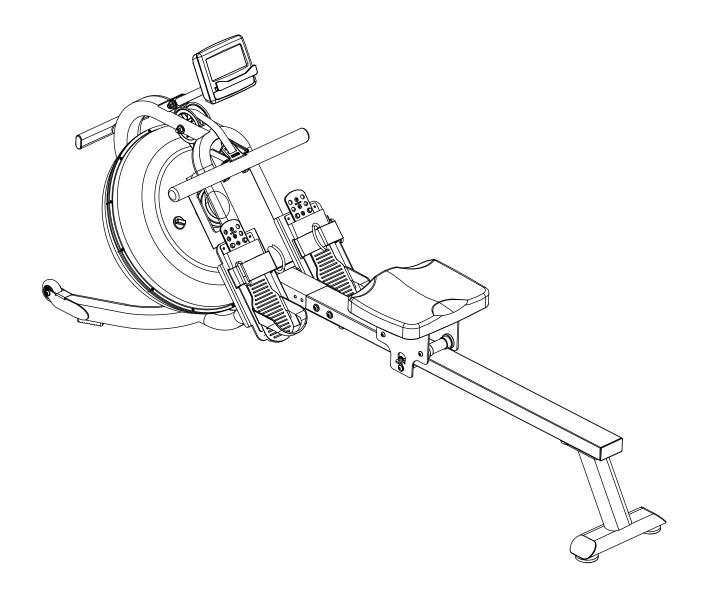


Water Rower





IMPORTANT: Read all instructions carefully before using this product. Retain this owner's manual for future reference. The specifications of this product may vary from this photo, subject to change without notice.

2671.3-110619

Owner's Manual Le Manuel Du Proprietaire



PLEASE DO NOT RETURN THIS PRODUCT TO THE STORE.

STOP. Contact customer service if you have any questions regarding assembly or proper operation of the machine.

Email us at:

Service@paradigmhw.com

Or call us at:

1-844-641-7920

Hours:

8:00 am to 5:00 pm (PST) Monday thru Friday

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SERVICE

IMPORTANT: FOR NORTH AMERICA ONLY

For damaged or defective product, questions, replacement parts or any other service support, please contact our customer service department by the below methods:

For The Best Service, please Email:

service@paradigmhw.com

Response Time: 1-2 Business Days

Emailing us with the information above will be the best method to receive a response during peak business hours

Website:

www.paradigmhw.com

Toll-Free:

1-844-641-7920

(8:00 AM - 5:00 PM Pacific Standard Time, Monday thru Friday)

Response time may vary via calling

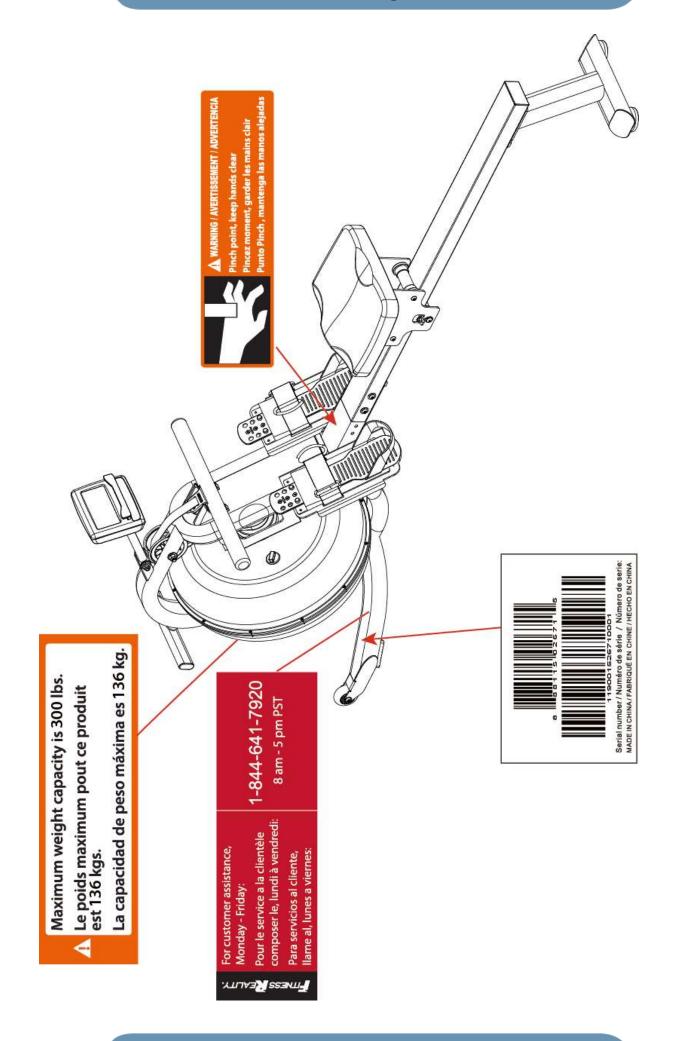
Please have the following information ready when requesting for service:

- Your name
- Phone number
- Model number
- Serial number
- Part number
- Proof of Purchase

For damaged or defective product, please contact our customer service before returning to the store.

Paradigm Health & Wellness, Inc. 1189 Jellick Ave. City of Industry, CA 91748, USA

LABEL PLACEMENT



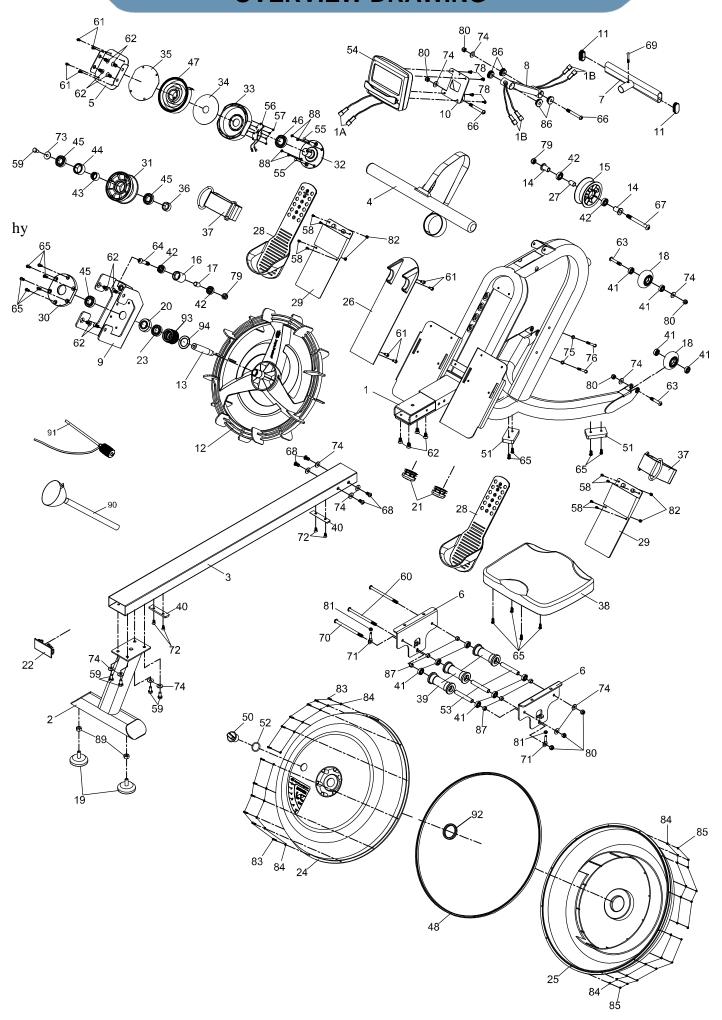
IMPORTANT SAFETY GUIDELINES

Read all instructions before using the Rower. Basic precautions should always be followed. WARNING - To reduce the risk of injury to persons, read the following:

- 1. Be sure all screws, nuts, and bolts are tightened prior to use.
- 2. Before using this equipment, we recommend doing warm ups.
- 3. Only one person should be using the equipment at a time.
- 4. Never operate this **Rower** if it is not working properly, has been dropped, or damaged. If a problem is encountered, contact Customer Service before using the **Rower** again.
- 5. Always use this equipment on a clear and level surface.
- 6. It is recommended that you place this exercise equipment on an equipment mat.
- 7. For household use only.
- 8. Do not use outdoors or near water.
- 9. Use this product only for its intended use as described in this manual. Do not use attachments **NOT** recommended by the manufacturer.
- 10. Do not wear loose clothing when using the equipment.
- 11. Never drop or insert any object into any opening.
- 12. If at any time you feel faint, light-headed, or dizziness while operating the equipment, stop exercising immediately. You should also stop exercising if you are experiencing pain or any discomfort.
- 13. Keep children and pets away from equipment when in use.
- 14. For any problems, contact Customer Service. Servicing should be performed by an authorized service representative. Our contact number is on the service page.
- 15. This product requires a minimum of 6 square feet of space for safe operation.
- 16. ASSEMBLE ALL HARDWARE IN THE ORDER THAT IS SHOWN IN THE ILLUSTRATIONS. Serious bodily injury can occur if this equipment is not assembled and used correctly.
- 17. **Warning:** Risk of Personal Injury Keep children under the age of 13 away from the equipment.
- 18. **Warning:** Risk of Personal Injury Keep body parts, hair, loose clothing, and jewelry clear of all moving parts.
- 19. **Warning:** Before using this equipment, you should consult with your personal physician to see if the product is appropriate for you. Do not use this equipment without your physician's approval. Do not use this equipment if you have any of the following conditions or ailments:
 - Extreme obesity
 - Glaucoma, retinal detachment or conjunctivitis
 - Pregnancy
 - Spinal injury, Cerebral Sclerosis, or acutely swollen joints
 - Middle ear infection
 - High blood pressure, Hypertension, Recent stroke or Transient ischemic attack
 - Heart or circulatory disorders for which you are being treated
 - Hiatus hernia or Ventral hernia
 - Bone weaknesses including Osteoporosis, Unhealed fractures, Modularly pins, or Surgically implanted orthopedic supports
 - Use of anti-coagulants including Aspirin in high doses

The maximum weight capacity for this product is 300 lbs / 136 kg. DO NOT EXCEED MAXIMUM WEIGHT CAPCITY.

OVERVIEW DRAWING



PARTS LIST

No.	Description	Qty
1	Main Frame	1
1a	Console Wire	2
1b	Console Wire Extensions	2
2	Rear Stabilizer	1
3	Slide Tube	1
4	Handlebar	1
5	Spring Bracket	1
6	Seat Plate	2
7	Front Stabilizer	1
8	Console Tube	1
9	Water Tank Bracket	1
10	Console Bracket	1
11	Front Stabilizer End Cap	2
12	Water Paddle wheel	1
13	One way bearing shaft 40Gr	1
14	Bushing Ø24*27	2
15	Braid Pulley A	1
16	Braid Pulley B	1
17	Bushing	1
18	Transportation Wheel	2
19	Adjustment Pad	2
20	Bearing	1
21	End Cap	2
22	Slide Tube End Cap	1
23	Bearing 6904	1
24	Upper Water Tank Cover	1
25	Lower Water Tank Cover	1
26	Cover	1
27	Bushing	1
28	Pedal	2

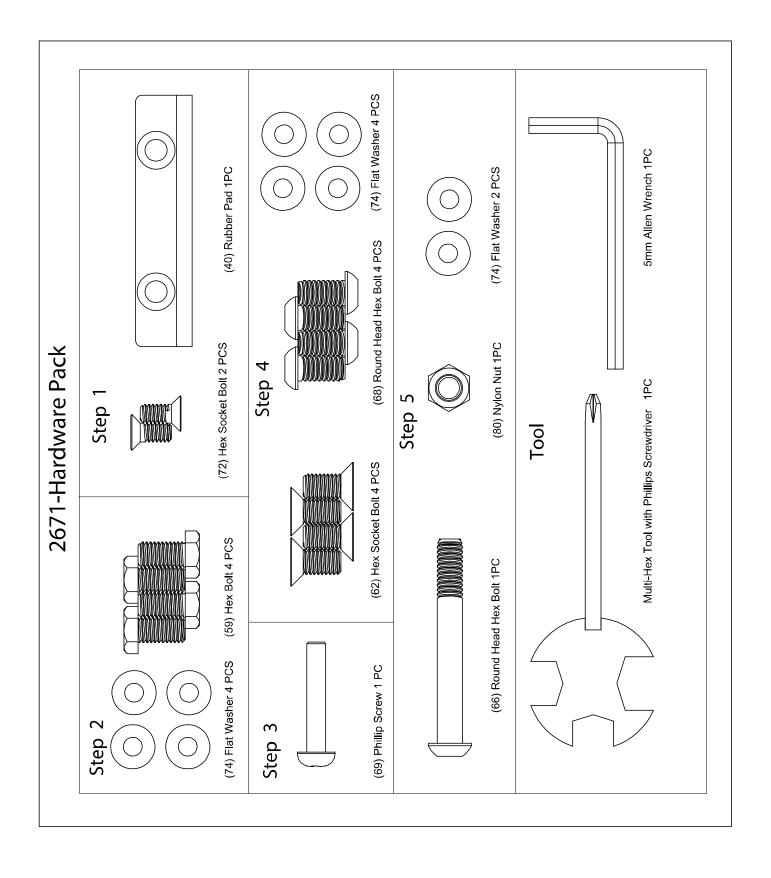
No.	Description	Qty
29	Pedal Plate	2
30	Bearing Plate	1
31	Drawstring Pulley	1
32	Spring Shaft	1
33	Spring Shaft Plate	1
34	Acoustic Baffle-A	1
35	Acoustic Baffle-B	1
36	Bushing Ø25* Ø20*13	1
37	Pedal Strap	2
38	Seat	1
39	Rolling Wheel	3
40	Rubber Pad	2
41	Bearing 608ZZ	10
42	Bearing 6000ZZ	4
43	One way Bearing HF2016	1
44	Bushing ¢ 35* ¢ 26*18	1
45	Bearing 61904ZZ	3
46	Bearing 61905ZZ	1
47	Volute Spring	1
48	Seal Ring	1
50	Seal End Cap	1
51	Rubber Pad	2
52	O-ring	1
53	Bushing	3
54	Console	1
55	Magnet Ø10*3	2
56	Sensor set	1
57	Phillips Screw M3*8	4
58	Phillips Screw M5*15	8
59	Hex Bolt M8*15	5

PARTS LIST

No.	Description	Qty
60	Round Head Hex Bolt M8*125	2
61	Self-Tapping Phillip Screw ST4.2*16	8
62	Hex Socket Bolt M8*15	12
63	Round Head Hex Bolt M8*45	2
64	Round Head Hex Bolt M10*50	1
65	Round Head Hex Bolt M6*15	14
66	Round Head Hex Bolt M8*65	2
67	Round Head Hex Bolt M10*95	1
68	Round Head Hex Bolt M8*15	4
69	Phillip Screw M6*35	1
70	Round Head Hex Bolt M8*130	1
71	Eye Bolt M6*30	2
72	Hex Socket Bolt M6*10	4
73	Flat Washer OD24*ID8.5*2.0	1
74	Flat Washer OD20*ID8.5*1.5	14
75	Flat Washer OD12*ID6.5*1.5	2
76	Round Head Hex Bolt M6*58	2

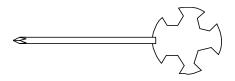
No.	Description	Qty
78	Phillips Screw M5*10	4
79	Nylon Nut M10	2
80	Nylon Nut M8	7
81	Nylon Nut M6	2
82	Nylon Nut M5	4
83	Phillips Screw M3*20	12
84	Flat Washer OD7*ID3.2*1.0	24
85	Nylon Nut M3	12
86	Bushing	4
87	Bushing ¢ 14*1.5*7	6
88	Self-Tapping Phillip Screw ST5*12	4
89	Hex Nut M10	2
90	Funnel	1
91	Siphon pump	1
92	Fixed Ring	1
93	Stainless Steel Spring	1
94	Gasket	1

HARDWARE & TOOLS PACK

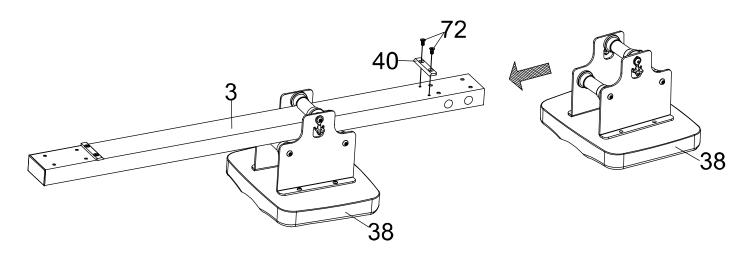


ASSEMBLY

Tool:



Multi-Hex Tool with Phillips
Screwdriver 1PC



Step 1

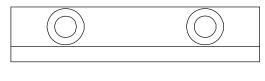
1A. Installing the Seat

Slide the **Seat (38)** onto the front end of **Slide Tube (3)** without the pre-assembled **Rubber Pad (40)**. Attach the **Rubber Pad (40)** onto the underside of the **Slide Tube (3)** with two **Hex Socket Bolts (72)**. Tighten using the **Multi-Hex Tool with Phillips Screwdriver** provided.

NOTE: The narrow edge of the Rubber Pad (40) should be pointing towards the Seat (38).

NOTE: MAKE SURE THE RED ARROW STICKER ON THE SEAT IS FACING AWAY FROM THE LOGO STICKER.

Hardware:

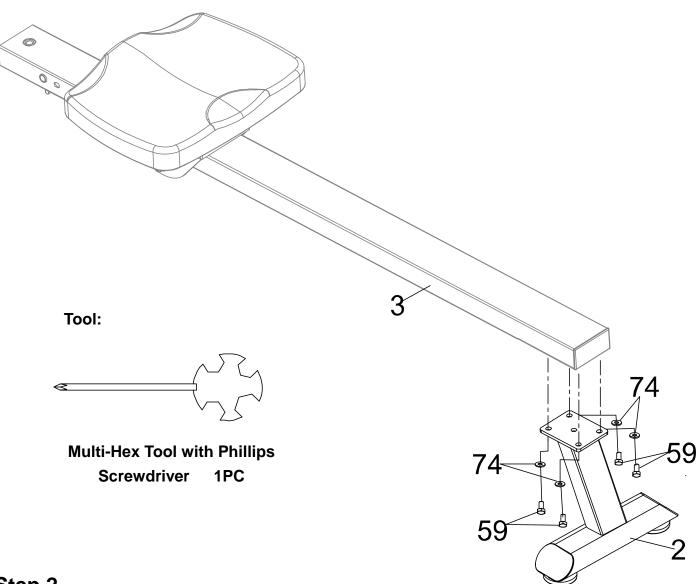


(40) Rubber Pad 1 PC



(72) Hex Socket Bolt 2 PCS

ASSEMBLY

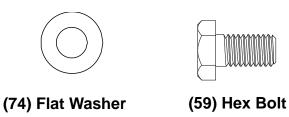


Step 2

2A. Installing the Rear Stabilizer

Attach the Rear Stabilizer (2) onto the underside of the Slide Tube (3) with four Flat Washers (74) and four Hex Bolts (59). Tighten using the Multi-Hex Tool with Phillips Screwdriver provided.

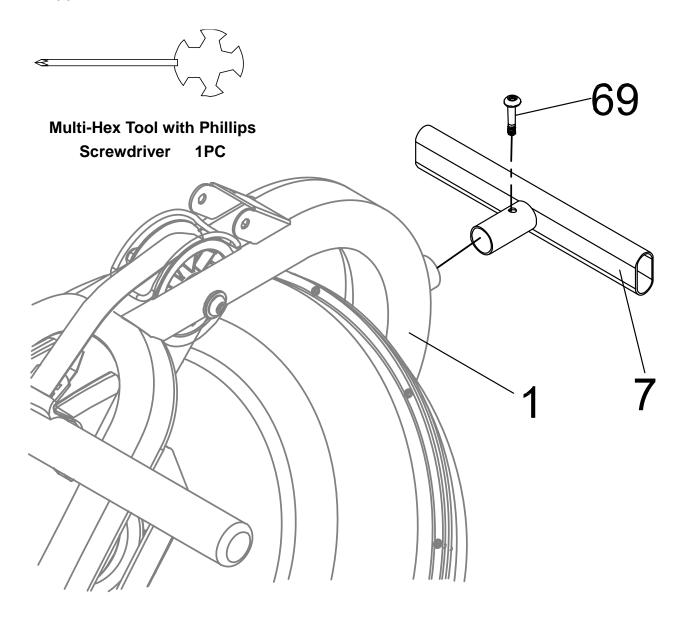
Hardware:



4 PCS

4 PCS

Tool:

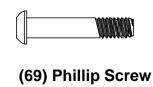


Step 3

3A. Installing the Front Stabilizer

Attach the **Front Stabilizer (7)** onto the **Main Frame (1)** with one **Phillip Screw (69)**. Tighten using the **Multi-Hex Tool with Phillips Screwdriver** provided.

Hardware:



1 PC

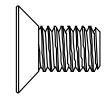
ASSEMBLY



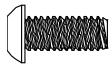
Step 4

4A. Installing the Slide Tube
Lift the Main Frame (1) until the Front
Stabilizer (7) and Transportation Wheels (18)
on the Main Frame (1) makes contact with the
floor as shown. Insert the Slide Tube (3) and
attach four Flat Washers (74), four Round
Head Hex Bolts (68) and four Hex Socket
Bolts (62). Tighten using the 5mm Allen
Wrench provided.

Hardware:



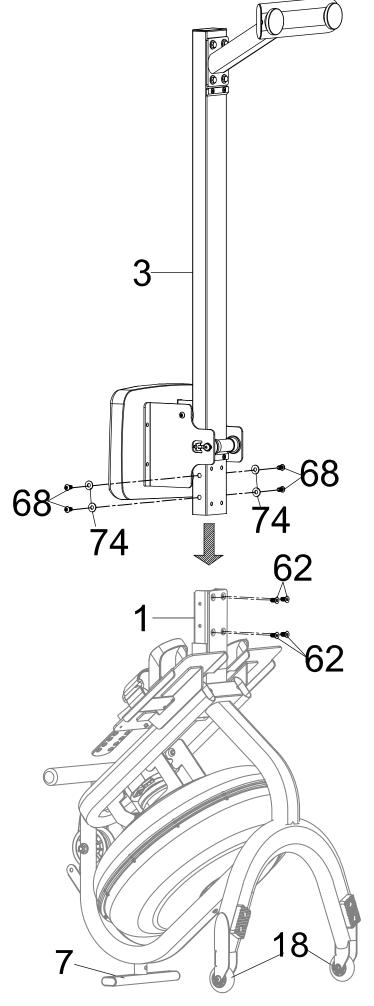
(62) Hex Socket Bolt 4 PCS



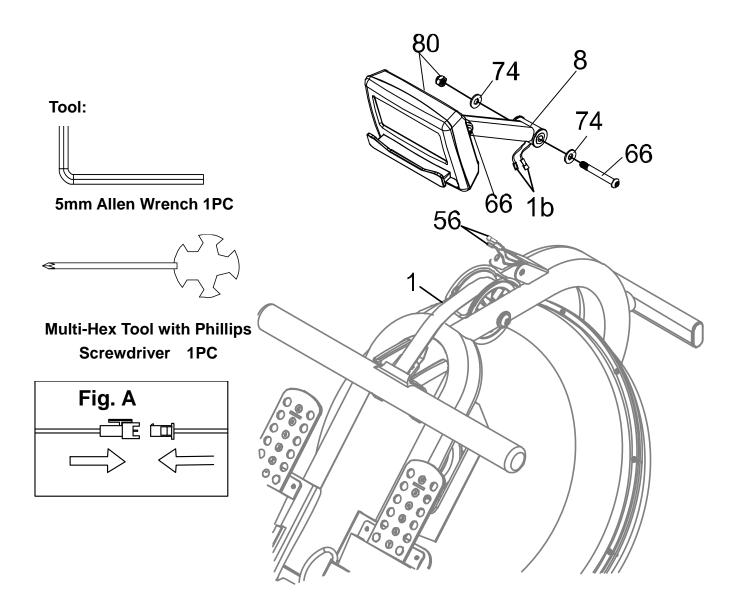
(68) Round Head Hex Bolt 4 PCS



(74) Flat Washer 4 PCS



ASSEMBLY

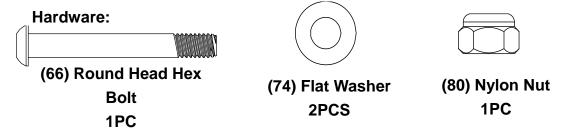


Step 5

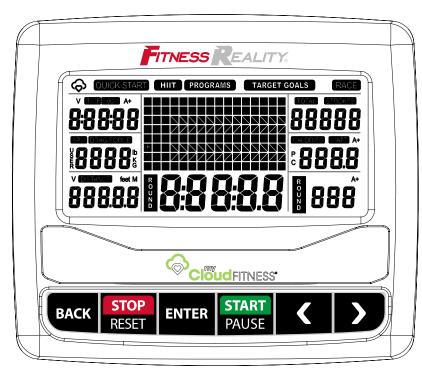
5A. Installing the Console to Main Frame

Connect the Console Wires (1b) from Console Tube (8) to the Sensor set (56) from the Main Frame (1). See Fig. A. Attach the Console Tube (8) into the Main Frame (1) with two Flat Washers (74), one Round Head Hex Bolt (66) and one Nylon Nut (80). Tighten using the 5mm Allen Wrench and Multi-Hex Tool with Phillips Screwdriver provided.

NOTE* Wriggle The wires when inserting the bolt to make sure it passes through the holes without cutting the wires. Make sure to Tighten both Round Head Hex Bolt (66) and Nylon Nut (80) if the console moves during use.



CONSOLE



USING THE CONSOLE

Power On: Press any button to turn on.

Power Off: Hit STOP button

Reset: Press and hold the STOP/RESET button for 3 seconds to reset the console.

Pause: Press the START/STOP button to pause.

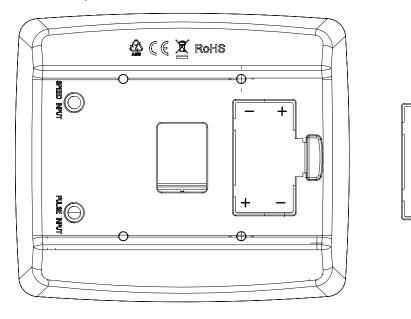
BACK: Press this button to return to the previous menu.

WORKOUT VALUES

•STROKES: Will track the total

number of strokes/pulls during the workout, up to a total of 9999.

- **CAL**: Will track the number of calories burned during the workout, up to a value of 9999. This is only an estimate value base on an average user.
- **TIME**: Will track the workout length, up to a maximum value of 99:59 minutes.
- SCAN: This will make the display automatically rotate between the workout value being displayed. The work value being displayed will shift every 4 seconds.
- M: This will track your distance in meters, up to a maximum value of 9999 meters.
- SPM: This will track the average number of strokes per minute.
- The MyCloudFitness symbol turns on the Bluetooth antenna is connected.



BATTERY INSTALLATION

- 1. Remove the battery cover from the console by unclipping it from the console.
- 2. Install the batteries. The positive and negative poles are labeled in the image above.
- 3. After installing the batteries, secure them in place by replacing the cover

CONSOLE

How To set Up Console:

Turn on the console and select Your tanks Current Water level (L1-L6)

NOTE* If you filled your tank to The 4th Line then Select the L4 option. Default is L6

Press the Left or Right arrow keys to cycle through MAIN MENU

- 1. Quick Start.
 - a. Select Quick Start and press ENTER this will Take you into Quick Start mode. Press Start button to begin workout. You can STOP the workout and press BACK to return to the MAIN MENU

2. HIIT

- a. Select HIIT to enter the High Intensity Interval Training mode.
 - i. There is 3 different options you can choose.
 - 1. 1 30:30
 - 2. 2 60:90
 - 3. 3 90:20
 - a. Highlight desired option and Press ENTER.
 - ii. Select how many rounds you would like to do, Range is 01-99 Rounds.
 - 1. Round will Begin with the value on the **RIGHT** which is **REST** for selected value and then switch to **GO** value on the **LEFT**.
 - 2. When the seconds have counted down this will count as 1 ROUND.
 - You can STOP the workout and press BACK to return to the MAIN MENU.

3. HIIT PROGRAMS

- a. Select HIIT PROGRAMS to create your own Custom HIIT Program.
 - i. Select the desired seconds for first GO block .
 - 1. The values change in increments of 05. Range is **05-95 seconds** Press **ENTER** to Set.
 - ii. Select the desired seconds for the second **REST** block.
 - 1. The values change in increments of 05. Range is **05-95 seconds**. Press **ENTER** to Set.
 - iii. Next select the desired rounds you would like to do, Range is 01-99
 - iv. Press Start to begin work out. You can **STOP** the workout and press **BACK** to return to the **MAIN MENU**.

4. PROGRAMS

- a. Select **PROGRAMS** to enter the **PRE-SET** programs section.
 - i. Programs are:
 - 1. 500 M
 - 2. 2,000 M
 - 3. 5,000 M
 - 4. 10,000 M
 - 5. 30 Minute
 - a. When desired program is highlighted press START to begin workout. Workout will end when the pre-selected value is completed. You can STOP the workout and press BACK to return to the MAIN MENU.

CONSOLE

5. TARGET GOALS

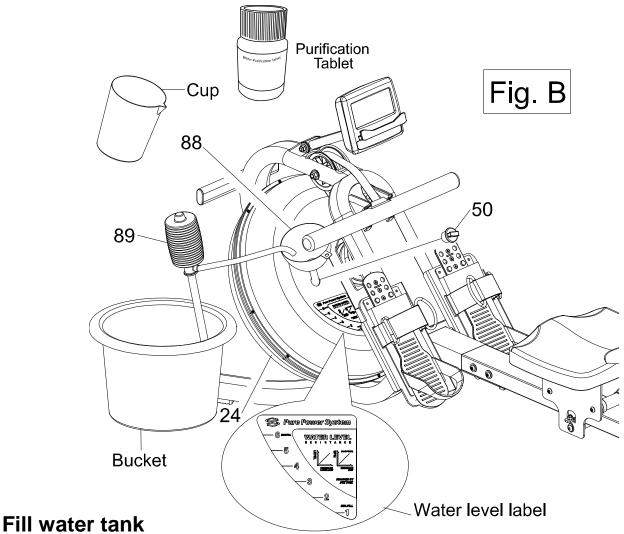
- a. Select the **TARGET GOALS** to enter the goals section. There you will find **3** different goals selections.
 - 1. **TIME** selection. Press **ENTER** when highlighted.
 - a. Press the left or right ARROW keys to enter desired TIME GOAL.
 Range is from 1:00 to 240:00 minutes.
 - b. Press **START** to begin workout. You can **STOP** the workout and press **BACK** to return to **MAIN MENU**.
 - 2. **DISTANCE** selection. Press **ENTER** when highlighted.
 - a. Press the left or right ARROW keys to select the desired DISTANCE GOAL. Range is from 100 to 99,990 METERS.
 - b. Press **START** to begin workout. You can **STOP** the workout and press **BACK** to return to the **MAIN MENU**.
 - 3. CALORIE selection. Press ENTER when highlighted.
 - a. Press the left or right ARROW keys to select the desired CALORIE GOAL. Range is from 10 to 5,000 CALORIES.
 - b. Press **START** to begin the workout. You can **STOP** the workout and press **BACK** to return to **MAIN MENU**.

6. RACE

- a. Select **RACE** to enter the race section. There you will find **14** different options.
 - Race options have a pre set **TIME** to beat and you can also set a **DISTANCE** to beat.
 - ii. Below is the chart for the races.
 - iii. On the race screen YOU are on top and are designated as U.
 - iv. The **computer** is below you and is designated **PC**.

L1	8:00	L6	5:30	L11	3:00
L2	7:30	L7	5:00	L12	2:30
L3	7:00	L8	4:30	L13	2:00
L4	6:30	L9	4:00	L14	1:30
L5	6:00	L10	3:30	L15	1:00

ADJUSTMENTS & TRANSPORTING

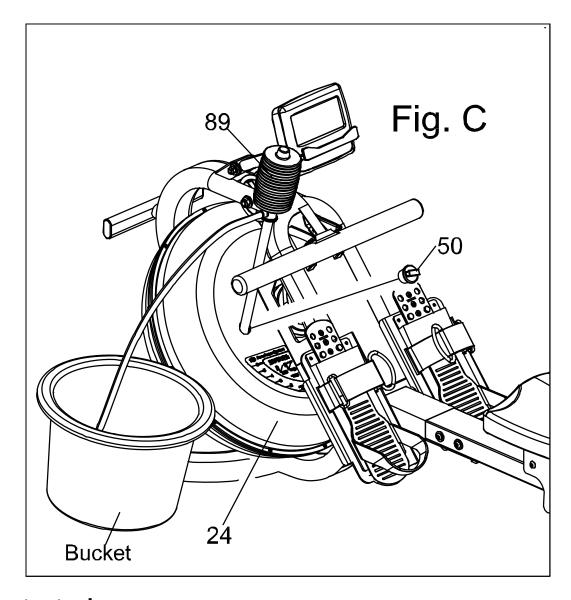


- 1. Remove the Seal End Cap (50) from the Upper Water Tank Cover (24).
- 2. Insert the Funnel (88) into the hole of Seal End Cap (50) on the Upper Water Tank Cover (24). Use a cup or a bucket with the Siphon Pump (89) and the Funnel (88) to fill the water tank. See Fig.B. Squeeze bulb of the Siphon Pump (89) to flow water into the tank. Then drop one Purification Tablet into the water from the tank hole.
- 3. After filling the water tank, please make sure to insert and tighten the **Seal End Cap (50)** onto the **Upper Water Tank Cover (24)**.

NOTE:

- The water level gauge is on the side of the tank. The maximum fill level is 6. Don't fill it over this limit.
- The resistance depends on the water level in the tank. Level 1 is the lowest resistance. Level 6 is the highest resistance.
- Fill the tank only with tap water. Add 1 water-purification tablet (1 packet is included.). Never use pool chlorine or chlorine bleach. This will damage the tank and void the warranty.
- Add a water purification tablet every 6 months or as needed. If water remains cloudy, replace the water in the tank.
- Water from the tank is not suitable for consumption. Dispose of the water after pumping it out from the tank

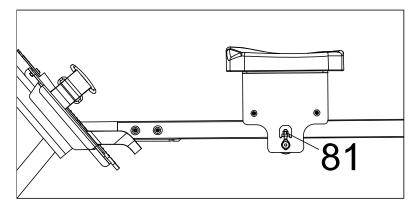
ADJUSTMENTS & TRANSPORTING



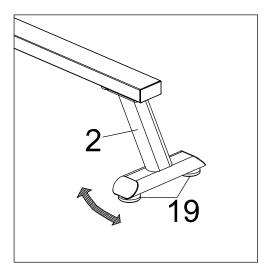
Drain water tank

- 1. Remove the Seal End Cap (50) from the Upper Water Tank Cover (24).
- 2. Place a bucket beside the water tank and use the **Siphon Pump (89)** to pump out the water from the water tank into the bucket. **See Fig.C.** Squeeze the bulb of the **Siphon Pump (89)** to flow water out of the tank
- 3. After pumping, please make sure to insert and tighten the **Seal End Cap (50)** onto the **Upper Water Tank Cover (24)**.

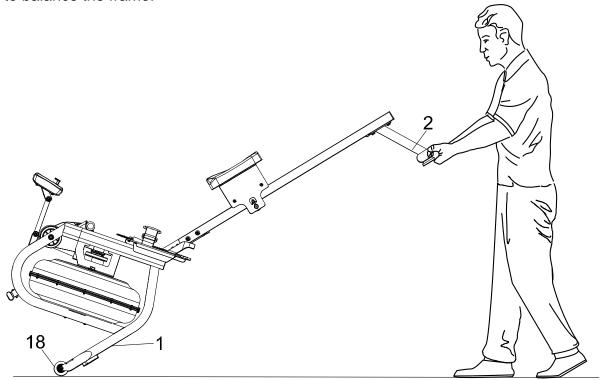
ADJUSTMENTS & TRANSPORTING



• If the seat does not slide easily, or the seat shakes too much, adjust the Nylon Nut (81).

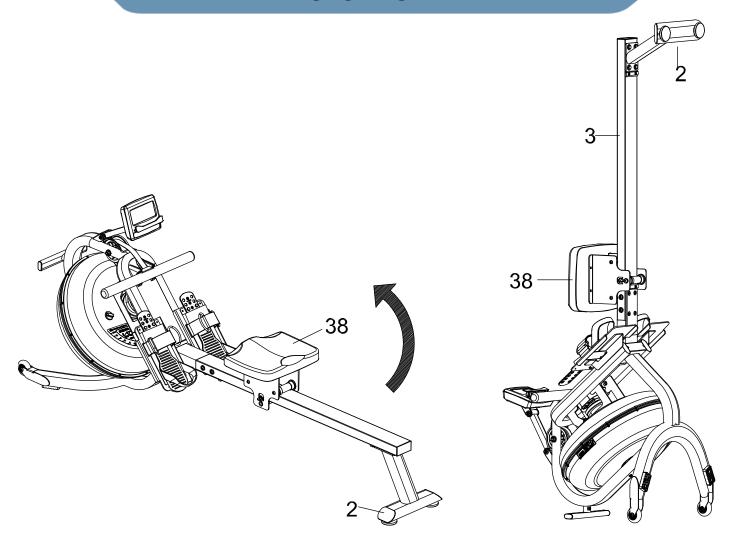


• If the frame is shaking while in use, turn the **Adjustment Pad (19)** on the **Rear Stabilizer (2)** to balance the frame.



Hold the Rear Stabilizer (2) and pull the machine until the Transportation Wheels
 (18) on the Main Frame (1) make contact with the floor. Push or pull the unit to the
 desired location, then gently lower the Rear Stabilizer (2) to the ground.

STORAGE



- Hold the Rear Stabilizer (2) and pull the machine up until the Transportation Wheels
 (18) and Front Stabilizer (7) on the Main Frame (1) make contact with the floor as
 shown.
- ALWAYS Store the **Rower** in a clean and dry environment away from pets and children.

MAINTENANCE & TROUBLE SHOOTING

CLEANING

- The rower can be cleaned with a soft clean damp cloth. Do not use abrasives or solvents on the plastic parts.
- Please wipe your perspiration off the rower after each use. Be careful not to get excessive moisture on the computer display panel as this might cause an electrical hazard or the electronics to fail.
- Please keep the computer console and the rower, out of direct sunlight to prevent screen damage.
- Please inspect all assembly bolts, nuts, screws, and pedals on the machine for proper tightness every week.

TROUBLESHOOTING

- **PROBLEM:** There is no display on the computer console.
 - SOLUTION: Remove the console and verify that the wire at the rear of the console is properly connected to the wires that come from the frame.
 - SOLUTION: Check that the batteries are correctly inserted and the battery springs are in proper contact with the batteries.
 - SOLUTION: The batteries in the computer console may be dead. Replace the dead batteries with new batteries. Do NOT mix old and new batteries.
- **PROBLEM:** The rower makes a squeaking noise when in use.
 - o **SOLUTION:** The bolts may be loose on the equipment. Please inspect all of the nuts, bolts, screws and tighten any loose Hardware.

WARRANTY

MANUFACTURER'S LIMITED WARRANTY

Paradigm Health & Wellness warrants to the original purchaser that this product is free from defects in material and workmanship when used for the purpose intended, under the conditions that it has been installed and operated in accordance with Paradigm's Owner's Manual. Paradigm's obligation under this warranty applies to the following:

COMPONENTLENGTH OF WARRANTYStructural Frame3 years For Home Use OnlyAll Other Components180 days For Home Use Only

Exclusions from Warranty Coverage:

Paradigm does not warrant against and is not responsible for, and no implied warranty shall be deemed to cover, any product failure, product malfunction, or damages attributable to:

- 1. Improper installation and/or failure to abide by Paradigm's installation guidelines;
- 2. Use of this product beyond normal home use, or in an application for which it was not designed;
- 3. Cosmetic items such as scratches, dents or discolorations;
- 4. Damage caused by normal wear and tear, vandalism, accidental or by animals;
- 5. Any act of Nature (such as fire, flooding, snow, ice, hurricane, earthquake, lightning or other natural disaster), environmental condition (such as air pollution, mold, mildew, etc.), or staining from foreign substances (such as dirt, grease, oil, etc.);
- 6. Normal weathering due to exposure to sunlight, weather and atmosphere which can cause colored surfaces to, among other things, flake, chalk, accumulate dirt or stains.
- 7. Improper operation, alteration, handling, storage, abuse or neglect of the products.

Paradigm, using its sole discretion, will either repair or replace free of charge any part(s) proven to be defective under normal home use. Any repair or replacement shall provide no new warranty coverage, but shall retain only the remaining portion of the original product's warranty. This warranty is offered only to the original purchaser and is not transferable. Proof of original purchase is required.

Ordering Replacement Parts

Replacement parts can be ordered by emailing our customer service department:

Service@paradigmhw.com

Open Monday thru Friday 8:00 AM - 5:00 PM (PST).

When ordering replacement parts please have the following information ready:

- 1. Owner's Manual
- 2. Model Number
- 3. Description of Parts
- 4. Part Number
- 5. Date of Purchase

PARTS REQUEST FORM

Paradigm Health & Wellness, Inc.

EMAIL THIS FORM WITH YOUR RECEIPT OF PURCHASE TO Service@paradigmhw.com

NAME:				
ADDRESS:				
CITY:		STATE:	ZIP:	
TELEPHONE:	(Day)			
	(Night)			
SERIAL#:				
PURCHASE DA	NTE:			
PLACE OF PUR	RCHASE:			
PART #		DESCRIPTION	ON	QTY

[&]quot;YOUR ORDER WILL BE PROCESSED WITHIN 3 BUSINESS DAYS"

^{*}This form can also be faxed to #: 626-810-2166