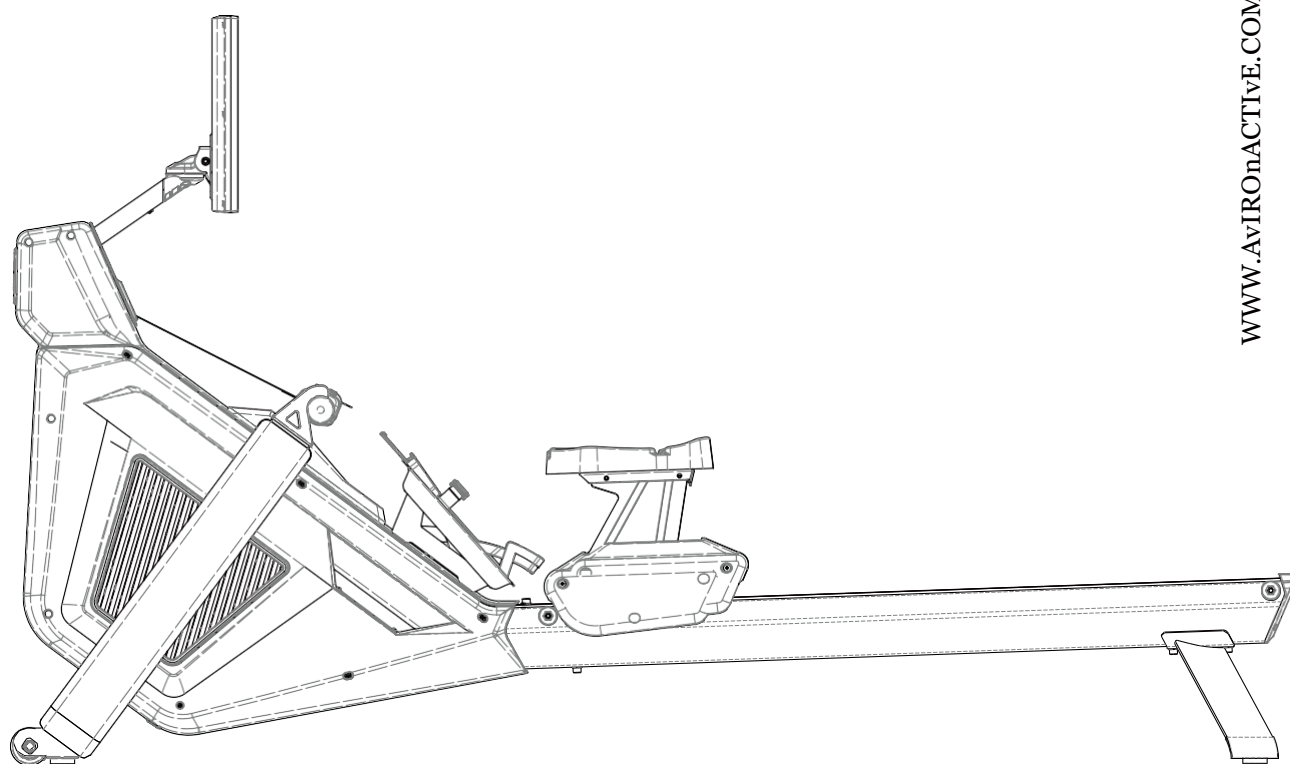




WWW.AVIROnACTIVE.COM

STRONG SERIES ROWERS

UsER MAnUAL

AVIRON ACTIVE

END BORING WORKOUTS

This guide will help you safely set up the Strong Series equipment and get you started. You can find additional help and tutorials on our website www.avironactive.com

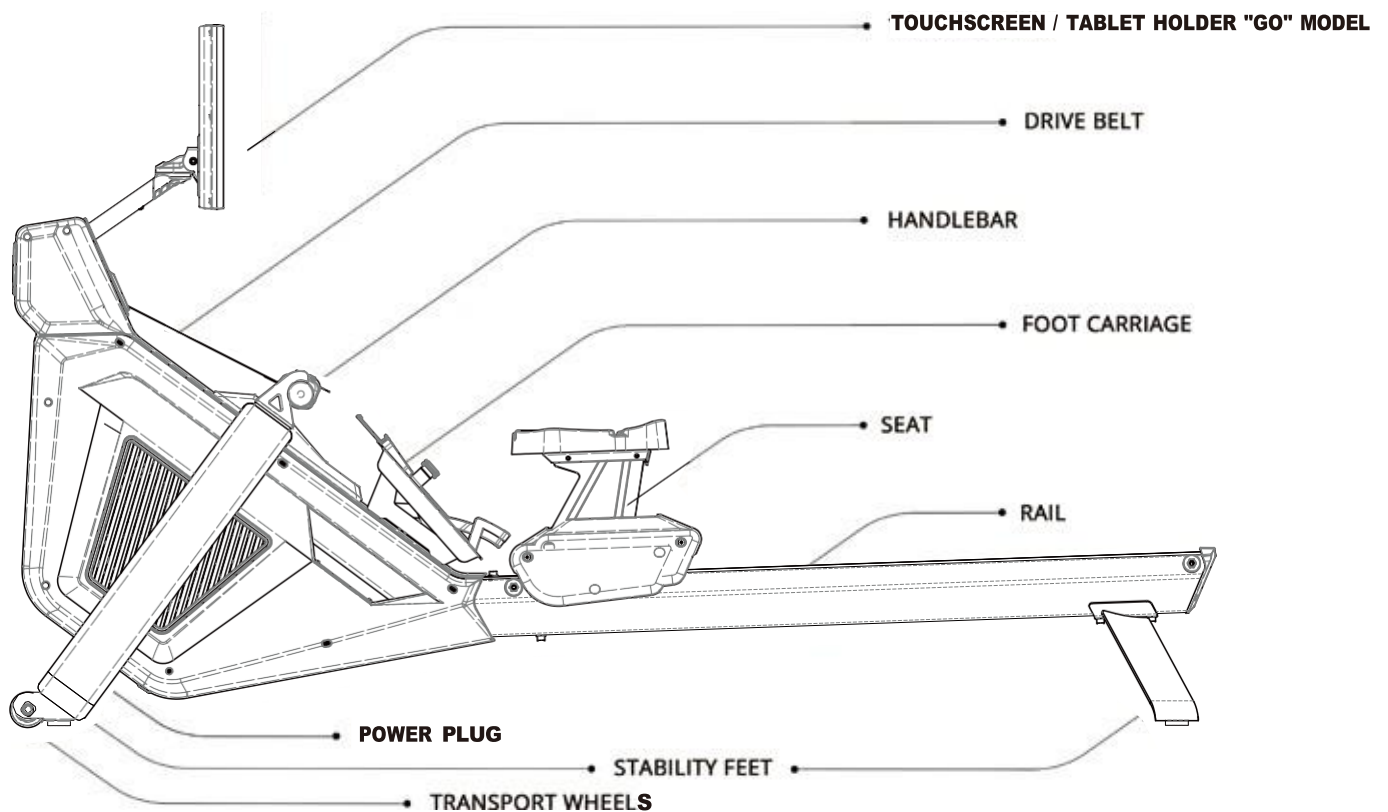
Please note that 2 variations of Strong Series are covered in this manual: Touchscreen and Tablet Holder ("GO" Model). Identify which product you have for proper installation instructions.

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SPECIFICATIONS

Rower



FRAME

High strength aluminum

RESISTANCE

16 level dual air & magnetic system

BELT

Industrial poly-v belt

SEAT

Ergonomic seat with extra rear support

DIMENSIONS

83.5 x 27 x 48.4IN / 212 x 69 x 123CM

WEIGHT

Rower/Touchscreen: 113.5LBS / 51.5KG

Rower/Tablet holder "GO" model: 104.7LBS / 47.5KG

MAX USER WEIGHT

507LBS / 230KG

Safety Instruction

Read all instructions before assembling and using the equipment. These instructions are for your safety and to protect the equipment.

Periodically consult your physician before using the equipment. If at any time you feel faint, dizzy or are experiencing pain, stop and consult your physician immediately. It is recommended that you consult a fitness professional on the correct use of this equipment.

The equipment is not recommended for children under the age of 10 years.

FCC Radiation Exposure Statement

The transmitter must not be collocated or operated in conjunction with any other antenna or transmitter. This equipment complies with the FCC RF radiation exposure limits set forth for an uncontrolled environment. This equipment should be installed and operated with a minimum distance of 20cm between the radiator and any part of the body.

Location

Assemble and operate the equipment on a solid, level surface. A clear space of at least 100cm (39in) should be maintained on all sides. Do not use this equipment outdoors, near swimming pools, or in areas of high humidity.

Weight Capacity

The maximum recommended weight capacity for the equipment is 507lbs (230kg).

Electrical Shock

To reduce the risk of burns, fire, electric shock, or injury, it is imperative to connect the equipment to a properly grounded electrical outlet. Always disconnect the equipment from the electrical outlet immediately before cleaning or attempting any maintenance activity.

Inspection

Inspect your equipment prior to exercising to ensure that all nuts and bolts are fully tightened. Do not use the equipment if it is unsafe.

Warm-up

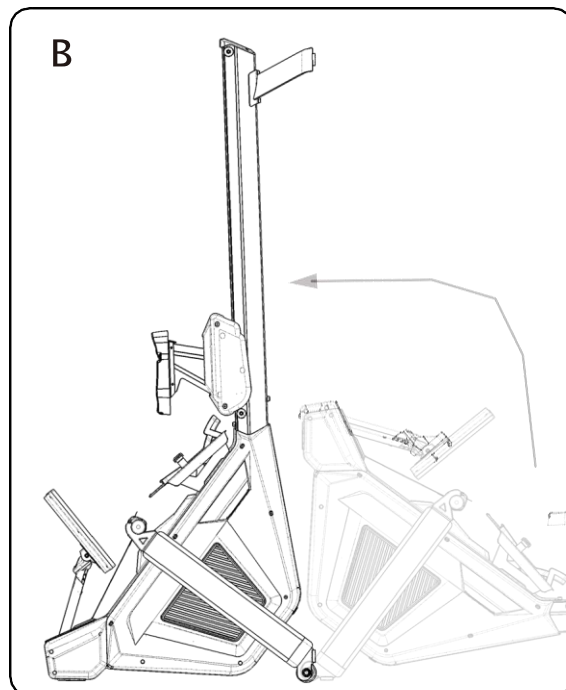
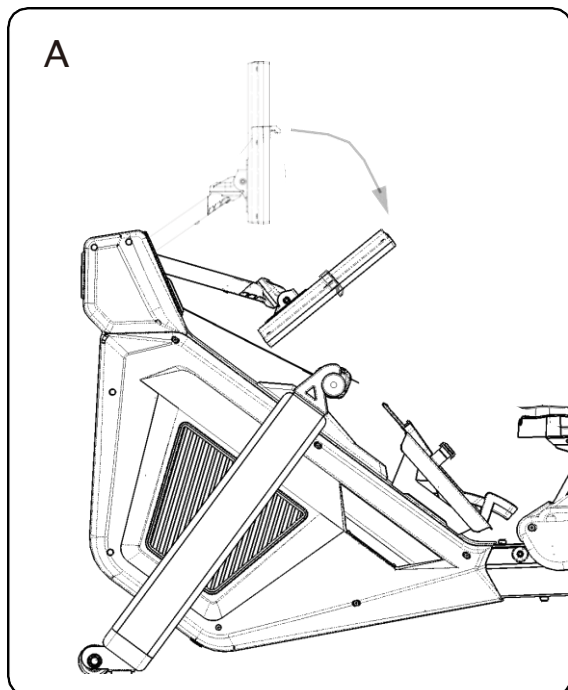
Warm-up for 5 to 10 minutes prior to exercising.

The warm-up should gently prepare the body for exercise by gradually increasing the heart rate and circulation; this will loosen the joints and increase blood flow to the muscles.

Remove all jewelry, including rings, chains and pins before exercising. Always wear suitable clothing and footwear while exercising. Do not wear loose fitting clothing that could become caught in the moving parts of your equipment. Tie back long hair.

Storage

- A) Lower the touchscreen / tablet holder by pushing down the arm.
- B) Lift the rower from the rear leg and slowly lower the main frame.



Before starting

For safety, and to save time and effort, read these instructions completely before beginning assembly.

Do not plug the power supply to the outlet before the equipment is fully assembled. Input power supply specification depends on local electricity supply and a proper transformer may be needed.

DC transformer spec.: Input: 100-240V ~1.5A (50-60Hz)
Output: 12V 3A

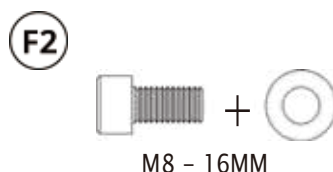
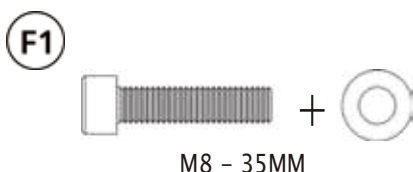
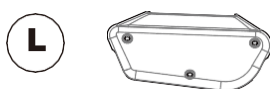
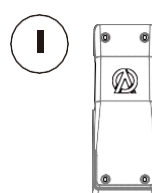
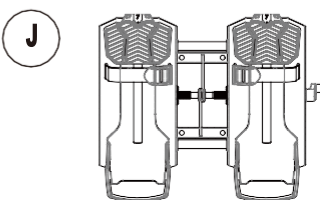
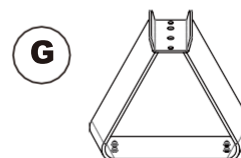
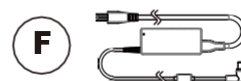
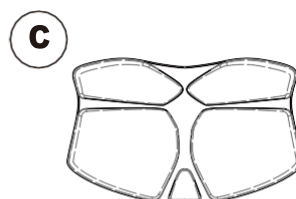
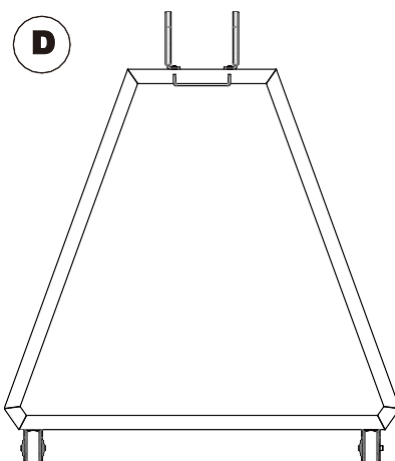
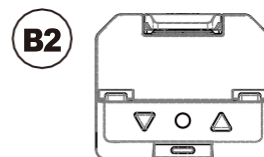
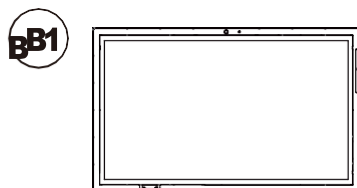
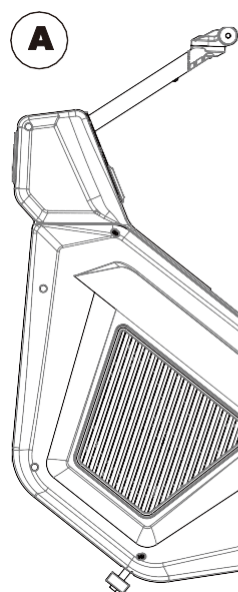
Parts & Tools

Based on the model of your machine, you will have either part B1 or B2, but not both.

PARTS	A	MAIN FRAME
	B1	TOUCHSCREEN
	B2	TABLET HOLDER "GO" MODEL
	C	SEAT
	D	FRONT LEG
	E	SMALL COVER
	F	POWER ADAPTER
	G	REAR LEG
	H	RAIL
	I	HANDLEBAR HOLDER COVER
	J	FOOT CARRIAGE
	K	SLIDER SIDE COVER(L)
	L	SLIDER SIDE COVER(R)
TOOLS	1	SCREWDRIVER
	2	WRENCH
	3	ALLEN KEY 6mm
	4	ALLEN KEY 5mm
FASTENERS	F1	SOCKET HEAD BOLT M8 x 35MM WASHER $\phi 8 \times \phi 16 \times 1.5T$
	F2	SOCKET HEAD BOLT M8 x 16MM WASHER $\phi 8 \times \phi 16 \times 1.5T$
	F3	ROUND HEAD BOLT M5 X 10MM

PARTS & TOOLS

Based on the model of your machine, you will have either part B1 or B2, but not both.

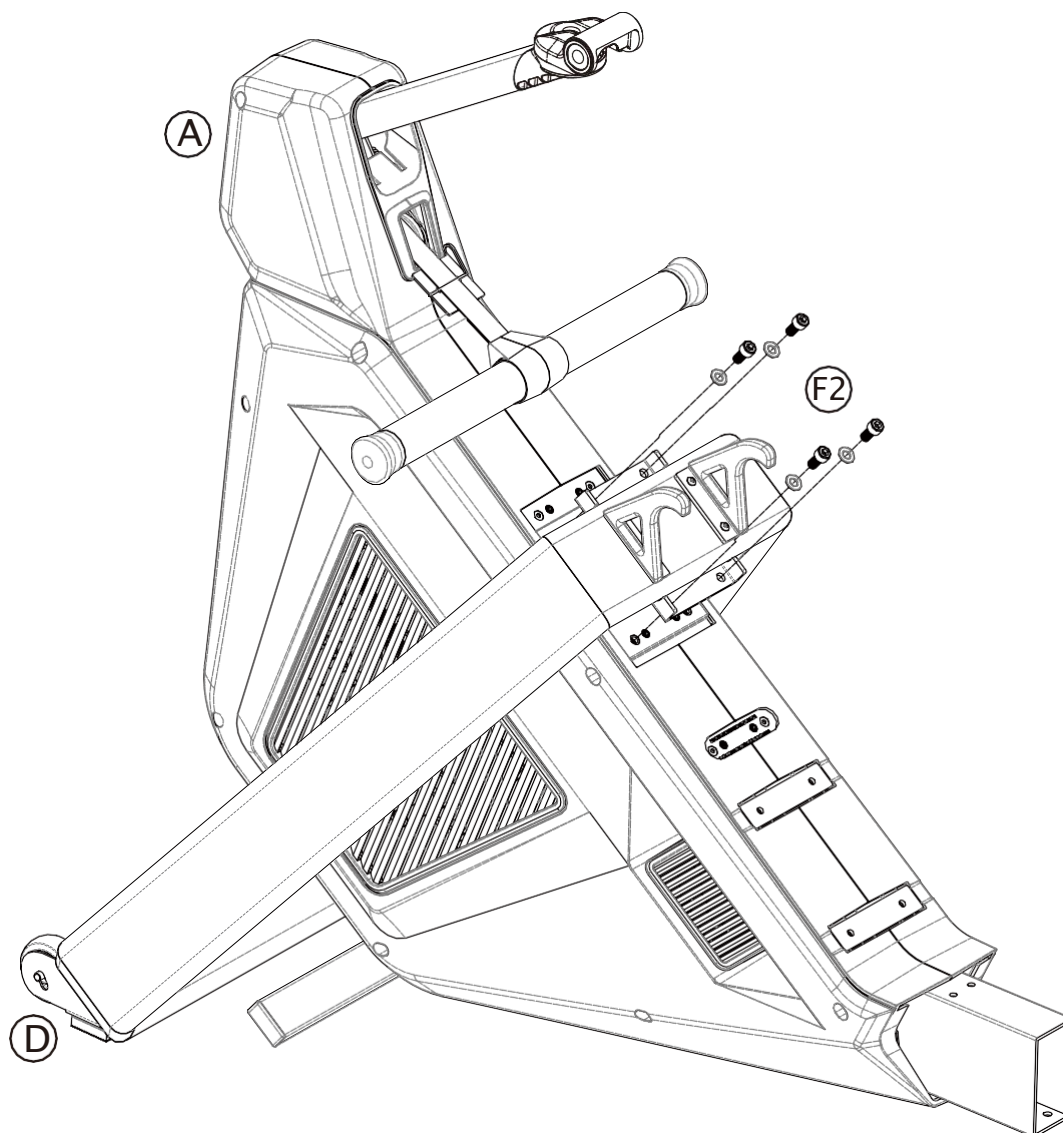


35MM _____

16MM _____

ASSEMBLY INSTRUCTIONS

Step 1



Parts:

A **D**

Place the Main Frame **A** on the ground like the image above. Then place the Front Leg **D** over the Main Frame.

Tools:

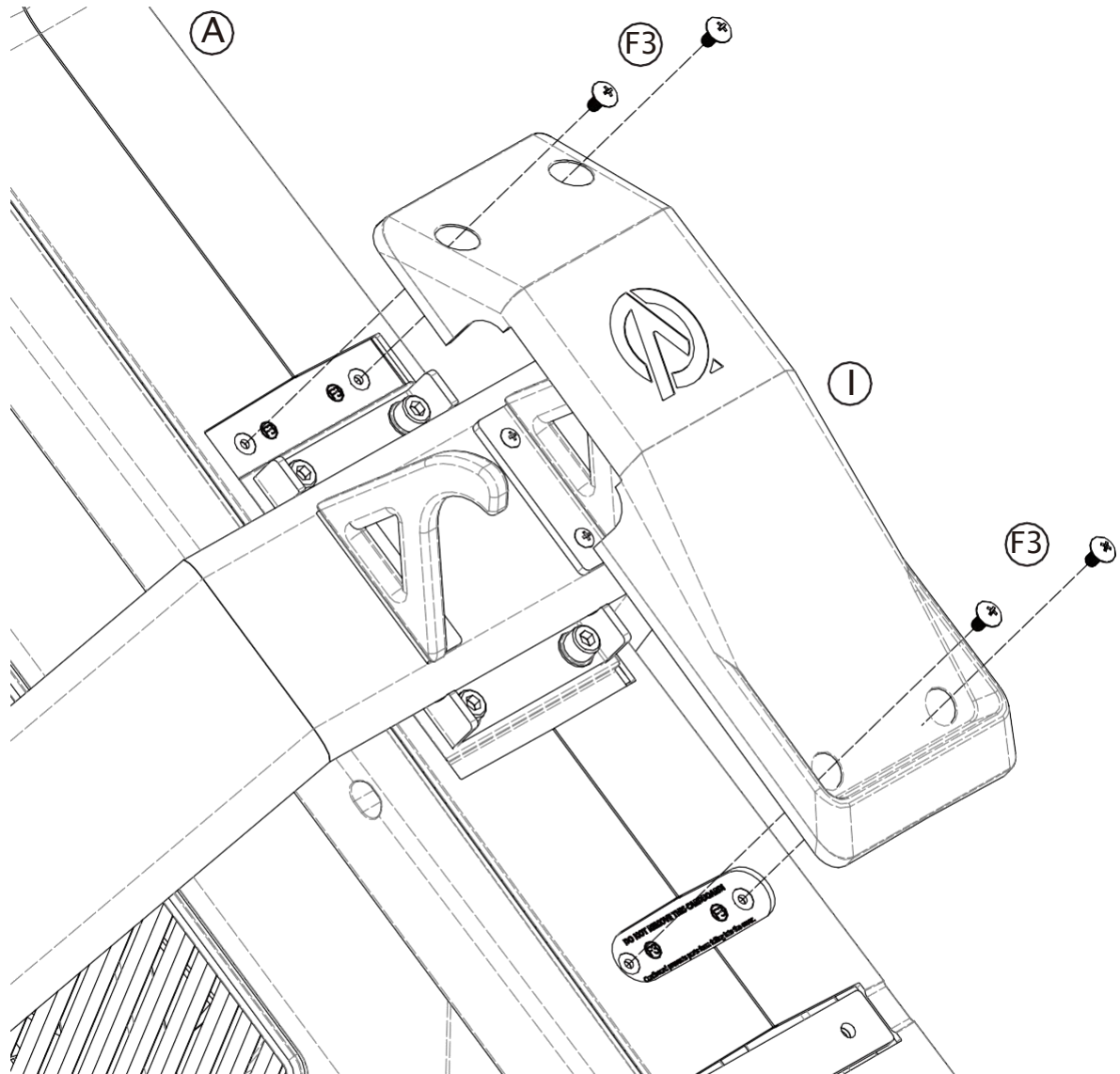
3 3

Fasteners:

F2 xx44

ASSEMBLY INSTRUCTIONS

Step 2



Parts:

(A) (1)

Tools:

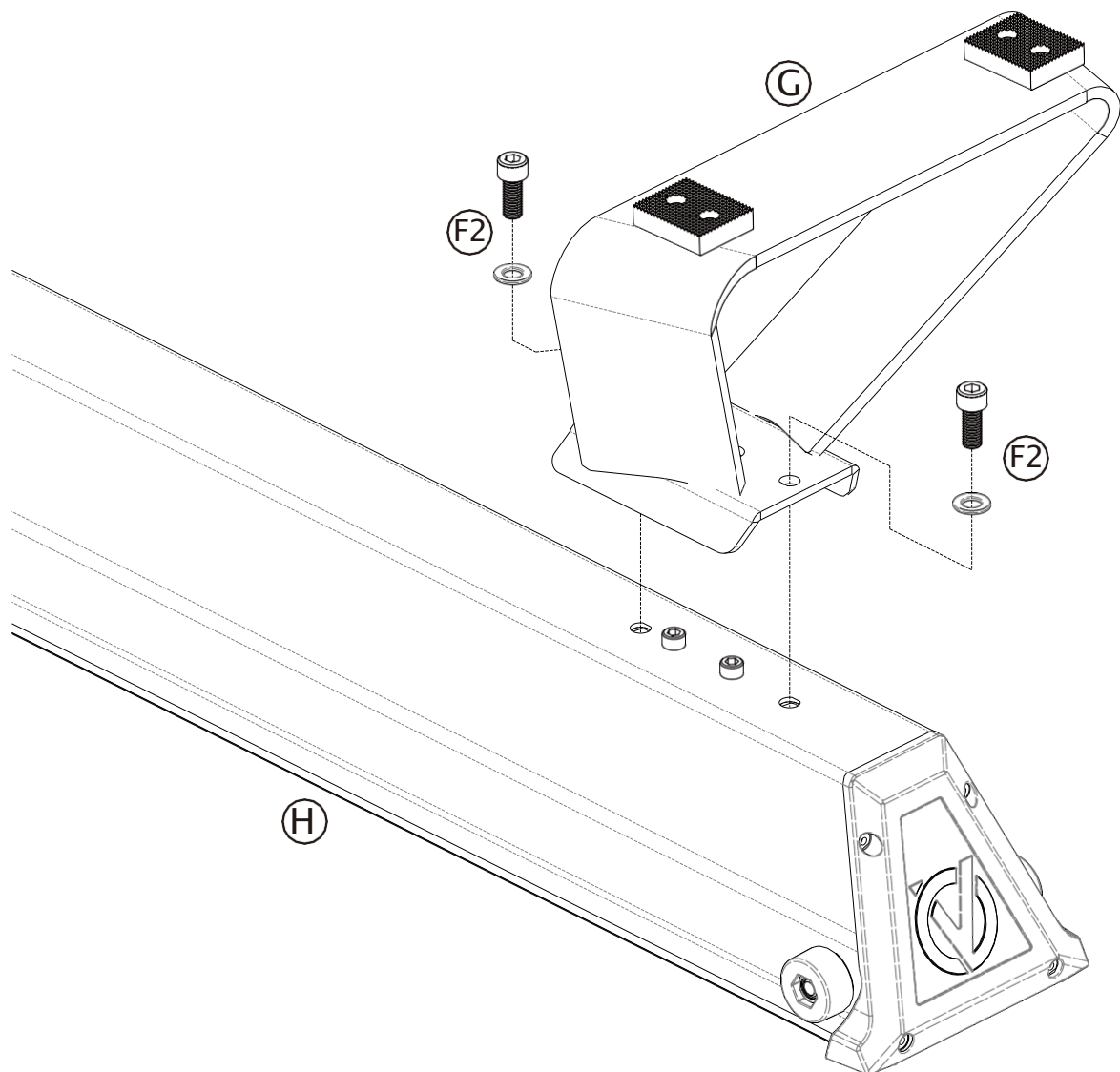
(1) 3

Fasteners:

(F3) xx44

ASSEMBLY INSTRUCTIONS

Step 3



Parts:

(G) (H)

Tools:

(3)

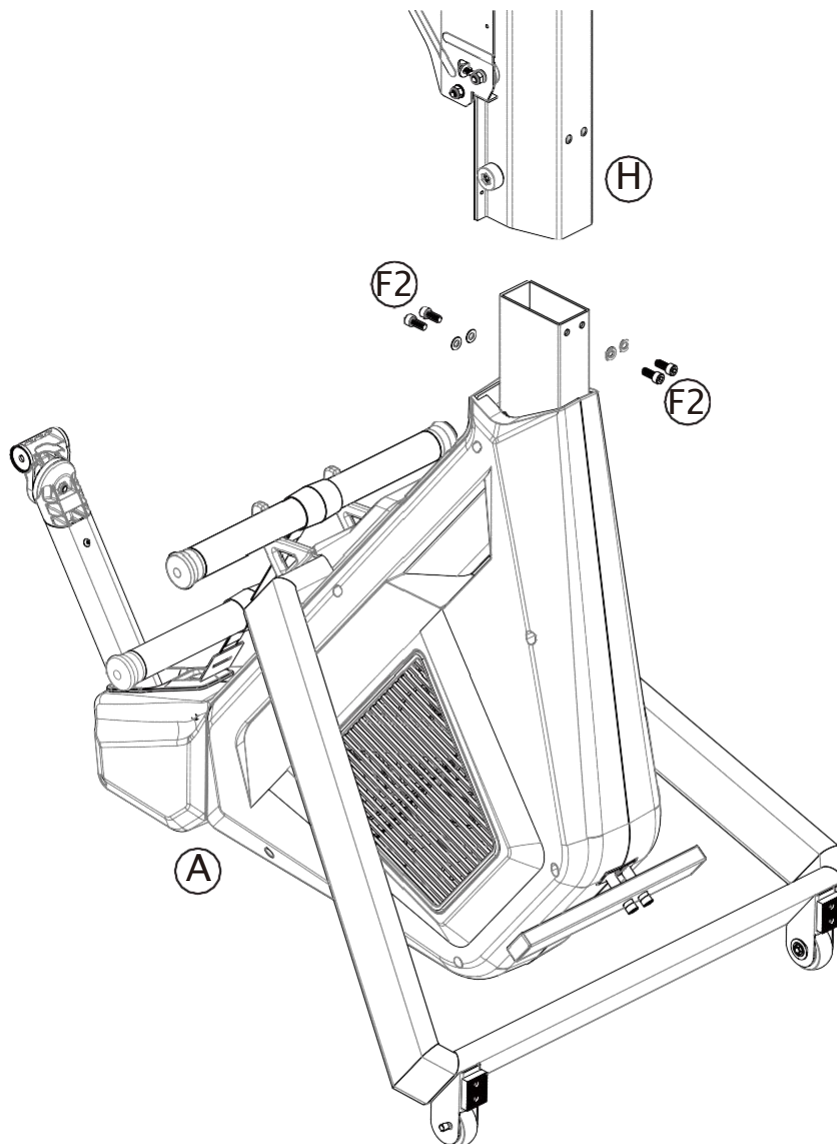
Fasteners:

(F2) x 2

Caution: The rail has sharp edges. Watch your fingers.

ASSEMBLY INSTRUCTIONS

Step 4



Parts:

(A) (H)

Tools:

(3)

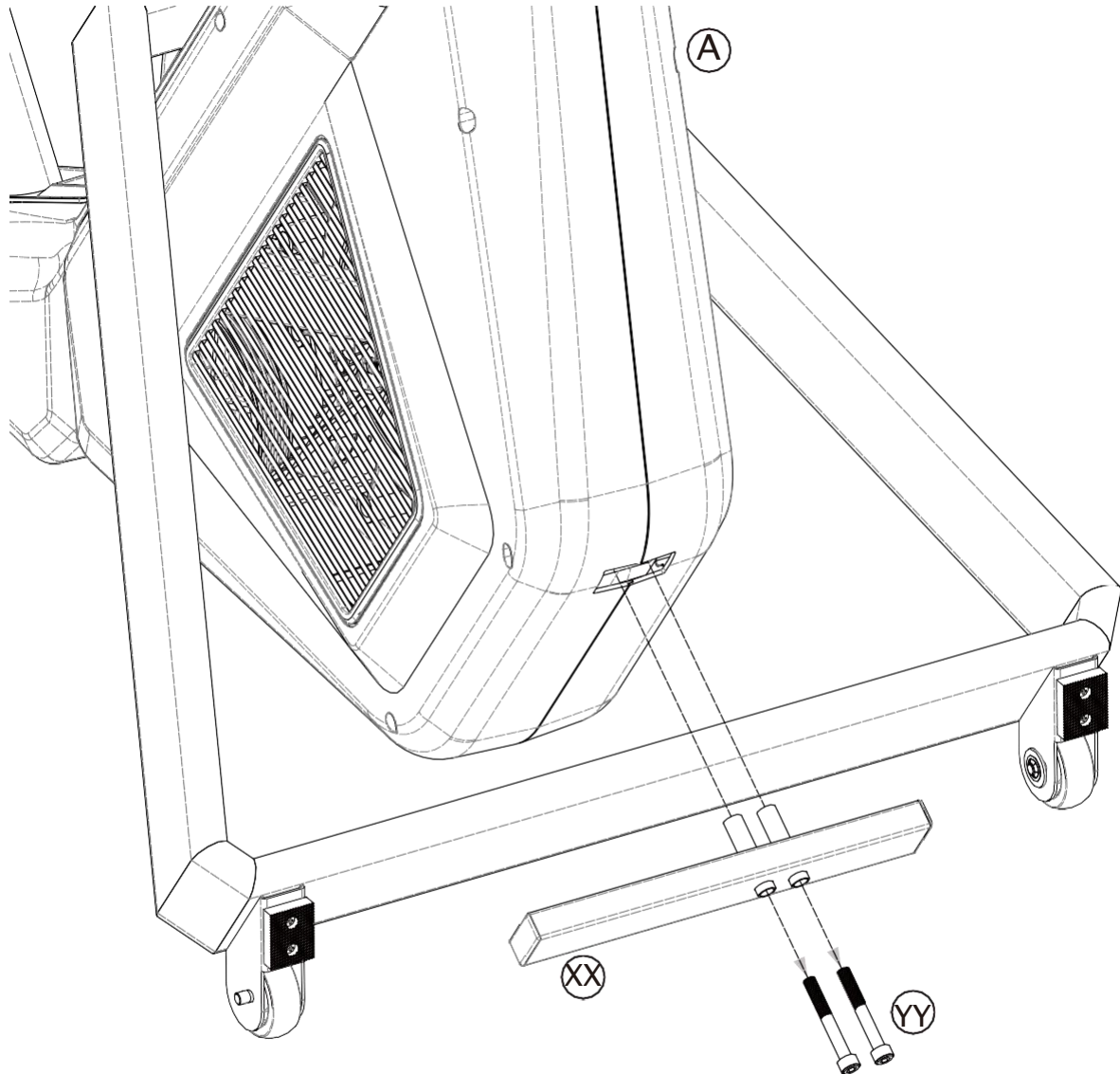
Fasteners:

(F2) x 4

Flip the main frame first so that the rail can be attached vertically.
Ensure the seat roller is lowered to the front of the rail before installation.

ASSEMBLY INSTRUCTIONS

Step 5



Parts:

Ⓐ

Tools:

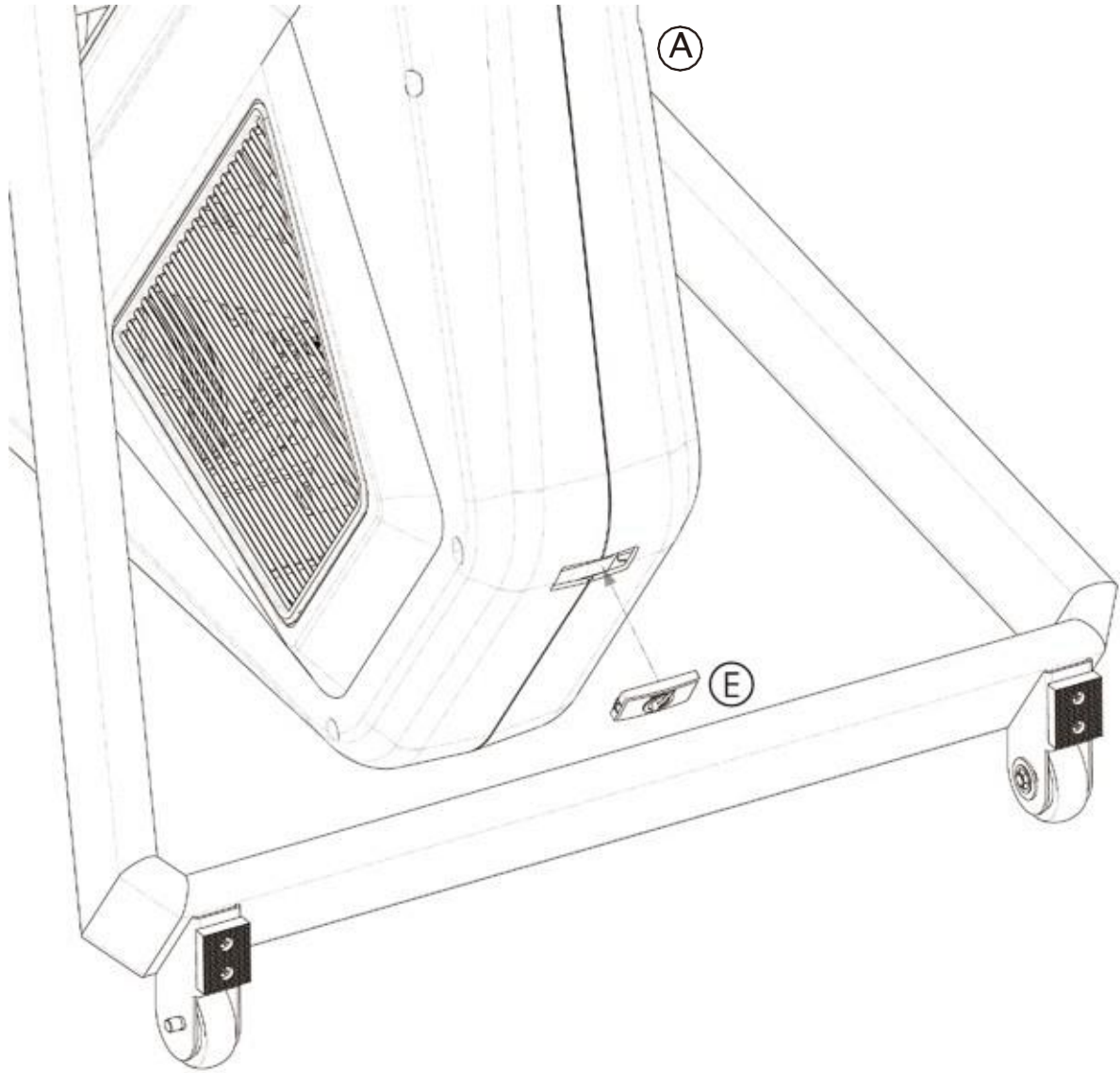
③

Fasteners:

Remove and discard ~~XX~~ and ~~YY~~. They are no longer needed.

ASSEMBLY INSTRUCTIONS

Step 6



Parts:

(A) (E)

Tools:

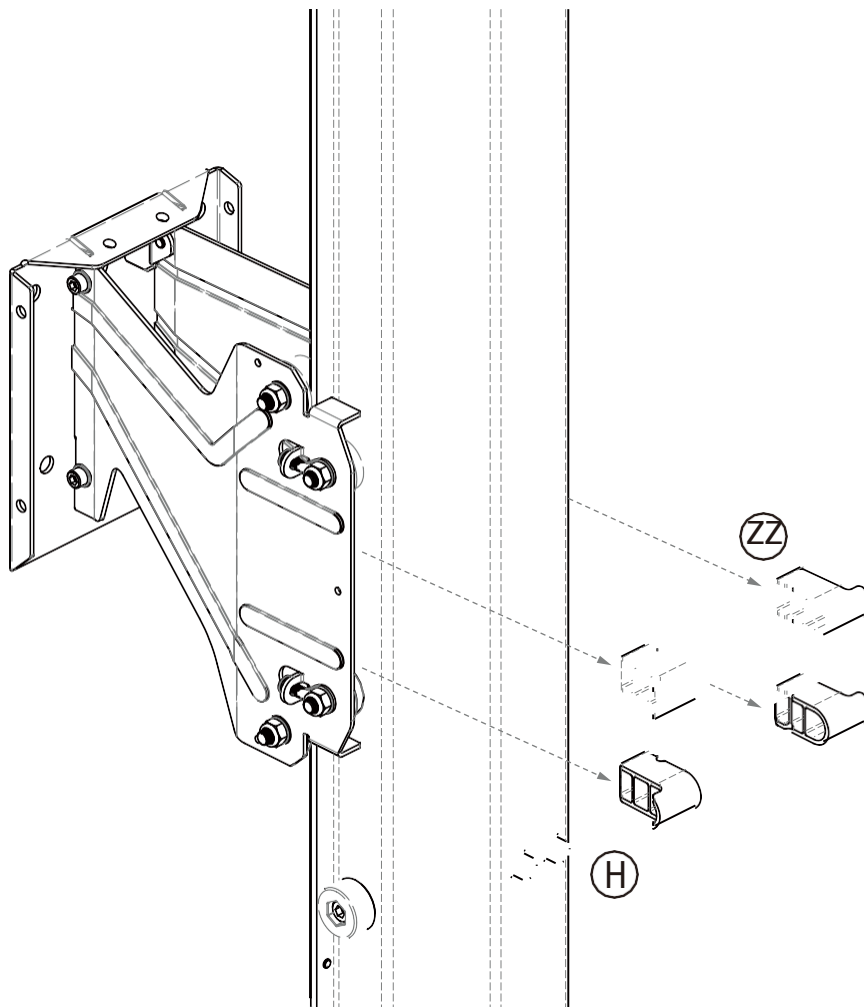
(3)

Fasteners:

Remove the temporary frame protector first, then insert the small cover.

ASSEMBLY INSTRUCTIONS

Step 7



Parts:

(H) E

Remove the temporary frame protector frst, then insert the small cover. Remove and discard ZZ. They are no longer needed.

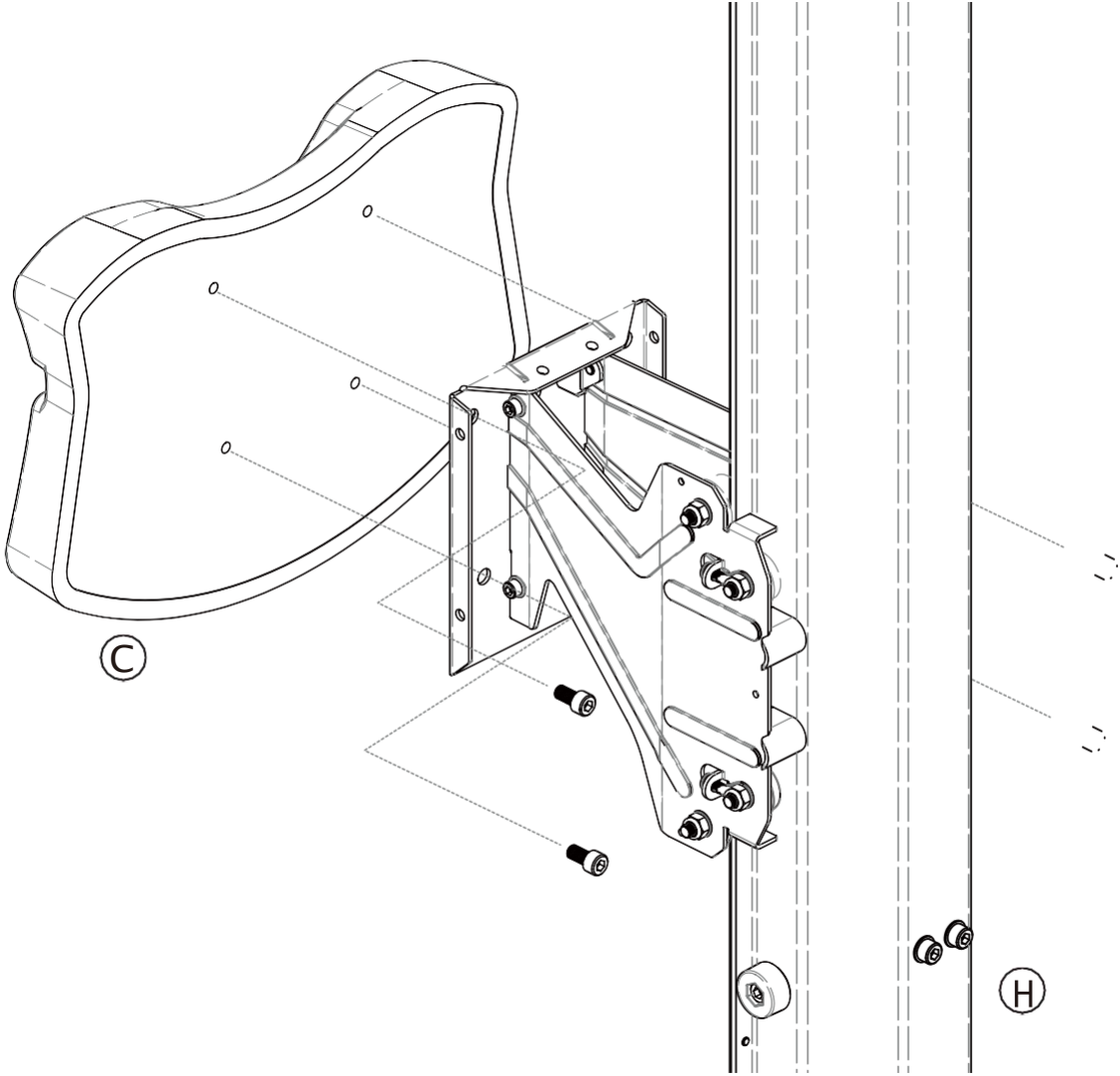
Tools:

3

Fasteners:

ASSEMBLY INSTRUCTIONS

Step 8



Parts:

(C) (H)

Tools:

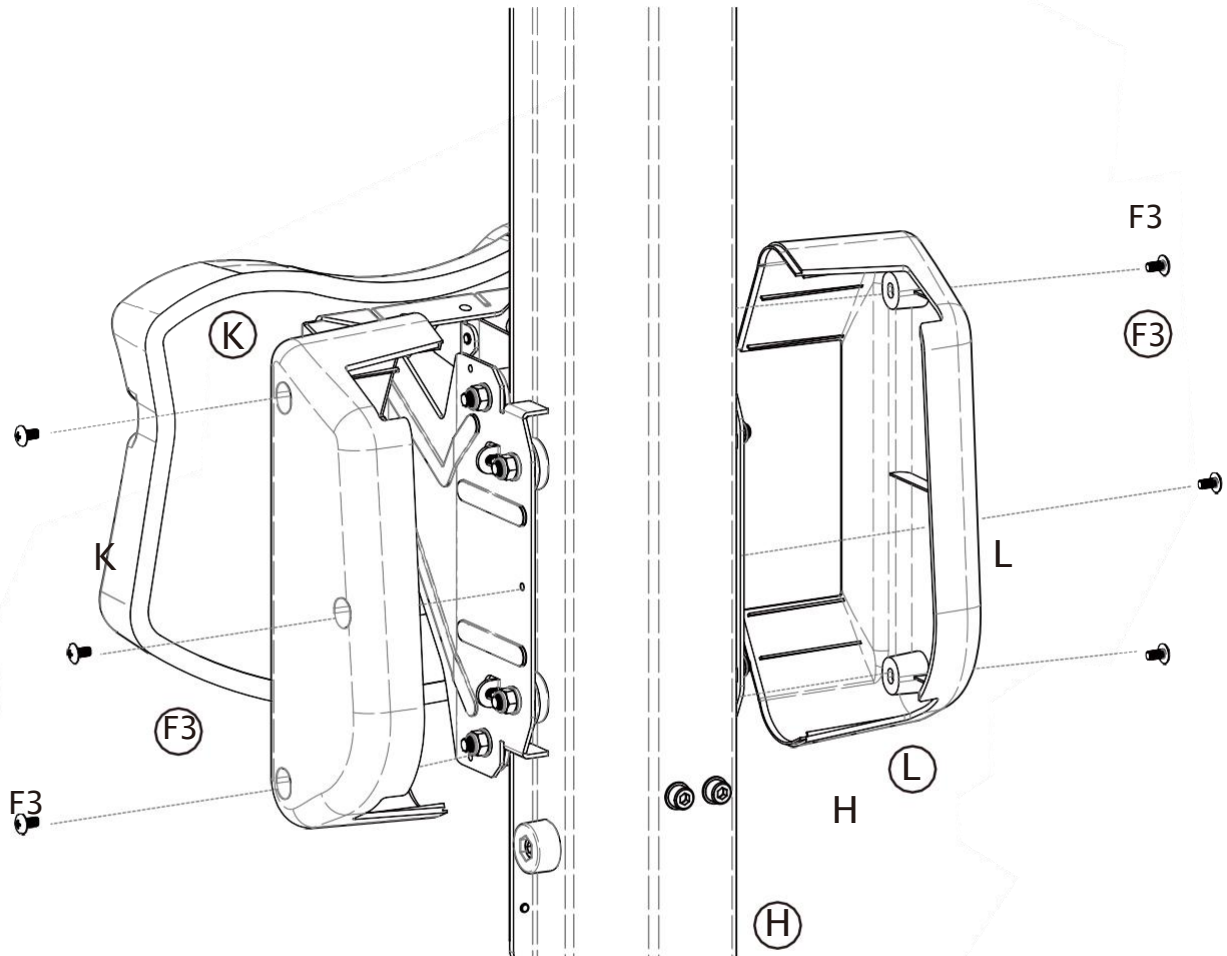
(3)

Fasteners

Pre-attached

ASSEMBLY INSTRUCTIONS

Step 9



Parts:

(H) (K) (L)

Tools:

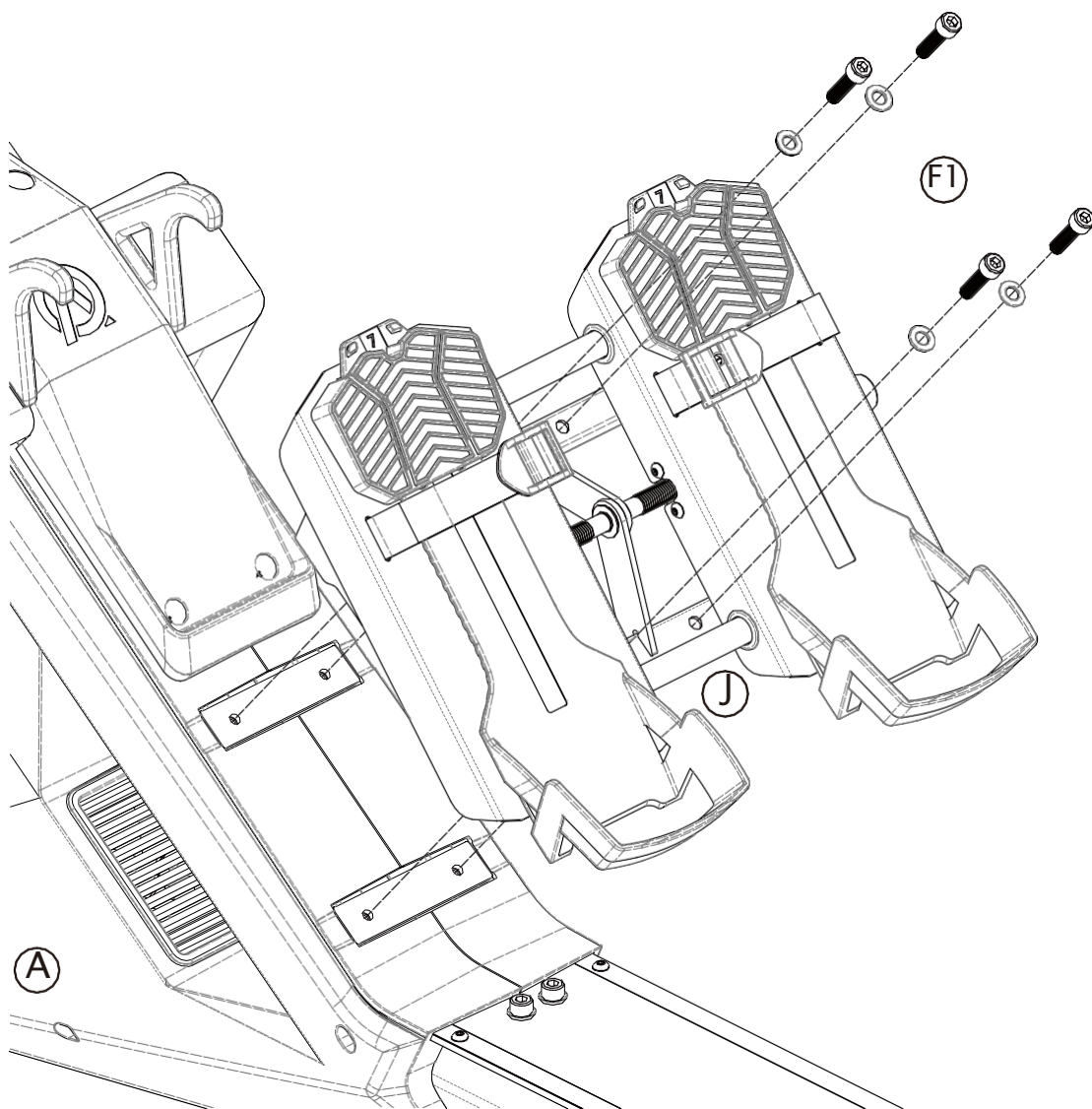
(1)

Fasteners

(F3) x 6

ASSEMBLY INSTRUCTIONS

Step 10



Parts:

(A) (J)

Tools:

(3)

Fasteners:

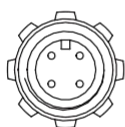
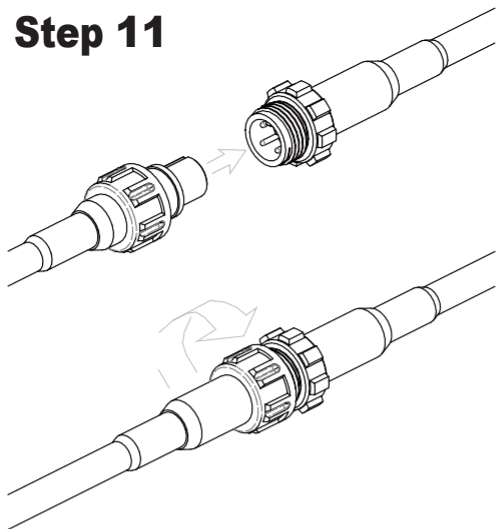
(F1)

Lower the rower before assembling the foot carriage. To adjust the width between your feet, turn the hand crank located on the right side.

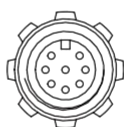
ASSEMBLY INSTRUCTIONS - B1

This is for the Touchscreen model. For the tablet holder "GO" model, turn to the next page.

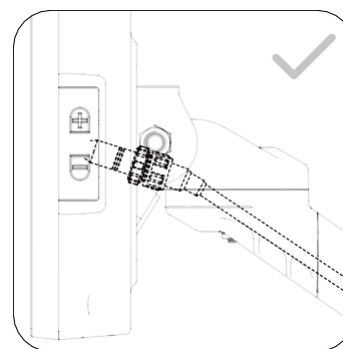
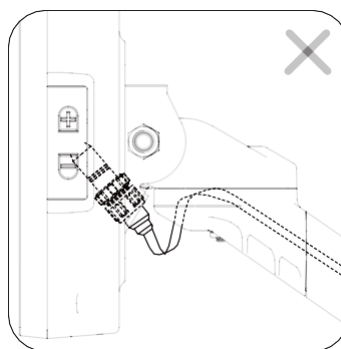
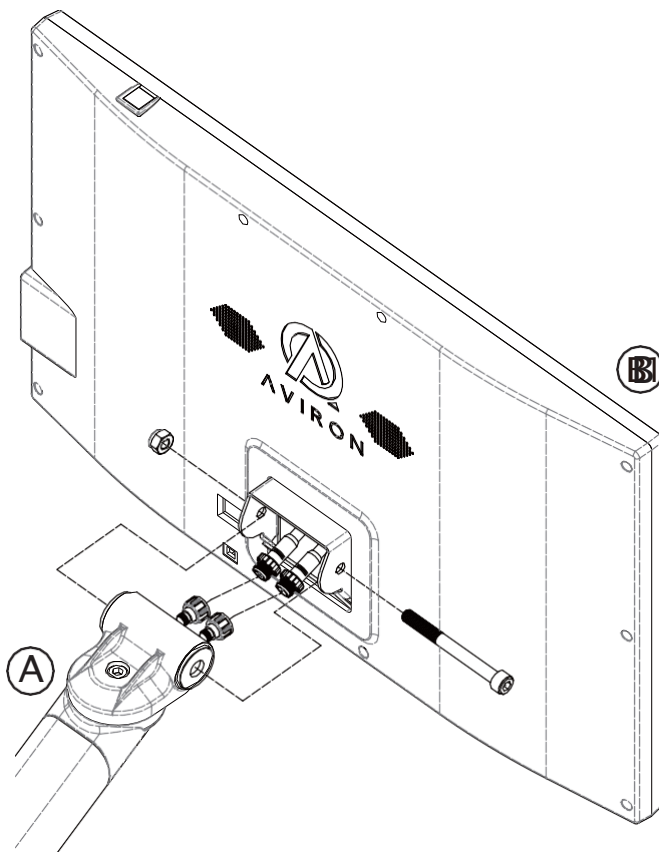
Step 11



4PINS



8PINS



Parts:



Tools:



Fasteners:

Pre-attached

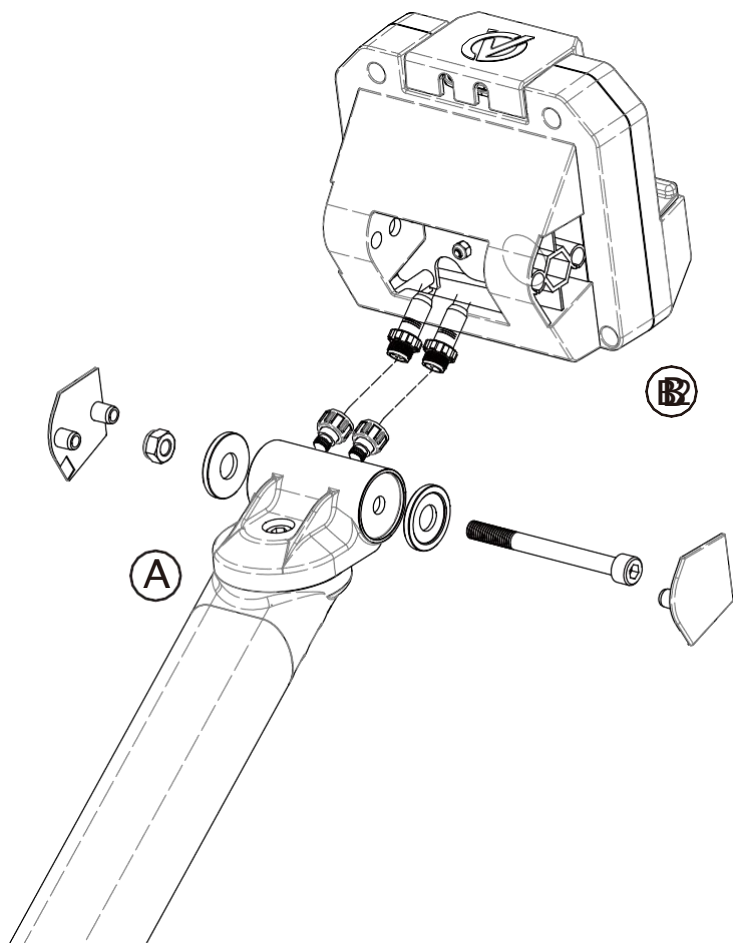
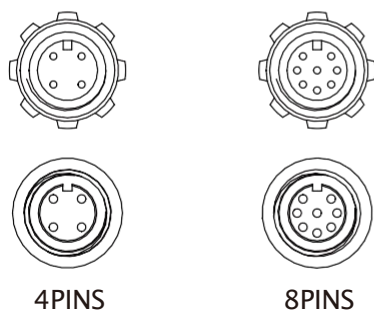
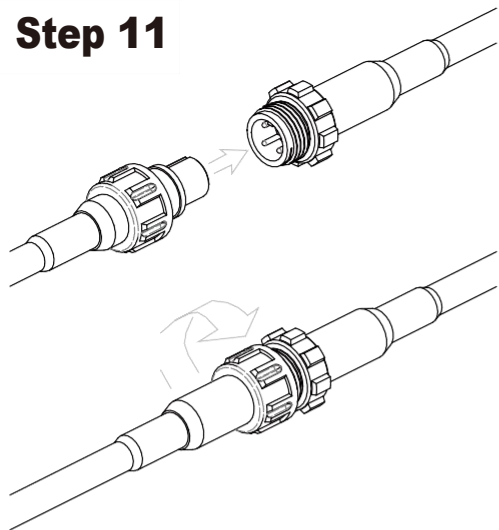
Washers go in between the rower arm and the bracket on the screen.
Secure the wires by attaching and twisting the connectors.

Only operate the screen when the arm is in the highest position.

ASSEMBLY INSTRUCTIONS - B2

This is for the Tablet holder "GO" model.

Step 11



Parts:



Tools:



Fasteners:

Pre-attached

Washers go in between the rower arm and the tablet holder. Secure the wires by attaching and twisting the connectors.

Only operate the tablet holder when the arm is in the highest position.