



The Blade 001

User Manual



IMPORTANT SAFETY WARNINGS



WARNING: Heart rate monitoring systems may be inaccurate. Over exercising may result in serious injury or death. If you feel faint stop exercising immediately.

Safety Instruction

In order to avoid injury caused by using the device, please read all instructions before use:

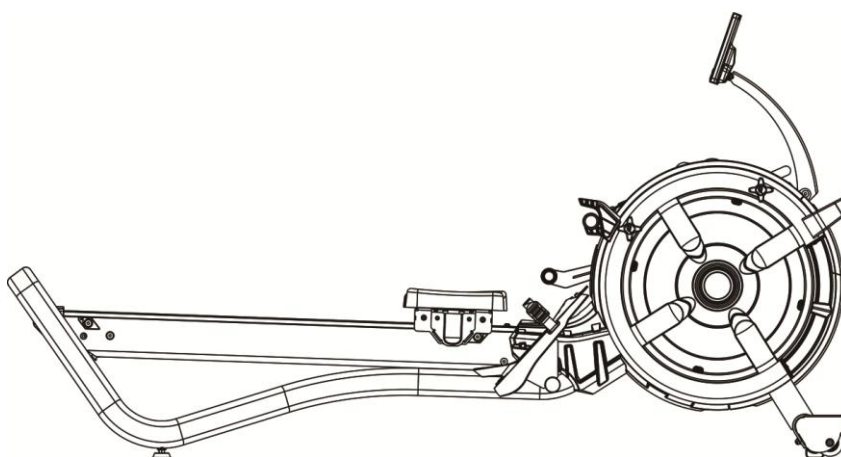
- If not used for a long time, please remove batteries in the machine and place in cool and dry to avoid danger (Please refer to the appendix for battery precautions).
- Use only the functions mentioned in this manual.
- Do not use any additional equipment that is not recommended by the manufacturer.
- Do not drop or insert anything into any hole in the rowing machine.
- Pay special attention to components most susceptible to wear, e.g. wheels under seat.
- The applicable environment is in indoor temperature 18°C - 35°C, and in humidity 20% - 70%.
- Do not use the rowing machine near water or wet places.
- The use of rowing machines near pools, hot tubs or steam baths will not be guaranteed
- Do not use a rowing machine where spray products or oxygen are regulated.
- Only trained personnel are allowed to repair the rowing machine.
- As long as the damage and wear are checked regularly, the safety level of the equipment can be maintained.
- Replace defective components immediately and/or keep the equipment out of use until repair.
- Store upright on a stable and level surface.
- The equipment is very heavy, need 2 person to move it for safe handling.

Personal Safety

- It is recommended that you discuss with your doctor (or coach) before taking exercise or training. If you take cardiovascular related drugs, the doctor's advice is absolutely necessary; or you are advised not to use any of the following conditions! °
 - ✓ Severe arthritis, rheumatoid arthritis
 - ✓ Cardiac pacemaker installed
(Heart rate transmitter signal may interfere with the cardiac pacemaker)
 - ✓ Cardiovascular disease
 - ✓ Epilepsy
 - ✓ Severe migraine
 - ✓ Pregnant
 - ✓ Other major diseases
- If you feel unwell or the product is not working properly during use, stop using it immediately.
- Children under the age of 12 and pets should not approach and use the rowing machine.

PRODUCT DESCRIPTION

The rowing machine can simulate the actual outdoor rowing sport. This product is a magnetron resistance rowing machine developed and manufactured by the Tonic and B.A. This rowing machine combines the weight training mode, once every paddle, the upper limbs, lower limbs, abdomen and back muscles complete a full contraction and extension. It can train the main muscle groups of the whole body. In addition to achieving the body shaping effect, it can improve the elasticity and toughness of the muscles. It can be said to be an infinity benefit exercise. In view of the current trend of popular sports equipment on the market, we develop the integration of detection technology and electronic consoles to provide consumers with a better product experience.



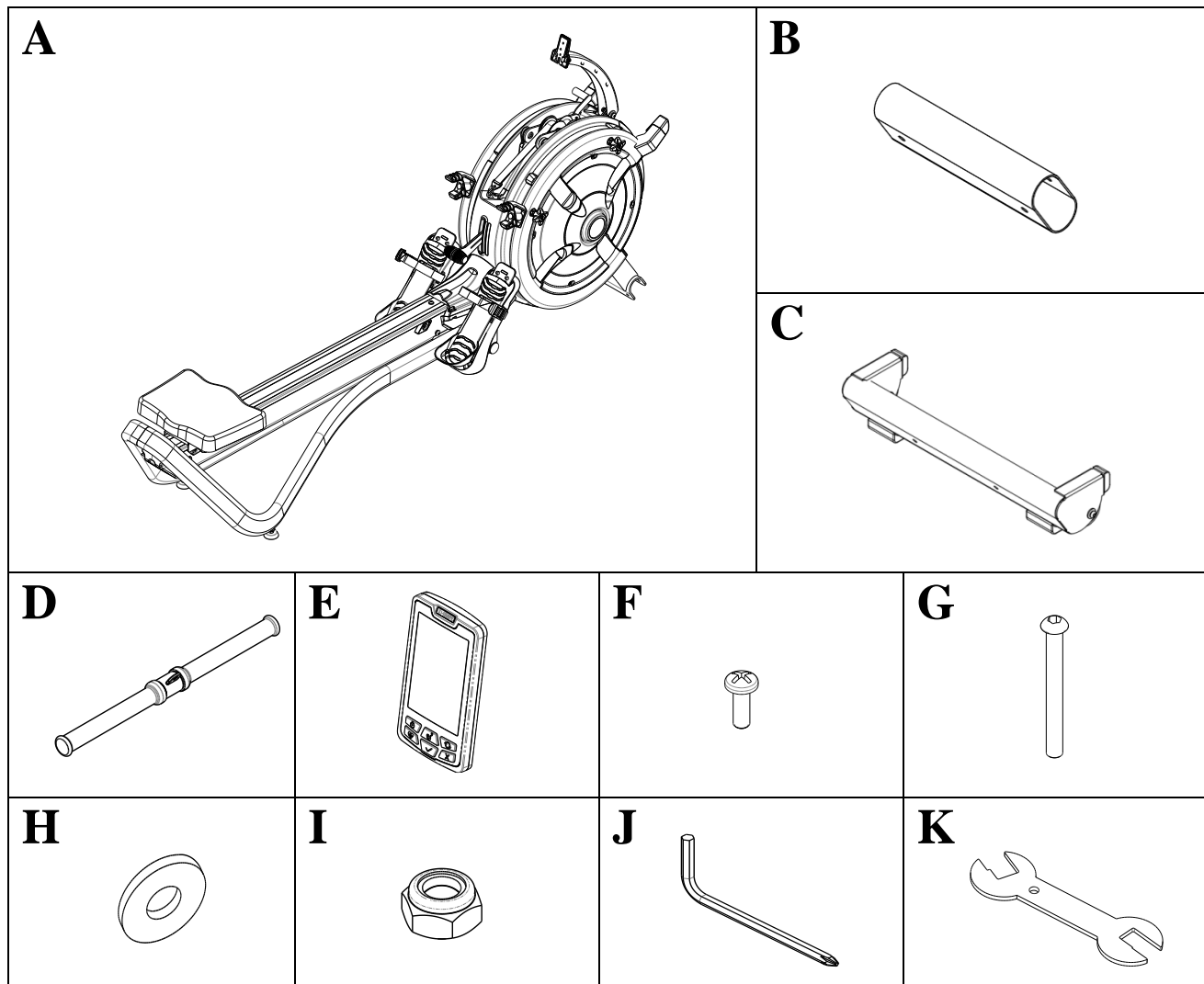
PRODUCT SPECIFICATION

Mechanics	
Dimensions (L x W x H)	220 x 57.2 x 116.4 cm
Resistance System	Magnetic resistance
Resistance Levels	0 ~ 10
Product Weight	70 kg
Max User Weight	160 kg
Console System	
Screen	5.8" TN LCD
Power Requirement	4 pcs of D cell batteries (not included)
Display Information	Time, HR, Distance, Speed, 500m/split, Watts, Calories, SPM, Resistance level, Sets and time of HIIT
Training Programs	Manual, Time, Distance, HIIT
Heart Rate Receiver	ANT+ HR signal can be received in 80 cm
Features	
Storage	Upright storage
Multifunction	Reversible belt pulleys for other training positions

ASSEMBLY INSTRUCTIONS

Spare Parts Kit & Hand Tool Detail

No.	Item	Specification	Qty
A	Frame assembly		1
B	Packaging oval tube		1
C	Front stabilizer		1
D	Handle		1
E	Console assembly		1
F	Small round head Phillip screw	M4*0.7*12L	2
G	Hexagon socket countersunk (flat) head cap screw	M8x1.25x75L	2
H	Flat washer	M8(ϕ 8.2x ϕ 20x2t)	4
I	Nylon nut	M8*P1.25	2
J	L-shaped wrench /cross wrench	Wrench 5mm & cross screwdriver	1
K	Double opening wrench	13/17mm	1



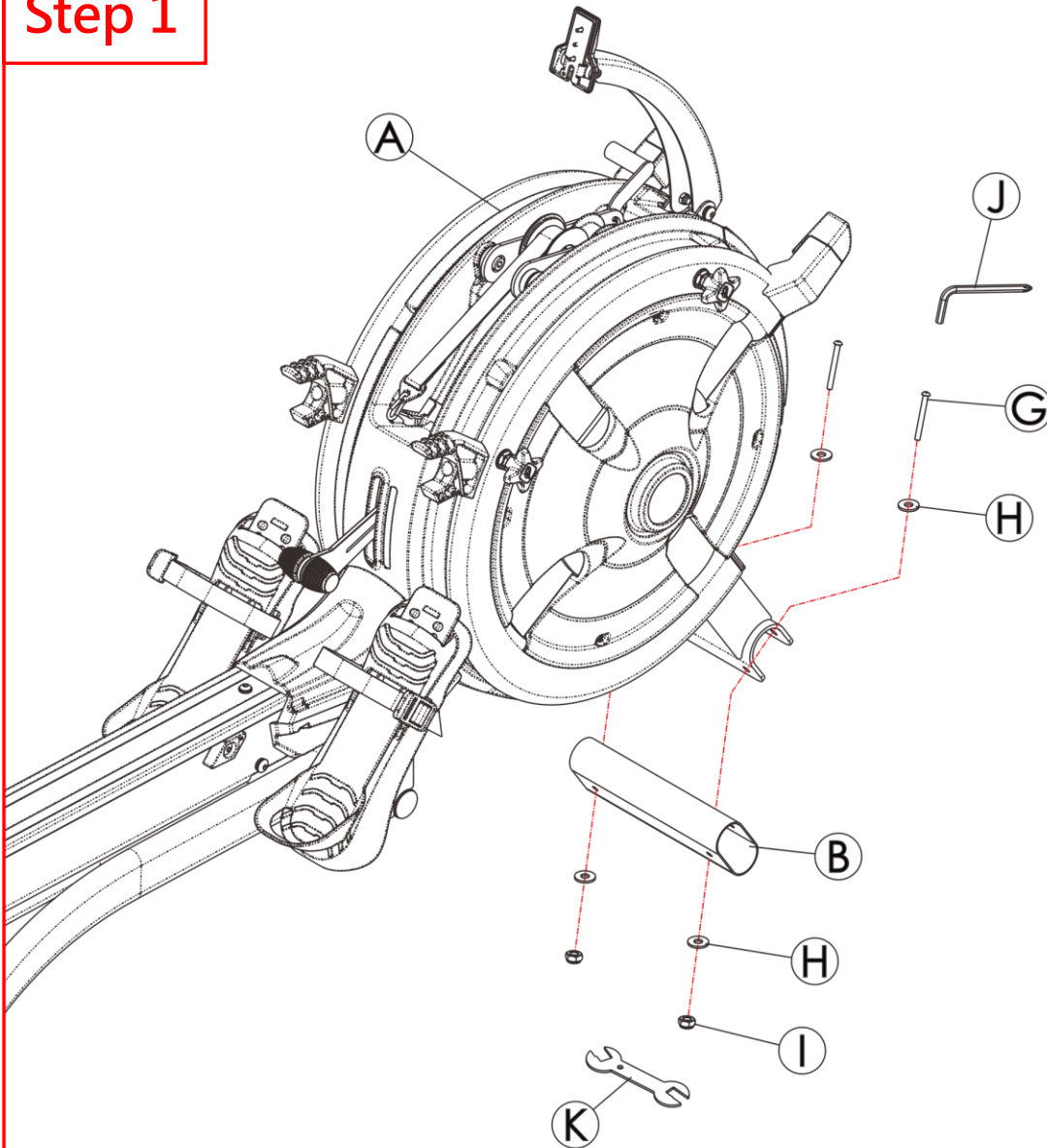
Assembly Instructions

Step 1: remove packaging oval tube → front stabilizer → handle assembly → console assembly → Batteries installation

Tool: L-shaped wrench /cross wrench **【J】** , Double opening wrench **【K】**

- Use L-shape wrench/cross wrench **【J】** and Double opening wrench **【K】** to disassemble packaging oval tube **【B】**

Step 1

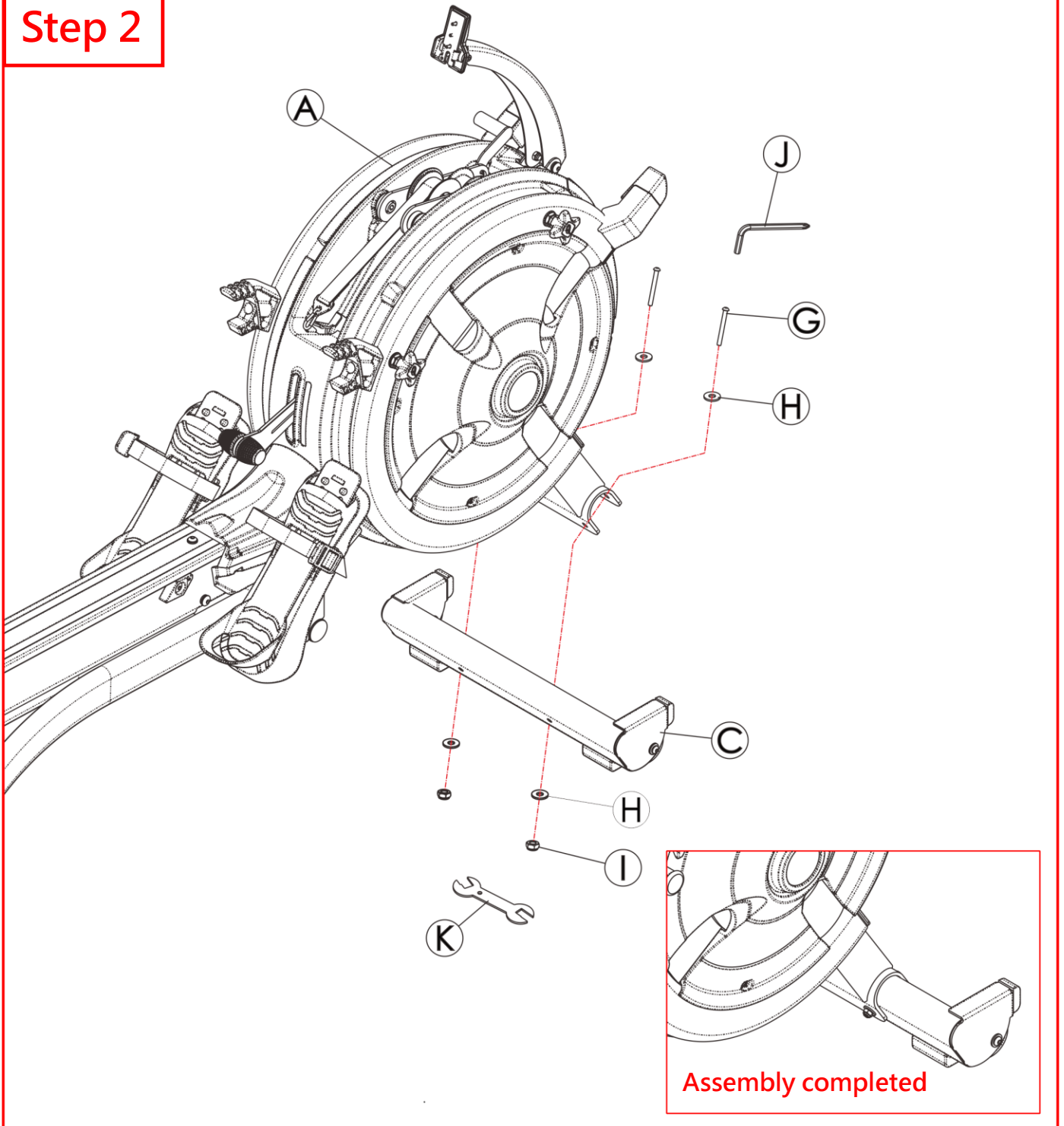


Step 2: remove packaging oval tube → **front stabilizer** → handle assembly → console assembly → Batteries installation

Tool: L-shaped wrench /cross wrench **【J】** , Double opening wrench **【K】**

- Use L-shape wrench/cross wrench **【J】** and Double opening wrench **【K】** to assemble front stabilizer **【C】**, use Hexagon socket countersunk (flat) head cap screw **【G】**x2 pcs, flat washer **【H】** x4 pcs, nylon nut **【I】** x2 pcs to frame assembly **【A】**

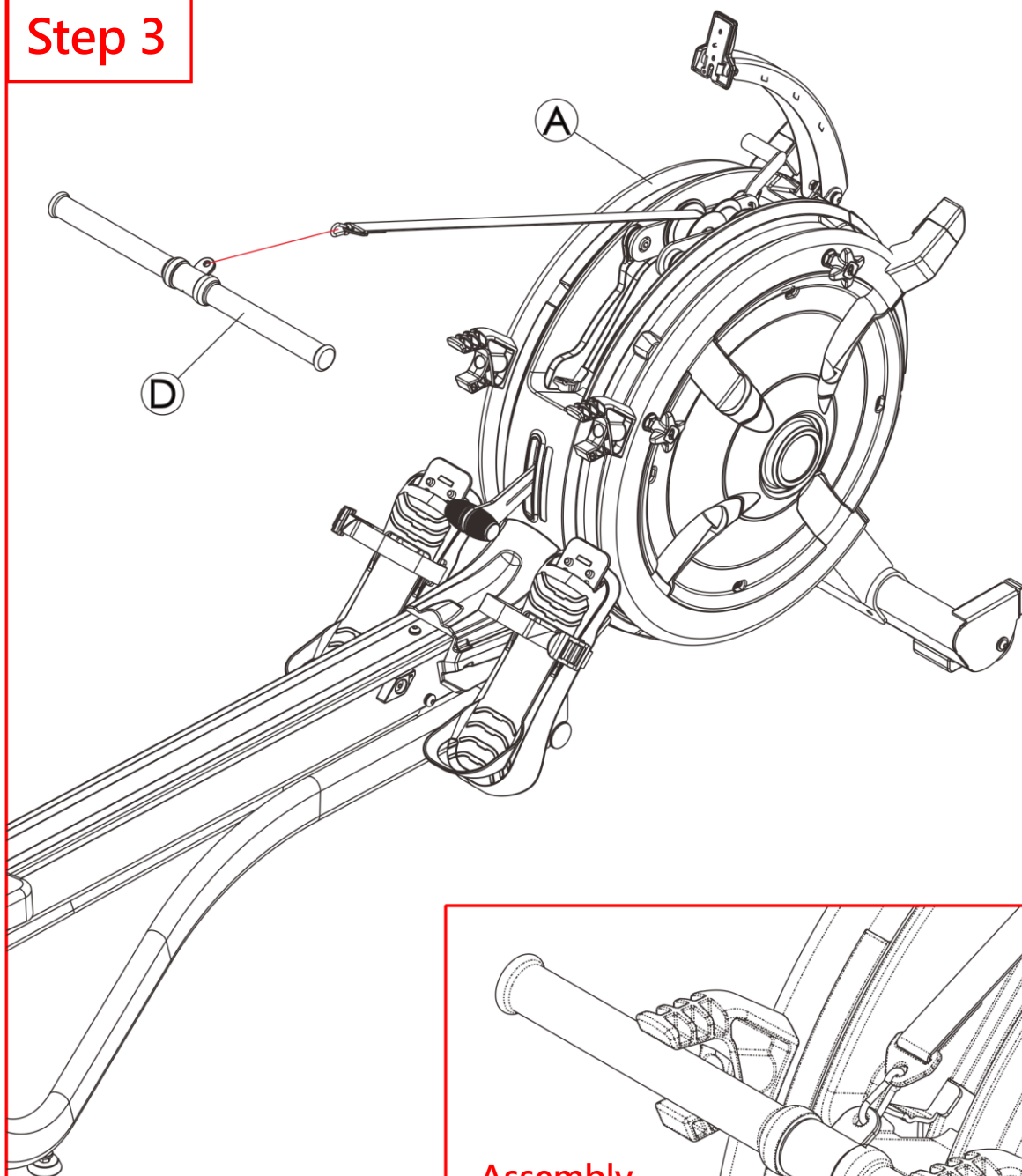
Step 2



Step 3: remove packaging oval tube → front stabilizer → **handle assembly** → console assembly → Batteries installation

- Attach the handle 【D】 to drive belt of frame 【A】

Step 3



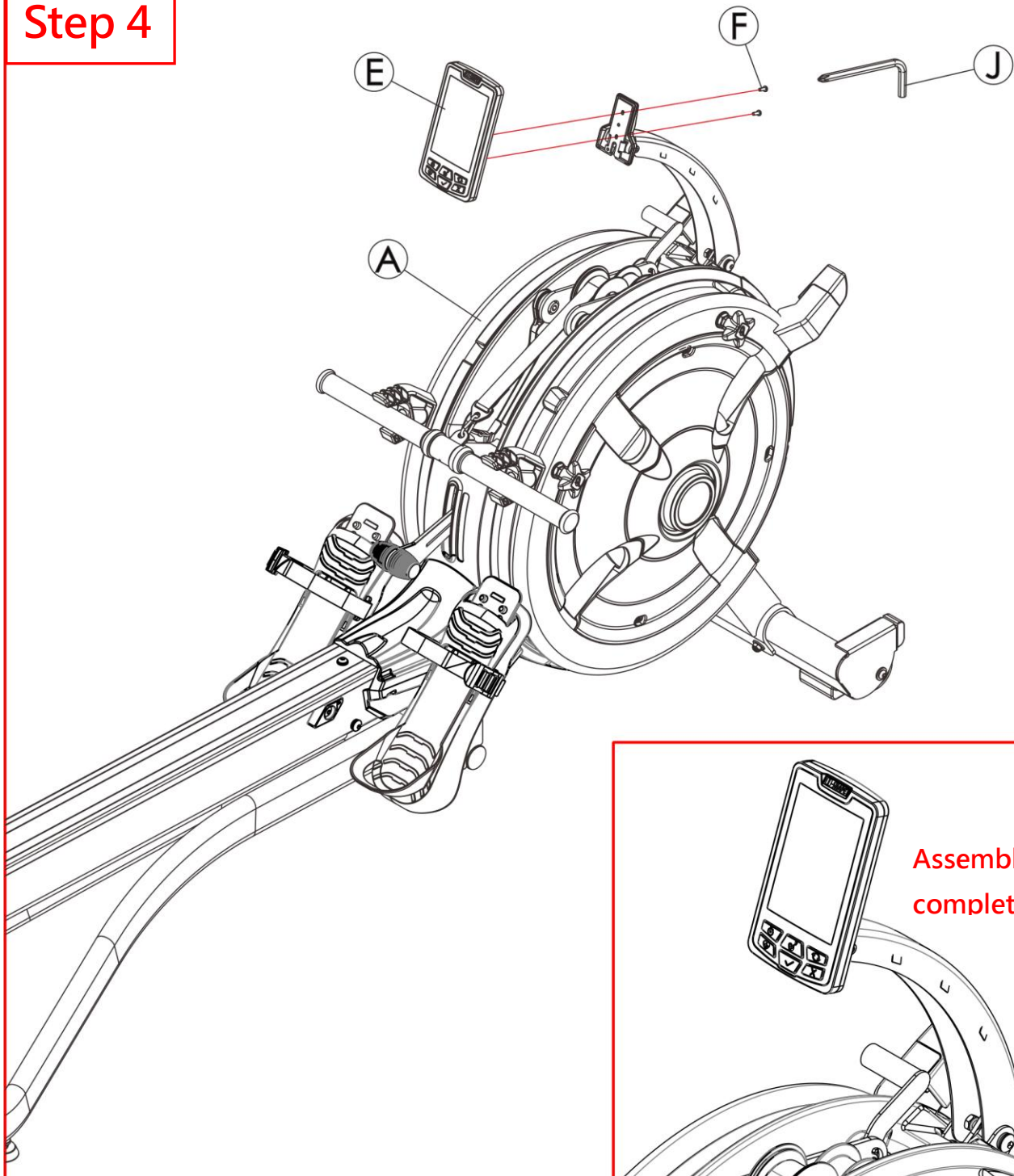
**Assembly
completed**

Step 4: remove packaging oval tube → front stabilizer → handle assembly → **console assembly**
→ Batteries installation

Tool: L-shaped wrench /cross wrench **【J】**

- Use L-shaped wrench /cross wrench **【J】** to assemble console **【E】** by using Small round head Phillip screw **【F】** to frame assembly **【A】**

Step 4

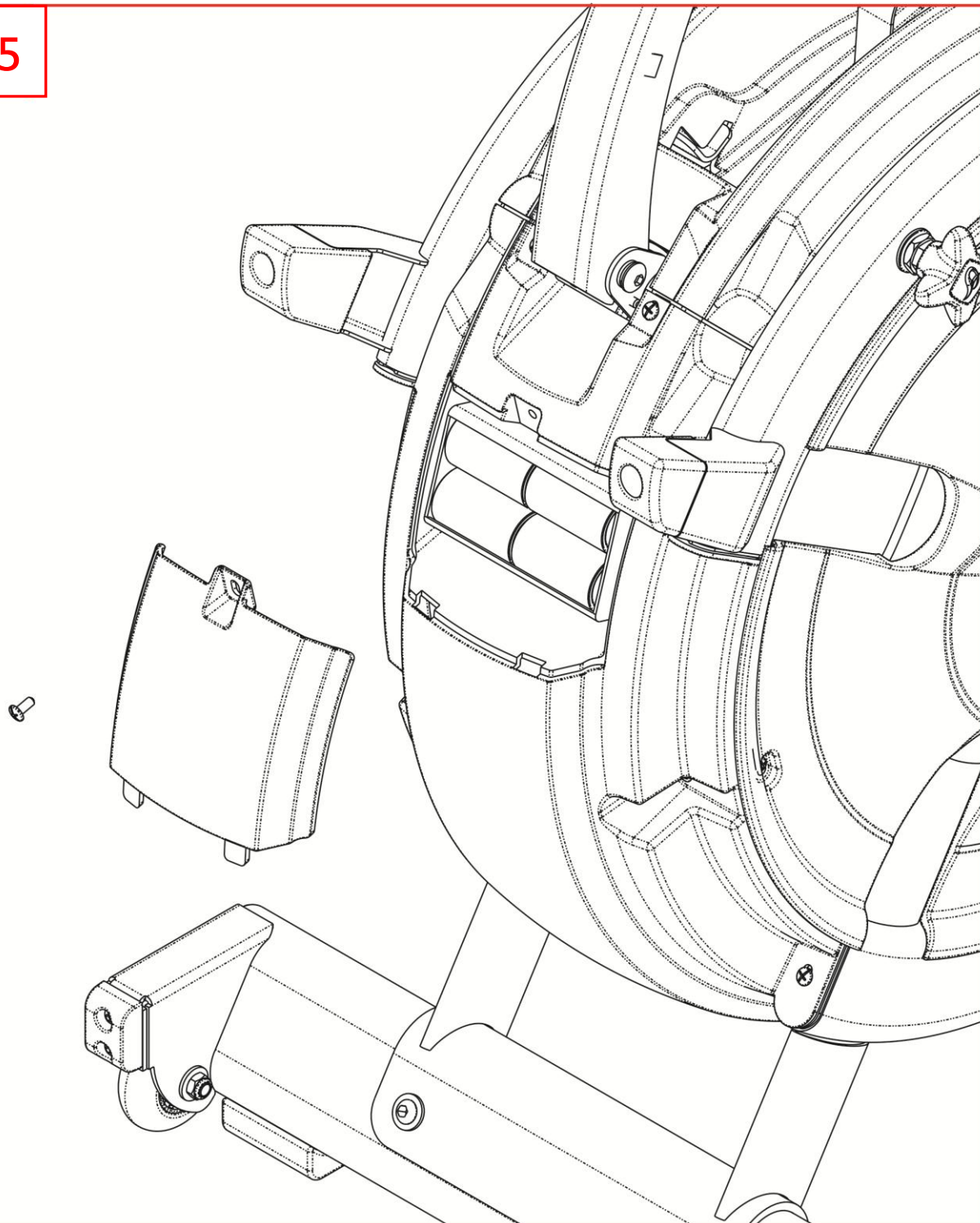


Step 5: remove packaging oval tube → front stabilizer → handle assembly → console assembly
→ **Batteries installation**

Tool: L-shaped wrench /cross wrench 【J】

- Use L-shaped wrench /cross wrench 【J】 to disassemble batteries cap and install 4 D-cell batteries (not included with the product.)

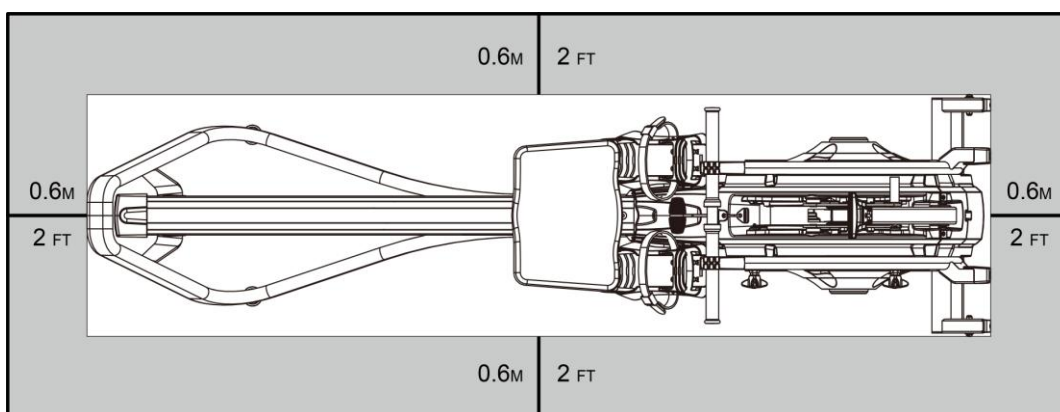
Step 5



INSTRUCTION FOR USAGE

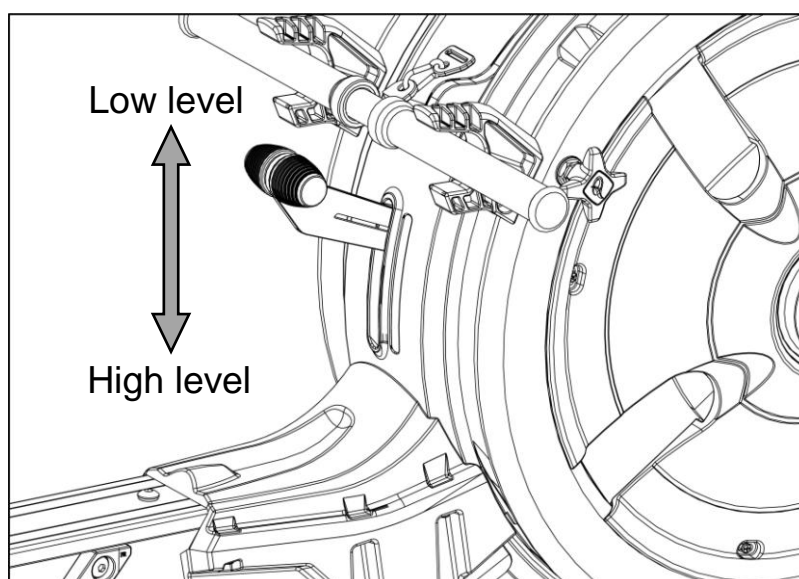
Before Your First Row

- Consult your physician. Be sure that is not dangerous for you to undertake a strenuous exercise program.
- Carefully review important safety warnings on page1 to reduce risk of injury.
- This rowing machine is VERY HARD to row in high resistance level (level 6 -10), rowing below level 4 and stroke rate between 20-30 SPM is recommended for beginner.
- Clearance area is required when using, please ensure at least 0.6 meters(24") clearance around the rowing machine.



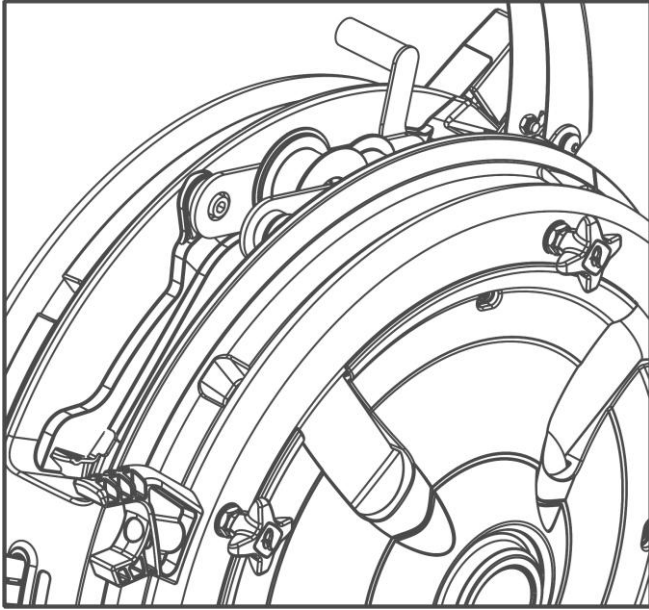
Setting Resistance Level

- Push down the lever to increase resistance, and pull up to reduce resistance.
- The rowing machine uses magnetic resistance system, the harder you pull, the more resistance you will feel.

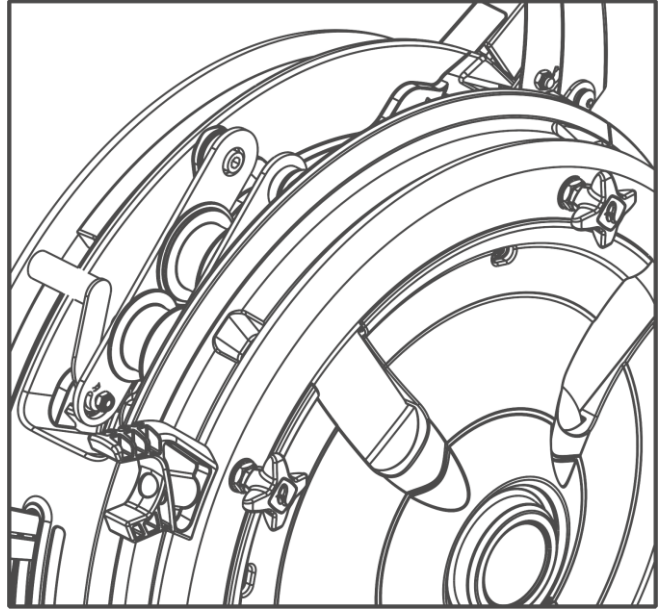


Setting Reversible Belt Pulleys

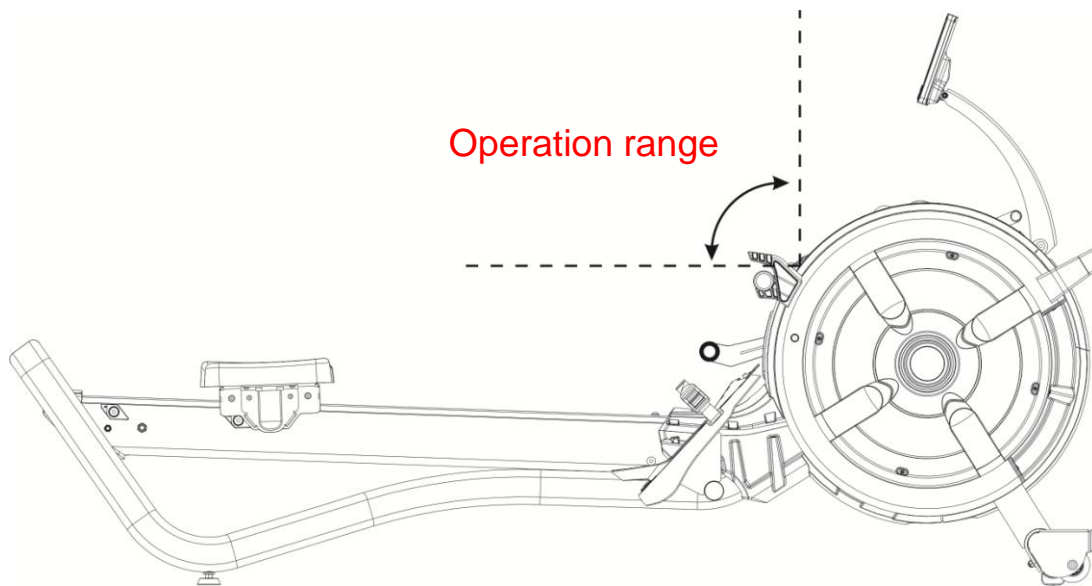
- Set the belt pulleys away from the rail for standard rowing movement.



- Set the belt pulleys close to the rail for other training positions.



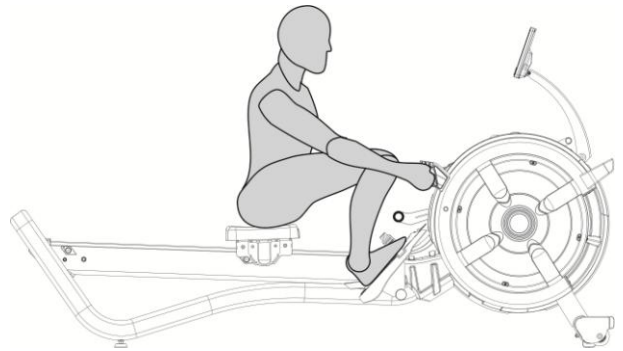
⚠ WARNING: Do not operate the rowing machine in directions out of proper operation range.



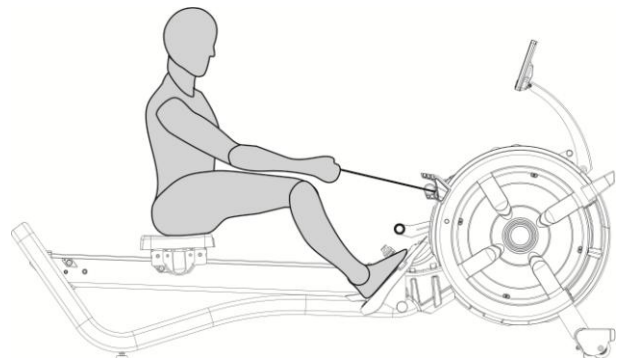
Proper Rowing Technique

There are four phases to a rowing stroke:

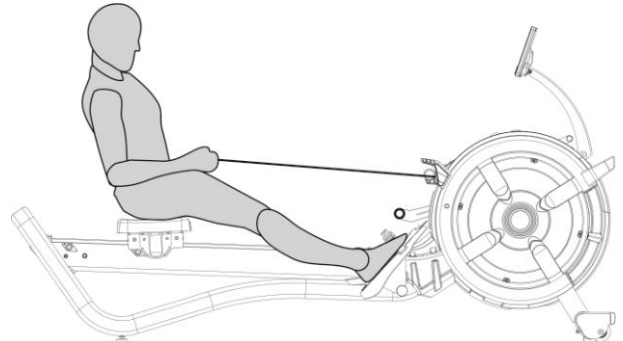
1. **CATCH** - Grip the handle with both hands. Let arms and trunk be straight and shoulders be level. Sit firmly on the seat and flex knees to close to chest.



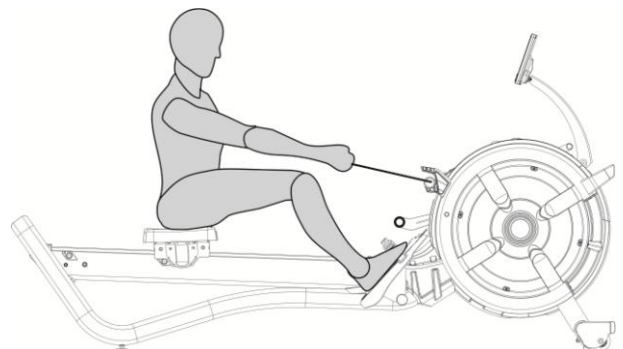
2. **DRIVE** - Press the pedals with legs, hips on the seat and lean backward, while keep shoulders level and relaxed.



3. **FINISH** - Pull the handle with arms into abdomen while legs fully extended.

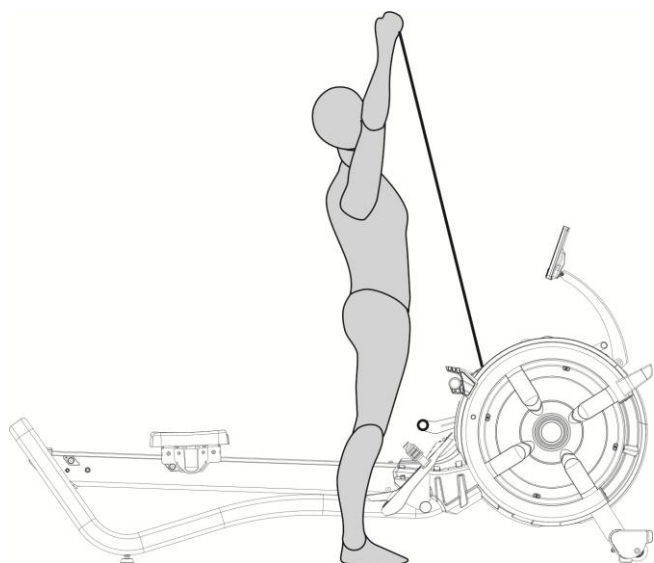


4. **RECOVERY** - Extend arms to straight, flex knees to lean forward, thus return to CATCH phase.

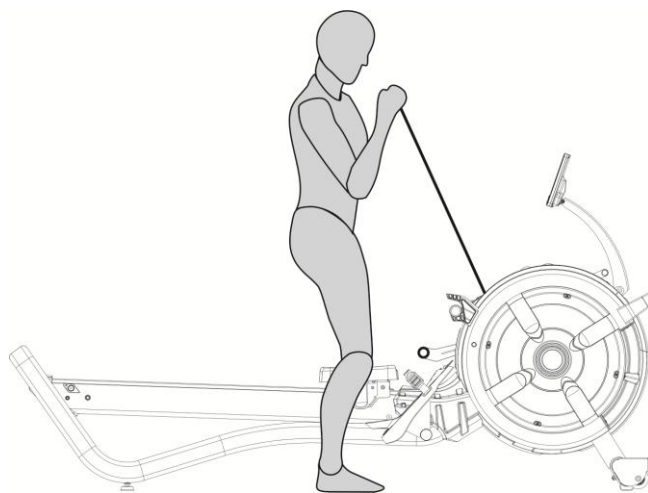


Other Training Positions

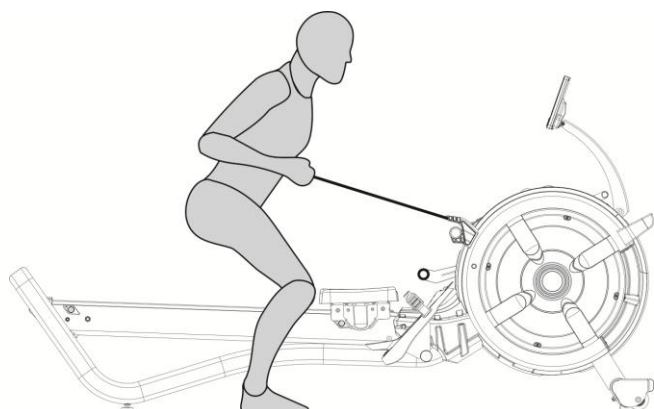
1. Shoulder Press



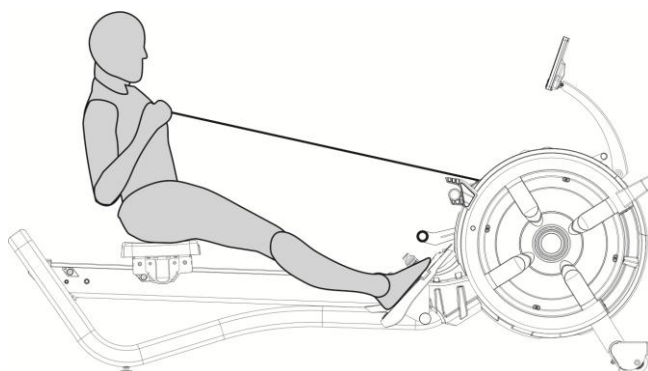
2. Arm Curl



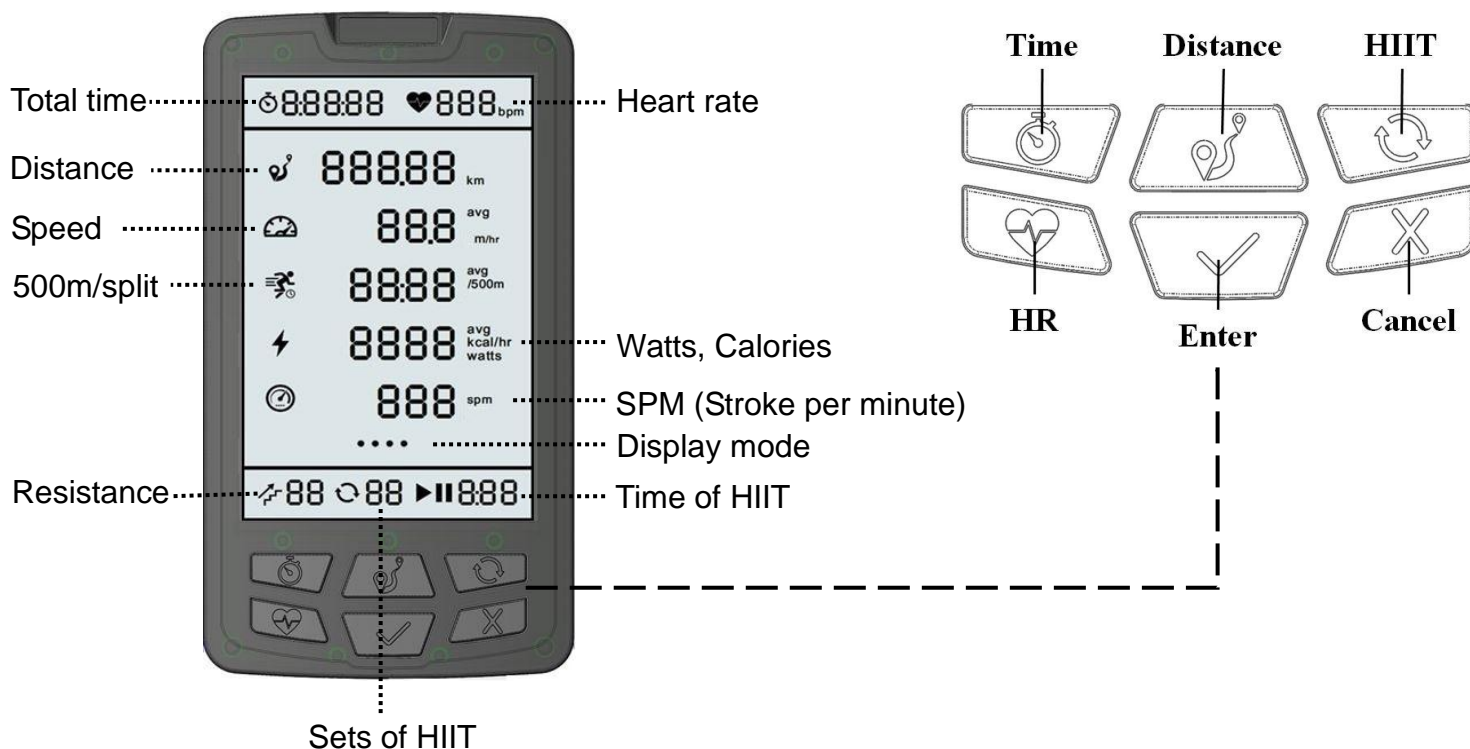
3. Standing Row



4. Leg Press



CONSOLE



Buttons

1. Time - to set total time of training.
2. Distance - to set distance of training.
3. HIIT (High intensity interval training) - to set HIIT parameters.
 - Sets of HIIT
 - Training time per set of HIIT
 - Rest time per set of HIIT
4. HR - to control HR receiver connect / disconnect to ANT+ HR devices.
5. Enter -
 - Confirm Time / Distance / HIIT settings
 - Switch display mode
6. Cancel -
 - Reset Time / Distance / HIIT settings
 - Finish exercise
 - Return to initial screen

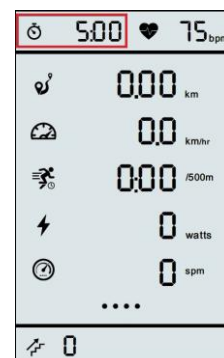
Console Instruction

◎Manual mode

1. Just do rowing with no training mode setting to exercise in manual mode.
2. Press "cancel" to finish and show exercise result (finish page).
3. Press "cancel" in "finish page" will return to "star page"(all reset).

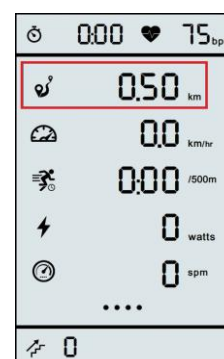
◎Time mode

1. Press "Time" to set training time.
2. Training time: 5, 10, 15, 30, 45 min, 1 hr, 1hr 15 min, 1hr 30min.
3. Press "enter" to enter your setting, and start rowing.
4. Press "cancel" to finish and show exercise result (finish page)..
5. Press "cancel" in "finish page" will return to "star page"(all reset).



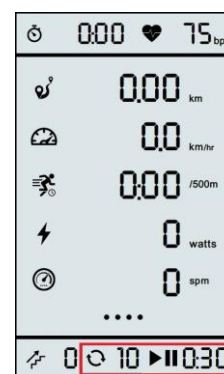
◎Distance mode

1. Press "Distance" to set training distance.
2. Training distance: 500m, 1 km, 2 km, 5 km, 10 km, 20 km, 30 km, 40 km.
3. Press "enter" to enter your setting, and start rowing.
4. Press "cancel" to finish and show exercise result (finish page).
5. Press "cancel" in "finish page" will return to "star page"(all reset).



◎HIIT mode

1. Press "HIIT" to set HIIT parameters.
2. Step of setting HIIT parameters:
 - i) Set number of HIIT, and press "enter".
 - ii) Set sprint time, and press "enter"(0:15~5:00, add by 15 seconds).
 - iii) Set break time, and press "enter"(0:15~5:00, add by 15 seconds).
 - iv) Start rowing.
3. Press "cancel" to finish and show exercise result (finish page).
4. Press "cancel" in "finish page" will return to "star page"(all reset).



◎Press any key to wake up the console.

◎Press "HR" to control HR receiver connect / disconnect to ANT+ HR devices.

◎Press "enter" during exercise to switch display:

- real-time watt
- real-time calories
- average watt
- average calories

POWER TESTING PARAMETERS

For Class A testing, the testing parameters are:

No.	SPM	Level	Range of movement
1	25	1	0.8m
2	25	5	0.8m
3	25	10	0.8m
4	35	4	0.8m

WARRANTY

Validity period: the effective date of the warranty, starting from the date of purchase.

Item	Warranty
Console	1 year
Frame, stabilizer, all weldment	5 years
Flywheel, handle, console stem	2 years
Pedal body	1year
Seat, PVC, pedal strap, brake	90 days

The following items are not guaranteed as follows:

1. When the product serial number label is damaged, cannot be read, altered or lost.
2. Improper use, misuse, abuse, incorrect maintenance, and unauthorized removal or removal of the machine.
3. The power line is connected incorrectly or the voltage surge is too large.
4. Damage to natural disasters such as lightning, floods, windstorms, fires, earthquakes and other natural disasters.
5. Damage caused by the transportation of the product.
6. Product damage is repaired by non-authorized agent professional technicians.

Service Information:

BODY ALIVE SARL
Grand rue 44 L-9905 Troisvierges
Tel: +352691916701
GSM: +32467198385
Mail: bodyalive01@hotmail.com

APPENDIX: Battery Safety Notice

1. When purchasing, you should check the manufacturer's name and address, specifications (such as voltage, battery number), manufacturing date or shelf life, battery polarity and model, etc., whether the labels are clear, whether the label is complete, do not buy it at will. Unknown or unclear goods
2. Check whether safety and warning precautions are indicated, and use caution and caution warning slogans according to safety precautions.
3. When the skin is contaminated with the battery electrolyte, rinse immediately with water. If the eyes are contaminated, rinse with water and seek medical advice immediately.
4. In order to prevent young children from accidentally swallowing the battery, the battery should be placed out of reach of young children. If the child accidentally swallows the battery, he should immediately send it to the doctor.
5. When the battery is not in use, keep the package intact. Do not store it with metal objects after unpacking. Avoid short circuit caused by contact with metal. Unpacking the battery only when use.
6. Store the battery in a cool, dry place away from high temperatures or humidity and away from metal objects or sources of ignition.
7. Batteries that exceed the service life should be recycled and not used, and new and old batteries or different types of batteries should be avoided.
8. Do not allow children to replace the battery themselves without the supervision of an adult.
9. When using, it should be installed according to the positive and negative signs of the battery. If the appliance is not used for a long time or the battery is exhausted, the battery should be taken out and stored or recycled.
10. If the battery leaks and the surface is cracked or deformed, remove it immediately and stop using it.
11. Do not disassemble or solder the battery. Do not charge the non-rechargeable battery to avoid leakage or danger