

Speediance Rower A1

Speediance Rowing Bench Instruction Manual

Brand: Speediance | Model: Rower A1

INTRODUCTION

This manual provides comprehensive instructions for the assembly, operation, maintenance, and troubleshooting of your Speediance Rowing Bench. This rower attachment is designed for use with the Gym Monster system, offering adjustable resistance levels for a complete home workout experience.

KEY FEATURES

- **Comprehensive Full-Body Workout:** Engages multiple muscle groups including arms, legs, core, and back, providing a well-rounded fitness routine.
- **Ergonomic Comfort:** Features a padded seat and adjustable foot straps for maximum comfort and secure fit, reducing strain during workouts.
- **Robust and Durable Construction:** Made from high-quality materials with a sturdy frame and reliable resistance mechanism, ensuring long-lasting use and stability.
- **Compact and Portable Design:** Easily fits into small spaces and can be conveniently moved or stored thanks to its compact size and built-in wheels.
- **Smooth Gliding Motion:** Offers a fluid rowing motion that minimizes joint stress, enhancing the overall exercise experience.
- **Adjustable Resistance Levels:** Allows users to customize their workout intensity, suitable for both beginners and advanced fitness enthusiasts.
- **Easy Assembly:** Comes with clear instructions and necessary tools for quick and straightforward setup.
- **Low Maintenance:** Designed for minimal upkeep, ensuring users can focus on their fitness goals without worrying about regular maintenance.

SETUP AND ASSEMBLY

Follow these steps to correctly assemble your Speediance Rowing Bench. All necessary tools are included in the package.

Visual Installation Guide

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Video: Speediance Rowing Bench Unboxing and Installation Guide. This video provides a step-by-step visual walkthrough of the assembly process, from unpacking to final setup.

Step-by-Step Assembly Instructions

1. **Unpack Components:** Carefully open the packaging and remove all components. Identify the main rowing bench body, handlebar, front bench leg, rear bench leg, pedal support rod, pedals, seat cushion, and all screws/tools.
2. **Attach Front Bench Leg:** Align the front bench leg with the four slots on the bottom of the main body and firmly insert it. Use a screwdriver to tighten the four M4*8 screws to secure it.
3. **Attach Rear Bench Leg:** Place the rear bench leg under the support arm at the rear of the main body. Use an Allen wrench to fasten the rear bench leg to the support arm with the flathead 16mm screws.
4. **Install Pedal Support Rod:** Take out the pedal support rod and secure it under the slide rail. Use an Allen wrench to fasten two 20mm screws to the latch.
5. **Secure Pedals:** Insert the two pedals into the pedal axles. Secure them with an Allen wrench using the M6*12 screws.
6. **Assemble Seat Cushion:** Use the hex wrench to lock the seat cushion to the seat frame with the M6*12 screws. Ensure all eight screws are tightened.
7. **Attach Seat Cushion to Slide Rail:** Attach the installed seat cushion to the slide rail. Pay attention to the direction as shown in the diagram (refer to the video for visual guidance). Insert the screws for the buffer block, but do not tighten them completely yet.
8. **Final Adjustments:** Align the bottom roller assembly with the installation holes of the bottom cushion. Insert the screws, but do not tighten them completely. Adjust the gap between the seat cushion and the middle slide rail using the middle screw, then tighten all other screws completely.



Image: Overview of the Speediance Rowing Bench, showing the main body and handlebar. This image helps in identifying the primary components during unboxing.



Image: The Speediance Rowing Bench in its folded, upright storage position. This demonstrates the compact design for space-saving storage.

OPERATING INSTRUCTIONS

The Speediance Rowing Bench is designed to integrate seamlessly with your Gym Monster system for an effective full-body workout. Ensure the rowing bench is securely attached to the Gym Monster before beginning any exercise.

- **Connecting to Gym Monster:** Refer to your Gym Monster manual for specific instructions on attaching and calibrating the rowing bench.
- **Adjusting Resistance:** The rowing bench utilizes the adjustable resistance levels of the Gym Monster. Follow the Gym Monster's interface to set your desired workout intensity.

- **Foot Straps:** Place your feet on the footrests and secure them firmly with the adjustable straps to ensure stability during your workout.
- **Proper Rowing Form:**
 - a. **Catch:** Begin with knees bent, shins vertical, and arms extended forward, gripping the handlebar.
 - b. **Drive:** Push off with your legs, then engage your core and back, pulling the handlebar towards your abdomen.
 - c. **Finish:** Extend your legs fully, lean back slightly, and pull the handlebar to your lower chest/upper abdomen.
 - d. **Recovery:** Extend your arms forward, then lean forward from the hips, and finally bend your knees to return to the catch position.
- **Monitoring Progress:** Utilize the Gym Monster's display to monitor metrics such as stroke count, speed, and wattage, providing real-time feedback on your performance.



Image: A user demonstrating proper rowing form on the Speediance Gym Monster with the Rower Attachment. This image highlights the integrated display and adjustable resistance features.



Image: Two individuals using the Speediance Gym Monster with the Rower Attachment, illustrating the versatility and ease of use for different users.

MAINTENANCE

Regular maintenance ensures the longevity and optimal performance of your Speediance Rowing Bench. This product is designed for minimal upkeep.

- **Cleaning:** Wipe down the frame, seat, and handlebars with a damp cloth after each use to remove sweat and dust. Avoid abrasive cleaners or solvents.
- **Check Connections:** Periodically inspect all screws, bolts, and connections to ensure they are tight and secure. Tighten any loose fasteners as needed.
- **Rail Cleaning:** Keep the slide rail clean and free of debris to ensure a smooth gliding motion of the seat.
- **Storage:** When not in use, store the rowing bench in a clean, dry environment. Its compact design allows for convenient upright storage.

TROUBLESHOOTING

If you encounter any issues with your Speediance Rowing Bench, refer to the common problems and solutions below. For more complex issues, please contact customer support.

Problem	Possible Cause	Solution
Seat does not glide smoothly.	Debris on slide rail; loose seat rollers.	Clean the slide rail with a damp cloth. Check and tighten seat roller screws.
Unstable during use.	Loose assembly bolts; uneven surface.	Ensure all assembly bolts are tightened. Place the rower on a flat, stable surface.
Resistance issues.	Not properly connected to Gym Monster; Gym Monster settings.	Verify the rowing bench is correctly attached to the Gym Monster. Check resistance settings on your Gym Monster device.

If the problem persists after attempting these solutions, please contact Speediance customer support for further assistance.

SPECIFICATIONS

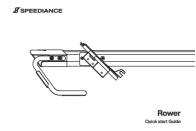

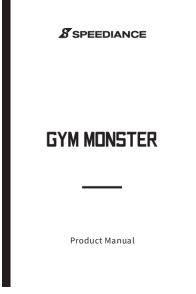



Attribute	Detail
Brand	Speediance
Model Name	Rower A1
Special Feature	Adjustable Resistance
Color	Black
Resistance Mechanism	Air
Product Dimensions	75"D x 15"W x 15.75"H
Maximum Weight Recommendation	330 Pounds
Metrics Measured	Stroke Count
Frame Material	Aluminum
Item Weight	26 Kilograms
Power Source	Battery Powered
Display Type	LCD (via Gym Monster)

WARRANTY AND SUPPORT

Speediance is committed to providing high-quality products and excellent customer service.

- **Protection Plan:** A 2-Year Protection Plan is available for extended coverage.
- **Returns:** Enjoy 30-day easy returns from the date of purchase.
- **Customer Support:** For any questions, technical assistance, or warranty claims, please contact Speediance customer support. Refer to your purchase documentation or the Speediance official website for contact details.

Related Documents - Rower A1

	<p>Speediance AeroRow 2 Quick Start Guide</p> <p>A concise and SEO-optimized guide for setting up and using the Speediance AeroRow 2 rowing machine. This document provides essential information for a quick and stable setup, including placement and stability instructions.</p>
	<p>SPEEDIANCE GYM MONSTER S1 Product Manual - Setup, Operation, and Maintenance Guide</p> <p>Comprehensive user manual for the SPEEDIANCE GYM MONSTER S1 smart fitness equipment. Learn about product overview, operation methods, parameters, maintenance, troubleshooting, and warranty information.</p>
	<p>Speediance Gym Monster Product Manual: Setup, Operation, and Maintenance</p> <p>Comprehensive product manual for the Speediance Gym Monster, covering setup, operation, maintenance, troubleshooting, and warranty information. Learn how to use your smart fitness equipment safely and effectively.</p>
	<p>Speediance Gym Monster 2: Interactive Fitness Equipment Product Manual</p> <p>Comprehensive product manual for the Speediance Gym Monster 2, an interactive multi-media digital fitness equipment. Learn about safety, setup, operation, maintenance, and troubleshooting for your home gym.</p>
	<p>Speediance Gym Monster 2: Interactive Fitness Equipment Product Manual</p> <p>Comprehensive product manual for the Speediance Gym Monster 2 interactive multimedia electronic fitness equipment. Includes safety guidelines, setup instructions, operational procedures, maintenance, troubleshooting, and warranty information.</p>
	<p>Speediance Gym Monster: Interactive Fitness Equipment Product Manual</p> <p>User manual for the Speediance Gym Monster interactive digital fitness equipment, covering setup, operation, safety, maintenance, and troubleshooting.</p>