
77	390 Paddle (ø390×145)	1	103	Phillips Pan Head Self-tapping Screw (ST3.5×8×ø6)	4
78	Hexagon Socket Flat Head Screw (M8×90×15×S5)	4	104	Hexagon Socket Pan Head Screw (M6×50×15×S5)	1
79	Cap Nut (M8×H16×S13)	8	105	Wooden Dowel Pin (ø8×60)	4
80	Front Foot Pad (53×23×20.5)	80	106	Adapter	1
81	Left Side Plate (566×346.5×27)	81	107	Hexagon socket flat head screw (M8×50×15×S5)	2
82	Right Side Plate (566×346.5×27)	1	108	Hexagon socket flat head screw (M8×32×15×S5)	2

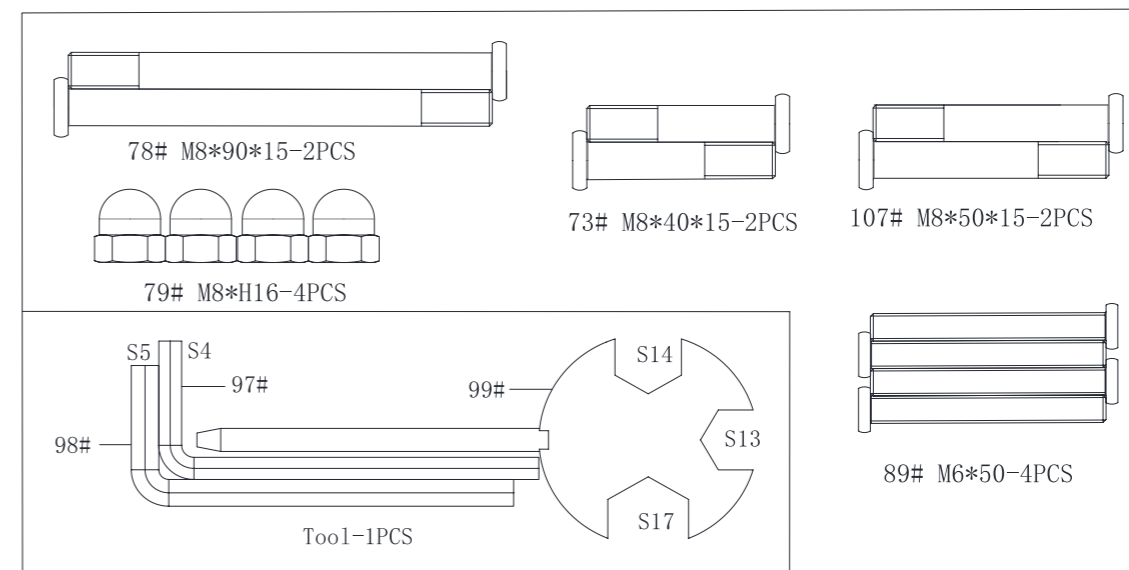
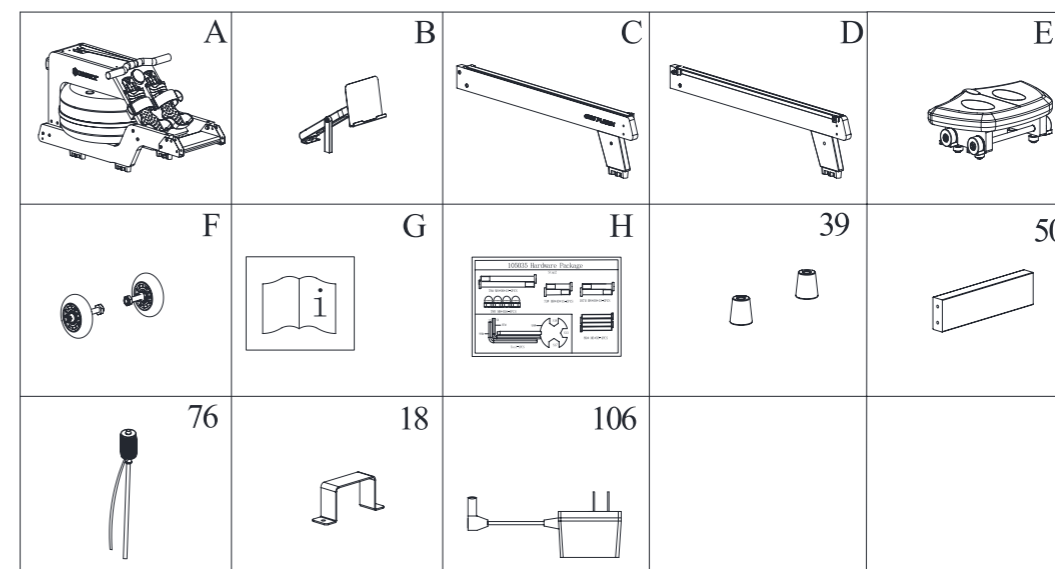


IMPORTANT

Before assembly, please ensure all parts are included in the package.

HARDWARE PACKING LIST

#	PART DESCRIPTION	QTY.	#	PART DESCRIPTION	QTY.
A	Main Frame	1pc	B	IPAD Holder Assembly	1pc
C	Left Rear Rail Assembly	1pc	D	Right Rear Rail Assembly	1pc
E	Seat Assembly	1pc	F	PU Roller Assembly	2pcs
G	User Manual	1pc	H	Hardware Package	1pc
18	Bracket Limit Plate	1pc	39	Tapered Shock Absorber Pad	2pcs
50	Rail Rear Connecting Plate	1pc	76	Water Pump	1pc
106	Adapter	1pc			



ASSEMBLY INSTRUCTIONS



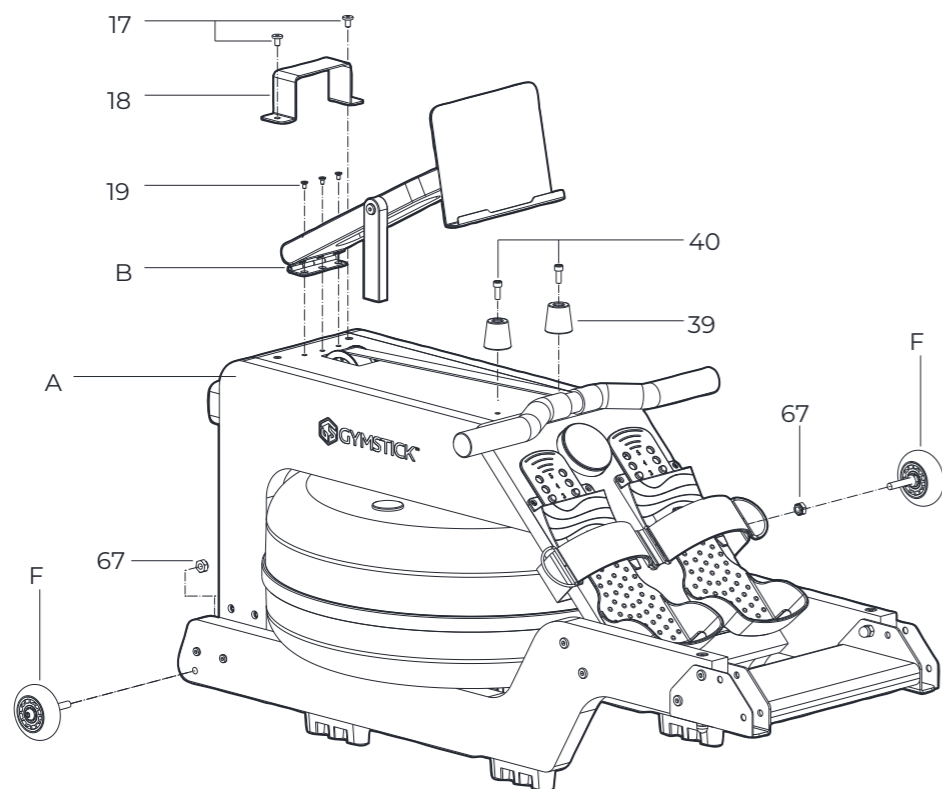
IMPORTANT

Only adults are allowed to lift and assemble this equipment to avoid risk of injury

Complete each stage in order before advancing on to the next. Assemble with nuts and bolts loose at first. Tighten all bolts and nuts after completing all assembly steps.

Do not dispose of any packaging materials until assembly of the product is completed. Assembly tools are included, but you may also use standard household tools to complete assembly of this product.

STEP 1.



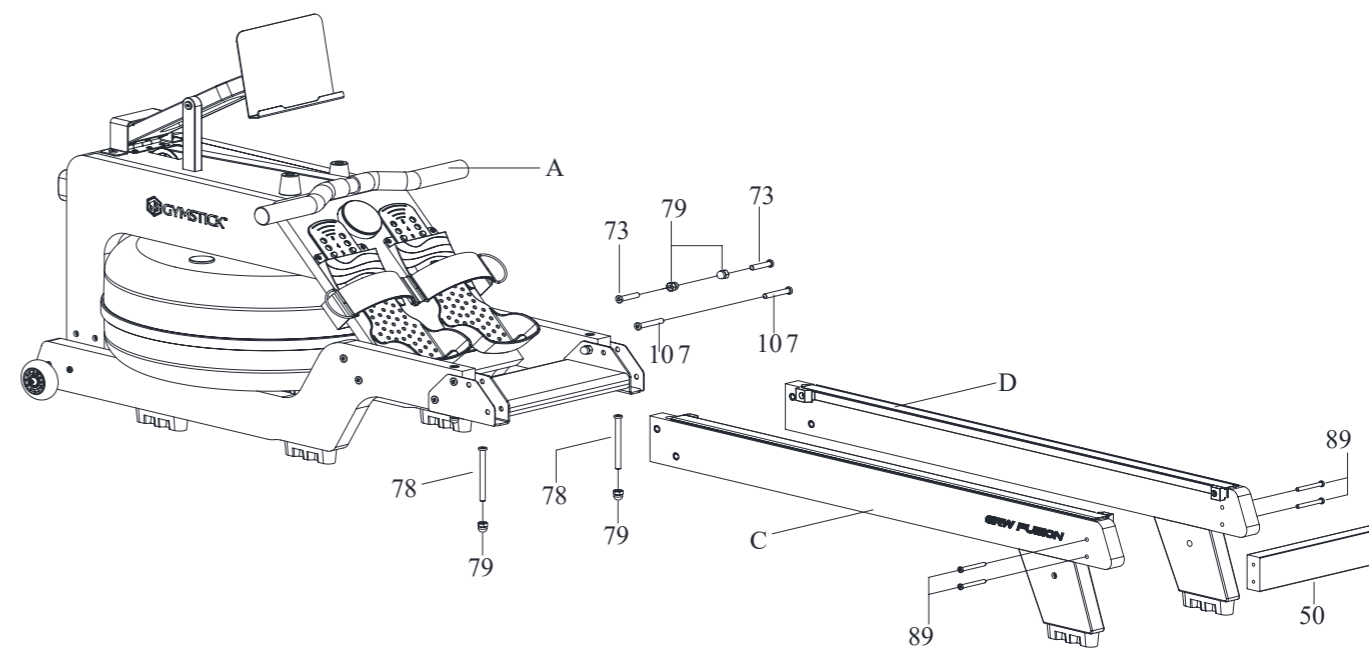
- A. Take the product out of the box and place the Rowing Machine Main Frame (A) flat.
- B. Use the Phillips wrench (99) to remove the Phillips countersunk head self-tapping screws (19) pre-installed on the Main Frame Assembly (A). Assemble the Phone Holder Assembly (B) to the corresponding position on the Rowing Machine Main Frame (A), and then tighten it with the Phillips countersunk head self-tapping screws (19).
- C. Use the hexagon socket wrench S4 to remove the hexagon socket flat head screws (17) pre-installed on the Main Frame Assembly (A). Assemble the Bracket Limit Plate (18) to the corresponding position on the Rowing Machine Main Frame (A), and then tighten it with the hexagon socket flat head screws (17).

ASSEMBLY INSTRUCTIONS

- D. Use the hexagon socket wrench S5 to remove the hexagon socket cylindrical head screws (40) pre-installed on the Main Frame Assembly (A). Assemble the Tapered Shock Absorber Pad (39) to the corresponding position on the Rowing Machine Main Frame (A), and then tighten it with the hexagon socket cylindrical head screws (40).
- E. First, remove the locknuts (67) of the PU Roller Assembly (F), and then tighten them on both sides of the Main Frame Assembly (A).

STEP 2.

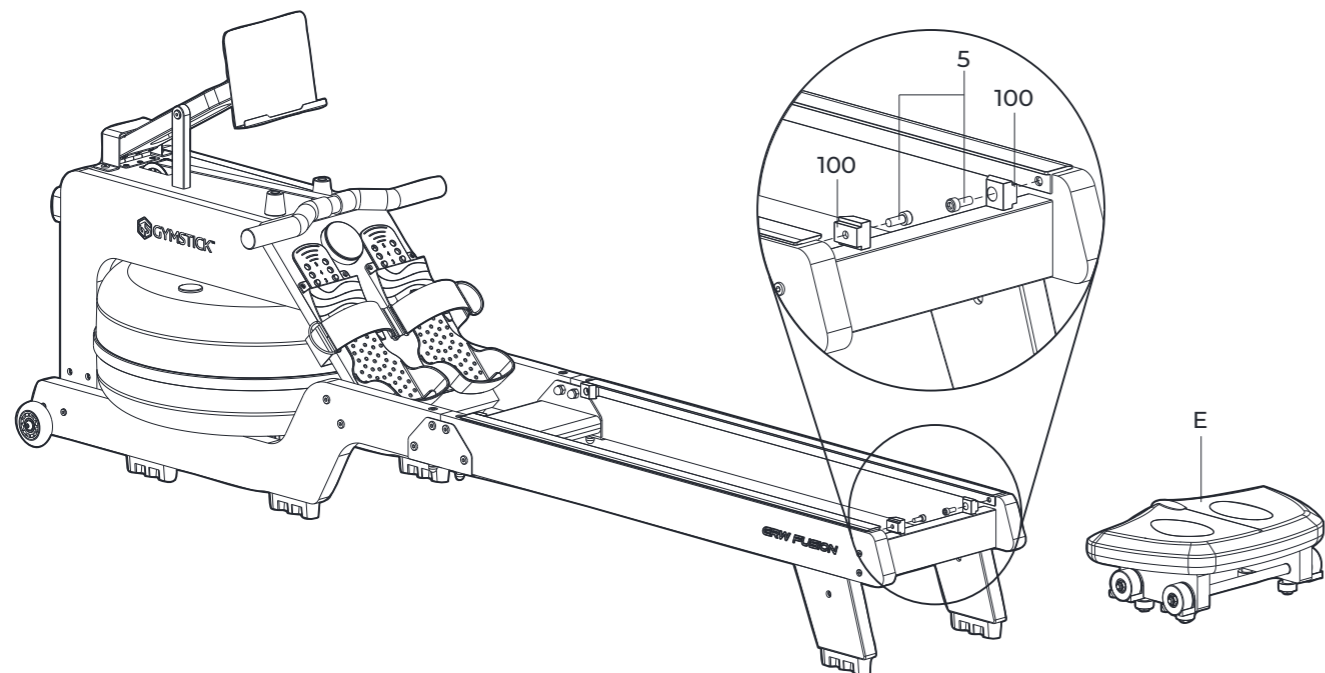
- A. First, assemble the Left/Right Rear Rail Assemblies (C/D) to the corresponding positions on the Rowing Machine Main Frame (A). Use the hexagon socket wrench S5 to pre-tighten the hexagon socket flat head screws (73), cap nuts (79) and hexagon socket flat head screws (78) on the Rowing Machine Main Frame (A);
- B. Assemble the Rail Rear Connecting Plate (50) to the corresponding position on the Rear Rail Assemblies (C/D), and use the hexagon socket wrench S4 to tighten the hexagon socket flat head screws (89) on the Rear Rail Assemblies (C/D);
- C. Finally, tighten them with tools.



ASSEMBLY INSTRUCTIONS

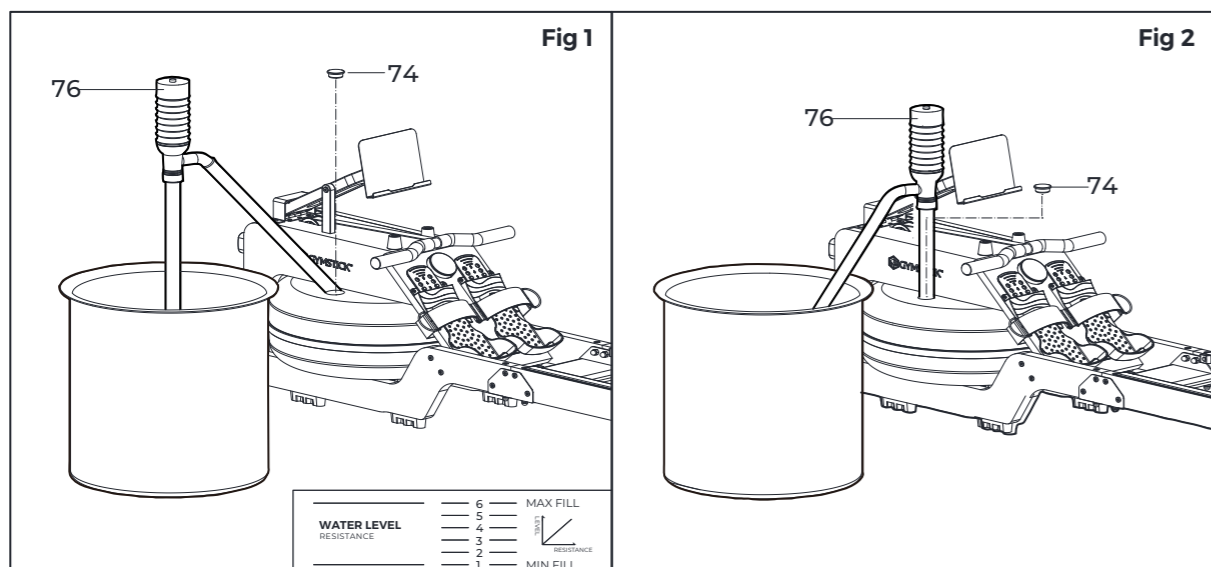
STEP 3.

Use the hexagon socket wrench S5 to remove the hexagon socket cylindrical head screws (5) and seat cushion stoppers (100) on the rear rail. Slide the Seat Cushion Assembly (E) into the middle of the rear rail, and then reinstall the hexagon socket cylindrical head screws (5) and seat cushion.



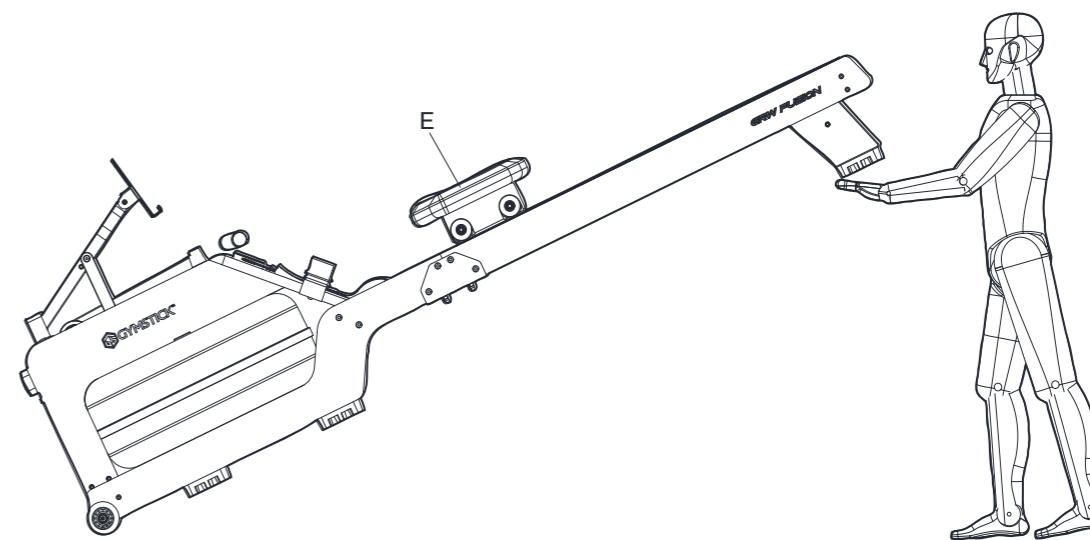
STEP 4.

- A. Remove the water tank plug (74).
- B. Fill the tank as shown in Fig. 1 using the water pump (76) and a bucket. Check the water level indicator mark on the tank to measure the water level.
- C. To drain (Fig. 2), use the pump (76) to transfer water into a bucket. Reinsert the plug (74) and wipe off any water droplets.



MOVING THE MACHINE

To move the machine, lift up the rear stabilizer (33) until the transportation wheels (16) touch the ground. With the wheels on the ground, you can transport the machine to the desired location with ease.



IMPORTANT

Turn off the device if you are not going to use it for a long time.

CLEANING & STORAGE

- ▲ To disconnect, turn all controls to the off position and then remove the plug from the outlet.
- ▲ Please keep the device out of direct sunlight.
- ▲ Store the device in a clean, warm and dry environment, away from children.
- ▲ Allowed storage temperatures 5-40°C.
- ▲ The device can be cleaned with a soft cloth and mild detergent. Do not use abrasives or solvents on any parts.
- ▲ Please wipe your perspiration off the device.
- ▲ Lubricate moving parts with WD-40 or other light oil periodically.

CONSOLE OPERATION INSTRUCTIONS

DISPLAY FUNCTIONS

Function	Icon	Description
Tempo	TEMPO	0 ~ 999 Display real-time stroke rate.
Resistance level	LEVEL	1 ~ 32 The higher the level, the greater the resistance.
Split	SPLIT	0 ~ 9999 Display real-time rowing stroke count
Pace per 500 meters	/500M	00:00 ~ 99:59
Carousel	SCAN	Display: indicates that the data is in carousel mode. Not Displayed: indicates that the data is in lock mode.
Speed		0.0 ~ 999.9 km/h
Time		00:00 ~ 99:59 In the wake-up state, a short press of the knob or detection of movement starts the timer. The timer stops after 4 seconds of inactivity following the cessation of movement
Distance		Display range: 0.00 - 327.6. For values exceeding 99.99km, display one decimal place. Depending on the intensity of rowing, it can be measured in meters per stroke, ranging from 1 to 6 meters per stroke.
Calories		It has a direct roportional relationship with the resistance level Resistance 1 corresponds to 32 kcal/kilometer, while resistance 32 corresponds to 73 kcal/kilometer.
Bluetooth		Display: Bluetooth connected. Not Displayed: Bluetooth not connected.
Heart rate		Heart rate value: If a heart rate belt is in use (not included), the heart rate will be displayed; otherwise, it will not be shown.

CONSOLE OPERATION INSTRUCTIONS

DISPLAY FUNCTIONS



Display Overview

- 24 effect lights in the outer ring.
- Display "TEMPO", Unit "spm" (strokes per minute).
- Display resistance level, Level 1~32.
- Display workout data such as "Stroke Count", "500m", "Pace", "Speed", "Time", "Distance", and "Calories".
- Display bluetooth status.



Carousel Mode

- Carousel for each data, 3s display time for each data.
- Small window display for Tempo and the level of resistance.
- Main display "Stroke Count", "500m Pace", "Speed", "Time", "Distance", and "Calorie".
- Bluetooth indicator shows the status of the blue-tooth.
- All outer ring lights are lit by default during exercise.

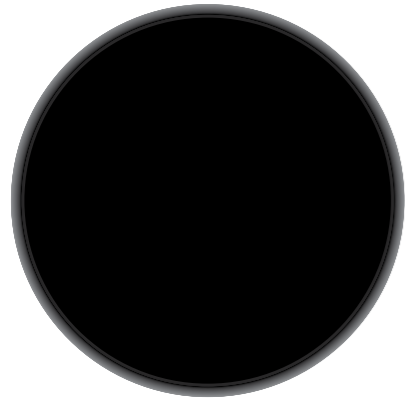


Lock Mode

- Press the knob to switch display mode and lock the data you need.
- Main display "Stroke Count", "500m Pace", "Speed", "Time", "Distance", and "Calorie".
- Small window display for "Tempo" and the "Level" of resistance.
- All outer ring lights are lit by default during exercise.

CONSOLE OPERATION INSTRUCTIONS

OPERATING INSTRUCTIONS



Awaken Device

1. In sleep mode, the display is off.
2. The knob will be waked up if it is pressed or any motion is detected.



Press Knob

1. Knob display turns into sleep mode after 3mins without any action.
2. Press the knob to awaken the device in sleep mode.
3. Press the knob to get started in wake up mode.
4. Press the knob to switch display mode during exercise.
5. Long press the knob for 2s to reset data and change to wake up mode.
6. There is a buzzing sound when the knob is pressed.



Rotate Knob

1. Rotate the knob clockwise to increase resistance.
2. Rotate the knob anticlockwise to decrease resistance.
3. There is a buzzing sound when the knob is rotated.

CONSOLE OPERATION INSTRUCTIONS

OPERATING INSTRUCTIONS

1. When the knob is turned on, the buzzer emits a long beep. The knob display lights up and enters the READY state (Figure 1). After power on, the resistance automatically resets to "1" position. If there is no operation for 3 minutes, the display will turn off completely and enter standby mode (Figure 2).



Figure 1

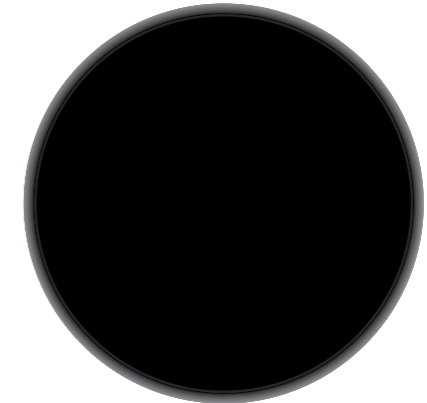


Figure 2

2. In the READY state, a short press of the knob or rowing motion can directly enter the exercise mode. The small window displays the rotating numbers for "TEMPO" and "LEVEL" of the oar resistance, switching display every 3 seconds (Figure 3, Figure 4).



Figure 3



Figure 4

CONSOLE OPERATION INSTRUCTIONS

3. The main window displays default rotating numbers, with the "SCAN" icon illuminated. The following metrics are displayed and switch every 3 seconds: "Speed", "Time", "Distance", "Calories", "Stroke Count", and "500m Pace" (Figure 5, Figure 6, Figure 7, Figure 8, Figure 9, Figure 10).



Figure 5



Figure 6



Figure 7



Figure 8



Figure 9



Figure 10

BLUETOOTH FUNCTION

This device is equipped with an integrated Bluetooth® connectivity which allows it to work with interactive applications such as KinoMap and Swift.

kinomap

- Download Kinomap APP from AppStore (iOS) or Google Play (Android).
- Enable bluetooth from your phone or tablet settings.
- Run the Kinomap APP.
- Go to the "My equipments" menu and tap on the "+" button.
- Follow the instructions on the APP to complete the connection.
- Once connection is established the bluetooth icon on the display will be ON.



CONSOLE OPERATION INSTRUCTIONS

4. By pressing the knob briefly, you can adjust the display mode to "Lock". In this mode, the "SCAN" icon is not displayed, and the display shows a fixed data type: either "Speed", "Time", "Distance", "Calories", "Stroke Count", or "500m Pace" (Figure 11, Figure 12, Figure 13, Figure 14, Figure 15, Figure 16).



Figure 11



Figure 12



Figure 13



Figure 14



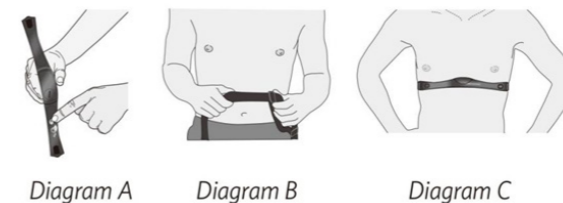
Figure 15



Figure 16

WIRELESS HEART RATE FUNCTION

a) Put on your Heart rate chest belt (not included).



- If equipped, press the ON/OFF button to activate the belt. The console searches automatically for devices nearby, and will connect to the belt when in range.
- Your heart rate will be seen on the pulse window. You are ready to workout.

IMPORTANT ELECTRICAL INFORMATION

  	GYMSTICK™	GRW ROWING MACHINE	 WARNING - To reduce the risk of personal injury, read and understand all the instructions before using this product.
	Model No. : RW-GRW Maximum Load : 120 kg Made in : China Manufactured for : Gymstick International Oy Address : Ratavirtijankatu 11 15170 Lahti, Finland	SN: 011024RWGRWXXXXX	



WARNING

This machine requires a right power source in order to properly operate. For your safety, as well as the safety of others, please verify that the power source is correct before plugging the equipment. Any incorrect power source could cause significant damage to the equipment and or user.

POWER SOURCE

Power source requires mains power and a correct power adapter. Adapter specifications:

Input: 100–240 V ~ 50/60 Hz 0.5A
 Output: 9,0 V = 1,0A (9,0 W)



WARNING

This product must be grounded. Improper connection of the equipment-grounding conductor can result in risk of electric shock. Check with a certified electrician if you are in doubt as to whether the product is properly grounded.



WARNING

- ▲ Never expose the machine to rain or moisture. This machine is not designed for use outdoors, near pools or in any other high humidity environment.
- ▲ Always remove the plug from the wall socket when the machine is not in use.
- ▲ Never use a ground fault circuit interrupter (GFCI) wall outlet with this machine.
- ▲ Route the power cord away from any moving part of the machine including the transport wheels.
- ▲ Never operate the machine using a generator or UPS power supply.
- ▲ Never remove any cover without first disconnecting power.

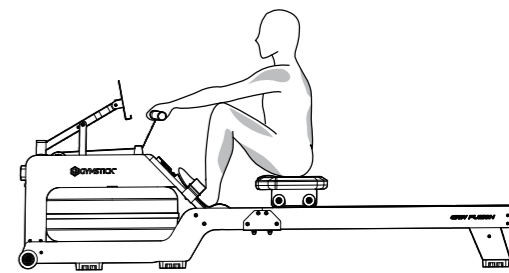
CORRECT ROWING TECHNIQUE

There are different rowing movements. To keep the motion smooth and continuous, these phases usually flow together. There should be no pauses during rowing. We recommend having someone observe your rowing technique and compare your position with the illustration. Incorrect technique may cause injury.

START POSITION

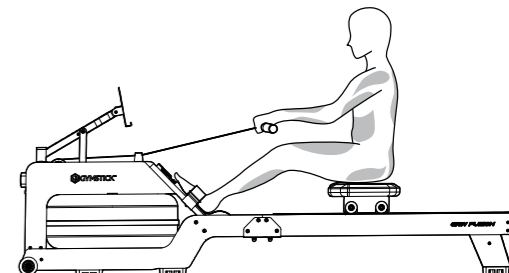
Sit on the seat, grasp the handle with both hands and place your feet firmly on the footrests. Keep your back straight and knees bent. This is the starting position for the rowing motion.

Begin the movement by pushing with your legs.



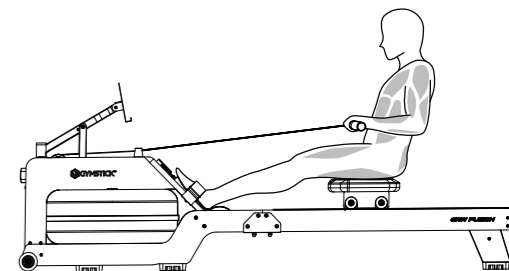
SLIDE PHASE

During the rowing motion, extend your legs and slide backward on the seat. Keep your arms straight and shoulders relaxed throughout the movement.



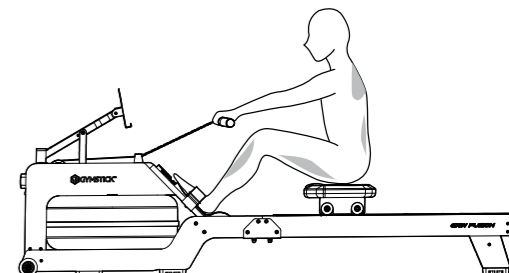
FINISH

At the end of the rowing motion, pull the handle toward your abdomen using your arms and shoulders. Your legs are straight, and your upper body leans slightly backward. Note that the handle should not be at chest or knee height.



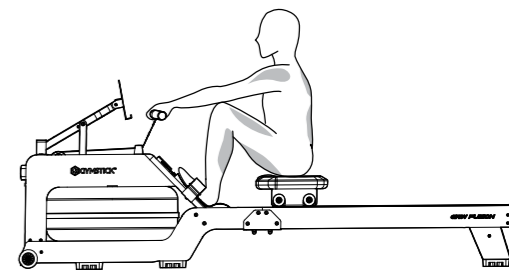
RECOVERY PHASE

Extend your arms, lean your upper body forward, and stabilize your pelvis to begin the recovery phase. This keeps the handle in front of your knees, preventing interference between arm and leg movement as the seat slides forward.



ROWING STROKE

The rower bends the knees, extends the arms, and leans the upper body toward the flywheel. The movement power comes from the legs and back. Continue rowing.



Note! Keep your arms straight and shoulders relaxed.

WARM-UP & COOL DOWN

Exercise in any form is one of the best things you can do for your overall health. A good exercise program consists of a warm-up, actual workout and a cool down.

AEROBIC EXERCISE is any sustained activity that sends oxygen to your muscles via your heart and lungs. Aerobic exercise improves the fitness of your lungs and heart. Aerobic fitness is promoted by any activity that uses your large muscles eg: legs, arms and buttocks. Your heart beats quickly and you breathe deeply. An aerobic exercise should be part of your entire exercise routine.

The WARM-UP is an important part of any workout. It should begin every session to prepare your body for more strenuous exercise by heating up and stretching your muscles, increasing your circulation and pulse rate, and delivering more oxygen to your muscles.

COOL DOWN at the end of your workout, repeat these exercises to reduce soreness in tired muscles.

Do the entire program at least two to three times a week, resting for a day between workouts. After several months you can increase your workouts to four or five times per week.



HEAD ROLL

Rotate your head to the right for one count, feeling the stretch up the left side of your neck, then rotate your head back for one count, stretching your chin to the ceiling and letting your mouth open. Rotate your head to the left for one count, then drop your head to your chest for one count.



SHOULDER LIFT

Lift your right shoulder toward your ear for one count. Then lift your left shoulder up for one count as you lower your right shoulder.



SIDE STRETCH

Open your arms to the side and lift them until they are over your head. Reach your right arm as far toward the ceiling as you can for one count. Repeat this action with your left arm.

WARM-UP & COOL DOWN



QUADRICEPS STRETCH

With one hand against a wall for balance, reach behind you and pull your right foot up. Bring your heel as close to your glute as possible. Hold for 15 counts and repeat with left foot.



INNER THIGH STRETCH

Sit with the soles of your feet together and your knees pointing outward. Pull your feet as close to your groin as possible. Gently push your knees toward the floor. Hold for 15 counts.



TOE TOUCH

Slowly bend forward from your waist, letting your back and shoulders relax as you stretch toward your toes. Reach as far as you can and hold for 15 counts.



HAMSTRING STRETCH

Extend your right leg. Rest the sole of your left foot against your right inner thigh. Stretch toward your toe as far as possible. Hold for 15 counts. Relax and then repeat with left leg.



CALF / ACHILLES STRETCH

Lean against a wall with your left leg in front of the right and your arms forward. Keep your right leg straight and the left foot on the floor; then bend the left leg and lean forward by moving your hips toward the wall. Hold, then repeat on the other side for 15 counts.

IMPLIED WARRANTY

The importer of this product assures that this product is manufactured with high quality materials. The implied warranty is valid for 2 (two) years, beginning from the date of purchase.

The warranty is valid for home use.

The warranty applies to the following parts:

- Frame
- All parts included in the original delivery

The warranty does not cover:

- Incorrect installation
- Damage caused externally
- Failure to carry out regular maintenance and servicing
- Improper use and handling of the equipment
- Improper storage of the equipment
- Non-compliance of the operating instructions
- Wearing parts and expendable parts

MANUFACTURED FOR

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DISCLAIMER

The manufacturer and its associates and partners have no liability, obligation or responsibility to any person or entity for any loss, damages or adverse consequence alleges to have happened directly or indirectly as a consequent of this product.



Products marked with these symbols must be disposed of separately from your household waste, as they contain valuable materials which can be recycled. Proper disposal protects the environment and human health. Your local authority or retailer can provide more information on the matter.

