

Trekkrunner R-7109

Trekkrunner R-7109 Fitness Rowing Machine User Manual

Model: R-7109 | Brand: Trekkrunner

INTRODUCTION

This manual provides essential information for the safe and effective use of your Trekkrunner R-7109 Fitness Rowing Machine. Please read all instructions carefully before assembly and operation. Keep this manual for future reference.

IMPORTANT SAFETY INSTRUCTIONS

- Consult a physician before starting any exercise program.
- Ensure all parts are securely fastened before each use.
- Place the rowing machine on a flat, stable surface.
- Keep children and pets away from the equipment during operation.
- Do not exceed the maximum user weight of 100 kg (220 lbs).
- Wear appropriate exercise clothing and footwear.
- Stop exercising immediately if you feel pain, dizziness, or shortness of breath.
- Perform regular maintenance as described in this manual.

PACKAGE CONTENTS

Please check that all components are present and undamaged:

- Main Rowing Machine Frame
- Seat and Rail
- Foot Pedals with Straps
- Handlebar and Resistance Cord
- LED Display Console
- Assembly Hardware (bolts, washers, nuts, tools)

ASSEMBLY INSTRUCTIONS

Follow these steps to assemble your Trekkrunner R-7109 Rowing Machine. It is recommended to have two people for assembly.

1. **Unpack Components:** Carefully remove all parts from the packaging and lay them out on a clean, flat surface.
2. **Attach Stabilizers:** Secure the front and rear stabilizer bars to the main frame using the provided bolts and washers. Ensure they are tightened firmly.
3. **Install Seat Rail:** Connect the seat rail to the main frame. Slide the seat onto the rail.
4. **Mount Foot Pedals:** Attach the foot pedals to the designated points on the main frame. Ensure the straps are correctly oriented.
5. **Connect Handlebar:** Attach the handlebar to the resistance cord. Ensure the cord is properly routed and secured.
6. **Install LED Display:** Mount the LED display console to its bracket. Insert 2 AA batteries (not included) into the battery compartment on the back of the display. Connect any necessary sensor cables.
7. **Final Check:** Verify that all bolts and connections are secure before first use.



Image: A user demonstrating the proper rowing form on the Trekkrunner R-7109 Rowing Machine. This image illustrates the fully assembled product.

A. Getting Started

1. **Positioning:** Sit on the seat with your feet securely strapped into the foot pedals. Grip the handlebar with both hands.
2. **Starting Exercise:** Push off with your legs, lean back slightly, and pull the handlebar towards your abdomen. Return to the starting position in a controlled manner.



Image: A user seated on the Trekkrunner R-7109 Rowing Machine, demonstrating the initial position before starting a rowing stroke.

B. LED Display Console

The integrated LED display tracks your workout progress. It typically shows:

- **Time:** Duration of your workout.
- **Count (Strokes):** Total number of strokes performed.

- **Strokes per Minute (SPM):** Your current rowing pace.
- **Calories:** Estimated calories burned during the workout.
- **Scan:** Automatically cycles through all metrics.



Image: A detailed view of the Trekkrunner R-7109's LED display, highlighting various workout metrics such as resistance levels, calories, strokes per minute, total strokes, and time.



Image: A close-up of the Trekkrunner R-7109's LED display, showing numerical values for workout data, such as "6" for resistance level and "0:21" for time.

C. Resistance Adjustment

The Trekkrunner R-7109 features multiple levels of elastic resistance. Adjust the resistance by turning the knob or lever located near the resistance mechanism. Refer to the markings on the machine for specific resistance levels (e.g., 1-4 levels).

D. Folding for Storage

To save space, the Trekkrunner R-7109 can be folded:

1. Ensure the machine is stable and not in use.
2. Locate the folding mechanism (usually a pin or knob) near the connection point of the seat rail and the main frame.
3. Release the mechanism and carefully fold the seat rail upwards until it locks into the vertical position.
4. Ensure the machine is securely locked in the folded position before moving or storing.



Image: The Trekkrunner R-7109 Rowing Machine shown in its folded configuration, demonstrating its space-saving design for storage.

MAINTENANCE

Regular maintenance ensures the longevity and safe operation 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.
- **Check Connections:** Periodically inspect all bolts, nuts, and moving parts for tightness. Tighten any loose fasteners.
- **Lubrication:** The seat rollers and rail may require occasional lubrication with a silicone-based lubricant to ensure smooth operation.
- **Resistance Cord:** Inspect the resistance cord for any signs of wear or fraying. Replace if damaged.
- **Battery Replacement:** Replace the AA batteries in the LED display when the screen becomes dim or unresponsive.

TROUBLESHOOTING

Problem	Possible Cause	Solution
LED display not working	Dead batteries; Loose cable connection	Replace AA batteries; Check all cable connections to the display.
Resistance feels too weak/strong	Incorrect resistance setting	Adjust the resistance knob/lever to your desired level.
Squeaking or grinding noise	Loose parts; Dry seat rollers/rail	Tighten all bolts and nuts; Lubricate seat rollers and rail with silicone spray.
Seat does not slide smoothly	Dirty or dry seat rail	Clean the seat rail and lubricate with silicone spray.

SPECIFICATIONS

- **Model:** Trekkrunner R-7109
- **Dimensions (L x W x H):** 174 cm x 38 cm x 55 cm (68.5 x 15 x 21.7 inches)
- **Weight:** 15 kg (33 lbs)
- **Maximum User Weight:** 100 kg (220 lbs)
- **Frame Material:** Alloy Steel, Carbon Steel
- **Resistance Type:** Elastic Band, Multi-level adjustable
- **Display:** LED (Time, Count, SPM, Calories, Scan)
- **Power for Display:** 2 x AA Batteries (not included)
- **Special Features:** Foldable design



Image: The Trekkrunner R-7109 Rowing Machine with its key dimensions (length 174 cm, width 38 cm, height 55 cm) clearly indicated.

WARRANTY AND SUPPORT

For warranty information, technical support, or replacement parts, please contact Trekkrunner customer service. Refer to your purchase documentation for specific warranty terms and contact details.

Website: www.trekkrunner.com (Example link, actual link may vary)

Email: support@trekkrunner.com (Example email, actual email may vary)





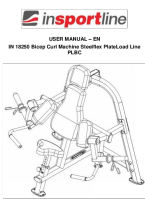


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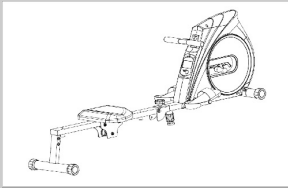
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Trekkrunner®

SOUTULAITE

KÄYTTÖOHJE
Malli 7109



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