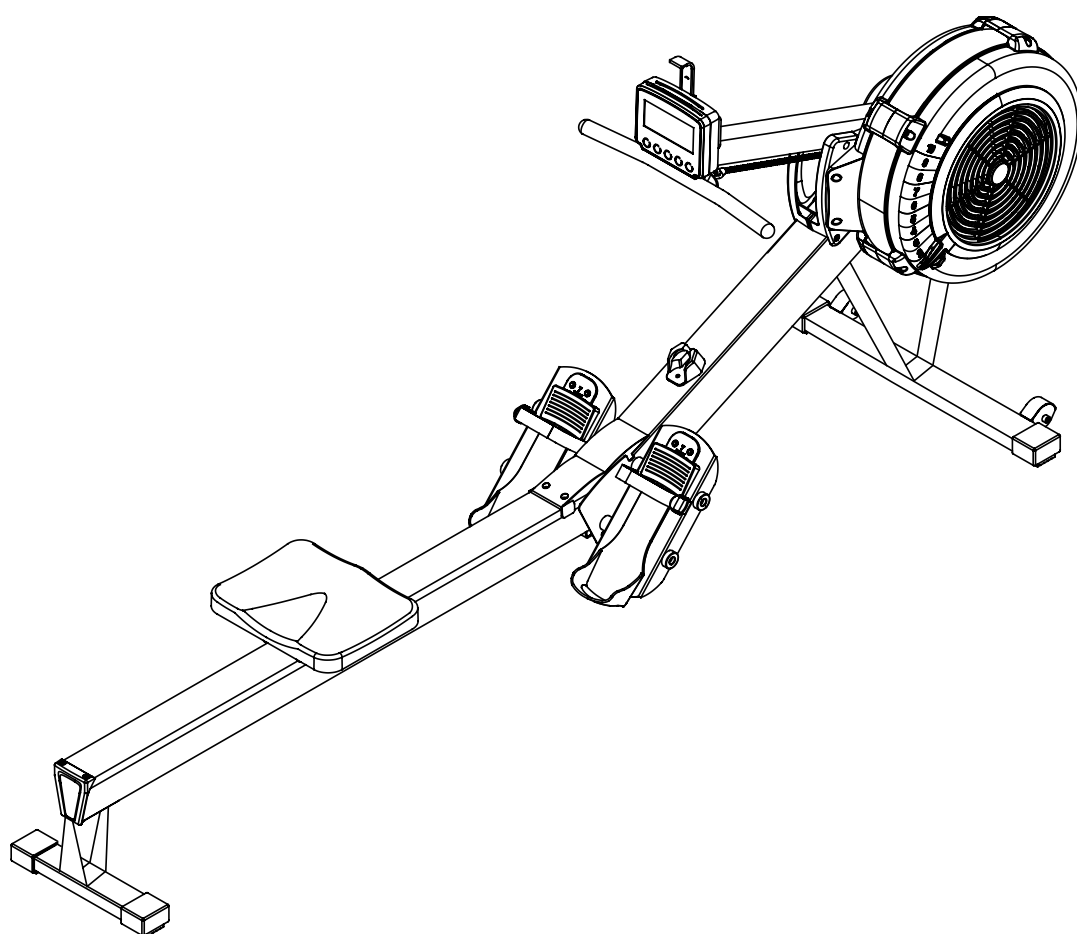


FORCE^{USA}

AIR ROWER



OWNERS MANUAL | **F-R3**

SAFETY INSTRUCTIONS

1. To reduce the risk of serious injury, read the following Safety Instructions before using the Force USA Air Rower
2. Save these instructions and ensure that other exercisers read this manual prior to using the Force USA Air Rower for the first time.
3. Read all warnings and cautions posted on the Force USA Air Rower.
4. The Force USA Air Rower should only be used after a thorough review of the Owner's Manual. Make sure that it is properly assembled and tightened before use.
5. We recommend that two people be available for assembly of this product.
6. Keep children away from the Force USA Air Rower. Do not allow children to use or play on the Force USA Air Rower. Keep children and pets away from the Force USA Air Rower when it is in use.
7. It is recommended that you place this exercise equipment on an equipment mat.
8. Set up and operate the Force USA Air Rower on a solid level surface. Do not position the Force USA Air Rower on loose rugs or uneven surfaces.
9. Make sure that adequate space is available for access to and around the Force USA Air Rower.
10. Before using, inspect the Force USA Air Rower for worn or loose components, and securely tighten or replace any worn or loose components prior to use.
11. Consult a physician prior to commencing an exercise program and follow his/her recommendations in developing your fitness program. If at any time during exercise you feel faint, dizzy, or experience pain, stop and consult your physician. Failure to follow all warnings and instructions could result in serious injury or death.
12. Always choose the workout which best fits your physical strength and flexibility level. Know your limits and train within them. Always use common sense when exercising.
13. Do not wear loose or dangling clothing while using the Force USA Air Rower.
14. Never exercise in bare feet or socks; always wear proper footwear such as running, walking, or cross training shoes that fit well, provide foot support, and feature non-skid rubber soles.
15. Be careful to maintain your balance while using, mounting, dismounting, or assembling the Force USA Air Rower, loss of balance may result in a fall and bodily injury.

SAFETY PRODUCT INFORMATION

Maximum user weight for this product is 200kg / 440lbs

BEFORE YOU START

We thank you for choosing the Force USA Air Rower. It is important to read this entire manual before assembling and using the equipment. Safe and effective use can only be assured if the equipment is assembled, maintained, and used properly. It is your responsibility to ensure that all users of the equipment are informed of all warnings and precautions.

EQUIPMENT WARNING, CAUTION & NOTICE LABELS

This chart is provided to help identify the warning, caution, and notice labels on the Force USA Air Rower. Please take a moment to familiarize yourself with all of the warning, caution, and notice labels.

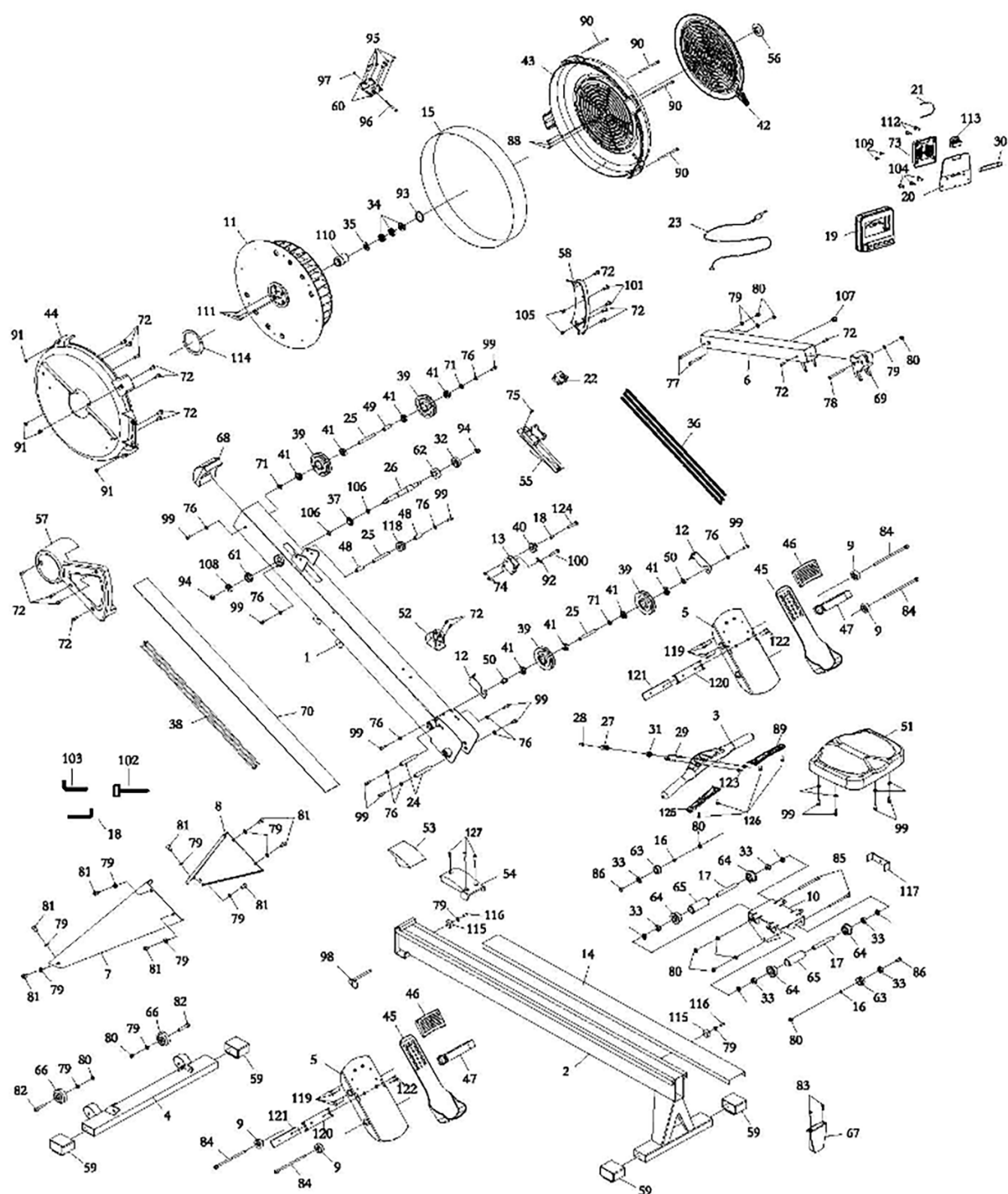
Label is larger than actual size.

WARNING

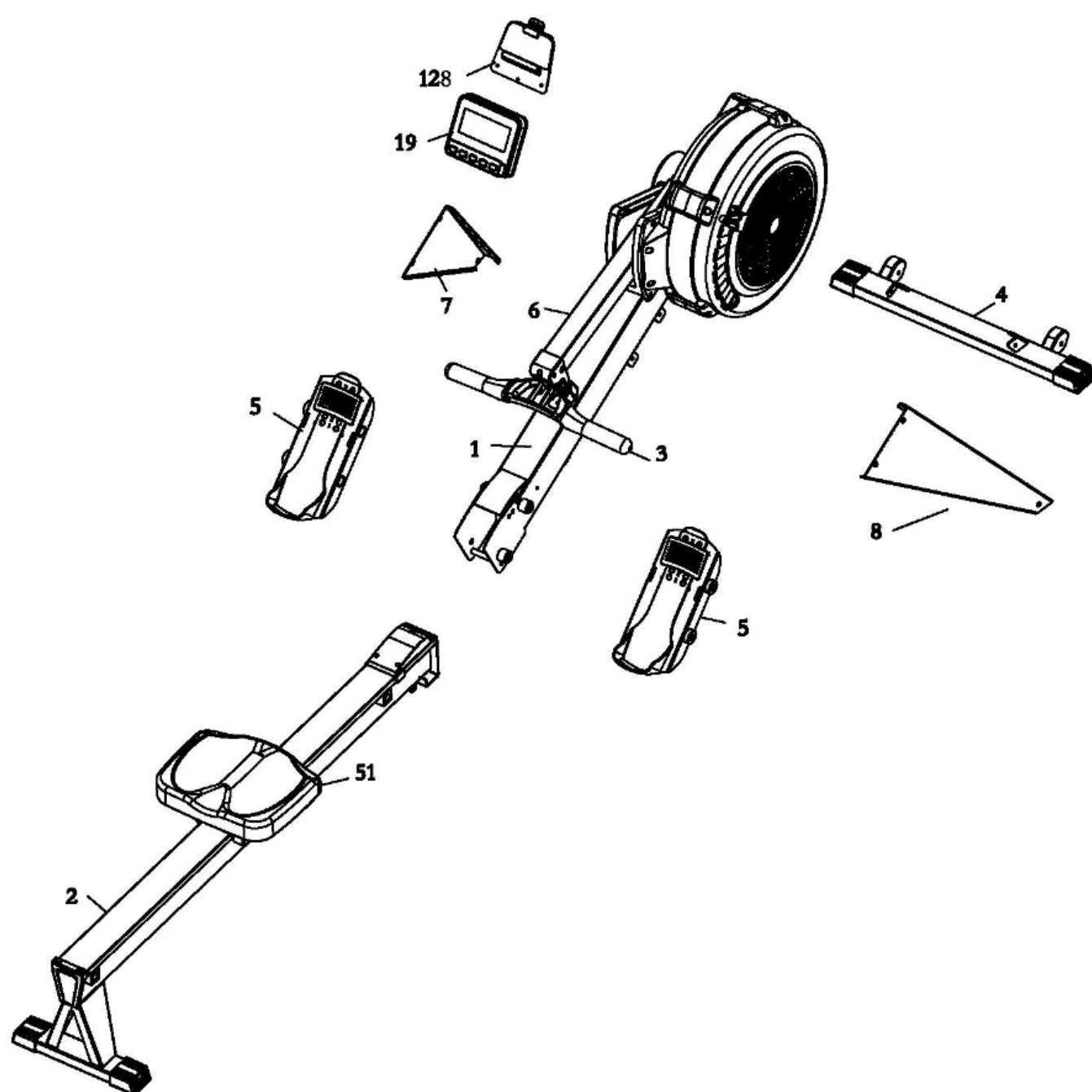
**IMPROPER USE OF THIS EQUIPMENT
CAN RESULT IN SERIOUS INJURY.
USE STATIONARY TRAINING EQUIPMENT
IN A SUPERVISED ENVIRONMENT.
YOU ASSUME A RISK OF INJURY WHEN
USING THIS TYPE OF EQUIPMENT.**

- Before beginning any fitness program, get a thorough physical examination.
- Keep children away from this equipment.
- Read the owner's manual or ask for help before use.
- If you feel pain, faintness, or dizziness, stop exercising immediately.
- Set up and operate the rowing machine on a solid level surface.
- Max user weight: 200kg / 440 lbs.
- Replace label if damaged or illegible.

EXPLODED DRAWING

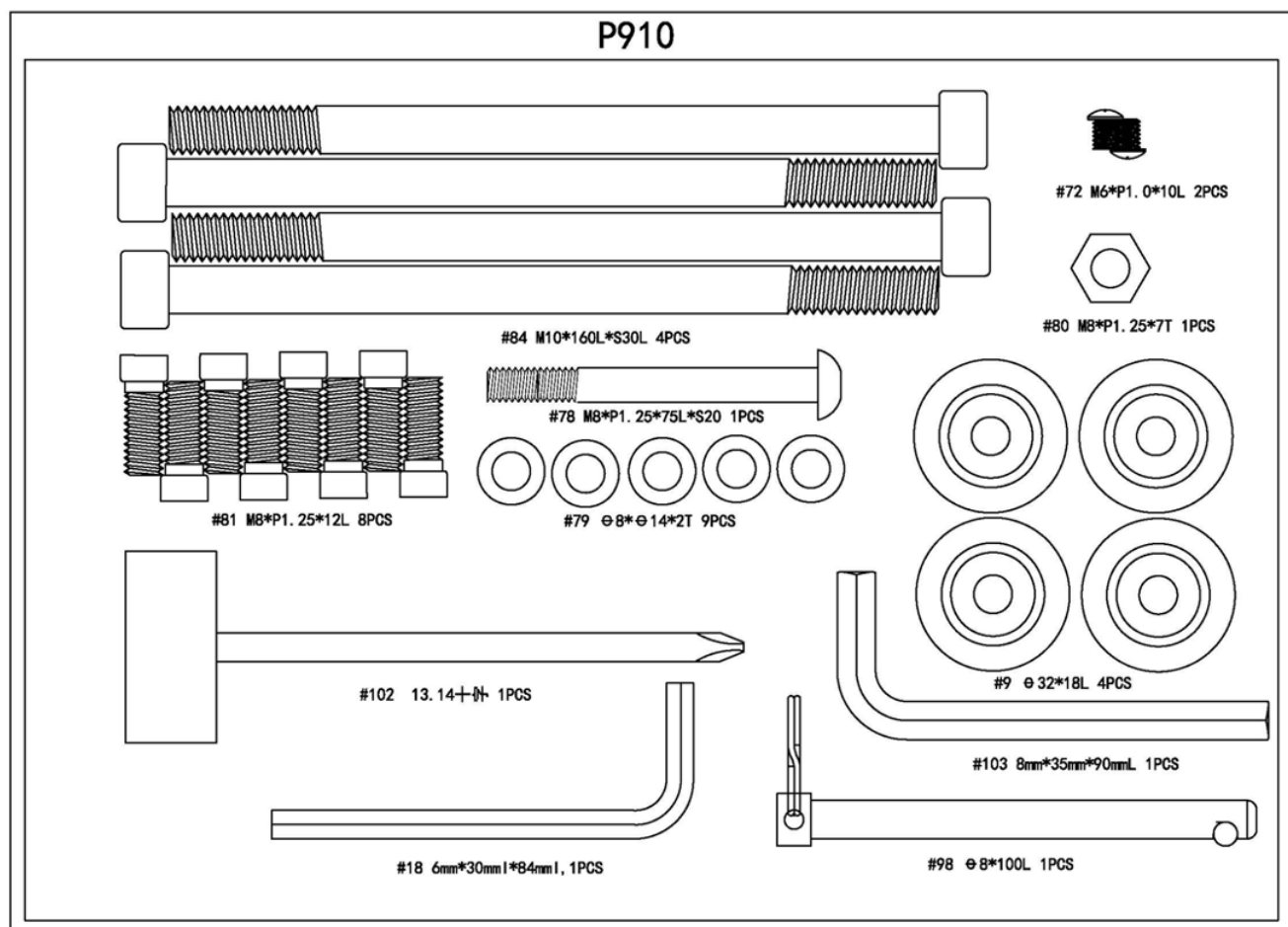


ASSEMBLY PICTURE



PARTS LIST

PART NO.	DESCRIPTION	QTY
1	Main frame	1
2	Rail Frame	1
3	Handle Bar	1
4	Front Stabilizer	1
5	Pedal Set	2
6	Computer Post	1
7	Left Support Leg	1
8	Right Support Leg	1
19	Computer	1
128	Smart Phone/Tablet Holder	1



STAND TOOLS

NO.	DESCRIPTION	MATERIAL	SPEC	QTY
1	Main frame			1
2	Rail Frame			1
3	Handle Bar			1
4	Front Stabilizer			1
5	Pedal Set	Q235		2
6	Computer Post			1
7	Left Support Leg			1
8	Right Support Leg			1
9	Pedal Stopper		Φ32*18L, A I Sandblasting oxidation treatment	4
10	Seat Carriage	Q235	2.5T	1
11	Flywheel Assembly	ABS		1
12	Elastic Rope Hook			1
13	Chain Holder		2T black spray print	1
14	Stainless Steel Track	Stainless steel	0.6T	1
15	Stainless Steel Mesh	Stainless steel	0.6T	1
16	Seat Spacer	Q235	Φ12*3L	2
17	Long Seat Spacer	Q235	Φ12*3L	2
18	Chain Roller Spacer		Φ20*16L galvanize for a 24H salt spray	1
19	Computer		YT6917	1
20	Computer connector		2.5T	1
21	Elastic Rope		Φ2*450L	1
22	Generator Set		38*28.6*9.5, Φ 0.26mm, 13Ω	1
23	Sensor wire		3P+1 head 850L	1
24	Rail frame connection sleeve	Q235	Φ 12*8 80L, internal thread M6	2
25	Slide pulley support sleeve	Q235	Φ 10*76.5L, internal thread M6, black	3
26	Fan Axle	40Cr	Φ 20*186L	1
27	Handlebar step sleeve	Stainless steel	Φ 16*29L	1
28	Handlebar connection axle	Stainless steel	Φ 9*15L	1
29	U Bolt	Stainless steel	Φ 5	1
30	E3201 IPAD holder top cover	ABS		1
31	Outer Collar		Φ 19*10L	1
32	Bearing (60032RS)		6003 2RS, gap: (5~10) μm	1

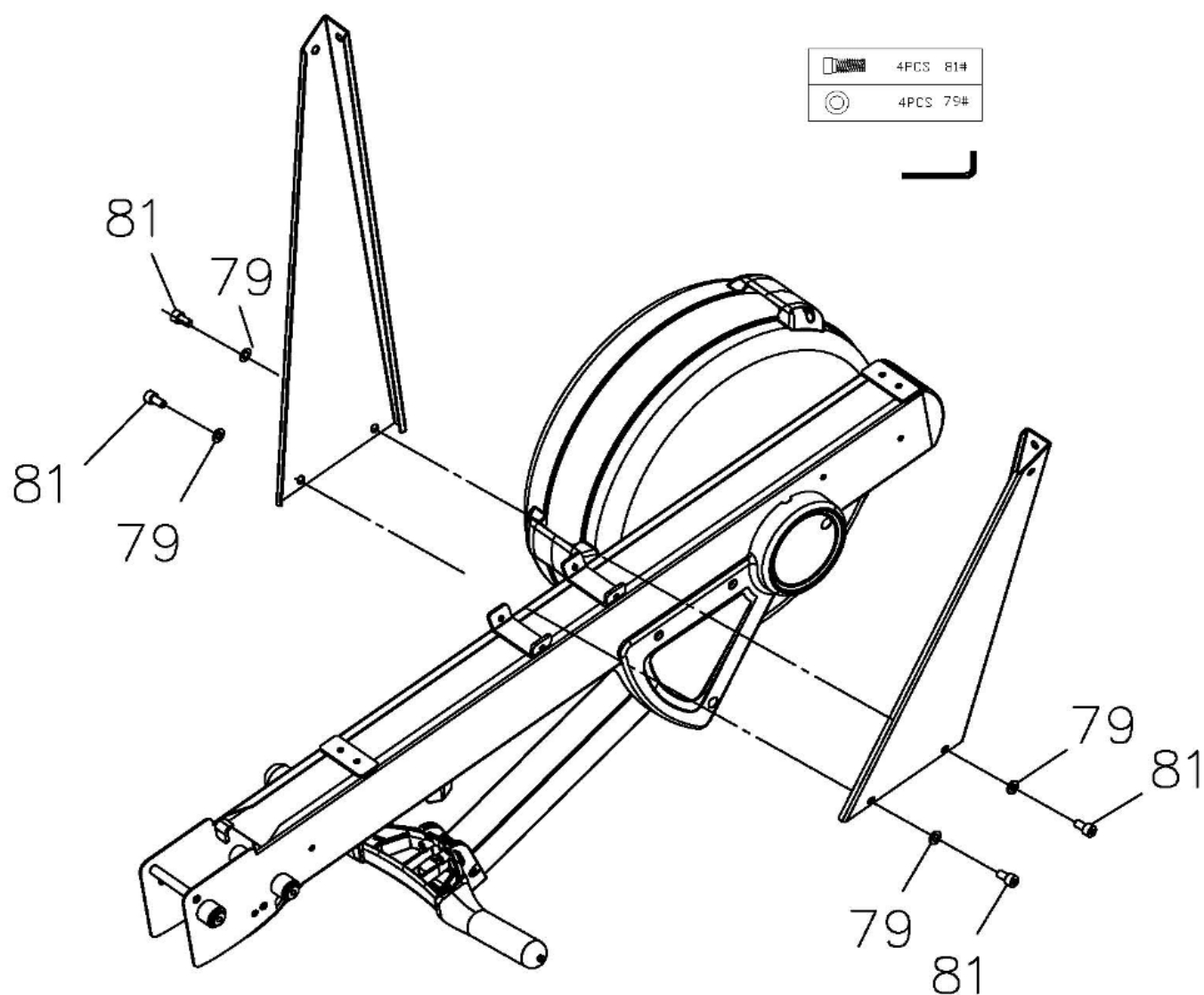
NO.	DESCRIPTION	MATERIAL	SPEC	QTY
33	Bearing (6082z)		608-2Z,gap:(6~13) μm	6
34	Bearing(62012RS)		6201-2RS,gap:(6~12) μm	3
35	One way Bearing	HF2016		1
36	Chain			1
37	Sprocket	40Cr	Φ32*13L	1
38	Elastic Band		Φ10*4200L	1
39	Elastic Band Pulley	POM		4
40	Chain Roller	ABS		1
41	Bearing		6000-2RS,gap:(6~12) μm	1
42	Fan adjusting panel	ABS		1
43	Top cover of fan cover	ABS		1
44	Lower cover of fan cover	ABS		1
45	Pedal Adjustment Flip	ABS		2
46	Pedal Adjustment bracket Flip Stopper	ABS		2
47	Pedal Strap		750L,black	2
48	Roller Plastic Sleeve(long)	ABS		2
49	Roller Plastic Sleeve(short)	ABS		1
50	Sleeve	POM		2
51	Cushion			1
52	Handlebar Holder	PP		1
53	Joint Cover A	ABS		1
54	Joint Cover B	ABS		1
55	Generator Base	PP		1
56	Fan Fixed Heart Rate	ABS		1
57	Left Cover	ABS		1
58	Right Cover	ABS		1
59	End cap	ABS		4
60	Mesh Cover Fixing Seat	PP		2
61	Bearing Pedestal	Rubber	Φ35*10	1
62	Bearing Pedestal	Rubber	Φ42*13	1
63	Slide seat limit roller	POM		1
64	Seat Roller	POM		4
65	Roller spacer	POM		2
66	Moving Wheel	ABS+TPR		2
67	Roller rear stopper	PP		1

NO.	DESCRIPTION	MATERIAL	SPEC	QTY
68	Front Cover	PP		1
69	Meter Holder	ABS		1
70	Bottom cover	PVC		1
71	Plastic washer	ABS		3
72	Bolt,Round Head		M6*P1.0*10L,head $\varnothing$ 9.5,black coating	15
73	Lower cover for tablet holder	ABS		1
74	Nylock Nut		M4*P0.7, black coating	2
75	Screw,Round head		M4*P0.7*16L, black coating	1
76	Washer		$\varnothing$ 6* $\varnothing$ 12*0.5T, black coating	10
77	Bolt,Socket Head		M8*65L*S20L,6 sides, black coating,8.8 class	2
78	Bolt,Button Head		M8*P1.25*75L*S20,6 sides, black coating,8.8 class	1
79	Washer		$\varnothing$ 8* $\varnothing$ 14*2T, black coating	1
80	Nylock Nut		M8*P1.25*7T,13 sides, black coating	3
81	Bolt,Socket Head		M8*P1.25*12L,full teeth,6 sides, black coating,8.8 class	8
82	Bolt,Socket Head		M8*P1.25*40L*S15,6 sides, black coating,10.9 class	2
83	Bolt,Flat Head		M6*P1.0*12L, black coating	2
84	Bolt,Socket Head		M10*160L*S30L,nickle coating	4
85	Bolt,Socket Head		M8*110L*S10L, black coating	2
86	Bolt,Button Head		M8*P1.25*25L,full teeth,6 sides, black coating	2
87	Slide seat roller sleeve		$\varnothing$ 14*8L	2
88	Screw,Round Head		ST4.2*16L, head $\varnothing$ 7.8, black coating	3
89	Handlebar cover right	ABS		1
90	Screw,Socket Head		M5*90L*S22, black coating	4
91	Nut		M5*P0.8*3.5T,8 pairs side,black coating	4
92	Chain Hook	Stainless steel	$\varnothing$ 2	1
93	Inner C Ring		$\varnothing$ 34.4* $\varnothing$ 29.5*1.2T, black coating	1
94	Nylock Nut		M10*P1.5, black coating	2
95	Screw ,Round Head Self-Tapping		ST3.9*7L,B type, black coating	6
93	Inner C Ring		$\varnothing$ 34.4* $\varnothing$ 29.5*1.2T, black coating	1
94	Nylock Nut		M10*P1.5, black coating	2
95	Screw ,Round Head Self-Tapping		ST3.9*7L,B type, black coating	6
96	Screw ,Round Head		M4*45L(head $\varnothing$ 7)	1

NO.	DESCRIPTION	MATERIAL	SPEC	QTY
97	Nut		M4,black coating 8.8 class	1
98	Pull Pin		Φ 8*100L, zinc coating	1
99	Bolt,Socket Head		M6*P1.0*16L,5 sides,black coating, 8.8 class	14
100	Chain Hook Screw		M4 zinc coating,24H salt fog	1
101	Cross Screw		M6*P1.0*16L,black coating	2
102	Box wrench		13.14 cross, zinc coating	1
103	Hex wrench		8mm*35mm*90mmL, zinc coating	1
104	Cross Screw		M5*P0.8*8L,black coating	3
105	Hex Nut		M6*P1.0*4T,10 sides,black coating	2
106	Spacer	Rubber	Φ 21.5*3L	2
107	Grommet Plug		PVC70,black coating Φ 12,ribbed, test passed	1
108	Bearing		6001-2RS,gap:(3~8)μm	1
109	Screw ,Round Head Self-Tapping		ST3.5*12L,black coating	2
110	Fan Bearing Housing	Q235	Φ 41*53.5L,black	1
111	Hexagon Socket Cap Screw		M4*P0.7*8L,full teeth,3 sides, black coating	3
112	Screw ,Round Head		M5*P0.8*8L,black coating	2
113	YE2609 Holder Buckle	ABS		1
114	Magnet Ring		Ferrite	1
115	Slide Seat Limit Block	TPE90°,black		2
116	Hexagon Socket Screw		M8*P1.25*20L,full teeth,6sides, black coating	2
117	Slide Rail Reinforcing Seat		3T	3
118	Chain Drive Wheel	POM		1
119	Screw ,Round Head Self-Tapping		ST3.9*10L,black coating	8
120	Pedal Webbing Plate		ABS,black	2
121	Pedal Reinforcing Plate		3T	2
122	Cross Recessed Countersunk Head Screw		M5*P0.8*12L,full teeth,black coating	4
123	Nylock Nut	Stainless steel	M5	2
124	Chain Drive Set Screw		M4 zinc coating, 24H salt fog	1
125	Handle Bar Cover Left	ABS		1
126	Cross Recessed Countersunk Head Screw		ST2.9*12L, ammonium	4
127	Screw ,Round Head Self-Tapping		ST4.2*16L,head Φ 7.8, black coating, steel	3

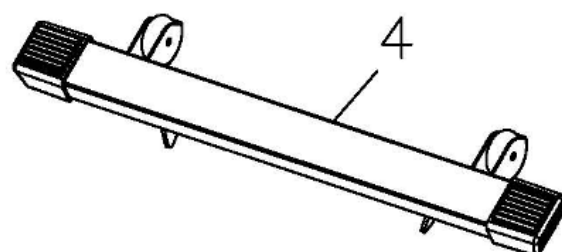
ASSEMBLY INSTRUCTION

STEP 1

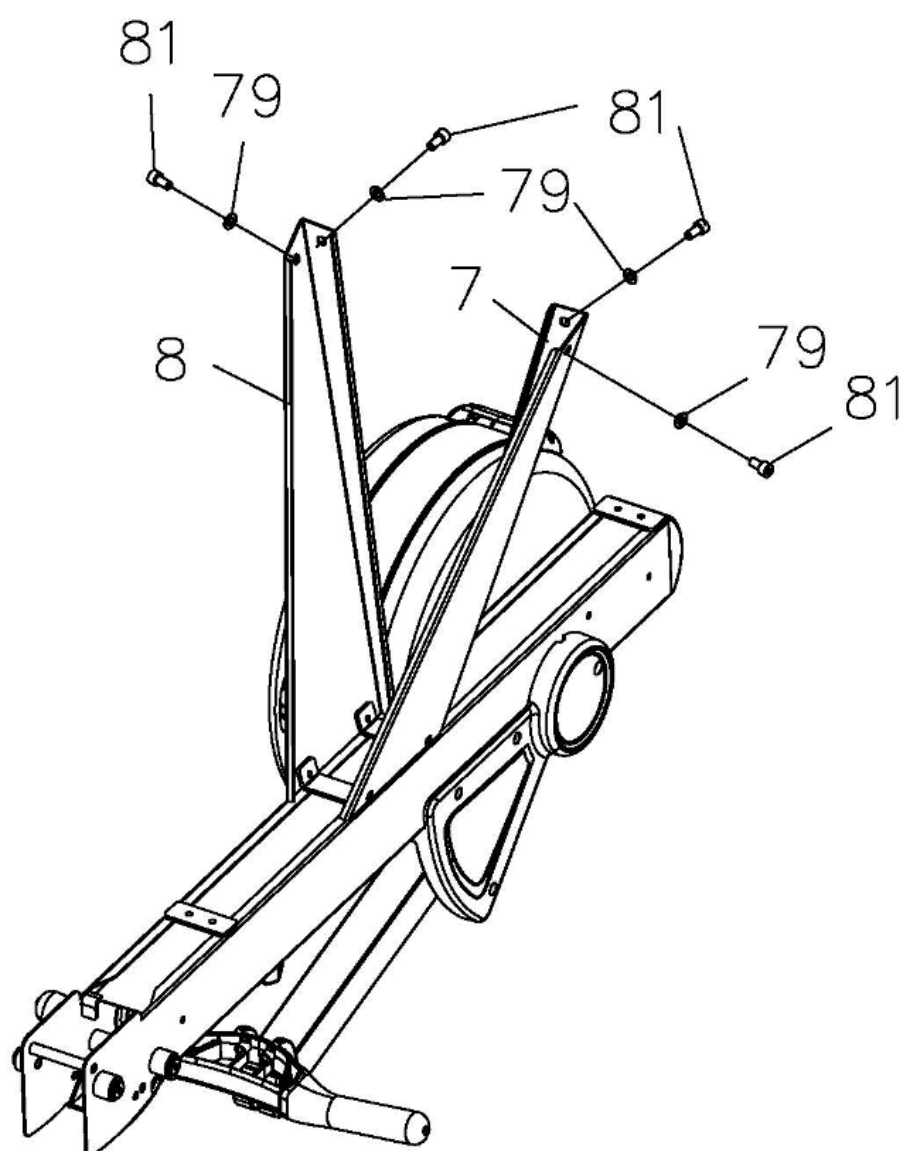


ASSEMBLY INSTRUCTION

STEP 2

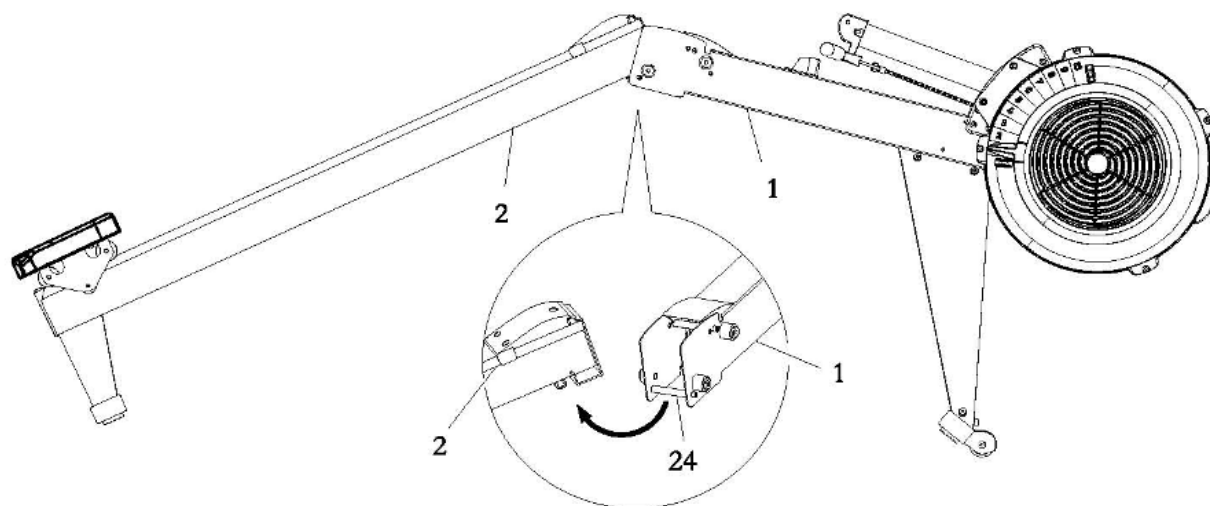


	4PCS 81#
	4PCS 79#

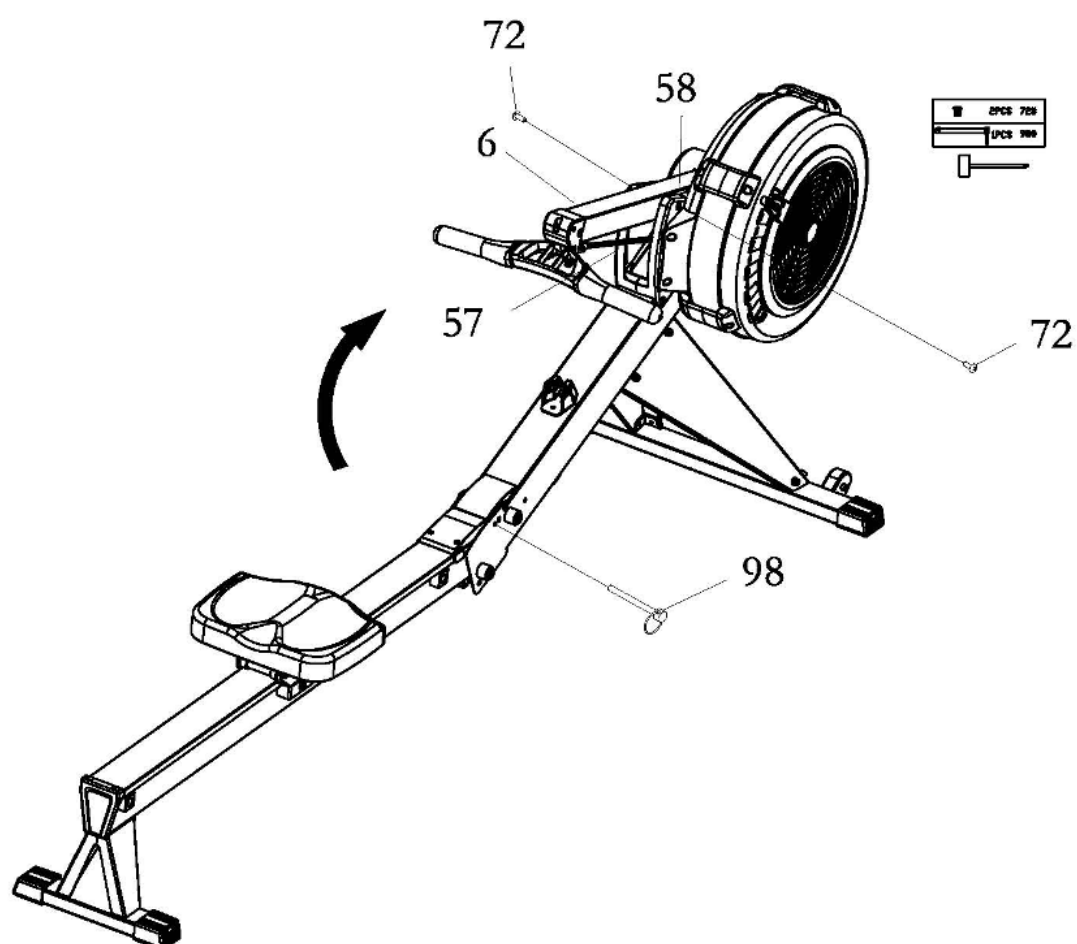


ASSEMBLY INSTRUCTION

STEP 3

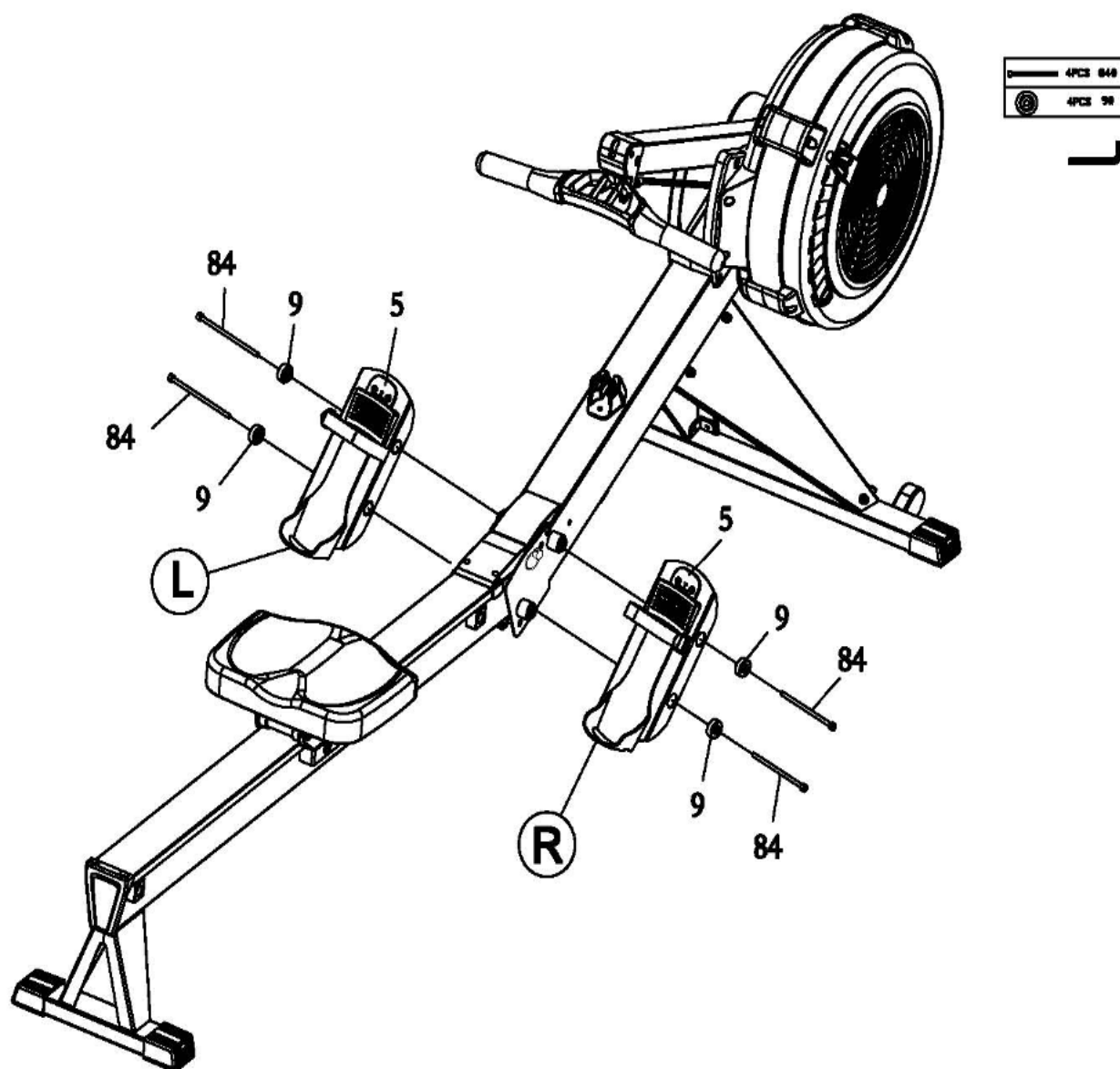


STEP 4



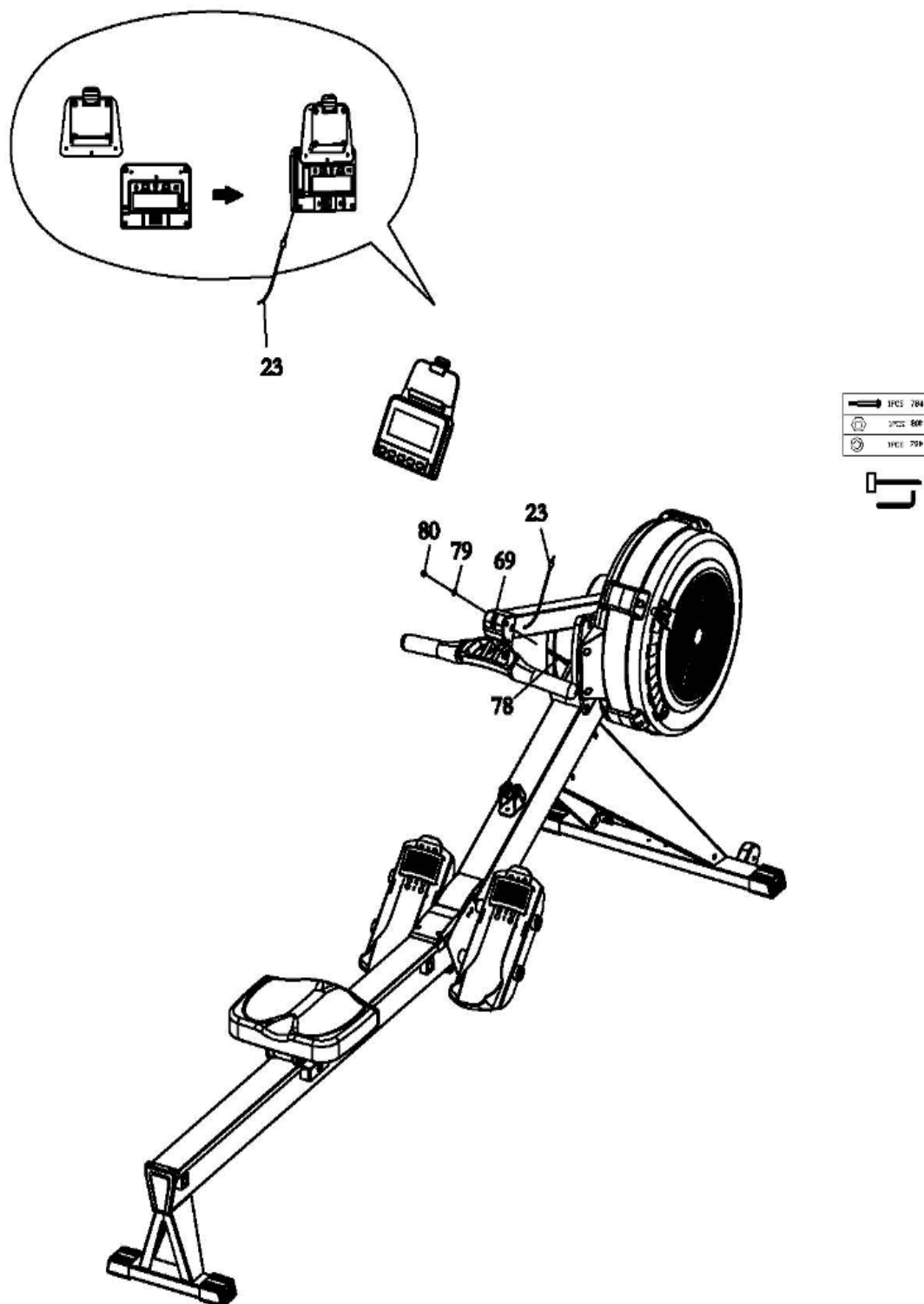
ASSEMBLY INSTRUCTION

STEP 5



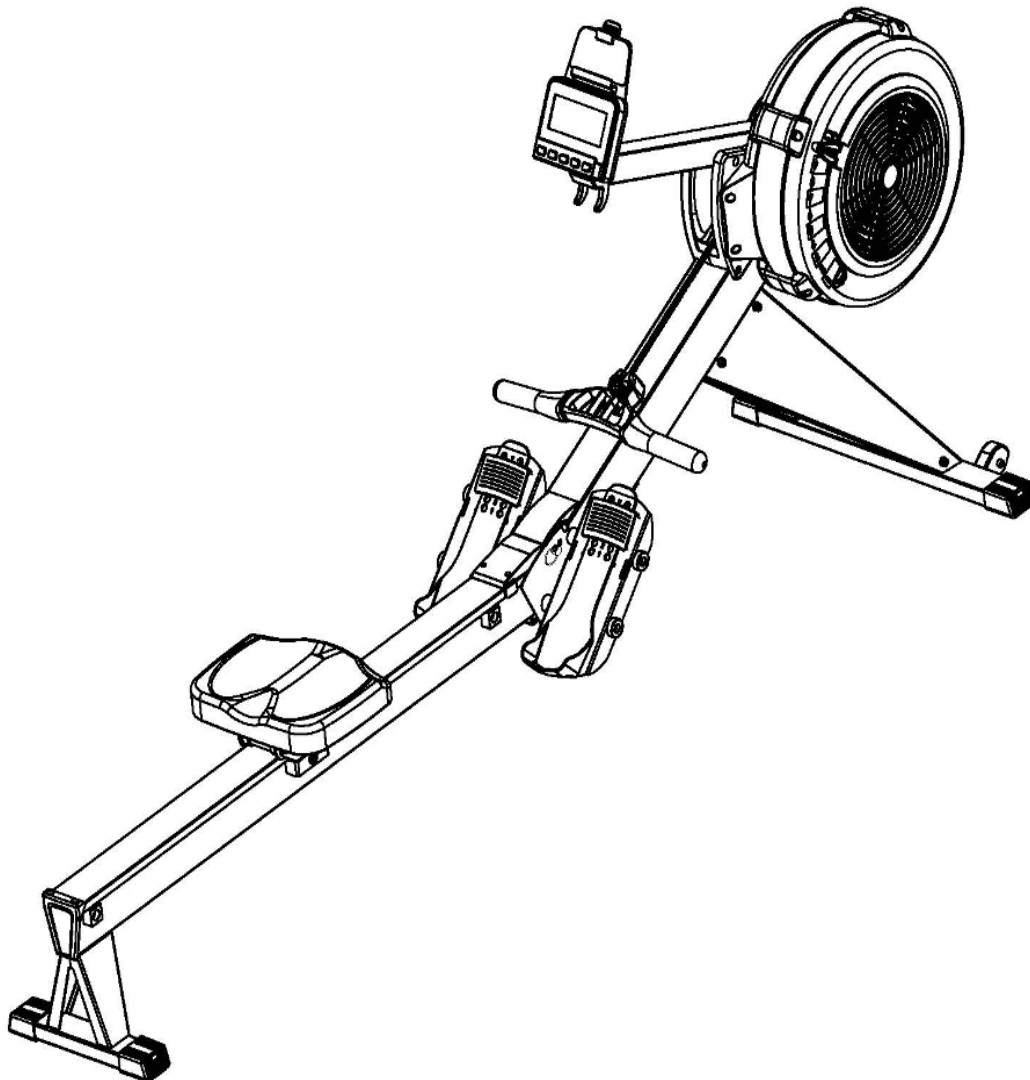
ASSEMBLY INSTRUCTION

STEP 6



ASSEMBLY INSTRUCTION

STEP7



CONGRATULATIONS!

Assembly is now completed