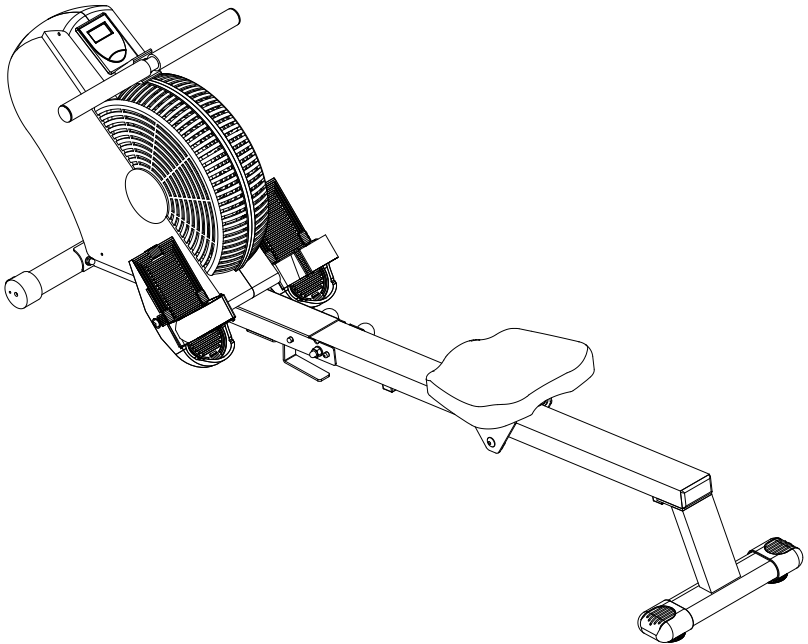


SERIAL NO. DS2824-UK

V-fit



CYCLONE AIR ROWER

Assembly & User Manual

Please ensure that you read this manual carefully before attempting to assemble or use your new product and retain for future use

Contents

<i>Section</i>	<i>Page</i>
<i>General Information</i>	<i>3</i>
<i>Before You Start</i>	<i>4</i>
<i>Safety</i>	<i>5</i>
<i>Exercise Information</i>	<i>6</i>
<i>Monitor Function</i>	<i>13</i>
<i>Assembly</i>	<i>15</i>
<i>Adjustments & Maintenance</i>	<i>20</i>
<i>Troubleshooting Guide</i>	<i>21</i>
<i>Component Part Lists</i>	<i>22</i>



Protect the environment by not disposing of this product with household waste.



General Information

Quality

This exercise product has been designed and manufactured to comply with the latest (BS EN 957) British and European Safety Standards.

Questions

Should you encounter any difficulty with the assembly, operation or use of your exercise product or if you think that you may have parts missing, please **DO NOT** return it to your retailer but contact us first for help and advice, asking for **CUSTOMER SUPPORT**, by any of the following means.

Tel:- 01535 637711 or

Fax:- 01535 637722 or

Email:- support@benysports.co.uk

Website: www.benysports.co.uk

CUSTOMER SUPPORT is open from 9.00am to 5.00pm from Monday to Friday

Beny Sports Co. UK Ltd.
Unit 8 Riparian Way
The Crossings, Cross Hills,
West Yorkshire.
BD20 7BW

Queries

If you do have any queries, please ensure that you have the following information ready for our Customer Support Staff:

YOUR NAME

YOUR ADDRESS

YOUR PHONE NUMBER

PRODUCT MAKE OR BRAND

PRODUCT MODEL

PRODUCT SERIAL NUMBER

DATE OF PURCHASE

NAME OF RETAILER

PART NUMBERS REQUIRED

Guarantee

Beny Sports Co. UK Ltd. guarantee's its product range for **DOMESTIC USE ONLY**.

For specific guarantee periods please consult the Guarantee Registration Card supplied with your product. During the Guarantee Period we have the right to: -

- a). provide parts for the purchaser to effect repair.
- b). repair the product returned (at the purchaser's cost) to our warehouse.
- c). replace the product if it is deemed economical to do so.

This guarantee applies to the original purchaser only and is not transferable.

This guarantee does not cover wear and tear on upholstery or consumables.

This guarantee does not cover abuse or defects caused by storage or use outside those intended.

If you need to advise us of a defect with your product, we will ask for proof of purchase. To enable us to service your requirement for replacement parts, you must return the enclosed Guarantee Registration Card within 14 days of purchase. Failure to do so will result in any claim for replacement parts or repairs being refused.

This does not affect your statutory rights as a consumer.

Customer Support

Tel:- 01535 637711 or

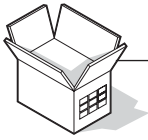
Fax:- 01535 637722 or

Email:- support@benysports.co.uk

Website: www.benysports.co.uk

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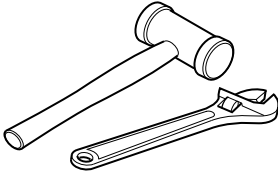
Beny Sports Co. UK Ltd.
Unit 8 Riparian Way
The Crossings, Cross Hills,
West Yorkshire
BD20 7BW



Before you Start

Tools

All products are supplied with basic tools, which will enable you to successfully assemble your product. However, you may find it beneficial to have a soft-headed hammer and perhaps an adjustable spanner handy as this may help.



Prepare the Work Area

It is important that you assemble your product in a clean, clear, uncluttered area. This will enable you to move around the product while you are fitting components and will reduce the possibility of injury during assembly.

Work with a Friend

You may find it quicker, safer and easier to assemble this product with the help of a friend as some of the components may be large, heavy or awkward to handle alone.

Open the Carton.

Carefully open the carton that contains your product, taking note of the warnings printed on the carton to ensure that the risk of injury is reduced. Be aware of sharp staples that may be used to fasten the flaps as these may cause injury. Be sure to open the carton the right way up, as this will be the easiest and safest way to remove all the components.

Unpack the Components

Carefully unpack each component, checking against the parts list that you have all the necessary parts to complete the assembly of your product.

Please note that some of the parts may be pre-fitted to major components, so please check carefully before contacting our CUSTOMER SUPPORT team.

In any event, please do not return the product to your retailer before contacting us first.

Safety



Before you undertake any programme of exercise that will increase cardiovascular activity please be sure to consult with your doctor. Frequent strenuous exercise should be approved by your doctor and proper use of your product is essential. Please read this manual carefully before commencing assembly of your product or starting to exercise.

- * Please keep all children away from exercise products when in use. Do not allow children to climb or play on them when they are not in use. If children are allowed to use the equipment, their mental and physical development and above all their temperament should be taken into account. They should be controlled and instructed to the correct use of the equipment. The equipment is under no circumstances suitable as a children's toy.*
- * For your own safety, always ensure that there is at least 2 Metre of free space in all directions around your product while you are exercising.*
- * Regularly check to see that all nuts, bolts and fittings are securely tightened. Periodically checking all moving parts for obvious signs of wear or damage.*
- * Clean only with a damp cloth, do not use solvent cleaners. If you are in any doubt, do not use your product, but contact CUSTOMER SUPPORT by any of the means listed on the opposite page.*
- * Before use, always ensure that your product is positioned on a solid, flat surface. If necessary, use a rubber mat underneath to reduce the possibility of slipping in use.*
- * Always wear appropriate clothing and footwear such as training shoes when exercising. Do not wear loose clothing that could become caught or trapped during exercise.*
- * Parents and others in charge of children should be aware of their responsibility because the natural play instinct and the fondness of experimenting of children can lead to situations and behavior for which the training equipment is not intended.*



Warning

If any part of your product becomes damaged, broken or badly worn do not use the equipment until the defective parts have been replaced

Storage and Use

Your product is intended for use in clean dry conditions. You should avoid storage in excessively cold or damp places as this may lead to corrosion and other related problems that are outside our control.

Weight Limit

*Your product is suitable for users weighing:
253 LBS / 18.0 Stones / 115 KG or less.*

Conformity

*This product conforms to:
(BS EN 957) - PARTS 1 and 7 Class (H) - HOME USE - Class (C).
It is NOT suitable for therapeutic purposes.*



Exercising Information

Beginning

*How you begin to exercise will vary from person to person. If you have not exercised for a long period of time, have been inactive for a while, or are severely overweight you **MUST** start slowly, increasing your exercise time gradually, by perhaps only a few minutes for each session per week.*

Combine a carefully structured nutritious diet with a simple but effective exercise routine and this can help make you feel better, look better and will almost certainly enable you to enjoy life more.

Aerobic Fitness

Aerobic exercise is simply defined as any sustained activity that increases the supply of oxygen to your muscles via the blood pumped by your heart. With regular exercise, your cardiovascular system will become stronger and more efficient. Your recovery rate i.e. the time taken for your heart to reach its normal resting level, will also decrease.

Initially you may only be able to exercise for a few minutes each day. Do not hesitate to breathe through your mouth should you need more oxygen. Use the "talk test". If you cannot carry on a conversation while exercising, you are working too hard! However, aerobic fitness will be gradually built up with regular exercise, over the next six to eight weeks.

Do not be discouraged if it takes longer than this to begin to feel less lethargic, everyone is different and some will achieve their targets quicker than others. Work at your own, comfortable pace and the results will come. The better your aerobic fitness the harder you will have to work to stay in your target zone.



Exercising Information

Warm Up

A successful exercise programme consists of three parts, Warm Up, Aerobic Exercise and Cool Down. Never start a training session without warming up. Never finish one without cooling down correctly. Perform between five and ten minutes of stretching before starting your workout to prevent muscle strains, pulls and cramps.

Aerobic Exercise Session

Those new to exercise should exercise no more than every other day to start with.

As your fitness level increases, increase this to 2 in every 3 days.

When you are comfortable with your routine, exercise for 6 days per week. Always take at least one day off per week.

Exercising in your Target Zone

To ensure that your heart is working in its exercise target zone, you need to be able to take your pulse. If you do not have a pulse monitor (either from the product you are using or a proprietary independent unit) you will need to locate the pulse in your carotid artery. This is situated in the side of the neck and can be felt by using the index and middle fingers. Simply count the number of beats you feel in 10 seconds and then multiply by six to get your pulse rate. This should be taken before you start to exercise for easy reference.

People who have a greater aerobic fitness, have a lower resting pulse level and will also be able to exercise with a higher pulse level.

Target Zone

To determine your target zone, see the chart opposite. If you are new to exercise and by definition unfit, refer to the left column. If you exercise regularly and have good aerobic fitness, refer to the right column.



Exercising Information

Target Zone (con't)

USERS AGE	UNCONDITIONED TARGET ZONE - A	CONDITIONED TARGET ZONE - B
(Years)	(Beats per Minute)	(Beats per Minute)
20-24	145 - 165	155 - 175
25-29	140 - 160	150 - 170
30-34	135 - 155	145 - 165
35-39	130 - 150	140 - 160
40-44	125 - 145	135 - 155
45-49	120 - 140	130 - 150
50-54	115 - 135	125 - 145
55-59	110 - 130	120 - 140
60 and over	105 - 125	115 - 135

Cool Down

To decrease fatigue and muscle soreness, you should also cool down by walking at a slow relaxed pace for a minute or so, to allow your heart rate to return to normal.

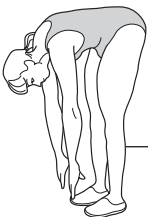
Warm Up and Cool Down Exercises

Hold each stretch for a minimum of ten seconds and then relax. Repeat each stretch two or three times. Do this before your Aerobic Exercise session and also after you have finished.



Head Roll

Rotate your head to the right for one count, feeling a slight pull on the left side of your neck. Next, rotate your head back for one count, stretching your chin. Then rotate your head to the left for one count, feeling a slight pull on the right side of your neck. Lastly, drop your head to your chest for one count. Repeat 2 to 3 times.



Toe Touch

Slowly bend forward from your waist, letting your back and shoulders relax as you lower your trunk. Gently stretch down as far as is comfortable and hold for 10 seconds.

Exercising Information

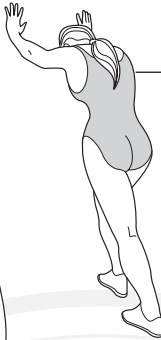


Shoulder Lift

Rotate and lift your right shoulder up towards your ear for one count. Relax then repeat for the left shoulder. Repeat 3 - 4 times.

Calf / Achilles Stretch

Turn towards the wall and place both hands on it. Support yourself with one leg while the other is placed behind you with the sole flat on the floor. Bend the front leg and lean towards the wall, keeping the rear leg straight so that the calf and Achilles tendon are stretched hold for 5 seconds. Repeat with the other leg. Repeat 2 - 3 times.



Side Stretch

Open both arms to the side and gently lift them above your head. Reach your right arm as high as you can for one count, gently stretching the muscles of the stomach and lower back. Repeat the action with your left arm. Repeat 3 - 4 times.

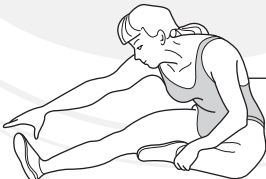
Inner Thigh Stretch

Sit on the floor and pull your legs toward your groin, the soles of your feet together. Hold your back straight and lean forward over your feet. Tighten the thigh muscles and hold for 5 seconds. Release and repeat 3 - 4 times.



Hamstring Stretch

Sit on the floor with your right leg extended and place your left foot flat against the right inner thigh. Stretch for ward toward the right foot and hold for 10 seconds. Relax and then repeat with the left leg extended. Repeat 2 - 3 times.





Exercising Information

Basic Aerobic Training Programme

For your basic Aerobic Exercise routine we suggest that you try the following. Remember, breathe correctly, exercise at your own pace and do not over-train as injury may result.

Week 1 & 2

*Warm Up 5 - 10 Minutes
Cool Down 5 Minutes*

*Exercise 4 minutes at 'A'
Rest 1 minute
Exercise 2 minutes at 'A'
Exercise slowly 1 minute*

Week 3 & 4

*Warm Up 5 - 10 Minutes
Cool Down 5 Minutes*

*Exercise 5 minutes at 'A'
Rest 1 minute
Exercise 3 minutes at 'A'
Exercise slowly 2 minutes*

Week 5 & 6

*Warm Up 5 - 10 Minutes
Cool Down 5 Minutes*

*Exercise 6 minutes at 'A'
Rest 1 minute
Exercise 4 minutes at 'A'
Exercise slowly 3 minutes*

Week 7 & 8

*Warm Up 5 - 10 Minutes
Cool Down 5 Minutes*

*Exercise 5 minutes at 'A'
Exercise 3 minutes at 'B'
Exercise 2 minutes at 'A'
Exercise slowly 1 minute
Exercise 4 minutes at 'A'
Exercise slowly 3 minutes*

Week 9 & beyond

*Warm Up 5 - 10 Minutes
Cool Down 5 Minutes*

*Exercise 5 minutes at 'A'
Exercise 3 minutes at 'B'
Exercise 2 minutes at 'A'
Exercise slowly 1 minute
Repeat entire cycle 2 or 3 times*

This is only a suggested programme and may not suit every individual's needs.



Exercising Information

EXERCISING WITH YOUR AIR ROWER

It is possible to use your Air Rower in two different ways, to increase cardiovascular fitness and create lower body / upper body leg and arm strength.

AEROBIC WORKOUT(Pull hard-faster pace)

It is not possible to manually increase or decrease the rowing resistance for aerobic workouts on your Air Rower in order to build cardiovascular fitness. However, the Rowing-Arm strength increases proportionately with the rowing speed and effort. e.g. the harder or quicker you row, the more resistance, or drag is created by the Air Fan. With all aerobic exercise, you should exercise at a constant, reasonable pace when warmed up. (See the section about Warm-Up and Target Heart Rate Training elsewhere in this booklet). The aerobic benefit of the exercise will increase as the rowing rate increases and your cardio-vascular fitness will benefit as a result. The muscles in the legs, thighs, arms and lower back will also be strengthened by the rowing action.

STRENGTH WORKOUT(Pull hard-slower pace)

As with the Aerobic Workout, it is not possible to directly increase the rowing resistance for a full strength workout on your Air Rower in order to build muscle strength. However, if you increase your Rowing-Arm strength in order to generate more drag on the air fan, the exercise resistance will increase, allowing the muscles in the legs, thighs, arms and lower back to be strengthened by the rowing action. Your cardio-vascular fitness will, with time, also benefit.

EXERCISE MONITOR FUNCTIONS

With your Air Rower the single screen 5 function Exercise Monitor is set to start automatically when you begin to row. However, it is possible to switch on the monitor by pressing the Mode Button at the bottom of the monitor. To save battery consumption, the monitor will also switch off after it has been idle for approximately four minutes.

Please refer to Page 13 for the Exercise Monitor specification and operational functions.

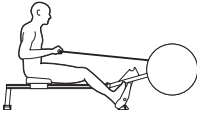
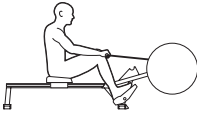
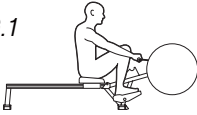
Exercising Information



Note

Incorrect or excessive training may damage your health. Please read the exercise information first.

FIG. 1



EXERCISE No. 1

THE COMPLETE ROWING ACTION

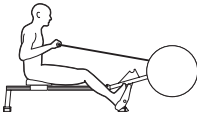
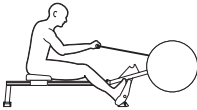
This exercise will help tone and strengthen the muscle groups in your legs, arms, shoulders, back and stomach.

Start as shown in Fig. 1 with the rowing-grip fully 'home'. Slide down on the seat, knees bent and grasp the rowing-grip.

Slowly move backwards, keeping a straight back, extending the legs and pulling the rowing-grip towards your chest.

Return to the start position and repeat.

FIG. 4



EXERCISE No. 2

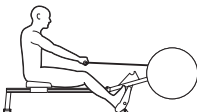
ARMS ONLY ROWING

This exercise will help isolate the muscles in your arms, shoulders, back and stomach.

Start as shown in Fig. 4 with your legs straight. Lean forward and grasp the rowing-grip. In a gradual and controlled manner, return to the fully upright position, curling, (overhand grip for Triceps muscle exercise) or pulling, (underhand grip for Biceps muscle exercise) the rowing-grip towards the chest until fully extended.

Return to the start position and repeat.

FIG. 7



EXERCISE No. 3

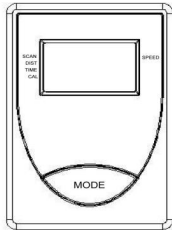
LEGS ONLY ROWING

This exercise will help tone and strengthen the muscles in your legs and back.

Start as shown in Fig. 7 with your back straight and arms outstretched. Slide down on the seat, knees bent and grasp the rowing-grip.

Extending your legs only and ensuring that you keep your back and arms straight, push your body back toward the end of the rower main rail. Return to the start position and repeat.

Monitor Function



EXERCISE MONITOR FUNCTIONS

- CALORIES ~ (COMPUTED THEORETICAL CALORIE BURN)
- DISTANCE ~ (APPROX. EXERCISE DISTANCE [KM])
- SCAN ~ (CHANGES FROM FUNCTION TO FUNCTIONS)
- SPEED ~ (APPROX. ROWING SPEED [KM/H])
- TIME ~ (COUNT UP [Minutes and Seconds])

MONITOR FUNCTION SPECIFICATIONS		MONITOR OPERATING SPECIFICATIONS	
CALORIES	0.00 - 999.9 Kcal (THEORETICAL)	POWER SOURCE	2 x AA (1.5v) POWER CELLS
DISTANCE	KM (COUNT UP)	STORAGE TEMPERATURE	-10c - +60c
SCAN	SHOWS EACH FUNCTION EVERY 6 SECONDS	OPERATING TEMPERATURE	0c - +50c
SPEED	0.00 - 99.9 KMH		
TIME	0:00 - 99:59 MINUTES (COUNT UP)		

USING YOUR EXERCISE MONITOR

To provide ease of use, there is only 1 button on your Exercise Monitor: - MODE

Press the MODE button to manually move through each of the Exercise Monitor's functions in turn. These are in order: - SPEED, DISTANCE, TIME and CALORIES. If you press the MODE button until you reach the SCAN mode shown as "{ }" and then release it, the display will change approximately EVERY 6 SECONDS to show each function in turn. Pressing the MODE button while in any function will lock the Exercise Monitor on that function until the MODE button is pressed again.

DISTANCE - Calculated on the basis of Rowing Speed and Time, is an approximate value and is used purely for reference purposes.

CALORIES - Calculated on the basis of Rowing Speed and Time, is an approximate value and is used purely for reference purposes.

RESET - Press and hold the MODE button for more than 4 Seconds to reset the Exercise Monitor at any time. This will automatically place the Exercise Monitor in SCAN mode. It is now reset and all functions will appear as zero until you begin your next workout.

AUTO SHUTDOWN - Your Exercise Monitor is designed to automatically Shut Down after approximately 4 Minutes of inactivity.

BATTERY INSTALLATION

To fit the necessary BATTERIES - (NOT SUPPLIED) to your Exercise Monitor, simply place the correct size batteries between the exposed contacts in the battery compartment. Ensure that batteries are fitted with the '+' / '-' ends matching the outline on the sticker in the battery compartment or etched into the compartment. Failure to fit batteries correctly may result in damage to your Exercise Monitor, which is not covered by our guarantee. To fit replacement batteries as required, carefully remove the Exercise Monitor from its fitting, disconnect the Sensor Lead and follow the instructions above.

PLEASE DISPOSE OF OLD BATTERIES CAREFULLY AND CONSIDERATELY

APPLICABLE TO : - CYCLONE AIR ROWER





Exercise Notes



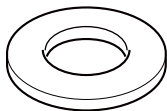
Assembly



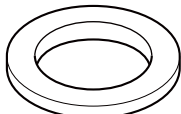
ACCESSORY FITMENT LIST

These are all the accessories you will need to complete the assembly of your product.

The following accessories are supplied in a pack and should be checked before attempting assembly.



Item 52
Qty 1



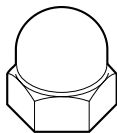
Item 42
Qty 2



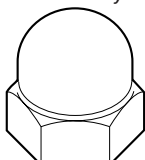
Item 34
Qty 3



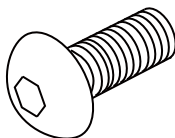
Item 35
Qty 2



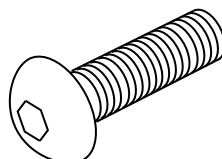
Item 33
Qty 2



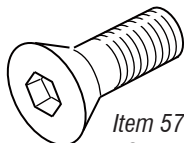
Item 51
Qty 1



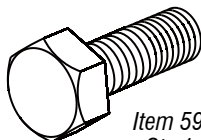
Item 41
Qty 2



Item 22
Qty 2



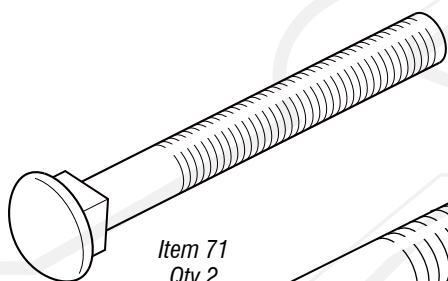
Item 57
Qty 2



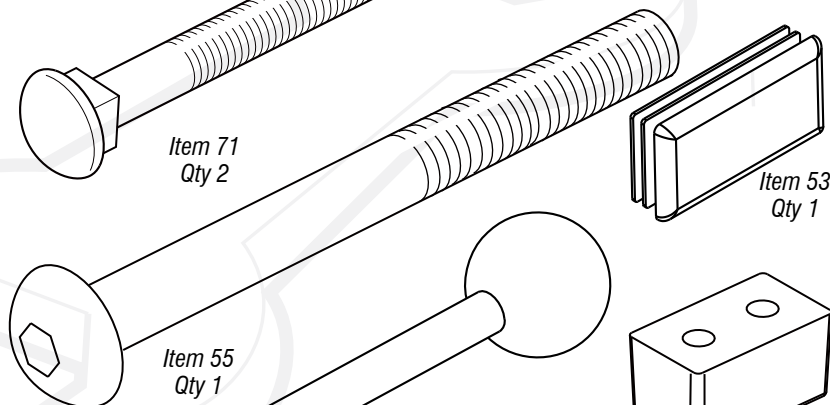
Item 59
Qty 1



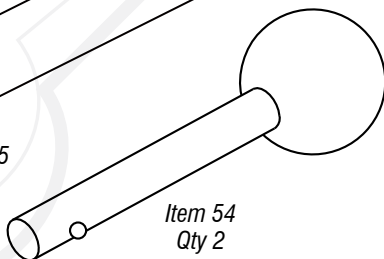
Item 46
Qty 2



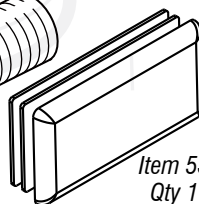
Item 71
Qty 2



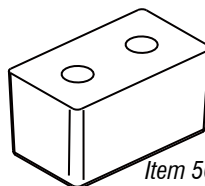
Item 55
Qty 1



Item 54
Qty 2



Item 53
Qty 1



Item 56
Qty 1

Assembly



Beny Sports Co. UK Ltd
Unit 8 Riparian Way
The Crossings, Cross Hills,
West Yorkshire.
BD 20 7BW

Carefully unpack each component, checking against the parts list that you have all the necessary parts to complete the assembly of your product.

PLEASE NOTE that some of the parts may be pre-fitted to major components, so please check carefully before contacting our **CUSTOMER SUPPORT** team.

In any event, please do not return the product to your retailer before contacting us first.

Tel:- 01535 637711 or
Fax:- 01535 637722 or
E-mail:- support@benysports.co.uk

CUSTOMER SUPPORT is open from 9.00am to 5.00pm from Monday to Friday.



Note

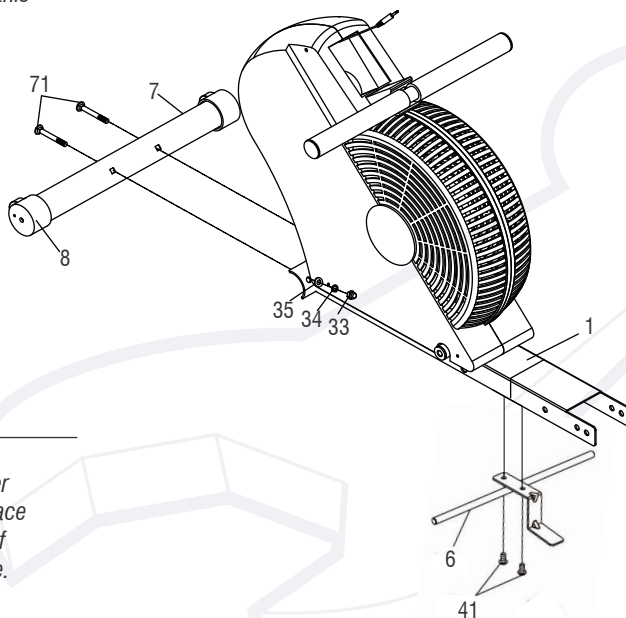
Do **NOT FULLY TIGHTEN** any Bolts, Nuts or Fittings at this stage unless specifically instructed to do so.



Note

The Front Frame Stabiliser Roller Wheels (8) must face forward to ensure ease of transportation for storage.

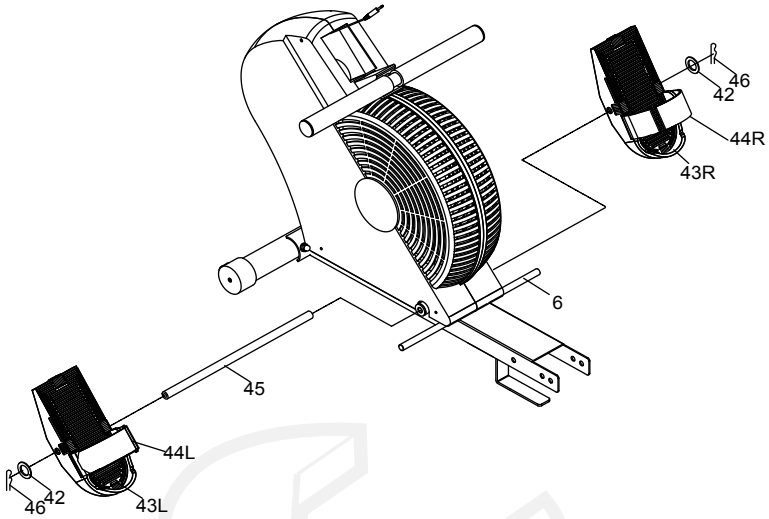
- 1 Securely attach the Front Frame Stabiliser (7) to the Main Frame (1) using 2 x M8 x 65mm Carriage Bolts (71), 2 x M8 Curved Washers (35), 2 x M8 Spring Washers (34) and 2 x M8 Dome Nuts (33). Attach the Footplate Stop Bar (6) to the bottom side of the Main Frame (1) with 2 x M8 x 15mm Allen Bolts (41).



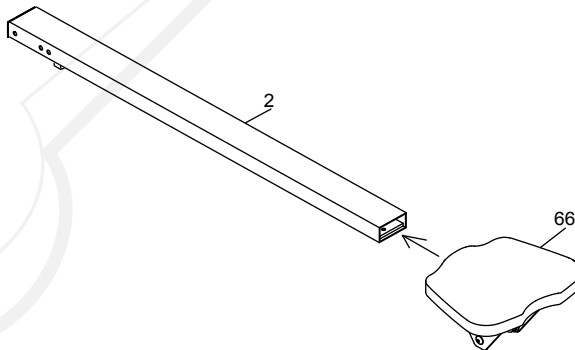
Assembly



- 2** For your convenience, the Velcro style adjustable Footplate Straps (44 L/R) are pre-fitted to the Footplates (43 L/R) in the lower of the 2 positioning options. Slide the Footplate Crossbar (45) into the Main Frame (1) then followed by Footplates (43L/R), securing in place with x1 Washer (42) and x1 R-Clip on each side.



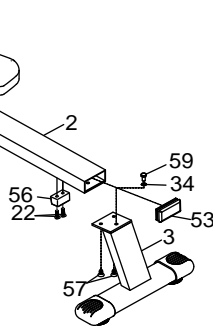
- 3** Attach the Seat (66) onto the Rowing Rail (2).



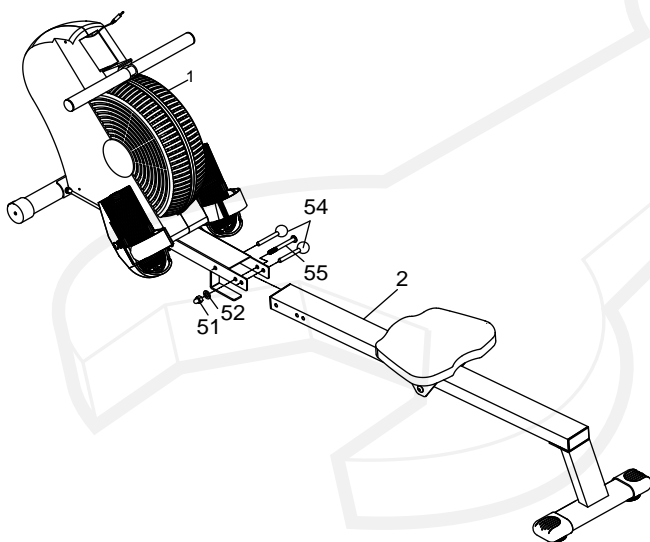
Assembly



- 4** Attach the Rowing Rail Stop Block (56) with 2 x M8 x 25mm Allen Bolts (22). Attach the Rear Stabiliser (3) onto the Rowing Rail (2) with 1 x M8 Spring Washer (34) and 1 x M8 x 15mm Hex Bolt (59), and 1 x M8 Spring Washer (34) from inside the rail and 2 x Countersunk Head Allen Bolts (57) from underneath, then fit the Rowing Rail End Cap (53).



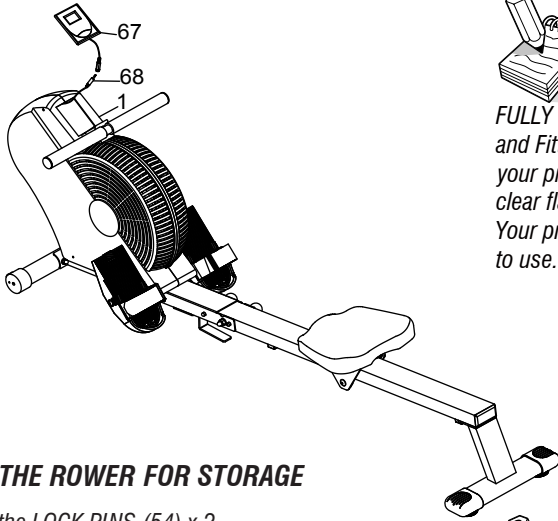
- 5** Attach the Mail Frame (1) and Rowing Rail (2) together using 2 x Lock Pin (54), 1 x M10 x 100mm Allen Bolt (55), 1 x M10 Flat Washer (52), and 1 x M10 Damping Nut (51).



Assembly



- 6** Connect the Computer Monitor Wire (67) and Sersor Wire (68). Then fit the Computer Monitor (67) into the Computer Holder.

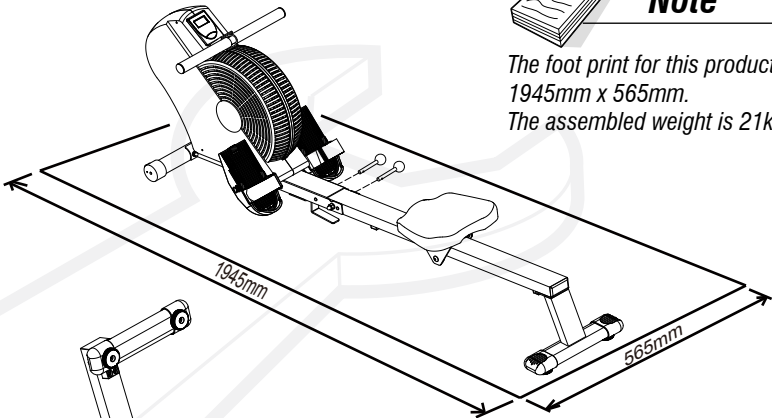


Note

FULLY TIGHTEN all Bolts, Nuts and Fittings now, ensuring that your product is located on a clear flat surface before doing so. Your product will now be ready to use.

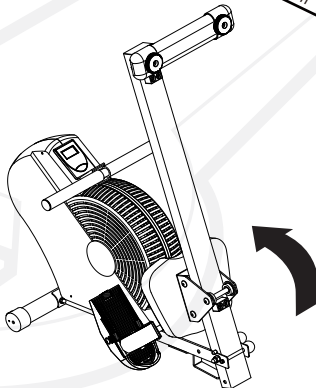
FOLDING THE ROWER FOR STORAGE

1. Remove the LOCK PINS (54) x 2.



Note

The foot print for this product is 1945mm x 565mm.
The assembled weight is 21kg.



2. Fold the Rowing Rail towards the main body of the Rower and lock in place using 1 x Lock Pin (54) as shown in fig 2.

Adjustments & Maintenance



Note

There is no other way of increasing rowing resistance during your exercise routine, but please bear in mind that rowing is essentially an aerobic exercise.



Note

When you have finished your routine, be sure to set the Row Grip in its rest on top of the Exercise Monitor Console.



Note

In the interest of safety, do NOT use polish or any lubricant on the seat, foam handgrips or footplates.

OPERATING ADJUSTMENTS and GENERAL USER INFORMATION

LEVELLING THE AIR ROWER

For security and stability, your Air Rower has a factory welded main frame and once fully assembled correctly, should not need further alignment. However, in the interest of safety, please always ensure that your Air Rower is positioned on a solid, flat surface.

If necessary, use a rubber mat underneath to reduce the possibility of slipping in use

ABOUT YOUR ROWER

Your Air Rower does not have a user applied resistance adjustment. However, to ensure smooth efficient rowing action, your Air Rower applies its resistance by the action of the fully enclosed air fan on air drawn into the air fan cover. The resistance on the Air Rower is classified as Speed Dependant. The harder / faster you row, greater resistance is generated.

MAINTENANCE

At least weekly check the Rowing Rail on both sides for build-up of dust or other debris. Make sure this is regularly cleaned with a soft damp cloth.



Troubleshooting Guide

The Rower is moving backwards when I row hard

Please ensure that you use your Cyclone Air Rower on a secure flat surface. Use a rubber mat under both Front and Rear Stabilisers (7 & 3) to aid security and help stop any frame slipping.

Feet are sliding out of the Footplates in use

The Footstraps (44) on your Cyclone Air Rower can be set to two different positions. Slide the Footstraps out of the guides in the Footplates (43) and refit using the lower set of holes in the Footplates. This will ensure that your ankles are pulled tightly into the Footplate and will reduce the possibility of slipping in use.

There does not appear to be any “drive” to the Air Fan

Either the Spring in the Return Pulley (24) has failed in the main body at the front of your Cyclone Air Rower or the Drive Strap (25) has become detached. To identify which, remove the 6 x M5 x 15mm, 1 x M5 x 25mm and 1 x M5 x 60mm Machine Screws (11, 12, 13) that are securing the Chain Cover (10L & 10R) and lift the Covers away from the Frame. Closely inspect the drive mechanism of your Cyclone Air Rower to identify the cause. Contact Customer Support for further advice.

The Monitor does not record information

Check and remake the connections between the Monitor (67) and the Air Fan Sensor Cable (68) by removing the Monitor from its location. Remove and refit the 2 x AA Batteries and / or replace the Batteries.

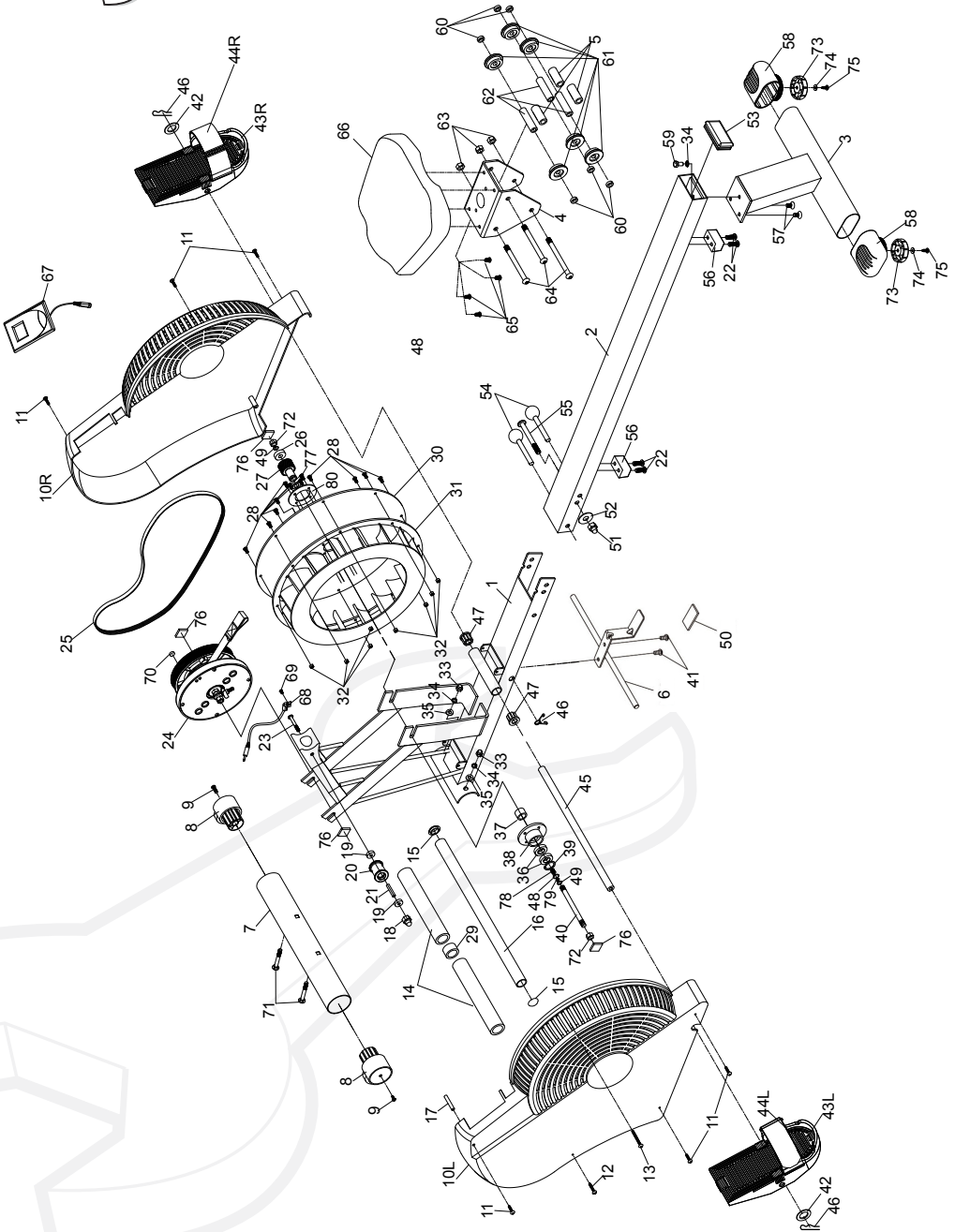
The Speed Counter does not work

Remove the 6 x M5 x 15mm, 1 x M5 x 25mm and 1 x M5 x 60mm Machine Screws (11, 12, 13) that are securing the Chain Cover (10L & 10R) and lift the Covers away from the Frame. Check to see if the Air Fan Sensor Magnet (70) is still in place in its location in a recess towards the centre of the Air Fan. If it is secure, rotate the tip of the Air Fan Sensor Cable (68) about its fixing point until spinning the Air Fan (27) causes the Exercise Monitor to register.

The Seat “bumps” when in use

Make sure that the lower part of the Rowing Rail (2) is always kept clean and dust / debris free as dust will become compacted and as a consequence damage the Rail and the Seat Rollers (61) fitted to the Seat Carriage (4). Clean the Rail with a clean damp cloth and if necessary remove the complete Seat Carriage from the Frame and clean each Seat Roller before refitting.

Component Part Lists



Component Part Lists



MASTER PARTS & ACCESSORY LIST

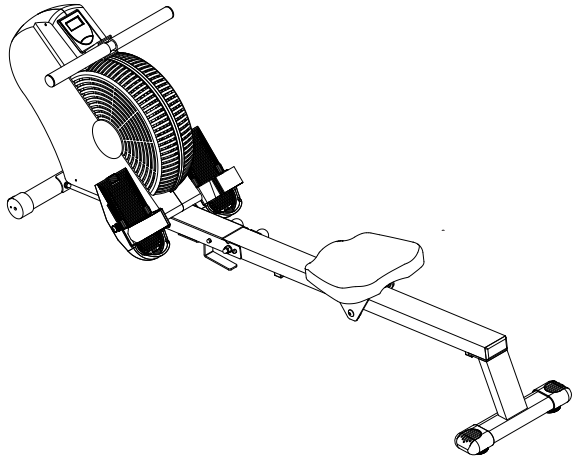
PART No.	DESCRIPTION	QTY
1	MAIN FRAME	1
2	ROWING RAIL	1
3	REAR STABILIZER	1
4	SEAT CARRIAGE	1
5	SPACER	3
6	FOOTPLATE STOP BAR	1
7	FRONT STABILIZER	1
8	FRONT END CAP	2
9	M4 x 12mm SCREW	2
10	CHAIN COVER	1P
11	M5 x 15mm SCREW	6
12	M5 x 25mm SCREW	1
13	M5 x 60mm SCREW	1
14	FOAM GRIP	2
15	25.4mm END CAP	2
16	HANDLEBAR	1
17	SLEEVE	1
18	M8 NYLON NUT	1
19	BEARING (608Z)	2
20	WHEEL	1
21	M8 BUSHING	1
22	M8 x 25mm ALLEN BOLT	4
23	M8 x 57mm ALLEN BOLT	1
24	RETURN PULLEY	1
25	BELT	1
26	BEARING (6000Z)	1
27	SMALL BELT PULLEY	1
28	M5 x 12mm SCREW	12
29	BUSHING	1
30	PLASTIC PLATE	1
31	AIR FAN WHEEL	1
32	M5 NUT	8
33	M8 DOME NUT	2
34	M8 SPRING WASHER	3
35	M8 CURVED WASHER	2
36	BEARING (6903Z)	2
37	ONE WAY BEARING (HF1716)	1
38	FAN BUSHING	1
39	30mm CLIP	1
40	AXLE	1
41	M8 x 15mm ALLEN BOLT	2
42	WASHER	2
43	FOOTPLATE	2
44	FOOTPLATE STRAP	2
45	FOOTPLATE CROSS BAR	1
46	R CLIP	2
47	13mm BUSHING	2
48	12.7mm CLIP	2
49	10mm CLIP	2
50	FOAM	1
51	M10 DAMPING NUT	1
52	M10 WASHER	1
53	ROWING RAIL END CAP	1
54	LOCK PIN	2
55	M10 x 100 mm ALLEN BOLT	1
56	ROWING RAIL STOP BLOCK	2
57	M8 x 15mm COUNTERSUNK HEAD ALLEN BOLT	2
58	END CAP	2
59	M8 x 15mm HEX BOLT	1
60	SPACER	6
61	SEAT ROLLER	6
62	65mm SPACER	3
63	M10 x 7mm NYLON NUT	3
64	M10 x 105mm ALLEN BOLT	3
65	M6 x 15mm CROSS HEAD SCREW	4
66	SEAT	1
67	MONITOR	1
68	AIR FAN SENSOR WIRE	1
69	M5 x 8mm SCREW	1
70	AIR FAN SENSOR MAGNET	1
71	M8 x 65mm CARRIAGE BOLT	2
72	3/8" NUT	2
73	REAR END CAP SPACER	2
74	M6 x 16mm x 1T FLAT WASHER	2
75	M5 x 12mm SCREW	2
76	25 x 25 x 5mm FOAM	4
77	M17.5 x 25mm x 1T NYLON WASHER	1
78	M17 x 22mm x 0.5T WASHER	4
79	M10 x 16mm x 1T WASHER	1
80	FAN WHEEL BRACKET	1



Note

Some of the above accessories are pre-fitted to the master component. They may not be supplied separately

V-fit



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Printed April / 2018