MOTIONCRAFT

OWNER'S MANUAL

TR100 GE



202107

INTRODUCTION

Congratulations!

Welcome to the world of the Rower. The Rower is one of the finest and most comprehensive rowing machines available. We know as we have been designing rowing machines for over a decade.

By choosing Rower, you have made a decision that will improve the health and fitness and well being for you and your family. Being fit and healthy will improve your energy levels and your quality of life.

Cardiovascular training is vital for all ages and the Rower provides a more effective workout, producing better results and will encourage you to reach your fitness goals and maintain the body you have always wanted.

All you need to do is to spend 15 to 30 minutes three times a week to start seeing the benefits of a regular exercise program on the Rower.

We want you to enjoy the full benefits of your exercise program and so we recommend that you read this manual thoroughly and by doing so you will:

- **Save valuable exercise time in the long run.**
- **Exercise safely and more effectively.**
- **Learn proper techniques.**
- **Be able to better define your fitness goals.**

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IMPORTANT INFORMATION - PLEASE READ

Failure to read and follow the safety instructions below may result in serious injury.

Medical / Safety

Read this Owner's Manual safety instructions thoroughly to familiarize yourself with the Rower before using it.

Before beginning any exercise program, consult your physician. He or she can help evaluate your present fitness level and determine the exercise program that is the most appropriate for your age and physical condition.

If you experience any pain or tightness in your chest, irregular heartbeat, shortness of breath, faintness, or unusual discomfort upon exercising, stop and consult a physician.

Adult supervision is required at all times when children are on or near the Rower. Unsupervised children should keep away from the equipment at all times.

Keep fingers and limbs, loose clothing and hair away from moving parts.

Before each workout on your Rower we advise that a Precautionary Safety Check is wise. All equipment should be Safety Checked for wear and damage. If you find any damage or defective components STOP using the Rower IMMEDIATELY. Replace defective components immediately and/or keep the equipment out of use until repaired. For repair help - see General Information on this page.

Care should be taken when getting ON or OFF your Rower. Please follow the instructions on page 4.

Wear comfortable, lightweight, well-ventilated clothing to help sweat evaporate. Make sure your shoes fit you properly and provide external and lateral stability support to prevent ankle and knee injuries. Wear cross-training, walking or running shoes.

It's very important not to become dehydrated. Your body needs water lost during exercise.

Don't forget to warm-up and cool-down. Limbering up "cold" muscles and cooling down after exercise are important injury-prevention measures.

Use only the accessory attachments recommended by the manufacturer. DO NOT attempt to modify or alter your Rower as injury may result.

Care and Maintenance

Your Rower is made of the highest quality materials, it is still important that you take care of your Rower on a regular basis.

Your Rower is for indoor use only and should NOT be used or stored in damp areas. Wipe all perspiration from your Rower after each use.

For safety, inspect your Rower on a regular basis. When used in a light commercial environment safety check and clean every day. When used in a domestic environment safety check and clean before use.

Components most Susceptible to Wear

SEAT ROLLERS - ALUMINUM BEAM [part#001,118]

These parts are easily damaged by dust and dirt and should be cleaned regularly. The SEAT ROLLERS [118] are hidden so all you can do is clean the ALUMINUM BEAM [001].Using a damp cloth wipe the top of the ALUMINUM BEAM [001].Pay special attention to the outside edges. Check and remove any black spots.

DRIVE STRAP [part#709]

The DRIVE STRAP [709] is made of high quality nylon webbing which is extremely strong making it almost impossible to break. Even so it is important to check the DRIVE STRAP [709] for wear. Check for nicks or cuts and fraying that may weaken the integrity. Also check that the stitching at the handle bar end is intact. If any of these symptoms are found discontinue use immediately and contact your dealer for a replacement DRIVE STRAP [709].

FOOT REST Assembly [parts#014,126,127,128,300,306,710]

The FOOT REST Assembly has a lot of moving parts. It is essential that these parts be in good condition at all times. Check that the FOOT STRAP BUCKLE firmly holds the FOOT STRAP. Check that the HEEL SUPPORT [126] self locking system is working correctly. Make sure that all Bolts are tight and firm. If any defects are found discontinue use immediately and contact your dealer for replacement parts.

All FASTENERS [Nuts, Bolts, and Screws]

A lot of these parts are assembled by the consumer and should be checked regularly. Make sure that all Nuts, Bolts and Screws are tight and firm.

General Information

The official maximum load is 150kg.

The braking system is Speed Dependent. The stepping action is dependent.

In the unlikely event that your Rower needs servicing, repairs or something is missing or broken then contact your dealer as soon as possible. They should be able to help you immediately with any and all problems you have.

It is important to keep your purchase receipt !
You may be asked to produce it too authenticate your Warranty.

The Warranty terms are provided by your dealer.

DO NOT attempt to modify or alter your Rower as it will be considered tampering and will invalidate your warranty.

Please continue to read the Owner's Manual and all safety instructions thoroughly to familiarize yourself with the Rower before using it.

DESIGNERS NOTE: The return spring on the Rower has been designed with the lightest possible force. There is more than sufficient spring tension to recoil the DRIVE STRAP ASSEMBLY [709] regardless of the return speed of the handle to the start position.

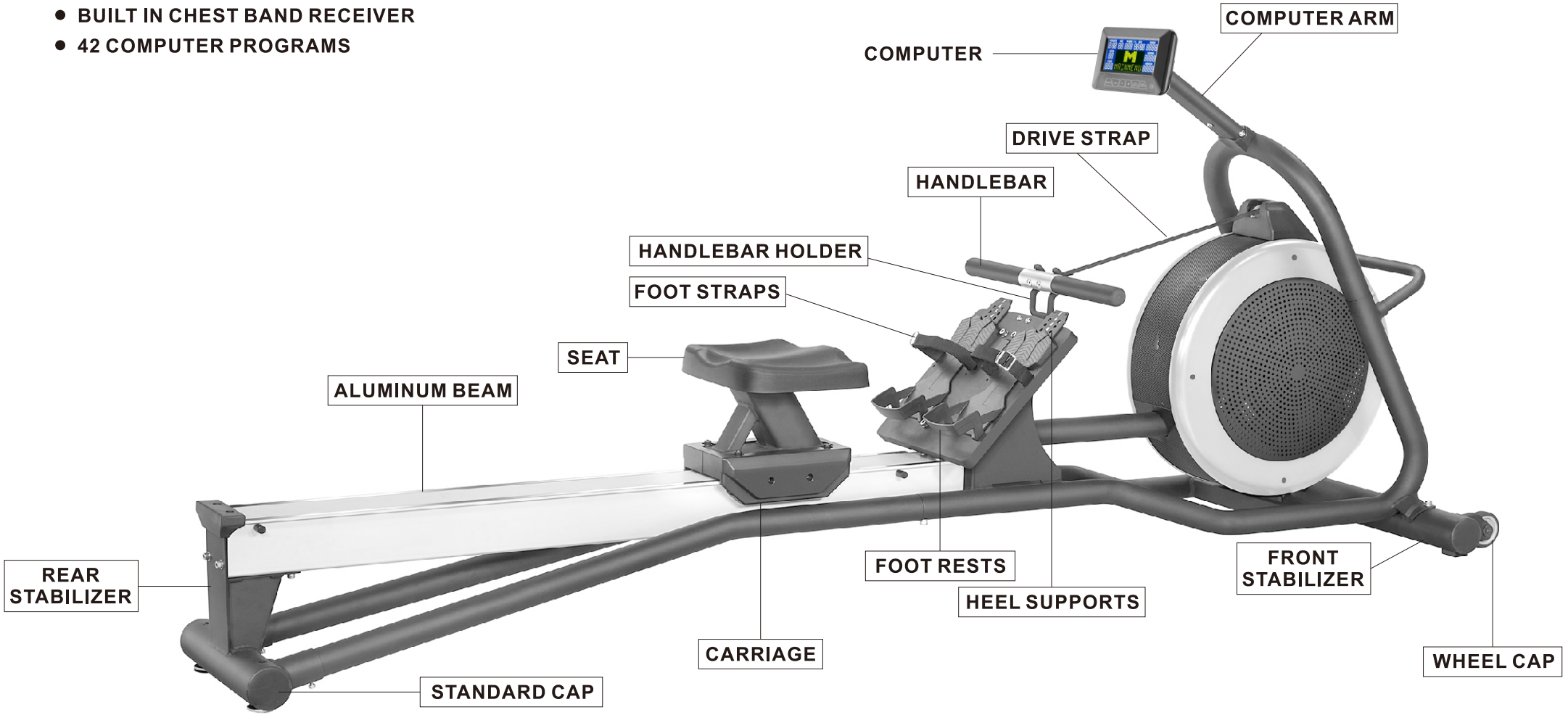
The reason for the light return spring is to give the user an improved level of exercise by increasing the benefit to the hamstring group of muscles at the rear of the thigh. This muscle group is called upon when the user moves the seat forward.

We have faithfully duplicated the “normal” rowing action one would get when rowing on water where the oar is not pulled forward.

TR100 GE ROWER PARTS IDENTIFICATION

The ROWER represents over a decade of research and development and incorporates all the latest technology and long standing consumer requests.

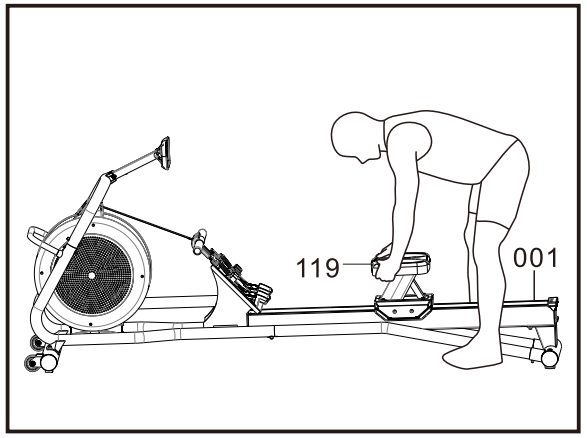
- **FULL AUTO CONTROLLED AIR MAGNETIC RESISTANCE SYSTEM**
- **ANGLED FOOT RESTS WITH PIVOTING HEEL SUPPORTS**
- **FULL STROKE FOR TALL PEOPLE (WITHIN REASON)**
- **STRONG, STABLE WELL ENGINEERED FRAME**
- **BUILT IN CHEST BAND RECEIVER**
- **42 COMPUTER PROGRAMS**

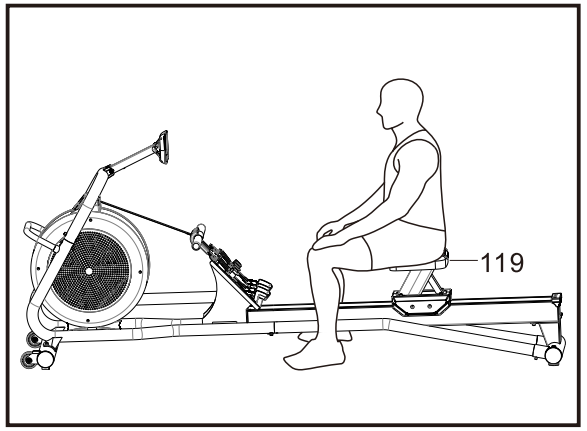


SETTING UP YOUR ROWER

Getting on Safely

Getting on safely is a simple procedure. Just be careful that the SEAT [119] is directly underneath you before sitting down.



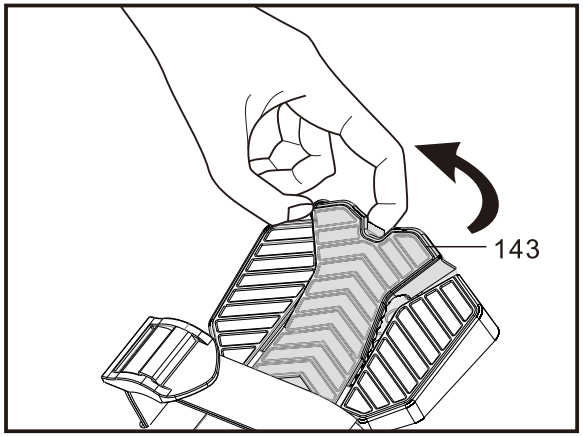


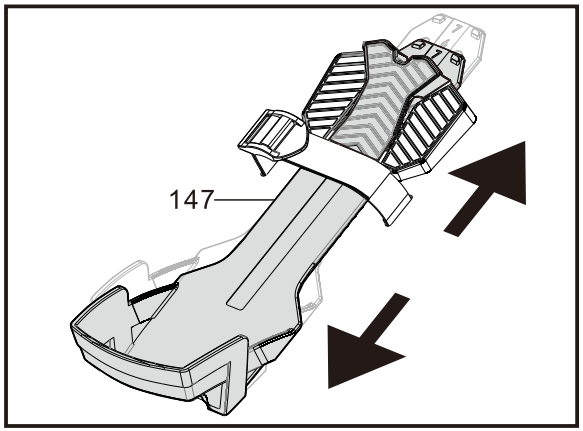
1) Straddle the ALUMINUM BEAM [001].
2) Correctly position the SEAT [119] beneath you.
3) Sit down taking care that the SEAT [119] has not moved.

Heel Support Adjustment

There are six heel support settings clearly numbered.

Before exercising move the HEEL HOLDER [143] to setting number one.





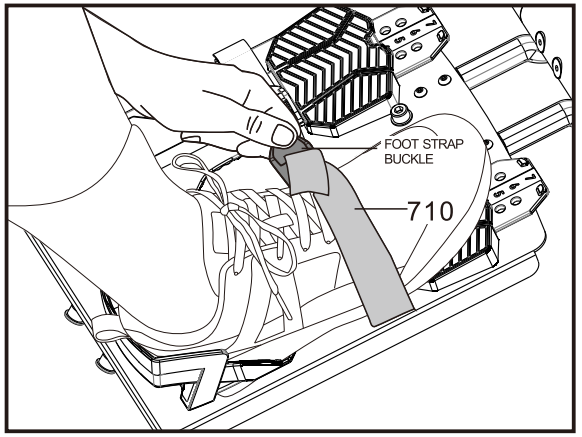
1) To adjust the foot rests, lift the HEEL REST [143] with one hand and use the other to slide the HEEL HOLDER[147] up or down.
   Release the HEEL REST[143] to lock the foot rest in the adjusted position.

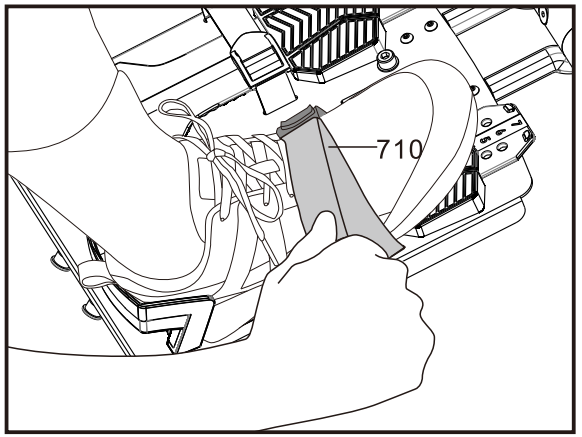
2) Adjust the foot rest so that you have the tightening straps across the balls of your feet.

Foot Strap Adjustment

The correct position for the FOOT STRAP [710] is across the top of the foot just below the toes. Approximately across the toe pivot joints.

Ensure the FOOT STRAP [710] is tight.





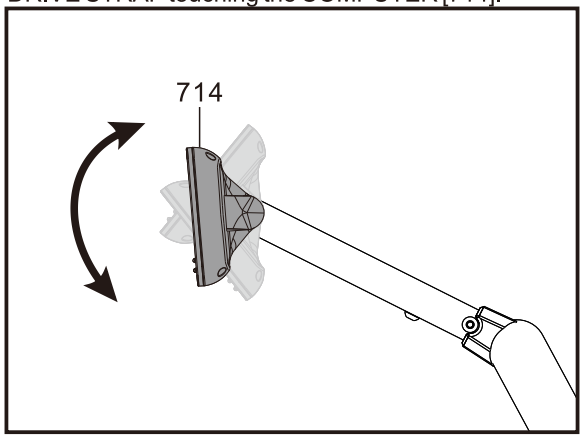
1) Using your thumb simply lift the tab of the FOOT STRAP BUCKLE up and away and the FOOT STRAP will easily slide through the FOOT STRAP BUCKLE.
2) Slide your foot under the FOOT STRAP [710] then down fully into the HEEL REST [143].
3) Check to make sure the FOOT STRAP [710] is in the correct position across the ball of your foot.
4) Firmly pull the end of the FOOT STRAP [710] to ensure a tight fit.

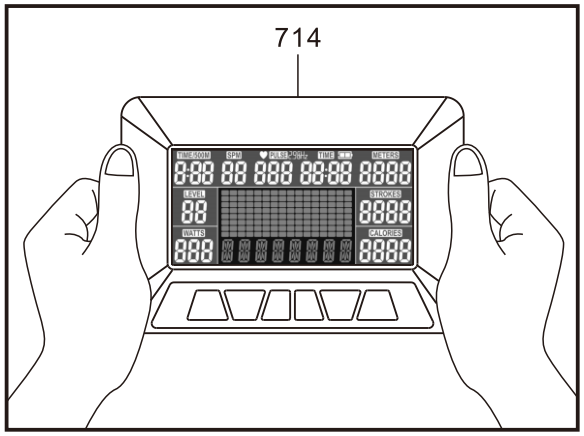
SETTING UP YOUR ROWER

Computer Angle Adjustment

The COMPUTER [714] is designed to rotate and pivot giving you full adjustment to almost any height and angle.

NOTE: For safety reasons, whilst exercising avoid the DRIVE STRAP touching the COMPUTER [714].



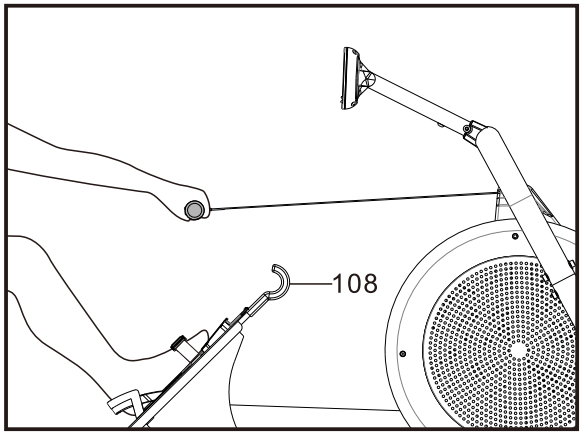


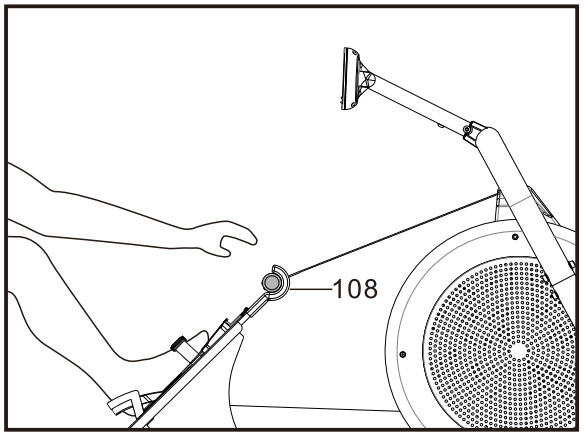
1) Hold the COMPUTER [714] with both hands as shown in the diagram above. Rotate and pivot the COMPUTER [714] to the desired height and angle.

NB) For safety reasons, avoid the DRIVE STRAP touching the COMPUTER [714].

Handle Bar Holder

When you have finished your workout remember to store the HANDLE BAR into the HANDLE BAR HOLDER [108].

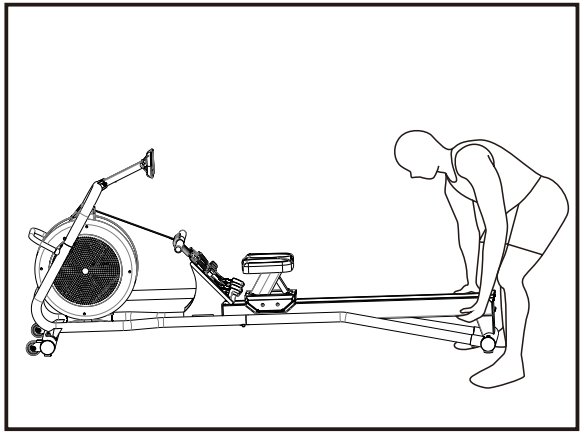


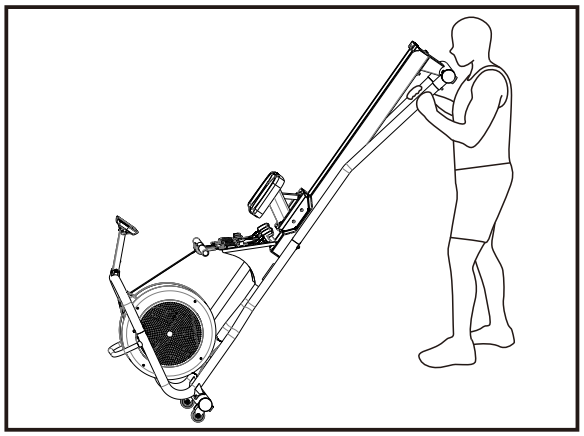


1) When you have finished your workout place the HANDLE BAR into the HANDLE BAR HOLDER [108] as shown in the diagrams above.

Transportation and Storage

The Rower is fitted with TRANSPORTATION WHEELS making it fairly simple for one person to move it by themselves. The is a large rowing machine that weights 71kg (157lbs) so you may require help when moving it around depending on your size and strength.





1) Hold onto the rowing machine with both hands. Using your body weight, slowly tip the towards the front whilst at the same time move around to the front of the machine to support the weight.
2) Once balanced wheeling the machine is made easy with the special Soft PVC Tires on the Wheels to protect your floors & carpet.
3) When resting the to the floor follow the reverse of step one (as shown in diagram 1) .

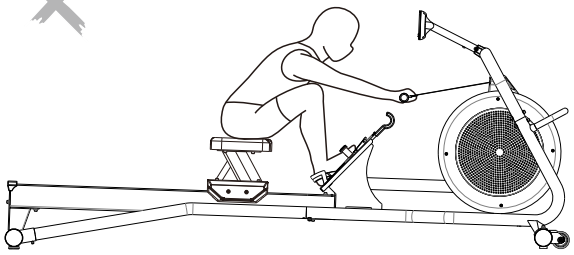
CORRECT ROWING GUIDE

Over Reaching

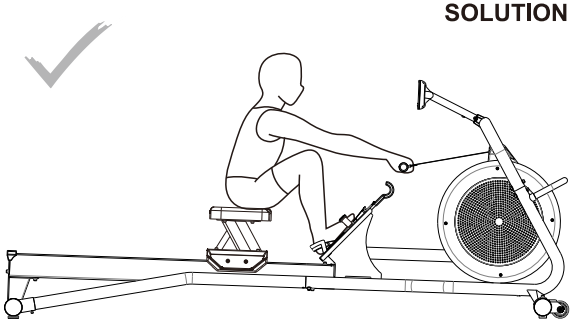
FAULT

The body stretches too far forward. The shins may be past vertical. The head and shoulders tend to drop towards the feet. The body is in a weak position for the stroke.

FAULT



SOLUTION



SOLUTION

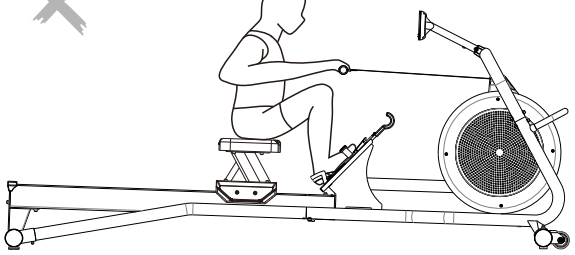
The shins are vertical. The body is pressed up to the legs. The arms are fully extended and relaxed, body tilted slightly forward. This position should feel comfortable.

Rowing with Arms Bent

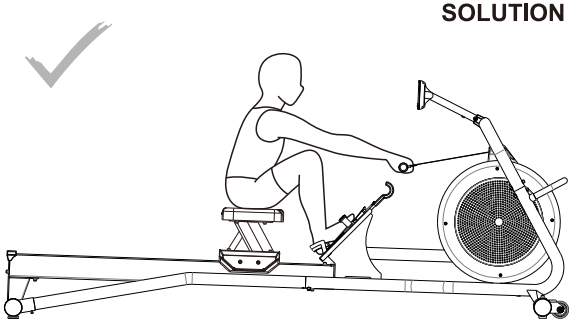
FAULT

The user starts the stroke by pulling with the arms rather than pushing with the legs.

FAULT



SOLUTION



SOLUTION

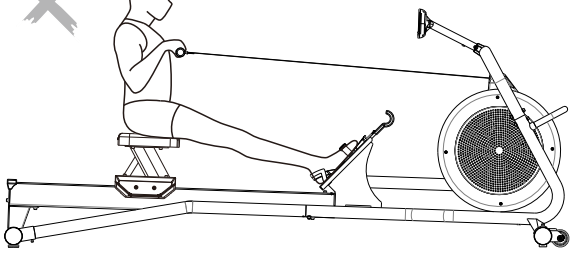
The user starts the stroke by pushing the legs and bracing the back with the arms fully extended and relaxed.

Bent Wrists

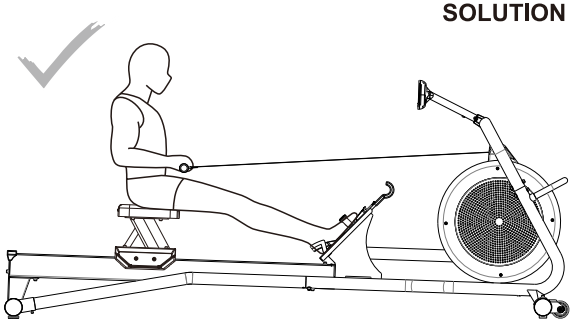
FAULT

The user bends their wrists at any time through the stroke.

FAULT



SOLUTION



SOLUTION

Always row with flat wrists through the entire stroke.

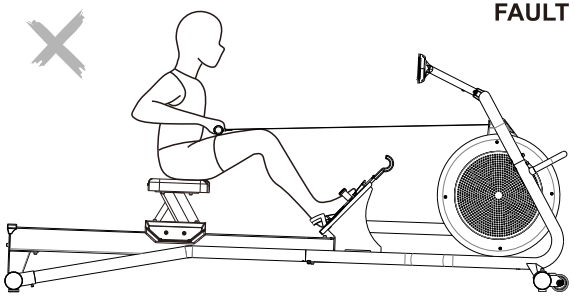
CORRECT ROWING GUIDE

Pulling the Body to the Handle

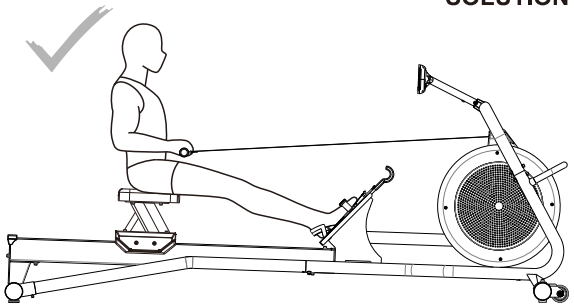
FAULT

At the finish, the user, instead of pulling the handle to the body, pulls themselves forward to the handle.

FAULT



SOLUTION



SOLUTION

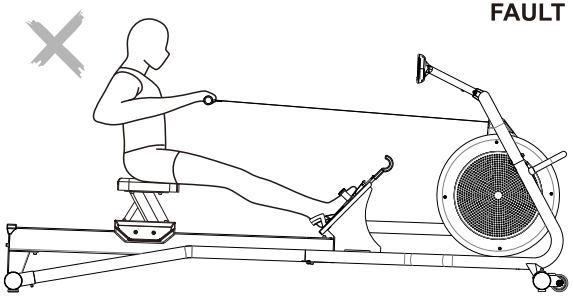
At the finish the user leans back slightly, holds the legs down and draws the handle to the body using the upper body as a firm platform.

Flying Elbows

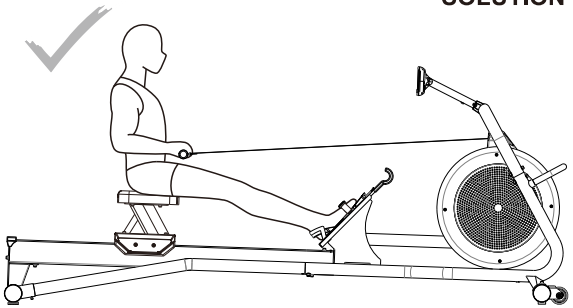
FAULT

The user's elbows are sticking out from the body at the finish and the handle is at chest level.

FAULT



SOLUTION



SOLUTION

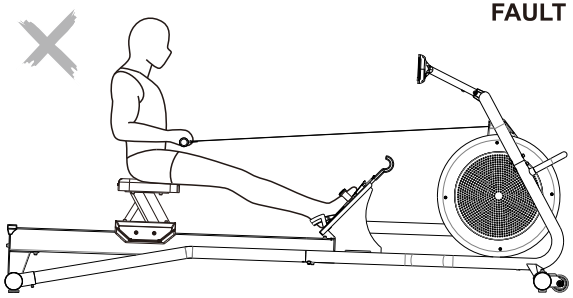
Draw the handle to the body. The wrists are flat and the elbows pass close to the body. Elbows extend behind the body as the handle is drawn to the waist.

Locking the Knees

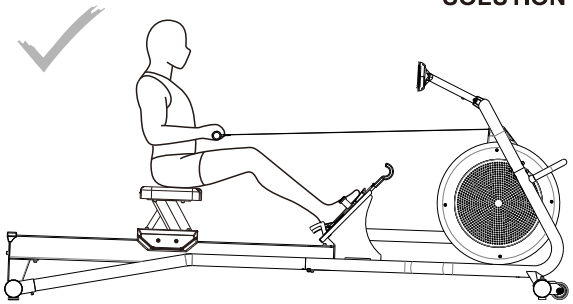
FAULT

At the end of the stroke the user locks the knees making the legs straight.

FAULT



SOLUTION

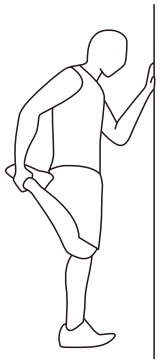


SOLUTION

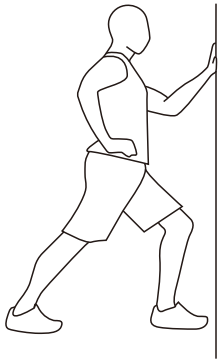
Always keep the legs slightly bend in the fully extended position..do not lock the knees.

STRETCHING

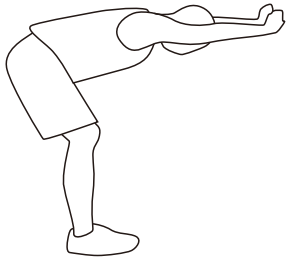
Stretching should be included in both your warm up and cool down, and should be performed after 3-5 minutes of low intensity aerobic activity or calisthenic type exercise. Movements should be performed slowly and smoothly, with no bouncing or jerking. Move into the stretch until slight tension, not pain, is felt in the muscle and hold for 20-30 seconds. Breathing should be slow, rhythmical and under control, making sure never to hold your breath.



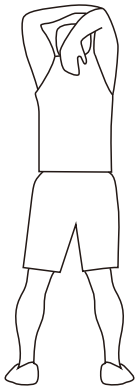
1. Quadriceps Stretch
Reach behind body with one hand, grasp top of foot and pull heel toward buttocks while maintaining an erect and upright posture Hold for 20-30 seconds and release. Repeat for opposite leg.



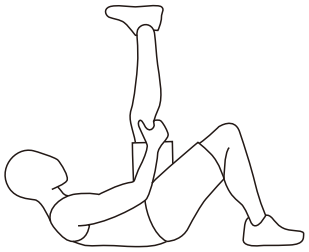
2. Calf, Achilles Stretch
Keeping back leg straight and foot flat on floor with toes pointed straight ahead, move hips forward by bending knee on front leg. Hold for 20-30 seconds and release. Repeat for opposite leg.



3. Back Stretch
With arms extended and hips directly over feet, lower upper body below hand level by bending at the knees. Hold for 20-30 seconds and release.



4.Rear Upper Arm Stretch
Grasp elbow and pull hand toward midline of the body while maintaining an erect and upright posture. Hold for 20-30 seconds and release. Repeat for opposite arm.



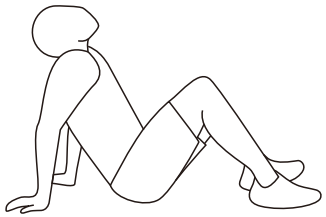
5.Hamstring,Lower Back Stretch
Holding thigh against upper body, extend leg toward ceiling. Hold for 20-30 seconds. Repeat for opposite leg.

6. Buttocks, Hips, Abdominal Stretch
While keeping both shoulders in contact with the ground, gently pull knee toward the ground. Hold for 20-30 seconds and release. Repeat for opposite side.





7. Inner Thigh Stretch
With soles of feet together, lean forward from the waist while applying downward pressure to the inside of the knees. Hold for 20-30 seconds and release.

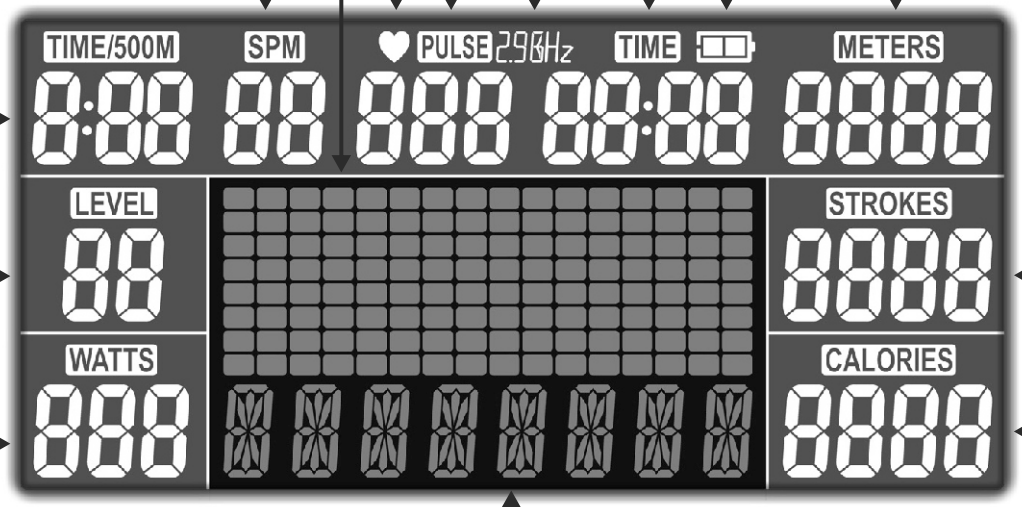


8. Chest, Shoulder, Upper, Arm, Stretch
Move buttocks forward away from arms while keeping arms extended back and palms on ground. Hold for 20-30 seconds and release.

COMPUTER INSTRUCTION

SE9(TR100-GE)





PULSE Display
Your heart rate/pulse is displayed in beats per minute (bpm), either via a 5 kHz Chest Strap.
The Flashing Heart is in-sync with your Heart Rate.
NOTE: "- - -" indicates that the computer is NOT receiving a heart rate/pulse signal.

HEART RATE RECEIVER FREQUENCY
5 kHz

TIME Display
minutes and seconds

BATTERY Display
Full, Half or Empty
NOTE: Does not apply to A/C powered computers

BAR GRAPH Display
Program Profiles and Text Messages are shown here.
8x Rows High = 16x Resistance LEVELS
16x Columns Long = 16x Time Intervals

METERS Display
Distance traveled is shown in Meters ONLY.

SPM Display
Strokes Per Minute

STROKES Display
Rowing Strokes Total.

TIME/500M Display
Displays your "CURRENT" TIME/500M.

CALORIES Display
Measured in kilocalories (kcal).
Also known as large Calories and food Calories.
NOTE: Your USER DATA significantly affects your Calorie Count.
Be sure to input your USER DATA which is a Main Menu Selection.

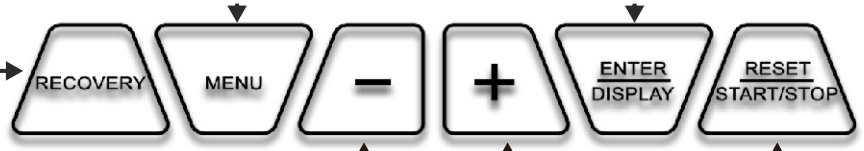
LEVEL Display
16 x Resistance LEVELS to choose from
Level 1 = minimum resistance
Level 16 = maximum resistance

ALPHA NUMERIC Display
Text messages to help assist and guide you through each computer program.

WATTS Display
Estimated WATTS per stroke, calibrated to EN 957.
Based on the fact that one watt (W) is equal to a power rate of one joule of work per second of time.

ENTER Key
three functions
1. Before your workout (i.e. Menu Mode):
Press the ENTER Key to confirm your selection.
2. Before your workout (i.e. Menu Mode):
Press and hold the ENTER Key for 3x seconds to bypass the selection process.
3. During your workout (i.e. Workout Mode):
Press the ENTER Key to change the "Boat Bar Graph Display" to " Profile Bar Graph Display" .
NOTE: only applies to the "HRC Programs" and "WATTS Program" and the "PROFILE Programs".

MENU Key
A shortcut Key to the Main Menu.
NOTE: will not function in Workout Mode.
Will function in Menu Mode and Paused Mode.



RECOVERY Key
two functions
1. ODOMETER
Press and hold the RECOVERY Key.
2. Start the RECOVERY PROGRAM
The RECOVERY PROGRAM will automatically evaluate your heart rate recovery for one minute immediately AFTER your workout.

SUPER FIT	0~100
EXTREMELY FIT	80~89
VERY FIT	70~79
GOOD FITNESS	60~69
AVERAGE FITNESS	50~59
FAIR FITNESS	40~49
POOR FITNESS	30~39
UNFIT	20~29
VERY UNFIT	10~19
EXTREMELY UNFIT	0~9

NOTE: Be sure to provide the computer with a pulse signal via a compatible Chest Strap.

SELECT Keys
four functions
1. Before your workout (i.e. Menu Mode):
Press the SELECT Keys to scroll through the available selection.
2. Before your workout (i.e. Menu Mode):
Press and hold either SELECT Key to Fast Track.
3. During your workout (i.e. Workout Mode):
Press the SELECT Keys to adjust the Resistance LEVEL.
4. Before your workout (i.e. Menu Mode):
Press and hold both SELECT Keys for 3x seconds to access the Measurement System (i.e. Metric or Imperial).
NOTE: Only applies to the User Data HEIGHT and WEIGHT.

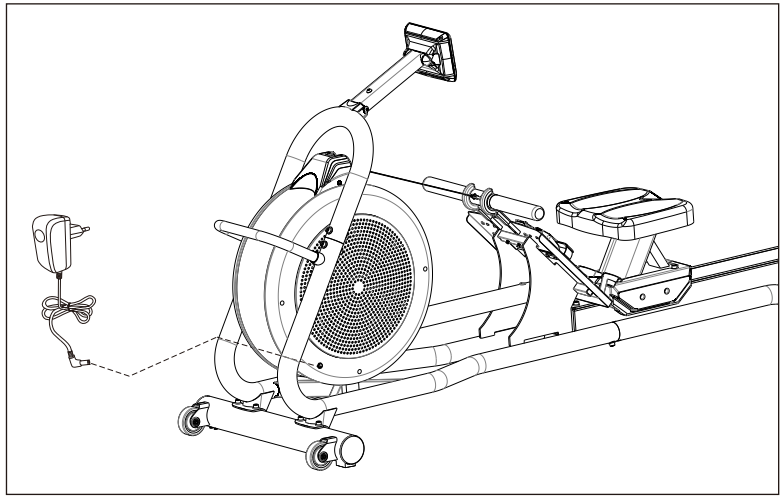
START/STOP/RESET Key
three functions
1. Before your workout (i.e. Menu Mode):
Press the START Key to begin your workout.
2. During your workout (i.e. Workout Mode):
Press the STOP Key to end your workout.
NOTE: The computer will automatically jump to "End of Workout Display".
3. Any time (i.e. Any Mode):
Press and hold the RESET Key for 3x seconds to Reset the computer back to the Main Menu.
NOTE: Present Data will be LOST. Any and all Saved Data will be retained.

ROWER COMPUTER INSTRUCTIONS

BEFORE YOU START ~ Recharge the Battery

Because your exercise machine is **NEW!** the BATTERY needs to be Charged.

The battery pack was fully charged when this exercise machine was manufactured. however since then the battery pack has undoubtedly lost some or all of it's charge making it important to recharge the battery pack ASAP. Use the provided AC Adaptor to recharge the battery for at least 30 minutes or longer.



Power Functions

ADAPTOR: DC 9 V 1000mA AC Adaptor. Once your exercise machine is fully assembled and correctly positioned then insert the plug-in adaptor socket. The computer should automatically power up and all the LCD segments will briefly light up.

AUTO POWER ON: The computer will automatically Power On when the Rowing Machine is in use.

AUTO PAUSE: The computer will automatically pause when you stop rowing during workout mode.

AUTO POWER OFF: The computer will automatically power off when the Rowing Machine is not in use after approximately 1 minutes. If the Rowing Machine is in workout mode then your workout and workout data will be lost.

LOW BATTERY Display: The low battery display will flash when the batteries need recharge.

Resistance and Generator System

THIS EXERCISE MACHINE IS EQUIPPED WITH:

Eddy Current Brake Motorized Resistance System: The Flywheel is lined with an Aluminum Strip and a Bank of Magnets are moved by a Geared Electric Motor. The closer the Magnets are to the moving Aluminum Strip the more "Eddy Currents" are created causing drag.

Mini Generator: Basically just an Electric Motor that is powered by the moving Flywheel.

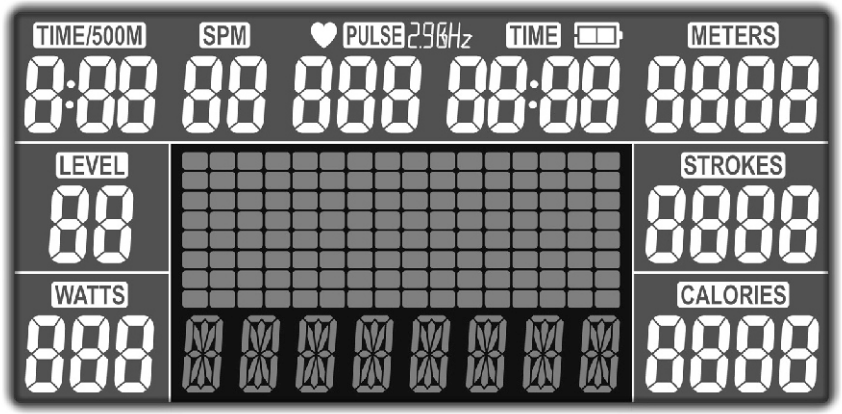
Generator Controller: A sophisticated electronic device that supply's the Computer and/or the Battery Pack with the correct electrical charge.

Battery Pack: The rechargeable Lithium-ion (Li-ion) battery pack is a battery in which lithium ions move from the negative electrode to the positive electrode during discharge and back when charging.

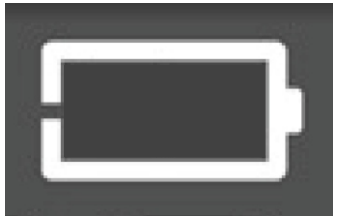
WARNING: **The battery pack is filled with toxic chemicals and must be disposed of in a competent manner by recycling.**

Battery Warning Display

When you see the "low battery display" flash then recharge the battery pack for a maximum of 20 minutes.



Low Battery Display



LCD Flashing

PROBLEM: The computer is not receiving enough power.

SOLUTION: Recharge the battery pack for a maximum of 20 minutes.

LCD Ghosting

PROBLEM: The computer is not receiving enough power.

SOLUTION: 1) Recharge the battery pack for a maximum of 20 minutes.

2) Dead battery pack. Contact your dealer and buy and replace the battery pack.

If these solutions fail to correct the problem then contact your dealer for assistance.

Battery Pack Care & Maintenance

ADAPTOR: DC 9 V 1000mA AC Adaptor The provided AC Adaptor is the only AC Adaptor you should use to recharge the battery pack.

WARNING: ***Using anything other than the provided AC Adaptor may harm the battery pack causing toxic chemicals to leak out and possibly start a fire.***

SMART BATTERY CHARGER

The provided AC Adaptor is a "Smart Battery Charger" and will stop charging when the battery pack is fully charged so it's OK to recharge the battery pack overnight. However, we DO NOT recommend leaving the AC Adaptor plugged in all of the time.

BATTERY PACK: DC7.4V 2200mAh 16.28Wh

Batteries do not enjoy eternal life. All batteries have a limited lifespan. The key point is to extend the battery pack lifespan with some simple to follow guidelines listed below.

CHARGE THE BATTERY PACK WHILE YOU EXERCISE

The average person exercises 20 minutes a day, 3 times a week. That is what the generator system has been designed for. At that rate the Lithium-ion (Li-ion) battery pack charge will fluctuate roughly from 40%~80% charge. It's still OK to exercise everyday, which will probably recharge the battery pack to 100% which will only slightly affect the long-term life of the Lithium-ion (Li-ion) battery pack. What the battery pack doesn't like is a 0% charge which will eventually kill the battery pack.

KEEP THE BATTERY PACK CHARGED 40%~80%

Lithium-ion (Li-ion) batteries don't suffer the memory effect like the old nickel cadmium and nickel–metal hydride rechargeable batteries, so it is best to keep a charge in the batteries at all times. It is best to not let the battery pack charge drop to zero and do not recharge the battery pack to 100% all the time as it will shorten the battery pack's lifespan. To extend the life of your battery pack, you want to keep it between 40%~80% but as there is NO "battery percentage indicator" only a "battery warning" it's best to recharge the battery pack when the "battery warning" displays, and then recharge the battery pack for a maximum of 20 minutes.

WHEN TO PARTIALLY CHARGE THE BATTERY PACK TO 80%

When you see the "battery warning" then recharge the battery pack for a maximum of 20 minutes.

WHEN TO FULLY CHARGE THE BATTERY PACK TO 100%

Even though the Lithium-ion (Li-ion) batteries don't suffer the memory effect, experts recommend to calibrate the battery pack every 1~3 months (a "charge cycle"). Plug-in the AC Adaptor and recharge the battery pack for at least 30 minutes, or overnight just like you would recharge your Smartphone.

Battery Pack Care & Maintenance continued

LONG-TERM STORAGE BATTERY PACK ISSUE

The battery pack will drain at about 5~10% a month when not in use. If storing the exercise machine for a long period of time then make sure the battery pack is fully charged first. Then, fully recharge the battery pack a minimum of every 3 months. If you let the battery pack discharge completely and leave it uncharged for a long period of time it will eventually become incapable of holding a charge (i.e. dead battery pack). If this occurs you will need to contact your dealer and buy and replace the battery pack.

BATTERY PACK LIFESPAN

Batteries do not enjoy eternal life. All batteries have a limited lifespan. The battery manufacturers conservative estimate rates the Lithium-ion (Li-ion) battery pack at 300~500 cycles which is normal for most Lithium-ion (Li-ion) batteries just like Smartphone or Laptop battery packs. However that DOES NOT mean the battery pack can only be recharged 300 times, it means if you fully discharge the battery pack to 0% and recharge the battery pack to 100%, then the battery pack will only last a minimum of 300 cycles, so it is important NOT to do that. Experts claim that Lithium-ion (Li-ion) batteries can reach 80% of their original capacity after 1,000 charges. After this point Lithium-ion (Li-ion) batteries aren't able to hold as much electricity and will power your device for increasingly shorter periods of time. It's also important to note that an aging battery pack will also decrease in performance over time. Lithium-ion (Li-ion) battery packs do not die suddenly, but the runtime gradually shortens as the capacity fades.

BATTERY NO-NO's

TOO LOW: A 0% charge for a long period of time. If you let the battery pack discharge completely and leave it uncharged for a long period of time the battery pack will eventually become incapable of holding a charge.

TOO COLD: 0°C (32°F) The Lithium-ion (Li-ion) battery pack will not charge below freezing.

TOO HOT: 45°C (113°F) The Lithium-ion (Li-ion) battery pack will charge but you will shorten the battery pack lifespan.

TOO WET: High humidity (or worse rain) will cause all kinds of corrosion problems not only with the electrical equipment but also all the metal components on your exercise machine. If you have condensation on the inside of your windows then the humidity is too high. Interior window condensation is caused by excessive moisture in your home. Corrosion will void your warranty, to avoid this buy and use a dehumidifier until the condensation disappears.

ROWER COMPUTER INSTRUCTIONS

Row Start JUST START ROWING

Just start rowing and the computer will automatically power up and start the PACER PROGRAM with a PACE BOAT DEFAULT 2:15 TIME/500M.

GETTING STARTED

It is important to input your USER DATA so the computer can calculate your: BODYFAT% = estimated Body Fat Percentage

BMI = Body Mass Index BMR = Basal Metabolic Rate

TDEE = Total Daily Energy Expenditure

And your USER DATA will allow the computer to more accurately calculate your Calorie expenditure.

Input your USER DATA via the MAIN MENU, then select "USER DATA".

Main Menu

The Main Menu consists of the 10 x following selections:

1. PACER.....1 x PACE BOAT PROGRAM

2. RACE.....1 x RACE PROGRAM

3. INTERVAL.....2 x INTERVAL PROGRAMS ~ INTERVAL DISTANCE and INTERVAL TIME

4. HRC..... 4 x HEART RATE CONTROL PROGRAMS 60% 75% 90% and Target Heart Rate

5. WATTS.....1 x WATTS CONTROL PROGRAM

6. **PROFILES**..... 4 x USER PROFILES + 12 x PROFILE PROGRAMS

7. FIT TEST..... 1 x FITNESS TEST PROGRAM

8. USERDATA..... USER DATA INPUT

9. USER PRO.....USER PROFILE CREATION PROGRAM

10. USER DEL..... DELETE A USER

The computer automatically starts at the MAIN MENU. However, If at anytime you wish to return to the Main Menu then simply press the MENU Key.

Pacer Program also known as PACE BOAT PROGRAM

The PACER PROGRAM allows you to row beside a pace boat to help you pace your workout.
There are two ways to program the Pace Boat Time:
1. set the TIME/500M
or
2. set the TIME and METERS

1) PACE PROGRAM
From the Main Menu, press the SELECT Keys to scroll and select the "PACER" Program.
Then press the ENTER Key to confirm your selection.
NOTE: *To return to the Main Menu press the MENU Key.*

2) USER SELECT
Press the SELECT Keys to scroll and select "GUEST USER" or one of 4x possible existing Users (e.g. "U1" or "U2" or "U3" or "U4").
Then press the ENTER Key to confirm your selection.

3a) TIME/500M
Press the SELECT Keys to scroll and select a "TIME/500M" **OR** *go to* ***3b****.*
Then press the ENTER Key to confirm your selection.

3b) TIME and METERS
Press the ENTER Key to bypass the TIME/500M selection.
Press the SELECT Keys to scroll and select a "TIME".
Then press the ENTER Key to confirm your selection.
Press the SELECT Keys to scroll and select "METERS".
Then press the ENTER Key to confirm your selection.
NOTE: *To immediately start your workout press the START Key.*

4) RESISTANCE LEVEL
Press the SELECT Keys to scroll and select a Resistance "LEVEL".
Then press the ENTER Key to confirm your selection.

5) TARGET VALUES
TARGET VALUES are optional.
To bypass ***all*** *"TARGET VALUES" press and hold the ENTER Key.*
To bypass an individual "TARGET VALUE" press the ENTER Key.
To select a "TARGET VALUE" press the SELECT Keys.
Then press the ENTER Key to confirm your selection.

6) MAX ALARMS
Maximum "ALARMS" are optional.
To bypass ***all*** *"ALARMS" press the START Key.*
To bypass an individual "ALARM" press the ENTER Key.
To select a Maximum "ALARM" press the SELECT Keys.
Then press the ENTER Key to confirm your selection.

7) READY = START ROWING
When you have reached the end of the selection process the computer will flash "READY" and the computer will wait for you to Start Rowing before it begins the workout.
NOTE: *During your workout you can adjust the Resistance LEVELS by pressing the SELECT Keys.*

ROWER COMPUTER INSTRUCTIONS

Race Program

The RACE PROGRAM allows you to row against any USERS AVERAGE TIME/500M. Race father against son, mother against daughter. Be the best in your family, or race against your own AVERAGE TIME/500M.

1) RACE PROGRAM
From the Main Menu, press the SELECT Keys to scroll and select the "RACE" Program.
Then press the ENTER Key to confirm your selection.
NOTE: *To return to the Main Menu press the MENU Key.*
User Data is required (see User Data).

2) USER SELECT (i.e. you)
Press the SELECT Keys to scroll and select "GUEST USER" or one of 4x possible existing Users (e.g. "U1" or "U2" or "U3" or "U4").
Then press the ENTER Key to confirm your selection.

3) USER TO RACE AGAINST
Press the SELECT Keys to scroll and select a "USER" to race against.
Then press the ENTER Key to confirm your selection.
NOTE: *To immediately start your workout press the START Key.*

4) RESISTANCE LEVEL
Press the SELECT Keys to scroll and select a Resistance "LEVEL".
Then press the ENTER Key to confirm your selection.

5) TARGET VALUES
TARGET VALUES are optional.
*To bypass **all** "TARGET VALUES" press and hold the ENTER Key.*
To bypass an individual "TARGET VALUE" press the ENTER Key.
To select a "TARGET VALUE" press the SELECT Keys.
Then press the ENTER Key to confirm your selection.

6) MAX ALARMS
Maximum "ALARMS" are optional.
*To bypass **all** "ALARMS" press the START Key.*
To bypass an individual "ALARM" press the ENTER Key.
To select a Maximum "ALARM" press the SELECT Keys.
Then press the ENTER Key to confirm your selection.

7) READY = START ROWING
When you have reached the end of the selection process the computer will flash "READY" and the computer will wait for you to Start Rowing before it begins the workout.
NOTE: *During your workout you can adjust the Resistance LEVELS by pressing the SELECT Keys.*

Interval Distance & Interval Time Programs

These two INTERVAL PROGRAMS are designed for Interval Training, where intense periods of training are combined with short timed rest periods. It is scientifically proven that Interval Training burns more Calories than Static Cardio Training, however it does put your body under a lot more stress so one needs to use common sense when Interval Training. We suggest that you do not exceed 100% Heart Rate.
see ***Calculating Target Heart Rate***
INTERVAL DISTANCE PROGRAM = A work "DISTANCE" combined with timed rest periods INTERVAL TIME PROGRAM = A work "TIME" combined with timed rest periods

1) INTERVAL PROGRAM TR100 GE recommends that REST TIME is set to 1 minute at most.
From the Main Menu, press the SELECT Keys to scroll and select the "INTERVAL" Program.
Then press the ENTER Key to confirm your selection.
NOTE: *To return to the Main Menu press the MENU Key.*

2) USER SELECT
Press the SELECT Keys to scroll and select "GUEST USER" or one of 4x possible existing Users (e.g. "U1" or "U2" or "U3" or "U4").
Then press the ENTER Key to confirm your selection.

3a) INTERVAL DISTANCE PROGRAM
Press the SELECT Keys to scroll and select the "DISTANCE" Program.
Then press the ENTER Key to confirm your selection.

3b) INTERVAL TIME PROGRAM
Press the SELECT Keys to scroll and select the "TIME" Program.
Then press the ENTER Key to confirm your selection.

4) NUMBER OF INTERVALS
Press the SELECT Keys to scroll and select a Number of "INTERVAL".
Then press the ENTER Key to confirm your selection.

5a) INTERVAL DISTANCE PROGRAM
Press the SELECT Keys to scroll and select the Interval Distance in "METERS".
Then press the ENTER Key to confirm your selection.

5b) INTERVAL TIME PROGRAM
Press the SELECT Keys to scroll and select a "INT TIME".
Then press the ENTER Key to confirm your selection.

6) REST TIME TR100 GE recommends that REST TIME is set to 1 minute at most.
Press the SELECT Keys to scroll and select a "REST TIME".
Then press the ENTER Key to confirm your selection.

NOTE: *To immediately start your workout press the START Key.*

7) RESISTANCE LEVEL
Press the SELECT Keys to scroll and select a Resistance "LEVEL".
Then press the ENTER Key to confirm your selection.

8) TARGET VALUES
TARGET VALUES are optional.
*To bypass **all** "TARGET VALUES" press and hold the ENTER Key.*
To bypass an individual "TARGET VALUE" press the ENTER Key.
To select a "TARGET VALUE" press the SELECT Keys.
Then press the ENTER Key to confirm your selection.

9) MAX ALARMS
Maximum "ALARMS" are optional.
*To bypass **all** "ALARMS" press the START Key.*
To bypass an individual "ALARM" press the ENTER Key.
To select a Maximum "ALARM" press the SELECT Keys.
Then press the ENTER Key to confirm your selection.

10) READY = START ROWING
When you have reached the end of the selection process the computer will flash "READY" and the computer will wait for you to Start Rowing before it begins the workout.
NOTE: *During your workout you can adjust the Resistance LEVELS by pressing the SELECT Keys.*

60% 75% 90% Heart Rate Control Programs GUEST USER N/A

The % HEART RATE PROGRAMS are designed to keep your heart rate/pulse at the constant level you have selected. Every 30 x seconds the computer will check your heart rate/pulse against what you have selected and will automatically adjust the Resistance LEVELS accordingly.

All Heart Rate Programs require a heart rate signal via a compatible Chest Strap.

These three % HEART RATE PROGRAMS work in conjunction with your selected User and the User Data you have input, therefore it is important that you select the correct User and have input the correct User Data before you begin any of the three % HEART RATE PROGRAMS.

NOTE: During your workout you cannot adjust your %HR or the Resistance LEVELS.

To select a heart rate that is optimal for you, see CALCULATING TARGET HEART RATE.

While increasing your heart rate is an important part of exercise, it is also important that your heart rate is not too high. To be safe we suggest that you start your workouts at the 60% and increase your heart rate % as your fitness improves.

NOTE: The recommended absolute **Maximum Heart Rate** is equal to **220 bpm minus your age.**

1) HRC PROGRAM

From the Main Menu, press the SELECT Keys to scroll and select the "HRC" Program.
Then press the ENTER Key to confirm your selection.

NOTE: *To return to the Main Menu press the MENU Key.*

2) USER SELECT

Press the SELECT Keys to scroll and select one of 4x possible existing Users (e.g. "U1" or "U2" or "U3" or "U4").
Then press the ENTER Key to confirm your selection.

NOTE: *User Data is required hence you can NOT select "Guest User".*

3) 60% 75% 90% HEART RATE PROGRAM

Press the SELECT Keys to scroll and select either "60% HRC" or "75% HRC" or "90% HRC". The computer will automatically show your % Heart Rate calculation.
Then press the ENTER Key to confirm your selection.

NOTE: *To immediately start your workout press the START Key.*

4) TARGET VALUES

TARGET VALUES are optional.
*To bypass **all** "TARGET VALUES" press and hold the ENTER Key.*
To bypass an individual "TARGET VALUE" press the ENTER Key.
To select a "TARGET VALUE" press the SELECT Keys. Then press the ENTER Key to confirm your selection.

5) MAX ALARMS

Maximum "ALARMS" are optional.
*To bypass **all** "ALARMS" press the START Key.*
To bypass an individual "ALARM" press the ENTER Key.
To select a Maximum "ALARM" press the SELECT Keys.
Then press the ENTER Key to confirm your selection.

6) READY = START ROWING

When you have reached the end of the selection process the computer will flash "READY" and the computer will wait for you to Start Rowing before it begins the workout.

NOTE: During your workout you cannot adjust the Resistance LEVELS.

NOTE: *During your workout you can press the DISPLAY Key to change the "Boat Bar Graph Display" to "Profile Bar Graph Display".*

THR ~ Target Heart Rate Program GUEST USER APPLICABLE

The TARGET HEART RATE PROGRAM is designed to keep your heart rate/pulse at the constant level you have selected. Every 30 x seconds the computer will check your heart rate/pulse against what you have selected and will automatically adjust the Resistance LEVELS accordingly. During your workout you can adjust your Target Heart Rate value by pressing the SELECT Keys.

NOTE: During your workout you cannot adjust the Resistance LEVELS.

All Heart Rate Programs require a heart rate signal via a compatible Chest Strap.

To select a heart rate that is optimal for you, see CALCULATING TARGET HEART RATE.

While increasing your heart rate is an important part of exercise, it is also important that your heart rate is not too high. To be safe we suggest that you start your workouts at the 60% and increase your heart rate % as your fitness improves.

NOTE: The recommended absolute **Maximum Heart Rate** is equal to **220 bpm minus your age. THR CONTROL VALUE CHOICE:** 30~220 bpm (in 1 bpm steps).

1) HRC PROGRAM

From the Main Menu, press the SELECT Keys to scroll and select the "HRC" Program. Then press the ENTER Key to confirm your selection.

NOTE: *To return to the Main Menu press the MENU Key.*

2) USER SELECT

Press the SELECT Keys to scroll and select "GUEST USER" or one of 4x possible existing Users (e.g. "U1" or "U2" or "U3" or "U4").
Then press the ENTER Key to confirm your selection.

3) THR PROGRAM

Press the SELECT Keys to scroll and select the "THR" Program. Then press the ENTER Key to confirm your selection.

4) THR CONTROL VALUE

Press the SELECT Keys to scroll and select a Target Heart Rate "CONTROL" Value. Then press the ENTER Key to confirm your selection.

NOTE: *To immediately start your workout press the START Key.*

5) TARGET VALUES

TARGET VALUES are optional.
*To bypass **all** "TARGET VALUES" press and hold the ENTER Key. To bypass an individual "TARGET VALUE" press the ENTER Key.*
To select a "TARGET VALUE" press the SELECT Keys. Then press the ENTER Key to confirm your selection.

6) MAX ALARMS

Maximum "ALARMS" are optional.
*To bypass **all** "ALARMS" press the START Key.*
To bypass an individual "ALARM" press the ENTER Key. To select a Maximum "ALARM" press the SELECT Keys. Then press the ENTER Key to confirm your selection.

7) READY = START ROWING

When you have reached the end of the selection process the computer will flash "READY" and the computer will wait for you to Start Rowing before it begins the workout.

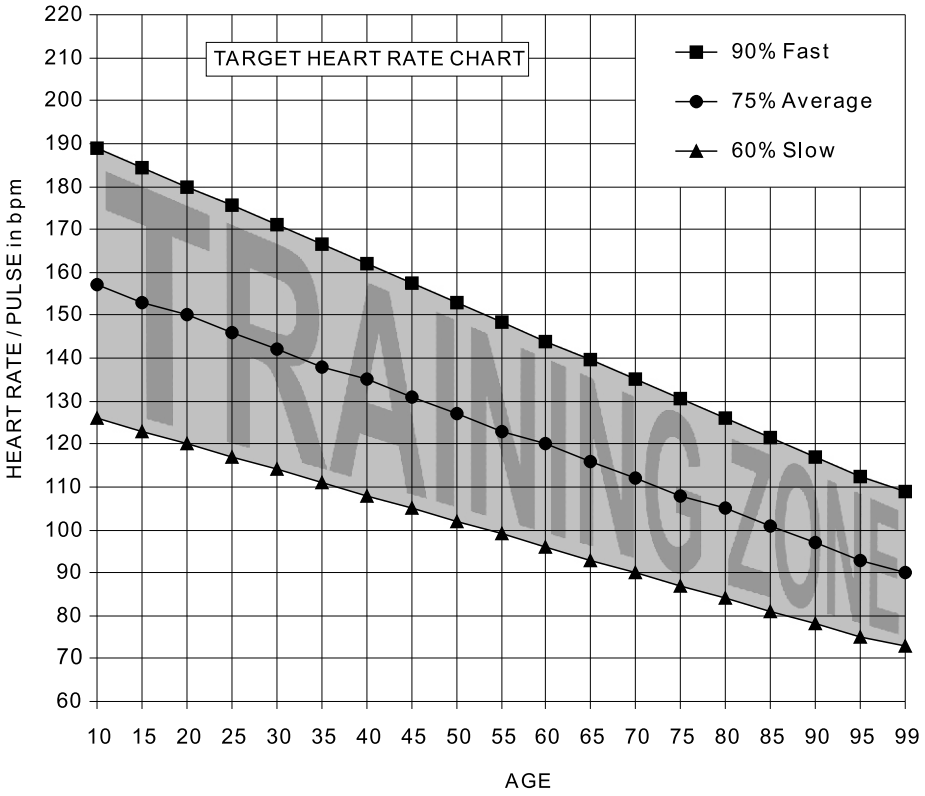
NOTE: *During your workout you can adjust your Target Heart Rate value by pressing the SELECT Keys.*

NOTE: *During your workout you can press the DISPLAY Key to change the "Boat Bar Graph Display" to "Profile Bar Graph Display".*

Calculating Target Heart Rate

Your optimal heart rate range during exercise is referred to as your training zone. To achieve effective results you should do your cardiovascular workout within your training zone. Refer to the target heart rate chart below to calculate your THR at 60%, 75% and 90%, that is our suggested training zone. We also suggest that you start your workouts at the 60% THR and increase your THR % as your fitness improves.

TARGET HEART RATE FORMULA: **220 - AGE x THR%** (e.g. 220 - 30 years old x 60% = THR 114)



Watts Program

The WATTS PROGRAM is designed to keep your watt output at a constant level you have selected. Every 10 x seconds the computer will check your Watts output against what you have selected and will automatically adjust the Resistance LEVELS accordingly. During your workout you can adjust the Watts Value by pressing the SELECT Keys.

NOTE: During your workout you cannot adjust the Resistance LEVELS.

WATT CONTROL VALUE CHOICE: 10~995 Watts (in 5 watt steps).

1) WATTS PROGRAM

From the Main Menu, press the SELECT Keys to scroll and select the "WATTS" Program.
Then press the ENTER Key to confirm your selection.
***NOTE:** To return to the Main Menu press the MENU Key.*

2) USER SELECT

Press the SELECT Keys to scroll and select "GUEST USER" or one of 4x possible existing Users (e.g. "U1" or "U2" or "U3" or "U4").
Then press the ENTER Key to confirm your selection.

3) WATTS CONTROL VALUE

Press the SELECT Keys to scroll and select a Watts "CONTROL" Value.
Then press the ENTER Key to confirm your selection.
***NOTE:** To immediately start your workout press the START Key.*

4) TARGET VALUES

TARGET VALUES are optional.
*To bypass **all** "TARGET VALUES" press and hold the ENTER Key.*
To bypass an individual "TARGET VALUE" press the ENTER Key.
To select a "TARGET VALUE" press the SELECT Keys.
Then press the ENTER Key to confirm your selection.

5) MAX ALARMS

Maximum "ALARMS" are optional.
*To bypass **all** "ALARMS" press the START Key.*
To bypass an individual "ALARM" press the ENTER Key.
To select a Maximum "ALARM" press the SELECT Keys.
Then press the ENTER Key to confirm your selection.

6) READY = START ROWING

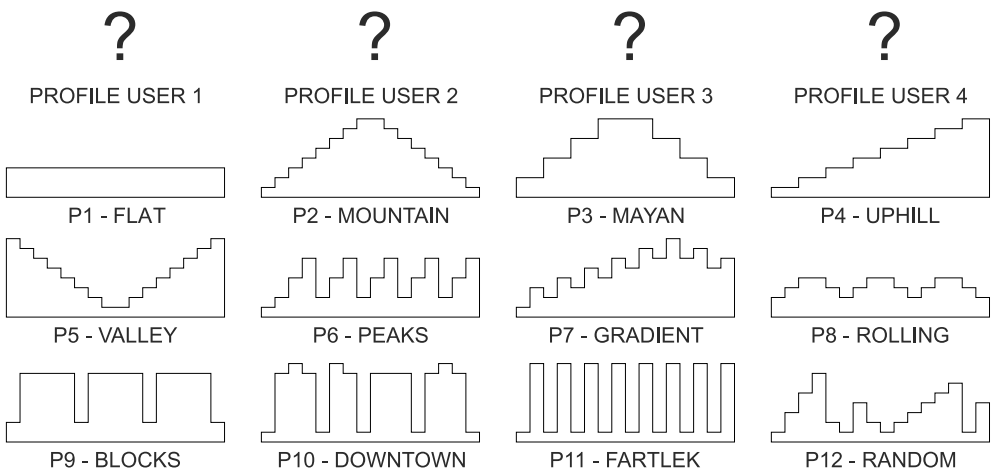
When you have reached the end of the selection process the computer will flash "READY" and the computer will wait for you to Start Rowing before it begins the workout.
***NOTE:** During your workout you can adjust the Watts Value by pressing the SELECT Keys.*
***NOTE:** During your workout you can press the DISPLAY Key to change the "Boat Bar Graph Display" to "Profile Bar Graph Display".*

ROWER COMPUTER INSTRUCTIONS

Profiles Programs

The computer will automatically adjust the Resistance LEVEL according to the PROFILE PROGRAM you select. During your workout you can adjust the RESISTANCE LEVELS by pressing the SELECT Keys.

There are 16 x PROFILE PROGRAMS to choose from as shown in the diagrams below:



FARTLEK

Is Swedish for 'Speed Play, it's an athletic training technique developed in the 1930's in which periods of intense effort alternate with periods of less strenuous effort in a continuous workout.

RANDOM

Before you press the ENTER Key to confirm your "RANDOM Profile" selection, the computer will automatically change the "RANDOM Profile" every 3x seconds.

1) PROFILES PROGRAM

From the Main Menu, press the SELECT Keys to scroll and select the "PROFILES" Program.
Then press the ENTER Key to confirm your selection.
NOTE: *To return to the Main Menu press the MENU Key.*

2) USER SELECT

Press the SELECT Keys to scroll and select "GUEST USER" or one of 4x possible existing Users (e.g. "U1" or "U2" or "U3" or "U4").
Then press the ENTER Key to confirm your selection.

3) PROFILE SELECTION

Press the SELECT Keys to scroll and select a "PROFILE".
Then press the ENTER Key to confirm your selection.

4) PROFILE ADJUSTMENT

Press the SELECT Keys to Adjust the Profile up or down.
Then press the ENTER Key to confirm your selection.
NOTE: *To immediately start your workout press the START Key.*

5) TARGET VALUES

TARGET VALUES are optional.
*To bypass **all** "TARGET VALUES" press and hold the ENTER Key.*
To bypass an individual "TARGET VALUE" press the ENTER Key.
To select a "TARGET VALUE" press the SELECT Keys.
Then press the ENTER Key to confirm your selection.

6) MAX ALARMS

Maximum "ALARMS" are optional.
*To bypass **all** "ALARMS" press the START Key.*
To bypass an individual "ALARM" press the ENTER Key.
To select a Maximum "ALARM" press the SELECT Keys.
Then press the ENTER Key to confirm your selection.

7) READY = START ROWING

When you have reached the end of the selection process the computer will flash "READY" and the computer will wait for you to Start Rowing before it begins the workout.

NOTE: *During your workout you can adjust the Resistance LEVELS by pressing the SELECT Keys.*

NOTE: *During your workout you can press the DISPLAY Key to change the "Boat Bar Graph Display" to "Profile Bar Graph Display".*

ROWER COMPUTER INSTRUCTIONS

Fitness Test

A five minute Fitness Test based on your heart rate recovery. You must provide the computer with a heart rate signal via a compatible Chest Strap. Row as fast as you can for five minutes to get your heart rate to maximum. Then the computer will test heart rate recovery for one minute.

FITNESS TEST RESULTS

SUPERFIT	SUPER FIT	90~100
EXTR FIT	EXTREMELY FIT	80~89
VERY FIT	VERY FIT	70~79
GOOD	GOOD FITNESS	60~69
AVERAGE	AVERAGE FITNESS	50~59
FAIR	FAIR FITNESS	40~49
POOR	POOR FITNESS	30~39
UNFIT	UNFIT	20~29
BAD	VERY UNFIT	10~19
VERY BAD	EXTREMELY UNFIT	0~9

1) FITNESS TEST PROGRAM

From the Main Menu, press the SELECT Keys to scroll and select the "FIT TEST" Program.
Then press the ENTER Key to confirm your selection.
NOTE: *To return to the Main Menu press the MENU Key.*

2) START ROWING

Remember to STOP rowing immediately after the five minutes are up.

NOTE: During your workout you can NOT adjust the Resistance LEVELS as the computer FIT TEST Program will be constantly changing the Resistance LEVELS automatically.

User Data **CREATE A NEW USER and INPUT USER DATA**

The computer can store four sets of personal USER DATA. This stored information will be used in conjunction with the Percentage Heart Rate Programs, and to more accurately calculate your Calorie expenditure and compute your "End of Workout Display" which includes your BMI, BMR and TDEE.

BMI = Body Mass Index BMR = Basal Metabolic Rate

TDEE = Total Daily Energy Expenditure

The computer will also memorize your selections for every program to aid in the selection process.
REMEMBER: It's important to keep your USER DATA up-to-date otherwise the computer will give you false readings, such as Heart Rate Percentage, expended Calories BMI BMR TDEE.
NOTE: Guest User. The computer will not memorize any input Guest User selections.

USER DATA INPUT

NAME 8x Alphanumeric Digits available. ***NOTE:*** *press and hold the ENTER Key to bypass.*
SEX - GENDER Male or Female.
AGE in years only.
HEIGHT in Centimeters or Feet and Inches (to convert see "Measurement Selection").
WEIGHT in Kilograms or Pounds (to convert see "Measurement Selection").
ACTIVE FACTOR How active you are affects your metabolism which affects how many calories you burn while exercising. Your ACTIVE FACTOR will adjust the computers Calorie calculations and your TDEE Total Daily Energy Expenditure.

0x per Week = SEDENTARY: desk job with little or no daily exercise
2x per Week = LIGHTLY ACTIVE: light exercise 1~3 days a week
4x per Week = MODERATELY ACTIVE: moderate exercise 3~5 days a week
7x per Week = VERY ACTIVE: hard exercise 6~7 days a week
9+ per Week = EXTREMELY ACTIVE: extremely active all day every day or athlete marathon fitness level

1) USER DATA

From the Main Menu, press the SELECT Keys to scroll and select "USER DATA".
Then press the ENTER Key to confirm your selection.
NOTE: *To return to the Main Menu press the MENU Key.*

2) SELECT USER

Press the SELECT Keys to scroll and select "NEW USER" or one of 4x possible existing Users.
Then press the ENTER Key to confirm your selection.

3) NAME

Press the SELECT Keys to scroll and select a "ALPHANUMERIC LETTER or DIGIT".
Then press the ENTER Key to confirm your selection.
Repeat this process until your NAME is complete.
Then press and hold the ENTER Key to bypass all remaining selections / jump to the next stage.

4) SEX - GENDER

Press the SELECT Keys to scroll and select your "SEX".
Then press the ENTER Key to confirm your selection.

5) AGE

Press the SELECT Keys to scroll and select your "AGE" in years only.
Then press the ENTER Key to confirm your selection.

6) HEIGHT (in cm or inches ~ see Measurement Selection)

Press the SELECT Keys to scroll and select your "HEIGHT".
Then press the ENTER Key to confirm your selection.

7) WEIGHT (in kg or lbs ~ see Measurement Selection)

Press the SELECT Keys to scroll and select your "WEIGHT".
Then press the ENTER Key to confirm your selection.

8) ACTIVE FACTOR

Press the SELECT Keys to scroll and select your "ACTIVE" Factor.
Then press the ENTER Key to confirm your selection.

ROWER COMPUTER INSTRUCTIONS

User Profile CREATE YOUR OWN PROFILE

As there are 4x possible Users and each User can design their own Custom Profile Program makes a total of 4x USER PROFILES. All Profiles use the Bar Graph Display being 8x Rows High = 16x Resistance Levels and 16x Columns Long = 16x Time Intervals. These USER PROFILE Programs are extremely useful as they allow you to custom design a Profile Program to your liking giving your workouts endless variety, which will help you to keep motivated.

During your workout the computer will automatically adjust the Resistance LEVELS according to the PROFILE you design and you can also adjust the Resistance LEVELS with the SELECT Keys.

1) USER PROFILE

From the Main Menu, press the SELECT Keys to scroll and select "USER PRO".
Then press the ENTER Key to confirm your selection.
NOTE: *To return to the Main Menu press the MENU Key.*

2) SELECT USER PROFILE

Press the SELECT Keys to scroll and select one of 4x possible existing User Profiles.
Then press the ENTER Key to confirm your selection.
NOTE: *If there are no User Profiles shown then go to User Data to create a User.*

3) PROFILE CREATION

Press the SELECT Keys to scroll and select a "Resistance LEVEL".
Then press the ENTER Key to confirm your selection.
Repeat this process until your PROFILE is complete.
NOTE: *To bypass all the remaining columns, press and hold the ENTER Key. This is extremely useful when making small adjustments to your custom PROFILE.*

User Delete DELETE AN EXISTING USER

We have made it simple to Delete an existing User.

1) USER DELETE

From the Main Menu, press the SELECT Keys to scroll and select "USER DEL".
Then press the ENTER Key to confirm your selection.
NOTE: *To return to the Main Menu press the MENU Key.*

2) SELECT USER

Press the SELECT Keys to scroll and select one of 4x possible existing Users.
Then press the ENTER Key to confirm your selection.

3) VERIFY DELETION

Press the ENTER Key again to reconfirm Deletion.

Frequency HEART RATE RECEIVER FREQUENCIES

FREQUENCY DISPLAY: At the top of the LCD next to the Pulse Display Window the Heart Rate Receiver Frequency is displayed.

Although the 5kHz Analog **H**eart **R**ate **F**requency (**HRF**) is the most common international HRF it has problems with interference from a wide range of electrical devices, and has a limited working distance.

ROWER COMPUTER INSTRUCTIONS

Recovery Program ACTIVATE BY PRESSING THE RECOVERY KEY

The RECOVERY PROGRAM is an excellent cardiovascular fitness level indicator.
Especially useful if you are in the process of improving your cardiovascular fitness level.
The RECOVERY PROGRAM will evaluate your cardiovascular fitness level by measuring how quickly your heart rate recovers over a period of one minute immediately at the end of your workout. For the entire sixty second countdown it is essential that you provide the computer with a heart rate signal via a compatible Chest Strap. Then the computer will display your cardiovascular fitness recovery score from 0~100.

FITNESS TEST RESULTS

SUPERFIT	SUPER FIT	90~100
EXTR FIT	EXTREMELY FIT	80~89
VERY FIT	VERY FIT	70~79
GOOD	GOOD FITNESS	60~69
AVERAGE	AVERAGE FITNESS	50~59
FAIR	FAIR FITNESS	40~49
POOR	POOR FITNESS	30~39
UNFIT	UNFIT	20~29
BAD	VERY UNFIT	10~19
VERY BAD	EXTREMELY UNFIT	0~9

1) ACTIVATE THE RECOVERY PROGRAM
Immediately at the end of your workout press the "RECOVERY Key".

2) RETURN TO THE MAIN MENU
To return to the "MAIN MENU" press the MENU Key.

End of Workout Display END - AVERAGE - BMI - BODY FAT % - BMR - TDEE

At the end of your workout the computer will display the following using your Workout Data and input User Data.

END: Your workout Totals.

AVERAGE: Your workout Averages.

BMI: BODY MASS INDEX is one of the most accurate ways to determine when extra weight translates into a health risk.

Number	Classification	Risk
Below 18	Underweight	Low Risk
19 - 25	Normal	Average Risk
26 - 30	Overweight	High Risk
31 and above	Excess Weight	Extreme Risk

BODY FAT%: Your estimated body fat percentage for your reference only.

Classification	Women (% fat)	Men (% fat)
Essential Fat	10-13%	2-4%
Extremely Low	14-20%	6-13%
Low	21-24%	14-17%
Average	25-31%	18-25%
Obese	32% plus	26% plus

BMR: Your BASAL METABOLIC RATE is the minimum Calories required to sustain life in a resting individual. It can be looked at as being the amount of energy (measured in Calories / kcal) expended by the body to remain in bed asleep all day.

TDEE: Your TOTAL DAILY ENERGY EXPENDITURE is an estimate of your daily Calorie requirements.

If you are trying to lose weight then your TDEE is an excellent maximum Calorie guide.

LOSE WEIGHT CALORIE CALCULATION: If you count the Calories of the food you consume each day, subtract your TDEE, the end result will be an approximate check whether you are losing or gaining weight.

If you are trying to lose weight then you must reduce your Calorie intake. However, reducing your Calorie intake too fast and too much will upset your metabolism and may result in an overall weight gain.

It's important to reduce your Calorie intake slowly over two-to-three weeks to allow your metabolism to adjust and never reduce your daily Calorie intake below your BMR (excluding healthy fasting).

We suggest that to lose weight at a moderate level you adjust your Calorie intake to halfway between your BMI and your TDEE.

TDEE + BMI ÷ 2 = WEIGHT LOSS

ROWER COMPUTER INSTRUCTIONS

Target Values TIME - METERS - STROKES - CALORIES

TIME - METERS - STROKES - CALORIES Target Values are optional. If you do not select any of these optional Target Values then the computer will count from zero upwards. If you select one or more of these optional Target Values then the computer will countdown from your selection.

The computer will stop your workout and sound an alarm for once the **FIRST** Target Value has been achieved.

TIME 5:00 ~ 99:00 minutes (in 1x minute steps)
METERS 100 ~ 9,900 Meters (in 100x Meter steps)
STROKES 10 ~ 9,990 strokes (in 10x Stroke steps)
CALORIES 10 ~ 9,990 Calories (in 10x Calorie steps)

TARGET VALUES ~ HOW TOO

TARGET VALUES are optional.
*To bypass **all** "TARGET VALUES" press and hold the ENTER Key.*
To bypass an individual "TARGET VALUE" press the ENTER Key.
To select a "TARGET VALUE" press the SELECT Keys.
Then press the ENTER Key to confirm your selection.

Max Alarms PULSE - SPM - TIME/500M - WATTS

Maximum Alarms are optional. Maximum Alarms are a helpful tool if used wisely. We strongly suggest that only one or two alarms be used at any one time.

When an Alarm is triggered the computer will sound an audio Alarm as well as a visual indicator to notify you which of the four Alarms (i.e. PULSE or SPM or TIME/500M or WATTS) has been triggered.

PULSE 30 ~ 220 bpm (in 1x bpm steps)
SPM 15 ~ 60 SPM (in 1x SPM steps)
TIME/500M 01:00 ~ 9:55 minutes and seconds (in 5x second steps)
WATTS 10 ~ 995 Watts (in 5x Watt steps)

ALARMS ~ HOW TOO

Maximum "ALARMS" are optional.
*To bypass **all** "ALARMS" press the START Key.*
To bypass an individual Maximum "ALARM" press the ENTER Key.
To select a Maximum "ALARM" press the SELECT Keys.
Then press the ENTER Key to confirm your selection.

Measurement Selection METRIC or IMPERIAL

For User Data HEIGHT and WEIGHT input there is the choice between metric or imperial measurements.
HEIGHT in Centimeters **OR** Inches
WEIGHT in Kilograms **OR** Pounds

MEASUREMENT SELECTION ~ HOW TOO

***1)** Press and hold both SELECT Keys for 3x seconds.*
***2)** Press the SELECT Keys to scroll and select either "METRIC" or "IMPERIAL".*
***3)** Press the ENTER Key to confirm your selection.*

Default Values

The computer has been designed to assist the User when inputting data by having preset Default Values.

Pacer Program
PACE BOAT TIME/500M 2:15 (1:00 ~ 9:55 minutes and seconds in 1x second steps)
TIME 20:00 minutes (5:00 ~ 99:00 minutes in 1x minute steps)
METERS 5000 Meters (100 ~ 9,900 Meters in 100x Meter steps)

Interval Program
INTERVALS 10 (2 ~ 99 in 1x interval steps)
INTERVAL DISTANCE 500 Meters (100 ~ 9,900 Meters in 100x Meter steps)
INTERVAL TIME 1:00 minute (0:30 ~ 10:00 in 5x second steps)
REST TIME 30 seconds (0:30 ~ 10:00 in 5x second steps)

THR (Target Heart Rate) Program
THR (Target Heart Rate) 140 bpm (30 ~ 220 bpm in 1x bpm steps)

WATTS Program
WATTS 100 (10 ~ 995 in 5x Watt steps)

User Data
SEX Female (Female or Male)
AGE 35 (10 ~ 99 in 1x year steps)
METRIC HEIGHT Female 163 cm **OR** Male 178 cm (90 ~ 240 cm in 1x cm steps)
METRIC WEIGHT Female 60 kg **OR** Male 86 kg (30 ~ 200 kg in 1x kg steps)
IMPERIAL HEIGHT Female 64 inches / 5'4" **OR** Male 70 inches / 5'10" (36" ~ 96" / 3' ~ 8' in 1x inch steps)
IMPERIAL WEIGHT Female 135 lb **OR** Male 190 lb (60 ~ 440 lb in 1x lb steps)

ACTIVE FACTOR 2x WEEK

1) "0x WEEK" = Sedentary (little or no exercise, desk job)
2) "2x WEEK" = Lightly Active (light exercise/sports 1-3 days/wk)
3) "4x WEEK" = Moderately Active (moderate exercise/sports 3-5 days/wk)
4) "7x WEEK" = Very Active (hard exercise/sports 6-7 days/wk)
5) "9+ WEEK" = Extremely Active (hard daily exercise/sports & physical job or 2x days intense training/wk)

Level Selection
Resistance LEVEL 6 (1 ~ 16 in 1x LEVEL steps)

Target Values
TIME 20:00 minutes (5:00 ~ 99:00 minutes in 1x minute steps)
METERS 5000 Meters (100 ~ 9,900 Meters in 100x Meter steps)
STROKES 300 strokes (10 ~ 9,990 strokes in 10x Stroke steps)
CALORIES 160 Calories (10 ~ 9,990 Calories in 10x Calorie steps)

Max Alarms
PULSE 140 bpm (30 ~ 220 bpm in 1x bpm steps)
SPM 25 SPM (15 ~ 60 SPM in 1x SPM steps)
TIME/500M 2:15 (01:00 ~ 9:55 minutes and seconds in 5x second steps)
WATTS 100 (10 ~ 995 Watts in 5x Watt steps)

ROWER COMPUTER INSTRUCTIONS

Trouble Shooting Guide

PROBLEM NO PULSE or NO HEART RATE DETECTED

SOLUTION 1) If your skin is too dry then the Chest Strap's CONDUCTIVE PADS will NOT be able to detect the electrical impulses of your heartbeat. To improve contact, slightly moisten the CONDUCTIVE PADS with water. For long events such as an exercise competition we strongly suggest you use ECG Gel.

2) Ensure you are wearing a compatible 5 kHz frequency Chest Strap. See ***Frequency***.

3) Replace the batteries in your Chest Strap, even if the Chest Strap is new.

4) If you are using a 5 kHz frequency Chest Strap then Interference may be an issue. Move your rower to a different location away from all electrical appliances and recheck the heart rate signal.

5) Verify that your Chest Strap is working correctly. Check your Chest Strap on another exercise machine, perhaps a friends exercise machine, or your place of purchase, or a local fitness shop or a local gym club.

6) Contact your place of purchase to verify your Chest Straps compatibility. If that fails then contact the dealer who supplies the place of purchase.

PROBLEM LCD GHOSTING - PARTIAL LCD - SOFTWARE FAILURE - ETC

SOLUTION 1) Reset the computer. Press and hold the RESET Key.

2) Reboot the computer. Disconnect the power for approximately 15 seconds

3) Reconnect all cable plug connections, refer to the assembly instructions.

4) Request and fit a replacement computer.

5) Request a Service Technician.

Medical Safety Warning

If you experience any pain or tightness in your chest, irregular heartbeat, shortness of breath, faintness, or unusual discomfort upon exercising, stop and consult a physician.

Warm-Up and Cool-Down

Remember to warm-up and cool-down. Limbering up "cold" muscles and cooling down after exercise are important injury prevention measures.

Official Guide

WARM-UP: Five minutes of stretches then five minutes of light cardiovascular exercise.
COOL-DOWN: Five minutes of light cardiovascular exercise then Five minutes of stretches.

Unofficial Guide

WARM-UP: 30~60 seconds of Hamstring and Calf stretches,
then start your workout but for the first few minutes go slowly.

COOL-DOWN: The last few minutes of your workout go slowly,
followed by 30~60 seconds of Hamstring and Calf stretches.

Training Tips

CLOTHING: Wear comfortable, lightweight, well ventilated clothing to help sweat evaporate.
SHOES: Make sure your shoes fit you properly and provide external and lateral stability support to prevent ankle and knee injuries. Wear cross-training, walking or running shoes.
DRINK WATER: It's very important not to become dehydrated. Your body needs water lost during exercise.

FAQ FREQUENTLY ASKED QUESTIONS

Q: CHEST STRAP ~ Will my OLD Chest Strap work with this Rowing Machine ?

A: 5 kHz **Chest Strap** = MOST LIKELY ~ Providing your computer is 5kHz compatible. See ***Frequency***.

A: DIGITAL Chest Strap = NO ~ Digital Chest Straps (normally accompanied with a Heart Rate Watch) will not successfully communicate with this computers Heart Rate Receiver due to incompatible bandwidth or incompatible digital code. See ***Frequency***.

Q: How does the computer detect and calculate DISTANCE (i.e. METERS) and SPEED (i.e. TIME/500M) ?

A: $\frac{\text{DISTANCE}}{\text{TIME}}$ **= SPEED** ~ This rowing machine has 2x SENSORS mounted on the Strap Drum.

1x “A” SENSOR and 1x “B” SENSOR. This way the computer can tell if the Strap Drum is going forwards (i.e. the pull of the stroke) or going backwards (i.e. the release of the stroke). The computer measures how many revolutions per stroke, combined with a Resistance LEVEL factor (i.e. the higher the resistance level the more meters traveled) = Distance. Combined with the Time each stroke took and using the standard formula of Distance over Time the computer can calculate Speed.

Q: How does the computer calculate WATTS ?

A: watt Calculation: This computers WATTS display values have been calibrated according to the EN 957 European Standards. This exercise machine was tested by an approved testing laboratory using a Dynamometer which measures the precise torque/power/WATT values for all Resistance LEVELS at various speeds. Then the computer is programmed with this information and must pass a final test within± 10% accuracy.

NOTE: this computer displays "Present Watts Generated" only and NOT "Accumulated Generated Watts".

watt Definition: a watt is the rate at which energy is expended. watt is used both in mechanics and in electricity, so it links the mechanical and electrical units to one another. One watt is “equal to a power rate of one joule of work per second of time”.

Q: How does the computer calculate CALORIES ?

A: Kilocalorie Calculation: The computer stores your watts generated over time and converts it into kilocalories, then the computer alters the kilocalorie figure to better match the human body efficiently taking into account your input User Data "SEX - AGE - HEIGHT - WEIGHT - ACTIVE FACTOR".

NOTE: there are no international standards regulating Calorie accuracy of exercise equipment, the kilocalories displayed by this computer are an estimation only.

Kilocalorie Definition: A kilocalorie is a unit of heat energy. One kilocalorie is “the amount of heat required at a pressure of one atmosphere to raise the temperature of one kilogram of water by one degree Celsius”. Not to get confused with calorie (cal) gram calorie or small calorie. One kilocalorie equals 1000 small calories. A kilocalorie is often (but certainly not always!) distinguished from the small calorie by capitalizing its name and symbol. One kilocalorie per hour = 1.163 watt.

Recycle

Help save the planet.

Please recycle this computer and rowing machine after use.



TR100 GE ROWER WARRANTY

We warrant that the Rower is free of defects in workmanship and materials, and will repair or replace defective parts, free of charge, for a period of one year from the date of purchase.

This warranty is valid only in accordance with the following conditions:

1) This warranty applies to the Rower products only while the products remain in the possession of the original purchaser and proof of purchase is demonstrated.

2) This warranty applies to light commercial use only and is void when used in a full commercial environment.

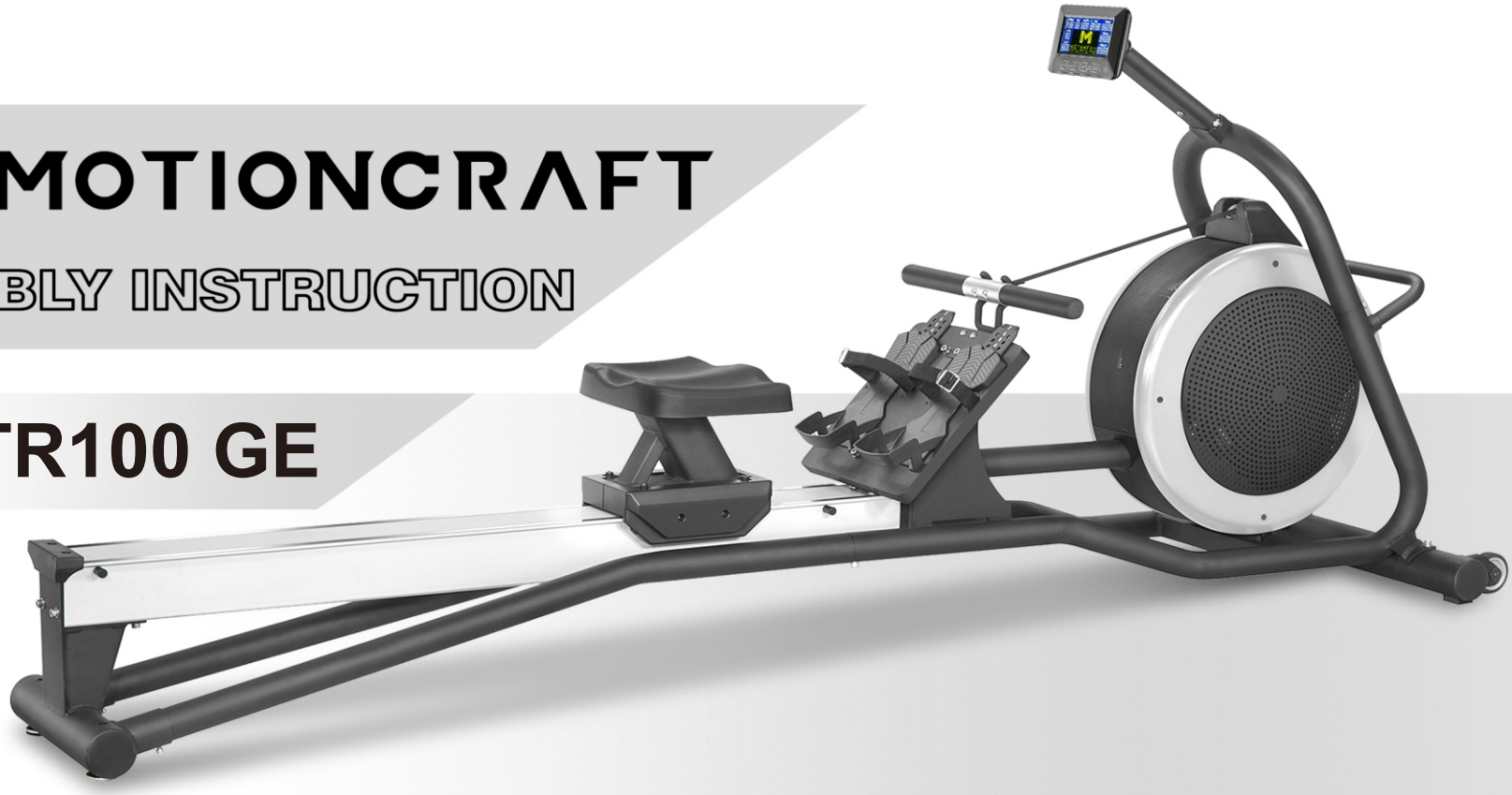
3) This warranty excludes misuse, abuse, alteration, improper service, or non Rower product modifications.

4) This warranty is in lieu of all warranties, expressed or implied, and/or all other obligations or liabilities on our part and we neither assume nor authorize any person to assume for us any other obligation or liability in connection with the sale of the Rower. Under no circumstances shall we be liable by virtue of this warranty or otherwise for damage to any person or property whatsoever for any special, indirect, incidental, secondary or consequential damage of any nature whatsoever arising out of the use or inability to use the Rower.

MOTIONCRAFT

ASSEMBLY INSTRUCTION

TR100 GE



202107

TR100 GE ASSEMBLY INSTRUCTIONS

Introduction

Congratulations on your purchase of TR100 Rower. This product has been designed and manufactured to meet the needs and requirements of commercial use.

Please carefully read the instructions prior to assembly and first use. Be sure to keep the instructions for reference and/or maintenance.

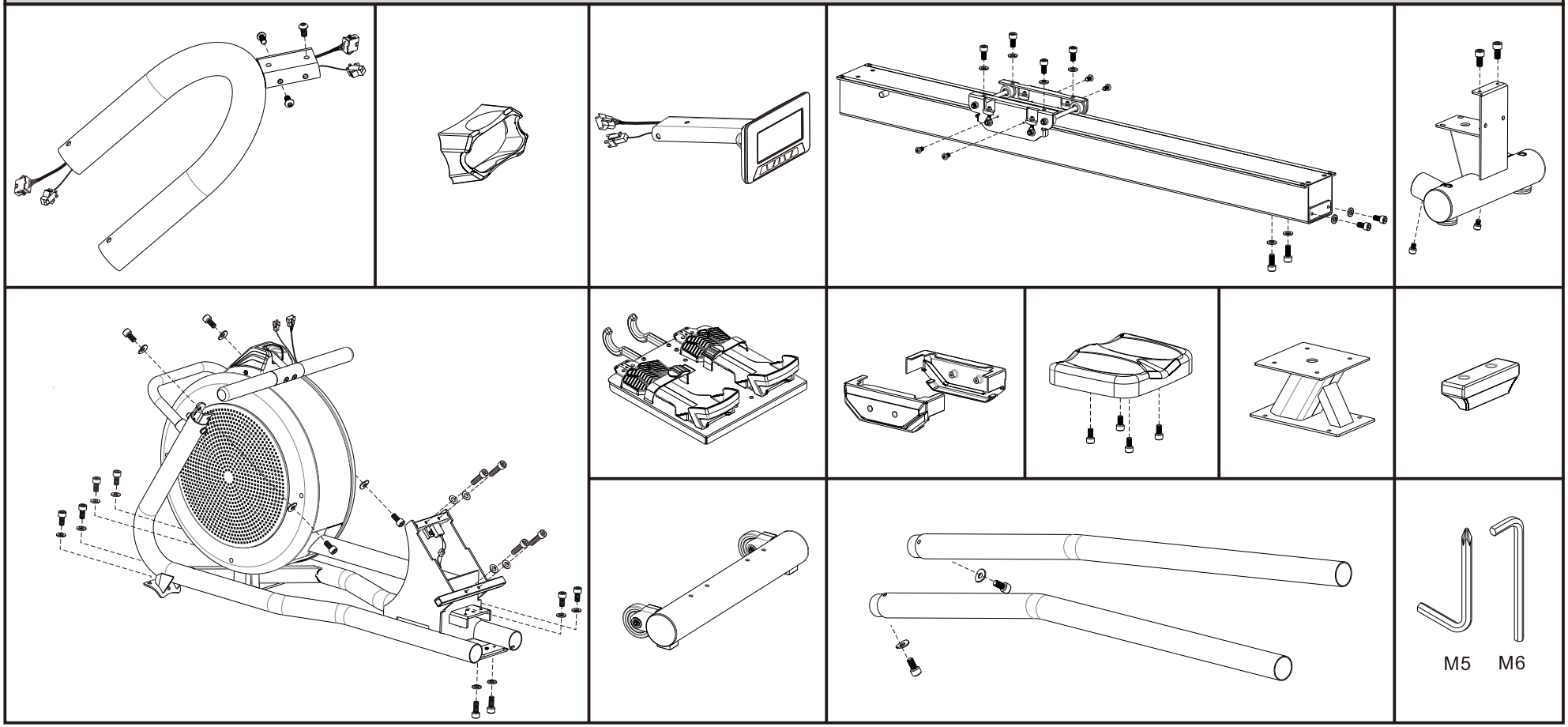
If you have any further questions, please contact us. We wish you lots of success and fun while training.

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Check List

IF ANY OF THESE PARTS ARE MISSING CONTACT YOUR DEALER IMMEDIATELY.

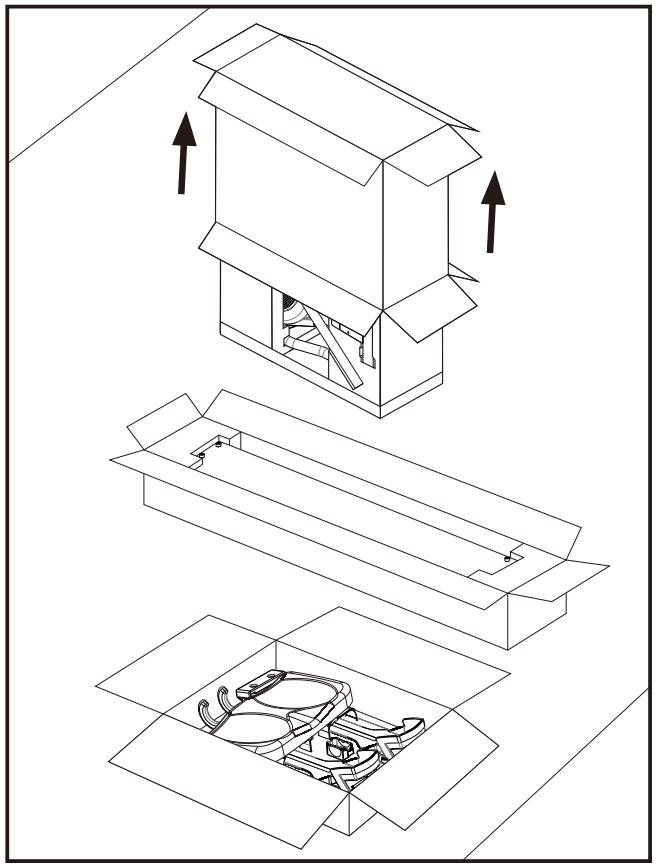


TR100 GE ASSEMBLY INSTRUCTIONS

STEP 1

a) Clear a 2 Meter by 2.5 Meter working space before unpacking your ROWER

b) Use a sharp knife, open the carton and lay it flat on the floor.



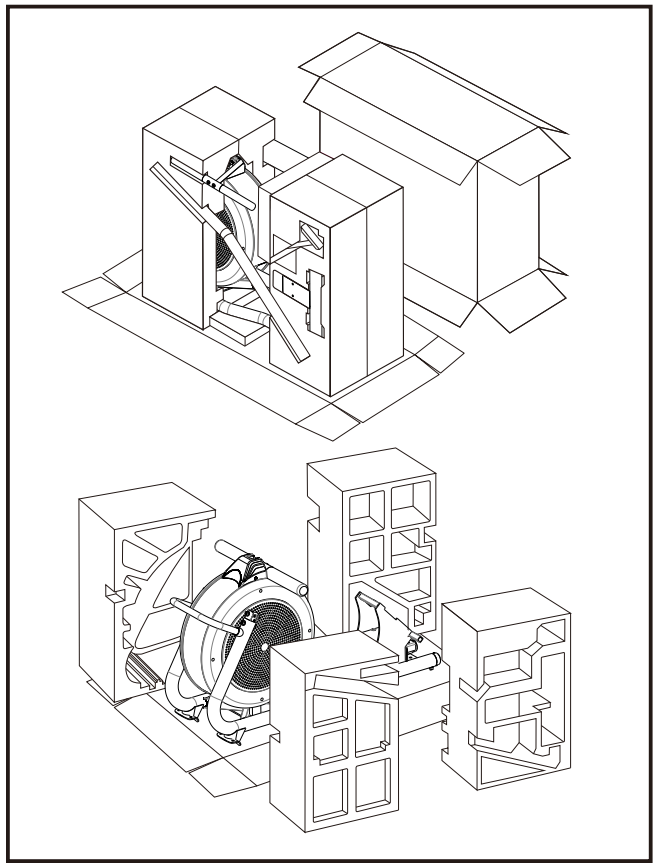
STEP 2

a) Remove all loose components.

b) Use a sharp knife, cut the bottom of the carton

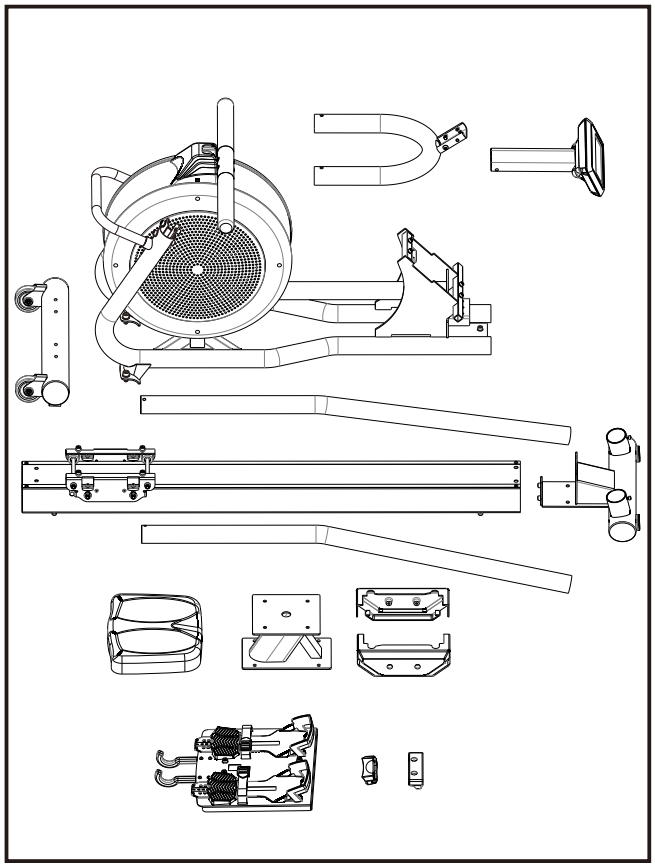
c) Lift the machine and located on the spread carton.

NOTE: To protect the ROWER while assembling we suggest that you do not remove the Protective Packing Material until it is absolutely unnecessary.



STEP 3

a) Refer to the checklist and check that everything is present.



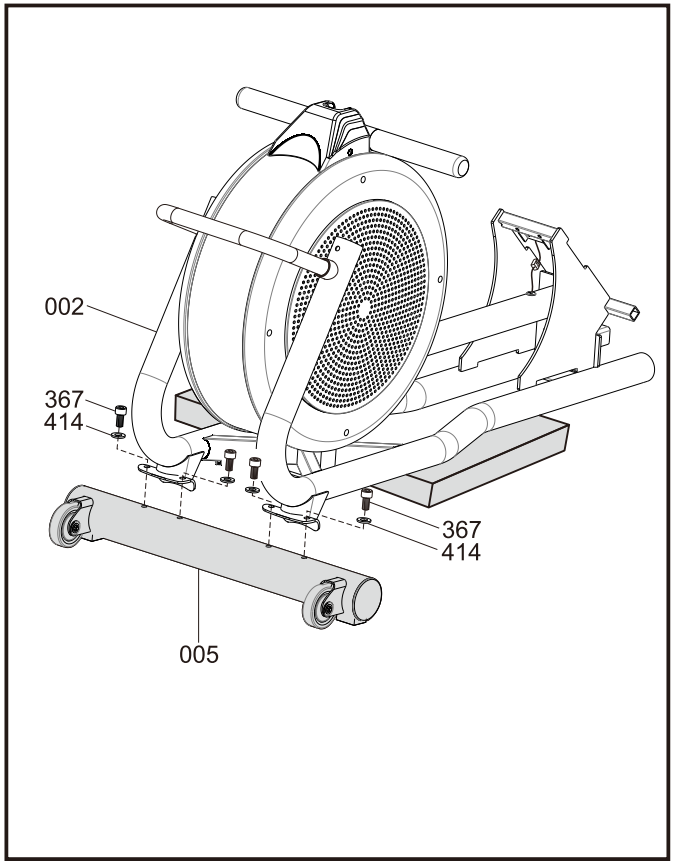
TR100 GE ASSEMBLY INSTRUCTIONS

STEP 4

a) Lift the rear of the machine off the floor and slide a polystyrene block under the front-end.

b) Remove 4xBOLT[367] and 4xWASHER[414] from MAIN FRAME[002] with TOOL provided.

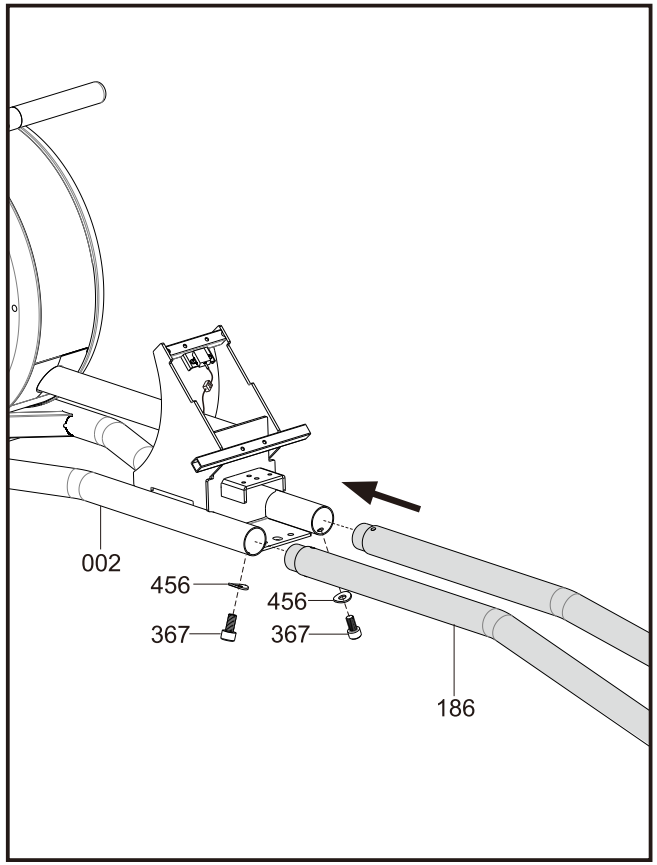
c) Assemble STABILIZER-FRONT[005] and MAIN FRAME[002] with 4xBOLT[367] and 4 x WASHER [414] using the tool provided and do not tighten too firmly.



STEP 5

a) Remove 2xBOLT[367] and 2xWASHER[456] from MAIN FRAME[002] with TOOL provided.

b) Assemble 2xDECORATIVE TUBE[186] and MAIN FRAME[002] with 2xBOLT[367] and 2xWASHER[456] using the tool provided and do not tighten too firmly.

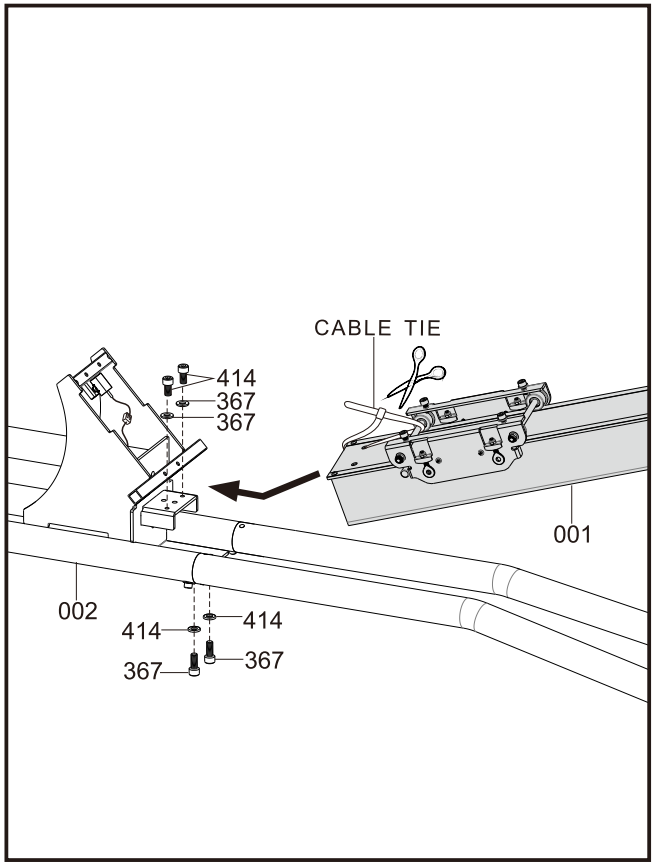


STEP 6

a) Remove 2xBOLT[367] and 2xWASHER[414] from MAIN FRAME[002] with TOOL provided.

b) Tilt the ALUMINUM BEAM[001] into MAIN FRAME[002] then assemble both with 4xBOLT [367] and 4xWASHER[414] using the tool provided and do not tighten too firmly.

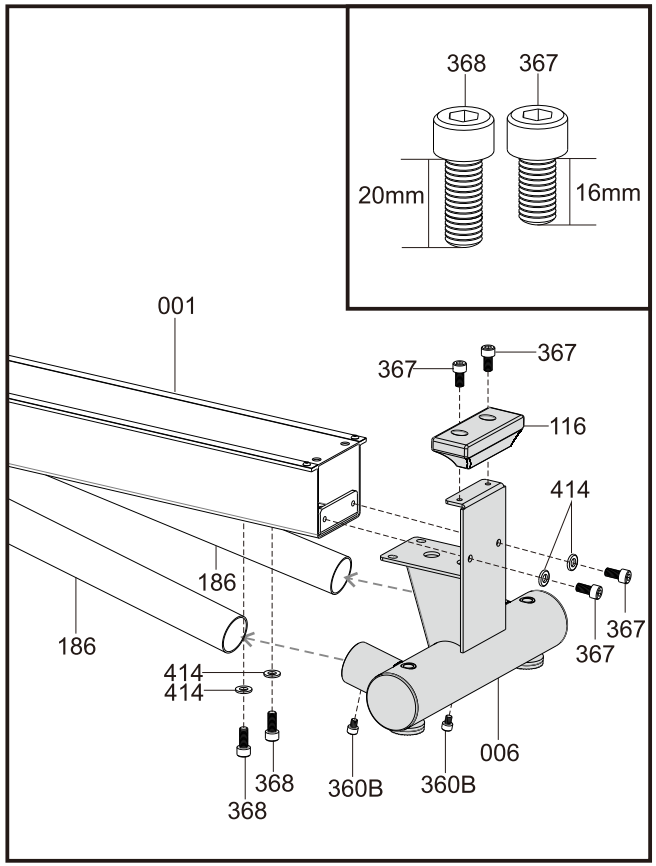
c) Cut the CABLE TIE.



TR100 GE ASSEMBLY INSTRUCTIONS

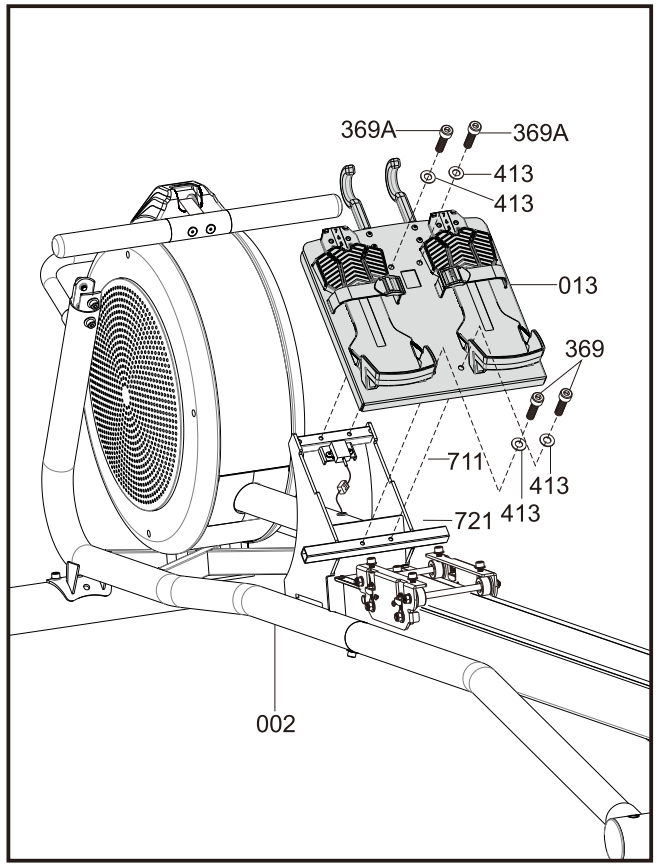
STEP 7

a) Remove 2xBOLT[367], 2xBOLT[368], and 4x WASHER[414] from ALUMINUM BEAM[001] with TOOL provided.
b) Remove 2xBOLT[367] and 2xBOLT[360B] from STABILIZER-REAR[006] with TOOL provided.
c) Assemble STABILIZER-REAR[006], ALUMINUM BEAM[001] and 2xDECORATIVE TUBE[186] with 2xBOLT[367], 2xBOLT[368], 2xBOLT[360B] and 4xWASHER[414] using the tool provided and do not tighten too firmly.
d) Assemble ALUMINUM BEAM END CAP[116] and STABILIZER-REAR[006] with 2xBOLT[367] using the tool provided and do not tighten too firmly.



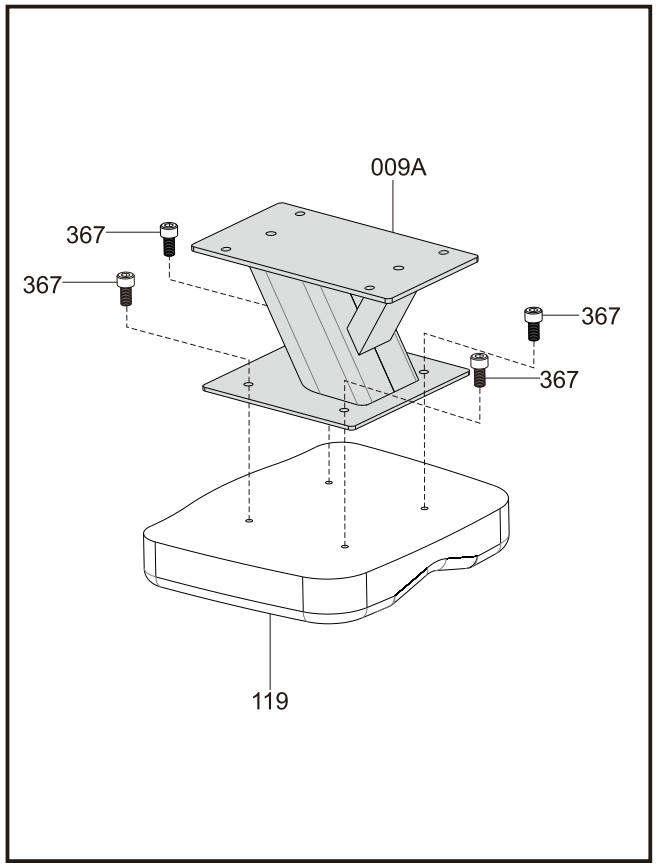
STEP 8

a) Remove 4xBOLT[369A] and 4xWASHER[413] from MAIN FRAME[002] with TOOL provided.
b) Assemble FOOT PEDAL PLATE [013] and MAIN FRAME [002] with 4xBOLT [369] and 4xWASHER[413] using the tool provided and do not tighten too firmly.



STEP 9

a) Remove 4xBOLT[367] from SEAT[119] with TOOL provided.
b) Assemble SEAT HOLDER[009A] and SEAT[119] using the tool provided and tighten firmly.



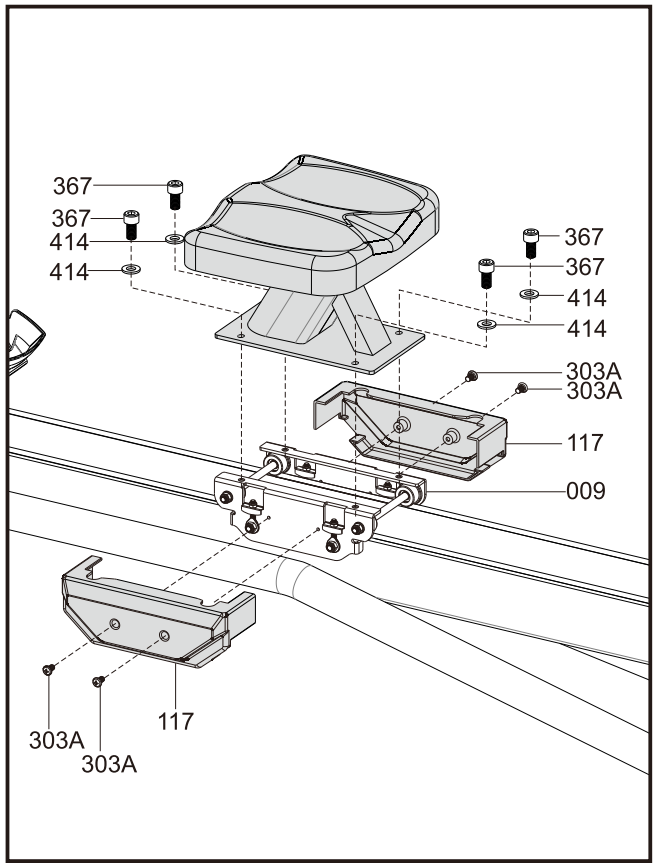
TR100 GE ASSEMBLY INSTRUCTIONS

STEP 10

a) Remove 4xBOLT [367], 4xWASHER[414] and 4x BOLT[303A] from SEAT CARRIAGE[009] with TOOL provided.

b) Assemble SEAT HOLDER[009A] and SEAT CARRIAGE[009] with 4xBOLT[367] and 4 x WASHER [414] using the tool provided and tighten firmly.

c) Assemble CARRIAGE COVER[117] and SEAT CARRIAGE[009] with 4xBOLT[303A] using the tool provided and tighten firmly.

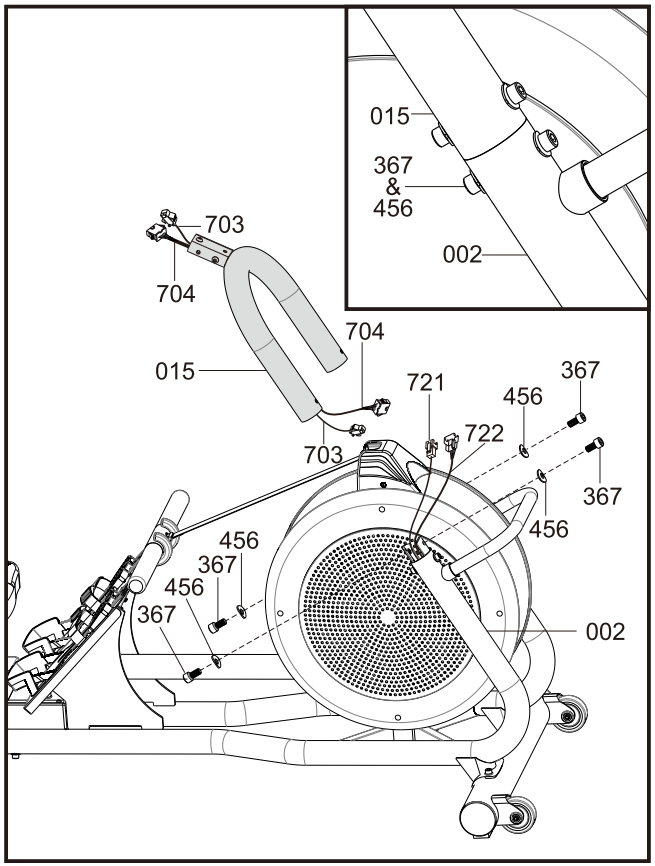


STEP 11

a) Connecting COMPUTER CABLE[703] & [704] to CONNECTING CABLE[721] & [722].

b) Remove 4xBOLT [367] and 4 x WASHER[456] from MAIN FRAME[002].

c) Assemble COMPUTER ARM[015] and MAIN FRAME[002] with 4xBOLT[367] and 4x WHSHER [456] using the tool provided and do not tighten too firmly.



STEP 12

a) Slide COMPUTER ARM COVER[165] into COMPUTER ARM [015A] as shown below.

b) Connecting COMPUTER CABLE[703] & [704] to COMPUTER[714].

c) Remove 3xBOLT[319] from COMPUTER ARM[015] with TOOL provided.

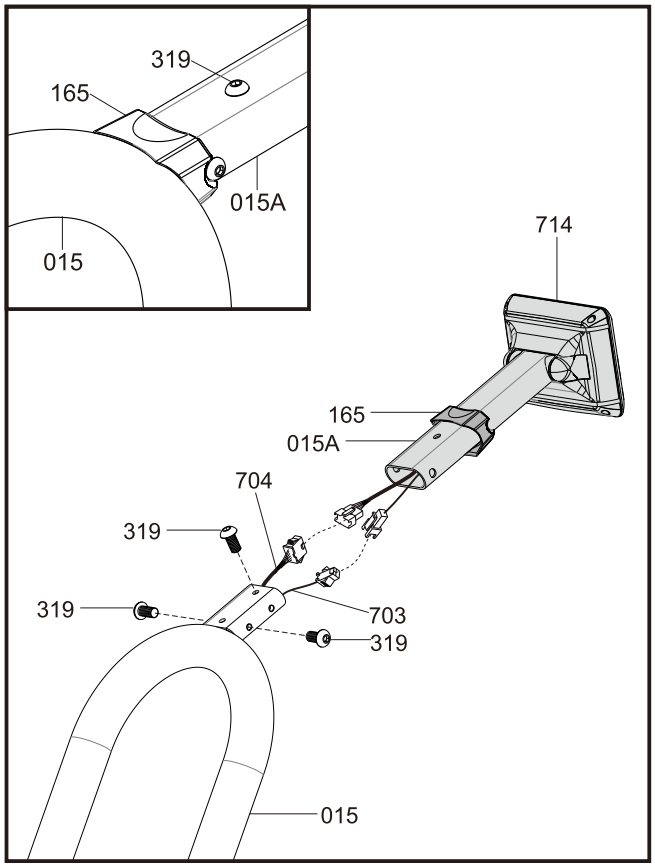
d) Slide COMPUTER ARM[015A] into COMPUTER ARM[015], then put COMPUTER ARM COVER on COMPUTER ARM[015].

e) Assemble both with 3xBOLT [319] with TOOL provided.

ASSEMBLY COMPLETE

a) Finally tighten all BOLTS and WASHERS firmly using the TOOL provided.

b) It is important to read the Owner's Manual and all safety instructions thoroughly to familiarize yourself with the Rower before using it.



TR100 GE DETAILED PARTS LIST

PART No.	DESCRIPTION	Q'TY
001	ALUMINUM BEAM	1
002	MAIN FRAME	1
005	STABILIZER - FRONT	1
006	STABILIZER - REAR	1
007	REAR BRACKET	1
008	HANDLE BAR	1
009	SEAT CARRIAGE	2
009A	SEAT HOLDER	1
010	SEAT CARRIAGE SHAFT	2
011A	ROLLER ADJUSTMENT	2
012A	ROLLER ADJUSTMENT	4
013	FOOT PEDAL PLATE	1
015	COMPUTER ARM	1
015A	COMPUTER ARM	1
020	PLATE	1
021	BEARING BRACKET-LEFT	1
022	BEARING BRACKET-RIGHT	1
024	GENERATOR HOLDER	1
027	STRAP HOLDER	2
032	GENERATOR BRACKET	1
106	COMPUTER CASE NUT COVER	2
107	COMPUTER ARM - SPACER	2
108	HANDLE BAR HOLDER	2
110	COVER - HUB	2
111	COVER - MAIN	2
112	MESH	1
112A	MESH-ABOVE	1
112B	MESH-BELOW	1
115	END CAP	4
116	ALUMINUM BEAM END CAP	1
117	CARRIAGE COVER	2
118	SEAT CARRIAGE-ROLLER	4
118A	SEAT CARRIAGE-ROLLER	4
119	SEAT	1
122	PLUG	2
123	FOAM GRIP	2
124	SEAT CARRIAGE STOPPER	2
125	DOUBLE END BOLT	1
130	CABLE PLUG	1
134	POLY "V"DRIVE BELT	1
135	DRIVE PULLEY	1
136A	STRAP DRUM SET	1
139A	RETURN SPRING SET	1
140A	FLYWHEEL FAN SET	1
143	HEEL REST	2
144	PLUG	2
145	AUXILIARY TUBE	1
147	HEEL REST HOLDER	2
164	GUIDE WHEEL COVER	1
165	COMPUTER ARM COVER	1
176	POLY V DRVE BELT	1
184	CONNECTING COVER	2
185	HANDLE BAR COVER	1
186	DECORATIVE TUBE	2
188	GUIDE WHEEL	1
189	AXLE	2
190	WHEEL	2
191	STABILIZER LEVELER	2
192	CABLE HOLDER	1
194	SPRING	1
206	NUT-3/8"	3
211	NUT-M5	3
212	NUT-M6	1
213	NUT-M8	9
225	NUT-M13x1mm	1
235	NUT-M6x15mm	2
236	NUT-M6	2
237	NUT-M6	4
303A	BOLT-M5x8mm	4
306	BOLT-M5x6mm	6
306B	BOLT-M4x8mm	2
307	BOLT-M5x10mm	3
312	BOLT-M6x10mm	1
313B	BOLT-M5x10mm	4
319	BOLT-M8x16mm	5
344A	BOLT-M5x15mm	2
346A	BOLT-M6x70mm	1
346B	BOLT-M6x55mm	1
349	BOLT-M8x90mm	1
359A	BOLT-M5x6mm	4
360B	BOLT-M6x8mm	2
361	BOLT-M6x12mm	2
366	BOLT-M8x12mm	5
367	BOLT-M8x16mm	28
368	BOLT-M8x20mm	4
368B	BOLT-M8x25mm	4
369A	BOLT-M8x30mm	8
384	U-BOLT	1
387D	BOLT-M5x8mm	4
411B	WASHER-M6xØ19x2T	2
412	WASHER-M8xØ12x1T	2
412B	12x8x2mm	8
413	WASHER-M6xØ16x1.5T	8
414	WASHER-M8xØ16x2T	20
456	WASHER-M8xØ19x1.5T	10
478	WASHER-M6xØ25x2T	4
508	SCREW-M4x12mm	23
519	SCREW-M5x10mm	12
542	SCREW-M4x8mm	8
700	TENSION CABLE	1
701	MOTOR	1
702	SENSOR WITH CABLE	2
703	COMPUTER CABLE	1
704	COMPUTER CABLE	1
705	SENSOR CABLE	1
706	GENERATOR CABLE	1
708	DC & MOTOR CABLE	1
709	DRIVE STRAP	1
710	FOOT STRAP	2
711	CHEST BAND RECEIVER	1
712	AC ADAPTOR-CABLE	1
712A	BATTERY & AC ADAPTOR CABLE	1
713	BATTERY WITH CABLE	1
714	COMPUTER	1
715	AC ADAPTOR	1
716	CONNECTING CABLE	1
717	GENERATOR	1
721	GENERATOR CONTROLLER	1
722	CONNECTING CABLE	1
834	BEARING - 6201ZZ	2

TR100 GE EXPLODE DRAWING

