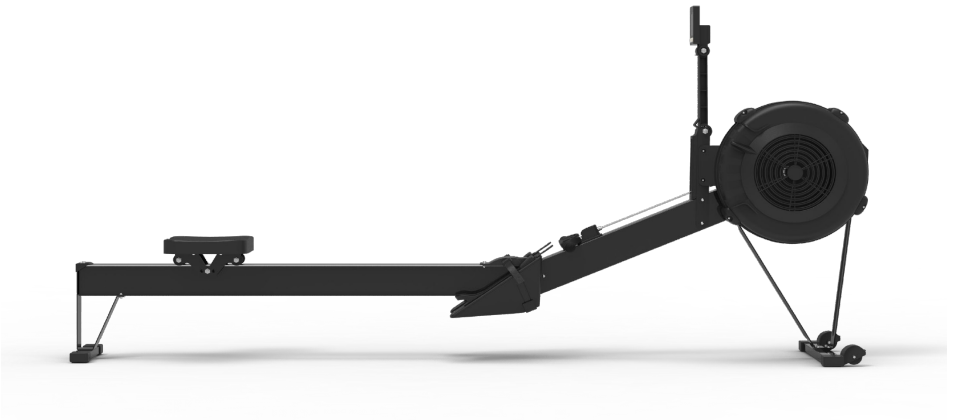
ROWER



BEARFITNESS

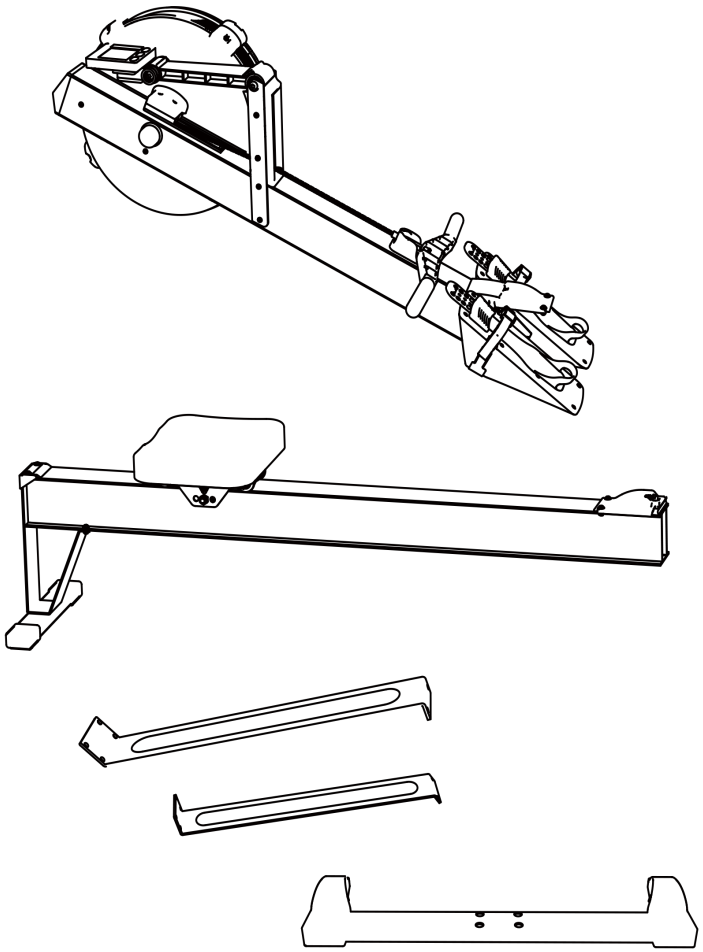
STRONG.TRAINING.EQUIPMENT

WARNING!

Please read these instructions fully before assembly or using it.
These instructions contain important information which will help you get the best from your equipment and ensure safe and correct assembly, use and maintenance.

- TOOLS & HARDWARE INCLUDED.

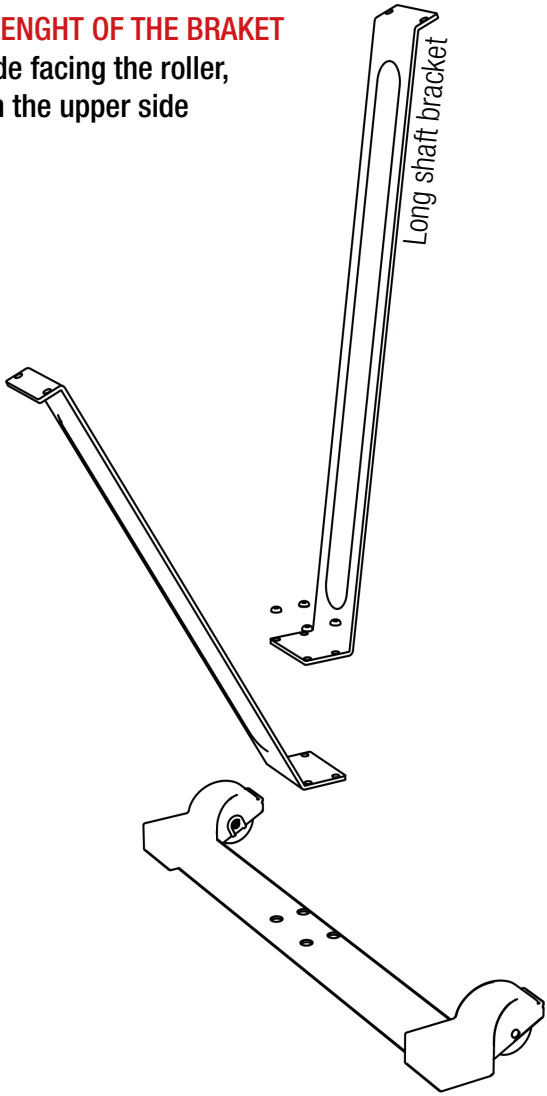
Part list



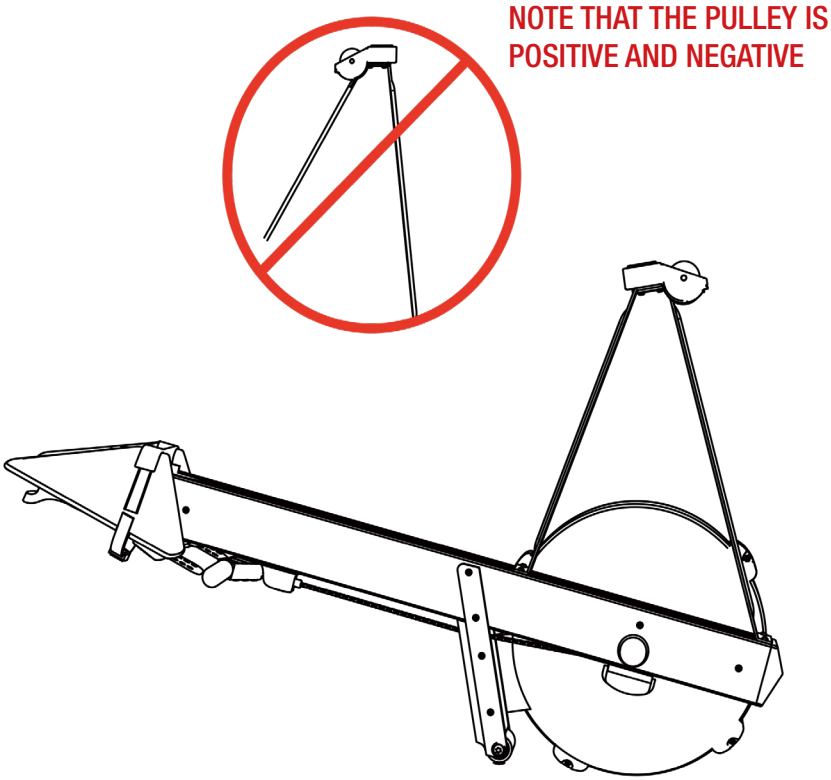
1. ASSEMBLING THE FRONT LEG

NOTE THE LENGHT OF THE BRAKET

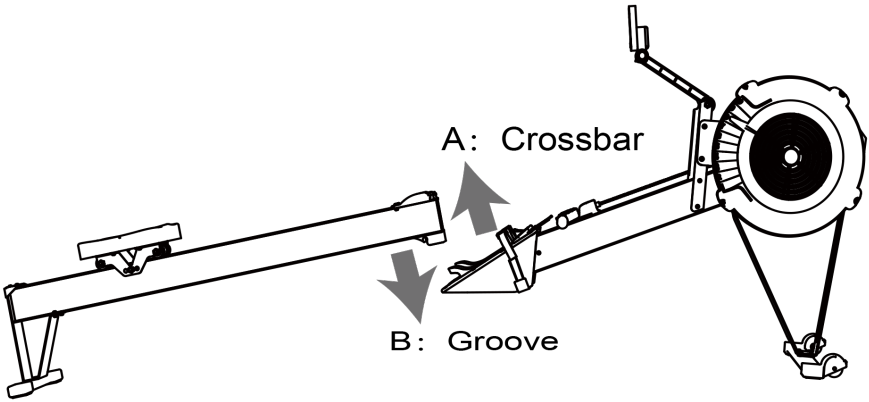
The long side facing the roller, mounted on the upper side

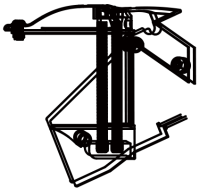


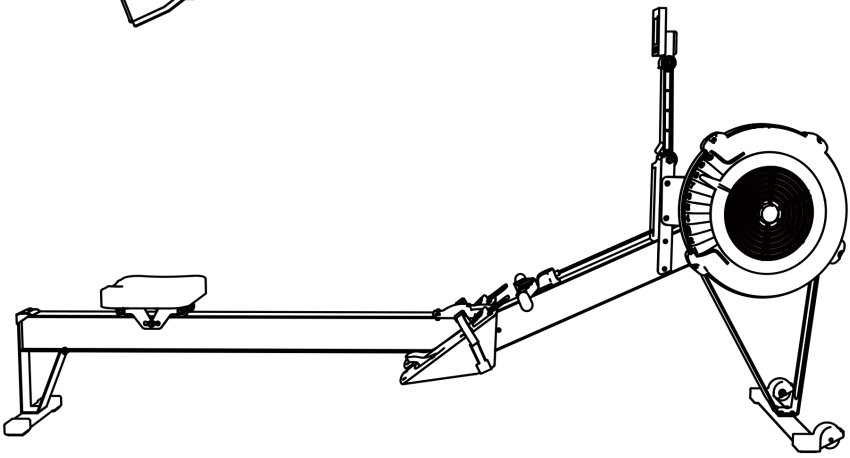
2. ATTACHING THE FRONT LEG



3. ASSAMBLING & INSTALLING THE FRAME LOCK

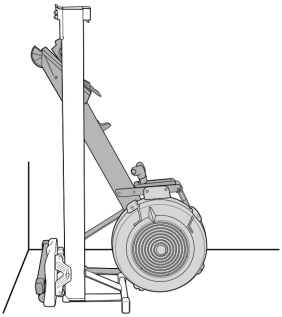






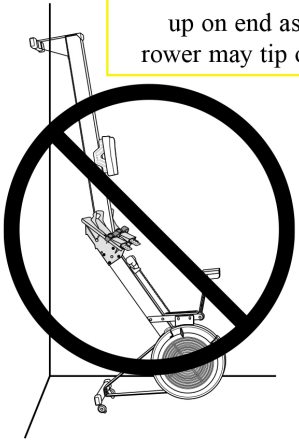
STORAGE

The two parts may be placed upright as shown here for more compact storage.

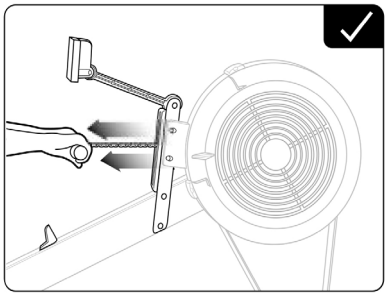


Care should be taken when standing the flywheel section up as the balance may shift suddenly.

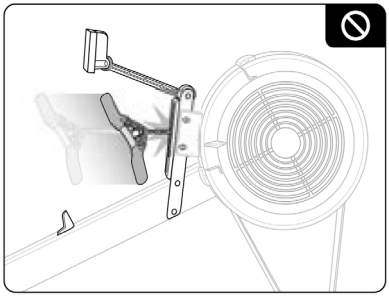
DO NOT stand rower up on end as the rower may tip over.



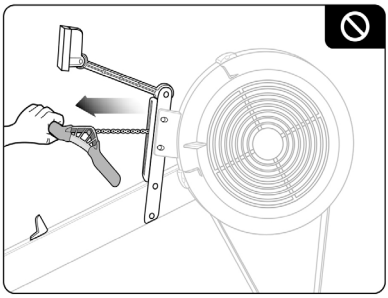
SAFETY



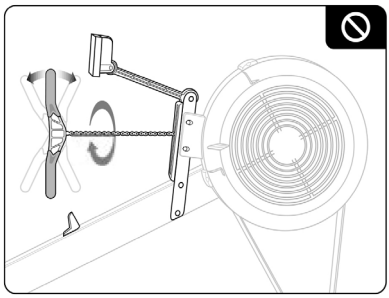
Pull straight back with both hands.



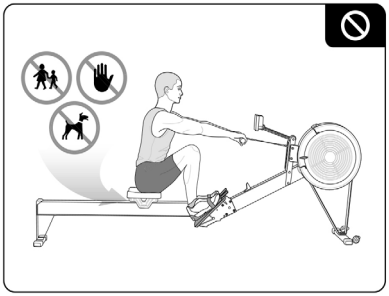
Do not let handle fly into chain guide.



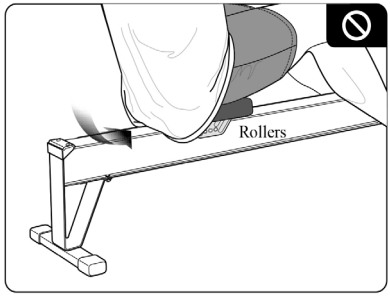
Do not row with one hand only.
Abuse of the chain can result in injury.



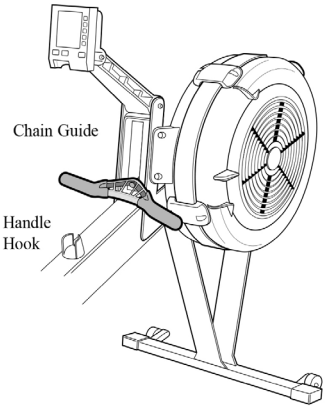
Never twist chain or pull from side to side.



Keep children, pets, and fingers away from seat rollers. Seat rollers can cause injury.



Keep clothing free of seat rollers.



Place handle against the chain guide or in handle hook before letting go.

Chain does not require oiling prior to first use.

Perform proper maintenance as described in the Maintenance section of this manual (page 18).

IMPORTANT SAFETY NOTES:

- Use of this machine with a worn or weakened part, such as the chain, sprocket, swivel connector, handle U-bolt, or shock cord, may result in injury to the user. When in doubt about the condition of any part, JCW2 strongly advises that it be replaced immediately with genuine JCW2 parts.
- To avoid possible injury, use caution while attaching the monorail section to the flywheel section and while operating the frame lock.
- Be aware that the seat may roll forward on the monorail when not in use.

WORKOUT

The fact that rowing uses so many muscle groups means that it has the potential to strengthen and balance all those parts of the body. Rowing is also impact-free and non-weight-bearing, which makes it that much more appropriate and valuable as a tool for rehabilitation and recovery, and for people of all ages. At the same time, if rowing is not done correctly and appropriately, as with any sport, there is always the possibility that it could contribute to overuse problems or injuries.

With this is mind, there are a number of things you can do to maximize the benefits of rowing for your entire body:

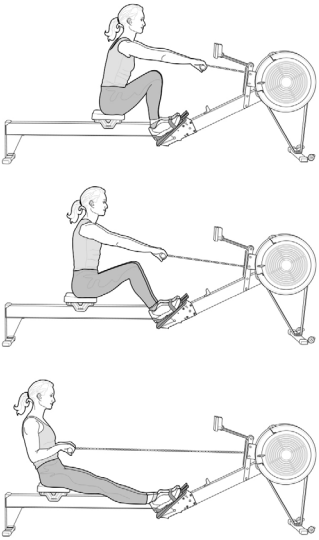
1. Consult your physician. Be sure it is not dangerous for you to undertake a strenuous exercise program.

2. Check your technique. Review the rowing technique information on page 13 and take the time to view the User's manual. Here are a few key points of technique:

   a. Forward body angle at the catch: The shins should not go beyond vertical; and the forward body angle should not be more than about 30 degrees. It should feel like a comfortable amount of reach.

   b. Coordination of the drive: You should begin the drive by pressing down your legs, keeping the arms straight, and without changing the angle of the back initially. When your legs are about halfway extended, start prying open the back. Finally, finish the drive by pulling the handle all the way into your abdomen.

   c. Layback at the finish: Your back should swing past the vertical by about 25 degrees at the finish of the stroke. This layback position should feel comfortable, not stressed. You should feel your abdominal muscles doing some work when you sit in the finish position.



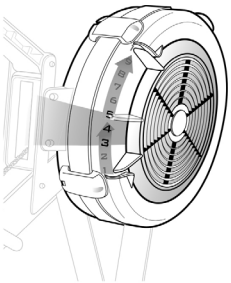
3. Include some stretching in your exercise routine. A variety of aches and pains can be eased or prevented by investing a little time in stretching. See the JCW2 Training Guide for specific recommendations. Stretch gently without bouncing.

4. Start each workout with several minutes of easy rowing for a warm-up. Take at least five minutes to build your intensity before starting a hard workout.

5. Start your exercise program gradually. Row no more than five minutes the first day to let your body adjust to the new exercise. Gradually increase your rowing time and intensity over the first two weeks.

6. Build up gradually to heavy work. Be smart about increasing your workout load. If you haven't rowed in over a week, take it easy for your first row. Don't expect to be able to jump right in where you left off. And don't try to do intense interval work. Start with a steady row at a comfortable pace. In your next row, try building the intensity gradually through several intervals of 1-3 minutes in length. Then, if this all feels good, you can start doing more intense work. If it's been over a month since your last row, plan to build back up even more gradually to where you left off in both the length and intensity of your workouts.

7. Use a damper setting of 3. The best, all-purpose damper setting for a great cardiovascular workout is in the range of 3-5. Rowing with the damper setting too high can be detrimental to your training program by reducing your output and increasing your risk of injury. If you have been rowing at a higher setting, this may feel a little light to you at first, but give it a few days. The lower setting requires you to be a little quicker in applying your power which, in the end, gives you a better workout.



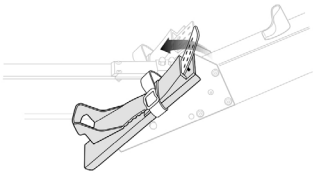
8. Aim for a stroke rate (spm) of between 24 and 30 spm.

9. Consider the time of day. If you row in the morning, allow a little extra time for warm-up, and start very easily. Don't expect to be able to do a hard interval workout right away. If you don't usually row in the morning but must do it every so often, remember that it may take your body longer to be ready to do hard work.

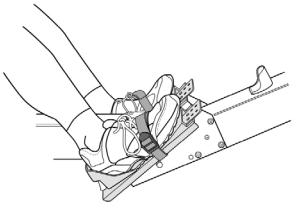
10. Vary your workouts. One of the great things about the JCW2 Indoor Rower is that it enables you to do virtually an infinite variety of workouts. The length, format, and intensity of your workouts can all be varied. Variety can go a long way in preventing boredom—and it can also be helpful to those who may develop aches and pains from doing exactly the same thing for too long. And, last but not least, the properly varied training program will result in the greatest gains in fitness and performance!

11. Remember to take rest days. Even though rowing makes you feel great, and you want to do it every day, it's important to give your body a rest every so often. Some people find it easy to rest one or even two days per week. Others have a hard time going even a day without a workout. We recommend taking at least one day off per week from rowing. Take a walk, or do some other activity if you want to. And if you just HAVE to row, make it a short, easy workout. It will make you more eager the next day and you'll have a better workout!

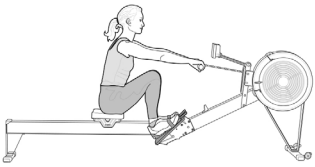
SETUP



To set the Flexfoot, pull the toe piece toward you to release the flexfoot from the two pegs. Slide the toe piece up or down to achieve the proper setting, then press the toe piece back down onto the pegs.

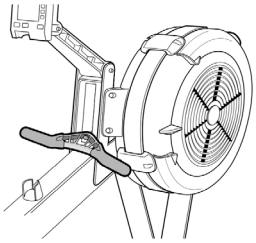


Begin by setting the Flexfoot heel so the strap crosses the ball of your foot. As you gain familiarity with the Indoor Rower, you may choose to raise or lower the Flexfoot a notch for reasons of flexibility or general comfort.

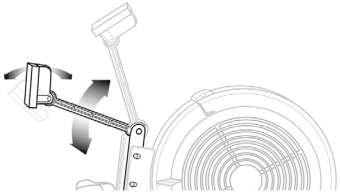


Optimal setting permits the knee, lower leg and ankle to be perpendicular to the floor at the catch.

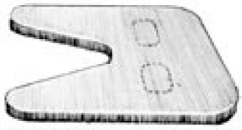
- Lowering the Flexfoot heel permits more seat travel.
- Raising the Flexfoot heel cuts down on leg flexion.



Before your workout, place the handle in the handle hook to make it easier to reach when you are seated on the rower. NOTE: When the machine is not in use, it is best to let the handle rest against the fan cage (as shown at left) rather than in the handle hook (i.e. overnight, between workouts). This will prolong the life of the shock cord.

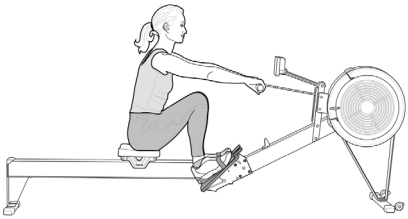


Adjust monitor arm and monitor for easy viewing as shown.



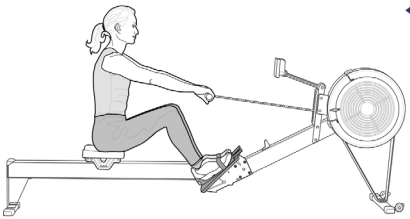
Seat comfort varies from one individual to another.

TECHNIQUE



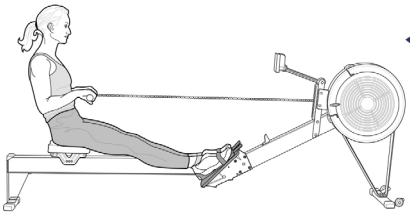
THE CATCH

- Extend your arms straight toward the flywheel.
- Keep wrists flat.
- Lean your upper body slightly forward with back straight but not stiff.
- Slide forward on the seat until your shins are vertical (or as close to this as your flexibility will allow).



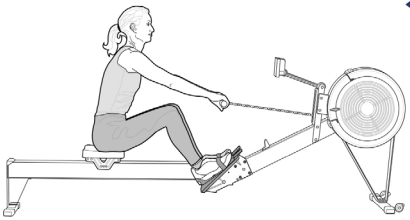
THE DRIVE

- Begin the drive by pressing down your legs.
- Keep your arms straight and hold your back firm to transfer your leg power up to the handle.
- Gradually swing back with your upper body, bending your arms and prying open your back until you reach a slight backward lean at the finish.



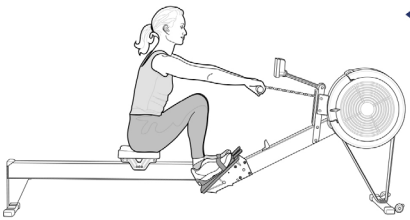
THE FINISH

- Pull the handle all the way into your abdomen.
- Straighten your legs.
- Lean your upper body back slightly.



THE RECOVERY

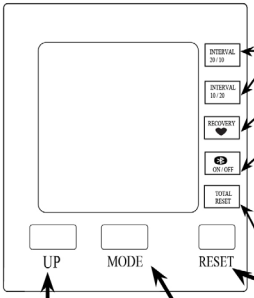
- Extend your arms toward the flywheel.
- Lean your upper body forward at the hips to follow the arms.
- Gradually bend legs to slide forward on the seat. Be sure your arms are extended before you bend your knees.



THE CATCH

- Draw your body forward until the shins are vertical.
- Upper body should be leaning forward at the hips.
- Arms should be fully extended.
- You are ready to take the next stroke.

MONITOR & BLUETOOTH



Press this key to enter the interval exercise mode

When there is a hearbeat input, press this key to directly enter the 60-second countdown heart rate recovery, after the countdown, F1-F6 is displayed

Press this key to turn the Bluetooth APP connection on or off.
After opening, the monitor only display the Bluetooth icon. When it is turned off, the Monitor shows that the normal APP cannot be used.
(Note: when there is an error in the APP and you can't quit the exercise, you can press this key to turn off the Bluetooth and then the app will close automatically)

Press this key to go directly to the reboot mode, and all data is cleared. (like the battery is turned on)

A.Press once to increase, long press to increase the setting quickly.
B.TIME range :0:0 0~99:00 (INTERVAL function, every adjustment rises 0:01 , TIME function, every a djustment rises 1:00).
C.CALORIES range:0~9990 (press it to increase CALORIES by 10).
D.DISTTANCE range :0~9990 (press it to increase DISTANCE by10)
E.STROKES range :0~9990 (press it to increase STROKES by10)

A.In the function selection mode, press it once to confirm the function
B.In the setting mode, press it once to confirm the setting
C.In sport mode, press it once to enter pause or start mode
D.There will be a beep every time you press the button
E.In standby mode, long press SET KEY for 2seconds to switch DISTANCE units (METER or MILE)

A.In the function selection mode, each time you press it, you will return to the previous level
B.In the setting mode, press once to clear the current set data
C.In the pause mode, press once to return to the standby mode
D.There will be a beep every time you press the button
E.Long press it 3seconds to turn on the machine to enter standby mode, MANUAL、INTERVAL、TARGET、TIME、DISTANCE、CALORIE、PULSE、SPM、WATT、TOTAL STROKES、STROKES cycle through the scan mode for 1second.

Scan the 2D code to download and install APP

Remarks:
1.When the window display fades, the battery power is not enough, replace the battery
2.When there is no signal input, please check if the cable is connected.

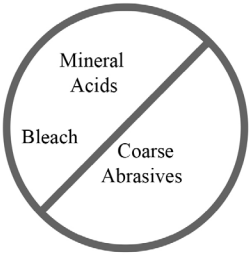
	Items	Display Range	Set	Memory	Reset	Description
1	TIME	0:00~99:59	±1	yes	yes	1.The upper number cycle counts without setting. 2.There is a countdown when set, and it will ring when it is “ 0 ”. Prompt sound:BIBI (4 times) 3. No input signal within 4munites, enter standby mode.
2	DISTANCE	0~9999	0~9990 ±10K ±10M	yes	yes	1.The upper number cycle counts without setting. 2.There is a countdown when set, and it will ring when it is “ 0 ”. Prompt sound:BIBI (4 times) 3. No input signal within 4munites, enter standby mode.
3	CALORIE	0~9999	0~9990 (±10)	yes	yes	1.The upper number cycle counts without setting. 2.There is a countdown when set, and it will ring when it is “ 0 ”. Prompt sound:BIBI (4 times) 3. No input signal within 4munites, enter standby mode.
4	SPM	0~999	no	no	yes	In the “ Start ” state: a. Display data after inputting sensor signal for 3seconds. b. After no sensor signal input for 4.6 seconds, the data will be “ 0 ” c. Sharing the display window with WATT, so interactive display every 5 seconds.
5	STROKES	0~9999	0~9990 (±10)	yes	yes	ROWING SOROKES shares the display window with TOTAL STROKES, so it displays interactively every 5seconds
6	TOTAL STROKES	0~9999	no	no	no	For the sum of STROKES
7	WATT	0~999	no	no	no	a. Display data after inputting sensor signal for 3seconds. b. After no sensor signal input for 4.6 seconds, the data will be “ 0 ” c. Sharing the display window with SPM, so interactive display every 5 seconds.

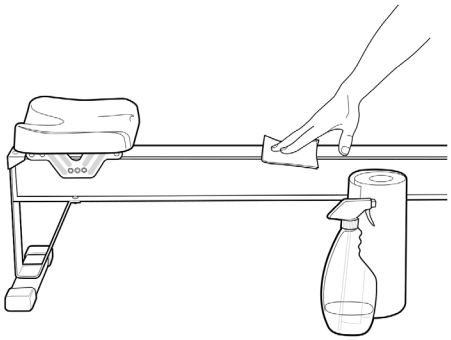
8	PULSE	P-30~230 BPM	0-30~230 (±1)BPM	yes	yes	a. When there is a pulse signal input, the time for displaying the initial value is 7.5seconds(counted by the first PLUSE) . b. After no pulse signal input for 6seconds, the data will be “ 0 ”. c. Above the set value, the Pulse window value flashes per second or PULSE OVER ALARM=2 ALARM / sec, which is BIBI per second.
9	Manual Program					When no mode is entered, QUICK START is performed when an RPM signal is detected.
10	INTERVAL 20-10					1. Interval exercise mode 2. Exercise for 20seconds, rest for 10 seconds.
11	INTERVAL 10-20					1. Interval exercise mode 2. Exercise for 10seconds, rest for 20seconds
12	INTERVAL CUSTOM					1. Interval exercise mode 2. User set exercise time and rest time
13	TARGET TIME					User set exercise time
14	TARGET DISTANCE					User set exercise distance
15	TARGET CALORIES					User set exercise CALORIES
16	TARGET STROKES					User set exercise STROKES
17	TARGET PULSE					User set exercise pulse
18	ON/OFF					Bluetooth switch key

MAINTENANCE

Tools Needed:

Cloth or non-abrasive scouring pad.
Cleaner: soap & water
or any glass cleaner

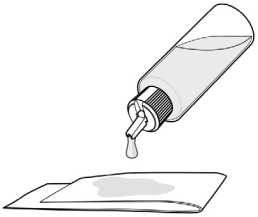


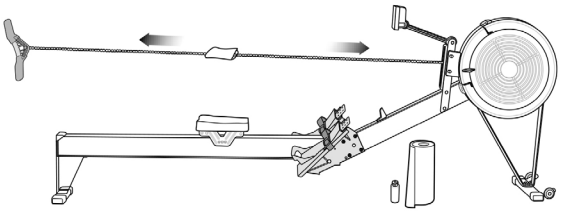


Clean and lubricate the chain with the oil provided (or 20 weight motor oil or 20w 3-in-1 oil).

Use 1 teaspoon on paper towel. Rub along chain. Wipe off excess.

Repeat if needed.

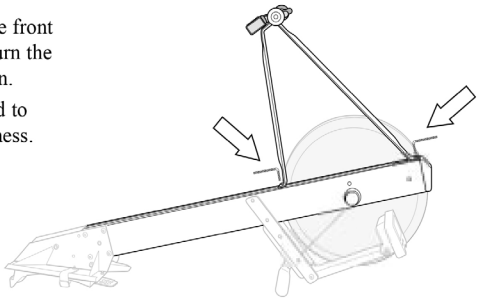




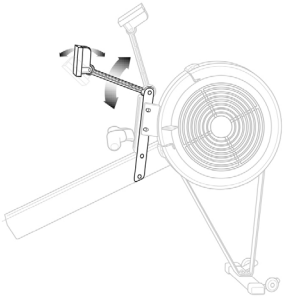
Inspect for stiff links. If thorough lubrication does not help, the chain should be replaced .

Detach the monorail from the front end (flywheel section) and turn the flywheel section upside down.

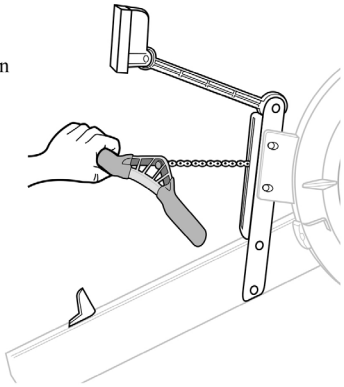
Check the socket screws used to install the front leg for tightness.

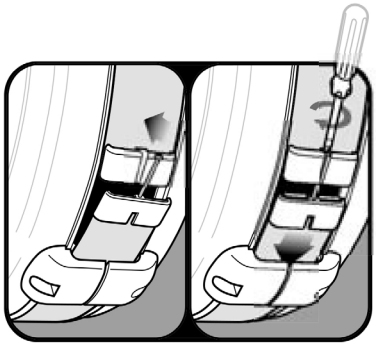


Loosen or tighten the nuts on the Performance Monitor arm joints as necessary.



Check the handle connection. If the hole has become elongated or the U-bolt is worn halfway through, the entire connection should be replaced.





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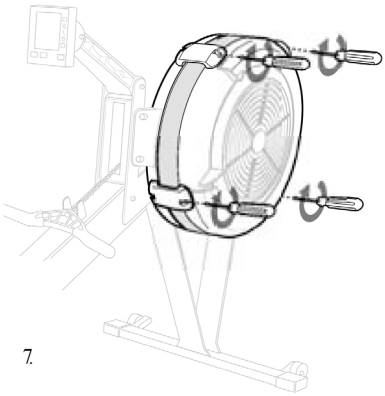
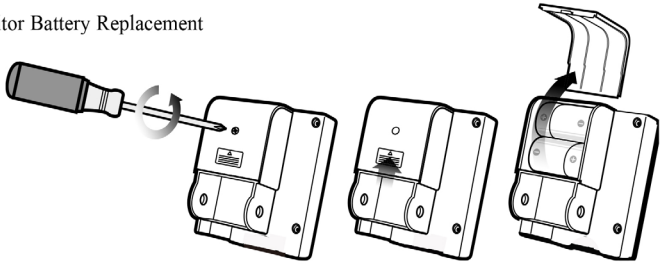


7.

Monitor Battery Replacement



Use 4 * AA batteries. (In order not to lose the date, time, language, custom list and memory while changing the batteries, you must be sure the monitor is turned off and you take less than five minutes removing the old and installing the new batteries.)

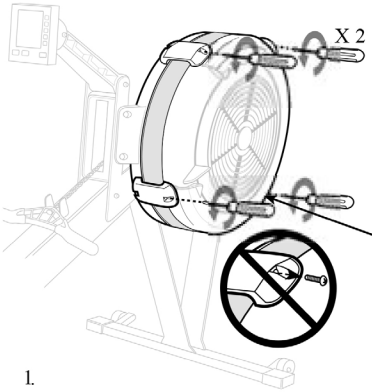
IMPORTANT:

The monitor is a sealed unit. DO NOT take apart. Any attempt to disassemble may void warranty. Contact service dep. for problems with this part.

CAUTION

Use of this machine with a worn or weakened part, such as the chain, sprockets, swivel connector, or shock cord, may result in injury to the user. When in doubt about the condition of any part, our strongly advises that it be replaced immediately. Use only genuine JCW2 parts. Use of other parts may result in injury or poor performance of the machine.

Check for dust. Vacuum if needed.



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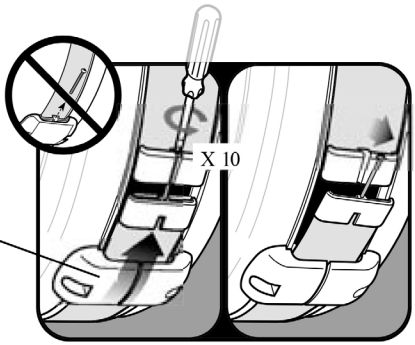

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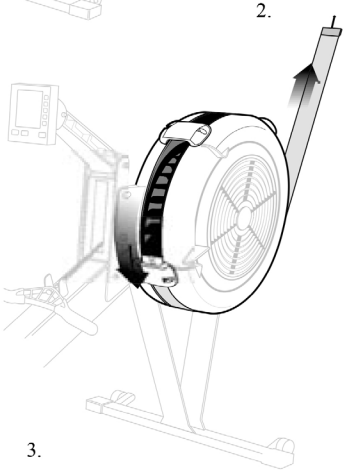

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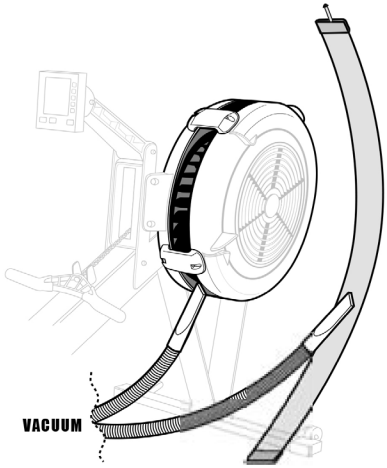

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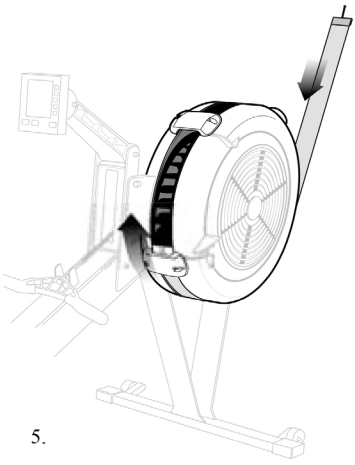

5.

BEARFITNESS

STRONG.TRAINING.EQUIPMENT