Manuals+ — User Manuals Simplified.

HAMMER RowTech NorsK Rowing Machine Instruction Manual

Contents

HAMMER RowTech NorsK Rowing Machine

Safety instructions

IMPORTANT!

- The rower is produced according to EN ISO 20957- 1/7 class HC, and cannot be used for physical exercise.
- Max. user weight is 130 kg.
- The rower should be used only for its intended purpose.
- Any other use of the item is prohibited and maybe dangerous. The importeur cannot be held liable for damage or injury caused by improper use of the equipment.
- The rower has been produced according to the latest standard of safety.

To prevent injury and/or accident, please read and follow these simple rules:

1. Do not allow children to play on or near the equipment.
2. Regularly check that all screws, nuts, handles and pedals are tightly secured.
3. Promptly replace all defective parts and do not use the equipment until it is repaired. Watch for any material fatigue.
4. Avoid high temperatures, moisture and splashing water.
5. Carefully read through the operating instructions before starting the equipment.
6. The equipment requires sufficient free space in all directions (at least 1.5 m).
7. Set up the equipment on a solid and flat surface.
8. Do not exersice immediately before or after meals.
9. Before starting any fitness training, let yourself examined by a physician.
10. The safety level of the machine can be ensured only if you regularly inspect parts subject to wear. These are indicated by an * in the parts list. Levers and other adjusting mechanisms of the equipment must not obstruct the range of movement during training.
11. Training equipment must never be used as toys.
12. Do not step on the housing but only on the steps provided for this purpose.
13. Do not wear loose clothing; wear suitable training gear such as a training suit, for example.
14. Wear shoes and never exercise barefoot.
15. Make certain that other persons are not in the area of the home trainer, because other persons may be injured by the moving parts.

General

This training equipment is for use at home. The equipment complies with the requirements of EN ISO 20957-1/7 Class HC. The CE marking refers to the EU Directive 2014/30/EU and 2014/35/EU. Damage to health cannot be ruled out if this equipment is not used as intended (for example, excessive training, incorrect settings, etc.). Before starting your training, you should have a complete physical examination by your physician, in order to rule out any existing health risks.

Packaging

Environmentally compatible and recyclable materials:

- External packaging made of cardboard
- Molded parts made of foam CFS-free polystyrol (PS)
- Sheeting and bags made of polyethylene (PE)
- Wrapping straps made of polypropylene (PP)

Disposal

Please be sure to keep the packing for the event of repairs / warranty matters. The equipment should not be disposed in the household rubbish!
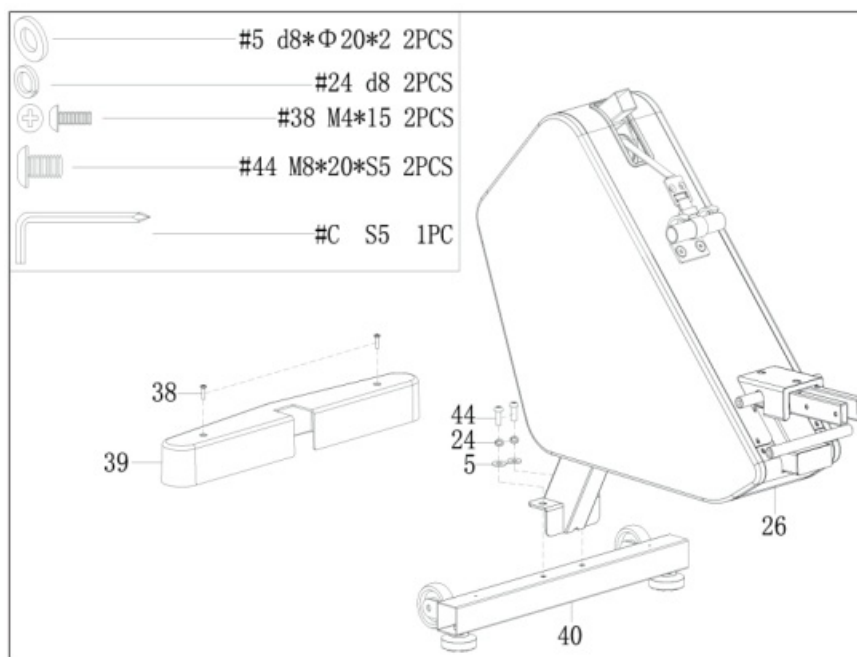
Assembly

In order to make assembly of the rower as easy as possible for you, we have preassembled the most important parts. Before you assemble the equipment, please read these instructions carefully and then continue step by step as described

Contents of packaging

- Unpack all individual parts and place them alongside each other on the floor.
- Place the main frame on a pad protecting the floor, because without its assembled base feet it can damage/scratch your floor. The pad should be flat and not too thick, so that the frame has a stable stand.
- Make sure that you have adequate room for movement (at least 1.5 m) on all sides during assembly.

Assembly steps

Step 1

#5 d8*Φ20*2 2PCS
#24 d8 2PCS
#38 M4*15 2PCS
#44 M8*20*S5 2PCS
#C S5 1PC

38
39
44
24
5
26
40

Step 2

#9 M6*15*S5 4PCS
#10 d6*Φ16*1.5 4PCS
#30 Φ27*Φ23*16*Φ6 2PCS
#31 M6*20*S5 2PCS
#98 ST4*13*Φ7 2PCS
#A S4 1PC
#C S5 1PC

26
10
9
33
30 31
98
52
31 30 98
32

Step 3

#23 M8*20*S13 4PCS
#24 d8 4PCS
#5 d8*□20*1.5 4PCS
#13 M5*8 2PCS

#B S13-S15
S13

#C S5 1PC

92
13
91
14
15
26
5
23
24
22R

23
24
5
22L

Step 4

#2 M4*25*Φ10 4PCS
#9 M6*15*S5 2PCS
#10 d6*Φ16*1.5 2PCS
#C S5 1PC

2
1
86
85
9
1a
10
8
26
89

1a
85
85
86
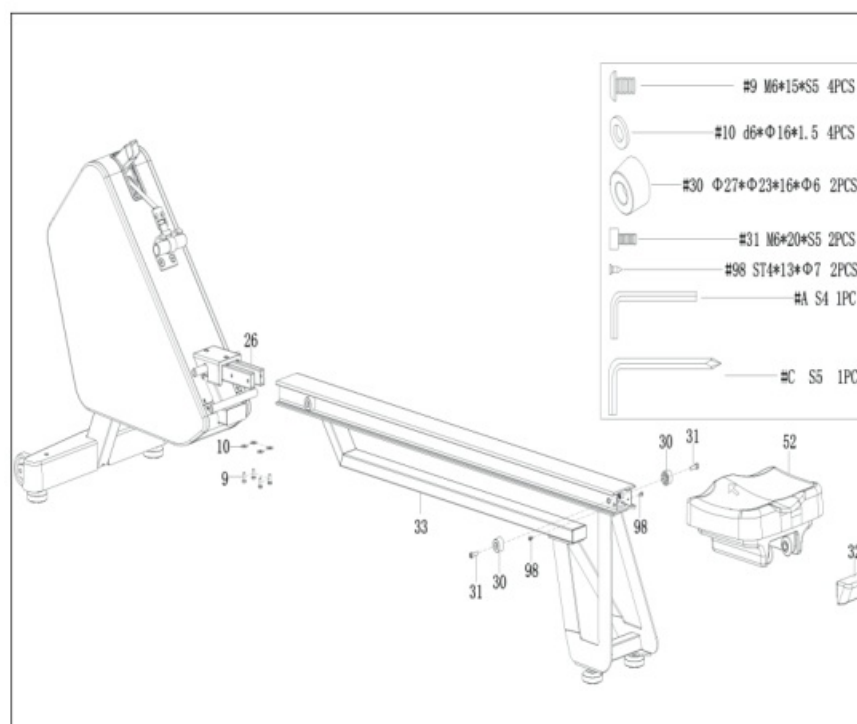
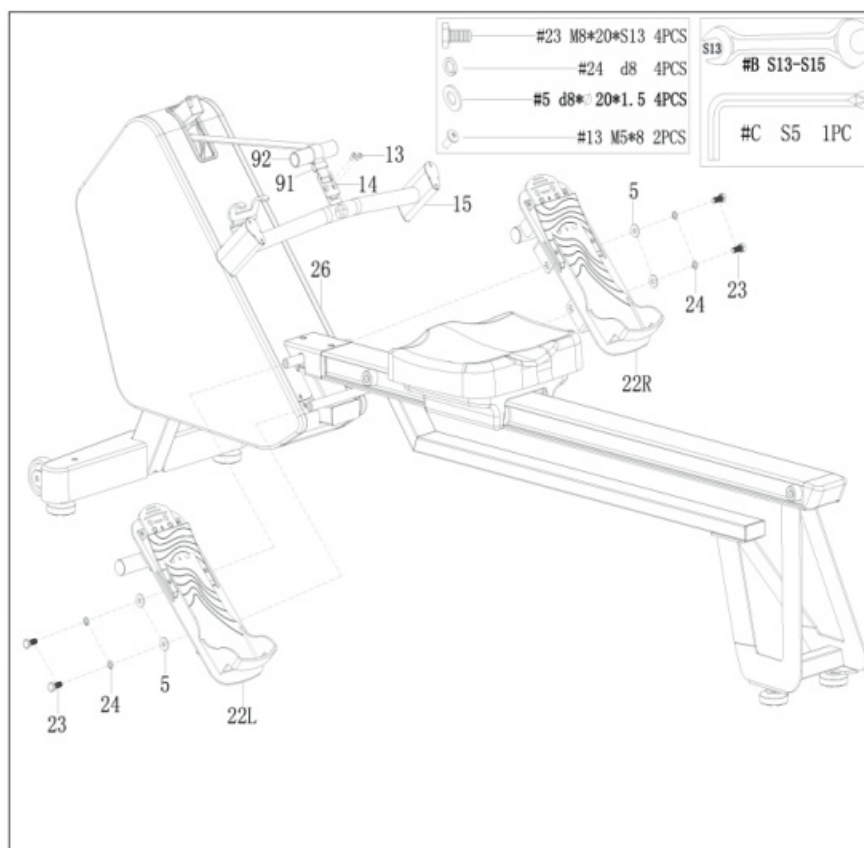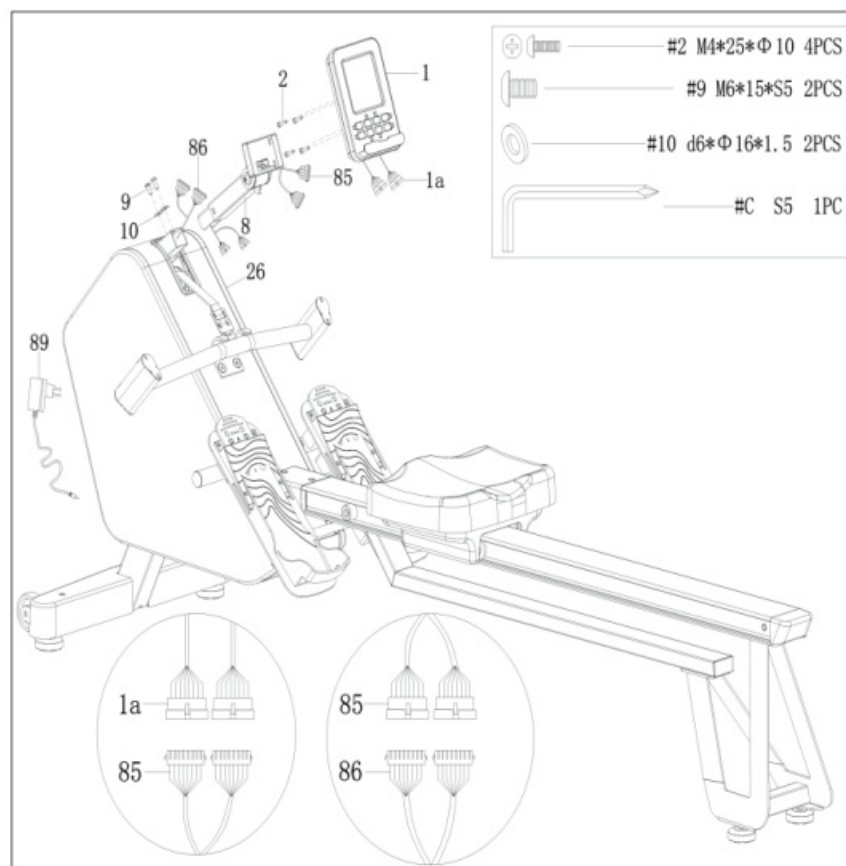**Step 5**
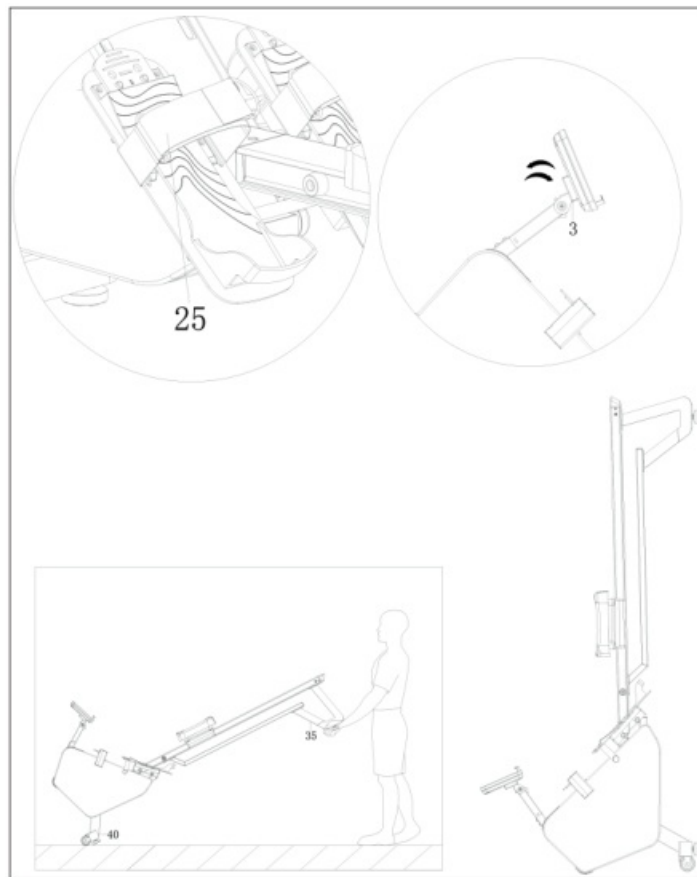
Maintenance

Maintenance

- In principle, the equipment does not require maintenance.
- Regularly inspect all parts of the equipment and the secure seating of all screws and connections.
- Promptly replace any defective parts through our customer service. Until it is repaired, the equipment must not be used.

Care:

- When cleaning, use only a moist cloth and avoid harsh cleaning agents. Ensure that no moisture penetrates into the computer.
- Components (saddle) that come into contact with perspiration, need cleaning only with a damp cloth.

Computer

BUTTONS:

1. **ENTER**
    1. You can select and confirm the target values or the selected program.
2. **UP/DOWNButtons:**
    1. By pressing the +/- buttons you can select the program or change the resistance during workout.
3. **PULSE RECOVERY:**
    1. After you finished your exercise press RECOVERY and stop pedaling. The computer will measure the heart rate for the next 60 seconds. If the difference between the starting and end heart rate is around 20%, you will get the grade F1 (very good).
    2. When you are in pulse recovery mode, press this button to exit.
4. **START/STOP**
    1. Press the button and the program will start. Press again the program will stop or pause.
5. **Reset:** Press to get back to the main menu.

Computer functions/display

LEVEL: Resistance level, 1-16

- **Pulse:** The computer has a built-in receiver, which can receive the heart rate frequency wireless. The chest belt should use a frequency between 5,0-5,5kHz. Set target heart rate from 60-220 bpm.
- **SPM:** Showing the current rowing strokes per minute
- **CALORIES:** Shows the calorie amount.
- **Distance in Meters:**Shows the distance in meters.
- **Time:** Total time.
- **Time/500 m:** shows the rowing time on 500 meters

OPERATION

1. Turn on the computer Plug in one end of the adaptor to the AC electrical source and connect the other end to the rower. The computer will beep and enter into initial mode.
2. Program select and value setting (When display „STOP")

Fitnessprograms P2-P13

- **A.** Press UP, and DOWN buttons to select the program that you like.
- **B.** Press ENTER button to confirm the selected program and enter time setting window.
- **C**. There is not need to insert training values, in this case, all values start counting up. If you want to insert training values, please follow the coming steps. You can start your exercise after setting each value.
- **D.** The time will flash, press UP, and DOWN buttons to set up your desired time. Press ENTER to confirm the value.
- E. Strokes will flash, press UP, and DOWN to set up the desired stroke value. Press ENTER to confirm the value.
- **F.** The Calories will flash, press UP, DOWN to set up the desired calories to be consumed. Press ENTER to confirm the value. Press START and your exercise begins.

Manual -Programme
Select with the „UP/DOWN"- buttons Manual and confirm with ENTER.

- There is not need to insert pieces of training values in this case Press START and all values start counting up.
- Time is lighting. With the „UP/DOWN" -buttons, the exercise time can be set. To confirm press ENTER. Strokes is lighting. With the „UP/DOWN" -buttons, the rowing strokes can be set. To confirm press ENTER.
- The Calories will flash, press UP, DOWN to set up the desired calories to be consumed. Press ENTER to confirm the value.
- **Pulse:** You can choose your maximal heat rate if you wear a chest belt. Press START and your exercise begins.

Heartrate programs

Program HRC

A chest belt is needed!

- You have the option to select 55% (regeneration), 75% (fat burn), 90% anerob endurance.
  After you have selected HRC program with UP/DOWN button press ENTER.
- Please tip your age. The computer is calculating the max heartrate automatically.
- Choose your target heart rate 55% (regeneration), 75% (fat burn), 90% anerob endurance and confirm with ENTER. Time* is lighting. With the UP/DOWN -buttons, the exercise time can be set. To confirm press ENTER.
- Strokes is lighting. With the UP/DOWN -buttons, the strokes can be set.
- To confirm press ENTER.
- Calories is lighting. With the UP/DOWN -buttons, the volumne of calories, which you want to burn can be set. To confirm press ENTER. Press Start.
- Start rowing and all set values are counting backwards.

Note:* Time and Meters couldn't be preset simultaneously

User Programs

- You can create your own profile for these programs. Confirm the selection USER by pressing ENTER. The first column is blinking. By pressing the UP/DOWN-buttons, the resistance can be set. Confirm each column with ENTER after you set the resistance.
- Time* is lighting. With the UP/DOWN -buttons, the exercise time can be set. To confirm press ENTER. Strokes is lighting. With the UP/DOWN-buttons, the rowing strokes can be set. To confirm press ENTER.
- Calorien is lighting. With the UP/DOWN-buttons, the volumne of calories, which you want to burn can be set. To confirm press ENTER.
- PULSE is lighting. With the UP/DOWN -buttons, you can set the max heartrate, which you want to reach during your exercise. If you are over the limit, the computer will beep. To confirm press ENTER.
- Press START and your excercise begins.

Note:* Time and Meters couldn't be preset simultaneously

Race Mode.

- After you have selected RACE program with UP/DOWN button press ENTER.
- Press Up/Down to preset the RACE challenge level, press ENTER to confirm (total level=15, L1=1:00 TIME/500M, L15=8:00 TIME/500M.
- Time increasing default 0:30 TIME/500M, Meters default:500M)
- Press START/STOP to start exercising, press UP or DOWN to adjust resistance level.
- Either PC or User finish rowing distance, the computer will stop and show PC Win or User win.
- Press START/STOP to pause exercising, press RESET to reverse to main menu.
- Pulse Recovery Test
- The pulse recovery test is to compare your heart rate before and after exercise. It is target to determine your heart strength via the measuring. Please do the test as below:
- **A.** Wear the chest strap and measure your heart rate, the computer will display your current pulse value.
- **B.** Press RECOVERY to enter the pulse recovery test and the computer program will enter the stop status.
- **C.** Time will count down from 60 seconds to 0 second.
- **D.** When time reaches 0, the test result (F1-F6) appears on the display. F1=Excellent F2=Good F3=Fair F4=below average F5= No Good F6= Poor (See fig 23)
- **E.** If the computer does not detect your current heart rate first, pressing RECOVERY will not enter into pulse recovery test. During the pulse recovery test, press RECOVERY to exit the test and return to the stop status.

Pulse Measurement

Pulse measurement with the chest strap: The computer is equipped with a chip, which makes wireless pulse transmission possible using a chest strap (5.0 – 5.5 kHz).

Bluetooth for Kinomap App connection.

- Download and install Kinomap from the apple store or google play store.

- Open the Bluetooth function on your device (phone or Ipad) in the App.
- Choose Rower in the item selection.
- To connect Kinomap you just simply select Hammer and choose RowTech NorsK at the item selection page. As well you can choose FTMS in the directory page. After log in, follow the instruction in the APP.

Training manual

Hand position

Grasp the rowing handle with both hands at the inner grip position (Classic Rowing).

Movement

- First, sit in the foremost position with your knees bent and your arms straight, leaning your torso slightly forward. The upper body touches your thighs. Now push yourself back with your legs while keeping your arms straight.
- As soon as the knees are almost completely straightened and the hands are over the knees, pull the arms straight towards the upper body towards the upper rib cage.
- Your wrists are straight and your elbows are close to your body. In the final position, your torso is slightly tilted back, your back is straight and tense.
- Now return to the starting position in reverse order: first straighten your arms, then bend your upper body forward. Using your legs, pull yourself forward until your lower legs are almost perpendicular to the floor.

Handposition

Grasp the outer grip position with both hands. The wide grip position strengthens the middleback and back and the rear shoulder muscles.

Movement

First, sit in the foremost position with your knees bent and your arms straight, leaning your torso slightly forward. The upper body touches your thighs. Now push yourself back with your legs while keeping your arms straight.

As soon as the knees are almost completely straightened and the hands are over the knees, pull the arms straight towards the upper body towards the upper rib cage.

Your wrists are straight and your elbows are close to your body. In the final position, your torso is slightly tilted back, your back is straight and tense.

Now return to the starting position in reverse order: first straighten your arms, then bend your upper body forward. Using your legs, pull yourself forward until your lower legs are almost perpendicular to the floor.

Explosion drawing
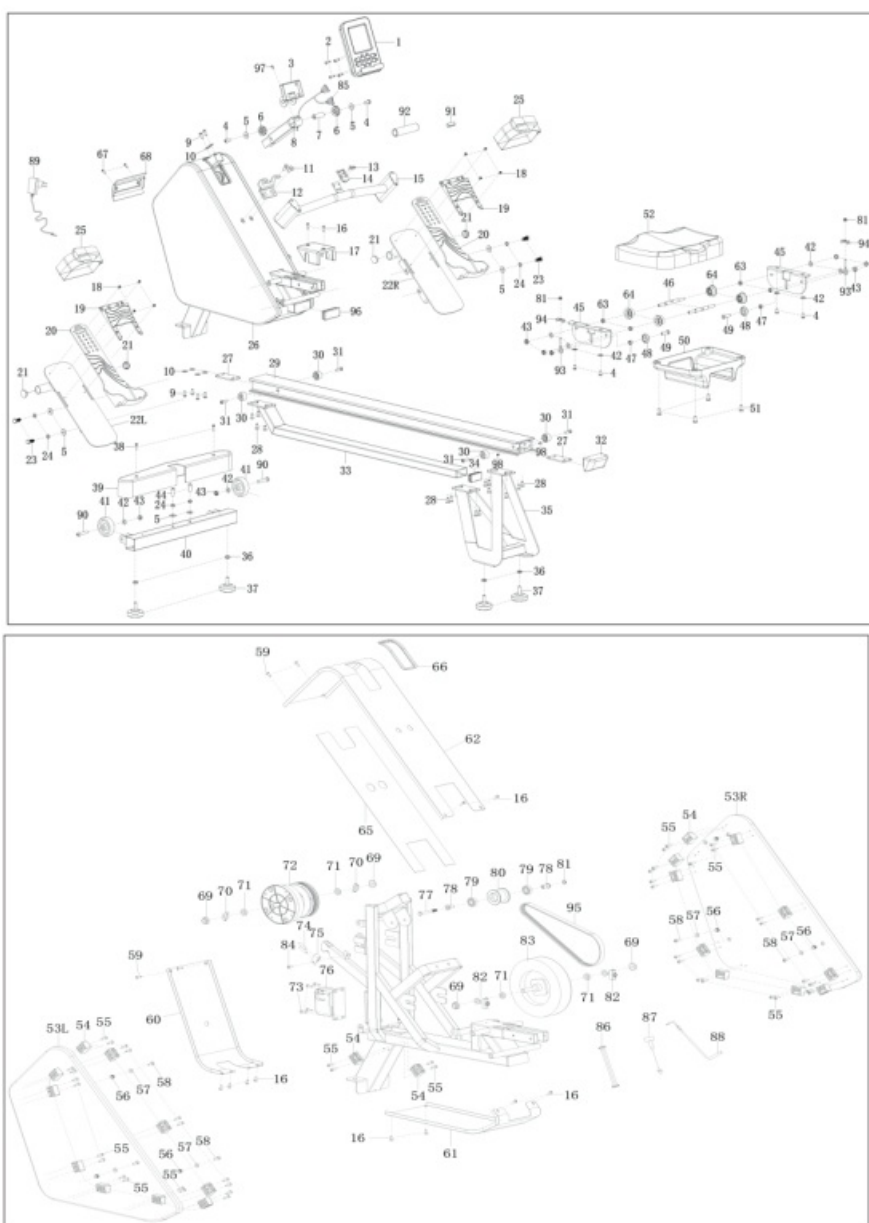
Parts list

Position	Description	Dimension	Quantity

120 01-1	Computer	Computer		1
-2	Kreuzschlitzschraube	Crosshead Screw	M4x25	4
-3	Halterung für Computer	Computer holder		1
-4	Schraube	Bolt	M8x16S5	6
-5	Unterlegscheibe	Washer	d8xΦ20×2	8
-6	Abstandshalter	Spacer	Φ32	2
-7	Welle	Shaft		1
-8	Computer Stützrohr	Computer post		1
-9	Inbusschraube	Allen screw	M6x15xS5	6
-10	Unterlegscheibe	Washer	d6xΦ16×1.5	6
-11	Inbusschraube	Allen screw	M8x20xS5	2
-12	Halterung für Rudergriff	Handlebar base		1
-13	Kreuzschlitzschraube	Crosshead Screw	M5x8	2
-14	Platte für Ruderzuggurt	Strap plate		1
-15	Rudergriff	Handlebar		1
-16	Schraube	Screw	ST4.2X13	12
-17	Abdeckung	Cover		1
-18	Schraube	Crosshead screw	M4x6	8
-19	Kunstoffplatte an Pedal	Pedal Plate		1
-20	Pedal	Pedal		1
-21	Endkappe	End cap		4
-22 L	Pedal Grundplatte links	Left pedal plate		1
-22 R	Pedal Grundplatte rechts	Right pedal plate		1
-23	Schraube	Hexhead bolt	M8x20xS13	4
-24	Federring	Spring washer	d8	6
-25	Fußschlaufe	Strap		2
-26	Hauptrahmen	Main Frame		1
-26	Schraube	Screw		8
-27	Platte	Nut plate		2
-28	Schraube	Allen screw	M6x15xS4	18
-29	Schiene	Rail		1

-30	Stopper	Limiter		4
-31	Inbusschraube	Allen screw	M6x20XS5	4
-32	Abdeckung	Cover		1
-33	Verbindungsschiene	Aluminium rail link		1
-34	Endkappe	End cap		1
-35	Hinterer Standfuß	Rear support tube		1
-36	Mutter	Nut	M8	4
-37	Verstellschraube	Adjustable Pad		4
-38	Schraube	Crosshead screw	M4x15	2
-39	Abdeckung	Cover		1
-40	Vorderer standfuß	Front stabilizer		1
-41	Rollen	Roller		2
-42	Unterlegscheibe	Washer		14
-43	Stoppmutter	Safety nut	M8	8
-44	Inbusschraube	Allen screw	M8x20xS5	2
-45	Grundplatte für Rudersitz	Seat plate		2
-46	Welle	Axle		2
-47	Abstandshalter	Spacer		2
-48*	Sitzrollen	Roller for seat		2
-49	Inbusschraube	Allen screw	M8x32x12xs5	2
-50	Abdeckung	Cover		1
-51	Inbusschraube	Allenscrew	M6x10xS5	4
-52*	Sitz	Seat		1
-53 L	Gehäuse,links	Housing, left side		1
-53 R	Gehäuse, rechts	Housing, right side		1
-54	Montageblock	Tight block		22
-55	Kreuzschlitzschraube	Crosshead screw	ST4.2×25	44
-56	Mutter	Nut	M5x8	6
-57	Unterlegscheibe	Washer	d5xΦ12×2	6
-58	Inbusschraube	Allen screw	M5x12xS4	6
-59	Screw	Schraube	ST4.8×13	4
-60	Gitterplatte 3	Mesh Plate 3		1

-61	Gitterplatte 2	Mesh Plate 2		1
-62	Gitterplatte 1	Mesh Plate 1		1
-63	Abstandshalter	Spacer		4
-64*	Sitzrollen	Seat rollers		4
-65	Abdeckung	PC Plate		1

-66	Kunstoffdichtung	Seal		1
-67	Kreuzschlitzschraube	Crosshead Screw	ST4x19	2
-68	Abdeckplatte	Support plate		1
-69	Mutter	Nut	M10x1xH8xS15	4
-70	Fixierplatte	Fixed plate		2
-71	Mutter	Nut	M10x1xH5xS17	4
-72	Riemenscheibe	Belt wheel		1
-73	Kreuzschlitzschraube	Crosshead screw	ST4.2*16	4
-74	Sensor	Sensor		2
-75	Halterung für Sensor	Sensor holder		1
-76*	Motor	Motor		1
-77	Schraube	Hexhead Bolt	M6x55	1
-78	Abstandshalter	Spacer		2
-79*	Kugellager	Ballbearing	6000	1
-80	Rolle	Pulley		1
-81	Stoppmutter	Safety nut	M6xH5.5xS10	3
-82	Halterung	U-Bracket		2
-83	Schwungrad	Flywheel		1
-84	Kreuzschlitzschraube	Crosshead screw	M4x8	1
-85	Verbindungskabel 1	Trunk cable 1		1
-86	Verbindungskabel 2	Trunk cable 2		1
-87	Stromkabel	Power line		1
-88	Widerstandsverstellkabel	Resistance control cable		1
-89	Adapter	Adapter		1
-90	Inbusschraube	Allen screw		2

-91	Klammer für Zuggurt	Strap buckle		1
-92	Rolle	Paper tube		1
-93	Schraube	Hex head bolt		2
-94	U-Halterung	U-Bracket		2
-95	Riemen	Bolt		1
-96	Endkappe	End cap		1
-97	Schraube	Bolt	M5x10xS4	1
-98	Schraube	STM4*13*Φ7		2
-A	Inbusschlüssel	Allen spanner	S4	1
-B	Gabelschlüssel	Wrench	S13-S15	1
-C	Inbusschlüssel	Allen spanner	S5	1
-A S-1	Hauptrahmen	Main frame	completed set	1
-A S-2	Vorderer Standfuß	Front stabilizer	completed set	1
-A S-3	Pedal L/R	Pedal L/R	completed set	1
-A S-4	Schiene	Rail	completed set	1
-A S-5	Sitz	Seat	completed set	1
-A S-6	Handgriff	Handlebar	completed set	1
-A S-7	Computer Stützrohr	Computer post	completed set	1

The part numbers with an * are wear and tear parts, which are subject to natural wear and which must be replaced after intensive or long-term use. In this case, please contact Customer Service. You can request the parts and be charged for them.

Importeur

Hammer Sport AG
Von Liebig Str. 21
89231 Neu-Ulm
www.hammer.de

Service

S E R V I C E – H O T L I N E

Tel.: 0731-97488- 62 oder -68
Fax: 0731-97488-64
Montag bis Freitag von 09.00 Uhr bis 16.00 Uhr
E-Mail: service@hammer.de

An
Hammer Sport AG
Abt. Kundendienst
Von-Liebig-Str. 21
89231 Neu-Ulm
....

Art.-Nr.:12001 RowTech NorsK
Serien Nr.:

Ort: .... Datum: ....

Ersatzteilbestellung
(Bitte in Druckbuchstaben ausfüllen!)

Kaufdatum: .... Gekauft bei Firma: ....
(Garantieansprüche nur in Verbindung mit einer Kopie des Kaufbeleges!)
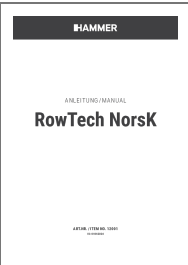
Bitte liefern Sie mir folgende Ersatzteile (Bitte leserlich schreiben!):

Position	Bezeichnung	Stückzahl	Bestellgrund

Käufer:
(Name, Vorname) ....
(Strasse, Hausnr.) ....
(PLZ, Wohnort) ....
(Telefon, Fax) ....
(E-Mail-Adresse) ....

Lieferadresse: (wenn abweichend von Käuferadresse)
(Firma) ....
(Ansprechpartner) ....
(Strasse, Hausnr.) ....
(PLZ, Wohnort) ....
(Telefon, Fax) ....
(E-Mail-Adresse) ....

Documents / Resources

HAMMER RowTech NorsK Rowing Machine [pdf] Instruction Manual
RowTech NorsK Rowing Machine, RowTech NorsK, Rowing Machine, Machine

References

- ⊞ **Fitnessgeräte für zu Hause - Jetzt online kaufen | HAMMER**
- **User Manual**