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Christopeit 30-1758

Christopeit Sport Cambridge II Black Rower User Manual

Model: 30-1758

INTRODUCTION

Thank you for choosing the Christopeit Sport Cambridge II Black Rower. This manual provides essential information for the safe and effective use, assembly, operation, and maintenance of your new fitness equipment. Please read this manual thoroughly before initial use and keep it for future reference.

The Cambridge II Rower is designed to offer a comprehensive full-body workout, targeting major muscle groups and improving cardiovascular health. Its compact and foldable design makes it ideal for home use.

SAFETY INFORMATION

Warning: Before starting any exercise program, consult your physician. This is especially important for persons over 35 or persons with pre-existing health problems.

- Always place the rower on a flat, stable surface. Ensure adequate space around the equipment for safe operation.
- Keep children and pets away from the equipment during use.
- Inspect the rower for loose or worn parts before each use. Do not use if any components are damaged.
- Wear appropriate athletic footwear and clothing during exercise.
- Do not exceed the maximum user weight of 120 kg (approximately 264 lbs).
- Stop exercising immediately if you feel faint, dizzy, or experience pain.

SETUP AND ASSEMBLY

The Christopeit Sport Cambridge II Rower requires some assembly. All necessary tools and hardware are included in the package. Please follow the step-by-step instructions provided in the separate assembly guide for detailed instructions.

Key Assembly Steps:

1. Unpack all components and verify against the parts list.
2. Attach the main frame components securely.
3. Install the seat rail and seat.
4. Mount the foot pedals and resistance mechanism.
5. Connect the LCD display unit.



Figure 1: Fully assembled Christopeit Sport Cambridge II Rower.

Ensure all bolts and nuts are tightened properly before first use. Refer to the included assembly instructions for detailed diagrams and torque specifications.

OPERATING INSTRUCTIONS

Resistance Adjustment

The Cambridge II Rower features **4 levels of resistance**, allowing you to customize your workout intensity. The resistance is adjusted manually using a knob or lever located near the main resistance unit. Turn the knob clockwise to increase resistance and counter-clockwise to decrease it.

LCD Display Functions

The integrated 2-line LCD display provides real-time feedback on your workout performance. It is powered by batteries (not included) and typically activates when you begin rowing or press a button.



Figure 2: The LCD display showing workout metrics.

The display typically shows the following metrics:

- **TIME:** Duration of your current workout.
- **STROKES:** Number of strokes performed during the current workout.
- **TOTAL STROKES:** Cumulative number of strokes since the monitor was reset.
- **STROKES PER MINUTE (SPM):** Your current rowing pace.
- **CALORIES:** Estimated calories burned during the workout.
- **SCAN:** Automatically cycles through all metrics, displaying each for a few seconds.

Press the red button on the display to cycle through modes or reset values as per the specific monitor instructions.

Comfort Features

The rower is designed for comfort during extended workouts:

- **Padded Seat:** The comfortable, padded seat ensures a smooth and supportive ride.
- **Ball-Bearing Rollers:** The seat glides smoothly on ball-bearing rollers along the rail.
- **Robust Drawstring:** Provides consistent and reliable resistance.
- **Non-Slip Pedals:** Equipped with adjustable straps to secure your feet during the rowing motion.



Figure 3: Ergonomic padded seat for comfort.

MAINTENANCE

Regular maintenance ensures the longevity and safe operation of your rower.

- **Cleaning:** Wipe down the rower with a damp cloth after each use to remove sweat and dust. Do not use abrasive cleaners.
- **Lubrication:** Periodically check the seat rollers and rail for smooth operation. Apply a silicone-based lubricant if necessary.
- **Inspections:** Regularly check all nuts, bolts, and moving parts for tightness and wear. Tighten any loose fasteners.
- **Storage:** The rower features a simple folding mechanism for space-saving storage. To fold, lift the rear section of the rail until it locks into an upright position.



Figure 4: The rower in its space-saving folded position.

TROUBLESHOOTING

If you encounter issues with your Christopeit Sport Cambridge II Rower, refer to the following common problems and solutions:

Problem	Possible Cause	Solution
LCD display not working	Batteries are dead or incorrectly installed.	Check battery orientation or replace with new batteries (e.g., AA or AAA, refer to manual).
Resistance feels inconsistent	Resistance mechanism needs adjustment or lubrication.	Ensure the resistance knob is properly engaged. Check for any obstructions. Lubricate moving parts if necessary.

Problem	Possible Cause	Solution
Squeaking or grinding noises	Loose bolts, worn parts, or lack of lubrication.	Identify the source of the noise. Tighten all visible bolts. Lubricate the seat rail and other moving joints.
Seat does not slide smoothly	Debris on the rail or worn rollers.	Clean the seat rail thoroughly. Inspect the seat rollers for damage. Lubricate the rail.

SPECIFICATIONS

Key technical specifications for the Christopheit Sport Cambridge II Black Rower:

- **Model Name:** Cambridge 2 Black Edition
- **Model Number:** 30-1758
- **Color:** Black
- **Resistance Mechanism:** Electric Resistance (4 levels)
- **Frame Material:** Metal
- **Maximum User Weight:** 120 Kilograms (approx. 264 lbs)
- **Product Dimensions (L x W x H):** 173 cm x 44 cm x 53 cm (approx. 68.1 x 17.3 x 20.9 inches)
- **Product Weight:** 17.3 Kilograms (approx. 38.1 lbs)
- **Display Type:** LCD (shows Time, Strokes, Total Strokes, Strokes per Minute, Calories)
- **Power Source for Display:** Batteries (not included)

WARRANTY AND SUPPORT

The product includes assembly and operating instructions. For specific warranty details or technical support, please refer to the documentation provided with your purchase or contact Christopheit Sport customer service directly. Contact information can typically be found on the manufacturer's website or in the included product manual.