

## **USER MANUAL**

### **ASHWOOD FOLDABLE WATER ROWER**

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## **SAFETY INSTRUCTIONS**

1. Please install this product as outlined in the instruction manual.
2. Before exercising, consult a doctor or medical physician to ensure you are fit for strenuous physical activity, such as that which comes from using this product.
3. Should you feel sick, dizzy or incur any sort of pain or discomfort when using this exercise machine, stop exercising immediately and consult a doctor if necessary.
4. This product is not suitable for children. Children should be supervised at all times when in or around the vicinity of this exercise machine.
5. It is important to regularly maintain this product and ensure that all of its internal and external parts are functioning correctly before each use.
6. Always use this product on an even stretch of ground that is free from objects and other people.
7. Please use this product carefully. Should you ever hear unusual sounds coming from this machine or notice anything unusual in regards to its functionality, please stop using it right away.
8. Do not wear loose clothing or jewellery when using this exercise machine. Doing so risks injury or damage to the machine, as objects can get caught in the internal mechanism.
9. This product is designed for indoor use only.
10. Please do not exceed the maximum recommend weight for this machine: 265lb.



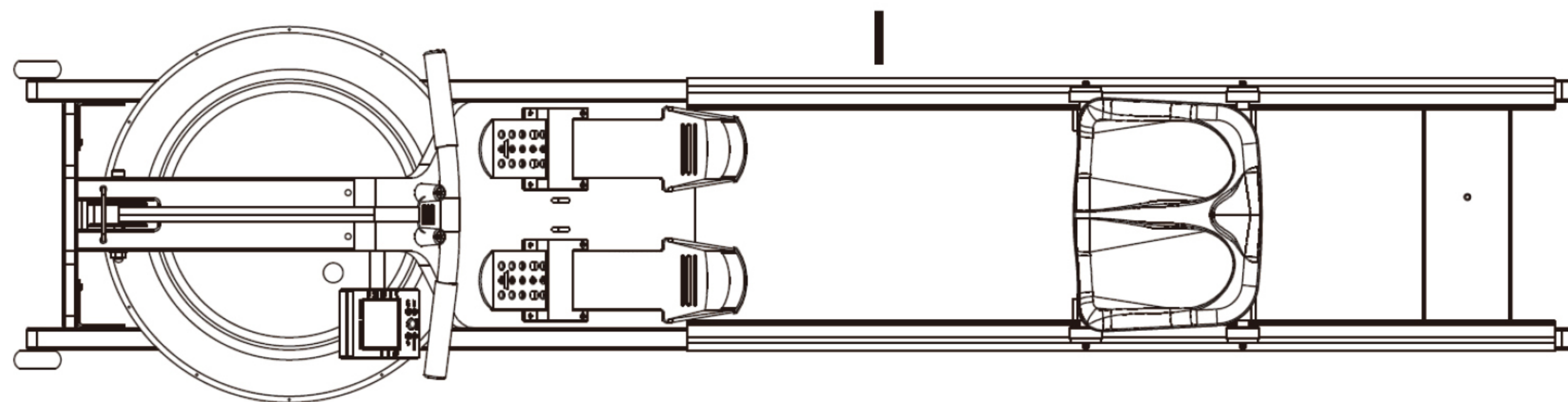
## Warm Up

It is important to always warm up before using this exercise device. A proper warm up will promote circulation to the muscles, which in turn reduces the risk of injury incurred from exercising. Be sure to repeat the warm up after you have finished exercising. This will loosen any muscles which may have been particularly challenged during physical activity and will further decrease the risk of injury as well as cramping.

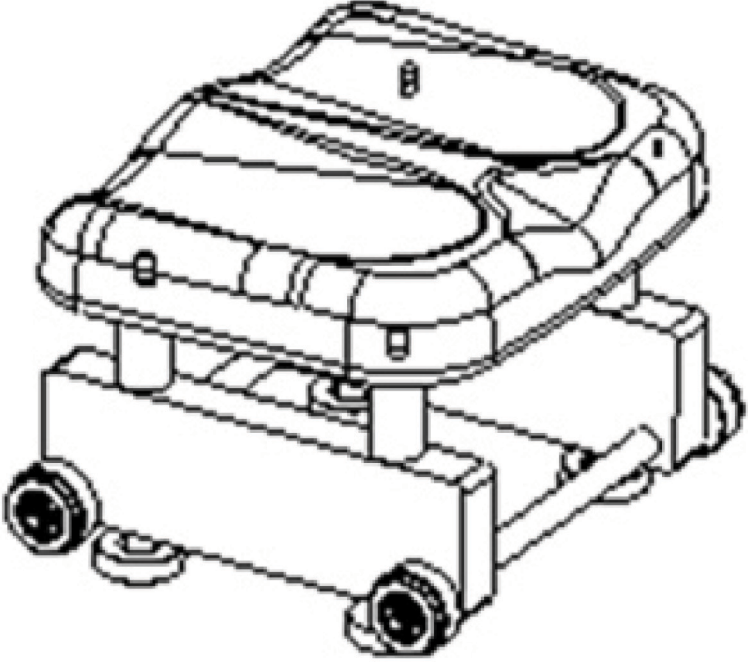

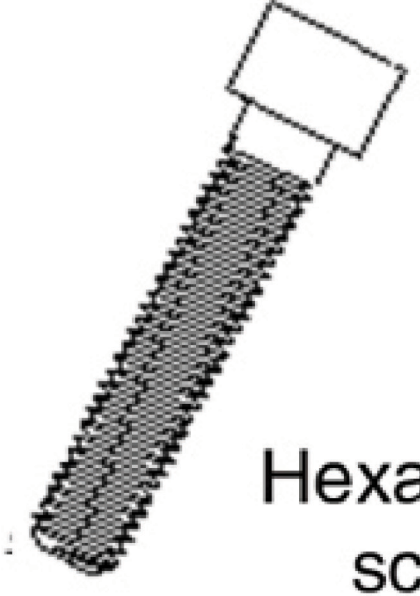

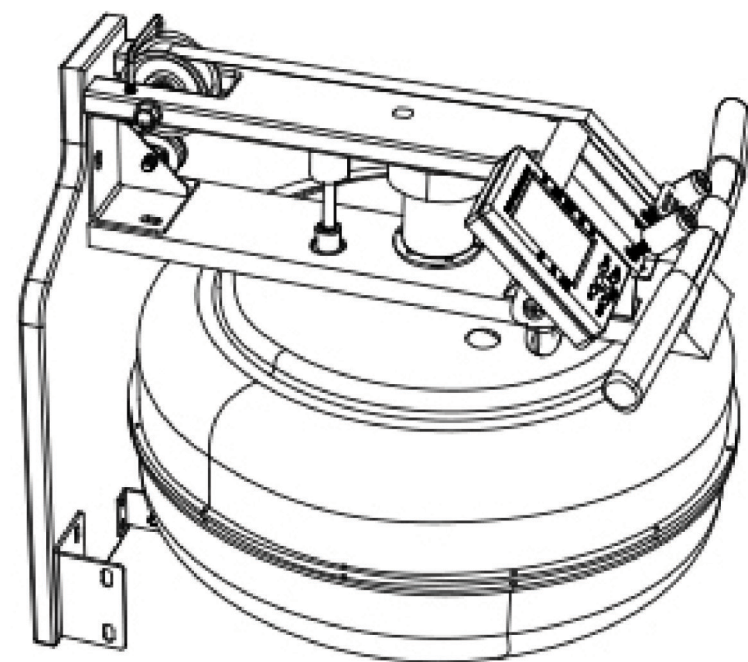

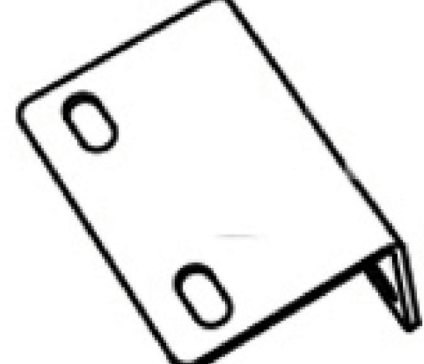

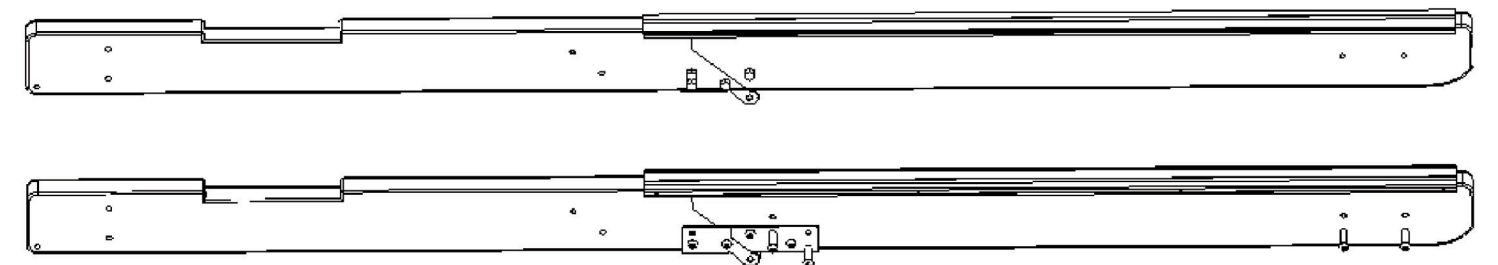
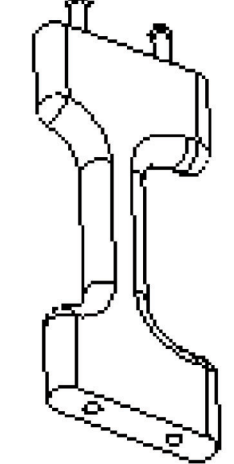
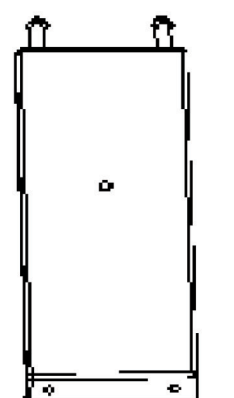
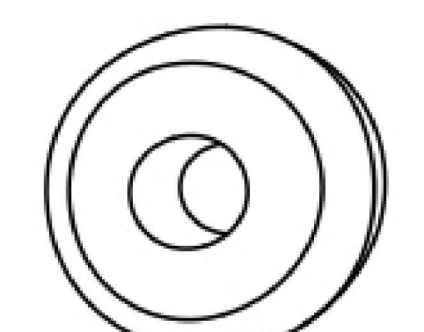

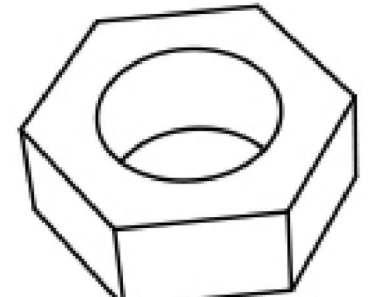
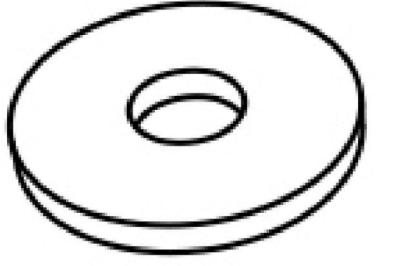
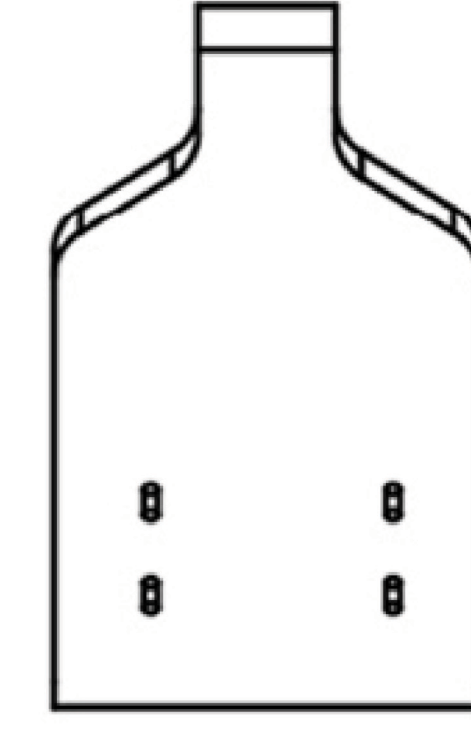
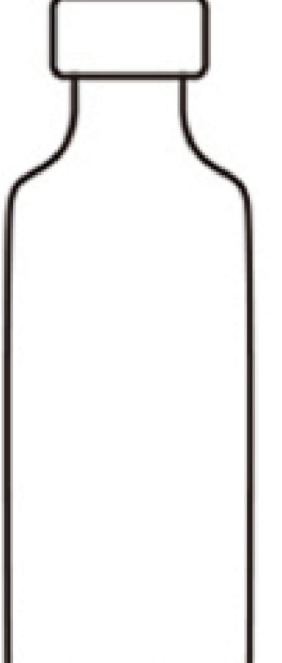
## Included Parts

This package contains the main body of the rowing machine and the water pump.

the main body of the  
rowing machine



## List of Parts

1  x 1	2 Handle  x 2	3 M8x65mm Hexagonal screw  x 4	4 M8x40 mm Cross flat base screw  x 2
5  x 1	6 LCD Monitor  x 1	7 Connector Joint  x 2	8 M8x40mm Half round socket head cap screw  x 18
9 Guide Rail  x 1	10   x 1	11 Front Roller  x 4	
12  x 1	13 Locknut  x 26	14 Washer  x 36	
15 Foot Plate  x 1	16 Aqua Blue  x 1		



## Installation

**IMPORTANT:** Please do not untie or unravel the rower handle or pulley from the main body of the rower until instructed to do so in the following steps. (Fig 1)



FIG 1.

**Step 1:** Use two M8 x 40mm socket head cap screws (8) to connect the centre joint connector (10) to both guide rails. Secure with washers and bolts. (Fig 2)  
Repeat this step with the second joint connector at the lower end of the rower. (Fig 3)



FIG 2.



FIG 3.

**Step 2A:** Place two washers and one wheel onto a M8 x 65mm hexagonal screw (3). Push the screw through the hole at the end of the rower and secure with a washer and locknut. It is important that the wheels are positioned on the outside of the rower. (Fig 4)

Repeat this process 3 more times, so there are two wheels at each end of the rower.



FIG 4.

**Step 2B:** Be careful not to over tighten the wheels. They should be secure, yet should still be able to spin freely.

**Step 3A:** Remove the screws from the rubber seat stoppers on both sides of the guide rail. (Fig 5)

**Step 3B:** Carefully slide the seat onto the guide rail and move it to the end of the rail. (Fig 6)

**Step 3C:** Reattach the rubber stoppers on either side and secure them with the Allen key.



FIG 5.

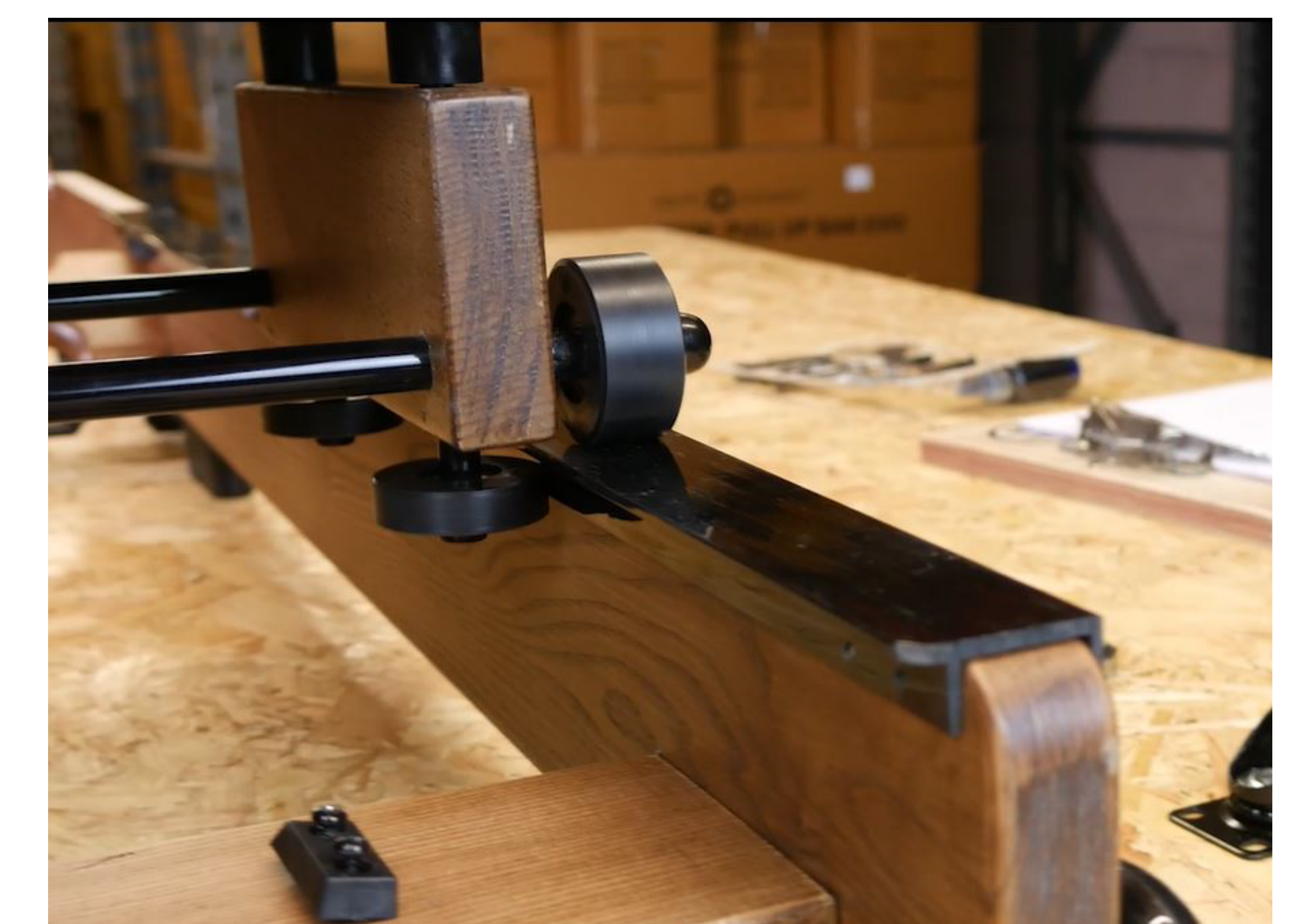


FIG 6.





FIG 7.

**Step 4A:** Next, remove the sticker tape from the black strips and connect the water tank to the guide rails by placing it gently onto the black strips.

FIG 8.

**Step 4B:** Use 2 x M8 x 40mm cap screws (8) with washers and locknuts to secure the water tank in place. (Fig 8)



**Step 5A:** Gently pull down on the elastic pulley cable in front of the handle and keep it firmly in your hand. With your other hand, cut and remove the plastic cable tie around the handle. Continuing to hold the pulley cable with tension, carefully unravel it from the rower. (Fig 9)



FIG 9.

**Note:** It is important to maintain a level of tension on the rope as you unwind it from the machine.

**Step 5B:** Guide the cable through the joint connector at the middle of the rower and under the seat until you reach the joint connector at the end of the rowing machine.

Attach the cable to the metal hook underneath the joint connector. (Fig 10)



FIG 10.

**Step 6A:** Use 2 x M8 40mm cap screws (8) to connect the corner joint to the guide rail. Secure in place with washers and locknuts. Repeat this step on the other side of the rail. (Fig 11)



FIG 11.

**Step 6B:** Unscrew the locknut and washer and remove them from the two screws located on the main body of the rower. (Fig 12)

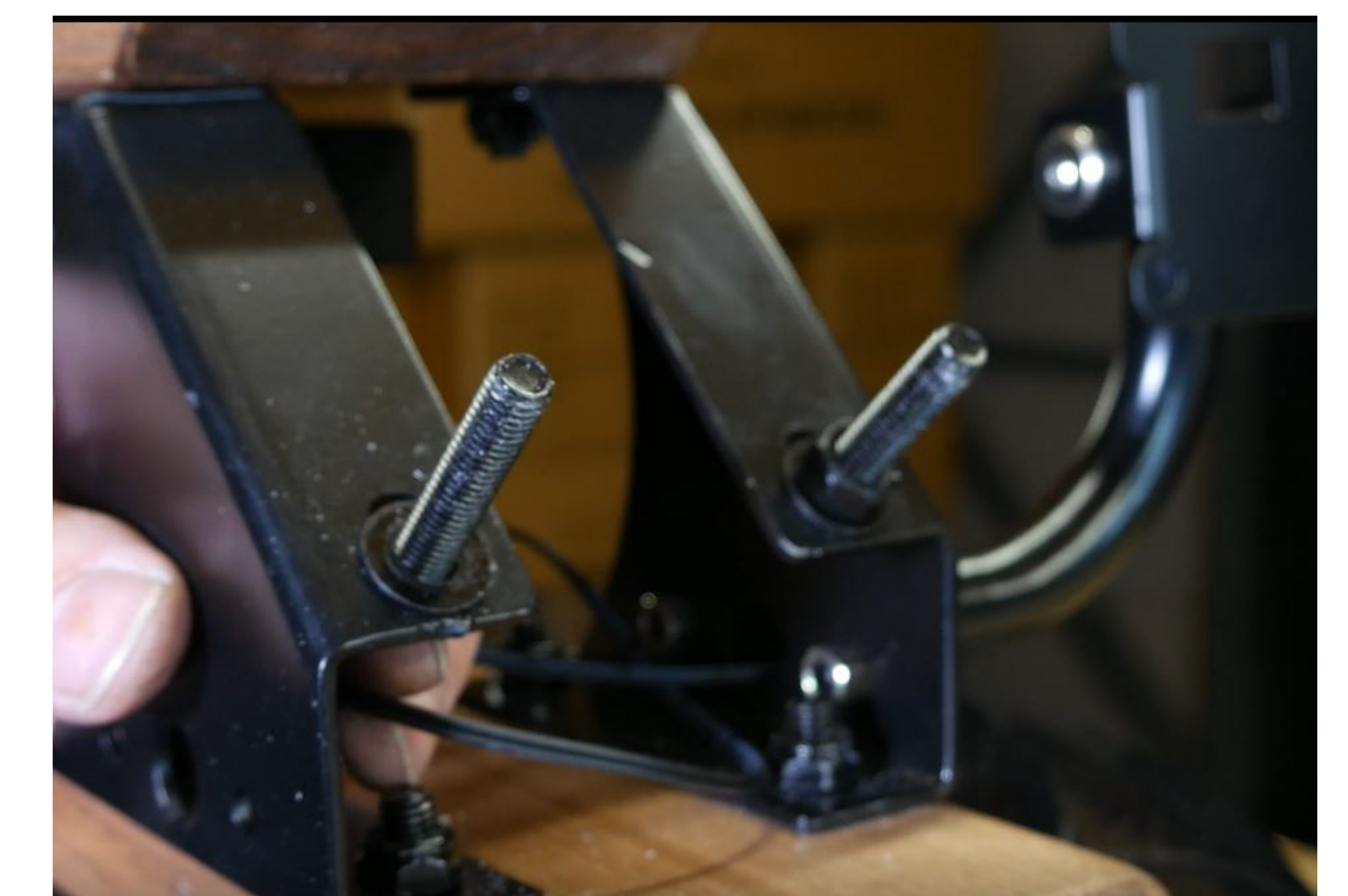


FIG 12.





**Step 6C:** Position the foot plate onto the screws and secure it in place with a washer and locknut. (Fig 13)

FIG 13.

**Step 6D:** Cover the foot plate screws with two handle holders (2). These are designed to support the rower handle. (Fig 14)

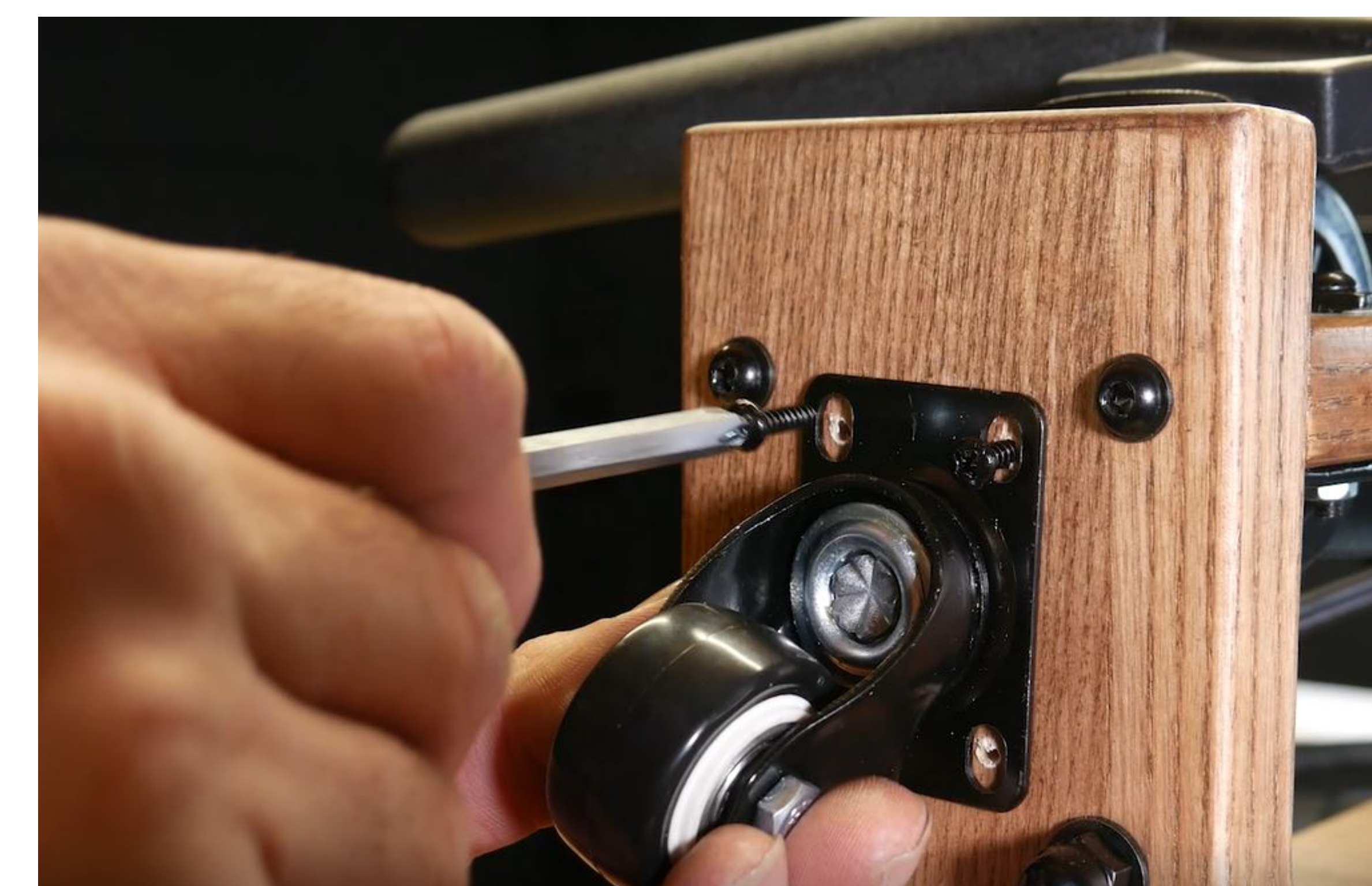


FIG 14.



**Step 6E:** Use two M8 x 40mm cap screws (8) and two M8 x 40mm cross flat base screws (4) to connect the lower end of the foot plate to the corner joint. (Fig 15)

FIG 15.



**Step 7:** Fix the wheel to the bottom of the rower using 4 small screws. This will allow for easy transport of the rower when it is in a folded state. (Fig 16)

FIG 16.

**Step 8A:** Next, get the LCD monitor and remove the four screws at the back of the machine. Make sure to insert the batteries prior to installation. (Fig 17)  
Note: Required batteries: 2 x AA | Batteries not included

**Step 8B:** To install the monitor, position it against the monitor mount on the rowing machine and secure it with the four small screws that had been removed in the previous step. Finally, connect the power cable and secure any loose leads with cable ties provided. (Fig 18)



FIG 17.



FIG 18.



**NOTE:** It is important to regularly check the tightness of screws and bolts in this exercise machine. If any screws happen to be loose, please secure them tightly before exercising.

For further information on setting up your new Ashwood Foldable Water, please watch our set up guide video on the RPM Power® website or contact us at [info@rpmpower.com](mailto:info@rpmpower.com).

### Storage

To easily fold and store your water rower, unclasp the clips at the side of the guide rails on both sides, grasp the centre joint connector and lift upwards.

When storing the rowing machine vertically, please ensure it is left in a stable position where it is not at risk of falling. Store the machine in a cool, dry place. If left unused for a longer period of time, be sure to check the tightness and security of all parts before using the machine again.

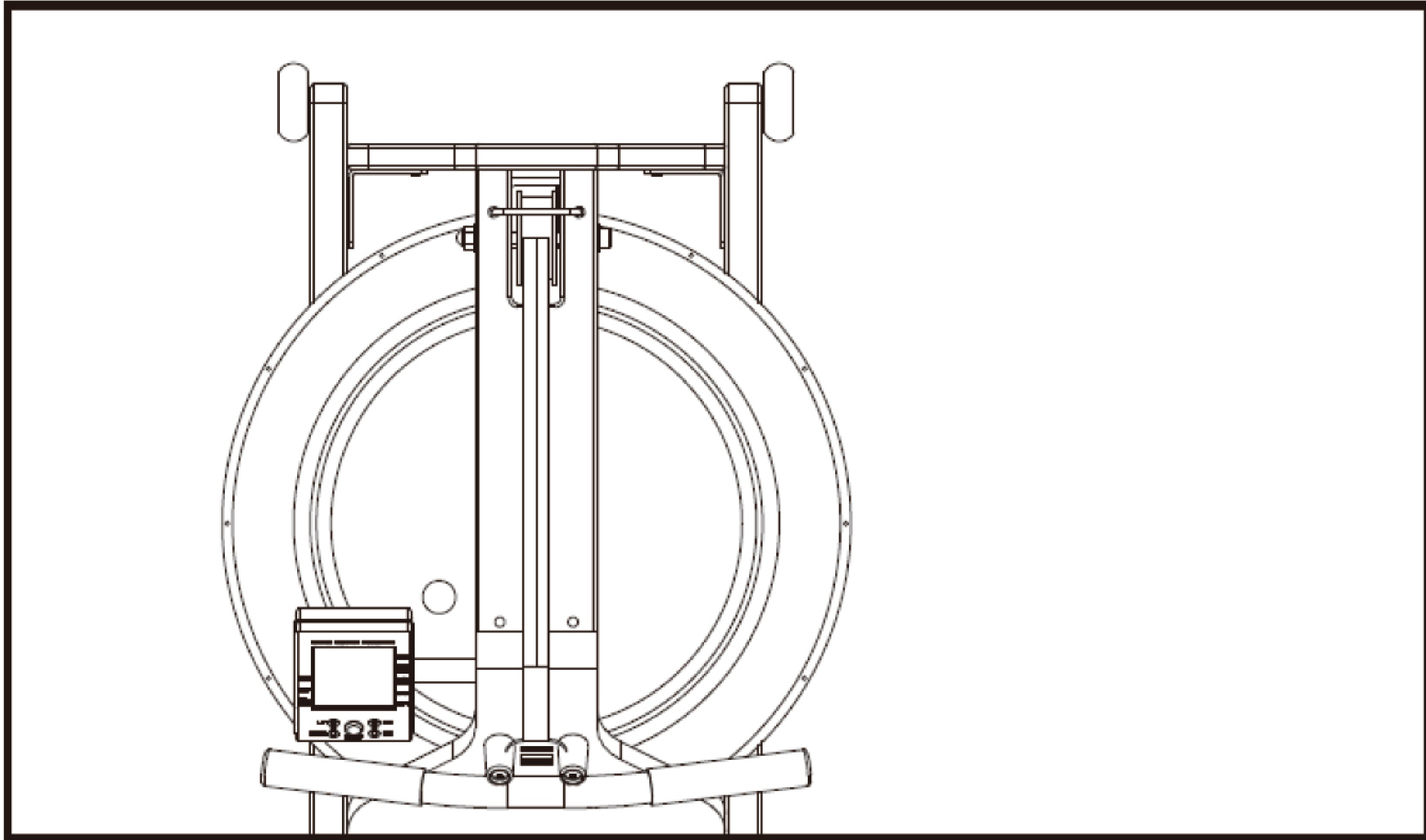
### Precautions

#### Before Use

Always check the seat wheels and guide rail for dirt and dust before sitting on the rowing machine. Small pieces of material like this can prevent the wheels from rotating and can cause damage to the machine. Maintain your rowing machine by cleaning it regularly and avoid any build-up of dust.

### Adaptive resistance water tank

The adaptive resistance water tank provides a high level of resistance when using this rowing machine. The resistance created is determined by the speed of the person rowing combined with the quantity of water in the tank.



### Water insertion

- Step 1: Remove the rubber plug from the top of the water tank.
- Step 2: Place a large bucket of water next to the rowing machine. Insert the water pump outlet into the water tank and place the other end of the hose into the bucket of water.
- Step 3: Use the water pump to fill up the water tank. Use the water level metre on the water tank to ensure you don't overfill the tank.

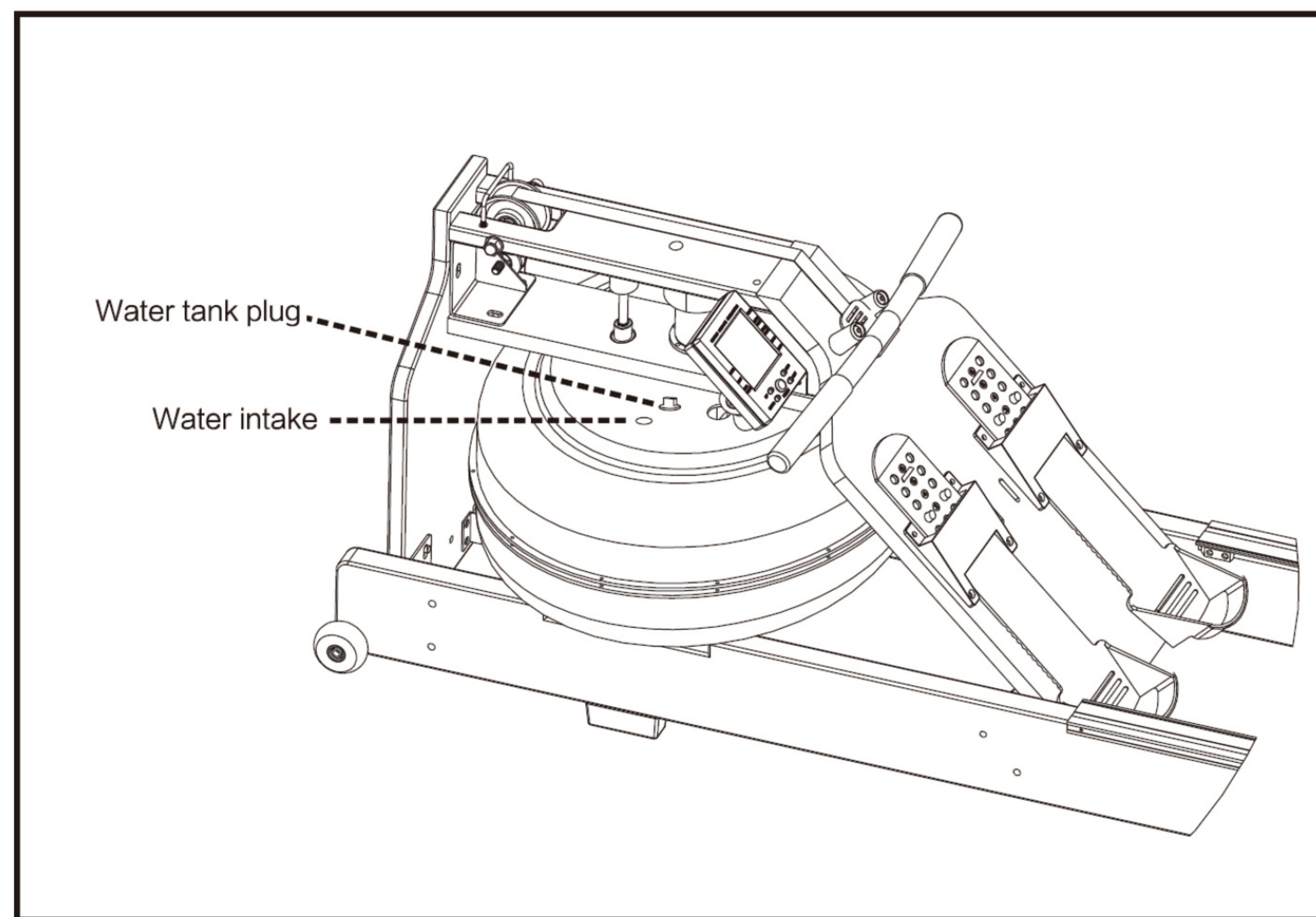


Step 4: After the water measure in the tank is less than or equal to the level metre, remove the water pump from the tank.

Step 5: Reinsert the plug into the water tank.

Note: Filtered or distilled water is recommended as it will prevent any water chemicals from staining the inside of the water tank over time.

## Water Treatment



It is important to regularly replace the water in the tank. Even if using filtered or distilled water, any water left in the tank for a prolonged period of time can cause bacterial build up, which can stain or discolour the water tank.

It is recommended to use water purification tablets on the water inside the tank. This will allow for cleaner water and requires less frequent changing of the water.

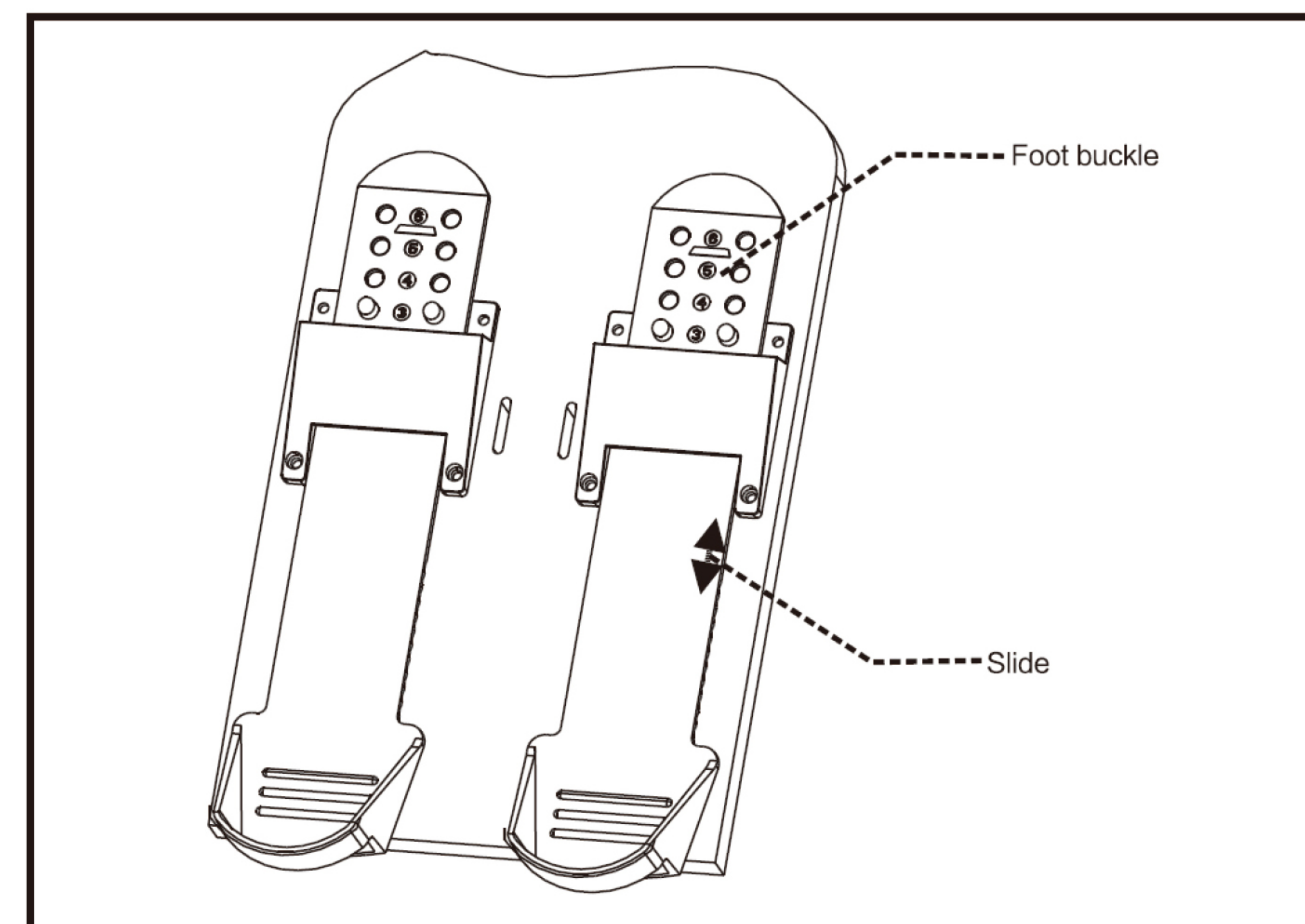
## Water Extraction

Step 1: Remove the rubber plug from the top of the water tank.

Step 2: Insert the bottom of the hose into the water tank and place the other end of the hose (with the pump outlet) into an empty bucket.

Step 3: Drain the water through the hose until the water tank is empty.

## Foot Rest



The foot rest can be adjusted to fit the foot size of the user.

To adjust the size of the footrest, simply lift the upper part of the rest and slide it up or down. You can adjust the size of the foot rest based on the settings 1-6. Press down firmly on the upper part of the foot rest to secure it in place.



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## Electronic Display Manual

**QUICKSTART MODE** - If the Rower detects movement of the flywheel while it is in standby mode, the monitor will automatically enter 'Quickstart Mode' and a beeping sound will occur for 1 second.

In 'Quickstart Mode' the Rower can be used for exercise and the monitor will begin tracking each function.

### Function of Display Buttons

**START/STOP KEY** - When using the machine, press START/ STOP button to pause or restart the exercise. If you have paused your exercise, the monitor will display the word 'STOP' (blinking). The current exercise values will continue to be displayed and will only continue counting when exercise resumes.

If you press the RESET button when exercise is stopped, the programme and functions will be reset and the monitor will return to standby mode.

**MODE** - Choose which setting you wish to place at the forefront of the display. All of the below listed functions are available. Think of the MODE button as the 'select' or 'enter' button when choosing any settings.

You can use the MODE button to enter 'manual mode'. In standby mode, press MODE to start the 'manual' function. Here you can choose between the available functions.

**UP** (upward adjustment button) - Increase the value of the selected function.

**RECOVERY** (heart rate recovery button): This allows you to monitor your heart rate recovery within one minute after stopping exercise. Please note: This button can only be used with a heart rate monitor function.

**RESET** - Press the RESET button to return to the previous function. The RESET button can also be used to clear the present value and it can be used to return to standby mode after 'STOP' has been pressed.

**INTERVAL CUSTOM** - Select this button to enter training mode. You can choose between three different training programmes, including a customised training programme. (See below for more information)

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**BLUETOOTH** - Press this button to turn on/turn off Bluetooth and connect the rower to the chosen App via Bluetooth. Once the rower is connected, the LCD monitor will show the Bluetooth icon.

Note: RPM Power does not currently own an App that is compatible with this rowing machine. This rowing machine features an inbuilt Bluetooth function, which makes it compatible with some third-party Apps. Users may download and connect their rowing machine to such Apps, however it is important to note that RPM Power is not responsible for the functionality or content of third-party apps.

Important: If the user cannot exit interval training mode due to an App update, it is recommended to press the Bluetooth button to turn off Bluetooth, then the rower should disconnect from the App automatically.

### LCD Display Functions

**TIME** function: The 'TIME' figure shows the current time. The time can be set to between 00:00 and 99:00.

**DISTANCE** function: The 'DIST' figure counts the active mileage in KM. The maximum possible distance is 0.000-9990km.

**CALORIE** function: The 'CAL' figure counts the active mileage in KM. The maximum possible distance is 0.000-9990km.

**PULSE** function: The 'Pulse' figure counts your heart rate. Heart rate can be monitored to between 30 and 230.

**STROKES** function: The 'STROKES' figure counts the average number of strokes completed.

**SPM** (Paddle frequency) function: The 'SPM' figure counts the number of rows made in units of frequency/minutes.

### INTERVAL TRAINING MODE

In standby mode, press INTERVAL CUSTOM button to enter interval training mode. Use the UP button to switch between 10/20, 20/20 or custom interval training mode. Press START/STOP to select your chosen training mode.

A three second countdown will commence. After the last 'beep', you should begin your rowing workout.

During your workout, the functions: TIME/SPM/DISTANCE/STROKES/CALORIES/TOTAL STROKES will be monitored and tracked.



**INTERVAL TRAINING 10/20**

*Start* - When 10/20 mode is displayed, press the START/STOP button to start this training mode. The monitor will display the word 'READY' (blinking) and a timer of 3 seconds is presented. There will be a beeping sound to signify the count-down.

*Exercise* - The interval training begins and the text 'WORK01/08' is displayed on the monitor. A timer counts down from 10 seconds. During these 10 seconds, you should exercise with the rowing machine.

*Rest* - After the ten seconds has elapsed, 'REST01/08' is displayed on the monitor. You should now take a break as the timer counts down 20 seconds. The text 'READY' will flash on the screen during the last 3 seconds of the countdown.

The Exercise and Rest cycles are then repeated, with each count being increased by '1' until you reach 'WORK08/08'. After completing your workout, the machine will beep for 0.5 seconds. The final values for TIME/SPM/DISTANCE/STROKES/-CALORIES/TOTAL STROKES are displayed.

Press the START/STOP key to initiate the INTERVAL 10/20 function again; or press the RESET key to return to standby mode. You can pause your exercise at any time by pressing the START/STOP key.

**INTERVAL TRAINING 20/10**

Interval 20/10 training is the exact same as the above mentioned Interval 10/20 training, except this time, the programme consists of 20 seconds of exercise (WORK) and only 10 seconds of rest (REST).

**INTERVAL TRAINING CUSTOM**

When CUSTOM mode is displayed, press the START/STOP key to start the function. The text 'SET ROUND' is displayed and the TIME window will display '01' (blinking). Press UP to adjust the round range to anywhere between 01 - 99. Press the MODE key to confirm your choice. ('SET ROUND' represents the number of rounds in your custom exercise programme)

Next, the display will show the text 'SET WORK'. The TIME window will display '0:05'. Press SET to adjust the 'WORK TIME' to between 0:05 - 10:00. Press the MODE key to confirm your choice. ("SET ROUND' represents the number of rounds in your custom exercise programme)

Next, the display will show the text 'SET WORK'. The TIME window will display '0:05'. Press SET to adjust the 'WORK TIME' to between 0:05 - 10:00. Press the MODE key to confirm your choice. ('WORK TIME' represents the amount of time you will spend exercising in one round)

Finally, the display will show the text 'SET REST'. The TIME window will display '0:05'. Press SET to adjust the 'REST TIME' to between 0:05 - 10:00. Press the START/STOP key to confirm your choice. ('REST TIME' represents the amount of time you will spend resting in one round)

You are now ready to begin exercising. The monitor should now display the text 'READY' (blinking) and the TIME window will display a 3 second countdown. The monitor will beep as each second counts down.

Once the timer has counted down, you should begin exercising. Follow the interval training programme on screen.

**TARGET FUNCTION**

In standby mode, press the 'MODE' button, then 'UP' to select the 'target' function. Here you can select your desired target values for TIME/DISTANCE/STROKES/CALORIES. Press 'START/STOP' to enter exercise mode.

**STANDBY MODE**

If exercise is paused or stopped and no movement of the rower is detected for 4 minutes, the LCD monitor will automatically enter standby mode.

In standby mode, press UP and MODE key together for 2 seconds, which can switch between Metres/Miles.

**Rowing Techniques**

**The basic rowing technique**

1. Start by sitting on the rowing machine and loosely grabbing the handle. Your feet should be securely positioned against the foot rests. Try to keep your body as loose as possible throughout the exercise. It is also very important that you keep your back straight and core tight when practicing rowing exercises on a machine like this.
2. Bend your knees and bring your body slightly closer to the machine. Your arms should be straight and outstretched and the handle should not be pulled too far out of the machine at this point. This is the starting position.



3. Use your legs to push yourself back and move your body away from the main body of the machine. Your legs should now be straight. The handle should move out with you, although at this stage it is important that your arms remain straight. (The handle should be roughly in line with your knees here).
4. Remaining in this position, quickly pull back on the handle, bending your elbows and bringing it close to the mid-section of your chest.
5. Now, you need to reverse the motion. Keeping your knees straight and your back upright, push the handle away from you again until your arms are straight out in front of you and roughly in line with your knees.
6. Once your arms reach your knees, you can release the tension on your knees, bending them and sliding your body back towards the main body of the machine.
7. You should now find yourself back in the starting position.
8. Repeat steps 3-6 again until it becomes one fluid movement. If you're having difficulty, think: "Legs - Arms - Arms - Legs". After some practice, this motion should become easy and you can start increasing the resistance and pushing yourself to become stronger and stronger.

### Troubleshooting

PROBLEM	CAUSE	SOLUTION
Water discolouration or turbidity	a) The rowing machine is exposed to direct sunlight; b) the water has remained in the tank (without treatment) for a prolonged period of time or c) the quality of the water used is poor	a) Change the placement of the rowing machine to an area with indirect or less sunlight; b) Change the water more often or use water purifying tablets c) Consider using distilled or filtered water
The rowing machine pulls off the rubber wheel	The tension of the rope is not tight enough and the recoil is weak	Review the installation section of this manual to retighten the rope
The electronic display panel does not illuminate after installation	The battery is incorrectly positioned or needs to be replaced	Reinstall the battery or replace it with a new one

### Recommended Training Time

There are lots of different exercise routines you can practice with your RPM Power® Water Rower. It is important that you always practice the routine that is right for your strength and fitness level. Never overexert yourself or push yourself beyond your physical ability as you risk injury. product!

### Note: Water Insertion Precautions

1. Prepare for at least 15L (4 gallons) of water.
2. Do not exceed the level metre marked on the water tank when filling with water.

