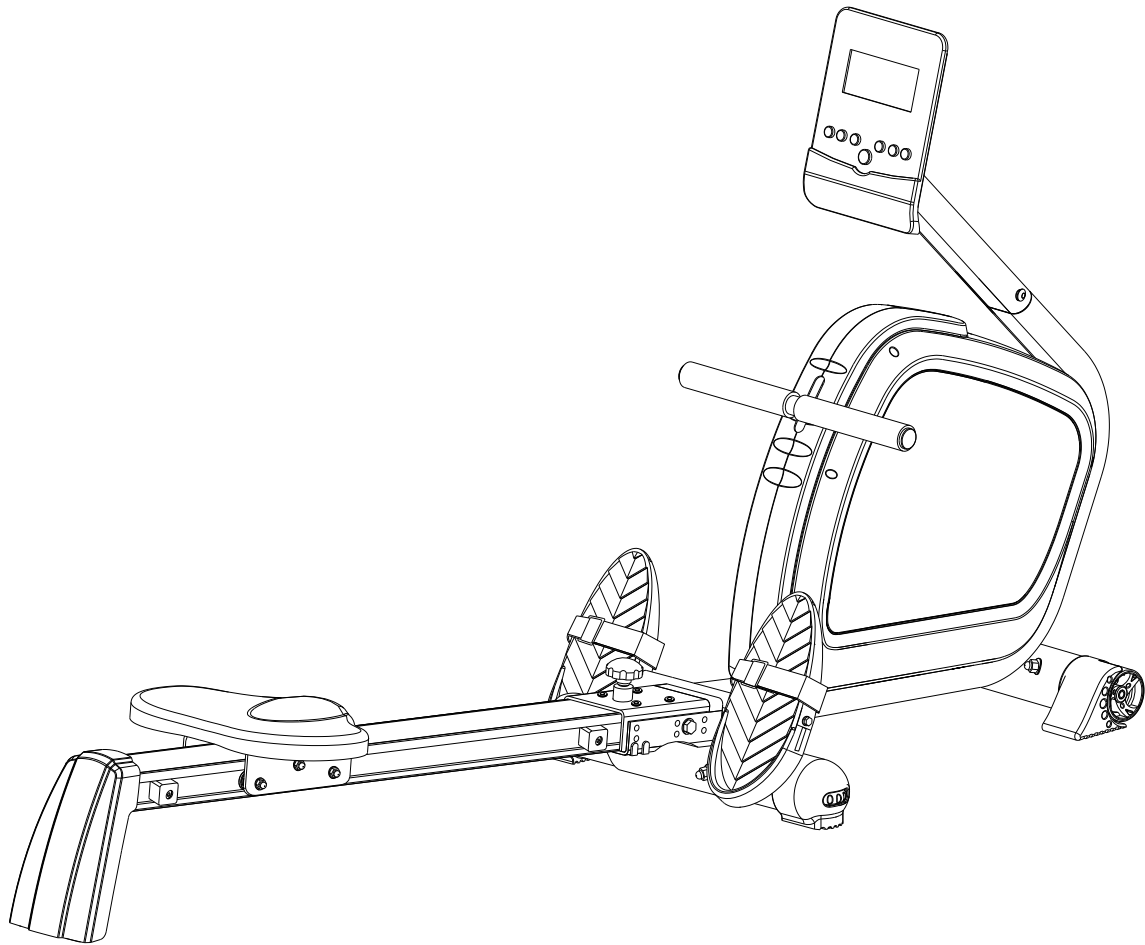




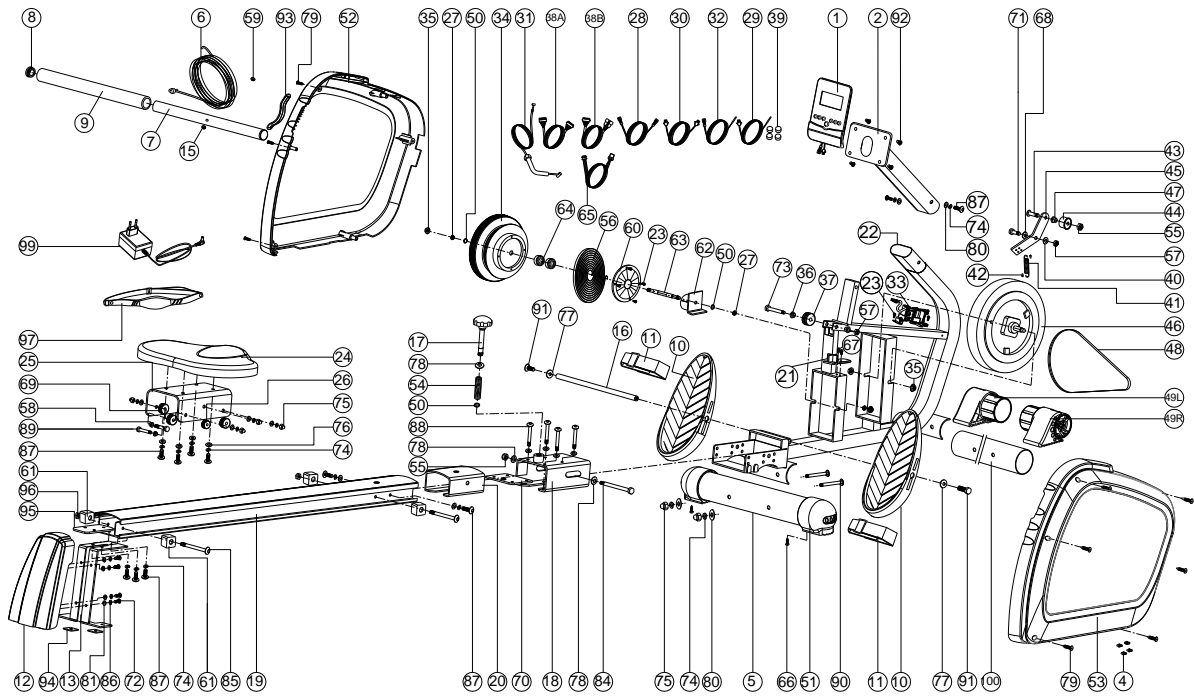
**USER MANUAL – EN**  
**IN 8722 Rowing Machine inSPORTline RW60**



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## EXPLODED VIEW



## PARTS LIST

NO.	DESCRIPTION	Q'TY
1	Computer	1
2	Handlebar post	1
4	Pin	4
5	Stabilizer	1
6	Pulling rope D5*2000L	1
7	Foam roller	1
8	Half ball cap	2
9	Foam D23x4Tx400L	1
10	Pedal	2
11	Ankle strap	2
12	Rear cover	1
13	Rear supporting plate	1
15	Bushing D10.5*D7.5*9T	1
16	Axle	1
17	Ball knob	1
18	Welding set for sliding beam	1
19	Sliding beam	1

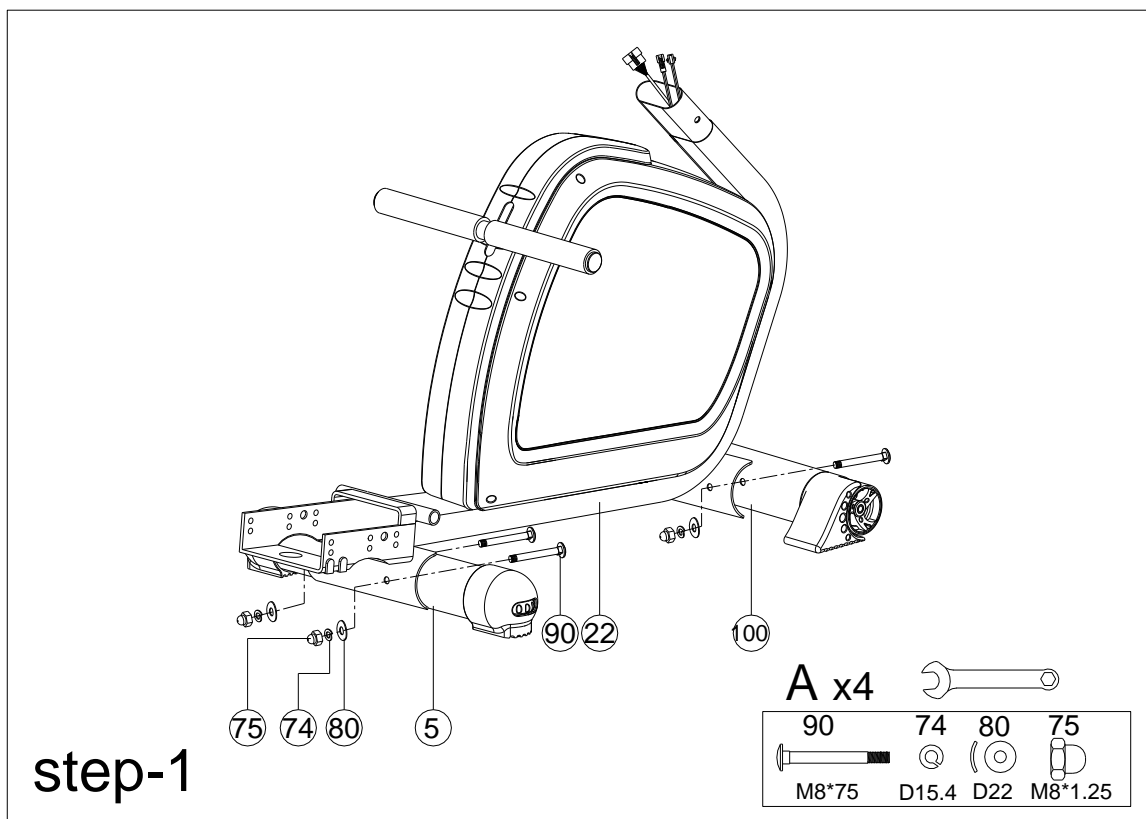
20	Fixing plate	1
21	Fixing plate for sensor	1
22	Main frame	1
23	Screw ST4.2*15L	8
24	Seat	1
25	Seat support	1
26	Pulley	2
27	Nut D9.5x5T (3/8"-26UNF)	3
28	Lower computer cable	1
29	Sensor(1)	1
30	Lower computer cable	1
31	Tension cable	1
32	Sensor	1
33	Motor	1
34	Wheel for pulling rope	1
35	Anti-loosen nut 3/8"-26UNFx6.5T	4
36	Bushing D13.5*D10*9	2
37	Pulley	1
38A	Upper computer cable	1
38B	Lower computer cable(2)	1
39	Round magnet	4
40	Plastic washer D10*D24*0.4T	1
41	Spring D2.2*D14*65L	1
42	Plastic cover	2
43	Allen bolt M10*35L	1
44	Idle wheel	1
45	Fixing plate for idle wheel	1
46	Magnetic system	1
47	Bushing D20*D14*11.5	1
48	Belt 300 PJ5	1
49L	Left moveable cap	1
49R	Right moveable cap	1
50	C-clip S-10(1T)	3
51	Adjustable cap	2
52	Left chain cover	1
53	Right chain cover	1
54	Spring D13*D1.2*85.5L	1
55	Nylon nut M10x1.5x10T	1

56	Volute spring 20*0.7T	1
57	Nylon nut M8*1.25*8T	2
58	Bushing D12*D8.2*12.6L	6
59	Buffer D11*7L	1
60	Fixing plate for spring	1
61	Buffer D24*D8*22	4
62	Fixing bracket for volute spring	1
63	Flywheel axle	1
64	Bearing #6000ZZ	2
65	Electric cable	1
66	Screw ST4x1.41x10L	2
67	Screw M5*0.8*10L	2
68	Flat washer D21*D8.5*1.5T	1
69	Pulley	4
70	Enforcing plate	1
71	Bolt M8*25	1
72	Screw M6*1.0*20L	4
73	Ladder screw M8*1.25*55.5L	1
74	Spring washer D15.4*D8.2*2T	17
75	Domed nut M8*1.25*15L	6
76	Flat washer D16xD8.5x1.2T	16
77	Flat washer D25*D8.5x2.0T	2
78	Flat washer D20*D11*2T	3
79	Screw ST4.2x1.4x20L	13
80	Curved washer D22*D8.5*1.5T	4
81	Flat washer D13*D6.5*1.0T	4
82	Spanner	2
83	Allen spanner	1
84	Bolt M10*1.5*150L	1
85	Bolt M8*1.25*95L	2
86	Spring washer D10.5*D6.1*1.3T	4
87	Allen bolt M8x1.25x20L	11
88	Bolt M8x1.25x75L	4
89	Bolt M8x1.25x35L	6
90	Square neck bolt M8x1.25x75L	2
91	Bolt M8*1.25*20L	2
92	Bolt M5*0.8*10L	4
93	Pulling guide	1

94	Buffer	2
95	Fixing board	1
96	Nut M8*P1.25*6T	2
97	Chest belt	1
99	Adaptor	1
100	Front stabilizer	1

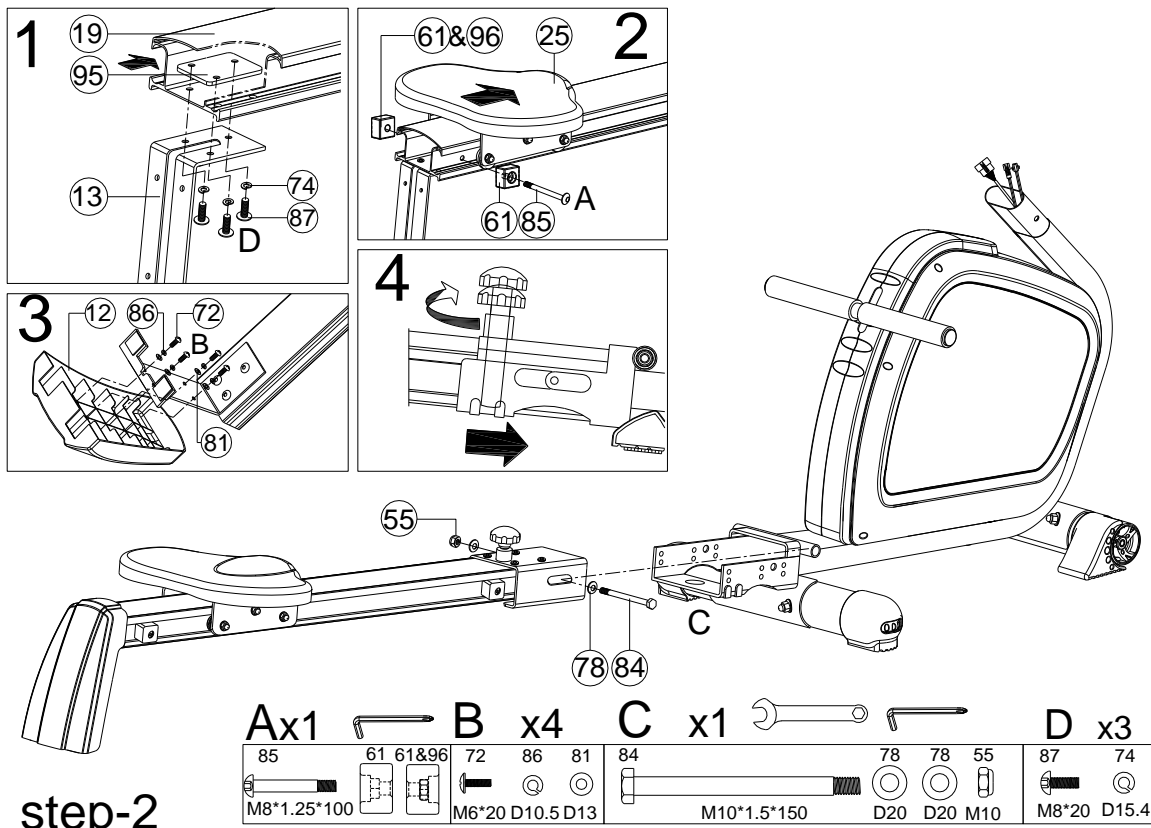
## ASSEMBLY

### STEP 1



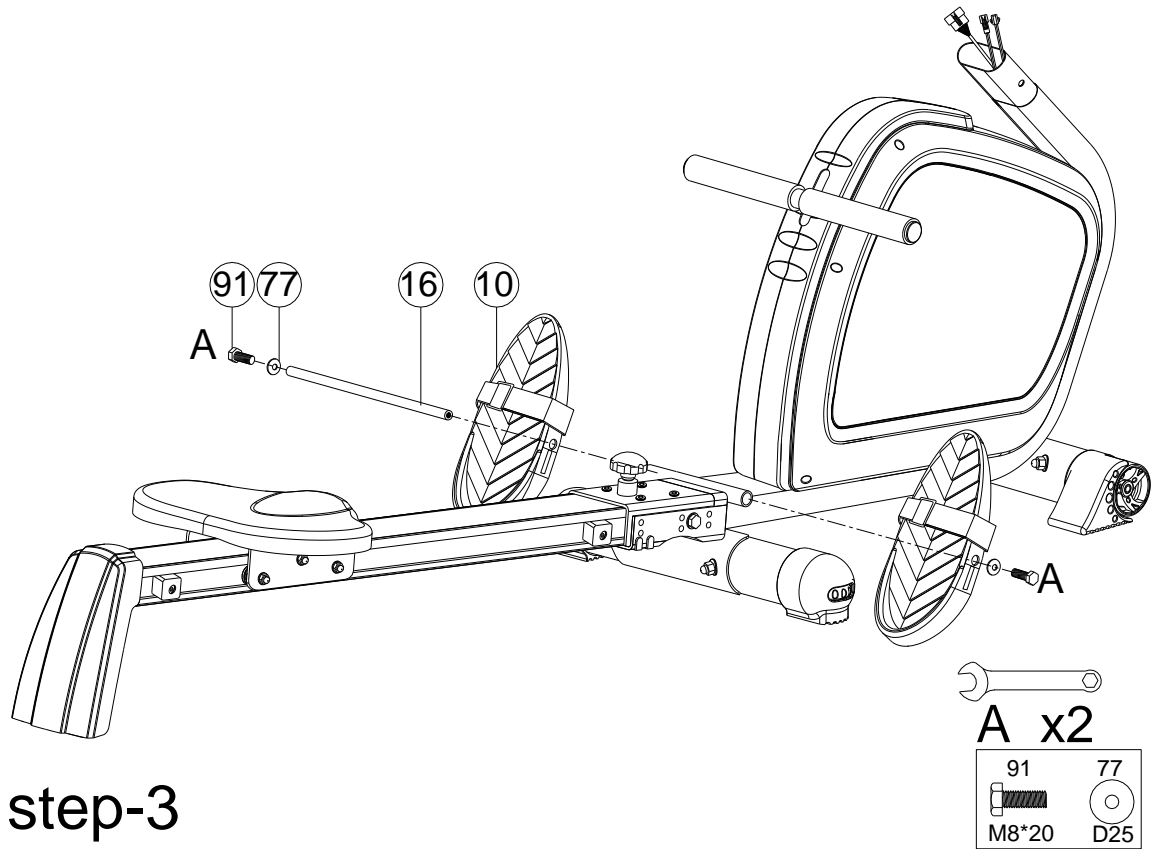
- A. Assemble the rear stabilizer (5) to the main frame (22) by using spring washer (74), domed nut (75), curved washer (80) and square neck bolt (90).
- B. Assemble the front stabilizer (100) to the main frame (22) by using spring washer (74), domed nut (75), curved washer (80) and square neck bolt (90).

## STEP 2



- A. Assemble the rear supporting plate (13) with sliding beam (19) by fixing plate (95), spring washer (74) and allen bolt (87) as picture 1 shown.
- B. Assemble the seat support (25) to the sliding beam (19) by using the buffer (61) and the nut (96) and the bolt (85) as picture 2 shown.
- C. Assemble the rear cover (12) with rear supporting plate (13) by screw (72), flat washer (81) and spring washer (86) as picture 3 shown.
- D. Assemble whole sliding beam set with main frame by nylon nut (55), flat washer (78) and bolt (84). You can fold the sliding beam by knob (17).

### STEP 3

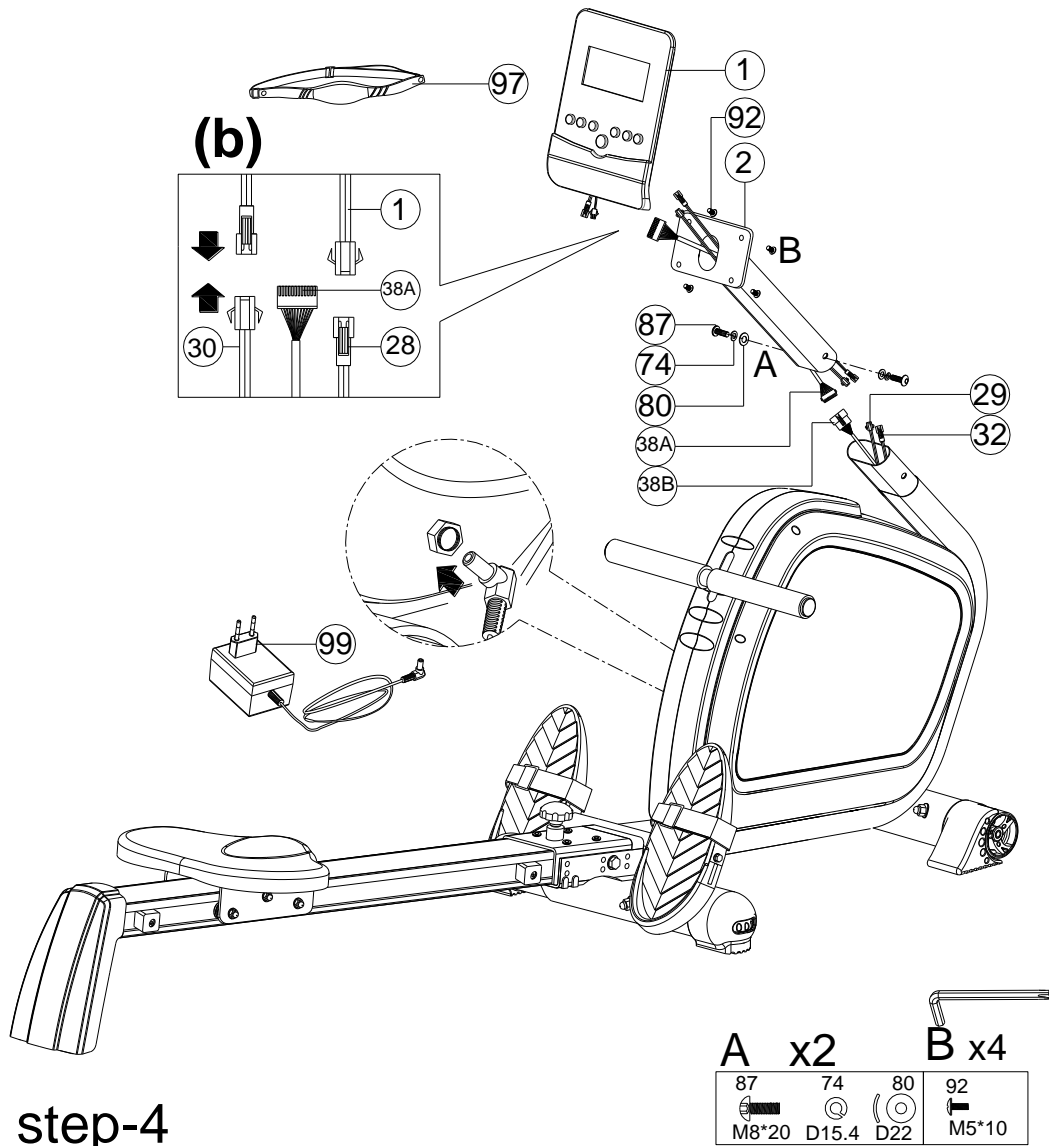


### step-3

Assemble the foot pedal (10) using the axle (16), flat washer (77) and bolt (91).



## STEP 4



- A. Connect the upper computer cable (38A) and lower computer cable (38B) and then assemble the handlebar post (2) onto the main frame by spring washer (74), curved washer (80) and allen bolt (87) as the picture A shown.
- B. Connecting the lower computer cable (28), Lower computer cable (30) and upper computer cable (38A) with the cables attached to computer (1) as the picture (b) shown. Assemble the computer (1) to the handlebar bar post (2) by bolt (92) as the picture B shown.

# INSTRUCTION MANUAL OF SM5810-64









## DISPLAY FUNCTIONS

ITEM	DESCRIPTION
SPM	<ul style="list-style-type: none"> <li>• Stroke per minute</li> <li>• Display range 0~999</li> </ul>
Time/500m	<ul style="list-style-type: none"> <li>• Workout time display during rowing.</li> <li>• Display range 0:00~99:59</li> <li>• Scan every 6 seconds, Computer will display the time needed to row 500 meters according to current speed.</li> </ul>
METERS	<ul style="list-style-type: none"> <li>• Rowing distance</li> <li>• Display range 0~99999</li> </ul>
CALORIES	<ul style="list-style-type: none"> <li>• Burned calories during rowing.</li> <li>• Display range 0~9990</li> </ul>
STROKES	<ul style="list-style-type: none"> <li>• Complete movement of rowing.</li> <li>• Display range: 0~9990</li> <li>• Scan every 6 seconds with Total Stroke.</li> </ul>
TOTAL STROKES	<ul style="list-style-type: none"> <li>• Total strokes number clear after power off (adaptor plug out)</li> <li>• Display range 0~99999</li> <li>• Scan every 6 seconds with Stroke.</li> </ul>
WATT	<ul style="list-style-type: none"> <li>• Setting range 0-10~350</li> </ul>
DISTANCE	<ul style="list-style-type: none"> <li>• Rowing distance</li> <li>• Setting range 0~99900 meter</li> </ul>
PULSE	<ul style="list-style-type: none"> <li>• Pulse bpm during rowing.</li> </ul>

	<ul style="list-style-type: none"> <li>• Display range 0-30~240.</li> </ul>
Temperature	<ul style="list-style-type: none"> <li>• Room temperature display during power saving mode.</li> </ul>
Calendar	<ul style="list-style-type: none"> <li>• YY/MM/DD display during power saving mode.</li> </ul>
Clock	<ul style="list-style-type: none"> <li>• Clock display during power saving mode.</li> </ul>
MANUAL	<ul style="list-style-type: none"> <li>• Manual mode workout.</li> </ul>
PROGRAM	<ul style="list-style-type: none"> <li>• 12 PROGRAM selection.</li> </ul>
H.R.C	<ul style="list-style-type: none"> <li>• Target HR training mode. (Preset User age before training)</li> </ul>
RACE	<ul style="list-style-type: none"> <li>• PC racing training mode.</li> </ul>
USER	<ul style="list-style-type: none"> <li>• User creates resistance level profile.</li> </ul>

## KEYS

	Up	<ul style="list-style-type: none"> <li>• Setting selection.</li> <li>• Increase resistance level.</li> </ul>
	Down	<ul style="list-style-type: none"> <li>• Setting selection.</li> <li>• Decrease resistance level.</li> </ul>
	ENTER	<ul style="list-style-type: none"> <li>• Confirm setting or selection.</li> </ul>
	Reset	<ul style="list-style-type: none"> <li>• Hold on pressing for 2 seconds, computer will reboot.</li> <li>• Clear setting value.</li> <li>• Reverse to main menu after finish a workout.</li> </ul>
	Start/ Stop	<ul style="list-style-type: none"> <li>• Start or Stop rowing training.</li> </ul>
	Recovery	<ul style="list-style-type: none"> <li>• Test heart rate recovery status.</li> </ul>

## OPERATION

### POWER ON

Plug in power supply, computer will power on and display all segments on LCD for 2 seconds. Enter into clock and calendar setting mode.

After 4 minutes without rowing or pulse input, console will enter into power saving mode. And display clock, calendar and room temp.

## PROGRAMS

### MANUAL MODE

1. Press START key in main menu may start workout in manual mode.
2. Press UP or DOWN to select Manual mode and press ENTER to confirm.
3. Press UP or DOWN to preset LEVEL, TIME, STROKES, CALORIES, WATT and PULSE, and press ENTER to confirm. (Time and Meters can't preset at the same time.)
4. Press START/STOP key to start workout. Press UP or DOWN to adjust resistance level.
5. When preset workout value count down to 0, console will alarm bi-bi and stop.
6. Press START/STOP key to pause workout. Press RESET to reverse to main menu.

### PROGRAM MODE

1. Press UP or DOWN to select Program mode and press ENTER to confirm.
2. Press UP or DOWN to select profile (P1~P12) and press ENTER to confirm.
3. Press UP or DOWN to preset LEVEL, TIME, STROKES, CALORIES, and PULSE, and press ENTER to confirm. (Time and Meters can't preset at the same time.)
4. Press START/STOP key to start workout. Press UP or DOWN to adjust resistance level.
5. When preset workout value count down to 0, console will alarm bi-bi and stop.
6. Press START/STOP key to pause workout. Press RESET to reverse to main menu.

### H.R.C. MODE

1. Press UP or DOWN to select H.R.C. mode and press ENTER to confirm.
2. Press UP or DOWN to preset AGE, and press ENTER to confirm.
3. Press UP or DOWN to select 55%, 75%, 90% and Target (default:100bpm).
4. Press UP or DOWN to preset TIME (or Meters), STROKES, CALORIES, and press ENTER to confirm. (Time and Meters can't preset at the same time.)
5. Press START/STOP key to start workout.
6. When preset workout value count down to 0, console will alarm bi-bi and stop.
7. Press START/STOP key to pause workout. Press RESET to reverse to main menu.

### RACE MODE

1. Press UP or DOWN to select Race mode and press ENTER to confirm.
2. Press UP or DOWN to preset Challenge level and press ENTER to confirm.

Total level=15:

L1=8:00 TIME/500M	L6=5:30 TIME/500M	L11=3:00 TIME/500M
L2=7:30 TIME/500M	L7=5:00 TIME/500M	L12=2:30 TIME/500M
L3=7:00 TIME/500M	L8=4:30 TIME/500M	L13=2:00 TIME/500M
L4=6:30 TIME/500M	L9=4:00 TIME/500M	L14=1:30 TIME/500M
L5=6:00 TIME/500M	L10=3:30 TIME/500M	L15=1:00 TIME/500M

3. Press START/STOP key to start workout. Press UP or DOWN to adjust resistance level.
4. Either PC or User finish rowing distance, computer will stop and show PC win or User win.
5. Press START/STOP key to pause workout. Press RESET to reverse to main menu.

## USER MODE

1. Press UP or DOWN to select USER mode and press ENTER to confirm.
2. Press UP or DOWN to set resistance level of each column, and press ENTER to next one. (Total column = 16)
3. Hold on pressing MODE to finish or quit setting
4. Press UP or DOWN to preset LEVEL, TIME, STROKES, CALORIES, and PULSE, and press ENTER to confirm. (Time and Meters can't preset at the same time.)
5. Press START/STOP key to start workout. Press UP or DOWN to adjust resistance level.
6. When preset workout value count down to 0, console will alarm bi-bi and stop.
7. Press START/STOP key to pause workout. Press RESET to reverse to main menu.

## RECOVERY MODE

1. User must be wearing a chest strap. When the pulse value is displayed on the computer, press on the RECOVERY key.
2. TIME shows "0:60" (seconds) and count down. Computer will show F1 to F6 after count down to 0 to test heart rate recovery status.

1.0	OUTSTANDING
1.0 < F < 2.0	EXCELLENT
2.0 < F < 2.9	GOOD
3.0 < F < 3.9	FAIR
4.0 < F < 5.9	BELOW AVERAGE
6.0	POOR

## TROUBLE SHOOTING

**E-2:** Check if cables were well connected or damaged.

## TERMS AND CONDITIONS OF WARRANTY, WARRANTY CLAIMS

### General Conditions of Warranty and Definition of Terms

All Warranty Conditions stated hereunder determine Warranty Coverage and Warranty Claim Procedure. Conditions of Warranty and Warranty Claims are governed by Act No. 40/1964 Coll. Civil Code, Act No. 513/1991 Coll., Commercial Code, and Act No. 634/1992 Coll., Consumer Protection Act, as amended, also in cases that are not specified by these Warranty rules.

The seller is SEVEN SPORT s.r.o. with its registered office in Borivojova Street 35/878, Prague 13000, Company Registration Number: 26847264, registered in the Trade Register at Regional Court in Prague, Section C, Insert No. 116888.

According to valid legal regulations it depends whether the Buyer is the End Customer or not.

“The Buyer who is the End Customer” or simply the “End Customer” is the legal entity that does not conclude and execute the Contract in order to run or promote his own trade or business activities.

“The Buyer who is not the End Customer” is a Businessman that buys Goods or uses services for the purpose of using the Goods or services for his own business activities. The Buyer conforms to the General Purchase Agreement and business conditions to the extent specified in the Commercial Code.

These Conditions of Warranty and Warranty Claims are an integral part of every Purchase Agreement made between the Seller and the Buyer. All Warranty Conditions are valid and binding, unless otherwise specified in the Purchase Agreement, in the Amendment to this Contract or in another written agreement.

### **Warranty Conditions**

#### **Warranty Period**

The Seller provides the Buyer a 24 months Warranty for Goods Quality, unless otherwise specified in the Certificate of Warranty, Invoice, Bill of Delivery or other documents related to the Goods. The legal warranty period provided to the Consumer is not affected.

By the Warranty for Goods Quality, the Seller guarantees that the delivered Goods shall be, for a certain period of time, suitable for regular or contracted use, and that the Goods shall maintain its regular or contracted features.

#### **The Warranty does not cover defects resulting from:**

User's fault, i.e. product damage caused by unqualified repair work, improper assembly, insufficient insertion of seat post into frame, insufficient tightening of pedals and cranks

Improper maintenance

Mechanical damages

Regular use (e.g. wearing out of rubber and plastic parts, joints etc.)

Unavoidable event, natural disaster

Adjustments made by unqualified person

Improper maintenance, improper placement, damages caused by low or high temperature, water, inappropriate pressure, shocks, intentional changes in design or construction etc.

### **Warranty Claim Procedure**

The Buyer is obliged to check the Goods delivered by the Seller immediately after taking the responsibility for the Goods and its damages, i.e. immediately after its delivery. The Buyer must check the Goods so that he discovers all the defects that can be discovered by such check.

When making a Warranty Claim the Buyer is obliged, on request of the Seller, to prove the purchase and validity of the claim by the Invoice or Bill of Delivery that includes the product's serial number, or eventually by the documents without the serial number. If the Buyer does not prove the validity of the Warranty Claim by these documents, the Seller has the right to reject the Warranty Claim.

If the Buyer gives notice of a defect that is not covered by the Warranty (e.g. in the case that the Warranty Conditions were not fulfilled or in the case of reporting the defect by mistake etc.), the Seller is eligible to require a compensation for all the costs arising from the repair. The cost shall be calculated according to the valid price list of services and transport costs.

If the Seller finds out (by testing) that the product is not damaged, the Warranty Claim is not accepted. The Seller reserves the right to claim a compensation for costs arising from the false Warranty Claim.

In case the Buyer makes a claim about the Goods that is legally covered by the Warranty provided by the Seller, the Seller shall fix the reported defects by means of repair or by the exchange of the damaged part or product for a new one. Based on the agreement of the Buyer, the Seller has the right to exchange the defected Goods for a fully compatible Goods of the same or better technical characteristics. The Seller is entitled to choose the form of the Warranty Claim Procedures described in this paragraph.

The Seller shall settle the Warranty Claim within 30 days after the delivery of the defective Goods, unless a longer period has been agreed upon. The day when the repaired or exchanged Goods is handed over to the Buyer is considered to be the day of the Warranty Claim settlement. When the Seller is not able to settle the Warranty Claim within the agreed period due to the specific nature of the Goods defect, he and the Buyer shall make an agreement about an alternative solution. In case such agreement is not made, the Seller is obliged to provide the Buyer with a financial compensation in the form of a refund.



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Date of Sale:

Stamp and Signature of Seller: