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TecTake Titan XR2

Tectake Titan XR2 Wooden Rowing Machine User Manual

Model: Titan XR2 | Brand: TecTake

1. INTRODUCTION

Thank you for choosing the Tectake Titan XR2 Wooden Rowing Machine. This manual provides essential information for the safe assembly, operation, and maintenance of your new fitness equipment. Please read this manual thoroughly before use and retain it for future reference.



Image 1.1: The Tectake Titan XR2 Wooden Rowing Machine, demonstrating its use, foldable configuration, and included accessories.

2. SAFETY INFORMATION

- Consult a physician before starting any new exercise program.
- Ensure all parts are securely assembled before each use.
- Keep children and pets away from the rowing machine during operation.
- Place the rowing machine on a flat, stable surface.
- Wear appropriate athletic footwear and clothing.
- Do not exceed the maximum user weight of 150 kg.
- Stop exercising immediately if you feel faint, dizzy, or experience pain.

3. PACKAGE CONTENTS

Carefully unpack all components and verify against the list below. If any parts are missing or damaged, contact

customer support.

- Wooden Rowing Machine (main frame and components)
- Siphon Pump (for water tank management)
- Mounting Hardware (screws, bolts, tools if included)
- Assembly Instructions (this manual)

tectake
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Productinformatie

AFMETINGEN

Totale afmetingen
51,5 x 195 x 44,5 cm

Afmeting ingeklapt
51,5 x 71 x 102 cm

Zitje
33 x 26 x 5 cm

Handgreep
40 x 4,5 x 3 cm

Watertank
51,5 x 19 cm

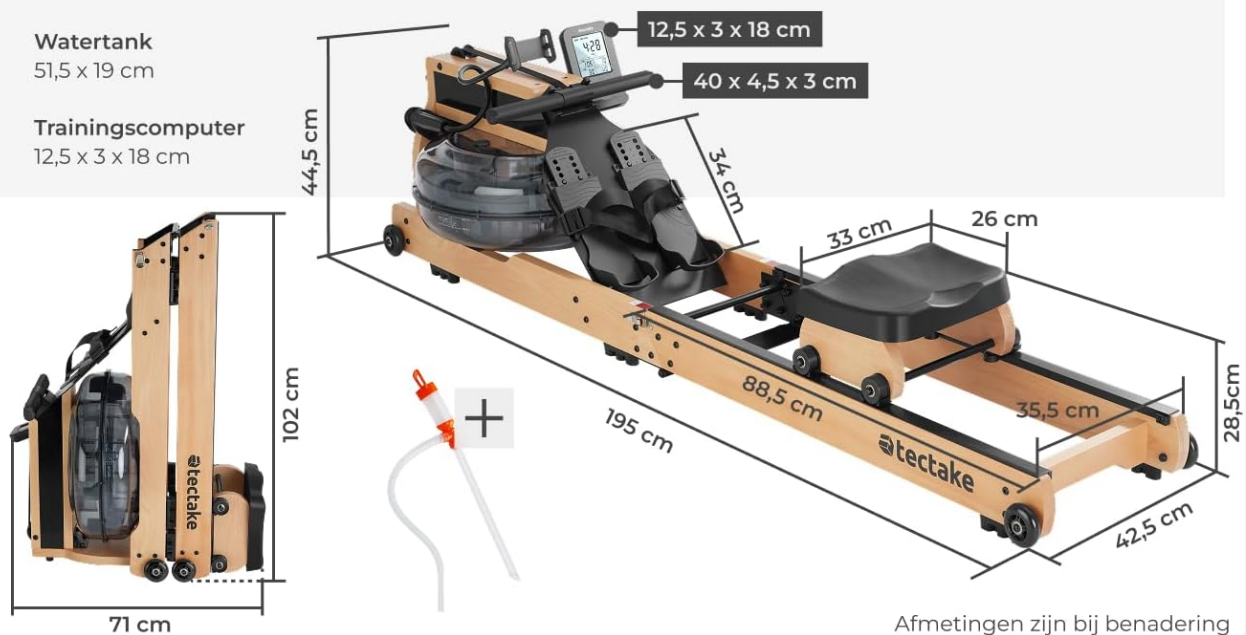
Trainingscomputer
12,5 x 3 x 18 cm

TECHNISCHE DETAILS

Draagkracht 150 kg
Gewicht ca. 30 kg
Materiaal gelakt beukenhout, polycarbonaat, gelakt staal, nylon, ABS-kunststof, polyurethaan, polypropyleen, polyvinylchloride, polyethyleen, 100% polyester

INHOUD

Houten roeimachine
Hevelpomp
Montagemateriaal
Montagehandleiding



Afmetingen zijn bij benadering

Image 3.1: Exploded view of the rowing machine showing various components and dimensions, including the siphon pump.

4. ASSEMBLY AND SETUP

Follow the step-by-step instructions provided with the mounting hardware to assemble your rowing machine. Ensure all connections are tight and secure.

4.1 Filling the Water Tank

1. Ensure the water tank cap is securely closed.
2. Use the provided siphon pump to fill the water tank with clean tap water.

3. Fill to the desired resistance level. The water tank allows for six different resistance levels.
 4. Add a water purification tablet (if provided) to prevent algae growth.
 5. Securely close the water tank cap after filling.
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5. OPERATING INSTRUCTIONS

5.1 Adjusting Pedals

The footrests are adjustable to 6 positions to accommodate various foot sizes. Adjust the pedals so your feet are comfortably secured with the flexible straps, ensuring proper alignment during your rowing stroke.

5.2 Using the Training Computer

The integrated LCD training computer displays various metrics to track your workout progress. It features three training programs.

- **Display Metrics:** Time, Distance, Strokes, Strokes per Minute, Calories, Pulse (Heart Rate).
 - **Heart Rate Monitoring:** The computer supports a chest strap (not always included, check package contents) for accurate heart rate measurement.
 - **Buttons:** Use the 'MODE', 'UP', 'DOWN', 'RESET', and 'RECOVERY' buttons to navigate menus, select programs, and reset values. Refer to the on-screen prompts for specific functions.
-

MAXIMALE EFFICIËNTIE

maximale vooruitgang



Image 5.1: The training computer display showing various workout data and the Bluetooth connectivity icon.

5.3 Bluetooth Connectivity and Kinomap App

The rowing machine features Bluetooth connectivity, allowing it to pair with compatible fitness applications, such as Kinomap. A flexible phone holder is integrated for your smartphone or tablet.

1. Download the Kinomap app from your device's app store.
2. Enable Bluetooth on your smartphone or tablet.
3. Follow the in-app instructions to connect your Tectake Titan XR2 rowing machine.
4. Utilize the app for interactive workouts, tracking, and virtual routes.



Image 5.2: User demonstrating proper rowing form with the Kinomap app displayed on a tablet, highlighting key features.

6. MAINTENANCE

- **Cleaning:** Wipe down the frame and seat with a damp cloth after each use. Avoid abrasive cleaners.
- **Water Tank:** Periodically check the water quality. If algae or cloudiness appears, drain the tank using the siphon pump, clean it, and refill with fresh water and a purification tablet.
- **Moving Parts:** Inspect all moving parts, such as the seat rollers and footrest pivots, for smooth operation. Lubricate if necessary with a silicone-based lubricant.
- **Fasteners:** Regularly check all bolts and screws to ensure they are tight.

7. STORAGE

The Tectake Titan XR2 rowing machine features a practical foldable design for easy storage.

1. Ensure the rowing machine is clean and dry.

2. Follow the folding mechanism instructions (typically involves lifting the rail section upwards).
3. Once folded, the integrated ball-bearing rubber wheels allow for easy movement and storage in a compact space.



Image 7.1: Demonstration of the rowing machine's foldable design and transport wheels for convenient storage.

8. TROUBLESHOOTING

- **No Display on Training Computer:** Check battery installation and ensure batteries are fresh.
- **Inaccurate Heart Rate Reading:** Ensure the chest strap (if used) is worn correctly and has good contact with the skin. Check battery in chest strap.
- **Resistance Feels Uneven:** Check water level in the tank. Ensure no air bubbles are trapped.
- **Squeaking Noises:** Inspect moving parts for friction. Apply a small amount of silicone lubricant to seat rollers or pivot points if needed.
- **Bluetooth Connection Issues:** Ensure Bluetooth is enabled on your device and the rowing machine. Try restarting both devices.

9. SPECIFICATIONS

Feature	Detail
Model Name	Titan XR2
Item Model Number	406034
Brand	TecTake
Product Dimensions (L x W x H)	195 x 51.5 x 44.5 cm
Folded Dimensions (L x W x H)	51.5 x 71 x 102 cm
Item Weight	29.8 Kilograms
Maximum Weight Recommendation	150 Kilograms
Frame Material	Beech Wood
Main Material	Beech
Resistance Mechanism	Water
Resistance Levels	6 (Water-based)
Display Type	LCD
Special Features	Foldable, Ergonomic, Water Resistance, Digital Monitor, Bluetooth, Kinomap Compatible
Included Components	Wooden Rowing Machine, Siphon Pump, Mounting Hardware, Assembly Instructions

10. WARRANTY AND SUPPORT

For warranty information, please refer to the documentation provided at the time of purchase or contact TecTake customer support directly. If you encounter any issues or require assistance, please reach out to the manufacturer's support channels.