

**TCORX**  
FITNESS IN MOTION

# INSTRUCTION



# ROWER COMPACT



Rev : 00

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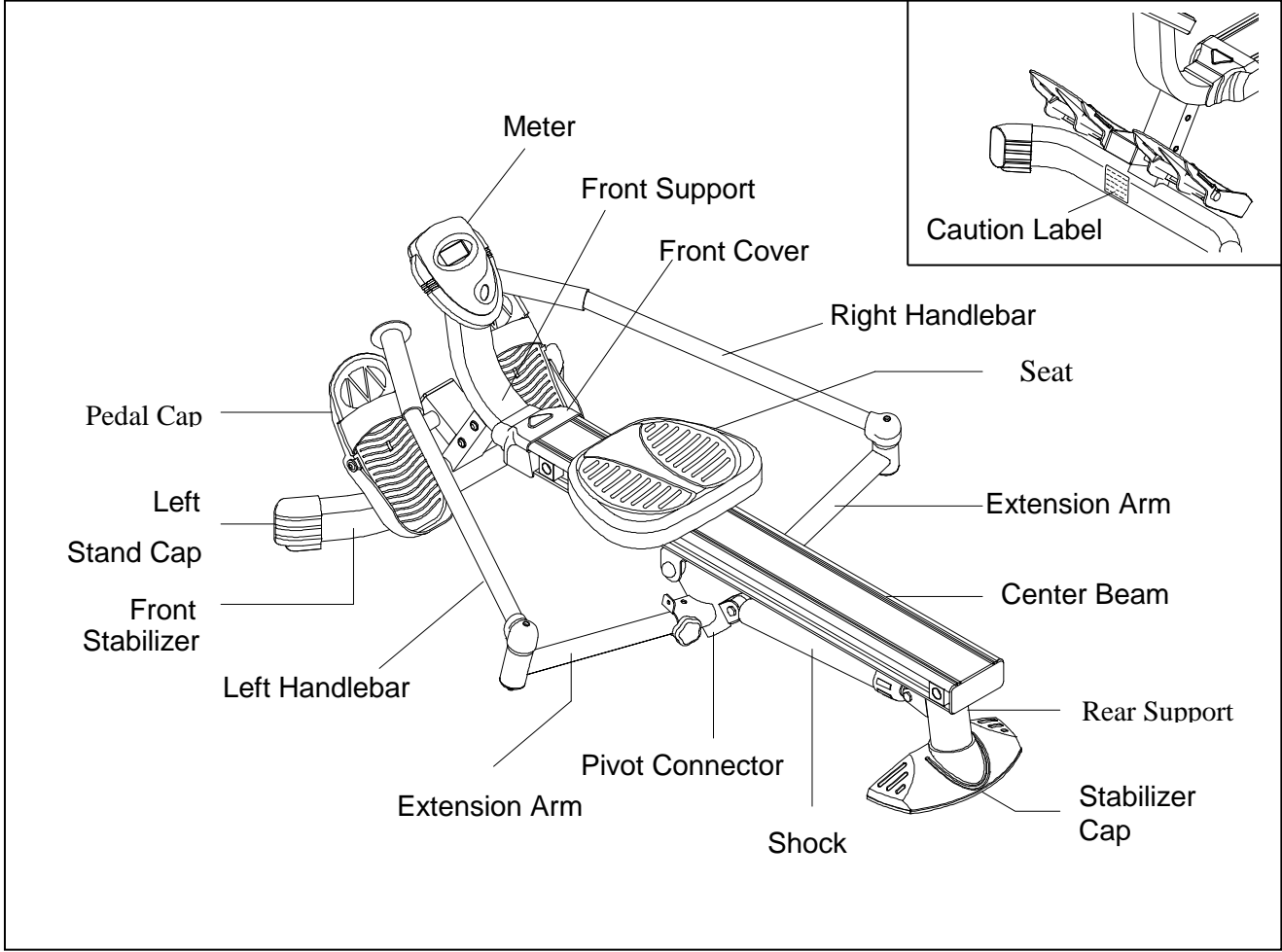
**BEFORE YOU BEGIN**

Thank you for choosing the **RowerMachine**. 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 **RowerMachine** 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 RowerMachine.



THE FOLLOWING TOOLS ARE REQUIRED FOR ASSEMBLY :

-  Allen Wrench (6mm)
-  Allen Wrench (6mm)
-  Wrench (13mm)

## ASSEMBLY INSTRUCTIONS

### STEP 1

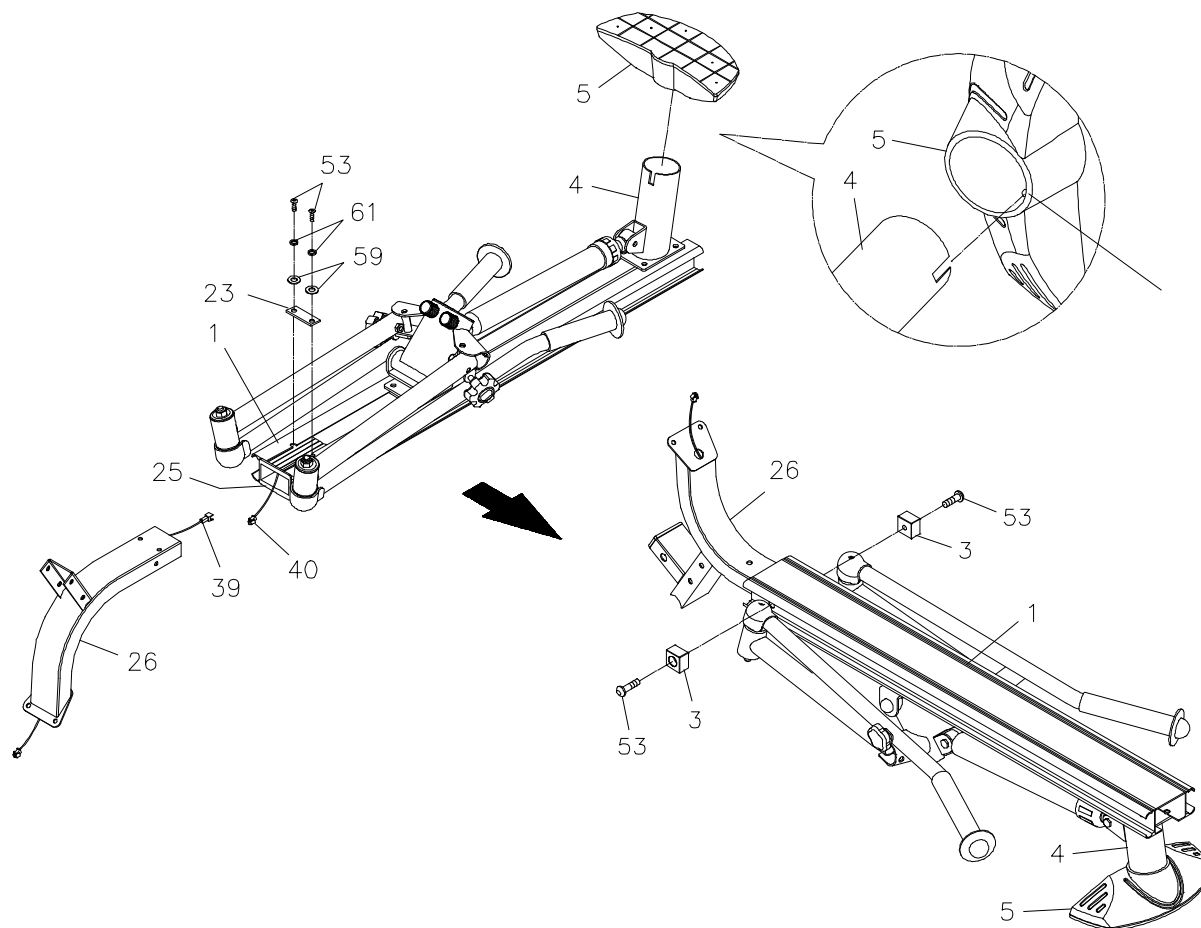
Lay the Main Frame Assembly on the floor as shown in the illustration. Now refer to the inset drawing. Make sure the Key Rib in the **STABILIZER CAP(5)** aligns with the slot in the **REAR SUPPORT(4)**, then press the **STABILIZER CAP(5)** onto the **REAR SUPPORT(4)**.

### STEP 2

Connect the **EXTENSION WIRE(39)** to the **SENSOR WIRE(40)**. Then insert the **FRONT SUPPORT(26)** into the **SLEEVE(25)** which is inside of the **CENTER BEAM(1)** and secure with the **SUPPORT PLATE(23)**, **BUTTON HEAD BOLTS(M8x1.25x25mm)(53)**, **LOCK WASHERS(M8)(61)**, and **WASHERS(M8)(59)**.

### STEP 3

Turn the Main Frame Assembly to the normal upright position. Attach the **SEAT STOPPERS(3)** to both Sides of the **CENTER BEAM(1)** with **BUTTON HEAD BOLTS(M8x1.25\*25mm)(53)**.



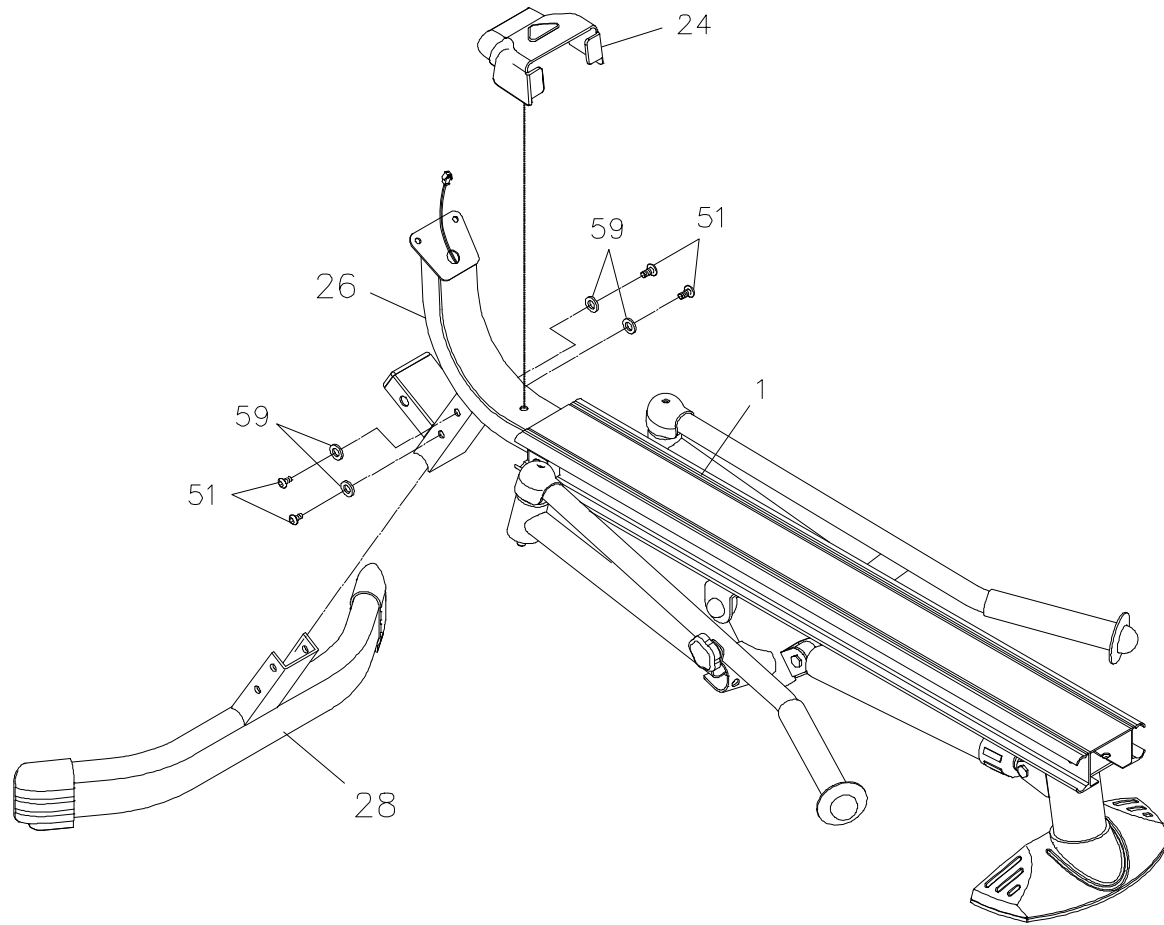
**ASSEMBLY INSTRUCTIONS**

**STEP 4**

Insert the Bracket on **FRONT STABILIZER(28)** into the **FRONT SUPPORT(26)** and secure with **BUTTON HEAD BOLTS(M8x1.25x15mm)(51)** and **WASHERS(M8)(59)**.

**STEP 5**

Press the **FRONT COVER(24)** onto the **FRONT SUPPORT(26)**.



## ASSEMBLY INSTRUCTIONS

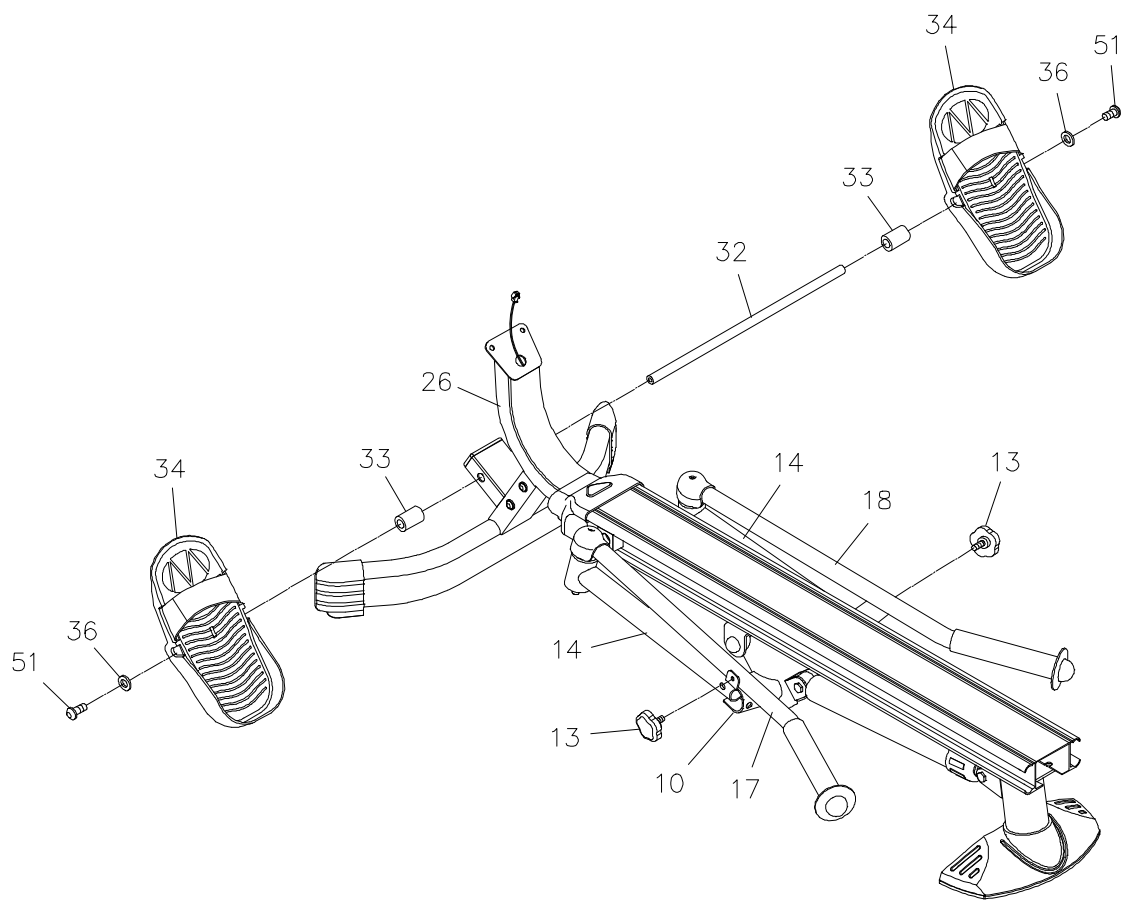
### STEP 6

Insert the **PEDAL SHAFT(32)** through holes located on the **FRONT SUPPORT(26)**. Slide a **PEDAL SPACER(33)** and a **PEDAL CAP(34)** onto each end of the **PEDAL SHAFT(32)**. Then secure the **PEDAL CAPS(34)** with **BUTTON HEAD BOLTS(M8x1.25x15mm)(51)** and **LARGE WASHERS(M8)(36)** at both ends of the **PEDAL SHAFT(32)**.

**NOTE:** You need to use two Allen Wrenches to tighten the **BUTTON HEAD BOLTS(M8x1.25x15mm)(51)** at both ends of the **PEDAL SHAFT(32)** at the same time.

### STEP 7

Remove the **LOCKING KNOBS(13)** from the **PIVOT CONNECTOR(10)**.



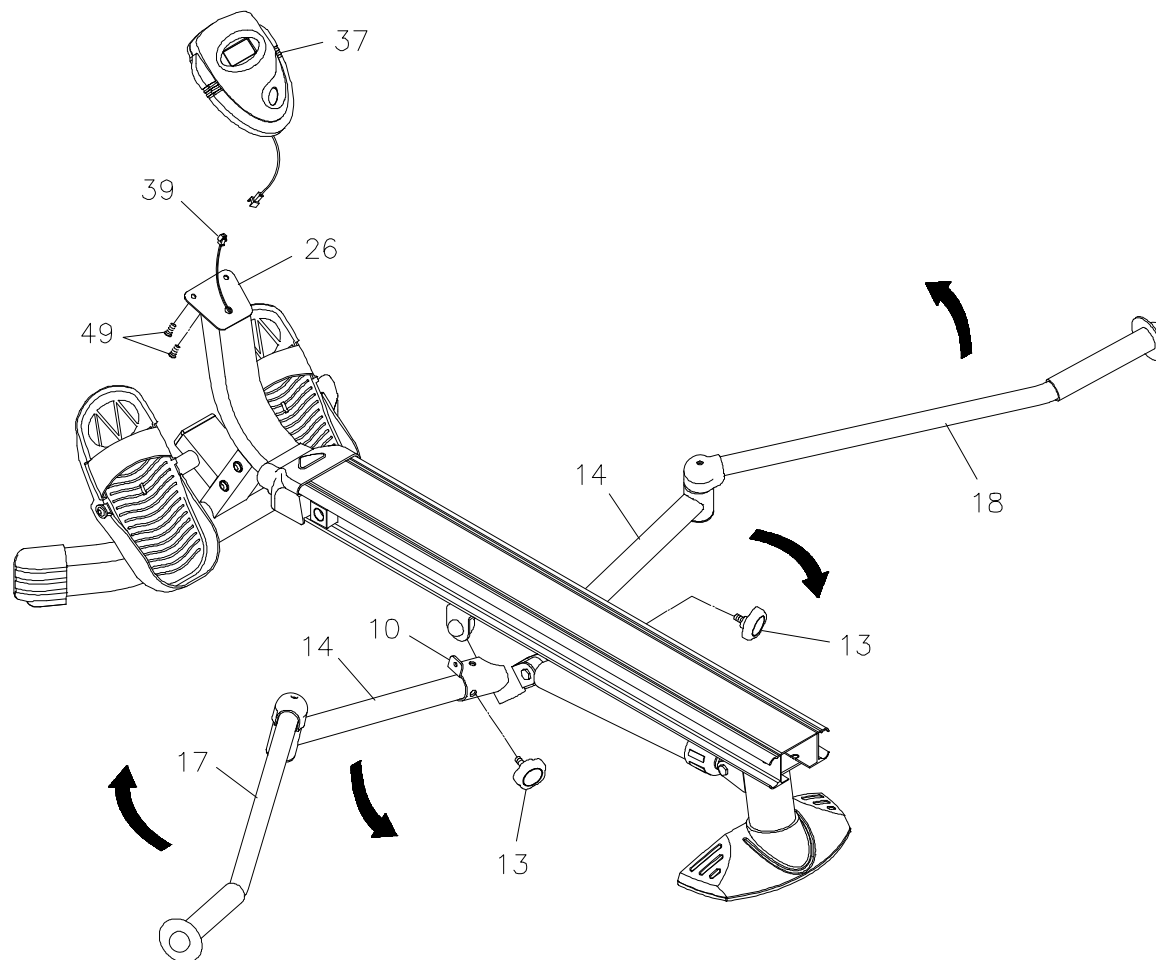
## ASSEMBLY INSTRUCTIONS

### STEP 8

Unfold the **HANDLEBARS(17, 18)** and the **EXTENSION ARMS(14)** as shown in the illustration. Attach the **EXTENSION ARMS(14)** to the **PIVOT CONNECTOR(10)** with the **LOCKING KNOBS(13)**.

### STEP 9

Install two AA batteries into the **METER(37)**. See page 12 for detailed battery installation instructions. Connect the **EXTENSION WIRE(39)** to the **METER(37)**. Attach the **METER(37)** to the plate on the **FRONT SUPPORT(26)** with **ROUND HEAD SCREWS(M5x0.8x12mm)(49)**.



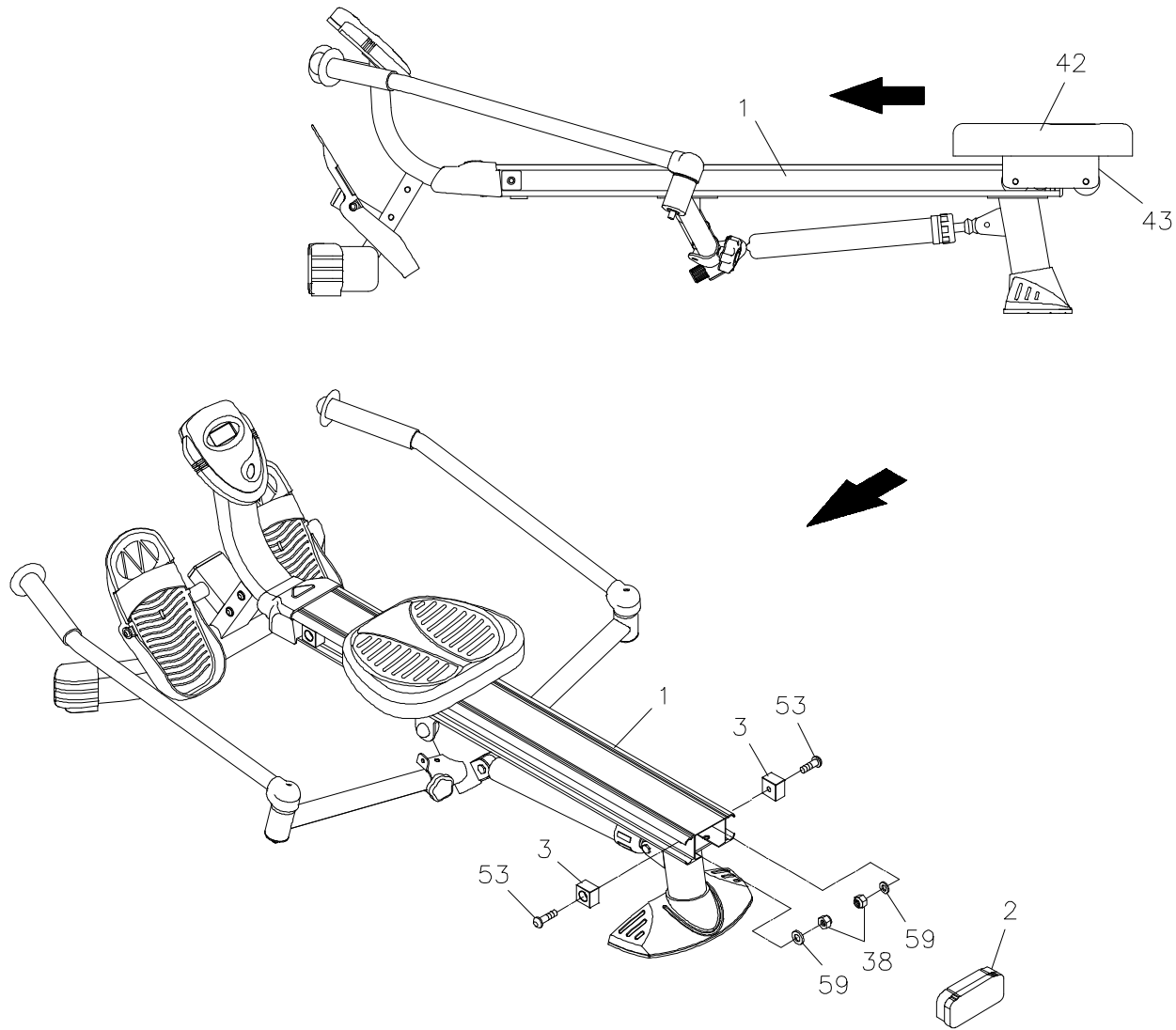
**ASSEMBLY INSTRUCTIONS**

**STEP 10**

Slide the **SEAT ASSEMBLY(42, 43)** into the **CENTER BEAM(1)**. Attach the **SEAT STOPPERS(3)** to the back end of the **CENTER BEAM(1)** with **BUTTON HEAD BOLTS(M8x1.25x25mm)(53)**, **WASHERS(M8)(59)**, and **NYLOCK NUTS(M8x1.25)(38)**.

**STEP 11**

Press the **CENTER BEAM CAP(2)** into the back end of the **CENTER BEAM(1)**.

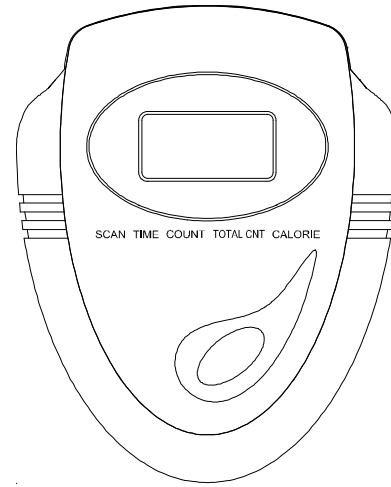


## OPERATIONAL INSTRUCTIONS

### USING THE FITNESS METER

**POWER ON** : Seat movement or press the button.

**POWER OFF** : Automatic shut off after four minutes of inactivity.



### MODE/RESET BUTTON:

Press to select display functions, include **SCAN**, **TIME**, **COUNT**, **TOTAL COUNT**, and **CALORIE**. Press and hold for four seconds to reset all functions to zero, except **TOTAL COUNT**.

### Functions:

**SCAN**: Automatically scans each function of **TIME**, **COUNT**, **TOTAL COUNT**, and **CALORIE** in sequence with a change every six seconds.

**TIME**: Displays the elapsed time from 1 sec up to 99:59 minutes.

**COUNT**: Displays the total number of rows you have taken from zero to 9999 rows.

**TOTAL COUNT**: Displays the total accumulated number of rows you have taken from zero to 9999 rows. The total accumulated rows is retained when the meter is turned off.

**CALORIE**: Displays the calorie consumption from zero to 9999 cal. The calorie readout is an estimate for an average user. It should be used only as a comparison between workouts on this unit.

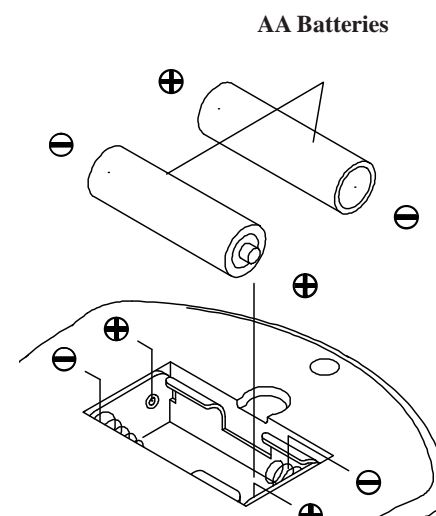
**NOTE**: The **TOTAL COUNT** will be reset to zero after batteries are removed for battery replacement or storage of the unit.

### HOW TO INSTALL AND REPLACE BATTERIES:

1. Open the Battery Door on the back of the meter.
2. The meter operates with two AA batteries. Refer to the illustration to install or replace the batteries.

### NOTE:

1. Do not mix a new battery with an old battery.
2. Use the same type of battery. Do not mix an alkaline battery with another type of battery.
3. Rechargeable batteries are not recommended.



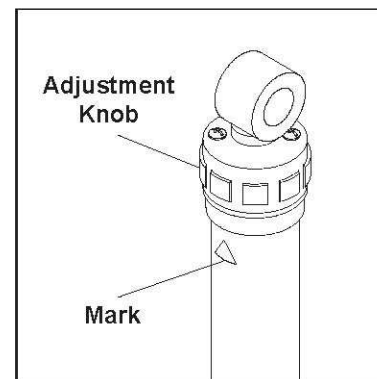


## OPERATIONAL INSTRUCTIONS

### LOAD ADJUSTMENT

The resistance of the shocks can be adjusted by twisting the adjustment knob at the top of the shocks. There are settings from 1 to 12. Setting #1 will provide the lowest resistance. Setting #12 will provide the highest resistance.

**CAUTION:** The shocks get **HOT** after a few minutes of use.



## STORAGE

1. To store the **Rower Machine** , simply keep it in a clean dry place.
2. To avoid damage to the electronics meter, remove the batteries before storing the **Rower Machine** for one year or more.
3. Grasp the Front and Rear Stabilizer to move the **Rower Machine** . Do not use the Seat to move the **Rower Machine** . The Seat will move and the Seat Carriage may pinch your hand or fingers

### Folding the Rower Machine

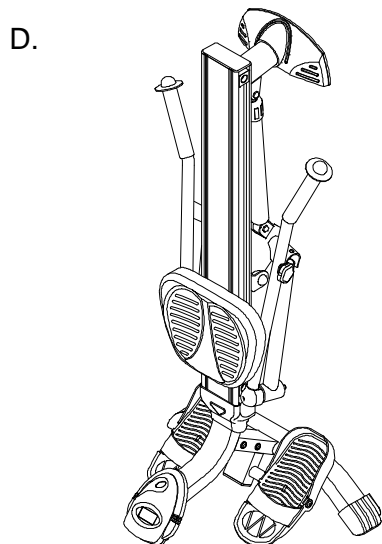
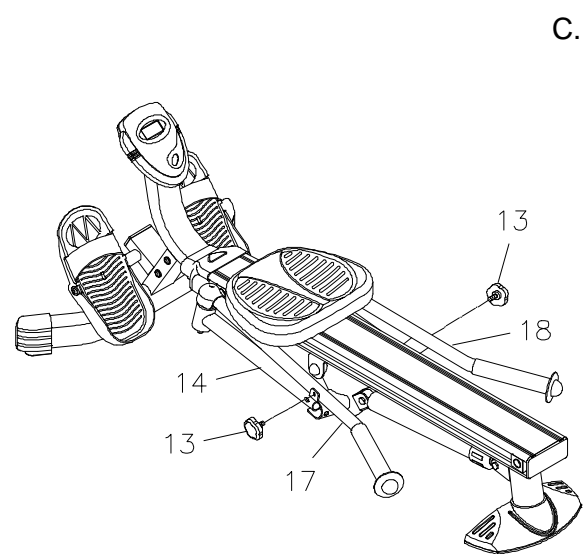
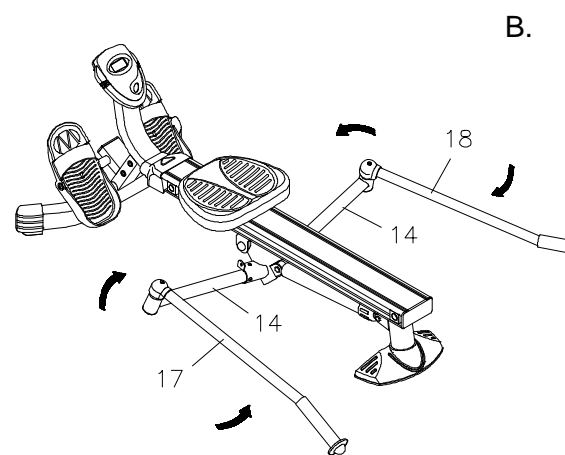
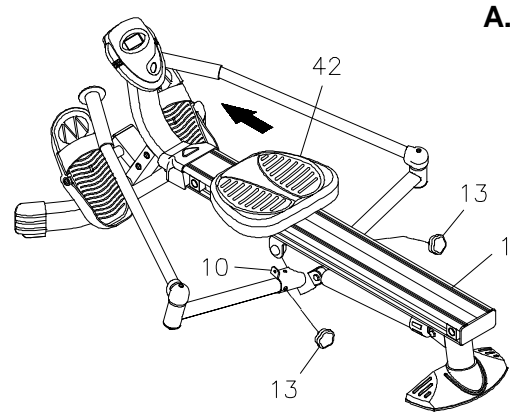
Follow the following process to fold The **Rower Machine** as illustrated for easy storage.

A. Slide the **SEAT(42)** to the front end of the **CENTER BEAM(1)**. Remove the **LOCKING KNOBS(13)** from the **PIVOT CONNECTOR(10)**.

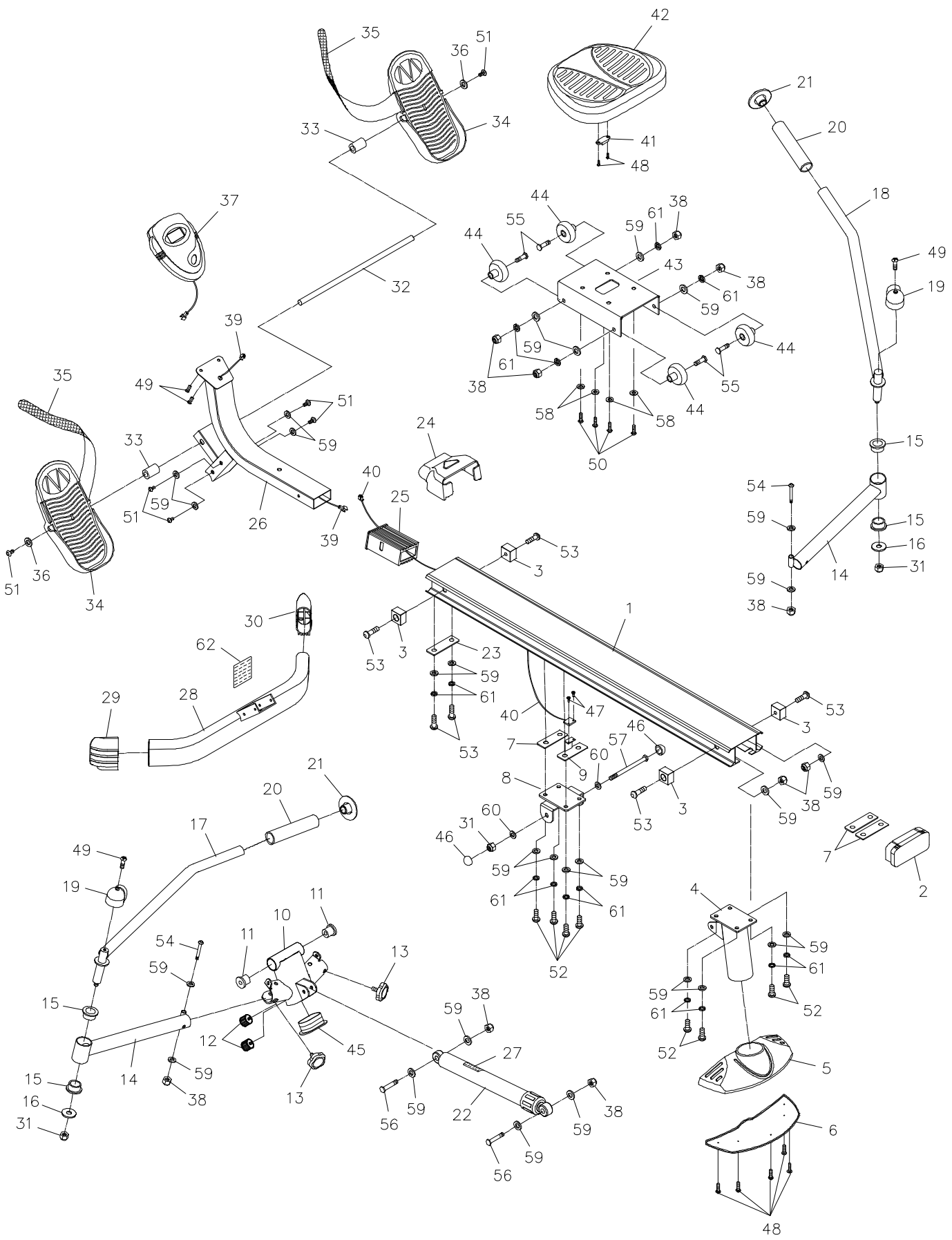
B. Swing the **LEFT** and **RIGHT HANDLEBARS(17, 18)** Backward. Then fold the **EXTENSION ARMS(14)** to front.

C. Lock the handlebars in the folded position by screwing the **LOCKING KNOBS(13)** onto the **PIVOT CONNECTOR(10)**. Now, you can store the **Rower Machine** in the place you want.

D. Refer to illustration D. You can stand the **Rower Machine** on end for storage.



**PRODUCT PARTS DRAWING**



**PARTS LIST**

PART#	PART NAME	QTY
1	Center Beam	1
2	Center Beam Cap	1
3	Seat Stopper	4
4	Rear Support	1
5	Stabilizer Cap	1
6	Stabilizer Pad	1
7	Threaded Support Plate	3
8	Handlebar Support	1
9	Sensor Support Plate	1
10	Pivot Connector	1
11	Pivot Bushing	2
12	Bumper Knob	2
13	Locking Knob	2
14	Extension Arm	2
15	Extension Arm Bushing	4
16	Large Washer (3/8")	2
17	Left Handlebar	1
18	Right Handlebar	1
19	Securing Cap	2
20	Foam Grip	2
21	Handlebar Cap	2
22	Shock	1
23	Support Plate	1
24	Front Cover	1
25	Sleeve	1
26	Front Support	1
27	Shock Caution	1
28	Front Stabilizer	1
29	Left Stand Cap	1
30	Right Stand Cap	1
31	Nylock Nut (3/8" - 16)	3
32	Pedal Shaft	1
33	Pedal Spacer	2
34	Pedal Cap	2
35	Pedal Strap	2
36	Large Washer (M8)	2
37	Meter	1
38	Nylock Nut (M8 x 1.25)	10
39	Extension Wire	1
40	Sensor Wire	1
41	Magnet	1
42	Seat	1
43	Seat Carriage	1
44	Roller	4
45	Oval Plug (40 x 80mm)	1
46	Nut Cap (3/8")	2
47	Screw, Round Head (M3.5 x 12mm)	2

## PARTS LIST

PART#	PART NAME	QTY
48	Screw, Round Head (M3.5 x 15mm)	7
49	Screw, Round Head (M5 x 0.8 x 12mm)	4
50	Bolt, Round Head (M6 x 1 x 14mm)	4
51	Bolt, Button Head (M8 x 1.25 x 15mm)	6
52	Bolt, Button Head (M8 x 1.25 x 20mm)	8
53	Bolt, Button Head (M8 x 1.25 x 25mm)	6
54	Bolt, Button Head (M8 x 1.25 x 55mm)	2
55	Bolt, Hex Head (M8 x 1.25 x 32mm)	4
56	Bolt, Hex Head (M8 x 1.25 x 41mm)	2
57	Bolt, Hex Head (3/8" - 16 x 4 7/8")	1
58	Washer (M6)	4
59	Washer (M8)	28
60	Washer (3/8")	2
61	Lock Washer (M8)	14
62	Caution Label	1
63	Allen Wrench (6mm)	2
64	Wrench (13mm)	1
65	Owner's Manual	1



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