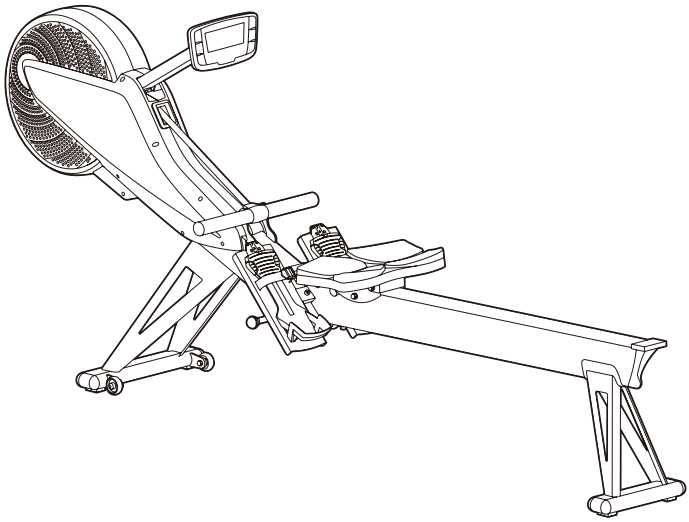
CE

DYNAMIC R1 PRO

Magnetic /
Air Rowing Exercise Machine



Owner's manual

Dear customer,
Thank you for purchasing the DYNAMIC R1 PRO Rower. This product was designed to meet your workout needs and provide you with a healthier life. Before you begin using this product, please read the Owner's Manual completely and thoroughly follow the instructions of all WARNING.

If you have any questions about this product or are in need of replacement parts, please contact Customer Service by calling (909) 212-5555 or emailing us at: info@goldendesignsinc.com

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WARNING:
Do not dispose of electrical appliances as unsorted municipal waste, use separate collection facilities.



Contact your local government for information regarding the collection systems available.

If electrical appliances are disposed of in landfills or dumps, hazardous substances can leak into the groundwater and get into the food chain, damaging your health and well-being.

INTRODUCTION / SAFETY GUIDELINE

A. Introduction

Thank you very much for choosing this product. To secure the safety, please read the manual and all suggestions carefully before using this product. By reading through the manual, we believe that you can enjoy safe exercise and have a healthy life.

B. Safety guideline

a. Read the owner's manual and all accompanying instructions. Follow it carefully before using your machine.
b. This machine is intended for indoor home use only. It is not designed for commercial use.
c. Inspect your exercise machine prior to exercising to ensure that all nuts and bolts are fully tightened.
d. Make sure the machine is stable on the floor. Avoid uneven surfaces.
e. Most exercise equipment is not recommended for children. Children should not use the machine. Keep unsupervised children away from the equipment.
f. Exercise equipment has moving parts. Keep others, especially children, at a safe distance while exercising.
g. Make sure all devices are fully adjusted before use to avoid injury.
h. Remove all jewelry, including rings, chains and pins before exercising.
i. Always wear suitable clothing and footwear during exercise. Do not wear loose fitting clothing that could become caught in the moving parts of your exercise machine.
j. Warm up for 5 to 10 minutes before each workout and cool down for 5 to 10 minutes afterward. This allows your heart rate to gradually increase and decrease and will help prevent muscle strain.
k. Never hold your breath while exercising. You should breathe at a normal rate for the level of exercise being performed.
l. Rest adequately between workouts. Muscles tone and develop during these rest periods.
   Beginners should work out twice a week and increase frequency gradually to 4 or 5 times per week.
m. Do not "over train". Incorrect or excessive training may result in injury.
n. Warning that any of the adjustment devices should not be left protruding.

IMPORTANT: THE MAXIMUM RECOMMENDED WEIGHT CAPACITY FOR YOUR EQUIPMENT IS 180 KG (396 LB).

Information on braking system:

Warning: Before beginning any exercise program, please consult your physician. If at any time you feel faint, dizzy or are experiencing pain, stop and consult your physician. The manufacturer may use this as a defense to any claim for injuries, damage or loss. The above warnings are in no way intended to limit or modify the consumer's remedies for breach of warranties pursuant to applicable **Federal and State laws of regulations**. They are being supplied strictly to ensure the safety of the individuals using this product.

The safety level of the equipment can be maintained only if it is examined regularly for damaged and wear.

The appliances are not for children under 14 years of age.

Safe distance: Front and back: 100cm
Left and right sides: 100cm

This equipment is not suitable for therapeutic purposes.

Before you begin

Important: Read all instructions carefully. Assemble the unit in accordance with the steps in the manual. Lay out all parts on the floor and check if you have all the parts are included before beginning assembly. In case of a discrepancy, please call the customer service department of the store for help.

Replaced defective components immediately and keep the Equipment out of use until repair.

Note: some parts may be factory pre-assembled.

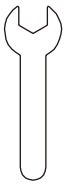
Note: Do not plug to power supply before machine is fully assembled. Input power supply specification depends on local electricity supply, and a proper transformer may be needed.

DC transformer spec.: Input: 100-120V (220-240V) ~ 60Hz (50Hz)
Output: 6V ⎓ 1.0A



The most susceptible to wear parts are
Bearing / Belt

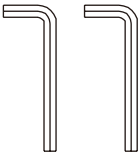
Tools required for assembly



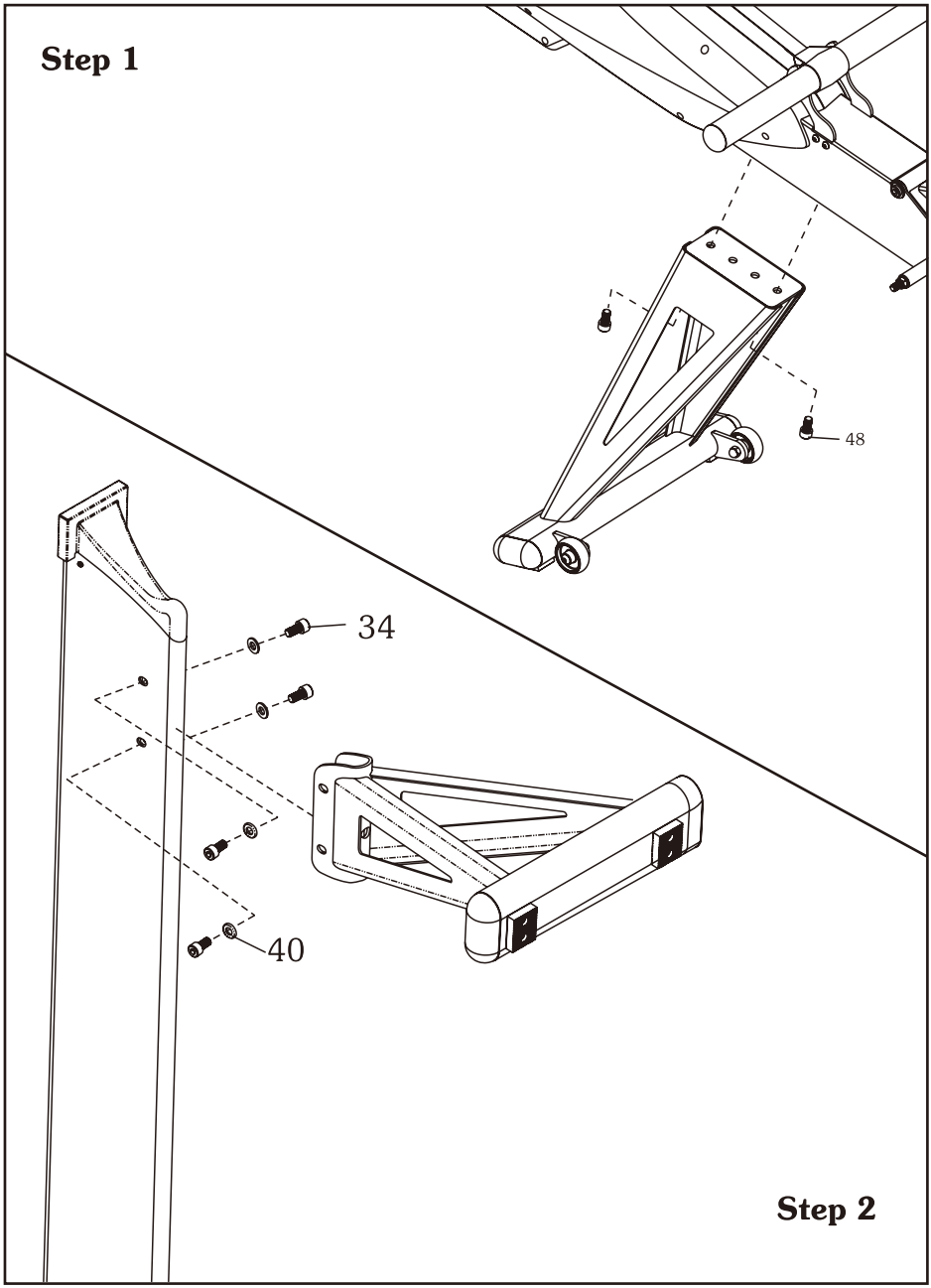
Open wrench 14mm

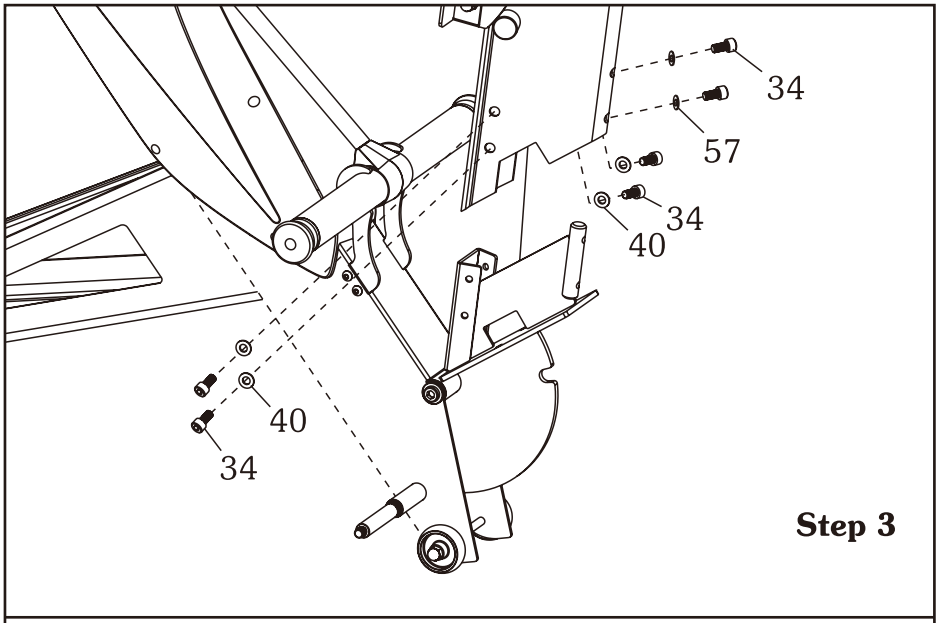


Screw driver



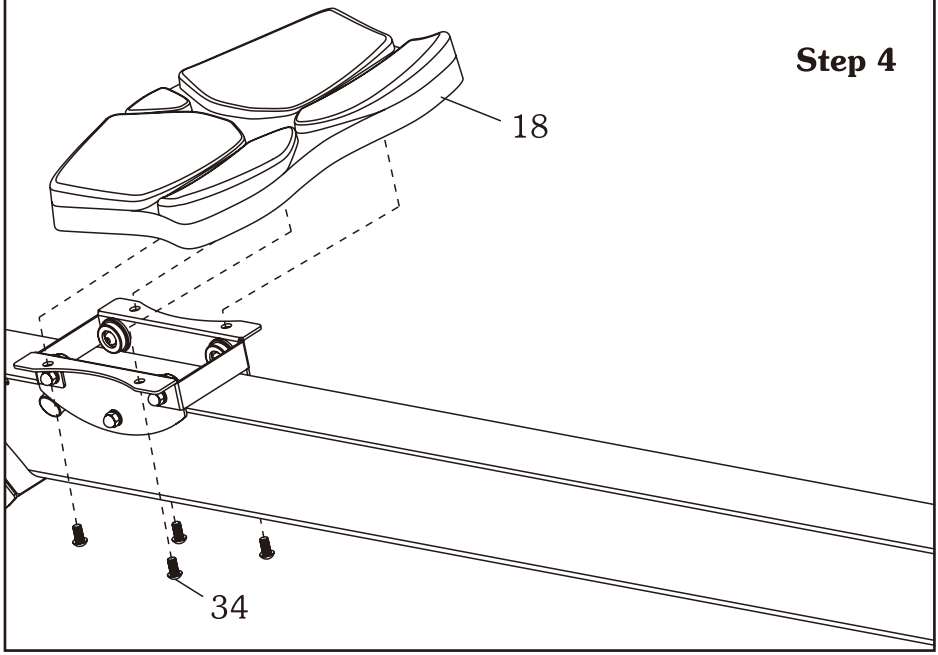
Allen wrench

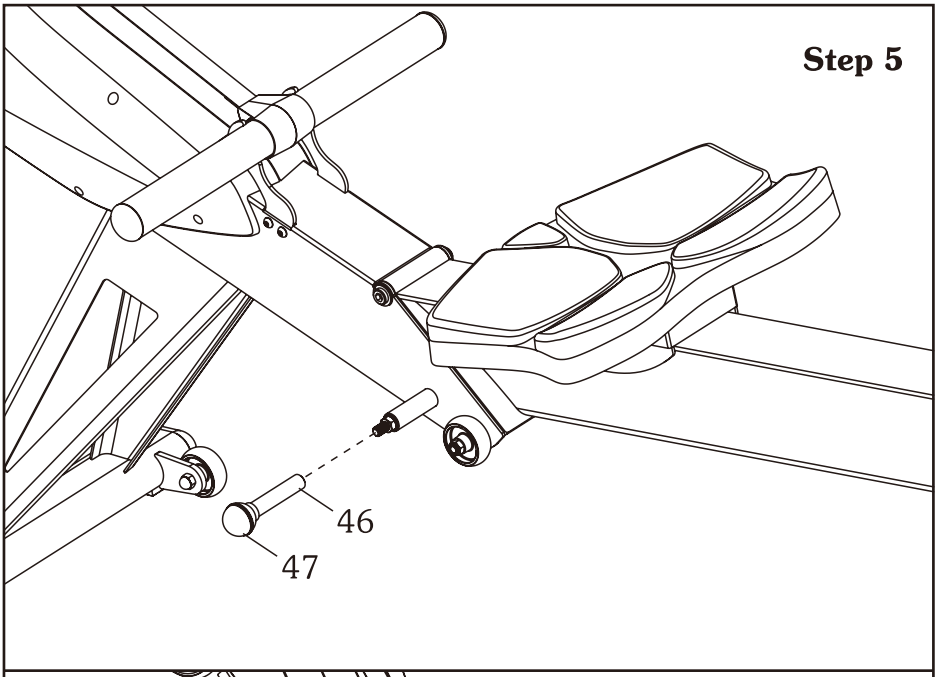

Step 1
48
34
40
Step 2

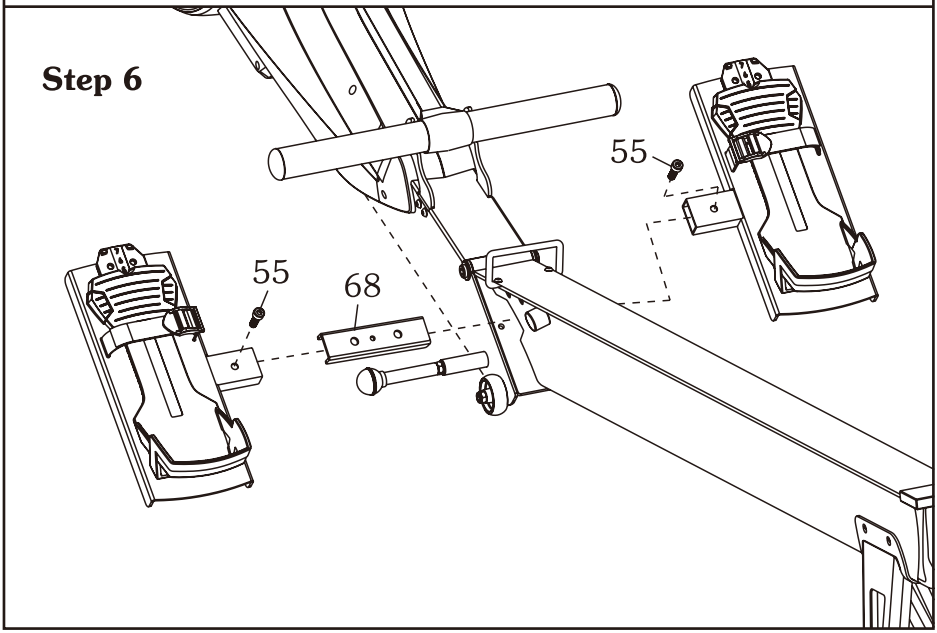


Step 3

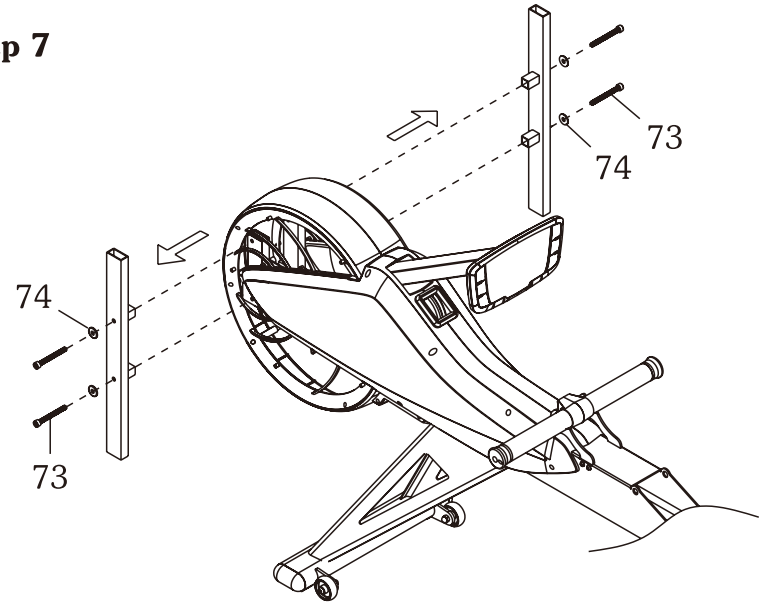
Step 4



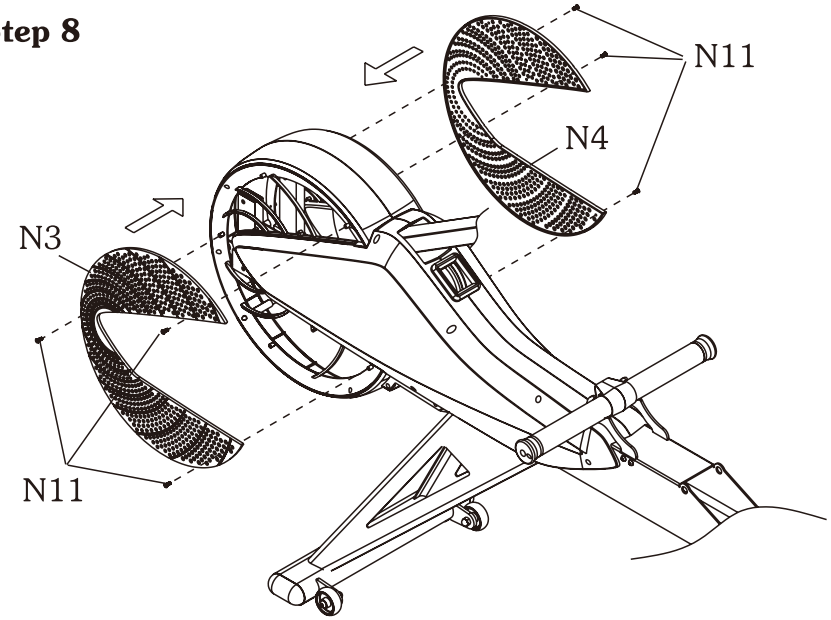

Step 5
46
47

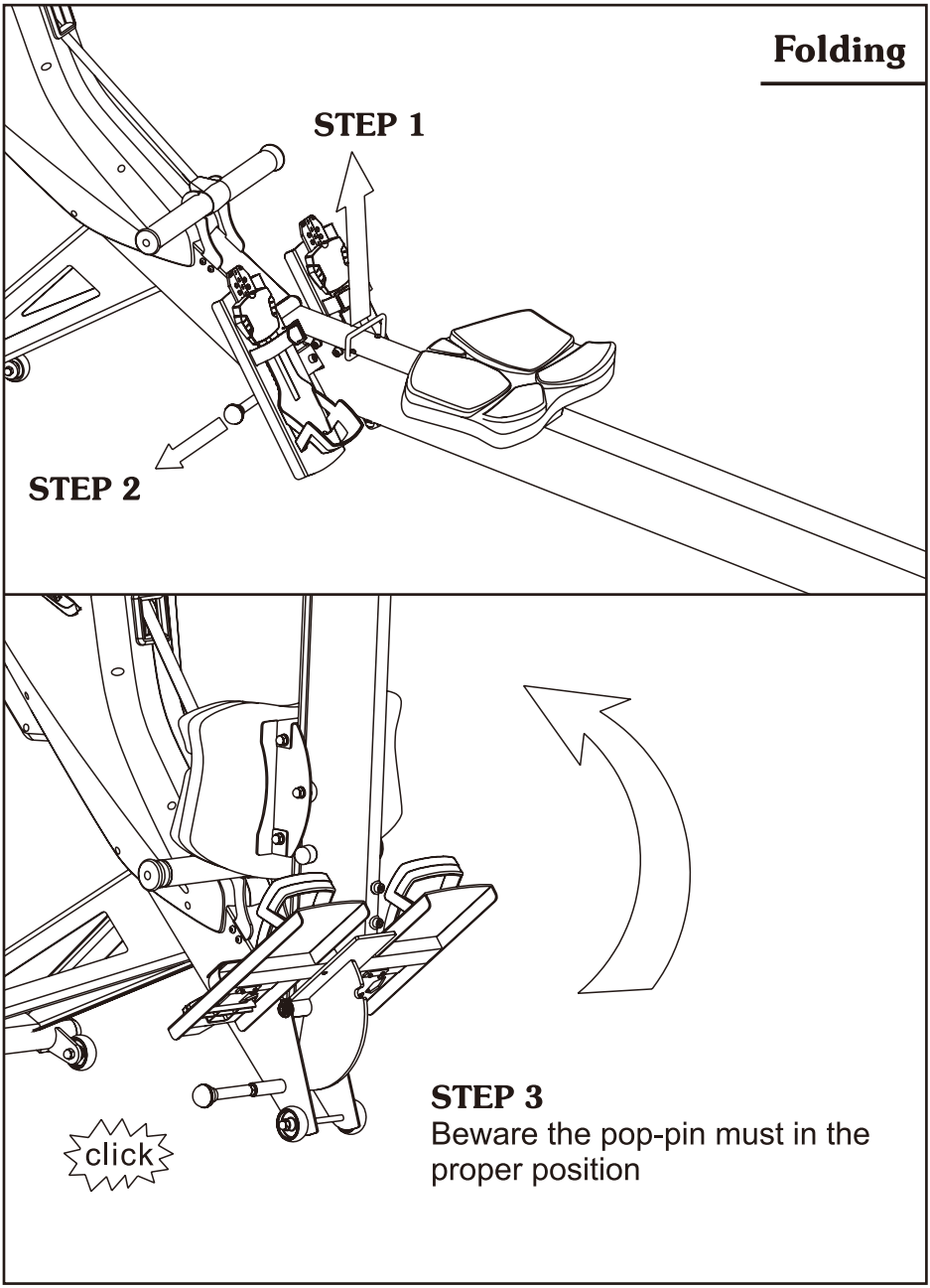

Step 6
55
55
68

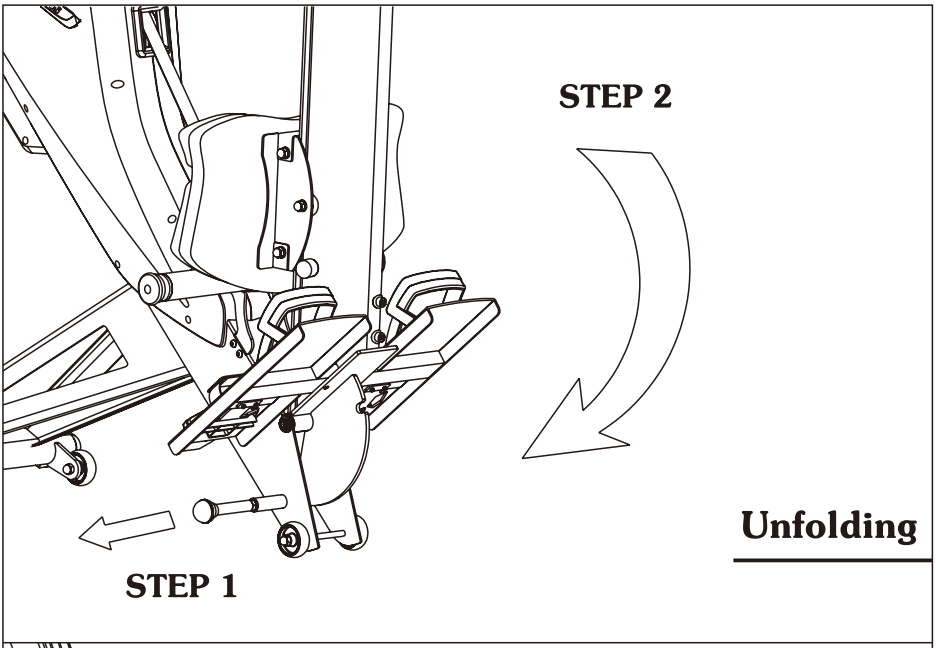
Step 7



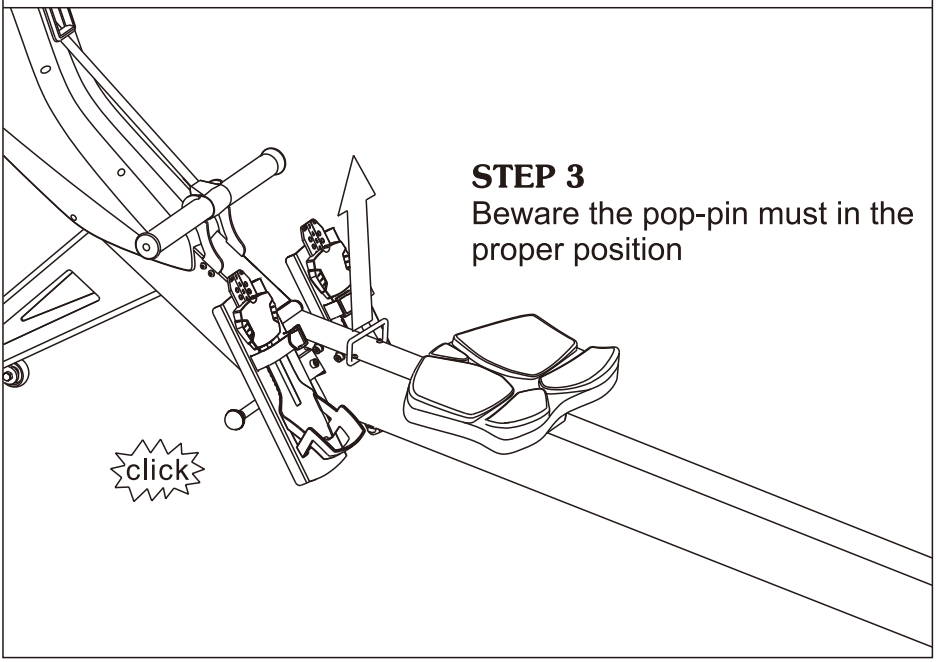
Step 8




Folding
STEP 1
STEP 2
click
STEP 3
Beware the pop-pin must in the proper position

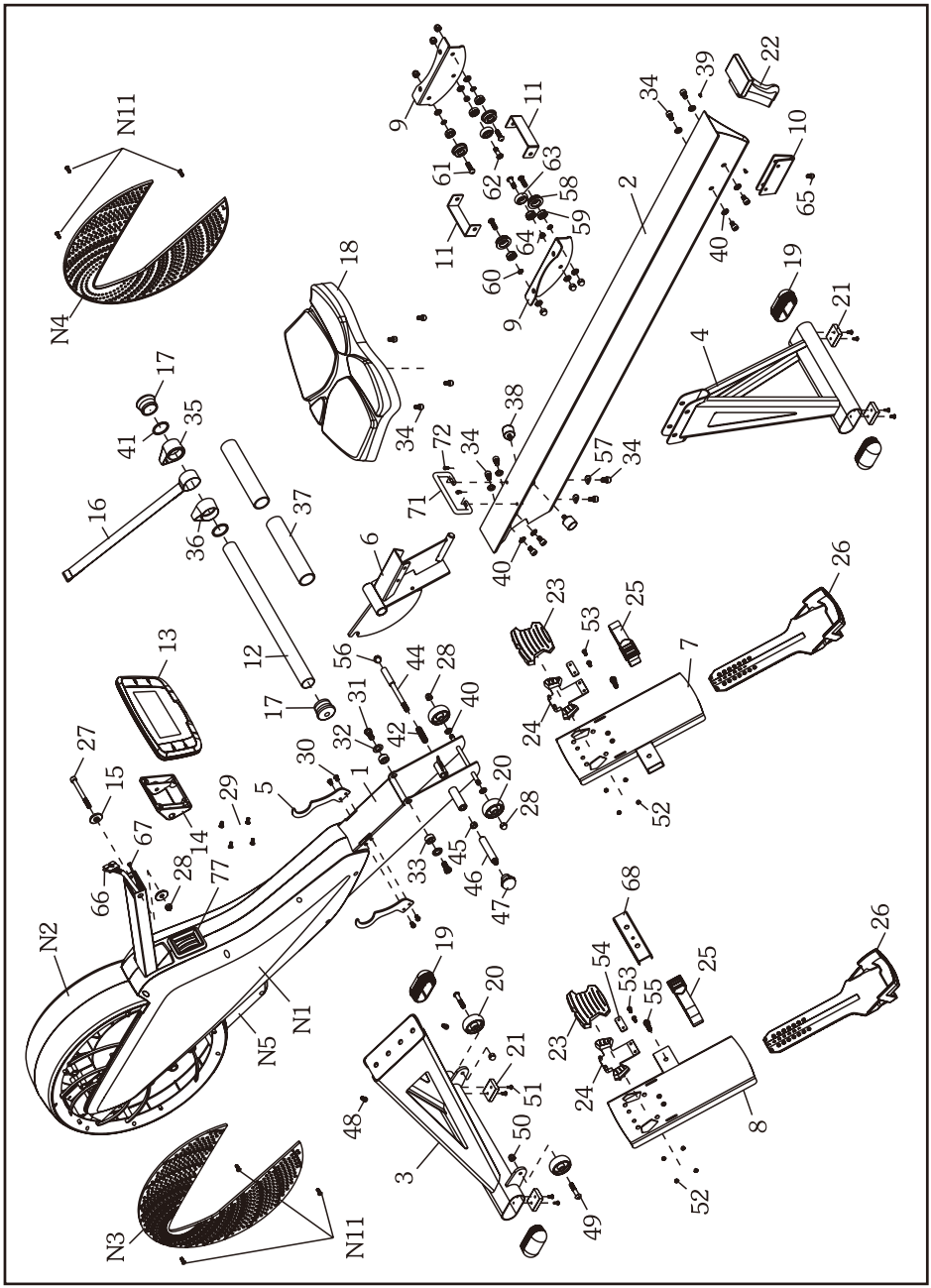


Unfolding



STEP 3
Beware the pop-pin must in the proper position

EXPLODED VIEW



PARTS LIST

NO.	DESCRIPTION	Q'TY
1	Main frame	1
2	Central beam	1
3	Front stabilizer	1
4	Rear stabilizer	1
5	Hand grip holder	2
6	Folding rotatably supporter	1
7	Pedal base (R)	1
8	Pedal base (L)	1
9	Sliding support side plate	2
10	Rear stabilizer holding bracket	1
11	Sliding support baffle plate	2
12	Hand grip	1
13	Console	1
14	Console base	1
15	Console washer	2
16	Nylon webbing	1
17	Hand grip end cap	2
18	Saddle	2
19	Foot cap	4
20	Transportation wheel	4

PARTS LIST

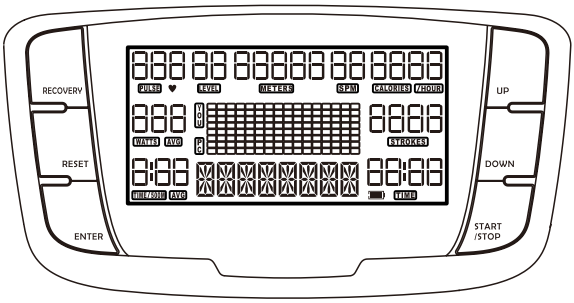
NO.	DESCRIPTION	Q'TY
21	Foot pad	4
22	End cap for central beam	1
23	Pedal (A)	2
24	Pedal adjustment bottom	2
25	Pedal strap	2
26	Pedal (B)	2
27	Socket head bolt M8 x 85mm	2
28	Nylon nut M8	4
29	Round head screw M5 x 10	4
30	Round head screw M6 x 10mm	4
31	Socket head bolt M10 x 16mm	2
32	Washer Ø1/2" x Ø23 x 2.0t	2
33	Spacer	2
34	Socket head bolt M8 x 12mm	14
35	Hand grip cover (R)	1
36	Hand grip cover (L)	1
37	Form grip	2
38	Stopper	2
39	Round head self-tapping screw M3 x 6mm	2
40	Washer Ø8 x Ø16 x 2.0t	16

NO.	DESCRIPTION	Q'TY
41	Plastic washer	2
42	Spring	1
44	Lock pin	1
45	Nut 3/8"-16	1
46	Lock pin knob connector	1
47	Knob for lock pin	1
48	Socket head bolt M10 x 16mm	2
49	Round head bolt M8 x 40mm	2
50	Nut M8	8
51	Round head screw 5/32" x 1/2"	8
52	Round head self-tapping screw M4 x 8mm	8
53	Pan head screw M5 x 15mm	4
54	Pedal adjustment bottom holder	2
55	Socket head bolt M8 x 25mm	14
56	End cap for decoration	1
57	M8 x 2T x Ø19	2
58	Roller (A)	4
59	Bearing	6
60	Powder metal sleeve (12 x 8 x 2mm)	4
61	Round head bolt M8 x 25mm	4

PARTS LIST

NO.	DESCRIPTION	Q'TY
62	Pan head bolt M8 x 25mm	2
63	Roller (B)	2
64	Powder metal sleeve (12 x 8 x 5mm)	2
66	Wire upper	1
67	Pulse wire	1
68	Pedal base bracket	1
71	D handle	1
72	Round head screw M5 x 10mm	2
73	Socket head bolt M8 x 75mm	4
74	Washer M8 x 2.0 t x Ø23	4
77	Strap protected pad	1
N1	Chain cover-main L	1
N2	Chain cover-main R	1
N3	Chain cover-mesh L	1
N4	Chain cover-mesh R	1
N5	Chain cover-bottom L	1
N6	Chain cover-bottom R	1
N11	Screw 1/8" x 1/2"	6

CONSOLE



Console user manual

* Function Buttons * About Displays * Operation Instructions

Power supply: output DC 6V /1000mA transformer adaptor.

Function Buttons

There are total 6 buttons: including START/STOP, UP, DOWN, ENTER, RECOVERY and RESET buttons.

START/ STOP: To start or stop workout.

UP & DOWN:

a. During the initial mode, press this button to select your desired program from MANUAL, RACE, PROFILES, WATT, HRC and USER.
b. In the setting mode, press the UP/DOWN button to increase/decrease the value. Press and hold the button to speed up the increment/decrement of the value.
c. In the working status, you still can press the button to increase/decrease the level of profile.
d. In the USER program, use UP and DOWN button to set up each column of the profile.

ENTER: To enter and confirm all settings.

RECOVERY:

Note: Chest belt is the optional accessory and required in order to use this function. The frequency of chest belt accepted by the console is 5 KHz.

1. Press this button to act heart rate recovery function. The heartbeats must be detected by the console in advance, and then the recovery function could starts to work.

2. It is a function to check the condition of pulse recovery when stop exercising. That is scaled from F1.0 to F6.0. F1.0 means the best and F6.0 means the worst. This function may reflect your heart pulse recovery ability and improve it through exercise day by day. In order to get rate correctly, users must test it right after the workout. After the key is pressed, at the condition when chest belt is worn appropriately, the test will last for 1 minute and the result will show on the display. While during or after the test, it is allowed to press RESET button any time to leave this mode.

RESET:

1. The user can press “RESET” button at any time during the program setting process, the program will return to no setting state.
2. When the machine is in stop or pause state, press the "RESET" button, the program automatically clears the display data, and return to no setting state.
3. When the machine is in the "RECOVERY" state, press the "RESET" button, the program will automatically return to no setting state.

Error message & Troubleshooting

E1: When power on state, the gear motor should be return to zero automatically. If not, show E1 on the LCD display.

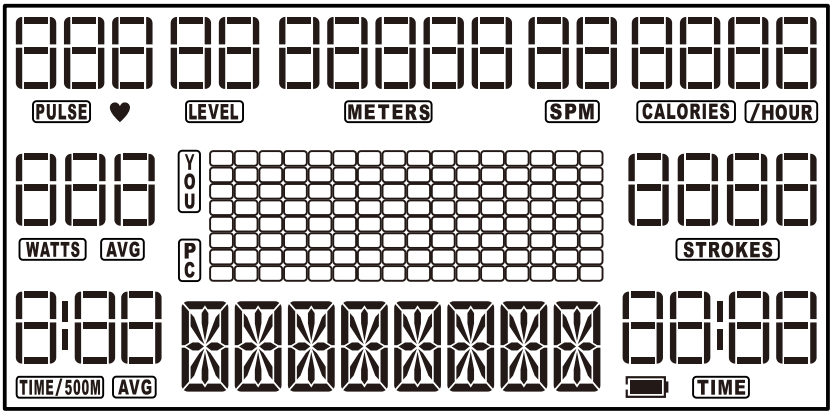
E2 : After start exercise, use UP/DOWN button to adjust the level. But the console cannot detect changes in resistance of level. It will show E2 on the LCD display.

E3 : After start exercise, when the console indicates no signal picked up from sensor A or B. It will show E3 on the LCD display.

Solutions :

1. Please check all the wires, whether all the wires well connected or any connecting pins bent.
2. Please check if the wire is broken or fractured, changed the new one.
3. Please check if the motor isn’t under well function, please check the motor wire is well connected or change the motor.
4. Please consult dealer.

About display



A. TIME / TIME/500M window: Shows exercise time / the time you need to row 500 meters in your current speed.
TIME/500M AVG (average time/500M): After START/STOP button is pressed, the console records your velocity per 500 meters, and after you press START/STOP button to stop exercise, it shows average time you spent to row 500 meters.

B. SPM window: Shows strokes per minute.

C. DISTANCE window: Shows the exercise distance. Unit is meter.

D. STROKES window: Shows STROKES.

E. CALORIES window: Shows CALORIES / CALORIES per hour.
NOTE: This data is a rough guide, which cannot be used for medical reference.

F. WATT window: The console shows workout efforts during training.
WATT AVG (average WATT) :
After START/STOP button is pressed, the console records WATT values during the exercise, and after you press START/STOP button to stop exercise, it shows average WATT you made.

G. PULSE window: Shows current heart beat per minute. After wearing chest belt properly, console will detect pulse signals from chest belt after few seconds.
Note: Chest belt is required in order to use this function. The frequency of chest belt accepted by the console is 5 KHz.

WARNING!
Heart rate console system may be inaccurate. Over exercise may result in serious injury of death. If you feel faint stop exercising immediately.

H. LEVEL window: Indicates the level of loading selected from 1 to 16.

Operation Instructions
Note:
1. **If you stop paddling or did not press any buttons in 1 minute, the console switches to sleep mode.**
2. **If the console does not display properly, please remove the power cable and insert again after 15 seconds.**

A. QUICK START operating procedures
1. Without any setting, press "START / STOP" key, the program will directly go into the "QUICK START" mode.
2. If user pulls the rope directly before any setting and it shows SPM signal, the program will directly go into the "QUICK START" function, then "QUICK" will light up on the display.
3. When the machine is operating, the display data of TIME / METERS / STROKES / CALORIES" will count up in display.
4. When the machine is operating, the user can use "UP/DOWN" button to increase or decrease the resistance segments.
5. When the console didn't receive the SPM signal for five seconds, the program will automatically go into the "pause" state, it will show "PAUSE" on the display.

B. Select training mode:

Press UP or DOWN button to select training mode from MANUAL, RACE, PROFILE (P1~P12), WATT, HRC and USER 1~5, then press ENTER to confirm selection.

(a.) MANUAL mode:

a-1. Press the UP & DOWN button to select MANUAL program. The program profile will show on matrix, then press ENTER to confirm. Now you can start target setting functions.

a-2. Press UP or DOWN to select your desired exercise Time, Strokes, Calorie, Meter and level, then press ENTER to confirm.

a-3. Then press START/STOP button to begin the exercise.

(b.) RACE mode:

b-1. Press the UP & DOWN button to select RACE program. The program profile will show on matrix, then press ENTER to confirm. Now you can start target setting functions.

b-2. Press UP or DOWN to select your desired exercise Time/500M, Meter and level, then press ENTER to confirm.

b-3. Then press START/STOP button to begin the exercise.

(c.) Profile mode:

c-1. Press the UP & DOWN button to select Profile program. The program profile will show on matrix, then press ENTER to confirm. Now you can start target setting functions.

c-2. Press UP or DOWN to select your desired profile P1~P12, then press ENTER to confirm.

c-3. Press UP or DOWN to select your desired exercise Time, Strokes, Calorie, Meter and level, then press ENTER to confirm.

c-4. Then press START/STOP button to begin the exercise.

(d.) WATT mode:

d-1. Press the UP & DOWN button to select WATT program. The program profile will show on matrix, then press ENTER to confirm. Now you can start target setting functions.

d-2. Press UP or DOWN to select your desired exercise Watt, Time, Strokes, Calorie and Meter, then press ENTER to confirm.

d-3. Then press START/STOP button to begin the exercise.

(e.) HRC mode:

e-1. Press the UP & DOWN button to select HRC program. The program profile will show on matrix, then press ENTER to confirm. Now you can start target setting functions.

e-2. Press UP or DOWN to set your AGE, then press ENTER to confirm. Press UP or DOWN to select your desired 55%, 75%, 90% and Target Heart Rate (THR), then press ENTER to confirm.

e-3. Press UP or DOWN to select your desired exercise Time, Strokes, Calorie and Meter, then press ENTER to confirm.

e-4. Then press START/STOP button to begin the exercise.

(f.) USER mode:

f-1. Press the UP & DOWN button to select USER program U1~U5. The program profile will show on matrix, then press ENTER to confirm. Now you can start target setting functions.

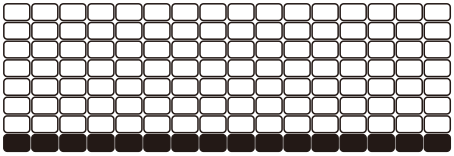
f-2. If you want to set up training chart, press and hold ENTER for 2 seconds to enter setting mode. After finished profile setting, press and hold ENTER for 2 seconds to jump out setting mode.

f-3. Press UP or DOWN to select your desired exercise Time, Strokes, Calorie, Meter and level, then press ENTER to confirm.

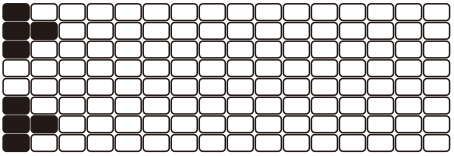
f-4. Then press START/STOP button to begin the exercise.

Program profiles

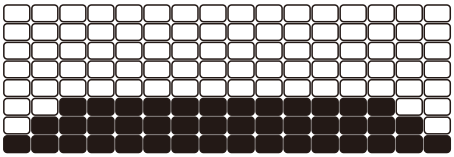
MANUAL PROGRAM



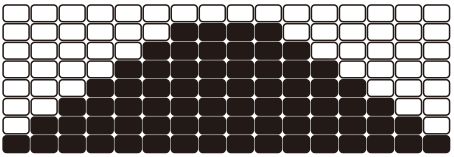
RACE PROGRAM



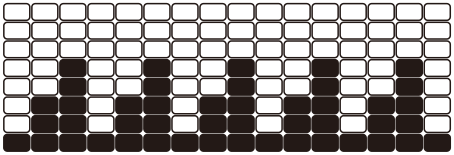
PROFILE - P1



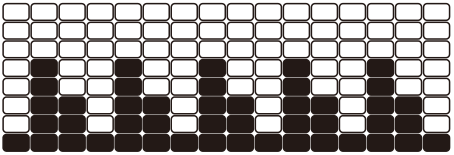
PROFILE - P2



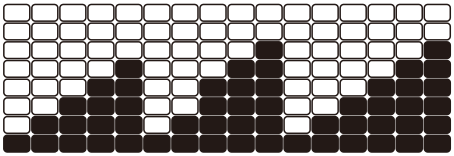
PROFILE - P3



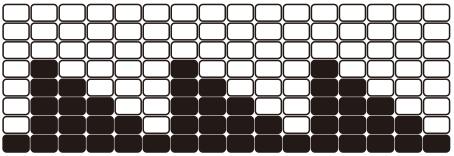
PROFILE - P4



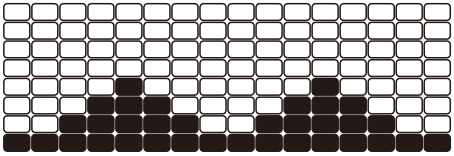
PROFILE - P5



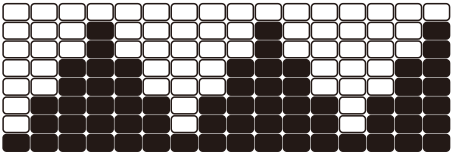
PROFILE - P6



PROFILE - P7

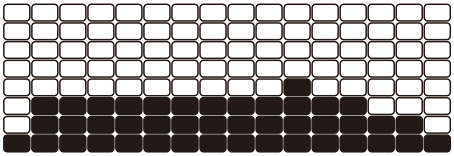


PROFILE - P8

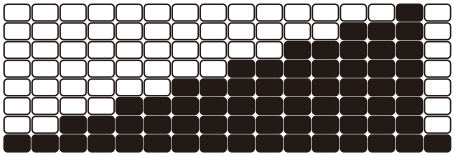


PROGRAM PROFILES

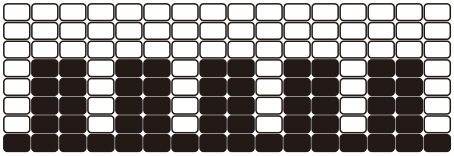
PROFILE - P9



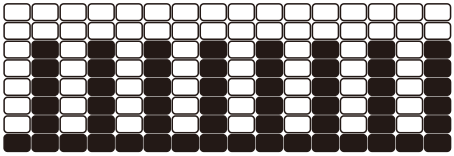
PROFILE - P10



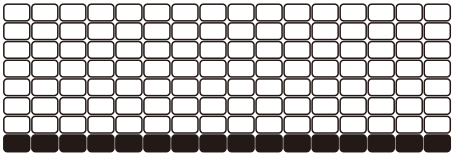
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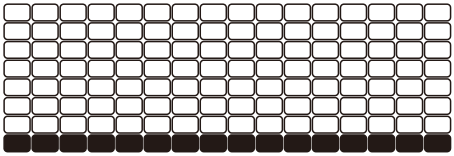
PROFILE - P12



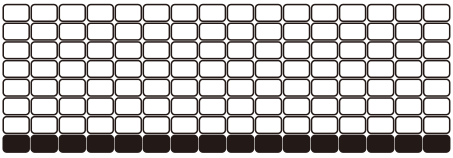
WATTS PROGRAM



H.R.C. PROGRAM



USER PROGRAMU
SER1
USER2
USER3
USER4
USER5

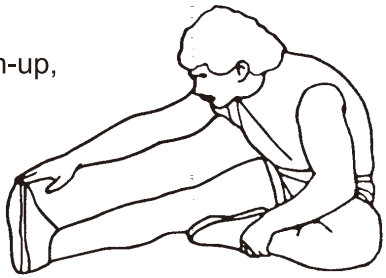


WARM - UP GUIDELINES

Warming up is an important part of every workout. Warming up prepares the body for more strenuous exercise by increase circulation, deliver more oxygen to the muscles, and raise the body temperature.

SUGGESTED STRETCHES

The following stretches provide a good warm-up, or cool-down.
Move slowly as you stretch-never bounce.



HAM STRING STRETCH

Sit with one leg extended. Bring the sole of the opposite foot toward you, resting it against the extended leg's inner thigh.
Stretch toward your toe as far as possible, hold for 15 counts, then relax. Repeat three times for both legs.

Stretches: Hamstrings, lower Back and Groin

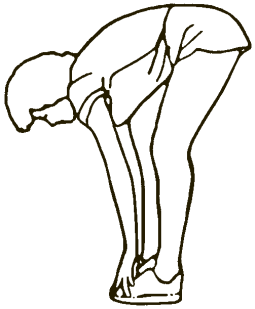


INNER THIGH STRETCH

Sit with the soles of your feet together and knees pointing outward. Pull your feet as close into the groin area as possible. Hold for 15 counts, then relax.
Repeat three times.

Stretches: Quadriceps, Hip Muscles

TOE TOUCHES



Standing with your knees bend slightly, slowly bend forward from the hips.
Allow your back and shoulders to relax as you stretch down toward your toes.
Go as far as you can and hold for 15 counts, then relax. Repeat three times.

Stretches: Hamstrings, Back of Knees, Back

QUADRICEPS STRETCH



With one hand against a wall for balance, reach behind you and pull up your foot. Bring your heel as close to your bottom as possible. Hold for 15 counts. Repeat.

Stretches: Quadriceps, Hip Muscles.

CALF / ACHILLES STRETCH

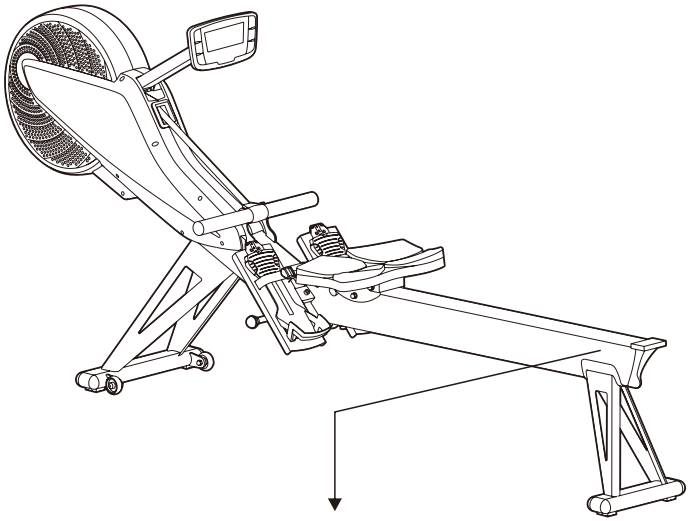


With one leg in front of the other and arms out, lean against the wall. Keep your back leg straight and back foot flat on the ground; then bend the front leg and lean forward by moving your hips toward the wall. Hold, then repeat on the other side. To cause even further stretching of the. Achilles tendons, slightly bend back leg as well.

Stretches: Calves, Achilles Tendons, and Ankles.

SERIAL NUMBER LABEL

The diagram below shows the location of the Serial Number Label. The serial number is indicated on the label affixed to the lower part of the Main Frame. (Note: The label shown below is not of actual size.)



ROWING EXERCISE MACHINE FOR CONSUMER USE ONLY

DYNAMIC R1 PRO **Magnetic/Air** **Rowing Exercise Machine**	**CUSTOMER SERVICE:** Please call (909) 212-5555
Model No.: **R1**	or
Serial No.:	E-mail us at:
MADE IN TAIWAN	info@goldendesignsinc.com

WARRANTY

This Limited Warranty applies in the United States to products distributed under the DYNAMIC brand name. This warranty extends only to the original purchaser and stands at one (1) year from the date of purchase. This warranty is not transferable to anyone who subsequently purchases the product from the original purchaser.

During the warranty period, DYNAMIC has the option to replace or repair a part(s) that was discovered damaged or has become damaged due to a manufacturer defect only, and may be done so with serviceable used parts that are equivalent to the new parts in performance. This warranty does not cover: faulty set up procedures, assembly errors, alterations, modifications, misuse, abuse, accidents, improper maintenance, damage or malfunctions caused by moving or dropping of the product, unforeseen home damage, acts of nature, or repairs not provided by DYNAMIC customer service.

Questions to determine the validity of a defect claim may be done by a DYNAMIC service technician. DYNAMIC reserves the right to change manufacturers of any parts to cover any existing warranty. To obtain warranty parts, you must contact customer service (see page 1). Any evidence of alteration or erasing will be cause for immediate void of this Limited Warranty. This warranty does not extend to any product not purchased from an authorized reseller or dealer. Product on which the serial number has been altered, defected, or removed is not eligible for warranty service.

DYNAMIC makes no other warranties, expressed or implied, including any implied warranties or merchantability and fitness for a particular purpose. DYNAMIC expressly claims all warranties not stated in this Limited Warranty. Neither DYNAMIC nor any of its affiliates shall be responsible for incidental or consequential damages or costs.