

OWNER'S MANUAL



R100APM PREMIER POWER

INTRODUCTION

Congratulations!

Welcome to the world of the R100APM Premier Rower. The R100APM Premier Rower is one of the finest and most comprehensive rowing machines available. We know as we have been designing rowing machines for over a decade.

By choosing R100APM Premier Rower, you have made a decision that will improve the health and fitness and well being for you and your family. Being fit and healthy will improve your energy levels and your quality of life.

Cardiovascular training is vital for all ages and the R100APM Premier Rower provides a more effective workout, producing better results and will encourage you to reach your fitness goals and maintain the body you have always wanted.

All you need to do is to spend 15 to 30 minutes three times a week to start seeing the benefits of a regular exercise program on the R100APM Premier Rower.

We want you to enjoy the full benefits of your exercise program and so we recommend that you read this manual thoroughly and by doing so you will:

- Save valuable exercise time in the long run.
- Exercise safely and more effectively.
- Learn proper techniques.
- Be able to better define your fitness goals.

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Failure to read and follow the safety instructions below may result in serious injury.

General Information

The R100APM Premier Rowing Machine is designed for light commercial use ONLY and should not be used in a full commercial, therapeutic or medical environment.

The official maximum load is 150kg.

The R100APM Premier Rowing Machine has been tested and certified according to EN 957-1/A1 and EN 957-9, Class S.A.

The braking system is Speed Dependent. The stepping action is dependent.

In the unlikely event that your R100APM Premier Rowing Machine needs servicing, repairs or something is missing or broken then contact your dealer as soon as possible. They should be able to help you immediately.

With any and all problems you have, if for any reason that you are unsatisfied with the level of service or are unhappy with their cooperation, then you can contact the manufacturer directly at the following contact details.

INFINITI FITNESS SYSTEMS

7F, No. 291 Ta Tun 4th Street

Taipei

Taiwan

TEL: +886-4-2258-3088

FAX: +886-4-2258-3137-8

E-mail: Sales@infinitt.com

Web site: www.infinitt.com

It is important to keep your purchase receipt!

You may be asked to produce it to authenticate your Warranty.

The Warranty terms are provided by your dealer. DO NOT attempt to modify or alter your R100APM Premier Rowing Machine as it will be considered tampering and will invalidate your warranty.

Please continue to read the Owner's Manual and all safety instructions thoroughly to familiarize yourself with the R100APM Premier Rowing Machine before using it.

DESIGNERS NOTE: The return spring on the R100APM Premier Rowing Machine has been designed with the lightest possible force. There is more than sufficient spring tension to recoil the DRIVE STRAP ASSEMBLY [709] regardless of the return speed of the handle to the start position.

The reason for the light return spring is to give the user an improved level of exercise by increasing the benefit to the hamstring group of muscles at the rear of the thigh. This muscle group is called upon when the user moves the seat forward.

We have faithfully duplicated the "normal" rowing action one would get when rowing on water where the oar is not pulled forward.

Care and Maintenance

Your R100APM Premier Rowing Machine is made of the highest quality materials, it is still important that you take care of your R100APM Premier Rowing Machine on a regular basis.

Your R100APM Premier Rowing Machine is for indoor use only and should NOT be used or stored in damp areas. Wipe all perspiration from your R100APM Premier Rowing Machine after each use.

For safety, inspect your R100APM Premier Rowing Machine on a regular basis. When used in a light commercial environment safety check and clean every day. When used in a domestic environment safety check and clean before use.

Components most Susceptible to Wear

These parts are easily damaged by dust and dirt and should be cleaned regularly. The SEAT ROLLERS [118] are hidden so all you can do is clean the top of the ALUMINIUM BEAM [001]. Using a damp cloth wipe the attention to the outside edges. Check and remove any black spots.

DRIVE STRAP [part#709]

The DRIVE STRAP [709] is made of high quality nylon webbing which is extremely strong making it almost impossible to break. Even so it is important to check the DRIVE STRAP [709] for wear. Check for nicks or cuts and fraying that may weaken the integrity. Also check that the stitching at the handle bar end is intact. If any of these symptoms are found discontinue use immediately and contact your dealer for a replacement DRIVE STRAP [709].

FOOT REST Assembly

[part#014,126,127,128,300,306,710]

The FOOT REST Assembly has a lot of moving parts. It is essential that these parts be in good condition at all times. Check that the FOOT STRAP BUCKLE firmly holds the FOOT STRAP. Check that the HEEL SUPPORT [126] self locking system is working correctly. Make sure that all Bolts are tight and firm. If any defects are found discontinue use immediately and contact your dealer for replacement parts.

All FASTENERS [Nuts, Bolts, and Screws]

A lot of these parts are assembled by the consumer and should be checked regularly. Make sure that all Nuts, Bolts and Screws are tight and firm.

Medical / Safety

Read this Owner's Manual safety instructions thoroughly to familiarize yourself with the R100APM Premier Rowing Machine before using it.

Before beginning any exercise program, consult your physician. He or she can help evaluate your present fitness level and determine the exercise program that is the most appropriate for your age and physical condition.

If you experience any pain or tightness in your chest, irregular heartbeat, shortness of breath, faintness, or unusual discomfort upon exercising, stop and consult a physician.

Adult supervision is required at all times when children are on or near the R100APM Premier Rowing Machine. Unsupervised children should keep away from the equipment at all times.

Keep fingers and limbs, loose clothing and hair away from moving parts.

Before each workout on your R100APM Premier Rowing Machine we advise that a Precautionary Safety Check is wise. All equipment should be Safety Checked for wear and damage. If you find any damage or defective components STOP using the R100APM Premier Rowing Machine IMMEDIATELY. Replace defective components immediately and/or keep the equipment out of use until repaired. For repair help - see General Information on this page.

Care should be taken when getting ON or OFF your R100APM Premier Rowing Machine. Please follow the instructions on page 4.

Wear comfortable, lightweight, well-ventilated clothing to help sweat evaporate. Make sure your shoes fit you properly and provide external and lateral stability support to prevent ankle and knee injuries. Wear cross-training, walking or running shoes.

It's very important not to become dehydrated. Your body needs water lost during exercise.

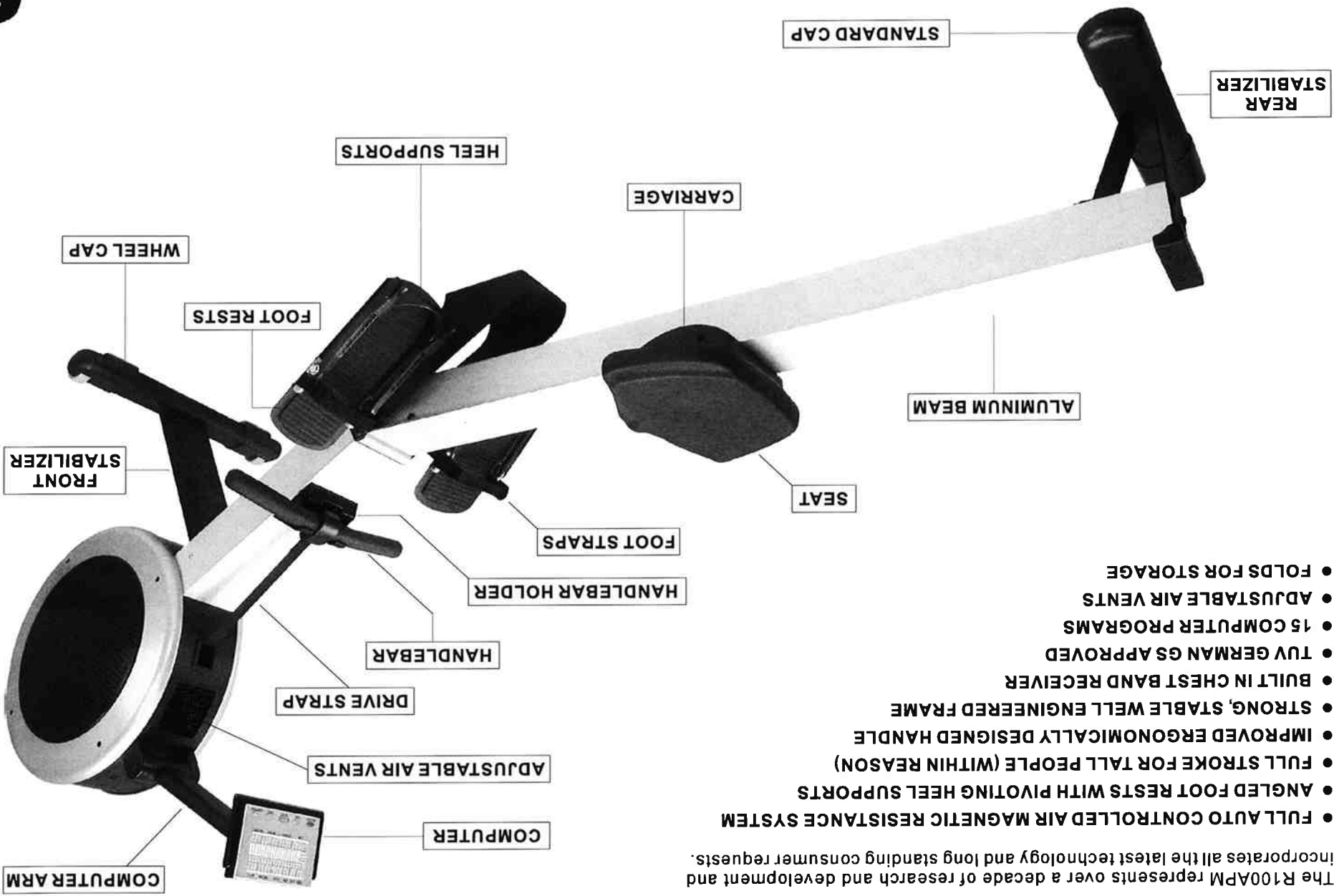
Don't forget to warm-up and cool-down. Limbering up "cold" muscles and cooling down after exercise are important injury-prevention measures.

Use only the accessory attachments recommended by the manufacturer. DO NOT attempt to modify or alter your R100APM Premier Rowing Machine as injury may result.

R100APM Premier Rower GENERAL PARTS IDENTIFICATION

The R100APM represents over a decade of research and development and incorporates all the latest technology and long standing consumer requests.

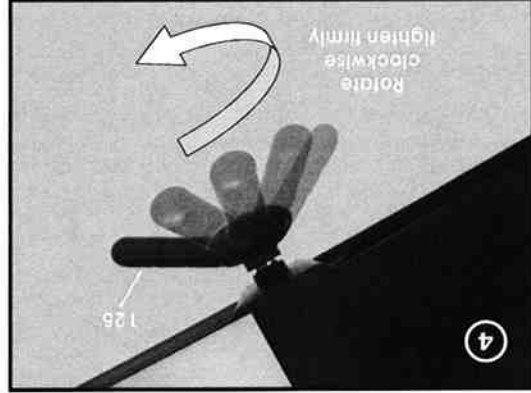
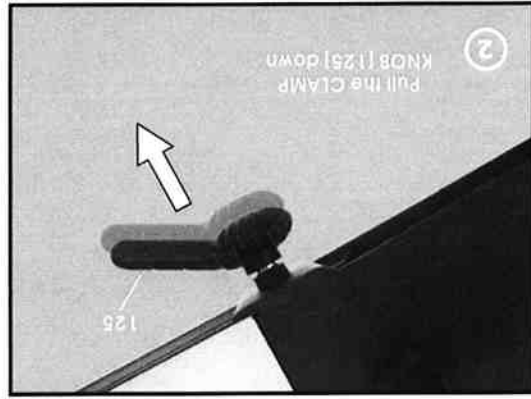
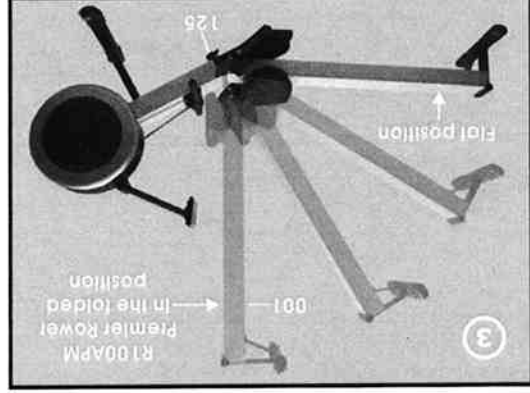
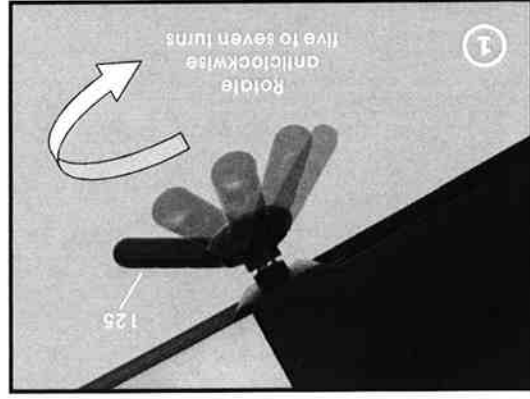
- FULL AUTO CONTROLLED AIR MAGNETIC RESISTANCE SYSTEM
- ANGLED FOOT RESTS WITH PIVOTING HEEL SUPPORTS
- FULL STROKE FOR TALL PEOPLE (WITHIN REASON)
- IMPROVED ERGONOMICALLY DESIGNED HANDLE
- STRONG, STABLE WELL ENGINEERED FRAME
- BUILT IN CHEST BAND RECEIVER
- TÜV GERMAN GS APPROVED
- 15 COMPUTER PROGRAMS
- ADJUSTABLE AIR VENTS
- FOLDS FOR STORAGE



SETTING UP YOUR R100APM Premier Rower

Unfolding

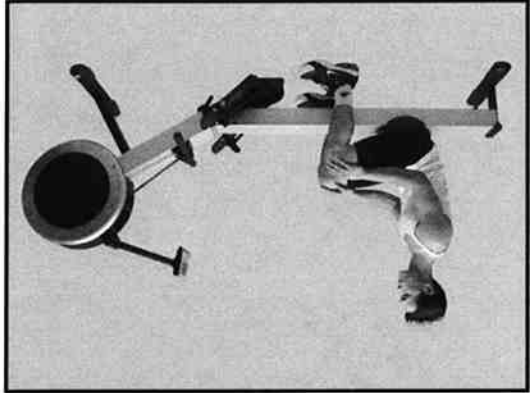
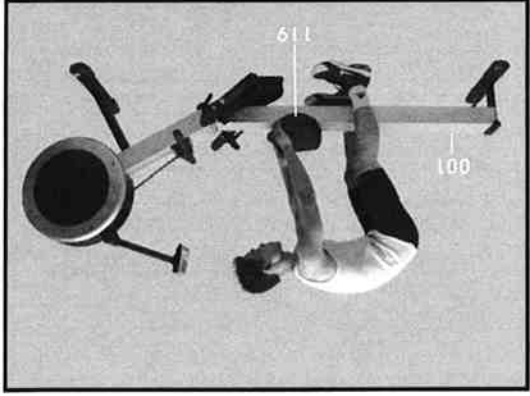
IMPORTANT: Clear a workout area 1 x 2.5 Meters before setting-up your R100APM Premier Rower. Ensure the floor is solid and level.
Two people are required to unfold the R100APM Premier Rower. One person to hold the ALUMINUM BEAM [001] while the other person releases the CLAMP KNOB [125]



- 1) With the R100APM Premier Rower in the folded position, rotate the CLAMP KNOB [125] anticlockwise five to seven turns.
 - 2) With the first person holding the ALUMINUM BEAM [001] the second person pulls the CLAMP KNOB [125] down releasing the safety lock allowing the ALUMINUM BEAM [001] to be laid down flat.
 - 3) With the R100APM Premier Rower in the flat position, rotate the CLAMP KNOB [125] clockwise and tighten firmly.
- WARNING:** When unfolding and folding the R100APM Premier Rower to avoid serious injury keep finger and hands away from folding hinge points.

Getting on Safety

Getting on safely is a simple procedure. Just be careful that the SEAT [119] is directly underneath you before sitting down.

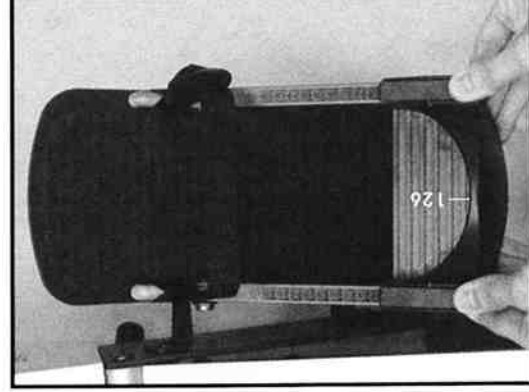
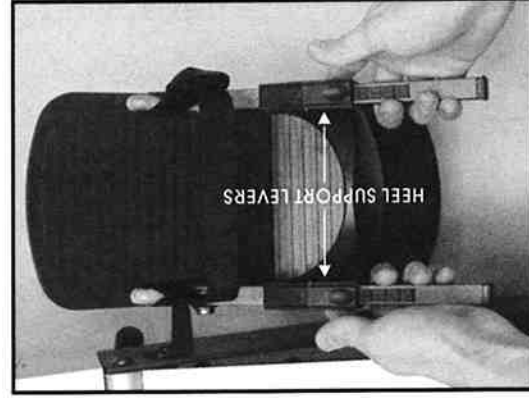


- 1) Straddle the ALUMINUM BEAM [001].
- 2) Correctly position the SEAT [119] beneath you.
- 3) Sit down taking care that the SEAT [119] has not moved.

SETTING UP YOUR R100APM Premier Rower

Heel Support Pre Adjustment

There are ten heel support settings clearly numbered. Before exercising move the HEEL SUPPORT [126] to setting number one.

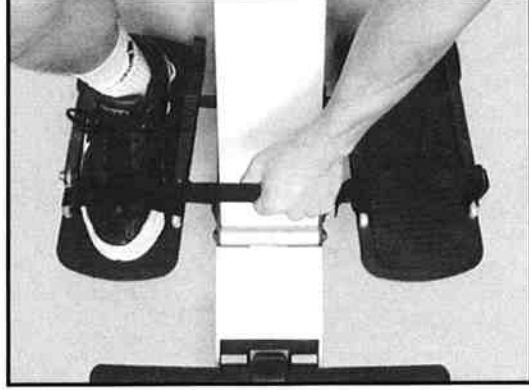
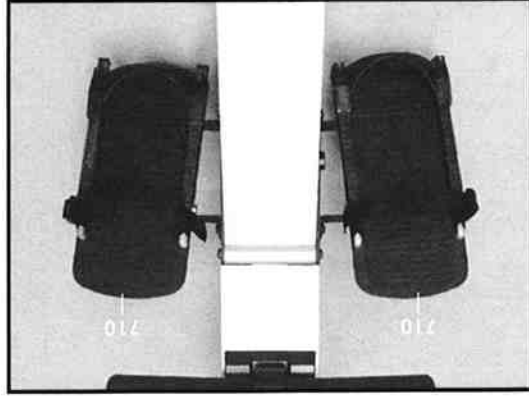


- 1) Squeeze the HEEL SUPPORT LEVERS to release the locking mechanism.
- 2) Slide the HEEL SUPPORT [126] to setting number one.
- 3) Release the HEEL SUPPORT LEVERS to engage the locking mechanism.

Foot Strap Adjustment

The correct position for the FOOT STRAP [710] is across the top of the foot just below the toes. Approximately across the toe pivot joints.

Ensure the FOOT STRAP [710] is tight.



- 1) With the HEEL SUPPORT [126] at setting number one, slide your feet underneath the FOOT STRAP [710].
- 2) The correct position for the FOOT STRAP [710] is across the top of the foot just below the toes. Approximately across the toe pivot joints.
- 3) Pull the FOOT STRAP [710] tight as shown in the above diagram.

Heel Support Adjustment

The HEEL SUPPORT [126] has a sprung loaded locking system designed for easy adjustment.

Simply push it up to your heel to take up any slack.

Memorize the setting number best suited for future reference.



- 1) With your feet tightly secured by the FOOT STRAP [710], simply push the HEEL SUPPORT [126] up to your heel to take up any slack as shown in the above diagram.
- 2) Memorize the setting number best suited to you for future reference.