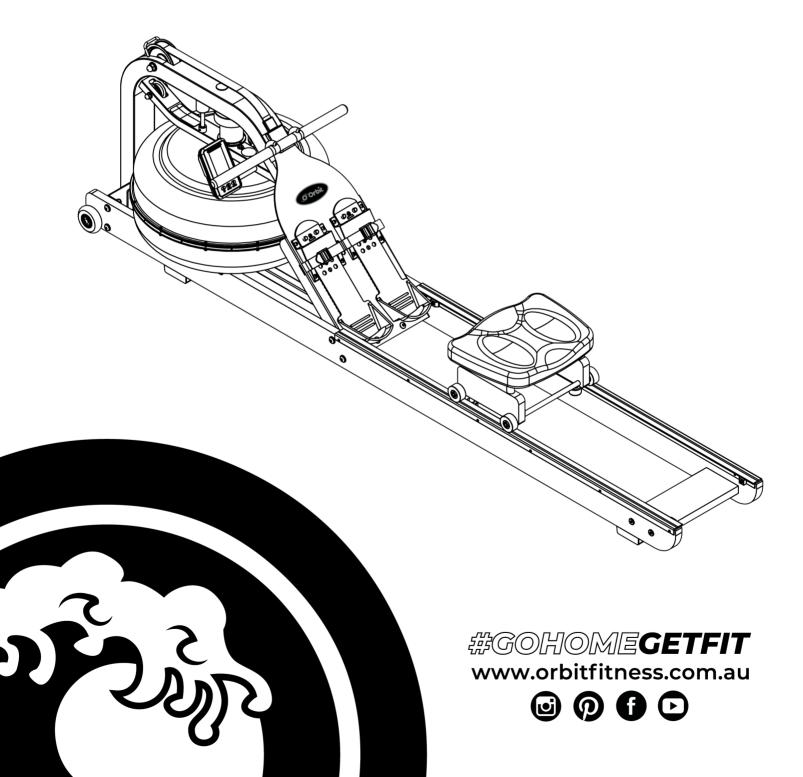




# HYDR®STROKE

WATER RESISTANCE ROWER

MODEL: RO3



# Introduction

Congratulations on your purchase of the RO3 Rower.

Orbit is proud to present the RO3 Rower as home use product

Our solid wood frames incorporate only the highest quality American Ash which is collected using the latest technology in sustainable harvesting from renewable plantations.

Note that slight variations of colour are normal and part of Mother nature's artistry. The wood grain patterns and subtle hues of each Rower makes every unit highly individual and designed to compliment any environment.

Follow all instructions carefully for correct assembly, Tank filling, Water Treatment, service and safety.

Check contents of Box 1 and 2 to ensure all parts are present and correct prior to assembly.

### Training With The Rower

- 1. As with any piece of fitness equipment, consult a physician before beginning your Rower exercise programme.
- 2. Follow instructions provided in this manual for correct foot position and basic rowing techniques.



- 1. Keep hands and fingers away from moving parts, as indicated in this manual.
- 2. The Rower can stand vertically for storage. Make sure a secure location is chosen, such as the corner of a room or against a wall on an even, secure surface.

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# Safety

#### Safety Information

- Before using this product, it is essential to read this ENTIRE operation manual and ALL instructions. The Rower is intended for use solely in the manner described in this manual.
- UNDERSTANDING EACH AND EVERY WARNING TO THE FULLEST IS IMPORTANT
- As with any piece of fitness equipment, consult a physician before beginning your Rower exercise programme.
- Please be aware that any fitness regime, before being undertaken, is best preceded by a physical checkup from a certified physician.
- Injuries to health may result from incorrect or excessive training.
- WARNING Heart rate monitoring systems may be inaccurate. Over exercise may result in serious injury or death. If you feel faint, stop exercising immediately.
- Stop the machine immediately if any signs of excessive wearing is present on the belts, pulleys and bungee cords. Do not use unit until said parts are repaired or replaced.
- Do not allow children unattended access to the machine.
- The Rower can stand vertically for storage. When doing so, please follow the instructions given in the manual.
- Please keep hands away from moving parts, as indicated by the warning label on the Main Frame of your machine.
- If any of the adjustment devices are left projecting, they could interfere with the user's movement.
- Do not store in freezing conditions with water in the Tank as it can expand and crack the components.

#### Installation

- Place on a stable, flat surface in a horizontal position during use for maximum stability.
- Check all belts, pulleys and bungee cords regularly for signs of wear, and replace if needed.
- Check regularly and follow all instructions for maintenance as specified in this manual.
- Replace immediately any defective parts and do not operate unit until all repairs are complete.

# Safety

### **Proper Usage**

- Do not use any equipment in any way other than designed or intended by the manufacturer. It is imperative that Orbit equipment is used properly to avoid injury.
- Injuries may result if exercising improperly or excessively. It is recommended that all
  individuals consult a physician prior to commencing an exercise programme. If at any time
  during exercise you feel faint, dizzy or experience pain, STOP EXERCISING and consult
  your physician.
- Keep body parts (hands, feet, hair, etc.), clothing and jewelry away from moving parts to avoid injury.
- Follow instructions provided in this manual for correct foot position and basic rowing techniques.

#### Inspection

- DO NOT use or permit use of any equipment that is damaged and/or has worn or broken parts. For all Orbit equipment use only replacement parts supplied by Orbit.
- Cables and belts pose an extreme liability if used when frayed. Always replace any cable or belt at first sign of wear (consult Orbit if uncertain).
- EQUIPMENT MAINTENANCE Preventative maintenance is the key to smooth operating equipment as well as to keep your liability to a minimum. Equipment needs to be inspected at regular intervals.
- Ensure that any person(s) making adjustments or performing maintenance or repair of any kind is qualified to do so.
- DO NOT ATTEMPT TO USE OR REPAIR ANY ACCESSORY APPROVED FOR USE WITH THE ORBIT EQUIPMENT WHICH APPEARS TO BE DAMAGED OR WORN.
- Check all belts, pulleys and bungee cords regularly for signs of wear, and replace if needed.
- Check regularly and follow all instructions for maintenance as specified in this manual.
- Replace immediately any defective parts and do not operate unit until all repairs are complete.

### **Operating Warnings**

- Keep children away from the equipment. Parents or others supervising children must provide close supervision of children if the equipment is used in the presence of children.
- Do not allow users to wear loose fitting clothing or jewelry while using equipment. It is also recommended to have users secure long hair back and up to avoid contact with moving parts.
- All bystanders must stay clear of all users, moving parts and attached accessories and components while machine is in operation.
- WARNING Do not insert fingers into Tank!
- CAUTION After rowing exercise, please allow the unit to sit for 5 minutes before standing it up for storage.
- CAUTION Do not fill past the calibration mark as indicated on the Tank level sticker or water spillage can occur.
- WARNING Never operate this Rower without feet properly secured in Footstraps, or without the sliding portion of the Slider Footplate locked into position!



# Assembly

### **Specifications**

Product Class: HC

Braking System: Speed Independent Product Net Weight: 32.7kg(72.09lb) Product Gross Weight: 39.5kg(87.08lb)

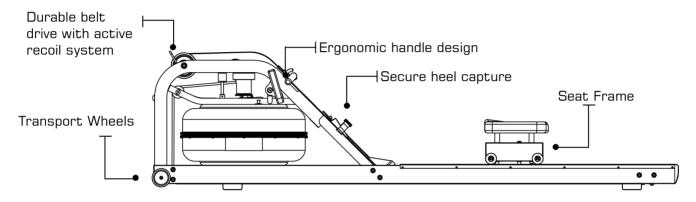
Minimum Safe Operating Surface Area: 333cm (131.09") x 172cm (67.71")

Dimensions: 2130mm(83.85") Length x 520mm (20.47") Width x 560mm(22.04") Height

Maximum User Weight: 150kg (330lb)

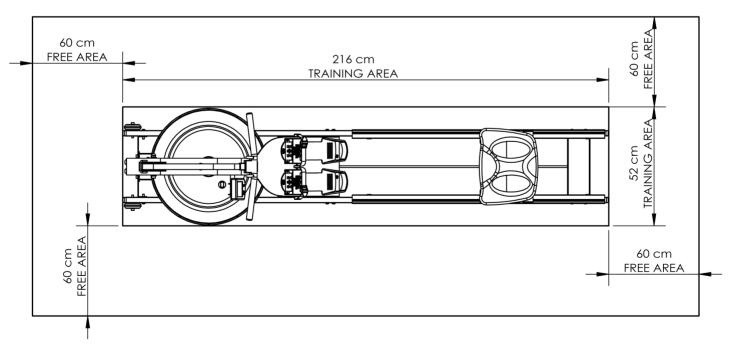
Compact Footprint: 2,130mm x 520mm or upright 520mm x 560mm

### **Product Highlights**



The live area shall be not less than 60cm (23.62") greater than the training area in the directions from which the equipment is accessed. The live area must also include the area for emergency dismount.

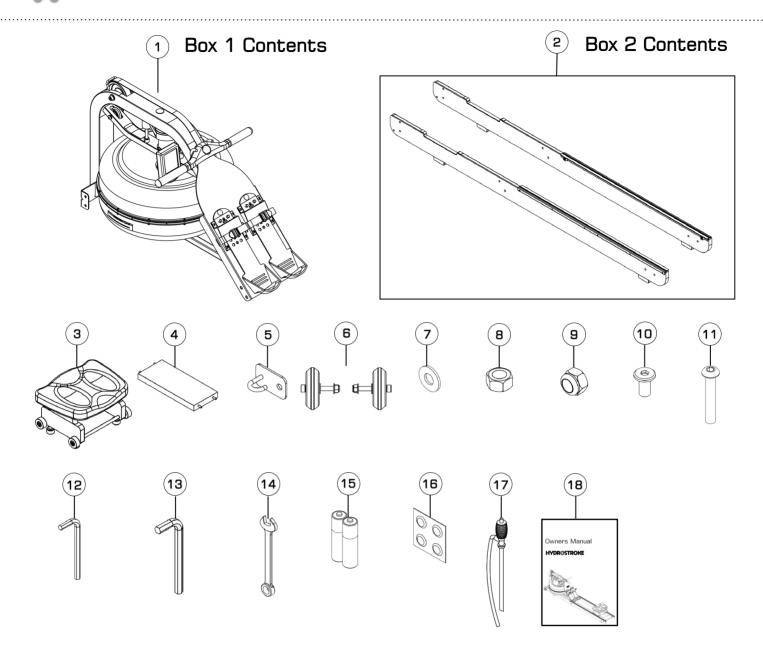
### Live area and Training area



Note: Rower is not suitable for therapeutic purposes.



# >>> Rower Box 1 & 2 Contents



Item	Qty.	Description	ltem	Qty.	Description
1	1	Main Frame	10	4	M6x15mm Bolt
2	2	Left / Right Side Rail	11	8	M8x45mm Bolt
3	1	Rower Seat	12	1	5mm Allen Key
4	1	Rear Brace	13	1	6mm Allen Key
5	1	Bungee Hook Mount	14	1	13mm Spanner
6	2	Transport Wheel Assembly	15	2	AA Battery
7	16	M8 Washer	16	4	Water Treatment Tablet
8	8	M8 Standard Nut	17	1	Siphon
9	8	M8 Nylock Nut	18	1	User Guide



# Assembly Instructions

#### STEP 1

# Installing the Rear Brace and Transport Wheel onto the Side Rails

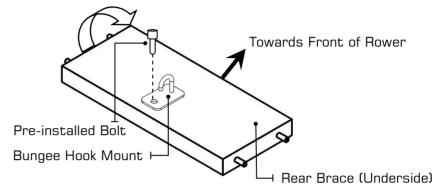
#### REQUIRED

Side Rail Left / Right [2]
Rear Brace [4]
Bungee Hook Mount [5]
Transport Wheel Assembly [6]
4x M6x15mm Rolts [10]

### /!\WARNING

Rotate Rear Brace to correct orientation before assembly onto Side Rails

a) Start with the Rear Brace and on the underside you will find a Pre-installed Bolt. From the hardware kit, take the Bungee Hook Mount and install it onto the Rear Brace as shown. Note the orientation of the Brace and the Hook must be correct in order to hold the end of the Bungee Shock Cord as depicted by the arrow in the illustration, which points toward the front of Rower.



### / WARNING

Note Transport wheels must be mounted on the outside of Side Rails As shown below.

Do not over tighten the Transport Wheel Axle as it may inhibit Transport Wheel rotation.

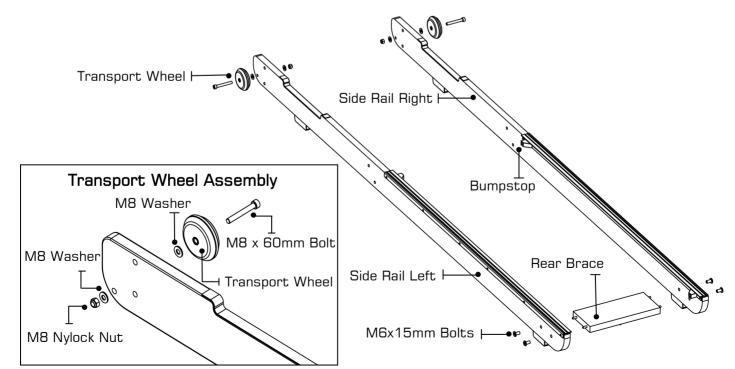
b) Next, connect the Side Rail Left and Side Rail Right[2] using 4x M6x15mm Bolts[10] and Rear Brace[4].

DO NOT TIGHTEN.

Tip: Bumpstops facing inside of the Rail for correct assembly orientation.

Once the Rear Brace and Side Rails are assembled, mount the Transport Wheel Assembly[6] onto the Left/Right Side Rails[2].

Note: One Washer on outside and one Washer on the inside of the Side Rail.



# Assembly Instructions

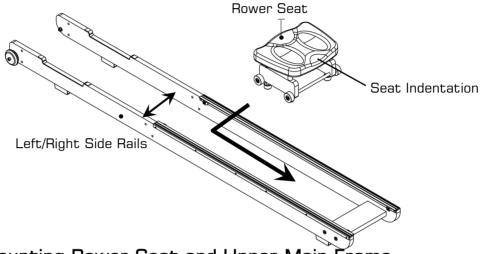
#### STEP 2

### Mounting Rower Seat and Upper Main Frame

#### REQUIRED

Left / Right Side Rail [2] Rower Seat[3] To Install the Rower Seat, spread the Left/Right Side Rails[2] slightly and drop the Rower Seat[3] into the track.

Note: Seat indentation must face rearward.



### STEP 3

#### Mounting Rower Seat and Upper Main Frame

#### REQUIRED

Main Frame [1]
Side Rails Assembly [2]
16x M8 Washers [7]
8x M8 Standard Nuts [8]
8x Nyloc Nuts [9]
8x M8x45mm Rolts [11]

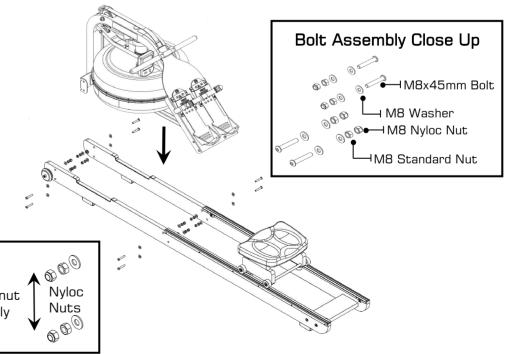
Next, install the Main Frame[1] onto the Side Rail Assembly[2] as shown. You will need 8x M8x45mm Bolts[11], 16x M8 Washers [7], 8x M8 Standard Nuts[8] and 8x M8 Nyloc Nuts[9].

Secure the front Lower Bracket first, then the Footboard but **DO NOT TIGHTEN.** You may find that the Lower Bracket Bolts can be difficult to access. You can tighten these Bolts completely once the Rower is standing in the vertical position so for the moment, simply align and loosely thread lower Bolts/Nuts.

## / CAUTION

Nyloc nuts must be outside the standard nut and Washer to properly secure assembly.

Note: Clean wheels and tracks weekly with a soft dry cloth in order to decrease the rate of wear on both wheels and track.



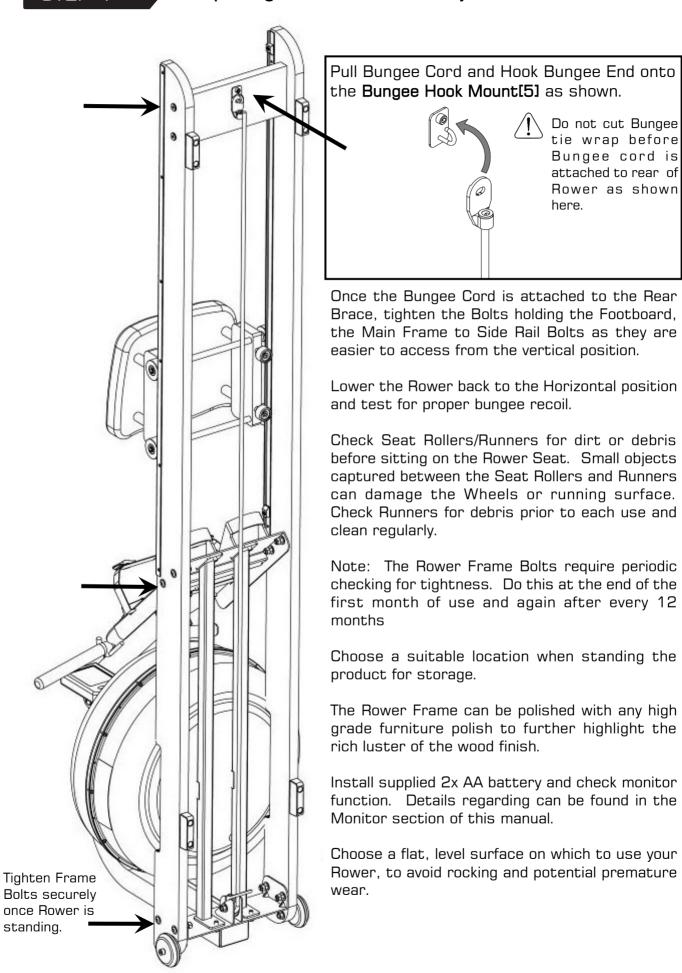
@@@

Nyloc Nuts must be outside the standard nut and Washer to properly secure assembly.

# Assembly Instructions

#### STEP 4

### Completing the Rower Assembly





# Operation Instructions

### >> Tank Filling and Water Treatment Procedures

# REQUIRED Siphon [17]

### **!** WARNING

Do not overfill the Tank beyond the maximum indicated level of 17 liters. Refer to the Tank level decal on the lower side of the Tank.

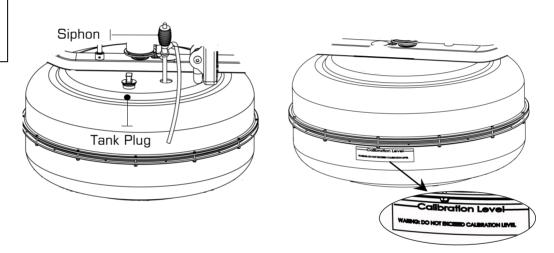
### / CAUTION

In areas where tap water quality is known to be poor, recommends the use of distilled water.

- a) Remove rubber fill plug from the top of the Tank.
- b) Place a large bucket of water next to the Rower. Position the Siphon[17] with rigid hose in the bucket, and flexible hose in the Tank.

**Note:** Make sure small breather valve on siphon is closed before filling.

- c) Squeeze siphon to begin filling. Important: Do not overfill Tank
- d) When full, open the valve on the top of the siphon to allow excess water to escape.
- e) Once filling is completed follow the water treatment schedule below, then replace the Tank plug.



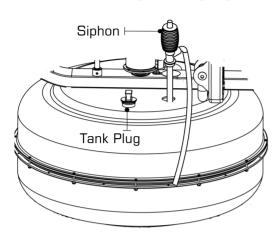
#### **INITIAL WATER TREATMENT**

Add 1 x Water Treatment Tablet per full tank. DO NOT, UNDER ANY CIRCUMSTANCE, USE A WATER TREATMENT TABLET OTHER THAN THOSE SUPPLIED WITH YOUR UNIT. Your unit purchase includes 4 x Water Treatment Tablets, which is sufficient for several years of use. To purchase additional Water Treatment Tablets, please contact the Orbit Product Service Team. Tel No.: 08-62413025, Email: <a href="mailto:service@orbitfitness.com.au">service@orbitfitness.com.au</a>



# **Operation Instructions**

### Removing/Changing Tank Water



- a) Remove Tank Plug.
- Insert rigid end of siphon into the Tank, and flexible hose into a large bucket.

#### Note:

- The valve on top of the proper drainage.
- Water treatment will preclude the need to change Tank water if the treatment schedule is maintained. Additional Water Treatment Tablet is required only when discoloration appears in the water.
- © Exposure to full sunlight reduces the life of the Water Treatment Tablets. Storing the Rower away from direct sunlight will extend the time between water treatments.

### Long Term Water Treatment and Basic Operation

Do not use any water treatment other than the tablets supplied with this unit. For replacement tablets, contact your local Orbit distributor.

Water treatment schedules for the ROWER will vary according to the fluid Tanks exposure to sunlight, but expect 8-12 months near a bright, sunlit window and 2 years or more for a darker location. At the point of finding the water slightly cloudy, add a Water Treatment Tablet.



#### CAUTION

It is strongly recommended that a drop cloth be used under the fluid tank whenever the tank plug is opened for water treatment.

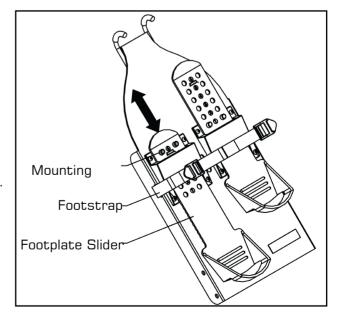
### Adjust Footplates

The Footplate Slider accommodates most foot sizes, and is designed to keep your feet securely in place as you row. The feet should be positioned so that the foot strap covers the section of the foot naturally bend as row. (e.g. The board of the foot)

#### TO ADJUST:

Lift the top of the Footplate from the mounting pegs and slide vertically between 1-6 to suit your foot length. Secure by hooking the Footplate back onto the mounting pegs and pushing down firmly to lock it into position. Place feet on the foot plates and tighten the Footstraps to ensure your feet sit firmly against the heel captures.

**Note:** The heel capture should bend to allow your foot to pivot naturally as you row.





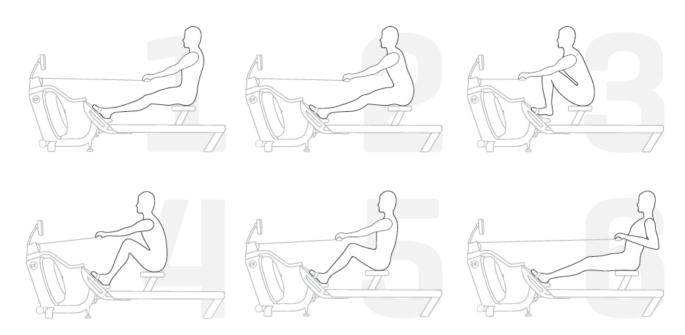
**WARNING:** Never operate this Rower without feet properly secured in Footstraps, or without the sliding portion of the Footplate Slider locked into position!



# **Operation Instructions**

### >> Start Rowing

There are six phases to completing a rowing stroke



- 1. Sit with straight legs and back, leaning forward slightly at the hips with arms out straight and hands level with the lower ribs. Swing back.
- 2. Legs and back straight, leaning slightly forward from the hips, arms out in front. Lean and slide forward.

Note: Hands should now be around your knees, keeping legs straight.

- 3. Legs come forward, aiming to get the shins vertical. Back is still straight, and posture leaning slightly forward with arms still out front. Now drive hard, this is the CATCH.
- 4. Knees partially straightened so Seat is now at mid-point of travel, back and arms still straight. Maintain the stroke.
- 5. Knees are nearly straight, back is still straight but now leaning slightly back from the hips. Arms straight. Now squeeze through.
- 6. Legs now fully extended. Back straight and leaning slightly back, now pull with the arms so they are close to the chest, forearms horizontal and elbows close in to the rib cage. This is the FINISH.



#### **CAUTION**

Always consult a doctor before beginning an exercise programme. Stop immediately if you feel faint or dizzy.



### **SPECIFICATIONS**

POWER REQUIREMENT: Two AA size batteries

BOTTON: UP · MODE/RESET · DOWN

POWER ON & OFF: Commence rowing to activate. In standby

mode, without any signal being transmitted into the monitor for 4

minutes the monitor will enter sleep mode

FUNCTION: Time \ Distance \ T/500m \ WATT \ Heart Rate \ CAL \

SPM (Stroke per minute) . Stroke

OPTION OF GOALS: Time . Distance . Stroke



# Monitor Operation

### **FUNCTION**

#### 1. POWER ON/OFF

Upon receiving a signal or having any button pressed, the console will wake up. In standby mode, without receiving any signal for 4 minutes, the console will enter sleep mode

#### 2. HOW TO USE THE CONSOLE

- 2.1 The console will turn on automatically when you press a button or take a stroke.
- 2.2 Display will show all icons and have on beep sound then into standby mode.
- 2.3 Press MODE button may setting goals or just row without pushing any buttons directly.
- 2.4 Press and hold the MODE button for several seconds to re-start the console and remove all data.

#### 3. SETTING GOALS

- 3.1 Press MODE button to cycle through a choice of goals options: TIME> DISTANCE> STROKE
- 3.2 Press UP/ DOWN button to set exercise value, value will count down once start working.
- 3.3 When reach goals (value counted down to zero), there will have 12 short beep sounds; And value will change from count-down to count -up from finished value. .

#### 4. CHANGE DISPLAY

- 4.1 Press UP/ DOWN button to change display. There have two choices of display options: a. TIME / DIST / WATT / CAL / SPM or b. TIME / T/500M / H/R / CAL / STROKE
- 4.2 Press MODE button while working may on or off the auto change display function.
- 4.3 The colon ":" between TIME will splash to remind the auto change display function is on and display will auto change in every 5 seconds.

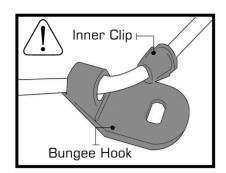
# Monitor Operation

# **DISPLAY FUNCTION:**

ITEM	DESCRIPTION			
	1. Range: 0:00~99:59:59.			
TIME	2. Goal setting range : $0:00\sim99:99:00$ . ( $\pm 1$ minute for adjustment).			
	3. Console will stop counting after stop rowing for several seconds, and resume counting while start exercise.			
DIST(DISTANCE)	1. Range: 0~99999 Meter.			
	2. Goal setting range : $0\sim99900$ m. ( $\pm100$ for adjustment).			
	1. Display format: MM:SS.			
TIME/500M	2. Time taken to travel a distance of 500m at current stroke rate.			
WATT	1. Range: 0~9999 WATT.			
VVAII	2. Workout power measured in watts .			
H/R (Heart Rate)	Require optional Heart Rate Kit and heart rate chest strap.			
n/R (neart Rate)	2. Display format: "P" or 40~240 (BPM; Beat per			
	Minute).			
	1. Display will show calorie per stroke while working.			
CAL(CALORIE)	Display will show accumulated calorie once stop exercise.			
SPM	1. Range : 0~99.			
Of IVI	2. Strokes per minute.			
STROKE	1. RANGE: 0~9999 ·			
JINUKE	2. Display will show accumulated strokes.			

# >>

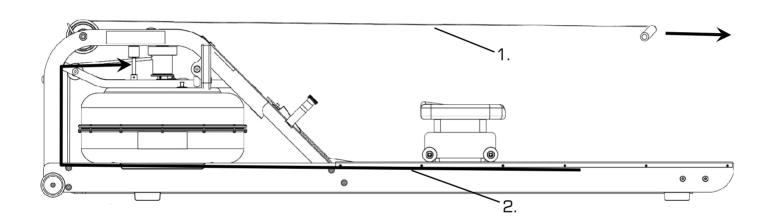
# Detaching the Rower Belt



1. To detach Belt, simply pull beyond the range of the normal rowing stroke until the belt detaches from the belt bungee pulley.

**Tip:** You'll hear the Velcro separating just before the belt detaches.

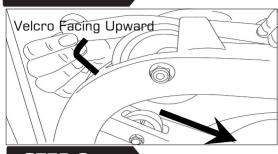
2. Unhook the Bungee Shock Cord from the Rear Brace. Then, push out the Inner Clip from the Bungee Hook. Pull the Bungee through the Inner Clip until free. This will allow for the Bungee Shock Cord to be threaded completely out of the Main Frame and up to the Belt Bungee Pulley where it will be re-attached once the Rower Belt is in the proper position.



# >>

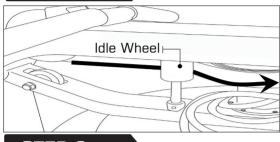
# Reattaching the Rower Belt

### STEP 1



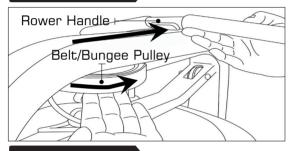
Begin reattaching the Rower Belt by threading around the Rower Belt Pulley with the Velcro side facing upward as illustrated.

#### STEP 2



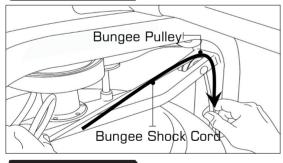
Next, thread the Belt around the Idle Wheel as shown. Once around the Idle Wheel, attach the Rower Belt to the Belt/Bungee Pulley. There is an obvious "lip" at the attachment point.

### STEP 3



Wind the Rower Belt onto the Belt/Bungee Pulley until the Rower Handle is as it's furthest forward position.

#### STEP 4

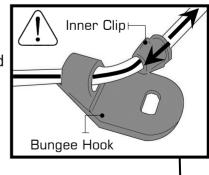


Rethread the Bungee Shock Cord (on opposite side of the Idle Wheel) back through the Bungee Pulleys and tie off at the Attachment Point.

#### STEP 5

Recoil tension will decrease over time as the Bungee Shock Cord stretches. To increase recoil tension, simply push the Inner Clip out of the Bungee Hook from behind, pull the required amount of bungee through the Inner Clip and replace the Inner Clip into the Bungee Hook as shown below.

**Hint:** Before reattaching the Inner Clip/ Bungee Hook, tie a slip knot under slight tension at the lower bungee pulley. This will keep the bungee under tension while reassembling the Bungee Hook.



# Maintenance

All preventive maintenance activities must be performed on a regular basis. Performing routine preventive maintenance actions can aid in providing safe, trouble-free operation of all Orbit equipment.

Oribt is not responsible for performing regular inspection and maintenance actions for your machines. Instruct all personnel in equipment inspection and maintenance actions and also in accident reporting and recording.

Orbit representatives are available to answer any questions that you may have.

ltem	Time Frame	Instructions	Notes
Seat and Seat Rails	Weekly	Wipe down Seat Rails and Seat Wheels with lint free cloth.	
Frame	Weekly	Wipe down Frame with lint free cloth.	
Tank and Water Treatment	12 months to 2 years	Follow instructions as specified in the "Water Treatment Procedure" section of this manual.	
Bungee Cord	Check every hundred hours for correct tension and for signs of wear.	The Bungee Cord should last for many years. If a Bungee Cord change is required, please contact your local service representative or go online at www.orbitfitness.com.au/service -and-supports for further details	
Rowing Belt	Check every hundred hours for correct tension and for signs of wear.	The Rowing Belt should provide many years of trouble free use. If a Rowing Belt change is required, please contact your local service representative or go online at www.orbitfitness.com.au/service -and-supports for further details	

Fault	Probable Cause	Solution
Water changes color or becomes cloudy.	Rower is in direct sunlight or has not had water treatment.  Local tap water is of poor quality.	Change Rower location to reduce direct exposure to sunlight. Add water treatment or change Tank water as directed in the water treatment section of this manual. Consider using distilled water to refill Tank.
Rower Belt slipping off Belt/ Bungee Pulley.	Bungee not under enough tension.  Recoil not strong enough	Tighten Bungee Cord following the instructions in "Reattaching the Rower Belt" section of this manual at "Step 5".
Inconsistent readings on the Rower Monitor for 500meter split time and SPM (strokes per minute).	Sensor gap Faulty Sensor Sensor has moved out of position Wiring harness	Use the battery cover of the monitor as a "Gap tool" to check the gap between Sensor Head and Magnetic Ring, or see if the Sensor Head has moved out of position.
The Rower Monitor does not illuminate after battery installation.	Batteries installed incorrectly or need replacing.	Replace/reinstall batteries in correct position and try again. If the LCD screen fails to illuminate, try rotating the batteries slightly in the monitor. If this fails, contact your local service center.
The Rower Monitor screen illuminates, but does not register when rowing.	Loose or failed connection.  Sensor gap too wide	Check that the monitor lead is connected properly. If it is connected then contact your local service center. Check Sensor gap.

# Warranty

#### **HOME USE**

Orbit warrants that the **RO3** purchased from an authorized agent and in its undamaged original packaging, is free from defects in materials and workmanship. Orbit or its agent will, at their discretion, repair or replace parts that become defective within the warranty period, subject to the specific inclusions and exclusions below. No warranty is available for non-domestic environments

#### Main Frame – 5 Year Limited Warranty

Orbit will repair or replace the Metal Main Frame of the Rower should it fail due to any defect in materials or workmanship within 5 years of the original purchase. Warranty does not apply to frame coating.

#### Polycarbonate Tank & Seals – 5 Year Limited Warranty

Orbit will repair or replace the polycarbonate Tank or seals should they fail due to any defect in materials or workmanship within 5 years of the original purchase.

#### Mechanical Components (of a non-wearing nature) – 2 Year Limited Warranty

Orbit will repair or replace any mechanical component should it fail due to any defect in materials or workmanship within 2 years of the original purchase.

#### Specific Inclusions

Seat Frame

Seat Rails

Shaft and Impeller Assembly

#### All Other Components (of a wearing nature) – 1 Year Limited Warranty

Orbit will repair or replace any component should it fail due to any defect in materials or workmanship within 1 year of the original purchase.

#### Specific Inclusions

Bungee Recoil Cord

Hand Grips & Footstraps

Polyester Rowing Belt

Seat and Seat Runners

All Pulleys, Rollers & Bearings

All rubber components

Monitor & Speed Sensor (excluding replaceable batteries)

Footplates (pivoting & sliding)

#### General Exclusions

Damage to the finish of any part of the machine

Damage due to neglect, abuse, incorrect assembly or use of the machine

Any charges for freight or customs clearance associated with the return or dispatch of parts

Any damage to or loss of goods during transport of any kind

Any labour cost associated with a warranty claim

#### **General Conditions**

- The serial number of the machine must be correctly registered with Orbit or one of its appointed distributors
- Orbit reserve the right to examine any part where replacement is claimed under warranty
- Warranty period applies only to the original purchaser from the date of purchase and is not transferable
- The product must be returned to your place of purchase in original packaging with transportation, insurance and associated charges paid for by you and risk of loss or damage assumed by you
- Orbit makes no other warranties except as stated here and expressly disclaims all warranties not stated in this warranty. Neither Orbit nor its associates shall be responsible for incidental or consequential damages
- Manufacturer's warranty automatically commences upon sale of the product to end user or upon the expiration of one (1) year from month of manufacture, whichever occurs first
- Please contact the Orbit Product Service Team. Tel No.: 08-62413025

Email: service@orbitfitness.com.au