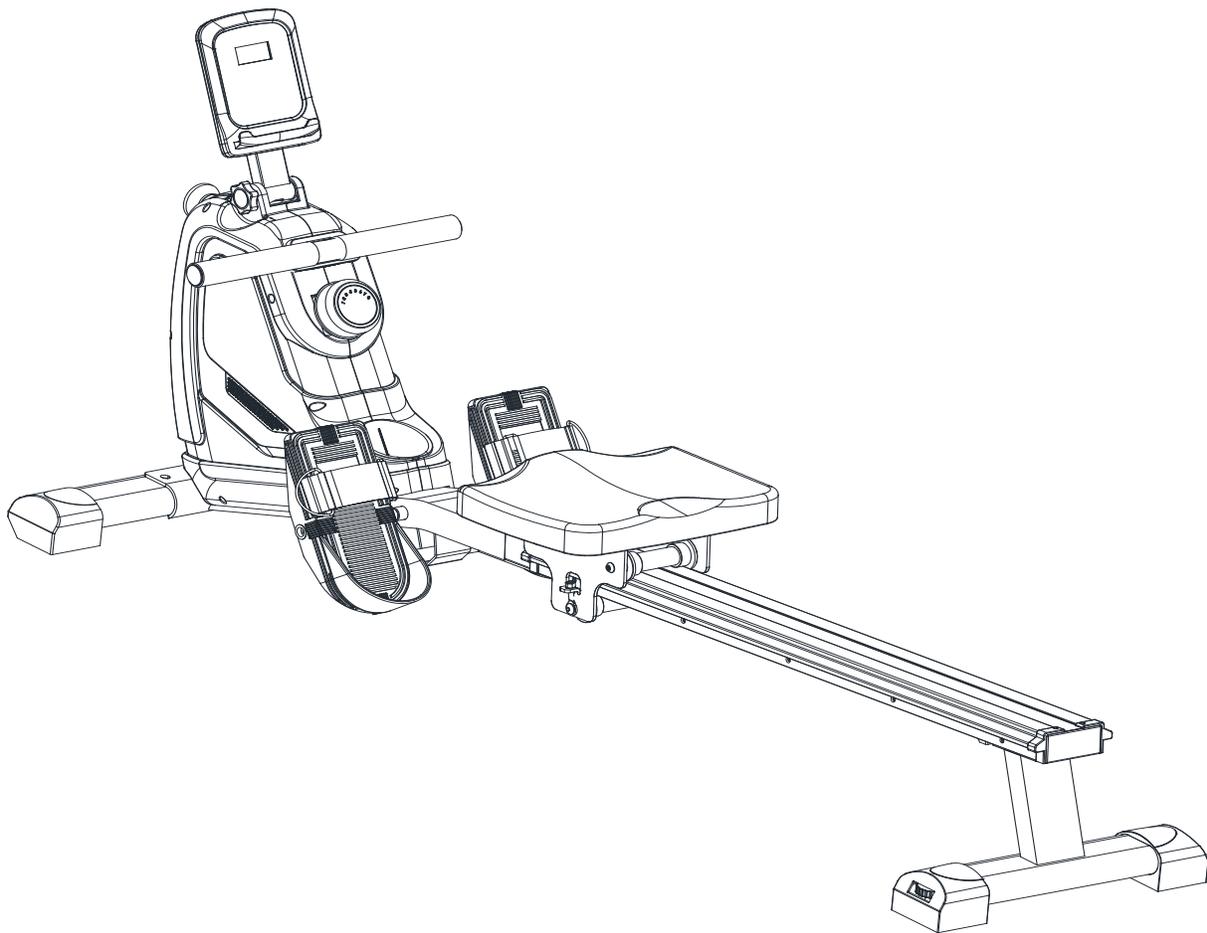


Model: 16804031600



**ERG160 ROWER
OWNER'S MANUAL**

PLEASE CAREFULLY READ THIS ENTIRE MANUAL BEFORE OPERATING YOUR NEW ROWER

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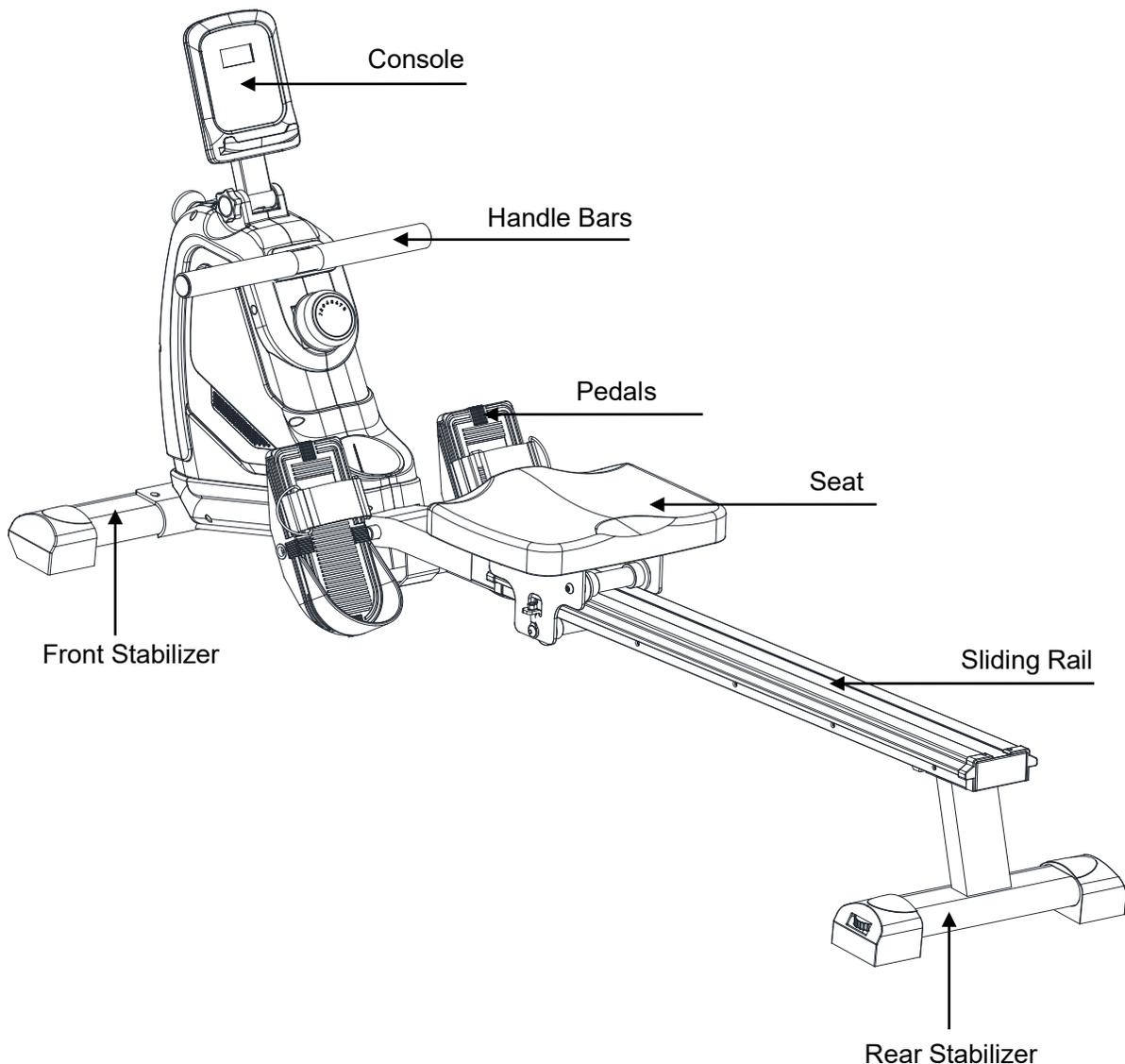
ATTENTION

THIS ROWER IS INTENDED FOR **RESIDENTIAL USE ONLY** AND IS WARRANTED FOR THE APPLICATION. ANY OTHER APPLICATION **VOIDS** THIS WARRANTY IN ITS ENTIRETY.

BEFORE YOU BEGIN

Thank you for choosing the Xterra ERG160 Rower. We take great pride in producing this quality product and hope it will provide many hours of quality exercise to make you feel better, look better, and enjoy life to its fullest. It's a proven fact that a regular exercise program can improve your physical and mental health. Too often, our busy lifestyles limit our time and opportunity to exercise. The Xterra ERG160 Rower provides a convenient and simple method to begin your assault on getting your body in shape and achieving a happier and healthier lifestyle. Before reading further, please review the drawing below and familiarize yourself with the parts that are labeled.

Read this manual carefully before using the Xterra ERG160 Rower. Although Dyaco Canada Inc. constructs its products with the finest materials and uses the highest standards of manufacturing and quality control, there can sometimes be missing parts or incorrectly sized parts. If you have any questions or problems with the parts included with your Xterra ERG160 Rower, please do not return the product. Contact us **FIRST!** If a part is missing or defective call us toll free at 1-888-707-1880. Our Customer Service Staff are available to assist you from 8:30 A.M. to 5:00 P.M. (Eastern Time) Monday through Friday. Be sure to have the name and model number of the product available when you contact us.



IMPORTANT SAFETY INSTRUCTIONS

WARNING- Read all instructions before using this equipment.

- Do not operate the rower on deeply padded, plush or shag carpet. Damage to both carpet and rower may result.
- Before beginning this or any exercise program, consult a physician. This is especially important for persons over the age of 35 or persons with pre-existing health conditions.
- Keep children under the age of 13 away from this machine. There are obvious pinch points and other caution areas that can cause harm.
- Keep hands away from all moving parts.
- Never drop or insert any object into any openings.
- Do not use outdoors.
- Wear proper shoes. High heels, dress shoes, sandals or bare feet are not suitable for use on your rower. Quality athletic shoes are recommended to avoid leg fatigue or injury.
- This equipment is not intended for use by persons with reduced physical, sensory, or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the equipment by a person responsible for their safety.
- User weight should not exceed: 250 lbs (113 kgs)

SAVE THESE INSTRUCTIONS -THINK SAFETY!

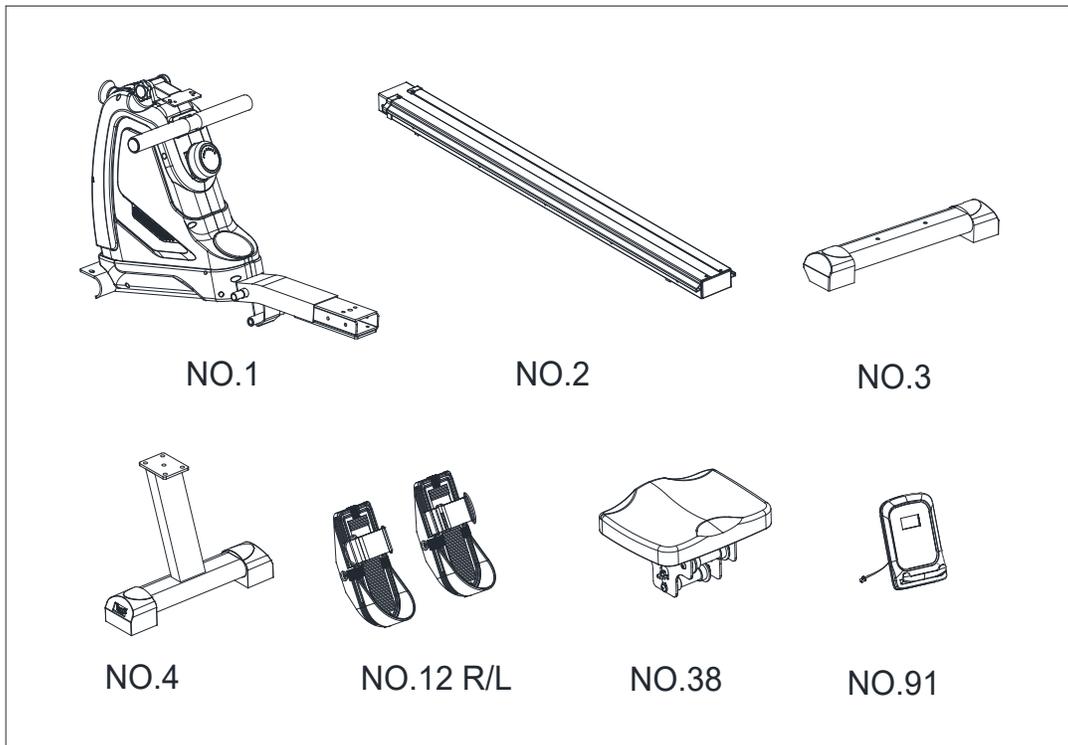
CAUTION!! Please be careful when unpacking the carton.

WARNING DECAL REPLACEMENT

The decal shown below has been placed on the rower. If the decal is missing or illegible, please call our Customer Service Department toll-free at 1-888-707-1880 to order a replacement decal.

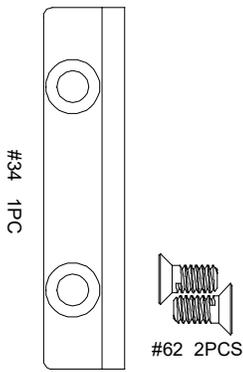
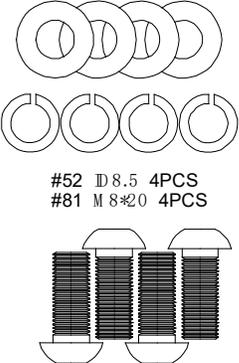
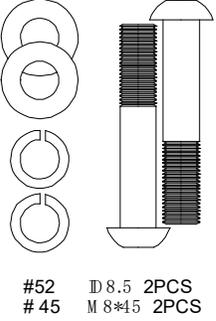
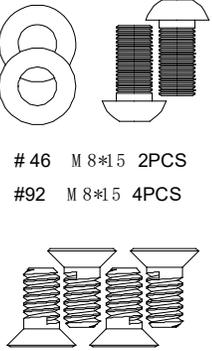
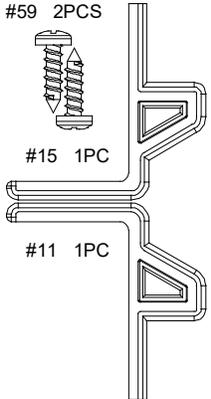
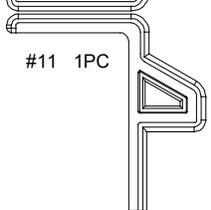
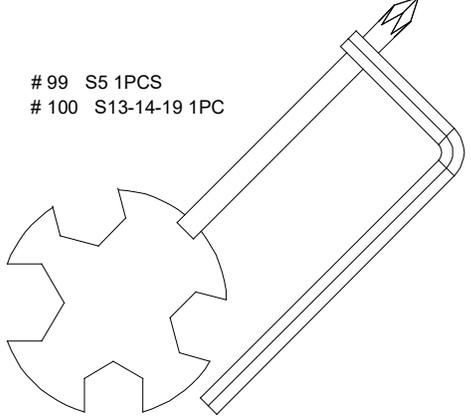
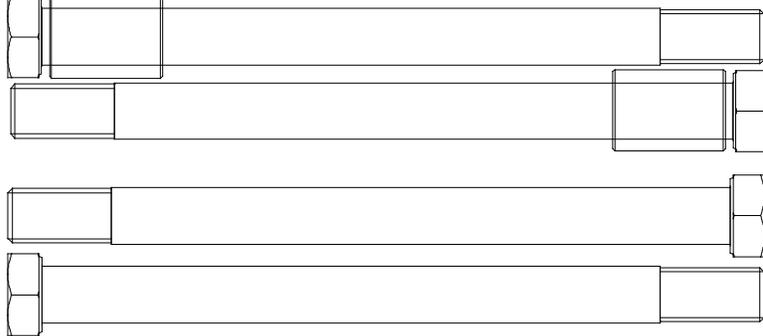
	
WARNING AVERTISSEMENT	
XTERRA	MODEL/MODÈLE # 16804031600 (PR.0620)
FOR CONSUMER USE ONLY. MAX. USER WEIGHT LIMIT: 250 LBS (113KG5) CAUTION: SMALL CHILDREN AND PERSONS PHYSICALLY HANDICAPPED SHOULD NOT USE ANY EXERCISE EQUIPMENT WITHOUT A QUALIFIED PERSON IN ATTENDANCE. WARNING: KEEP CHILDREN AWAY FROM THE CYCLE. KEEP BODY AND CLOTHING FREE AND CLEAR OF ALL MOVING PARTS. THERE IS A POSSIBILITY OF SERIOUS INJURY OR DEATH IF CAUTION IS NOT USED. READ ALL WARNINGS AND INSTRUCTIONS PRIOR TO USE. REPLACE LABEL IF DAMAGED, ILLEGIBLE OR REMOVED. MADE IN CHINA.	
USAGE À DES FINS PERSONNELLES SEULEMENT. POIDS LIMITE DE L'USAGER: 250LBS (113KG5) ATTENTION: LES ENFANTS ET LES PERSONNES AYANT UN HANDICAP PHYSIQUE NE DOIVENT PAS UTILISER L'ÉQUIPEMENT SANS LA SUPERVISION D'UNE PERSONNE QUALIFIÉE. AVERTISSEMENT: GARDER LES ENFANTS À L'ÉCART DU CYCLE. GARDER LE CORPS ET VÊTEMENTS LIBRES ET CLAIRS DE TOUTES PARTIES EN MOUVEMENT. LA POSSIBILITÉ DE BLESSURES SÉRIEUSES OU LA MORT SI LA PRUDENCE N'EST PAS UTILISÉE. LIRE TOUS LES AVERTISSEMENTS ET INSTRUCTIONS AVANT L'USAGE. REMPLACER L'ÉTIQUETTE SI ENDOMMAGÉE, ILLISIBLE OU ENLEVÉE. FABRIQUÉ EN CHINE.	
Dyaco Canada Inc. 5955 Don Murie St. Niagara Falls, Ontario, L2G 0A9 1-888-707-1880	

ERG160 PRE-ASSEMBLY CHECK LIST



Part No.	Description	Q'ty
1	Main Frame	1
2	Slide Rail	1
3	Front Stabilizer	1
4	Rear Stabilizer	1
12L/R	Pedals	1
38	Seat	1
91	Console	1
	Hardware Bag	1
	Manual	1

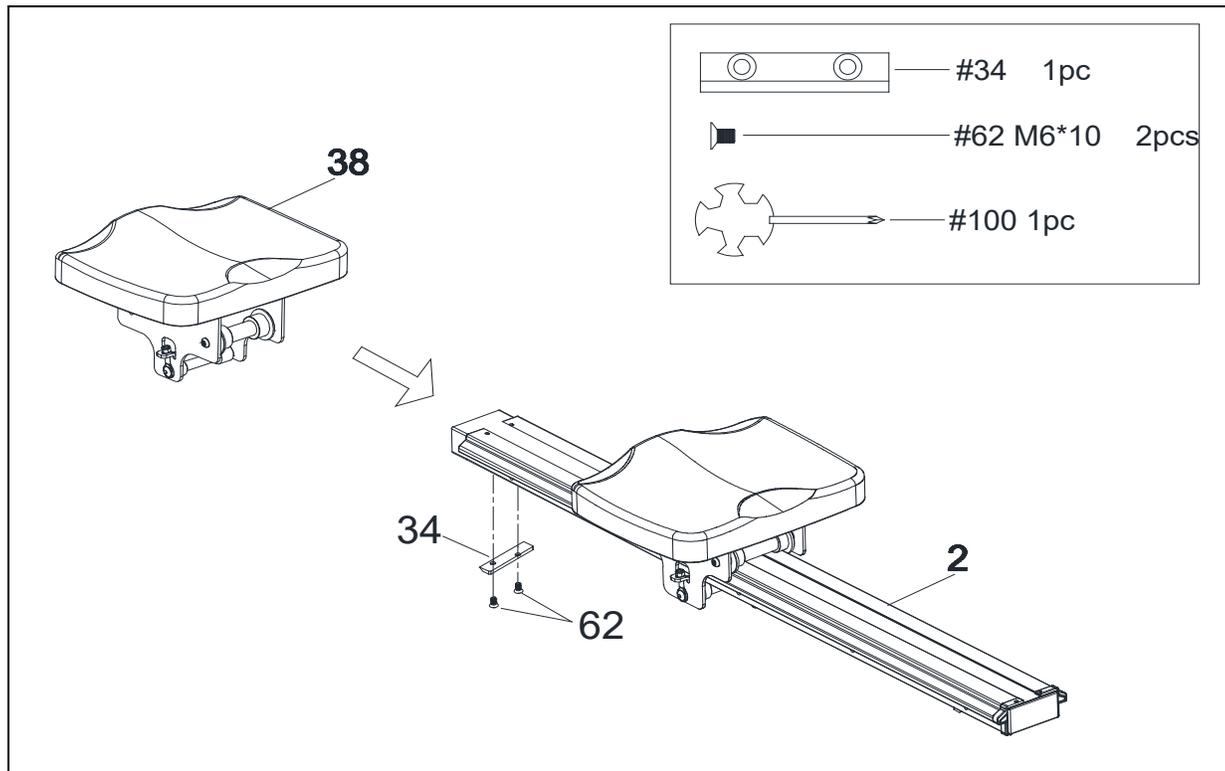
ERG160 ASSEMBLY PACK CHECK LIST

<p>STEP-1</p>  <p>#34 1PC #62 2PCS</p>	<p>STEP-2</p> <p>#55 OD16*ID8.5*1.5 4PCS</p>  <p>#52 ID8.5 4PCS #81 M8*20 4PCS</p>	<p>STEP-3</p> <p>#55 OD16*ID8.5*1.5 2PCS</p>  <p>#52 ID8.5 2PCS #45 M8*45 2PCS</p>
<p>STEP-4</p> <p>#44 OD16*ID8.5*1.5 2PCS</p>  <p>#46 M8*15 2PCS #92 M8*15 4PCS</p> <p>#59 2PCS</p>  <p>#15 1PC</p>  <p>#11 1PC</p> 		<p>TOOL</p> <p>#99 S5 1PCS #100 S13-14-19 1PC</p> 
<p>STEP-5</p>  <p>#50 M12*160 4pcs #64 Φ18*Φ13*26 2PCS</p>		

Note: Above parts are all the parts needed to assemble this rower. Before you start to assemble, please check the hardware packing to make sure they are included.

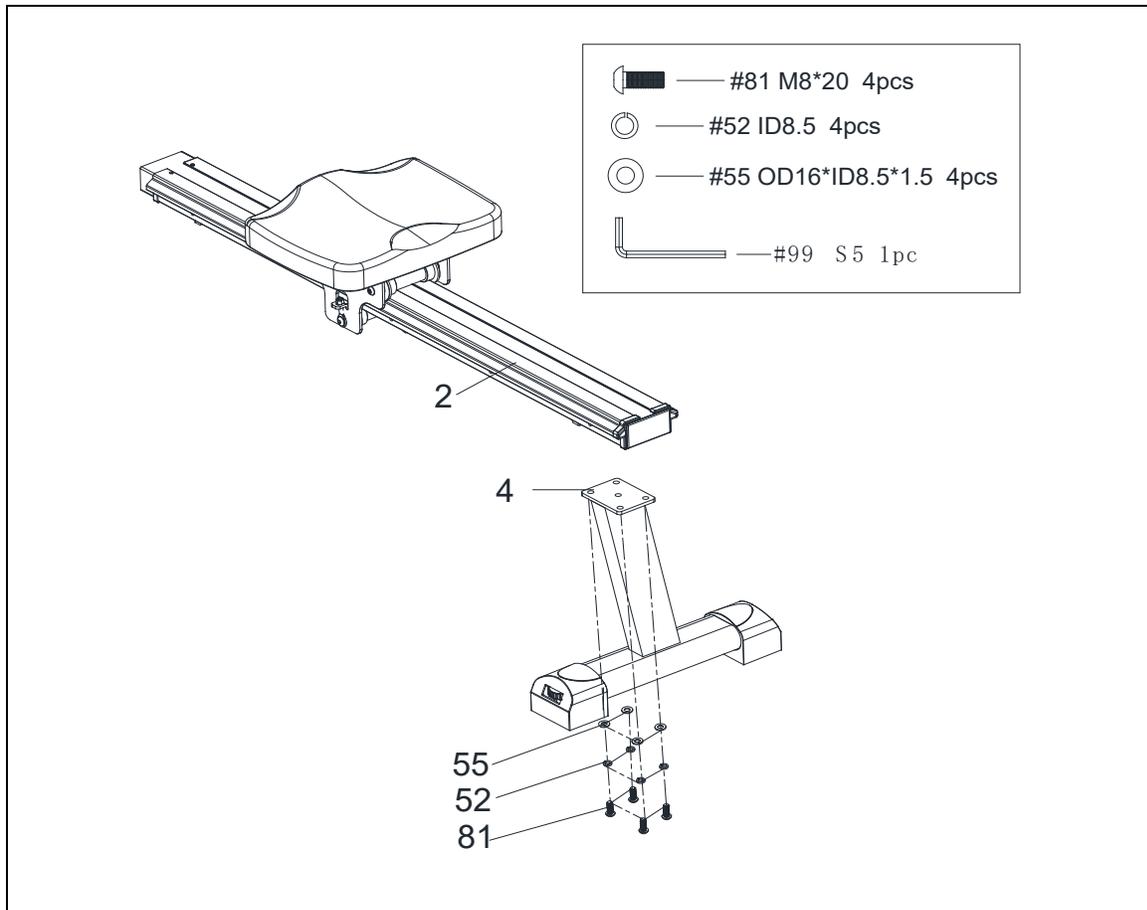
ERG160 ASSEMBLY INSTRUCTIONS

1 SEAT



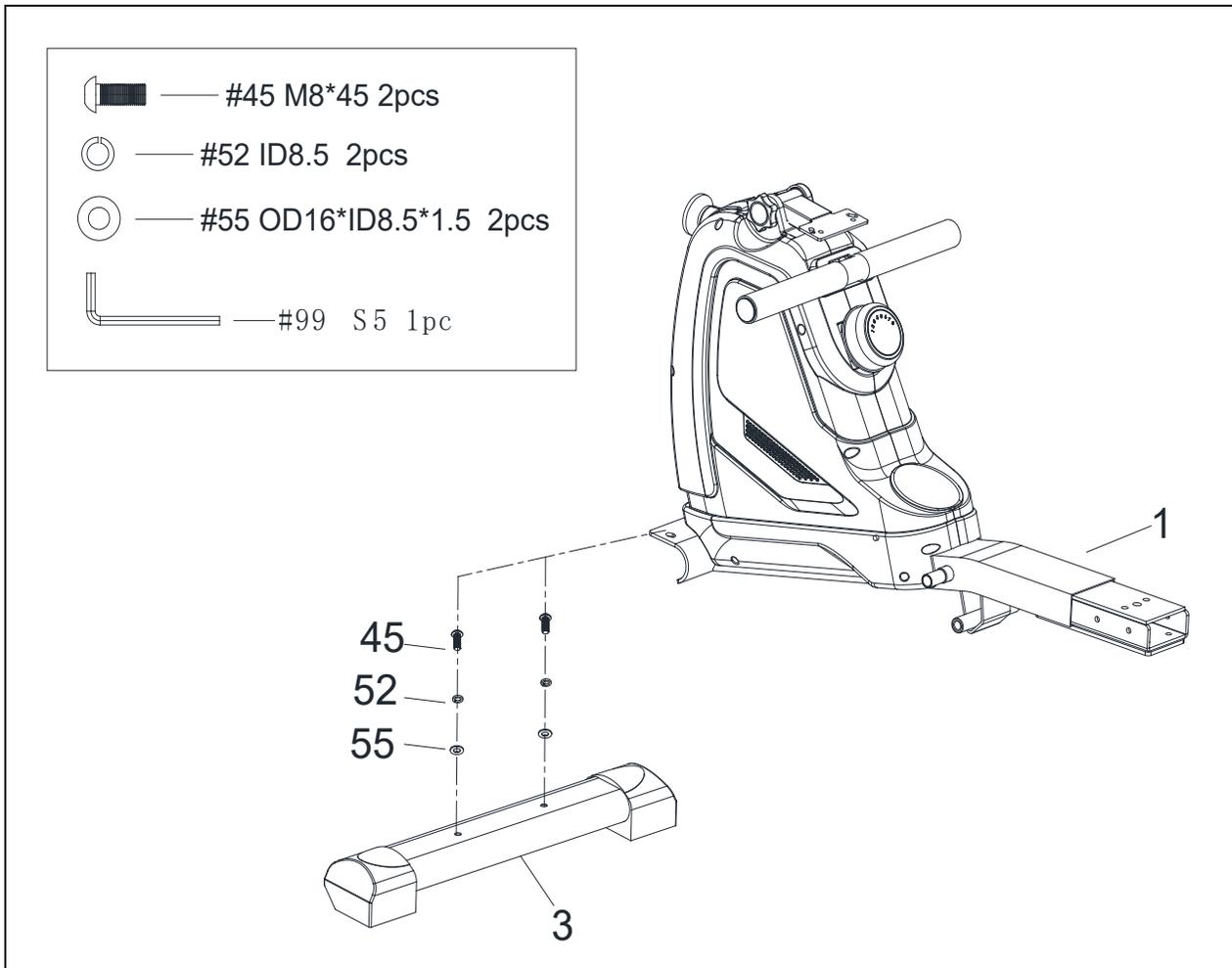
1. Slide the Seat (38) onto the Slide Rail (2). Attach the Limiter Pad (34) to the Slide Rail (2) and secure with 2 Flat Head Screws (62).

2 Rear Stabilizer



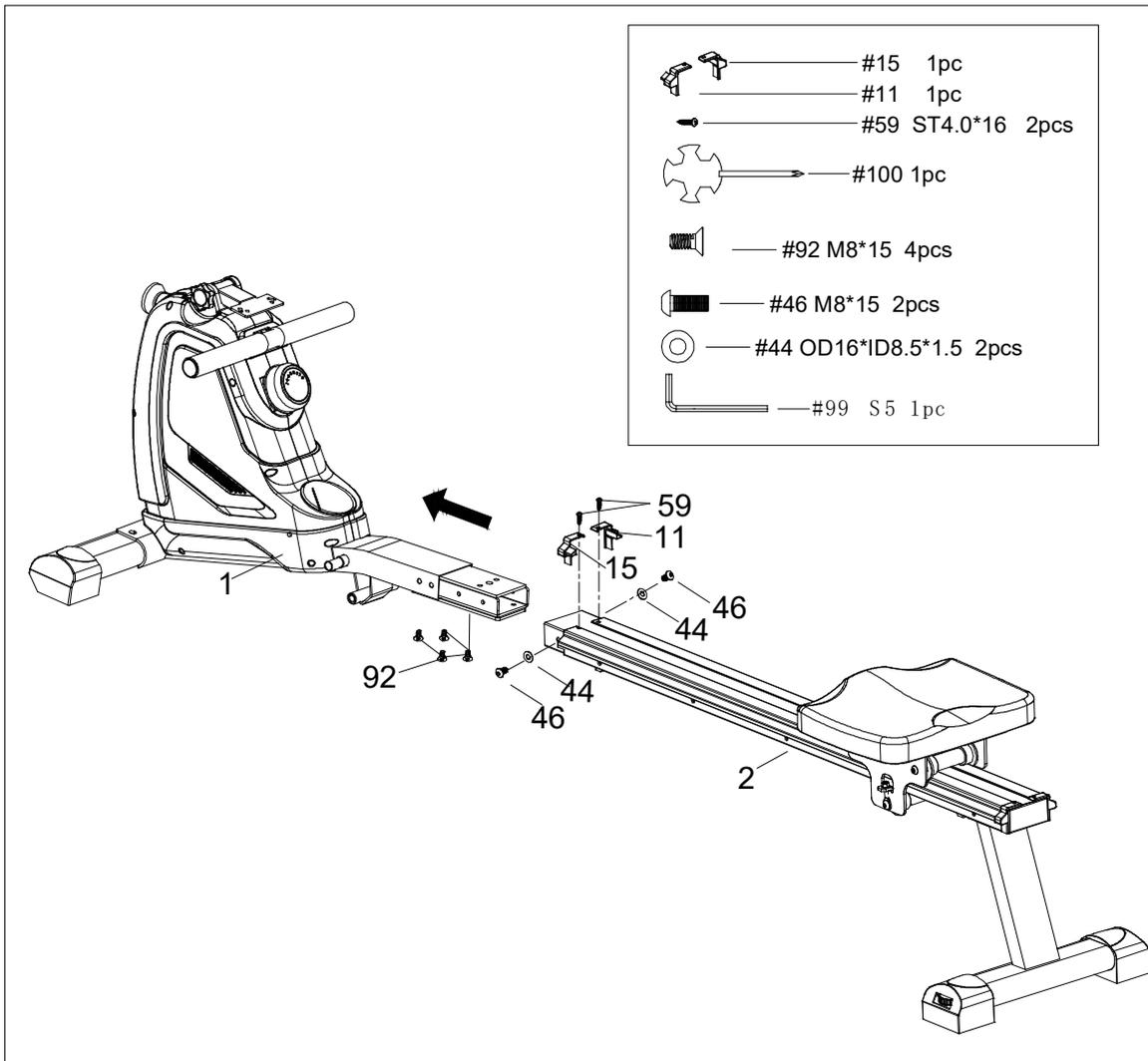
1. Attach the Rear Stabilizer (4) to the Slide Rail (2), tighten with 4 Flat Washers(55) and 4 Spring Washers (52) and 4 Allen Bolts (81).

3 Front Stabilizer



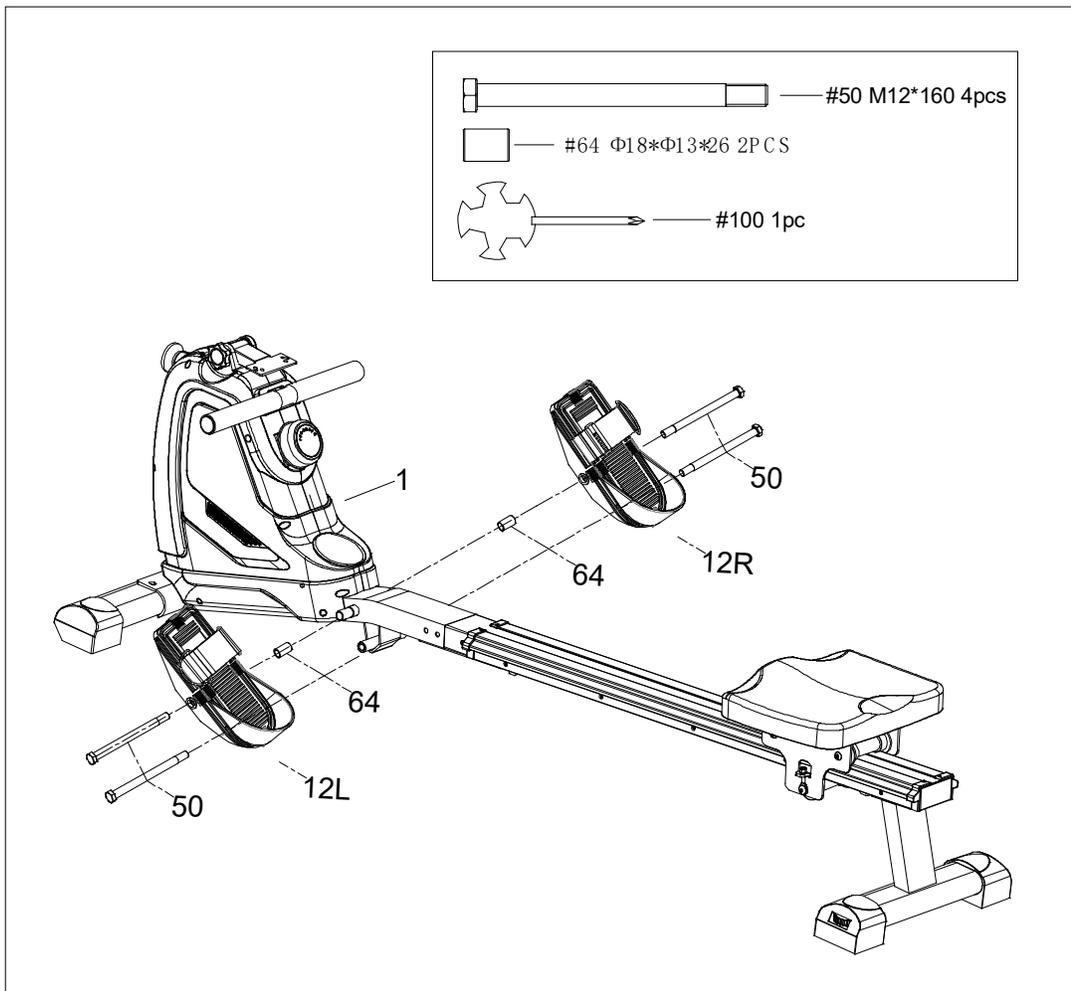
1. Attach the Front Stabilizer (3) to the Main Frame (1), secure with 2 Flat Washers (55) and 2 Spring Washers (52) and 2 Allen Bolts (45).

4 Slide Rail



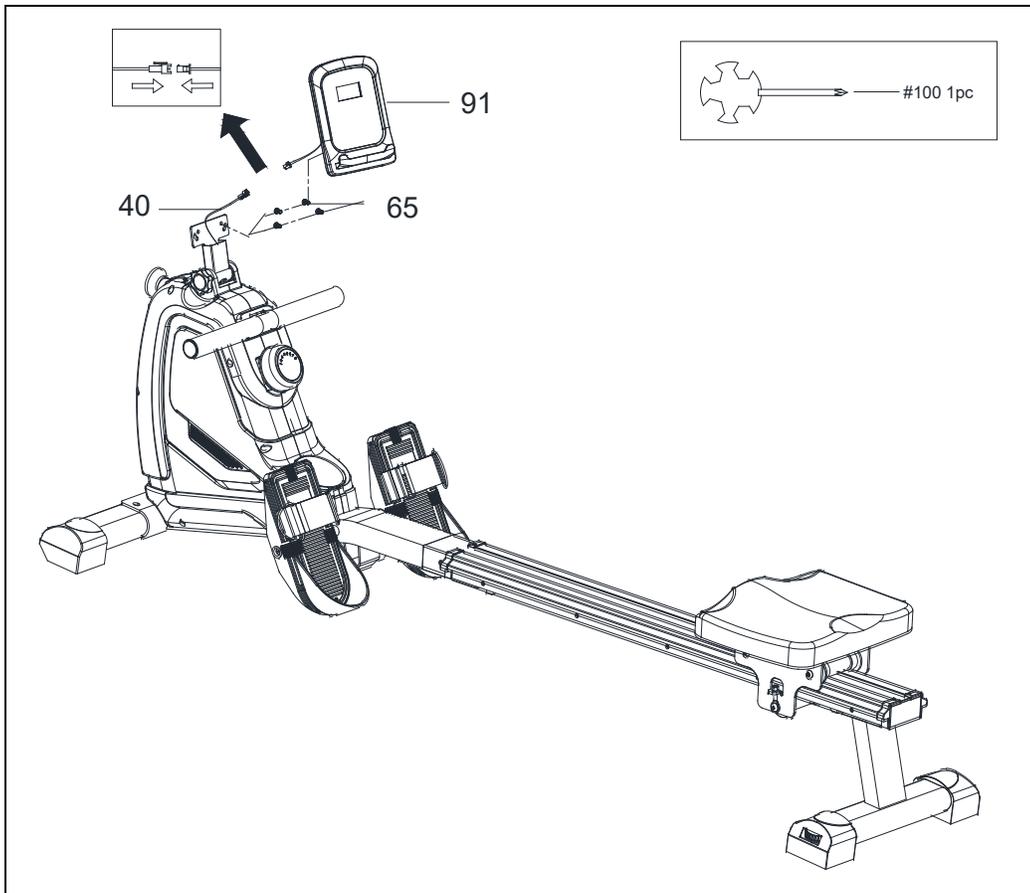
1. Insert the Slide Rail (2) into the Main Frame (1), secure with 4 Allen Bolts (92).
2. Attach the Stop Brackets (11 & 15) to the Sliding Rail (2) and secure them with 2 Self-tapping Screws (59).
3. Attach the Flat Washers (44) and 2 Allen Bolts (46) on the Slide Rail (2) and secure.

Pedals



1. Attach the Left Pedal (12L) onto the Main Frame (1) and secure with 2 Hex Head Bolts (50) and 1 Pedal Bushing (64).
2. Repeat the same procedures to assemble the Right Pedal (12R) to the Main Frame (1).

6 Console



1. Connect the **Sensor Wires (40)** with the **Console (91)** and secure with 4 **Cross-head Screws (65)** that are pre-assembled on the back of **Console (91)**.

OPERATION OF YOUR ROWER

GETTING FAMILIAR WITH THE CONTROL PANEL

ERG160 CONSOLE



Key Functions

MODE: Press the MODE button to select functions. Press the button and hold for two seconds to reset all functions to zero.

FUNCTIONS

SCAN: The console displays: time, stroke count, distance, calories, and strokes per minute, in sequence for 6 seconds at a time.

TIME: Displays the time from exercise start to the end.

COUNT: Displays the total stroke count.

DISTANCE: Displays the distance from exercise start to the end.

CALORIE: Displays the calories burned from the exercise start to the end.

The calorie readout is an estimate for an average user. It should be used only as comparison between workouts on this unit.

STROKE/MIN (SPM): Displays an automatic accumulation of strokes per minute.

Getting Familiar with the Control Panel

Functions	SCAN	Every 6 seconds
	TIME	0:00 ~ 99:59
	COUNT	0 ~ 9999 TIMES
	TRIP DISTANCE	0 ~ 9999 METER
	CALORIES	0 ~ 9999 CAL
	SPM	0 ~ 999 TIMES/MIN
BATTERY TYPE		2 AA or UM 3
OPERATING TEMPERATURE		0°C ~ +40°C, 32°F ~ 104°F
STORAGE TEMPERATURE		-10°C ~ +60°C, 14°F ~ 140°F

NOTE:

1. The battery symbol will light up when the battery is low. Please replace the batteries at this time.
2. The console will shut off after 2 minutes of disuse.
3. The console will automatically start when input is received from pedaling or pressing the MODE button.
4. The console will pause calculations after 4 seconds of no input. This will read as "STOP" on the console screen. Calculations will resume once exercise input is returned.

User Direction

Pedal Adjustment

To adjust the pedal strap, remove the Velcro end of the strap from the mesh side by pulling it upward then to the left. Once removed, you may increase the opening of the pedal strap by pulling the mesh end up and to the right. To tighten, pull the Velcro end of the pedal strap upward then to the right and down to secure it to the mesh side of the strap.

Moving the Machine

To move the machine, lift the rear stabilizer(4) until the transportation wheels on the front stand touch the ground. With the wheels on the ground, you can transport the rower to the desired location with ease.

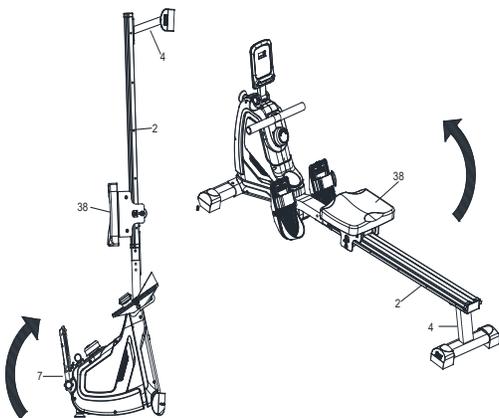
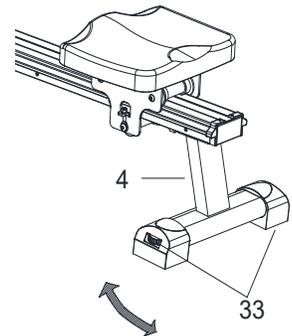
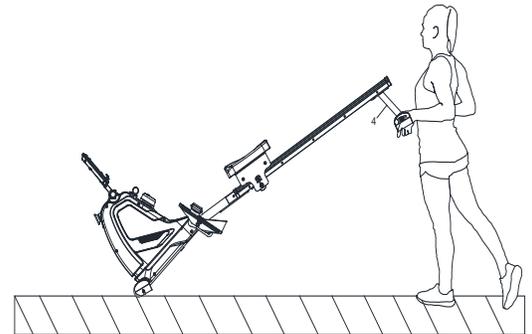
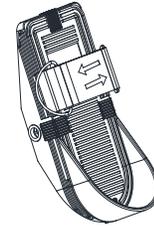
Adjusting the Balance

Levelers are found on the Rear Stabilizer (4) of the machine. If you find the machine is unbalanced before or during your workout, the Levelers (33) can be used to correct this issue. Continuously working out on an unbalanced machine may cause damage to the machine.

Storing the Rower

When not in use, the rower can be stored vertically to save space. Take the Slide Rail (2) and move it into a vertical position.

CAUTION: The Seat (38) will glide down when the Slide Rail (2) is raised. Also take care to avoid the Rear Stabilizer (4) when moving the Slide Rail (2).



GENERAL MAINTENANCE

The safety of this product can be maintained only if regular periodic checks are made. Most checks can be performed once a week. However, some checks should be made before each workout, and are indicated as such below.

Checks

- Check that pedals hardware is secure, hardware can work loose over time.
- Check that stabilizer bolts are tight, check before each workout.
- Check that sliding rail is secure, if not, tighten, check before each workout.
- Should a part become defective, replace it immediately. Do not allow use of the equipment until it has been repaired.

Cleaning

A damp cloth is sufficient to clean most surfaces of this unit. Be careful not to drip water on the monitor. A mild liquid soap may be added if needed.

HOW TO ADJUST THE REED SWITCH

If the console does not display correct feedback, the reed switch should be adjusted. To adjust the reed switch, the chain cover(9&10) must first be removed.

The first step to remove the adjust knob(47).

The second step to remove the two self-tapping screws (76) from each side of chain cover (9&10). And then Remove another eight ST4.2 x 19 self-tapping screws (75) from each side of chain cover (9&10).

The third step is to loosen the screw (90), rotate the sensor bracket (18) aligned with the magnet on the pulley until the computer receive signals and tighten the screw (90).

The last step is to attach the chain cover(9&10) on main frame.

HOW TO ADJUST THE DRIVE BELT

If you can feel the flywheel slip while you are pulling, even when the resistance is adjusted to the highest level, the drive belt may need to be adjusted.

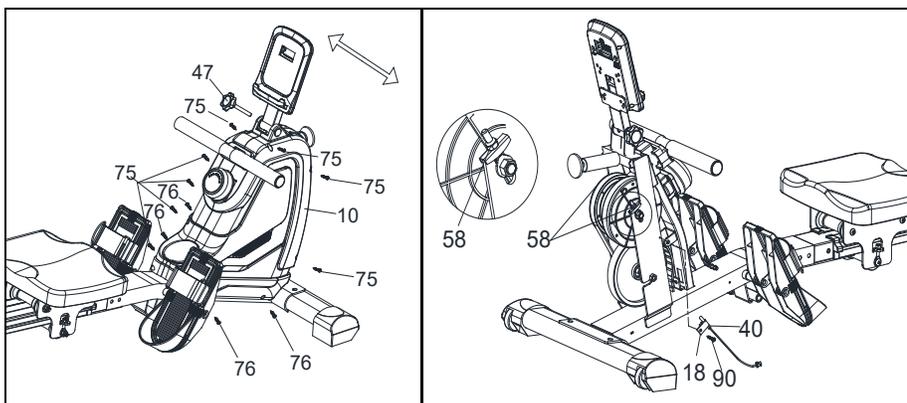
To adjust the drive belt, the chain cover(9&10) must first be removed.

The first step to remove the adjust knob(47).

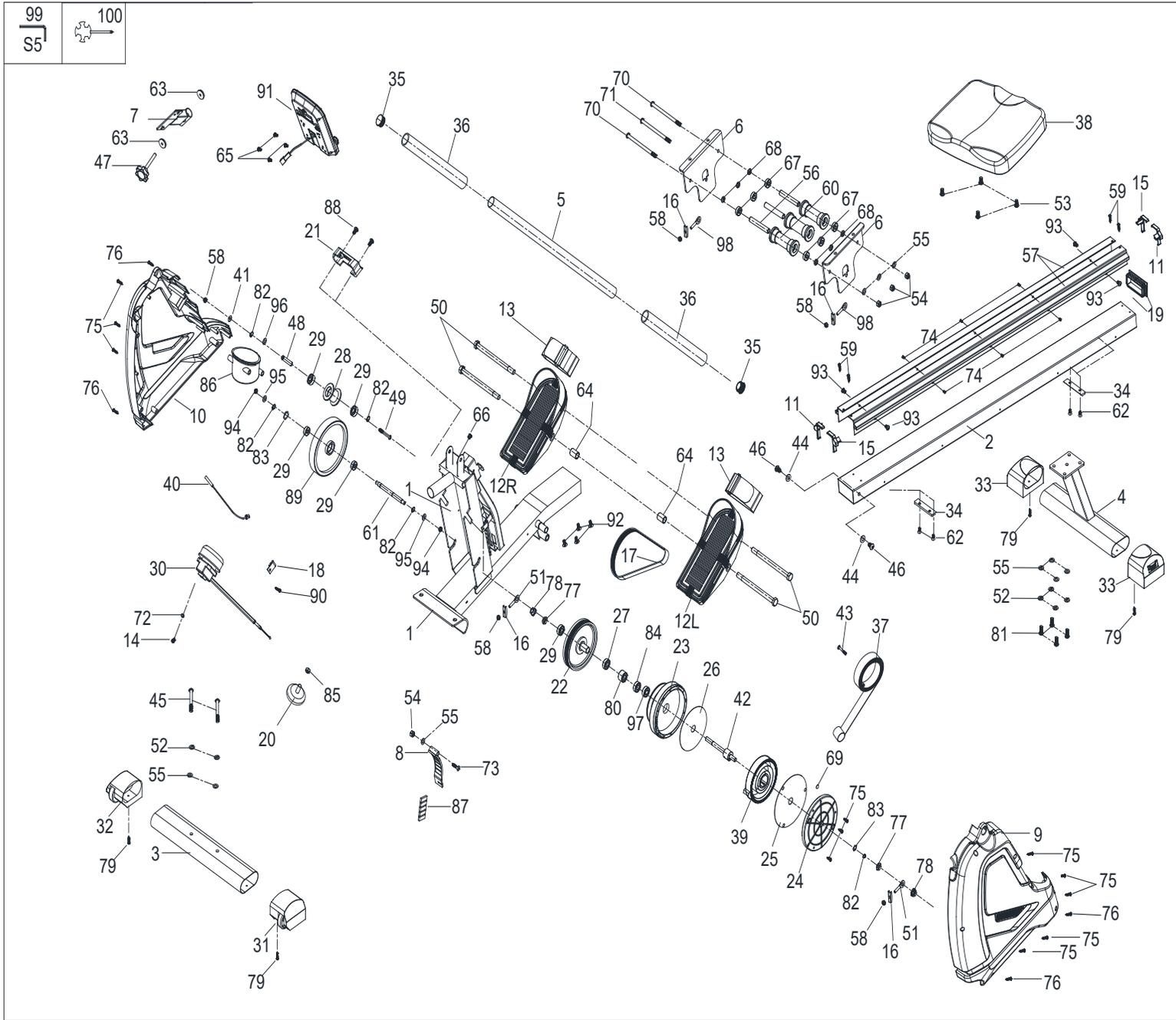
The second step to remove the two self-tapping screws (76) from each side of chain cover (9&10). And then Remove another eight ST4.2 x 19 self-tapping screws (75) from each side of chain cover (9&10).

The third step is to loosen or tighten the nut (58) to adjust the belt tension.

The last step is to attach the chain cover(9&10) on main frame.



EXPLODED VIEW DIAGRAM



PARTS LIST

Key	Part Number	Description	QTY
1	3160001	Main frame	1
2	3160002	Slide rail	1
3	3160003	Front stabilizer	1
4	3160004	Rear stabilizer	1
5	3160005	Handlebar	1
6	3160006	Fixed plate for seat	2
7	3160007	Console bracket	1
8	3160008	Magnet bracket	1
9	3160009	Chain cover L	1
10	3160010	Chain cover R	1
11	3160011	Stop Brackets R	2
12L/R	3160012L/R	Pedal L/R	1/1
13	3160013	Pedal strap	2
14	3160014	Cross-head screw M5*15	1
15	3160015	Stop Brackets L	2
16	3160016	U-shaped plate	4
17	3160017	Belt 220J*14	1
18	3160018	Sensor bracket	1
19	3160019	Square end cap □40*80	1
20	3160020	Foot pat	1
21	3160021	Handlebar seat	1
22	3160022	Belt pulley	1
23	3160023	Drawstring pulley	1
24	3160024	Volute spring cover	1
25	3160025	Soundproof board A Φ142*Φ16*0.5	1
26	3160026	Soundproof board B Φ119*Φ16*0.5	1
27	3160027	Bearing 6003	1
28	3160028	Belt Wheel	1
29	3160029	Bearing 6000ZZ	5
30	3160030	Tension knob	1
31	3160031	Front Stabilizer end cap L	1
32	3160032	Front Stabilizer end cap R	1
33	3160033	Rear Stabilizer end cap	2
34	3160034	Limited pad 72*20*T5.0	2
35	3160035	Round end cap	2
36	3160036	Foam grip	2
37	3160037	Meshbelt	1
38	3160038	Seat	1

39	3160039	Volute spring	1
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Key	Part Number	Description	QTY
40	3160040	Sensor wire	1
41	3160041	Flat washer OD12*ID6.5*1.5	1
42	3160042	Shaft for Drawstring pulley	1
43	3160043	Cross-head screw M5*35	1
44	3160044	Flat washer OD16*ID8.5*T1.5	2
45	3160045	Allen bolt M8*45	2
46	3160046	Allen bolt M8*15	2
47	3160047	Adjust knob	1
48	3160048	Spacer for Belt Wheel $\Phi 10 \times \Phi 6.1 \times 40$	1
49	3160049	Hex head bolt M6*55	1
50	3160050	Hex head bolt M12* $\Phi 12.5 \times 160$	4
51	3160051	Adjusting screw M6*40	2
52	3160052	Spring washer OD12*ID8.5*T2.0	6
53	3160053	Allen bolt M6*15	4
54	3160054	Nylon nut M8	4
55	3160055	Flat washer OD16*ID8.5*T1.5	10
56	3160056	Bushing for seat roller $\Phi 12.7 \times 1.4 \times 78$	3
57	3160057	Aluminum Plate	2
58	3160058	Nylon nut M6	5
59	3160059	Self-tapping screw ST4.2*L16 ($\Phi 10$)	4
60	3160060	Seat roller $\Phi 40 \times \Phi 33 \times 94$	3
61	3160061	Flywheel Axle $\Phi 10 \times 126$	1
62	3160062	Flat head Screw M6*10	4
63	3160063	Plastic bushing $\Phi 25.4 \times \Phi 8.2 \times 10$	2
64	3160064	Pedal bushing $\Phi 18 \times \Phi 13 \times 26$	2
65	3160065	Cross-head screw M5*10	4
66	3160066	Wire plug	1
67	3160067	Bearing 608ZZ	6
68	3160068	Spacer for Seat Roller OD12.7*ID8.2*13	6
69	3160069	Sensor magnet $\Phi 10 \times 2$	1
70	3160070	Allen bolt M8*140	2
71	3160071	Allen bolt M8*145	1
72	3160072	Flat washer OD11*ID5.5*1.5	1
73	3160073	Allen bolt M8*50	1
74	3160074	Cross-head screw ST4.2*16 ($\Phi 8$)	6
75	3160075	Self-tapping screw ST4.2*19	11
76	3160076	Self-tapping screw ST4*16	4
77	3160077	Hex head nut M10*P1.0*H5	2
78	3160078	Flange nut M10*P1.0	2

Key	Part Number	Description	QTY
79	3160079	Self-tapping screw ST4.2*L25	4
80	3160080	One way bearing HF1712	1
81	3160081	Allen bolt M8*20	4
82	3160082	C clip Φ 10	5
83	3160083	Wave washer OD13.5*ID10.2*0.4	2
84	3160084	Bearing 16003	1
85	3160085	Nut M10	1
86	3160086	Bottle Holder	1
87	3160087	Magnet	5
88	3160088	Cross-head screw M5*12	2
89	3160089	Flywheel	1
90	3160090	Self-tapping screw ST4.2*12	1
91	3160091	Console X-3508	1
92	3160092	Flat head Screw M8*15	4
93	3160093	Cross-head screw M6*15	4
94	3160094	Nylon nut M8*H5	2
95	3160095	Flat washer OD16*ID8.5*T1.0	2
96	3160096	Flat washer OD14*ID10.1*0.5	1
97	3160097	Bearing 6300	1
98	3160098	Adjusting screw M6*30	2
99	3160099	Allen key L5	1
100	3160100	Multi-function wrench	1

TROUBLE SHOOTING

Problem	Cause	Solution
Monitor does not display	Battery not Installed	Install battery
	Sensor wire not connected	Ensure the sensor wire is connected properly to the computer
No speed or count displays on the monitor	Sensor wire not connected	Ensure the sensor wire is connected properly to the computer
	Sensor wire not working properly	Replace sensor wire
	Monitor not working properly	Replace monitor
No tension	Magnetic wheel not working properly	Replace magnetic wheel
	Tension knob defective	Replace the tension knob
	Tension needs Adjustment	Turn tension adjustment knob accordingly
Grinding Noise	Idler pulley defective	Replace idler pulley
	Flywheel defective	Replace flywheel
Squealing	V-belt slipping	Adjust v-belt

TRAINING GUIDELINES

EXERCISE

Exercise is one of the most important factors in the overall health of an individual. Listed among its benefits are:

- Increased capacity for physical work (strength endurance)
- Increased cardiovascular (heart and arteries/veins) and respiratory efficiency
- Decreased risk of coronary heart disease
- Changes in body metabolism, e.g., losing weight
- Delaying the physiological effects of age
- Physiological effects, e.g., reduction in stress, increase in self-confidence, etc.

BASIC COMPONENTS OF PHYSICAL FITNESS

There are four all encompassing components of physical fitness and we need to briefly define each and clarify its role.

Strength is the capacity of a muscle to exert a force against resistance. Strength contributes to power and speed and is of great importance to a majority of sports people.

Muscular Endurance is the capacity to exert a force repeatedly over a period of time, e.g. it is the capacity of your legs to carry you 10 Km without stopping.

Flexibility is the range of motion about a joint. Improving flexibility involves the stretching of muscles and tendons to maintain or increase suppleness, and provides increased resistance to muscle injury or soreness.

Cardio-Respiratory Endurance is the most essential component of physical fitness. It is the efficient functioning of the heart and lungs

AEROBIC FITNESS

The largest amount of oxygen that you can use per minute during exercise is called your maximum oxygen uptake (MVo₂). This is often referred to as your aerobic capacity.

The effort that you can exert over a prolonged period of time is limited by your ability to deliver oxygen to the working muscles. Regular vigorous exercise produces a training effect that can increase your aerobic capacity by as much as 20 to 30%. An increased MVO₂ indicates an increased ability of the heart to pump blood, of the lungs to ventilate oxygen and of the muscles to take up oxygen.

Anaerobic Training

This means “without oxygen” and is the output of energy when the oxygen supply is insufficient to meet the body’s long term energy demands. (For example, 100 meter sprint).

The Training Threshold

This is the minimum level of exercise which is required to produce significant improvements in any physical fitness parameter.

Progression

As you become fitter, a higher intensity of exercise is required to create an overload and therefore provide continued improvement

Overload

This is where you exercise at a level above that which can be carried out comfortably. The intensity, duration and frequency of exercise should be above the training threshold and should be gradually increased as the body adapts to the increasing demands. As your fitness level improves, so the training threshold should be raised.

Working through your program and gradually increasing the overload factor is important.

Specificity

Different forms of exercise produce different results. The type of exercise that is carried out is specific both to the muscle groups being used and to the energy source involved.

There is little transfer of the effects of exercise, i.e. from strength training to cardiovascular fitness. That is why it is important to have an exercise program tailored to your specific needs.

Reversibility

If you stop exercising or do not do your program often enough, you will lose the benefits you have gained. Regular workouts are the key to success.

WARM UP

Every exercise program should start with a warm up where the body is prepared for the effort to come. It should be gentle and preferably use the muscles to be involved later.

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 callisthenic type exercise.

Warm Down or Cool Down

This involves a gradual decrease in the intensity of the exercise session. Following exercise, a large supply of blood remains in the working muscles. If it is not returned promptly to the central circulation, pooling of blood may occur in the muscles

Heart Rate

As you exercise, so the rate at which your heart beat also increases. This is often used as a measure of the required intensity of exercise. You need to exercise hard enough to condition your circulatory system, and increase your pulse rate, but not enough to strain your heart.

Your initial level of fitness is important in developing an exercise program for you. If you are starting off, you can get a good training effect with a heart rate of 110-120 beats per minute (BPM). If you are fitter, you will need a higher threshold of stimulation.

To begin with, you should exercise at a level that elevates your heart rate to about 65 to 70% of your maximum. If you find this is too easy, you may want to increase it, but it is better to lean on the conservative side.

As a rule of thumb, the maximum heart rate is 220 minus your age. As you increase in age, so your heart, like other muscles, loses some of its efficiency. Some of its natural loss is won back as fitness improves.

The following table is a guide to those who are “starting fitness”.

Age	25	30	35	40	45	50	55	60	65
Target heart Rate									
10 Second Count	23	22	22	21	20	19	19	18	18
Beats per Minute	138	132	132	126	120	114	114	108	108

Pulse Count

The pulse count (on your wrist or carotid artery in the neck, taken with two index fingers) is done for ten seconds, taken a few seconds after you stop exercising. This is for two reasons: (a) 10 seconds is long enough for accuracy, (b) the pulse count is to approximate your BPM rate at the time you are exercising. Since heart rate slows as you recover, a longer count isn’t as accurate.

The target is not a magic number, but a general guide. If you’re above average fitness, you may work quite comfortably a little above that suggested for your age group.

The following table is a guide to those who are keeping fit. Here we are working at about 80% of maximum.

Age	25	30	35	40	45	50	55	60	65
Target heart Rate									
10 Second Count	26	26	25	24	23	22	22	21	20
Beats per Minute	156	156	150	144	138	132	132	126	120

Don’t push yourself too hard to reach the figures on this table. It can be very uncomfortable if you overdo it. Let it happen naturally as you work through your program. Remember, the target is a guide, not a rule, a little above or below is just fine.

Two final comments:(1) don’t be concerned with day to day variations in your pulse rate, being under pressure or not enough sleep can affect it;(2) your pulse rate is a guide, don’t become a slave to it.

ENDURANCE CIRCUIT TRAINING

Cardiovascular endurance, muscle, strength, flexibility and coordination are all necessary for maximum fitness. The principle behind circuit training is to give a person all the essentials at one time by going through your exercise program moving as fast as possible between each exercise. This increases the heart rate and sustains it, which improves the fitness level. Do not introduce this circuit training effect until you have reached an advanced program stage.

Body Building

Is often used synonymously with strength training. The fundamental principal here is OVERLOAD. Here, the muscle works against greater loads than usual. This can be done by increasing the load you are working against.

Patronization

This is the term used to vary your exercise program for both physiological and psychological benefits. In your overall program, you should vary the workload, frequency and intensity. The body responds better to variety and so do you. In addition, when you feel yourself getting “stale”, bring in periods of lighter exercise to allow the body to recuperate and restore its reserves. You will enjoy your program more and feel better for it.

e Soreness

For the first week or so, this may be the only indication you have that you are on an exercise program. This, of course, does depend on your overall fitness level. A confirmation that you are on the correct program is a very slight soreness in most major muscle groups. This is quite normal and will disappear in a matter of days.

If you experience major discomfort, you may be on a program that is too advanced or you have increased your program too rapidly.

If you experience PAIN during or after exercise, your body is telling you something.

Stop exercising and consult your doctor.

WHAT TO WEAR

Wear clothing that will not restrict your movement in any way while exercising. Clothes should be light enough to allow the body to cool. Excessive clothing that causes you to perspire more than you normally would while exercising, gives you no advantage. The extra weight you lose is body fluid and will be replaced with the next glass of water you drink. It is advisable to wear a pair of gym or running shoes or “sneakers”.

Breathing During Exercise

Do not hold your breath while exercising. Breathe normally as much as possible. Remember, breathing involves the intake and distribution of oxygen, which feeds the working muscles.

Rest periods

Once you start your exercise program, you should continue through to the end. Do not break off halfway through and then restart at the same place later on without going through the warm-up stage again.

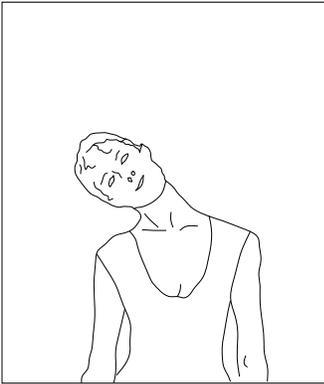
The rest period required between strength training exercises may vary from person to person. This will depend mostly on your level of fitness and the program you have chosen. Rest between exercises by all means, but do not allow this to exceed two minutes. Most people manage with half minute to one minute rest periods.

STRETCHING

Stretching should be included in both your warmup and cool down, and should be performed after 3-5 minutes of low intensity aerobic activity or callisthenic 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.

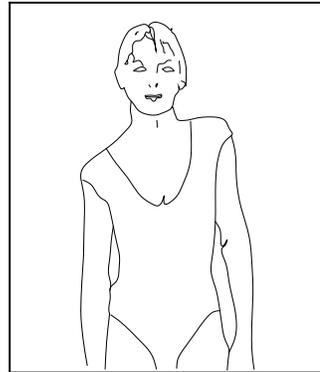
HEAD ROLLS

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



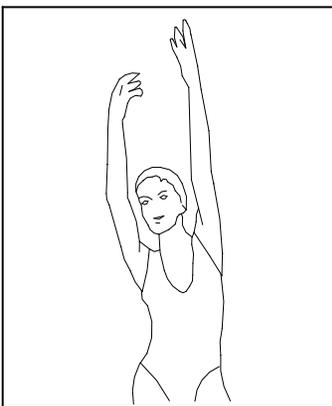
SHOULDER LIFTS

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



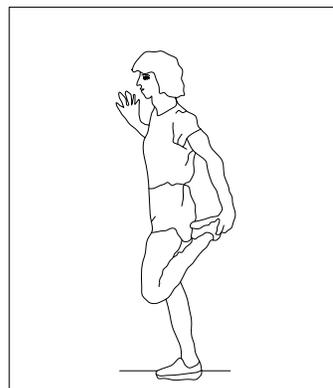
SIDE STRETCHES

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



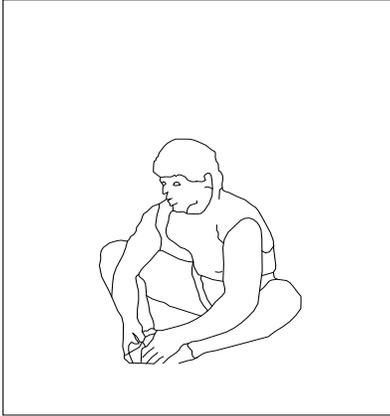
QUADRICEPS STRETCH

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



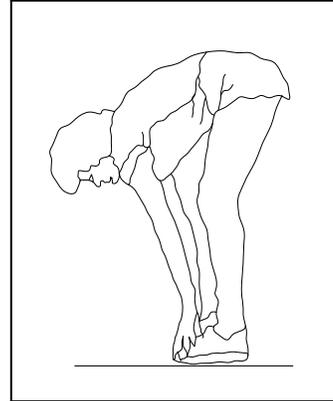
INNER THIGH STRETCH

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



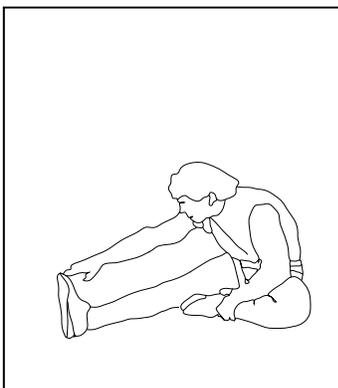
TOUCHES

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



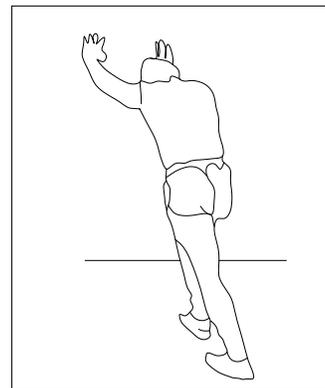
HAMSTRING STRETCHES

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



CALF / ACHILLES STRETCH

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



MANUFACTURER'S LIMITED WARRANTY

Dyaco Canada Inc. warrants all its rower parts for a period of time listed below from the date of retail sale, as determined by sale receipt. Dyaco Canada Inc.'s responsibilities include providing new or remanufactured parts, at Dyaco Canada Inc.'s option. The warranty period applies to the following components:

Limited Warranty

Frame 1 Year

Parts 90 Days

The consumer is responsible for the items listed below:

1. The warranty registration can be completed online: Go to www.dyaco.ca/warranty.html and complete the online warranty registration.
2. Proper use of the rower in accordance with the instructions provided in this manual.
3. Proper installation in accordance with instructions provided with the rower.
4. Damages to the rower finish during shipping, installation or following installation.
5. Routine maintenance of this unit as specified in this manual.

EXCLUSIONS

This warranty does not cover the following:

1. CONSEQUENTIAL, COLLATERAL, OR INCIDENTAL DAMAGES SUCH AS PROPERTY DAMAGE AND INCIDENTAL EXPENSES RESULTING FROM ANY BREACH OF THIS WRITTEN OR ANY IMPLIED WARRANTY.

Note: Some areas do not allow the exclusion or limitation of incidental or consequential damages, so this limitation or exclusion may not apply to you.

2. Damages caused by users; use of parts other than original Dyaco Canada Inc. parts; or external causes such as corrosion, discoloration of paint or plastic, alterations, modifications, abuse, misuse, accident, improper maintenance, or acts of God.
3. Products with original serial numbers that have been removed or altered.
4. Products that have been: sold, transferred, bartered, or given to a third party.
5. Products that do not have a warranty registration card on file at Dyaco Canada Inc. Dyaco Canada Inc. reserves the right to request proof of purchase if no warranty record exists for the product.
6. THIS WARRANTY IS EXPRESSLY IN LIEU OF ALL OTHER WARRANTIES EXPRESSED OR IMPLIED, INCLUDING THE WARRANTIES OF MERCHANTABILITY AND/OR FITNESS FOR A PARTICULAR PURPOSE.
7. Warranties outside of Canada may vary. Please contact Dyaco Canada for details.

The written warranty gives you specific legal rights. If you have any questions about your new product or questions about the warranty contact Dyaco Canada Inc. at 1-888-707-1880.

1. All transportation costs, both to our factory and upon return to the owner, are the responsibility of the owner. The owner is responsible for adequate packaging upon return to Dyaco Canada Inc. Dyaco Canada Inc. is not responsible for damages that occur during shipping. Make all freight damage claims with the appropriate freight carrier. DO NOT SHIP ANY UNIT TO OUR FACTORY WITHOUT A RETURN AUTHORIZATION NUMBER. All units arriving without a return authorization number will be refused.
2. For any further information, or to contact our service department by mail, send your correspondence to:

Dyaco Canada Inc.
5955 Don Murie Street
Niagara Falls, ON, L2G 0A9

Product features or specifications as described or illustrated are subject to change without notice. All warranties are made by Dyaco Canada Inc