

## TecTake Titan 405122

# User Manual for tectake® Titan Wooden Rowing Machine

Model: 405122

## 1. INTRODUCTION

---

Thank you for choosing the tectake® Titan Wooden Rowing Machine. This manual provides essential information for the safe and efficient operation, assembly, and maintenance of your new fitness equipment. Please read this manual thoroughly before use and keep it for future reference.



Image: The tectake® Titan Wooden Rowing Machine, showcasing its elegant wooden frame, water tank, and digital display. A user is actively rowing, demonstrating the machine's ergonomic design. A heart rate monitor and siphon pump are also visible.

## 2. IMPORTANT SAFETY INSTRUCTIONS

---

- Consult a physician before starting any exercise program.
- Ensure all parts are securely assembled before each use. Refer to the assembly instructions.
- Keep children and pets away from the machine during operation.
- Place the rowing machine on a flat, stable surface.
- Do not exceed the maximum weight capacity of **150 kg**.
- Wear appropriate athletic footwear and clothing.
- Stop exercising immediately if you feel faint, dizzy, or experience pain.
- Regularly inspect the machine for wear and tear, especially the moving parts and water tank.

### 3. SETUP AND ASSEMBLY

---

The tectake® Titan Rowing Machine requires assembly. Detailed assembly instructions are included in the packaging. Please follow them carefully.

#### 3.1 Unpacking

1. Carefully remove all components from the packaging.
2. Verify that all parts listed in the assembly instructions are present.
3. Keep packaging materials until assembly is complete in case of missing parts or return.

#### 3.2 Water Tank Filling

The rowing machine uses a water resistance system.

- Locate the water tank cap.
- Use the provided siphon pump to fill the tank with clean tap water.
- Fill the tank to the desired resistance level. The tank has a capacity of **16 liters** and offers **4 different difficulty levels**.
- Add a water purification tablet (if provided) to prevent algae growth.
- Securely close the water tank cap.



Image: A detailed view of the water tank on the tectake® Titan Rowing Machine, showing the fill level indicator and the resistance adjustment mechanism.

## 4. OPERATING INSTRUCTIONS

### 4.1 Adjusting Foot Pedals

The foot pedals are adjustable to accommodate different foot sizes.

- Adjust the pedals to one of the **6 available sizes**.
- Secure your feet with the adjustable straps.





1. Ordinateur d'entraînement avec grand écran



2. 4 niveaux de difficulté sélectionnables



3. Pédales réglables en 6 tailles avec sangle



4. Assise ergonomique pour un confort maximal

Image: The adjustable foot pedals of the tectake® Titan Rowing Machine, showing the multiple size settings and secure foot straps.

## 4.2 Using the LED Display

The integrated LED display provides real-time workout data.

- The display shows important training data such as **distance, time, speed, strokes, calories burned, and heart rate (with compatible chest strap)**.
- Connect a compatible Bluetooth chest strap for heart rate monitoring.
- Use the buttons on the display to navigate through modes and reset values.

# TOUT À PORTÉE DE MAIN



Image: The LED display of the tectake@ Titan Rowing Machine, clearly showing various workout metrics like time, distance, and strokes, along with Bluetooth connectivity icon.

## 4.3 Proper Rowing Technique

To maximize effectiveness and prevent injury, maintain proper rowing form:

1. **Catch:** Lean forward from the hips, arms extended, shins vertical.
2. **Drive:** Push off with your legs, then swing your back, and finally pull with your arms.
3. **Finish:** Lean slightly back, legs extended, handle at your lower ribs.
4. **Recovery:** Extend arms, lean forward from hips, then bend knees to slide forward.



## DIMENSIONS



### Dimensions totales

212 x 55 x 55 cm

### Dimensions plié

55 x 89 x 116,5 cm

### Assise

33 x 26 x 5 cm

### Poignées

36 x 4,5 x 2,8 cm

### Réservoir d'eau

55 x 23 cm

### Écran

11 x 3 x 15,5 cm

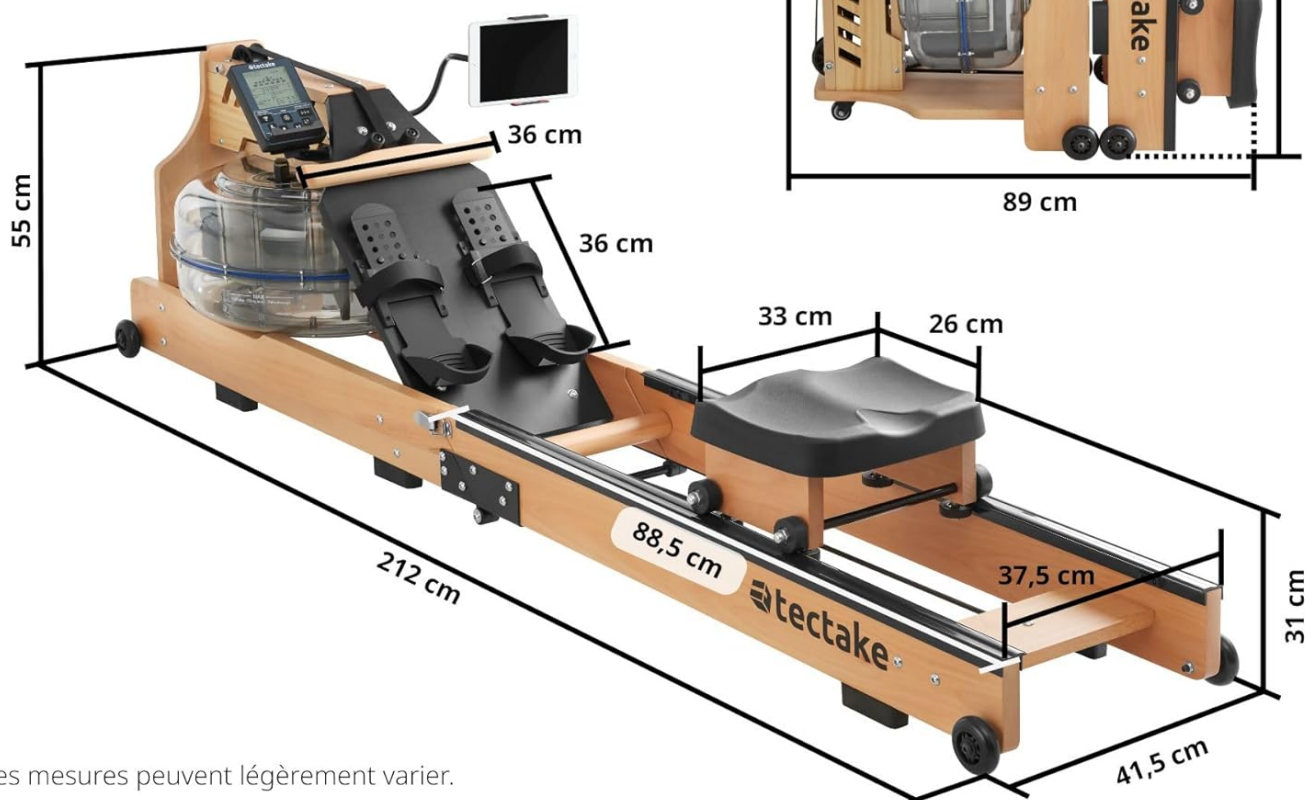


### Capacité de charge

150 kg

### Poids

28 kg



Les mesures peuvent légèrement varier.

Image: A user demonstrating the correct posture and movement on the tectake® Titan Rowing Machine, illustrating the full body engagement during a rowing stroke.

## 5. MAINTENANCE AND CARE

- **Cleaning:** Wipe down the machine with a damp cloth after each use. Avoid abrasive cleaners.
- **Water Tank:** Change the water in the tank every 6-12 months, or if it appears discolored. Use purification tablets as needed.
- **Moving Parts:** Periodically check all bolts, nuts, and moving parts for tightness and wear. Lubricate as necessary.
- **Storage:** The rowing machine is **foldable** for space-saving storage. Utilize the integrated wheels for easy transport.



Image: A user demonstrating the folding mechanism of the tectake® Titan Rowing Machine, highlighting its space-saving design and the ease of movement using its integrated wheels.

## 6. TROUBLESHOOTING

Problem	Possible Cause	Solution
No display on LED screen	Batteries are dead or incorrectly installed.	Replace batteries or ensure they are inserted correctly.
Resistance feels too low/high	Water level in tank is incorrect or resistance knob is not set.	Adjust water level using the siphon pump or turn the resistance knob.
Unusual noises during operation	Loose bolts or worn components.	Check all connections and moving parts for tightness. Lubricate if necessary.



Problem	Possible Cause	Solution
Heart rate monitor not connecting	Chest strap not paired or out of range; low battery in strap.	Ensure chest strap is worn correctly and within range. Replace strap battery if needed. Refer to chest strap manual.

## 7. PRODUCT SPECIFICATIONS

---

- Model Name:** Titan
- Model Number:** 405122
- Brand:** TecTake
- Frame Material:** Beech Wood
- Resistance Type:** Water
- Resistance Levels:** Adjustable (4 levels via water volume)
- Water Tank Capacity:** 16 Liters
- Maximum User Weight:** 150 kg
- Display Type:** LED
- Connectivity:** Bluetooth (for heart rate monitor)
- Special Features:** Foldable design, integrated transport wheels, tablet holder, adjustable foot pedals (6 sizes), ergonomic seat.
- Total Dimensions (L x W x H):** 212 cm x 55 cm x 55 cm
- Folded Dimensions (L x W x H):** 55 cm x 89 cm x 116.5 cm
- Product Weight:** 28 kg



Image: A comprehensive diagram illustrating the dimensions of the tectake® Titan Rowing Machine in both its operational and folded configurations, providing precise measurements for planning space.

## 8. WARRANTY AND SUPPORT

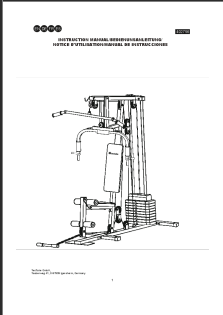
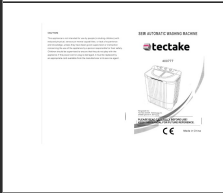
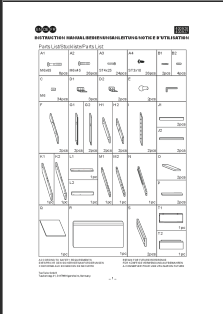
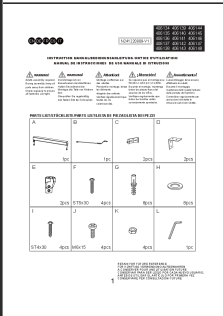

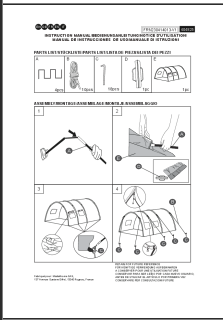
For warranty information, please refer to the documentation included with your purchase or contact TecTake customer service.

If you encounter any issues not covered in this manual or require further assistance, please contact TecTake customer support.

**Manufacturer:** tectake

**Contact Information:** Please visit the official TecTake website or refer to your purchase receipt for contact details.

Related Documents - Titan 405122

	<p><a href="#">TecTake 402756 Home Gym Assembly and Exercise Guide</a></p> <p>Instruction manual for the TecTake 402756 home gym, covering assembly, safety precautions, and exercise guidance. Includes preparation tips and warm-up/cool-down routines.</p>
	<p><a href="#">TecTake 400777 Semi-Automatic Washing Machine User Manual and Instructions</a></p> <p>This user manual provides comprehensive instructions for the TecTake 400777 semi-automatic washing machine, covering installation, operation, safety guidelines, and maintenance. Learn how to effectively wash and spin your clothes with this efficient appliance.</p>
	<p><a href="#">TecTake 400926/400927 Lift Desk Assembly Instructions</a></p> <p>Step-by-step assembly guide for the TecTake 400926 and 400927 lift desk, including a detailed parts list and safety warnings.</p>
	<p><a href="#">Roller Blind Installation Manual</a></p> <p>Comprehensive instruction manual for the installation of a roller blind, including parts list, assembly steps, and contact information for tectake.</p>
	<p><a href="#">Assembly Instructions for TecTake Wardrobe (Models 402485, 402940)</a></p> <p>Comprehensive assembly instructions for TecTake wardrobe models 402485 and 402940, detailing parts list and step-by-step assembly guidance in multiple languages.</p>
	<p><a href="#">tectake Roskilde 6-Person Camping Tent Assembly Instructions</a></p> <p>Assembly guide for the tectake Roskilde 6-person camping tent, including parts list and step-by-step instructions. Model FRN230414013-V1.</p>