

ZIPRO 6299217

Zipro Nix 6299217 Rower User Manual

Model: 6299217 | Brand: ZIPRO

1. IMPORTANT SAFETY INFORMATION

Before operating the Zipro Nix Rower, please read and understand all instructions in this manual. Keep this manual for future reference.

- Consult a physician before starting any exercise program.
- Ensure all parts are correctly assembled and tightened before each use.
- Place the rower on a flat, stable surface. Ensure adequate clear space around the equipment (at least 0.6 meters).
- Keep children and pets away from the equipment during operation.
- Do not exceed the maximum user weight capacity of 120 kg (264 lbs).
- Wear appropriate exercise clothing and footwear.
- If you experience pain, dizziness, or shortness of breath, stop exercising immediately and consult a physician.
- Regularly inspect the rower for wear and tear, especially cables, straps, and moving parts. Do not use if damaged.

2. PACKAGE CONTENTS

Carefully unpack the carton and verify all parts are present and undamaged. If any parts are missing or damaged, contact customer support immediately.

- Main Rower Frame (pre-assembled components)
- Seat and Rail Assembly
- Footrests
- Handlebar
- Computer Console
- Hardware Kit (bolts, washers, nuts, tools)

3. ASSEMBLY AND SETUP

Follow these steps to assemble your Zipro Nix Rower. It is recommended to have two people for assembly.

1. **Unpack Components:** Lay out all parts on a clean, flat surface. Refer to the parts diagram in the included manual for identification.
2. **Attach Stabilizers:** Secure the front and rear stabilizers to the main frame using the provided bolts and washers. Ensure they are tightly fastened for stability.
3. **Install Seat Rail:** Attach the seat rail to the main unit. Ensure the seat carriage slides smoothly along the rail.
4. **Mount Footrests:** Secure the footrests to the main frame. Ensure the adjustable straps are correctly positioned.
5. **Connect Handlebar:** Attach the handlebar to the pulling mechanism. Verify the strap or chain is securely connected.
6. **Install Computer Console:** Mount the computer console onto its designated bracket. Connect any necessary sensor cables from the main unit to the console. Insert batteries if required.
7. **Final Check:** Double-check all bolts and connections to ensure they are secure. Test the seat movement and handlebar pull for smooth operation.



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.



Figure 3.1: The Zipro Nix Rower with its approximate dimensions: Length 183 cm, Width 46 cm, Height 48 cm. These dimensions are important for planning the placement of the rower in your home.

4. OPERATING INSTRUCTIONS

4.1. Adjusting Resistance

The Zipro Nix Rower features an 8-level magnetic resistance system. To adjust the resistance, locate the rotary

knob on the main unit, typically near the footrests. Turn the knob clockwise to increase resistance (levels 1-8) and counter-clockwise to decrease it. Start with a lower resistance level and gradually increase as your fitness improves.



Figure 4.1: Close-up view of the adjustable footrests and the 8-level resistance control knob on the Zipro Nix Rower.

4.2. Using the Computer Console

The easy-to-use LCD computer console displays various workout data to help you monitor your progress.

COMPACT SIZE AFTER FOLDING

LENGTH: 76 cm

WIDTH: 46 cm

HEIGHT: 123 cm



Figure 4.2: The LCD computer display of the Zipro Nix Rower, showing icons for Time, Calories, Speed, and Pulse, along with numerical readouts.

- **Power On/Off:** The console typically powers on automatically when you begin rowing or press any button. It will power off after a period of inactivity.
- **Functions:** The display cycles through or allows selection of the following metrics:
 - **TIME:** Duration of your workout.
 - **COUNT (Strokes):** Total number of strokes performed.
 - **CALORIES:** Estimated calories burned during the workout.
 - **SPEED:** Current rowing speed.

- **PULSE:** Heart rate (if a compatible heart rate monitor is used and connected).
- **Reset:** Press and hold the button (usually marked 'MODE' or 'RESET') to clear all current workout data.

4.3. Proper Rowing Technique

To maximize effectiveness and prevent injury, maintain proper form:

- **Catch:** Start with knees bent, arms extended forward, and back straight.
- **Drive:** Push off with your legs, then lean back slightly, and finally pull the handlebar towards your abdomen.
- **Finish:** Legs are extended, body leans back slightly, and handlebar is at your abdomen.
- **Recovery:** Extend arms forward, then lean forward, and finally bend knees to return to the catch position.



Figure 4.3: The ergonomically designed seat of the Zipro Nix Rower, providing comfort during extended workouts.

5. MAINTENANCE AND STORAGE

5.1. Cleaning

Wipe down the rower after each use with a damp cloth to remove sweat and dust. Do not use abrasive cleaners or solvents, as they may damage the finish or electronic components.

5.2. Lubrication

The magnetic resistance system is largely maintenance-free. However, periodically check the seat rail for any debris

and wipe it clean. If the seat movement becomes less smooth, a small amount of silicone-based lubricant can be applied to the rail, but avoid oil-based lubricants.

5.3. Storage

The Zipro Nix Rower is designed to be foldable for compact storage, saving space when not in use.

1. **Folding:** Follow the instructions in your assembly manual for folding the rower into its vertical position. This typically involves releasing a locking pin or knob and folding the rail upwards.
2. **Transport:** Utilize the integrated transport wheels located on the rear stabilizer to easily move the rower. Tilt the rower onto its wheels and push it to your desired storage location.

**COMPUTER THAT SHOWS EVERY INFORMATION
YOU NEED, TO HAVE A PROFESSIONAL WORKOUT.**



TIME



CALORIES



SPEED



PULSE



Figure 5.1: The Zipro Nix Rower in its compact, folded position, ideal for space-saving storage.



Figure 5.2: Close-up view of the transport wheels on the Zipro Nix Rower, facilitating easy relocation of the unit.

6. TROUBLESHOOTING

If you encounter issues with your Zipro Nix Rower, refer to the following common problems and solutions:

Problem	Possible Cause	Solution
No display on computer console	Batteries are dead or incorrectly installed. Loose sensor cable connection.	Replace batteries. Check battery orientation. Ensure sensor cable is securely plugged into the console.
Resistance feels inconsistent or too low/high	Resistance knob not set correctly. Internal magnetic mechanism issue.	Adjust the resistance knob to a different level. If problem persists, contact customer support.
Seat does not slide smoothly	Debris on the rail. Rail or wheels need lubrication.	Clean the seat rail and wheels. Apply a small amount of silicone-based lubricant to the rail.

Problem	Possible Cause	Solution
Unusual noises during operation	Loose bolts or components. Internal friction.	Check and tighten all visible bolts. If noise persists, discontinue use and contact customer support.

7. SPECIFICATIONS

Detailed technical specifications for the Zipro Nix Rower:

Feature	Specification
Model Number	6299217
Brand	ZIPRO
Resistance Mechanism	Magnetic
Resistance Levels	8
Display Type	LCD
Displayed Metrics	Time, Strokes (Count), Calories, Speed, Pulse
Frame Material	Carbon Steel
Maximum User Weight	120 Kilograms (264 lbs)
Product Dimensions (L x W x H)	183 x 46 x 48 cm (72 x 18.1 x 18.9 inches)
Folded Dimensions (L x W x H)	Approx. 76 x 46 x 123 cm (30 x 18.1 x 48.4 inches)
Item Weight	27 Kilograms (59.5 lbs)
Power Source (Console)	Battery Powered
Special Features	Adjustable foot strap, Foldable design, Transport wheels

8. WARRANTY AND SUPPORT

For warranty information, please refer to the warranty card included with your product or visit the official ZIPRO website. If you require technical assistance, replacement parts, or have any questions not covered in this manual, please contact ZIPRO customer support through their official channels.

Please have your model number (6299217) and proof of purchase ready when contacting support.

Related Documents - 6299217

 The image shows the cover of the ZIPRO Rave manual. It features the ZIPRO logo at the top left, the model name 'Rave' in a bold font, and a small illustration of the magnetic exercise bike. Below the title, there is a list of contents in a small font.	<p>ZIPRO Rave - Instrukcja Obsługi Roweru Elektromagnetycznego</p> <p>Kompleksowa instrukcja obsługi roweru treningowego ZIPRO Rave. Zawiera szczegółowe informacje o montażu, obsłudze komputera, programach treningowych, bezpieczeństwie i konserwacji dla optymalnego domowego treningu.</p>
 The image shows the cover of the ZIPRO Nitro RS manual. It features the ZIPRO logo at the top left, the model name 'Nitro RS' in a bold font, and a small illustration of the magnetic exercise bike. Below the title, there is a list of contents in a small font.	<p>Zipro Nitro RS Magnetic Bike User Manual</p> <p>Comprehensive user manual for the Zipro Nitro RS magnetic bike, covering assembly, operation, safety guidelines, maintenance, and troubleshooting. Includes technical specifications and warranty information.</p>
 The image shows the cover of the ZIPRO Rave White manual. It features the ZIPRO logo at the top left, the model name 'Rave White' in a bold font, and a small illustration of the magnetic exercise bike. Below the title, there is a list of contents in a small font.	<p>ZIPRO Rave White - Instrukcja Użytkowania</p> <p>Instrukcja obsługi dla roweru treningowego ZIPRO Rave White. Zawiera informacje o montażu, bezpieczeństwie, obsłudze konsoli, programach treningowych, konserwacji i rozwiązywaniu problemów.</p>
 The image shows the cover of the ZIPRO Beat manual. It features the ZIPRO logo at the top left, the model name 'Beat' in a bold font, and a small illustration of the magnetic exercise bike. Below the title, there is a list of contents in a small font.	<p>Zipro Beat Magnetic Bike User Manual and Assembly Guide</p> <p>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.</p>
 The image shows the cover of the ZIPRO Glow manual. It features the ZIPRO logo at the top left, the model name 'Glow' in a bold font, and a small illustration of the electric-magnetic recumbent bike. Below the title, there is a list of contents in a small font.	<p>ZIPRO Glow Electric-Magnetic Recumbent Bike User Manual</p> <p>This user manual provides comprehensive instructions for the assembly, safe operation, maintenance, and troubleshooting of the ZIPRO Glow electric-magnetic recumbent bike. Designed for home use, it ensures users can maximize their fitness experience while adhering to safety guidelines.</p>

ZIPRO
Strike BW



- 1. Zawartość opakowania
- 2. Montaż
- 3. Obsługa
- 4. Konserwacja
- 5. Bezpieczeństwo
- 6. Gwarancja
- 7. Informacje ogólne

Wszystkie prawa zastrzeżone. Wszelkie prawa zastrzeżone. Wszelkie prawa zastrzeżone.

[ZIPRO Strike BW - Instrukcja Obsługi i Montażu Roweru Elektromagnetycznego](#)

Pobierz instrukcję obsługi i montażu roweru treningowego ZIPRO Strike BW. Znajdź szczegółowe informacje o bezpieczeństwie, użytkowaniu i konserwacji.