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WaterRower 150 S4-HR

WaterRower Club Rowing Machine with S4 Monitor

USER MANUAL

1. Introduction & Overview

Welcome to the WaterRower Club Rowing Machine user manual. This guide provides essential information for the setup, operation, maintenance, and optimal use of your new rowing machine. The WaterRower Club is a handcrafted fitness machine designed to provide an efficient, full-body, low-impact workout, mimicking the natural dynamics of rowing on water.

Crafted from solid Ash wood sourced from sustainably managed forests, the WaterRower combines elegant design with robust functionality, making it a perfect addition to any home gym environment.



Image: The WaterRower Club Rowing Machine, showcasing its wooden frame and water tank.

2. Product Features

- **WaterFlywheel Resistance:** Utilizes a unique water-filled flywheel that provides a smooth, self-

regulated resistance. The harder you row, the greater the resistance, offering a natural and realistic on-water rowing experience.

- **Full-Body Workout:** Engages approximately 84% of your muscle mass, including legs, core, back, and arms, providing a comprehensive cardiovascular and strength training workout.
- **Low-Impact Exercise:** The fluid motion of the WaterRower is gentle on joints, making it suitable for all fitness levels and ideal for recovery days.
- **Quiet Operation:** The water resistance system produces a soothing, natural sound, allowing for a peaceful workout environment without excessive noise.
- **S4 Performance Monitor:** Tracks essential workout data such as distance, time, strokes per minute, and calories burned, providing real-time feedback on your performance.



Image: Top-down view of the WaterRower, highlighting its compact design.



Image: Side view of the WaterRower, showing the seat and footrests.

3. Setup & Assembly

The WaterRower Club Rowing Machine is designed for straightforward assembly. All necessary tools and components are included in the packaging. It is recommended to assemble the unit on a flat, stable surface.

Assembly Steps:

1. Unpack all components and verify against the packing list.
2. Assemble the main rail sections, ensuring all connections are secure but do not fully tighten hardware until the entire frame is aligned.
3. Attach the footboard and the water tank assembly to the main frame.
4. Install the seat onto the rails, ensuring it glides smoothly.
5. Connect the drive strap and bungee cord as per the detailed instructions provided in the separate assembly guide.

Filling the Water Tank:

Use the provided siphon pump to fill the water tank. Fill the tank to the indicated level (typically around the "16" mark or as specified in the detailed manual). Add the included water purification tablet to maintain water clarity and prevent algae growth. Replace tablets every 6 months.

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Video: Demonstrates the WaterRower Club in use and its upright storage capability.

4. Operating Instructions

To begin your workout, ensure your feet are securely strapped into the footrests. The rowing motion consists of four phases: Catch, Drive, Finish, and Recovery.

- **Catch:** Knees bent, shins vertical, arms extended forward, back straight, and core engaged.
- **Drive:** Push off with your legs, then swing your back, and finally pull with your arms. Maintain a smooth, continuous motion.
- **Finish:** Legs extended, back slightly reclined, and handle pulled to your abdomen.
- **Recovery:** Extend arms forward, pivot from the hips, and then bend your knees to slide the seat forward, returning to the Catch position.

The WaterRower's resistance adapts to your effort; the harder you pull, the more resistance you will experience, providing a personalized workout intensity.

5. S4 Performance Monitor

The S4 Performance Monitor provides real-time feedback on your workout. Its large LCD display is clear and easy to read, even during intense sessions.

Key Metrics Displayed:

- **Distance:** Total distance rowed.
- **Time:** Duration of your workout.
- **Strokes Per Minute (SPM):** Your current rowing cadence.
- **Calories Burned:** Estimated calories expended during your session.
- The monitor also supports various workout programs and allows for tracking of heart rate with compatible accessories (sold separately).

Refer to the dedicated S4 Monitor manual for detailed instructions on navigating menus, setting up programs, and connecting accessories.

6. Maintenance

Regular maintenance ensures the longevity and optimal performance of your WaterRower Club Rowing Machine.

- **Water Treatment:** Add a water purification tablet to the tank every 6 months to prevent algae and keep the water clear.
- **Cleaning:** Wipe down the wooden frame and rails with a damp cloth regularly. Avoid harsh chemicals that may damage the wood finish.
- **Strap & Cord Inspection:** Periodically check the drive strap and bungee cord for any signs of wear or fraying. Replace if necessary.
- **Seat Wheels:** Ensure the seat wheels are clean and free of debris to maintain smooth gliding along the rails.

7. Storage

The WaterRower Club is designed for convenient storage. It can be easily tipped upright and stored vertically when not in use, minimizing its footprint in your living space.



Image: The WaterRower Club stored vertically, demonstrating its space-saving design.

8. Troubleshooting

For common issues and solutions, please refer to the comprehensive troubleshooting guide available on the WaterRower official website or contact customer support directly. Many minor issues can be resolved by ensuring proper assembly and regular maintenance.

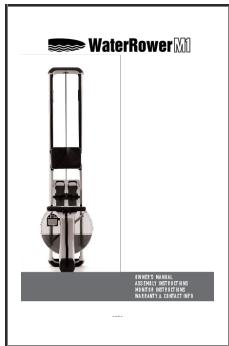
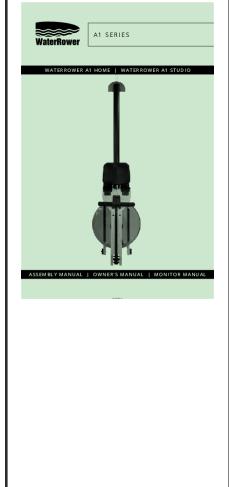
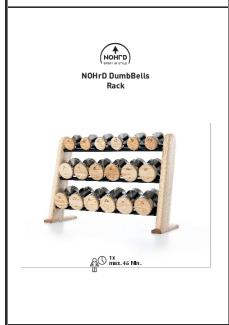
9. Specifications

Brand	WaterRower
Model Name	150 S4-HR
Product Dimensions (L x W x H)	82" x 22" x 20"
Item Weight (with water)	103.5 lbs
Frame Material	Ash Wood
Resistance Mechanism	Water
Monitor Type	S4 Performance Monitor (LCD)

10. Warranty & Support

WaterRower stands by the quality of its products. Upon registration of your WaterRower Club Rowing Machine, you are eligible for a lifetime supply of water purification tablets. For detailed warranty information, product registration, and customer support, please visit the official WaterRower website or contact their customer service team. They are known for their responsive and helpful support.

Related Documents - 150 S4-HR

	<p>WaterRower M1 Owner's Manual and Assembly Guide</p> <p>Comprehensive guide for the WaterRower M1, covering owner's manual, assembly instructions, monitor usage, and warranty information. Learn about rowing technique, exercise programs, and maintenance for your WaterRower.</p>
	<p>WaterRower S4 Monitor Bedienungsanleitung</p> <p>Umfassende Bedienungsanleitung für den WaterRower S4 Leistungsmonitor. Erfahren Sie mehr über die Funktionen, Anzeigen, Einstellungen und Trainingsprogramme zur Optimierung Ihres Rudertrainings.</p>
	<p>WaterRower A1 Series Assembly and Owner's Manual</p> <p>Comprehensive guide for assembling, operating, and maintaining the WaterRower A1 Home and Studio rowing machines. Includes details on water level, footpad position, maintenance, storage, rowing technique, exercise programs, monitor usage, and warranty information.</p>
	<p>NOHrD Dumbbells Rack Assembly Instructions NOHrD Sport</p> <p>Detailed assembly instructions for the NOHrD Dumbbells Rack. Learn how to quickly and easily set up your NOHrD fitness equipment with our step-by-step guide.</p>