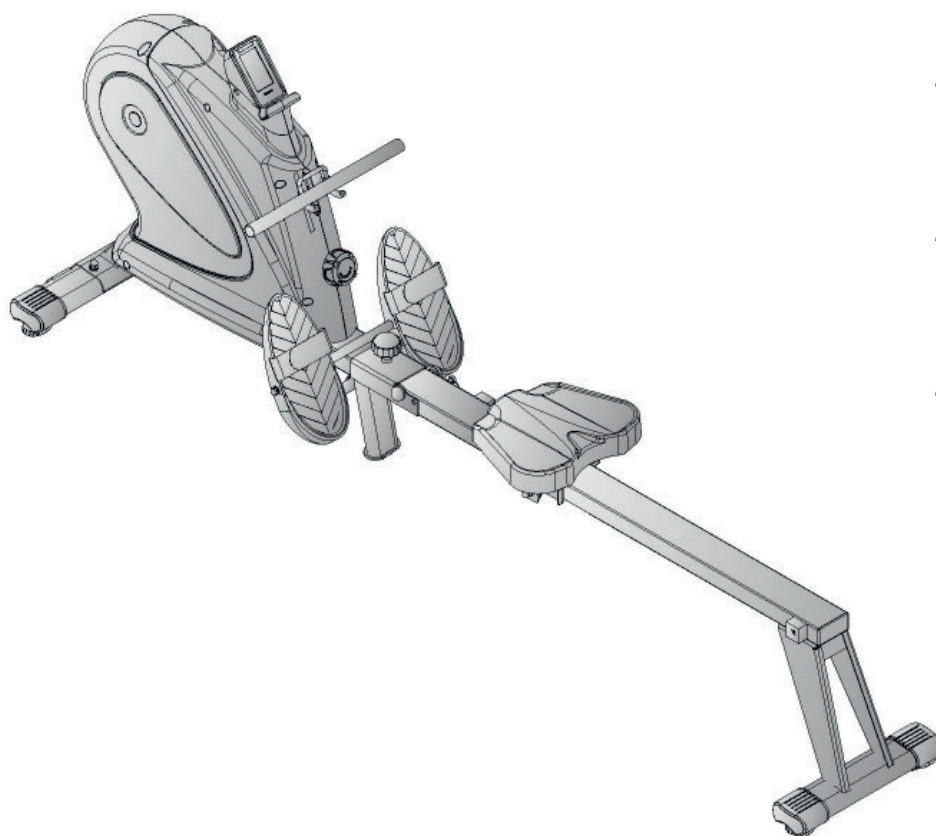


ASSEMBLY AND OPERATING INSTRUCTIONS



max. 120 kg



~ 60 Min.



29 kg

L 204 | W 54 | H 95

FSDUIR40.01.01

Art. No. DU-IR40

ROWING MACHINE **IR40**



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Dear customer,

Thank you for choosing a Duke Fitness brand fitness equipment. Duke Fitness offers you fitness equipment that makes it easy to start exercising regularly, stay fit and lose weight. We want to help you to achieve your fitness goals quickly and sustainably and hope that your new fitness equipment will help you to do so. Do not hesitate to contact us if you have any further questions about your training or fitness equipment, or if you would like to add more equipment to your existing fitness equipment. We wish you much of success!

Further information can be found at www.fitshop.com.

Intended Use

The equipment may only be used for its intended purpose.

The equipment is only suitable for home use. The equipment is not suitable for semi-professional (e.g. hospitals, associations, hotels, schools, etc.) and commercial or professional use (e.g. fitness studios).

Legal Notice

Fitshop GmbH
Europe's No. 1 for home fitness

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Disclaimer

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Product and manual are subject to change. Technical data can be changed without advance notice.

FITSHOP

Europe's No.1 for Home Fitness

ABOUT THIS MANUAL

Please carefully read the entire manual before installation and first use. The manual will help you to quickly set up the system and explains how to safely use it. Make sure that all persons exercising with the equipment (especially children and persons with physical, sensory, mental or motor disabilities) are informed about this manual and its contents in advance. In case of doubt, responsible persons must supervise the use of the equipment.



Due to ongoing changes and software optimisations, the manual may have to be updated. If you notice any discrepancies during assembly or use, please refer to the manual uploaded to the webshop. The latest manual is always available there.

This equipment has been manufactured according to the latest safety knowledge. As far as possible, potential safety hazards which could cause injury have been eliminated. Make sure to carefully follow the instructions and that all parts are securely in place. If required, read through the instructions again to correct any mistakes.

Training devices must be classified according to accuracy and use. Accuracy classes are only applicable to devices that display training data.

Accuracy classes

Class A: high accuracy.

Class B: medium accuracy.

Class C: low accuracy.

The use classes explain the intended use of the training device.

Use classes

Class S (studio): professional and/or commercial use.

These training devices are intended for the use in training rooms of facilities such as sports clubs, school facilities, hotels, clubs and studios whose access and supervision is specifically regulated by the owner (person with legal responsibility).

Class H (home use): use at home.

These stationary training devices are intended for the use in private homes where access to the training device is regulated by the owner (person with legal responsibility).

Please pay close attention to the safety and maintenance instructions given here. The contract partner cannot be held liable for damage to health, accidents or damage to the equipment when it is not used in accordance with these instructions.

The following safety instructions may appear in this manual:

► **ATTENTION**

This notice indicates potentially hazardous situations which, if not avoided, may result in property damage.

⚠ **CAUTION**

This notice indicates potentially hazardous situations which, if not avoided, may result in slight or minor injuries!

⚠ **WARNING**

This notice indicates potentially hazardous situations which, if not avoided, may result in death or serious injuries!

⚠ **DANGER**

This notice indicates potentially hazardous situations which, if not avoided, will result in death or serious injuries!

ⓘ **NOTICE**

This notice indicates further useful information.

Retain these instructions in a safe place for future reference, maintenance or when ordering replacement parts.

1.1 Technical Data

LCD - Display of

- + Training time in min.
- + Training distance in m
- + Calorie consumption in kcal
- + Strokes per min
- + Strokes in total

Brake system:	Magnetic brake
Resistance levels:	8

Weight and Dimensions

Article weight (gross, incl. packaging):	34.5 kg
Article weight (net, excl. packaging):	29 kg
Package dimensions (LxWxH):	133 cm x 23.5 cm x 69 cm
Set-up dimensions (LxWxH) approx.:	204 cm x 54 cm x 95 cm
Folding dimensions (LxWxH) approx.:	90 cm x 54 cm x 158 cm
Maximum user weight:	120 kg
Use class:	H

1.2 Personal Safety

DANGER

- + Before you start using the equipment, you should consult your physician that this type of exercise is suitable for you from a health perspective. Particularly affected are persons who: have a hereditary disposition to high blood pressure or heart disease, are over the age of 45, smoke, have high cholesterol values, are overweight and/or have not exercised regularly in the past year. If you are under medical treatment that affects your heart rate, medical advice is absolutely essential.
- + Note that excessive training can seriously endanger your health. Please also note that heart rate monitoring systems can be inaccurate. If you notice any signs of weakness, nausea, dizziness, pain, shortness of breath, or other abnormal symptoms, stop exercising immediately and seek advice from your doctor if necessary.
- + The owner must communicate all warnings and instructions to the user.

WARNING

- + This equipment may not be used by children under the age of 14.
- + Children should not be allowed unsupervised access to the equipment.
- + Persons with disabilities must have a medical license and must be under strict observation when using the equipment.
- + The equipment is strictly for use by one person at a time.
- + If your equipment provides a safety key, the clip of the safety key must be attached to your clothing before starting your training. In the event of a fall, the EMERGENCY STOP of the equipment can be initiated.
- + Keep your hands, feet and other body parts, hair, clothing, jewellery and other objects well clear of moving parts.
- + During use, wear suitable sports clothing rather than loose or baggy clothing. When wearing sports shoes, make sure they have suitable soles, preferably made of rubber or other non-slip materials. Shoes with heels, leather soles, studs or spikes are unsuitable. Never exercise barefoot.

CAUTION

- + If your equipment needs to be connected to the power supply with a mains cable, make sure that the cable is not a potential tripping hazard.
- + Make sure that nobody is within the range of motion of the equipment during training so as not to endanger you or other persons.
- + Be aware that if adjustment devices are left protruding, they may impede the user's movement.

ATTENTION

- + Do not insert any objects of any kind into the openings of the device.
- + The safety level of the equipment can only be maintained if it is regularly checked for damage and wear.
- + To protect the equipment from use by unauthorised third parties, always remove the power cable (if existing) when not in use and store it in a safe place that is inaccessible to unauthorised persons (e.g. children).

1.3 Set-Up Place

WARNING

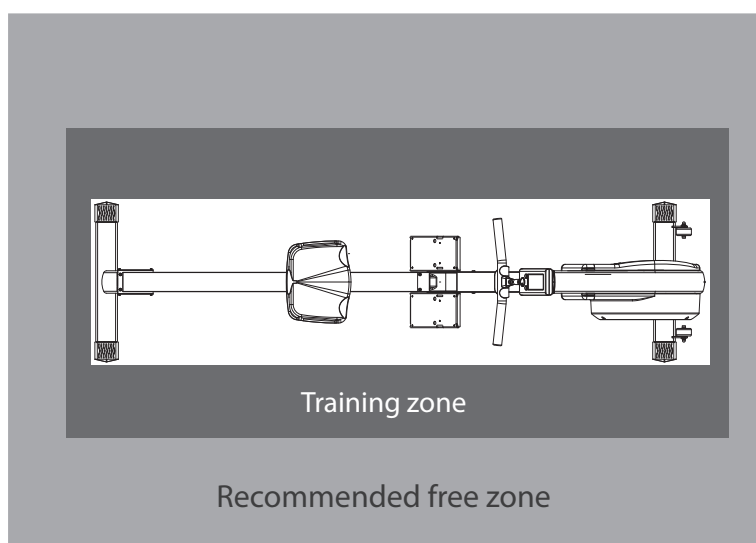
- + Do not place the equipment in main corridors or escape routes.

CAUTION

- + Choose a location in which to place the equipment such that there is enough free space/clearance to the front, the rear and to the sides of the equipment. Make sure that you leave at least 30 cm on each side of the equipment and at least 15 cm in front of and behind the equipment as a training zone. This is the minimum required area in order to safely use the equipment. The recommended free zone around the equipment should be at least 60 cm on each side and 45 cm in front of and behind the equipment.
- + The training room should be well ventilated during training and not be exposed to any draughts.
- + Choose the place in which to set up the equipment such that there is enough free space/clearance to the front, the rear and to the sides of the equipment.
- + The set-up and mounting surface of the equipment should be flat, loadable and solid.

ATTENTION

- + The device may only be used in one building, in sufficiently tempered and dry rooms (ambient temperatures between 10°C and 35°C). The equipment should not be used outdoors or in rooms with high humidity (over 70%) like swimming pools.
- + A floor protective mat/equipment underlay can help to protect high-quality floor coverings (parquet, laminate, cork, carpets) from dents and sweat and can help to level out slight unevenness.
- + For Class S equipment, the exercise equipment may only be used in areas where access, supervision and control are specifically regulated by the owner.



2.1 General Instructions



DANGER

- + Do not leave any tools, packaging materials such as foils or small parts lying around, as otherwise there is a danger of suffocation for children. Keep children away from the equipment during assembly.



WARNING

- + Pay attention to the instructions attached to the equipment in order to reduce the risk of injuries.



CAUTION

- + Ensure to have sufficient room for movement in each direction during assembly.
- + The assembly of the equipment must be carried out by at least two adults. If in doubt, seek the help of a third technically skilled person.



ATTENTION

- + To prevent damage to the equipment and the floor, assemble the equipment on a mat or packaging board.



NOTICE

- + In order to make the assembly as simple as possible, some screws and nuts to be used can already be pre-assembled.
- + Ideally, assemble the equipment at its later set-up place.

2.2 Scope of Delivery

The scope of delivery consist of the following parts. At the beginning, check whether all parts and tools belonging to the device are included in the scope of delivery and whether damage has occurred. In the event of complaints, the contractual partner must be contacted directly.



CAUTION

If parts of the scope of delivery are missing or damaged, the assembly must not be carried out.

<p>75</p>	<p>96</p> <p>x1</p>	<p>85</p> <p>x1</p>
<p>95</p> <p>x1</p>	<p>16</p> <p>x1</p>	<p>89 & 88</p> <p>x2</p>
<p>2</p> <p>x1</p>		<p>91</p> <p>x1</p>
<p>1 & 81R&L</p> <p>x1</p>	<p>x1</p>	

2.3 Assembly

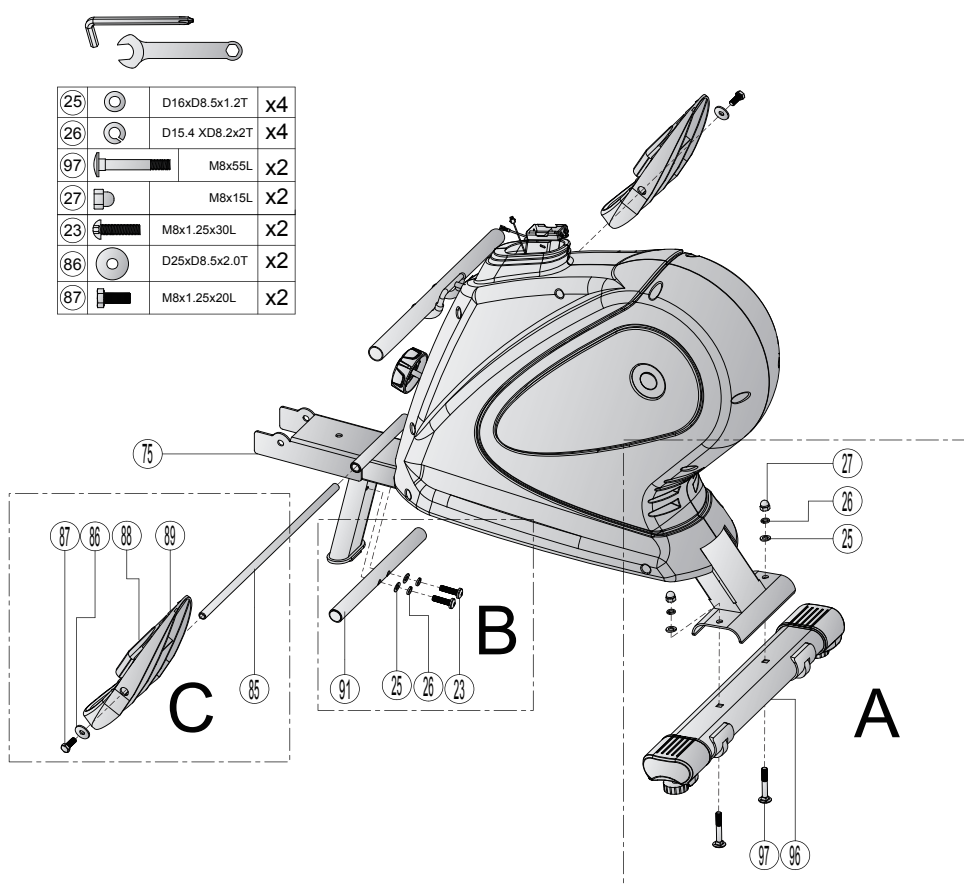
Before assembly, take a close look at the individual assembly steps shown and carry out the assembly in the order given.

NOTICE

- + First loosely screw all parts together and check that they fit properly. Tighten the screws using the tool only when you are instructed to do so.
- + If you have difficulty recognising the graphics, we recommend that you open and/or download the PDF instructions stored in the webshop on your end device (e.g. smartphone, tablet or PC). There you have the option of zooming in closer. Please note that the Adobe Acrobat Reader programme must be installed on your end device in order to open the file.

Step 1: Mounting the front stabiliser and pedals

1. Mount the front stabiliser (96) to the main frame (75) with two bolts (97), two washers (25), two spring washers (26) and two cap nuts (27).
2. Mount the cross bar (91) to the main frame (75) with two washers (25), two spring washers (26) and two bolts (23).
3. Insert the axis (85) into the cross bar (91) and mount a pedal (89) on each side of the axis (85) with a washer (86) and a bolt (87).
4. Hand tighten the bolts and nuts with the tools.

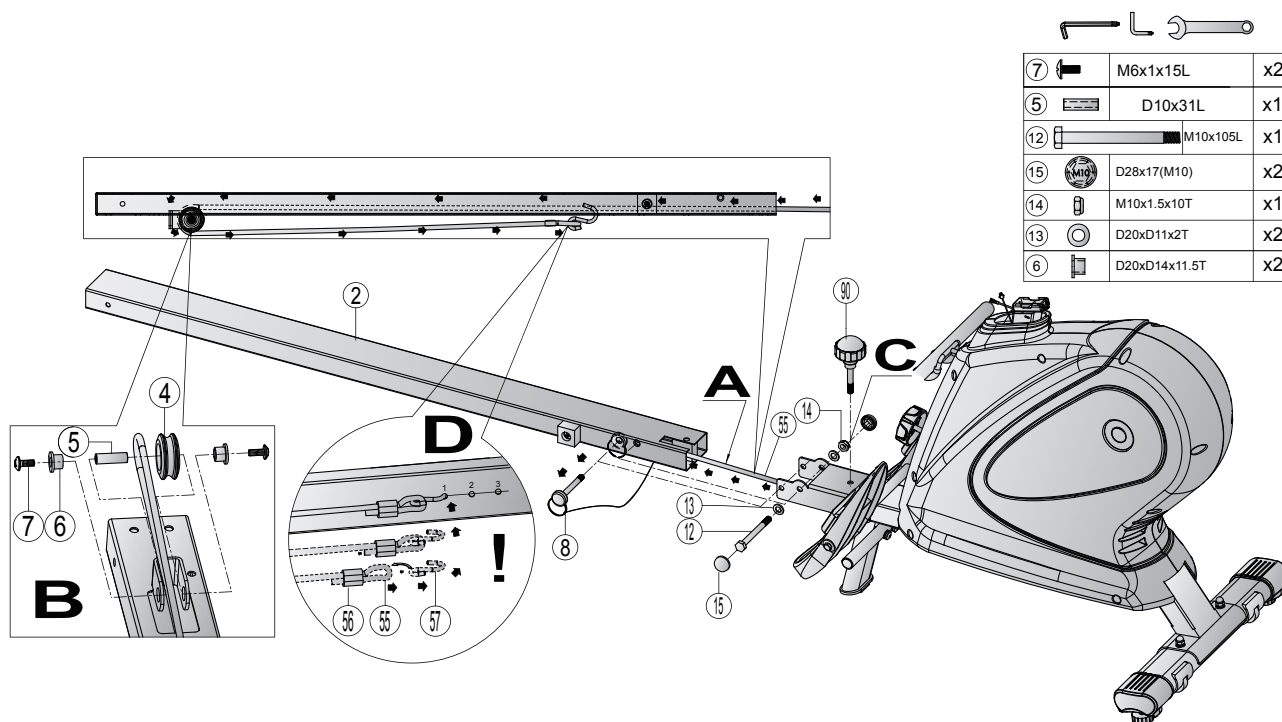


Step 2: Mount the sliding beam and the rope

1. Pull the rope (55) out of the main frame (75) and guide it through the sliding beam (2), see A.
2. Pull the rope (55) out of the opening at the end of the sliding beam (2) and place it over the pulley (4). Mount the pulley (4) to the sliding beam (2) with one axle (5), two bushings (6) and two bolts (7), see B.
3. Slide the sliding beam (2) into the main frame (75) and mount the sliding beam (2) to the main frame (75) with a bolt (12), two washers (13), a nut (14) and two screw covers (15), see C.
4. Hand tighten the bolts and nuts with the tools.
5. Insert the pin (8) into the openings of the main frame (75) and the sliding beam (2).
6. Screw the knob (90) into the upper opening on the main frame (75), see C.
7. Hang the narrow end of the fixing hook (57) on the rope (55) and the wide end of the hook (57) in one of the openings at the bottom on the sliding beam (2), see D.

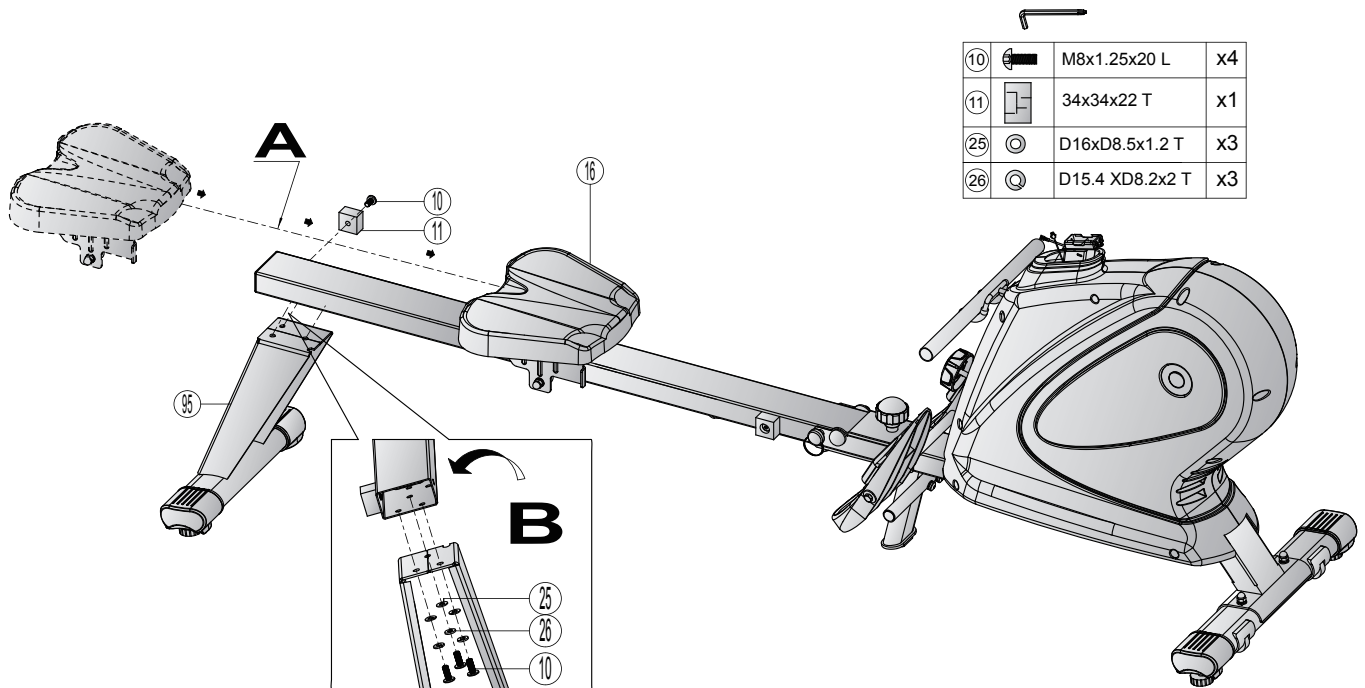
► ATTENTION

Make sure that the hook (57) is correctly positioned.



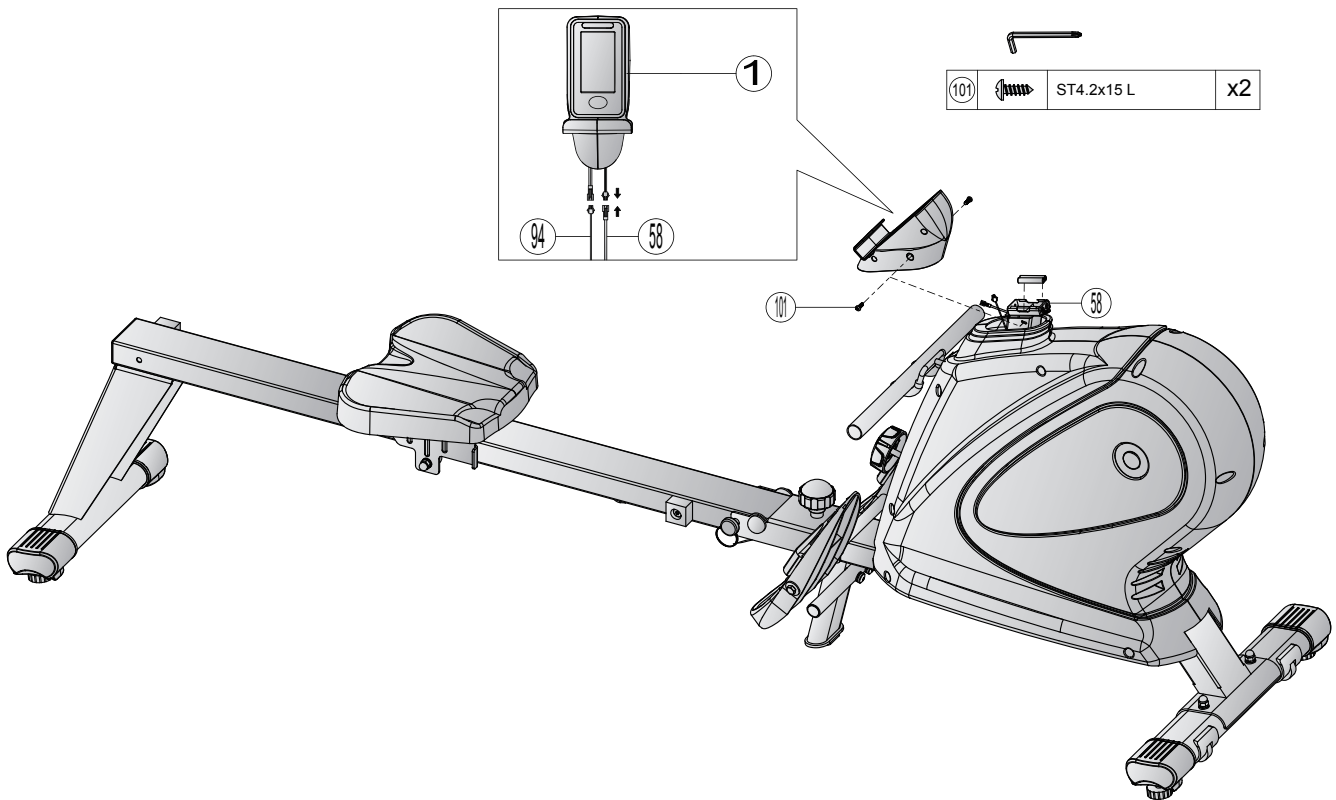
Step 3: Mounting the seat and the rear stabiliser

1. Slide the seat (16) onto the sliding beam (2) and mount the buffer (11) at the end of the sliding beam (2) with a bolt (10), see A.
2. Align the rear stabiliser (95) with the sliding beam (2) and mount the rear stabiliser (95) to the sliding beam (2) with three bolts (10), three spring washers (26) and three washers (25), see B.
3. Hand tighten the bolts with the tool.



Step 4: Mounting the console

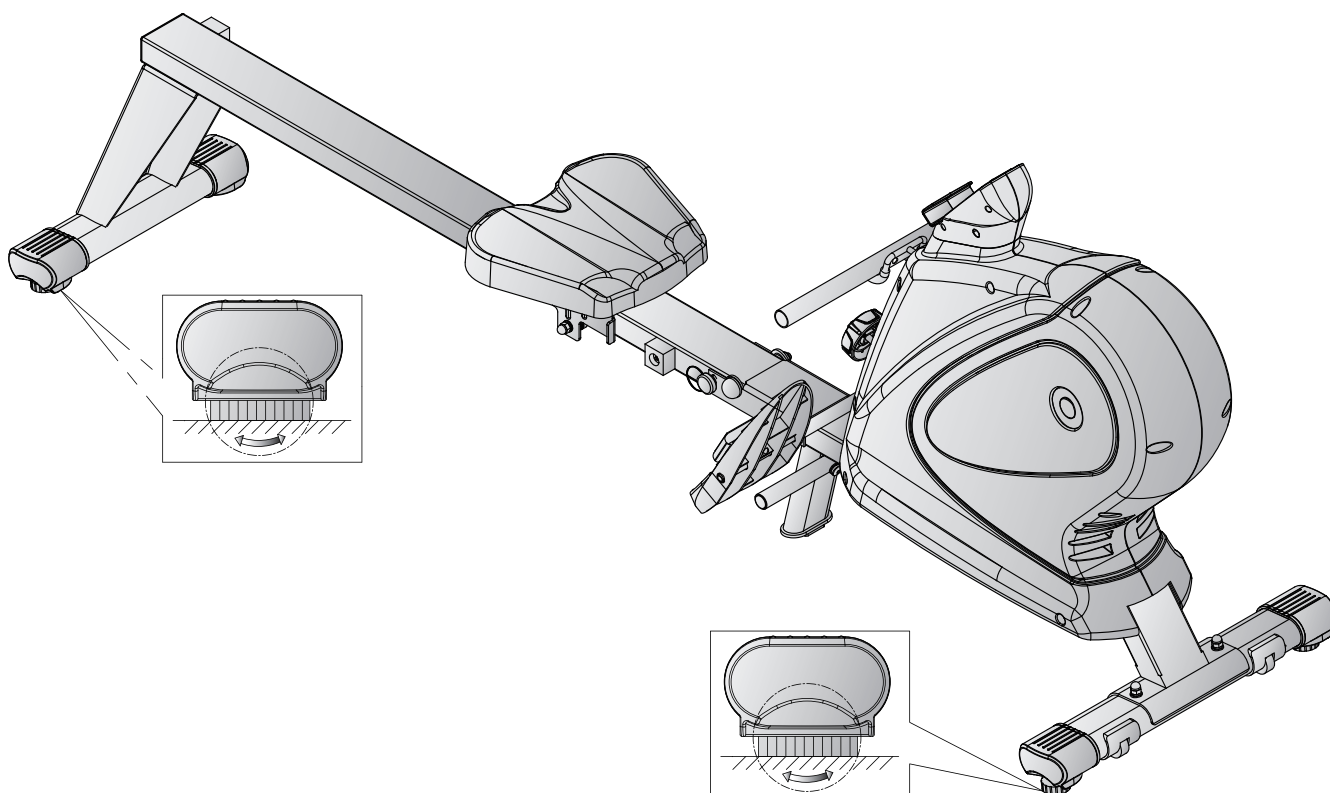
1. Place two AA batteries (1.5 V) into the battery holder (58).
2. Connect the sensor cable (94) and the battery holder (58) with the console (1).
3. Insert the cables into the opening in the main frame (75) and mount the console (1) to the main frame (75) with two screws (101).



Step []: Alignment of the feet

If the floor is uneven, you can stabilize the equipment by turning the two setting screws under the stabilisers.

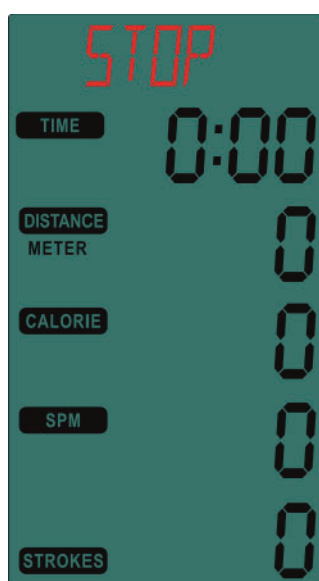
1. Lift the equipment on the desired side and rotate the setting screws under the stabilisers.
2. Rotate the screws clockwise in order to remove them and to raise the equipment.
3. Rotate them counterclockwise in order to lower the equipment.



① NOTICE

- + Familiarise yourself with all the functions and setting options of the device before starting training. Have the proper use of this product explained to you by a specialist.
- + Always start your training with low intensity and increase evenly and gently. End your training with a cool-down phase. If you are unsure, please consult your physician.

3.1 Console Display



TIME	<ul style="list-style-type: none"> + Display of training time + Display range: 0:00 – 99:59
DISTANCE	<ul style="list-style-type: none"> + Display of covered distance + Display range: 0 – 9999
CALORIE	<ul style="list-style-type: none"> + Display of consumed calories + Display range: 0 – 9999
SPM	<ul style="list-style-type: none"> + Display of strokes per minute + Display range: 0 – 999
STROKES TOTAL STROKES	<ul style="list-style-type: none"> + Display of STROKES (total strokes during the training sequence) or TOTAL STROKES (total strokes of all training sequences) + Display range: 0 – 9999

3.2 Button Functions

MODE/RESET	Press the button short to pause or start the training.
	<p>Press and hold for 3 seconds to reset all values except TOTAL STROKES.</p> <p>NOTICE The TOTAL STROKES value is reset only when the batteries are removed.</p>

3.3 Switch On the Device

To turn on the device, press and hold the MODE/RESET button for 3 seconds.

The console will beep and the display will light for 2 seconds.

The console enters standby mode.

NOTICE

The console switches to sleep mode after 4 minutes without signal input.

3.4 Sleep Mode

After switching on the device, the console switches to standby mode. If no signal is entered within 4 minutes, the console switches to sleep mode.

To exit the sleep mode, press the MODE/RESET button.

3.5 Quick-Start

To start training, start rowing or shortly press the MODE/RESET button.

Once the console has received a signal, the display will show *START* and the values for *TIME*, *DISTANCE*, *CALORIE*, *SPM* and *STROKES/TOTAL STROKES* will count up according to the training sequence (see Fig. 1).

The *STROKES* and *TOTAL STROKES* display changes every 5 seconds (see Fig. 1 and Fig. 2).



Fig. 1



Fig. 2

As soon as you stop the workout, *STOP* and the values for *TIME*, *DISTANCE*, *CALORIE* flashes and the console enters pause mode (see Fig. 3).

NOTICE

The console switches to sleep mode after 4 minutes without signal input. Half a second before entering sleep mode, a beep sounds. To exit the sleep mode, press the MODE/RESET button.



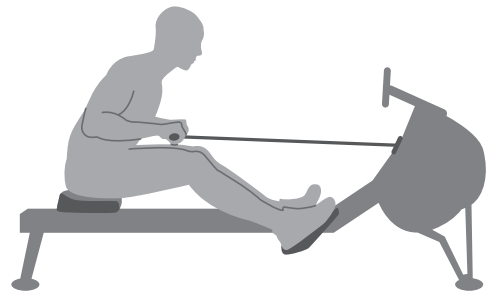
Fig. 3

3.6 Notes on correct rowing

Body moves towards the handle

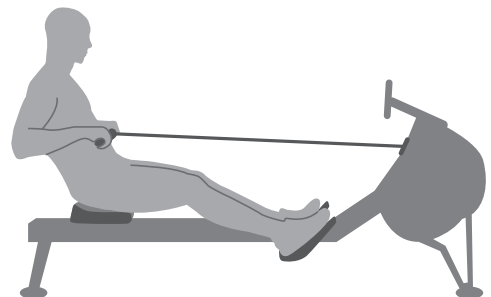
Wrong

At the end of the movement, the body will be pulled forwards towards the handles instead the handles to the body.



Right

At the end of the movement, the user slightly leans back, holds the legs down, keeps the upper body straight and pulls the handle to the body.



Straddled elbows

Wrong

The user's elbows are straddled from the body at the end of the movement and the handle is at the height of the breast.



Right

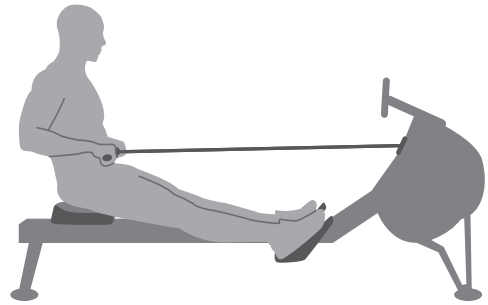
Pull the handle to the body with straight wrists and the elbows close to the body. The elbows are brought behind the head while the handle is pulled to your waist.



Do not completely extend

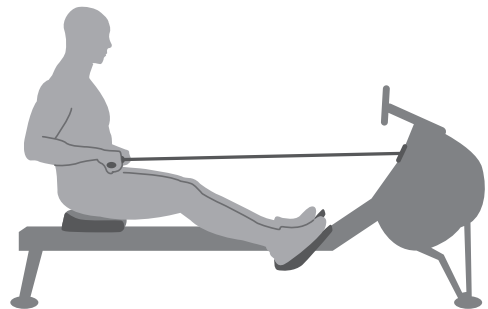
Wrong

At the end of the movement, the user completely stretches the leg and knee.



Right

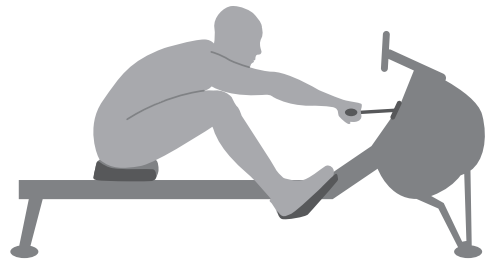
Keep your knee slightly bent at all times even at the end of the movement instead of stretching it completely.



Leaning too far forward

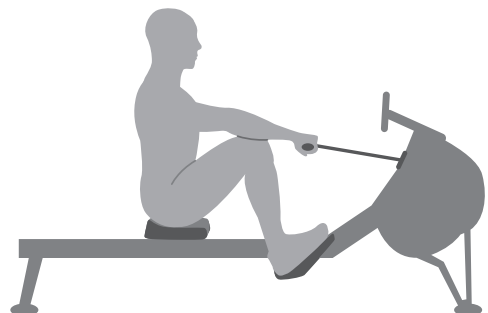
Wrong

The body is bent too far forward. The shins are no longer vertical. The head and shoulders are facing the feet. The body is therefore in a weak position to execute the movement.



Right

The shins are vertical. The body is pressed against the legs, the arms are completely stretched out in front and the body is slight bent forward. This position should be pleasant.



Rowing with bent arms

Wrong

The user begins the movement with the arms instead of first pressing with the legs.



Right

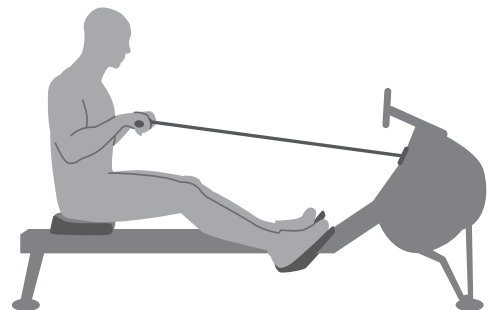
The user begins by stretching out the legs, relaxing the back and stretching the arms.



Bent wrists

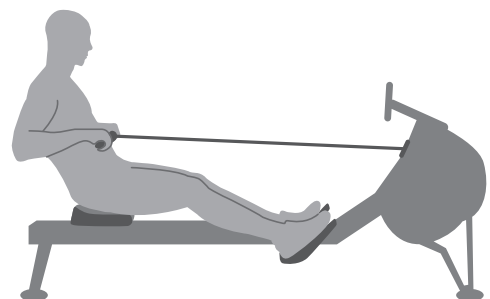
Wrong

The user bends the wrists during the movement.



Right

Always execute the rowing movement with straight wrists.



3.7 Workout tips

When training, it is important to perform the exercises correctly in order to avoid injuries and achieve the desired training effect. Make sure you use the correct technique and train at an appropriate intensity level. Always consult an expert such as a trainer or doctor if you are unsure or have health problems. Always start your training with a low load and increase it evenly and gently.

End your training with a cool-down phase. If you have any questions or uncertainties, contact your doctor.

To get tips for a safe and effective training, use the QR-code provided.



3.7.1 Training clothes

During training, wear appropriate sports clothing that is comfortable and breathable. Avoid clothing that restricts you or is uncomfortable. Make sure that your shoes are suitable and offer you sufficient support. In addition, always carry a towel with you to wipe away sweat and keep the equipment clean.

3.7.2 Warming up and stretching

It is important to warm up and stretch properly before training to avoid injury and improve performance. Stretching helps to loosen muscles and improve flexibility. Be sure to incorporate a short stretching routine before each workout.

Warm-up exercise:

1. Stand upright with your feet about shoulder-width apart.
2. Start with gentle arm circles by slowly moving your arms forwards in small circles in a controlled manner.
3. Perform arm circles backwards to loosen your shoulders and arms.
4. Do squats by slowly squatting down and then straightening up again. Make sure that your knees do not extend beyond your toes.



CAUTION

Do not exercise with sore muscles or take it easy on the affected muscles, as this can lead to injuries.

3.7.3 Medication

If you regularly take medication and want to exercise, it is important to be aware of possible side effects. Ask your doctor whether your medication affects your workout.

3.7.4 Used muscle groups

Rowing uses the following muscle groups:

- + Back muscles
- + Shoulder muscles
- + Arm muscles
- + Abdominal muscles
- + Leg muscles

Make sure you keep your back straight during training. Do not hunch over and do not arch your back. Do not fully extend your legs, but keep a slight bend in the backwards movement.



3.7.5 Exercise frequency

Regular exercise is crucial to making progress and staying healthy in the long term. Continuous exercise can strengthen muscles, improve endurance and enhance overall well-being. Remember that even small workouts can be done regularly to achieve long-term results.

Training with heart rate orientation

Heart rate orientation guarantees an extremely effective and healthy training. Through your age and the following table, you can quickly and easily read and determine the optimal pulse for your training. An acoustic alarm will sound if your heart rate exceeds the set target heart rate. Which target heart rate is important for which training goal can be found out in the following.

Fat burning (weight management): The main goal here is to burn deposits of fat. In order to achieve this training goal, a low training intensity (approximately 55% of the maximum heart rate) and a longer training period are required.

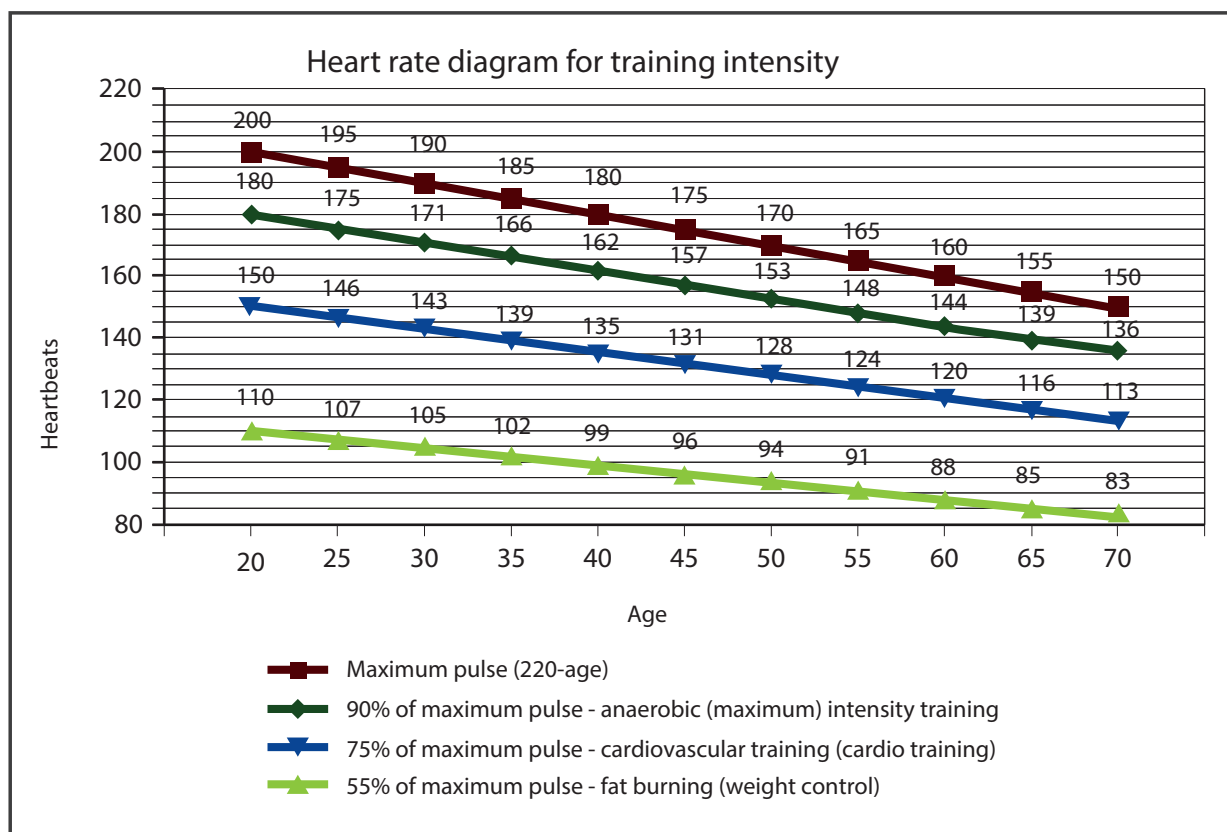
Cardiovascular training (cardio training): The primary goal is to increase stamina and fitness through an improved provision of oxygen through the cardiovascular system. In order to achieve this training goal, medium intensity (approximately 75% of the maximum heart rate) with a medium training period is required.

Anaerobic (maximum) load training: The main goal of maximum load training is to improve recovery after short, intense loads in order to be able to quickly return to the aerobic zone. In order to achieve this training goal, a high intensity (approximately 90% of the maximum heart rate) with short, intense load is required, which is followed by a recovery phase in order to prevent muscle fatigue.

Example:

For a 45-year-old man or woman, the maximum heart rate is 175 ($220 - 45 = 175$).

- + The fat burning target zone (55%) is at approximately 96 beats/min. = $(220 - \text{age}) \times 0.55$.
- + The cardio target zone (75%) is at approximately 131 beats/min. = $(220 - \text{age}) \times 0.75$.
- + The maximum heart rate for an anaerobic load training (90%) is at approximately 157 beats/min. = $(220 - \text{age}) \times 0.9$.



3.8 Workout journal

[illegible]

Date _____



Distance



Time (min.)



Resistance level



Training weight



Ø Pulse



Calories burnt



I feel ...



Body weight

4.1 General Instructions

WARNING

- + The storage location should be chosen so that improper use by third parties or children can be prevented.
- + If your equipment does not have transportation wheels, the equipment must be disassembled before transportation.

► ATTENTION

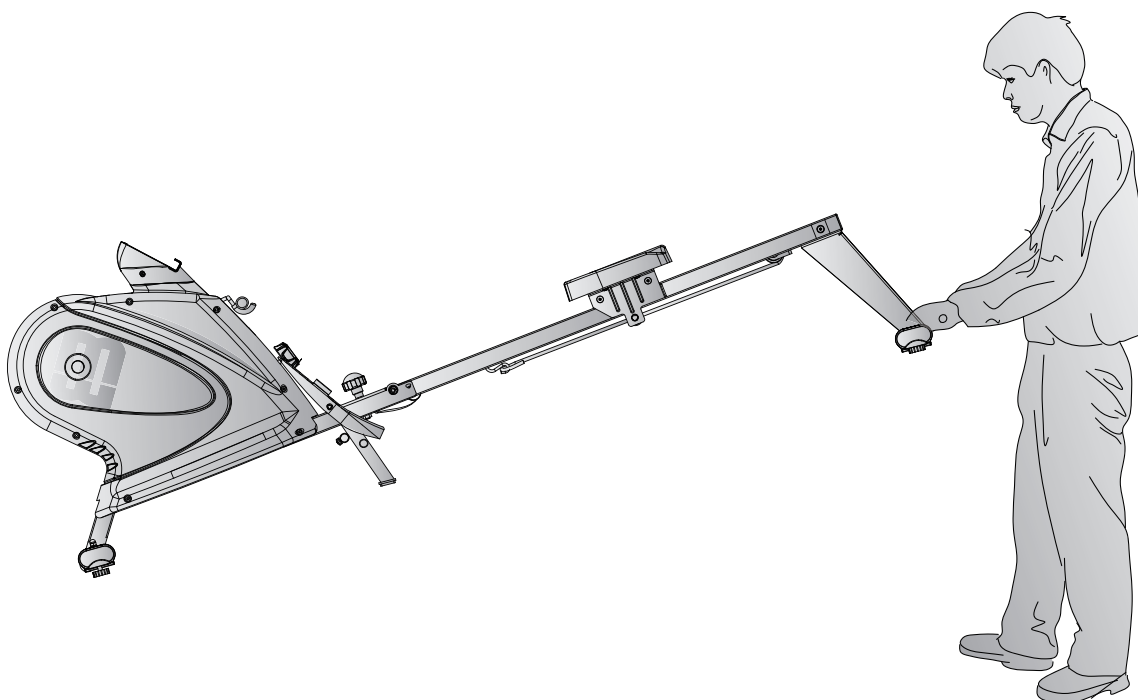
- + Make sure that the equipment is protected from moisture, dust and dirt in the selected storage location. The storage location should be dry and well ventilated and have a constant ambient temperature between 10°C and 35°C.

4.2 Transportation Wheels

► ATTENTION

If you want to transport your equipment over particularly sensitive and soft floor coverings, such as parquet, planks or laminate, lay out the transport route with cardboard or similar to avoid possible floor damage.

1. Stand behind the equipment and lift it until the weight is transferred to the transportation wheels. After that, you easily can move the equipment to a new position. For long transport distances the equipment should be disassembled and safely packed.
2. Select the new location by following the instructions in the section 1.3 of this manual.



4.3 Folding Mechanism

① NOTICE

The equipment is foldable and thus saves space when it is stored. It also makes it easier to transport.

4.3.1 Folding Up the Rowing Machine

⚠ WARNING

+ Try not to operate the equipment when it is folded up.

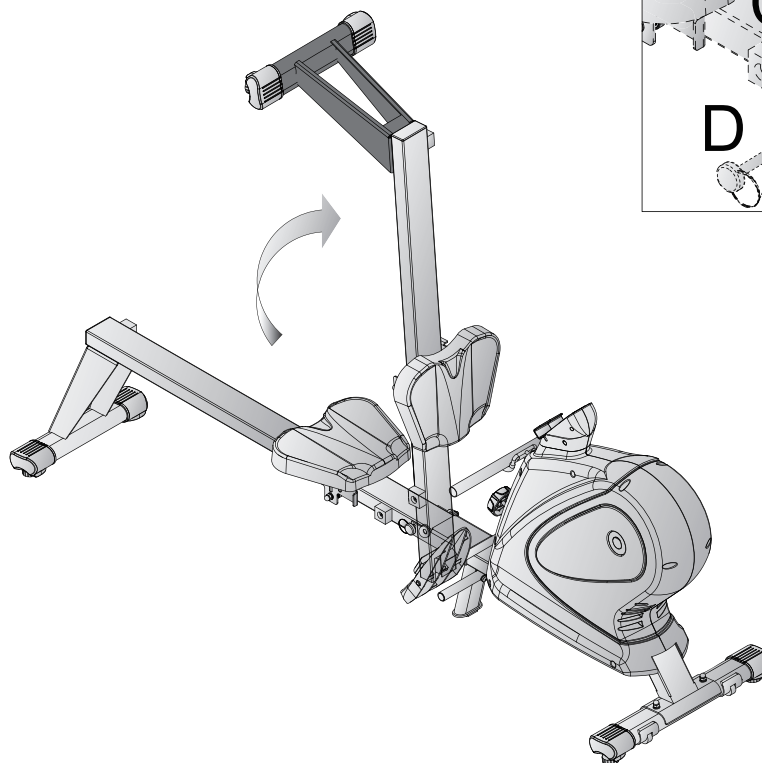
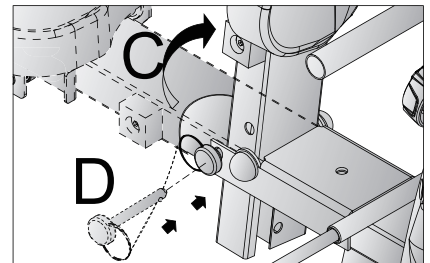
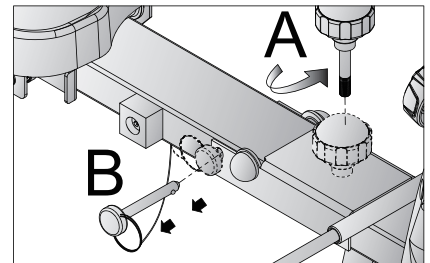
⚠ CAUTION

+ Do not lean on the equipment when it is folded and do not place anything on top of it that may make the equipment unstable or fall down.

► ATTENTION

+ Make sure that nothing is standing next to or on top of the rowing machine that can be spilled or thrown or that makes it impossible to fold the rowing machine.

1. To fold the rowing machine, remove the knob and the pin from the main frame, see A and B.
2. Fold the rowing machine with the sliding beam upwards, see C.
3. To fix, reinsert the pin in the main frame opening, see D.

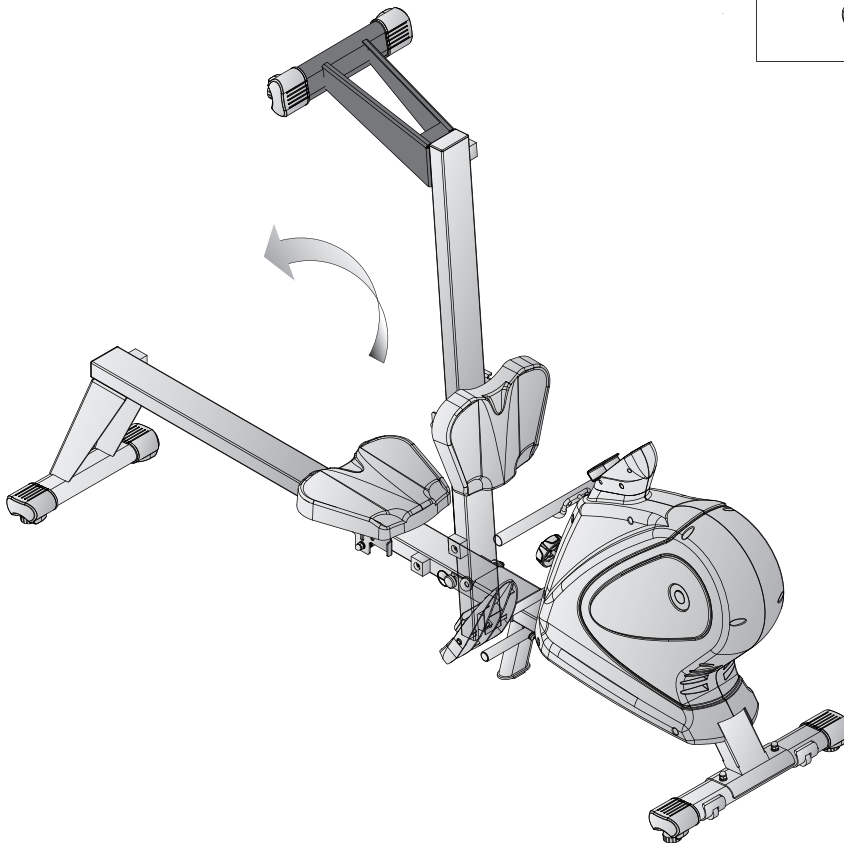
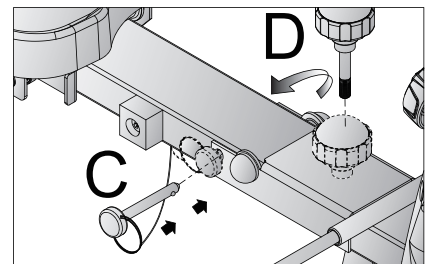
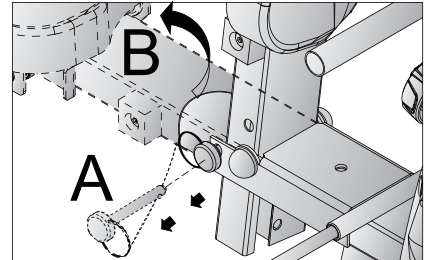


4.3.2 Unfolding the Rowing Machine

► **ATTENTION**

+ Make sure that nothing is standing next to or on top of the treadmill that can be spilled or thrown or that makes it impossible to unfold the rowing machine.

1. To unfold the rowing machine again, remove the pin from the opening on the main frame and fold the sliding beam downwards, see A and B.
2. To fix, reinsert the pin back into the main frame opening and turn the knob back in, see C and D.



5.1 General Instructions

WARNING

- + Do not make any improper changes to the equipment.
- + To maintain the safety level of the equipment, it must be checked regularly for damage and wear - especially on the foot straps, fasteners, handle hoses and seat.

CAUTION

- + Damaged or worn components may affect your safety and the life of the equipment. Therefore, immediately replace damaged or worn components. In such a case, contact the contract partner. The equipment must not be used until it has been repaired. If necessary, use only original spare parts.

ATTENTION

- + In addition to the instructions and recommendations for maintenance and care given here, additional service and/or repair work may be necessary; this must only be carried out by authorised service technicians.

5.2 Faults and Fault Diagnosis

The equipment undergoes regular quality controls during production. Nevertheless, faults or malfunctions may occur. Frequently, individual parts are responsible for these disturbances, an exchange is usually sufficient. Please refer to the following overview for the most common errors and how to correct them. If the equipment still does not function properly, contact your contract partner.

Fault	Cause	Solution
Heart rate is not received	<ul style="list-style-type: none"> + Sources of interference in the room + unsuitable chest strap + Wrong position of chest strap + Batteries empty 	<ul style="list-style-type: none"> + Eliminate sources of interference (e.g. mobile phones, loudspeakers, WLAN, lawn mower and vacuum cleaner robots ...) + Use a suitable chest strap (see recommended accessories). + Reposition chest strap and/or moisten electrodes + Changing batteries
LCD error – software error etc.	Console has no power supply	<ul style="list-style-type: none"> + Hold Reset to start the console again. + Start the console again by disconnecting the power cable for about 15 seconds. + Disconnect and connect again all cable connections, see assembly instructions. + Contact a service technician of your contract partner.

Squeaking noises on the guide rails	Guide rails or rollers dirty or guide rails dry	Clean the guide rails and then lubricate them with a suitable lubricant
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5.3 Error Codes and Troubleshooting

The electronics of the equipment continuously carries out tests. In case of deviations, an error code appears on the display and normal operation is stopped for your safety.

Please contact the contract partner for technical support.

5.4 Maintenance and Inspection Calendar

To avoid damage from body sweat, the equipment must be cleaned with a damp towel (no solvents!) after each training session.

The following routine tasks must be performed at the specified intervals:

Part	Weekly	Monthly	Quarterly	Half-yearly
Display console	C	I		
Cleaning and lubrication of slide rail and moving parts*		C/I		
Cushions	C			
Plastic covers	C	I		
Screws and cable connections		I		
Legend: C = clean; I = inspect				

*Make sure to always clean the slide rails and moving parts before re-lubricating.

6 DISPOSAL

At the end of its operational life, this equipment cannot be disposed of in normal household waste. Instead, it must be disposed of via an electricals recycling centre. Further information can be obtained from your local authority's recycling service.



The materials can be recycled as per their symbols. Through the reuse, recycling of materials or other forms of recovery of old equipment, you make an important contribution to the protection of the environment.

7 RECOMMENDED ACCESSORIES

To make your training experience even more efficient and pleasant, we recommend that you add suiting accessories to your fitness equipment. For rowing machines this could for example be a **floor mat**, which makes your fitness equipment stand more securely and also protects the floor from sweat or **silicone spray** to keep moving parts in good shape. We also recommend the use of **rowing gloves**. For rowing machines with water resistance, be sure to purchase chlorine tablets.

If you have purchased a fitness machine with pulse training and want to train your heart rate, we strongly recommend that you use a compatible **chest strap**, as this ensures optimum transmission of the heart rate.

Our range of accessories offers the highest quality and makes training even better. If you would like to find out more about compatible accessories, please go to the detail page of the product in our webshop (the easiest way is to enter the article number in the search field above) and go to the recommended accessories on this page. Alternatively, you can use the QR-code provided. Of course, you can also contact our customer service: by telephone, e-mail, in one of our branches or via our social media channels. We will be happy to advise you!



floor mat



chest strap



chest strap contact gel



towels



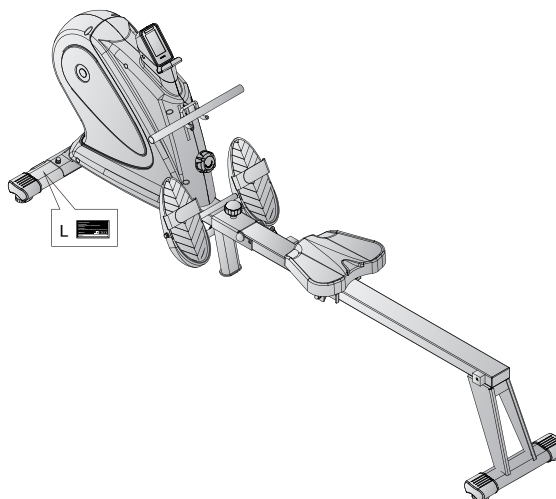
silicone spray

8.1 Serial Number and Model Name

In order to provide you with the best possible service, please have the model name, article number, serial number, exploded drawing and parts list ready. The corresponding contact options can be found in chapter 10 of this operating manual.

NOTICE

The serial number of your equipment is unique. It's located on a white sticker. The exact position of this sticker is shown in the following illustration.



Enter the serial number in the appropriate field.

Serial number:

Brand / Category:

Model Name:

Article Number:

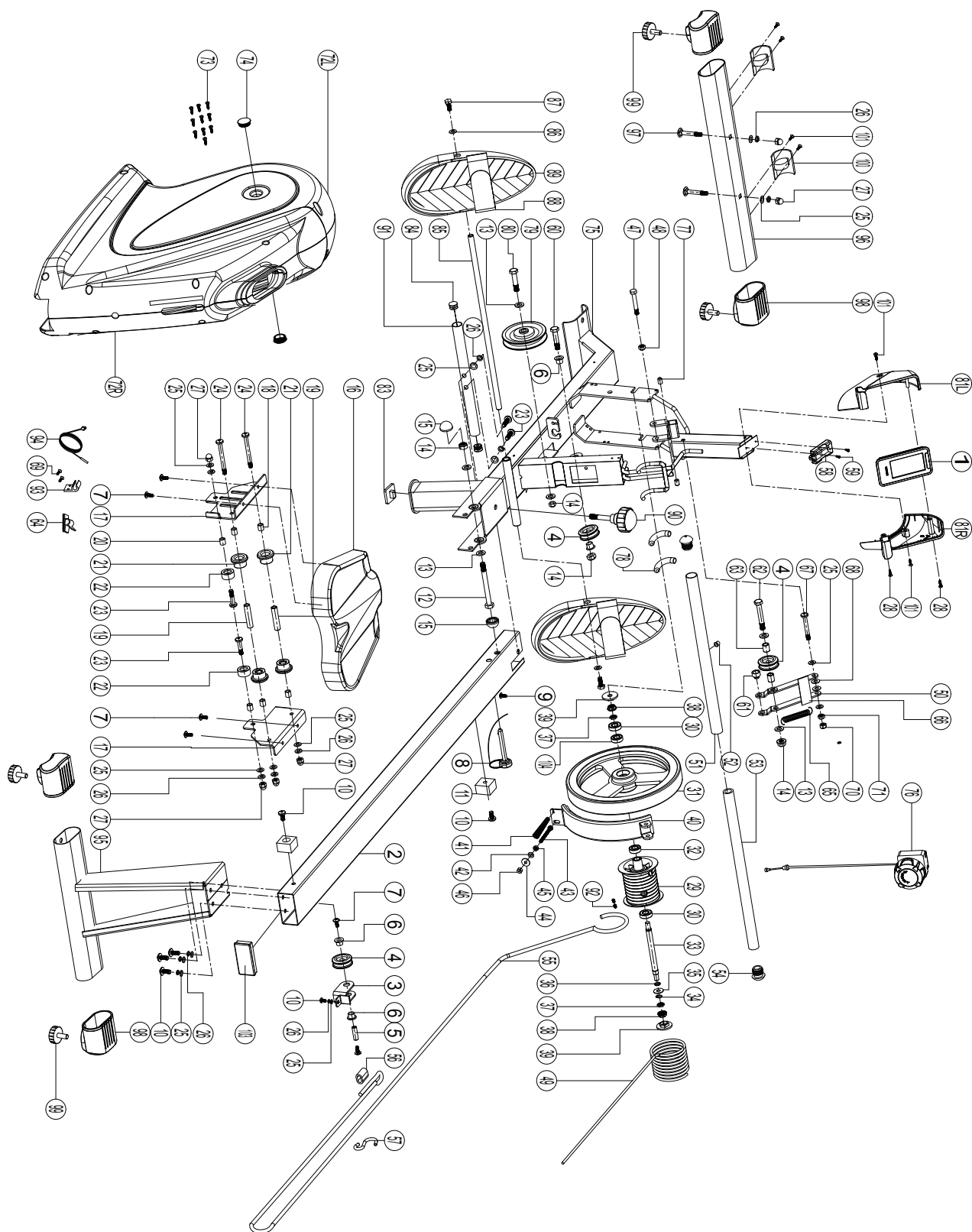
8.2 Parts List

No.	Name	Supplier Parts No.	Specification	Qty.
1	Computer	245A1-6-2501-W0		1
2	Sliding beam welding set	245A1-3-1000-B70		1
4	Pulley	245A1-6-2271-B0	D45*18.2L	3
5	Pulley axle	245A1-6-1576-N0	D10*31L	1
6	Bushing	58002-6-1067-01	D20*D14*11.5T	4
7	Bolt	52606-2-0015-F0	M6*1*15L	6
8	Pin	58017-6-1046-C0	D9.5*93L	1
9	Bolt	52605-5-0010-F0	M5*0.8*10L	1
10	Allen bolt	50308-5-0020-F0	M8*1.25*20L	5
11	Buffer	25300-6-2175-B0	34*34*22T	2
12	Hex bolt	50110-2-0105-F5	M10*1.5*105L,	1
13	Flat washer	55110-1-2020-FA	D20*D11*2T	6
14	Anti-loose nut	55210-1-2010-FA	M10*1.5*10T	4
15	Screw cover	327C2-6-1075-B0	D28*17(M10)	2
16	Seat	58001-6-1387-B0	310*257,SD-700	1
17	seat cradle	245A1-6-1573-B70	164*105*2.5T	2
18	Wheel axle cover	220A0-6-1577-00	D12*D8.2*12.6L	4
19	Bushing	58002-6-1106-N0	D8.2*D12.7*55.8L	2
20	Bushing	58002-6-1077-00	D12*8.5L	2
21	Pulley(2)	245A1-6-1572-00	D38*20L	4
22	Pulley(3)	245A1-6-1578-00	D38*14L	2
23	Allen bolt	50308-5-0030-F0	M8*1.25*30L	4
24	Allen bolt	50308-5-0115-F5	M8*1.25*115L	2
25	Flat washer	55108-1-1612-FA	D16xD8.5x1.2T	13
26	Spring washer	55108-2-1520-FA	D15.4xD8.2x2T	11
27	Cup Nut	55208-6-2015-FA	M8*1.25*15T	4
28	Screw	50935-5-0015-F0	ST3.5*1.0*15L	2
29	Pulling cable wheel	245A1-3-2100-B0	D76*104L	1
30	Bearing	58006-6-1001-00	#6000 ZZ	2
31	Flywheel	245A1-6-2687-00	D260*36.5*4KG	1
32	Bearing	58006-6-1018-01	6003-2RS	1
33	Flywheel axle	245A1-6-2173-00	D10*140.5L	1
34	C-ring	55510-1-0010-00	S-10(1T)	1

35	Flat washer	55110-1-2220-NA	D22*D10*2T	1
36	Fixing ring	71600-6-3178-B0	D13*D10*1.9T	1
37	Hex nut	55295-2-3004-NA	D9.5*4T(3/8"-26UNF)*4T	2
38	Anti-slip nut	18600-6-3175-N1	3/8"-26UNFx6.5T	2
39	Screw cover	19100-6-3172-B0	D35*8	2
40	Fixing bracket for magnet	71600-3-3200-N0		1
41	Spring	58003-6-1035-01	D1.2*55L	1
42	Flat washer	55106-1-1310-NA	D13*D6.5*1.0T	1
43	Hex bolt	50106-5-0065-N0	M6*65L	1
44	Nylon washer	55106-1-1915-B1	D6*D19*1.5T	1
45	Hex nut	55206-2-2006-NA	M6*1*6T	1
46	Anti-loose nut	55206-1-2006-NA	M6*1*6T	1
47	Hex bolt	50108-5-0052-N3	M8*52L	1
48	Anti-loose nut	55208-1-2008-NA	M8*1.25*8T	1
49	Pulling rope	245A1-6-2201-B0	D5*2500L	1
50	Pulley plate welding set	245A1-3-2230-B70		1
51	Pulling tube	24600-6-2471-B71	D25.4*400*1.4T	1
52	Bushing	58002-6-1084-B1	D10.5*D7.5*9T	1
53	Foam	58015-6-1244-B0	D23x4Tx400L	1
54	Cap	553F0-1-0031-B3	D25.4*31L	2
55	Elastic rope	245A1-6-2204-B1	D7.5*2450L	1
56	Hook	245A1-6-2278-00		1
57	Fixing hook	245A1-6-2279-N0	D6*49.5	1
58	Battery holder	245A1-6-2597-W0	71.5*31.3	1
59	Screw	53329-2-0009-N0	ST2.9x9.5L	2
60	Hex bolt	50110-2-0045-F3	M10*1.5*45L	1
61	Round magnet	174R4-6-2574-00	M02	1
62	Hex bolt	50110-2-0065-F3	M10*1.5*65L	1
63	Bushing	245A1-6-1575-N0	D14*D10*16.5L	2
64	Fixing clamp	39000-6-5871-00	16*16*6.8L	1
65	Spring	58003-6-1025-N2	D0.8*D9.6*70L	1
66	Buffer	245A1-6-2175-B0	25*25*5T	1
67	Hex bolt	50108-5-0065-F3	M8*1.25*65L	1
68	Flat washer	55108-1-1810-W8	D18*D8.5*1.0T	2
69	Screw	52804-2-0015-N0	ST4*1.41*15L	2

70	Anti-loose nut	55208-1-2008-FA	M8*1.25*8T	1
71	Hex nut	55208-2-2006-FA	M8*1.25*6T	1
72L	Left chain cover	245A1-6-2426-B0		1
72R	Right chain cover	245A1-6-2427-B0		1
73	Screw	53342-2-0020-N0	ST4.2x1.4x20L	10
74	Side cover	24500-62471-B0	D29.1*13L	2
75	Main frame	245A1-3-2600-B70		1
76	Upper tension cable	245A1-6-2671-B0	220L	1
77	Buffer	55306-4-0013-B9	D9*D5.8*13	2
78	Buffer	55308-4-0020-B9	D10.5*20L	2
79	Pulley (convex)	58016-6-1022-B2	D100*D10*28.5	1
80	Hex bolt	50110-2-0050-F3	M10*1.5*50L	1
81L	Computer bracket(L)	245A1-6-2595-B0	176.8*46*103.3	1
82R	Computer bracket(R)	245A1-6-2596-B0	176.8*43.1*103.3	1
83	Buffer	25100-6-2175-B0	35*35	1
84	Tube cap	553D6-1-0017-B8	D6/8"*17(D19)	2
85	Horizontal axis	25200-6-1073-N0	D12*436L	1
86	Flat washer	55108-1-2520-FA	D25*D8.5x2.0T	2
87	Hex bolt	50108-5-0020-F0	M8*1.25*20L	2
88	Sticky strap	24500-6-1078-B0	440*50	2
89	Pedal	24600-6-1085-B0	315*137.5*67	2
90	Ball knob	52210-2-0055-B1	D56*M10*1.5*55L	1
91	Cross bar	245A1-6-2602-b0	D20*1.5T*280L	1
92	Allen screw	54605-2-0012-D0	M5*0.8*12L	2
93	Sensor bracket	71900-6-2565-B0	24*22*2.5T	1
94	Sensor bracket(1)	24900-6-2583-G0	450L	1
95	Rear stablizer	245A1-3-1950-H10		1
96	Front stablizer	245A1-6-1931-b0	40*80x1.5Tx500L	1
97	Square neck bolt	50508-5-0055-F3	M8x1.25x55L	2
98	Elliptical base	81003-6-2173-B1	73.5*88*52.5	4
99	Adjustable round wheel	26000-6-1095-B0	D38*M10*1.5	4
100	foot cap	55458-K-4080-B2	40*80*58	2
101	Screw	53342-2-0015-F0	ST4.2*15L	6
103	Sliding beam cover	55314-2-4080-B8	80*40*14.5	1
104	Single bearing	58006-6-1029-01	D35*16	1

8.3 Exploded Drawing



Products from Duke Fitness® are subject to strict quality control. However, if a fitness equipment purchased from us does not work perfectly, we take it very seriously and ask you to contact our customer service as indicated. We are happy to help you by phone via our service hotline.

Error Descriptions

Your fitness equipment is developed for long-term, high-quality training. However, should a problem arise, please first read the operating instructions. For further assistance, please contact your contract partner or call our service hotline. To ensure your problem is solved as quickly as possible, please describe the defect as exactly as possible.

In addition to the statutory warranty, we provide a warranty for every fitness equipment purchased from us according to the following provisions.

Your statutory rights are not affected.

Warranty

The warranty is the first/original buyer and/or any person who received a newly purchased product as a gift from the original buyer.

Warranty period

The warranty periods, shown on our web shop, begin on delivery of the fitness equipment. The respective warranty periods for your equipment can be found on its product website.

Repair Costs

According to our choice, there will either be a repair, a replacement of individual damaged parts or a complete replacement. Spare parts, that have to be mounted while assembling the equipment, have to be replaced by the warranty holder personally and are not a part of repair. After the expiration of the warranty period, the responsibility for parts costs, repair costs, installation costs and delivery costs lies with the warranty holder.

The terms of use are defined as follows:

- + Home use: solely for private use in private households up to 3 hours per day
- + Semi-professional use: up to 6 hours per day (e. g. rehabilitation centres, hotels, clubs, company gyms)
- + Professional use: more than 6 hours per day (e. g. commercial gyms)

Warranty Service

Within the warranty period, equipment which develops faults as a result of material or manufacturing defects, will be repaired or replaced at our discretion. Ownership of equipment or parts of equipment which have been replaced is transferred to us. The warranty period is not extended nor does a new warranty period begin following repair or replacement under the warranty.

Warranty Conditions

For the warranty to be valid, the following steps must be taken:

Please contact our customer service by email or phone. If the product under warranty has to be sent in for repair, the seller bears costs. After expiry of the warranty, the buyer bears the costs of transport and insurance. If the fault is covered by our warranty, you will receive a new or repaired equipment in return.

Warranty claims are invalid in case of damage resulting from:

- + misuse or improper handling
- + environmental influences (moisture, heat, electrical surge, dust, etc.)
- + failure to follow the current safety measures for the equipment
- + failure to follow the operating instructions
- + use of force (e. g. hitting, kicking, falling)
- + interventions which were not carried out by one of our authorized service centres
- + unauthorised repair attempts

Proof of Purchase and Serial Number

Please make sure that you are able to provide the appropriate receipt when claiming on your warranty. So that we can clearly identify the model of your equipment, and for the purposes of our quality control, you will need to give the serial number of your equipment, when contacting the service team. Where possible please have your serial number and your customer number ready when you call our service hotline. It will help us to deal with your request swiftly.







































If you cannot find the serial number on your fitness equipment, our service team is at your disposal to offer further information.

Service outside of the Warranty Period

We are also happy to issue an individual cost estimate if there is a problem with your fitness equipment after the warranty has expired, or in cases which do not fall under the terms of the warranty, e. g. normal wear and tear. Please contact our customer service team to find a quick and cost-effective solution to your problem. In such a case you will be responsible for the delivery costs.

Communication

Many problems can be solved just by speaking to us as your specialist supplier. We know how important it is to you as a user of the fitness equipment to have problems solved quickly and simply, so you can enjoy working out with minimal interruption. For that reason, we also want to resolve your queries quickly and in a straightforward manner. Thus, please always keep your customer number and the serial number of the faulty equipment handy.

DE	DK	UK
TECHNIK  +49 4621 4210-900  +49 4621 4210-698  technik@fitshop.de  Öffnungszeiten entnehmen Sie unserer Homepage.	TEKNIK OG SERVICE  80 90 16 50 +49 4621 4210-945  info@fitshop.dk  Åbningstider kan findes på hjemmesiden: https://stg.fit/statit7	CUSTOMER SUPPORT  00800 2020 2772 +494621 4210 944  info@fitshop.co.uk  You can find the opening hours on our homepage: https://stg.fit/statitc
	FR	BE
SERVICE  0800 20 20277 (kostenlos)  04621 4210 - 0  info@fitshop.de  Öffnungszeiten entnehmen Sie unserer Homepage: https://stg.fit/statita	TECHNIQUE & SERVICE  +33 (0) 189 530984 +49 4621 42 10 933  info@fitshop.fr  Vous trouverez les heures d'ouverture sur notre site Internet: https://stg.fit/statit4	TECHNIQUE & SERVICE  02 732 46 77 +49 4621 4210 933  info@fitshop.be  Vous trouverez les heures d'ouverture sur notre site Internet: https://stg.fit/statit8
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DZIAŁ TECHNICZNY I SERWIS  22 307 43 21 +49 4621 42 10-948  info@fitshop.pl  Godziny otwarcia można znaleźć na stronie głównej: https://stg.fit/statit6	TECHNIK & SERVICE  0800 20 20277 (Freecall) +49 4621 42 10-0  info@fitshop.at  Öffnungszeiten entnehmen Sie unserer Homepage: https://stg.fit/statitb	TECHNIK & SERVICE  0800 202 027 +49 4621 42 10-0  info@fitshop.ch  Öffnungszeiten entnehmen Sie unserer Homepage: https://stg.fit/statit9

Please find a detailed overview including address and opening hours for all stores of the Fitshop Group in Germany and abroad on the following website:

www.fitshop.com/en/stores

WE LIVE FITNESS

WEBSHOP AND SOCIAL MEDIA

Fitshop is Europe's largest specialist store for home fitness equipment with currently over 70 stores and one of the world's most renowned online mail order companies for fitness equipment. Private customers order via the 25 web shops in the respective national language or have their desired equipment assembled on site. In addition, the company supplies fitness studios, hotels, sports clubs, companies and physio practices with professional equipment for endurance and strength training.

Fitshop offers a wide range of fitness equipment from renowned manufacturers, high-quality in-house developments and comprehensive services, such as a build-up service and sports scientific advice before and after the purchase. The company employs numerous sports scientists, fitness trainers and competitive athletes.

Visit us also on our social media platforms or our blog!

