

SportPlus SP-MR-1100

SportPlus Rower SP-MR-1100 Instruction Manual

Model: SP-MR-1100

1. IMPORTANT SAFETY INFORMATION

Please read this entire manual before assembling or operating your SportPlus Rower SP-MR-1100. Keep this manual for future reference.

- Consult your physician before starting any exercise program.
- This equipment is designed for home use only.
- Ensure all parts are securely fastened before each use.
- Keep children and pets away from the equipment during operation.
- Place the rower on a flat, stable surface with adequate clearance around it.
- The maximum user weight for this rower is 120 kg (264 lbs).
- The maximum user height for this rower is 200 cm (6 ft 7 in).
- Wear appropriate exercise attire and footwear.

2. PACKAGE CONTENTS

Carefully unpack all components and verify against the list below. If any parts are missing or damaged, contact SportPlus customer support.

- SportPlus Rower (main frame, seat, footrests, handle, console)
- Assembly Tool Kit
- User Manual (this document)

Note: Tablet or smartphone for the holder is not included.

3. ASSEMBLY INSTRUCTIONS

Assembly typically requires two people. Follow the step-by-step instructions provided in the included assembly

guide. The assembly tool kit contains all necessary wrenches and screws.



Image: Two individuals collaborating to assemble the SportPlus Rower, demonstrating the assembly process.

Ensure all bolts and nuts are tightened securely after assembly to prevent instability during use.

4. OPERATING INSTRUCTIONS

4.1 Getting Started

Before beginning your workout, perform a brief warm-up. Adjust the foot straps to secure your feet comfortably on the footrests.



Image: A man demonstrating the correct posture and use of the SportPlus Rower SP-MR-1100 during a workout.

4.2 Resistance Adjustment

The SportPlus Rower features 8 levels of magnetic resistance, allowing for varied workout intensities. To

adjust the resistance, locate the tension control knob on the main unit and turn it clockwise to increase resistance or counter-clockwise to decrease it.

8 NIVEAUX DE RÉSISTANCE*
pour un entraînement personnalisé

* correspond à jusqu'à 16 niveaux de résistance d'autres fabricants

1-2	3-4	5-6	7-8
ÉCHAUFFEMENT	GARDER LA FORME	PERDRE DU POIDS	PRENDRE DU MUSCLES

Image: The SportPlus Rower SP-MR-1100 highlighting the 8 resistance levels and their corresponding training intensities, from activation to muscle development.

4.3 LCD Training Computer

The integrated LCD computer displays important workout data to help you track your progress. Functions typically include:

- **Time:** Duration of your workout.
- **Strokes:** Total number of rowing strokes.
- **Strokes/Min:** Current strokes per minute.
- **Calories:** Estimated calories burned.
- **Distance:** Estimated distance covered.
- **Scan:** Cycles through all metrics automatically.

Refer to the console's specific instructions for setting targets or resetting values.

ORDINATEUR D'ENTRAÎNEMENT LCD

toutes les données importantes de ton entraînement en un coup d'œil

 Training Time	 Distance	 Strokes/min	 Calories
 8 Levels		 Count	



SUPPORT

convient pour chaque tablette ou mobile

CONFORTABLE

assise extra large et préformée

STABLE

pied supplémentaire pour plus de sécurité



LONGUE GLISSIÈRE

double glissière en aluminium pour les personnes de grande taille (jusqu'à 200 cm)

ERGONOMIQUE

Poignée en fibre polypropylène, confortable même pour un long entraînement

SÉCURITÉ

grands repose-pieds antidérapants avec sangles

Image: A close-up of the SportPlus Rower SP-MR-1100's features, including the LCD training computer, smartphone/tablet holder, ergonomic handle, comfortable seat, and secure footrests.

4.4 Smartphone/Tablet Holder

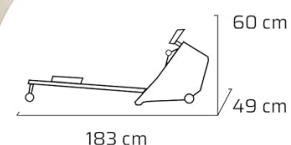
A dedicated holder is provided to securely place your smartphone or tablet, allowing you to enjoy media or follow training apps during your workout.

4.5 Folding and Storage

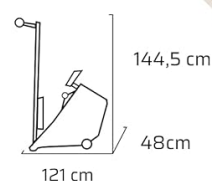
The SportPlus Rower is designed to be compact and foldable for easy storage. To fold the rower, follow the instructions in the assembly guide in reverse or consult the product's folding mechanism details. Once folded, the integrated transport wheels allow for convenient relocation.

PLIABLE ET COMPACT

se plie facilement et se range en un clin d'œil



DIMENSIONS MONTÉES



DIMENSIONS PLIÉES

FACILE À RANGER
grâce aux roulettes de transport pratiques

Image: A woman demonstrating how to fold the SportPlus Rower SP-MR-1100 into its compact storage position, with dimensions for both unfolded and folded states.

5. 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. Avoid abrasive cleaners.
- **Check Connections:** Periodically check all bolts, nuts, and moving parts to ensure they are secure and functioning correctly. Tighten any loose connections.
- **Rail Cleaning:** Keep the seat rail clean and free of debris to ensure smooth seat movement.
- **Battery Replacement:** Replace the console batteries as needed (typically 2x AAA, check console compartment for specifics).

6. TROUBLESHOOTING

If you encounter issues with your SportPlus Rower, refer to the following common solutions:

- **Console Not Displaying:** Check if batteries are correctly installed and have sufficient charge. Replace if necessary.
- **Inconsistent Resistance:** Ensure the tension control knob is properly engaged and not loose. Verify the magnetic brake system is free from obstructions.
- **Squeaking Noises:** Inspect the seat rollers and rail for debris. Clean the rail and apply a small amount of silicone-based lubricant if necessary. Check for any loose connections.
- **Unstable Operation:** Ensure the rower is placed on a flat surface and all feet are level. Check all assembly bolts for tightness.

For issues not resolved by these steps, please contact SportPlus customer support.

7. SPECIFICATIONS

Feature	Detail
Model Number	SP-MR-1100
Brand	SportPlus
Color	Black
Resistance Mechanism	Magnetic (8 levels)
Flywheel Weight	4 kg
Display Type	LCD (Time, Strokes, Calories, etc.)
Frame Material	Alloy Steel / Metal
Max. User Weight	120 kg
Max. User Height	200 cm
Dimensions (L x W x H)	183 x 49 x 60 cm
Product Weight	28 kg
Features	Compact, Foldable, Portable, Phone/Tablet Holder

8. WARRANTY AND SUPPORT

SportPlus has been producing durable and high-quality fitness equipment for over 20 years. We are committed to providing excellent customer service.

- **Customer Support:** Our support team in Hamburg is available to assist you with any questions or concerns.
- **Spare Parts:** We maintain a consistent stock of wear and spare parts to ensure the longevity and durability of your sports machine.




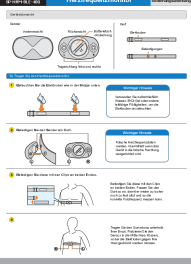
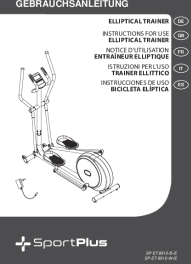
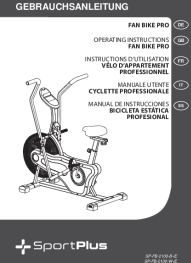
Image: A SportPlus customer support representative wearing a headset, ready to assist customers.

For further assistance, please refer to the contact information provided with your purchase or visit the official SportPlus website.

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Related Documents - SP-MR-1100

	<p>SportPlus SP-MR-030-R-iE Rudergerät Bedienungsanleitung</p> <p>Dieses offizielle Handbuch für das SportPlus SP-MR-030-R-iE Rudergerät bietet umfassende Anleitungen zur Montage, korrekten Bedienung, wichtigen Wartung und Sicherheitshinweisen. Es wurde entwickelt, um Benutzern ein sicheres und effektives Heimtrainer-Erlebnis zu ermöglichen.</p>
	<p>SportPlus SP-HT-9500-E Ergometer User Manual</p> <p>Comprehensive user manual for the SportPlus SP-HT-9500-E Ergometer, covering technical data, safety instructions, assembly, operation, maintenance, and warranty information.</p>

	<p>Gebrauchsanleitung Wasserrudermaschine aus Holz</p> <p>Umfassende Anleitung für die SportPlus SP-WR-1800 Holz Wasserrudermaschine, die Montage, Bedienung, Sicherheitshinweise und Wartung abdeckt.</p>
	<p>SportPlus SP-HRM-BLE-400 Herzfrequenzmonitor Bedienungsanleitung</p> <p>Bedienungsanleitung für den SportPlus SP-HRM-BLE-400 Herzfrequenz-Brustgurt, einschließlich Geräteübersicht, Anlegetechnik, Batteriewechsel, unterstützte Geräte und Kundenservice.</p>
	<p>SportPlus SP-ET-9910 Ellipsentrainer Bedienungsanleitung</p> <p>Umfassende Bedienungsanleitung für den SportPlus SP-ET-9910 Ellipsentrainer. Enthält Montageanleitungen, Sicherheitshinweise, technische Daten und Trainingsprogramme für Ihr Heimtraining.</p>
	<p>SportPlus FAN BIKE PRO Bedienungsanleitung</p> <p>Umfassende Bedienungsanleitung für das SportPlus FAN BIKE PRO (Modelle SP-FB-2100-B-iE, SP-FB-2100-W-iE) mit Anleitungen zur Montage, sicheren Nutzung, Wartung und Fehlerbehebung.</p>