

Stamina 35-1412

Stamina X Air Rower Instruction Manual

Model: 35-1412 | Brand: Stamina

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1. INTRODUCTION

The Stamina X Air Rower is designed to provide a comprehensive full-body workout, targeting major muscle groups and promoting cardiovascular health. Its intuitive air resistance system adapts to your effort, offering a customized and challenging exercise experience. This manual provides essential information for the safe and effective use, setup, operation, and maintenance of your Stamina X Air Rower.



Figure 1: The Stamina X Air Rower, a robust fitness machine designed for full-body workouts.

2. IMPORTANT SAFETY INFORMATION

Before operating the Stamina X Air Rower, please read and understand all instructions. Keep this manual for future reference. Adhere to all warnings and cautions on the equipment and in this manual.

- Consult your physician before starting any exercise program.
- Keep children and pets away from the equipment.
- Place the rower on a level surface with adequate clearance around it.
- Inspect the equipment for loose or worn parts before each use. Do not use if damaged.
- Ensure all bolts and nuts are securely tightened.
- Do not exceed the maximum user weight capacity of 250 lbs (113 kg).
- Wear appropriate exercise attire and footwear.
- Stop exercising immediately if you feel faint, dizzy, or experience pain.

3. SETUP AND ASSEMBLY

The Stamina X Air Rower requires some assembly. It is recommended to have two people for certain steps due to the size and weight of components. An assembly video is available via the müüv app for guided assistance.

3.1 Unpacking and Component Check

Carefully remove all components from the packaging. Verify that all parts listed in the assembly guide (included in the

box) are present and undamaged. Keep packing materials until assembly is complete.

3.2 Assembly Steps

1. Attach the front and rear stabilizers to the main frame.
2. Secure the seat rail to the main frame.
3. Install the fan housing and resistance mechanism.
4. Attach the footplates and handle.
5. Insert 2 AA batteries into the monitor.
6. Ensure all connections are tight and secure before use.

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Video 1: An overview of the Stamina Air Rower, demonstrating its features and potential for home fitness. This video provides a visual guide to the product's design and functionality.

3.3 Placement

Choose a location that is flat, stable, and provides ample space for rowing. The rower dimensions are approximately 78.5" L x 18" W x 29" H. Ensure there is enough room for full extension during rowing and for safe entry/exit.

4. OPERATING INSTRUCTIONS

4.1 Getting Started

1. **Seating:** Sit on the molded, cushioned seat.
2. **Foot Placement:** Place your feet on the pivoting footplates and secure them with the adjustable straps. Ensure your feet are firmly in place to prevent slipping during exercise.
3. **Grip:** Grasp the padded handle with both hands.



Figure 2: A user demonstrating the proper form for rowing, highlighting the full range of motion and engagement of core muscles.

4.2 Understanding Air Resistance

The Stamina X Air Rower utilizes wind-based resistance. The intensity of your workout is directly proportional to how hard and fast you pull the rowing chain. Pulling harder increases the air resistance, providing a more challenging workout. Easing up on your pull will decrease the resistance.

DYNAMIC AIR **RESISTANCE**

Equipped with intuitive, wind-based resistance that adapts to your desired intensity

To ramp up the difficulty, simply pull harder and slow down for less.



Figure 3: Detail of the air resistance fan, which provides dynamic resistance based on the user's rowing intensity.

4.3 Using the Multi-Function Monitor

The rower is equipped with a multi-function monitor that provides real-time feedback on your workout. The monitor displays key measurements to help you track your progress:

- **Distance:** Total distance covered during your session.
- **Calories Burned:** Estimated calories expended.
- **Speed:** Your current rowing speed.
- **Time:** Duration of your workout.
- **Number of Strokes:** Total strokes completed.
- **Strokes Per Minute (SPM):** Your current stroke rate.

Press the **MODE** button to cycle through the different display functions. The monitor operates on 2 AA batteries.

EFFECTIVE CARDIO WORKOUT

- Burn calories
- Improve flexibility
- Strengthen the entire body
- Helps support heart health



Figure 4: The digital monitor displaying various workout metrics such as time, distance, and calories burned.

4.4 Smart Workout App Integration (müüv)

Enhance your workout experience by connecting to the müüv app, available on Apple App Store and Google Play Store. The app offers:

- Smart guided audio coaching.
- Follow-along assembly videos.
- Personalized workouts tailored to your equipment.
- Ad-free music listening experience from iHeartRadio.

MüüV SMART WORKOUT APP

Fully supported by the Smart Audio Coaching app

- Step-by-step assembly videos
- Personalized workouts on your equipment
- Integrates equipments you already own
- Music listening experience from iHeartRadio



Figure 5: The müüv app interface, showcasing its ability to track progress and provide guided workouts for a connected fitness experience.

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Video 2: A demonstration of the Stamina X Air Rowing Machine in use, highlighting its smooth operation and effective full-body workout capabilities.

5. MAINTENANCE

Regular maintenance ensures the longevity and optimal performance of your Stamina X Air Rower.

- **Cleaning:** Wipe down the rower with a damp cloth after each use to remove sweat and dust. Avoid abrasive cleaners.
- **Chain Inspection:** Periodically check the rowing chain for any signs of wear, rust, or damage. Ensure it moves smoothly.
- **Fasteners:** Regularly inspect all nuts, bolts, and screws to ensure they are tight. Tighten as necessary.
- **Seat Rail:** Keep the steel monorail clean and free of debris to ensure smooth seat movement.

- **Storage:** The rower features a foldable design for easy storage. To fold, unscrew the knob and pull it out, allowing the fan section to flip back. Built-in wheels facilitate moving the folded unit. Folded dimensions are approximately 57" L x 18" W x 40" H.

FOLDABLE ROWING MACHINE

Features folding design and built-in wheels for easy storage

Item dimensions:
78.5" L x 18" W x 29" H
Product weight: 63 lbs
Max user weight: 250 lbs
User height: 4'9" up to 6'5"



Figure 6: Illustration of the rower's space-saving foldable design, with both open and folded dimensions provided for convenient storage planning.

6. TROUBLESHOOTING

This section addresses common issues you might encounter with your Stamina X Air Rower.

Problem	Possible Cause	Solution
Monitor not displaying readings.	Dead batteries or incorrect battery installation.	Replace 2 AA batteries. Ensure they are inserted with correct polarity.

Problem	Possible Cause	Solution
No resistance or inconsistent resistance.	Fan mechanism obstruction or chain issue.	Check the fan for any obstructions. Ensure the rowing chain is properly seated and not damaged. Resistance is air-based, so pulling harder increases it.
Squeaking or grinding noise.	Loose fasteners or debris on the seat rail.	Inspect and tighten all bolts and nuts. Clean the seat rail and seat rollers.
Seat not sliding smoothly.	Debris on the monorail or worn seat rollers.	Clean the monorail thoroughly. If issue persists, contact customer support for replacement parts.

7. PRODUCT SPECIFICATIONS

Feature	Detail
Brand	Stamina
Model Name	X Air
Model Number	35-1412
Resistance Mechanism	Air
Product Dimensions (Open)	78.5" D x 18" W x 29" H
Product Dimensions (Folded)	57" L x 18" W x 40" H
Maximum Weight Recommendation	250 lbs (113 kg)
Item Weight	63 lbs (28.5 kg)
Frame Material	Metal (Alloy Steel)
Color	Black, Red
Power Source	Battery Powered (2 AA batteries required for monitor)
Display Type	LCD
Special Feature	Foldable

8. WARRANTY & SUPPORT

8.1 Warranty Information

The Stamina X Air Rower comes with the following warranty:

- **Frame:** 3 Years
- **Parts:** 90 Days

Please retain your proof of purchase for warranty claims. The warranty covers defects in materials and workmanship under normal use.



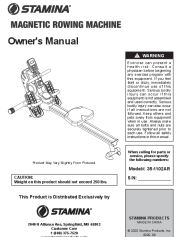
8.2 Customer Support


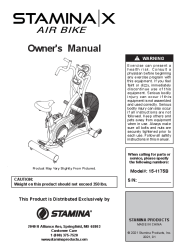
For assistance with assembly, parts, or troubleshooting, please contact Stamina Products customer support. Visit the official Stamina website for contact details and additional resources.

Note: Specific contact information (phone number, email) is not provided in the product data. Please refer to the manufacturer's official website for the most up-to-date support details.

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For more information, visit StaminaProducts.com

Related Documents - 35-1412

	<p>Stamina DT PRO Rower Owner's Manual</p> <p>This manual provides instructions for the assembly, operation, and maintenance of the Stamina DT PRO Rower. It includes safety warnings, computer instructions, conditioning guidelines, and warranty information.</p>
	<p>Stamina 1399 ATS Air Rower Owner's Manual</p> <p>The official owner's manual for the Stamina 1399 ATS Air Rower, providing detailed instructions on assembly, operation, safety precautions, maintenance, and conditioning guidelines for optimal use.</p>
	<p>Stamina X Boulder Fit Door Gym Owner's Manual & Assembly Instructions</p> <p>Comprehensive guide for the Stamina X Boulder Fit Door Gym (Model 50-0085B), including safety instructions, assembly steps, installation guidance, workout routines, parts list, and warranty information.</p>
	<p>Stamina Magnetic Rowing Machine Owner's Manual</p> <p>Comprehensive owner's manual for the Stamina Magnetic Rowing Machine (Model 35-1102AR), covering safety, assembly, operation, maintenance, conditioning guidelines, and warranty information.</p>

 <p>The image shows the front cover of the 'BODYTRAC' Owner's Manual. It features a technical line drawing of the glider machine. Text on the cover includes 'BODYTRAC', 'Owner's Manual', a 'CAUTION' warning, 'This Product is Distributed Exclusively by STAMINA', and 'STAMINA PRODUCTS'.</p>	<p>Stamina BodyTrac Glider Owner's Manual: Assembly, Operation, and Maintenance</p> <p>Comprehensive owner's manual for the Stamina BodyTrac Glider (Model 35-1050E), including assembly instructions, operational guides, safety warnings, maintenance tips, and conditioning guidelines.</p>
 <p>The image shows the front cover of the 'STAMINA X AIR BIKE' Owner's Manual. It features a technical line drawing of the air bike machine. Text on the cover includes 'STAMINA X AIR BIKE', 'Owner's Manual', a 'CAUTION' warning, 'This Product is Distributed Exclusively by STAMINA', and 'STAMINA PRODUCTS'.</p>	<p>Stamina X Air Bike Owner's Manual and Assembly Guide</p> <p>Comprehensive owner's manual for the Stamina X Air Bike (Model 15-1175B), including assembly instructions, operational guides, safety warnings, maintenance tips, warranty information, and contact details for Stamina Products.</p>