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› VirtuFit Elite Water Resistance Rower VFROWWRB Instruction Manual

## VirtuFit VFROWWRB

# VirtuFit Elite Water Resistance Rower Instruction Manual

Model: VFROWWRB

Brand: VirtuFit

## INTRODUCTION

Thank you for choosing the VirtuFit Elite Water Resistance Rower. This manual provides essential information for the safe and effective assembly, operation, and maintenance of your new fitness equipment. Please read this manual thoroughly before use and keep it for future reference.



Image: Side view of the VirtuFit Elite Water Resistance Rower, showcasing its black finish and water tank.

## SAFETY INFORMATION

Before starting any exercise program, consult with your physician. It is crucial to understand and follow all safety precautions to prevent injury.

- Always perform a warm-up before and a cool-down after your workout.
- Inspect the rower for any loose or damaged parts before each use. Do not use if any components are

compromised.

- Ensure the rower is placed on a stable, level surface with adequate clear space around it.
- Keep children and pets away from the equipment during operation.
- Wear appropriate athletic footwear and clothing.
- If you experience pain, dizziness, or shortness of breath, stop exercising immediately.

## SETUP

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### 1. Assembly

While specific assembly steps are not detailed here, the rower typically requires some initial setup. Refer to the separate assembly guide included with your product for detailed instructions. Ensure all bolts, nuts, and moving parts are securely fastened before first use.

### 2. Filling the Water Tank

1. Locate the water tank cap on the top of the rower's water tank.
2. Remove the cap.
3. Use the provided hand pump and funnel to fill the tank with clean tap water to the desired resistance level. The water level directly influences resistance.
4. Add a water purification tablet (PuriTab) to the tank to keep the water clean and prevent algae growth.
5. Replace the tank cap securely.

### 3. Console Battery Installation

The console is powered by batteries. Locate the battery compartment, typically on the back or underside of the console. Insert 4x AA batteries, ensuring correct polarity. Close the compartment securely.

## OPERATING INSTRUCTIONS

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### 1. Understanding the Console



Image: Close-up of the VirtuFit Elite Rower's LCD console, showing various workout metrics and control buttons.

The backlit LCD console displays key workout metrics such as time, distance, strokes, watts, calories, and pulse (with compatible heart rate monitor). Use the buttons to navigate through different programs and settings:

- **MODE:** Cycles through display modes or confirms selections.
- **UP/DOWN:** Adjusts values or navigates menus.
- **START/STOP:** Begins or pauses your workout.
- **RESET:** Clears current workout data.
- **RECOVERY:** Initiates the recovery test function.
- **BLUETOOTH:** Activates Bluetooth for app connectivity and heart rate monitor pairing.

## 2. Adjusting Resistance

The water resistance system provides a dynamic and smooth rowing experience. Resistance is naturally adjusted by your rowing intensity and speed. For a higher base resistance, increase the water level in the tank. For lower resistance, remove water from the tank using the provided pump.

## 3. Workout Programs

The console offers various training programs:

- **Manual Mode:** Start rowing and track your metrics without a predefined program.
- **Interval Programs:** Pre-set or customizable intervals for varied intensity training.
- **Target Programs:** Set goals for time, distance, or calories.
- **Recovery Test:** Measures your heart rate recovery to assess fitness levels.

#### 4. Bluetooth Connectivity and Apps



Image: The VirtuFit Elite Rower with a tablet mounted on its holder, displaying the Kinomap fitness application during a virtual rowing session.

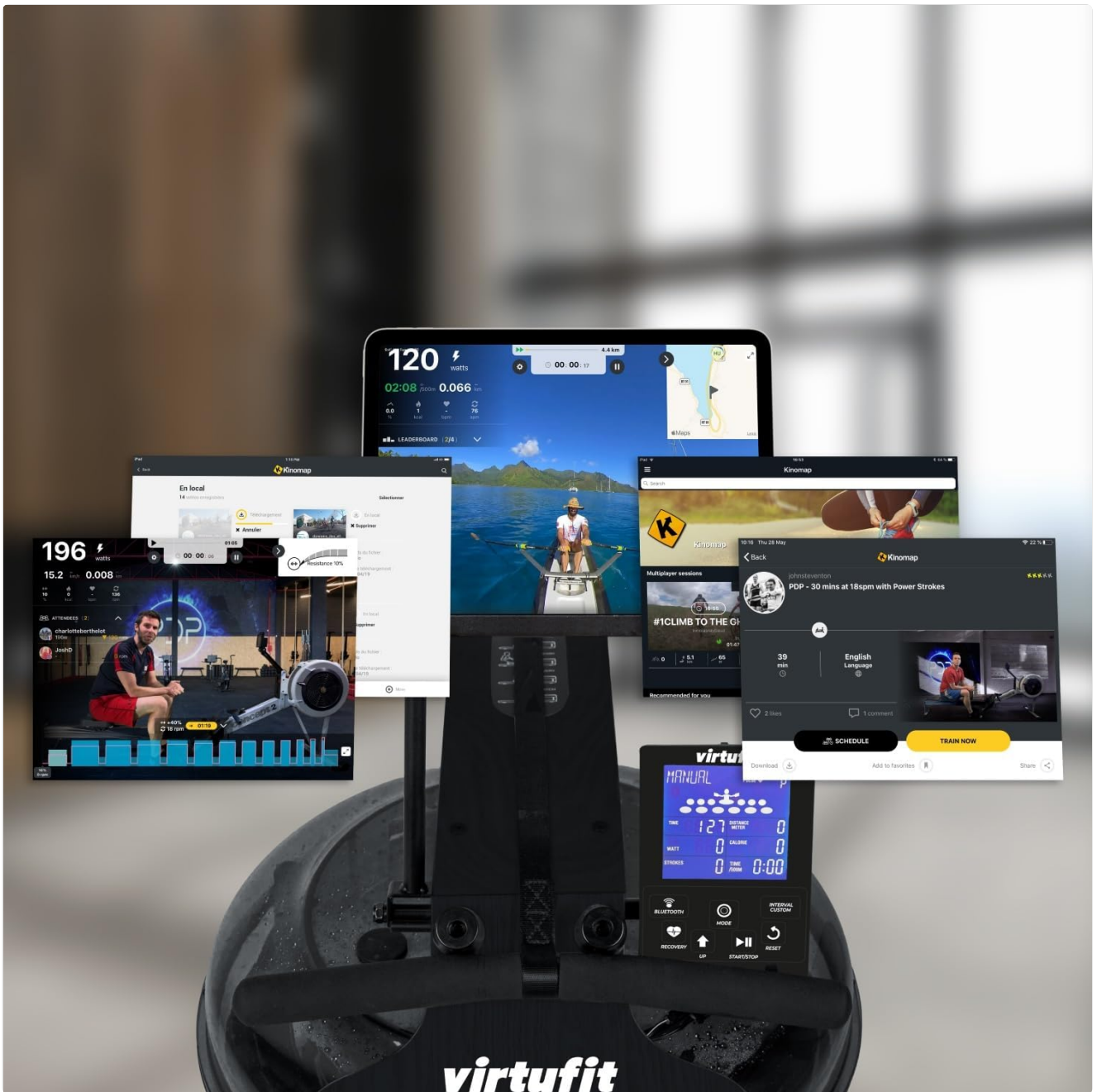


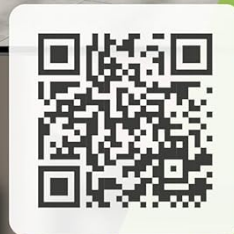
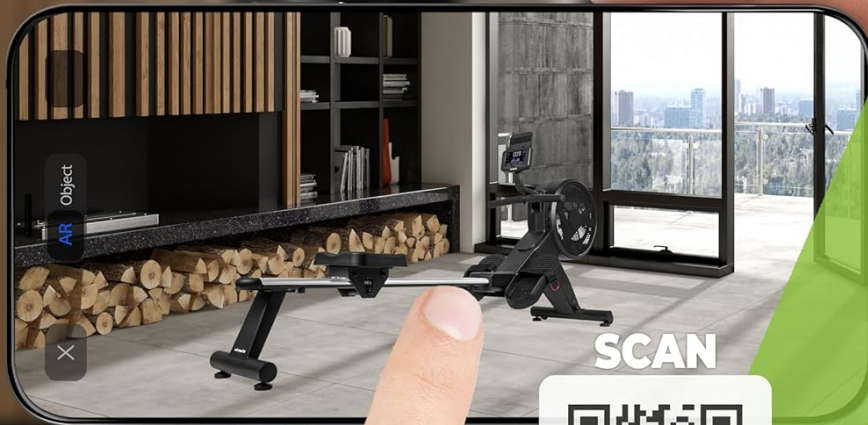
Image: A collage of various screens demonstrating the Kinomap application's diverse features and integration with the VirtuFit Rower, including virtual routes and workout data.

The rower features Bluetooth connectivity for enhanced training options:

- **Heart Rate Monitor:** Pair a 5 kHz heart rate chest strap (not included) to monitor your pulse on the console.
- **Fitness Apps:** Connect your rower to popular fitness applications like Kinomap via Bluetooth. Use the integrated tablet holder to view your device while exercising.



AR/3D



**CHECK OUT  
IN YOUR  
PERSONAL  
GYM SPACE**

Image: A smartphone screen showing an augmented reality (AR) view of the VirtuFit Rower placed virtually in a room, with a QR code for scanning. This feature allows users to visualize the rower in their space before purchase.

Explore the rower in your space using Augmented Reality: VirtuFit AR Experience

## 5. Basic Rowing Technique

Proper rowing technique is essential for an effective and safe workout. The rowing stroke consists of four phases:

1. **The Catch:** Knees bent, shins vertical, arms extended forward, back straight, shoulders relaxed.
2. **The Drive:** Push off with your legs, then swing your back, and finally pull with your arms.
3. **The Finish:** Legs extended, lean back slightly, handle pulled to your lower chest/upper abdomen.
4. **The Recovery:** Extend arms forward, then lean forward from the hips, and finally bend your knees to slide forward.



Image: Close-up view of the foot straps and the rowing handle, illustrating the connection points for the user during exercise.

## MAINTENANCE

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### 1. Water Treatment

To maintain water clarity and prevent microbial growth, add a water purification tablet (PuriTab) to the water tank every 3-6 months, or as needed. If the water becomes discolored, it may need to be replaced and the tank cleaned.

### 2. Cleaning

- Wipe down the rower with a damp cloth after each use to remove sweat and dust.
- Avoid using abrasive cleaners or solvents, as these can damage the finish and components.
- Periodically clean the rails and seat rollers to ensure smooth operation.

### 3. Storage

The VirtuFit Elite Rower is designed for convenient storage. After your workout, the rower can be stored vertically to save space. Ensure the rower is stable and secure in its upright position.

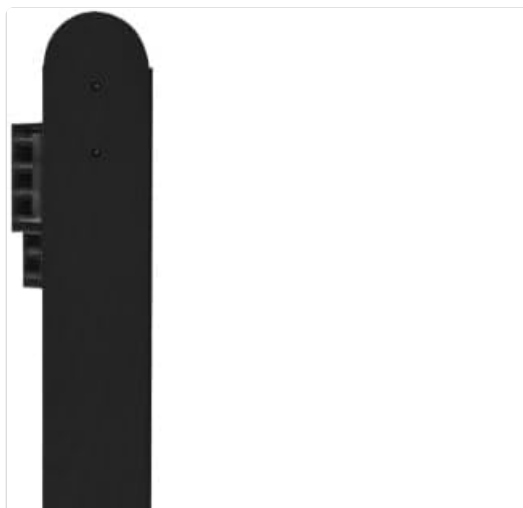




Image: The VirtuFit Elite Water Resistance Rower shown in its vertical storage position, demonstrating its space-saving design.

## TROUBLESHOOTING

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- **Console Not Displaying:** Check battery installation and ensure batteries are not depleted. Replace if necessary.
- **No Resistance or Uneven Resistance:** Verify the water level in the tank. Ensure the impeller is not obstructed.
- **Unusual Noises:** Inspect all connections and moving parts for looseness. Lubricate moving parts if recommended in the assembly guide.

- **Bluetooth Connectivity Issues:** Ensure Bluetooth is enabled on both the rower console and your device. Try restarting both devices.

## SPECIFICATIONS

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Feature	Detail
Model Number	VFROWWRB
Dimensions (L x W x H)	206 x 63 x 52 cm
Item Weight	30 Kilograms
Resistance Mechanism	Water Resistance
Frame Material	Aluminium (with natural wood elements as per description)
Console Display	LCD (Backlit)
Power Source	Battery Powered (4x AA batteries included)
Special Features	Includes hand pump and funnel, Bluetooth connectivity, Tablet holder, Vertical storage capability.

## WARRANTY AND SUPPORT

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For warranty information, please refer to the documentation provided at the time of purchase or contact your retailer. For technical support or spare parts, please contact VirtuFit customer service or your local distributor. Keep your proof of purchase for warranty claims.