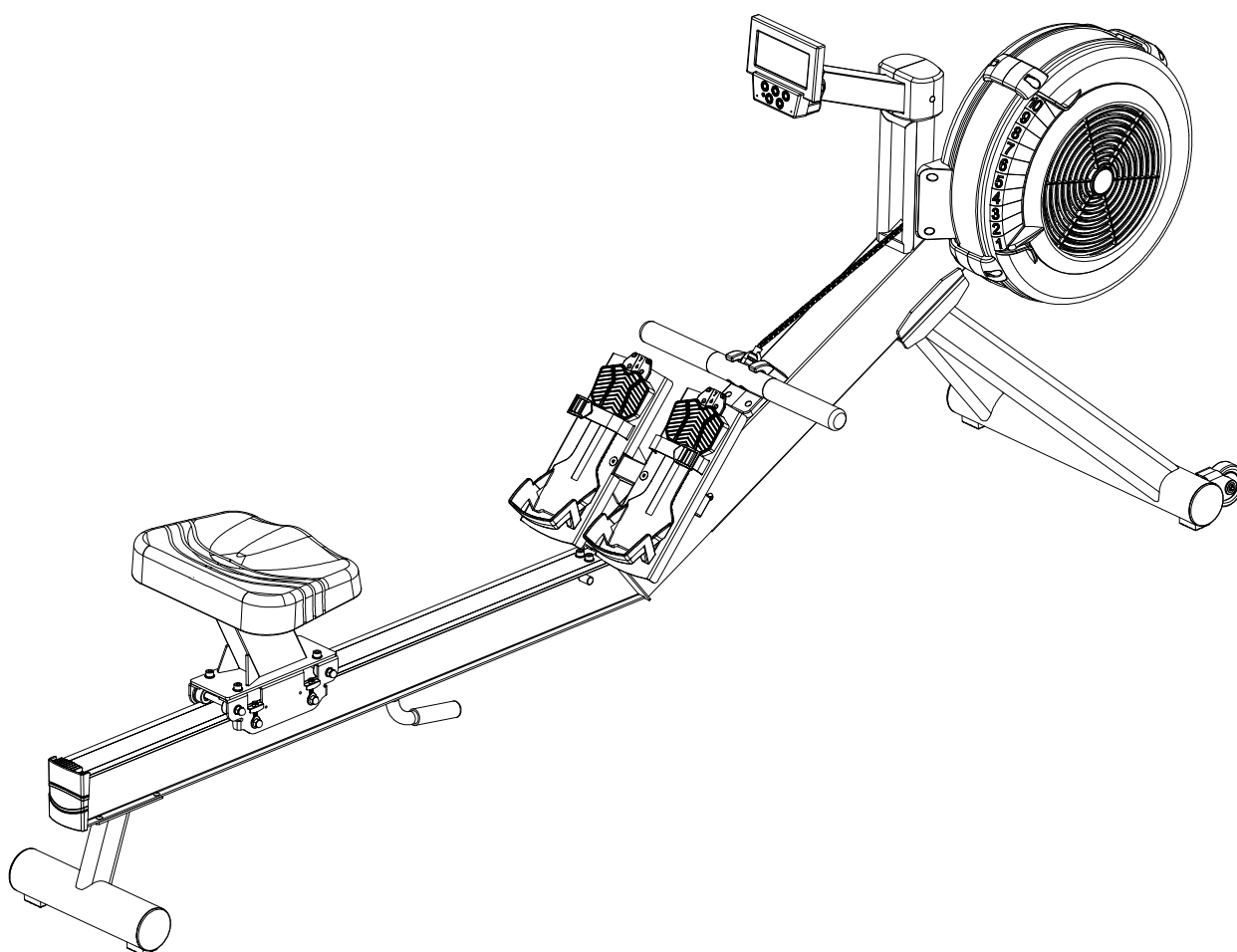


AIR ROWER AR-3GL



ASSEMBLY INSTRUCTIONS / OWNER'S MANUAL

IMPORTANT: READ ALL ASSEMBLY INSTRUCTIONS AND SAFETY PRECAUTIONS BEFORE USING THIS PRODUCT. REFERENCE ALL SAFETY GUIDELINES AND WARNING LABELS. RETAIN PRODUCT LITERATURE FOR FUTURE REFERENCE.

SAFETY: PROPERLY WARM UP AND STRETCH BEFORE EXERCISING. IF YOU FEEL PAIN OR DIZZINESS AT ANY TIME WHILE EXERCISING, STOP IMMEDIATELY AND CONSULT YOUR PHYSICIAN.

ASSEMBLY PREPARATION

- ⇒ To ensure ease of product assembly, please take time to verify the size and quantities of all required assembly hardware. Use the itemized parts listing and hardware chart for reference.
- ⇒ The product assembly process has been documented in easy to follow steps. Please read all assembly instructions carefully. Take time to review the manual and familiarize yourself with the entire assembly process before proceeding.

Assembly Tip: It is always helpful to pre-stage the items needed for each assembly step.

- ⇒ Perform product assembly in a 4-ft. x 10-ft. flat area. Note: After assembly is completed, allow a minimum of 2-3 feet of space on each side of rower for user access and dismounting.
- ⇒ Do not dispose of any packaging materials until assembly of the product is completed.
- ⇒ Assembly tools are included, but you may also use standard household tools to complete assembly of this product.

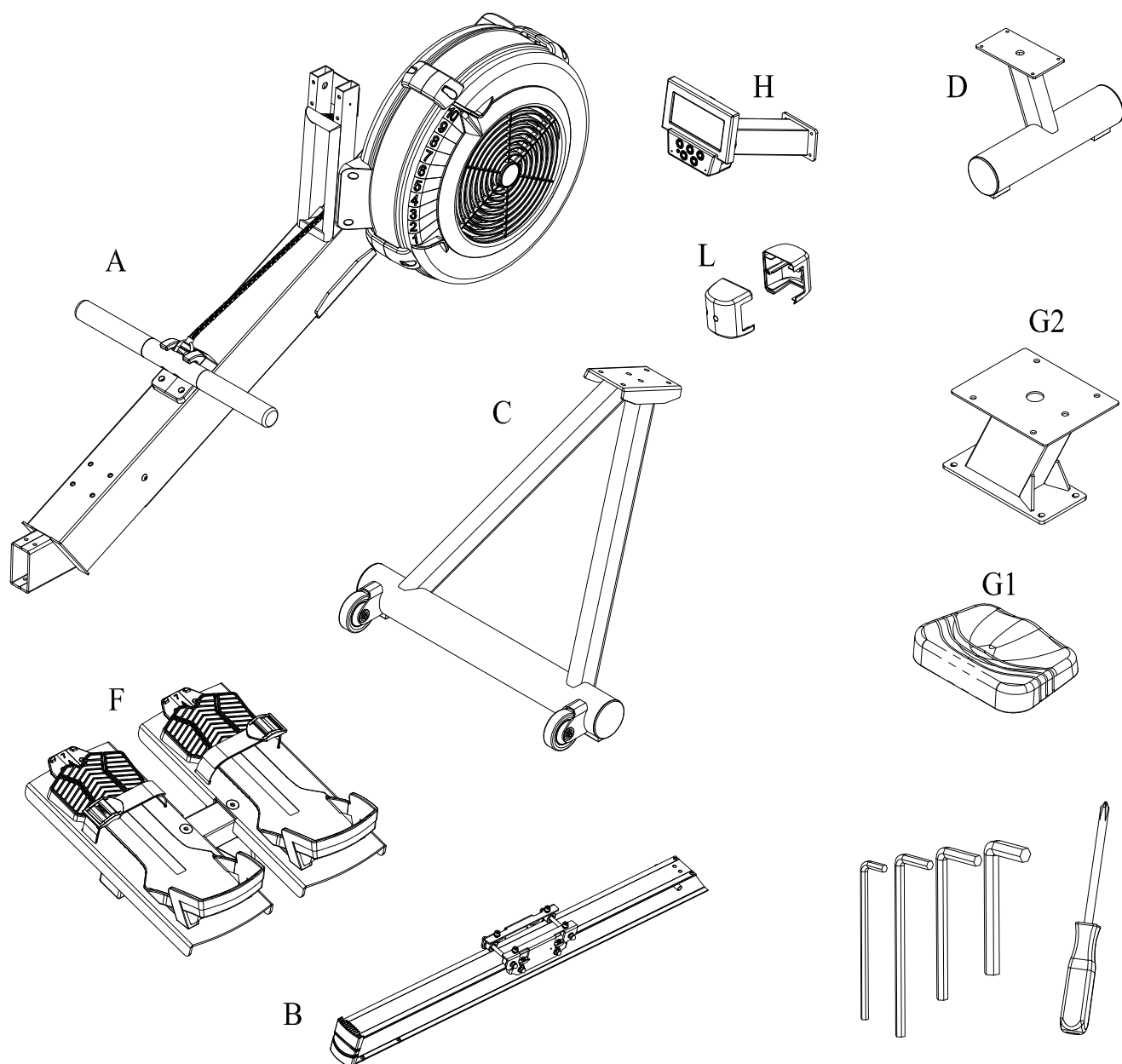
IMPORTANT PRECAUTIONS

WARNING: To reduce the risk of injury, please read the following precautions before assembling or using your new product.

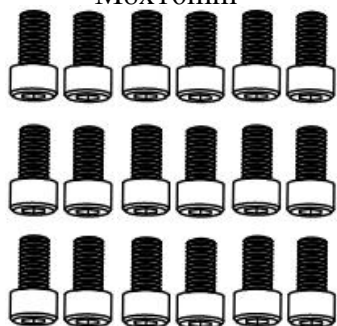
1. It is the responsibility of the owner to ensure that all users of this equipment are adequately informed of stated precautions.
2. Read all instructions and enclosed literature carefully. Understand the assembly and operation before using the equipment.
3. "Use equipment on a flat level surface." Use adjustment levelers on the bottom of equipment to help stabilize unit.
4. It's recommended to place an exercise mat beneath the equipment for added protection of floors or carpets.
5. Keep children and pets away from equipment at all times.
6. Inspect product on a frequent basis. Tighten loose assemblies or hardware as needed. Replace worn or damaged parts.
7. This equipment is intended for indoor use only. Use in non-recommended environment can lead to serious injury and will void all related warranties and liabilities.
8. Recommended user weight should not exceed 350 pounds.
9. Keep equipment clean and properly maintained.
10. Observe and adhere to all warning labels posted on equipment.
11. Properly warm up and stretch before starting any strength training or cardio exercise routine.
12. If you feel pain or dizziness at any time while exercising, stop immediately and consult your physician.

SAFETY WARNING: Before starting an exercise program, consult your physician. This is especially important for individuals over the age of 35 or persons with pre-existing health problems. It's important to read all instructions carefully. We assume no responsibility for personal injury or consequential damages sustained by or through the use of this equipment. Additional terms and conditions are listed in the back of this manual or enclosed owner's manual.

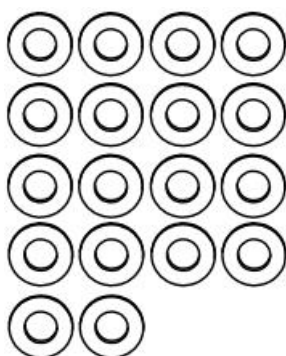
Colors and specifications subject to change without notice.



J1-Cap Head Socket Screw
M8x16mm



J2-Washer
M8x2T



J4-Cap Head Socket Screw
M6x50mm



J3-Phillip Head Socket Screw
M6x10mm



J6-Ball Head Screw
M4x10mm



J7-Cap Head Socket Screw
M8x12mm



J5-Tapping Screw
M4x12mm

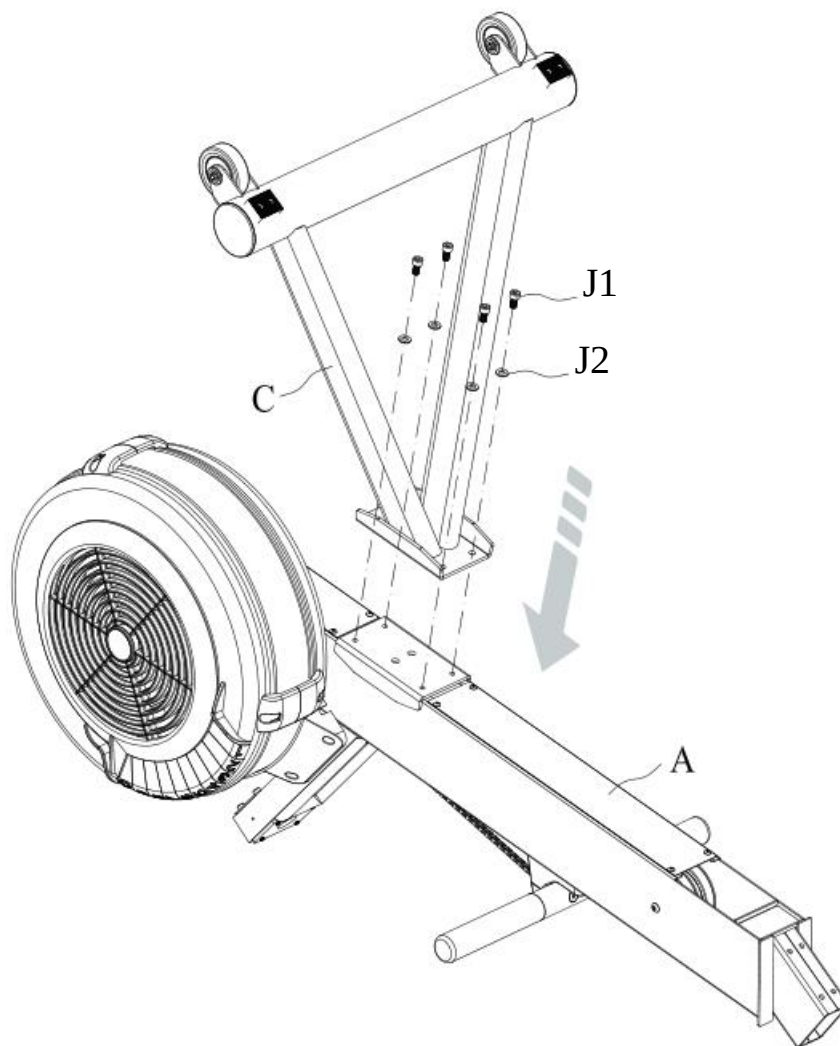


NOTE: Before assembly please lay out ALL pieces accordingly to ensure you are not missing any items.

PLEASE BE CAUTIOUS as some components may be sharp and can cause harm if not handled correctly. Always use safety measurements when assembling any piece of equipment or machinery.

Step 1

For best results place Forward Base(A) (Damper Fan) upside down on a soft secure surface. Once this is done, the pre-screwed holes for Front Stabilizer Assembly(C) will be visible. To bolt in Front Stabilizer Assembly(C) into Forward Base(A), place directly on top of pre-screwed holes. Secure with 4(J1) Bolt(s) and (J2) Washer(s).

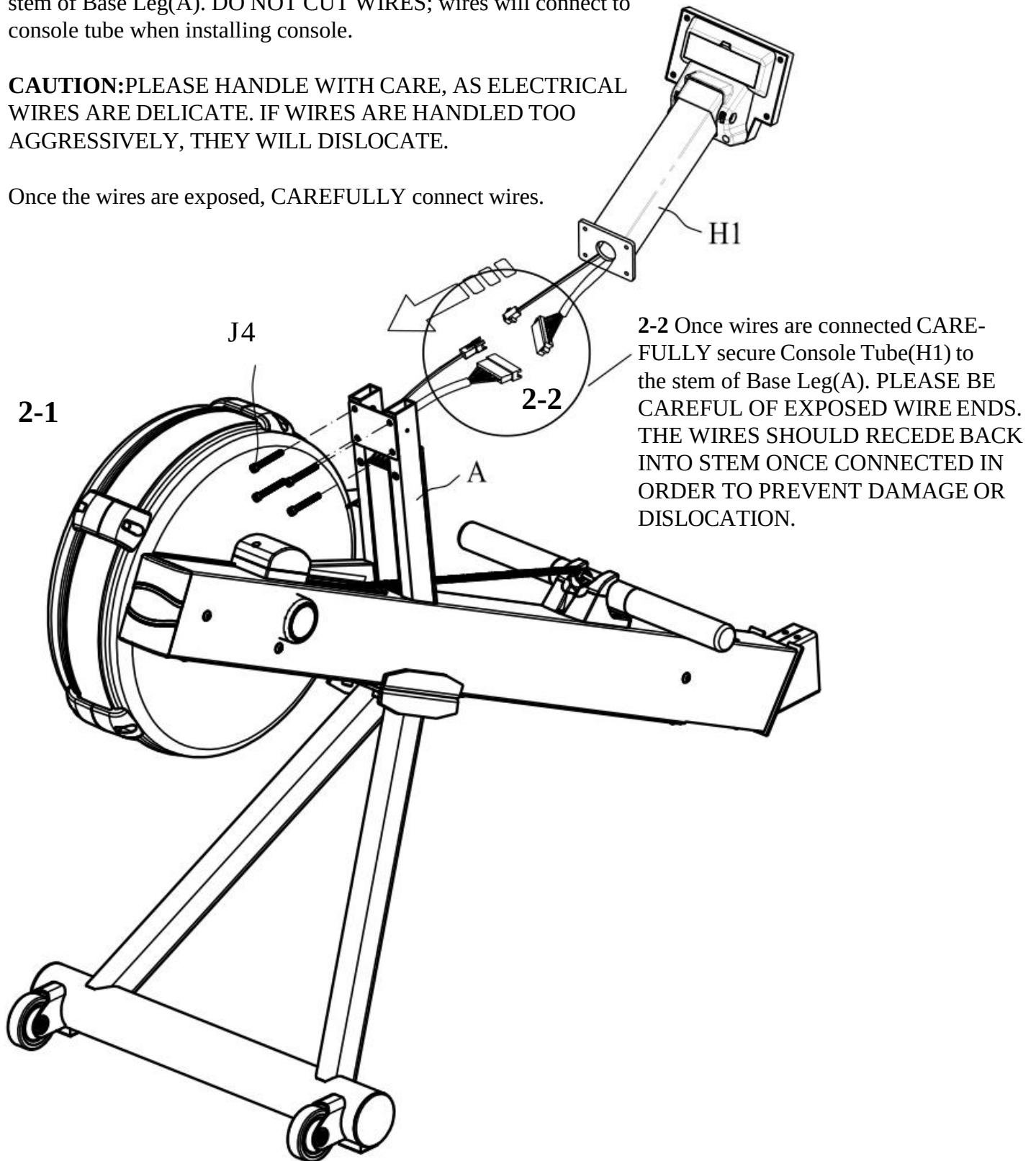


Step 2

2-1 Please LIGHTLY pull wires so that they do not recede into the stem of Base Leg(A). DO NOT CUT WIRES; wires will connect to console tube when installing console.

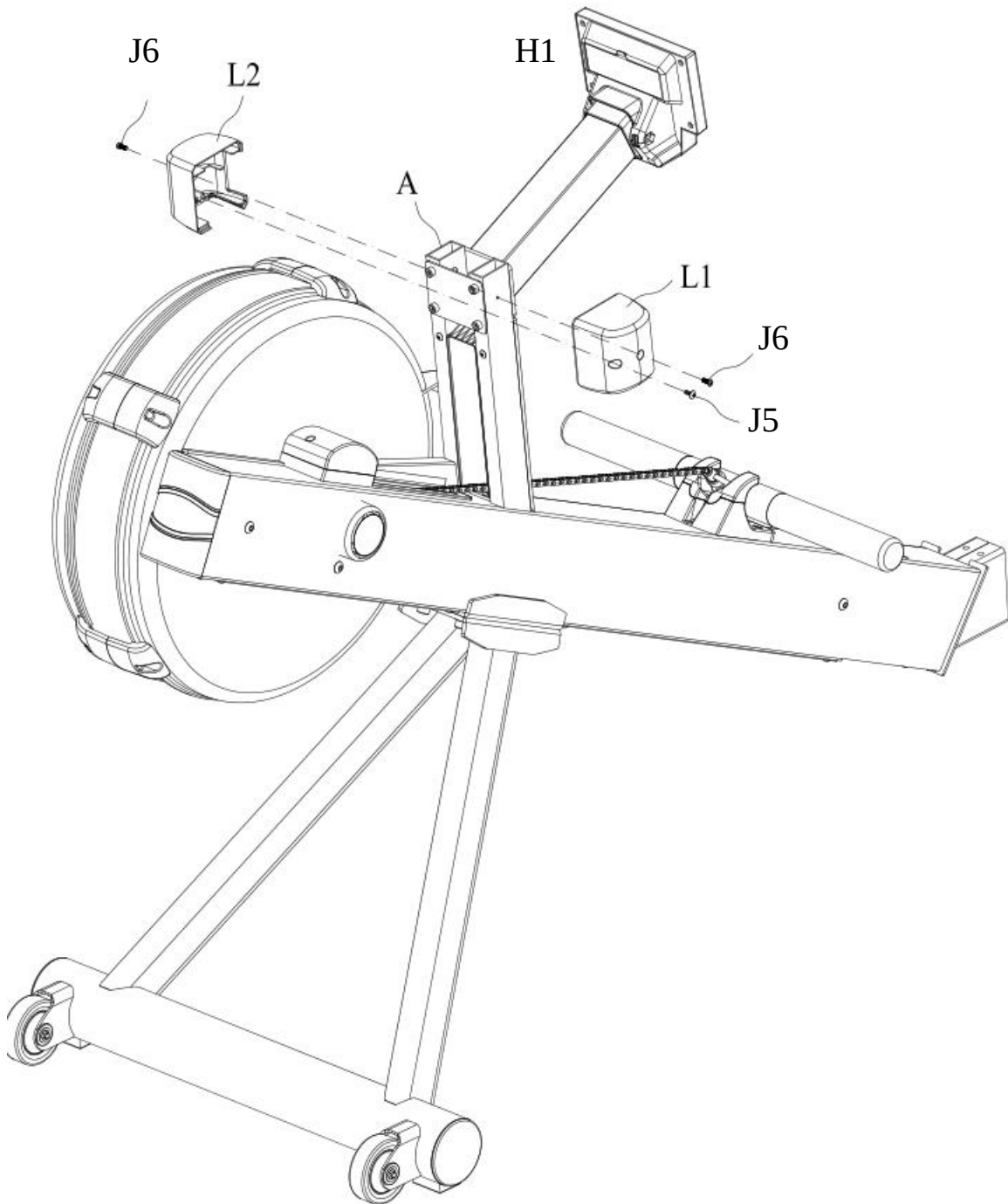
CAUTION:PLEASE HANDLE WITH CARE, AS ELECTRICAL WIRES ARE DELICATE. IF WIRES ARE HANDLED TOO AGGRESSIVELY, THEY WILL DISLOCATE.

Once the wires are exposed, CAREFULLY connect wires.



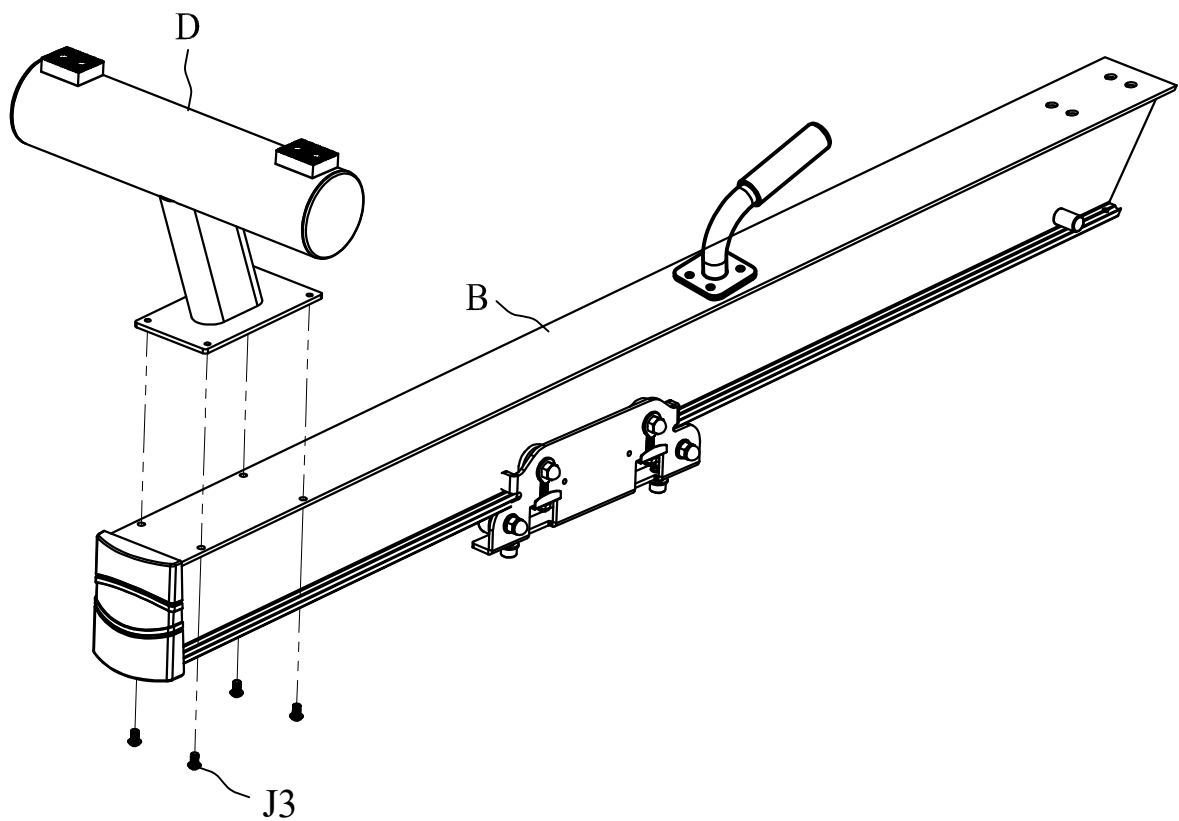
Step 3

“To finish securing Console(H1) onto Forward Base(A) please attach” Place Holder(L). Place Holder(L) will break up into 2 components (L1) and (L2). These components will rejoin together once attached onto Forward Base(A). Once rejoined please secure with 2 screws(J6) and 1 screw(J5).



Step 4

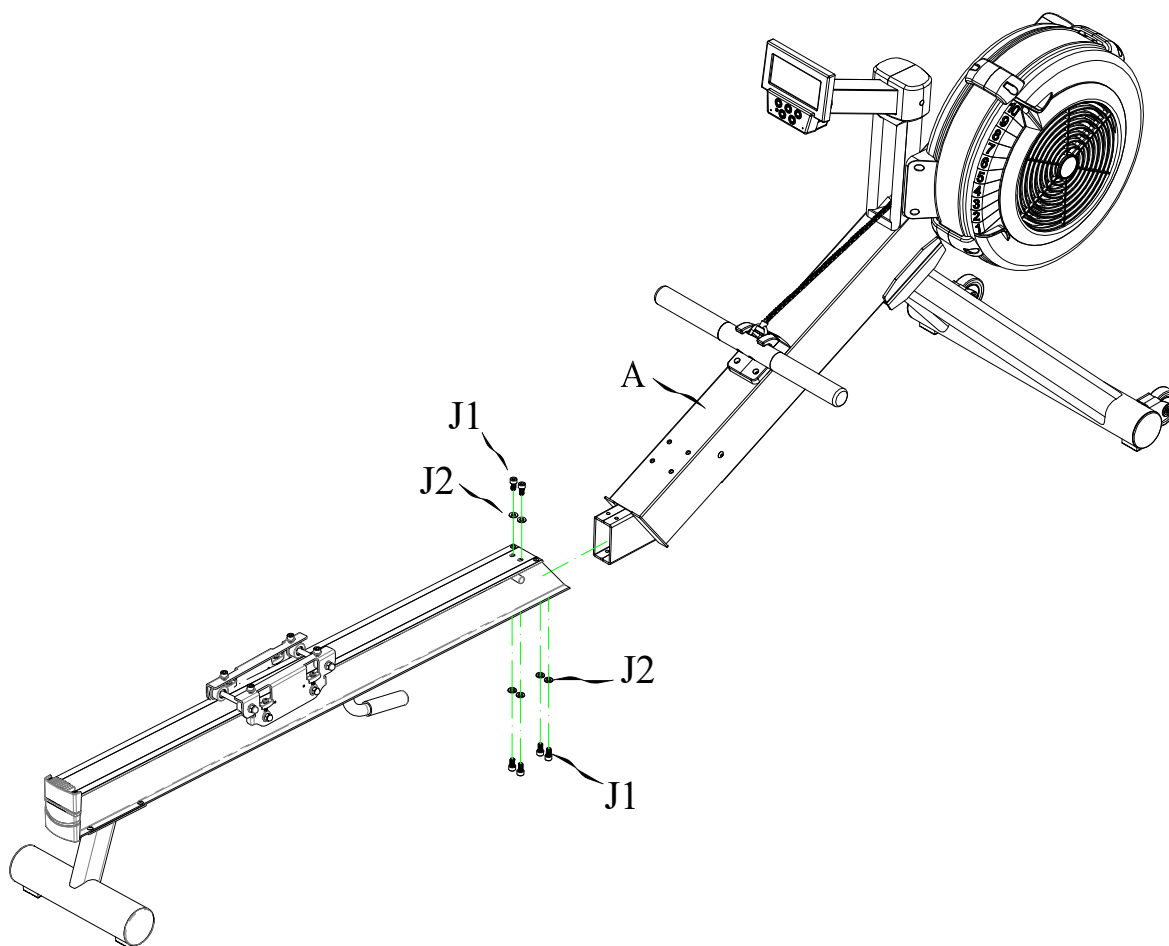
To install Rear Leg(D), face Base Railing(B) face down so that the receiving device for the seat cushion is on the floor. Place Rear Base Leg(D) above the pre-screwed holes of the Base Rail(B).
Once placed, secure with 4(J3) Bolt(s).



Step 5

Align Forward Base(A) with Base Railing(B) until the pre-screwed holes are aligned with one another. Secure Forward Base(A) to Base Railing(B) with 6 Bolts(J1) and 6 Washers(J2).

NOTE: Please be sure to tighten and secure ALL BOLTS AND WASHERS IN THEIR PLACE TO ENSURE A SOLID AND SECURE foundation to the rower.



Step 6

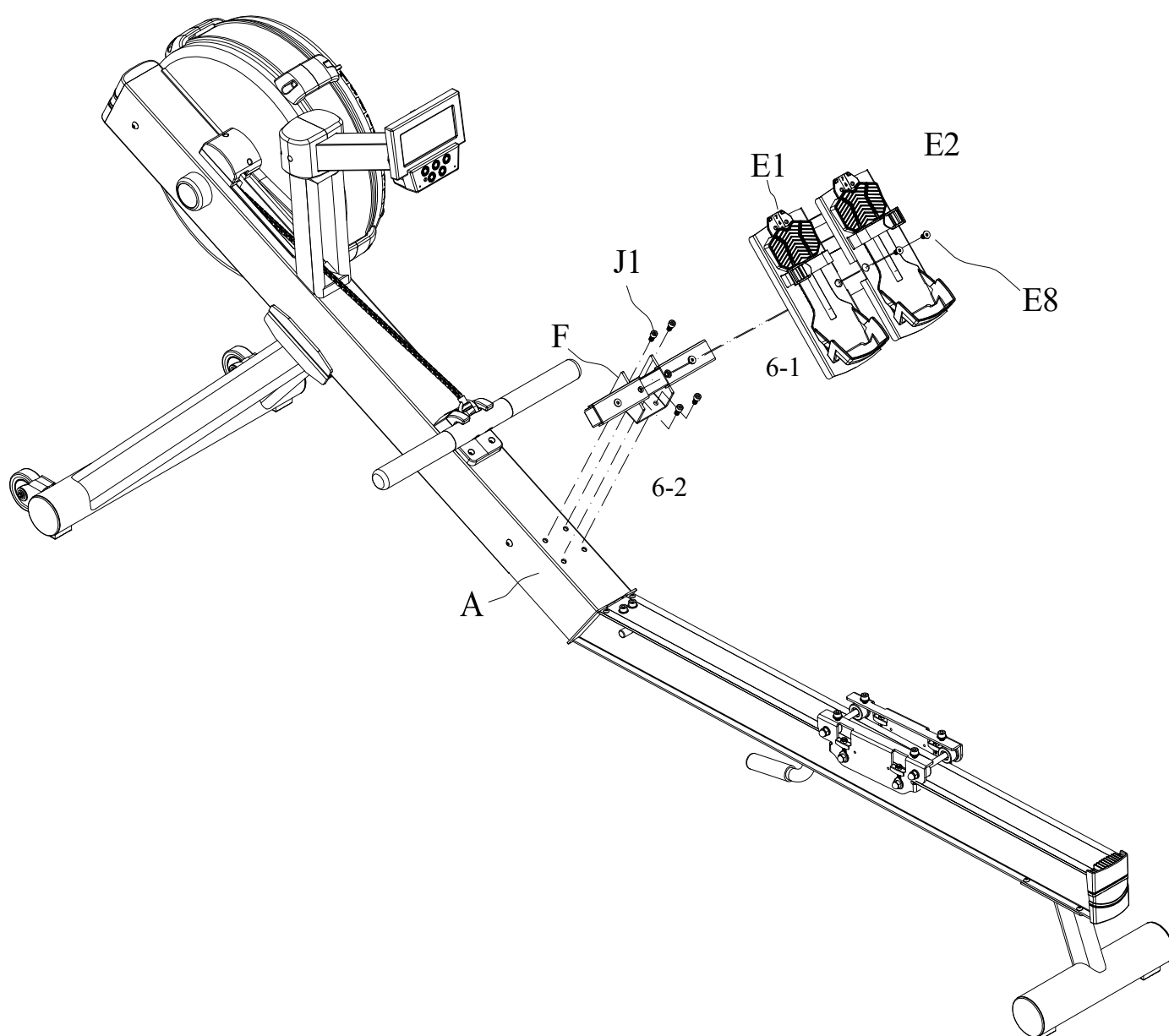
6-1

To install Pedal Support Frame(F) onto Forward Base(A) with 4(J1) bolts.

6-2

Place foot pedals (E1) and (E2) on Pedal Support Frame(F) with 4(E8) bolts. Each Pedal will require 2 (E8) bolts to secure.

NOTE: There are 12 holes on Pedal Support Frame(F). User can adjust the distance between pedals by installing the pedals into different holes.



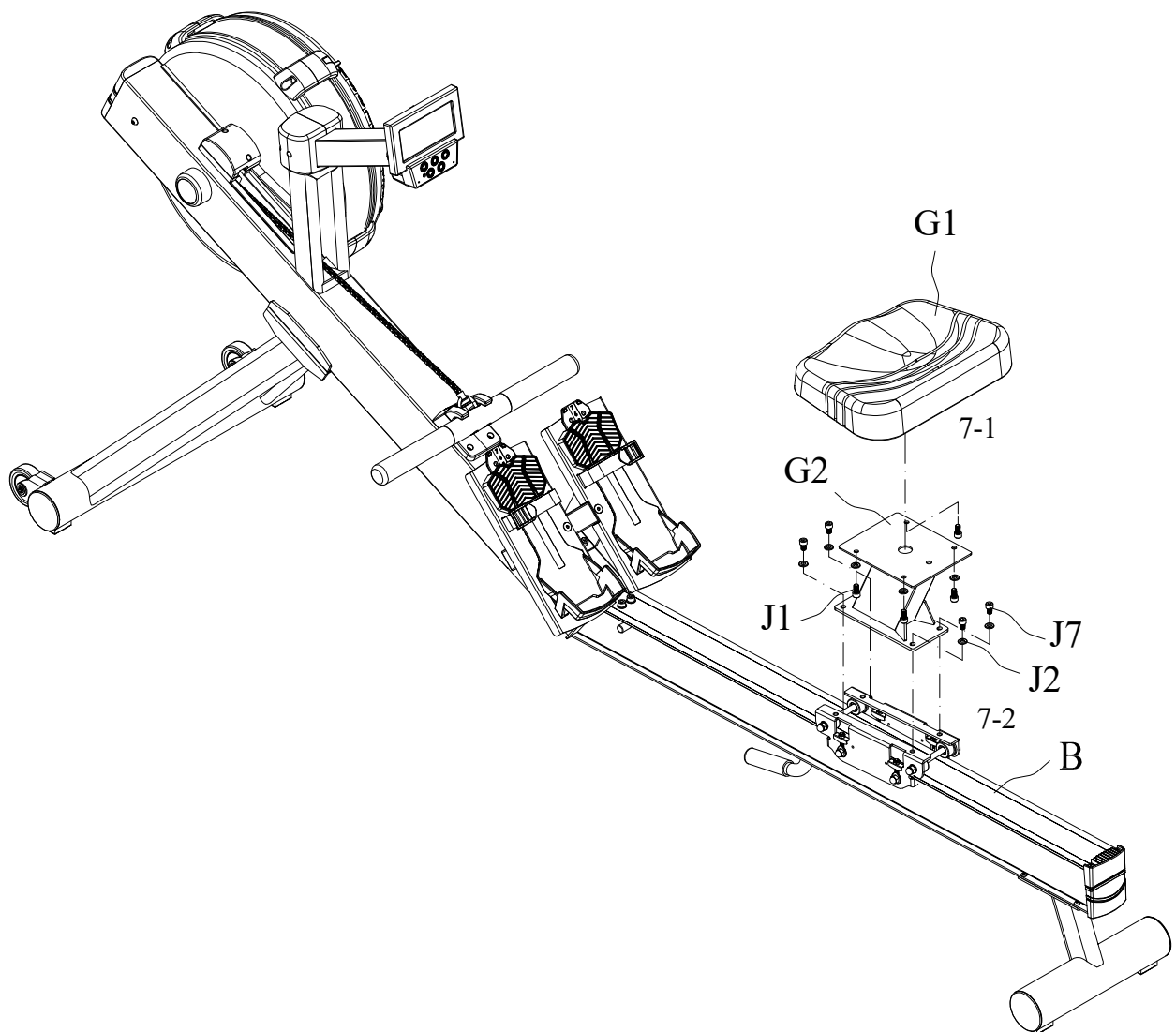
Step 7

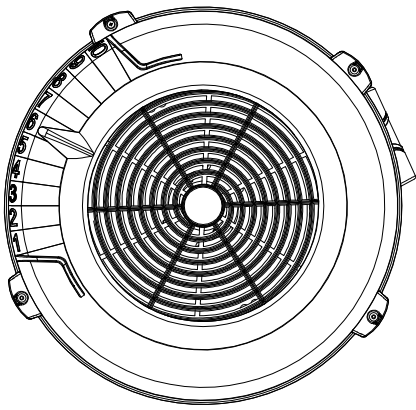
7-1

To install Seating place Seat Cushion(G1) above the pre-screwed holes of Seat Support Frame(G2). Secure with 4 (J1) bolts and 4 (J2) washers.

7-2

Place Seat Support Frame(G2) with Seat Cushion(G1) onto the seat bracket on Base Railing(B). Secure with 4 (J7) bolts and 4 (J2) washers.

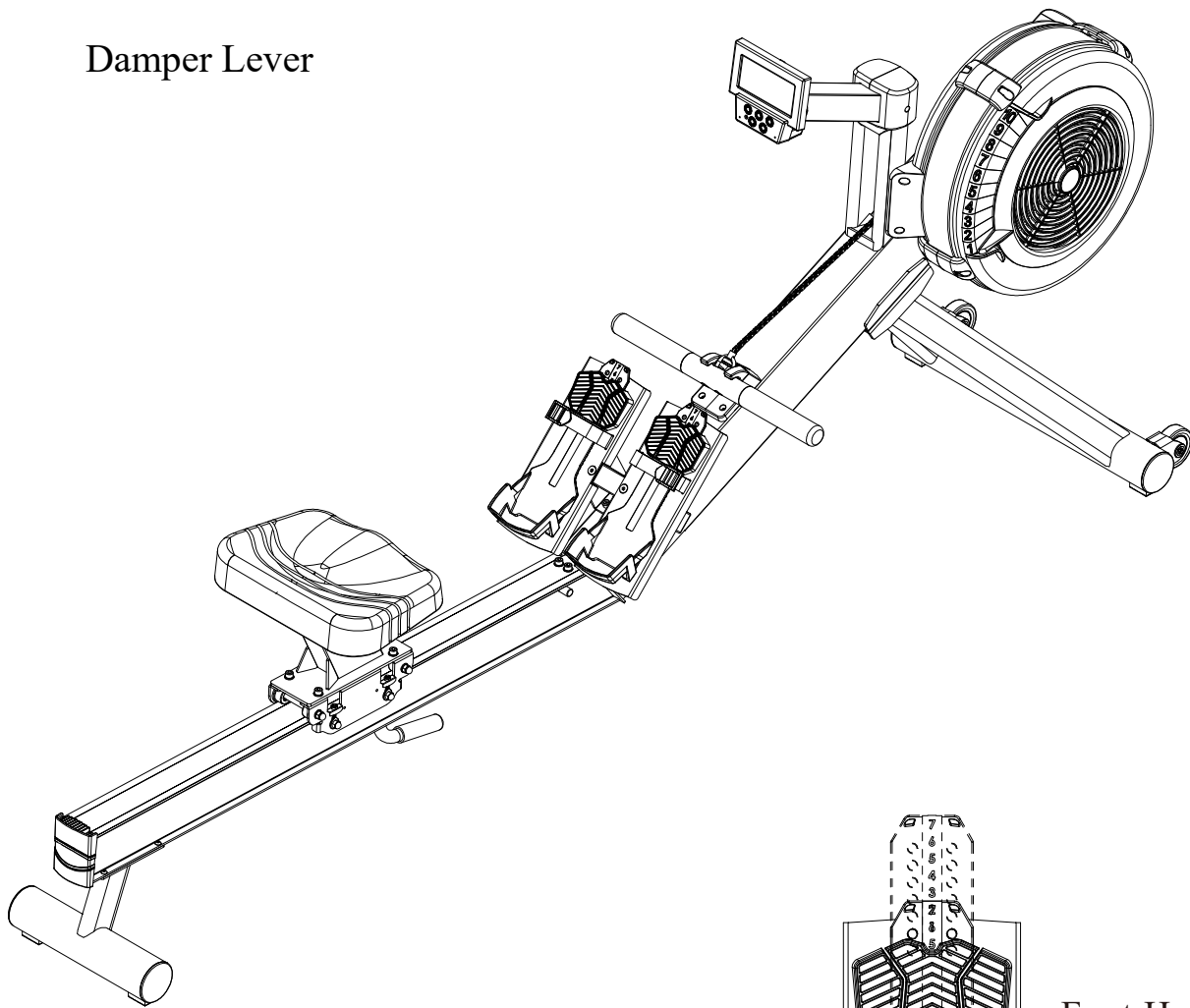




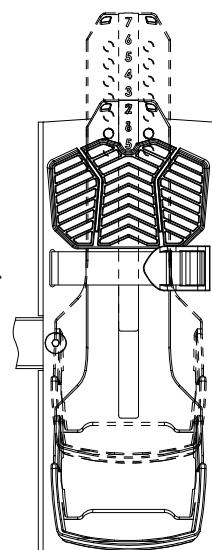
Damper Lever

The Damper Lever controls how much air flows into the flywheel housing.

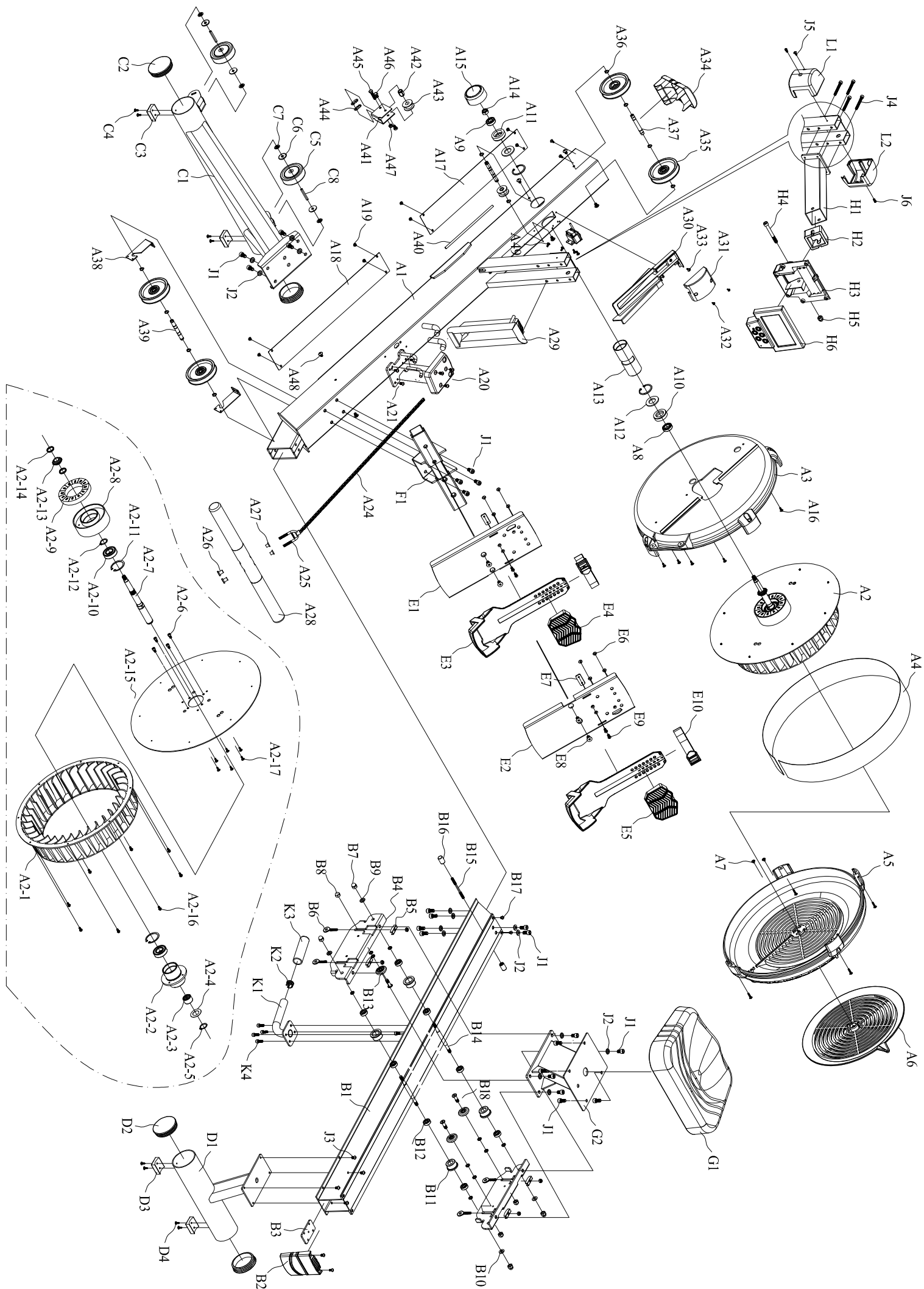
Higher damper setting allows more resistance.
Lower damper setting allows less resistance.



Push down to adjust the position of the heel support.



Foot Height Adjuster



NO.	NAME	SPECIFICATION	Q'TY	NO	NAME	SPECIFICATION	Q'TY
A1	Main Frame Assembly		1	A21	Phillip Head Socket Screw	M5×10mm (M4 hole)	3
A2	Flywheel Fan Assembly		1	A22	Tapping Screw	M5×12mm	2
A2-1	Fan	Ø50×Ø39×60.5mm	1	A23	Handle Hook	ABS	1
A2-2	Tube		1	A24	1/4" Chain		1
A2-3	One-Way Bearing		1	A25	Chain Hook		1
A2-4	Iron Washer		1	A26	Even Head Nut	Ø18×Ø9(M6)×15mm	2
A2-5	S-type Buckle	S20	1	A27	T-type Nut	Ø14×Ø8(M6)×10.5mm	2
A2-6	Cap Head Socket Screw	M5×10mm	4	A28	Bamboo Handle	Ø31.8×480mm	1
A2-7	Axial of Flywheel	Ø20×197mm	1	A29	Outer Chain Cover	ABS	1
A2-8	Magnet Covering		1	A30	Sensor Base Cover	ABS	1
A2-9	Ring Magnet	Ø100×Ø60 × 15T	1	A31	Sensor Cover	ABS	1
A2-10	Bearing	6004 TPX-Z2	2	A32	Ball Head Tapping Screw	M4×12mm	2
A2-11	S-type Buckle	S20	1	A33	Screw	M5×6mm	1
A2-12	R-type Buckle	R42	2	A34	Main Frame Front Cap	ABS	1
A2-13	1/4" Chain Gear		1	A35	Pulley	Ø95×Ø15	4
A2-14	PU Washer		2	A36	S-type Buckle	S10	12
A2-15	Fan stable Bracket	Φ 430*2.5T	1	A37	Axial of Pulley(Front)	Ø10×79.8mm	1
A2-16	Tapping Screw	M4*P0.75*10mm	8	A38	Elastic Rope Bracket	35×103×2T	2
A2-17	Tapping Screw	M4×12mm	6	A39	Axial of Pulley(Back)	Ø10×79.8mm	2
A3	Chain Cover(Left)		1	A40	Elastic Rope	Ø8mm/3600mm	1
A4	Mesh		1	A41	Chain Bracket	50×120×2T	1
A5	Chain Cover(Right)		1	A42	Pulley Socket	Ø10×Ø12.5×18L	2
A6	Adjust Disc		1	A43	Chain Pulley		2
A7	Tapping Screw	M4×8mm	2	A44	Trim Panel	13×26×1T SUS304	2
A8	Bearing	6903ZZ TPX	1	A45	Hexagon Head Screw	M6×30mm	1
A9	Bearing	6001ZZ TPX-Z2	1	A46	Hexagon Head Screw	M6×10mm	2
A10	Rubber Cover	6903 Bearing hole	1	A47	Nylon Insert Lock Nut	M6	1
A11	Rubber Cover	6001 Bearing hole	1	A48	Phillip Head Socket Screw	M6×10mm(Ø13)M5	6
A12	Washer	Ø22×Ø44.2×3T	2	A49	Tapping Screw	M4×12mm	2
A13	Washer Tube	HRØ45×2.0T×110mm	1	A50	Screw	M4×6mm	8
A14	Nylon Insert Lock Nut	M10	1	A51	Chain Connecting Axial		1
A15	Ring Cover	ABS	1	B1	Aluminum Rail		1
A16	Tapping Screw	M4×12mm	5	B2	Rail End Cap	ABS	1
A17	Main Frame Bottom Board(Front)	79×345×1T	1	B3	Rail Upper Plate		1
A18	Main Frame Bottom Board(Back)	79×425×1T	1	B4	Seat Carriage Cover		2
A19	Screw	M4×6mm	8	B5	Adjusting Base		4
A20	Handle Holder	ABS	1	B6	Adjusting Hook		4

NO.	NAME	SPECIFICATION	Q'TY	NO.	NAME	SPECIFICATIONS	Q'TY
B7	Lower Acorn Nut	M8	4	F	Pedal Support Frame		1
B8	Nylon Acorn Nut	M8	4	G1	Seat		1
B9	Washer	Ø8×Ø16×2T	4	G2	Seat Support Frame		1
B10	Spacer	(12×8×2mm)	12	H1	Console Tube		1
B11	Seat Carriage Wheel		4	H2	Console Bracket		1
B12	Bearing	608ZZ(TPX)	12	H3	Console Back Cover		1
B13	Seat Carriage Roller		4	H4	Cap Head Socket Screw	M8×75mm	1
B14	Seat Carriage Axial		2	H5	Nylon Acorn Nut	M8	1
B15	Double Head Screw	Ø5.25×85mm	2	H6	Console		1
B16	Seat Carriage Stopper	Ø14×22mm (TPR)	4	J1	Cap Head Socket Screw	M8×16mm	18
B17	Phillip Head Socket Screw	M5×6mm	2	J2	Washer	M8×2.0T×Ø16	18
B18	Even Head Socket Screw	M8×25 mm	4	J3	Phillip Head Socket Screw	M6×10mm	4
C1	Front Stabilizer		1	J4	Cap Head Socket Screw	M6×50mm	4
C2	Circle End Cap	Ø76. 2	2	J5	Tapping Screw	M4×12mm	1
C3	Foot Pad	40×32mm	2	J6	Ball Head Screw	M4×10mm	2
C4	Tapping Screw	M4×12mm	4	J7	Cap Head Socket Screw	M8×12mm	4
C5	Moving Wheel		2	K1	Rail Handle		1
C6	Washer	M6×2.0T×Ø25	4	K2	Insert Cap	7/8"	1
C7	Nut	M6	4	K3	Handle Grip	Ø22.2×3T×100mm	1
C8	Axial of Moving Wheel		2	K4	Cap Head Socket Screw	M6×16mm	4
D1	Rear Stabilizer		1	L1	Left Console Tube Cover	ABS	1
D2	Circle End Cap		2	L2	Right Console Tube Cover	ABS	1
D3	Foot Pad	40×32mm	2				
D4	Tapping Screw	M4×12mm	4				
E1	Left Pedal Rest		1				
E2	Right Pedal Rest		1				
E3	Adjust Pedal Pad		2				
E4	Left Pedal Rest Cover		1				
E5	Right Pedal Rest Cover		1				
E6	Tapping Screw	M4×8mm	8				
E7	Foot Snap		2				
E8	Flat Head Phillips Socket Screw	M8×16mm	4				
E9	Flat Head Phillips Screw	M5×10mm	4				
E10	Foot Strap		2				