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› WaterRower Gronk Fitness M1 Hi Rise Water Rowing Machine with S4 BLE Monitor | Limited Edition Low Impact Cardio Workout Machine
| Commercial Grade Water Rowing

WaterRower M1 - Hi Rise

WaterRower Gronk Fitness M1 Hi Rise Water Rowing Machine User Manual

Model: M1 - Hi Rise

1. INTRODUCTION

The WaterRower Gronk Fitness M1 Hi Rise Water Rowing Machine is a high-performance fitness equipment designed for a comprehensive full-body workout. It utilizes a unique water flywheel resistance system, replicating the natural dynamics of rowing while providing a low-impact exercise experience. This machine is built with a durable aluminum frame and features an S4 BLE Monitor for tracking your workout metrics.

This manual provides essential information for the setup, operation, maintenance, and troubleshooting of your WaterRower M1 Hi Rise rowing machine. Please read it thoroughly before assembly and use to ensure safe and optimal performance.



Figure 1: The WaterRower Gronk Fitness M1 Hi Rise Water Rowing Machine. This image shows the complete rowing machine from a slightly elevated front-right angle, highlighting its black aluminum frame, water tank, and seat.

2. SETUP INSTRUCTIONS

Your WaterRower M1 Hi Rise machine ships in two boxes. Follow these steps for proper assembly:

1. **Unpacking:** Carefully remove all components from both boxes. Verify all parts are present against the packing list.
2. **Frame Assembly:** Connect the main frame sections according to the included hardware. Ensure all bolts are securely tightened.
3. **Seat Installation:** Slide the seat onto the rails. Ensure it moves smoothly along the entire length of the rails.
4. **Footboard and Handle Assembly:** Attach the footboard and handle assembly. The foot straps should be adjustable to secure your feet during use.



Figure 2: Close-up view of the adjustable foot straps and pedals on the WaterRower. This image focuses on the foot placement area, showing the textured footrests and the adjustable straps designed to secure the user's feet.

5. **Water Tank Filling:** Fill the water tank with clean tap water using the provided siphon pump. Do not overfill. The water level should be between the minimum and maximum markers.

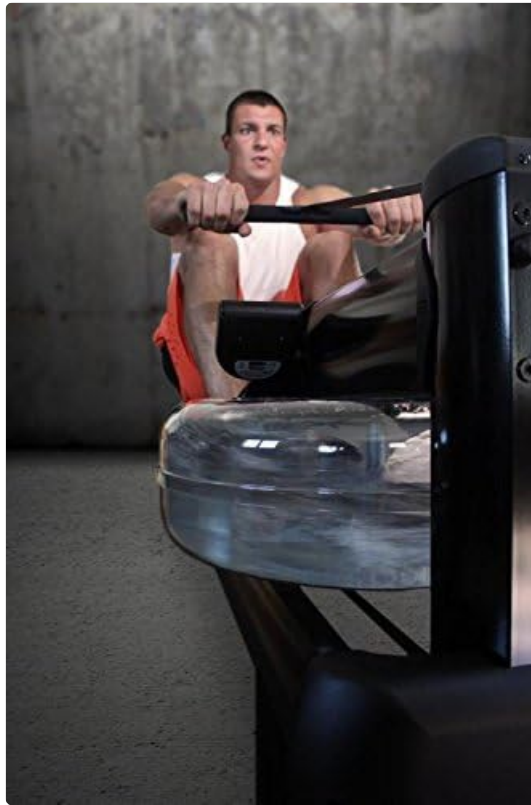


Figure 3: Detailed view of the WaterRower's transparent water tank. This image highlights the water inside the tank, which provides the resistance for the rowing motion.

6. **S4 Monitor Installation:** Attach the S4 Performance Monitor to its designated mount. Ensure it is securely fastened and the cables are properly connected.



Figure 4: Close-up of the WaterRower S4 Performance Monitor display. The screen shows various workout metrics such as stroke rate, intensity, time, and distance, with buttons for navigation and program selection.

7. **Final Check:** Before first use, double-check all connections and ensure the machine is stable on a flat surface.

3. OPERATING INSTRUCTIONS

The WaterRower M1 Hi Rise provides a full-body, low-impact workout. Follow these guidelines for effective operation:

3.1 Getting Started

- Sit on the seat and place your feet securely in the foot straps. Adjust the straps for a snug fit.
- Grasp the handle with both hands, palms down.
- The S4 Performance Monitor will activate automatically when you begin rowing or can be manually turned on.

3.2 Rowing Technique

Proper technique is crucial for maximizing workout effectiveness and preventing injury. The rowing stroke consists of four phases: the Catch, the Drive, the Finish, and the Recovery.

1. **The Catch:** Begin with knees bent, shins vertical, arms extended forward, and back straight.
2. **The Drive:** Push off with your legs, then swing your back, and finally pull with your arms. The handle should come towards your abdomen.



Figure 5: An athlete demonstrating the drive phase of the rowing stroke on the WaterRower. The image shows the athlete pushing back with their legs, with the handle pulled towards their body.

3. **The Finish:** Legs are extended, back is slightly reclined, and the handle is at your abdomen.



Figure 6: An athlete demonstrating the finish phase of the rowing stroke on the WaterRower. The athlete is fully extended backward, having completed the pull, with the handle near their chest.

4. **The Recovery:** Extend your arms forward, then pivot from your hips, and finally bend your knees to return to the Catch position.

3.3 S4 Performance Monitor Usage

The S4 Monitor displays key metrics to help you track your progress:

- **Stroke Rate:** Strokes per minute.
- **Intensity:** Power output (e.g., watts, calories per hour).
- **Time:** Duration of your workout.
- **Distance:** Distance covered (e.g., meters, miles).
- Use the buttons on the monitor to navigate through different display modes, set workout programs, and view stored data.

4. MAINTENANCE

Regular maintenance ensures the longevity and optimal performance of your WaterRower M1 Hi Rise.

- **Water Treatment:** Add a water purification tablet to the tank every 3-6 months, or as needed, to prevent algae growth. Do not use harsh chemicals.
- **Cleaning:** Wipe down the frame and rails with a damp cloth after each use to remove sweat and dust. Avoid abrasive cleaners.
- **Rail and Wheel Inspection:** Periodically check the seat wheels and rails for any debris or wear. Keep the rails clean for smooth seat movement.
- **Strap and Cord Check:** Inspect the foot straps and the pulling cord for any signs of fraying or damage. Replace if necessary.
- **Storage:** The WaterRower can be stored upright to save space. Ensure it is stable when in the upright position.



Figure 7: The WaterRower M1 Hi Rise shown in its upright storage position. This image demonstrates how the machine can be tilted vertically to minimize its footprint when not in use.

5. TROUBLESHOOTING

This section addresses common issues you might encounter with your WaterRower.

Problem	Possible Cause	Solution
S4 Monitor not turning on/displaying data.	Low battery; loose cable connection; sensor issue.	Replace batteries; check all cable connections; contact support if issue persists.
Unusual noise from water tank.	Low water level; debris in tank.	Add water to the recommended level; if debris is visible, drain and refill the tank.
Seat not sliding smoothly.	Dirty rails; worn wheels.	Clean the rails thoroughly; inspect wheels for damage and replace if necessary.
Resistance feels inconsistent.	Incorrect water level; air bubble in tank.	Adjust water level; gently rock the machine to dislodge air bubbles.

6. SPECIFICATIONS

Feature	Detail
Brand	WaterRower
Model Name	M1 - Hi Rise
Part Number	510 S4 BLACK

Feature	Detail
Resistance Mechanism	Water Flywheel
Frame Material	Aluminum
Color	Black
Maximum Weight Recommendation	318 Kilograms (700 lbs)
Item Weight	79 Pounds
Item Dimensions (LxWxH)	88 x 22 x 28.5 inches
Display Type	LCD (S4 Performance Monitor)
Power Source	Battery Powered (for monitor)
Special Features	Commercial Grade, Enlarged Handle and Pedals, High Rise Seat, Self-Regulating Resistance, Low Noise, Low Impact

7. WARRANTY AND SUPPORT

The WaterRower M1 Hi Rise is covered by a **1-year residential & commercial warranty**. For warranty claims, technical support, or replacement parts, please contact WaterRower customer service.

For additional information and support, you may visit the official WaterRower website or the Gronk Fitness Products store on Amazon:

- **WaterRower Official Website:** www.waterrower.com
- **Gronk Fitness Products Store:** [Amazon Store Link](#)

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Question

Example: How do I reset this device or fix this error?

Details

Model number, symptoms, what you tried, or the section of the manual you are using.

Submit question