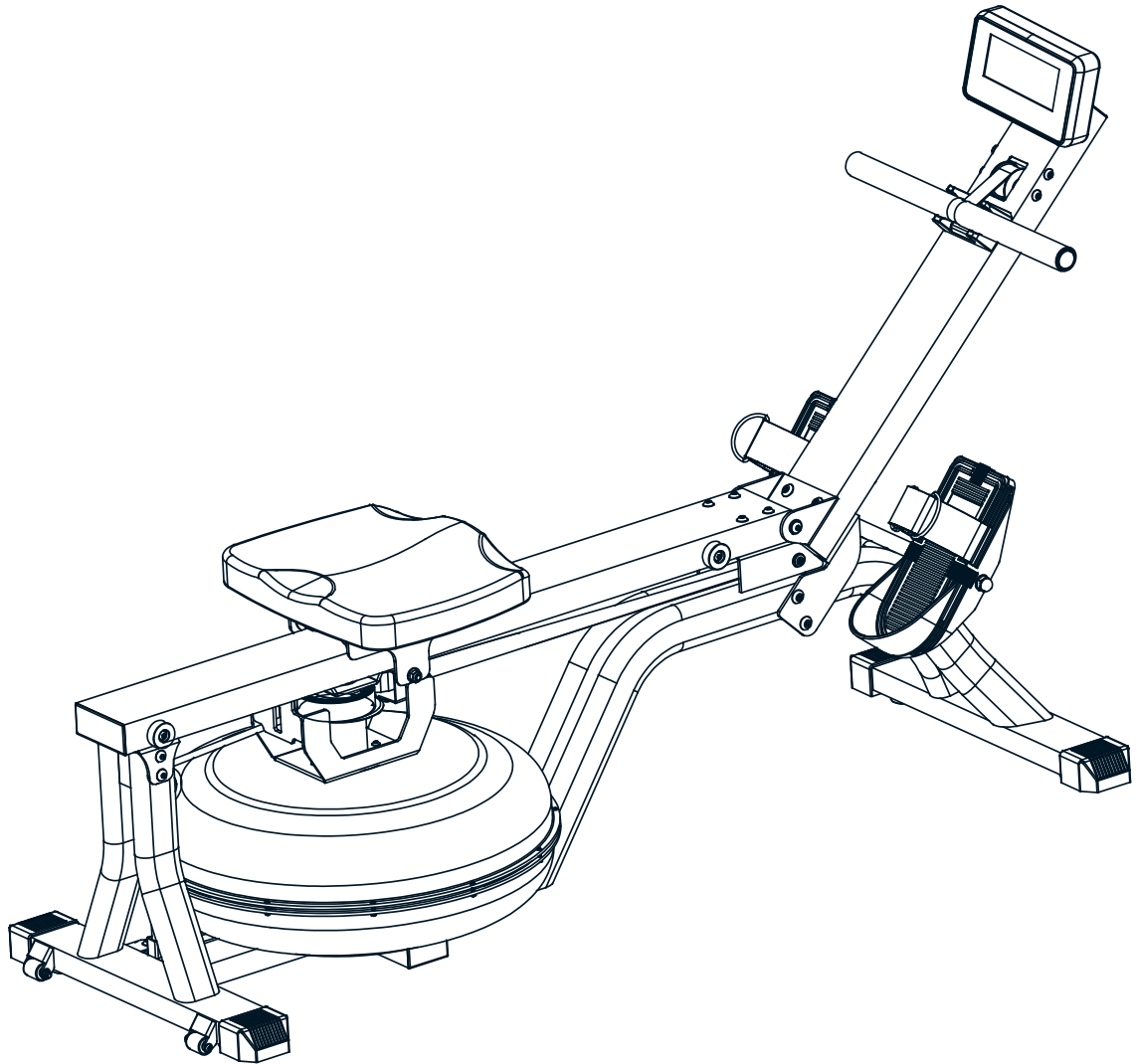


Rowing Machine OCEAN ROWER



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GORILLA SPORTS
PROFESSIONAL GYM EQUIPMENT FOR EVERYONE

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Please read and observe all sections of this Operating Manual before you start with training. Thorough attention should be paid to the safety, cleaning and maintenance instructions and the training information. Please also make sure that anyone using this device is familiar with all this information.

It is very important to adhere strictly to the safety and maintenance instructions contained in this Manual. This training device is only to be used for its intended purpose. If this equipment is used for any other purposes than intended, there is a possible risk of accident, damage to health or damage to the training device for which the Distributor cannot be held responsible.

Electrical Connection (only applies to devices with an external electrical connection)

- A mains voltage of 220-230V is required to operate this training device.
- The training device is only to be connected to the mains with the mains cable supplied using a 16A individually fused and earthed socket installed by a qualified electrician.
- The training device is only to be switched on and off using the ON/OFF switch.
- Always remove the electric plug from the socket before moving the training device.
- Remove the electric plug from the socket before commencing any cleaning, maintenance or other works.
- Do not connect the mains plug to a socket on a socket strip or on a cable drum.
- If using a cable extension please ensure that this complies with DIN standards, VDE regulations and guidelines, technical rules issued by other European Union states.
- Always place the mains cable so it cannot be damaged or cause a tripping hazard.
- In operating or standby mode, electrical devices such as mobile phones, PCs, Televisions (LCD, plasma, tube, etc.), game consoles etc. will emit electro-magnetic radiation. For this reason, all these types of devices should be kept away from your training device as they could lead to malfunction, disturbances or false outputs being shown in heart rate measurements.
- For safety reasons, always remove the electrical plug from the socket when the device is not in use.

Training Environment

- Select a suitable space for your training device to provide an optimum amount of free space and highest level of safety. You should leave a free space of at least 100 cm in front of and behind the device and a minimum of 100 cm to each side of the training device.
- Make sure that the area is well ventilated and that an optimum amount of oxygen is available during training. Avoid draughts.
- Your training device is not suitable for outside use and so storage and training can only take place in a temperate, clean dry room.
- The temperature range for operation and storage for this device should be between at least 10° and a maximum of 30°Celsius.
- Do not operate or store your training device in wet areas such as in swimming pools, saunas etc.
- Make sure that your training device is kept on flat, hard, clean ground both in operation and at rest. Any uneven surfaces must be removed or made good.
- It is recommended that a floor covering (carpet, mat, etc.) should be placed under the device to protect damageable floors such as wood, laminates, floor tiles etc. Please ensure that this underlay cannot slip or slide.
- Do not put this training device on pale or white coloured carpets or rugs as the feet of the device may leave marks.
- Make sure that your training device and mains cable are kept out of contact with hot surfaces and are kept at a safe distance from any sources of heat e.g. central heating, hot stoves, furnaces, ovens or open fires.

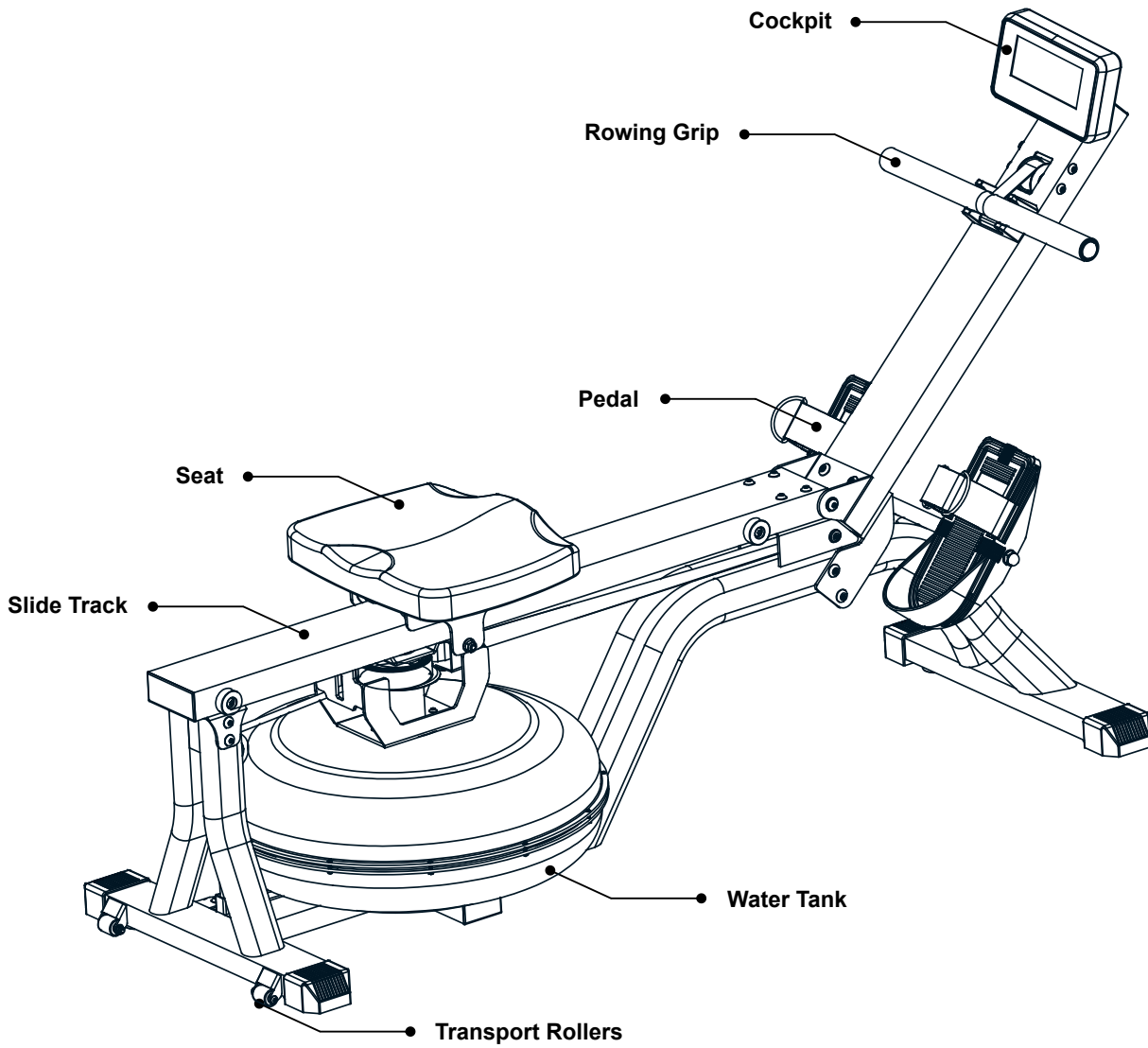
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Personal Safety Instructions for Training

- Remove the batteries or mains cable (if present) when the training device is not in use to avoid inappropriate or uncontrolled use by any other third party, e.g. children.
- You should have a health check carried out by your doctor before you start any training
- Stop training immediately if you feel physically unwell or are experiencing any breathing difficulties.
- Always start your training session at a low workload increasing it slowly but steadily throughout. Reduce the workload again towards the end of your training session.
- Suitable sports shoes and clothes should always be worn during training sessions. Make sure that loose clothes do not get caught up in the slide rail or in the rollers.
- Your training device is only to be used by one person at a time.
- Check each time before a training session to see if your device is in perfect condition. Never use your training device if it is faulty or defective.
- You are only permitted to carry out repairs to the device yourself after having contacted our Service Department and on receipt of explicit permission to do so. Only original spare parts may be used at any time.
- Your training device must be cleaned after each use. Remove all dirt including body sweat or any other liquids.
- Always make sure that liquids (drinks, body sweat, etc.) do not get onto the vibrating plate or into the cockpit as this can cause damage to the mechanical and electronic components.
- Your training device is not suitable for use by children.
- Third parties, especially children and animals, must be kept at an appropriate safety distance during training.
- Check if there are any items underneath the training device before each training session and remove them without fail. Never use the training device when items are underneath it.
- Do not allow children to use your training device as a toy or climbing frame at any time.
- Ensure that no body parts of your own or of third parties ever come in contact with any of the moving mechanisms.

The construction of this training device is based on state-of-the-art technology and highest modern technical safety standards. This training device is to be used by adults only! Extreme misuse and/or unplanned training can cause damage to your health!

Overall View of the Device



Scope of Delivery

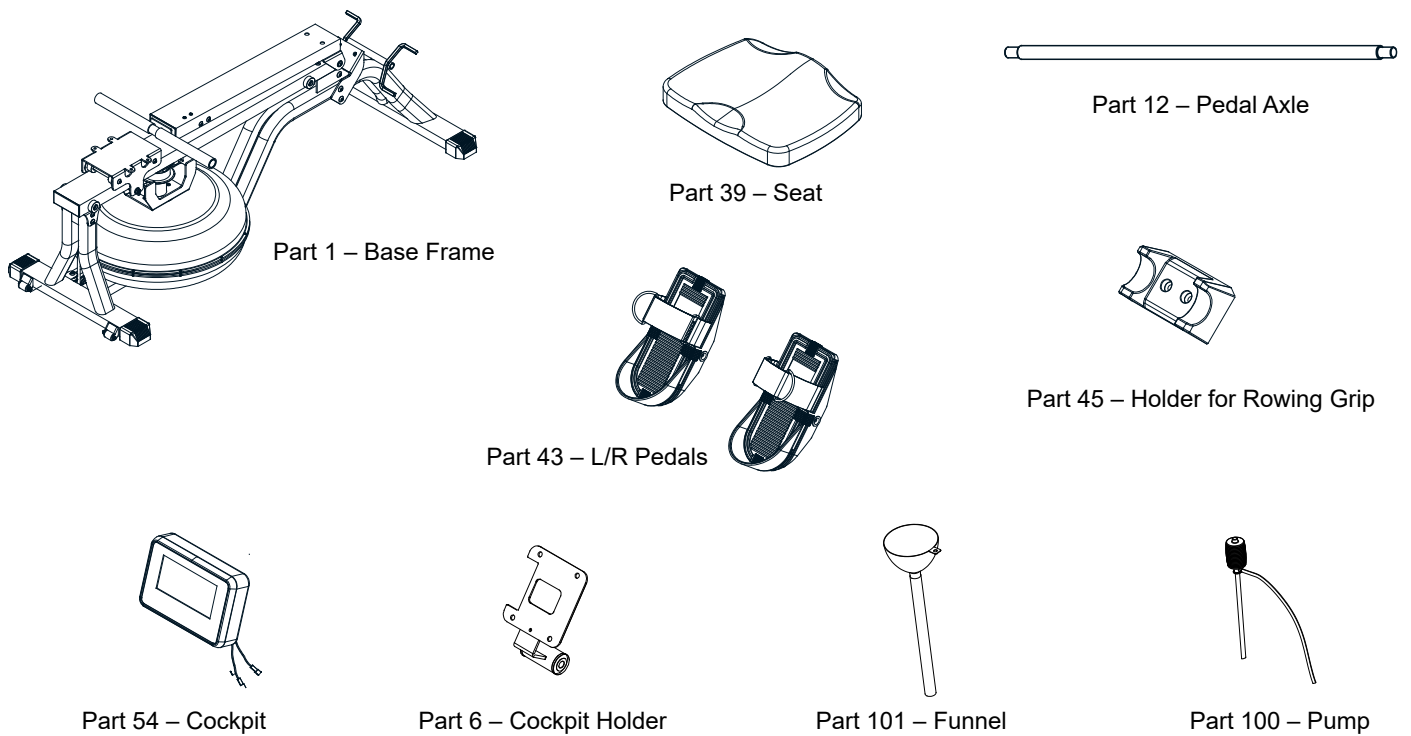












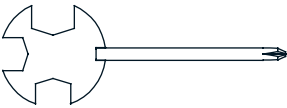



Diagram	Part No.	Description	Size	Qty
	51	Bolt	M8x70	1
	63	Bolt	M10x115	1
	87	Safety nut	M10	1
	88	Safety nut	M8	1
	65	Bolt	M10x55	2
	75	Bolt	M6x16	6
	82	Washer	M10	3
	83	Washer	M8	1
	81	Spring washer	M10	2
	86	Cap nut	M10	2
	102	Allen key	S4	1
	103	Allen key	S6	1
	104	Wrench/Phillips screwdriver	13mm 17mm	1
	105	Allen key	S5	1

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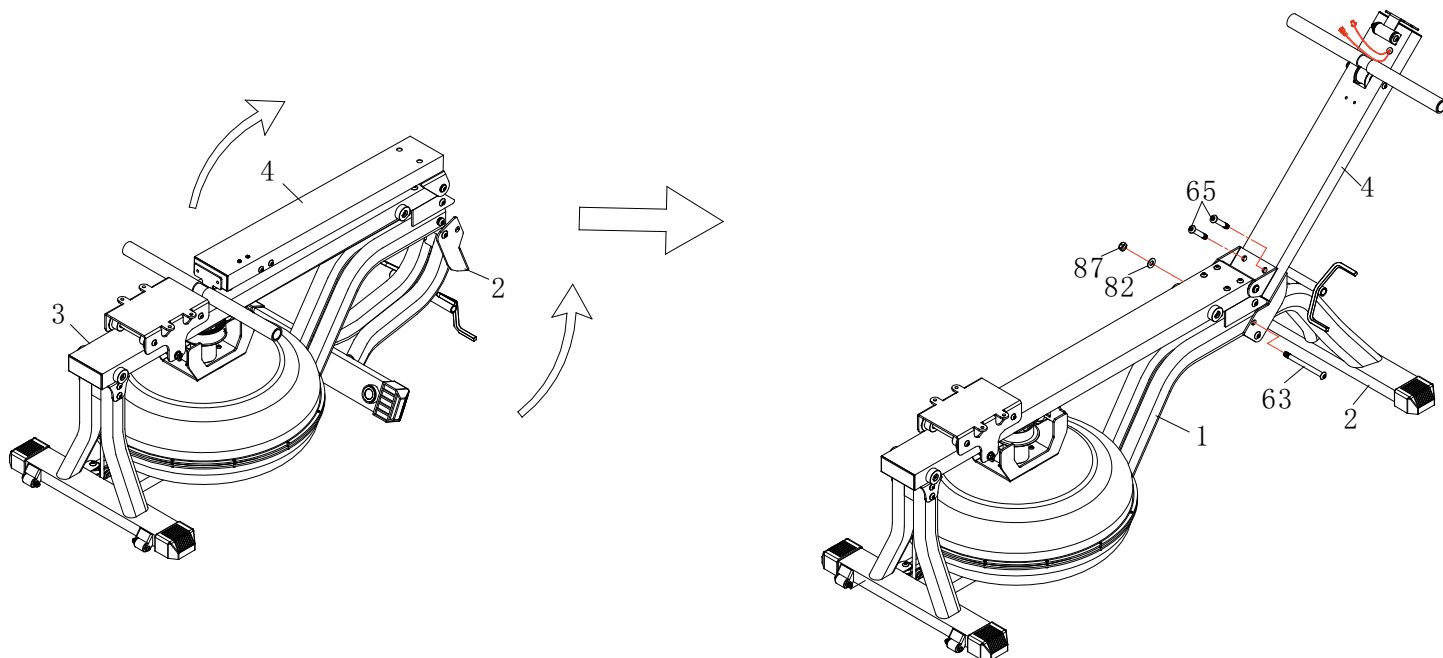
Assembly

Damage that has arisen due to assembly errors is not covered by the warranty. Please read the instructions carefully before starting, follow the sequence of assembly steps exactly and follow the instructions of each assembly step. Installation of the exercise equipment must be performed by competent adults. Since some components may have sharp edges, wear suitable work gloves during assembly.

Carry out the assembly of your training equipment in a place that is level, clean and free from obstructions. Carry out assembly with 2 people. Only after assembly is fully completed can training begin on your device.

Step 1:

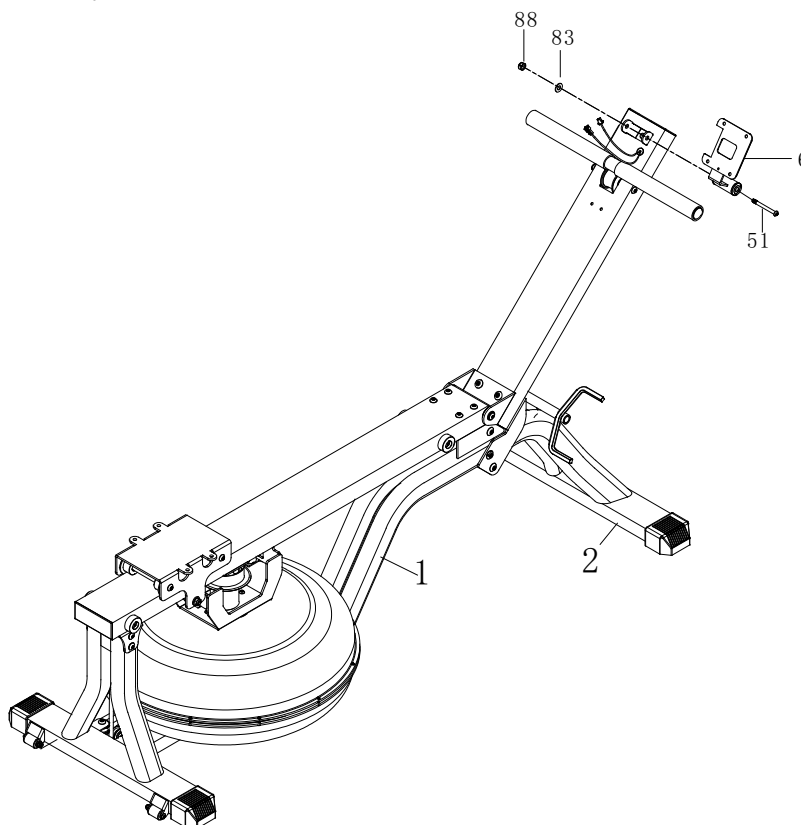
- Place the base frame on a flat even floor.
- Pull the front stand (2) out to the front.
- Pull up the front tube (4).
- From the front fix the front tube (4) to the front stand (2) using two bolts M10x55 (65)
- From the side fix the front tube (4) to the base frame (1) with a bolt M10x110 (63), a washer M10 (82) and a safety nut M10 (87)



Step 2:

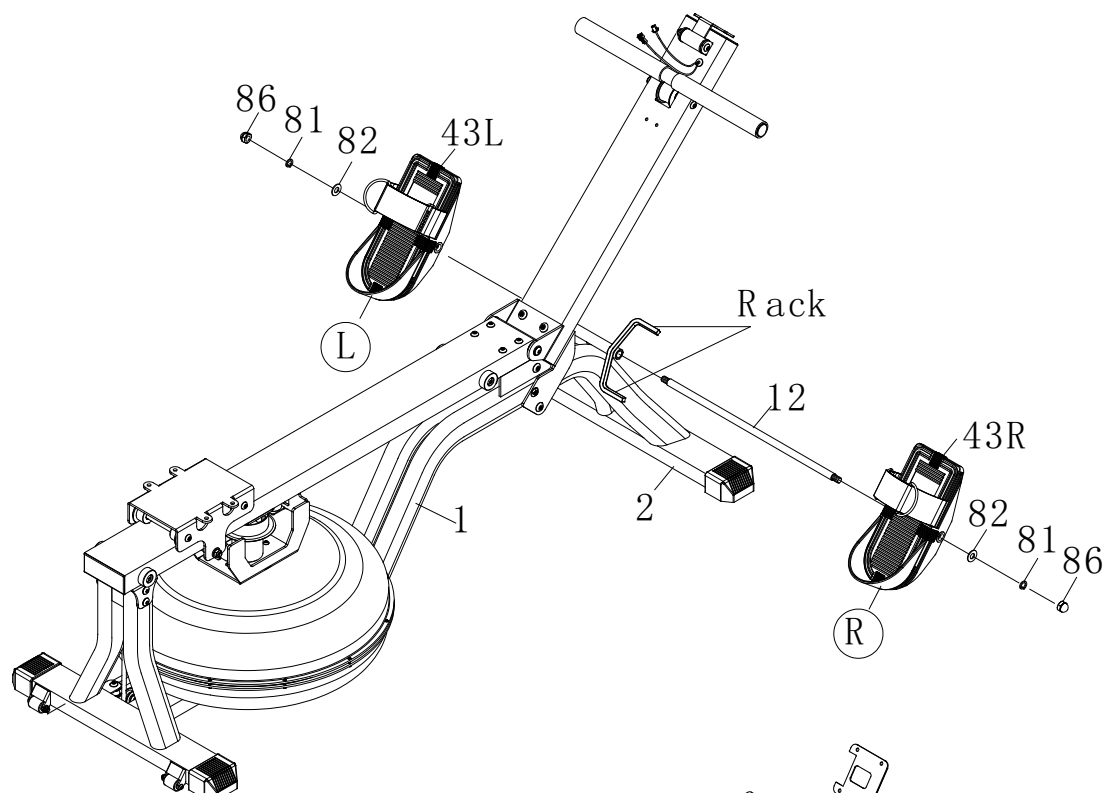
- Fix the cockpit holder (6) to the front end of the front tube (2).
- To do this use a bolt M8x70 (51), a washer M8 (83) and a safety nut M8 (88).

Note: Only tighten bolt (51) and safety nut (88) far enough so that the cockpit holder (6) can still be moved but cannot slip and change position by itself.



Step 3

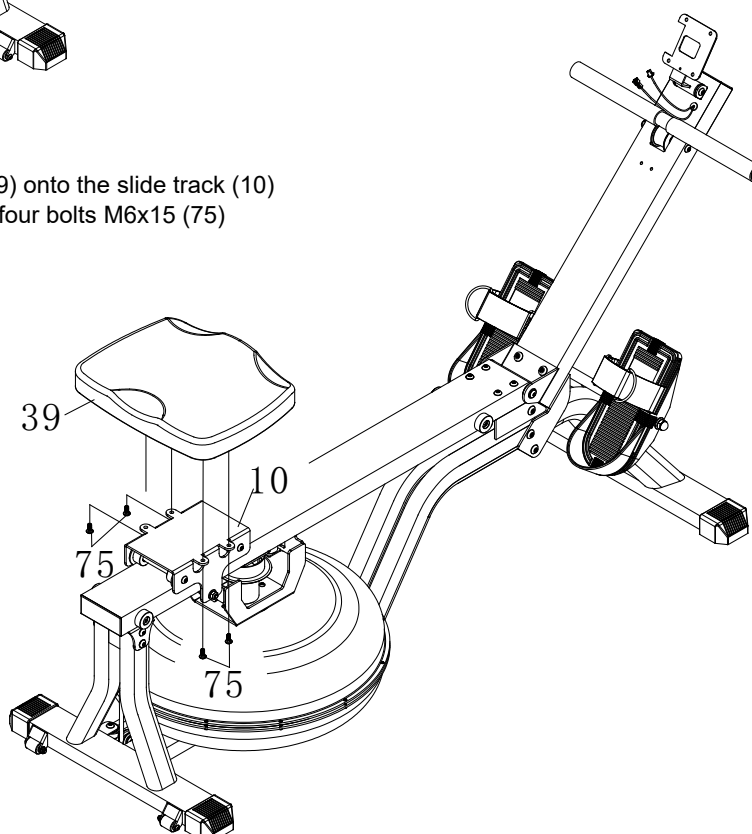
- Identify the left and right pedals (43). Left is marked with a „L“ and right with an „R“.
- Insert the pedal axle (12) into the guide on the front stand (2)
- On the right side, push the right pedal (43R) onto the pedal axle (12) and then place it onto the right pedal rack.
- On the left side, push the left pedal (43L) onto the pedal axle (12) and then place it onto the left pedal rack.
- Fix the right pedal (43R) onto the pedal axle (12) using a washer M10 (82), a spring washer M10 (81) and a cap nut M10 (86).
- Fix the left pedal (43L) onto the pedal axle (12) using a washer M10 (82), a spring washer M10 (81) and a cap nut M10 (86).



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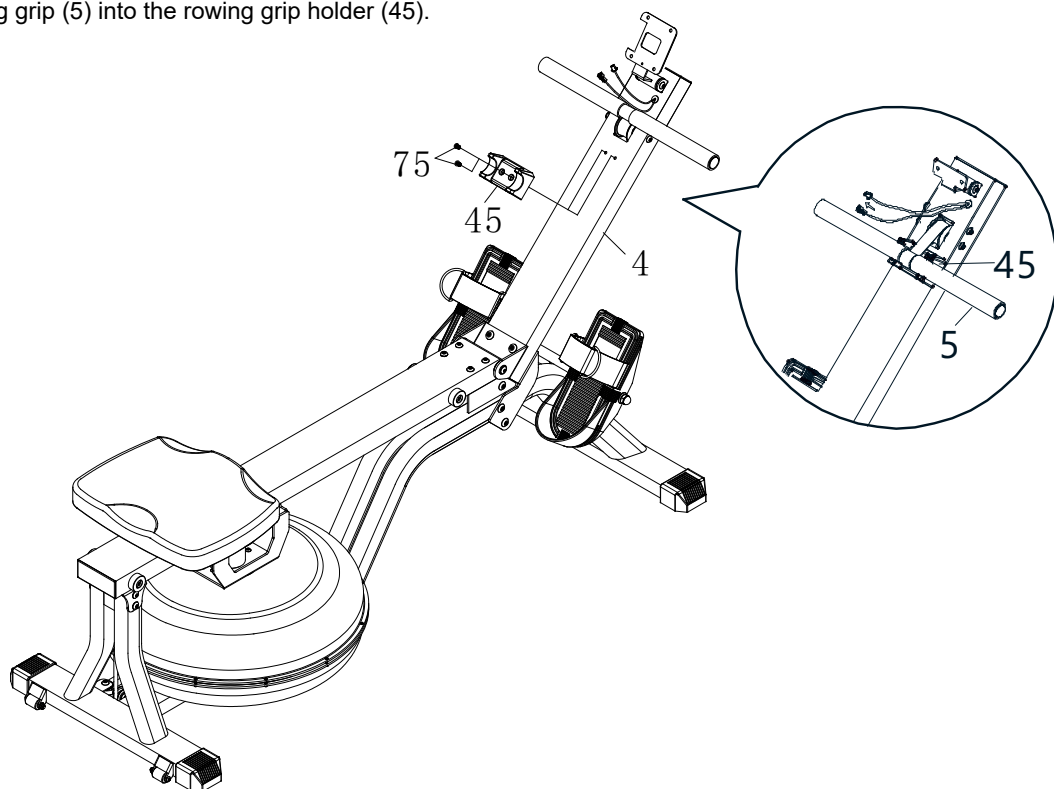
Step 4

- Fix the seat (39) onto the slide track (10)
- To do this use four bolts M6x15 (75)



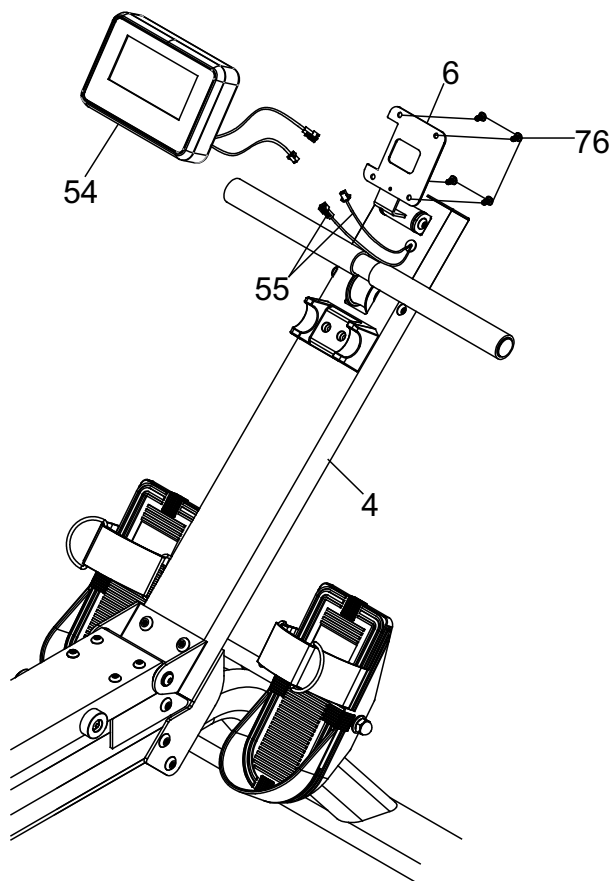
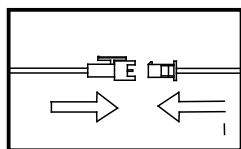
Step 5

- Mount the rowing grip holder (45) onto the front tube (4) using two bolts M6x15 (75).
- Then put the rowing grip (5) into the rowing grip holder (45).



Step 6

- Insert the two AA batteries included in delivery into the battery compartment on the back of the cockpit (54).
- Fix the cockpit (54) onto the cockpit holder (6) using the four cockpit bolts M5x10 (76) which you will find delivered together with the cockpit.
- Connect the cockpit (54) cables with the cables (55) protruding out of the front tube (4). Push the excess cable back into the front tube (4).



There is of course a direct link between rowing and the element of water. The OCEAN ROWER is therefore the ideal training device on which to implement your rowing training realistically as it provides a realistic simulation of rowing on water.

The user work load is regulated by the user themselves. Rowing speed is determined by number of rowing strokes per minute and the pulling power. To increase or decrease the speed of the rowing boat, the rower must increase or decrease the pulling power and or the number of strokes per minute. This way the user can adjust their rowing training according to their own current fitness level. Even your form on any particular day can determine the work load.

The advantage of rowing above other types of endurance sports is that it uses almost 80% of all body muscles and the calorie consumption with rowing is significantly higher.

Water Tank

The resistance when rowing with the OCEAN ROWER is created by water. The water tank needs to be filled for this. We recommend using plain tap water for doing this. Tap water contains all the necessary additives to avoid any build-up of algae. These additives have been removed from distilled or any otherwise purified or filtered water which could cause a build-up of algae in the water in the short or mid-term. After filling immediately add a water treatment tablet to the tank. Do not at any time use any chlorine bleach or chlorine used for swimming pools. This can damage the device tank.

Replace the water in the tank every 6 months and add a water treatment tablet to the tank each time you do this.

Water Tank Display and Filling Amount

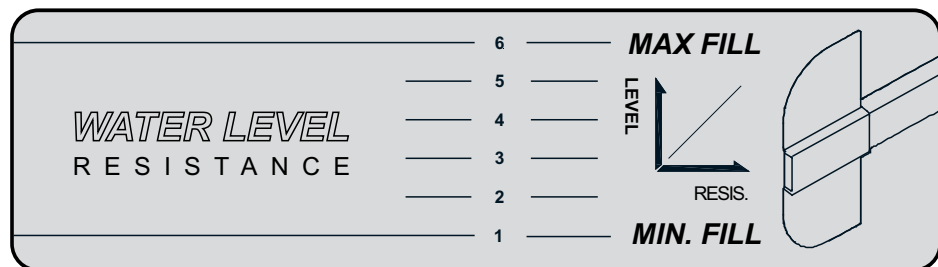
On the water tank there is a water level scale showing 6 different levels of filling. The amount of water filled simulates or changes the relative weight or size of the boat. The filling amount has no effect on the resistance but on the mass which the rower has to move. A smaller filling amount represents then a smaller, lighter boat and the maximum filling amount at level 6 represents a large and heavy boat.

CAUTION:

Please ensure that the current filling level of water never goes below Level 1 or above Level 6. This can cause significant and serious damage to the training device.

Summary of the Filling Levels:

- Level 1 = 8.5 litres
- Level 2 = 9.5 litres
- Level 3 = 10.5 litres
- Level 4 = 11.1 litres
- Level 5 = 11.9 litres
- Level 6 = 12.8 litres



Filling the Water Tank

Step 1:

Remove the tank cap (21)

Step 2:

Insert the funnel into the opening of the tank.

Step 3:

Fill the desired amount of water into the tank.

CAUTION:

Do not overfill above the maximum filling level of Level 6 and do not underfill the minimum filling level of Level 1. This can lead to damages to your training device.

Step 4:

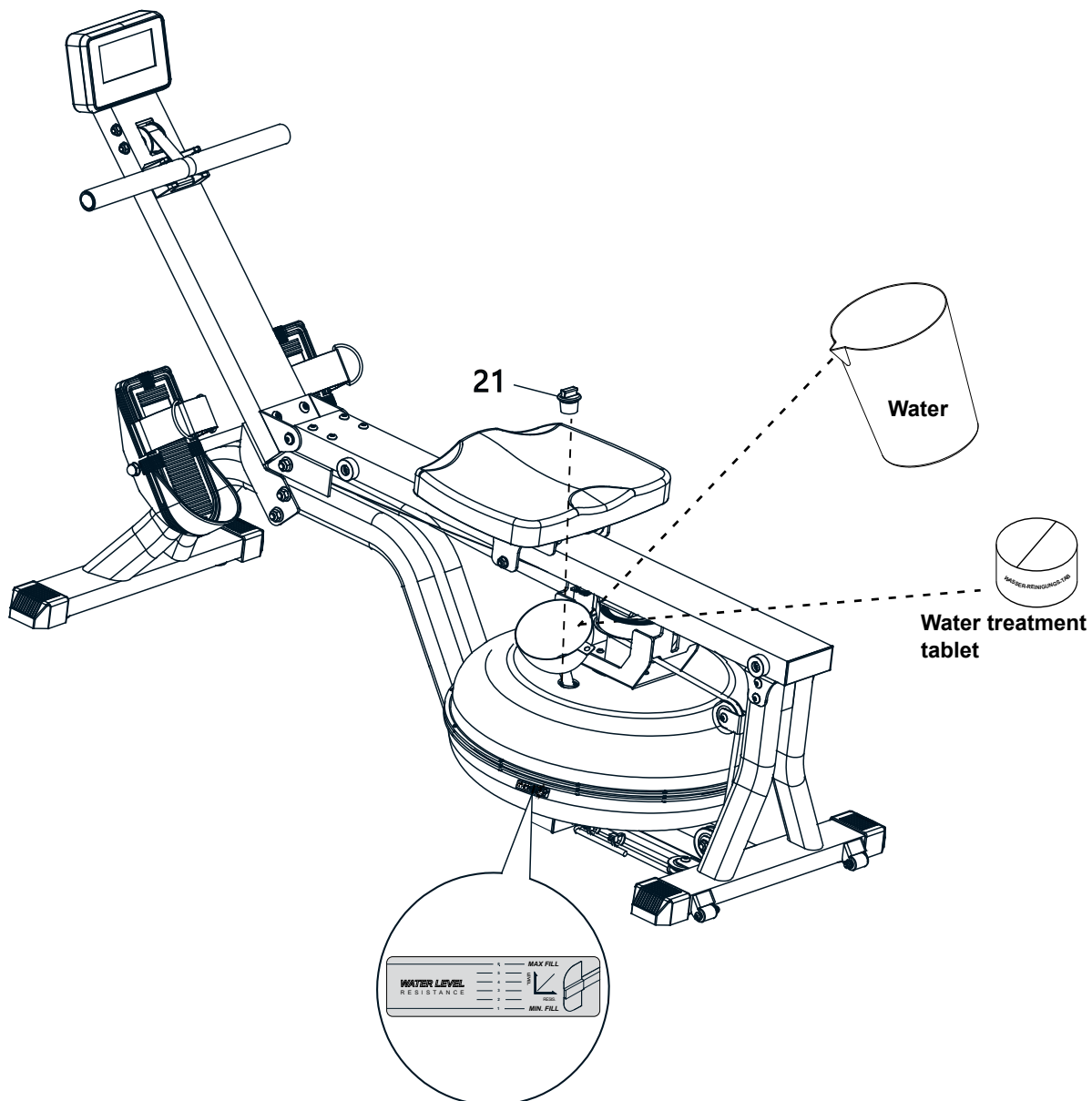
Add a water treatment tablet to the water in the tank.

Step 5:

Close the tank opening by replacing the cap (21).

Step 6:

Check that the cap (21) is fitted correctly and that the water level is being shown. Remove any traces of water which may have been spilled on the device or on the floor whilst filling the tank.



Emptying the Water Tank

Step 1:

Remove the tank cap (21).

Step 2:

Place a suitable container such as a bucket next to the tank of the rowing device.

Step 3:

Insert the tube on the pump into the tank and place the hose into the container made available.

Step 4:

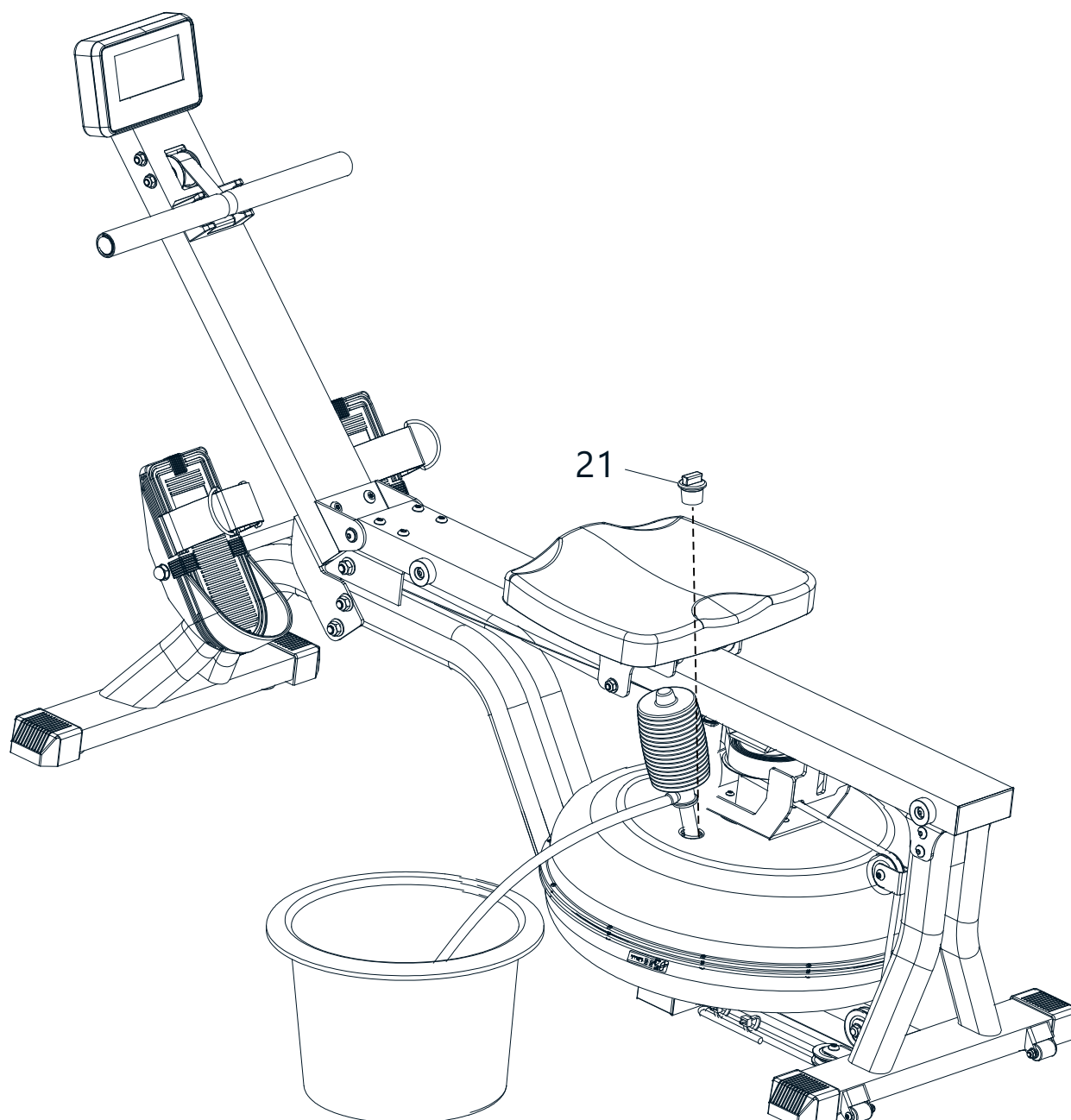
Pump out the water completely or to the water level you require.

Step 5:

Close the tank opening by replacing the cap (21).

Step 6:

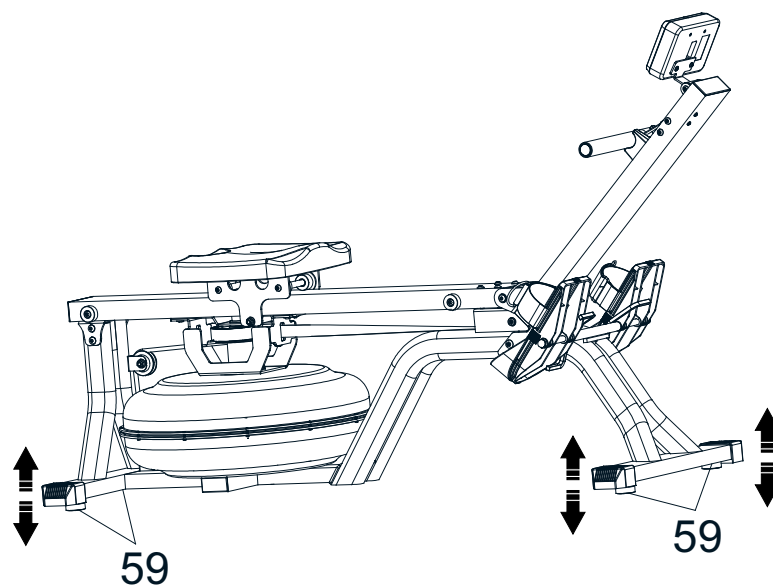
Remove any traces of water which may have been spilled on the device or on the floor whilst emptying the tank.



Levelling the Device

For the rowing machine to stand safely and securely, the front and rear stands are equipped with two adjustable feet (59). With these it is possible to level out the device and compensate for any slight unevenness in the floor.

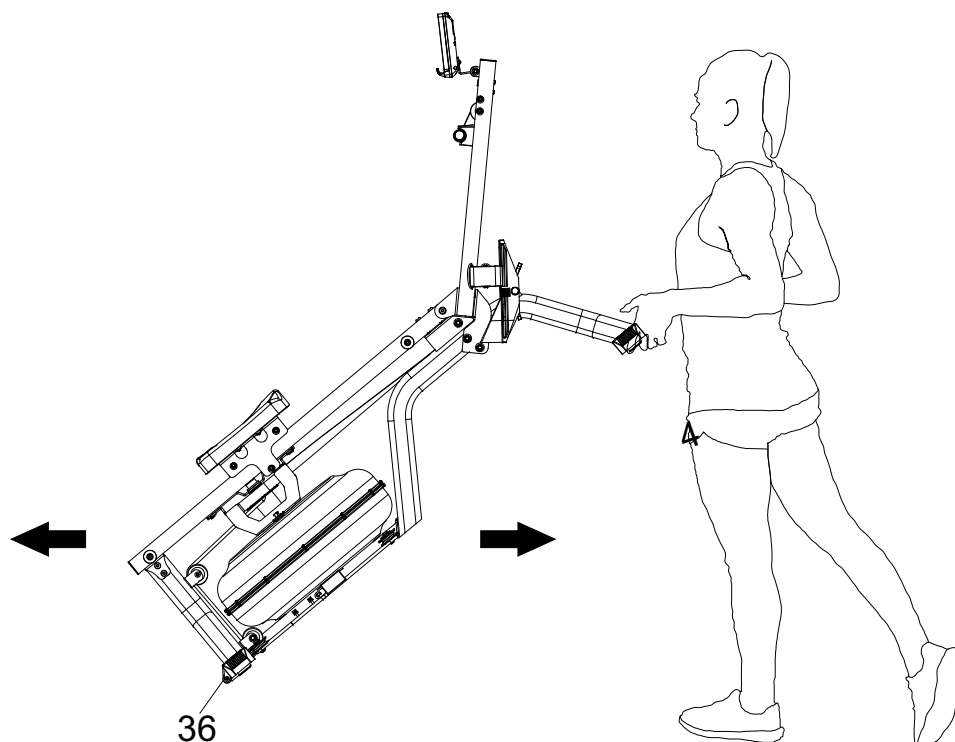
Screw all adjustable feet (59) as far as they will go into the two stands. Now all adjustable feet (59) are at the same level to start from. Put the rowing machine in the desired location and check to see if it is stable and standing securely on the floor. If it is slightly wobbly, unscrew the appropriate adjustable foot until the device is stable. If the floor in the chosen location is so uneven that the wobbling cannot not be regulated using the adjustable feet, then you must select another location which is much more even for your rowing machine.



Transport

This rowing machine is fitted with transport rollers (36) on the rear stand to make it easy for you to transport it. To push the rowing machine into another location, lift the front stand far enough up until the transport rollers are touching the floor. Now you can push or pull the device into the desired new location. Lower the rear stand gently onto the floor.

Make sure when lifting, transporting and putting down the device that you have a secure footing and that you hold onto it firmly.



Selecting a good location and storage space

Please choose a dry, level and temperate place to locate and store your training device. In your own interests make sure that the selected training area is well ventilated to provide you with optimal oxygenation.

The use or storage in damp or wet areas, such as saunas, swimming pools, etc. and in outdoor areas such as balconies, terraces, gardens, garages, etc. is excluded.

High humidity and low temperatures prevailing in such locations lead to defects in the electronics, corrosion and rust. Damage of this kind is not covered under the warranty.

Before using the device after a longer period of non-use, make sure that all the fixing materials are fitted correctly and securely tightened.

Adjusting the Pedals

Your rowing machine is equipped with a special support system for your feet.

You should wear suitable sports shoes for rowing training. We recommend running shoes because they are ideal for foot movement during rowing due to their slightly curved shape.

Make sure that you do not over-tighten the shoes before training as this can restrict circulation during exercise and cause numbness in the feet.

Adjusting the Foot Straps

The feet are secured to the foot pedals using the straps on the foot support system.

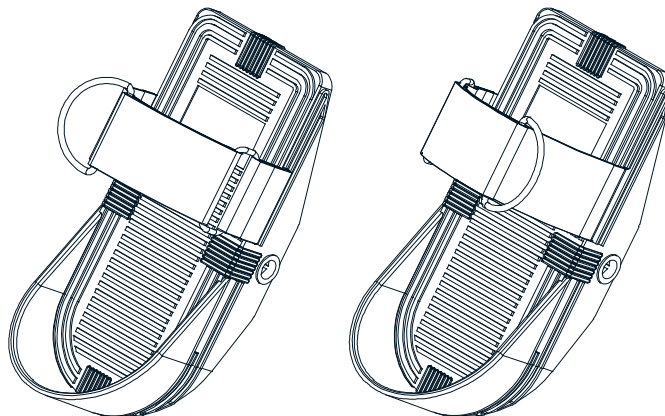
Step 1:

Undo the Velcro fastenings on the straps.

Step 2:

Place your feet on the pedals and fix them by tightening the straps. Make sure that they hold your feet firmly but do not pull them too tight. Close the Velcro fasteners.

Fastening the feet firmly is very important for the correct execution of the rowing movement. In order to move your body forwards you need a firm hold on your feet.



Power Supply

The cockpit is powered by two batteries type AA. If the display on the cockpit should become weak or go out completely, replace these batteries with new ones. Please observe the disposal instructions included in this manual when you dispose of the old batteries.

The battery compartment is on the back of the cockpit. Make sure that you put the batteries the right way around in the battery compartment.

Care, Cleaning & Maintenance

Before first use or after a long break from training

Check if the rowing machine is standing safely. There must be no objects on or under the device.

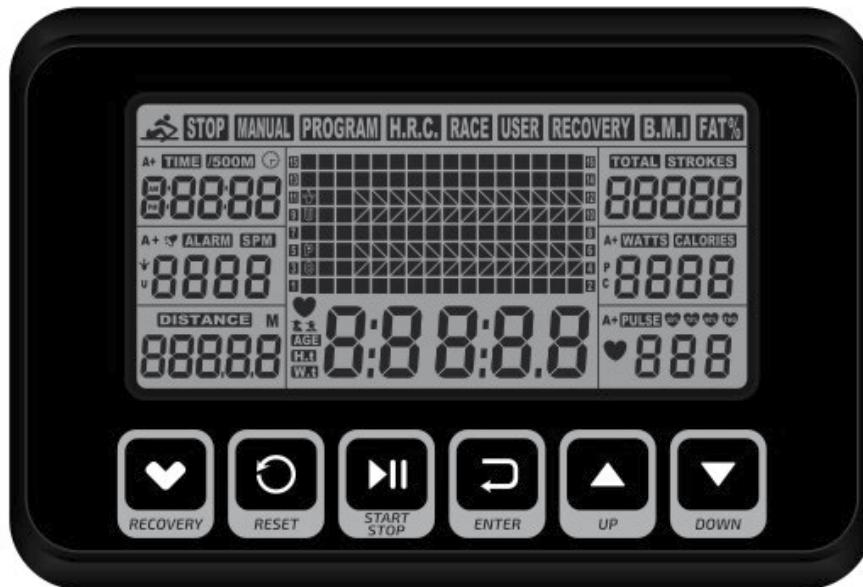
Make sure that all screws are tight and the sliding area of the seat is completely clear. Also check if the slide rail is free of contaminants and foreign bodies.

Maintenance & Cleaning Intervals:

Clean the rowing machine after each workout with a damp cloth to remove possible perspiration and other liquid residues. Under no circumstances should you use solvents. Dry any damp areas thoroughly.

To ensure optimal smooth running of the seat, clean the seat, roller guides and aluminium slide rails regularly.

Damage due to failure or lack of cleaning, maintenance and / or care is excluded from the warranty and guarantee.



Training Values

TIME	Display of the training time. Using the ▲/▼ keys, the time can be set using up to 99:00 minutes in 1-minute increments
TIME/500M	Display of the average time the user takes to cover a distance of 500 metres based on their current rowing speed. This value is permanently updated by the cockpit as soon as the rower changes their rowing speed.
SPM	Display of the average number of rowing strokes per minute.
DISTANCE	Display of the rowing distance in meters. Using the ▲/▼ keys the distance can be set up to 99,900 metres in 100-meter increments.
STROKES	Display of the number of strokes taken previously taken in the current training session. Using the keys ▲/▼ the number of rowing strokes can be set up to 9,990 strokes in 10-stroke increments.
TOTAL STROKES	Display of the total number of rowing strokes taken
CALORIES*	Display of the calorie consumption. Using the keys ▲/▼ the calorie consumption can be set to up to 9,990 calories in 10-calorie increments
PULSE**	Display of the current heart rate from 30 to 220 beats/minute. The current heart rate still be shown here if you are using an optionally available chest belt.

*Note on Calorie Measurement

Calorie consumption is calculated by means of a general formula. Unfortunately, the exact calorie consumption of the individual cannot be determined here as this requires a significant amount of personal data.

** Note on Heart Rate Measurement

This function can only be used together with a transmitter chest belt which is available as an optional extra. Gorilla Sports recommend the use of a POLAR® T34 chest belt.

Keypad

RECOVERY	Key to activate the recovery pulse rate measurement
RESET	Key to reset all values. To set all values back to zero and/or to restart the cockpit, press and hold this key constantly for approximately 3-5 seconds.
START/STOP	Starts or ends the current training program
ENTER	<ul style="list-style-type: none"> - Confirmation Function (in the start menu) Key to confirm selections and inputs - Change the Display Function (during training) Press this key during training to change which values are shown in the display.
▲ - Key	Key to increase input values
▼ - Key	Key to reduce input values

Inserting the Batteries

There is a battery compartment on the back of the cockpit. Insert the two 1.5V AA batteries included in delivery. Please replace the batteries as soon as the cockpit display becomes dim or does not display any information. Please observe the disposal instructions for batteries included in this manual. When inserting the batteries make sure put them in the correct way around.

Switching on the Cockpit

The cockpit switches on automatically as soon as any key is pressed.

Switching off the Cockpit

The cockpit switches into stand-by mode automatically 4 minutes after training has stopped. Here all training values will automatically be deleted apart from the value for the number of TOTAL STROKES.

Input of Date and Time

As soon as the cockpit has switched on for the first time you can enter the following values:

- Time (CLOCK)
- Date (YEAR / MONTH / DAY)

Enter the appropriate values using the ▲/▼ keys and confirm your entries by pressing the ENTER key.

Now you can also activate or deactivate the ALARM function. If you do not require the ALARM function, select alarm "OFF" using the ▲/▼ keys. If you do wish to use the ALARM function, select alarm "ON" using the ▲/▼ keys. Confirm your entry by pressing the ENTER key.

The values for Time, Date and Room Temperature will be shown in the display when the cockpit is in STAND-BY mode.

QUICK START Function

To start with training immediately without entering any values, switch the cockpit on and then press the START key. The training time will start and you can begin your training.

During training you can change the values shown in the display during training by pressing the ENTER key.

Please note that you must end this type of training yourself as the cockpit does not have any target values.

Manual Training with Set Targets

To start a training session with set targets, switch the cockpit on. Select „MANUAL” by pressing the ▲/▼ keys and confirm your selection by pressing the ENTER key.

Step 1: Setting a Training Target

It is now possible to select a training target and to set the desired target value.

The selection options are:

- Training Time (TIME)
- Distance (DISTANCE)
- Strokes (STROKES)
- Calorie Consumption (CALORIES)
- Top pulse limit (PULSE)

The values will each be flashing in the display. If you would like to enter a value for the desired training target press the ▲/▼ keys until the correct value is shown.

- TIME – Input of the training time 99:00 minutes in 1-minute increments
- DISTANCE – Input of the training distance 99.900 meter in 100-meter increments
- STROKES – Input of the number of rowing strokes up to 9,990 strokes in 10-stroke increments
- CALORIES – Input of the calorie consumption 9.990 calories
- PULSE – Input of the top pulse rate limit 30 to 240 pulse beats/minute

Confirm your entry by pressing the ENTER key.

Note on Top Pulse Rate Limit

If the set top pulse rate is exceeded during training, a warning signal will sound. In this case you should reduce your rowing speed and/or the drag force.

Step 2: Training Start

After entering the desired training target, press the START key. Training will start automatically. The training target set in Step 1 will be counted down backwards. Training will stop when the target value reaches zero.

Manual Training with a Pre-Set Training Target

To do a training session with a fixed set training target, switch on the cockpit. Select „STANDARD” and confirm your selection by pressing the ENTER key.

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Step 1: Selecting a Training Target

It is now possible to select a training target.

These are the options:

- 2000m (here the training distance is pre-set to 2,000 meters)
- 5000m (here the training distance is pre-set to 5,000 meters)
- 10000m (here the training distance is pre-set to 10.000 meters)
- 30:00 (here the training time is pre-set to 30 minutes)
- 500m/1:00 (here it is necessary to cover the training distance of 500 meters in one minute)

Select the desired training target by pressing the ▲/▼ keys.

Step 2: Training Start

After you have selected your training target press the START key. Training will start automatically. The target value entered in Step 1 will be counted in reverse order down to zero. Training ends when the target value reaches zero.

RACE Simulation

This is a motivating training program in which you are up against a computer simulated opponent.

Before the race you set the time in which your opponent requires to cover 500 meters.

The rowing speed of your opponent remains the same throughout the race. Switch on the cockpit and select "RACE" using the ▲/▼ keys.

Step 1: Specification of Time/500 meters for the Computer Opponent

For example, „L1" is flashing in the display and the corresponding value will be shown in the TIME/500M window (see table). Now select the desired performance level or Time/500 meters for your opponent using the ▲/▼ keys. Confirm your entry by pressing the ENTER key.

Performance Level	L1	L2	L3	L4	L5	L6	L7	L8	L9	L10	L11	L12	L13	L14	L15
Time/500 metres	8:00	7:30	7:00	6:30	6:00	5:30	5:00	4:30	4:00	3:30	3:00	2:30	2:00	1:30	1:00

Step 2: Specified Target for the Training Distance

The value will flash in the DISTANCE window. Enter the desired training distance using the ▲/▼ keys. Confirm your entry by pressing the ENTER key.

Step 3: Training Start

The program will start automatically as soon as you press the START key.

The value entered for the training distance will count down in reverse. The user's boat will be shown as "U" in the top line of the display and the computer opponent on the bottom line as "PC".

The program ends when the value has reached zero and the result will be shown in the display. "USER WIN" will appear in the display if the user has won and "PC WIN" if the computer opponent has won.

RECOVERY Pulse Rate Measurement


To use the recovery pulse rate measurement, you will require an optionally available chest belt to measure your heart rate.

If the user is wearing a chest belt, the current heart rate will be shown in the PULSE window of the display. After training ends press the RECOVERY key to start measurement. 60 seconds will be counted down in the TIME window. Following measurement, the cockpit will compare the pulse rate at the beginning of the measurement with the pulse rate after the 60 seconds and give an evaluation.

F1	Very good
F2	Good
F3	Satisfactory
F4	Sufficient
F5	Deficient
F6	Unsatisfactory

CAUTION:

Please make sure that you do not press any keys on the cockpit during the recovery measurement process. This can lead to system failure and may cause the display on the cockpit to "freeze" If this is the case, normally the stand-by display (Date, Time, and Temperature) will appear. The cockpit will then no longer react to any key inputs. To re-start the cockpit, remove the batteries for approximately 10 to 20 seconds and then insert them again. It may be necessary to enter the values for time and date again.

 Heart Rate per Minute	200																
	150	195															
	130	146	190														
	110	127	143	185													
		107	124	139	180												
			105	120	135	175											
				102	117	131	170										
					99	114	128	165									
						96	111	124	160								
							94	107	120	155							
								91	104	116	150						
									88	101	113	145					
										85	98	109	140				
											83	94	105	135			
												80	91	101	100		
													77	88	98		
													74	85			
														72			
Age	20	25	30	35	40	45	50	55	60	65	70	75	80	85	90		

ENG

Calculating your personal heart rate when training

Calculate your personal heart rate when training as follows:

220 - Age = maximum heart rate

This value represents your maximum heart rate and serves as a basis from which to calculate your personal training heart rate. Set the calculated heart rate at 100%

Wellness and Health - target zones = 50 to 60% of the maximum heart rate.

This training zone is ideally suitable for people who are over-weight and/or older beginners, or people starting again after a longer break from training. Training in this zone the body will burn approx. 4-6 calories per minute to produce energy. The percentage ratio per calorie is approx. 70% fat, 25% carbohydrate, and 5% protein.

Fat burning - target zone = 60 to 70% of the maximum heart rate

This training zone is suitable for athletes and sports people who aim to lose weight. Training in this zone the body will burn approx. 6-10 calories per minute to produce energy. The percentage rate per calorie is approx. 85% fat, 10% carbohydrate, and 5% protein.

Condition & Fitness - target zone = 70 to 80% of maximum heart rate

This training zone is ideally suitable for athletes and sports people who aim to improve their stamina and/or condition. Training in this zone the body will burn approx. 10-12 calories per minute to produce energy. The percentage rate per calorie is approx. 35% fat, 60% carbohydrate, and 5% protein.

For optimum effects in training results you should calculate the average value of the selected target zone (also see above table):

- Wellness & Health - target zone average value = 55% of maximum heart rate
- Fat burning - target zone average value = 65% of maximum heart rate
- Kondition & Fitness - target zone average value = 75% of maximum heart rate

Warning about Pulse and Heart Rate Monitoring

WARNING

Pulse and heart rate monitoring systems may be inaccurate. Excessive training can cause serious injury or death. If you feel unwell and / or faint, stop training immediately. Make sure that all users of your exercise device are familiar with this information, understand it and apply it at all times.

Heart Rate Measurement using a Chest Belt

This training device is fitted with a POLAR® compatible receiver for wireless heart rate measurement. The use of a chest belt (we recommend the exclusive use of an uncoded POLAR® chest belt) allows you to wirelessly measure heart rate. The chest belt is available as an accessory.

This optimal, ECG-accurate type of measurement takes the heart rate by means of a transmitter chest belt directly from the skin.

The chest belt then sends the pulses via an electromagnetic field to the built-in cockpit receiver.

We recommend always using a chest belt for heart rate measurement when using heart-rate controlled programs.

WARNING

The determination of the current heart rate by means of the chest belt serves only to display the current heart rate during exercise. This value says nothing about the safe or effective training heart rate. Also, this type of measurement is in no way designed or suitable for medical diagnostic purposes. Therefore, discuss with your family doctor what would be the most suitable training program for you to create and implement before you start exercising.

This is especially true for persons:

- who have not been physically active for a long period of time
- are overweight
- are older than 35 years
- have high or low blood pressure
- have heart problems

If you are wearing a pacemaker or similar device, consult your medical specialist before using a heart rate chest belt.

In addition to the Safety Instructions on page 3 of this manual, please also read and observe the following Safety Instructions for Rowing Devices.

Important Safety Instructions

- The use of this rowing machine while components such as rollers, rail, rowing mechanism are defective or worn can cause injury to the user and / or further substantial damage to the device.
Therefore, check the condition of the rowing machine before each use.
- If you are not confident in the condition of any of the components of the rowing machine you should consider replacements. If in doubt, contact our service department.
Only use original components.
- Make sure that the rowing machine is on a level, clean and stable surface. Strong rowing movements can move the device on smooth surfaces and carpets. Ensure a secure footing.
Ideally, place a floor mat under the unit.
The rower must never be bolted to the ground or fixed in any other way. This can result in substantial damage to the device.
- Keep children, pets and other people away while using the rowing machine especially from the seat rollers and slide rail where there is a risk of injury!
- For your own safety, wear tight-fitting sportswear, loose clothing can catch in the seat rollers. Keep body parts such as hands and fingers away from the rollers - there is a risk of crushing. Secure long hair so that it cannot catch in the rollers during exercise.
- Rowing is a very intense form of training. Before you start rowing training we recommend that you take a health check with your doctor, especially advisable for users with a low level of fitness or after a long break from training.
- Always hold the rowing handle with both hands during exercise, never row with just one hand. Always ensure a firm, secure grip.
- Always pull the rowing handle straight and bring it straight back.
Never twist the rope as this may damage the device.
- When you finish your workout, do not let go of the grip. Put it carefully in one of the two brackets.
- When storing the unit always make sure that the rowing machine and its parts are secured against falling over. Always store it so that it does not can be damaged.

In the following you will find instructions and tips to help you to do the rowing movements correctly.

Rowing Movement – complete body

Step 1: Preparation

Make sure that your feet are in positioned correctly on the pedals and that they are adjusted correctly to fit your shoe size with the straps firmly around your feet. Grasp the rowing handle from above with both hands. Your hands should be approximately 20 cm apart.

Step 2: Starting Position

Lean forward with your upper body as far as possible with your knees bent.

Step 3:

Now use your feet to push yourself backwards.

Step 4: End Position

Push yourself far enough back with your feet so your knees are only slightly bent. **CAUTION:** Never completely straighten your knees!

At the same time pull your arms towards you until your hands lightly touch your body just below your ribcage in the region of your solar plexus. Straighten your body far enough for your back to be pulled straight and pull your shoulders slightly back. **CAUTION:** Never bend your back too far backwards!

Step 5: Return to the Starting Position

Pull yourself forwards again with your feet and lean forwards with your upper body with your arms stretched out in front of you.



Rowing Movement – Legs Only

Step 1: Preparation

Make sure that your feet are in positioned correctly on the pedals and that they are adjusted correctly to fit your shoe size with the straps firmly around your feet. Grasp the rowing handle from above with both hands. Your hands should be approximately 20 cm apart.

Step 2: Starting Position

Lean forward with your upper body as far as possible with your knees bent.

Step 3:

Now use your feet to push yourself backwards.

Step 4: End Position

Push yourself far enough back with your feet so your knees are only slightly bent.

CAUTION: Never completely straighten your knees!

Step 5: Return to the Starting Position

Pull yourself forwards again with your feet.



Rowing Movement – Arms Only

Step 1: Preparation

Make sure that your feet are in the optimum position, ie, that the shoe size is adjusted correctly and the foot straps are tightened properly. Hold the rowing grip with both hands gripping over the bar. Your hands should be approximately 20 cms apart

Step 2: Starting Position

Push yourself backwards on the seat as far as possible but keeping your knees still slightly bent.

Step 3:

Hold the rowing grip with your arms stretched out forwards at the same level as your solar plexus.

Step 4: End Position

Pull the rowing grip far enough towards you to touch your stomach pulling back your shoulders at the same time.

CAUTION:

Your legs should remain in the starting position and not move at all.

Step 5: Return Back to the Starting Position

Allow the rowing grip to go forwards away from you until your arms are stretched out in front of you again.



Preparation Before Training

Before you start training make sure that not only your training device is in perfect condition, your body must also be prepared for training. Therefore, if you have not done any endurance training for some time, you should consult your GP and undergo a fitness check-up. Also discuss your training target; they will certainly be able to give you valuable advice and information. This applies to people who are over 35, have problems with overweight, heart or circulatory system problems.

Training Plan

Essential to effective, target orientated, and motivating training is to have a forward-looking training plan. Plan your fitness training as an integral part of your daily routine. If you don't have a fixed plan, training can easily interfere with regular commitments or continually be put off to another unspecified time.

If possible, create a long term monthly plan and not just from day to day or week to week. A training plan should also include sufficient motivation and distraction during training sessions. An ideal distraction is to watch TV during training as this diverts your attention both visually and acoustically. Make sure that you reward yourself and set realistic targets such as to losing 1 or 2kgs in four weeks or to increase your training time by 10 minutes within two weeks for example. If you reach your targets, then reward yourself with a favourite meal which you have not allowed yourself till then.

Warm-Up Before Training

Warm-up on your training device for 3-5 minutes at minimum resistance. This will best prepare your body for the up-coming exertion in training.

Cool-Down After Training

Do not just get off your training device immediately the training session is finished. Like with the warm-up stage you should continue for 3-5 minutes at minimum resistance to cool down. After training you should stretch your muscles thoroughly.



Front Thigh Muscles

Support yourself with your right hand against the wall or on your training device. Bend your knee and raise your left foot backwards so you can hold it with your left hand. Your knee should be pointing straight down to the floor. Pull your leg backwards until you feel a light pulling in your thigh muscles. Hold this position for 10 to 15 seconds. Let your foot go and stand it back on the floor. Repeat the exercise with your right leg.



Inner Thigh Muscles

Sit on the floor. Pull the soles of your feet together in front of you raising your knees slightly. Grasp the upper sides of your feet and place your elbows on your thighs. Press your thighs down towards the floor with your arms until you feel a light pulling in your thigh muscles. Hold this position for 10 to 15 seconds. Make sure to keep your upper body straight throughout the exercise. Release the pressure from your thighs and slowly stretch out your legs to the front. Stand up slowly steadily.



Legs, Calves and Buttocks

Sit on the floor. Stretch out your right leg and bend your left leg to place the sole of your foot on your right thigh. Bend your top body over so you can stretch out your right hand to touch your right toes. Hold this position for 10 to 15 seconds. Let go of your toes and sit slowly and steadily up straight again. Repeat this exercise with your left leg.



Leg and Lower Back Muscles

Sit on the floor with your legs stretched out. Stretch forward with your hands and try to grasp the tips of your toes with both hands. Hold this position for 10 to 15 seconds. Let go of your toes and slowly and steadily sit back up straight again.

Hydration

Adequate hydration is essential before and during exercise. During a training session of 30 minutes it is possible to lose up to 1 litre of liquid. To compensate for this fluid loss apple spritzer mixed in the ratio of one-third apple juice to two-thirds mineral water is ideal since it contains electrolytes and minerals to replace those that the body loses through sweat. You should drink about 330 ml 30 minutes before the beginning of your training session. Take care to maintain balanced hydration during the workout.

Training Frequency

Experts recommend that you do endurance training 3-4 days a week to keep the cardiovascular system fit. Of course, the more you train, the faster you will achieve your set training goal. Note however, that you should plan sufficient training breaks during your workout plan, to give your body enough time for rest and regeneration. After each training session you should take at least one day off. Also for that fitness and endurance training: Less is more!

Exercise Intensity

In addition to the mistake of exercising too often, mistakes are made in the intensity of the training. If your training goal is to train for a triathlon or marathon, your training intensity will certainly be high. But since most people have training goals such as weight reduction, cardiac / exercise training, improvement of physical condition, stress reduction, etc. to strive for, training intensity to meet these goals should be adjusted. It makes most sense to work with the appropriate heart rate for the respective training goal. The information on the heart rate and the corresponding table in this manual will help you further.

Duration of the individual training session

For optimal endurance or weight reduction training, the duration of the individual training session should be between 25 and 60 minutes. Beginners and returnees should start with a low training period of 10 minutes or less in the first week and then slowly increase week by week.

Training Documentation

In order to design and evaluate your training effectively, you should prepare yourself a training plan in written form or as a computer table before starting your training. Here you should document training session. Data, such as distance, training time, brake force setting and pulse values should be recorded as well as personal data, e.g. body weight, blood pressure, resting heart rate (measured morning immediately after waking up) and personal well-being during exercise.

Enclosed you will find a recommendation for a weekly plan.

Calendar Week: _____ Year: 20____						
Date	Day	Exercise duration	Exercise distance	Calorie consumption	Ø Heart rate	Comments
	Monday					
	Tuesday					
	Wednesday					
	Thursday					
	Friday					
	Saturday					
	Sunday					
Week Result:						

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My training device makes noises during training – is this normal?

In addition to the air resistance braking system which creates construction and the air flow noises when in use, noises also occur from the chain pulley. Your Gorilla Sports training device is fitted with extremely high-quality components which ensure that all operating, air flow and chain noises are greatly reduced.

However, it is possible and normal that slight mechanical noises can be heard during training. These mechanical noises, which can occur either continually or at intervals, are created by the sometimes very high speed of the sliding seat during training. Also, the moving parts can generate noise during training due to the hollow metal tubes which act as a resonator and amplify the sound.

It is completely normal for the operating noise to get louder during training. This can be explained by an increase in training speed. The components can also expand with the heat generated during training.

The cockpit does not show anything in the display when I turn it on.

Check if the battery is charged and change them if necessary. Check if the control cable has been pinched or jammed during assembly and / or if the connector has come loose.

The values for rowing strokes/minute and distance are at “0” during training

Check if the control cable has been pinched or jammed during assembly and / or if the connector has come loose.

My feet fall asleep during training.

The reason for this is often that training shoes are done up too tightly. Your feet will expand when you are under exertion and so you should do up your shoes more loosely. You can also get advice regarding this from sports shops or specialist running shoe shops.

Technical Details**Technical Details:**

Brake system:	Water resistance
Slide track:	Metal
Installation dimensions:	approx. 154 x 51 x 95.5 cm (LxWxH)
Total weight:	approx. 31.8 kg
Maximum user weight:	150 kg
Value adjustment:	Keypad
Power supply:	Batteries Type AA, 2 pieces
Class:	HC according to EN ISO 20957-1 and ISO 20957-7

Application: Home use

This accessory is the optimal supplement for your training device. All products are available in our online shop at www.gorillasports.de

POLAR®



POLAR® Transmitter Chest Belt T34 (uncoded)

Chest belt with optimised transmission range for determining heart rates.

This accessory is required to use the pulse-controlled programs and for continual determination of current heart rate.

Disposal



European Disposal Directive

Never dispose of your training equipment in the normal household waste. All consumers are legally obliged to dispose of old appliances separately from household waste.

Dispose of the device only with a municipal or an authorised disposal company. Here the disposal of this device is free of charge. This is the only way to ensure that your old device is professionally disposed of and that negative effects on the environment will be avoided. Please observe the regulations which currently apply. If in doubt, please ask your local or municipal authorities for detailed information on how to dispose of your training device properly and in an environmentally sound manner.



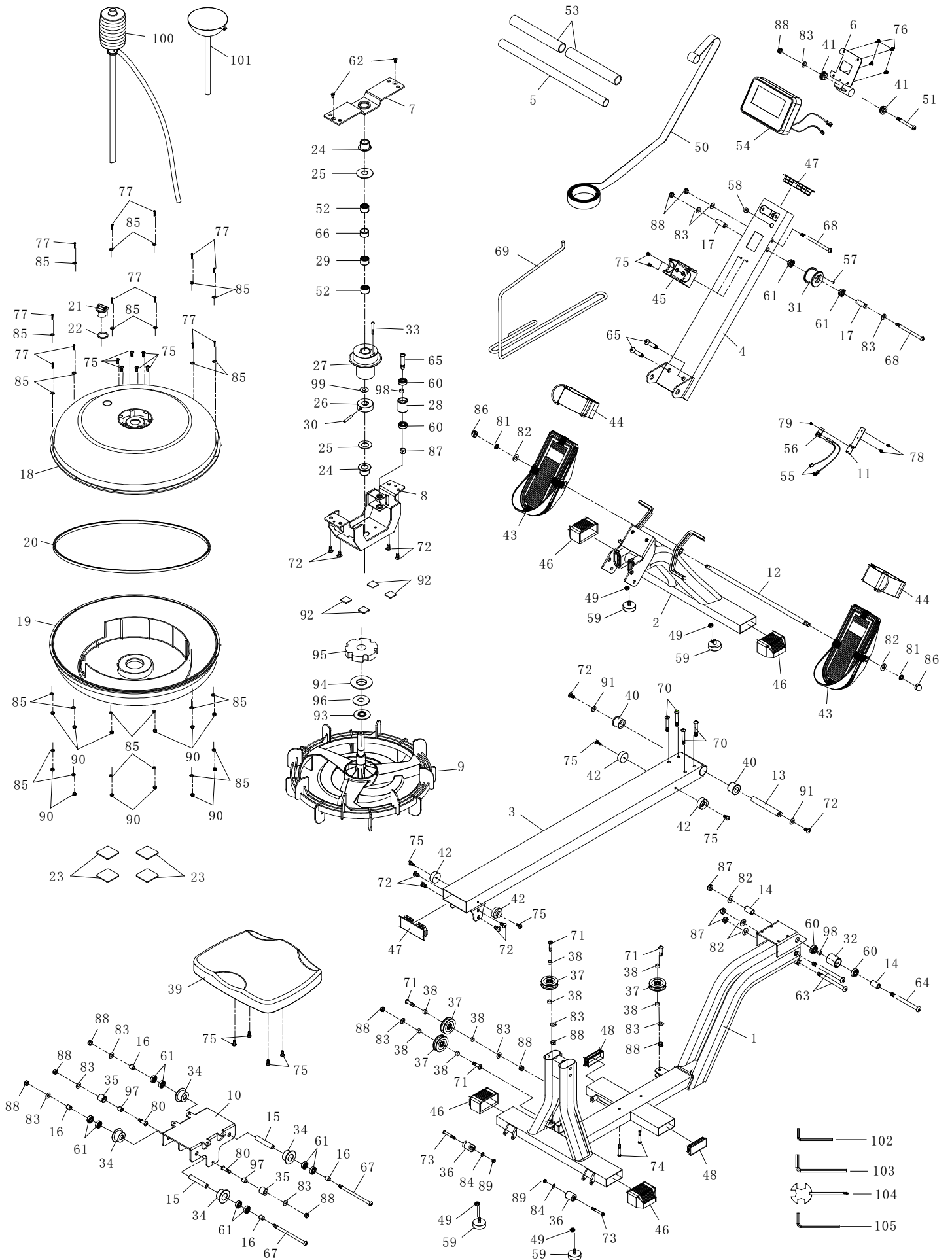
Batteries / Re-chargeable Batteries

Batteries and re-chargeable batteries may not be disposed of in your normal household rubbish.

Please be aware that batteries and re-chargeable batteries may contain toxins.

This means that all consumers are legally obliged to hand over used batteries and re-chargeable batteries to their local authority, at a municipal collection point or to return them to the retailer. If in doubt, please enquire at your municipal or local government authority on how to dispose of your batteries and rechargeable batteries properly and in an environmentally sound manner. Only return or dispose of batteries and rechargeable batteries if they are fully discharged.

Exploded Drawing



Part No.	Description	Size	Qty
1	Main Frame		1
2	Front Support		1
3	Rail		1
4	Upright		1
5	Handlebar		1
6	Meter Plate		1
7	Mounting Bracket		1
8	Tank Brace		1
9	Impeller		1
10	Seat Carriage		1
11	Sensor Bracket		1
12	Pedal Shaft	Ø12.7*440	1
13	Rail Shaft	Ø16*114	1
14	Idle Roller Long Spacer	OD16*ID10.2*23	2
15	Roller Long Spacer	OD12.7*ID8.2*71.5	2
16	Roller Short Spacer	OD12.7*ID8.2*12	4
17	Strap Pulley Spacer	OD12.7*ID8.2*28.6	2
18	Upper Tank		1
19	Lower Tank		1
20	Rubber Ring Seal		1
21	Fill Plug		1
22	Fill Plug Seal		1
23	Lower Pad	50*50*T2.0	4
24	Strap/Bungee Pulley Bushing		2
25	Plastic Washer	Ø40*Ø20.5*2.0	2
26	Shaft Retainer	Ø48*Ø20*17	1
27	Strap/Bungee Pulley	Ø100*Ø28*90	1
28	Short Idle Roller		1
29	One-way Bearing	HF2016	1
30	Spring Pin	Ø6 x 40mm	1
31	Strap Pulley	POM	1
32	Long Idle Roller		1
33	Bolt, Button Head	M5 x 35mm	1
34	Seat Roller		4
35	Lower Seat Roller		2
36	Moving Wheel	Ø22*6.5*30	2
37	Bungee Pulley	Ø51.2*Ø8.5*14.7	4
38	Spacer for Bungee Pulley	Ø12 x Ø8.1 x 6.5mm	8
39	Seat	PU	1
40	Rail Bushing	Ø16 x Ø31.8 x 12.5	2
41	Meter Plate Bushing	Ø25.4*Ø8.2*10	2
42	Stopper	Ø33*Ø8*13	4
43	Pedal Cap		2
44	Pedal Strap		2
45	Handlebar Seat		1
46	End cap	30mm x 70mm	4
47	Rectangular Plug	40mm x 100mm	2
48	Rectangular Plug	30mm x 60mm	2
49	Hexagon nut	M8	4
50	Strap		1
51	Bolt, Button Head	M8 x 70mm	1
52	Needle Roller Bearing	HK2010	2
53	Hand Grip		2

Part No.	Description	Size	Qty
54	Meter		1
55	Sensor Wire		2
56	Sensor Holder		1
57	Magnet	Ø6*5mm	1
58	Grommet	Ø12*11*Ø3	1
59	Adjusting pad		4
60	Bearing	6000zz	4
61	Bearing	608zz	10
62	Bolt, Flat Socket Head	M6 x 10mm	2
63	Bolt, Button Head	M10 x 115mm	1
64	Bolt, Button Head	M10 x 105mm	1
65	Bolt, Button Head	M10 x 55mm	3
66	Bearing Spacer	OD30*ID26*36	1
67	Bolt, Button Head	M8 x 135mm	2
68	Bolt, Button Head	M8 x 110mm	2
69	Bungee Cord		1
70	Bolt, Button Head	M8 x 50mm	4
71	Bolt, Button Head	M8 x 30mm	4
72	Bolt, Button Head	M8 x 15mm	10
73	Bolt, Button Head	M6 x 45mm	2
74	Bolt, Button Head	M6 x 40mm	2
75	Bolt, Button Head	M6 x 15mm	16
76	Bolt, Button Head	M5 x 10mm	4
77	Stainless Screw, Round Head	M3 x 20mm	12
78	Screw, Round Head	ST4.2 x 16mm	4
79	Screw, Round Head	M4 x 12mm	1
80	Shoulder Bolt, Button Head	Ø10*6.5*M8*18.5	2
81	Lock Washer	OD15*ID10.5*T2.5	2
82	Washer	OD20*ID10.5*T1.5	4
83	Washer	OD16*ID8.5*T1.5	12
84	Washer	OD13*ID6.5*T1.5	2
85	Washer	M3	24
86	Acorn Nut	M10	2
87	Nylock Nut	M10	3
88	Nylock Nut	M8	11
89	Nylock Nut	M6	2
90	Stainless Nylock Nut	M3	12
91	Large Washer	OD20*ID8.5*T1.5	2
92	Up Pad	25mm*25mm	4
93	Impeller Seal	Ø50*Ø19*5	1
94	Tank Seal	Ø40*Ø27.4*6.8	1
95	Foam Spacer	Ø98*Ø28*20	1
96	PC Plate	OD40*ID20*0.2	1
97	Roller Spacer	Ø8.1 x Ø10 x 13mm	2
98	Idle Roller Short Spacer	Ø14*1.5*19	2
99	Stainless Washer	OD25*ID20.1*0.3	1
100	Syphon Pump		1
101	Funnel		1
102	Allen Wrench	4mm	1
103	Allen Wrench	6mm	1
104	Combination Wrench		2
105	Allen Wrench	5mm	1

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For Gorilla Sports® Support Team to help you as quickly as possible with service, we will require certain information about your fitness device and about you. To find the exact spare parts required, we will need the product name, date of purchase and serial number.

If necessary, please fill out completely the Service Contract form attached to this User Manual and send it to us by email as scan or by post. You are also welcome to contact our Customer Service Team at info@gorillasports.de

Areas of Application & Warranty Periods

Gorilla Sports® fitness devices are suitable for use at home, semi-professional use.

Home Use:

Exclusively for private use

Warranty Period: 2 Years

Semi-Professional Use:

Use under instruction in hotels, physiotherapy practices, etc.

Warranty Period: 2 Years

Proof of Purchase and Serial Number

To claim your right to service works within the warranty period we will in each case require proof of purchase. Keep the proof of purchase or purchase invoice in a safe place and in warranty cases send a copy as an attachment. This will ensure that we can process the service work as quickly as possible. So that we can identify which model version requires to be serviced correctly, we will require; Product Name, Serial Number and Date of Purchase.

Terms and Conditions of Warranty:

The warranty period for this training device starts on the date of purchase and applies solely to products which were purchased directly from the Gorilla Sports GmbH or directly from one of Gorilla Sports GmbH authorised distribution partners.

The warranty covers defects caused by production or material faults. The warranty does not apply to damages or defects caused by culpable improper use, negligent or purposeful destruction, lack or failure to carry out maintenance and/or cleaning measures, force majeure, operational causes and to normal wear and tear, damages caused by penetration of liquids, damage caused by repairs or modifications made with spare parts from a different supplier. The warranty also does not apply for damages due to faulty assembly or damages which occur because of faulty assembly. Certain component parts will wear out during use or from normal wear and tear. This includes for example:

- Ball bearings ▪ Bearing bushings ▪ Bearings ▪ Drive belts
- Switches and push-buttons ▪ Treadmill belts (bands) ▪ Treadmill decks (running deck)
- Rollers

Signs of wear and tear on wearing parts are not items covered under the warranty.

In replacement cases, if the device is to be collected from you, it will be necessary for you to dismantle the device and have it ready for collection and for you to re-assemble it again on delivery. This service is not included in any way by the warranty. For spare parts, please inform our service department in advance and return the defective parts well packaged to our service address.

Service Outside the Warranty and Ordering Spare Parts

Gorilla Sports® Service Team is happy to be of assistance to help solve any problems with faults which may arise following expiry of the warranty period, or in cases of defects arising which are not covered by the warranty.

In this case please contact us by email direct to:

info@gorillasports.de

Orders for Spare Parts or Worn Parts should be sent along with information on the Product Name, spare part description and number and the quantity required to:

info@gorillasports.de

Please be informed that additional fixing materials such as screws, bolts, washers etc are not included in the scope of delivery for individual spare parts. These should be ordered separately.

Device Details

Product Name: **OCEAN ROWER**

Product Group: **Rowing Machine**

Customer Number: _____

Invoice Number: _____

Date of Purchase: _____

Where Purchased: _____

Accessories: _____

Type of Use:

Private Use

Commercial Use

Personal Details

Company: _____

Contact Person: _____

First Name: _____

Second Name: _____

Street: _____

House Number: _____

Post Code / Town/City: _____

Country: _____

E-Mail: _____

Tel.No.: _____

Fax. No.*: _____

Mobile No.*: _____

* The fields marked with an asterisk are optional. The remaining fields are mandatory fields that must be completed.

Fault Description

Please enter a short description of the error as precisely as possible below:
(For example, when, where and how does the error occur? Frequency, after which period, at what Use, etc)

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A copy of the proof of purchase / invoice / receipt is attached.

I accept the General Terms and Conditions of Gorilla Sports GmbH.

I hereby instruct the company Gorilla Sports GmbH to repair the above defects. In Warranty cases I will not be charged for the cost. The costs for repairs which are excluded from liability for defects in quality will be charged to me and must be settled immediately. In cases of repairs carried out on site, our staff are entitled to collect payment. This agreement is confirmed with here with my signature.

Date
Location
Signature

Please be aware that contracts can only be processed if this form has been completed in full. Be sure to attach a copy of your purchase invoice. Send the fully completed Service Contract to:

Post*: Gorilla Sports GmbH, Service Department, Nordring 80, 64521 Groß-Gerau
E-Mail: info@gorillasports.de

* Please stamp with sufficient postage – letters which are not sent postage paid will unfortunately not be accepted.

** Submission by E-Mail is only possible as a scanned document with original signature.



You are welcome to use our online form "Service Contract" which you will find under the "Service" section at www.gorillasports.de



GORILLA SPORTS

PROFESSIONAL GYM EQUIPMENT FOR EVERYONE

Gorilla Sports GmbH

Dr.-Robert-Murjahn-Str. 7

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