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> Sportstech RSX500 Rower Instruction Manual

Sportstech RSX500

Sportstech RSX500 Rower Instruction Manual

Model: RSX500 | Brand: Sportstech

1. IMPORTANT SAFETY INFORMATION

Before operating the Sportstech RSX500 Rower, please read and understand all safety instructions. Failure to do so may result in injury or damage to the equipment.

- Consult a physician before starting any new exercise program.
- Ensure the rower is placed on a flat, stable surface.
- Keep children and pets away from the equipment during operation.
- Inspect the rower for loose or damaged parts before each use. Do not use if damaged.
- Wear appropriate athletic footwear and clothing.
- Do not exceed the maximum user weight of 120 kg (264 lbs).
- Maintain proper form during exercise to prevent injury.
- Stop exercising immediately if you feel faint, dizzy, or experience pain.

2. PRODUCT OVERVIEW

The Sportstech RSX500 Rower is designed for a comprehensive full-body workout. It features a magnetic resistance system, an ergonomic seat, and app connectivity.



Figure 2.1: Main view of the Sportstech RSX500 Rower.

Key Features:

- **Magnetic Resistance System:** 16 adjustable levels for varied workout intensity.
- **Ergonomic Seat:** Ball-bearing mounted for smooth and comfortable movement.
- **Aluminum Rail:** Provides a stable and quiet rowing experience.
- **Non-slip Pedals:** Secure foot placement during exercise.
- **Foldable Design:** Easy storage and space-saving.
- **Console Display:** LCD screen showing heart rate, time, distance, and calories.
- **App Compatibility:** Connects with fitness applications for enhanced training.
- **Heart Rate Belt:** Included for optimal heart rate zone training.

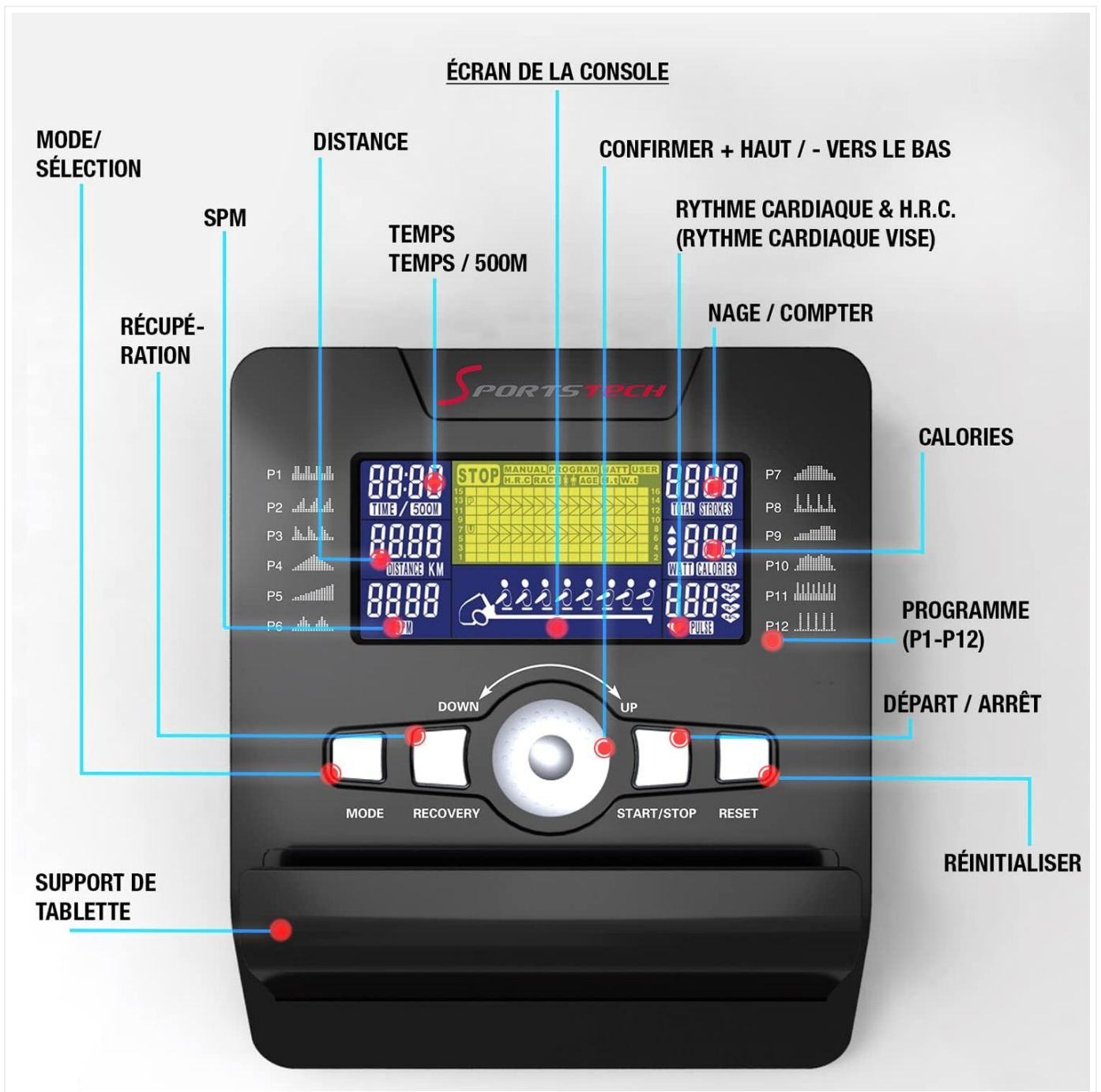


Figure 2.2: Key features of the RSX500 Rower, including non-slip pedals, comfortable seat, transport wheels, and app compatibility.

3. SETUP AND ASSEMBLY

Follow these steps to assemble and set up your Sportstech RSX500 Rower.

3.1 Unpacking

- Carefully remove all components from the packaging.
- Verify that all parts listed in the assembly guide are present.
- Keep packaging materials until assembly is complete in case of returns.

3.2 Assembly Steps

Detailed assembly instructions are provided in the separate assembly manual. Ensure all bolts and screws are tightened securely before use.

3.3 Folding and Storage

The RSX500 rower features a foldable design for convenient storage.

1. Ensure the rower is powered off and unplugged.
2. Lift the rear section of the rail until it locks into the upright position.
3. The transport wheels allow for easy relocation.



Figure 3.1: The Sportstech RSX500 Rower in its folded position for storage.

4. OPERATING INSTRUCTIONS

This section details how to operate your Sportstech RSX500 Rower and utilize its features.

4.1 Console Functions

The LCD console displays various workout metrics and allows program selection.

RSX500

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APP CONSOLE



ORDINATEUR CONTRÔLÉ

RESISTANCE
16 NIVEAUX

FREIN MAGNETIQUE



CONNEXION
SANS FIL



CONFORT SIÈGE

BALLE
ROULEMENTS

PROGRAMMES
DE FORMATION

12

PROGRAMMES
DE IMPULSION

4



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Figure 4.1: Detailed view of the console display and its functions.

- **MODE/SELECTION:** Press to cycle through display modes or select options.
- **UP/DOWN:** Adjust resistance levels or navigate menu options.
- **START/STOP:** Begin or end a workout session.
- **RESET:** Clear current workout data.
- **Display Metrics:** View Time, Distance, Strokes Per Minute (SPM), Calories, Heart Rate.

4.2 Adjusting Resistance

The RSX500 features 16 levels of magnetic resistance. Use the UP/DOWN buttons on the console to increase or decrease the resistance during your workout.

4.3 Training Programs

The rower includes 12 pre-programmed workouts and 4 HRC (Heart Rate Control) programs. Select your desired program using the console controls.

4.4 App Connectivity

Place your tablet or smartphone on the integrated holder. The RSX500 is compatible with various fitness applications, including eHealth, allowing you to track progress and access interactive workouts.



Figure 4.2: Tablet placed on the console for app connectivity.

4.5 Heart Rate Monitoring

Utilize the included heart rate belt to monitor your heart rate during workouts. This allows for training within optimal heart rate zones for improved cardiovascular fitness.

5. MAINTENANCE

Regular maintenance ensures the longevity and optimal performance of your Sportstech RSX500 Rower.

- **Cleaning:** Wipe down the rower with a damp cloth after each use to remove sweat and dust. Avoid abrasive cleaners.
- **Lubrication:** Periodically check the seat rollers and rail for smooth movement. Apply a silicone-based lubricant if necessary.
- **Tightness Check:** Regularly inspect all bolts, nuts, and connections to ensure they are secure. Tighten as needed.

- **Cable Inspection:** Check the pulling cable for any signs of wear or fraying. Replace if damaged.

6. TROUBLESHOOTING

This section addresses common issues you might encounter with your rower.

Problem	Possible Cause	Solution
Console not displaying data.	Loose power connection, dead batteries (if applicable), sensor issue.	Check power cable connection. Replace console batteries. Ensure sensor cables are connected.
Resistance not changing.	Magnetic resistance mechanism malfunction, console button issue.	Ensure power is connected. Try resetting the console. Contact customer support if issue persists.
Squeaking or grinding noise.	Lack of lubrication on seat rollers/rail, loose components.	Lubricate the seat rail. Check and tighten all bolts and nuts.
Unstable during use.	Uneven surface, loose stabilizer caps.	Place the rower on a level surface. Adjust the stabilizer caps on the base.

7. SPECIFICATIONS

Detailed technical specifications for the Sportstech RSX500 Rower.

Brand: Sportstech

Model Name: RSX500

Resistance Mechanism: Air, Magnetic

Tension Levels: 16

Frame Material: Aluminum

Product Dimensions (L x W x H): 216 cm x 56 cm x 82 cm (85.04 in x 22.05 in x 32.28 in)

Maximum User Weight: 120 kg (264 lbs)

Display Type: LCD

Counter Type: Heart Rate, Time, Distance, Calories

Power Source: Electric Cable

Special Features: Ergonomic, Foldable, App Compatible

International Article Code: 04250795214977

Part Number: RX500

8. WARRANTY AND SUPPORT

For warranty information and customer support, please refer to the official Sportstech website or contact their customer service directly.

- **Warranty:** Specific warranty terms and conditions may vary by region. Please check your purchase documentation or the Sportstech website for details.
- **Customer Support:** For technical assistance, spare parts, or any other inquiries, visit the [Sportstech Support Page](#).

9. PRODUCT VIDEO OVERVIEW

Watch this official product video for a visual guide to the Sportstech RSX500 Rower's features and benefits.



Video 9.1: Sportstech RSX500 Rower overview, demonstrating key features and usage scenarios.



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