

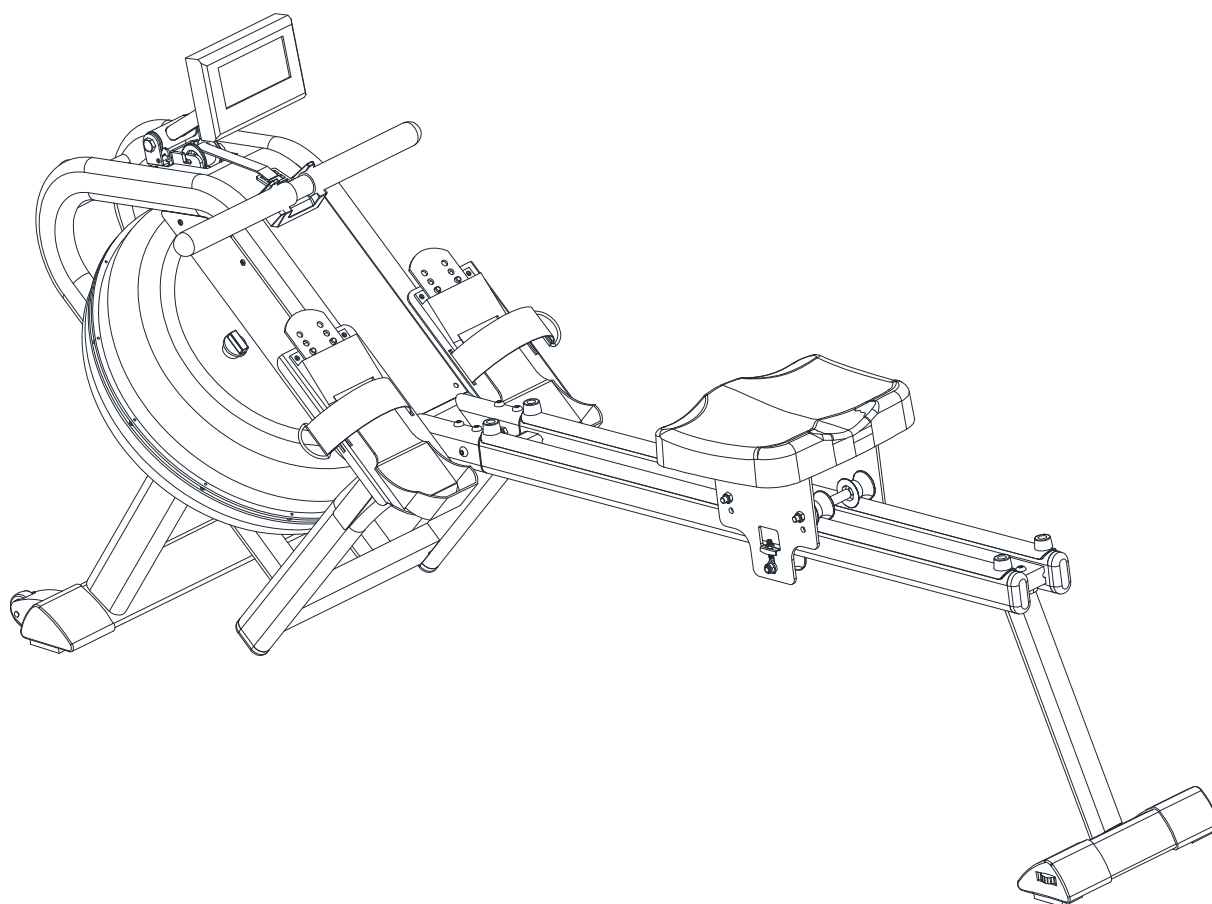
AMILA®

# WATER ROWER ET7460R

(code: 92355)

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Assembly instructions



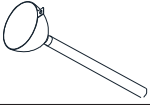
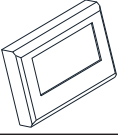
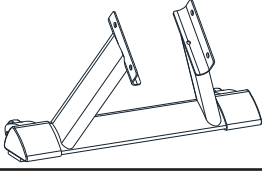
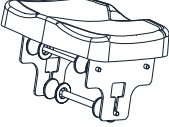
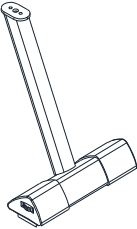

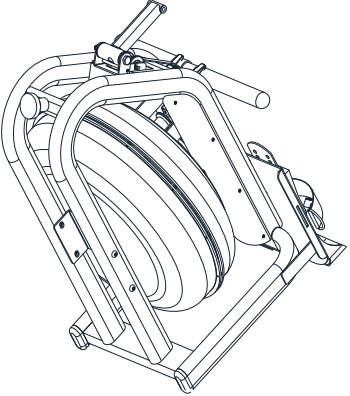








IN ORDER FOR THE WARRANTY TO BE VALID,  
PLEASE, BEFORE YOU BEGIN  
ASSEMBLING AND USING THE BIKE,  
READ THIS INSTRUCTIONS.







## PRECAUTIONS

- Consult your physician before starting an exercise program.
- If you feel dizzy or weak, immediately stop exercising.
- Use this exercise equipment only on a horizontal flat surface.

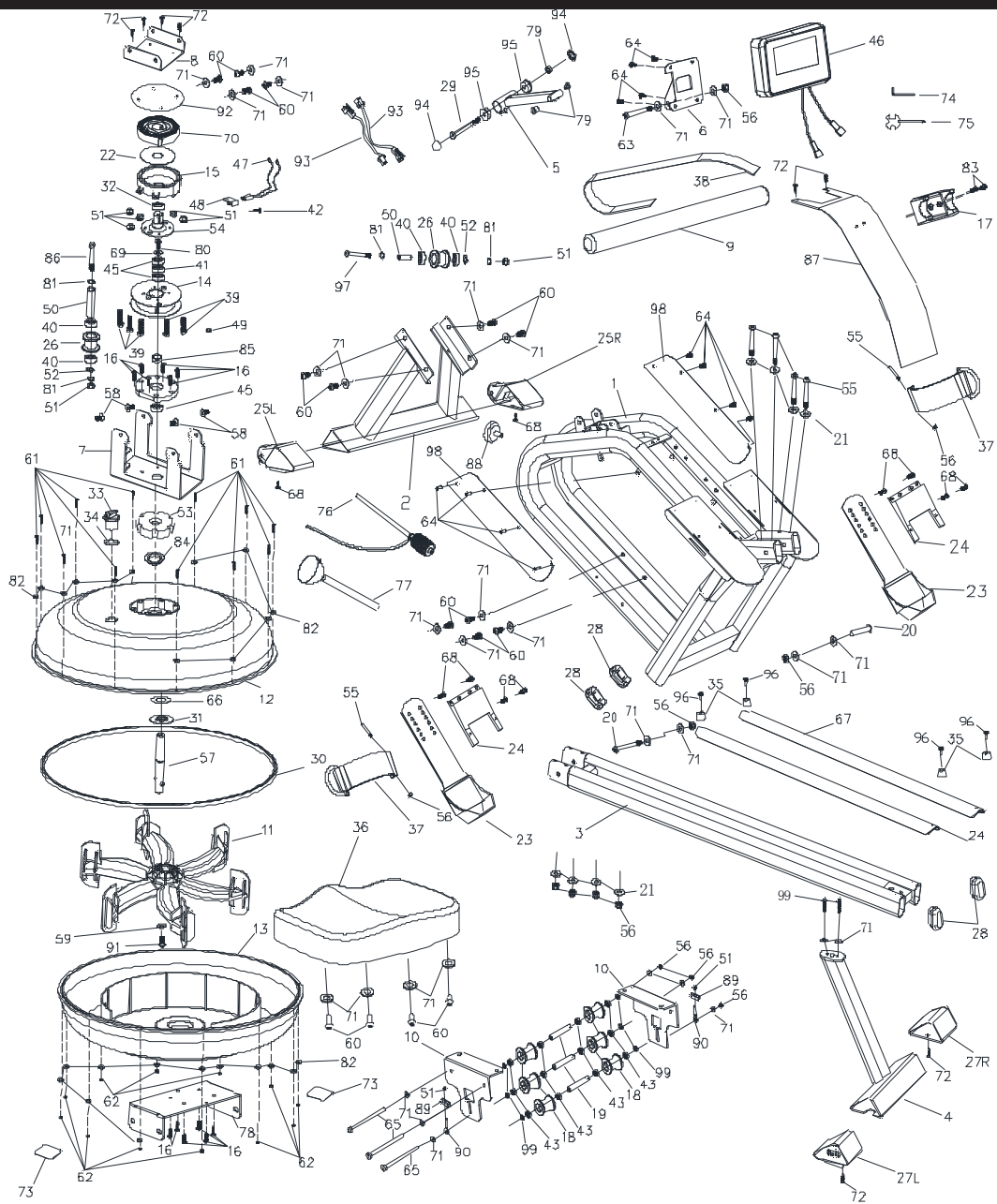
## PARTS LIST

76	1		Water pump
100	1		Water purification tablets
77	1		Funnel
46	1		Console
2	1		Front stabilizer
36	1		Seat
4	1		Rear stabilizer
3	1		Sliding rail
1	1		Main frame

#	PCS	DRAWING	DESCRIPTION
63	1		Bolt M8x60
56	7		Safety nut M8
21	8		Washer 16x8,5x1,5
75	1		Spanner 13-15 & screwdriver
74	1		Allen wrench #5
55	4		Bolt M8x75

#	PCS	DRAWING	DESCRIPTION
71	12		Washer 16x8,5x1,5
60	4		Bolt M8x15
35	2		O-rings
96	2		Bolt M5x16
20	2		Bolt M8x42
44	2		Bolt M8x35

## EXPLODED DRAWING

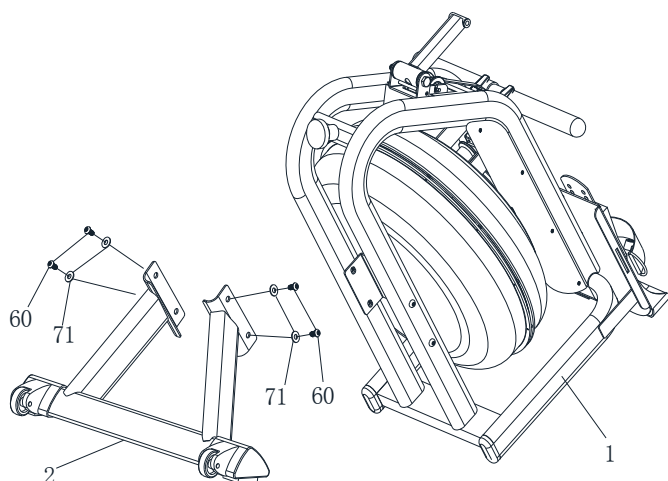
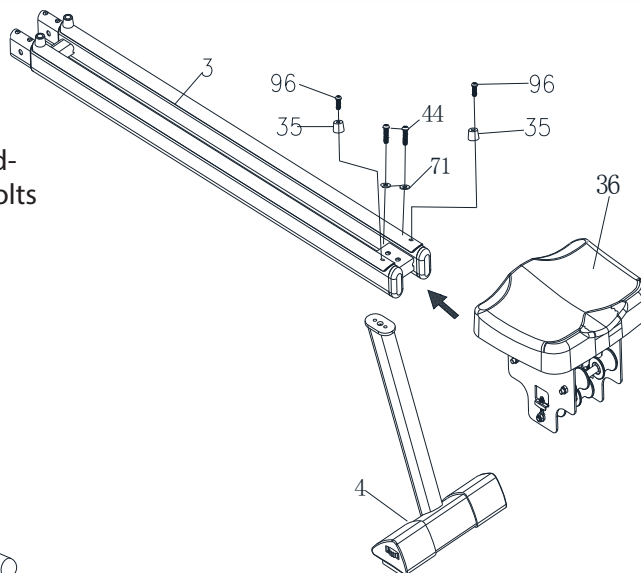


## Assembly

Before you begin, spread all parts on the floor, somewhere with ample space. Get acquainted with the parts and assembly steps by reading these instructions.

### Step 1

- Slide the seat (36) on the sliding rail (3). The aluminium plate should be on top.
- Attach the rear stabilizer (4) to the sliding rail (3) with 2 bolts (44) and 2 washers (71).
- Next place o-rings (35) at the back of the sliding rail (3), which you attach securely with bolts (96) using the allen wrench (74).

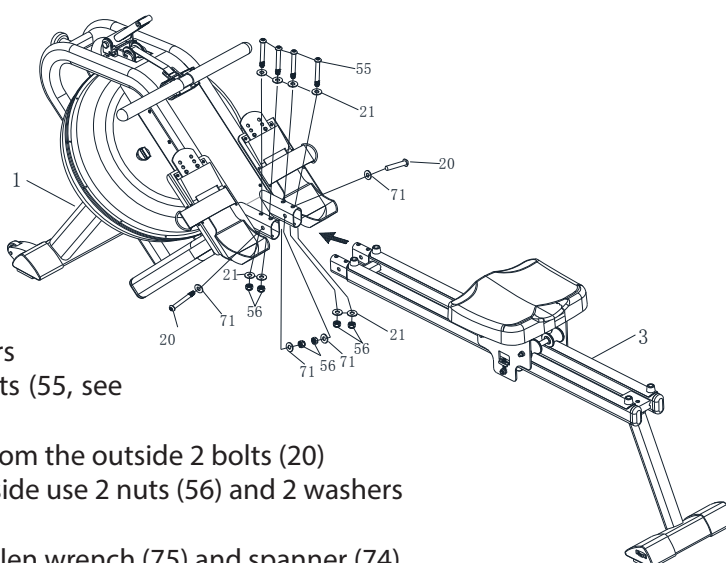


### Step 2

- Attach the front stabiliser (2) to the main frame (1) with 4 bolts (60) and 4 washers (71). First partially screw all bolts by hand and then tighten them with the allen wrench (74).

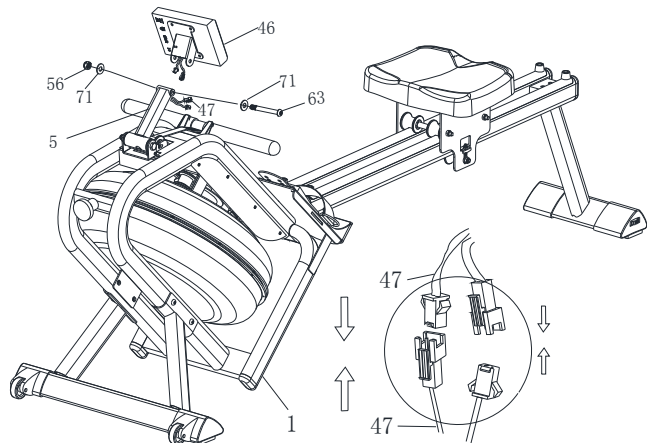
### Step 3

- Attach the sliding rail (3) to the main frame (1) and thread 4 bolts (55) and 4 washers (21) through the holes.
- Then place 4 nuts (56) and 4 washers (21) from the bottom part to the bolts (55, see above) and tighten the nuts by hand.
- Then, through the side holes, insert from the outside 2 bolts (20) and 2 washers (71), while from the inside use 2 nuts (56) and 2 washers (71); tighten the nuts by hand.
- Tighten all bolts and nuts using the allen wrench (75) and spanner (74).

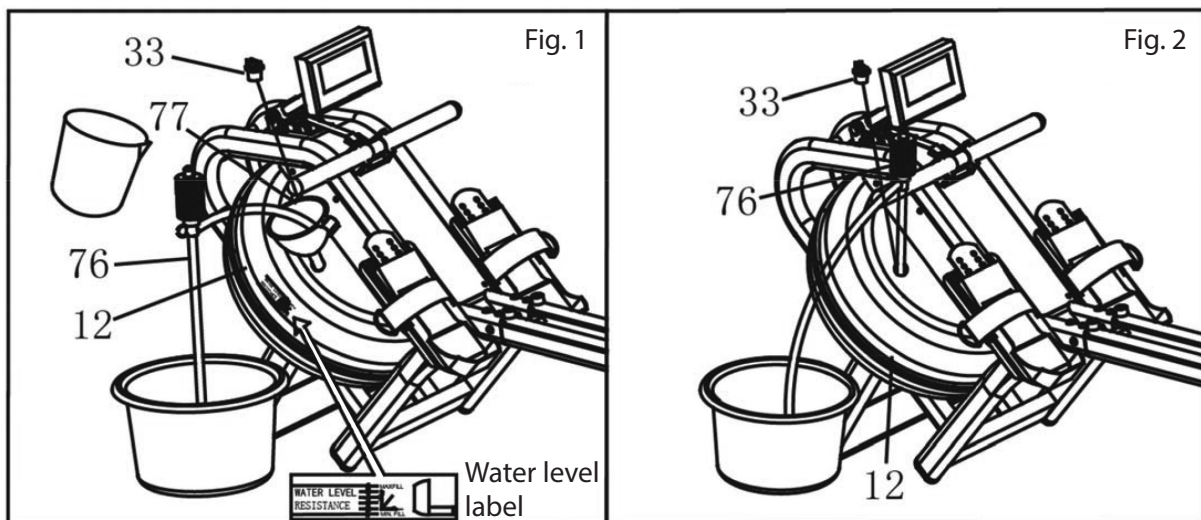


#### Step 4

- Connect the sensor wires (47) coming out of the console (46) with the one on the top of the main frame (1).
- Attach the console (46) on its base using 1 bolt (63), 2 washers (71) and 1 nut (56). Tighten well using the allen wrench (75) and spanner (74).



### FILLING/EMPTYING THE TANK



Remove the fill plug (33) from the upper cover of the tank (12).

In order to **fill the tank** (Fig. 1) insert the funnel (77) in the tank and use a cup or the water pump (76) and a bucket to fill it. Consult the water level label on the side of the tank for the water amount.

In order to **empty the tank** (Fig. 2) place a bucket next to the rower and use the water pump (76) to transfer the water from the tank to the bucket.

Place the fill plug (33) on the upper cover of the tank (12) and wipe any excess water of the frame of the rower.

#### NOTE:

- Fill the water tank only with tap water. Add a purification tablet to the water. Never use chlorine tablets or bleach, you will damage the tank and void the warranty.
- Add a water purification tablet every 6 months or even more often if needed. If, after adding a tablet, the water remains cloudy, replace the water.
- Do not drink the water of the tank.

### **Water level and resistance (Fig. 1):**

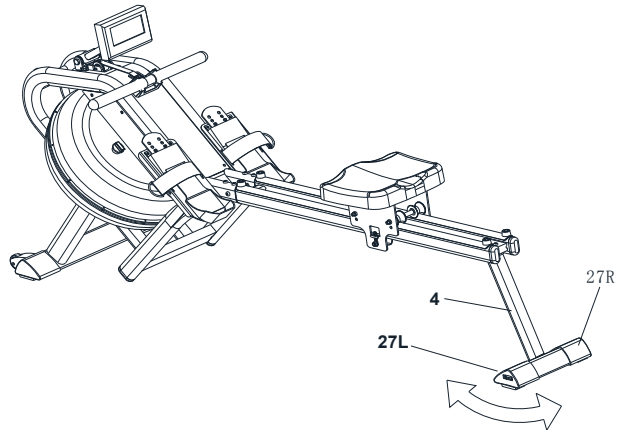
- Consult the water level label on the side of the tank. The maximum allowed quantity corresponds to level No. 6. Placing more water in the tank voids the warranty.
- The resistance depends on the amount of water, where at level 6 is the highest and level 1 is the lowest.

## **ADJUSTMENTS**

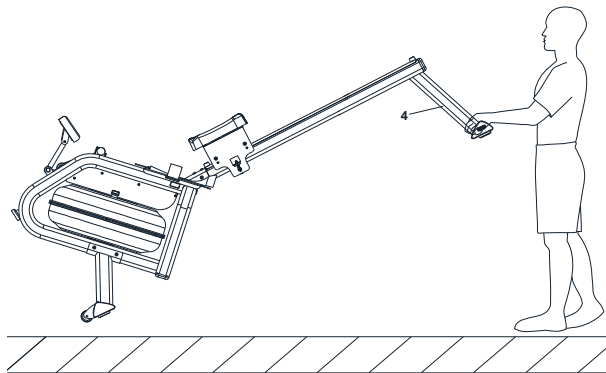
### **Stabilizing**

Adjust the caps (27L & 27R) residing on the ends of the back stabilizer (4) if the rower is not absolutely stable when used.

**Attention!!!** When the seat (36) is moving, it is perfectly capable to crush and cut your fingers, so keep your hands away from the sliding rail (3) when using this machine.



### **Transporting**



In order to move the rower, lift it from the rear stabiliser (4) until the wheels on the front stabiliser touch the ground; you can then easily move the rower wherever you want.

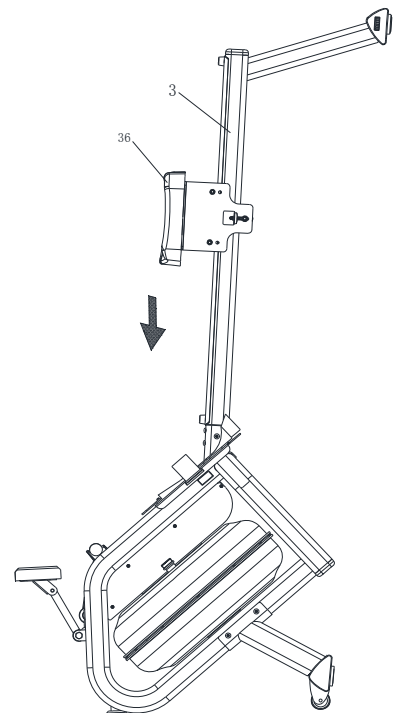
### **Storing**

When the rower is not used, you may store it in a vertical position to save space. Simply lift it from the rear stabiliser.

If you are not going to use it for more than a month, it is advised to empty the water tank before storing.

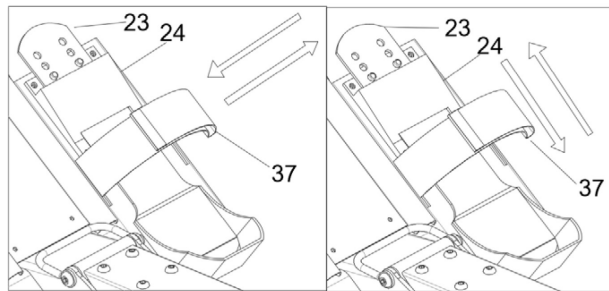
**Attention!!!** Take care to not hit your head on the raised rear stabiliser (4) when you are moving around the rower.

**Attention!!!** Move the seat (36) to the front of the sliding rail (3) before raising the rower, or the seat will fall abruptly and possibly cause damage and/or an accident.



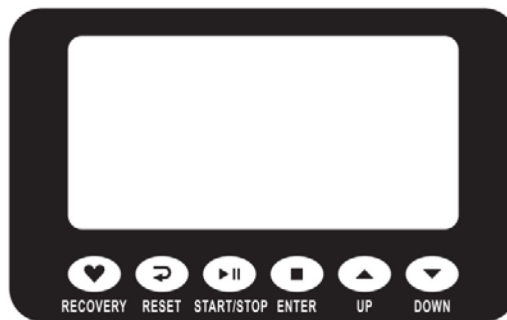
## Pedal adjustment

- The pedal straps are adjustable and can be personalised to fit any user's foot.
- The pedal length (23) is also adjustable.



## USING THE ROWER

### Buttons



- UP ▲ / DOWN ▼: Change values or scroll through selections.
- ENTER: Confirms your selection or, during while working out, change the values displayed on the screen.
- START/STOP: Starts/Stops the workout.
- RESET: Return to the main menu or, by keeping it pressed, delete all values.
- RECOVERY: Starts the Recovery program which evaluates your fitness level immediately after the end of your workout.

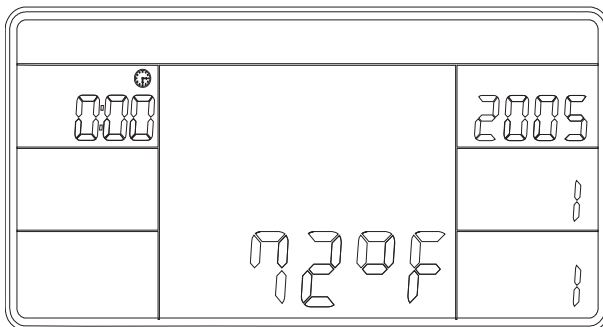
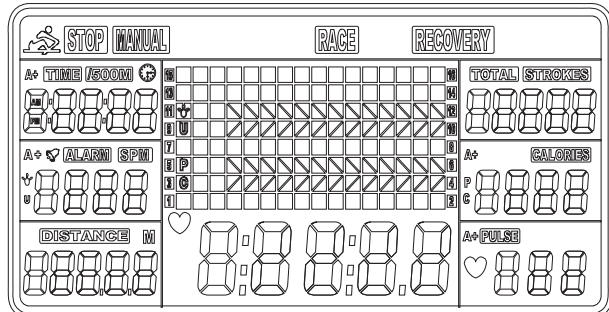
### Functions

- TIME: Set the target time for your workout with the ▲/▼ buttons (range 1-99 minutes, step 1 minute).
- TIME/500M: The mean time to cover 500 meters.
- SPM: Strokes per minute.
- DISTANCE: Set the target distance for your workout with the ▲/▼ buttons (range 100-99900 meters, step 100 meters).
- STROKES: Set the strokes you want to perform with the ▲/▼ buttons (range 10-9990 strokes, step 10 strokes).
- TOTAL STROKES: Total strokes you have performed while using the machine (range 0-9999).
- CALORIES: Set the calories you want to consume with the ▲/▼ buttons (range 10-9990 calories, step 10 calories).
- HRC/PULSE: Displays your heart rate. In Manual use, you may set a target value with the ▲/▼ buttons (range 30-240 beat/min., step 1 beat). Above this value, you will see the label "HRC", the value of which will continually change during your workout. When you hear rate reaches the target value, the value will begin to flash. This function is only available when using a 5.3KHz heart-rate chest monitor (not included).
- CALENDAR: It is displayed on the right part of the console (format: year, month, date) when the rower has entered sleep mode.

- TEMPERATURE:** The room temperature is displayed on the centre part of the console when the rower has entered sleep mode.
- CLOCK:** This is displayed on the top-left part of the console when the rower has entered sleep mode.

## Usage

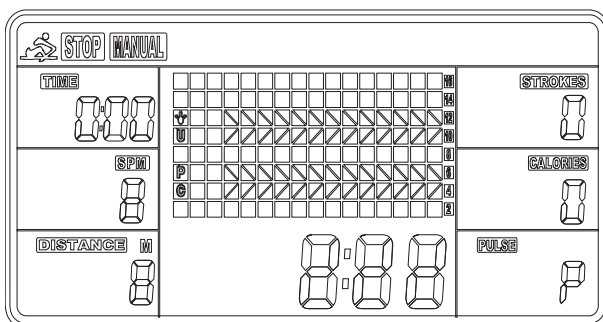
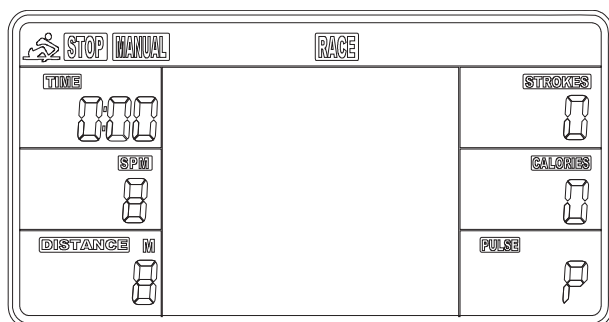
- Insert 2xAA batteries (included) in the back of the console. All readings will light for 2 seconds and the buzzer will sound. Please keep in mind that, when the batteries have to be replaced, all stored data will be lost.



- First you will be asked to set the time and date.
- The value of time will be flashing. Use the ▲/▼ buttons to adjust the hour, confirm by pressing Enter. Do the same thing with the minutes.
- Next, on the right side of the console, set up the year, month and date (going from top to bottom).
- After that, the buzzer will sound the sound of the alarm. If you do NOT want to set the alarm, simply press Enter.

- If you do want to set an alarm, press the ▲ button. There will be a time value on the window on the top-left of the console. Set the alarm with the ▲/▼ buttons and press ρυθμίστε το ξυπνητήρι και πατήστε Enter.

- This is the main display of the rower. You will be seeing the words Manual and Race blinking. Select with the ▲/▼ buttons and press Enter.



### MANUAL:

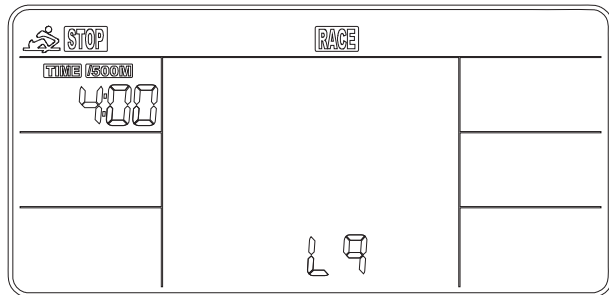
- The Time value will be flashing. Set the target time using the ▲/▼ buttons and press Enter.
- If you do not want to set a target time, simply press Enter to go to the next function.
- You may set target values for Time, Distance, Strokes, Calories or Pulse. Keep in mind that you can only set one target each time.
- Press the Start button to begin your workout, the stop icon will turn off.



- When the target value you have set is reached, that specific counter will be replaced with the mean of its value.
- You can stop your workout at any time by pressing the Stop button.

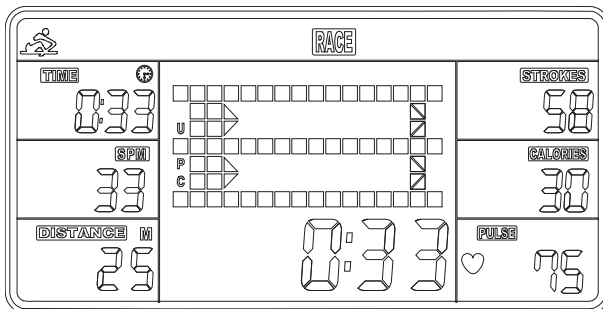
### RACE:

- The value of L9 will be flash on the console..
- There will be a value of 4:00 in the time-window. Use the ▲/▼ buttons to select a value between L1 and L15. These values correspond to specific time values, which can be seen in the following table:



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

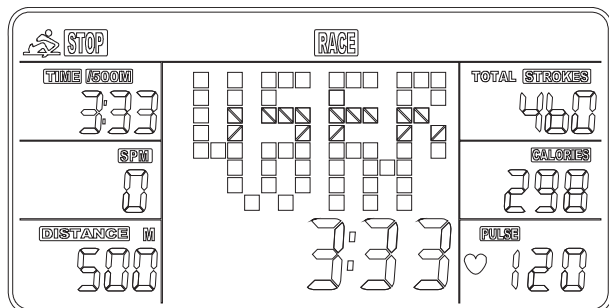
- Press Enter.
- You may now set the distance of the race (range 500-10.000 meters).
- Begin your workout by pressing Start. The STOP will turn off.



- Two racers will be displayed on the console, "U" (that is you) and "PC" (the computer).
- The race ends when someone reaches the finish line.
- You will either see "PCWIN" (the computer won) or "USERWIN" (you won) (below figure).
- You may race again by pressing Start or go to the main screen by pressing Reset.

### RECOVERY:

- You must use a 5.3KHz chest heart-rate monitor (not included) to use this function.
- Immediately after your workout, while wearing the chest-belt, press the Recovery button. The computer will perform a one-minute countdown.
- After the countdown, you will see your recovery status (how fast after a workout your heart rate goes back to normal) as a range from F1 to F6, where F1 corresponds to outstanding and F6 to very bad.



### SLEEP MODE

The console will automatically power off if the machine is not used for a 4 minutes.

### ALARM

The alarm will sound only when the console is in sleep mode. Keep the Reset button pressed in order to go to the clock-set-up screen and set-up the alarm.

## WARM-UP EXERCISES

A proper workout consists of warm-up, aerobic exercise and relaxation. Repeat the program 2 or, preferably, 3 times a week, relaxing one day in between. After a few months you will be able to increase the frequency of your workouts to 4 or 5 times per week. Warming up should be a key part of your exercise, something not to be missed. It prepares your body for more strenuous exercises by warming and stretching your muscles, increasing blood circulation and heart rate and sending more oxygen to your muscles. Repeat these exercises after your workout to minimize muscle soreness. We suggest the following exercises:

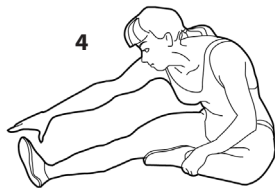
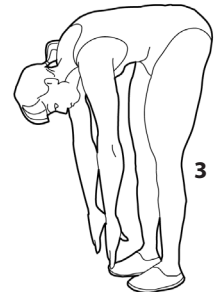


**1. Quadriceps stretch:** Lean against the wall using your right hand while bending your left leg backwards and holding it with the other hand. Try to bend the leg as much as you can. Hold this position for 15 seconds. Repeat for the right leg.



**2. Adductor exercise:** Sit down pulling your feet towards you, knees bent and the soles pressed together. Then use your elbows to press your knees towards the floor. Perform 15 repetitions.

**3. Touch the toes:** Bend your waist slowly forward with your knees slightly bent and your hands trying to grip the toes. Hold this position for 15 seconds.



**4. Biceps exercise:** Sit with your right leg outstretched towards the front and the left one tucked in with the sole touching the right leg. Lean forward trying to grab the toes of the outstretched foot. Perform 15 repetitions. Rest for a while and repeat with the other leg outstretched.

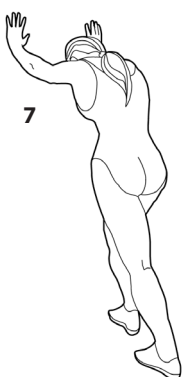
**5. Neck stretching (Head rolling):** Tilt your head to the right, feeling the stretching of the left side of the neck. Then tilt your head towards the other side. Finally, tilt the head once forward and once backwards.



**6. Shoulder lift:** Raise your right shoulder as close as you can to your ear. Repeat with the left shoulder. This exercise should be performed at a slow pace.



**7. Tension of the Achilles tendon:** This exercise is performed by leaning on a wall, which you press with your hands. The right foot should be bent at the knee and the left one stretched backwards, the soles of both feet touching the ground. Repeat the exercise by reversing the feet.



**8. Side stretching:** Stretch your hands upwards and try to lift your left outstretched hand as high as possible, so that you feel your left side being pulled. Repeat for the right hand.



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