

# ***PROFLEX***



## **RX680 Rowing Machine**

### **User Manual**

[Revision 1.0 November 2017]

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READ THIS MANUAL CAREFULLY BEFORE USE – FAILURE TO DO SO MAY RESULT IN INJURY, PROPERTY DAMAGE AND MAY VOID WARRANTY. • KEEP THIS MANUAL FOR FUTURE REFERENCE. • Products covered by this manual may vary in appearance, assembly, inclusions, specifications, description and packaging.

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# Safety

Basic precautions, including the following important safety instructions, should always be followed when using this equipment. Read all instructions before use.



Before beginning any exercise program, consult your physician. This is especially important for people over 35 years of age or who have pre-existing health problems. Read all instructions before using any fitness equipment. Do not operate this exercise equipment without properly fitted guards, as the moving parts can present a risk of serious injury if exposed.

- Use this product for its intended use only as described in this user manual. Do not use attachments not supplied or recommended by the manufacturer.
- **Caution** – To avoid injury, use caution when mounting / dismounting the equipment.
- **Maximum weight capacity = 120 kg.**
- Do not attempt any maintenance or adjustments other than those described in this user manual. Should any problems arise, discontinue use and consult an authorized service centre or personnel.
- Any information or data provided by the equipment is a guide only and is not to be used as medical data or scientific evidence.
- Do not use the unit outdoors.
- Keep children and pets away from the equipment while in use.
- Elderly or disabled users should only use the equipment in the presence of an adult who can assist if required.
- Do not operate where aerosol (spray) products are in use or where adequate oxygen is not available.
- Keep dry – do not operate in wet or moist conditions.
- Keep the equipment on a solid, level surface with a minimum safety area clearance of two meters around it. Be sure the area around the equipment remains clear of any obstructions during use.
- This equipment is for domestic household use only.
- One person only should use the equipment at a time.
- Wear comfortable and suitable clothing when using the equipment. Do not use the equipment barefoot or in socks. Always wear appropriate, enclosed athletic footwear. Never wear loose or baggy clothing as it can become caught on the equipment and create a hazard.
- Always hold on to the rowing bar while using the equipment.
- Do not leave children unsupervised near or on the equipment.
- Children should not be allowed to play or operate the equipment at any time.
- This equipment is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the equipment by a person responsible for their safety.
- Keep hands clear of all moving parts. Never place hands or feet under the equipment while in use.
- Never operate this equipment when folded.
- Always face towards the console and do not run backwards on the running belt.

# Table of Contents

<b>Safety.....</b>	<b>2</b>
<b>Parts Identification.....</b>	<b>4</b>
<b>Assembly .....</b>	<b>5</b>
<b>Operation .....</b>	<b>8</b>
Console and Functions .....	8
Programmed Training .....	9
Setting a Pre-Set Session Duration .....	9
Setting a Target Number of Strokes .....	9
Setting a Target Calorie Value.....	9
Adjusting Effort.....	9
<b>Maintenance and Troubleshooting .....</b>	<b>10</b>
Cleaning and Storage .....	10
Troubleshooting .....	10
<b>Warm-Up and Cool-Down Routine.....</b>	<b>11</b>

## Parts Identification



Identify all parts before assembly and save all packaging material until assembly is completed to ensure that no parts are discarded. • Some fasteners may come pre-assembled to relevant parts – you may have to remove them to perform the assembly. • Assemble the machine according to instructions. Due to manufacturing techniques it is possible that some parts are over-supplied. • Tools (not supplied) may be required for assembly.



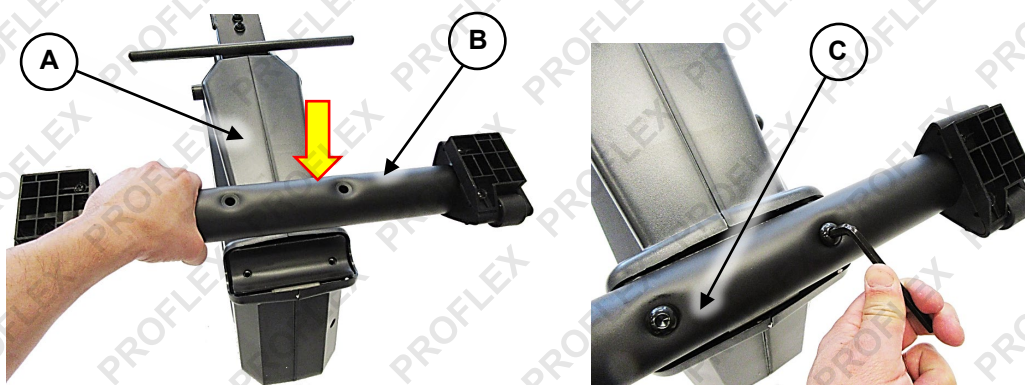
No.	Qty.	Description
1	1	Damper Unit (includes rowing bar, console etc)
2	1	Rail
3	1	Seat
4	2	Foot Board
5	1	Foot Board Shaft
6	1	Damper Foot (with wheels)
7	1	Rail Foot
8	1	Storage Foot
9	1	Rail Cover (2 pieces)

No.	Qty.	Description
10		Fasteners / Tools: 1 x M10x80 Screw 2 x M8x50 Screw 6 x M8x15 Screw 2 x M5x10 Machine Screw 2 Self-Tapping Screw 6 x M8 Washer 2 x M8 Washer (Large) 4 x M8 Spring Washer 1 x M10 Nut 2 x M8 Nut 1 x M10 Lock Knob 1 x 10mm Locking Pin Spanner / Screwdriver 6mm Allen Key



# Assembly

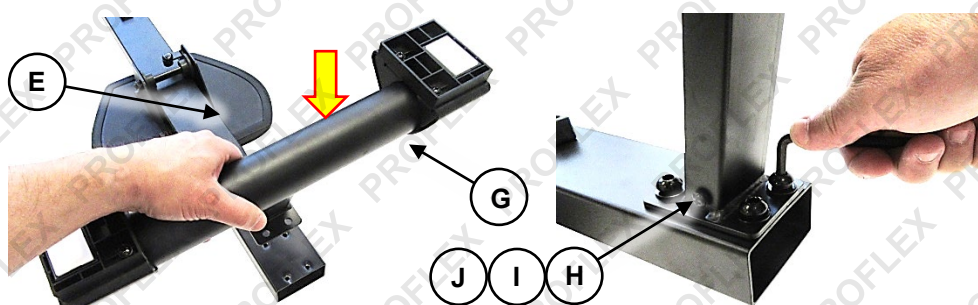
1. Turn the damper unit (A) upside-down, and install the damper unit foot (B) (with wheels facing out) to the underside. Secure the foot using 2 M8x50 screws (C). Firmly tighten (rotate right) the fasteners using the Allen key.



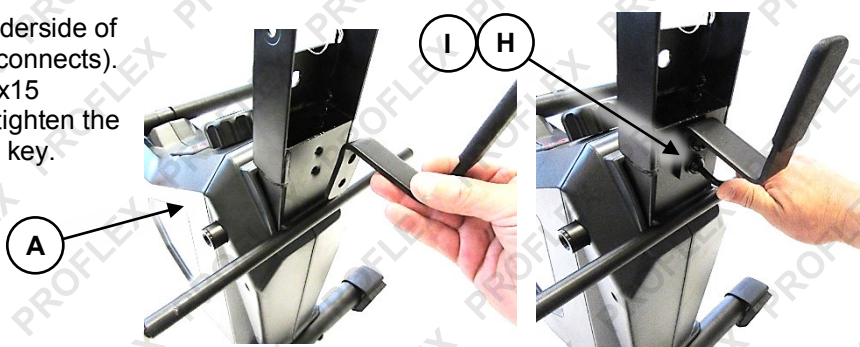
2. Use the screwdriver to remove (rotate left) the 2 screws securing the buffer (D) to the underside of the rail (E), and remove the buffer – this makes it easier to install the seat. Then, slide the seat (F) onto the rail, so the rail sits between the 3 sets of rollers under the seat. Ensure that the seat faces forwards and is on the correct side of the rail (see pictures). Move the seat past the previously removed buffer, then re-install the buffer.



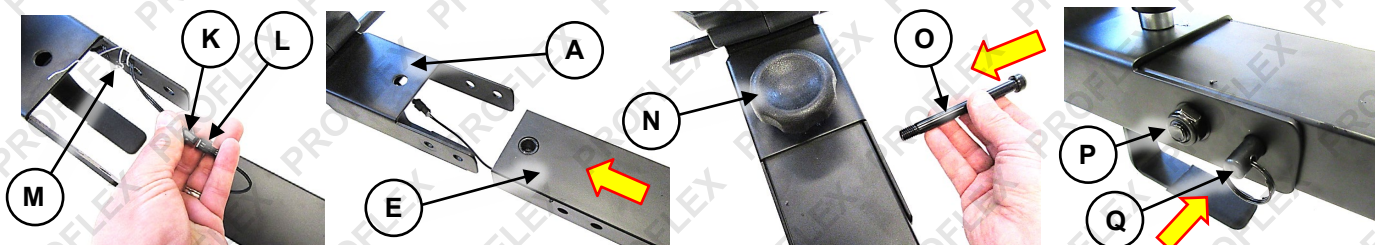
3. Install the rail foot (G) to the end of the rail (E). Ensure that the foot is angling away from the rail – this improves stability. Secure the foot using 4 M8x15 screws (H), washers (I) and spring washers (J). Firmly tighten (rotate right) the fasteners using the Allen key.



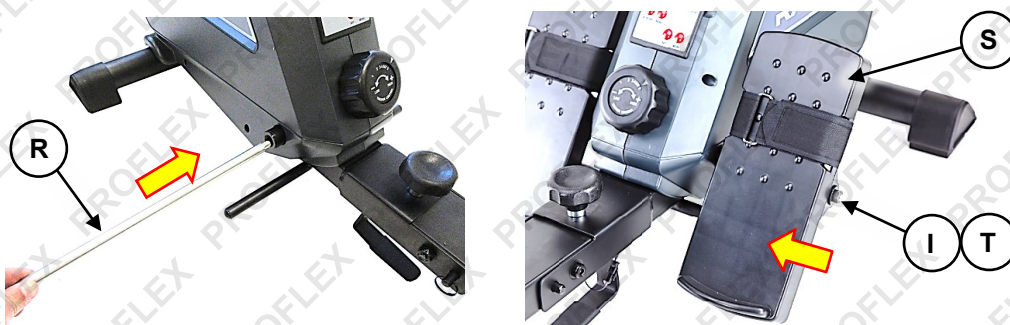
4. Install the storage foot (K) to the underside of the damper unit (A) (where the rail connects). Secure the storage foot using 2 M8x15 screws (H) and washers (I). Firmly tighten the screws (rotate right) using the Allen key.



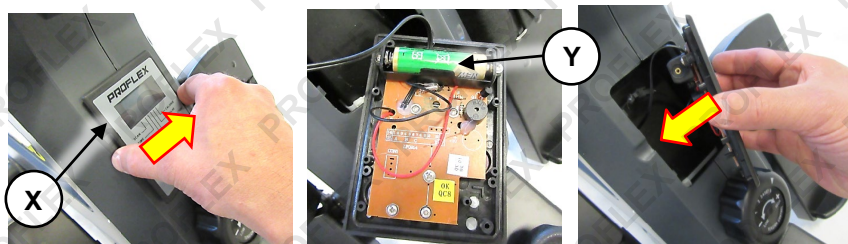
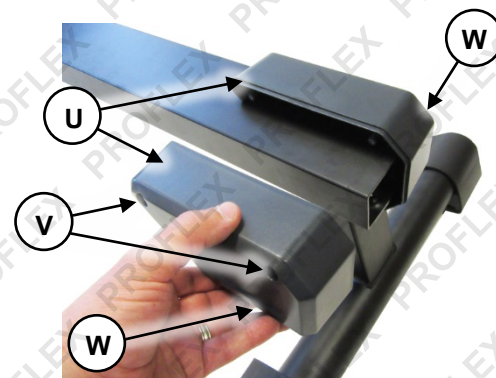
5. Bring the rail (E) into position so it can be connected to the front of the damper unit (A). Plug the damper unit and rail electrical connectors (K and L) together, then remove the tie wire (M). Remove the lock knob (N) from the damper unit.
6. Slide the rail into the damper unit, so that the bolt holes on the sides are aligned. Insert the M10x80 screw (O) through the hole closest to the lock knob (the rail pivots around this screw), then secure using the M10 nut (P). Tighten (rotate right) the nut, but leave a small amount of clearance otherwise it will be difficult to fold the machine. Insert the locking pin (Q) through the remaining hole and secure the rail with the lock knob (this is the unfolded position).



7. Insert the foot board shaft (R) through the damper unit. Then, slide the foot boards (S) onto the shaft. Secure each foot board using a M8 washer (I) and nut (T). Firmly tighten (rotate right) the fasteners using the spanner.



8. Place the 2 rail cover (U) pieces in position at the end of the rail. Attach the cover pieces together (upper holes) using 2 self-tapping screws (V). Tighten (rotate right) the fasteners using the screwdriver, however, be careful not to over-tighten as the fasteners are screwing into plastic. Attach the cover pieces to the rail (lower holes) using 2 M5 machine screws (W), and tighten (rotate right) using the screwdriver.
9. Carefully pull the console (X) from the damper unit. Install 1 AA battery (Y) (ensure that battery polarity is correct) at the rear of the console. Re-insert the console until it "clips" into place.



The machine should resemble the image below and is ready for use.





**Folding / Unfolding**

To fold:

1. Remove (rotate left) the lock knob (A).
2. Pull the locking pin (B) from the rail.
3. Rotate the end of the rail up to the folded position. The front of the damper unit will now rest on the storage foot (C).
4. Re-insert the locking pin through the rail and the folded position hole (D) in the rail.

To unfold, hold the rail, then remove the locking pin, and gently lower the rail to the floor. Re-insert the locking pin through the damper unit and rails, then firmly screw in (rotate right) the lock knob.



Always set-up the equipment on a flat and level surface.

**Moving**

The unit can be tilted onto its wheels for easy moving. With the equipment in the folded and locked position, firmly grasp the rail with both hands. Next, carefully tilt the equipment back until it rolls freely.



Do not attempt to move the equipment while it is in the unfolded position.



# Operation

## Console and Functions

The equipment features a console that provides you with workout information, such as duration, strokes etc. The console starts up automatically when the seat is moved to the far end of the rail, and switches off automatically after several minutes of being left idle.



Control	Description
<b>Display</b>	Shows current information. An arrow shows at the bottom of the display to indicate the information type on display: <ul style="list-style-type: none"> <li>• <b>SCAN</b> – Switches the display information every 5 seconds between time, count etc. When "scan" is active (use MODE button), the information displayed switches every few seconds and "SCAN" shows at the bottom left corner of the display.</li> <li>• <b>TIME</b> – Elapsed workout time, or remaining programmed time (minutes).</li> <li>• <b>COUNT</b> – Number of strokes, or remaining programmed strokes.</li> <li>• <b>CALORIE</b> – Number of calories used, or remaining programmed calories. To approximately convert calories to kilojoules, multiply by 4.</li> <li>• <b>PULSE</b> – Not used.</li> <li>• <b>TOTAL COUNT</b> – Total number of strokes.</li> </ul>
<b>START / STOP</b>	Press to start or stop programmed workouts.
<b>RESET</b>	Press to reset the currently displayed value to zero (0) when programming. Reset does not apply to the total count value.
<b>SET</b>	Press to increase the value when programming by 1 increment. Press and hold to rapidly increase the value.
<b>MODE</b>	Press to switch the display information. Press once to activate "scan", press again to deactivate "scan" and to display the next information type only (until manually changed).



## Programmed Training

The equipment can be pre-set for a session duration, target number of strokes or target number of calories to use.

### Setting a Pre-Set Session Duration

When training to a pre-set session duration, the equipment "beeps" once the timer counts down to 0.

1. Press **MODE** until **TIME** is selected on the display.
2. Press **SET** repeatedly to increment the target time (in 1 minute increments), as required. Press and hold to rapidly increase the value.
3. Press **START** to apply the setting, then press again to begin the count-down.

### Setting a Target Number of Strokes

When training to a target number of strokes, the equipment "beeps" once the counter reaches 0.

1. Press **MODE** until **COUNT** is selected on the display.
2. Press **SET** repeatedly to increment the target number of strokes (in 10 stroke increments), as required. Press and hold to rapidly increase the value.
3. Press **START** to apply the setting, then press again to begin counting.

### Setting a Target Calorie Value

When training to a target calorie value, the equipment "beeps" once the number of calories used for the session reaches the target value.

1. Press **MODE** until **CALORIE** is selected on the display.
2. Press **SET** repeatedly to increment the target number of strokes (in 1 calorie increments), as required. Press and hold to rapidly increase the value.
3. Press **START** to apply the setting, then press again to begin counting.

## Adjusting Effort

The equipment allows you to adjust the effort required to "row". The greater the effort, the larger the amount of energy (calories) required to row. To adjust effort, rotate the adjuster (**A**) on the damper unit as required to either increase (rotate right) or decrease (rotate left) effort.



# Maintenance and Troubleshooting

## Cleaning and Storage

- The equipment can be cleaned with a soft cloth and mild detergent. Do not use abrasives or solvents. Be careful not to get excessive moisture on the console as this may damage it.
- After each use, wipe the unit of any sweat, dirt or liquids.
- Keep the equipment, especially the console, out of direct sunlight to prevent damage.
- Store the equipment in a clean and dry indoor environment. Never leave or use the unit outdoors.

## Troubleshooting

Problem	Potential Reason	Correction
<i>Equipment noisy or not running smoothly.</i>	Rail and / or seat rollers dirty.	Clean the rail and rollers and ensure there is no debris stuck to the rollers.
<i>No display.</i>	Battery requires replacing.	<a href="#">Replace the battery.</a>
<i>Display on, but not counting strokes</i>	Connection between rail and damper unit loose / disconnected.	Check that the <a href="#">rail to damper unit electrical connections</a> are secure.
<i>Equipment unsteady</i>	Surface not flat.	Set-up equipment on a flat surface.

## When to Call for Help

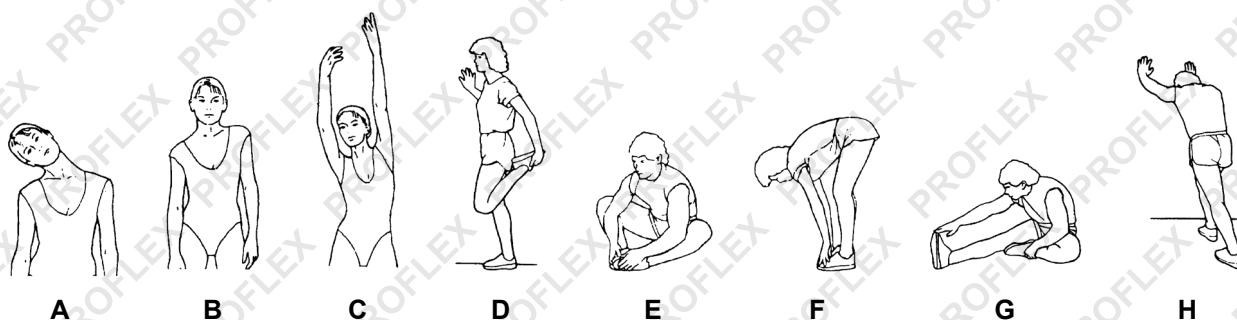
This equipment is designed with user safety as a priority. If after you check the equipment and possible adjustments that it is still not operational, call an authorised service centre or technician for servicing.

## Warm-Up and Cool-Down Routine

The *warm-up* routine is an important part of any workout. The purpose of warming up is to prepare your body for exercise and to minimize injuries. Warm up for two to five minutes before aerobic exercising. It should begin every session to prepare your body for more strenuous exercise by heating up and stretching your muscles, increasing your circulation and pulse rate, and delivering more oxygen to your muscles.

Always perform a *cool-down* routine after your workout, repeat these exercises to reduce soreness in tired muscles. The purpose of cooling down is to return the body to its resting state at the end of each exercise session. A proper cool-down slowly lowers your heart rate and allows blood to return to the heart.

- A. Head Roll** - Rotate your head to the right for one second, you should feel a stretching sensation up the left side of your neck. Then rotate your head back for one second, stretching your chin to the ceiling and letting your mouth open. Rotate your head to the left for one second, then drop your head to your chest for one second.
- B. Shoulder Lift** - Lift your right shoulder toward your ear for one second. Then lift your left shoulder up for one second as you lower your right shoulder.
- C. Side Stretch** - Open your arms to the side and lift them until they are over your head. Reach your right arm as far toward the ceiling as you can for one second. Repeat this action with your left arm.
- D. Quadricep Stretch** - With one hand against a wall for balance, reach behind you and pull your right foot up. Bring your heel as close to your buttocks as possible. Hold for 15 seconds and repeat with left foot.
- E. Inner Thigh Stretch** - Sit with the soles of your feet together and your knees pointing outward. Pull your feet as close to your groin as possible, then gently push your knees toward the floor. Hold for 15 seconds.
- F. Toe Touch** - Slowly bend forward from your waist, letting your back and shoulders relax as you stretch toward your toes. Reach as far as you can and hold for 15 seconds.
- G. Hamstring Stretch** - Extend your right leg. Rest the sole of your left foot against your right inner thigh. Stretch toward your toe as far as possible. Hold for 15 seconds. Relax and then repeat with left leg.
- H. Calf/Achilles Stretch** - Lean against a wall with your right leg in front of the left and your arms forward. Keep your left leg straight and the right foot on the floor; then bend the right leg and lean forward by moving your hips toward the wall. Hold, then repeat on the other side for 15 seconds.







**Some experts believe the incorrect or prolonged use of almost any product could cause serious injury or death. For information that may reduce your risk of serious injury or death, consult the points below and additionally, the information available at [www.datastreamserver.com/safety](http://www.datastreamserver.com/safety)**

- |   |  |
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| <ul style="list-style-type: none"> <li>• Consult all documentation, packaging and product labelling before use. Note that some products feature online documentation which should be printed and kept with the product.</li> <li>• Check product for loose / broken / damaged / missing parts, wear or leaks (if applicable) before each use. Never use a product with loose / broken / damaged / missing parts, wear or leaks (if applicable).</li> <li>• Products must be inspected and serviced (if applicable) by a qualified specialist every 6 months assuming average residential use by a person of average weight and strength, above average technical aptitude, on a property matching average metropolitan specification. Intended use outside these guidelines could indicate the product is not suitable for intended use or may require more regular inspection or servicing.</li> <li>• Ensure all possible users of the product have completed an industry recognized training course before being given access to the product.</li> </ul> | <ul style="list-style-type: none"> <li>• The product has been supplied by a general merchandise retailer that may not be familiar with your specific application or your description of the application. Be sure to attain third-party approval for your application from a qualified specialist before use regardless of prior assurances by the retailer or its representatives.</li> <li>• This product is not intended for use where fail-safe operation is required. As with any product (take an automobile, aircraft, computer or ball point pen for example), there is always a small chance of technical issues that needs to be repaired or may require replacement of the product or a part. If the possibility of such failure and the associated time it takes to rectify could in any situation inconvenience the user, business or employee then the product is not suitable for your requirements. This product is not for use where incorrect operation or a failure of any kind, including but not limited to a condition requiring product return, replacement, service by a technician or replacement of parts could cause a financial loss, loss of employee time or an inconvenience requiring compensation.</li> <li>• If this item has been purchased in error after considering the points above, simply contact the retailer directly for details of their returns policy, if required.</li> </ul> |
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