ZIPRO 6299212

ZIPRO Dash Foldable Rowing Machine User Manual

Model: 6299212

INTRODUCTION

The ZIPRO Dash Rowing Machine is designed to provide an effective and smooth full-body workout in the comfort of your home. Featuring a magnetic braking system, it offers quiet operation and adjustable resistance levels to suit individual training needs. The integrated training computer is compatible with the iConsole+ mobile application, allowing for wireless control via Bluetooth from your smartphone or tablet. Additionally, it supports the Kinomap application for enhanced training experiences. The computer tracks essential workout data such as time, stroke count, calorie consumption, and heart rate (with the included Polar telemetry band), displaying them on its LCD screen. Its foldable design ensures convenient storage.

Image: The ZIPRO Dash Foldable Rowing Machine, showcasing its sleek black design with green accents, magnetic resistance unit, and comfortable seat on a sturdy rail.

IMPORTANT SAFETY INFORMATION

Please read all instructions carefully before assembling and using the ZIPRO Dash Rowing Machine. Keep this manual for future reference.

- Consult your physician before starting any exercise program.

- Keep children and pets away from the machine during use.

- Place the rowing machine on a flat, stable surface with adequate clearance around it.

- Inspect the machine for loose or worn parts before each use. Do not use if damaged.

- Wear appropriate athletic footwear and clothing during exercise.

- Do not exceed the maximum user weight of 135 kg (297 lbs).

- Use the machine only for its intended purpose as described in this manual.

- Stop exercising immediately if you feel faint, dizzy, or experience pain.

PACKAGE CONTENTS

Carefully unpack all components and ensure you have received the following parts:

- Main Frame Assembly (with magnetic resistance unit and console mount)

- Seat Rail

- Sliding Seat

- Front Stabilizer

- Rear Stabilizer

- Footrests (2)

- Handlebar

- Training Computer (LCD display)

- Polar T34 Telemetry Heart Rate Band

- Hardware Kit (bolts, washers, nuts, tools)

- User Manual

If any parts are missing or damaged, please contact customer support immediately.

ASSEMBLY AND SETUP

Assembly typically takes 30-60 minutes. It is recommended to have two people for assembly. Ensure all parts are present before beginning.

1. **Attach Stabilizers:** Securely attach the front and rear stabilizers to the main frame using the provided bolts and tools. Ensure the stabilizing pads are properly aligned.

2. **Install Seat Rail:** Connect the seat rail to the main frame. Make sure it is firmly attached and aligned.

3. **Mount Seat:** Slide the seat onto the seat rail. Verify that the ball bearings allow for smooth movement.

4. **Attach Footrests:** Secure the two footrests to the main frame. Ensure they are stable and the straps are adjustable.

5. **Connect Handlebar:** Attach the handlebar to the pulling strap/chain mechanism.

6. **Install Console:** Mount the training computer onto its designated holder. Insert the included batteries (AA Mignon cells). Connect any necessary cables from the main unit to the console.

7. **Final Check:** Before first use, double-check all bolts and connections to ensure they are tight and secure. Test the rowing motion and resistance adjustment.

JOANNA JĘDRZEJCZYK

Our mission is to make it easier for you to take care of your health, by giving you the access to high quality, home fitness equipment. No matter your level of advancement, at ZIPRO you'll find everything you need, both in equipment and support from the professionals.

116 CM

208 CM

53 CM

Image: Diagram showing the dimensions of the ZIPRO Dash Rowing Machine (208 cm length, 53 cm width, 116 cm height), useful for planning placement.

OPERATING INSTRUCTIONS

Powering On the Console

The LCD training computer powers on automatically when you begin rowing or press any button. It is powered by AA

batteries (included).

Image: Close-up view of the ZIPRO Dash Rowing Machine's LCD console, showing various workout metrics and control buttons.

Adjusting Resistance

The ZIPRO Dash features an 8-step magnetic resistance system. To adjust the resistance, locate the resistance knob or lever on the main unit (often near the fan/flywheel housing). Turn the knob clockwise to increase resistance and counter-clockwise to decrease it. Choose a level that challenges you appropriately for your fitness level.

Image: Detail of the resistance adjustment mechanism on the ZIPRO Dash Rowing Machine, showing the numbered settings.

Using the Training Computer

The LCD display shows various workout metrics:

- **TIME:** Duration of your workout.
- **STROKES:** Total number of strokes performed.
- **CALORIES:** Estimated calories burned.
- **HEART RATE:** Your heart rate, measured via the Polar T34 telemetry band (if worn and connected).
- Other metrics may include distance, strokes per minute, etc.

Use the buttons on the console (e.g., MODE, SET, RESET) to navigate through display modes, set target values, or reset your workout data. Refer to the console's specific instructions for detailed button functions.

Connecting to Mobile Applications (iConsole+ & Kinomap)

The ZIPRO Dash computer is Bluetooth-enabled for connectivity with mobile apps.

1. **Download Apps:** Download the "iConsole+" and/or "Kinomap" applications from your device's app store.

2. **Enable Bluetooth:** Ensure Bluetooth is enabled on your smartphone or tablet.

3. **Connect:** Open the chosen app and follow the in-app instructions to search for and connect to your ZIPRO Dash rowing machine. The app will typically detect the machine automatically.

4. **Features:**

   - **iConsole+:** Allows wireless control of the rowing computer, access to workout programs, and virtual routes.
   - **Kinomap:** Tracks your progress and offers virtual routes with real-world video, allowing you to compete with other users.

Image: A user rowing on the ZIPRO Dash, with logos for Kinomap and iConsole+ apps, highlighting the machine's smart connectivity features.

Folding and Storage

The ZIPRO Dash is designed to be foldable for convenient storage.

1. **Release Mechanism:** Locate the folding release pin or knob, usually near the connection point of the seat rail to the main frame.

2. **Fold Up:** Carefully lift the seat rail upwards until it locks into the vertical storage position. Ensure it is securely latched.

3. **Move:** Use the integrated transport wheels (located on the front stabilizer) to easily move the folded machine for storage.

Image: The ZIPRO Dash Rowing Machine shown in its folded, upright storage position, demonstrating its space-saving design.

MAINTENANCE

Regular maintenance will prolong the life of your rowing machine.

- **Cleaning:** Wipe down the machine with a damp cloth after each use to remove sweat and dust. Do not use abrasive cleaners.

- **Lubrication:** Periodically check the seat rail for smooth operation. If needed, apply a small amount of silicone-based lubricant to the rail.

- **Inspections:** Regularly check all bolts, nuts, and moving parts for tightness and wear. Tighten any loose fasteners. Inspect the pulling strap/chain for fraying or damage.

- **Battery Replacement:** If the console display becomes dim or unresponsive, replace the AA batteries. Note that the battery compartment might require unscrewing the console from its mount.

TROUBLESHOOTING

Problem	Possible Cause	Solution
Console not displaying data.	Batteries are dead or incorrectly installed. Loose connection.	Replace batteries. Check all cable connections to the console.
Resistance feels inconsistent or too weak/strong.	Resistance setting is incorrect. Internal mechanism issue.	Adjust the resistance knob. If problem persists, contact support.
Seat does not slide smoothly.	Dirt or debris on the rail. Rail needs lubrication.	Clean the seat rail. Apply silicone lubricant.
Machine makes unusual noises.	Loose bolts or components. Worn parts.	Check and tighten all bolts. Inspect for worn parts and contact support if necessary.
App (iConsole+/Kinomap) not connecting via Bluetooth.	Bluetooth off on device. App permissions. Console not active.	Ensure Bluetooth is on. Grant app permissions. Start rowing to activate console. Restart app/device.

SPECIFICATIONS

Model Name	ZIPRO Dash
Model Number	6299212
Color	Black
Resistance Mechanism	Magnetic (8 levels)
Display Type	LCD
Tracked Metrics	Time, Strokes, Calories, Heart Rate (with Polar T34 band)
Connectivity	Bluetooth (iConsole+, Kinomap compatible)
Maximum User Weight	135 kg (297 lbs)
Maximum Recommended User Height	200 cm (6 ft 7 in)
Product Dimensions (L x W x H)	207 x 53 x 115 cm (81.5 x 20.9 x 45.3 inches)
Folded Dimensions (Approx.)	(Vertical storage, specific dimensions not provided but implied by foldable feature)
Item Weight	40 kg (88 lbs)
Frame Material	Metal / Alloy Steel
Power Source	Manual (hand-operated), Console: Batteries (AA)
Special Features	Foldable design, Anti-slip footrests, Portable device holder, Stabilizing pads, Transport wheels

WARRANTY AND SUPPORT

For warranty information, please refer to the warranty card included with your product or visit the official ZIPRO website. Keep your proof of purchase for warranty claims.

If you encounter any issues not covered in the troubleshooting section or require further assistance, please contact ZIPRO customer support. Contact details can typically be found on the manufacturer's website or on the product packaging.

Manufacturer: Morele.net Sp. z o.o.

Related Documents - 6299212

[ZIPRO Easy - Instrukcja Użytkowania Roweru Magnetycznego](#)
Kompleksowa instrukcja obsługi roweru magnetycznego ZIPRO Easy. Zawiera informacje o montażu, bezpiecznym użytkowaniu, konserwacji i funkcjach komputera.

[ZIPRO Boost - Instrukcja Obsługi Roweru Magnetycznego](#)
Instrukcja obsługi roweru magnetycznego ZIPRO Boost. Zawiera informacje dotyczące montażu, bezpiecznego użytkowania, konserwacji i obsługi komputera.

[ZIPRO Grind: Instrukcja montażu i użytkowania ławki treningowej](#)
Kompleksowy przewodnik po ławce treningowej ZIPRO Grind. Zawiera instrukcje montażu, bezpiecznego użytkowania, konserwacji oraz porady treningowe dla użytkowników domowych.

[ZIPRO Rave - Instrukcja Obsługi Roweru Elektromagnetycznego](#)
Kompleksowa instrukcja obsługi roweru treningowego ZIPRO Rave. Zawiera szczegółowe informacje o montażu, obsłudze komputera, programach treningowych, bezpieczeństwie i konserwacji dla optymalnego domowego treningu.

	[ZIPRO Neon Magnetic Elliptical Trainer User Manual](#) Comprehensive user manual for the ZIPRO Neon magnetic elliptical trainer, covering assembly, operation, safety precautions, maintenance, and troubleshooting.
	[Zipro Beat Magnetic Bike User Manual and Assembly Guide](#) Comprehensive user manual and assembly guide for the Zipro Beat magnetic exercise bike, covering setup, operation, safety, and maintenance. Learn how to use your Zipro Beat for effective home workouts.